Clinical Application of Jing Fang (Classical Formulas)

A seminar with

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I. Jing Fang Frequently used in the Clinic

1. Gui Zhi Tang (Cinnamon Twig Decoction)

Gui Zhi Tang is a traditional prescription for tonifying the body and resolving fatigue, as well as a classic formula for harmonizing Ying (nutrient qi) and Wei (defensive qi), good for treating the diseases manifesting palpitation, abdominal pain, spontaneous sweating, emaciation and deficient pulse, and effective to improve the weak body condition.

Conventional Constituents

Gui Zhi (Cinnamomi Ramulus) 6–10g
Shao Yao (Paeoniae Radix ) 6–10g
Gan Cao (Glycyrrhizae Radix) 3–6g
Sheng Jiang (Zingiberis Rhizoma recens 3–6g
Da Zao (Jujubae Fructus) 12g

Key Sings of the Formula Presentation

(1) A subjective feeling of upward movement of pulsation
(2) Abdominal pain
(3) Spontaneous sweating
(4) Fever
(5) Deficient floating pulse.
**People’s Characteristics of the Formula**

(1) Thin people with fair skin.

(2) Dark pale tongue

(3) Deficient lax pulse

(4) Propensity to sweat easily and subjective feeling of pulsation

**Indications**

The following disorders or diseases appeared in the people with the body signs as the above can be helped by this formula.

(1) the diseases with abnormal sweating

(2) the diseases with fever and spontaneous sweating

(3) the diseases manifesting sensitivity to cold and clear dilute excretion and discharge

(4) the diseases with abdominal pain

(5) the skin diseases with non-red lesion and dark location

(6) the diseases with palpitation, dizziness and weak pulse

2. **Gui Zhi Jia Long Gu Mu Li Tang**

*(Cinnamone Twig Decoction Plus Dragon Bone and Oyster Shell)*

**Gui Zhi Jia Long Fu Mu Li Tang** is the modification of Gui Zhi Tang, acts to improve body condition and calm the mind. It is usually applied for the diseases manifesting subjective feeling of upward movement of pulsation in the chest and abdomen, easily to be startled, insomnia with dreams, a big forceless pulse.
**Conventional Constituent**

Gui Zhi (Cinnamomi Ramulus) 5–10g  
Shao Yao (Paeoniae Radix) 6–10g  
Gan Cao (Glycyrrhizae Radix) 3–6g  
Sheng Jiang (Zingiberis Rhizoma recens) 6g  
Da Zao (Jujubae Fructus) 12g

**Key Signs of the Formula Presentation**

Debilitation with excited mood, a subjective feeling of pulsation in the chest and abdomen, easily to be startled, insomnia with dreams, spontaneous sweating, night sweating, a big forceless floating pulse.

**People's Characteristics of the Formula**

1. Thin people with fair skin  
2. Big floating pulse  
3. Mania, restlessness and being startled mood  
4. Sexual disorders  
5. Propensity to have fatigue

**Indications**

The following disorders or diseases appeared in the people with the body signs as the above can be helped by this formula.

1. the diseases manifesting sexual dysfunction or reproductive disorders  
2. the diseases manifesting palpitation  
3. the diseases manifesting insomnia, spontaneous sweating
(4) the diseases manifesting shortness of breath and dizziness

(5) the diseases manifesting spontaneous sweating, night sweating, falling of hair and convulsion

3. Xiao Jian Zhong Tang (Minor Construct the Middle Decoction)

Xiao Jian Zhong Tang is a classic formula of tonifying the deficiency. It acts to relieve spasm and pain, effective in treating deficient syndromes manifesting emaciation, intractable diarrhea and constipation.

Conventional Ingredient

Gui Zhi (Cinnamomi Ramulus) 6–12g
Bai Shao (Paeoniae Radix Alba) 12–30g
Sheng Jiang (Zingiberis Rhizoma) 6g
Gan Cao (Glycyrrhizae Radix) 6g
Da Zao (Jujubae Fructus) 12g
Yi Tang (Maltosum) 10g

Key Signs of the Formula Presentation

Emaciation, lassitude, abdominal pain, palpitation with restlessness, or nasal bleeding, or flush feeling in the palms and soles, or nocturnal emission, or dry mouth and throat.
**People’s Characteristics of the Formula**

(1) Thin people with fair skin

(2) Easily being hungry

(3) Propensity to be irritable

(4) Easily to be tired

(5) Abdominal pain with constipation

(6) Lax pulse and tender tongue

**Indications**

The following disorders or diseases appeared in the people with the body signs as the above can be helped by this formula.

