

## PREFACE

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THE TERM ‘classic formula’ (*jīng fāng*) is shorthand for formulas from the classics (*jīng diǎn fāng*), or for experiential formulas (*jīng yàn fāng*) that have been passed down from generation to generation. However, it mainly refers to the formulas recorded in Zhang Zhong-Jing’s *Discussion of Cold Damage* (*Shāng hán lùn*) and *Essentials from the Golden Cabinet* (*Jīn guì yào lüè*). I consider classic formulas to be the crystallization of the experience of the Chinese people in the application of natural medicinal substances and the clinical standard for traditional Chinese medicine.

Classic formulas mainly treat what is referred to as a formula presentation. A formula presentation consists of the signs and symptoms that confirm that a formula is appropriate to use. A formula is only effective if it is used for an appropriate presentation. However, many classic formulas are not just effective for only one kind of disease, but are suitable for a category of diseases, also referred to as a ‘spectrum of indicated diseases.’ These disease names have been passed down from generation to generation within traditional Chinese medicine and are also diagnoses in modern medicine. These diagnoses of disease in modern medicine are unambiguous and standardized, and the natural history of disease transmission is clear, which provides significant clinical guidance for the effective use of classic formulas. The constitutional state is composed of the patient’s physique, appearance, behavior, psychological characteristics, predisposition to diseases and so forth. A clear understanding of the constitutions for which classic formulas may be applied safely is of utmost importance. When using classic formulas clinically, one must strive to seek out the correspondences between formulas and their presentation, based on the saying, “For this presentation,

use this formula.” This is the treatment principle in the clinical practice of classic formulas, and the level that clinicians should constantly pursue.

The structures of classic formulas are meticulously constructed, so any alteration can adversely affect their efficacy. Therefore, when using classic formulas, use the original formula as much as possible, as the original formulas are not only effective and feel good when ingested, but this makes it easier to summarize clinical experience. Classic formulas can also be modified to allow for individual differences as well as the presence of complicated disease circumstances. These modification methods include adjusting dosage, such as increasing or decreasing certain herbs, or combining two or more classic formulas. Modifications of classic formulas are generally based on the usual practices found in the classics as well as the experiences of later generations. These alterations should not be too extreme. At present, combining formulas is a commonly used method, generally using two or more compatible formulas. When combining formulas that contain overlapping herbs, the dose of those herbs is either increased, but usually not doubled, or just adjusted according to the condition.

Decoctions are the most commonly used preparation method with classic formulas. Their main advantages are that the formula can be promptly adjusted in accordance with different patients and different conditions, and their effect may be quicker. However, pills, powders, and other preparations can also be used. Modern-day preparations of syrups and capsules are also employed based on the individual circumstances.

## Part One

In the first section of this book, forty-two commonly used classic formulas have been selected, with a focus on introducing their composition, formula presentation, disease indications, patient characteristics, and other points for attention. The objective is to arm the reader with an understanding of the application of classic formulas by providing the fundamental thought process and basic knowledge so that one can become familiar with the formula presentation.

- ♦ **Summary of Clinical Presentation** contains a summary of the original passages from *Discussion of Cold Damage* (*Shāng hán lùn*) and *Essentials from the Golden Cabinet* (*Jīn guì yào lüè*). This section also has additional information on how later physicians applied them, with every effort made to be concise, lively, and easy to remember.

- ♦ **Suitable Disease Patterns** and **Patient Characteristics** are the modern expressions of classic formula presentations.

— **Suitable Disease Patterns** lists the diseases that are suitable for treatment with the formula, which originate from clinical reports and the experience of traditional Chinese medicine as well as my own clinical experience.

— **Patient Characteristics** describe the characteristics of the appropriate patient for the formula according to body type, physical appearance, psychological behavior, disease inclinations, pulse, abdomen, and tongue signs. This is achieved through the traditional methods of diagnosis (observation, listening, questioning, and palpation) in order to safely use the formula. This type of guidance is even more significant and important in clinical practice, for patients with chronic diseases, and with long-term consumption of the formula. This information originates from clinical reports and my own experience.

