

Bái Hǔ Tāng

White Tiger Decoction

Actions

Clear Rè from Qì level.
Generates fluids and relieves thirst.

Indications

Shí Rè in Qì level or Yáng Míng channel causing four great symptoms

Great fever, great sweat, great thirst, great pulse.

Herb (yào)				Taste (wèi)			Temp (qì)		Channel Entry (guī jīng)					Herb Action
				acid	bitter	swt	warm	cold	F	P	X	W	S	
Shí Gāo	Jūn	DF	30	■		■		+	■			■		Clears Rè, generates fluids, relieves thirst and irritability
Zhī Mǔ	Chén	DF	9		■	■		■				■	■	Clears Rè, generates fluids, relieves thirst
Zhì Gān Cǎo	Zuǒ	BQ	3			■		■				■		Tonifies Qì, harmonizes formula
Gēng Mì	Shǐ		9-15											Tonifies Qì, protects Wèi from cold herbs



This is blazing Rè in Yáng Míng channel-stage of the six stages disease, or the Qì-level of the four levels disease.

Although this is regarded as an interior condition, it remains in the relatively superficial level of the channels.

Zhī Mǔ assists Shí Gāo in clearing Rè from Fèi and Wèi to alleviate irritability, moistens dryness, and enrich Yīn.



Exterior syndromes.
Syndromes of true cold with false heat.
Fever due to Pí and Wèi Qì Xū.

This formula is frequently modified.



High fever with severe thirst, irritability, profuse sweating, red face, dislike of heat;
Possible: headache, toothache, bleeding of the gums and nose, heavy labored breathing, delirium or coma.
T: red with dry yellow coating
P: forceful (you li), hōng or huá , shuò mài

DF = Drain Fire
BQ = Bǔ Qì

Huáng Lián Jiě Dú Tāng

Huáng Lián decoction to relieve toxicity

Coptis Relieve Toxin Decoction

Actions	Clear Rè and toxin from all three warmers.
Indications	Huǒ toxin obstructing all three warmers.

Herb (yào)				Taste (wèi)	Temp (qì)	Channel Entry (guī jīng)									Herb Action
				bitter	cold	F	X	W	S	G	D	DC	PG	SJ	
Huáng Lián	Jūn	CHDD	9	Orange	Orange		Orange	Orange		Orange		Orange			Clears Rè, focusing on Zhōng Jiāo
Huáng Qín	Chén	CHDD	6	Orange	Orange	Orange					Orange	Orange			Clears Rè, focusing on Shàng Jiāo
Huáng Bǎi	Zuǒ	CHDD	6	Orange	Orange				Orange			Orange	Orange		Clears Rè, focusing on Xià Jiāo
Shān Zhī Zǐ	Zuǒ	DF	6-12	Orange	Orange	Orange	Orange	Orange						Orange	Clears Rè and toxin, drains Shī, drains Huǒ in all three Jiāo, promotes urination. Relieves irritability



Drain Rè (or Huǒ) from the entire body. Xīn corresponds to the phase of fire, a substance that effectively drains Huǒ from Xīn can cause an abatement of Huǒ in all the other organs. Huáng Lián does that. Shān Zhī Zǐ drains Rè from the three Jiāo through the urine. Once Huǒ is effectively drained, the toxin will disappear.



Formula is very bitter and cold.
Only in patients with strong constitution, never long-term.
Contraindicated in patients presenting damage to the fluids and Yīn.



High fever, dry mouth and throat, irritability, insomnia, delirium, yellow scanty urine; Hematemesis, epistaxis, erythema or skin purpura in the course of febrile diseases; Dysentery with fever, jaundice with Shī-Rè; carbuncles, deep-rooted boils and sores
T: red, dry with yellow coating
P: hōng, shí, shuò mài

CHDD = Clear Heat & Dry Dampness
DF = Drain Fire

Má Xīng Shí Gān Tāng

Ephedra, Apricot Kernel, Gypsum and Licorice Decoction

Actions	Clear Rè from Fèi, circulates Fèi-Qì and stops wheezing, releases Biǎo Fēng-Rè.
Indications	Fèi Rè with or without Biǎo Fēng-Rè.

Rè lodged in Fèi where it obstructs the flow of Qì.

Herb (yào)				Taste (wèi)			Temp (qì)		Channel Entry (guī jīng)						Herb Action	
				acid	bitter	swt	warm	cold	F	P	W	X	DC	PG		
Má Huáng	Jūn	AHRE	12		-											Circulates Fèi-Qì, stops coughing and wheezing, releases Biǎo Fēng-Rè
Shí Gāo	Jūn	DF	48					+								Clears Rè from Fèi and Wèi, relieves thirst
Xīng Rén	✘ Chén	RCW	18				-									Descends Fèi-Qì, stops coughing and wheezing
Zhì Gān Cǎo	Shǐ	BQ	6													Moistens Fèi, harmonizes the formula



Formula is variation of Má Huáng Tāng.
 Shí Gāo balances Má Huáng (warm, cold) and controls the diaphoretic action of Má Huáng.
 When severe Fèi Rè with sweating, reduce dosage Má Huáng and increase dosage of Shí Gāo.
 When less interior heat and more exterior symptoms, do the opposite.
 Xīng Rén assists Má Huáng.



Dyspnea due to wind-cold invasion.
 Deficient-type dyspnea.



