

# Class 7~12: Herbs and formula That Expel Dampness

Xianhui Li

Herbs That Expel Dampness--  
Induce Diuresis to Eliminate  
Dampness

# Herbs That Can Induce Diuresis to Eliminate Dampness

- Definition: These are the herbs that promote urination and eliminate dampness
- Indications: Oliguria, stranguria, edema, phlegm retention, warm dampness, jaundice, eczema

# Herbs That Can Induce Diuresis to Eliminate Dampness

- \*Poria Cocos, Sclerotium (Fu Ling)
- \*Polyporus (Zhu Ling)
- \*Alismatis, Rhizoma (Ze Xie)
- Talci, Pulvus (Hua Shi)
- \*Coicis, Semen (Yi Yi Ren)
- Plantaginis, Semen (Che Qian Zi)
- Akebiae Aristolochiae seu Clematis, Caulis (Mu Tong)
- Tetrapanacis, Medulla (Tong Cao)
- Benincasae, Semen (Dong Gua Ren)
- Junci, Medulla (Deng Xin Cao)
- Dianthi, Herba (Qu Mai)
- Kochiae, Fructus (Di Fu Zi)
- Malvae, Fructus (Dong Kui Zi)
- Polygoni Avicularis, Herba (Bian Xu)
- Pyrrosiae, Folium (Shi Wei)
- Dioscoreae hypoglaucae, Rhizoma (Bi Xie)
- Artemisiae Capillaris, Herba (Yin Chen Hao)
- Stephaniae, Radix (Han Fang Ji)
- **Lysimachiae, Herba (Jin Qian Cao)**
- **Climbing fern spore, Lygodii (Hai Jin Sha )**
- **Phaseoli, Semen (Chi Xiao Dou)**

# Fu Ling (Poria, Radix Poria)

- **Taste and Property:** Sweet, bland and neutral
- **Meridian Tropism:** Heart, spleen and kidney
- **Actions:** Induce diuresis, Strengthen the function of the spleen, Tranquilize the mind
- **Application:**
  - **Difficulty in urination, edema or water retention:** Being an important herb, Fu Ling is often used together with Zhu Ling and Ze Xie to strengthen the effect of inducing diuresis and eliminating dampness.
  - **Spleen deficiency:** Marked by lassitude, poor appetite and loose stool, often used together with Dang Shen, Bai Zhu and Gan Cao, i.e. Si Jun Zi Tang
  - **Palpitation and insomnia:** Often used together with Zhu Sha, Suan Zao Ren and Yuan Zhi
- **Dosage:** 10-15g

# Zhu Ling (Polyporus)

- **Taste and Property:** Sweet, bland and neutral
- **Meridian Tropism:** Spleen, Kidney and bladder
- **Actions:** Induce diuresis to eliminate dampness
- **Application:**
  - **Oliguria, edema, diarrhea, stranguria, or leukorrhea:** Used alone for stranguria in pregnancy, Used with Fu Ling and Ze Xie for edema and oliguria, i.e. Si Ling San. For patients with yin deficiency, used together with E Jiao, Hua Shi, i.e. Zhu Ling Tang
- **Dosage:** 5-10g

# Ze Xie (Rhizoma Alismatis)

- **Taste and Property:** Sweet, bland and cold
- **Meridian tropism:** Kidney, and bladder
- **Actions:** Induce diuresis to eliminate dampness and purge heat
- **Applications:**
  - **Edema or oliguria, diarrhea, leukorrhea and phlegm retention:** This herb has a similar effect of inducing diuresis as Fu Ling. As it is cold in nature, it can purge heat in the bladder and kidney, so it is mostly suitable for damp heat in the lower jiao. Often used together with Fu Ling and Zhu Ling to strengthen the effect of inducing diuresis.
  - For dizziness and diarrhea caused by retention phlegm, often used together with Bai Zhu, i.e. Ze Xie Tang
- **Dosage:** 5-10g

# Hua Shi (talcum)

- **Taste and Property:** Sweet, bland and cold
- **Meridian Tropism:** Stomach and bladder
- **Actions:** Induce diuresis to relieve stranguria, Clear away summer heat
- **Application:**
  - **Oliguria marked by difficult, dripping or painful urination.** Being cold and slippery in nature, this herb can clear away heat from bladder and promote urination, serving as a commonly used formula for stranguria due to damp heat, i.e. Ba Zheng San
  - **Summer heat marked by severe thirst, restlessness, chest stuffiness** in damp warm pattern or diarrhea due to damp heat, often used together with gan Cao, I.E. Liu Yi San
  - **Eczema, boils with secretions**, boils: Often used alone or with Shi gao, Lu Gan Shi and Ku Fan
- **Dosage:** 10-15g



# Yi Yi Ren (Coix Seed, Semen Coicis)

- **Taste and Property:** Sweet, bland and slightly cold
- **Meridian Tropism:** Spleen, stomach and lung
- **Actions:** Induce diuresis to eliminate dampness, Strengthen the spleen, Relieve Bi syndrome, Clear away heat and drain pus
- **Application:**
  - **Oliguria, edema, beriberi or diarrhea due to spleen deficiency:** This herb is similar in function as Fu Ling, so it is more suitable for exuberance of dampness due to spleen deficiency. Often used together with the herbs strengthening the function of the spleen. Besides, as this herb is slightly cold in nature, it can clear away damp heat, applicable to stranguria due to damp heat. Single use of the herb is effective for stranguria with stone or sand
  - **Spasm of the tendons and muscles in Bi Syndrome.** This herb can both induce diuresis and relax tendons and muscles. For pain of the whole body due to wind dampness, it is used together with Ma Huang, Xing Ren and Gan Cao, i.e. Ma Huang Xing Ren Yi Yi Gan Cao Tang
  - **Lung abscess or intestinal abscess:** This herb can drain pus to treat abscess in the interior. For lung abscess, it is used together with Wei Jing, Dong Gua Ren and Tao Ren, i.e. Wei Jing Tang. For Intestinal abscess, it is used together with Bai Jiang Cao, Dan Pi and Tao Ren.
- **Dosage:** 10-30g
- This herb is mild in action, so its dosage should be large. When used to strengthen the function of the spleen, it should be used after stir-fried, while for other conditions, used raw.

# Che Qian Zi (plantain herb, Semen Plantaginis)

- **Taste and Property:** Sweet and cold
- **Meridian Tropism:** Kidney, liver and lung
- **Actions:** Induce diuresis to relieve stranguria, Stop diarrhea, Clear away liver to improve eyesight, Clear away lung heat to dissolve phlegm
- **Application**
  - **Oliguria, edema or stranguria:** This herb is cold and slippery in nature. So it can induce diuresis and clear away heat, and serves as a commonly used herb for edema and stranguria. For downward movement of the damp heat or heat accumulating in the bladder, it can be used together with Mu Tong, Zhi Zi and Hua Shi, i.e. Ba Zheng San
  - **Diarrhea due to summer-heat and dampness:** More suitable for watery diarrhea due to exuberance of dampness, used alone or with Bai Zhu, Fu Ling and Ze Xie
  - **Red eyes, nebula or blurred vision:** Used together with Sheng Di, Mai Dong and Gou Qi Zi
  - **Cough with much sputum due to lung heat**
- **Dosage:** 5-10g. When used in decoction, it should be wrapped first.

