
Lecture Five

Qì-Rectifying Medicinals

理气药 *Lǐ Qì Yào*

In this lecture, I discuss medicines that move qì, downbear qì, and break qì. The notion of “rectifying qì” also includes “supplementing qì.” Nevertheless, I will not discuss qì-supplementing medicinals in this lecture since they have already been discussed in Lecture Four.

1. 陈皮 Chén Pí Tangerine Peel

Citri Reticulatae Pericarpium

Including

- ▷ *Jú hóng* (橘红 red tangerine peel, Citri Reticulatae Exocarpium Rubrum)
- ▷ *Jú luò* (橘络 tangerine pith, Citri Fructus Fasciculus Vascularis)
- ▷ *Jú hé* (橘核 tangerine pip, Citri Reticulatae Semen)
- ▷ *Jú yè* (橘叶 tangerine leaf, Citri Reticulatae Folium)

Chén pí (tangerine peel)¹ is acrid and bitter in flavor and warm in nature. It is a commonly used qì-rectifying medicinal and has an additional effect of drying dampness and transforming phlegm.

1. Dispersing Distention and Checking Retching: For lung-stomach qì stagnation that manifests in signs such as oppression in the chest, epigastric distention and fullness, nausea, vomiting, and distention and pain in the chest and abdomen, *chén pí* is combined with medicinals such as *zhǐ qiào* (bitter orange), *bàn xià* (pinellia), *sū gěng* (perilla stem), and *sū zǐ* (perilla fruit). a) For concurrent presence of stomach heat (yellow tongue fur, liking for cold foods and drinks, rapid

¹*Chén pí* (tangerine peel) is derived from *Citrus reticulata* BLANCO. The same item grown in Guǎngdōng Province is termed *guǎng chén pí* (southern tangerine peel) and is considered to be the best. *Huà jú hóng* (red Huàzhōu pomelo peel) is *Citrus grandis* (L.) OSBECK. The various forms of *jú hóng* (red tangerine peel) generally come wrapped in packets with string and often are cut in a flower petal pattern. *Jú hóng* (red tangerine peel) is about twice as thick as *chén pí*. *Chén pí* is usually orange or red whereas *jú hóng* usually has a green or brown tinge. (Ed.)

pulse), one can add *huáng qín* (scutellaria) and *chuān liàn zǐ* (toosendan). b) For concurrent presence of stomach cold (white tongue fur, liking for hot compresses and hot food and drink, slow or moderate pulse), one can add *wū yào* (lindera) and *gāo liáng jiāng* (lesser galangal). c) For the concurrent presence of exuberant dampness in the center burner (thick slimy white tongue fur, no desire to drink water, slippery pulse), one can add *fú líng* (poria) and *cāng zhú* (atractylodes).

2. Dispelling Phlegm and Suppressing Cough: a) For center burner damp phlegm invading the upper body or externally contracted wind-cold that cause inhibition of lung qì and give rise to signs such as cough, copious phlegm, oppression in the chest, no thought of food, slimy white tongue fur, and slippery pulse, *chén pí* is frequently combined with medicinals such as *bàn xià* (pinellia), *fú líng* (poria), *sū zǐ* (perilla fruit), *xìng rén* (apricot kernel), *chǎo lái fú zǐ* (stir-fried radish seed), *jīn fèi cǎo* (inula),² and *qián hú* (peucedanum). b) When external contraction signs are pronounced, *jīng jiè* (schizonepeta), *jié gěng* (platycodon), and *má huáng* (ephedra) may be further added.

3. Rectifying Qì and Opening the Stomach: For center burner qì stagnation with poor appetite, this medicinal is combined with *mài yá* (barley sprout), *gǔ yá* (millet sprout), *bái dòu kòu qiào* (cardamom husk), *shén qū* (medicated leaven), and *shān zhā* (crataegus). This combination increases the appetite.

4. Enhancing Medicinals that Supplement: When supplementing medicinals such as *dǎng shēn* (codonopsis), *huáng qí* (astragalus), *bái zhú* (white atractylodes), *shān yào* (dioscorea), *shú dì huáng* (cooked rehmannia), and *shēng dì huáng* (dried/fresh rehmannia) are being used, the inclusion of *chén pí* prevents oppression in the chest, center fullness, poor appetite, and other side-effects and thus enhances their supplementing action.

Běn Cǎo Bèi Yào (本草备要 “The Essential Herbal Foundation”) succinctly summarizes the actions of *chén pí* in the following statement:

[*Chén pí*] is acrid and can dissipate, is bitter and can dry and drain, is warm and can supplement and harmonize. It supplements when combined with supplementing medicinals, and drains when combined with draining medicinals; it upbears when combined with upbearing medicinals, downbears when combined with downbearing medicinals. It is a medicinal for the qì aspect of the spleen and lung. It regulates the center and disinhibits the diaphragm, abducts stagnation and disperses phlegm, disinhibits water and breaks concretions, and frees the five viscera.

Chén pí (tangerine peel) is the skin of the tangerine that has been kept for a long period of time. It is best when matured, so that in Chinese it is called “matured peel” (陈皮 *chén pí*). High quality *chén pí* comes from Guǎngzhōu in the south of China, and so it is often called *guǎng chén pí* (southern tangerine peel). When the white inner pithy layer is removed, it is called *guǎng jú hóng* (southern red tangerine

² *Xuán fù huā* (inula flower) in former times was called *jīn fèi cǎo* 金沸草. Nowadays, the name *jīn fèi cǎo* 金沸草 is reserved for the whole herb. See page 211 for more about the flower. (Ed.)

peel). A similar product is *huà jú hóng* (red Huàzhōu pomelo peel), which is the red part of the peel of the pomelo³ that traditionally comes from Huàzhōu.

COMPARISONS

Huà jú hóng (red Huàzhōu pomelo peel), *guǎng jú hóng* (southern red tangerine peel), and *chén pí* (tangerine peel) all have the effect of transforming phlegm, but *huà jú hóng* (red Huàzhōu pomelo peel) has the strongest phlegm-transforming action and is used for copious phlegm, thick phlegm, and white sticky phlegm. *Guǎng jú hóng* tends to be light and clearing and to enter the lung, and it is suitable for external contractions with cough, copious phlegm, and oppression in the chest. *Chén pí* compared to *jú hóng* has a more powerful ability to rectify qì, disperse distention, and open the stomach, but *jú hóng* is better at transforming phlegm.

There are other products from the tangerine: a) *Jú luò* (tangerine pith) transforms phlegm and frees the network vessels and is often used for cough, oppression and pain in the chest and rib-side, and numbness and tingling of the fingers. b) *Jú hé* (tangerine pip) dissipates binds and relieves pain and is often used to treat mounting qì⁵⁵⁸ (疝气 *shàn qì*) pain. c) *Jú yè* (tangerine leaf) soothes the liver and resolves depression and is often used for oppression and pain in the chest and rib-side, and for distention of the breasts.

Qīng pí (unripe tangerine peel)²⁰¹ tends to enter the liver and gallbladder; it breaks qì and dissipates stagnation, and also treats mounting. *Chén pí* (tangerine peel) tends to enter the spleen and lung; it rectifies qì and harmonizes the stomach and can also transform phlegm. *Huà jú hóng* has a stronger phlegm-transforming action than *jú hóng* (red tangerine peel).

DOSAGE

The dosage is generally 3–9 g/1–3 qián.

CAUTION

This medicinal is aromatic in flavor and dry in nature. Used to excess, it can dissipate right qì. It should not be used in the absence of qì stagnation.

2. 青皮 Qīng Pí

Unripe Tangerine Peel

Citri Reticulatae

Pericarpium

Viride

Bitter and acrid in flavor and warm in nature, *qīng pí* (unripe tangerine peel) breaks qì, disperses stagnation, soothes depression, and downbears counterflow. In particular, it treats mounting qì (疝气 *shàn qì*) pain.

In binding depression of liver qì that causes signs such as distention and oppression in the chest and diaphragm, qì counterflow with inability to eat, rib-side pain and distention, irascibility, and qì stagnation stomach pain, use *qīng pí* to break

³The pomelo is a large, coarse-grained, pear-shaped citrus fruit resembling the grapefruit. (Ed.)

qì binds and soothe liver depression. For this purpose it is often combined with medicinals such as:

zhǐ qiào (枳壳 bitter orange, *Aurantii Fructus*)

sū gěng (苏梗 perilla stem, *Perillae Caulis*)

xiāng fù (香附 cyperus, *Cyperi Rhizoma*)

bīng láng (槟榔 areca, *Arecae Semen*)

hòu pò (厚朴 officinal magnolia bark, *Magnoliae Officinalis Cortex*)

chén pí (陈皮 tangerine peel, *Citri Reticulatae Pericarpium*)

Qīng pí breaks qì and calms the liver, and it conducts all medicinals into the liver channel. *Qīng pí* combined with medicinals such as *wū yào* (lindera), *chuān liàn zǐ* (toosendan), *wú zhū yú* (evodia), *xiǎo huí xiāng* (fennel), and *jú hé* (tangerine pip) treats mounting pain (疝痛 *shàn tòng*). For example, in *tiān tái wū yào sǎn* (Tiāntái Lindera Powder), which is given below, *qīng pí* is used to break qì and calm the liver.

Tiān tái wū yào sǎn 天台乌药散

Tiāntái Lindera Powder

wū yào (乌药 lindera, *Linderae Radix*)

chuān liàn zǐ (川楝子 toosendan, *Toosendan Fructus*)

mù xiāng (木香 costusroot, *Aucklandiae Radix*)

xiǎo huí xiāng (小茴香 fennel, *Foeniculi Fructus*)

gāo liáng jiāng (高良姜 lesser galangal, *Alpiniae Officinarum Rhizoma*)

qīng pí (青皮 unripe tangerine peel, *Citri Reticulatae Pericarpium Viride*)

bīng láng (槟榔 areca, *Arecae Semen*)

This is a commonly used formula for small intestinal mounting qì (小肠疝气 *xiǎo cháng shàn qì*) with pain stretching into the umbilical region. I often apply this traditional experience in the treatment of diseases such tuberculosis of the testis, chronic orchitis, or prostatitis, which are marked by signs such as painful sagging of the testicles with smaller abdomen pain, sagging distention in the perineum, and liking for warmth and fear of cold. For such conditions I use the following combination:

chǎo chuān liàn zǐ (炒川楝子 stir-fried toosendan, *Toosendan Fructus Frictus*)

9–12 g/3–4 qián

chǎo jú hé (炒橘核 stir-fried tangerine pip, *Citri Reticulatae Semen Frictum*)

9 g/3 qián

qīng pí (青皮 unripe tangerine peel, *Citri Reticulatae Pericarpium Viride*)

6–9 g/2–3 qián

chǎo xiǎo huí xiāng (炒小茴香 stir-fried fennel, *Foeniculi Fructus Frictus*)

6–9 g/2–3 qián

wū yào (乌药 lindera, *Linderae Radix*) 9 g/3 qián

wú yú (吴萸 evodia, *Evodiae Fructus*) 3–6 g/1–2 qián

lì zhī hé (荔枝核 litchiee pit, *Litchi Semen*) 9 g/3 qián

bái sháo (白芍 white peony, *Paeoniae Radix Alba*) 12–15 g/4–5 qián

ròu guì (肉桂 cinnamon bark, Cinnamomi Cortex) 0.9–3 g/3 fēn–1 qián

This formula, varied in accordance with signs, usually produces satisfactory results.

COMPARISONS

Xiāng fù (cyperus)²²⁵ frees the qì aspect of the twelve channels, moves qì and opens depression, and also regulates menstruation and rectifies the blood. *Qīng pí* (unripe tangerine peel) mainly enters the liver channel; it breaks qì and opens depression, and also treats mounting pain.

*Zhǐ shí*²⁰³ breaks qì and is cold, bitter, and downbearing. It tends to be used to disinhibit the chest and diaphragm, and to disperse and abduct gastrointestinal accumulation and stagnation. *Qīng pí* also breaks qì, but it a) dissipates with warmth and acidity and b) downbears with warmth and bitterness. It tends to be used to treat rib-side pain and to break liver channel qì bind.⁴

DOSAGE

The dosage is generally 3–9 g/1–3 qián.

CAUTION

Use with care in qì vacuity. Do not use in the absence of qì stagnation or in profuse sweating. This medicinal should not be used to excess or taken over extended periods because it can damage right qì.

3. 枳实 Zhǐ Shí Unripe Bitter Orange

Aurantii Fructus
Immaturus

Zhǐ shí (unripe bitter orange) is bitter in flavor and slightly cold in nature.⁵ Its main actions are breaking qì, dispersing accumulations, abducting stagnation, and eliminating glomus.

Zhǐ shí is good for breaking and discharging gastrointestinal qì bind⁵⁵¹ (肠胃结气 *cháng wèi jié qì*). It is effective for signs such as glomus and pain below the heart, hard distention in the stomach duct, food stagnation with abdominal distention, abdominal pain, and gastrointestinal qì bind with inhibited defecation. For this purpose it is often combined with medicinals such as *zhǐ qiào* (bitter orange), *mù xiāng* (costusroot), *bīng láng* (areca), *shén qū* (medicated leaven), *mài yá* (barley sprout), *shān zhā* (crataegus), and *dà huáng* (rhubarb). For fullness and distention in the stomach duct and abdomen, retching counterflow, inability to get food down, and distention in both rib-sides due to infection of the biliary tract or cholecystitis, one can use *xiǎo chái hú tāng* (Minor Bupleurum Decoction) with variations: remove the *dǎng shēn* (codonopsis) and *gān cǎo* (licorice) and add *zhǐ shí* (unripe

⁴Note that *qīng pí* (unripe tangerine peel) is said to enter the liver, gallbladder, and spleen, while *zhǐ shí* (unripe bitter orange) enters the spleen and stomach. This can be a convenient way to remember the differences in use. (Ed.)

⁵Many sources also say that *zhǐ shí* (unripe bitter orange) is acid. This designation partially explains its dispersing nature. (Ed.)

bitter orange), *bīng láng* (areca), *dà huáng* (rhubarb), and *yuán míng fěn* (refined mirabilite). This often produces good results. However, it is important to vary the formula in accordance with signs.

