Radix alba

As the primary function here is to restrain, tonify, or soften, Paeoniae Ginseng Radix preserves the Yin and generates fluid. Moutan Cortex [dissolve in the strained decoction]

Asini Corii Colla

Chuanxiong Rhizoma

Angelicae sinensis Radix

Cinnamomi Ramulus

Evodiae Fructus

Paeoniae Radix

upward flushing of heat

Flow-Warming Decoction

(wén jīng tāng)

**Ingredients**

- Evodiae Fructus (wù zhù yù) 9g
- Cinnamomomi Ramulus (gui zhī) 6g
- Angelicae sinensis Radix (dāng guī) 6g
- Chuanxiong Rhizoma (chuān xióng) 6g
- 3Paeoniae Radix (sháo yào) 6g
- Asini Corii Colla (ē jiāo) [dissolve in the strained decoction] 6g
- Ophiopogonis Radix (mài mén dōng) 6g
- Moutan Cortex (mài mén dōng) 9-12g
- Ginseng Radix (zhì bàn xià) 6g

1. As the primary function here is to restrain, tonify, or soften, Paeoniae Radix alba (bái sháo) is preferred.

**Actions:** warms the vessels • dispels cold • nourishes the blood • dispels blood stasis

**Main pattern:** deficiency cold of the Conception and Penetrating vessels together with blood stasis and deficiency heat

**Key symptoms:** cold and pain in the lower body (abdomen, lower back, lower extremities) • upward flushing of heat • dry lips and mouth

**Secondary symptoms:** mild, persistent uterine bleeding • irregular menstruation (either early or late) • extended or continuous menstrual flow • bleeding between menstrual periods • lower abdominal distention • diarrhoea during menstruation • white vaginal discharge • tenderness to miscarriage • warm palms and soles • palmar erythema

**Tongue:** dry body • scanty coating

**Pulse:** thin • rough • submerged

**Abdomen:** pain on pressure in the lower abdomen that is often worse on the left side • hypertonicity of the rectus abdominis muscle • overall soft and weak abdomen • lower abdomen cold to the touch

**Principal signs and symptoms**

- **Key symptoms:** deficiency heat penetrates the vessels together with blood stasis and deficiency cold
- **Secondary symptoms:** abdominal fullness, pain, or muscle tension, the abdomen generally remains soft.

**Actions:** dispels cold and stops pain dispenses cold and stops pain enters the nutritive qi to improve circulation in the blood vessels and disperses cold invigorates the blood, dispels blood stasis, nourishes the blood, and regulates the menses

**Main pattern:** deficiency cold of the Conception and Penetrating vessels together with blood stasis and deficiency heat

**Composition**

- Evodiae Fructus (wù zhù yù)
- Cinnamomomi Ramulus (gui zhī)
- Angelicae sinensis Radix (dāng guī)
- Ophiopogonis Radix (mài mén dōng)
- Moutan Cortex (mài mén dōng)
- Ginseng Radix (zhì bàn xià)
- Glycyrrhizae Radix (gān cǎo)
- Zingiberis Rhizoma recens (zhì bàn xià)
- Zingiberis Rhizoma recens (zhì bàn xià)
- Paeoniae Radix alba (bái sháo)
- Asini Corii Colla (ē jiāo)
- Angelicae sinensis Radix (dāng guī)
- Ophiopogonis Radix (mài mén dōng)
- Paeoniae Radix alba (bái sháo)
- Asini Corii Colla (ē jiāo)
- Zingiberis Rhizoma recens (zhì bàn xià)
- Paeoniae Radix alba (bái sháo)

**Contraindications:** blood stasis associated with excess patterns

**Clinical Notes**

- This formula is specific for blood stasis in the lower abdomen due to deficiency cold that disrupts the fluid dynamic. This generates dryness and causes heat from deficiency to flush upward. Manifestations of blood deficiency and internal cold include a pale complexion, aversion to cold, cold lower extremities, loose stools, increased urination, a pale, puffy tongue body, and a thin, forceless pulse. The deficiency cold in this pattern will be accompanied by signs of heat or dryness such as dry and cracked lips or mucous membranes, dry mouth, hot hands and feet, hot flushes, or feverish sensations. Finally, while there are signs of stasis in this pattern, such as abdominal fullness, pain, or muscle tension, the abdomen generally remains soft.

- Historically (and continuing to the current day), this formula has been indicated for women's disorders. However, it can also be used for men who present with a similar combination of "cold below and heat above" while suffering from disorders such as infertility, impotence, urinary incontinence, or seminal insufficiency.

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