

Class 1-6: Herbs and Formulas That Clear Heat

Xianhui Li

Herbs that clear heat

- Herbs that Clear Heat and Drain Fire
- Herbs that Clear Heat and Cool Blood
- Herbs that Clear Heat from Deficiency
- Herbs that Clear Heat and Dry Dampness
- Herbs that Clear Heat and Relieve Toxicity
- Herbs that Clear Summerheat

Herbs that Clear Heat and Drain Fire

- Gypsum Fibrosum (Shi gao)
- *Rhizoma Anemarrhenae (Zhi mu)
- Fructus Gardeniae (Zhi zi)
- Herba Lophatheri (Dan zhu ye)
- Spica Prunellae (Xia ku cao)
- Plumula Nelumbinis (Lian zi xin)
- Rhizoma Phragmitis (Lu gen)
- Radix Trichosanthis (Tian hua fen)
- Semen Cassiae (Jue ming zi)
- Semen Celosiae (Qing xiang zi)
- Flos Buddleiae (Mi meng hua)

Gypsum Fibrosum (Shi gao)



- **Taste and Property:** Sweet, acrid and very cold
- **Meridian Tropism:** Lung and stomach
- **Actions:** Clears away heat and purges fire; clears lung heat; clears stomach fire; quenches thirst and relieves restlessness; heals wounds
- **Indications:**
 - For pathogenic heat in the qi level marked by high fever, restlessness, severe thirst and full and large pulse.
 - Also used for excessive toxic heat in the lung and the stomach or heat in both the qi and ying levels marked by constant high fever with macules.
 - For failure of ruptured wound to heal, eczema or burns.
- **Dosage:** 15-60g. Used raw for oral use and roasted for external use. Decocted first.
- **Contraindication:** Spleen and stomach deficiency cold or heat due to yin deficiency.



Rhizoma Anemarrhenae (Zhi mu)



Taste and Property: Bitter, sweet and cold

- **Meridian Tropism:** Lung, stomach and kidney
- **Actions:** Clears away heat and purges fire; nourishes yin and moistens dryness
- **Indications:**
 - Excessive heat of the lung and stomach in epidemic febrile diseases.
 - Cough due to lung heat or yin deficiency marked by thick phlegm.
 - Exuberance of fire due to yin deficiency marked by bone heat, tidal fever, night sweating and restlessness.
 - Diabetes due to yin deficiency.
- **Dosage:** 6-12g.
- **Contraindication:** Being cold and moist, this herb is not suggested for loose stool due to spleen deficiency.

Fructus Gardeniae

(Zhi zi)



- **Taste and Property:** Bitter and cold
- **Meridian Tropism:** Heart, lung, stomach and Triple Jiao
- **Actions:** Purges fire to relieve restlessness; Clears away heat and removes dampness; Cools blood and remove toxic materials
- **Indications:**
 - For restlessness, an oppression feeling and fidget in febrile disease.
 - For accumulation of damp heat in the liver and the gallbladder marked by jaundice, fever and scanty dark urine.
 - For hemoptysis, epistaxis or hematuria due to blood heat.
 - Subdue swelling and reducing pain: For external use.
- **Dosage:** 3-10g.
- **Contraindications:** Spleen deficiency with diarrhea



Herba Lophatheri (Dan zhu ye)

- **Taste and Property:** Sweet, bland and cold
- **Meridian Tropism:** Heart, lung and stomach
- **Actions:** Clears heat and relieves restlessness; Promotes production of body fluid; Induces diuresis
- **Indications:**
 - Febrile disease marked by restlessness and thirst.
 - Up-flaring of the heart fire marked by mouth ulcer and infantile febrile convulsion.
 - Stranguria with pain due to heat shifting from the heart to the small intestine.
- **Dosage:** 6-15g



Spica Prunellae (Xia ku cao)



- **Taste and Property:** Acrid, bitter and cold
- **Meridian Tropism:** Liver and gallbladder
- **Actions:** Clears liver fire; Dissipates stagnancy; Lowers down blood pressure
- **Indications:**
 - For flaring up of the liver fire marked by swelling, pain and redness of eyes, headache, dizziness.
 - Used for scrofula or goiter caused by stagnation of both phlegm and fire.
 - For hypertension, especially when accompanied by liver fire or patterns of ascending yang.
- **Dosage:** 10-15g
- **Contraindications:** use with caution in those with spleen and stomach weakness and deficiency



Plumula Nelumbinis (Lian zi xin)

not required in the new version

- **Taste and Property:** Bitter and cold
- **Meridian Tropism:** HT, PC
- **Actions:** Drains heart fire; stops bleeding and binds the essence
- **Indications:**
 - For warm-heat pathogen diseases where heat collapses into PC channel, causing mental confusion or delirium. Also for insomnia or irritability due to excessive heart fire.
 - Used as a powder for vomiting blood or spermatorrhea.
- **Dosage:** 1.5-3g





Rhizoma Phragmitis (Lu gen)

- **Taste and Properties:** Sweet, cold
- **Meridian Tropism:** Lung and Stomach
- **Actions:** Clears away heat and promotes generation of body fluid; Relieves vomiting; Removes restlessness; Clears away heat by inducing diuresis
- **Indications:**
 - Impairment of fluid in febrile diseases marked by severe thirst, fever, or dry tongue with little coating.
 - Vomiting or nausea due to stomach heat.
 - Lung heat marked by cough with thick phlegm, dry mouth and cough in exterior pattern.
 - Dark scanty urine or stranguria due to heat.
- **Dosage:** 15-30g, more when the raw is used.



Radix Trichosanthis (Tian hua fen)

- **Taste and Property:** Pungent, bitter and slightly cold
- **Meridian Tropism:** Lung and stomach
- **Actions:** Clears away heat and promotes production of body fluid, subdues swelling and drains pus
- **Applications**
 - Impairment of body fluid in febrile diseases marked by dry mouth and tongue and severe thirst, often used together with Lu Gen, bai Mao Gen and Mai Dong. Polyphagia and severe thirst in diabetes, often used together with ge Gen, Wu Wei Zi and Zhi Mu, i.e. Yu Ye Tang.
 - Lung heat marked by cough or dry cough with thick phlegm and hemoptysis, often used together with Bei Mu, Sang Bai Pi and Jie Geng, i.e. She Gan Dou Ling Tang.
 - Carbuncles or sores due to exuberance of toxic heat marked by bright redness, swelling and pain, often used together with Jin Yin Hua, Bei Mu and Zao Jiao.
 - Stop pregnancy at the middle stage
- **Dosage:** 10-15g, decocted for oral use or made into powder and pills.
- **Attentions:** Spleen stomach deficiency marked by incontinence of stool



Semen Cassiae (Jue ming zi)

- **Taste and Property:** Bitter, sweet, salty, and slight cold
- **Meridian Tropism:** LV, LI, KI
- **Actions:** clears the liver and eyes; calms the liver and anchors the errant yang; moistens the intestines
- **Indications:**
 - For red, swollen, and painful eyes from heat or wind-heat in the liver channel. Also for eye problems such as photosensitivity, night blindness, and insidious loss of vision without visible physical changes to the eye.
 - For headaches and dizziness from ascendant liver yang.
 - For dry or infrequent stools or chronic constipation.
 - Recently for lowering both blood pressure and serum cholesterol and preventing atherosclerosis.
- **Dosage:** 9-15g
- **Contraindications:** use with caution in those with diarrhea from spleen deficiency or with low blood pressure



Semen Celosiae

(Qing xiang zi) **not required**



- **Taste and Property:** Bitter and slightly cold
- **Meridian Tropism:** Liver
- **Actions:** Clears liver and purges fire to improve eyesight and relieves nebula; Lowers down blood pressure
- **Indications:**
 - For rising of the liver fire marked by redness, swelling and pain of eyes, nebula and blurred vision.
 - For hypertension due to rising of the liver yang.
- **Dosage:** 3-15g
- **Attention:** This herb has a strong heat-clearing effect, contraindicated for liver and kidney yin deficiency as well as glaucoma



Flos Buddleiae (Mi meng hua)

Not required

- **Taste and Property:** sweet and slightly cold
- **Meridian Tropism:** Liver
- **Actions:** Clears liver heat to improve eyesight and relieves nebula
- **Indications:**
 - Liver heat marked by swelling, redness and pain of eyes, blurred vision and nebula.
- **Dosage** 6-10g



Herbs that Clear Heat and Cool Blood

- Cornu Bubali (Shui niu jiao)
- Cornu Rhinoceri (Xi jiao)
- *Radix Rehmanniae (Sheng di huang)
- Radix Scrophulariae (Xuan shen)
- *Cortex Moutan (Mu dan pi)
- Radix Lithospermi seu Arnebiae (Zi cao)

Cornu Bubali (Shui niu jiao)

- **Taste and Property:** Salty and cold
- **Meridian Tropism:** HT, LV, ST
- **Actions:** Clears heat, cools the blood, and stops bleeding; purges fire and resolves toxicity; Arrests tremors
- **Indications:**
 - For warm-heat pathogen diseases accompanied by extreme heat or heat signs affecting the nutritive or blood levels: unremitting high fever, loss of consciousness, delirium, or convulsions, erythema, purpura, nose-bleed, vomiting of blood
 - For heat in the blood, vomiting blood, nosebleeding.
- **Dosage:** 30-120g for decoction; 6-15 g as powder
- **Attention:** use with caution in patients with deficient cold in middle jiao

Cornu Rhinoceri (Xi jiao)