Xiǎo chái hú tāng 小柴胡汤

 Minor Bupleurum Decoction

chái hú (柴胡 bupleurum, Bupleuri Radix)
huáng qín (黄芩 scutellaria, Scutellariae Radix)
bàn xià (半夏 pinellia, Pinelliae Rhizoma)
dǎng shēn (党参 codonopsis, Codonopsis Radix)
gān cǎo (甘草 licorice, Glycyrrhizae Radix)
shēng jiāng (生姜 fresh ginger, Zingiberis Rhizoma Recens)
dà zǎo (大枣 jujube, Jujubae Fructus)

Zhǐ shí precipitates qì, abducts stagnation, and frees the stool. It is often used for accumulation and stagnation in the stomach and intestines with bound stool and constipation. It is combined with medicinals such as *dà huáng* (rhubarb), *hòu pò* (officinal magnolia bark), *máng xiāo* (mirabilite), *yuán míng fěn* (refined mirabilite), *guā lóu* (trichosanthes), *bīng láng* (areca), and *huǒ má rén* (cannabis fruit). Here are some examples of formulas:

Dà chéng qì tāng 大承气汤

 Major Qì- Coordinating Decoction

zhǐ shí (枳实 unripe bitter orange, Aurantii Fructus Immaturus)
hòu pò (厚朴 officinal magnolia bark, Magnoliae Officinalis Cortex)
shēng dà huáng (生大黄 raw rhubarb, Rhei Radix et Rhizoma Crudi)
máng xiāo (芒硝 mirabilite, Natrii Sulfas)

Xiǎo chéng qì tāng 小承气汤

 Minor Qì- Coordinating Decoction

zhǐ shí (枳实 unripe bitter orange, Aurantii Fructus Immaturus)
hòu pò (厚朴 officinal magnolia bark, Magnoliae Officinalis Cortex)
shēng dà huáng (生大黄 raw rhubarb, Rhei Radix et Rhizoma Crudi)

Zhǐ shí dǎo zhì wán 枳实导滞丸

 Unripe Bitter Orange Stagnation-Abducting Pill

zhǐ shí (枳实 unripe bitter orange, Aurantii Fructus Immaturus)
dà huáng (大黄 rhubarb, Rhei Radix et Rhizoma)
huáng qín (黄芩 scutellaria, Scutellariae Radix)
huáng lián (黄连 coptis, Coptidis Rhizoma)
shén qū (神曲 medicated leaven, Massa Medicata Fermentata)
bái zhú (白术 white atractylodes, Atractylodis Macrocephalae Rhizoma)
fú líng (茯苓 poria, Poria)
zé xiè (泽泻 alisma, Alismatis Rhizoma)

Zhǐ shí is powerful in breaking qì binds. In hard accumulations due to qì bind, it breaks the qì bind; when the qì moves, the accumulation disperses. In phlegm obstruction due to qì bind, *zhǐ shí* breaks the qì bind; when qì moves, the phlegm moves. In glomus and oppression in the chest and stomach duct and chest pain due to qì bind, *zhǐ shí* breaks the qì bind, and so the glomus and oppression spontaneously disappear.

Zhǐ shí combined with *bái zhú* (white atractylodes) eliminates accumulations and gatherings in the abdomen as well as glomus and fullness that is hard and painful under pressure. For example, *zhǐ zhú tāng* (Unripe Bitter Orange and White Atractylodes Decoction) from *Jīn Guì Yào Lüè* (金匱要略 “Essential Prescriptions of the Golden Coffin”), which contains *zhǐ shí* and *bái zhú* (white atractylodes), is designed to treat hardness below the heart as large as a plate, as well as glomus and fullness. *Sháo yào zhǐ shí wán* (Peony and Unripe Bitter Orange Pill), which is given below, treats food accumulation glomus and fullness in children or abdominal enlargement, distention, and fullness with constant pain in children. Combined with *hòu pò* (officinal magnolia bark), it eliminates center fullness. Combined with *dà huáng* (rhubarb) and *máng xiāo* (mirabilite), it breaks and drains repletion binds in the intestines.

Sháo yào zhǐ shí wán 芍药枳实丸

Peony and Unripe Bitter Orange Pill

chì sháo (赤芍 red peony, *Paeoniae Radix Rubra*)

zhǐ shí (枳实 unripe bitter orange, *Aurantii Fructus Immaturus*)

bái zhú (白术 white atractylodes, *Atractylodis Macrocephalae Rhizoma*)

chén pí (陈皮 tangerine peel, *Citri Reticulatae Pericarpium*)

COMPARISONS

Qīng pí (unripe tangerine peel)²⁰¹ breaks liver channel qì binds. *Zhǐ shí* breaks gastrointestinal qì bind.

Mù xiāng (costusroot)²²⁵ moves gastrointestinal qì stagnation and tends to rectify qì and disperse distention. *Zhǐ shí* breaks gastrointestinal qì binds, and tends to eliminate glomus and disperse accumulation.

DOSAGE

The dosage is generally 1.5–9 g/5 fēn–3 qián.

CAUTION

Use with care in pregnancy. Contraindicated in qì vacuity center fullness, qì fall with sloppy stool, and stomach vacuity with no thought of food.

<p>4. 枳壳 Zhǐ Qiào Bitter Orange</p>

Aurantii Fructus

Bitter and sour in flavor, and slightly cold in nature, *zhǐ qiào* (bitter orange) is similar in action to *zhǐ shí* (unripe bitter orange). However, *zhǐ shí* mainly enters

the spleen and stomach, while *zhǐ qiào* mainly enters the spleen and lung. *Zhǐ qiào* is moderate in strength and tends to rectify qì and disperse distention. *Zhǐ shí* is a powerful medicinal; it breaks qì and disperses accumulation. *Zhǐ shí* is powerful in breaking and downbearing, while *zhǐ qiào* has a greater power to open the chest and loosen the intestines.⁶

COMBINATIONS

a) *Zhǐ qiào* combined with *jié gēng* (platycodon) loosens the chest and disperses distention. b) With *bīng láng* (areca), it causes bound counterflow qì in the chest to move downward. c) With *jīng jiè* (schizonepeta), *fáng fēng* (saposchnikovia), *hóng huā* (carthamus), and *chì sháo* (red peony), it treats generalized numbness and itching of the skin.

DOSAGE

The dosage is generally 3–9 g/1–3 qián.

CAUTION

Use with care in spleen-stomach vacuity and qì vacuity.

RESEARCH

According to modern research reports, the decocted combination of *zhǐ shí* (unripe bitter orange) and *zhǐ qiào* (bitter orange) strengthens excitation of the smooth muscle of the stomach, intestines, and uterus and enhances the regularity of gastrointestinal peristalsis. It is effective for gastrectasia, gastroptosis, indigestion, prolapse of the rectum, hernia, and prolapse of the uterus.

5. 沉香 Chén Xiāng Aquilaria

Aquilariae Lignum
Resinatum

Acrid and bitter in flavor and slightly warm in nature, *chén xiāng* (aquilaria)⁷ is chiefly a qì-downbearing medicinal, but it also warms the kidney and calms panting.

1. Warming the Center and Downbearing Qì: *Chén xiāng* (aquilaria) treats qì counterflow due to impaired center qì harmony and downbearing, which manifests as oppression and distention in the chest, stomach duct, and rib-side, pain in the heart [region] and abdomen, as well as vomiting and diarrhea, stomach cold, and hiccup. Use this medicinal to downbear qì, warm the stomach, and regulate the center. For oppression and distention in the chest, stomach duct, and rib-side,

⁶On the basis of research, some modern books ascribe yáng-uplifting actions to *zhǐ qiào* (bitter orange). (Ed.)

⁷*Aquilaria agallocha* ROXB. is a CITES II plant, but most of what is used for *chén xiāng* (aquilaria) in China is *Aquilaria sinensis* (LOUR.) GILG, whose use need not be prohibited. Because of confusion around this issue, it is often difficult to import *chén xiāng*. Note that China imports some very expensive *chén xiāng* (which is *Aquilaria agallocha*) from Indonesia, Malaysia, and Thailand. *Aquilaria agallocha* is more red and dense than *Aquilaria sinensis*, which is grey and fibrous. As with all expensive medicinals, it is important to purchase *chén xiāng* from a trusted supplier. A common practice is to paint various woods black and sell them as *chén xiāng*. (Ed.)

combine it with medicinals such as *xiāng fù* (cyperus), *zhǐ qiào* (bitter orange), *chǎo chuān liàn zǐ* (stir-fried toosendan), and *qīng pí* (unripe tangerine peel). For pain in the heart [region] and abdomen, combine it with medicinals such as *gāo liáng jiāng* (lesser galangal), *wú yú* (evodia), *yán hú suǒ* (corydalis), and *pú huáng* (typha pollen). For vomiting and diarrhea, combine it with medicinals such as:

bàn xià (半夏 pinellia, Pinelliae Rhizoma)
huò xiāng (藿香 agastache, Agastaches Herba)
zhú rú (竹茹 bamboo shavings, Bambusae Caulis in Taenia)
fú líng (茯苓 poria, Poria)
mù xiāng (木香 costusroot, Aucklandiae Radix)
bái zhú (白术 white atractylodes, Atractylodis Macrocephalae Rhizoma)

For stomach cold hiccup, combine it with medicinals such as

zǐ sū (紫苏 perilla, Perillae Folium, Caulis et Calyx)
dòu kòu (豆蔻 Katsumada's galangal seed, Alpiniae Katsumadai Semen)
dīng xiāng (丁香 clove, Caryophylli Flos)
shì dì (柿蒂 persimmon calyx, Kaki Calyx)

2. Warming the Kidney and Calming Panting: *Chén xiāng* is warm and downbearing in nature. It conducts qì to the kidney, warms and supplements kidney yáng, and is used for panting due to kidney vacuity cold. This pattern is characterized by inhalation more difficult than exhalation and inability for inhaled breath to reach the cinnabar field (region below the umbilicus), cold pain in the lumbus and knees, impotence, seminal efflux, limp legs, and a cubit pulse that is moderate and weak. For this purpose *chén xiāng* is often combined with medicinals such as:

bǔ gǔ zhī (补骨脂 psoralea, Psoraleae Fructus)
hú lú bā (胡芦巴 fenugreek, Trigonellae Semen)
yáng qǐ shí (阳起石 actinolite, Actinolitum)
hēi xí (黑锡 galenite, Galenitum)
liú huáng (硫黄 sulfur, Sulphur)⁸
fù zǐ (附子 aconite, Aconiti Radix Lateralis Praeparata)
xiǎo huí xiāng (小茴香 fennel, Foeniculi Fructus)
ròu dòu kòu (肉豆蔻 nutmeg, Myristicae Semen)
jīn líng zǐ (金铃子 toosendan, Toosendan Fructus)
mù xiāng (木香 costusroot, Aucklandiae Radix)
ròu guì (肉桂 cinnamon bark, Cinnamomi Cortex)

For example, *jú fāng hēi xí dān* (Bureau Formula Galenite Elixir) is composed of the above medicinals. The dosage for this formula is 1.5–2.5 g/5–8 fēn, not exceeding 3 g/1 qián, once or twice a day. *Chén xiāng* can sometimes also be used for repletion panting and cough due to lung qì failing to downbear, and congesting phlegm turbidity, for which it is often combined with *sū zǐ* (perilla fruit), *qián hú* (peucedanum), *bàn xià* (pinellia), *hòu pò* (official magnolia bark), and *chén pí*

⁸*Hēi xí* (galenite) and *liú huáng* (sulfur) are not included in decoction medicine; they are only in pill formulas. (Au.)

(tangerine peel). For example, *jú fāng sū zǐ jiàng qì tāng* (Bureau Formula Perilla Fruit Qì-Downbearing Decoction), given below, makes use of the qì-downbearing strength of *chén xiāng* to disperse phlegm and calm panting.

Jú fāng sū zǐ jiàng qì tāng 局方苏子降气汤 Bureau Formula Perilla Fruit Qì-Downbearing Decoction

sū zǐ (苏子 perilla fruit, *Perillae Fructus*)
bàn xià (半夏 pinellia, *Pinelliae Rhizoma*)
qián hú (前胡 peucedanum, *Peucedani Radix*)
hòu pò (厚朴 officinal magnolia bark, *Magnoliae Officinalis Cortex*)
chén pí (陈皮 tangerine peel, *Citri Reticulatae Pericarpium*)
gān cǎo (甘草 licorice, *Glycyrrhizae Radix*)
dāng guī (当归 Chinese angelica, *Angelicae Sinensis Radix*)
chén xiāng (沉香 aquilaria, *Aquilariae Lignum Resinatum*)

COMPARISONS

Xuán fù huā (inula flower)²¹¹ downbears lung-spleen phlegm qì, while *chén xiāng* downbears spleen and kidney counterflow qì.

Bīng láng (areca)²³⁷ downbears qì, but it tends to be used to break, drain, and downbear, and hence is contraindicated in vacuity of right qì. *Chén xiāng* likewise downbears qì, but having no breaking and draining effect, it does not damage right qì. According to traditional experience, *chén xiāng* “moves qì but does not damage qì, and warms the center without assisting fire [evil].” This is worth bearing in mind.

Jiàng xiāng (dalbergia) downbears the qì in blood and stanches bleeding. *Chén xiāng* downbears the qì that a vacuous kidney fails to absorb and thereby calms panting.

PREPARATION

Chén xiāng is usually ground to a fine powder and taken with decoction medicine. This method is economical, and the effect is reliable. It is generally not boiled in a decoction medicine.

DOSAGE

The dosage is generally 0.6–2.5 g/2–8 fēn, taken with decoction medicine.

CAUTION

Contraindicated in qì vacuity fall.

6. 檀香 Tán Xiāng Sandalwood

Santali Albi Lignum

Acrid in flavor and warm in nature, *tán xiāng* (sandalwood) is a qì-rectifying and depression-opening medicinal that mainly regulates the spleen and lung and disinhibits the chest and diaphragm.

Tán xiāng conducts the qì of the spleen and stomach upward and enhances intake of food and drink. It opens and effuses qì depression in the chest and lung, and thereby loosens and disinhibits the chest and diaphragm. It is therefore used for impaired regulation of spleen and lung qì in conditions such as oppression and distention in the chest and diaphragm, pain in the heart [region] and abdomen, decreased intake of food and drink, and dysphagia-occlusion⁵⁴⁸ (噎膈 *yē gé*) with vomiting of food. For this purpose, *tán xiāng* is often combined with *sū gěng* (perilla stem), *guā lóu pí* (trichosanthes rind), and *zhǐ qiào* (bitter orange) for oppression and distention in the chest and diaphragm; with *dān shēn* (salvia), *shā rén* (amomum), *wū yào* (lindera), *bǎi hé* (lily bulb), and *gāo liáng jiāng* (lesser galangal) for pain in the heart [region] and abdomen; with *chén pí* (tangerine peel), *shēng mài yá* (raw barley sprout), *shā shēn* (adenophora/glehnia), and *mài dōng* (ophiopogon) for decreased intake of food and drink.

COMBINATIONS

For coronary heart disease and angina pectoris, I often combine *tán xiāng* with the following:

guā lóu (瓜蒌 trichosanthes, Trichosanthis Fructus)
xiè bái (薤白 Chinese chive, Allii Macrostemonis Bulbus)
guì zhī (桂枝 cinnamon twig, Cinnamomi Ramulus)
hóng huā (红花 carthamus, Carthami Flos)
chì sháo (赤芍 red peony, Paeoniae Radix Rubra)
yuǎn zhì (远志 polygala, Polygalae Radix)
wǔ líng zhī (五灵脂 squirrel's droppings, Trogloteri Faeces)
pú huáng (蒲黄 typha pollen, Typhae Pollen)
bīng láng (檳榔 areca, Arecae Semen)

I find it produces satisfactory results for oppression and pain of fixed location in the chest. Also, I often combine this medicinal with *dān shēn* (salvia), *shā rén* (amomum), *gāo liáng jiāng* (lesser galangal), *xiāng fù* (cyperus), *bǎi hé* (lily bulb), and *wū yào* (lindera) to treat persistent stomach duct pain (including pain from ulcers). The two formulas above should be varied in accordance with signs. Note that for both formulas I recommend 31 g/1 liǎng of *dān shēn* (salvia) and *bǎi hé* (lily bulb), and only 6–9 g/2–3 qián of the other medicinals.

