COURSE OUTLINE

SECTION 1

BASIC CONCEPTS OF TCM
12 Lectures with Questions & TCM Glossary
Recommended duration = 48 hours
Covers the basic concepts of TCM, including TCM case history taking, diagnosis and treatment methods.

SECTION 2

HERBS & FORMULAS
20 Lectures with questions.
Recommended duration = 140 hours
While introducing individual herbs, deals mainly with the study of formulas and their clinical application.

SECTION 3

CLINICAL APPLICATIONS
15 Lectures with questions.
Recommended duration = 120 hours
Consists of a detailed study of the clinical application of the formulas according to bodily systems and disease categories.

Duration of course
approx. 18 months to 2 years
(total 308 C.P.E. points awarded).

Full Course Fees
$950.00
Payment option available
(Registration Form enclosed, pg 4)

BONUS!
$500 worth of herbal products (trade price, valued at over $800 RRP, GST & Postage inclusive) for students who successfully complete the course within 2 years.

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WHAT OUR GRADUATES SAY

Since 1994 over a thousand students and practitioners from different modalities have successfully graduated from the course. Currently over 600 students are enrolled in Australia and overseas. Here are a few of the excerpts from the hundreds of letters we have received.

“The course was very well presented and easy to understand. Backed up by the wonderful support system that Cathay Herbal has in place, I have no hesitation in recommending the course to anyone interested in Chinese herbal medicine.”

LIDIA MASTERS

“I found the course very comprehensive and easy to understand. I am constantly referring to the course notes in my practice and find them an invaluable source of information.”

LYNNE KERSHAW

“Coming from a non-TCM background, I found the course to be very good and well structured. I was impressed with the way that it analysed Western clinical conditions from a Traditional Eastern viewpoint.”

ROB WHITE

“I found the Cathay Herbal course very interesting and was impressed with how practical and clinically relevant it was.”

JAN McLAY

“I enjoyed the Cathay course and found it very informing I look forward to using Cathay Herbal formulas in my practice.”

RUSSELSHAW

“The course was very thorough, easy to follow and practically based.”

TERRY POWER

“I thoroughly enjoyed the many and varied aspects of the Cathay TCM course. Thank you for an informative and rewarding learning experience.”

MELINDA WILCOCK

“Thankyou for your time and help during the correspondence course. I have certainly enjoyed the study and have recommended the course to some of my friends. After many years of nursing I have found it very interesting learning about Chinese herbal formulas, and taking a new direction in my work.”

CORAL GAMBLE

“I found the Cathay course very thorough and comprehensive. It has definitely broadened my knowledge of Traditional Chinese Medicine, and enabled me to better service my clients.”

FRANSETTA MICHEITI

“My thanks and appreciation to Cathay for designing such a useful, comprehensive and practical course. I look forward to continuing to build on the very solid foundation which the course has provided.”

KYLE POWDERLY

“I found the course an excellent introduction to Chinese herbal medicine and readily applicable in practice.”

NOEL STEWART

“The Cathay Herbal course was very good. I highly recommend it. It provided an excellent foundation for ongoing studies in Chinese Herbal Medicine.”

KENNETH ALEXANDER

“I am very glad that I did the course. I feel that I have a greater knowledge of the subject now.”

DOROTHY HENDER
The Scope of Traditional Chinese Medicine

The major part of Traditional Chinese Medicine (TCM) consists of treatment with herbs. This is one of the world’s oldest and most comprehensive systems of herbal medicine. With a history of over 5,000 years there has evolved a detailed and precise system of diagnosis and therapy with a very broad range of application.

Today we are the recipients of the legacy of some of the world’s greatest herbal physicians who have developed more than 400 herbal formulas to cover the most commonly occurring clinical problems. Out of these, there are about 150 that are considered to be the most useful in general practice.

A Practical Approach To Learning Chinese Herbal Medicine

In the clinical practice of TCM, the nature of a patient’s problem is identified and from this follows the principle of treatment, the appropriate formula that incorporates this principle, and the specific herbs that constitute the formula. One may also take the opposite approach and define the patient’s disorder in terms of the treatment principle and, more precisely, by the formula used to treat it. This approach of identifying a specific formula with a particular disorder dates back to the third century and was exemplified in the Shang Han Lun (Discussion of Cold-induced Disorders), one of the classics of Chinese herbal medicine.

This points the way to an efficient and practical method of learning Chinese herbal medicine. Rather than beginning with the complex and abstract details of the individual herbs, of which there are about 500 in general use, it is easier to learn how to use formulas at the same time as learning the TCM theory. In this way, once the essential TCM patterns that define a patient’s disease process are understood, it is natural to follow on with the formulas that are used to treat these patterns.

The Cathay Herbal Correspondence Course

The Cathay Herbal correspondence course takes this approach to provide practitioners and students with a working knowledge of commonly used Chinese herbal formulas. The course aims to develop practical skills in diagnosis and treatment using around 150 Chinese herbal formulas.

The course is divided into three sections. **Section 1** covers the basic concepts of TCM, including TCM case history taking, diagnosis and treatment methods. **Section 2**, while introducing individual herbs, deals mainly with the study of formulas and their clinical application. **Section 3** consists of a detailed study of the clinical application of the formulas according to bodily systems and disease categories.

The material is presented in the form of written lecture notes followed by a series of questions to be completed after studying each of the chapters. Section 1 contains twelve lectures, Section 2 contains twenty and Section 3 fifteen lectures.

The course accrues a total of 308 Continuing Practitioner Education (CPE) points.
I would like to enrol in the Cathay Herbal Correspondence Course in Traditional Chinese Medicine.
Definition

Traditional Chinese Medicine (TCM) is based upon the philosophy of Yin and Yang. This philosophy underlies the whole of the theoretical framework of TCM and thus forms the basis for thinking in the practice of TCM. It is most important to gain a thorough grasp of these concepts including their attributes and interrelationships. As one becomes increasingly familiar with this philosophical viewpoint, one begins to see the inherent logic and self-evident nature of TCM, where the linear and analytic approach of Western science would find complexity and contradictions.

The ancient Chinese philosophers used the Yin-Yang theory to explain the changes that occur in nature. According to this theory, all things and phenomena in the universe contain two opposite aspects – Yin and Yang – which are, at the same time, both interdependent and in conflict. They may be seen as complementary and yet also in opposition to one other. The Yin-Yang theory thus represents the law of unity of opposites. It implies the underlying unity as well as the manifest polarity of things, events and processes.

Yin and Yang represent the two opposite principles or tendencies of one object or phenomenon in relation to another. They may also represent different and opposite aspects within the same object or phenomenon.

The ancients Chinese observed the principle of opposites in the natural events around them: day and night, light and darkness, waking and sleeping, activity and rest, summer and winter, growth and decay, man and woman, hot and cold, heaven and earth, sun and moon, etc.

They noticed two important features in regard to the relationships between opposites:

• There is some sort of correlation between the individual components of different pairs of opposites. During the day it is light and warm, the sun is out and people are active. Thus these particular components all share an essential quality – daytime, light, warmth, activity and the sun. On the other hand there is nighttime, darkness, cold, rest and the moon, all of which share in an essential quality that is opposite in nature to the former.

• One opposite has certain distinctive relationships with the other in any given pair. They can be seen as two alternating states of development or two aspects of a cyclical movement through time. Day changes into night, and night into day; summer changes to winter and winter into summer; activity is followed by rest, rest supports activity, dormancy is followed by growth which is followed by decay, etc.
Following on from the first point, the Chinese philosophers postulated that in any given pair of opposites, one has more Yin qualities in relation to the other and the other has more Yang qualities relative to the first. Yin is related to darkness, shade, passivity, quietness, cold, and softness. Yang is related to light, brightness, activity, loudness, heat and hardness. The Chinese characters for Yin and Yang depict the sun shining on a hill. Yin denotes the shade side and Yang denotes the sunny side of the hill.

One should always bear in mind that the terms ‘Yin’ and ‘Yang’ do not refer specifically to any concrete object or phenomenon. They are used as tools to observe and analyse things and events, and indicate a tendency or an inherent quality. This tendency or quality is also relative and exists only in comparison to something else. As an example, if we take the climate in Europe and compare it with the climate in the tropics, we can say that in general the European climate is colder, and therefore Yin in comparison with the climate in the tropics, which is warmer and therefore more Yang. However, if we compare Europe’s climate to that of the North Pole, then the European climate is Yang in comparison.

The second point, dealing with the particular types of relationships that may exist between opposites, has many important ramifications, which are discussed below. There is always some kind of relationship between opposites, and this leads to the crucial difference between Chinese and Western philosophy. In the West, opposites are separate, static and always exclusive. This has molded our worldview in the West and continues to dominate scientific thinking. On the other hand, the Chinese philosophy of Yin-Yang points to the underlying unity of opposites, their interdependence, and transformation of one into the other. It provides a viewpoint from which the complementary nature of opposing pairs can be observed and utilised. These relationships have five essential aspects:

1. **Yin and Yang oppose each other**

They are opposite stages in the natural process of change and development of things and events. They may also be in opposition by acting against one another.
In this sense, one controls or subdues the other as with water and fire. When applied in a controlled way or to a moderate degree, the one regulates the other and keeps it within specific limits. When taken to extremes the one may damage or destroy the other. Fire may be used in such a way that water is brought to boiling point for a specific use. However it may also be applied in a more excessive or extreme way and the water will evaporate completely. Similarly, a fire may be controlled, or extinguished by the application of water.

2. Yin and Yang are interdependent

The existence of the one is supported, nurtured, or defined by the other. The one provides the conditions for the existence of the other. Upward motion can only be defined in relation to downward motion, activity must be followed by rest in order to avoid exhaustion.

3. Yin and Yang consume one another

The growth of the one results in the decline of the other. The Yin and Yang aspects within any phenomenon are not fixed, but fluctuate so that as Yin waxes, Yang becomes consumed. As Yang waxes, Yin becomes consumed. This can be observed in the cycle of the seasons. As spring progresses to summer and the weather becomes warmer, the principle of Yang waxes as the principle of Yin wanes. As autumn progresses to winter and the weather becomes colder, Yin waxes and Yang wanes. This is a quantitative change.

4. Yin and Yang transform one into the other

In certain circumstances Yin changes into Yang and Yang changes into Yin. This is a qualitative change. Water in the ocean evaporates to become steam and form into clouds. Clouds condense into rain and replenish the oceans. This process depends upon the presence of the suitable internal conditions as well as suitable external conditions. In this example, the action of air, wind and warmth act externally on the water to evaporate it. The internal conditions refer to the nature of water itself. It is part of the nature of water to evaporate. It has the potential to turn into steam under the action of the appropriate external factors. Other substances on the earth’s surface, such as rocks and sand, cannot do this.

5. Yin and Yang are infinitely divisible

Each component of a pair of opposites may be divided into Yin and Yang, and the same process may be applied infinitely. Taking day and night as one pair, the day may be divided into morning and afternoon. The former is the Yang within the Yang; the latter is the Yin within the Yang. The night may also be divided into the portion from dusk to midnight and the portion from midnight to dawn.

These relationships are always present, manifesting in different degrees in every Yin-Yang pair. Let us take a common example in order to illustrate this point.

The relationship between day and night.

Yin and Yang oppose each other

Day and night have different effects on living beings. Their qualities are opposite in nature.
Yin and Yang are interdependent
The one gives definition to the other.

Yin and Yang consume one another
This is expressed in the fact that they cannot exist at the same time together, the one totally consuming the other.

Yin changes into Yang and Yang changes into Yin
Day changes into night and night into day

Yin and Yang are infinitely divisible
Daytime (Yang) has morning (Yang) and afternoon (Yin) as discussed above.

Here it can be observed that the relationships of consuming and changing are very clearly expressed, while opposition and interdependence are expressed to a lesser degree.

The Yin-Yang philosophy is concerned with:

• Differentiating the opposites in any given system or frame of reference

• Denoting which pertains to Yin and which pertain to Yang

• Describing the relationships that exist between opposites

Yin and Yang: Essential Concepts

Any object or phenomenon can be divided into Yin-Yang
All things and events have a Yin component and a Yang component; the Earth is divided into oceans and landmasses; the body has an exterior portion of skin and skeletal muscle and an interior portion of viscera and bones.

Everything in the universe has an opposite.
In nature, each thing and event has a complementary opposite. Appearances have underlying causes, which are opposite in nature. The present conditions have future consequences, which will be of opposite nature: birth is followed eventually by death, economic boom by recession, conquest of nature by pollution and degradation of resources, the elation produced by drugs or alcohol eventually leads to sickness and misery.

Yin and Yang are descriptive terms; they are not nominative.
Yin-Yang terminology is used when describing the quality or characteristic tendency of one thing with reference to another. Linguistically, it often appears that these terms are used as nouns, however it should always be understood that ‘Yin’ and ‘Yang’ are adjectives and do not refer to any concrete or existing thing.