* not required

- **Taste and Property:** Bitter, salty and cold
- **Meridian Tropism:** HT, LV, ST
- **Actions:** cools the blood and stops bleeding; purges fire and resolves toxicity; calms spirit and stops tremors
- **Indications:**
 - For heat in the blood level, vomiting blood, nosebleeding.
 - For warm-heat pathogen diseases accompanied by extreme heat or heat signs.
 - For high fever worsens at night, dark-red maculae due to fire toxicity in both qi and blood level.
- **Dosage:** 1.5-6g
- **Attention:** not for pregnant woman, incompatible for chuan wu and cao wu. Due to the endangered status of Xi jiao, it is replaced by **shui niu jiao (required)**

*Radix Rehmanniae (Sheng di huang)



- **Taste and Property:** Sweet, bitter, cold
- **Meridian Tropism:** Heart, Liver and kidney
- **Actions:** enriches yin, cools the blood, clears heat
- **Indications:**
 - For all warm-heat pathogen diseases where heat enters the nutritive level causing very high fever, thirst, and a scarlet tongue.
 - For yin deficiency with heat signs: dry mouth, continuous low grade fever, and constipation.
- **Dosage:** 9-15g
- **Contraindications:** not for significant dampness from spleen deficiency



Radix Scrophulariae (Xuan shen)

- **Taste and Property:** Sweet, salty, bitter, cold
- **Meridian Tropism:** KI, LU, ST
- **Actions:** cools the blood, clears heat; enriches yin; softens hardness; resolves toxicity
- **Indications:**
 - For warm-heat pathogen diseases where heat enters the blood level causing bleeding, fever, dry mouth.
 - For yin deficiency with heat signs: constipation and irritability.
 - For neck lumps due to phlegm-fire as well as severe throat pain and swelling.
- **Dosage:** 9-15g
- **Contraindications:** not for significant dampness from spleen deficiency



*Cortex Moutan (Mu dan pi)



- **Taste and Property:** acrid, bitter and slightly cold
- **Meridian tropism:** Heart, liver and kidney
- **Actions:** clears heat, cools the blood, invigorates blood and removes blood stasis
- **Indications:**
 - For heat entering the blood level during a warm-heat pathogen disease with nosebleed, blood in sputum or vomit or subcutaneous bleeding.
 - For yin deficiency patterns such as steaming bone disorder.
 - For liver blood stasis patterns with amenorrhea, abdominal masses, lumps, or bruises due to traumatic injury.
 - For liver fire.
 - Used topically for firm, non draining sores or internally for intestinal abscess.
- **Dosage:** 6~12g
- **Attention:** inappropriate for cold in the blood, or women who are pregnant or have excessive menstrual bleeding



Radix Lithospermi seu Arnebiae (Zi cao) **not required**



- **Taste and Property:** sweet and cold
- **Meridian tropism:** HT, LV
- **Actions:** clears heat, cools the blood, invigorates blood; resolves toxicity; vents rashes
- **Indications:**
 - For encouraging rashes to surface, for fire toxin with very dark purple rashes, it is commonly used when rashes are accompanied by constipation or urinary dysfunction.
 - Topically for damp-heat skin lesions or vaginal itching, also used for burns
- **Dosage:** 3~9g
- **Attention:** contraindicated in those with loose stools and spleen deficiency



Herbs that Clear Heat from Deficiency

- Cortex Lycii (Di gu pi)
- Radix Cynanchi (Bai wei)
- Radix Stellariae (Yinchaihu)
- Rhizoma Picrorhizae (Hu huang lian)

Cortex Lycii (Di gu pi)

- **Taste and Property:** Sweet, bland and cold
- **Meridian tropism:** Lung and kidney
- **Actions:** Cools blood, reduces bone heat, purges the lung heat
- **Indications:**
 - Blood heat due to yin deficiency, fever in infantile malnutrition, bone heat, tidal fever and night sweating. This herb is very good at clearing fever of the deficiency type.
 - Cough and asthma due to lung heat.
 - Haemetemesis or epistaxis due to blood heat.
 - Diabetes involving the lower jiao.
 - Toothache due to flaring up of fire of the deficiency type
- **Dosage:** 6-15g
- **Contraindication:** Not suggested for affection of exogenous wind cold or diarrhea due to spleen deficiency



Radix Cynanchi (Bai wei)

- **Taste and Property:** Bitter, salty and cold
- **Meridian Tropism:** Stomach and liver
- **Actions:** Clears away heat, cools blood, promotes urination to treat stranguria, detoxicates and relieves carbuncles
- **Indications:**
 - Fever, this herb can both clear away heat of excess type and that of deficiency type. Postpartum fever with syncope. Fever due to yin deficiency or bone heat, hectic fever and night sweating.
 - Stranguria of heat type or blood type: This herb can both clear heat, cool blood and promote urination.
 - Carbuncles, sore throat and snake bite.
- **Dosage:** 3-12g



Radix Stellariae (Yin chai hu)

not required

- **Taste and Property:** Sweet and slightly cold
- **Meridian tropism:** Liver and stomach
- **Actions:** Relieves the heat of deficiency type and clears away heat in infantile malnutrition
- **Indications:**
 - Fever due to yin deficiency, bone heat and night sweating. This herb is good at clearing away heat of the deficiency type.
 - It is also an important herb for clearing heat in infantile parasitosis.
- **Dosage:** 3-10g
- **Contraindications:** Invasion of exogenous wind cold, blood deficiency without fever



Rhizoma Picrorhizae (Hu huang lian) **not required**

- **Taste and Property:** Bitter and cold
- **Meridian Tropism:** Heart, liver, stomach and large intestine
- **Actions:** Relieves the heat of deficiency type, relieves the fever in infantile malnutrition and clears away damp heat
- **Indications:**
 - Bone-heat or night sweat and tidal fever.
 - Infantile malnutrition marked by indigestion, abdominal bulging, weight loss, diarrhea and fever.
 - Diarrhea or hemorrhoids due to damp heat in the gastrointestinal tract..
- **Dosage:** 3-10g



Herbs that Clear Heat and Dry Dampness

- Radix Scutellariae Baicalensis (Huang qin)
- Rhizoma Coptidis (Huang lian)
- *Cortex Phellodendri (Huang bai)
- Radix Gentianae (Long dan cao)
- Radix Sophorae flavescentis (Ku shen)
- Cortex Fraxini (Qin pi)

Radix Scutellariae Baicalensis

(Huang qin)

- **Taste and Property:** bitter and cold
- **Meridian tropism:** LU, ST, GB, LI
- **Actions:** clears heat, dries dampness, resolves toxin, stops bleeding, calms the fetus
- **Indications:**
 - For damp-heat in the stomach or intestines, such as diarrhea or dysenteric disorder, or damp-heat in the lower burner with painful urinary dribbling, an auxiliary herb for damp-heat jaundice
 - For heat-toxicity, especially in the upper burner, for heat patterns with high fever, irritability, thirst, cough, and expectoration of thick, yellow sputum or hot sores and swellings.
 - For blood heat, symptoms include vomiting or coughing of blood, nosebleed, and blood in the stools.
 - For restless of the fetus due to heat.
- **Dosage:** 3~9g
- **Attention:** inappropriate for cold from deficiency in the spleen and stomach

Rhizoma Coptidis (Huang Lian)

- **Taste and Property:** bitter and cold
- **Meridian tropism:** HT, ST, LV, LI
- **Actions:** clears heat, dries dampness; drains fire, resolves toxin, stops bleeding
- **Indications:**
 - For damp-heat in the stomach or intestines, such as diarrhea or dysenteric disorder.
 - For heat-toxicity, especially in the upper burner, for heat patterns with high fever, irritability, disorientation, delirium, red tongue.
 - For blood heat, symptoms include vomiting or coughing of blood, nosebleed, and blood in the stools.
- **Dosage:** 3~9g
- **Attention:** inappropriate for cold from deficiency in the spleen and stomach

*Cortex Phellodendri (Huang bai)

- **Taste and Property:** bitter and cold
- **Meridian tropism:** kidney, bladder and large intestine
- **Actions:** clears heat, dries dampness, directs fire down, resolves toxin, clears deficiency heat
- **Indications:**
 - For damp-heat in the lower jiao: thick, yellow vaginal discharge, foul smelling diarrhea, or dysenteric disorder, also for damp-heat pouring downward: red swollen, and painful knees, leg or feet. Also for damp-heat jaundice.
 - For empty fire: steaming bone disorder, night sweats, afternoon fevers and sweating, nocturnal emissions and spermatorrhea.
 - For fire toxin-generated sores and damp lesions of the skin.
- **Dosage:** 3~12g
- **Attention:** inappropriate for cold from deficiency in the spleen and stomach

Radix Gentianae (Long dan cao)

- **Taste and Property:** bitter and cold
- **Meridian tropism:** GB, LV, ST
- **Actions:** drains damp-heat from liver and gallbladder channels; drains liver fire
- **Indications:**
 - For damp-heat in the upper part of gallbladder channel, such symptoms as red, swollen, sore throat and eyes, swollen and painful ears, or sudden deafness. Also for damp-heat in the liver or gallbladder channels with such symptoms as jaundice, pain, swelling, or dampness in the genital area, or foul-smelling vaginal discharge and itching.
 - For liver fire blazing upward with headache or red eyes, also for liver wind-heat with fever, spasms, convulsions, or flank pain
- **Dosage:** 3~12g
- **Attention:** inappropriate for cold from deficiency in the spleen and stomach

Radix Sophorae flavescentis (Kushen)

