

Formulas of Chinese Medicine

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A Guide to the Reader

1. This book is intended mainly for the physicians and dedicated medical students who need to design a formula in terms of the principles of determination for treatment based on differentiation of syndromes in the clinic. Thus, the dosages of all selected formulas in this book, exclusive of those not fit for decoction, are only for decoction use.

2. The dosages marked in each formula are the common dosages. In the clinic, they may be modified appropriately according to the patient's condition and physician's experience.

3. Since the components, dosages and processing methods of the proprietary Chinese medicines relate to special techniques of modern processing industry of Chinese medicinal herbs, they are left out in this book. The emphasis is laid on their composition, action and application.

4. Since some banned drugs such as rhinoceros horn and tiger bone are included in certain ancient prescriptions, they are replaced with other drugs in this book. For instance, rhinoceros horn is substituted with water buffalo horn and tiger bone with antler.

5. As for the dosages and administration of the proprietary Chinese medicines, since they are varied owing to the different manufacturers, they are not marked in this book. When these medicines are administered, the patients may refer to the manufacturer's drug specification or the doctor's advice.

6. In this book, each formula follows an image that illustrates the indicated syndromes of the formula. Of the images, most are made by ourselves but some are referred to those recorded in the Japanese book "Illustrated Survey of Abdominal Syndromes" published by Public House of Japanese Medical Way, for which we are greatly indebted.

7. The item of "Applied Syndrome" listed in each formula refers to the differentiation or diagnosis of TCM syndromes. The "Indications" refer to the diagnosis of a disease by means of western medicine. In the clinic, they should be referred to with each other by combining disease differentiation with syndrome differentiation.

8. The item of "Points in Constitution" listed in each formula is the essence in drug composition and core in designing a formula.

9. The prescriptions listed in "Associated Formulas" for each formula have the characteristic of being similar in component or in effect. The purpose of doing so is to help widen the train of thoughts and explore its source, which will surely benefit us in differentiating the syndrome and designing a formula.

Preface

The basic content of this *Clinical Essentials of Contemporary Series Chinese Medicine* initially came from my lecture notes on Traditional Chinese Medicine prepared for Gero Missoni, an Austrian physician, and other doctors in 1989. The notes were supplemented during the next two years when I lectured at the Toulouse University in France. Later, this material was enhanced and became especially valuable when I began to work with the Goto College of Medical Arts and Sciences in Japan in 1996 to train postgraduate students in a master's degree course in TCM. Since then, the material has been continually revised in my annual lectures in Japan and has gradually been put into book form and translated into Japanese and English.

This series consists of three books: the *Chinese Herbal Medicine*, *Fundamentals of Formulas of Chinese Medicine* and *Clinical Chinese Medicine*. They are not alike the basic textbooks of TCM nor the general books of clinical treatment. The aim of compiling this series is to integrate the knowledge of the ancient and the present, emphasize the main points, use succinct language and retain the essence and depth of TCM simply and easily. When reading, the readers may move from one subject to the other and from the rudimentary to the advanced to guide their clinical practice. This series is designed mainly for clinical physicians and foreign scholars who have some understanding of TCM.

The *Fundamentals of Formulas of Chinese Medicine* includes two volumes. Volume One is mainly comprised of representative or classic prescriptions and those that are of guiding significance in the establishment of therapy and designing of formulas. Volume Two mainly consists of the famous prescriptions handed down from physicians in the successive dynasties. Besides, it also includes the *kanpo* created by the Japanese physicians. Thus, Volume One may be regarded as the basis of formula-ology of Traditional Chinese Medicine and Volume Two as the elaboration of it.

There are ten chapters altogether in Volume One, which includes the formulas for six channel syndromes of exogenous febrile disease and those for syndromes of Weifen, Qifen, Yingfen and Xuefen in epidemic febrile diseases. These are placed first as the formulas for six channel syndromes of exogenous febrile diseases designed by Zhang Zhongjing, a famous physician in the Han Dynasty who was honored by later physicians as the father of classic formulas. When they are integrated with the formulas for syndrome of Weifen, Qifen, Yingfen and Xuefen in epidemic diseases, a general idea can be easily given in the treatment of febrile diseases. The other formulas are sorted out according to the theory of five zang-organs of the heart, liver, spleen, lung and kidney. In addition, formulas for women diseases, external diseases and other diseases are also embodied in it. By doing so, it is hoped that readers can gain a thorough understanding of the prescriptions through mastery of basic theory and therapy of TCM. The contents of these ten chapters are indispensable knowledge in learning the formulas of TCM.

