

Dāng Guī Sì Nì Tāng

当归四逆汤

Angelica Frigid Extremities Decoction

Actions

Warms Jīng (经) and dispels Hán.
Nourishes Xuè and opens Blood vessels.

Indications

Hán obstruction in Jīng with Xuè Xū

Herb (yào)				Taste (wèi)				Temp (qì)			Channel Entry (guī jīng)								Herb Action
				acid	bitter	sour	swt	cool	warm	neut	W	S	P	G	X	F	PG	XC	
Dāng Guī	Jūn	BX	9																Nourishes Xuè, warms and opens channels and blood vessels, relieves body & abdominal pain
Bái Sháo Yào	Chén	BX	9																Nourishes Xuè, relieves abdominal spasms & pain
Guì Zhī	Jūn	WARE	9																Warms Yáng, dispels Hán, opens Blood vessels
Xì Xīn	Chén	AHRE	6																dispels Hán, unblocks channels to relieve pain
Zhì Gān Cǎo	Zuǒ	BQ	6																Warms and tonifies Zhōng Jiāo, harmonizes formula
Dà Zǎo	Zuǒ	BQ	25p																Tonifies Zhōng Jiāo, nourishes Xuè
Mù Tōng	Shǐ	DD	6																Opens Blood vessels. Focuses effect formula on channels



Bensky: two formulas in one.
Can be used for Raynaud's disease, fibromyalgia, rheumatoid arthritis.
This is a frigid extremities disorder due to cold in the channels with blood deficiency. Not the same as Yīn- or cold-type collapsing disorder (due to interior cold from deficiency) or Yáng- or hot-type disorder (due to constrained Qì).



Yīn and fluids Xū with dryness (Zǎo) or Xū Rè.
Rè accumulation with cold limbs.
Patients with a dry constitution (elderly) and in warm seasons and climates, and preferably with addition of appropriate Yīn tonics.



S: chronic cold hands and feet, body aches and pain, no thirst
T: pale with white coating
P: chèn, xì, wēi mài

DD = Downward Draining
BX = Bù Xuè
BQ = Bù 气
AHRE = Acrid Herbs that Release Exterior
WARE = Acrid Warm herbs that Release Exterior

Lǐ Zhōng Wán

理中丸

Regulate the Middle Pill

Actions

Warms Zhōng Jiāo and dispels Hán.
Strengthens Pí and Wèi.

Indications

Pí and Wèi Yáng Xū with Hán
Bleeding from Pí Yáng Xū
Chronic infantile seizures from Pí injury
Profuse salivation and inclination for spitting saliva after chronic illness
Chest pain (bi) from Zhōng Jiāo Xū Hán

Herb (yào)				Taste (wèi)			Temp (qì)		Channel Entry (guī jīng)				Herb Action
				acid	bitter	swt	hot	warm	W	P	X	F	
Gān Jiāng	Jūn	WIEC	9										Warms Zhōng Jiāo, dispels Hán
Rén Shēn	Chén	BQ	9		-			-					Tonifies Pí and Wèi, Tonifies Qì
Bái Zhú	Zuǒ	BQ	9										Tonifies Pí, dries Shī, stops diarrhea, assists Rén Shén
Zhì Gān Cǎo	Zuǒ	BQ	9										Warms and tonifies Zhōng Jiāo, harmonizes formula



Bensky: Zhōng Jiāo Hán from Xū, also known as Zhōng Jiāo Yáng Xū.
When the Spleen yang is deficient, the clear yang cannot ascend, which causes diarrhea with watery stool. When the Stomach loses its ability to make the turbid yin descend, nausea and vomiting ensue. The loss of appetite is indicative of Spleen deficiency. When cold invades the abdomen, it causes contraction, and thus pain.



Because the formula is warming and drying:
Yīn Xū with Xū Rè.
Avoid using in conditions with fever caused by exogenous pathogens.



S: Pí and Wèi Yáng Xū with Hán: watery diarrhea of undigested food, no thirst, nausea, vomiting, indigestion, abdominal pain relieved by warmth or pressure, abdominal distension and stuffiness, fatigue, poor appetite
T: pale with white coating
P: chèn, ruò, chí mài

WEIC = Warm Interior, Expel Cold
BQ = Bū 气

Wú Zhū Yú Tāng

吴茱萸汤

Evodia Decoction

Actions

Warms and tonifies Wèi and Gān, and dispels Hán.
Descends rebellious Wèi Qì to stop vomiting.

