

Èr Chén Tāng
二陈汤
Two-Cured Decoction

Actions	Dries Shī and Resolves Tán. Regulates Qì and harmonizes Zhōng Jiāo.
Indications	<i>Shī-Tán Syndrome</i>

Herb (yào)					Taste (wèi)				Temp (qì)		Channel Entry (guī jīng)						Herb Action
					acid	bitter	blnd	swt	warm	neut	W	S	P	G	X	F	
Bàn Xià	✘	Jūn	TCP	15													Dries Shī, resolves Tán, harmonizes Wèi-Qì, lowers rebellious Wèi-Qì to relieve nausea, vomiting
Jú Hóng *		Chén	RQ	15													Activates Qì, resolves Tán
Fú Líng		Chén	DS	9													Tonifies Pí, dries Shī to resolve Tán
Zhì Gān Cǎo		Zuǒ	BQ	4.5													Tonifies Zhōng Jiāo, harmonizes formula



Bensky: * Red tangerine peel. More drying than Chén Pí.
This is Damp-Phlegm from the Spleen failing to properly transport the fluids, which thereupon accumulate and form Phlegm.
Phlegm follows the flow of Qì upward to the Lungs where it interferes with its Qì mechanism and produces coughing.
Phlegm also interferes with the normal descent of the Stomach Qì, which leads to nausea or vomiting.



S: epigastric fullness and distention, nausea, vomiting, coughing, expectoration of copious white sputum, chest fullness and distention, palpitations, dizziness.
T: swollen, scalloped edges, smooth white coating
P: huá mài



Improper use can lead to excessive thirst and a dry throat. Cough associated with Fèi Yīn Xū.

TCP = Herbs that Transform Cold-Phlegm
RQ = Regulate Qi
DS = Drain Dampness
BQ = Tonify Qi

Wēn Dǎn Tāng
二陈汤
Warm the Gallbladder Decoction

Actions	Clears Rè from Dǎn and regulates Wèi. Regulates Qì and transforms Tán.
Indications	Dǎn and Wèi disharmony with Tán-Rè.

Herb (yào)				Taste (wèi)				Temp (qì)			Channel Entry (guī jīng)														
				acid	bitter	blnd	swt	warm	neut	cool	W	S	P	X	F	D	DC								
Zhú Rú	Jūn	CTPH	6																						
Zhǐ Shí	Chén	RQ	6																						
Bàn Xià	✘ Zuǒ	TCP	6																						
Chén Pí	Zuǒ	RQ	9																						
Fú Líng	Zuǒ	DS	4.5																						
Gān Cǎo	Zuǒ	BQ	3																						
Shēng Jiāng	Shǐ	WARE	3-6																						

Herb Action
Clears Rè, resolves Tán, relieves restlessness, stops nausea and vomiting
Activates Qì, resolves Tán, breaks up accumulation
Dries Shī, resolves Tán, harmonizes Wèi-Qì, lowers rebellious Wèi-Qì to relieve nausea, vomiting
Activates Qì, resolves Tán
Tonifies Pí, dries Shī
Tonifies Zhōng Jiāo, harmonizes formula
Resolves Tán, lowers Qì rebellion, stops nausea and vomiting, detoxifies Bàn Xià's toxicity.



Bensky: Disharmony between the Gallbladder and Stomach with phlegm-heat. Phlegm in the Stomach and Heat in the Gallbladder. Phlegm-Heat disturbs the chest and the Heart.



S: nausea, vomiting, acid regurgitation, palpitations, insomnia, dizziness, bitter taste in mouth, thirst, mental confusion, sticky phlegm in throat; neurosis.
T: red with greasy yellow coating
P: huá mài & shuò mài or huá mài & xiàn mài



Insomnia due to Xīn Xuè Xū. Palpitations due to Xuè Xū. Dizziness due to Yīn Xū.

CTPH = Herbs that Cool and Transform Phlegm-Heat
 TCP = Herbs that Transform Cold-Phlegm
 RQ = Regulate Qi
 DS = Drain Dampness
 BQ = Tonify Qi
 WARE = Warm, Acrid herbs that Release Exterior

Bèi Mǔ Guā Lóu Sǎn			
贝母瓜蒌散			
Fritillaria and Trichosanthes Fruit Powder			

Actions	Nourishes Fèi, moistens Zǎo and Clears Rè. Regulates Qì, transforms Tán and stops coughing.
Indications	<i>Fèi Tán-Zǎo causing coughing.</i>

