

Section 1

补气剂

— Qi-Tonifying Formulas

Sì Jūn Zǐ Tāng (Four-Gentlemen Decoction)

四君子湯

四君子汤

Pinyin Name: *Si Jun Zi Tang***Literal Name:** Four-Gentlemen Decoction**Alternate Names:** *Szu Chun Tzu Tang, Si Jung Zi Tang*, Four Major Herb Decoction, Major Four Herb Combination**Original Source:** *Tai Ping Hui Min He Ji Ju Fang* (Imperial Grace Formulary of the Tai Ping Era) by the Imperial Medical Department in 1078-85**COMPOSITION**

<i>Ren Shen</i> (Radix et Rhizoma Ginseng)	[9g]
<i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae)	[9g]
<i>Fu Ling</i> (Poria)	[9g]
<i>Zhi Gan Cao</i> (Radix et Rhizoma Glycyrrhizae Praeparata cum Melle)	[6g]

DOSAGE / PREPARATION / ADMINISTRATION

Grind equal amounts of the ingredients into a fine powder. Cook 6g of the powder in one large bowl of water until the liquid is reduced to 70%. The decoction may be taken any time during the day with an additional small pinch of salt. A small amount of *Sheng Jiang* (Rhizoma Zingiberis Recens) and *Da Zao* (Fructus Jujubae) may also be added to harmonize the formula.¹ Today, this formula may be prepared as a decoction with the doses suggested in brackets.

CHINESE THERAPEUTIC ACTIONS

1. Tonifies qi
2. Strengthens the Spleen

CLINICAL MANIFESTATIONS

Spleen and Stomach qi deficiencies: lethargy, weakness of the limbs, exercise intolerance, emaciation, weight loss, poor appetite, loose stools, a pale tongue, and a weak pulse.

VETERINARY CLINICAL APPLICATIONS

Gastrointestinal disorders such as gastric ulcers and exocrine pancreatic insufficiency, recovery from illness and surgery, supportive care for cancer, chronic illness, and post-partum recovery.

EXPLANATION

The Spleen and Stomach are the source of all qi and blood after birth (postnatal qi), as they are the most important organs for extracting nutrients and producing qi and blood. However, the Spleen and Stomach may be injured by an inappropriate diet, drugs, disease, or overwork. If these two organs become deficient and their digestive functions are affected, then the amount of qi produced will not be adequate. A lack of nourishment and qi deficiency result in weak vocalization, lethargy, and exercise intolerance. Poor appetite is the result of an impaired digestive system. Loose stools are the result of the Spleen's inability to direct the clear yang and water to the upper *jiao*. Since the Spleen is related to the muscles, Spleen deficiency can result in weakness of the limbs. A pale tongue and a weak pulse are common signs of qi deficiency.

Si Jun Zi Tang (Four-Gentlemen Decoction) uses *Ren Shen* (Radix et Rhizoma Ginseng) as the chief herb because it greatly tonifies *yuan* (source) *qi*, strengthens the Spleen, and nourishes the Stomach. *Bai Zhu* (Rhizoma Atractylodis Macrocephalae), the deputy herb, tonifies Spleen qi and dries dampness in the middle *jiao*. *Fu Ling* (Poria), the assistant, tonifies the middle *jiao* and dispels dampness. *Zhi Gan Cao* (Radix et Rhizoma Glycyrrhizae Praeparata

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Diagnosis	Clinical Signs	Treatment	Herbs
Spleen and Stomach qi deficiencies	<ul style="list-style-type: none"> Weak vocalization, lethargy and exercise intolerance: Spleen and Stomach qi deficiencies and lack of nourishment Loose stools: Spleen unable to guide the clear yang upward Pale tongue and a weak pulse: qi deficiency 	<ul style="list-style-type: none"> Tonifies qi Strengthens the Spleen 	<ul style="list-style-type: none"> <i>Ren Shen</i> (Radix et Rhizoma Ginseng) greatly tonifies <i>yuan</i> (source) <i>qi</i>, strengthens the Spleen, and nourishes the Stomach. <i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae) tonifies Spleen qi and dries dampness in the middle <i>jiao</i>. <i>Fu Ling</i> (Poria) tonifies the middle <i>jiao</i> and dispels dampness. <i>Zhi Gan Cao</i> (Radix et Rhizoma Glycyrrhizae Praeparata cum Melle) tonifies Spleen qi and harmonizes the herbs.

cum Melle), the envoy herb, tonifies Spleen qi and harmonizes the herbs.

heat, qi stagnation, body fluid deficiency, irritability, thirst, or constipation.

