The Traditional Chinese Medicine

FORMULA STUDY GUIDE

Qiao Yi

with Al Stone

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Assistant editors: Bea Ferigno,
Laurel Redmon and Heather McIver

Snow Lotus Press  Boulder
This book is dedicated to my husband, Li Sun

Important Notice

The information contained in this book is for educational purposes only. It is not intended to diagnose, treat or prescribe, and does not purport to replace the services of a duly trained doctor or practitioner.

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## Contents

Classification of the Formulas by Treatment Categories  
Acknowledgements  
Making Best Use of this Book

### Introduction

**The Essential Principles of Chinese Herbal Medicine**
- Herb Actions Based on the Nature of Plant Parts and Tastes  
- Special Methods of Decothing Chinese Herbs  
- The Seven Combining Effects of Herbs  
- Incompatible and Antagonistic Herbs  
- The Principles of Formula Writing  
- The Eight Methods of Herbal Treatment

*Chapter 1*  
**Formulas to Release the Exterior**
- Introduction to Exterior Syndromes  
- The Formulas  
- Review and Discussion

*Chapter 2*  
**Formulas to Clear Heat**
- Introduction to Heat Syndromes  
- The Formulas  
- Review and Discussion

*Chapter 3*  
**Formulas to Purge**
- Introduction to *Yang Ming* Organ Syndromes  
- The Formulas  
- Review and Discussion

*Chapter 4*  
**Formulas to Harmonize**
- Introduction to *Shao Yang* Syndromes  
- The Formulas  
- Review and Discussion

*Chapter 5*  
**Formulas to Expel Damp**
- Introduction to Damp Syndromes  
- The Formulas  
- Review and Discussion

*Chapter 6*  
**Formulas to Transform Phlegm**
- Introduction to Phlegm Syndromes  
- The Formulas  
- Review and Discussion
Shang Han Lun Formulas According to the Six Stages 232

Symptom Differentiation Charts 234
Abdominal Pain 234
Cough 236
Diarrhea 238
Dizziness and Vertigo 240
Edema 242
Emotional Conditions 243
Epigastric Pain 244
Fatigue 246
Fever, Low-Grade 248
Fever, Tidal 249
Headache 250
Hypochondriac Pain 252
Insomnia 253
Memory Loss 254
Menstrual Disorders 256
Nausea and Vomiting 258
Palpitations 260
Sweating Syndrome: Spontaneous Sweating 261
Sweating Syndrome: Night Sweats 262
Sweating Syndrome: Sweating by Location 263
Tinnitus and Deafness 264
Urinary Pain 265
Wheezing and Breathlessness 266

Comprehensive Examination 269
Primary Formula Questions 270
General Formula Questions 300
Case Study Questions 317
Answers to the Primary Formula Question 354
Answers to the General Formula Questions 355
Answers to the Case Study Questions 355

Bibliography 357
Index 358
### Formulas to Release the Exterior

**Release External Wind-Cold**
- **Ma Huang Tang** * Ephedra Decoction
- **Gui Zhi Tang** * Cinnamomum Decoction
- **Da Qing Long Tang** Major Bluegreen Dragon Decoction
- **Xiao Qing Long Tang** Minor Bluegreen Dragon Decoction
- **Ge Gen Tang** * Pueraria Decoction
- **Jiu Wei Qiang Huo Tang** Nine-Herb Notopterygium Decoction
- **Chuan Xiong Cha Tiao San** Ligusticum and Camellia Regulating Powder

**Release External Wind-Heat**
- **Cang Er Zi San** Xanthium Powder
- **Sang Ju Yin** * Morus and Chrysanthemum Decoction
- **Yin Qiao San** * Lonicera and Forsythia Powder
- **Chai Ge Jie Ji Tang** * Bupleurum and Pueraria Release the Muscle Layer Decoction

**Release the Exterior with Internal Deficiency**
- **Ren Shen Bai Du San** * Panax Expel Toxin Powder
- **Ma Huang Xi Xin Fu Zi Tang** Ephedra, Asarum and Aconitum Decoction
- **Jia Jian Wei Rui Tang** Modified Polygonatum Decoction

### Formulas to Clear Heat

**Clear Heat from the Qi Level**
- **Bai Hu Tang** * White Tiger Decoction
- **Zhu Ye Shi Gao Tang** Lopatherum and Gypsum Decoction

**Clear Heat and Toxin**
- **Huang Lian Jie Du Tang** * Coptis Relieve Toxin Decoction
- **Xie Xin Tang** Drain the Epigastrium Decoction
Clear Heat from the Organs

Ma Xing Shi Gan Tang *  Ephedra, Prunus, Gypsum and Glycyrrhiza Decoction
Xie Bai San  Drain the White Powder
Xie Huang San  Drain the Yellow Powder
Qing Wei San  Clear the Stomach Powder
Yu Nu Jian  Jade Woman Decoction
Dao Chi San  Guide Out the Red Powder
Long Dan Xie Gan Tang *  Gentiana Drain the Liver Decoction
Zuo Jin Wan  Left Metal Pill
Bai Tou Weng Tang  Pulsatilla Decoction

Clear Empty Heat

Qing Hao Bie Jia Tang *  Artemisia and Amyda Decoction
Qing Gu San  Cool the Bones Powder

Formulas to Purge

Purge Heat Accumulation

Da Cheng Qi Tang *  Major Order the Qi Decoction
Xiao Cheng Qi Tang *  Minor Order the Qi Decoction
Tiao Wei Cheng Qi Tang *  Regulate the Stomach and Order the Qi Decoction

Moisten the Intestines and Unblock the Bowels

Ma Zi Ren Wan  Hemp Seed Pill

Warm the Yang and Lead Out Accumulation

Da Huang Fu Zi Tang  Rheum and Aconitum Decoction

Formulas to Harmonize

Harmonize the Shao Yang

Xiao Chai Hu Tang *  Minor Bupleurum Decoction
Da Chai Hu Tang  Major Bupleurum Decoction