- ♦ **Modifications** introduces commonly used modifications as well as commonly used classic formula combinations.
- ♦ **Important Issues** concerns the safe usage of herbs as well as any important points for the effective use of these herbs.
- ♦ **Commentary by Huang Huang** contains the distinguishing key points of each formula presentation as well as further explanations and elucidations for their safe and effective use. Much of these are based on my personal experience and provided here as a reference.

There are more than two hundred classic formulas, but the most commonly used number around one hundred. The forty-two formulas selected in the first section are the most important and foundational classic formulas. Our objective and hope are that these commonly used classic formulas can provide Chinese medicine physicians with effective formulas to deal with commonly seen and frequently occurring diseases in modern primary care, and at the same time provide a basis for their further study in the usage of classic formulas.

## Part Two

The second section introduces thirteen commonly seen disease categories in primary care as well as the formulas that are commonly used to treat them.

Each disease section introduces several common clinically used formulas, each of which lists the key points and experience from clinical practice. This material is derived from domestic and international clinical reports and the author's own clinical experience. The appended representative case studies are there to assist the reader in understanding and revealing the reasoning behind the usage of the formula. All cases where the source is not clearly indicated are from my own experience. The '5-2' and '3-2' methods mentioned in the cases respectively indicate that a formula is taken for five days, then paused for two days, or taken for three days and paused for two.

The application of classic formulas is not based on the selection of a formula for a disease; on the contrary, the formula is selected based on the *presentation*. The obvious individual tendencies of patients in clinical practice results in the use of different formulas for the same disease based on the adage, 'different treatments for the same disease' (同病异治 *tóng bìng yì zhì*). 'Different treatments' refers to the different formula presentations; thus, within the same disease category, several completely different classic formulas are listed.

Many of the formulas used to treat these diseases are not of the 'clear and eliminate pathogens' category, nor are herbs used for specific symptoms. Rather, they are focused on regulating the overall function of the body, that is, to adequately develop the body's capacity to resist disease and heal itself. Some classic formulas focus on regulating the patient's mental and psychological state, sleep conditions, or state of overall nutrition, while emphasizing the patient's weight, sleep, appetite, spirit, etc., to determine the overall curative effect. This embodies the holistic nature of the thinking behind Chinese medicine.

It should be noted that when starting clinical practice, although diseases are relatively easy to remember and are a convenient reference point, the vast majority of patients present with several conditions and with individual variations, so one must be flexible and adaptable when treating disease. Although the number of classic formulas listed in this book is far from comprehensive, they are sufficient that the reader need not feel confined.

To assist those who are using Chinese medicine in primary care, and to avoid ambiguity, this book avoids discussing and explaining the theories of traditional formulas, disease mechanisms, etiology, etc., and instead focuses on the ‘what’ and ‘how.’ This is done to help jump start their practice, through the use of these formulas, and to improve clinical outcomes.

As for theoretical interpretations, these can be supplemented afterwards during personal instruction, or by referring to other relevant materials.

To assist the reader in the application of classic formulas, this book has converted the original dosages. For example, for the formulas from *Discussion of Cold Damage (Shāng hán lùn)* and *Essentials from the Golden Cabinet (Jīn guì yào lüè)*, where 1 *liǎng* is written, 5 grams is used, which is the recommended clinical practice. For formulas from later writers, dosage recommendations are made based on clinical practice as well. The recommended dosages in the book are typically the adult dose, used once daily. The dosage for elderly patients is two-thirds of the adult dose; for children aged 3-6 years, the dosage is one-third of the adult dose, and for children ages 6-12 years, the adult dosage is cut in half. Due to the extremely complex nature of dosages, which takes into account several elements including the patient’s age, sex, constitution, type of disease treated, severity of the disease, the quality and processing of herbs, the compatibility and form of herbs, as well as the methods of administration, the dosages recommended in this book are merely provided as a clinical reference. One must also use caution when using formulas that contain herbs such as *Aconiti Radix lateralis praeparata (zhì fù zǐ)* and *Ephedrae Herba (má huáng)*.

Classic formulas are not the entirety of traditional Chinese medicine, but rather its clinical foundation and standard. Promoting classic formulas not only offers society a safe, effective, economical, and simple medical service, but is also beneficial for developing the synthesis of experience, clinical research, and the academic tradition of traditional Chinese medicine—a great process that benefits the country, the people, and medicine.