Persistent fever with or without sweating, coughing, wheezing, labored or difficult breathing, nasal pain and flaring of the nostrils, thirst, slight dislike of wind or cold
 T: red tip or border with thin or yellow coating, red tip or border.
 P: huá, shuò mài, also fú mài with Biǎo Fēng-Rè

AHRE = Acrid Herbs that Release Exterior
 RCW = Relieve Coughing & Wheezing
 DF = Drain Fire
 BQ = Bǔ Qì

Lóng Dǎn Xiè Gān Tāng

Gentiana Longdancau Decoction to Drain the Liver

Gentiana Drain Liver Decoction

ActionsClear Shí Huǒ from Gān and Dǎn.
Clears Rè and drains Shī from Xià Jiāo.**Indications**

Gān and Dǎn Huǒ. Gān Shī-Rè invading Xià Jiāo.

Herb (yào)				Taste (wèi)				Temp (qì)				Channel Entry (guī jīng)										Herb Action				
				acid	bitter	swt	blnd	warm	cold	cool	neut	F	X	P	W	S	G	D	DC	XB	SJ		PG	XC		
Lóng Dǎn Cǎo	Jūn	CHDD	3-9																							Clears Shī-Rè from Gān and Dǎn
Huáng Qín	Chén	CHDD	6-12																							Clears Shī-Rè from Gān and Fèi
Shān Zhī Zǐ	Chén	DF	6-12																							Clears Shī-Rè , promotes urination.
Chái Hú	Chén	AHRE	3-9																							Spreads Gān-Qì, guides herbs to Gān and Dǎn (*)
Mù Tōng	Zuǒ	DD	3-6																							Promotes urination to drain Shī and clear Rè
Chē Qián Zǐ	Zuǒ	DD	9-15																							Promotes urination to drain Shī and clear Rè
Zé Xiè	Zuǒ	DD	6-12																							Promotes urination to drain Shī and clear Rè
Shēng Dì Huáng	Zuǒ	CB	9-15																							Nourishes Yīn, tonifies Xuè
Dāng Guī	Zuǒ	BX	6-12																							Nourishes Xuè, moistens Intestines, relieves pain
Gān Cǎo	Zuǒ	BQ	3-6																							Harmonizes formula, protects Zhōng Jiāo

(*) Classic combination with Huáng Qín for clearing Shào Yáng Rè.



Mù Tōng, Chē Qián Zǐ, Zé Xiè drain Rè from Shàng Jiāo and eliminate Shī-Rè from Xià Jiāo by promotin urination. Because Gān stores Xuè, Rè in Gān meridian can easily injure the Yīn and Xuè. Two assistants are added: Shēng Dì Huáng which supplements Yīn and Dāng Guī which nourishes Xuè.



Gān and Dǎn Huǒ: Temple headache, tinnitus, irritability, bitter taste, pain in hypochondrium, sore red eyes, deafness, dizziness, pain and swelling of ears.

T: red with yellow coating

P: xián, shí, shuò mài

Gān Shī-Rè invading Xià Jiāo: Stranguria with turbid urine, pruritus and swelling of vulva, impotence, polyhydrocic around external genitals, thick fetid yellow leucorrhea, vaginal pruritus, short menstrual cycle, dark menstrual flow.

T: red with greasy yellow coating

P: huá, xián, shí, shuò mài

CHDD = Clear Heat & Dry Dampness

DF = Drain Fire

AHRE = Acrid Herbs that Release Exterior

DD = Drain Dampness

CB = Cool Blood

BX = Bù Xuè

BQ = Bù Qì



Pí and Wèi Qì Xū, fluids Xū, long-term or large usage.

Qīng Hāo Biē Jiǎ Tāng

Artemisia Annua and Soft-Shell Turtle Shell
Decoction

Artemisia and Amyda Decoction

Actions	Nourish Yīn and clear Xū Rè
Indications	<i>Yīn Xū with Xū Rè during later-stage febrile disease.</i>

Herb (yào)				Taste (wèi)				Temp (qì)		Channel Entry (guī jīng)							Herb Action	
				acrid	bitter	swt	salt	cold	cool	F	P	X	W	S	G	D		
Biē Jiǎ	Jūn	BYi	15															Nourishes Yīn and clears Xū Rè
Qīng Hāo	Jūn	CRS	6															Clears Xū Rè, cools Xuè
Zhī Mǔ	Chén	DF	6															Nourishes Yīn, clears Xū and Shí Rè
Shēng Dì Huáng	Chén	CB	12															Nourishes Yīn and clears Xū Rè, cools Xuè
Mǔ Dān Pí	Zuǒ	CB	9															Tonifies Qì, protects Wèi from cold herbs



Rè smoldering in the Yīn regions of the body. It usually occurs during the later stages of a warm-febrile disease when Rè has depleted the Yīn and fluids. Yīn fluids are depleted and the body is unable to generate sweat.

Simultaneously nourish the Yīn and vent Rè. Biē Jiǎ enters the Yīn regions to enrich Yīn and reduce the fever from Xū. It is coupled with Qīng Hāo, which vents Rè and expels it from the body. Shēng Dì Huáng and Zhī Mǔ assist Biē Jiǎ in nourishing Yīn and clearing Rè from Xū. Mǔ Dān Pí assists Qīng Hāo in venting and dispersing Rè.



Low-grade fever at night with normal temperature in the morning, night sweats, no sweating after fever subsides, emaciation, normal appetite, possibly afternoon tidal fever.
T: red with scanty coating
P: xī, shuò mài



Qì-stage heat.
With a tendency present for spasms or seizures due to Yīn Xū.

- DF = Drain Fire
- BYi = Bù Yīn
- CRS = Clear and Relieve Summerheat
- CB = Cool Blood