- **Taste and Property:** bitter and cold
- **Meridian tropism:** HT, UB, LV, LI, ST, SI
- **Actions:** clears heat and dries dampness; disperses wind, kills parasites, and stops itching; clears heat and promotes urination
- **Indications:**
 - For damp-heat in the lower burner leading to jaundice, dysenteric disorder, vaginal discharge, and sores.
 - For damp toxin skin lesions or infestations with chronic itching, seepage, and bleeding, also for genital itching and vaginal discharge, used both internally and topically
 - For such disorders as damp-heat in the small intestine, painful urinary dribbling and hot edema.
- **Dosage:** 3~9g
- **Attention:** inappropriate for cold from deficiency in the spleen and stomach, incompatible with li lu

Cortex Fraxini (Qin pi)

- **Taste and Property:** bitter, cold, and astringent
- **Meridian tropism:** GB, LV, LI, ST
- **Actions:** clears heat, resolves toxicity and dries dampness; drains liver fire and benefits the eyes; disperses wind-dampness
- **Indications:**
 - For diarrhea, dysenteric disorder, vaginal discharge due to damp-heat.
 - For liver heat affecting the eyes causing redness, swelling, pain, or the formation of superficial visual obstruction.
 - For painful obstruction, primarily of the hot type.
- **Dosage:** 6~12g

Herbs that Clear Heat and Relieve Toxicity

- Flos Lonicerae (Jin yin hua)
- Fructus Forsythiae (Lian qiao)
- **Folium Isatidis (Da qing ye)**
- Radix Isatidis (Ban lan gen)
- Herba taraxaci (Pu gong ying)
- **Herba Viola (Zi hua di ding)**
- Flos Chrysanthemi indici (Ye ju hua)
- Herba + Radix Patriniae (Bai jiang cao)
- Herba Houttuyniae (Yu xing cao)
- **Herba Andrographitis (Chuan xin lian)**
- Herba Hedyotis (Bai hua she she cao)
- Radix Pulsatillae (Bai tou weng)
- Cortex Dictamni (Bai xian pi)
- Rhizoma Smilacis glabrae (Tu fu ling)
- **Herba Scutellariae Barbatulae (Ban zhi lian)**
- Fructus Lasiosphaerae (Ma bo)
- Radix Sophorae Tonkinensis (Shan dou gen)
- Rhizoma Belamcandae (She gan)

Flos Lonicerae (Jin yin hua)

- **Taste and Property:** Sweet and cold
- **Meridian Tropism:** Lung, stomach and large intestine
- **Actions:** Clears away heat and removes toxic materials
- **Indications:**
 - For heat in various stages
 - Applied to the initial state of an exterior pattern of wind heat type or an epidemic febrile disease marked by fever with mild aversion to cold. This herb also has a dispersing effect.
 - Used for heat in the qi level marked by high fever, dire thirst and full and rapid pulse.
 - Heat entering ying blood marked by indistinct skin eruptions, crimson tongue, restlessness and insomnia.
 - Carbuncles, furuncles, boils and sores. Or used fresh after pounded into paste to be applied to the affected area. The volatile ingredients of the herb can be made into honeysuckle oil to clear away summer heat and freshen the mind
 - Dysentery due to toxic heat, used alone, fresh and frequently.
- **Dosage:** 10-15g.

Fructus Forsythiae (Lian qiao)

- **Taste and Property:** Bitter and slightly cold
- **Meridian Tropism:** Lung, Heart and Gallbladder
- **Actions:** Clears away heat and removes toxic materials, reduces abscesses and dissipates clumps
- **Indications**
 - For fever, headache and thirst in the early stage of an exterior wind heat pattern or an epidemic febrile disease. This herb can both clear heat, remove toxic materials and promote outward dispersion of pathogens and is good at dispersing heat in the upper jiao.
 - Lian Qiao Xin is good at purging the heart fire, used to treat heat attacking the pericardium marked by high fever, restlessness.
 - Carbuncles, furuncles or other pyogenic skin diseases caused by accumulation of toxic heat or scrofula. This herb purges fire and removes toxic materials, good at both subduing swelling and dissipating, honored as a holy herb for skin diseases.
 - Scrofula.
- **Dosage:** 6-15g

Folium Isatidis (Da qing ye)

not required

- **Taste and Property:** Bitter and very cold
- **Meridian Tropism:** The heart, the lung and the stomach
- **Actions:** Clears away heat and removes toxic materials; cools blood and removes macula
- **Indications:**
 - For heat entering into blood marked by skin eruption, coma, high fever and restlessness.
 - Initial stage of an exterior wind heat pattern or an epidemic febrile disease marked by headache, thirst and fever.
 - Toxic heat in blood marked by erysipelas, mouth erosion, and sore throat. Pounded into paste for erysipelas and make juice for sore throat
 - Specially for headache, sore throat, skin eruptions, mumps, carbuncles, sores and furuncle, good at removing toxic materials and dissipating nodules.
- **Dosage:** 10-15g.
- **Contraindications:** Not suggested for patients with deficiency cold
- Appendix: Radix Asmatis

Radix Isatidis (Ban lan gen)

- **Taste and Property:** Bitter and cold
- **Meridian Tropism:** The heart, the lung and the stomach
- **Actions:** Clears away heat and removes toxic materials; cools the blood and benefits the throat
- **Indications:**
 - For warm-heat pathogen diseases, warm epidemic disorders, mumps and painful, swollen throat conditions. Also for damp-heat jaundice.
- **Dosage:** 10-15g.
- **Contraindications:** Not suggested for patients with deficiency cold

Herba Violae (Zi hua di ding)

not required

- **Taste and Property:** bitter, acrid, cold
- **Meridian Tropism:** Heart and Liver
- **Actions:** Clears away heat and removes toxic materials
- **Indications:**
 - Acute mastitis, appendicitis or erysipelas can be treated by taking the juice of the herb with the remains applied to the affected area.
 - Bite by snake: Apply the fresh herb to the affected area.
 - Redness, swelling and pain of eyes due to liver heat.
- **Dosage:** 15-30g

Flos Chrysanthemi indic (Ye ju hua)

- **Taste and Property:** bitter, acrid, slightly cold
- **Meridian Tropism:** Lung and Liver
- **Actions:** Drains fire and resolves toxicity
- **Indications:**
 - Furuncles, carbuncles, and sores.
 - Sore, swollen throat and red eyes caused by wind-fire
 - External wash for itching
- **Dosage:** 9-15g

Herba taraxaci (Pu gong ying)

- **Taste and Property:** Bitter, sweet and cold
- **Meridian Tropism:** Liver and stomach
- **Actions:** Clears away heat and removes toxic materials; Induces diuresis and drains dampness
- **Indications:**
 - Carbuncle or other pyogenic skin lesions and internal abscess due to toxic heat. Acute mastitis, used alone or applied to the breast after pounded into paste. Lung abscess marked by cough with pus and phlegm and chest pain. Acute appendicitis (intestinal abscess) due to exuberance of toxic heat. Sore throat. Swelling and pain of eyes.
 - Jaundice due to damp heat.
 - Stranguria marked by dribbling of urine and pain in urination.
- **Dosage:** 10-30g
- **Attention:** Overdose of this herb may cause mild diarrhea.

Herba + Radix Patriniae (Bai jiang cao)

- **Taste and Property:** Bitter, acrid and slightly cold
- **Meridian Tropism:** LI, LV, ST
- **Actions:** Clears away heat, removes toxicity and expels pus; dispels blood stasis and stops pain
- **Indications:**
 - For either internal fire toxin disorders, such as intestinal abscess, or fire toxin surface sores and swellings, may be taken internally or applied topically.
 - For pain and obstruction associated with heat-induced blood stasis, especially in the abdomen and chest. Also for postpartum pain, and more recently, for post-operative pain.
- **Dosage:** 6-15g
- **Attention:** used with caution during pregnancy.

Herba Houttuyniae (Yu xing cao)

- **Taste and Property:** Acrid and cool
- **Meridian Tropism:** LI, LU
- **Actions:** Clears away heat, removes toxicity; reduces swellings and abscesses; drains damp-heat and promotes urination
- **Indications:**
 - For lung abscess or lung heat cough with expectoration of thick, yellowish green sputum, used both internally and topically for toxic sores.
 - For large intestine damp-heat diarrhea or damp-heat in the lower burner with painful urinary dribbling.
- **Dosage:** 15-30g
- **Attentions:** toxic

Herba Andrographitis (Chuan xin lian) not required

- **Taste and Property:** Bitter and cold
- **Meridian Tropism:** LU, ST, LI, SI
- **Actions:** Clears away heat and removes toxic materials; Dries dampness
- **Indications:**
 - The initial stage of an epidemic febrile disease marked by fever and headache or lung heat marked by cough, asthma, lung abscess and sore throat
 - Apply the paste of the herb on the furuncle, sore or snake bite to remove toxic materials and subdue swelling
 - Dysentery, stranguria of heat type, eczema: Apply the powder of the herb with sesame oil on the affected part
- **Dosage:** 6-15g
- **Contraindications:** Over use or long use of the herb must be avoided to prevent impairment of the stomach qi

Herba Hedyotidis (Bai hua she she cao)

- **Taste and Property:** Pungent, bitter and slightly cold
- **Meridian tropism:** Stomach, large intestine and liver
- **Actions:** Clears away heat, resolves toxicity, subdues swelling, drains pus, drains dampness
- **Indications:**
 - For pyogenic skin diseases, sore throat, snake bite, etc. This herb has a strong detoxicating and abscess-subduing effect when used either orally or externally.
 - For struguria with difficulty in urination
 - For gastric cancer, esophageal cancer and rectal cancer.
- **Dosage:** 10-60g
- **Attention:** use with caution during pregnancy