Yin and Yang are always relative, they are not absolute.
Pure or absolute Yin (or Yang) does not exist. There is always some degree of the opposite contained in anything that exists, no matter how extreme the degree of Yin or Yang. If a thing or event is described as Yang, this is taken to mean that it is predominantly Yang, and that some Yin qualities or aspects also exist within it. If we take expansion and contraction as an example of Yang and Yin, it is impossible for anything to manifest pure, 100% expansiveness without any trace of the contracting force – it would simply expand outward to infinity, i.e. out of existence. Similarly, anything that was dominated by pure, 100% contraction without any trace of expansive force would simply contract...
down to zero, ie. it would cease to exist.

It is a condition for the existence of anything that there always must be some degree of both Yin and Yang qualities present.

**Yin is complementary to Yang and vice versa**

Yin and Yang nourish, sustain and define one another. Each thing depends upon it’s opposite in order to exist. In this sense Yin ‘creates’ Yang and Yang ‘creates’ Yin. Opposites also hold each other in balance and exert mutual control over one another. Thus, Yin controls Yang and Yang controls Yin. There does not exist any antagonism between opposites in Nature. They are always complementary. The normal, healthy, functional, durable existence of everything in Nature depends on the mutual enhancement, control, and beneficial interaction of opposite forces.

**Yin attracts Yang and Yang attracts Yin**

Opposites attract one another: the greater the difference, the greater the attraction, eg. the attraction between the sexes, cold and heat.

**Yin repels Yin and Yang repels Yang**

Like things and phenomena repel one another: the greater the similarity, the greater the repulsion, eg. magnetic fields, stubborn and domineering people.

**Yin changes into Yang and vice versa**

Yin and Yang represent the alternating stages in the development or cyclic movement of things and phenomena through time. This is seen clearly in the cycle of the seasons: spring into summer, summer into autumn, autumn into winter and winter into spring.

Normal healthy progression is marked by a smooth and gradual change. However, at the extremes of Yin or Yang there is great instability and the change from one opposite to the other is rapid and inharmonious, eg. a high fever, long periods of fasting.

**The normal physiological condition (i.e. a healthy state) requires the avoidance of extremes of Yin and Yang.**

The body can only exist within a narrow range of temperature, atmospheric pressure, oxygen content of the air, etc. Although some people can develop a degree tolerance to extremes by gradually introducing them to the body, there are still definite limitations that are compatible with health and life.

**Each component of a Yin-Yang pair can be further divided into another Yin-Yang pair.**

Although in theory this could be done indefinitely, for practical purposes only a few subdivisions are necessary.

**Yin-Yang in TCM**

As has already been stated, a deep understanding of the Yin-Yang philosophy underlies all of TCM. All of the theories of physiology, pathology, diagnosis and treatment in TCM are based upon it and can be understood and expressed in terms of Yin and Yang. Although a full description of Yin-Yang in TCM would involve an analysis of things that are yet to be discussed, a few examples are given below by way of an introduction.
TCM physiology

- The Qi is Yang and the Blood is Yin
- The Zang (viscera) are Yin, and the Fu (bowels) are Yang
- The upper body is Yang and the lower body is Yin
- The exterior of the body is Yang, and the interior is Yin
- Functional activities are Yang, structure and nutrient substances are Yin
- Conservation, storage, physical structure and substances are Yin
- Transformation, change, movement and activity are Yang

TCM pathology

- Excess conditions are Yang, and deficiency conditions are Yin
- Pathogenic factors that come from outside of the body are Yang. Pathogenic factors that are generated within the body are Yin
- In general, pathological changes that occur during disease may be explained as
  - An imbalance of Yin and Yang
  - An excess of Yang leading to a Hot disease
  - An excess of Yin leading to a Cold disease
  - A deficiency of Yang leading to a Cold disease
  - A deficiency of Yin leading to a Hot disease
  - A severe deficiency of Yang consumes Yin leading to a deficiency of Yin

TCM diagnosis

- An Interior disease is Yin and an Exterior disease is Yang
- A Cold natured disease is Yin and a Hot natured disease is Yang
- A deficiency type of disease is Yin and excessive type of disease is Yang

TCM treatment

- A Yang type of disease is given a Yin type of treatment
- A Yin type of disease is given a Yang type of treatment
- The essential features of TCM treatment strategies can be summed up as:
  - Supplement Yang (when there is a deficiency of Yang)
  - Supplement Yin (when there is a deficiency of Yin)
  - Reduce an excess of Yang
  - Reduce an excess of Yin

Yin and Yang Relationships in TCM

Yin and Yang oppose each other

The whole of TCM theory is based upon the recognition of opposites and their mutual interaction. When the body is in a healthy state these opposites are balanced, in the sense that while they may exhibit opposing or antagonistic functions, they exert mutual control or mutual support. In disease it can be observed that there is a loss of mutual control or support, with either Yang or Yin predominating.
The internal organs have specific interrelationships (as discussed in Lecture 2). Each is nourished by one other organ and each nourishes a different organ. Each is controlled by one of the other organs and each controls a different organ. In health, these relationships maintain balance. In disease there is a state or over-activity, or under-activity and the antagonistic aspect of the relationship becomes manifest with one organ interfering with the functions of another.

The same holds true in regard to the relationship between the body and the external environment (as discussed in Lecture 5). Environmental factors such as heat, cold, dampness or dryness, are compatible with health when they are present to a normal degree. When they are extreme, and particularly if there is prolonged exposure, they will cause disease. Heat (Yang) will cause damage to the Body Fluids (Yin); Cold (Yin) will damage the Qi (Yang).

This relationship also underlies the whole of TCM therapeutics (as discussed in Lecture 12). A Hot (Yang) type of disease is treated with Cooling (Yin) herbal medicines. A Cold (Yin) type of disease is treated with Warming or Heating (Yang) herbal medicines.

Yin and Yang are interdependent
This can be seen in TCM physiology, where all of the bodily organs, functional activities, and vital substances are described in Yin-Yang pairs that mutually support one another. The internal organs are classed as Yin (viscera or solid organs) and Yang (bowels or hollow organs). The Yang organs are mainly concerned with transform, transportation and excretion, while the Yin organs deal with storage and conservation. In TCM therapeutics, the physiological relationships of interdependence are frequently taken into account, so that related organs and functions are treated along with the diseased organ or system.

Yin and Yang consume one another
This is a very useful concept in TCM pathology. When Yin or Yang have become excessive (i.e. increased beyond the normal range), the opposite will become consumed. A prolonged febrile illness (heat = Yang) will injure the Body Fluids (Yin). Excessive intake of Cold-natured foods (Yin) will cause injury to the Yang Qi of the Spleen and Stomach.

On the other hand, when Yin or Yang have become deficient (i.e. reduced below the normal range), the opposite will appear to be in excess. However, the excess is only apparent, and is due to the lack of control or counterbalancing effect that would normally be exerted by the weakened complement.

In practical terms, there is a very real difference between an excess of Yang consuming Yin and a deficiency of Yang leading to an apparent excess of Yin. The former is treated as an excess condition, which therefore needs to be reduced. The latter is treated as a deficiency condition, which therefore requires to be supplemented.

There are essentially four different ways in which the relationship of mutual consumption can occur.

• Yang becomes excessive and consumes Yin
• Yang becomes deficient (i.e. consumed) and gives rise to an apparent excess of Yin
• Yin becomes deficient (i.e. consumed) and gives rise to an apparent excess of Yang
Yin and Yang may transform one into the other.
The inter-transformation of Yin-Yang is applied in many ways in clinical practice.

In regard to prevention, the recommendations that are made by a practitioner to a patient generally involve the avoidance of extremes— in work, exercise, diet, emotions and sexual activity. This helps to avoid the rapid and uncontrollable shifts from one extreme to the other that undermines health and well being.

In the pathological changes that occur during a disease process, it is often observed that a Cold condition may transform into a Hot condition; an excess condition into a deficiency condition and vice versa. A practitioner needs to be aware of this in order to correctly interpret a patient’s signs and symptoms and apply the correct treatment.

Yin and Yang are infinitely divisible
For practical purposes only one or two subdivisions are generally necessary. As an example, let us take Edema, which is a Yin type of disease. TCM distinguishes between Yang and Yin types of Edema. The former are acute conditions that are generally due to exogenous pathogens; while the latter are more chronic conditions due to internal factors. Each of these different types is given a different treatment, appropriate for the Yin or Yang nature of the disease. This principle leads naturally to the material to the Five Phases (Wu Xing) and the Eight Principles (Ba Gang), that are discussed in Lecture 2 and Lecture 8. The differentiation of Yin-Yang does not provide sufficient detail to enable a practitioner to have the precision necessary for specific diagnosis and treatment. The theory of the Five Phases, and the Eight Principles of diagnosis may be regarded as a further elaboration of Yin-Yang and provide a more practical framework within which to organise and interpret clinical information in order to make an accurate diagnosis and devise an appropriate treatment plan.
Synopsis

• The Yin-Yang philosophy is the basis of TCM theory.

• The Yin-Yang philosophy is concerned with:
  – Differentiating the opposites in any given system or frame of reference
  – Denoting which pertains to Yin and which pertain to Yang
  – Describing the relationships that exist between opposites

• Everything in Nature can be viewed in terms of Yin and Yang. Yin is passive, quiet, dark, cool, soft and gentle; Yang is active, loud, bright, hot, hard and rough.

• The relationship between Yin and Yang has five basic aspects:
  – Yin and Yang oppose each other.
  – Yin and Yang are interdependent.
  – Yin and Yang consume one another.
  – Yin and Yang may transform one into the other.
  – Yin and Yang are infinitely divisible.

Learning Objectives

At the end of this lecture you should be able to:

1 Define the terms Yin and Yang

2 Differentiate between Yin and Yang in terms of objects, functions, events, people, disease symptoms and therapies.

3 Understand the five aspects of Yin-Yang interrelationship

4 Give practical examples of each relationship

5 Apply the laws of interaction between Yin and Yang in the area of health and disease.
1 On a separate sheet of paper, give your own personal definition of health. Indicate the Yin or Yang nature of each point in your description (e.g. ‘physical’ - Yin; ‘energy’ - Yang):

2 Give one example of each of the following principles. State which are Yang factors and which are Yin:
   a) Yin attracts Yang
   b) Yin gradually changes into Yang
   c) extremes of Yin (or Yang) are unstable and rapidly change into their opposite
   d) Yin supports and nourishes Yang (and vice versa)

3 Mark (+) for Yang and (-) for Yin, the following symptoms:
   a) irritability
   b) cold extremities
   c) fatigue
   d) flushed face
   e) severe low abdominal pain one day before menstruation (as opposed to dull pain after menstruation)

4 Circle the Yang symptoms:
   a) constipation with burning sensation over the anus
   b) abdominal pain alleviated by warmth
   c) deep red tongue body (as opposed to pale tongue body)
   d) disinclination to talk, weak voice
   e) rapid and forceful pulse (as opposed to weak and slow pulse)

5 Indicate (T) true or (F) false for the following:
   a) cold sensation in the abdomen with chronic diarrhea indicates a Yin type of disease
   b) a Yang type of illness is best treated with Yin type of herbs
   c) fever and thirst are Yang signs
   d) fatigue with aversion to cold indicates a Yang type of disorder
6 Treatment of a Hot type of disease with Cold natured herbs is an example of:

a) Yang attracts Yin and thus becomes neutralised (i.e. changes to Yin and becomes less Yang)
b) Yang repels Yang and thus becomes less Yang.
c) Yin repels Yin and thus becomes less Yin

7 A patient with fatigue, weakness, poor appetite, pale tongue and a weak pulse has a:

a) Yang type of disease and therefore requires a Yin type of treatment
b) Yang type of disease and therefore requires a Yang type of treatment
c) Yin type of disease and therefore requires a Yang type of treatment
d) Yin type of disease and therefore requires a Yin type of treatment

8 A person with irritability, red eyes, flushed face, red (i.e. deeper red than normal) tongue and rapid pulse has a:

a) Yang type of disease and therefore requires a Yin type of treatment
b) Yang type of disease and therefore requires a Yang type of treatment
c) Yin type of disease and therefore requires a Yang type of treatment
d) Yin type of disease and therefore requires a Yin type of treatment

9 When comparing the Blood to the Qi, the Blood is:

a) Yang because it is red, and the Qi has no colour
b) Yin because it carries the cells of the immune system
c) Yin because it nourishes, while the Qi activates
d) Yang because it clots

10 When comparing the Liver with the Gall Bladder, the Liver is:

a) Yang because it produces bile
b) Yin because it is a hollow organ
c) Yang because it breaks down poisons
d) Yin because it is relatively solid and situated deeper in the body

11 The Body Fluids are:

a) Yang because they lubricate and thus permit activity
b) Yin because they moisten and nourish
c) Yang because they circulate throughout the body
d) Yin because they help to digest food

12 Mark the following symptom pictures as Yin (-) or Yang (+):

a) loose stools, dull abdominal pain and sensitivity to cold
b) dizziness, forgetfulness and blurred vision
c) nasal congestion with clear watery mucous
d) cough with a small amount of thick yellow sputum
Formulas that Release Exterior Wind-cold

Exterior Wind-Cold Syndromes are characterised by:

- Chills
- Mild fever
- Head and body aches
- Clear or white mucus discharge
- Normal tongue
- Floating pulse

According to the Cold diseases theory (Shang Han), there are six stages (or ‘six Channels’) involved in the development of a disorder caused by the invasion of exogenous Cold pathogens. From the most superficial to the deepest they are:

1. Tai Yang (the Exterior)
2. Shao Yang (half Exterior, half Interior)
3. Yang Ming (Channel or Organ)
4. Tai Yin
5. Shao Yin
6. Jue Yin

Each of these stages has corresponding Channels that relate the disorder to the Zang-Fu and Acupuncture treatments:

Yang Stages
- Tai Yang – Bladder and Small Intestine
- Shao Yang – San Jiao and Gall Bladder
- Yang Ming – Stomach and Large Intestine

Yin Stages
- Tai Yin – Spleen and Lung
- Shao Yin – Heart and Kidney
- Jue Yin – Liver and Pericardium

The three Yang stages are the most pertinent to our discussion of Exterior Releasing Formulas. The last three, referred to as the Yin stages, are Interior syndromes and will not be discussed in this section of the course.