# Mu Tong (Caulis Clematidis)

- **Taste and Property:** Bitter and cold
- **Meridian Tropism:** Heart, small intestine and bladder
- **Actions:** Induce diuresis to treat stranguria, Purge heat, Promote secretion of milk
- **Applications**
  - **Damp heat in the bladder** marked by scanty dark urine, or flaring up of the heart fire marked by erosion in the mouth and tongue, restlessness and dark urine, i.e. Ba Zheng San, or Dao Chi San
  - **Hypogalactio:** Often used together with Wang Bu Liu Xing, Chuan Shan Jia, or used together with pig feet
  - **Bi syndrome:** This herb can promote flow of blood in the collaterals and induce damp heat
- **Dosage:** 3-6g
- **Attention:** large dosage of the herb may cause renal failure. Not suggested for pregnant woman

# Tong Cao (Ricepaper pith, Medulla)

- **Taste and property:** Sweet, bland and slightly cold
- **Meridian Tropism:** Lung and stomach
- **Actions:** Clear away heat, induce diuresis, promote secretion of milk
- **Applications:**
  - **Oliguria, stranguria or dark scanty urine** in damp heat syndrome. This herb is mild in promoting urination, so it is more suitable for mild damp heat pattern
  - **Hypogalactio:** Similar to Mu Tong in this effect, it can also be used together with Chuan Shan Jia, Wang Bu Liu Xing or pig feet
- **Dosage:** 2-5g
- **Attention:** Not suggested for pregnant woman

# Dong Gua Zi (Wax gourd seed, winter melon seed, Semen Benincasae )

- **Taste and Property:** Sweet and cold
- **Meridian Tropism:** Lung, stomach, large intestine and small intestine
- **Actions:** facilitate the removal of pathogenic water and dampness, clear heat, transform the phlegm and promote the pus.
- **Application:**
  - **Edema, especially that with heat.** Often used in formulas with Chi Xiao Dou, Bai Mao Gen and Fu Ling
  - **Thick yellow sputum** due to lung or large intestine abscess. For lung abscess, wei jing tang, for large intestine abscess, da huang mu dan pi tang
  - **Vaginal discharge** due to damp heat.
- **Dosage:** 10-30g

# Deng Xin Cao (Rush Pith, Medulla Junci)

- **Taste and Property:** Sweet, bland and slightly cold
- **Meridian Tropism:** Heart, lung and small intestine
- **Actions:** Induce diuresis to relieve stranguria, clear away heart heat to relieve restlessness
- **Applications:**
  - **Difficult and painful urination** in heat patterns: Suitable for the mild cases
  - **Restlessness**, infantile night crying or convulsion due to heart heat: Used with other herbs clearing heart heat and tranquilizing the mind
  - **Tonsillitis:** External use of the herb in the form of powder
- **Dosage:** 1.5-2.5g

# Qu Mai (Chinese pink herb, Herba Dinanthi)

- **Taste and Property:** Bitter and cold
- **Meridian Tropism:** heart, small intestine and bladder
- **Actions:** Induce diuresis to relieve stranguria
- **Applications**
  - **Scanty dark urine or difficult and painful urination:** Often used with Bian Xu, Mu Tong and Hua Shi, i.e. Ba Zheng San
  - **Amenorrhea** due to blood stasis
- **Dosage:** 10-15g

# Di Fu Zi (Broom cypress fruit, Fructus Kochiae)

- **Taste and Property:** Bitter and cold
- **Meridian:** Bladder
- **Actions:** Clear away heat and induce diuresis, Stop itching
- **Application**
  - **Oliguria or painful, difficult stranguria:** This herb is mild in this action, so it is often used in formulas with other herbs
  - **Eczema marked by itching and secretion:** Used with Huang Bai or Bai Xian Pi orally or Ku Shen, She Chuang Zi and Ming Fan externally
- **Dosage:** 10-15g



# Dong Kui zi (Malvae Fructus)

- **Taste and Property:** Sweet and cold
- **Meridian:** Bladder, large intestine, small intestine
- **Actions:** Promote urination; Benefits the breasts; Moistens the intestines
- **Application**
  - **Oliguria or painful, difficult stranguria, or edema** without painful dribbling, especially useful when accompanied by constipation
  - **Insufficient lactation, painful swollen breasts, or early stage of breast abscess**
  - **As an adjunctive herb for constipation** due to insufficient fluids
- **Dosage:** 3-9 g

# Bian Xu (Prostrate knotweed, Herba Polygoni Avicularis)

- **Taste and Property:** Bitter and slightly cold
- **Meridian tropism:** Bladder
- **Actions:** Induce diuresis to relieve difficult urination, Kill worms to arrest itching
- **Application:**
  - **Scanty dark urine or difficult and painful urination:** Often used with Qu Mai, Mu Tong and Hua Shi, i.e. Ba Zheng San
  - **Eczema or pruritus:** Used by external washing after decocted, it can kill the worm and stop itching
- **Dosage:** 10-15g

# Shi Wei (Pyrrosia leaf, Folium Pyrrosiae)

- **Taste and Property:** Bitter, sweet and slightly cold
- **Meridian Tropism:** lung and bladder
- **Actions:** Induce diuresis to relieve stranguria, Relieve cough
- **Applications:**
  - **Stranguria of heat type, that with stone or with blood and edema:** It is specially suitable for stranguria with blood because it can also arrest bleeding, often used together with Pu Huang
  - **Cough or asthma due to lung heat:** It can clear away heat, dissolve phlegm and relieve cough
  - **Arrest Bleeding:** Metrostaxis, hematemesis or epistaxis
- **Dosage:** 5-10g

# Bi Xie (Seven lobed yam, Rhizoma Dioscoreae Septemlobae)

- **Taste and Property:** Bitter and neutral
- **Meridian Tropism:** Liver, stomach and bladder
- **Actions:** Induce diuresis to remove turbid dampness, Disperse wind dampness
- **Applications:**
  - **Stranguria with rice water like urine:** Often used together with Yi Zhi Ren, Shi Chang Pu and Wu Yao, i.e. Bi Xie fen Qing Yin;
  - **Leukorrhea due to exuberance of dampness,**
  - **Arthralgia or pain in the lower back due to wind dampness:** This herb can disperse wind dampness and relax muscles, often used together with Gui Zhi and Fu Zi for the cold dampness type and Sang Zhi, Qin Jiao and Yi Yi Ren for the damp heat type
- **Dosage:** 10-15g

# Yin Chen Hao (Oriental Wormwood, Herba Artemisiae Capillaris)

- **Taste and Property:** Bitter and slightly cold
- **Meridian Tropism:** Spleen, stomach, liver and gallbladder
- **Actions:** Clear away damp heat by promoting diuresis, Relieve jaundice
- **Application:**
  - **Jaundice:** Used as the main herb for jaundice, Single use at a large dosage. Used with Zhi Zi and Da Huang: Yin Chen Hao Tang, Jaundice with obvious oliguria: Yin Chen Wu Ling San. Jaundice of yin type: Used together with Fu Zi and Gang Jiang, Yin Chen Si Ni Tang
  - **Eczema** marked by itching and yellow secretion, used orally or externally
- **Dosage** 10-30g

# Han Fang Ji (Stephania root, Stephaniae tetrandrae radix)

- **Taste and property:** Bitter, acrid and cold
- **Meridian Tropism:** Bladder, spleen, kidney
- **Actions:** Clear damp heat, Promote the fluid pathways, Treat painful obstruction
- **Applications:**
  - Edema, abdominal distention
  - Fever and red, swollen, hot and painful joints.
- **Dosage:** 4.5-9g
- **Attentions:** Used carefully for patients with spleen deficiency or yin deficiency

