# THE ENGLISH-CHINESE ENCYCLOPEDIA OF PRACTICAL TRADITIONAL CHINESE MEDICINE

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# PHARMACOLOGY OF TRADITIONAL CHINESE MEDICAL FORMULAE

# 方劑學

中國·北京
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英漢實用中醫藥大全

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The English—Chinese
Encyclopedia of Practical TCM
Chief Editor Xu Xiangcai
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# PHARMACOLOGY OF TRADITIONAL CHINESE MEDICAL FORMULAE

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# Preface

I am delighted to learn that THE ENGLISH–CHINESE ENCYCLOPEDIA OF PRACTICAL TRADITIONAL CHINESE MEDICINE will soon come into the world.

TCM has experienced many vicissitudes of times but has remained evergreen. It has made great contributions not only to the power and prosperity of our Chinese nation but to the enrichment and improvement of world medicine. Unfortunately, differences in nations, states and languages have slowed down its spreading and flowing outside China. At present, however, an upsurge in learning, researching and applying Traditional Chinese Medicine (TCM) is unfolding. In order to maximize the effect of this upsurge and to lead TCM, one of the brilliant cultural heritages of the Chinese nation, to the world for it to expand and bring benefit to the people of all nations, Mr. Xu Xiangcai called intellectuals of noble aspirations and high intelligence together from Shandong and many other provinces in China and took charge of the work of both compilation and translation of THE ENGLISH–CHINESE ENCYCLOPEDIA OF PRACTICAL TRADITIONAL CHINESE MEDICINE. With great pleasure, the medical staff both at home and abroad will hail the appearance of this encyclopedia.

I believe that the day when the world's medicine is fully



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developed will be the day when TCM has spread throughout the world.

I am pleased to give it my preface.

Prof. Dr. Hu Ximing

Deputy Ministerof the Ministry of Public Health of the People's Republic of China,

Director General of the State Administrative Bureau of Traditional Chinese Medicine and Pharmacology,

President of the World Federation of Acupuncture-Moxibustion Societies,

Member of China Association of Science & Technology,

Deputy President of All-China Association of Traditional Chinese Medicine,

President of China Acupuncture & Moxibustion Society.

December, 1989



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# Preface

The Chinese nation has been through a long, arduous course of struggling against diseases and has developed its own traditional medicine—Traditional Chinese Medicine and Pharmacology (TCMP). TCMP has a unique, comprehensive, scientific system including both theories and clinical practice. Some thousand years since its beginnings, not only has it been well preserved but also continuously developed. It has special advantages, such as remarkable curative effects and few side effects. Hence it is an effective means by which people prevent and treat diseases and keep themselves strong and healthy.

All achievements attained by any nation in the development of medicine are the public wealth of all mankind. They should not be confined within a single country. What is more, the need to set them free to flow throughout the world as quickly and precisely as possible is greater than that of any other kind of science. During my more than thirty years of being engaged in Traditional Chinese Medicine(TCM), I have been looking forward to the day when TCMP will have spread all over the world and made its contributions to the elimination of diseases of all mankind. However it is to be deeply regretted that the pace of TCMP in extending outside China has been unsatisfactory due to the major difficulties in expressing its concepts in foreign languages.

Mr. Xu Xiangcai, a teacher of Shandong College of TCM, has sponsored and taken charge of the work of compilation and



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translation of The English–Chinese Encyclopedia of Practical Traditional Chinese Medicine–an extensive series. This work is a great project, a large–scale scientific research, a courageous effort and a novel creation. I deeply esteem Mr. Xu Xiangcai and his compilers and translators, who have been working day and night for such a long time, for their hard labor and for their firm and indomitable will displayed in overcoming one difficulty after another, and for their great success achieved in this way. As a leader in the circles of TCM, I am duty–bound to do my best to support them.

I believe this encyclopedia will be certain to find its position both in the history of Chinese medicine and in the history of world science and technology.

Mr. Zhang Qiwen
Member of the Standing Committee of
All–China Association of TCM,
Deputy Head of the Health Department
of Shandong Province.
March, 1990



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# Publisher's Preface

Traditional Chinese Medicine(TCM) is one of China's great cultural heritages. Since the founding of the People's Republic of China in 1949, guided by the farsighted TCM policy of the Chinese Communist Party and the Chinese government, the treasure house of the theories of TCM has been continuously explored and the plentiful literature researched and compiled. As a result, great success has been achieved. Today there has appeared a world-wide upsurge in the studying and researching of TCM. To promote even more vigorous development of this trend in order that TCM may better serve all mankind, efforts are required to further it throughout the world. To bring this about, the language barriers must be overcome as soon as possible in order that TCM can be accurately expressed in foreign languages.

Thus the compilation and translation of a series of English-Chinese books of basic knowledge of TCM has become of great urgency to serve the needs of medical and educational circles both inside and outside China.

In recent years, at the request of the health departments, satisfactory achievements have been made in researching the expression of TCM in English. Based on the investigation into the history and current state of the research work mentioned above, the English-Chinese Encyclopedia of Practical TCM has been published to meet the needs of extending the knowledge of TCM around the world.



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The encyclopedia consists of twenty-one volumes, each dealing with a particular branch of TCM. In the process of compilation, the distinguishing features of TCM have been given close attention and great efforts have been made to ensure that the content is scientific, practical, comprehensive and concise. The chief writers of the Chinese manuscripts include professors or associate professors with at least twenty years of practical clinical and / or teaching experience in TCM. The Chinese manuscript of each volume has been checked and approved by a specialist of the relevant branch of TCM. The team of the translators and revisers of the English versions consists of TCM specialists with a good command of English professional medical translators, and teachers of English from TCM colleges or universities. At a symposium to standardize the English versions, scholars from twenty-two colleges or universities, research institutes of TCM or other health institutes probed the question of how to express TCM in English more comprehensively, systematically and accurately, and discussed and deliberated in detail the English versions of some volumes in order to upgrade the English versions of the whole series. The English version of each volume has been re-examined and then given a final checking.

Obviously this encyclopedia will provide extensive reading material of TCM English for senior students in colleges of TCM in China and will also greatly benefit foreigners studying TCM.

The assiduous efforts of compiling and translating this encyclopedia have been supported by the responsible leaders of the State Education Commission of the People's Republic of China, the State Administrative Bureau of TCM and Pharmacy, and the Education Commission and Health Department of Shandong



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Province. Under the direction of the Higher Education Department of the State Education Commission, the leading board of compilation and translation of this encyclopedia was set up. The leaders of many colleges of TCM and pharmaceutical factories of TCM have also given assistance.

We hope that this encyclopedia will bring about a good effect on enhancing the teaching of TCM English at the colleges of TCM in China, on cultivating skills in medical circles in exchanging ideas of TCM with patients in English, and on giving an impetus to the study of TCM outside China.

Higher Education Press
March, 1990



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# Foreword

The English–Chinese Encyclopedia of Practical Traditional Chinese Medicine is an extensive series of twenty–one volumes. Based on the fundamental theories of traditional Chinese medicine(TCM) and with emphasis on the clinical practice of TCM, it is a semi–advanced English–Chinese academic works which is quite comprehensive, systematic, concise, practical and easy to read. It caters mainly to the following readers: senior students of colleges of TCM, young and middle–aged teachers of colleges of TCM, young and middle–aged physicians of hospitals of TCM, personnel of scientific research institutions of TCM, teachers giving correspondence courses in TCM to foreigners, TCM personnel going abroad in the capacity of lecturers or physicians, those trained in Western medicine but wishing to study TCM, and foreigners coming to China to learn TCM or to take refresher courses in TCM.

Because Traditional Chinese Medicine and Pharmacology is unique to our Chinese nation, putting TCM into English has been the crux of the compilation and translation of this encyclopedia. Owing to the fact that no one can be proficient both in the theories of Traditional Chinese Medicine and Pharmacology and the clinical practice of every branch of TCM, as well as in English, to ensure that the English versions express accurately the inherent meanings of TCM, collective translation measures have been taken. That is, teachers of English familiar with TCM, pro-



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fessional medical translators, teachers or physicians of TCM and even teachers of palaeography with a strong command of English were all invited together to co—translate the Chinese manuscripts and, then, to co—deliberate and discuss the English versions. Finally English—speaking foreigners studying TCM or teaching English in China were asked to polish the English versions. In this way, the skills of the above translators and foreigners were merged to ensure the quality of the English versions. However, even using this method, the uncertainty that the English versions will be wholly accepted still remains. As for the Chinese manuscripts, they do reflect the essence, and give a general picture, of traditional Chinese medicine and pharmacology. It is not asserted, though, that they are perfect, I whole—heartedly look forward to any criticisms or opinions from readers in order to make improvements to future editions.

More than 200 people have taken part in the activities of compiling, translating and revising this encyclopedia. They come from twenty—eight institutions in all parts of China. Among these institutions, there are fifteen colleges of TCM:Shandong, Beijing, Shanghai, Tianjin, Nanjing, Zhejiang, Anhui, Henan, Hubei, Guangxi, Guiyang, Gansu, Chengdu, Shanxi and Changchun, and scientific research centers of TCM such as China Academy of TCM and Shandong Scientific Research Institute of TCM.

The Education Commission of Shandong province has included the compilation and translation of this encyclopedia in its scientific research projects and allocated funds accordingly. The Health Department of Shandong Province has also given financial aid together with a number of pharmaceutical factories of TCM. The subsidization from Jinan Pharmaceutical Factory of



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TCM provided the impetus for the work of compilation and translation to get under way.

The success of compiling and translating this encyclopedia is not only the fruit of the collective labor of all the compilers, translators and revisers but also the result of the support of the responsible leaders of the relevant leading institutions. As the encyclopedia is going to be published, I express my heartfelt thanks to all the compilers. translators and revisers for their sincere cooperation, and to the specialists, professors, leaders at all levels and pharmaceutical factories of TCM for their warm support.

It is my most profound wish that the publication of this encyclopedia will take its role in cultivating talented persons of TCM having a very good command of TCM English and in extending, rapidly, comprehensive knowledge of TCM to all corners of the globe.

Chief Editor Xu Xiangcai

Shandong College of TCM

March, 1990



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# Notes

"Pharmacology of Traditional Chinese Medical Formulae" is the third volume of " ENGLISH–CHINESE ENCYCLOPEDIA OF PRACTICAL TRADITIONAL CHINESE MEDICINE".

This volume consists of two parts: Part 1 and Part 2. Part 1, General Statement, introduces the basic knowledge of pharmacology of traditional Chinese medical formulae such as " relationship between medical formulae and therapeutic methods","commonly used therapeutic methods", "classification of medical formulae","principles of composing formulae","usage of different dosage forms", etc. Part 2, Detailed Statement, deals with not only the source, ingredients, administration, explanation, effect, indications and case study of each of 233 fundamental and commonly used prescriptions, but also the modern–pharmacological–research fruits of some of the prescriptions. The prescriptions introduced are classified as 21 kinds such as "diaphoretic","purgation", "mediation","removing heat", etc.

Including both the experience of Chinese forefathers and the successful administration in clinical practice, and written in the form of entries, this book is characterized by "concentration of main points","concision and easily–reading ","integration of theories and practice" and "strong practicality". So it is suitable for all kinds of physicians and medical students both in and outside China.



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Associate Prof. Wu Zhenghe from Shandong University once helped proofread part of the Latin names of Chinese medicines. Liu Qiang, Cao Huilai, Zhang Zhe, Guo Jing, Kong Jian, etc. also helped to check part of the English terms of traditional Chinese medicine.

The Editor



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# Part One
# General Statement

## 1 Pharmacology of Traditional Chinese Medical Formulae

Pharmacology of Traditional Chinese Medical Formulae is a subject expounding and researching the laws of compatibility of medicines in a prescription and the application of these laws in clinical practice. It is one of the basic subjects concerning every clinical branch of traditional Chinese medicine (TCM).

## 2 Relationship between Medical Formulae and Therapeutic Methods

Medical formulae are inseparably related to therapeutic methods. As a component part of the theory of "pathogenesis, method, prescription and medicine", the former is the key means by which the latter is embodied and fulfilled, while the latter is the guiding principle of making up the former. The relationship between these two may be demonstrated through the following example. When exterior syndrome of excess type due to wind–cold pathogens marked by chilly sensation, fever, headache, general pain, dyspnea without sweating, thin and whitish tongue coating is treated, once the therapeutic method of relieving the exterior syndrome with drugs pungent in flavor and warm in property is



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defined, the prescription of *Mahuang Tang* is prescribed which embodies the principles of the established therapeutic method.

## 3 Commonly Used Therapeutic Methods

The therapeutic methods of TCM are manifold. Many were recorded in the book *Huang Di Nei Jing* as early as in the Warring States Period(475—221B. C.). By the final stage of the Han Dynasty, Zhan Zhongjing, an outstanding physician, had put forward through summarization a complete set of TCM methods to diagnose and treat a disease through an overall differentiation and analysis of its cause, nature. etc. and its relationship with other factors, enriching and developing the theories on which therapeutic methods are based and the ways that they are carried out. From then on, the outstanding physicians through the ages continued to classify many therapeutic methods according to the different features in their own clinical practice. Among those, Cheng Zhongling in the Qing Dynasty put forward eight therapeutic methods such as diaphoresis, mediation, purgation, resolution, emesis, heat-clearing, warming and tonification, which are concise and clinically practical. And they have continued to be the commonly used methods till the present.

## 4 Diaphoresis

Diaphoresis is a therapeutic method to promote perspiration so as to circulate *Qi* and blood, to regulate *Ying* and *Wei* and to expel exopathogens through the exterior of the body by means of facilitating the flow of the lung-*Qi* , promoting the circulation of *Ying* and *Wei*, dilating the striae between the skin and flesh, etc.



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It is mainly used to treat exterior syndromes caused by any of the six exopathogens. It may also be used when rashes tend not to erupt at the early stage of measles, when swelling due to edema above the lumbar region is severe, when skin and external diseases with the exterior syndrome marked by fever and chills are at their early stages, when pathogenic factors going from the interior to the exterior need to be expelled from the body or when the exterior syndrome complicated by the interior one is to be first eliminated.

Because syndromes may be of cold type or heat type, pathogenic factors may be more than one, and the constitution of a patient may be weak or strong, diaphoretic method is accordingly classified into two major categories: the pungent warm type and the pungent cool type. Additionally, it may be used in combination with the methods of tonification, resolution, etc.

## 5 Emesis

Emesis is a therapeutic method to eliminate phlegm, stagnated food and toxic substances retained in the throat, thorax and gastric cavity by inducing vomiting. It is used when phlegm is accumulated in the throat or stagnated in the thorax, when food is retained in the gastric cavity or when toxic substances taken by accident remain in the stomach. This method does have certain curative effects. But when it is used, damage will be done to vital-*Qi* by the vomiting induced by the irritation to the throat and gastric cavity. Patients generally find this method repulsive. So it is rarely used by physicians of the later ages except when an



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emergency case whose disease location is in the upper body necessitates urgent vomiting of the pathogenic factor of excess type.

## 6 Purgation

Purgation is a therapeutic method to expel from the lower orifices (the urethral opening and anus) stagnated food, stercoroma, heat of excess type, accumulation of cold type, blood stasis, stagnated phlegm and water retained in the stomach and intestines so as to eliminate disease. It is used to treat the syndrome of excessiveness of both pathogen and vital–*Qi*, caused by the retention of stercoroma due to constipation resulting from accumulated heat, phlegm, water and blood stasis retained in the stomach and intestines.

As a syndrome may be of cold type or heat type, vital–*Qi* may be deficient or excessive, and more than one pathogenic factor may be involved, the following different types of purgation may be performed: cold, warm, moist, hydragogue, combining reinforcement with elimination and in conjunction with other therapeutic methods.

## 7 Mediation

Mediation is a therapeutic method to eliminate pathogenic factors by means of regulation and adjustment. It involves regulating the state of the interior, relieving exterior syndrome, coordinating *Yin* and *Yang* of the body and adjusting the functions of *Zang* and *Fu* organs. It is used when the following syndromes are treated: the semi–exterior and semi–interior type marked by the pathogen of febrile disease attacking *Shao Yang*



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channel and the type marked by incoordination between the liver and the spleen, or the liver and the stomach, or *Qi* and blood, or *Ying* and *Wei*. Among the methods of mediative type are the one to relieve the syndromes in *Shao Yang* channel and the one to coordinate the liver and the spleen or the liver and the stomach, which are frequently used in clinical practice.

## 8 Warming Method

Warming method is a therapeutic method to treat interior cold syndromes by warming *Yang*, expelling cold pathogens, recuperating *Yang*, and clearing and activating the channels and collaterals to adjust the flow of *Qi* and blood. It is used when exopathogenic cold directly invades the interior, when drugs impair *Yang*–*Qi* or when cold pathogens originate from the interior due to the deficiency of the kidney–*Yang*. This method works through warming the middle–*Jiao* to dispel cold, recuperating depeleted *Yang* to rescue the patient from collapse, and warming the channels to dispel cold. Because cold is usually accompanied by deficiency, warming method is often used in combination with tonification.

## 9 Heat–clearing Method

Heat–clearing method is a therapeutic method to treat internal heat syndrome by clearing away heat pathogens. It is often used to treat epidemic febrile disease. Due to the fact that internal heat may be in the *Qi*–system, the *Ying*–system, the blood system or *Zang* and *Fu*, and the excess of it may develop into toxins, the way that this method works differs as follows: clearing heat from



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the *Qi*–system, dispelling heat from the *Ying*–system, clearing away heat from both the *Qi*–system and the blood system, removing heat and toxic materials, and eliminating heat from *Zang* and *Fu* organs.

Because heat pathogen tends to consume body fluids, and the excess of it may even damage *Qi*, drugs with the action of clearing away heat are often administered together with those with the action of promoting the production of body fluids and invigorating *Qi*. Both the heat–clearing method and that of nourishing *Yin* should be used when heat impairs *Yin* at the final stage of epidemic febrile disease or when heat is retained in the interior due to the deficiency of *Yin* resulting from prolonged disease.

## 10 Resolution

Resolution is a therapeutic method to resolve gradually visible masses developed due to the accumulations of *Qi*, blood, phlegm, food, water or worms by promoting digestion and disintegrating masses and swelling. In a broad sense, methods of removing phlegm, eliminating dampness, expelling worms, regulating the flow of *Qi* and treating blood disorders all belong in the method of resolution. But now resolution is generally limited to promoting digestion to remove stagnated food, and disintegrating masses and swelling. It is often used to treat such syndromes as food retention and masses or the like due to the stagnation of *Qi* and blood.



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## 11 Tonification

Tonification is a therapeutic method to nourish, replenish and restore *Qi*, blood, *Yin*, *Yang*, *Zang* or *Fu* organs of the body when any of them is deficient or impaired. It functions through replenishing *Qi*, blood, *Yin* or *Yang* to make them balanced. The purpose of strengthening the body resistance to eliminate pathogenic factors may be reached through using the method of tonification to reinforce vital–*Qi* when it is too deficient and weak to resist pathogenic factors or to expel residual pathogens.

Because deficienciness and weaknesses may differ, tonifying methods are also different as follows: invigorating *Yin*, *Yang* and *Qi*, enriching blood, and tonifying the heart, liver, spleen, lung or the kidney. But those which are often used are invigorating *Qi*, blood, *Yin* or *Yang* or both *Yin* and *Yang*, or both *Qi* and blood.

## 12 Classification of Medical Formulae

There are a number of ways to classify medical formulae, among which the following are the main ones: "seven formulae"; "ten kinds of prescription"; classification "according to syndromes", "clinical branches", "*Zang* and *Fu*" or "therapeutic methods"; and "synthetical" classification. Being first found in the book *Huang Di Nei Jing*, the classification of "seven formulae" is mainly based on the condition, location, seriousness of illness, the number of drugs, etc., classifying medical formulae as the following seven: strong, mild, slow–acting, quick–acting, with ingredients odd in number, with ingredients even in number and compound. Coming from Xu Zhicai, a well–known physi-



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cian (493–592) in the Northern and Southern Dynasties, the classification of "ten kinds of prescription" classifies medical formulae according to the actions of drugs as the following ten: dispelling, obstruction–removing, tonifying, purgative, mild, strong, lubricant, astringent, dry, and moisture. It was Zhao Ji, a well–known physician in the Song Dynasty, who began to call this method as "ten kinds of prescription". The representative books which classify medical formulae according to syndromes are *Wu Shi Er Bing Fang, Tai Ping Sheng Hui Fang, Pu Ji Fang* etc. The bood *Fu Ren Ying Er Fang* is among the representative books which classify medical formulae "according to clinical branches". Those which classify medical formulae" according to *Zang* and *Fu* " are *Qian Jin Bei Ji Yao Fang, Wai Tai Mi Yao, San Yin Bing Zheng Ji Yi Fang Lun*, etc. The method of classifying medical formulae"according to syndromes" is found in the book *Jing Yue Quan Shu Gu Fang Ba Zhen* (a chapter of the book *Jing Yue Quan Shu)*. The book *Yi Fang Kao* written by Wang Ang in the Qing Dynasty classifies medical formulae synthetically as the following twenty–two: tonification and nourishment, diaphoresis, emesis, purgation, dispelling the interior pathogens through the body superficies, mediation, regulating the flow of *Qi*, treating blood disorders, expelling pathogenic wind, dispelling pathogenic cold, clearing away summer–heat, diuresis, moistening dryness, purging intense heat, removing phlegm, promoting digestion, astringency, parasiticide, improving acuity of vision, treating skin and external diseases, treating female disorders and first aid. This kind of classification not only deals with therapeutic methods and etiology but also involves clinical branches, making the concepts clear and being suitable for clini-



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cal use. Today the method of classification of Wang's is the most frequently used for reference. According to the method of classification in the textbooks of TCM specialities of TCM colleges, the second part of this volume will introduce concisely the twenty–two kinds of medical formulae in the order of diaphoresis, purgation, mediation, removing heat, clearing away summer–heat, warming up the interior, expelling pathogenic factors from both the interior and exterior of the body, tonification, tranquilization, inducing resuscitation, astringency, regulating the flow of *Qi*, treating blood disorders, treating wind syndrome, treating dryness syndrome, eliminating dampness, removing phlegm, promoting digestion, parasiticide, emesis and treating skin and external disorders, in order that the readers may study, grasp and practise them.

## 13 Composition of a Formula

According to the experience obtained in treating a disease with special drugs in a simple prescription, the principle of diagnosis and treatment based on overall differentiation and analysis of a disease, and the needs of therapeutic methods, the composition of a formulae is fulfilled by mixing the ingredients together organically. It aims at, firstly, enhancing or synthesizing the actions of the drugs to improve the curative effects, secondly, administering different drugs according to the variation of syndromes to widen the range of treatment and thirdly, restricting the toxicity or intensity of the drugs to eliminate the side effects on the human body.



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## 14 Principle of Composing Formulae

The principles were concluded and known in brief in ancient times, as *Jun Chen Zuo Shi*, but in modern times they are known as *Zhu Fu Zuo Shi*. The terms of *Jun* (monarch)*Chen* (minister)*Zuo* (adjuvant )*Shi* (conductance) mean the different roles played by different ingredients of a prescription in their actions. They are concrete and vivid description of the principles of composing formulae.

The monarch drug in a prescription is the principal ingredient which produces the leading action in treating the cause or the main symptoms of a disease. The minister drug is that which strengthens the action of the monarch drug, helps treat the cause or the main symptoms of a disease, and takes a leading role in treating the accompanying disease cause or symptoms. The adjuvant drug is that which cooperates with the monarch and ministerial drugs to reinforce the curative effects. It functions directly in treating secondary symptoms, eliminating or reducing the toxicity of the monarch and ministerial drugs, or restricting their intensity. When serious diseases due to excessive pathogenic factors make patients incapable of taking the monarch drug, the adjuvant drug, whose property and flavor are opposite to those of the monarch drug but whose action is complementary to that of the monarch drug, is cooperately administered. The conductant drug is that which directs the actions of all the other drugs in a prescription to the affected channel, or tempers their actions.



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## 15 Variations in Composition

There are principles to follow for composing formulae and set prescriptions to be prescribed according to the therapeutic methods. In clinical practice, however, set prescriptions should be modified according to the condition of a disease, the constitution and age of a patient, and the climatic and other favorable or unfavorable environmental factors. Generally speaking, the modification of a set prescription takes place in three ways: to add or omit one ingredient or more, to increase or decrease the amount of one ingredient or more, or to change for another dosage form.

## 16 Modification of Ingredients

In clinical practice, one drug or more are to be added to, or omitted from, a set prescription according to the particular condition of a disease in order to make the prescription more suitable for treating the disease. The addition and omission of one drug or more to and from a set prescription may bring three variations to it.

(1)Under the condition in which the principal drug of the prescription and the main symptoms of the disease remain the same, assistant drugs are added to or omitted from a set prescription according to different secondary or accompanying symptoms, so as to meet the need of treating the corresponding symptoms of the disease. For instance, the indication of *Guizhi Tang* is the exterior syndrome of "deficiency" due to wind–cold marked by fever, aversion to wind–cold, headache and floating slow pulse. But when the syndrome is accompanied by dyspnea



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and cough, *Hou Po* (Cortex Magnoliae Officinalis) and *Xing Ren* (Semen Armeniacae Amarum) are added to *Guizhi Tang* to form *Guizhi Jia Houpo Xingzi Tang*, whose indication includes lowering the adverse flow of the lung–*Qi* to relieve asthma. When the syndrome is accompanied by running pulse and fullness in the chest resulting from erroneous administration of purgatives, *Shao Yao* (Radix Paeoniae Alba) cool in nature and *Yin*–soft in property is omitted from *Guizhi Tang* to form *Guizhi Qu Shaoyao Tang*, which can promote the upward and outward movement of *Yang–Qi* to remove fullness in the chest and expel pathogenic factors from the muscles and skin.

(2)The addition or omission of one ingredient or more to or from a set prescription changes the principal drug and the indication for the others. The name of the prescription is accordingly changed. For example, when *Sheng Jiang* (Rhizoma Zingiberis Recens) is omitted from, and *Dang Gui* (Radix Angelicae Sinensis), *Xi Xin(Herba Asari)* and *Tong Cao* (Medulla Tetrapanacis) are added to, *Guizhi Tang*, the principal drug of this prescription becomes *Dang Gui* (Radix Angelicae Sinensis) and *Shao Yao* (Radix Paeoniae Alba), and its name changes to *Danggui Sini Tang*. Its indication becomes the syndrome due to the invasion of Jueyin channel by cold marked by cold limbs and thready indistinct pulse.

(3)The Principal drug of a prescription remains the same, but the compatible ones are changed, and what is more, the indication is also changed, For instance, *Huang Lian* (Rhizoma Coptidis) bitter in taste, cold in nature and functioning in clearing away heat, and *Wu Zhu Yu* (Fructus Evodiae ) pungent in flavor, warm in nature and functioning in lowering the adverse flow of



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*Qi* are compound to form *Zuo Jin Wan*, whose indication is distending pain in the chest and hypochondrium due to the depressed fire in the liver channel. But when *Huang Lian* (Rhizoma Coptidis) is mixed with *Mu Xiang* (Radix Aucklandiae) with the action of promothing the circulation of *Qi* and relieving pain, *Xiang Lian Wan* is formed whose indication is dysentery due to damp–heat pathogen.

## 17 Modification of Dose

The principal drug, the indication and the potency of a prescription become different and the treatment range of this prescription is widened when the ingredients remain the same but their doses are altered. The modification of the doses of the drugs in a prescription may result in the following three kinds of changes:

(1)The principal drug and the indication of a prescription are varied. For example, Both the prescriptions *Xiao Chengqi Tang* and *Houpo Sanwu Tang* contain *Da Huang* (Radix et Rhizoma Rhei), *Zhi Shi* (Fructus Aurantii Immaturus) and *Hou Po* (Cortex Magnoliae Officinalis). The former contains 12g of *Da Huang*, 9g of *Zhi Shi* and 6g of *Hou Po:* the latter, 12 g of *Da Huang*, 15 g of *Zhi Shi* and 24 g of *Hou Po*. The ratio of *Hou Po* in them is 1 : 4. The dose of *Da Huang* in them appears to be equal. But because the decoction of the former is taken twice, while that of the latter, 3 times, the dose of *Da Huang* in the former is , in fact, greater than that of the latter. Therefore, the principal drug in the former is *Da Huang;* but in the latter, *Hou Po* becomes the principal drug. Obviously, it is the variation of drug dose that leads to the



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change of the principal drug. Such variations bring about the change of indication. *Xiao Chengqi Tang* (the former) is indicated for excess syndrome of *Yangming Fu* organ whose pathogenesis is the accumulation of gastrointestinal heat, while *Houpo Sanwu Tang* (the latter) is indicated for constipation and pain due to abdominal distention whose pathogenesis is the stagnation of *Qi*.

(2)The potency of a prescription is altered. For instance, both the prescriptions *Sini Tang* and *Tongmai Sini Tang* contain *Fu Zi* (Radix Aconiti Lateralis Preparata), *Gan Jiang* (Rhizoma Zingiberis Recens) and *Zhi Gan Cao* (Radix Glycyrrhizae Preparata). Because the former contains less *Gan Jiang* and *Fu Zi* than the latter, its function is different from the latter's. The former functions in recuperating depleted *Yang* and rescuing a patient from collapse, and is used to treat the syndrome due to the excess of *Yin* and the deficiency of *Yang* marked by cold limbs, aversion to cold, lying with the legs drawn up, diarrhea and faint thready pulse or deep slow thready weak pulse. The latter, however, functions in recuperating depleted *Yang* and driving away *Yin*, and rescuing a patient from collapse through promoting blood circulation, and is used to treat the syndrome due to *Yang* retained in the exterior because of *Yin*—excess in the interior marked by cold limbs, no aversion to cold, diarrhea with undigested food in stools and extremely faint pulse.

(3)The treatment range of the prescription is widened. For example, with retention of *Gui Zhi* (Ramulus Cinnamomi) as the principal drug, the prescription *Guizhi Jia Shaoyao Tang*, in which the dose of *Shao Yao* (Radix Paeoniae Alba) has been doubled so as to relieve spasm and pain, is used to treat the syndrome, which is the indication of the prescription *Guizhi Tang*,



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accompanied by intermittent pain due to abdominal distention.

## 18 Dosage Forms of Formulae

Pharmaceutical preparations may come in different forms processed in accordance with the different needs of treating various diseases in clinical practice with Chinese herbal medicines (CHM) in order that the potencies of drugs are given full play. The dosage forms of CHM derive from the experience accumulated by the outstanding physicians medical expert through the ages in their long struggle against diseases. For instance, such dosage forms as decoction, pill, powder, herb paste and spirit were recorded in the thirteen prescriptions of the book *Huang Di Nei Jing*. Later on, dosage forms continued to be developed, there appearing such new ones as drink, distillate, lozenge, cake, roll, thread, smoking, fumigation, washing, ear–dropping, enema, nasal–dropping and vaginal suppository. Today, to meet the needs of various clinical branches, good traditional processes of CHM preparations have been used together with modern ones, and many new dosage forms have been developed such as injection, tablet, syrup, extract, liquid extract, adhesive plaster, and powder preparation to be taken after being infused in water.

## 19 Modification of Dosage Form

According to the condition of a disease, the dosage form of a prescription may be altered, which will bring about changes in its therapeutic effects. For instance, the prescription *Lizhong Wan* consists of *Gan Jiang* (Rhizoma Zingiberis) 90 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 90 g,*Ren Shen* (Radix



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Ginseng) 90 g and *Gan Cao* (Radix Glycyrrhizae) 90 g. It is in the form of honeyed boluses, each of which is as big as a yolk, prescribed to treat deficient. cold–syndrome of the middle–*Jiao* marked by incessant loose stools, vomiting, abdominal pain, pale tongue with whitish coating, and deep slow weak pulse. When the obstruction of *Qi* in the chest due to *Yang*–deficiency of the upper–*Jiao* marked by choking sensation in the precordial region, fullness in the chest, attack of the heart by *Qi* from under the hypochondrium, cold limbs, shortness of breath, languor and deep thready pulse is treated, the four ingredients of the prescription, each weighing 9 g, are decocted in water for oral use, the decoction being taken 3 times. Thus, different dosage forms of the same prescription are used to treat different diseases with different locations and degrees of seriousness, with pills where slow action of the prescription is required but decoction where quick action is required.

## 20 Decoction

All the drugs in a prescription are steeped in an appropriate amount of water, the content being boiled for a specific period of time, after which the solid material is removed, thus obtaining the medical solution which is called decoction. By and large. decoctions such as *Mahuang Tang* and *Da Chengqi Tang* are for oral administration. Decoction is characterized by being absorbed quickly, exerting its potency presently, being easy to modify so that it may meet, more comprehensively and flexibly. the needs of individual patients and the peculiarity of various syndromes. So it has been the most widely–used dosage form in



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the clinical practice of TCM.

## 21 Powder

Drugs in a prescription are ground into very wellmixed dry powder which is for oral administration or for external application. That for oral administration is finer, smaller in dose and may be taken directly with water. *Qili San* is such an example. However, there is also coarse powder. Before being applied. it is boiled in water, the coarse powder being removed and the solution is obtained for oral administration. *Xiangsu San* is such an example. Powder for external use is usually applied externally and topically on a sore or on the affected part of the body. *Shengji San* and *Jinhuang San* are such examples. There is also powder for eye–dropping or laryngeal insufflation. *Bing Peng San* is such an example. Being easy to carry and take, not prone to deterioration, being absorbed quickly and processed simply and with less medicinal material are the characteristics of such powders.

## 22 Pill

Drugs in a prescription are ground into fine powder. The powder is mixed with such excipients as honey, water, rice flour paste, wheat flour paste, spirit, vinegar or decoction into round solid dosages——pills, Smaller in size and easy to take, carry and preserve. pills are absorbed slowly and have persistent potency. This dosage form is a commonly used one which is suitable for chronic diseases or diseases of weakness. *Guipi Wan* and *Renshen Yang–rong Wan* are such examples. There are pills, too, for first aid. *Angong Niuhuang Wan* and *Suhexiang Wan* are such exam-



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ples. Containing drugs aromatic in flavor, they cannot be heated or boiled. Some drugs with toxic or intense potencies are processed into pills in order that their actions may be given a slow play.

Pills which are common in clinical practice are honeyed pills, water–paste pills, paste pills and concentrated pills. Honeyed pills are soft and moist in nature, slow in acting and have the action of rectifying taste, tonifying and nourishing, thus being suitable for the treatment of chronic diseases. Being small in size, easy to swallow and being absorbed quickly, water–paste pills are used to treat many kinds of diseases. Paste pills are absorbed slowly within the body after being swallowed, which may give a full play to drug effects and reduce the irritation produced by strongly irritant drugs. to the gastrointestinal tract. For this reason, it is preferable to process drugs with great toxicity and irritative effects into paste pills. Concentrated pills are small in size and dose, easy to swallow, and contain more efficacious elements. Various kinds of disease may be treated with concentrated pills.

## 23 Herb Paste

Herb paste is a dosage formed by concentrating drugs by way of decocting them in water or vegetable oil. It is for oral administration or external use. Those for oral administration are liquid extract, extract and soft extract. Those for external use are softer paste and harder paste.

The effective elements of 1 ml of liquid extract are equal to those of 1 g of medicinal material, higher than those of tincture. The side effects of the solvent content are small and so is the dose



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administered *Gancao Liujingao* and *Yimucao Liujingao* are such examples. Extract is semi–solid, high in concentration, and small in volume and applied dose. The active principles of 1 g of extract are equal to those of 2–5 g of medicinal material. It contains no solvent, has no side effects of it, and is usually used for processing tablets or pills. *Maodongqing Jingao* is such an example. Dry fine powder, such as *Zizhucao Jingao* and *Longdancao Jingao*, is called dry extract, which may be taken diretly with water or put into capsules for oral administration. Soft extract, small in volume and easy to take, contains great amount of honey or sugar and tastes sweet. With plenty of nutrients, it has the action of moistening and tonifying, being suitable for debilitated patients suffering from persistent diseases. *Shen Qi Gao* and *Piba Gao* are such examples. Soft plaster is a preparation for external use. It is semi–solid and sticky at normal temperature. Coated on the skin or the mucous membrane, it will be softened or melted gradually, with its active elements being absorbed slowly. It is suitable for the sore, carbuncle, swelling and furuncle of surgery, *Sanhuang San Ruangao* and *Chuanxinlian Ruangao* are such examples. Plaster (adhesive plaster) is solid at normal temperature, but melts at 36—37℃. Easy to use, carry and preserve, it may play a role in topical or general treatment and in mechanical protection after being applied externally. It is used to treat such syndromes as traumatic injury, arthralgia due to pathogenic wind–dampness, skin and external diseases, etc. *Fengshi Dieda Zhitong Gao* and *Goupi Gao* are such examples.



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## 24 Dan

*Dan* usually means a compound preparation which is produced by heating and sublimating minerals containing mercury, sulfur, etc. The applied dose of it is small but has great potency. Although it may be administered for both oral and external use, it is, in general, used for external application in surgery. *Hongsheng Dan* and *Baijiang Dan* as such examples. It is customary to call some precious drugs or dosage forms of some drugs with special actions as *Dan*. So *Dan* does not have a fixed dosage form. For example, *Heixi Dan* is in pill form, while *Zhibao Dan*, in bolus form. They and their like are usually for oral administration.

## 25 Spirit

Spirits, including those made with yellow rice or millet, are used as solvent. The drugs are usually soaked or boiled in spirit, after which the solid material is removed, thus obtaining the medicated spirit. Medicated spirit is usually administered to tonify and nourish the weak body, to relieve pain due to pathogenic wind–dampness and to treat traumatic injury. *Shiquan Dabu Jiu* and *Fengshi Yaojiu* are such examples.

## 26 Moxibustion

Chinese mugwort leaves are pounded until floss–like. The floss is twisted into moxa– sticks, moxa–roll or moxa–cone. One end is lit and held at a certain distance from the skin of some acupoints or an affected part of the body to cause the subject to experience a warm or painful sensation for preventive or



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thrapeutic purpose. Moxibustion is such a dosage form for external use.

## 27 Powder to Be Infused

Drugs are refined into thick paste, to which is added an appropriate amount of sugar powder and other supplementary materials such as starch, flour of Chinese yam or dextrin. The content is stirred until it is even and rubbed into small round pieces. The pieces are riddled with a riddle whose mesh number is 10–12 and made into small granules. The granules are dried at temperatures of 4–60℃ . When dried, they are sifted again with a sieve whose mesh number is 8–14. They are, then, mixed evenly and put in plastic sacks to protect them from dampness. Powder to be infused is at last obtained. Powder taken after being infused in boiling water is quick in action, small in volume, light, convenient to carry and take, and suitable to treat various kinds of diseases. *Kelu Chongji* and *Ganmao Chongji* are such examples.

## 28 Method of Decocting Drugs

The correct method of decocting drugs may ensure complete utilization of the actions of drugs. For decocting, it is preferable to use an earthenware pot rather than ones made of tin or iron in case drugs should precipitate, the solubility of drugs should descend and side effects should come about. Water for decocting is usually running or distilled water or fresh well water which should be pure and clean unless a special type of water is required in the prescription. The level of water in the pot should be about three centimetres higher than that of the drugs. The fire or source



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of heat should be adjusted according to whether strong or mild heat is required. In general, the mixture is first boiled strongly and, then. simmered.

The procedure in decocting is as follows. The drugs are placed in a container (pot), to which cold water is then added, ensuring that the water level covers the drugs. The pot should be heated only after thorough soaking of the drugs in order that the active elements may be readily decocted out. In the course of decocting, be sure to keep the pot covered in order to minimize the loss of aromatic and volatile elements. In the process of boiling, it should be ensured that the heat is not too strong so as to prevent the loss of the decoction. However, drugs aromatic in nature or for relieving exterior syndrome and clearing away heat are to be decocted with strong heat in case the potencies of the drugs should be volatilized through prolonged boiling and thus the effects of them, lowered or changed. Tonic drugs rich in fat or drugs for nourishing blood and invigorating *Qi* should be decocted on mild heat for a longer period so as to decoct the active elements out completely. If drugs are burned due to improper decocting, they should be discarded, not decocted again in fresh water or taken. Special methods of decocting should be noted in the prescription. Drugs of shell and mineral type are to be broken up and then decocted, for they are too hard. Taking *Gui Ban* (Colla carapacis Plastri Testudinis), *Bie Jia* (Carapax Trionycis), *Dai Zhe Shi* (Ochra Haematitum) *Shi Jue Ming* (Concha Haliotidis), *Sheng Mu Li* (Concha Ostreae), *Sheng Long Gu* (Os Draconis Fossilia), *Sheng Shi Gao* (Gypsum Fibrosum) as examples, they should be boiled for 10–20 minutes before adding the other ingredients. Aromatic drugs, such as *Bo Re* (Herba



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Menthae), *Sha Ren* (Fructus Amomi), etc., are to be added to the mixture only for the final five minutes of decocting so that their active elements, which are easy to volatilize, are held up. Some drugs, such as *Chi Shi Zhi* (Halloysitum Rubrum), *Hua Shi Fen* (Pulvis Talci), *Xuan Fu Hua* (Flos Inulae), etc., should be wrapped in thin cloth when being decocted, so as to decrease the perssimal irritation produced by the particles to the gastrointestinal tract and throat as well as to decrease the turbidity of the decoction containing them. The active elements of certain precious drugs will be absorbed when they are decocted together with others. Such drugs should be decocted separately. For example, *Ren Shen* (Radix Ginseng) in a prescription should be cut into small pieces and stewed alone for over an hour. Gelatin, such as E Jiao (Colla Corii Asini), *Lu Jiao Jiao* (Colla Cornus Cervi), *Yi Tang* (Saccharum Granorum), etc., are highly sticky and easy to dissolve. When being decocted with others, they tend to stick to the pot and be burned, and to attach to others to influence their effectiveness. Thus, when being used, they should be separately dissolved in boiling water or in decoction which is being warmed with gentle heat. Powder, *Dan*, pill, natural juice as well as some aromatic or precious drugs, such as *Niu Huang* (Calculus Bovis), *She Xiang* (Moschus), *Chen Xiang Mo* (Lignum Aquilariae Resinatum), *Tian San Qi* (Radix Notoginseng), etc., are to be taken following their infusion.

## 29 Method of Taking Medicine

The method of taking medicine includes two aspects: time and way.



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(1)Time: In general, about one hour before a meal is the proper time. Those which irritate the gastrointestinal tract should be taken after a meal. Tonifying and nourishing drugs are to be taken on an empty stomach. Antimalaria drugs should be taken two hours before the disease's relapse. Sedatives are taken before sleep. Medicines for emergency cases are taken when needed. Patients with chronic disease must take pill or powder or soft extract or medicated wine on time.

(2)Way: Usually the decoction of the prescribed dose is divided into two or three portions, one portion being taken each time, one dose daily. A patient whose disease's condition is critical takes the whole decoction at a draught. A patient whose disease has the symptoms of hiccup, vomiting and difficulty in swallowing takes small portions of the decoction frequently throughout the day. To enhance the potencies of drugs, two doses may be taken daily according to the needs of the disease's condition. The decoction is better taken warm. After taking decoction for relieving exterior syndromes, the patient should cover himself with something to avoid wind and to sweat a little. When heat syndrome is treated with drugs cold in natute, the decoction is to be taken hot. When a patient has cold syndrome complicated by heat syndrome, vomiting may result after the decoction is taken. Under this condition, the first priority is to recognize the property of the mixed syndromes. If the cold syndrome is accompanied by a pseudo–heat syndrome, the hot natured decoction is to be taken cold. If the heat syndrome is accompanied by a pseudo–cold syndrome, the cold–natured decoction is to be taken hot. A patient who vomits after taking decoction may add a little ginger juice to it or chew a little tangerine peel before tak-



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ing it, or use fresh ginger to rub his tongue, or take the decoction cold or in many small portions. Give decoction to a comatose patient with difficulty in swallowing by nasal feeding. Take medicines with toxic or intense nature in small amount in the beginning and raise the amount gradually. Once the effects appear, stop administering them. Over dosage is strictly forbidden in case poisoning should occur.



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# Part Two
# Detailed Statement

## 1 Diaphoretic Prescriptions

### 1.1 Diaphoretic Prescriptions

Prescriptions mainly consisting of diaphoretics; having the action of inducing diaphoresis, expelling pathogenic factors from the muscles and skin and promoting eruption; and used to treat exterior syndromes are all known as "diaphoretic prescription". Diaphoretic prescriptions may be chosen to treat syndromes caused by the invasion of any of the six pathogenic factors into the muscles and skin and marked by aversion to cold, fever, headache, pantalgia and floating pulse, and such diseases at their early stages and with exterior syndrome as measles, skin and external disorders, edema, etc. Because the six pathogenic factors are different in the nature of cold or warmth and the constitutions of patients are different in the type of deficiency or excess, diaphoretic prescriptions are accordingly classfied as the following three kinds according to their different indications: those composed of drugs pungent in flavor and warm in nature and used to treat exterior syndrome of cold type, those composed of



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drugs pungent in flavor and cold in nature and used to treat exterior syndrome of heat type and those having the action of strengthening body resistance to relieve exterior syndrome resulting from the affection of pathogens due to general deficiency of *Qi*.

Diaphoretic prescriptions are mainly made up of drugs pungent in flavor and having the action of dispersing. The time of decocting should not be prolonged. After taking any of them, the patient should protect himself from exposure to wind or cold, and should keep himself warm to the point of mild sweating but avoiding over sweating. In hot weather of in the case of an old or very young or debilitated patient, the dosage administered should be small. The exterior syndrome accompanied by an interior syndrome is treated by means of relieving both the exterior and interior syndromes simultaneously or relieving the exterior one first and the interior one second. Diaphoretic prescriptions are contraindicated for isolated interior syndromes. In the course of taking this kind of medicine, patients must obstain from eating raw, cold and heavy food.

## 1.2 Diaphoretic Prescriptions Composed of Drugs Pungent in Flavor and Warm in Nature

This kind of prescriptions mainly consist of drugs pungent in flavor, warm in nature and acting to relieve exterior syndrome. Their indication is the exterior syndrome due to the effect of exogenous wind–cold pathogens and marked by aversion to cold, fever, rigidity of nape with headache, stiffness in the nape,



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soreness and pain in the limbs, no thirst, sweating or not, thin and whitish tongue coating and superficial tense or slow pulse. Drugs, such as *Ma Huang* (Herba Ephedrae), *Gui Zhi* (Ramulus Cinnamomi), *Jing Jie* (Herba Schizonepetae), *Fang Feng* (Radix Saposhinkoviae), *Su Ye* (Folium Perillae), etc., are commonly used in diaphoretic prescriptions composed of drugs pungent in flavor and warm in nature, whose representatives are *Mahuang Tang* (Ephedra Decoction), *Guizhi Tang* (Cinnamon Twig Decoction), *Xiao Qinglong Tang* (Minor Decoction of Green Dragon), *Jiuwei Qianghuo Tang* (Notoptreygium Decoction of Nine Ingredients), etc.

## 1.3 The Prescription of *Mahuang Tang*

Name: Ephedra Decoction

Source: The book *Shang Han Lun*

Ingredients:

*Ma Huang* (Herba Ephedrae) 6 g, *Gui Zhi* (Ramulus Cinnamomi) 4 g, *Xing Ren* (Semen Armeniacae Amarum) 9 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 3 g.

Explanation:

*Ma Huang:* The principal drug, being pungent and bitter in flavor and warm in nature, relieving superficies syndrome by means of diaphoresis, facilitating the flow of the lung-*Qi* to stop asthma.

*Gui Zhi:* Expelling pathogenic factors from the muscles and skin by means of diaphoresis, warming the channels to expel pathogenic cold, assisting *Ma Huang* in inducing diaphoresis to relieve exterior syndrome, relieving pain in the limbs.



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*Xing Ren:* Promoting the flow of the lung–*Qi,* aiding *Ma Huang* in relieving asthma.

*Zhi Gan Cao:* Tempering the actions of all the other ingredients.

Effect: Relieving exterior syndrome by means of diaphoresis, facilitating the flow of the lung–*Qi* to relieve asthma.

Indications: Exterior syndrome of excess type due to wind–cold pathogens, marked by aversion to cold, fever, asthma without sweating, headache, general pain, whitish thin tongue coating and superficial tense pulse; including such diseases with the above symptoms as common cold, influenza, bronchitis, bronchial asthma, etc.

Administration:Decocted in water for oral dose to be taken twice.

Contraindication: Syndromes with *Qi*,blood or body fluid deficiency (because this decoction is powerful).

Case Study: *Mahuang Tang* was clinically administered to treat influenza spreading among young miners and marked by severe chills,high fever,headache,general pain,stuffy and running nose, no sweat and floating tense pulse.2–3 doses, on the whole, induced diaphoresis and abated the fever, curing the patients.

The modification of *Mahuang Tang* and *Siwu Tang* was prescribed to treat 10 cases of children's psoriasis,each of whom took 4–49 doses,19 on an average. 2 cases were cured, 5 basically cured, 2 were remarkably improved and 1 improved.

## 1.4 The Prescription of *Guizhi Tang*

Name: Cinnamon Twig Decoction



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Source: The book *Shang Han Lun*

Ingredients:

*Gui Zhi* (Ramulus Cinnamomi) 9 g, *Bai Shao* (Radix Paeoniae Alba) 9 g,*Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 6 g, *Sheng Jiang* (Rhizoma Zingiberis Recens ) 9 g,*Da Zao* (Fructus Jujubae) 3 dates.

Explanation:

*Gui Zhi*: The principal drug, being pungent and sweet in flavor and warm in nature, expelling pathogenic factors from the muscles and skin by means of diaphoresis, warming the channels to dispel pathogenic cold.

*Bai Shao:* Replenishing *Yin* and astringing *Ying*,uniting *Gui Zhi* to take a role in regulating *Ying* and *Wei*.

*Sheng Jiang:* Being pungent in flavor and warm in nature, assisting *Gui Zhi* in expelling pathogenic factors from the muscles and skin, warming the stomach to prevent vomiting.

*Da Zao:* Being sweet in flavor and neutral in nature, supplementing *Qi* and strengthening the middle–*Jiao*, nourishing the spleen, promoting the production of body fluids.

*Zhi Gan Cao:* Supplementing *Qi* and regulating the stomach, together with *Gui Zhi* aiding in expelling the pathogenic factors from the muscles and skin, together with *Shao Yao* replenishing *Yin*, tempering the actions of all the other ingredients.

Effect: Expelling pathogenic factors from muscles and skin by means of diaphoresis, regulating *Ying* and *Wei*.

Indications: Exterior syndrome of deficiency type due to windcold pathogens,marked by headache, fever, aversion to wind after sweating, retching with sounds from the nose, nausea, no thirst, whitish tongue coating and floating slow pulse; including



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such diseases with the above symptoms as common cold, rheumatic arthritis, heart disease, nephritis, etc.

Administration: Decocted in water for oral dose to be taken 3 times, followed by the taking of thin gruel or boiled water.

Contraindication: Raw or cold or greasy food

Case Study: A case whose symptoms and signs were fever of more than 20 days (38℃), sweating, lassitude, anorexia, dizziness, no thirst, whitish tongue coating and superficial pulse was treated with *Guizhi Tang*, with one dose abating the fever.

20 cases of allergic rhinitis were treated with *Guizhi Tang* plus:

*Ting Li Zi* (Semen Lepidii seu Descurainiae), *Chan Tui* (Periostracum Cicadae). 14 cases were cured, 2 cases were not improved, 4 cases relapsed, each of whom took 2–14 doses.

## 1.5 The Prescription of *Jiuwei Qianghuo Tang*

Name: Notopt erygium Decoction of Nine Ingredients

Source: The book *Ci Shi Nan Zhi*

Ingredients:

*Qiang Huo* (Rhizoma seu Radix Notopterygii) 5 g, *Fang Feng* (Radix Saposhinkoviae) 5 g, *Cang Zhu* (Rhizoma Atractylodis) 5 g, *Xi Xin* (Herba Asari) 1 g, *Chuan Xiong* (Rhizoma Chuangxiong) 3 g, *Bai Zhi* (Radix Angelicae Dahuricae) 3 g, *Sheng Di* (Radix Rehmanniae)3 g, *Huang Qin* (Radix Scutellariae) 3 g, *Gan Cao* (Radix Glycyrrhizae) 3 g.

Explanation:

*Qiang Huo:* The principal drug, being pungent and bitter in flavor and warm in nature, going up to disperse



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wind–cold–dampness pathogens in the exterior.

*Fang Feng* and *Cang Zhu:* Inducing diaphoresis to remove dampness and assisting *Qiang Huo* in relieving exterior syndrome.

*Xi Xin, Chuan Xiong* and *Bai Zhi:* Dispersing windcold pathogens, relieving arthralgia due to pathogenic dampness, promoting the flow of *Qi* and blood.

*Huang Qin:* Expelling the pathogenic heat from the *Qi* system.

*Sheng Di:* Dispelling the pathogenic heat from the blood system, removing pathogenic heat of accompanying syndrome, restricting the dryness resulting from the pungency and warmth of other drugs.

*Gan Cao:* Tempering the actions of all the other ingredients.

Effect: Inducing diaphoresis to remove pathogenic dampness and expelling, simultaneously, pathogenic heat in the interior.

Indications: Syndrome due to the effect of exogenous wind–cold–dampness pathogens and internal heat, marked by chills, fever, absence of sweating, headache, stiff nape, soreness and pain of the limbs, thirst with bitter taste; including such diseases with the above symptoms as common cold, influenza, rheumatic arthritis, etc.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: 120 cases of common cold marked by chills, low fever, headache and soreness and pain of the limbs were treated with modified *Jiuwei Qianghuo Tang*, to which 112 cases (93.33%) were sensitive.

152 cases of acute urticaria were also treated with modified



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*Jiuwei Qianghuo Tang* whose main ingredients were as follows:

*Qiang Huo* (Rhizoma seu Radix Notopterygii) 10 g, *Fang Feng* (Radix Saposhinkoviae) 6 g, *Chao Cang Zhu* (Rhizoma Atractylodis parched) 6 g, *Xi Xin* (Herba Asari) 1.5 g, *Chuan Xiong* (Rhizoma Chuanxiong) 6 g, *Bai Zhi* (Radix Angelicae Dahuricae) 6 g, *Sheng Di* (Radix Rehmanniae) 10 g, *Chao Huang Qin* (Radix Scutellariae parched) 6 g, *Gan Cao* (Radix Glycyrrhizae) 6 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 2 pieces, *Cong Bai* (Bulbus Allii Fistulosi) 3 pieces.

Cases of wind–cold type were susceptible to it, and so were cases of wind–heat type complicated by dampness pathogen. Among 152 cases treated, 119 were cured with each taking 3 doses, 15 with 5, 10 with 7.6 cases who suffered from frequent relapses were improved with each taking 10 doses; in 2 cases there was no improvement.

## 1.6 The Prescription of *Xiao Qinglong Tang*

Name: Minor Decoction of Green Dragon

Source: The book *Shang Han Lun*

Ingredients:

*Ma Huang* (Herba Ephedrae) 9 g, *Shao Yao* (Radix Paeoniae) 9 g, *Xi Xin* (Herba Asari) 9 g, *Gan Jiang* (Rhizoma Zingiberis) 9 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 9 g, *Gui Zhi* (Ramulus Cinnamomi) 9 g, *Wu Wei Zi* (Fructus Schisandrae) 9 g, *Ban Xia* (Rhizoma Pinelliae) 9 g.

Explanation:

*Ma Huang* and *Gui Zhi:* The principal drugs, inducing diaphoresis to relieve exterior syndrome, facilitating the flow of



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the lung–*Qi* to relieve asthma.

*Gan Jiang* and *Xi Xin:* Warming the lung to reduce watery phlegm, assisting *Ma Huang* and *Gui Zhi* in relieving exterior syndrome.

*Wu Wei Zi:* Astringing *Qi.*

*Shao Yao:* Nourishing blood.

*Ban Xia:* Lowering the adverse flow of *Qi* by means of removing phlegm and regulating the stomach.

*Zhi Gan Cao:* Supplementing *Qi* and regulating the stomach, tempering the actions of all the other ingredients.

Effect: Inducing diaphoresis to reduce watery phlegm, relieving cough and asthma.

Indications: Syndrome due to the stagnation of wind–cold pathogens in the exterior and water retention in the interior, marked by aversion to cold, fever, no sweat, dyspnea, cough, profuse thin sputum, difficulty in lying down, or general pain and heavy sensation, swelling of face and limbs, whitish slippery tongue coating and floating pulse; including such diseases with the above symptoms as chronic bronchitis, bronchial asthma, senile emphysema, etc.

Administration: Decocted in water for oral dose to be taken 3 times

Contraindication: Drugs in this prescription are pungent in flavor and dry in nature, so this prescription is contraindicated for syndromes marked by cough without sputum or with yellowish thick sputum and dryness of the mouth and throat.

Case Study: 6 cases of intractable allergic bronchitis, a syndrome due to exogenous cold pathogen and interior water retention which had been unsuccessfully treated with



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aminophylline, salbutamol, prednisone and dexamethasone, were treated with heavy dosage of *Xiao Qinglong Tang*, whose main ingredients were as follows:

*Zhi Ma huang* (Herba Ephedrae Preparata) 15 g, *Gui Zhi* (Ramulus Cinnamomi) 9 g, *Wu Wei Zi* (Fructus Schisandrae) 9 g, *Gan Jiang* (Rhizoma Zingiberis) 9 g, *Zhi Ban Xia* (Rhizoma Pinelliae Preparata) 30 g, *Bai Shao* (Radix Paeoniae Alba) 30 g, *Xi Xin* (Herba Asari) 6–9 g, *Gan Cao* (Radix Glycyrrhizae) 9–15 g.

Within 0.5–2 hours after one dose was taken by each of them, wheeze in their lungs was greatly lowered or nearly eliminated. After 2–3 doses were taken, the condition of their disease tended to be stable. Treatment was carried on with smaller and smaller dosage, the signs of the disease disappeared with the asthma being basically controlled in 6 cases.

*Xiao Qinglong Tang* plus:

*Zhu ling* (Polyporus), *Fu Ling* (Poria), *Ze Xie* (Rhizoma Alismatis), *Fu Zi* (Radix Aconiti Lateralis Preparata), *Kuan Dong* (Flos Farfarae), *Bai Zhu* (Rhizoma Atractylodis Macrocephalae). was applied to treat cases who had been suffering for many years from general edema, fullness sensation in the chest, asthma, pale tongue proper with white coating and wiry slippery pulse. More than 30 doses were taken by each of them and they were cured.

In an experiment, the decotion of modified *Xiao Qinglong Tang* was injected into an anaesthetized cat that had suffered from bronchospasm, showing obvious action of antibronchial spasm.



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## 1.7 The Prescription of *Daqinglong Tang*

Name: Major Green Dragon Decoction

Source: The book *Shang Han Lun*

Ingredients:

*Ma Huang* (Herba Ephedrae) 12 g, *Gui Zhi* (Ramulus Cinnamomi) 4 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 5 g, *Xing Ren* (Semen Armeniacae Amarum) 6 g, *Shi Gao* (Gypsum Fibrosum) 12 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 9 g, *Da Zao* (Fructus Jujubae) 3 dates.

Explanation:

*Ma Huang:* The principal drug , being pungent and bitter in flavor and warm in nature, expelling wind–cold pathogens.

*Gui Zhi:* Expelling the pathogenic factors from the muscles and skin, aiding *Ma Huang* in inducing diaphoresis.

*Shi Gao:* Being pungent in flavor and cold in nature, clearing away the interior heat and assisting *Ma Huang* in expelling exogenous pathogenic factors.

*Xing Ren:* Moistening the lung to arrest cough.

*Sheng Jiang* and *Da Zao:* Promoting diaphoresis, reinforcing *Qi* of the middle–*Jiao*.

*Gan Cao:* Regulating the stomach, tempering the actions of all the other ingredients.

Effect: Relieving exterior syndrome by means of diaphoresis, clearing away heat and restlessness.

Indications: Exterior excess syndrome due to wind–cold pathogens and pathogenic heat in the interior, marked by severe chills, high fever, general pain, restlessness without sweat and



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floating tense pulse; including such diseases with the above symptoms as bad cold, acute bronchitis, bronchopneumonia, lobar pneumonia, etc.

Administration: Decocted in water for oral dose to be taken 3 times

Contraindication: The administration of this prescription should be ceased once the case would begin to sweat, as its effects in inducing diaphoresis are extremely strong. And it must not be used in treating cases with exterior syndrome of deficiency type marked by spontaneous perspiration.

Case Study: One case, whose disorder was due to the effect of exopathogens and marked by chills, high fever (39.5℃ ), restlessness without sweat, cough, headache, general aching, whitish thin tongue coating and floating rapid pulse, was treated with *Da Qinglong Tang*. The chills and fever were both abated after one dose was taken. After two doses, the case was cured.

## 1.8 Diaphoretic Prescriptions Composed of Drugs Pungent in Flavor and Cold in Nature

This kind of prescriptions are mainly made up of drugs pungent in flavor, cold in nature and having the action of relieving exterior syndrome. Their indication is the exterior syndrome due to the effect of exogenous wind–heat pathogens, marked by fever, sweat, slight aversion to wind and cold, headache, thirst, sore throat or cough, whitish thin or slightly yellowish tongue coating and floating rapid pulse. Drugs, such as *Bo He* (Herba Menthae), *Niu Bang Zi* (Fructus Arctii), *Sang Ye* (Folium Mori), *Ju Hua* (Flos Chrysanthemi), *Ge Gen* (Radix Puerariae), etc., are



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common in the prescriptions, whose representatives are *Sang Ju Yin*, *Yinqiao San*, *Ma Xing Shi Gan Tang*, etc.

## 1.9 The Prescription of *Sang Ju Yin*

Name: Decoction of Mulberry Leaf and Chrysanthemum

Source: The book *Wen Bing Tiao Bian*

Ingredients:

*Sang Ye* (Folium Mori) 7.5 g, *Ju Hua*(Flos Chrysanthemi) 3 g, *Xing Ren* (Semen Armeniacae Amarum) 6 g, *Lian Qiao* (Fructus Forsythiae) 5 g, *Bo He* (Herba Menthae) 2.5 g, *Jie Geng* (Radix Platycodi) 6 g, *Gan Cao* (Radix Glycyrrhizae) 2.5 g, *Wei Gen* (Rhizoma Phragmitis) 6 g.

Explanation:

*Sang Ye*: The principal drug, being sweet and bitter in flavor and cold in nature, clearing away heat from the lung-collaterals.

*Ju Hua:* The other principal drug, being pungent sweet and bitter in flavor and slightly cold in nature, dispelling wind-heat from the upper-*Jiao.*

*Bo He:* Aiding in dispelling wind-heat from the upper-*Jiao.*

*Jie Geng* and *Xing Ren:* Promoting the dispersing function of the lung to arrest cough with one ascending and the other descending the lung-*Qi.*

*Lian Qiao:* Expelling heat from above the diaphragm.

*Wei Gen:* Clearing away heat, promoting the production of body fluids, relieving thirst.

*Gan Cao:* Tempering the actions of all the other ingredients.

Effect: Dispelling wind, removing heat, promoting the dispersing function of the lung to arrest cough.



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Indications: Wind–warm syndrome in the initial stage, marked by cough, low fever and mild thirst; including such diseases with the above symptoms as influenza, acute bronchitis, acute tonsillitis, epidemic conjunctivitis, etc.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: 50 cases of influenza marked by aversion to cold, fever, headache, stuffy running nose, cough, poor appetite, etc., were climicall treated with modified *Sang Ju Yin*. Among 86.5% of the patients, the fever was abated completely and the general symptoms became mild 2 days later. Most of the cases were cured within 4 days.

Modified *Sang Ju Yin* was also prescribed to treat 11 cases of chin cough, the course of which averaged 18.6 days with the shortest duration being 10 days and the longest 34 days. Each of them was cured by taking 8–14 doses, averaging 10.2 doses.

## 1.10 The Prescription of *Yinqiao San*

Name: Powder of Lonicera and Forsythia

Source: The book *Wen Bing Tiao Bian*

Ingredients:

*Lian Qiao* (Fructus Forsythiae) 9 g, *Yin Hua*(Flos Lonicerae) 9 g, *Jie Geng*(Radix Platycodi) 6 g, *Bo He* (Herba Menthae) 6 g, *Zhu Ye* (Herba Lophatheri) 4 g, *Gan Cao* (Radix Glycyrrhizae) 5 g, *Jing Jie* (Spica Schizonepetae) 5 g, *Dan Dou Chi*(Semen Sojae Preparatum) 5 g, *Niu Bang Zi* (Fructus Arctii) 9 g, *Wei Gen* (Rhizoma Phragmitis) 18 g.

Explanation:



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*Yin Hua:* The principal drug, being sweet in flavor and cold in nature, mildly promoting the dispersing function of the lung, clearing away heat and toxic material.

*Lian Qiao:* The other principal drug, being bitter in flavor and slightly cold in nature, mildly relieving the exterior syndrome, clearing away heat and toxic material.

*Jing Jie Sui* and *Dou Chi:* Being pungent in flavor and warm in nature, aiding *Yin Hua* and *Lian Qiao* in driving out exterior pathogens by means of relaxing the muscles and skin.

*Niu Bang Zi* and *Jie Geng:* Facilitating the flow of the lung–*Qi* to do good to the throat.

*Gan Cao:* Clearing away heat and toxic material.

*Zhu Ye:* Removing the heat in the upper–*Jiao*.

*Wei Gen:* Clearing away heat, promoting the production of body fluids.

Effect: Dispelling pathogenic factors in the superficies, clearing away heat and toxic material.

Indications: Exterior syndrome of wind–heat type in the initial stage of febrile disease, marked by fever, slightly aversion to wind–cold, thirst, reddened tongue with whitish thin coating and floating rapid pulse; including such diseases with the above symptoms as measles, influenza, acute suppurative tonsillitis, encephalitis B, parotitis, etc.

Administration: Decocted in water for oral dose to be taken twice (made into powder originally)

Case Study: 25 cases of acute upper respiratory infection marked by chills, fever, headache, general aching, sore throat, whitish thin tongue coating and floating rapid pulse, among which 2 were complicated by pregnancy, and 1 by heart failure



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due to rheumatic heart disease, were clinically treated with *Yinqiao San* packed in sacks, each of which contained 2 g of it and infused in boiling water in a cup with cover for 3–5 minutes for oral use. 2–4 sacks were taken each time, three times a day. 23 (90.2%) cases were cured. Their fever subsized within 8–72 hours, averaging 35 hours.

Modified *Yinqiao San* was administered to treat 400 cases of fulminant severe rubella. 395 were cured, each taking 2–5 doses. The rest 5 were unimproved, their rubella having been complicated by parotitis or periodontitis or meningitis or myocarditis.

## 1.11 The Prescription of *Ma Xing Shi Gan Tang*

Name: Decoction of Ephedra, Apricot Kernel, Gypsum and Licorice

Source: The book *Shang Han Lun*

Ingredients:

*Ma Huang* (Herba Ephedrae) 5 g, *Xing Ren* (Semen Armeniacae Amarum) 9 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 6 g, *Shi Gao* (Gypsum Fibrosum) 18 g.

Explanation:

*Ma Huang:* The principal drug, being pungent and bitter in flavor and warm in nature, facilitating the flow of the lung–*Qi* to relieve asthma.

*Shi Gao:* Being pungent and sweet in flavor and very cold in nature, facilitating the flow of the lung–*Qi* to clear away the lung–heat and preventing the other drugs warm in nature from producing heat, with its dose as two times as that of *Ma Huang*.

*Xing Ren:* Discending the lung–*Qi*, assisting *Ma Huang* and



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*Shi Gao* in removing heat from the lung to relieve asthma.

*Zhi Gan Cao:* Invigorating *Qi* and regulating the stomach, uniting *Shi Gao* to promote the production of body fluids to quench thirst, regulating the cold or warm nature and ascending or descending actions of the other ingredients.

Effect: Dispersing superficial pathogens, removing heat from the lung to relieve asthma.

Indications: Syndrome due to the attack of wind–heat on the lung or stagnated wind–cold which has turned into heat and stayed in the lung, marked by fever, cough, shortness of breath, nasal flare, thirst with or without sweat, whitish thin or yellowish tongue coating and slippery rapid pulse; including such diseases with the above symptoms as acute tracheitis, lobar pneumonia, infantile bronchopneumonia, scarlet fever, urticaria, chronic tracheitis, bronchial asthma, etc.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: 178 cases of children's syndrome of dyspnea and cough due to the lung affection were clinically treated with modified *Ma Xing Shi Gan Tang*, whose main ingredients were as follows:

*Cong Bai* (Bulbus Allii Fistulosi), *Dou Chi* (Semen Sojae Preparatum), *Ma Huang* (Herba Ephedrae), *Shi Gao* (Gypsum Fibrosum), *Gan Cao*,(Radix Glycyrrhizae), *Sang Bai Pi* (Cortex Mori), *Zhe Bei Mu* (Bulbus Fritillariae Thunbergii), *Chuan Po* (Cortex Magnoliae Officinalis), *Gua Lou* (Fructus Trichosanthis), *Lian Qiao* (Fructus Forsythiae), *Chi Xiao Dou* (Semen Phaseoli).

149 cases (83.7%) were cured, 20(11.2%) improved, 9 (5.1%) unimproved.



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*Ma Xing Shi Gan Tang* was administered to treat 30 cases of infantile pneumonia marked by fever, dyspnea, cough, sore throat, etc. 26 cases were cured, 1 remarkedly improved, 3 improved, the effective rate being 100%.

## 1.12 The prescription of *Shengma Gegen Tang*

Name: Decoction of Cimicifuge and Pueraria

Source: The book *Yan Shi Xiao Er Fang Lun*

Ingredients:

*Sheng Ma* (Rhizoma Cimicifugae) 3 g, *Ge Gen* (Radix Puerariae) 3 g, *Shao Yao* (Radix Paeoniae Alba) 6 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 3 g.

Explanation: *Sheng Ma:* The principal drug, being pungent and sweet in flavor and slightly cold in nature, expelling pathogenic factors from the muscles and skin, promoting eruption, removing toxic substances.

*Ge Gen:* Assisting *Sheng Ma* in promoting eruption and expelling exo-pathogens, aiding in the production of body fluids.

*Shao Yao:* Regulating the nutrient system, dispelling pathogenic heat.

*Zhi Gan Cao:* Invigorating *Qi*, removing toxic substances.

Effect: Expelling pathogenic factors from the muscles and skin, promoting eruption.

Indications: Onset of measles without skin eruption or with poor skin eruption, marked by fever, aversion to wind, headache, general pain, sneeze, cough, blood-shot eyes, watery eyes, thirst, reddened tongue with dry coating and floating rapid pulse; including such diseases with the above symptoms as measles,



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rubella, drug rash, allergic purpura, etc.

Administration: Decocted in water for oral dose to be taken 3 times

Case Study: 20 cases of herpes zoster manifested as severe itching and pain and intermittent exudate in the affected part, complicated by chills, fever, insomnia, were clinically treated with *Shengma Gegen Tang* plus *Zi Cao* (Radix Arnebiae). All the 20 cases were rapidly cured.

Modified *Shengma Gegen Tang* was also used to treat 162 cases of psoriasis, with 77 cured, 76 improved and 9 unimproved.

## 1.13 The Prescription of *Chai Ge Jieji Tang*

Name: Bupleurum and Pueraria Decoction for Dispelling Pathogenic Factors from Superficial Muscles.

Source: The book *Shang Han Liu Shu*

Ingredients:

*Chai Hu* (Radix Bupleuri) 6 g, *Ge Gen* (Radix Puerariae) 9 g, *Gan Cao* (Radix Glycyrrhizae) 3g, *Huang Qin* (Radix Scutellariae) 6 g, *Qiang Huo* (Rhizoma seu Radix Notopterygii) 3g, *Bai Zhi* (Radix Angelicae Dahuricae) 3 g, *Shao Yao* (Radix Paeoniae Alba) 6 g, *Jie Geng* (Radix Platycodi) 3 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 3 pieces, *Da Zao* (Fructus Jujubae) 2 dates, *Shi Gao* (Gypsum Fibrosum) 5 g.

Explanation:

*Ge Gen:* One of the two principal drugs, being pungent and sweet in flavor and cold in nature, expelling pathogenic factors from the muscles and skin, clearing away heat.

*Chai Hu:* The other principal drug, being bitter and pungent



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in flavor and slightly cold in nature, expelling pathogenic factors from the muscles and skin, removing heat.

*Qiang Huo* and *Bai Zhi:* Aiding *Chai Hu* and *Ge Gen* in expelling pathogenic factors from the muscles and skin, relieving pains.

*Huang Qin* and *Shi Gao:* Clearing away accumulated heat.

*Jie Geng:* Facilitating the flow of the lung–*Qi.*

*Shao Yao* and *Gan Cao:* Regulating nutritive *Qi,* dispersing heat.

*Sheng Jiang* and *Da Zao:* Regulating nutritive *Qi* and defensive *Qi.*

Effect: Expelling pathogenic factors from the muscles and skin, clearing away heat.

Indications: Syndrome due to exogenous wind–cold which has stagnated and turned into heat, marked by chills with a milder tendency, fever with a higher tendency, no sweat, headache, eyes aching, dry nose, restlessness, insomnia, orbital aching and floating slightly full pulse; including such diseases with the above symptoms as influenza, prosopalgia, periodontitis, etc.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: *Chai Ge Jieji Tang* was administered in clinical practice to treat 62 cases of infantile viral infection of upper respiratory tract marked by high fever. The patients'age ranged from 3 month to 13 years old and their body temperature from 38℃ to over 40℃. In 13 cases, increased bronchovascular shadows were shown on X–ray examination. The treatment result was that 56 cases were improved.



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## 1.14 Prescriptions for Strengthening Body Resistance and Relieving Exterior Syndrome

Prescriptions for strengthening body resistance and relieving exterior syndrome are made up of drugs having the action of strengthening body resistance and drugs of relieving exterior syndrome. Their indication is exterior syndrome due to general deficiency of the vital *Qi* and the simultaneous effect of exogenous pathogens, marked by lassitude, sweating, thirst, aversion to wind and cold, and floating, feeble or deep pulse. The common drugs used to strengthen body resistance are *Ren Shen* (Radix Ginseng), *Yu Zhu* (Rhizoma Polygonati Odorati), *Fu Zi* (Radix Aconiti Lateralis Preparata) which are compatible with such drugs used to relieve exterior syndrome as *Qiang Huo* (Rhizoma seu Radix Notopterygii) and *Cong Bai* (Bulbus Allii Fistulosi) in this kind of prescriptions, whose representatives are *Baidu San, Mahuang Xixing Fuzi Tang, Jiajian Weirui Tang*, etc..

## 1.15 The Prescription of *Baidu San*

Name: Antiphlogistic Powder

Source: The book *Xiao Er Yao Zheng Zhi Jue*

Ingredients:

*Chai Hu* (Radix Bupleuri) 9 g, *Qian Hu* (Radix Peucedani) 9g, *Chuan Xiong* (Rhizoma Chuanxiong) 9 g, *Zhi Qiao* (Fructus Aurantii) 9 g, *Qiang Huo* (Rhizoma seu Radix Notopterygii) 9 g, *Du Huo* (Radix Angelicae Pubescentis) 9 g, *Fu Ling* (Poria) 9 g, *Jie Geng* (Radix Platycodi) 9 g, *Ren Shen* (Radix Ginseng) 9 g, *Gan Cao* (Radix Glycyrrhizae) 4.5 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 3 g, *Bo He* (Herba Menthae) 3 g.



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Explanation:

*Qiang Huo* and *Du Huo*: The principal drugs, being pungent and bitter in flavor and warm in nature, removing wind, cold and dampness pathogens from the whole body.

*Chuan Xiong:* Promoting the circulation of blood, dispersing pathogenic wind.

*Chai Hu:* Being pungent in flavor and dispersing in nature, expelling the pathogens from the muscles and skin, aiding *Qiang Huo* and *Du Huo* in driving away exo-pathogens, relieving pain.

*Zhi Qiao:* Descending *Qi*.

*Jie Geng:* Promoting the flow of the lung-*Qi*.

*Qian Hu:* Removing phlegm.

*Fu Ling:* Eliminating dampness.

*Gan Cao:* Tempering the actions of all the other ingredients, invigorating *Qi*, regulating the stomach.

*Sheng Jiang* and *Bo He:* Expelling wind pathogen.

*Ren Shen:* Invigorating *Qi* to expel pathogens.

Effect: Relieving exterior syndrome by invigorating *Qi*, expelling pathogenic wind-dampness.

Indications: Syndrome caused by the effect of exogenous wind-cold-dampness pathogens because of the deficiency of vital *Qi*, marked by chills, high fever, stiff nape, pain of the limbs, no sweating, stuffy nose with deep voice, cough with sputum, fullness sensation in the chest, whitish and greasy tongue coating and floating feeble pulse; including such diseases with the above symptoms as influenza, measles, rheumatic arthritis, dysentery, etc.

Administration: Decocted in water for oral dose to be taken twice



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Case Study: *Baidu San* was clinically administered to treat 2 cases of dysentery—a syndrome due to the effect of exogenous pathogens of summer–dampness, wind and cold and the stagnation of raw and cold food in the interior, marked by chills, high fever without sweat, mild distending pain in the chest and abdomen, bloody and mucous stools, tenesmus, 20 to 30 times of bowel movements within a 24–hour period, whitish and moistening tongue coating and floating tense pulse. Either of the patients began to perspire after taking one dose, with the exterior syndrome relieved and the times of diarrhea reduced. They were both cured after two further doses were taken by either of them.

Modified *Baidu San* was also used to treat two cases of rabies. One dose made the symptoms and signs less serious, and two doses, the cases cured, without any side effects.

## 1.16 The Prescription of *Mahuang Xixin Fuzi Tang*

Name: Decoction of Ephedra, Asarum and Aconite

Source; The book *Shang Han Lun*

Ingredients:

*Ma. Huang* (Herba Ephedrae) 6g, *Xi Xin* (Herba Asari) 6g, *Fu Zi* (Radix Aconiti Laterahs Preparata) 9g.

Explanation:

*Ma Huang:* Relieving exterior syndrome, dispelling cold pathogen.

*Fu Zi:* Warming up the channels and supporting Yang–*Qi*.

*Xi Xin:* Assisting *Ma Huang* in relieving exterior syndrome,aiding *Fu Zi* in warming up the channels.



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Effect: Restoring *Yang*, expelling pathogenic factors from the superficies.

Indications: Syndrome due to the effect of exogenous wind–cold pathogens and *Yang* insufficiency, marked by chills, low fever and deep pulse; including such diseases with the above symptoms as chronic bronchitis, chronic nephritis, rheumatic arthritis, rheumatoid arthritis, etc.

Administration: Decocted in water for oral dose to be taken 3 times

Case Study: *Mahuang Xixin Fuzi Tang* was clinically administered to treat more than 30 cases of prolonged cough–a syndrome caused by the effect of exogenous wind–cold pathogens and *Yang* insufficiency, and satisfactory curative effects were achieved.

Modification of this prescription was prescribed to treat one case of lethargy–a syndrome belonging to the insufficiency of the heart–*Yang* and marked by dizziness, distending sensation of the head, lassitude, difficulty in waking up in the morning, enlarged tongue with thin coating and thready slow pulse. Remarkable curative effects were obtained after 9 doses were taken.

## 1.17 The Prescription of *Jiajian Weirui Tang*

Name: Modified Decoction of Fragrant Solomonseal

Source: The book *Chong Ding Tong Su Shang Han Lun*

Ingredients: *Wei Rui* (Rhizoma Polygonati Odorati) 9 g, *Cong Bai* (Bulbus Allii Fistulosi) 6 g, *Jie Geng* (Radix Platycodi) 5g, *Bai Wei* (Radix Cynanchi Atrati) 3 g, *Dan Dou Chi* (Semen Sojae Preparatum) 12 g, *Bo He* (Herba Menthae) 5 g, *Zhi Gan*



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*Cao* (Radix Glycyrrhizae Preparata) 2 g, *Hong Zao* (Fructus Jujubae) 2 dates.

Explanation:

*Wei Rui:* The principal drug, being sweet in flavor and slightly cold in nature, nourishing *Yin*, moistening the lung, aiding in the production of body fluids.

*Cong Bai, Dou Chi, Bo He* and *Jie Geng:* Relieving exterior syndrome, facilitating the flow of the lung *Qi*, relieving cough, benefiting the throat.

*Bai Wei:* Removing heat from blood to relieve restlessness and thirst.

*Gan Cao* and *Da Zao:* Being sweet in flavor, helping to moisten and nourish the spleen.

Effect: Nourishing *Yin* to clear away heat, inducing diaphoresis to relieve exterior syndrome.

Indications: Syndrome due to the effect of exopathogens with the deficiency of *Yin*, marked by headache, fever with little or no sweat, slightly aversion to wind–cold, cough, restlessness, thirst, dry throat, reddened tongue and rapid pulse; including such diseases with the above symptoms as common cold, sicca syndrome, etc.

Administration: Decocted in water for oral dose to be taken twice.



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# 2 Purgative Prescriptions

## 2.1 Purgative Prescriptions

Prescriptions mainly consisting of purgative drugs and having the action of relaxing the bowels, removing stagnancy in the stomach and intestines clearing away heat of excess type eliminating water retention and getting rid of accumulation of cold are all known as "purgative prescriptions". Because the constitutions of patients are different in the type of deficiency or excess and the syndromes are caused by different accumulations of heat, cold, dryness or water, purgative prescriptions are accordingly classified as the following five kinds according to their different indications: those composed of drugs cold in nature and used to treat the excess syndrome due to accumulation of heat in the interior, those composed of drugs warm in nature and used to treat the excess syndrome due to accumulation of cold in the interior, those for moistening the intestines to induce laxation and used to treat constipation due to general deficiency of *Qi*, those for reducing fluid retention and used to treat the interior excess syndrome due to water retention, and those for both reinforcement and purgation and used to treat constipation due to interior excess complicated by the deficiency of vital-*Qi*.

Purgative prescriptions are established for the purpose of treating interior excess syndrome. It isn't advisable to use them



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when an interior syndrome hasn't become excessive and the exterior syndrome hasn't been relieved. When the exterior syndrome hasn't been relieved but an interior excess syndrome has formed, the exterior syndrome should be first relieved or both the exterior and interior ones are relieved together. When constipation is treated in those who are infirm with age, in those who have just given birth and are suffering from blood deficiency or in those who have just recovered from diseases and have had their body fluid impaired, purgative prescriptions should be cautiously used. This kind of constipation may be treated, if necessary, in either of the two ways: reinforcement and purgation in combination or purgation followed by reinforcement. Purgative prescriptions should not be further used once their effects have been achieved, for they have the side effects of comsuming and impairing the stomach–*Qi*. People should not eat heavy or indigestible food so soon after recovering from diseases lest the stomach–*Qi* be re–impaired.

## 2.2 Purgative Prescriptions Composed of Drugs Cold in Nature

This kind of prescriptions are those mainly composed of drugs cold in nature and suitable for the treatment of the excess syndrome due to accumulation of heat in the interior and marked by constipation, fullness or distention or pain in the abdomen, or even tidal fever, yellowish tongue coating and replete pulse. The commonly used drugs in these prescriptions are *Da Huang* (Radix et Rhizoma Rhei), *Mang Xiao* (Natrii Sulfas), etc.. The representative prescriptions are *Dachengqi Tang* and *Daxianxiong Tang*.



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## 2.3 The Prescription of *Dachengqi Tang*

Name: Potent Purgative Decoction

Source. The book *Shang Han Lun*

Ingredients:

*Da Huang* (Radix et Rhizoma Rhei) 12 g, *Hou Po* (Cortex Magnoliae Officinalis) 15 g, *Zhi Shi* (Fructus Aurantii Immaturus) 15 g, *Mang Xiao* (Natrii Sulfas) 9 g.

Explanation: *Da Huang:* The principal drug, being bitter in flavor and cold in nature, purging heat to relax the bowels, removing stagnancy in the stomach and intestines.

*Mang Xiao:* Being salty in flavor and cold in nature, purging heat, softening hard masses, moistening dryness.

*Hou Po* and *Zhi Shi:* Promoting the circulation of *Qi* to resolve masses, relieving fullness and distention, assisting *Mang Xiao* and *Da Huang* in eliminating stagnancy to remove accumulation of heat.

Effect: Drastically eliminating heat accumulation and relieving constipation.

Indications: Excess syndrome due to interior heat, marked by constipation, frequent farting, fullness and distention in the gastric and abdominal region, tenderness with hard sensation in the abdomen, or even tidal fever, delirium, persistent sweating in the soles and palms, dry and yellowish tongue coating with prickles or dry black fissure tongue coating, and deep forceful pulse, or marked by green watery stools, pain in the abdomen or around the umbilicus, palpable masses in the abdomen, dry mouth and tongue, and slippery forceful pulse; including such diseases with the above symptoms as acute simple intestinal obstruction, cohe-



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sive intestinal obstruction, ascaris intestinal obstruction, acute cholecystitis, acute appendicitis, acute bacillary dysentery, toxic dysentery, schizophrenia, etc.

Contraindication: Because of its drastic action, this prescription should not be prescribed for pregnant women. The administration of it should be stopped once its effectiveness appears.

Administration: Decocted in water for oral dose to be taken twice, *Da Huang* and *Mang Xiao* should be decocted for a shorter time in order to keep their purgative action.

Case Study: Modified *Dachengqi Tang* was clinically prescribed to treat heat syndrome of excess type in acute and serious diseases. For example, 12 cases of jaundice were treated with *Dachengqi Tang* plus:

*Huang Bai* (Cortex Phellodendri), *Zhi Zi* (Fructus Gardeniae), *Jin Qian Cao* (Herba Lysimachiae), *Chuan Lian Zi* (Fructus Toosendan).

5 days later, 7 cases were cured and 2 improved. 15 cases of acute appendicitis were treated with *Dachengqi Tang* plus:

*Pu Gong Ying*(Herba Taraxaci), *Jin Yin Hua* (Flos Lonicerae), *San Ye Gui Zhen Cao* (Herba Bidentis).

3–5 days later, 13 cases were cured. 36 cases of dysentery due to damp–heat pathogens were treated with *Dachengqi Tang* plus:

*Huang Lian* (Rhizoma Coptidis), *Bai Shao* (Radix Paeoniae Alba).

29 cases were cured, 5 improved and 2 unimproved.

*Dachengqi Tang* minus:

*Hou Po* (Cortex Magnoliae Officinalis), but plus:

*Shan Zha* (Fructus Crataegi), *Hong Teng* (Caulis Sargentodoxae).



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*Bai Jiang Cao* (Herba Patriniae)

was prescribed to treat 56 cases of acute pancreatitis manifested as severe tender pain in the upper abdomen which refers to the hypochondrium nausea, vomiting, eructation with fetid odour, abdominal distention, fever, greasy or yellowish tongue coating, and small taut slippery pulse. The result was that 54 cases were cured; in the rest 2 cases, the signs were relieved and then disappeared. The relapse took place only in 3 cases.

## 2.4 The Prescription of *Daxianxiong Tang*

Name: Major Decoction for Removing Phlegm–heat from the chest

Source: The book *Shang Han Lun*

Ingredients:

*Da Huang* (Radix et Rhizoma Rhei) 10 g, *Mang Xiao* (Natrii Sulfas) 10 g, *Gan Sui* (Radix Kansui) 1 g.

Explanation:

*Gan Sui:* One of the principal drugs, being bitter in flavor and cold in nature, purging water retention, clearing away heat, resolving masses.

*Da Huang:* The other principal drug, being good at sweeping out pathogenic heat by relaxing the bowels, purging together with *Gan Sui* pathogens due to water–heat accumulation.

*Mang Xiao:* Dispelling heat, softening masses, aiding *Gan Sui* and *Da Huang* in removing accumulations.

Effect: Purging heat, removing water retention, resolving masses.

Indications: Syndrome due to water and pathogenic heat re-



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tained in the chest and abdomen, marked by 5 / 6–day–absence of laxation, hard and full sensation and tenderness in the whole abdomen, mild hectic fever in the afternoon, or shortness of breath, severe vexation, dry tongue with thirst, and deep tense forceful pulse; including such diseases with the above symptoms as exudative pleurisy, intestinal obstruction, peritonitis, etc.

Administration: Decoct *Da Huang*, melt *Mang Xiao* and infuse the powder of *Gan Sui* in water for oral dose to be taken twice.

Contraindication: This prescription should not be prescribed for treating patients with weak constitution or those who have just recovered from disease and are intolerant of purgation. It should not be further administered once its effectiveness has been achieved.

Case Study: *Daxianxiong Tang* was clinically prescribed to treat 6 cases of tuberculous exudative pleurisy manifested as fever, chest pain, shortness of breath, restlessness, headache and aversion to cold. Thoracic exudate was found, small amount in 4 cases, at the level of the 5th rib in 1, at the 3rd in 1. The prescription used was as follows:

*Da Huang* (Radix et Rhizoma Rhei) 9 g, *Mang Xiao* (Natrii Sulfas) 9 g, *Gan Sui* (Radix Kansui) 3 g.

which was decocted in water for oral use. The small amount of thoracic exudate in the 4 cases disappeared after 1–3 doses were taken by each of them. The thoracic exudate in the other 2 cases also disappeared after 6–9 doses were taken by either of them. Simultaneously, other symptoms went away.

20 cases of acute pancreatitis, a combined disorder of *Taiyang* and *Yangming* channels, were treated with the modifica-



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tion of *Daxianxiong Tang* and *Dachengqi Tang*. Fasting, fluid transfusion and antibiotics were not advocated in the course of treatment. After the decoction was taken, the abdominal pain began to be relieved in 2–48 hours, averaging 19.5 hours; began to completely disappear in 24–96 hours, averaging 68 hours.

## 2.5 Purgative Prescriptions Composed of Drugs Warm in Nature

This kind of prescriptions are those mainly made up of drugs with the action of purging and warming the interior of the body. Their indication is cold accumulation of excess type in the *Zang–Fu* organs, a syndrome marked by constipation, fullness and distention in the gastric and abdominal region, abdominal pain which will be relieved by warming, cool or even cold extremities, deep tense pulse, etc. In these prescriptions, purgative drugs such as *Da Huang* (Radix et Rhizoma Rhei) and *Ba Dou* (Fructus Crotonis) are usually prescribed together with drugs having the action of warming the interior of the body such as *Fu Zi* (Radix Aconiti Lateralis Preparata) and *Gan Jiang* (Rhizoma Zingiberis). The representative prescriptions are *Dahuang Fuzi Tang* and *San wu Beiji Wan*.

## 2.6 The Prescription of *Dahuang Fuzi Tang*

Name: Decoction of Rhubarb and Mankshood

Source: The book *Jin Gui Yao Lue*

Ingredients:

*Da Huang* (Radix et Rhizoma Rhei) 9 g, *Pao Fu Zi* (Radix Aconiti Lateralis Preparata) 9 g, *Xi Xin* (Herba Asari) 3 g.



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Explanation:

*Fu Zi:* The principal drug, being pungent and sweet in flavor and extreme heat in nature, warming up *Yang–Qi,* dispelling pathogenic cold.

*Xi Xin:* Expelling pathogenic cold, resolving masses.

*Da Huang:* Relaxing the bowels to sweep away the stagnancy of food or other pathogenic factors.

Effect: Warming up *Yang–Qi* dispelling pathogenic cold resolving masses, eliminating accumulation.

Indications: Syndrome due to cold accumulation of excess type in the interior, marked by abdominal pain, constipation, pain in the hypochondrium, fever, cold limbs, whitish greasy tongue coating and wiry tense pulse; including such diseases with the above symptoms as chronic dysentery uremia, ulcerative colitis, acute intestinal obstruction, etc.

Administration: Decocted in water for oral dose to be taken 3 times. Because this prescription is intended to purge warmly, the dosage of *Da Huang* should be smaller than that of *Fu Zi.*

Case Study: Modified *Dahuang Fuzi Tang* was clinically used to treat 1 case of biliary ascariasis, a syndrome due to cold accumulation of excess type in the interior and *Yang* insufficiency, marked by sudden onset of pain in the hypochondriac region, paroxysmal colicky pain in the right hypochondrium which radiates to the back and the right shoulder, profuse cold sweat, cold limbs, no vomiting and thirst, 2–day–absence of laxation, pale and enlarged tongue with whitish coating and deep tense pulse. The ingredients were as follows:

*Da Huang* (Radix et Rhizoma Rhei) 10 g, *Fu Zi* (Radix Aconiti Lateralis Preparata) 30 g, *Xi Xin* (Herba Asari) 5 g, *Wu*



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*Mei* (Fructus Mume) 40 g, *Bing Lang* (Semen Arecae) 30 g.
All the above were decocted in water with *Fu Zi* decocted first. The decoction of one dose was taken at a draught and the pain was eliminated.

*Dahuang Fuzi Tang* was used to treat 1 case of allergic purpura, 1 case of refractory eczema, 1 case of drug allergic purpura and 1 case of infectious eczema. All the 4 disorders are included in the syndrome due to cold accumulation of excess type in the interior, marked by cold limbs, aversion to cold, clear and diluted urine, dry stools and tense pulse. Remarkable curative effects was achieved and all the 4 cases were cured.

## 2.7 The Prescription of *Wenpi Tang*

Name: Decoction for Warming the Spleen

Source: The book *Bei Ji Qian Jin Yao Fang*

Ingredients:

*Da Huang* (Radix et Rhizoma Rhei) 12 g, *Fu Zi* (Radix Aconiti Lateralis Preparata) 9 g, *Gan Jiang* (Rhizoma Zingiberis) 6 g, *Ren Shen* (Radix Ginseng) 9 g, *Gan Cao* (Radix Glycyrrhizae) 3 g.

Explanation:

*Ren Shen :* One of the two principal drugs, being sweet and slightly bitter in flavor and neutral in nature, invigorating the spleen, replenishing *Qi.*

*Gan Jiang:* The other principal drug, being pungent in flavor and warm in nature, warming up the spleen to dispel cold.

*Fu Zi:* Assisting *Gan Jiang* in warming up *Yang–Qi,* dispelling pathogenic cold.



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*Da Huang:* Eliminating accumulation due to pathogenic factors.

*Gan Cao:* Invigorating *Qi*, regulating the stomach, tempering the actions of all the other ingredients.

Effect: Warming up the spleen—*Yang*, purging cold accumulation.

Indications: Syndrome due to insufficiency of the spleen—*Yang* and stagnation of pathogenic cold, marked by constipation resulting from accumulation of cold pathogens, or protracted dysentery with purulent and bloody stools, abdominal pain, cool extremities, whitish slippery tongue coating and deep wiry pulse; including such diseases with the above symptoms as chronic dysentery, ulcerative colitis, ascariasis and ascites due to cirrhosis.

Administration: Decocted in water for oral dose to be taken 3 times.

Case Study: *Wenpi Tang* was clinically prescribed to treat 1 case of ascites due to cirrhosis, 1 case of infantile indigestion and 2 cases of ascariasis, all the disorders being included in the syndrome due to *Yang*—deficiency of the spleen and stomach and stagnation resulting from cold accumulation, marked by abdominal pain and constipation. Satisfactory curative effects were achieved in all the 4 cases.

Modified *Wenpi Tang* was used to treat 1 case of dysentery, a syndrome due to cold–damp in the spleen and stomach and stagnancy in the gastrointestinal tract, which was complicated by exterior symptom and marked by purulent stools with white and red mucous, 6—7 times of laxation each day, colicky pain in the lower abdomen, tenesmus, whitish tongue coating, moderate slow



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pulse in the right and thready uneven pulse in the left. 7 doses cured the case.

## 2.8 The Prescription of *Sanwu Beiji Wan*

Name: Pill of Three Drugs for Emergency

Source: The book *Jin Gui Yao Lue*

Ingredients:

*Da Huang* (Radix et Rhizoma Rhei) 30g, *Gan Jiang* (Rhizoma Zingiberis) 30 g, *Ba Dou* (Fructus Crotonis) with its oil removed 30 g.

Explanation:

*Ba Dou:* The principal drug, being pungent in flavor and hot in nature, drastically purging cold accumulation.

*Gan Jiang:* Warming up *Yang–Qi*, assisting *Ba Dou* in removing cold pathogens.

*Da Huang:* Eliminating pathogenic stagnancy in the gastrointestinal tract, restricting the toxicity of *Ba Dou*.

Effect: Eliminating cold accumulation

Indications: Syndrome due to cold accumulation of excess type, marked by sudden prickly distending pain in the gastrointestinal region, shortness of breath, trismus, constipation, whitish tongue coating and deep tense pulse; including such diseases with the above symptoms as food poisoning, acute simple intestinal obstruction, etc.

Contraindication: This prescription is a drastic one with purgative action. *Ba Dou* in it should be cautiously prescribed, because it has great toxicity and strong irritation to the gastrointestinal tract. When sudden and acute abdominal pain is



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treated in pragnant women or in those infirm with age or due to pathogenic summer–heat, this prescription is not allowed to be prescribed. Cool rice gruel can be taken to alleviate persistent diarrhea which might be brought about by taking this medicine.

Administration: Ground into powder, 0.6–1.5 g of the powder is taken each time. If no bowel movements result after this dosage is taken, the second taking is preferable according to the need of disease condition. (Originally, this medicine was also in the form of honeyed boluses. )

Case Study: *Sanwu Beiji Wan* (put in capsules) was clinically used to treat 35 cases of intestinal obstruction, whose course ranged from 1 hour to 3 days, averaging 10 hours. About 30 minutes later after the medicine was taken, active bowel sound appeared; 1–3 hours later, laxation occurred. The treatment result was: 27 cases were cured, of which 5 were the syndrome of cold nature, 22, warm nature; the rest 8 didn't respond to this medicine and were treated with surgical operation thereafter.

Experiments have shown that *Sanwu Beiji Wan* has an evident action of Strengthening the contraction of the intestinal tract, which often varies with the drug concentration.

## 2.9 Prescriptions for Moistening the Intestines to Cause Laxation

This kind of prescriptions are mainly composed of drugs with lubricant nature and purgative action. They are indicated for the syndrome of constipation due to weakness of the body, marked by dry stools which is difficulty to discharge. In these prescriptions, such drugs with lubricant nature as *Ma Zi Ren*



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(Fructus Cannabis), *Xing Ren* (Semen Armeniacae Amarum) and *Shao Yao* (Radix Paeoniae) are usually compatible with purgative drugs such as *Da Huang* (Radix et Rhizoma Rhei). The representative prescriptions are *Maziren Wan* and *Jichuan Jian*.

## 2.10 The prescription of *Maziren Wan*

Name: Hemp Fruit Pill

Source: The book *Shang Han Lun*

Ingredients: *Ma Zi Ren* (Fructus Cannabis) 500 g, *Shao Yao* (Radix Paeoniae) 250g, *Zhi Shi* (Fructus Aurantii Immaturus) 250 g, *Da Huang* (Radix et Rhizoma Rhei) 500 g, *Hou Po* (Cortex Magnoliae Officinalis) 250 g, *Xing Ren* (Semen Armeniacae Amarum) 250 g.

Explanation:

*Ma Zi Ren:* The principal drug, being sweet in flavor and neutral in nature, moistening the bowels to relieve constipation.

*Xing Ren:* Keeping the adverse flow of the lung–*Qi* downwards, lubricating the intestines.

*Shao Yao:* Nourishing *Yin*, regulating the interior of the body.

*Da Huang:* Promoting laxation, purging heat.

*Zhi Shi* and *Hou Po:* Keeping the adverse flow of *Qi* downwards to relieve stagnancy.

*Feng Mi:* Moistening dryness to induce bowel movements.

Effect: Moistening the intestines, purging heat, removing stagnation of *Qi*, inducing bowel movements.

Indications: Syndrome due to dryness–heat in the gastrointestine and shortage of fluids, marked by dry stools and



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frequent urination; including such diseases with the above symptoms as habitula constipation, constipation due to hemorrhoid, etc.

Administration: Ground into powder and mixed with honey into pills. 9 g of the pills is taken each time, twice daily; or decocted in water for the decoction with the dosage of the ingredients adequately reduced according to their proportions.

Contraindication: This prescription is contraindicated for pragnant women and constipation due to blood deficiency and shortage of body fluid.

Case Study: Modified *Maziren Tang* was clinically used to treat 47 cases of ascaris in testinal obstruction. The abdominal pain was usually relieved 1–2 hours later after the first decoction was taken; 6–12 hours later, worms, usually in ascaris balls, were discharged with feces. Following that, the symptoms and signs disappeared completely. No toxic reaction and side–effects were seen in the course of treatment.

*Maziren Wan* was used to prevent 500 cases from suffering from pain and bleeding due to dry stools, which was likely to appear during the first bowel movement after anal operations. If the feces were softened and in the form of strip while they were being easily discharged after *Maziren Wan* had been taken, the effectiveness was considered to have been achieved. If the feces were still dry and laxation took place one time 2–3 days after *Maziren Wan* had been taken, the ineffectiveness was considered to result. The effectiveness was seen in 497 cases (95.8%). Among the ineffective cases, 16 were patients suffering from habitual constipation.



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## 2.11 The Prescription of *Jichuan Jian*

Name: Decoction of *Jichuan Jian*

Source: The book *Jing Yue Quan Shu*

Ingredients:

*Dang Gui* (Radix Angelicae Sinensis) 12 g, *Niu Xi* (Radix Achyranthis Bidentatae) 6 g, *Rou Cong Rong* (Herba Cistanches) 7.5 g, *Ze Xie* (Rhizoma Alismatis) 4.5 g, *Sheng Ma* (Rhizoma Cimicifugae) 2 g, *Zhi Qiao* (Fructus Aurantii) 3 g.

Explanation:

*Rou Cong Rong:* The principal drug, being sweet and salty in flavor and warm in nature, warming up the kidney, replenishing vital–essence, moistening the intestines to defecate.

*Dang Gui:* Nourishing and regulating blood, relaxing the bowel to relieve constipation.

*Niu Xi:* Invigorating the kidney to strengthen the loins, tending to go downward.

*Zhi Qiao:* Making stagnated *Qi* in the intestines go downwards, aiding in relaxing the bowels.

*Ze Xie:* Tending to go downwards to promote the discharging of turbidness in the kidney.

*Sheng Ma:* Ascending the clear *Yang* so as to descend the turbid *Yin*.

Effect: Warming up the kidney, replenishing vital essence, lubricating the intestines to induce defecation.

Indications: Syndrome of constipation due to deficiency of the kidney, marked by constipation, clear and dilute urine, dizziness and vertigo, and soreness and weakness of the loins and knees; including such diseases with the above symptoms as con-



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stipation due to infirmity with age, tuberculosis or tumor.

Administration: Decocted in water for oral dose to be taken twice

## 2.12 Prescriptions for Reducing Water Retention

This kind of prescriptions are mainly made up of drugs with the action of eliminating retained fluids. They are indicated for the syndrome of excess type due to water retention in the interior, marked by edema, abdominal swelling, oppressed sensation in the chest, pain in the hypochondrium caused by cough or spitting, headache, dizziness, slippery tongue coating and deep wiry pulse. The commonly used drugs in these prescriptions are *Yuan Hua* (Flos Genkwa), *Gan Sui* (Radix Kansui), *Da Ji* (Radix Cirsii Japonici), *Qian Niu Zi* (Semen Pharbitidis), etc. The representatives are *Shizao Tang*, *Zhouche Wan*, etc.

## 2.13 The Prescription of *Shizao Tang*

Name: Ten–date Decoction

Source: The book *Shang Han Lun*

Ingredients( with the same dose):

*Yuan Hua* (Flos Genkwa), *Gan Sui* (Radix Kansui), *Da Ji* (Radix seu Herba Cirsii Japonici) and *Da Zao* (Fructus Jujubae) 10 dates.

Explanation:

*Gan Sui:* Being bitter in flavor and cold in nature, removing retained water in the channels.

*Da Ji:* Being bitter in flavor and cold in nature, purging wat-



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er retained in *Zang–Fu* organs.

*Yuan Hua:* Being pungent in flavor and warm in nature, eliminating retained water and phlegm from the hypochondrium.

*Da Zao:* Replenishing *Qi*, protecting the stomach, alleviating the drastic action and toxicity of all the other ingredients to prevent impairment of vital *Qi* due to purgation.

Effect: Eliminating water retention drastically

Indications: Syndrome due to retention of excessive fluids in the interior, marked by pain in the hypochondriac region caused by cough and expectoration, fullness and rigidity in the epigastrium, nausea, shortness of breath, headache, dizziness, or difficulty in breathing due to chest pain referring to the back, deep wiry pulse, or marked by general edema which is especially severe below the loins, dyspnea and fullness due to abdominal distention, and difficulty in urination and defecation; including such diseases with the above symptoms as exudative pleuritis, tuberculous peritonitis, ascites due to cirrhosis and chronic nephritis, etc.

Contraindication: This prescription should be cautiously prescribed for the debilitated or pregnant women.

Administration: *Yuan Hua, Gan Sui* and *Da Ji* are ground into powder, *Da Zao* is decocted for the decoction. 1.5–3 g of the powder is infused with adequate amount of the decoction and taken on an empty stomach in the morning, 1 time daily. Because this prescription is a drastic one for eliminating retained water, the administration of it should start with smaller dose (1.5g). Persistent diarrhea, if occurring after it is taken, may be stopped through taking cool and thin gruel or drinking cold boiled water.

Case Study: 51 cases of exudative pleuritis were clinically



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treated with *Shizao Tang* which consisted of the same dose of:

*Yuan Hua* (Flos Genkwa), *Gan Sui* (Radix Kansui), *Da Ji* (Raidx seu Herba Cirsii Japonici) and *Da Zao* (Fructus Jujubae) 10–15 dates.

*Yuan Hua, Gan Sui* and *Da Ji* were ground into powder and *Da Zao* was decocted in water for the decoction. 3 g of the powder was infused with adequate amount of *Da Zao* decoction and taken on an empty stomach in the morning, 1 time every other day. 4–6 doses were taken altogether. The result was: The hydrothorax was reduced within 11 days in 96% of the cases, disappeared completely within 20 days in 88.2%. The length for the hydrothorax to vanish averaged 16.2 days. Chest pain remained in a few cases after their hydrothorax was absorbed.

5 cases of ascites due to cirrhosis were treated with *Shizao Wan*. 1.5–6 g of it was taken with *Dazao* decoction on an empty stomach in the morning, 1 time daily. or 12 g of it was taken with *Dazao* decoction, twice daily. The result was: The ascites in all the cases was reduced to some extent.

## 2.14 The Prescription of *Zhouche Wan*

Name: Pill for Relieving Ascites

Source: The book *Jing Yue Quan Shu*

Ingredients:

*Qian Niu Zi* (Semen Pharbitidis) 120 g, *Gan Sui* (Radix Kansui) 30 g, *Yuan Hua* (Flos Genkwa) 30 g, *Da Ji* (Radix Cirsii Japonici) 30 g, *Da Huang* (Radix et Rhizoma Rhei) 60 g, *Qing Pi* (Pericarpium Citri Reticulatae Viride) 15 g, *Chen Pi* (Pericarpium Citri Reticulatae) 15 g, *Mu Xiang* (Radix Aucklandiae) 15 g, *Bing*



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*Lang* (Semen Arecae) 15 g, *Qing Fen* (Calomelas) 3 g.

Explanation:

*Yuan Hua, Gan Sui* and *Da Ji:* The principal drugs, eliminating retained water in the thoracic and abdominal cavities and the channels.

*Da Huang* and *Qian Niu Zi*: Sweeping away retained water and heat in the stomach and intestines.

*Qing Pi:* Relieving the depressed liver to remove the stagnancy of *Qi*.

*Chen Pi:* Regulating the lung and spleen to free the flow of *Qi* along the diaphragm.

*Bing Lang:* Leading *Qi* to flow downwards, inducing diuresis to resolve masses.

*Mu Xiang:* Dredging the 3 *Jiao* to remove stagnancy, promoting the flow of *Qi* and the distribution of body fluids to relieve edema.

*Qing Fen:* Eliminating retained water, relaxing the bowels, assisting the other ingredients in relieving edema and inducing laxation.

Effect: Eliminating retained water drastically, promoting the flow of *Qi* to resolve masses.

Indications: Syndrome due to stagnation of *Qi* resulting from accumulation of water and heat in the interior, marked by edema and distention due to it, thirst, rough breathing, hard feeling in the abdomen, dysuria, constipation, and deep rapid forceful pulse; including such disease with the above symptoms as ascites due to cirrhosis.

Contraindication: Because of its drastic purgation, this prescription is contraindicated for pregnant women as well as pa-



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tients whose vital *Qi* is deficient.

Administration: *Gan Sui* is wrapped in flour paste and baked, *Da Ji* is parched with vinegar, and then they are ground into powder together with all the other ingredients. Finally, the powder is made into pills. 3–6 g of the pills is taken with warm boiled water on an empty stomach in the morning, 1 time daily.

*Qing Fen, Yuan Hua, Gan Sui and Da Ji* have strong toxicity, be sure not to take them in large dosage or for longer time for fear that poisoning result.

Case Study: *Zhouche Wan* was clinically used to treat case of amenorrhea due to ascariasis manifested as 3–year–impregnability after marriage, edema occurring 2 years ago followed by abdominal distention, amenorrhea, polyphagia, loose stools, oliguria, desiring for eating salt particles, intermittent salivation, heavy sensation of the limbs, lassitude, and pale lips with pimples on the inner surface. 1.5 g of *Zhouche Wan* was taken on an empty stomach in the morning. 2 hours later, nausea and vomiting and abdominal colic were observed; 3 hours later, large amount of water and worms were discharged through the anus, the ascites being remarkably relieved. In the morning after the next, another 1.5 g was taken and the same thing happened, the ascites being completely relieved.

## 2.15 The Prescription of *Shu Zao Yinzi*

Name: Decoction for Diuresis

Source: The book *Ji Sheng Fang*

Ingredients:

*Ze Xie* (Rhizoma Alismatis) 12 g, *Chi Xiao Dou* (Semen



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Phaseoli) 15 g, *Shang Lu* (Radix Phytolaccae) 6 g, *Qiang Huo* (Rhizoma Seu Radix Notopterygii) 9 g,

*Da Fu Pi* (Pericarpium Arecae) 15 g,

*Jiao Mu* (Semen Zanthoxyli) 9 g,

*Mu Tong* (Caulis Akebiae) 12 g,

*Qin Jiao* (Radix Gentianae Macrophyllae) 9 g,

*Bing Lang* ( Semen Arecae) 9 g,

*Fu Ling Pi* (Cortex Poriae) 30 g,

*Sheng Jiang Pi* (Cortex Zingiberis Recens) 4.5 g.

Explanation:

*Shang Lu:* The principal drug, being bitter and pungent in flavor and neutral in nature, purging retained water, inducing laxation and diuresis.

*Bing Lang* and *Da Fu Pi:* Promoting the circulation of *Qi* to eliminate retained water.

*Fu Ling Pi, Ze Xie, Mu Tong, Jiao Mu* and *Chi Xiao Dou:* Inducing laxation and diuresis to remove retained water in the interior.

*Qiang Huo, Qin Jiao* and *Sheng Jiang Pi:* Tending to give their potency full play in the skin, expelling pathogenic wind through the superficies of the body, removing retained water in the superficies through the muscles.

Effect: Purging retained water by inducing bowel movements and diuresis, expelling wind pathogens through the superficies of the body.

Indications: Syndrome due to excessive water retention both in the exterior and in the interior, marked by general edema, asthma, thirst, and difficulty in defecation and urination; including such diseases with the above symptoms as acute nephritis,



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nephrotic syndrome, etc.

Administration: Decocted in water for oral dose to be taken twice (used in the form of powder originally)

## 2.16 Prescriptions for Both Reinforcement and Purgation

This kind of prescriptions are mainly composed of drugs with the action of purgation of tonification. They are indicated for the syndrome due to pathogenic accumulation of excess type and insufficiency of vital *Qi* in the interior, marked by constipation, lassitude, shortness of breath, dry mouth and throat, etc. Purgative drugs such as *Da Huang* (Radix et Rhizoma Rhei) and *Mang Xiao*(Natrii Sulfas) are usually compatible with tonifying drugs such as *Ren Shen*(Radix Ginseng), *Dang Gui* (Radix Angelicae Sinensis) and *Sheng Di* (Radix Rehmanniae) in these prescriptions, whose representatives are *Xinjia Huanglong Tang*, *Zengye Chengqi Tang*, etc.

## 2.17 The Prescription of *Xinjia Huanglong Tang*

Name: Decoction of Yellow Dragon with Supplement

Source: The book *Wen Bing Tiao Bian*.

Ingredients:

*Sheng Di* (Radix Rehmanniae) 15 g, *Gan Cao* (Radix Glycyrrhizae) 6 g, *Ren Shen* (Radix Ginseng) 4.5g, *Da Huang* (Radix et Rhizoma Rhei) 9 g, *Mang Xiao*(Natrii Sulfas) 3 g, *Xuan Shen* (Radix Scrophulariae) 15 g, *Mai Dong* (Radix Ophiopogonis) 15 g, *Dang Gui* (Radix Angelicae Sinensis) 4.5 g, *Hai Shen* (sea cucumber) 2 pieces, *Jiang Zhi* (ginger juice) 6



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spoons.

Explanation:

*Da Huang* and *Mang Xiao*: The principal drugs, purging heat, inducing bowel movements, softening masses, moistening dryness.

*Xuan Shen, Sheng Di, Mai Dong* and *Hai Shen*: Nourishing *Yin*, promoting the production of body fluids.

*Ren Shen, Gan Cao* and *Dang Gui*: Invigorating *Qi*, enriching blood.

Effect: Nourishing *Yin*, replenishing *Qi*, resolving masses, purging heat.

Indications: Syndrome due to heat accumulation of excess type in the interior and deficiency of both *Qi* and *Yin*, marked by constipation, severe fullness and distention in the abdomen, lassitude, weak breathing, dry mouth and throat, crack of lips, dry tongue with yellow or black fissured coating; including such disorders with the above symptoms as constipation in tumor and constipation in tuberculosis.

Administration: Decocted in water for oral dose to be taken 3 times. But *Ren Shen* is decocted isolatedly.

## 2.18 The Prescription of *Zengye Chengqi Tang*

Name: Purgative Decoction for Increasing Fluid and Sustaining *Qi*.

Source: The book *Wen Bing Tiao Bian*

Ingredients:

*Xuan Shen* (Radix Scrophulariae) 30 g, *Mai Dong* (Radix Ophiopogonis) 25 g, *Sheng Di* (Radix Rehmanniae) 25 g, *Da*



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*Huang* (Radix et Rhizoma Rhei) 9 g, *Mang Xiao* (Natrii Sulfas) 5g.

Explanation:

*Da Huang*: The principal drug, being bitter in flavor and cold in nature, purging heat, inducing bowel movements.

*Sheng Di* and *Mai Dong*: Nourishing *Yin*, promoting the production of body fluids, lubricating the bowels to cause defecation.

*Mang Xiao*: Resolving masses, removing pathogenic dryness.

Effect: Nourishing *Yin*, promoting the production of body fluids, inducing bowel movements to purge heat.

Indications: Syndrome of constipation due to accumulation of pathogenic heat and exhaustion of body fluids, marked by dry stools, crimson tongue with little coating and thready rapid pulse; including constipation due to hemorrhoid, liver abscess or tumor with the above symptoms.

Administration: Decocted in water for oral dose to be taken twice

Case Study: Modified *Zengye Chengqi Tang* was clinically used to treat 1 case of sporadic viral encephalitis, marked by unconsciousness, delirium, restlessness, aphasia, deviation of the mouth to the left, frequent convulsion of the extremities, 6–day absence of laxation, incontinence of dark scanty urine, reddened tongue with yellowish and dry coating, and wiry slippery pulse. Remarkable effectiveness was seen after 10 doses were taken.

75 cases of epidemic hemorrhagic fever in the oliguric stage were treated with modified *Zengye Chengqi Tang* whose ingredients were as follows:

*Sheng Di* (Radix Rehmanniae) 30 g, *Xuan Shen* (Radix



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Scrophulariae) 30 g, *Mai Dong* (Radix Ophiopogonis) 30 g, *Shui Niu Jiao(Cornu Bubali) 30 g, Chi Shao* (Radix Paeoniae Rubra) 15 g, *Dan Pi* (Cortex Moutan) 15 g, *Da Huang* (Radix et Rhizoma Rhei) 30 g, *Mang Xiao* (Natrii Sulfas) 30 g.

*Da Huang* was steeped in boiled water and *Mang Xiao* was infused with boiling water. They were taken with the decoction of all the other ingredients. Nasal feeding or retention–enema was given to those who could not take the decoction orally. 12 g of *Hou Po* (Cortex Magnoliae Officinalis) and *Zhi Shi*(Fructus Aurantii Immaturus) with the same dosage of 12 g was added in case of enteroparalysis, 15 g of *Hua Fen* (Radix Trichosanthis) in case of too much thirst 12 g of *Zhu Ru* (Caulis Bambusae in Taeniam) in case of vomiting, 9 g of *Shi Di* (Calyx Kaki) in case of hiccup, and *Angong Niuhuang Wan* in case of unconsciousness and delirium due to transmission of pathogenic heat direcly to the pericardium. The treatment result was that among the 75 cases, 73 were cured but the other 2 died.



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# 3 Mediation Prescriptions

## 3.1 Mediation Prescriptions

Mediation prescriptions are composed in the following way. Exterior-syndrome-relieving drugs are compatible with interior-disorder-alleviating ones, pathogen-eliminating drugs are used together with vital-*Qi*-Streng thening ones, stagnated-liver-*Qi*-dispersing drugs are administered together with spleen-invigorating ones, drugs pungent in flavor and warm in nature are coordinated with those bitter in flavor and cold in nature, and drugs with tonifying action are harmonized with drugs warm or cool in nature. This kind of prescriptions function in mediating the two aspects of a syndrome, removing the stagnated *Qi*, freeing the flow of *Qi*, and promoting the coordination of *Zang-Fu* organs. They are classified as the following three kinds: those of mediating *Shaoyang* channels to treat *Shaoyang* diseases, those of regulating the liver and spleen to promote the coordination between them, and those of mediating the intestine and stomach to treat the disorders due to the incoordination between them.

Mediation prescriptions should not be prescribed when pathogens have been found not to be in the half interior or the half exterior, or when deficiency is more severe than excess and vice versa. Wrong administration of any of them will lose the opportunity to treat a disease timely, making it chronic and



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hard-healing and even bringing the pathogens into the interior or deriving other syndromes.

## 3.2 Prescriptions for Mediating *Shaoyang* Channel

This kind of prescriptions are mainly made up of drugs with the action of mediating *Shaoyang* channel. They are indicated for the syndrome due to pathogens in the Gallbladder Channel of Foot-Shaoyang, marked by bitter taste in the mouth, dry throat, dizziness, alternative episodes of chills and fever, full sensation in the chest and hypochondrium, restlessness with strong disire for vomiting, languor, loss of appetite, and taut pulse. *Chai Hu* (Radix Bupleuri) and *Qing Hao* (Herba Artemisiae Annuae) are usually compatible with *Huang Qin* (Radix Scutellariae) in these prescriptions, whose represen tatives are *Xiao Chaihu Tang*, *Hao Qin Qingdan Tang*, etc.

## 3.3 The Prescription of *Xiao Chaihu Tang*

Name:Minor Decoction of Bupleurum

Source:The book *Shang Han Lun*

Ingredients:

*Chai Hu* (Radix Bupleuri)12 g,*Huang Qin* (Radix Scutellariae)9 g,*Ren Shen* (Radix Ginseng)6 g,*Ban Xia* (Rhizoma Pinelliae)9 g,*Zhi Gan Cao* (Radix Glycyrrhizae Preparata)5 g, *Sheng Jiang* (Rhizoma Zingiberis Recens)9 g,*Da Zao* (Fructus Jujubae)4 dates.

Explanation:*Chai Hu*:The principal drug, being bitter and pungent in flavor and slightly cold in nature, tending to distribute so as to disperse pathogenic factors from the superficies of the body.



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*Huang Qin*:Being bitter in taste and cold in nature, being adept in removing pathogenic heat in *Shaoyang* channel.

*Ban Xia*: Regulating the function of the stomach to promote the descending of the stomach–*Qi*,resolving masses, relieving fullness.

*Ren Shen, Gan Cao, Sheng Jiang* and *Da Zao*:Invigorating the stomach–*Qi*, promoting the production of body fluid, coordinating *Ying* and *Wei*.

*Effect: Mediating Shaoyang* channel

Indications: Syndrome due to the attack of exogenous pathogens on *Shaoyang* channel and the struggle between pathogens and vital *Qi*, marked by bitter taste in the mouth, dry throat, dizziness, alternate attacks of chills and fever, fullness and discomfort in the chest and hypochondrium, languor, loss of appetite, restlessness with strong disire for vomiting, thin whitish tongue coating, and taut pulse; including such diseases with the above symptoms as chronic cholecystitis, chronic hepatitis, chronic pelvic inflammation, exudative pleurisy and fever due to cold in the menstrual period.

Administration: Decocted in water for oral dose to be taken twice

Case Study: Modified *Xiao Chaihu Tang* was used to treat 86 cases of high fever. Of all the cases, 36 were due to infection of the respiratory system, 20 due to infection of billiary tract, 9 due to infection of the urinary system, 4 due to postpartum infection, 2 due to hematosepsis, 3 due to hepatitis, 2 due to encephalitis B, 2 due to typhoid fever, 5 due to parotitis and 3 due to bacilary dysentery. The courses of the diseases ranged from 1–30 days, averaging 15 days. The fever due to them subsided within 1–5 days,



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averaging 3 days.

1 case of strabismus due to the invasion of wind-heat pathogen into Shaoyang channel, marked by one year disease duration, hypopsia with the two pupils tilting to the left at an angle of 50–60°, pale and reddish tongue with thin whitish coating, and taut thready pulse, was treated with modified *Xiao Chaihu Tang*, whose ingredients were as follows:

*Chai Hu* (Radix Bupleuri)18 g, *Huang Qin* (Radix Scutellariae)12 g,*Ban Xia* (Rhizoma Pinelliae)12 g, *Dang Shen* (Radix Codonopsis)9 g,*Gan Cao* (Radix Glycyrrhizae)9 g, *Ju Hua* (Flos Chrysanthemi)30 g,*Huang Qi* (Radix Astragali)20 g, *Dang Gui* (Radix Angelicae Sinensis)12 g,*Shan Yu Rou* (Fructus Corni)12 g, *Bai Shao* (Radix Paeoniae Alba)15 g,*Sheng Jiang* (Rhizoma Zingiberis Recens)5 g, *Da zao* (Fructus Jujubae) 5 dates.

The case was cured by taking the decoction every day for a month.

## 3.4 The Prescription of *Hao Qin Qingdan Tang*

Name: Sweet Wormwood and Scutellaria Decoction for Clearing Damp-heat from Gallbladder

Source: The book *Chong Ding Tong Su Shang Han Lun*

Ingredients:

*Qing Hao* (Herba Artemisiae Annuae)6 g, *Zhu Ru* (Caulis Bambusae in Taeniam)9 g,*Xian Ban Xia* (Rhizoma Pinelliae)5 g, *Chi Fu Ling* (Poria Rubra)9 g,*Huang Qin* (Radix Scutellariae)6 g, *Zhi Qiao* (Fructus Aurantii)5 g,*Chen Pi* (Pericarpium Citri Reticulatae)5 g,*Biyu San* composed of *Hua Shi* (Talcum), *Gan Cao* (Radix Glycyrrhizae) and *Qing Dai* (Indi-



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go Naturalis)9 g.

Explanation:

*Qing Hao:* The principal drug, being bitter and pungent in flavor and cold in nature, clearing away pathogenic heat in *Shaoyang* channel.

*Huang Qin:* The principal drug, being bitter in flavor and cold in nature, removing the pathogenic heat in the gallbladder.

*Zhu Ru* and *Ban Xia:* Eliminating heat and resolving phlegm.

*Chen Pi* and *Zhi Qiao:* Smoothing the chest and diaphram, regulating the stomach to cause the adverse flow of *Qi* to go downwards.

*Chi Fu Ling* and *Biyusan:* Clearing away heat and promoting diuresis,

Effect: Removing heat in the gallbladder, promoting diuresis regulating the stomach and resolving phlegm.

Indications: Syndrome due to damp–heat and phlegm retained in *Shaoyang* channel,marked by alternate attacks of chills and fever with the former being milder than the latter as that in malaria, bitter taste in the mouth, fullness in the stomach, regurgitation of sour and bitter watery fluid or vomiting of yellow thick saliva, and even nausea, hiccup, distending pain in the chest and hypochondrium region, reddened tongue with whitish greasy coating , and rapid pulse with the right slippery and the left taut; including such diseases with the above symptoms as acute cholecystitis, acute gastritis, acute hepatitis, chronic pancreatitis, etc.

Administration: Decocted in water for oral dose to be taken twice Case Study: *Hao Qin Qingdan Tang* was clinically used to treat 13 cases of leptospirosis manifested as fever, headache, gen-



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eral soreness, pain in the gastrocnemius muscle, conjunctival congestion, swelling and pain in the lymph nodes. 1 dose taken, the fever was abated in 2 cases; 2–4 doses taken, the body temperature was returned to normal in 11 cases; 2–6 doses taken, the rest symptoms vanished.

48 cases of cholecystitis were treated with modified *Hao Qin Qingdan Tang* which was composed of:

*Qing Hao* (Herba Artemisiae Annuae) 10 g, *Huang Qin* (Radix Scutellariae)15 g,*Zhi Qiao* (Fructus Aurantii)9 g, *Zhu Ru* (Caulis Bambusae in Taeniam)9 g,*Ban Xia* (Rhizoma Pinelliae)10 g, *Chen Pi* (Pericarpium Citri Reticulatae)6 g,*Fu Ling* (Poria)15 g, *Hua Shi* (Talcum)30 g, *Gan Cao* (Radix Glycyrrhizae)5 g,*Qing Dai* (Indigo Naturalis) 0.2 g, *Chai Hu* (Radix Bupleuri)10 g, *Da Huang* (Radix et Rhizoma Rhei)6 g, *Long Dan Cao* (Radix Gentianae)10 g, *Che Qian Zi* (Semen Plantaginis)10 g, *Yin Chen* (Herba Artemisiae Scopariae)20 g.

(*Qing Dai* was wrapped in cloth when decocted). The effectiveness was seen in 40 cases,6 cases were improved , and there were no effects in 2 cases.

## 3.5 The Prescription of *Chaihu Dayuan Yin*

Name: Bupleurum Decoction for Eliminating Phlegm–dampness in Pleuro–diaphragmatic Interspace

Source: The book *Chong Ding Tong Su Shang Han Lun*

Ingredients:

*Chai Hu* (Radix Bupleuri)5 g, *Zhi Qiao* (Fructus Aurantii)5 g,*Huan Po* (Cortex Magnoliae Officinalis) 5 g, *Qing Pi* (Pericarpium Citri Reticulatae Viride) 5 g,*Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 2 g, *Huang Qin* (Radix Scutellariae)



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5 g,*Jie Geng* (Radix Platycodi) 3 g, *Cao Guo* (Fructus Tsaoko) 2 g,*Bing Lang* (Semen Arecae) 6 g, *He Ye Geng* (Petiolus Nelumbinis) 12 g.

Explanation:*Chai Hu:* The principal drug, being bitter and pungent in flavor and slightly cold in nature, promoting the out-going of exopathogens in the half interior.

*Huang Qin:* The principal drug, purging the stagnated heat.

*Zhi Qiao* and *Jie Geng:* Activating the *Qi* in the upper-*Jiao* with the former ascending and the latter descending.

*Huan Po* and *Cao Guo:* Being pungent in taste and drastic in nature, eliminating turbidity , drying dampness , resolving phlegm, regulating the *Qi* of the middle-*Jiao.*

*Qing Pi* and *Bing Lang:* Letting *Qi* go downwards to relieve its stagnation, removing phlegm and stagnated food, promoting the flow of *Qi* of the lower-*Jiao.*

*He Ye Geng:* Being good at promoting the flow of *Qi,* relieving the choking sensation in the chest.

*Zhi Gan Cao:* Invigorating *Qi,* regulating the stomach, tempering the actions of all the other ingredients.

Effect: Drying dampness and resolving phlegm,eliminating pathogenic factors from pleurodiaphragmatic interspace.

Indications: Syndrome due to phlegm-dampness stagnated in pleuro-diaphragmatic interspace, marked by fullness in the chest and hypochondrium, restlessness, burning sensation in the heart, dizziness, greasy mouth cavity, difficulty in expectoration, onset of alternative chills and fever as that in malaria every other day, thick rough tongue coating, and taut slippery pulse; including such diseases with the above symptoms as malaria, infection of the biliary system ,etc.



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Administration:Decocted in water for oral dose to be taken twice

## 3.6 Prescriptions for Regulating the Liver and Spleen

This kind of prescriptions are mainly composed of drugs with the action of regulating the function of the liver and spleen. They are indicated for the syndrome due to stagnation of the liver–*Qi,* which affects the spleen and stomach, or the dysfunction of the spleen in transportation , which results in failure of the liver in governing normal flow of *Qi;* marked by fullness in the chest and pain in the hypochondriac region, distending pain in the gastrointestinal region, loss of appetite , loose stools, and even alternate attacks of chills and fever. *Chai Hu* (Radix Bupleuri), *Bai Shao* (Radix Paeoniae Alba), *Bai Zhu*(Rhizoma Atractylodis Macrocephalae), *Gan Cao* (Radix Glycyrrhizae),etc. are the commonly used drugs in these prescriptions, whose representatives are *Sini San, Xiaoyao San, Tongxie Yaofang*,etc.

## 3.7 The prescription of *Sini San*

Name: Powder for Treating Cold Limbs

Source: The book *Shang Han Lun*

Ingredients:

*Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 6 g, *Zhi Shi* (Fructus Aurantii Immaturus) 6 g, *Chai Hu* (Radix Bupleuri) 6 g, *Shao Yao* (Radix Paeoniae Alba) 9 g.

Explanation:

*Chai Hu:* The principal drug, being bitter and pungent in



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flavor and slightly cold in nature, smoothing the liver and regulating the circulation of *Qi*, clearing away pathogenic heat from the interior by inducing diaphoresis.

*Zhi Shi:* Making *Qi* flow downwards to relieve its stagnancy.

*Shao Yao:* Replenishing *Yin* to nourish blood, combining *Chai Hu* to disperse the depressed liver–*Qi* and regulate the spleen.

*Gan Cao:* Replenishing *Qi* to regulate the stomach, getting together with *Bai Shao* to relieve spasm and pain, tempering the actions of all the other drugs.

Effect: Letting out pathogens and promoting the circulation of *Qi*,relieving the depressed liver–*Qi* and regulating the spleen.

Indications: Cold limbs due to stagnation of *Yang–Qi* in the interior or syndrome due to the incoordination between the liver and the spleen, marked by cold limbs or pain in the chest and abdomen, or loose stools,and wiry pluse; including such diseases with the above symptoms as chronic hepatitis, chronic cholecystitis, gastroduodenal ulcer, intercostal neuralgia, etc.

Administration: Decocted in water for oral dose to be taken twice (Taken as a powder originally)

Case Study: *Sini San* plus *Qing Pi* (Pericarpium Citri Reticulatae Viride) was clinically used to treat 15 cases of acute mastitis. All the cases were cured, among whom 4 were cured, each with 1 dose, 10 each with 2, and 1 with 3, 1 dose being taken daily.

30 cases of heterotypic hyperplasia of gastric mucosa , a morbid condition due to stagnation of the liver–*Qi* and failure of descending of the stomach–*Qi* , were treated with modified *Sini San* ,whose ingredients were as follows:



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*Chai Hu* (Radix Bupleuri) 10 g, *Zhi Shi* (Fructus Aurantii Immaturus) 10 g,*Chi Shao* (Radix Paeoniae Rubra) 10 g, *Bai Shao* (Radix Paeoniae Alba) 10 g,*Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 5 g, *Zhi Ban Xia* (Rhizoma Pinelliae Preparata) 10 g,*Chen Pi* (Pericarpium Citri Reticulatae) 6 g.

The gastroscopy made after 3–6 months of treatment showed effectiveness in 25 cases, improvement in 3 and unimprovement in 2 , the effective rate being 93.3%.

## 3.8 The Prescription of *Chaihu Shugan San*

Name: Bupleurum Powder for Relieving Liver–*Qi*

Source: The book *Jing Yue Quan Shu*

Ingredients:

*Chai Hu* (Radix Bupleuri) 9 g, *Chen Pi* (Pericarpium Citri Reticulatae) 9 g,*Chuan Xiong* (Rhizoma Chuanxiong) 6 g, *Xiang Fu* (Rhizoma Cyperi) 10 g,*Zhi Qiao* (Fructus Aurantii) 9 g, *Shao Yao* (Radix Paeoniae) 10 g,*Gan Cao* (Radix Glycyrrhizae) 4.5 g.

Explanation:

*Chai Hu:* The principal drug, being bitter and pungent in taste and slightly cold in nature , soothing the liver to regulate the circulation of *Qi*.

*Shao Yao* and *Chuan Xiong:* Regulating the flow of blood , nourishing the liver,relieving pain.

*Chen Pi:* Promoting the circulation of *Qi*, strengthening the stomach.

*Xiang Fu* and *Zhi Qiao:* Soothing the liver, regulating the circulation of *Qi*.

*Gan Cao* : Tempering the actions of all the other ingredients, coordinating with *Shao Yao* to exert the action of relieving spasm



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and pain.

Effect: Soothing the liver to promote the circulation of *Qi*, regulating blood flow to alleviate pain.

Indications:

Syndrome due to stagnation of the liver–*Qi*, marked by hypochondriac pain, fullness and distention in the chest and abdomen, alternate chills and fever, whitish tongue coating, and taut pulse; including such diseases with the above symptoms as chronic gastritis, chronic hepatitis, intercostal neuralgia, etc.