Radix Pulsatillae (Bai tou weng)

- **Taste and Property:** Bitter and cold
- **Meridian tropism:** ST LI
- **Actions:** Clears away heat, resolves toxicity, cools blood
- **Indications:**
 - For dysenteric disorders, especially those due to damp-heat in the stomach and intestines.
 - For warm malarial disorders.
- **Dosage:** 6-15g
- **Attentions:** toxic

Cortex Dictamni (Bai xian pi)

- **Taste and Property:** Bitter and cold
- **Meridian Tropism:** SP ST
- **Actions:** Clears away heat, resolves fire toxicity, expels wind, dries dampness and stops itching
- **Indications:**
 - For rashes or carbuncles due to damp heat marked by much pus or drooping of yellow fluid, skin ulcers with much exudation and skin itching.
 - For jaundice or arthralgia due to damp heat.
- **Dosage:** 6-10g
- **Attentions:** liver toxicity

Rhizoma Smilacis glabrae (Tu fu ling)

- **Taste and Property:** Sweet, bland and neutral
- **Meridian Tropism:** LV, ST
- **Actions:** Removes damp-heat, resolves toxicity, eases the joints
- **Indications:**
 - For joint pain, turbid and painful urination, or damp-heat jaundice.
 - For recurrent ulcers or other hot skin lesions.
- **Dosage:** 15-60g
- **Attentions:** one report of an allergic reaction with pruritus, papular rash, and agitation

Herba Scutellariae Barbatae (Ban zhi lian) **not required**

- **Taste and Property:** Acrid, slightly bitter and cold
- **Meridian Tropism:** LU LV ST
- **Actions:** Clears away heat, resolves fire toxicity, invigorates the blood, reduces swellings, promotes urination
- **Indications:**
 - For furuncles, sores and abscesses, snakebite and trauma.
 - Recently used in treating various types of cancer and chronic hepatitis.
 - For edema from such problems as damp-heat or the ascites of cirrhosis.
 - For trauma, vomiting blood, nosebleeds or painful bloody urinary dribbling.
- **Dosage:** 9-30g
- **Attentions:** use with caution during pregnancy

Fructus Lasiosphaerae (Ma bo)

- **Taste and Property:** Acrid and neutral
- **Meridian Tropism:** LU
- **Actions:** Clears lung, resolves toxicity, benefits the throat, stops bleeding
- **Indications:**
 - For fire toxin affecting the throat causing pain, swelling and loss of voice, also cough due to lung heat.
 - For both internally and topically to stop bleeding, most often in the oral cavity or lips, also for bleeding gums associated with frostbite.
- **Dosage:** 1.5-6g

Radix Sophorae Tonkinensis (Shan dou gen)

- **Taste and Property:** bitter and cold
- **Meridian Tropism:** LU
- **Actions:** Clears heat, resolves toxicity, benefits the throat, disperses swellings
- **Indications:**
 - For swollen, painful throat, can be used alone, both internally and as a gargle.
 - For abscesses and other toxic sores. Also used for cancers, especially for the throat and lungs.
- **Dosage:** 3-9g
- **Attentions:** inappropriate for those with cold from deficiency of the spleen and stomach, poor appetite, or loose stools

Rhizoma Belamcandae (She gan)

- **Taste and Property:** bitter and cold
- **Meridian Tropism:** LU
- **Actions:** Clears heat, resolves toxicity, benefits the throat, transforms phlegm
- **Indications:**
 - For swollen and painful throat due to fire excess, fire toxin, or phlegm-heat obstruction.
 - For cough and wheezing with phlegm obstruction.
- **Dosage:** 3-9g
- **Attentions:** contraindicated in those with loose stools, as ingestion can lead to watery diarrhea. Contraindicated during pregnancy

Herbs that Clear Summerheat

- Folium Nelumbinis (He ye)
- Semen Phaseoli (Lu dou)
- **Fructus Citrulli (Xi gua)**
- *Semen Dolichoros (Bian dou)
- Herba artemisiae annuae (Qing hao)

Folium Nelumbinis (He ye)

- **Taste and Property:** Bitter, slightly sweet and neutral
- **Meridian Tropism:** Spleen, liver and heart
- **Actions:** clears heat, resolves summerheat, raises clear yang, stops bleeding
- **Indications:**
 - For summer heat: fever, irritability, excessive sweating, scanty urine, especially diarrhea due to summerheat, used with bai bian dou, jin yin hua
 - For diarrhea due to spleen deficiency
 - For vomiting blood, or bleeding in the lower burner due to heat or stagnation
- **Dosage:** 3-9g

Semen Phaseoli (Lu dou)

- **Taste and Property:** Sweet and cold
- **Meridian Tropism:** Heart and stomach
- **Actions:** clears summerheat, alleviates thirst, and resolves toxicity
- **Indications:**
 - For summer heat: fever, irritability, especially when thirsty is an important symptom.
 - For toxic sores and swellings.
 - As an antidote for poisoning due to zhi fu zi
- **Dosage:** 3-9g

Fructus Citrulli (Xi gua)

not required

- **Taste and Property:** Sweet and cold
- **Meridian Tropism:** Heart, bladder and stomach
- **Actions:** clears summerheat and generates fluids, promotes urination and expels jaundice
- **Indications:**
 - For summer heat: fever, irritability, especially those with significant thirst and dark, scanty urine and dry heaves
 - Recently used as an adjunct in the treatment of icteric hepatitis
- **Dosage:** 3-9g

Bian Dou (Semen Dolichoris Lablab)

- **Taste and Property:** Sweet and slightly warm
- **Meridian Tropism:** Spleen and stomach
- **Actions:** Strengthen the spleen to remove dampness
- **Indications:**
 - Spleen deficiency with dampness marked by loose stools, diarrhea or leukorrhea.
 - Vomiting or diarrhea due to invasion of summer heat and dampness.
- **Dosage:** 10-20g

Herba artemisiae annuae (Qing hao)

- **Taste and property:** Bitter, pungent and cold
- **Meridian tropism:** Liver, gallbladder and kidney
- **Actions:** Reduce deficiency heat, cool blood, relieve summer heat and treat malaria
- **Indications:**
 - Malaria marked by chills and fever: More commonly used to treat malaria complicated by invasion of summer heat at a larger dose than treating other disease.
 - Night fever without sweating at the later stage of epidemic febrile diseases or persistent lower fever after an epidemic febrile disease.
 - Fever due to yin deficiency marked by bone heat, tidal fever in the afternoon, hotness of the palms and soles, etc.
 - Affection of summer heat marked by fever, no sweating, sweating , dizziness, headache, full and rapid pulse.
- **Dosage:** 3-10g
- **Attention:** It should not be decocted for a long time.

Formulas

- Formulas that Clear Qi-level Heat
- Formulas that Clear Nutritive-level Heat and Cool the Blood
- Formulas that Clear Heat and Relieve Toxicity
- Formulas that Clear Organ Heat
- Formulas that Clear Heat from Deficiency
- Formulas that Relieve Summerheat

Formulas that Clear Qi-level Heat

- White Tiger Decoction (bai hu tang) FS: p150
- Lophatherus and Gypsum Decoction (zhu ye shi gao tang) FS: p155

White Tiger Decoction (bai hu tang)

Ingredients: shi gao, zhi mu, zhi gan cao, geng mi

Actions and indications of the formula

- Actions
 - Clears qi-level heat, drains stomach fire, generates fluids, and alleviates thirst.
- Indications
 - High fever with profuse sweating and an aversion to heat, a red face, severe thirst and irritability, and a flooding, forceful or slippery, rapid pulse. May also include headache, toothache, or bleeding of the gums and nose.

Analysis of Formula

- Chief: shi gao
 - Clears heat and drains fire
- Deputy: zhi mu
 - Clears heat from the lungs and stomach to alleviate irritability, moistens dryness, and enriches the yin
- Assistant and envoy: gan cao, geng mi
 - Benefit the stomach and protect the fluids. They also prevent the extremely cold properties of the other ingredients from injuring the middle burner

Modern application and modifications

- Modern application:
 - Infectious diseases as encephalitis, meningitis, and lobar pneumonia, as well as heat stroke, diabetes mellitus, and periodontitis.
- Attentions:
 - Contraindicated in cases of fever due to spleen and stomach deficiency.
- Modifications:
 - For concurrent wind-cold in the exterior, add cong bai, dan dou chi, xi xin
 - For pain and swelling of the gums, headache, nosebleed, a dry mouth, thirst, and constipation due to lung heat and stomach fire, add da huang

Lophatherus and Gypsum Decoction (zhu ye shi gao tang)

Ingredients: zhu ye, shi gao, ren
shen, mai men dong, ban xia, zhi
gan cao, geng mi

Actions and indications of the formula

- Actions
 - Clears heat, generates fluids, augments the qi, and harmonizes the stomach.
- Indications
 - Lingering fever (from a febrile disease) accompanied by vomiting, irritability and thirst, parched mouth, lips, and throat, a choking cough, stifling sensation in the chest, a red tongue with little coating, and a deficient, rapid pulse. Some patients experience restlessness and insomnia.