The Tai Yang stage disorder corresponds to the Exterior Wind-Cold Syndromes discussed below.

Shao Yang stage indicates that the Pathogen is half Exterior and half Interior. The characteristic signs are:

- Alternating fever and chills
- Sensation of fullness in the hypochondrium
- Nausea, vomiting, acidic regurgitation, loss of appetite
- Bitter taste in the mouth
- Dry throat

The first two signs indicate the half-Exterior nature of this disorder, while the last two are the half-Interior signs. The remaining group of signs relate to the Gall Bladder, which is the organ that corresponds to the Shao Yang. This syndrome involves the Gall Bladder attacking the Stomach, giving rise to nausea, vomiting, etc.
A Yang Ming stage disorder may be of two kinds: one in which the Channels only are affected and the other in which the Pathogen penetrates to the Yang Ming organs, i.e. the Stomach and Intestines. At this stage the Pathogenic Cold has transformed into Heat, and therefore all of the signs and symptoms are of the nature of Interior Heat excess.

The Yang Ming Channel Syndrome is characterised by:

- High fever
- Profuse sweating
- Pronounced agitation
- Full, surging pulse

The Yang Ming organ Syndrome is characterised by:

- Tidal fever
- Delirious speech
- Hard, full, distended abdomen
- Abdominal pain aggravated by pressure
- Constipation
- Dry and dirty yellow tongue coat
- Strong, deep and full pulse

In the Yang Ming Channel Syndrome the Stomach Fluids and Yin have been injured by the excess Heat. In the Yang Ming organ Syndrome the Pathogen binds with partially digested food in the Stomach and Intestines, resulting in gastrointestinal Heat Bind.
GUI ZHI TANG
Cinnamon Combination

Ingredients
Gui Zhi (Cinnamon twig), Bai Shao (White Peony), Sheng Jiang (Ginger – raw), Da Zao (Jujube), Gan Cao (Licorice)

Actions
• Releases Exterior Wind-Cold
• Harmonises the Ying (Nutritive) and the Wei (Defence) Qi

Symptoms and Signs
Chills and fever that are not relieved by sweating, aversion to cold drafts, sneezing and nasal congestion, chest discomfort, coughing with thin pale sputum, cold sensation and cold extremities, muscular aches, tiredness, sweating, pale or normal tongue, floating and soft or floating and empty pulse.

Indications
Exterior Wind-Cold attack, with deficiency of the Exterior (ie. the Wei Qi)

Clinical Application
Common cold, influenza, allergic rhinitis, urticaria, eczema, post partum fever, chilblain, angioedema, cerebrovascular spasm, gastritis, gastroduodenal ulcers, gastric neurosis, epilepsy, morning sickness, menstrual disorders.

Caution
Excess Heat Syndromes, Damp Heat, Yin deficiency with hyperactivity of Yang.

Individual Herb Function

Gui Zhi, Sheng Jiang:
Release Exterior Wind-Cold

Gui Zhi, Bai Shao:
Strengthen and harmonise the Wei (Defence) Qi and the Ying (Nutritive) Qi

Da Zao, Bai Shao:
Nourish and harmonise the Ying and the Wei Qi

Da Zao, Sheng Jiang:
Strengthen the Middle Jiao

Da Zao, Gan Cao:
Tonify the Middle Jiao, harmonise the herbs in the formula (ie. moderate any harsh effects)

Acupuncture Equivalent

Release Exterior Wind-Cold
He gu L.I.4 Moxibustion
Lie que Lu.7 combined with
Feng men Bl.12 even movement
Feng chi G.B.20 of the needles
Feng fu Du 16

Harmonise the Ying (Nutritive) and the Wei (Defence) Qi
Zu san li St.36 Reinforcing

Notes
**GUI ZHI TANG**
Cinnamon Combination
Continued . . .

**MAJOR HERBS**

**Gui Zhi**
Cinnamon Twigs

Class: Exterior Releasing

Flavour & Nature: Pungent, sweet, warm

Channels: Heart, Lung, Bladder

TCM Action: Releases Exterior Wind-Cold, adjusts the Ying and the Wei Qi, warms the Channels and disperses Cold, unblocks the Yang and transforms the Qi, strengthens the Heart Yang.

**Bai Shao**
White Peony

Class: Tonifying

Flavour & Nature: Bitter, sour, cool

Channels: Liver, Spleen

TCM Action: Nourishes the Blood, astricts the Yin and adjusts the Ying and Wei Qi, subdues the Liver Yang, emolliates the Liver and alleviates pain.

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**XIAO QING LONG WAN**
Minor Blue Dragon Combination

Ingredients

Wu Wei Zi (Schisandra), Bai Shao (White Peony), Gui Zhi (Cinnamon twigs), Ban Xia (Pinellia), Xi Xin (Asarum), Su Zi** (Perilla seed), Gan Jiang (Ginger-dry), Xing Ren** (Apricot seed), Gan Cao (Licorice), Zi Yuan** (Aster), Ma Huang (Ephedra)*

* The traditional formula contains Ma Huang (Ephedra), which is restricted by the Australian TGA. The Cathay Herbal formula contains Su Zi (Perilla seed), Xing Ren (Apricot seed), and Zi Yuan (Aster) as effective clinical substitutes and to enhance the actions of the formula.

Actions

- Releases Exterior Wind-Cold
- Warms the Lung and the Spleen to transform Phlegm and Fluids.
- Disseminates the Lung Qi to relieve cough and dyspnea.

Symptoms and Signs

Chills, aversion to cold, fever, general body aches, nausea, stifling sensation in the chest, wheezing, dyspnea, productive cough with profuse thin sputum, pale tongue with a thin white coat that may also be greasy, floating pulse.

There may also be edema or difficulty in breathing when lying down.

Indications

Exterior Wind-Cold with retention of Phlegm and Fluids.

Clinical Application

Common cold, influenza, bronchial asthma, bronchitis, emphysema, edema.
XIAO QING LONG WAN
Minor Blue Dragon Combination
Continued . . .

Caution
Heat syndromes or Yin deficiency. Not for long-term use.

Individual Herb Functions
Gui Zhi, Xi Xin, Gan Jiang:
Release Exterior Wind-Cold, warm the Lung and the Spleen to transform Phlegm.
Xing Ren, Su Zi, Zi Yuan:
Disseminate the Lung Qi, relieve coughing and wheezing, transform Phlegm.
Wu Wei Zi:
Warms the Lung, astricts the Lung Qi
Ban Xia:
Dries Dampness and transforms Phlegm and congested Fluids
Bai Shao with Gui Zhi:
Regulate the Ying and Wei to expel Wind-Cold from the muscles.
Gan Cao with Gui Zhi:
Warms the Spleen to transform Phlegm and Fluids.

Acupuncture Equivalent
Release Exterior Wind-Cold
Lie que Lu.7 Reducing
Feng men Bl.12
Feng fu Du 16
Feng chi G.B.20

Warm the Lung and the Spleen to transform Phlegm and Fluids
Tai yuan Lu.9
Feng long St.40 Reinforcing
Zhong wan Ren 12 Moxa may also be applied
Zu san li St.36
Shui fen Ren 9
Disseminate the Lung Qi
Feng men Bl.12 Reducing
Lie que Lu.7
Tai yuan Lu.9
Chi ze Lu.5

MAJOR HERBS

Gui Zhi
Cinnamon Twigs

Class: Exterior releasing
Flavour & Nature: Pungent, sweet, warm
Channels: Lung, Heart, Bladder

TCM Action: Releases Exterior Wind-Cold, adjusts the Ying and Wei Qi, warms the Channels and disperses Cold, unblocks the Yang and transforms the Qi.

Xi Xin
Asarum

Class: Exterior releasing
Flavour & Nature: Pungent, warm
Channels: Lung, Spleen, Kidney

TCM Action: Releases Exterior Wind-Cold, expels Wind to relieve pain, warms the Lung and transforms Phlegm, opens up areas of stagnation.
HUO XIANG ZHENG QI WAN
Agastache Formula

Ingredients
Huo Xiang (Agastache), Zi Su Ye (Perilla Leaf), Bai Zhi (Angelica), Jie Geng (Platycodon), Hou Po (Magnolia Bark), Chen Pi (Citrus Peel), Ban Xia (Pinellia), Bai Zhu (White Atractylodes), Fu Ling (Poria), Gan Cao (Licorice), Sheng Jiang (Ginger-raw), Da Zao (Jujube), Pei Lan** (Eupatorium), Da Fu Pi (Areca husk)*

* The traditional formula contains Da Fu Pi (Areca husk), which is restricted by the Australian TGA. The Cathay Herbal formula contains Pei Lan (Eupatorium) as a clinically effective substitute.

Actions
• Releases Exterior Wind-Cold
• Activates the Spleen to transform Dampness and Phlegm
• Regulates the Qi and harmonises the Middle Jiao

Symptoms and Signs
Fever, chills, aversion to cold, headache, fullness and discomfort of the chest and hypochondrium, abdominal distention, loss of appetite, vomiting, nausea, borborygmus, loose stools or diarrhoea, white and greasy tongue coat, soft and slightly slow pulse that may also be floating.

Indications
Exogenous Wind-Cold or Wind-Cold-Dampness attack with stagnation of Dampness (or Food Stagnation) in the Middle Jiao.

Clinical Application
enteritis, intestinal ‘flu, non-specific acute colitis, acute gastroenteritis, sunstroke, ‘sudden turmoil disorder’ (acute condition with simultaneous vomiting and diarrhea).

Contraindications
Yin deficiency or excess Heat syndromes.

Individual Herb Functions
Huo Xiang:
Releases Exterior Wind-Cold, transforms Dampness, harmonises the Middle Jiao.

Zi Su Ye, Bai Zhi, Jie Geng:
Release Exterior Wind-Cold.

Hou Po, Pei Lan, Chen Pi:
Transform Dampness, regulate the Qi, activate the Spleen.

Bai Zhu, Fu Ling, Ban Xia, Chen Pi:
Activate and strengthen the Spleen to transform Dampness.

Jie Geng, Ban Xia, Fu Ling, Chen Pi, Hou Po:
Transform Phlegm.

Zi Su Ye, Hou Po, Chen Pi, Ban Xia, (Da Fu Pi), Pei Lan:
Regulate the Qi and harmonise the Middle Jiao.

Sheng Jiang, Da Zao, Gan Cao:
Harmonise the formula, regulate the Spleen and Stomach.
**Major Herbs**

**Huoxiang**

*Agastache*

**Class:** Aromatic
**Dampness**
**Transforming**

**Flavour & Nature:** Pungent, slightly warm

**Channels:** Lung, Spleen, Stomach

**TCM Action:** Releases the Exterior, transforms Turbidity, harmonises the Middle Jiao and alleviates vomiting, transforms Dampness

**Bai Zhi**

*Angelica*

**Class:** Exterior
**Releasing**

**Flavour & Nature:** Pungent, warm

**Channels:** Lung, Stomach

**TCM Action:** Releases Exterior Wind-Cold, unblocks the nasal passages, alleviates pain, reduces swelling and expels pus, dries Dampness and alleviates discharge.
YU PING FENG SAN
Jade Screen Formula

Ingredients
Huang Qi (Astragalus), Bai Zhu (White Atractylodes), Fang Feng (Siler)

Action
• Tonifies the Qi
• Secures the Exterior to arrest sweating
• Releases Exterior Wind-Cold
• Strengthens the Wei (Defence) Qi

Symptoms and Signs
Susceptibility to the common cold and influenza, aversion to cold drafts, spontaneous sweating, pale complexion, pale tongue with thin white coat, floating or soft and floating or empty pulse.