Si Jun Zi Tang is a simple, yet extremely effective formula to tonify qi. It serves as the foundation for many qi-tonifying formulas that tonify the Spleen and nourish the Stomach to enable the production of qi and blood.

VETERINARY MODIFICATIONS

- For severe Spleen and Stomach qi deficiencies, add *Huang Qi* (Radix Astragali) and *Shan Yao* (Rhizoma Dioscoreae).
- With constipation due to qi deficiency, add *Dang Gui* (Radix Angelicae Sinensis) and *Huo Ma Ren* (Fructus Cannabis).
- With diarrhea due to deficiency and cold in the middle *jiao*, add *Li Zhong Tang* (Regulate the Middle Decoction).
- With postpartum diarrhea, add *Wu Mei* (Fructus Mume) and *Chen Pi* (Pericarpium Citri Reticulatae).
- With constant loose stools or diarrhea, add *He Zi* (Fructus Chebulae), *Huang Qi* (Radix Astragali) and *Bai Bian Dou* (Semen Lablab Album).
- With edema due to Spleen deficiency, add *Yi Yi Ren* (Semen Coicis), *Ze Xie* (Rhizoma Alismatis), and *Gui Zhi* (Ramulus Cinnamomi).
- With qi and blood deficiencies, combine with *Si Wu Tang* (Four-Substance Decoction).
- For malnutrition caused by yin deficiency, add *Gou Qi Zi* (Fructus Lycii) and *Nu Zhen Zi* (Fructus Ligustri Lucidi).
- For malnutrition caused by food stagnation, add *Mai Ya* (Fructus Hordei Germinatus).

CAUTIONS / CONTRAINDICATIONS

- Si Jun Zi Tang*, while gentle, is slightly warm. Long-term use of this formula may cause a dry mouth, dry tongue, thirst, or irritability.
- This formula should be used with caution, or avoided in patients who have high fever, yin-deficient heat, excess

PHARMACOLOGICAL EFFECTS

- General:** Administration of *Si Jun Zi Tang* has been associated with a general effect to improve the health and well being of animal subjects. In mice with artificially-induced “Spleen deficiency” characterized by such symptoms as low body temperature, weight loss, decreased food intake, diarrhea, and inability to tolerate cold, ingestion of the formula reversed the symptoms and improved the overall health.²
- Gastrointestinal:** According to laboratory experiments in rabbits, administration of *Si Jun Zi Tang* was associated with a regulatory effect on the intestines. Depending on the condition of the subject, it either increased or decreased intestinal peristalsis.³
- Immunostimulant:** Administration of *Si Jun Zi Tang* was associated with an increase in T-lymphocytes, NK cells, and phagocytic activity of the macrophages.^{4,5,6}
- Antineoplastic:** Administration of *Si Jun Zi Tang* was associated with an inhibitory effect on tumor cells in mice with esophageal and lung cancer.⁷
- Hematopoietic:** Administration of *Si Jun Zi Tang* in decoction for one week was associated with an increase in both white and red blood cells in rats.⁸
- Radioprotective:** One study reported recovery of the hematopoietic system in whole-body irradiated mice using *Si Jun Zi Tang*. Specific beneficial effects included an increase of leukocytes, erythrocytes, thrombocytes, and hematocrit. Moreover, the radioprotective function was more effective for leukocytes and thrombocytes than other hematocytes.⁹