Administration: Decocted in water for oral dose to be taken twice (Taken as a powder originally)

Case Study: 1 case of Gilles dela Tourette's syndrome, a syndrome due to disorders of movement of *Qi* resulting from stagnation of the liver–*Qi* and marked by emotional depression occurred ten days ago and followed by the next day's paroxysmal retching, sound in the throat, tapir mouth and bent legs, all of which gradually became more serious and frequent episode, attacking once about every ten minutes but not in sleep, reddish face, anorexia, dry stools, reddened tongue with yellowish greasy coating, and wiry slippery pulse , was treated with modified *Chaihu Shugan Tang*, whose ingredients were as follows:

*Chai Hu* (Radix Bupleuri) 10 g, *Zhi Qiao* (Fructus Aurantii) 10 g,*Xiang Fu* (Rhizoma Cyperi) 15 g, *Chuan Xiong* (Rhizoma Chuanxiong) 15 g,*Yu Jin* (Radix Curcumae) 15 g, *Bai Shao* (Radix Paeoniae Alba) 15 g,*Lu Hui* (Aloe) 15 g, *Xuan Fu Hua* (Flos Inulae) 25 g,*Dai Zhe Shi* (Haematitum) 20 g, *Long Gu* (Os Draconis Fossilia) 15 g,*Mu Li* (Concha Ostreae) 15 g, *Gan Cao* (Radix Glycyrrhizae) 15 g.

The case was cured by taking ten doses.



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80 cases of internal injury of the thorax were treated with modified *Chaihu Shugan Tang*, whose main ingredients were as follows:

*Chai Hu* (Radix Bupleuri) 9 g, *Chi Shao* (Radix Paeoniae Rubra) 9 g,*Bai Shao* (Radix Paeoniae Alba) 9 g, *Xiang Fu* (Rhizoma Cyperi) 9 g,*Chuan Xiong* (Rhizoma Chuanxiong) 9 g, *Zhi Qiao* (Fructus Aurantii) 6 g,*Chen Pi* (Pericarpium Citri Reticulatae) 6 g, *Gan Cao* (Radix Glycyrrhizae) 6 g.

In case of *Qi* damaged, *Hou Po* (Cortex Magnoliae Officinalis) and *Mu Xiang* (Radix Aucklandiae) were added; blood injured, *Dan Shen*(Radix Salviae Miltiorrhizae), *Hong Hua* (Flos Carthami) and *Ju Luo* (Retinervus Citri Reticulatae Fructus); injury in the chest ,*Jie Geng* (Radix Platycodi) and *Xie Bai* (Bulbus Allii Macrostemi); damage under the xiphoid process, *Ding Xiang* (Flos Caryophylli) and *Rou Gui* (Cortex Cinnamomi); severe pain, *Ru Xiang* (Resina Oliboni) and *Mo Yao* (Myrrha);severe dyspnea and cough, *Hou Po* (Cortex Magnoliae Officinalis) and *Xing Ren* (Semen Armeniacae Amarum); and constipation, *Gua Lou Ren* (Semen Trichosanthis) and *Sheng Da Huang* (Radix et Rhizoma Rhei). The treatment result was that all the 80 cases were cured.

## 3.9 The Prescription of *Xiaoyao San*

Name : Ease Powder

Source: The book *Tai Ping Hui Min He Ji Ju Fang*

Ingredients:

*Chai Hu* (Radix Bupleuri) 9 g, *Dang Gui* (Radix Angelicae Sinensis) 9 g,*Bai Shao* (Radix Paeoniae Alba) 9 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 9 g,*Fu Ling* (Poria) 9 g,



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*Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 4.5 g,*Sheng Jiang* (Rhizoma Zingiberis Recens) 6 g, *Bo He* (Herba Menthae) 3 g.

Explanation:

*Chai Hu*:The principal drug, being bitter and pungent in flavor and slightly cold in nature , soothing the liver to promote the circulation of *Qi*.

*Dang Gui* and *Bai Shao:* Nourishing blood, tonifying the liver.

*Bai Zhu* and *Fu Ling:* Strengthening the spleen, replenishing *Qi*.

*Bo He:* Assisting *Chai Hu* in soothing the liver and promoting the circulation of *Qi*.

*Sheng Jiang:* Warming up the stomach, regulating the middle—*Jiao*.

*Zhi Gan Cao:* Replenishing *Qi* and strengthening the middle—*Jiao*, getting together with *Bai Shao* to check the hyperactivity of the liver.

Effect: Soothing the liver and promoting the circulation of *Qi*, invigorating the spleen and nourishing blood.

Indications: Syndrome due to stagnation of the liver—*Qi* ,deficiency of blood and failure of the spleen in transportation, marked by pain in the hypochondriac region, alternate attacks of chills and fever , headache, dizziness, dry mouth and throat, lassitude, poor appetite, or irregular menstruation, distention of the breast, pale reddish tongue, and deficient and wiry pulse; including such diseases with the above symptoms as chronic hepatitis, irregular menstruation, chronic gastritis, etc.

Administration: Decocted in water for oral dose to be taken twice (Taken in the form of powder originally)



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Case Study: Modified *Xiaoyao San* was clinically used to treat 253 cases of anicteric hepatitis, manifested as distending pain in the hypochondriac region, hepatosplenomegaly,lassitude, weak limbs , anorexia , irregular bowel movements, palpitation, shortness of breath, insomnia, dreamfulness, soreness of the back and loins, and frequent chills and fever. The liver function tests after the treatment showed that 36 cases were cured, 139 improved, the general effective rate being 68.9%.

160 cases of leukorrhagia were treated with modified *Xiaoyao San*, whose main ingredients were as follows:

*Chai Hu* (Radix Bupleuri), *Dang Gui* (Radix Angelicae Sinensis), *Bai Shao*(Radix Paeoniae Alba), *Bai Zhu* (Rhizoma Atractylodis Macrocephalae), *Fu Ling* (Poria), *Yin Hua* (Flos Lonicerae), *Guan Zhong* (Rhizoma Dryopteris Crassirhizomae).

The result was : Among the 71 cases with whitish vaginal discharge, 48 were cured, 17 remarkably improved, and 6 improved ; of the 89 cases with yellowish vaginal discharge, 60 were cured, 20 noticeably improved, and 9 improved. Most cases each took 4–8 doses.

Better curative effects will be achieved if this prescription is used to treat leukorrhagia due to salpingitis , but a case who has had a long disease duration will be cured only by taking 10–20 doses. If this prescription is used to treat leukorrhagia due to artificial abortion, effectiveness will be found after 3–5 doses are taken.

## 3.10 The Prescription of *Tongxie Yaofang*

Name: Prescription of Importance for Diarrhea with Pain

Source: The book *Jing Yue Quan Shu*



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Ingredients:

*Bai Zhu*(Rhizoma Atractylodis Macrocephalae) 12 g, *Bai Shao* (Radix Paeoniae Alba) 9 g,*Chen Pi* (Pericarpium Citri Reticulatae) 6 g, *Fang Feng* (Radix Saposhinkoviae) 9 g.

Explanation:

*Bai Zhu:* One of the principal drugs, being bitter and sweet in flavor and warm in nature , strengthening the spleen to dry pathogenic dampness.

*Bai Shao* :The other principal drug, being bitter and sour in flavor and slightly cold in nature, nourishing the liver to relieve pain.

*Chen Pi* : Regulating the middle–*Jiao* to remove pathogenic dampness.

*Fang Feng* :Dispersing the liver–*Qi* and regulating the spleen.

Effect: Replenishing the spleen–*Qi* and dispersing the liver–*Qi*

Indications: Syndrome due to stagnation of the liver–*Qi* and deficiency of the spleen, marked by bowel sound, abdominal pain, loose stools, retention of abdominal pain after laxation, thin whitish tongue coating, and taut slow pulse; including such diseases with the above symptoms as allergic colitis, acute enteritis, etc.

Administration: Decocted in water for oral dose to be taken twice (Taken as a powder dose originally)

Case Study: Modified *Tongxie Yaofang* was clinically used to treat 60 cases of acute enteritis , whose disease duration averaged 1–2 days with 4 days as the longest, whose clinical manifestations were as follows: bowel sound, abdominal pain, frequent bowel



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movements, watery stools in 39 cases, stools of thin gruel-like in 17 cases, pus and bloody stools in 4 cases, rectal tenesmus in 5 cases,fever in 8 cases. All the subjects were adults and all the diagnoses were established through microscopic stools. The treatment result was that most of the subjects were cured , each with 1-2 doses, no side effects being seen ,the curative rate being 90%, and the effective rate being 98%.

187 cases of enteric irritable syndrome were treated with the prescription of *Tongxie Yaofang* in combination with the prescription of *Sishen Wan* , of which the main ingredients were:

*Chai Hu* (Radix Bupleuri) 15 g, *Bai Shao* (Radix Paeoniae Alba) 20 g,*Fang Feng* (Radix saposhinkoviae) 15 g, *Rou Kou* (Semen Myristicae) 20 g,*Gu Zhi* (Fructus Psoraleae) 20 g, *Wu Wei Zi* (Fructus Schisandrae) 15 g,*Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 15 g, *Chen Pi* (Pericarpium Citri Reticulatae) 15 g.

One course of treatment involved 7 days and there was an interval of 3 days between 2 courses. 54 cases covered 1 course of treatment ; 87, 2; 36, 3; and 10, 4. The subjects were at the age of 15-78. Their disease duration averaged3 months -26 years, within 10 years in 114 cases. The result was: 128 (68.4%) cases were cured; 41 (21.9%) , improved; 18 (9.7%), unimproved. The effectiveness was seen in 169 cases , in whom the duration for the symptoms such as diarrhea and abdominal pain to disappear averaged 6.8 days. 1 year of follow-up survey was given to 95 cases, among whom 82 (86%) didn't see any relapse of the symptoms, 13 cases who had suffered from a relapse were retreated with the same prescription, curative effects being obtained in 11 cases.



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## 3.11 Prescriptions for Regulating the Intestines and Stomach

This kind of prescriptions are mainly composed of drugs with the action of regulating the function of the intestines and stomach. They are indicated for the syndrome due to the attack of pathogens on the gastrointestine and the combination of heat pathogen with cold one, marked by fullness in the epigastric region, nausea, vomiting, distending pain in the abdomen, bowel sound and loose stools. Drugs such as *Gan Jiang* (Rhizoma Zingiberis), *Huang Qin* (Radix Scutellariae), *Huang Lian* (Rhizoma Coptidis) and *Ban Xia* (Rhizoma Pinelliae)are commonly used in these prescriptions, whose representatives are *Banxia Xiexin Tang*, etc. .

## 3.12 The Prescription of *Banxia Xiexin Tang*

Name: Pinellia Decoction for Purging Stomach Fire

Source: The book *Shang Han Lun*

Ingredients:

*Ban Xia* (Rhizoma Pinelliae) 9 g, *Huang Qin* (Radix Scutellariae ) 6 g,*Gan Jiang* (Rhizoma Zingiberis) 6 g, *Ren Shen* (Radix Ginseng) 6 g,*Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 6 g, *Huang Lian* (Rhizoma Coptidis) 3 g,*Da Zao* (Fructus Jujubae) 4 dates.

Explanation:

*Ban Xia :* The principal drug, being pungent in flavor and warm in nature,dispersing accumulation of pathogens, letting the adverse flow of the stomach—*Qi* go downwards to arrest vomiting.



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*Gan Jiang:* Being pungent in flavor and warm in nature, dispelling pathogenic cold.

*Huang Qin* and *Huang Lian* : Purging pathogenic cold.

*Ren Shen* and *Da Zao:* Replenishing the *Qi* of the middle–*Jiao*.

*Gan Cao* : Invigorating the spleen and stomach, tempering the actions of all the other ingredients.

Effect: Letting the upward adverse flow of the stomach–*Qi* go downwards to regulate the function of the stomach, dispersing the accumulation of pathogens to relieve distention.

Indications: Syndrome due to the accumulation of pathogenic cold and heat in the gastro intestines, marked by epigastric fullness without painful sensation,or retching or vomiting , bowel sound, loose stools, thin yellowish greasy tongue coating , and taut rapid pulse; including such diseases with the above symptoms as chronic gastitis, gastroduodenal ulcer, gastroneurosis and chronic enteritis.

Administration: Decocted in water for oral dose to be taken twice

Case Study : 41 cases of cardiaspasm, a syndrome due to phlegm stagnancy and blood stasis in the stomach, which results from the accumulation of pathogenic cold and heat, were clinically treated with modified *Banxia XiexinTang*, whose main ingredients were as follows:

Fa *Ban Xia* (Rhizoma Pinelliae Preparata) 10 g, *Huang Qin* (Radix Scutellariae) 10 g,*Gan Cao* (Radix Glycyrrhizae) 10 g, *Dang Shen* (Radix Codonopsis) 10 g,*Xuan Fu Hua* (Flos Inulae) 10 g, *Huang Lian* (Rhizoma Coptidis) 5 g,*Gan Jiang* (Rhizoma Zingiberis) 5 g, *Dai Zhe Shi* (Haematitum) 30 g,*Da Zao* (Fructus



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Jujubae) 30 g.

5–30 doses were taken by each of the cases, averaging 10–20 doses. The result was that 29 cases were cured, 8 remarkably improved, 4 unimproved.

Modified *Banxia Xiexin Tang* was used to treat 48 cases of bleeding due to gastraduodenal ulcer, of which the duration was 2–6 years. In case of hematemesis, *Pao Jiang* (Rhizoma Zingiberis Preparata ) was substituted for *Gan Jiang* (Rhizona Zingiberis) and 10 g of *Xiao Ji* (Herba Cirsii) was added. In case the test of occult blood in stool be positive , *Gan Jiang* and 10 g of *E Jiao* (Colla Corii Asini) were administered. In case of abdominal pain, 10 g of *Yan Hu Suo* (Rhizoma Corydalis ) was added. The result was that 3 doses led to hemostasis in 31 cases, 5 in 15, and 10 in 2.



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# 4 Prescriptions for Removing Heat

## 4.1 Prescriptions for Removing Heat

Prescriptions mainly composed of drugs with the action of removing heat, used to clear away pathogenic heat, purge fire pathogen ,eliminate heat from blood , remove toxic material, nourish *Yin* and expel heat from the superficies of the body , and suitable for the treatment of the syndrome due to the heat in the interior are all known as prescriptions for removing heat. Warm , heat and fire are different in degree, but they are the same in property. That is, over warm becomes heat and over heat becomes fire. Therefore, syndromes due to interior heat caused by pathogen of warm , heat or fire may all be treated with prescriptions for removing heat . Syndrome due to interior heat may come from *Qi* system, blood system or *Zang–Fu* organs, so prescriptions for removing heat are classified as the following six kinds: prescriptions for clearing away heat in *Qi* system, suitable for the treatment of the syndrome due to excessive heat in *Qi* system; prescriptions for clearing away heat in *Ying* system and blood system, suitable for the syndrome due to excessive heat in *Ying* and blood systems; prescriptions for clearing away heat and toxic material, suitable for the syndrome due to excessive heat and fire–toxin; prescriptions for clearing away heat from both *Qi* and blood systems, suitable for the syndrome due to intense heat in both *Qi* and blood systems; prescriptions for clearing away



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heat in *Zang–Fu* organs, suitable for the syndrome due to intense heat in *Zang–Fu* organs; and prescriptions for clearing away heat of deficiency type,suitable for the syndrome due to excessive heat resulting from *Yin* deficiency.

Prescriptions for removing heat are usually administered when exterior syndrome has been relieved but heat in the interior is running wild, or when internal heat is excessive but hasn't become accumulated. When pathogenic heat is in the exterior,the exterior syndrome should be first relieved. When internal heat has been accumulated,purgation should be performed. When exterior syndrome hasn't been relieved but pathogenic heat has appeared in the interior, both the exterior and interior syndromes should be relieved at the same time. Removing heat from blood system when heat is, in fact, in *Qi* system will lead pathogenic factors to the interior, while removing heat from *Qi* system when heat is ,in fact, in blood system will make pathogenic heat in blood system hard to eliminate. Before prescriptions for removing heat are prescribed, the deficient or excess nature of a heat syndrome should be identified, knowing that heat is in *Zang* or in *Fu*, and being sure not to mistaken a false heat syndrome for a true one . Prolonged taking of drugs bitter in flavor and cold in nature with the action of nourishing *Yin* will impair the stomach or injure the *Yang* of the middle–Jiao . When necessary, drugs with the action of enlivening and regulating the stomach are used coordinately. Sometimes, drugs warm and heat in nature are added to those cold and cool in property, which is called as "using corrigent". But under this condition the dose of drugs warm and heat in nature administered should be smaller.



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## 4.2 Prescriptions for Removing Heat in *Qi* System

This kind of prescriptions are mainly made up of drugs with the action of clearing away heat in *Qi* system. They are indicated for the syndrome due to intense heat in *Qi* system which has impaired body fluids. or the syndrome due to intense heat in both *Qi* and *Yin* systems,marked by high fever , polydipsia , profuse sweating, aversion to heat, full large pulse, or fever, profuse sweat, restlessness, fullness in the chest, dry mouth,reddened tongue, etc. . lThe commonly used drugs in these prescriptions are *Shi Gao* (Gypsum Fibrosum), *Zhi Mu* (Rhizoma Anemarrhenae), *Zhu Ye* (Herba Lophatheri)and *Zhi Zi* (Fructus Gardeniae), which are usually compatible with drugs with the action of replenishing *Qi* to promote the production of body fluids such as *Ren Shen* (Radix Genseng ), *Mai Dong* (Radix Ophiopogonis). etc. , for heat tends to impair body fluids. The representative prescriptions are *Baihu Tang, Zhuye Shigao Tang* , etc.

## 4.3 The Prescription of *Baihu Tang*

Name: White Tiger Decoction

Source: The book *Shang Han Lun*

Ingredients:

*Shi Gao* (Gypsum Fibrosum ) 30 g, *Zhi Mu* (Rhizoma Anemarrhenae) 9 g,*Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 3 g, *Jing Mi* (Semen Oryzae Sativae) 9 g.

Explanation:

*Shi Gao:* The principal drug , being pungent and sweet in flavor and very cold in nature, purging heat in the lung and stom-



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ach, eliminating vexation.

*Zhi Mu* : Purging heat in the lung and stomach, being moisture in nature to moisten dryness.

*Gan Cao* and *Jing Mi*: Benifiting the stomach , protecting body fluids from being impaired, letting prescriptions very cold in nature not injure the spleen and stomach.

Effect: Removing heat and promoting the production of body fluids

Indications: Syndrome due to intense heat in *Yangming Qi* system, manifested as high fever, flushed face, extreme thirst and strong desire for drink, perspiration and aversion to heat , full large forceful pulse or slippery rapid pulse;including such diseases with the above symptoms as acute or chronic febrile infective diseases, diabetes, heatstroke, diab acute conjunctivitis , etc.

Administration: Decocted in water for oral dose to be taken twice

Case Study: 40 cases (16 were mild, 11 were usual, 10 were severe, and 3 were critical .) of epidemic hemorrhagic fever, which is considered in TCM as a syndrome due to the impairment of body fluid caused by the dryness transformed from epidemic febrile pathogens and due to exhaustion of *Yin* fluid , marked by high fever , being apt to lead to coma and delirium , skin eruption, haematemesis , convulsion due to stirring–up wind, were clinically treated with modified *Baihu Tang*, whose main ingredients were:

*Shi Gao* (Gypsum Fibrosum) 30–300 g, *Zhi Mu* (Rhizoma Anemarrhenae) 12 g,*Gan Cao* (Radix Glycyrrhizae) 10 g, *Jing Mi* (Semen Oryzae Sativae) 10 g.

In the stage of fever , drugs added were *Shuang Hua* (Flos



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Lonicerae), *Lian Qiao* (Fructus Forsythiae) and *Ban Lan Gen* (Radix Isatidis). In the stage of hypotension, such drugs were added as *Ren Shen* (Radix Ginseng), *Mai Dong*(Radix Ophiopogonis), *Wu Wei Zi* (Fructus Schisandrae )and *Dan Shen* (Radix Salviae Miltiorrhiae). In the stage of oliguria , *Jing Mi* (Semen Oryzae Sativae)was omitted and *Xuan Shen* (Radix Scrophulariae), *Sheng Di* (Radix Rehmanniae),*Tian Dong* (Radix Asparagi), *Da Huang* (Radix et Rhizoma Rhei) and *Mang Xiao* (Natrii Sulfas) were added . In the stage of polyuria, drugs added were *Sheng Di* (Radix Rehmanniae), *Shan Yao* (Rhizoma Dioscoreae), *Mai Dong* (Radix Ophiopogonis),*Wu Wei Zi* (Fructus Schisandrae), *Tu Si Zi* (Semen Cuscutae) and *Dang Shen* (Radix Codonopsis). In the stage of restoration, modified *Zhuye Shigao Tang* was prescribed instead. The result was that all the cases were cured within 6–15 days.

21 cases of diabetes were treated with modified *Baihu Tang* and proved prescriptions. The main ingredients of the prescription prescribed were:

*Shi Gao* (Gypsum Fibrosum) 30–120 g, *Zhi Mu* (Rhizoma Anemarrhenae) 15 g,*Yuan Shen* (Radix Scrophulariae) 30 g, *Shan Yao* (Rhizoma Dioscoreae) 30 g,*Shi Hu* (Herba Dendrobii) 15 g, *Tian Dong* (Radix Asparagi) 15 g,*Hua Fen* (Radix Trichosathis) 15 g, *Lu Gen* (Rhizoma Phragmitis) 30 g,*Gan Cao* (Radix Glycyrrhizae) 3–6 g.

After 3–6 doses ware taken by each of the cases, thirst was obviously relieved and the amount of drink was apparently reduced and both of them were even returned to normal. Then proved prescription was used. Its ingredients were:

*Qian Shi* (Semen Euryales) 30 g, *Bai Bian Dou* (Semen



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Lablab Album ) 30 g, *Yi Zhi Ren* (Fructus Alpiniae Oxyphyllae) 30 g, *Yi Yi Ren* (Semen Coicis) 30 g, 1 cock (Remove the feather and internal organs and then wash it clean.).

The above 4 ingredients were put into the body cavity of the cock which was closed by sewing. The cock was placed in an earthware pot and heated until the flesh of it was well done . The well-done flesh was eaten and the decoction, even with the dregs, was taken in adequate amount, 1 cock daily or every 2 days. 3–5 cocks taken, 1 dose was prescribed every week or every 10 days in order to consolidate the curative effects.

## 4.4 The Prescription of *Zhuye Shigao Tang*

Name: Lophatherum and Gypsum Decoction

Source: The book *Shang Han Lun*

Ingredients.

*Zhu Ye* (Herba Lophatheri) 15 g, *Shi Goo* (Gypsum Fibrosum) 30 g, *Ban Xia* (Rhizoma Pinelliae) 9 g, *Mai Dong* (Radix Ophiopogonis) 15 g, *Ren Shen* (Radix Ginseng) 5 g, *Gan Cao* (Radix Glycyrrhizae) 3 g *Jing Mi* (Semen Oryzae Sativae) 15 g.

Explanation:

*Zhu Ye:* The principal drug, being sweet and tasteless in flavor and cold in nature, clearing away heat and relieving restlessness.

*Shi Gao:* The other principal drug, being pungent and sweet in taste and very cold in nature, removing heat and restlessness.

*Ren Shen:* Replenishing *Qi*.

*Mai Dong:* Nourishing *Yin*, promoting the production of body fluids.



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*Ban Xia:* Letting the upward adverse flow of the stomach–*Qi* go downwards to arrest vomiting.

*Gan Cao* and *Jing Mi:* Benefiting and regulating the stomach.

Effect: Clearing away heat and promoting the production of body fluids, replenishing *Qi* and regulating the stomach.

Indications: Syndrome due to lingering fever in the later stage of febrile diseases, marked by fever, profuse sweating, distress in the chest ,nausea due to the adverse flow of *Qi*,dry mouth with desire for drinking , or insomnia due to vexation, reddened tongue with little coating, and weak rapid pulse; including such diseases with the above symptoms as influenza, infant heat stroke syndrome, etc.

Administration: Decocted in water for oral dose to be taken twice

Case Study: *Zhuye Shigao Tang* was clinically used to treat 1 case of fever due to staphylococcus aureus hematosepsis, a syndrome in the later stage of an epidemic febrile disease, in which the pathogens had retreated but the fever was lingering. The case had been treated with antibiotics and *Huanglian Jiedu Tang*. But the treatment failed and the fever remained, varying from 38–39℃ . Treated with modified *Zhuye Shigao Tang*, the case was cured.

1 case of aphtha of pregnancy, 1 case of dyspnea with cough and 1 case of headache were treated with *Zhuye Shigao Tang*. They were all cured.

## 4.5 The Prescription of *Zhizi Chi Tang*

Name: Decoction of Capejasmine and Phellodendron

Source: The book *Shang Han Lun*



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Ingredients: *Zhi Zi* (Fructus Gardeniae) 9 g, *Dan Dou Chi* (Semen Sojae Preparatum) 9 g.

Explanation:

*Zhi Zi:* The principal drug, being bitter in flavor and cold in nature, purging pathogenic heat.

*Dou Chi:* Relieving restlessness and assisting *Zhi Zi* in removing heat.

Effect: Clearing away pathogenic heat to relieve restlessness.

Indications: Syndrome due to mild attack of exogenous heat on *Qi* system or lingering fever in the later stage of a disease, marked by fever, fullness in the chest, mania, insomnia due to fidget even with the body turning over in bed again and again reddish tongue with slightly yellowish coating , and rapid pulse; including such diseases with the above symptoms as neurosism, chronic cholecystitis, coronary heart diseases, etc.

Administration: Decocted in water for oral dose to be taken twice

## 4.6 Prescriptions for Clearing Heat in *Ying* and Blood Systems

This kind of prescriptions are mainly composed of drugs with the action of clearing away heat from both *Ying* and blood systems. They are indicated for the syndrome due to the invasion of pathogenic heat into *Ying* or blood system, marked by fever, dysphoria, thirst or no thirst, coma and delirium, haematemesis, skin eruption, deep red tongue, and rapid pulse. The representative prescriptions are *Qingying Tang, xijiao Dihuang Tang,* etc., in which the common drugs are *Sheng Di* (Radix Rehmanniae), *Xuan Shen* (Radix Scrophulariae), *Dan Pi* (Cortex Moutan), *Chi*



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*Shao* (Radix Paeoniae Rubra) and *Xi Jiao* (Cornu Rhinoceri).

## 4.7 The Prescription of *Qingying Tang*

Name: Decoction for Clearing Heat in the *Ying* System

Source: The book *Wen Bing Tiao Bian*

Ingredients:

*Xi Jiao* (Cornu Rhinocerotis) 2 g, *Sheng Di* (Radix Rehmanniae) 15 g, *Yuan Shen* (Radix Scrophulariae) 9 g, *Zhu Ye Xin* (Leaves bud of Herba Lophatheri) 3 g, *Mai Dong* (Radix Ophiopogonis) 9 g, *Dan Shen* (Radix Salviae Miltiorrhizae) 6 g, *Huang Lian* (Rhizoma Coptidis) 5 g, *Yin Hua* (Flos Lonicerae) 9 g, *Lian Qiao* (Fructus Forsythiae) 6 g.

Explanation:

*Xi Jiao:* One of the principal drugs, being salty in flavor and cold in nature, clearing heat from both *Ying* and blood systems.

*Sheng Di:* The other principal drug, being sweet and bitter in taste and cold in nature, removing heat from both *Ying* and blood systems.

*Yuan Shen* and *Mai Dong:* Nourishing *Yin*, dispersing heat pathogens.

*Yin Hua, Lian Qiao, Huang Lian* and *Zhu Ye:* Promoting the dispersion of pathogens through removing heat and toxic material.

*Dan Shen:* Promoting the circulation of blood to remove blood stasis.

Effect: Clearing up the *Ying* system to remove pathogenic heat, nourishing *Yin* and promoting the circulation of blood.

Indications: Syndrome appeared in the beginning of the invasion of pathogenic heat into the *Ying* system, marked by fever



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which is severe at night, fidget, insomnia, delirium, tending to open or close the eyes, thirst or no thirst, or mild skin eruption, crimson dry tongue, and repid pulse; including such diseases with the above symptoms as epidemic cerebrospinal meningitis, encephalitis B, typhus and scarlet fever.

Administration: Decocted in water for oral dose to be taken 3 times

Case Study: Modified *Qingying Tang* was clinically used to treat 5 cases of mucocutaneous lymph node syndrome. In the acute stage, such a prescription was prescribed:

*Shui Niu Jiao* (Cornu Bubali) 10 g, *Sheng Di* (Radix Rehmanniae) 10 g, *Chi Shao* (Radix Paeoniae Rubra) 10 g, *Dan Shen* (Radix salviae Miltiorrhizae) 10 g, *Yin Hua* (Flos Lonicerae) 10 g, *Lian Qiao* (Fructus Forsythiae) 10 g, *Yuan Shen* (Radix Scrophulariae) 10 g, *Lu Gen* (Rhizoma Phragmitis) 10 g, *Mai Dong* (Radix Ophiopogonis) 10 g, *Gan Cao* (Radix Glycyrrhizae) 10 g.

In the convalescence, 10 g of *Hong Hua* (Flos Carthami) and 10 g of *Chuan Xiong* (Rhizoma Chuanxiong) were added to the above prescription. It took 11–16 days for the fever to subside, averaging 13.5 days, 5–7 days for the skin eruption to vanish, averaging 6 days. Short-term treatment cured 4 cases and improved 1 case. Follow-up was given to 4 cases, none was found to be complicated by angiocardiopathy.

Modified *Qingying Tang* was used to treat 1 case of obstinate night sweating, which had persisted for 12 years and failed to respond to the prolonged treatment of both Western medicine and TCM. This disorder was included in the syndrome due to *Yin* deficiency of the *Ying* system and retention of pathogenic heat in



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the interior, marked by night sweating starting in early winter, baked sensation before sweating followed by cool body and aversion to cold, dry mouth and tongue, lassitude, edema of the face and feet, and thready rapid pulse, The therapeutic method used was "clearing away heat in the *Ying* system and nourishing *Yin*". The drugs administered were:

*Xi Jiao* (Cornu Rhinoceri), *Sheng Di* (Radix Rehmanniae), *Yuan Shen* (Radix Scrophulariae), *Dan Pi* (Cortex Moutan), *Mai Dong* (Radix Ophiopogonis), *Bai Wei* (Radix Cynanchi Atrati). The disorder was gradually cured, one year of follow-up didn't see its relapse.

## 4.8 The Prescription of *Xijiao Dihuang Tang*

Name: Decoction of Rhinoceros Horn and Rehmannia

Source: The book *Bei Ji Qian Jin Yao Fang*

Ingredients:

*Xi Jiao* (Cornu Rhinoceri) 1.5–3 g *Sheng Di* (Radix Rehmanniae) 30 g, *Chi Shao* (Radix Paeoniae Rubra) 12 g, *Mu Dan Pi* (Cortex Moutan) 9 g.

Explanation:

*Xi Jiao:* The principal drug, being salty in flavor and cold in nature, clearing away beart-fire, dispelling heat from the blood, removing toxic material.

*Sheng Di:* Removing heat from the blood, arresting bleeding, nourishing *Yin*, reducing fever.

*Chi Shao* and *Dan Pi:* Removing heat from the blood, dissipating blood stasis.

Effect; Removing pathogenic heat and toxic material, eliminating heat from the blood and dissipating blood stasis.



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Indications: Syndrome due to the invasion of pathogenic heat into the blood system, marked by hemoptysis, nasal bleeding, hematochezia, forgetfulness as if something has gone wrong with the mind, no desire for drinking, restlessness, pain in the thorax, fullness in the abdomen, loose black stools, coma, mania, delirium, purplish skin eruption, and deep red tongue with pricks; including such diseases with the above symptoms as acute leukemia, acute yellow atrophy of liver, thrombocytopenic purpura, epidemic cerebrospinal meningitis, encephalitis B, typhus, hepatic coma, urin aemia, etc.

Administration: Decocted in water for oral dose to be taken 3 times

Case Study: *Xijiao Dihuang Tang* was mainly used clinically to treat 11 cases of primary thrombocytopenic purpura. All the cases suffered from hemorrhage. subcutaneous hemorrhage was found in 11 cases; oral mucosal hemorrhage in 9; nasal hemorrhage in 7; hematochezia in 6; hematuria in 2; hematemesis in 2; conjunctival hemorrhage in 2; coma due to hematorrhea in 2. Platelet count was below 60,000mm$^3$in 5 cases, between 60,000–80,000mm$^3$in the rest. All the 11 cases had the following symptoms: fever, dry mouth but no desire for drinking, dysphoria, flushed face, dark urine, hemorrhage, red dry tongue with thin coating, and slipper rapid pulse, all of which are the signs due to intense heat in the interior. The treatment result was that 6 cases were cured, 4 showed effectiveness, 1 died of the disease.

1 case of acute aplastic anemia was treated with *Xijiao Dihuang Tang* plus:

*Da Huang* (Radix et Rhizoma Rhei), *Huang Qin* (Radix



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Scutellariae), *Ban Lan Gen* (Radix Isatidis), *Lian Qiao* (Fructus Forsythiae), *Shi Gao* (Gypsum Fibrosum), *Zhi Mu* (Rhizoma Anemarrhenae), *Ge Gen* (Radix Puerariae), *Jin Yin Hua* (Flos Lonicerae), *Gan Cao* (Radix Glycyrrhizae).

2 doses taken, the fever subsided from 40.7℃ to 36.5℃, the constipation was relieved, the skin eruption disappeared, the soreness of the throat was alleviated, the low spirits became higher, the amount of hemoglobin reached 9.4 g, the red blood cells increased from 2,800,000 / $mm^3$ to 3,480,000 / $mm^3$, the white blood cells rose from 1,600 / $mm^3$ to 2,800 / $mm^3$, the lymphocytes reduced from 94% to 44%. Then, instead of the above prescription, prescriptions for clearing away the heat in the *Qi* system, replenishing *Qi* and nourishing *Yin* were used to continue the treatment. At last, the case was cured.

## 4.9 Prescriptions for Removing Pathogenic Heat and Toxic Material

This kind of prescriptions are mainly composed of drugs with the action of clearing away heat and eliminating toxic material. They are indicated for the syndromes due to serious noxious heat such as epidemic febrile disease, virulent heat pathogen or skin and external diseases; marked by dysphoria, mania, spitting blood or nasal bleeding, or reddish and swelling face, aphthous stomatitis, and sore thoat. The representative prescriptions are *Huanglian Jiedu Tang, Puji Xiaodu Yin, Xianfang Huoming Yin,* ect., in which the commonly used drugs are:

*Huang Lian* (Rhizoma Coptidis), *Huang Qin* (Radix Scutellariae), *Huang Bai* (Cortex Phellodendri), *Zhi Zi* (Fructus Gardeniae), *Shi Gao* (Gypsum Fibrosum), *Lian Qiao* (Fructus



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Forsythiae), *Ban Lan Gen* (Radix Isatidis), *Sheng Ma* (Rhizoma Cimicifugae), *Xuan Shen* (Radix Scrophulariae), *Pu Gong Ying* (Herba Taraxaci), *Zi hua Di Ding* (Herba Violae).

## 4.10 The Prescription of *Huanglian Jiedu Tang*

Name: Antidotal Decoction of Coptis

Source: The book *Wai Tai Mi Yao*

Ingredients:

*Huang Lian* (Rhizoma Coptidis) 9 g, *Huang Qin* (Radix Scutellariae) 6 g, *Huang Bai* (Cortex Phellodendri) 6 g, *Zhi Zi* (Fructus Gardeniae) 9 g.

Explanation:

*Huang Lian:* The principal drug, being bitter in flavor and cold in nature, dispelling pathogenic fire from the heart and the middle–*Jiao*.

*Huang Qin:* Purging fire in the upper–*Jiao*.

*Huang Bai:* Removing fire in the lower–*Jiao*.

*Zhi Zi:* Clearing away fire in the tri–*Jiao*, leading fire to go downward.

Effect: Purging pathogenic fire to detoxicate.

Indications:

Syndrome due to intense heat in the tri–*Jiao* which hasn't impaired body fluids, marked by high fever, dysphoria, dry mouth and thoat, delirium, insomnia, or spitting blood, skin eruption, skin and external diseases of surgery, reddish tongue with yellowish coating, and rapid forceful pulse; including such diseases with the above symptoms as acute purulent infections such as phlegmon, hematosepsis, pyemia, dysentery, pneumonia and hematopathy.



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Administration: Decocted in water for oral dose to be taken twice

Case Study: 56 cases of encephalitis B, among which 31 were of severe or fulminat form, 25 were of mild or neutral form, were clinically treated with modified *Huanglian Jiedu Tang*, whose main ingredients were:

*Huang Lian* (Rhizoma Coptidis) 9 g, *Huang Qin* (Radix Scutellariae) 15 g. *Huang Bai* (Cortex Phellodendri) 15 g, *Zhi Zi* (Fructus Gardeniae) 9 g, *Ban Lan Gen* (Radix Isatidis) 15 g, *Jin Yin Hua* (Flos Lonicerae) 15 g.

In case of persistent fever, *Zhi Mu* (Rhizoma Anemarrhenae) was added. In case of vomting, *Zhu Ru* (Caulis Bambusae in Taeniam) and *Dai Zhe Shi* (Haematitum) were added. In case of clonic convulsions, *Zhijing San* (spasmolytic powder) was added. In case of delirium and coma, *Niuhuang Wan* (cow-bezoare pill) and *Zixue Dan* were added. The result was that 51 cases were cured, 1 case was improved, 4 cases died of the disease.

12 cases of epidemic cerebrospinal meningitis were treated with *Huanglian Jiedu Tang*, which was composed of the same dose of *Huang Lian* (Rhizoma Coptidis), *Huang Bai* (Cortex Phellodendri) and *Zhi Zi* (Fructus Gardeniae). In case of new affection of exterior syndrome, *Yin Hua* (Flos Lonicerae) and *Lian Qiao* (Fructus forsythiae) were added; in case of headache, *Sheng Shi Jue* (Choncha Haliotidis), *Hang Bai Shao* (Radix Paeoniae Alba), *Ci Ji Li* (Fructus Tribuli) and *Tian Ma* (Rhizoma Gastrodiae); in case of constipation, the decoction of *Chengqi Tang*; in case of high fever and restlessness and thirst, *Shi Gao* (Gypsum Fibrosum), *Zhu Ye* (Herba Lophatheri) and *Mai Dong* (Radix Ophiopogonis); in case of profuse expectorations, the



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decoction of *Ditan Tang;* in case of delirium. pill of *Zi Xue Dan* and pill of *Niuhuang* Wan; in case of coma, *Shi Chang Pu* (Rhizoma Acori Tatarinowii). *Yuan Zhi* (Radix Polygalae) and *Zhu Li* (Succus Bambosae); in case of nasal bleeding and skin eruption, *Dan Pi* (Cortex Moutan) and *Sheng Di* (Radix Rehamnniae). The treatment result was that all the 12 cases were cured, each of the 4 cases took 3 doses; either of the 2 took 4; each of the 5 took 5; 1 case took 6 doses; none with any sequel.

## 4.11 The Prescription of *Liangge San*

Name: Powder for Removing Heat from the Diaphram

Source: The book *Tai Ping Hui Min He Ji Ju Fang*

Ingredients:

*Da Huang* (Radix et Rhizoma Rhei) 600 g, *Po Xiao* (Natrii Sulfas) 600 g. *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 600 g, *Zhi Zi* (Fructus Gardeniae) 300 g, *Bo He* (Herba Menthae) 300 g, *Huang Qin* (Radix Scutellariae) 300 g, *Lian Qiao* (Fructus Forsythiae) 1,200 g, *Zhu Ye* (Herba Lophatheri) adequate amount, *Feng Mi* (Mel) adequate amount.

Explanation:

*Lian Qiao:* The principal drug, being bitter in flavor and slightly cold in nature, clearing away heat and toxic material.

*Huang Qin:* Removing stagnated heat pathogens from the heart and chest.

*Zhi Zi:* Purging intense heat in the tri–*Jiao* and directing it to go downward.

*Bo He* and *Zhu Ye:* Dispelling heat in the lung, stomach and heart.

*Mang Xiao* and *Da huang:* Getting rid of pathogenic heat in



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the diaphragm and leading heat to go downward.

*Bai Mi* and *Gan Cao:* Relieving the drastic purgation of *Mang Xiao* and *Da Huang* and assisting them in promoting downward flow of heat.

Effect: Purging intense heat to relieve constipation ,leading heat to go downward and getting rid of it by purgation.

Indications: Syndrome due to heat produced by the accumulated pathogens in the upper and middle *Jiao*, marked by fever, thirst, flushed face and dry lips, burning sensation in the chest, aphthae, or sore throat, spitting blood , nasal bleeding, constipation, reddish urine, reddened tongue with yellowish coating, and slippery rapid pulse; including such diseases with the above sypmtoms as measles, pneumonia, tumor in the mediastinum, pulmonary abscess, etc.

Administration: The ingredients except *Zhu Ye* and *Feng Mi* were ground into powder, 6 g of which was mixed with 3 g of *Zhu Ye* and small amount of *feng Mi* and decocted in water for the decoction, which was taken after meal, 3 times daily. (Or used as a decoction dose, whose dosage was reduced according to the proportions of the ingredients in the original prescription.)

Case Study: 32 cases of infantile acute tonsillitis, a syndrome due to stagnated pathogenic heat in the lung and stomach complicated by wind pathogens, were clinically treated with modified *Liangge San*, whose main ingredients were:

*Jiao Shan Zhi* (Fructus Gardeniae Scorched) 6–9 g, *Yin Hua* (Flos Lonicerae) 6–9 g, *Lian Qiao* (Fructus Forsythiae) 6–9 g, *Dan Zhu Ye* (Herba Lophatheri) 6–9 g, *Tu Niu Xi* (Radix Achyranthis Bidentatae) 6–9 g, *Xuan Shen* (Radix Scrophulariae) 6–9 g, *Shi Gao* (Gypsum Fibrosum) decocted first



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20 – 30 g, *Chuan Jun* (Radix et Rhizoma Rhei) decocted last 3–5 g, *Sheng Gan Cao* (Radix Glycyrrhizae) 3–5 g, *Da Qing Ye* (Folium Isatidis) 9–15 g, *Huang Qin* (Radix Scutellariae) 4.5–6 g.

The youngest case was 16 months old, the oldest 12 years old, all of whom had been treated with antibiotics. After the treatment, they were all cured except two who were not treated continually because of their vomiting.

In addition, 1 case of lobar pneumonia, 1 case of bronchiectasis, 1 case of hypertensive cerebral hemorrhage, and 1 case of tumor in the mediastinum were treated with modified *Liangge San* and remarkable curative effects were achieved in all of them.

## 4.12 The Prescription of *Puji Xiaodu Yin*

Name: Universal Relief Decoction for Disinfection

Source: The book *Dong Yuan Shi Xiao Fang*

Ingredients:

*Huang Qin* (Radix Scutellariae) parched with liquor 9 g, *Huang Lian* (Rhizoma Coptidis) parched with liquor 9 g, *Chen Pi* (Pericarpium Citri Reticulatae) 6 g, *Gan Cao* (Radix Glycyrrhizae) 6 g, *Xuan Shen* (Radix Scrophulariae) 6 g, *Chai Hu* (Radix Bupleuri) 6 g, *Jie Geng* (Radix Platycodi) 6 g, *Lian Qiao* (Fructus Forsythiae) 3 g, *Ban Lan Gen* (Radix Isatidis) 3 g, *Ma Bo* (Lasios phaera seu Calvatia) 3 g, *Niu Bang Zi* (Fructus Arctii) 3 g, *Bo He* (Herba Menthae) 3 g, *Jiang Can* (Bombyx Batryticatus) 2 g, *Sheng Ma* (Rhizoma Cimicifugae) 2 g.

Explanation:

*Huang Lian* and *Huang Qin:* The principal drugs, being bit-



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ter in flavor and cold in nature and good at eliminating noxious heat in the head and face after being stir-fried with liquor.

*Niu Bang Zi, Lian Qiao, Bo He* and *Jiang Can:* Dispersing wind-heat pathogens in the upper -*Jiao*

*Xuan Shen, Ma Bo, Ban Lan Gen, Jie Geng* and *Gan Cao:* Clearing away noxious heat in the throat, head and face.

*Chen Pi:* Regulating the flow of *Qi* to remove stasis.

*Sheng Ma* and *Chai Hu:* Expelling wind-heat and assisting all the other drugs in exerting their actions on the head and face.

Effect: Expelling wind pathogen and clearing away noxious heat

Indications: Syndrome due to noxious heat in the head and face, marked by aversion to cold, fever, redness and swelling and pain of the head and face, difficulty in opening eyes, throat disorder, dry tongue, thirst, reddened tongue with yellowish coating, and rapid forceful pulse; including such diseases with the above symptoms as epidemic parotitis, acute submaxillary lymphnoditis, acute tonsillitis, etc.

Administration: Decocted in water for oral dose to be taken 3 times (Taken originally as a powder)

Case Study: *Puji Xiaodu Yin* was clinically used to treat 69 cases of acute tonsillitis, marked by fever, sore throat, sweating , dry stools or constipation, poor appetite, yellowish urine or oliguria, reddened tongue with thick whitish or yellowish tongue coating , and floating rapid pulse. Congestion of throat was seen in all the 69 cases, First degree of antiadoncus was seen in 9 cases. second degree in 60. pus specks were seen in 53 cases. The result was: 65 cases were cured, 3 improved, 1 unimproved, the general effective rate being 98.6%.



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100 cases of epidemic parotitis were treated with modified *Puji Xiaodu Yin*, whose main ingredients were:

*Yin Hua* (Flos Lonicerae), *Lian Qiao* (Fructus Forsythiae), *Niu Bang Zi* (Fructus Arctii), *Zhi Zi* (Fructus Gardeniae), *Ban Lan Gen* (Radix Isatidis), *Ma Bo* (Lasiophaera seu Calvatia), *Pu Gong Ying* (Herba Taraxaci), *Jie Geng* (Radix Platycodi).

In case of severe fever and headache, such drugs were added: *sang Ye* (Folium Mori), *Ju Hua* (Flos Chrysanthemi) and *Bo He* (Herba Menthae). In case of constipation, drugs added were : *Yuan Ming Fen* (powder of Natrii sulfas ) and *Yuan Shen* (Radix Scrophulariae). In case of high fever, pill of *Zixue Dan* was also prescribed or pill of *Liushen Wan* was sucked in the mouth, 3–5 pills each time, 2 or 3 times daily. It took 2 days for 31 cases to be cured, 4 days for 46 cases , 6 days for 18 cases, 8–10 days for 5 cases.

*Puji Xiaodu Yin* is known to have better bacteriostatic action on a–hemolytic or beta–hemolytic streptococcus, Diplococcus pneumoniae, Staphylococcus aureus and Staphylococcus albus. On bacteria of other kinds its bacteriostatic action is different in degree.

## 4.13 Prescriptions for Clearing away Heat from *Qi* and Blood Systems

This kind of prescriptions are mainly made up of drugs with the action of clearing up the *Qi* system and removing heat from the blood system. They are suitable for the syndromes due to epidemic febrile troubles or noxious heat which are in full swing both in the interior and in the exterior and disturbing both the *Qi* and blood systems, marked by high fever, fidgets, thirst, spitting



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blood, nasal bleeding , skin eruption, coma and delirium. Drugs with the action of clearing up the *Qi* system such as *Shi Gao* (Gypsum Fibrosum) and *Zhi Mu* (Rhizoma Anemarrhenae) are often compatible with drugs with the action of removing heat in the blood such as *Xi Jiao* (Cornu Rhinoceri ) and *Di Huang* (Radix Rehmanniae) in this kind of prescriptions, whose representatives are *Qingwen Baidu Yin* and the like.

## 4.14 The Prescription of *Qingwen Baidu Yin*

Name: Antipyretic and Antitoxic Decoction

Source: The book *Yi Zhen Yi De*

Ingredients:

*Shi Gao* (Gypsum Fibrosum) 30 g, *Sheng Di* (Radix Rehmanniae) 12 g, *Xi Jiao* (Cornu Rhinocerotis) 6 g, *Huang Lian* (Rhizoma Coptidis) 6 g, *Huang Qin* (Radix Scutellariae) 6 g, *Zhi Zi* (Fructus Gardeniae) 10 g, *Mu Dan Pi* (Cortex Moutan) 6 g, *Xuan Shen* (Radix Scrophulariae) 10 g, *Lian Qiao* (Fructus Forsythiae) 15 g, *Chi Shao* (Radix Paeoniae Rubra) 6 g, *Zhi Mu* (Rhizoma Anemarrhenae) 6 g, *Jie Geng* (Radix Platycodi) 9 g, *Zhu Ye* (Herba Lophatheri) 6 g, *Gan Cao* (Radix Glycyrrhizae) 6 g.

Explanation:

*Shi Gao:* Being pungent in taste and cold in nature, removing heat and purging fire.

*Xi Jiao:* One of the principal drugs, being salty in flavor and cold in nature , clearing away heat in the blood and nourishing *Yin*.

*Sheng Di:* The other principal drug, being sweet and bitter in flavor and cold in nature, removing heat in the blood and nour-



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ishing *Yin*.

*Zhi Mu:* Nourishing *Yin* and purging fire.

*Zhi Zi, Huang Lian, Huang Qin, Lian Qiao* and *Xuan Shen:* Clearing away heat and toxic material.

*Dan Pi* and *Chi Shao:* Removing heat in the blood and promoting the circulation of blood.

*Jie Geng* and *Zhu Ye:* Making the potency of the drugs go upward.

*Gan Cao:* Clearing away heat and toxic material and tempering the actions of all the other ingredients.

Effect: Clearing away heat and toxic material, removing heat in the blood and purging fire.

Indications: Syndrome due to noxious heat at the full in both the *Qi* and blood systems, marked by high fever, thirst with strong desire for drinking, headache as if the head were heing splitted, coma and delirium, blurred vision, or skin eruption, or spitting blood, epistaxis, convulsion of the limbs or cold limbs, crimson tongue, very dry lips, and deep rapid pulse or deep thready rapid pulse or floating large rapid pulse; including such diseases with the above symptoms as epidemic cerebrospinal meningitis, severe influenza, epidemic hemorrhagic fever and hematosepsis.

Administration: Decocted in water for oral dose to be taken 3 times. *Shi Gao* was decocted first for about 10 seconds after the content was boiling, and, then , the other ingredients except *Xi Jiao* were put into the boiling content and decocted for the decoction . *Xi Jiao* was ground into powder in a small amount of water and drunk with the decoction.

Case Study: 23 cases of measles with severe noxious heat, a



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syndrome due to intense heat in both the *Qi* and blood systems, marked by high fever, sweat or difficulty in sweating, thirst with desire for drinking, maroon and reddened tongue with yellowish dry coating, were clinically treated with modified *Qingwen Baidu Yin*, whose main ingredients were:

*Sheng Shi Gao* (Gypsum Fibrosum) 24 g, *Sheng Di* (Radix Rehmanniae) 9 g, *Lian Qiao* (Fructus Forsythiae) 9 g, *Shan Zhi* (Fructus Gardeniae) 9 g, *Huang Qin* (Radix Scutellariae) 4.5 g, *Dan Pi* (Cortex Moutan) 9 g, *Huang Lian* (Rhizoma Coptidis) 1.5 g, *Chi Shao* (Radix Paeoniae Rubra) 9 g, *Xuan Shen* (Radix Scrophulariae) 6 g, *Jin Yin Hua* (Flos Lonicerae) 9 g, *Lu Gen* (Rhizoma Phragmitis) 30 g.

In case of asthma and cough with flaring of nares, pale complexion and dry lips, *Chi Shao* and *Xuan Shen* were omitted, but *Ma Huang* (Herba Ephedrae), *Xing Ren* (Semen Armeniacae Amarum) and *Hou Zao San* (Calculus Macacae powder) were added. In case of hoarse voice, red and swollen throat and choke in drinking, *Shan Dou Gen* (Radix Sophorae Tonkinensis) and *Gua Jin Deng* (Calyx seu Fructus Physalis) were added. In case of frequent yellow sticky hot stools with disagreeable odor, *Ge Gen* (Radix Puerariae) was added, *Huang Qin* was omitted, and *Huang Lian* was parched. In case of halitosis and ulcerative gingivitis, *Ban Lan Gen* (Radix Isatidis) was added. After the treatment, all the 23 cases, of which 15 were complicated by pneumonia, were cured.

1 case of cerebritis due to tetracoccus was treated with modified *Qingwen Baidu Yin*. The patient was a child at the age of 6. It had been one and a half months since he suddenly had the symptoms of vomiting and fever followed by abdominal pain,



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headache with the head tilted to the left , bent upper extremities, prolapse of the left shoulder, weak fingers with difficulty in holding things, and falling down in walking due to weak legs. The patient had been admitted to hospital for treatment with the symptoms relieved. Soon after being discharged from hospital , he suffered from a relapse of the disease manifested as the head tilted to the left, low prolapse of the left shoulder, mild fever in the morning , high fever and sweating in the afternoon, tiredness with desire for sleep, pale and yellowish complexion, reddened tongue without coating, and rapid pulse. Being treated mainly with the above modified prescription, the patient was completely cured. Follow-up proved that he was as well as usual.

## 4.15 Prescriptions for Clearing away Heat in *Zang-Fu* Organs

This kind of prescriptions are mainly composed of drugs with the action of removing heat from *Zang* or *Fu* organs. They are suitable for the syndromes due to pathogenic fire resulting from too much pathogenic heat in a *Zang* or *Fu* organ. Heat-evil in excess may be located in different *Zang* or *Fu* organs. Therefore, drug therapy used to treat this kind of syndromes is different accordingly. For instance, syndrome due to excess pathogenic heat in the Heart Channel is treated with drugs having the action of clearing away the heart-fire, such as *Huang Lian* (Rhizoma Coptidis), *Zhi Zi* (Fructus Gardeniae), *Lian Zi Xin* (Plumula Nelumbinis) and *Mu Tong* (Caulis Aristolochiae Manshuriensis). Syndrome due to excess fire in the liver and gallbladder is treated with drugs having the action of purging pathogenic heat from the liver, such as *Long Dan Cao* (Radix Gentianae), *Xia Ku Cao*



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(Spica Prunellae) and *Qing Dai* (Indigo Naturalis). Syndrome due to pathogenic heat in the lung is treated with drugs having the action of clearing away the lung-heat, such as *Huang Qin* (Radix Scutellariae), *Sang Bai Pi* (Cortex Mori) and *Shi Gao* (Gypsum Fibrosum). When excessive heat is in the spleen and stomach, *Fang Feng* (Radix Saposhinkoviae), *Shi Gao* and *Shan Zhi* (Fructus Gardeniae) are, on one hand, used to disperse accumulated heat in the spleen and stomach; on the other hand, *Huang Lian, Sheng Ma*(Rhizoma Cimicifugae) and *Sheng Di* (Radix Rehmanniae) are used to remove heat from the stomach and blood. In case of stomach-heat and *Yin* deficiency, *Shi Gao, Shu Di* (Radix Rehmanniae Praeparata) and *Mai Dong* (Radix Ophiopogonis) are used to clear away the stomach-heat and nourish *Yin*. If heat evil is in the intestines, *Bai Tou Weng* (Radix Pulsatillae), *Huang Lian* and *Huang Bai* (Cortex Phellodendri) are used to purge noxious heat in the intestines . The representative prescriptions are *Daochi San* for removing heat from the Heart Channel, *Longdan Xiegan Tang* for removing excess fire from the liver and gallbladder, *Xiebai San* for removing heat from the lung, *Xiehuang San* and *Qingwei San* for removing heat from the spleen and stomach, *Yunü Jian* for removing heat from the stomach and nourishing *Yin*, and *Baitouweng Tang* and *Shaoyao Tang* for removing damp-heat from the intestines.

## 4.16 The Prescription of *Daochi San*

Name: Powder for Treating Dark Urine

Source: The book *Xiao Er Yao Zheng Zhi Jue*

Ingredients:

*Sheng Di* (Radix Rehmanniae) 9 g, *Mu Tong* (Caulis



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Aristolochiae Manshuriensis) 6 g, *Gan Cao* (Radix Glycyrrhizae) 6 g, *Zhu Ye* (Herba Lophatheri) 9 g.

Explanation:

*Sheng Di:* The principal drug, being sweet and bitter in flavor and cold in nature, removing pathogenic heat from the blood and nourishing *Yin*.

*Mu Tong:* Clearing away pathogenic heat both in the Heart Channel and in the small intestine to promote diuresis.

*Gan Cao:* Removing heat and toxic material, tempering the actions of all the other ingredients.

*Zhu Ye:* Dispelling pathogenic heat from the heart and relieving restelessness.

Effect: Removing pathogenic heat from the heart, nourishing *Yin*, promoting diuresis.

Indications: Syndrome due to pathogenic heat accumulated in the Heart Channel and the small intestine, marked by restlessness and hot feeling in the chest, thirst, flushed face, preference for cold drink, aphthae, or dark urine excreted with difficulty and stabbing pain, reddened tongue, and rapid pulse; including such diseases with the above symptoms as acute infection of the urinary tract, stomatitis and stone of the urinary system.

Administration: Decocted in water for oral dose to be taken twice (Taken originally as a powder)

Case Study: Modified *Daochi San* was clinically used to treat 15 cases of stranguria, among which 5 cases were from urolithiasis, 7 cases were caused by disorder of *Qi*, 3 cases were complicated by hematuria. The manifestations were: strangury with pain referring to the umbilical region, and even distention or pain of the loins, whitish greasy or thin yellowish tongue coating,



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and floating rapid or thready rapid pulse. In the treatment of stranguria from urolithiasis, *Hai Jin Sha* (Spora Lygodii), *Bian Xu* (Herba Polygoni Avicularis) and *Jin Qian Cao* (Herba Lysimachiae) were added to the prescription of *Daochi San;* in stranguria complicated by hematuria, *Bai Mao Gen* (Rhizoma Imperatae), *Sheng Ce Bai* (Cacumen Biotae) and *Xiao Ji* (Herba Cirri ) were added; in stranguria caused by disorder of *Qi, Hou Po* (Cortex Magnoliae Officinalis) and *Xiang Fu* (Rhizoma Cyperi) were added . The result was that 9 cases were cured, 6 cases were improved.

Modified *Daochi San* was also used to treat 50 cases of infantile disorders in the hand, foot and mouth. The cases were in three types. 26 cases of damp–heat type were treated with the prescription of *Daochi San* plus:

*Ban Lan Gen* (Radix Isatidis), *Chong Lou* (Rhizoma Paridis), *Huang Qin* (Radix Scutellariae).

15 cases of heat–over–dampness type were treated with *Daochi San* plus:

*Shi Gao* (Gypsum Fibrosum), *Zhi Mu* (Rhizoma Anemarrhenae), *Zhi Zi* (Fructus Gardeniae), *Lian Qiao* (Fructus Forsythiae), *Ban Lan Gen* (Radix Isatidis), *Da Qing Ye* (Folium Isatidis), *Chong Lou* (Rhizoma Paridis), *Jiang Can* (Bombyx Batryticatus).

9 cases of dampness–over–heat type were treated with *Daochi San* plus:

*Fu Ling* (Poria), *Ze Xie* (Rhizoma Alismatis), *Cang Zhu* (Rhizoma Atractylodis), *Huang Bai* (Cortex Phellodendri), *Ban Lan Gen* (Radix Isatidis ), *Chong Lou* (Rhizoma Paridis), *Hua Shi* (Talcum).



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but minus *Sheng Di* (Radix Rehmanniae) . The result was: 34 cases were cured after 3 doses were taken by each of them, 12 cases were cured after 6 doses were taken by each of them, ineffectiveness and relapse after the treatment were seen in 4 cases, the total effective rate was 92%.

## 4.17 The Prescription of *Longdan Xiegan Tang*

Name: Decoction of Gentiana for Purging Liver–fire

Source: The book *Yi Fang Ji Jie*

Ingredients:

*Long Dan Cao* (Radix Gentianae) stir–fried with liquor 6 g, *Huang Qin* (Radix Scutellariae) parched 6 g, *Zhi Zi* (Fructus Gardeniae) stir–fried with liquor 9 g, *Ze Xie* (Rhizoma Alismatis) 12 g, *Mu Tong* (Caulis Aristolochiae Manshuriensis) 9 g, *Che Qian Zi* (Semen Plantaginis) 9 g, *Dang Gui* (Radix Angelicae Sinensis) washed with liquor 3 g, *Sheng Di* (Radix Rehmanniae) stir–fried with liquor 9 g, *Chai Hu* (Radix Bupleuri) 6 g, *Gan Cao* (Radix Glycyrrhizae) 6 g.

Explanation:

*Long Dan Cao:* The principal drug, being bitter in taste and cold in nature , purging excess fire in the liver and gallbladder, removing damp–heat from the lower–*Jiao.*

*Huang Qin* and *Zhi Zi:* Being bitter in flavor and cold in nature, purging pathogenic fire.

*Ze Xie, Mu Tong* and *Che Qian Zi:* Removing heat and promoting diuresis, discharging damp–heat by way of the urinary tract.

*Sheng Di* and *Dang Gui:* Nourishing *Yin* and blood. Heat in the Liver Channel tends to impair *Yin*–blood. If drugs being bit-



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ter in flavor and cold in nature and capable of drying dampness are used , the *Yin* will be further exhausted. That's why *Sheng Di* and *Dang Gui* are used.

*Chai Hu:* Soothing the liver and gallbladder to promote the circulation of *Qi*.

*Gan Cao:* Regulating the middle–*Jiao* and tempering the actions of all the other ingredients.

Effect: Purging excessive pathogenic fire in the liver and gallbladder, clearing away damp–heat in the lower–*Jiao*.

Indications: Syndrome due to excessive pathogenic fire in the liver and gallbladder or downward flow of damp–heat in the liver Channel to the lower–*Jiao* , marked by headache, reddened eyes, pain in the hypochondriac region, bitter taste in the mouth, deafness, swelling of ears, or swelling of vulva, pruritus vulvae, turbid and dripping urine, and leukorrhea of damp–heat type; including such diseases with the above symptoms as acute conjunctivitis, otitis media acuta, hypertension, acute icterohepatitis, acute cholecystitis, herpes zoster, acute pyelonephritis, oystitis, urethritis, acute pelvitis of pelvic cavity, and acute prostatitis.

Administration: Decocted in water for oral dose to be taken twice

Contraindication: Patients whose spleen and stomach are in the deficient and cold state should not be treated with this prescription, for most of the drugs in the prescription are bitter in flavor and cold in nature.

Case Study:

172 cases of acute icterohepatitis included in the syndrome due to damp–heat pathogens in the liver and gallbladder, marked



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by anorexia , yellow urine, moderately yellowish sclera and skin, hepatomegaly and impairment of liver function were clinically treated with the prescription of *Longdan Xiegan Tang* minus:

*Ze Xie* (Rhizoma Alismatis), *Che Qian Zi* (Semen Plantaginis), *Zhi Zi* (Fructus Gardeniae), but plus: *Yin Chen* (Herba Artemisiae Scopariae), *Hong Zao* (Fructus Jujubae).

Each of the cases took 30–40 doses without any interval and they were cured with the course for the treatment averaging 28 days.

1 case of rapidly progressing hypertension manifested as dizziness, headache, dry and bitter sensation in the mouth, palpitation, dreamfulness, restlessness, irritability, yellowish and dark urine, reddened tongue with yellowish greasy coating , taut slippery pulse, blood pressure being 200 / 148 mmHg, urinary protein being +++, kidney function being NPN 60 mg, and papilledema, was treated with the prescription of *Longdan Xiegan Tang* minus *Dang Gui* and *Sheng Di* but plus:

*Xia Ku Cao* (Spica Prunellae), *Sheng Long Gu* (Os Draconis Fossilia), *Sheng Mu Li* (Concha Ostreae), *Jiang Can* (Bombyx Batryticatus), *Shi Chang Pu* (Rhizoma Acori Tatarinowii).

All the symptoms vanished after 4 doses were taken with the blood pressure returned to 120 / 86 mmHg. 2 months later, the case was cured.

## 4.18 The Prescription of *Zuojin Wan*

Name: Pill for Treating the Lung

Source: The book *Dan Xi Xin Fa*

Ingredients:

*Huang Lian* (Rhizoma Coptidis) 9 g, *Wu Zhu Yu* (Fructus Euodiae) 1.5 g.



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Explanation:

*Huang Lian:* The principal drug, being bitter in flavor and cold in nature, removing heat, purging fire.

*Wu Zhu Yu:* Being pungent in taste and hot in nature, restricting the cold nature of *Huang Lian*, exerting its potency to the liver to descend the adverse flow of Qi, promoting the coordination between the stomach and the liver.

Effect: Clearing away pathogenic heat and fire from the liver, descending the adverse flow of *Qi* to arrest vomiting.

Indications: Syndrome due to pathogenic fire in the liver produced by stagnation of the liver–*Qi* and due to attacking of the liver–fire on the stomach, marked by distending pain in the hypochondriac region, heart–burning, regurgitation of sour fluid, vomiting, bitter taste in the mouth, fullness sensation in the stomach, eructation, reddened tongue with yellowish coating, and taut rapid pulse; including such diseases with the above symptoms as acute gastritis, gastroduodenal ulcer and nonicteric infective hepatitis.

Administration: Decocted in water for oral dose to be taken twice (Taken originally in the form of pills)

Case Study: 24 cases of ulcerative disorders were clinically treated with the modification of *Zuojin Wan*, whose main ingredients were:

*Huang Qin* (Radix Scutellariae) instead of Huang Lian 12 g, *Wu Zhu Yu* (Fructus Evodiae) 1.5 g, If the syndrome was due to incoordination between the liver and the stomach, *Sini San* (a powder) was also prescribed together with the modification. If the syndrome was caused by damp–heat in the spleen and stomach, *Pingwei San* (a powder) was used in combination with the



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modifiaction. Provided that the syndrome was brought about by the accumulated dampness due to deficiency of the spleen, *Liujunzi Tang* and the modification were administered at the same time. After the treatment, the main symptoms such as pain in the stomach and anorexia were relieved to different extent.

## 4.19 The Prescription of *Xiebai San*

Name: Lung–heat Expelling Powder

Source: The book *Xiao Er Yao Zheng Zhi Jue*

Ingredients:

*Di Gu Pi* (Cortex Lycii) 12 g, *Sang Bai Pi*(Cortex Mori) 12 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 3 g, *Jing Mi* (Semen Oryzae Sativae) 6 g.

Explanation:

*Sang Bai Pi:* The principal drug, being sweet in flavor and cold in nature, removing heat from the lung and clearing away accumulated heat.

*Di Gu Pi:* Purging fire pathogen hidden in the lung, relieving fever of deficiency type.

*Zhi Gan Cao* and *Jing Mi:* Nourishing and regulating the stomach to support the lung–*Qi*.

Effect: Removing heat from the lung, relieving cough and asthma.

Indications: Syndrome due to accumulated heat resulting from fire pathogen hidden in the lung, marked by cough even leading to asthma, hot and damp skin which is severe at 3–5 o′clock in the afternoon, reddened tongue with yellowish coating, and thready rapid pulse; including such diseases with the above symptoms as acute bronchitis, bronchial asthma, pulmonary



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emphysema complicated by infection, infantile pneumonia, etc.

Administration: Decocted in water for oral dose to be taken twice (Taken originally in the form of powder)

Case Study: 63 cases of chin cough in the stage of spasmodic cough, mainly marked by uninterrupted cough with sound produced when inhaling and which is relieved a little after thick sputum is expectorated, were treated clinically with the prescription of *Xiebai San*. Among the 63 cases , 23 were due to pathogenic fire hidden in the lung. They were treated with the prescription plus:

*Bai Bu* (Radix Stemonae), *Ma Dou Ling* (Fructus Aristolochiae), *Xing Ren* (Semen Armeniacae Amarum), *Bei Mu* (Bulbus Fritillariae Cirrhosae), *Huang Qin* (Radix Scutellariae), *Gua Lou Pi* (Pericarpium Trichosanthis), *Pi Pa Ye* (Folium Eriobotryae).

in order to purge the pathogenic fire in the lung. If the syndrome was complicated by hemoptysis and nasal bleeding , drugs added to the prescription were:

*Ce Bai Ye* (Cacumen platyclad) *Dan Pi* (Cortex Moutan) *Ou Jie* (Nodus Nelumbinis Rhizomatis)

in order to remove heat from the blood and stop bleeding. 28 cases were due to wind–heat in the exterior. They were treated with the prescription plus:

*Bo He* (Herba Menthae), *Niu Bang Zi* (Fructus Arctii), *Zhu Ye* (Herba Lophatheri), *Xing Ren* (Semen Armeniacae Amarum), *Lian Qiao* (Fructus Forsythiae), *Bai Bu* (Radix Stemonae).

12 cases were due to attack of wind–cold on the exterior. They were treated with the prescription plus:

*Ma Huang* (Herba Ephedrae), *Xing Ren* (Semen Armeniacae



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Amarum), *Qian Hu* (Radix Peucedani), *Pi Pa Ye* (Folium Eriobotryae), *Zhu Ru* (Caulis Bambusae in Taeniam), *Fang Feng* (Radix Saposhinkoviae).

All the 63 cases were cured, each of them taking 4–8 doses.

## 4.20 The Prescription of *Qingwei San*

Name: Powder for Clearing the Stomach–heat

Source: The book *Lan Shi Mi Cang*

Ingredients:

*Sheng Di Huang* (Radix Rehmanniae) 12 g, *Dang Gui* (Radix Angelicae Sinensis) 6 g, *Mu Dan Pi* (Cortex Moutan) 9 g, *Huang Lian* (Rhizoma Coptidis) 4.5 g, *Sheng Ma* (Rhizoma Cimicifugae) 6 g.

Explanation:

*Huang Lian:* The principal drug, being bitter in flavor and cold in nature, removing accumulated heat in the stomach.

*Sheng Di:* Removing heat from the blood, nourishing *Yin*.

*Dan Pi:* Removing heat from the blood to clear away heat pathogens.

*Dang Gui:* Nourishing and regulating the blood.

*Sheng Ma:* Dispersing fire pathogen to detoxicate.

Effect: Removing heat from the stomach and blood

Indications: Syndrome due to accumulated heat in the stomach and flaring–up of the stomach–fire, marked by headache induced by toothache, hotness in the cheeks, teeth averse to heat but preferable for cold, or ulceration of gums, or gingival atrophy with bleeding, or swelling and pain in the lips, tongue and cheeks, or hot foul breath, dry mouth and tongue, reddened tongue with yellowish coating, and slippery full rapid pulse; including such



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diseases with the above symptoms as prosopalgia, stomatitis, periodontitis, chronic gastritis, etc.

Administration: Decocted in water for oral dose to be taken twice (Taken originally in the form of powder)

Case Study: Toothache and 60 cases of pulpitis or periodontitis due to pathogenic fire in the stomach were clinically treated with modified *Qingwei San*, whose ingredients were :

those in the prescription of *Qingwei San*

*Shi Gao* (Gypsum Fibrosum), *Zhi Mu* (Rhizoma Anemarrhenae), *Yin Hua* (Flos Lonicerae), *Lian Qiao* (Fructus Forsythiae).

Satisfactory curative effects were achieved.

56 cases of recurrent aphtha were treated with modified *Qingwei San*, whose ingredients were :

*Huang Lian* (Rhizoma Coptidis) 9 g, *Sheng Di* (Radix Rehmanniae) 45 g, *Dang Gui* (Radix Angelicae Sinensis) 12 g, *Dan Pi* (Cortex Moutan) 16 g, *Sheng Ma* (Rhizoma Cimicifugae) 12 g, *Shuang Hua* (Flos Lonicerae) 12 g, *Gong Ying* (Herba Taraxaci) 16 g, *Lian Qiao* (Fructus Forsythiae) 16 g, *Dan Zhu Ye* (Herba Lophatheri) 12 g, *Gan Cao* (Radix Glycyrrhizae) 6 g.

The treatment result was: effectiveness was seen in 31 cases, improvement in 18, failure in 7, the total effective rate being 87.5%.

## 4.21 The Prescription of *Xiehuang San*

Name: Powder for Expelling Pathogenic Fire in the Spleen and Stomach

Source: The book *Xiao Er Yao Zheng Zhi Jue*

Ingredients:

*Huo Xiang* (Herba Agastachis) 12 g, *Shan Zhi Ren* (Semen



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Gardeniae) 6 g, *Shi Gao* (Gypsum Fibrosum) 15 g, *Gan Cao* (Radix Glycyrrhizae) 6 g, *Fang Feng* (Radix Saposhinkoviae) 9 g.

Explanation:

*Shi Gao:* One of the principal drugs, being pungent and sweet in flavor and very cold in nature, clearing away accumulated heat in the spleen and stomach.

*Zhi Zi:* The other principal drug, being bitter in taste and cold in nature, removing heat retained in the spleen and stomach.

*Fang Feng:* Dispersing pathogenic fire hidden in the spleen.

*Huo Xiang:* Being aromatic and promoting functioning of the spleen, assisting *Fang Feng* in dispersing heat in the spleen and stomach.

*Gan Cao:* Purging pathogenic fire, regulating the stomach, tempering the actions of all the other ingredients.

Effect: Purging latent pathogenic fire in the spleen and stomach

Indications: Syndrome due to latent pathogenic fire in the spleen and stomach, marked by aphthae, halitosis, restlessness, thirst, hungriness, dry mouth and lips, reddened tongue, and rapid pulse; including such diseases with the above symptoms as stomatitis and periodontitis.

Administration: Decocted in water for oral dose to be taken twice (Taken originally in the form of powder).

## 4.22 The Prescription of *Yunü Jian*

Name: Gypsum Decoction

Source: The book *Jing Yue Quan Shu*

Ingredients:



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*Shi Gao* (Gypsum Fibrosum) 18 g, *Shu Di* (Radix Rehmanniae Preparata) 15 g, *Mai Dong* (Radix Ophiopogonis) 6 g, *Zhi Mu* (Rhizoma Anemarrhenae) 4.5 g, *Niu Xi* (Radix Achyranthis Bidentatae) 4.5 g.

Explanation:

*Shi Gao:* The principal drug, being pungent and sweet in flavor and very cold in nature, removing lingering heat in the stomach.

*Shu Di:* Nourishing *Yin.*

*Zhi Mu:* Being moisture in nature, assisting *Shi Gao* in expelling heat from the stomach.

*Mai Dong:* Nourishing *Yin*, helping *Shu Di* with the nourishment of the stomach—*Yin.*

*Niu Xi:* Inducing heat and blood to go downward to descend fire flaring up and arrest the adverse flow of blood.

Effect: Clearing away heat in the stomach and nourishing *Yin.*

Indications: Syndrome due to heat in the stomach and *Yin* deficiency, marked by headache, toothache, odontoseisis, gingival bleeding, restlessness, thirst, dry and reddened tongue with yellowish and dry coating; including such diseases with the above symptoms as acute stomatitis, glossitis, diabetes and neurotic toothache.

Administration: Decocted in water for oral dose to be taken twice

Case Study: 15 cases of toothache which was caused mainly by dental caries, a syndrome due to pathogenic fire in the stomach, marked by toothache which even induced headache when severe, or reddish and swelling of gums, or reddish and swelling and



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hot cheeks, all of the above were accompanied by disturbed sleep, incapability of chewing, thirst with desire for drinking, constipation, reddened tongue with thin yellowish coating, and floating taut slippery or rapid pulse, were treated clinically with modified *Yunü Jian*, whose ingredients were:

those of the prescription of *Yunü Jian* plus:

*Fang Feng* (Radix Saposhinkoviae), *Zhu Ye* (Herba Lophatheri) *Huai Shan Yao* (Rhizoma Dioscoreae).

In general, 2–7 doses cured a case with the ache relieved.

1 case of Wright's disease whose manifestations were fever after bacillary dysentery, swelling and pain of the joints, limited motivity, all of which were accompanied by urethritis, conjunctival congestion, stomatocace and genital erosion, was treated with the modification of *Yunü Jian* after the treatment with antibiotics, antirheumatics and hormon es had not achieved any remarkable curative effects. The ingredients of the modification were:

*Sheng Di* (Radix Rehmanniae) 30 g, *Zhi Mu* (Rhizoma Anemarrhenae) 9 g, *Shi Gao* (Gypsum Fibrosum) 30 g, *Niu Xi* (Radix Achyranthis Bidentatae) 9 g, *Qin Jiao* (Radix Gentianae Macrophyllae) 15 g, *Ren Dong Teng*(Caulis Lonicerae) 15 g, *Yin Hua* (Flos Lonicerae) 15 g, *Chi Shao* (Radix Paeoniae Rubra) 12 g, *Dan Pi* (Cortex Moutan) 12 g, *Fang Feng* (Radix Saposhinkoviae) 12 g, *Mu Gua* (Fructus Chaenomelis) 12 g, *Fu Ling* (Poria) 9 g, *Chen Pi* (Pericarpium Citri Reticulatae) 9 g, *Sang Ye* (Folium Mori) 30 g, *Xun Gu Feng* (Herba Aristologchiae Mollissimae) 30 g.

After one month of treatment, the case returned to normal. Follow–up half a year later after the case was discharged from hospi-



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tal found out that the condition was still better.

## 4.23 The Prescription of *Shaoyao Tang*

Name: Peony Decoction

Source: The book *Yi Xue Liu Shu*

Ingredients:

*Shao Yao* (Radix Paeoniae) 15 g, *Dang Gui* (Radix Angelicae Sinensis) 9 g, *Huang Lian* (Rhizoma Coptidis) 9 g, *Bing Lang* (Semen Arecae) 5 g, *Mu Xiang* (Radix Aucklandiae) 5 g, *Gan Cao* (Radix Glycyrrhizae) 5 g, *Da Huang* (Radix et Rhizoma Rhei) 9 g, *Huang Qin* (Radix Scutellariae) 9 g, *Rou Gui* (Cortex Cinnamomi) 3 g.

Explanation:

*Bai Shao:* The principal drug, being bitter and sour in flavor and slightly cold in nature, regulating *Ying* and blood, treating dysentery and relieving pain.

*Huang Lian*, *Huang Qin* and *Da Huang:* Removing heat and toxic material.

*Dang Gui* and *Rou Gui:* Regulating *Ying* and promoting the circulation of blood.

*Mu Xiang* and *Bing Lang:* Resolving stasis and regulating *Qi*.

*Gan Cao:* Removing heat and toxic material, coordinating the actions of all the other ingredients, getting together with *Bai Shao* to relieve spasm and pain.

Effect: Regulating *Qi* and blood, removing heat and toxic material.

Indications: Syndrome due to damp–heat accumulated in the intestines and leading to stagnation of *Qi*, marked by abdominal pain, pus and blood stools, rectal tenesmus, calor of anus,



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scanty dark urine, yellowish greasy tongue coating, and slippery rapid pulse; including such diseases with the above symptoms as bacillary dysentery, amebic dysentery, allergic enteritis and acute enteritis.

Administration: Decocted in water for oral dose to be taken twice (Taken originally in the form of powder)

Case Study: *Shaoyao Heji (Shaoyao Tang* minus *Da Huang)* was clinically used to treat 46 cases of Escherihia coli dysentery manifested as sudden onset, fever, abdominal pain, mucous stools with pus and blood, rectal tenesmus, anorexia, pus cells and red blood cells in feces found through microscopy. It took less than 1 day for the fever to subside in 18 cases, less than 2 days in 1 case, the other 27 cases having normal body temperature when admitted to hospital. It took less than 3 days for the bowel movement to be returned to normal in 19 cases, less than 4 days in 6 cases, less than 7 days in 11 cases, and more than 7 days in 10 cases. And it took less than 5 days for the abdominal pain and rectal tenesmus to vanish basically. At last all the cases were cured.

Modified *Shaoyao Tang* was also used to treat 18 cases of infantile Escherihia coli dysentery, manifested as fever of 37℃ –39℃ before admitted to hospital, vomiting, diarrhea, abdominal pain, rectal tenesmus, clonic convulsion, coma, red blood cells and mucus in feces found through microscopy and leukocytosis. The ingredients of the modification were:

*Bai Shao* (Radix Paeoniae Alba) 9 g, *Huang Qin* (Radix Scutellariae) 4.5 g, *Huang Lian* (Rhizoma Coptidis) 4.5 g, *Bing Lang* (Semen Arecae) 4.5 g, *Mu Xiang* (Radix Aucklandiae) 3 g, *Dang Gui* (Radix Angelicae Sinensis) 3 g, *Zhi Qiao* (Fructus Aurantii) 4.5 g, *Chen Pi* (Pericarpium Citri Reticulatae) 4.5 g,



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*Yin Hua* (Flos Lonicerae) 6 g, *Jiao Zha* (Fructus Crataegi) 3 g. The ingredients were decocted in water for oral dose to be taken 6 times, 3 times daily. All the 18 cases were cured, the duration for them to stay in hospital averaging 4.44 days. Comparision between the cases treated with this modification and the 20 cases with sintomycin showed that this modification was more effective than sintomycin in treating this disorder.

## 4.24 The Prescription of *Baitouweng Tang*

Name: Pulsatilla Decoction

Source: The book *Shang Han Lun*

Ingredients:

*Bai Tou Weng* (Radix Pulsatillae) 15 g, *Huang Bai* (Cortex Phellodendri) 12 g, *Huang Lian* (Rhizoma Coptidis) 6 g, *Qin Pi* (Cortex Fraxini) 12 g.

Explanation:

*Bai Tou Weng:* The principal drug, being bitter in flavor and cold in nature, clearing away noxious heat in the blood system.

*Huang Lian, Huang Bai* and *Qin Pi:* Removing heat and toxic material, drying dampness and relieving dysentery.

Effect: Removing heat and toxic material, clearing away pathogenic heat in blood, relieving dysentery.

Indications: Dysentery with bloody stool due to noxious heat, marked by abdominal pain, rectal tenesmus, burning sensation in the anus, discharge of pus and blood with the latter more than the former, thirst with desire for drink, reddened tongue with yellowish coating, and taut rapid pulse; including such diseases with the above symptoms as acute bacillary dysentery, amebic dysentery, ulcerative colitis, trichomonal enteritis, lobar



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pneumonia and bronchial pneumonia.

Administration: Decocted in water for oral dose to be taken twice

Case Study: 48 cases of acute bacillary dysentery were clinically treated with the combination of *Baitouweng Tang* and *Dahuang Tang*, whose ingredients were:

*Bai Tou Weng* (Radix Pulsatillae) 8 g, *Huang Lian* (Rhizoma Coptidis) 6 g, *Huang Bai* (Cortex Phellodendri) 10 g, *Qin Pi* (Cortex Fraxini) 12 g, *Chao Da Huang* (parched Radix et Rhizoma Rhei) 10 g.

When there were exterior symptoms in the beginning of the disorder, the drugs added were:

*Jing Jie* (Herba Schizonepetae), *Fang Feng* (Radix Saposhinkoviae), *Ge Gen* (Radix Puerariae).

When heat–evil was more severe than damp–evil, the drugs added were:

*Ma Chi Xian* (Herba Portulacae), *Ku Shen* (Radix Sophorae Flavescentis), *Di Yu Tan* (Radix Sanguisorbae).

When damp–evil was more severe than heat–evil, the drugs added were:

*Cang Zhu* (Rhizoma Atractylodis), *Huo Xiang* (Herba Agastachis), *Hou Po* (Cortex Magnoliae Officinalis).

When there were severe abdominal pain and rectal tenesmus, the drugs added were:

*Bing Lang* (Semen Arecae), *Mu Xiang* (Radix Aucklandiae), *Jiao Zha* (Fructus Crataegi).

The treatment cured all the 48 cases, among whom 29 were cured in 3 days, 11 in 5, and 8 in 7.

*Baitouweng Tang* was used to treat 67 cases of pneumonia, a



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syndrome due to pathogenic heat accumulated in the lung and caused by the heat in the large intestine. Among the cases, 48 were male, 19 were female; the oldest was 56 years old, the youngest was 3; the highest body temperature was 41.4 C. the lowest was 38.2 C; 41 cases were lobar pneumonia, 26 were bronchial pneumonia. The ingredients of the basic prescription were:

*Bai Tou Weng* (Radix Pulsatillae) 16 g, *Huang Lian* (Rhizoma Coptidis) 6 g, *Huang Bai* (Cortex Phellodendri) 6 g, *Qin Pi* (Cortex Fraxini) 9 g.

For patients at the age of below 16, the dosage was reduced.

When there was wind–heat in the lung, the drugs added were:

*Xing Ren* (Semen Armeniacae Amarum), *Ma Huang* (Herba Ephedrae), *Yu Xing Cao* (Herba Houttuyniae), *Jiang Can* (Bombyx Batryticatus), *Da Qing Ye* (Folium Isatidis), *Shi Gao* (Gypsum Fibrosum), *Ting Li Zi* (Semen Lepidii seu Descurainiae).

In case of edema due to phlegm–heat, the drugs added were:

*Huang Qin* (Radix Scutellariae), *Sheng Shi Gao* (Gypsum Fibrosum), *Sheng Gan Cao* (Radix Glycyrrhizae), *Ting Li Zi* (Semen Lepidii seu Descurainiae), *Dan Shen* (Radix Salviae Miltiorrhizae), *Bai Hua She Cao* (Herba Hedyotis Diffusae).

In case of excessive heat in the *Ying* system which had been attacking *Yin*, the drugs added were:

*Sheng Di* (Radix Rehmanniae), *Xuan Shen* (Radix Scrophulariae), *Bei Tiao Shen* (Radix Glehniae), *Dan Shen* (Radix Salviae Miltiorrhizae), *Mai Dong* (Radix Ophiopogonis), *Hua Fen* (Radix Trichosanthis).

For the treatment of intense heat in both the *Qi* and blood sys-



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tems, the drugs added were:

*Sheng Di* (Radix Rehmanniae), *Xuan Shen* (Radix Scrophulariae), *Mai Dong* (Radix Ophiopogonis), *Nan Sha Shen* (Radix Adenophorae).

If there was coma and delirium, pill of *Zixue Dan* was also prescribed. After the treatment, cure resulted in 56 cases, ineffectiveness in 11 cases, Among the 56 cases cured, 8 had their body temperature normalized in 3 days, 37 in 5–6 days, and 11 in 8–14 days.

## 4.25 Prescriptions for Clearing away Pathogenic Heat of Deficiency Type

This kind of prescriptions are mainly made up of drugs with the action of dispersing excessive heat of deficiency type. They are indicated for the syndrome in the later stage of febrile diseases due to lingering heat in the *Yin* system which has impaired *Yin*–fluid, or deficiency and impairment of the liver and kidney, or standing fever of deficiency type, marked by fever high in the evening and low in the morning, bone heat, tidal fever, reddened tongue with little coating, and rapid or thready rapid pulse. Drugs such as

*Qing Hao* (Herba Artemisiae Annuae), *Bie Jia* (Carapax Trionycis), *Di Gu Pi* (Cortex Lycii), *Zhi Mu* (Rhizoma Anemarrhenae).

are commonly used in these prescriptions, whose representatives are *Qinghao Biejia Tang*, *Qinjiao Biejia San*, *Qinggu San*, etc.

## 4.26 The Prescription of *Qinghao Biejia Tang*

Name: Sweet Wormwood and Turtle Shell Decoction



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Source: The book *Wen Bing Tiao Bian*

Ingredients:

*Qing Hao* (Herba Artemisiae Annuae) 6 g, *Bie Jia* (Carapax Trionycis) 15 g, *Sheng Di* (Radix Rehmanniae) 12 g; *Zhi Mu* (Rhizoma Anemarrhenae) 6 g, *Dan Pi* (Cortex Moutan) 9 g.

Explanation:

*Bie Jia:* One of the principal drugs, being salty in flavor and cold in nature, nourishing *Yin* and relieving fever of deficiency type.

*Qing Hao:* The other principal drug, being bitter and pungent in flavor and cold in nature, removing heat from the collaterals and inducing pathogens to go outside of the body to nourish *Yin* and subdue fever.

*Sheng Di* and *Zhi Mu:* Replenishing *Yin*, dispelling heat, assisting *Bie Jia* in erasing fever of deficiency type.

*Dan Pi:* Clearing away heat from blood, helping *Qing Hao* with the erasion of the heat hidden in the collaterals.

Effect: Nourishing *Yin* and expelling heat

Indications: Syndrome due to deficient *Yin* and retained pathogens in the later stage of febrile diseases, marked by fever high in the night and low in the morning, subsiding of fever without sweating, reddened tongue with little coating, and thready rapid pulse; including such diseases with the above symptoms as chronic pyelonephritis, renal tuberculosis and summer fever of children.

Administration: Decocted in water for oral dose to be taken twice

Case Study: Modified *Qinghao Biejia Tang* was clinically used to treat 100 cases of low fever after gynecologic



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operations. Among them, 82 cases were subjected to total hysterectomy and 7 cases to subtotal hysterectomy because of hysteromyoma, endometriosis, carcinoma of uterine body and dysfunctional uterine bleeding, and 11 cases to adnexectomy because of oophoritic cyst, ectopic pregnancy and tubo—ovarian dropsy. 11 cases still had a standing fever, 37.3℃—38℃ or so after being treated with antibiotics, Examination didn't show any positive sign of infection. The ingredients of the modification were:

*Sheng Di* (Radix Rehmanniae) 15 g, *Bie Jia* (Carapax Trionycis ) roasted 12 g, *Qing Hao* (Herba Artemisiae Annuae) 10 g, *Zhi Mu* (Rhizoma Anemarrhenae) 10 g, *Dan Pi* (Cortex Moutan) 10 g, *Bai Wei* (Radix Cynanchi Atrati) 10 g, *Yin Chai Hu* (Radix Stellariae) 10 g, *Bai Shao* (Radix Paeoniae Alba) 10 g, *Sheng Gan Cao* (Radix Glycyrrhizae) 5 g.

81 cases began to take the decoction of this prescription from 5—10 days after the operation; 19 cases from 11—15 days. 82 cases were treated only with this prescription; 18 cases were treated with a combination of this prescription and antibiotics, most of which were prescribed in the first period of taking the decoction of this prescription. Remarkable effectiveness was seen in 70 cases, whose body temperature returned to normal after 1—3 doses were taken by each of them. Effectiveness was seen in 28 cases, whose body temperature returned to normal after 4—5 doses were taken by each of them. Ineffectiveness was seen in the rest cases.

19 cases of phlyctenular conjunctivitis, a syndrome due to dryness—heat in the Lung Channel, were treated with the modification of *Qinghao Biejia Tang*, whose basic ingredients were:

those of the prescription of *Qinghao Biejia Tang* minus:



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*Dan Pi* (Cortex Moutan), *Sheng Di* (Radix Rehmanniae) but plus: *Chai Hu* (Radix Bupleuri), *Gou Teng* (Ramulus Uncariae cum Uncis), *Chen Pi* (Pericarpium Citri Reticulatae), *Bai Zhu* (Rhizoma Atractylodis Macrocephalae).

All the cases were cured, each of them taking several or more than ten doses, and the curative rate being 100%.

## 4.27 The Prescription of *Qinjiao Biejia San*

Name: Decoction of Large-leaf Gentian Root and Turtle Shell

Source: The book *Wei Sheng Bao Jian*

Ingredients:

*Di Gu Pi* (Cortex Lycii) 12 g, *Chai Hu* (Radix Bupleuri) 9 g, *Bie Jia* (Carapax Trionycis) 15 g, *Qin Jiao* (Radix Gentianae Macrophyllae) 12 g, *Zhi Mu* (Rhizoma Anemarrhenae) 9 g, *Dang Gui* (Radix Angelicae Sinensis) 9 g, *Qing Hao* (Herba Artemisiae Annuae) 6 g, *Wu Mei* (Fructus Mume) 3 g.

Explanation:

*Bie Jia:* One of the principal drugs, being salty in taste and cold in nature, nourishing *Yin* and removing heat.

*Qin Jiao:* The other principal drug, being bitter and pungent in flavor and slightly cold in nature, clearing away bone-heat.

*Zhi Mu, Qing Hao* and *Di Gu Pi:* Dispersing heat in the interior to eliminate bone-heat.

*Dang Gui:* Tonifying and coordinating blood.

*Chai Hu:* Dispelling wind pathogens from the superficies of the body.

*Wu Mei:* Astringing *Yin* to stop sweating.

Effect: Nourishing *Yin* and blood, removing bone-heat.



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Indications: Consumptive syndrome due to pathogenic wind, marked by bone-heat sensation, night sweating, emaciation, reddish lips and cheeks, tidal fever after noon, cough, lassitude, reddened tongue with little coating, and feeble rapid pulse; including such diseases with the above symptoms as lung tuberculosis and bone tuberculosis.

Administration: Decocted in water for oral dose to be taken twice (Taken originally in the form of powder)

## 4.28 The Prescription of *Qinggu San*

Name: Powder of Relieving Bone-heat

Source: The book *Zheng Zhi Zhun Sheng*

Ingredients:

*Yin Chai Hu* (Radix Stellariae) 10 g, *Hu Huang Lian* (Rhizoma Picrorhizae) 6 g, *Qin Jiao* (Radix Gentianae Macrophyllae) 6 g, *Bie Jia* (Carapax Trionycis prepared with vinegar) 6 g, *Di Gu Pi* (Cortex Lycii) 6 g, *Qing Hao* (Herba Artemisiae Annuae) 6 g, *Zhi Mu* (Rhizoma Anemarrhenae) 6 g, *Gan Cao* (Radix Glycyrrhizae) 4 g.

Explanation:

*Yin Chai Hu:* The principal drug, being sweet in flavor and slightly cold in nature and good at clearing away bone-heat due to consumption.

*Zhi Mu, Hu Huang Lian* and *Di Gu Pi:* Being good at reducing asthenia-type fever and removing bone-heat with sweat.

*Bie Jia:* Nourishing *Yin* and suppressing hyperactive *Yang* to reduce asthenia-type fever.

*Qing Hao* and *Qin Jiao:* Dispelling bone-heat without sweat.

*Gan Cao:* Tempering the actions of all the other ingredients



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Effect: Alleviating asthenic fever and removing bone-heat

Indications:

Syndrome due to bone-heat resulting from consumption or prolonged low fever; including tuberculosis and hematopathy

Administration: Decocted in water for oral dose to be taken twice (Taken originally in the form of powder)

Case Study: 21 cases of fever due to trauma were clinically treated with modified *Qinggu San*, whose ingredients were as follows:

*Yin Chai Hu*(Radix Stellariae) 18 g, *Di Gu Pi* (Cortex Lycii) 18 g, *Huang Lian* (Rhizoma Coptidis) 9 g, *Zhi Mu* (Rhizoma Anemarrhenae) 9 g, *Qin Jiao* (Radix Gentianae Macrophyllae) 15 g, *Qing Hao* (Herba Artemisiae Annuae) added later 6 g, *Gan Cao* (Radix Glycyrrhizae) 6 g, *Bai Wei* (Radix Cynanchi Atrati) 30 g.

All the cases had a history of trauma, local hematoma, ecchymosis, rising of body temperature from noon to dusk and subsiding of it in the following morning, feverish sensation, absence of exterior syndrome, undisturbed mental state, elevating of leukocytic reaction at the early stage with it becoming normal several days later, reddened tongue with thin whitish or thin yellowish coating, and thready rapid pulse. Among the 21 cases, 20 were cured after 1–2 doses were taken by each of them, 1 showed no effectiveness.

## 4.29 The Prescription of *Danggui Liuhuang Tang*

Name: Decoction of Chinese Angelica and Six Yellow Ingredients



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Source: The book *Lan Shi Mi Cang*

Ingredients:

*Dang Gui* (Radix Angelicae Sinensis) 9 g, *Sheng Di* (Radix Rehmanniae) 9 g, *Shu Di* (Radix Rehmanniae Preparata)9 g, *Huang Qin* (Radix Scutellariae) 9 g, *Huang Bai* (Cortex Phellodendri) 9 g, *Huang Lian* (Rhizoma Coptidis) 6 g, *Huang Qi* (Radix Astragali) 18 g.

Explanation:

*Dang Gui, Sheng Di* and *Shu Di:* The principal drugs, nourishing *Yin* and blood to clear away heat in the interior.

*Huang Lian, Huang Qin* and *Huang Bai:* Purging fire to arrest restlessness, clearing away heat to consolidate *Yin*.

*Huang Qi:* Invigorating *Qi* and strengthening superficial resistance to stop sweating.

Effect: Nourishing *Yin* and purging fire, consolidating the superficial resistance to arrest sweating.

Indications: Syndrome of fever and night sweating due to deficiency of *Yin* and flaring–up of fire, marked by flushed face, vexation dry mouth and lips, dry stools and deep–colored urine, reddened tongue, and rapid pulse; including such diseases with the above symptoms as tuberculosis, rheumatism and hematopathy.

Administration: Decocted in water for oral dose to be taken twice (Taken originally in the form of powder).

Case Study: *Danggui Liuhuang Tang* was clinically used to treat 1 case of night sweating, 1 case of menorrhagia, 1 case of recurrent aphtha and 1 case of chronic urinary tract infection, all of which were included in the syndrome due to incoordination between *Qi* and fire. After the treatment, all the cases were cured.



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*Danggui Liuhuang Tang* plus:

*Lian Zi Xin* (Plumula Nelumbinis) *Mai Men Dong* (Radix Ophiopogonis) *Ma Huang Gen* (Radix Ephedrae)

was used to treat 1 case of persistent high fever, marked by fever for 10 days with the body temperature reaching 39–40℃ in the night, night sweating all over before daybreak after which the body temperature returned to 38.5℃ or so , dry mouth, glossitis, vexation, reddened tongue with dry lusterless thin yellowish coating and with bright red tip, and slippery rapid pulse. The night sweating completely vanished and the night fever lowered after 5 doses were taken.



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# 5 Prescriptions for Removing Summer-heat

## 5.1 Prescriptions for Removing Summer-heat

Prescriptions mainly composed of drugs with the action of expelling pathogenic summer heat and used to treat summer heat diseases are all known as "prescriptions for removing summer heat". Prevailing in summer, summer heat is included in the range of warm-heat or fire. Because summer heat tends to impair *Qi*, summer heat disease is usually manifested as the syndrome of "impairment of both fluids and *Qi*", marked by higher fever, thirst, vexation, and profuse sweat; because it is rainy in summer, summer heat disease is often complicated by pathogenic dampness; because it is hot in summer, and people are preferable for cold food and drink and exposure to wind and dew, summer heat disease is apt to be associated with exterior cold. According to these features of summer heat disease, prescriptions for removing summer heat may be classified as the following four kinds: those for removing summer-heat from the superficies of the body by diaphoresis, those for clearing away summer-heat by expelling pathogenic heat, those for removing summer-heat by inducing diuresis and those for eliminating summer-heat by invigorating *Qi*.

When prescriptions for removing summer-heat are prescribed, drugs with the action of removing dampness are often



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administered, for summer heat diseases are often complicated by pathogenic dampness. But attention must be paid to which is more severe, dampness or summer–heat. When summer–heat is more severe than dampness, dampness tends to transform into summer–heat, and drugs for removing dampness should not be too warm or dry in nature in order to prevent body fluids from being consumed by dryness. When dampness is more severe than summer–heat, summer–heat is liable to be obstructed by dampness, and drugs for removing summer–heat should not be too sweet in flavor and cold in nature lest the elimination of dampness be impeded by the drugs *Yin*–soft in nature.

## 5.2 Prescriptions for Clearing away Summer–heat by Expelling Pathogenic Heat

This kind of prescriptions are mainly made up of drugs with the action of removing pathogenic heat in summer. They are suitable for the syndrome due to the attack of summer–heat, marked by fever, restlessness, profuse sweat and thirst. Drugs such as

*Xi Gua Cui Yi* (Exocarpium Citrulli) *Yin Hua* (Flos Lonicerae) *Bian Dou Hua* (Flos Lablab) *He Ye* (Folium Nelumbinis)

are commonly used in these prescriptions, whose representatives are *Qingluo Yin*, etc.

## 5.3 The Prescription of *Qingluo Yin*

Name: Decoction for Removing Heat from the Lung Channel

Source: The book *Wen Bing Tiao Bian*

Ingredients:



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*Xian He Ye* (Folium Nelumbinis) 6 g, *Xian Yin Hua* (Flos Lonicerae) 9 g, *Si Gua Luo* (Fasciculus Vascularia Luffae) 6 g, *Xi Gua Cui Yi* (Exocarpium Citrulli) 6 g, *Xian Bian Dou Hua* (Flos Lablab) 6 g, *Xian Zhu Ye* (Herba Lophatheri) 6 g.

Explanation:

*Xian Yin Hua:* One of the principal drugs, being sweet in flavor and cold in nature, getting together with the other principal drug *Xian Bian Dou Hua* aromatic in flavor to remove summer–heat.

*Xi Gua Cui Yi:* Removing summer–heat.

*Si Gua Luo:* Dispelling heat from the lung collaterals.

*Xian He Ye:* Dispersing and purging summer–heat.

*Xian Zhu Ye:* Purging heart–fire by inducing diuresis.

Effect: Expelling pathogenic summer–heat.

Indications: Syndrome due to attack of summer–heat on the lung and pathogens lodging in the *Qi* system, marked by mild fever and thirst, vague mind, dizziness, mild distention of the head, pale red tongue with thin whitish coating; including sun–stroke with the above symptoms.

Administration: Decocted in water for oral dose to be taken twice

## 5.4 Prescriptions for Removing Summer–heat from the Superficies of the Body by Diaphoresis

This kind of prescriptions are mainly composed of drugs with the action of removing summer–heat to relieve exterior syndrome. They are indicated for the syndrome due to summer heat hidden in the interior and complicated by exogenous



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wind–cold, marked by aversion to cold, fever, no sweat, headache, vexation and thirst. Drugs such as

*Xiang Ru* (Herba Elsholtziae), *Yin Hua* (Flos Lonicerae).

are commonly used in these prescriptions, whose representatives are *Xinjia Xiangru Yin*, etc.

## 5.5 The Prescription of *Xinjia Xiangru Yin*

Name: Decoction of Elsholtzia with Supplements

Source: The book *Wen Bing Tiao Bian*

Ingredients:

*Xiang Ru* (Herba Elsholtziae) 6 g, *Yin Hua* (Flos Lonicerae) 9 g, *Xian Bian Dou Hua* (Flos Dolichoris) 9 g, *Hou Po* (Cortex Magnoliae Officinalis) 6 g, *Lian Qiao* (Fructus Forsythiae) 9 g.

Explanation:

*Xiang Ru:* The principal drug, being pungent in flavor and slightly warm in nature, relieving exterior syndrome by inducing diaphoresis, removing summer–heat and eliminating dampness.

*Xian Bian Dou Hua, Yin Hua* and *Lian Qiao:* Clearing away summer–heat in the upper–*Jiao* to quench thirst.

*Hou Po:* Removing dampness and relieving distension.

Effect: Removing summer–heat by inducing diaphoresis, clearing away heat and eliminating dampness.

Indications: Syndrome of early summer fever complicated by exogenous cold, marked by fever, headache, aversion to cold, absence of sweat, thirst, flushed face, oppressed sensation in the chest, whitish greasy tongue coating, and floating rapid pulse; including common cold due to summer–heat and dampness with the above symptoms. "Absence of sweat" is the essential point for the application of this prescription when it is adopted to treat the



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syndrome due to summer-heat complicated by exogenous cold. If the syndrome is caused by mere summer-heat and manifested as fever and sweating, this prescription can not be used dispite of the existence of the symptom aversion to cold.

Administration: Decocted in water for oral dose to be taken twice

## 5.6 Prescriptions for Removing Summer-heat by Inducing Diuresis

This kind of prescriptions are mainly made up of drugs with the action of removing summer-heat and inducing diuresis. They are suitable for common cold complicated by damp pathogens, marked by fever, restlessness, thirst, fullness in the chest and stomach, difficulty in urinating, etc. Drugs such as

*Hua Shi* (Talcum), *Fu Ling* (Poria), *Ze Xie* (Rhizoma Alismatis). are commonly used in these prescriptions, whose representatives are *Liu Yi San, Guiling Ganlu San*,etc.

## 5.7 The Prescription of *Liu Yi San*

Name: Six to One Powder

Source: The book *Shang Han Zhi Ge*

Ingredients:

*Hua Shi* (Talcum) 180 g, *Gan Cao* (Radix Glycyrrhizae) 30 g.

Explanation:

*Hua Shi:* The principal drug, being sweet and tasteless in flavor and cold in nature, having the particular action of clearing away heat and inducing diuresis.

*Gan Cao:* Being sweet in flavor and cold in nature, dispelling



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heat, regulating the stomach, combining *Hua Shi* to promote the production of body fluid and inducing diuresis to make body fluid not be damaged.

Effect: Removing summer-heat and inducing diuresis.

Indications: Syndrome due to affection of summer-heat and dampness, marked by fever, intense thirst, dysuria, or diarrhea; including such diseases with the above symptoms as mild sun-stroke, cystitis and stone of the urinary tract.

Administration: Ground into powder and 9-18 g of the powder is taken each time, or wrapped in cloth and decocted in water for oral dose to be taken twice.

Case Study: 1 case of stranguria due to urinary stone, marked by soreness of the loins, intermittent difficult urination, turbid and deep-colored urine, dripping urination with stabbing pain, whitish greasy tongue coating, and taut pulse, was clinically treated with modified *Liu Yi San,* whose ingredients were:

*Fei Hua Shi* (Talcum) refined with water 30 g, *Gan Cao* (Radix Glycyrrhizae) 6 g, *Ji Nei Jin* (Endothelium Corneum Gigeriae Galli) 18 g, *Hu Po* (Succinum) 12 g.

The above ingredients were ground into fine powder, which was wrapped in 9 packets, each of which was taken each time with the decoction of:

*Jin Qian Cao* (Herba Lysimachiae) 60 g, *Che Qian Cao* (Herba Plantaginis) 60 g.

Free urination occurred 2 days later. At noon of the 3rd day, 2 pieces of stone were discharged out. 5 days later, 11 pieces of stone were discharged out one after another. After that, the pain in the loins and the abdominal distention disappeared, and normal urination occurred. The treatment was continued by tak-



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ing the decoction of *Jin Qian Cao* and *Che Qian Cao* for another week, and finally the case was cured.

## 5.8 The Prescription of *Guiling Ganlu Yin*

Name: Decoction of Cinnamom Twig and Poria

Source: The book *Xuan Ming Lun Fang*

Ingredients:

*Fu Ling* (Poria) 30 g, *Gan Cao* (Radix Glycyrrhizae) 6 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 12 g, *Ze Xie* (Rhizoma Alismatis) 15 g, *Guan Gui* (Ramulus Cinnamomi) 3 g, *Shi Gao* (Gypsum Fibrosum) 30 g, *Han Shui Shi* (Calcitum) 30 g, *Hua Shi* (Talcum) 30 g, *Zhu Ling* (Polyporus) 15 g.

Explanation:

*Hua Shi:* The principal drug, being sweet and tasteless in flavor and cold in nature, clearing away heat, eliminating dampness by inducing diuresis.

*Shi Gao* and *Han Shui Shi:* Expelling summer–heat.

*Guan Gui:* Promoting functional activity of the *Qi* of the lower–*Jiao*.

*Zhu Ling*, *Fu Ling* and *Ze Xie:* Inducing diuresis.

*Bai Zhu:* Strengthening the spleen.

*Gan Cao:* Tempering the actions of all the other ingredients, working together with *Hua Shi* to enhance the elimination of heat and promotion of diuresis.

Effect: Clearing away summer–heat, promoting functional activity of *Qi*, inducing diuresis.

Indications: Syndrome due to affection of summer–heat and dampness, marked by fever, headache, restlessness, thirst with desire for drinking, dysuria, and severe vomiting and diarrhea ; in-



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cluding such diseases with the above symptoms as sunstroke and common cold of gastrointestinal type in summer.

Administration: Ground into powder, 9 g of which is taken after being mixed with warm liquid each time, 2 times daily. Liquid of *sheng Jiang* (Rhizoma Zingiberis Recens) is preferable.

## 5.9 Prescriptions for Removing Summer-heat by Invigorating *Qi*

This kind of prescriptions are mainly composed of drugs with the action of clearing away summer-heat and replenishing *Qi*. They are indicated for the syndrome due to impairment of *Qi* and body fluids by summer-heat, marked by fever, intense thirst, lassitude, shortness of breath, profuse sweat, and weak pulse. Drugs such as

*Xi Yang Shen* (Radix Panacis Quinquefolii)

*Xi Gua Cui Yi* (Exocarpium Citrulli)

*Shi Hu* (Herba Dendrobii)

*Zhi Mu* (Rhizoma Anemarrhenae)

are commonly used in these prescriptions, whose representatives are *Wangshi Qingshu Tang*, etc.

## 5.10 The Prescription of *Qingshu Yiqi Tang*

Name: Decoction for Clearing away Summer-heat and Reinforcing *Qi*

*Source: The book Wen Re Jing Wei*

Ingredients:

*Xi Yang Shen* (Radix Panacis Quinquefolii) 5 g, *Shi Hu* (Herba Dendrobii) 15 g, *Mai Dong* (Radix Ophiopogonis) 9 g, *Huang Lian* (Rhizoma Coptidis) 3 g, *Zhu Ye* (Herba Lophatheri)



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6 g, *He Geng* (Petiolus Nelumbinis) 15 g, *Zhi Mu* (Rhizoma Anemarrhenae) 6 g, *Gan Cao* (Radix Glycyrrhizae) 3 g, *Jing Mi* (Semen Oryzae Sativae) 15 g, *Xi Gua Cui Yi* (Exocarpium Citrulli) 30 g.

Explanation:

*Xi Yang Shen:* One of the principal drugs, being sweet and slightly bitter in flavor and cool in nature, reinforcing *Qi* to promote the production of body fluids, nourishing *Yin* and removing heat.

*Xi Gua Cui Yi:* The other principal drug, being sweet in flavor and cold in nature, eliminating summer–heat.

*He Geng:* Assisting *Xi Gua Cui Yi* in driving away summer–heat.

*Shi Hu* and *Mai Dong:* Aiding *Xi Yang Shen* in nourishing *Yin* and removing heat.

*Zhi Mu* and *Zhu Ye:* Dispelling heat to arrest restlessness.

*Gan Cao* and *Jing Mi:* Reinforcing *Qi* and invigorating the stomach.

Effect: Removing summer–heat, reinforcing *Qi*, nourishing *Yin*, promoting the production of body fluids.

Indications: Syndrome due to attack of summer–heat and impairment of both *Qi* and body fluids, marked by fever, profuse sweat, vexation, thirst, scanty and deep–colored urine, lassitude, shortness of breath, poor mental state, and weak rapid pulse; including sunstroke and the like with the above symptoms.



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# 6 Prescriptions for Warming the Interior

## 6.1 Prescriptions for Warming the Interior

Prescriptions which consist of drugs warm or heat in nature, have the function of warming the interior to support *Yang* and removing pathogenic cold from the channels, and are used to treat the syndromes due to *Yin*—cold in the interior are all known as "prescriptions for warming the interior". Diseases due to cold pathogens may be in the exterior or in the interior. Those in the exterior should be treated with prescriptions consisting of drugs pungent in flavor and warm in nature and having the function of relieving the exterior syndromes, while those in the interior, with prescriptions having the function of warming the interior. Syndromes due to cold pathogens in the interior are caused by cold originating from the interior due to *Yang*—deficiency of the constitution, by exogenous pathogenic cold attacking directly *Zang*—*Fu* organs, by cold pathogens entering the interior due to improper treatment of an exterior cold syndrome, or by impairment of *Yang*—*Qi* due to over—intake of drugs cold in nature. According to the difference in severity and location of syndromes due to cold in the interior,prescriptions for warming the interior are classified as the following three types: warming the middle—*Jiao* to dispel pathogenic cold, recuperating depleted *Yang* to rescue the patient from collapse, and warming the chan-



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nels to expel pathogenic cold.

Because the prescriptions of this kind are mainly composed of drugs pungent in flavor and warm, dry and heat in nature, they are contraindicated for heat syndromes with pseudo-cold symptoms. Therefore, before they are prescribed, the true or false of a cold syndrome must be first made clear. Besides, they should not be over-administered for a patient with the syndrome of *Yin*-deficiency of the symptom of loss of blood lest his *Yin* be reimpaired, heat pathogen be produced with the cold one removed, and the drugs pungent in flavor and heat in nature consume his *Yin* to cause bleeding. Meanwhile, their dosage should be appropriately adjusted according to the variation of cold and hotness of the climate of the four seasons, Other prescriptions for warming and restoring should be chosen instead when prescriptions for warming the interior has been used to treat a patient with *Yang*-deficient constitution and the cold in his interior has been removed but his *Yang* still remains deficient, Once a syndrome due to cold in the interior is cured, prescriptions for warming the interior should not be used any longer.

## 6.2 Prescriptions for Warming the Middle-*Jiao* to Dispel Pathogenic Cold

This kind of prescriptions are mainly made up of drugs with the action of warming the middle-*Jiao* and dispelling pathogenic cold. They are suitable for the syndrome due to cold of deficiency type in the middle-*Jiao*, marked by distending pain in the stomach, lassitude,cold extremities, or regurgitation of sour fluid, salivation, nausea, vomiting, or abdominal pain, loose stools, anorexia, tastelessness in the mouth , no thirst, whitish slippery



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tongue coating, and deep thready or deep slow pulse. Drugs such as.

*Gan Jiang* (Rhizoma Zingiberis), *Wu Zhu Yu* (Fructus Euodiae), *Shu Jiao* (Pericarpium Zanthoxyli), *Sheng Jiang* (Rhizoma Zingiberis Recens).

are usually used in these prescriptions, whose representatives are *Lizhong Wan* , *Wuzhuyu Tang*, *Xiao Jianzhong Tang* and *Da Jianzhong Tang*.

## 6.3 The Prescription of *Lizhong Wan*

Name: Pill for Regulating the Function of the Middle–*Jiao*

Source: The book *Shang Han Lun*

Ingredients:

*Ren Shen* (Radix Ginseng) 6 g, *Gan Jiang* (Rhizoma Zingiberis) 5 g, *Gan Cao* (Radix Glycyrrhizae Preparata) 6 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 9 g.

Explanation:

*Gan Jiang:* The principal drug, being pungent in flavor and heat in nature, warming the spleen and stomach to remove cold in the interior.

*Ren Shen:* Invigorating primodial *Qi*, aiding in transporting and transforming nutrients and regulating the ascending and descending movement of *Qi*.

*Bai Zhu:* Strengthening the spleen and drying dampness.

*Zhi Gan Cao:* Replenishing *Qi* and regulating the stomach.

Effect: Warming the stomach to remove cold, invigorating the spleen to replenish *Qi*.

Indications: Syndrome due to deficiency and cold in the middle–*Jiao*, marked by loose stools, no thirst, vomiting, abdom-



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inal pain, anorexia, pale tongue with whitish coating, and deep slow pulse; including such diseases with the above symptoms as gastroduodenal ulcer, chronic gastritis , chronic colitis,regional enteritis and bacillary dysentery.

Administration: Ground into fine powder and made with honey into boluses, each of which is as big as an egg yolk and ground into particles to be taken warm each time, 3 times daily. (Used also as a decoction, the dosage of the drugs is decided on according to the proportions of the ingredients in the original prescription.)

Case Study: *Lizhong Tang* was clinically used to treat 1 case of severe abdominal distention. The patient had been admitted to hospital with the complaints of fever, severe abdominal distention, vomiting and paroxysmal abdominal pain.When treated with this prescription, he or she was found to have the following symptoms: no intake of food and water for 10 days, body temperature lowered to 35℃ frequent vomiting, severe abdominal distention, 3–day–absence of laxation.The ingredients administered were:

those in *Lizhong Tang* plus:

*Gui Zhi* (Ramulus Cinnamomi), *Da Huang* (Radix et Rhizoma Rhei), *Mang Xiao* (Natrii Sulfas), *Shi Gao* (Gypsum Fibrosum), *Zhi Mu* (Rhizoma Anemarrhenae).

with rice and *He Ye* (Folium Nelumbinis) as the guiding drugs. 1 dose taken, the symptoms were relieved; another 3 doses of the modification of the above prescription taken, they were remarkable alleviated.

Modified *Lizhong Tang* was employed to treat 1 case of chronic aphthae which had been lasting for 3 years, marked by



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recurrent ulcer with burning sensation,foul odor sometimes in the mouth , gingival bleeding, feverish sensation in the palms and soles, all of which were gradually worsened in the last 2 months.When received , the patient was found to have such symptoms as aphthae with burning sensation, moderate appetite, lassitude, dry mouth without desire for drinking, diluted urine, pale tongue with thin whitish coating, and thready slow pulse. The drugs administered were as follows:

*Fu Zi* (Radix Aconiti Lateralis Preparata) 9 g, *Dang Shen* (Radix Codonopsis) 15 g,*Pao Jiang* (Rhizoma Zingiberis) 6 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 9 g,*Shu Di* (Radix Rehmanniae Preparata) 15 g, *Gan Cao* (Radix Glycyrrhizae) 4.5 g.

4 doses remarkably relieved the ulcer. Another 3 doses cured the aphthae.

## 6.4 The Prescription of *Wuzhuyu Tang*

Name: Decoction of Root of Medicinal Evodia

Source: The book *Shang Huan Lun*

Ingredients:

*Wu Zhu Yu* (Fructus Euodiae) 3 g, *Ren Shen* (Radix Ginseng) 6 g,*Da Zao* (Fructus Jujubae) 4 dates, *Sheng Jiang* (Rhizoma Zingiberis Recens) 18 g.

Explanation:

*Wu Zhu Yu:*The principal drug, being pungent and bitter in flavor and heat in nature, warming the stomach to disperse cold , removing stagnated food , descending *Qi* to lower the turbid.

*Ren Shen:* Invigorating primodial *Qi* and benifiting *Yin.*

*Sheng Jiang:* Warming the stomach to purge cold.



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*Da Zao:* Replenishing *Qi* and nourishing the spleen , working together with*Sheng Jiang* to regulate *Ying* and *Wei.*

Effect: Warming the middle–*Jiao* to tonify the spleen and stomach, keeping the adverse flow of the stomach–*Qi* going down to stop vomiting.

Indications:

Syndrome due to deficiency–cold in the stomach, marked by nausea after meal,fullness in the chest and gastric region, gastric pain, gastric discomfort with acid regurgitation ,or due to *Jueyin* disease marked by headache and vomiting with foams, or due to *Shaoyin* disease marked by vomiting and diarrhea; including such diseases with the above symptoms as chronic gastritis, nervous headache,vomiting in pregnancy, gastrointestinal neurosis, Meniere's disease, drug anaphylactic vomiting, etc.

Administration: Decocted in water for oral dose to be taken 3 times

Case Study:

Modified *Wuzhuyu Tang* was clinically used to treat 34 cases of peptic ulcer, a syndrome due to deficiency–cold in the stomach marked by recurrent and protracted gastric pain which was preferable for palpation and warmth but averse to cold and worsened by hunger but relieved by food intake, poor appetite,nausea or vomiting of watery fluid, no thirst, pale tongue with whitish slippery coating, and slow pulse. After the treatment, remarkable effectiveness was seen in 25 cases, improvement in 8 cases, ineffectiveness in 1 case. The paindisappeared winthin 3–25 days.

Modified *Wuzhuyu Tang* was used to treat 3 cases of chronic cholecystitis, whose *Yang–Qi* of the middle–*Jiao* had been injured due to over–taking of drugs bitter in flavor and cold in na-



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ture, which resulted in the attack of cold pathogens on the stomach, adverse flow of the stomach–*Qi* and vomiting of foamy fluid. The treatment ensured remarkable effectiveness.

## 6.5 The Prescription of *Xiao Jianzhong Tang*

Name: Minor Decoction of Strengthening the Middle–*Jiao*

Source: The book *Shang Han Lun*

Ingredients:

*Shao Yao* (Radix Paeoniae parched with liquor) 18 g. *Gui Zhi* (Ramulus Cinnamomi) 9 g,*Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 6 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 10 g, *Da Zao* (Fructus Jujubae) 4 dates, *Yi Tang* (Saccharum Granorum) 30 g.

Explanation:

*Yi Tang:* The principal drug, being sweet in flavor and warm in nature, replenishing the spleen–*Qi* to nourish the spleen–*Yin*, warming and tonifying the middle–*Jiao*, nourishing the liver to relieve pain, moisturizing the dryness of the lung.

*Gui Zhi* :Warming *Yang*–*Qi*.

*Shan Yao:* Replenishing *Yin*–blood.

*Zhi Gan Cao:* Being sweet in flavor and warming nature benefiting *Qi* , not only assisting *Yi Tang* and *Gui Zhi* in replenishing *Qi* and warming the middle–*Jiao* but also getting together with *Shao Yao* which is sour and sweet in taste to promote the production of *Yin*–fluid, thus invigorating the liver and nourishing the spleen.

*Sheng Jiang:* Warming the stomach.

*Da Zao:* Tonifying the spleen , working together with *Sheng Jiang* to regulate *Ying* and *Wei*.



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Effect: Warming the middle–*Jiao* to nourish the spleen and stomach, regulating the function of the middle–*Jiao* to relieve pain.

Indications: Syndrome of abdominal pain due to consumption, marked by paroxysmal abdominal pain relieved by warmth and palpation, pale tongue with whitish coating, and taut thready but slow pulse, or palpatation, vexation, lustreless complexion, of aching of the limbs, feverish sensation of the hands and feet, dry mouth and throat; including such diseases with the above symptoms as gastroduodenal ulcer, neurosism, aplastic anemia and thrombocytopenic penic purpura.

Administration: The first 5 ingredients in the prescription were decocted twice for the decoction , into which *Yi Tang* was put, taken warm twice.

Case Study: 1 case of emission of more than 2 years, marked by occurance of emission every 1–2 days, dim complexion, poor appetite, lassitude,dizziness, palpatation, tinnitus, soreness of the loins, dreaminess, bright tongue without coating, and thready weak pulse, was clinically treated with modified *Xiao Jianzhong Tang*, whose ingredients were:

*Gui Zhi* (Ramulus Cinnamomi) 15 g, *Yi Tang* (Saccharum Granorum) 60 g,*Shao Yao* (Radix Paeoniae) 30 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 9 g,*Sheng Jiang* (Rhizoma Zingiberis Recens) 3 pieces, *Da Zao* (Fructus Jujubae) 3 dates,*Mu Li* (Concha Ostreae) 24 g, *Long Gu* (Os Draconis Fossilia) 24 g. After 3 doses were taken , the emission was ceased, dreaminess and the other symptoms were relieved and the patient could have a sound sleep.

3 cases of ascaris abdominal pain were treated with modified



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*Xiao Jianzhong Tang*, whose ingredients were:

*Gui Zhi* (Ramulus Cinnamomi) 6 g, *Bai Shao* (Radix Paeoniae Alba) 6 g,*Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 6 g, *Da Zao* (Fructus Jujubae) 4 dates, *Sheng Jiang* (Rhizoma Zingiberis Recens) 3 pieces, *Wu Mei* (Fructus Mume) 6 g, *Yi Tang* (Saccharum Granorum) 30 g.

Each of the 3 cases was cured by taking 2–3 doses.

## 6.6 The Prescription of *Da Jianzhong Tang*

Name: Major Decoction for Rehabilitating the Middle–*Jiao*

Source: The book *Jin Gui Yao Lue*

Ingredients:

*Shu Jiao* (Pericarpium Zanthoxyli) 3 g, *Gan Jiang* (Rhizoma Zingiberis) 4.5 g,*Ren Shen* (Radix Ginseng) 6 g, *Yi Tang* (Saccharum Granorum) 30 g.

Explanation:

*Shu Jiao:* The principal drug, being pungent in flavor and hot in nature, warming the spleen and stomach , aiding the fire of *Ming Men* , thus expelling cold and removing dampness , descending *Qi* to relieve stagnation.

*Gan Jiang:* Warming the middle–*Jiao* to dispel cold, assisting *Shu Jiao* in rehabilitating the Yang–*Qi* of the middle–*Jiao* and dispersing the *Qi* adversely flowing, relieving pain and stopping vomiting.

*Ren Shen* and *Yi Tang:* Being sweet in flavor and warm in nature, warming and invigorating the middle–*Jiao* to replenish the spleen and stomach.

Effect: Warming the middle–*Jiao* to nourish the spleen and stomach, discending the adverse flow of *Qi* to relieve pain.



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Indications: Syndrome due to weakened *Yang–Qi* of the middle–*Jiao* and excessive *Yin*–cold in the interior, marked by colic pain in the chest and epigastric region, inability to take food due to vomiting, clear–cut and mobile and painful abdominal masses averse to palpation due to cold within the abdomen , whitish slippery tongue coating, thready tense pulse, even cold limbs and hidden pulse, or borborygmus; including such diseases with the above symptoms as chronic gastritis, peptic ulcer, chronic pancreatitis, chronic cholecystitis, biliary ascariasis and intestinal tuberculosis.

Administration: The first 3 ingredients in the prescription were first decocted twice for the decoction , into which 30 g of *Yi Tang* was put , taken warm twice.

Case Study: 45 cases of biliary ascariasis were clinically treated with modified*Da Jianzhong Tang*, whose ingredients were:

*Gan Jiang* (Rhizoma Zingiberis) 9 g, *Chuan Jiao* (Pericarpium Zanthoxyli) 9 g,*Wu Mei* (Fructus Mume) 9 g, *Ku Lian Pi* (Cortex Meliae) 9 g.*Bing Lang* (Semen Arecae) 9 g, *Dang Shen* (Radix Codonopsis) 9 g,*Yi Tang* (Saccharum Granorum) 60 g, *Huang Lian* (Rhizoma Coptidis) 4.5 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 4.5 g.

(half amount of the ingredients for children).

After the treatment , 39 cases were cured, and 4 improved.

*Da Jianzhong Tang* was used to treat 6 cases of severe pain due to cold in the chest and epigastric region complicated by vomiting and inability to take food, a syndrome due to weakened *Yang–Qi* of the middle–*Jiao* and up–attacking of *Yin*–cold. The disease duration ranged from 2 days to 3 years.

In case of distention and fullness in the abdomen, the drugs



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added were.

*Hou Po* (Cortex Magnoliae Officinalis), *Sha Ren* (Fructus Amomi).

In case of intense cold or dizziness, the drug added was:

*Wu Zhu Yu* (Fructus Euodiae).

In case of severe chills, the drug added was:

*Pao Fu Zi* (Radix Aconiti Lateralis Preparata).

In case of vomiting the drugs added were:

*Ban Xia* (Rhizoma Pinelliae), *Sheng Jiang* (Rhizoma Zingiberis Recens).

In case of deficiency of the spleen, the drug added was:

*Bai Zhu* (Rhizoma Atractylodis Macrocephalae).

In case of blood–deficiency, the drug added was:

*Dang Gui* (Radix Angelicae Sinensis).

In case of dry mouth , the drug added was:

*Bai Shao* (Radix Paeoniae Alba).

In case of weakness or paralysis of the extremities, the drug added was:

*Gui Zhi Jian* (Ramulus Cinnamomi).

The treatment resulted in satisfactory curative effects in all the cases.

## 6.7 Prescriptions for Recuperating Depleted *Yang* and Rescuing Patients from Collapse

This kind of prescriptions are mainly composed of drugs with the action of restoring *Yang* and saving patients in danger. They are suitable for the syndromes due to weakened and feeble *Yang–Qi*, cold in both the interior and exterior, *Yang* kept in the exterior by excessive *Yin* or floating *Yang*, marked by cold limbs,



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aversion to cold, lying with the limbs drawn up, vomiting, abdominal pain, diarrhea with undigested food, listlessness, deep thready of deep feeble pulse.

Drugs such as

*Fu Zi* (Radix Aconiti Lateralis Preparata), *Gan Jiang* (Rhizoma Zingiberis), *Rou Gui* (Cortex Cinnamomi)

are usually used in these prescriptions, whose representatives are *Sini Tang* , *Huiyang Jiuji Tang*, etc.

## 6.8 The Prescription of *Sini Tang*

Name: Decoction for Resuscitation

Source: The book *Shang Han Lun*

Ingredients:

*Fu Zi* (Radix Aconiti Lateralis Preparata) 5–10 g, *Gan Jiang* (Rhizoma Zingiberis) 6–9 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 6 g.

Explanation:

*Fu Zi:* The principal drug, being pungent and sweet in flavor and very hot and toxic in nature, being good at supporting the congenital true fire of *Mingmen,* promoting the circulation of *Qi* and blood throughout the twelve regular channels, used raw to act on the whole body rapidly to warm up *Yang–Qi* and dispel cold.

*Gan Jiang:* warming the *Yang–Qi* of the middle–*Jiao* to remove cold in the interior, assisting *Fu Zi* in promoting the generation of *Yang–Qi.*

*Zhi Gan Cao:* Detoxicating and relieving the drastic and pungent nature of *Gan Jiang* and *Fu Zi.*

Effect: Recuperating depleted *Yang* and rescuing patients



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from collapse

Indications: *Shaoyin* disease manifested as cold limbs, aversion to cold, lying with the extremities drawn up, vomiting, no thirst , abdominal pain, diarrhea,listlessness, inclination to sleep , whitish slippery tongue coating and feeble thready pulse, or syndrome due to *Yang* depletion from misuse of diaphoresis; including such diseases with the above symptoms as chronic colitis, cor pulmonale, pneumonia , dehydration, etc.

Administration: *Fu Zi* is decocted in water for 1 hour and then all the other drugs are added and decocted together for the decoction. The decoction is taken warm twice. The drugs of this prescription are most warm and dry . When used to treat a patient with flushed face and restlessness, a sign of the syndrome of "true cold in nature with pseudo–heat symptoms", the decoction should be taken cold . Or else , dryness in the upper–*Jiao* will be made severe, resulting in nasal bleeding.

Case Study: Acupuncture, modified *Sini Tang* and therapies of Western medicine were clinically co–used to rescue 1 case of cardiac arrest due to lightening stroke. The patient was a male at the age of 38 and had the following symptoms and signs: coma , pale complexion, cyanotic lips, cold limbs, feeble breathing and disappearance of heart sounds. Closed cardiac massage, needling of the acupoints *Ren Zhong, He Gu* and *Yong Quan,* intramuscular injection of 0.375 mg of nikethamide intravenous injection 50 ml of 50% glucose were performed. Half an hour after that, the condition was: intermittent feeble heart sounds, arrhythmia, and 28 times per minute of the heart rate. Whereupon, 1 dose of *Sini Tang* (in which the dosage of *Fu Zi* was changed from 5–10 g to 25g.) plus:



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*Dang Shen* (Radix Codonopsis), *Huang Qi* (Radix Astragali), was used. 1 hour later after the drcoction was taken, the cold limbs became warm, the heart rate reached 50 times per minute, the patient complained of precardial pain. Then, 1 dose of the above prescription plus:

*Hong Hua* (Flos Carthami), *Dang Gui* (Radix Angelicae Sinensis), was used and the disease condition was further improved. Finally, the above prescription, in which the dosage of *Fu Zi* was reduced to 12.5 g, was again used and 2 doses cured the case.

70 cases of infantile diarrhea marked by loose stools, mild fever, cold limbs, feeble pulse and whitish thin tongue coating were treated with *Sini Tang*, whose ingredients were:

*Fu Zi* (Radix Aconiti Lateralis Preparata) 15 g, *Gan Jiang* (Rhizoma Zingiberis) 9 g,*Gan Cao* (Radix Glycyrrhizae) 9 g, *Huang Lian* (Rhizoma Coptidis) 9 g.

The first three ingredients were decocted in 350 ml of water until the time when 150 ml was left and , then, *Huang Lian* was added. The mixture was decocted on gentle fire until 80 ml of the decoction was got through filtrating. Finally,appropriate amount of sugar was added to the decoction, which was boiled for use. 3–5 ml of the decoction was taken each time, 1 time every 4 hours by the infants below 5 months, 5–8 ml by the infants between 6–10 months, 8–10 ml by the infants at the age of 1–1.5 years old. The result showed that 58 cases were cured,effectiveness resulted in 8 cases, ineffectiveness in 4, the treatment duration averaging 4 days.



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## 6.9 The Prescription of *Huiyang Jiuji Tang*

Name: Decoction for Restoring *Yang* from Collapse

Source: The book *Shang Han Liu Shu*

*Ingredients:*

*Shu Fu Zi* (Radix Aconiti Lateralis Preparata) 9 g, *Gan Jiang* (Rhizoma Zingiberis) 5 g, *Rou Gui* (Cortex Cinnamomi) 3 g, *Ren Shen* (Radix Ginseng) 6 g,*Bai Zhu* (parched Rhizoma Atractylodis Macrocephalae) 9 g, *Fu Ling* (Poria) 9 g,*Chen Pi* (Pericarpium Citri Reticulatae) 6 g, *Gan Cao* (Radix Glycyrrhizae Preparata) 5 g,*Wu Wei Zi* (Fructus Schisandrae) 3 g, *Zhi Ban Xia* (Rhizoma Pinelliae Preparata) 9 g,*Sheng Jiang* (Rhizoma Zingiberis Recens) 3 pieces, *She Xiang* (Moschus) 0.1 g.

Explanation:

*Fu Zi:* The principal drug, being pungent and sweet in flavor and very hot in nature, warming the interior, restoring *Yang*, removing cold accumulation through expelling cold pathogen.

*Gan Jiang:* Warming the middle–*Jiao* and purging cold .

*Rou Gui:* Warming and strengthening the kidney–*Yang*.

*Ren Shen, Bai Zhu, Fu Ling, Gan Cao, Chen Pi* and *Ban Xia:*Invigorating the spleen and stomach, drying dampness and resolving phlegm.

*She Xiang:*Activating the flow of *Qi* and blood throughout the twelve channels.

*Wu Wei Zi:* Being sour in flavor, functioning in astringing while dispersing, working together with *Ren Shen* to replenish *Qi* and promote the production of blood.