Indications
Qi deficiency with weakness of the Wei (Defence) Qi.

Clinical Application
Recurrent episodes of the common cold or influenza, bronchitis, allergic rhinitis, hyperthyroidism, autonomic dystonia.

Caution
Excess Syndromes, Yin deficiency with hyperactivity of Yang.

Individual Herb Function

Huang Qi:
Tonifies the Lung and Spleen Qi, strengthens the Wei Qi and secures the Exterior to arrest sweating

Bai Zhu:
Tonifies the Spleen Qi to promote the production of Qi and Blood, secures the Exterior to stop sweating.

Fang Feng:
Releases Exterior Wind-Cold and allows the other herbs to secure the Exterior without retaining the Pathogens

Acupuncture Equivalent

Tonify the Qi, strengthen the Wei Qi, and secure the Exterior
Zu san li St.36 Reinforcing
Qi hai Ren 6
Shen zhu Du 12

Release Exterior Wind-Cold
Lie que Lu.7 Reducing
Tai yuan Lu.9
Fei shu Bl.13

Notes
MAJOR HERBS

Huang Qi
Astragalus

Class: Tonifying
Flavour & Nature: Sweet, slightly warm
Channels: Spleen, Lung
TCM Action: Tonifies the Spleen Qi, raises the Yang Qi of the Spleen and Stomach, secures the Exterior and stops sweating, strengthens the Wei Qi, promotes urination and reduces edema, promotes the discharge of pus, promotes tissue regeneration

Bai Zhu
White Atractylodes

Class: Tonifying
Flavour & Nature: Sweet, bitter, warm
Channels: Spleen, Stomach
TCM Actions: Tonifies the Qi, strengthens the Spleen, dries Dampness and promotes urination, secures the Exterior and stops sweating, calms the fetus
XIN YI SAN
Magnolia Flower Formula

**Ingredients**
Xin Yi Hua (Magnolia flower), Bai Zhi (Angelica), Fang Feng (Siler), Xi Xin (Asarum), Qiang Huo (Notopterygium), Gao Ben (Ligusticum), Sheng Ma (Cimicifuga), Chuan Xiong (Cnidium), Mu Tong (Akebia), Gan Cao (Licorice)

**Actions**
- Releases Exterior Wind-Cold
- Unblocks the nasal passages
- Alleviates sinus pain

**Symptoms and Signs**
Running nose, nasal congestion, nasal discharge, poor sense of smell, sinus headache, stiff neck, thin white tongue coat.

**Indications**
Nasal congestion and pain due to Exterior Wind-Cold attack

**Clinical Application**
Sinusitis, rhinitis, hayfever, common cold, influenza.

**Caution**
Yin deficiency with hyperactivity of Yang.

**Individual Herb Functions**
- **Xin Yi Hua, Bai Zhi, Xi Xin, Fang Feng, Gao Ben:** Release Exterior Wind-Cold, open the nasal passages and relieve pain.
- **Chuan Xiong, Qiang Huo:** Relieve headache associated with Exterior Wind-Cold.
- **Sheng Ma:** Guides the herbs upwards to Yang Ming channel (i.e. to the nose)
- **Mu Tong:** Unblocks the nasal passages
- **Gan Cao:** Harmonises the formula

**Acupuncture Equivalent**

<table>
<thead>
<tr>
<th>Release Exterior Wind-Cold</th>
<th>Unblock the nasal passages and alleviate sinus pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lie que L.7</td>
<td>Ying xiang L.1.20</td>
</tr>
<tr>
<td>He gu L.1.4</td>
<td>Bi tong Extra</td>
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<tr>
<td></td>
<td>Yin tang Extra</td>
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<tr>
<td></td>
<td>Reducing</td>
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</tbody>
</table>

**Notes**

Individual herb functions:
- Xin Yi Hua, Bai Zhi, Xi Xin, Fang Feng, Gao Ben: Release Exterior Wind-Cold, open the nasal passages and relieve pain.
- Chuan Xiong, Qiang Huo: Relieve headache associated with Exterior Wind-Cold.
- Sheng Ma: Guides the herbs upwards to Yang Ming channel (i.e. to the nose).
- Mu Tong: Unblocks the nasal passages.
- Gan Cao: Harmonises the formula.

Acupuncture equivalent:

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</tbody>
</table>
XIN YI SAN
Magnolia Flower Formula
Continued . . .

MAJOR HERBS

Xin Yi Hua
Magnolia flower

Class: Exterior
Releasing
Flavour & Nature: Pungent, slightly warm
Channels: Lung, Stomach
TCM Actions: Releases Exterior Wind-Cold, unblocks the nasal passages

Qiang Huo
Notopterygium

Class: Exterior
Releasing
Flavour & Nature: Pungent, bitter, aromatic, warm
Channels: Bladder, Kidney
TCM Actions: Releases Exterior Wind-Cold, dispels Wind from the Channels and alleviates pain.

CHUAN XIONG CHA TIAO SAN
Cnidium and Tea Formula

Ingredients
Bo He (Mentha Leaf) Xi Xin (Asarum), Jing Jie (Schizonepeta), Bai Zhi (Angelica), Gan Cao (Licorice), Xiang Fu (Cyperus), Chuan Xiong (Cnidium), Fang Feng (Siler), Qiang Huo (Notopterygium)

Actions
• Releases Exterior Wind (both Wind-Cold and Wind-Heat)
• Relieves headache

Symptoms and Signs
Headache that may be unilateral, bilateral, or vertical, chills and fever, nasal congestion, normal tongue with a thin white coat, floating pulse.

Indications
Headache due to Exterior Wind-Cold or Wind-Heat

Clinical Application
Common cold with headache, tension headache, migraine, neurogenic headache, rhinitis, sinusitis.

Caution
Qi and Blood deficiency, Kidney or Liver Yin deficiency with hyperactivity of Yang.
CHUAN XIONG CHA TIAO SAN
Cnidium and Tea Formula
Continued . . .

Individual Herb Functions

*Chuan Xiong, Qiang Huo, Bai Zhi:* Relieve headache and release Exterior Wind-Cold

*Xi Xin, Jing Jie, Fang Feng:* Release Exterior Wind-Cold

*Xiang Fu:* Regulates the Qi, calms the Liver.

*Bo He:* Releases Wind-Heat, relieves headache

*Gan Cao:* Harmonises the formula.

Acupuncture Equivalent

*Release Exterior Wind-Cold*
- Lie que: Lu.7 Reducing
- He gu: L.I.4
- Wai guan: S.J.5

*Alleviate headache due to Wind*
- Feng chi: G.B.20 Reducing
- Feng fu: Du 16
- Bai hui: Du 20
- Yin tang: Extra
- Tai yang: Extra

Notes

MAJOR HERBS

Chuan Xiong
Cnidium

*Class:* Blood Regulating

*Flavour & Nature:* Pungent, bitter, warm

*Channels:* Liver, Gall Bladder, Pericardium

*TCM Action:* Quickens the Blood and moves the Qi, expels Wind and alleviates pain.

Bo He
Mentha Leaf

*Class:* Exterior releasing

*Flavour & Nature:* Pungent, aromatic, cool

*Channels:* Lung, Liver, Spleen

*TCM Action:* Disperses Wind-Heat, clears Heat from the head and benefits the throat, vents rashes, spreads the Liver Qi.
**SHEN SU YIN**
Ginseng and Perilla Combination

**Ingredients**
Zi Su Ye (Perilla Leaf), Ren Shen (Ginseng), Ge Gen (Pueraria), Chen Pi (Citrus Peel), Fu Ling (Poria), Jie Geng (Platycodon), Qian Hu (Peucedanum), Da Zao (Jujube), Sheng Jiang (Ginger-rat), Mu Xiang (Saussurea), Gan Cao (Licorice), Zhi Ke (Bitter orange-ripe), Ban Xia (Pinellia-treated)

**Actions**
- Releases Exterior Wind-Cold
- Disperses stagnant Qi and harmonises the Middle Jiao
- Tonifies the Qi
- Transforms Phlegm and Dampness

**Symptoms and Signs**
Acute: Chills and fever, productive cough with white sputum, nasal congestion, headache, stifling sensation in chest, pale tongue with a white and greasy coat, weak pulse that may also be soft.

General: Weakness, fatigue, poor appetite, loose stools, pale tongue with a greasy coat, weak pulse.

**Indications**
Exterior Wind-Cold attack in patient with Qi deficiency and Phlegm-Damp retention.

**Clinical Application**
Common cold, influenza, gastrointestinal ‘flu.

**Caution**
Yin deficiency, Wind-Heat.

**Individual Herb Functions**

*Su Ye:* Releases Exterior Wind-Cold, regulates the Stomach Qi

*Ren Shen:* Tonifies the Qi

*Qian Hu, Zhi Ke, Jie Geng:* Disseminate the Lung Qi, alleviate cough, expel Phlegm

*Chen Pi, Ban Xia, Fu Ling, Gan Cao:* Strengthen Spleen, dry Dampness, transform Phlegm

*Ge Gen, Sheng Jiang, Da Zao, Mu Xiang:* Raise the Spleen Yang, release the Exterior

**Acupuncture Equivalent**

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<tr>
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<tr>
<td>He gu</td>
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<td>Moxabustion</td>
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<tr>
<td>Lie que</td>
<td>Lu.7</td>
<td>combined with</td>
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<tr>
<td>Feng men</td>
<td>Bl.12</td>
<td>even movement</td>
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<tr>
<td>Feng chi</td>
<td>G.B.20</td>
<td>of the needles</td>
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<tr>
<td>Feng fu</td>
<td>Du 16</td>
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<table>
<thead>
<tr>
<th>Resolve Phlegm-Damp and Regulate the Middle Jiao</th>
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<tbody>
<tr>
<td>Yin ling quan</td>
<td>Sp.9</td>
<td>Even movement</td>
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<tr>
<td>San yin jiao</td>
<td>Sp.6</td>
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<td>Zhong wan</td>
<td>Ren 12</td>
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<td>Nei guan</td>
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<tr>
<td>Gong sun</td>
<td>Sp.4</td>
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<td>Feng long</td>
<td>St.40</td>
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<th>Tonify the Qi</th>
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<tr>
<td>Zu san li</td>
<td>St.36</td>
<td>Reinforcing</td>
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<tr>
<td>Zhong wan</td>
<td>Ren 12</td>
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<tr>
<td>Pi shu</td>
<td>Bl.20</td>
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<tr>
<td>Wei shu</td>
<td>Bl.21</td>
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<tr>
<td>Tai bai</td>
<td>Sp.3</td>
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<td>San yin jiao</td>
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<td>Qi hai</td>
<td>Ren 6</td>
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</tbody>
</table>
**MAJOR HERBS**

**Zi Su Ye**  
Perilla Leaf

*Class:* Exterior Releasing  
*Flavour & Nature:* Pungent, aromatic, warm  
*Channels:* Lung, Spleen  
*TCM Action:* Releases Exterior Wind-Cold, opens the Lung and alleviates cough, moves the Qi and harmonises the Middle Jiao, calms the fetus, alleviates seafood poisoning.

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**Ren Shen**  
Ginseng

*Class:* Tonifying  
*Flavour & Nature:* Sweet, slightly bitter, warm  
*Channels:* Heart, Lung, Spleen  
*TCM Action:* Strongly tonifies the Qi, strengthens the Spleen, Stomach, Lung and Heart, generates Body Fluids, calms the Shen

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**SHEN SU YIN**  
Ginseng and Perilla Combination  
*Continued . . .*

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**JIU WEI QIANG HUO TANG**  
Notopterygium Nine Formula

*Ingredients*  
Qiang Huo (Notopterygium), Fang Feng (Siler), Cang Zhu (Blue Atractylodes), Xi Xin (Asarum), Chuan Xiong (Cnidium), Bai Zhi (Angelica), Huang Qin (Scute), Sheng Di Huang, (Rehmannia-raw), Gan Cao (Licorice)

*Actions*  
• Releases Exterior Wind-Cold-Dampness  
• Clears Interior Heat excess

*Symptoms and Signs*  
Chills and fever (chills predominant), absence of sweating, stiff neck, headache, muscular and joint pain, sensation of bodily heaviness, normal tongue with a white coat, floating pulse.  
There may also be thirst, bitter taste in the mouth.

*Indications*  
Exterior Wind-Cold-Dampness with mild Interior Heat excess

*Clinical Application*  
Common cold, influenza, sinusitis, acute lumbar muscle sprain, rheumatic fever, arthritis (Wind-Cold-Damp type).