Analysis of Formula

- Chief: zhu ye, shi gao
 - Clear yang ming heat and alleviate irritability
- Deputy: ren shen, mai men dong
 - Tonify the qi and generate fluids
- Assistant: ban xia
 - directs rebellious qi downward and stops vomiting
- Envoy: gan cao, geng mi
 - Tonify the qi, harmonize the middle burner and nourish the stomach

Modern application and modifications

- Modern application:
 - Disorders as pharyngitis, nephritis, or diabetes.
- Modifications:
 - For deficient stomach yin with oral ulcerations and a red, dry tongue, add tian hua fen, and shi hu

Case study

- Female 36 diabetes for 3 years,
- Chief complain: High fever for 4 days,
- 103F, excessive thirst, high fluid intake and dry mouth, sweating accompanied by frequent urination and excessive hunger, Fatigue, Heavy menstruation, dark red color. Dry red tip, thin yellow coating. Rapid and weak pulse

Formulas that Clear Nutritive-level Heat and Cool the Blood

- Clear the Nutritive Level Decoction (qing ying tang) FS: p161
- Rhinoceros Horn and Rehmannia Decoction (Xi Jiao Di Huang Tang) FS: p165

Clear the Nutritive Level Decoction (qing ying tang)

Ingredients: xi jiao, xuan shen, sheng
di huang, mai men dong, jin yin hua,
lian qiao, huang lian, dan zhu ye, dan
shen

Actions and indications of the formula

- Actions
 - Clears the nutritive level, relieves fire toxin, drains heat, and nourishes the yin.
- Indications
 - High fever that worsens at night, severe irritability and restlessness, a scarlet dry tongue, and a thin rapid pulse. Some patients are thirsty, some delirious, and some exhibit faint and indistinct erythema and purpura.

Analysis of Formula

- Chief: xi jiao
 - Clears heat from the nutritive level, clears heart, and calms the spirit, cools the blood and breaks up stasis
- Deputy: xuan shen, sheng di huang, mai men dong
 - Xuan shen: clears heat and nourishes the yin
 - Sheng di huang: cools the blood and nourishes yin
 - Mai men dong: nourishes yin and generates fluids
- Assistant: jin yin hua, lian qiao, huang lian, dan zhu ye, dan shen
 - jin yin hua, lian qiao, huang lian, dan zhu ye: clear heat from the qi level and relieve toxicity
 - Dan shen: cools the blood and prevents blood stasis

Modern application and modifications

- Modern application:
 - Disorders as pneumonia, encephalitis, meningitis, septicemia, and leukemic crisis.
- Modifications:
 - For severe depletion of the yin and fluids, add sha shen, gou qi zi
 - For severe qi level fire, add shi gao
 - For tremors and spasms, add gou teng, ling yang jiao, di long

Rhinoceros Horn and Rehmannia Decoction (Xi Jiao Di Huang Tang)

Not required for the new version of outlines

Ingredients: Xi jiao, sheng di huang,
shao yao, mu dan pi

Actions and indications of the formula

- Actions

- Clears heat, relieves fire toxin, cools the blood, nourishes the yin, dispels blood stasis, and stop bleeding.

- Indications

- Fever, various types of bleeding, black and tarry stools, abdominal distention and fullness, thirst with an inability to swallow, a scarlet tongue with prickles and a thin, rapid pulse. Some patients become delirious.

Analysis of Formula

- Chief: Xi jiao
 - Clears heart fire, cools blood, and relieves fire toxin.
- Deputy: sheng di huang
 - Cool the blood, stops bleeding, nourishes the yin, clear heat.
- Assistant: chi shao yao, mu dan pi
 - Cool the blood and invigorate the blood.

Formulas that Simultaneously Clear Heat from the Qi and Blood Levels

- Clear Epidemics and Overcome Toxicity
Drink (qing wen bai du yin) FS:179

Clear Epidemics and Overcome Toxicity Drink (qing wen bai du yin)

Ingredients: shi gao, sheng di huang, huang
lian, shui niu jiao, zhi zi, jie geng, huang qin, zhi
mu, chi shao, xuan shen, lian qiao, dan zhu ye,
mu dan pi, gan cao

Actions and indications of the formula

- Actions
 - Clears heat, resolves toxicity, cools the blood, and drains fire.
- Indications
 - Intense fever, strong thirst, dry heaves, severe and stabbing headache, extreme irritability, and in severe cases, delirious speech, rashes, and nosebleed. The tongue is dark red, the lips are dark and scorched, and the pulse is either rapid, submerged, and thin or rapid, floating, and large.

Analysis of Formula

- Chief: Shi gao
 - Clears heat and drains fire from Stomach
- Deputy: shui niu jiao, huang lian, huang qin, mu dan pi, zhi zi, chi shao, sheng di huang, zhi mu
 - Shui niu jiao, huang lian, huang qin: clear heat and resolve toxicity from heart and lung
 - Mu dan pi, zhi zi, chi shao: clear heat and cool blood
 - Sheng di huang, zhi mu: clear heat and nourish yin
- Assistant: lian qiao, xuan shen, dan zhu ye, jie geng
 - Liao qiao, xuan shen: clear heat, resolve toxicity and nourish yin
 - Jie geng: guide herbs upward
- Envoy: gan cao
 - Clears heat, resolves toxicity and harmonizes all herbs and protects stomach

Modern application and modifications

- Modern application:
 - Disorders as meningitis, encephalitis B, measles encephalitis, septicemia, pyemia, and epidemic hemorrhagic fever.
- Attentions:
 - Contraindicated in cases with yang deficiency or weakness of the SP and ST
- Modifications:
 - For constipation: add da huang and mang xiao
 - For very high fever: add da qing ye and ban lan gen
 - For a swollen face: add zi hua di ding and da huang
 - For swollen parotid glands: add qing dai and jin yin hua
 - For soreness in joints and a lower back that feels bruised: add huang bai and mu tong
 - For dark-purple rashes: add zi cao, hong hua, tao ren, and dang gui
 - For tremors caused by heat injuring the sinews: remove jie geng, and add ju hua and long dan cao

Formulas that Clear Heat and Relieve Toxicity

- Coptis Decoction to Relieve Toxicity (huang lian jie du tang) FS: p167
- Drain the Epigastrium Decoction (xie xin tang) FS: p171
- Decoction of Universal Benefit to Eliminate Toxin (pu ji xiao du yin) FS: p173
- Cool the Diaphragm Powder (liang ge san) FS: p176

Coptis Decoction to Relieve Toxicity (huang lian jie du tang)

Ingredients: huang lian, huang
qin, huang bai, zhi zi

Actions and indications of the formula

- Actions
 - Drains fire and relieves toxicity.
- Indications
 - High fever, irritability, a dry mouth and throat, incoherent speech, insomnia, dark urine, a red tongue with a yellow coating, and a rapid, forceful pulse, also for nosebleed or vomiting of blood due to heat excess; carbuncles, deep-rooted boils, and other toxic swellings; and dysenteric disorders or jaundice due to damp-heat.

Analysis of Formula

- Chief: huang lian
 - Drains fire from heart and middle burner
- Deputy: huang qin
 - Clears heat from upper burner
- Assistant: huang bai, zhi zi
 - Huang bai: clears heat from the lower burner
 - Zhi zi: drains heat from the three burners through the urine

Modern application and modifications

- Modern application:
 - Disorders as encephalitis, septicemia, toxic bacillary dysentery, pneumonia, urinary tract infection, encephalitis, and purulent sin lesions.
- Attentions:
 - Should not be taken long-term
- Modifications:
 - For constipation: add da huang
 - For dysenteric disorders with blood and mucus in the stool an tenesmus, add mu xiang, bing lang, qin pi

Drain the Epigastrium Decoction (xie xin tang)

Ingredients: da huang, haung
lian, huang qin

Actions and indications of the formula

- Actions
 - Drains fire, relieves toxicity, and dries dampness.
- Indications
 - Fever, irritability, and restlessness, flushed face, red eyes, dark urine, constipation, a greasy, yellow tongue coating, and in severe cases, delirious speech. Also for epigastric focal distention, jaundice, diarrhea, and dyenteric disorders,; or vomiting of blood or nosebleed are caused by the reckless movement of hot blood. Red and swollen eyes and ears, ulcerations of the mouth an tongue, and abscesses are associated with fire toxin

Analysis of Formula

- Chief: da huang
 - Drains fire, cools the blood
- Deputy: huang qin, huang lian
 - Clears heat from upper and middle burners

Modern application and modifications

- Modern application:
 - Disorders as acute gastroenteritis, hepatitis, cholecystitis, dysentery, conjunctivitis, stomatitis, vascular headache, trigeminal neuralgia, and hematemesis associated with pulmonary tuberculosis.
- Modifications:
 - For trigeminal neuralgia, add quan xie, wu gong, chan tui
 - For both yang min and tai yin headache, take with si ni san

Decoction of Universal Benefit to Eliminate Toxin (pu ji xiao du yin)

Ingredients: jiu chao huang qin, jiu chao huang lian, niu bang zi, lian qia, bo he, jiang can, xuan shen, ma bo, ban lan gen, jie geng, gan cao, chen pi, chai hu, sheng ma

Actions and indications of the formula

- Actions
 - Clears heat, eliminates fire toxin, and disperses wind-heat.
- Indications
 - Strong fever and chills, redness, swelling, and burning pain of the head and face, dysfunction of the throat, dryness and thirst, a red tongue with a powdery-white or yellow coating, and a floating, rapid, and forceful pulse

Analysis of Formula

- Chief: huang lian, huang qin
 - Clears and drains the toxic heat from the upper burner
- Deputy: niu bang zi, lian qiao, bo he, jiang can; xuan shen, ma bo, ban lan gen, jie geng, gan cao
 - niu bang zi, lian qiao, bo he, jiang can: disperse wind-heat from the upper burner, head and face
 - xuan shen, ma bo, ban lan gen, jie geng, gan cao: clear heat from the throat and relieve the toxic fire
- Assistant: chen pi
 - Chen pi: regulates the qi to ensure the free flow of blood and qi and thereby prevent the pathogenic influence from accumulating. This helps reduce toxic swelling
- Envoy: chai hu, sheng ma
 - Raise the yang, disperse wind-heat, and conduct the other ingredients to the head.

