# Bai Hu Tang

**White Tiger Decoction**

<table>
<thead>
<tr>
<th>Actions</th>
<th>Clear Rè from Qì level. Generates fluids and relieves thirst.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indications</td>
<td>Shì Rè in Qì level or Yáng Míng channel causing four great symptoms</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Herb (yào)</th>
<th>Taste (wèi)</th>
<th>Temp (qì)</th>
<th>Channel Entry (guī jíng)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shì Gāo</td>
<td>Jūn DF 30</td>
<td>warm cold</td>
<td>F P X W S</td>
</tr>
<tr>
<td>Zhǐ Mǔ</td>
<td>Chén DF 9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zhǐ Gān Cāo</td>
<td>Zuō BQ 3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Geng Mī</td>
<td>Shǐ 9-15</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Herb Action**

- Clears Rè, generates fluids, relieves thirst and irritability
- Clears Rè, generates fluids, relieves thirst
- Tonifies Qì, harmonizes formula
- 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.

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

**Actions**

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

This formula is frequently modified.

**Notes**

- **DF** = Drain Fire
- **BQ** = Bū Qì

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 lì), hōng or huá , shuò mài
# Qīng Rè Ji

## Formulas that Clear Rè and Relieve Toxicity

### Huang Lián Jiě Dú Tāng

<table>
<thead>
<tr>
<th>Huáng Lián decoction to relieve toxicity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coptis Relieve Toxin Decoction</td>
</tr>
</tbody>
</table>

### Actions
- Clear Rè and toxin from all three warmers.

### Indications
- Huŏ toxin obstructing all three warmers.

### Herb Action
- **Clears Rè, focusing on Zhōng Jiāo**
- **Clears Rè, focusing on Shàng Jiāo**
- **Clears Rè, focusing on Xià Jiāo**
- **Clears Rè and toxin, drains Shī, drains Huŏ in all three Jiāo, promotes urination. Relieves irritability**

### Herb

<table>
<thead>
<tr>
<th>Herb (yào)</th>
<th>Taste (wèi)</th>
<th>Temp (qì)</th>
<th>Channel Entry (guī jìng)</th>
<th>Herb Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Huáng Lián</td>
<td>Jūn</td>
<td>CHDD 9</td>
<td>F X W S G D DC PG SJ</td>
<td></td>
</tr>
<tr>
<td>Huáng Qin</td>
<td>Chén</td>
<td>CHDD 6</td>
<td>F X W S G D DC PG SJ</td>
<td></td>
</tr>
<tr>
<td>Huáng Bǎi</td>
<td>Zuǒ</td>
<td>CHDD 6</td>
<td>F X W S G D DC PG SJ</td>
<td></td>
</tr>
<tr>
<td>Shān Zhī Zǐ</td>
<td>Zuǒ</td>
<td>DF 6-12</td>
<td>F X W S G D DC PG SJ</td>
<td></td>
</tr>
</tbody>
</table>

### Taste (wèi)
- bitter

### Temp (qì)
- cold

### Channel Entry (guī jìng)
- F
- X
- W
- S
- G
- D
- DC
- PG
- SJ

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

**CHDD = Clear Heat & Dry Dampness**

**DF = Drain Fire**

---

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
Má Xìng Shí Gān Tāng

Ephedra, Apricot Kernel, Gypsum and Licorice Decoction

**Actions**
Clear Rè from Fèi, circulates Fèi-Qì and stops wheezing, releases Biăo Fēng-Rè.

**Indications**
Fèi Rè with or without Biăo Fēng-Rè.

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

<table>
<thead>
<tr>
<th>Herb (yào)</th>
<th>Taste (wèi)</th>
<th>Temp (qì)</th>
<th>Channel Entry (guī jīng)</th>
<th>Herb Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Má Huáng</td>
<td>Jūn, AHRE</td>
<td>warm</td>
<td>F, P, W, X, DC, PG</td>
<td>Circulates Fèi-Qì, stops coughing and wheezing, releases Biăo Fēng-Rè</td>
</tr>
<tr>
<td>Shí Gāo</td>
<td>Jūn, DF</td>
<td>cool</td>
<td>+</td>
<td>Clears Rè from Fèi and Wèi, relieves thirst</td>
</tr>
<tr>
<td>Xìng Rén</td>
<td>Chén, RCW</td>
<td>-</td>
<td>-</td>
<td>Descends Fèi-Qì, stops coughing and wheezing</td>
</tr>
<tr>
<td>Zhi Gān Cāo</td>
<td>Shī, BQ</td>
<td>-</td>
<td>+</td>
<td>Moistens Fèi, harmonizes the formula</td>
</tr>
</tbody>
</table>

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 Biăo Fēng-Rè

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.
Xìng Rén assists Má Huáng.

