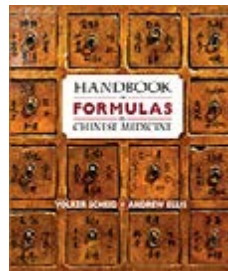


Scheid, V./ Ellis, A. Handbook of Formulas in Chinese Medicine



zum Bestellen [hier](#) klicken

by naturmed Fachbuchvertrieb

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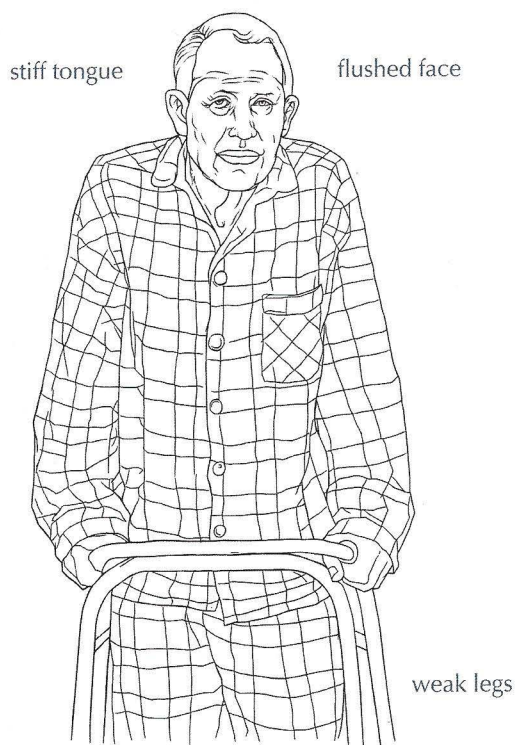
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地黃飲子 (地黄饮子)

Rehmannia Drink

dì huáng yǐn zǐ



cold feet

INGREDIENTS

Rehmanniae Radix praeparata (shǔ dì huáng)	12g
Corni Fructus (shān zhū yú)	9g
wine-prepared Cistanches Herba (jiǔ cōng róng)	9g
Morindae officinalis Radix (bā jǐ tiān)	9g
¹ Aconiti Radix lateralis praeparata (zhì fù zǐ) ... [cooked first]	6g
Cinnamomi Cortex (ròu guì)	6g
Dendrobii Herba (shí hú)	9g
Poria (fú líng)	6g

1. This ingredient can be difficult to obtain because of legal issues. Psoraleae Fructus (bǔ gǔ zhī) may be substituted.

Schisandrae Fructus (wǔ wèi zǐ).....

Ophiopogonis Radix (zhì mài mén dōng).....

Acori tatarinowii Rhizoma (shí chāng pǔ).....

Polygalae Radix (yuǎn zhì).....

Zingiberis Rhizoma recens (shēng jiāng).....

Jujubae Fructus (dà zǎo).....

Menthae haplocalycis Herba (bò hé)..... [add near end]

Actions: enriches the Kidney yin • tonifies the Kidney yang • opens the orifices • transforms phlegm

Main pattern: deficiency of Kidney yin and yang combined with upward-flaring of deficient yang and phlegm turbidity

Key symptoms: stiffness of the tongue with inability to speak • weakness of the lower extremities • cold feet and flushed face • dry mouth with an absence of thirst

Secondary symptoms: fatigue • spontaneous sweating • paralysis of the lower extremities

Tongue: greasy, yellow coating

Pulse: submerged • slow • thin • frail

Abdomen: no specific signs

▶ CLINICAL NOTES

- Composed originally to treat wind-stroke with inability to speak, use of the formula has been expanded to include patterns of Kidney deficiency below that are accompanied by symptoms of excess (turbid yin) above, with associated symptoms as insomnia or edema.
- In order to focus the action of the herbs on the lower burner, it is important that the ingredients not be decocted for too long.

Contraindications: wind-stroke associated with fire excess or external pathogens invading the channels

▶ FORMULAS WITH SIMILAR INDICATIONS

***Tortoise Shell and Deer Antler Two-Immortal Syrup (jiǎo èr xiān jiāo):** For deficiency patterns with no signs of excess

COMPOSITION

Rehmanniae Radix praeparata
(shǔ dì huáng)


enriches the yin and fortifies water, reinforces Kidney yin and yang

Corni Fructus (shān zhū yú)


Morindae officinalis Radix
(bā jǐ tiān)


warms and fortifies Kidney yang, reinforces Kidney yin and yang

wine-prepared Cistanches Herba
(ròu cōng róng)

Aconiti Radix lateralis praeparata
(zhì fù zǐ)


assists the yang and augments fire

Cinnamomi Cortex (ròu guì)


Ophiopogonis Radix
(mài mén dōng)


Schisandrae Fructus (wǔ wèi zǐ)



aids the chief herbs in enriching yin and fortifying water

Dendrobii Herba (shí hú)


Acori tatarinowii Rhizoma
(shí chāng pǔ)


Polygalae Radix (yuǎn zhì)



facilitates interaction between the Heart and Kidneys; opens the orifices and transforms phlegm

Poria (fú líng)


Menthae haplocalycis Herba
(bò hé)


promotes free flow in the throat

Zingiberis Rhizoma recens
(shēng jiāng)


strengthens the Spleen and Stomach and aids digestion of the other ingredients

Jujubae Fructus (dà zǎo)



Handbook of Formulas in Chinese Medicine is a concise, visual reference to over 180 of the most important herbal formulas in Chinese medicine. The book is designed to provide a snapshot of the formulas and assist the reader in finding key information quickly and easily.