Effect: Recuperating depleted *Yang* and rescuing the patient



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from collapse, replenishing *Qi* and promoting the circulation of blood.

Indications: Syndrome of weakness of the kidney—*Yang* due to direct attack of cold pathogen on the three *Yin* channels, marked by aversion to cold , lying with the extremities drawn up, cold limbs, vomiting, diarrhea, abdominal pain , no thirst, listlessness with desire for sleep, or shiver with cold , or dark purplish nails and lips, or vomiting of foamy fluid, pale tongue with whitish coating, and deep feeble or even unfelt pulse; including such diseases with the above symptoms as chronic colitis, chronic diarrhea, salmonellal infection and toxic dysentery.

Administration: Decocted in water for oral dose to be taken twice. *She Xiang* is added when the decoction is about to be taken.

This prescription is mainly composed of drugs warm and dry in nature, so it should not be administered any longer once the cold limbs of a patient become warm.

## 6.10 The Prescription of *Heixi Dan*

Name: Black Tin Pill

Source: The book *Tai Ping Hui Min He Ji Ju Fang*

Ingredients:

*Chuan Lian Zi* (steamed Fructus Meliae Toosendan ) 30 g, *Hu Lu Ba* (Semen Trigonellae steeped in liquor and then parched) 30 g, *Mu Xiang* (Radix Aucklandiae) 30 g, *Fu Zi* (Radix Aconiti Lateralis Preparata) 30 g,*Rou Dou Kou* (Semen Myristicae enclosed in flour paste and then baked) 30 g,*Po Gu Zhi* (Fructus Psoraleae steeped in Liquor and then parched) 30 g,*Chen Xiang* (Lignum Aquilariae Resinatum) 30 g,*Hui Xiang* (parched



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Fructus Foeniculi) 30 g, *Yang Qi Shi* (Actinolitum boiled in liquor and baked and ground) 30 g,*Rou Gui* (Cortex Cinnamomi) 15 g, *Hei Xi* (cleaned Stannum Nigrum) 60 g,*Liu Huang* (Sulfur) 60 g.

Explanation:

*Hei Xi*:One of the principal drugs, being sweet in flavor and cold in nature, suppressing floating *Yang* , keeping the up-ward adverse flow of *Qi* downward to relieve asthma.

*Liu Huang:* The other principal drug, being sour in flavor and hot in nature, warming and tonifying the fire of *Mingmen*, warming the kidney to expel pathogenic cold.

*Fu Zi* and *Rou Gui:* Warming the kidney and supporting *Yang* , conducting the fire back to its origin.

*Yang Qi Shi, Po Gu Zhi* and *Hu Lu Ba:* Warming *Mingmen* to remove pathogenic cold.

*Hui Xiang, Chen Xiang* and *Rou Dou Kou:* Warming the middle-*Jiao* and regulating the flow of *Qi*, keeping the adverse flow of *Qi* downward to remove phlegm, and warming the kidney.

*Chuan Lian Zi:* Being bitter in flavor and cold in nature, restricting the warm and dry nature of the other ingredients, regulating the flow of *Qi* and relieving liver depression.

Effect: Warming and strengthening the primordial *Qi* in the lower-*Jiao* ,suppressing floating *Yang*.

Indications: Syndrome due to insufficiency of the kidney-*Yang* and inability of the kidney to govern reception of *Qi*, marked by accumulation of phlegm in the chest, dyspnea, cold limbs, profuse cold sweating , pale tongue with whitish coating, and deep weak pulse, or due to up-rushing of *Qi* to the chest,



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marked by a sensation of *Qi* rushing like a running piggy and distention in the chest and hypochondrium, or due to periumbilical colic from invasion of cold complicated by borborygmus and lingering diarrhea or impotence and cold sperm in males or cold and deficiency of the uterus marked by thin and diluted leukorrhea in females; including such diseases with the above symptoms as asthma and impotence.

Administration: Ground into fine powder, which is made into pills with flour paste and liquor and taken with salt water. 5 g of the pills each time for adults,2–3 g each time for young children, 9 g each time for first aid.

This prescription is composed of drugs with the action of warming the kidney , descending *Qi* and suppressing floating *Yang*, so it is suitable for first aid but it should not be used often or for a long time lest lead poisoning result.

Caes Study: *Heixi Dan* was clinically used to treat 1 case of asthma. The patient had suffered from the disorder for several years. Asthma recurred 1–10 or so times daily with the following symptoms and signs: shortness of breath as if air in the chest could not be exhaled and air outside could not be inhaled, profuse sweat, spitting sputum with foam, thirst with desire for hot food, whitish thin tongue coating, 5–6 times of recurrence round the clock, sitting with the body twisted and inability to lie flat in the course of recurrence. *Heixi Dan* was taken 1–3 times daily, 30 pills each time. 3 days later, the disorder recurred 1 time daily or every two days. 10 days later, the asthma vanished. Another 10 days' taking of the medicine swept away all the symptoms and signs.



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## 6.11 Prescriptions for Warming the Channels and Removing Cold

This kind of prescriptions are mainly made up of drugs with the action of warming the channels to eliminate pathogenic cold and nourishing blood to promote its circulation through the channels. They are suitable for the syndromes due to deficiency of *Yang*–*Qi* and *Yin*–blood complicated by invasion of exogeous pathogenic cold into the channels and sluggish flow of blood in the vessels.Drugs with the action of warming the channels to eliminate cold such as

*Gui Zhi* (Ramulus Cinnamomi), *Xi Xin* (Herba Asari),

are usually compatible with drugs with the action of nourishing blood to promote its circulation through the channels such as

*Dang Gui* (Radix Angelicae Sinensis), *Shao Yao* (Radix Paeoniae),

in these prescriptions, whose representatives are *Danggui Sini Tang*, etc.

## 6.12 The Prescription of *Danggui Sini Tang*

Name: Chinese Angelica Decoction for Restoring *Yang*

Source: The book *Shang Han Lun*

Ingredients:

*Dang Gui* (Radix Angelicae Sinensis) 12 g, *Gui Zhi* (Ramulus Cinnamomi) 9 g,*Shao Yao* (Radix Paeoniae) 9 g, *Xi Xin* (Herba Asari) 1.5 g,*Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 5 g, *Tong Cao* (Medulla Tetrapanacis) 3 g,*Da Zao* (Fructus Jujubae) 8 dates.

Explanation:



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*Dang Gui:* The principal drug, being pungent and sweet in flavor and warm in nature, nourishing blood and activating the flow of it.

*Gui Zhi:* Warming the channels to promote the circulation of blood.

*Bai Shao:* Enriching blood and regulating *Ying*.

*Xi Xin:* Promoting the circulation of blood through the channels to disperse pathogenic cold.

*Da Zao* and *Zhi Gan Cao:* Replenishing the spleen—*Qi* and tempering the actions of all the other ingredients.

*Tong Cao:* Removing obstructions from the channels.

Effect: Warming the channels to expel pathogenic cold, nourishing blood and promoting the flow of it.

Indications: Syndrome due to blood deficiency and exposure to cold, marked by cold limbs, pale tongue with whitish coating, deep thready or indistinct pulse; including such diseases with the above symptoms as thromboangiitis obliterans, peripheral phlebitis polyneuritis and frostbite.

Administration: Decocted in water for oral dose to be taken 3 times

Case Study: 10 cases of thromboangiitis obliterans were clinically treated with modified *Danggui Sini Tang*, whose ingredients were:

*Dang Gui* (Radix Angelicae Sinensis), *Gui Zhi* (Ramulus Cinnamomi), *Chi Shao* (Radix Paeoniae Rubra), *Tong Cao* (Medulla Tetrapanacis),*Chuan Jiao* (Pericarpium Zanthoxyli), *Da Zao* (Fructus Jujubae),*Dan Shen* (Radix Salviae Miltiorrhizae), *Yi Mu Cao* (Herba Leonuri),*Wang Bu Liu Xing* (Semen Vaccariae), *Yu Jin* (Radix Curcumae),*Pu Gong Ying* (Herba



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Taraxaci), *Yin Hua* (Flos Lonicerae),*Xuan Shen* (Radix Scrophulariae), *Fu Zi* (Radix Aconiti Lateralis Preparata),*Lu Jiao Jiao* (Colla Cornus Cervi), *Ji Xue Teng* (Caulis Spatholobi),*Dang Shen* (Radix Codonopsis), *Huang Qi* (Radix Astragali),*Chuan Niu Xi* (Radix Achyranthes bidentata).

The disease's duration varied from 2 months to 3 years. After the treatment, 9 cases were cured.

2 cases of early Reynaud's disease, a syndrome due to inability of deficient *Yang* to warm and nourish the extremities complicated by invasion of exogenous pathogenic cold resulting in stagnation and sluggish flow of blood in the vessels, were treated with modified *Danggui Sini Tang*. 1 case was cured by taking over 30 doses of the prescription plus:

*Ai Ye* (Folium Artemisiae Argyi), *Hong Hua* (Flos Carthami),

and the other by taking 18 doses. Follow-up found no recurrence at all.



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# 7 Prescriptions for Expelling Pathogenic Factors from Both the Exterior and Interior

## 7.1 Prescriptions for Expelling Pathogenic Factors from Both the Exterior and Interior

This kind of prescriptions are mainly composed of exterior–syndrome–relieving drugs which are compatible with drugs of reducing bowel movements or drugs of removing heat and warming the interior. Being capable of expelling pathogenic factors from both the exterior and interior, they are used to treat diseases involving the exterior as well as the interior. When the exterior syndrome has not been cured but the interior one is in full swing, if mere prescriptions for relieving exterior syndrome are prescribed, pathogens in the interior can't be expelled; if attention is only paid to expel pathogenic factors in the interior, pathogens in the exterior won't be swept away. Under this conditon, therefore, prescriptions for expelling pathogenic factors in both the exterior and interior should be used to dispel the pathogenic factors separately. According to the different nature of diseases involving both the exterior and interior, prescriptions of this kind are subdivided into the following three: those for relieving exterior syndrome to expel interior pathogens with purgatives, those for relieving exterior syndrome to remove pathogenic heat in the interior, and those for relieving exterior syndrome to



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warm the interior. As to the prescriptions for relieving exterior syndrome and tonifying the interior, which are suitable for the syndromes due to unrelieved exterior disorders complicated by deficiency of vital–*Qi*, they have been introduced in the above and won't be rementioned here.

Prescriptions for expelling pathogenic factors from both the exterior and interior should be only prescribed to treat syndromes with both the exterior and interior symptoms. Most effective ones will be selected exactly through differentiating the disease condition such as the cold / heat nature, and the deficiency / excess of the exterior, and interior syndromes. The proportions of the drugs for relieving exterior syndrome and the drugs for expelling pathogenic factors from the interior will be right determined and no too potent or too mild prescriptions will be prescribed if only which is more severe and which is the dominative one, the exterior syndrome or the interior one, have been made clear.

## 7.2 Prescriptions for Relieving Exterior Syndrome to Expel Interior Pathogens with Purgatives

This kind of prescriptions are mainly composed of diaphoretics and purgatives. They are suitable for the syndrome due to cold or heat pathogens in the exterior and excessive pathogenic factors in the interior. Drugs such as

*Ma Huang* (Herba Ephedrae), *Gui Zhi* (Ramulus Cinnamomi), *Jing Jie* (Herba Schizonepetae), *Fang Feng* (Radix Saposhinkoviae).*Chai Hu* (Radix Bupleuri), *Bo He* (Herba Menthae),*Da Huang* (Radix et Rhizoma Rhei), *Mang Xiao* (Natrii Sulfas).



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are usually used in these prescriptions, whose representatives are *Da Chaihu Tang*, *Fangfeng Tongsheng San*, etc.

## 7.3 The Prescription of *Da Chaihu Tang*

Name: Major Bupleurum Decoction

Source: The book *Jin Gui Yao Lue*

Ingredients:

*Chai Hu* (Radix Bupleuri) 15 g, *Huang Qin* (Radix Scutellariae).9 g, *Shao Yao* (Radix Paeoniae) 9 g, *Ban Xia* (Rhizoma Pinelliae), 9 g, *Zhi Zhi Shi* (Fructus Aurantii Immaturus Preparata) 9 g,*Da Huang* (Radix et Rhizoma Rhei) 6 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 15 g, *Da Zao* (Fructus Jujubae) 5 dates.

Explanation:

*Chai Hu:* The principal drug, being bitter and pungent in flavor and slightly cold in nature, clearing away heat through the superficies of the body to relieve exterior syndrome.

*Huang Qin:* Working together with *Chai Hu* to clear away heat and mediate *Shaoyang* and expel pathogens in it.

*Da Huang* and *Zhi Shi:* Purging accumulated pathogenic heat in *Yangming*.

*Shao Yao:* Relieving spasm and pain, getting together with *Da Huang* to treat abdominal pain of excess type, combining *Zhi Shi* to treat incoordination between *Qi* and blood.

*Ban Xia:* Keeping the adverse flow of *Qi* downward to arrest vomiting, treating obstinate vomiting and hiccup in large dose and compatible with *Sheng Jiang*.

*Da Zao* and *Sheng Jiang:* Working together to regulate *Ying* and *Wei* and temper the actions of all the other ingredients.



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Effect: Mediating *Shaoyang* and purging accumulated heat in the interior

Indications: Combined syndrome of *Shaoyang* and *Yangming*, marked by alternative attack of fever and chills, fullness in the chest and hypochondrium, intractable vomiting, mental depression and mild restlessness, distending pain in the epigastrium or epigastric fullness and rigidity, constipation or diarrhea with heat, yellow tongue coating and wiry forceful pulse; including such diseases with the above symptoms as acute simple intestinal obstruction, acute pancreatitis, acute cholecystitis and biliary calculi.

Administration: Decocted in water for oral dose to be taken twice

Case Study: *Da Chaihu Tang* plus:

*Chuan Lian Zi* (Fructus Toosendan), *Yan Hu Su* (Rhizoma Corydalis),

was clinically prescribed to treat 40 cases of acute cholecystitis manifested as pain in the chest and hypochondriac region, tenderness in the liver which is, in most cases, radiates to the right back and shoulder, aversion to cold, fever, nausea, vomiting, tension of the abdominal muscles and icteric sclera, and as well as dry throat , bitter taste in the mouth, palpable enlarged bile–cyst or inflammatory adhensive mass in the right hypochondriac region in about half of the cases, As a result of this treatment, 35 cases were cured, 5 improved and 3 relapsed.

*Da Chaihu Tang* plus:

*Yan Hu Su* (Rhizoma Corydalis), *Mu Xiang* (Radix Aucklandiae),

was used to treat 22 cases of acute pancreatitis marked by severe



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epigastric pain with local tenderness, nausea , vomiting, elevated body temperature at different level in most of the cases, yellow thick or yellow dry tongue coating, and taut slippery pulse. Of the cases, increased leukocyte count was found in 18 cases, amylase in urine reached 128 in 2 cases and over 256 in all the others. Among the 19 cases whose serum amylase were tested, the serum level of amylase was above 128 in 8 cases. Treated with this decoction combined with transfusion, atropine and dolantin, all the cases were cured.

## 7.4 The Prescription of *Fangfeng Tongsheng San*

Name: Miraculous Powder of Ledebouriella

Source: The book *Xuan Ming Lun Fang*

Ingredients:

*Fang Feng* (Radix Saposhinkoviae) 15 g, *Jing Jie* (Herba Schizonepetae) 15 g, *Lian Qiao* (Fructus forsythiae) 15 g, *Ma Huang* (Herba Ephedrae) 15 g, *Bo He* (Herba Menthae) 15 g, *Chuan Xiong* (Rhizoma Chuanxiong) 15 g, *Dang Gui* (Radix Angelicae Sinensis) 15 g, *Bai Shao* (parched Radix Paeoniae Alba) 15 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 15 g,*Shan Zhi* (Fructus Gardeniae) 15 g, *Da Huang* (Radix et Rhizoma Rhei steamed with liquor) 15 g,*Mang Xiao* (Natrii Sulfas added later) 15 g, *Shi Gao* (Gypsum Fibrosum) 30 g,*Huang Qin* (Radix Scutellariae) 30 g, *Jie Geng* (Radix Platycodi) 30 g,*Gan Cao* (Radix Glycyrrhizae) 60 g, *Hua Shi* (Talcum) 90 g, *Sheng Jiang (Rhizoma Zingiberis Recens) 3 pieces.*

Explanation:



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*Fang Feng:* The pricipal drug, being pungent and sweet in flavor and slightly warm in nature, dispersing wind pathogen to relieve exterior syndrome, working together with *Jing Jie, Ma Huang* and *Bo He* to strongly dispel wind pathogen by diaphoresis.

*Da Huang* and *Mang Xiao:* Removing heat pathogen to relieve constipation, working together with *Shi Gao, Huang Qin, Lian Qiao* and *Jie Geng* to expel heat in the lung and stomach.

*Shan Zhi* and *Hua Shi:* Clearing away pathogenic demp–heat through promoting the discharge of feces and urine.

*Dang Gui, Chuan Xiong* and *Bai Shao:* Nourishing blood and promoting the flow of it.

*Bai Zhu:* Strengthenig the spleen and drying dampness.

*Gan Cao:* Regulating the middle–*Jiao* and relieving pain.

*Sheng Jiang:* Regulating the stomach and descending the adverse flow of *Qi.*

Effect: Dispelling wind pathogen to relieve exterior syndrome, clearing away heat pathogen to relieve constipation.

Indications:

Syndrome due to excessive wind and heat pathogens in both the exterior and interior, marked by great aversion to cold, high fever, dizziness, reddened and painful eyes, bitter and dry sensation in the mouth, sore throat, fullness in the chest, cough, vomiting, asthma, thick nasal discharges and saliva, constipation, scanty and deep–clored urine; including such diseases with the above symptoms as urticaria, neurogenic headache, psoriasis and allergic purpura.

Administration: The ingredients except *Sheng Jiang* are gound into powder, 9 g of which is mixed with 3 pieces of *Sheng*



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*Jiang*. The mixture is decocted in water for the decoction to be taken twice. (Taken also in the form of pills)

Case Study:

*Fangfeng Tongsheng San* plus:

*Chen Pi* (Pericarpium Citri Reticulatae), *Ban Xia* (Rhizoma Pinelliae),

was clinically used to treat 1 case of intractable headache, marked by headache more severe in the right side of the head and in the left cheek, high blood pressure, mild neuroparalysis of the left face and mild dysphasia occurred one month ago, one bowel movement every week ,taut forceful pulse, little tongue coating , mild inflation of the abdomen , mild guarding in the epigastric region, 170 / 90 mmHg of blood pressure. 3 doses cured the patient of his / her headache with the dysphasia remarkably improved.

## 7.5 Prescriptions for Relieving Exterior Syndrome to Remove Pathogenic Heat in the Interior

This kind of prescriptions are mainly composed of drugs with the action of alleviating exterior syndrome and expelling heat pathogen. They are indicated for the syndrome due to pathogenic cold or heat in the exterior complicated by pathogenic heat in the interior.

Drugs such as

*Ma Huang* (Herba Ephedrae), *Dan Dou Chi* (Semen Sojae Preparatum), *Ge Gen* (Radix Puerariae), *Huang Qin* (Radix Scutellariae), *Huang Lian* (Rhizoma Coptidis), *Huang Bai* (Cortex Phellodendri),



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are usually used in these prescriptions, whose representatives are *Gegen Huangqin Huanglian Tang* and *Shigao Tang*.

## 7.6 The Prescriptions of *Gegen Huangqin Huanglian Tang*

Name: Decoction of Pueraria, Scutellaria and Coptis

Source: The book *Shang Han Lun*

Ingredients:

*Ge Gen* (Radix Puerariae) 15 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 6 g,*Huang Qin* (Radix Scutellariae) 9 g, *Huang Lian* (Rhizoma Coptidis) 9 g.

Explanation:

*Ge Gen:* The principal drug, being sweet and pungent in flavor and cold in nature, removing pathogenic heat from the exterior, ascending the *Qi* of the spleen and stomach to treat diarrhea.

*Huang Qin* and *Huang Lian:* Clearing away heat pathogen from the stomach and intestines and dry dampness in them.

*Gan Cao:* Regulating the *Qi* of the middle–*Jiao* and tempering the actions of all the other ingredients.

Effect: Relieving exterior syndrome and removing heat

Indications: Unrelieved exterior syndrome complicated by pathogenic heat in the interior, marked by fever, loose stools with disagreeable odour, buring sensation in the anus, restless and heat sensation in the chest and epigastric region, dry mouth, thirst, asthma, sweating, yellowish tongue coating , and rapid pulse; including such diseases with the above symptoms as bacillary dysentery, ileotyphus, acute enteritis and infantile diarrhea.

Administration: Decocted in water for oral dose to be taken



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twice

Case Study: 40 cases of acute bacillary dysentery were clinically treated with *Gegen Huangqin Huanglian Tang*. The result was that all the cases were cured, each case taking 2–12 doses. The shortest duration for the fever to subside was 4 hours. The duration for the abdominal pain to disappear averaged 4.51 days, for the rectal tenesmus to vanish 3.47 days, for the poor appetite to return to normal 2.5 days for the number of bowel movements to return to normal and for the feces microscopy to show negative findings 4 days, for the acute symptoms and signs to vanish 3.44 days Clinical symptoms and signs disappeared completely in 39 cases.

129 cases of poliomyelitis were treated with modified *Gegen Huangqin Huanglian Tang*, whose ingredients were:

*Ge Gen* (Radix Puerariae), *Huang Qin* (Radix Scutellariae), *Huang Lian* (Rhizoma Coptidis), *Gan Cao* (Radix Glycyrrhizae), *Sheng Shi Gao* (Gypsum Fibrosum), *Yin Hua* (Flos Lonicerae), *Bai Shao* (Radix Paeoniae Alba), *Quan Xie* (Scorpio), *Wu Gong* (Scolopendra).

After the treatment, among the 52 severe cases whose affected legs were in the state of deep complete paralysis and lost paleocinetic function, 17 were cured, 35 improved; among the 67 moderately severe cases who had paleocinetic legs but could not walk and stand, 33 were cured, 34 improved; the 10 mild cases who could stand and walk with paleocinetic but weak legs were all cured. Most of the mild and moderately severe cases were cured within one month or so with one case cured in one week.



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## 7.7 The Prescription of *Shigao Tang*

Name: Gypsum Decoction

Source: The book *Wai Tai Mi Yao*

Ingredients:

*Shi Gao* (Gypsum Fibrosum) 30 g, *Huang Lian* (Rhizoma Coptidis) 6 g, *Huang Bai* (Cortex Phellodendri) 6 g, *Huang Qin* (Radix Scutellariae) 6 g, *Dan Dou Chi* (Semen Sojae Preparatum) 9 g, *Zhi Zi* (Fructus Gardeniae) 9 g, *Ma Huang* (Herba Ephedrae) 9 g.

Explanation:

*Shi Gao:* The principal drug, being pungent and sweet in flavor and very cold in nature, removing heat and restlessness.

*Ma Huang* and *Dou Chi:* Removing the pathogenic factors in the exterior through the superficies of the body.

*Huang Lian, Huang Qin, Huang Bai* and *Zhi Zi:* Purging fire and removing toxic materials, expelling fire in the tri-*Jiao* from the interior.

Effect: Removing heat and toxic materials, relieving exterior syndrome through diaphoresis.

Indications: Syndrome of intense heat due to febrile disease in the interior complicated by unrelieved exterior syndrome , marked by high fever, no sweat, heavy and strain sensation of the body , dry nose, thirst, restlessness, insomnia, coma, delirium ,or skin eruption, and slippery rapid pulse; including such diseases with the above symptoms as hematosepsis, cholecystitis, pelvic inflammation, pancreatitis and appendicitis.

Administration: Decocted in water for oral dose to be taken 3 times



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## 7.8 Prescriptions for Relieving Exterior Syndrome to Warm the Interior

This kind of prescriptions are mainly made up of drugs with the action of expelling pathogenic factors from the exterior and eliminating pathogenic cold from the interior. They are suitable for the syndrome due to unrelieved exterior syndrome complicated by cold pathogens in the interior. Drugs with the action of relieving exterior syndromes such as

*Ma Huang* (Herba Ephedrae), *Bai Zhi* (Radix Angelicae Dahuricae),

are usually used compatibly with drugs with the action of warming the interior to dispel pathogenic cold such as

*Gan Jiang* (Rhizoma Zingiberis), *Rou Gui* (Cortex Cinnamomi),

in these prescriptions, whose representatives are *Wuji San*, etc.

## 7.9 The prescription of *Wuji San*

Name: Powder for Relieving Five Kinds of Accumulation in the Abdomen

Source: The book *Tai Ping Hui Min He Ji Ju Fang*

Ingredients:

*Bai Zhi* (Radix Angelicae Dahuricae) 90 g, *Chuan Xiong* (Rhizoma Chuanxiong) 90 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 90 g, *Fu Ling* (Poria) 90 g, *Dang Gui* (Radix Angelicae Sinensis) 90 g, *Rou Gui* (Cortex Cinnamomi) 90 g, *Shao Yao* (Radix Paeoniae) 90 g, *Ban Xia* (Rhizoma Pinelliae) 90 g, *Chen Pi* (Pericarpium Citri Reticulatae) 180 g, *Zhi Qiao* (parched Fructus Aurantii) 180 g, *Ma Huang* (Herba Ephedrae)



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180 g, *Cang Zhu* (Rhizoma Atractylodis) 720 g, *Gan Jiang* (baked Rhizoma Zingiberis) 120 g, *Jie Geng* (Radix Platycodi) 360 g, *Hou Po* (Cortex Magnoliae Officinalis) 120 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 3 pieces.

Explanation:

*Ma Huang* and *Bai Zhi:* The principal drugs, relieving exterior syndrome through diaphoresis.

*Gan Jiang* and *Rou Gui:* The principal drugs, warming the interior to remove cold pathogen.

*Gang Zhu* and *Hou Po:* Drying dampness and strengthening the spleen.

*Chen Pi, Ban Xia* and *Fu Ling:* Regulating the flow of *Qi* to resolve phlegm.

*Dang Gui, Chuan Xiong* and *Shao Yao:* Promoting the circulation of blood to relieve pain.

*Jie Geng* and *Zhi Qiao:* Activating the flow of *Qi* to remove stagnations.

*Gan Cao:* Regulating the *Qi* of the middle–*Jiao* to strengthen the spleen , tempering the actions of all the other ingredients.

Effect: Relieving exterior syndrome through diaphoresis, warming the interior to dispel pathogenic cold, activating the flow of *Qi* to remove phlegm, promoting the circulation of blood and digestion.

Indications: Syndrome due to affection of exogenous wind–cold and impairment done by raw and cold pathogens in the interior, marked by fever without sweat, headache and general aching, muscular rigidity in the back and neck, fullness in the chest, anorexia, vomiting, abdominal pain, pain in the abdomen and irregular menstruation in women due to derangement of *Qi*



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and blood ; including such diseases with the above symptoms as habitual common cold, gastrointestinal neurosis, irregular menstruation, chronic gastroenteritis and chronic hepatitis.

Administration:

All the ingredients except *Sheng Jiang*, *Rou Gui* and *Zhi Qiao* are ground into coarse powder, The powder is parched until it's color has been changed. The parched powder is spread to be cooled and then mixed with the powder of *Rou Gui* and *Zhi Qiao*. 9 g of the mixed powder and *Sheng Jiang* are decocted in water for the decoction, which is taken warm 2 times in one day. (The ingredients of this prescription may be decocted in water for oral dose. In so doing , the dosage of the drugs should be deterimined according to the proportions of the drugs in the original prescription.)



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# 8 Prescriptions for Tonification

## 8.1 Prescriptions for Tonification

This kind of prescriptions are mainly composed of drugs with the action of tonifying, Being capable of nourishing and invigorating the *Qi*, blood, *Yin* and *Yang* of the body, they are used to treat various syndromes of deficiency type. As syndromes of deficiency type can be summarized as *Qi* deficiency, blood deficiency, *Yin* deficiency, *Yang* deficiency and deficiency of both *Qi* and blood, prescriptions of this kind are classified, accordingly, as the following five: those for invigorating *Qi*, those for enriching blood, those for replenishing *Yin*, those for tonifying *Yang*, and those for reinforcing both *Qi* and blood.

*Qi*, blood, *Yin* and *Yang* are inseparably related to each other. Just as the theories indicate: *Qi* and blood generate mutually; *Qi* were the commander of blood; blood were the mother of *Qi*, Therefore, drugs for invigorating *Qi* are used in prescriptions for enriching blood, and drugs for enriching blood are used to treat syndromes due to *Qi* deficiency complicated by blood deficiency. Similarly, drugs for tonifying *Yang* are used in prescriptions for replenishing *Yin*, and drugs for replenishing *Yin* are used in prescriptions for tonifying *Yang*, for the purpose of "tonifying *Yang* by replenishing *Yin*" and "replenishing *Yin* by tonifying *Yang*". This is based on the theory that *Yin* and *Yang* depend on and assist each other, they are physiologically related to and



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pathologically influenced each other. As for the hypoactivities of the spleen and stomach, drugs which should be prescribed are those with the action of strengthening the spleen and benefiting the stomach.

Drugs in prescriptions for tonification should be decocted with gentle heat for a longer time, and it is better to take their decoction on an empty stomach or before meal. Before prescriptions for tonification are prescribed, the true or false of a deficiency syndrome must be identified. When exogenous pathogens still linger, the first thing is to expel them instead of tonifying. If tonification is really needed, drugs for tonification must be used together with drugs for removing pathogens

## 8.2 Prescriptions for Invigorating *Qi*

This kind of prescriptions are mainly made up of drugs with the action of invigorating *Qi*. They are suitable for the syndrome due to *Qi* deficiency of the spleen and lung, marked by lassitude, shortness of breath, lower voice, languor, pale complexion loss of appetite, pale tongue with whitish coating, floating or feeble large pulse, or fever of deficiency type, spontaneous sweating, or proctoptosis prolapse of the uterus, etc. Drugs such as

*Ren Shen* (Radix Ginseng), *Huang Qi* (Radix Astragali), *Bai Zhu* (Rhizoma Atractylodis Macrocephalae), *Zhi Gan Cao* (Radix Glycyrrhizae Preparata),

are usually used in these prescriptions, whose representatives are *Si Jun Zi Tang*, *Shenling Baizhu San* and *Buzhong Yiqi Tang*.

## 8.3 The Prescription of *Si Jun Zi Tang*

Name: Decoction of Four Noble Drugs



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Source: The book *Tai Ping Hui Min He Ji Ju Fang*

Ingredients:

*Ren Shen* (Radix Ginseng) 10 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 9 g, *Fu Ling* (Poria) 9 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 6 g.

Explanation:

*Ren Shen:* The principal drug, being sweet in flavor and warm in nature, invigorating primordial *Qi*, strengthening the spleen and stomach.

*Bai Zhu:* Strengthening the spleen and drying dampness.

*Fu Ling:* Inducing diuresis and strengthening the spleen,assisting *Bai Zhu* in promoting the transforming and transporting function of the spleen.

*Zhi Gan Cao:* Invigorating *Qi*, regulating the stomach, tempering the actions of all the other ingredients.

Effect: Invigorating *Qi* and strengthening the spleen

Indications:

Syndrome due to *Qi* deficiency of the spleen and stomach, marked by pale complexion, lower voice, weakness of the limbs, poor appetite or loose stools, pale tongue, thready and slow pulse; including such diseases with the above symptoms as chronic gastritis and gastroduodenal ulcer.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: The way to take decoction of *Si Jun Zi Tang* was clinically used to replace or reduce postgastric operation fluid transfusion in 154 cases with satisfactory effects.The prescription prescribed consisted of :

*Dang Shen* (Radix Codonopsis) 9 g, *Bai Zhu* (Rhizoma



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Atractylodis Macrocephalae) 6 g, *Fu Ling* (Poria) 6 g, *Gan Cao* (Radix Glycyrrhizae) 3 g, *Shou Wu* (Radix Polygoni Multiflori) 6 g, *Bai Shao* (Radix Paeoniae Alba) 6 g.

The above ingredients were decocted in water for oral dose and 3 doses were taken in the whole course of treatment. The first dose was taken at 16th – 24th hours after the operation, the second at 48th hour, and the third at 72th hour.

Pharmacology:

The decoction of *Si Jun Zi Tang* acts on the hepatic glycogen and RNA of a mouse. An experiment showed that in the group of administration (40%), the hepatic glycogen was remarkably increased and the glycogen particles were accumulated into masses, especially in the centre.

A certain amount of the decoction of *Si Jun Zi Tang* exerted inhibitory influence on the movements of isolated small intestine of a rabbit. This was mainly related to the decoction's anti–acetylcholine action, which was marked by relaxing the tension of the movements of the intestinal canals rather than inhibiting their contraction.

The decoction also had evident anti–histamine action. This may be the reason that the patients with gastrointestinal disorders will get well after they take the decoction of *Si Jun Zi Tang*, suggesting that the decoction has the anti–adrenalin action as well as the anti–acetylcholine and anti–histamine actions.

## 8.4 The Prescription of *Liu Jun Zi Tang*

Name : Decoction of Six Ingredients

Source: The book *Fu Ren Liang Fang*

Ingredients:



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*Ren Shen* (Radix Ginseng) 10 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 9 g, *Fu Ling* (Poria) 9 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 6 g, *Chen Pi* (Pericarpium Citri Reticulatae) 9 g, *Ban Xia* (Rhizoma Pinelliae) 9 g.

Explanation:

*Ren Shen, Bai Zhu, Fu Ling* and *Zhi Gan Cao:* Working together to invigorate *Qi* and reinforce the spleen.

*Chen Pi:* Regulating the flow of *Qi* and stomach, removing dampness and dissolving phlegm.

*Ban Xia:* Removing dampness and resolving phlegm, descending the upward adverse flow of *Qi* to arrest vomiting.

Effect: Strengthening the spleen to arrest vomiting.

Indications: Syndrome due to *Qi* deficiency of the spleen and stomach complicated by damp–phlegm, marked by loss of appetite, nausea, vomiting, full and depressing sensation in the chest and epigastric region, loose stools, or productive cough with whitish watery sputum; including such diseases with the above symptoms as vomiting in pregnancy, chronic gastritis and gastroduodenal ulcer.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: 52 cases of pernicious vomiting were clinically treated with modified *Liu Jun Zi Tang*. The vomiting in all the cases was stopped 24–96 hours later after the decoction was taken (It reoccurred in 4 cases), and the appetite was rapidly improved. Each of 42 cases (80.77%) took 1–5 doses and they were all cured, 9 cases (17.3%) were improved, and 1 case (1.93%) was unimproved.



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## 8.5 The Prescription of *Xiangsha Liujunzi Tang*

Name: Decoction of Cyperus and Amomum with Six Noble Ingredients

Source: The book *Yi Fang Ji Jie*

Ingredients:

*Ren Shen* (Radix Ginseng) 10 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 9 g, *Fu Ling* (Poria) 9 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 6 g, *Chen Pi* (Pericarpium Citri Reticulatae) 9 g, *Ban Xia* (Rhizoma Pinelliae) 9 g, *Mu Xiang* (Radix Aucklandiae) 6 g, *Sha Ren* (Fructus Amomi) 6 g.

Explanation:

*Ren Shen, Bai Zhu, Fu Ling* and *Zhi Gan Cao:* Invigorating *Qi* and strengthening the spleen.

*Ban Xia:* Removing dampness and resolving phlegm, keeping the adverse flow of *Qi* downward to arrest vomiting.

*Chen Pi, Mu Xiang* and *Sha Ren:* Promoting the flow of *Qi* to regulate the stomach and relieve pain.

Effect: Strengthening the spleen, regulating the stomach, promoting the flow of *Qi*, relieving pain.

Indications:

Syndrome due to hypofunction of the spleen and stomach and cold–dampness retained in the interior, marked by full and depressing sensation in the chest and epigastric region, vomiting, nausea, poor appetite, diarrhea, or stomachache of cold–type; including such diseases with the above symptoms as chronic gastritis, peptic ulcer and vomiting in pregnancy.

Administration: Decocted in water for oral dose to be taken twice



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## 8.6 The Prescription of *Shenling Baizhu San*

Name: Powder of Ginseng, Poria and Bighead Atractylodes

Source: The book *Tai Ping Hui Min He Ji Ju Fang*

Ingredients:

*Lian Zi Rou* (Semen Nelumbinis) 500 g, *Yi Yi Ren* (Semen Coicis) 500 g, *Sha Ren* (Fructus Amomi) 500 g, *Jie Geng* (Radix Platycodi) 500 g, *Bai Bian Dou* (Semen Lablab Album) 750 g, *Fu Ling* (Poria) 1,000 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 1,000 g, *Ren Shen* (Radix Ginseng) 1,000 g, *Shan Yao* (Rhizoma Dioscoreae) 1,000 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 1,000 g.

Explanation:

*Ren Shen, Shan Yao* and *Lian Zi Rou:* The principal drugs, invigorating *Qi* and strengthening the spleen, regulating the stomach to treat diarrhea.

*Bai Zhu, Fu Ling, Yi Yi Ren* and *Bian Dou:* Promoting water metabolism and strengthening the spleen.

*Sha Ren:* Regulating the stomach and enlivening the spleen, promoting the flow of *Qi* to relieve chest depression.

*Jie Geng:* Facilitating the flow of the lung–*Qi* and guiding the action of other drugs to the upper–*Jiao*.

*Zhi Gan Cao:* Replenishing *Qi* and regulating the function of the middle–*Jiao*, tempering the actions of all other ingredients.

Effect: Strengthening the spleen,invigorating *Qi*, regulating the stomach, removing dampness.

Indications: Syndrome due to *Qi* deficiency of the spleen and stomach complicated by dampness pathogen, marked by poor



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appetite, loose stools, or vomiting and diarrhea, weakness of the limbs, emaciation, depressing and distending sensation in the chest and epigastric region, sallow complexion, whitish greasy tongue coating, and weak slow pulse; including such diseases with the above symptoms as chronic gastroenteritis, anemia, tuberculosis of lung chronic nephritis, and other chronic consumptive diseases.

Administration: All the ingredients are ground into fine powder, 6 g of which is taken with the decoction of *Da Zao* (Fructus Jujubae). (Taken also in the form of decoction with the dosages of the drugs properly reduced according to the original proportions of the ingredients in the prescription).

Case Study: 18 cases of diarrhea due to spleen deficiency, marked by emaciation, listlessness, pale or sallow complexion, distention and fullness in the abdomen, abdominal pain with preference for palpation, protracted diarrhea or loose stools with undigested food, poor appetite, pale tongue with thin whitish coating, thready slow pulse, and light indistinct supericial venule of the index finger, were clinically treated with *Shenling Baizhu San* modified according to the symptoms. The result was: 13 cases were cured, 4 cases improved, and 1 case unimproved.

## 8.7 The Prescription of *Buzhong Yiqi Tang*

Name: Decoction for Reinforcing the Middle–*Jiao* and Replenishing *Qi*

Source: The book *Pi Wei Lun*

Ingredients:

*Huang Qi* (Radix Astragali) 15 g, *Zhi Gan Cao:* (Radix Glycyrrhizae Praeparata) 6 g, *Ren Shen* (Radix Ginseng) 6 g,



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*Dang Gui* (Radix Angelicae Sinensis) 9 g, *Ju Pi* (Pericarpium Citri Reticulatae) 6 g, *Chai Hu* (Radix Bupleuri) 3 g, *Sheng Ma* (Rhizoma Cimicifugae) 3 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 10 g.

Explanation:

*Huang Qi:* The principal drug, invigorating *Qi* to consolidate the superficial resistance, elevating *Yang–Qi* to treat prolapse.

*Dang Gui:* Working with *Huang Qi* to replenish *Qi* and promote the generation of blood.

*Chen Pi:* Regulating the flow of *Qi* and the stomach, making this tonifying prescription not cause any stagnation.

*Sheng Ma* and *Chai Hu:* Aiding *Huang Qi* in elevating *Yang–Qi* and regulating the stomach.

Effect: Reinforcing the middle–*Jiao* and invigorating *Qi*, elevating *Yang–Qi* to treat prolapse.

Indications: Syndrome due to *Qi* deficiency of the spleen and stomach, marked by fever, sweating, headache, aversion to cold, thirst with prefernce for hot drink, shortness of breath, languor, or tastelessness in the mouth, weakness of the limbs, pale tongue with whitish coating, weak feeble pulse, including such disorders due to weak *Qi* of the middle–*Jiao* as proctoptosis, hysteroptosis, gastroptosis, prolonged diarrhea or dysentery as well as easy affection of common cold.

Administration: Decocted in water for oral dose to be taken twice (Taken also in the form of bolus, in which the proportions of the drugs are according to those in the original prescription. 10–15 g of the bolus is taken each time, 2–3 times daily.).

Contraindication: This prescription is contraindicated for the patients with heat pathogen in the interior due to *Yin* defi-



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ciency, for the drugs in it are sweet in flavor and damp in nature.

Case Study: *Buzhong Yiqi Tang* was clinically used to treat 23 cases of prolapse of the uterus, 1 dose being taken daily and 1 course of treatment involving 2 weeks. During the treatment, the patients were asked to take the chest–knee position and do the exercise of lifting anus and contracting the anal sphincter for 10–20 minutes both in the morning and evening, and avoid heavy physical labor and sudden rage. The result was: the treatment was stopped within 1 course in 2 cases but continued in all the other 21 cases, 76.2% of whom were cured, 6.5% improved, and 14.2% unimproved.

*Buzhong Yiqi Tang* was also used to treat 3 cases of blepharoptosis manifested as nearly–closed eyes due to inability of the upper eyelid to be lifted, dryness and soreness of the eyes and intermittent pain in the eyes. Half a month later, effectiveness was seen in all the 3 cases.

## 8.8 The Prescription of *Shengmai San*

Name: Pulse–activating Powder

Source: The book *Nei Wai Shang Bian Huo Lun*

Ingredients:

*Ren Shen* (Radix Ginseng) 10 g, *Mai Dong* (Radix Ophiopogonis) 15 g, *Wu Wei Zi* (Fructus Schisandrae) 6 g.

Explanation:

*Ren Shen:* The principal drug, replenishing the lung–*Qi*, promoting the production of body fluids.

*Mai Dong:* Nourishing *Yin*, clearing away heat, promoting the production of body fluids.

*Wu Wei Zi:* Astringing the lung to stop thirst, promoting the



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production of body fluids.

Effect: Working together to exert the action of tonifying, clearing away heat and astringing, and produce the effect of replenishing *Qi*, promoting the secretion of body fluids, astringing *Yin* and arresting sweating.

Indications: Syndrome due to impairment of both *Qi* and body fluid by pathogenic heat or lung–deficiency from prolonged cough, marked by profuse sweating, lassitude , shortness of breath, thirst, weak rapid pulse, or by cough with little sputum, shortness of breath, spontaneous sweating, dry tongue and mouth, and weak rapid pulse; including such diseases with the above symptoms as febrile disease at its later stage, tuberculosis of lung, chronic bronchitis, heart failure and acute infectious diseases in the convalescence.

Administration: Decocted in water for oral dose to be taken twice

Case Study: Compound injection of *Shengmai San* and *Sini San* was clinically adopted to treat 17 cases of acute myocardiac infarction complicated by cardiogenic shock with satisfactory curative effects. Of all the cases, failure of the left heart in the acute state was seen in 4 ones, ventricular tachycardia in one, supraventricular tachycardia in one, and second degree atrioventricular block in one. The result was: the blood pressure was retured to normal in all the cases except the one who had died in the course of treatment.

## 8.9 The Prescription of *Renshen Gejie San*

Name: Powder of Ginseng and Gecko

Source: The book *Wei Sheng Bao Jian*



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Ingredients:

*Ge Jie* (Gecko) 1 pair, *Xing Ren* (Semen Armeniacae Amarum) 150 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata)150 g, *Ren Shen* (Radix Ginseng) 60 g, *Fu Ling* (Poria) 60 g, *Bei Mu* (Bulbus Fritillariae Cirrhosae) 60 g, *Sang Bai Pi* (Cortex Mori) 60 g, *Zhi Mu* (Rhizoma Anemarrhenae) 60 g.

Explanation:

*Ge Jie:* The principal drug, improving inspiration to relieve asthma by invigorating the kidney–*Qi*.

*Ren Shen:* Reinforcing the primordial *Qi*, benefiting the spleen and lung.

*Fu Ling:* Strengthening the spleen to remove dampness.

*Sang Pi* and *Xing Ren:* Descending the adverse flow of *Qi* downward to relieve asthma.

*Bei Mu:* Clearing away heat, moisturizing the lung, resolving phlegm.

*Zhi Mu:* Clearing away lung–heat, nourishing the kidney, improving inspiration.

*Zhi Gan Cao:* Invigorating *Qi*, regulating the stomach, tempering the actions of all the other ingredients.

Effect: Replenishing *Qi*, clearing away lung–heat, relieving cough and asthma.

Indications: Syndrome due to lung–deficiency and prolonged cough, marked by cough, asthma, thick yellowish sputum, or cough, vomiting of pus and blood, restless and feverish sensation in the chest, emaciation, and floating weak pulse; including such diseases with the above symptoms as tuberculosis and chronic bronchitis.



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Administration: The ingrediants are ground into powder.6 g of it is taken on an empty stomach with boiled water each time, twice daily, in the morning and evening.

## 8.10 Prescriptions for Enriching Blood

This kind of prescriptions are mainly made up of drugs with the action of tonifying blood. They are suitable for the syndrome of blood-deficiency manifested as dizziness, sallow complexion, pallor fingernails or toenails, palpitation, insomnia, scanty and light-colored menstruation, and thready rapid weak pulse.Drugs such as

*Dang Gui* (Radix Angelicae Sinensis), *Shu Di* (Radix Rehmanniae Preparata), *E Jiao* (Colla Corii Asini), *He Shou Wu* (Radix Polygoni Multiflori), are usually used in these prescriptions, whose representatives are *Siwu Tang* and *Guipi Tang*.

## 8.11 The Prescription of *Siwu Tang*

Name: Decoction of Four Ingredients

Source: The book *Tai Ping Hui Min He Ji Ju Fang*

Ingredients:

*Dang Gui* (Radix Angelicae Sinensis) 10 g, *Shu Di* (Radix Rehmanniae Preparata) 15 g, *Bai Shao* (Radix Paeoniae Alba) 10 g, *Chuan Xiong* (Rhizoma Chuanxiong) 6 g.

Explanation:

*Shu Di:* The principal drug, nourishing *Yin*, enriching blood, supplementing essence of the kidney.

*Dang Gui:* Tonifying and coordinating blood, regulating menstruation.

*Bai Shao:* Nourishing blood and astringing *Yin*.



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*Chuan Xiong:* Promoting the circulation of blood and removing the stagnation of *Qi*, thus preventing other sticky-natured tonics in this prescription from bringing about the stagnation of *Qi* and blood.

Effect: Enriching blood and regulating menstruation.

Indications: Syndrome due to blood deficiency and blood stasis, marked by palpitation, dizziness, blurred eyes, tinnitus, pallor lips and finger / toe nails; scanty menstruation, or amenorrhea, pain around the umbilicus, pale tongue, and taut thready or thready uneven pulse; including such diseases with the above symptoms as anemia and irregular menstruation.

Contraindication: Because *Shu Di* and *Shao Yao* are liable to cause stagnation of *Qi* and impairment of *Yang-Qi* due to their *Yin*-soft nature, this prescription should not be used to treat cases with *Yang* deficiency of the spleen and stomach, marked by poor appetite and loose stools.

Administration: Decocted in water for oral dose to be taken twice

Case Study: Modified *Siwu Tang* was clinically employed to treat 44 cases of neurogenic headache, marked by oppressed, distending or pricking pain in the head complicated by dizziness, insomnia, palpitation, soreness of the loins, and thready weak pulse. Short-term control was obtained in 23 cases(no recurrence in 6 months),remarkable improvement in 13, improvement in 7,and unimprovement in 1.

100 cases of abnormal fetal position were corrected with modified Siwu Tang,whose ingredients were:

*Dang Gui* (Radix Angelicae Sinensis) 6 g, *Bai Shao* (Radix Paeoniae Alba) 9 g, *Chuan Xiong* (Rhizoma Chuanxiong) 1.5 g,



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*Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 9 g, *Fu Ling* (Poria) 9 g.

3 doses were taken by each of them, 1 dose daily. The treatment result was: In the 87 cases reexamined, correction of the abnormal fetal position was seen in 73, and in effectiveness in 9. This modified *Siwu Tang* is contraindicated for those with hemorrhage.

## 8.12 The Prescription of *Danggui Buxue Tang*

Name: Chinese Angelica Decoction for Enriching Blood

Source:The book *Nei Wai Shang Bian Huo Lun*

Ingredients:

*Huang Qi* (Radix Astragali) 30 g, *Dang Gui* (Radix Angelicae Sinensis) 6 g.

Explanation:

*Huang Qi:* Used in large dose to invigorate strongly the *Qi* of the spleen and lung so as to promote the production of blood.

*Dang Gui:* Enriching blood and regulating *Ying*, working together with *Huang Qi* to result in the growth of both *Yang* and *Yin* and the generation of both *Qi* and blood.

Effect: Supplementing *Qi* to promote the production of blood.

Indications: Syndrome of fever due to blood deficiency, marked by muscle–heat and flushed face, excessive thirst with desire for drinking, full large but weak pulse, or headache during, menstruation or after giving birth, or unhealing opening of a carbuncle or furuncle; including such diseases with the above manifestations as various anemia, allergic purpura, dysfunctional uterine bleeding, leukopenia and neurosism.

Administration: Decocted in water for oral dose to be taken



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twice.

## 8.13 The Prescription of *Guipi Tang*

Name: Decoction for Invigorating the Spleen and Nourishing the Heart

Source: The book *Ji Sheng Fang*

Ingredients:

*Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 9 g, *Fu Shen* (Poria cum Ligno Hospite) 10 g, *Huang Qi* (Radix Astragali) 12 g, *Long Yan Rou* (Arillus Longan) 10 g, *Suan Zao Ren* (Semen Ziziphi Spinosae) 10 g, *Ren Shen* (Radix Ginseng) 12 g, *Mu Xiang* (Radix Aucklandiae) 5 g, *Gan Cao* (Radix Glycyrrhizae) 5 g, *Dang Gui* (Radix Angelicae Sinensis) 10 g, *Yuan Zhi* (Radix Polygalae) 10 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 6 g, *Da Zao* (Fructus Jujubae) 3 dates.

Explanation:

*Huang Qi* and *Ren Shen:* The principal drugs, invigorating *Qi* and strengthening the spleen.

*Dang Gui* and *Long Yan Rou:* Nourishing blood and coordinating *Ying*, assisting the principal drugs in invigorating *Qi* and enriching blood.

*Bai Zhu* and *Mu Xiang:* Strengthening the spleen and regulating the flow of *Qi* to cause the stagnation to be avoided which is prone to be brought about by the tonics in the prescription.

*Fu Shen, Yuan Zhi* and *Suan Zao Ren:* Nourishing the heart to calm the mind.

*Gan Cao, Sheng Jiang* and *Da Zao:* Regulating the stomach and strengthening the spleen.

Effect: Invigorating *Qi* and nourishing blood, strengthening



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the spleen and tonifying the heart.

Indications: Syndrome due to deficiency of both the heart and spleen or inability of the spleen to control the flow of blood, marked by palpatation, amnesia, insomnia, dreamful sleep, tending to be frightened, fever of deficiency type, lassitude, poor appetite, sallow complexion, pale tongue with thin whitish coating, and thready weak pulse, or hematochezia, metrorrhagia and metrostaxis, preceded menstrual cycle with profuse and light-colored menses; including such diseases with the above symptoms as neurosism, heart disease, dysfunctional uterine bleeding, thrombocytopenic purpura, aplastic anemia and bleeding due to gastroduodenal ulcer.

Administration: Decocted in water for oral dose to be taken twice

Case Study: 720 cases of neurosism were treated with *Guipi Tang* clinically.2.2% of them were cured, 46.4% almost cured, 28% improved.

Modified *Guipi Tang* was selected to treat 88 cases of post-traumatic brain syndrome which had been diagnosed as closed injury of the brain such as concussion of brain or brain contusion. The result was: 41 cases (45.5%) were cured, 30 (34%) remarkable improved, and 17 (20.5%) improved.

## 8.14 The Prescription of *Zhi Gancao Tang*

Name: Decoction of Prepared Licorice

Source: The book *Shang Han Lun*

Ingredients:

*Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 12 g, *Ren Shen* (Radix Ginseng) 6 g, *Sheng Di Huang* (Radix Rehmanniae) 30 g,



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*Gui Zhi* (Ramulus Cinnamomi) 9 g, *E Jiao* (Colla Corii Asini) 6 g, *Mai Dong* (Radix Ophiopogonis) 10 g, *Ma Ren* (Frutus Cannabis) 10 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 10 g, *Da Zao* (Fructus Jujubae) 5 dates.

Explanation:

*Zhi Gan Cao:* The principal drug, being sweet in flavor and warm in nature, used in large dosage to replenish *Qi*, relieve spasm and nourish the heart.

*Ren Shen* and *Da Zao:* Invigorating *Qi*, strengthening the spleen, nourishing the heart.

*Sheng Di, Mai Dong, Ma Ren* and *E Jiao:* Enriching *Yin*–blood.

*Gui Zhi* and *Sheng Jiang:* Warming up *Yang–Qi* to promote the circulation of *Qi* and blood in the channels.

Effect: Replenishing *Qi*, nourishing blood, enriching *Yin*, restoring the circulation of blood.

Indications:Syndrome due to deficiency of both *Qi* and blood, marked by intermittent and knotted pulse, palpitation, or dry stools, light red tongue with little coating, dry cough without sputum or with blood–tinged sputum; including such diseases with the above symptoms as coronary heart disease, viral myocarditis, rheumatic heart disease and neurosism.

Contraindication: Because *Zhi Gancao Tang* is wet in nature, it can not be used to treat patients with interior heat due to *Yin*–deficiency.

Case Study: 28 cases, who had been suffering from arrhythmia for 3 months to 2 years and of whom 12 were male, 16 were female, the oldest was 56 years old, the youngest was 4, were treated clinically with modified *Zhi Gancao Tang*, whose in-



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gredients were:

*Dang Shen* (Radix Codonopsis) 9 g, *Gui Zhi* (Ramulus Cinnamomi) 9 g, *E Jiao* (Colla Corii Asini) 9 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 9 g, *Sheng Di* (Radix Rehmanniae) 15 g, *Mai Dong* (Radix Ophiopogonis) 9 g, *Ma Ren* (Fructus Cannabis) 12 g, *Da Zao* (Fructus Jujubae) 10 dates.

all of which were decocted in water for oral dose, 1 dose daily. In case of restlessness, insomnia and night sweat, the drug added was:

*Suan Zao Ren* (Semen Ziziphi Spinosae).

In case of palpitation, the drugs added were:

*Zhu Sha* (Cinnabaris)

*Long Gu* (Os Draconis Fossilia)

*Mu Li* (Concha Ostreae).

The result was that remarkable improvement was obtained in 23 cases, improvement in 4, and ineffectiveness in 1.

150 cases of angina pectoris were treated with *Zhi Gancao Tang* minus:

*Ma Ren* (Fructus Cannabis), *Sheng Jiang* (Rhizoma Zingiberis Recens) but plus:

*Wu Wei Zi* (Fructus Schisandrae), *Ji Xue Teng* (Caulis Spatholobi), *Gui Ban* (Carapax et Plastrum Testudinis), *Bing Tang* (crystal sugar).

Clinical observation showed that remarkable improvement was seen in 48 cases, improvement in 90, and no improvement in 12.

## 8.15 Prescriptions for Reinforcing Both *Qi* and Blood

Prescriptions of this kind are mainly composed of drugs with



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the action of invigorating *Qi* and drugs of nourishing blood. They are applicable to the syndrome due to deficiency of both *Qi* and blood, marked by lustreless complexion, dizziness, blurred eyes, palpitation, shortness of breath, pale tongue, and weak thready pulse. Drugs with the action of invigorating *Qi* such as

*Ren Shen* (Radix Ginseng), *Huang Qi* (Radix Astragali), *Gan Cao* (Radix Glycyrrhizae),

are usually compatible with drugs with the action of enriching blood such as

*Dang Gui* (Radix Angelicae Sinensis), *Bai Shao* (Radix Paeoniae Alba), *Shu Wu* (Radix Polygoni Multiflori), *E Jiao* (Colla Corii Asini), *Long Yan Rou* (Arillus Longan),

in these prescriptions, whose representatives are *Bazhen Tang* and *Taishan Panshi San.*

## 8.16 The Prescription of *Bazhen Tang*

Name: Eight Precious Ingredients'. Decoction

Source: The book *Zheng Ti Lei Yao*

Ingredients: *Dang Gui* (Radix Angelicae Sinensis) 10 g, *Chuan Xiong* (Rhizoma Chuanxiong) 6 g, *Bai Shao* (Radix Paeoniae Alba) 10 g, *Shu Di* (Radix Rehmanniae Preparata) 15 g, *Ren Shen* (Radix Ginseng) 6 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 10 g, *Fu Ling* (Poria) 10 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 6 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 6 g, *Da Zao* (Fructus Jujubae) 3 dates.

Explanation:

*Shu Di* and *Ren Shen:* The principal drugs, invigorating *Qi* and nourishing blood.

*Bai Zhu* and *Fu Ling:* Strengthening the spleen to remove



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dampness.

*Dang Gui* and *Bai Shao*:Nourishing blood and regulating Ying.

*Chuan Xiong:* Regulating blood and promoting the flow of *Qi*.

*Zhi Gan Cao:* Replenishing *Qi* and regulating the function of the middle–*Jiao*.

*Sheng Jiang* and *Da Zao:* Coordinating the spleen and stomach.

Effect: Reinforcing *Qi* and blood.

Indications: Syndrome due to deficiency of both *Qi* and blood, marked by pale or sallow complexion, dizziness, blurred eyes, lassitude, shortness of breath, languor, palpitation, poor appetite, pale tongue with thin whitish coating, and thready weak or weak large pulse; including such diseases with the above symptoms as weakness in the convalescence, various chronic diseases, irregular menstruation, postpartum blood deficiency, and carbuncle or furuncle with opening difficult to heal.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: 38 cases who had been troubled by habitual abortion for 2–5 times were treated clinically with modified *Bazhen Tang*, whose ingredients were: *Dang Gui* (Radix Angelicae Sinensis), *Shu Di* (Radix Rehmanniae Preparata), *Bai Shao* (Radix Paeoniae Alba), *Chuan Xiong* (Rhizoma Chuanxiong), *Dang Shen* (Radix Codonopsis), *Fu Ling (Poria)*, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae), *Gan Cao* (Radix Glycyrrhizae), *Sha Ren* (Fructus Amomi), *Zi Su* (Caulis Perillae), *Sheng Jiang* (Rhizoma Zingiberis Recens), *Da Zao* (Fructus



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Jujubae).

In case of *Qi* deficiency, the drug added was:

*Huang Qi* (Radix Astragali);

in case of blood deficiency, the drug added was:

*E Jiao* (Colla Corii Asini);

in case of vomiting due to exuberance of fire of deficiency type, drugs added were:

*Huang Qin* (Radix Scutellariae), *Zhu Ru* (Caulis Bambusae in Taeniam);

in case of dry mouth and throat due to fire of deficiency type, the drug omitted was:

*Shu Di* (Radix Rehmanniae Preparata) and the drugs added were:

*Sheng Di* (Radix Rehmanniae), *Yu Zhu* (Rhizoma Polygonati Odarati)

Effectiveness was seen in all the cases treated.

## 8.17 The Prescription of *Taishan Panshi San*

Name: Miscarriage Preventing Powder

Source: The book *Jing Yue Quan Shu*

Ingredients:

*Ren Shen* (Radix Ginseng) 5 g, *Huang Qi* (Radix Astragali) 10 g, *Dang Gui* (Radix Angelicae Sinensis) 10 g, *Chuan Duan* (Radix Dipsaci) 10 g, *Huang Qin* (Radix Scutellariae) 6 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 10 g, *Chuan Xiong* (Rhizoma Chuanxiong) 3 g, *Shao Yao* (Radix Paeoniae Alba) 6 g, *Shu Di* (Radix Rehmanniae Preparata) 10 g, *Sha Ren* (Fructus Amomi) 3 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 6 g, *Nuo Mi* (Semen Oryzae Glutinosae) 5 g.



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Explanation:

*Ren Shen, Huang Qi, Bai Zhu* and Zhi Gan Cao: Strengthening the spleen to invigorate *Qi*.

*Dang Gui, Shu Di, Shao Yao* and *Xu Duan:* Tonifying the liver and kidney, nourishing blood and regulating its flow.

*Huang Qin:* Clearing away heat, working together with *Bai Zhu* to strengthen the spleen and remove pathogenic heat so as to prevent miscarriage.

*Sha Ren:* Regulating *Qi* and the middle-*Jiao* so as to ensure a successful gestation.

*Chuan Xiong:* Promoting the flow of *Qi* and coordinating blood.

*Nuo Mi:* Nourishing the spleen and stomach to prevent abortion.

Effect: Invigorating *Qi*, strengthening the spleen,nourishing blood, preventing abortion.

Indications: Syndrome of miscarriage due to deficiency of both *Qi* and blood, marked by threatened abortion or habitual abortion, pale complexion, lassitude, anorexia, pale tongue with thin whitish coating, and weak slippery pulse; including disorders with the above symptoms such as threatened abortion and habitual abortion.

Administration: Decocted in water for oral dose to be taken 3 times on an empty stomach.

## 8.18 Prescriptions for Replenishing *Yin*

This kind of prescriptions are mainly made up of drugs with the action of nourishing *Yin*. They are indicated for the syndrome due to *Yin* deficiency, marked by emaciation, wan and sallow



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complexion, dry mouth and throat, soreness and weakness of the loins and legs, dizziness, blurred eyes, dry stools, or hectic fever due to bone-heat, night sweat, dry cough without sputum, flushing of zygomatic region, reddened tongue with little coating, and thready rapid pulse. The commonly used drugs in these prescriptions are:

*Di Huang* (Radix Rehmanniae), *Mai Dong* (Radix Ophiopogonis), *Tian Dong* (Radix Asparagi), *Gui Ban* (Carapax et Plastrum Testudinis), *Zhi Mu* (Rhizoma Anemarrhenae),which may be prescribed together with drugs with the action of supporting *Yang* such as

*Lu Jiao* (cornus Corii Cervi), *Tu Si Zi* (Semen Cuscutae),

in order that *Yin* can be generated by means of reinforcing *Yang*. *Liuwei Dihuang Wan* and *Zuogui Wan* are the representative prescriptions.

## 8.19 The Prescription of *Liuwei Dihuang Wan*

Name: Chinese Foxglove Root Pills of Six Ingredients

Source: The book *Xiao Er Yao Zheng Zhi Jue*

Ingredients:

*Shu Di Huang* (Radix Rehmanniae Preparata) 24 g, *Shan Zhu Yu* (Fructus Corni) 12 g, *Shan Yao* (Rhizoma Dioscoreae) 12 g, *Ze Xie* (Rhizoma Alismatis) 9 g, *Fu Ling* (Poria) 9 g, *Mu Dan Pi* (Cortex Moutan) 9 g.

Explanation:

*Shu Di:* The principal drug, nourishing the kidney and replenishing essence.

*Shan Zhu Yu:* Warming up and tonifying the kidney and liver, arresting seminal emission.



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*Shan Yao:* Reinforcing the kidney and benefiting the spleen, combining *Shu Di* and *Shan Zhu Yu* to enriching all the three *Yin*.

*Ze Xie:* Purging fire of the kidney and preventing *Shu Di* from resulting in stagnation of *Qi* due to its tonic and sticky nature.

*Dan Pi:* Clearing away pathogenic fire in the liver and restricting the warm nature of *Shan Zhu Yu*.

*Fu Ling:* Inducing diuresis to benefit the spleen, aiding *Shan Yao* in strengthening the spleen.

Effect: Nourishing and tonifying the liver and the kidney.

Indications: Syndrome of *Yin*–deficiency marked by weakness and soreness of the loins and knees, dizziness and vertigo, tinnitus and deafness, night sweat and emission, or hectic fever due to bone–heat, feverish sensation in the palms and soles, reddened tongue with little coating, and thready rapid pulse; including such diseases with the above symptoms as lung tuberculosis, renal tuberculosis,chronic pyelonephritis, hypertension and menopausal syndrome.

Administration: All the ingredients are ground into fine powder and made into boluses with honey, each of which weighs 15 g. 1bolus is taken by an adult, 3 times daily. This prescription may also be used in the form of decoction with the dosage of the ingredients reduced according to the primary proportions.

Case Study: *Liuwei Dihuang Wan* modified according to different symptoms and signs was clinically prescribed to treat 5 cases of central retina and central choroid disorder with 4 cases cured and 1 improved.



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## 8.20 The Prescription of *Zuogui Wan*

Name: Bolus for Reinforcing the Kidney–*Yin*

Source: The book *Jing Yue Quan Shu*

Ingredients:

*Shu Di* (Radix Rehmanniae Preparata) 240 g, *Shan Yao* (Rhizoma Dioscoreae) 120 g, *Gou Qi* (Fructus Lycii) 120 g, *Shan Zhu Yu* (Fructus Corni) 120 g, *Chuan Niu Xi* (Radix Cyathulae) 90 g, *Tu Si Zi* (Semen Cuscutae) 120 g, *Lu Jiao* (Colla Cornus Cervi) 120 g, *Gui Jiao* (Colla Carapacis et Plastri Testudinis) 120 g.

Explanation:

*Shu Di:*The principal drug, nourishing the kidney and supplementing essence.

*Shan Zhu Yu*, *Gou Qi Zi* and *Tu Si Zi:* Tonifying the liver and kidney.

*Shan Yao:* Benefiting both the spleen and the kidney.

*Gui Ban Jiao* and *Lu Jiao Jiao:* Drastically tonifying blood and kidney–essence with Lu Jiao Jiao's another action of warming *Yang* to generate *Yin*.

*Niu Xi:*Strengthening the muscles and bones.

Effect: Nourishing and tonifying the kidney–*Yin*.

Indications: Syndrome due to deficiency of the kidney–*Yin*, marked by dizziness, vertigo, soreness and weakness of the loins and knees, spontaneous sweat and night sweat, dry mouth and throat, reddened tongue with little coating, and thready or rapid pulse; including such diseases with the above symptoms as chronic nephritis, renal tuberculosis and menopausal syndrome.

Administration: All the ingredients are ground into powder



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and made with honey into boluses, each of which weighing 15 g. 1 bolus is taken each time on an empty stomach, twice daily in the morning and evening.

Prolonged taking of this bolus tends to cause the *Qi* of the spleen and stomach to be stagnated, for the prescription is mainly composed of *Yin*–soft natured drugs with the action of nourishing *Yin*. As a result, drugs with the action of promoting the flow of *Qi* and enlivening the spleen such as *Chen Pi* (Pericarpium Citri Reticulatae) and *Sha Ren* (Fructus Amomi) should be added when long–term use of it is needed.

## 8.21 The Prescription of *Yiguan Jian*

Name: An Ever Effective Decoction for Nourishing the Liver and Kidney

Source: The book *Liu Zhou Yi Hua*

Ingredients:

*Bei Sha Shen* (Radix Glehniae) 10 g, *Mai Dong* (Radix Ophiopogonis) 10 g, *Dang Gui* (Radix Angelicae Sinensis) 10 g, *Sheng Di Huang* (Radix Rehmanniae) 30 g, *Gou Qi Zi* (Fructus Lycii) 12 g, *Chuan Lian Zi* (Fructus Toosendan) 5 g.

Explanation:

*Sheng Di:* The principal drug, used in large dose to nourish *Yin* and enrich blood so as to tonify the liver and kidney.

*Sha Ren ,Mai Dong, Dang Gui* and *Gou Qi Zi:* Replenishing *Yin* and nourishing the liver.

*Chuan Lian Zi:* Used in small dose to disperse the depressed liver–*Qi*. Although it is bitter in flavor and cold in nature, it will not bring about any damage to *Yin*, because it is used together with quite a number of drugs with the action of nourishing *Yin*



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and blood.

Effect: Nourishing the liver and kidney, soothing the liver and regulating the circulation of *Qi*.

Indications: Syndrome due to *Yin* deficiency of the liver and kidney and depressed liver–*Qi*, marked by pain in the chest, epigastric and hypochondriac region, regurgitation of sour fluid, bitter taste in the mouth, dry throat and mouth, reddened tongue with dry coating, and thready weak or deficient taut pulse; including such diseases with the above symptoms as chronic hepatitis, peptic ulcer, neurosis, hypertension, pleurisy, intercostal neuralgia, and chronic testitis.

Administration: Decocted in water for oral dose to be taken twice.

Contraindication: Because this prescription is mainly made up of sticky–natured drugs with nourishing effects, it should not be prescribed to treat syndromes complicated by phlegm–accumulation and water–retention.

## 8.22 The Prescription of *Da Buyin Wan*

Name: Bolus for Replenishing Vital Essence

Source: The book *Dan Xi Xin Fa*

Ingredients:

*Huang Bai* (Cortex Phellodendri) 120 g, *Zhi Mu* (Rhizoma Anemarrhenae) 120 g, *Shu Di* (Radix Rehmanniae Preparata) 180 g, *Gui Ban* (Carapax et Plastrum Testudinis) 80 g, *Zhu Ji Sui* (spinal marrow of a pig) appropiate amount, *Feng Mi* (Mel) appropiate amount.

Explanation:

*Shu Di* and *Gui Ban:* Nourishing the kidney–*Yin* and sup-



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pressing floating *Yang* and fire.

*Zhu Ji Sui* and *Feng Mi:* As drugs from animal and with sweet taste and moistening nature, they are used to reinforce the kidney–*Yin* and essence so as to promote the production of body fluids.

*Huang Bai:* Being bitter in flavor and cold in nature, purging ministerial fire to consolidate the kidney–*Yin*.

*Zhi Mu:* Being bitter in taste and cold in nature, moisturizing the lung to clear away the lung-heat upward, replenishing the kidney–*Yin* downward.

Effect: Nourishing *Yin* to reduce pathogenic fire.

Indications: Syndrome of up-flaring of pathogenic fire of deficiency type due to *Yin*-deficiency of both the liver and kidney, marked by tidal fever due to bone-heat, night sweat, nocturnal emission, cough and hemoptysis, irritability, pain and hotness or flaccidity in the knees and feet, reddened tongue with little coating, and rapid forceful cubit pulse; including such diseases with the above symptoms as hyperthyroidism, renal tuberculosis and diabetes.

Administration: *Zhu Ji Sui* is steamed until it is done and pounded into paste, which is then mixed with melted *Feng Mi* evenly. The mixture is made into boluses with the powder of all the other ingredients, each bolus weighing 15 g. 1 bolus is taken with slightly salty boiled water each time, twice daily, in the morning and evening. Or its decoction is taken orally.

Contraindication: This prescription contains *Huang Bai* and *Zhi Mu* which are bitter in taste and cold in nature. As a result, it should be cautiously used for the syndromes complicated by poor appetite and loose stools due to hypofunction of the spleen and



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stomach.

Case Study: 10 cases of hemoptysis caused by tuberculosis, a syndrome diagnosed, in TCM, as "impairment of the lung vessels done by up-flaring of asthenic-fire due to *Yin*-deficiency of the lung and kidney", were clinically treated with modified *Da Buyin Wan* after they failed to respond to the combined remedies of Chinese and Western medicines. The drugs prescribed were:

*Sheng Di* (Radix Rehmanniae) 12 g, *Shu Di* (Radix Rehmanniae Preparata) 12 g, *Shan Zhi* (Fructus Gardeniae) 6 g, *Zhi Mu* (Rhizoma Anemarrhenae) 9 g, *Gui Ban* (Carapax et Plastrum Testudinis) 30 g, *Mai Dong* (Radix Ophiopogonis) 15 g, *Niu Xi* (Radix Achyranthis Bidentatae) 9 g, *Pi Pa Ye* (Folium Eriobotryae) 9 g, *Ce Bai Ye* (Cacumen Platycladi) 30 g, *Han Lian Cao* (Herba Ecliptae) 30 g.

Of the 10 cases, 9 were cured, 1 unimproved. Generally, 1 – 2 doses brought about remarkable effectiveness, another dose led to cure.

## 8.23 The Prescription of *Shihu Yeguang Wan*

Name : Bolus for Treating Eye Disorders

Source:The book *Yuan Ji Qi Wei*

Ingredients:

*Tian Men Dong* (Radix Asparagi) 60 g, *Ren Shen* (Radix Ginseng )60 g, *Fu Ling* (Poria) 60 g, *Shu Di Huang* (Radix Rehmanniae Preparata) 30 g, *Sheng Di Huang* (Radix Rehmanniae) 30 g, *Mai Men Dong* (Radix Ophiopogonis) 30 g, *Tu Si Zi* (Semen Cuscutae) 23 g, *Gan Ju Hua* (Flos Chrysanthemi) 23 g, *Cao Jue Ming* (Semen Cassiae) 23 g, *Xing Ren* (Semen Armeniacae Amarum) 23 g, *Gan Shan Yao*



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(Rhizoma Dioscoreae) 23 g, *Gou Qi* (Fructus Lycii) 23 g, *Niu Xi* (Radix Achyranthis Bidentatae) 23 g, *Wu Wei Zi* (Fructus Schisandrae) 23 g, *Ji Li* (Fructus Tribuli) 15 g, *Shi Hu* (Herba Dendrobii) 15 g, *Rou Cong Rong* (Herba Cistanches) 15 g, *Chuan Xiong* (Rhizoma Chuanxiong) 15 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 15 g, *Zhi Qiao* (Fructus Aurantii) 15 g, *Qing Xiang Zi* (Semen Celosiae) 15 g, *Fang Feng* (Radix Saposhinkoviae) 15 g, *Chuan Huang Lian* (Rhizoma Coptidis) 15 g, *Wu Xi Jiao* (Cornu Rhinocerotis) 15 g, *Ling Yang Jiao* (Cornu Saigae Tataricae) 15 g.

Explanation:

*Tian Dong, Mai Dong, Shu Di, Sheng Di, Wu Wei Zi* and *Shi Hu:* Promoting the production of body fluids and tonifying blood.

*Tu Si Zi, Gou Qi Zi, Niu Xi* and *Rou Cong Rong:* Replenishing *Yin* and reinforcing the kidney.

*Ren Shen, Fu Ling, Gan Cao* and *Shan Yao:* Invigorating the spleen and supplementing the lung.

*Zhi Qiao, Chuan Xiong, Ju Hua, Xing Ren, Fang Feng, Cao Jue Ming, Ji Li* and *Qing Xiang Zi:* Dispersing pathogenic wind–heat.

*Huang Lian, Xi Jiao* and *Ling Yang Jiao*: Suppressing the hyperactivities of the liver, purging heart–fire, removing pathogenic heat from blood.

Effect: Calming the liver to stop wind, nourishing *Yin* to improve eyesight.

Indications: Eye disorders due to up–flaring of fire caused by *Yin*–deficiency of the liver and kidey, marked by platycoria, blurred vision, photophobia, lacrimation, dizziness, vertigo, and



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internal oculopathy; including such disorders with the above symptoms as glaucoma and cataracta.

Administration: All the ingredients are ground into powder and sifted and made with honey into boluses, each of which weighs 10 g, 1 bolus is taken with slightly salty boiled water each time, twice daily, in the morning and evening.

## 8.24 The Prescription of *Bufei Ejiao Tang*

Name: Ass-hide Glue Decoction for Invigorating the Lung

Source: The book *Xiao Er Yao Zheng Zhi Jue*

Ingredients:

*E Jiao* (Colla Corii Asini) 45 g, *Niu Bang Zi* (Fructus Arctii) 7.5 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 7.5 g, *Ma Dou Ling* (Fructus Aristolochiae) 15 g, *Chao Xing Ren* (stir-fried Semen Armeniacae Amarum) 6 g, *Chao Nuo Mi* (stir-fried Semen Oryzae Glutinosae) 30 g.

Explanation:

*E Jiao:* The principal drug, being sweet in flavor and neutral in nature, nourishing *Yin* and tonifying the lung, enriching blood to arrest bleeding.

*Niu Bang Zi:* Dispersing pathogenic wind-heat, benefiting the throat and chest.

*Ma Dou Ling:* Clearing away heat pathogen in the lung, resolving phlegm, relieving cough.

*Xing Ren:* Moisturizing the lung to relieve cough.

*Nuo Mi* and *Gan Cao:* Being sweet in flavor, nourishing the spleen *Yin*, moisturizing and tonifying the lung.

Effect: Nourishing *Yin*, tonifying the lung, relieving cough, arresting bleeding.



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Indications: Syndrome due to deficiency of the lung and exuberance of pathogenic heat, marked by cough, dyspnea, dry throat, expectoration with little or blood-stained sputum, floating thready rapid pulse, and reddened tongue with little coating; including such diseases with the above symptoms as pulmonary tuberculosis and bronchiectasis complicated by hemoptysis.

Administration: The ingredients are ground into powder, 3–6 g of which is decocted in water and taken warm. Or the ingredients are decocted in water for the decoction, to which *E Jiao* that has been melted in boiling water is added. The decoction is taken 3 times.

## 8.25 The Prescription of *Guilu Erxian Jiao*

Name: Glue of the Two Ingredients Tortoise Plastron and Antler

Source: The book *Yi Fang Kao*

Ingredients:

*Lu Jiao* (Cornu Cervi) 5000 g, *Gui Ban* (Carapax et Plastrum Testudinis) 2500 g, *Gou Qi Zi* (Fructus Lycii) 1500 g, *Ren Shen* (Radix Ginseng) 500 g.

Explanation:

*Lu Jiao:* Promoting the flow of *Qi* through the *Du* channels to support *Yang*.

*Gui Ban:* Activating the flow of *Qi* through the *Ren* channels to replenish *Yin* .

*Ren Shen:* Invigorating the primordial *Qi*.

*Gou Qi:* Nourish the kidney–*Yin*.

Effect: Supplementing kidney–essence and marrow,invigorating *Qi*, strengthening *Yang*.



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Indications:

Syndrome due to deficiency of both *Yin* and *Yang* in the kidney and weakness of both essence and blood in the *Ren* and *Du* Channels, marked by emaciation, nocturnal emission, impotence, blurred vision, soreness and weakness of the loins and knees; including such diseases with the above symptoms as various kinds of anemia and impotence.

Administration: *Lu Jiao* is sawed into pieces and scraped clean and steeped in water. *Gui Ban* and the processed *Lu Jiao* are boiled into glue. *Ren Shen* and *Gou Qi* are decocted and condensed into an extract. The glue and the extract are mixed together into *Guilu Erxian Jiao*. 3 g of it is dissolved in liquor and taken with slightly salty boiled water every morning.

## 8.26 The Prescription of *Qibao Meiran Dan*

Name: Bolus for Promoting the Growth of Hair and Beard with Seven Noble Ingredients.

Source: The book *Yi Fang Ji Jie*

Ingredients:

*He Shou Wu* (Radix Polygoni Multiflori) 300 g, *Bai Fu Ling* (Poria) 150 g, *Huai Niu Xi* (Radix Achyran this Bidentatae) 150 g, *Dang Gui* (Radix Angelicae Sinensis) 150 g, *Gou Qi* (Fructus Lycii) 120 g, *Tu Si Zi* (Semen Cuscutae) 120 g, *Po Gu Zhi* (Fructus Psoraleae) 120 g.

Explanation:

*He Shou Wu*: The principal drug, being sweet, bitter and astringent in taste and slightly warm in nature, moisturizing and tonifying the liver and kidney, strengthening the tendons and bones, arresting emission.



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*Gou Qi, Tu Si Zi* and *Zhi Ma:* Tonifying the liver and kidney, consolidate kidney–essence, relieving nocturnal emission.

*Niu Xi:* Tonifying the liver and kidney, strengthening the tendons and bones, enhancing the loins and knees.

*Dang Gui:* Nourishing blood to supplement the liver.

Effect: Nourishing the kidney–water and enriching the liver–blood.

Indications: Syndrome due to insufficiency of both the liver and kidney, marked by preceded greying of the beard and hair, unsteady teeth, nocturnal emission and spermatorrhea, weakness and soreness of the loins and knees, including such disorders with the above symptoms as early greying of hair and neurosism.

Administration: All the ingredients are parched with sesame seeds and ground into fine powder and made with honey into boluses, each of which weighs 10 g. 1 bolus is taken with slightly salty boiled water each time, twice daily, in the morning and evening.

## 8.27 The prescription of *Er Zhi Wan*

Name: Two Solstices Pill

Source: The book *Yi Fang Ji Jie*

Ingredients:

*Nü Zhen Zi* (Fructus Ligustri Lucidi) adequate amount

*Han Lian Cao* (Herba Ecliptae) adequate amount

Explanation:

*Nü Zhen Zi:* Being sweet and bitter in taste and cold in nature, nourishing the kidney and tonifying the liver.

*Han Lian Cao:* Being sweet and sour in taste and cold in nature, nourishing *Yin* and supplementing vital essence, cooling



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blood to stop bleeding.

Effect: Tonifying the kidney and nourishing the liver.

Indications: Syndrome due to *Yin* deficiency of the liver and kidney, marked by bitter taste in the mouth, dry throat, dizziness and vertigo, insomnia, dreaminess, soreness and weakness of the loins, flaccidity of the lower limbs, nocturnal emission, and early greying of the hair; including such diseases with the above symptoms as neurosism and early greying of the beard and hair.

Administration: *Nü Zhen Zi* is steamed until it is done, dried in the air, ground into fine powder, and sifted. *Han Lian Cao* is decocted in water 3 times for the decoctions, which is condensed into liquid extract, into which an adequate amount of honey is added and stirred evenly. The extract and the powder of *Nü Zhen Zi* are mixed together into boluses, each of which weighs 15 g. 1 bolus is taken with boiled water each time, twice daily, in the morning and evening.

## 8.28 Prescriptions for Invigorating *Yang*

This kind of prescriptions are mainly made up of drugs with the action of invigorating *Yang*. They are suitable for the syndrome due to insufficiency of the kidney-*Yang*, marked by soreness of the loins and knees, cool and weak limbs, cold pain and straining sensation in the lower abdomen, dysuria or frequent urination, impotence, premature ejaculation, general debility and emaciation, polydipsia, deep thready pulse or deep hidden cubit pulse. Drugs such as

*Fu Zi* (Radix Aconiti Lateralis Preparata), *Rou Gui* (Cortex Cinnamomi), *Du Zhong* (Cortex Eucommiae), *Ba Ji Tian* (Radix Morindae Officinalis), *Bu Gu Zhi* (Fructus Psoraleae), are com-



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monly used in these prescriptions, whose representatives are *Shenqi Wan* and *Yougui Wan*.

## 8.29 The Prescription of *Shenqi Wan*

Name: Bolus for Invigorating the Kidney–*Yang*

Source: The book *Jin Gui Yao Lue*

Ingredients:

*Gan Di Huang* (Radix Rehmanniae) 240 g, *Shan Yao* (Rhizoma Dioscoreae) 120 g, *Shan Zhu Yu* (Fructus Corni) 120 g, *Ze Xie* (Rhizoma Alismatis) 90 g, *Fu Ling* (Poria) 90 g, *Mu Dan Pi* (Cortex Moutan) 90 g, *Gui Zhi* (Ramulus Cinnamomi) 30 g, *Fu Zi* (Radix Aconiti Lateralis Preparata) 30 g.

Explanation:

*Gan Di Huang:* Nourishing and tonifying the kidney–*Yin*.

*Shan Zhu Yu* and *Shan Yao:* Being able not only to nourish the liver and spleen but also to supplement the kidney–*Yin*.

*Gui Zhi* and *Fu Zi:* Warming up the kidney–*Yang*.

*Ze Xie* and *Fu Ling:* Promoting water matebolism and inducing diuresis.

*Dan Pi:* Dispersing and purging the liver–fire.

Effect: Warming up and tonifying the kidney–*Yang*.

Indications:

Syndrome due to insufficiency of the kidney–*Yang*, marked by lumbago, flaccidity of the feet, cold sensation in the lower part of the body, tension in the lower abdomen, dysuria or polyuria, pale and puffy tongue with thin whitish moisture coating, and deep thready cubit pulse, or syndromes of beriberi, phlegm retention, diabetes, and dysuria with lower abdominal colic; including



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such diseases with the above symptoms as coronary heart disease, toxemia of pregnancy, chronic nephritis, prostatitis, lupus sebaceus, addisonian syndrome, mucous edema, chronic bronchitis, etc.

Case Study:

6 cases of chronic nephritis were clinically treated with modified *Shenqi Wan* of *Xue's*, whose ingredients were:

*Shu Di* (Radix Rehmanniae Preparata) 12 g, *Shan Yao* (Rhizoma Dioscoreae) 3 g. *Shan Zhu Yu* (Fructus Corni) 3 g, *Ze Xie* (Rhizoma Alismatis) 3 g, *Dan Pi* (Cortex Moutan) 3 g, *Rou Gui* (Cortex Cinnamomi) 3 g, *Che Qian Zi* (Semen Plantaginis) 3 g, *Niu Xi* (Radix Achyranthis) 3 g. *Fu Ling* (Poria) 9 g. *Fu Zi* (Radix Aconiti Lateralis Preparata) 1.5 g.

The treatment result was: The patient's edema and urinary protein were gradually reduced or completely eliminated with the volume of their urine increased. Their renal functions ,appetite and physical strength were improved and their blood pressure was lowered. No side–effects was found and satisfactory curative effects was obtained.

284 cases, who were treated with this method for half a month to 9 years and a half, of senile cataract not complicated by diabetes, nephritis. outstanding disorders of the anterior chamber and fundus of the eyes were sucessfully treated with *Shenqi Wan* with 568 diseased eyes improved, the total effective rate being 81.4%. This showed that this prescription has remarkable effects in relieving the senile cataract and in preventing its further development.

## 8.30 The Prescription of *Yougui Wan*

Name: Bolus for Reinforcing the Kidney–*Yang*



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Source: The book *Jing Yue Quan Shu*

Ingredients:

*Shu Di* (Radix Rehmanniae Preparata) 240 g, *Shan Yao* (stir-fried Rhizoma Dioscoreae) 120 g, *Shan Zhu Yu* (slightly stir-fried Fructus Corni) 90 g, *Gou Qi* (slightly stir-fried Fructus Lycii) 120 g, *Lu Jiao Jiao* (stir-fried Colla Cornus Cervi) 120 g, *Tu Si Zi* (Semen Cuscutae Preparata) 120 g, *Du Zhong* (stir-fried Cortex Eucommiae) 120 g, *Dang Gui* (Radix Angelicae Sinensis) 90 g, *Rou Gui* (Cortex Cinnamomi) 60-120 g, *Fu Zi* (Radix Aconiti Lateralis Preparata) 60-180 g.

Explanation:

*Rou Gui, Fu Zi* and *Lu Jiao Jiao:* Warming up and tonifying the kidney-*Yang*, supplementing the vital essence, enriching the marrow.

*Shu Di, Shan Zhu Yu, Shan Yao, Tu Si Zi, Gou Qi* and *Du Zhong:* Nourishing *Yin*, benefiting the kidney, tonifying the liver and invigorating the spleen.

*Dang Gui:* Enriching blood to tonifying the liver.

Effect: Warming up the kidney-*Yang*, supplementing essence, enriching blood.

Indications: Syndrome due to insufficiency of the kidney-*Yang* and decline of fire from *Mingmen*, marked by lassitude resulting from prolonged disease, aversion to cold and cold limbs, or impotence and emission, or sterility caused by impotence, or loose stools and even diarrhea with undigested food. or enuresis, or soreness and weakness of the loins and knees, and edema of the lower limbs; including such diseases with the above symptoms as coronary heart disease, toxemia of pregnancy, chronic nephritis, primary hypertension, prostatitis, lupus



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# 9 Prescriptions for Tranquilizing the Mind

## 9.1 Prescriptions for Tranquilizing the Mind

Prescriptions of this kind consist of heavy materials or nourishing drugs for tranquilizing the mind. Being sedative, they are used to treat mental disorders. Mental disorders result from many causes. As far as the mental disorders treated with prescriptions for tranquilizing the mind are concerned, they are divided into two groups. The first group involves exogenous fear, and pathogenic fire due to the stagnated liver-*Qi* attacking the mind from the interior, both of which usually result in excessive syndromes marked by fear, unusual joy or anger, irritability, etc. They should be treated with the method of "tranquilizing the mind with heavy materials" so as to calm the mind through relieving palpitation and removing heat and restlessness. The second group involves over-anxiety, blood deficiency of the heart and liver, malnutrition of the mind or *Yin*-insufficiency of the heart, and disturbance of the fire of deficiency type in the interior, all of which usually result in syndromes of deficiency type marked by palpitation, amnesia, restlessness, and insomnia. They should be treated with the method of "tranquilizing the mind with nourishing drugs" so as to calm the mind through replenishing *Yin*, dispersing fire and enriching blood. According to the deficient or excessive nature of a mental syndrome, prescriptions for



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tranquilizing the mind are classified as the following two: those with weighty sedatives and those with tonic sedatives. Besides, treatment of the mental disorders due to heat or phlegm pathogen is to be stated in the introduction to "prescriptions for removing heat" and "prescriptions for eliminating phlegm".

Most of the weighty sedatives in prescriptions for tranquilizing the mind are minerals, metals or shells. It is not advisable to take them regularly. Or else the normal function of the spleen and stomach will be affected. If used to treat a patient with weak spleen and stomach, such weighty sedatives should be administered together with drugs with the action of strengthening the spleen and regulating the function of the stomach.

## 9.2 Prescriptions for Tranquilizing the Mind with Weighty Sedatives

This kind of prescriptions are mainly made up of drugs from minerals, metals or shells and with the action of calming the mind. They are suitable for the syndrome due to *Yang* exuberance of the heart and liver, marked by vexation, vertigo, insomnia, palpitation or even severe palpitation. Drugs such as

*Zhu Sha* (Cinnabaris), *Ci Shi* (Magnetitum), *Long Chi* (Dens Draconi), *Zhen Zhu Mu* (Concha Margaritifera Usta),

are usually used in these prescriptions, whose representatives are *Zhusha Anshen Wan, Zhen Zhumu Wan* and *Cizhu Wan.*

## 9.3 The Prescription of *Zhu sha Anshen Wan*

Name: Cinnabaris Sedative Bolus

Source: The book *Yi Xue Fa Ming* 、

Ingredients:



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*Zhu Sha* (Cinnabaris) 15 g, *Huang Lian* (Rhizoma Coptidis) 18 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 16 g, *Sheng Di Huang* (Radix Rehmanniae) 8 g, *Dang Gui* (Radix Angelicae Sinensis) 8 g.

Explanation:

*Zhu Sha:* One of the principal drugs, being sweet in taste and cold and heavy in nature, tranquilizing the mind.

*Huang Lian:* The other principal drug, being bitter in taste and cold in nature, clearing away heat to relieve vexation.

*Dang Gui:* Nourishing blood.

*Sheng Di:* Replenishing *Yin*.

*Gan Cao:* Tempering the actions of all the ingredients.

Effect: Purging pathogenic heat and nourishing *Yin* to tranquilize the mind.

Indications: Syndrome due to exuberance of the heart-fire and insufficiency of *Yin*-blood, marked by vexation, insomnia, dreaminess, palpitation or even severe palpitation, burning sensation in the chest, reddened tongue, and thready rapid pulse; including such diseases with the above symptoms as neurosism, myocarditis and mental depression.

Administration: The ingredients are ground into fine powder and made into pills. 6–9 g of the pills is taken with boiled water before sleep in the night. This prescription may also be used in the form of decoction. In so doing, the doses of the drugs should be re-adjusted according to the proportions of the drugs in the original prescription. *Zhu Sha* is refined with water and taken with the decoction. Since *Zhu Sha* has toxicity, this prescription should not be used regularly, and *Zhu Sha* should be used in smaller dose.



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Case Study: *Zhusha Anshen Wan* and *Cizhu Wan* were clinically used to treat 1 case of night-walking, a syndrome due to interior intense heat disturbing the mind, marked by: The patient usually got up suddenly while dreaming in the night and opened the door and went out. He wandered and wandered until falling down in the wilds, remaining sleeping soundly. When he was examined, he looked in the usual manner. But he complained of fidgets, tinnitus, unconsciousness of the night-walking, dreaminess and inclination to be frightened. His tongue was reddish with yellowish coating, and his pulse was taut and rapid. The ingredients of the combined prescription were:

*Sheng Di* (Radix Rehmanniae) 60 g, *Huang Lian* (Rhizoma Coptidis) 18 g, *Dang Gui* (Radix Angelicae Sinensis) 30 g, *Gan Cao* (Radix Glycyrrhizae) 15 g, *Duan Ci Shi* (Magnetitum Preparata) 30 g, *Jian Qu* (Massa Medicata Fermentata) 18 g, *Zhu Sha* (Cinnabaris) 9 g.

The first 6 ingredients were ground into powder, which was made into pills with honey. The honeyed pills were coated with *Zhu Sha* which had been refined with water. 30 g of the pills, each as big as a soybean, was taken each time, twice daily, in the morning and evening. After 2 doses were taken, the patient was cured.

## 9.4 The Prescription of *Zhenzhumu Wan*

Name: Concha Margoritifera Usta Pill

Source: The book *Pu Ji Ben Shi Fang*

Ingredients:

*Zhen Zhu Mu* (Concha Margaritifera Usta) 22.5 g, *Dang Gui* (Radix Angelicae Sinensis) 45 g, *Shu Di* (Radix Rehmanniae Preparata) 45 g, *Ren Shen* (Radix Ginseng) 30 g, *Suan Zao Ren*



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(Semen Ziziphi Spinosae) 30 g, *Bai Zi Ren* (Semen Platycladi) 30 g, *Xi Jiao* (Cornu Rhinoceri) 15 g, *Fu Shen* (Poria cum Ligno Hospite) 15 g, *Chen Xiang* (Lignum Aquilariae Resinatum) 15 g, *Long Chi* (Dens Darconis) 15 g, *Jin Yin Hua* (Flos Lonicerae) adequate amount, *Bo He* (Herba Menthae) adequate amount.

Explanation:

*Zhen Zhu Mu:* The principal drug, being salty in taste and cold in nature, calming the liver and suppressing the hyperactivities of the liver—*Yang*.

*Long Chi:* Tranquilizing the mind.

*Zao Ren, Bai Zi Ren* and *Fu Shen*: Relieving mental distress and restlessness to induce sleep.

*Ren Shen, Dang Gui* and *Shu Di*: Nourishing blood and *Yin*, invigorating *Qi* to promote the production of blood.

*Xi Jiao:* Removing pathogenic heat from the liver and calming the mind.

*Chen Xiang:* Suppressing the floating *Yang*.

*Zhu Sha:* Stopping panic to calm the mind.

*Jin Yin Hua* and *Bo He:* Clearing away heat from the liver.

Effect: Nourishing *Yin* and tonifying blood, tranquilizing the mind and relieving mental distress and restlessness.

Indications: Syndrome due to hyperactivity of the liver—*Yang* and insufficiency of *Yin*—blood, marked by mental distress and restlessness, insomnia, intermittent palpitation, dizziness, vertigo, and thready taut pulse; including such diseases with the above symptoms as neurosism and schizophrenia.

Administration: The ingredients are ground into powder and made with honey into pills, each as big as a seed of Chinese parasol. The pills are coated with *Zhu Sha* which has been refined



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with water. 40–50 pills are taken with the decoction of *Jin Yin Hua* and *Bo He* before going to bed at noon or night.

## 9.5 The Prescription of *Cizhu Wan*

Name: Medicated Leaven Pill

Source: The book *Bei Ji Qian Jin Yao Fang*

Ingredients:

*Ci Shi* (Magnetitum) 60 g, *Zhu Sha* (Cinnabaris) 30 g, *Shen Qu* (Massa Medicata Fermentata) 120 g.

Explanation:

*Ci Shi:* Being salty in flavor and cold in nature, enhancing *Yin* and suppressing the hyperactivity of *Yang*, calming the mind through the strong tranquilizing action.

*Zhu Sha:* Being sweet in flavor and cold in nature, tranquilizing the mind.

*Shen Qu:* Strengthening the function of the spleen and stomach, protecting the stomach from being injured by heavy materials, working together with honey to supplement the *Qi* of the middle–*Jiao* and regulate the stomach.

Effect: Tranquilizing the mind, suppressing the hyperactivity of *Yang*, improving acuity of vision.

Indications: Syndrome due to breakdown of the normal physiological coordination between the heart and the kidney, marked by palpitation, insomnia, tinnitus, deafness, and blurred vision; including such diseases with the above symptoms as neurosism and epilepsy.

Administration: The ingredients are ground into fine powder and made with honey into pills, each as big as a seed of Chinese parasol. 6 g of the pills is taken with boiled water each time,



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twice daily.

Case Study: 7 cases of auditory hallucination, a prominent or a remanent symptom of schizophrenia, were treated with *Cizhu Wan*. 1 course of treatment involved 1 month. 6–10 g of the pills was taken each time, 1–2 times daily. The result was that among the 7 cases, 6 with the symptom of incoordination between the heart and the kidney were effectively treated, 3 being remarkably improved and the other 3 being improved, while the 1 case without the symptom of incoordination between the heart and the kidney showed no improvement.

*Cizhu Wan* was also administered to treat 2 cases of platycoria, of which the case with complications was cured by over 20 doses or more, and the other without complications by mere 6 doses, which is equivalent to 43 g of the pills.

## 9.6 Prescriptions for Tranquilizing the Mind with Tonic Sedatives

Prescriptions of this kind are mainly made up of drugs with the action of nourishing and calming the mind. They are applicable to the syndrome due to insufficiency of *Yin*–blood and hyperactivities of *Yang*, marked by restlessness of deficiency type, insomnia, palpitation, night sweat, nocturnal emission, amnesia, and reddened tongue with little coating. The commonly used drugs are:

*Sheng Di* (Radix Rehmanniae), *Mai Dong* (Radix Ophiopogonis), *Suan Zao Ren* (Semen Ziziphi Spinosae), *Bai Zi Ren* (Semen Platycladi).

The representative prescriptions are *Suanzaoren Tang*, *Tianwang Buxin Dan* and *Ganmai Dazao Tang*.



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## 9.7 The Prescription of *Suanzaoren Tang*

Name: Wild Jujube Seed Decoction

Source: The book *Jin Gui Yao Lue*

Ingredients:

*Suan Zao Ren* (Semen Ziziphi Spinosae stir-fried) 15–18 g, *Gan Cao* (Radix Glycyrrhizae) 3 g, *Zhi Mu* (Rhizoma Anemarrhenae) 8–10 g, *Fu Ling* (Poria) 10 g, *Chuan Xiong* (Rhizoma Chuanxiong) 3–5 g.

Explanation:

*Suan Zao Ren:* The principal drug, being sweet and sour in taste and neutral in nature, nourishing the liver-blood and calming the mind.

*Chuan Xiong:* Regulating and nourishing the liver-blood.

*Fu Ling:* Relieving mental stress.

*Zhi Mu:* Being moist in nature, clearing away heat and purging fire.

*Gan Cao:* Removing pathogenic heat and tempering the actions of all the other ingredients.

Effect: Nourishing blood to tranquilize the mind, clearing away pathogenic heat to relieve restlessness.

Indications: Syndrome of insomnia due to restlessness of deficiency type or consumption, marked by palpitation, night sweat, dizziness, vertigo, dry mouth and throat, and thready rapid pulse; including neurosism, etc. with the above symptoms.

Administration: *Suan Zao Ren* is decocted first and then the other ingredients are added for the decoction to be taken 3 times.

Case Study: Compound Decoction of *Suanzaoren Tang* was clinically used to treat 209 cases of neurosism, a syndrome due to



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consumption of the kidney–*Yin*, flaring fire caused by *Yin* deficiency, incoordination between the heart and the kidney, insufficiency of the liver–blood, and unsteadiness of the heart–*Qi*, marked by palpitation, insomnia, amnesia, etc. with the total effective rate reaching 90%.

The experimental results showed that Compound Decoction of *Suanzaoren Tang* does have the effects of sedation and hypnotism. It can inhibit hyperactivities and over excitement of the nerve cells, offer the opportunity for the cortical cells under the condition of tension and disturbance to have a rest and to be readjusted, thus promoting the restoration of the functions of the organs involved in balancing the excitement and inhibition.

## 9.8 The Prescription of *Tianwang Buxin Dan*

Name: Cardiotonic Pill

Source: The book *She Sheng Mi Yao*

Ingredients:

*Sheng Di* (Radix Rehmanniae cleaned with liquor) 120 g, *Ren Shen* (Radix Ginseng) 15 g, *Dan Shen* (slightly stir–fried Radix Salviae Miltiorrhizae) 15 g, *Yuan Shen* (slightly stir–fried Radix Scrophulariae) 15 g, *Fu Ling* (Poria) 15 g, *Wu Wei Zi* (baked Fructus Schisandrae) 15 g, *Yuan Zhi* (stir–fried Radix Polygalae) 15 g, *Jie Geng* (Radix Platycodi) 15 g, *Dang Gui* (Radix Angelicae Sinensis cleaned with water) 60 g, *Tian Men Dong* (Radix Asparagi) 60 g, *Mai Men Dong* (Radix Ophiopogonis) 60 g, *Bai Zi Ren* (parched Semen Platycladi) 60 g, *Suan Zao Ren* (Semen Ziziphi Spinosae) 60 g, *Zhu Sha* (Cinnabaris) 12 g.

Explanation:



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*Sheng Di:* The principal drug, being sweet and bitter in taste and cold in nature,nourishing *Yin* and enriching blood.

*Xuan Shen, Tian Dong* and *Mai Dong:* Being sweet in taste and cold and moist in nature, clearing away fire of deficiency type.

*Dan Shen* and *Dang Gui:* Nourishing blood to calm the mind.

*Ren Shen* and *Fu Ling:* Invigorating *Qi* to relieve restlessness.

*Suan Zao Ren* and *Wu Wei Zi:* Astringing the heart–*Qi* to tranquilize the mind.

*Bai Zi Ren, Yuan Zhi* and *Zhu Sha:* Replenishing the heart to calm the mind.

*Jie Geng:* Guiding the actions of the other ingredients to the upper part of the body.

Effect: Nourishing *Yin* and enriching blood, replenishing the heart to tranquilize the mind.

Indications: Syndrome due to *Yin* depletion and blood insufficiency, and *Yin*–deficiency of both the heart and the kidney,marked by restlessness of deficiency type, insomnia, palpitation, low spirit, nocturnal emission, amnesia, dry stools, oral ulcer, reddened tongue with little coating, and thready rapid pulse; including such diseases with the above symptoms as neurosism, menopausal syndrome and myocarditis.

Administration: The ingredients are ground into powder and made with honey into pills, which are then coated with *Zhu Sha*. 9 g of the pills is taken each time with warm boiled water. (This prescription may also be taken in the form of decoction with the amounts of the ingredients reduced according to the proportions in the original prescription).



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Case Study: Modified *Tianwang Buxin Dan*, which was prescribed in the convalescence after the therapeutic methods of emesis and purgation had been used, was clinically employed to treat 62 cases of psychosis. If the cases were weak, it was used to regulate and tonify them before and after the two methods had been used. All the 62 cases were cured. But some of them subjected relapse. They continued to be treated in the same way as the above and were cured again.

Modified *Tianwang Buxin Dan* was used to treat 1 case of chronic conjunctivitis,the result of uncured acute conjunctivitis and working under the lamp–light for about 20 days, marked by reddened eyes with dry sensation and photophobia and blurred vision, vexation in the afternoon, and nightmare–disturbed sleep. After failing to respond to Western medicine and therapeutic methods of TCM such as "removing heat from the heart", "cooling the liver", "promoting the circulation of blood", and "nourishing the kidney–*Yin*", the case began to be treated with the prescription of *Tianwang Buxin Dan* which was modified according to different symptoms. All the symptoms and signs disappeared after 10 doses in the form of decoction were taken. The pills form were, then, taken for the purpose of consolidation.

The ingredients of Modified *Buxin Dan:*

*Ren Shen* (Radix Ginseng) 15 g, *Mai Dong* (Radix Ophiopogonis) 30 g, *Wu Wei Zi* (Fructus Schisandrae) 30 g, *Xuan Shen* (Radix Scrophulariae) 15 g, *Pao Fu Zi* (Radix Aconiti Lateralis Preparata) 15 g. *Yuan Zhi* (Radix Polygalae) 15 g, *Ding Xiang* (Flos Caryophylli) 15 g, *Gan Cao* (Radix Glycyrrhizae) 15 g, *Dan Shen* (Radix Salviae Miltiorrhizae) 30 g, *Fu Shen* (Poria cum Ligno Hospite) 30 g, *Zao Ren* (Semen Ziziphi



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Spinosae) 30 g, *Tian Dong* (Radix Asparagi) 30 g, *Bai Zi Ren* (Semen Platycladi) 30 g, *Hong Hua* (Flos Carthami) 30 g, *Dang Gui* (Radix Angelicae Sinensis) 30 g, *Sheng Di* (Radix Rehmanniae) 120 g, *Pu Huang* (Pollen Typhae) 18 g.

were decocted in water for the decoction with 100% concentration. The decoction, an experimental results showed, has evident antigonism on experimental cardiac infarction induced by isoproterenol in healthy male mice. It can not only prevent the ischemic ECG change and the pathological myocardial damage, both due to isoproterenol, but also has better effect on the biochemical metabolism of the ischemic cardiac muscle, that is, promoting the energy conversion of mitochodrion and the excitation contraction coupling of the cardiac muscle by improving activation of succinate dehydrogenase and ATP–ase, the inspiration of cell mitochondrions and the electron transport system. This decoction also has the action of improving the unspecific defensive function of the animals as well as their stress state.

## 9.9 The Prescription of *Gancao Xiao mai Dazao Tang*

Name: Decoction of Licorice, Wheat and Date

Source:

The book *Jin Gui Yao Lue*

Ingredients:

*Gan Cao* (Radix Glycyrrhizae) 9 g, *Xiao Mai* (Fructus Tritici Levis) 9–15 g, *Da Zao* (Fructus Jujubae) 5–7 dates.

Explanation:

*Gan Cao:* The principal drug, being sweet in taste and neu-



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tral in nature, regulating the function of the middle–*Jiao*, nourishing the heart, relieving mental stress.

*Xiao Mai:* Tonifying the heart to calm the mind.

*Da Zao:* Invigorating the spleen–*Qi*, relieving the liver depression, treating deficiency of the heart.

Effect: Tonifying the heart to calm the mind, regulating the function of the middle–*Jiao* to relieve depression.

Indications: Syndrome of *Zang Zao* due to deficiency of the heart–*Qi* and depression of the liver–*Qi*, marked by trance, sorrow, inclination of weep, disturbed–sleep, unusual behavior, frequent yawning, reddened tongue with little coating; including such diseases with the above symptoms as neurosism, hysteria, and mild schizophrenia.

Administration: Decocted in water for oral dose to be taken 3 times.

Case Study: 79 cases of schizophrenia, which had a long course and almost completely failed to respond to long–term administration of antipsychotics, were clinically treated with *Gancao Xiaomai Dazao Tang* plus *Long Gu* and *Mu Li*, whose main ingredients were:

*Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 10 g, *Huai Xiao Mai* (Fructus Tritici Levis) 30 g, *Long Gu* (Os Draconis Fossila) 30 g, *Mu Li* (Concha Ostreae) 30 g, *Da Zao* (Fructus Jujubae) 5 dates.

In case of prominent psychomotor excitement, drugs added were:

*Ci Shi* (Magnetitum), *Zhi Da Huang* (Radix et Rhizoma Rhei Preparata).

In case of prominent hallucination, pills prescribed also were:

Pill of *Cizhu Wan*, Pill of *Liuwei Dihuang Wan*.



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In case of prominent delusion, drugs added were:

*Shi Chang Pu* (Rhizoma Acori Tatarinowii), *Dan Nan Xing* (Arisaema cum Bile), *Xuan Cao* (Herba Hemerocallis).

In case of severe insomnia, drugs added were:

*Suan Zao Ren* (Semen Ziziphi Spinosae), *He Huan Pi* (Cortex Albiziae), *Ye Jiao Teng* (Caulis Polygoni Multiflori).

The treatment result was that 5 cases were cured, 23 remarkedly improved, 34 improved, 17 unimproved.

28 cases of infantile enuresis were treated with modified *Gancao Xiaomai Dazao Tang*, whose ingredients were:

*Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 20~25 g, *Xiao Mai* (Fructus Tritici Levis) 18 g, *Sang Piao Xiao* (Oötheca Mantidis Preparata) 9 g, *Yi Zhi Ren* (Fructus Alpiniae Oxyphyllae parched) 9 g, *Tu Si Zi* (Semen Cuscutae) 9 g, *Da Zao* (Fructus Jujubae) 8 dates.

After the treatment, 13 cases were remarkedly improved, 15 improved.



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# 10 Prescriptions for Inducing Resuscitation

## 10.1 Prescriptions for Inducing Resuscitation

Prescriptions of this kind are composed of drugs aromatic in nature and with the action of inducing resuscitation. Being capable of causing resuscitation and easing mental stress, they are used to restore life or consciousness after collapse or apparant death. The syndrome of coma or unconsciousness is usually due to excessive pathogens lording it over the heart—*Qi*. It falls into two types: the heat one and the cold one. The former is due to warm or heat pathogens invading the pericardium, while the latter due to cold or dampness pathogens or phlegm confusing the heart—*Qi*. The former is treated by removing heat to make an unconscious patient come to, while the latter by warming the heart and promoting free flow of the hear—*Qi* to wake up a patient from coma.

Prescriptions for inducing resuscitation either by removing heat or by warming the heart are only suitable for the treatment of the excess syndrome of stroke marked by trismus, clenched fists and forceful pulse. They are contraindicated for the prostration syndrome marked by profuse sweating, cold limbs, shortness of breath, incontinence of urine, opening of mouth and closing of eyes, even if it is complicated by coma. Apart from that, they are



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not applicable to *Yangming Fu* excess syndrome with the symptoms of coma and delirium, which should be treated through purgation with drugs of cold nature. When *Yangming Fu* excess syndrome associated with the syndrome of lingering of pathogenic factors in the pericardium is to be treated, a prescription for inducing resuscitation and a prescription for purgating with drugs of cold nature will be both prescribed. But which should be prescribed first or when they are both prescribed must be determined according to the mild or severe and slow or critical nature of a disease. Because drgus aromatic in nature used in the prescriptions for inducing resuscitation are apt to have their action disperse, they should be taken not in the form of decoction, but in the form of pills, powders or injections. Or else their volatile nature will affect curative effects. In addition, regular intake of them will damage the primordial *Qi*, and they are rarely prescribed clinically except for first aid. When they have to be used, their administration should not be stopped till the diseases change better, prolonged taking of them being avoided.

## 10.2 Prescriptions for Inducing Resuscitation with Drugs Cold in Nature

This kind of prescriptions are mainly made up of drugs aromatic and cold in nature and with the actions of restoring consciousness and removing heat and toxic material. They are suitable for the treatment of the excess syndrome due to lingering of warm-heat pathogens in the pericardium, marked by high fever, coma, delirium or even convulsion, or for other syndromes complicated by heat-symptoms such as apoplexy, convulsion caused by phlegm, attack by epidemic pathogenic factors, and sudden



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coma without consciousness. Drugs aromatic in nature and with the action of restoring consciousness such as

*She Xiang* (Moschus)

*Bing Pian* (Borneolum Syntheticum)

*Yu Jin* (Radix Curcumae)

are usually used together with drugs having the action of removing heat and toxins such as *Nin Huang* (Calculus Bovis) *Xijiao* (Cornu Rhinocerotis) *Huang Lian* (Rhizoma Coptidis) *Shi Gao* (Gypsum Fibrosum), etc. in these prescriptions, whose representatives are *Angong Niuhuang Wan, Zixue Dan, Zhibao Dan* and *Huichun Dan.*

## 10.3 The Prescription of *Angong Niuhuang Wan*

Name: Bezoar Bolus for Resurrection

Source: The book *Wen Bing Tiao Bian*

Ingredients:

*Niu Huang* (Calculus Bovis) 30 g, *Yu Jin* (Radix Curcumae) 30 g, *Xi Jiao* (Cornu Rhinocerotis) 30 g, *Huang Qin*(Radix Scutellariae) 30 g, *Huang Lian* (Rhizoma Coptidis) 30 g, *Xiong Huang* (Realgar) 30 g, *Shan Zhi* (Fructus Gardeniae) 30 g, *Zhu Sha* (Cinnabaris) 30 g, *Bing Pian* (Bornelum Syntheticum) 7.5 g, *She Xiang* (Moschus) 7.5 g, *Zhen Zhu* (Margarita) 15 g, *Jin Bo* (Gold foil) appropriate amount.

Explanation:

*Niu Huang:* One of the principal drugs, being bitter and sweet in taste and cool in nature, removing heat pathogen from the heart, eliminating toxic material, clearing away phlegm for resuscitation.

*She Xiang:* The other principal drug, being pungent in flavor



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and warm in nature, restoring consciousness.

*Xi Jiao:* Clearing away heat from the heart and blood to dispel toxic material.

*Huang Lian, Huang Qin* and *Shan Zhi:* Removing heat, purging fire, clearing away toxic material, assisting *Niu Huang* to expel fire from the pericardium.

*Bing Pian* and *Yu Jin:* Being aromatic in nature, clearing away epidemic pathogenic factors, causing resuscitation, strengthening *She Xiang's* action of restoring consciousness.

*Zhu Sha* and *Zhen Zhu:* Calming the mind through their heavy property to drive away dysphoria.

*Xiong Huang:* Aiding *Niu Huang* in eliminating phlegm and toxic material for resuscitation.

*Feng Mi:* Normalizing the function of the stomach and spleen.

*Jin Bo:* Calming the mind through its heavy nature.

Effect: Removing heat for resuscitation, eliminating phlegm and toxic material.

Indications: Excess syndromes of stroke due to warm and heat pathogens such as lingering of heat pathogen in the pericardium, phlegm and heat pathogens confusing the heart, coma caused by apoplexy, and infantile convulsion, marked by high fever, dysphoria, coma and delirium; including such diseases with the above symptoms as encephalitis B, hepatic coma, coma due to acute cerebral hemorrhage, epidemic cerebrospinal meningitis, toxic dysentery, uremia and toxic hepatitis.

Administration: The ingredients except *Jin Bo* are ground into very fine powder. The powder is made with honey into boluses, each weighing 3 g. The boluses are coated with *Jin Bo* and then



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enclosed with wax. 1 bolus is taken each time daily, 2–3times daily for an adult with a severe disorder and a constitution of excess type. An infantile patient takes half a bolus each time. If it doesn't work, he / she may take the other half.

Case Study: 16 cases of coma due to acute cerebral hemorrhage were clinically treated with the therapy of acupuncture and moxibustion and the drug *Angong Niuhuang Wan*. While the acupoints Ren Zhong (DU26), etc. were punctured with gentle and rapid manipulation, *Angong Niuhuang Wan* was given by nasal feeding, 1–4 boluses each day with the dosage modified according to the symptoms. After the treatment, 9 cases regained lives, 3 of whom recovered completely.

## 10.4 The Prescription of *Zixue Dan*

Name: Purpled Snow Pill

Source: The book *Wai Tai Mi Yao*

Ingredients:

*Shi Gao* (Gypsum Fibrosum) 1500 g, *Han Shui Shi* (Calcitum) 1500 g, *Hua Shi* (Talcum) 1500 g, *Ci Shi* (Magnetitum) 1500 g, *Xi Jiao* (Cornu Rhinocerotis) 150 g, *Ling Yang Jiao* (Cornu Saigae Tataricae) 150 g, *Mu Xiang* (Radix Aucklandiae) 150 g, *Chen Xiang* (Lignum Aquilariae Resinatum) 150 g, *Xuan Shen* (Radix Scrophulariae) 500 g, *Sheng Ma* (Rhizoma Cimicifugae) 500 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 240 g, *Ding Xiang* (Flos Caryophylli) 30 g, *Pu Xiao* (Natrii Sulfas) 5000 g, *Xiao Shi* (Nitrum) 96 g, *She Xiang* (Moschus) 1.5 g, *Zhu Sha* (Cinnabaris) 90 g, *Huang Jin* (gold) 3000 g.

Explanation:



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*Shi Gao, Han Shui Shi* and *Hua Shi:* Being sweet in flavor and cold in nature, clearing away heat pathogen.

*Ling Yang Jiao:* Removing heat from the liver, calming endopathogenic wind to relieve convulsion.

*Xi Jiao:* Removing heat from the heart to get rid of heat poisons.

*She Xiang:* Being aromatic in flavor, promoting restoration of consciousness.

The above drugs are the main ingredients.

*Xuan Shen, Sheng Ma* and *Gan Cao:* Removing heat and toxic material, *Xuan Shen* has the action of nourishing *Yin* and promoting the production of body fluid.

*Zhu Sha, Ci Shi* and *Huang Jin:* Calming the mind through their heavy nature.

*Mu Xiang, Ding Xiang* and *Chen Xiang:* Promoting the free flow of *Qi* throughout the body.

*Po Xiao* and *Xiao Shi:* Clearing away heat and resolving stagnations.

Effect: Removing heat for resuscitation, relieving convulsion, tranquilizing the mind.

Indications: Syndromes due to warm and heat pathogens, such as lingering of heat pathogen in the pericardium and infantile convulsion caused by excessive heat, marked by high fever, dysphoria, coma, delirium, convulsion, thirst, dark and dry lips, deep-colored urine, constipation; including such diseases with the above symptoms as encephalitis B, epidemic cerebrospinal meningitis, scarlet fever, infantile measles, infantile high fever and convulsion, and hepatic coma.

Administration: *Shi Gao, Han Shui Shi, Hua Shi* and *Ci Shi*



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are pounded into small pieces. The small pieces are put into the water in which *Huang Jin* has been steeped and boiled to get the water. The same thing is done to get the same kind of water. The water got at 2 times is mixed together. *Xuan Shen, Mu Xiang, Chen Xiang, Sheng Ma, Gan Cao* and *Ding Xiang* are placed into the water and boiled to get the decoction. The same thing is done another 2 times. The decoction got at 3 times is mixed together and decocted to condense it into a paste. The powder of *Po Xiao* and *Xiao Shi* is put into the paste to get a mixture, which is stirred until it is even. The mixture is dried and ground into fine powder (powder 1). *Xi Jiao* and *Ling Yang Jiao* are ground into fine powder (powder 2). *Zhu Sha* is refined with water or ground into fine powder (powder 3). *She Xiang* is ground into fine powder (powder 4). All the 4 kinds of powder are mixed and ground together and sieved and made even. Thus *Zixue Dan* is at last obtained. 1.5–3 g of it is taken each time, twice daily. The dosage for children is reduced properly.

## 10.5 The Prescription of *Zhibao Dan*

Name: Treasured Bolus

Source: The book *Tai Ping Hui Min He Ji Ju Fang*

Ingredients:

*Xi Jiao* (Cornu Rhinocerotis) 30 g, *Dai Mao* (Carapax Eretmochelydis) 30 g, *Hu Po* (Succinum) 30 g, *Zhu Sha* (Cinnabaris) 30 g, *Xiong Huang* (Realgar) 30 g, *Long Nao* (Resina Dryobalanops Aromaticae) 7.5 g, *She Xiang* (Moschus) 7.5 g, *Niu Huang* (Calculus Bovis) 15 g, *An Xi Xiang* (Benzoinum) 45 g, *Jin Bo* (gold foil) 50 pieces, *Yin Bo* (silver foil)50 pieces.



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Indications: Sunstroke, apoplexy, infantile convulsion and excess syndrome of stroke due to phlegm and heat pathogens in epidemic febrile disease, marked by coma, delirium, fever, dysphoria, excess phlegm, shortness of breath, reddened tongue with yellowish thick greasy coating, and slippery rapid pulse; including such diseases with the above symptoms as cerebrovascular accident, hepatic coma, encephalitis B and epilepsy.

Administration: *Xi Jiao, Dai Mao, Hu Po, Long Nao, Niu Huang* and *Yin Bo* are separately ground into powder. *Zhu Sha* and *Xiong Huang* are ground into powder and refined with water separately. *An Xi Xiang* is ground into powder and refined with limeless wine and filtered into about 30 g of it, which is heated on gentle fire into a paste. Half of the gold foil is used to make the medicine (The rest is used to coat the boluses.). All the ingredients are mixed and ground together and made into boluses, each weighing 3 g. 1 bolus is ground and taken with boiled water each time for an adult, half a bolus for a child. It is ordered in the original prescription that this bolus is melted in ginseng decoction and taken. Ginseng has the action of replenishing *Qi* and consolidating the constitution. It is compatible with pungent and aromatic natured drugs with the action of restoring consciousness to exert the action of clearing the mind, strengthening the constitution and removing pathogenic factors. So, taking *Zhibao Dan* with ginseng decoction is suggested for the patients with complex and complicated disorder, weak vital *Qi* and pulse of deficiency type.



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## 10.6 The Prescription of *Xiaoer Huichun Dan*

Name: Pill for Treating Infantile Convulsion

Source: *Jing Xiu Tang Yao Shuo*

Ingredients:

*Chuan Bai Mu* (Bulbus Fritillariae Cirrhosae) 37.5 g, *Chen Pi* (Pericarpium Citri Reticulatae) 37.5 g, *Mu Xiang* (Radix Aucklandiae) 37.5 g, *Bai Dou Kou* (Fructus Amomi Rotundus) 37.5 g, *Zhi Qiao* (Fructus Aurantii) 37.5 g, *Fa Ban Xia* (Rhizoma Pinelliae Preparata) 37.5 g, *Chen Xiang* (Lignum Aquilariae Resinatum) 37.5 g, *Tian Zhu Huang* (Concretio Silicea Bambusae) 37.5 g, *Jiang Can* (Bombyx Batryticatus) 37.5 g, *Quan Xie* (Scorpio) 37.5 g, *Tan Xiang* (Lignum Santali Albi) 37.5 g, *Niu Huang* (Calculus Bovis) 12 g, *She Xiang* (Moschus) 12 g, *Dan Nan Xing* (Arisaema cum Bile) 60 g, *Gou Teng* (Ramulus Uncariae cum Uncis) 240 g, *Da Huang* (Radix et Rhizoma Rhei) 60 g, *Tian Ma* (Rahizoma Gastrodiae) 37.5 g, *Gan Cao* (Radix Glycyrrhizae) 26 g, *Zhu Sha* (Cinnabaris) proper amount.

Explanation:

*Niu Huang:* Clearing away heat and toxic material, removing phlegm for resuscitation, calming endopathogenic wind and relieving convulsion.

*She Xiang:* Being aromatic in nature, restoring consciousness.

*Chuan Bei Mu, Tian Zhu Huang, Dan Nan Xing* and *Fa Ban Xia:* Removing heat and resolving phlegm.

*Gou Teng, Tian Ma, Quan Xie* and *Jiang Can:* Dispelling pathogenic wind, relieving convulsion and spasm.



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*Zhu Sha:* Tranquilizing the mind through its heavy nature.

*Da Huang:* Clearing away heat and purging fire, eliminating stagnations to discharge phlegm and heat pathogens from the digestive tract.

*Zhi Qiao, Mu Xiang, Chen Pi, Chen Xiang, Bai Dou Kou* and *Tan Xiang:* Regulating the flow of *Qi* to remove phlegm, taking away the conditions for phlegm to be produced in the interior.

*Gan Cao:* Tempering the actions of all the other ingredients

Effect: Restoring consciousness, relieving convulsion, removing heat, resolving phlegm.

Indications: Syndrome of acute infantile convulsion due to phlegm and heat pathogens lording it over the heart–*Qi*, marked by fever, dysphoria, coma, convulsion, or nausea, vomiting, night crying, vomiting of milk, cough with sputum, asthma, abdominal pain, and diarrhea; including infantile high fever and convulsion with the above symptoms.

Contraindication: Chronic infantile convulsion due to deficiency cold of the spleen and kidney.

Administration: All the ingredients are ground into fine powder, which is then made into pills, each weighing 0.09 g. 1 pill is taken orally by children below 1 year old each time, 2 pills by children between 1–2 years old, 2–3 times daily.

## 10.7 Prescriptions for Inducing Resuscitation with Drugs Warm in Nature

Prescriptions of this kind are mainly made up of aromatic–pungent–warm natured drugs with the action promoting the circulation of *Qi* and restoring consciousness. They are suitable for the syndromes of apoplexy, syncope due to



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pathogenic cold, convulsion due to phlegm and excess syndrome due to cold pathogens, marked by sudden loss of consciousness, lock-jaw, coma, dysphasia, whitish tongue coating, and slow pulse. The commonly used drugs aromatic in nature and with the action of restoring consciousness are:

*Su He Xiang* (Styrax), *She Xiang* (Moschus), *Bing Pian* (Borneolum Syntheticum).

The commonly used drugs pungent in flavor and warm in nature and with the action of promoting the circulation of *Qi* are:

*Chen Xiang* (Lignum Aquilariae Resinatum)

*Ding Xiang* (Flos Caryophylli), etc.

The two kinds of drugs are compatible with each other in these prescriptions, whose representatives are *Suhexiang Wan*, *Zijin Ding*, etc.

## 10.8 The Prescription of *Suhexiang Wan*

Name: Storax Pill

Source: The book *Tai Ping Hui Min He Ji Ju Fang*

Ingredients:

*Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 60 g, *Mu Xiang* (Radix Aucklandiae) 60 g, *Xi Jiao* (Cornu Rhinocerotis) 60 g, *Xiang Fu* (Rhizoma Cyperi) 60 g, *Zhu Sha* (Cinnabaris) 60 g, *He Zi* (Fructus Chebulae) 60 g, *Tan Xiang* (Lignum Santali Albi) 60 g, *An Xi Xiang* (Benzoium) 60 g, *Chen Xiang* (Lignum Aquilariae Resinatum) 60 g, *She Xiang* (Moschus) 60 g, *Ding Xiang* (Flos Caryophylli) 60 g, *Bi Bo* (Fructus Piperis Longi) 60 g, *Long Nao* (Resina Dryobalanops Aromaticae) 30 g, *Su He Xiang You* (Styrax Oleum) 30 g, *Ru Xiang* (Resina Olibani) 30 g.

Explanation:



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*Su He Xiang, She Xiang, Bing Pian* and *An Xi Xing:* The principal drugs, being aromatic in nature, restoring consciousness.

*Mu Xiang, Tan Xiang, Chen Xiang, Ru Xiang, Ding Xiang* and *Xiang Fu:* Promoting the circulation of *Qi* to remove stasis, expelling cold and turbid pathogens, eliminating the stagnation of *Qi* and blood in the *Zang–Fu* organs.

*Bi Bo:* Expelling cold and stasis.

*Xi Jiao* :Detoxidating.

*Zhu Sha:* Calming the mind through its heavy nature.

*Bai Zhu:* Invigorating *Qi* and strengthening the spleen, drying dampness and getting rid of turbid pathogen.

*He Zi:* Astringing *Qi,* tempering the actions of the drugs pungent and aromatic in nature.

Effect: Restoring consciousness by means of the aromatic nature, promoting the circulation of *Qi* to relieve pain.

Indications: Syndromes of apoplexy, affection of pestilent factors or epidemic pestilential pathogens, marked by sudden loss of consciousness, lock–jaw, whitish tongue coating, and slow pulse, or *Qi* controlled only in the interior due to pathogenic cold, sudden pain in the heart and abdomen, and syncope in severe case, or sudden loss of consciousness resulting from *Qi* stagnated due to excess phlegm; including such disorders with the above symptoms as hysteria, angina pectoris due to coranary heart disease, food poisoning and epilepsy.

Contraindication: This prescription is contraindicated for pregnant women, for quite a number of drugs in it are aromatics which tend to impair the original *Qi* of fetus.

Administration: All the ingredients are ground into powder



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with *Zhu Sha*, *An Xi Xiang*, *Ru Xiang* ground separately. Before grinding, *Xiang Fu* is parched with its hair removed, *He Zi* is baked with its peel eliminated. After grinding, the powder of *Zhu Sha* is refined with water, the powder of *An Xi Xiang* is made into paste with one litre of limeless wine, and, then, *Su He Xiang You* is put into the paste of *An Xi Xiang*. Finally, the fine powders are made into pills with the mixture of the paste of *An Xi Xiang* and honey, each pill weighing 3 g. 1 pill is taken with warm boiled water each time, 1—2 times daily. The dosage for children is properly reduced.

Case Study: *Suhexiang Wan* in combination with western medicines was clinically used to treat 5 cases of acute myocardiac infarction, whose main symptom was precordialgia. The precordialgia had been relieved with morphinic drugs with the side effects of morphinism and inhibition of breath. After *Suhexiang Wan* was taken, 4 cases were remarkedly improved. Of the 4 cases, 1, who had been suffering from posterior myocardial infarction, felt the disappearance of the precordialgia half an hour later after the pill was taken, no side effects being found.

*Suhexiang Wan* was used to save and treat 2 cases of manihot poisoning, marked by chills, dizziness, fullness in the chest, vomiting, cold limbs in severe case, mild convulsion of hands and feet, pallor of face and lips, nasal flaring, shortness of breath, half coma, and indistinct pulse. After 1 pill was ground in warm boiled water and fed, the 2 cases were both cured.

## 10.9 The Prescription of *Tongguan San*

Name: Powder for Restoring Consciousness

Source: The book *Dan Xi Xin Fa Fu Yu*



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Ingredients:

*Zhu Ya Zao* (Fructus Gleditsiae Abnormalis), *Xi Xin* (Herba Asari).

The 2 ingredients are in the same amount.

Explanation

*Zhu Ya Zao:* Being pungent in flavor and warm in nature, removing phlegm for resuscitation.

*Xi Xin:* Being pungent in flavor and warm in nature, inducing resuscitation through dispersing.

Effect: Restoring consciousness and inducing resuscitation.

Indications: Excess syndrome of stroke due to convulsive seizure resulting from attack by pestilent factors or due to convulsion caused by phlegm retention, marked by trismus, obstruction of breath, coma, lock–jaw, and profuse sputum and saliva; including such diseases with the above symptoms as epilepsy, cerebrovascular accident and craniocerebral trauma.

Administration: The 2 ingredients are ground into fine powder and mixed evenly. Small amount of it is blown into the nose to induce sneezing.

This prescription is used externally for first aid. After the patient comes to, his disease should be differentiated and treated with other prescriptions.

## 10.10 The Prescription of *Zijin Ding*

Name: Knoxia and Moleplant Loxenge

Source: The book *Pian Yu Xin Shu*

Ingredients:

*Shan Ci Gu* (Pseudobulbus Cremastrae seu Pleiones) 90 g, *Hong Da Ji* (Radix Knoxiae) 45 g, *Qian Jin Zi* (Semen



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Euphorbiae) 30 g, *Wu Bei Zi* (Galla Chinensis) 90 g, *She Xiang* (Moschus) 9 g, *Xiong Huang* (Realgar) 30 g, *Zhu Sha* (Cinnabaris) 30 g, *Nuo Mi* (Semen Oryzae Glutinosae) proper amount.

Explanation:

*She Xiang:* Being aromatic in nature, inducing resuscitation, promoting the circulation of *Qi* and relieving pain.

*Shan Ci Gu:* Dispelling heat to subdue swelling.

*Xiong Huang:* Expelling pathogenic factors and toxic material.

*Qian Jin Zi* and *Hong Da Ji:* Eliminating phlegm and subduing swelling.

*Zhu Sha:* Calming the mind through its heavy nature.

*Wu Bei Zi:* Drying the intestines to alleviate diarrhea.

Effect: Taken orally, it has the action of causing resuscitation, resolving phlegm, getting rid of pestilent pathogenic factors and toxic material, purgating slowly, and descending the adverse flow of *Qi*. Applied externally, it functions in subduing swelling and dispersing masses.

Indications: Syndrome due to attack of pestilent pathogenic factors and phlegm retention, marked by distending full painful sensation in the stomach and intestines, vomiting, diarrhea, and skin and external diseases; including such diseases with the above symptoms as food poisoning, furuncle, boil and swelling.

Administration: The ingredients are ground into powder and made into lozenges with the paste of *Nuo Mi*. 0.6–1.5 g of the lozenge is taken orally each time, twice daily. When applied externally, it is ground in vinegar and applied on the affected area. Because *Qian Jin Zi* and *Hong Da Ji* are both poisoning, the



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dosage for children should be reduced. Meanwhile, it is contraindicated for pregnant women, for *She Xiang* in it is aromatic and apt to drift off its channel.



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# 11 Prescriptions for Inducing Astringency

## 11.1 Prescriptions for Inducing Astringency

Prescriptions mainly composed of astringents, having the action of inducing astringency, and used to arrest discharge of *Qi*, blood, semen or body fluid are all known as "prescription for inducing astringency". The discharge of *Qi*, blood, semen or body fluids, a morbid condition, is in such different ways according to different disease causes and locations as spontaneous sweating, night sweating, prolonged cough due to deficiency of the lung, emission, spermatorrhoea, incontinence of urine, chronic diarrhea, prolonged dysentery, metrorrhagia or metrostaxis, and leukorrhagia. As a result, prescriptions of this kind are classified as the following five: those for consolidating the superficies to stop sweating, those for astringing the lung to arrest cough, those for relieving diarrhea with astringents, those for astringing spontaneous emission, and those for curing metrorrhagia and leukorrhagia.

This kind of prescriptions are too potent to be suitable for such disorders due to pathogenic factors of excess type as spontaneous sweating, night sweating, prolonged cough, emission, spermatorrhoea, incontinence of urine, chronic diarrhea or dysentery, metrorrhagia or metrostaxis, and leukorrhagia.



