## Dāng Guī Sì Nǐ Tāng

**当归四逆汤**

Angelica Frigid Extremities Decoction

<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>Dāng Guī</td>
<td>Jūn</td>
<td>BX</td>
<td>9</td>
<td>Nourishes Xuè, warms and opens channels and blood vessels,</td>
</tr>
<tr>
<td></td>
<td>acid, bitter</td>
<td>cool, warm</td>
<td>neut</td>
<td>relieves body &amp; abdominal pain.</td>
</tr>
<tr>
<td>Bái Sháo Yāo</td>
<td>Chén</td>
<td>BX</td>
<td>9</td>
<td>Nourishes Xuè, relieves abdominal spasms &amp; pain.</td>
</tr>
<tr>
<td>Guī Zhī</td>
<td>Jūn</td>
<td>WARE</td>
<td>9</td>
<td>Warms Yáng, dispels Hán, opens Blood vessels</td>
</tr>
<tr>
<td>Xī Xīn</td>
<td>Chén</td>
<td>AHRE</td>
<td>6</td>
<td>dispels Hán, unblocks channels to relieve pain.</td>
</tr>
<tr>
<td>Zhi Gān Cāo</td>
<td>Zuō</td>
<td>BQ</td>
<td>6</td>
<td>Warms and tonifies Zhōng Jiāo, harmonizes formula.</td>
</tr>
<tr>
<td>Dà Zāo</td>
<td>Zuō</td>
<td>BQ</td>
<td>25p</td>
<td>Tonifies Zhōng Jiāo, nourishes Xuè.</td>
</tr>
<tr>
<td>Mù Tōng</td>
<td>Shǐ</td>
<td>DD</td>
<td>6</td>
<td>Opens Blood vessels. Focuses effect formula on channels.</td>
</tr>
</tbody>
</table>

**Actions**

- Warms Jing (ķī) and dispels Hán.
- Nourishes Xuè and opens Blood vessels.

**Indications**

Hán obstruction in Jing with Xuè Xu

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**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 Qi).

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**Indications:**

- Yi and fluids Xu with dryness (Zāo) or Xu Rè.
- Rè accumulation with cold limbs.
- Patients with a dry constitution (elderly) and in warm seasons and climates, and preferably with addition of appropriate Yi nin tonics.

**Notes:**

- DD = Downward Draining
- BX = Bā Xuè
- BQ = Bā āì
- AHRE = Acrid Herbs that Release Exterior
- WARE = Acrid Warm herbs that Release Exterior
**Lǐ Zhōng Wán**

**Actions**
- Warms Zhōng Jiāo and dispels Hàn.
- Strengthens Pí and Wèi.

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

<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>Gān Jiāng</td>
<td>Jùn</td>
<td>WIEC</td>
<td>9</td>
</tr>
<tr>
<td>Rén Shēn</td>
<td>Chén</td>
<td>BQ</td>
<td>9</td>
</tr>
<tr>
<td>Bái Zhú</td>
<td>Zuǒ</td>
<td>BQ</td>
<td>9</td>
</tr>
<tr>
<td>Zhī Gān Cāo</td>
<td>Zuǒ</td>
<td>BQ</td>
<td>9</td>
</tr>
</tbody>
</table>

**Herb Action**
- Warms Zhōng Jiāo, dispels Hàn
- Tonifies Pí and Wèi, Tonifies Qì
- Tonifies Pí, dries Shī, stops diarrhea, assists Rén Shēn
- 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: Yin Xū with Xū Rè. Avoid using in conditions with fever caused by exogenous pathogens.

S: Pí and Wèi Yáng Xū with Hàn: 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 = Bù 胃气
**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) causing vomiting and diarrhea

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**Herb (yào)**

<table>
<thead>
<tr>
<th>Herb</th>
<th>Taste (wèi)</th>
<th>Temp (qì)</th>
<th>Channel Entry (guī jìng)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wú Zhū Yú</td>
<td>acid, bitter</td>
<td>hot</td>
<td>WIEC</td>
</tr>
<tr>
<td>Shèng Jiāng</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rén Shēn</td>
<td></td>
<td></td>
<td>BQ</td>
</tr>
<tr>
<td>Dà Zǎo</td>
<td></td>
<td></td>
<td>BQ</td>
</tr>
</tbody>
</table>

**Herb Action**

- Warms Wèi, descends rebellious Qì, stops nausea and vomiting, spreads Gān Qì, relieves abdominal pain, warms Shèn, stops diarrhea
- Warms Wèi, dispels Hán, relieves nausea and vomiting
- Tonifies Pí and Wèi, tonifies Qì, generates fluids
- Warms and tonifies Zhōng Jiāo, harmonizes formula

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**Taste (wèi)**

- acid
- bitter
- sweet (swt)

**Temp (qì)**

- hot
- warm
- neutral (neut)

**Channel Entry (guī jìng)**

- W
- S
- P
- G
- X
- F

**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.

Sū Wèn Ch. 39.