(1) the diseases manifesting chronic abdominal pain

(2) the diseases with constipation

(3) the diseases manifesting emaciation, sallowish complexion and poor appetite

(4) the diseases manifesting abdominal pain and purpura

(5) the diseases manifesting emaciation and lassitude

(6) the diseases with pain

(7) the emaciated children with pale complexion manifesting malnutrition, poor appetite, anemia, neuropathic frequent urination and headache, etc.
4. Gui Zhi Fu Ling Wan (Cinnamon Twig and Poria Pill)

**Gui Zhi Fu Ling Wan** is an ancient formula for draining the dead fetus, and also a formula for invigorating the blood and removing stasis, available for the diseases manifesting a subjective feeling of upward running of qi, cramping pain in the lower abdomen, and rough skin.

**Conventional Ingredient**

- Gui Zhi (Cinnamomi Ramulus) 6–10g
- Fu Ling (Poria) 10g
- Mu Dan Pi (Moutain Cortex) 6–10g
- Shao Yao (Paeoniae) 6–15g
- Tao Ren (Persicae Semen) 6–10g

**Key Signs of Formula Presentation**

Red face or dark red complexion, full abdomen, resisting feeling against the fingers or tender point in left lower abdomen if the abdomen is palpated, headache, dizziness, insomnia, irritability, palpitation, dark tongue or the tongue with purple spots.

**People's Characteristics of the Formula**

1. Dark red face
2. Leg pain with dry scaled skin
3. Tenderness on the lower abdomen accompanied by constipation
4. Mania–like mood and poor memory

**Indications**

The following disorders or diseases appeared in the people with the body signs as the above can be helped by this formula.
(1) Gynecologic diseases manifesting dribbling of blood
(2) Gynecologic diseases manifesting abdominal pain
(3) Gynecologic diseases manifesting mass and lumps in the lower abdomen and amenorrhea
(4) The diseases manifesting chest fullness and short breath
(5) The diseases manifesting high viscosity of blood
(6) The kidney disorders manifesting constipation
(7) The anal disorders with constipation and lumbago
(8) Chronic facial infectious disorders with local darkness and purple color
(9) The disorders manifesting dry skin and desquamation
(10) Joint disorders leading to pain of lower back and leg resulting in difficult walking
(11) Male diseases manifesting lumbago and constipation
(12) The diseases taking pain, swelling and ulceration as the main symptoms

5. Wen Jing Tang (Flow–Warming Decoction)

Wen Jin Tang is an ancient formula specially for women, and also a classic formula for regulating menstruation and a cosmetic formula. It acts to regulate menstruation, benefit pregnancy and beautify the appearance, effective for irregular menstruation, amenorrhea and infertility accompanied by emaciation, dry mouth and lips, dry palms, lower abdominal uncomfortable feeling and diarrhea, as well as normalizing the body constitution of withered and gaunt women.
Conventional Constituent

Wu Zhu Yu (Evodiae Fructus) 3–5g
Dang Gui (Angelicae sinensis) 10g
Chuan Xiong (Chuanxiong Rhizoma) 6g
Bai Shao (Paeoniae Radix alba) 10g
Ren Shen Ginseng Radix) 10g
Gui Zhi (Cinnamomi Ramulus) 6–10g
E Jiao (Asini Corii) 10g
Mu Dan Pi (Moutan Cortex) 6–10g
Sheng Jiang (Zingiberis Rhizoma recens) 6g
Gan Cao (Glycyrrhizae Radix) 3–6g
Zhi Ban Xia (Pinelliae Rhizoma preparatum) 6g
Mai Men Dong (Ophiopogonis Radix) 10g

Key Signs of the Formula Presentation

(1) Retention of dead fetus
(2) Dribbling of menstrual blood
(3) Irregular menstruation
(4) Infertility
(5) Colic pain in the lower abdomen, abdominal fullness, irritating warm feeling in the palms and dry mouth and lips manifested after menopause
People’s Characteristics of the Formula

(1) Withered and thin body build
(2) Dry lips
(3) Dry palms
(4) Irregular menstruation or amenorrhea
(5) History of miscarriage or chronic diseases

Indications

The following disorders or diseases appeared in the people with the body signs as the above can be helped by this formula.