Harmonize the Liver and Spleen

Si Ni San *  Frigid Extremities Powder
Xiao Yao San *  Easy Wanderer Powder
Tong Xie Yao Fang  Painful Diarrhea Formula

Harmonize the Stomach and Intestines

Ban Xia Xie Xin Tang *  Pinellia Drain the Epigastrium Decoction
Chapter 2

FORMULAS TO CLEAR HEAT

- Bai Hu Tang 48
- Zhu Ye Shi Gao Tang 49
- Huang Lian Jie Du Tang 50
- Ma Xing Shi Gan Tang 50
- Xie Bai San 52
- Xie Huang San 52
- Qing Wei San 53
- Yu Nu Jian 53
- Dao Chi San 54
- Xie Xin Tang 54
- Long Dan Xie Gan Tang 55
- Zuo Jin Wan 56
- Bai Tou Weng Tang 56
- Qing Hao Bie Jia Tang 57
- Qing Gu San 57
Introduction to Heat Syndromes

**Definition**
Heat syndromes are pathological conditions that involve physiological hyperactivity. They manifest as symptoms of heat, such as fever and inflammation, or as the experience of being hot.

Fever is just one of many symptoms seen in heat syndromes. In some heat syndromes, however, the body temperature is normal, because elevated body temperature in itself is not synonymous with a heat syndrome—they are two entirely different concepts.

**Characteristics**
- Heat or fire is a Yang pathogenic factor. It tends to burn and flare upward.
- Pathogenic heat often injures the fluids and consumes the Qi.
- Heat tends to generate Liver wind and disturb the Blood.
- Heat tends to irritate the Heart and Mind.

**Symptomatology**

1. Organ (zang fu) syndromes presenting heat
   - Heart fire: irritability, restlessness, agitation, insomnia, swelling or ulceration of the tongue and lips, burning urination, in severe cases delirium or mania
   - Lung heat: loud coughing, loud panting, thirst
   - Liver fire: dizziness, headache, bitter taste in the mouth, thirst, irritability, anger, congested red eyes and face, sudden tinnitus and/or deafness, dark scanty urine
   - Stomach heat: easily hungered, thirst with desire for cold water, bad breath, swollen bleeding gums, dry stool, constipation
   - Kidney Yin deficiency with empty heat: dizziness, blurred vision, tinnitus, malar flush, afternoon hot spells or fever, night sweats, hot palms, soles, sternum
   - Kidney fire: similar symptoms to heat from Kidney Yin deficiency, but more severe
   - Heat and damp found in the Spleen, Large Intestine, Small Intestine, Gallbladder and Bladder

**Pathogenesis**
Heat causes a sensation of warmth or fever, which occurs with sweat. Heat ascends, which results in upper body symptoms such as oral sores, red eyes, nosebleed and mental disturbances. Its drying nature damages the Yin and fluids, causing thirst, dry mouth and constipation. Heat also has a quickening effect that can cause a rapid pulse, bleeding and restlessness.
2. Heat in the wei, qi, ying and xue stages

<table>
<thead>
<tr>
<th>Syndrome location</th>
<th>Wei Stage</th>
<th>Qi Stage</th>
<th>Ying Stage</th>
<th>Xue Stage</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>exterior</td>
<td></td>
<td>interior</td>
<td></td>
</tr>
<tr>
<td>Common symptoms</td>
<td></td>
<td>fever, thirst, tongue red, pulse rapid</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fever</td>
<td>fever</td>
<td>high fever</td>
<td>fever at night</td>
<td>fever at night</td>
</tr>
<tr>
<td>Chills</td>
<td>slight</td>
<td>none</td>
<td>none</td>
<td>none</td>
</tr>
<tr>
<td>Thirst</td>
<td>slight</td>
<td>severe</td>
<td>mild</td>
<td>mild</td>
</tr>
<tr>
<td>Sweating</td>
<td>slight</td>
<td>profuse</td>
<td>possible night sweats</td>
<td>possible night sweats</td>
</tr>
<tr>
<td>Mental symptoms</td>
<td>none</td>
<td>possible restlessness</td>
<td>restlessness, delirium</td>
<td>delirium, coma</td>
</tr>
<tr>
<td>Skin signs</td>
<td>none</td>
<td>none</td>
<td>erythema, purpura</td>
<td>erythema, purpura</td>
</tr>
<tr>
<td>Bleeding</td>
<td>no</td>
<td>no</td>
<td>no</td>
<td>yes</td>
</tr>
<tr>
<td>Tongue color</td>
<td>normal or red tip</td>
<td>red with yellow coating</td>
<td>deep red</td>
<td>deep red with prickles</td>
</tr>
<tr>
<td>Pulse: rapid and ...</td>
<td>floating</td>
<td>forceful</td>
<td>thin</td>
<td>thin</td>
</tr>
</tbody>
</table>

| Table 4.2 | Differentiation of heat by stages according to the wen bing theory |

**Etiology**
- Exogenous: pathogenic heat
- Endogenous: disorders of the seven emotions (which transform into heat), improper diet, sexual overactivity (which consumes Kidney Essence and creates heat)

**Treatment Principle and Considerations**
Clear pathogenic heat
- Differentiate between excess (full) and deficiency (empty) heat syndromes. Also identify the location and stage of heat. The treatment method chosen depends directly on these essential primary differentiations (see tables 4.2 and 4.3).
3. Excess (full) heat versus deficiency (empty) heat