HUMAN CLINICAL STUDIES AND RESEARCH

- Chronic gastritis:** In one clinical study, 32 patients with chronic superficial gastritis were treated with modified

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Si Jun Zi Tang with good results. Out of 32 patients, 24 reported resolution of symptoms within 10 days, and 8 within 20 days. The formula used included the addition of *Zhi Qiao* (Fructus Aurantii), *Ji Nei Jin* (Endothelium Corneum Gigeriae Galli), *Huang Qi* (Radix Astragali), and others as deemed necessary.¹⁰

- 2. Peptic ulcer disease:** One study of 126 peptic ulcer patients reported 97.6% effectiveness using *Si Jun Zi Tang* plus *Huang Qi* (Radix Astragali), *San Leng* (Rhizoma Sparganii), and *Hai Piao Xiao* (Endoconcha Sepiae) as the base formula, with the addition of *Chai Hu* (Radix Bupleuri), *Bai Shao* (Radix Paeoniae Alba), and *Zhi Zi* (Fructus Gardeniae) for Liver stagnation with Spleen deficiency; and *Si Ni San* (Frigid Extremities Powder) for Liver and Stomach disharmony. The treatment protocol was to give the herbs in decoction twice daily for 4-8 weeks per course of treatment.¹¹ In another report, 115 patients with peptic ulcer characterized by Spleen deficiency were treated with *Si Jun Zi Tang* with satisfactory results. *Fu Long Gan* (Terra Flava Usta) and *Bai Ji* (Rhizoma Bletillae) were added for individuals with bleeding ulcer. The overall effectiveness was 92.8%.¹²
- 3. Ulcerative colitis:** Sixty patients with chronic ulcerative colitis were treated with herbs with complete recovery in 40 patients, significant improvement in 13 patients, moderate improvement in 5 patients, and no effect in 2 patients. The herbal treatment included *Si Jun Zi Tang* plus *Huang Qi* (Radix Astragali), *Dang Gui* (Radix Angelicae Sinensis), *Yan Hu Suo* (Rhizoma Corydalis), and others as deemed necessary. The herbs were made into pills, and were given three times daily.¹³
- 4. Irritable bowel syndrome (IBS):** One study reported 92.9% effectiveness using modified *Si Jun Zi Tang* to treat irritable bowel syndrome. Of 57 patients, the study reported significant improvement in 39 patients, moderate improvement in 14 patients, and no change in 4 patients. The base herbal formula included *Si Jun Zi Tang* plus *Pao Jiang* (Rhizoma Zingiberis Praeparatum), *Qin Pi* (Cortex Fraxini), and *Mu Xiang* (Radix Aucklandiae). Modifications were made by adding *Bai Shao* (Radix Paeoniae Alba) and *Yan Hu Suo* (Rhizoma Corydalis) for abdominal pain; *Chen Pi* (Pericarpium Citri Reticulatae) and dry-fried *Fang Feng* (Radix Saposhnikoviae) for abdominal pain causing urgent bowel movements; *Da Fu Pi* (Pericarpium Arecae) and *Zhi Qiao* (Fructus Aurantii) for feeling of incomplete evacuation after defecation; *Bai Tou Weng* (Radix Pulsatillae) and *Da Xue Teng* (Caulis Sargentodoxae) for mucus in the stools; *Cang Zhu* (Rhizoma Atractylodis) for profuse white mucus; *Di Yu* (Radix Sanguisorbae) and charred *Jin Yin Hua* (Flos Lonicerae Japonicae) for hematochezia; *Bu Gu Zhi* (Fructus Psoraleae) and *Rou Dou Kou* (Semen Myristicae) for 5 a.m. diarrhea; *Wu Bei Zi* (Galla Chinensis)

and roasted *He Zi* (Fructus Chebulae) for frequent bowel movements with loose stools; *Rou Cong Rong* (Herba Cistanches) for constipation with yang deficiency; and *Shi Xiao San* (Sudden Smile Powder) for blood stagnation. The treatment protocol was to cook the herbs in water, and drink the decoction in three equally-divided doses daily.¹⁴