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wen jing tang

温经汤 (温经汤)
Flow-Warming Decoction
wen jing tang



Ingredients

Evodiae Fructus (wú chāi yǒu)	9g
Cinnamon Ramulus (guì zhī)	6g
Angelica sinensis Radix (dāng guī)	6g
Chuanxiong Rhizoma (chuān xiōng)	6g
Peonies Radix (shāo yào)	6g
Asiatic Gentiana (jīn yīn)	6g
(dissolve in the strained decoction)	
Ophiopogon Radix (mài mén dòng)	9-12g
Moutan Cortex (mú dān pí)	6g
Ginseng Radix (rén shēn)	6g

1. As the primary function here is to restrain, tonify, or soften, Peonies Radix alba (bái shāo) is preferred.

Cherrybloss Radix (yàn chāi) 6g
Zingiberis Rhizoma recens (shāng jīng) 6g
Pineall Rhizoma praeparatum (shí hūn sù) 6-9g

Actions: warms the vessels • dispels cold • nourishes the blood • dispels blood stasis

Main pattern: deficiency cold of the Conception and Penetrating vessels together with blood stasis and deficiency heat

Key symptoms: cold and pain in the lower body (abdomen, lower back, lower extremities) • upward flushing of heat • dry lips and mouth

Secondary symptoms: mild, persistent uterine bleeding • irregular menstruation (either early or late) • extended or continuous menstrual flow • bleeding between periods • lower abdominal distention • diarrhea during menstruation • white vaginal discharge • tendency to miscarry • warm palms and soles • palmar erythema

Tongue: dry body • scanty coating

Pulse: thin • rough • submerged

Abdomen: pain on pressure in the lower abdomen that is often worse on the left side • hypertonicity of the rectus abdominis muscle • overall soft and weak abdomen • lower abdomen cold to the touch

CLINICAL NOTES

• This formula is specific for blood stasis in the lower abdomen due to deficiency cold that disrupts the fluid dynamic. This generates dryness and causes heat from deficiency to flush upward. Manifestations of blood deficiency and internal cold include a pale complexion, aversion to cold, cold lower extremities, loose stools, increased urination, a pale, puffy tongue body, and a thin, forceless pulse. The deficiency cold in this pattern will be accompanied by signs of heat or dryness such as dry and cracked lips or mucous membranes, dry mouth, hot hands and feet, hot flushes, or feverish sensations. Finally, while there are signs of stasis in this pattern, such as abdominal fullness, pain, or muscle tension, the abdomen generally remains soft.

On the right page is a full display of the composition of the formula. Each of the ingredients is color coded to show its taste and temperature, and the overall nature of the formula—warming, cooling, neutral etc.—can be seen at a glance. The role that each ingredient plays in the formula (chief, deputy, assistant, envoy), as well as its actions, are also shown.

An introduction discusses how different types of processing affect the functions of particular herbs. There is also a helpful discussion of the Japanese approach to abdominal diagnosis and its value in prescribing herbs. The book includes both a formula index (by pinyin and English common name) and an index of patterns and key symptoms.

Each formula is presented as a two-page spread. On the left is a drawing of a person reflecting an issue that is typical of a type of patient for whom the formula might be prescribed. The drawing is labeled with key symptoms for quick reference. Beneath the drawing are the ingredients followed by other basic information: actions, main pattern, key and secondary symptoms, tongue, pulse, and abdomen. This can be absorbed in just a few moments.

Additional detail is set forth in clinical notes, and other formulas with similar indications are discussed for purposes of comparison.

Flow-Warming Decoction

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• Historically (and continuing to the current day), this formula has been indicated for women's disorders. However, it can also be used for men who present with a similar combination of "cold below and heat above" while suffering from disorders such as infertility, impotence, urinary incontinence, or seminal insufficiency.

Contraindications: Blood stasis associated with excess patterns

FORMULAS WITH SIMILAR INDICATIONS

Tangkuai and Peony Powder (dāng guī shāo yào sù): For blood stasis in the lower abdomen in the context of Liver-Spleen disharmony, blood deficiency, and water buildup with no signs of heat from deficiency or dryness.

***Ass-Hide Gelatin and Mugwort Decoction (jūn āi tāng):** For deficiency cold in the lower abdomen without deficiency heat and dryness.

COMPOSITION

Chief	Evodiae Fructus (wú chāi yǒu)	disperses cold and stops pain
Deputy	Cinnamon Ramulus (guì zhī)	enters the nutritive qi to improve circulation in the blood vessels and disperses cold
Deputy	Angelica sinensis Radix (dāng guī)	invigorates the blood, dispels blood stasis, nourishes the blood, and regulates the menses
Deputy	Chuanxiong Rhizoma (chuān xiōng)	
Deputy	Peonies Radix alba (bái shāo)	
Assistant	Asiatic Gentiana (jīn yīn)	nourishes the yin, moistens dryness, and clears heat from deficiency
Assistant	Ophiopogon Radix (mài mén dòng)	
Assistant	Moutan Cortex (mú dān pí)	avoids the chief herbs in dispelling blood stasis and facilitating the menses, and clears heat from deficiency from the blood level
Assistant	Ginseng Radix (rén shēn)	
Assistant	Glycyrrhiza Radix (yàn chāi)	tonifies the qi and harmonizes the Spleen and Stomach to strengthen the source of production and transformation, so that yang can produce yin and the blood may be sufficient
Assistant	Zingiberis Rhizoma recens (shāng jīng)	
Assistant	Pineall Rhizoma praeparatum (shí hūn sù)	

EASTLAND PRESS ▶ SEATTLE
WWW.EASTLANDPRESS.COM

Cover photo © 2016 by John Greim

ISBN 978-0-939616-84-8



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