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Excess/Full Heat</th>
<th>Deficiency/Empty Heat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>abrupt onset, short duration, severe symptoms and rapid pathological changes</td>
<td>slow onset, chronic duration slow pathological changes</td>
</tr>
<tr>
<td>Common symptoms</td>
<td>fever, thirst, red complexion, sweating, feeling of heat, constipation, urine dark and scanty, tongue red, pulse rapid</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Differences</th>
<th>Excess/Full Heat</th>
<th>Deficiency/Empty Heat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>high fever</td>
<td>low-grade tidal fever</td>
</tr>
<tr>
<td>Red face</td>
<td>whole face</td>
<td>malar flush</td>
</tr>
<tr>
<td>Thirst</td>
<td>thirst with desire for cold water</td>
<td>thirst with desire for warm water</td>
</tr>
<tr>
<td>Sweating</td>
<td>day time sweating</td>
<td>night sweating</td>
</tr>
<tr>
<td>Heat feelings</td>
<td>whole body</td>
<td>five centers heat (chest, palms, soles)</td>
</tr>
<tr>
<td>Tongue</td>
<td>red with yellow coating</td>
<td>red with scanty coating</td>
</tr>
<tr>
<td>Pulse</td>
<td>rapid and forceful</td>
<td>rapid and thin</td>
</tr>
<tr>
<td>Other</td>
<td>red eyes, unconsciousness, delirium, etc.</td>
<td>emaciation, vertigo, palpitations, insomnia, etc.</td>
</tr>
</tbody>
</table>

Table 4.3  Differentiation of excess (full) heat and deficiency (empty) heat
4. True heat versus false heat

<table>
<thead>
<tr>
<th>Common symptoms</th>
<th>True Heat</th>
<th>False Heat and True Cold</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red face</td>
<td>red face, thirst, feverishness, pulse large</td>
<td>redness of the whole face, intermittent malar flush, superficial skin redness</td>
</tr>
<tr>
<td>Thirst</td>
<td>thirst with preference for cold water</td>
<td>thirst with preference for warm or hot water</td>
</tr>
<tr>
<td>Feverishness</td>
<td>feverishness with dislike of warmth or heat</td>
<td>feverishness with liking for warmth and warm environment</td>
</tr>
<tr>
<td>Pulse</td>
<td>large and forceful</td>
<td>large and deep, without strength</td>
</tr>
<tr>
<td>Tongue</td>
<td>red with yellow coating</td>
<td>pale with white coating</td>
</tr>
<tr>
<td>Stool</td>
<td>hard (constipation)</td>
<td>loose (diarrhea)</td>
</tr>
<tr>
<td>Urine</td>
<td>dark and scanty</td>
<td>clear and copious</td>
</tr>
<tr>
<td>Extremities</td>
<td>warm</td>
<td>cold</td>
</tr>
</tbody>
</table>

Table 4.4 Differentiation of true heat and false heat

**The Formulas**

**Definition**
Formulas that clear internal heat use cool or cold herbs as king ingredients.

**Functions and Indications**
To clear pathogenic heat, clear heat toxin and cool the Blood in various internal hot conditions.

**Cautions and Contraindications**
- The majority of herbs in these formulas are cold by nature and may injure the Spleen and Stomach. Consequently, heat-clearing formulas should not be prescribed in large doses or taken over long periods of time, and should be discontinued as soon as the heat has been cleared.
- For the same reason, heat-clearing formulas are contraindicated in cases of Yang deficiency with fever, and in patterns of true cold with false heat (see table 4.4).
- Heat-clearing formulas should not be used for treating yang ming organ syndromes (constipation with heat), when purgative herbs are appropriate (see Chapter 3).
- Formulas that clear heat are contraindicated in cases of persistent exterior conditions.
• Heat tends to consume the fluids and create dryness, and the bitter, cold, dry, descending nature of many heat-clearing herbs may create further dryness. For both these reasons, herbs that generate fluids and moisten dryness are often added to heat-clearing formulas.

**TREATMENT CLASSIFICATION**
- Clear heat from the Qi level
- Clear heat from the nutritive (yīng) and Blood (xuè) levels
- Clear heat and toxin
- Clear summer-heat
- Clear heat from the organs
- Clear empty heat

---

**Clear Heat from the Qi Level**

**BAI HU TANG White Tiger Decoction**

<table>
<thead>
<tr>
<th>Herb</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shi Gao <em>Gypsum</em></td>
<td>clears heat, generates fluids, relieves thirst and irritability</td>
</tr>
<tr>
<td>Zhi Mu <em>Rz. Anemarrhenae</em></td>
<td>clears heat, generates fluids, relieves thirst</td>
</tr>
<tr>
<td>Jing Mi <em>Fr. Oryzae</em></td>
<td>tonifies the Qi, protects the Stomach from cold herbs</td>
</tr>
<tr>
<td>Zhi Gan Cao <em>Rx. Glycyrrhizae praep.</em></td>
<td>tonifies the Qi, harmonizes the formula</td>
</tr>
</tbody>
</table>

**FUNCTIONS**
- Clears heat from the Qi level
- Generates fluids and relieves thirst

**INDICATIONS**

**Full heat in the Qi level or yang ming channel causing four great symptoms**
- Symptoms: high fever with severe thirst, irritability, profuse sweating, a red face, dislike of heat; other symptoms may include headache, toothache, bleeding of the gums and nose, heavy labored breathing, delirium or coma.
- Tongue: red with dry yellow coating
- Pulse: forceful (*you lì*), flooding or slippery, rapid

Note: The key indications for use of this formula are the so-called “four great symptoms,” which are: a great fever, a great sweat, a great thirst and a great pulse.

**CAUTIONS AND CONTRAINDICATIONS**
- Because this formula is very cold, it is contraindicated in the following conditions:
  - Exterior syndromes
  - Syndromes of true cold with false heat
  - Fever caused by Spleen and Stomach Qi deficiency
Clear Heat & Toxin

HUANG LIAN JIE DU TANG | Coptis Relieve Toxin Decoction

Huang Lian *Rx. Coptidis* clears heat, focusing on the middle warmer
Huang Qin *Rx. Scutellariae baicalensis* clears heat, focusing on the upper warmer
Huang Bai *Cx. Phellodendri* clears heat, focusing on the lower warmer
Shan Zhi Zi *Fr. Gardeniae* clears heat and toxin, drains damp, drains fire in all three warmers, promotes urination

FUNCTIONS
Clears heat and toxin from all three warmers

INDICATIONS
Fire toxin obstructing all three warmers
- Symptoms: high fever, dry mouth and throat, irritability, insomnia, delirium, yellow scanty urine; hematemesis, epistaxis, erythema or skin purpura in the course of febrile diseases; dysentery with fever, jaundice with damp-heat; carbuncles, deep-rooted boils and sores
- Tongue: red, dry with yellow coating
- Pulse: rapid, forceful, flooding