(1) the diseases manifesting amenorrhea
(2) the diseases manifesting uterine bleeding
(3) Some diseases without clear causes in the period of menopause
(4) Acne, eczema, keratosis of the finger and palm and cheilitis, which accompanied by scanty menstrual blood with light color and local dry skin

6. Dang Gui Shao Yao San (Tangkuei and Peony Powder)

Dang Gui Shao Yao San is an ancient formula for benefiting fetus with the action of nourishing blood, regulating menstruation, promoting water metabolism and stopping pain, effective for the disorders manifesting abdominal pain, edema, dizziness or vertigo, palpitation, thirst and dysuria, as well as regulation of female blood deficiency.
**Conventional Ingredient**

Dang Gui (Angelicae sinensis Radix) 15g

Shao Yao (Paeoniae Radix) 50g

Chuan Xiong (Chuanxiong Rhizoma) 25g

Fu Ling (Poria) 20g

Ze Xie (Rhizoma Alismatis) 25g

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 20g

**Key Signs of the Formula Presentation**

(1) Women’s abdominal pain

(2) Edema

(3) Dizziness or vertigo

(4) Headache

(5) Loose stool

(6) Irregular menstruation

**People’s Characteristics of the Formula**

(1) Sallowish complexion

(2) Fatigue

(3) Spleen deficiency signs

(4) Scanty menstrual blood
**Indications**

The following disorders or diseases appeared in the people with the body signs as the above can be helped by this formula.

(1) Gynecological diseases manifesting abdominal pain and virginal bleeding

(2) Perinatal disorders accompanied by edema and diarrhea

(3) Immuno-hepatitis, chronic hepatitis, cirrhosis, chronic lymphocytic thyroiditis and iron deficiency anemia, which usually manifest yellowish complexion and edema

(4) Acne, pigmentation, prolapse of anus and hernia, which also accompanied by scanty menstrual blood and diarrhea

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6. **Da Chai Hu Tang (Major Bupleurum Decoction)**

**Da Cai Hu Tang** is an ancient formula specially for relieving food retention. It acts to stop pain, relieve distention, promote bowel movement, pacify the rebellion and clear heat, effective for treating the disorders manifesting distending pain of the abdomen by pressure and normalizing the constitutional excess-heat.

**Conventional Ingredient**

Cai Hu (Bupleuri Radix) 10–15g

Huang Qin (Scurellariae Radix) 6–10g

Zhi Ban Xia (Pinelliae Rhizoma preparatum) 6–10g

Zhi Shi (Aurantii Fructus immaturus) 6–10g
Shao Yao (Paeoniae Radix) 6–20g
Da Huang (Rhei Radix et Rhizoma) 5–10g
Sheng Jiang (Zingiberis Rhizoma recens) 3–6g
Da Zao (Jujubae Fructus) 10–20g

**Key Signs of the Formula Presentation**

(1) Vomiting
(2) Restlessness
(3) Alternation of fever and chills, or fever can’t be diminished by sweating
(4) Dispensing pain in the area below the heart when the chest is pressed

**People’s Characteristics of the Formula**

(1) Broad chest and round upper body
(2) Depression and anxiety
(3) Tenderness on the epigastric region
(4) Sour regurgitation

**Indications**

The following disorders or diseases appeared in the people with the body signs as the above can be helped by this formula.

(1) the disease accompanied by epigastric distending pain
(2) the diseases manifesting diarrhea and abdominal pain
(3) the diseases manifesting constipation and abdominal pain
(4) the respiratory tract diseases manifesting cough and shortness of breath, accompanied by
epigastric fullness and sour regurgitation

(5) the diseases manifesting headache, dizziness and constipation

(6) the diseases with fever

7. Xiao Chai Hu Tang (Minor Bupleurum Decoction)

Xiao Chai Hu Tang is an ancient formula for eliminating fever and inflammation, a classic formula for harmonization, and also a common formula for treating febrile disease in metastatic stage.

