

qi such that it does not reach the four limbs and there is inversion. This is what is referred to as when the inversion becomes more intense, the heat also becomes more intense. This is a pathogen in a yin warp that goes back and returns to the *yáng míng*. It requires clearing and draining out of stomach heat and White Tiger Decoction (*bái hǔ tāng*) masters it.

**Ke Qin:** Inversion with a faint pulse is a cold inversion; inversion with a slippery pulse is a hot inversion. Extreme yang with yin-like patterns of extreme yang depend on the pulse to differentiate them. There will also be irritability, thirst with taking in of fluids, and difficult bowel movements with the ability to eat. Only then can it constitute heat in the interior.

**You Zai-Jing:** Cold damage with a faint pulse and inversion is from an attack by a yin pathogen with cold in the interior. Inversion with a slippery pulse is due to damage from a yang pathogen with heat in the interior. When there is heat in the interior, the yin qi is [behind a] blockade and instead [of their normal locations] yang is in the inside and yin on the outside. If the heat in the body is not eliminated, the inversion will not end, so the responsibility is on White Tiger Decoction (*bái hǔ tāng*) to clear the interior and eliminate heat. This is a pattern where inversion develops due to extreme *yáng míng* heat. It has mistakenly been placed by the editors in the *jué yīn* [chapter].

## DISCUSSION

This condition is not uncommon. The most interesting question is whether this problem pertains to the *jué yīn* or the *yáng míng*. While any problem for which White Tiger Decoction (*bái hǔ tāng*) is indicated pertains to the *yáng míng*, to me this is a classic example of a *jué yīn* condition emerging into the *yáng míng* and is not a “pure” *yáng míng* condition. One supporting piece of evidence is the presence of cold hands and feet, a symptom that does not appear in the *yáng míng* chapters, but is one of the defining aspects of a *jué yīn* disease.

Because the *jué yīn* is affected by a pathogen, it leads to reckless rebellion of the liver qi. This, in turn, adversely affects the stomach, leading to constraint in the *yáng míng* and the resulting heat. Here, because the *jué yīn* condition is rather mild, the liver qi has already

calmed down, but the stomach heat remains, so White Tiger Decoction (*bái hǔ tāng*) is indicated. The case history appended to ¶197 also illustrates the concepts demonstrated in this paragraph.

## ¶351

手足厥寒，脈細欲絕者，  
當歸四逆湯主之。

**TRANSLATION:** For those with inversion cold of the hands and feet and a pulse that is thin to the point that it is about to be cut off, Tangkuei Decoction for Frigid Extremities (*dāng guī sì nì tāng*) masters it.

**EXPLANATION:** When cold obstructs the channels and vessels, qi and blood cannot flow smoothly, which leads to frigid hands and feet and a pulse which is difficult to feel. Tangkuei Decoction for Frigid Extremities (*dāng guī sì nì tāng*) treats this condition well.

## FORMULA

當歸四逆湯方：

當歸三兩 桂枝三兩。去皮 芍藥三兩 細辛三兩 甘草二兩，炙 通草二兩，大棗二十五枚，擘。十二枚，一法右七味，以水八升，煮取三升，去滓，溫服一升，日三服。

Tangkuei Decoction for Frigid Extremities ( <i>dāng guī sì nì tāng</i> )	
Angelicae sinensis Radix ( <i>dāng guī</i> )	3 liǎng [9g]
Cinnamomi Ramulus ( <i>guì zhī</i> ) (cortex removed)	3 liǎng [9g]
Asari Radix et Rhizoma ( <i>xì xīn</i> )	3 liǎng [9g]
Paeoniae Radix ( <i>sháo yào</i> )	3 liǎng [9g]
Glycyrrhizae Radix ( <i>gān cǎo</i> ) (honey-toasted)	2 liǎng [6g]
Tetrapanacis Medulla ( <i>tōng cǎo</i> ) <sup>15</sup>	2 liǎng [6g]
Jujubae Fructus ( <i>dà zǎo</i> ) (broken up – just 12 pieces according to one method)	25 pieces [4–6 pieces]

Take the above 7 ingredients with 8 *shěng* of water and cook until 3 *shěng* remain. Remove the dregs and take 1 *shěng* warm, three times a day. [At present, the above ingredients are decocted in 1600ml of water until 600ml remain. The dregs are removed, and the resulting liquid is divided into three doses, each taken warm.]