COMPARISONS

In Chinese we speak of two different kinds of 檀香 *tán xiāng*, purple (紫檀 *zǐ tán xiāng*) and white (白檀 *bái tán*). The purple kind is not a true sandalwood.⁹ It is cold in nature, salty in flavor, and tends to enter the blood aspect. It is applied topically to incised wounds⁵⁵² (金创 *jīn chuāng*) to disperse swelling and settle pain. If one writes *tán xiāng* 檀香 on a prescription, the pharmacist will give 白檀 *bái tán*, the white kind. If one wants *zǐ tán*, one has to specify it explicitly.

Chén xiāng (aquilaria)²⁰⁶ downbears qì. Within its downbearing there is also upbearing, but it tends to be used to downbear qì. *Tán xiāng* rectifies qì. Within its upbearing there is downbearing, but it tends to be used to diffuse qì depression.

⁹ *Zǐ tán* (紫檀 Burmese rosewood, Pterocarpi Lignum). (Ed.)

Jiàng xiāng (dalbergia), which rectifies qì and also enters the blood aspect, tends to be used to treat fractures, to stanch bleeding, to quicken the blood, and to disperse swelling and settle pain. *Tán xiāng* (sandalwood) tends to rectify qì and open depression, and it can treat any pain in the heart [region] and abdomen.

DOSAGE

The dosage is generally 1.5–9 g/5 fēn–3 qián. When used in decoction medicines, it should be added at the end.

7. 柿蒂 Shì Dì Persimmon Calyx

Kaki Calyx

Bitter and astringent in flavor and neutral in nature, *shì dì* (persimmon calyx) downbears counterflow qì and stops hiccup.

COMBINATIONS

When used to treat retching, *shì dì* is often combined with medicinals such as *bàn xià* (pinellia), *zhú rú* (bamboo shavings), *shēng jiāng* (fresh ginger), *huò xiāng* (agastache), and *dài zhě shí* (hematite). To treat hiccup, it is often combined with medicinals such as *dīng xiāng* (clove), *chén xiāng* (aquilaria), and *xuán fù huā* (inula flower). For vacuity-pattern hiccup (as observed in severe illness, enduring illness, or in the elderly and weak), *dǎng shēn* (codonopsis), *rén shēn* (ginseng), *fù zǐ* (aconite), *bái zhú* (white atractylodes), and *chén pí* (tangerine peel) can also be added. For hiccup due to cerebrovascular accident or other diseases of the brain and nervous system, I have found that the formula given below produces results. It should be varied in accordance with signs and taken decocted with water.

shì dì (柿蒂 persimmon calyx, Kaki Calyx) 7–10 pieces

gōng dīng xiāng (公丁香 clove, Caryophylli Flos) 2.5–4.5 g/8 fēn–1.5 qián (add at end)

shēng dài zhě shí (生代赭石 crude hematite, Haematitum Crudum) 30–40 g/1–1.5 liǎng (predecoct)

xuán fù huā (旋覆花 inula flower, Inulae Flos) 9 g/3 qián (wrapped in cloth)

dǎng shēn (党参 codonopsis, Codonopsis Radix) 9–12 g/3–4 qián

bàn xià (半夏 pinellia, Pinelliae Rhizoma) 9 g/3 qián

dāo dòu zǐ (刀豆子 sword bean, Canavaliae Semen) 9 g/3 qián¹⁰

sū zǐ (苏子 perilla fruit, Perillae Fructus) 6–9 g/2–3 qián

DOSAGE

The dosage is generally 3–9 g/1–3 qián, or 3–7 calyxes.

¹⁰*Dāo dòu zǐ* (sword bean) is sweet and warm; it downbears qì and relieves belching. It is principally employed in the treatment of vacuity-cold counterflow characterized by belching, nausea, and vomiting. The dosage in decoctions is typically 10–15 grams. (Ed.)

8. 旋覆花 Xuán Fù Huā

Inulae Flos

Inula Flower

Including

▷ *jīn fèi cǎo* (金沸草 inula, Inulae Herba)

Xuán fù huā (inula flower) is bitter, acrid, and salty in flavor and warm in nature. Its main actions are downbearing qì, transforming phlegm, and moving water.

1. Belching and Retching Counterflow: *Xuán fù huā* is used to treat counterflow ascent of lung and stomach qì that occurs a) when great sweating or draining precipitation has caused damage to stomach qì or b) when damp phlegm becomes obstructed and fails to bear downward, which manifests in frequent belching, glomus and oppression in the stomach duct, painful distention in the chest and rib-side, and immediate vomiting of ingested food with vomitus composed of food mixed with phlegm-water. *Xuán fù huā* is often combined with medicinals such as *dài zhě shí* (hematite), *bàn xià* (pinellia), *shēng jiāng* (fresh ginger), *dǎng shēn* (codonopsis), *zhú rú* (bamboo shavings), *sū zǐ* (perilla fruit), and *fú líng* (poria). For exuberant phlegm-damp, one can add *chén pí* (tangerine peel) and *chǎo lái fú zǐ* (stir-fried radish seed).

2. Cough and Panting with Copious Phlegm: This medicinal downbears qì and transforms phlegm, causing qì to downbear and phlegm to disperse, thereby calming cough and panting. When impaired downbearing of lung qì causes phlegm turbidity, amassment of water-rheum, or stagnation and blockage in the chest and diaphragm that further inhibit qì dynamic, signs that arise include cough with copious thick sticky phlegm and qì counterflow with panting. For this purpose, *xuán fù huā* is often combined with medicinals such as:

chén pí (陈皮 tangerine peel, Citri Reticulatae Pericarpium)*bàn xià* (半夏 pinellia, Pinelliae Rhizoma)*sāng pí* (桑皮 mulberry root bark, Mori Cortex)*xìng rén* (杏仁 apricot kernel, Armeniacae Semen)*zǐ wǎn* (紫菀 aster, Asteris Radix)*sū zǐ* (苏子 perilla fruit, Perillae Fructus)*bīng láng* (檳榔 areca, Arecae Semen)*chǎo lái fú zǐ* (炒莱菔子 stir-fried radish seed, Raphani Semen Frictum)¹¹

The whole herb, including flowers, stalks, and leaves, is called *jīn fèi cǎo* (金沸草, inula). Besides downbearing qì and transforming phlegm, *jīn fèi cǎo* is also used to treat wind-cold. It is therefore used for externally contracted wind-cold that causes cough with copious phlegm. For this, it is often used in combination with:

jīng jiè (荆芥 schizonepeta, Schizonepetae Herba)

¹¹ *Jīn fèi cǎo sǎn* (Inula Powder) is an example of this type of combination. Nowadays, *xuán fù huā* (inula flower) is often substituted for *jīn fèi cǎo* (inula). (Ed.)

qián hú (前胡 peucedanum, Peucedani Radix)
bàn xià (半夏 pinellia, Pinelliae Rhizoma)
xì xīn (细辛 asarum, Asari Herba)
fú líng (茯苓 poria, Poria)
sū yè (苏叶 perilla leaf, Perillae Folium)
jié gěng (桔梗 platycodon, Platycodonis Radix)
chén pí (陈皮 tangerine peel, Citri Reticulatae Pericarpium)

COMPARISONS

Sū zǐ (perilla fruit)²¹⁶ downbears qì and also opens depression and warms the center. *Xuán fù huā* downbears qì and also disperses phlegm and moves water.

Hài fú shí (costazia bone/pumice) treats phlegm-bind manifesting as hard lumps. *Xuán fù huā* treats spittle and sticky phlegm that is like glue or lacquer.

MISCELLANEOUS

This medicinal is downbearing in nature, hence the traditional saying “All flowers bear upward; only *xuán fù huā* (inula flower) bears downward.”¹² On the basis of traditional experience, I have found that *xuán fù huā* combined with *sū gěng* (perilla stem), *hòu pò* (officinal magnolia bark), *bàn xià* (pinellia), *shēng mǔ lì* (crude oyster shell), *fú líng* (poria), *xiāng fù* (cyperus), *huáng qín* (scutellaria), *jīn guǒ lǎn* (tinospora root), and *wū méi tàn* (charred mume), when varied in accordance with signs, is effective in the treatment of plum-pit qì⁵⁵⁹ (梅核气 *méi hé qì*). Plum-pit qì is caused by phlegm qì congealing and stagnating, and so medicinals that downbear qì and disperse phlegm are invariably effective in treating it.

DOSAGE

Dosage is generally 3–9 g/1–3 qián. This medicinal is covered with hairs and so is wrapped in gauze for decoction.

CAUTION

Contraindicated in qì vacuity and large intestine cold diarrhea.

9. 莱菔子 Láí Fú Zǐ Radish Seed

Raphani Semen

Lái fú zǐ (radish seed) is acrid and sweet in flavor and neutral in nature. Its main actions are to downbear qì and calm panting, transform phlegm and disperse accumulations, as well as rectify qì and eliminate distention.

1. Phlegm Panting and Cough: For panting, cough, copious phlegm, and oppression in the chest due to phlegm turbidity obstructing the lung and impaired depurative downbearing of the lung, one can use this medicinal combined with *sū zǐ* (perilla fruit) and *bái jiè zǐ* (white mustard). This combination is traditionally called *sān zǐ yǎng qīn tāng* (Three-Seed Filial Devotion Decoction). Depending

¹²This, like many sayings in Chinese, is a generalization intended as a mnemonic device. Other flowers, such as *kuǎn dōng huā* (coltsfoot),⁴⁴⁰ also have downbearing actions. (Ed.)

on signs, it is combined with medicinals such as *chén pí* (tangerine peel), *bàn xià* (pinellia), *fú líng* (poria), and *zhì gān cǎo* (mix-fried licorice). In clinical practice, I often find that *lái fú zǐ* is effective for cough and panting with copious phlegm due to chronic bronchitis in the elderly. For this purpose, I combine *lái fú zǐ* with *má huáng* (ephedra), *xìng rén* (apricot kernel), *chǎo lái fú zǐ* (stir-fried radish seed), *chǎo sū zǐ* (stir-fried perilla fruit), *chǎo bái jiè zǐ* (stir-fried white mustard), *bàn xià* (pinellia), *chén pí* (tangerine peel), *fú líng* (poria), and *zhì gān cǎo* (mix-fried licorice) according to the signs. As a way of remembering this formula, I call it *má xìng èr sān tāng* (Ephedra and Apricot Kernel Two-Three Decoction), “Two” standing for *èr chén tāng* (Two Matured Ingredients Decoction),¹³ and “Three” standing for *sān zǐ yǎng qīn tāng* (Three-Seed Filial Devotion Decoction).¹⁴ If the tongue fur is thick and slimy and the stool is dry, add *shú dà huáng* (cooked rhubarb), *bīng láng* (areca), and *guā lóu* (trichosanthes). If exhaling is more difficult than inhaling, add *zhǐ qiào* (bitter orange), *jié gěng* (platycodon), and *qián hú* (peucedanum). If inhaling is more difficult, add *cí shí* (loadstone) and *chén xiāng* (aquilaria). For pronounced cough, add *zǐ wǎn* (aster), *pí pá yè* (loquat leaf), and *bèi mǔ* (fritillaria). For coughing of clear phlegm, add *gān jiāng* (dried ginger), *xì xīn* (asarum), and *wǔ wèi zǐ* (schisandra).

2. Food Accumulation and Abdominal Distention: For blockage and oppression in the stomach duct, belching and acid swallowing, and abdominal fullness and distention that occurs when food and drink accumulates and stagnates, this medicinal is used in combination with *jiāo sān xiān* (scorch-fried three immortals),⁵⁵⁵ *bīng láng* (areca), *zhǐ shí* (unripe bitter orange), and *mù xiāng* (costusroot).

Used raw, *lái fú zǐ* tends to upbear, and when taken in large quantities, it can cause nausea and vomiting. (In clinical practice, therefore, it is not commonly used raw, except for in food stagnation patterns, when the treatment involves making the patient vomit.) When stir-fried,¹⁵ it is downbearing in nature and is used to downbear qì and transform phlegm and to disperse distention and calm panting.

COMPARISON

Shān zhā hé (crataegus pit) tends to aid digestion and disintegrate accumulation lumps. *Lái fú zǐ* tends to disperse phlegm and transform stagnation and to downbear qì and eliminate phlegm.

DOSAGE

The dosage is generally 4.5–9 g/1.5–3 qián.

CAUTION

Contraindicated in qì vacuity without phlegm accumulation.

¹³The translation of *èr chén tāng* 二陈汤 as “Two Matured Ingredients Decoction” reflects the use of two ingredients that are aged before use. These are *chén pí* (tangerine peel) and *bàn xià* (pinellia). (Ed.)

¹⁴In the original text, *sān zǐ yǎng qīn tāng* (Three-Seed Filial Devotion Decoction) is called *sān zǐ tāng* (Three-Seed Decoction). See footnote on page 3 on term changes in the People’s Republic of China. (Ed.)

¹⁵Stir-fried *lái fú zǐ* is typically dry-fried in a wok over a medium flame. The medicinal is stirred and fried until it puffs up and gives off its characteristic aroma. (Ed.)

10. 薤白 Xiè Bái

Chinese Chive

Allii Macrostemonis
Bulbus

Acrid and bitter in flavor and warm in nature, *xiè bái* (Chinese chive) mainly assists chest yáng, opens the orifices of the heart, and dissipates qì stagnation in the chest and large intestine. It also quickens the blood.

For chest impediment with stabbing pain, heart pain and blood stagnation, and rapid panting that result from devitalized yáng qì in the chest, *xiè bái* is often combined with medicinals such as:

guā lóu (瓜蒌 trichosanthes, *Trichosanthis Fructus*)
bái jiǔ (白酒 white liquor, *Granorum Spiritus Incolor*)
guì zhī (桂枝 cinnamon twig, *Cinnamomi Ramulus*)
zhǐ qiào (枳壳 bitter orange, *Aurantii Fructus*)
wǔ líng zhī (五灵脂 squirrel's droppings, *Troglodyteri Faeces*)
pú huáng (蒲黄 typha pollen, *Typhae Pollen*)
tán xiāng (檀香 sandalwood, *Santali Albi Lignum*)
hóng huā (红花 carthamus, *Carthami Flos*)
sū gěng (苏梗 perilla stem, *Perillae Caulis*)
sū zǐ (苏子 perilla fruit, *Perillae Fructus*)
bīng láng (槟榔 areca, *Arecae Semen*)
chuān xiōng (川芎 chuanxiong, *Chuanxiong Rhizoma*)

On the basis of clinical experience, it is used to treat what modern medicine calls angina pectoris.