*Caution*  
Yin deficiency, Heat syndromes
Individual Herb Functions

**Qiang Huo, Fang Feng, Cang Zhu:**
Release Exterior Wind-Cold-Dampness

**Xi Xin, Chuan Xiong, Bai Zhi:**
Release Exterior Wind, alleviate pain

**Huang Qin:**
Clears Qi level Heat

**Sheng Di Huang:**
Clears Heat and cools the Blood, protects the Body Fluids from damage due to the Dry nature of the other herbs

**Gan Cao:**
Harmonises the Middle Jiao, harmonises the formula

---

**MAJOR HERBS**

**Qiang Huo**
Notopterygium

**Class:** Exterior releasing

**Flavour & Nature:**
Pungent, bitter, aromatic, warm

**Channels:** Bladder, Kidney

**TCM Action:** Releases Exterior Wind-Cold, dispels Wind from the Channels and alleviates pain.

**Cang Zhu**
Blue Atractyloides

**Class:** Aromatic

**Dampness transforming**

**Flavour & Nature:**
Pungent, bitter, aromatic, warm

**Channels:** Spleen, Stomach

**TCM Action:** Dries Dampness and activates the Spleen, expels Wind-Dampness, releases the Exterior.

---

**Acupuncture Equivalent**

**Release Exterior Wind-Cold**

- He gu L.I.4 Reducing
- Qu chi L.I.11
- Lie que Lu.7
- Feng men Bl.12
- Feng chi G.B.20
- Feng fu Du 16

**Resolve Dampness**

- Yin ling quan Sp.9 Even
- San yin jiao Sp.6

**Clear Heat**

- Qu chi L.I.11 Reducing
- Da zhui Du 14
- He gu L.I.4
Xiang Su San
Cyperus and Perilla Formula

Ingredients
Zi Su Ye (Perilla), Xiang Fu (Cyperus), Chen Pi (Citrus Peel), Sheng Jiang (Ginger-raw), Zhi Gan Cao (Licorice-prepared)

Actions
• Releases Exterior Wind-Cold
• Regulates the Qi of the Middle Jiao

Symptoms and Signs
Fever and chills, absence of sweating, headache, sense of fullness and distention in the chest and epigastrium, poor appetite, belching, normal tongue with a thin white coat, floating pulse.

Indications
Exterior Wind-Cold with Interior Qi stagnation (mainly in the Middle Jiao).

Clinical Application
Common cold or influenza with gastrointestinal signs and symptoms.

Caution
Qi deficiency

Individual Herb Function
Zi Su Ye:
Releases Exterior Wind-Cold, Regulates the Qi
Xiang Fu, Chen Pi:
Regulate the Qi
Sheng Jiang:
Releases Exterior Wind-Cold
Zhi Gan Cao:
Harmonises the formula, strengthens the Stomach, protects the body from the Qi dispersing action of the other herbs.

Acupuncture Equivalent
Release Exterior Wind-Cold
He gu L.1.4 Reducing
Qu chi L.1.11
Lie que Lu.7
Feng men Bl.12
Feng chi G.B.20
Feng fu Du 16

Regulate the Middle Jiao Qi
Qi men Liv.14 Reducing or even movement
Zhang men Liv.13
Nei guan P.6
Gong sun Sp.4
XIANG SU SAN
Cyperus and Perilla Formula
Continued . . .

MAJOR HERBS

Zi Su Ye
Perilla Leaf

Class: Exterior Releasing
Flavour & Nature: Pungent, aromatic, warm
Channels: Lung, Spleen

TCM Action: Releases Exterior Wind-Cold, opens the Lung and alleviates cough, moves the Qi and harmonises the Middle Jiao, calms the fetus, alleviates seafood poisoning.

Xiang Fu
Cyperus

Class: Qi regulating
Flavour & Nature: Pungent, aromatic, warm
Channels: Lung, Spleen

TCM Action: Spreads and regulates the Liver Qi, regulates menstruation and alleviates pain.

JING FANG BAI DU SAN
Schizonepeta & Siler Formula

Ingredients
Jing Jie (Scizonepeta), Fang Feng (Siler), Chai Hu (Bupleurum), Qian Hu (Peucedanum), Chuan Xiong (Cnidium), Qiang Huo (Notopterygium), Du Huo (Pubescent Angelica), Fu Ling (Poria), Jie Geng (Platycodon), Zhi Ke (Bitter Orange-ripe), Gan Cao (Licorice)

Often the following herbs are also included: Sheng Jiang (Ginger-raw), Bo He (Mentha Leaf)

Actions
• Releases Exterior Wind-Cold-Dampness and induces diaphoresis
• Disseminates the Lung Qi
• Alleviates pain

Symptoms and Signs
Chills and mild fever, absence of sweating, aversion to cold, nasal congestion, headache, neck stiffness, cough with white sputum, poor appetite, generalised body aches, normal tongue with a thin white coat that may also be greasy, floating or slippery or tight pulse.

There may also be fever, red eyes, swollen parotid gland, itchy skin lesions.

Indications
Exterior Wind-Cold-Dampness

Clinical Application
Influenza, common cold, acute conjunctivitis, glandular fever, Ross River fever, epidemic parotitis.

Caution
Qi deficiency, Yin deficiency
JING FANG BAI DU SAN
Schizonepeta & Siler Formula
Continued . . .

Individual Herb Functions

**Jing Jie, Fang Feng, Sheng Jiang:**
Release Exterior Wind-Cold

**Qiang Huo, Du Huo, Fang Feng:**
Release Exterior Wind-Cold-Dampness

**Chuan Xiong, Fang Feng, Jing Jie:**
Alleviate headache due to Wind-Cold

**Qian Hu, Jie Geng, Zhi Ke:**
Disseminate the Lung Qi and expel Phlegm

**Chai Hu, Bo He:**
Release Exterior Wind-Heat and bring down fever

**Qian Hu, Jie Geng, Bo He:**
Alleviate headache and nasal congestion

**Fu Ling, Gan Cao, Sheng Jiang:**
Strengthen the Middle Jiao to transform Phlegm

**Chai Hu:**
Guides the action of the other herbs to the Upper Jiao.

Acupuncture Equivalent

**Release Exterior Wind-Cold**

He gu  L.I.4  Reducing
Qu chi  L.I.11
Lie que  L.7
Feng men  Bl.12
Feng chi  G.B.20
Feng fu  Du 16

**Resolve Dampness**

Yin ling quan  Sp.9  Even
San yin jiao  Sp.6
Shang wan Ren 13

**Disseminate the Lung Qi and dispel Phlegm**

Fei shu  Bl.13  Reducing
Lie que  L.7
Feng long  St.40

**Alleviate headache and nasal congestion**

Ying xiang  L.I.20
Bi tong Extra
Yin tang Extra
Tai yang Extra

Major Herbs

**Jing Jie**
Schizonepeta

**Class:** Exterior
**Releasing**

**Flavour & Nature:**
Pungent, aromatic, slightly warm

**Channels:** Lung, Liver

**TCM Action:** Releases Exterior Wind-Cold, vents rashes, alleviates itching, stops bleeding (when charred)

**Fang Feng**
Siler

**Class:** Exterior
**Releasing**

**Flavour & Nature:**
Pungent, aromatic, slightly warm

**Channels:** Lung, Liver

**TCM Action:** Releases Exterior Wind-Cold, expels Wind-Dampness and alleviates pain, expels Wind and relieves spasms, resolves Toxicity.
SUMMARY CHART OF EXTERIOR WIND-COLD RELEASING FORMULAS

1. With deficiency of the Exterior (ie. the Wei Qi)
   - **GUI ZHI TANG**
     - Cinnamon Combination
   - **YU PING FENG SAN**
     - Jade Screen Formula
     - Acute stage

2. With retention of Phlegm
   - **XIAO QING LONG WAN**
     - Minor Blue Dragon Combination
     - Retention of Phlegm-Fluids, with profuse and watery sputum and chest symptoms.
   - **SHEN SU YIN**
     - Ginseng and Perilla Combination
     - General Qi deficiency with Phlegm-Damp retention.

3. With Middle Jiao stagnation
   - **HUO XIANG ZHENG QI WAN**
     - Agastache Formula
     - Dampness or Food Stagnation
   - **XIANG SU SAN**
     - Cyperus and Perilla Formula
     - Qi stagnation

4. With head and neck symptoms
   - **XIN YI SAN**
     - Magnolia Flower Formula
     - Nasal congestion and pain
   - **CHUAN XIONG CHA TIAO SAN**
     - Cnidium and Tea Formula
     - Headache

5. Exterior Wind-Cold-Dampness
   - **JING FANG BAI DU SAN**
     - Schizonepeta & Siler Formula
     - Mainly: Wind, upper part of body affected, skin itching
   - **JIU WEI QIANG HUO TANG**
     - Notopterygium Nine Formula
     - With joint and muscle symptoms, generalised heavy sensation.
   - **HUO XIANG ZHENG QI WAN**
     - Agastache Formula
     - With Dampness or Food Stagnation in the Middle Jiao.

Learning Objectives

At the end of this lecture you should be able to:

1. List the actions and indications of the above formulas.
2. Describe the major differences in clinical use between these formulas.
1. **S\S**: Common cold of two days duration, chills, mild fever, loss of appetite, nausea, diarrhoea, white greasy tongue coat.
   a) **YU PING FENG SAN**  
      (Jade Screen Formula)
   b) **JIU WEI QIANG HUO TANG**  
      (Notopterygium Nine Formula)
   c) **HUO XIANG ZHENG QI WAN**  
      (Agastache Formula)
   d) **GUI ZHI TANG**  
      (Cinnamon Combination)

2. **S\S**: Common cold of two days duration, nasal congestion, loss of sense of smell, nasal discharge, sinus pain, thin white tongue coat.
   a) **YU PING FENG SAN**  
      (Jade Screen Formula)
   b) **XIN YI SAN**  
      (Magnolia Flower Formula)
   c) **XIAO QING LONG TANG**  
      (Minor Blue Dragon Combination)
   d) **CHUAN XIONG CHA TIAO SAN**  
      (Cnidium & Tea Formula)

3. **S\S**: Common cold of two days duration, nasal congestion, chills, aversion to cold drafts, spontaneous sweating, pale complexion, fatigue, frequently catches colds and ‘flu, pale tongue with thin white coat, floating and weak pulse.
   a) **YU PING FENG SAN**  
      (Jade Screen Formula)
   b) **GUI ZHI TANG**  
      (Cinnamon Combination)
   c) Both a) and b) are suitable
   d) Neither a) nor b) are suitable

4. For a patient with an acute attack of influenza with coughing, **Xiao Qing Long Wan** (Minor Blue Dragon Combination) is the appropriate formula if:
   a) The illness is of one or two days’ duration, the cough produces small quantities of yellow sputum, red tipped tongue, rapid pulse.
   b) The patient is prone to frequent attacks, cough produces copious quantities of thin clear sputum, chest discomfort with dyspnoea, nausea, aversion to cold temperature, pale tongue with a white coat (that may be greasy)
   c) The tonsils are swollen, fever stronger than chills, headache, thirst, tongue has red tip and thin yellow coat, rapid pulse.
d) There is loss of appetite, nausea with occasional vomiting, loose stools, tongue coat is white and greasy.