### **Note on Proper Preparation of Classic Formulas**

Classic formulas are most commonly taken through the use of soups or teas, otherwise known as decoctions. Decoctions are easy to absorb, take effect quickly, and are generally suitable for acute and febrile disorders. For decocting purposes, the best containers are earthenware, ceramic, or



**Tangkuei and Peony Powder**  
*dāng guī sháo yào sǎn*

**Introduction**

Tangkuei and Peony Powder (*dāng guī sháo yào sǎn*) is a traditional formula for nourishing the fetus. It nourishes blood, regulates the menses, promotes urination, and relieves pain. Broadly speaking, it is used for diseases characterized by abdominal pain, floating edema, dizziness, heart palpitations, thirst, and urinary difficulty. It is also used as a regulatory formula for women with a blood deficiency constitution.

**SOURCE:** *Essentials from the Golden Cabinet (Jin gui yào lüè)* 22 and 23

**Recommended Dosage and Preparation**

Angelicae sinensis Radix ( <i>dāng guī</i> )	10g
Paeoniae Radix alba ( <i>bái sháo</i> )	30-50g
Chuanxiong Rhizoma ( <i>chuān xiōng</i> )	20g
Atractylodis macrocephalae Rhizoma ( <i>bái zhú</i> )	15g
Poria ( <i>fú líng</i> )	15g
Alismatis Rhizoma ( <i>zé xiè</i> )	20g

Place the medicinals in 800ml of water. Bring to a boil, then turn down to a simmer and cook until the liquid is reduced to 300ml. Divide into 2-3 equal doses and take warm. It is also possible to make the formula into a powder using the dosages from the source text. The powder is taken in a dosage of 5g twice a day and mixed into rice gruel, red wine, or yogurt.

**Summary of Clinical Presentation**

Female patients with abdominal pain, and possibly floating edema, dizziness, headache, diarrhea, or menstrual irregularity.

**Patient Characteristics**

More of these patients are female and they tend to have a yellowish complexion that lacks luster as well as evidence of floating edema. There may also be darkness and areas of discoloration around the eyes. Although the abdominal wall in these patients is generally soft, there is often pain with pressure in the lower abdomen that occurs more commonly on the right side. Patients may report a heavy, sinking sensation in the low back

and the lower abdomen. There may be cramps, numbness, and a lack of strength in the lower limbs. Patients may have constipation, diarrhea, and/or anal prolapse. There are associated symptoms such as headaches, dizziness, heart palpitations, and muscle twitches and spasms. These patients may also present with red maculopapular lesions and dry skin. Female patients often report irregular menses, dysmenorrhea, scanty menstrual flow, and/or amenorrhea.

### Suitable Disease Patterns

For patients with the above characteristics, the following conditions may be addressed with Tangkuei and Peony Powder (*dāng guī sháo yào sǎn*):

- Gynecological diseases characterized by abdominal pain and bleeding such as dysmenorrhea, amenorrhea, infertility, and dysfunctional uterine bleeding.
- Diseases of pregnancy characterized by edema and diarrhea such as fetal malposition, poor fetal development, threatened miscarriage, recurrent miscarriage, and gestational hypertension.
- Diseases characterized by yellowing complexion and floating edema such as autoimmune liver disease, chronic hepatitis, liver cirrhosis, Hashimoto's disease, and iron deficiency anemia.
- Diseases with accompanying symptoms of scanty menstrual flow and diarrhea such as acne, chloasma, rectal prolapse, and hemorrhoids.
- Diseases characterized by itching skin such as chronic urticaria, atopic dermatitis, and allergic purpura.

### Modifications

- For Hashimoto's disease, autoimmune liver disease, or infertility with scanty periods, yellow complexion, and fear of wind, combine with Minor Bupleurum Decoction (*xiǎo chái hú tāng*).
- For polycystic ovarian syndrome, amenorrhea, and acne with a dusky yellow complexion, combine with Kudzu Decoction (*gé gēn tāng*).
- For headache, cerebral infarction, polycystic ovarian syndrome, and irregular menstruation with a dusky purple tongue, and fullness in the lesser abdomen, combine with Cinnamon Twig and Poria Pill (*guì zhī fú líng wán*).