CAUTIONS AND CONTRAINDICATIONS
Because this formula is very bitter and cold, the following considerations apply:
- Use only in patients with a strong constitution, and never use long-term
- Contraindicated in patients presenting damage to the fluids or the Yin

Clear Heat from the Organs

MA XING SHI GAN TANG | Ephedra, Prunus, Gypsum and Glycirrhiza Decoction

Ma Huang *Hb. Ephedrae* circulates Lung Qi, stops coughing and wheezing, releases external wind-cold
Xing Ren *Sm. Pruni armeniacae* descends Lung Qi, stops coughing and wheezing
Shi Gao *Gypsum* clears heat from the Lung and Stomach, relieves thirst
Zhi Gan Cao *Rx. Glycyrrhizae praep.* moistens the Lung, harmonizes the formula

FUNCTIONS
Clears heat from the Lung, circulates Lung Qi and stops wheezing
Releases the exterior and disperses wind-heat

INDICATIONS
Lung heat with or without external wind-heat causing wheezing
- Symptoms: persistent fever with or without sweating, coughing, wheezing, labored or difficult breathing, nasal pain and flaring of the nostrils, thirst, slight dislike of wind or cold
- Tongue: red tip or border with thin white or yellow coating, red tip or border
- Pulse: slippery, rapid, also floating with external wind-heat present

CAUTIONS AND CONTRAINDICATIONS
- Contraindicated in dyspnea caused by wind-cold invasion
- Contraindicated in deficient-type dyspnea
### Table 4.5  Comparison of Ma Xing Shi Gan Tang and Ma Huang Tang

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>common</th>
<th>different</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ma Huang, Xing Ren, Zhi Gan Cao</td>
<td>Shi Gao</td>
<td>Gui Zhi</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Functions</th>
<th>common</th>
<th>different</th>
</tr>
</thead>
<tbody>
<tr>
<td>diaphoretic to release exterior, circulates Lung Qi to stop wheezing</td>
<td>clears heat from the Lung</td>
<td>strongly promotes sweating to release the exterior</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>common</th>
<th>different</th>
</tr>
</thead>
<tbody>
<tr>
<td>wheezing and dyspnea</td>
<td>sweating</td>
<td>no sweating</td>
</tr>
<tr>
<td>wheezing, dyspnea, coughing</td>
<td>chills and fever, body aches</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Pathogenesis</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>exogenous pathogens transform into heat that lodges in the Lung and obstructs Qi flow</td>
<td>cold closes the skin pores and inhibits the Lung, resulting in Lung Qi rebellion</td>
<td></td>
</tr>
</tbody>
</table>

**Table 4.5  Comparison of Ma Xing Shi Gan Tang and Ma Huang Tang**

### Table 4.6  Comparison of Ma Xing Shi Gan Tang and Bai Hu Tang

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>common</th>
<th>different</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shi Gao, Zhi Gan Cao</td>
<td>Ma Huang, Xing Ren</td>
<td>Zhi Mu, Jing Mi</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Functions</th>
<th>common</th>
<th>different</th>
</tr>
</thead>
<tbody>
<tr>
<td>clears heat from the Lung</td>
<td>circulates Lung Qi to stop wheezing and cough, releases the exterior</td>
<td>generates fluids</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Indications</th>
<th>common</th>
<th>different</th>
</tr>
</thead>
<tbody>
<tr>
<td>full heat accumulating in the Lung</td>
<td>exterior syndrome</td>
<td>—</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>common</th>
<th>different</th>
</tr>
</thead>
<tbody>
<tr>
<td>fever, dyspnea, thirst</td>
<td>wheezing, coughing, fever, possible sweating, dislike of wind or cold</td>
<td>high fever, profuse sweating, dislike of heat</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tongue</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>color normal with possible red tip with thin white/yellow coating</td>
<td>red with dry yellow coating</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Pulse</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>floating, rapid, slippery</td>
<td>forceful, flooding, slippery, rapid</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Channel stage involved</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>tai yang and yang ming</td>
<td>yang ming</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Pathogenesis</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>exogenous pathogen (wind-cold or wind-heat) transforms into heat and lodges in the Lung, thereby obstructing Lung Qi</td>
<td>full heat invades the Lung, or exogenous heat lodges in Qi level or exogenous pathogens transfer from tai yang to yang ming</td>
<td></td>
</tr>
</tbody>
</table>

**Table 4.6  Comparison of Ma Xing Shi Gan Tang and Bai Hu Tang**
Clear Empty Heat

**QING HAO BIE JIA TANG**

- Qing Hao *Hb. Artemisiae annuae* clears empty heat, cools the Blood
- Bie Jia *Carapax Amydae* nourishes the Yin, clears empty heat
- Zhi Mu *Rz. Anemarrbenae* nourishes the Yin, clears empty and full heat
- Sheng Di Huang *Rx. Rehmanniae recens* nourishes the Yin, clears empty heat, cools the Blood
- Mu Dan Pi *Cx. radicis Paeoniae suffr.* clears empty and full heat, cools and invigorates the Blood

**FUNCTIONS**

Nourishes the Yin and clears empty heat

**INDICATIONS**

Yin deficiency with empty heat during late-stage febrile disease
- Symptoms: low-grade fever at night with normal temperature in the morning, no sweating after the fever subsides, emaciation, normal appetite, possibly afternoon tidal fever
- Tongue: red with scanty coating
- Pulse: thin, rapid

**CAUTIONS AND CONTRAINDICATIONS**

- Contraindicated in Qi-stage heat
- Contraindicated with a tendency present for spasms or seizures caused by Yin deficiency
- Qing Hao (*Hb. Artemisiae annuae*) should be added 10 minutes before the end of cooking time