Herb (yào)				Taste (wèi)				Temperature (qì)				Channel Entry (guī jīng)						Herb Action
				acid	bitter	blnd	swt	warm	neut	cool	cold	W	S	P	X	F	DC	
Chuān Bèi Mǔ	Jūn	CTPH	4.5															Clears Rè, moistens Fèi, resolves Tán, stops cough
Guā Lóu	Chén	CTPH	3															Circulates Fèi-Qì to open chest, Clears Rè, resolves Tán, generates fluids, moistens Zǎo
Tiān Huā Fěn	Zuǒ	CH	2.4															Nourishes Fèi, generates Jīn-Yè, moistens Zǎo, clears Rè, resolves Tán, stops cough
Fú Líng	Zuǒ	DS	2.4															Tonifies Pí, dries Shī to resolve Tán
Jú Hóng	Zuǒ	RQ	2.4															Activates Qì, resolves Tán
Jié Gěng	Zuǒ	TCP	2.4															Circulates Fèi-Qì, Resolves Tán, benefits the throat



Bensky: This condition is caused by dryness in the Lungs which injures the fluids causes phlegm.
Dry-phlegm type.
It is said that damp-phlegm is generated in the Spleen, while dry-phlegm arises in the Lungs.



S: dry cough, difficult expectoration of viscous white sputum, wheezing, dyspnea, dry mouth and throat.
T: red, dry with scanty dry coating
P: xī mài & shuò mài or huá mài & xī mài



Cough due to Yīn Xū.

CTPH = Herbs that Cool and Transform Phlegm-Heat
TCP = Herbs that Transform Cold-Phlegm
CH = Clear Heat
RQ = Regulate Qi
DS = Drain Dampness

Líng Guì Zhú Gān Tāng			
苓桂术甘汤			
Poria, Cinnamon Twig, Atractylodis, Meacrocephalae, and Licorice Decoction			

Actions	Resolves Tán-Yīn. Warms and strengthens Pí, resolves Shī.
Indications	Fèi Tán-Shī or Tán-Yīn Syndrome

Herb (yào)				Taste (wèi)				Temp (qì)		Channel Entry (guī jīng)						Herb Action
				acid	bitter	blnd	swt	warm	neut	W	S	P	X	F	PG	
Fú Líng	Jūn	DS	12													Tonifies Pí, dries Shī to resolve Tán
Guì Zhī	Jūn	WARE	9													Warms Yáng, resolves Tán, promotes urination
Bái Zhú	Zuǒ	BQ	6													Strengthens Pí, dries Shī
Zhì Gān Cǎo	Shī	BQ	6													Tonifies Zhōng Jiāo, harmonizes formula



Bensky: This is congested fluids in the epigastrium. Spleen Yang is weak an unable to transform fluids.



S: fullness of chest and hypochondrium, shortness of breath, coughing with expectoration of clear watery sputum, dizziness, palpitations..
T: pale, swollen, wet, smooth white coating
P: huá, ruò, chén, jīn mài



Yīn Xū conditions.

TCP = Herbs that Transform Cold-Phlegm
 RQ = Regulate Qi
 DS = Drain Dampness
 BQ = Tonify Qi
 WARE = Warm, Acrid herbs that Release Exterior

Zhǐ Sòu Sǎn			
止嗽散			
Stop Coughing Powder			

Actions	Circulates Fèi Qì, resolves Tán and stops cough. Releases Biǎo and dispels exogenous Fēng.
Indications	External Fēng-Tán causing cough.

Herb (yào)				Taste (wèi)			Temp (qì)		Channel Entry (guī jīng)					Herb Action	
				acrid	bitter	swt	warm	neut	W	P	G	X	F		
Zǐ Wǎn	Jūn	WTCP	960				-								Circulates Fèi-Qì, stops coughing, expels Tán (acute, chronic)
Bái Qián	Jūn	WTCP	960												Descends Fèi-Qì, stops coughing (any type), expels Tán (throat)
Bǎi Bù	Jūn	RCW	960												Circulates Fèi-Qì, stops coughing, moistens Fèi
Jié Gěng	Chén	TCP	960												Opens and circulates Fèi-Qì to resolve Tán, relieves sore throat, causes actions of other herbs to rise
Chén Pí	Chén	RQ	480												Activates Qì, resolves Tán
Jīng Jiè	Zuǒ	WARE	960				-								Releases external pathogens
Gān Cǎo	Shǐ	BQ	360												Stops coughing, relieves throat, harmonizes the formula



Bensky: This is Wind attacking the Lungs. This presentation usually occurs as the sequela to an externally-contracted disease that has been treated, but in which the cough persists. Jié Gěng and Chén Pí assist the Jūn to stop the coughing. Jié Gěng with Gān Cǎo is very effective in treating throat disorders due to externally-contracted Wind.



S: coughing with sputum, itchy sore throat, possible slight chills and fever, dislike of wind.
T: normal with thin white coating
P: fú mài (floating)



Cough due to Fèi-Rè or Fèi Tán-Rè. Chronic cough due to Yīn Xū.

TCP = Herbs that Transform Cold-Phlegm
RCW = Relieve Coughing & Wheezing
WTCP = Warm herbs that Transform Cold-Phlegm
RQ = Regulate Qi
BQ = Tonify Qi
WARE = Warm, Acrid herbs that Release Exterior