Modern application and modifications

- Modern application:
 - Disorders as epidemic parotitis, acute tonsillitis, suppurative otitis media, suppurative parotitis, cellulitis of the head and face, and lymphadenitis with or without lymphagitis.
- Attentions:
 - Should be used with caution in treating cases with yin deficiency.
- Modifications:
 - For more obvious exterior symptoms with less severe internal heat, reduce huang qin, huang lian, add jing jie fang feng
 - For internal heat with constipation, add da huang, zhi shi
 - For hard, stubborn, localized swelling, add mu dan pi, chi shao, bei mu, xia ku cao

Cool the Diaphragm Powder (liang ge san)

Ingredients: da huang, mang xiao, gan cao,
huang qin, zhi zi, lian qiao, bo he, honey

Actions and indications of the formula

- Actions
 - Drains fire and unblocks the bowels by clearing upper burner and draining the middle burner.
- Indications
 - Sensation of heat and irritability in the chest and abdomen, delirious speech (in severe cases), thirst, flushed face and red lips, mouth and tongue sores, sore throat, swollen tongue, red eyes, nosebleed, constipation, dark, scanty urine, red tongue body or edges with a dry, yellow, or white coating, and a rapid, possibly slippery pulse

Analysis of Formula

- Chief: lian qiao
 - Clears heat and resolves toxicity from upper burner
- Deputy: huang qin, zhi zi, da huang, mang xiao
 - Huang qin: clears heat from the lungs and clears constrained heat from the diaphragm, zhi zi clears heat from all three burners.
 - Da huang, mang xiao: purge down to flush heat from the middle burner
- Assistant: bo he, dan zhu ye
 - Bo he: release the heat from exterior and alleviate the throat and tongue symptoms
 - Dan zhu ye: clear heat, drain dampness
- Envoy: gan cao, honey
 - Moderate and harmonize the fierce action of da huang and mang xiao.

Modern application and modifications

- Modern application:
 - Disorders as pharyngitis, stomatitis, tonsillitis, biliary tract infections, acute icteric hepatitis, conjunctivitis, lobar pneumonia, and multiple furuncles, as well as epilepsy and chronic renal failure.
- Attentions:
 - Contraindicated during pregnancy and patients who are very weak.
- Modifications:
 - For severe thirst, add tian hua fen
 - For severe mouth sores indicating excess heart fire, add huang lian and di gu pi
 - For childhood convulsions, add gou teng, and ling yang jiao
 - For swollen and painful throat, strong fever, irritability, thirst and no constipation, remove da huang and mang xiao, add shi gao, jie geng, shan dou gen, ban lan gen
 - For nosebleed or vomiting of blood: add bai mao gen and ou jie
 - For jaundice, add yin chen hao, and yu jin
 - For yin deficiency, add sheng di huang, xuan shen and mai men dong
 - For qi stagnation with distension and pain in the chest, add chai hu, and chuan lian zi

Formulas that Treat External and Internal Abscesses or Sores

- Five-ingredient Decoction to Eliminate Toxin (wu wei xiao du yin) FS: p863
- Reed Decoction (wei jing tang) FS: p878
- Rhubarb and Moutan Decoction (da huang mu dan tang) FS: p880

Five-ingredient Decoction to Eliminate Toxin (wu wei xiao du yin)

Ingredients: jin yin hua, pu gong
ying, zi hua di ding, ye ju hua, zi
be tian kui

Actions and indications of the formula

- Actions
 - Clears heat, resolves toxicity, cools blood, and reduces swelling.
- Indications
 - All types of boils and carbuncles with localized erythema, swelling, heat, and pain accompanied by fever, chills, a red tongue with a yellow coating, and a rapid pulse.

Analysis of Formula

- Chief: jin yin hua
 - Clears heat, resolves toxicity, and disperses swelling
- Deputy: pu gong ying, zi hua di ding, ye ju hua, zi bei tian kui
 - Clear heat, relieve toxicity, and cool the blood and treat purulent lesions

Modern application and modifications

- Modern application:
 - Disorders as furuncles, erysipelas, mastitis, appendicitis, conjunctivitis, urinary tract infection and acute pyelonephritis.
- Attentions:
 - Contraindicated for yin-type boils. Use with caution in case with spleen deficiency.
- Modifications:
 - For dark-red and painful sores, add dan pi, chi shao
 - For concurrent damp-hat rash, add bai xian pi, di fu zi,

Reed Decoction (wei jing tang)

Ingredients: wei jing, yi yi ren,
dong gua zi, tao ren

Actions and indications of the formula

- Actions
 - Clears heat from the lungs, transforms phlegm, drives out blood stasis and discharges pus
- Indications
 - Cough with foul-smelling sputum (which may be streaked with blood), slight fever, mild chest pain, dry, scaly skin, a red tongue with a greasy, yellow coating, and a slippery, rapid pulse

Analysis of Formula

- Chief: wei jing
 - Is sweet and cold, light and floating. It can clear heat from lungs, and is very good for lung abscess
- Deputy: dong gua zi, yi yi ren
 - Dong gua zi: clears heat, transforms phlegm and resolves dampness and eliminates pus
 - Yi yi ren: clears heat from the lungs and disperses pus from the lungs, leaches out dampness
- Assistant: tao ren
 - Invigorates the blood and move blood stasis

Modern application and modifications

- Modern application:
 - Disorders as bronchitis, bronchiectasis, pneumonia, pertussis, and asthmatic bronchitis.
- Attentions:
 - Contraindicated during pregnancy.
- Modifications:
 - For pronounced heat in the lungs: add jin yin hua and yu xing cao
 - For marked pus in the sputum: add jie geng, chuan bei mu, and gan cao
 - For excessive sputum: add ting li zi
 - For lingering heat and persistent cough with copious sputum during recuperation from a febrile disease: add si gua luo, gua lou pi, and pi pa ye
 - For measles with coughing, fever, thirst, and red rashes: add huang qin, sang bai pi, and chuan bei mu
 - For pronounced lung heat with formation of pus or yellow sputum in disorders such as pneumonia or acute bronchitis, remove yi yi ren, and add jie gen, chai hu, yu xing cao, and jin yin hua

Rhubarb and Moutan Decoction (da huang mu dan tang)

Ingredients: da huang, mang
xiao, mu dan pi, tao ren, dong gua
zi

Actions and indications of the formula

- **Actions**

- Drains heat, breaks up blood stasis, disperses clumping, and reduces swelling

- **Indications**

- Lower abdominal distension and pain (usually on the right) that increases on pressure with rebound tenderness, guarding of the abdominal musculature, a thin, yellow, and greasy tongue coating, and a slippery, rapid pulse. There may also be pain in groin (resembling painful urinary dysfunction without urinary difficulty) that is relieved by flexing the hip and knee (usually on the right) and increases when extending the hip. In addition, there may be a mass in the lower right quadrant of the abdomen and irregular, intermittent fever followed by chills and sweating.

Analysis of Formula

- Chief: da huang
 - Purge down heat and move blood stasis
- Deputy: mang xiao, mu dan pi
 - Mang xiao: softens the stool and purge down heat, unclogs the intestines
 - Mu dan pi: cools blood and move blood stasis
- Assistant: tao ren, dong gua zi
 - Tao ren: move blood stasis, moisten intestine
 - Dong gua zi: expels pus, clears heat and reduces abscesses in intestine

Modern application and modifications

- Modern application:
 - Disorders as appendicitis, acute pelvic inflammatory disease, illiac fossa abscess, and diverticulitis
 - Subdermal abscess, renal abscess, hepatic abscess and pulmonary abscess
 - Bacillary dysentery, pyelonephritis, mastitis, osteomyelitis, conjunctivitis, abdominal or lower extremity folliculitis and postvasectomy infections.
- Attentions:
 - Contraindicated for necrotic appendicitis, appendicitis with peritonitis, appendicitis in infants, appendicitis during pregnancy, or appendicitis due to parasites.

Modern application and modifications

- Modifications:
 - For high fever, add huang lian
 - For rough dysenteric diarrhea, a red tongue, and a thin rapid pulse: remove mang xiao, add xuan shen, and sheng di huang
 - For a palpable mass in the lower abdomen: add dang gui, chi shao, and zi hua di ding
 - For more severe pain: add yan hu suo, chuan lian zi, and mu xiang
 - For intestinal abscess with pus: add jin yin hua, pu gong ying, and bai hua she she cao
 - For Qi deficiency: add tai zi shen,
 - For blood deficiency: add dang gui, dan shen

Formulas that Clear Organ Heat

- Ephedra, Apricot Kernel, Licorice, and Gypsum Decoction (ma xing shi gan tang) FS: p183
- Drain the White Powder (xie bai san) FS: p171
- Drain the Yellow Powder (xie huang san) FS: p190
- Clear the Stomach Powder (qing wei san) FS: p191
- Jade Woman Decoction (yu nu jian) FS: p193
- Guide out the Red Powder (dao chi san) FS: p195
- Gentiana Longdancao Decoction to Drain the Liver (long dan xie gan tang) FS: p201
- Left Metal Pill (zuo jin wan) FS: p205
- Peony Decoction (shao yao tang) FS: p207
- Pulsatilla Decoction (bai tou weng tang) FS: p210

Ephedra, Apricot Kernel, Licorice, and Gypsum Decoction (ma xing shi gan tang)

Ingredients: ma huang, xing ren,
shi gao, fan cao

Actions and indications of the formula

- Actions
 - Facilitates the flow of lung qi, clears heat, and calms wheezing by directing rebellious qi downward.
- Indications
 - Fever with or without sweating, thirst, wheezing, coughing, labored breathing, nasal flaring and pain, a yellow tongue coating, and a slippery, rapid pulse.