5. **S/S:** Bilateral headache, nasal congestion, fever and chills, slight dizziness, all of sudden onset, normal tongue, floating pulse.
   a) **XIANG SU SAN**  
      (Cyperus & Perilla Formula)
   b) **CHUAN XIONG CHA TIAO SAN**  
      (Cnidium & Tea Formula)
   c) **YU PING FENG SAN**  
      (Jade Screen Formula)
   d) **XIAO QING LONG WAN** (Minor Blue Dragon Combination)

6. **Patient has common cold. S/S:** Chills and fever, sweating, aversion to cold drafts, nasal congestion, cold extremities, tiredness, normal tongue, floating and empty pulse.
   a) **HUO XIANG ZHENG QI WAN**  
      (Agastache Formula)
   b) **JIU WEI QIANG HUO TANG**  
      (Notopterygium Nine Formula)
   c) **XIAO QING LONG WAN** (Minor Blue Dragon Combination)
   d) **GUI ZHI TANG**  
      (Cinnamon Combination)

7. **Male, 28, with upper respiratory tract infection. S/S:** Chills and mild fever, productive cough with white sputum, nasal congestion, headache, stifling sensation in the chest, poor appetite, white and greasy tongue coat, floating pulse.
   a) **YU PING FENG SAN**  
      (Jade Screen Formula)
   b) **JIU WEI QIANG HUO TANG**  
      (Notopterygium Nine Formula)
   c) **JING FANG BAI DU SAN**  
      (Schizonepeta & Siler Formula)
   d) **GUI ZHI TANG**  
      (Cinnamon Combination)

8. **Female, 34, with influenza. S/S:** Chills and fever, stiff neck, headache, joint and muscular aches, sensation of bodily heaviness, absence of sweating, normal tongue with a white coat, floating pulse.
   a) **JING FANG BAI DU SAN**  
      (Schizonepeta & Siler Formula)
   b) **JIU WEI QIANG HUO TANG**  
      (Notopterygium Nine Formula)
   c) **XIANG SU SAN**  
      (Cyperus & Perilla Formula)
   d) **XIAO QING LONG TANG** (Minor Blue Dragon Combination)

9. **Male 23, with ‘gastric flu’. S/S:** Fever and chills, absence of sweating, headache, sense of fullness in the chest and epigastrium, loss of appetite, belching, normal tongue with a thin white coat, floating pulse.
   a) **JING FANG BAI DU SAN**  
      (Schizonepeta & Siler Formula)
   b) **JIU WEI QIANG HUO TANG**  
      (Notopterygium Nine Formula)
   c) **XIANG SU SAN**  
      (Cyperus & Perilla Formula)
   d) **GUI ZHI TANG**  
      (Cinnamon Combination)

10. **Male 36, with influenza for the past 3 days. S/S:** Chills and fever, productive cough with white sputum, stifling sensation in the chest, headache, nasal congestion, weak constitution, poor appetite, pale tongue with a white greasy coat, weak pulse.
    a) **SHEN SU YIN**  
       (Ginseng & Perilla Combination)
    b) **JIU WEI QIANG HUO TANG**  
       (Notopterygium Nine Formula)
    c) **XIANG SU SAN**  
       (Cyperus & Perilla Formula)
    d) **JING FANG BAI DU SAN**  
       (Schizonepeta & Siler Formula)


**DISORDERS OF MENSTRUATION**

Menstruation normally begins at puberty (9 to 17 years of age). The length of the menstrual flow varies from 3 to 7 days, averaging 4 to 5 days and occurs every 27 to 28 days, although the time may vary from 18 to 40 days. Menstruation ceases during pregnancy, may or may not cease during lactation and ceases permanently with the completion of menopause. The amount of blood lost is usually between 30 to 50ml, the upper limit of normal being 80ml.

By convention these figures are expressed in the following way:

**EXAMPLE**

\[
13, \quad 4-5 \quad 28
\]

This signifies that Judy began to menstruate at age 13, her cycle is 28 days, and the menstrual flow lasts for 4-5 days.

---

**EARLY MENSTRUATION**

Early menstruation is when the menstrual cycle begins seven or more days earlier than normal, or when there are two menstrual periods per monthly cycle.

Early menstruation is usually caused by:

- Excess Heat in the Uterus.
- Yin deficiency with empty Heat
- Liver Qi stagnation leading to Fire
- Spleen Qi deficiency due to prolonged fatigue and immoderate diet.

1. **Blood Heat excess**

Early menstrual period with profuse, dark-red or bright and thick menstrual flow, irritability, red face, dry mouth, yellow urine, dry or hard stools or constipation, restlessness, thirst, discomfort of the chest and hypochondrium, red tongue with a yellow coat, rapid pulse.

P/T: Clear Heat and cool the Blood to regulate menstruation

**QINGYINGTANG**

Rehmannia, Figwort & Forsythia Combination

**Plus**

**ZHI BAI BA WEI WAN**

A. P. & Rehmannia Combination
Variations:
Severe Heat
Fever, irritability, thirst, dry mouth and throat, dark and scanty urine, red tongue with a yellow coat, forceful and rapid pulse.
QINGYINGTANG
Rehmannia, Figwort & Forsythia Combination
Plus
HUANGLIAN JIE DUTANG
Coptis & Scute Combination

Excess Heat with Yin deficiency
Bright-red blood, not profuse, red eyes, irritability, red tongue with scanty yellow coat, thread and wiry pulse
LONG DAN XIE GAN WAN
Gentiana Combination
Plus
ZHI BAI BA WEI WAN
A. P. & Rehmannia Combination

Heat in the Lower Jiao
(e.g. urinary tract infection)
DAO CHI SAN
Rehmannia and Akebia Formula
Plus
QINGYINGTANG
Rehmannia, Figwort & Forsythia Combination

P/T: Nourish the Yin and clear Heat to regulate menstruation.

ZHI BAI BA WEI WAN
Anemarrhena Phellodendron & Rehmannia Combination

Variations:
Severe Yin deficiency
Combine with:
ZENGYETANG
Figwort & Ophiopogon Combination

Acupuncture Equivalent

Clear Heat
Qu chi L.I.11 Reducing
Ran gu K.2
Zhong ji Ren 3 Even movement
Xue hai Sp.10

Nourish the Yin
Tai xi K.3 Reinforcing
San yin jiao Sp.6
Yin gu K.10

Regulate menstruation
Shui quan K.5 Even movement
Zhong ji Ren 3
San yin jiao Sp.6
Xue hai Sp.10

3. Stagnation of the Liver Qi leading to Heat or Fire
Early menstrual period, dark red or bright red or clotted menstrual flow that may be either profuse or scanty, breast distension and pain, abdominal distension and pain, discomfort and tenderness of the chest and hypochondrria, irritability, restlessness, bitter taste in the mouth, dry mouth, red or red tipped tongue (that may also have red edges) with a thin and yellow coating, wiry and rapid pulse.

There may also be signs of the Liver attacking the Stomach or Spleen: belching, sour regurgitation, facial acne, increased or poor appetite, fatigue, craving for sweets, constipation or diarrhea, nausea or vomiting.
P/T: Spread the Liver Qi to relieve constraint and clear Heat, to regulate menstruation

JIA WEI XIAO YAO SAN
Bupleurum & Peony Formula

Variation:
With Damp-Heat
Profuse vaginal discharge, red tongue with a greasy yellow coat, slippery and rapid pulse.

JIA WEI XIAO YAO SAN
Bupleurum & Peony Formula
Plus
LONG DAN XIE GAN WAN
Gentiana Combination

Acupuncture Equivalent

Spread the Liver Qi
Tai chong Liv.3
Reducing
Xing jian Liv.2

Clear Heat
Xing jian Liv.2 Reducing
He gu L.I.4
Qu chi L.I.11
Zhong ji Ren 3
Xue hai Sp.10

Regulate menstruation
Shui quan K.5 Reducing
Qi hai Ren 6
San yin jiao Sp.6
Xue hai Sp.10

3. Qi deficiency
Early menstrual period, thin, pale and profuse menstrual flow, fatigue, palpitations, shortness of breath, poor appetite, loose stools, dull pain in abdomen without distention, spontaneous sweating, pale complexion, pale tongue with a thin white coat, weak or forceless pulse.

P/T: Tonify the Spleen Qi, nourish the Blood and regulate menstruation

GUI PI WAN
Ginseng & Longan Combination

Variations:
Severe cases with Cold signs
Cold hands and feet, sensitivity to cold temperatures.

SHI QUAN DA BU WAN
Ginseng & Danggui Ten Combination

With sinking of the Middle Jiao Yang Qi
Lassitude, somnolence, organ prolapse, polyuria, etc.

BU ZHONG YI QI WAN
Ginseng & Astragalus Combination

Profuse flow
Combine the above formulas with:
JIN SUO GU JING WAN
Lotus & Astragalus Seed Formula

Acupuncture Equivalent

Tonify the Spleen Qi to nourish the Blood
Qi hai Ren 6 Reinforcing
San yin jiao Sp.6 (Moxibustion may also be applied)
Zhong wan Ren 12
Zu san li St.36
Pi shu Bl.20
Wei shu Bl.21
Bai hui Du 20

Regulate menstruation
Qi hai Ren 6 Reinforcing
San yin jiao Sp.6 (Moxibustion may also be applied)

LATE MENSTRUATION
Late menstruation is defined as a delay of 7 or more days, or the period occurring once in 40-50 days. This condition is chiefly due to Blood Cold, Blood deficiency or Qi stagnation.

Pathogenesis
- Inappropriate or excessive intake of Cold-natured and raw food, swimming in cold water or being inadvertently caught in the rain during the menstrual period. This leads to Cold stagnation in the Uterus.
- An underlying condition of Yang deficiency, which fails to warm the Blood leading to poor Blood circulation (i.e. Blood stagnation).
Blood deficiency due to a chronic debilitating disease or haemorrhage.

- Stress, mental depression or emotional disturbance causing Qi stagnation, resulting in impeded Blood circulation and blockage of the Chong and Ren channels, which nourish the Uterus

1. Blood Cold (Excess)

Late menstrual period, scanty, dark and clotted flow, abdominal pain with cold sensation alleviated by warmth, aversion to cold, cold extremities, pale or pale and purple tongue with a thin white coat, deep and tight or deep, slow and forceful pulse.

P/T: Warm the Chong and Ren Channels (Uterus) and dispel Cold, quicken the Blood and transform Blood stasis.

WEN JING TANG
Danggui & Evodia Combination

Variations:

- For profuse flow
  Combine above formula with:
  SHI QUAN DA BU WAN
  Ginseng & Danggui Ten Combination

- For severe abdominal pain with clotted flow
  Combine with:
  SHI XIAO WAN
  Pteropus & Salvia Formula

2. Qi stagnation

Late menstrual period with scanty, dark-coloured and clotted flow, lower abdominal distention and pain, distending sensation of the chest and hypochondria, breast distention, red tipped tongue with a thin coat, wiry or uneven pulse.

P/T: Spread the Liver Qi to relieve constraint, regulate the Qi and Blood, regulate menstruation

CHAI HU SHU GAN WAN
Bupleurum & Cyperus Combination

Variations:

Liver Qi stagnation with Spleen Qi deficiency
With fatigue, weakness, poor appetite, palpitations, thready and wiry pulse.

XIAO YAO SAN
Bupleurum & Danggui Formula

Liver Qi stagnation that transforms to Heat
With low grade fever or subjective feeling of heat, restlessness, irritability, dry mouth, bitter taste in the mouth, red or red tipped tongue with a thin yellow coat, wiry and rapid pulse.

JIA WEI XIAO YAO SAN
Bupleurum & Peony Formula

Severe abdominal distension or pain
Combine one of the above formulas with:
JIN LING ZI SAN
Melia Fruit & Corydalis Formula

Acupuncture Equivalent

**Warm the Chong and Ren Channels (Uterus) and dispel Cold**

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<tr>
<th>Point</th>
<th>Meridian</th>
<th>Technique</th>
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<td>Guan yuan</td>
<td>Ren 4</td>
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<td>Shui dao</td>
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<td>San yin jiao</td>
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<td>Zu san li</td>
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**Quicken the Blood and transform Blood stasis**

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2. Qi stagnation

Late menstrual period with scanty, dark-coloured and clotted flow, lower abdominal distention and pain, distending sensation of the chest and hypochondria, breast distention, red tipped tongue with a thin coat, wiry or uneven pulse.

P/T: Spread the Liver Qi to relieve constraint, regulate the Qi and Blood, regulate menstruation

CHAI HU SHU GAN WAN
Bupleurum & Cyperus Combination

Variations:

Liver Qi stagnation with Spleen Qi deficiency
With fatigue, weakness, poor appetite, palpitations, thready and wiry pulse.

XIAO YAO SAN
Bupleurum & Danggui Formula

Liver Qi stagnation that transforms to Heat
With low grade fever or subjective feeling of heat, restlessness, irritability, dry mouth, bitter taste in the mouth, red or red tipped tongue with a thin yellow coat, wiry and rapid pulse.

JIA WEI XIAO YAO SAN
Bupleurum & Peony Formula

Severe abdominal distension or pain
Combine one of the above formulas with:
JIN LING ZI SAN
Melia Fruit & Corydalis Formula

Acupuncture Equivalent

**Spread the Liver Qi to relieve constraint,**

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<td>San yin jiao</td>
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**Regulate the Qi and Blood**

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**Regulate menstruation**

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</table>
3. Deficiency Cold (Yang deficiency)

Late period, pale, scanty and thin menstrual flow, dull lower abdominal pain alleviated by warmth and pressure, pale complexion, lassitude of the loins and knees, backaches, loose stools, pale tongue with a thin white coat, deep, slow and forceless pulse.

P/T: Warm the Yang and disperse Cold, tonify the Qi and nourish the Blood.

**SHI QUAN DA BU WAN**
Ginseng & Danggui Ten Combination

**Variation:**

Severe internal Cold
Combine with:

**WEN JING TANG**
Danggui & Evoidia Combination

**Acupuncture Equivalent**

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<thead>
<tr>
<th>Warm the Yang and disperse Cold</th>
<th>Reinforcing and Moxibustion</th>
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<tr>
<td>Ming men</td>
<td>Du 4</td>
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<td>Shui dao</td>
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<th>Tonify the Qi and nourish the Blood</th>
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<td>Zu san li</td>
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4. Blood deficiency

Late menstrual period, scanty, pale and thin flow, dizziness, palpitations, poor sleep, sallow or pale complexion, dull abdominal pain or discomfort that is alleviated by pressure, weakness, emaciation, dry skin, pale tongue with little coat, thready and weak pulse.