**QING GU SAN**

- Yin Chai Hu *Rx. Stellariae* clears heat, cools the Blood, relieves steaming bone syndrome
- Hu Huang Lian *Rx. Picrorrhizae* clears heat, dries damp, relieves steaming bone syndrome
- Di Gu Pi *Cx. Radicis Lycii* clears heat, cools the Blood, clears empty heat from the Liver and Kidney
- Qing Hao *Hb. Artemisiae annuae* clears empty heat, cools the Blood
- Qin Jiao *Rx. Gentianae macrophyllae* clears empty heat
- Zhi Mu *Rz. Anemarrbenae* nourishes Kidney Yin, clears heat, relieves thirst
- Bie Jia *Carapax Amydae* nourishes the Yin, clears empty heat
- Gan Cao *Rx. Glycyrrhizae* harmonizes the formula

**FUNCTIONS**

Clears empty heat, nourishes the fluids and relieves steaming bone disorder

**INDICATIONS**

Liver and Kidney Yin deficiency with empty heat causing steaming bone syndrome
- Symptoms: low-grade tidal fever in the afternoon or evening, a feeling of heat in the bones, though the flesh is not warm to touch, irritability, insomnia, night sweats, emaciation, lethargy, malar flush, five centers heat (heat feeling in the sternum, palms and soles), thirst, dry mouth
- Tongue: red with scanty coating
- Pulse: thin, rapid, weak

**CAUTIONS AND CONTRAINDICATIONS**

This formula is stronger for clearing empty heat than for tonifying the Yin
### Table 4.8 Summary of formulas that clear heat

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Functions</th>
<th>Symptoms</th>
<th>Signs</th>
<th>Indications</th>
<th>Therapeutic emphasis</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Liu Wei Di Huang Wan</strong></td>
<td>nourishes Liver and Kidney Yin</td>
<td>hot flashes, night sweats</td>
<td>thin and rapid</td>
<td>Kidney and Liver Yin deficiency</td>
<td>to nourish the Yin</td>
</tr>
<tr>
<td><strong>Qing Hao Bie Jia Tang</strong></td>
<td>nourishes the Yin, clears empty heat</td>
<td>low-grade fever at night, no sweating after fever subsides</td>
<td>red body with scanty coating</td>
<td>late-stage febrile disease with heat smoldering in the body’s Yin regions</td>
<td>to clear empty heat</td>
</tr>
</tbody>
</table>

**Table 4.7 Comparison of Liu Wei Di Huang Tang and Qing Hao Bie Jia Tang**

### Clear Heat from the Qi Level

**Bai Hu Tang**
- Qi-level/yang ming channel heat causing four great symptoms

**Zhu Ye Shi Gao Tang**
- Qi-level heat with Qi and fluids deficiency during later-stage febrile disease

### Clear Heat and Toxin

**Huang Lian Jie Du Tang**
- fire toxin in all three warmers

### Clear Heat from the Organs

**Ma Xing She Gan Tang**
- Lung heat (with external wind-heat)

**Xie Bai San**
- Lung heat and Qi stasis

**Xie Huang San**
- Spleen-Stomach fire

**Qing Wei San**
- Stomach fire or yang ming channel heat

**Yu Nu Jia Xian San**
- Stomach fire with Yin/fluids deficiency causing dryness

**Dao Chi San**
- Heat in the Heart chann. (with S.I. fire)

**Xie Xin Tang**
- Heart fire with hematemesis

**Long Dan Xie Gan Tang**
- Liver/Gallbladder fire or damp-heat

**Zuo Jin Wan**
- Liver fire burning the Stomach

**Bai Tou Weng Tang**
- toxic heat in the St. and Intestines

### Clear Empty Heat

**Qing Hao Bie Jia Tang**
- Yin deficiency with empty heat during later-stage febrile disease

**Qing Gu San**
- Liver and Kidney Yin deficiency with empty heat causing steaming bone syndrome
Table 4.8: Symptomatology of heat-clearing formulas

-Ye Nei Jue
-Compensation Bleeding Gums
-Ging Wei San

-Spleen

-Clearing Regulation
-Zuo Jin Wan
-Temple Headache
-Long Dan Xie Gan Tang

-Liver

-Heat in the Organs

-Heat

-Deficiency

-Excess

-Qi-Level Heat

-Heat Syndromes

-Deficiency Heat
-Excess Heat

-Bai Hu Tang

-Zhu Ye Shi Gao Tang

-Mild Fever, Thirst

-Huang Lian Jie Du Tang

-Symptoms in All Three Warmers

-Bai Tou Weng Tang

-Symptoms in the Lower Warmer

-Qing Hao Bie Jia Tang

-Nocturnal Low-Grade Fever

-Qing Gu San

-Afternoon Low-Grade Fever

-Dao Chi San

-Dark Painful Urination

-Xie Xin Tang

-Hematemesis or Epistaxis

-Qing Wei San

-Toothache, Bleeding Gums

-Yu Nu Jian

-Thirst for Cold Water

-Zuo Jin Wan

-Regulation

-Long Dan Xie Gan Tang

-Heat Syndrome of Phlegm

-Dan Qian San

-Dark Phlegm Phlegm

-Xie Bai San

-Wheezing

-Ma Xing She Gan Tang

-Wheezing from Wind-Heat

-Xie Huang San

-Severe Thirst

-Stomach Spleen Liver Lung Heart
Review and Discussion

Study Questions

1. Sheng Di Huang (Rx. Rehmanniae) and Dang Gui (Rx. Angelicae sinensis) are Yin and Blood tonics. Why are they used in Long Dan Xie Gan Tang (Gentiana Drain the Liver Decoction)?

2. What is the function of Mu Dan Pi (Cx. radicis Paeoniae suffruticosae) in Qing Hao Bie Jia Tang (Artemisia and Amyda Decoction)?

3. Bai Hu Tang (White Tiger Decoction) can be used according to a variety of systems of syndrome differentiation. For which syndrome is this formula used, based on the following systems: organ differentiation (zang fu), six channel differentiation (shang han), four level differentiation (wen bing) and eight principle differentiation (ba gang)?

4. What role does Ma Huang (Hb. Ephedrae) play in Ma Xing Shi Gan Tang (Ephedra, Prunus, Gypsum and Glycyrrhiza Decoction)?