## Important Issues

- For patients with diarrhea, the dosage of *Paeoniae Radix alba* (*bái sháo*) may be reduced.
- For use to quiet the fetus, a smaller dosage may be used.

## Commentary by Huang Huang

- Tangkuei and Peony Powder (*dāng guī sháo yào sǎn*) is used for the combination of abdominal pain and irregular menstruation in patients with a deficient constitution. Traditionally, it is said to treat blood deficiency and stasis, and spleen deficiency with water stoppage. The formula is most commonly used for women, especially those who are middle-aged, and in many cases, these patients have a sallow, withered appearance. The complexion may also show signs of anemia, superficial edema, yellow or coffee-colored melasma, or dry skin that lacks luster. The formula should be used with caution in ‘fiery’ looking women. The abdomen should be lax and may have a watery sound on palpation. If the abdomen is tight like a drum or there is tenderness, the formula is typically not used. Generally, the formula is used when the menses are scanty and pale. If the menses are excessive and red, this formula should only be used with caution.
- Aside from its use with postpartum women, the formula is also used for chronic illnesses in women such as habitual constipation or postpartum constipation. In these cases, you must use *Paeoniae Radix alba* (*bái sháo*) in a large dosage. For a decoction, the dosage should be 30-60g.
- Tangkuei and Peony Powder (*dāng guī sháo yào sǎn*) is also effective for diseases affecting the rectum and intestines. For example, in *Expansion of the Categorized Collected Formulas* (*Lèi jù fāng guǎng yì*) this formula is said to be highly effective for “anal prolapse with swelling, pain, and unceasing liquid coming out.” When there is a water sound in the stomach on palpation, combine with Poria Drink (*fú líng yǐn*); for dizziness, superficial edema, and a sunken pulse, combine with True Warrior Decoction (*zhēn wǔ tāng*); for headache and a dusky yellow complexion, combine with Kudzu Decoction (*gé gēn tāng*); and for heaviness and cold in the low back and abdomen, combine with Licorice, Ginger, Poria, and Atractylodes Decoction (*gān jiāng líng zhú tāng*).

- ✦ Tangkuei and Peony Powder (*dāng guī sháo yào sǎn*) is useful for chronic liver disease, in both women and men. For patients with chronic hepatitis, cirrhosis, and hyperthyroidism who have liver damage from pharmaceuticals or auto-immune disease, combine with Minor Bupleurum Decoction (*xiǎo chái hú tāng*). Suitable patients generally will show evidence of superficial edema, mild ascites, yellow complexion, and mild anemia.

### Tangkuei Decoction for Frigid Extremities

*dāng guī sì nì tāng*

#### Introduction

In the classics this is a formula for *jueyin* disorders. Traditionally it is a formula to warm the channels and disperse cold, and treat pulling pain. Modern research shows that it has such actions as dilating peripheral blood vessels, inhibiting platelet agglutination along with thrombus formation in the arteries and veins after bypass surgeries, improving blood circulation, as well as analgesic and anti-inflammatory actions. It is suitable for abdominal pain, headache, and joint pain with the specific findings of cold extremities and a thin pulse.

**SOURCE:** *Discussion of Cold Damage (Shāng hán lùn)* 351

#### Recommended Dosage and Preparation

Angelicae sinensis Radix ( <i>dāng guī</i> )	15g
Cinnamomi Ramulus ( <i>guì zhī</i> )	15g
Paeoniae Radix alba ( <i>bái sháo</i> )	15g
Asari Radix et Rhizoma ( <i>xì xīn</i> )	10g
Glycyrrhizae Radix praeparata ( <i>zhì gān cǎo</i> )	10g
Jujubae Fructus ( <i>dà zǎo</i> )	30g

Place the ingredients in 1000ml of water. Bring to a boil and cook until the liquid is reduced to 300ml. Divide into 2-3 equal doses and take warm.

#### Summary of Clinical Presentation

Ice-cold extremities that can turn purple, intense pain, and a thin pulse.

## Hypertension

ally had difficulty getting to sleep throughout the night. In addition, she had vitreous opacity and dry eye disease.