**Cases of vomiting or acid regurgitation arising from heat.**

**WEIC** = Warm Interior, Expel Cold

**WARE** = Warm, Acrid herbs that Release Exterior

**BQ** = Bā ㄆ
# Xiao Jian Zhong Tang

**Actions**  
Warms and tonifies Zhong Jiao.  
Relieves abdominal pain.

**Indications**  
Pí Yáng Xū with Hán causing abdominal pain.

<table>
<thead>
<tr>
<th>Herb (yào)</th>
<th>Taste (wèi)</th>
<th>Temp (qì)</th>
<th>Channel Entry (guī jīng)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yi Táng</td>
<td>Jūn BQ 18-30</td>
<td>cool</td>
<td>W P G X F PG</td>
</tr>
<tr>
<td>Gui Zhī</td>
<td>Jūn WARE 9</td>
<td>warm</td>
<td></td>
</tr>
<tr>
<td>Bái Sháo Yao</td>
<td>Chén BX 18</td>
<td>neut</td>
<td></td>
</tr>
<tr>
<td>Zhi Gàn Cào</td>
<td>Zuō BQ 6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dà Zāo</td>
<td>Shī BO 12p</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shēng Jiāng</td>
<td>Shī WARE 9</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Herb Action**

- **Warms and tonifies Zhong Jiao, relieves abdominal spasms & pain**
- **Warms Yáng and Qi, dispels Hán**
- **Nourishes Xuè, relieves abdominal spasms & pain**
- **Warms and tonifies Zhong Jiao, relieves abdominal with Bái Sháo Yao, harmonizes formula**
- **Tonifies and harmonizes Zhong Jiao nourishes Xuè**
- **Warms Zhōng Jiāo, regulates Wèi, stops nausea and vomiting**

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**Bensky:** This is spasmodic abdominal pain due to consumptive deficiency (xū lǎo). Bái Sháo Yao combined with Gui Zhī harmonizes the relationship between yíng and wèi qì (nutritive and protective). Dà Zāo 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).

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

**BX = Bù Xùe**  
**BQ = Bù qì**  
**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  

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**Dà Jiàn Zhōng Tāng**

大建中汤

**Major Construct the Middle Decoction**

<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></td>
<td>acrid</td>
<td>bitter</td>
<td>swt</td>
<td>hot</td>
</tr>
<tr>
<td>Chuān Jiāo</td>
<td>✔️</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gān Jiāng</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rén Shēn</td>
<td>Zūō</td>
<td>BQ</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Yī Táng</td>
<td>Zūō</td>
<td>BQ</td>
<td>18:30</td>
<td></td>
</tr>
</tbody>
</table>

**Actions**

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

**Indications**

Zhōng Jiāo Shí Hán causing abdominal pain.

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**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-Ré conditions.

Xué or Yǐn 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:** jǐn or chí and xiān mài

**WEIC = Warm Interior, Expel Cold**

**BQ = Bù 氣**
**Sì Nì Tāng**

四逆汤

Frigid Extremities Decoction

<table>
<thead>
<tr>
<th>Actions</th>
<th>Warms Shèn and Pí, relieves diarrhea and abdominal pain. Tonifies Shèn Yáng and rescues devastated Yáng.</th>
</tr>
</thead>
</table>
| Indications | **Hán in Shào Yín syndrome** (Jué Yín syndrome)  
Devastated Yáng syndrome  
True Hán and false Rè syndrome |

### Formulas that Rescue Devastated Yang

| Hán in Shào Yín syndrome (Jué Yín syndrome):  
Devastated Yáng syndrome  
True Hán and false Rè syndrome: |
<table>
<thead>
<tr>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
</tr>
<tr>
<td>T: pale or dusky with moist coating</td>
</tr>
<tr>
<td>P: chén and wēi mài</td>
</tr>
</tbody>
</table>

**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 Qi stagnation. Xuè Xù due to true Rè with false Hán.**

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