Indications

1. Wèi Hán with Qì rebellion
2. Hán in Zú Jué Yīn Gān Jīng causing headache
3. Zú Shǎo Yīn Shèn Jīng Hán (足少阴肾经寒) causing vomiting and diarrhea

Herb (yào)				Taste (wèi)			Temp (qì)			Channel Entry (guī jīng)						Herb Action
				acid	bitter	swt	hot	warm	neut	W	S	P	G	X	F	
Wú Zhū Yú	✘	Jūn	WIEC	9-12												Warms Wèi, descends rebellious Qì, stops nausea and vomiting, spreads Gān Qì, relieves abdominal pain, warms Shèn, stops diarrhea
Shēng Jiāng		Chén	WARE	18				-								Warms Wèi, dispels Hán, relieves nausea and vomiting
Rén Shēn		Zuǒ	BQ	9		-										Tonifies Pí and Wèi, tonifies Qì, generates fluids
Dà Zǎo		Shǐ	BQ	12p												Warms and tonifies Zhōng Jiāo, harmonizes formula



Bensky: They all share a common, primary symptom (vomiting) and mechanism (cold from deficiency of the middle burner). Depending on the other aspects of the presentation, the problem is said to be either a Yáng Míng (first), Jué Yīn (second), or Shǎo Yīn (third) disorder.
Sù Wèn Ch. 39.



Cases of vomiting or acid regurgitation arising from heat.



- 1. Wèi Hán with Qì rebellion:**
S: Nausea and vomiting immediately after eating, abdominal fullness or tight pain, discomfort or pain in the epigastric region, sour regurgitation
T: pale with moist white coating
P: ruò or xiàn or chí mài
- 2. Hán in Zú Jué Yīn Gān Jīng causing headache:**
S: Vertex headache that feels cold, dry heaves or spitting of clear saliva
T: pale with moist white coating
P: xiàn or chí mài
- 3. Zú Shǎo Yīn Shèn Jīng Hán**
S: vomiting and watery diarrhea, cold hands and feet, severe mental agitation
T: pale with white, slippery coating
P: ruò or xiàn or chí mài

WEIC = Warm Interior, Expel Cold
 WARE = Warm, Acrid herbs that Release Exterior
 BQ = Bù 气

Xiǎo Jiàn Zhōng Tāng

小建中汤

Minor Construct the Middle Decoction

Actions

Warms and tonifies Zhōng Jiāo.
Relieves abdominal pain.

Indications

Pí Yáng Xū with *Hán* causing abdominal pain.

Herb (yào)				Taste (wèi)				Temp (qì)			Channel Entry (guī jīng)						Herb Action
				acid	bitter	sour	swt	cool	warm	neut	W	P	G	X	F	PG	
Yí Táng	Jūn	BQ	18-30				■		-		■	■			■		Warms and tonifies Zhōng Jiāo, relieves abdominal spasms & pain
Guì Zhī	Jūn	WARE	9	■			■		■					■	■	■	Warms Yáng and Qì, dispels Hán
Bái Sháo Yào	Chén	BX	18		■	■		■				■	■				Nourishes Xuè, relieves abdominal spasms & pain
Zhì Gān Cǎo	Zuǒ	BQ	6				■		■		■	■		■	■		Warms and tonifies Zhōng Jiāo, relieves abdominal with Bái Sháo Yào, harmonizes formula
Dà Zǎo	Shǐ	BQ	12p				■			■	■	■					Tonifies and harmonizes Zhōng Jiāo nourishes Xuè
Shēng Jiāng	Shǐ	WARE	9	■					-		■				■		Warms Zhōng Jiāo , regulates Wèi, stops nausea and vomiting



Bensky: This is spasmodic abdominal pain due to consumptive deficiency (xū láo). Bái Sháo Yào combined with Guì Zhī harmonizes the relationship between yíng and wèi qì (nutritive and protective). Dà Zǎo together with Shēng Jiāng also harmonize the relationship between yíng and wèi qì. This is a popular formula which can be used for a variety of consumptive disorders with yáng deficiency. Compare with guì zhī jiā sháo yào tāng (p. 37).



Yīn Xū with Xū Rè.
Nausea, vomiting or abdominal distension.
Intestinal roundworms.