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## 11.2 Prescriptions for Consolidating the Superficies to Stop Sweating

Prescriptions of this kind are mainly made up of drugs with the action of consolidating the superficies of the body to stop sweating. They are suitale for the syndrome of spontaneous sweating and night sweating due to incompact superficies and *Yin*–deficiency. The commonly used drugs are:

*Huang Qi* (Radix Astragali), *Mu Li* (Concha Ostreae), *Ma Huang Gen* (Radix Ephedrae), *Fu Xiao Mai* (Fructus Tritici Levis).

The representative prescriptions are *Muli San, Yupingfeng San,* etc.

## 11.3 The Prescription of *Yupingfeng San*

Name: Jadescreen Powder

Source: The book *Dan Xi Xin Fa*

Ingredients:

*Fang Feng* (Radix Saposhinkoviae) 30 g, *Huang Qi* (Radix Astragali) 30 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 60 g.

Explanation:

*Huang Qi:* Replenishing *Qi* to consolidate the supericial resistance.

*Bai Zhu:* Strengthening the spleen to invigorate *Qi,* working together with *Huang Qi* to ensure the flourish of *Qi* and the consolidation of the superficial resistance, thus preventing excessive perspiration and invasion of exogenous pathogens.

*Fang Feng:* Being pungent in flavor and warm in nature, dis-



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pelling pathogenic wind, working together with *Huang Qi* to consolidate the superficies with pathogens expelled and expell pathogenic factors with vital *Qi* unhurt.

Effect: Replenishing *Qi*, consolidating the superficial resistance, arresting spontaneous sweating.

Indications: Syndrome of spontaneous sweating due to deficiency of the superficies, marked by aversion to wind, puffy and pale complexion, pale tongue with thin whitish coating, and floating weak pulse; including such diseases with the above symptoms as chronic rhinitis. allergic rhinitis and respiratory tract infection.

Administration: All the ingredients are ground into fine powder. 6–9 g of the powder is taken each time, twice daily. (Taken also in the form of decoction with the amounts of the ingredients reduced properly according to a patient's condition and the proportions of the drugs in the original prescription).

Case Study: *Yupingfeng San* was clinically used to treat 32 children who were with weak constitutions and often attacked by common cold, bronchitis or pneumonia.The powder was given in 15 days in a month. The treatment lasted three and a half months, during which no attack of any of the three diseases occurred in 11 cases, only one time of common cold took place in 13 cases, two times of common cold were seen in 7 cases, ineffectiveness was found in 1 case who had not taken the powder on time.

16 cases of postoperative spontaneous sweating complicated by aversion to wind were treated with *Yupingfeng San*. All of them were cured, the average doses for each case to take being 5.



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## 11.4 The Prescription of *Muli San*

Name: Oyster Shell Powder

Source: The book *Tai Ping Hui Min He Ji Ju Fang*

Ingredients:

*Huang Qi* (Radix Astragali) 30 g, *Ma Huang Gen* (Radix Ephedrae) 30 g, *Mu Li* (Concha Ostreae) 30 g, *Xiao Mai* (Fructus Tritici Levis) 30 g.

Explanation:

*Mu Li:* The principal drug, replenishing *Yin*, suppressing the hyperactivities of *Yang*, relieving restlessness and astringing sweating.

*Huang Qi:* Invigorating *Qi* to consolidate the superficial resistance.

*Ma Huang Gen:* Arresting perspiration specially.

*Xiao Mai:* Invigorating the heart–*Qi*, replenishing the heart–*Yin*, stopping sweating.

Effect: Consolidating the superficial resistance and stopping sweating.

Indications: Syndrome of spontaneous sweating due to floating of *Yang*, marked by frequent perspiration, severe night sweating lasting longer, palpitation, inclination to be frightened, pale tongue with whitish coating, and thready weak pulse; including such diseases with the above symptoms as spontaneous sweating and night sweating due to disturbance of the vegetative nerve function and night sweating due to tuberculosis.

Administration: The first 3 ingredients are ground into coarse powder. 9 g of the powder is taken with the decoction of 30 g of *Xiao Mai* each time, twice daily. Or the first 3 ingredients



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are properly reduced and decocted in water with 30 g of *Xiao Mai* for the decoction to be taken orally.

Case Study: *Muli San* was clinically adopted to treat 28 cases, of whom 15 were suffering from night sweating, 6 spontaneous sweating, 7 both spontaneous and night sweating. The treatment result was that 20 cases were cured, 5 basically cured, 1 improved, 2 unimproved. 2–5 doses were taken by each of the 18 cases, 6–10 by each of the 5, more than 10 by each of the 5.

## 11.5 Prescriptions for Astringing the Lung to Arrest Cough

This kind of prescriptions are mainly made up of drugs with the action of astringing the lung and stopping cough. They are applicable to the syndromes of deficiency of the lung due to intractable cough, consumption of *Qi* and *Yin*, shortness of breath and spontaneous sweating, and weak rapid pulse. Drugs such as

*Wu Wei Zi* (Fructus Schisandrae), *Ying Su Qiao* (Pericarpium Papaveris), *Wu Mei* (Fructus Mume), *Ren Shen* (Radix Ginseng), *E Jiao* (Colla Corii Asini), etc.,
are usually used in these prescriptions, whose representative is *Jiuxian San*.

## 11.6 The Prescription of *Jiuxian San*

Name: Nine Noble Ingredients Powder

Source: The book *Yi Xue Zheng Zhuan*

Ingredients:

*Ren Shen* (Radix Ginseng) 2 g, *Kuan Dong Hua* (Flos Farfarae) 2 g, *Jie Geng* (Radix Platycodi) 2 g, *Sang Bai Pi*



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(Cortex Mori) 2 g, *Wu Wei Zi* (Fructus Schisandrae) 2 g, *E Jiao* (Colla Corii Asini) 2 g, *Bei Mu* (Bulbus Fritillariae) 2 g, *Wu Mei* (Fructus Mume) 6 g, *Ying Su Qiao* (Pericarpium Papaveris) 6 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 1 piece, *Da Zao* (Fructus Jujubae) 1 date.

Explanation:

*Ying Su Qiao:* One of the principal drugs, astringing the lung to arrest cough.

*Ren Shen:* The other principal drug, invigorating *Qi* and benefiting the lung.

*E Jiao:* Nourishing *Yin* and benefiting the lung.

*Wu Wei Zi* and *Wu Mei:* Astringing the lung to arrest cough.

*Kuan Dong Hua* and *Bei Mu:* Arresting cough, resolving phlegm, descending the adverse flow of the lung-*Qi* to relieve dyspnea.

*Sang Bai Pi:* Removing pathogenic heat from the lung to arrest cough.

*Jie Geng:* Arresting cough and resolving phlegm.

Effect: Astringing the lung to arrest cough, invigorating *Qi* and nourishing *Yin*.

Indications: Syndrome due to deficiency of the lung and insufficiency of *Qi*, marked by protracted cough which even leads to dyspnea and spontaneous when severe, pale tongue with whitish coating, and weak rapid pulse; including such diseases with the above symptoms as chronic bronchitis, bronchial asthma, pleurisy and pneumonia in the convalescence.

Administration: All the ingredients except the last two are ground into fine powder. The powder is decocted in water with *Sheng Jiang* and *Da Zao* for the decoction to be taken twice.



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Contraindication: Because this prescription is very strong in astringing the lung and stopping cough, it should not be administered to treat patients with protracted cough complicated by profuse expectoration, or with exterior syndrome due to exogeneous pathogens for fear that the disease be prolonged or worsened.

## 11.7 Prescriptions for Relieving Diarrhea with Astringents

Prescriptions of this kind are mainly composed of drugs with the action of astringing the intestines to relieve diarrhea. They are suitable for the syndrome of intractable diarrhea due to deficiency–cold of the spleen and kidney. The commonly used drugs are:

*Chi Shi Zhi* (Halloysitum Rubrum), *Rou Dou Kou* (Semen Myristicae), *He Zi* (Fructus Chebulae), *Wu Wei Zi* (Fructus Schisandrae), *Bu Gu Zhi* (Fructus Psoraleae), *Rou Gui* (Cortex Cinnamomi), *Ren Shen* (Radix Ginseng), *Bai Zhu* (Rhizoma Atractylodis Macrocephalae).

The representative prescriptions are *Zhenren Yangzang Tang*, *Sishen Wan* and *Taohua Tang*.

## 11.8 The Prescription of *Zhenren Yangzang Tang*

Name: Decoction for Nourishing *Zang*–organs

Source: The book *Tai Ping Hui Min He Ji Ju Fang*

Ingredients:

*Ren Shen* (Radix Ginseng) 6 g, *Gan Cao* (Radix Glycyrrhizae) 6 g, *Dang Gui* (Radix Angelicae Sinensis) 9 g, *Mu Xiang* (Radix Aucklandiae) 9 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 12 g, *Rou Dou Kou* (Semen Myristicae) 12 g, *He*



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*Zi* (Fructus Chebulae) 12 g, *Bai Shao* (Radix Paeoniae Alba) 15 g, *Ying Su Qiao* (Pericaupium Papaveris) 20 g, *Rou Gui* (Cortex Cinnamomi) 3 g.

Explanation:

*Ying Su Qiao:* One of the principal drugs, astringing the intestines to stop diarrhea.

*Rou Gui:* The other principal drug, warming the kidney and spleen .

*Ren Shen* and *Bai Zhu:* Invigorating *Qi* and strengthening the spleen.

*Dang Gui* and *Bai Shao:* Enriching blood and coordinating *Ying*.

*Mu Xiang:* Regulating the flow of *Qi* to relieve pain.

*Gan Cao:* Tempering the actions of all the other ingredients, relieving spasm and pain.

Effect: Astringing the intestines to stop diarrhea, warming and tonifying the kidney and spleen.

Indications: Syndrome due to deficiency-cold of the spleen and kidney, marked by protracted diarrhea and dysentery, incontinence of defecation, abdominal pain relieved by pressing and warming, or frequent diarrhea with pus and blood, lassitude and anorexia, pale tongue with whitish coating, and deep slow pulse; including such diseases with the above symptoms as chronic enteritis, chronic bacillary dysentery, and intestinal tuberculosis.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: 13 cases of infantile diarrhea of deficiency-cold type were clinically treated with modified *Zhenren Yangzang*



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*Tang*. In case of retained food, drugs added to the prescription of *Zhenren Yangzang Tang* were:

*Shen Qu* (Massa Medicata Fermentata)

*Shan Zha* (Rhizoma Crataegi).

In case of fecal incontinence, drugs added were:

*Shi Liu Pi* (Pericarpium Granati)

*Shi Di* (Calyx Kaki).

In case of oliguria, drugs added were:

*Che Qian Zi* (Semen Plantaginis)

*Mu Tong* (Caulis Akebiae)

*Fu Ling* (Poria).

The treatment cured all the cases.

## 11.9 The Prescription of *Sishen Wan*

Name: Pill of Four Miraculous Drugs

Source: The book *Zheng Zhi Zhun Sheng*

Ingredients:

*Rou Dou Kou* (Semen Myristicae) 60 g, *Wu Wei Zi* (Fructus Schisandrae) 60 g, *Bu Gu Zhi* (Fructus Psoraleae) 120 g, *Wu Zhu Yu* (Fructus Evodiae) 30 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 24 g, *Da Zao* (Fructus Jujubae) 100 dates.

Explanation:

*Bu Gu Zhi:* The principal drug, warming and tonifying the kiendy–*Yang*.

*Rou Dou Kou:* Warming the spleen to arrest diarrhea, promoting the flow of *Qi* and removing stagnated food.

*Wu Zhu Yu* and *Sheng Jiang:* Warming the middle–*Jiao* to expel pathogenic cold.

*Wu Wei Zi:* Astringing the intestines to arrest diarrhea.



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*Da Zao:* Tonifying the spleen and benefiting the stomach.

Effect: Warming and tonifying the spleen and kidney, astringing the intestines to arrest diarrhea.

Indications: Syndrome due to cold–deficiency of the spleen and kidney, marked by diarrhea before dawn, loss of appetite, abdominal pain, soreness of the loins, cold limbs, listlessness, lassitude, pale tongue with thin whitish coating, and deep slow weak pulse; including such diseases with the above symptoms as chronic colitis, allergic colitis and intestinal tuberculosis.

Administration: *Da Zao* without the cores is boiled up to being done. The other ingredients are ground into fine powder, which is mixed with the boiled *Da Zao* into pills. 6–9 g of the pills is taken each time, twice daily. Or all the ingredients are decocted in water for oral dose after the amounts of the drugs are reduced according to the proportions in the original prescription.

Case Study: 20 cases of diarrhea before dawn were clinically treated with *Sishen Wan* with 16 cases cured and 4 remarkably improved.

*Sishen Wan* was also employed to treat 1 case of allergic colitis with a history of 9 years, marked by abdominal pain and 3–5 times of laxation every day. 20 days later after *Sishen Wan* was taken, the stools took form and only 1–2 times of laxation occurred each day. The taking of *Sishen Wan* was continued for another 10 days and all the symptoms disappeared. Then 1 month of observation without giving *Sishen Wan* turned out that the curative effects had been maintained.

Experimental results showed that *Sishen Wan* can inhibit the spontaneous movements of the intestines and the intestinal spasm induced by acetylcholine or by barium chloride.



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## 11.10 The Prescription of *Taohua Tang*

Name: Pink Decoction

Source: The book *Shang Han Lun*

Ingredients:

*Chi Shi Zhi* (Halloysitum Rebrum) 30 g, *Jing Mi* (Semen Oryzae Sativae) 30 g, *Gan Jiang* (Rhizoma Zingiberis) 9 g.

Explanation:

*Chi Shi Zhi:* The principal drug, being heavy and warm in nature, astringing the intestines to relieve diarrhea.

*Gan Jiang:* Warming the middle–*Jiao* to expel pathogenic cold.

*Jing Mi:* Nourishing the stomach and regulating the function of the middle–*Jiao*.

Effect: Warming up the middle–*Jiao* to astringe the intestines.

Indications: Syndrome due to deficiency–cold of the spleen and stomach, marked by protracted dysentery, deep–colored stools with pus and blood, dysuria, abdominal pain alleviated by warming and pressing, pale tongue with whitish coating, and feeble thready pulse; including such diseases with the above symptoms as amebic dysentery, chronic bacillary dysentery and chronic enteritis.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: 4 cases of chronic amebic dysentery, whose course was from half a year to 2 years, were clinically treated with *Taohua Tang* plus:

*Yu Yu Liang* (Limonitum), *Chao Di Yu* (Radix Sanguisorbae



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stir-fried), *Shan Yao* (Rhizoma Dioscoreae), *Qin Pi* (Cortex Fraxini), *Long Gu* (Os Draconis Fossilia), *Mu Li* (Concha Ostreae)

3--5 doses were taken by each of the cases and effectiveness resulted in all of them. Then in the following 7 days, the cases were treated with the therapeutic method of strengthening the spleen and regulating the stomach and they were all cured.

## 11.11 Prescriptions for Astringing Spontaneous Emission

This kind of prescriptions are mainly made up of drugs with the action of reinforcing the kidney to astringe emission. They are indicated for the syndrome of enuresis or emission due to the inability of the weak kidney to store and control the discharge of urine and sperm, or enuresis and frequent urination due to the inability of the weak kidney to control the opening-closing function of the bladder. The commonly used drugs are:

*Sha Yuan* (Semen Astragali Complanati), *Ji Li* (Fructus Tribuli), *Lian Xu* (Stamen Nelumbinis), *Qian Shi* (Semen Euryales), *Sang Piao Xiao* (Oötheca Mantidis), *Yi Zhi Ren* (Fructus Alpiniae Oxyphyllae), etc.

The representative prescriptions are *Jinsuo Gujing Wan*, *Sangpiaoxiao San* and *Suoquan Wan*.

## 11.12 The Prescription of *Jinsuo Gujing Wan*

Name: Golden Lock Pill for Keeping the Kidney Essence

Source: The book *Yi Fang Ji Jie*

Ingredients:

*Sha Yuan* (Semen Astragali Complanati) 60 g, *Ji Li* (Fructus



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Tribuli) 60 g, *Qian Shi* (Semen Euryales) 60 g, *Lian Xu* (Stamen Nelumbinis) 60 g, *Long Gu* (Os Draconis) 30 g, *Mu Li* (Concha Ostreae) 30 g.

Explanation:

*Sha Yuan* and *Ji Li:* The principal drugs, reinforcing the kidney to astringe emission.

*Lian Zi:* Clearing away the heart-fire and easing mental anxiety.

*Long Gu, Mu Li, Lian Xu* and *Qian Shi:* Astringing emission and enuresis.

Effect: Reinforcing the kidney and astringing emission.

Indications: Syndrome due to deficiency of the kidney and depletion of the vital essence, marked by nocturnal emission, spermatorrhea, listlessness, lassitude, soreness and weakness of the limbs, lumbar aching, tinnitus, pale tongue with whitish coating, and thready weak pulse; including such diseases with the above symptoms as functional disturbance of the vegetative nerves and myasthenia gravis.

Administration: All the ingredients are ground into powder, the powder is made into pills with the paste of *Lian Zi Rou* (Semen Nelumbinis). 9 g of the pills is taken each time with slightly salty water or boiled water, 3 times daily. Or the ingredients are properly reduced according to the original proportions and decocted in water with an adequate amount of *Lian Zi Rou* for the decoction to be taken orally.

Case Study: *Jinsuo Gujing Wan* was clinically used to treat 1 case of myasthenia gravis marked by complete ptosis of the right upper eyelid, weakness of the limbs, keeping bedrid with the legs drawn up, difficulty in chewing, dyspnea, shortness of breath,



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nocturnal emission, spermatorrhea, cold pain in the loins and knees. 12 g of *Jinsuo Gujing Wan* was taken each time, 3 times daily. 2 weeks later, the disease condition was remarkedly improved. Several months later, the case was cured. A six-year follow-up found no relapse.

## 11.13 The Prescription of *Sangpiaoxiao San*

Name: Mantis Egg-case Powder

Source: The book *Ben Cao Yan Yi*

Ingredients:

*Sang Piao Xiao* (Oötheca Mantidis) 30 g, *Yuan Zhi* (Radix Polygalae) 30 g, *Chang Pu* (Rhizoma Acori Graminei) 30 g, *Long Gu* (Os Draconis Fossilia) 30 g, *Ren Shen* (Radix Ginseng) 30 g, *Fu Shen* (Poria cum Ligno Hospite) 30 g, *Dang Gui* (Radix Angelicae Sinensis) 30 g, *Gui Ban* (Carapax et Plastrum Testudinis) 30 g.

Explanation:

*Sang Piao Xiao:* The principal drug, reinforcing the kidney to replenish vital essence and arrest emission.

*Long Gu* and *Gui Ban:* Nourishing the kidney to strengthen its astringing function.

*Ren Shen, Dang Gui* and *Fu Shen:* Replenishing *Qi* and nourishing blood.

*Chang Pu* and *Yuan Zhi:* Tranquilizing the mind to relieve anxiety, promoting the coordination between the heart and kidney.

Effect: Tonifying and regulating the heart and kidney to astringe emission and enuresis.

Indication: Syndrome due to deficiency of both the heart and



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kidney, marked by frequent urination, or ricewashed–water like urine, enuresis, spermatorrhea, trance, amnesia, poor appetite, pale tongue with whitish coating, and thready weak pulse; including such diseases with the above symptoms as diabetes insipidus, diabetes mellitus, neurosism and neurogenic frequency of urination.

Administration: The ingredients are guound into fine powder. 6 g, of the powder is taken with the decoction of *Ren Shen* before going to bed. or, the ingredients are properly reduced according to the original proportions and decocted in water for the decoction to be taken orally.

Case Study: Modified *Sangpiaoxiao San* was clinically employed to treat the cases of hysteroptosis complicated by frequent urination and hyperexudation of the cervical orifice with remarkable effectiveness. A case with 8–year hysteroptosis marked by dizziness, shortness of breath, listlessness, lassitude, frequent urination, intermittent yellowish discharge from the cervical orifice, pale tongue with whitish coating, and weak feeble pulse was treated with modified *Sangpiaoxiao San,* whose ingredients were:

those of the prescription of *Sangpiaoxiao San*

*Huang Qi* (Radix Astragali), *Chai Hu* (Radix Bupleuri), *Sheng Ma* (Rhizoma Cimicifugae).

Prolapse of the uterus was noticeably retracted after 4 doses were taken. Another 3 doses taken, the case was cured.

## 11.14 The Prescription of *Suoquan Wan*

Name: Pill for Reducing Urination

Source: The book *Fu Ren Liang Fang*



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Ingredients:

*Wu Yao* (Radix Linderae). *Yi Zhi Ren* (Fructus Alpiniae Oxyphyllae).

The 2 ingredients are in the same amount.

Explanation:

*Yi Zhi Ren:* The principal drug, warming up the kidney to strengthening its function in governing the reception of air, warming the spleen to arrest spermatorrhea and astringing urination.

*Wu Yao:* Warming up the kidney and expelling cold.

*Shan Yao:* Strengthening the spleen and reinforcing the kidney.

Effect: Warming up the kidney to disperse pathogenic cold, astringe urine and arrest spontaneous emission.

Indications: Syndrome due to deficiency and cold in the lower-*Jiao*, marked by frequent urination, infantile enuresis, pale tongue with whitish coating, and deep slow pulse; including such diseases with the above symptoms as neurogenic frequency of urination, diabetes insipidus and medullitis.

Administration: The ingredients are ground into fine powder. An adequate amount of *Shan Yao* (Rhizoma Dioscoreae) is broken into small pieces and decocted in liquor into a paste. The powder and paste are mixed together into pills. 6 g of the pills is taken each time, twice daily. Or, the ingredients are reduced according to the original proportions and decocted in water for the decoction to be taken orally.

This prescription is weak in potency. Given the syndromes to be treated are more severe, drugs with the action of warming, tonifying and astringing should be added adequately in order that its curative effects can be enhanced.



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Case Study: 1 case of obstinate constipation marked by constipation which, milder in summer and more serious in winter, lasted 30 years, soreness of the loins, frequent urination, anal pain, deep-colored tongue with little coating, and deep thready slow pulse was treated with the prescription of *Suoquan Wan* plus:

*Mu Li* (Concha Ostreae), *Gou Qi* (Fructus Lycii), *Shu Di* (Radix Rehmanniae Preparata), *Zhi Fu Zi* (Radix Aconiti Lateralis Preparata), *Tao Ren* (Semen Persicae), *Gan Cao* (Radix Glycyrrhizae).20 doses cured the case with all the symptoms driven away.

## 11.15 Prescriptions for Curing Metrorrhagia and Leukorrhagia

Prescriptions of this kind are mainly made up of such drugs with the action of arresting metrorrhagia and leukorrhagia as

*Chun Gen Pi* (Cortex Ailanthi), *Hei Jing Jie* (Herba Schizonepetae), *Chi Shi Zhi* (Halloysitum Rubrum), etc.
The representative prescriptions are *Gu Jing Wan, Wandai Tang*, etc., which are used to cure metrorrhagia and leukorrhagia.

## 11.16 The Prescription of *Gujing Wan*

Name: Pill for Arresting Metrorrhagia

Source: The book *Yi Xue Ru Men*

Ingredients:

*Huang Qin* (Radix Scutellariae) 30 g, *Bai Shao* (Radix Paeoniae Alba) 30 g, *Gui Ban* (Carapax et Plastrum Testudinis) 30 g, *Chun Gen Pi* (Cortex Ailanthi) 21 g, *Huang Bai* (Cortex Phellodendri) 9 g, *Xiang Fu* (Rhizoma Cyperi) 7.5 g.



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Explanation:

*Gui Ban:* Benefiting the kidney through nourishing *Yin* to purge fire.

*Bai Shao:* Astringing *Yin* and enriching blood to nourish the liver.

*Huang Qin* and *Huang Bai:* Clearing away heat and purging fire to arrest bleeding.

*Chun Gen Pi:* Strengthening the channels to arrest leukorrhagia, eliminating dampness and heat.

*Xiang Fu:* Regulating the flow of *Qi* to remove stasis and coordinate blood.

Effect: Nourishing *Yin,* clearing away pathogenic heat, arresting bleeding, and consolidating the channels.

Indications: Syndrome of pathogenic heat in the interior due to *Yin*–deficiency, marked by prolonged menstruation, metrorrhagia or metrostaxis, deep–colored blood being mixed with dark purple clots, dysphoria and feverish sensation in the chest and epigastric region, abdominal pain, dark urine, reddened tongue, and taut rapid pulse; including such diseases with the above symptoms as menoxenia and dysfunctional uterine bleeding, etc., all secondary to the inflammation of the reproductive system.

Administration: All the ingredients are ground into powder. The powder is mixed with liquor into pills. 9 g of the pills is taken each time, twice daily. Or, the ingredients are properly reduced according to the original proportions and decocted in water for the decoction to be taken orally.



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## 11.17 The Prescription of *Zhenling Dan*

Name: Pill for Removing Blood Stasis and Arresting Bleeding.

Source: The book *Tai Ping Hui Min He Ji Ju Fang*

Ingredients:

*Yu Yu Liang* (Limonitum) 200 g, *Zi Shi Ying* (Fluoritum) 200 g, *Chi Shi Zhi* (Halloysitum Rubrum) 200 g, *Dai Zhe Shi* (Haematitum) 200 g, *Ru Xiang* (Resina Olibani) 100 g, *Wu Ling Zhi* (Faeces Trogopterori) 200 g, *Mo Yao* (Myrrha) 100 g, *Zhu Sha* (Cinnabaris) 50 g, *Nuo Mi* (Semen Oryzae Glutinosae) 200 g.

Explanation:

*Chi Shi Zhi, Yu Yu Liang, Zi Shi Ying* and *Zhe Shi:* Warming up the uterus to control menstruation, nourishing blood to arresting metrorrhagia.

*Ru Xiang, Mo Yao* and *Wu Ling Zhi:* Promoting the circulation of blood to remove blood stasis, activating the flow of *Qi* to relieve pain.

*Nuo Mi:* Reinforcing the lung, strengthening the spleen, invigorating *Qi*, warming up the middle–*Jiao*.

Effect: Removing blood stasis and arresting bleeding.

Indications: Syndrome due to deficiency–cold of the *Chong* and *Ren* channels and obstruction of the uterus by blood stasis, marked by metrorrhgia or metrostaxis, purplish red or dark purple blood with clots, pain in the lower abdomen aggravated by pressing, dark purplish tongue, and deep thready taut pulse; including such diseases with the above symptoms as dysfunctional uterine bleeding and postpartum profuse loss of blood.



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Administration: All the ingredients except *Nuo Mi* and *Zhu Sha* are ground together into fine powder. *Nuo Mi* is ground and stir-fried until done. The two powders are mixed together and made with water into pills. The pills are coated with *Zhu Sha*. 6 g. of the pills is taken each time, twice daily.

Contraindication: Because drugs for astringing are compatible with drugs for removing blood stasis in this prescription, it should not be used to treat the syndrome of "weakness and depletion of the kidney not complicated by blood stasis".

## 11.18 The Prescription of *Wandai Tang*

Name: Decoction for Morbid Leukorrhea

Source: The book *Fu Qing Zhu Nü Ke*

Ingredients:

*Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 30 g, *Shan Yao* (Rhizoma Dioscoreae) 30 g, *Che Qian Zi* (Semen Plantaginis) 9 g, *Cang Zhu* (Rhizoma Atractylodis) 9 g, *Bai Shao* (Radix Paeoniae Alba) 15 g, *Ren Shen* (Radix Ginseng) 6 g, *Chen Pi* (Pericarpium Citri Reticulatae) 1.5 g, *Hei Jie Sui* (Spica Schizonepetae) 1.5 g, *Chai Hu* (Radix Bupleuri) 1.8 g, *Gan Cao* (Radix Glycyrrhizae) 3 g.

Explanation

*Bai Zhu, Cang Zhu, Ren Shen, Shan Yao* and *Gan Cao:* Invigorating *Qi*, strengthening the spleen, removing dampness, arresting leukorrhagia.

*Bai Shao, Chen Pi* and *Chai Hu:* Nourishing the liver and elevating the clear *Yang*.

*Che Qian Zi:* Removing pathogenic dampness by inducing diuresis.



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*Hei Jie Sui:* Dispelling pathogenic wind–dampness to cure morbid leukorrhea.

Effect: Tonifying the middle–*Jiao* to strengthen the spleen, removing dampness to arrest leukorrhagia

Indications: Syndrome due to deficiency of the spleen, depression of the liver–*Qi* and dampness flowing downward, marked by clear odorless whitish or light–yellowish leukorrhea, puffy and pale complexion, lassitude, loose stools, pale tongue with whitish coating, slow or soft weak pulse; including leukorrhagia with the above symptoms caused by chronic inflammation of the reproductive system.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: 100 cases of leukorrhagia were clinically treated with *Wandai Tang* plus:

*Nü Zhen Zi* (Fructus Ligustri Lucidi) 9 g.

All the cases were remarkably improved and follow–up didn't find out any relapse.

Clinical experience found out that amenorrhea and irregular menstruation as well as leukorrhagia might be treated with *Wandai Tang* plus:

*He Huan Pi* (Cortex Albiziae), *Nü Zhen Zi* (Fructus Ligustri Lucidi), *Dang Gui*(Radix Angelicae Sinensis), *Huang Bai* (Cortex Phellodendri), *Hei Da Dou* (Semen Sojae Nigrum).



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# 12 Prescriptions for Regulating the Flow of *Qi*

## 12.1 Prescriptions for Regulating the Flow of *Qi*

Prescriptions mainly consisting of drugs for regulating *Qi*, having the effect of promoting the circulation, and checking the upward adverse flow of *Qi*, and being suitable for the syndrome of stagnation, or adverse flow, of *Qi* are all known as "prescription for regulating the flow of *Qi*". As the commander of all the activities of the body, *Qi* flows throughout the body by its ascending, descending, out-going and in-coming movements, thus warming up and tonifying the whole body. Whenever exogenous pathogens attack the body, the descending and ascending movements of *Qi* will be disturbed, which will result in the syndrome of "stagnation of *Qi*" or "the upward adverse flow of *Qi*". The syndrome of stagnation of *Qi* should be treated with the prescription for promoting the circulation of *Qi* in order that the stagnation or accumulation of *Qi* can be eliminated. As for the syndrome of the upward adverse flow of *Qi*, it should be treated with the prescription for descending *Qi* in order that the upward adverse flow of *Qi* can be checked. From the above, we can see that the disorders of *Qi* are different and the prescriptions used to treat them are also different. Based on this, prescriptions for regulating the flow of *Qi* are classified as the following two: those for removing stagnancy of *Qi* and those for checking the upward ad-



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verse flow of *Qi*.

Most drugs with the action of regulating the flow of *Qi* are aromatic, pungent and dry in nature. They tend to impair body fluid and exhaust *Qi*. Therefore, they should be used in adequate amount and for proper duration. Overdose of them should be avoided and they should not be administered any longer once their effectiveness appear. When they are used to treat the old, the debilitated, the pregnant or the patients suffering from metrorrhagia, metrostaxis or epistaxis, great caution is needed.

## 12.2 Prescriptions for Removing Stagnancy of *Qi*

Prescriptions of this kind are mainly made up of drugs with the action of promoting the flow of *Qi* and drugs of relieving the depressed liver. They are suitable for such syndromes due to stagnation of *Qi* as gastrointestinal distention with eructation and regurgitation of sour fluid, distending pain in the chest and hypochondria, pain due to hernia, irregular menstruation and dysmenorrhea. Drugs such as

*Chen Pi* (Pericarpium Citri Reticulatae), *Hou Po* (Cortex Megnoliae Officinalis), *Mu Xiang* (Radix Aucklandiae), *Zhi Shi* (Fructus Aurantii Immaturus), *Chuan Lian Zi* (Fructus Toosendan), *Wu Yao* (Radix Linderae), *Xiang Fu* (Rhizoma Cyperi), *Xiao Hui Xiang* (Fructus Foeniculi), *Ju He* (Semen Citri Reticulatae), are usually used in these prescriptions, whose representatives are *Yueju Wan, Jinlingzi San, Banxia Houpo Tang, Zhi shi, Xiebai Guizhi Tang, Juhe Wan, Tiantai Wuyao San, Nuangan Jian* and *Houpo Wenzhong Tang*.



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## 12.3 The Prescription of *Yueju Wan*

Name: Pill for Relieving Stagnancy

Source: The book *Dan Xi Xin Fa*

Ingredients (in the same amount):

*Cang Zhu* (Rhizoma Atractylodis), *Xiang Fu* (Rhizoma Cyperi), *Chuan Xiong* (Rhizoma Chuanxiong), *Shen Qu* (Massa Medicata Fermentata), *Zhi Zi* (Fructus Gardeniae).

Explanation:

*Xiang Fu:* The principal drug, promoting the circulation of *Qi* to treat stagnation of *Qi*.

*Chuan Xiong:* Activating the flow of blood to treat blood stasis.

*Zhi Zi:* Clearing away heat and fire to treat stagnation of fire.

*Cang Zhu:* Drying dampness and promoting the transporting function of the spleen to treat accumulation of dampness.

*Shen Qu:* Promoting digestion and removing stagnated food to treat indigestion.

Effect: Promoting the circulation of *Qi* and removing stagnancy of *Qi*.

Indications: Syndrome due to stagnancy of *Qi*, marked by fullness distention in the chest and abdomen, eructation with foul odor, regurgitation of sour fluid, nausea, vomiting, indigestion, including such diseases with the above symptoms as chronic gastritis, gastroneurosis, gastroduodenal ulcer, hepatitis, cholicystitis and intercostal neuralgia, etc.

Administration: All the ingredients are ground into fine powder. The powder is made in to pills with water. 6–9 g of the



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pills is taken each time, twice daily. Or the ingredients are adequately reduced according to the original proportions and decocted in water for the decoction to be taken orally.

Case Study: Modified *Yueju Wan* was clinically employed to treat 1 case of volvulus of stomach marked by gastrointestinal fullness and distention, vague pain, nausea, loss of appetite, and loose stools. 10 doses taken, all the symptoms vanished and the volvulus was corrected as shown in barium meal examination.

4 cases of psychosis diagnosed as a syndrome due to stagnation of *Qi* were also successfully treated with modified *Yueju Wan*.

## 12.4 The Prescription of *Jinlingzi San*

Name: Sichuan Chinaberry Powder

Source: The book *Su Wen Bing Ji Qi Yi Bao Ming Ji*

Ingredients:

*Jin Ling Zi* (Fructus Meliae Toosendan) 30 g, *Yan Hu Suo* (Rhizoma Corydalis) 30 g.

Explanation:

*Jin Ling Zi:* The principal drug, soothing the liver and regulating the circulation of *Qi*, purging the liver of pathogenic fire.

*Yan Hu Suo:* Promoting the flow of both *Qi* and blood.

Effect: Promoting the circulation of *Qi* to soothe the liver, activating the flow of blood to arrest pain.

Indications: Syndrome of intense heat due to stagnation of the liver–*Qi*, marked by intermittent pain in the chest, abdomen and hypochondriac region, bitter taste in the mouth, reddened tongue with yellowish coating, and taut rapid pulse; including such diseases with the above symptoms as gastroduodenal ulcer,



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chronic gastritis, and virus hepatitis.

Administration: The two ingredients are ground into fine powder. 9 g of the powder is taken each time, twice daily. Or the ingredients are decocted in water for oral dose with their amounts properly modified.

Case Study: Modified *Jinlingzi San* was clinically used to treat 15 cases of stomachache due to stagnation of pathogenic fire, indigestion caused by over-intake of liquor and meat, or liver-Qi attacking the stomach. The pain was relieved by 1 dose. All the cases were cured, each taking 2 doses.

## 12.5 The Prescription of *Banxia Houpo Tang*

Name: Decoction of Pinellia and Magnolia Bark

Source: The book *Jin Gui Yao Lue*

Ingredients:

*Ban Xia* (Rhizoma Pinelliae) 12 g, *Fu Ling* (Poria) 12 g, *Hou Po* (Cortex Magnoliae Officinalis) 9 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 9 g, *Su Ye* (Folium Perillae) 6 g.

Explanation:

*Ban Xia:* The principal drug, dissolving phlegm and dispersing accumulation of pathogens, keeping the adverse *Qi* flowing downward and regulating the stomach.

*Hou Po:* Inducing *Qi* to flow downward and relieving distention.

*Fu Ling:* Being sweet and tasteless in flavor, inducing diuresis.

*Sheng Jiang:* Being pungent in taste and warm in nature, dispersing accumulation of pathogens, regulating the stomach to arrest vomiting.



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*Su Ye:* Being aromatic in taste, promoting the flow of *Qi*, regulating the lung, soothing the liver.

Effect: Promoting the circulation of *Qi* and dispersing accumulation of pathogens, making the adverse *Qi* flow downward to dissolve phlegm.

Indications: Syndrome of globus hystericus marked by a sensation of something stuck in the throat which is difficult to vomit out or swallow, fullness in the chest and hypochondrium, whitish moist tongue coating, and taut slow pulse; including such diseases with the above symptoms as hysteria, gastroneurosis, esophageal spasm and chronic pharyngitis.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: 19 cases of globus hystericus whose courses were different from half a day to half a year were successfully treated with *Banxia Houpo Tang*.

Modified *Banxia Houpo Tang* was used to treat 2 cases of chronic pharyngitis with a course of 2 years. Either of them was cured by taking 20 or more doses.

## 12.6 The Prescription of *Zhishi Xiebai Guizhi Tang*

Name: Decoction of Immature Bitter Orange, Macrostem Onion and Cinnamon Twigs

Source: The book *Jin Gui Yao Lue*

Ingredients:

*Zhi Shi* (Fructus Aurantii Immaturus) 12 g, *Hou Po* (Cortex Magnoliae Officinalis) 12 g, *Gua Lou* (Fructus Trichosanthis) 12 g, *Xie Bai* (Bulbus Allii Macrostemi) 9 g, *Gui Zhi* (Ramulus



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Cinnamomi) 6 g.

Explanation:

*Zhi Shi:* Inducing downward flow of *Qi* to disperse stagnation of *Qi*, relieving fullness and distention.

*Xie Bai:* Being pungent in taste and warm in nature, promoting the circulation of *Yang–Qi*, relieving stuffiness in the chest and dissolving masses.

*Gui Zhi:* Reinforcing *Yang–Qi* and promoting its circulation to dispel pathogenic cold, keeping upward adverse flow of *Qi* going downward.

*Gua Lou:* Removing phlegm and dissolving masses.

*Hou Po:* Promoting the downward flow of *Qi* to relieve fullness.

Effect: Promoting the circulation of *Yang–Qi* and resolving masses, removing phlegm and inducing *Qi* to flow downward.

Indications: Syndrome due to obstruction of *Qi* in the chest, marked by choking pain in the chest which even refers to the back, dyspnea, cough, shortness of breath, whitish greasy tongue coating, and deep taut or tense pulse; including such diseases with the above symptoms as coronary heart disease, angina pectoris, intercostal neuralgia and costal chondritis.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: *Zhishi Xiebai Guizhi Tang* in combination with *Gualou Xiebai Baiju Tang* and modified *Gualou Xiebai Banxia Tang* was clinically used to cases of non–supurative costochondritis. The symptoms were relieved or removed in a short time in most cases after the decoction was taken, relapse was seldom.



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## 12.7 The Prescription of *Juhe Wan*

Name: Tangerine Seed Pill

Source: The book *Ji Sheng Fang*

Ingredients:

*Ju He* (Semen Citri Reticulatae) 30 g, *Hai Zao* (Sargassum) 30 g, *Kun Bu* (Thallus Echloniae) 30 g, *Hai Dai* (Thallus Laminariae) 30 g, *Chuan Lian Zi* (Fructus Toosendan). 30 g, *Tao Ren* (Semen Persicae) 30 g, *Hou Po* (Cortex Magnoliae Officinalis) 15 g, *Mu Tong* (Caulis Aristolochiae Manshuriensis) 15 g, *Zhi Shi* (Fructus Aurantii Immaturus) 15 g, *Yan Hu Suo* (Rhizoma Corydalis) 15 g, *Gui Xin* (Lignum Cinnamomi) 15 g, *Mu Xiang* (Radix Aucklandiae) 15 g.

Explanation:

*Ju He:* The principal drug, promoting the circulation of *Qi* to treat hernia.

*Mu Xiang* and *Chuan Lian Zi:* Promoting the flow of *Qi* to relieve pain.

*Tao Ren* and *Yan Hu Suo:* Activating the circulation of blood to remove obstruction in the channels.

*Gui Xin:* Warming up the liver and kidney to dispel pathogenic cold.

*Zhi Shi* and *Hou Po:* Drastically promoting the circulation of *Qi* to eliminate stagnancy of *Qi*.

*Mu Tong:* Promoting the flow of blood through the vessels and getting rid of dampness.

*Hai Zao, Kun Bu* and *Hai Dai:* Softening and dispersing hard masses.

Effect: Promoting the flow of *Qi* to relieve pain, softening



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and dispersing hard masses.

Indications: Hernia due to cold–damp pathogen, marked by swollen and distending scrotum with bearing–down sensation, or scrotum as hard as stone, or pain of the testicle radiating to the umbilical or abdominal region, pale tongue with whitish coating, and deep taut pulse; including such diseases with the above symptoms as hydrocele testis, testitis and epididymitis.

Administration: All the ingredients are ground into powder and made with liquor into pills. 9 g of the pills is taken each time,twice daily. Or the ingredients are decocted in water for oral dose, their amounts being properly modified according to the original proportions.

Case Study: Cases of testical dropsy were clinically treated with modified *Juhe Wan* with noticeable results. In general, the dropsy was relieved after 6 doses were taken. Further taking of the pills brought about complete recovery, the doses taken averaging 20–28.

## 12.8 The Prescription of *Tiantai Wuyao San*

Name: Linderae Powder

Source: The book *Yi Xue Fa Ming*

Ingredients:

*Wu Yao* (Radix Linderae) 12 g, *Chuan Lian Zi* (Fructus Toosendan) 12 g, *Gao Liang Jiang* (Rhizoma Alpiniae Officinarum) 9 g, *Bing Lang* (Semen Arecae) 9 g, *Mu Xiang* (Radix Aucklandiae) 6 g, *Xiao Hui Xiang* (Fructus Foeniculi) 6 g, *Qing Pi* (Pericarpium Citri Reticulatae Viride) 6 g, *Ba Dou* (Semen Crotonis) 70 particles.

Explanation:



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*Wu Yao:* The principal drug, promoting the circulation of *Qi* to soothe the liver, dispersing pathogenic cold to alleviate pain.

*Mu Xiang, Xiao Hui Xiang, Qing Pi* and *Gao Liang Jiang:* Promoting the flow of *Qi* and resolving masses, dispelling pathogenic cold and dampness.

*Bing Lang:* Acting directely on the lower–*Jiao* to promote the circulation of *Qi,* thus removing stagnancy and resolving masses.

*Chuan Lian Zi* and *Ba Dou:* Being stir–fried together so as to restrain the cold nature, and enhance the potency of promoting the flow of *Qi* to eliminate stagnancy, of *Chuan Lian Zi.*

Effect: Promoting the flow of *Qi* to soothe the liver, expelling pathogenic cold to relieve pain.

Indications: *Shan* syndrome of cold–type due to stagnation of *Qi,* marked by hernia of the small intestines, pain in the lower abdomen referring to the testis, pale tongue with whitish coating, and deep slow or taut pulse; including such diseases with the above symtoms as external abdominal hernia, dysmenorrhea, and disorder of the testis.

Administration: *Chuan Lian Zi* and *Ba Dou* are parched until they look dark, and *Ba Dou* is removed to get *Chuan Lian Zi.* All the ingredients except *Ba Dou* are decocted in water for the decoction. The decoction is taken twice daily with adequate amount of millet wine.

Case Study: Modified *Tiantai Wuyao San* was clinically adopted to treat the syndrome of stagnation of *Qi* due to accumulation of cold and transverse invasion of the depressed liver–*Qi,* marked by hernia, abdominal pain, stomachache, pain due to ascaris and dysmenorrhea with satisfactory results.



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## 12.9 The Prescription of *Nuangan Jian*

Name: Decoction for Warming the Liver Channel

Source: The book *Jing Yue Quan Shu*

Ingredients:

*Dang Gui* (Radix Angelicae Sinensis) 6–9 g, *Rou Gui* (Cortex Cinnamomi) 3–6 g, *Gou Qi* (Fructus Lycii) 9 g, *Xiao Hui Xiang* (Fructus Foeniculi) 6 g, *Wu Yao* (Radix Linderae) 6 g, *Fu Ling* (Poria) 6 g, *Chen Xiang* (Lignum Aquilariae Resinatum) 3 g, *Sheng Jiang* (Rhizoma Zingiberis Recens)3 pieces.

Explanation:

*Dang Gui* and *Gou Qi:* Warming and reinforcing the liver and kidney.

*Rou Gui* and *Xiao Hui Xiang:* Warming up the kidney and dispelling pathogenic cold.

*Wu Yao* and *Chen Xiang:* Regulating the flow of *Qi* to relieve pain.

*Fu Ling:* Inducing diuresis to strengthen the spleen.

*Sheng Jiang:* Expelling pathogenic cold and regulating the function of the stomach.

Effect: Warming up the liver and kidney, promoting the circulation of *Qi* to relieve pain.

Indications: Syndrome due to *Yin*-cold of the liver and kidney, marked by pain in the lower abdomen, hernia, pale tongue with whitish coating, and deep taut pulse; including external abdominal hernia, abdominal pain and sterility with the above symptoms.

Administration: Decocted in water for oral dose to be taken twice.



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Case Study: Modified *Nuangan Jian* was clinically used to treat 1 case of 5–year sterility with the symptoms of vague pain in the lower abdomen, cold and damp testis which became retracted in the cold. The lab sperm count was 30,000,000 / ml, of which 50% were abnormal and only 30% kept alive within 2 hours. Aftre 10 doses were taken, the symptoms were relieved. 1 month later, the sperm count reached 50,000,000 / ml, of which only 20% were abnormal and over 60% kept alive within 2 hours, and all the symptoms were removed. His wife got pregnant at last.

Modified *Nuangan Jian* was also used to treat 1 case of penis–retraction manifested by pevis retracting with severe pain, disappearance of the penis in appearance, and lower abdominal pain referring to the scrotum. The symptoms were relieved after 3 doses were taken and removed after 15 doses.

## 12.10 The Prescription of *Houpo Wenzhong Tang*

Name: Magnolia Decoction for Warming the Middle–*Jiao*

Source: The book *Nei Wai Shang Bian Huo Lun*

Ingredients:

*Hou Po* (Cortex Magnoliae Officinalis) 30 g, *Chen Pi* (Pericarpium Citri Reticulatae) 30 g, *Fu Ling* (Poria) 15 g, *Cao Kou Ren* (Semen Alpiniae Katsumadai) 15 g, *Mu Xiang* (Radix Auckiandiae) 15 g, *Gan Cao* (Radix Glycyrrhizae) 15 g, *Gan Jiang* (Rhizoma Zingiberis) 2 g.

Explanation:

*Hou Po:* The principal drug, promoting the flow of *Qi* to subdue distention, drying dampness and removing fullness.

*Cao Kou Ren:* Warming up the middle–*Jiao* to expel



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pathogenic cold, drying dampness to reduce phlegm.

*Chen Pi* and *Mu Xiang:* Promoting the circulation of *Qi* to benefit the middle–*Jiao*.

*Gan Jiang:* Warming the spleen and stomach and dispersing pathogenic cold.

*Fu Ling* and *Gan Cao:* Inducing diuresis, strengthening the spleen and regulating the function of the middle–*Jiao.*

Effect: Warming up the middle–*Jiao* to promote the circulation of *Qi,* drying dampness and removing fullness.

Indications: Syndrome of the spleen impaired by cold–dampness, marked by distention or pain in the epigastric region and abdomen, loss of appetite, weary limbs, pale tongue with whitish greasy coating, and deep slow pulse; including such diseases with the above symptoms as acute and chronic enteritis, gastritis and gastroduodenal ulcer.

Administration: Decocted in water with 3 pieces of *Sheng Jiang* (Rhizoma Zingiberis Recens) added for oral dose to be taken twice. When used, the dosages of the ingredients may be modified according to their original proportions.

## 12.11 Prescriptions for Checking the Upward Adverse Flow of *Qi*

Prescriptions of this kind are mainly composed of drugs with the action of descending *Qi* and suitable for the syndrome due to the upward adverse flow of the lung–*Qi* and the stomach–*Qi,* marked by cough, dyspnea, vomiting, eructation and hiccup. Drugs such as

*Su Zi* (Fructus Perillae), *Xing Ren* (Semen Armeniacae Amarum), *Chen Xiang* (Lignum Aquilariae Resinatum), *Xuan Fu*



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*Hua* (Flos Inulae), *Dai Zhe Shi* (Ochra Haematitum), *Chen Pi* (Pericarpium Citri Reticulatae), *Ding Xiang* (Flos Caryophlli), *Shi Di* (Calyx Kaki) are commonly used in these prescriptions, whose representatives are *Suzi Jiangqi Tang*, *Dingchuan Tang*, *Xuanfu Daizhe Tang*, *Jupi Zhuru Tang* and *Dingxiang Shidi San*.

## 12.12 The Prescription of *Suzi Jiangqi Tang*

Name: Decoction of Perilla Seed for Descending *Qi*

Source: The book *Tai Ping Hui Min He Ji Ju Fang*

Ingredients:

*Su Zi* (Fructus Perillae) 9 g, *Ban Xia* (Rhizoma Pinelliae) 9 g, *Dang Gui* (Radix Angelicae Sinensis) 6 g, *Hou Po* (Cortex Magnoliae Officinalis) 6 g, *Qian Hu* (Radix Peucedani) 6 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 6 g, *Rou Gui* (Cortex Cinnamomi) 3 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 2 pieces, *Da Zao* (Fructus Jujubae) 1 dates, *Su Ye* (Folium Perillae) 2 g.

Explanation:

*Su Zi:* The principal drug, descending *Qi*, dissolving phlegm, arresting cough and relieving dyspnea.

*Ban Xia*, *Hou Po* and *Qian Hu:* Arresting cough and relieving dyspnea.

*Rou Gui:* Warming the kidney to enhance its function of receiving air.

*Dang Gui:* Nourishing blood, tonifying the liver, relieving cough and shortness of breath.

*Sheng Jiang* and *Su Ye:* Dispelling pathogenic cold and facilitating the flow of the lung-*Qi*.

*Gan Cao* and *Da Zao;* Regulating the function of the



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middle–*Jiao,* tempering the actions of all the other ingredients.

Effect: Checking the upward adverse flow of the lung–*Qi* to relieve dyspnea, removing phlegm and arresting cough.

Indications: Syndrome due to accumulation of phlegm as well as excessiveness in the upper and insufficiency in the lower, marked by dyspneic cough, shortness of breath, fullness and distention in the chest and epigastric region, or lumbago and weakness of the feet,or swelling of the limbs, pale tongue with whitish slippery coating, and deep pulse; including such diseases with the above symptoms as bronchial asthma, chronic bronchitis, pulmonary emphysema, and pulmonary heart disease.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: 10 cases of bronchial asthma were clinically treated with *Suzi Jiangqi Tang* plus:

*Chen Xiang* (Lignum Aquilariae Resinatum)

*Bai Guo* (Semen Ginkgo)

*Xing Ren* (Semen Armeniacae Amarum)

*Wu Wei Zi* (Fructus Schisandrae).

5 cases were remarkedly improved and the rest improved.

Cases of bronchiectasis were also treated with *Suzi Jiangqi Tang* minus:

*Rou Gui* (Cortex Cinnamomi), *Sheng Jiang* (Rhizoma Zingiberis Recens).

*Dang Gui* (Radix Angelicae Sinensis) but plus:

*Ting Li Zi* (Semen Lepidii seu Descurainiae), *Huang Qin* (Radix Scutellariae), *Da Huang* (Radix et Rhizoma Rhei).

After 3 doses were taken, the hemoptysis was stopped and the cough relieved. Then the treatment was continued with *Pipa*



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*Gao* and the cases were cured at last.

## 12.13 The Prescription of *Dingchuan Tang*

Name: Asthma-relieving Decoction

Source: The book *She Sheng Zhong Miao Fang*

Ingredients:

*Bai Guo* (Semen Ginkgo) 9 g, *Ma Huang* (Herba Ephedrae) 9 g, *Kuan Dong Hua* (Flos Farfarae) 9 g, *Xing Ren* (Semen Armeniacae Amarum) 9 g, *Sang Bai Pi* (Cortex Mori) 9 g, *Ban Xia* (Rhizoma Pinelliae) 9 g, *Su Zi* (Fructus Perillae) 6 g, *Huang Qin* (Radix Scutellariae) 6 g, *Gan Cao* (Radix Glycyrrhizae) 3 g.

Explanation:

*Ma Huang:* One of the principal drugs, facilitating the flow of the lung-*Qi* to dispel pathogenic factors and relieve asthma.

*Bai Guo:* The other principal drug, astringing the lung to stop asthma and remove phlegm.

*Su Zi, Xing Ren, Ban Xia* and *Kuan Dong Hua:* Descending the lung-*Qi* to alleviate asthma, relieve cough and eliminate phlegm.

*Sang Bai Pi* and *Huang Qin:* Clearing away the lung-heat to relieve cough and asthma.

*Gan Cao:* Tempering the actions of all the other ingredients.

Effect: Facilitating the flow of the lung-*Qi* to descend its upward flow, eliminating phlegm and relieving asthma.

Indications: Syndrome due to wind-cold in the exterior and retention of phlegm-heat in the interior, marked by massive viscid yellowish sputum, dyspnea, asthma, cough, pale tongue with yellowish greasy coating, and slippery rapid pulse; including such diseases with the above symptoms as chronic bronchitis and



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bronchial asthma.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: Modified *Dingchuan Tang* was clinically used to treat 30 cases of infantile acute bronchiolitis. The wheeze disappeared in all the cases within 3 days, the dyspnea was relieved remarkedly in 28 cases, and all the cases were cured. The time for the cases in this group to stay in the hospital averaged 4 days, shorter than the cases in the group treated with mere western medicines who stayed for 7 days on the average.

100 cases of chronic asthmatic bronchitis were also treated with *Dingchuan Tang*. Remarkable improvement was obtained in 83% of the cases with the total effective rate being 97%.

## 12.14 The Prescription of *Simo Tang*

Name: Decoction of Four Powdered Drugs

Source: The book *Ji Sheng Fang*

Ingredients:

*Ren Shen* (Radix Ginseng) 3 g, *Chen Xiang* (Lignum Aquilariae Resinatum) 3 g, *Bing Lang* (Semen Arecae) 9 g, *Tian Tai Wu Yao* (Radix Linderae) 9 g.

Explanation:

*Wu Yao:* Promoting the flow of *Qi* and soothing the liver so as to remove stagnancy.

*Chen Xiang:* Checking upward adverse flow of the lung–*Qi* to relieve asthma.

*Bing Lang:* Promoting the flow of *Qi* and removing stagnated food to alleviate fullness.

*Ren Shen:* Invigorating *Qi* and supporting the body resist-



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ance.

Effect: Promoting the flow of *Qi* and checking its upward flow, facilitating the flow of *Qi* throughout the chest and removing stagnancy.

Indications: Syndrome due to depression of the liver–*Qi*, marked by restlessness in the chest, dyspnea, fullness in the epigastric region, poor appetite, pale tongue with whitish coating, and deep taut pulse; including such diseases with the above symptoms as hepatitis, cholecystitis, periarthritis of shoulder and mastitis.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: 1 case of mastitis due to retention of milk, marked by distending pain of the breast with egg–like hard masses which was complicated by dry cough, chest pain, dysphoria, irritability, bitter taste in the mouth, anorexia, and taut slippery pulse, was clinically treated with *Simo Tang* minus:

*Ren Shen* (Radix Ginseng).

*Bing Lang* (Semen Arecae) but plus:

*Qing Pi* (Pericarpium Citri Reticulatae Viride), *Chi Shao* (Radix Paeoniae Rubra), *Gong Ying* (Herba Taraxaci), *Sha Shen* (Radix Adenophorae strictae), *Bai Hua She Cao* (Herba Oldenlandiae Diffusae).

The case was cured by taking 6 doses of the decoction.

## 12.15 The Prescription of *Xuanfu Daizhe Tang*

Name: Decoction of Inula and Hematitum

Source: The book *Shang Han Lun*

Ingredients:



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*Xuan Fu Hua* (Flos Inulae) 9 g, *Dai Zhe Shi* (Hematitum) 9 g, *Ban Xia* (Rhizoma Pinelliae) 9 g, *Ren Shen* (Radix Ginseng) 6 g, *Gan Cao* (Radix Glycyrrhizae Praeparata) 6 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 10 g, *Da Zao* (Fructus Jujubae) 12 dates.

Explanation:

*Xuan Fu Hua:* The principal drug, descending the adverse flow of *Qi* to remove phlegm and stop hiccup.

*Dai Zhe Shi:* Checking the adverse flow of *Qi* by its heavy nature.

*Ren Shen:* Invigorating *Qi* and strengthening the body resistance.

*Zhi Gan Cao:* Warming and tonifying the *Qi* of the middle—*Jiao.*

*Da Zao:* Nourishing the stomach and reinforcing the spleen.

*Sheng Jiang:* Warming up the stomach to dissolve phlegm, dispelling pathogenic cold to arrest vomiting.

*Ban Xia:* Eliminating phlegm, removing masses, keep the upward adverse flow of *Qi* going downward and regulating the function of the stomach.

Effect: Descending the upward adverse flow of *Qi* and dissolving phlegm, invigorating *Qi* and regulating the function of the stomach.

Indications: Syndrome due to weakness of the stomach—*Qi* and retention of phlegm in the interior, marked by fullness and rigidity in the epigastric region, incessive belching, whitish slippery tongue coating, and taut weak pulse; including such diseases with the above symptoms as gastrointestinal neurosis, gastric dilatation, incomplete pylorochesis and peptic ulcer.



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Administration: Decocted in water for oral dose to be taken twice.

Case Study:

*Xuanfu Daizhe Tang* was clinically employed to treat 50 cases of dizziness and vomiting, which derived from gastritis or gastric ulcer in 6 cases, from neurosis in 11 cases, from hypertention in 1 case, from Meniere's disease in 1 case, from hysteria in 1 case, and from sequel of meningitis in 1 case. The treatment result was that the dizziness and vomiting were removed in 34 cases, relieved in 14 cases, remained the same in 2 cases.

## 12.16 The Prescription of *Jupi Zhuru Tang*

Name: Tangerine Peel and Bamboo Shavings Decoction

Source: The book *Jin Gui Yao Lue*

Ingredients:

*Ju Pi* (Pericarpium Citri Reticulatae) 12 g, *Zhu Ru* (Caulis Bambusae in Taeniam) 12 g, *Ren Shen* (Radix Ginseng) 3 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 9 g, *Gan Cao* (Radix Glycyrrhizae) 6 g, *Da Zao* (Fructus Jujubae) 5 dates.

Explanation:

*Ju Pi:* The principal drug, regulating the flow of *Qi* and the function of the stomach, checking upward adverse flow of *Qi* to arrest vomiting.

*Zhu Ru:* The other principal drug, clearing heat from the stomach to arrest vomiting.

*Ren Shen:* Invigorating *Qi* to. Streng then the body resistance.

*Sheng Jiang:* Regulating the stomach to arrest vomiting.

*Gan Cao* and *Da Zao:* Invigorating *Qi* to regulate the stom-



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ach, tempering the actions of all the other ingredients.

Effect: Checking upward adverse flow of *Qi* to arrest vomiting, invigorating *Qi* and clearing away pathogenic heat.

Indications: Syndrome of pathogenic heat due to deficiency of the stomach and upward adverse flow of the stomach–*Qi*, marked by hiccup or retching, reddened tongue with thin yellowish coating, and weak rapid pulse; including such diseases with the above symptoms as vomiting of pregnancy, imcomplete pylorochesis and postoperative belching.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: Modified *Jupi Zhuru Tang* was clinically used to treat 1 case of obstinate hiccup with a history of more than 10 years, marked by frequent hiccup, eructation, nausea, intermittent frothy vomiting, bad sleep, anorexia, constipation, and deep–colored urine. 6 doses cured the case, 4–month follow–up found no relapse.

## 12.17 The Prescription of *Dingxiang Shidi Tang*

Name: Cloves and Kaki Calyx Decoction

Source: The book *Zheng Yin Mai Zhi*

Ingredients:

*Ding Xiang* (Flos Caryophylli) 6 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 6 g, *Shi Di* (Calyx Kaki) 9 g, *Ren Shen* (Radix Ginseng) 3 g.

Explanation:

*Ding Xiang:* Warming the stomach, dispelling pathogenic cold, checking the upward adverse flow of *Qi*, and arresting hiccup.



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*Shi Di:* Checking the upward adverse flow of *Qi*, arresting hiccup.

*Ren Shen:* Invigorating *Qi*, strengthening the body resistance.

*Sheng Jiang:* Warming the stomach, checking the upward adverse flow of *Qi*.

Effect: Warming the stomach, invigorating *Qi*, checking the upward adverse flow of *Qi*, arresting hiccup.

Indications: Syndrome due to deficiency–cold of the stomach–*Qi*, marked by incessant hiccup, fullness in the chest, and slow pulse; including such diseases with the above symptoms as phrenospasm and nervous hiccup.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: *Dingxiang Shidi Tang* was clinically used to treat 2 cases of obstinate hiccup with both of them cured.

1 case of cardiospasm was clinically treated with *Dingxiang Shidi San* in combination with *Xuanfu Daizhe Tang* and the modification of *Gualou Xiebai Tang*.1 month of treatment cured the case.



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# 13 Prescriptions for Treating Blood Disorders

## 13.1 Prescriptions for Treating Blood Disorders

All the prescriptions which have the following three characteristics are known as "prescription for treating blood disorders": 1, being composed of drugs with the action of regulating blood; 2, having the effect of promoting blood circulation, tonifying blood or stopping bleeding; 3, being used to treat the syndrome of blood stasis or hemorrhage. Under normal physiological condition, blood keeps circulating through the vessels, tonifying the five–*Zang* and six–*Fu* organs and nourishing the limbs, bones and skeleton of the body. Inhibited blood circulation or blood flow out of the vessels due to one cause or another will result in blood stasis or hemorrhage. According to these two major blood disorders, prescriptions of this kind fall into two: those for promoting blood circulation to remove blood stasis and those for stopping bleeding.

## 13.2 Prescriptions for Promoting Blood Circulation to Remove Blood Stasis

This kind of prescriptions are mainly made up of drugs with the action of activating the flow of blood to eliminate blood stasis. They are suitable for the syndrome of blood retention or stasis, including the following disorders: swelling and pain due to



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blood stasis, blood stasis and swelling due to trauma, hemiparalysis due to blood stasis in the channels, pain of various kinds in the chest and abdomen due to blood retention in the interior, amenia, dysmenorrhea, and puerperal lochiostasis. Drugs such as

*Chuan Xiong*(Rhizoma Chuanxiong), *Tao Ren*(Semen Persicae), *Hong Hua* (Flos Carthami), *Dan Shen*(Radix Salviae Miltiorrhizae), are commonly used in these prescriptions, whose representatives are *Taohe Chengqi Tang*, *Xuefu Zhuyu Tang* and *Fuyuan Huoxue Tang*.

As the name indicates, "prescriptions for promoting blood circulation to remove blood stasis" function in activating the flow of blood and removing blood stasis. Therefore, they tend to result in abortion. When they are prescribed for pregnant women or women who are suffering from the disorder of profuse menstruation, caution should be taken.

## 13.3 The Prescription of *Taohe Chengqi Tang*

Name: Decoction of Peach Kernel for Activating *Qi*

Source: The book *Shang Han Lun*

Ingredients:

*Tao Ren*(Semen Persicae)12g, *Da Huang* (Radix et Rhizoma Rhei)12g, *Gui Zhi*(Ramulus Cinnamomi)6g, *Mang Xiao*(Natrii Sulfas)6g, *Gan Cao*(Radix Glycyrrhizae)6g.

Explanation:

*Tao Ren:* One of the principal drugs, removing blood stasis.

*Da Huang:* The other principal drug, dispersing blood stasis and pathogenic heat.

*Gui Zhi:* Promoting the circulation of blood and assisting



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*Tao Ren* in removing blood stasis.

*Mang Xiao:* Clearing away heat to resolve masses, assisting *Da Huang* in removing blood stasis and dispersing heat.

*Gan Cao:* Invigorating *Qi* to regulate the middle–*Jiao*, tempering the actions of all the other ingredients.

Effect:Promoting the flow of blood to remove blood stasis Indications:Syndrome due to blood retention in the lower–*Jiao*, marked by rigidity and masses in the lower abdomen, frequent free urination, delirium, restlessness, thirst, fever during night followed by irritability, dark tongue, and deep solid or unsmooth pulse; including such diseases with the above symptoms as pelvic inflammation, adnexitis and intestinal obstruction.

Administration: Decocted in water for oral dose to be taken twice Case Study: *Taohe Chengqi Tang* was clinically used to treat 22 cases of acute necrotic enteritis, among whom 19 were cured, 2 died, 1 was transferred to surgery for treatment.

*Taohe Chengqi Tang* plus:

*Huang Qin*(Radix Scutellariae), *Huang Lian*(Rhizoma Coptidis), *Mu Xiang*(Radix Aucklandiae), *Ma Chi Xian*(Herba Portulacae), was prescribed to treat 26 cases of fulminating dysentery, among whom 22 were cured, 2 died, 2 were unimproved.

## 13.4 The Prescription of *Xuefu Zhuyu Tang*

Name: Decoction for Removing Blood Stasis in the Chest Source: The book *Yi Lin Gai Cuo*

Ingredients:

*Tao Ren* (Semen Persicae)12g, *Hong Hua* (Flos Carthami)9g, *Dang Gui* (Radix Angelicae Sinensis)9g, *Sheng Di* (Radix Rehmanniae)9g, *Niu Xi* (Radix Achyranthis Bidentatae)9g, *Chi*



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*Shao* (Radix Paeoniae Rubra)6g, *Zhi Qiao*(Fructus Aurantii)6g, *Chuan Xiong* (Rhizoma Chuanxiong)5g, *Jie Geng*(Radix Platycodi)5g, *Chai Hu* (Radix Bupleuri)3g, *Gan Cao*(Radix Glycyrrhizae)3g.

Explanation:

*Tao Ren, Hong Hua, Chi Shao, Chuan Xiong* and *Dang Gui:* Promoting the circulation of blood to remove blood stasis.

*Niu Xi:* Eliminating blood stasis to activate blood circulation, inducing blood to go downward.

*Chai Hu:* Soothing the liver and regulating the circulation of *Qi*.

*Jie Geng* and *Zhi Qiao:* Promoting the flow of *Qi* throughout the chest.

*Sheng Di:* Dispelling heat from blood, nourishing blood and moistening dryness.

*Gan Cao:* Tempering the actions of all the other ingredients.

Effect: Promoting the circulation of blood to remove blood stasis, activating the flow of *Qi* to relieve pain.

Indications: Syndrome due to *Qi* stagnation and blood stasis, marked by prolonged prickle fixative headache, restlessness, irritability, high fever starting in the evening, or prolonged hiccup, palpitation, deep red tongue, and uneven or taut tight pulse; including such diseases with the above symptoms as coronary heart disease, hypertension, neurosis and sequel due to concussion of brain.

Administration: Decocted in water for oral dose to be taken twice Case Study: *Xuefu Zhuyu Tang* plus *Gao Ben* (Rhizoma et Radix Ligustici) was clinically prescribed to treat 31 cases of hypertension manifested as headache, dizziness, congestion of



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eyelids, etc. All the cases were cured. In general, a case would have his / her symptoms and signs abated after taking 2–5 doses. 2–3 times of follow–up found no relapse.

*Xuefu Zhuyu Tang* was used to treat 22 cases of acute disseminated intravascular coagulation, bleeding existed in 19 cases, shock in 16. The result was that 16 cases were cured, 1 improved, 4 unimproved, 1 died.

## 13.5 The Prescription of *Fuyuan Huoxue Tang*

Name: Decoction for Recovery and Activating Blood Circulation

Source: The book *Yi Lin Gai Cuo*

Ingredients:

*Da Huang* (Radix et Rhizoma Rhei)30g, *Chai Hu* (Radix Bupleuri)15g, *Gua Lou Gen* (Radix Trichosanthis)9g, *Dang Gui* (Radix Angelicae Sinensis)9g, *Tao Ren* (Semen Persicae)9g, *Hong Hua* (Flos Carthami)6g, *Chuan Shan Jia* (Squama Manitis)6g, *Gan Cao* (Radix Glycyrrhizae)6g.

Explanation:

*Da Huang:* One of the principal drugs in larger dosage, clearing away blood retention and stasis.

*Chai Hu:* The other principal drug. soothing the liver and regulating the circulation of *Qi*.

*Dang Gui, Tao Ren* and *Hong Hua:* Activating blood flow to remove blood stasis, subduing swelling and relieving pain.

*Chuan Shan Jia:* Removing blood stasis in the channels.

*Gua Lou Gen:* Removing blood stasis and lumps, clearing away heat and moistening dryness.

*Gan Cao:* Relieving spasm and pain, tempering the actions of



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all the other ingredients.

Effect: Promoting the circulation of blood to remove blood stasis, soothing the liver and eliminating obstruction in the channels.

Indications: Traumatic stasis of blood, marked by blood stasis retained under the hypochondrium with severe pain due to traumatic injury, deep red tongue and taut uneven pulse; including such diseases with the above symptoms as intercostal neuralgia, costal chondritis and injury of soft tissues.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: *Fuyuan Huoxue Tang* was clinically used to treat 9 cases of costal chondritis with a history of 1–6 weeks. Any of the cases had his / her swelling and pain remarkedly relieved by taking 1–2 doses and had his / her disorder basically cured by taking 5–7 doses.

*Fuyuan Huoxue Tang* was used to treat several hundred cases of traumatic injury with better curative effects obtained.

## 13.6 The Prescription of *Qili San*

Name: Anti–bruise Powder

Source: The book *Liang Fang Ji Ye*

Ingredients:

*Xue Jie* (Resina Draconis)30g, *She Xiang* (Moschus)0.4g, *Bing Pian* (Borneolum Syntheticum)0.4g, *Ru Xiang* (Resina Olibani)5g, *Mo Yao* (Myrrha)5g, *Hong Hua* (Flos Carthami)5g, *Zhu Sha* (Cinnabaris)4g, *Er Cha* (Catechu)7.5g.

Explanation:

*Xue Jie* and *Hong Hua*: Promoting the circulation of blood



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to remove blood stasis.

*Ru Xiang* and *Mo Yao:* Eliminating blood stasis, activating the flow of *Qi,* subduing swelling and relieving pain.

*She Xiang* and *Bing Pian:* Promoting the flow of *Qi* and blood through the channels.

*Zhu Sha:* Calming the mind.

*Er Cha:* Removing heat and stopping bleeding.

Effect: Promoting the circulation of blood to disperse blood stasis, relieving pain and stopping bleeding.

Indications: Stasis of blood with swelling and pain due to fractures of tendons and bones, or bleeding due to incised wound; including burn, scald, herpes zoster, coronary heart diseases and myocarditis.

Administration: All the ingredients are ground into fine powder and taken with yellow rice wine or warm boiled water, 0.22–0.15 g each time, twice daily when externally applied on the affected part, proper amout of the powder is mixed with liquor.

Case Study: Modified *Qili San* was clinically used to treat 11 cases of herpes zoster. The pain was generally relieved after 1–2 doses were taken, the maculopapules began to subside after 2–3, the vesicopustules became dry and scabbed after 4–6. All the cases were cured, the treatment course averaging 4.6 days.

Modified *Qili San* was used to treat 100 cases of coronary heart disease, among which 76 were accompanied by angina pectoris, 13 by remote myocardial infarction with angina pectoris, 3 by remote myocardial infarction, 8 by latent coronary pain. The treatment result was that 14 cases were remarkedly improved, 49 improved, 24 unimproved, 3 deteriorated.



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## 13.7 The Prescription of *Buyang Huanwu Tang*

Name: Decoction Invigorating *Yang* for Recuperation

Source: The book *Yi Lin Gai Cuo*

Ingredients:

*Huang Qi* (Radix Astragali)120g, *Dang Gui* (Radix Angelicae Sinensis)6g, *Chi Shao* (Radix Paeoniae Rubra)6g, *Di Long* (Lumbricus)3g, *Chuan Xiong* (Rhizoma Chuanxiong)3g, *Hong Hua* (Flos Carthami)3g, *Tao Ren* (Semen Persicae)3g.

Explanation:

*Huang Qi:* The principal drug in larger dose, invigorating primordial *Qi* to activate the circulation of blood.

*Dang Gui, Chuan Xiong, Chi Shao, Tao Ren, Hong Hua* and *Di Long:* Promoting the flow of blood through the channels.

Effect: Invigorating *Qi*, promoting the circulation of blood, removing obstruction in the channels.

Indications: Sequel of apoplexy, marked by hemiparalysis, distortion of the face, dysphasia, salivation due to paralytic lips, flaccidity of the lower limbs, frequent urination or enuresis, whitish tongue coating and slow pulse; including such diseases with the above symptoms as sequel of cerebrovascular accident and sequel of poliomyelitis.

Administration: Decocted in water for oral dose to be taken twice Case Studey: *Buyang Huanwu Tang* was clinically used to treat 12 cases of hemiparalysis with satisfactory effects. 5 cases were cured within 7–18 days, 7 within 24–90 days.

*Buyang Huanwu Tang* was prescribed to treat 100 cases of sciatica with 89 cases cured, 7 remarkedly improved and 2 improved.



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## 13.8 The Prescription of *Shixiao San*

Name: Wonderful Powder for Relieving Blood Stagnation

Source: The book *Tai Ping Hui Min He Ji Ju Fang*

Ingredients (with the same dosage):

*Wu Ling Zhi*(Faeces Trogopterori), *Pu Huang* (Pollen Typhae).

Explanation: The ingredients complement each other to promote blood circulation, remove blood stasis and relieve pain.

Effect: Activating blood flow to disperse blood stasis, removing obstruction to relieve pain.

Indications: Syndrome due to blood stasis, marked by megalgia in the chest and abdomen, or puerperal lochiorrhea or irregular menstruation, imperative pain in the lower abdomen, deep red tongue and uneven pulse; including such diseases with the above symptoms as angina pectoris and ectopic pregnancy.

Administration: The two ingredients are ground into fine powder and taken with yellow rice wine or vinegar, 6 g each time, twice daily. Their amounts reduced according to their original proportions, they may be decocted in water for oral dose. Vinegar or yellow rice wine used in taking this powder will enhance the drugs'potency of promoting the circulation of blood and relieving pain.

Case Study: *Shixiao San* and *Jiaoai Siwu Tang* were clinically used as the main remedy to treat 18 cases of ectopic pregnancy, among which 16 were old ones, 2 were subacute. Any of the cases took 10–20 doses and they were all cured.

Modified *Shixiao San* was used to treat 46 cases of coronary heart disease. 1 course of treatment involved 1 month. The result



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was: of the 44 cases with angina pectoris, 12 were remarkedly improved, 27 improved, 5 unimproved, no case was deteriorated.

## 13.9 The Prescription of *Danshen Yin*

Name: Red Sage Drink

Source: The book *Shi Fang Ge Kuo*

Ingredients:

*Dan Shen* (Radix Salviae Miltiorrhizae)30g, *Tan Xiang* (Lignum Santali Albi)5g, *Sha Ren* (Fructus Amomi)5g.

Explanation:

*Dan Shen:* The principal drug in larger dosage, promoting blood circulation and dispelling blood stasis.

*Tan Xiang* and *Sha Ren:* Working together to regulate the *Qi* of the middle–*Jiao* and alleviate pain.

Effect: Promoting blood circulation to remove blood stasis, alleviating the flow of *Qi* to relieve pain.

Indications: Syndrome of blood stasis due to stagnation of *Qi*, marked by pain in the chest and stomach, deep red tongue and taut uneven pulse; including such diseases with the above symptoms as chronic gastritis, peptic ulcer and chronic pancreatitis.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: The prescription of *Danshen Yin* plus:

*Yan Hu Suo* (Rhizoma Corydalis), *Su Ye* (Folium Perillae), *Bai Zhu* (Rhizoma Atractylodis Macrocephalae), *Hou Po* (Cortex Magnoliae Officinalis),

was clinically used to treat stomachache and diseases with the symptom of upper abdominal pain such as hepatitis, cholecystitis



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and pancreatitis. Successful curative effects were obtained.

## 13.10 The Prescription of *Wenjing Tang*

Name: Decoction for Warming Channels

Source: The book *Jin Gui Yao Lue*

Ingredients:

*Wu Zhu Yu* (Fructus Euodiae)9g, *Dang Gui* (Radix Angelicae Sinensis)9g, *E Jiao* (Colla Corii Asini)9g, *Mai Dong* (Radix Ophiopogonis)9g, *Shao Yao* (Radix Paeoniae)6g, *Chuan Xiong* (Rhizoma Chuanxiong)6g, *Ren Shen* (Radix Ginseng)6g, *Gui Zhi* (Ramulus Cinnamomi)6g, *Dan Pi* (Cortex Moutan Ridicis)6g, *Ban Xia* (Rhizoma Pinelliae)6g, *Sheng Jiang* (Rhizoma Zingiberis Recens)6g, *Gan Cao* (Radix Glycyrrhizae)6g.

Explanation:

*Wu Zhu Yu* and *Gui Zhi:* Warming up the channels to dispel cold and promoting blood circulation.

*Dang Gui* and *Chuan Xiong:* Activating blood circulation to remove blood stasis and nourishing blood to regulate the channels.

*E Jiao, Shao Yao* and *Mai Dong:* Nourishing blood and replenishing *Yin.*

*Dan Pi:* Eliminating blood stasis in the channels and reducing heat of deficiency type.

*Ren Shen, Gan Cao, Sheng Jiang* and *Ban Xia:* Invigorating *Qi* and regulating the stomach to enhance the digestive function.

Effect: Warming up the channels, clearing away cold, removing blood stasis and nourishing blood.

Indications: Syndrome of blood stasis due to deficiency–cold in *Chong* and *Ren* channels, marked by irregular menstruation,



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metrostaxis, fever in the dusk, heat sensation in the palms, contraction of genital organ or intractable infertility, deep red tongue and deep thready or uneven pulse; including such diseases with the above symptoms as dysfunctional uterine bleeding and chronic pelvic inflammation.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: Modified *Wenjing Tang* was clinically used to treat 1 case of oophoritic cyst, manifested as delayed menstruation with less amount of dark blood, pain in the right lower abdomen, a mass in the right vault. The symptoms and signs were alleviated after 10 doses were taken, and eliminated after another several doses, the case being cured.

## 13.11 The Prescription of *Shenghua Tang*

Name: Decoction for Postpartum Troubles

Source: The book *Fu Qing Zhu Nü Ke*

Ingredients:

*Dang Gui* (Radix Angelicae Sinensis)25g, *Chuan Xiong* (Rhizoma Chuanxiong)9g, *Tao Ren* (Semen Persicae)6g, *Gan Jiang* (Rhizoma Zingiberis)2g, *Gan Cao* (Radix Glycyrrhizae)2g.

Explanation:

*Dang Gui:* The principal drug in larger dose, tonifying blood, promoting blood circulation by means of removing blood stasis.

*Chuan Xiong:* Promoting blood circulation and activating the flow of *Qi*.

*Tao Ren:* Activating blood circulation to remove blood stasis.

*Gan Jiang:* Removing cold from the blood to warm the



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channels and relieve pain.

yellow rice wine: Being warm and disperse in nature, enhancing the potency of all the other ingredients.

*Gan Cao:* Tempering the actions of all the other ingredients.

Effect: Promoting blood circulation to remove blood stasis, warming the channels to relieve pain.

Indications: Syndrome due to attack by cold in the state of postpartum blood–deficiency, marked by retention of lochia, cold pain in the lower abdomen, pale tongue or tongue with ecchymosis, deep slow or uneven pulse; including such diseases with the above symptoms as endometrial inflammation, retention of placenta and metrypertrophia.

Administration: Decocted in water (appropriate amount of yellow rice wine may be added) for oral dose to be taken twice.

Case Study: The prescription of *Wenjing Tang* plus:

*Dan Pi* (Cortex Moutan), *Shu Di* (Radix Rehmanniae Preparata), *Hong Hua* (Flos Carthami), *Ai Ye* (Folium Artemisiae Argyi), roasted ginger

was clinically used to treat 22 cases of retention of placenta due to abortion. 2–6 doses taken by each of the cases, the retained placenta was discharged out in any of them.

The prescription of *Wenjing Tang* plus:

*Jie Zi* (Semen Sinapis), *Yi Mu Cao* (Herba Leonuri),

was prescribed to treat 15 cases of metrypertrophis with a history of 3–9 years. The smallest womb was 7.5 × 6 cm, the largest 12 × 10 cm. 1 course of treatment lasted 30 days. The result was that 7 cases were cured, 4 improved, 4 unimproved.



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## 13.12 The Prescription of *Huoluo Xiaoling Dan*

Name: Bolus for Activating Enery Flow in the Channels and Collaterals

Source: The book *Yi Xue Zhong Zhong Can Xi Lu*

Ingredients: *Dang Gui* (Radix Angelicae Sinensis)15g, *Dan Shen* (Radix Salviae Miltiorrhizae)15g, *Ru Xiang* (Resina Olibani)15g, *Mo Yao* (Myrrha)15g.

Explanation: *Dang Gui:* Promoting blood circulation and nourishing blood.

*Dan Shen:* Promoting blood circulation and removing blood stasis.

*Ru Xiang* and *Mo Yao:* Promoting the circulation of blood to remove blood stasis, activating the flow of *Qi* to relieve pain.

Effect: Promoting blood circulation to eliminate blood stasis, removing obstruction in the channels to relieve pain.

Indications: Syndrome due to stagnation of blood and *Qi* , marked by pain in the chest and abdomen, sore limbs, stasis and swelling due to traumatic injury, ulcer, skin and external disorders, mass in the abdomen, deep red tongue, and taut uneven pulse; including such diseases with the above symptoms as angina pectoris, ectopic pregnancy, cerebral thrombosis and sciatica.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: Modification of *Huoluo Xiaoling Dan* and *Hongteng Jian* was clinically used to treat 1 case of appendiceal abscess manifested as mass in the right lower abdomen which progessively became larger and severe tenderness, listlessness, lassitude and poor appetite. All the symptoms vanished and the case



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was cured after 12 doses were taken.

## 13.13 The Prescription of *Guizhi Fuling Wan*

Name: Cinnamon Twig and Poria Pill

Source: The book *Jin Gui Yao Lue*

Ingredients: *Gui Zhi* (Ramulus Cinnamomi)9g, *Fu Ling* (Poria)9g, *Dan Pi* (Cortex Moutan Ridicis)9g, *Tao Ren* (Semen Persicae)9g, *Shao Yao* (Radix Paeoniae)9g.

Explanation:

*Gui Zhi:* One of the principal drugs, warming and clearing the channels.

*Fu Ling:* The other principal drug, promoting water metabolism and reinforcing the *Qi* of the heart and spleen, helping remove blood stasis and prevent miscarriage.

*Dan Pi, Shao Yao* and *Tao Ren:* Removing blood stasis and clearing away heat.

honey: Moderating the actions of all the other ingredients.

Effect: Promoting blood circulation to remove blood stasis, subduing mass.

Indications: Blood stasis in the uterus, marked by threatened abortion, metrostaxis, tender abdominal pain, deep red tongue and uneven pulse; including such diseases with the above symptoms as irregular menstruation, dysmenorrhea, prostatic hyperplasia and schizophrenia.

Administration: All the ingredients are ground in to fine powder and made with honey into pills. 3—5 g of the pills is taken each time, twice daily. Or, the ingredients are decocted in water for oral dose with their dosage modified according to their proportions in the original prescription.



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Case Study: The Prescription of *Guizhi Fuling Wan* plus:

*Hong Hua* (Flos Carthami), *Da Huang* (Radix et Rhizoma Rhei), *Niu Xi* (Radix Achyrantis Bidentatae), *Ze Lan* (Herba Lycopi), *Yi Mu Cao* (Herba Leonuri),

was clinically prescribed to treat 5 cases of prostatic hyperplasia. Each of the cases took 10 doses. Disappearance of the symptoms and free urination were seen in 4 cases but not in the rest 1 after the treatment.

## 13.14 The Prescription of *Dahuang Zhechong Wan*

Name: Rhubark Ground–beetle Pill

Source: The book *Jin Gui Yao Lue*

Ingredients: *Da Huang* (Radix et Rhizoma Rhei)300g, *Gan Di Huang* (Radix Rehmanniae)300g, *Huang Qin* (Radix Scutellariae)60g, *Tao Ren* (Semen Persicae)60g, *Xing Ren* (Semen Armeniacae Amarum)60g, *Shui Zhi* (Hirudo)60g, *Meng Chong* (Tabanus Bivittatus)60g, *Qi Cao* (Grub)60g, *Zhe Chong* (Eupolyphaga seu Steleophaga)30g, *Gan Qi* (Resina Toxicodendri)30g, *Shao Yao* (Radix Paeoniae) 120g, *Gan Cao* (Radix Glycyrrhizae)90g.

Explanation:

*Da Huang:* One of the principal drugs, removing blood stasis through invigorating blood circulation and purgating, clearing away heat from blood.

*Zhe Chong:* The other principal drug, removing blood stasis through purgation.

*Gan Qi, Tao Ren, Qi Cao, Shui Zhi* and *Meng Chong:* Promoting blood circulation and clearing obstruction from the chan-



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nels, removing extravasated blood by catharsis.

*Huang Qin:* Assisting *Da Huang* in removing blood stasis and heat.

*Xing Ren:* Aiding *Tao Ren* in moistening mass due to dryness, activating blood flow and descending *Qi*.

*Sheng Di* and *Shao Yao:* Nourishing blood and *Yin*.

*Gan Cao:* Regulating the stomach and supplementing the body resistance, tempering the actions of all the other ingredients.

Effect: Promoting blood circulation by removing blood stasis.

Indications: Syndrome due to five kinds of impairments caused by overstrain, marked by emaciation, fullness in the stomach which leads to poor appetite, dry skin and nails, dark eyes, deep red tongue and sinking thready uneven pulse; including traumatic injury, swelling and pain due to blood stasis, and cirrhosis.

Administration: All the ingredients are ground into fine powder and made with honey into pills. 3 g of the pills is taken each time, twice daily. With the amounts properly modified according to the original proportions, the ingredients may be decocted in water for oral use.

Case Study: *Dahuang Zhechong Wan* was clinically administered to treat 1 case of arthralgia–syndrome manifested as severe prickle pain with burning sensation around the acupoint of Huantiao which was more severe in the night and made walking difficult. The pain was relieved in the night after 3 pills were taken. After another 20 pills or so were taken, the case was cured.



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## 13.15 Prescriptions for Stopping Bleeding

Prescriptions of this kind are mainly made up of drugs with the action of stopping bleeding. They are indicated for various kinds of hemorrhage due to blood flowing out of the channels such as hematemesis, epistaxis, hemoptysis, hematochezia, metrorrhagia and metrostaxis. The commonly used drugs are:

*Ce Bai Ye* (Cacumen Platycladi), *Xiao Ji* (Herba Cirsii), *Huai Hua* (Flos Sophorae), *Zao Xin Tu* (ignited yellow earth), *Ai Ye* (Folium Artemisiae Argyi).

The representative prescriptions are *Shihui San, Sisheng Wan, Xiaoji Yinzi, Huaihua San, Huangtu Tang* and *Jiaoai Tang*.

## 13.16 The Prescription of *Shihui San*

Name: Powder Made of Ashes of Ten Drugs

Source: The book *Shi Yao Shen Shu*

Ingredients (with the same dosage):

*Da Ji* (Radix Cirsii Japonici), *Xiao Ji* (Herba Cirsii), *He Ye* (Folium Nelumbinis), *Ce Bai Ye* (Cacumen Platycladi), *Mao Gen* (Rhizoma Imperatae), *Qian Cao Gen* (Radix Rubiae), *Mu Dan Pi* (Cortex Moutan), *Zong Lü Pi* (Petiolus Trachycarpi), *Shan Zhi* (Fructus Gardeniae), *Da Huang* (Radix et Rhizoma Rhei).

Explanation:

*Da Ji, Xiao Ji, He Ye, Qian Cao Gen, Ce Bai Ye* and *Bai Mao Gen:* Removing heat from blood and stopping bleeding.

*Zong Lü Pi:* Stopping bleeding by astringing.

*Zhi Zi:* Dispelling heat and purging fire.

*Da Huang:* Inducing heat to go downward.

*Dan Pi:* Eliminating heat from blood and removing blood



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stasis, stopping bleeding without blood retained.

Effect: Removing heat from blood and stopping bleeding.

Indications: Bleeding due to blood-heat, marked by hematemesis, hemoptysis, reddened tongue and rapid pulse; including such diseases with the above symptoms as pulmonary tuberculosis, bronchiectasis and gastric ulcer.

Administration: Each of ingredients is burned with its nature maintained and then ground into powder. A Chinese ink stick is properly ground in an adequate amount of juice of lotus rhizome or carrot. 9 g of the powder is taken with the juice containing Chinese ink each time, twice daily. The drugs are burned with their nature maintained so as to enhance their action of astringing and stopping bleeding. The powder is taken with the juice so as to strengthen its action of removing heat from blood and stopping bleeding.

Case Study: *Shihui San* was clinically used to treat 27 cases of pulmonary tuberculosis with 20 remarkedly improved, 2 improved and 5 unimproved. The bleeding was usually stopped at the 4th–6th day after the powder began to be taken, the course from the time of the powder to be taken to the time of the bleeding to be stopped averaging 5 days.

## 13.17 The Prescription of *Sisheng Wan*

Name: Bolus of Four Fresh Drugs

Source: The book *Fu Ren Liang Fang*

Ingredients:

*Sheng He Ye* (fresh Folium Nelumbinis)9g, *Sheng Ai Ye* (fresh Folium Artemisiae Argyi)9g, *Sheng Bai Ye* (fresh Folium Biotae)12g, *Sheng Di Huang* (fresh Radix Rehmanniae)15g.



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Explanation:

*Ce Bai Ye:* The principal drug, removing heat from blood to stop bleeding.

*Sheng Di:* Clearing away heat from blood to stop bleeding, nourishing *Yin* and promoting the production of body fluids.

*He Ye* and *Ai Ye:* Stopping bleeding and removing blood stasis.

Effect: Removing blood heat and stopping bleeding.

Indications: Bleeding due to blood-heat, marked by hematemesis and epistaxis with bright red blood, dry mouth and throat, reddish or deep red tongue and taut rapid pulse; including such diseases with the above symptoms as pulmonary tuberculosis and bronchiectasis with the symptom of hemoptysis and gastric ulcer with the symptom of hematemesis.

Administration: Decocted in water for oral dose to be taken twice.

## 13.18 The Prescription of *Kexue Fang*

Name: Prescription for Treating Hemoptysis

Source: The book *Dan Xi Xin Fa*

Ingredients:

*Qing Dai* (Indigo Naturalis)6g, *He Zi* (Fructus Chebulae)6g, *Gua Lou Ren* (Semen Trichosanthis)9g, *Hai Shi* (Os Costaziae)9g, *Zhi Zi* (Fructus Gardeniae)9g.

Explanation:

*Qing Dai* and *Zhi Zi:* The principal drugs, purging fire in the liver and clearing away heat from blood.

*Gua Lou Ren* and *Hai Shi:* Removing heat and fire pathogens, moistening dryness and resolving phlegm.



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*He Zi:* Astringing the lung–*Qi* to relieve cough.

Effect: Eliminating fire pathogen, resolving phlegm, astringing the lung–*Qi* and relieving cough.

Indications: Syndrome due to attack of the lung by the liver–fire, marked by cough, thick sputum with blood streak, difficulty in expectoration, or dysphoria, irritability, prickle pain in the chest and hypochondrium, reddened cheeks, constipation, reddish tongue with yellowish coating, and taut rapid pulse; including such diseases with the above symptoms as bronchiectasis and pulmonary tuberculosis with the symptom of hemoptysis.

Administration: Decocted in water for oral dose to be taken twice.

## 13.19 The Prescription of *Huaihua San*

Name: Sophora Powder

Source: The book *Ben Shi Fang*

Ingredients:

*Huai Hua* (Flos Sophorae)12g, *Bai Ye* (Cacumen Platycladi)12g, *Jing Jie* (Herba Schizonepetae)6g, *Zhi Qiao* (Fructus Aurantii)6g.

Explanation: *Huai Hua:* The principal drug, removing dampness and heat in the large intestines and dispersing heat from blood to stop bleeding.

*Bai Ye:* Helping *Huai Hua* to remove heat from blood and stop bleeding.

*Jing Jie:* Dispelling wind pathogen, stopping bleeding.

*Zhi Qiao:* Keeping upward adverse flow of *Qi* going downward and relieving stuffmess of the intestines.

Effect: Removing pathogenic factors in the intestines, stop-



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ping bleeding, dispelling wind pathogen and keeping upward adverse flow of *Qi* going downward.

Indications: Syndrome of bloody stools due to toxic heat in the stomach and intestines, marked by hematochezia before or after defecation, or stool with blood, or bleeding due to hemorrhoid, the blood being bright or dark red, reddish tongue with whitish or thin yellowish coating, and rapid pulse; including such diseases with the above symptoms as hemorrhoid, amebic dysentery and peptic ulcer.

Administration: Decocted in water for oral dose to be taken twice.

## 13.20 The Prescription of *Xiaoji Yinzi*

Name: Small Thistle Decoction

Source: The book *Ji Sheng Fang*

Ingredients:

*Di Huang* (Radix Rehmanniae)30g, *Xiao Ji* (Herba Cirsii)15g, *Hua Shi* (Talcum)15g, *Mu Tong* (Caulis Aristolochiae Manshuriensis)9g, *Pu Huang* (Pollen Typhae)9g, *Ou Jie* (Nodus Nelumbinis Rhizomatis)9g, *Dan Zhu Ye* (Herba Lophatheri)9g, *Shan Zhi Zi* (Fructus Gardeniae)9g, *Dang Gui* (Radix Angelicae Sinensis)6g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata)6g.

Explanation:

*Xiao Ji:* The principal drug, removing heat from blood and stopping bleeding.

*Ou Jie* and *Pu Huang:* Removing heat from blood, stopping bleeding and eliminating blood stasis.

*Hua Shi:* Removing heat pathogens, promoting water metabolism and inducing diuresis.



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*Mu Tong*, *Zhu Ye* and *Zhi Zi:* Removing and purging heat from the heart, lung and tri–*Jiao*.

*Sheng Di:* Nourishing *Yin* and removing heat, removing heat from blood and stopping bleeding.

*Dang Gui:* Nourishing and regulating blood.

*Gan Cao:* Tempering the actions of all the other ingredients.

Effect: Removing heat from blood, stopping bleeding, promoting water metabolism and inducing diuresis.

Indications: Syndrome due to retention of heat in the lower–*Jiao*, marked by painful and dribbling and frequent urination with scanty and deep–colored and bloody urine, reddened tongue and rapid pulse; including such diseases with the above symptoms as urinary infection and stone in the urinary system.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: Modified *Xiaoji Yinzi* was clinically used to treat 2 cases of acute nephritis manifested an edema of the face, dysuria, scanty and deep–colored urine, restlessness, thirst, reddened tongue tip with little coating, and floating rapid pulse. Either of the cases was cured after 9–20 doses were taken by either of them.

## 13.21 The Prescription of *Huangtu Tang*

Name: Decoction of Baked Yellow Earth

Source: The book *Jin Gui Yao Lue*

Ingredients:

*Zao Xin Tu* (ignited yellow earth)30g, *Gan Di Huang* (Radix Rehmanniae)9g, *Bai Zhu* (Rhizoma Atractylodis



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Macrocephalae)9g, *Fu Zi* (Radix Aconiti Lateralis Preparata)9g, *E Jiao* (Colla Corii Asini)9g, *Huang Qin* (Radix Scutellariae)9g, *Gan Cao* (Radix Glycyrrhizae)9g.

Explanation:

*Zao Xin Tu:* The principal drug, warming the middle–*Jiao* and stopping bleeding.

*Bai Zhu* and *Fu Zi:* Warming the spleen–*Yang* to invigorate the *Qi* in the middle–*Jiao*.

*Sheng Di* and *E Jiao:* Nourishing *Yin* and blood.

*Gan Cao:* Tempering the actions of all the other ingredients.

*Huang Qin* bitter in taste and cold in nature is compatible with *Sheng Di* sweet in flavor and cold and moisture in nature so as to restrain the over–warm and over–dry nature of *Bai Zhu* and *Fu Zi*.

Effect: Warming *Yang*, strengthening the spleen, nourishing blood and stopping bleeding.

Indications: Syndrome due to insufficiency of the spleen–*Yang* and deficiency–cold of the middle–*Jiao*, marked by bloody stools, or hematemesis, epistaxis, metrorrhagia and metrostaxis, all with deep–colored blood, cold limbs, sallow complexion, pale tongue with whitish coating, and deep thready weak pulse; including such diseases with the above symptoms as chronic hemorrhage of gastrointestinal tract and dysfunctional uterine bleeding.

Administration: *Zao Xin Tu* is decocted in water for the decoction, into which the other ingredients are put and decocted. The decoction is divided into 2 portions. 1 portion is taken each time.

Case Study: 23 cases of hemorrhage of the upper digestive



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tract were clinically treated with the prescription of *Huangtu Tang* plus *Dan Pi* (Cortex Moutan). 120 g of red brick was used to substitute for *Zao Xin Tu* and pounded into small pieces and steeped in water to get the clear solution, in which the other ingredients were put and decocted to get the decoction for oral dose. The treatment result was that 22 cases were cured, 1 case was unimproved.

## 13.22 The Prescription of *Jiaoai Tang*

Name: Ass–hide Glue and Argyi Leaf Decoction

Source: The book *Jin Gui Yao Lue*

Ingredients:

*E Jiao* (Colla Corii Asini)9g, *Ai Ye* (Folium Artemisiae Argyi)9g, *Dang Gui* (Radix Angelicae Sinensis)9g, *Chuan Xiong* (Rhizoma Chuanxiong)6g, *Gan Cao* (Radix Glycyrrhizae)6g, *Gan Di Huang* (Radix Rehmanniae)12g, *Shao Yao* (Radix Raeoniae)12g.

Explanation:

*E Jiao:* One of the principal drugs, nourishing blood and stopping bleeding.

*Ai Ye:* The other principal drug, warming the channels and stopping bleeding.

*Di Huang, Dang Gui, Shao Yao* and *Chuan Xiong:* Nourishing blood, regulating the channels and promoting blood circulation.

*Gan Cao:* Tempering the actions of all the other ingredients.

Effect: Nourishing blood, stopping bleeding, regulating the channels, preventing miscarriage.

Indications: Syndrome due to deficiency and impairment of



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the Chong and Ren channels, marked by metrorrhagia, metrostaxis, profuse and dribbling menstruation, or incessive hemorrhage after incomplete abortion, or uterine bleeding during pregnancy, pain in the abdomen, pale tongue, and deep thready pulse; including such diseases with the above symptoms as threatened abortion and incomplete recovery of the womb after delivery.

Administration: The ingredients except *E Jiao* are decocted in water for the decoction. *E Jiao* is melted in adequate amount of liquor. The decoction and the liquor are mixed together and taken twice. The liquor here can help the ingredients to exert their actions.

Case Studey: Modified *Aijiao Tang* was clinically used to treat 41 cases of threatened abortion with 36 cured, 5 improved.



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# 14 Prescriptions for Treating Wind Syndromes

## 14.1 Prescriptions for Treating Wind Syndromes

Prescriptions with the following three characteristics are all known as "prescription for treating wind syndrome": consisting of drugs pungent in flavor and disperse in nature and with the potency of expelling wind pathogen or calming wind to relieve spasm, having the action of dispersing exogenous wind or calming endogenous wind, being suitable for the syndromes due to wind pathogen. Diseases due to wind have a broad range. Their symptoms and signs vary a great deal. Their cause involves two kinds of pathogens: exogenous and endogenous. Exogenous wind refers to wind pathogen invading the body from the superficies and retaining in the superficies of the body, the channels and collaterals, the tendons, the muscles and the joints, while endogenous wind refers to wind produced in the interior due to diseases of the internal organs. When diseases due to wind are treated, exogenous wind is to be dispelled, while endogenous wind is to be calmed. As a result, prescriptions for treating wind syndromes are classified as the following two: those for dispersing exogenous wind and those for calming endogenous wind.

When prescriptions for treating wind syndromes are to be prescribed to treat a disease due to pathogenic wind, the first thing to be done is to identify which causes it: exogenous wind or



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endogenous wind, and what is its nature: cold or heat, deficiency or excess. If it is caused by exogenous wind, prescription for dispersing exogenous wind should be prescribed. If it is caused by endogenous wind, prescription for calming endogenous wind should be used. If the wind is complicated by cold, heat, warmth or phlegm, the way of expelling wind should be used together with that of removing cold, heat, dampness or phlegm.

## 14.2 Prescriptions for Dispersing Exogenous Wind

This kind of prescriptions are mainly composed of drugs pungent in flavor and disperse in nature and with the action of expelling wind pathogen. They are indicated for such disorders due to exogenous wind pathogen as headache, dizziness, rubella and eczema. Drugs such as

*Fang Feng* (Radix Saposhinkoviae), *Chuan Xiong* (Rhizoma Chuanxiong), *Bai Zhi* (Radix Angelicae Dahuricae), *Jing Jie* (Herba Schizonepetae), *Bai Fu Zi* (Fhizoma Typhonii),
are commonly used in the these prescriptions, whose representatives are *Da Qinjiao Tang, Xiaofeng San, Chuanxiong Chatiao San, Qianzheng San* and *Xiao Huoluo Dan.*

## 14.3 The Prescription of *Da Qinjiao Tang*

Name: Major Gentian Decoction

Source: The book *Su Wen Bing Ji Qi Yi Bao Ming Ji*

Ingredients:

*Qin Jiao*(Radix Gentianae Macrophyllae) 90 g, *Gan Cao* (Radix Glycyrrhizae) 60 g, *Chuan Xiong* (Rhizoma Chuanxiong) 60 g, *Dang Gui* (Radix Angelicae Sinensis) 60 g, *Bai Shao* (Radix



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Paeoniae Alba) 60 g, *Shi Gao* (Gypsum Fibrosum) 60 g, *Du Huo* (Radix Angelicae Pubescentis) 60 g, *Qiang Huo* (Rhizoma seu Radix Notopterygii) 30 g, *Fang Feng* (Radix Saposhinkoviae) 30 g, *Huang Qin* (Radix Scutellariae) 30 g, *Bai Zhi* (Radix Angelicae Dahuricae) 30 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 30 g, *Sheng Di* (Radix Rehmanniae) 30 g, *Shu Di* (Radix Rehmanniae Preparata) 30 g, *Fu Ling* (Poria) 30 g, *Xi Xin* (Herba Asari) 15 g.

Explanation:

*Qin Jiao*: The principal drug, expelling wind and clearing obstruction in the channels.

*Qiang Huo, Du Huo, Fang Feng, Bai Zhi* and *Xi Xin*: Dispelling wind pathogen.

*Dang Gui, Bai Shao* and *Shu Di*: Nourishing blood and softening the tendons.

*Chuan Xiong*: Promoting blood circulation and clearing away obstruction in the channels.

*Huang Qin, Shi Gao* and *Sheng Di*: Removing heat from blood.

*Gan Cao*: Tempering the actions of all the other ingredients.

Effect: Expelling wind, dispelling heat, nourishing blood and promoting blood circulation.

Indications: Syndrome due to primary attack of the channels by wind, marked by distortion of the face, stiff tongue, inability to speak, difficulty in moving the hands and feet, whitish tongue, and floating pulse; including such diseases with the above symptoms as facial paralysis and tetanus.

Administration: All the ingredients are ground into fine powder, 30 g of the powder is decocted in water for the decoction



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to be taken twice daily. Or, the ingredients are decocted in water for oral dose with their amounts properly modified according to their original proportions.

Drugs pungent in flavor are more in this prescription, which tends to damage *Yin*—blood. So, attention should be paid to modify their dosages in clinical practice.

## 14.4 The Prescription of *Xiaofeng San*

Name: Powder for Dispersing Pathogenic Wind

Source: The book *Wai Ke Zheng Zong*

Ingredients:

*Dang Gui*(Radix Angelicae Sinensis) 3 g, *Sheng Di*(Radix Rehmanniae) 3 g, *Fang Feng* (Radix Saposhinkoviae) 3 g, *Chan Tui*(Periostracum Cicadae) 3 g, *Zhi Mu* (Rhizoma Anemarrhenae) 3 g, *Ku Shen* (Radix Sophorae Flavescentis) 3 g, *Hu Ma* (Sesamum Indicum) 3 g, *Jing Jie* (Herba Schizon epetae) 3 g, *Cang Zhu* (Rhizoma Atractylodis) 3 g, *Niu Bang Zi*(Fructus Arctii) 3 g, *Shi Gao* (Gypsum Fibrosum) 3 g, *Mu Tong* (Caulis Aristolochiae Manshuriensis) 1.5 g, *Gan Cao* (Radix Glycyrrhizae) 1.5 g.

Explanation:

*Jing Jie, Fang Feng, Niu Bang Zi* and *Chan Tui*: The principal drugs, dispersing wind pathogen through the superficies of the body.

*Cang Zhu*: Dispelling wind pathogen and removing dampness.

*Ku Shen*: Removing heat and drying dampness.

*Mu Tong*: Removing dampness and heat.

*Shi Gao* and *Zhi Mu*: Removing heat and purging fire.



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*Dang Gui, Sheng Di* and *Hu Ma*: Nourishing blood, promoting blood circulation, tonifying *Yin* and moistening dryness.

*Gan Cao*: Removing heat pathogen and toxic material, tempering the actions of all the other ingredients.

Effect: Dispelling wind pathogen, nourishing blood, removing dampness and heat.

Indications: Rubella and eczema, marked by red skin eruption, or spots dotted on the skin in the shape of clouds, itching, fluid produced from the diabrotic eruptions, whitish or yellowish tongue coating, and floating rapid forceful pulse; including such diseases with the above symptoms as allergic dermatitis, paddy field dermatitis, neurodermatitis and drug dermatitis.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: 1 case of allergic subsepicemia with a history of 3 years during which both Chinese and western drugs had failed to control it was clinically treated with *Xiaofeng San* plus:

*Huang Teng* (Caulis Fibraureae) *Dan Pi* (Cortex Moutan), *Tu Fu Ling* (Rhizoma Smilacis Glabrae), *Jiang Can* (Bombyx Batryticatus), *Bei Mu* (Bulbus Fritillariae).

70 days later, the case was cured, all the symptoms and signs except for fusiform interphalangeal articulations of hand disappearing.

44 cases of eczema were treated with *Xiaofeng San* with 38 temporarily and 6 basically cured, 20 doses on an average being taken by each of them.



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## 14.5 The Prescription of *Chuanxiong Chatiao San*

Name: Chuanxiong Mixture

Source: The book *Tai Ping Hui Min He Ji Ju Fang*

Ingredients:

*Chuan Xiong* (Rhizoma Chuanxiong) 120 g, *Jing Jie* (Herba Schizonepetae) 120 g, *Bai Zhi* (Radix Angelicae Dahuricae) 60 g, *Qiang Huo* (Rhizoma seu Radix Notopterygii) 60 g, *Gan Cao*(Radix Glycyrrhizae) 60 g, *Xi Xin* (Herba Asari) 45 g, *Fang Feng* (Radix Saposhinkoviae) 45 g, *Bo He* (Herba Menthae) 240 g.

Explanation:

*Chuan Xiong*, *Bai Zhi* and *Qiang Huo*: The principal drugs, dispelling wind pathogen and relieving pain.

*Xi Xin*: Removing cold to relieve pain.

*Bo He*: Being used in larger dose so as to refresh the mind and dispel wind and heat pathogens.

*Jing Jie* and *Fang Feng*: Being pungent in taste and disperse in nature, dispelling wind pathogen in the upper body.

*Gan Cao*: Tempering the actions of all the other ingredients.

tea: Being bitter in flavor and cold in nature, refreshing the mind, restraining the over–warm, over–dry, over–ascending and over–dispersing nature of drugs for treating wind syndromes so as to coordinate their ascending and descending nature.

Effect: Dispelling wind pathogen and relieving pain.

Indications: Wind syndrome of head, marked by migraine, headache, or ache in the vertex, aversion to cold, fever, dizziness, stuffy nose, thin whitish tongue coating, and floating pulse; in-



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cluding such diseases with the above symptoms as chronic rhinitis, nasosinusitis and neuroheadache.

Administration: All the ingredients are ground into fine powder, 6 g of which is taken with tea each time, twice daily.

Case Study: *Chuanxiong Chatiao San* was clinically used to treat 126 cases of prolonged migraine manifested as alternative ache in the left and right temples, complicated by vomiting, lethargy, vexation, lassitude and constipation. The general effective rate reached 83.3%.

## 14.6 The Prescription of *Qianzheng San*

Name: Powder for Treating Wry-mouth

Source: The book *Yang Shi Jia Cang Fang*

Ingredients:

*Bai Fu Zi* (Rhizoma Typhonii), *Jiang Can* (Bombyx Batryticatus), *Quan Xie* (Scorpio).

The above three ingredients are in the same amount.

Explanation:

*Bai Fu Zi*: Dispelling wind pathogen, resolving phlegm, having the special action of treating wind syndrome of the head.

*Jiang Can* and *Quan Xie*: Dispelling wind pathogen and relieving spasm.

These three ingredients works together to exert special and great potency.

Effect: Dispelling wind, removing phlegm and relieving spasm.

Indications: Wind syndrome manifested as facial paralysis, distortion of the face, or even convulsion of the facial muscles, whitish tongue, and floating slippery pulse; including facial



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neuroparalysis and prosopalgia.

Administration: The three ingredients are ground into fine powder, 3 g of which is taken each time, twice daily. The ingredients may also be decocted in water for oral dose, but, in so doing, their dosages should be modified properly according to their original proportions.

Case Study: The ingredients of modified *Qianzheng San* were ground into powder, the powder was mixed with the juice of *Sheng Jiang*(Rhizoma Zingiberis Recens) into a paste, the paste was clinically applied externally to treat 33 cases of Bell's facial paralysis. 29 cases were cured, 2 improved, 2 unimproved.

50% compound injection of *Qianzheng San*, whose ingredients were:

*Bai Fu Zi* (Rhizoma Typhonii), *Jiang Can* (Bombyx Batryticatus), *Quan Xie* (Scorpio), *Dang Gui*(Radix Angelicae Sinensis), *Wu Gong* (Scolopendra),
was alternatively injected at the acupoints: Dicang (ST 4), Jiache (ST 6), Yangbai (GB 14), etc. on the diseased side to treat 418 cases of facial neuroparalysis. The course of treatment lasted 7–42 days. The curative rate reached 90%.

## 14.7 The Prescription of *Yuzhen San*

Name: Powder with Marvellous Effect

Source: The book *Wai Ke Zheng Zong*

Ingredients (with the same amounts):

*Tian Nan Xing*(Rhizoma Arisaematis), *Fang Feng* (Radix Saposhinkoviae), *Bai Zhi* (Radix Angelicae Dahuricae), *Tian Ma* (Rhizoma Gastrodiae), *Qiang Huo* (Rhizoma seu Radix Notopterygii), *Bai Fu Zi*(Rhizoma Typhonii), additives: hot



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wine and child's urine.

Explanation:

*Nan Xing* and *Bai Fu Zi*: Dispelling wind pathogen, removing phlegm, relieving spasm and pain.

*Qiang Huo*, *Fang Feng* and *Bai Zhi*: Dispersing wind pathogen out of the channels and collaterals.

*Tian Ma*: Dispelling wind pathogen and relieving spasm.

hot wine and urine of a child: Clearing away obstruction from the channels and collaterals and promoting the circulation of *Qi* and blood.

Effect: Dispelling wind pathogen, removing phlegm and relieving spasm and pain.

Indications: Tetanus manifested as tightly clenched jaws with tightly closed mouth, rigidity of the trunk, opisthotonos, whitish tongue coating, and taut tight pulse; including such diseases with the above symptoms as tetanus, whooping cough and rabies.

Administrations: The ingredients are ground into fine powder and taken or applied externally after being infused with hot wine or a child's urine, 3 g each time for oral use or appropriate amount for external use on the affected area. Also, the ingredients may be decocted in water for oral dose with their amounts properly modified according to their original proportions.

Case Study: 3 cases of tetanus were clinically treated with *Yuzhen San*,which was internally and externally used, 9 g each time, 3 times daily. All the cases were cured, the course of treatment averaged 4.8 days.

*Yuzhen San* infused with wine was externally used to treat



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tenosynovitis due to traumatic sprain. The swelling and pain were usually relieved within 3–5 days with the function recovered.

## 14.8 The Prescription of *Xiao Huoluo Dan*

Name: Bolus for Activating Energy Flow in the Channels and Collaterals

Source: The book *Tai Ping Hui Min He Ji Ju Fang*

Ingredients:

*Chuan Wu* (Radix Aconiti) 66 g, *Cao Wu* (Radix Aconiti Kusnezoffii) 66 g, *Di Long* (Lumbricus) 66 g, *Tian Nan Xing* (Rhizoma Arisaematis) 66 g, *Ru Xiang* (Resina Olibani) 66 g, *Mo Yao*(Myrrha) 66 g.

additives: old wine and honey

Explanation: *Chuan Wu* and *Cao Wu*: The principal drugs, dispelling wind, removing dampness, warming and clearing the channels and collaterals.

*Tian Nan Xing*: Drying dampness, resolving phlegm, removing phlegm–dampness in the channels and collaterals.

*Ru Xiang* and *Mo Yao*: Promoting the circulation of *Qi* and blood.

*Di Long*: Clearing away obstruction from the channels and collaterals.

old wine: Enhancing the potency of all the other ingredients.

Effect: Dispelling wind, removing dampness, resolving phlegm. clearing obstruction in the channels and collaterals, promoting blood circulation and relieving pain.

Indications: Syndrome due to retention of wind, cold and dampness pathogens in the channels and collaterals, marked by



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spasm and movable pain of the tendons, limited movement of the joints, prolonged and unhealing wind-stroke, numbness of the extremities, phlegm-dampness and retained blood in the channels and collaterals, heaviness in the loins and legs, or pain in the limbs, whitish tongue, and deep taut pulse; including such diseases with the above symptoms as sequel due to cerebral apoplexy, rheumatic arthritis and rheumatoid arthritis.

Administration: The ingredients are ground into fine powder and made into boluses with honey. 3 g of the bolus is taken with old wine or warm boiled water each time, twice daily.

## 14.9 Prescriptions for Calming Endogenous Wind

This kind of prescriptions are mainly made up of drugs with the action of calming or nourishing the liver to disperse wind. They are suitable for the syndrome due to wind produced in the interior. The commonly used drugs are:

*Ling Yang Jiao*(Cornu Saigae Tataricae), *Gou Teng* (Ramulus Uncariae cum Uncis), *Shi Jue Ming* (Concha Haliotidis), *Tian Ma* (Rhizoma Gastrodiae), *Ju Hua*(Flos Chrysanthemi), *Mu Li* (Concha Ostreae), *Di Huang* (Radix Rehmanniae), *Bai Shao* (Radix Paeoniae Alba), *E Jiao* (Colla Corii Asini), *Ji Zi Huang* (egg yolk), *Rou Cong Rong* (Herba Cistanches).

The representative prescriptions are *Lingjiao Gouteng Tang*, *Zhengan Xi feng Tang*, *Da Dingfeng Zhu* and *Dihuang Yinzi*, etc.



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## 14.10 The Prescription of *Lingjiao Gouteng Tang*

Name: Decoction of Antelope's Horn and Uncaria Stem

Source: The book *Tong Su Shang Han Lun*

Ingredients:

*Ling Yang Jiao*(Cornu Saigae Tataricae) 4.5 g, *Sang Ye* (Folium Mori) 6 g, *Chuan Bei* (Bulbus Fritillariae Cirrhosae) 12 g, *Sheng Di* (Radix Rehmanniae) 15 g, *Zhu Ru* (Caulis Bambusae in Taeniam) 15 g, *Gou Teng* (Ramulus Uncariae cum Uncis) 9 g, *Ju Hua* (Flos Chrysanthemi) 9 g, *Fu Shen* (Poria cum Ligno Hospite) 9 g, *Bai Shao* (Radix Paeoniae Alba) 9 g, *Gan Cao* (Radix Glycyrrhizae) 2.4 g.

Explanation:

*Ling Yang Jiao* and *Gou Teng*: The principal drugs, removing heat from the liver, calming wind and relieving spasm.

*Sang Ye* and *Ju Hua*: Working together with *Ling Yang Jiao* and *Gou Teng* to enhance the effect of calming wind.

*Bai Shao* and *Sheng Di*: Replenishing *Yin* and promoting the production of body fluids so as to nourish the liver and relax the muscles and tendons.

*Bei Mu* and *Zhu Ru*: Removing heat and resolving phlegm.

*Fu Shen*: Calming the liver and tranquilizing the mind.

*Gan Cao*: Tempering the actions of all the other ingredients.

Effect: Removing heat from the liver, calming wind, promoting the production of body fluid and relaxing the muscles and tendons.

Indications: Syndrome due to wind transferred from the intense heat in the Liver Channel, marked by standing high fever,



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vexation, irritability, convulsion of the hands and feet, spasm, even coma, deep-colored and dry tongue and taut rapid pulse; including such diseases with the above symptoms as epidemic encephalitis B and primary hypertension.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: *Lingjiao Gouteng Tang* was clinically used to treat 8 cases of epidemic encephalitis B, all of which were cured without any sequel.

*Lingjiao Gouteng Tang* plus:

*Shi Jue Ming* (Concha Haliotidis)

*Zhen Zhu Mu* (Concha Margaritifera Usta)

was prescribed to treat the syndrome of convulsion marked by convulsion of the body, lock-jaw, stiff neck and opisthotonus. The treatment resulted in satisfactory curative effects.

## 14.11 The Prescription of *Zhengan Xifeng Tang*

Name: Tranquilizing Liver-wind Decoction

Source: The book *Yi Xue Zhong Zhong Can Xi Lu*

Ingredients:

*Niu Xi* (Radix Achyranthis Bidentatae) 30 g, *Zhe Shi* (Haematitum) 30 g, *Long Gu* (OS Draconis) 15 g, *Mu Li* (Concha Ostreae) 15 g, *Gui Ban* (Carapax et Plastrum Testudinis) 15 g, *Bai Shao* (Radix Paeoniae Alba) 15 g, *Xuan Shen* (Radix Scrophulariae) 15 g, *Tian Dong* (Radix Asparagi) 15 g, *Chuan Lian Zi* (Fructus Toosendan) 6 g, *Mai Ya* (Fructus Hordei Germinatus) 6 g, *Yin Chen* (Herba Artemisiae Scopariae) 6 g, *Gan Cao* (Radix Glycyrrhizae) 4.5 g.

Explanation:



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*Niu Xi*: Being used in larger dose, inducing blood to go downward, invigorating the liver and kidney.

*Zhe Shi, Long Gu* and *Mu Li*: Descending the adverse flow of *Qi* , suppressing the hyperactivity of *Yang* and calming the liver–wind.

*Gui Ban, Xuan Shen, Tian Dong* and *Bai Shao*:

Nourishing *Yin*–fluid to suppress excess of *Yang*.

*Yin Chen, Chuan Lian Zi* and *Mai Ya*: Assisting the principal drug in purging the excessive part of the liver–*Yang*, removing the stagnancy of the liver–*Qi*.

*Gan Cao*: Tempering the actions of all the other ingredients.

Effect: Calming the liver–wind, nourishing *Yin*.

Indications: Syndrome due to *Yin*–deficiency of the liver and kidney and hyperactivity of the liver–*Yang*, marked by dizziness, vertigo, distention of the eyes, tinnitus, heat pain in the head, vexation, limited movement of the body, gradual distortion of the mouth corner, even faint without consciousness which is freed from when the patient is moved or leaves sequel when the patient comes to, reddened tongue and taut long forceful pulse; including such diseases with the above symptoms as hypertension, pheochromocytoma and cerebrovascular accident.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: *Zhengan Xifeng Tang* was clinically used to treat 66 cases of hypertension. 50 cases were secondary ones, among which 30 were remarkably improved, 9 improved, 1 unimproved. 16 cases were tertiary ones, among which 6 remarkably improved, 9 improved, 1 basically unimproved. The general



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effective rate reached 93.7%.

## 14.12 The Prescription of *Tianma Gouteng Yin*

Name: Decoction of Gastrodia and Uncaria

Source: The book *Za Bing Zheng Zhi Xin Yi*

Ingredients:

*Tian Ma* (Rhizoma Gastrodiae) 9 g, *Shan Zhi* (Fructus Gardeniae) 9 g, *Huang Qin* (Radix Scutellariae) 9 g, *Du Zhong* (Cortex Eucommiae 9 g, *Yi Mu Cao* (Herba Leonuri) 9 g, *Sang Ji Sheng* (Herba Taxilli) 9 g, *Ye Jiao Teng* (Caulis Polygoni Multiflori) 9 g, *Zhu Fu Shen* (Poria cum Ligno Hospite) 9 g, *Gou Teng* (Ramulus Uncariae cum Uncis) 12 g, *Niu Xi* (Radix Achyranthis Bidentatae) 12 g, *Shi Jue Ming* (Concha Haliotidis) 18 g.

Explanation:

*Tian Ma, Gou Teng* and *Shi Jue Ming*: The principal drugs, calming the liver–wind.

*Shan Zhi* and *Huang Qin*: Removing heat and purging fire.

*Yi Mu Cao*: Promoting blood circulation and inducing diuresis.

*Niu Xi*: Inducing blood to go downward.

*Sang Ji Sheng* and *Du Zhong*: Invigorating the liver and kidney.

*Ye Jiao Teng* and *Zhu Fu Shen*: Relieving mental stress.

Effect: Calming the liver–wind, removing heat and promoting blood circulation, invigorating the liver and kidney.

Indications: Syndrome due to excess of the liver–*Yang* and up–stirring of the liver–wind, marked by headache, dizziness and



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insomnia; including such diseases with the above symptoms as tetanus, hypertension and cerebrovascular accident.

Administration: Decocted in water for oral dose to be taken twice

Case Study: *Tianma Gouteng Yin* was clinically used to treat 2 cases of tetanus manifested as headache, stiff neck, convulsion of the limbs, opisthotonus, lock-jaw and coma. Either of the 2 cases was cured by 7–15 doses.

## 14.13 The Prescription of *E Jiao Jizihuang Tang*

Name: Ass-hide Glue and Yolk Decoction

Source: The book *Tong Su Shang Han Lun*

Ingredients:

*E Jiao* (Colla Corii Asini) 6 g, *Gou Teng* (Ramulus Uncariae cum Uncis) 6 g, *Bai Shao* (Radix Paeoniae Alba) 9 g, *Luo Shi Teng* (Caulis. Trachelospermi) 9 g, *Shi Jue Ming* (Concha Haliotidis) 15 g, *Sheng Di* (Radix Rehmanniae) 12 g,*Mu Li* (Concha Ostreae) 12 g, *Fu Shen* (Poria cum Ligno Hospite) 12 g, *Gan Cao* (Radix Glycyrrhizae) 1.8 g, *Ji Zi Huang* (egg yolk) 2 ones.

Explanation:

*E Jiao* and *Ji Zi Huang*: Nourishing *Yin*-blood, calming wind and suppressing hyperactive *Yang*.

*Sheng Di, Shao Yao* and *Gan Cao*: Being sour and sweet to the taste, nourishing *Yin*, reinforcing the liver and calming wind.

*Gou Teng, Shi Jue Ming* and *Mu Li*: Calming the liver and suppressing the hyperactivity of *Yang*.

*Fu Shen*: Soothing the liver and calming the mind.



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*Luo Shi Teng*: Relaxing the muscles and tendons and clearing away obstructions in the channels.

Effect: Nourishing *Yin* , blood and the liver to calm wind.

Indications: Wind–syndrome due to deficiency of *Yin*, marked by rigidity of the muscles and tendons, trembling of the hands and feet like the symptom caused by apoplexy, or dizziness, vertigo, deep–colored tongue with little coating, and thready rapid pulse; including such diseases with the above symptoms as neurosism, senile tremor and hypertension.

Administration: Decocted in water for oral dose to be taken twice.

## 14.14 The Prescription of *Da Dingfeng Zhu*

Name: Great Pearl for Wind–syndrome

Source: The book *Wen Bing Tiao Bian*

Ingredients:

*Bai Shao* (Radix Paeoniae Alba) 18 g, *Di Huang* (Radix Rehmanniae) 18 g, *Mai Dong* (Radix Ophiopogonis) 18 g, *Gui Ban* Carapax et (Plastrum Testudinis) 12 g, *Mu Li* (Concha Ostreae) 12 g, *Zhi Gan Cao*(Radix Glycyrrhizae Preparate) 12 g, *Bie Jia* (Carapax Trionycis) 12 g, *E Jiao* (Colla Corii Asini) 9 g, *Ma Ren* (Fructus Cannabis) 6 g, *Wu Wei Zi* (Fructus Schisandrae) 6 g, *Ji Zi Huang* (egg yolk) 2 ones.

Explanation:

*Ji Zi Huang* and *E Jiao*: The principal drugs, nourishing *Yin*–fluid to calm endogenous wind.

*Di Huang*, *Mai Dong* and *Bai Shao*: Replenishing *Yin* and nourishing the liver.

*Gui Ban* and *Bie Jia*: Nourishing *Yin* and suppressing the



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hyperactivity of *Yang*.

*Ma Ren*: Nourishing *Yin* and moistening dryness.

*Mu Li*: Calming the liver and suppressing the hyperactivity of *Yang*.

*Wu Wei Zi* and *Zhi Gan Cao*: Being sour and sweet in taste to nourish *Yin*.

Effect: Replenishing *Yin* and calming wind.

Indications: Wind–syndrome due to impairment of *Yin* by the intense heat produced by prolonged epidemic febrile disease or consumption of *Yin*–fluid caused by mistaking drugs with the action of diaphoresis or purgation, marked by lassitude, trembling of the hands and feet, deep–colored tongue with little coating and weak pulse; including such diseases with the above symptoms as epidemic encephalitis B and typhoid fever.

Administration: The ingredients except *Ji Zi Huang* are decocted in water for the decoction, in which *Ji Zi Huang* is put. The decoction is divided into 2 portions, 1 portion is taken each time.

Case Study: *Da Dingfeng Zhu* was clinically used to treat 39 cases of epidemic encephalitis B manifested as lassitude, trembling of the extremities and weak pulse. The treatment result was that 36 cases were cured, 3 died.

## 14.15 The Prescription of *Dihuang Yinzi*

Name: Rehmannia Decoction

Source: The book *Huang Di Su Wen Xuan Ming Lun Fang*

Ingredients (with the same dose):

*Shu Di* (Radix Rehmanniae Preparata), *Ba Ji Tian* (Radix Morindae Officinalis), *Shan Zhu Yu* (Fructus Corni), *Shi Hu*



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(Herba Dendrobii), *Rou Cong Rong* (Herba Cistanches), *Fu Zi* (Radix Aconiti Lateralis Preparata), *Wu Wei Zi* (Fructus Schisandrae), *Rou Gui* (Cortex Cinnamomi), *Fu Ling* (Poria), *Mai Dong* (Radix Ophiopogonis), *Chang Pu* (Rhizoma Acori Graminei), *Yuan Zhi* (Radix Polygalae), additives in appropriate amount: *Sheng Jiang* (Rhizoma Zingiberis Recens), *Da Zao* (Fructus Jujubae), *Bo He* (Herba Menthae).

Explanation:

*Shu Di* and *Shan Zhu Yu*: The principal drugs, replenishing the kidney—*Yin*.

*Rou Cong Rong* and *Ba Ji Tian*: The principal drugs, warming and strengthening the kidney—*Yang*.

*Fu Zi* and *Rou Gui*: Helping the principal drugs to warm and nourish the kidney—*Yang*, absorbing the floating *Yang*.

*Mai Dong*, *Shi Hu* and *Wu Wei Zi*: Replenishing *Yin*, astringing body fluids, harmonizing *Yin* and *Yang*.

*Chang Pu*, *Yuan Zhi* and *Fu Ling*: Coordinating the heart and kidney, removing phlegm for resuscitation.

*Sheng Jiang*, *Da Zao* and *Bo He*: Being the guiding drugs, regulating *Ying* and *Wei*.

Effect: Nourishing the kidney—*Yin*, tonifying the kidney—*Yang* and removing phlegm for resuscitation.

Indications: Aphasia and paralysis, marked by stiff tongue, dysphasia, inability to walk, dry mouth without desire for drinking, greasy tongue coating and deep thready weak pulse; including such diseases with the above symptoms as syringomyelia, sequel of cerebrovascular accident and hypertension.

Administration: Decocted in water for oral use with the dosages of the ingredients properly determined according to their



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original proportions

Case Study: The modification of *Dihuang Yinzi* was clinically prescribed to treat 5 cases of syringomyelia manifested as numbness of the muscles, myophagism with occasional spasm, difficulty in walking and speaking. The symptoms and signs were relieved to certain extent after the decoction was taken for 1 month or more. The temporary curative effects was satisfactory.

The modification of *Dihuang Yinzi* was prescribed to treat 180 cases of generalized itching, among which 103 were cured, 42 remarkably improved, 35 unimproved, the total effective rate being 80.5%.



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# 15 Prescriptions for Treating Dryness Syndromes

## 15.1 Prescriptions for Treating Dryness Syndromes

Prescriptions with the following 3 characteristics are all known as "prescription for treating dryness syndrome".: 1.being composed of drugs bitter and pungent in flavor and warm and moist in nature, or sweet in taste and cold and moist in nature, 2. having the action of ventilating the lung to dispel dryness or promoting the production of body fluids to moisten dryness. 3. being used to treat dryness syndromes. There are two kinds of dryness syndromes: exogenous and endogenous. Exogenous dryness syndrome is due to the invasion of external dryness pathogen into the body. It varies with the climate. When its onset is in cool climate, it is called as cool–dryness–syndrome.When its onset is in warm climate, it is called as warm–dryness–syndrome. Endogenous dryness syndrome is due to the exhaustion of essence of life and the consumption of body fluids. According to the pathogenic positions of dryness syndromes in the body, they , both the exogenous and endogenous, are classified as the following three: upper–dryness–syndrome in the upper part of the body, middle–dryness–syndrome in the middle part of the body and lower–dryness–syndrome in the lower part of the body. Exogenous dryness syndrome is treated by way of ventilating the



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lung to dispel dryness, endogenous dryness syndrome by way of promoting the production of body fluids to moisten dryness cool dryness syndrome by way of warmly–ventilating the lung, warm dryness syndrome by way of coolly–ventilating the lung. From the above, it is clear that prescriptions for treating dryness syndromes are in two groups: those for treating dryness syndromes by way of ventilating the lung to dispel dryness, and those for treating dryness syndromes by way of promoting the production of body fluids to moisten dryness.

Most of the drugs in prescriptions for treating dryness syndromes are greasy in nature, which tends to worsen dampness and affect *Qi*.That's why they are contraindicated for those who are susceptible to damp pathogen. In addition, they sholud be cautiously used for those who loose stools due to deficiency of the spleen or have stagnated *Qi* or abundant expectoration in the body.

## 15.2 Prescriptions for Ventilating the Lung to Dispel Dryness

This kind of prescriptions are mainly made up of drugs warm and moist in nature and with the action of ventilating the lung to dispel dryness. They are suitable for the syndrome due to exogenous cool or warm dryness. The commonly used drugs are:

*Su Ye* (Folium Perillae), *Jie Geng* (Radix Platycodi), *Qian Hu* (Radix Peucedani), *Xing Ren* (Semen Armeniacae Amarum), *Sang Ye* (Folium Mori), *Sha Shen* (Radix Adenophorae Strictae), *Mai Dong* (Radix Ophiopogonis).

The representative prescriptions are *Xing Su San, Sang Xing Tang*



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and *Qingzao Jiufei Tang*.

## 15.3 The Prescription of *Xing Su San*

Name: Apricot Kernel and Perilla Powder

Source: The book *Wen Bing Tiao Bian*

Ingredients:

*Su Ye* (Folium Perillae) 6 g, *Ban Xia* (Rhizoma Pinelliae) 6 g, *Fu Ling* (Poria) 6 g, *Qian Hu* (Radix Peucedani) 6 g, *Jie Geng* (Radix Platycodi) 6 g, *Zhi Qiao* (Fructus Aurantii) 6 g, *Gan Cao* (Radix Glycyrrhizae) 6 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 6 g, *Ju Pi* (Pericarpium Citri Reticulatae) 6 g, *Xing Ren* (Semen Armeniacae Amarum) 6 g, *Da Zao* (Fructus Jujubae) 2 dates.

Explanation:

*Su Ye* and *Qian Hu*: Inducing diaphoresis to dispel pathogens.

*Xing Ren* and *Jie Geng*: Facilitating the flow of the lung–*Qi*.

*Ban Xia* and *Fu Ling*: Removing dampness and resolving phlegm.

*Zhi Qiao* and *Ju Pi*: Regulating *Qi* and relieving the chest stuffiness.

*Sheng Jiang*, *Da Zao* and *Gan Cao*: Regulating *Ying* and *Wei*.

Effect: Ventilating the lung to dispel dryness with drugs warm and moist in nature, facilitating the flow of the lung–*Qi* to remove phlegm.

Indications: Cool–dryness–syndrome manifested as mild headache, aversion to cold without sweat, cough with dilute



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sputum, stuffy nose, dry throat, whitish tongue coating and taut pulse; including such diseases with the above symptoms as chronic bronchitis, bronchiectasis and pulmonary emphysema.

Administration: Decocted in water for oral dose to be taken twice.

