

# Chapter 5 — Summary

## — Heat-Clearing Formulas

### SECTION 1: *QI* (ENERGY) LEVEL-CLEARING FORMULAS

Name	Similarities	Differences
<i>Bai Hu Tang</i> (White Tiger Decoction)		Generates body fluids
<i>Bai Hu Jia Ren Shen Tang</i> (White Tiger plus Ginseng Decoction)	Clear heat from the <i>qi</i> (energy) level	Generates body fluids, tonifies <i>qi</i>
<i>Zhu Ye Shi Gao Tang</i> (Bamboo Leaves and Gypsum Decoction)		Generates body fluids, tonifies <i>qi</i> , harmonizes the Stomach

***Bai Hu Tang*** (White Tiger Decoction) clears heat and promotes production of body fluids. It treats excessive heat from *yangming qi* (energy) level with high fever, profuse sweating (in horses), thirst, irritability, and a bounding and forceful pulse.

***Bai Hu Jia Ren Shen Tang*** (White Tiger plus Ginseng Decoction) is formulated by adding *Ren Shen* (Radix et Rhizoma Ginseng) to *Bai Hu Tang* (White Tiger Decoction), which enables the formula to tonify *qi*.

***Zhu Ye Shi Gao Tang*** (Bamboo Leaves and Gypsum Decoction) clears heat, nourishes yin, and tonifies *qi* to harmonize the Stomach. In comparison to *Bai Hu Tang* (White Tiger Decoction), this formula has a weaker heat-clearing effect, and therefore is used mostly to treat late-stage heat syndromes with damage to both *qi* and yin.

### SECTION 2: *YING* (NUTRITIVE) LEVEL-CLEARING AND BLOOD-COOLING FORMULAS

Name	Similarities	Differences
<i>Qing Ying Tang</i> (Clear the Nutritive Level Decoction)	Clears heat from the <i>ying</i> (nutritive) level	Nourishes yin, invigorates blood circulation
<i>Xi Jiao Di Huang Tang</i> (Rhinoceros Horn and Rehmannia Decoction)	Clears heat and cools the blood in the <i>xue</i> (blood) level	Stops bleeding, disperses blood stasis

***Qing Ying Tang*** (Clear the Nutritive Level Decoction) clears heat from the *ying* (nutritive) level, eliminates toxins, releases the heat, and nourishes yin. This formula is more appropriate for the initial stages of heat attacking the *ying* level, heat signs that worsen at night, and irritability.

***Xi Jiao Di Huang Tang*** (Rhinoceros Horn and Rehmannia Decoction) clears heat, eliminates toxins, cools the blood, and disperses blood stagnation. This formula is suitable to treat more severe conditions of heat attacking the *xue* (blood) level, forcing blood out of the vessels and manifesting in various types of bleeding.

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## SECTION 3: *QI* (ENERGY) AND *XUE* (BLOOD) LEVELS-CLEARING FORMULA

Name	Actions
<i>Qing Wen Bai Du Yin</i> (Clear Epidemics and Overcome Pathogenic Influences Decoction)	Treats <i>wen yi</i> (warm epidemics) with heat and toxins in the <i>qi</i> (energy) and <i>xue</i> (blood) levels

*Qing Wen Bai Du Yin* (Clear Epidemics and Overcome Pathogenic Influences Decoction) clears heat, sedates fire, and eliminates toxins. It is a unique formula used to treat proliferation of heat toxins in both the *qi* (energy) and *xue* (blood) levels.