For dysentery with rectal heaviness and rough stagnant stool due to large intestine qì stagnation, *xiè bái* is often combined with medicinals such as:

bái sháo (白芍 white peony, *Paeoniae Radix Alba*)
mù xiāng (木香 costusroot, *Aucklandiae Radix*)
huáng lián (黄连 coptis, *Coptidis Rhizoma*)
bīng láng (槟榔 areca, *Arecae Semen*)
zhǐ shí (枳实 unripe bitter orange, *Aurantii Fructus Immaturus*)
zhǐ qiào (枳壳 bitter orange, *Aurantii Fructus*)

Xiè bái also dissipates blood, quickens stasis, and engenders the new. For chronic illness with qì stagnation and blood stasis, and pain in the limbs, it is combined with medicinals such as:

guì zhī (桂枝 cinnamon twig, *Cinnamomi Ramulus*)
dāng guī (当归 Chinese angelica, *Angelicae Sinensis Radix*)
hóng huā (红花 carthamus, *Carthami Flos*)
qiāng huó (羌活 notopterygium, *Notopterygii Rhizoma et Radix*)
piàn jiāng huáng (片姜黄 sliced turmeric, *Curcuma Longae Rhizoma Sectum*)
sōng jié (松节 knotty pine wood, *Pini Nodi Lignum*)

An example of such a formula is *chèn tòng sǎn* (Pain-Chasing Powder).¹⁶

Chèn tòng sǎn 趁痛散

Pain-Chasing Powder

niú xī (牛膝 achyranthes, *Achyranthis Bidentatae Radix*) 15 g/5 qián
dāng guī (当归 Chinese angelica, *Angelicae Sinensis Radix*) 15 g/5 qián
guì zhī (桂枝 cinnamon twig, *Cinnamomi Ramulus*) 15 g/5 qián
bái zhú (白术 white atractylodes, *Atractylodis Macrocephalae Rhizoma*)
 15 g/5 qián
huáng qí (黄芪 astragalus, *Astragali Radix*) 15 g/5 qián
dú huó (独活 pubescent angelica, *Angelicae Pubescentis Radix*) 15 g/5 qián
shēng jiāng (生姜 fresh ginger, *Zingiberis Rhizoma Recens*) 15 g/5 qián
xiè bái (薤白 Chinese chive, *Allii Macrostemonis Bulbus*) 7.5 g/2.5 qián
zhì gān cǎo (炙甘草 mix-fried licorice, *Glycyrrhizae Radix cum Liquido Fricta*)
 7.5 g/2.5 qián

Grind to a rough powder, and take 15 g/5 qián at a time, decocted with water. This is a commonly used formula for treating generalized pain in women with postpartum weak qì and blood stagnation who contract wind and catch cold.

COMPARISONS

Gān jiāng (dried ginger)³⁴⁸ warms the lung and assists chest yáng. It tends to be used to dispel cold evil in the heart and lung. *Xiè bái* enters the heart and diffuses the orifices, moves qì, quickens the blood, and assists chest yáng. It tends to be used for stabbing pain due to chest impediment (胸痹 *xiōng bì*, i.e., heart and chest pain).

Xì xīn (asarum) enters the heart and assists yáng, but it mainly enters the liver and kidney. Thus for cough and panting and ejection of drool and foam due to water collecting below the heart, one can use *xì xīn*. *Xiè bái* dissipates large intestine qì stagnation and mainly enters the heart and assists chest yáng. Thus it is often used to treat chest impediment (胸痹 *xiōng bì*) due to devitalized heart yáng.

DOSAGE

The dosage is generally 3–9 g/1–3 qián. For especially severe conditions, up to 15 g/5 qián or more may be used.

CAUTION

Inappropriate in the absence of qì and blood stagnation.

¹⁶This version of *chèn tòng sǎn* (Pain-Chasing Powder) is from *Fù Rén Liáng Fāng* (妇人良方 “Good Remedies for Women”). (Ed.)

11. 苏子 Sū Zǐ Perilla Fruit

Perillae Fructus

Acrid in flavor and warm in nature, *sū zǐ* (perilla fruit) mainly precipitates qì and calms panting, disperses phlegm and suppresses cough, and disinhibits the diaphragm and opens depression.

Sū zǐ moistens the lung and heart, downbears qì, and disperses phlegm. For impaired depurative downbearing of the lung with copious phlegm and qì counterflow, which manifests in signs such as cough and panting, and oppression in the chest, it is often combined with:

xìng rén (杏仁 apricot kernel, Armeniacae Semen)

chǎo lái fú zǐ (炒莱菔子 stir-fried radish seed, Raphani Semen Frictum)

chǎo bái jiè zǐ (炒白芥子 stir-fried white mustard, Sinapis Albae Semen Frictum)

chén pí (陈皮 tangerine peel, Citri Reticulatae Pericarpium)

zǐ wǎn (紫菀 aster, Asteris Radix)

qián hú (前胡 peucedanum, Peucedani Radix)

hòu pò (厚朴 officinal magnolia bark, Magnoliae Officinalis Cortex)

dāng guī (当归 Chinese angelica, Angelicae Sinensis Radix)

chén xiāng (沉香 aquilaria, Aquilariae Lignum Resinatum)

Commonly used formulas for this pattern include:

Sān zǐ tāng 三子汤

Three-Seed Decoction

chǎo sū zǐ (炒苏子 stir-fried perilla fruit, Perillae Fructus Frictus)

chǎo lái fú zǐ (炒莱菔子 stir-fried radish seed, Raphani Semen Frictum)

chǎo bái jiè zǐ (炒白芥子 stir-fried white mustard, Sinapis Albae Semen Frictum)

Sū zǐ jiàng qì tāng 苏子降气汤

Perilla Fruit Qì-Downbearing Decoction

chǎo sū zǐ (炒苏子 stir-fried perilla fruit, Perillae Fructus Frictus)

bàn xià (半夏 pinellia, Pinelliae Rhizoma)

chén pí (陈皮 tangerine peel, Citri Reticulatae Pericarpium)

qián hú (前胡 peucedanum, Peucedani Radix)

hòu pò (厚朴 officinal magnolia bark, Magnoliae Officinalis Cortex)

gān cǎo (甘草 licorice, Glycyrrhizae Radix)

dāng guī (当归 Chinese angelica, Angelicae Sinensis Radix)

chén xiāng (沉香 aquilaria, Aquilariae Lignum Resinatum)

Sū zǐ has the further action of warming the center and downbearing counterflow. For stomach qì ascending counterflow and phlegm turbidity flooding upward causing nausea and vomiting, it is often combined with medicinals such as *bàn xià* (pinellia),

huò xiāng (agastache), *fú líng* (poria), *chén pí* (tangerine peel), *dīng xiāng* (clove), *jiāo sǎn xiān* (scorch-fried three immortals),⁵⁵⁵ and *zhǐ shí* (unripe bitter orange).

Sū gěng (perilla stem) is also commonly used to regulate qì. See “*zǐ sū* (perilla),” page 18.

COMPARISONS

Lái fú zǐ (radish seed)²¹² is like *sū zǐ* in that it is effective for downbearing qì and calming panting, but it has greater power to disperse phlegm and break accumulations, while *sū zǐ* has greater power to precipitate qì and open depression. *Lái fú zǐ* (radish seed) tends to be used to disperse abdominal distention, while *sū zǐ* tends to be used to disinhibit the chest and diaphragm. The two medicinals are often used together to treat distention and oppression in the chest and abdomen.

DOSAGE

The dosage is generally 3–9 g/1–3 qián. It is stir-fried and crushed for use.

CAUTION

Contraindicated in qì vacuity fall.

12. 草豆蔻 Cǎo Dòu Kòu Alpiniae Katsumadai Katsumada's Galangal Seed Semen

Acrid in flavor and warm in nature, *cǎo dòu kòu* (Katsumada's galangal seed) principally dries dampness, warms the center, breaks qì, and opens depression.

1. Center Burner Cold-Damp Failing to Transform: This medicinal is warm, acrid, and aromatic. Its dry harsh qì transforms damp turbidity. It is often used when due to cold-damp the center burner fails to transform and gives rise to signs such as vomiting, stomach reflux⁵⁶⁴ (反胃 *fǎn wèi*), dysphagia-occlusion (噎膈 *yē gé*), glomus and oppression, diarrhea, abdominal distention, thick slimy white tongue fur, and oppression in the stomach duct with reduced food intake. For this, *cǎo dòu kòu* is combined with medicinals such as the following:

huò xiāng (藿香 agastache, Agastaches Herba)

chén pí (陈皮 tangerine peel, Citri Reticulatae Pericarpium)

mù xiāng (木香 costusroot, Aucklandiae Radix)

shā rén (砂仁 amomum, Amomi Fructus)

hòu pò (厚朴 officinal magnolia bark, Magnoliae Officinalis Cortex)

sū gěng (苏梗 perilla stem, Perillae Caulis)

fú líng (茯苓 poria, Poria)

xuán fù huā (旋覆花 inula flower, Inulae Flos)

2. Stomach Duct Pain: *Cǎo dòu kòu* dissipates stagnant qì with acidity and warms and transforms cold-damp. When cold-damp settles in the center burner, which results in stomach qì stagnation with signs such as stomach duct pain, thick white tongue fur, blockage and oppression in the chest and stomach duct, and epigastric fullness and distention, *cǎo dòu kòu* is combined with medicinals such as:

gāo liáng jiāng (高良姜 lesser galangal, *Alpiniae Officinarum Rhizoma*)
xiāng fù (香附 cyperus, *Cyperus Rhizoma*)
tán xiāng (檀香 sandalwood, *Santali Albi Lignum*)
shā rén (砂仁 amomum, *Amomi Fructus*)
sū gěng (苏梗 perilla stem, *Perillae Caulis*)
bīng láng (槟榔 areca, *Arecae Semen*)
wū yào (乌药 lindera, *Linderae Radix*)
dān shēn (丹参 salvia, *Salviae Miltiorrhizae Radix*)
bǎi hé (百合 lily bulb, *Lilii Bulbus*)

See *sān hé tāng* (Three-Combination Decoction) under “*xiāng fù* (cyperus),” page 227. In that formula, I often use *cǎo dòu kòu* instead of *shā rén* (amomum).

In clinical practice, whenever I observe aversion to cold and heat effusion (fever) occurring at set periods and mealy white tongue fur attributable to depressed cold-damp depression (whether or not a blood test shows the presence of plasmodium), to transform damp turbidity with aroma, I often add *cǎo dòu kòu* to suitable formulas containing medicinals such as:

chái hú (柴胡 bupleurum, *Bupleuri Radix*)
hòu pò (厚朴 officinal magnolia bark, *Magnoliae Officinalis Cortex*)
zhī mǔ (知母 anemarrhena, *Anemarrhenae Rhizoma*)
huáng qín (黄芩 scutellaria, *Scutellariae Radix*)
bīng láng (槟榔 areca, *Arecae Semen*)
cháng shān (常山 dichroa, *Dichroae Radix*)
huò xiāng (藿香 agastache, *Agastaches Herba*)
cāng zhú (苍术 atractylodes, *Atractylodis Rhizoma*)

Traditional literature states that this medicinal can “eliminate miasma and interrupt malaria” (除瘴截疟 *chú zhàng jié nüè*), so this is worth bearing in mind.

COMPARISONS

Bái dòu kòu (cardamom)²²¹ has functions broadly similar to those of *cǎo dòu kòu*. However, *bái dòu kòu* often tends to be used to move qì and loosen the diaphragm, and its power to dry dampness with aroma is not as strong as that of *cǎo dòu kòu*. On the other hand, *cǎo dòu kòu* tends to be used to break qì and open depression and to warm the center and dry dampness. *Bái dòu kòu* tends to enter the lung, while *cǎo dòu kòu* tends to enter the spleen.

Hóng dòu kòu (galangal fruit) is the seed of a closely related plant (*Alipinia galanga*). It is hot in nature and tends to be used to warm the lung and dissipate cold and to arouse the spleen and dry dampness. It is not an aromatic qì-moving medicinal.

Ròu dòu kòu (nutmeg)¹⁸⁸ astringes the large intestine and checks diarrhea. *Cǎo dòu kòu* dries dampness, breaks qì, and opens depression.

Cǎo guǒ (tsaoko)⁵⁰⁸ has an acrid, aromatic, dry, harsh qì that is even more powerful than that of *cǎo dòu kòu*. It interrupts malaria and disperses phlegm.

Cǎo dòu kòu is effective in transforming dampness by warming the center and regulating qì.

DOSAGE

The dosage is generally 3–9 g/1–3 qián.

CAUTION

Taken over a long period of time or in excess, this medicinal can assist spleen heat and dissipate right qì.

13. 砂仁 Shā Rén Amomum

Amomi Fructus

Acrid in flavor and warm in nature, *shā rén* (amomum) mainly moves qì and regulates the center, arouses the spleen and opens the stomach, and aids digestion. It also conducts qì to the kidney and further has the effect of warming the kidney and transforming dampness.

1. Fullness and Distention in the Stomach Duct and Abdomen: For fullness and distention in the stomach duct and abdomen, phlegm-damp accumulation and stagnation, vomiting, diarrhea, abdominal pain, and indigestion that are due to qì stagnation and spleen-stomach damp cold, *shā rén* (amomum) is used to move qì and dissipate cold, to transform dampness and harmonize the stomach, and to aid digestion. For this purpose it is often combined with medicinals such as:

zhǐ shí (枳实 unripe bitter orange, *Aurantii Fructus Immaturus*)
bái zhú (白术 white atractylodes, *Atractylodis Macrocephalae Rhizoma*)
mù xiāng (木香 costusroot, *Aucklandiae Radix*)
bàn xià (半夏 pinellia, *Pinelliae Rhizoma*)
chén pí (陈皮 tangerine peel, *Citri Reticulatae Pericarpium*)
fú líng (茯苓 poria, *Poria*)
huò xiāng (藿香 agastache, *Agastaches Herba*)
jiāo shén qū (焦神曲 scorch-fried medicated leaven, *Massa Medicata Fermentata Usta*)

2. Diarrhea: For diarrhea due to spleen-stomach vacuity cold (cold pain in the abdomen with a liking for pressure and warmth, absence of thirst, and clear thin stool), *shā rén* is used to warm the spleen, dissipate cold, and dry dampness. For this purpose, it is often combined with medicinals such as:

dǎng shēn (党参 codonopsis, *Codonopsis Radix*)
bái zhú (白术 white atractylodes, *Atractylodis Macrocephalae Rhizoma*)
mù xiāng (木香 costusroot, *Aucklandiae Radix*)
pào jiāng (炮姜 blast-fried ginger, *Zingiberis Rhizoma Praeparatum*)
fú líng (茯苓 poria, *Poria*)

3. Cold Dysentery: For cold dysentery due to spleen-stomach vacuity cold (cold pain in the abdomen, tenesmus, and stool containing white mucus, which are

exacerbated by exposure to cold), *shā rén* can be used to warm the spleen, move qì, and transform dampness. It is often combined with medicinals such as:

mù xiāng (木香 costusroot, Aucklandiae Radix)

cǎo dòu kòu (草豆蔻 Katsumada's galangal seed, Alpiniae Katsumadai Semen)

wú yú (吴萸 evodia, Evodiae Fructus)

bīng láng (檳榔 areca, Arecae Semen)

dāng guī (当归 Chinese angelica, Angelicae Sinensis Radix)

tǔ chǎo bái sháo (土炒白芍 earth-fried white peony, Paeoniae Radix Alba cum Terra Fricta)

Because *shā rén* moves qì, promoting the free movement of stool, it is also sometimes used for ungratifying defecation and in cases of damp-heat dysentery. However, for this it needs to be combined with cold-natured medicinals such as *huáng lián* (coptis), *huáng qín* (scutellaria), *mǎ chǐ xiàn* (purslane), and *bái tóu wēng* (pulsatilla) in order to counteract its warm nature.