# Jin Qian Cao (Lysimachia, Herba Lysimachiae)

not required

- **Taste and property:** Sweet, bland and neutral
- **Meridian Tropism:** Liver, gallbladder, kidney and bladder
- **Actions:** Induce diuresis and treat stranguria, Remove dampness to treat jaundice, Detoxicate and subdue swelling
- **Application:**
  - **Stranguria of heat type, sand or stone type:** This herb can induce diuresis, relieve stranguria and eliminate stone, serving as an important herb for urinary stone. It can be used alone at a large dosage or used together with Hai Jin Sha, Ji Nei Jin,. etc.
  - **Jaundice of damp heat type:** It can clear away damp heat from the liver and the gallbladder, often used together with Yin Chen and Zhi Zi
  - **Vicious carbuncles or snake bite**
- **Dosage:** 30-60g

# Hai Jin Sha (Climbing fern spore, Lygodii ) **not required**

- **Taste and Property:** Sweet and cold
- **Meridian tropism:** Bladder and small intestine
- **Actions:** Induce diuresis and relieve stranguria
- **Applications:**
  - **Stranguria of heat type, sand, blood and paste-like stranaguria**, often used togetehr with Hua Shi, Shi Wei and Che Qian Zi
  - **Edema of the whole body due to exuberance of the spleen dampness**, used together with Qian Niu Zi and Gan Sui., i.e. Hai Jin Sha San
- **Dosage:** 6-12g. Decocted after wrapped.



# Chi Xiao Dou (Red Bean, Semen Phaseoli) **not required**

- **Taste and Property:** Sweet, sour and bland
- **Meridian Tropism:** Heart and small intestine
- **Actions:** Induce diuresis to relieve edema, Remove toxic materials and drain pus
- **Applications**
  - **Ascites or edema of beriberi:** This herb functions downward to discharge water dampness to relieve edema. Often used alone or with Bai Mao Gen and Sang Bai Pi
  - **Carbuncles or sores due to toxic heat:** This herb can remove toxic material and drain pus, so it can be used externally for mumps, mastitis, cellulitis. For carbuncles without rupture, powder of Chi Xiao Dou can be mixed with egg white, honey or vinegar
  - **Remove dampness to treat jaundice,** used for jaundice due to damp heat
- **Dosage:** 10-30g

# Herbs That Expel Dampness-- Aromatically Transform Dampness

# The Herbs That Can Remove Dampness with an Aromatic Odor

- **Definition:** These are the herbs that have an aromatic odor and function to remove dampness to promote transformation and transportation of the spleen.
- **Mechanism:** The spleen likes dryness and dislikes dampness. If turbid dampness obstructs in the middle jiao, there will be dysfunction of the spleen and stomach. These herbs are aromatic in odor, warm and dry in nature, so they can promote flow of qi, remove turbid dampness and strengthen the spleen and revive the stomach.
- **Indications:** Dampness disturbing the spleen marked by fullness in the epigastriac fullness, vomiting, acid regurgitation, loose stool, poor appetite, lassitude, sweet taste in the mouth, drooling, white and greasy tongue coating, etc.
- **Compatibility:**
  - Herbs clearing away heat and removing dampness should be used for damp heat in the middle jiao.
  - Herbs promoting flow of qi should be used because dampness depends on qi to flow.
  - Herbs strengthening the function of the spleen should be used because spleen transforms and transports dampness.
- **Attention:**
  - Being warm and dry in nature, herbs in this group tend to impair yin.
  - As herbs in this group contain volatile oil, they should be not decocted long

# Herbs That Can Induce Diuresis to Eliminate Dampness

- \*Atractylodes Rhizome (Cang Zhu )
- \*Magnolia Bark (Hou Po)
- Agastache (Huo Xiang)
- **Eupatorium (Pei Lan)**
- \*Amomum Fruit (Sha Ren)
- Round cardamon Seed (Bai Dou Kou)
- Katsumadai seed (Cao Dou Kou)
- Tsaoko (Cao Guo)

# Cang Zhu (Atractylodes Rhizome)

- **Taste and Property:** Pungent, bitter, warm
- **Meridian Tropism:** Spleen and stomach
- **Actions:** Dry dampness and strengthen the function of the spleen, Disperse wind dampness
- **Application:**
  - Dampness obstructing in the middle jiao marked by fullness in the epigastrium and abdomen, poor appetite, nausea, vomiting, lassitude, turbid greasy tongue coating, often used together with Chen Pi, Hou Po, i.e. Ping Wei San
  - Arthralgia due to wind, cold and dampness, swelling and pain of knees and feet and flaccidity: This herb is mostly used to treat the arthralgia due to cold dampness type. It can also be used to treat an exterior pattern due to wind cold and dampness marked by aching of limbs, often used together with Qiang Huo, Fang Feng and Xi Xin
  - Downward flow of damp heat marked by swelling, pain of the foot and knee, often used together Huang Bai, i.e. Er Miao San
  - Improve eyesight: Used for night blindness and dry eyes with blurred vision
- **Dosage:** 5-10g

# Hou Po (Magnolia Bark)

- **Taste and Property:** Bitter, pungent and warm
- **Meridian Tropism:** Spleen, stomach, lung and large intestine
- **Actions:** Promote flow of qi, Dry dampness, Promote digestion to remove retained food, Relieve asthma
- **Application**
  - Incoordination between the spleen and the stomach due to obstruction of dampness, retained food and stagnation of qi marked by abdominal fullness. Being an important herb for relieving the abdominal fullness, it can be used to relieve all the abdominal fullness due to obstruction of dampness, food retention and qi stagnation.
  - Add Cang Zhu and Chen Pi for dampness obstructing in the middle jiao
  - Constipation due to stagnancy: Add Da Huang and Zhi Shi, i.e. Da Cheng Qi Tang and Xiao Cheng Qi Tang
  - Distension due to deficiency: Add Ren Shen, Gan Cai and Sheng Jiang
  - Cough or asthma with much phlegm: This herbs can help lung qi to move downward and dissolve phlegm, so it is effective for cough and asthma
- **Dosage:** 3-10g

# Huo Xiang (Agastache)

- **Taste and Property:** Pungent and slightly warm
- **Meridian Tropism:** Spleen, stomach and lung
- **Actions:** Remove dampness, relieve summer heat, arrest vomiting
- **Applications:**
  - Dampness obstructing in the middle jiao marked by fullness in the epigastrium and abdomen, poor appetite, nausea and vomiting, often used together with Cang Zhu, Hou Po and Ban Xia, i.e. Bu Huan jin Zheng Qi San
  - Summer-heat dampness syndrome: This herb can both dissolve phlegm and release an exterior pattern, mainly used to treat affection of wind cold in the summer marked by chills, fever, headache, epigastric distension, nausea and diarrhea, often used together with Zi Su, Ban Xia and Hou Po, i.e. Huo Xiang Zheng Qi San. For cases with equal dampness and heat, often used together with Hua Shi, Huang Li and Yin Chen Hao, i.e. Gan Lu Xiao Du Dan
  - Vomiting: This herb can both dissolve turbid phlegm and harmonize the stomach to relieve vomiting, mostly applicable to the vomiting due to turbid dampness. It can be used either alone or with Ban Xia.
- **Dosage:** 5-10g