Volume Two contains 14 chapters. They are classified, based on modern medical systems, as formulas for the respiratory, circulatory, digestive, urinary and reproductive and metabolic system, for gynecological, pediatric, surgical, orthopaedic and dermatologic disease as well as for diseases of five sense organs, disease of eyes, tumors and external use so as to be applied easily in treating patients. When this volume is used with reference to Volume One, it is easy to understand the source of formula-designing and principle of formula-modifying, gaining the effect of bringing out the best in each other.

In this book each formula is described in terms of its source, composition, action, applied syndrome, application, caution and associated formulas with the view of comprehensively introducing the formula to have the learners master well the application of the formulas in the clinic. In order to make it easy to understand, analyze and memorize the formulas, an analytic illustration is given for each formula. For those that are not expounded, extra notes are included to make a further explanation.

Following the way in which the Japanese medical book "*Brief Survey of Abdominal Syndromes*" is written, each formula listed in Volume One has a diagram and image designed to leave a deep impression on the reader so as to memorize the formula easily.

During the last ten years, parts of it were used by many practitioners. With the encouragement and support of Dai Ximeng, the president of Tianjin College of TCM and Dr. Shuji Goto, the president of Japanese Goto College of Medical Arts and Sciences, I was determined to have it published to share it with more people. Acknowledgement should be presented to Professor Hiromitsi Yasui and Akira Hyodo from Japan and my colleagues from China for their concerned assistance and constant hard work. Through their efforts it has become possible to publish this book after several revisions of the original materials.

Chinese Medical Formula-ology is the pivot of the four processes of the basic theory, establishment of therapy, prescription of formulas and choice of herbs in the diagnosis and treatment based on differentiation of syndromes. Formulas consisting of herbs equally depend on the therapy selected. They are the sign of ancient people's valuable experience and the precious jewel of TCM. Ancient physicians often said that "imitating teacher's designing of formulas but never the formula itself", which means that most of the ancient therapies were embodied in the formula, especially in Zhang Zhongjing's formulas. That is also the essential reason why Zhang Zhongjing is known as "father of Classic formulas".

Just like the Chinese saying of "waiting by the stump of a tree for the appearance of hares rather than hunting for them", using a fixed formula to treat varied diseases is the characteristic of treatment in TCM. There are countless prescriptions, but Chinese medical therapies can be established in number. In this volume the author, by improving and developing Cheng's eight therapeutic methods, subdivides the eight therapies into 64 methods and places them firstly in the General Introduction of the book with the purpose of dominating the variety of formulas from the angle of the establishment of therapy.

In ancient times there was a saying that "it is easy to find 1,000 formulas but hard to find a single satisfactory solution". This has often encouraged me to make very careful observations in my

clinical practice. During my 30 years teaching and practicing, I have explored the great mystery of Traditional Chinese Medicine and have tried to perfect my practice. But I very much approves of the wisdom found within the book "*Posthumous Works of Various Physicians*" which points out that frequent practical use of one's knowledge and scrupulous diagnostic practice can give rise to creative new clinical applications. I also think this is the way forward for the development of TCM formulas in the future.

Professor Liu Gongwang
March 8th, 2002

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General Introduction

The Relationship Between Formulas and Treatment

Formula is a combination of certain herbs. Its constitution is the proper selection of herbs in the light of formula-designing principle rather than a random collection of herbs. The design of a formula must be based on therapy. It is known that "the determination of formulas depends on establishment of therapy". Establishment of therapy is the theoretic basis for designing a formula. The formula, in turn, gives a concrete expression to the establishment of therapy, which is the key link for the determination of treatment based on differentiation of syndromes in TCM.

