### Formulas that Treat Phlegm

#### Èr Chén Tāng

<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>Bàn Xià</td>
<td>acid, bitter</td>
<td>warm</td>
<td>W S P G X F</td>
<td>Dries Shī and Resolves Tán. Regulates Qi and harmonizes Zhōng Jiāo.</td>
</tr>
<tr>
<td>Jú Hóng *</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fú Líng</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zhi Gàn Cǎo</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Indications:** Shī-Tán Syndrome

**Actions:**
- Dries Shī and Resolves Tán
- Regulates Qi and harmonizes Zhōng Jiāo.

**Indications:**
- Shī-Tán Syndrome

This is Damp-Phlegm from the Spleen failing to properly transport the fluids, which thereupon accumulate and form Phlegm.
Phlegm follows the flow of Qi upward to the Lungs where it interferes with its Qi mechanism and produces coughing.
Phlegm also interferes with the normal descent of the Stomach Qi, which leads to nausea or vomiting.

**Notes:**
- Improper use can lead to excessive thirst and a dry throat. Cough associated with Fèi Yín Xū.
- TCP = Herbs that Transform Cold-Phlegm
- RQ = Regulate Qi
- DS = Drain Dampness
- BQ = Tonify Qi

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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
### Wēn Dān Tāng

**Actions**
- Clears Rè from Dān and regulates Wèi.
- Regulates Qì and transforms Tán.

**Indications**
- Dān and Wèi disharmony with Tán-Rè.

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<table>
<thead>
<tr>
<th>Herb (yào)</th>
<th>Taste (wèi)</th>
<th>Temp (qì)</th>
<th>Channel Entry (guī jìng)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zhú Rú</td>
<td>acid, bitter</td>
<td>warm</td>
<td>CTPH 6</td>
</tr>
<tr>
<td>Zhī Shī</td>
<td></td>
<td></td>
<td>RQ 6</td>
</tr>
<tr>
<td>Bàn Xià</td>
<td>Zuǒ</td>
<td>cool</td>
<td>TCP 6</td>
</tr>
<tr>
<td>Chēn Pǐ</td>
<td>Zuǒ</td>
<td></td>
<td>RQ 9</td>
</tr>
<tr>
<td>Fú Líng</td>
<td>Zuǒ</td>
<td></td>
<td>DS 4.5</td>
</tr>
<tr>
<td>Gān Cāo</td>
<td>Zuǒ</td>
<td></td>
<td>BQ 3</td>
</tr>
<tr>
<td>Shēng Jiāng</td>
<td>Shǐ</td>
<td></td>
<td>WAR 3-6</td>
</tr>
</tbody>
</table>

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**Herb Action**
- **Zhú Rú**
  - CTPH: Clears Rè, resolves Tán, relieves restlessness, stops nausea and vomiting.
  - TCP: Activates Qì, resolves Tán, breaks up accumulation.
  - RQ: Dries Shī, resolves Tán, harmonizes Wèi-Qì, lowers rebellious Wèi-Qì to relieve nausea, vomiting.
  - DS: Tonifies Pí, dries Shī.
  - BQ: Tonifies Zhōng Jiāo, harmonizes formula.
  - WAR: Resolves Tán, lowers Qì rebellion, stops nausea and vomiting, detoxifies Bàn Xià’s toxicity.

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**Insomnia due to Xīn Xuè Xuè. Palpitations due to Xuè Xuè. Dizziness due to Yǐn Xū.**

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**Formulas that Clear Heat and Transform Phlegm**

- **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

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**Notes**

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

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### Formulas that Treat Phlegm