Analysis of Formula

- Chief: ma huang, shi gao
 - Ma huang: facilitates the circulation of lung qi and controls the wheezing
 - Shi gao: drains heat from the lungs and controls the diaphoretic action of ma huang
- Deputy: xing ren
 - Assists ma huang in facilitating the flow of lung qi, stops wheezing
- Envoy: zhi gan cao
 - Moistens lungs, stops coughing, and harmonizes the actions of the other ingredients

Modern application and modifications

- Modern application:
 - Disorders as upper respiratory tract infection, lobar pneumonia, bronchial pneumonia, bronchial asthma, pneumonitis from measles, bronchiolitis, pertussis, and diphtheria
- Attentions:
 - Contraindicated for wheezing due to cold.
- Modifications:
 - For severe heat, add jin yin hua, lian qiao, huang qin, yu xing cao
 - For stubborn asthma, add ban xia, gua lou, chen pi, zhi shi
 - For wheezing and coughing with copious sputum, add ting li zi, su zi

Drain the White Powder (xie bai san)

Ingredients: sang bai pi, di gu pi,
zhi gan cao, geng mi

Actions and indications of the formula

- Actions
 - Drains heat from the lungs and calms wheezing.
- Indications
 - Coughing, wheezing, and fever with skin that feels hot to the touch, all of which worsen in the late afternoon, there is also a dry mouth, little or difficult to expectorate sputum, a thin, rapid pulse, and a red tongue with a yellow coating

Analysis of Formula

- Chief: sang bai
 - Drains constrained heat from the lungs and thereby stops the coughing and wheezing
- Deputy: di gu pi
 - Assists chief herb clear lung heat and stops cough, clears heat from deficiency
- Assistant: zhi gan cao, geng mi
 - Protect the stomach from the cold herbs, tonify spleen (the mother of lungs)

Modern application and modifications

- Modern application:
 - Disorders as bronchitis, pneumonia, pertussis, pulmonary tuberculosis, pleurisy, and pneumonitis from measles
- Attentions:
 - Contraindicated for cough and wheezing due to wind-cold, wind-heat.
- Modifications:
 - For severe heat, add huang qin, zhi mu
 - For obstruction due to phlegm, add ting li zi, bai qian
 - For cough due to dryness, add gua lou ren, sha shen, chuan bei mu

Drain the Yellow Powder (xie huang san)

Ingredients: shi gao, zhi zi, fang
feng, huo xiang ye, gan cao

Actions and indications of the formula

- Actions
 - Drains smoldering fire from the spleen.
- Indications
 - Mouth ulcers, bad breath, thirst, frequent hunger, dry mouth and lips, a red tongue, and a rapid pulse. Also for tongue thrusting in children

Analysis of Formula

- Chief: shi gao, zhi zi
 - Shi gao: drains fire from the spleen and stomach
 - Zhi zi: drains heat from three burners through urine, enters heart to relieve irritability
- Deputy: fang feng
 - Fang feng: disperses the smoldering spleen fire in accordance with the principle of treating constrained fire by dispersal
- Assistant: huo xiang ye
 - Revives the spleen and disperses the smoldering fire
- Envoy: gan cao
 - Harmonizes middle burner, drain fire, and harmonize the actions of the other ingredients in the formula

Modern application and modifications

- Modern application:
 - Disorders as aphthous ulcers
- Attentions:
 - Contraindicated for cough stomach yin deficiency.
- Modifications:
 - For severe heat, add huang lian.
 - For irritability and restlessness, add chi fu ling, deng xin cao

Clear the Stomach Powder (qing wei san)

Ingredients: huang lian, sheng
ma, dan pi, sheng di huang, dang
gui

Actions and indications of the formula

- Actions
 - Drains stomach fire, cools the blood, and nourishes the yin.
- Indications
 - Toothache (especially when the pain extends into the head). Facial swelling, fever, bad breath, a dry mouth, a red tongue with little coating, and a slippery, large, and rapid pulse. Also indicated for bleeding, swelling and sores of the gums, and for a swollen, painful tongue, swollen, painful lips, or swollen, painful jaw. The painful areas respond favorably to cold, and painful areas worsen with heat.

Analysis of Formula

- Chief: huang lian
 - Attacks stomach fire and drains the accumulation of heat
- Deputy: sheng ma
 - Raises and disperses the heat and relieves toxicity
- Assistant: dan pi, sheng di huang, dang gui
 - Dan pi, sheng di huang: cool the blood and nourish yin
 - Dang gui: reduces swelling and alleviates pain by harmonizing the blood

Modern application and modifications

- Modern application:
 - Disorders as stomatitis, trigeminal neuralgia, gingivitis, periodontal disease, glossitis, and idiopathic halitosis
- Attentions:
 - Contraindicated for toothache due to wind-cold, or tooth and gum problems due to kidney deficiency.
- Modifications:
 - For strong thirst with a desire for cold beverages, omit dang gui and add xuan shen and tian hua fen
 - For heat in the large intestine with constipation, add da huang

Jade Woman Decoction (yu nu jian)

Ingredients: shi gao, shu di
huang, zhi mu, mai men dong, niu
xi

Actions and indications of the formula

- Actions
 - Drains heat from the stomach and nourishes the yin.
- Indications
 - Toothache, loose teeth, bleeding gums, frontal headache, irritability and fever, thirst with a desire to drink cold beverages, a dry, red tongue with a yellow coating, and a floating, slippery, deficient, and large pulse.

Analysis of Formula

- Chief: shi gao, shu di huang
 - Shi gao: clears fire from stomach
 - Shu di huang: nourishes kidney, and enables water to restrain fire
- Deputy: zhi mu, mai men dong
 - Zhi mu: clears stomach fire and nourishes yin
 - Mai men dong: moistens the stomach, generates fluids, and alleviates irritability
- Envoy: niu xi
 - Conducts the heat and blood downward

Modern application and modifications

- Modern application:
 - Disorders as toothache, gingivitis, stomatitis, and glossitis
- Attentions:
 - Contraindicated for diarrhea.
- Modifications:
 - For severe yin deficiency with mild fire in the stomach: add nu zhen zi, han lian cao
 - For bleeding: add bai mao gen, dan pi
 - For profuse sweating and severe thirst, add wu wei zi

Guide out the Red Powder (dao chi san)

Ingredients: sheng di huang, mu
tong, dan zhu ye, gan cao shao

Actions and indications of the formula

- Actions
 - Clears heart and promotes urination.
- Indications
 - Irritability with a sensation of heat in the chest, thirst with a desire to drink cold beverages, a red face, possibly sores around the mouth, a red tongue, and a rapid pulse. Also used for dark, scanty, rough, and painful urination, or even clearly visible blood in the urine.

Analysis of Formula

- Chief: sheng di huang
 - Enters the heart to cool the blood and enters kidney to nourish yin
- Deputy: mu tong
 - Clears heat from the heart and promotes urination through the small intestine
- Assistant: dan zhu ye
 - Clears heart heat and alleviates irritability
- Envoy: gan cao shao
 - Relieves toxicity and harmonizes the actions of the other herbs

Modern application and modifications

- Modern application:
 - Disorders as stomatitis, nightmares, urethritis, cystitis, and glomerulonephritis
- Attentions:
 - Contraindicated for spleen and stomach deficiency.
- Modifications:
 - For yin deficiency, add shi hu
 - For blood in the urine: add bai mao gen, han lian cao

Gentiana Longdancao Decoction to Drain the Liver (long dan xie gan tang)

Ingredients: long dan cao, huang qin,
zhi zi, chai hu, mu tong, che qian zi, ze
xie, sheng di huang, dang gui, gan cao

Actions and indications of the formula

- Actions
 - Drains fire from the liver and gallbladder, and clears and drains damp-heat from the lower burner.
- Indications
 - Pain in the hypochondria, headache, dizziness, red and sore eyes, hearing loss, swelling in the ears, a bitter taste in the mouth, irritability, short temper, a wiry, rapid, and forceful pulse, and a red tongue with a yellow coating. Also for difficult and painful urination with a sensation of heat in the urethra, swollen and pruritic external genitalia, or foul-smelling leukorrhea. In women, the menstrual cycle will be shortened and the menstrual blood will turn reddish-purple.

Analysis of Formula

- Chief: long dan cao
 - Drains fire from the liver and gallbladder, and eliminates damp-heat from the lower burner
- Deputy: huang qin, zhi zi, chai hu
 - Huang qin, zhi zi: drains fire and eliminates dampness
 - Chai hu: disperses heat due to constrained liver and gallbladder qi
- Assistant: mu tong, che qian zi, ze xie, sheng di huang, dang gui
 - mu tong, che qian zi, ze xie: clear damp-heat through urination
 - sheng di huang, dang gui: nourish blood and yin
- Envoy: gan cao
 - harmonizes middle jiao and the actions of the other herbs

Modern application and modifications

- Modern application:
 - Disorders as migraine headache, eczema, intercostal neuralgia, gallstones, conjunctivitis, corneal ulcers, acute glaucoma, central retinitis, herpes simplex, cystitis, urethritis, pelvic inflammatory disease, hyperthyroidism
- Attentions:
 - Not for long-term or in large doses.
- Modifications:
 - For severe headache and painful, red eyes, add sang ye, ju hua
 - For coughing up blood due to liver fire injuring the lungs, add dan pi, ce bai ye
 - For tremors, add gou teng

Left Metal Pill (zuo jin wan)

Ingredients: huang lian 180g, wu
zhu yu 15~30g

Actions and indications of the formula

- Actions
 - Clears liver heat, directs rebellious qi downward, and stops vomiting.
- Indications
 - Hypochondriac pain, indeterminate gnawing hunger, epigastric focal distention, vomiting, acid regurgitation, belching, a bitter taste in the mouth, a dry mouth, a red tongue with a yellow coating, and a wiry, rapid pulse.