4. Stirring Fetus: For stirring fetus⁵⁶⁴ (胎动不安 *tāi dòng bù ān*) due to stomach qì ascending counterflow manifesting in oppression in the chest, retching, and vomiting, use *shā rén* combined with medicinals such as *sū yè* (perilla leaf), *huò xiāng* (agastache), *huáng qín* (scutellaria), *bái zhú* (white atractylodes), *mù xiāng* (costusroot), and *dāng guī* (Chinese angelica). This quiets the fetus and harmonizes the center.

5. Preventing Side-Effects of Slimy Supplementing Medicinals: When using large quantities of slimy, clogging, supplementing medicinals such as *shú dì huáng* (cooked rehmannia), a little *shā rén* is included to prevent the side-effects of impairing digestion and reducing appetite.¹⁷ Traditional literature often suggests the use of “*shú dì huáng* mixed with *shā rén*” (so that it sticks to the *shú dì huáng*). This method not only prevents *shú dì huáng* from damaging the stomach, but also helps it to reach the kidney. Thus it accomplishes two tasks at the same time.

COMPARISONS

Bái dòu kòu (cardamom)²²¹ is like *shā rén* in that it moves qì and regulates the center. But *bái dòu kòu* (cardamom) harmonizes the stomach and checks vomiting much better than *shā rén*, while *shā rén* warms the stomach and dries dampness much more effectively than *bái dòu kòu*.

Ròu guì (cinnamon bark)³⁴³ is like *shā rén* in that it also enters the kidney. When conducting fire to the origin (the kidney), *ròu guì* is used; when conducting qì to the origin (the kidney), *shā rén* is used.

Shā qiào (amomum husk) also rectifies qì and arouses the stomach, but it lacks the power of *shā rén* to warm the center and dissipate cold. *Shā qiào* is weak in qì and flavor and has minor dryness, so it is appropriate for effulgent liver and weak stomach.

¹⁷Preparing this form of *shú dì huáng* (cooked rehmannia) involves pounding *shā rén* (amomum) powder into freshly steamed *shú dì huáng*. (Ed.)

RESEARCH

According to modern pharmacological research, *shā rén* has an aromatic stomach-fortifying effect, enhances stomach function, stimulates the secretion of gastric juices, and expels accumulated gas in the digestive tract.

DOSAGE

The dosage is generally 1.5–4.5 g/5 fēn–1.5 qián. Under special circumstances, one can use up to 6–9 g/2–3 qián. When *shā rén* is used in decoctions, it should be crushed and added at the end since its medicinal power diminishes with long boiling. *Shā qiào* (amomum husk) is light in substance and is generally used in doses of 0.9–1.5 g/3–5 fēn or 2–2.5 g/7–8 fēn.

CAUTION

This medicinal is aromatic, warm, and dry in nature. It should be used with caution in yīn vacuity with repletion heat.

<p>14. 白豆蔻 Bái Dòu Kòu Cardamom</p>	<p>Amomi Fructus Rotundus</p>
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Acrid in flavor and warm in nature, *bái dòu kòu* (cardamom) is commonly used to move qì, transform dampness, fortify the stomach, and check retching. It diffuses stagnant qì in the lung, warms and moves cold qì in the stomach, and dries and transforms damp qì in the spleen channel.

1. Indigestion, Vomiting, and Stomach Reflux: This medicinal is suitable for pathoconditions such as indigestion, vomiting, stomach reflux, fullness and oppression in the chest and stomach duct, and abdominal distention and pain that are due to spleen-stomach vacuity cold, damp depression, or qì stagnation. For this purpose it is often combined with medicinals such as *huò xiāng* (agastache), *bàn xià* (pinellia), *chén pí* (tangerine peel), *shēng jiāng* (fresh ginger), and *dīng xiāng* (clove).

2. Damp Warm Disease: *Bái dòu kòu* is an especially effective aromatic, qì-moving, dryness-warming, and dampness-transforming medicinal. It is used to treat damp warm disease⁵⁴⁵ (湿温病 *shī wēn bìng*) at the turn of season between summer and autumn, which manifests in unsurfaced heat⁵⁶⁶ (身热不扬 *shēn rè bù yáng*), sweating that brings no abatement of heat [effusion], headache, generalized heaviness, blockage and oppression in the chest and stomach duct, poor appetite, absence of thirst sometimes with a sweet taste in the mouth, inhibited urination, thick glossy slimy white tongue fur, and soggy, slippery, and moderate pulse. For this purpose it is often combined with *xìng rén* (apricot kernel), *yǐ rén* (coix), *hòu pò* (official magnolia bark), *bàn xià* (pinellia), *huá shí* (talcum), *tōng cǎo* (rice-paper plant pith), and *zhú yè* (lophatherum) to bring about acrid opening, bitter downbearing, and bland percolation. This combination is *sān rén tāng* (Three Kernels Decoction), which is commonly used in the treatment of damp warmth.

COMBINATIONS

Bái dòu kòu combined with medicinals such as *chén pí* (tangerine peel), *shēng mài yá* (raw barley sprout), and *xiāng dào yá* (rice sprout) treats poor appetite. Combined with medicinals such as *gāo liáng jiāng* (lesser galangal), *xiāng fù* (cyperus), *gān jiāng* (dried ginger), and *wú yú* (evodia), it treats stomach cold pain.

COMPARISONS

Bái kòu yī (cardamom husk), also called *bái kòu pí* 白蔻皮, is effective in rectifying qì, loosening the chest, and dispersing distention; it has a less pronounced warm nature than *bái dòu kòu*, and is used accordingly.

DOSAGE

The dosage is generally 1.5–6 g/5 fēn–2 qián. If used without the husk it is called *bái kòu rén* (cardamom seed), which when used in decoctions is added at the end of cooking to preserve its medicinal strength.

CAUTION

Contraindicated in exuberant lung-stomach fire and qì vacuity.

NOTE

If one merely writes “蔻仁 *kòu rén*” on a prescription, the pharmacy will provide *zǐ kòu rén* (purple nutmeg), which is the highest quality of this medicinal. It is large, its flavor is concentrated, and its medicinal strength is full. *Zǐ kòu rén* (purple nutmeg) mainly moves qì with aroma, warms the center, and regulates the stomach. Its therapeutic action is between that of *shā rén* (amomum) and *bái dòu kòu* (cardamom). Its aromatic, warm, and dry nature is less than that of *shā rén*, but more than that of *bái dòu kòu*. Thus, in terms of stomach-regulating medicinals, *zǐ kòu rén* (purple nutmeg) can sometimes be substituted for *shā rén* (amomum).

15. 荔枝核 Lì Zhī Hé Litchee Pit

Litchi Semen

Sweet in flavor and warm in nature, *lì zhī hé* (litchee pit) moves and dissipates stagnant qì and is suitable for various forms of qì stagnation with pain.

1. Mounting Qì Pain: This medicinal enters the liver channel and is most commonly used to treat mounting qì pain (疝气痛 *shàn qì tòng*) and sagging, distention, and pain in the testicles. For this purpose it is often combined with medicinals such as *xiǎo huí xiāng* (fennel), *jú hé* (tangerine pip), *qīng pí* (unripe tangerine peel), *wū yào* (lindera), and *chuān liàn zǐ* (toosendan).

2. Abdominal Pain: *Lì zhī hé* that is subjected to nature-preservative burning⁵⁵⁸ (炒存性 *chǎo cún xìng*) is combined with *chǎo xiāng fù* (stir-fried cyperus) to treat women with stabbing abdominal pain from congealing blood and stagnant qì. Combined with *gāo liáng jiāng* (lesser galangal), *xiāng fù* (cyperus), and *wǔ líng zhī* (squirrel’s droppings), it is used for stomach duct pain.

3. Running Piglet Qì: *Lì zhī hé* is also used to treat running piglet qì (奔豚气 *bēn tún qì*, a subjective sensation of qì surging up from the smaller abdomen to below the heart or epigastric region that gives rise to pain). For this it is often combined with medicinals such as *xiǎo huí xiāng* (fennel), *mù xiāng* (costusroot), *wú yú* (evodia), and *ròu guì* (cinnamon bark). An example of such a combination is *bēn tún wán* (Running Piglet Pill) from *Yī Xué Xīn Wù* (医学心悟 “Medical Insights”).

Bēn tún wán 奔豚丸 Running Piglet Pill

lì zhī hé (荔枝核 litchee pit, Litchi Semen) 24 g/8 qián
xiǎo huí xiāng (小茴香 fennel, Foeniculi Fructus) 21 g/7 qián
mù xiāng (木香 costusroot, Aucklandiae Radix) 21 g/7 qián
ròu guì (肉桂 cinnamon bark, Cinnamomi Cortex) 9 g/3 qián
fù zǐ (附子 aconite, Aconiti Radix Lateralis Praeparata) 15 g/5 qián
wú yú (吴茱萸 evodia, Evodiae Fructus) 15 g/5 qián
fú líng (茯苓 poria, Poria) 45 g/1.5 liǎng
jú hé (橘核 tangerine pip, Citri Reticulatae Semen) 45 g/1.5 liǎng
chuān liàn zǐ (川楝子 toosendan, Toosendan Fructus) 30 g/1 liǎng

The above medicinals are ground together to a fine powder that is mixed with *chǎo shā táng* (stir-fried granulated sugar) and formed into pills. The dosage is 6 g/2 qián at a time, to be swallowed with weak brine. In heat patterns, *ròu guì* (cinnamon bark) and *fù zǐ* (aconite) are removed.

I often use *bēn tún wán* (Running Piglet Pill) combined with *guì zhī jiā guì tāng* (Cinnamon Twig Decoction with Extra Cinnamon) and *xuán fù dài zhě tāng* (Inula and Hematite Decoction).

Guì zhī jiā guì tāng 桂枝加桂汤 Cinnamon Twig Decoction with Extra Cinnamon

guì zhī (桂枝 cinnamon twig, Cinnamomi Ramulus)
bái sháo (白芍 white peony, Paeoniae Radix Alba)
zhì gān cǎo (炙甘草 mix-fried licorice, Glycyrrhizae Radix cum Liquido Fricata)
shēng jiāng (生姜 fresh ginger, Zingiberis Rhizoma Recens)
dà zǎo (大枣 jujube, Jujubae Fructus)
ròu guì (肉桂 cinnamon bark, Cinnamomi Cortex)

Ròu guì can be replaced with a larger dosage of *guì zhī*.

Xuán fù dài zhě tāng 旋覆代赭汤 Inula and Hematite Decoction

xuán fù huā (旋覆花 inula flower, Inulae Flos)
shēng dài zhě shí (生代赭石 crude hematite, Haematitum Crudum)
bàn xià (半夏 pinellia, Pinelliae Rhizoma)
dǎng shēn (党参 codonopsis, Codonopsis Radix)
shēng jiāng (生姜 fresh ginger, Zingiberis Rhizoma Recens)

gān cǎo (甘草 licorice, Glycyrrhizae Radix)

dà zǎo (大枣 jujube, Jujubae Fructus)

When the main ingredients of these three formulas are combined, the resulting formula, varied in accordance with signs and prepared as a decoction medicine, is always effective in the treatment of running piglet qì disease, which in Western medicine is usually diagnosed as neurosis.

DOSAGE

The dosage is generally 6–12 g/2–4 qián.

CAUTION

Use with care in the absence of cold-damp qì stagnation.

<h2 style="margin: 0;">16. 川楝子 <i>Chuān Liàn Zǐ</i> Toosendan Fructus</h2> <h3 style="margin: 0; text-align: center;">Toosendan</h3>

Also called *jīn líng zǐ* 金铃子. *Chuān liàn zǐ* (toosendan) is bitter in flavor, cold in nature, and slightly toxic.

1. Liver Qì Pain: This medicinal enters the liver channel and soothes liver qì. It is therefore often used to treat liver qì pain, liver qì distention, rib-side pain, mounting pain, fullness and oppression in the chest, and stomach duct pain. For such purposes *chuān liàn zǐ* is often combined with medicinals such as:

yán hú suǒ (延胡索 corydalis, *Corydalis Rhizoma*)

mù xiāng (木香 costusroot, *Aucklandiae Radix*)

qīng pí (青皮 unripe tangerine peel, *Citri Reticulatae Pericarpium Viride*)

hòu pò (厚朴 officinal magnolia bark, *Magnoliae Officinalis Cortex*)

xiāng fù (香附 cyperus, *Cyperus Rhizoma*)

Chuān liàn zǐ can also conduct pericardium channel fire-heat downward, and abducts small intestine and bladder damp-heat; thus it is used to clear heat and disinhibit dampness. For this purpose it is used in combination with medicinals such as *mù tōng* (trifoliate akebia), *zhú yè* (lophatherum), *shēng dì huáng* (dried/fresh rehmanna), and *zé xiè* (alisma).

2. Mounting Qì: On the basis of their experience, physicians of the past considered *chuān liàn zǐ* to be “an important medicinal for mounting qì (疝气 *shàn qì*).”⁵⁵⁸ Nevertheless, it is cold or cool in nature; therefore, when treating cold patterns it needs to be combined with medicinals such as:

xiǎo huí xiāng (小茴香 fennel, *Foeniculi Fructus*)

lì zhī hé (荔枝核 litchee pit, *Litchi Semen*)

wú yú (吴茱萸 evodia, *Evodiae Fructus*)

ròu guì (肉桂 cinnamon bark, *Cinnamomi Cortex*)

wū yào (乌药 lindera, *Linderae Radix*)

bǔ gǔ zhī (补骨脂 psoralea, *Psoraleae Fructus*)

It can also be stir-fried to reduce its cold nature.

COMBINATIONS

Chuān liàn zǐ combined with *yán hú suǒ* (corydalis) is used to treat heat-type stomach pain. Combined with *zhǐ qiào* (bitter orange) and *xiāng fù* (cyperus), it is used to treat liver heat rib-side pain. Combined with *wū méi* (mume) and *chuān jiāo* (zanthoxylum), it treats roundworm abdominal pain.

COMPARISONS

Lì zhī hé (litchee pit)²²² treats mounting and is warm in nature. *Chuān liàn zǐ* (toosendan) also treats mounting, but is cold in nature.

Kǔ liàn zǐ (chinaberry seed), or more usually *kǔ liàn gēn pí* (chinaberry root bark),⁵¹¹ tends to be used to kill worms. *Chuān liàn zǐ* (toosendan) tends to be used to soothe the liver and rectify qì and to treat mounting. *Chuān liàn pí* (toosendan bark) is also used to kill worms.¹⁸

PROCESSING

Use stir-fried to treat mounting and course the liver; use raw to clear heat.

DOSAGE

The dosage is generally 3–12 g/1–4 qián.

CAUTION

Contraindicated in spleen-stomach vacuity cold.

17. 香附 Xiāng Fù Cyperus

Cyperi Rhizoma

Acrid and slightly bitter in flavor and neutral in nature,¹⁹ *xiāng fù* (cyperus) is the most commonly used qì-rectifying and depression-opening medicinal. It is diffusing in nature and is able to free the qì aspect of the twelve channels and eight vessels. In older literature, it was said to “govern all qì,” resolve the six depressions (qì depression, blood depression, phlegm depression, food depression, damp depression, and fire depression), and regulate menstruation.