## 15.4 The Prescription of *Sang Xing Tang*

Name: Decoction of Mulberry Leaf and Apricot Kernel

Source: The book *Wen Bing Tiao Bian*

Ingredients:

*Sang Ye* (Folium Mori) 3 g, *Bei Mu* (Bulbus Fritillariae) 3 g, *Dan Dou Chi* (Semen Sojae Preparatum) 3 g, *Zhi Pi* (Pericarpium Gardeniae) 3 g, *Li Pi* (Exocarpium Pyrus) 3 g, *Xing Ren* (Semen Armeniacae Amarum) 4.5 g, *Sha Shen* (Radix Adenophorae Strictae) 6 g.

Explanation:

*Sang Ye* and *Dan Dou Chi*: Ventilating the lung to disperse pathogens.

*Xing Ren*: Facilitating the flow of the lung–*Qi*.

*Sha Shen*, *Bei Mu* and *Li Pi*: Moistening the lung to relieve cough.

*Zhi Zi*: Removing heat from the chest and diaphragm.

Effect: Ventilating the lung to moisten dryness.

Indications: Syndrome of pathogenic factors in the lung due to exogenous warm–dryness, marked by mild fever, cough without sputum, dry throat, thirst, reddened tongue with thin whitish coating, and floating rapid pulse; including such diseases with the above symptoms as infection of the upper respiratory tract, measles and whooping cough.



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Administration: Decocted in water for oral dose to be taken twice.

Case Study: *Sang Xing Tang* was clinically used to treat 72 cases of whooping cough, among whom 69 cases each averaged 3 doses and drove away all the symptoms, 33 case each averaged 5–10 doses and made a complete recovery.

## 15.5 The Prescription of *Qingzao Jiufei Tang*

Name: Decoction for Relieving Dryness of the Lung

Source: The Book *Yi Men Fa Lü*

Ingredients:

*Sang Ye* (Folium Mori) 9 g, *Shi Gao* (Gypsum Fibrosum) 7.5 g, *Ren Shen* (Radix Ginseng) 2 g, *Xing Ren* (Semen Armeniacae Amarum) 2 g, *Gan Cao* (Radix Glycyrrhizae) 3 g, *Hu Ma Ren* (Fructus Cannabis) 3 g, *Pi Pa Ye* (Folium Eriobotryae) 3 g, *E Jiao* (Colla Corii Asini) 2.4 g, *Mai Dong* (Radix Ophiopogonis) 3.6 g.

Explanation:

*Sang Ye*: The principal drug, ventilating the lung to dispel dryness.

*Shi Gao*: Removing heat in the Lung Channel.

*Mai Dong*: Removing dryness from the lung.

*Xing Ren* and *Pi Pa Ye*: Facilitating the flow of the lung–*Qi*.

*E Jiao* and *Hu Ma Ren*: Moistening the lung and nourishing *Yin*.

*Ren Shen* and *Gan Cao*: Invigorating *Qi* and regulating the function of the middle–*Jiao*.

Effect: Removing dryness and moistening the lung.



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Indications: Impairment of the lung due to warm-dryness, marked by headache, fever, dry cough without sputum, belching, dyspnea, dry throat, restlessness, thirst, dry tongue without coating, and weak large rapid pulse; including such diseases with the above symptoms as respiratory tract infection, pneumonia and pulmonary tuberculosis.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: Modified *Qingzao Jiufei Tang* was clinically used to treat 1 case of hemiparalysis manifested as headache, cough, dry throat and mouth, sudden vomiting, followed by dysphasia and paralysis of the limbs. All the symptoms were eliminated after 3 doses were taken.

*Qingzao Jiufei Tang* was also used to treat 85 cases of aphonia with 84 cured and 1 unimproved. Among the 84 cases cured, 45 each averaged 1-3 doses, 33 each averaged 4-6 doses, 6 each averaged over 7 doses.

## 15.6 Prescriptions for Promoting the Production of Body Fluids to Moisten Dryness

Prescriptions of this kind are mainly made up of drugs with the action of replenishing *Yin* and moistening dryness. They are suitable for the syndrome of dryness in the interior due to insufficiency of body fluids in *Zang* and *Fu* organs. The commonly used drugs are:

*Sha Shen* (Radix Adenophorae Strictae), *Mai Dong* (Radix Ophiopogonis), *Sheng Di* (Radix Rehmanniae), *Xuan Shen*(Radix Scrophulariae).

The representative prescriptions are *Yangyin Qingfei Tang*,



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*Maimendong Tang* and *Zengye Tang*.

## 15.7 The Prescription of *Yangyin Qingfei Tang*

Name: Decoction for Nourishing *Yin* and Clearing the Lung-heat

Source: The book *Zhong Lou Yu Yue*

Ingredients:

*Sheng Di* (Radix Rehmanniae) 6 g, *Mai Dong* (Radix Ophiopogonis) 5 g, *Xuan Shen* (Radix Scrophulariae) 5 g, *Gan Cao* (Radix Glycyrrhizae) 2 g, *Bo He* (Herba Menthae) 2 g, *Bei Mu* (Bulbus Fritillariae) 3 g, *Dan Pi* (Cortex Moutan) 3 g, *Chao Bai Shao* (stir-fried Radix Paeoniae Alba) 3 g.

Explanation:

*Sheng Di*: Nourishing the kidney-*Yin*.

*Mai Dong*: Nourishing the lung-*Yin*.

*Xuan Shen*: Dispersing fire and removing toxic material.

*Dan Pi*: Removing heat from blood and relieving swelling.

*Bei Mu*: Moistening the lung and resolving phlegm.

*Bai Shao*: Astringing *Yin* and purging heat.

*Bo He*: Dispersing pathogenic factors and benefiting the throat.

*Gan Cao*: Tempering the actions of all the other ingredients and removing toxic materials.

Effect: Nourishing *Yin* and removing heat from the lung.

Indications: Baihou syndrome manifested as white ulcerative spots in the throat which are hard to heal, swelling and pain in the throat, dry nose and lips, or cough or no cough, breathing with noise and difficulty, reddened tongue and rapid pulse; including such diseases with the above symptoms as tonsil-



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litis, laryngopharyngitis and nasopharyngeal carcinoma.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: Modified *Yangyin Qingfei Tang* was clinically used to treat 213 cases of diphtheria. The fever subsided at the 2nd day after the decoction began to be taken in most of the cases. It took 2–12 days for the tunica albuginea to vanish, averaging 5.5 days; 2–12 days for the bacilliculture to become native, averaging 6.4 days.

Among the 213 cases treated, 192 were cured, 21 cases died.

*Yangyin Qingfei Tang* was also employed to treat 100 cases of acute tonsillitis. The effective rate reached 95%.

## 15.8 The Prescription of *Baihe Gujin Tang*

Name: Lily Decoction for Strenthening the Lung

Source: The book *Yi Fang Ji Jie*

Ingredients: *Sheng Di*(Radix Rehmanniae) 6 g, *Shu Di* (Radix Rehmanniae Preparata) 9 g, *Mai Dong* (Radix Ophiopogonis) 5 g, *Bai He* (Bulbus Lilii) 3 g, *Bai Shao* (Radix Paeoniae Alba) 3 g, *Dang Gui* (Radix Angelicae Sinensis ) 3 g, *Bei Mu* (Bulbus Fritillariae Cirrhosae) 3 g, *Gan Cao* (Radix Glycyrrhizae) 3 g, *Xuan Shen* (Radix Scrophulariae) 3 g, *Jie Geng* (Radix Platycodi) 3 g.

Explanation:

*Shu Di*: One of the principal drug, nourishing *Yin* and tonifying the kidney.

*Sheng Di*: The other principal drug, removing heat from blood and stopping bleeding.

*Mai Dong*, *Bai He* and *Bei Mu*: Moistening the lung, nour-



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ishing *Yin*, resolving phlegm and relieving cough.

*Xuan Shen*: Nourishing *Yin*,removing heat from blood, purging fire of deficiency type.

*Dang Gui*: Nourishing blood and moistening dryness.

*Bai Shao*: Nourishing blood and replenishing *Yin*.

*Jie Geng*: Ventilating the lung to relieve cough.

*Gan Cao*: Tempering the actions of all the other ingredients.

Effect: Nourishing *Yin*, moistening the lung, resolving phlegm and relieving cough.

Indications: Syndrome due to *Yin*—deficiency of the lung and kidney, marked by cough with bloody sputum, dry and painful throat, feverish sensation in the palms and soles, bone—heat, night sweating, reddened tongue with little coating, and thready rapid pulse; including such diseases with the above symptoms as pulmonary tuberculosis, bronchitis and bronchiectasis.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: *Baihe Gujin Tang* was clinically used to treat 11 cases of spontaneous pneumothorax. Only this prescription was prescribed for milder cases, decompression air and antibiotics were added for the severe cases. All the cases were cured. It took 2—20 days for the pneumothorax to be eliminated.

*Baihe Gujin Tang* was also employed to treat 1 case of chronic hepatitis, marked by distention in the lower abdomen, frequent belching, abnormal liver function. After the treatment, the symptoms and signs vanished, the liver function returned to normal, and 1 year of follow—up didn't see any relapse.



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## 15.9 The Prescription of *Maimendong Tang*

Name: Ophiopogon Decoction

Source: The book *Jin Gui Yao Lue*

Ingredients:

*Mai Men Dong*(Radix Ophiopogonis 60 g, *Ban Xia* (Rhizoma Pinelliae) 9 g, *Ren Shen* (Radix Ginseng) 6 g, *Jing Mi*(Semen Oryzae Sativae) 6 g, *Gan Cao* (Radix Glycyrrhizae) 4 g, *Da Zao* (Fructus Jujubae) 3 dates.

Explanation:

*Mai Dong*: The principal drug in larger dose, nourishing *Yin* of the lung and stomach and clearing fire of deficiency type.

*Ban Xia*: Checking upward adverse flow of *Qi* , regulating the function of the stomach and resolving phlegm.

*Ren Shen*, *Jing Mi*, *Gan Gao* and *Da Zao*: Tonifying the spleen and regulating the stomach, invigorating *Qi* and promoting the production of body fluids.

Effect: Nourishing the lung and stomach, regulating the function of the stomach and checking upward adverse flow of *Qi*.

Indications: Syndrome due to *Yin*–deficiency of the lung and stomach, marked by cough, belching, difficulty in expectorating, or frothy expectoration ,dry mouth and throat, feverish sensation in the palms and soles, vomiting following belching, reddened tongue with little coating, and weak rapid pulse; including such diseases with the above symptoms as pulmonary tuberculosis, chronic bronchitis, pleurisy, gastric ulcer, prolapse of gastric mucosa, etc.

Administration: Decocted in water for oral dose to be taken twice.



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Case Study: *Maimendong Tang* was clinically used to treat 19 cases of peptic ulcer. After the decoction was taken, the symptoms and signs, especially the pain, were remarkably relieved. 45–120 days later after the treatment began, 8 cases recheck with X–ray showed that the niche and distortion were removed in 4 cases and improved in another 4.

## 15.10 The Prescription of *Qiongyu Gao*

Name: Paste for Reinforcing the Lung

Source: *Hong Shi Ji Yan Fang*

Ingredients:

*Ren Shen* (Radix Ginseng) 750 g, *Sheng Di* (Radix Rehmanniae) 8000 g, *Fu Ling* (Poria) 1500 g, *Bai Mi* (Mel) 5000 g.

Explanation:

*Sheng Di*: The principal drug, nourishing *Yin* and promoting water metabolism.

*Bai Mi*: Nourishing the lung and moistening dryness.

*Ren Shen* and *Fu Ling*: Tonifying the spleen–*Qi* besides *Fu Ling's* action of inducing diuresis and resolving phlegm.

Effect: Nourishing *Yin*,moistening the lung, invigorating *Qi* and reinforcing the spleen.

Indications: Syndrome due to consumption and impairment of the lung–*Yin*,marked by inproductive cough of deficiency and consumption type, dry throat, hemoptysis, emaciation, shortness of breath, lassitude, reddened tongue with little coating, and thready rapid pulse; including such diseases with the above symptoms as pulmonary tuberculosis, bronchiectasis, pneumonia and pleurisy.



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Administration: *Ren Shen* and *Fu Ling* are ground into fine powder, *Sheng Di* is pounded to get its juice (or *Shu Di* is decocted in water for the decoction , which is used instead of the juice of *Sheng Di*.). The powder, the juice and *Feng Mi* are mixed evenly into a paste. The paste is *Qiongyu Gao*, which is stored in a porcelain pot for use. 6–9 g of the paste is taken each time, twice daily.

## 15.11 The Prescription of *Yuye Tang*

Name: Decoction for Regulating the Kidney and Stomach

Source: The book *Yi Xue Zhong Zhong Can Xi Lu*

Ingredients:

*Shan Yao* (Rhizoma Dioscoreae) 30 g, *Huang Qi* (Radix Astragali ) 15 g, *Zhi Mu* (Rhizoma Anemarrhenae) 15 g, *Wu Wei Zi* (Fructus Schisandrae) 9 g, *Tian Hua Fen* (Radix Trichosanthis) 9 g, *Ji Nei Jin* (Endothelium Corneum Gigeriae Galli) 6 g, *Ge Gen* (Radix Puerariae) 4.5 g.

Explanation:

*Shan Yao*: Reinforcing the spleen and consolidating the kidney so as to reduce the times of urination, promoting the production of body fluids to moisten the lung and relieve thirst, the first principal drug.

*Huang Qi*: Elevating *Yang*,invigorating *Qi*, assisting the spleen–*Qi* in going upward to conduct its action of distributing essence to the lung, the second principal drug.

*Zhi Mu, Hua Fen*: Nourishing *Yin*,moistening dryness, relieving cough.

*Ji Nei Jin*: Assisting the spleen in transportation and transformation, promoting digestion and the production of body fluids, consolidating the kidney to control emission.



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Effect: Invigorating *Qi*, promoting the production of body fluids, moistening dryness, relieving thirst.

Indications: Syndrome due to failing to distribute body fluids adequately because of diabetes, deficiency of the kidney and dryness in the stomach, marked by thirst with strong desire for drinking, frequent urination with profuse urine, or turbid urine, sleepiness, lassitude, shortness of breath, reddened tongue with little coating, and weak thready pulse; including such diseases with the above sumptoms as diabetes and diabetes insipidus.

## 15.12 The Prescription of *Zengye Tang*

Name: Fluid-increasing Decoction

Source: The book *Wen Bing Tiao Bian*

Ingredients:

*Xuan Shen* (Radix Scrophulariae) 30 g, *Mai Dong* (Radix Ophiopogonis) 24 g, *Sheng Di* (Radix Rehmanniae) 24 g.

Explanation:

*Xuan Shen*: The principal drug in larger dose, nourishing *Yin*, promoting the production of body fluids, moistening dryness, removing heat.

*Mai Dong*: Promoting the production of body fluids to moisten dryness.

*Sheng Di*: Nourishing *Yin* and removing heat.

Effect: Nourishing *Yin*, removing heat, moistening dryness, inducing laxation.

Indications: Insufficiency of body fluids, constipation or reoccurrence of the following symptoms 2–3 days after defecation, all due to febrile disease of *Yangming*, marked by constipation, thirst, reddened and dry tongue, and deep feeble



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pulse: including such diseases with the above symptoms as intestinal tuberculosis, hemorrhoid, irritable colon, chronic pancreatitis, etc..

Administration: Decocted in water for oral dose to be taken twice.

Case Study: Modified *Zengye Tang* was clinically used to treat 120 cases of oral respondence to radiotherapy, marked by dry mouth, thirst with strong desire for drinking, reddish and swelling gingivae, reddish or leukoplakia-dotted mucous membrane of mouth which is ulcerative and great painful in severe case. After the treatment, 41 cases were cured, 65 remarkedly improved, 13 improved, 1 unimproved.



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# 16 Prescriptions for Treating Dampness Syndromes

## 16.1 Prescriptions for Treating Dampness Syndromes

Prescriptions with the following three characteristics are all known as "prescriptions for treating dampness syndromes": 1. being composed of drugs with the action of eliminating dampness; 2. being able to induce diuresis so as to dispel the turbid; 3. being suitable for the syndromes due to dampness pathogen. Dampness syndromes include exogenous-dampness one and endogenous-dampness one. The former is caused by long living in a wet place, wading across a river or attacking of pathogenic dampness. It is marked by aversion to cold, fever, distention of the head, heavy sensation of the whole body, general aching, and edema of the face. The latter is caused by over-intake of raw and cold food, alcoholic drinks and cheese, which leads to the dysfunction of the spleen in transporting water and dampness. It is marked by fullness in the chest and epigastric region, nausea, vomiting, diarrhea, jaundice, turbid urine, and edema of the feet. Muscles and skin are connected with *Zang* and *Fu* organs by channels and collaterals. This is the reason that dampness in the superficies of the body may be carried inward to *Zang* and *Fu* organs, and dampness in the interior may also be delivered outward to muscles and skin. As a result, exogenous



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dampness may be complicated by endogenous one, and vice versa. Moreover, dampness is often accompanied by wind, cold, summer-heat or heat. This shows that dampness syndromes are usually complicated. Apart from the above, human bodies are different: deficiency or excess, fitness or weakness; pathogenic positions of dampness syndromes are different: in the upper or lower, exterior or interior, of the body; transformations of dampness syndromes are different: cold or heat. So, methods to remove dampness are, accordingly, different. Generally speaking, dampness in the upper or exterior may be eliminated by way of inducing mild diaphoresis; dampness in the interior or lower by way of administering drugs aromatic and dry in nature and bitter in taste or drugs sweet and insipid in flavor and with the action of inducing diuresis; dampness of cold-transformation by way of warming up *Yang*; dampness of heat-transformation by way of clearing away heat; dampness accompanied by general deficiency by way of strengthening the body as well as removing dampness. Therefore, prescriptions for treating dampness syndromes may fall into the following five: those by way of drying dampness and regulating the stomach, those by way of clearing away heat to remove dampness, those by way of inducing diuresis to remove dampness, those by way of heat-transformation to remove dampness, and those by way of dispelling wind to remove dampness.

Pathogenic dampness, heavy and greasy and sticky in property, is apt to disturb the activities of *Qi*.Therefore, drugs with the action of regulating *Qi* are usually used in prescriptions for treating dampness syndromes, most of which are made up of drugs pungent, aromatic, warm and dry in nature or drugs sweet and



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insipid in flavor and with the action of inducing diuresis. They tend to exhaust and impair body fluids and should be cautiously used when dampness to be treated is complicated by consumption of body fluids due to *Yin*–deficiency.

## 16.2 Prescriptions for Drying Dampness and Regulating the Stomach

This kind of prescriptions are mainly made up of drugs with the action of drying dampness and regulating the stomach. They are suitable for the syndrome due to retention of dampness and incoordination between the spleen and the stomach, marked by fullness in the abdomen, belching, regurgitation of sour fluid, vomiting, diarrhea, poor appetite and lassitude. The commonly used drugs are:

*Cang Zhu* (Rhizoma Atractylodis)

*Chen Pi* (Pericarpium Citri Reticulatae)

*Huo Xiang* (Herba Agastachis)

*Dou Kou* (Fructus Amomi Rotundus).

The representative prescriptions are *Pingwei San* and *Huoxiang Zhengqi San*.

## 16.3 The Prescription of *Pingwei San*

Name: Peptic Powder

Source: The book *Tai Ping Hui Min He Ji Ju Fang*

Ingredients:

*Cang Zhu* (Rhizoma Atratylodis) 15 g, *Huo Po* (Cortex Magnoliae Officinalis ) 9 g, *Chen Pi*(Pericarpium Citri Reticulatae) 9 g, *Gan Cao* (Radix Glycyrrhizae Praeparata) 4 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 2 pieces, *Gan Zao*



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(Fructus Jujubae) 2 dates.

Explanation:

*Cang Zhu*: The principal drug pungent, bitter in flavour and warm in nature, being good at removing dampness to promote the function of the spleen.

*Hou Po*: Promoting the circulation of *Qi* , resolving dampness, relieving distention and fullness in the abdomen.

*Chen Pi*: Regulating *Qi* to remove stagnancy.

*Gan Cao*: Regulating the stomach and tempering the actions of all the other ingredients.

*Sheng Jiang* and *Da Zao*: Regulating the function of the spleen and stomach.

Effect: Removing dampness, promoting the function of the spleen, activating the flow of *Qi* and regulating the stomach.

Indications: Syndrome due to retention of dampness in the spleen and stomach, marked by distention and fullness in the abdomen, loss of appetite, tastelessness in the mouth, vomiting, nausea, belching, regurgitation of sour fluid, heavy sensation of the body, lassitude with desire for bed, intermittent diarrhea, whitish greasy thick tongue coating, and slow pulse; including such diseases with the above symptoms as chronic gastritis, gastrointestinal neurosis, acute gastritis, infantile dyspepsia and gastroduodenal ulcer.

Administration: Decocted in water for oral dose to be taken twice (Taken originally in the form of powder).

Case Study: 1 case of gastrointestinal neurosis not complicated by peptic ulcer or gastritis and manifested as hiccup having lasted more than 5 months, pale and sallow complexion, anorexia, distention in the abdomen, lassitude, whitish greasy



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tongue coating, and lingering slow pulse, and having failed to respond to western medicines was clinically treated with modified *Pingwei San*, whose ingredients were:

*Cang Zhu* (Rhizoma Atractylodis) 9 g, *Hou Po* (Cortex Magnoliae Officinalis) 9 g, *Chen Pi* (Pericarpium Citri Reticulatae) 6 g, *Gan Cao* (Radix Glycyrrhizae) 3 g, *Ban Xia* (Rhizoma Pinelliae) 12 g, *Yin Chen* (Herba Artemisiae Scopariae) 15 g, *Fu Ling* (Poria) 12 g, *Ding* Xiang (Flos Caryophylli ) 4.5 g.

The distention was eliminated and the hiccup was gradually relieved after 5 doses were taken. Then the case continued to be treated with prescriptions for strengthening the spleen with the result of being cured.

4cases of induced labor manifested as distention and fullness in the abdomen, poor appetite, lassitude, tastelessness in the mouth, loose stools, and whitish greasy thick tongue coating were treated with modified *Pingwei San*,whose ingredients were:

*Chen Pi*(Pericarpium Citri Reticulatae) 12 g, *Cang Zhu* (Rhizoma Atractylodis) 9 g, *Gan Cao* (Radix Glycyrrhizae) 6 g, *Xuan Ming Fen* (Natrii Sulfas Exsiccatus taken 12 g,after infused in water), *Zhi Shi* (Fructus Aurantii Immaturus) 12 g.

Sure curative effects were seen in all the 4 cases.

## 16.4 The Prescription of *Huoxiang Zhengqi San*

Name: Powder of Agastachis for Restoring Health

Source: The book *Tai Ping Hui Min He Ji Ju Fang*

Ingredients:

*Da Fu Pi* (Pericaupium Arecae) 6 g, *Bai Zhi* (Radix Angelicae Dahuricae) 6 g, *Zi Su* (Caulis Perillae) 6 g, *Fu Ling*



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(Poria) 6 g, *Ban Xia Qu* (Rhizoma Pinelliae Preparata) 9 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 9 g, *Chen Pi* (Pericarpium Citri Reticulatae) 9 g, *Hou Po* (Cortex Magnoliae Officinalis) 9 g, *Ku Jie Geng* (Radix Platycodi) 9 g, *Huo Xiang* (Herba Agastachis) 12 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 4.5 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 3 g, *Da Zao* (Fructus Jujubae) 1 date.

Explanation:

*Huo Xiang*: The principal drug, being pungent in flavor and slightly warm in nature, not only dispersing wind–cold but also removing dampness as well as sending up the lucid *Qi* and sending down the turbid to treat cholera morbus.

*Su Ye* and *Bai Zhi*: Being pungent in flavor and aromatic in nature, removing dampness.

*Ban Xia* and *Chen Pi*: Removing dampness, regulating the stomach, checking upward adverse flow of *Qi* and relieving vomiting.

*Bai Zhu* and *Fu Ling*: Strengthening the spleen, removing dampness, regulating the stomach and arresting diarrhea.

*Hou Po* and *Fu Pi*: Promoting the circulation of *Qi* , removing dampness and regulating the middle–*Jiao* to relieve fullness in the abdomen.

*Jie Geng*: Facilitating the flow of the lung–*Qi* to relieve fullness. in the chest and removing exterior syndrome and dampness.

*Sheng Jiang*, *Da Zao* and *Gan Cao*: Coordinating the spleen and stomach.

Effect: Relieving exterior syndrome, removing dampness, promoting the circulation of *Qi* and regulating the function of the



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stomach.

Indications: Syndrome due to wind-cold in the exterior and dampness in the interior, marked by sudden and drastic vomiting and diarrhea in cholera morbus, fever, aversion to cold, headache, fullness in the chest, pain in the abdomen, and whitish greasy tongue coating; including such diseases with the above symptoms as acute gastroenteritis, food poisoning, common cold of gastrointestinal type, etc.

Administration: Decocted in water for oral dose to be taken twice (Taken originally in the form of powder).

Case Study: Modified *Huoxiang Zhengqi San* was clinically used to treat 30 cases of acute enteritis marked by mild general discomfort, slight pain around the navel, fullness in the abdomen, poor appetite, borborygmus, and 4 to 8-time-per-day diarrhea with gruel or water-like and ligh-yellow or frothy stools. In general, effectiveness or complete cure occurred in the next day after the decoction was taken.

*Huoxiang Zhengqi San* was employed to treat 1 case of allergic purpura of gastrointestinal type manifested as abdominal pain, black watery stools, hemorrhagic spots in the skin of the whole body especially in the limbs. After 1 dose was taken, the nausea, vomiting and abdominal pain were remarkedly relieved and the appetite was improved; after 5 doses, most of the symptoms were eliminated; after 10 doses, the case was cured.

## 16.5 Prescriptions for Clearing away Heat to Remove Dampness

This kind of prescriptions are mainly made up of drugs with the action of clearing away heat and removing dampness. They



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are indicated for the syndrome due to exogenous or endogenous dampness–heat or dampness–heat flowing downward, marked by jaundice, afternoon–fever, fullness in the chest, distention in the abdomen, or swelling and pain of the feet and knees, etc.. The commonly used drugs are:

*Yin Chen* (Herba Artemisiae Scopariae), *Yi Yi Ren*(Semen Coicis), *Shan Zhi* (Fructus Gardeniae), *Hua Shi* (Talcum).

The representative prescriptions are *Yinchenhao Tang*, *Sanren Tang* and *Bazheng San*.

## 16.6 The Prescription of *Yinchenhao Tang*

Name: Oriental Wormwood Decoction

Source: The book *Shang Han Lun*

Ingredients:

*Yin Chen* (Herba Artemisiae Scopariae) 30 g, *Zhi Zi*(Fructus Gardeniae) 15 g, *Da Huang* (Radix et Rhizoma Rhei) 9 g.

Explanation:

*Yin Chen*: The principal drug, being bitter in flavor and slightly cold in nature, having the special action of clearing away dampness–heat to treat jaundice.

*Zhi Zi*: Removing obstructions from the tri–*Jiao*, leading damp–heat to go downward, inducing damp–heat to be eliminated through urination.

*Da Huang*: Clearing away heat and stagnancy and relieving constipation.

Effect: Clearing away heat, removing dampness and treating jaundice.

Indications: Syndrome of jaundice due to damp–heat pathogen, marked by yellowish face and body surface, slight full



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sensation in the abdomen, thirst, disturbance in urination, yellowish greasy tongue coating, and deep rapid pulse; including such diseases with the above symptoms as acute infectious icterohepatitis, acute cholecystitis, cholelithiasis, leptospirosis, etc.

Administration: Decocted in water for oral dose to be taken 3 times.

Case Study: 115 cases of infantile acute infectious icterohepatitis marked by icteric coloration, alternate chills and fever, anorexia, lassitude, yellow urine, fire pathogen in the liver, impairment of the liver function, etc. were clinically treated with modified *Yinchenhao Tang*,whose ingredients were:

*Yin Chen* (Herba Artemisiae Scopariae) 15 g, *Shan Zhi* (Fructus Gardeniae) 9 g, *Huang Bai* (Cortex Phellodendri) 4.5 g, *Da Huang* (Radix et Rhizoma Rhei) 3 g, *Long Dan Cao* (Radix Gentianae) 4.5 g, *Ji Gu Cao* (Herba Abri) 30 g, *Chi Shao* (Radix Paeoniae Rubra) 9 g, *Tao Ren* (Semen Persicae) 6 g, *Chuan Lian Zi*(Fructus Toosendan) 9 g, *Mu Tong* (Caulis Clematidis Armandii) 6 g.

It took 2–22 days for the jaundice to be eliminated, 30 days or so for the disease to be cured.

65 doses of the combined prescription of *Yinchenhao Tang* and *Sijunzi Tang* plus:

*Mai Ya* (Fructus Hordei Germinatus), *Cang Zhu* (Rhizoma Atractylodis), *Sha Ren* (Fructus Amomi), *Chen Pi* or *Shan Yao*(Percarpium Citri Reticulatae or Rhizoma Dioscoreae). cured 1 case of biliary cirrhosis, marked by icteric coloration in the eyeballs and the skin of the whole body, discomfort in the upper abdomen, distention in the abdomen after meals, anorexia, nau-



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sea, vomiting, less amount of urine deep-colored as strong tea, listlessness, aversion to cold, dizziness, wan and sallow complexion, thin and whitish tongue coating, thready and soft pulse, etc., as it is reported.

## 16.7 The Prescription of *Sanren Tang*

Name: Decoction of Three Kinds of Kernels

Source: The book *Wen Bing Tiao Bian*

Ingredients:

*Xing Ren* (Semen Armeniacae Amarum) 15 g, *Fei Hua Shi* (refined Talcum) 18 g, *Bai Tong Cao* (Medulla Tetrapanacis) 6 g, *Bai Kou Ren* (Semen Amomi Cardamomi) 6 g, *Zhu Ye* (Herba Lophatheri) 6 g, *Hou Po* (Cortex Magnoliae Officinalis) 6 g, *Yi Yi Ren* (Semen Coicis) 18 g, *Ban Xia* (Rhizoma Pinelliae) 10 g.

Explanation:

*Xing Ren*: One of the principal drugs, being bitter in flavor and slightly warm in nature, facilitating the flow of the lung-*Qi* to promote the function of the upper-*Jiao*.

*Bai Kou Ren*: One of the principal drugs, being pungent in flavor and warm in nature, removing dampness, promoting the circulation of *Qi* to regulate the middle-*Jiao*.

*Yi Yi Ren*: One of the principal drugs, being insipid in flavor and slightly cold in nature, mildly inducing diuresis to remove dampness so as to dredge the lower-*Jiao*.

*Ban Xia* and *Hou Po*: Promoting the circulation of *Qi*, removing dampness and relieving fullness.

*Hua Shi*, *Tong Cao* and *Zhu Ye*: Inducing diuresis to remove damp-heat.



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Effect: Promoting the functional activities of *Qi* and removing damp-heat.

Indications: Syndrome due to newly-formed severe dampness and mild heat pathogens, marked by headache, aversion to cold, heaviness and soreness of the body, yellowish complexion, fullness in the chest, loss of appetite, afternoon-fever, whitish tongue, no thirst, and taut thready feeble pulse; including such diseases with the above symptoms as typhoid fever, gastroenteritis, pyelonephritis, bronchopneumonia and postoperative intestinal adhesion.

Administration: Decocted in water for oral dose to be taken 3 times.

Case Study: 15 cases of pyelonephritis manifested as urinary protein and pus cells at different level, and positive midstream urine culture were clinically treated with modified *Sanren Tang*,whose ingredients were:

those in the prescription of *Sanren Tang*

*Lian Qiao* (Fructus Forsythiae), *Fu Ling* (Poria).

In case of high fever, the drugs added were:

*Chai Hu* (Radix Bupleuri), *Huang Qin*(Radix Scutellariae).

In case of urethralgia, the drugs added were:

*Che Qian Zi* (Semen Plantaginis), *Hu Po* (Succinum), *Huang Bai* (Cortex Phellodendri).

In case of lumbago, the drugs added were:

*Mu Gua* (Fructus Chaenomelis), *Du Zhong* (Cortex Eucommiae).

In case of urine always with bacteria, the drugs added were:

*Ma Chi Xian* (Herba Portulacae), *Jin Qian Cao* (Herba Lysimachiae), *Lian Qiao* (Fructus Forsythiae), *Ku Shen* (Radix



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Sophorae Flavescentis).

The treatment result was that 12 cases were cured, 3 improved.

## 16.8 The Prescription of *Ganlu Xiaodu Dan*

Name: Sweet Dew Detoxication Pill

Source: The book *Wen Re Jing Wei*

Ingredients:

*Fei Hua Shi* (refined Talcum) 450 g, *Yin Chen* (Herba Artemisiae Scopariae) 330 g, *Huang Qin* (Radix Scutellariae) 300 g, *Shi Chang Pu*) Rhizoma Acori Tatarinowii) 180 g, *Chuan Bei Mu* (Bulbus Fritillariae Cirrhosae) 150 g, *Mu Tong* (Caulis Aristolochiae Manshuriensis) 150 g, *Huo Xiang* (Herba Agastachis) 120 g, *She Gan* (Rhizoma Belamcandae) 120 g, *Lian Qiao* (Fructus Forsythiae) 120 g, *Bo He* (Herba Menthae) 120 g, *Bai Dou Kou* (Fructus Amomi Rotundus) 120 g.

Explanation:

*Huo Xiang*: One of the principal drugs, being pungent in flavor and slightly warm in nature, clearing away heat, promoting diuresis, resolving dampness, activating the circulation of *Qi*.

*Yin Chen*: The other principal drug, being bitter in flavor and slightly cold in nature, having the same action as *Huo Xiang*.

*Hua Shi*: Clearing away heat, promoting diuresis, relieving summer–heat.

*Mu Tong*: Clearing away heat and promoting diuresis, inducing damp–heat to be eliminated along with urine.

*Huang Qin*: Clearing away heat and removing dampness.

*Lian Qiao*: Clearing away heat and toxic material.

*Bei Mu* and *She Gan*: Removing intense heat from the throat and dispersing masses.



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*Shi Chang Pu, Bai Kou Ren* and *Bo He*: Resolving dampness by their aromatic nature, promoting the flow of *Qi* and benefiting the spleen.

Effect: Inducing diuresis, resolving dampness and removing heat and toxic material.

Indications: Syndrome of damp–heat pathogen lingering in the *Qi* system due to epidemic diseases, marked by fever, sleepiness, lassitude, fullness in the chest, distention in the abdomen, soreness of the limbs, swollen throat, yellowish body surface, thirst, scanty deep–colored urine, vomiting, diarrhea, stranguria with turbid urine, pale or thick and greasy or dry and yellowish tongue coating; including such diseases with the above symptoms as typhoid fever, infectious icterochepatitis, cholecystitis, acute gastroenteritis, etc.

Administration: All the ingredients are ground into fine powder. 9 g of the powder is taken with boiled water each time, twice daily. Or the powder is made into pills with the paste of *Shen Qu* (Massa Medicata Fermentata), 9 g of the pills is taken each time. Or the ingredients are decocted in water for oral use. In doing so, their amounts should be properly reduced according to their original proportions.

Case Study: All the ingredients of the prescription of *Ganlu Xiaodu Dan* were ground into coarse powder. The powder was decocted in water for the decoction. The decoction was clinically used to treat 26 cases of infantile acute infectious hepatitis marked by anorexia, yellow urine, fever, lassitude, nausea, vomiting, cough, reddened tongue with thin whitish or whitish and yellowish coating, and taut slippery pulse. Within 2 weeks, the icteric index of 13–20 units in 9 cases returned to normal: with-



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in 3 weeks, the content of GPT in 24 cases returned to normal; within 1–5 days, the poor appetite in all the cases returned to normal; after the treatment, 1.5–2 cm of the liver was palpable in 20 cases.

Modified *Ganlu Xiaodu Dan* was used to treat 1 case of standing low fever having lased 8years, a sequela of acute gastroenteritis which had failed to respond to any treatment, marked by no other gastrointestinal abnormality except gastroduodenal ulcer found in barium meal examination, emaciation, sallow complexion, lassitude. soreness of the limbs. shortness of breath. languor, fullness in the chest and abdomen, sleepiness, drowsiness even in the time of diagnosis, intermittent anorexia, constipation, yellow turbid urine, light red tongue with yellowish thick greasy coating, taut ligering pulse, and body temperature of 37.8 C. The case was differentiated as a syndrome due to turbid damp–heat lingering in both the interior and exterior of the *Qi* system and treated with the decoction of *Ganlu Xiaodu Dan* minus *Bo He* (Herba Menthae) but plus *Su Ye*(Folium periuae). 2 doses improved and 8 doses cured the case.

## 16.9 The Prescription of *Lian Po Yin*

Name: Decoction of Coptis Rhizome and Bark of Officinalis Magnolia

Source: The book Huo Luan Lun

Ingredients:

*Zhi Hou Po* (Cortex Magnoliae Officinalis Preparata) 6 g, *Huang Lian* (Rhizoma Coptidis stir–fried with juice of ginger) 3 g, *Shi Chang Pu* (Rhizoma Acori Tatarinowii) 3 g, *Zhi Ban Xia* (Rhizoma Pinelliae Preparata) 3 g, *Xiang Chi* (Stir–fried Semen



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Sojae Preparatum) 9 g, *Jiao Shan Zhi* (Fructus Gardeniae Preparata) 9 g, *Lu Gen* (Rhizoma Phragmitis) 60 g.

Explanation:

*Hou Po*: One of the principal drugs, being bitter and pungent in flavor and warm in nature, promoting the circulation of *Qi*, resolving dampness.

*Huang Lian*: The other principal drug, being bitter in flavor and cold in nature, clearing away heat, drying dampness.

*Shan Zhi* and *Dou Chi*: Clearing away stagnated heat in the chest and epigastric region.

*Chang Pu*: Removing dampness through its aromatic nature so as to benefit the spleen.

*Ban Xia*: Drying dampness, checking upward adverse flow of *Qi* and regulating the function of the stomach.

*Lu Gen*: Clearing away heat and dampness, regulating the stomach to relieve vomiting.

Effect: Clearing away heat and dampness, promoting the flow of *Qi* and regulating the function of the spleen and stomach.

Indications: Syndrome of failure of descending of the stomach–*Qi* and failure of ascending of the spleen–*Qi* both due to the retention of damp–heat, marked by sudden vomiting and diarrhea in cholera morbus, fullness in the chest and epigastrium, scanty deep–colored urine, and yellowish greasy tongue coating; including such diseases with the above symptoms as typhoid fever and acute gastroenteritis.



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## 16.10 The Prescription of *Canshi Tang*

Name: Silkworm Excrement Decoction

Source: The book *Huo Luan Lun*

Ingredients:

*Wan Can Sha* (Excrementum Bombycis) 15 g, *Sheng Yi Ren* (Semen Coicis) 12 g, *Da Dou Huang Juan* (Semen Sojae Germinatum) 12 g, *Chen Mu Gua* (Fructus Chaenomelis) 9 g, *Chuan Lian* (Rhizoma Coptidis) 9 g, *Zhi Ban Xia* (Rhizoma Pinelliae Preparata) 3 g, *Huang Qin* (Radix Scutellariae) 3 g, *Tong Cao* (Medulla Tetrapanacis) 3 g, *Jiao Shan Zhi* (fried Fructus Gardeniae) 5 g, *Chen Wu Yu* (Fructus Euodiae) 1 g.

Explanation:

*Can Sha*: The principal drug, being pungent and sweet in flavor and slightly warm in nature, regulating the stomach, treating cramp due to cholera morbus.

*Mu Gua*: Resolving dampness, regulating the stomach, relaxing muscles and tendons and activating the flow of *Qi* and blood in the channels and collaterals, combining with *Can Sha* to treating cramp due to cholera morbus.

*Da Dou Huang Juan*: Resolving dampness, ascending the clear *Qi*.

*Yi Yi Ren*: Inducing diuresis to descend the turbid *Qi*, and relaxing muscles and tendons.

*Huang Qin*, *Huang Lian* and *Jiao Shan Zhi*: Clearing away heat pathogen and removing dampness.

*Ban Xia*: Checking upward adverse flow of *Qi* to relieve vomiting.

*Tong Cao*: Inducing diuresis to remove dampness, acti-



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vating channels and collaterals.

*Wu Zhu Yu*: Assisting *Ban Xia* in checking upward adverse flow of *Qi* and aiding *Huang Lian* in purging fire to relieve vomiting.

Effect: Clearing away damp–heat, ascending the lucid *Qi* and descending the turbid one.

Indications: Syndrome of sudden vomiting, diarrhea and cramp in cholera morbus due to disturbance of the spleen and stomach by damp–heat retained in the interior, marked by sudden vomiting and diarrhea, abdominal pain, cramp, thirst, restlessness, yellowish thick and dry tongue coating, and lingering rapid pulse: including such diseases with the above symptoms as typhoid fever, acute gastroenteritis.

Administration: *Chuan Lian* is fried with ginger juice, *Huang Qi* is fried with liquor, *Wu Zhu Yu* is steeped in water for a certain time. Then all the ingredients are decocted in water for the decoction. The decoction is divided into 2 portions, 1 portion is taken each time.

## 16.11 The Prescription of *Bazheng San*

Name: Eight Health Restoring Powder

Source: The book *Tai Ping Hui Min He Ji Ju Fang*

Ingredients:

*Che Qian Zi* (Semen Plantaginis) 15 g, *Qu Mai* (Herba Dianthi) 10 g, *Bian Xu* (Rhizoma Belamcandae) 12 g, *Hua Shi* (Talcum) 18 g, *Shan Zhi Zi* (Fructus Gardeniae) 9 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 4.5 g, *Mu Tong* (Caulis Akebiae) 6 g, *Da Huang* (Radix et Rhizoma Rhei) 9 g, *Deng Xin Cao* (Medulla Junci) 3 g.



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Explanation:

*Qu Mai* and *Mu Tong*: The principal drugs, being bitter in flavor and cold in nature, clearing away heat, removing dampness and inducing diuresis, treating stranguria.

*Bian Chu, Shan Zhi, Hua Shi, Che Qian Zi* and *Deng Xin Cao*: Clearing away heat, removing dampness, leading pathogens to go out of the body along with urine.

*Da Huang*: Clearing away heat and purging fire.

*Gan Cao*: Tempering the actions of all the other ingredients, relieving spasm.

Effect: Clearing away heat, purging fire and promoting diuresis.

Indications: Syndrome of strangury due to heat or stranguria due to the passage of urinary stone both caused by damp–heat flowing downward, marked by turbid and deep–colored urine, difficult and painful urination, even retention of urine, distention and fullness in the lower abdomen, dry mouth and throat, yellowish and greasy tongue coating, and slippery rapid pulse; including such diseases with the above symptoms as cystitis, urethritis, acute prostatitis, stone in urine system and pyelonephritis.

Administration: *Da Huang* is coated with flour and roasted. Then all the ingredients are decocted in water for the decoction. The decoction is divided into three portions. One portion is taken each time. Originally, the ingredients were ground into powder and taken.

Case Study: *Bazheng San* was clinically used to treat 28 cases of urinary tract infection, of which 19 were acute pyelonephritis, 7 were acute attack of chronic pyelonephritis, 1



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was nephritis complicated by urinary tract infection, and 1 was prostatic hyperplasia complicated by infection. All the cases except 1 case of acute attack of chronic pyelonephritis were cured with the curative rate reaching 96.4%.

32 cases of postpartum or postoperative uroschesis, a syndrome due to deficiency of the kidney or *Qi* which was accompanied by stagnation of *Qi* were treated with modified *Bazheng San*,whose ingredients were:

*Bian Xu* (Herba Polygoni Avicularis) 15 g, *Qu Mai* (Herba Dianthi) 15 g, *Mu Tong* (Caulis Akebiae) 15 g, *Hua Shi* (Talcum) 3 g, *Che Qian Zi* (Semen Plantaginis) 9 g, *Gan Cao Shao* (Radix Glycyrrhizae) 6 g, *Yuan Ming Fen* (Natrii Sulfas) 9–15 g.

In case of fever complicated by urinary tract infection, the drugs properly added were:

*Zhi Zi* (Fructus Gardeniae), *Huang Lian* (Rhizoma Coptidis), *Pu Gong Ying* (Herba Taraxaci), *Zi Di Ding* (Herba Violae), *Bai Jiang Cao* (Herba Patriniae).

In case of *Yin*–deficiency, the drugs added were:

*Sheng Di* (Radix Rehmanniae), *Mai Dong* (Radix Ophiopogonis), *Sha Shen*(Radix Glehniae).

4 hours after the decoction was taken, unimpeded urine was induced in 15 cases; 4–8 hours, blocked urine was induced in 17 cases, who took another 2–5 doses each and made a complete recovery.

## 16.12 The Prescription of *Ermiao San*

Name: Two Wonderful Drugs Powder

Source: The book *Dan Xi Xin Fa*

Ingredients:



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*Huang Bai* (Cortex Phellodendri) 15 g, *Gang Zhu* (Rhizoma Atractylodis) 15 g.

Explanation:

*Huang Bai*: Being bitter in flavor and cold in nature, having special potency of clearing away heat.

*Cang Zhu*: Being bitter in flavor, warm in nature and good at removing dampness.

Effect: Clearing away heat and dampness.

Indications: Syndrome due to damp–heat flowing downward, marked by flaccidity and weakness of the lower limbs, or reddish swollen hot painful feet and knees, or morbid leukorrhea, or skin and external diseases in the lower body due to affection of dampness pathogen, scanty and yellow urine, and yellowish greasy tongue coating; including such diseases with the above symptoms as sequela of poliomyelitis, multiple neuritis, varix of lower limb, Buerger's disease, ischialgia, and rheumatic arthritis.

Administration: *Huang Bai* is fried, *Cang Zhu* is first steeped in rice–washed water and then fried. The above two are decocted in water for the decoction. The decoction is divided into portions and taken. Originally the two ingredients were ground into powder and taken.

Case Study: 1 case of flaccidity–syndrome due to damp–heat, marked by weak hands without enough strength to hold things, and weak feet without enough strength to support the body was clinically treated with modified *Ermiao San*, whose ingredients were:

*Cang Zhu* (Rhizoma Atractylodis) 30 g, *Huang Bai*(Cortex Phellodendri) 20 g, *Niu Xi* (Radix Achyranthis Bidentatae) 15 g, *Xu Duan* (Radix Dipsaci) 15 g, *Ji Xue Teng* (Caulis Spatholobi)



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25 g, *Yin Hua* (Flos Lonicerae ) 25 g, *Ban Lan Gen* (Radix Isatidis) 25 g, *Pu Gong Ying* (Herba Taxaraci) 50 g, *Lian Qiao* (Fructus Forsythiae) 15 g, *Da Qing Ye* (Folium Isatidis) 15 g, *Shi Hu* (Herba Dendrobii) 25 g, *Hua Shi* (Talcum) 20 g, *Gan Cao* (Radix Glycyrrhizae) 7.5 g.

After 4 doses were taken, the case could stand and step a few paces. After treated for another 15 days, the case was cured.

1 case of arthralgia-syndrome due to damp-heat, marked by urticae all over the body, itching, swelling of the lower limbs, pain in the joints, and difficulty in walking, all due to the taking of belladonna tablets for treating abdominal pain was treated with modified *Ermiao San*, whose ingredients were:

*Cang Zhu* (Rhizoma Atractylodis) 15 g, *Sheng Di* (Radix Rehmanniae) 15 g, *Chi Shao* (Radix Paeoniae Rubra) 15 g, *Fang Feng* (Radix Saposhinkoviae) 15 g, *Bai Xian Pi* (Cortex Dictamni) 15 g, *Di Fu Zi* (Fructus Kochiae) 15 g, *Di Gu Pi* (Cortex Lycii) 15 g, *Fang Ji* (Radix Stephaniae Tetrandrae) 10 g, *Qin Jiao* (Radix Gentianae Macrophyllae) 15 g, *Ren Dong Teng* (Caulis Lonicerae) 25 g, *Ji Xue Teng* (Caulis Spatholobi) 25 g, *Ye Jiao Teng* (Caulis Polygoni Multiflori) 25 g.

The case was treated with the modification of the above prescription for half a month and cured.

The decoction of *Ermiao San* was administered to treat 40 cases of infectious hepatitis. After the treatment, the main clinical symptoms and signs were eliminated and the transaminase content dropped to below 40 units in 36 cases. The transaminase content was dropped to below 80 units in 4 cases with their symptoms and signs eliminated or relieved.



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## 16.13 Prescriptions for Inducing Diuresis to Remove Dampness

This kind of prescriptions are mainly composed of drugs with the action of removing dampness and promoting diuresis. They are indicated for the syndrome of retention of urine, stranguria with burbid urine, edema or diarrhea due to abundant water and dampness retained in the body, marked by dysuria, edema with heavy sensation of the whole body, dilute or water-like stools or dizziness, or vomiting, nausea, etc. The commonly used drgus are:

*Fu Ling* (Poria), *Ze Xie* (Rhizoma Alismatis), *Zhu Ling* (Polyporus), etc.

The representative prescriptions are *Wuling San*, *Wùpi San*, etc.

## 16.14 The Prescription of *Wuling San*

Name: Powder of Five Drugs with Poria

Source: The book *Shang Han Lun*

Ingredients:

*Zhu Ling* (Polyporus) 9 g, *Ze Xie* (Rhizoma Alismatis) 15 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 9 g, *Fu Ling* (Poria) 9 g, *Gui Zhi* (Ramulus Cinnamomi) 6 g.

Explanation:

*Ze Xie*: The principal drug, being sweet and insipid in flavor and cold in nature, removing dampness and promoting diuresis.

*Fu Ling* and *Zhu Ling*: Removing excessive fluid by promoting diuresis.

*Bai Zhu*: Strengthening the spleen to remove dampness.

*Gui Zhi*: Relieving exterior syndrome by expelling



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pathogenic cold, warming the urinary bladder to promote the discharge of urine.

Effect: Removing dampness, promoting diuresis, warming up *Yang*, enhancing the function of *Qi*.

Indications: Syndrome due to exogenous wind-cold, endogenous dampness and retention of phlegm, marked by headache, fever, restlessness, thirst with desire for drinks, vomiting occurring as soon as water is taken, dysuria, whitish tongue coating and floating pulse, or edema, diarrhea, difficulty in urinating, vomiting, or palpitation below the umbilicus, frothy salivation, dizziness, shortness of breath and cough; including such diseases with the above symptoms as acute nephritis, infectious hepatitis, Meniere s syndrome and hydrocephalus.

Administration: All the ingredients are ground into powder. 3–6 g of the powder is taken each time, 3 times daily. Or, the ingredients are decocted in water for oral use.

Case Study: *Wuling San* was clinically used to treat 40 cases of more severe acute nephritis, marked by remarkable edema, high blood pressure, hematuria and renal failure. A part of the cases were complicated by hydroperitoneum and nephrogenic heart failure. The treatment was carried out like this: 9 g of the powder was given to the severe cases daily, 6 g to the moderate, 3 g to the mild. All the cases, especially their renal regions, were kept warm and low salt diet and calm rest were required. One course of treatment involved 7 days. The result was: effectiveness was seen in all the 40 cases, each of the cases averaged 164 days in the hospital.

It is reported that the diuretic action of *Wuling San* doesn't take place in healthy human beings, in mice and in



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rabbits; it gives its full play when metabolism has been distured; *Wuling San* has the potency to promote the absorption of localized edema.

An experiment shows that when the symptoms of thirst, vomiting and oliguria have been caused by the taking of antibiotics, the body resistance will be weakened. If *Wuling San* is taken at this time, the general condition will be improved and the weakened body resistance will be restored. The co—use of *Wuling San* and antibiotics will lower the body temperature and relieve the symptoms.

## 16.15 The Prescription of *Zhuling Tang*

Name: Umbellate Pore Decoction

Source: The book *Shang Han Lun*

Ingredients:

*Zhu Ling* (Polyporus) 9 g, *Fu Ling* (Poria) 9 g, *Ze Xie* (Rhizoma Alismatis) 9 g, *E Jiao* (Colla Corii Asini) 9 g, *Hua Shi* (Talcum) 9 g.

Explanation *Zhu Ling*: The principal drug, being sweet and insipid in flavor and cold in nature, removing dampness and promoting diuresis so as to clear away heat.

*Fu Ling* and *Ze Xie*: Promoting diuresis.

*Hua Shi*: Clearing away heat and promoting diuresis.

*E Jiao*: Nourishing *Yin* and moistening dryness.

Effect: Removing dampness, clearing away heat and nourishing *Yin*.

Indications: Syndrome due to accumulation of dampness and heat and impairment of *Yin* by heat pathogen, marked by dysuria, fever, thirst with desire for drinking, or restlessness, in-



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somnia, or such symptoms are accompanied as cough, vomiting, nausea and diarrhea, or difficulty and pain in micturition, dribbling urine, fullness and pain in the lower abdomen, etc.; including such diseases with the above symptoms as infection of the urinary system, nephritis, etc..

Administration: *E Jiao* is melted and, then, all the ingredients are decocted in water for the decoction to be taken twice.

Case Study: 107 cases of acute cystitis were clinically treated with *Zhuling Tang*, whose main ingredients were:

*Zhu Ling* (Polyporus) 10 g, *Fu Ling* (Poria) 18 g, *Hua Shi* (Talcum) 15 g, *E Jiao* (melted Colla Corii Asini) 6 g..

In case of scanty and dribbling urine, the drug added was:

*Che Qian Zi* (Semen Plantaginis).

In case of difficult and painful urination, the drugs added were:

*Shi Wei* (Folium Pyrrosiae), *Wu Yao* (Radix Linderae).

In case of hematuria, the drugs added were:

*Bai Mao Gen* (Rhizoma Imperatae), *Qian Cao Tan* (Radix Rubiae Preparata).

In case of regular *Yin*—deficiency of the kidney, the drug added was:

*Yuan Shen* (Radix Scrophulariae).

In case of lumbago, the drugs added were:

*Sang Ji Sheng* (Herba Taxilli), *Huai Niu Xi* (Radix Achyranthis B dentatae).

All the 107 cases were cured, each of them taking 1—6 doses on the average.

13 cases of shock due to epidemic hemorrhagic fever were treated with *Zhuling Tang*,whose main ingredients were:

*Zhu Ling* (Polyporus) 30 g, *Ze Xie* (Rhizoma Alismatis)



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30 g, *Fu Ling* (Poria) 15 g, *E Jiao* (Colla Corii Asini) 30 g.
(*E Jiao* was melted water-separatedly and taken alone with sugar.)

In case of diarrhea, the drug added was:

*Hua Shi* (Talcum) 10 g.

The decoction was given in the early shock stage in 11 cases, 9 of which ceased to reach the later shock stage, but the other 2 entered. Another 2 cases were first treated with western medicines with no curative effects. When they entered the later shock stage, the decoction of *Zhuling Tang* was chosen to replace the western medicines. Among the 13 cases, no one died, 9 took 1 dose each, 4 took 2 doses each, the second dose was given 12 hours after the first was taken. 3 homochronous cases treated with western medicines in the control group died.

## 16.16 The Prescription of *Fangji Huangqi Tang*

Name: Tetrandra and Astragalus Decoction

Source: The book *Jin Gui Yao Lue*

Ingredients:

*Fang Ji* (Radix Stephaniae Tetrandrae) 12 g, *Huang Qi* (Radix Astragali) 15 g, *Gan Cao* (Radix Glycyrrhizae Preparata) 6 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 9 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 3 g, *Da Zao* Fructus Jujubae) 1 dates.

Explanation:

*Fang Ji*: One of the principal drugs, being bitter and pungent in flavor and slightly cold in nature, expelling wind and removing dampness.

*Huang Qi*: The other principal drug, being sweet in flavor



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and slightly hot in nature, invigorating *Qi* and consolidating the superfioies, removing dampness and subsiding swelling.

*Bai Zhu*:

In vigorating *Qi*, strengthening the spleen, promoting the function of the spleen in transportation and transformation of food material.

*Gan Cao*: Reinforcing the spleen and regulating the stomach, tempering the actions of all the other ingredients.

*Sheng Jiang* and *Da Zao*: Coordinating *Ying* and *Wei*.

Effect: Invigorating *Qi*,expelling wind, strengthening the spleen and removing dampness.

Indications: Exterior syndrome of deficiency due to wind–edema and wind–damp pathogen, marked by sweating, aversion to wind, heavy sensation of the body, dysuria, pale tongue with whitish coating, and floating pulse; including such diseases with the above symptoms as chronic nephritis, edema due to heart disease, ascites due to cirrhosis and rheumatic arthritis.

Administration: Decocted in water for oral dose to be taken twice

Case Study: 34 cases of ascites due to schistosomiasis in the late stage were clinically treated with *Fangji Huangqi Tang*, whose main ingredients were:

*Fang Ji* (Radix Stephaniae Tetrandrae) 9 g, *Huang Qi* (Radix Astragali) 12 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 9 g, *Zhu Ling* (Polyporus) 9 g, *Fu Ling* (Poria) 12 g, *Ze Xie* (Rhizoma Alismatis) 9 g, *Che Qian Zi* (Semen Plantaginis) 12 g, *Du Chi Dou* (Semen Phaseoli) 30 g, *Chuan Jiao Mu* (Semen Zanthoxyli) 3 g, *Sheng Jiang Pi* (Cortex Zingiberis



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Recens) 1.5 g.

This prescription seemed to have nothing to do with the improvements of blood picture and liver function but have much to do with the improvements of the symptoms and signs and the subsidence of jaundice. The treatment result was: effectiveness was seen in 27 cases, ineffectiveness in 5, deterioration in 2.

*Fangji Huangqi Tang* and Modification of *Tianxianteng San* were collectively used to treat 7 cases of swelling due to the first pregnancy in the third trimester (6th –9th month). The cases were at the age of 22–30 and had suffered from the disorder for 4–7 days. In the course of treatment, drugs such as

*Gou Teng* (Ramulus Uncariae cum Uncis), *Ju Hua* (Flos Chrysanthemi), *Shi Jue Ming* (Concha Haliotidis), *Huang Qin* (Radix Scutellariae), were added for the cases with hyperactivity of the liver–*Yang*,headache, dizziness and high blood pressure. The result was: it took 3 days for the swelling to subside in 4 cases; 4 days in 2 cases. The swelling was relieved in 1 case.

## 16.17 The Prescription of *Wupi San*

Name: Powder of Peel of Five Drugs

Source: The book *Hua Shi Zhong Cang Jing*

Ingredients:

*Sheng Jiang Pi* (Exocarpium Zingiberis Recens) 9 g, *Sang Bai Pi* (Cortex Mori) 9 g. *Chen Ju Pi* (Pericarpium Citri Reticulatae) 9 g, *Da Fu Pi* (Pericarpium Arecae) 9 g, *Fu Ling Pi* (Extra Poriae) 9 g,

Explanation:

*Fu Ling Pi*: The principal drug, being sweet and tasteless in flavor and neutral in nature, removing dampness, promoting



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diuresis, reinforcing the spleen to assist it in transporting and transforming food material.

*Sheng Jiang Pi*: Being pungent in flavor to disperse retained water.

*Sang Bai Pi*: Descending the lung–*Qi* to dredge water passages.

*Da Fu Pi*: Removing retained water to relieve distention and fullness.

*Chen Ju Pi*: Regulating the stomach–*Qi* and removing dampness.

Effect: Removing dampness to relieve swelling, regulating the flow of *Qi* to strengthening the spleen.

Indications: Syndrome of abundant dampness in the superficies of the body due to deficiency of the spleen, marked by edema, heavy sensation of the body, fullness in the chest and abdomen, shortness of breath, dysuria, whitish greasy tongue coating, and deep slow pulse; including such diseases with the above symptoms as renal edema, cardiac edema, pregnant edema and angioneurotic edema.

Administration: All the drugs are ground into coarse powder. 9 g of the powder is decocted in water for the decoction to be taken warm each time, twice daily. The drugs may also be directly decocted in water for oral use.

Case Study: 26 cases of chronic nephritis were clinically treated with modified *Wupi Yin* in large dose, whose main ingredients were:

*Fu Ling Pi* (Extra Poriae) 60 g, *Da Fu Pi* (Pericarpium Arecae) 60 g, *Sang Bai Pi* (Cortex Mori) 60 g, *Di Gu Pi* (Cortex Lycii) 30 g, *Jiang Pi* (Exocarpium Zingiberis Recens) 15 g, *Zhu*



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*Ling* (Polyporus) 15 g.

In case of high blood pressure, the drug added was:

*Du Zhong* (Cortex Eucommiae).

In case of nausea, vomiting, cough and shortness of breath, the drugs added were:

*Cheng Pi* (Pericarpium Citri Reticulatae), *Ban Xia* (Rhizoma Pinelliae).

In case of discomfort in the epigastric region, the drug added was:

*Bai Zhu* (Rhizoma Atractylodis Macrocephalae).

When the symptoms and signs had been relieved but urinoscopy showed that the urine remained unusual, the drugs added were:

*Rou Gui* (Cortex Cinnamomi), *Dang Gui* (Radix Angelicae Sinensis), *Dang Shen* (Radix Codonopsis), *Shu Di* (Radix Rehmanniae Preparata), and, at the same time, the dosages of such drugs in the prescription were reduced by half as:

*Fu Ling Pi* (Extra Poriae), *Da Fu Pi* (Percarpium Arecae), *Di Gu Pi* (Cortex Lycii), *Sang Bai Pi* (Cortex Mori).

The treatment result was: cure was achieved in 5 cases, effectivement was seen in 16 cases, improvement in 4 cases, failure in 1 case.

43 cases of edema due to pregnancy were treated with *Wupi Yin* plus *Yu Mi Xu*,whose main ingredients were:

*Sang Bai Pi* (Cortex Mori) 15 g, *Fu Ling Pi* (Extra Poriae) 9 g, *Da Fu Pi* (Pericarpium Arecae) 12 g, *Chen. Pi* (Pericarpium Citri Reticulatae) 9 g, *Sheng Jiang Pi* (Exocarpium Zingiberis Recens) 6 g, *Yu Mi Xu* (dried Stigma Maydis or the fresh one) 30 g, 60 g.



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In case of severe swelling, the drugs added were:

*Zhu Ling* (Polyporus) 9 g, *Ze Xie* (Rhizoma Alismatis) 9 g.

In case of morning sickness, the drugs added were:

*Zhu Ru* (Caulis Bambusae in Taeniam) 9 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 12 g, *Dai Zhe Shi* (Ochra Haematitum) 15 g.

In case of cough, the drugs added were:

*Xing Ren* (Semen Armeniacae Amarum) 6 g, *Bai He* (Bulbus Lilii) 9 g.

In case of dyspnea, the drug added was:

*Su Zi* (Fructus Perillae) 12 g.

After the treatment, satisfactory result was obtained.

## 16.18 Prescriptions for Warming and Removing Dampness

This kind of prescriptions are mainly made up of drugs with the action of warming and resolving dampness. They are suitable for the syndromes of retention of phlegm, edema, arthralgia and beriberi because of cold–dampness, all due to dampness coming from cold or failed to be resolved by *Yang*, marked by dizziness, palpitation, edema and heaviness and soreness of the limbs, cold extremities, loose stools, whitish slippery tongue coating, and deep pulse. The commonly used drugs are:

*Gui Zhi* (Ramulus Cinnamomi), *Fu Zi* (Radix Aconiti Lateralis Preparata), *Bai Zhu* (Rhizoma Atractylodis Macrocephalae).

The representative prescriptions are *Ling Gui Zhu Gan Tang* and *Zhen Wu Tang*.



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## 16.19 The Prescription of *Ling Gui Zhu Gan Tang*

Name: Decoction of Poria, Bighead, Atractylodes, Cinnamom and Licorice

Source: The book *Jin Gui Yao Lue*

Ingredients:

*Fu Ling* (Poria) 12 g, *Gui Zhi* (Ramulus Cinnamomi) 9 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 6 g, *Gan Cao* (Radix Glycyrrhizae) 6 g.

Explanation:

*Fu Ling*: The principal drug, being sweet and tasteless in flavor and neutral in nature, strengthening the spleen, removing dampness, dissolving phlegm.

*Gui Zhi*: Warming up *Yang* to induce diuresis, descending the adverse flow of *Qi*.

*Bai Zhu*: Strengthening the spleen and removing dampness.

*Gan Cao*: Invigorating *Qi* to regulate the stomach.

Effect: Warming and dissolving phlegm, strengthening the spleen, inducing diuresis.

Indications: Syndrome of retention of phlegm due to insufficiency of *Yang* of the middle–*Jiao*,marked by fullness in the chest and hypochondrium, vertigo, palpitation, or shortness of breath, cough, whitish slippery tongue coating, and taut slippery pulse; including such diseases with the above sumptoms as chronic bronchitis, bronchial asthma and chronic nephritis.

Administration: Decocted in water for oral dose to be taken 3 times.

Case Study: The ingredients of *Ling Gui Zhu Gan Tang*



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plus:

*Huang Qi* (Radix Astragali), *Fang Ji* (Radix Stephaniae Tetrandrae), *Dan Shen* (Radix Salviae Miltiorrhizae) were clinically administered to cure 1 case of hydropericardium, a syndrome due to up-attack of abundant dampness developed by deficiency of the spleen, marked by fever having lasted half a month, cough, fullness and pain in the chest, dyspnea, edema, and deep thready pulse, 10 doses being taken.

1 case of enuresis marked by postpartum cough having lasted more than 1 month, accompanied by drop-by-drop urine and worsened in the night, 16-month disease course, regular appetite, less amount of whitish sputum, thin whitish tongue coating, and taut thready pulse was treated with *Ling Gui Zhu Gan Tang* whose ingredients were:

*Fu Ling* (Poria) 15 g, *Gui Zhi* (Ramulus Cinnamomi) 6 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 9 g, *Gan Cao* (Radix Glycyrrhizae) 3 g.

After 3 doses were taken, the symptoms and signs were greatly relieved; after 6 doses, the cough was arrested, the enuresis was stopped.

## 16.20 The Prescription of *Zhen Wu Tang*

Name: Decoction for Strengthening the Spleen-Yang

Source: The book *Shang Han Lun*

Ingredients:

*Fu Ling* (Poria) 9 g, *Shao Yao* (Radix Paeoniae Alba ) 9 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 6 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 9 g, *Fu Zi* (Radix Aconiti Lateralis Preparata) 9 g.



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Explanation:

*Fu Zi*: The principal drug, being pungent and sweet in flavor and hot in nature, warming up the kidney and spleen, supporting *Yang* to dispel cold.

*Fu Ling*: Strengthening the spleen, removing dampness, inducing diuresis.

*Sheng Jiang*: Assisting *Fu Zi* in warming up *Yang* to dispel cold, working together with *Fu Ling* to warm and remove dampness.

*Bai Zhu*: Strengthening the spleen and removing dampness.

*Bai Shao*: Inducing diuresis, relieving spasm, arresting pain.

Effect: Warming up *Yang* to remove dampness.

Indications: Syndrome of retention of dampness in the interior due to *Yang*—deficiency of the spleen and kidney, marked by dysuria, heaviness and soreness of the limbs, abdominal pain, diarrhea, edema, no thirst, whitish tongue coating, and deep pulse, or fever unrelieved after sweating, palpitation under the heart, dizziness, twitching of the body with the tendency to fall down, etc., including such diseases with the above symptoms as chronic colitis, chronic nephritis, cardiac edema, hyperaldosteronism, hypothyroidism, intestinal tuberculosis, Menier's syndrome, etc..

Administration: Decocted in water for oral dose to be taken twice.

Case Study: 15 cases of congestive heart-failure, 7 cases with 4 degree's heart function, 7 with 3 degree's and 1 with 2 degree's, 3 cases with 1 onset of heart failure, 9 with 2–3 repeated onsets and 3 with more than 4, were clinically treated with the



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method of resisting infection and removing wind-dampness and the prescription of *Zhen Wu Tang*,whose ingredients were:

*Fu Zi* (Radix Aconiti Lateralis Preparata) 9–18 g, *Fu Ling* (Poria) 15–30 g,*Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 9 g, *Bai Shao* (Radix Paeonia Alba) 9 g, *Tao Ren* (Semen Persicae) 9 g, *Hu Po* (Cortex Magnoliae Officinalis) 9 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 9–15 g, *Hong Hua* (Flos Carthami) 6–9 g.

After the treatment, basic cure was seen in 1 case, remarkable effectiveness in 6, effectiveness in 5, ineffectiveness in 3.

41 cases of Meniere's disease, a syndrome due to insufficiency of the kidney-*Yang*,dysfunction of the urinary bladder, upward adverse movement of dampness and lucid *Yang* failing to rise, marked by dizziness, vertigo, tinnitus, deafness, palpitation and twitching of the muscles in part of the cases, were treated with *Zhen Wu Tang*, whose ingredients were:

*Fu Zi* (Radix Aconiti Lateralis Preparata) 8 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 10 g, *Fu Ling* (Poria) 12 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 10 g, *Bai Shao* (Radix Paeoniae Alba) 6 g, *Xi Xin* (Herba Asari) 3 g, *Gui Zhi* (Ramulus Cinnamomi) 5 g, *Wu Wei Zi* (Fructus Schisandrae) 6 g, *Chuan Xiong* (Rhizoma Chuanxiong) 8 g.

The result was: 35 cases were cured, 6 cases were improved.

It has proved that *Zhen Wu Tang* has the effects of strengthening the heart, inducing diuresis, promoting the function of the stomach and intestines in absorbing nutrients and eliminating the remains in the body.



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## 16.21 The Prescription of *Shipi San*

Name: Powder for Reinforcing the Spleen

Source: The book *Chong Ding Yan Shi Ji Sheng Fang*

Ingredients:

*Hou Po* (Cortex Magnoliae Officinalis prepared with ginger juice) 6 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 6 g, *Mu Gua* (Fructus Chaenomelis) 6 g, *Mu Xiang* (Radix Aucklandiae) 6 g, *Cao Guo Ren* (Fructus Tsaoko) 6 g, *Da Fu Zi* (Semen Arecae) 6 g, *Fu Z* (Radix Aconiti Lateralis Preparata) 6 g, *Bai Fu Ling* (Poria) 6 g, *Gan Jiang* (Prepared Rhizoma Zingiberis) 6 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 3 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 3 g, *Da Zao* (Fructus Jujubae) 1 ates.

Explanation:

*Fu Zi*: One of the principal drugs, being pungent and sweet in flavor and greatly heat in nature, warming the spleen and kidney, promoting the functional activity of *Qi*, dispelling cold-dampness.

*Gan Jiang*: The other principal drug, being pungent in flavor and hot in nature, warming up the spleen-*Yang*, assisting the spleen in digesting food material, dispelling cold-dampness.

*Fu Ling* and *Bai Zhu*: Strengthening the spleen, removing dampness, mildly inducing diuresis.

*Mu Gua*: Being aromatic in nature, enlivening the spleen, removing dampness, inducing diuresis.

*Hou Po, Mu Xiang, Da Fu Pi* and *Cao Guo*: Desending *Qi* to eliminate stagnancy, resolving dampness, inducing diuresis.

*Gan Cao, Sheng Jiang* and *Da Zao*: Tempering the actions



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of all the other ingredients, invigorating the spleen and regulating the stomach.

Effect: Warming up *Yang* to strengthening the spleen, promoting the circulation of *Qi*, removing dampness.

Indications: Syndrome of edema due to deficiency of *Yang*, marked by severe swelling of the lower limbs, cold hands and feet, no thirst, fullness in the chest and abdomen, loose stools, thick greasy tongue coating, and deep slow pulse; including such diseases with the above symptoms as chronic nephritis, ascites due to cirrhosis and cardiac edema.

Administration: Decocted in water for oral dose to be taken twice (Taken originally in the form of powder).

Case Study: 1 case of severe ascites due to cirrhosis , a syndrome of stagnation of *Qi* and deficiency of both the spleen and kidney, marked by distention and fullness in the abdomen, poor appetite, belching, regurgitation of sour fluid, lassitude of the limbs, difficulty in walking, etc., was clinically treated with modified *Shipi Yin*, whose ingredients were:

*Dang Shen* (Radix Codonopsis) 12 g, *Mu Tong* (Caulis Aristolochiae Manshuriensis) 9 g, *Ze Xie* (Rhizoma Alismatis) 9 g, *Yu Jin* (Radix Curcumae) 9 g, *Chen Pi* (Pericarpium Citri Reticulatae) 4.5 g. 5 doses taken relieved the symptoms and signs, another 40 doses taken in combination with pills of *Sijunzi* and *Guipi Wan* cured the case.

## 16.22 The Prescription of *Bixie Fenqing Yin*

Name: Yam Decoction for Clearing Turbid Urine

Source; The book *Dan Xi Xin Fa*

Ingredients:



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*Yi Zhi* (Fructus Alpiniae Oxyphyllae) 10 g, *Chuan Bi Xie* (Rhizoma Dioscorea Hypoglaucae) 10 g, *Shi Chang Pu*(Rhizoma Acori Tatarinowii) 10 g, *Wu Yao* (Radix Linderae) 10 g.

Explanation:

*Bi Xie*: The principal drug, being bitter in flavor and cold in nature, inducing diuresis and removing dampness.

*Yi Zhi*: Warming up the kidney–*Yang*,astringing urination to arrest enuresis.

*Wu Yao*: Warming the kieney and urinary bladder, cutting down the frequency of urination.

*Shi Chang Pu*: Promoting diuresis to remove dampness and eliminate deficiency–cold of the urinary bladder.

Effect: Warming the kidney, inducing diuresis and removing dampness.

Indications: Syndrome due to deficiency–cold of the lower–*Jiao* and down–flowing dampness, marked by frequent urination with urine as white as rice–soup and as thick as a dilute paste; including such diseases with the above symptoms as chyluria, chronic prostatitis and chronic cystitis.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: 1 case of itching and pain in the penis, a syndrome due to damp–heat flowing downward to the urinary bladder and urethra and damage of the penis, marked by imaginable itching in the penis of a child at the age of 8 with a history of 6 years, light–red tongue with thin slightly yellowish coating, and thready rapid pulse, was clinically treated with *Bixie Fenqing Yin*, whose ingredients were:

*Bi Xie* (Rhizoma Dioscoreae Septemlobae) 12 g, *Yi Ren*



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(Semen Coicis) 12 g, *Mu Gua* (Fructus Chaenomelis) 4.5 g, *Sheng Di* (Radix Rehmanniae) 12 g, *Zhu Ye* (Herba Lophatheri) 6 g, *Chi Shao* (Radix Paeoniae Rubra) 6 g, *Dang Gui* (Radix Angelicae Sinensis) 6 g, *Yuan Shen* (Radix Scrophulariae) 9 g, *Yin Hua* (Flos Lonicerae) 12 g, *Ku Shen* (Radix Sophorae Flavescentis) 9 g, *Liu Yi San* (a kind of powder) 12 g. The itching was remarkedly relieved after 5 doses were taken, the case was cured after another 20 doses.

2 cases of renal tuberculosis complicated by hematuria marked by waist ache, frequent urination and bloody urine, were treated with *Bixie Fenqing Yin* until the urine became clear. Then the ingredients except the principal drug were omitted one by one. Finally only *Bi Xie* was administered. 9 g of it was decocted in water for oral use each day and this was kept doing for half a year to 2 years. By so doing, the symptoms and signs were relieved, the hematuria was arrested, no side effects being found.

## 16.23 Prescriptions for Dispelling Wind to Remove Dampness

This kind of prescriptions are mainly composed of drugs with the action of dispelling wind and removing dampness. They are indicated for arthragia due to affection of exogenous wind-dampness and beriberi due to cold-dampness, marked by headache, general ache, obstinate numbness of the loins and knees, heaviness in the limbs, or swelling and heaviness and weakness in the feet and legs, etc.. The commonly used drugs are:

*Qiang Huo* (Rhizoma seu Radix Notopterygii), *Du Huo* (Radix Angelicae Pubescentis), *Fang Feng* (Radix



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Saposhinkoviae), *Qin Jiao* (Radix Gentianae Macrophyllae).

The representative Prescriptions are *Qianghuo Shengshi Tang* and *Duhuo Jisheng. Tang.*

## 16.24 The Prescription of *Qianghuo Shengshi Tang*

Name: Decoction of Notoperygium for Rheumatism

Source: The book *Nei Wai Shang Ban Huo Lun*

Ingredients:

*Qiang Huo* (Rhizoma seu Radix Notopterygii) 6 g, *Du Huo* (Radix Angelicae Pubescentis) 6 g, *Gao Ben* (Rhizoma Ligustici) 3 g, *Fang Feng* (Radix Saposhinkoviae) 3 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 3 g, *Chuan Xiong* (Rhizoma Chuanxiong) 3 g, *Man Jing Zi* (Fructus Viticis) 2 g.

Explanation:

*Qiang Huo*: One of the principal drugs, being pungent and bitter in flavor and warm in nature, taking a particular role in removing wind–dampness. in the upper of the body, working together with *Du Huo* to expel wind–dampness throughout the body and the joints so as to treat arthralgia,

*Du Huo*: The other principal drug, being pungent and bitter in flavor and slightly warm in nature, playing an active part in removing wind–dampness in the lower of the body, working together with *Qiang Huo* to expel wind–dampness throughout the body and the joints so as to treat arthralgia.

*Fang Feng*, *Gao Ben* and *Man Jing Zi*: Eliminating wind–dampness and relieving headache.

*Chuan Xiong*: Promoting the circulation of blood, removing wind, relieving pain.



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*Gan Cao*: Tempering the actions of all the other ingredients.

Effect: Dispelling wind to remove dampness.

Indications: Syndrome due to wind–dampness in the superficies of the body, marked by pain of the shoulders and back which makes the head impossible turn backward, headache, heavy sensation of the body, or soreness of the loins and back bone which makes turning sideward impossible, whitish tongue coating, and floating pulse; including such diseases with the above symptoms as common cold, rheumatic arthritis, nervous headache, etc.

Administration: Decocted in water for oral dose to be taken twice.

## 16.25 The Prescription of *Duhuo Jisheng Tang*

Name: Pubescent Angelica and Loranthus Decoction

Source: The book *Bei Ji Qian Jin Yao Fang*

Ingredients:

*Du Huo* (Radix Angelicae Pubescentis) 9 g, *Ji Sheng* (Herba Taxilli) 18 g, *Du Zhong* (Cortex Eucommiae) 9 g, *Niu Xi* (Radix Achyrantis Bidentatae) 9 g, *Xi Xin* (Herba Asari) 3 g, *Qin Jiao* (Radix Gentianae Macrophyllae) 9 g, *Fu Ling* (Poria) 12 g, *Rou Gui Xin* (Cortex Cinnamomi) 1.5 g, *Fang Feng* (Radix Saposhinkoviae) 9 g, *Chuan Xiong* (Rhizoma Chuanxiong) 6 g, *Ren Shen* (Radix Ginseng) 10 g, *Gan Cao* (Radix Glycyrrhizae) 6 g, *Dang Gui* (Radix Angelicae Sinensis) 12 g, *Shao Yao* (Radix Paeoniae Alba) 9 g, *Gan Di Huang* (Radix Rehmanniae) 15 g.

Explanation:

*Du Huo*: The prinicpal drug, being pungent and bitter in



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flavor and slightly warm in nature, playing an active part in removing cold-dampness in the lower-*Jiao* and the joints.

*Xi Xin*: Dispelling cold to relieve pain.

*Fang Feng*: Dispelling wind to remove dampness.

*Qin Jiao*: Expelling wind-dampness to relax the tendons.

*Ji Sheng*, *Du Zhong* and *Niu Xi*: Expelling wind-dampness and reinforcing the liver and kidney.

*Dang Gui*, *Chuan Xiong*, *Di Huang* and *Bai Shao*: Nourishing blood and promoting its circulation.

*Ren Shen* and *Fu Ling*: Invigorating *Qi* and strengthening the spleen.

*Gui Xin*: Warming and clearing the blood vessels.

*Gan Cao*: Tempering the actions of all the other ingredients.

Effect: Expelling wind-dampness, relieving, arresting pain due to arthralgia-syndrome, reinforcing the liver and kidney, tonifying *Qi* and blood.

Indications: Syndromes such as arthralgia due to persistent wind-cold-dampness, insufficiency of the liver and kidney, and deficiency of both *Qi* and blood, all marked by pain of the loins and knees, limited movement or numbness of the joints, aversion to cold, preference for warmth, palpitation, shortness of breath, pale tongue with whitish coating, and thready feeble pulse; including such diseases with the above symptoms as chronic arthritis, rheumatic sciatica, etc.

Administration: Decocted in water for oral dose to be taken 3 times.

Case Study: 19 cases of sciatica were clinically treated with modified *Duhuo Jisheng Tang*, whose main ingredients were:

*Du Huo* (Radix Angelicae Pubescentis) 15 g, *Sang Ji Sheng*



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(Herba Taxilli) 20 g, *Qin Jiao* (Radix Gentianae Macrophyllae) 15 g, Xi Xin (Herba Asari) 5 g, *Chuan Xiong* (Rhizoma Chuanxiong) 15 g, *Fang Feng*(Radix Saposhinkoviae ) 15 g, *Gou Ji* (Rhizoma Cibotii) 25 g, *Tu Si Zi* (Semen Cuscutae) 25 g, *Xu Duan* (Radix Dipsaci) 40 g, *Huang Qi* (Radix Astragali) 25 g, *Xi Xian Cao* (Herba Siegesbeckiae) 20 g, *Dang Gui* (Radix Angelicae Sinensis) 15 g, *Hong Hua* (Flos Carthami) 10 g, *Dang Shen* (Radix Codonopsis) 25 g, *Niu Xi* (Radix Achyranthis Bidentatae) 15 g, *Gan Cao* (Radix Glycyrrhizae) 10 g.

In case of severe pain due to trauma, the drugs added were:

*Ru Xiang* (Resina Olibani Preparata)

*Mo Yao* (Myrrha Preparata)

In case of heaviness in the legs, the drug added was:

*Sheng Yi Ren* (Semen Coicis).

In case of numbness, the drugs added were:

*Mu Gua* (Fructus Chaenomelis)

*Hei Mu Er* (Jew's ear).

In case of severe chills, the drug added was:

*Gui Zhi* (Ramulus Cinnamomi).

The treatment brought about satisfactory curative effects in all the 19 cases.

40 cases of dysfunction of temporomandibular joint syndrome were treated with modified *Duhuo Jisheng Tang*,whose ingredients were:

*Shu Di* (Radix Rehmanniae Preparata), *Niu Xi* ( Radix Achyranthis Bidentatae), *Du Zhong* (Cortex Eucommiae), *Sang Ji Sheng* (Herba Taxilli), *Dang Gui* (Radix Angelicae Sinensis), *Bai Shao* (Radix Paeoniae Alba), *Chuan Xiong* (Rhizoma Chuanxiong), *Dang Shen* (Radix Codonopsis), *Fu Ling* (Poria),



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*Gan Cao* (Radix Glycyrrhizae), *Qiang Huo* (Rhizoma seu Radix Notopterygii), *Du Huo* (Radix Angelicae Pubescentis), *Xi Xin* (Herba Asari), *Gui Xin*(Ramulus Cinnamomi), *Qin Jiao* (Radix Gentianae Macrophyllae), *Fang Feng* (Radix Saposhinkoviae).

After 3–30 doses on the average were taken by each of the 40 cases, complete cure was seen in 38 cases, remarkable effectiveness in 2.

## 16.26 The Prescription of *Jiming San*

Name: Cock Crowing Powder

Source: The book *Zheng Zhi Zhun Sheng*

Ingredients:

*Bing Lang* (Semen Arecae) 15 g, *Chen Pi* (Pericarpium Citri Reticulatae) 9 g, *Mu Gua* (Fructus Chaenomelis) 9 g, *Wu Yu* (Fructus Evodiae) 3 g, *Zi Su Ye* (Folium Perillae) 3 g, *Jie Geng* (Radix Platycodi) 5 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 5 g, *Sheng Jiang Pi* (Exocarpium Zingiberis Recens) 5 g.

Explanation:

*Bing Lang*: The principal drug, being Pungent and bitter in flavor and warm in nature, promoting the circulation of Qi and removing dampness.

*Mu Gua*: Relaxing muscles and tendons and activating the flow of *Qi* and blood in the channels and collaterals, and resolving dampness.

*Chen Pi*: Strengthening the spleen, removing dampness, promoting the flow of *Qi* to eliminate stagnancy.

*Zi Su Ye* and *Jie Geng*: Facilitating the activity of *Qi*, dispersing pathogens in the exterior, resolving stagnancy in the interior.



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*Wu Zhu Yu* and *Sheng Jiang*: Warming and resolving cold–dampness, checking upward adverse flow of *Qi* and relieving vomiting.

Effect: Promoting the circulation of *Qi* , descending the turbid, dispersing and resolving cold–dampness.

Indications: Beriberi due to cold–dampness, marked by swelling and heaviness and weakness and numbness and cold–pain in the feet and tibias, aversion to cold, fever, or muscles cramps, upward flow of *Qi* , even full sensation in the chest and nausea; including such diseases with the above symptoms as beriberi and filariasis.

Administration: All the drugs are decocted in water for the decoction. The decoction is taken cold on an empty stomach in the early morning.

Case Study: 12 cases of beriberi were clinically treated with *Jiming San*. 4 cases were cured after 1 dose was taken by each of them, 5 after 2, and 3 after 3.

52 cases of filariasis, most of which were included in the syndrome of cold–dampness stagnated in the channels, were treated with *Jiming San*, whose main ingredients were:

*Bing Lang* (Semen Arecae) 60 g, *Mu Gua* (Fructus Chaenomelis) 30 g, *Gan Jiang* (Rhizoma Zingiberis) 30 g, *Chen Pi* (Pericarpium Citri Reticulatae) 30 g, *Jie Geng* (Radix Platycodi) 30 g, *Su Ye* (Folium Perillae) 30 g, *Wu Yu* (Fructus Evodiae) 30 g, *Fu Ling* (Poria) 30 g, *Qiang Huo* (Rhizoma seu Radix Notopterygii) 30 g.

All the above were ground into fine powder, which was divided into 50 portions and wrapped in paper separately. Taking this powder was began from 1: 30 pm, 1 portion was taken each



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time, 1 time every 2 hours, 5 times every day, 10 days constituted 1 course of treatment. The result was: complete subsiding of the feet swelling occurred in 34 cases, half subsiding in 11, relieving in 7.



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# 17 Prescriptions for Eliminating Phlegm

## 17.1 Prescriptions for Eliminating Phlegm

Prescriptions mainly composed of phlegm-eliminating drugs, having the effect of removing phlegm-retention and used for treating various diseases due to phlegm are all known as "prescriptions for eliminating phlegm". They are suitable for all the disorders due to phlegm such as cough, dyspnea, shortness of breath, dizziness, vomiting, manic-depressive psychosis, epilepsy induced by terror, subcutaneous nodule, scrofula, etc,. Based on the differences in phlegm pathogens and in the ways for treating them, prescriptions for eliminating phlegm fall into the following five: those for removing dampness to eliminate damp-phlegm, those for clearing away heat to eliminate heat-phlegm, those for moistening dryness to eliminate dry-phlegm, those for warming the cold to eliminate cold-phlegm, and those for dispelling wind to eliminate wind-phlegm.

Any of the prescriptions for eliminating phlegm consists of drugs most of which have the action of promoting the circulation of *Qi* and blood and dispersing the stagnancy of them, so prolonged use of it is not suggested. prescriptions for warming the cold or moistening dryness to eliminate phlegm should be cautiously used for a patient with the tendency of hemoptysis lest



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large amount of hemoptysis be induced. When cough due to exogenous pathogens and with exterior syndrome is treated, what should be first prescribed is prescriptions for ventilating the lung to relieve exterior syndrome not prescriptions for clearing away heat or moistening dryness to eliminate phlegm.

## 17.2 Prescriptions for Removing Dampness to Eliminate Damp–phlegm

This kind of prescriptions are mainly made up of drugs with the action of removing dampness and eliminating phlegm. They are suitable for the syndrome due to damp–phlegm, marked by cough with profuse sputum easy to expectorate, fullness in the chest and abdomen, nausea, vomiting, dizziness, palpitation, whitish slippery or whitish greasy tongue coating, and slow or taut slippery pulse. The commonly used drugs are:

*Chen Pi* (Pericarpium Citri Reticulatae), *Ban Xia* (Rhizoma Pinelliae), *Ju Hong* (Exocarpium Citri Rubrum), etc.

The representative prescriptions are *Erchen Tang*, *Wendan Tang* and *Fuling Wan*.

## 17.3 The Prescription of *Erchen Tang*

Name: Two Old Drugs Decoction

Source:

*Tai Ping Hui Min He Ji Ju Fang*

Ingredients:

*Ban Xia* (Rhizoma Pinelliae) 9 g, *Ju Hong* (Exocarpium Citri Rubrum) 9 g, *Fu Ling* (Poria) 6 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 3 g, *Sheng Jiang* (Rhizoma Zingiberis



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Recens) 3 g, *Wu Mei* (Fructus Mume) one.

Explanation:

*Ban Xia:* The principal drug, removing dampness, resolving phlegm, regulating the stomach, relieving vomiting.

*Ju Hong:* Promoting the circulation of *Qi,* removing dampness, resolving phlegm.

*Fu Ling:* Strengthening the spleen, inducing diuresis.

*Sheng Jiang:* Checking upward adverse flow of *Qi,* resolving phlegm, assisting *Ban Xia* and *Ju Hong* in promoting the circulation of *Qi* to eliminate phlegm.

*Wu Mei:* Astringing the lung–*Qi* so as to make it not be damaged while phlegm is eliminated.

*Zhi Gan Cao:* Tempering the actions of all the other ingredients.

Effect: Removing dampness, resolving phlegm, promoting the circulation of *Qi,* regulating the stomach.

Indications: Syndrome due to damp–phlegm, marked by cough with profuse whitish sputum easy to expectorate, fullness in the chest, nausea, vomiting, lassitude, or dizziness, palpitation, whitish greasy tongue coating, and slippery pulse; including such diseases with the above symptoms as chronic bronchitis, pulmonary emphysema, peptic ulcer, Meniere's disease, morning sickness during pregnancy, infantile salivation, etc.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: *Erchen Tang* in combination with modified *Pingwei San* was clinically used to treat 55 cases of chronic bronchitis, 33 of which were associated with pulmonary emphysema. Effectiveness was seen in all the cases. In general, the cough and



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dyspnea were relieved within 1 week. Meanwhile, the time–vital–capacity and movable function of the diaphragm were also improved to certain extent.

*Erchen Tang* was taken in the form of powder to treat 7 cases of simple goiter with 5 cases cured, 2 improved, the course of treatment averaging 15 days.

## 17.4 The Prescription of *Wendan Tang*

Name: Decoction for Clearing away Gallbladder–heat

Source: The book *San Yin Ji Yi Bing Zheng Fang Lun*

Ingredients:

*Ban Xia* (Rhizoma Pinelliae) 6 g, *Zhu Ru* (Caulis Bambusae in Taeniam) 6 g, *Zhi Shi* (Fructus Aurantii Immaturus) 6 g, *Chen Pi* (Pericarpium Citri Reticulatae) 9 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 3 g, *Fu Ling* (Poria) 5 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 3 g, *Da Zao* (Fructus Jujubae) 1 dates.

Explanation:

*Ban Xia:* The principal drug, checking upward adverse flow of *Qi*, regulating the stomach, removing dampness, resolving phlegm.

*Zhu Ru:* Clearing away heat, resolving phlegm, relieving vomiting, reducing dysphoria.

*Zhi Shi:* Promoting the flow of *Qi*, eliminating phlegm.

*Chen Pi:* Regulating the flow of *Qi*, removing dampness, resolving phlegm.

*Fu Ling:* Strengthening the spleen and inducing diuresis to aid in eliminating phlegm.



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*Sheng Jiang, Da Zao* and *Zhi Gan Cao:* Replenishing the spleen, regulating the stomach, tempering the actions of all the other ingredients.

Effect: Regulating the flow of *Qi,* resolving phlegm, clearing away heat in the gallbladder, promoting the function of the stomach.

Indications: Syndrome due to incoordination between the gallbladder and stomach and disturbance of phlegm–heat in the interior, marked by vexation of deficiency type, insomnia, or vomiting, hiccup, dizziness, fullness in the chest, palpitation, nervousness, yellowish, greasy tongue coating, and slippery rapid or taut rapid pulse; including such diseases with the above symptoms as peptic ulcer, Meniere's disease, hypertension, cerebral arteriosclerosis, psychoneurosis, climacteric syndrome and coronary arteriosclerotic cardiopathy.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: At a time, modified *Wendan Tang* was clinically used to treat 62 cases of Meniere's disease and 6 cases of vertebrobasilar ischemia with better curative effects.

## 17.5 The Prescription of *Fuling Wan*

Name: Pill of Poria

Source: The book *Zhi Mi Fang*

Ingredients:

*Ban Xia* (Rhizoma Pinelliae) 60 g, *Fu Ling* (Poria) 30 g, *Zhi Qiao* (Fructus Aurantii Preparata) 15 g, *Feng Hua Pu Xiao* (efflorescenced Natrii Sulfas) 7.5 g.



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Explanation:

*Ban Xia:* The principal drug, removing dampness, resolving phlegm.

*Fu Ling:* Strengthening the spleen and inducing diuresis so as to promote the elimination of phlegm.

*Zhi Qiao:* Regulating the flow of *Qi* and relieving depression.

*Pu Xiao:* Softening masses and causing laxation.

*Jiang Zhi:* Reducing the toxicity of *Ban Xia* and resolving phlegm.

Effect: Removing dampness, promoting the circulation of *Qi*, eliminating phlegm.

Indications: Syndrome due to retention of phlegm–dampness in the interior, marked by soreness of the upper limbs or edema in the 4 limbs, or cough with profuse sputum, fullness in the chest and epigastric region, whitish greasy tongue coating, and taut slippery pulse; including such diseases with the above symptoms as peripheral neuritis, dysthyroidism, chronic bronchitis and pulmonary emphysema.

Administration: The ingredients are ground into fine powder and made with an adequate amount of ginger juice into pills. 6 g of the pills is taken with ginger–infused water or boiled water each time, twice daily.

## 17.6 Prescriptions for Clearing away Heat to Eliminate Heat–phlegm

This kind of prescriptions are mainly composed of drugs with the action of clearing away heat and eliminating phlegm. They are suitable for the syndrome due to heat–phlegm, marked



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by cough with yellowish thick sputum and difficult to expectorate, reddened tongue with yellowish greasy coating, and slippery rapid pulse.

Drugs such as:

*Huang Qin* (Radix Scutellariae), *Huang Lian* (Rhizoma Coptidis), *Gua Lou* (Fructus Trichosanthis), *Dan Nan Xing* (Arisaema cum Bile), *Ban Xia* (Rhizoma Pinelliae), etc..

The representative prescriptions are *Qing Qi Huatan Wan* and *Xiao Xianxiong Tang*.

## 17.7 The Prescriptions of *Qing Qi Huatan Wan*

Name: Bolus for Clearing Heat and Phlegm

Source: The book *Yi Fang Kao*

Ingredients:

*Gua Lou Ren* (Semen Trichosanthis) 30 g, *Chen Pi* (Pericarpium Citri Reticulatae) 30 g, *Huang Qin* (Radix Scutellariae) 30 g, *Xing Ren* (Semen Armeniacae Amarum) 30 g, *Zhi Shi* (Fructus Aurantii Immaturus) 30 g, *Fu Ling* (Poria) 30 g, *Dan Nan Xing* (Arisaema cum Bile) 45 g, *Zhi Ban Xia* (Rhizoma Pinelliae Preparata) 45 g.

Explanation:

*Dan Nan Xing:* Clearing away heat and resolving phlegm.

*Gua Lou:* Assisting *Dan Nan Xing* in clearing away the lung-heat so as to resolve heat-phlegm.

*Zhi Shi* and *Chen Pi:* Regulating the flow of *Qi*, eliminating phlegm, dispersing stagnancy.

*Fu Ling:* Strengthening the spleen, inducing diuresis. *Xing Ren:* Ventilating the lung and arresting cough.



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*Ban Xia:* Removing dampness and resolving phlegm.

Effect: Clearing away heat ,resolving phlegm, regulating the flow of *Qi*, arresting cough.

Indications: Syndrome due to retention of phlegm–heat in the lung, marked by cough with yellowish thick sputum difficult to expectorate, fullness in the chest, reddened tongue with yellowish greasy coating, and slippery rapid pulse; including such diseases with the above symptoms as pneumonia, acute bronchitis, acute attack of chronic bronchitis, and bronchiectasis complicated by infection.

Administration: All the drugs are ground into fine powder. The powder is made with an adequate amount of ginger juice into boluses. 6 g of the boluses is taken with warm boiled water each time, twice daily. With their amounts reduced according to their original proportions, the drugs may be decocted in water for oral use.

## 17.8 The Prescription of *Xiao Xianxiong Tang*

Name: Minor Decoction for Relieving Stuffiness in the Chest

Source: The book *Shang Han Lun*

Ingredients:

*Huang Lian* (Rhizoma Coptidis) 6 g, *Ban Xia* (Rhizoma Pinelliae) 12 g, *Gua Lou* (Fructus Trichosanthis) 30 g.

Explanation:

*Gua Lou:* The principal drug, clearing away heat, resolving phlegm, relieving stuffiness in the chest, dispersing stagnancy.

*Huang Lian:* Clearing away heat and purging fire.



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*Ban Xia:* Checking upward adverse flow of *Qi*, regulating the stomach, resolving phlegm.

Effect: Clearing away heat, resolving phlegm, relieving stuffiness in the chest. dispersing stagnancy.

Indications: Syndrome due to combination of phlegm and heat, marked by fullness and tenderness in the chest and epigastric region, or cough with yellowish thick sputum, yellowish greasy tongue coating, and slippery rapid or floating rapid pulse; including such diseases with the above symptoms as pleuritis, intercostal neuralgia, bronchitis, pneumonia, acute and chronic gastritis and cholecystitis.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: *Xiao Xianxiong Tang* and *Guizhi Jiagui Tang* were clinically used to treat angioneuropathy headache with temporary curative effects. In general, the headache was remarkably relieved after 3–5 doses were taken.

## 17.9 The Prescription of *Guntan Wan*

Name: Pill for Eliminating Stubborn Phlegm

Source: The book *Dan Xi Xin Fa Fu Yu*

Ingredients:

*Da Huang* (Radix et Rhizoma Rhei steamed with liquor) 240 g, *Huang Qin* (Radix Scutellariae cleaned with liquor) 240 g, *Duan Meng Shi* (Lapis Micae Aureus Usta) 30 g, *Chen Xiang* (Lignum Aqailariae Resinatum) 15 g.

Explanation:

*Duan Meng Shi* : Sending down the flow of *Qi* to arrest



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asthma, eliminating phlegm to alleviate palpitation.

*Da Huang:* Relaxing the bowels and purging fire.

*Huang Qin:* Clearing away heat in the upper–*Jiao*.

*Chen Xiang:* Regulating the activity of *Qi*.

Effect: Purging fire and eliminating phlegm

Indications: Syndrome due to heat of excess type and stubborn phlegm, marked by manic–depressive psychosis, palpitation due to fright, irritability, or severe palpitation leading to coma, or cough and dyspnea with thick sputum, or fullness in the chest and epigastric region, dizziness, tinnitus, constipation, reddened tongue with yellow thick greasy coating, and slippery rapid forceful pulse; including such diseases with the above symptoms as manic–depressive psychosis, epilepsia, chronic bronchitis, bronchial asthma, etc..

Administration: All the drugs are ground into fine powder and made with water into pills. 6–9 g of the pills is taken with warm boiled water each time, twice daily.

With drastic drug potency, this prescription is suitable for mere stubborn phlegm due to excess heat and strong constitution. It should be cautiously used when patients with weak constitution or pregnant women are treated.

Case Study: 30 cases of post–traumatic brain syndrome were clinically treated with *Guntan Wan* and modified *Guizhi Jiagui Tang*. The symptoms and signs were nearly eliminated in 22 cases, remarkable improvement was seen in 6 cases, improvement in 1 case.



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## 17.10 Prescriptions for Moistening Dryness to Eliminate Dry–phlegm

This kind of prescriptions are mainly made up of drugs with the action of moistening the lung and eliminating phlegm. They are indicated for the syndrome due to dry–phlegm, marked by thick and sticky sputum difficult to expectorate, dry throat, or irritating cough with hoarse noise, etc.. The commonly used drugs. are:

*Bei Mu* (Bulbus Fritillariae), *Gua Lou* (Fructus Trichosanthis), etc..

The representative prescriptions are *Beimu Gualou San*, etc..

## 17.11 The Prescription of *Beimu Gualou San*

Name: Powder of Fritillary Bulb and Snakegourd Fruit

Source: The book *Yi Xue Xin Wu*

Ingredients:

*Bei Mu* (Bulbus Fritillariae) 5 g, *Gua Lou* (Fructus Trichosanthis) 3 g, *Tian Hua Fen* (Radix Trichosanthis) 2.5 g, *Fu Ling* (Poria) 2.5 g, *Ju Hong* (Exocarpium Citri Reticulatae) 2.5 g, *Jie Geng* (Radix Platycodi) 2.5 g.

Explanation:

*Bei Mu:* Clearing away heat, moistening the lung, resolving phlegm, arresting cough.

*Gua Lou:* Clearing away heat and eliminating phlegm so as to moistening dryness.

*Tian Hua Fen:* Clearing away heat, resolving phlegm, promoting the production of body fluids, moistening dryness.



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*Fu Ling:* Strengthening the spleen, inducing diuresis.

*Ju Hong:* Regulating the flow of *Qi,* resolving phlegm.

*Jie Geng:* Ventilating the lung, checking upward adverse flow of *Qi,* eliminating phlegm, relieving cough.

Effect: Moistening the lung, clearing away heat, resolving phlegm, relieving cough.

Indications: Syndrome of retention of phlegm due to dryness in the lung, marked by cough, dyspnea difficulty in coughing up sputum, dry and sore throat, reddened tongue with little dry coating etc.; including such diseases with the above symptoms as chronic bronchitis, bronchial asthma, bronchiectasis, pulmonary tuberculosis and pneumosilicosis.

Administration: Decocted in water for oral dose to be taken twice.

## 17.12 Prescriptions for Warming the Cold to Eliminate Cold-phlegm

This kind of prescriptions are mainly made up of drugs pungent in flavor and warm in nature and drugs with the action of eliminating phlegm. They are suitable for the syndrome due to cold-phlegm, marked by cough, shortness of breath, clear watery whitish sputum, fullness in the chest, and whitish slippery or whitish greasy tongue coating. The commonly used drugs are:

*Gan Jiang* (Rhizoma Zingiberis), *Xi Xin* (Herba Asari), *Wu Wei Zi* (Fructus Schisandrae), *Su Zi* (Fructus Perillae), etc.

The representative prescriptions are *Ling Gan Wuwei Jiang Xin Tang* and *Sanzi Yangqin Tang.*



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## 17.13 The Prescription of *Ling GanWuwei Jiang Xin Tang*

Name: Decoction of Poria, Licorice, Schisandra, Dried Ginger and Asarum

Source: The book *Jin Gui Yao Lue*

Ingredients:

*Fu Ling* (Poria) 12 g, *Gan Cao* (Radix Glycyrrhizae) 6 g, *Gan Jiang* (Rhizoma Zingiberis) 9 g, *Xi Xin* (Herba Asari) 6 g, *Wu Wei Zi* (Fructus Schisandrae) 6 g.

Explanation:

*Gan Jiang:* Being pungent in flavor and hot in nature, not only warming the lung and dispelling cold so as to eliminate retained phlegm but also warming up the spleen—*Yang* so as to removing dampness.

*Xi Xin:* Warming the lung to dispel cold, assisting *Gan Jiang* in eliminating retained phlegm.

*Fu Ling:* Strengthening the spleen and inducing diuresis so as to eliminate phlegm.

*Wu Wei Zi:* Astringing the lung to relieve cough.

*Gan Cao:* Regulating the stomach, tempering the actions of all the other ingredients.

Effect: Warming and eliminating phlegm

Indications: Syndrome due to retention of cold-phlegm in the in terior, marked by cough with profuse watery sputum, fullness in the chest, shortness of breath, whitish slippery tongue coating, and taut slippery pulse; including such diseases with the above symptoms as chronic bronchitis, pulmonary emphysema,



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bronchial asthma and bronchiectasis.

## 17.14 The Prespription of *Sanzi Yangqin Tang*

Name: Decoction of Three Kinds of Seeds for the Aged.

Source: The book *Han Shi Yi Tong*

Ingredients:

*Bai Jie Zi* (Semen Sinapis Albae 6 g, *Su Zi* (Fructus Perillae) 9 g, *Lai Fu Zi* (Semen Raphani) 9 g.

Explanation:

*Bai Jie Zi:* Warming the lung to regulate the flow of *Qi*, soothing the chest to resolve phlegm.

*Su Zi:* Descending the flow of *Qi* to resolve phlegm, relieving cough and asthma.

*Lai Fu Zi:* Promoting digestion to remove food stagnancy, activating the circulation of *Qi* to eliminate phlegm.

Effect: Resolving phlegm, promoting digestion, relieving cough and arresting asthma.

Indications: Cough and asthma due to retention of phlegm and stagnation of *Qi*, marked by cough and dyspnea with profuse whitish sputum, fullness in the chest, poor appetite, whitish greasy tongue coating, and slippery pulse; including such diseases with the above symptoms as chronic bronchitis, bronchial asthma, bronchiectasis, pulmonaryemphysema and pulmonary heart disease.

Administration: All the drugs are pounded into powder. The powder is wrapped in gauze and decocted in water for the decoction. The decoction is taken regularly.

Prolonged use of this prescription is not suggested to the



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aged and the weak. If it does be needed, drugs for regulating and tonifying the spleen and lung or for strengthening the spleen and reinforcing the kidney should be added.

Case Study: *Sanzi Yangqin Tang* was clinically used together with *Gui Fu Lizhong Tang* to treat, in turn, 195 and 97 cases of chronic bronchitis, the effective reaching 88% and 85.6%. Most of the cases became stronger and less susceptible to common cold, showing that this prescription has the action of enhancing body resistance.

## 17.15 The Prescription of *Lengxiao Wan*

Name: Pill for Treating Asthma of Cold Type.

Source: The book *Zhang Shi Yi Tong*.

Ingredients:

*Ma Huang* (Herba Ephedrae) 30 g, *Sheng Chuan Wu* (Radix Aconiti) 30 g, *Xi Xin* (Herba Asari) 30 g, *Hua Jiao* (Pericarpium Zanthoxyli) 30 g, *Bai Fan* (Alumen) 30 g, *Zhi Zao Jiao* (Spina Gleditsiae Preparata) 30 g, *Ban Xia Qu* (Rhizoma Pinelliae prepared with flour and ginger juice) 30 g, *Dan Nan Xing* (Arisaema cum Bile ) 30 g, *Xing Ren* (Semen Armeniacae Amarum) 30 g, *Gan Cao* (Radix Glycyrrhizae) 30 g, *Zi Wan* (Radix Asteris) 60 g, *Dong Hua*(Flos Farfarae) 60 g.

Explanation:

*Ma Huang, Chuan Wu* and *Xi Xin:* Warming the lung, resolving phlegm, ventilating the lung, relieving asthma. *Hua Jiao:* Warming up the middle—*Jiao* and removing dampness.

*Bai Fan* and *Zao Jiao:* Eliminating phlegm and relieving fullness.



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*Ban Xia Qu* and *Dan Nan Xing:* Eliminating phlegm and checking upward adverse flow of *Qi*.

*Xing Ren, Zi Wan* and *Dong Hua:* Eliminating phlegm, arresting cough and relieving dyspnea.

*Gan Cao:* Tempering the actions of all the other ingredients.

Effect: Warming the lung, eliminating phlegm.

Indications: Dyspnea and cough due to wind–cold, marked by dyspnea and shortness of breath which makes it difficult to lie flat, cough with sputum occurring when it is cold, fullness in the chest, whitish slippery tongue coating, and floating slippery or taut slippery pulse; including such diseases with the above symptoms as bronchial asthma, asthmatic bronchitis, chronic bronchitis and pulmonary emphysema.

Administration: All the drugs are ground into fine powder. The powder is made with ginger juice into pills. 6 g of the pills is taken with warm boiled water each time, twice daily. Instead, the drugs may be decocted in water for oral use. In doing so, their amounts should be reduced according to their original proportions.

This prescription is used mainly when the onset of cough and dyspnea take place. Once the disease condition is controlled, prescriptions for regulating and reinforcing the spleen and lung should be used instead or as the compatible ones in order that the body resistance can be enhanced and relapse may be prevented.

## 17.16 Prescriptions for Dispelling Wind to Eliminate Wind–phlegm

This kind of prescriptions are mainly composed of drugs



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with the action of dispelling wind pathogen or calming the liver to tranquilize the endogenous wind and the compatible drugs with the action of eliminating phlegm. They are indicated for the syndrome due to wind-phlegm. Because the syndrome due to wind-phlegm is caused either by exogenous or endogenous pathogen, prescriptions for treating it fall into two: those for dispelling exogenous wind to eliminate phlegm and those for calming endogenous wind to eliminate phlegm.

Prescriptions for dispelling exogenous wind to eliminate phlegm are suitable for the syndrome due to attack of exogenous wind pathogen on the lung, marked by aversion to wind, fever, productive cough, thin whitish tongue coating, etc.. Drugs such as:

*Jing Jie* (Herba Schizonepetae), *Zi Wan* (Radix Asteris), *Jie Geng* (Radix Platycodi), *Bai Bu* (Radix Stemonae), *Chen Pi* (Pericarpium Citri Reticulatae), etc.

are commonly used in these prescriptions, whose representatives are *Zhisou San* , etc.

Prescriptions for calming endogenous wind to eliminate phlegm are suitable for the syndrome due to endogenous wind pathogen and phlegm, marked by dizziness, headache, or epilepsy which even leads to coma and unconsciousness, etc.. Drugs such as:

*Tian Ma* (Rhizoma Gastrodiae), *Ban Xia* (Rhizoma Pinelliae), *Fu Ling* (Poria), etc.

are commonly used in these prescriptions, whose representatives are *Banxia Baizhu Tianma Tang*, *Dingxian Wan*, etc.



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## 17.17 The Prescription of *Zhisou San*

Name: Cough Powder

Source: The book *Yi Xue Xin Wu*

Ingredients:

*Jie Geng* (Radix Platycodi) 1000 g, *Zi Wan* (Radix Asteris) 1000 g, *Jing Jie* (Herba Schizonepetae) 1000 g, *Bai Bu* (Radix Stemonae) 1000 g, *Bai Qian* (Rhizoma Cynanchi Stauntonii) 1000 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 375 g, *Chen Pi* (Pericarpium Citri Reticulatae) 500 g.

Explanation:

*Zi Wan, Bai Bu* and *Bai Qian:* Arrest cough and eliminating phlegm.

*Jie Geng* and *Chen Pi:* Ventilating and descending the lung–*Qi,* eliminating phlegm and arresting cough.

*Jing Jie:* Dispelling wind to relieve exterior syndrome.

*Gan Cao:* Tempering the action of all the other ingredients.

*Jing Jie, Jie Geng* and *Gan Cao:* Working together to remove intense heat from the throat and relieve pain.

Effect: Dispelling wind, ventilating the lung, eliminating phlegm, arresting cough.

Indications:

Cough and dyspnea due to attack of wind pathogen on the lung, marked by cough, itching of the throat, expectoration, or mild aversion to cold, fever, thin whitish tongue coating, and floating pulse; including such diseases with the above symptoms as acute bronchitis, chronic bronchitis, pertussis and influenza.

Administration: All the drugs are ground into fine powder. 6



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g of the powder is taken with warm boiled water each time 2–3 times daily. With the amounts reduced according to their orignal proportions, the drugs may also be decocted in water for oral use.

Case Study: 28 cases of whooping cough were clinically treated with modified *Zhisou San*, 1 dose daily. The decoction was taken regularly in small amounts. 19 cases were cured, who took 5–7 doses each, improvement showed in 6 cases, ineffectiveness in 3, one of which was complicated by pneumonia.

Modified *Zhisou San* was decocted in water to treat 290 cases of cough due to affection of exogenous pathogens, in which there were infection of the upper respiratory tract, acute bronchitis and pneumonia. The onset of the disorder in 238 cases occurred not more than 15 days ago. The result was: 273 cases (97%) were cured, they each avoraging just more than 3 doses. The curative effects was not satisfactory in 7 cases. But no side effects was found in any of the cases.

## 17.18 The Prescription of *Banxia Baizhu Tianma Tang*

Name: Decoction of Pinellia, Bighead Atractylodes and Gastrodia

Source: The book *Yi Xue Xin Wu*

Ingredients:

*Zhi Ban Xia* (Rhizoma Pinelliae Preparata) 9 g, *Tian Ma* (Rhizoma Gastrodiae) 6 g, *Fu Ling* (Poria) 6 g, *Ju Hong* (Exocarpium Citri Reticulatae) 6 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 15 g, *Gan Cao* (Radix Glycyrrhizae)



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4 g. *Sheng Jiang* (Rhizoma Zingiberis Recens) 1 piece, *Da Zao* (Fructus Jujubae) 2 dates.

Explanation: *Ban Xia:* Removing dampness, eliminating phlegm, checking upward adverse flow of *Qi* and arresting nausea.

*Tian Ma:* Soothing the liver to calm the endogenous wind, being good at relieving dizziness, often used compatibly with *Ban Xia* to treat dizziness due to wind–phlegm.

*Bai Zhu* and *Fu Ling:* Strengthening the spleen and inducing diuresis so as to eradicate the source of phlegm.

*Ju Hong:* Regulating the flow of *Qi* and eliminating phlegm.

*Sheng Jiang* and *Da Zao:* Regulating the function of the spleen and stomach.

Effect: Removing dampness, eliminating phlegm, calming the liver to tranquilize the endogenous wind.

Indications: Syndrome due to disturbance of wind–phlegm in the interior, marked by dizziness, headache, fullness in the chest, nausea, vomiting, whitish greasy tongue coating and taut slippery pulse; including such diseases with the above symptoms as hypertension, Meniere's disease, squela of cerebral concussion, cerebral arteriosclerosis and vestibular neuritis.

Indications: Decocted in water for oral dose to be taken twice

Case Study: Modified *Banxia Baizhu Tianma Tang* was clinically used to treat 28 cases Meniere's disease with satisfactory curative effects, controlling the onset and improving the symptoms and signs.

At a time, modified *Banxia Baizhu Tianma Tang* was employed to treat 7 cases of tuberculous meningitis with satisfactory



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curative effects. 5–year follow–up found out that all the cases remained in good condition, showing that this prescription has the action of lowering blood pressure, arresting nausea and stopping spasm. Tuberculous meningitis has a long disease course. So, taking the decoction was continued after the symptoms and signs were eliminated so that the curative effects was consolidated.

## 17.19 The Prescription of *Dingxian Wan*

Name: Pills for Relieving Epilepsy

Source: The book *Yi Xue Xin Wu*

Ingredients:

*Tian Ma* (Rhizoma Gastrodiae) 30 g, *Chuan Bei Mu* (Bulbus Fritillariae Cirrhosae) 30 g, *Ban Xia* (Rhizoma Pinelliae) 30 g, *Fu Ling* (Poria) 30 g, *Fu Shen* (Poria cum Ligno Hospite) 30 g, *Dan Nan Xing* (Arisaema cum Bile) 15 g, *Shi Chang Pu* (Rhizoma Acori Tatarinowii) 15 g, *Quan Xie* (Scorpio) 15 g, *Gan Cao* (Radix Glycyrrhizae) 15 g, *Jiang Can* (Bombyx Batryticatus) 15 g, *Hu Po* (Cortex Magnoliae Officinalis) 15 g, *Deng Xin Cao* (Medulla Junci) 15 g, *Chen Pi* (Pericarpium Citri Reticulatae) 22 g, *Yuan Zhi* (Radix Polygalae) 22 g, *Dan Shen* (Radix Salviae Miltiorrhizae) 60 g, *Mai Dong* (Radix Ophiopogonis) 60 g, *Zhu Sha* (Cinnabaris) 9 g.

Explanation:

*Zhu Li:* Clearing away heat, eliminating phlegm, relieving convulsion, calming the mind, working together with ginger juice to exert the potency of resolving phlegm to induce resuscitation.

*Dan Nan Xing:* Clearing away heat, resolving phlegm, tranquilizing the mind, relieving epilepsy.



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*Ban Xia, Chen Pi, Chuan Bei Mu, Fu Ling* and *Mai Dong:* Eliminating phlegm, checking upward adverse flow of *Qi* and protecting *Yin* from being damaged.

*Dan Shen* and *Shi Chang Pu:* Resolving stasis for resuscitation.

*Quan Xie* and *Jiang Can:* Calming endogenous wind and relieving muscle spasm.

*Tian Ma:* Calming the liver to tranquilize endogenous wind so as to eliminate wind–phlegm.

*Zhu Sha, Hu Po, Yuan Zhi, Deng Xin Cao* and *Fu Shen:* Relieving convulsion, calming the mind so as to aid in relieving muscle spasm and epilepsy.

*Gan Cao:* Invigorating *Qi* to strengthen body resistance, tempering the actions of all the other ingredients.

Effect: Eliminating phlegm to induce resuscitation, calming endogenous wind to relieve epilepsy.

Indications: Syndrome of epilepsy and depressive psychosis due to phlegm–heat, marked by sudden loss of consciousness leading to falling down, rigidity of the muscles, convulsion and white frothy saliva or laryngeal rales, coming to within a short time, or irritability, reddened tongue with yellowish or whitish greasy coating, and taut slippery or slippery rapid pulse; including such diseases with the above symptoms as depressive psychosis, schizophrenia, manic–depressive psychosis, etc..

Administration: All the drugs are ground into fine powder Another 120 g of *Gan Cao* (Radix Glycyrrhizae) is decocted in an appropriate amount of water and condensed into a paste. The powder, the paste, 100 ml of *Zhu Li* (Succus Bambusae) and 50 ml of ginger juice are mixed evenly into pills. 6 g of the pills is



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taken with warm boiled water each time, twice daily. With their amounts reduced according to their proportions in the original prescription, the drugs may be decocted in water for oral use.

Case Study: 21 cases of epilepsy were clinically treated with this prescription with the total effective rate reaching 85.7%.

*Dingxian Wan* and modified *Fengyin Tang* were used together to treat 31 cases of epilepsy, of which 9 cases were cured and didn't see relapse in the following 2 years of follow-up, 11 cases were basically controlled, 5 cases were improved, the rest were remained the same, the total effective rate being 80.6%.



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# 18 Prescriptions for Promoting Digestion and Removing Stagnated Food

## 18.1 Prescriptions for Promoting Digestion and Removing Food Stagnation

Prescriptions mainly composed of drugs with the action of removing food retention and promoting digestion, and used to eliminate stagnancy of indigested food, relieve flatulence and disintegrate masses are all known as "prescriptions for promoting digestion and removing food stagnation". In this chapter, we only deal with the following two: those for promoting digestion to remove stagnancy of indigested food and those for removing stagnation of *Qi* to disintegrate masses.

Digestion-promoting prescriptions and purgative prescriptions are the same in eliminating formalized pathogens of excess type. But they are different in clinical practice. Mild in potency, the former is used to remove retained food and gradually-developed masses in the stomach or intestines which are chronic and last longer. Drastic in potency, the latter is used to remove accumulation of tangible pathogens in the intestines and constipation which are acute and last shorter.

Although mild in potency, prescriptions for promoting digestion and removing food stagnation are, after all, those which play



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their part by eliminating. They, therefore, are contraindicated for the syndromes only due to deficiency not accompanied by excess. While they are used, such food difficult to digest as the raw, the cold and the greasy are avoided.

## 18.2 Prescriptions for Promoting Digestion to Remove Stagnancy of Indigested Food

This kind of prescriptions are mainly made up of drugs with the action of promoting digestion to remove retained food. They are suitable for the syndrome due to retention of food, marked by fullness in the epigastrium and abdomen, anorexia, hiccup with foul odor, nausea, vomiting, or abdominal pain, diarrhea, etc. The commonly used drugs are:

*Shan Zha* (Fructus Crataegi), *Shen Qu* (Massa Medicata Fermentata), *Lai Fu Zi* (Semen Raphani), *Zhi Shi* (Fructus Aurantii Immaturus), etc.

The representative prescriptions are *Baohe Wan* and *Zhishi Daozhi Wan*.

In case of weakness of the spleen and stomach, indigestion of food or impairment of the spleen and stomach due to long retention of food, drugs with the action of promoting digestion to remove retained food should be compatibly used with the action of invigorating *Qi* to strengthen the spleen to form prescriptions for both reinforcing and eliminating, whose reprentatives are *Jianpi Wan* and *Zhi Zhu Wan*.

## 18.3 The Prescription of *Baohe Wan*

Name: Lenitive Pill



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Source: The book *Dan Xi Xin Fa*

Ingredients:

*Shan Zha* (Fructus Crataegi) 180 g, *Shen Qu* (Massa Medicata Fermentata) 60 g, *Ban Xia* (Rhizoma Pinelliae) 90 g, *Fu Ling* (Poria) 90 g, *Chen Pi* (Pericarpium Citri Reticulatae) 30 g, *Lian Qiao* (Fructus Forsythiae) 30 g, *Lai Fu Zi* (Semen Raphani) 30 g.

Explanation:

*Shan Zha:* The principal drug, promoting digestion to remove food stagnancy especially the stagnancy of greasy meat food.

*Shen Qu:* Promoting digestion, strengthening the spleen, playing an active part in dispelling retained spoiled food with liquor.

*Lai Fu Zi:* Promoting digestion, descending *Qi* flowing adversely, being good at removing stagnated grain food.

*Ban Xia* and *Chen Pi:* Promoting the circulation of *Qi* to remove stagnated food, regulating the function of the stomach to arrest nausea.

*Fu Ling:* Strengthening the spleen and inducing diuresis, regulating the stomach and relieving diarrhea.

*Lian Qiao:* Clearing away heat possibly produced by stagnated food and removing food stagnancy.

Effect: Promoting digestion, regulating the function of the stomach.

Indications: Syndrome due to retention of various kinds of food, marked by fullness in the epigastrium and abdomen, distending pain, foul belching, regurgitation of sour fluid, anorexia, nausea, vomiting, or loose stools, thick greasy tongue coating,



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and slippery pulse; including such diseases with the above symptoms as indigestion, acute or chronic gastroenteritis, chronic gastritis and chronic pancreatitis.

Administration: All the drugs are ground into fine powder. The powder is made with water into pills. 6–9 g of the pills is taken with warm boiled water each time, twice daily. With their amounts reduced according to their original proportions, the drugs may be also decocted in water for oral use.

Case Study: Modified *Baohe Wan* was clinically used to treat 69 cases of infantile indigestion included in the syndrome of food retention with 61 cases cured, 5 cases improved and 3 cases unimproved.

Modified *Baohe Wan* was also used to treat 20 cases of acute infection of biliary tract, of which 7 were simple cholecystitis, 9 were cholelithiasis complicated by cholecystitis, 4 were cholangitis. The treatment result was: remarkable effectiveness was shown in 14 cases, the signs being eliminated, recovery being shown in the laboratory report; improvement in 5 cases, the symptoms being eliminated, recovery being shown in the laboratory report, but there remaining mild signs; ineffectiveness in 1 case.

## 18.4 The Prescription of *Zhishi Daozhi Wan*

Name: Pill of Immature Bitter Orange for Removing Stagnancy

Source: The book *Nei Wai Shang Bian Huo Lun*

Ingredients:

*Da Huang* (Radix et Rhizoma Rhei) 30 g, *Zhi Shi* (Fructus



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Aurantii Immaturus stir-fried with wheat bran) 15 g, *Shen Qu* (stir-fried Massa Medicata Fermentata) 15 g, *Fu Ling* (Poria) 9g, *Huang Qin* (Radix Scutellariae) 9 g, *Huang Lian* (Rhizoma Coptidis) 9 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 9 g, *Ze Xie* (Rhizoma Alismatis) 6 g.

Explanation:

*Da Huang:* Eliminating stagnancy and purging heat by way of laxation.

*Zhi Shi:* Assisting *Da Huang* in promoting the circulation of *Qi*, eliminating stagnancy and relieving distention and fullness in the epigastrium and abdomen.

*Huang Qin* and *Huang Lian:* Being the assistant drugs in this prescription, clearing away heat, removing dampness and relieving diarrhea.

*Shen Qu:* Promoting digestion and regulating the function of the stomach.

Effect: Promoting digestion, removing stagnated food, clearing away heat and expelling dampness.

Indications: Syndrome due to retention of damp-heat and indigested food in the stomach and intestines, marked by distending pain in the epigastrium and abdomen, loose stools, or constipation, scanty deep-colored urine, yellowish greasy tongue coating, and slippery rapid pulse; including such diseases with the above symptoms as acute indigestion, gastroenteritis, bacterial dysentery and acute or chronic cholecystitis.

Administration: All the drugs are ground into fine powder. The powder is made with water into pills. 6–9 g or the pills is taken with warm boiled water each time, twice daily. With their amounts properly reduced according to their original



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proportions, the drugs may be also decocted in water for oral dose.

This prescription is for removing stagnancy. It is not suggested to prescribe it to treat diarrhea or dysentery not due to stagnated food.

## 18.5 The Prescription of *Muxiang Binglang Wan*

Name: Pill of Aucklandia and Areca Seed

Source: The book *Dan Xi Xin Fa*

Ingredients:

*Mu Xiang* (Radix Aucklandiae) 30 g, *Bing Lang* (Semen Arecae) 30 g, *Qing Pi* (Pericarpium Citri Reticulatae Viride) 30 g, *Chen Pi* (Pericarpium Citri Reticulatae) 30 g, *E Zhu* (Rhizoma Curcumae) 30 g, *Huang Lian* (Rhizoma Coptidis) 30 g, *Huang Bai* (Cortex Phellodendri) 30 g, *Da Huang* (Radix et Rhizoma Rhei) 15 g, *Zhi Xiang Fu* (Rhizoma Cyperi Preparata) 60 g, *Qian Niu Zi* (Semen Pharbitidis) 60 g.

Explanation:

*Mu Xiang* and *Bing Lang:* Promoting the circulation of *Qi* to remove stagnancy, relieving fullness in the epigastrium and abdomen and arresting tenesmus, acting as the principal drugs.

*Qian Niu Zi* and *Da Huang:* Clearing away heat, promoting bowel movement and removing stagnancy.

*Qing Pi* and *Chen Pi:* Promoting the flow of *Qi* to remove stagnancy.

*Xiang Fu* and *E Zhu:* Soothing the liver and regulating the circulation of *Qi*, harmonizing *Qi* and blood.



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*Zhi Qiao:* Promoting the flow of *Qi*, removing stagnancy, strengthening the stomach to activate the digestive function.

*Huang Lian* and *Huang Bai:* Clearing away heat, removing dampness and arrest diarrhea.

Effect: Promoting the circulation of *Qi*, removing stagnancy, eliminating stagnated food and clearing away heat.

Indications: Syndrome due to indigested food and damp–heat retained in the interior, marked by fullness and distending pain in the epigastrium and abdomen, stools with blood and pus, tenesmus, or constipation, yellowish greasy tongue coating, and deep replete pulse; including such diseases with the above symptoms as acute gastroenteritis, bacterial dysentery and ulcerative colitis.

Administration: All the drugs are ground into fine powder. The powder is made with water into small pills. 3~6 g of the pills is taken with warm boiled water each time, twice daily.

In clinical practice, constipation, diarrhea or dysentery may be all treated with this prescription as long as they are, proved through differentiation and analysis of TCM, due to food retention and not complicated by exterior syndrome and deficiency of vital *Qi*. But they should be cautiously used when weak patients with deficiency of vital *Qi*.

## 18.6 The Prescription of *Zhi Zhu Wan*

Name: Pill of Immature Bitter Orange and Bighead Atractylodes

Source: The book *Pi Wei Lun*

Ingredients:



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*Chao Zhi Shi* (stir–fried Fructus Aurantii Immaturus) 30 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 60 g.

Explanation:

*Bai Zhu:* Strengthening the spleen, removing dampness so as to assist the spleen in transporting and transforming of food material, being administered in the amount 1 time more than *Zhi Shi* in order that its action of invigorating the pleen–*Qi* can be enhanced.

*Zhi Shi:* Promoting the circulation of *Qi,* removing food stagnancy and fullness.

Effect: Strengthening the spleen and removing fullness.

Indications: Syndrome due to deficiency of the spleen, stagnancy of *Qi* and retention of food, marked by fullness or distending pain in the epigastrium and abdomen, poor appetite, or borborygmus, pale tongue with whitish slippery coating, and weak pulse; including such diseases with the above symptoms as gastroptosis, chronic gastritis, gastric neurosis and indigestion.

Administration: The drugs are ground into fine powder. The powder is made with water into pills. 6–9 g of the pills is taken with warm boiled water each time, twice daily. With their amounts properly reduced according to their original proportions, the drugs may be decocted in water for oral use.

Case Study: At a time, *Zhi Zhu Wan* and modified *Shengxian Tang* were clinically used together to treat gastroptosis, hysteroptosis and proctoptosis with better curative effects.

## 18.7 The Prescription of *Jianpi Wan*

Name: Pill for Invigorating the Spleen.



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Source: The book *Zheng Zhi Zhun Sheng*

Ingredients:

*Bai Zhu* (Rhizoma Atractylodis Macrocephalae stir-fried with wheat bran) 75 g, *Mu Xiang* (Radix Aucklandiae) 22 g, *Huang Lian* (Rhizoma Coptidis) 22 g, *Gan Cao* (Radix Glycyrrhizae) 22 g, *Fu Ling* (Poria) 60 g, *Ren Shen* (Radix Ginseng) 45 g, *Chao Shen Qu* (stir-fried Massa Medicata Fermentata) 30 g, *Chen Pi* (Pericarpium Citri Reticulatae) 30 g, *Sha Ren* (Fructus Amomi) 30 g, *Chao Mai Ya* (stir-fried Fructus Hordei Germinatus) 30 g, *Shan Zha* (Fructus Crataegi) 30 g, *Shan Yao* (Rhizoma Dioscoreae) 30 g, *Wei Rou Dou Kou* (roasted Semen Myristicae) 30 g.

Explanation:

*Ren Shen, Bai Zhu, Fu Ling* and *Gan Cao:* Invigorating *Qi* and strengthening the spleen.

*Shan Zha, Shen Qu* and *Mai Ya:* Promoting digestion to remove stagnated food.

*Mu Xiang, Sha Ren* and *Chen Pi:* Regulating the activity of *Qi* to promote the function of the stomach.

*Shan Yao* and *Rou Dou Kou:* Strengthening the spleen and arresting diarrhea.

*Huang Lian:* Clearing away heat and removing dampness.

Effect: Strengthening the spleen and promoting digestion

Indications: Syndrome of retention of food in the interior due to weakness of the spleen and stomach, marked by poor appetite, indigestion, fullness in the epigastrium and abdomen, loose stools, greasy thin yellowish tongue coating, and weak pulse; indigestion, chronic gastroenteritis, gastric neurosis, irritable colon and intestinal tuberculosis.



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Administration: All the drugs are ground into fine powder. The powder is made with water into pills. 6–9 g of the pills is taken with warm boiled water each time, twice daily. With their amounts properly reduced according to their original proportions, the drugs may be decocted in water for oral use.

Case Study:

*Jianpi Wan* together with *Fuzi Lizhong Wan* was clinically used to treat 24 cases of chronic diarrhea due to deficiency of the kidney–*Yang* occurred before dawn, after abdominal pain and borborygmus, followed by comfort, and complicated by aversion to cold, soreness and weakness of the loins and knees, etc. 1 bolus of *Jianpi Wan* being honeyed and weighing 3 g was taken after meal each time, 3 times daily, and 1 bolus of *Fuzi Lizhong Wan* was taken each time, twice daily. The course of treatment was 8 days to 1 month. The result was: 22 cases were cured, 2 cases didn't carry the treatment through to the end, stopping taking the boluses because the effectiveness was not seen.

## 18.8 Prescriptions for Removing Stagnation of *Qi* to Disintegrate Masses

This kind of prescriptions are composed of drugs with the action of promoting digestion to remove stagnated food, activating the flow of *Qi* and blood, and disintegrating and eliminating masses. They are suitable for the syndrome due to masses in the abdomen, marked by masses palpable below the hypochondrium (hepatomegaly and Splenomegaly), or distention and fullness and pain in the epigastrium and abdomen, poor appetite, emaciation, etc., The commonly used drugs are:



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*Zhi Shi* (Fructus Aurantii Immaturus), *Hou Po* (Cortex Magnoliae Officinalis), *Ban Xia* (Rhizoma Pinelliae), *Bie Jia* (Carapax Trionycis), *Shao Yao* (Radix Paeoniae Alba), *Dan Pi* (Cortex Moutan), *Tao Ren* (Semen Persicae), etc.

The representative prescriptions are *Zhishi Xiaopi Wan, Biejia Jian Wan*, etc.

## 18.9 The Prescription of *Zhishi Xiaopi Wan*

Name: Pill of Immature Bitter Orange for Relieving Stuffiness.

Source: The book *Lan Shi Mi Cang*

Ingredients: *Gan Jiang* (Rhizoma Zingiberis) 3 g, *Zhi Gan Cao* (Radix Glycyrrhizae Preparata) 6 g, *Chao Mai Ya* (Parched Fructus Hordei Germinatus) 6 g, *Fu Ling* (Poria) 6 g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 6 g, *Ban Xia Qu* (Massa Pinelliae Fermentatae) 9 g, *Ren Shen* (Radix Ginseng) 9 g, *Hou Po* (Cortex Magnoliae Officinalis) 12 g, *Zhi Shi* (Fructus Aurantii Immaturus) 15 g, *Huang Lian* (Rhizoma Coptidis) 15 g.