BX = Bǔ Xuè
BQ = Bǔ 气
WARE = Acrid Warm herbs that Release Exterior



S: intermittent colicky abdominal pain that is relieved by warmth or pressure; poor appetite, palpitations, pale dull complexion, irritability, possible low-grade fever
T: pale with thin white coating
P: ruò, xiàn, chí mài

Dà Jiàn Zhōng Tāng

大建中汤

Major Construct the Middle Decoction

Actions

Warms and tonifies Zhōng Jiāo.
Descends rebellious Qì, relieves pain and stops vomiting.

Indications

Zhōng Jiāo Shí Hán causing abdominal pain.

Herb (yào)				Taste (wèi)			Temp (qì)		Channel Entry (guī jīng)					Herb Action
				acrid	bitter	swt	hot	warm	W	S	P	X	F	
Chuān Jiāo ✘	Jūn	WIEC	3-9											Warms Zhōng Jiāo, dispels Hán, resolves accumulation, kills parasites, relieves abdominal pain
Gān Jiāng	Chén	WIEC	12											Warms Zhōng Jiāo, dispels Hán, relieves nausea, stops vomiting, relieves abdominal pain
Rén Shēn	Zuǒ	BQ	6		-			-						Tonifies Pí and Wèi, tonifies Qì
Yí Táng	Zuǒ	BQ	18-30					-						Warms and tonifies Zhōng Jiāo, relieves abdominal pain



Bensky: This is weakness and deficiency of the middle burner yang (the root), and yin or cold which is ascendant in the interior (the manifestation). This combination of deficiency and excess is reflected in the distinctive characteristics of the pain and cold in the abdomen. The source text advises to eat rice porridge after taking the formula. Based on Sù Wèn Ch. 22.



Abdominal pain arising from food stagnation.
Shī-Rè conditions.
Xuè or Yīn Xū conditions.



S: Zhōng Jiāo Shí Hán causing abdominal pain: intense colicky abdominal pain that is worse with pressure to the abdomen, a cold feeling in the abdomen, nausea, vomiting (causing inability to eat), flatulence
T: pale with white moist coating
P: jīn or chí and xiàn mài

WEIC = Warm Interior, Expel Cold
BQ = Bū 气

Sì Nì Tāng

四逆汤

Frigid Extremities Decoction

Actions

Warms Shèn and Pí, relieves diarrhea and abdominal pain.
Tonifies Shèn Yáng and rescues devastated Yáng.

Indications

Hán in Shǎo Yīn syndrome (Jué Yīn syndrome)
Devastated Yáng syndrome
True Hán and false Rè syndrome

Herb (yào)					Taste (wèi)		Temp (qì)		Channel Entry (guī jīng)					Herb Action	
					acid	swt	hot	warm	W	S	P	X	F		
Fù Zǐ	✘	Jūn	WIEC	6-9			+								Warms internal, dispels Hán, tonifies Shèn-Yáng, restores collapsed Yáng
Gān Jiāng		Chén	WIEC	4.5											Warms Zhōng Jiāo, dispels Hán, relieves nausea, stops vomiting, relieves abdominal pain
Zhì Gān Cǎo		Zuǒ	BQ	6											Warms and tonifies Zhōng Jiāo, harmonizes formula



Bensky: This is Kidney Yang deficiency accompanied by an increase of internal cold. The significance of this formula lies in its ability to strengthen the yang of both the Spleen and the Kidneys.
There are two etiologies for this pattern: chronic yang qi deficiency which leads to devastated yang; or devastated yang due to excessive sweating.
This type of disorder is called 'collapsing rebellion' (jué nì) or 'frigid extremities' (sì nì). The classics describe three types of collapsing disorders: emotional problems accompanied by a sensation of qi rushing upwards from the abdomen to the chest; sudden fainting; and extreme cold in the extremities



Cold limbs due to Qì stagnation. Xuè Xū due to true Rè with false Hán.



Hán in Shǎo Yīn syndrome (Jué Yīn syndrome):
S: cold limbs and extremities, fear of cold, the patient prefers to lie curled up in a fetal position, vomiting, watery diarrhea with undigested food, abdominal pain with a feeling of cold, fatigue, somnolence, no thirst.
T: pale or dusky with moist coating
P: chén and wēi mài

Devastated Yáng syndrome:
S: profuse cold sweating, pale face, cold limbs, fear of cold, weak breath, mental fatigue and somnolence, desire for warm water, sudden fainting.
T: pale with white coating
P: wēi mài

True Hán and false Rè syndrome:
S: feverishness, flushed face, desire for warm drinks, loose stool, copious clear urine
T: pale with white coating
P: fú, ruò mài

WEIC = Warm Interior, Expel Cold
BQ = Bū 气