# Pei Lan (Eupatorium)

not required

- **Taste and Property:** Pungent and bland
- **Meridian Tropism:** Spleen and stomach
- **Actions:** Remove dampness and relieve summer heat
- **Application:**
  - Dampness obstructing in the middle jiao: Similar to Huo Xiang in this function, often used together with Cang Zhu, Hou Po and Bai Dou Kou. As it is neutral in nature, it can also be used to treat damp heat in the spleen meridians such as sweet taste in the mouth, drooling and fetid odor from the mouth
  - Summer heat and dampness syndrome or early stage of the warm dampness, often used together with Hua Shi, Yi Yi Ren and Huo Xiang, i.e. San Ren Tang
- **Dosage:** 3-10g



# Sha Ren (Amomum Fruit)

- **Taste and Property:** Pungent and warm
- **Meridian:** Spleen and stomach
- **Actions:** Remove dampness, Promote flow of qi, Warm up the middle jiao, Relieve excessive fetal movement
- **Application:**
  - Dampness obstructing in the middle jiao or stagnation of qi in the spleen and stomach marked by fullness and distending pain in the epigastrium and abdomen, poor appetite, vomiting and diarrhea: Used together with Hou Po, Cang Zhu and Bai Dou Kou for dampness obstructing in the middle jiao, Used with Mu Xiang, Zhi Shi, Bai Zhu for stagnation of both qi and retained food, i.e. Xiang Sha Zhi Shi Wan, Stagnation of qi due to spleen deficiency: Used together with Dang Shen and Bai Zhu, i.e. Xiang Sha Liu Jun Zi Wan (GI Strength)
  - This herb has the action of warming up the middle jiao, so it is specially effective for diarrhea due to spleen deficiency, used alone in the form of powder or such herbs warming up the middle jiao such as Gan Jiang and Fu Zi.
  - Morning sickness or excessive fetal movement: This herb works by promoting flow of qi and harmonizing function of the middle jiao, used together Bai Zhu and Su Geng for Morning sickness or excessive fetal movement due to stagnation of qi with spleen deficiency.
- **Dosage:** 3-6g. To be decocted later for decoction

# Bai Dou Kou (Round cardamon Seed)

- **Taste and Property:** Pungent and warm
- **Meridian Tropism:** Lung, spleen and stomach
- **Actions:** Remove dampness, promote flow of qi and warm up the middle jiao to relieve vomiting
- **Applications**
  - Dampness obstructing in the middle jiao and stagnation of qi in the spleen and stomach marked by abdominal fullness and distension and poor appetite, often used together with Hou Po, Cang Zhu and Chen Pi. For early stage of damp-warm syndrome marked by chest tightness, no appetite and turbid greasy tongue coating, often used together with Yi Yi Ren and Xing Ren, i.e. San Ren Tang, For more heat in damp warm syndrome: Often used together with Huang Qin, Huang Lian and Hua Shi, i.e. Huang Qin Hua Shi Tang
  - Vomiting: Mostly suitable for vomiting due to stomach cold, often used together with Huo Xiang and Ban Xia, or Sha Ren and Gan Cao for stomach cold with mild reflux.
- **Dosage:** 3-6g. To be decocted later for decoction.

# Cao Dou Kou (Katsumadai seed)

- **Taste and Property:** Pungent and warm
- **Meridian Tropism:** Spleen and stomach
- **Actions:** Dry dampness, warm up the middle jiao and promote flow of qi
- **Applications:** Cold dampness obstructing in the spleen and stomach marked by distending pain and fullness in the epigastrium and abdomen, vomiting and diarrhea, mostly suitable for exuberance of cold dampness in the middle jiao
- **Dosage:** 3-6g. Decocted later for decoction

# Cao Guo (Tsaoko)

- **Taste and Property:** Pungent and warm
- **Meridian Tropism:** Remove dampness, warm up middle jiao and treat malaria
- **Application:**
  - Cold dampness obstructing in the middle jiao: This herb has a strong effect of drying dampness and dispersing cold, often used together with Hou Po, Cang Zhu and Ban Xia
  - Malaria: Used for malaria with much cold dampness, especially the malaria caused by turbid qi in mountains or turbid dampness, often used together with Chang Shan, Chai Hu and Zhi Mu.
- **Dosage:** 3-6g

Herbs That Expel Dampness--  
Eliminate Wind Dampness

# Herbs that Can Eliminate Wind Dampness

- **Definition:** The herbs that can eliminate wind dampness to relieve pain due to obstruction are known as the herbs that can eliminate wind dampness.
- **Actions:** Eliminate the wind dampness staying in the muscles and meridians, Some of the herbs can also relax tendons or muscles, remove obstruction in the collaterals, relieve pain and strengthen the tendons and bones
- **Indications:** Pain in Bi syndrome due to wind dampness marked by muscular spasm, numbness, hemiplegia, soreness and pain in the loins and knees or muscular atrophy in the legs
- **Compatibility:**
  - Used with herbs eliminating wind in the pain in the upper part of the body or pathogen stays in the exterior
  - Used with herbs activating blood flow for chronic cases with pathogen entering the collateral
  - Used with herbs warming up channels for more cold dampness
  - Used with herbs clearing away heat for heat transformed from long standing stagnation
  - used with herbs tonifying qi and blood herbs tonifying the liver and the kidney for cases with lumbago and weakness of feet due to deficiency of liver and kidney
- **Administration:**
  - Often used with wine, pills or powder, as the Bi syndrome is mostly chronic condition and wine can strengthen the effect of eliminating wind dampness
  - Some of the herbs are pungent, warm, fragrant and dry in nature, tending to impair yin blood, so they should not be applied for patients with yin blood deficiency

# Herbs that Can Eliminate Wind Dampness

- Angelicae Pubescentis, Radix (Du Huo)
- Gentianae Macrophyllae, Radix (Qin Jiao)
- Clematidis, Radix (Wei Ling Xian)
- Erythrinae, Cortex (Hai Tong Pi)
- Chaenomelis, Fructus (Mu Gua)
- **Bombycis Mori, Excrementum (Can Sha)**
- Mori, Ramulus (Sang Zhi)
- Acanthopanax, Cortex (Wu Jia Pi)
- Siegesbeckiae, Herba (Xi Xian Cao)
- **Trachelospermi, Caulis (Luo Shi Teng)**
- **Piperis futokadsurae, Caulis (Hai Feng Teng)**
- Agkistrodon (Bai Hua She)

# Du Huo (Pubscent Angelica Root, Radix Angelicae Pubscentis)

- **Taste and Property:** Pungent, bitter and warm
- **Meridian tropism:** Liver, kidney and bladder
- **Actions:** Eliminate wind dampness, relieve pain and release exterior patterns
- **Application:**
  - Arthragia due to wind dampness: This herb is good at eliminating wind dampness and relieve pain, so it can be applied to Bi syndromes due to wind, cold and dampness in the muscles and joints, either the acute or the chronic, especially that in the lower part of the body, often used with other wind-dampness-eliminating herbs and the herbs tonifying the kidney and liver, i.e. Du Huo Ji Sheng Tang
  - Exterior patterns due to wind cold complicated by dampness: This herb is weaker in this effect compared with Qiang Huo, and is often used together with Qiang Huo
  - Headache involving Shaoyin meridian or skin pruritus.
- **Dosage:** 3-10g



# Qin Jiao (Large leaf gentian root, Radix Gentianae Macrophyllae)

- **Taste and Property:** Bitter, pungent and slightly cold
- **Meridian Tropism:** Stomach, liver and gallbladder
- **Actions:** Eliminate wind dampness, relax muscular spasm and clear away heat of deficiency type
- **Applications:**
  - Arthralgia, convulsion of the whole body or limbs, or weakness of limbs: This herb can be used for all types of arthralgia, no matter they are newly developed, chronic cold or heat, but it is more suitable for cases marked by fever, swollen and red joints
  - Bone heat and tidal fever: This herb is commonly used herbs for bone-heat or tidal fever due to yin deficiency, often used together with Qing Hao, Bie Jia, etc., i.e. Qin Jiao Bie Jia tang
  - Jaundice: Used together with Yin Chen and Zhi Zi
- **Dosage:** 5-10g