5. Which are the king herbs in Qing Hao Bie Jia Tang (Artemisia and Amyda Decoction)? What are their functions?

6. How and why does Long Dan Xie Gan Tang (Gentiana Drain the Liver Decoction) treat Liver fire flaring upward, and damp-heat flowing downward in the Liver channel?
1. Sheng Di Huang (Rx. Rehmanniae) and Dang Gui (Rx. Angelicae sinensis) both tonify the Blood and nourish the Yin. They are needed in Long Dan Xie Gan Tang (Gentiana Drain the Liver Decoction) for three reasons:

a. To nourish the Liver Blood and Liver Yin. The Liver stores the Blood; excess heat or damp-heat in the Liver channel may easily damage the Blood or Yin.

b. To soothe and regulate the Liver Qi, and to protect the Liver Yin from possible damage from the Chai Hu (Rx. Bupleuri) in the formula. The bitter, dry Chai Hu can consume Liver Yin.

c. To prevent injury to the Yin from the herbs in the formula that clear heat and drain damp. Mu Tong (Cs. Akebiae), Ze Xie (Rz. Alismatis) and Che Qian Zi (Sm. Plantaginis) are included to clear heat, promote urination and clear damp-heat in the Liver channel. Their strong diuretic action, however, can damage the Yin.

2. Mu Dan Pi (Cx. radicis Paeoniae suffruticosae) is included in Qing Hao Bie Jia Tang (Artemisia and Amyda Decoction) to cool and invigorate the Blood. Bitter, pungent and cool, it goes to the Blood level. While this formula as a whole clears empty heat, Mu Dan Pi specifically acts first, to clear heat from the Blood, thereby assisting Qing Hao (Hb. Artemisiae annuae), and second, to prevent Blood stasis, as the many cold herbs in this formula may cause Blood stasis.

3. Bai Hu Tang (White Tiger Decoction) addresses a syndrome characterized by high fever with severe thirst, irritability, profuse sweating, a dry red tongue with dry yellow coating, and a rapid, flooding or slippery pulse. This syndrome can be interpreted in different ways, depending on the system of differentiation used. According to zang fu theory, this formula treats full heat in the Lung and Stomach. In the shang han system of differentiation, it addresses the yang ming channel syndrome. According to the wen bing theory, it treats Qi level heat. From the eight principles perspective, it addresses interior, excess, heat, Yang syndromes.

<table>
<thead>
<tr>
<th>Organs</th>
<th>full heat in the Lung</th>
</tr>
</thead>
<tbody>
<tr>
<td>Six channels</td>
<td>yang ming channel syndrome</td>
</tr>
<tr>
<td>Four levels</td>
<td>pathogenic heat in the Qi level</td>
</tr>
<tr>
<td>Eight principles</td>
<td>interior full heat Yang syndrome</td>
</tr>
</tbody>
</table>

4. Ma Xing Shi Gan Tang (Ephedra, Prunus, Gypsum and Glycyrrhiza Decoction) is the correct formula for treating an exterior syndrome that has affected the interior in the form of heat accumulating in the Lung. It is given to patients who present an exterior condition that has been released, but with additional Lung heat with Qi rebellion. These patients typically present sweating, wheezing, coughing and dyspnea.
Symptom Differentiation Reference Charts
## Headache

<table>
<thead>
<tr>
<th>Differentiation</th>
<th>Symptoms</th>
<th>Formula</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>External wind-cold</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>full type</td>
<td>acute headache, pain may extend to nape of neck and back regions (Tai yang areas), pain is violent, boring and tight, relieved by warmth, worse from exposure to wind, chills and fever, pulse floating</td>
<td>no sweating</td>
</tr>
<tr>
<td>empty type</td>
<td>sweating, dislike of wind, pulse also somewhat moderate</td>
<td>pulse also tight, coating greasy white, pulse also weak</td>
</tr>
<tr>
<td><strong>Tai yang syndrome with yang ming and shao yang syndromes</strong></td>
<td>acute frontal (yang ming) and occipital headache, dry nose, body aches, fever and slight chills, irritability, insomnia, tongue coating thin yellow, pulse floating, rapid</td>
<td></td>
</tr>
<tr>
<td><strong>External wind-heat</strong></td>
<td>acute headache with severe distended pain, fever, some shivers, dislike of wind, red complexion and eyes, sore throat, thirst with desire to drink cold water, pulse floating and rapid</td>
<td></td>
</tr>
<tr>
<td><strong>mixed</strong></td>
<td>temporal (shao yang) headache, possibly radiating to ear, dizziness, dry throat, nausea, vomiting, possible alternating chills and fever, bitter taste in mouth, hypochondriac pain and distension, pulse wiry</td>
<td></td>
</tr>
<tr>
<td>Liver</td>
<td>Liver Yang rising</td>
<td>Throbbing headache, worse from emotional stress, dizziness or vertigo, irritability, restlessness, insomnia, red eyes and face, tinnitus, tongue red, pulse wiry, full</td>
</tr>
<tr>
<td>-------</td>
<td>------------------</td>
<td>--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td></td>
<td>Liver fire</td>
<td>Thirst, bitter taste, yellow urine, constipation</td>
</tr>
<tr>
<td></td>
<td>Liver Qi stagnation</td>
<td>Headache worse from emotional stress, chest and hypochondriac fullness and distension, tongue dusky, pulse wiry</td>
</tr>
<tr>
<td></td>
<td>Blood stagnation</td>
<td>Chronic persistent headache with sharp, fixed pain, darkness around eyes, hair loss, tongue purple with dark lateral spots, pulse rough, wiry</td>
</tr>
<tr>
<td></td>
<td>Wind-damp-cold with Blood stagnation in the channels</td>
<td>Chronic persistent headache or migraine, possible numbness or hemiplegia, tongue purple, pulse wiry, slippery</td>
</tr>
<tr>
<td></td>
<td>Wind-phlegm</td>
<td>Dull, heavy headache, frequent attacks, worse from cloudy or rainy weather; nausea, sputum expectoration, oppressive feeling in chest, pulse slippery</td>
</tr>
<tr>
<td></td>
<td>Water-damp accumulation</td>
<td>Headache, possibly accompanied by dizziness and nausea; fever, restlessness, body heaviness, thirst, vomiting after drinking, difficult urination, tongue coating white, pulse floating, slippery</td>
</tr>
<tr>
<td></td>
<td>Qi deficiency</td>
<td>Persistent headache that is a slight ache or dull, empty pain, worse in the morning or after exertion; low energy, fatigue, poor appetite, loose stool, tongue pale, pulse weak and empty</td>
</tr>
<tr>
<td></td>
<td>Blood deficiency</td>
<td>Slight headache with dizziness, pain at temples and around eyebrows, dislike of light, pain worse from blood loss such as menstruation, worse in the afternoon or evening, fatigue, insomnia, five centers heat, tongue pale, pulse weak, thin, empty</td>
</tr>
<tr>
<td></td>
<td>Kidney deficiency</td>
<td>Chronic dull, distended, empty headache, dizziness, low-pitched tinnitus, weak back and knees, spermatorrhea, low sex drive, pulse empty, deep</td>
</tr>
<tr>
<td></td>
<td>Kidney Yin def.</td>
<td>Cold limbs, dislike of cold, tongue pale</td>
</tr>
<tr>
<td></td>
<td>Kidney Yang def.</td>
<td>Vertex (jue yin) headache accompanied by a feeling of cold, dry heaves, spitting of clear fluids, cold limbs, dislike of cold, pulse slow, wiry</td>
</tr>
<tr>
<td></td>
<td>Liver/Stomach empty cold</td>
<td></td>
</tr>
</tbody>
</table>
Case Study Questions