**EXPLANATION OF FORMULA:** This formula is a variation on Cinnamon Twig Decoction (*guì zhī tāng*) with the deletion of Zingiberis Rhizoma recens (*shěng jiāng*), a doubling of the dosage of Jujubae Fructus (*dà zǎo*), and the addition of Angelicae sinensis Radix (*dāng guī*), Tetrapanacis Medulla (*tōng cǎo*) and Asari Radix et Rhizoma (*xì xīn*). Cinnamon Twig Decoction (*guì zhī tāng*) itself regulates and harmonizes the relationship between the protective and nutritive. Acrid, warm Angelicae sinensis Radix (*dāng guī*) nourishes the blood and harmonizes the functions of the blood. Asari Radix et Rhizoma (*xì xīn*) is acrid and warming and is also effective at unblocking the channels and vessels while dispelling stagnation from cold. Because these effects are rather strong, Zingiberis Rhizoma recens (*shěng jiāng*), which has somewhat similar functions, is deleted. The dosage of Jujubae Fructus (*dà zǎo*) is doubled not only to help regulate and harmonize the protective and nutritive, but also to ensure that the normal is not damaged by the relatively intense acrid, warming nature of Asari Radix et Rhizoma (*xì xīn*).

As Asari Radix et Rhizoma (*xì xīn*) can be considered a toxic substance, in this situation a combination of Zingiberis Rhizoma recens (*shěng jiāng*) and Mori Ramulus (*sāng zhī*) may be substituted.

### SELECTED COMMENTARIES

**Cheng Wu-Ji:** With inversion cold of the hands and feet, the yang qi is externally deficient and so does not warm the four extremities. With a pulse that [feels as if] it is about to be cut off, the yin blood is internally weak and so the pulse proceeds with difficulty. Give Tangkuei Decoction for Frigid Extremities (*dāng guī sì nì tāng*) to aid the yang and generate the yin.

**Wang Hu:** This paragraph is the presentation from cold striking the blood aspect of the *jué yīn*. There are slight differences between hands and feet with inversion cold (厥寒 *jué hán*) and inversion rebellion/inversion cold

(厥逆厥冷 *jué nì jué lěng*). For rebellion cold [the latter], the cold has deeply entered the viscera, and the hands and feet, which are unable to function smoothly, are like ice. This is inversion rebellion/ inversion cold. For [just] inversion cold [the former], there is inversion of the hands and feet and one feels intensely afraid of cold; this is cold striking the channels.

**You Zai-Jing:** Inversion cold of the hands and feet and a pulse that is thin to the point that it is about to be cut off is a deficiency of yang and [one of] the Frigid Extremity group [of formulas] is appropriate. With a pulse that [feels as if] it is about to be cut off, the blood is deficient and unable to warm the four extremities and even less able to nourish the vessels.

**Ke Qin:** The pattern in this paragraph is in the interior and should be the Frigid Extremities Decoction (*sì nì tāng*) formula plus Angelicae sinensis Radix (*dāng guī*), like the [other] example, Frigid Extremities Decoction with Poria (*fú líng sì nì tāng*) [in ¶69]. If, instead, one uses Cinnamon Twig Decoction (*guì zhī tāng*) to attack the exterior, that would be a mistake. As the name [of the formula contains] Frigid Extremities Decoction (*sì nì tāng*), how is it possible for it to lack Zingiberis Rhizoma (*gān jiāng*) and Aconiti Radix lateralis preparata (*zhì fù zǐ*)?

**Qian Huang:** The four limbs are the root of all the various yang. When a pathogen has entered the yin warps and leads to inversion with cold and chills of the hands and feet, one can know that the genuine yang is debilitated and weak. As for the pulse being faint and thin such that it is about to be cut off, in chapter 17 of *Basic Questions* it states, “The vessels are the repositories of the blood.” Without blood, the qi cannot attach [to anything]; without qi, the blood cannot move. When the yang qi is already deficient and debilitated, the yin blood is unable to become replete by itself. One should take Frigid Extremities Decoction (*sì nì tāng*) to warm and restore the genuine yang and add Angelicae sinensis Radix (*dāng guī*) to nourish the yin blood and cause it to thrive. Thus Tangkuei Decoction for Frigid Extremities (*dāng guī sì nì tāng*) masters it.