In ancient times, for the application of formulas, there existed eight therapeutic methods which included diaphoresis, emesis, purgation, mediation, warming, heat-reducing, tonification and elimination (or resolving). However, in the clinic, since diseases were complicated and volatile, it was inconvenient to treat the various diseases with these eight therapeutic methods. In order to adapt to the varied and complicated diseases, people, in the course of medical practice, have gradually visualized and detailed the eight therapeutic methods. In this book, 64 types of therapies have been drawn and classified out of the eight therapeutic methods.

Today, the formulas passed down from ancient times number over several ten thousand. And the number of the formulas recorded only in *Prescriptions for Universal Relief* (《普济方》) in Ming Dynasty reaches as high as twenty thousand, of which over 300 formulas are the required contents of the study of formula-ology for the students. These are recorded in *Treatise on Exogenous Febrile Diseases* (《伤寒论》) and *Synopsis of the Golden Chamber* (《金匱要略》), which are honored by later physicians as the "father of the formula books."

In the clinic, the application of formulas is not immutable. It should be appropriately modified according to the different condition, institution and age of the patients. Later physicians said that "learning the formulas as the curative models rather than rigidly adhering to the formulas proper."

1. The Eight Therapeutic Methods in Designing Formulas

Determination of treatment based on differentiation of syndromes in TCM refers to the treatment of the diseases by means of the four diagnostic methods of inspection, auscultation and olfaction, interrogation and pulse feeling and palpitation and in the light of the procedures of theory, principle, formula and herbs. "Theory" here refers to the basic theory of traditional Chinese medicine, including the doctrines of yin-yang, five elements, qi and blood, body fluid, five zang and six fu organs. "Principle" means the therapeutic principle, (i. e. the leading policy in treating diseases). "Formula" refers to the prescription and "herbs" refers to the concrete herbs or drugs.

Treatment in TCM can be divided into two kinds: the external, whose representative is acupuncture and moxibustion, and the internal, whose characteristic is to take Chinese drugs oral-

ly. The first necessity in internal treatment is to establish the therapeutic principle according to the eight therapeutic methods of diaphoresis, emesis, purgation, mediation, warming, heat-reducing, tonification and elimination. Of the eight methods, the diaphoresis, emesis, purgation and elimination pertain to the therapies of dispelling evils. Mediation refers to the harmonizing therapy which is the method of regulating the disturbance of yin and yang of the body and is applicable to the syndrome of coincidental cold and heat or deficiency and excess. Warming and heat-reducing are the therapies of treating cold and heat syndromes. And tonification is a method of invigorating qi and strengthening the body resistance and is applied in deficiency syndrome.

. In a formula, it is rare to use only one method. The common practice in designing a formula is the cooperation of several different methods. In comparison with designing of a formula, traditional Chinese medicine emphasizes the establishment of the therapy. It should be a principle in studying the formula-ology that "formula is built on therapy and therapy determines formula". There are only eight therapeutic methods but the formulas are innumerable, so among the ancient physicians there appeared the saying that "learning the formulas as the curative models rather than adhering to the formulas proper." In making an extensive research into TCM, it is necessary to learn the ancient medical literature. In ancient times, there existed many different schools in TCM, and one of the important symbols in distinguishing the schools was to observe which therapy they emphasized. For example, Zhang Zi-he emphasized the methods of diaphoresis, emesis and purgation, and thus, was known as the physician of eliminating school; Li Dong-heng laid stress on warming and invigorating the spleen and stomach, and was referred to as the physician of warming and tonifying school.