# Wei Ling Xian (Clematis Root, Radix Clematidis)

- **Taste and Property:** Pungent, salty and warm
- **Meridian Tropism:** Bladder
- **Actions:** Eliminate wind dampness, remove obstruction from meridians and collateral, relieve pain in Bi Syndrome and treat fish bone in the throat
- **Application:**
  - Arthralgia due to wind dampness: This herb tends to move around, so it has a strong effect of removing obstruction from channels, eliminating wind dampness and relieve pain, applicable to arthralgia, numbness of limbs, muscular spasm and difficult movement of limbs, i.e. Shen Ying Wan, which is used for lumbago due to wind cold when used with Gui Xin and Dang Gui.
  - Fish bone obstructing in the throat: Decoct this herb to be swallowed slowly
  - Dysphagia or mass: This herb can eliminate phlegm and water
- **Dosage:** 5-10g. For fish bone obstructing in the throat, 30g
- **Attention:** This herb tends to move around, so long use of the herb can impair vital qi

# Erythrinae, Cortex (Hai Tong Pi)

- **Taste and Property:** Bitter, acrid and neutral
- **Meridian Tropism:** Liver, spleen and kidney
- **Actions:** Eliminate wind dampness, remove obstruction from collateral, kill the worms and stop itching
- **Application**
  - For wind damp painful obstruction, can be used for cold or hot patterns
  - Treats itching skin lesions and eczema, external use.
- **Dosage:** 6-12g

# Mu Gua (Chaenomeles Fruit, Fructus Chaenomelis)

- **Taste and Property:** Sour and warm
- **Meridian Tropism:** Liver and Spleen
- **Actions:** Relax muscular spasm, remove dampness and harmonize the function of the stomach
- **Application:**
  - Arthralgia, muscular spasm and swelling and pain in beriberi: This is a common herbs for Bi Syndrome due to wind dampness, especially spasm of tendons or muscles. For muscular spasm with rigid tendons, used with Ru Xiang, Mo Yao, Sheng Di, i.e. Mu Gua Jian. For swelling and pain in beriberi accompanied with restlessness and chest tightness, often used together with Wu Hu Yu and Bing Lang, i.e. Ji Ming San
  - Systrema due to severe vomiting or diarrhea: This herb can treat this disease because it can remove the turbid dampness to harmonize the function of the middle jiao, and relieve muscular spasm. Often used together with Yi Yi Ren, Can Sha, Huang Lian and Wu Zhu Yu, i.e. Can Shi Tang
  - Promote digestion
- **Dosage:** 6-12g

# Can Sha (Silkworm Excrement, Excrementa Bambycum)

not required

- **Taste and Property:** Pungent, sweet and warm
- **Meridian Tropism:** Liver, spleen and the stomach
- **Actions:** Eliminate wind dampness and promote flow of qi and blood in the collaterals
- **Application:**
  - Arthralgia due to wind dampness, paralysis of limbs or itching due to eczema
  - Arthralgia due to damp heat—Xuan Bi Tang
  - Hemiplegia: Two bags of Can Sha are applied to the affected part alternately after heated
  - Eczema: Decoct the herb to wash the affected part
  - Vomiting or systrema due to obstruction of pathogenic dampness in the interior: Used to regulate the stomach and remove dampness, often used together with Huang Qin, Mu Gua and Wu Zhu Yu, i.e. Can Shi Tang
- **Dosage:** 5-10g

# Sang Zhi (Mulberry Twig, Ramulus Mori)

- **Taste and Property:** Bitter and bland
- **Meridian Tropism:** Liver
- **Actions:** Disperse wind from collaterals, induce diuresis to relieve edema
- **Application:**
  - Arthralgia or convulsion of limbs due to wind dampness, especially that in the upper limbs
  - Edema
- **Dosage:** 10-30g

# Wu Jia Pi (Acanthopanax Bark, Cortex Acanthopanax Radicis)

- **Taste and property:** Pungent, bitter and warm
- **Meridian tropism:** Liver and kidney
- **Actions:** Eliminate wind dampness, strengthen the tendons and bones
- **Applications:**
  - Arthralgia or convulsion of limbs due to wind dampness, especially that in the upper limbs. For retarded walk in children, often used together with Mu Gua and Chuan Niu Xi, i.e. Wu Pi Yin
  - Edema: Used together with Fu Ling Pi, Da Fu Pi and Sheng Jiang Pi, i.e. Wu Pi Yin
- **Dosage:** 5-10g

# Xi Xian Cao (Common St. Paulswort, Herba Siegesbeckiae)

- **Taste and Property:** Bitter and cold
- **Meridian Tropism:** Liver and kidney
- **Actions:** Eliminate wind dampness, remove obstruction from collateral, clear away heat and remove toxic materials
- **Application**
  - Arthralgia, numbness of limbs, weakness of the feet and hemiplegia due to wind dampness: Used alone after made into pills with honey or together with Chou Wu Tong, i.e. Xi Tong Wan
  - Carbuncles, sores or eczema marked by itching: Mostly used raw, internally or externally
  - Lower blood pressure
- **Dosage:** 10-15g. Used after prepared for Bi Syndrome due to wind dampness and raw for carbuncles or eczema



# Luo Shi Teng (Chinese Starjasmine, Caulis Trachelospermi) **not required**

- **Taste and Property:** Bitter and slightly cold
- **Meridian tropism:** Heart and liver
- **Actions:** Disperse wind from the collaterals, cool blood to subdue swelling
- **Application:**
  - Arthralgia or muscular spasm due to wind dampness: Often used for that accompanied with heat
  - Sore throat or carbuncles: Decoction of this herb can treat the sore throat by being swallowed slowly
- **Dosage:** 6-15g

# Hai Feng Teng (Caulis, Piperis futokadsurae) not required

- **Taste and Property:** Acrid, Bitter and slightly warm
- **Meridian tropism:** Liver
- **Actions:** Disperse wind from the collaterals, open collaterals
- **Application:**
  - Arthralgia or muscular spasm due to wind dampness:  
Often used for that accompanied with cold.
- **Dosage:** 6-12g

# Bai Hua She (Agkistrodon)

- **Taste and Property:** Salty, sweet, toxic and warm
- **Meridian Tropism:** Liver
- **Actions:** Eliminate wind
- **Application:**
  - Arthralgia due to wind dampness
  - Dermatoses, numbness of skin, or any kind of rash due to wind from skin.
  - Seizures, tremors, spasms or convulsions due to wind in the sinews.
- **Dosage:** 3-9g in decoction. 1-1.5g in pills or powders.