**SIGNS:** Thin build, sallow complexion with dark spots, splash sounds in the stomach, periumbilical pulsations, red inner eyelids (checked by drawing down the lower lid), a thick-greasy tongue coating, and a weak pulse, which was forceless, hard on heavy pressure. Her blood pressure tended to be low.

**PRESCRIPTION:** Poria (*fú líng*) 40g, Codonopsis Radix (*dǎng shēn*) 15g, Atractylodis macrocephalae Rhizoma (*bái zhú*) 20g, Aurantii Fructus (*zhǐ ké*) 20g, Citri reticulatae Pericarpium (*chén pí*) 20g, Zingiberis Rhizoma (*gān jiāng*) 5g, Cinnamomi Ramulus (*guì zhī*) 15g, Glycyrrhizae Radix praeparata (*zhì gān cǎo*) 5g. Ten packets.

### SECOND CONSULTATION ON FEBRUARY 14, 2017

After taking the formula, her abdominal distention was reduced and her sleep improved. Her tongue coating was still thin, and her facial spots were less dark. The same formula was given, to be taken every other day.

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## Hypertension

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Hypertension is one of the most commonly seen diseases in internal medicine. According to the World Health Organization (WHO), the standards for blood pressure differentiation are as follows:

1. Normal blood pressure: systolic blood pressure < 120mmHg and diastolic blood pressure < 80mmHg.
2. Adult hypertension: systolic blood pressure  $\geq$ 140mmHg and/or diastolic blood pressure  $\geq$ 90mmHg.
3. High normal hypertension refers to blood pressure between the above two measurements. Due to the continuous increase of arterial pressure in patients with hypertension, this can lead to systemic arteriosclerosis, which affects the blood supply to tissues and organs, causing a variety of serious complications of which heart, brain, and kidney damage are the most significant.

Indications for the suitable treatment of hypertension with classic formulas:

- When hypertensive medications are being used with little effect, or have major side effects.
- When there are complication due to hypertension.
- When the patient fears taking antihypertensive drugs, or has psychological stress and distinct subjective symptoms.

The advantages of classic formulas in the treatment of hypertension:

- They improve symptoms and control blood pressure.
- They improve the constitution of hypertensive patients, prevent complications, and control the progression of the disease.

Depending on individual characteristics, the following classic formulas can be used in the treatment of hypertension.

### Coptis Decoction to Resolve Toxicity

*huáng lián jiě dú tāng*

1

#### Indications

Primary hypertension with a rapid heart rate, irritability, restlessness, and insomnia.

#### Usage

- This formula is suitable for patients with a strong constitution and build, with hard and tight muscles, a red and oily complexion, hyperemic eyes with profuse secretions, dusky-red lips, a hard and stiff tongue body, and a slippery, rapid pulse. These patients are prone to being irritable and restless and commonly have sleep disorders. They commonly have skin sores and boils, are prone to mouth and tongue ulcers, and have dark, scanty urine. Most commonly these are middle-aged or elderly patients. For those with a poor appetite, anemia, a slow heart rate, and poor liver or kidney function, use this formula with caution.
- Coptis Decoction to Resolve Toxicity (*huáng lián jiě dú tāng*) is an extremely bitter formula, therefore it can be combined with a suitable amount of Zingiberis Rhizoma recens (*shēng jiāng*) and Jujubae Fructus (*dà zǎo*). Generally speaking, if the formula does not taste particularly

## Hypertension

bitter, and there is a cooling effect in the mouth, the herbs are appropriate for the specific presentation. If there is discomfort in the stomach, nausea, and vomiting, resulting in poor appetite after taking the formula, then it is not appropriate.

- This formula is difficult to take long-term and is usually given in courses of 5-7 days. Once the symptoms have resolved, one can either stop taking it, take it in capsule or pill form, or take in small doses over a period of time.

### Modifications

- For stomach discomfort, add Zingiberis Rhizoma (*gān jiāng*) 10g and Glycyrrhizae Radix (*gān cǎo*) 10g.
- For dry, hard stools or bleeding, add Rhei Radix et Rhizoma (*dà huáng*) 10g.