**Zhang Nan:** Inversion cold of the hands and feet and a pulse that is thin to the point that it is about to be cut off is from deficiency of both the qi and blood of the *jué yīn*, so Tangkuei [Decoction for] Frigid Extremi-

ties (*dāng guī sì nì [tāng]*) is primarily used to nourish the blood and unblock the channels and vessels. If there has been prolonged cold internally, further add the acrid and warm Evodiae Fructus (*wú zhū yú*) and Zingiberis Rhizoma recens (*shěng jiāng*) to disperse the cold. The liver takes sourness [for tonification] as its essence and acidity [for dispersal] for its function.

For a *shào yīn* inversion with cold hands and feet along with a pulse that is so thin as to be almost imperceptible, there will also be diarrhea. The kidneys are the gates of the stomach and when the gates are not secured, it is necessary to use Frigid Extremities Decoction (*sì nì tāng*) with Zingiberis Rhizoma (*gān jiāng*) and Aconiti Radix lateralis preparata (*zhì fū zǐ*). The *jué yīn* pertains to wood and harbors the ministerial fire; when it [manifests with diarrhea] it is from pathogenic heat pressing downward or a cold-heat complex that leads to the *yáng míng* not being closed up. Thus Pulsatilla Decoction (*bái tóu wěng tāng*) is used for [*jué yīn*] hot diarrhea while Mume Pill (*wū méi wán*) is used for that from a cold-heat complex. When there is more cold, it is enough to add Evodiae Fructus (*wú zhū yú*) and Zingiberis Rhizoma recens (*shěng jiāng*). If one uses too many intensely hot [medicinals], instead [of helping the person] it will aid the ministerial fire to burn up the wood.

Ke [Qin] did not understand this and said that as the name [of the formula contains] Frigid Extremities Decoction (*sì nì tāng*), how is it possible for it to lack Zingiberis Rhizoma (*gān jiāng*) and Aconiti Radix lateralis preparata (*zhì fū zǐ*)? [He said that] long-standing cold can only be gotten rid of when Evodiae Fructus (*wú zhū yú*) is paired with Aconiti Radix lateralis preparata (*zhì fū zǐ*) and Zingiberis Rhizoma recens (*shěng jiāng*) assists Zingiberis Rhizoma (*gān jiāng*). Did he not know that only *shào yīn* inversion cold uses Frigid Extremities Decoction (*sì nì tāng*) with Zingiberis Rhizoma (*gān jiāng*) and Aconiti Radix lateralis preparata (*zhì fū zǐ*)? Frigid Extremities Powder (*sì nì sǎn*) is used for hot inversion. How could Zingiberis Rhizoma (*gān jiāng*) and Aconiti Radix lateralis preparata (*zhì fū zǐ*) be used for that? While the “frigid extremities” (四逆 *sì nì*) are the same, the cold or hot [nature of the problems] is different; how could it be necessary to use Zingiberis Rhizoma (*gān jiāng*) and Aconiti Radix lateralis preparata (*zhì fū zǐ*)? [Just

because] formulas can be called Frigid Extremities Decoctions (*sì nì tāng*), why did he not think about it a bit deeper? This is like [the formulas] that share the name Order the Qi (*chéng qì*) with the different [names] of Major, Minor, and Regulate the Stomach or [the formulas] that share the name Drain the Epigastrium (*xiè xīn*), where each of the five formulas has its own peculiarity. The methods change in concert with the pathology and are utilized following the etiology. If one relies on the views of crude annotators to discuss the methods of [Zhang] Zhong-Jing, not only will you not be able to illuminate their principles, but instead it will leave those who study this later dazed and confused with nothing to rely on and follow.

## DISCUSSION

Here the cold hands and feet are from a cold pathogen hampering the sinews and vessels such that the yang qi is unable to penetrate and spread through the limbs. This is viewed as a pattern of both blood deficiency and cold. The composition of this formula has been problematic for many commentators (see You, Ke, and Qian above) who cannot understand why the formula called for in this situation is not some version of Frigid Extremities Decoction (*sì nì tāng*) with the addition of Angelicae sinensis Radix (*dāng guī*).

We believe (along with others, such as Zhang above) that these commentators have missed the point of this paragraph, as it concerns the symptom of frigid hands and feet due to a lack of smooth connection between the qi of the yin and the yang. Given our contention that *jué yīn* disease is marked by reckless rebellion of liver qi, this is not a disease affecting the *jué yīn* warp, but a *jué yīn*-like disease that is not part of the normal transmission through the warps. It is best viewed as a relatively circumscribed phenomenon affecting the sinews, channels, and vessels, rather than the viscera or receptacles.

