

Yòng Yào Xīn Dé Shí Jiǎng

Ten Lectures on the Use of
MEDICINALS
from the Personal Experience of
JIĀO SHÙ-DÉ



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用藥心得十講

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Lecture Five

Qì-Rectifying Medicinals

理气药 *Lǐ Qì Yào*

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

1. 陈皮 *Chén Pí* Tangerine Peel

Citri Reticulatae
Pericarpium

Including

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

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

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

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

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

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

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

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

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

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

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

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

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

COMPARISONS

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

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

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

DOSAGE

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

CAUTION

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

2. 青皮 Qīng Pí Unripe Tangerine Peel

Citri Reticulatae
Pericarpium
Viride

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

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

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

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

- zhǐ qiào* (枳壳 bitter orange, *Aurantii Fructus*)
- sū gěng* (苏梗 perilla stem, *Perillae Caulis*)
- xiāng fù* (香附 cyperus, *Cyperus Rhizoma*)
- bīng láng* (槟榔 areca, *Arecae Semen*)
- hòu pò* (厚朴 official magnolia bark, *Magnoliae Officinalis Cortex*)
- chén pí* (陈皮 tangerine peel, *Citri Reticulatae Pericarpium*)

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

Tiān tái wū yào sǎn 天台乌药散

Tiāntái Lindera Powder

- wū yào* (乌药 lindera, *Linderae Radix*)
- chuān liàn zǐ* (川楝子 toosendan, *Toosendan Fructus*)
- mù xiāng* (木香 costusroot, *Aucklandiae Radix*)
- xiǎo huí xiāng* (小茴香 fennel, *Foeniculi Fructus*)
- gāo liáng jiāng* (高良姜 lesser galangal, *Alpiniae Officinarum Rhizoma*)
- qīng pí* (青皮 unripe tangerine peel, *Citri Reticulatae Pericarpium Viride*)
- bīng láng* (槟榔 areca, *Arecae Semen*)

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

- chǎo chuān liàn zǐ* (炒川楝子 stir-fried toosendan, *Toosendan Fructus Frictus*)
9–12 g/3–4 qián
- chǎo jú hé* (炒橘核 stir-fried tangerine pip, *Citri Reticulatae Semen Frictum*)
9 g/3 qián
- qīng pí* (青皮 unripe tangerine peel, *Citri Reticulatae Pericarpium Viride*)
6–9 g/2–3 qián
- chǎo xiǎo huí xiāng* (炒小茴香 stir-fried fennel, *Foeniculi Fructus Frictus*)
6–9 g/2–3 qián
- wū yào* (乌药 lindera, *Linderae Radix*) 9 g/3 qián
- wú yú* (吴茱萸 evodia, *Evodiae Fructus*) 3–6 g/1–2 qián
- lǐ zhī hé* (荔枝核 litchie pit, *Litchi Semen*) 9 g/3 qián
- bái sháo* (白芍 white peony, *Paeoniae Radix Alba*) 12–15 g/4–5 qián

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

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

COMPARISONS

Xiāng fù (cyperus)²²³ frees the qì aspect of the twelve channels, moves qì and opens depression, and also regulates menstruation and rectifies the blood. *Qīng pí* (unripe tangerine peel) mainly enters the liver channel; it breaks qì and opens depression, and also treats mounting pain.

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

DOSAGE

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

CAUTION

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

3. 枳实 Zhǐ Shí Unripe Bitter Orange

Aurantii Fructus
Immaturus

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

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

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

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

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

Xiǎo chái hú tāng 小柴胡汤

Minor Bupleurum Decoction

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

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

Dà chéng qì tāng 大承气汤

Major Qì-Coordinating Decoction

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

Xiǎo chéng qì tāng 小承气汤

Minor Qì-Coordinating Decoction

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

Zhī shí dǎo zhì wán 枳实导滞丸 Unripe Bitter Orange Stagnation-Abducting Pill

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

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

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

Sháo yào zhǐ shí wán 芍药枳实丸

Peony and Unripe Bitter Orange Pill

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

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

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

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

COMPARISONS

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

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

DOSAGE

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

CAUTION

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

4. 枳壳 Zhǐ Qiào Bitter Orange

Aurantii Fructus

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

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

COMBINATIONS

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

DOSAGE

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

CAUTION

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

RESEARCH

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

5. 沉香 Chén Xiāng Aquilaria

Aquilariae Lignum Resinatum

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

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

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

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

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

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

For stomach cold hiccup, combine it with medicinals such as

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

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

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

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

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

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

<i>Jú fāng sū zǐ jiàng qì tāng</i> 局方苏子降气汤	Bureau Formula Perilla Fruit Qì-Downbearing Decoction
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sū zǐ (苏子 perilla fruit, *Perillae Fructus*)
bàn xià (半夏 pinellia, *Pinelliae Rhizoma*)
qián hú (前胡 peucedanum, *Peucedani Radix*)
hòu pò (厚朴 officinal magnolia bark, *Magnoliae Officinalis Cortex*)
chén pí (陈皮 tangerine peel, *Citri Reticulatae Pericarpium*)
gān cǎo (甘草 licorice, *Glycyrrhizae Radix*)
dāng guī (当归 Chinese angelica, *Angelicae Sinensis Radix*)
chén xiāng (沉香 aquilaria, *Aquilariae Lignum Resinatum*)

COMPARISONS

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

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

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

PREPARATION

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

DOSAGE

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

CAUTION

Contraindicated in qì vacuity fall.