P/T: Tonify the Qi and nourish the Blood to regulate the menstruation

**BAZHEN WAN**
Ginseng & Danggui Eight Combination

**Variations:**

With some signs of internal Cold
Cold hands and feet, sensitivity to cold temperatures.

**SHI QUAN DA BU WAN**
Ginseng & Danggui Ten Combination

Liver Blood and Kidney Yin deficiency
Blurred vision, dry eyes, pain and weakness of the lower back, tinnitus or hearing loss, dry mouth, night-sweating, the tongue may have a red tip, there may also be a sensation of heat in the five centres.

**QI JU DI HUANG WAN**
Lycium, Chrysanthemum & Rehmannia Formula Plus

**SI WU WAN**
Danggui Four Combination

**Acupuncture Equivalent**

<table>
<thead>
<tr>
<th>Tonify the Qi and nourish the Blood</th>
<th>Reinforcing and Moxibustion</th>
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<td>Ge shu</td>
<td>Bl.17</td>
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<td>Gan shu</td>
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<th>Reinforcing and Moxibustion</th>
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<td>Sp.6</td>
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</tbody>
</table>

**IRREGULAR MENSTRUATION**

Irregular menstruation means that the period does not occur at the regular cycle interval. Sometimes it may come before and sometimes after its expected due date. This is chiefly due to:
• Stagnation of the Liver Qi (due to stress, frustration, emotional upset, etc.), leading to disturbed circulation of the Blood and Qi.

• Deficiency of the Kidney Qi (due to excessive sexual activity, multiparity, or chronic debilitating disease), which causes damage to the Chong and Ren channels, leading to failure of the Kidney Qi to regulate menstruation.

1. Liver Qi stagnation

Irregular period, profuse or scanty flow, discomfort and tenderness of the costal and hypochondrial areas, breast distension or pain, lower abdominal distension or pain, discomfort of the chest, sighing, depression, irritability, belching, poor appetite, normal tongue that may be red on the red tip or sides, wiry pulse that may also be weak.

P/T: Spread Liver Qi and strengthen the Spleen, nourish the Blood to regulate menstruation.

XIAO YAO SAN
Bupleurum & Danggui Formula

Variations:

Blood stagnation due to Liver Qi stagnation
More pain than distention.
CHAI HU SHU GAN WAN
Bupleurum & Cyperus Combination

Liver Qi stagnation with Heat or Fire
Irritability, dry mouth, bitter taste in the mouth, yellow tongue coat, rapid pulse
JIAWEI XIAO YAO SAN
Bupleurum & Peony Formula

For more severe abdominal pain and distention
Combine one of the above formulas with
SHI XIAO WAN
Pteropus & Salvia Formula
OR
JIN LING ZI SAN
Melia Fruit & Corydalis Formula
(more severe distension)

With dysmenorrhea
TONG JING WAN
Danggui & Notoginseng Combination

Acupuncture Equivalent

Spread Liver Qi, to regulate menstruation.
Tai chong  Liv.3  Even movement
He gu  L.I.4
Tian shu  St.25
Qi hai  Ren 6
Si man  K.14
Jian shi  P.5
Li gou  Liv.5
Shan zhong  Ren 17
Qimen  Liv.14

Strengthen the Spleen and nourish the Blood
San yin jiao  Sp.6  Reinforcing or
Zu san li  St.36  even movement
Pi shu  Bl.20
Wei shu  Bl.21
Tai xi  K.3
Qu quan  Liv.8
Ge shu  Bl.17

2. Spleen Qi deficiency with stagnation of Dampness

Pale menstrual flow (that may also be scanty) or continual spotting, pale red blood, loose stools, poor appetite, fatigue, weakness, heavy sensation of the head and body, pale tongue with a greasy white coat, slow or empty pulse.

P/T: Tonify the Qi and strengthen the Spleen, drain Dampness, regulate menstruation.

SHEN LING BAI ZHU SAN
Ginseng & Atractylodes Formula

Variations:

With Phlegm-Damp retention
Sensation of abdominal fullness and discomfort, nausea or vomiting or regurgitation, productive cough with thin pale sputum.
XIANG SHA LIU JUN ZI WAN
Saussurea & Cardamom Formula

Qi and Blood deficiency
With dizziness or light-headedness, palpitations, poor sleep, forgetfulness, numbness of the extremities, dry skin, thin tongue coat, thready pulse.
BA ZHEN WAN
Ginseng & Danggui Eight Combination
3. Kidney deficiency

Irregular period, scanty, pale menstrual flow, dizziness, tinnitus, low back pain, dull lower abdominal pain, nocturnal polyuria, loose stools, pale tongue with a moist and thin white coat, deep pulse.

P/T: Tonify the Kidney to regulate menstruation

B A J I Y I N Y A N G W A N
Morinda Combination

Variations:

Mainly Kidney Yang deficiency
With pale complexion, cold hands and feet, cold sensation in the loins and back, spontaneous sweating.
YOU GUI WAN
Right Returning Formula

Mainly Kidney Yin deficiency
Scanty menstruation with bright red blood, dizziness, blurred vision, low grade or tidal fever, night sweating, low back pain, red complexion or flushed cheeks, sensation of heat in the five centres, dry stools or constipation, red and dry tongue with little coat, thready and rapid pulse.

ZHI BAI BA WEI WAN
Anemarrhena, Phellodendron & Rehmannia Combination

Acupuncture Equivalent

Tonify the Qi and strengthen the Spleen.

San yin jiao Sp.6 Reinforcing
Zu san li St.36
Pi shu Bl.20
Guan yuan Ren 4

Nourish the Blood

Ge shu Bl.17 Reinforcing or
Gan shu Bl.18 even movement
San yin jiao Sp.6
Zu san li St.36
Pi shu Bl.20
Guan yuan Ren 4

Drain Dampness

Yin ling quan Sp.9 Reducing or
San yin jiao Sp.6 even movement

Course the Liver and regulate the Qi

Qi hai Ren 6 Even movement
Si man K.14
Jian shi P.5
Li gou Liv.5
Nei guan P.6
Tai chong Liv.3

PROLONGED MENSTRUAL BLEEDING

The menstrual cycle is regular, but the actual bleeding time is longer than 7 days and may be as long as 14 days. This is mainly due to:

- Qi deficiency
  - Weak body constitution, chronic debilitating disease or prolonged fatigue causing Spleen Qi deficiency with failure to control the Blood.

- Blood Heat
  - Yin deficient body constitution, excessive sexual activity, frequent pregnancies, numerous births, causing consumption of the Jing-Essence and Blood resulting in deficiency of Yin and Body Fluids leading to Heat.

1. Spleen Qi deficiency, Spleen fails to control the Blood

Heavy menstrual bleeding, prolonged bleeding, pale and thin flow, fatigue, weakness, shortness of breath, palpitations, poor sleep, or insomnia, poor appetite, loose
2. Deficiency of the Yin and Body Fluids leading to Heat

Prolonged menstrual bleeding, scanty and bright red coloured flow, dizziness, blurred vision, low grade or tidal fever, night sweating, low back pain, red complexion or flushed cheeks, dry mouth, dry throat, sensation of heat in the five centres, dry stools or constipation, red and dry tongue with little coat, thready and rapid pulse.

P/T: Clear Heat and nourish the Yin to stop bleeding and regulate menstruation.

ZHI BAI BA WEI WAN  Anemarrhena, Phellodendron & Rehmannia Combination

Variation:
With Liver Qi stagnation
- Discomfort and tenderness of the costal and hypochondrial areas, breast distension or pain, lower abdominal distension or pain, discomfort of the chest, sighing, depression, irritability, belching, poor appetite, wiry pulse.

JIA WEI XIAO YAO SAN
Bupleurum & Peony Formula

Plus
ZENG YE TANG
Figwort & Ophiopogon Combination

HEAVY MENSTRUAL BLEEDING (MENORRHAGIA)

Although the menstrual period is regular, the volume of blood lost is heavier than normal. (Normal = 30-50ml.) This is mainly due to:

- Qi deficiency
  - Weak body constitution, chronic debilitating disease or prolonged fatigue leading to Spleen Qi deficiency with failure to control the Blood leading to excessive Blood loss.

- Blood Heat
  - Yin deficient body constitution, excessive sexual activity, frequent pregnancies, numerous births, causing consumption of Jing-
Essence and Blood resulting in deficiency of Yin and Body Fluids leading to Heat in the Blood causing Blood extravasation.

1. Spleen Qi deficiency, Spleen fails to control the Blood

Profuse, thin, pale menstrual flow, pale complexion, shortness of breath, disinclination to talk, abdominal distension, fatigue, weakness of the extremities, pale tongue that may also be swollen, with a thin, white and moist coat, empty or weak pulse that is usually also thready.

P/T: Tonify the Qi, strengthen the Spleen and raise the Yang Qi to control the Blood, stop excessive bleeding and regulate menstruation.

**BU ZHONG YI QI WAN**
Ginseng & Astragalus Combination

**JIN SUO GU JING WAN**
Lotus & Astragalus Seed Formula

**Variations:**

**Qi and Blood deficiency with deficiency Cold**

Cold hands and feet, dizziness, palpitations, blurred vision, numbness of the extremities, poor sleep, dry skin, deep, weak and thready pulse.

**SHI QUAN DA BU WAN**
Ginseng & Danggui Ten Combination

**JIN SUO GU JING WAN**
Lotus & Astragalus Seed Formula

**Spleen Qi and Heart Blood deficiency**

With palpitations, forgetfulness, dream-disturbed sleep, insomnia, anxiety etc.

**GUI PI WAN**
Ginseng & Longan Combination

2. Blood Heat

Profuse, bright red or purplish, sticky or clotted menstrual flow, backaches, abdominal distension, restlessness, thirst, red complexion, disturbed sleep, dark and scanty urine, hard stools or constipation, red tongue with a yellow coat, slippery and rapid pulse.

P/T: Nourish the Yin, clear Heat and cool the Blood to stop excessive bleeding and regulate menstruation.

**ZHI BAI BA WEI WAN**
Anemarrhena, Phellodendron & Rehmannia Combination

**ZENG YE TANG**
Figwort & Ophiopogon Combination

**Variation:**

**JIN SUO GU JING WAN**
Lotus & Astragalus Seed Formula

**Acupuncture Equivalent**

<table>
<thead>
<tr>
<th>Tonic the Qi and strengthen the Spleen</th>
<th>Stop excessive bleeding and regulate menstruation</th>
<th>Raise the Yang Qi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guan yuan Ren 4</td>
<td>Yin bai Sp.1</td>
<td>Bai hui Du 20</td>
</tr>
<tr>
<td>Qi hai Ren 6</td>
<td>Yang chi S.J.4</td>
<td></td>
</tr>
<tr>
<td>Zu san li St.36</td>
<td>Guan yuan Ren 4</td>
<td></td>
</tr>
<tr>
<td>San yin jiao Sp.6</td>
<td>Qi hai Ren 6</td>
<td></td>
</tr>
<tr>
<td>Pi shu Bl.20</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wei shu Bl.21</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

P/T: Tonify the Qi, strengthen the Spleen

Guan yuan Ren 4 Reinforcing.

Qi hai Ren 6 Moxibustion may also be applied

Zu san li St.36 also be applied

San yin jiao Sp.6

Pi shu Bl.20

Wei shu Bl.21

Yin bai Sp.1 Reinforcing.

Yang chi S.J.4 Moxibustion may also be applied

Guan yuan Ren 4 also be applied

Qi hai Ren 6

Raise the Yang Qi

Bai hui Du 20 Reinforcing.

Moxibustion may also be applied.

To stop excessive bleeding and regulate menstruation.

Guan yuan Ren 4 Reinforcing.

Qi hai Ren 6 Moxibustion may also be applied.

Zu san li St.36 also be applied

San yin jiao Sp.6

Pi shu Bl.20

Wei shu Bl.21

Yin bai Sp.1 Reinforcing.

Yang chi S.J.4 Moxibustion may also be applied

Guan yuan Ren 4 also be applied

Qi hai Ren 6

Raise the Yang Qi

Bai hui Du 20 Reinforcing.

Moxibustion may also be applied
Heat injuring the Yin and Body Fluids
With signs of internal Dryness: Dry skin, dry mouth, dry tongue with scanty or absent coat, thready and rapid pulse.