Tangkuei Decoction for Frigid Extremities (*dāng guī sì nì tāng*) has been, and continues to be, a very commonly prescribed formula. Note that while this paragraph focuses on the pulse, clinically, the presentation with particularly cold fingers and toes, often with the rest of the hands and feet not being that affected, is the key sign. In these cases, the formula can be very effective, even if the pulse is not especially thin or faint.

## CASE HISTORY

Tian XX, female, 29 years old. First visit: May 25, 1965. She had pain, numbness, and a heavy sensation affecting the hands and elbows for more than a fortnight. This started after washing herself in cold water a little over ten days after giving birth. The pain was most severe upon awakening and would diminish after about an hour of activity. The numbness and heaviness had been constant. For the last few days, the pain had not diminished with activity, was more severe on the right side, and had affected her ability to use her hands.

On examination, her complexion lacked luster, the tongue had a thin white coating, the pulse was thin and slow, but nothing else was remarkable. This was a pattern of blood deficiency soon after giving birth, where cold and dampness had invaded the muscle layer and the channels and vessels, obstructing the proper movement of qi and blood through the nutritive and protective. Treatment was to disperse and scatter cold and dampness, warm and unblock the channels and vessels, and nourish and harmonize the blood. Tangkuei Decoction for Frigid Extremities (*dāng guī sì nì tāng*) was given.

Angelicae sinensis Radix ( <i>dāng guī</i> )	9g
Cinnamomi Ramulus ( <i>guì zhī</i> )	9g
wine-fried Paeoniae Radix alba ( <i>jiǔ chǎo bái sháo</i> )	9g
Asari Radix et Rhizoma ( <i>xì xīn</i> )	1.8g
Tetrapanacis Medulla ( <i>tōng cǎo</i> )	4.5g
Glycyrrhizae Radix ( <i>gān cǎo</i> )	6g
Jujubae Fructus ( <i>dà zǎo</i> )	3 pieces
Zingiberis Rhizoma recens ( <i>shěng jiāng</i> )	3g

By May 31, after she had taken four packets, the pain was significantly better. She then stopped the medicine for two days and the pain returned. She then continued on the original prescription, taking one packet each morning and evening. By June 4, the pain had basically disappeared and the numbness and heaviness were more than 50% better. The pulse was still thin and slow. At that point, the following were added to the original formula.

Coicis Semen ( <i>yì yǐ rén</i> )	12g
Astragali Radix ( <i>huáng qí</i> )	9g

The prescription was taken as noted above. By June 7, the symptoms had disappeared and the complexion and pulse were improved. She continued with four more packets after which her health and appearance returned to normal. (Zhou Ke)<sup>16</sup>

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若其人內有久寒者，宜當歸四逆加吳茱萸生薑湯。

TRANSLATION: If the person has long-standing cold inside, Tangkuei Decoction for Frigid Extremities plus Evodia and Fresh Ginger is appropriate.

EXPLANATION: This is a continuation of the previous formula. With the presence of internal cold, in addition to icy-cold hands and feet and a pulse that is so thin as to be almost imperceptible, Evodiae Fructus (*wú zhū yú*) and Zingiberis Rhizoma recens (*shěng jiāng*) should be added to this formula.

## FORMULA

當歸四逆加吳茱萸生薑湯方：

當歸三兩 芍藥三兩 甘草二兩，炙 通草二兩 桂枝三兩，去皮 細辛三兩 生薑半斤，切 吳茱萸二升 大棗二十五枚，擘

右九味，以水六升，清酒六升和，煮取五升，去滓，溫分五服。

(一方，酒水各四升。)

<b>Tangkuei Decoction for Frigid Extremities plus Evodia and Fresh Ginger</b> ( <i>dāng guī sì nì jiǎ wú zhū yú shěng jiāng tāng</i> )	
Angelicae sinensis Radix ( <i>dāng guī</i> )	3 liǎng [9g]
Paeoniae Radix ( <i>sháo yào</i> )	3 liǎng [9g]
Glycyrrhizae Radix ( <i>gān cǎo</i> ) (honey-toasted)	2 liǎng [6g]