## SECTION 4: HEAT-CLEARING AND TOXIN-ELIMINATING FORMULAS

Name	Similarities	Differences
<i>Huang Lian Jie Du Tang</i> (Coptis Decoction to Relieve Toxicity)		Treats upper, middle, and lower <i>jiaos</i>
<i>Huang Lian Shang Qing Wan</i> (Coptis Pill to Clear the Upper)	Clear heat, sedate fire, and eliminate toxins	Treats upper, middle, and lower <i>jiaos</i> , and the head
<i>Pu Ji Xiao Du Yin</i> (Universal Benefit Decoction to Eliminate Toxins)		Treats upper <i>jiao</i> and the head
<i>San Huang Xie Xin Tang</i> (Three-Yellow Decoction to Sedate the Epigastrium)		Clears heat and fire, drains damp-heat from the upper, middle, or lower <i>jiaos</i>

*Huang Lian Jie Du Tang* (Coptis Decoction to Relieve Toxicity) sedates fire and eliminates toxins. It is one of the most commonly used formulas to treat excess heat, fire, and toxins affecting all three *jiaos*.

*Huang Lian Shang Qing Wan* (Coptis Pill to Clear the Upper) clears heat, sedates fire, and eliminates toxins from the upper parts of the body and is most effective for heat and fire attacking the upper body and head, but it may also be used to treat heat affecting the upper, middle, and lower *jiaos*, and the head.

*Pu Ji Xiao Du Yin* (Universal Benefit Decoction to Eliminate Toxins) sedates fire and eliminates toxins in the upper *jiao* and head. It treats epidemic toxins in the head with a wind-heat diagnosis.

*San Huang Xie Xin Tang* (Three-Yellow Decoction to Sedate the Epigastrium) contains three “yellow” herbs to clear heat, purge fire, eliminate toxins and drain damp-heat from the upper, middle or lower *jiaos*. The three “yellow” herbs are *Huang Qin* (Radix Scutellariae), *Huang Lian* (Rhizoma Coptidis), and *Da Huang* (Radix et Rhizoma Rhei).

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## SECTION 5: ZANG FU-CLEARING FORMULAS

Name	Similarities	Differences
<i>Dao Chi San</i> (Guide Out the Red Powder)	Clear heat in the Heart and Small Intestine	Nourishes yin
<i>Qing Xin Lian Zi Yin</i> (Lotus Seed Decoction to Clear the Heart)		Tonifies qi and yin
<i>Long Dan Xie Gan Tang</i> (Gentiana Decoction to Drain the Liver)	Sedate excess fire in the Liver and Gallbladder	Clears damp-heat in the lower <i>jiao</i>
<i>Xi Gan Ming Mu San</i> (Wash the Liver and Brighten the Eyes Powder)	Clears Liver heat, dispels wind-heat	Treats eye disorders due to wind-heat and Liver heat
<i>Xie Bai San</i> (Drain the White Powder)	Clears Lung heat	Relieves coughing and dyspnea
<i>Zuo Jin Wan</i> (Left Metal Pill)	Clears Liver fire	Corrects the reversed flow of Stomach qi
<i>Qing Wei San</i> (Clear the Stomach Powder)	Clear Stomach heat and fire	Cools the blood
<i>Yu Nu Jian</i> (Jade Woman Decoction)		Nourishes yin
<i>Gan Lu Yin</i> (Sweet Dew Decoction)		Clears damp-heat in the Spleen and Stomach
<i>Shao Yao Tang</i> (Peony Decoction)	Clear damp-heat in the Intestines and stop dysentery	Harmonizes qi and blood
<i>Bai Tou Weng Tang</i> (Pulsatilla Decoction)		Cools the blood

**Dao Chi San** (Guide Out the Red Powder) and **Qing Xin Lian Zi Yin** (Lotus Seed Decoction to Clear the Heart) both clear heat from the Heart organ and channel. Heat in the Heart organ is characterized by symptoms such as restlessness and irritability. Heat in the Heart channel (and/or Small Intestines) is characterized by *lin zheng* (dysuria syndrome) with painful urination, cloudy urine, or blood-streaked urine.