1. Soothing the Liver and Resolving Depression: *Xiāng fù* is aromatic, acrid, and dissipating. It regulates qì, soothes the liver, and resolves depression. It treats liver qì depression due to inhibited emotions, which manifests in abdominal fullness and distention, rib-side distention and pain, no pleasure in eating, and oppression in the chest with a liking for long exhalation. For this purpose it is often combined with medicinals such as:

¹⁸Technically, *kǔ liàn pí* (chinaberry bark) is tree bark (or the root bark) of *Melia azedarach* L., whereas the recognized source of *chuān liàn pí* (toosendan bark) is *Melia toosendan* SIEB. ET ZUCC. In practice the two species are used interchangeably, and *Melia toosendan* is also considered to be *kǔ liàn pí* (chinaberry bark). (Ed.)

¹⁹Many sources, including the *Běn Cǎo Gāng Mù* (本草綱目 “The Comprehensive Herbal Foundation”), include sweet among the flavors of *xiāng fù* (cyperus). (Ed.)

chái hú (柴胡 bupleurum, *Bupleuri Radix*)
bái sháo (白芍 white peony, *Paeoniae Radix Alba*)
yù jīn (郁金 curcuma, *Curcumae Radix*)
qīng pí (青皮 unripe tangerine peel, *Citri Reticulatae Pericarpium Viride*)
chén pí (陈皮 tangerine peel, *Citri Reticulatae Pericarpium*)
mù xiāng (木香 costusroot, *Aucklandiae Radix*)
hòu pò (厚朴 officinal magnolia bark, *Magnoliae Officinalis Cortex*)
sū gěng (苏梗 perilla stem, *Perillae Caulis*)

For different forms of depression, other medicinals may be judiciously added: a) For liver qì depression with concurrent blood depression (dark purple tongue, absence of menstruation, lusterless facial complexion, etc.), add *chuān xiōng* (chuanxiong) and *hóng huā* (carthamus). b) For concurrent phlegm depression (slimy white tongue fur, retching and nausea, copious phlegm, obesity, no desire to drink water, etc.), add *bàn xià* (pinellia), *jú hóng* (red tangerine peel), and *fú líng* (poria). c) For concurrent food depression (poor appetite, putrid belching and acid swallowing, thick tongue fur, glomus and oppression in the stomach duct, etc.), add *chǎo bīng láng* (stir-fried areca), *jiāo shén qū* (scorch-fried medicated leaven), and *chǎo mài yá* (stir-fried barley sprout). d) For concurrent damp depression (with signs such as watery glossy tongue fur, oppression in the chest, no desire to drink water, in some cases slight puffy swelling, sloppy stool, etc.), add *cāng zhú* (atractylodes), *bái zhú* (white atractylodes), *qiāng huó* (notopterygium), *zhū líng* (polyporus), and *zé xiè* (alisma). e) For fire depression (symptoms such as bitter taste in the mouth, vexation, yellow urine, red-tipped tongue, etc.), add *zhī zǐ* (gardenia), *huáng qín* (scutellaria), and *chuān liàn zǐ* (toosendan).

2. Moving Qì and Settling Pain: *Xiāng fù* (cyperus) moves qì and frees stagnation; when there is free flow, there is no pain. *Xiāng fù* is most commonly used for qì stagnation stomach pain (stomach pain caused by anger, or stomach pain exacerbated by bad moods, with rib-side distention and pain, and stringlike pulse, etc.). For this it is often combined with medicinals such as *gāo liáng jiāng* (lesser galangal), *mù xiāng* (costusroot), *bái dòu kòu* (cardamom), *chuān liàn zǐ* (toosendan), *yán hú suǒ* (corydalis), *bái sháo* (white peony), and *sū gěng* (perilla stem). It is often used in prescriptions such as *liáng fù sǎn* (Lesser Galangal and Cyperus Powder): Take 60–90 g/2–3 liǎng of *xiāng fù*, grind to a fine powder, pour into a jar, and secure the lid tightly. Then take 60–90 g/2–3 liǎng *gāo liáng jiāng* (lesser galangal), grind to a fine powder, pour into another jar, and secure the lid tightly. When stomach duct pain due to qì stagnation cold depression occurs, if the qì stagnation is more pronounced than the cold depression (pain exacerbated by anger or attacking the rib-side, with rashness and irascibility, and stringlike pulse), take 2.1 g/7 fēn of the powdered *xiāng fù* and 0.9 g/3 fēn of the powdered *gāo liáng jiāng*, mix them in a small packet, and swallow with warm water. If the cold depression is more pronounced than the qì stagnation (stomach duct liking warmth, liking for hot foods and drinks, pain exacerbated by exposure to cold, and a slow or moderate stringlike pulse), take 2.1 g/7 fēn of the powdered *gāo liáng jiāng* and 0.9 g/3 fēn of the powdered *xiāng fù*, mix them in a small packet, and swallow with

warm water. If qì stagnation and cold depression are equally pronounced, take 1.5 g/5 fēn of each of the powdered *xiāng fù* and *gāo liáng jiāng*, mix them together, and swallow with warm water. Note that the two powders are more effective when mixed just before they are taken. I also often combine *liáng fù sǎn* (Lesser Galangal and Cyperus Powder), *bǎi hé tāng* (Lily Bulb Decoction), and *dān shēn yǐn* (Salvia Beverage) to form what I call *sān hé tāng* (Three-Combination Decoction), which I use to treat stomach duct pain that has persisted over a long period or that takes the form of vacuity, repletion, cold, and heat complex patterns (including ulcers, chronic gastritis, antral gastritis, etc.), invariably getting satisfactory results. Such a combination can take the following form:

Sān hé tāng 三合汤

 Three-Combination Decoction

gāo liáng jiāng (高良姜 lesser galangal, *Alpiniae Officinarum Rhizoma*)

9 g/3 qián

xiāng fù (香附 cyperus, *Cyperi Rhizoma*) 9 g/3 qián

bǎi hé (百合 lily bulb, *Lilii Bulbus*) 30 g/1 liǎng

wū yào (乌药 lindera, *Linderae Radix*) 9 g/3 qián

dān shēn (丹参 salvia, *Salviae Miltiorrhizae Radix*) 30 g/1 liǎng

tán xiāng (檀香 sandalwood, *Santali Albi Lignum*) 6 g/2 qián (add at end)

shā rén (砂仁 amomum, *Amomi Fructus*) 2.5 g/8 fēn or *cǎo dòu kòu* (草豆蔻

Katsumada's galangal seed, *Alpiniae Katsumadai Semen*) 9 g/3 qián

If the location of the pain remains markedly fixed and the tongue body is dark or has stasis macules on it, one can add *shī xiào sǎn* (Sudden Smile Powder), which contains *wǔ líng zhī* (squirrel's droppings) and *pú huáng* (typha pollen). For vomiting of acid water, add *duàn wǎ léng zǐ* (calcined ark shell). For dry stool, add *shēng dà huáng* (raw rhubarb) and *bīng láng* (areca). Further additions can be made as necessary.

3. Rectifying Qì and Regulating Menstruation: Because *xiāng fù* is a qì-moving medicinal that can also enter the blood aspect, it is traditionally called a “qì-in-blood medicinal” (that is, a qì-moving medicinal that enters the blood aspect). It rectifies qì and regulates menstruation (adjusts the menstrual cycle), and it is effective for signs such as menstrual irregularities, overdue periods, and abdominal pain during menstruation that are due to liver qì depression in emotionally inhibited women. For this purpose it is combined with medicinals such as:

dāng guī (当归 Chinese angelica, *Angelicae Sinensis Radix*)

bái sháo (白芍 white peony, *Paeoniae Radix Alba*)

shú dì huáng (熟地黄 cooked rehmannia, *Rehmanniae Radix Praeparata*)

hóng huā (红花 carthamus, *Carthami Flos*)

wǔ líng zhī (五灵脂 squirrel's droppings, *Troglodyteri Faeces*)

chuān liàn zǐ (川楝子 toosendan, *Toosendan Fructus*)

xiǎo huí xiāng (小茴香 fennel, *Foeniculi Fructus*)

wū yào (乌药 lindera, *Linderae Radix*)

táo rén (桃仁 peach kernel, *Persicae Semen*)

Xiāng fù (cyperus) also conducts blood-supplementing medicinals to the qì aspect in order to engender blood. It is used in combination with other medicinals to treat any antepartum or postpartum pathocondition, and for this reason it is traditionally said to be “an important women’s medicinal.”

PROCESSING

a) Used raw, *xiāng fù* (cyperus) tends to ascend to the chest and diaphragm, and to reach outward to the skin. b) Used processed, it tends to enter the liver and kidney and to disinhibit the lumbus and feet. c) When used to free the channels and network vessels, it is processed by steeping in wine and then stir-frying. d) When used to disperse accumulations and gatherings, it should be steeped in vinegar and stir-fried. e) When it is used to disperse and transform phlegm-rheum, it should be soaked in *jiāng zhī* (ginger juice) and then stir-fried. f) When used for flooding and spotting or for profuse menstruation, it should be stir-fried until black. This last form is called *hēi xiāng fù* (charred cyperus) and has the additional action of stanching bleeding.

COMBINATIONS

a) Combining *xiāng fù* with *dǎng shēn* (codonopsis) and *bái zhú* (white atractylodes) helps them boost qì. b) Combining it with *shú dì huáng* (cooked rehmannia) and *dāng guī* (Chinese angelica) helps them supplement the blood. c) Combined with *mù xiāng* (costusroot), it courses stagnation and harmonizes the center, and moves gastrointestinal qì stagnation. d) Combined with *tán xiāng* (sandalwood), it rectifies qì and loosens the chest, disperses distention and arouses the spleen. e) Combined with *chén xiāng* (aquilaria) and *chái hú* (bupleurum), it restores normal upbearing and downbearing of all qì. f) Combined with *chuān xiōng* (chuanxiong) and *cāng zhú* (atractylodes), it resolves all depression. g) Combined with *zhī zǐ* (gardenia) and *huáng lián* (coptis), it downbears fire and clears heat. h) Combined with *fú líng* (poria) and *yuǎn zhì* (polygala), it promotes the interaction of heart and kidney qì. i) Combined with *xiǎo huí xiāng* (fennel) and *bǔ gǔ zhī* (psoralea), it moves stagnant qì in the kidney channel. j) Combined with *hòu pò* (officinal magnolia bark) and *bàn xià* (pinellia), it downbears phlegm and disperses distention. k) Combined with *sān léng* (sparganium) and *é zhú* (curcuma rhizome), it disperses accumulation lumps. l) Combined with *cōng bái* (scallion white) and *zǐ sū* (perilla), it diffuses and resolves exterior evil. m) Combined with *ài yè* (mugwort), it warms the uterus and quickens qì and blood.

COMPARISONS

Mù xiāng (costusroot)²²⁹ is acrid and warm and tends to move gastrointestinal qì stagnation; it enters the qì aspect. *Xiāng fù* is neutral and acrid and tends to perfuse the qì aspect of the twelve channels, as well as to enter the blood aspect.

Qīng pí (unripe tangerine peel) enters the liver; it breaks qì and dissipates bind, and also treats mounting (疝 *shàn*).⁵⁵⁸ *Xiāng fù* also enters the liver; it rectifies qì, opens depression, and furthermore regulates menstruation.

Hòu pò (officinal magnolia bark) moves qì and tends to disperse distention and eliminate fullness. *Xiāng fù* moves qì, but tends to soothe the liver and resolve depression.

DOSAGE

The dosage is generally 3–9 g/1–3 qián.

CAUTION

Use with care in qì vacuity and blood dryness.

RESEARCH

According to modern research reports, *xiāng fù* inhibits contractions of the uterine muscles and relaxes muscular tension.

18. 木香 Mù Xiāng Costusroot

Aucklandiae Radix

Acrid and bitter in flavor and warm in nature, *mù xiāng* (costusroot)²⁰ moves gastrointestinal qì stagnation, courses the liver and opens depression, as well as harmonizing the stomach and fortifying the spleen. By the principle, “when qì is moved, pain is settled,” *mù xiāng* is a frequently used qì-moving medicinal that is applicable for any type of cold qì stagnation pain.

Mù xiāng tends to move stagnant qì in the stomach and intestines. It is often used to treat signs such as stomach duct pain, distention and oppression in the stomach duct, distention and oppression between the diaphragm and stomach duct, frequent belching, abdominal distention, and abdominal pain that result from gastrointestinal qì stagnation. For this purpose it is combined with medicinals such as:

huò xiāng (藿香 agastache, Agastaches Herba)

xiāng fù (香附 cyperus, Cyperi Rhizoma)

gāo liáng jiāng (高良姜 lesser galangal, Alpiniae Officinarum Rhizoma)

bīng lán (檳榔 areca, Arecae Semen)

shā rén (砂仁 amomum, Amomi Fructus)

cǎo dòu kòu (草豆蔻 Katsumada’s galangal seed, Alpiniae Katsumadai Semen)

dīng xiāng (丁香 clove, Caryophylli Flos)

If there is concurrent rib-side pain, add *chǎo chuān liàn zǐ* (stir-fried toosendan), *zhǐ qiào* (bitter orange), and *qīng pí* (unripe tangerine peel).

Mù xiāng is also an aromatic dampness-transforming medicinal. For vomiting, abdominal pain, and diarrhea due to qì stagnation in the stomach and intestines and due to collected dampness failing to transform, it is often combined with medicinals such as:

huò xiāng (藿香 agastache, Agastaches Herba)

pèi lán (佩兰 eupatorium, Eupatorii Herba)

²⁰ *Aucklandia lappa* CLARKE (also called *Aucklandia lappa* DECNE), is considered an endangered species according to CITES. According to this international convention, *mù xiāng* that is marketed should be accompanied by a valid Certificate of Cultivation. *Chuān mù xiāng* (common vladimiria) is not on the endangered species list. (Ed.)

zhú rú (竹茹 bamboo shavings, Bambusae Caulis in Taenia)

bàn xià (半夏 pinellia, Pinelliae Rhizoma)

fú líng (茯苓 poria, Poria)

zào xīn tǔ (灶心土 oven earth, Terra Flava Usta)

mù guā (木瓜 chaenomeles, Chaenomeles Fructus)

huáng bǎi (黄柏 phellodendron, Phellodendri Cortex)

huáng lián (黄连 coptis, Coptidis Rhizoma)

COMBINATIONS

Mù xiāng combined with *huáng lián* (coptis)²⁴⁶ makes a formula called *xiāng lián wán* (Costusroot and Coptis Pill), which is commonly used in the treatment of dysentery. In this formula, *mù xiāng* moves gastrointestinal qì stagnation, eliminates tenesmus, and furthermore transforms dampness with aroma. *Huáng lián* dries dampness and clears heat, cools the blood and resolves toxin, and furthermore eliminates pus and blood from the stool. This combination is very effective for dysentery due to accumulation and stagnation of damp-heat in the stomach and intestines. In clinical practice, *xiāng lián wán* (Costusroot and Coptis Pill) is varied in accordance with signs to treat various forms of dysentery. For example: a) For pronounced dampness, add *fú líng* (poria), *yǐ mǐ* (coix), *cāng zhú* (atractylodes), and *chē qián zǐ* (plantago seed). b) For pronounced heat, add *huáng qín* (scutellaria), *huáng bǎi* (phellodendron), *bái tóu wēng* (pulsatilla), and *mǎ chǐ xiàn* (purslane). c) For food stagnation, add *jiāo sǎn xiān* (scorch-fried three immortals),⁵⁵⁵ *bīng láng* (areca), and *chǎo jī nèi jīn* (stir-fried gizzard lining). d) If there are exterior heat signs, add *gé gēn* (pueraria) and *jīng jiè* (schizonepeta). e) For the presence of cold, add *wú yú* (evodia), *ròu guì* (cinnamon bark), and *gān jiāng* (dried ginger). f) For pronounced abdominal pain or stool containing copious pus and blood, add *bái sháo* (white peony) (in large amounts) and *dāng guī* (Chinese angelica). These formulas are used to treat bacterial dysentery and ulcerative colitis.