1) Diaphoretic Therapy

It is also known as the exterior-relieving therapy, which is to dispel the pathogenic qi from the exterior of the body. It is indicated for the initial stage of infectious diseases, that is, the exterior syndrome due to six exopathogens manifested as chills, fever, headache with stiffness of the nape, pain of the body, rashes, etc. The typical exterior-relieving herbs include ephedra(麻黄, Mahuang), cassia twig(桂枝, Guizhi), fresh ginger(生姜, Shengjiang), divaricate saposhnikovia root(防风, Fangfeng), wild mint(薄荷, Bohe), lobed kudzu vine root(葛根, Gegen), Chinese thorowax root(柴胡, Chaihu), shunk bugbane rhizome(升麻, Shengma) and the representative formulas for this syndrome are Ephedra Decoction(麻黄汤, Ma huang tang), Cassia Twig Decoction(桂枝汤, gui zhi tang), Pueraria Decoction(葛根汤, ge gen tang), Miraculous Powder of Ledebouriella(防风通圣散, fang feng tong sheng san), Ephedra, Apricot, Coix and Licorice Decoction(麻杏薏甘汤, ma xing yi gan tang), Decoction for Relieving Edema(越婢汤, yue bi tang), Minor Blue Dragon Decoction(小青龙汤, xiao qing long tang), Ginseng and Perilla Decoction(参苏饮, shen su yin), Tea-blended Ligusticum Powder(川芎茶调散, chuan xiong cha tiao san), Cyperus and Perilla Powder(香苏散, xiang su san), etc.

The diaphoretic therapy for relieving the exterior syndrome can be roughly classified into two kinds: the method of relieving the exterior with pungent and warm herbs and the one of relieving the exterior with pungent and cool herbs. (See Fig. 1). For the case of the exterior syndrome accompanied with insufficiency of yin, yang, qi or the other pathogenic factors, it is advisable to

combine this exterior-relieving method with other methods as invigorating qi, tonifying blood, nourishing yin and restoring yang, etc. (See Fig. 2).

Figure 1. The Diaphoretic Therapy (1)

Therapy	Syndrome	Symptoms	Prescriptions
Dispelling the evil in the exterior with acrid and warm-natured drugs	Exterior syndrome due to wind-cold	Slight fever, serious chills, headache, pain of the body, no thirst	Ephedra Decoction(麻黄汤, ma huang tang) Cassia Twig Decoction(桂枝汤, gui zhi tang) Minor Blue Dragon Decoction(小青龙汤, xiao qing long tang) Tea-Blended Ligusticum Powder (川芎茶调散, chuan xiong cha tiao san)
Dispelling the evil in the exterior with acrid and cool-natured drugs	Exterior syndrome due to wind-heat	High fever, sore throat, slight chills, headache, thirst	Honeysuckle and Forsthia Powder(银翘散, yin qiao san) Mulberry and Chrysanthemum Decoction(桑菊饮, sang ju yin)

Figure 2. The Diaphoretic Therapy (2)

Therapy	Syndrome	Symptoms	Prescriptions
Replenishing qi to relieve the exterior syndrome	Deficiency of qi	Shortness of breath, lassitude, poor appetite, spontaneous perspiration	Ginseng and Perilla Decoction (参苏饮, shen su yin) Middle-Reinforcing and Qi-Benefiting Decoction(补中益气汤, bu zhong yi qi tang)
Tonifying blood to relieve the exterior syndrome	Deficiency of blood	No sweat, dry mouth and lips	Four Herbs Decoction(四物汤, si wu tang) + exterior-relieving herbs
Invigorating yang to relieve the exterior syndrome	Deficiency of yang	Tiredness, lassitude, cold limbs, aversion to cold, headache	Ephedra Aconite and Asarum Decoction(麻黄附子细辛汤, ma huang fu zi xi xin tang)
Nourishing yin to relieve the exterior syndrome	Deficiency of yin	No sweat, thirst, vexation, fever	Ophiopogon Decoction(麦门冬汤, mai men dong tang) + exterior-relieving herbs
Regulating qi to relieve the exterior syndrome	Stagnation of qi	Fullness and distension sensation in the chest, poor appetite	Cyperus and Perilla Powder(香苏散, xiang su san)
Relaxing the bowels to relieve the exterior syndrome	Excess heat in the interior	Tendency of constipation	Miraculous Powder of Ledebouriella(防风通圣散, fang feng tong sheng san)

2) Emetic Therapy

This is a method of using emetics or physical stimulation to induce vomiting. Usually it is applied for the removal of pathogenic factors retained in the portion above the epigastrium (such as undigested food, toxic substance, phlegm). Though it is not often used nowadays, this method turns out to be very effective for some psychotic patients. The common herbs for emesis include