Explanation: *Zhi Shi:* The principal drug, promoting the flow of *Qi*, disintegrating masses and relieving fullness.

*Hou Po:* Promoting the flow of *Qi* to relieve distention.

*Huang Lian:* Clearing away heat and removing dampness.

*Ban Xia Qu:* Promoting digestion, regulating the function of the stomach and disintegrating masses.

*Gan Jiang:* Being pungent in flavor and disperse in nature, warming up the middle-*Jiao* and dispelling cold.

*Huang Lian, Ban Xia Qu* and *Gan Jiang:* Being the drugs pungent for dispersion and bitter for purgation, regulating the ac-



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tivity of *Qi*, acting together to assist *Zhi Shi* and *Hou Po* in promoting the flow of *Qi* and disintegrating masses.

*Ren Shen, Bai Zhu, Fu Ling* and *Gan Cao:* Invigorating *Qi* to strengthen the spleen.

*Mai Ya:* Promoting digestion and regulating the function of the stomach.

Effect: Disintegrating masses, relieving fullness, strengthening the spleen and regulating the function of the stomach.

Indications: Syndrome due to deficiency of the spleen, stagnation of *Qi* and combination of cold and heat, marked. by masses and fullness in the epigastrium and abdomen, loss of appetite, lassitude, or distending pain in the abdomen, constipation or diarrhea, pale tongue with whitish coating, and taut pulse; including such diseases with the above symptoms as indigestion, chronic gastritis, chronic enteritis, chronic pancreatitis and chronic cholecystitis.

Administration: All the drugs are ground into fine powder. The powder is made with water into pills. 6–9 g of the pills is taken with warm boiled water each time, 3 times daily. With their amounts properly reduced according to their original proportions, the drugs may be decocted in water for oral use.

## 18.10 The Prescription of *Biejia Jian Wan*

Name: Decocted Turtle Shell Pill

Source: The book *Jin Gui Yao Lue*

Ingredients:

*Bie Jia* (Carapax Trionycis) 90 g, *She Gan* (Rhizoma Belamcandae) 22.5 g, *Huang Qin* (Radix Scutellariae) 22.5 g,



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*Chao Shu Fu* (stir-fried Armadillidium Vulgare) 22.5 g, *Gan Jiang* (Rhizoma Zingiberis) 22.5 g, *Da Huang* (Radix et Rhizoma Rhei) 22.5 g, *Gui Zhi* (Ramulus Cinnamomi) 22.5 g, *Shi Wei* (Folium Pyrrosiae) 22.5 g, *Hou Po* (Cortex Magnoliae Officinalis) 22.5 g, *Qu Mai* (Herba Dianthi) 22.5 g, *Zi Wei* (Radix Campsis) 22.5 g, *E Jiao* (Colla Corii Asini) 22.5 g, *Chai Hu* (Radix Bupleuri) 45 g, *Chao Zhang Lang* (stir-fried Blatla seu Periplaneta) 45 g, *Shao Yao* (Radix Paeoniae Alba) 37 g, *Dan Pi* (Cortex Moutan) 37 g, *Chao Zhe Chong* (Stir-fried Eupolyphaga seu Stelephaga) 37 g, *Zhi Feng Chao* (Nedus Vespar Preparata) 30 g, *Chi Xiao* (Natrii Sulfas) 90 g, *Tao Ren* (Semen Persicae) 15 g, *Ren Shen* (Radix Ginseng) 7.5 g, *Ban Xia* (Rhizoma Pinelliae) 7.5 g, *Ting Li Zi* (Semen Lepidii) 7.5 g.

Explanation:

*Bie Jia:* Softening and disintegrating masses.

*Huang Jiu* (millet wine): Promoting the circulation of blood through the channels.

*Chi Xiao, Da Huang, Zhe Chong, Zhang Lang* and *Shu Fu:* Promoting the circulation of blood, removing blood stasis and disintegrating masses.

*Chai Hu, Huang Qin* and *Bai Shao:* Regulating the activity of the liver-*Qi.*

*Hou Po, She Gan, Ting Li Zi* and *Ban Xia:* Regulating the activity of *Qi,* dispersing stagnancy and eliminating phlegm.

*Gan Jiang* and *Gui Zhi:* Warming up the middle-*Jiao,* disintegrating masses.

*Ren Shen and E Jiao:* Invigorating *Qi,* nourishing blood and enhancing vital *Qi.*

*Tao Ren, Dan Pi, Zi Wei* and *Feng Chao:* Promoting the cir-



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culation of blood to remove blood stasis.

*Qu Mai* and *Shi Wei:* Inducing diuresis to remove dampness.

Effect: Disintegrating masses and removing stagnancy.

Indications: Syndrome due to various masses, marked by masses below the hypochondriums or in the abdomen, abdominal pain, emaciation, poor appetite, intermittent chills and fever, or amenorrhea, tongue fur purple in color or with ecchymosis, and uneven pulse; including such diseases with the above symptoms as malaria, chronic hepatitis, cirrhosis and schistosomiasis.

Administration: 1.5 kg of plant ash is steeped in 5 kg of millet wine and then the ash is filtered out to get the decoction, in which *Bie Jia* is decocted into a gum. All the other drugs are ground into fine powder. The gum and the powder are made with honey into pills. 3 g of the pills is taken with warm boiled water each time, 3 times daily.

Case Study: At a time, *Biejia Jian Wan* was clinically used to treat 251 cases of hepatosplenomegaly due to schistosomiasis in the late stage. After the treatment, both the liver and the spleen became smaller to different extent. The effective rate reached 100%, the consolidating rate being 80%.



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# 19 Prescriptions for Expelling Intestinal Parasites

## 19.1 Prescriptions for Expelling Intestinal Parasites

Prescriptions with drugs having the action of expelling worms as their main ingredients, with expelling intestinal parasites, removing food stagnancy and relieving pain as their effects, and with parasitosis as their indications are all known as "prescriptions for expelling intestinal parasites". Parasites in the body are of many kinds, the common ones in the digestive canal are ascaris, pinworm, ancylostoma and cestode, which enter the body along with dirty food with ova on and cause parasitosis marked by intermittent pain around the navel and in the abdomen which does not reduce appetite, complexion sallow or blue or pale in color or with pityriasis simplex, or discomfort in the stomach, vomiting of clear water, tongue with exfoliative coating, and alternate large and small pulse. Prolonged parasitosis may be also marked by emaciation, larger belly on which blue veins are releaved, and even malnutrition. In addition, red and white spots on the inner line of the lips is a sign of ascariasis, pruritus and is a sign of oxyuriasis, white prolottis in stools is a sign of cestodiasis, addiction to eating non-food material, sallow complexion and puffiness is a sign of hookworm disease. Prescriptions of this kind



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are indicated for all the above parasites and parasitoses. Before they are prescribed, however, what kind of the worm to be killed shoud be identified in order that the prescription which the worm is most susceptible to is selected. Meanwhile, drugs for clearing away heat, for warming the interior, for promoting digestion or for tonification should be compatibly used in this kind of prescriptions according to deficiency or excess of vital *Qi* and cold or hot nature of accompanying syndromes. Drugs such as:

*Wu Mei* (Fructus Mume)

*Ku Lian Gen Pi* (Cortex Meliae)

*Shi Jun Zi* (Fructus Quisqualis)

*Fei Zi* (Radix Aconiti Lateralis Preparata)

*Bing Lang* (Semen Arecae), etc. are commonly used in these prescriptions, whose reprentatives are *Wumei Wan* , etc.

All the drugs for expelling worms should be taken on an empty stomach. Greasy food should be avoided when some of them are taken. The spleen and stomach should be regulated after the worms are expelled. Drugs for expelling worms should be cautiously used for the old, the weak and pregnant women. Their amounts should be properly controlled, for overdose will impair vital *Qi* or lead to poisning and too small dose will fail to expel the worms.

## 19.2 The Prescription of *Wumei Wan*

Name: Black Plum Pill

Source: The book *Shang Han Lun*

Ingredients:

*Wu Mei*(Fructus Mume) 480 g, *Xi Xin* (Herba Asari) 180 g,



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*Gan Jiang* (Rhizoma Zingiberis) 300 g, *Huang Lian* (Rhizoma Coptidis) 480 g, *Dang Gui* (Radix Angelicae Sinensis) 120 g, *Fu Zi* (Radix Aconiti Lateralis Preparata) 180 g, *Chao Shu Jiao* (stir-fried Pericarpium Zanthoxyli) 120 g, *Gui Zhi* (Ramulus Cinnamomi) 180 g, *Ren Shen* (Radix Ginseng) 180 g, *Huang Bai* (Cortex Phellodendri) 180 g.

Explanation:

*Wu Mei:* The principal drug, being sour in flavor and neutral in nature, calming roundworms to restrain their movement so as to arrest pain.

*Shu Jiao* and *Xi Xin:* Being pungent in flavor to expel roundworms, being warm in nature to warm the internal organs and dispel cold.

*Gui Zhi, Fu Zi* and *Gan Jiang:* Helping warm the internal organs and dispel cold.

*Ren Shen* and *Dang Gui:* Invigorating *Qi* and nourishing blood.

*Huang Lian* and *Huang Bai:* Being bitter in flavor to expel roundworms, being cold in nature to remove heat in the upper, controlling the over-warm nature of all the other drugs lest *Yin* be damaged.

Effect: Warming the internal organs and calming roundworms.

Indications: Colic caused by ascaris, prolonged dysentery or diarrhea due to deficiency of vital *Qi* resulting from chills and fever, marked by intermittent fidgets and vomiting, vomiting of roundworms after eating, cold limbs, abdominal pain, or prolonged dysentery and long-lasting diarrhea; including such diseases with the above symptoms as biliary ascariasis, chronic dys-



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entery and chronic enteritis.

Administration: *Wu Mei* is steeped in 50% vinegar for one night and then taken out. It is pounded into pieces after the core is removed. All the other drugs are also pounded into pieces. The two kinds of pieces are mixed and dried in the sun and finally ground into powder. The powder is made with honey into pills each as big as a seed of Chinese parasol. 9 g of the pills is taken on an empty stomach with warm boiled water each time, 1–3 times daily. With their amounts properly reduced according to their original proportions, the drugs may be also decocted in water for oral use.

Case Study: *Wumei Wan* was clinically used to treat 225 cases of biliary ascariasis, including the type inclining to cold, the type of alternate cold and heat and the type inclining to heat. Drugs used to treat biliary ascariasis of the type inclining to cold were:

*Wu Mei* (Fructus Mume) 15–30 g, *Bing Lang* (Semen Arecae) 15 g, *Chuan Lian Zi* (Fructus Toosendan) 15 g, *Hua Jiao* (Pericarpium Zanthoxyli) 6 g, *Gui Zhi* (Ramulus Cinnamomi) 6 g, *Shu Fu Zi* (Radix Aconiti Lateralis Preparata) 6 g, *Xi Xin* (Herba Asari) 3 g, *Gan Jiang* (Rhizoma Zingiberis) 3 g.

Drugs used to treat the type of alternate cold and heat were:

all of the above

*Huang Bai* (Cortex Phellodendri) 9 g, *Huang Lian* (Rhizoma Coptidis) 6 g.

Drugs used to treat the type inclining to heat were:

all of the above minus:

*Gui Zhi* (Ramulus Cinnamomi), *Gan Jiang* (Rhizoma Zingiberis), *Fu Zi* (Radix Aconiti Lateralis Preparata), *Xi Xin*



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(Herba Asari).

The curative rate reached 97.6%, the effective rate 100%.

## 19.3 The Prescription of *Feier Wan*

Name: Fattening Baby Pill

Source: The book *Tai Ping Hui Min He Ji Ju Fang*

Ingredients:

*Chao Shen Qu* (stir–fried Massa Medicata Fermentata) 300g, *Huang Lian* (Rhizoma Coptidis) 300 g, *Rou Dou Kou* (Semen Myristicae coated with flour and roasted ) 150 g, *Shi Jun Zi* (Fructus Quisqualis with the peel removed) 150 g, *Chao Mai Ya* (stir–fried Fructus Hordei Germinatus) 150 g, *Bing Lang* (Semen Arecae) 120 g, *Mu Xiang* (Radix Aucklandiae)60 g.

Explanation:

*Shi Jun Zi:* One of the principal drugs, being sweet in taste and warm in nature, killing worms and eliminating stagnated food.

*Bing Lang:* The other principal drug, being pungent and bitter in taste and warm in nature, killing worms and eliminating stagnated food.

*Shen Qu* and *Mai Ya:* Strengthening the spleen, regulating the function of the stomach and eliminating stagnated food.

*Huang Lian:* Clearing away retained heat.

*Rou Dou Kou:* Reinforcing the stomach and arresting diarrhea.

*Mu Xiang:* Regulating the activity of the stomach–*Qi* to relieve abdominal pain.

*Zhu Dan Zhi:* Clearing away heat in the liver and stomach.



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Effect: Killing worms, eliminating stagnated food, strengthening the spleen and clearing away heat.

Indications: Abdominal pain due to enterositosis and indigestion, marked by sallow complexion, emaciation, anorexia, distention and fullness in the abdomen, intermittent pain around the navel, fever, foul odor in the mouth, and loose stools; including such diseases with the above symptoms as infantile ascariasis, infantile chronic indigestion and infantile malnutrition.

Administration: All the drugs are ground into fine powder. The powder is made with pig bile into pills, each as big as a millet. 3 g of the pills is for a child at the age of 3 each time, twice daily, more for the older and less for the younger.

## 19.4 The Prescription of *Huachong Wan*

Name: Pill for Treating Parasitic Infestation.

Source: The book *Tai Ping Hui Min He Ji Ju Fang*

Ingredients:

*Hu Fen* (lead powder) 1500 g, *He Shi* (Fructus Carpesii) 1500g, *Bing Lang*(Semen Arecae) 1500g, *Ku Lian Gen* (Radix Meliae) 1500 g, *Bai Fan* (Alumen) 370 g.

Explanation:

*He Shi:* Being bitter and pungent to the taste and neutral in nature, having slight toxicity, expelling and killing roundworms.

*Ku Lian Gen Pi:* Being bitter to the taste, cold in nature and poisnous, not only expelling and killing roundworms but also relieving abdominal pain.

*Bing Lang:* Expelling roundworms, promoting the flow of *Qi*, relieving diarrhea and helping discharge the killed worms.



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*Ku Fan:* Detoxicating and killing worms.

*Qian Fen:* Being poisonous to kill worms.

Effect: Expelling and killing various of worms in the intestines.

Indications: Syndrome due to various kinds of worms in the intestines, marked by terrible abdominal pain going up and down at the onset, vomiting of clear water or roundworms.

Administration: All the drugs are ground into fine powder. The powder is made with water into pills, each as big as a hemp seed, and taken on an empty stomach with millet soup, 5 pills for an infant at the age of 1 year old.

Drastic and poisonous, this prescription should be used properly. When it is stopped, the spleen and stomach should be regulated and tonified. If continual use of it is needed to expel the remained worms, it should be one week later.



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# 20 Preseriptions for Causing Vomiting

## 20.1 Prescriptions for Causing Vomiting

Prescriptions with the following three characteristics are all known as "prescriptions for causing vomiting": 1. being composed of drugs with the action of promoting emesis, 2. having the effect of causing vomiting of sputum, saliva, indigested food and toxic material retained in the throat, chest, diaphram and stomach. 3. being suitable for the syndrome of syncope. They are usually used to eliminate abundant expectoration in apoplexy, manic-depressive psychosis and inflammation of the throat, food and toxic material stagnated in the stomach, and to promote emesis which refuses to occur but need to be reduced due to the critical disease condition. The commonly used drugs are:

*Gua Di* (Pedicellus Melo), *Zao Jiao* (Spina Gleditsiae).

The representative prescriptions are *Guadi San* and *Jiuji Xixian San*, etc.

Prescriptions for causing vomiting, quick and drastic in nature, tend to impair the stomach-*Qi*. They should not be used any longer when their effectiveness has been seen. When they are used to treat those infirm with age and pregnant women, caution should be taken. Over-vomiting induced by them may be stopped by taking small amount of ginger juice, cold gruel or cold boiled water. If this dosen't work, certain drugs should be chosen



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according to the prescription taken. For instance, 0.03–0.06g of *She Xiang* (Moschus) of 0.3–0.6g of *Ding Xiang* (Flos Caryophylli) may be taken to stop vomiting induced by *Guadi San:* prescriptions for regulating the stomach and checking upward adverse flow of *Qi* may be used to eructation following vomiting; touching of the throat with a piece of feather or a finger may be conducted to promote emesis when it does not occur after a prescription for causing vomiting is taken, or drinking more boiled water is carried out instead. Exposure to wind must be avoided so as to prevent affection by exopathogen after vomiting has been induced. In addition, the spleen and stomach need to be regulated with thin gruel. Quick intake of greasy and hard–to–digest food is inhibited lest the stomach–*Qi* be impaired again.

## 20.2 The Prescription of *Guadi San*

Name: Powder of Musk–melon Pedicel

Source: The book *Shang Han Lun*

Ingredients:

*Gua Di* (Pedicellus Melo) 4 g, *Chi Xiao Dou* (Semen Phaseoli) 4 g, *Dan Dou Chi* (Semen Sojae Preparatum) 9 g.

Explanation:

*Gua Di:* The Pricipal drug, being bitter in flavor and cold in nature, playing an active part in causing vomiting of sputum, saliva and stagnated food.

*Chi Xiao Dou:* Being sour in flavor, removing dampness, restlessness and fullness, working together with *Gua Di* to combine the sour and bitter tastes and cause vomiting.

*Dou Chi:* Taken in the form of decoction to expel pathogenic



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factors in the chest, working compatibly with *Chi Xiao Dou* to regulate the stomach–*Qi* and protect vital *Qi* from being impaired.

Effect: Causing vomiting of phlegm, saliva and stagnated food.

Indications: Syndrome due to retention of phlegm, saliva and indigested food in the chest and epigastrium, marked by fullness in the chest, heartburn, nervousness, attack of upward flow of *Qi* on the throat which leads to difficult breathing, and slight floating of *Cun* pulse; inculding such disorders with the above symptoms as mis–taking toxic material, retention of indigested food in the stomach, etc.

Administration: *Gua Di* is decocted until it looks yellow and then dried and ground together with *Chi Xiao Dou* into fine powder. 9 g of *Dou Chi* is decocted in water for the decoction. 1–3 g of the powder is taken with the decoction each time.

Because *Gua Di* is bitter, cold and poisonous, this prescription is not allowed to be used for the weak. When stagnated food has entered the intestines or phlegm and saliva are not in the chest and diaphram, this prescription is also inhibited.

## 20.3 The Prescription of *Juiji Xixian San*

Name: Powder for Diluting Phlegm

Source: The book *Sheng Ji Zong Lun*

Ingredients: *Zhu Ya Zao Jiao* (Fructus Gleditsiae Abnormalis) 15 g, *Bai Fan* (Alumen) 30 g.

Explanation:

*Zao Jiao:* The principal drug, being pungent and salty in taste and warm in nature, reducing resuscitation because of its



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pungent taste, softening masses because of its salty taste. eliminating turbid and sticky sputum.

*Bai Fan:* Being sour and bitter in flavor, resolving stubborn phlegm, reducing resuscitation to promote emesis.

Effect: Inducing resuscitation and promoting emesis.

Indications: Excess syndrome of stroke, marked by sputum in the noisy throat, difficult breathing, restlessness in the chest, blurred vision, or loosing consciousness and falling down, or face seeming to distort, and slippery replete forceful pulse; including such diseases with the above symptoms as cerebral thrombosis and chronic pharyngitis.

Administration: The drugs are ground into fine powder. 2–3g of the powder is taken with warm boiled water each time.

The usage of this prescription should be stopped and other ones are chosen instead according to the symptoms and signs as soon as the sputum becomes thin, the breathing returns to normal and the diarrhea is arrested, for this prescription is one for causing vomiting.



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# 21 Prescriptions for Treating Carbuncles and Abscess

## 21.1 Prescriptions for Treating Carbuncles and abscess

Prescriptions with the following three characteristics are all known as "prescriptions for treating carbuncles and abscess": 1. being composed of drugs with the action of relieving carbuncles and abscess, 2. having the effect of removing toxic material, subduing swelling, draining pus, and promoting tissue regeneration and wound healing, 3. being used to treat skin and external disorders such as carbuncle, cellulitis, deep-rooted carbuncle, furuncle, erysipelas, multiple abscess, goiter, tumor and scrofula, and abscess in the internal organs. When skin and external disorders are treated, the local symptoms and signs manifested in the superficies of the body should be differentiated together with the general condition of the whole body in order that the *Yin* and *Yang*, the deficiency and excess, the benignancy and malignancy, and the deteriorating or favorable nature of the case can be identified. Circumscribed high-raised swelling with restrained root, deep-red skin and calor is included in *Yang* syndrome. Uncircumscribed, flat and hard or soft swelling with normal skin is included in *Yin* syndrome. When abscess in the internal organs such as pulmonary abscess, periappendicular abscess, etc. is treat-



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ed, the cold and heat, the deficiency and excess, the suppuration and non-suppuration should be differentiated clearly. There are two kinds of therapeutic methods for treating carbuncle and abscess in the superficies of the body: internal and external. Prescriptions used in internal method are mainly introduced in the subject Pharmacology of Traditional Chinese Medical formulae. Internal method is subdivided into three: resolving, expelling from within and tonifying. Resolving, used in the early stage of non-suppuration, refers to relieving exterior syndrome, removing obstruction in the interior, clearing away heat, warming the channels, eliminating phlegm, activating the flow of *Qi* and promoting the circulation of blood to dispel blood stasis. Expelling from within, used in the intermediate stage, may cause the internal toxin to shift to the superficies of the body, the pus to be expelled easily, the wound to be healed soon. It fals into two; internal expelling and tonifying expelling. The former is to resolve masses and expel pus accompanied by strengthening the body resistance. The latter is both to strengthen the body resistance and expel pus. Tonifying, used in the late stage when a wound with clear watery pus is hard to heal due to deficiency of both *Qi* and blood, may enhance *Qi* and blood by means of tonification so as to promote tissue regeneration and wound healing or activate festering in undiabrosis cases. Abscess in the internal organs is treated mainly by way of clearing away heat and toxic material, removing stasis, expelling pus, resolving masses and subduing swelling. The prescriptions for this may make the wound heal easily. Drugs such as:

*Shuang Hua* (Flos Lonicerae), *Lian Qiao* (Fructus Forsythiae), *Chuan Shan Jia* (Squama Manitis), *Zao Ci* (Spina



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Gleditsiae), *Ru Xiang* (Olibanum), *Mo Yao* (Myrrha), *Huang Qi* (Radix Astragali), *Yi Yi Ren* (Semen Coicis).
are commonly used in the prescriptions for treating abscess in the internal organs, whose representatives are *Xian fang Huoming Yin, Wuwei Xiaodu Yin, Simiao Yongan Tang, Dahuang Mudan Tang* and *Yanghe Tang*.

In clinical practice, prescriptions for treating carbuncles and abscess should be modified according to the change of disease condition. If resolving method is sticked to when carbuncle or abscess is formed, *Qi* and *blood* tend to be impaired so that festering and healing are made difficult. If expelling method is used when pus is abundant, attention should be paid to clear away the toxin completely lest the remains of it should not be eliminated. If suppuration occurs slowly, expelling should be enhanced so that toxin can be discharged along with pus, avoiding its sinking to the interior. When carbuncles with fire–toxin in the superficies of the body prevail, warmly–tonifying method is contraindicated. When the remains of toxin has not been completely eliminated, pure tonification is contraindicated.

## 21.2 The Prescription of *Xianfang Huoming Yin*

Name: Fairy Decoction for Treating Cutaneous Infections

Source: The book *Jiao Zhu Fu Ren Liang Fang*

Ingredients:

*Bai Zhi* (Radix Angelicae Dahuricae) 3 g, *Bei Mu* (Bulbus Fritillariae) 3 g, *Fang Feng* (Radix Saposhinkoviae) 3 g, *Chi Shao* (Radix Paeoniae Rubra) 3 g, *Dang Gui Wei* (Radix Angelicae Sinensis) 3 g, *Gan Cao Jie* (Radix Glycyrrhizae9 3 g, *Zao Jiao Ci* (Parched Spina Gleditsiae) 3 g, *Chuan Shan Jia* (Squama Manitis



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Preparata) 3 g, *Tian Hua Fen* (Radix Trichosanthis) 3 g, *Ru Xiang* (Olibanum) 3 g, *Mo Yao* (Myrrha) 3 g, *Jin Yin Hua* (Flos Lonicerae) 9 g, *Chen Pi* (Pericarpium Citri Reticulatae) 9 g.

Explanation:

*Jin Yin Hua:* The principal drug, being sweet in taste and cold in nature, clearing away heat and toxic material.

*Fang Feng* and *Bai Zhi:* Dispelling exopathogens, expelling toxic heat through the superficies of the body.

*Gui Wei, Chi Shao, Ru Xiang* and *Mo Yao* Promoting blood circulation to remove blood stasis, alleviating swelling and pain.

*Bei Mu* and *Hua Fen:* Clearing away heat and resolving masses.

*Shan Jia* and *Zao Ci:* Activating the flow of *Qi* and blood in the channels and collaterals, expelling pus and promoting festering.

*Chen Pi:* Regulating the activity of *Qi*.

*Gan Cao:* Removing toxic material, regulating the stomach.

Effect: Clearing away heat and toxic material, subduing swelling, promoting festering, activating the circulation of blood and arresting pain.

Indications: Syndrome due to heat–toxin accumulation, *Qi* stagnancy and blood stasis in the early stage of carbuncle and pyogenic infection, marked by red, swelling, heat and pain of large carbuncle, or fever, slight aversion to cold, thin whitish or yellowish tongue coating, and rapid forceful pulse; including such diseases with the above symptoms as phlegmon, mammitis and purulent tonsillitis.

Administration: Decocted in water or in the same amount of liquor and water for oral dose to be taken twice.



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Case Study: 30 cases of appendiceal abscess were clinically treated with *Xianfang Huoming Yin*, whose ingredients were:

*Jin Yin Hua* (Flos Lonicerae), *Lian Qiao* (Fructus Forsythiae), *Hua Fen* (Radix Trichosanthis), *Bei Mu* (Bulbus Fritillariae), *Zao Ci* (Spina Gleditsiae), *Sheng Di* (Radix Rehmanniae), *Dan Pi* (Cortex Moutan), *Chi Shao* (Radix Paeoniae Rubra), *Gui Wei* (Radix Angelicae Sinensis), *Gan Cao* (Radix Glycyrrhizae), *Pu Gong Ying* (Herba Taraxaci), *Ru Xiang* (Resina Olibani), *Mo Yao* (Myrrha).

After the treatment, 27 cases were cured, 3 cases were referred to surgery, No one died the rate of success was 90%. They averaged 14 days in the hospital. Follow-up of 7 cases didn't find any relapse.

Modified *Xianfang Huoming Yin* was used to treat 129 cases of carbuncle, drugs for clearing away heat and toxic material were added for the type of toxic heat, *Bazhen Tang* was added for the type of vital-*Qi* deficiency, *Liuwei Dihuang Tang* was added for the type of *Yin* -deficiency. 82 cases were treated with mere herbal medicines. 47 cases were treated with herbal medicines plus 7-day administration of western medicines, antibiofics. 14 cases were treated for 15—20 days, 20 cases for 21—30 days, 17 cases for 31—40 days, 29 cases for 41—50 days, 21 cases for 51—60 days, 28 cases for over 60 days. 127 cases (98.5%) were cured. 2 cases (1.5%) died, one of whom died of septicemia, the other renal failure due to purpuric nephritis resulting from infirmity with age. Most of the 129 cases were treated with antibiotics without any effects before admitted to hospital.

The decoction of *Xianfang Huoming Yin* in vitro, an experiment has shown, is highly resistant to streptococcus C, and so to



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staphylococcus. But it can not restrain Bacillus coli and Pseudomonas aeruginosa.

## 21.3 The Prescription of *Wuwei Xiaodu Yin*

Name: Antiphlogistic Decoction of Five Drugs

Source: The book *Yi Zong Jin Jian*

Ingredients:

*Jin Yin Hua* (Flos Lonicerae) 20 g, *Ye Ju Hua* (Flos Chrysanthemi) 15 g, *Pu Gong Ying* (Herba Taraxaci) 15 g, *Zi Hua Di Ding* (Herba Violae) 15 g, *Tian Kui Zi* (Radix Semiaquilegiae) 15 g.

Explanation:

*Jin Yin Hua:* The principal drug, being sweet in flavor and cold in nature, clearing away heat and toxic material.

*Di Ding, Tian Kui, Pu Gong Ying* and *Ye Ju Hua:* Clearing away heat and toxic material, removing heat from blood, resolving masses, thus subduing swelling.

Effect: Clearing heat and toxic material, expelling nail-like boil and furuncle.

Indications: Carbuncle, sore, furuncle and swelling due to fire–toxin, marked by local red, swelling, heat and pain in the early stage, or fever, chills, or deep–rooted furuncle as big as a grain and as hard as a nail, reddened tongue with yellowish coating, and rapid pulse; including such diseases with the above symptoms and signs as phlegmon, mastadenitis, suppurative tonsillitis, lymphnoditis and parotitis.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: The decoction of *Wuwei Xiaodu Yin* was taken



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and drugs for external use were applied externally to treat 20 cases of nail-like boil on the face in clinical practice. The boils were manifested as local heat, red, swelling and pain, pus spot as big as a grain in the centre, numbness, itching and ache, all accompanied by chills, fever, restlessness, thirst, nausea, vomiting, poor appetite, constipation, whitish greasy or yellowish greasy tongue coating, and deep replete or taut forceful pulse. The treatment gave rise to satisfactory effects.

7 cases of chronic osteomyelitis, marked by local swelling, distending and pain, pus-discharge and hard-healing after festering so that fistula was formed and long-unhealing or festering again and again resulted, were treated with modified *Wuwei Xiaodu Yin*, whose main ingredients were:

*Yin Hua* (Flos Lonicerae), *Pu Gong Ying* (Herba Taraxaci), *Zi Hua Di ding* (Herba Violae), *Niu Xi* (Radix Achyranthis Bidentatae), *Bai Zhi* (Radix Angelicae Dahuricae), *Jia Zhu* (Margarita), *Wu Gong* (Scolopendra), *Quan Chong* (Scorpio), and proper drugs for external use. After the treatment. all the cases were cured.

## 21.4 The Prescription of *Simiao Yongan Tang*

Name: Decoction of Four Wonderful Drugs for Quick Restoration of Health.

Source: The book *Yan Fang* Xin Bian

Ingredients:

*Jin Yin Hua* (Flod Lonicerae) 90 g, *Xuan Shen* (Radix Scrophulariae) 90 g, *Dang Gui* (Radix Angelicae Sinensis) 30 g, *Gan Cao* (Radix Glycyrrhizae) 15 g.

Explanation:



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*Jin Yin Hua:* The principal drug, being sweet in flavor and cold in nature, clearing away heat and toxic material.

*Xuan Shen:* Purging fire to remove toxic material.

*Dang Gui:* Promoting the circulation of blood to remove blood stasis.

*Gan Cao:* Removing toxic material and relieving pain.

Effect: Clearing away heat and toxic material, promoting the circulation of blood to arrest pain.

Indications: Gangrene of finger or toe due to abundant heat–toxin, marked by red, swelling, burning, ulceration, putrefactive odor and terrible pain of the affected limbs, or fever, thirst, reddened tongue and rapid pulse; including such diseases with the above symptoms and signs as thromboangiitis obliterans and embolic phlebitis.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: Modified *Simiao Yongan Tang* was clinically used to treat 25 cases of thromboangiitis obliterans with the foci ail in the lower limbs. Drugs such as:

*Fu Zi* (Radix Aconiti Lateralis Preparata), *Gan Jiang* (Rhizoma Zingiberis), *Gui Zhi* (Ramulus Cinnamomi), *Ji Xue Teng* (Caulis Spatholobi), *Huang Qi* (Radix Astragali),
were added for the type of cold–deficiency. Drugs such as:

*Hong Hua* (Flos Carthami), *Tao Ren*, (Semen Persicae), *Ze Lan* (Herba Lycopi), *Wang Bu Liu Xing* (Semen Vaccariae).

were added for the type of *Qi*–stagnancy and blood–stasis. Drugs such as:

*Pu Gong Ying* (Herba Taraxaci), *Di Ding* (Herba Violae), *Huang Qin* (Radix Scutellariae), *Huang Bai* (Cortex



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Phellodendri), were added for the type of heat–toxin. Drugs such as:

*Dang Shen* (Radix Codonopsis), *Huang Qi* (Radix Astragali), *Bai Zhu* (Rhizoma Atractylodis Macrocephalae), were added and:

*Xuan Shen* (Radix Scrophulariae), *Jin Yin Hua* (Flos Lonicerae), were omitted for the type of deficiency of both *Qi* and blood. After the treatment, 10 cases were cured, 11 improved, 4 unimproved, the total effective rate reaching 84%.

33 cases of chronic hepatitis with a long history, bad long–term follow–up result and persistent positive HBsAg, of which 12 cases belonged to chronic persisting type and 21 the "chronic active" type, were treated with modified *Simiao Yongan Tan*, whose main ingredients were:

*Xuan Shen* (Radix Scrophulariae) 30 g, *Huang Qi* (Radix Astragali) 30 g, *Fu Ling* (Poria) 30 g, *Dang Gui* (Radix Angelicae Sinensis) 15 g, *Sheng Ma* (Rhizoma Cimicifugae) 15 g, *Ren Dong Teng* (Caulis Lonicerae) 60 g, *Bai Mao Gen* (Rhizoma Imperatae) 60 g, *Gan Cao* (Radix glycyrrhizae) 10 g.

In case of jaundice, the drugs added were:

*Yin Chen* (herba Artemisiae Scopariae), *Ku Shen* (Radix Sophorae Flavescentis).

In case of splenomegaly, the drugs added were:

*Ji Nei Jin* (Endothelium Corneum Gigeriae Galli), *Pao Shan Jia* (Squama Manitis Preparata).

In case of the spleen troubled by cold–dampness, the drugs added were:

*Gan Jiang* (Rhizoma Zingiberis), *Cang Zhu* (Rhizoma Atractylodis), *Bai Zhu* (Rhizoma Atractylodis Macrocephalae).



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In case of blood stasis, the drugs added were:

*Dan Shen* (Radix codonopsis), *Chuan Xiong* (Rhizoma Chuanxiong).

In case of severe bleeding, the drugs added were:

*Xian He Cao* (Herba Agrimoniae), *Shen San Qi* (Radix Notoginseng).

Taking 30 doses was referred to as 1 course of treatment. Vitamins were compatible used for all the cases, coenzyme Q10 for 2 cases. the result was: Remarkable effectiveness was shown in 25 cases, effectiveness in 6 cases, ineffectiveness in 2 cases, the total effective rate being 94%.

## 21.5 The Prescription of *Xihuang Wan*

Name: Pill of Cow-bezoare

Source: The book *Wai Ke Quan Sheng Ji*

Ingredients:

*Xi Huang* (Calculus Bovis) 3 g, *She Xiang* (Moschus) 15 g, *Ru Xiang* (Resina Olibani) 100 g, *Mo Yao* (Myrrha) 100 g, *Huang Mi Fan* (cooked glutinous millet) 100 g.

Explanation:

*Niu Huang: The principal drug, being sweet and bitter in flavor and cold in nature, clearing away heat and toxic material, eliminating phlegm and dispelling masses.*

*She Xiang* :Being pungent in taste and disperse in nature, not only promoting the circulation of blood and dispelling masses but also clearing and activating the channels and collaterals.

*Ru Xiang* and *Mo Yao:* Promoting the circulation of blood to remove blood stasis, subduing swelling and relieving pain.

*Huang Mi Fan:* Regulating and nourishing the stomach-*Qi*.



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Effect: Removing toxins, subduing swelling, resolving phlegm, dispelling masses, promoting the circulation of blood to eliminate blood stasis.

Indications: Breast carcinoma, swelling of a lymph node in the groin caused by veneral diseases, scrofula, subcutaneous nodule, multiple abscess, pulmonary abscess and small intestinal abscess, all due to accumulation of fire, phlegm and heat–toxin, marked by local large and small swollen masses as hard as stone and difficult to heal after festering, emaciation, or diffusing swollen pain, normal skin, or non–fixed faci, etc.

Administration: The first four ingredients are removed of oil and ground into fine powder. The powder and *Huang Mi Fan* are mixed together and pounded into pills. 9 g of the pills is taken each time, 3times daily.

Prolonged use of this prescription is not suggested and pregnant women are not allowed to taken it, for most of the drugs in it are pungent in flavor and disperse in nature.

Case Study: 1 case of tuberculosis of lymph nodes having failed to respond to antiphthisic drugs, manifested as infection and festering after being punctured, yellow water–like pus with something like residue from beans, was clinically treated with modified *Xihuang Wan*, whose main ingredients were:

*Kun Bu* (Thallus Laminariae), *Hai Zao* (Sargassum), *Xia Ku Cao* (Spica Prunellae), *Mu Li* (Concha Ostreae).

Meanwhile, *Wuxing Dan* and *Taohua Wubao Dan* were externally applied. Better curative effects were attained, the skin was not scarry and looked as normal as before.



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## 21.6 The Prescription of *Niubang Jieji Tang*

Name: Decoction of burdock Fruit for Expelling Pathogenic Factors from the Muscles

Source: The book *Yang Ke Xin De Ji*

Ingredients:

*Niu Bang Zi* (Fructus Arctii) 10 g, *Bo He* (Herba Menthae) 6 g, *Jing Jie* (Herba Schizonepetae) 6 g, *Lian Qiao* (Fructus Forsythiae) 10 g, *Shan Zhi* (Fructus Gardeniae) 10 g,*Dan Pi* (Cortex Moutan) 10 g, *Shi Hu* (Herba Dendrobii) 12 g, *Xuan Shen* (Radix Scrophulariae) 10 g, *Xia Ku Cao* (Spica Prunellae) 12 g.

Explanation:

*Niu Bang Zi:* The principal drug, being pungent and bitter in flavor and cold in nature, dispersing wind–heat in the head.

*Bo He* and *Jing Jie:* Relieving exterior syndrome by means of diaphoresis.

*Lian Qiao:* Clearing away heat and toxic material, dispelling masses and subduing swelling.

*Dan Pi, Shan Zhi* and *Xia Ku Cao:* Purging fire pathogen from blood.

*Xuan Shen:* Purging fire to remove toxins, working together with *Shi Hu* to nourish *Yin* and clear away heat.

Effect: Dispelling wind, clearing away heat, cooling blood and subduing swelling.

Indications: Carbuncle and swelling complicated by exterior syndrome due to wind–heat, marked by burning, red, swelling and pain caused by carbuncle on the skin, mild chills and high fever, little of sweating, thirst, deep–colored urine, or toothache,



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whitish or yellowish tongue, and floating rapid pulse; including such diseases with the above symptoms and signs as cervical lymphadenitis, periodontitis and influenza.

Administration: Decocted in water for oral dose to be taken twice.

## 21.7 The Prescription of *Haizao Yuhu Tang*

Name: Decoction of Seaweed for Resolving Hard Masses.

Source: The book *Yi Zong Jin Jian*

Ingredients:

*Hai Zao* (Sargassum) 3 g, *Kun Bu* (Thallus Laminariae) 3 g, *Ban Xia* (Rhizoma Pinelliae Preparata) 3 g, *Chen Pi* (Pericarpium Citri Reticulatae) 3 g, *Qing Pi* (Pericarpium Citri Reticulatae Viride) 3 g, *Lian Qiao* (Fructus Forsythiae) 3 g, *Bei Mu* (Bulbus Fritillariae) 3 g, *Dang Gui* (Radix Angelicae Sinensis) 3 g, *Chuan Xiong* (Rhizoma Chuanxiong) 3 g, *Du Huo* (Radix Angelicae Pubescentis) 3 g, *Gan Cao* (Radix Glycyrrhizae) 3 g, *Hai Dai* (kelp0 1.5 g,

Explanation:

*Hai Zao, Kun Bu* and *Hai Dai:* The principal drugs, being salty in flavor and cold in nature, resolving phlegm and softening masses.

*Qing Pi* and *Chen Pi:* Soothing the liver and activating the activity of *Qi.*

*Dang Gui, Chuan Xiong* and *Du Huo:* Promoting the circulation of blood to clear the channels so as to help dispel goiter.

*Bei Mu* and *Lian Qiao:* Dispelling masses and subduing swelling.

*Gan Cao:* Tempering the actions of all the other ingredients.



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Effect: Resolving phlegm, softening masses and dispersing goiter.

Indications: *Qi*–stagnancy and phlegm–accumulation due to incoordination between the liver and the spleen, marked by fixed goiter as hard as stone and with normal skin in the neck; including such disorders with the above symptoms and signs as cervical carcinoma, thyroid adenoma and thyroid enlargement.

Administration: Decocted in water for oral dose to be taken twice.

## 21.8 The Prescription of *Tounong San*

Name: Powder for Expelling Pus

Source: The book *Wai Ke Zheng Zong*

Ingredients:

*Huang Qi* (Radix Astragali) 12 g, *Dang Gui* (Radix Angelicae Sinensis) 6 g, *Chuan Shan Jia* (Squama Manitis) 3 g, *Zao Jiao Ci* (Spina Gleditsiae) 5 g, *Chuan Xiong* (Rhizoma Chuanxiong) 9 g.

Explanation:

*Huang Qi:* The principal drug, being sweet in flavor and slightly warm in nature, invigorating *Qi* and expelling pus.

*Dang Gui* and *Chuan Xiong:* Nourishing blood and promoting its circulation.

*Chuan Shan Jia* and *Zao Jiao Ci:* Clearing away heat and promoting the flow of *Qi*, softening masses and expelling pus.

small amount of liquor: Helping promote the flow of blood.

Effect: Expelling toxins and pus.

Indications: Syndrome due to inability to expel pus resulting from deficiency of vital–*Qi*, marked by swollen and painful carbuncle of abscess with pus formed and without festering and



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pus–spot or with severe distention and burning–pain; including various kinds of pyogenic infections with the above symptoms and signs.

·Administration: All the ingredients are decocted in water for the decoction. The decoction is divided into 2 portions. 1 portion is taken, or mixed with a small cup of liquor and then taken, each time.

## 21.9 The Prescription of *Yanghe Tang*

Name: Yang–activating Decoction

Source: The book *Wai Ke Quan Sheng Ji*

Ingredients:

*Shu Di* (Radix Rehmanniae Preparata) 30 g, *Rou Gui* (Cortex Cinnamomi) 3 g, *Ma Huang* (Herba Ephedrae) 2 g, *Lu Jiao Jiao* (Colla Cornus Cervi) 9 g, *Bai Jie Zi* (Semen Sinapis Albae) 6 g, *Jiang Tan* (Rhizoma Zingiberis Preparata) 2 g, *Gan Cao* (Radix Glycyrrhizae) 3 g.

Explanation:

*Shu Di:* The principal drug, being sweet in flavor and slightly warm in nature, tonifying *Ying* and nourishing blood.

*Lu Jiao Jiao:* Replenishing essence, supplementing marrow, strengthening the muscles and tendons, helping *Shu Di* to nourish blood.

*Pao Jiang* and *Rou Gui:* Warming the channels to promote the flow of *Qi* and dispel cold.

*Ma Huang:* Inducing diaphoresis to expel pathogenic factors in the superficies of the body.

*Bai Jie Zi:* Removing obstructed phlegm.

*Gan Cao:* Clearing away toxins and tempering the actions of



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all the other ingredients.

Effect: Warming up *Yang*, enriching blood, bispelling cold and removing stagnancy.

Indications: *Yin*–phlegmon resulting from cold–stasis due to *Yang* deficiency, marked by painful diffuse swelling without pus spot and burning sensation and with normal color of the skin, no thirst, pale tongue with whitish coating, and deep thready pulse including such diseases with the above symptoms and signs as bone tuberculosis, chronic osteomyelitis, rheumatoid arthritis and thromboangiitis obliterans.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: 60 cases of bone tuberculosis were clinically treated with *Yanghe Tang* and *Xihuang Wan* with the former as the principal prescription in which *Rou Gui, Pao Jiang* and *Bai Jie Zi* were used in large dose for *Yang*–deficiency. Both internal and external treatment were conducted for 5 months. X–ray proved that complete heal of bone and disappearance of clinical symptoms and signs were seen in 19 cases; stopping of bone destruction, partial bone absorption and relieving of clinical symptoms and signs were seen in 8 cases. Relieving of clinical symptoms and signs was seen in the other 33 cases, in which X–ray re–check was not carried out.

30 cases of ischiatitis were treated with modified *Yanghe Tang* for 10–20 days. Warm sensation, perspiration and relief of pain were usually seen after 1–2 doses were taken, remarkable relief of pain after 5–8 doses. The shorter the disease course and the severer the pain, the shorter the treating course the better the curative effects; the longer the disease and the milder the pain, the



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longer the treatment course and the worse the curative effects. During the treatment, no adverse reaction was found.

## 21.10 The Prescription of *Neibu Huangqi Tang*

Name: Decoction of astragalus for Internal Tonification

Source: The book *Wai Ke Fa Hui*

Ingredients:

*Huang Qi* (Radix Astragali) 10 g, *Mai Dong* (Radix Ophiopogonis) 10 g, *Shu Di Huang* (Radix Rehmanniae Preparata) 10 g, *Ren Shen* (Radix Ginseng) 10 g, *Fu Ling* (Poria) 10 g, *Gan Cao* (Radix Glycyrrhizae Preparata) 5 g, *Bai Shao* (Radix Paeoniae Alba) 5 g, *Yuan Zhi* (Radix Polygalae) 5 g, *Chuan Xiong* (Rhizoma Chuanxiong) 5 g, *Guan Gui* (Cortex Cinnamomi) 5 g, *Dang Gui* (Radix Angelicae Sinensis) 5 g, *Sheng Jiang* (Rhizoma Zingiberis Recens) 3 pieces, *Da Zao* (Fructus Jujubae) 1 dates.

Explanation:

*Huang Qi:* The principal drug, being sweet in flavor and slightly warm in nature, invigorating *Qi* and promoting muscle regeneration.

*Ren Shen, Fu Ling* and *Gan Cao:* Strengthening the spleen and invigorating *Qi.*

*Dang Gui, Shu Di, Bai Shao* and *Chuan Xiong:* Nourishing blood and tonifying the liver.

*Rou Gui:* Warming and supporting *Yang–Qi.*

*Mai Dong:* Nourishing *Yin* and reinforcing the heart.

*Yuan Zhi:* Relieving mental stress.

Effect: Invigorating *Qi* and blood, nourishing *Yin* and promoting muscle regeneration.



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Indications: Syndrome due to deficiency of both *Qi* and blood after carbuncle festering, marked by paining at the site of festering, lassitude, languor, poor appetite, mild insomnia, spontaneous sweating, dry mouth, or persistent fever, pale tongue with thin coating, and thready weak pulse; including such diseases with the above symptoms and signs as chronic ulcer and chronic osteomyelitis.

Administration: *Shu Di Huang* and *Dang Gui* are mixed with small amount of liquor, *Bai Shao* and *Yuan Zhi* are stir-fried separately. *Huang Qi* is parched with salt water. Then all the drugs are decocted in water for the decoction to be taken twice.

## 21.11 The Prescription of *Weijing Tang*

Name: Reed Stem Decoction

Source: The book *Bei Ji Qian Jin Yao Fang*

Ingredients:

*Wei Jing* (Rhizoma Phragmitis) 30 g, *Yi Yi Ren* (Semen Coicis) 30 g, *Dong Gua Ren* (Semen Benincasae) 24 g, *Tao Ren* (Semen Persicae) 9 g.

Explanation:

*Wei Jing:* The principal drug, being sweet in flavor and cold in nature, clearing away heat form the lung.

*Dong Gua Ren* and *Yi Yi Ren:* Clearing and resolving phlegm-heat, removing dampness and expelling pus.

*Tao Ren:* Promoting the circulation of blood to remove its stasis, moistening the intestines to induce bowel movement.

Effect: Clearing away heat form the lung to resolving phlegm, removing stasis and expelling pus.

Indications: Syndrome due to accumulation of heat-toxin in



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the lung and combination of phlegm and stasis, marked by pulmonary abscess, cough, low fever, viscid and fish-stench sputum in severe case, dull pain in the chest,squamous and dry skin, reddened tongue with yellowish greasy coating, and slippery rapid pulse; including such diseases with the above symptoms and signs as pulmonary abscess, lobar pneumonia, bronchiectasis and pulmonary emphysema.

Administration: Decocted in water for oral dose to be taken twice.

Case Study: *Weijing Tang* and modified *Jiegeng Tang* was clinically used to treat 12 cases of pulmonary abscess with all the cases cured except the one who did not carry the treatment through to the end. The length of treatment was 6–16 days, averaging 9.5 days.

200 cases of infantile acute bronchitis, of which 138 were mild ones, 62 were severe, the disease course averaging 1–2 days, were treated with modified *Weijing Tang*, Whose Main ingredients were:

*Xian Lu Geng* (fresh Rhizoma Phragmitis) 30 g, *Dong Gua Ren* (Semen Benincasae) 12 g, *Yi Yi Ren* (Semen Coicis) 12 g, *Tao Ren* (Semen Persicae) 4.5 g, *Xing Ren* (Semen Armeniacae Amarum) 4.5 g, *Qian Hu* (Radix Peucedani) 4.5 g, *Bai Qian* (Rhizoma Cynanchi Stauntonii) 4.5 g, *Su Zi* (Fructus Perillae) 6 g, *Lai Fu Zi* (Semen Raphani) 6 g, *Yu Hu Die* (Semen Oroxyli) 6 g, Dan Nan Xing (Arisaema cum Bile)3g.

The drugs were decocted in water for the decoction, The decoction was divided into 3–4 portions, 1 of which was taken warm each time, 3–4 times daily. For a big child, there was no need to divide the decoction into portions, he / she might take it



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at a draught. The result was: 169 cases were cured, 31 unimproved, the curative rate being 84.5%.

## 21.12 The Prescription of *Dahuang Mudan Tang*

Name: Rhubarb Moutan Decoction.

Source: The book *Jin Gui Yao Lue*

Ubgreduebts:

*Da Huang* (Radix et Rhizoma Rhei) 18 g, *Mu Dan Pi* (Cortex Moutan) 9 g, *Tao Ren* (Semen Persicae) 12 g, *Dong Gua Zi* (Semen Benincasae) 30 g, *Mang Xiao* (Natrii Sulfas) 9 g.

Explanation:

*Da Huang:* One of the principal drugs, removing accumulated heat from the intestines, clearing away heat and toxic material.

*Dan Pi:* The other principal drug, being bitter and pungent in flavor and cold in nature, clearing away heat in the blood.

*Mang Xiao:* Softening masses, dispersing stagnancy, assisting *Da Huang* in purging heat in the intestines.

*Tao Ren:* Being drastic in removing blood stasis, helping *Mu Dan Pi* and *Da Huang* to promote blood circulation and disperse blood stasis, and inducing bowel movement.

*Dong Gua Ren:* Clearing away damp–heat, expelling pus, resolving masses, relieving carbuncle.

Effect: Clearing away heat to remove blood stasis, resolving masses to subdue swelling.

Indications: Syndrome due to accumulation of damp–heat in the early stage of periappendicular abscess, marked by pain and tenderness in the right lower abdomen in which there are masses



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in severe case, scanty urine, intermittent fever, spontaneous sweating, aversion to cold, or crooked right foot which cannot be extended, and slippery rapid pulse; including such diseases with the above symptoms and signs as acute appendicitis, adnexitis, pelvic inflammation and infection after vasoligation.

Administration: Decocted in water for the decoction which is taken at a draught.

Case Study: *Dahuang Mudan Tang* was clinically used in this modified form to treat 100 cases of acute appendicitis, of which 9 cases were appendiceal perforation complicated by peritonitis, 7 cases were appendix mass. Antibiotics were added in 18 cases. All the cases were cured except one who was referred to surgery due to the critical condition of the diseases. The treatment course averaged 6.5 days.

*Dahuang Mudan Tang* plus:

*Cang Zhu* (Rhizoma Atractylodis), *Yi Yi Ren* (Semen Coicis), *Gan Cao* (Radix Glycyrrhizae),

was prescribed to treat 74 cases of local infection after vasoligation, marked by enlargement of testis, thick and hard spermatic cord which led to distending pain in the lower abdomen and discomfort in the loins, or dizziness, poor appetite, deep-colored and scanty urine, constipation, or the infection being mild only with local pain and discomfort. After the treatment, all the cases were cured.

An experiment on rabbits with *Dahuang Mudan Tang* plus:

*Dang Gui* (Radix Angelicae Sinensis), *Yin Hua* (Flos Lonicerae), *Lian Qiao* (Fructus Forsythiae), *Zhi Qiao* (Fructus Aurantii), *Jie Geng* (Radix Platycodi), *Gan Cao* (Radix Glycyrrhizae),



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has indicated that the decoction of above drugs can enhance the defentive ability of the reticuloendothelial system in the local part of the body or throughout the body.

## 21.13 The Prescription of *Yiyi Fuzi Baijiang San*

Name: Powder of Coix Seed, Mankshood and Patrinia

Source: The book *Jin Gui Yao Lue*

Ingredients: *Yi Yi Ren* (Semen Coicis) 30 g, *Fu Zi* (Radix Aconiti Lateralis Preparata) 6 g, *Bai Jiang Cao* (Herba Patriniae) 15 g.

Explanation:

*Yi Yi Ren:* The principal drug, being sweet and tasteless in flavor and slightly cold in nature, removing dampness and subduing swelling.

*Bai Jiang Cao:* Expelling pus and removing toxin.

*Fu Zi:* Being pungent in flavor and warm in nature, assisting *Yi Yi Ren* in removing cold–dampness and promoting the flow of *Qi.*

Effect: Expelling pus and subduing swelling.

Indications: Syndrome of accumulation of cold–dampness and stagnated blood due to periappendicular abscess, marked by suppurative periappendicular abscess no fever, squamous and dry skin, swollen and feeling soft abdominal skin, and rapid pulse, including such diseases with the above symptoms and signs as acute appendicitis complicated by suppuration, appendicular abscess and chronic appendicitis.

Administration: Decocted in water for oral dose to be taken twice (Taken originally in the form of powder).

Case Study: Modified *Yiyi Fuzi Baijiang San* and antibiotics were clinically used to treat 36 cases of appendicular abscess with



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the former as the main remedy, whose main ingredients were:

*Shu Fu Zi* (Radix Aconiti Lateralis Preparata) 1.5 g, *Yi Yi Ren* (Semen Coicis) 30 g, *Bai Jiang Cao* (Herba Patriniae) 30 g, *Tao Ren* (Semen Persicae) 9 g, *Hong Hua* (Flos Carthami) 9 g, *Guang Mu Xiang* (Radix Aucklandiae) 9 g.

In the first 3 days, 2 doses were used each day, 1 dose was taken 2 times. From the fourth day, 1 dose was taken each day and 2 times. While the decoction was taken, penicillin intramuscular injection of 800,000 units was conducted each day, 200,000 units each time. 35 cases in this group had their abscess eliminated, each averaging 5 days in the hospital. The rest 1 was operated on due to recurrent peritonitis, drainage being done.



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# 3
# 方　剂　学

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# 序

《英汉实用中医药大全》即将问世，吾为之高兴。

歧黄之道，历经沧桑，永盛不衰。吾中华民族之强盛，由之。世界医学之丰富和发展，亦由之。然而，世界民族之差异，国别之不同，语言之障碍，使中医中药的传播和交流受到了严重束缚。当前，世界各国人民学习、研究、运用中医药的热潮方兴未艾。为使吾中华民族优秀文化遗产之一的歧黄之道走向世界，光大其业，为世界人民造福，徐象才君集省内外精英于一堂，主持编译了《英汉实用中医药大全》。是书之问世将使海内外同道欢呼雀跃。

世界医学发展之日，当是歧黄之道光大之时。

吾欣然序之。

中华人民共和国卫生部副部长
兼国家中医药管理局局长
世界针灸学会联合会主席
中国科学技术协会委员
中华全国中医学会副会长
中国针灸学会会长

胡熙明

1989年12月



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# 序

中华民族有同疾病长期作斗争的光辉历程，故而有自己的传统医学——中国医药学。中国医药学有一套完整的从理论到实践的独特科学体系。几千年来，它不但被完好地保存下来，而且得到了发扬光大。它具有疗效显著、副作用小等优点，是人们防病治病，强身健体的有效工具。

任何一个国家在医学进步中所取得的成就，都是人类共同的财富，是没有国界的。医学成果的交流比任何其他科学成果的交流都应进行得更及时，更准确。我从事中医工作30多年来，一直盼望着有朝一日中国医药学能全面走向世界，为全人类解除病痛疾苦做出其应有的贡献。但由于用外语表达中医难度较大，中国医药学对外传播的速度一直不能令人满意。

山东中医学院的徐象才老师发起并主持了大型系列丛书《英汉实用中医药大全》的编译工作。这个工作是一项巨大工程，是一种大型科研活动，是一个大胆的尝试，是一件新事物。对徐象才老师及与其合作的全体编译者夜以继日地长期工作所付出的艰苦劳动，克服重重困难所表现出的坚韧不拔的毅力，以及因此而取得的重大成绩，我甚为敬佩。作为一个中医界的领导者，对他们的工作给予合力支持是我应尽的责任。

我相信《英汉实用中医药大全》无疑会在中国医学史和世界科学技术史上找到它应有的位置。

中华全国中医学会常务理事
山东省卫生厅副厅长

张奇文

1990年3月



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# 出版前言

中国医药学是我中华民族优秀文化遗产之一，建国以来由于党和国家对待中医药采取了正确的政策，使中医药理论宝库不断得到了发掘整理，取得了巨大的成绩。当前，世界各国人民对中国医药学的学习和研究热潮日益高涨，为促进这一热潮更加蓬勃的发展，为使中国医药学能更好地为全人类解除病痛服务，就必须促进中医中药在世界范围内的传播和交流，而要使这一传播和交流进行得更及时、更准确，就必须首先排除语言障碍。因此，编译一套英汉对照的中医药基本知识的书籍，供国内外学习、研究中医药时使用，已成为国内外医药学界和医药学教育界许多人士的迫切需要。

多年来，在卫生部门的号召下，在"中医英语表达研究"方面，已经作出了一些可喜的成绩。本书《英汉实用中医药大全》的编辑出版就是在调查上述研究工作的历史和现状的基础上，继续对中医药英语表达作较系统、较全面的研究，以适应中国医药学对外传播交流的需要。

这部"大全"的版本为英汉对照，共有21个分册，一个分册介绍论述中国医药学的一个分科。在编著上注意了中医药汉文稿的编写特色，在内容上注意了科学性、实用性、全面性和简明易读。汉文稿的执笔撰写者主要是有20年以上实践经验的教授、副教授、主任医师和副主任医师。各分册汉文稿撰写成后，均经各学科专家逐一审订。各分册英文主译、主审主要是国内既懂中医又懂英语的权威人士，还有许多中医院校的英语教师及医药卫生部门的专业翻译人员。英译稿脱稿后，经过了复审、终审，有些译稿还召开全国22所院校和单位人员参加的英译稿统稿定稿



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研讨会，对英译稿进行细致的研讨和推敲，对如何较全面、较系统、较准确地用英语表达中国医药学进行了探讨，从而推动整个译文达到较高水平，因此，这部"大全"可供中医院校高年级学生作为泛读教材使用。

这部"大全"的编纂得到了国家教育委员会、国家中医药管理局、山东省教育委员会、山东省卫生厅等各部门有关领导的支持。在国家教委高等教育司的指导下，成立了《英汉实用中医药大全》编译领导委员会。还得到了全国许多中医院校和中药生产厂家领导的支持。

希望这部"大全"的出版，对中医院校加强中医英语教学，对国内卫生界培养外向型中医药人才，以及在推动世界各国人民对中医药的学习和研究方面，都将产生良好的影响。

高等教育出版社

1990年3月



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# 前　言

《英汉实用中医药大全》是一部以中医基本理论为基础，以中医临床为重点，较为全面系统、简明扼要、易读实用的中级英汉学术性著作。它的主要读者是：中医药院校高年级学生和中青年教师，中医院的中青年医生和中医药科研单位的科研人员，从事中医对外函授工作的人员和出国讲学或行医的中医人员，西学中人员，来华学习中医的外国留学生和各类进修人员。

由于中国医药学为我中华民族之独有，因此，英译便成了本《大全》编译工作的重点。为确保译文能准确表达中医的确切含义，我们邀集熟悉中医的英语人员、医学专业翻译人员、懂英语的中医药人员乃至医古文人员于一堂，共同翻译，共同对译文进行研讨推敲的集体翻译法，这样，就把众人之长融进了译文质量之中。然而，即使这样，也难确保译文都能尽如人意。汉文稿虽反映了中国医药学的精髓和概貌，但也难能十全十美。我衷心地盼望读者能提出批评和建议，以便《大全》再版时修改。

参加本《大全》编、译、审工作的人员达200余名，他们来自全国28个单位，其中有山东、北京、上海、天津、南京、浙江、安徽、河南、湖北、广西、贵阳、甘肃、成都、山西、长春等15所中医学院，还有中国中医研究院，山东省中医药研究所等中医药科研单位。

山东省教育委员会把本《大全》的编译列入了科研计划并拨发了科研经费，山东省卫生厅和一些中药生产厂家也给了很大支持，济南中药厂的资助为编译工作的开端提供了条件。

本《大全》的编译成功是全体编译审者集体劳动的结晶，是各有关单位主管领导支持的结果。在《大全》各分册即将陆续出



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版之际，我诚挚地感谢全体编译审者的真诚合作，感谢许多专家、教授、各级领导和生产厂家的热情支持。

愿本《大全》的出版能在培养通晓英语的中医人才和使中医早日全面走向世界方面起到我所期望的作用。

主编　徐象才

于山东中医学院

1990年3月



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# 说　明

《方剂学》一书是《英汉实用中医药大全》的第3分册。

本分册分上、下两篇。上篇总论介绍了方剂与治法的关系、常用治法、方剂分类、组方原则、不同剂型的用法等方剂学基本知识。下篇各论按解表、泻下、和解、清热等21类介绍了233首基础方和常用方的出典、组成、用法、方解、功效、主治、临床应用，及部分方剂的现代药理研究成果。

本书既吸收了前人的经验，又精选了现代临床应用成果，并以词条的形式编写，具有重点突出、简明易读、理论联系实际、实用性强等特点，适于国内外各类临床医师和医科学生。

山东大学的吴正和副教授帮助校对过部分中药的拉丁学名。刘强、曹会来、张赭、郭静、孔健等帮助核对过英文稿中的部分中医术语。

编　者



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# 上篇　总　　论

## 1　方剂学

是阐明和研究方剂配伍规律及临床运用的一门学科，是临床各科的基础学科之一。

## 2　方剂与治法的关系

方剂是理、法、方、药的组成部分，是体现和完成治法的主要手段；治法是指导组方的原则。两者的关系是十分密切的。如症见恶寒发热，头痛身疼，无汗而喘，舌苔薄白，脉浮紧的风寒表实证。在确立辛温解表的治法之后，选择体现治法原则的麻黄汤方，即可说明方剂与治法的关系。

## 3　常用的治法

中医学的治法是丰富多彩的，早在《内经》里已载有许多治法。至汉末，张仲景又总结出一整套中医辨证论治的方法，对治法的理论和方法作了进一步的充实和发展。历代医学家根据丰富的治法内容，结合各自的临床应用，对治法进行了特点不同的分类，其中，清代的程钟龄提出的“汗、和、下、消、吐、清、温、补”八法，简明实用，切合临床，所以，这八法仍是现在临床上的常用治法。

## 4　汗法

是通过宣发肺气，调畅营卫，开泄腠理等作用，促进发汗，以达到通畅气血，调和营卫，透邪于表，祛除外邪的一种治法。



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汗法，除主要治疗外感六淫之邪的表证之外，还可用于麻疹初起、疹点隐隐不透、水肿病腰以上肿甚、疮疡初起而有寒热表证，以及病邪由里出表，需要透邪外达，或需先除表证者。

由于病证有寒热，邪气有兼夹，体质有强弱，故汗法又分辛温、辛凉两大类，以及与补法、消法等相结合的治法。

## 5 吐法

是通过引起呕吐，使停留于咽喉、胸膈、胃脘等部位的痰涎、宿食或毒物从口中排出的一种治法。吐法适用于咽喉痰涎壅阻，或顽痰停滞胸膈，或宿食留滞胃脘，或误食毒物尚在胃中等。吐法虽有一定疗效，但因刺激咽喉、胃脘引起呕吐，最容易耗损正气；又因患者多不愿意接受吐法治疗，所以后世医学家只在患者病情剧急，病位在上，急须迅速吐出实邪的情况下采用吐法.除此，则很少应用.

## 6 下法

是通过荡涤肠胃，泻下大便或积水，使停留于肠胃的宿食、燥屎、实热、冷积、瘀血、痰结、停水等从下窍而去，以解除疾病的一种治法。下法适用于大便不通，燥屎内结，热结便秘，停痰留饮，瘀血内蓄等邪在肠胃而邪正俱实之证。

由于病证有寒热，正气有虚实，病邪有兼夹，所以下法又有寒下、温下、润下、逐水、攻补兼施之别，以及与其他治法的配合运用。

## 7 和法

是通过和解或调和作用，以达到消除病邪的一种治法。和解是指和里解表之意，调和是指协调人体阴阳和调整脏腑功能之意。所以，伤寒邪在少阳的半表半里之证、肝脾不和、肝胃不和、气血不和、营卫不和等均可使用和法。和法所分具体治法，



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以和解少阳，调和肝脾，调和肝胃等治法为临床常用。

## 8 温法

是通过温阳、祛寒、回阳、通络等作用，使寒邪去，阳气复，经络通，血脉和，用于治疗里寒证的一种治法。温法，或用于外寒直入于里，或用于药误损伤阳气，或用于元阳不足而内生寒邪。所以，温法在分类上有温中祛寒，回阳救逆和温经散寒的区别。虚与寒常常并存，故温法又多与补法配合运用。

## 9 清法

是通过清解热邪的作用，以治里热证的一种治法。清法适用于里热证，尤其在温病中常用。根据里热证中有热在气分、营分、血分，热甚成毒，以及热在脏腑之分，因而清法又有清气分热，清营凉血，气血两清，清热解毒，以及清脏腑热等不同。

由于火热之邪易于伤津耗液，大热又能伤气，所以在清热药中常配伍生津、益气之品。若温病后期，热灼阴伤，或久病阴虚而热伏于里的，又当清法与滋阴并用。

## 10 消法

是通过消食导滞和消坚散结作用，对气、血、痰、食、水、虫等积聚而成的有形之结，使之渐消缓散的一种治法。从广义来讲，祛痰法、祛湿法、驱虫法、理气法和理血法等都属于消法的范畴。但目前常用的消法，一般指消食导滞和消痞散积，多用于治疗饮食积滞和气血积聚之症瘕痞块等证。

## 11 补法

是针对人体气血阴阳，或某一脏腑的虚损，给以滋养和补益的一种治法。补法的作用，在于补益人体气血阴阳的不足，协调阴阳的偏胜，使之归于平衡。在正气虚弱不能抗邪或祛除余邪



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时，亦可用补法扶助正气，达到扶正祛邪的目的。根据虚衰的不同，补法有补阴，补阳，补气，补血，补心，补肝，补脾，补肺，补肾等分类。但常用的补法，以补气，补血，补阴，补阳，以及阴阳并补，气血双补为主。

## 12 方剂的分类

方剂的分类方法很多，其中主要有“七方”说、“十剂”说，按病证分，按临床各科分，按脏腑分，按治法分和综合分类等。“七方”说始于《内经》，主要是根据病情，病位，病势，药味等不同情况，作为方剂分类的依据，把方剂分为大、小、缓、急、奇、偶、复七类。“十剂”说始于北齐徐之才，是按药物功用归类的一种方法，具体内容分“宣”，“通”，“补”，“泄”，“轻”，“重”，“滑”，“涩”，“燥”，“湿”十种。后经宋代赵佶添以“剂”字，称为“十剂”。按病证分类方剂的代表著作有《五十二病方》、《太平圣惠方》、《普济方》等。按临床各科分类方剂的代表著作有《妇人婴儿方》等。按脏腑分类方剂的代表著作有《千金备急要方》、《外台秘要》、《三因病证极一方论》等。按治法分类方剂的见于《景岳全书·古方八阵》。按综合法分类方剂的见于清代汪昂著的《医方考》，分为补养，发表，涌吐，攻里，表里，和解，理气，理血，祛风，祛寒，清暑，利湿，润燥，泻火，除痰，消导，收涩，杀虫，明目，痈疡，经产，救急等二十二剂。这种分类，既有治法，又有病因，并照顾到方治有专科，概念比较清楚，切合临床应用，现在大多借鉴汪氏分类法。本书根据全国中医学院中医专业教材的分类，将在下篇各论中，按解表，泻下，和解，清热，祛暑，温里，表里双解，补益，安神，开窍，固涩，理气，理血，治风，治燥，祛湿，祛痰，消导化积，驱虫，涌吐，痈疡等二十一剂，进行简明扼要地介绍，以便学习、掌握和应用。



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## 13 方剂的组成

是在单方专药治病经验的基础上，根据辨证论治的原则和治法的需要，将药物有机地配合而组成的。其目的首先在于增强或综合药物的作用，以提高原有的疗效；其次，随证合药，以扩大治疗范围。此外，还可以监制药物的烈性或毒性，以消除对人体的不良作用。

## 14 组方原则

古人将组方原则归纳并简称为"君、臣、佐、使"，今人则改称为"主、辅、佐、使"，这是对组方原则具体、生动的表述。

主药，是针对病因或主证而起主要治疗作用的药物。辅药，是协助主药以加强治疗病因或主证，并针对相兼病因或兼证起主要治疗作用的药物。佐药，即配合主、辅药以加强治疗作用，或直接治疗次要症状；用以消除或减弱主、辅药的毒性，或制约主、辅药峻烈之性。因病重邪甚，可能拒药时，配用与主药性味相反而又能在治疗中起相成作用的药物。使药，是引方中诸药至病所，或调和方中诸药的药物。

## 15 组方的变化

方剂的组成，虽有一定的原则，但在临床应用时，须根据病情的缓急，体质的强弱，年龄的大小，气候的寒温，水土的宜忌等不同，予以灵活地加减化裁。临床上，依照治法选用成方，又根据具体病情化裁，大致有药味加减、药量加减和剂型更换三种变化形式。

## 16 药味加减的变化

临床上选用成方之后，尚须根据病情增加或减少药物，其目的是使之更加适于对病情的治疗。由于方中药味的加减，可出现



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以下三种变化。一是在主药、主证不变的情况下，根据次要症状或兼症的不同，加减方中的次要药味，以适应新的病情需要。例如，桂枝汤主治表现为发热、恶风寒、头痛、脉浮缓等的风寒表虚证，若兼有喘咳者，则加厚朴、杏仁，名为桂枝加厚朴杏子汤，兼以降逆平喘；若因误下而兼见脉促、胸满者，则减去性凉阴柔的芍药，宣阳气上升外达，名为桂枝去芍药汤，以消除胸满，并有利于解肌散邪。二是由于加减方中的药味，主药、主治发生了改变，方名亦随之改变。例如，桂枝汤去生姜，加当归、细辛、通草，主药变为当归、芍药，方名则为当归四逆汤，主治亦改变为治厥阴伤寒的手足厥寒、脉细欲绝之证。三是方剂的主药不变，而配伍药改变，其主治功效也随之改变。例如，苦寒清热的黄连，配伍辛温降逆的吴茱萸，名左金丸，主治肝经郁火的胁肋胀痛，若黄连配伍行气止痛的木香，名香连丸，则主治湿热痢疾。

## 17 药量加减的变化

方中药物不变，只增减药量，可改变方剂的主药、主治和方剂的药力，以及扩大其治疗范围。由于方中药量的加减，可出现以下三种变化。一是改变主药和主治，如小承气汤与厚朴三物汤，方中均用大黄、枳实、厚朴，但小承气汤治阳明腑实证，病机是热结阳明，所以用大黄 12 克（主药），枳实 9 克，厚朴 6 克；厚朴三物汤主治大便秘结，腹满而痛，病机是气闭不通，所以用厚朴 24 克（主药），枳实 15 克，大黄 12 克。两方相比，厚朴用量相差为 1∶4，大黄用量虽同，但小承气汤煎分 2 次服，厚朴三物汤煎分 3 次服，每次实际服量亦有差别。二是改变药力，如四逆汤与通脉四逆汤均用附子、干姜、炙甘草，但前方干姜、附子用量比较小，主治阴盛阳微而致四肢厥逆，恶寒蜷卧，下利，脉微细或沉迟细弱的证候，有回阳救逆的功用；后方干姜、附子用量大，主治阴盛格阳于外而致四肢厥逆，身反不恶



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寒，下利清谷，脉微欲绝的证候，有回阳逐阴，通脉救逆的功用。三是扩大治疗范围，如桂枝加芍药汤，其主药仍是桂枝，倍加芍药以缓急止痛，主治桂枝汤证兼腹满时痛。

## 18 方剂的剂型

剂型是根据临床使用中草药治疗各种疾病的不同需要，将药物制成一定大小和不同形状的制剂，以更好地发挥药效。中药剂型是我国历代医药家长期和疾病作斗争不断积累经验的结果，如《内经》十三方中，就有汤、丸、散、膏、酒等剂型。继《内经》之后，剂型又有了发展，如出现了饮、露、锭、饼、条、线，还有熏烟、熏洗、滴耳、灌肠、灌鼻、坐药等剂型。目前中药制剂的制作方法，既保留了传统的好方法，又吸取了现代制作的方法，制成了许多新的剂型，如针剂、片剂、糖浆剂、浸膏、流浸膏、冲剂，以后橡皮膏等，以满足临床各科治疗的需要。

## 19 剂型更换的变化

根据病情的需要，将同一个方剂的剂型改变，其治疗作用也会随之而发生变化。例如，理中丸由干姜、白术、人参、甘草各90克组成，炼蜜为丸如鸡子黄大，治中焦虚寒，腹泻不止，呕吐腹痛，舌淡苔白，脉沉迟少力者。若治上焦阳虚而致的胸痹，症见心中痞闷，胸满，胁下有气上逆抢心，四肢不温，少气懒言，脉沉细等，即用上四味各9克煎汤分3次服。这是根据病位有中上之别，病势有轻重之异，一取丸剂缓治，一取汤剂急治。

## 20 汤剂

把药物配齐后，加水浸透，煎煮一定时间后，去滓取汁，称为汤剂。一般作内服用，如麻黄汤、大承气汤等。汤剂的特点是吸收快，能迅速发挥疗效，而且便于加减使用，能较全面、灵活地照顾到每一个病人或各种病证的特殊性，是中医过去和现在临



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床使用最广泛的一种剂型。

## 21 散剂

是将药物碾研，成为均匀混合的干燥粉末，有内服和外用两种。内服散剂末细量少，可直接冲服，如七厘散；亦有研成粗末，临用时加水煮沸取汁服，如香苏散等。外用散剂一般作为外敷、掺撒疮面或患病部位，如生肌散、金黄散等；亦有作点眼、吹喉等外用的，如冰硼散等。散剂有制作简便，便于服用携带，吸收较快，节省药材，不易变质等优点。

## 22 丸剂

是将药物研成细末，以蜜、水或米糊、面糊、酒、醋、药汁等作为赋型剂制成的圆形固体剂型。丸剂吸收缓慢，药力持久，体积小，服用、携带、贮存都比较方便，也是一种常用的剂型。丸剂一般适用于慢性、虚弱性疾病，如归脾丸、人参养荣丸等；亦有用于急救，因方中含有芳香药物，不宜加热煎煮，如安宫牛黄丸、苏合香丸等。某些有毒或峻猛药品，为了使其缓和地发挥药效，亦做成丸剂。

临床常用的丸剂有蜜丸、水丸、糊丸、浓缩丸。蜜丸性质柔润，作用缓和，并能矫味，且具有补益作用，适用于慢性病。水丸吸收快，丸粒小，易于吞服，适用于多种疾病。糊丸内服后在体内缓慢吸收，即可延长药效，又能减少某些刺激性强的药物对胃肠道的刺激，故毒性较大、刺激性强的药物宜制糊丸。浓缩丸有效成分高，体积小，剂量少，易于服用，适用于治疗各种疾病。

## 23 膏剂

是将药物用水或植物油煎熬浓缩而成的剂型。有内服和外用两种，内服膏有流浸膏、浸膏、煎膏3种；外用膏有软膏和硬膏



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两种。

流浸膏，一般 1mL 的有效成分相当于 1 克药材，有效成分含量较酊剂高，溶媒的副作用小，剂量亦小，如甘草流浸膏、益母草流浸膏等。浸膏，每 1 克浸膏约相当 2～5 克药材，不含溶媒，没有溶媒的副作用，浓度高，体小，剂量小。半固体的软浸膏，如毛冬青浸膏等，多供制片或制丸用，干燥细粉为干浸膏，如紫珠草浸膏、龙胆草浸膏等，可直接冲服或装入胶囊服用。煎膏，又称膏滋，体积小，便于服用，又含有大量蜂蜜或糖，味甜而营养丰富，有润补作用，适合久病体虚者服用，如参芪膏、枇杷膏等。软膏，又称药膏，是常温下半固体外用制剂，有一定的粘稠性，涂于皮肤或粘膜能渐渐软化或溶化，有效成分可被缓慢吸收，适用于外科疮痈肿疖等病，如三黄散软膏、穿心莲软膏等。硬膏，又称膏药，常温时呈固体状态，用法简单，携带、贮藏方便，在 36～37℃时则溶化，外敷可起到局部或全身的治疗作用，同时亦有机械性保护作用，适用于跌打损伤、风湿痹痛和疮疡等疾病，如风湿跌打止痛膏、狗皮膏等。

## 24 丹剂

多指用含汞、硫黄等矿物经过加热升华而成的剂量小、作用大的一种化合制剂。有内服和外用两种，一般多外用，供外科使用，如红升丹、白降丹等。某些较贵重的药物，或用特殊功效的药物剂型，习惯上亦称为丹。所以丹没有固定的剂型，如黑锡丹、至宝丹等，此类多供内服。

## 25 酒剂

酒作溶媒用。一般以白酒或黄酒浸制药物，或加温同煮，去滓取液，供内服或外用。此剂多用于体虚补养、风湿疼痛或跌打扭伤等，如十全大补酒、风湿药酒。



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## 26 灸剂

是将艾叶捣碎如绒状，捻成一定大小的形状后，置于体表的某些俞穴或患部，点燃熏灼，使之发生温热或灼痛感觉，以达到预防或治疗作用的一种外用剂型。

## 27 冲服剂

是将中药提炼成稠膏，加入适量糖粉及其他辅料（淀粉、山药粉、糊精等）充分拌匀，揉搓成团状，通过 10～12 目筛，制成颗粒，再将颗粒置于 40～60℃温度中干燥，干燥后过 8～14 目筛，使其均匀，一般用塑料袋包装避潮。冲服剂作用迅速，体积小，重量轻，易于携带，服用简便，适用于多种疾病，如咳露冲剂、感冒冲剂等。

## 28 煎药的方法

正确地煎药方法，可使药物充分地发挥药效。煎药用具不宜有锡、铁锅等金属器皿煎煮，宜选用陶瓷砂锅，以避免药物发生沉淀、降低溶解度和产生副作用。煎药用水，除处方中有特殊规定外，一般以水质纯净为原则，如自来水、蒸馏水或甜井水等。用水量，一般以水面漫过药物 3cm 左右为宜。煎药用火的急慢，称为火候，急火煎之谓武火，慢火煎之谓文火，一般先用武火，煎沸后改用文火。

煎药的具体方法和步骤，是在煎药前，先将药物放入容器内，加冷水漫过药面，浸透后再煎煮，则有效成分易于煎出。煎药时不宜频频打开锅盖，以尽量防止气味走失，减少挥发成分外溢。煮沸后宜改用微火，以免药液溢出及过快熬干。对解表、清热、芳香类药，宜武火急煎，以免药性挥发，药效降低或改变。厚味滋补药，宜文火久煎，使药效尽出。若将药物煎糊，必须弃去，不可加水再煎服。某些煎法较为特殊的药物，在处方中须注



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明，介壳类、矿石类药物，因质坚而难煎，应打碎先煎，如龟板、鳖甲、代赭石、石决明、生牡蛎、生龙骨、生石膏等，应先煮沸约 10～20 分钟，再下其他药；气味芳香类药易于挥发有效成分，宜在其他药物煎好前 5 分钟左右投入，以防药效走散，如薄荷、砂仁等。为防止药液混浊及减少对消化道、咽喉的不良刺激，某些药需用薄布将药包好，再放入锅内煎煮，如赤石脂、滑石、旋复花等。某些贵重药，为了减少同煎时被其他药物吸收，可另炖或另煎，如人参，应切成小片，另炖 1 小时以上。胶质、粘性大而且易溶的药物，同煎则易粘锅煮焦，且粘附他药而影响药效，用时应单独加沸水溶化，或加入去渣的药液中微煮溶解，如阿胶、鹿角胶、饴糖等。散剂、丹剂、小丸、自然汁，以及某些芳香或贵重药物，需要冲服，如牛黄、麝香、沉香末、田三七等。

## 29 服药的方法

包括服药时间和服药方法。服药时间，一般宜在饭前约 1 小时服，对胃肠有刺激的宜在饭后服，滋腻补益药宜空腹服，治疟药物宜在发作前 2 小时服，安神药宜在睡前服，急证不拘时间，慢性病服丸、散、膏、酒者应定时。

服药方法，一般 1 日 1 剂，分 2 次服或 3 次服。病情急的一次顿服。恶逆、呕吐或吞咽困难者，宜量少而频服。根据病情也可 1 日连服 2 剂，以增强药力。汤剂一般多宜温服。解表药服后须温覆避风，使身体出微汗。热证用寒药，宜热服，但有寒热错杂时，服药后可出现呕吐．如系真寒假热，则宜热药冷服；如系真热假寒，则宜寒药热服。服药呕吐，一般宜加入少许姜汁，或用鲜生姜擦舌，或嚼少许陈皮，然后再服汤药；或用冷服，少量频饮的方法。如遇昏迷病人，吞咽困难者，可用鼻饲法给药。使用峻烈或毒性药，宜先进小量，逐渐增加，有效即止，慎勿过量，以免发生中毒。



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# 下篇　各　论

## 第1章　解表剂

### 1.1　解表剂

由解表药为主组成，具有发汗、解肌、透疹等作用，以治疗表证的方剂，统称解表剂。六淫之邪侵入肌表，所致恶寒，发热，头痛，身疼，脉浮，以及麻疹、疮疡、水肿等初期见有表证者，均可选用解表剂。六淫有寒热之异，人体有虚实之别，因而解表剂可分为辛温解表、辛凉解表和扶正解表3类，分别适用于表寒证、表热证和体虚感邪而致的表证。

解表剂多为辛散之品，不宜久煎。用药后宜避风寒，以保暖取微汗为佳，但不宜过汗。气候炎热、老幼、体弱者用量宜轻。兼里证者，可用表里双解，或先表后里。单纯里证，不可用解表剂；服药期间宜禁用生冷、油腻之品。

### 1.2　辛温解表剂

是以辛温解表的药物为主组成的方剂。适用于外感风寒表证。症见恶寒发热，头项强痛，肢体酸疼，口不渴，无汗或有汗，舌苔薄白，脉浮紧或浮缓等。常用的药有麻黄、桂枝、荆芥、防风、苏叶等。代表方剂有麻黄汤、桂枝汤、小青龙汤、九味羌活汤等。



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## 1.3 麻黄汤

出自《伤寒论》。由麻黄 6 克，桂枝 4 克，杏仁 9 克，炙甘草 3 克组成。水煎分 2 次服。方中麻黄味苦辛性温，发汗解表，宣肺平喘，为主药。桂枝发汗解肌，温经散寒，既助麻黄发汗解表，又除肢体疼痛。杏仁宣畅肺气，助麻黄平喘，炙甘草调和诸药。共奏发汗解表，宣肺平喘之功。主治风寒表实证。症见恶寒发热，无汗而喘，头痛身疼，舌苔薄白，脉浮紧。现常用于感冒、流行性感冒、支气管炎、支气管哮喘等病具有上述症状者。本方是发汗峻剂，凡气、血、津、液偏虚者，皆当禁用。临床曾应用麻黄汤治疗青年矿工流行性感冒，症见恶寒发热，寒热俱甚，头痛身疼，鼻塞流涕，无汗，脉浮紧等，一般服 2～3 剂，汗出热退而愈；曾运用麻黄汤合四物汤加减治疗儿童银屑病 10 例，分别服 4～49 剂，平均 19 剂，2 例痊愈，5 例基本痊愈，2 例显著进步，1 例进步。

## 1.4 桂枝汤

出自《伤寒论》。由桂枝 9 克，芍药 9 克，炙甘草 6 克，生姜 9 克，大枣 3 枚组成。水煎分 3 次服，服后宜饮热稀粥或开水，复被取微汗。方中桂枝味辛甘性温，解肌发表，温经散寒，为主药。芍药益阴敛营，与桂枝相合，可使营卫调和，生姜辛温，既助桂枝解肌，又暖胃止呕，大枣甘平，益气补中，滋脾生津，炙甘草益气和中，合桂枝以解肌，配芍药以益阴，且调和诸药。共奏解肌发表，调和营卫之功。主治风寒表虚证。症见头痛发热，汗出恶风，鼻鸣干呕，苔白不渴，脉浮缓。现常用于感冒、风湿性关节炎、心脏病、肾炎等病具有上述症状者。本方禁用生冷油腻之品。临床应用桂枝汤治疗发烧 20 余日 / 例，症见发热（体温 38℃），汗出，困倦，纳差，头昏，口不渴，苔白，脉浮。用本方 1 剂则热退病愈。运用桂枝汤加葶苈、蝉脱治疗过



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敏性鼻炎 20 例，除 2 例疗效不显和 4 例复发外，其余 14 例均愈，最少服 2 剂，最多服 14 剂。

## 1.5 九味羌活汤

引自《此事难知》。由羌活 5 克，防风 5 克，苍术 5 克，细辛 1 克，川芎 3 克，白芷 3 克，生地黄 3 克，黄芩 3 克，甘草 3 克组成。水煎分 2 次服。方中羌活味辛苦性温，上行发散，可除肌表的风寒湿邪，为主药。防风、苍术发汗祛湿，助羌活解表，细辛、川芎、白芷散风寒，宣湿痹，行气血，黄芩泄气分之热，生地泄血分之热，既治兼证之热，又制辛温之燥。甘草调和诸药。共奏发汗祛湿，兼清里热之功。主治外感风寒湿邪，内兼里热之证。症见恶寒发热，肌表无汗，头痛项强，肢体酸楚疼痛，口苦而渴。现常用于感冒、流行性感冒、风湿性关节炎等病具有上述症状者。临床应用九味羌活汤加减治疗感冒 120 例，症见恶寒发热，寒多热少，头痛，肢体酸痛，有效者 112 例，占 93.33%。运用九味羌活汤加减治疗急性荨麻疹 152 例，对风寒型、风热型伴湿邪者皆有效。基本方由羌活 10 克，防风 6 克，炒苍术 6 克，细辛 1.5 克，川芎 6 克，白芷 6 克，生地黄 10 克，炒黄芩 6 克，甘草 6 克，生姜 2 片，葱白 3 枚组成。其中 119 例服 3 剂痊愈，15 例服 5 剂痊愈，10 例服 7 剂痊愈，6 例反复发作者，服 10 剂症状好转，2 例无效。

## 1.6 小青龙汤

出自《伤寒论》。由麻黄、芍药、细辛、干姜、炙甘草、桂枝、五味子、半夏各 9 克组成。水煎分 3 次服。方中麻黄、桂枝发汗解表，宣肺平喘，均为主药。干姜、细辛温肺化饮，兼助麻黄、桂枝解表，五味子敛气，芍药养血，半夏祛痰和胃而降逆，炙甘草益气和中，调和诸药。共奏解表蠲饮，止咳平喘之功。主治风寒客表，水饮内停。症见恶寒发热，无汗，喘咳，痰多而



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稀，不得平卧，或身体疼重，头面四肢浮肿，舌苔白滑，脉浮。现常用于慢性气管炎、支气管哮喘、老年性肺气肿等病具有上述症状者。本方辛燥，若干咳无痰，或痰稠而黄，口燥咽干者不宜使用。临床应用重剂小青龙汤治疗顽固性过敏性支气管哮喘6例，证属外寒内饮，长期服用氨茶碱、舒喘灵、强的松、地赛米松等均无效。基本方由炙麻黄15克、桂枝9克、五味子9克、干姜9克，制半夏30克，白芍30克，细辛6～9克，甘草9～15克组成。6例服本方半小时至2小时内哮喘即平，听诊两肺哮鸣音大减或基本消失，服完2、3剂病情趋向稳定，逐渐减本方剂量，经治疗后体症消失，6例哮喘基本控制。运用小青龙汤加猪苓、茯苓、泽泻、附子、款冬、白术等品，治疗全身浮肿，胸满气喘，舌淡苔白，脉弦滑而患病多年的病例，经服约30余剂而愈。

小青龙汤加减煎液注射，对麻醉猫的支气管痉挛有明显的解痉作用。

## 1.7 大青龙汤

出自《伤寒论》。由麻黄12克，桂枝4克，炙甘草5克，杏仁6克，石膏12克，生姜9克，大枣3枚组成。水煎分3次服。方中麻黄味苦辛性温，发散风寒，为主药。桂枝解肌发表，助麻黄发汗。石膏辛寒，既助麻黄辛散外邪，又能清里热。杏仁润肺止咳，姜枣既助宣发，又培中气。甘草和中，调和诸药。共奏发汗解表，清热除烦之功。主治风寒表实兼有里热之证。症见发热恶寒，寒热俱重，身疼痛，无汗而烦燥，脉浮紧。现常用于重感冒、急性支气管炎、支气管肺炎、大叶性肺炎等病具有上述症状者。本方是发汗峻剂，得汗宜止后服；凡自汗表虚者，宜禁用。临床应用大青龙汤治疗外感所致的发烧1例，症见恶寒，高热39.5℃，无汗烦燥，咳嗽，头、身疼痛，舌苔薄白，脉浮数，服1剂后寒热即退；服2剂而病愈。



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## 1.8 辛凉解表剂

是以辛凉解表药物为主组成的方剂。适用于外感风热表证。症见发热，有汗，微恶风寒，头痛，口渴，咽痛，或咳嗽，舌苔薄白或微黄，脉浮数等。常用的药有薄荷、牛蒡子、桑叶、菊花、葛根等。代表方剂有桑菊饮、银翘散、麻黄杏仁甘草石膏汤等。

## 1.9 桑菊饮

出自《温病条辨》。由桑叶 7.5 克，菊花 3 克，杏仁 6 克，连翘 5 克，薄荷 2.5 克，桔梗 6 克，甘草 2.5 克，芦根 6 克组成。水煎分 2 次服。方中桑叶味苦甘性寒，清透肺络之热，菊花味辛甘苦，性微寒，清散上焦风热，均为主药。薄荷助散上焦风热，桔梗、杏仁一升一降，宣降肺气以止咳。连翘清透膈上之热。芦根清热生津止渴，甘草调和诸药。共奏疏风清热，宣肺止咳之功。主治风温初起。症见咳嗽，身热不甚，口微渴。现常用于流行性感冒、急性支气管炎、急性扁桃体炎、流行性结膜炎等病具有上述症状者。临床应用桑菊饮加减治疗流行性感冒 50 例，症见发热恶寒，头痛，鼻塞流涕，咳嗽，食欲不振等。86.5%病例服药 2 天即完全退热，一般症状减轻，绝大部分病例 4 天内痊愈。用桑菊饮加减治疗百日咳 11 例，发病最短者 10 天，最长者 34 天，平均为 18.6 天，经服药后均治愈，最少服 8 剂，最多服 14 剂，平均为 10.2 剂。

## 1.10 银翘散

出自《温病条辨》。由连翘 9 克，银花 9 克，苦桔梗 6 克，薄荷 6 克，竹叶 4 克，生甘草 5 克，荆芥穗 5 克，淡豆豉 5 克，牛蒡子 9 克，鲜芦根 18 克组成。水煎分 2 次服（原作散剂）。方中银花味甘性寒，连翘味苦性微寒，两药既轻宣透表，又清热解



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毒，均为主药。荆芥穗、豆豉辛温，助银花、连翘开皮毛而逐表邪。牛蒡子、桔梗宣肺利咽，甘草清热解毒，竹叶清上焦热，芦根清热生津。共奏辛凉透表，清热解毒之功。主治温病初起，风热表证。症见发热，微恶风寒，口渴，舌红苔薄白，脉浮数。现常用于麻疹、流行性感冒、急性化脓性扁桃体炎、乙型脑炎、腮腺炎等病具有上述症状者。临床应用银翘散袋泡剂治疗急性上呼吸道感染25例，银翘散袋泡剂含生药2克，入有盖杯中开水浸泡3～5分钟后服用，每次2～4包，日3次，25例中含并妊娠2例，风心病、心衰1例。症见发热畏寒，头身痛，喉咽痛，苔薄白，脉浮数，临床治愈23例，占90.2%，退热时间8～72小时，平均35小时；运用银翘散加味治疗爆发性剧烈风疹400例，在400例患者中，除5例因并发腮腺炎、牙周围炎、脑膜炎、心肌炎等无效外，其余服2～5剂而全部治愈。

## 1.11 麻黄杏仁甘草石膏汤

出自《伤寒论》。由麻黄5克，杏仁9克，炙甘草6克，石膏18克组成。水煎分2次服。方中麻黄味苦辛性温，宣肺平喘，为主药。石膏辛甘大寒，且用量倍于麻黄，使宣肺而不助热，清肺而不留邪。杏仁降肺气，助麻黄、石膏清肺平喘。炙甘草既益气和中，又合石膏而生津止渴，尚能调和寒温宣降。共奏辛凉宣泄、清肺平喘之功。主治风热袭肺，或风寒郁而化热，热壅于肺之证。症见身热不解，咳逆气急鼻煽，口渴，有汗或无汗，舌苔薄白或黄，脉滑而数。现常用于急性气管炎、大叶性肺炎、小儿支气管肺炎、猩红热、荨麻疹、慢性气管炎、支气管哮喘等病具有上述症状者。临床应用加味麻杏石甘汤治疗小儿肺风痰喘178例，基本方由葱白、豆豉、麻黄、石膏、甘草、桑白皮、浙贝母、川朴、瓜蒌、连翘、赤豆组成。其中治愈149例，占总人数83.7%，有效20例，占总人数11.2%，无效9例，占总人数5.1%。运用麻杏甘石汤治疗小儿肺炎30例，症见发



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热，气喘咳嗽，咽痛等，其中治愈 26 例，显效 1 例，病情好转 3 例，有效率 100%。

## 1.12 升麻葛根汤

出自《闫氏小儿方论》。由升麻 3 克，葛根 3 克，芍药 6 克，炙甘草 3 克组成。水煎分 3 次服。方中升麻味辛甘性微寒，解肌透疹而解毒，为主药。葛根助升麻解肌透疹，并能生津。芍药和营泄热，甘草益气解毒。共奏解肌透疹之功。主治麻疹未发，或发而未透之证。症见发热恶风，头痛，肢体痛，喷嚏，咳嗽，目赤流泪，口渴，舌红苔干，脉浮数。现常用于麻疹、风疹、药疹、过敏性紫癜等病具有上述症状者。临床应用升麻葛根汤加紫草治疗带状疱疹 20 余例，症见局部疱疹瘙痒疼痛，时有渗液，并伴有发冷发热，日夜不能安眠，经服本方治疗，20 余例均获捷效。运用加味升麻葛根汤治疗银屑病 162 例，经治疗临床治愈 77 例，有效 76 例，无效 9 例。

## 1.13 柴葛解肌汤

出自《伤寒六书》。由柴胡 6 克，葛根 9 克，甘草 3 克，黄芩 6 克，羌活 3 克，白芷 3 克，芍药 6 克，桔梗 3 克，生姜 3 片，大枣 2 枚，石膏 5 克组成。水煎分 2 次服。方中葛根味辛甘性凉，柴胡味苦辛性微寒，两药解肌清热，均为主药。羌活、白芷助柴葛解肌发表，并除诸痛。黄芩、石膏清郁热，桔梗宣肺气，芍药、甘草和营泄热，生姜、大枣调和营卫。共奏解肌清热之功。主治外感风寒，郁而化热之证。症见恶寒渐轻，身热增盛，无汗头痛，目疼鼻干，心烦不眠，眼眶痛，脉浮微洪。现常用于流行性感冒、三叉神经痛、牙周炎等病具有上述症状者。临床应用柴葛解肌汤治疗小儿病毒性上感的高热 62 例，年龄为 3 个月～13 岁，体温从 38～40℃以上，肺部 X 线检查 13 例肺纹理增强，治疗结果有效 56 例。



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## 1.14 扶正解表剂

是以扶正和解表的药物为主组成的方剂。适用于体质素虚而又感受外邪的表证。症见乏力，汗出，口渴，恶风寒，脉浮而无力或沉等。常用扶正药人参、玉竹、附子配伍解表药羌活、葱白等，代表方剂有败毒散、麻黄细辛附子汤、加减葳蕤汤等。

## 1.15 败毒散

出自《小儿药证直诀》。由柴胡、前胡、川芎、枳壳、羌活、独活、茯苓、桔梗、人参各 9 克，甘草 4.5 克，生姜 3 克，薄荷 3 克组成。水煎分 2 次服（原作散剂）。方中羌活、独活味辛苦性温，两药治一身上下之风寒湿邪，均为主药。川芎行血祛风，柴胡辛散解肌，助羌活和独活祛外邪、止疼痛。枳壳降气，桔梗开肺气，前胡祛痰，茯苓渗湿。甘草调和诸药，益气和中。生姜、薄荷发散风邪，人参补气，使正气足则可鼓邪外出。共奏益气解表、散风祛湿之功。主治正气不足而外感风寒湿之证。症见憎寒壮热，头项强痛，肢体酸痛，无汗，鼻塞声重，咳嗽有痰，胸膈痞满，舌苔白腻，脉浮而重取无力。现常用于流行性感冒、麻疹、风湿性关节炎、痢疾等病具有上述症状者。临床应用败毒散治疗痢疾 2 例，症见憎寒壮热，无汗，胸腹微觉满痛，里急后重，下痢赤白相杂，昼夜 20～30 次不等，舌苔白滑，脉浮紧，均属暑湿风寒杂感于外，饮食生冷积滞于内之证，服 1 剂后汗出，外证悉解，下痢次数亦减，又服 2 剂后均愈。运用败毒散加减治疗狂犬病 2 例，1 剂症状减轻，2 剂后均愈，且无副作用。

## 1.16 麻黄细辛附子汤

出自《伤寒论》。由麻黄 6 克，细辛 6 克，炮附子 9 克组成。水煎分 3 次服。方中麻黄解表散寒，附子温经助阳，细辛既



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助麻黄解表，又助附子温经。共奏助阳解表之功。主治阳虚感寒之证。症见恶寒甚，发热轻，脉沉。现常用于慢性支气管炎、慢性肾炎、风湿性关节炎、类风湿性关节炎等病具有上述症状者。临床应用麻黄附子细辛汤治疗久咳30余例，证属素体阳虚而复感风寒，经本方治疗，均获满意效果。运用麻黄附子细辛汤治疗嗜睡症1例，证属心阳不振，症见头晕头胀，精神不振，每日早晨昏睡不起，呼之不易醒，舌质胖，苔薄，脉小而缓。用本方加味9剂而获显效。

## 1.17 加减葳蕤汤

出自《重订通俗伤寒论》。由生葳蕤（玉竹）9克，生葱白6克，桔梗5克，白薇3克，淡豆豉12克，薄荷5克，炙甘草2克，红枣2枚组成。水煎分2次服。方中葳蕤味甘性微寒，滋阴润肺而资汗源，为主药。葱白、豆豉、薄荷、桔梗解表宣肺，止咳利咽，白薇凉血清热而除烦渴，甘草、红枣甘润滋脾。共奏滋阴清热，发汗解表之功。主治阴虚而感外邪之证。症见头痛身热，微恶风寒，无汗或有汗不多，咳嗽，心烦，口渴，咽干，舌赤，脉数。现常用于感冒，干燥综合征等病具有上述症状者。



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# 第2章　泻下剂

## 2.1　泻下剂

由泻下药为主组成。具有通导大便，排除肠胃积滞，荡涤实热，攻逐水饮、寒积等作用，以治疗里实证的方剂，统称泻下剂。胃肠积滞，实热内结，大便不通，寒积，蓄水等证，均可选用泻下剂。人体素质有虚实之异，证候表现有热结、寒结、燥结、水结之别，因而泻下剂可分为寒下、温下、润下、逐水和攻补兼施5类，分别适用于里热积滞实证、里寒实证、体虚便秘证、水饮壅盛的里实证和里实正虚而大便秘结证。

泻下剂是为里实证而设，若表证未解，里未成实，不宜用泻下剂。表证未解而里实已具，宜先解表，后治里，或表里双解。老年体虚，新产血亏，病后津伤等，虽有大便秘结，均应慎用，必要时，可攻补兼施，或先攻后补。泻下剂易耗损胃气，得效即止。病愈后，对油腻及不易消化的食物，不宜早进，以防重伤胃气。

## 2.2　寒下剂

是以寒下的药物为主组成的方剂。适用于里热积滞实证。症见大便秘结，腹部或满或胀或痛，甚或潮热，苔黄，脉实等。常用的药有大黄、芒硝等，代表方剂有大承气汤、大陷胸汤等。

## 2.3　大承气汤

出自《伤寒论》。由大黄12克，厚朴15克，枳实15克，芒硝9克组成。水煎分2次服。方中大黄味苦性寒，泄热通便，荡涤肠胃，为主药。芒硝咸寒泻热，软坚润燥，厚朴、枳实行气散



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结，消痞除满，助芒硝、大黄推荡积滞以排泄热结。共奏峻下热结之功。主治里热实证。症见大便不通，频转矢气，脘腹痞满，腹痛拒按，按之硬，甚或潮热谵语，手足濈然汗出，舌苔黄燥起刺，或焦黑燥裂，脉沉实。或下利清水，色纯青，脐腹疼痛，按之坚硬有块，口舌干燥，脉滑实。现常用于急性单纯性肠梗阻、粘连性肠梗阻、蛔虫性肠梗阻、急性胆囊炎、急性阑尾炎、急性菌痢、中毒性痢疾、精神分裂症等病具有上述症状者。本方为峻下剂，中病即止。孕妇禁用；芒硝、大黄煎煮时间短，可增强泻下作用。临床应用大承气汤加味治疗急重病实热证，治黄疸加黄柏、栀子、金钱草、川楝子等治疗 12 例，服药 5 天后治愈 7 例，病情好转 2 例。治肠痈加蒲公英、金银花、三叶鬼针草等治疗 15 例，服药 3～5 天治愈 13 例。治湿热痢加黄连、白芍等治疗 36 例，29 例治愈，5 例好转，2 例无效。运用大承气汤去厚朴，加山楂、红藤、败酱草治疗急性胰腺炎 56 例，症见心下剧痛拒按，痛引胁部，恶心呕吐，嗳腐，腹胀，发热，舌苔腻或黄，脉小弦滑，结果 54 例痊愈，2 例体征缓解消失，3 例复发。

## 2.4 大陷胸汤

出自《伤寒论》。由大黄 10 克，芒硝 10 克，甘遂 1 克组成。水煎分 2 次服（溶芒硝，冲甘遂末）。方中甘遂味苦性寒，善泻水逐饮，泄热散结，大黄长于荡涤邪热，两药泻水热互结之邪，均为主药。芒硝泻热软坚，助甘遂、大黄以破除积结。共奏泻热逐水散结之功。主治水饮与邪热结于胸腹之证。症见不大便 5～6 日，从心下至少腹硬满而痛不可近，日晡小有潮热，或短气躁烦，舌上燥而渴，脉沉紧而按之有力。现常用于渗出性胸膜炎、肠梗阻、腹膜炎等病具有上述症状者。本方为泻热逐水散结之峻剂，中病即止。若平素虚弱，或病后不任攻伐者，宜禁用本方。临床应用大陷胸汤治疗结核性渗出性胸膜炎 6 例，症见发烧，胸痛，气短，烦躁，头痛，恶寒，胸水少量者 4 例，达第 5



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肋骨者 1 例，达第 3 肋骨者 1 例。药用大黄 9 克、芒硝 9 克、甘遂 3 克，水煎服，4 例少量胸水患者服 1～3 剂后，胸水消失，余 2 例服 6～9 剂胸水消失，其他症状也随之消失。运用大陷胸汤和大承气汤加减治疗急性胰腺炎 20 例，证属太阳阳明合病，治疗过程中不禁食，不补液、不用抗菌素，单用中药治疗，服药后腹痛开始缓解，时间最短者 2 小时，最长者 48 小时，平均 19.5 小时，完全消失腹痛时间最短 24 小时，最长 96 小时，平均 68 小时。

## 2.5 温下剂

是以泻下和温里的药物为主组成的方剂。适用于脏腑间寒冷积滞实证。症见大便秘结，脘腹胀满，腹痛喜温，手足不温，甚或厥冷，脉沉紧等。常用泻下药大黄、巴豆配伍温里药附子、干姜等，代表方剂有大黄附子汤、三物备急丸等。

## 2.6 大黄附子汤

出自《金匮要略》。由大黄 9 克，炮附子 9 克，细辛 3 克组成。水煎分 3 次服。方中附子味辛甘性大热，温阳祛寒，为主药。细辛除寒散结，大黄荡涤肠胃，泻除积滞。共奏温阳散寒，泻结行滞之功。主治寒积里实之证。症见腹痛便秘，胁下偏痛，发热，手足厥逆，舌苔白腻，脉紧弦。现常用于慢性痢疾、尿毒症、溃疡性结肠炎、急性肠梗阻等病具有上述症状者。本方是温下剂，大黄用量不宜超过附子。临床应用大黄附子汤加味治疗胆道蛔虫 1 例，证属寒实内结、阳虚厥逆，症见突发胸胁疼痛，右胁下阵发性绞痛，痛引肩背，冷汗淋漓，四肢厥逆，不呕不渴，大便 2 日未解，舌胖淡苔白，脉沉紧。药用大黄 10 克，附子（先煎）30 克，细辛 5 克，乌梅 40 克，槟榔 30 克，1 剂顿服，疼痛消除。运用大黄附子汤治疗过敏性紫癜、顽固性湿疹、药物过敏性皮炎、传染性湿疹各 1 例，4 例均为肢冷畏寒，小便清，



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大便干结，脉紧等寒实内结之证，经本方治疗均获愈。

## 2.7 温脾汤

出自《备急千金要方》。由大黄 12 克，附子 9 克，干姜 6 克，人参 9 克，甘草 3 克组成。水煎分 3 次服。方中人参味甘微苦性平，补益脾气，干姜味辛性温，温脾散寒，两药温补脾阳，均为主药。附子助干姜温阳祛寒，大黄荡涤积滞，甘草益气和中、调和诸药。共奏温补脾阳，攻下冷积之功。主治脾阳不足，寒凝积滞之证。症见冷积便秘，或久痢赤白，腹痛，手足不温，舌苔白滑，脉沉弦。现常用于慢性痢疾、溃疡性结肠炎、蛔虫病、肝硬化腹水等病具有上述症状者。临床应用温脾汤治疗肝硬化腹水 1 例、小儿消化不良 1 例、蛔虫病 2 例，均有腹痛便秘，证属脾胃阳虚、寒凝积滞之证，服本方后均获满意的效果。运用温脾汤加味治疗痢疾 1 例，证属脾胃寒湿、肠胃积滞，并兼有表证，症见泻下脓便，红白粘液，每天 6～7 次，少腹绞痛，肛门重坠，苔白，脉右缓迟，左细涩，本方加减服 7 剂而愈。

## 2.8 三物备急丸

出自《金匮要略》。由大黄 30 克，干姜 30 克，巴豆（去油）30 克组成。研末，每服 0.6～1.5 克，服后不泻，可酌情再服（原亦作蜜丸）。方中巴豆味辛性热，峻下开塞，攻逐寒积，为主药。干姜温阳，助巴豆祛寒，大黄荡涤肠胃积滞，并能监制巴豆之毒。共奏攻逐寒积之功。主治寒实冷积之证。症见卒然心腹胀痛，痛如锥刺，气急口噤，大便不通，苔白，脉沉紧。现常用于食物中毒，急性单纯性肠梗阻等病具有上述症状者。本方是峻下剂，巴豆毒性剧烈，对于胃肠的刺激极强，须慎重使用。怀孕、年老体弱，以及温暑热邪所致的暴急腹痛之症，不能使用。如服后泻下不止，可吃冷粥止泻。临床应用三物备急丸（装入胶囊内）治疗肠阻梗 35 例，发病时间最短 1 小时，最长 3 天，平



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均为 10 小时左右，服药后 30 分钟左右肠鸣活跃；最快 1 小时排便，一般 3 小时排便，治愈 27 例，占 77.1%，27 例中有 5 例为寒证，其余皆有热证，8 例经本方治疗无效改行手术。

三物备急丸具有加强肠管收缩的明显作用，其作用又常与药物浓度不同而异。

## 2.9 润下剂

是以滋润和泻下的药物为主组成的方剂。适用于体虚便秘之证。症见大便燥结，秘塞不通等。常用滋润药麻子仁、杏仁、芍药配伍泻下药大黄等，代表方剂有麻子仁丸、济川煎等。

## 2.10 麻子仁丸

出自《伤寒论》。由麻子仁 500 克，芍药 250 克，枳实 250 克，大黄 500 克，厚朴 250 克，杏仁 250 克组成。上药为末，炼蜜为丸，每次 9 克，日 2 次（可按原量比例酌减，作汤剂服）。方中火麻仁味甘性平，润肠通便，为主药。杏仁降气润肠，芍药养阴和里，大黄通便泄热，枳实、厚朴下气破结，蜂蜜润燥滑肠。共奏润肠泄热，行气通便之功。主治肠胃燥热，津液不足之证。症见大便干结，小便频数。现常用于习惯性便秘，痔疮患者便秘等病具有上述症状者。本方对血少津亏的便秘，则不适宜。孕妇忌用。临床应用加味麻仁汤治疗蛔虫性肠梗阻 47 例。一般服第 1 次煎液后 1～2 小时腹痛即可缓解，服药后 6～12 小时均可通便排虫，多数病例排虫团。在通便排虫后，临床症状和体征完全消失，治疗中未发现任何毒性反应或副作用。运用麻子仁丸治疗肛门疾病手术后 500 例，以防止术后等 1 次排便时，由于大便干燥所引起的疼痛出血，服药后大便变软、成条状易于排出者为有效，以服药后大便干燥或 2～3 天排便 1 次为无效，500 例中有效者 479 例，占 95.8%，无效例中属习惯性便秘者 16 例。



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## 2.11 济川煎

出自《景岳全书》。由当归12克，牛膝6克，肉苁蓉7.5克，泽泻4.5克，升麻2克，枳壳3克组成。水煎分2次服。方中肉苁蓉味甘咸性温，温肾益精，润肠通便，为主药。当归养血和血，润肠通便，牛膝补肾强腰，性善下行，枳壳下气宽肠而助通便，泽泻性向下而泄肾浊，升麻升清阳以达降浊阴。共奏温肾益精，润肠通便之功。主治肾虚便秘。症见大便秘结，小便清长，头目眩晕，腰膝酸软。现常用于老年体虚便秘、结核病患者体虚便秘、肿瘤病患者体虚便秘等病具有上述症状者。

## 2.12 逐水剂

是以逐水的药物为主组成的方剂。适用于水饮停聚的里实证。症见身肿，腹胀，胸闷，咳唾胸胁引痛，头痛目眩，舌苔滑，脉沉弦等。常用的药有芫花、甘遂、大戟、牵牛子等，代表方剂有十枣汤、舟车丸等。

## 2.13 十枣汤

出自《伤寒论》。由芫花、甘遂、大戟各等分，大枣10枚组成。前3味药共为末，大枣煎汤，调服药末1.5～3克，日1次，清晨空腹服。方中甘遂味苦性寒，善行经隧水湿，大戟味苦性寒，善泄脏腑水湿，芫花味辛性温，善消胸胁伏饮痰癖，大枣益气护胃，能缓和诸药的峻烈及毒性，使下不伤正。共奏攻逐水饮之功。主治水饮壅盛于里之证。症见咳唾胸胁引痛，心下痞硬，干呕短气，头痛目眩、或胸背掣痛不得息，脉沉弦；或一身悉肿，尤以腰以下为重，腹胀喘满，二便不利。现常用于渗出性胸膜炎、结核性腹膜炎、肝硬化腹水、慢性肾炎等病具有上述症状者。本方为攻逐水饮的峻剂，服用一般宜从小剂量（1.5克）开始。服药后泻下不止者，可服冷稀粥或冷开水以止之；体虚及



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孕妇慎用。临床应用十枣汤治疗渗出性胸膜炎 51 例，以芫花、甘遂、大戟各等分为末，每服 3 克，大枣 10～15 枚煎汤，早晨空腹送下，隔日 1 次，以 4～6 剂为度，结果胸水在 11 天内改善者达 96%，20 天内完全消失者达 88.2%，积液平均消失时间为 16.2 天，少数积液吸收后遗留胸痛现象。运用十枣丸治疗肝硬化腹水 5 例，以十枣丸 1.5～6 克，早晨空腹服，大剂 12 克，日分 2 次服，均用大枣汤送下，腹水有不同程度的消退。

## 2.14 舟车丸

出自《景岳全书》。由牵牛子 120 克，甘遂（面裹煨）、芫花、大戟（俱醋炒）各 30 克，大黄 60 克，青皮、陈皮、木香、槟榔各 15 克，轻粉 3 克组成。研末为丸，每服 3～6 克，日 1 次，清晨空腹温开水送下。方中芫花、甘遂、大戟攻逐胸胁脘腹经隧之水，均为主药。大黄、牵牛子荡涤胃肠，泻水泄热，青皮舒肝而破结气，陈皮理肺脾而畅膈气，槟榔下气利水而破坚，木香疏利三焦而导滞，使气畅水行而肿胀消，轻粉逐水通便，协助诸药分消下泄。共奏峻下逐水，行气破结之功。主治水热内壅，气机阻滞之证。症见水肿水胀，口渴，气粗，腹坚，大小便秘，脉沉数有力。现常用于肝硬化腹水具有上述症状者。本方攻逐之力甚强，正虚及孕妇忌用，方中轻粉、芫花、甘遂、大戟等毒性剧烈，须注意用量，不宜久服，以防中毒。临床应用舟车丸治疗虫积经闭 1 例，症见婚后 3 年未育，2 年前曾患浮肿，继则腹胀闭经，腹胀善饥，便溏，尿少，喜食盐粒，时吐涎沫，四肢沉重，周身乏力，唇白内见斑疹，诊为虫积经闭，药用舟车丸峻剂逐水，第 1 天早晨空腹服用舟车丸 1.5 克，2 小时后呕恶，腹绞痛，3 小时后排出大量水及虫体，腹消大半，隔日晨再服舟车丸 1.5 克，服后反应如前，腹臌消失。



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## 2.15 疏凿饮子

出自《济生方》。由泽泻 12 克，赤小豆 15 克，商陆 6 克，羌活 9 克，大腹皮 15 克，椒目 9 克，木通 12 克，秦艽 9 克，槟榔 9 克，茯苓皮 30 克，生姜皮 4.5 克组成。水煎分 2 次服（原作散剂）。方中商陆味苦辛性平，泻下逐水，通利二便，为主药。槟榔、大腹皮行气导水，茯苓皮、泽泻、木通、椒目、赤小豆利水去湿，使在里之水从二便排出。羌活、秦艽、生姜皮善走皮肤，疏风发表，使在表之水从肌肤而泄。共奏泻下逐水，疏风发表之功。主治表里水湿壅盛之证。症见遍身水肿，喘呼口渴，二便不利。现常用于急性肾炎、肾病综合征等病具有上述症状者。

## 2.16 攻补兼施剂

是以泻下和补益的药物为主组成的方剂。适用于里实积结而正气内虚证。症见大便秘结，神倦少气，口干咽燥等。常用泻下药大黄、芒硝配伍补益药人参、当归、生地等，代表方剂有新加黄龙汤、增液承气汤等。

## 2.17 新加黄龙汤

出自《温病条辨》。由生地 15 克，生甘草 6 克，人参（另煎）4.5 克，生大黄 9 克，芒硝 3 克，玄参 15 克，麦冬 15 克，当归 4.5 克，海参 2 条，姜汁 6 匙组成。水煎分 3 次服。方中大黄、芒硝泻热通便，软坚润燥，为主药。玄参、生地、麦冬、海参滋阴增液，人参、甘草、当归补气养血。共奏滋阴益气，泻结泄热之功。主治热结里实，气阴不足之证。症见大便秘结，腹中胀满而硬，神疲少气，口干咽燥，唇裂舌焦，苔焦黄或焦黑燥裂。现常用于肿瘤病患者便秘、结核病患者便秘等病具有上述症状者。



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## 2.18 增液承气汤

出自《温病条辨》。由玄参 30 克，麦冬 25 克，细生地 25 克，大黄 9 克，芒硝 5 克组成。水煎分 2 次服。方中大黄味苦性寒，泄热通便，为主药。生地、麦冬滋阴增液，润肠通便，芒硝软坚化燥。共奏滋阴增液，通便泄热之功。主治热结阴亏的便秘证。症见大便燥结，舌绛苔少，脉细而数。现常用于痔疮患者便秘、肝脓疡病患者便秘、肿瘤病患者便秘等病具有上述症状者。临床应用增液承气汤加减治疗散发性病毒性脑炎 1 例，症见神志不清，谵妄躁动，失语，口向左边㖞斜，手足抽搐频频，便秘 6 日未解，小便短赤自遗，舌红苔黄而干，脉弦滑，服 10 余剂而显效。运用增液承气汤加味治疗流行性出血热少尿期 75 例，基本方由生地、玄参、麦冬、水牛角各 30 克，赤芍、丹皮各 15 克，大黄（开水泡）30 克，芒硝（冲服）30 克，不能口服者可鼻饲或保留灌肠。肠麻痹加枳实、厚朴各 12 克，渴甚加花粉 15 克，呕吐加竹茹 12 克，呃逆加柿蒂 9 克，逆传心包，神昏谵语加安宫牛黄丸，75 例治愈 73 例，死亡 2 例。



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# 第 3 章　和解剂

## 3.1　和解剂

由解表药与清里药配伍，祛邪药与扶正药共用，疏肝药与健脾药同使，辛热药与苦寒药并调，滋补药与温凉药相合等不同形式组成。具有和解、解郁、疏畅、调和等作用，以治疗少阳病、肝脾不和、肠胃不和等病证的方剂，统称和解剂。和解剂可分和解少阳、调和肝脾、调和肠胃 3 类，分别适用于少阳病、肝脾不和、肠胃不和的病证。

凡邪不在半表半里，或虚实各有所急，均不宜用和解剂。若误用和解剂后，轻者贻误病情，迁延难愈；甚则引邪入里，或变生他证。

## 3.2　和解少阳剂

是以和解少阳的药物为主组成的方剂。适用于邪在少阳胆经之证。症见口苦，咽干，目眩，往来寒热，胸胁苦满，心烦喜呕，默默不欲饮食，脉弦。常用柴胡或青蒿配黄芩等，代表方剂有小柴胡汤、蒿芩清胆汤等。

## 3.3　小柴胡汤

出自《伤寒论》。由柴胡 12 克，黄芩 9 克，人参 6 克，半夏 9 克，炙甘草 5 克，生姜 9 克，大枣 4 枚组成。水煎分 2 次服。方中柴胡味苦辛性微寒，轻清升散，疏邪透表，为主药。黄芩苦寒，善清少阳之邪热，半夏和胃降逆，散结消痞，人参、甘草、生姜、大枣益胃气，生津液，和营卫。共奏和解少阳之功。主治邪犯少阳，邪正相争之证。症见口苦，咽干，目眩，往来寒热，



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胸胁苦满，默默不欲饮食，心烦喜呕，舌苔薄白，脉弦。现常用于慢性胆囊炎、慢性肝炎、慢性盆腔炎、渗出性胸膜炎、妇人经期感冒发热等病具有上述症状者。临床应用小柴胡汤加减治疗高热86例，其中呼吸系统感染36例，胆道感染20例，泌尿系感染9例，产后感染4例，败血症2例，肝炎3例，乙脑2例，伤寒2例，腮腺炎5例，菌痢3例。病程1～30天，平均15天。退热天数1～5天，平均3天。运用小柴胡汤加味治疗斜视1例，症见斜视1年余，两眼瞳子斜向左侧50°～60°，侧面视人，视力减退，舌淡红苔薄白，脉弦细。证属风热入于少阳，药用柴胡18克，黄芩、半夏各12克，党参、甘草各9克，菊花30克，黄芪20克，当归、山萸肉各12克，白芍15克，生姜5克，大枣5枚，连服1个月而愈。

## 3.4 蒿芩清胆汤

出自《重订通俗伤寒论》。由青蒿6克，淡竹茹9克，仙半夏5克，赤茯苓9克，黄芩6克，生枳壳5克，广陈皮5克，碧玉散（滑石、甘草、青黛）9克组成。水煎分2次服。方中青蒿味苦辛性寒，清透少阳邪热，黄芩味苦性寒，清泄胆腑邪热，均为主药。竹茹、半夏清化痰热，陈皮、枳壳宽胸畅膈，和胃降逆，赤茯苓、碧玉散清热利湿。共奏清胆利湿，和胃化痰之功。主治少阳湿热痰浊之证。症见寒热如疟、寒轻热重，口苦腻闷，吐酸苦水或呕黄涎而粘，甚则干呕呃逆，胸胁胀痛，舌红苔白腻，脉数而右滑左弦。现常用于急性胆囊炎、急性胃炎、急性肝炎、慢性胰腺炎等病具有上述症状者。临床应用蒿芩清胆汤治疗钩端螺旋体病13例，症见发热，头痛，全身酸痛，腓肠肌痛，眼结膜充血，淋巴结肿痛，结果2例服1剂热退，11例服2～4剂体温正常，其余症状在2～6剂消失。运用蒿芩清胆汤加味治疗胆囊炎48例，基本方由青蒿10克，黄芩15克，枳壳、竹茹各9克，半夏10克，陈皮6克，茯苓15克，滑石30克，生甘



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草 5 克，青黛（布包）0.2 克，柴胡 10 克，大黄 6 克，龙胆草、车前子各 10 克，绵茵陈 20 克组成，经治疗，显效者 40 例，好转者 6 例，无效者 2 例。

## 3.5 柴胡达原饮

出自《重订通俗伤寒论》。由柴胡 5 克，生枳壳 5 克，川朴 5 克，青皮 5 克，炙草 2 克，黄芩 5 克，苦桔梗 3 克，草果 2 克，槟榔 6 克，荷叶梗 12 克组成。水煎分 2 次服。方中柴胡味苦辛性微寒，透发外邪，黄芩清泄郁热，均为主药。枳壳、桔梗一升一降，开发上焦之气，厚朴、草果辛烈辟秽，燥湿化痰，宣畅中焦之气，青皮、槟榔下气破结，清痰化积，疏利下焦之气，荷梗善通气宽胸，炙甘草益气和中，调和诸药。共奏宣湿化痰，透达膜原之功。主治痰湿阻于膜原之证。症见胸膈痞满，心烦懊恼，头眩口腻，咳痰不爽，间日发症，舌苔厚如积粉，扪之糙涩，脉弦而滑。现常用于疟疾、胆系感染等病具有上述症状者。

## 3.6 调和肝脾剂

是以调和肝脾的药物为主组成的方剂。适用于肝气郁结，横犯脾胃，或脾虚不运，影响肝失疏泄之证。症见胸闷胁痛，脘腹胀痛。不思饮食，大便泄泻，甚则寒热往来。常用的药有柴胡、白芍、白术、甘草等，代表方剂有四逆散、逍遥散、痛泻要方等。

## 3.7 四逆散

出自《伤寒论》。由炙甘草 6 克，枳实 6 克，柴胡 6 克，芍药 9 克组成。水煎分 2 次（原作散剂）。方中柴胡味苦辛性微寒，疏肝解郁，清热透邪，为主药。枳实下气破结，芍药益阴养血，与柴胡相合而疏肝理脾，甘草益气和中，调和诸药，与白芍配伍而缓急止痛。共奏透邪解郁，疏肝理脾之功。主治阳气内郁



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之热厥证，或肝脾不和之证。症见手足厥冷，或胸腹疼痛，或泄利下重，脉弦。现常用于慢性肝炎、慢性胆囊炎、胃及十二指肠溃疡、肋间神经痛等病具有上述症状者。临床应用四逆散加青皮治疗乳痈15例，全部获愈，其中1天愈者4例，2天愈者10例，3天愈者1例。运用四逆散加味治疗胃粘膜异型增生30例，证属肝气郁结、胃失和降者，基本方由柴胡10克，枳实10克，赤、白芍各10克，炙甘草5克，制半夏10克，陈皮6克组成，经服用3～6个月后胃镜复查，其中显效者25例，有效者3例，无效者2例，总有效率为93.3%。

## 3.8 柴胡疏肝散

出自《景岳全书》。由柴胡9克，陈皮9克，川芎6克，香附10克，枳壳9克，芍药10克，甘草4.5克组成。水煎分2次服（原作散剂）。方中柴胡味苦辛性微寒，疏肝解郁，为主药。芍药、川芎和血柔肝止痛，陈皮行气健胃，香附、枳壳疏肝理气，甘草调和诸药，与芍药配伍而缓急止痛。共奏疏肝行气，和血止痛之功。主治肝郁气滞之证。症见胁肋疼痛，胸脘胀闷，寒热往来，舌苔白，脉弦。现常用于慢性胃炎、慢性肝炎、肋间神经痛等病具有上述症状者。临床应用柴胡疏肝汤加减治疗抽动秽语综合征1例，证属肝气郁结，气机不畅，症见10日前因情志不遂而致精神抑郁，次日出现阵发性干呕，且喉内发出声响，伴噘嘴，双腿弯曲，逐渐加重且发作频繁，约10分钟发作1次，睡眠时消失，面色红赤，纳呆便干，舌质红，苔黄腻，脉弦滑。药用柴胡10克，枳壳10克，香附15克，川芎15克，郁金15克，白芍15克，芦荟15克，旋复花25克，代赭石20克，龙、牡各15克，甘草15克，服10剂而愈。运用柴胡疏肝汤加减治疗胸胁内伤80例，基本方由柴胡、赤芍、白芍、香附、川芎各9克，枳壳、陈皮、甘草各6克组成，伤气型可加厚朴、木香，伤血型可加丹参、红花、橘络，伤在胸部可加桔梗、薤白，伤在



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剑突下可加丁香、肉桂，疼痛甚者可加乳香、没药，胸闷咳嗽重者可加厚朴、杏仁，大便不通者可加瓜蒌仁、生大黄，经治疗80例痊愈。

## 3.9 逍遥散

出自《太平惠民和剂局方》。由柴胡9克，当归9克，白芍9克，白术9克，茯苓9克，炙甘草4.5克，烧生姜6克，薄荷3克组成。水煎分2次服（原作散剂）。方中柴胡味苦辛性微寒，疏肝解郁，为主药。当归、白芍养血补肝，白术、茯苓健脾益气，薄荷助柴胡散肝解郁，生姜温胃和中，炙甘草益气补中，与白芍配伍而缓肝之急。共奏疏肝解郁，健脾养血之功。主治肝郁血虚，脾失健运之证。症见两胁疼痛，寒热往来，头痛目眩，口燥咽干，神疲食少，或月经不调，乳房作胀，舌淡红，脉弦而虚。现常用于慢性肝炎、月经不调、慢性胃炎等病具有上述症状者。临床应用逍遥散加味治疗无黄疸型肝炎253例，症见胁肋胀痛，肝脾肿大，乏力肢软，食欲不振，大便不调，心跳气短，失眠多梦，腰背酸痛，常发寒热，结果肝功完全恢复者36例，好转139例，总有效率68.9%。运用逍遥散加减治疗带下病160例，基本方由柴胡、当归、白芍、白术、茯苓、银花、贯众组成。治疗结果：白带者71例，治愈48例，显效17例，好转6例；黄带者89例，治愈60例，显效20例，好转9例。服药以4～8剂者占多数，本方对输卵管炎引起的带下病疗效较好，但病程较长者约服10～20剂才能获愈，对人工流产（刮宫）引起的带下，一般服3～5剂后见效。

## 3.10 痛泻要方

引自《景岳全书》。由白术12克，白芍9克，陈皮6克，防风9克组成。水煎分2次服（原作散剂）。方中白术味苦甘性温，健脾燥湿，白芍味苦酸性微寒，柔肝止痛，两药均为主药。



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陈皮和中化湿，防风散肝舒脾。共奏补脾疏肝之功。主治肝郁脾虚之证。症见肠鸣腹痛，大便泄泻，泻后仍腹痛，舌苔薄白，脉弦而缓。现常用于过敏性结肠炎、急性肠炎等病具有上述症状者。临床应用痛泻要方加减治疗急性肠炎 60 例，患者均为成年人，发病时间 1～2 天，最长不超过 4 天，均有肠鸣、腹疼、泻频等临床表现，其中大便成水样的 39 例，稀粥样便 17 例，脓血样便 4 例，兼有里急后重者 5 例，发热者 8 例，全部患者均经大便镜检确诊。结果多数服 1～2 剂而愈，无副作用，90%治愈和 98%有效。运用痛泻要方合四神丸治疗肠道易激综合征 187 例，基本方由柴胡 15 克，白芍 20 克，防风 15 克，肉蔻20 克，故纸 20 克，五味子 15 克，白术 15 克，陈皮 15 克组成。7 天为 1 疗程，每疗程后停药 3 天，患者年龄 15～78 岁，病程 3 个月～26 年，10 年以内者 114 例，治疗 1 个疗程者 54 例，2 个疗程者 87 例，3 个疗程者 36 例，4 个疗程者 10 例。结果治愈者 128 例，占 68.4%，好转者 41 例，占 21.9%，无效者 18 例，占 9.7%，有效的 169 例，腹泻、腹痛的消失时间平均为 6.8 天，随诊满于 1 年者 95 例，82 例未见症状复发，占 86%，在症状复发的 13 例中，再次治疗 11 例，有效者 9 例。

## 3.11 调和肠胃剂

是以调和肠胃的药物为主组成的方剂。适用于邪犯肠胃，寒热互结，症见心下痞满，恶心呕吐，脘腹胀痛，肠鸣下利。常用的药有干姜、黄芩、黄连、半夏等，代表方剂有半夏泻心汤等。

## 3.12 半夏泻心汤

出自《伤寒论》。由半夏 9 克，黄芩 6 克，干姜 6 克，人参 6 克，炙甘草 6 克，黄连 3 克，大枣 4 枚组成。水煎分 2 次服。方中半夏味辛性温，辛开散结，降逆止呕，为主药。干姜辛温祛寒，黄芩、黄连泄热，人参、大枣补益中气，甘草补脾胃而调诸



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药。共奏和胃降逆，开结除痞之功。主治寒热互结于胃肠之证。症见心下痞满不痛，或干呕，或呕吐，肠鸣下利，舌苔薄黄而腻，脉弦数。现常用于慢性胃炎、胃及十二指肠溃疡、胃神经官能症、慢性肠炎等病具有上述症状者。临床应用半夏泻心汤加减治疗贲门痉挛41例，证属寒热互结，痰瘀交阻于胃。基本方由法半夏、黄芩、甘草、党参、旋复花各10克，黄连、干姜各5克，代赭石、大枣各30克组成。服药最少5剂，最多30剂，平均为10～20剂，29例愈，8例显效，4例无效。运用半夏泻心汤治疗胃及十二指肠溃疡出血48例，病程2～6年，呕血者以炮姜炭易干姜，加小蓟根10克，大便隐血试验阳性者用干姜加阿胶10克，脘腹疼痛者加延胡索10克，结果服药3剂止血者31例，服5剂止血者15例，服10剂止血者2例。



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# 第 4 章　清热剂

## 4.1　清热剂

由清热药为主组成。具有清热、泻火、凉血、解毒、滋阴透热等作用，以治疗里热的方剂，统称清热剂。温、热、火 3 者，有温盛为热、热极似火之别，它们在程度上有异，但在属性上则是一致的。由温、热、火所致的里热证，均可选用清热剂。里热证有在气分、血分、脏腑等之不同，因而清热剂可分为清气分热，清营凉血，清热解毒，气血两清，清脏腑热，清虚热 6 类。分别适用于气分热盛，营血分热，火毒热盛，气血两燔，脏腑火热，阴虚发热的里热证。

清热剂一般在表证已解，里热正盛，或里热虽盛尚未结实的情况下使用。邪热在表，当先解表。里热成实，则宜攻下，表未解，里已热，宜表里双解。热在气而治血，则将引邪深入。热在血而治气，则血热难平。在运用时尚须注意辨别热证的虚实，分清在脏、在腑；辨别热证真假，苦寒、滋阴药久服每易败胃或内伤中阳，必要时可配用醒胃、和胃之品，在寒凉药中，加用温热药，此属反佐法，但温热药的用量宜轻。

## 4.2　清气分热剂

是以清气分热的药物为主组成的方剂。适用于热在气分，热盛津伤，或气阴两伤之证。症见壮热烦渴，大汗，恶热，脉洪大；或身热多汗，心胸烦闷，口干舌红等。常用的药有石膏、知母、竹叶、栀子，因热易耗气伤津，又宜配益气生津药人参、麦冬等，代表方剂有白虎汤、竹叶石膏汤等。