### Case History

Dong, 35-year-old male, 168cm/75kg

#### INITIAL CONSULTATION ON FEBRUARY 2, 2013

**HISTORY:** The prior autumn, the patient discovered that his blood pressure was elevated. He took antihypertensive medications, which lowered his systolic pressure, but did not control his diastolic pressure well. His current blood pressure readings were 120-130/90-100 mmHg. He experienced no obvious discomfort, except that his mouth was often dry, he had profuse oily sweat from his head, and tinea pedis. He previously had gallstones, eczema, and seborrheic alopecia.

**FAMILY HISTORY:** His mother had hypertension.

**SIGNS:** Large build, red lips, oily complexion, baldness, red tongue, and a slippery, rapid pulse with a rate of 108 beats per minute.

**PRESCRIPTION:** Coptidis Rhizoma (*huáng lián*) 5g, Scutellariae Radix (*huáng qín*) 10g, Phellodendri Cortex (*huáng bǎi*) 10g, Gardeniae Fructus (*zhī zǐ*) 10g, prepared Rhei Radix et Rhizoma (*zhì dà huáng*) 5g, Zingiberis Rhizoma (*gān jiāng*) 10g, Glycyrrhizae Radix (*gān cǎo*) 5g. Fifteen packets, one packet taken over two days.

#### SECOND CONSULTATION ON APRIL 6, 2013

After taking the formula for three days, his diastolic pressure had

dropped to around 85mmHg, and he felt a lot more comfortable overall. The same formula was continued. Fifteen packets, three days on, two days off.

## Drain the Epigastrium Decoction

*xiè xīn tāng*

2

### Indications

Hypertension with irritability, restlessness, anxiety, and headaches, possibly concurrent with cerebral hemorrhage or subarachnoid hemorrhage.

### Usage

- Long term usage of this formula must take into account the patient's constitution. Patients for whom this formula is suitable typically have a robust build and a flushed and oily complexion. Their lips are red or dusky-red, and their tongue bodies are dusky-red with a yellow and greasy or dry tongue coating. Abdomen is protruding, firm, and strong, and there may be discomfort in the upper abdomen. Stools may be dry or there may be actual constipation. These patients may have slightly elevated blood pressure, cholesterol, or high blood viscosity, and possibly rapid heart rates. In the absence of the above signs, use this formula with caution.
- In more severe cases, a larger dosage can be used, and in milder cases, a smaller one.
- If the stools are loose but are sticky and foul-smelling, and the tongue coating is yellow and greasy, this formula can still be used.

### Modifications

- For a red complexion, headaches, and a rapid and slippery pulse, add Phellodendri Cortex (*huáng bǎi*) 10g and Gardeniae Fructus (*zhī zǐ*) 15g.
- If the patient has a robust build and fullness and distention in the upper abdomen, combine with Major Bupleurum Decoction (*dà chái hú tāng*).

### Case History

Zhang, 40-year-old female, 169cm/66kg

INITIAL CONSULTATION ON OCTOBER 9, 2018

**HISTORY:** Patient had a left aortic dissection in December 2017. Recently, she had been experiencing hypertension, dizziness, restless agitation, dream-disturbed sleep, and could hear her heart beating when she was nervous. She had a strong appetite as well as sticky stools and hemorrhoids.

**SIGNS:** Red-oily complexion, acne, dusky-red tongue, and distinct abdominal pulsations.

**PRESCRIPTION:** Rhei Radix et Rhizoma (*dà huáng*) 10g, Coptidis Rhizoma (*huáng lián*) 5g, Scutellariae Radix (*huáng qín*) 10g. Fifteen packets. Preparation was to steep the herb in boiling water, five days on, two days off.

SECOND CONSULTATION ON NOVEMBER 6, 2018

The dizziness, fluttering in the chest, and constipation had improved, as had her temper and sleep. Thirty packets of the same formula were given.

**Warm Gallbladder Decoction**

*wēn dǎn tāng*

3

**Indications**

Borderline hypertension or early-stage hypertension with the following characteristics:

- (1) Borderline or fluctuating blood pressure, without any accompanying heart, brain, or kidney symptoms.
- (2) Multiple chief complaints that are severe such as headaches, dizziness, insomnia, dream-disturbed sleep with lots of nightmares, being easily frightened, and a feeling of fear.
- (3) Most patients are middle-aged with an average build or slightly overweight, with good nutritional status and oily complexion.
- (4) 'White coating syndrome,' that is, blood pressure that rises when the patient is nervous.