Case Study #1 — Questions 1-4

Josh, age 10
Josh’s complaint is that an hour after eating dinner last night he began feeling discomfort and pain in the epigastrium, along with fetid belching, acid regurgitation and abdominal fullness and bloating. After having diarrhea this morning, Josh’s symptoms were reduced. Examination reveals his tongue to be red with a greasy yellow coating, and his pulse to be rapid and slippery.

1. What is your diagnosis for Josh?
   a. Spleen Qi deficiency with damp in the middle warmer
   b. Food stagnation with heat accumulation
   c. Stomach and Intestines disharmony
   d. Spleen and Stomach Qi deficiency with cold

2. The correct treatment principle for his condition is:
   a. warm the middle warmer, dispel cold and improve digestion
   b. harmonize the Stomach and Intestines to improve digestion
   c. reduce food stagnation, regulate the Stomach and clear heat
   d. tonify the Spleen/Stomach and improve digestion

3. Which is the appropriate formula for this boy?
   a. Ban Xia Xie Xin Tang (Pinellia Drain the Epigastrium Decoction)
   b. Li Zhong Wan (Regulate the Middle Pill)
   c. Ping Wei San (Calm the Stomach Powder)
   d. Bao He Wan (Preserve and Harmonize Pill)

4. Which of the following herb sets should NOT be used for him?
   a. Shan Zha (Fr. Crataegi)
      Lai Fu Zi (Sm. Raphani)
   b. Chen Pi (Pc. Citri reticulatae)
      Shen Qu (Massa fermentata)
   c. Lian Qiao (Fr. Forsythiae)
      Ban Xia (Rz. Pinelliae)
   d. Huang Qi (Rx. Astragali)
      Zhi Gan Cao (Rx. Glycyrrhizae praeparata)
CASE STUDY #2 — QUESTIONS 5-7

Sue, age 35
Sue has chronic eczema, which for the past five years she has controlled with the use of corticosteroid cream. Two days ago she had a flare-up of her condition after eating some spicy seafood. The eczema on both of her elbows is now very itchy. On examination you find Sue’s elbows to be red and dry, with some blistering and scaling. When she scratches, a yellowish exudate comes out. Her tongue is red and coated with yellow moss; her pulse is floating, rapid and slippery.

5. Your diagnosis for Sue is:
   a. damp-heat in the Liver channel
   b. Blood and Qi deficiency
   c. wind-damp-heat invading the skin
   d. protective Qi deficiency

6. Which of the following formulas is the best choice for her?
   a. Long Dan Xie Gan Tang (Gentiana Drain the Liver Decoction)
   b. Xiao Feng San (Eliminate Wind Powder)
   c. Si Wu Tang (Four Substances Decoction)
   d. Wu Pi San (Five Peel Powder)

7. Which of the following herb sets are NOT in the formula you chose?
   a. Jing Jie (Hb. Schizonepetae)
      Niu Bang Zi (Fr. Arctii)
   b. Bai Zhu (Rz. Atractylodis macrocephalae)
      Shu Di Huang (Rx. Rehmanniae praeparata)
   c. Zhi Mu (Rz. Anemarrhema)
      Mu Tong (Cs. Akebiae)
   d. Dang Gui (Rx. Angelicae sinensis)
      Huo Ma Ren (Sm. Cannabis)

CASE STUDY #3 — QUESTION 8-11

Linda, age 48
Linda complains of having palpitations and problems with sleeping for the past month. She often feels dizzy and nauseated, feels a bitter taste in her mouth and likes drinking cold water. Her menstrual cycle has also been irregular for the past year. Her tongue has a greasy yellow coating, and her pulse is wiry and slippery.
General Formula Questions

1. Which of the following formulas is best for treating nasal sinusitis?
   a. Cang Er Zi San (Xanthium Powder)
   b. Sang Ju Yin (Morus and Chrysanthemum Decoction)
   c. Yin Qiao San (Lonicera and Forsythia Powder)
   d. Ma Huang Tang (Ephedra Decoction)

2. A patient presents severe dislike of cold, a slight fever without sweating, a headache, cold limbs, a pale face, a pale tongue with thin white coating and a deep, weak pulse.
   Which formula would you choose for this patient?
   a. Ren Shen Bai Du San (Panax Expel Toxin Powder)
   b. Ma Huang Tang (Ephedra Decoction)
   c. Jia Jian Wei Rui Tang (Modified Polygonatum Decoction)
   d. Ma Huang Fu Zi Xi Xin Tang (Ephedra, Asarum and Aconitum Decoction)