- 5. Epigastric or abdominal pain:** Patients with epigastric or abdominal pain characterized by Spleen qi deficiency were treated with *Si Jun Zi Tang*. Out of 125 patients, the study reported recovery in 86 patients, significant improvement in 22 patients, and slight improvement in 17 patients.¹⁵
- 6. Chronic hepatitis:** One hundred patients with chronic hepatitis were treated with complete recovery in 61 patients, improvement in 31 patients, and no benefit in 8 patients. The treatment protocol was to administer 40-60 packs of herbs in decoction. The herbal formulas included *Si Jun Zi Tang* plus *Dang Gui* (Radix Angelicae Sinensis), *Bai Shao* (Radix Paeoniae Alba), *Chai Hu* (Radix Bupleuri), and others as follows: *Huang Qi* (Radix Astragali) for qi deficiency; *Ji Nei Jin* (Endothelium Corneum Gigeriae Galli) and charred *Mai Ya* (Fructus Hordei Germinatus) for indigestion and poor appetite; *Lian Zi* (Semen Nelumbinis), *Shan Yao* (Rhizoma Dioscoreae), and *Ze Xie* (Rhizoma Alismatis) for loose stools; *Yan Hu Suo* (Rhizoma Corydalis) and *Yu Jin* (Radix Curcumae) for hypochondriac pain; *San Leng* (Rhizoma Sparganii), *E Zhu* (Rhizoma Curcumae), and *Bie Jia* (Carapax Trionycis) for splenomegaly and hepatomegaly; *Tao Ren* (Semen Persicae), *Hong Hua* (Flos Carthami), and *Yi Mu Cao* (Herba Leonuri) for blood stagnation; *Fo Shou* (Fructus Citri Sarcodactylis) and *Xiang Yuan* (Fructus Citri) for qi stagnation; *Yin Chen* (Herba Artemisiae Scopariae) for jaundice; and *Shi Hu* (Caulis Dendrobii), *Yu Zhu* (Rhizoma Polygonati Odorati), and *Xuan Shen* (Radix Scrophulariae) for yin deficiency.¹⁶

SUGGESTED ACUPUNCTURE TREATMENT

1. Points: *Pishu* (BL 20), *Weishu* (BL 21), *Housanli* (ST 36), *Tianshu* (ST 25), and *Qihai* (CV 6).
2. Technique: tonification.

Pishu (BL 20) nourishes Spleen yang. *Weishu* (BL 21) and *Housanli* (ST 36) tonify the middle *jiao* and harmonize the Stomach. *Tianshu* (ST 25) regulates the Stomach and Intestines. *Qihai* (CV 6) tonifies qi in general.

RELATED FORMULA

Bǎo Yuán Tāng (Preserve the Basal Decoction)

保元湯

保元湯

Pinyin Name: *Bao Yuan Tang*

Literal Name: Preserve the Basal Decoction

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Original Source: *Bo Ai Xin Jian* (Manual of Universal Lover from the Heart) by Wei Zhi in 1525

<i>Huang Qi</i> (Radix Astragali)	6-9g
<i>Ren Shen</i> (Radix et Rhizoma Ginseng)	6-9g
<i>Rou Gui</i> (Cortex Cinnamomi)	1.5-2.1g
<i>Zhi Gan Cao</i> (Radix et Rhizoma Glycyrrhizae Praeparata cum Melle)	3g

Cook the herbs with 1 slice of *Sheng Jiang* (Rhizoma Zingiberis Recens) in water. Take the strained decoction while warm.

Bao Yuan Tang (Preserve the Basal Decoction) tonifies qi and warms yang. This formula is generally used for animals with Spleen and Stomach qi deficiencies, accompanied by the presence of cold and insufficiency of yang. Clinically, this formula also may be prescribed for juvenile animals with any condition characterized by yang and *yuan* (source) qi deficiencies, with clinical signs of lethargy, weakness, and intolerance to cold.