# Formulas That Expel Dampness

# Formulas

- **Formulas that Promote Urination and Leach out Dampness**
  - Five-Ingredient Powder with Poria (wu ling san) FS: p724
  - Zhu Ling Tang (Polyporus Decoction) FS: p731
  - Wu Pi San (Five-Peel Powder) FS: p732
- **Formulas that Transform Damp Turbidity**
  - Ping wei san (calm the stomach powder) FS: p687
  - Huo Xiang Zheng Qi San (Agastache Powder to rectify Qi) FS: p691
- **Formulas that Clear Damp Heat**
  - Yin Chen Hao Tang (Artemisia Yinchenhao Decoction) FS: p710
  - Ba Zheng San (Eight Herb Powder for Rectification) FS: p713
  - San Ren Tang (Three-Seed Decoction) FS: p699
- **Formulas that Warm and Transform Water and Dampness**
  - Zhen Wu Tang (True Warrior Decoction) FS: p744
  - Shi Pi Yin (Bolster the Spleen Drink) FS: p749
  - Bei Xie Fen Qing Yin (Dioscorea Hypoglauca Decoction to Separate the Clear) FS: p753
- **Formulas that Dispel Wind-Dampness**
  - Qiang Huo Sheng Shi Tang (Notopterygium Decoction Overcome Dampness) FS: p755
  - Juan Bi Tang (Remove Painful Obstruction Decoction) FS: p756
  - Gui Zhi Shao Yao Zhi Mu Tang (Cinnamon Twig, Peony, and Anemarrhena Decoction) FS: p760
  - Du Huo Ji Sheng Tang (Angelica Pubescens and Sangjisheng Decoction) FS: p758

- **Formulas that Promote Urination and Leach out Dampness**
  - Five-Ingredient Powder with Poria (wu ling san)
  - Zhu Ling Tang (Polyporus Decoction)
  - Wu Pi San (Five-Peel Powder)

# Wu Ling San (Five Ingredient Powder with Poria)

Ingredients: Ze xie, Fu ling, Zhu ling, Bai zhu, Gui zhi

# Actions and indications of the formula

- Actions
  - Promote urination, drain dampness, strengthen the spleen, warm the yang and promote the transforming function of qi
- Indications
  - Headache, fever, irritability, strong thirst but with vomiting immediately after drinking, urinary difficulty, and a floating pulse.
  - Edema, generalized sensation of heaviness, diarrhea, urinary difficulty and possible vomiting and diarrhea.
  - Throbbing pulsations just below the umbilicus, vomiting frothy saliva, vertigo, shortness of breath, and coughing.
  - Severe accumulation of water in the bladder and inability of the qi to transform fluids, manifested as urinary difficulty or edema



# Analysis of Formula

- Chief: Ze xie
  - Ze xie: sweet, bland and cold. leach out dampness, clear heat and promote urination.
- Depute: Zhu ling, fu ling
  - Fu ling: leaching out dampness, strengthening the spleen.
  - Zhu ling: eliminate dampness and promote urination.
- Assistant: Bai zhu
  - Bai zhu: strengthen the spleen, thereby aiding in the transformation and transportation of fluids
- Envoy: Gui zhi
  - Gui zhi: assist bladder in transforming and discharging urine. Facilitating the movement. Release the exterior Taiyang disorder

# Modern application and modifications

- Modern application:
  - Chronic renal failure, acute or chronic nephritis, genitourinary infections, neurogenic bladder syndrome
- Modifications:
  - Si ling san (four ingredient powder with poria): omit gui zhi for dampness injuring the spleen and stomach characterized by loose stools and urinary difficulty
  - Wei ling tang (calm the stomach and poria decoction): take with ping wei san (calm the stomach powder) for epigastric distention and pain, diarrhea and urinary difficulty.

# Zhu Ling Tang (Polyporus Decoction)

Ingredients: Zhu ling, Fu ling,  
Ze xie, Hua shi, E jiao

# Actions and indications of the formula

- Actions
  - Promote urination, clear heat, and nourish yin
- Indications
  - Urinary difficulty with fever and thirst with a desire to drink. May have diarrhea, cough, nausea, irritability or insomnia.

# Analysis of Formula

- Chief: Zhu ling, fu ling
  - Zhu ling: unblock the water pathway and promote urination.
  - Fu ling: benefit spleen and promote urination .
- Depute: Ze xie
  - Ze xie: promote water metabolism and urination.
- Assistant: Hua shi, E jiao
  - Hua shi: clear heat, unblock painful urinary dysfunction.
  - E jiao: enrich yin to avoid excessive urination injure the yin.

# Formula Comparisons

Formula	Wu ling san	Zhu ling tang
Ingredient	Fu ling, Zhu ling, Ze xie	
	Bai zhu, Gui zhi	Hua shi, Ejiao
Actions	Promote urination	
	Unblock the flow of yang to encourage the transformation of qi with exterior pattern.	Clear interior heat and nourish yin

# Wu Pi San (Five-Peel Powder)

Ingredients: Sang bai pi, Sheng  
jiang pi, Fu ling pi, Chen pi, Da fu  
pi

# Actions and indications of the formula

- Actions
  - Resolve dampness, reduce edema, regulate qi and strengthen spleen
- Indications
  - Generalized edema with a sensation of heaviness, distention, and fullness in the epigastrium and abdomen, labored and heavy breathing, urinary difficulty, a white, greasy tongue coating, and a submerged pulse



# Analysis of Formula

- **Sang bai pi:** promote urination by directing the lung qi downward and opening up the water pathways.
- **Sheng jiang pi:** transform dampness and disperse edema.
- **Fu ling pi:** leach out dampness, promote urination, and strengthen the transporting function of spleen.
- **Chen pi, Da fu pi:** eliminate qi stagnation

Attention: Not for spleen deficiency

- **Formulas that Transform Damp Turbidity**

- Ping wei san (calm the stomach powder)
- Huo Xiang Zheng Qi San (Agastache Powder to rectify Qi)

# Ping wei san (calm the stomach powder)

Ingredients: Cang zhu, Hou po,  
Chen pi, Gan cao

# Actions and indications of the formula

- Actions
  - Dry dampness, promote movement of qi, improve the function of spleen and stomach
- Indications
  - Distention and fullness in the epigastrium and abdomen, loss of taste and appetite, a heavy sensation in the limbs, loose stool or diarrhea, vomiting, nausea, swollen tongue with a thick, white and greasy tongue coating, and a slippery pulse.

# Analysis of Formula

- Chief: Cang zhu
  - Cang zhu: acrid, bitter and warm, dispelling dampness and strengthening the transporting function of the spleen.
- Depute: Hou po
  - Hou po: dispel dampness and disperse fullness.
- Assistant: Chen pi
  - Chen pi: regulate the qi and thereby transform the dampness.
- Envoy: Zhi gan cao, sheng jiang, da zao
  - Zhi gan cao: regulate the actions of other herbs and harmonize the middle burner.
  - Sheng jiang and Da zao: mildly regulate and harmonize the relationship between the spleen and stomach.

- Attention: This formula contains warm, drying herbs which easily injure the yin and blood. So it is not suitable for patient with yin or blood deficiency

# Huo Xiang Zheng Qi San (Agastache Powder to rectify Qi)

Ingredients: Huo xiang, Hou po, Chen  
pi, Zi su ye, Bai zhi, Ban xia, Da fu pi,  
Bai zhu, Fu ling, Jie geng, Zhi gan cao,  
Sheng jiang, Da zao



# Actions and indications of the formula

- Actions
  - Release the exterior, transform dampness, regulate qi and harmonize middle jiao
- Indications
  - Fever and chills, headache, a sensation of fullness and stifling oppression in the chest. Pain in the epigastrium and abdomen, nausea and vomiting, borborygmus, diarrhea, loss of taste, a white greasy tongue coating, soggy pulse.