3. Chuang Xiong Cha Tiao San (Ligusticum and Camellia Regulating Powder) treats headache because it performs which of the following?
   a. expells cold to relieve pain
   b. dispels wind to relieve pain
   c. soothes Liver Qi to relieve pain
   d. nourishes the Blood to relieve pain

4. Xiao Qing Long Tang (Minor Bluegreen Dragon Decoction) treats which of the following?
   a. external wind-cold with internal heat
   b. external wind-cold with internal phlegm-fluids accumulation
   c. external wind-cold with internal damp-heat
   d. external wind-cold with internal Qi stagnation

5. In Da Huang Fu Zi Tang (Rhubarb and Aconitum Decoction), the dosage of Da Huang (Rz. Rhei) should be which of the following?
   a. less than Fu Zi (Rx. Aconiti praeparata)
   b. more than Fu Zi (Rx. Aconiti praeparata)
   c. the same as Fu Zi (Rx. Aconiti praeparata)
   d. does not matter

6. Ma Zi Ren Wan (Hemp Seed Pill) treats constipation caused by which of the following?
   a. Stomach excess and Spleen deficiency
   b. Spleen excess and Stomach deficiency
   c. Spleen and Stomach deficiency
   d. Stomach and Intestines excess
COMPREHENSIVE EXAMINATION

PRIMARY FORMULA QUESTIONS  270
GENERAL FORMULA QUESTIONS  300
CASE STUDY QUESTIONS  317
ANSWERS TO THE PRIMARY FORMULA QUESTIONS  354
ANSWERS TO THE GENERAL FORMULA QUESTIONS  355
ANSWERS TO THE CASE STUDY QUESTIONS  355

Comprehensive Exam  •  269
Primary Formula Questions

1. Gui Zhi Tang (Cinnamomum Decoction) treats all of the following symptoms EXCEPT:
   a. dislike of wind
   b. headache
   c. sweating
   d. tight pulse

2. Which of the following formulas is best for treating pi syndrome (abdominal distension without palpable mass) caused by heat or cold accumulation in the middle warmer?
   a. Xiao Yao San (Easy Wanderer Powder)
   b. Ban Xia Xie Xin Tang (Pinellia Drain the Epigastrium Decoction)
   c. Xiao Chai Hu Tang (Minor Bupleurum Decoction)
   d. Si Ni San (Frigid Extremities Powder)

3. Which of the following herb sets is common to Yin Qiao San (Lonicera and Forsythia Powder) and Sang Ju Yin (Morus and Chrysanthemum Decoction)?
   a. Lian Qiao (Fr. Forsythiae)
      Bo He (Hb. Menthae arvensis)
      Ju Hua (Flos Chrysanthemi morifolii)
      Sang Ye (Fm. Mori albae)
      Jie Geng (Rx. Platycodi)
   b. Jie Geng (Rx. Platycodi)
      Lu Gen (Rz. Phragmitis)
      Bo He (Hb. Menthae arvensis)
      Lian Qiao (Fr. Forsythiae)
      Gan Cao (Rx. Glycyrrhizae)
   c. Jin Yin Hua (Flos Lonicerae)
      Lian Qiao (Fr. Forsythiae)
      Bo He (Hb. Menthae arvensis)
      Ju Hua (Flos Chrysanthemi)
      Lu Gen (Rz. Phragmitis)
   d. Lian Qiao (Fr. Forsythiae)
      Niu Bang Zi (Fr. Arctii)
      Jie Geng (Rx. Platycodi)
      Gan Cao (Rx. Glycyrrhizae)
      Lu Gen (Rz. Phragmitis)

4. In which type of patient is Ren Shen Bai Du San (Panax Expel Toxin Powder) contraindicated?
a. the Yang deficiency patient  
b. the Yin deficiency patient  
c. the protective/wei Qi deficiency patient  
d. the patient with damp stagnation

5. Which is the right way to decoct Xiao Cheng Qi Tang (Minor Order the Qi Decoction)?
   a. decoct Hou Po (Cx. Magnoliae officinalis) first  
   b. decoct Da Huang (Rz. Rhei) last  
   c. decoct Zhi Shi (Fr. Aurantii immaturus) first  
   d. decoct all of them at the same time

6. Which of the following herbs belongs in Wu Zhu Yu Tang (Evodia Decoction)?
   a. Gan Jiang (Rz. Zingiberis officinalis)  
   b. Gan Cao (Rx. Glycyrrhizae)  
   c. Yi Tang (Maltose)  
   d. Da Zao (Fr. Zizyphi jujubae)

7. A week ago, a patient experienced symptoms of fear of cold, high fever, headache, sore throat and cough. After taking two packs of Ma Huang Tang (Ephedra Decoction), he developed a constant high fever, sweated profusely and experienced thirst, shortness of breath and coughing with expectoration of yellowish sputum. He has had no bowel movement now for about four days. His tongue is red with thick yellowish coating; his pulse is rapid and forceful.  
   Which formula category would you choose for this patient?
   a. formulas to release external wind-heat  
   b. formulas to clear heat  
   c. formulas to drain downward  
   d. formulas to harmonize

8. A lung cancer patient has been hospitalized now for about a week with a severe wasting condition. Today he complains of hot sensations and intense irritability; his cheek bones look red. His tongue is pale with little coating; his pulse is weak and deep.  
   Which formula category would you choose for this patient?
   a. formulas to warm internal cold  
   b. formulas to clear heat  
   c. formulas to drain downward  
   d. formulas to harmonize

9. Li Zhong Wan (Regulate the Middle Pill) treats all of the following syndromes EXCEPT:
   a. abdominal pain caused by empty cold in the middle warmer  
   b. bleeding caused by Yang deficiency  
   c. chronic infantile convulsions with drooling saliva  
   d. headache caused by cold in the jue yin channel