**Usage**

- The use of this formula can improve sleep, eliminate the feeling of fear as well as eliminate physical symptoms such as headaches or stifling sensation in the chest.

- This formula is commonly given in seven-day doses, and can be taken intermittently for long periods of time after achieving the desired effect.

### Modifications

- For a stifling sensation in the chest, irritability, restlessness, insomnia, and tachycardia, add Coptidis Rhizoma (*huáng lián*) 5g.
- For anxiety and abdominal distention, add Gardeniae Fructus (*zhī zǐ*) 15g and Magnoliae officinalis Cortex (*hòu pò*) 15g.
- For menopausal symptoms in middle-aged or older women with hypertension who are frequently absent minded, feel completely helpless, but do not have slippery pulses or red tongues, add Ziziphi spinosae Semen (*suān zǎo rén*) 30g, Anemarrhenae Rhizoma (*zhī mù*) 15g, and Chuanxiong Rhizoma (*chuān xiōng*) 15g.

### Case History

Zhang, 55-year old female

#### INITIAL CONSULTATION ON MAY 16, 2016

**HISTORY:** Hypertension for over six years. The patient had been suffering from repeated bouts of dizziness and nausea over the last 4-5 years, which were more obvious when the air quality was poor. She had taken the anti-hypertensive medication losartan potassium, which had kept her blood pressure somewhat stable. In addition, she experienced frequent urination, epigastric distention, difficulty falling asleep, copious dreaming, and had facial paralysis in the past.

**FAMILY HISTORY:** Father had coronary artery disease and hypertension.

**SIGNS:** Overweight with a round face and a dusky-sallow complexion. Tongue was swollen with tooth marks and a greasy white coating, and the pulse was slippery.

**PRESCRIPTION:** Ginger-fried Pinelliae Rhizoma praeparatum (*jiāng bàn xià*) 20g, Poria (*fú líng*) 20g, Citri reticulatae Pericarpium (*chén pí*) 20g, Glycyrrhizae Radix (*gān cǎo*) 5g, Aurantii Fructus (*zhǐ ké*) 20g, Bambusae Caulis in taeniam (*zhú rú*) 10g, Zingiberis Rhizoma (*gān jiāng*) 5g, Jujubae Fructus (*dà zǎo*) 20g. Ten packets, five days on, two days off.

#### SECOND CONSULTATION ON MAY 30, 2016

Since taking the formula her dizziness had resolved and her nausea had



been eliminated. The dosage of her blood pressure medication had been reduced by half, and she was dreaming when sleeping. The same formula was continued: ten packets, three days on, two days off.

### Major Bupleurum Decoction

dà chái hú tāng

4

#### Indications

Hypertension accompanied by cholecystitis, gallstones, hyperlipidemia, and constipation. Patients typically have a robust or overweight build with upper abdominal distention and a thick tongue coating.

#### Usage

- After taking the formula, many patients may experience diarrhea, up to 2-3 times per day, which is fine.
- If taken for extended periods of time, the dosage of Rhei Radix et Rhizoma (*dà huáng*) must be adjusted, with the goal being smooth bowel movements.
- Typically, enough is prescribed initially to be taken for seven days. Once the symptoms have improved, the dosage can be lowered and the formula continued in order to improve the constitution.

#### Modifications

- For irritability, restlessness, a red tongue, and rapid pulse, add Coptidis Rhizoma (*huáng lián*) 5g.
- For a dusky-red complexion and constipation, add Persicae Semen (*táo rén*) 10g, Poria (*fú líng*) 10g, Moutan Cortex (*mǔ dān pí*) 10g, and Cinnamonomi Ramulus (*guì zhī*) 10g.

#### Case History

20-year-old male, 172cm/109kg

INITIAL CONSULTATION ON AUGUST 25, 2015

**HISTORY:** Hypertension, obesity, and elevated cholesterol for two years. Patient had been experiencing fatigue, copious sweating, abdominal distention, and acid reflux. He had a hard time falling asleep, with a dream-disturbed sleep, and a cough in the latter half of the night.