- **Dao Chi San** calms Heart *shen* (spirit), cools the blood, promotes urination, and relieves dysuria. It treats heat in both the Heart and Small Intestine channels. It may be used for *lin zheng* (dysuria syndrome) with painful urination or blood-streaked urine.
- **Qing Xin Lian Zi Yin** clears heat in Heart (an excess condition in the upper *jiao*) and tonifies qi and Kidney yin (a deficient condition in the lower *jiao*). It may be used for *lin zheng* (dysuria syndrome) with turbid or cloudy urine.

**Long Dan Xie Gan Tang** (Gentiana Decoction to Drain the Liver) is a potent formula that purges excess fire in the Liver and Gallbladder channels. **Long Dan Xie Gan Tang** sedates Liver fire, drains damp-heat, and protects and nourishes Liver blood. It is mostly used for Liver fire flaring upward with damp-heat accumulation in the lower *jiao*.

**Xi Gan Ming Mu San** (Wash the Liver and Brighten the Eyes Powder) clears Liver heat and dispels wind-heat to treat various eye disorders.

**Xie Bai San** (Drain the White Powder) is a formula that clears Lung heat to relieve coughing, dyspnea, and coarse breathing.

**Zuo Jin Wan** (Left Metal Pill), **Qing Wei San** (Clear the Stomach Powder), **Yu Nu Jian** (Jade Woman Decoction), and **Gan Lu Yin** (Sweet Dew Decoction) all clear heat and treat stomach disorders.

- **Zuo Jin Wan** treats Liver fire overacting on the Stomach to address stomach disorders such as hypochondriac pain, epigastric bloating, acid regurgitation, nausea, and vomiting.
- **Qing Wei San** clears Stomach heat and cools the blood. It treats rising Stomach fire manifesting in toothache, gum bleeding, and swollen cheeks. It is used for acute conditions and should be discontinued once the clinical signs have resolved.

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- *Yu Nu Jian* nourishes Stomach yin and clears Stomach heat to manage both excess and deficiency conditions, with symptoms such as increased thirst, gingivitis, stomatitis and periodontal disease.
- *Gan Lu Yin* clears damp-heat, cleanses the blood, and reduces inflammation. It treats damp-heat in the Spleen and Stomach with symptoms such as swelling, inflammation and suppuration of the gums and tongue, sore throat with inflammation and pain, stomatitis, tongue ulceration, and toothache.

*Shao Yao Tang* (Peony Decoction) and *Bai Tou Weng Tang* (Pulsatilla Decoction) both clear damp-heat in the Intestines to relieve diarrhea and dysentery.

- *Shao Yao Tang* (Peony Decoction) emphasizes harmonizing and activating qi and blood. It is more suitable for dysentery characterized by equal dampness and heat, with main signs and symptoms such as abdominal pain, tenesmus, and the presence of equal amounts of mucus and blood in the stools.
- *Bai Tou Weng Tang* (Pulsatilla Decoction) emphasizes cooling the blood to relieve dysentery. It is more suitable for treating bloody, explosive diarrhea characterized by more heat than dampness, with clinical signs of tenesmus, and the presence of more blood than mucus.

## SECTION 6: DEFICIENCY-HEAT CLEARING FORMULAS

Name	Similarities	Differences
<i>Qing Hao Bie Jia Tang</i> (Artemisia Annuum and Soft-Shelled Turtle Shell Decoction)	Clears deficiency heat, nourishes yin	Disperses deep, hidden deficiency heat
<i>Zi Yin Jiang Huo Tang</i> (Nourish Yin and Descend the Fire Decoction)	Clears deficiency heat, tonifies underlying deficiencies	Tonifies yin, qi and blood

*Qing Hao Bie Jia Tang* (Artemisia Annuum and Soft-shelled Turtle Shell Decoction) nourishes yin and clears deficiency heat. It treats deficiency heat and deficiency fire syndromes, as well as late-stage heat syndromes (heat hidden in the yin).

*Zi Yin Jiang Huo Tang* (Nourish Yin and Descend the Fire Decoction) nourishes yin, tonifies qi and blood, and clears deficiency fire. It treats yin deficiency with fire from the Kidney and Liver.