Bao Yuan Tang may be literally translated as “Preserve the Basal Decoction” or “Preserve the *yuan* (source) qi Decoction.” *Ren Shen* (Radix et Rhizoma Ginseng), *Huang Qi* (Radix Astragali) and *Zhi Gan Cao* (Radix et Rhizoma Glycyrrhizae Praeparata cum Melle) are used to effectively tonify *zhong* (central) qi and *yuan* (source) qi. *Rou Gui* (Cortex Cinnamomi) is added to warm yang, dispel cold, and enhance the overall qi-tonifying effect.

Bao Yuan Tang has been used to tonify Heart qi-yang in cases of congestive heart failure and cardiomyopathy in the dog. With poor circulation and arrhythmia combine with *Xue Fu Zhu Yu Tang* (Drive Out Stasis in the Mansion of Blood Decoction) or substitute with *Zhi Gan Cao Tang* (Honey-Fried Licorice Decoction); with qi and yin deficiency combine with *Sheng Mai San* (Generate the Pulse Powder); and with Kidney yang deficiency and pulmonary edema combine with *Zhen Wu Tang* (True Warrior Decoction).

AUTHORS' COMMENTS

Tonic formulas that strengthen the Spleen and Stomach (middle *jiao*) are used more than any other group of tonification formulas in veterinary medicine. This is largely due to the practice of feeding dogs and cats commercially prepared diets that, while convenient and inexpensive, promote deficiency and/or dysfunction of the Spleen and Stomach and the other internal organs by extension. Similarly, most horses are managed in ways far different than their free-ranging ancestors and are fed diets high

in concentrates that also negatively affect the Spleen and Stomach. The Spleen (pancreas) is considered to be the “mother of the five *zang* (solid organ) organs” and provides nutrition for the entire body after birth according to Chinese medicine. Commercial small-animal dry food diets that contain large amounts of damp- (corn, wheat, soybeans) and heat- (lamb, venison, buffalo) engendering foods easily overheat and damage the middle *jiao*, especially as these diets are often fed continuously for months and often times for years. Horses that are fed diets high in molasses and sugars, or that are given a high proportion of their diet as concentrate rather than forage, experience similar problems. Because of the importance of Spleen and Stomach tonics and their frequent use in animals, an in-depth review and comparison of their composition and actions is warranted.

The Spleen and Stomach are the root of postnatal qi, and the origin of qi and blood. It is only when these two organs are strong and the digestive functions are working properly that all the other organs and the rest of the body can be nourished, healthy, and be free of illnesses. *Si Jun Zi Tang* uses *Ren Shen* (Radix et Rhizoma Ginseng), a warm and sweet herb, to tonify Spleen and Stomach qi. *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) and *Fu Ling* (Poria) tonify the Spleen and drain dampness, while *Zhi Gan Cao* (Radix et Rhizoma Glycyrrhizae Praeparata cum Melle), warm and sweet, functions to harmonize the middle *jiao* and tonify qi. These four herbs have gentle properties: they are not too hot, not too dry, gentle on the digestive system, and unlikely to create any side effects or adverse reactions—hence the name, Four Gentlemen. *Si Jun Zi Tang* can be modified according to different conditions of cold, heat, excess, or deficiency, to tonify Spleen and Stomach qi for the purpose of promoting overall bodily functions. Thus, *Si Jun Zi Tang* is the representative formula for tonifying qi. It treats Spleen and Stomach qi deficiencies caused by a variety of causes or with various complications, as long as it is modified accordingly.

Si Jun Zi Tang is often combined with other herbs or formulas in veterinary medicine to treat various gastrointestinal and/or lung disorders. The formulas listed below contain all of the herbs found in *Si Jun Zi Tang* and have similar functions. Knowledge of the modifications to this basic formula is important for a comprehensive understanding of each Spleen tonic formula, its specific actions, and how its use may be differentiated from the others.