There are other notable ways of combining *mù xiāng*. a) Combined with *shā rén* (amomum), it treats stomach duct and abdominal glomus and fullness. b) Combined with *bīng láng* (areca), it eliminates tenesmus. c) Combined with *lái fú zǐ* (radish seed), it treats abdominal distention. d) Combined with *xiǎo huí xiāng* (fennel), it treats mounting pain⁵⁵⁸ (疝痛 *shàn tòng*). e) Combined with *wū yào* (lindera), it treats pain due to qì counterflow in the smaller abdomen.

COMPARISONS

Shā rén (amomum)²¹⁹ moves qì and tends to be used to harmonize the center, disperse food, and eliminate glomus and oppression. It also conducts qì to the kidney. *Mù xiāng* moves qì, but it tends to be used to move stagnant gastrointestinal qì and disperse abdominal distention. It also dries dampness, treats diarrhea, and strengthens the large intestine.

Bīng láng (areca) breaks qì, eliminates stagnation, and disperses food; it is downbearing in nature and also treats leg qi⁵⁵⁶ (脚气 *jiǎo qì*). *Mù xiāng* moves qì, disperses distention, and harmonizes the stomach and intestines; it is dry in nature and also treats dysentery.

Wū yào (lindera) tends to be used to normalize bladder and kidney counterflow qì (marked by smaller abdominal qì distention and qì pain), while *mù xiāng* is used to treat thoroughfare vessel counterflow qì with abdominal urgency (counterflow qì surging from the two sides of the smaller abdomen to the bladder and causing pain).

PROCESSING

When using *mù xiāng* with qì-moving medicinals, one should use *shēng mù xiāng* (raw costusroot). When using it with medicinals to treat diarrhea and strengthen the large intestine, one should use *wēi mù xiāng* (roasted costusroot).²¹

When using supplementing medicinals, a small quantity of *mù xiāng* as an assistant prevents their enriching slimy natures from causing stagnation, thereby strengthening the therapeutic effect. *Xiāng shā liù jūn zǐ tāng* (Costusroot and Amomum Six Gentlemen Decoction) and *guī pí tāng* (Spleen-Returning Decoction) are examples of formulas that use a small amount of *mù xiāng* for this purpose.

DOSAGE

The dosage is generally 0.9–9 g/3 fēn–3 qián. Under special circumstances, up to 12 g/4 qián can be used.

CAUTION

Contraindicated in lung vacuity with heat, blood-aspect dryness heat, and vacuity fire surging upward.

RESEARCH

According to modern research reports, *mù xiāng* has an inhibitory effect on paratyphoid and a number of pathological fungi. It is effective for distention and pain in the stomach duct and abdomen and for counterflow qì attacking pain that occurs with gallbladder colic.

19. 厚朴 Hòu Pò Official Magnolia Bark

Magnoliae Officinalis
Cortex

Hòu pò (official magnolia bark) is bitter and acrid in flavor and warm in nature. Its main actions are to precipitate qì, eliminate fullness, dry dampness, and disperse distention.

Hòu pò is used to treat fullness and oppression in the chest and abdomen, vomiting, and abdominal distention and fullness that arise when poor movement and transformation of the spleen and stomach is exacerbated by contraction of cold-damp that further impairs movement and transformation in the center burner

²¹ *Wēi mù xiāng* (roasted costusroot) is prepared by placing slices of *mù xiāng* on boards that are covered with absorbent paper and then covering the medicinal with another layer of absorbent paper. Several layers are placed on top of each other. The setup is then tightly wrapped with string so as to squeeze the boards together and force the oil into the paper. The wrapped, layered press is then placed into a drying oven or other warm place until the oil from the medicinal is completely absorbed into the paper. (Ed.)

and encourages the collection and stagnation of dampness. For this purpose it is combined with medicinals such as:

mù xiāng (木香 costusroot, Aucklandiae Radix)

gān jiāng (干姜 dried ginger, Zingiberis Rhizoma)

cǎo dòu kòu (草豆蔻 Katsumada's galangal seed, Alpiniae Katsumadai Semen)

chén pí (陈皮 tangerine peel, Citri Reticulatae Pericarpium)

fú líng (茯苓 poria, Poria)

bàn xià (半夏 pinellia, Pinelliae Rhizoma)

huò xiāng (藿香 agastache, Agastaches Herba)

If there is pronounced dampness evil (oppression in the chest, reduced eating, thick slimy white tongue fur, and a soggy, slippery, moderate pulse), add medicinals such as *cāng zhú* (atractylodes), *chǎo yǐ mǐ* (stir-fried coix), and *shā qiào* (amomum husk). If cold evil enters the interior and transforms into heat, which then binds in the intestines and stomach and results in abdominal distention and fullness, glomus and hardness that does not like pressure, bound stool, postmeridian generalized heat [effusion], and delirious speech, combine *hòu pò* with *zhǐ shí* (unripe bitter orange), *shēng dà huáng* (raw rhubarb), and *máng xiāo* (mirabilite). Examples of this are seen in the following formulas from the *Shāng Hán Lùn* (伤寒论 “On Cold Damage”):

Dà chéng qì tāng 大承气汤

Major Qì-Coordinating Decoction

hòu pò (厚朴 officinal magnolia bark, Magnoliae Officinalis Cortex)

zhǐ shí (枳实 unripe bitter orange, Aurantii Fructus Immaturus)

shēng dà huáng (生大黄 raw rhubarb, Rhei Radix et Rhizoma Crudi)

máng xiāo (芒硝 mirabilite, Natrii Sulfas)

Xiǎo chéng qì tāng 小承气汤

Minor Qì-Coordinating Decoction

hòu pò (厚朴 officinal magnolia bark, Magnoliae Officinalis Cortex)

zhǐ shí (枳实 unripe bitter orange, Aurantii Fructus Immaturus)

shēng dà huáng (生大黄 raw rhubarb, Rhei Radix et Rhizoma Crudi)

Because *hòu pò* can downbear qì, it is often included in formulas to treat fullness and distention in the chest and abdomen, counterflow qì ascent, and panting and cough. Examples include: *guì zhī jiā hòu pò xìng rén tāng* (Cinnamon Twig Decoction Plus Officinal Magnolia Bark and Apricot Kernel) for cough and panting in externally contracted wind-cold with spontaneous sweating; and *sū zǐ jiàng qì tāng* (Perilla Fruit Qì-Downbearing Decoction) for copious phlegm and qì counterflow, fullness in the chest, and cough and panting.

Guì zhī jiā hòu pò xìng rén tāng 桂枝加厚朴杏仁汤 Cinnamon Twig Decoction
Plus Official Magnolia Bark and Apricot Kernel

guì zhī (桂枝 cinnamon twig, *Cinnamomi Ramulus*)
bái sháo (白芍 white peony, *Paeoniae Radix Alba*)
zhì gān cǎo (炙甘草 mix-fried licorice, *Glycyrrhizae Radix cum Liquido Fricta*)
shēng jiāng (生姜 fresh ginger, *Zingiberis Rhizoma Recens*)
dà zǎo (大枣 jujube, *Jujubae Fructus*)
hòu pò (厚朴 official magnolia bark, *Magnoliae Officinalis Cortex*)
xìng rén (杏仁 apricot kernel, *Armeniaca Semen*)

Sū zǐ jiàng qì tāng 苏子降气汤 Perilla Fruit Qì-Downbearing Decoction

sū zǐ (苏子 perilla fruit, *Perillae Fructus*)
bàn xià (半夏 pinellia, *Pinelliae Rhizoma*)
zhì gān cǎo (炙甘草 mix-fried licorice, *Glycyrrhizae Radix cum Liquido Fricta*)
qián hú (前胡 peucedanum, *Peucedani Radix*)
hòu pò (厚朴 official magnolia bark, *Magnoliae Officinalis Cortex*)
chén pí (陈皮 tangerine peel, *Citri Reticulatae Pericarpium*)
dāng guī (当归 Chinese angelica, *Angelicae Sinensis Radix*)
shēng jiāng (生姜 fresh ginger, *Zingiberis Rhizoma Recens*)
ròu guì (肉桂 cinnamon bark, *Cinnamomi Cortex*)

COMPARISONS

Zhǐ shí (unripe bitter orange)²⁰³ breaks qì and tends to be used to disperse accumulation and stagnation, and to eliminate glomus and hardness; it also drains fire. *Hòu pò* precipitates qì, and tends to be used to disperse abdominal distention and eliminate gastric fullness; it also dries dampness.

Dà fù pí (areca husk) precipitates qì and disperses distention; it also disinhibits water, and tends to be used to treat ascites. *Hòu pò* likewise precipitates qì and disperses distention; in addition, it dries dampness and eliminates fullness, and tends to be used to treat abdominal distention and bound stool. *Dà fù pí* has a much greater power to disinhibit water than *hòu pò*; but the latter has a much greater power to precipitate qì.

Cāng zhú (atractylodes) dries dampness, eliminates spleen dampness, and up-bears clear yáng. *Hòu pò* dries dampness, eliminates stomach fullness, and down-bears accumulation and stagnation. Although both dry dampness, they differ in that one is upbearing while the other is downbearing.

Qīng pí (unripe tangerine peel) breaks binding depression of liver qì and treats rib-side pain due to anger. *Hòu pò* precipitates accumulated qì in the stomach and intestines, and treats abdominal distention, fullness, and pain.

Hòu pò huā (official magnolia flower) is broadly similar to *hòu pò* in nature, flavor, and function, but its medicinal strength is not as great. Its special feature is that it also rectifies liver qì and treats liver-stomach qì stagnation with oppression

and pain in the stomach duct. *Hòu pò huā* (official magnolia flower) tends to be used for the upper and center burners, while *hòu pò* tends to be used for the center and lower burners.

When used raw, *hòu pò* tends to precipitate qì; used stir-fried with ginger juice, it checks retching. Combined with medicinals such as *dǎng shēn* (codonopsis), *bái zhú* (white atractylodes), *fú líng* (poria), *ròu dòu kòu* (nutmeg), and *wǔ wèi zǐ* (schisandra), it treats diarrhea. Combined with *qīng pí* (unripe tangerine peel) and *chuān liàn zǐ* (toosendan), it is used for pain from liver-stomach qì stagnation.

DOSAGE

The dosage is generally 2–6 g/7 fēn–2 qián. In acute and severe conditions, one can use as much as 9–12 g/3–4 qián or more.

CAUTION

This is a warming, drying, qì-precipitating medicinal; it should be used with care in vacuity and in pregnancy.

RESEARCH

Modern research reports suggest that this medicinal has a strong inhibitory effect on *Staphylococcus aureus* in vitro.

20. 乌药 Wū Yào Lindera

Linderae Radix

Also called *tái wū yào* 台乌药. *Wū yào* (lindera) is acrid in flavor and warm in nature. Its main actions are to move qì and loosen distention, to normalize counterflow and relieve pain, to warm and dissipate liver-kidney cold qì, and to course counterflow qì in the abdomen. It is a commonly used warm-natured qì-moving medicinal that has the additional effect of warming the kidney and reducing urine.

This medicinal is effective in treating cold-type qì pain in the lower burner. In clinical practice, *wū yào* is most commonly used to warm the kidney and treat mounting. For attacks of lesser abdominal pain and **mounting qì pain**⁵⁵⁸ (疝气痛 *shàn qì tòng*), and cold pain, sagging, and distention of the testes caused by cold qì in the kidney affecting the liver channel, *wū yào* is combined with medicinals such as *wú yú* (evodia), *mù xiāng* (costusroot), *qīng pí* (unripe tangerine peel), *chǎo xiǎo huí xiāng* (stir-fried fennel), *chǎo jú hé* (stir-fried tangerine pip), *lì zhī hé* (litchee pit), *ròu guì* (cinnamon bark), and *chuān liàn zǐ* (toosendan). A commonly used prescription is *tiān tái wū yào sǎn* (Tiāntái Lindera Powder).

Tiān tái wū yào sǎn 天台乌药散

Tiāntái Lindera Powder

wū yào (乌药 lindera, Linderae Radix)

mù xiāng (木香 costusroot, Aucklandiae Radix)

xiǎo huí xiāng (小茴香 fennel, Foeniculi Fructus)

gāo liáng jiāng (高良姜 lesser galangal, Alpiniae Officinarum Rhizoma)

qīng pí (青皮 unripe tangerine peel, Citri Reticulatae Pericarpium Viride)

bīng láng (檳榔 areca, Arecae Semen)

chuān liàn zǐ (川楝子 toosendan, Toosendan Fructus) (stir-fried with *bā dòu* (croton) and *xiǎo mài fū* (wheat bran), which are then discarded)

When cold evil invading the spleen and stomach results in center burner cold that inhibits the movement of qì and causes signs such as indigestion, continuous distention and pain in the chest and abdomen (in severe cases with vomiting), and liking for warmth in the region of the stomach, all of which are exacerbated by taking even small quantities of cold food, *wū yào* warms and dissipates spleen cold, moves qì and loosens distention, and normalizes counterflow and relieves pain. For this purpose it is often combined with medicinals such as:

xiāng fù (香附 cyperus, Cyperi Rhizoma)

gāo liáng jiāng (高良姜 lesser galangal, Alpiniae Officinarum Rhizoma)

chén pí (陈皮 tangerine peel, Citri Reticulatae Pericarpium)

bàn xià (半夏 pinellia, Pinelliae Rhizoma)

shén qū (神曲 medicated leaven, Massa Medicata Fermentata)

shēng jiāng (生姜 fresh ginger, Zingiberis Rhizoma Recens)

wú yú (吴萸 evodia, Evodiae Fructus)

For women suffering from abdominal pain during menstruation due to contractions of cold, it is combined with medicinals such as:

dāng guī (当归 Chinese angelica, Angelicae Sinensis Radix)

wú yú (吴萸 evodia, Evodiae Fructus)

xiāng fù (香附 cyperus, Cyperi Rhizoma)

chǎo xiǎo huí xiāng (炒小茴香 stir-fried fennel, Foeniculi Fructus Frictus)

chuān xiōng (川芎 chuanxiong, Chuanxiong Rhizoma)

chǎo bái sháo (炒白芍 stir-fried white peony, Paeoniae Radix Alba Fricta)

ròu guì (肉桂 cinnamon bark, Cinnamomi Cortex)

pào jiāng (炮姜 blast-fried ginger, Zingiberis Rhizoma Praeparatum)