# Analysis of Formula

- Chief: Huo xiang
  - Huo xiang: disperse wind cold, transform turbid dampness, revive spleen and stop vomiting.
- Depute: Hou po, chen pi; zi su ye, bai zhi
  - Hou po, Chen pi: facilitate the flow of qi and transform dampness.
  - Zi su ye, Bai zhi: disperse exterior pathogens and transform turbidity
- Assistant: Ban xia, jie geng, da fu pi, bai zhu
  - Ban xia: dry dampness, harmonize stomach and descend rebellion.
  - Jie geng: promote the function of lung
  - Da fu pi: remove stagnation especially of lower burner.
  - Bai zhu, Fu ling: strengthen spleen and dry dampness.
- Envoy: Zhi gan cao, sheng jiang, da zao
  - Sheng jiang, Zhi gan cao, Da zao: harmonize

- Attention: Not for wind heat or deficient heat.

- **Formulas that Clear Damp Heat**
  - Yin Chen Hao Tang (Artemisia Yinchenhao Decoction)
  - Ba Zheng San (Eight Herb Powder for Rectification)
  - San Ren Tang (Three-Seed Decoction)

# Yin Chen Hao Tang (Artemisia Yinchenhao Decoction)

Ingredients: Yin chen hao, Zhi zi,  
Da huang

# Actions and indications of the formula

- Actions
  - Clear heat, resolve dampness and reduce jaundice.
- Indications
  - Jaundice with color of 'fresh tangerine', slight abdominal distention, urinary difficulty, thirst but take only sips, a yellow greasy tongue coating, a slippery and rapid pulse.

# Analysis of Formula

- Chief: Yin chen hao
  - Yin chen hao: clear damp heat, relieve jaundice.
- Depute: Zhi zi
  - Zhi zi: clear heat from three burners, drain damp heat through urine.
- Assistant: Da huang
  - Da huang: purge heat through bowels

# Modifications

- For high fever, add long dan cao and ban lan gen.
- With preponderance of dampness, use Yin Chen Wu Ling San: Yin Chen Hao, Ze xie, Fu ling, Zhu ling, Bai zhu, Gui zhi
- For Yin type jaundice use Yin Chen Zhu Fu Tang: Yin Chen Hao, Gan jiang, Zhi fu zi, Rou gui, Zhi gan cao, bai zhu



# Identification of Yin jaundice and Yang jaundice

Yang Jaundice	Yin Jaundice
Damp heat, mainly from exterior pathogens	Cold dampness, mainly from spleen deficiency
Bright yellow color like orange peel	Dusky and smoky yellow pigmentation
Excess heat	Deficiency or mixed pattern
Sudden onset, short duration	Long course, chronic onset

# Ba Zheng San (Eight Herb Powder for Rectification)

Ingredients: Mu tong, Hua shi, Che qian zi, Qu mai, Bian xu, Zhi zi, Zhi da huang, Deng xin cao, Gan cao

# Actions and indications of the formula

- Actions
  - Clear heat, promote urination and unblock the painful obstruction.
- Indications
  - Dark, turbid, scanty, difficult, and painful urination, a dry mouth and throat, a yellow, greasy tongue coating, and a slippery rapid pulse.

# Analysis of Formula

- Chief: Mu tong
  - Mu tong: clear heat, promote urination, and drain dampness.
- Depute: Hua shi, che qian zi, qu mai, bian xu
  - Hua shi, Che qian zi, Qu mai, Bian xu: clear damp heat by promoting urination.
- Assistant: Zhi zi, Da huang
  - Zhi zi: clear heat through urine.
  - Da huang: clear heat through bowels.
- Envoy: Deng xin cao, gan cao
  - Deng xin cao: guide heat downward.
  - Gan cao: relieve pain and harmonize

# Modifications

- For stone, add jin qian cao, hai jin sha.
- Attention: Not for long term use or deficient pattern.

# San Ren Tang (Three-seed Decoction)

Ingredients: xing ren, bai dou kou, hou  
po, zhi ban xia, yi yi ren, tong cao, dan  
zhu ye, hua shi

# Actions and indications of the formula

- Actions
  - Disseminates the qi, facilitates the qi movement, clear heat, drain dampness.
- Indications
  - Headache, chills, afternoon fever, a heavy sensation in the body, generalized pain, pale yellow complexion, a stifling sensation in the chest, loss of appetite, an absence of thirst, a white tongue coating, and a wiry, thin, and soggy pulse.

# Analysis of Formula

- Chief: Xing ren, bai dou kou, yi yi ren
  - Xing ren, bai dou kou, and yi yi ren is used for the upper, middle, and lower burner respectively to resolve dampness.
- Depute: tong cao, dan zhu ye, hua shi
  - Clear heat, promote urination and drain dampness.
- Assistant: Hou po, zhi ban xia
  - Dry dampness, and regulate qi



# Modern application and modifications

- **Modern application:**
  - Typhoid fever, pyelonephritis, hepatitis, brucellosis, gastritis, colitis, and bacillary dysentery
- **Modifications:**
  - For severe headache and aversion to cold: add huo xiang and zi su ye
  - For patterns characterized by distinctly more dampness than heat: add cang zhu, shi chang pu, and cao guo
  - For a more severe stifling sensation in the chest and focal distension in the epigastrium: add qian hu and huo xiang
  - For severe fever, dark urine, and a red tongue indicating presence of more severe heat: add yin chen hao, zhi zi and huang qin

- **Formulas that Warm and Transform Water and Dampness**
  - Zhen Wu Tang (True Warrior Decoction)
  - Shi Pi Yin (Bolster the Spleen Drink)
  - Bi Xie Fen Qing Yin (Dioscorea Hypoglauca Decoction to Separate the Clear)

# Zhen Wu Tang (True Warrior Decoction)

Ingredients: Fu zi, Bai zhu, Fu  
ling, Sheng jiang, Bai shao

# Actions and indications of the formula

- Actions
  - Warm yang and promote urination.
- Indications
  - Abdominal pain which is aggravated by cold, urinary difficulty, and deep aching and heaviness in the extremities. May have edema, loose stools, dizziness, a heavy sensation in the head, palpitations, cough, vomiting. A pale swollen tongue with teeth marks. A white, slippery tongue coating, and a deep thin weak pulse.

# Analysis of Formula

- Chief: Fu zi
  - Fu zi: restore the kidney yang.
- Depute: Bai zhu, fu ling
  - Bai zhu, Fu ling: strengthen spleen and promote urination.
- Assistant: Sheng jiang, bai shao
  - Sheng jiang: disseminate lung qi, warm stomach, dispel dampness in the flesh or skin.
  - Bai shao: preserve yin and alleviate pain.

# Modifications

- For palpitation, wheezing or coughing, spontaneous sweating, add ren shen, huang qi, wu wei zi.

# Shi Pi Yin (Bolster the Spleen Drink)

Ingredients: Pao fu zi, gan jiang, fu ling, bai zhu, mu gua, jiang chao hou po, mu xiang, da fu pi, cao guo, zhi gan cao, sheng jiang, da zao

# Actions and indications of the formula

- Actions
  - Warm the yang, strengthens the Spleen, moves the qi, and promotes urination.
- Indications
  - Generalized edema that is more severe below the waist, cold extremities, chest and abdominal fullness and distension, a heavy sensation in the body, loss of appetite, absence of thirst, scanty urine, semi-liquid, unformed stools, a thick, greasy tongue coating, and a submerged, slow or submerged, thin pulse.