#### Bèi Mǔ Guā Lòu Sǎn  
**Béi Mǔ Guā Lòu Sǎn**

**Actions**
Nourishes Fèi, moistens Zào and Clears Rè. Regulates Qì, transforms Tán and stops coughing.

**Indications**
Fèi Tán-Zào causing coughing.

**Fritillaria and Trichosanthes Fruit Powder**

<table>
<thead>
<tr>
<th>Herb (yào)</th>
<th>Taste (wèi)</th>
<th>Temperature (qì)</th>
<th>Channel Entry (guī jìng)</th>
<th>Herb Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chuān Bèi Mǔ</td>
<td>Jūn CTPH</td>
<td>acrid blnd swt</td>
<td>W S P X F DC</td>
<td>Clears Rè, moistens Fèi, resolves Tán, stops cough</td>
</tr>
<tr>
<td>Guā Lóu</td>
<td>Chén CTPH</td>
<td>bitter swt</td>
<td></td>
<td>Circulates Fèi-Qì to open chest, Clears Rè, resolves Tán, generates fluids, moistens Zào</td>
</tr>
<tr>
<td>Tiān Huā Fén</td>
<td>Zuō CH</td>
<td>warm neut cool</td>
<td></td>
<td>Nourishes Fèi, generates Jīn-Yè, moistens Zào, clears Rè, resolves Tán, stops cough</td>
</tr>
<tr>
<td>Fū Líng</td>
<td>Zuō DS</td>
<td>cool swt</td>
<td></td>
<td>Tonifies Pí, dries Shī to resolve Tán</td>
</tr>
<tr>
<td>Jú Hóng</td>
<td>Zuō RQ</td>
<td></td>
<td></td>
<td>Activates Qì, resolves Tán</td>
</tr>
<tr>
<td>Jié Géng</td>
<td>Zuō TCP</td>
<td></td>
<td></td>
<td>Circulates Fèi-Qì, Resolves Tán, benefits the throat</td>
</tr>
</tbody>
</table>

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.

**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

S: dry cough, difficult expectoration of viscous white white sputum, wheezing, dyspnea, dry mouth and throat.  
T: red, dry with scanty dry coating  
P: xì mài & shuò mài or huá mài & xì mài
### Líng Guì Zhú Gān Tāng
苓桂术甘汤

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<tr>
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</thead>
<tbody>
<tr>
<td>Fú Líng</td>
<td>acrid</td>
<td>warm</td>
<td>W</td>
<td>S</td>
</tr>
<tr>
<td>Guì Zhī</td>
<td>bitter</td>
<td>neut</td>
<td></td>
<td>Warms Yang, resolves Tán, promotes urination</td>
</tr>
<tr>
<td>Báí Zhú</td>
<td>blind</td>
<td>neut</td>
<td></td>
<td>Strengthens Pi, dries Shī</td>
</tr>
<tr>
<td>Zhī Gān Cāo</td>
<td>swt</td>
<td>neut</td>
<td></td>
<td>Tonifies Zhōng Jiāo, harmonizes formula</td>
</tr>
</tbody>
</table>

**Actions**: Resolves Tán-Yīn. Warms and strengthens Pi, resolves Shī.

**Indications**: Fēi Tán-Shī or Tán-Yīn Syndrome

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**Formulas that Treat Phlegm**

**Formulas that Warm and Transform Cold-Phlegm**

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**Bensky**: This is congested fluids in the epigastrium. Spleen Yang is weak and 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

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**Yǐn Xū conditions.**

TCP = Herbs that Transform Cold-Phlegm
RQ = Regulate Qi
DS = Drain Dampness
BQ = Tonify Qi
WARE = Warm, Acrid herbs that Release Exterior
<table>
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<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Zǐ Wăn</td>
<td>acrid, bitter</td>
<td>warm, neut</td>
<td>W TCP RQ</td>
</tr>
<tr>
<td>Bài Qián</td>
<td>acrid</td>
<td>-</td>
<td>W TCP</td>
</tr>
<tr>
<td>Bǎi Bù</td>
<td>acrid, bitter</td>
<td>-</td>
<td>W TCP</td>
</tr>
<tr>
<td>Jié Gēng</td>
<td>bitter, acrid</td>
<td>warm, neut</td>
<td>W TCP</td>
</tr>
<tr>
<td>Chén Pí</td>
<td>bitter</td>
<td>-</td>
<td>W TCP</td>
</tr>
<tr>
<td>Jīng Jiè</td>
<td>warm</td>
<td>W X F</td>
<td>TCP W TCP</td>
</tr>
<tr>
<td>Gòn Cǎo</td>
<td>bitter</td>
<td>-</td>
<td>B TCP</td>
</tr>
</tbody>
</table>

**Actions**
Circulates Fèi Qi, resolves Tán and stops cough. Releases Biǎo and dispels exogenous Fèng.

**Indications**
External Fèng-Tán causing cough.

**Herb Action**
- Circulates Fèi-Qì, stops coughing, expels Tán (acute, chronic)
- Descends Fèi-Qì, stops coughing (any type), expels Tán (throat)
- Circulates Fèi-Qì, stops coughing, moistens Fèi
- Opens and circulates Fèi-Qì to resolve Tán, relieves sore throat, causes actions of other herbs to rise
- Activates Qi, resolves Tán
- Releases external pathogens
- 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 Gēng and Chén Pí assist the Jūn to stop the coughing.
Jié Gēng with Gòn Cǎo is very effective in treating throat disorders due to externally-contracted Wind.

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