For frequent urination due to kidney channel vacuity cold (pale-colored urine, absence of pain in the urethra, and symptoms exacerbated by exposure to cold), *wū yào* is often combined with *sāng piāo xiāo* (mantis egg-case), *yì zhì rén* (alpinia), *shān yào* (dioscorea), and *wǔ wèi zǐ* (schisandra). On the basis of this traditional experience, I once treated a woman who suffered from postpartum urinary incontinence for ten years, and who was diagnosed in Western medicine as having cystoparalysis. The many treatments she had received in different places were ineffective and she usually had to line her underwear with cotton, which she found most troublesome. After performing the four examinations (inspection, inquiry, listening-smelling, and palpation) and correlating the findings gained through them, I diagnosed her as having loss of control over urination due to kidney channel vacuity cold. I treated this by warming the kidney and securing and containing. I prescribed *bā wèi dì huáng wán* (Eight-Ingredient Rehmannia Pill) plus medicinals such as *wū yào* (lindera) and *sāng piāo xiāo* (mantis egg-case). After taking ten packets of the formula, her symptoms were reduced by more than half. After ten more packets

of an adjusted formula, she had completely recovered. The main ingredients of the prescriptions were:

shú dì huáng (熟地黄 cooked rehmannia, *Rehmanniae Radix Praeparata*)
shān yào (山药 dioscorea, *Dioscoreae Rhizoma*)
shān zhū yú (山茱萸 cornus, *Corni Fructus*)
fú líng (茯苓 poria, *Poria*)
zé xiè (泽泻 alisma, *Alismatis Rhizoma*)
dān pí (丹皮 moutan, *Moutan Cortex*)
fù zǐ (附子 aconite, *Aconiti Radix Lateralis Praeparata*)
ròu guì (肉桂 cinnamon bark, *Cinnamomi Cortex*)
wū yào (乌药 linderia, *Linderiae Radix*)
sāng piāo xiāo (桑螵蛸 mantis egg-case, *Mantidis Oötheca*)
yì zhì rén (益智仁 alpinia, *Alpiniae Oxyphyllae Fructus*)
fù péng zǐ (覆盆子 rubus, *Rubi Fructus*)
wǔ wèi zǐ (五味子 schisandra, *Schisandrae Fructus*)
duàn lóng gǔ (煅龙骨 calcined dragon bone, *Mastodi Osis Fossilia Calcinata*)
duàn mǔ lì (煅牡蛎 calcined oyster shell, *Ostreae Concha Calcinata*)
yín yáng huò (淫羊藿 epimedium, *Epimedii Herba*)

These medicinals should be varied in accordance with signs. Readers might like to try this remedy.

COMPARISONS

Xiǎo huí xiāng (fennel)³⁵³ and *wū yào* both relieve mounting pain⁵⁵⁸ (疝痛 *shàn tòng*). However, *xiǎo huí xiāng* warms the lower burner and dissipates cold evil, whereas *wū yào* warms the liver and kidney, dissipates cold qì, and normalizes counterflow qì.

Xiāng fù (cyperus)²²⁵ moves stagnant qì in the twelve channels, opens depression and dissipates binds, and tends to enter the liver and gallbladder. It is effective in treating lesser abdomen qì stagnation. *Wū yào* normalizes bladder and kidney counterflow qì, treats mounting, and reduces urine; it tends to enter the kidney channel and is effective in treating smaller-abdominal qì counterflow.

DOSAGE

The dosage is generally 4.5–9 g/1.5–3 qián.

CAUTION

Use carefully in qì vacuity with internal heat.

21. 檳榔 Bīng Láng

Arecae Semen

Areca

Including

▷ *Dà fù pí* (大腹皮 areca husk, Arecae Pericarpium)

Bīng láng (areca) is acrid in flavor and warm in nature. Its forte is downbearing qì and breaking stagnation. It also moves phlegm and precipitates water, disperses accumulations, and kills worms.

This medicinal is effective in downbearing the qì. There is a traditional saying that “its nature is downbearing like that of *tiě shí* (loadstone),” which is able to downbear qì stagnation from the highest part of the body to the lowest. Thus, it is used to treat distention and oppression in the chest and abdomen, belching and retching counterflow, abdominal fullness and difficult defecation, **dysentery**⁵⁴⁷ (痢疾 *lì jí*) with rectal heaviness, and **leg qì**⁵⁵⁶ (脚气 *jiǎo qì*) with water swelling due to qì counterflow and qì stagnation. For example, for distention and oppression in the chest and abdomen, it is often combined with medicinals such as *zhǐ qiào* (bitter orange), *sū gěng* (perilla stem), *huò xiāng gěng* (agastache stem), and *hòu pò huā* (officinal magnolia flower). For belching and retching counterflow, it is often combined with medicinals such as *shēng dài zhě shí* (crude hematite) (predecocted), *xuán fù huā* (inula flower) (cloth-wrapped), *sū zǐ* (perilla fruit), *dīng xiāng* (clove), *bàn xià* (pinellia), and *zhú rú* (bamboo shavings). For abdominal fullness and difficult defecation, it is often combined with *hòu pò* (officinal magnolia bark), *zhǐ shí* (unripe bitter orange), and *shēng dà huáng* (raw rhubarb). For dysentery with rectal heaviness (in former times, physicians believed that **rectal heaviness**⁵⁶¹ (后重 *hòu zhòng*, tenesmus) could be eliminated by regulating qì), it is often combined with *mù xiāng* (costusroot) and *hòu pò* (officinal magnolia bark). For leg qì with water swelling, it is often combined with:

zǐ sū (紫苏 perilla, Perillae Folium, Caulis et Calyx)*chén pí* (陈皮 tangerine peel, Citri Reticulatae Pericarpium)*mù guā* (木瓜 chaenomeles, Chaenomeles Fructus)*fáng jǐ* (防己 fangji, Stephaniae Tetrandrae Radix)

For phlegm-food accumulations and gatherings, **strings and aggregations**⁵⁶⁵ (痰癖 *xián pì*), **concretions and conglomerations**⁵⁴⁴ (癥瘕 *zhēng jiǎ*, including hepatosplenomegaly and benign lumps, cysts, and tensing of particular muscles), worm and gān accumulations, distention and fullness due to ascites, etc., all of which are due to qì stagnation, *bīng láng* downbears qì and breaks stagnation, moves phlegm and precipitates water, and kills worms and disperses accumulation. It is often combined with medicinals that disperse food, transform phlegm, quicken the blood and dispel stasis, disinhibit urine, and disperse accumulations, with the formula varied in accordance with signs. For example, for phlegm-food accumulations and gatherings,

strings and aggregations,²² concretions and conglomerations, it is combined with medicinals such as:

jiāo sān xiān (焦三仙 scorch-fried three immortals, Tres Immortales Usti)⁵⁵⁵
lái fú zǐ (莱菔子 radish seed, Raphani Semen)
hēi bái chǒu (黑白丑 morning glory, Pharbitidis Semen)
táo rén (桃仁 peach kernel, Persicae Semen)
hóng huā (红花 carthamus, Carthami Flos)
sān léng (三棱 sparganium, Sparganii Rhizoma)
é zhú (莪术 curcuma rhizome, Curcumae Rhizoma)
shēng mǔ lì (生牡蛎 crude oyster shell, Ostreae Concha Cruda)
xiāng fù (香附 cyperus, Cyperi Rhizoma)
yù jīn (郁金 curcuma, Curcumae Radix)
zào jiǎo zǐ (皂角子 gleditsia seed, Gleditsiae Semen)
shān zhā hé (山楂核 crataegus pit, Crataegi Endocarpium et Semen)
cāng zhú (苍术 atractylodes, Atractylodis Rhizoma)
bái zhú (白术 white atractylodes, Atractylodis Macrocephalae Rhizoma)
zhǐ shí (枳实 unripe bitter orange, Aurantii Fructus Immaturus)

For worms and gān accumulation, it is combined with medicinals such as:

shǐ jūn zǐ (使君子 quisqualis, Quisqualis Fructus)
wū méi (乌梅 mume, Mume Fructus)
fěi zǐ (榧子 torreya, Torreya Semen)
léi wán (雷丸 omphalia, Omphalia)
nán guā zǐ (南瓜子 pumpkin seed, Cucurbitae Semen)
hú huáng lián (胡黄连 picrorhiza, Picrorhizae Rhizoma)
chuān jiāo (川椒 zanthoxylum, Zanthoxyli Pericarpium)
xì xīn (细辛 asarum, Asari Herba)
jiāo sān xiān (焦三仙 scorch-fried three immortals, Tres Immortales Usti)⁵⁵⁵
chǎo jī nèi jīn (炒鸡内金 stir-fried gizzard lining, Galli Gigeriae Endothelium Corneum Frictum)

For abdominal distention and fullness due to ascites, it is combined with medicinals such as:

fú líng (茯苓 poria, Poria)
zhū líng (猪苓 polyporus, Polyporus)
zé xiè (泽泻 alisma, Alismatis Rhizoma)
dà fù pí (大腹皮 areca husk, Arecae Pericarpium)
guì zhī (桂枝 cinnamon twig, Cinnamomi Ramulus)
chén pí (陈皮 tangerine peel, Citri Reticulatae Pericarpium)

²²Strings, 痃 *xián*, and aggregations, 癖 *pì*, are two different types of symptoms, but they are sometimes mixed together. Strings are raised sinews or lumps on the sides of the umbilicus that are like bowstrings in form, can vary in size, and which may or may not be painful. Aggregations are lumps that are hidden within the rib-sides. They are usually only felt when the patient feels pain and then palpates the area. See strings and aggregations⁵⁶⁵ (痃癖 *xián pì*) (Au.).

dōng guā pí (冬瓜皮 wax gourd rind, Benincasae Exocarpium)

Combined with *tíng lì zǐ* (lepidium/descurainia), it downbears phlegm and treats panting. Combined with *shān zhā hé* (crataegus pit) and *é zhú* (curcuma rhizome), it disperses accumulations and transforms stagnation.

COMPARISONS

Zhǐ shí (unripe bitter orange)²⁰³ has greater power than *bīng láng* to abduct and disperse accumulation and stagnation and to eliminate glomus and fullness. *Bīng láng* has greater power than *zhǐ shí* to downbear qì and in addition it kills worms.

Dà fù pí (areca husk) dissipates formless qì stagnation, disperses distention, and disinhibits water. *Bīng láng* disperses hard accumulations, downbears qì, and moves phlegm.

Shǐ jūn zǐ (quisqualis)⁵¹⁰ kills roundworm and fortifies movement and transformation. *Bīng láng* (areca) expels tapeworm and disperses gān accumulation.

DOSAGE

The dosage is generally 4.5–9 g/1.5–3 qián. To expel tapeworm, use as much as 60–90 g/2–3 liǎng or more.

CAUTION

This medicinal is inappropriate for qì vacuity and sloppy diarrhea.

22. 香橼 Xiāng Yuán Citron

Citri Fructus

Acrid, sour, and bitter in flavor and warm in nature, *xiāng yuán* (citron)²³ regulates qì, loosens the chest, and transforms phlegm.

Xiāng yuán is suitable for liver qì depression that causes rib-side pain, stomach duct pain, fullness and oppression in the stomach duct and abdomen, belching, and vomiting. It is often combined with medicinals such as:

bàn xià (半夏 pinellia, Pinelliae Rhizoma)

shēng jiāng (生姜 fresh ginger, Zingiberis Rhizoma Recens)

mù xiāng (木香 costusroot, Aucklandiae Radix)

shā rén (砂仁 amomum, Amomi Fructus)

kòu rén (蔻仁 nutmeg, Myristicae Semen)

xiāng fù (香附 cyperus, Cyperi Rhizoma)

sū gěng (苏梗 perilla stem, Perillae Caulis)

²³This medicinal is difficult to import into the United States owing to the concerns of the Department of Agriculture. There is a fear that *xiāng yuán* (citron) will bring with it diseases or pests that will infect citrus plants. The US Department of Agriculture often requires medicinals like this to be heated to a given temperature before importation to prevent the spread of pests and disease. This is also true of other citrus products, such as *chén pí* (tangerine peel), *qīng pí* (unripe tangerine peel), and *fó shǒu* (Buddha's hand). (Ed.)

hòu pò huā (厚朴花 officinal magnolia flower, Magnoliae Officinalis Flos)

For phlegm qì counterflow fullness that causes cough and oppression in the chest, and copious phlegm and panting, *xiāng yuán* is combined with medicinals such as *sū zǐ* (perilla fruit), *xìng rén* (apricot kernel), *guā lóu* (trichosanthes), *zǐ sū* (perilla), and *lái fú zǐ* (radish seed).

COMPARISONS

Méi guā huā (rose) soothes the liver and harmonizes the stomach, and also quickens the blood and frees the network vessels. *Xiāng yuán*²³⁹ arouses the spleen and disinhibits the lung, and also transforms phlegm.

This medicinal enhances the appetite during the initial stage of pregnancy.

DOSAGE

The dosage is generally 4.5–9 g/1.5–3 qián.

23. 佛手 FÓ SHǒU Buddha's Hand

Citri Sarcodactylis
Fructus

Acrid, bitter, and sour in flavor and warm in nature, *fó shǒu* (Buddha's hand) rectifies qì and harmonizes the center, and soothes the liver and resolves depression.

This medicinal is suitable for liver-stomach disharmony, qì stagnation stomach pain, oppression in the chest, rib-side distention, poor appetite, and vomiting. For this purpose it is combined with medicinals such as:

xiāng yuán (香橼 citron, Citri Fructus)

xiāng fù (香附 cyperus, Cyperi Rhizoma)

sū gěng (苏梗 perilla stem, Perillae Caulis)

hòu pò (厚朴 officinal magnolia bark, Magnoliae Officinalis Cortex)

bàn xià (半夏 pinellia, Pinelliae Rhizoma)

chén pí (陈皮 tangerine peel, Citri Reticulatae Pericarpium)

huò xiāng (藿香 agastache, Agastaches Herba)

Fó shǒu is used in various other combinations. Combined with *qīng pí* (unripe tangerine peel) and *chuān liàn zǐ* (toosendan), it treats stomach duct pain due to binding depression of liver qì. Combined with *zhú rú* (bamboo shavings) and *huáng qín* (scutellaria), it treats vomiting in pregnancy. Combining it with *jiàng xiāng* (dalbergia) and *chén xiāng qū* (aquilaria leaven) strengthens its ability to downbear counterflow and check vomiting.

COMPARISONS

Xiāng yuán (citron)²³⁹ has a stronger phlegm-transforming effect than *fó shǒu*, but the latter is more effective in checking retching.²⁴

²⁴Some practitioners consider *xiāng yuán* (citron) to be an inexpensive substitute for *fó shǒu* (Buddha's hand). (Ed.)

Fó shǒu huā (Buddha's hand flower) tends to be used for pain from chest and rib-side qì stagnation. It also opens the stomach and arouses the spleen. *Fó shǒu* tends to be used for center burner qì stagnation with stomach pain and retching.

Chén pí (tangerine peel) has a greater phlegm-transforming and dampness-drying effect than *fó shǒu*, but the latter has a more powerful effect for soothing the liver and resolving depression than *chén pí*.

DOSAGE

The dosage is generally 4.5–9 g/1.5–3 qián.

Although both *xiāng yuán* (citron) and *fó shǒu* are qì-rectifying medicinals, their medicinal strength is moderate, and their nature is gentle and neutral. They are suitable for mild conditions. In severe cases of qì depression and qì stagnation, they need to be combined with other qì-rectifying medicinals.