**QING YING TANG**
Rehmannia, Figwort & Forsythia Combination

### 3. Qi and Yin deficiency

**Acupuncture Equivalent**

<table>
<thead>
<tr>
<th>Clear Heat and cool the Blood</th>
<th>Reducing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Xue hai Sp.10</td>
<td></td>
</tr>
<tr>
<td>Qu quan Liv.8</td>
<td></td>
</tr>
</tbody>
</table>

**Stop bleeding and regulate menstruation**

<table>
<thead>
<tr>
<th>Da dun Liv.1</th>
<th>Reducing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zhong ji Ren 3</td>
<td></td>
</tr>
<tr>
<td>Qu quan Liv.8</td>
<td></td>
</tr>
<tr>
<td>Yin bai Sp.1</td>
<td></td>
</tr>
</tbody>
</table>

**Nourish the Yin**

<table>
<thead>
<tr>
<th>San yin jiao Sp.6</th>
<th>reinforcing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guan yuan Ren 4</td>
<td></td>
</tr>
<tr>
<td>Tai xi K.3</td>
<td></td>
</tr>
<tr>
<td>Shen shu Bl.23</td>
<td></td>
</tr>
</tbody>
</table>

Red, sticky menstrual flow, sore throat, dry mouth, fatigue, shortness of breath, disinclination to talk, palpitations, poor sleep, pale tongue with little coat, thready pulse.

P/T: Tonify the Qi and nourish the Yin, cool the Blood, stop bleeding and regulate menstruation

**SHENG MAI SAN**

Ginseng, Ophiopogon & Schizandra Formula

Plus

**YANG YIN QING FEI WAN**
Fritillaria & Ophiopogon Combination

**Variation:**

**Heart and Kidney disharmony**
Palpitations, irritability, insomnia or dream-disturbed sleep, night sweating, restlessness, inability to concentrate, forgetfulness, low grade or tidal fever that may be subjective only, low back pain, red tongue (that may have a redder tip and a midline crack) with little or no coat, thready and rapid pulse.

**TIAN WANG BU XIN WAN**
Ginseng and Zizyphus Combination

**Acupuncture Equivalent**

<table>
<thead>
<tr>
<th>Tonify the Qi and nourish the Yin</th>
<th>reinforcing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guan yuan Ren 4</td>
<td></td>
</tr>
<tr>
<td>Zu san li St.36</td>
<td></td>
</tr>
<tr>
<td>San yin jiao Sp.6</td>
<td></td>
</tr>
<tr>
<td>Pi shu Bl.20</td>
<td></td>
</tr>
<tr>
<td>Tai xi K.3</td>
<td></td>
</tr>
</tbody>
</table>

**Cool the Blood, stop bleeding and regulate menstruation**

<table>
<thead>
<tr>
<th>Bai hui Du 20</th>
<th>reinforcing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yin bai Sp.1</td>
<td></td>
</tr>
<tr>
<td>Yang chi S.J.4</td>
<td></td>
</tr>
<tr>
<td>Qu chi L.I.11</td>
<td></td>
</tr>
<tr>
<td>Xue hai Sp.10</td>
<td>reducing</td>
</tr>
</tbody>
</table>
Lecture 3

SUMMARY CHART

DISORDERS OF MENSTRUATION

Early Menstruation

Blood Heat excess
- QING YING TANG
  Rehmannia, Figwort & Forsythia Combination

Deficiency Heat (empty Fire)
- ZHI BAI BA WEI WAN
  Anemarrhena, Phellodendron & Rehmannia Combination

Stagnation of the Liver Qi leading to Heat or Fire
- JIA WEI XIAO YAO SAN
  Bupleurum & Peony Formula

Qi deficiency
- GUI PI WAN
  Ginseng & Longan Combination

Late Menstruation

Blood Cold (Excess)
- WEN JING TANG
  Danggui & Evodia Combination

Qi stagnation
- CHAI HU SHU GAN WAN
  Bupleurum & Cyperus Combination

Deficiency Cold (Yang deficiency)
- SHI QUAN DA BU WAN
  Ginseng & Dangguir Ten Combination

Blood deficiency
- BA ZHEN WAN
  Ginseng & Dangguir Eight Combination

Irregular Menstruation

Liver Qi stagnation
- XIAO YAO SAN
  Bupleurum & Dangguir Formula

Spleen Qi deficiency with stagnation of Dampness
- SHEN LING BAI ZHU SAN
  Ginseng & Atractylodes Formula

Kidney deficiency
- BA JI YIN YANG WAN
  Morinda Combination

Prolonged Menstrual Bleeding

Spleen Qi deficiency, Spleen fails to control the Blood
- GUI PI WAN
  Ginseng & Longan Combination

Deficiency of the Yin and Body Fluid leading to Heat
- ZHI BAI BA WEI WAN
  Anemarrhena, Phellodendron & Rehmannia Combination

Heavy Menstrual Bleeding (Menorrhagia)

Spleen Qi deficiency, Spleen fails to control the Blood
- BU ZHONG YI QI WAN
  Ginseng & Astragalus Comb. Plus
- JIN SUO GU JING WAN
  Lotus & Astragalus Seed Formula
- ZHI BAI BA WEI WAN
  Anemarrhena, Phellodendron & Rehmannia Comb. Plus
- ZENG YE TANG
  Figwort & Ophiopogon Comb.

Blood Heat

Qi and Yin deficiency
- SHENG MAI SAN
  Ginseng, Ophiopogon & Schizandra Formula Plus
- YANG YIN QING FEI WAN
  Fritillaria & Ophiopogon Comb.

Learning Objectives

- To be able to recognise the essential clinical features of the different TCM Syndromes in the above diseases.
- To be able to select the appropriate formula or combination of formulas for a specific TCM Syndrome of the above diseases.
- To demonstrate an understanding of the pathogenesis of the above diseases in regard to diagnosis and treatment.
1. Which of the following Channels has a very close relationship with menstruation?
   a) Liver Channel.
   b) Heart Channel.
   c) Stomach Channel.
   d) Spleen Channel.

2. Which of the following Zang-fu organs are most important in menstruation?
   a) Heart, Liver, Kidney.
   b) Liver, Spleen, Kidney.
   c) Stomach, Liver, Kidney.
   d) Spleen, Kidney, Heart.

3. Which of the following treatments is the most appropriate one for middle age women (30-40) with menstrual problems?
   a) Regulate the Qi and Blood
   b) Tonify the Kidney
   c) Warm Chong and Ren Channel and expel the Cold
   d) Disperse the Liver Qi

4. Which is the correct diagnosis for the following signs and symptoms: Early menstrual period, thin, pale and profuse menstrual flow, fatigue, shortness of breath, poor appetite, loose stools, dull abdominal pain, spontaneous sweating, pale complexion, pale tongue with a thin white coat, weak pulse.
   a) Qi deficiency.
   b) Blood Heat excess
   c) Deficiency Heat
   d) Liver Qi stagnation

5. Circle the correct TCM diagnosis for the following: Early menstrual period with scanty, bright red and sticky menstrual flow, red cheeks, sensation of heat in the five centres, dry mouth, afternoon fever, night sweating, red tipped tongue with a thin, dry and yellow coat, thready and rapid pulse.
   a) Qi deficiency.
   b) Blood Heat excess
   c) Deficiency Heat
   d) Liver Qi stagnation

6. What is the best treatment for the following: Early menstrual period, breast distention and pain, abdominal distention and pain, discomfort and tenderness.
menstrual period, pale menstrual flow that is usually scanty, loose stools, poor appetite, fatigue, weakness, heavy sensation of the head and body, pale tongue with a greasy white coat, empty pulse.

a) **BU ZHONG YI QI WAN** (Ginseng & Astragalus Combination)
b) **BA ZHEN WAN** (Ginseng & Danggui Eight Combination)
c) **SHEN LING BAI ZHU SAN** (Ginseng & Atractylodes Formula)
d) **JIA WEI XIAO YAO SAN** (Bupleurum & Peony Formula)

10. Which one of the following has a normal period?

a) Nancy, period condition is:
   - 4-5
   - about 50 ml
   - 27-30 slightly dark-red colour.

b) Tracy, period condition is:
   - 3-5
   - about 30 ml
   - 32 dark, thin flow.

c) Betty, period condition is:
   - 7
   - about 80 ml
   - 26 dark-red flow with clots in the first 2 days.

d) Jenny, period condition is:
   - 3-8
   - about 110 ml
   - 26-30 bright red and thick flow.

11. Which of the following symptoms indicates Blood deficiency?

a) Hot extremities.
b) Spasm of the extremities.
c) Tremor of the extremities.
d) Numbness of the extremities.
12 Which of the following treatments is most appropriate for prolonged menstrual bleeding?
   a) Qi deficiency: Xiang Sha Yang Wei Wan (Cyperus & Cardamon Formula)
   b) Yin deficiency Heat: Zhi Bai Ba Wei Wan (Anemarrhena, Phellodendron & Rehmannia Combination)
   c) Blood deficiency: Sheng Hua Tang (Danggui & Ginger Combination)
   d) Kidney Yin deficiency: Bai Ji Yin Yang Wan (Morinda Combination)

13 Which of the following disorders is caused by Cold Blood?
   a) Prolonged menstrual bleeding
   b) Heavy menstrual bleeding
   c) Diarrhea during the period.
   d) Late menstruation

14 What is the correct TCM diagnosis for the following: Sudden heavy period or prolonged bleeding, bright red, sticky, clotted flow, abdominal pain, dry mouth, restlessness, dizziness, flushed face.
   a) Qi deficiency with Blood stasis
   b) Blood stagnation
   c) Blood Heat with Blood stagnation
   d) Blood Heat with Qi deficiency

15 Anna, 28, late menstrual period, scanty, pale and thin flow, dizziness, palpitations, poor sleep, sallow complexion, dull abdominal pain that is alleviated by pressure, weakness, emaciation, dry skin, pale tongue with little coat, thready and weak pulse.
   What is the most likely TCM diagnosis.
   a) Excess Heat
   b) Damp-Heat
   c) Stagnated Liver Qi leads to Heat
   d) Qi and Blood deficiency

16 Jenny, 38, weak body, profuse, pale thin menstrual flow, lasting about 8-9 days, palpitations, poor sleep, poor appetite, loose stools, pale tongue with teeth marks, weak pulse. Which formula is the most suitable?
   a) Xiao Yao San (Bupleurum & Danggui Formula)
   b) Jian Pi Wan (Ginseng & Citrus Formula)
   c) Gui Pi Wan (Ginseng & Longan Combination)
   d) Zhi Bai Ba Wei Wan (Anemarrhena, Phellodendron & Rehmannia Combination)

17 Maria, 30, had two periods every 30 days for six cycles now, since she gave birth last year. S/S: Early period with scanty, bright red and sticky flow, red cheeks, sensation of heat in the five centres, dry mouth, sensation of heat in the afternoons, night sweating, red tongue with little coat, thready and rapid pulse.
   What is the best treatment?
   a) Qing Ying Tang (Rehmannia, Figwort & Forsythia Combination)
   b) Zhi Bai Ba Wei Wan (Anemarrhena, Phellodendron & Rehmannia Combination)
   c) Xiao Yao San (Bupleurum & Danggui Formula)
   d) Gui Pi Wan (Ginseng & Longan Combination)

18 What is the TCM diagnosis of the following: Late period, pale, (Pteropus & Salvia Formula) scanty and thin menstrual flow, dull lower abdominal pain alleviated by warmth and pressure, pale complexion, cold hands and feet, lassitude of the loins and knees, backaches, loose stools, pale tongue with a thin white coat, deep, slow and forceless pulse.
   a) Deficiency Cold
   b) Excess Cold
   c) Liver Qi stagnation
   d) Kidney Yin deficiency
19 What is the best treatment for the following? Irregular period, sometimes profuse and sometimes scanty flow, discomfort and tenderness of the costal and hypochondrial areas, breast distension, lower abdominal distension, discomfort of the chest, sighing, depression, belching, poor appetite, normal tongue, wiry and weak pulse.

a) ZHI BAI BA WEI WAN (Anemarrhena, Phellodendron & Rehmannia Combination)
b) SHEN LING BAI ZHU SAN (Ginseng & Atractylodes Formula)
c) XIAO YAO SAN (Bupleurum & Danggui Formula)
d) BA JI YIN YANG WAN (Morinda Combination)

20 Mary, 32, with prolonged and heavy menstrual blood loss. S/S: Pale and thin flow, fatigue, weakness, shortness of breath, palpitations, poor sleep or insomnia, poor appetite, loose stools, pale tongue with a thin white coat, weak and thready pulse. Which formula can be combined with GUI PI WAN (Ginseng & Longan Combination) to improve efficacy?

a) ZENG YE TANG (Figwort & Ophiopogon Combination)
b) JIN SUO GU JING WAN (Lotus Stamen & Tribulus Formula)
c) JIN LING ZI SAN (Melia Fruit & Corydalis Formula)
d) SHI XIAO WAN (Pteropus & Salvia Formula)
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  - 2 The Shen
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  - Tonifying Formulas (Continued)
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  - Tonifying Formulas (Continued)
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- **LECTURE 15**
  - 1 Chronic Fatigue
  - 2 Oncology
  - 3 Rehabilitation

Note: At the end of each lecture there are a series of questions to be completed by students and sent into Cathay Herbal for marking.