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## 4.3 白虎汤

出自《伤寒论》。由石膏30克，知母9克，炙甘草3克，粳米9克组成。水煎分2次服。方中石膏味辛甘性大寒，清泻肺胃而除烦热，为主药。知母清泄肺胃之热，质润以滋其燥，甘草、粳米益胃护津，使大寒之剂无损伤脾胃之虑。共奏清热生津之功。主治阳明气分热盛之证。症见壮热面赤，烦渴引饮，汗出恶热，脉洪大有力，或滑数。现常用于各种急慢性热性传染病、中暑、糖尿病、急性眼结膜炎等病具有上述症状者。临床应用白虎汤加减治疗流行性出血热40例，轻型16例、中型11例，重例10例，危重型3例。证属温邪化燥伤津，阴液枯涸，症见高热，易发生神昏谵语，斑疹，吐衄，动风惊厥等，基本方由生石膏30～300克，知母12克，甘草10克，粳米10克组成，发热期加双花、连翘、板蓝根，低血压期加人参、麦冬、五味子、丹参，少尿期去粳米，加玄参、生地、寸冬、大黄、芒硝，多尿期加生地、山药、麦冬、五味子、菟丝子、党参，恢复期改用竹叶石膏汤加减治疗。40例全部治愈，最短6天，最长15天。运用白虎汤加减配合验方治疗糖尿病21例，基本方用生石膏30～120克，知母15克，元参30克，生山药30克，石斛15克，寸冬15克，花粉15克，芦根30克，甘草3～6克组成，一般服上方3～6剂后，口渴和饮水量可明显减轻或恢复正常，继用验方治疗，验方药用芡实、白扁豆、益智仁、薏苡仁各30克，公鸡1只（去尽毛及内脏，洗净）将上4味药填于公鸡体腔内，用针线缝好体腔切口，砂锅煮之，以公鸡肉熟为度，依患者食量吃肉喝汤，药渣亦可食之，不计量，日1剂或2日1剂，用3～5剂后，可改为每周或10天1剂，以巩固疗效。



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## 4.4 竹叶石膏汤

出自《伤寒论》。由竹叶 15 克，石膏 30 克，半夏 9 克，麦门冬 15 克，人参 5 克，甘草 3 克，粳米 15 克组成。水煎分 3 次服。方中竹叶味甘淡性寒，石膏味辛甘性大寒，两药清热除烦，均为主药。人参益气，麦冬养阴生津，半夏降逆止呕，甘草、粳米和中养胃。共奏清热生津，益气和胃之功。主治热病后期余热未清之证。症见身热多汗，心胸烦闷，气逆欲呕，口干喜饮，或虚烦不寐，舌红少苔，脉虚数。现常用于流行性感冒、小儿夏季热等病具有上述症状者。临床应用竹叶石膏汤治疗金黄色葡萄球菌败血症余热不退 1 例，证属热病后期，邪退而余热未尽，曾用西药抗菌素和中药黄连解毒汤治疗，但热度长期不退，体温常波动在 38～39℃之间。经竹叶石膏汤加味治疗而愈。运用竹叶石膏汤治疗妊娠口疮、喘咳、头痛各 1 例，经治疗均获愈。

## 4.5 栀子豉汤

出自《伤寒论》。由栀子 9 克，淡豆豉 9 克组成。水煎分 2 次服。方中栀子味苦性寒，以清除邪热，为主药。豆豉除烦，并助栀子清热。共奏清热除烦之功。主治外感热病气分轻证，或余热未清之证。症见身热胸满，心中懊恼，虚烦不眠，甚则反复颠倒，舌红苔微黄，脉数。现常用于神经衰弱、慢性胆囊炎、冠心病等病具有上述症状者。

## 4.6 清营凉血剂

是以清营凉血的药物为主组成的方剂。适用于热在营分，或在血分之证。症见身热烦扰，口渴或不渴，神昏谵语，吐衄发斑，舌降脉数。常用的药有生地黄、玄参、丹皮、赤芍、犀角等；代表方剂有清营汤、犀角地黄汤等。



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## 4.7 清营汤

出自《温病条辨》。由犀角2克，生地黄15克，元参9克，竹叶心3克，麦冬9克，丹参6克，黄连5克，银花9克，连翘6克组成。水煎分3次服。方中犀角味咸性寒，生地味甘苦性寒，两药清营凉血，均为主药。元参、麦冬养阴清热，银花、连翘、黄连、竹叶清热解毒以透邪热，丹参活血以消瘀热。共奏清营透热，养阴活血之功。主治邪热初入营分之证。症见身热夜甚，神烦少寐，时有谵语，目常喜开或喜闭，口渴或不渴，或斑疹隐隐，舌降而干，脉数。现常用于流行性脑脊髓膜炎、乙型脑炎、斑疹伤寒、猩红热等病其有上述症状者。临床应用清营汤加减治疗皮肤粘膜淋巴结综合征5例，急性期药用水牛角、生地、赤芍、丹参、银花、连翘、元参、芦根、麦冬、甘草各10克。恢复期用本方加红花、川芎各10克，退热时间为11～16天，平均13.5天，皮疹消退时间5～7天，平均6天。近期治愈4例，好转1例，随访4例，未见心血管并发症。运用清营汤加减治疗12年顽固性盗汗症1例，曾经中西医久治无效，每年入冬即盗汗，出汗前有烘热感，后形寒畏冷，口舌干燥，乏力，面足浮肿，脉细数，证属营阴不足，邪热内伏，以清营养阴为法，药用犀角、生地、元参、丹皮、麦冬、白薇，经治疗盗汗渐止，追踪1年未见复发。

## 4.8 犀角地黄汤

出自《备急千金要方》。由犀角1.5～3克，生地黄30克，芍药12克，牡丹皮9克组成。水煎分3次服。方中犀角味咸性寒，清心、凉血、解毒，为主药。生地凉血止血，养阴清热，芍药、丹皮既能凉血，又能散瘀。共奏清热解毒，凉血散瘀之功。主治热入血分之证。症见吐血，衄血，便血，善忘如狂，漱水不欲咽，胸中烦痛，自觉腹满，大便色黑易解，或昏狂谵语，斑色



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紫黑，舌绛有刺。现常用于急性白血病、急性黄色肝萎缩、血小板减少性紫癜、流行性脑脊髓膜炎、乙型脑炎、斑疹伤寒、肝昏迷、尿毒症等病具有上述症状者。临床应用犀角地黄汤治疗原发性血小板减少性紫癜 11 例，均有出血症状，其中皮下出血 11 例，口腔粘膜出血 9 例，鼻血 7 例，便血 6 例，尿血、呕血、眼结膜下出血者各 2 例，因大量失血而致昏迷者 2 例，血小板 60,000／$mm^3$ 以下者 5 例，其余均在 60,000～80,000 之间，11 例均有发热，口干畏饮，烦躁不安，面赤，尿黄，出血，舌红苔薄不润，脉滑数等内热积盛之象，经用犀角地黄汤为主治疗，结果 6 例痊愈，4 例显效，1 例无效死亡。运用犀角地黄汤治疗急性再生障碍性贫血 1 例，药用本方加大黄、黄芩、板蓝根、连翘、石膏、知母、葛根、金银花、甘草，服 2 剂后体温由 40.7℃降至 36.5℃，便通斑消，咽痛减轻，精神转佳，血红蛋白 9.4 克，红细胞由 280 万／$mm^3$ 升至 348 万／$mm^3$，白细胞 1,600／$mm^3$ 升至 2,800／$mm^3$，淋巴细胞由 94%降至 44%，后改用清气分湿热与益气养阴之剂而获效。

## 4.9 清热解毒剂

是以清热解毒的药物为主组成的方剂。适用于瘟疫、温毒或疮疡疔毒等热深毒重之证。症见烦躁狂乱，吐衄发狂，或头面红肿，或口糜咽痛等。常用的药有黄连、黄芩、黄柏、栀子、石膏、连翘、板蓝根、升麻、玄参、蒲公英、紫花地丁等；代表方剂有黄连解毒汤、普济消毒饮、仙方活命饮等。

## 4.10 黄连解毒汤

出自《外台秘要》。由黄连 9 克，黄芩、黄柏各 6 克，栀子 9 克组成。水煎分 2 次服。方中黄连味苦性寒，泻心火，兼泻中焦之火，为主药。黄芩泻上焦之火，黄柏泻下焦之火，栀子通泻三焦之火，导火下行。共奏泻火解毒。主治三焦热盛而津液未伤



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之证。症见大热烦扰，口燥咽干，错语不眠，或吐血发斑，以及外科痈肿疔毒、舌红苔黄、脉数有力。现常用于蜂窝组织炎等急性化脓性感染、败血症、脓毒血症、痢疾、肺炎、血液病等病具有上述症状者。临床应用黄连解毒汤加减治疗乙型脑炎 56 例，其中重型及暴发型 31 例，轻型及中型 25 例，基本方由黄连 9 克，黄芩 15 克，黄柏 15 克，栀子 9 克，板蓝根 15 克，金银花 15 克组成，高热不退加知母，呕吐加竹茹、代赭石，抽搐不止加止痉散，谵语、昏迷加牛黄丸、紫雪丹。结果痊愈 51 例，进步 1 例，死亡 4 例。运用黄连解毒汤治疗流行性脑脊髓膜炎 12 例，基本方由黄连、黄柏、栀子各等分，兼挟新感者加银花、连翘，头痛者加生石决、杭白芍、刺蒺藜、天麻，便秘者合承气汤，壮热烦渴者加石膏、竹叶、麦冬，痰涎壅盛者合涤痰汤，谵语者加紫雪丹、牛黄丸，神志昏迷者加石菖蒲、远志、竹沥，衄血或见斑疹者加丹皮、生地，结果 12 例全部治愈，其中服 3 剂愈者 4 例，服 4 剂愈者 2 例，服 5 剂愈者 5 例，服 6 剂愈者 1 例，均无后遗症。

## 4.11 凉膈散

出自《太平惠民和剂局方》由川大黄、朴硝、炙甘草各 600 克，山栀子仁、薄荷、黄芩各 300 克，连翘 1200 克组成。共为粗末，每 6 克加竹叶 3 克、蜂蜜少许，水煎，去滓。日 3 次，饭后服（亦可作汤剂煎服，用量按原方比例酌减）。方中连翘味苦微寒，清热解毒，为主药。黄芩清心胸郁热，山栀通泻三焦之火，引火下行，薄荷、竹叶清疏肺胃心胸之热，芒硝、大黄荡涤胸膈邪热，导热下行，白蜜、甘草既能缓和芒硝、大黄峻泻之功，又可助芒硝、大黄以推导之力。共奏泻火通便，清上泄下之功。主治上中二焦邪郁生热之证。症见身热口渴，面赤唇焦，胸膈烦热，口舌生疮，或咽痛吐衄，便秘溲赤，或大便不畅，舌红苔黄，脉滑数。现常用于麻疹、肺炎、纵膈肿瘤、肺脓肿等病具



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有上述症状者。临床应用凉膈散加减治疗小儿急性扁桃体炎32例，证属肺胃积热，复感风邪，基本方由焦山栀、银花、连翘、淡竹叶、土牛膝、玄参各6～9克，生石膏（先煎）20～30克，生川军（后下）、生甘草各3～5克，大青叶9～15克，黄芩4.5～6克组成。32例中，年龄最小16个月,最大12岁，大多用抗菌素无效，除2例原有呕吐而中断治疗外，其余均治愈。运用凉膈散加味治疗大叶性肺炎、支气管扩张、高血压脑溢血、纵膈肿瘤各1例，均获显效。

## 4.12 普济消毒饮

出自《柬垣试效方》。由黄芩（酒炒）、黄连（酒炒）各9克，陈皮、甘草、玄参、柴胡、桔梗各6克，连翘、板蓝根、马勃、牛蒡子、薄荷各3克，僵蚕、升麻各2克组成。水煎分3次服（原作散剂）。方中黄连、黄芩味苦性寒，酒炒善清降头面热毒，均为主药。牛蒡子、连翘、薄荷、僵蚕疏散上焦风热；玄参、马勃、板蓝根、桔梗、甘草清解咽喉头面热毒；陈皮理气而疏通壅滞；升麻、柴胡疏散风热，并协诸药上达头面。共奏疏风散邪，清热解毒之功。主治头面热毒之证。症见恶寒发热，头面红肿燥痛，目不能开，咽喉不利，舌燥口渴，舌红苔黄，脉数有力。现常用于流行性腮腺炎、急性颌下淋巴结炎、急性扁桃体炎等病具有上述症状者。临床应用普济消毒饮治疗急性扁桃体炎69例，症见发热，咽痛，汗出，便干或便秘，食欲减退，尿黄而少，舌红，苔白厚或黄厚，脉浮数等症，69例全部咽充血，扁桃体Ⅰ度者9例，Ⅱ度者60例，有脓点者53例，结果治愈65例，好转3例，无效1例，总有效率98.6%。运用普济消毒饮加减治疗流行性腮腺炎100例，基本方由银花、连翘、牛蒡子、山栀子、板蓝根、马勃、蒲公英、桔梗组成，发热头痛甚者加桑叶、菊花、薄荷，便秘者加元明粉、元参，高烧者加紫雪丹，或口中含化六神丸（每次3～5粒，每天2～3次）。患者2



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天愈者 31 例，4 天愈者 46 例，6 天愈者 18 例，8～10 天愈者 5 例。

普济消毒饮煎剂，对甲型和乙型链球菌、肺炎双球菌、金黄色葡萄球菌、白色葡萄球菌均有较好的制菌作用，对其它细菌亦有不同程度的制菌作用。

## 4.13 气血两清剂

是以清气凉血的药物为主组成的方剂。适用于疫毒或热毒充斥内外，气分、血分均受干扰之证。症见大热烦渴，吐衄，发斑，神昏谵语等。常用清气药石膏、知母配伍凉血药犀角、地黄等，代表方剂有清瘟败毒饮等。

## 4.14 清瘟败毒饮

出自《疫疹一得》。由生石膏 30 克，生地 12 克，犀角 6 克，黄连 6 克，黄芩 6 克，栀子 10 克，牡丹皮 6 克，玄参 10 克，连翘 15 克，赤芍 6 克，知母 6 克，桔梗 9 克，竹叶 6 克，甘草 6 克组成。水煎分 3 次服（先煎石膏数 10 沸，后下诸药，犀角磨汁和服）。方中石膏味辛性寒，清热泻火，犀角味咸性寒，生地味甘苦性寒，两药凉血养阴，均为主药。知母养阴泻火，山栀、黄连、黄芩、连翘、玄参清热解毒，丹皮、赤芍凉血活血；桔梗、竹叶载药上行；甘草清热解毒，调和诸药。共奏清热解毒，凉血泻火之功。主治热毒充斥，气血两燔之证。症见大热渴饮，头痛如劈，谵语神糊，视物昏昏，或发斑疹，或吐血衄血，四肢或抽搐，或厥逆，舌绛唇焦，脉沉数，或沉细而数，或浮大而数。现常用于流行性脑脊髓膜炎、重症流感、流行性出血热、败血症等病具有上述症状者。临床应用清瘟败毒饮加减治疗温毒严重麻疹 23 例，证属气血两燔，症见高热，有汗或汗泄不畅，口渴喜饮，舌质绛红，舌苔黄燥，基本方由生石膏 24 克，鲜生地 9 克，净连翘 9 克，焦山栀 9 克，黄芩 4.5 克，粉丹皮 9



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克，川黄连 1.5 克，京赤芍 9 克，黑玄参 6 克，金银花 9 克，鲜芦根 30 克组成。若喘咳鼻煽，面苍唇干者，去赤芍、玄参，加麻黄、杏仁、猴枣散。声音嘶哑，咽部红肿，饮水作呛者，加山豆根、挂金灯。泻利频作，黄粘热臭者，加葛根、黄芩改黄连(炒用)，口臭牙疳者，加服板蓝根，其中 15 例麻疹合并肺炎，经治疗，23 例患者均获显效。

运用加减清瘟败毒饮治疗四联球菌脑炎 1 例，患儿 6 岁，于 1 个半月前突然呕吐发烧，继之腹痛，头痛，头向左歪，两上肢弯曲，左肩低垂，手指无力，掌握失灵，两下肢瘫软，行走跌仆。经住院治疗，症情缓解后出院不久，病情复发，仍见头向左歪，左肩低垂，上午轻烧，下午热盛汗出，患儿疲乏欲睡，颜面苍黄，舌红无苔，脉数。经以本方为主治疗，不久即获痊愈，随访患儿健康如常。

## 4.15 清脏腑热剂

是以清脏腑热的药物为主组成的方剂。适用于热邪偏盛于某一脏腑所产生的火热之证。根据邪热偏盛于某一脏腑的不同，药物治疗上也有区别，如心经热盛用黄连、栀子、连子心、木通等清心泻火，肝胆实火用龙胆草、夏枯草、青黛等清肝泻火，肺中有热用黄芩、桑白皮、石膏等清肺泄热，热在脾胃，一用防风与石膏、山栀以升散脾胃积热，一用黄连与升麻、生地等以清胃凉血，胃热阴虚用石膏与熟地、麦冬等清胃滋阴，热在肠腑用白头翁、黄连、黄柏等清肠解毒。代表方剂：清心经热有导赤散，清肝胆实火有龙胆泻肝汤，清肺热有泻白散，清脾胃热有泻黄散、清胃散、清胃养阴有玉女煎，清肠腑湿热有白头翁汤、芍药汤等。



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## 4.16 导赤散

出自《小儿药证直诀》。由生地黄9克，木通6克，生甘草梢6克，竹叶9克组成。水煎分2次服（原作散剂）。方中生地味甘苦性寒，凉血滋阴，为主药。木通上清心经之热，下清小肠而利水通淋；生甘草梢清热解毒，调和诸药；竹叶清心除烦。共奏清心养阴，利水通淋之功。主治心经与小肠有热之证。症见心胸烦热、口渴面赤，意欲饮冷，口舌生疮，或小溲赤涩刺痛，舌红，脉数。现常用于急性泌尿系感染、口腔炎、泌尿系结石等病具有上述症状者。临床应用导赤散加减治疗淋证15例，其中砂淋5例，气淋7例，血淋3例，症见小便短涩，痛引脐中，甚则腰胀或痛，苔白腻或薄黄，脉弦数或细数等，砂淋加海金砂、萹蓄、金钱草，血淋加白茅根、生侧柏、小蓟，气淋加厚朴、香附，结果治愈9例，好转6例。运用导赤散加味治疗小儿手足口病50例，患者分3型论治，湿热型26例，本方加板蓝根、重楼、黄芩。热重于湿型15例，加石膏、知母、栀子、连翘、板蓝根、大青叶、重楼、僵蚕。湿重于热型9例，加茯苓、泽泻、苍术、黄柏、板蓝根、重楼、滑石，去生地，结果3剂治愈34例，6剂治愈12例。服药后无效和复发4例，总有效率92%。

## 4.17 龙胆泻肝汤

出自《医方集解》。由龙胆草（酒炒）6克，黄芩（炒）6克，栀子（酒炒）9克，泽泻12克，木通9克，车前子9克，当归（酒洗）3克，生地黄（酒炒）9克、柴胡6克、生甘草6克组成。水煎分2次服。方中龙胆草味苦性寒，上泻肝胆实火，下清下焦湿热，为主药。黄芩、栀子苦寒泻火，泽泻、木通、车前子清热利湿，使湿热从水道排除，肝经有热易耗伤阴血，加用苦寒燥湿更耗其阴，故用生地、当归滋阴养血，柴胡疏畅肝胆，甘草调中和药。共奏泻肝胆实火，清下焦湿热之功。主治肝胆实



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火，或肝经湿热下注之证。症见头痛目赤，胁痛口苦，耳聋，耳肿；或阴肿，阴痒，小便淋浊，妇女湿热带下。现常用于急性结膜炎、急性中耳炎、高血压、急性黄疸型肝炎、急性胆囊炎、带状疱疹、急性肾盂炎、膀胱炎、尿道炎、急性盆腔炎、急性前列腺炎等病具有上述症状者。本方药物多为苦寒之性，脾胃虚寒者不宜服用。临床应用龙胆泻肝汤加减治疗急性黄疸性肝炎172例，证属肝胆湿热型，症见食欲不振，尿黄，巩膜及皮肤中度黄染，肝肿大，肝功能损坏，基本方由龙胆泻肝汤去泽泻、车前子、栀子，加土茵陈、红枣组成，连服30～40剂，平均28天治愈。运用龙胆泻肝汤加减治疗急进型高血压1例，症见眩晕头痛，口干口苦，心悸多梦，烦躁易怒，小便黄赤，舌红苔黄腻，脉弦滑，血压200／148mmHg，尿蛋白+++，肾功NPN60mg，视神经乳头水肿。用本方去当归，生地黄，加夏枯草、生龙牡、僵蚕、石菖蒲，4剂症状消失，血压120／86mmHg，2月后痊愈。

## 4.18 左金丸

出自《丹溪心法》。由黄连9克，吴茱萸1.5克组成。水煎分2次服（原作丸剂）。方中黄连味苦性寒，清热泻火，为主药。吴茱萸辛热，制黄连之寒，又能入肝降逆，使肝胃和调。共奏清肝泻火，降逆止呕之功。主治肝郁化火，肝火犯胃之证。症见胁肋胀痛，嘈杂吞酸，呕吐口苦，脘痞嗳气，舌红苔黄，脉弦数。现常用于急性胃炎、胃及十二指肠溃疡、无黄疸型传染性肝炎等病具有上述症状者。临床应用左金丸加味治疗溃疡病24例，基本方由黄芩12克（代黄连），吴茱萸1.5克组成。若证属肝胃不和者，以本方合四逆散。证属脾胃湿热者，以本方合平胃散。证属脾虚而湿邪郁滞者，以本方合六君子汤等。经治疗，胃脘疼痛及纳差等主要症状均有不同程度的改善。



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## 4.19 泻白散

出自《小儿药证直诀》。由地骨皮 12 克、桑白皮 12 克，炙甘草 3 克，粳米 6 克组成。水煎分 2 次服（原作散剂）。方中桑白皮味甘性寒，泻肺而清郁热，为主药。地骨皮泻肺中伏火，兼退虚热；炙甘草、粳米养胃和中以扶肺气。共奏泻肺清热，止咳平喘之功。主治肺有伏火郁热之证。症见咳嗽、甚则气急欲喘，皮肤蒸热，日晡龙甚，舌红苔黄，脉细数。现常用于急性支气管炎、支气管哮喘、肺气肿合并感染、小儿肺炎等病具有上述症状者。临床应用泻白散加味治疗百日咳 63 例，63 例均属痉咳期，痉咳连声不已，有回拗声，咳吐稠痰而稍止为主要症状，证属肺火内伏者 23 例，本方加百部、马兜铃、杏仁、贝母、黄芩、瓜蒌皮、枇杷叶等以清肺火，伴见咳血、衄血者，加侧柏叶、丹皮、藕节等以凉血止血。属表有风热者 28 例，本方加薄荷、牛蒡子、竹叶、杏仁、连翘、百部等。属风寒外束者 12 例，本方加麻黄、杏仁、前胡、枇杷叶、竹茹、防风等。63 例服药最少者 4 剂，最多者 8 剂，均获痊愈。

## 4.20 清胃散

出自《兰室秘藏》。由生地黄 12 克，当归身 6 克，牡丹皮 9 克，黄连 4.5 克，升麻 6 克组成。水煎分 2 次服（原作散剂）。方中黄连味苦性寒，清胃中积热，为主药。生地凉血滋阴，丹皮凉血清热；当归养血和血；升麻散火解毒。共奏清胃凉血之功。主治胃有积热，胃火上攻之证。症见牙痛牵引头痛，面颊发热，其齿恶热喜冷，或牙龈溃烂，或牙宣出血，或唇舌颊腮肿痛，或口气热臭，口舌干燥，舌红苔黄，脉滑大而数。现常用于三叉神经痛、口腔炎、牙周炎、慢性胃炎等病具有上述症状者。临床应用清胃散加减治疗牙痛，基本方由清胃散加石膏、知母、银花、连翘组成，治疗牙髓炎、牙周炎等证属胃火的患者 60 余例，均



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获满意效果。运用加味清胃散治疗复发性口疮 56 例，方由黄连 9 克，生地 45 克，当归 12 克，丹皮 16 克，升麻 12 克，双花 12 克，公英 16 克，连翘 16 克，淡竹叶 12 克，甘草 6 克组成。经治疗，显效 31 例，有效 18 例，无效 7 例，总有效率 87.5%。

## 4.21 泻黄散

出自《小儿药证直诀》。由藿香 12 克，山栀仁 6 克，石膏 15 克，甘草 6 克，防风 9 克组成。水煎分 2 次服（原作散剂）。方中石膏味辛甘性大寒、栀子味苦性寒，两药清泻脾胃积热，均为主药。防风疏散脾中伏火；藿香芳香醒脾，并助防风升散脾胃伏火；甘草泻火和中，调和诸药。共奏泻脾胃伏火之功。主治脾胃伏火。症见口疮口臭，烦渴易饥，口燥唇干，舌红，脉数。现常用于口腔炎、牙周炎等病具有上述症状者。

## 4.22 玉女煎

出自《景岳全书》。由石膏 18 克，熟地 15 克，麦冬 6 克，知母、牛膝各 4.5 克组成。水煎分 2 次服。方中石膏味辛甘性大寒，清胃中余热，为主药；熟地滋阴；知母质润，助石膏以清胃热；麦冬养阴，助熟地以滋胃阴；牛膝导热引血下行，以降上炎之火，而止上溢之血。共奏清胃滋阴之功。主治胃热阴虚之证。症见头痛牙痛，齿松牙龈，烦热口渴，舌干红，苔黄而干。现常用于急性口腔炎、舌炎、糖尿病、神经性牙痛等病具有上述症状者。临床应用玉女煎加味治疗牙痛 15 例，证属胃火牙痛，症见牙痛，甚则牵引头痛，或牙龈红肿，或腮颊红肿发热，伴有夜睡不安，不能咀嚼东西，口干欲饮，大便不爽，舌质红，苔或薄黄，脉浮弦滑或兼数。其原因多为蛀齿，以本方加防风、竹叶、淮山药治疗，一般服 2～7 剂即痛止而愈。运用玉女煎加减治疗赖特氏病 1 例，于菌痢后出现发烧，关节肿痛，运动受限，伴尿道炎，眼球结膜充血，口腔溃疡及生殖器糜烂，曾用抗菌素、抗



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风湿药及激素等治疗无明显效果，改用本方加减、药用生地30克，知母9克，石膏30克，牛膝9克，秦艽15克，忍冬藤、银花各15克，赤芍12克，丹皮12克，防风12克，木瓜12克，茯苓9克，陈皮9克，桑叶30克，寻骨风30克，经治疗1个月、恢复正常，出院半年后随访，情况良好。

## 4.23 芍药汤

出自《医学六书》。由芍药15克，当归、黄连各9克，槟榔、木香、甘草各5克，大黄9克，黄芩9克，官桂3克组成。水煎分2次服（原作散剂）。方中白芍味苦酸性微寒，调和营血，治痢止痛，为主药；黄连、黄芩、大黄清热解毒；当归、肉桂和营行血，木香、槟榔导滞调气；甘草清热解毒，调和诸药，与白芍配伍而缓急止痛。共奏调和气血。清热解毒之功。主治湿热蓄积肠中，气滞失调之证。症见腹痛便脓血，赤白相兼，里急后重，肛门灼热，小便短赤，舌苔黄腻，脉滑数。现常用于细菌性痢疾、阿米巴痢疾、过敏性肠炎、急性肠炎等病具有上述症状者。临床应用芍药合剂（芍药汤去大黄）治疗杆菌性痢疾46例，均见发病急、发热、腹痛、泻下脓血粘液、里急后重、不思饮食等症，镜检粪便内均有脓细胞及红细胞。经治疗，1日内退热者18例，2日内退热者1例，其余病例在入院初体温即正常，排便次数在服药3日内即恢复正常者19例，4日内恢复正常者6例，1周内恢复正常者11例，1周后恢复正常者10例，腹痛及里急后重大都5日内消失，46例均治愈。运用芍药汤加味治疗小儿杆菌痢疾18例，入院前都有发热，体温在37～39℃之间，症见呕吐，腹泻，腹痛，里急后重，抽风昏迷等，大便镜检有红细胞及粘液，血象白细胞增高，基本方由白芍9克，黄芩4.5克，黄连4.5克，槟榔4.5克，木香3克，当归3克，枳壳4.5克，陈皮4.5克，银花6克，焦楂3克组成。水煎分6次，每日服3次，18例全部治愈。治愈平均住院时间4.44天。与用



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合霉素组 20 例对照，本方的治疗效果优于合霉素。

## 4.24 白头翁汤

出自《伤寒论》。由白头翁 15 克，黄柏 12 克，黄连 6 克，秦皮 12 克组成。水煎分 2 次服。方中白头翁味苦性寒，清血分热毒，为主药。黄连、黄柏、秦皮清热解毒，燥湿治痢。共奏清热解毒，凉血治痢之功。主治热毒赤痢。症见腹痛，里急后重，肛门灼热，泻下脓血，赤多白少，渴欲饮水，舌红苔黄，脉弦数。现常用于急性细菌性痢疾、阿米巴性痢疾、溃疡性结肠炎、滴虫性肠炎、大叶性肺炎、支气管肺炎等病具有上述症状者。临床应用白头翁加大黄汤治疗急性菌痢 48 例。基本方由白头翁 8 克，黄连 6 克，黄柏 10 克，秦皮 12 克，炒大黄 10 克组成。初起有表证者加荆芥、防风、葛根。热重于湿者加马齿苋、苦参、地榆炭。湿重于热者加苍术、藿香、厚朴。腹痛、里急后重甚者加槟榔、木香、焦楂。经治疗，均获痊愈，其中 3 天愈者 29 例，5 天愈者 11 例，7 天愈者 8 例。运用白头翁汤治疗肺炎 67 例，男 48 例，女 19 例，年龄最大 56 岁，最小 3 岁，体温最高 41.4℃，最低 38.2℃，大叶性肺炎 41 例，支气管肺炎 26 例。证属大肠腑热而邪热壅肺。基本方由白头翁 16 克，黄连、黄柏各 6 克，秦皮 9 克组成，16 岁以下减量。风热闭肺者，加杏仁、麻黄、鱼腥草、僵蚕、大青叶、生石膏、葶苈子。痰热壅肿者，加黄芩、生石膏，生甘草、葶苈子、丹参、白花蛇舌草。热烁营阳，加生地、玄参、北条参、丹参、麦冬、花粉。气血两燔，加生地、玄参、麦冬、南沙参。神昏谵语加紫雪丹。经治疗，56 例患者获愈，11 例无效，56 例治愈的患者中，体温恢复正常的时间 3 日者 8 例，5～6 日者 37 例，8～14 日者 11 例。



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## 4.25 清虚热剂

是以清虚热的药物为主组成的方剂。适用于热病后期，邪热未尽，阴液已伤，热留阴分，或肝肾亏损，或久热不退的虚热证。症见暮热早凉，骨蒸潮热，舌红少苔，脉数或细数。常用的药有青蒿、鳖甲、地骨皮、知母等，代表方剂有青蒿鳖甲汤，秦艽鳖甲散、清骨散等。

## 4.26 青蒿鳖甲汤

出自《温病条辨》。由青蒿 6 克，鳖甲 15 克，细生地 12 克，知母 6 克，丹皮 9 克组成。水煎分 2 次服。方中鳖甲味咸性寒，滋阴退虚热，青蒿味苦辛性寒，清热透络，引邪外出，两药养阴透热，均为主药。生地、知母益阴清热，助鳖甲以退虚热，丹皮凉血透热，助青蒿以透泄伏热。共奏养阴透热之功。主治温病后期，阴虚邪伏之证。症见夜热早凉，热退无汗，舌红苔少，脉来细数。现常用于慢性肾盂肾炎、肾结核、小儿夏季热等病具有上述症状者。临床应用青蒿鳖甲汤加味治疗妇科手术后低热 100 例，因子宫肌瘤、子宫内膜异位症、子宫体癌、功能性子宫出血等施行子宫全切除术者 82 例，子宫次全切除者 7 例，因卵巢囊肿、宫外孕、输卵管卵巢积水等施行附件切除术者 11 例，11 例术后均经各种抗生素治疗体温持续在 37.3～38℃左右不退，检查无感染阳性体征。基本方由生地 15 克，炙鳖甲 12 克，青蒿、知母、丹皮、白薇、银柴胡、白芍各 10 克，生甘草 5 克组成。术后 5～10 天开始服用本方者 81 例，11～15 天者 19 例，单服本方者 82 例，加用抗菌素者 18 例（大部分系应用本方的初期），显效 70 例服 1～3 剂体温恢复正常，有效 28 例服 4～5 剂体温恢复正常，其余无效。运用青蒿鳖甲汤治疗泡疹性结膜炎 19 例，证属肺经燥热，基本方由本方去丹皮、生地，加柴胡、钩藤、陈皮、白术组成。少则数剂，多则 10 余剂即告痊



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愈，治愈率 100%。

## 4.27 秦艽鳖甲散

出自《卫生宝鉴》由地骨皮 12 克，柴胡 9 克，鳖甲 15 克，秦艽 12 克，知母 9 克，当归 9 克，青蒿 6 克，乌梅 3 克组成。水煎分 2 次服（原作散剂）。方中鳖甲味咸性寒，滋阴清热，秦艽味苦辛性微寒，清热除蒸，均为主药。知母、青蒿、地骨皮清内热以治骨蒸；当归补血和血；柴胡驱风邪以从外解；乌梅敛阴止汗。共奏滋阴养血，清热除蒸之功。主治风劳之证，症见骨蒸盗汗，肌肉消瘦，唇红颊赤，午后潮热，咳嗽困倦，舌红少苔，脉微数。现常用于肺结核、骨结核等病具有上述症状者。

## 4.28 清骨散

出自《证治准绳》。由银柴胡 10 克，胡黄连、秦艽、鳖甲（醋炙）、地骨皮、青蒿、知母各 6 克，甘草 4 克组成。水煎分 2 次服（原作散剂）。方中银柴胡味甘性微寒，善清虚劳骨蒸之热，为主药。知母、胡黄连、地骨皮善消虚热而退有汗骨蒸，青蒿、秦艽可治无汗骨蒸；鳖甲滋阴潜阳，以治虚热；甘草调和诸药。共奏清虚热，退骨蒸之功。主治虚劳骨蒸，或低热日久不退。现常用于结核病、血液病等病具有上述症状者。临床应用清骨散加减治疗创伤发热 21 例，基本方由银柴胡、地骨皮各 18 克，黄连、知母各 9 克，秦艽 15 克，青蒿（后下）、甘草各 6 克，白薇 30 克组成。凡有外伤史，局部有血肿、瘀斑，热型为午后至傍晚体温升高，翌晨热退，自觉发烧，无表证，精神状态尚好，初时白细胞反应性升高，数天后恢复正常，舌质红苔薄白或薄黄，脉细数等均可应用本方治疗。共治 21 例，20 例服 1～2 剂即退热，1 例无效。



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## 4.29 当归六黄汤

出自《兰室秘藏》。由当归9克，生地黄9克，熟地黄9克，黄芩9克，黄柏9克，黄连6克，黄芪18克组成。水煎分2次服（原作散剂）。方中当归、生地、熟地育阴养血以清内热，均为主药。黄连、黄芩、黄柏泻火除烦、清热坚阴；黄芪益气固表而止汗。共奏滋阴泻火，固表止汗之功。主治阴虚火旺，发热盗汗之证。症见面赤，心烦，口干唇燥，便结溲黄，舌红、脉数。现常用于结核病、风湿病、血液病等病具有上述症状者。临床应用当归六黄汤治疗盗汗、月经过多、复发性口疮及慢性尿路感染各1例，证属气火关系失调，经治疗均获愈。运用当归六黄汤加莲子心、麦门冬、麻黄根治疗持续高烧1例。症见10日前持续发烧，每晚高达39～40℃之间，将近天明，满身盗汗出，始回降至38.5℃左右，口干，舌疮，烦躁不安，舌质红，苔薄黄而干燥少泽，尖端鲜红，脉滑数，服本方5剂，盗汗全止，夜热降。



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# 第5章　祛暑剂

## 5.1　祛暑剂

由祛暑药为主组成。具有祛除暑邪的作用，以治疗暑病的方剂，统称祛暑剂。暑为夏季的主气，属温热或火热之范畴，暑热易伤气，所以暑病一般发热较高，并见口渴、心烦、汗多等津气两伤之证；因夏季气候较潮湿，暑病每多挟湿；夏暑炎热，人们多喜纳凉饮冷，不避风露，又易兼表寒。根据上述暑病的不同特点，祛暑剂可分为祛暑解表、祛暑清热、祛暑利湿和祛暑益气四类。

暑病挟湿较为常见，使用祛暑剂时，每多配伍祛湿之品，但须注意主次轻重，如暑重湿轻，则湿易从热化，祛湿之品不宜过于温燥，以免燥灼津液。如湿重暑轻，则暑为湿遏，祛暑又不宜过用甘寒，以免阴柔碍湿。

## 5.2　祛暑清热剂

是以祛暑清热的药物为主组成的方剂。适用于夏季感受暑热之证。症见身热心烦，汗多口渴等。常用的药有西瓜翠衣、银花、扁豆花、荷叶等，代表方剂有清络饮等。

## 5.3　清络饮

出自《温病条辨》。由鲜荷叶边6克，鲜银花9克，丝瓜皮6克，西瓜翠衣6克，鲜扁豆花6克，鲜竹叶心6克组成。水煎分2次服。方中鲜银花味甘性寒，与芳香清散的鲜扁豆花相伍，两药祛暑清热，均为主药。西瓜翠衣清热解暑，丝瓜络清肺透络；鲜荷叶边祛暑清热而舒散；鲜竹叶心清心利水。共奏清解暑



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邪之功。主治暑热伤肺，邪在气分之证。症见身热口渴不甚，但头目不清、昏眩微胀，舌淡红苔薄白等。现常用于中暑等病具有上述症状者。

## 5.4 祛暑解表剂

是以祛暑解表的药物为主组成的方剂。适用于暑气内伏，兼外感风寒之证。症见恶寒发热，无汗头痛，心烦口渴等。常用的药有香薷、银花等，代表方剂有新加香薷饮等。

## 5.5 新加香薷饮

出自《温病条辨》。由香薷 6 克，银花 9 克，鲜扁豆花 9 克，厚朴 6 克，连翘 9 克组成。水煎分 2 次服。方中香薷味辛性微温，发汗解表，祛暑化湿，为主药。鲜扁豆花、银花、连翘清上焦暑热，以除热解渴，厚朴化湿除满。共奏祛暑解表，清热化湿之功。主治暑温初起，复感外寒之证。症见发热头痛，恶寒无汗，口渴面赤，胸闷不舒，舌苔白腻，脉浮而数者。现常用于夏季暑湿感冒等病具有上述症状者。本方治暑夹寒邪之证，以汗不出为使用要点。若纯属暑温为病，发热而有汗者，虽有恶寒，也不宜使用。

## 5.6 祛暑利湿剂

是以祛暑利湿的药物为主组成的方剂。适用于感胃挟湿之证。症见身热烦渴，胸脘痞闷，小便不利等。常用的药有滑石、茯苓、泽泻等，代表方剂有六一散、桂苓甘露散等。

## 5.7 六一散

出自《伤寒直格》。由滑石 180 克，甘草 30 克组成。为细末，每服 9～18 克，用纯棉纱布包煎，去滓，日 2 次。方中滑石味甘淡性寒，善清热利小便，为主药。甘草清热和中，与滑石配



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用，甘寒生津，使小便利而津液不伤。共奏祛暑利湿之功。主治感受暑湿之证。症见身热烦渴，小便不利，或泄泻。现常用于轻度中暑、膀胱炎、泌尿系结石等病具有上述症状者。临床应用加味六一散治疗砂淋1例，症见腰部酸痛，时而排尿不畅，小便混浊而赤，淋沥刺痛，苔白腻，脉弦。药用飞滑石30克，甘草6克，鸡内金18克，琥珀12克，共研细末，分成9包，每次1包，日3次。用金钱草60克，车前草60克，煎汤送服，服药2天后小便通畅，第3天中午尿出结石2块，5天后先后排出11块结石，腰痛腹胀消失，小便自利。继用金钱草，车前草各30克，煎服，连服1周而愈。

## 5.8 桂苓甘露饮

出自《宣明论方》。由茯苓30克，甘草6克，白术12克，泽泻15克，官桂3克，石膏30克，寒水石30克，滑石30克，猪苓15克组成。共研为末，每服9克，温汤调服。生姜汤调服尤良，日2次。方中滑石味甘淡性寒，清热利湿，为主药。石膏、寒水石清解暑热；官桂助下焦气化，猪苓、茯苓、泽泻利湿，白术健脾；甘草调和诸药，与滑石相配，增强清热利湿。共奏祛暑清热，化气利湿之功。主治中暑受湿之证。症见发热头痛，烦渴引饮，小便不利，以及霍乱吐下等。现常用于中暑、夏季胃肠型感冒等病具有上述症状者。

## 5.9 清暑益气剂

是以清暑益气的药物为主组成的方剂。适用于暑热伤气，津液受灼之证。症见身热烦渴，倦怠少气，汗多，脉虚等。常用的药有西洋参、西瓜翠衣、石斛、知母等，代表方剂有王氏清暑汤等。



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## 5.10 清暑益气汤

出自《温热经纬》。由西洋参5克，石斛15克，麦冬9克，黄连3克，竹叶6克，荷梗15克，知母6克，甘草3克，粳米15克，西瓜翠衣30克组成。水煎分2次服。方中西洋参味甘微苦性凉，益气生津，养阴清热，西瓜翠衣味甘性寒，清热解暑，两药均为主药。荷梗助西瓜翠衣清热解暑，石斛、麦冬助西洋参养阴清热；知母、竹叶清热除烦；甘草、粳米益气养胃。共奏清暑益气，养阴生津之功。主治中暑受热，气津两伤之证。症见身热汗多，心烦口渴，小便短赤，体倦少气，精神不振，脉虚数等。现常用于中暑等病具有上述症状者。



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# 第6章　温里剂

## 6.1　温里剂

由温热药为主组成。具有温里助阳，散寒通脉等作用，以治疗阴寒在里的方剂，统称温里剂。寒邪致病，有在表在里之分，表寒证当用辛温解表剂治疗，而里寒证当用温里剂治疗，两者不可混淆。里寒证的成因，有因素体阳虚，寒从中生者；有因外寒直中脏腑者；有因表寒证治疗不当，寒邪乘虚入里者；有因服寒药太过，损伤阳气者。根据里寒证的轻重之别，以及所伤部位的不同，本剂又分温中祛寒，回阳救逆、温经散寒3类。

本类方剂多由辛温燥热之品组成，运用时应辨清寒热的真假，对真热假寒证不能使用；若病人素体有阴虚、失血之证，不可过剂，以免重伤其阴，寒去热生，或辛热之品劫阴动血；根据四时寒热的变化，应注意药量大小的调谐；素体阳气虚弱，经温里剂治疗，里寒去而阳气仍虚，可另谋温补之剂；温里剂治里寒证，须中病即止。

## 6.2　温中祛寒剂

是以温中祛寒的药物为主组成的方剂。适用于中焦虚寒之证。症见脘腹胀痛，肢体倦怠，手足不温，或吞酸吐涎，恶心呕吐，或腹痛下利，不间饮食，口淡不渴，舌苔白滑，脉沉细或沉迟等。常用的药有干姜、吴茱萸、蜀椒、生姜等，代表方剂有理中丸、吴茱萸汤、小建中汤、大建中汤等。



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## 6.3 理中丸

出自《伤寒论》。由人参 6 克，干姜 5 克，甘草（炙）6 克，白术 9 克组成。共研末，蜜和为丸，如鸡子黄大，服时研碎，温服，日 3 次（亦作汤剂，按原方比例酌定用量）。方中干姜味辛性热，温中焦脾胃而祛里寒，为主药。人参大补元气，助运化而和升降，白术健脾燥湿；炙甘草益气和中。共奏温中祛寒，补气健脾之功。主治中焦虚寒之证。症见自利不渴，呕吐腹痛，不欲饮食，舌淡苔白，脉沉迟等。现常用于胃及十二指肠溃疡、慢性胃炎、慢性结肠炎、局限性回肠炎、细菌性痢疾等病具有上述症状者。临床应用理中汤治疗严重腹胀 1 例，始因发烧，肚腹撑胀，呕吐，阵发性腹痛而住院，现症见 10 余天水米未进，体温降至 35℃，频呕，腹部撑胀，3 天未大便，发烧，药用理中汤加桂枝、大黄、芒硝、石膏、知母，以大米、荷叶为引，服药 1 剂症减，继服上方加减 3 剂症大减。运用理中汤加味治疗慢性口腔溃疡 1 例，患者 3 年来口腔经常溃疡、灼痛、口中时有臭味，牙龈出血，手足心热，近两月病情有所加重，就诊时口腔溃烂灼痛，饮食尚可，倦怠无力，口干不欲饮，尿清，舌淡苔薄白，脉细缓。药用附子 9 克，党参 15 克，炮姜 6 克，白术 9 克，熟地 15 克，甘草 4.5 克。服用 4 剂后口腔溃疡减其大半，食热物未见明显灼痛，再进 3 剂，溃疡痊愈。

## 6.4 吴茱萸汤

出自《伤寒论》。由吴茱萸 3 克，人参 6 克，大枣 4 枚，生姜 18 克组成，水煎分 3 次服。方中吴茱萸味辛苦性热，温胃散寒，开郁化滞，下气降浊，为主药。人参大补元气，兼能益阴；生姜温胃散寒，大枣益气滋脾，姜、枣相合，尚能调和营卫。共奏温中补虚，降逆止呕之功。主治胃中虚寒，食谷欲呕，胸膈满闷，或胃脘痛，吞酸嘈杂；厥阴头痛，呕吐涎沫；少阴吐利。现



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常用于慢性胃炎、神经性头痛、妊娠呕吐、胃肠神经官能证、美尼尔氏综合征、药物过敏性呕吐等病具有上述症状者，临床应用吴茱萸汤加味治疗溃疡病34例。证属虚寒，症见胃痛日久，时时发作，痛处喜按，饥饿痛甚，得食痛缓，喜热畏凉，食欲不振，恶心欲呕或吐清水，口不干，舌淡苔白滑，脉缓。经治疗，显效25例，进步8例，无效1例，疼痛消失短者3天，长者25天。运用吴茱萸汤加味治疗慢性胆囊炎3例，均因前医过用苦寒而损伤中阳，导致寒邪干胃，胃气上逆，呕味涎沫，经用吴茱萸汤加味治疗，而获显效。

## 6.5 小建中汤

出自《伤寒论》。由芍药（酒炒）18克，桂枝9克，炙甘草6克，生姜10克，大枣4枚，饴糖30克组成。前5味水煎2次，取汁，兑入饴糖，分2次温服。方中饴糖味甘性温，益脾气而养脾阴，温补中焦，兼缓肝急，润肺之燥，为主药。桂枝温阳气，芍药益阴血；炙甘草甘温益气，既助饴糖、桂枝益气温中，又合芍药酸甘化阴而益肝滋脾；生姜温胃，大枣补脾，姜、枣又调和营卫。共奏温中补虚，和里缓急之功。主治虚劳里急之证。症见腹中时痛，温按则痛减，舌淡苔白，脉弦细而缓；或心中悸动，虚烦不宁，面色无华；或四肢酸楚，手足烦热，咽干口燥。现常用于胃及十二指肠球溃疡、神经衰弱、再生障碍性贫血、血小板减少性紫癜等病具有上述症状者。临床应用小建中汤治疗遗精1例，症见遗精2年余，1～2日即发生1次，其面色晦暗，食少身倦，头晕心悸，耳鸣，腰酸多梦，舌光无苔，脉细弱。药用桂枝15克，饴糖60克，芍药30克，炙草9克，生姜3片，大枣3枚，牡蛎24克，龙骨24克。患者服3剂遗精止，梦少睡宁，余症均减。运用小建中汤加味治疗蛔虫型腹痛3例，基本方由桂枝6克，白芍6克，炙草6克，大枣4枚，生姜3片，乌梅6克，饴糖30克组成，3例服2～3剂后均愈。



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## 6.6 大建中汤

出自《金匮要略》。由蜀椒 3 克，干姜 4.5 克，人参 6 克，饴糖 30 克组成。前 3 味水煎 2 次，取汁，兑入饴糖 30 克，分 2 次温服。方中蜀椒味辛性热，温脾胃，助命火，散寒除湿，下气散结，为主药。干姜温中散寒，助蜀椒建中阳，散逆气，止痛平呕；人参、饴糖甘温补中而益脾胃。共奏温中补虚，降逆止痛之功。主治中阳衰弱，阴寒内盛之证。症见心胸中大寒痛，呕不能食，腹中寒上冲皮起，见有头足，上下痛而不可触近，舌苔白滑，脉细紧，甚则肢厥脉伏，或腹中渡渡有声。现常用于慢性胃炎、溃疡病、慢性胰腺炎、慢性胆囊炎、胆道蛔虫、肠结核等病具有上述症状者。临床应用加味大建中汤治疗胆道蛔虫症 45 例。基本方由干姜、川椒、乌梅、苦楝皮、槟榔、党参各 9 克，饴糖 60 克，黄连、炙甘草各 4.5 克，小儿均减半。经治疗，其中 39 例治愈，4 例进步。运用大建中汤治疗心胸中大寒痛呕不能饮食 6 例，证属中阳不足，阴寒上乘，病程长者 3 年余，短者 2 天，若腹胀满加厚朴、砂仁，寒甚或头痛目眩加吴茱萸，恶寒重加炮附子，呕吐加半夏、生姜，脾虚加白术，白虚加当归，口干加白芍，手足倦或麻痹加桂枝尖。经治疗，均获满意疗效。

## 6.7 回阳救逆剂

是以回阳救逆的药物为主组成的方剂，适用于阳气衰微，内外俱寒，甚至阴盛格阳或戴阳等证。症见四肢厥逆，恶寒蜷卧，呕吐腹痛，下利清谷，精神萎靡，脉沉细或沉微等。常用的药有附子、干姜、肉桂等，代表方剂有四逆汤、回阳救急汤等。

## 6.8 四逆汤

出自《伤寒论》。由附子（生）5～10 克，干姜 6～9 克，甘草（炙）6 克组成。先煎生附子 1 小时，再加余药同煎，取汁，



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分2次温服。方中生附子味辛甘性大热，有毒，善补先天命门真火，通行十二经，生用尤能迅速通达内外以温阳逐寒，为主药。干姜温中阳而除里寒，助附子伸发阳气；炙甘草既能解毒，又能缓干姜、生附子辛烈之性。共奏回阳救逆之功。主治少阴病，症见四肢厥逆，恶寒蜷卧，呕吐不渴，腹痛下利，神衰欲寐，舌苔白滑，脉象微细，以及太阳病误汗亡阳之证。现常用于慢性结肠炎、肺心病、肺炎、脱水症等病具有上述症状者。本方是温燥偏重之剂，如见面红、烦躁属"真寒假热"者，服用本方时，以凉服为宜，否则可能反增上燥，而致鼻衄。临床应用针刺配合四逆汤加味中西医结合抢救雷电击伤心跳骤停1例，患者男性，38岁，被雷电击伤，神志昏迷，面色苍白，唇绀，四肢厥冷，呼吸极微，心音听不到，经胸外心脏按摩，针刺人中、合谷、涌泉等穴，并肌肉注射尼可刹米0.375mg，静脉注射50%葡萄糖50ml等治疗，半小时后，心脏可听到间歇微弱的心音，心律不齐，心率28次/分，即予四逆汤加党参、黄芪1剂，重用附子25克，1小时后四肢转温，心率50次/分，自诉心前疼痛，再予原方加红花、当归1剂，药后病情继续好转，再将附子量减半，继服2剂而愈。运用四逆汤加黄连治疗小儿泄泻70例。症见大便溏薄，微热，肢冷，脉微弱，苔薄白。基本方由制附子15克，干姜、甘草各9克，加水350毫升，煎至150毫升，再加黄连9克，微火煎至80毫升，过滤加糖适量，煮沸备用。5个月以下患儿每次3～5ml，6～10个月患儿每次5～8ml，1～1.5岁每次8～10ml，每4小时服1次。结果治愈58例，有效8例，无效4例，治疗时间平均4日。

## 6.9 回阳救急汤

出自《伤寒六书》。由熟附子9克，干姜5克，肉桂3克，人参6克，白术（炒）9克，茯苓9克，陈皮6克，甘草（炙）5克，五味子3克，半夏（制）9克，生姜3片，麝香0.1克组



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成。水煎，临服入麝香，分2次服。方中附子味辛甘性大热，温里回阳，祛寒破阴，为主药。干姜温中散寒，肉桂温壮元阳；人参、白术、茯苓、甘草、陈皮、半夏补益脾胃，燥湿化痰；麝香通达十二经血脉，五味子酸收，使发中有收，与人参相合，益气生脉。共奏回阳救急，益气生脉之功。主治寒邪直中三阴，真阳衰微之证。症见恶寒蜷卧，四肢厥冷，吐泻腹痛，口不渴，神衰欲寐，或身寒战栗，或指甲口唇青紫，或吐涎沫，舌淡苔白，脉沉微，甚或无脉等。现常用于慢性结肠炎、慢性腹泻、沙门氏菌属感染、中毒性痢疾等病具有上述症状者。本方温燥，中病以手足温和即止，不宜多服。

## 6.10 黑锡丹

出自《太平惠民和剂局方》。由金铃子（蒸）、胡芦巴（酒浸，炒）、木香、附子（炮）、肉豆蔻（面裹煨），破故纸（酒浸，炒）、沉香、茴香（炒）、阳起石（酒煮，焙干，研）各30克，肉桂15克，黑锡（即铅，去滓净秤）、硫黄各60克组成。共为细末，酒糊丸，成人每服5克，小儿每服2～3克，盐开水送下，急救可用至9克。方中黑锡味甘性寒，镇摄浮阳，降逆平喘，硫黄味酸性热，温补命火，暖肾消寒，两药均为主药。附子、肉桂温肾助阳，引火归原，阳起石、破故纸、胡芦巴温命门，除冷气；茴香、沉香、肉豆蔻温中调气，降逆除痰，兼能暖肾；川楝子苦寒，监制诸药以防温燥太过，又能利气疏肝。共奏温壮下元，镇纳浮阳之功。主治肾阳衰弱，肾不纳气之证。症见胸中痰壅，上气喘促，四肢厥逆，冷汗不止，舌淡苔白，脉沉微等，以及奔豚气上冲胸，胁腹胀满，或寒疝腹痛，肠鸣滑泄，或男子阳痿精冷，女子血海虚寒，带下清稀等。现常用于哮喘、阳痿等病具有上述症状者。本方为温降镇摄救急之剂，非久病缓治之方，不宜多服久服，否则有铅中毒的危险。临床应用黑锡丹治疗哮喘1例，患者哮喘已数年，1日1发至10余发不等，病时



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呼吸喘促，胸腹气紧，提不升，咽不降，气若不续，汗大出，吐泡沫痰，口渴喜热食，苔白薄，日夜发作5～6次，伛偻扶坐，不能平卧，服黑锡丹1日3次，每次30粒，第3日哮喘减至1日1发或间日发，第10日，哮喘完全停止，续服10日，症状完全消失。

## 6.11 温经散寒剂

是以温经散寒和养血通脉的药物为主组成的方剂。适用于阳气不足，阴血亦弱，复有外寒伤于经络，血脉不利之证。常用温经散寒药桂枝、细辛配伍养血通脉药当归、芍药等，代表方剂有当归四逆汤等。

## 6.12 当归四逆汤

出自《伤寒论》。由当归12克，桂枝9克，芍药9克，细辛1.5克，甘草（炙）5克，通草3克，大枣8枚组成。水煎分3次服。方中当归味辛甘性温，活血养血，为主药。桂枝温通经脉，白芍养血和营；细辛通血脉，散寒邪；大枣、炙甘草补脾气而调诸药，通草通经脉。共奏温经散寒，养血通脉之功。主治血虚受寒。症见手足厥冷，舌淡苔白，脉沉细或脉细欲绝者。现常用于血栓闭塞性脉管炎、周围静脉炎、多发性神经炎、冻疮等病具有上述症状者。临床应用当归四逆汤加减治疗血栓闭塞性脉管炎10例，病程分别为2月～3年。基本方由当归、桂枝、赤芍、通草、川椒、大枣、丹参、益母草、王不留行、川郁金、蒲公英、银花、玄参、附子、鹿角胶、鸡血藤、党参、黄芪、川牛膝组成。经治疗，有9例痊愈。运用加味当归四逆汤治疗早期雷诺氏病2例，证属阳气虚弱不能温养四末，寒邪外袭，血脉凝涩，1例用原方加艾叶、红花，服30余剂而愈，1例服18剂而愈，随访均未复发。



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# 第7章　表里双解剂

## 7.1　表里双解剂

由解表药配合泻下药或清热药、温里药等为主组成。具有表里同治的作用，以治疗表里同病的方剂，统称表里双解剂。对于表证未除，里证又急者，如仅用表散，则在里之邪不得去；仅治其里，则在外之邪亦不得其解。针对这种情况，宜使用表里双解剂以表里同治，使病邪得以分消。表里双解剂，根据表里同病的性质不同，有解表攻里、解表清里、解表温里3种分类。至于解表补里法，是治疗表邪未解而有正气不足之证，已在解表剂中介绍，本章不再重复。

使用表里双解剂，应当注意须具备既有表证，又有里证者，方可应用，否则即不相宜。辨别表证与里证的寒、热、虚、实，针对病情选择适当的方剂。分清表证与里证的轻重主次，而后权衡表药与里药的比例，方无太过或不及之弊。

## 7.2　解表攻里剂

是以解表和泻下的药物为主组成的方剂。适用于既有表寒或表热的症状，又有里实之证。常用解表药麻黄、桂枝、荆芥、防风、柴胡、薄荷配伍泻下药大黄、芒硝等，代表方剂有大柴胡汤、防风通圣散等。

## 7.3　大柴胡汤

出自《金匮要略》。由柴胡15克，黄芩9克，芍药9克，半夏9克，枳实（炙）9克，大黄6克，生姜15克，大枣5枚组成。水煎分二次服。方中柴胡味苦辛性微寒，透表泄热，为主



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药。黄芩配柴胡和解清热，以除少阳之邪；大黄、枳实泻阳明热结；芍药缓急止痛，与大黄相配可治腹中实痛，与枳实相伍可治气血不和；半夏降逆止呕，配伍生姜重用，以治呕逆不止；大枣、生姜同用，能调和营卫而和诸药。共奏和解少阳，内泻热结之功。主治少阳、阳明合病。症见往来寒热，胸胁苦满，呕不止，郁郁微烦，心下满痛或心下痞鞕，大便不解或协热下利，舌苔黄，脉弦有力。现常用于急性单纯性肠梗阻、急性胰腺炎、急性胆囊炎、胆道结石等病具有上述症状者。临床应用大柴胡汤加川楝子、延胡索、甘草治疗急性胆囊炎 40 例。均有胸胁疼痛，肝区触压痛，多伴有疼痛放射至右肩背，畏寒发热，恶心呕吐，腹肌紧张，巩膜黄染等症，其中约有半数的患者，尚有咽干口苦，在右季肋下可触及肿大的胆囊或炎症粘连包块。经治疗，35 例痊愈，5 例好转，3 例复发。运用大柴胡汤加延胡索、木香治疗急性胰腺炎 22 例。症见上腹剧烈疼痛及局部疼痛，恶心呕吐，大部分有不同程度的体温升高，舌苔黄厚或黄干，脉弦滑。其中 18 例白细胞计数升高，尿淀粉酶 128 单位者 2 例，其余均在 256 单位以上，在测定血清淀粉酶的 19 例中，有 8 例在 128 单位以上，经配合输液或用阿托品、杜冷丁治疗全部治愈。

## 7.4 防风通圣散

出自《宣明论方》。由防风、荆芥、连翘、麻黄、薄荷、川芎、当归、白芍（炒）、白术、山栀、大黄（酒蒸）、芒硝（后下）各 15 克，石膏、黄芩、桔梗各 30 克，甘草 60 克，滑石 90 克组成。以上诸药共为粗末，每次 9 克，加生姜 3 片，水煎服，日 2 次（亦作丸剂）。方中防风味辛甘性微温，疏风解表，为主药。与荆芥、麻黄、薄荷配伍增强疏风解表之力，使风邪从汗而解；大黄、芒硝泄热通便，配伍石膏、黄芩、连翘、桔梗清解肺胃之热；山栀、滑石清利湿热，使里热从二便而解；当归、川芎、白芍养血活血，白术健脾燥湿，甘草和中缓急，生姜和胃降



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逆。共奏疏风解表，泻热通便之功。主治风热壅盛，表里俱实之证。症见憎寒壮热，头目昏眩，目赤睛痛，口苦口干，咽喉不利，胸膈痞闷，咳呕喘满，涕唾稠粘，大便秘结，小便赤涩等。现常用于荨麻疹、神经性头痛、牛皮癣、过敏性紫癜等病具有上述症状者。临床应用防风通圣散加陈皮、半夏治疗顽固性头痛1例，症见头痛，以右侧头部及左侧颊部为重，血压高，约1个月前发生轻度左面神经瘫痪和轻度言语障碍，大便每周1次，脉弦有力，无舌苔，腹部略膨胀，心窝部稍有抵抗，血压170／90mmHg。经服3剂后，不但治好了头痛，而且语言障碍亦得到显著地改善。

## 7.5 解表清里剂

是以解表和清热的药物为主组成的方剂。适用于既有表寒或表热的症状，又有里热之证。常用解表药麻黄、淡豆豉、葛根配伍清热药黄芩、黄连、黄柏等，代表方剂有葛根黄芩黄连汤、石膏汤等。

## 7.6 葛根黄芩黄连汤

出自《伤寒论》。由葛根15克，甘草（炙）6克，黄芩9克，黄连9克组成。水煎分2次服。方中葛根味甘辛性凉，既能解表清热，又能升发脾胃清阳之气以治下利，为主药。黄芩、黄连清胃肠之热，燥胃肠之湿；甘草缓中和药。共奏解表清热之功。主治外感表证未解，热邪入里之证。症见身热，下利臭秽，肛门有灼热感，胸脘烦热，口干作渴，喘而汗出，苔黄脉数。现常用于细菌性痢疾、肠伤寒、急性肠炎、小儿泄泻等病具有上述症状者。临床应用葛根黄芩黄连汤治疗急性细菌性痢疾40例。最多服药12剂，最少服药2剂即愈。退热最快的为4小时，腹痛消失平均为4.51天，里急后重消失平均为3.47天，食欲恢复正常平均为2.5天，解便次数正常，大便镜检阴性，平均为4



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天，急性症状消失平均为 3.44 天。临床症状完全消失的 39 例。运用加味葛根芩连汤治疗小儿麻痹症 129 例。基本方由葛根、黄芩、黄连、甘草、生石膏、银花、白芍、全蝎、蜈蚣组成。经治疗，结果在患肢呈深度完全麻痹，失去自主运动功能的重型患者 52 例中，痊愈 17 例，好转 35 例。在尚能自主活动，但不能走路，不能站立的中型患者 67 例中，痊愈 33 例。好转 34 例。能自主活动，能站立行走，但肢体软弱无力的轻型患者 10 例，全部治愈。一般中型及轻型病例，多在 1 个月左右痊愈，最快的 1 例仅 1 周而愈。

## 7.7 石膏汤

出自《外台秘要》。由石膏 30 克，黄连、黄柏、黄芩各 6 克，香豉 9 克，栀子 9 克，麻黄 9 克组成。水煎分 3 次服。方中石膏味辛甘性大寒，清热除烦，为主药。麻黄、豆豉发汗解表，使在表之邪从外而解；黄连、黄芩、黄柏、栀子泻火解毒，使三焦之火从里而泄。共奏清热解毒，发汗解表。主治伤寒里热已炽，表证未解之证。症见壮热无汗，身体沉重拘急，鼻干口渴，烦躁不眠，神昏谵语，或发斑，脉滑数。现常用于败血症、胆囊炎、盆腔炎、胰腺炎、阑尾炎等病具有上述症状者。

## 7.8 解表温里剂

是以解表和温里的药物为主组成的方剂。适用于外有表证而里有寒象之证。常用解表药麻黄。白芷配伍温里祛寒药干姜、肉桂等，代表方剂有五积散等。

## 7.9 五积散

出自《太平惠民和剂局方》。由白芷、川芎、炙甘草、茯苓、当归、肉桂、芍药、半夏各 90 克，陈皮、枳壳（炒）、麻黄各 180 克，苍术 720 克，干姜（燔）120 克，桔梗 360 克，厚朴



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120克，生姜3片组成。除生姜外，余药均研为粗末（肉桂、枳壳另研），慢火炒令色转，摊冷，次入肉桂、枳壳末，令匀。每次9克，入生姜，水煎去渣温服，日2次（亦作汤剂，用量按原方比例酌定）。方中麻黄、白芷发汗解表，干姜、肉桂温里祛寒，四药均为主药。苍术、厚朴燥湿健脾；陈皮、半夏、茯苓理气化痰；当归、川芎、芍药活血止痛；桔梗、枳壳理气化滞；甘草和中健脾，调和诸药。共奏发表温里，顺气化痰，活血消积之功。主治外感风寒，内伤生冷之症。症见身热无汗，头痛身疼，项背拘急，胸满恶食，呕吐腹痛，以及妇女气血不和，心腹疼痛、月经不调等。现常用于习惯性感冒、胃肠神经官能症、月经不调、慢性胃肠炎、慢性肝炎等病具有上述症状者。



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# 第8章　补益剂

## 8.1　补益剂

以补益药为主组成。具有滋养补益人体气血阴阳作用，治疗各种虚证的方剂，统称补益剂。人体虚损不足诸证，归纳起来有气虚、血虚、阴虚、阳虚、气血两虚等。因此，补益剂可分为补气、补血、补阴、补阳以及气血双补五类。

气血阴阳之间的关系十分密切，不可分割，所以常根据气血相生，气为血帅，血为气母等理论，在补血剂中配补气药，如气虚兼血虚者亦可配补血药。由于阴阳互根，相互为用，生理上相互联系，病理上相互影响，因此，补阴剂中可配补阳药，补阳剂中可配补阴药，以达到阴中求阳，阳中求阴之目的。若脾胃功能不足者，应配以健脾益胃药。

补益剂宜文火久煎，空腹或饭前服为佳。应用时应辨清虚证之真假。如外邪未尽，当先祛邪，不能过早补益；如必须补益者，也应扶正祛邪并用。

## 8.2　补气剂

是以补气的药物为主组成的方剂，适用于脾肺气虚证。症见肢体倦怠乏力，呼吸短气，声低懒言，面色萎白，食欲不振，舌淡苔白，脉浮或虚大。或者虚热自汗，或脱肛、子宫脱垂等。常用药有人参、黄芪、白术、炙甘草等。代表方剂有四君子汤、参苓白术散、补中益气汤等。



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## 8.3 四君子汤

出自《太平惠民和剂局方》。由人参 10 克，白术、茯苓各 9 克，炙甘草 6 克组成。水煎分 2 次服。方中人参甘温大补元气，健脾胃，为主药。白术健脾燥湿，茯苓渗湿健脾，与白术相配促其运化；炙甘草补气和中；调和诸药。共奏益气健脾之功。主治脾胃气虚证。症见面色㿠白，语声低微，四肢无力，食少或便溏，舌质淡，脉细缓。现常用于治疗慢性胃炎、胃及十二指肠溃疡等病具有上述症状者。临床应用四君子汤治疗胃手术后 154 例，以代替或减少补液等术后处理，效果令人满意。处方为党参 9 克，白术 6 克，茯苓 6 克，甘草 3 克，首乌 6 克，白芍 6 克，水煎服，一般于术后 16～24 小时开始服 1 剂，以后于术后 48 小时、72 小时各服 1 剂，全程共服 3 剂。

四君子汤对小白鼠肝脏的糖元及核糖核酸的影响。实验表明，给药组（占 40%）肝糖元明显增加，并有糖元颗粒聚集成较大团块，以中心区为多。用一定剂量的四君子汤对家兔离体小肠运动呈抑制性影响，主要与其抗乙酰胆碱作用有关，表现在使肠管运动的紧张性下降，而不抑制收缩力。四君子汤尚有明显的抗组织胺作用；脾虚患者服用四君子汤后胃肠功能紊乱的症状有所好转，可能与其抗乙酰胆碱及抗组织胺作用有关，同时有一定程度的抗肾上腺素作用。

## 8.4 六君子汤

出自《妇人良方》。由人参 10 克，白术、茯苓各 9 克，炙甘草 6 克，陈皮 9 克，半夏 9 克组成。水煎分 2 次服。方中四君子汤益气健脾，陈皮理气和胃，燥湿化痰。半夏燥湿化痰，降逆止呕。共奏健脾止呕之功。主治脾胃气虚挟痰湿证。症见不思饮食，恶心呕吐，胸脘痞闷，大便不实，或咳嗽痰多稀白等。现常用于妊娠呕吐、慢性胃炎、胃及十二指肠溃疡具有上述症状者。



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临床用六君子汤加减治疗妊娠恶阻症52例，服药后24～96小时之内呕吐均完全停止（其中4例停后有复发），饮食情况迅速好转。服药1～5剂后痊愈者42例（占80.77%），进步者9例（占17.3%），1例无效（占1.93%）。

## 8.5 香砂六君子汤

出自《医方集解》。由人参10克，白术，茯苓各9克，炙甘草6克，陈皮9克，半夏9克，木香6克，砂仁6克组成。水煎分2次服。方中四君子汤益气健脾；半夏燥湿化痰，降逆止呕；陈皮、木香、砂仁理气和胃止痛。共奏健脾和胃，理气止痛之功。主治脾胃虚弱，寒湿内停证。症见胸脘痞闷，呕恶食少，泄泻，或胃寒作痛等。现常用于慢性胃炎、溃疡病以及妊娠呕吐等病具有上述症状者。

## 8.6 参苓白术散

出自《太平惠民和剂局方》。由莲子肉500克，薏苡仁500克，缩砂仁500克，桔梗500克，白扁豆750克，茯苓、白术、人参、山药，炙甘草各1000克组成。共为细末，每服6克，枣汤调下（亦可作汤剂，用量按原方比例酌减）。方中人参、山药、莲子肉益气健脾，和胃止泻，为主药。白术、茯苓、苡仁、扁豆渗湿健脾；砂仁和胃醒脾，理气宽胸；桔梗宣肺利气，载药上行；炙甘草益气和中，调和诸药。共奏健脾益气，和胃渗湿之功。主治脾胃气虚挟湿证。症见食少便溏，或吐泻，四肢乏力，形体消瘦，胸脘闷胀，面色萎黄，苔白腻，脉虚缓者。现常用于慢性胃肠炎、贫血、肺结核、慢性肾炎及其他慢性消耗性疾病中具有上述症状者。临床应用参苓白术散加减治疗脾虚腹泻18例。症见身体瘦弱，精神萎靡，面色苍白，或萎黄，脘腹胀满，腹痛喜按，便溏不息，或完谷不化，纳差，舌淡苔薄白，脉细缓，指纹隐淡。以本方随证加减治疗，结果13例痊愈，进步4



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例，无效 1 例。

## 8.7 补中益气汤

出自《脾胃论》。由黄芪 15 克，炙甘草 6 克，人参 6 克，当归 9 克，橘皮 6 克，柴胡、升麻各 3 克，白术 10 克组成。水煎分 2 次服。亦可按原方比例作丸剂，每次 10～15 克，日 2～3 次。方中黄芪补气固表，升阳举陷，为主药。当归与黄芪配伍益气生血；陈皮理气和胃，使本方补而不滞；升麻、柴胡助黄芪升阳和胃。共奏补中益气，升阳举陷之功。主治脾胃气虚证。症见身热有汗，头痛恶寒，渴喜热饮，少气懒言，或饮食无味，四肢乏力，舌质淡苔白，脉虚软无力，及脱肛、子宫下垂，胃下垂、久泻久痢等证属中气虚弱者。现常用于胃下垂、脱肛、子宫下垂、久泻久痢、以及易感冒等病具有上述症状者。因本方为甘温之品，故阴虚内热者忌用。临床用本方治疗子宫脱垂 23 例，每日 1 剂，2 星期为 1 疗程。服药期间每日早晚作胸膝卧式及提肛肌收缩运动，每次 10～20 分钟，治疗期间忌重体力劳动以及暴怒。结果除 2 例未完成 1 疗程外，其余 21 例中治愈率者占 76.2%，进步者占 6.5%，无效者占 14.3%。又用本方治疗 3 例眼睑下垂、眼睁不大、眼上睑不能上举，眼睛发干发酸，有时感觉疼痛等症，均服药半月而获效。

## 8.8 生脉散

出自《内外伤辨惑论》。由人参 10 克，麦冬 15 克，五味子 6 克组成。水煎分 2 次服。方中人参补肺益气生津，为主药。麦冬养阴清热生津；五味子敛肺止渴生津。三药合用，一补，一清，一敛，共奏益气生津，敛阴止汗之功。主治热伤气津，或久咳肺虚之证。症见汗多体倦，气短口渴，脉虚数。或咳嗽痰少，气短自汗，口舌干燥，脉虚数等。现常用于热病后期，肺结核、慢性支气管炎、心力衰竭，以及急性传染病恢复期等病具有上述



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症状者。临床应用生脉、四逆注射液治疗17例急性心肌梗塞并发心源性休克者疗效满意。结果死亡1例，其余16例血压全部恢复正常，17例中合并急性左心衰竭4例，室性心动过速与室上性心动过速各1例，Ⅱ度房室传导阻滞1例。

## 8.9 人参蛤蚧散

出自《卫生宝鉴》。由蛤蚧1对、杏仁150克，炙甘草150克，人参60克，茯苓60克、贝母60克，桑白皮60克，知母60克组成。制为散剂，早晚空腹时各服1次，每次6克，开水送下。方中蛤蚧补肾纳气定喘，为主药。人参大补元气，益肺脾；茯苓益脾渗湿；桑皮、杏仁降气平喘；贝母清热润肺化痰；知母清肺滋肾纳气；炙甘草补气和胃，调和诸药。共奏益气清肺，止咳定喘之功。主治肺虚久咳证。症见咳嗽气喘，痰稠色黄，或咳吐脓血，胸中烦热，身体羸瘦，脉浮虚等。现常用于肺结核，慢性气管炎等病具有上述症状者。

## 8.10 补血剂

是以补血的药物为主组成的方剂。适用于血虚证。症见头晕眼花、面色萎黄，爪甲苍白，心悸失眠，或月经量少色淡，脉细数无力等。常用的药有当归、熟地、阿胶、何首乌等，代表方剂有四物汤、归脾汤等。

## 8.11 四物汤

出自《太平惠民和剂局方》。由当归10克，熟地15克，白芍10克、川芎6克组成。水煎分2次服。方中熟地滋阴养血填精，为主药。当归补血和血调经，白芍养血敛阴，川芎活血行滞，使全方补而不滞。共奏补血调经之功。主治血虚血滞证。症见惊惕头晕，目眩耳鸣，唇爪无华，月经量少，或经闭不行，脐腹作痛，舌质淡，脉弦细或细涩。现常用于贫血、月经不调等病



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具有上述症状者。方中熟地、芍药均为阴柔之品，易于滞气伤阳，如平素脾胃阳虚，食少便溏者，不宜使用。临床应用四物汤治疗神经性头痛 44 例，效果良好。其表现为头部憋胀疼痛或刺痛，并伴有眩晕、失眠、心悸、腰酸，脉细弱等症。以本方为主加减治疗，近期控制（6 个月未复发）23 例，显效 13 例，好转 7 例，无效 1 例。运用四物汤加减纠正胎位异常 100 例，取得一定疗效，在复查 87 例中，有 73 例胎位转正，9 例未转正。处方：当归 6 克，白芍 9 克，川芎 1.5 克，白术 9 克，茯苓 9 克，每日 1 剂，连服 3 剂，出血者忌服。

## 8.12 当归补血汤

出自《内外伤辨惑论》。由黄芪 30 克，当归 6 克组成。水煎分 2 次服。方中重用黄芪大补脾肺之气，以资生血之源。当归补血和营，两药合用则阳生阴长，气旺血生。共奏补气生血之功。主治血虚发热证。症见肌热面赤，烦渴欲饮，脉洪大而虚，以及月经期、产后血虚发热头痛；或疮疡溃后，久不愈合等。现常用于各种贫血、过敏性紫癜、功能性子宫出血、白细胞减少、神经衰弱等病具有上述症状者。

## 8.13 归脾汤

出自《济生方》。由白术 9 克，茯神 10 克，黄芪 12 克，龙眼肉 10 克，酸枣仁 10 克，人参 12 克，木香 5 克，甘草 5 克，当归 10 克，远志 10 克，生姜 6 克，大枣 3 枚组成。水煎分 2 次服。方中黄芪、人参补气健脾，为主药。当归、龙眼肉养血和营，与主药相配伍益气养血；白术、木香以健脾理气，使补而不滞；茯神、远志、枣仁养心安神；甘草、生姜、大枣和胃健脾。共奏益气补血，健脾养心之功。主治心脾两虚，或脾不统血之证。症见心悸怔忡，健忘失眠，多梦易惊，虚热，体倦食少，面色萎黄，舌质淡苔薄白，脉细弱。或便血，妇女崩漏，月经超



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前，量多色淡等。现常用于神经衰弱、心脏病、功能性子宫出血、血小板减少性紫癜、再生障碍性贫血、胃及十二指肠溃疡出血等病具有上述症状者。临床应用归脾汤治疗神经衰弱720例，痊愈者占2.2%，近愈者占46.4%，好转者占28%。运用归脾汤加减治疗脑外伤后遗综合症88例，治疗前皆诊断为脑震荡、脑挫伤等闭合性颅损伤。治疗结果：痊愈41例（45.5%），显效30例（34%），好转17例（20.5%）。

## 8.14 炙甘草汤

出自《伤寒论》。由炙甘草12克，人参6克，生地黄30克，桂枝9克，阿胶6克，麦冬10克，麻仁10克，生姜10克，大枣5枚组成。水煎分2次服。方中重用炙甘草甘温益气，缓急养心，为主药。人参、大枣益气补脾养心，生地、麦冬、麻仁、阿胶滋养阴血；桂枝、生姜温阳通脉，使气血流通。共奏益气养血，滋阴复脉之功。主治气血虚弱证。症见脉结代，心悸心慌，或大便干结，舌质淡红少苔，以及干咳无痰，或痰中带血等。现常用于冠心病、病毒性心肌炎、风湿性心脏病，神经衰弱等病具有上述症状者。本方性偏湿，故阴虚内热者忌用。临床用炙甘草汤治疗心律不齐28例，其中男性12例，女性16例，年龄最大56岁，最小4岁。病程最短3个月，最长2年。治疗效果，显效23例，有效4例，无效1例。处方：党参9克，桂枝9克，阿胶9克，生姜9克，生地15克，麦冬9克，麻仁12克，大枣10枚。水煎服，每日1剂。心烦不眠盗汗者，加酸枣仁，心悸加硃砂、龙骨、牡砺。运用炙甘草汤去麻仁、生姜，加五味子、鸡血藤、龟板、冰糖治疗心绞痛150例，观察效果：显效48例，改善90例，无效12例。



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## 8.15 气血双补剂

是以补气和补血的药物为主组成的方剂。适用于气血俱虚证。症见面色无华，头晕目眩，心悸气短，舌淡，脉虚细无力。常用补气药人参、黄芪、甘草配伍补血药当归、白芍、首乌、阿胶、龙眼肉等，代表方剂有八珍汤、泰山磐石散等。

## 8.16 八珍汤

出自《正体类要》。由当归 10 克，川芎 6 克，白芍 10 克，熟地 15 克，人参 6 克，白术 10 克，茯苓 10 克，炙甘草 6 克，生姜 6 克，大枣 3 枚组成。水煎分 2 次服。方中熟地、人参益气养血，为主药。白术、茯苓健脾祛湿；当归、白芍养血和营；川芎和血行气；炙甘草益气和中；生姜、大枣调和脾胃。共奏补益气血之功。主治气血两虚证。症见面色苍白或萎黄，头晕目眩，四肢倦怠，气短懒言。心悸怔忡，食欲不振，舌质淡苔薄白，脉细弱或虚大无力。现常用于病后虚弱及各种慢性病、妇人月经不调、胎产崩漏、痈疮及久不收口等病具有上述症状者。临床用加味八珍汤治疗习惯性流产 38 例。流产的次数，最少为 2 胎，最多 5 胎。处方：当归、熟地、白芍、川芎、党参、茯苓、白术、甘草、砂仁、紫苏、生姜、大枣。如气虚加黄芪，血虚加阿胶，虚火盛而呕者，加黄芩、竹茹，虚火引起咽干口燥者，去熟地加生地、玉竹。

## 8.17 泰山磐石汤

出自《景岳全书》。由人参 5 克，黄芪 10 克，当归 10 克，川断 10 克、黄芩 6 克，白术 10 克，川芎 3 克，芍药 6 克，熟地 10 克，砂仁 3 克，炙甘草 6 克，糯米 5 克组成。水煎分 3 次，空腹服。方中人参、黄芪、白术、炙甘草补脾益气；当归、熟地、芍药、续断补益肝肾，养血和血；黄芩清热，与白术配伍健



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脾清热以安胎；砂仁理气和中安胎；川芎行气和血；糯米养脾胃而固胎元。共奏益气健脾，养血安胎之功。主治气血两虚，胎元不固之证。症见胎动不安，或屡有堕胎，面色淡白，倦怠无力，不思饮食，舌质淡，苔薄白，脉滑无力。现常用于先兆流产、习惯性流产等病具有上述症状者。

## 8.18 补阴剂

是以补阴的药物为主组成的方剂，适用于阴虚证。症见肢体羸瘦，面容憔悴，口燥咽干，腰腿酸软，头晕眼花，大便干燥。或骨蒸盗汗，呛咳无痰，颧红、舌红少苔，脉细数。常用的药有地黄、麦冬、天冬、龟板、知母等，或配鹿胶，菟丝子等补阳药，以阳中求阴，代表方剂有六味地黄丸、左归丸等。

## 8.19 六味地黄丸

出自《小儿药证直诀》。由熟地黄 24 克，山茱萸 12 克，山药 12 克，泽泻 9 克，茯苓 9 克，丹皮 9 克组成，研细末，炼蜜为丸，每丸重 15 克。成人每次 1 丸，日 3 次。亦可水煎服，用量按原方比例酌减。方中熟地滋肾填精，为主药。山茱萸温补肝肾而涩精；山药滋肾益脾；三药合用，三阴并补；泽泻清泻肾火，并防熟地之滋腻；丹皮清泻肝火，并制山茱萸之温；茯苓淡渗脾湿，以助山药益脾。共奏滋补肝肾之功。主治阴虚证。症见腰膝酸软，头晕目眩，耳鸣耳聋，盗汗遗精，或骨蒸潮热，手足心热，舌红少苔，脉细数。现常用于肺结核、肾结核、慢性肾盂肾炎、高血压病，以及更年期综合证等慢性疾病具有上述症状者。临床应用六味地黄丸治疗中心视网膜、脉络膜病变 5 例，结合临床辨证加减，结果 4 例治愈，1 例好转。



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## 8.20 左归丸

出自《景岳全书》。由熟地240克，山药120克，枸杞120克，山茱萸120克，川牛膝90克，菟丝子120克，鹿胶120克，龟胶120克组成。制为蜜丸，每丸重15克，早晚空腹各服1丸。方中熟地滋肾填精，为主药。山茱萸、枸杞子、菟丝子补益肝肾；山药补益脾肾；龟板胶、鹿角胶峻补精血，其中鹿角胶偏于补阳，有阳中求阴之义；牛膝强壮筋骨。共奏滋补肾阴之功。主治真阴不足之证。症见头目眩晕，腰酸腿软，自汗盗汗，口燥咽干。舌红少苔，脉细或数等。现常用于慢性肾炎、肾结核以及更年期综合证等病具有上述症状者。本方组成是以阴柔滋阴为主，久服易滞脾碍胃，在运用时，宜加入陈皮、砂仁等理气醒脾胃药。

## 8.21 一贯煎

出自《柳州医话》。由北沙参、麦冬、当归各10克，生地黄30克，枸杞子12克，川楝子5克组成。水煎分2次服。方中重用生地为主药，滋阴养血以补肝肾。沙参、麦冬、当归、枸杞子益阴而柔肝。更配少量川楝子疏泄肝气，虽性味苦寒，但配入大量滋阴养血药中，则无伤阴之害。诸药合用，共奏滋养肝肾，疏肝理气之功。主治肝肾阴虚，肝气不舒证。症见胸脘肋痛，吞酸吐苦，咽干口燥，舌红少津，脉细弱或虚弦等。现常用于慢性肝炎、溃疡病、神经官能症，高血压、肋膜炎、肋间神经痛、慢性睾丸炎等病具有上述症状者。本方滋腻之药较多，对于兼有停痰积饮者，不宜使用。

## 8.22 大补阴丸

出自《丹溪心法》。由黄柏、知母各120克，熟地黄、龟板各180克组成。共碾为末,猪脊髓适量蒸熟，捣如泥状，炼蜜，



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混合拌匀和药粉为丸，每丸约重 15 克。每日早晚各服 1 丸，淡盐开水送服，或水煎服。方中以熟地、龟板滋补真阴，潜阳制火，猪脊髓、蜂蜜俱为血肉甘润之品，用以填精补阳，以生津液，黄柏苦寒泻相火以坚真阴，知母苦寒，上以清润肺热，下以滋润肾阴。诸药合用，共奏滋阴降火之效。主治肝肾阴虚，虚火上炎之证，症见骨蒸潮热，盗汗遗精，咳嗽咳血，心烦易怒，足膝疼热或痿软，舌红少苔，尺脉数而有力等。现常用于甲状腺机能亢进、肾结核、糖尿病等病具有上述症状者。本方黄柏、知母两药苦寒，对于脾胃虚弱，食少便溏者应慎用。临床应用加味大补阴丸治疗肺结核大咯血 10 例，该病例均经中西医结合治疗后，肺结核大咯血不止，证属肺肾阴虚，虚火上炎，灼伤肺络所致。用本方加味：生地 12 克，熟地 12 克，焦山栀 6 克，知母 9 克，龟板 30 克，麦冬 15 克，牛膝 9 克，枇杷叶 9 克，侧柏叶 30 克、旱莲草 30 克，治疗效果：10 例中 9 例血止，1 例无效，一般服 1～2 剂则显效，再服即止。

## 8.23 石斛夜光丸

出自《原机启微》。由天门冬、人参、茯苓各 60 克、熟地黄、生地黄、麦门冬各 30 克，菟丝子、甘菊花、草决明、杏仁、干山药、枸杞、牛膝、五味子各 23 克，蒺藜、石斛、肉苁蓉、川芎、炙甘草、枳壳、青葙子、防风、川黄连、乌犀角、羚羊角各 15 克组成。共碾细末，筛净，炼蜜和丸，每丸重 10 克，早晚各服 1 丸，淡盐汤送下。方中以二冬、二地、五味子、石斛生津养血，菟丝子、枸杞、牛膝、肉苁蓉滋阴补肾；人参、茯苓、甘草、山药益脾补肺；枳壳、川芎、菊花、杏仁、防风、草决明、蒺藜、青葙子疏风清热；黄连、犀角、羚羊角平肝泻心凉血。诸药合用，共具平肝熄风，滋阴明目之功。主治肝肾不足，阴虚火旺之目疾。症见瞳神散大，视物昏花，羞明流泪，头晕目眩，以及内障等。现常用于青光眼、白内障等病具有上述症状者。



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## 8.24 补肺阿胶汤

出自《小儿药证直诀》。由阿胶 45 克，牛蒡子 7.5 克，炙甘草 7.5 克，马兜铃 15 克，炒杏仁 6 克，炒糯米 30 克组成。共为末，每服 3～6 克，水煎后温服（亦作汤剂，阿胶另加开水炖化，共分 3 次服）。方中阿胶味甘性平，滋阴补肺，养血止血，为主药。牛蒡子疏风热，利咽膈；马兜铃清肺热，化痰止咳；杏仁润肺止咳；糯米、甘草滋养脾阴，且能甘润补肺。共奏养阴补肺，镇咳止血之功。主治肺虚热盛之证。症见咳嗽气喘，咽喉干燥，咯痰不多或痰中带血，脉浮细数，舌红少苔。现常用于肺结核、支气管扩张并咯血等病具有上述症状者。

## 8.25 龟鹿二仙胶

出自《医方考》。由鹿角 5000 克，龟板 2500 克，枸杞子 1500 克，人参 500 克组成。先将鹿角锯截，刮净，水浸，用火熬龟、鹿成胶，再将人参、枸杞熬膏和入，每晨取 3 克，清酒调化，淡盐开水送服。方中鹿角通督脉而补阳，龟板通任脉而补阴；人参大补元气，枸杞滋补肾阴。共奏填补精髓，益气壮阳之功。主治肾中阴阳两虚，任、督精血不足之证。症见全身瘦弱，遗精阳萎，两目昏花，腰膝酸软。现常用于各种贫血、阳萎等病具有上述症状者。

## 8.26 七宝美髯丹

出自《医方集解》。由何首乌 300 克，白茯苓 150 克，怀牛膝 150 克，当归 150 克，枸杞、菟丝子、破故纸各 120 克（黑芝麻拌炒）组成。共碾细，炼蜜丸，每丸重 10 克，早晚各服 1 丸，淡盐开水送服。方中何首乌味甘苦涩性微温，润补肝肾，坚筋骨而固精，为主药。枸杞、菟丝、芝麻补肝肾，固精止遗；牛膝补肝肾，坚筋骨，强腰膝；当归补血养肝，共奏滋肾水，益肝



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血之功。主治肝肾不足之证。症见须发早白，齿牙动摇，梦遗滑精，腰膝酸软等。现常用于须发早白、神经衰弱等病具有上述症状者。

## 8.27 二至丸

出自《医方集解》。由女贞子、旱莲草各适量组成。女贞子适量，蒸熟阴干，碾细筛净，将旱莲草适量水煮3次，取汁煎熬，浓缩成流浸膏，加适量蜂蜜拌匀，将女贞子粉末拌入和为丸。每丸约重15克，早晚各服1丸，开水送下。方中女贞子味甘苦性凉，滋肾养肝，旱莲草味甘酸性寒，养阴益精，凉血止血。共奏补肾养肝之功。主治肝肾阴虚之证。症见口苦咽干，头昏眼花，失眠多梦，腰楚酸软，下肢痿软，遗精，早年发白等。现常用于神经衰弱症、须发早白等病具有上述症状者。

## 8.28 补阳剂

是以补阳的药物为主组成的方剂，适用于肾阳虚之证。症见腰膝酸痛，四肢不温，酸软无力，少腹拘急冷痛，小便不利，或小便频数，阳萎早泄，肢体羸瘦，消渴，脉沉细或尺脉沉伏等。常用的药有附子、肉杜、杜仲、巴戟天、补骨脂等，代表方剂有肾气丸、右归丸等。

## 8.29 肾气丸

出自《金匮要略》。由干地黄240克，山药120克，山茱萸120克，泽泻90克，茯苓90克，牡丹皮90克，桂枝30克，附子（炮）30克组成。方中干地黄滋补肾阴，山茱萸、山药滋补肝脾，且滋补肾阴，桂枝、附子温补肾阳，泽泻、茯苓利水渗湿，丹皮清泻肝火。共奏温补肾阳之功。主治肾阳不足之证，症见腰痛脚软，下半身常有冷感，少腹拘急，小便不利，或小便反多，舌质淡而胖，苔薄白不燥，尺脉沉细。以及脚气、痰饮、消



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渴、转胞等证。现常用于冠心病、妊娠中毒症、慢性肾炎、前列腺炎、红斑性狼疮、阿迪森氏病、粘液性水肿、慢性气管炎等病具有上述症状者。临床应用薛氏加减肾气丸治疗慢性肾炎 6 例，基本方由熟地 12 克，山药、山萸、泽泻、丹皮、肉桂、车前子、淮牛膝各 3 克，茯苓 9 克、附子 1.5 克组成。结果浮肿逐渐减退或减轻，尿量增多，尿蛋白消失或减少，肾功能改善，食欲增加，体力增强，血压降低。治疗过程中未发现有副作用，获满意疗效。运用肾气丸治疗老年性白内障 284 例，不合并糖尿病、肾炎等疾患，亦无显著的眼底和前眼部病变。接受治疗最短者 1 个半月，最长者 9 年半。结果 568 只患眼的总有效率 81.4%，本方对改善和阻止老年性白内障的进一步发展有显著的疗效。

## 8.30 右归丸

出自《景岳全书》。由大怀熟地 240 克、山药（炒）120 克，山茱萸（微炒）90 克，枸杞（微炒）120 克，鹿角胶（炒）120 克，菟丝子（制）120 克，杜仲（炒）120 克，当归 90 克,肉桂 60～120 克，附子（制）60～180 克组成。共为细末，配做蜜丸，每丸重 15 克。早晚各服 1 丸，开水送下（亦做汤剂，用量按原方比例酌情增减)。方中肉桂、附子、鹿角胶温补肾阳，填精补髓，熟地、山茱萸、山药、菟丝子、枸杞、杜仲滋阴益肾，养肝补脾，当归补血养肝。共奏温补肾阳，填精补血之功。主治肾阳不足,命门火衰之证。症见久病气衰神疲，畏寒肢冷，或阳萎遗精，阳萎无子，或大便不实，甚则实谷不化，或小便自遗，或腰膝软弱，下肢浮肿等。现常用于冠心病、妊娠中毒症、慢性肾炎、原发性高血压、前列腺炎、红斑性狼疮、阿迪森氏病、粘液性水肿、慢性支气管炎、希汉氏病等病具有上述症状者。临床应用右归丸加减治疗遗传性小脑型共济失调 1 例，症属肾气虚弱。症见步履蹒跚，左右摇摆，头昏耳鸣，记忆衰退，形寒肢冷，腰膝无力，舌淡苔薄，脉细尺部无力。药用淡附片 6 克，肉



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桂 4 克，鹿角霜、杜仲、山药、怀牛膝、全当归各 9 克，菟丝子、龟板、枸杞、熟地、制首乌各 12 克。服 20 剂症状减轻。再加生地 12 克，服 50 剂后病情显著好转。



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# 第9章　安神剂

## 9.1　安神剂

由重镇安神或滋养安神药为主组成。具有安神作用，以治疗神志不安疾患的方剂，统称安神剂。神志不安的病因很多，就本剂所治之症而言，一为外受惊恐，或肝郁化火，内扰心神，表现为惊恐、喜怒、烦躁不宁等，一般多属实证，须应用重镇安神治法，以达到镇心安神，清热除烦的目的；二为忧思过度，心肝血虚，心神失养或心阴不足，虚火内扰，表现为惊悸、健忘、虚烦不寐，一般多属虚证，须应用滋养安神治法，以达滋阴降火，养血安神的目的。安神剂，根据所治证候虚实的不同，大致可分为重镇安神和滋养安神两类，此外，因热、因痰而致者，分别在清热剂、祛痰剂介绍，在此不作重复。

安神剂中的重镇安神类多由金石组成，不宜久服，以免有碍脾胃运化。素体脾胃不健，宜加用补脾和胃药。

## 9.2　重镇安神剂

是以重镇安神的药物为主组成的方剂。适用于心肝之阳偏亢之证。症见烦乱，目眩，失眠，惊悸，怔忡等。常用的药有朱砂、磁石、龙齿、珍珠母等，代表方剂有朱砂安神丸、珍珠母丸、磁朱丸等。

## 9.3　朱砂安神丸

出自《医学发明》。由朱砂15克，黄连18克，炙甘草16克，生地黄8克，当归8克组成。共为细末，制丸，每次6～9克，睡前开水送下。(亦作汤剂，用量按原方比例酌情增减，朱



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砂研细末水飞，以药汤送服）。方中朱砂味甘性寒，重镇安神，黄连味苦性寒，清热除烦，两药均为主药。当归养血，生地滋阴；甘草调和诸药。共奏镇心安神，泻火养阴之功。主治心火偏亢，阴血不足之证。症见心烦神乱，失眠，多梦，怔忡，惊悸，胸中懊怅，舌红，脉细数。现常用于神经衰弱、心肌炎、精神抑郁症等病具有上述症状者。本方朱砂有毒，不宜多服或久服。临床应用朱砂安神丸合磁朱丸治疗夜游症 1 例，证属火热内扰神魂，症见每于睡梦中惊起，启门而出，跌仆于田野荒丘，依然沉睡。诊时见患者神态如常，自觉心烦耳鸣，夜卧而出并不知觉，唯多梦易惊，舌红苔黄，脉弦数。药用生地 60 克，黄连 18 克，当归 30 克，甘草 15 克，煅磁石 30 克，建曲 18 克，以上六味研末和蜜为丸，外以朱砂 9 克，水飞为丸衣，丸如黄豆大，早晚各服 1 次，每服 30 克，服完 2 料丸剂而病愈。

## 9.4 珍珠母丸

出自《普济本事方》。由珍珠母 22.5 克，当归、熟地各 45 克，人参、酸枣仁、柏子仁各 30 克，犀角、茯神、沉香、龙齿各 15 克组成。共为细末，炼蜜为丸，如梧子大，辰砂为衣，每服 40～50 丸，金银花、薄荷汤冲下，日午，夜卧服。方中珍珠母味咸性寒，平肝潜阳，为主药。龙齿镇心安神；枣仁、柏子仁、茯神安神定志，宁心人寐；人参、当归、熟地养血滋阴，益气生血；犀角凉肝镇惊，沉香摄纳浮阳，辰砂镇惊安神；金银花、薄荷清热凉肝。共奏滋阴养血，镇心安神之功。主治阴血不足，肝阳偏亢之证。症见神志不宁，少寐，时而惊悸，头目眩晕，脉细弦。现常用于神经衰弱、精神分裂症等病具有上述症状者。



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## 9.5 磁朱丸

出自《备急千金要方》，由磁石 60 克，朱砂 30 克，神曲 120 克组成。共为细末，炼蜜为丸，如梧子大，每服 6 克，日 2 次，开水送服。方中磁石味咸性寒，益阴潜阳，重镇安神；朱砂味甘性寒，安神定志；神曲健脾助运，以防石药伤胃，与蜂蜜补中和胃。共奏重镇安神、潜阳明目之功。主治心肾不交之证。症见心悸失眠，耳鸣耳聋，视物昏花等。现常用于神经衰弱、癫痫等病具有上述症状者。临床应用磁朱丸治疗幻听 7 例。7 例患者，或为精神分裂症以幻听为突出症状，或系精神分裂症经过治疗后基本症状消失而残留幻听者。用磁朱丸治疗，每次 6～10 克，每日 1～2 次，一般以 1 个月为 1 疗程。治疗后，显效 3 例，好转 3 例，无效 1 例。7 例中有心肾不交症状的 6 例，有较好疗效，其中 1 例没有心肾不交症状，则无效。运用磁朱丸治疗瞳孔散大 2 例，其中 1 例有合并症，用磁朱丸为主先后服药 20 余剂获愈，另 1 例无合并症，经门诊治疗，共服药 6 剂，计服磁朱丸 43 克，即告痊愈。

## 9.6 滋养安神剂

是以滋养安神的药物为主组成的方剂。适用于阴血不足，虚阳偏亢之证。症见虚烦少寐，心悸盗汗，梦遗健忘，舌红苔少。常用的药有生地、麦冬、酸枣仁、柏子仁等，代表方剂有酸枣仁汤、天王补心丹、甘麦大枣汤等。

## 9.7 酸枣仁汤

出自《金匮要略》。由酸枣仁（炒）15～18 克，甘草 3 克，知母 8～10 克，茯苓 10 克，川芎 3～5 克组成。先煎酸枣仁，再入余药水煎分 3 次服。方中酸枣仁味甘酸性平，养肝血而安心神，为主药。川芎调养肝血，茯苓宁心安神，知母清润泄火；甘



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草清热和药。共奏养血安神，清热除烦之功。主治虚劳虚烦不得眠之证。症见心悸盗汗，头目眩晕，咽干口燥，脉细弦。现常用于神经衰弱等病具有上述症状者。临床应用中药复方酸枣汤治疗神经衰弱209例，其中包括惊悸不寐、失眠、健忘等症。产生的原因大多是肾阴亏损，阴虚火旺，心肾不交，肝血不足，魂无所归。经治疗，有效率达90%。

复方酸枣仁汤对大脑确有催眠和镇静作用，能抑制其过度亢进和兴奋的神经细胞，让长期处在紧张或紊乱状态下的皮质细胞，有充分休息和调节的机会，从而促进使兴奋和抑制恢复平衡各器官的功能自然恢复正常。

## 9.8 天王补心丹

出自《摄生秘剖》。由生地黄（酒洗）120克，人参、丹参（微炒）、元参（微炒）、白茯苓、五味子（烘）、远志（炒），桔梗各15克，当归身（酒洗）、天门冬、麦门冬、柏子仁（炒）、酸枣仁各60克，朱砂12克组成。共研为末，炼蜜为小丸，朱砂为衣。每服9克，温开水送下（亦作汤剂，用量按原方比例酌减）。方中生地味甘苦性寒，滋阴养血，为主药。玄参、天冬、麦冬甘寒滋润以清虚火，丹参、当归养血安神；人参、茯苓益气宁心，酸枣仁、五味子收敛心气而安心神；柏子仁、远志、朱砂养心安神；桔梗载药上行。共奏滋阴养血，补心安神之功。主治阴亏血少，心肾阴虚之证。症见虚烦少寐，心悸神疲，梦遗健忘，大便干结，口舌生疮，舌红少苔，脉细而数。现常用于神经衰弱、更年期综合症、心肌炎等病具有上述症状者。临床应用加味天王补心丹治疗精神病62例。经吐、下法治疗之后，可应用于恢复期，如虚弱患者，可先以此方调补，再予吐下，然后以此方善后。62例均获治愈，有的再次发作，复用此法施治亦获效。运用天王补心丹加味治疗慢性结膜炎1例，病者患急性结膜炎未彻底治疗，并在灯光下坚持工作，20余天来，目红干涩畏



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光，视物不清，并见午后心烦，夜多恶梦，经用西药及中医清心、凉肝、活血、滋肾阴等法治疗未见效。以天王补心丹为主方随症加减，服 10 剂后，诸症悉除，续服丸剂善后。

补心丹加味（人参 15 克，麦冬、五味子各 30 克，玄参、炮附子、远志、公丁香、甘草各 15 克，丹参、茯神、枣仁、天冬、柏子仁、红花、当归各 30 克，生地 120 克，蒲黄 18 克，按常法水煎成 100%浓度。）对由异丙肾上腺素所致的健康雄小鼠实验性心肌梗塞具有满意的拮抗作用，该方不仅能防止上述药物所致的缺血性心电图改变和心肌病理学损害，而且对缺血心肌的生化代谢也有良好影响，如通过对心肌琥珀酸脱氢酶、三磷酸腺甘酶活化的作用，进而改善细胞线粒体呼吸和电子传递系统促使线粒体能量转换，并使心肌兴奋——收缩耦联机制正常化，同时该方还能改善动物的非特异性防御功能和应激状态。

## 9.9 甘麦大枣汤

出自《金匮要略》。由甘草 9 克，小麦 9～15 克，大枣 5～7 枚组成。水煎分 3 次服。方中甘草味甘性平，和中养心。甘缓急迫，为主药。小麦养心安神；大枣补益脾气，缓肝急并治心虚，共奏养心安神；和中缓急之功。主治心虚、肝郁而致的脏躁证。症见精神恍惚，常非伤欲哭，不能自主，睡眠不安，甚则言行失常，呵欠频作，舌红苔少。现常用于神经衰弱、癔病、轻症精神分裂症等病具有上述症状者。临床应用甘麦大枣汤加龙骨、牡蛎治疗精神分裂症 79 例，均病程较长，虽经长期反复使用多种抗精神病药治疗无效或疗效较差，基本方由炙甘草 10 克，淮小麦、龙骨、牡蛎各 30 克，大枣 5 枚组成。若精神运动性兴奋明显者，加磁石、制大黄。幻觉明显者，加磁朱丸、六味地黄丸。妄想明显者，加石菖蒲、陈胆星、萱草。失眠明显者，加酸枣仁、合欢皮、夜交藤。治疗结果，痊愈 5 例，显效 23 例，好转 34 例，无效 17 例。运用甘麦大枣汤加味治疗小儿遗尿证 28



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例，基本方由炙甘草 20～25 克，淮小麦 18 克，炙桑螵蛸 9 克，炒益智仁 9 克，菟丝子 9 克，大枣 8 枚组成。经治疗，显效 13 例，有效 15 例。



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# 第 10 章　开窍剂

## 10.1　开窍剂

由芳香开窍药为主组成。具有开窍醒神的作用，以治疗神昏窍闭之证的方剂，统称开窍剂。神昏窍闭之证，多由邪气壅盛，蒙蔽心窍所致，其证候有热闭与寒闭的不同。热闭由温邪热毒内陷心包所致，治宜清热开窍；寒闭由寒湿痰浊之邪蒙蔽心窍所致，治宜温通开窍。故本类方剂可分为凉开与温开两类。

开窍剂，无论凉开还是温开，只适用于邪盛气实的闭证，如症见口噤，两手握固，脉象有力，可用开窍剂；对于汗出肢冷，气微遗尿，口开目合的脱证，即使神志昏迷，也不宜使用。对阳明腑实证而见神昏谵语者，治宜寒下，不宜用开窍剂；若阳明腑实而兼有邪陷心包之证，应根据病情的轻重缓急，以掌握应用开窍与寒下的先后主次，或两者并用。开窍剂中的芳香开窍药物，善于辛散走窜、宜制丸、散剂或注射剂，不宜作汤剂，否则药性挥发，影响疗效。开窍剂久服易耗份元气，临床多用于急救，中病即止，不可久服。

## 10.2　凉开剂

是以芳香开窍和清热解毒药物为主组成的方剂。适用于温邪热毒内陷心包的热闭之证。症见高热，神昏谵语，甚或痉厥。其他如中风、痰厥及感触秽浊之气，卒然昏倒，不省人事；证有热象者，亦可选用。常用芳香开窍药麝香、冰片、郁金配伍清热解毒药牛黄、犀角、黄连、石膏等，代表方剂有安宫牛黄丸、紫雪丹、至宝丹、回春丹等。



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## 10.3 安宫牛黄丸

出自《温病条辨》。由牛黄、郁金、犀角、黄芩、黄连、雄黄、山栀子、朱砂各30克，梅片、麝香各7.5克，珍珠15克，金箔（适量）组成。共为极细末，炼蜜为丸，每丸3克，金箔为衣，蜡护，每服1丸，大人病重体实者，日再服，甚至日3服；小儿服半丸，不知，再服半丸。方中牛黄味苦甘性凉，清心解毒，豁痰开窍，麝香味辛性温，开窍醒神，均为主药。犀角清心凉血解毒；黄连、黄芩、山栀清热泻火解毒，助牛黄以清心包之火；冰片、郁金芳香辟秽，通窍开闭，以加强麝香开窍醒神；朱砂、珍珠镇心安神，以除烦躁不安；雄黄助牛黄以豁痰解毒；蜂蜜和胃调中，金箔重镇安神。共奏清热开窍，豁痰解毒之功。主治温热病，热邪内陷心包、痰热壅闭心窍，以及中风昏迷、小儿惊厥属热闭之证。症见高热烦躁，神昏谵语等。现常用于乙型脑炎、肝性昏迷、急性脑出血昏迷，流行性脑脊髓膜炎、中毒性痢疾、尿毒症、中毒性肝炎等病具有上述症状者。临床应用针灸配合安宫牛黄丸治疗急性脑出血昏迷16例。采用轻而短的手法针刺人中等穴的同时，内服安宫牛黄丸，用鼻饲法灌服，每日1～4丸，随证增减，经治疗，9例生命获得挽救，其中3例完全恢复健康。

## 10.4 紫雪丹

出自《外台秘要》。由石膏、寒水石、滑石、磁石各1500克，犀角、羚羊角各150克，青木香、沉香各150克，玄参、升麻各500克，甘草（炙）240克，丁香30克，朴硝5000克，硝石96克，麝香1.5克，朱砂90克，黄金3000克组成。将石膏、寒水石、滑石、磁石砸成小块，加入黄金水煎煮2次，去渣；入玄参、木香、沉香、升麻、甘草、丁香等煎煮3次，合并煎液滤过，滤液浓缩成膏。朴硝、硝石粉碎入膏中，搅匀，干



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燥，粉碎成细粉。犀角、羚羊角锉研成细粉，朱砂水飞或粉碎成级细粉，将麝香研细，与朴硝等粉末及上述犀角、羚羊角、朱砂粉末配研，过筛，混匀而成。口服，一次 1.5～3 克，日 2 次，小儿酌减。方中石膏、寒水石、滑石甘寒清热，羚羊角清肝熄风以解痉厥，犀角清心以解热毒，麝香芳香开窍，以上各药，均为主要部分。玄参、升麻、甘草清热解毒，玄参养阴生津；朱砂、磁石；黄金重镇安神；青木香、丁香、沉香行气宣通；朴硝、硝石泄热散结。共奏清热开窍，镇痉安神之功。主治温热病，热邪内陷心包，以及小儿热盛惊厥之证。症见高热烦躁，神昏谵语，痉厥，口渴唇焦，尿赤便闭等。现常用于乙型脑炎、流行性脑脊髓膜炎、猩红热、小儿麻疹、小儿高烧惊厥、肝性昏迷等病具有上述症状者。

## 10.5 至宝丹

出自《太平惠民和剂局方》。由生乌犀屑（研）、生玳瑁屑（研）、琥珀（研）、朱砂（研，飞）、雄黄（研，飞）各 30 克，龙脑（研）、麝香各 7.5 克，牛黄（研）15 克，安息香 45 克（为末，以无灰酒搅澄飞过，滤去沙土，约得净数 30 克，慢火熬成膏），金箔（半入药、半为衣）、银箔（研）各 50 片组成。研末为丸，每丸重 3 克，每服 1 丸，服前研碎，开水送服，小儿半丸（原方用人参汤化服）。主治中暑、中风、小儿惊厥和温病痰热内闭之证。症见神昏谵语，身热烦躁，痰盛气粗，舌红苔黄垢腻，脉滑数等。现常用于脑血管意外、肝性昏迷、乙型脑炎、癫痫等病具有上述症状者。本方原用人参汤化服，对于病情复杂正气虚弱者，借助人参益气扶正，与辛香开窍药配合，对苏醒神志，扶正祛邪，功效较著，但以脉虚者为宜。



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## 10.6 小儿回春丹

出自《敬修堂药说》。由川贝母、陈皮、木香、白豆蔻、枳壳、法半夏、沉香、天竹黄、僵蚕、全蝎、檀香各37.5克，牛黄、麝香各12各，胆南星60克，钩藤240克，大黄60克，天麻37.5克，甘草26克，朱砂适量组成。共研为细末，制为小丸，每丸重0.09克。口服，周岁以下，每次1丸，1～2岁，每次2丸，日2～3次。方中牛黄清热解毒，豁痰开窍，息风定惊，麝香芳香开窍，川贝母、天竹黄、胆南星、法半夏清热化痰，钩藤、天麻、全蝎、僵蚕息风镇痉，朱砂重镇安神；大黄清热泻火，去积导滞，使痰热从肠腑而解；枳壳、木香、陈皮、沉香、白豆蔻、檀香调理气机，使气畅痰消，痰热不致内生；甘草调和诸药。共奏开窍定惊，清热化痰之功。主治小儿急惊，痰热蒙蔽之证。症见发热烦躁，神昏惊厥，或反胃呕吐，夜啼吐乳，痰嗽哮喘，腹痛泄泻等。现常用于小儿高烧惊厥等病具有上述症状者。本方对脾肾虚寒所致之慢惊风不宜应用。

## 10.7 温开剂

是以芳香开窍和辛温行气的药物为主组成的方剂。适用于中风、中寒、痰厥的寒闭之证。症见突然昏倒，牙关紧闭，神昏不语，苔白脉迟等。常用芳香开窍药苏合香、麝香、冰片配伍辛温行气药沉香、丁香等，代表方剂有苏合香丸、紫金锭等。

## 10.8 苏合香丸

出自《太平惠民和剂局方》。由白术、青木香、乌犀屑、香附子（炒，去毛）、朱砂（研，水飞）、诃子（煨，去皮）、白檀香、安息香（别为末，用无灰酒1升熬膏）、沉香、麝香（研）、丁香、荜茇各60克，龙脑（研）、苏合香油（入安息香膏内）各30克、乳香（别研）30克组成。为细末，用安息香膏并炼白蜜



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和剂，制丸，每丸重 3 克。每服 1 丸，温开水送下，日 1 或 2 次，小儿用量酌减。方中苏合香、麝香、冰片、安息香等芳香开窍，均为主药。青木香、白檀香、沉香、乳香、丁香、香附行气解郁，散寒化浊，并能解除脏腑气血之郁滞；莪蒁散寒开郁；犀角解毒，朱砂镇心安神；白术补气健脾，燥湿化浊；煨诃子收涩敛气，与诸香药配伍，可防止辛香太过。共奏芳香开窍，行气止痛之功。主治中风、中气或感受时行瘴疠之气等证。症见突然昏倒，牙关紧闭，不省人事，苔白，脉迟，或中寒气闭，心腹猝痛，甚则昏厥，或痰壅气阻，突然昏倒等。现常用于癔病、冠心病心绞痛、食物中毒、癫痫等病具有上述症状者。本方香窜走泄，有损胎气，孕妇慎用。临床应用苏合香丸配合西药治疗急性心肌梗塞 5 例，症状表现以心前区剧痛为重点，过去多用吗啡类药物止痛，有容易成瘾及抑制呼吸的副作用，应用苏合香丸后，4 例明显好转，其中 1 例急性后壁心肌梗塞自觉服药后半小时顿觉心胸开朗感，并无副作用。运用苏合香丸救治木薯中毒 2 例，症见发冷，头晕，胸闷，呕吐，重者肢冷，手足微抽，面青唇绀，鼻扇，气促，呈半昏迷状态，脉伏，经以温开水磨苏合香丸 1 枚灌服，2 例均治愈。

## 10.9 通关散

出自《丹溪心法附余》。由猪牙皂、细辛各等分组成。研极细末，和匀，吹少许入鼻中取嚏。方中皂角味辛性温，祛痰开窍，细辛味辛性温，宣散开窍。共奏通关开窍之功。主治中恶客忤或痰厥所致的闭证。症见口噤气塞，人事不省，牙关紧闭，痰涎壅盛。现常用于癫痫、脑血管意外、颅脑外伤等病具有上述症状者。本方为外用的临时急救方法，苏醒后应按病情辨证治疗。



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## 10.10 紫金锭

出自《片玉心书》。由山慈姑 90 克，红大戟 45 克，千金子霜 30 克，五倍子 90 克，麝香 9 克，雄黄 30 克，朱砂 30 克组成。共研为末，糯米糊作锭子。口服，一次 0.6～1.5 克，日 2 次；外用酯磨，调敷患处。方中麝香芳香开窍，行气止痛；山慈姑清热消肿；雄黄辟秽解毒；千金子霜、红大戟逐疾消肿，朱砂重镇安神；五倍子涩肠止泻。共奏内服开窍化痰，辟秽解毒，并有缓下降逆作用；外敷有消肿散结之功。主治感受秽恶痰浊之证。症见脘腹胀闷疼痛，呕吐泄泻；外敷疔疔疮疖肿。现常用于食物中毒、疔疮疖肿等病具有上述症状者。方中千金子霜、红大戟等俱有毒，小儿用量宜减；麝香芳香走窜，孕妇宜慎用。



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# 第11章　固涩剂

## 11.1　固涩剂

由固涩药物为主组成。具有收敛固涩的作用，以治疗气血精津滑脱散失之证的方剂，统称固涩剂。气血精津的滑脱散失，因病因及病位的不同，其表现有自汗盗汗、肺虚久咳、遗精滑泄、小便失禁、久泻久痢和崩漏带下等不同。因此，本类方剂根据其不同作用，分为固表止汗，敛肺止咳，涩肠固脱，涩精止遗和固崩止带5类。

固涩剂收涩作用较强，凡实邪所致的自汗盗汗，久咳不已，遗精滑泄，小便失禁，泻痢日久，崩漏带下等，均非本法所宜。

## 11.2　固表止汗剂

是以固表止汗的药物为主组成的方剂。适用于卫外不固，或阴虚有热之自汗、盗汗症。常用的药有黄芪、牡蛎、麻黄根、浮小麦等，代表方剂有牡蛎散、玉屏风散等。

## 11.3　玉屏风散

出自《丹溪心法》。由防风30克，黄芪30克，白术60克组成。共研细末，每服6～9克，日服2次（亦可水煎服，用量按原方比例酌减）。方中黄芪益气固表，白术健脾益气，两者相伍，使气旺表实，则汗不外泄，邪不内侵。防风辛温而散，有疏风散邪之功，与黄芪相合，固表不留邪，祛邪不伤正。共奏益气固表止汗之功。主治表虚自汗证。症见恶风，面色㿠白，舌淡苔薄白，脉浮虚等。现常用于慢性鼻炎、过敏性鼻炎、呼吸道感染等病具有上述症状者。临床用玉屏风散治疗32例常患感冒、气



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管炎、肺炎等疾病的体弱儿童，每月服玉屏风散 15 天，经 3 个半月观察治疗，一直未发病者 11 例，感冒仅发一次者 13 例，感冒 2 次者 7 例，因未按时服药而无效者 1 例。对 16 例手术后恶风自汗者使用玉屏风散，平均服药 5 剂，均获痊愈。

## 11.4 牡蛎散

出自《太平惠民和剂局方》。由黄芪、麻黄根、牡蛎各 30 克组成。共为粗末，每服 9 克，用小麦 30 克水煎冲服，日 2 次。(亦可按原方比例酌减用量，如小麦 30 克，水煎服）方中牡蛎益阴潜阳，除烦敛汗，为主药。黄芪益气固表；麻黄根专于止汗；小麦益心气，养心阴，止汗泄。共奏固表敛汗之功。主治阳浮自汗证。症见身常汗出，夜卧尤甚，久而不止，心悸惊惕，舌淡苔白，脉细弱。现常用于植物神经功能失调所致自汗盗汗，及肺结核之盗汗等病具有上述症状者。临床用牡蛎散治疗 28 例患者，其中盗汗 15 例，自汗 6 例，自汗兼盗汗者 7 例。治疗结果，痊愈 20 例，基本痊愈 5 例，减轻 1 例，无效 2 例，服药 2～5 剂者 18 剂，6～10 剂者 5 例，10 剂以上者 5 例。

## 11.5 敛肺止咳剂

是以敛肺止咳的药物为主组成的方剂。适用于久咳肺虚，气阴耗伤，喘促自汗，脉虚数等。常用的药有五味子、罂粟、壳、乌梅、人参、阿胶等，代表方剂有九仙散。

## 11.6 九仙散

出自《医学正传》。由人参、款冬花、桔梗、桑白皮、五味子、阿胶、贝母各 2 克，乌梅、罂粟壳各 6 克组成。共为细末，作 1 剂，加生姜 1 片，大枣 1 枚，水煎分 2 次服。方中罂粟壳敛肺止咳，人参补气益肺，并为主药。阿胶养阴益肺；五味子、乌梅敛肺止咳；款冬花、贝母止咳化痰，降气平喘；桑白皮清肺止



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咳；桔梗止咳化痰。共奏敛肺止咳，益气养阴之功。主治肺虚气弱证，症见久咳不已，咳甚则气喘自汗，舌淡苔白，脉虚数等。现常用于慢性支气管炎、支气管哮喘、胸膜炎及肺炎恢复期等病具有上述症状者。但因本方敛肺止咳之力颇强，故凡久咳不已，而内多痰涎，或外有表邪者，切勿使用，以免留邪为患。

## 11.7 涩肠固脱剂

是以涩肠固脱的药物为主组成的方剂。适用于脾肾虚寒所致之泻痢日久，滑脱不禁等证。常用的药有赤石脂、肉豆蔻、诃子、五味子、补骨脂、肉桂、人参、白术等。代表方剂有真人养脏汤、四神丸、桃花汤等。

## 11.8 真人养脏汤

出自《太平惠民和剂局方》。由人参、甘草各 6 克，当归、木香各 9 克，白术、肉豆蔻、诃子各 12 克，白芍 15 克，罂粟壳 20 克，肉桂 3 克组成。水煎分 2 次服。方中罂粟壳涩肠止泻，肉桂温肾暖脾，共为主药。肉豆蔻、诃子温脾肾，止泻痢；人参、白术益气健脾；当归、白芍养血和营，木香调气止痛；甘草调和诸药，缓急止痛。共奏涩肠固脱，温补脾肾之功。主治脾肾虚寒证。症见久泻久痢，大便滑脱不禁，腹痛喜暖喜按，或下痢赤白，日夜无度，倦怠食少，舌淡苔白，脉沉迟等。现常用于慢性肠炎、慢性细菌性痢疾、肠结核等病具有上述症状者。临床用真人养脏汤化裁治疗小儿虚寒性泄泻 13 例，均获痊愈。其中食积者加神曲、山楂，滑脱者加石榴皮、柿蒂，小便不利者加车前子、木通、茯苓。

## 11.9 四神丸

出自《证治准绳》。由肉豆蔻、五味子各 60 克，补骨脂 120 克，吴茱萸 30 克组成。共为细末，用生姜 24 克，大枣 100 枚，



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煮熟取枣肉，和末为丸。每服 6～9 克，日 2 次（亦可水煎服，用量按原方比例酌减）。方中补骨脂温补肾阳，为主药。肉豆蔻暖脾止泻，行气消食；吴茱萸和生姜温中祛寒；五味子收敛止泻，大枣补脾养胃。共奏温补脾肾，涩肠止泻之功。主治脾肾虚寒证。症见五更泻泄，不思饮食，腹痛腰酸肢冷，神疲乏力，舌淡苔薄白，脉沉迟无力等。现常用于慢性结肠炎、过敏性结肠炎、肠结核等病具有上述症状者。临床用四神丸治疗五更泻 20 例，结果痊愈 16 例，显效 4 例，全部有效。治疗过敏性结肠炎 1 例，病史长达 9 年，腹痛泄泻，日 3～5 次。服四神丸 20 天后，大便成形，每日排便 1～2 次，再服 10 天，诸证消失。停药观察 1 个月，疗效巩固。

四神丸对肠管的自发活动有明显抑制作用，并能对抗乙酰胆碱引起的肠痉挛，还可对抗氯化钡引起的肠痉挛。

## 11.10 桃花汤

出自《伤寒论》。由赤石脂 30 克，粳米 30 克，干姜 9 克组成。水煎分 2 次服。方中赤石脂体重性温，涩肠固脱为主药。干姜温中祛寒；粳米养胃和中。共奏温中涩肠之功。主治脾胃虚寒证。症见久痢不愈，大便脓血，色暗不鲜，小便不利，腹痛喜暖喜按，舌淡苔白，脉微细等。现常用于慢性阿米巴痢疾、慢性菌痢、慢性肠炎等病具有上述症状者。临床用本方加禹余粮、炒地榆、山药、秦皮、龙骨、牡蛎，治疗慢性阿米巴痢疾 4 例，其病程为半年至 2 年不等，服药 3～5 剂即见效，继用健脾和胃法调理 1 周后痊愈。

## 11.11 涩精止遗剂

是以补肾涩精及固肾止遗的药物为主组成的方剂。适用于肾虚失藏，精关不固之遗尿滑精，或肾虚不摄，膀胱失约之遗尿尿频等症。常用的药有沙苑、蒺藜、莲须、芡实、桑螵蛸、益智仁



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等，代表方剂有金锁固精丸、桑螵蛸散、缩泉丸等。

## 11.12 金锁固精丸

出自《医方集解》。由沙苑、蒺藜、芡实、莲须各60克，龙骨、牡蛎各30克组成。以莲子肉粉糊为丸。再服9克，淡盐汤或开水送服，日3次（亦可按原方用量比例酌减，加入适量莲子肉，水煎服）。方中沙苑、蒺藜补肾涩精，为主药。莲子清心宁神；龙骨、牡蛎、莲须、芡实涩精止遗。共奏补肾涩精之功。主治肾虚精亏证。症见遗精滑泄，神疲乏力，四肢酸软，腰痛耳鸣，舌淡苔白，脉细弱等。现常用于植物神经功能紊乱、重症肌无力等病具有上述症状者。临床应用金锁固精丸治疗重症肌无力患者1例，症见右眼上睑完全下垂，四肢无力，蜷卧不起，咀嚼困难，喘息短气，遗精滑泄，腰膝冷痛，服金锁固精丸12克，日服3次，2周后病情明显好转，数月痊愈，随访6年未见复发。

## 11.13 桑螵蛸散

出自《本草衍义》。由桑螵蛸、远志、菖蒲、龙骨、人参、茯神、当归、龟板各30克组成。共为细末，睡前人参汤调下6克（亦可水煎服，用量按原方比例酌减）。方中桑螵蛸补肾益精，固脬止遗，为主药。龙骨、龟板滋肾固涩；人参、当归、茯苓益气养血；菖蒲、远志安神定志，交通心肾。共奏调补心肾，涩精止遗之功。主治心肾两虚证。症见小便频数，或色如米泔，遗尿滑精，心神恍惚，健忘食少，舌淡苔白，脉细弱等。现常用于尿崩症、糖尿病、神经衰弱、神经性尿频等病具有上述症状者。临床用桑螵蛸散加减治疗子宫脱垂并有小便频数，及子宫口渗液较多者，疗效显著。如某患者子宫脱垂8年，伴头昏气短、神疲乏力，小便频数，宫口时流黄水，舌淡苔白，脉虚弱。服桑螵蛸散加黄芪、柴胡、升麻，4剂后子宫明显回缩，继服3剂而愈。



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## 11.14 缩泉丸

出自《妇人良方》。由乌药、益智仁各等分组成。共为细末，酒煎山药末糊为丸。每服6克，日服2次（亦可水煎服。用量按原方比例酌定）。方中益智仁温肾纳气，暖脾摄精，固涩缩尿，为主药。乌药温肾散寒；山药健脾补肾。共奏温肾祛寒，缩尿止遗之功。主治下焦虚寒证。症见小便频数，小儿遗尿，舌淡苔白，脉沉迟等。现常用于神经性尿频、尿崩症、骨髓炎等病具有上述症状者。但因本方药简力薄，若证情较甚者，仍需酌加温补固涩之品，以提高疗效。临床用缩泉丸加牡蛎、枸杞、熟地、炙附子、桃仁、甘草治疗30多年顽固性便秘1例，症见大便秘结，夏轻冬重，腰酸尿频，肛门疼痛，舌暗少苔，脉沉细而迟。服药20剂，诸症消失而愈。

## 11.15 固崩止带剂

是以固崩止带的药物组成的方剂。适用于妇人血崩及带下等症。常用的药有椿根皮、黑荆芥、赤石脂等，代表方剂有固经丸、完带汤等。

## 11.16 固经丸

出自《医学入门》。由黄芩、白芍、龟板各30克，椿根皮21克，黄柏9克，香附7.5克组成。共为细末，酒糊为丸，每服9克，日服2次（亦可水煎服，用量按原方比例酌定）。方中龟板滋阴降火而益肾；白芍敛阴益血以柔肝；黄芩、黄柏清热泻火以止血；椿根皮固经止带，燥湿清热；香附调气解郁而和血。共奏滋阴清热；止血固经之功。主治阴虚内热证。症见经行不止，崩中漏下，血色深红，或夹紫黑凼块，心胸烦热、腹痛溲赤，舌红，脉弦数等。现常用于生殖系统炎症所致月经不调、功能性子宫出血等病具有上述症状者。



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## 11.17 震灵丹

出自《太平惠民和剂局方》。由禹余粮、紫石英、赤石脂、丁头代赭石各200克，乳香、五灵脂、没药各100克，朱砂50克组成。共研细末，另取糯米粉200克炒熟，与药粉和匀，水泛为丸，朱砂包衣。每服6克，日服2次。方中赤石脂、禹余粮、紫石英、赭石暖宫固下，养血止崩；乳香、没药、五灵脂活血化瘀，理气止痛；糯米粉补肺健脾，益气温中。共奏止血化瘀之功。主治冲任虚寒，瘀阻胞宫证。症见崩漏下血，色紫红或紫黑，夹有血块，小腹疼痛拒按，舌紫黯，脉沉细而弦等。现常用于功能性子宫出血、产后出血过多等病具有上述症状者。本方配伍是收敛化瘀并用，对真元虚衰而无瘀滞者，不宜使用。

## 11.18 完带汤

出自《傅青主女科》。由白术、出药各30克，车前子、苍术各9克，白芍15克，人参6克，陈皮、黑芥穗各1.5克，柴胡1.8克，甘草3克组成。水煎分2次服。方中白术、苍术、人参、山药、甘草益气健脾，燥湿固下；白芍、陈皮、柴胡柔肝升阳；车前子导湿下行；黑芥穗祛风胜湿以止带。共奏补中健脾，化湿止带之功。主治脾虚肝郁，湿浊下注证。症见带下色白或淡黄，清稀无臭，面色㿠白，倦怠便溏，舌淡苔白，脉缓或濡弱。现常用于生殖系统慢性炎症所致白带增多等病具有上述症状者。临床用完带汤加女贞子9克，治疗白带增多症100例，均获良效，随访病例无一复发。运用完带汤加合欢皮、女贞子、当归、黄柏、黑大豆，除可治疗带下症外，并能兼治闭经及月经不调。



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# 第 12 章　理气剂

## 12.1　理气剂

由理气药物为主组成。具有行气或降气的作用，以治疗气滞、气逆病证的方剂，统称理气剂。气乃一身之主，升降出入，周行全身，温养内外。一旦致病因素作用于机体，往往使气之升降失常，导致气机郁结或气逆不降等病证。气机郁结者，当行气以解郁散结为治；气逆上冲者，则须降气以降逆平冲为治。因此，本类方剂根据其不同作用，分为行气与降气两类。

理气药多属芳香辛燥之品，易伤津耗气，应用当适可而止，勿使过剂。年老体弱、孕妇或素有崩漏吐衄者，更应慎用。

## 12.2　行气剂

是以行气通滞和疏肝解郁的药物为主组成的方剂。适用于气机郁滞之脘腹胀满，嗳气吞酸，或胸胁胀痛，疝气痛，月经不调，痛经等证。常用的药物有陈皮、厚朴、木香、枳实、川楝子、乌药、香附、小茴香、橘核等，代表方剂有越鞠丸、金铃子散、半夏厚朴汤、枳实薤白桂枝汤、橘核丸、天台乌药散、暖肝煎、厚朴温中汤等。

## 12.3　越鞠丸

出自《丹溪心法》。由苍术、香附、川芎、神曲、栀子各等分组成。共为细末，水泛为丸。每服 6～9 克，日 2 次（亦可水煎服，用量按原方比例酌定）。方中香附行气解郁，以治气郁，为主药。川芎活血祛瘀，以治血郁；栀子清热泻火，以治火郁；苍术燥湿运脾，以治湿郁；神曲消食导滞，以治食郁。共奏行气



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解郁之功。主治气郁证。症见胸膈痞闷，脘腹胀满，嗳腐吞酸，恶心呕吐，饮食不消等。现常用于慢性胃炎、胃神经官能症、胃及十二指肠溃疡、肝炎、胆囊炎、肋间神经痛等病具有上述症状者。临床用越鞠丸加减治疗胃扭转1例，症见脘腹胀满不适，隐痛，恶心，食少便溏，服药10剂，诸证消失，钡透胃已复正。用越鞠丸化裁治疗4例气滞型精神病患者，均获痊愈出院。

## 12.4 金铃子散

出自《素问病机气宜保命集》。由金铃子、延胡索各30克组成。共为细末，每服9克，日2次（亦可水煎服，用量按原方比例酌定）。方中金铃子疏肝气，泄肝，为主药。延胡索行气活血，共奏行气疏肝，活血止痛之功。主治肝郁化热证。症见心腹胁肋诸痛，时发时止，口苦，舌红苔黄，脉弦数等。现常用于胃及十二指肠溃疡、慢性胃炎、病毒性肝炎等病具有上述症状者。临床应用金铃子散加减治疗胃痛患者15例，无论火郁，酒肉腻滞，肝气犯胃等，均1剂痛止，2剂痊愈。

## 12.5 半夏厚朴汤

出自《金匮要略》。由半夏、茯苓各12克，厚朴、生姜各9克，苏叶6克组成。水煎分2次服。方中半夏化痰散结，降逆和胃，为主药。厚朴下气除满；茯苓甘淡渗湿；生姜辛温散结，和胃止呕；苏叶芳香行气，理肺舒肝，共奏行气散结，降逆化痰之功。主治梅核气。症见咽中如有物梗阻，吐之不出，咽之不下，胸胁满闷，苔白润，脉弦缓等。现常用于癌病、胃神经官能症、食道痉挛、慢性咽炎等病具上述症状者。临床用半夏厚朴汤治疗梅核膈19例，病程由半日至半年不等。均获满意疗效。运用半夏厚朴汤加减治疗慢性咽炎2例，其病程长达2年，均服药20余剂痊愈。



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## 12.6 枳实薤白桂枝汤

出自《金匮要略》。由枳实、厚朴、瓜蒌各 12 克，薤白 9 克，桂枝 6 克组成。水煎分 2 次服。方中枳实下气破结，消痞除满；薤白辛温通阳，宽胸散结；桂枝通阳散寒，降逆平冲；瓜蒌涤痰散结；厚朴下气除满。共奏通阴散结，祛痰下气之功。主治胸痹。症见胸闷而痛，甚或胸痛彻背，喘息咳唾，短气，舌苔白腻，脉沉弦或紧等。现常用于冠心病、心绞痛、肋间神经痛、肋软骨炎等病具有上述症状者。临床应用枳实薤白桂枝汤合瓜蒌薤白白酒汤、瓜蒌薤白半夏汤加减，治疗非化脓性肋软骨炎，多数患者服药后短期内症状减轻或消失，极少复发。