- ***Liu Jun Zi Tang*** (Six-Gentlemen Decoction) strengthens the Spleen and Stomach, regulates qi, and stops vomiting. It has two additional herbs added to the base formula *Si Jun Zi Tang*: *Ban Xia* (Rhizoma Pinelliae) and *Chen*

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Pi (Pericarpium Citri Reticulatae). These two additions strengthen its damp- and phlegm-dispelling properties. These two herbs are often included in formulas that treat damp-phlegm coughs. *Liu Jun Zi Tang* is frequently used to treat chronic bronchitis and coughing with clear phlegm. It has a better ability to strengthen the Spleen, dry dampness, and stop vomiting than *Xiang Sha Liu Jun Zi Tang* (Six-Gentlemen Decoction with Aucklandia and Amomum). It can be used for acute and chronic gastrointestinal disorders; prolonged use can cause generalized dryness, itching, and irritability.

- ***Xiang Sha Liu Jun Zi Tang*** (Six-Gentlemen Decoction with Aucklandia and Amomum) contains the same herbs as *Liu Jun Zi Tang* (Six-Gentlemen Decoction), but has two additional herbs added: *Mu Xiang* (Radix Aucklandiae) and *Sha Ren* (Fructus Amomi) to activate qi and treat deficiency of the middle *jiao* with cold and damp stagnation. These two herbs make the formula stronger at regulating qi, dispelling cold, and relieving abdominal pain, and make it warmer and more drying than *Liu Jun Zi Tang*. Animals should not be fed a raw food or cold diet while taking this formula. It is a stronger formula than *Xiang Sha Yang Wei Tang* (Nourish the Stomach Decoction with Aucklandia and Amomum) and is more effective to stop vomiting and diarrhea occurring postoperatively or secondary to antibiotic therapy, and for gastrointestinal problems from eating cold, damp or raw food.
- ***Xiang Sha Yang Wei Tang*** (Nourish the Stomach Decoction with Aucklandia and Amomum) primarily increases appetite in animals with middle *jiao* deficiency. It contains the herbs *Cang Zhu* (Rhizoma Atractylodis), *Sha Ren* (Fructus Amomi), and *Dou Kou* (Fructus Amomi Rotundus), which are aromatic herbs that dry dampness and help increase appetite. *Xiang Fu* (Rhizoma Cyperi), *Mu Xiang* (Radix Aucklandiae), and *Hou Po* (Cortex Magnoliae Officinalis) activate qi to dispel dampness. This formula has a stronger ability to stimulate appetite than *Xiang Sha Liu Jun Zi Tang*. It is especially useful in animals that act hungry, eat only a small amount, and then look and act uncomfortable. This formula can benefit animals that have bloating, borborygmus, belching, nausea and vomiting immediately after eating.
- ***Shen Ling Bai Zhu San*** (Ginseng, Poria, and Atractylodes Macrocephala Powder) tonifies qi and strengthens the Spleen, resolves dampness, and stops diarrhea. It contains herbs that strongly resolve dampness in cases of internally generated dampness from Spleen and Stomach qi deficiencies, causing impairment in the transportation and transformation functions. These herbs, *Shan Yao* (Rhizoma Dioscoreae) and *Lian Zi* (Semen Nelumbinis), treat diarrhea by assisting *Ren Shen* (Radix et Rhizoma Ginseng) in strengthening the Spleen and tonifying qi. *Bai Bian*

Dou (Semen Lablab Album) and *Yi Yi Ren* (Semen Coicis) strengthen the Spleen and dispel dampness. *Sha Ren* (Fructus Amomi) awakens the Spleen and harmonizes the Stomach to regulate qi and resolve stagnation. *Jie Geng* (Radix Platycodonis) relieves chest fullness, and has an ascending function to help counteract diarrhea. *Shen Ling Bai Zhu San* (Ginseng, Poria, and Atractylodes Macrocephala Powder) is the herbal formula of choice in veterinary medicine to treat uncomplicated diarrhea due to Spleen qi deficiency and dampness, and to promote digestion when there is an inability to properly digest and absorb foods. It is also frequently used for chronic cough and/or chronic gagging with clear phlegm that arise as a result of damp accumulation.