# Analysis of Formula

- Chief: Fu zi, gan jiang
  - Warm the yang, tonify the fire.
- Depute: Bai zhu, fu ling
  - Bai zhu, Fu ling: strengthen spleen and promote urination.
- Assistant: Mu gua, hou po, mu xiang, da fu pi, cao guo
  - Regulate qi, dry dampness, revive the spleen
- Envoy: Gan cao, sheng jiang, da zao
  - Harmonize the other herbs and protect middle burner

# Modern application and modifications

- **Modern application:**
  - Chronic nephritis, rheumatic valvular heart disease, congestive heart failure, and cirrhosis or chronic hepatic disorders
- **Modifications:**
  - For qi deficiency: add dang shen, and huang qi
  - For scanty urine and severe edema: add ze xie and zhu ling
  - For abdominal distension: add chen pi and sha ren
  - For proteinuria: add lu xian cao and qian shi
  - For palpitation: increase dosage of zhi fu zi, and add long gu and ci shi
  - For painful distension of liver area: qing pi, san leng and e zhu
  - For ascites due to liver cirrhosis: add dang shen, ze xie, yu jin, and chen pi
  - For constipation: add qian niu zi

Bi Xie Fen Qing Yin  
(Dioscorea Hypoglauca  
Decoction to Separate the Clear)

Ingredients: Bi xie, Yi zhi ren, Wu  
yao, Shi chang pu

# Actions and indications of the formula

- Actions
  - Warm kidneys, drain dampness, transform and separate the turbid from clear.
- Indications
  - Frequent urination with cloudy, dense, milky or greasy urine.

# Analysis of Formula

- Chief: Bi xie
  - Bei xie: drain dampness, transform turbidity and treat cloudy urine.
- Depute: Yi zhi ren
  - Yi zhi ren: warm kidney yang and reduce the frequency of urination.
- Assistant: Wu yao, shi chang pu
  - Wu yao: warm kidneys and promote movement of qi.
  - Shi chang pu: transform turbidity and eliminate dampness.

# Modifications and modern application

- Attention: Not for turbid urine due to damp heat in Bladder
- Modifications: For spleen qi deficiency add Si jun zi tang.
- Modern application: Chronic prostatitis, nephritic syndrome, nephritis, chronic pelvic inflammatory disease.

- **Formulas that Dispel Wind-Dampness**
  - Qiang Huo Sheng Shi Tang (Notopterygium Decoction Overcome Dampness)
  - Juan Bi Tang (Remove Painful Obstruction Decoction)
  - Gui Zhi Shao Yao Zhi Mu Tang (Cinnamon Twig, Peony, and Anemarrhena Decoction)
  - Du Huo Ji Sheng Tang (Angelica Pubescens and Sangjisheng Decoction)

# Qiang Huo Sheng Shi Tang (Notopterygium Decoction Overcome Dampness)

Ingredients: Qiang huo, Du huo,  
Gao ben, Fang feng, Chuan xiong,  
Man jing zi, Zhi gan cao



# Actions and indications of the formula

- Actions
  - Expel wind and overcome dampness.
- Indications
  - Heavy and painful head, a generalized sensation of heaviness, back or generalized pain, difficulty in rotating or bending the trunk, mild fever, chills, a white tongue coating and a floating pulse.

# Analysis of Formula

- Chief: qiang huo, du huo
  - Qiang huo: expel wind dampness from the upper reaches of the Tai yang meridian.
  - Du huo: expel wind dampness from the lower reaches of the Tai yang meridian.
- Depute: Fang feng, gao ben
  - Fang feng, Gao ben: expel wind dampness.
- Assistant: chuan xiong, man jing zi
  - Chuan xiong: treat headache and invigorate blood, which helps relieve the generalized heaviness and pain.
  - Man jing zi: treat headache.
- Envoy: Gan cao
  - Gan cao: harmonize

- Attention: Not for yin deficiency or heat pattern.

# Juan Bi Tang (Remove Painful Obstruction Decoction)

Ingredients: Qiang huo, Du huo, Qin jiao, Sang zhi, Hai feng teng, Dang gui, Chuan xiong, Ru xiang, Mu xiang, Gui zhi, Zhi gan cao

# Actions and indications of the formula

- Actions
  - Remove wind-dampness and alleviate painful obstruction.
- Indications
  - Joint pain that increase with cold and diminish with warmth, heaviness and numbness of limbs, a thick, white tongue coating, and a slow or slippery pulse.

# Analysis of Formula

- Chief: qiang huo, du huo
  - Qiang huo: expel wind dampness from the upper reaches of the Tai yang meridian.
  - Du huo: expel wind dampness from the lower reaches of the Tai yang meridian.
- Depute: qin jiao, sang zhi, hai feng teng
  - Qin jiao, Sang zhi, Hai feng teng: expel wind dampness.
- Assistant:
  - Chuan xiong, Dang gui: invigorate blood, which helps expel dampness and stop pain.
  - Ru xiang: break up blood stasis and relieve pain.
  - Mu xiang: revive spleen to treat dampness.
  - Gui zhi: improve the circulation of yang qi, unblock the meridians. .
- Envoy: Gan cao
  - Gan cao: harmonize

# Modification

- Add Fang feng to expel wind.
- Add Cang zhu, Yi yi ren to dry dampness.
- Add Niu xi, Mu gua, for lower extremities.

# Gui Zhi Shao Yao Zhi Mu Tang (Cinnamon Twig, Peony, and Anemarrhena Decoction)

Ingredients: Gui zhi, Ma huang,  
Fu zi, Zhi mu, Shao yao, Bai zhu,  
Fang feng, Sheng jiang, Gan cao



# Actions and indications of the formula

- Actions
  - Expel wind and overcome dampness.
- Indications
  - Swollen and painful joints (especially the lower extremities) that are warm to touch and worse at night, reduced range of motion in the affected joints, chills, absence of sweating, weight loss, headache, dizziness, a white, greasy tongue coating, and a wiry slippery pulse.

# Analysis of Formula

- Chief: gui zhi
  - Gui zhi: warm and unblock the channels.
- Depute: Ma huang, fu zi, zhi mu
  - Ma huang: relieve the superficial swollen.
  - Fu zi: warm the channels and relieve pain
  - Zhi mu, Shao yao: Clear heat and protect yin
- Assistant: bai zhu, fang feng, sheng jiang
  - Bai zhu: tonify spleen and leach out dampness
  - Fang feng: expel wind dampness
  - Sheng jiang: strengthen the spreading function.
- Envoy: Gan cao
  - Gan cao: harmonize

# Du Huo Ji Sheng Tang (Angelica Pubescens and Sangjisheng Decoction)

Ingredients: Du huo, Xi xin, Fang feng, Qin jiao, Sang ji sheng, Du zhong, Niu xi, Rou gui, Dang gui, Chuan xiong, Sheng di huang, Bai shao, Ren shen, Fu ling, Zhi gan cao

# Actions and indications of the formula

- Actions
  - Expel wind dampness, disperse painful obstruction, tonify deficiency.
- Indications
  - Heavy and painful sensation at fixed locations in the lower back and lower extremities with weakness and stiffness. An aversion to cold and attraction to warmth, palpitations, shortness of breath, a pale tongue with a white coating, and a thin, weak, slow pulse.

# Analysis of Formula

- Chief: du huo
  - Du huo: expel wind cold dampness from the lower extremities.
- Depute: xi xin, fang feng
  - Xi xin: scatter cold, relieve pain.
  - Fang feng, Qin jiao: expel wind dampness.
- Assistant:
  - Sang ji sheng, Du zhong, Niu xi: expel wind dampness and tonify liver and kidney.
  - Rou gui: tonify yang
  - Dang gui, Chuan xiong, Sheng di huang, Bai shao: nourish blood
  - Ren shen, Fu ling, Zhi gan cao: tonify middle jiao and harmonize