## 12.7 橘核丸

出自《济生方》。由橘核、海藻、昆布、海带、川楝子、桃仁各 30 克，厚朴、木通、枳实、延胡索、桂心、木香各 15 克组成。共为细末，酒糊为丸。每服 9 克，日 2 次（亦可水煎服，用量按原方比例酌定）。方中橘核行气治疝，为主药。木香、川楝子行气止痛；桃仁、延胡索活血散结；桂心温肝肾而散寒；枳实、厚朴破气行滞；木通利血脉而除湿；海藻、昆布、海带软坚散结。共奏行气止痛，软坚散结之功。主治寒湿疝气。症见睾丸肿胀偏坠，或坚硬如石，或痛引脐腹，舌淡苔白，脉沉弦等。现常用于睾丸鞘膜积液、睾丸炎，附睾炎等病具有上述症状者，临床应用橘核丸加减治疗睾丸水肿，疗效显著。一般服药 6 剂，肿势消退，平均服药 20～28 剂，诸证痊愈。

## 12.8 天台乌药散

出自《医学发明》。由天台乌药、川楝子各 12 克，高良姜、槟榔各 9 克，木香、小茴香、青皮各 6 克，巴豆 70 粒组成。巴豆与川楝子同炒黑，去巴豆，水煎，冲入适量黄酒服，日 2 次。



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方中乌药行气疏肝，散寒止痛，为主药。木香、小茴香、青皮、高良姜行气散结，祛寒除湿；槟榔直达下焦，行气化滞而破坚；川楝子与巴豆同炒，既减川楝子之寒性，又可增强其行气破结之力。共奏行气疏肝；散寒止痛之功。主治寒疝气滞证。症见小肠疝气，少腹痛引睾丸，舌淡苔白，脉沉迟或弦等。现常用于腹外疝、痛经、睾丸疾患等具有上述症状者。临床用天台乌药散加减治疗寒凝气滞、肝郁横逆之疝气、腹痛、胃痛、虫痛、痛经等，均获满意效果。

## 12.9 暖肝煎

出自《景岳全书》。由当归 6~9 克，肉桂 3~6 克，枸杞 9 克，小茴香、乌药、茯苓各 6 克，沉香 3 克，生姜 3 片组成。水煎分 2 次服。方中当归、枸杞温补肝肾，肉桂、小茴香温肾散寒；乌药、沉香理气止痛；茯苓渗湿健脾；生姜散寒和胃。共奏暖肝温肾，行气止痛之功。主治肝肾阴寒证。症见小腹疼痛，疝气，舌淡苔白，脉沉弦等。现常用于腹外疝、腹痛、不育症等病具有上述症状者。临床应用暖肝煎加减治疗 5 年不育患者 1 例，症见少腹隐痛，睾丸阴冷潮湿，遇寒则收缩牵引。查精子数 3000 万／ml，异常精子 50%，2 小时内有活动力精子 30%，服药 10 剂后症状改善，1 月后精子数 5000 万／ml，异常精子 20%，有活动力者超过 60%，诸证悉除，其妻怀孕。运用暖肝煎加减治疗缩阳症 1 例，症见阴茎抽痛缩入，外观阴茎消失，少腹疼痛，牵引阴囊，服药 3 剂症减，15 剂痊愈。

## 12.10 厚朴温中汤

出自《内外伤辨惑论》。由厚朴、陈皮各 30 克，茯苓、草蔻仁、木香、甘草各 15 克，干姜 2 克组成。按原方比例酌定用量，加生姜 3 片，水煎分 2 次服。方中厚朴行气消胀，燥湿除满，为主药。草蔻仁温中散寒，燥湿除痰；陈皮、木香行气宽



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中；干姜、生姜温脾胃，散寒邪；茯苓、甘草渗湿健脾和中。共奏温中行气，燥湿除满之功。主治寒湿伤脾证。症见脘腹胀满或疼痛，不思饮食，四肢倦怠，舌淡苔白腻，脉沉迟等。现常用于急、慢性肠炎、胃炎、胃及十二指肠溃疡等病具有上述症状者。

## 12.11 降气剂

是以降气的药物为主组成的方剂。适用于肺胃气逆之证。症见咳喘、呕吐、噫气、呃逆等。常用的药有苏子、杏仁、沉香、旋复花、代赭石、陈皮、丁香、柿蒂等。代表方剂有苏子降气汤、定喘汤、旋复代赭汤、橘皮竹茹汤、丁香柿蒂散等。

## 12.12 苏子降气汤

出自《太平惠民和剂局方》。由苏子、半夏各 9 克，当归、厚朴、前胡、炙甘草各 6 克，肉桂 3 克组成。用时加生姜 2 片，大枣 1 枚、苏叶 2 克，水煎分 2 次服。方中苏子降气祛痰，止咳平喘，为主药。半夏、厚朴、前胡止咳平喘；肉桂温肾纳气；当归养血补肝，又治咳逆上气；略加生姜、苏叶散寒宣肺，甘草、大枣和中调药。共奏降气平喘，祛痰止咳之功。主治上实下虚，痰涎壅盛之证。症见喘咳短气，胸膈满闷，或腰痛脚弱，或肢体浮肿，舌淡苔白滑，脉沉等。现常用于支气管哮喘、慢性支气管炎、肺气肿、肺心病等具有上述症状者。临床用苏子降气汤加沉香、白果、杏仁、五味子治疗支气管哮喘 10 例，结果显效 5 例，有效 5 例。运用苏子降气汤去肉桂、生姜、当归，加葶苈子、黄芩、生大黄治疗支气管扩张，服药 3 剂，咯血止，咳嗽减，继用枇杷膏巩固而愈。

## 12.13 定喘汤

出自《摄生众妙方》。由白果、麻黄、款冬花、杏仁、桑白皮、半夏各 9 克，苏子，黄芩各 6 克，甘草 3 克组成。水煎分 2



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次服。方中麻黄宣肺散邪平喘，白果敛肺定喘祛痰，共为主药。苏子、杏仁、半夏、款冬花降气平喘，止咳祛痰；桑白皮、黄芩清泄肺热，止咳平喘；甘草调和诸药。共奏宣降肺气，祛痰平喘之功。主治风寒外来，痰热内蕴证。症见痰多气急，痰稠色黄，哮喘咳嗽，舌淡苔黄腻，脉滑数等。现常用于慢性支气管炎、支气管哮喘等病具有上述症状者。临床应用定喘汤加减治疗婴幼儿急性毛细支气管炎 30 例，均获痊愈，其中 3 天内哮鸣音消失，喘憋减轻者 28 例，平均住院日数为 4 天，较单用西药组平均住院 7 天为短。运用本方治疗慢性喘息性支气管炎 100 例，总有效率达 97%，显效占 83%。

## 12.14 四磨汤

出自《济生方》。由人参、沉香各 3 克，槟榔、天台乌药各 9 克组成。水煎分 2 次服。方中乌药行气疏肝以解郁；沉香顺气降逆以平喘，槟榔行气化滞以除满；人参益气扶正。共奏行气降逆；宽胸散结之功。主治肝气郁结证。症见胸膈烦闷，上气喘急，心下痞满，不思饮食，舌淡苔白，脉沉弦等。现常用于肝炎、胆囊炎、肩周炎、乳腺炎等病具有上述症状者。临床应用四磨汤去人参、槟榔，加青皮、赤芍、公英、沙参、白花蛇草治疗乳汁郁积性乳腺炎 1 例，症见乳房胀痛，有鸡卵状硬块，伴干咳胸痛，烦燥易怒，口苦厌食，脉弦滑。服药 6 剂而愈。

## 12.15 旋复代赭汤

出自《伤寒论》。由旋复花、代赭石、半夏各 9 克，人参、炙甘草各 6 克，生姜 10 克，大枣 12 枚组成。水煎分 2 次服。方中旋复花下气消痰，降逆止噫，为主药。代赭石重镇降逆；人参益气补虚，炙甘草温益中气；大枣养胃补脾；生姜温胃化痰，散寒止呕；半夏祛痰散结，降逆和胃。共奏降逆化痰，益气和胃之功。主治胃气虚弱，痰浊内阻证。症见心下痞硬，噫气不除，舌



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苔白滑，脉弦而虚等。现常用于胃肠神经官能症、胃扩张、幽门不完全性梗阻、溃疡病等病具有上述症状者。临床应用旋复代赭汤治疗眩晕呕吐患者 50 例，其中胃炎、胃溃疡 6 例，神经官能症 11 例，高血压、美尼尔氏症、癔病、脑膜炎后遗症各 1 例，结果 34 例症状消失，14 例减轻，2 例无效。

## 12.16 橘皮竹茹汤

出自《金匮要略》。由橘皮、竹茹各 12 克，人参 3 克，生姜 9 克，甘草 6 克，大枣 5 枚组成。水煎分 2 次服。方中橘皮理气和胃，降逆止呕，竹茹清胃止呕，共为主药。人参补气扶正；生姜和胃止呕，甘草、大枣益气和胃，调和诸药。共奏降逆止呕，益气清热之功。主治胃虚有热，气逆不降之证。症见呃逆或干呕，舌红苔薄黄，脉虚数等。现常用于妊娠呕吐、幽门不完全性梗阻、手术后呃逆等病具有上述症状者。临床以橘皮竹茹汤加减治疗顽固性呃逆 10 余年患者，症见呃逆频作，嗳气恶心，时吐涎沫，睡眠不安，饮食难进，便秘溲赤。服药 6 剂而愈，随访 4 个月无复发。

## 12.17 丁香柿蒂汤

出自《证因脉治》，由丁香、生姜各 6 克，柿蒂 9 克，人参 3 克组成。水煎分 2 次服。方中丁香温胃散寒，下气止呃；柿蒂降逆止呃；人参益气补虚，生姜温胃降逆。共奏温中益气，降逆止呃之功。主治胃气虚寒证。症见呃逆不已，胸痞脉迟等。现常用于治疗膈肌痉挛、神经性呃逆等病具有上述症状者。临床用丁香柿蒂散治疗顽固性呃逆 2 例，均获痊愈。运用丁香柿蒂散合旋复代赭汤、瓜蒌薤白汤化裁，治疗贲门痉挛 1 例，服药 1 月而愈。



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# 第13章　理血剂

## 13.1　理血剂

凡以理血药物为主组成，具有活血调血或止血作用，以治疗血瘀或出血证的方剂，统称理血剂。生理状态下，血液周流不息地循行于脉管之中，灌溉五脏六腑，濡养四肢百骸。一旦某种原因，造成血行不畅或离经妄行，均可造成血瘀为患或出血之证。因此，根据本类方剂的不同作用，分为活血祛瘀和止血两类。

## 13.2　活血祛瘀剂

是以活血祛瘀药物为主组成的方剂。适用于蓄血及瘀血证。如瘀积肿痛，外伤瘀肿，，瘀阻经脉之半身不遂，瘀血内停之胸腹诸痛，以及经闭、痛经、产后恶露不行等。常用的药有川芎、桃仁、红花、丹参等。代表方剂有桃核承气汤、血府逐瘀汤、复元活血汤等。

活血祛瘀剂能促进血行，性多破泄，易于动血、坠胎，故月经过多者及孕妇均当慎用。

## 13.3　桃核承气汤

出自《伤寒论》。由桃仁、大黄各12克，桂枝、芒硝、甘草各6克组成。水煎分2次服。方中桃仁破血祛瘀，大黄下瘀泄热，共为主药。桂枝通行血脉，助桃仁破血祛瘀；芒硝泻热软坚，助大黄下瘀泄热；甘草益气和中，调和药性。共奏破血下瘀之功。主治下焦蓄血证。症见少腹急结，小便自利，谵语烦渴，至夜发热，继则其人如狂，舌黯，脉沉实或涩等。现常用于盆腔炎、附件炎、肠梗阻等病具有上述症状者。临床应用桃核承气汤



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治疗急性坏死性肠炎 22 例，结果治愈 19 例，死亡 2 例，转外科 1 例。运用桃核承气汤加黄芩、黄连、木香、马齿苋治疗暴发型痢疾 26 例，痊愈 22 例，死亡 2 例，无效 2 例。

## 13.4 血府逐瘀汤

出自《医林改错》。由桃仁 12 克，红花、当归、生地、牛膝各 9 克，赤芍、枳壳各 6 克，川芎、桔梗各 5 克，柴胡、甘草各 3 克组成。水煎分 2 次服。方中桃仁、红花、赤芍、川芎、当归活血祛瘀；牛膝祛瘀通脉，引血下行；柴胡疏肝解郁；桔梗、枳壳开胸行气，生地凉血清热，养血润燥，甘草调和诸药。共奏活血祛瘀，行气止痛之功。主治气滞血瘀证。症见头痛日久不愈，痛如针刺，固定不移，或烦燥易怒，入暮潮热，或呃逆日久，心悸怔忡，舌黯红，脉涩或弦紧等。现常用于冠心病、高血压、神经官能症、脑震荡后遗症等病具有上述症状者。临床应用血府逐瘀汤加减本治疗高血压病 31 例。症见头痛、头晕、眼睑充血等。一般服药 2～5 剂症状消除，随访 2～3 次，无 1 例复发。运用血府逐瘀汤治疗急性弥漫性血管内凝血 22 例，其中 19 例有出血现象，16 例休克。结果治愈 16 例，好转 1 例，无效 4 例，死亡 1 例。

## 13.5 复元活血汤

出自《医林改错》。由大黄 30 克，柴胡 15 克，瓜蒌根、当归、桃仁各 9 克，红花、穿山甲、甘草各 6 克组成。水煎分 2 次服。方中重用大黄荡涤留瘀败血，柴胡疏肝调气，共为君药。当归、桃仁、红花活血祛瘀，消肿止痛；穿山甲破瘀通络；瓜蒌根消瘀散结，清热润燥；甘草缓急止痛，调和诸药。共奏活血祛瘀、疏肝通络之功。主治外伤瘀血证。症见跌打损伤，瘀血留于胁下，痛不可忍，舌黯脉弦涩等。现常用于肋间神经痛、肋软骨炎、软组织损伤等病具有上述症状者。临床应用复元活血汤治疗



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肋软骨炎 9 例。发病时间在 1～6 周内，一般服药 1～2 剂，肿痛明显减轻，5～7 剂，基本痊愈。运用复元活血汤治疗跌打损伤数百例，均获良好效果。

## 13.6 七厘散

出自《良方集腋》。由血竭 30 克，麝香、冰片各 0.4 克，乳香、没药、红花各 5 克，朱砂 4 克，儿茶 7.5 克组成。共研细末，每服 0.22～0.15 克，黄酒或温水送服，日 2 次。外用适量，以酒调敷伤处。方中血竭、红花活血祛瘀；乳香、没药祛瘀行气，消肿止痛；麝香、冰片行气活血，走窜经络；朱砂镇心安神；儿茶清热止血。共奏活血散瘀，止痛止血之功。主治跌打损伤。筋断骨折之瘀血肿痛，或刀伤出血等。现常用于烧伤、烫伤、带状疱疹以及冠心病、心肌炎等病具有上述症状者。临床应用七厘散加减治疗带状疱疹 11 例。一般药 1～2 剂疼痛停止，2～3 剂斑丘疹开始消退，4～6 剂水疱变干、结痂，疗程平均 4.6 天，全部治愈。运用七厘散加减治疗冠心病 100 例，其中心绞痛 76 例，陈旧性心梗伴心绞痛 13 例，陈旧性心梗 3 例，隐型冠心痛 8 例，结果显效 14 例，改善 49 例，无效 24 例，加重 3 例。

## 13.7 补阳还五汤

出自《医林改错》。由黄芪 120 克，当归、赤芍各 6 克，地龙、川芎、红花、桃仁各 3 克组成。水煎分 2 次服。方中重用黄芪大补元气，使气旺以促血行，为主药。当归、川芎、赤芍、桃仁、红花、地龙活血通络。共奏补气活血通络之功。主治中风后遗症，症见半身不遂，口眼歪斜，语言蹇涩，口角流涎，下肢痿废，小便频数或遗尿不禁，苔白脉缓等。现常用于脑血管意外后遗症、小儿麻痹后遗症等病具有上述症状者。临床应用补阳还五汤治疗偏瘫 12 例，7～18 天痊愈者 5 人；24～90 天痊愈者 7 人，效果满意。运用补阳还五汤治疗坐骨神经痛 100 例，结果痊



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愈89例，显效7例，好转2例。

## 13.8 失笑散

出自《太平惠民和剂局方》。由五灵脂、蒲黄各等分组成。共研细末，每服6克，用黄酒或醋冲服，日2次（亦可水煎服，用量按原方比例酌定）。方中五灵脂、蒲黄相须为用，通利血脉，祛瘀止痛。用醋或黄酒冲服，取其活血脉，行药力，加强活血止痛作用。共奏活血祛瘀，散结止痛之功。主治瘀血证。症见心腹刺痛，或产后恶露不绝，或月经不调，少腹急痛，舌黯，脉涩等。现常用于心绞痛、宫外孕等病具有上述症状者。临床应用失笑散合胶艾四物汤为主，治疗宫外孕18例，其中陈旧性16例，亚急性2例，服药10～20剂，均获痊愈。运用失笑散加减治疗冠心病46例，服药1个月为1疗程，结果在有心绞痛的44例中，显效12例，改善27例，无效5例，无1例加重。

## 13.9 丹参饮

出自《时方歌括》。由丹参30克，檀香、砂仁各5克组成。水煎分2次服。方中重用丹参活血祛瘀，为主药。檀香、砂仁、行气宽中止痛。共奏活血祛瘀；行气止痛之功。主治血瘀气滞证。症见心胃诸痛，舌黯，脉弦涩等。现常用于慢性胃炎、溃疡病、慢性胰腺炎等病具有上述症状者。临床应用丹参饮加延胡索、苏叶、白术、厚朴等，不仅对胃痛有效，对上腹部疼痛性疾病，如肝炎、胆囊炎、胰腺炎等效果均佳。

## 13.10 温经汤

出自《金匮要略》。由吴茱萸、当归、阿胶、麦冬各9克，芍药、川芎、人参、桂枝、丹皮、半夏、生姜、甘草各6克组成。水煎分2次服。方中吴茱萸、桂枝温经散寒，兼通血脉；当归、川芎活血祛瘀，养血调经；阿胶、芍药、麦冬养血益阴；丹



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皮祛瘀通经，并退虚热；人参、甘草、生姜、半夏益气和胃，以资化源。共奏温经散寒，祛瘀养血之功。主治冲任虚寒，瘀血阻滞证。症见月经不调，漏下不止，傍晚发热，手心烦热，少腹里急或久不受孕，舌黯，脉沉细或涩等。现常用于功能性子宫出血、慢性盆腔炎等病具有上述症状者。临床应用温经汤加减治疗卵巢囊肿1例，症见月经衍期，量少色暗，右下腹痛，右穹窿有一肿块，服药10剂，症状减轻，继进数剂，诸症消失而愈。

## 13.11 生化汤

出自《傅青主女科》。由当归25克，川芎9克，桃仁6克，干姜2克，甘草2克组成。水煎分2次服，或酌加黄酒同煎。方中重用当归补血活血，祛瘀生新，为主药。川芎活血行气；桃仁活血祛瘀；干姜入血散寒，温经止痛；黄酒温散以助药力，甘草调和诸药。共奏活血化瘀，温经止痛之功。主治产后血虚受寒证。症见恶露不行，小腹冷痛，舌淡或有瘀斑，脉沉迟或涩等。现常用于子宫内膜炎、胎盘残留、子宫肥大等病具有上述症状者。临床应用温经汤加丹皮、熟地、红花、艾叶、煨姜、治疗小产后胎盘残留22例，服药2～6剂，其残留胎盘自动流出，22例均获痊愈。运用温经汤加芥穗、益母草治疗子宫肥大症15例，其病程多为3～19年，子宫最小者7.5×6cm，最大者12×10cm，服本方30日为1疗程，结果痊愈7例，有效4例，无效4例。

## 13.12 活络效灵丹

出自《医学衷中参西录》。由当归、丹参、生明乳香、生明没药各15克组成。水煎分2次服。方中当归活血养血；丹参活血祛瘀，乳香、没药活血祛瘀，行气止痛。共奏活血祛瘀，通络止痛之功。主治气血凝滞证。症见心腹疼痛，腿痛臂痛，跌打瘀肿，内外疮疡，癥瘕积聚，舌黯，脉弦涩等。现常用于心绞痛、



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宫外孕、脑血栓形成、坐骨神经痛等病具有上述症状者。临床应用活络效灵丹合红藤煎加减治疗阑尾脓肿1例，症见右下腹肿块，逐渐增大，压痛明显，神疲乏力，胃纳不佳等。服药12剂，诸证消失而愈。

## 13.13 桂枝茯苓丸

出自《金匮要略》。由桂枝、茯苓、丹皮、桃仁、芍药各9克组成。炼蜜为丸，每服3～5克，日2次（亦可水煎服，用量按原方比例酌定）。方中桂枝温通血脉，茯苓渗利下行而益心脾之气，既有助于行瘀，又有利于安胎，共为主药。丹皮、芍药、桃仁化瘀清热，白蜜缓和诸药。共奏活血化瘀，缓消癥块之功。主治胞宫血瘀证。症见妊娠胎动不安，漏下不止，腹痛拒按，舌黯，脉涩等。现常用于治疗月经不调、痛经、前列腺肥大、精神分裂症等病具有上述症状者。临床用桂枝茯苓丸加红花、大黄、牛膝、益母草、泽兰治疗前列腺肥大5例，除1例无效，其余4例服药10剂后，症状消失，小便通利。

## 13.14 大黄䗪虫丸

出自《金匮要略》。由大黄、干地黄各300克，黄芩、桃仁、杏仁、水蛭、虻虫、蛴螬各60克，䗪虫、干漆各30克，芍药120克，甘草90克组成。共为细末，炼蜜为丸。每服3克，日2次（亦可水煎服，用量按原方比例酌减）。方中大黄逐瘀攻下，凉血清热，䗪虫攻下积血，共为主药。桃仁、干漆、蛴螬、水蛭、虻虫活血通络，攻逐瘀血；黄芩助大黄以清瘀热；杏仁助桃仁以润燥结，且破血降气；生地、芍药养血滋阴；甘草和中补虚，调和诸药。共奏祛瘀生新之功。主治五劳虚极之证。症见形体羸瘦、腹满不能饮食，肌肤甲错，两目黯黑，舌黯，脉沉细而涩等。现常用于跌打损伤、瘀肿疼痛、肝硬化等病具有上述症状者。临床应用大黄䗪虫丸治疗痹症1例，症见环跳穴处剧痛，状



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如针刺，有灼热感，入夜尤甚，举步艰难，服药 3 丸，夜间痛减，继服 20 余丸而愈。。

## 13.15 止血剂

是以止血药物为主组成的方剂。适用于血液离经妄行而致的吐血、衄血、咳血、便血、崩漏等各种出血证。常用的药有侧柏叶、小蓟、槐花、灶心土、艾叶等，代表方剂有十灰散、四生丸、小蓟饮子、槐花散、黄土汤、胶艾汤等。

## 13.16 十灰散

出自《十药神书》。由大蓟、小蓟、荷叶、侧柏叶、茅根、茜草根、牡丹皮、棕榈皮、山栀、大黄各等分组成。各药烧存性，为末。藕汁或萝卜汁磨京墨适量，调服 9 克，日 2 次（亦可水煎服，用量按原方比例酌定）。方中大蓟、小蓟、荷叶、茜草根、侧柏叶、白茅根凉血止血；棕榈皮收涩止血；栀子清热泻火；大黄导热下行；丹皮凉血祛瘀，使血止而不留瘀。本方烧炭存性，以加强收涩止血作用。用藕汁或萝卜汁京墨调服，意在增强清热凉血止血之功。共奏凉血止血之功。主治血热妄行之证。症见呕血、吐血、咯血、咳血、舌红脉数等。现常用于肺结核、支气管扩散、胃溃疡等病具有上述症状者。临床应用十灰散治疗肺结核咯血 27 例，显效 20 例，有效 2 例，无效 5 例。一般服药 4～6 天即能止血，平均止血时间为 5 天。

## 13.17 四生丸

出自《妇人良方》。由生荷叶、生艾叶各 9 克，生柏叶 12 克，生地黄 15 克组成。水煎分 2 次服。方中侧柏叶凉血止血，为主药。生地清热凉血，养阴生津；荷叶、艾叶止血散瘀，使血止而不留瘀。共奏凉血止血之功。主治血热失血证。症见吐血、衄血、血色鲜红，口干咽燥，舌红或绛，脉弦数等。现常用于肺



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结核、支气管扩张之咯血及胃溃疡吐血等病具有上述症状者。

## 13.18 咳血方

出自《丹溪心法》。由青黛、诃子各6克，瓜篓仁、海石、山栀子各9克组成。水煎分2次服。方中青黛、栀子清肝泻火凉血，共为主药。瓜篓仁、海石清热降火，润燥化痰；诃子敛肺止咳。共奏清火化痰，敛肺止咳之功。主治肝火犯肺证。症见咳嗽痰稠带血，咯吐不爽，或心烦易怒，胸胁刺痛，颊赤便秘，舌红苔黄，脉弦数。现常用于支气管扩张、肺结核咯血等病具有上述症状者。

## 13.19 槐花散

出自《本事方》。由槐花、柏叶各12克，荆芥穗、枳壳各6克组成。水煎分2次服。方中槐花专清大肠湿热，凉血止血，为主药。柏叶助槐花凉血止血，荆芥穗疏风止血，枳壳下气宽肠。共奏清肠止血，疏风下气之功。主治肠风脏毒证。症见便前出血，或便后出血，或粪中带血，以及痔疮出血，色红或晦暗，舌红苔白或薄黄，脉数等。现常用于痔疮、阿米巴痢疾、溃疡病等疾病具有上述症状者。

## 13.20 小蓟饮子

出自《济生方》。由生地30克，小蓟、滑石各15克，木通、蒲黄、藕节、淡竹叶、山栀子各9克，当归、炙草各6克组成。水煎分2次服。方中小蓟凉血止血，为主药。藕节、蒲黄凉血止血，并能消瘀；滑石清热利水通淋；木通、竹叶、栀子清泄心、肺、三焦之热；生地养阴清热，凉血止血，当归养血和血；甘草调和诸药。共奏凉血止血，利水通淋之功。主治下焦瘀热证。症见血淋，尿中带血，小便频数，赤涩热痛，舌红，脉数等。现常用于泌尿系感染、泌尿系结石等病具有上述症状者。临



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床应用小蓟饮子加减治疗急性肾炎 2 例，症见头面浮肿，小便不利，尿少黄赤，心烦口渴，舌尖红少苔，脉浮数，服药 9～20 剂，均痊愈。

## 13.21 黄土汤

出自《金匮要略》。由灶心土 30 克，干地黄、白术、附子、阿胶、黄芩、甘草各 9 克组成。先将灶心土煎取汤，再煎余药，分 2 次服。方中灶心土温中止血，为主药。白术、附子温脾阳而补中气；生地、阿胶滋阴养血；更配苦寒之黄芩与甘寒滋润之生地、共同制约白术、附子过于温燥之性；甘草调和诸药。共奏温阳健脾，养血止血之功。主治脾阳不足、中焦虚寒证。症见大便下血，或吐血、衄血，及妇人崩漏，血色暗淡，四肢不温，面色萎黄，舌淡苔白，脉沉细无力等。现常用于慢性胃肠道出血、功能性子宫出血等病具有上述症状者。临床应用黄土汤加升皮治疗上消化道出血 23 例，用红砖 120 克代灶心土，先捣碎水浸泡，取澄清液煎药，结果痊愈 22 例，无效 1 例。

## 13.22 胶艾汤

出自《金匮要略》。由阿胶、艾叶、当归各 9 克，川芎、甘草各 6 克，芍药、干地黄各 12 克组成。水煎去渣，或加酒适量，入阿胶化，分 2 次服。方中阿胶补血止血，艾叶温经止血，共为主药。熟地、当归、芍药、川芎补血调经，活血调血；甘草调和诸药；入清酒助药力运行。共奏补血止血，调经安胎之功。主治冲任虚损证。症见崩中漏下，月经过多，淋漓不止，或半产后下血不绝，或妊娠下血，腹中疼痛，舌淡，脉沉细等。现常用于先兆流产、产后子宫复旧不全等病具有上述症状者。临床用本方加减治疗先兆流产 41 例，痊愈 36 例，好转 5 例。



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# 第 14 章　治风剂

## 14.1　治风剂

凡是运用辛散祛风或熄风止痉的药物为主组成，具有疏散外风或平熄内风的作用，治疗风病的方剂，统称治风剂。风病的范围甚广，病情变化亦很复杂，概言之，可分内风、外风两大类。外风是指风邪侵入人体，留于肌表、经络、筋肉、骨节等所致；内风是指内脏病变所致的风病。在治疗上，外风宜疏散，内风宜平熄，因此，根据本类方剂的功能特点，分为疏散外风和平熄内风两类。

运用治风剂，首先必须辨别风病的属内、属外，分别其寒热虚实。若属外风，则宜疏散，不宜平熄；属于内风，则宜平熄，切忌辛散。若风邪夹寒，夹热，夹湿，夹痰，则应与祛寒，清热，化湿，化痰等法合参。

## 14.2　疏散外风剂

是以辛散祛风药物为主组成的方剂。适用于外风所致的头痛、眩晕、风疹、湿疹等病。常用的药有防风、川芎、白芷、荆芥、白附子等。代表方剂有大秦艽汤、消风散、川芎茶调散、牵正散、小活络丹等。

## 14.3　大秦艽汤

出自《素问病机气宜保命集》。由秦艽 90 克，甘草、川芎、当归、白芍、石膏、独活各 60 克，羌活、防风、黄芩、白芷、白术、生地、熟地、茯苓各 30 克，细辛 15 克组成。为散，每次 30 克，水煎去渣服，日 2 次（亦可水煎服，用量按原方比例酌



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减)。方中秦艽祛风通络，为主药。羌活、独活、防风、白芷、细辛祛风散邪；当归、白芍、熟地养血柔筋；川芎活血通络；黄芩、石膏、生地凉血清热；甘草调和诸药。共奏祛风清热，养血活血之功。主治风邪初中经络证。症见口眼㖞斜，舌强不能言，手足不能运动，苔白脉浮等。现常用于面神经麻痹、破伤风等病具有上述症状者。本方风药较多，辛燥太过，有耗伤阴血之弊，临床宜斟酌加减。

## 14.4 消风散

出自《外科正宗》。由当归、生地、防风、蝉蜕、知母、苦参、胡麻、荆芥、苍术、牛蒡子、石膏各3克，木通、甘草各1.5克组成。水煎分2次服。方中荆芥、防风、牛蒡子、蝉蜕疏风透表，为主药。苍术散风除湿；苦参清热燥湿；木通渗利湿热；石膏、知母清热泻火；当归、生地、胡麻养血活血，滋阴润燥；甘草清热解毒，调和诸药。共奏疏风养血，清热除湿之功。主治风疹、湿疹。症见皮肤出疹色红，或遍身云片斑点，瘙痒，破后渗出津水，苔白或黄，脉浮数有力等。现常用于过敏性皮炎、稻田性皮炎、神经性皮炎、药物性皮炎等病具有上述症状者。临床应用消风散化裁治疗变应性亚败血症1例，患者罹病3年，中西药物均不能控制其发作，用本方加黄藤、丹皮、土茯苓、僵蚕、贝母，服药70天，症状消失，唯指关节仍呈梭状改变。运用消风散治疗湿疹44例，平均服药20剂，结果近期治愈38例，基本治愈6例。

## 14.5 川芎茶调散

出自《太平惠民和剂局方》。由川芎、荆芥各120克，白芷、羌活、甘草各60克，细辛、防风各45克，薄荷240克组成。共为细末，每服6克，日2次，清茶调下(亦可水煎服，用量按原方比例酌减)。方中川芎、白芷、羌活疏风止痛，为主



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药。细辛散寒止痛，重用薄荷清利头目，搜风散热；荆芥、防风辛散上行，以疏上部风邪；甘草调和诸药，用清茶调下，取茶叶苦寒之性，既可上清头目，又能制约风药过于温燥升散，使升中有降。共奏疏风止痛之功。主治头风证。症见偏正头痛，或巅顶作痛，恶寒发热，目眩鼻塞，舌苔薄白，脉浮等。现常用于慢性鼻炎、鼻窦炎、神经性头痛等病具有上述症状者。临床应用川芎茶调散治疗偏头痛126例，主要表现为左右颞颥部疼痛，交替发作，经久不已，伴呕吐、嗜睡、烦燥疲乏，便秘等症。总有效率达83.3%。

## 14.6 牵正散

出自《杨氏家藏方》。由白附子、僵蚕、全蝎各等分组成。共为细末，每服3克，日2次（亦可水煎服，用量按原方比例酌情增减）。方中白附子祛风化痰，并长于治头面之风，僵蚕、全蝎祛风止痉，三药合用，力专效著。共奏祛风化痰止痉之功。主治中风面瘫、口眼㖞斜，甚或面部肌肉抽动，苔白脉浮滑等。现常用于面神经麻痹、三叉神经痛等病具有上述症状者。临床应用牵正散为主加减，和姜汁为糊，外敷患处，治疗倍耳氏面瘫33例，结果痊愈29例，好转2例，无效2例。运用50%复方牵正散注射液（白附子、僵蚕、全蝎、当归、蜈蚣）取患侧地仓、颊车、阳白等穴，轮流作穴位注射。共治疗面神经麻痹418例，疗程7～42天，治愈率为90%。

## 14.7 玉真散

出自《外科正宗》。由南星、防风、白芷、天麻、羌活、白附子各等分组成。共为细末，每服3克，用热酒或童便调服。外用适量，敷患处（亦可水煎服，用量按原方比例酌定）。方中天南星、白附子祛风化痰，解痉止痛；羌活、防风、白芷疏散经络中之风邪，驱邪外出，天麻熄风解痉，热酒与童便有通经络，行



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气血之功。共奏祛风化痰、解痉止痛之功。主治破伤风。症见牙关紧闭，口撮唇紧，身体强直，角弓反张，苔白脉弦紧等。现常用于破伤风、百日咳、狂犬病等病具有上述症状者。临床应用玉真散治疗破伤风3例，外敷并内服，每日3次，每次9克，平均4.8天治愈。用酒调玉真散外敷，治疗扭挫外伤所致腱鞘炎，一般3～5天肿痛消失，功能恢复。

## 14.8 小活络丹

出自《太平惠民和剂局方》。由川乌、草乌、地龙、天南星、乳香、没药各66克组成。共为细末，炼蜜为丸，每服3克，陈酒或温开水送服，日2次。方中川乌、草乌祛风除湿，温通经络，为主药。天南星燥湿化痰，除经络中之痰湿；乳香、没药行气活血；地龙通经活络；加陈酒以助药势。共奏祛风除湿，化痰通络，活血止痛之功。主治风寒湿邪留滞经络之痹证。症见肢体筋脉挛痛，关节屈伸不利，疼痛游走不定，以及中风日久不愈，手足不仁，经络中有湿痰死血，腰腿沉重，或腿臂间作痛，苔白脉沉弦等。现常用于脑卒中后遗症、风湿性关节炎、类风湿性关节炎等病具有上述症状者。

## 14.9 平熄内风剂

是以平肝熄风或补养熄风的药物为主组成的方剂。适用于内风证。常用的药有羚羊角、钩藤、石决明、天麻、菊花、牡蛎、地黄、白芍、阿胶、鸡子黄、肉苁蓉等，代表方剂有羚角钩藤汤、镇肝熄风汤、大定风珠、地黄饮子等。

## 14.10 羚角钩藤汤

出自《通俗伤寒论》。由羚角片4.5克，桑叶6克，京川贝12克，鲜生地、竹茹各15克，双钩藤、滁菊花、茯神木、生白芍各9克，生甘草2.4克组成。水煎分2次服。方中羚羊角、钩



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藤凉肝熄风，清热解痉，为主药。合桑叶、菊花以加强熄风之效；白芍、生地养阴增液以柔肝舒筋；贝母、竹茹清热化痰；茯神木平肝、宁心安神；生甘草调和诸药。共奏凉肝熄风，增液舒筋之功。主治肝经热盛，热极动风证。症见高热不退，烦闷躁扰，手足抽搐，发为痉厥，甚则神昏，舌绛而干，脉弦而数等。现常用于流行性乙型脑炎、原发性高血压等病具有上述症状者。临床应用羚角钩藤汤治疗流行性乙型脑炎 8 例，均获痊愈，无后遗症。运用羚角钩藤汤加石决明或珍珠母治疗抽搐症 1 例，症见肢体抽搐，牙关紧闭，颈项强直，角弓反张等。患者服药后，效果满意。

## 14.11 镇肝熄风汤

出自《医学衷中参西录》。由怀牛膝、生赭石各 30 克，生龙骨、生牡蛎、生龟板、生杭芍、玄参、天冬各 15 克，川楝子、生麦芽、茵陈各 6 克，甘草 4.5 克组成。水煎分 2 次服。方中重用怀牛膝引血下行，补益肝肾。代赭石、龙骨、牡蛎降逆潜阳，镇肝熄风；龟板、玄参、天冬、白芍滋养阴液，以制阳亢；茵陈、川楝子、生麦芽助主药清泄肝阳之有余，条达肝气之郁滞；甘草调和诸药。共奏镇肝熄风，滋阴之功。主治肝肾阴亏，肝阳上亢证。症见头目眩晕，目胀耳鸣，脑部热痛，心中烦热，肢体渐觉不利，口角渐形歪斜，甚或眩晕颠仆，昏不知人，移时苏醒，或醒后不能复原，舌红，脉弦长有力等。现常用于高血压病、嗜酪细胞瘤、脑血管意外等病具有上述症状者。临床应用镇肝熄风汤治疗高血压病 66 例。其中Ⅱ期高血压病 50 例，治疗后显效 30 例，改善 19 例，无效 1 例，Ⅲ期高血压病 16 例，治疗后显效 6 例，改善 9 例，基本无效 1 例，总有效率 93.7%。



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## 14.12 天麻钩藤饮

出自《杂病证治新义》。由天麻、山栀、黄芩、杜仲、益母草、桑寄生、夜交藤、朱茯神各 9 克，钩藤、川牛膝各 12 克，石决明 18 克组成。水煎分 2 次服。方中天麻、钩藤、石决明平肝熄风，为主药。山栀、黄芩清热泻火；益母草活血利水；牛膝引血下行；桑寄生、杜仲补益肝肾；夜交藤、朱伏神安神定志。共奏平肝熄风，清热活血，补益肝肾之功。主治肝阳偏亢、肝风上扰证。症见头痛、眩晕、失眠等。现常用于破伤风、高血压病、脑血管意外等病具有上述症状者。临床应用天麻钩藤饮治疗破伤风 2 例。症见头痛、项强、四肢抽搐，角弓反张，牙关紧闭，不省人事，服药 7～15 剂均痊愈。

## 14.13 阿胶鸡子黄汤

出自《通俗伤寒论》。由陈阿胶、双钩藤各 6 克，生白芍、络石藤各 9 克，石决明 15 克，大生地、生牡蛎、茯神木、各 12 克，清炙草 1.8 克，鸡子黄 2 枚组成。水煎分 2 次服。方中阿胶、鸡子黄滋阴血，熄风阳。生地、芍药、甘草酸甘化阴，柔肝熄风；钩藤、石决明、牡蛎镇肝潜阳；茯神木平肝安神，络石藤舒筋通络。共奏滋阴养血，柔肝熄风之功。主治阴虚动风证。症见筋脉拘急，手足瘛疭，类似风动，或头目眩晕，舌绛苔少，脉细数等。现常用于治疗神经衰弱、老年性震颤、高血压病等病具有上述症状者。

## 14.14 大定风珠

出自《温病条辨》。由生白芍、干地黄、麦冬各 18 克，生龟板、生牡蛎、炙甘草、鳖甲各 12 克，阿胶 9 克，麻仁、五味子各 6 克，鸡子黄 2 枚组成。水煎去渣，再入鸡子黄搅匀，分 2 次服。方中鸡子黄、阿胶滋阴养液以熄内风，为主药。地黄、麦



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冬、白芍滋阴柔肝；龟板、鳖甲滋阴潜阳；麻仁养阴润燥；牡蛎平肝潜阳；五味子、炙甘草酸甘化阴。共奏滋阴熄风之功。主治温病邪热久羁，热灼真阴，或因误用汗、下重伤阴液之动风证。症见神倦瘛疭，舌绛少苔，脉气虚弱等。现常用于流行性乙型脑炎、伤寒等病具有上述症状者。临床应用大定风珠治疗流行性乙型脑炎 39 例，症见神倦瘛疭，脉气虚弱，服药后痊愈 36 例，死亡 3 例。

## 14.15 地黄饮子

出自《黄帝素问宣明论方》。由熟干地黄、巴戟天、山茱萸、石斛、肉苁蓉、附子、五味子、官桂、白茯苓、麦冬、菖蒲、远志各等分组成。加生姜、大枣、薄荷适量，水煎服，用量按原方比例酌定。方中熟地黄、山茱萸滋补肾阴，肉苁蓉、巴戟天温壮肾阳，共为主药。附子、肉桂协上药以温养真元，摄纳浮阳；麦冬、石斛、五味子滋阴敛液，使阴阳相配；菖蒲、远志、茯苓交通心肾，开窍化痰；生姜、大枣、薄荷为引，以调和营卫。共奏滋肾阴、补肾阳、开窍化痰之功。主治瘖痱证。症见舌强不能言，足废不能用，口干不欲饮，苔浮腻，脉沉细弱等。现常用于脊髓空洞症、脑血管意外后遗症、高血压病等病具有上述症状者。临床应用地黄饮子加减治疗脊髓空洞症 5 例，其表现为肌肤麻木、肌肉萎缩，时而瞤动，步履艰难，语言不清等。服本方 1 月余，症状体征均有一定改善，近期疗效满意。运用地黄饮子加减治疗全身性瘙痒 180 例，结果痊愈 103 例，显效 42 例，无效 35 例，总有效率为 80.5%。



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# 第 15 章　治燥剂

## 15.1　治燥剂

凡用苦辛温润或甘凉滋润的药物为主组成，具有轻宣燥邪或滋养润燥的作用，以治疗燥证的方剂，统称治燥剂。燥证有外燥和内燥之分。外燥是外感燥邪所致，随着气候的差异，其发病又有凉燥与温燥之不同。内燥是脏腑精亏液耗所致，从发病部位来说，有上燥、中燥、下燥之别。治疗方法，外燥宜轻宣，内燥宜滋润，凉燥宜温宣，温燥宜清宣。因此，本类方剂根据其功能特点，分为轻宣润燥和滋阴润燥两类。

治燥剂多为滋腻之品，易于助湿碍气，故素体多湿者忌用；脾虚便溏以及气滞、痰盛者亦应慎用。

## 15.2　轻宣润燥剂

是以轻宣温润药或清宣润肺药为主组成的方剂，适用于外感凉燥或温燥之证。常用的药有苏叶、桔梗、前胡、杏仁、桑叶、沙参、表冬等，代表方剂有杏苏散、桑杏汤、清燥救肺汤等。

## 15.3　杏苏散

出自《温病条辨》。由苏叶、半夏、茯苓、前胡、苦桔梗、枳壳、甘草、生姜、橘皮、杏仁各 6 克，大枣 2 枚组成。水煎分 2 次服。方中苏叶、前胡解表散邪；杏仁、桔梗宣肺利气；半夏、茯苓祛湿化痰；枳壳、橘皮理气宽胸；生姜、大枣、甘草调和营卫。共奏轻宣凉燥，宣肺化痰之功。主治外感凉燥证。症见头微痛，恶寒无汗，咳嗽痰稀，鼻塞嗌干，苔白脉弦等。现常用于慢性支气管炎、支气管扩张、肺气肿等病具有上述症状者。



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## 15.4 桑杏汤

出自《温病条辨》。由桑叶、象贝母、香豉、栀皮、梨皮各3克，杏仁4.5克，沙参6克组成。水煎分2次服。方中桑叶、香豉宣肺散邪；杏仁宣肺利气；沙参、贝母、梨皮润肺止咳；栀子清泄胸膈之热。共奏清宣润燥之功。主治外感温燥，邪在肺卫证。症见身不甚热，，干咳无痰，咽干口渴，舌红苔薄白，脉浮数等。现常用于上呼吸道感染、麻疹、百日咳等病具有上述症状者。临床应用桑杏汤治疗百日咳72例，其中69例服药3剂，诸症消失，33例服药5～10剂痊愈。

## 15.5 清燥救肺汤

出自《医门法律》。由冬桑叶9克，石膏7.5克，人参、杏仁各2克，甘草、胡麻仁、枇杷叶各3克，真阿胶2.4克，麦冬3.6克组成。水煎分2次服。方中桑叶清宣肺燥，为主药。石膏清肺经之热；麦冬润肺金之燥；杏仁、枇杷叶利肺气；阿胶、胡麻仁润肺养阴；人参、甘草益气和中。共奏清燥润肺之功。主治温燥伤肺证。症见头痛身热，干咳无痰，气逆而喘，咽喉干燥，鼻燥、心烦口渴，舌干无苔，脉虚大而数等。现常用于呼吸道感染、肺炎、肺结核等病具有上述症状者。临床应用清燥救肺汤加减治疗偏瘫1例，症见头痛咳嗽，咽干口燥，突然呕吐，继则语言不出，肢体偏瘫。服本方3剂，诸证悉除。运用清燥救肺汤治疗失音85例，结果痊愈84例，无效1例，治愈患者中服药1～3剂者45例，4～6剂者33例，7剂以上者6例。

## 15.6 滋阴润燥剂

是以滋阴润燥的药物为主组成的方剂。适用于脏腑津液不足之内燥证。常用的药有沙参、麦冬、生地、玄参等，代表方剂有养阴清肺汤、麦门冬汤、增液汤等。



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## 15.7 养阴清肺汤

出自《重楼玉钥》。由大生地6克，麦冬、玄参各5克，生甘草、薄荷各2克，贝母、丹皮、炒白芍各3克组成。水煎分2次服。方中生地养肾阴；麦冬养肺阴；玄参清火解毒；丹皮凉血消肿；贝母润肺化痰；白芍敛阴泄热；薄荷散邪利咽；甘草和药解毒。共奏养阴清肺之功。主治白喉。症见喉间起白如腐，不易拨去，咽喉肿痛，鼻干唇燥，或咳或不咳，呼吸有声，似喘非喘，舌红，脉数等。现常用于扁桃体炎、咽喉炎、鼻咽癌等病具有上述症状者。临床应用养阴清肺汤加减治疗白喉213例，服药后多数于第2天退热，白膜消退最快者2天，最迟者12天，平均5.5天，杆菌培养转阴最快者2天，最迟者12天，平均6.4天。213例中，痊愈192例，死亡21例。运用养阴清肺汤治疗急性扁桃体炎100例，有效率85%。

## 15.8 百合固金汤

出自《医方集解》。由生地黄6克，熟地黄9克，麦冬5克，百合、白芍、当归、贝母、生甘草、玄参、桔梗各3克组成。水煎分2次服。方中熟地滋阴补肾，生地凉血止血，共为主药。麦冬、百合、贝母润肺养阴，化痰止咳；玄参滋阴凉血，清退虚火，当归养血润燥；白芍养血益阴；桔梗宣肺止咳；甘草调和诸药。共奏养阴润肺，化痰止咳之功。主治肺肾阴虚证。症见咳痰带血，咽喉燥痛，手足心热，骨蒸盗汗，舌红少苔，脉细数等。现常用于肺结核、气管炎、支气管扩张等病具有上述症状者。临床应用百合固金汤治疗自发性气胸11例，轻者单用本方，重者配合抽气减压，并适当用抗生素，其气胸消失最快者为2天，最慢者20天，平均11天。运用百合固金汤治疗慢性肝炎1例，症见少腹作胀，嗳气频作，肝功异常，服用本方后，症状消失，肝功逐渐恢复正常，随访1年，未再发作。



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## 15.9 麦门冬汤

出自《金匮要略》。由麦门冬60克，半夏9克，人参、粳米各6克，甘草4克，大枣3枚组成。水煎分2次服。方中重用麦冬，滋养肺胃之阴，且清虚火，为主药。半夏下气降逆，和胃化痰；人参、粳米、甘草、大枣补中和胃，益气生津。共奏滋养肺胃、和中降逆之功。主治肺胃阴虚证。症见咳逆上气，咯痰不爽，或咳吐涎沫，口干咽燥，手足心热，气逆呕吐，舌红少苔，脉虚数等。现常用于肺结核、慢性支气管炎、胸膜炎、胃溃疡、胃粘膜脱垂等病具有上述症状者。临床应用麦门冬汤治疗溃疡病19例，服药后症状明显好转，止痛效果显著，治疗45～120天后，经X线复查8例，其中4例龛影或变形消失，另4例较前好转。

## 15.10 琼玉膏

引自《洪氏集验方》。由人参750克，生地黄8000克，白茯苓1500克，白蜜5000克组成。以生地黄汁（无鲜生地时，将干生地熬取汁）入蜂蜜与人参、茯苓细末，和匀，放瓷罐内封存，再服6～9克，日2次。方中生地黄滋阴壮水，为主药。白蜜养肺润燥；人参、茯苓补脾益气；茯苓又能利湿化痰。共奏滋阴润肺，益气补脾气功。主治肺阴亏损证。症见虚劳干咳，咽燥咯血，肌肉消瘦，气短乏力，舌红少苔，脉细数等。现常用于肺结核、支气管扩张，肺炎、胸膜炎等病具有上述症状者。

## 15.11 玉液汤

出自《医学衷中参西录》。由生山药30克，生黄芪、知母各15克，五味子、天花粉各9克，生鸡内金6克，葛根4.5克组成。水煎分2次服。方中山药补脾固肾以止便数，润肺生津止口渴，黄芪升阳益气，助脾气上升，复其散精达肺之职，共为主



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药。知母、天花粉滋阴润燥止渴；鸡内金助脾之运化，消谷生津，葛根升阳布津、以溉五脏；五味子敛阴生津，固肾涩精。共奏益气生津，润燥止渴之功。主治消渴病之气不布津，肾虚胃燥证。症见口渴引饮，小便频数量多，或小便混浊，困倦气短，舌红少苔，脉虚细无力等。现常用于糖尿病、尿崩症等病具有上述症状者。

## 15.12 增液汤

出自《温病条辨》。由玄参 30 克，麦冬、细生地各 24 克组成。水煎分 2 次服。方中重用玄参养阴生津，润燥清热，为主药。麦冬滋液润燥，生地养阴清热。共奏滋阴清热，润燥通便之功。主治阳明温病，津液不足，大便秘结，或下后 2、3 日，下证复现之证。症见大便秘结，口渴、舌红而干，脉沉无力等。现常用于肠结核、痔疮、结肠过敏、慢性胰腺炎等病具有上述症状者。临床应用增液汤化裁治疗放疗所致口腔反应 120 例，症见口干，渴而引饮，牙龈红肿，口腔粘膜潮红或白斑，甚则溃烂，疼痛难忍，治疗后痊愈 41 例，显效 65 例，好转 13 例，无效 1 例。



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# 第 16 章　祛湿剂

## 16.1　祛湿剂

由祛湿药为主组成。具有化湿利水，通淋泄浊的作用，以治疗水湿病证的方剂，统称祛湿剂。湿邪为病，有外湿、内湿之分。外湿者，每因久处湿地，或淋雨涉水，感受湿邪所致。症见恶寒发热，头胀身重，周身疼痛，面目浮肿；内湿者，每因姿食生冷，酒酪过度，脾阳失运水湿所致，症见胸脘痞闷，呕恶泄利，黄疸，淋浊，足跗浮肿等。肌表与脏腑由于经络的沟通，表湿可以内传脏腑，里湿亦可外溢肌肤，故外湿与内湿，亦可相兼并存。湿邪为病，常有风、寒、暑、热相兼，人体有虚实强弱之别，所犯部位有上下表里之分，病情有寒化、热化之异。因此，祛湿之法亦较为复杂。大抵湿邪在上在外者，可表散微汗以解之；在内在下者，可芳香苦燥以化之，或甘淡渗利以除之。从寒化者，宜温阳化湿；从热化者，宜清热祛湿。体虚湿盛者，又当祛湿扶正兼顾。祛湿剂可分为燥湿和胃、清热祛湿、利水渗湿、温化不湿、祛风胜湿五类。

湿邪其性重着粘腻，易于阻碍气机，故祛湿剂中，常配伍理气药；祛湿剂多由辛香温燥或甘淡渗利之药组成，易于耗伤阴津，故对素体阴虚津亏者宜慎用。

## 16.2　燥湿和胃剂

是以燥湿和胃的药物为主组成的方剂。适用于湿浊阻滞，脾胃不和之证。症见脘腹痞满，嗳气吞酸，呕吐泄泻，食少体倦等。常用的药有苍术、陈皮、藿香、白豆蔻等，代表方剂有平胃散、藿香正气散等。



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## 16.3 平胃散

出自《太平惠民和剂局方》。由苍术15克，厚朴、陈皮各9克，甘草（炒）4克，生姜2片，干枣2枚组成。水煎分2次服（原作散剂）。方中苍术味辛苦性温，善除湿运脾，为主药。厚朴行气化湿，消胀除满；陈皮理气化滞；甘草和中，调和诸药，生姜、大枣调和脾胃。共奏燥湿运脾，行气和胃之功。主治湿滞脾胃之证。症见脘腹胀满，不思饮食，口淡无味，呕吐恶心，嗳气吞酸，肢体沉重，怠惰嗜卧，常多自利，舌苔白腻而厚，脉缓。现常用于慢性胃炎、胃肠神经官能症、急性胃炎、小儿消化不良、胃及十二指肠溃疡等病具有上述症状者。临床应用平胃散加味治疗胃肠神经官能症1例，症见呃逆频繁发作5月余，面色苍黄少华，纳呆腹胀，乏力，舌白腻，脉濡缓。西药治疗未效，遂改服中药。药用苍术9克，厚朴9克，陈皮6克，甘草3克，法半夏12克，绵茵陈15克，云茯苓12克，丁香4.5克。服5剂后腹胀消，呃逆渐止，续用健脾法而痊愈。运用平胃散加味引产4例。症见脘腹胀闷，饮食少进，倦怠口淡，大便溏薄，苔白腻厚。基本方由厚朴、陈皮各12克，苍术9克，甘草6克，玄明粉（冲）12克，枳实12克组成，经治疗4例均取得肯定疗效。

## 16.4 藿香正气散

出自《太平惠民和剂局方》。由大腹皮、白芷、紫苏、茯苓各6克，半夏曲、白术、陈皮、厚朴、苦桔梗各9克，藿香12克，甘草（炙）4.5克，生姜3克，大枣1枚组成。水煎分2次服（原作散剂）。方中藿香味辛性微温，既能辛散风寒，又能芳香化浊，且兼升清降浊而治霍乱，为主药。苏叶、白芷辛香发散，芳化湿浊；半夏、陈皮燥湿和胃，降逆止呕；白术、茯苓健脾运湿，和中止泻；厚朴、腹皮行气化湿，畅中除满；桔梗宣肺利膈，既利于解表，又益于化湿；生姜、大枣、甘草调和脾胃。



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共奏解表化湿，理气和中之功。主治外感风寒，内伤湿滞之证。症见霍乱吐泻，发热恶寒，头痛，胸膈满闷，脘腹疼痛，舌苔白腻等。现常用于急性胃肠炎、食物中毒、胃肠型感冒等病具有上述症状者。临床应用藿香正气散加减治疗急性肠炎 30 例。症见轻度全身不适，脐周微痛，腹胀，食欲不振，肠鸣泄泻，每日达 4～8 次，呈粥样或水样，浅黄色或有泡沫。经治疗，一般在第 2 天即见效或痊愈。运用藿香正气散治疗胃肠型过敏性紫癜 1 例，症见腹痛，黑色稀便，全身皮肤出现出血点，以四肢为著，经服本方 1 剂后，恶心、呕吐、腹痛明显好转，能进饮食，5 剂后症状大减，服 10 剂痊愈。

## 16.5 清热祛湿剂

是以清热祛湿的药物为主组成的方剂。适用于湿热外感，或湿热内盛，湿热下注之证。症见黄疸，午后身热，胸闷，腹胀，或脚膝肿痛等。常用的药有茵陈蒿、薏苡仁、山栀、滑石等，代表方剂有茵陈蒿汤、三仁汤、八正散等。

## 16.6 茵陈蒿汤

出自《伤寒论》。由茵陈 30 克，栀子 15 克，大黄 9 克组成。水煎分 3 次服。方中茵陈蒿味苦性微寒，善清利湿热，退黄疸，为主药。栀子通利三焦，导湿热下行，引湿热自小便出；大黄泻热逐瘀，通利大便。共奏清热、利湿、退黄之功。主治湿热黄疸之证。症见一身面目俱黄，黄色鲜明，腹微满，口中渴，小便不利，舌苔黄腻，脉沉数。现常用于急性黄疸型传染性肝炎、急性胆囊炎、胆石症、钩端螺旋体等病具有上述症状者。临床应用茵陈蒿汤加减治疗小儿黄疸型急性传染性肝炎 115 例。症见疸色鲜明，寒热纳呆，乏力尿黄，肝大，肝功损害，基本方由茵陈 15 克，山栀 9 克，黄柏 4.5 克，大黄 3 克，龙胆草 4.5 克，鸡骨草 30 克，赤芍 9 克，桃仁 6 克，川楝子 9 克，木通 6 克组成。



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结果退黄时间最快者2天，最慢者22天，痊愈需30天左右。运用茵陈蒿汤加减治疗胆汁性肝硬化1例，症见眼球及全身黄疸，上腹不适，食后腹胀，纳呆，伴恶心呕吐，尿少色如浓茶，神倦，恶寒，头昏晕，面色苍黄憔悴，舌苔薄白，脉细软。先用本方合四君子汤加麦芽，又用苍术、砂仁、陈皮或山药、鸡内金等配合治疗，服65剂而愈。

## 16.7 三仁汤

出自《温病条辨》。由杏仁15克，飞滑石18克，白通草6克，白蔻仁6克，竹叶6克，厚朴6克，生薏苡仁18克，半夏10克组成。水煎分3次服。方中杏仁味苦性微温，开达肺气以利上焦，白蔻仁味辛性温，芳香化湿，利气以理中焦，苡仁味甘淡性微寒，淡渗利湿，疏泄下焦，三药宣通化浊，均为主药。半夏、厚朴行气散满，除湿消痞；滑石、通草、竹叶渗利湿热。共奏宣畅气机，清利湿热之功。主治湿温初起的湿重热轻之证。症见头痛恶寒，身重疼痛，面色淡黄，胸闷不饥，午后身热，舌白不渴，脉弦细而濡。现常用于肠伤寒、胃肠炎、肾盂肾炎、支气管肺炎、术后肠粘连等病具有上述症状者。临床应用三仁汤加减治疗肾盂肾炎15例，均有不同程度的尿蛋白、脓细胞、中段尿培养均阳性。基本方由三仁汤加连翘、茯苓组成，热重加柴胡、黄芩，尿道痛加车前子、琥珀、黄柏，腰痛甚加木瓜、杜仲，尿中细菌难消失加马齿苋、金钱草、连翘、苦参。结果12例痊愈，3例好转。

## 16.8 甘露消毒丹

引自《温热经纬》。由飞滑石450克，绵茵陈330克，淡黄芩300克，石菖蒲180克，川贝母、木通各150克，藿香、射干、连翘、薄荷、白豆蔻各120克组成。共为细末，每服9克，开水调服，日2次（或以神曲糊丸，每丸9克；亦可按原方用量



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比例酌减，水煎服）。方中藿香味辛性微温，茵陈味苦性微寒，两药清热利湿，芳香化浊，宣通气机，均为主药。滑石清热利湿并解暑，木通清热利湿，引湿热从小便而出；黄芩清热燥湿，连翘清热解毒；贝母、射干清咽散结；石菖蒲、白蔻仁、薄荷芳香化浊，行气悦脾。共奏利湿化浊，清热解毒之功。主治湿温时疫，邪在气分之证。症见发热困倦，胸闷腹胀，肢酸咽肿，身黄、颐肿口渴，小便短赤，吐泻，淋浊，舌苔淡白或厚腻或干黄。现常用于肠伤寒、黄疸型传染性肝炎、胆囊炎、急性胃肠炎等病具有上述症状者。临床应用甘露消毒丹治疗小儿急性传染性肝炎 26 例。症见纳呆，尿黄，发热，，倦怠，恶心呕吐，咳嗽，舌红，苔薄白或白黄，脉弦滑。以甘露消毒丹原方生药粗末煎服，结果黄疸指数 13～20 单位者 9 例，均在 2 周内降至正常，谷丙转氨酶高者 24 例，在 3 周内降至正常，食欲均在 1～5 日内恢复，20 例在治疗后肝仍可触及 1.5～2cm。运用甘露消毒丹加减治疗 8 年低热 1 例，8 年前患急性胃肠炎后遗留低热，持续不退，迭经治疗未效，经检查除 X 线钡餐透视提示十二指肠溃疡外，其余均无异常发现。症见形体消瘦，面色萎黄，倦怠无力，四肢酸痛，少气懒言，胸腹满闷，嗜睡，诊时亦睡意频见，胃纳时呆时可，大便不畅，小便黄浊，舌质淡红苔黄厚腻，脉弦濡，体温 37.8℃。辨证为湿温病在气分，秽浊湿热蔓延内外，用甘露消毒丹去薄荷加苏叶水煎服，服 2 剂后病情好转，续服 8 剂而病愈。

## 16.9 连朴饮

出自《霍乱论》。由制厚朴 6 克，黄连（姜汁炒）、石菖蒲、制半夏各 3 克，香豉（炒）、焦山栀各 9 克，芦根 60 克组成。水煎分 2 次服。方中厚朴味苦辛性温，行气化湿，黄连味苦性寒，清热燥湿，均为主药。山栀、豆豉清宣胸脘之郁热，菖蒲芳香化湿而悦脾，半夏燥湿降逆而和胃；芦根清热化湿，和胃止呕。共



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奏清热化湿，理气和中之功。主治湿热蕴伏，胃失和降，脾失升清之证。症见霍乱吐利，胸脘痞闷，小便短赤，舌苔黄腻。现常用于肠伤寒、急性胃肠炎等病具有上述症状者。

## 16.10 蚕矢汤

出自《霍乱论》。由晚蚕砂 15 克，生苡仁、大豆黄卷各 12 克，陈木瓜 9 克，川连（姜汁炒）9 克，制半夏、黄芩（酒炒）、通草各 3 克，焦山栀 5 克，陈吴萸（泡淡）1 克组成。水煎分 2 次服。方中蚕砂味辛甘性微温，和胃化湿，治霍乱转筋，为主药。木瓜化湿和中，舒筋活络，与蚕砂相伍，善治霍乱转筋；大豆黄卷，化湿而升清，薏苡仁利湿而降浊，兼能舒筋；黄芩、黄连、焦栀清解热邪，兼可燥湿；半夏降逆止呕，通草渗湿利浊，疏通经络；少用吴茱萸，既可助半夏降逆，又协黄连降火止呕。共奏清利湿热，升清降浊之功。主治湿热内蕴，扰于脾胃的霍乱吐泻转筋之证。症见霍乱吐泻，腹痛转筋，口渴烦躁，舌苔黄厚而干，脉濡数。现常用于肠伤寒、急性胃肠炎等病具有上述症状者。

## 16.11 八正散

出自《太平惠民和剂局方》。由车前子 15 克，瞿麦 10 克，扁蓄 12 克，滑石 18 克，山栀子仁 9 克，炙甘草 4.5 克，木通 6 克，大黄（面裹煨）9 克，灯蕊草 3 克组成。水煎分 3 次服（原作散剂）。方中瞿麦、木通味苦性寒，两药泻热利湿，利尿通淋，均为主药。扁蓄、山栀、滑石、车前子、灯蕊草皆清热利湿，导邪从小便而出；大黄泄热降火；甘草和药缓急。共奏清热泻火，利水通淋之功。主治湿热下注，发为热淋、石淋之证。症见小便浑赤，溺时涩痛，淋漓不畅，甚或癃闭不通，小腹急满，口燥咽干，舌苔黄腻，脉滑数。现常用于膀胱炎、尿道炎、急性前列腺炎、泌尿系结石、肾盂肾炎等病具有上述症状者。临床应



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用八正散治疗泌尿道感染28例，其中急性肾盂肾炎19例，慢性肾盂肾炎急性发作7例，肾炎并泌尿道感染1例，前列腺肥大并感染1例，除1例慢性肾盂肾炎急性发作无效外，其余全部治愈，治愈率为96.4%。运用八散加减治疗产后及术后尿潴留32例。证属肾虚、气虚、挟有气滞。基本方由萹蓄、瞿麦、滑石各15克，木能3克，车前子9克，甘草梢6克、元明粉（分冲）9～15克组成。有发热合并泌尿系感染者，酌加栀子、黄连、蒲公英、紫地丁、败酱草。阴虚加生地、麦冬、沙参。结果服药4小时即能自动排尿者15例，服药4～8小时内排尿，仍不通畅，须2～5剂始愈者17例。

## 16.12 二妙散

出自《丹溪心法》。由黄柏（炒）、苍术（米泔浸炒）各15克组成。水煎分服（原作散剂）。方中黄柏味苦性寒，善于清热，苍术味苦性温，善于燥湿。共奏清热燥湿之功。主治湿热下注之证。症见下肢痿软无力，或足膝红肿热痛，或带下，或下部湿疮，小便短黄，舌苔黄腻。现常用于小儿麻痹后遗症、多发性神经炎、下肢静脉曲张、闭塞性脉管炎、坐骨神经痛、风湿性关节炎等病具有上述症状者。临床应用二妙丸加味治疗痹、痿证各1例，痿证例证属湿热所致，症见发热3天后，两手持物无力，双脚不能行走。药用苍术30克，黄柏20克，牛膝15克，续断15克，鸡血藤25克，银花25克，板蓝根25克，蒲公英50克，连翘15克，大青叶15克，石斛25克，滑石20克，甘草7.5克。服4剂后，可站立行走数步，续以上方治疗半个月而愈。痹证例证属湿热所致，症见腹痛，服用藿香片后，全身起疙瘩，瘙痒，下肢肿，关节疼痛，步行艰难，药用苍术15克，生地15克，赤芍15克，防风15克，白鲜皮15克，地肤子15克，地骨皮15克，防己10克，秦艽15克，忍冬藤25克，鸡血藤25克，夜交藤25克，以上方加减治疗半月而愈。运用二妙散



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煎剂治疗传染性肝炎 40 例，36 例临床主要症状消失，转氨酶降到 40 单位以下，4 例降到 80 单位以下，主要症状消失或减轻。

## 16.13 利水渗湿剂

是以利水渗湿的药物为主组成的方剂。适用于水湿壅盛所致的癃闭、淋浊、水肿、泄泻等证。症见小便不利；水肿身重，大便稀或水样便，或眩晕，或呕恶等。常用的药有茯苓、泽泻、猪苓等，代表方剂有五苓散、五皮散等。

## 16.14 五苓散

出自《伤寒论》。由猪苓 9 克，泽泻 15 克，白术 9 克，茯苓 9 克，桂枝 6 克组成。为末，每服 3～6 克，日 3 次（亦作汤剂）。方中泽泻味甘淡性寒，利水渗湿，为主药。茯苓、猪苓利水渗饮；白术健脾化湿；桂枝既解表散寒，又温化膀胱而利小便。共奏利水渗湿、温阳化气之功。主治外有风寒，内聚水湿及痰饮之证。症见头痛发热，烦渴欲饮，水入即吐，小便不利，舌苔白，脉浮；或水肿，泄泻，小便不利，呕吐；或脐下动悸，吐涎沫而头眩，短气而咳等。现常用于急性肾炎、传染性肝炎、美尼尔氏综合征、脑积水等病具有上述症状者。临床应用五苓散治疗急性肾炎 40 例。40 例均为较重病例，有明显的水肿、高血压、血尿及肾功能减退，部分病例伴有腹水和肾性心力衰竭，以 1 日总药量重症者 9 克，中等者 6 克，轻症者 3 克，7 日为 1 疗程，并配合保温（尤其肾区保温），减盐饮食及安静休息，40 例全部有效，平均住院日数为 164 天。运用五苓散治疗传染性肝炎 3 例，证属湿热黄疸，症见右胁下胀闷不舒、食欲不振、腹胀、肝大、黄疸、小便黄赤，经本方治疗，均获痊愈。

五苓散对健康人、正常小鼠和家兔均无利尿作用，在代谢障碍时，却具有显著利尿的作用，并能促进局限性水肿的吸收。在



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抗菌素所引起口渴、呕吐、尿量减少时，机体的抵抗力显著减弱，通过给予五苓散可改善全身状况，恢复机体对细菌的抵抗力，加上抗菌素的抗菌作用，能使体温下降，症状改善。

## 16.15 猪苓汤

出自《伤寒论》。由猪苓、茯苓、泽泻、阿胶（烊化）、滑石各9克组成。水煎分2次服。猪苓味甘淡性寒，渗湿利水而泄热，为主药。茯苓、泽泻渗利小便，滑石清热通淋；阿胶滋阴润燥。共奏利水清热养阴之功。主治水热互结，邪热伤阴之证。症见小便不利，发热，口渴欲饮，或心烦不寐，或兼有咳嗽，呕恶，下利，或小便涩痛，点滴难出，小腹满痛等。现常用于泌尿系感染、肾炎等病具有上述症状者。临床应用猪苓汤治疗急性膀胱炎107例。基本方由猪苓10克，茯苓18克，滑石15克，阿胶（烊化）6克组成。尿短淋沥加车前子，尿时涩痛加石苇、乌药，尿血加白茅根、茜草炭，肾附素亏加元参，腰痛加桑寄生、怀牛膝，107例均服药1～6剂而痊愈。运用猪苓汤治疗流行性出血热休克期13例，基本方由猪苓30克，泽泻30克，茯苓15克，阿胶30克（隔水烊化约30毫升，加糖另服），有腹泻者加滑石10克，13例患者中，11例在休克期前阶段给药后，9例中止进入休克期后阶段，2例进入休克期后阶段，另2例先经西药治疗，因治疗棘手，在进入休克期后阶段改用猪苓汤治疗，结果13例无1例死亡。服药1剂者9例，2剂者4例，第2剂药均在给服首剂后12小时服用，而在用西药治疗的对照组的同期患者，有3例死亡。

## 16.16 防己黄芪汤

出自《金匮要略》。由防己12克，黄芪15克，甘草（炒）6克，白术9克，生姜3克，大枣1枚组成。水煎分2次服。方中防己味苦辛微寒，祛风行水，黄芪味甘性微热，益气固表，行水



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消肿，两药均为主药。白术补气健脾，助脾运化；甘草培土和中，调和诸药；姜、枣调和营卫。共奏益气祛风、健脾利水之功。主治风水、风湿的表虚之证。症见汗出恶风，身重，小便不利，舌淡苔白，脉浮。现常用于慢性肾炎、心脏病水肿、肝硬化腹水、风湿性关节炎等病具有上述症状者。临床应用加减防己黄芪汤治疗晚期血吸虫病腹水34例。基本方由防己9克，黄芪12克，白术9克，猪苓9克，茯苓12克，泽泻9克，车前子12克，杜赤豆30克，川椒目3克，生姜皮1.5克组成，本方对血象及肝功能的改善似无作用，而对于症状改善，黄疸消退有一定效果。结果有效27例，无效5例，恶化2例。运用防己黄芪汤合天仙藤散加减治疗妊娠肿胀7例，7例患者均系第1胎，年龄在22～30岁之间，妊娠月份分别为6～9个月，病程为4～7天。若兼有肝阳上亢，头痛、眩晕、血压偏高者，可酌加钩藤、菊花、石决明、黄芩等。结果4例服药3天肿消，2例服药4天肿消，1例肿胀减退。

## 16.17 五皮散

出自《华氏中藏经》。由生姜皮、桑白皮、陈橘皮、大腹皮、茯苓皮各9克组成。共为粗末，9克水煎去渣温服，日2次(亦作汤剂)。方中茯苓皮味甘淡性平，利水渗湿，兼补脾助运化，为主药。生姜皮辛散水饮，桑白皮肃降肺气，以通调水道；大腹皮行水气，消胀满；陈橘皮和胃气，化湿浊。共奏利湿消肿，理气健脾之功。主治脾虚湿盛，泛滥肌肤之证。症见一身悉肿，肢体沉重，心腹胀满，上气喘急，小便不利，苔白腻，脉沉缓。现常用于肾性浮肿、心性浮肿、妊娠浮肿、血管神经性水肿等病具有上述症状者。临床应用大剂量五皮散加减治疗慢性肾炎26例，基本方由茯苓皮、大腹皮、桑白皮各60克，地骨皮30克，姜皮、猪苓各15克组成。血压高加杜仲，恶心、呕吐、咳嗽、气短加陈皮、半夏，胃脘不适加白术。症状好转，检查尿仍



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有改变时加肉桂、当归、党参、熟地，原方茯苓皮、大腹皮、地骨皮、桑白皮各减去半量，结果痊愈5例，有效16例；好转4例，无效1例。运用五皮散加玉米须治疗妊娠水肿43例，基本方由桑白皮15克，茯苓皮9克，大腹皮12克，陈皮9克，生姜皮6克，玉米须（干）30克或鲜品60克组成。肿甚加猪苓9克，泽泻9克，恶阻加竹茹9克，白术12克，代赭石15克，咳嗽加杏仁6克，百合9克，喘加苏子12克。经治疗，均获得满意的效果。

## 16.18 温化水湿剂

是以温化水湿的药物为主组成的方剂。适用于湿从寒化和阳不化水的痰饮、水肿、痹证及寒湿脚气等证。症见目眩心悸，肢体浮肿，肢体沉重疼痛，手足不温，大便稀溏，苔白滑，脉沉等。常用的药有桂枝、附子、白术等，代表方剂有苓桂术甘汤、真武汤等。

## 16.19 苓桂术甘汤

出自《金匮要略》。由茯苓12克，桂枝9克，白术6克，甘草（炙）6克组成。水煎分3次服。方中茯苓味甘淡性平，健脾渗湿，祛痰化饮，为主药。桂枝温阳化水，平冲降逆；白术健脾燥湿；甘草益气和中。共奏温化痰饮，健脾利湿之功。主治中阳不足的痰饮证。症见胸胁支满，目眩心悸，或短气而咳，舌苔白滑，脉弦滑。现常用于慢性支气管炎、支气管哮喘、慢性肾炎等病具有上述症状者。临床应用苓桂术甘汤治疗心包积液1例，证属脾虚湿盛、湿邪上犯，症见发热已半月余，咳嗽，胸闷且痛，气喘，水肿，脉沉细无力。药用本方加黄芪、防己、丹参等，共服10余剂而愈。运用苓桂术甘汤治疗咳而遗尿症1例，症见产后咳嗽月余，咳嗽时小便滴滴而出，夜间咳嗽尤甚，小便也淋漓尤多，就诊时已病16个月，纳食正常，痰咯不多而色白，舌苔



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## 16.21 实脾散

出自《重订严氏济生方》。由厚朴（姜制）、白术、木瓜、木香、草果仁、大腹子、附子（炮）、白茯苓、干姜（炮）各6克，甘草（炙）3克，生姜3克，大枣1枚组成。水煎分2次服（原作散剂）。方中附子味辛甘性大热，温脾肾，助气化，散寒湿，干姜味辛性热，温脾阳，助运化，散寒水，两药均为主药。茯苓、白术健脾燥湿，淡渗利水；木瓜芳香醒脾，化湿利水；厚朴、木香、大腹子、草果下气导滞，化湿行水；甘草、生姜、大枣调和诸药，益脾和中。共奏温阳健脾，行气利水之功。主治阳虚水肿之证。症见下肢肿甚，手足不温，口中不渴，胸腹胀满，大便溏薄，舌苔厚腻，脉沉迟。现常用于慢性肾炎、肝硬化腹水、心性浮肿等病具有上述症状者。临床应用实脾饮加减治疗重证肝硬化腹水1例，证属气郁脾肾两虚，症见腹部胀满，食欲不振，嗳气吞酸，四肢倦怠，步行艰难。药用本方加党参12克，木通9克，泽泻9克，郁金9克，陈皮4.5克，服5剂症状缓解，继服本方加四君、归脾丸40余剂而痊愈。

## 16.22 萆薢分清饮

出自《丹溪心法》。由益智、川萆薢、石菖蒲、乌药各10克组成。水煎分2次服。方中萆薢味苦性寒，利湿化浊，为主药。益智温肾阳，缩小便，止遗浊；乌药温肾寒，暖膀胱，止尿频；石菖蒲薄化浊除湿，去膀胱虚寒。共奏温肾利湿，分清化浊之功。主治下焦虚寒，湿浊下注之证。症见小便白浊，频频无度，白如米泔，凝如膏糊。现常用于乳糜尿、慢性前列腺炎、慢性膀胱炎等病具有上述症状者。临床应用萆薢分清饮加减治疗痉中痒痛1例，证属湿热下注膀胱尿道，兼见阴伤。症见1位8岁男性患儿，阴茎中段奇痒疼痛6年余，舌质淡红，苔薄微黄，脉细数。药用萆薢12克，苡仁12克，木瓜4.5克，生地12克，竹叶6



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克，赤芍 6 克，当归 6 克，玄参 9 克，银花 12 克，苦参 9 克，六一散 12 克，服 5 剂痒痛大减，连服 20 剂获愈。运用萆薢治疗肾结核并血尿 2 例，均见腰痛、尿频、尿中带血。先服萆薢分清饮，药后尿即转清，此后乃逐一减去辅佐药，仅用萆薢 1 味，每日 9 克，水煎服，分别服半年和 2 年，症状改善，血尿停止，未发生任何副作用。

## 16.23 祛风胜湿剂

是以祛风胜湿的药物为主组成的方剂。适用于外感风湿的痹证及寒湿脚气等证。症见头痛，身痛，腰膝顽麻，肢体困重，或足胫肿重无力等。常用的药有独活、独活、防风、秦艽等，代表方剂有羌活胜湿汤、独活寄生汤等。

## 16.24 羌活胜湿汤

出自《内外伤辨惑论》。由羌活、独活各 6 克，藁本、防风、甘草（炙）、川芎各 3 克、蔓荆子 2 克组成。水煎分 2 次服。方中羌活味辛苦性温，善祛上部风湿，独活味辛苦性微温，善祛下部风湿，两药能散周身风湿，舒利关节而通痹，为主药。防风、藁本、蔓荆子祛风湿，止头痛；川芎活血祛风止痛；甘草调和诸药。共奏祛风胜湿之功。主治风湿在表之证。症见肩背痛不可回顾，头痛身重，或腰脊疼痛，难以转侧，苔白，脉浮。现常用于感冒、风湿性关节炎、神经性头痛等病具有上述症状者。

## 16.25 独活寄生汤

出自《备急千金要方》。由独活 9 克，寄生 18 克，杜仲 9 克，牛膝 9 克，细辛 3 克，秦艽 9 克，茯苓 12 克，肉桂心 1.5 克，防风 9 克，川芎 6 克，人参 10 克，甘草 6 克，当归 12 克，芍药 9 克，干地黄 15 克组成。水煎分 3 次服。方中独活味辛苦性微温，善祛下焦与筋骨间之风寒湿邪，为主药。细辛散寒止



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痛，防风祛风胜湿，秦艽除风湿而舒筋；寄生、杜仲、牛膝祛风湿兼补肝肾；当归、川芎、地黄、白芍养血又兼活血；人参、茯苓补气健脾；桂心温通血脉；甘草调和诸药。共奏祛风湿，止痹痛，益肝肾，补气血之功。主治风寒湿痹着日久、肝肾不足，气血两虚之证。症见腰膝疼痛，肢节屈伸不利，或麻木不仁，畏寒喜温，心悸气短，舌淡苔白，脉象细弱。现常用于慢性关节炎、风湿性坐骨神经痛等病具有上述症状者。临床应用独活寄生汤加味治疗坐骨神经痛 19 例，基本方由独活 15 克，桑寄生 20 克，秦艽 15 克，细辛 5 克，川芎 15 克、防风 15 克，狗脊 25 克，菟丝子 25 克，续断 40 克，黄芪 25 克，稀莶草 20 克，当归 15 克、红花 10 克，党参 25 克，牛膝 15 克，甘草 10 克组成。因外伤引起，痛甚者加炙乳没，腿沉重加生薏仁，麻木加木瓜、黑木耳、寒重加桂枝。19 例患者均疗效满意。运用独活寄生汤加减治疗颞颌关节功能紊乱综合征 40 例，基本方由熟地、牛膝、杜仲、桑寄生、当归、白芍、川芎、党参、茯苓、甘草、羌活、独活、细辛、桂心、秦艽、防风组成。经过服药 3～30 剂，痊愈 38 例，显效 2 例。

## 16.26 鸡鸣散

出自《证治准绳》。由槟榔 15 克，陈皮、木瓜各 9 克，吴萸、紫苏叶各 3 克，桔梗、生姜和皮各 5 克组成。水煎凌晨空腹冷服。方中槟榔味辛苦性温，行气逐湿，为主药。木瓜舒筋活络，并能化湿；陈皮健脾燥湿，理气行滞；紫苏叶、桔梗宣通气机，外散表邪，内开郁结；吴茱萸、生姜温化寒湿，降逆止呕。共奏行气降浊，宣化寒湿之功。主治寒湿脚气。症见足胫肿重无力，麻木冷痛，恶寒发热，或挛急上冲，甚至胸闷泛恶等。现常用于脚气病、丝虫病等病具有上述症状者。临床应用鸡鸣散治疗湿脚气 12 例，服药 1 剂而愈者 4 例，2 剂而愈者 5 例，3 剂而愈者 3 例。运用鸡鸣散治疗丝虫病 52 例，证多属寒湿凝滞经脉，



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基本方由槟榔60克，木瓜30克，干姜30克，陈皮30克，桔梗30克，苏叶30克，吴萸30克，茯苓30克，羌活30克组成。共为细末，分为50包，每天13时30分开始服药，每隔1小时服1次，每次1包，每天服5次，10天为1疗程，结果脚肿全消者34例，半消者11例，好转者7例。



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# 第 17 章　祛痰剂

## 17.1　祛痰剂

由祛痰药为主组成，具有消除痰饮作用，以治疗各种痰病的方剂，统称祛痰剂。凡咳嗽喘促、眩晕呕吐、癫狂惊痫及痰核瘰疬等病证属痰浊为患者，均可选用祛痰剂。根据痰的性质和治法的不同，祛痰剂又可分为燥湿化痰、清热化痰、润燥化痰、温化寒痰和治风化痰五类，分别适用于湿痰、热痰、燥痰、寒痰和风痰所致的疾病。

祛痰剂多为行消之品，不宜久用，应中病即止。有咯血倾向者，不宜用温燥的祛痰剂，以防引起大量咯血。外感咳嗽初起有表证者，宜先用宣肺解表剂，不宜早用清润化痰之品。

## 17.2　燥湿化痰剂

是以燥湿化痰的药物为主组成的方剂，适用于湿痰证。症见咳嗽痰多易咯，胸脘痞闷，恶心呕吐，眩晕心悸，舌苔白滑或白腻，脉缓或弦滑等。常用药物有陈皮、半夏、橘红等，代表方剂有二陈汤、温胆汤、茯苓丸等。

## 17.3　二陈汤

出自《太平惠民和剂局方》。由半夏 9 克，橘红 9 克，茯苓 6 克，炙甘草 3 克，生姜 3 克，乌梅 1 个组成。水煎分 2 次服。方中半夏燥湿化痰，和胃止呕，为主药。橘红理气燥湿化痰；茯苓健脾渗湿；生姜降逆化痰，并助半夏、橘红行气消痰；乌梅收敛肺气，使祛痰而不伤肺气；炙甘草调和诸药。共奏燥湿化痰，理气和中之效。主治湿痰证。症见咳嗽痰多，色白易咯，胸膈痞



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闷，恶心呕吐，肢体困倦，或头眩心悸，舌苔白腻，脉滑等。现常用于慢性支气管炎及肺气肿、消化性溃疡、美尼尔氏病、妊娠恶阻、小儿流涎等病具有上述症状者。临床应用二陈汤合平胃散加减治疗慢性支气管炎 55 例，其中合并肺气肿者 33 例，全部病例均有效，咳喘症状一般在 1 周内改善，而且肺活量和膈肌运动功能也有一定改善。把二陈汤改用散剂治疗重度单纯性甲状腺肿 7 例，一般疗程为 15 天，结果痊愈 5 例，改善 2 例。

## 17.4 温胆汤

出自《三因极一病证方论》。由半夏 6 克，竹茹 6 克，枳实 6 克，陈皮 9 克，炙甘草 3 克，茯苓 5 克，生姜 3 克，大枣 1 枚组成。水煎分 2 次服。方中半夏降逆和胃，燥湿化痰，为主药。竹茹清热化痰，止呕除烦；枳实行气消痰；陈皮理气燥湿化痰；茯苓健脾渗湿以助消痰；生姜、大枣、炙甘草益脾和胃，调和诸药。共奏理气化痰，清胆和胃之效。主治胆胃不和，痰热内扰之证。症见虚烦不眠，或呕吐呃逆，眩晕胸闷，惊悸不宁，舌苔黄腻，脉滑数或弦数等。现常用于消化性溃疡、美尼尔氏病、高血压病、脑动脉硬化、神经官能症、更年期综合征、冠状动脉硬化性心脏病等病具有上述症状者。临床应用加味温胆汤治疗美尼尔氏病 62 例，椎——基底动脉供血不足 6 例，均取得较好疗效。

## 17.5 茯苓丸

出自《指迷方》。由半夏 60 克，茯苓 30 克，炒枳壳 15 克，风化朴硝 7.5 克组成。诸药共研为细末，加姜汁适量，煮糊为丸，每服 6 克，姜汤或温开水送下，日 2 次。方中半夏燥湿化痰，为主药；茯苓健脾渗湿以助消痰；枳壳理气宽中；朴硝软坚润下；姜汁可减轻半夏的毒性，又可化痰。共奏燥湿行气涤痰之功。主治痰湿内停之证。症见两臂酸痛或四肢浮肿，或咳嗽痰多，胸脘满闷、舌苔白腻，脉弦滑等。现常用于周围神经炎、甲



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状腺功能减退、慢性支气管炎、肺气肿等病具有上述症状者。

## 17.6 清热化痰剂

是以清热和化痰的药物为主组成的方剂，适用于热痰证。症见咳嗽痰黄，粘稠难咯，舌红苔黄腻，脉滑数等。常用药物有黄芩、黄连、栝蒌、胆南星、半夏等，代表方剂有清气化痰丸、小陷胸汤等。

## 17.7 清气化痰丸

引自《医方考》。由栝蒌仁、陈皮、黄芩、杏仁、枳实、茯苓各30克，胆南星、制半夏各45克组成。诸药共研细末，以姜汁适量为丸，每服6克，温开水送下，日2次（亦可水煎服，用量按原方比例酌减）。方中胆南星清热化痰；栝蒌仁助胆南星清肺热而化热痰；枳实、陈皮理气消痰散结；茯苓健脾渗湿；杏仁宣肺止咳；半夏燥湿化痰。共奏清热化痰、理气止咳之效。主治痰热蕴肺之证。症见咳嗽痰黄，粘稠难咯，胸膈痞满，舌红苔黄腻，脉滑数等。现常用于肺炎、急性支气管炎、慢性支气管炎急性发作、支气管扩张并感染等病具有上述症状者。

## 17.8 小陷胸汤

出自《伤寒论》。由黄连6克，半夏12克，栝蒌30克组成。水煎分2次服。方中栝蒌清热化痰，宽胸散结，为主药。黄连清热泻火；半夏降逆和胃化痰。共奏清热化痰，宽胸散结之功。主治痰热互结之证。症见胸脘痞闷，按之则痛，或咳嗽，咯痰黄稠，舌苔黄腻，脉滑数或浮数等。现常用于胸膜炎、肋间神经痛、支气管炎、肺炎、急慢性胃炎、胆囊炎等病具有上述症状者。临床应用小陷胸汤合桂枝加桂汤治疗血管神经性头痛有近期疗效，一般3～5剂后头痛症状即明显减轻。



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## 17.9 滚痰丸

引自《丹溪心法附余》。由大黄（酒蒸）、黄芩（酒洗）各240克，煅礞石30克，沉香15克组成。诸药共为细末，水泛为丸，每服6～9克，日2次，温开水送下。方中煅礞石下气平喘，逐痰定惊；大黄通便泻热；黄芩清上焦之热；沉香调理气机。共奏泻火逐痰之功。主治实热顽痰之证。症见癫狂惊悸，狂躁不安，或怔忡昏迷，或咳喘痰稠，或胸脘痞闷，眩晕耳鸣，大便秘结，舌红、苔黄厚而腻，脉滑数有力等。现常用于躁狂抑郁性精神病、癫痫、慢性支气管炎、支气管哮喘等病具有上述症状者。本方药力峻猛，只用于实热顽痰，久积不去而身体壮实者，体虚及孕妇患者慎用。临床应用滚痰丸合桂枝加桂汤加减治疗脑外伤后综合征30例，其中22例症状基本消失，6例明显好转，1例好转。

## 17.10 润燥化痰剂

是以润肺化痰的药物为主组成的方剂，适用于燥痰证。症见痰稠而粘，咯之不爽，咽喉干燥，或有呛咳，声音嘶哑等。常用的药有贝母、栝蒌等，代表方剂有贝母栝蒌散等。

## 17.11 贝母栝蒌散

出自《医学心悟》。由贝母5克，栝蒌3克，天花粉、茯苓、橘红、桔梗各2.5克组成。水煎分2次服。方中贝母清热润肺，化痰止咳；栝蒌清热涤痰而润燥；天花粉清热化痰，生津润燥；茯苓健脾利湿；橘红理气化痰；桔梗宣肺降逆，祛痰止咳。共奏润肺清热，化痰止咳之功。主治肺燥有痰之证。症见咳嗽喘促，咯痰不爽，咽喉干燥而痛，舌红少苔而干等。现常用于慢性支气管炎、支气管哮喘、支气管扩张、肺结核、矽肺等病具有上述症状者。



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## 17.12 温化寒痰剂

是以辛温和化痰的药物为主组成的方剂，适用于寒痰证。症见咳嗽喘促，咯痰清稀色白，胸膈痞闷，舌苔白滑或白腻等。常用的药有干姜、细辛、五味子、苏子等，代表方剂有苓甘五味姜辛汤、三子养亲汤等。

## 17.13 苓甘五味姜辛汤

出自《金匮要略》。由茯苓12克，甘草6克，干姜9克，细辛6克，五味子6克组成。水煎分2次服。方中干姜辛热，既温肺散寒以化痰饮，又温运脾阳以祛湿；细辛温肺散寒，助干姜温化痰饮；茯苓健脾利湿以消痰；五味子敛肺止咳；甘草和胃，调和诸药。共奏温化痰饮之功。主治寒饮内停之证。症见咳嗽痰多，清稀色白，胸满喘促，舌苔白滑，脉弦滑等。现常用于慢性支气管炎、肺气肿、支气管哮喘、支气管扩张等病具有上述症状者。

## 17.14 三子养亲汤

出自《韩氏医通》。由白芥子6克，苏子9克，莱菔子9克组成。将3药捣碎，用白色纱布包裹，煎汤频服。方中白芥子温肺利气，宽胸消痰；苏子降气化痰，止咳平喘；莱菔子消食导滞，行气祛痰。共奏化痰消食，止咳平喘之功。主治痰壅气滞的咳喘证。症见咳嗽喘促，痰多色白，胸闷食少，舌苔白腻，脉滑等。现常用于慢性支气管炎、支气管哮喘、支气管扩张、肺气肿、肺源性心脏病等病具有上述症状者。本方对年老体弱者，不宜单方久服，如需久服，应配用调补脾肺或健脾益肾之品。临床应用三子养亲汤合桂附理中汤（痰饮丸）分别治疗慢性支气管炎195例和97例，总有效率分别达到88%和85.6%，大部分病例治疗后体质增强，感冒次数减少，提示有增强机体抵抗力的作



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用。

## 17.15 冷哮丸

出自《张氏医通》。由麻黄、生川乌、细辛、花椒、白矾、炙皂角、半夏曲、胆南星、杏仁、生甘草各30克，紫菀、冬花各60克组成。上药共研细末，加姜汁适量调糊为丸，每服6克，温开水送下，日2次（亦可水煎服，用量按原方比例酌减）。方中麻黄、川乌、细辛温肺化痰，宣肺平喘；川椒温中除湿；白矾、皂角消痰除满；半夏曲、胆南星化痰降逆；杏仁、紫菀、冬花化痰止咳平喘；甘草调和诸药。共奏温肺化痰之效。主治风寒喘咳。症见喘促气急，不得平卧，咳嗽咯痰，遇冷即发，胸膈满闷，舌苔白滑，脉浮滑或弦滑等。现常用于支气管哮喘、喘息型支气管炎、慢性支气管炎、肺气肿等病具有上述症状者。本方主要用于咳喘发作时的治疗，一旦病情控制，即应换用或配用调补脾肺的方剂，以增强机体抵抗力，减少咳喘的复发。

## 17.16 治风化痰剂

是以宣散风邪或平肝息风药与化痰药配伍组成的方剂，适用于风痰证。因风痰证由外感风邪或内风挟痰所致，故治风化痰剂又分疏风化痰和息风化痰两法。

疏风化痰法，适用于风邪犯肺的咳喘证。症见恶风发热，咳嗽咯痰，舌苔薄白等。常用的药有荆芥、紫菀、桔梗、百部、陈皮等，代表方剂有止嗽散等。

息风化痰法，适用于内风挟痰之证。症见眩晕头痛，或发癫痫，甚则昏厥，不省人事等。常用的药有天麻、半夏、茯苓等，代表方剂有半夏白术天麻汤、定痫丸等。



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## 17.17 止嗽散

出自《医学心悟》。由桔梗、紫菀、荆芥、百部、白前各1000克，炙甘草375克，陈皮500克组成。诸药共研细末，每次6克，日2～3次，温开水送下（亦可水煎服，用量按原方比例酌减）。方中紫菀、百部、白前止咳化痰；桔梗、陈皮宣降肺气，祛痰止咳；荆芥疏散风邪以解表；甘草调和诸药；荆芥、桔梗、甘草相配，又有清利咽喉而止痛的作用。共奏疏风宣肺，化痰止咳之功。主治风邪犯肺之咳喘证。症见咳嗽，咽痒，咯痰，或微有恶寒发热、舌苔薄白，脉浮等。现常用于急性支气管炎、慢性支气管炎、百日咳、流行性感冒等病具有上述症状者。临床应用止嗽散加减治疗百日咳28例，水煎少量频服，日1剂，结果治愈19例，好转6例，无效3例（其中1例合并肺炎）。治愈者一般服药5～7天。运用本方加减水煎服，治疗外感咳嗽280例（包括上呼吸道感染，急性支气管炎及肺炎等），其中238例发病均在15天以内，结果治愈273例，占97%，平均服药3剂略强，7例疗效不满意，全部病例均无不良反应。

## 17.18 半夏白术天麻汤

出自《医学心悟》。由制半夏9克，天麻、茯苓、橘红各6克，白术15克，甘草4克，生姜1片，大枣2枚组成。水煎分2次服。方中制半夏燥湿化痰，降逆止呕；天麻平肝息风，善止眩晕，两药合用，是治疗风痰眩晕头痛的常用配伍；白术、茯苓健脾渗湿，以治生痰之源；橘红理气化痰；生姜、大枣调理脾胃。共奏燥湿化痰，平肝息风之功。主治风痰内扰之证。症见眩晕头痛，胸闷恶心呕吐，舌苔白腻，脉弦滑等。现常用于高血压病、美尼尔氏病、脑震荡后遗症、脑动脉硬化、前庭神经炎等病具有上述症状者。临床应用半夏白术天麻汤加减治疗美尼尔氏病28例，均取得控制发作，症状改善或消失的满意疗效。运用本



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方加减治疗结核性脑膜炎7例，结果表明，本方具有降低脑压，止呕、止痉等作用，全部病例均获满意疗效，随访观察5年，患者健康状况良好。因结核性脑膜炎病程长，故不过早停药，症状消失后，仍需继续服药，以巩固疗效。

## 17.19 定痫丸

出自《医学心悟》。由天麻、川贝母、半夏、茯苓、茯神各30克，胆南星、石菖蒲、全蝎、甘草、僵蚕、琥珀、灯心草各15克，陈皮、远志各22克，丹参、麦冬各60克，朱砂9克组成。诸药共为细末，再用甘草120克熬膏，加竹沥100毫升，姜汁50毫升，和匀调药为小丸，每服6克，日2次，温开水送下(亦可水煎服，用量按原方比例酌减)。方中竹沥清热化痰，镇惊醒神，配姜汁化痰开窍；胆南星清热化痰，镇静定痫；半夏、陈皮、川贝母、茯苓、麦冬祛痰降逆，兼防阴伤；丹参、石菖蒲化瘀开窍；全蝎、僵蚕息风定痉；天麻平肝息风以消风痰；朱砂、琥珀、远志、灯心草、茯神镇惊安神，以助解痉定痫；甘草益气扶正，调和诸药。共奏豁痰开窍，息风定痫之功。主治痰热内扰的癫痫、癫狂证。症见意识突然丧失而跌倒，肌肉强直，抽搐，口吐白沫或喉中痰鸣，不久苏醒，或狂躁不安，舌红苔黄腻或白腻，脉弦滑或滑数等。现常用于癫痫、精神分裂症、躁狂忧郁症等病具有上述症状者。临床应用本方治疗癫痫21例，总有效率为85.7%。运用定痫丸合风引汤加减治疗癫痫31例，其中9例随访2年未复发，11例基本控制，5例好转，其余无效。总有效率为80.6%。



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# 第 18 章　消导化积剂

## 18.1　消导化积剂

由消导药为主组成的具有消食导滞，化积消癥作用的方剂，统称消导化积剂。本章主要讨论消食导滞和消痞化积剂两类，分别用于宿食积滞和癥瘕痞块证。

消导剂与泻下剂均有消除有形实邪的作用，但在临床应用中，两者有所区别。消导剂作用较缓和，用于饮食积滞和逐渐形成的脘腹痞块而病情较缓或病程较长者。泻下剂作用较峻猛，用于里实积聚和便秘等证而病情较急或病程较短者。

消导化积剂虽较泻下剂作用缓和，但毕竟是克伐之剂，故对于纯虚无实之证，应予禁用。治疗期间，应禁食生冷油腻及难消化食品。

## 18.2　消食导滞剂

是以消食导滞的药物为主组成的方剂，适用于食积证。症见脘腹痞闷，厌食嗳腐，恶心呕吐，或腹痛泄泻等。常用的药有山楂、神曲、莱菔子、枳实等，代表方剂有保和丸、枳实导滞丸等。

若脾胃虚弱，饮食不消，或食积日久，损伤脾胃者，除消导药外，尚须配伍益气健脾之品，如人参（或党参）、白术、茯苓等组成补消兼施之剂，代表方剂有健脾丸、枳术丸等。

## 18.3　保和丸

出自《丹溪心法》。由山楂 180 克，神曲 60 克，半夏、茯苓各 90 克，陈皮、连翘、莱菔子各 30 克组成。共研细末，水泛为



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丸，每服6～9克，日2次，温开水送下（亦可水煎服，用量按原方比例酌减）。方中山楂消食化滞，尤善消肉食油腻之积，为主药。神曲消食健脾，善消酒食陈腐之积；莱菔子消食下气，善消谷面之积；半夏、陈皮行气化滞，和胃止呕；茯苓健脾利湿，和胃止泻；因食积易于化热，故又佐以连翘清热散结。共奏消食和胃之功，主治各种食积证。症见脘腹痞满、胀痛，嗳腐吞酸，厌食，恶心呕吐，或大便泄泻，舌苔厚腻，脉滑等。现常用于消化不良、急性或慢性胃肠炎、慢性胃炎、慢性胰腺炎等病具有上述症状者。临床应用本方加减治疗婴幼儿消化不良属食积证者69例，结果痊愈61例，进步5例，无效3例。运用保和丸加减治疗急性胆道感染20例，其中单纯性胆囊炎7例，胆石症伴胆囊炎9例，胆管炎4例，结果显效（症状体征消失，化验正常）14例，好转（症状消失，化验正常，仍有轻度体征）5例，无效1例。

## 18.4 枳实导滞丸

出自《内外伤辨惑论》。由大黄30克，枳实（麸炒）、炒神曲各15克，茯苓、黄芩、黄连、白术各9克，泽泻6克组成。共研细末，水泛小丸，每服6～9克，温开水送下，日2次（亦可水煎服，用量按原方比例酌减）。方中大黄攻积泻热，使积滞邪热从大便而出；枳实助大黄行气消积，除脘腹之胀满；佐以黄芩、黄连清热燥湿止痢；茯苓、泽泻利水渗湿，亦可止泻；白术健脾燥湿；神曲消食和胃。共奏消导化积，清热祛湿之功。主治湿热食积，内阻肠胃之证。症见脘腹胀痛，下痢泄泻，或大便秘结，小便短黄，舌苔黄腻，脉滑数等。现常用于急性消化不良、胃肠炎、细菌性痢疾、急性或慢性胆囊炎等病具有上述症状者。本方是消食导滞之剂，若腹泻、痢疾而无积滞者不宜使用。



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## 18.5 木香槟榔丸

引自《丹溪心法》，由木香、槟榔、青皮、陈皮、莪术、黄连、黄柏各 30 克，大黄 15 克，制香附、牵牛子各 60 克组成。诸药共研细末，水泛小丸，每服 3～6 克，温开水送下，日 2 次。方中木香、槟榔行气化滞，消脘腹痞满，且能除里急后重，为主药。牵牛子、大黄泻热通便导滞；青皮、陈皮行气化积；香附、莪术疏肝解郁，调理气血；枳壳行气导滞，健胃消食；黄连、黄柏清热燥湿止痢。共奏行气导滞，攻积泻热之功。主治积滞内停，湿热内蕴之证。症见脘腹痞满胀痛，大便脓血，里急后重，或大便秘结，舌苔黄腻，脉沉实等。现常用于急性胃肠炎、细菌性痢疾、溃疡性结肠炎等病具有上述症状者。临床上，凡便秘、腹泻、痢疾患者只要内有积滞而无外感表证，正气未虚者，均可根据中医辨证使用本方。体弱正虚者则应慎用。

## 18.6 枳术丸

引自《脾胃论》。由炒枳实 30 克，白术 60 克组成。共研细末，水泛为丸，每服 6～9 克，温开水送下，日 2 次（亦可水煎服，用量按原方比例酌减）。方中白术健脾祛湿以助脾之运化；枳实行气导滞，消痞除满；白术用量重于枳实 1 倍，是以益气健脾为主。共奏健脾消痞之功。主治脾虚气滞，饮食停积之证。症见脘腹痞满或胀痛，食欲不振，或腹中肠鸣，舌淡苔白滑，脉虚等。现常用于胃下垂、慢性胃炎、胃神经官能症、消化不良等病具有上述症状者。临床应用枳术丸合升陷汤加减，治疗胃下垂、子宫脱垂及脱肛，均取得较好疗效。

## 18.7 健脾丸

出自《证治准绳》。由白术（麸炒）75 克，木香、黄连、甘草各 22 克，茯苓 60 克，人参 45 克，炒神曲、陈皮、砂仁、炒



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麦芽、山楂、山药、煨肉豆蔻各 30 克组成。共研细末，水泛小丸，每服 6～9 克，温开水送下，日 2 次（亦可水煎服，用量按原方比例酌减）。方中人参、白术、茯苓、甘草补气健脾；山楂、神曲、麦芽消食化滞；木香、砂仁、陈皮理气和胃；山药、肉豆蔻健脾止泻；黄连清热燥湿。共奏健脾消食之功。主治脾胃虚弱，饮食内停之证。症见食少难消，脘腹痞闷，大便溏薄，苔腻微黄，脉象虚弱等。现常用于消化不良、慢性胃肠炎、胃神经官能症、结肠过敏、肠结核等病具有上述症状者。临床应用健脾丸配合附子理中丸治疗五更泄（一种慢性腹泻，以黎明时腹痛肠鸣，随即腹泻，泻后则舒为特征，多伴有畏寒怕冷，腰膝酸软等症，属肾虚泄泻）24 例，治疗方法：健脾丸（蜜丸，每丸重 3 克）每日 3 次，每次 1 丸，饭后服，同时服用附子理中丸每日 2 次，每次 1 丸。结果治愈 22 例，效果不显而停药者 2 例，治愈时间最短者 8 天，最长 1 个月。

## 18.8 消痞化积剂

是以化积消食，行气活血，软坚散结的药物为主组成的方剂。适用于腹部的癥积痞块之证。症见两胁下扪及肿块（肝、脾肿大），或脘腹痞硬，胀满疼痛，食欲不振，身体消瘦等。常用的药有枳实、厚朴、半夏、鳖甲、芍药、丹皮、桃仁等，代表方剂有枳实消痞丸、鳖甲煎丸等。

## 18.9 枳实消痞丸

出自《兰室秘藏》。由干姜 3 克，炙甘草、炒麦芽、茯苓、白术各 6 克，半夏曲、人参各 9 克，厚朴 12 克，枳实、黄连各 15 克组成。诸药共研细末，水泛为丸，每服 6～9 克，日 3 次，温开水送下（亦可水煎服，用量酌情增减）。方中枳实行气消痞除满，为主药。厚朴行气消胀；黄连清热燥湿，半夏曲消食和胃散结，干姜辛散温中祛寒。三药配伍，辛开苦降，调理气机，共



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助枳实、厚朴行气消痞；人参、白术、茯苓、甘草益气健脾；麦芽消食和胃。共奏消痞除满，健脾和胃之功。主治脾虚气滞、寒热互结之证。症见脘腹痞满，不欲饮食，倦怠乏力或腹中胀痛，便秘或腹泻，舌淡苔腻，脉弦等。现常用于消化不良、慢性胃炎、慢性肠炎、慢性胰腺炎、慢性胆囊炎等病具有上述症状者。

## 18.10 鳖甲煎丸

出自《金匮要略》。由鳖甲 90 克，射干、黄芩、鼠妇（又称地虱炒）、干姜、大黄、桂枝、石苇、厚朴、瞿麦、紫葳、阿胶各 22.5 克，柴胡、蜣螂（炒）各 45 克，芍药、丹皮、䗪虫（炒）各 37 克，炙蜂巢 30 克，赤硝 90 克，桃仁 15 克，人参、半夏、葶苈子各 7.5 克组成。取草木灰 1.5 公斤，黄酒 5 公斤，浸灰内过滤取汁，煎鳖甲成胶状；其余 22 味药共研细末，将鳖甲胶放入药粉，炼蜜和匀为小丸，每次 3 克，每日 3 次，温开水送下。方中鳖甲软坚消癥；黄酒活血通经；赤硝、大黄、䗪虫、蜣螂、鼠妇活血逐瘀消癥；柴胡、黄芩、白芍调理肝气；厚朴、射干、葶苈子、半夏理气舒郁祛痰浊；干姜、桂枝温中散结；人参、阿胶补气养血，扶助正气；桃仁、丹皮、紫葳、蜂巢活血化瘀；瞿麦、石苇利水祛湿。共奏消癥化积之功。主治各种癥瘕积聚之证。症见胁下或腹中积块，腹痛，消瘦，饮食减少，时有寒热发作，或女子闭经，舌质紫黯，或有瘀斑，脉涩等。现常用于疟疾、慢性肝炎、肝硬化、血吸虫病等病具有上述症状者。临床应用鳖甲煎丸治疗 251 例晚期血吸虫病肝脾肿大，治疗后，肝脾均有不同程度软化和缩小，有效率为 100%，疗效巩固率为 80%。



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# 第 19 章　驱虫剂

## 19.1　驱虫剂

由驱虫药为主组成，具有驱虫、止痛、消积的作用，以治疗人体寄生虫病的方剂，统称驱虫剂。人体内的寄生虫种类很多，常见的有蛔虫、蛲虫、钩虫、绦虫等消化道的寄生虫，其成因多为饮食不洁，误食沾染虫卵的食物而引起。症见脐腹作痛，时发时止，痛而能食，面色萎黄，或青或白，或生虫斑，或嘈杂呕吐清水，舌苔剥落，脉乍大乍小。迁延日久，可见肌肉消瘦，肚大青筋外露，成为疳积。此外，唇内有红白点，是蛔虫的见症；肛门作痒，是蛲虫的独有特点；便下白色节片，是绦虫的特征；嗜食异物、面色萎黄、虚肿，则为钩虫的表现。本类方剂能驱虫、消积，对治疗上述虫证均可酌情选用。运用驱虫剂，首先要辨别虫的种类，以选择针对性强的方药，还应根据人体正气的虚实和兼证的寒热，适当与清热药、温里药、消导药、补益药相配伍。常用的药有乌梅、苦楝根皮、使君子、榧子、槟榔等，代表方剂有乌梅丸等。

驱虫剂宜空腹服用，有的还应忌食油腻。为助虫体排除，宜配合泻下药物，驱虫后，可适当调理脾胃。驱虫药多系攻伐之品，对年老、体弱、孕妇宜慎用。注意用量，过大则易伤正或中毒，不及则达不到驱虫的目的。

## 19.2　乌梅丸

出自《伤寒论》。由乌梅 480 克，细辛 180 克，干姜 300 克，黄连 480 克，当归 120 克，附子（炮）180 克，蜀椒（炒）120 克，桂枝 180 克，人参 180 克，黄柏 180 克组成。用 50%醋



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浸乌梅一宿，去核打烂，和余药打匀，晒干，研末，加蜜制丸如梧桐子大，每服9克，日1～3次，空腹温开水送下（现亦作汤剂，用量按原方比例酌减）。方中乌梅味酸性平，制蛔而安其扰动，使蛔静而痛止，为方中主药。蜀椒、细辛味辛能驱蛔，性温可温脏祛寒；桂枝、附子、干姜加强温脏祛寒；人参、当归补气养血；黄连、黄柏味苦可下蛔，性寒能清上热，又能缓和方中诸药之过于温热，以防伤阴之弊。共奏温脏安蛔之功。主治蛔厥证，以及寒热错杂而正气虚弱的久痢、久泻之证。症见心烦呕吐，时发时止，食入吐蛔，手足厥冷，腹痛，或久痢，久泻。现常用于胆道蛔虫症、慢性痢疾、慢性肠炎等病具有上述症状者。临床应用乌梅丸治疗胆道蛔虫症225例，其中包括偏寒型、寒热错杂型、偏热型。偏寒型用乌梅15～30克，槟榔、川楝子各15克，花椒、桂枝、熟附子各6克，细辛、干姜各3克。寒热错杂型用上方加黄柏9克，黄连6克。偏热型用寒热错杂方去桂枝、干姜、附子、细辛。治愈率97.6%，有效率100%。

## 19.3 肥儿丸

出自《太平惠民和剂局方》。由神曲（炒）300克，黄连（去须）300克，肉豆蔻（面裹煨）150克，使君子（去皮）150克，麦芽（炒）150克，槟榔120克，木香60克组成。共为细末，猪胆汁为丸，如粟米大，3岁小儿每服3克，日2次，年龄小者酌减，大者酌增。方中使君子味甘性温，槟榔味辛苦性温，两药杀虫消积，均为主药。神曲、麦芽健脾和中，消积食；黄连泻郁热，肉豆蔻健胃止泻，木香理中气而止腹痛，猪胆汁泻肝胃之热。共奏杀虫消积，健脾清热之功。主治虫积腹痛，消化不良之证。症见面黄体瘦，纳呆，肚腹胀满，脐周时痛，发热口臭，大便稀溏。现常用于小儿蛔虫症、小儿慢性消化不良、小儿营养不良等病具有上述症状者。



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## 19.4 化虫丸

出自《太平惠民和剂局方》。由胡粉（即铅粉）1500克，鹤虱1500克，槟榔1500克，苦楝根1500克，白矾370克组成。共为细末，水泛为丸，如麻子大，1岁儿服5丸，空腹时米汤送服。方中鹤虱苦辛平，有小毒，驱杀蛔虫；苦楝根皮苦寒有毒，既可驱杀蛔虫，又可缓解腹痛；槟榔驱蛔，行气缓泻而排出虫体；枯矾解毒伏虫；铅粉有毒，性能化虫。共奏驱杀肠中诸虫之功。主治肠中诸虫。症见发作时腹中疼痛，往来上下，其痛甚剧，呕吐清水，或吐蛔虫。本方药性强烈且具毒性，使用时当适可而止，服后应调补脾胃。若虫未尽，可间隔1周再服。



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# 第 20 章　涌吐剂

## 20.1　涌吐剂

由涌吐药为主组成，具有涌吐痰涎、宿食、毒物等作用，以治疗痰厥、食积、误食毒物的方剂，统称涌吐剂。本剂可使停蓄在咽喉、胸膈、胃脘的痰涎、宿食、毒物从口中吐出。常用于中风、癫狂、喉痹之痰涎壅盛，宿食停留胃脘，毒物尚留胃中，以及干霍乱吐泻不得等，属于病情急迫而又急需吐出之证。常用的药有瓜蒂、皂角等，代表方剂有瓜蒂散、救急稀涎散等。

涌吐剂作用迅猛，易伤胃气，应中病即止，年老体弱、孕妇产后均宜慎用。若服后呕吐不止者，可服用姜汁少许，或服用冷粥、冷开水等以止之。若吐仍不止，则应根据所服吐剂的不同而进行解救，如服瓜蒂散而吐不止者，可服麝香 0.03～0.06 克，或丁香 0.3～0.6 克解之；若吐后气逆不止，宜予和胃降逆之剂以止之；若药后不吐者，则应助其涌吐，常以翎毛或手指探喉，亦可多饮开水，以助其吐。服药得吐后，须避风，以防止吐后体虚而患外感。需注意调理脾胃，宜用稀粥调养，切勿骤进油腻及不易消化之食物，以免重伤胃气。

## 20.2　瓜蒂散

出自《伤寒论》。由瓜蒂（熬黄）4 克，赤小豆 4 克，豆豉 9 克组成。将前 2 味药研细末和匀，每服 1～3 克，用豆豉 9 克煎汤送服。方中瓜蒂味苦性寒，善吐痰涎宿食，为主药。赤小豆味酸，能祛湿除烦满，与瓜蒂相伍，具有酸苦涌泄之性；豆豉煎汤调服，宣解胸中之邪气，与赤小豆配伍，可和胃气而使吐不伤正。共奏涌吐痰涎宿食之功。主治痰涎宿食壅滞胸脘之证。症见



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胸中痞硬，懊恼不宁，气上冲咽喉不得息，寸脉微浮。现常用于误食毒物、宿食等病具有上述症状者。本方瓜蒂苦寒有毒，体虚患者，须禁用；若宿食已离胃入肠，或痰涎不在胸膈，均须禁用。

## 20.3 救急稀涎散

出自《圣济总录》。由猪牙皂角15克，白矾30克组成。共为细末，每服2～3克，温水调下。方中皂角味辛咸性温，辛能开窍，咸能软坚，可涤除浊腻之痰，为主药。白矾酸苦涌泄，能化顽痰，并有开闭催吐之效。共奏开关涌吐之功。主治中风闭证。症见喉中痰声漉漉，气闭不通，胸中烦闷，两目昏花，或倒仆不省，或口角似歪，脉滑实有力。现常用于脑血栓、慢性咽炎等病具有上述症状者。本方是催吐之剂，当痰稀涎出、咽喉疏通后，宜随证改用他药继调之。



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# 第21章　痈疡剂

## 21.1　痈疡剂

由消除痈疡药为主组成。具有解毒消肿、托里排脓、生肌敛疮的作用，以治疗体表痈、疽、疔、疮、丹毒、流注、瘰、瘤、瘰疬等，以及内在脏腑的痈疽等病证。体表痈疡辨证，须将体表局部症状和全身情况结合在一起辨证，以此分为阴阳虚实，及其善恶顺逆，肿形高起、范围局限、根脚收缩、皮肤红赤、灼热等属于阳证；外形平塌、坚硬或棉软、范围松散、皮色不变等属于阴证。痈疡发于内在脏腑，如肺痈、肠痈等，在辨证上须分寒热虚实、已成脓或未成脓。体表痈疡的治法有内治法和外治法两类，方剂学所要介绍的，主要是用于前者的方剂。内治法有消、托、补3法之分，消法用于痈疡尚未成脓的初期，根据证候的不同，消法包括解表、通里、清热、温通、祛痰、行气、活血行瘀等；托法用于痈疡中期，可使内毒移深就浅，促其易溃、易敛，托法有内托和补托之分，前者是消散透脓为主，兼以扶正，后者是扶正与透脓两顾，补法用于痈疡后期，气血双虚而见脓液清稀、疮口久溃不敛等症，通过补益使气血充实，促其溃处生肌收敛，对未溃者可托毒外透，使其速溃早敛。痈疡发于内在脏腑的治法，是以清热解毒、逐瘀排脓、散结消肿为主，清热解毒、逐瘀排脓的方药，可使毒解瘀化，肿结自消，脓排腐祛，可使溃处易于修复。常用的药有双花、连翘、穿山甲、皂刺、乳香、没药、黄芪、薏苡仁等，代表方剂有仙方活命饮、五味消毒饮、四妙勇安汤、大黄牡丹汤、阳和汤等。

临床运用痈疡剂，须根据病情变化，随证加减使用；痈疡已成，固执内消一法，则易损伤气血，以至难溃、难敛。毒盛使用



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托，应注意解毒，防止余毒留恋。化脓迟缓，须注意攻透，力求毒随脓泄，防止内陷。体表痈疡火毒炽盛时，禁用温补。痈疡余毒未尽时，不宜用纯补。

## 21.2 仙方活命饮

出自《校注妇人良方》。由白芷、贝母、防风、赤芍、生归尾、甘草节、皂角刺（炒）、穿山甲（炙）、天花粉、乳香、没药各3克，金银花、陈皮各9克组成。水煎分2次服（或水酒各半煎服）。方中金银花味甘性寒，清热解毒，为主药。防风、白芷疏散外邪，使热毒从外透解；归尾、赤芍、乳香、没药活血散瘀，以消肿止痛；贝母、花粉清热散结；山甲、皂刺通行经络，透脓溃坚；陈皮理气，甘草解毒、和中。共奏清热解毒，消肿溃坚，活血止痛之功。主治痈疡肿毒初起，热毒壅聚，气滞血瘀之证。症见痈疡红肿烦痛，或身热微恶寒，苔薄白或黄，脉数有力。现常用于蜂窝织炎、乳腺炎、化脓性扁桃体炎等病具有上述症状者。临床应用仙方活命饮治疗阑尾脓肿30例，基本方由金银花、连翘、花粉、贝母、皂刺、生地、丹皮、赤芍、归尾、甘草、蒲公英、乳香、没药组成。经治疗，27例痊愈，3例中转手术，成功率为90%，无1例死亡。平均住院时间14日，随访7例未见复发。运用仙方活命饮加减治疗重症有头疽129例，热毒型加用清热解毒之药，正虚型合八珍汤，阴虚型合六味地黄汤，单纯中药治疗者82例，短期（7天左右）加用抗菌素治疗者47例，疗程15～20天14例，21～30天20例，31～40天17例，41～50天29例，51～60天21例，60天以上者28例，结果痊愈127例，占98.5%，死亡2例，占1.5%，其中1例死于败血症，1例因年老体虚并发紫癜性肾炎，死于肾功能衰竭，129例病例入院前多数经过抗菌素治疗无效。

仙方活命饮在试管内对乙型链球菌有高度抑制作用，对葡萄球菌抑制作用也很强，但对大肠杆菌及绿脓杆菌无效。



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## 21.3 五味消毒饮

出自《医宗金鉴》。由银花 20 克，野菊花、蒲公英、紫花地丁、紫背天葵子各 15 克组成。水煎分 2 次服。方中金银花味甘性寒，清热解毒，为主药。地丁、天葵、蒲公英、野菊花均有清热解毒之功，并能凉血散结以消肿痛。共奏清热解毒，消散疔疮之功。主治火毒结聚的痈疮疖肿。症见初起局部红肿热痛，或发热恶寒，或疮形如粟，坚硬根深，状如铁钉，舌红苔黄，脉数。现常用于蜂窝织炎、乳腺炎、化脓性扁桃体炎、淋巴结炎、腮腺炎等病具有上述症状者。临床应用五味消毒饮治疗颜面疔 20 例，症见局部燎赤肿痛，中央有粟米状的脓头，麻痒疼痛，伴有恶寒发热，心烦口渴，恶心呕吐，食少便秘，舌苔白腻或黄腻，脉沉实或弦有力。以本方为主，酌情配合外用药外敷，均取得较满意的效果。运用五味消毒饮加减治疗慢性骨髓炎 7 例，症见局部肿胀疼痛，溃后流脓久不收口，以致形成瘘管，长期不愈，或反复破溃，基本方由银花、蒲公英、紫花地丁、牛膝、白芷、甲珠、蜈蚣、全虫组成，酌配以外用药。经治疗，均获治愈。

## 21.4 四妙勇安汤

出自《验方新编》。由金银花、玄参各 90 克，当归 30 克，甘草 15 克组成。水煎分 3 次服。方中金银花味甘性寒，清热解毒，为主药。玄参泻火解毒，当归活血散瘀，甘草解毒缓痛。共奏清热解毒，活血止痛之功。主治热毒炽盛之脱疽。症见患肢红肿灼热，溃烂腐臭，疼痛剧烈，或见发热口渴，舌红脉数。现常用于血栓闭塞性脉管炎、栓塞性大静脉炎等病具有上述症状者。临床应用四妙勇安汤加减治疗血栓闭塞性脉管炎 25 例，发病部位均在下肢。虚寒型加附子、干姜、桂枝、鸡血藤、黄芪。气滞血瘀型加红花、桃仁、泽兰、王不留行。热毒型加蒲公英、地丁、黄芩、黄柏、气血两虚加党参、黄芪、白术、去玄参和金银



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花。经治疗，痊愈者 10 例，好转者 11 例，未效者 4 例，总有效率达 84%。运用四妙勇安汤加味治疗慢性肝炎 33 例。患者均治疗病程长，远期疗效不佳，HBsAg 持续阳性，其中慢性迁延性者 12 例，慢性活动性者 21 例。基本方由玄参、生黄芪、土茯苓各 30 克，当归、升麻各 15 克，忍冬藤、白茅根各 60 克，甘草 10 克，黄疸加茵陈、苦参，脾大加鸡内金、炮山甲，寒湿困脾加干姜、苍术、白术，瘀血加丹参、川芎，出血明显加仙鹤草、参三七。30 剂为 1 个疗程，均配合用维生素，2 例加辅酶 $Q_{10}$，结果显效 25 例，有效 6 例，无效 2 例，总有效率 94%。

## 21.5 犀黄丸

出自《外科全生集》。由犀黄 3 克，麝香 15 克，乳香、没药（各去油）各 100 克，黄米饭 100 克组成。前 4 味共为细末，用黄米饭捣烂为丸，每次 9 克，日 3 次。方中牛黄味苦甘性凉，清热解毒，豁痰散结，为主药。麝香辛窜，既能活血散结，又能通经活络；乳香、没药活血祛瘀，消肿定痛；黄米饭调养胃气。共奏解毒消痈，化痰散结，活血祛瘀之功。主治火郁、痰瘀热毒壅滞而致的乳岩、横痃、瘰疬、痰核、流注、肺痈、小肠痈等证。症见局部有大小不等的肿块，肿块坚如石，形体消瘦，溃后难以收敛，或漫肿疼痛，皮色如常，或发生部位不固定，易走窜等。本方药物多辛香走窜，不宜久服，孕妇忌服。临床应用西黄丸加味治疗颈淋巴结结核 1 例，用抗痨药治疗未效，穿刺后感染溃破，流豆渣样脓液黄水，基本方由西黄丸加昆布、海藻、夏枯草、牡蛎等药组成，外敷五行丹、桃花五宝丹，获得较好疗效，愈后肌肤光泽如常，无疤痕溃留。

## 21.6 牛蒡解肌汤

出自《疡科心得集》，由牛蒡子 10 克，薄荷 6 克，荆芥 6 克，连翘 10 克，山栀 10 克，丹皮 10 克，石斛 12 克，玄参 10



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克，夏枯草 12 克组成。水煎分 2 次服。方中牛蒡子味辛苦性寒，疏散头面风热，为主药。薄荷、荆芥发汗解表；连翘清热解毒，散结消痈；丹皮、山栀、夏枯草泻火凉血，玄参泻火解毒，与石斛相伍，滋阴清热。共奏疏风清热，凉血消肿之功。主治痈肿兼有风热表证。症见外痈焮红肿痛，寒轻热重，汗少口渴，小便黄，或牙痛，苔白或黄，脉浮数。现常用于颈淋巴结炎、牙周炎、流行性感冒等病具有上述症状者。

## 21.7 海藻玉壶汤

出自《医宗金鉴》。由海藻、昆布、半夏（制）、陈皮、青皮、连翘、贝母、当归、川芎、独活、甘草节各 3 克，海带 1.5 克组成。水煎分 2 次服。方中海藻、昆布、海带味咸性寒，化痰软坚，均为主药。青皮、陈皮疏肝理气，当归、川芎、独活活血而通经脉，促进瘿病消散；贝母、连翘散结消肿；甘草调和诸药。共奏化痰软坚，消散瘿瘤之功。主治肝脾不调、气滞痰凝之证。症见颈部瘿瘤，坚硬如石，推之不移，皮色不变。现常用于颈部癌肿、甲状腺腺瘤、甲状腺肿大等病具有上述症状者。

## 21.8 透脓散

出自《外科正宗》。由生黄芪 12 克，当归 6 克，穿山甲 3 克，皂角刺 5 克，川芎 9 克组成。水煎分 2 次服（临服入酒 1 杯亦可）。方中生黄芪味甘性微温，益气托毒，为主药。当归、川芎养血活血；山甲、皂刺消散通透，软坚溃浓；用酒少许，增强行血活血。共奏托毒溃脓之功。主治正虚不能托毒之证。症见痈疡肿痛，内已成脓，外不易溃，漫肿无头，或酸胀热痛。现常用于各种化脓性感染具有上述症状者。



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## 21.9 阳和汤

出自《外科全生集》。由熟地30克，肉桂（去皮，研粉）3克，麻黄2克，鹿角胶9克，白芥子6克，姜炭2克，生甘草3克组成。水煎分2次服。方中熟地味甘性微温，补营养血，为主药。鹿角胶填精补髓，强壮筋骨，藉血肉有情之品，助熟地以养血；炮姜、肉桂温中有通，温散寒凝；麻黄开腠理以达表，白芥子祛皮里膜外之痰；生甘草化毒和药，共奏温阳补血，散寒通滞之功。主治阴疽之阳虚寒凝证。症见患处漫肿无头，疼痛无热，皮色不变，口中不渴，舌苔淡白，脉沉细。现常用于骨结核、慢性骨髓炎、类风湿性关节炎、血栓闭寒性脉管炎等病具有上述症状者。临床应用阳和汤合犀黄丸治疗骨结核60例，以阳和汤为主方，阳虚者重用肉桂、炮姜、白介子的用量，并配合犀黄丸等内外同治。疗程5个月左右，结果X线证实骨质完全愈合，临床症状消失者19例，骨质的破坏停止，部分吸收好转，临床症状减轻者8例，临床症状减轻，但未经X线复查者33例。运用阳和汤加味治疗坐骨神经炎30例，结果病例疗程一般为10～20天，大都服药1～2剂后身觉发热汗出，疼痛即有缓解，服药5～8剂后，疼痛明显减轻，病程短而痛剧者疗效高，疗程也短，反之则疗程较长而疗效亦差，服药期间未见不良反应。

## 21.10 内补黄芪汤

出自《外科发挥》。由黄芪（盐水拌炒）、麦门冬、熟地黄（酒拌）、人参、茯苓各10克，甘草（炙）、白芍（炒）、远志（炒）、川芎、肉桂、当归（酒拌）各5克，生姜3斤，大枣1枚组成。水煎分2次服。方中黄芪味甘性微温，益气生肌，为主药。人参、茯苓、甘草健脾益气；当归、熟地、白芍、川芎养血补肝；肉桂温助阳气，麦冬滋阴养心，远志宁心安神。共奏补益气血、养阴生肌之功。主治痈疽溃后的气血双虚之证。症见痈疽



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溃处作痛，倦怠懒言，纳差，寐少，自汗口干，间或发热经久不退，舌淡苔薄，脉细弱。现常用于慢性溃疡、慢性骨髓炎等病具有上述症状者。

## 21.11 苇茎汤

出自《备急千金要方》。由苇茎30克，薏苡仁30克，冬瓜子24克，桃仁9克组成。水煎分2次服。方中苇茎味甘性寒，清肺泄热，为主药。冬瓜仁、薏苡仁清化痰热，利湿排脓；桃仁活血祛瘀，润肠通便。共奏清肺化痰，逐瘀排脓之功。主治热毒蕴肺，痰瘀互结之证。症见肺痈咳嗽，微热，甚则咳吐腥臭痰，胸中隐隐作痛，肌肤甲错，舌红苔黄腻，脉滑数。现常用于肺脓疡、大叶性肺炎、支气管扩张、肺气肿等病具有上述症状者。临床应用苇茎汤合桔梗汤加味治疗肺脓疡12例，除1例因故中断治疗外，全部治愈，治疗时间最短者6天，最长者16天，平均为9.5天。运用苇茎汤加减治疗小儿急性支气管炎200例，轻型138例，重型62例，病程1～2日，基本方由鲜芦根30克，冬瓜子、薏苡仁各12克，桃仁、杏仁、前胡、白前各4.5克，苏子、莱菔子、玉蝴蝶各6克，胆星3克组成，每日1剂，分3～4次温服，年长儿可1次顿服，结果治愈169例，无效31例，治愈率84.5%。

## 21.12 大黄牡丹汤

出自《金匮要略》。由大黄18克，牡丹皮9克，桃仁12克，冬瓜子30克，芒硝9克组成。水煎顿服。方中大黄泻肠间瘀热结聚，清热解毒，丹皮味苦辛性寒，清热凉血，均为主药。芒硝软坚散结，助大黄荡涤速下，桃仁性善破血，助牡丹皮、大黄活血散瘀，并能通便，冬瓜仁清湿热，排脓散结消痈。共奏泻热破瘀、散结消肿之功。主治肠痈初起的湿热瘀滞之证。症见右少腹疼痛拒按，甚则局部有痞块，小便自调，时时发热，自汗



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出，复恶寒，或右足屈而不伸，脉滑数。现常用于急性阑尾炎、子宫附件炎、盆腔炎、输精管结扎术后感染等病具有上述症状者。临床应用大黄牡丹汤加减治疗急性阑尾炎100例，其中包括阑尾穿孔合并腹膜炎9例，阑尾包块7例，18例加用抗菌素，平均6.5天治愈，仅1例病情加重转手术治疗。运用大黄牡丹汤加苍术、薏苡仁、甘草，治疗74例输精管结扎术后局部感染的患者，症见附睾肿大，精索粗硬，掣引小腹胀痛及腰痛不适，或伴有头晕，食欲不振，小便黄赤，大便干燥，或感染不重，仅有局部疼痛不适，结果均治愈。

大黄牡丹汤加当归、银花、连翘、枳壳、桔梗、甘草对家兔实验，可增强机体全身和局部网状内皮系统的防御能力。

## 21.13 薏苡附子败酱散

出自《金匮要略》。由薏苡仁30克，附子6克，败酱草15克组成。水煎分2次服（原作散剂）。方中薏苡仁味甘淡性微寒，利湿消肿，为主药。败酱草排脓解毒；附子辛温，助苡仁散寒湿，并藉以行郁滞之气。共奏排脓消肿之功。主治肠痈的寒湿瘀血互结之证。症见肠痈已成脓，身无热，肌肤甲错，腹皮急，如肿胀，按之濡软，脉数。现常用于急性阑尾炎合并化脓、阑尾周围脓肿、慢性阑尾炎等病具有上述症状者。临床应用薏苡附子败酱散加味配合抗菌素治疗阑尾脓肿36例，基本方由熟附子1.5克，薏苡仁30克，败酱卓30克，桃仁、红花、广木香各9克组成，日2剂，服4次，第4天起每日改服1剂，服2次，直至肿块消失为止。服中药期间，肌注青霉素，每日80万单位，分4次注射，本组除1例因复发性腹膜炎行手术引流外，其余35例全部脓肿消失，平均住院天数5天。



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# THE ENGLISH-CHINESE ENCYCLOPEDIA OF PRACTICAL TCM

## (Booklist)

# 英汉实用中医药大全

(书目)

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| 2 | THE CHINESE MATERIA MEDICA | 中药学 |
| 3 | PHARMACOLOGY OF TRADITION-AL CHINESE MEDICAL FORMULAE | 方剂学 |
| 4 | SIMPLE AND PROVEN PRESCRIPTION | 单验方 |
| 5 | COMMONLY USED CHINESE PATENTMEDICINES | 常用中成药 |
| 6 | THERAPY OF ACUPUNCTURE AND MOXIBUSTION | 针灸疗法 |
| 7 | *TUINA* THERAPY | 推拿疗法 |
| 8 | MEDICAL *QIGONG* | 医学气功 |
| 9 | MAINTAINING YOUR HEALTH | 自我保健 |
| 10 | INTERNAL MEDICINE | 内科学 |



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| 11 | SURGERY | 外科学 |
| 12 | GYNECOLOGY | 妇科学 |
| 13 | PEDIATRICS | 儿科学 |
| 14 | ORTHOPEDICS | 骨伤科学 |
| 15 | PROCTOLOGY | 肛门直肠病学 |
| 16 | DERMATOLOGY | 皮肤病学 |
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