- ***Qi Pi Wan*** (Guide the Spleen Pill) strengthens the Spleen and Stomach, promotes normal digestion, and treats food stagnation, diarrhea, and vomiting in animals with chronic Spleen and Stomach deficiencies. It contains *Shan Zha* (Fructus Crataegi) and *Chen Pi* (Pericarpium Citri Reticulatae) to regulate qi and promote normal appetite and digestion; *Lian Zi* (Semen Nelumbinis) to strengthen the Spleen and relieve diarrhea; *Ze Xie* (Rhizoma Alismatis) to drain dampness; and *Shan Yao* (Rhizoma Dioscoreae) to tonify the body and relieve thirst and diarrhea. It is especially effective for pancreatic diseases and maldigestion-malabsorption disorders with weight loss in constitutionally deficient young animals. It treats food accumulation and stagnation in deficient, debilitated and weak animals of all ages, and can be given long term with appropriate modifications.
- ***Bu Zhong Yi Qi Tang*** (Tonify the Middle and Augment the Qi Decoction) tonifies the middle *jiao* and benefits qi. It contains herbs that lift yang qi and treat prolapse of internal organs, strengthen *wei* (defensive) qi, and protect the exterior. It is used mainly for *chronic* problems. *Bu Zhong Yi Qi Tang* uses *Huang Qi* (Radix Astragali) as the chief herb because it tonifies *zhong* (central) qi. *Chai Hu* (Radix Bupleuri) and *Sheng Ma* (Rhizoma Cimicifugae) cause yang qi to ascend and lift prolapsed organs, while *Dang Gui* (Radix Angelicae Sinensis) nourishes and moves the blood. This formula is commonly chosen to treat rectal prolapse, chronic diarrhea, and fecal and urinary incontinence in the dog. The dosage of this formula is typically small, and the duration of treatment is prolonged. It can take up to 3 months or more to see clinically observable effects in chronic cases.
- ***Yi Qi Cong Ming Tang*** (Augment the Qi and Increase Acuity Decoction) tonifies qi and blood, raises yang qi, and benefits the eyes and ears. It tonifies the Spleen and Stomach, and raises yang qi like *Bu Zhong Yi Qi Tang* (Tonify the Middle and Augment the Qi Decoction). However, it has additional herbs that treat compromised

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functioning and deterioration of the eyes and ears. It may be used to reverse deterioration, or preventively to maintain the acuity of both ears and eyes. *Huang Qi* (Radix Astragali), *Ge Gen* (Radix Puerariae Lobatae), *Sheng Ma* (Rhizoma Cimicifugae), and *Man Jing Zi* (Fructus Viticis) have an ascending function to lift yang qi and treat disorders of the upper parts of the body. When sufficient qi rises to the head, the normal functions of the eyes and ears will be restored. *Bai Shao* (Radix Paeoniae Alba) nourishes yin and harmonizes the blood. *Huang Bo* (Cortex Phellodendri) treats deficiency fire. It is used to treat diminished sight and hearing without inflammation in geriatric animals.

Si Jun Zi Tang and *Li Zhong Wan* (Regulate the Middle Pill) both treat Spleen qi deficiency with poor appetite, diarrhea, and other signs and symptoms. Both formulas contain qi-tonifying herbs such as *Ren Shen* (Radix et Rhizoma Ginseng), *Bai Zhu* (Rhizoma Atractylodis Macrocephalae), and *Zhi Gan Cao* (Radix et Rhizoma Glycyrrhizae Praeparata cum Melle). Although similar, their differences are as follows:

- *Si Jun Zi Tang* is indicated for Spleen qi deficiency, characterized by poor appetite, decreased food intake, fatigue, a pale tongue, and a weak pulse.
- *Li Zhong Wan* is for deficiency and cold of the middle *jiao* (Spleen and Stomach), characterized by abdominal pain, vomiting, diarrhea, polyuria, cold limbs, intolerance

to cold, a pale pink to purple tongue, and a thin, weak pulse.¹⁷

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