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

AHRE = Acrid Herbs that Release Exterior
RCW = Releive Coughing & Wheezing
DF = Drain Fire
BQ = Bû Qì
**Lóng Dǎn Xìè Gān Tāng**  
Gentiana Longdancau Decoction to Drain the Liver

**Gentiana Drain Liver Decoction**

| Actions | Clear 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)

<table>
<thead>
<tr>
<th>Taste (wèi)</th>
<th>Temp (qì)</th>
<th>Channel Entry (guī jìng)</th>
<th>Herb Action</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>acrid/bitter</td>
<td>warm</td>
<td>cool/neut</td>
</tr>
<tr>
<td>Lóng Dǎn Cǎo</td>
<td>Jūn</td>
<td>CHDD</td>
<td>3-9</td>
</tr>
<tr>
<td>huáng qín</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chái Hú</td>
<td>Chén</td>
<td>AHRE</td>
<td>3-9</td>
</tr>
<tr>
<td>Mù Tōng</td>
<td>Zuǒ</td>
<td>DD</td>
<td>3-6</td>
</tr>
<tr>
<td>Chè Qián Zī</td>
<td>Zuǒ</td>
<td>DD</td>
<td>9-15</td>
</tr>
<tr>
<td>Zé Xiè</td>
<td>Zuǒ</td>
<td>DD</td>
<td>6-12</td>
</tr>
<tr>
<td>Shēng Dì Huáng</td>
<td>Zuǒ</td>
<td>CB</td>
<td>9-15</td>
</tr>
<tr>
<td>Dāng Guī</td>
<td>Zuǒ</td>
<td>BX</td>
<td>6-12</td>
</tr>
<tr>
<td>Gān Cǎo</td>
<td>Zuǒ</td>
<td>BQ</td>
<td>3-6</td>
</tr>
</tbody>
</table>

CHDD = Clear Heat & Dry Dampness  
DF = Drain Fire  
AHRE = Acrid Herbs that Release Exterior  
DD = Drain Dampness  
CB = Cool Blood  
BX = Bù Xùe  
BQ = Bù Qì

Mù Tōng, Chè Qián Zī, Zé Xiè drain Rè from Shàng Jiāo and eliminate Shī-Rè from Xià Jiāo by promoting 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.

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

**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, polyhydrocics around external genitals, thick fetid yellow leucorrhhea, vaginal pruritus, short menstrual cycle, dark menstrual flow.  
T: red with greasy yellow coating  
P: huá, xián, shí, shuò mài

**Pi and Wèi Qì Xū**, fluids Xuè, long-term or large usage.
### Qing Hao Bei Jia Tang

**Artemisia Annua and Soft-Shelled Turtle Shell Decoction**

**Indications**

Nourish Yin and clear Xu Re during later-stage febrile disease.

**Actions**

Yin with Xu Re during later-stage febrile disease.

<table>
<thead>
<tr>
<th>Herb (yao)</th>
<th>Taste (wei)</th>
<th>Temp (qi)</th>
<th>Channel Entry (gui jing)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bi Jia</td>
<td>acrid, bitter, swt</td>
<td>cold, cool</td>
<td>F, P, X, W, S, G, D</td>
</tr>
<tr>
<td>Qing Hao</td>
<td>Jun, CRS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zhi Mu</td>
<td>Chen, DF</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sheng Di Huang</td>
<td>Chen, CB</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Mu Dan Pi</td>
<td>Zuo, CB</td>
<td>9</td>
<td></td>
</tr>
</tbody>
</table>

**Herb Action**

- Nourishes Yin and clears Xu Re
- Clears Xu Re, cools Xu
- Nourishes Yin, clears Xu and Shi Re
- Nourishes Yin and clears Xu Re, cools Xu
- Tonifies Qi, protects Wei from cold herbs

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

Simultaneously nourish the Yin and vent Re.

Bi Jia enters the Yin regions to enrich Yin and reduce the fever from Xu. It is coupled with Qing Hao, which vents Re and expels it from the body.

Sheng Di Huang and Zhi Mu assist Bi Jia in nourishing Yin and clearing Re from Xu.

Mu Dan Pi assists Qing Hao in venting and dispersing Re.

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: xi, shu m"ai

Qi-stage heat.

With a tendency present for spasms or seizures due to Yin Xu.

DF = Drain Fire

BYi = Bu Yin

CRS = Clear and Relieve Summerheat

CB = Cool Blood

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图中展示了热证的分类和相关概念。

- **Heat syndromes**
  - **Xū Rè**
  - **Shí Rè**
    - Rè between Biǎo and Lì
  - **Lǐ Rè**
    - By Zàng-Fǔ location
    - By Wēn Bing stages
- **By Zàng-Fǔ location**
  - **Wèi Rè**
  - **Shèn Rè**
  - **Rè and Shī**
  - **Rè between Biǎo and Lì**
- **By Wēn Bing stages**
  - **Wèi**
  - **Qi**
  - **Yīng**
  - **Xuè**

**In**
- **Pí**
- **Dà Cháng**
- **Xiǎo Cháng**
- **Dān**
- **Páng Guāng**

**Related terms**
- **Xīn Huó**
- **Fèi Rè**
- **Gǎn Huǒ**
- **Wèi Rè**
- **Shèn Yīn Xū with Xū Rè**
- **Shèn Huǒ**

**Location**
- **Biǎo**
- **Lì**

**Stages**
- **Wēn Bing**

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