Analysis of Formula

- Chief: huang lian
 - Drains fire from liver and clears stomach heat
- Deputy: wu zhu yu
 - Promotes the movement of qi and releases constraint by dispersing liver, directs stomach qi downward

Modern application and modifications

- Modern application:
 - Disorders as gastritis, peptic ulcer, esophageal reflux, and hiatal hernia
- Attentions:
 - Not for long-term or in large doses.
- Modifications:
 - For severe distention, add chuan lian zi
 - For pronounce acid regurgitation, add hai piao xiao

Peony Decoction (shao yao tang)

Ingredients: shao yao, dang gui, zhi gan cao, mu xiang, bing lang, huang lian, hunag qin, da huang, rou gui

Actions and indications of the formula

- Actions
 - Regulates and harmonizes the qi and blood, clears heat, dries dampness, and resolves toxicity.
- Indications
 - Abdominal pain, tenesmus, difficulty with defecation, diarrhea with pus and blood (equal amounts), a burning sensation around the anus, dark, scanty urine, a greasy, slightly yellow coating, and rapid pulse.

Analysis of Formula

- Chief: huang lian, huang qin
 - Clears heat and dry dampness, resolve toxicity
- Deputy: da huang, shao yao, dang gui
 - Da huang: drain heat toxin through the stool,
 - Shao yao: move blood, expel the pus, relax urgency, and stop pain
 - Dang gui: tonify blood and move blood stasis
- Assistant: rou gui, bing lang, mu xiang
 - Rou gui: opposing assistant, prevents the cold, bitter herbs from injuring the yang or constraining the pathogenic influences in the interior and thereby transforming into smoldering damp-heat.
 - Mu xiang, bing lang: regulate qi and eliminates stagnation
- Envoy: gan cao
 - Harmonize the functions of middle burner and protects middle burner from the harsh actions of the other herbs.

Modern application and modifications

- Modern application:
 - Disorders as bacillary or amebic dysentery, acute enteritis, and ulcerative colitis
- Attentions:
 - Not used for early stages of this disorder where there are also exterior symptoms or dysentery due to empty cold
- Modifications:
 - For a thick tongue coating and a slippery pulse: remove gan cao, and add shan zha, and shen qu
 - For heat that has injured the fluids with a dry tongue coating: remove rou gui
 - For severe heat toxin: add jin yin hua, and bai tou weng

Pulsatilla Decoction (bai tou weng tang)

Ingredients: bai tou weng, huang
lian, huang bai, qin pi

Actions and indications of the formula

- Actions
 - Clears heat, relieves toxicity, cools the blood, and alleviates dysenteric disorders.
- Indications
 - Abdominal pain, tenesmus, a burning sensation around the anus, diarrhea containing more blood than pus, thirst, a red tongue with a yellow coating, and a wiry, rapid pulse. Hot dysenteric disorder due to heat toxin searing the Stomach and Intestines.

Analysis of Formula

- Chief: bai tou weng
 - Clears damp-heat and relieves fire toxin, especially in the blood level
- Deputy: huang lian, huang bai
 - Huang lian: clears damp-heat from stomach and intestine
 - Huang bai: clears damp-heat from the lower burner
- Assistant: qin pi
 - Drains dampness, resolves toxicity, and stops diarrhea

Modern application and modifications

- Modern application:
 - Disorders as acute bacillary, dysentery, amebic dysentery, acute enteritis, ulcerative colitis, leukorrhea, urinary tract infection, and acute conjunctivitis
- Attentions:
 - Not for long-term, contraindicated for spleen yang deficiency
- Modifications:
 - For severe tenesmus, add mu xiang, bai shao, bing lang
 - For urinary frequency, urgency, and pain, add mu tong, bai mao gen, and jin qian cao
 - For hot, swollen and painful eyes, add ju hua, mu dan pi

Formulas that Clear Heat from Deficiency

- Artemisia Annua and Soft-shelled Turtle Shell Decoction (qing hao bie jia tang) FS: p216
- Cool the Bones Powder (Qing Gu San) FS: p214

Artemisia Annua and Soft-shelled Turtle Shell Decoction (qing hao bie jia tang)

Ingredients: bie jia, qing hao,
sheng di huang, zhi mu, mu dan pi

Actions and indications of the formula

- Actions
 - Nourishes yin and vents heat.
- Indications
 - Night fever and morning coolness with no sweating as the fever recedes, emaciation with no loss of appetite, a red tongue with little coating, and a fine, rapid pulse.

Analysis of Formula

- Chief: bie jia, qing hao
 - Bie jia: enters yin, nourishes yin and clear deficiency heat
 - Qing hao: vents the heat and expels it from the body
- Deputy: sheng di huang, zhi mu
 - Nourishes yin and clear empty heat
- Assistant: mu dan pi
 - Drains heat from the yin

Modern application and modifications

- Modern application:
 - Disorders as various infectious diseases, chronic nephritis, fevers of unknown origin, and post-surgical fevers
- Attentions:
 - Not for heat in qi level and spasm or convulsions
- Modifications:
 - For blazing fire from deficiency, add bai wei, di gu pi
 - For lung consumption, add sha shen, han lian cao

Cool the Bones Powder (Qing Gu San)

Ingredients: yin chai hu, zhi mu, hu huang
lian, di gu pi, qing hao, qin jiao, zhi bie jia,
gan cao

Actions and indications of the formula

- Actions
 - Clears heat from deficiency and alleviates steaming bone disorder.
- Indications
 - Afternoon tidal fever or unremitting, chronic low-grade fever, a sensation of heat in the bones but the flesh is not warm to the touch, irritability, insomnia, emaciation, lethargy, red lips, dark-red cheeks, night sweats, thirst, a dry throat, a red tongue with little coating, and a thin, rapid pulse.

Analysis of Formula

- Chief: yin chai hu
 - Clear heat from deficiency.
- Deputy: zhi mu, hu huang lian, di gu pi, qing hao, qin jiao
 - zhi mu, hu huang lian, di gu pi: Clear heat from deficiency, alleviate steaming disorder.
 - Qing hao, qin jiao: clear deficient heat
- Assistant: Zhi bie jia
 - Nourish yin, anchors the errant yang and conducts the actions of the other herbs into the yin levels.
- Envoy: Gan cao
 - Harmonizes the actions of the other herbs and protects the spleen and stomach.

Formulas that Relieve Summerheat

- Six-to-One Powder (liu yi san) FS: p238
- Clear Summerheat and Augment the Qi Decoction (qing shu yi qi tang) FS: p243

Six-to-One Powder (liu yi san)

Ingredients: hua shi, gan cao

Actions and indications of the formula

- Actions
 - Clears summerheat, resolves dampness, and augments the qi.
- Indications
 - Fever, sweating, irritability, thirst, urinary difficulty, a thin yellow greasy tongue coating and a soggy rapid pulse.

Analysis of Formula

- Chief: hua shi
 - Clears summerheat and drains damp-heat through the urine
- Deputy: gan cao
 - Harmonizes the middle, clears heat, and relieves toxicity

Modern application and modifications

- Modern application:
 - Disorders as upper respiratory tract infection or urinary tract infection
- Attentions:
 - Contraindicated in cases with copious, clear urine, or summerheat without dampness
- Modifications:
 - For injury to qi and fluids, add xi yang shen
 - For bloody painful urinary dysfunction, add bai mao gen, xiao ji

Clear Summerheat and Augment the Qi Decoction (qing shu yi qi tang)

*Not required

Ingredients: xi yang shen, xi gua pi,
lian geng, shi hu, mai men dong, dan
zhu ye, zhi mu, huang lian, zhi gan
cao, geng mi (nonglutinous rice)

Actions and indications of the formula

- Actions
 - Clears summerheat, augments the qi, nourishes the yin and generates fluids.
- Indications
 - Fever, profuse sweating, irritability, thirst, scanty and dark urine, a desire to curl up, shortness of breath, apathy and a deficient rapid pulse.

Analysis of Formula

- Chief: xi yang shen, xi gua pi
 - Xi yang shen: augments qi, generates fluids, nourishes yin, and clears heat
 - Xi gua pi: clears summer heat
- Deputy: lian geng, shi hu, mai men dong
 - Shi hu, mai men dong: nourishes yin of the lungs and stomach
 - Lian geng: releases summer heat
- Assistant: dan zhu ye, zhi mu, huang lian
 - Dan zhu ye, zhi mu: clear heat and resolve irritability and thirst
 - Huang lian: clear heat
- Envoy: zhi gan cao, geng mi
 - Tonify qi and nourishes stomach

Modern application and modifications

- Modern application:
 - Disorders as upper respiratory tract infection, heat-stroke, and fevers of unknown origin
- Modifications:
 - For mild summerheat with severe injury to the fluids, omit huang lian
 - For a greasy, white tongue coating, omit zhi mu, mai meng dong, add fu ling