Conventional Ingredient

Chai Hu (Bupleuri Radix) 10–20g
Huang Qin (Scutellariae Radix) 6–10g
Zhi Ban Xia (Pinelliae Rhizoma preparatum) 6–15g
Ren Shen (Ginseng Radix) 5–10g
Gan Cao (Glycyrrhizae Radix) 10g
Sheng Jiang (Zingiberis Rhizoma recens) 10g
Da Zao (Jujubae Fructus) 12g

Key Signs of the Formula Presentation

(1) Alternation of fever and chills

(2) The disease coming and going accompanied by fullness in the chest and hypochondrium, restlessness, frequent heave, poor appetite

(3) Sallowish complexion

(4) Abdominal pain
(5) Cough
(6) A subjective feeling of upward pulsation,
(7) Thirst
(8) Depression

**People's Characteristics of the Formula**

(1) Chai Hu face
(2) Fullness and uncomfortable feeling in the chest and hypochondriac region
(3) Alternation of fever and chills

**Indications**

The following disorders or diseases appeared in the people with the body signs as the above can be helped by this formula.

(1) the diseases with fever
(2) the diseases manifesting poor appetite, nausea and vomiting
(3) the diseases with cough
(4) the diseases with swollen lymph gland
(5) repeated allergic disorders
(6) repeated inflammation of five sensory organs
(7) certain autoimmune diseases
(8) the diseases with depression
9. Chai Hu Jia Long Gu Mu Li Tang
(Bupleurum plus Dragon Bone and Oyster Shell Decoction)

Chai Hu Jia Long Fu Mu Li Tang is an ancient formular for psychoneural disorders. It functions in calming the mind, quieting the fear and fright and relieving depression, effective for the disorders manifesting chest fullness, restlessness, fright and heavy feeling of the body.

Conventional Ingredient

Chai Hu (Bupleuri Radix) 6–12g
Huang Qin (Scutellariae Radix) 5–10g
Ren Shen (Ginseng Radix) 5g
Gui Zhi (Cinnamomi Ramulus) 5–10g
Fu Ling (Poria) 5–12g
Zhi Ban Xia (Pinelliae Rhizoma preparatum) 6–10g
Da Huang (Rhei Radix et Rhizoma) 5–10g
Long Fu (Fossilia Ossis Mastrodi) 10–20g
Mu Li (Ostreae Concha) 10–20g
Sheng Jiang (Zingiberis Rhizoma recens) 5g
Da Zao (Jujubae Fructus) 15g
Qian Dan 15g

Key Signs of the Formula Presentation

Chest fullness, pulsating feeling around the naval, restlessness, frightened feeling, disordered sleep, dysuria, delirium, difficulty of turning over the body because of heavy feeling of the body, yellow greasy tongue coating, wiry and tense pulse or slippery forceful pulse.
People’s Characteristics of the Formula

(1) Chai Hu face

(2) Introversion

(3) Changeable complains of her or his sufferings

(4) Discomfort and fullness of the chest and hypochondrium

(5) Possible induced factors

Indications

The following disorders or diseases appeared in the people with the body signs as the above can be helped by this formula.

(1) the diseases manifesting depression

(2) the diseases manifesting psychogenia

(3) the diseases with sluggish movement, tremor and spasm

(4) the sexual dysfunction, amenorrhea, menopause syndrome, irritable bowel movement, falling of hair and acne, which are accompanied by sleep disorder

(5) arrhythmia, cardiac neurosis, atrial fibrillation and premature systole, which are accompanied by fear, fright and palpitation

10. Si Ni San (Frigid Extremities Powder)

Si Ni San is an ancient formula special for cold limbs, also a classic formula for regulating qi. It is good in relieving somatic symptoms caused by mental stress and available for diseases manifesting discomfort and fullness in the chest and hypochondrium, cold limbs and abdominal pain.
**Conventional Ingredient**

Chai Hu (Bupleuri Radix) 6–10g

Shao Yao (Paeoniae Radix) 6–30g

Zhi Shi (Aurantii Fructus) 6–10g

Gan Cao (Glycyrrhizae Radix) 3–10g

**Key Signs of the Formula Presentation**

(1) Ice cold limbs,

(2) Discomfort and fullness in the chest and hypochondrium,

(3) Abdominal pain

(4) Wiry pulse

**People's Characteristics of the Formula**

(1) Prismatic face

(2) Tense abdomen

(3) Ice cold hands

(4) Cramping pain

(5) String–taut pulse

**Indications**

The following disorders or diseases appeared in the people with the body signs as the above can be helped by this formula.

(1) the diseases with abdominal pain and abdominal distention
(2) the diseases manifesting muscular spasm
(3) the diseases manifesting nervousness and restlessness
(4) the diseases with chest suffocation and chest pain

11. Ban Xia Hou Po Tang

(Pinellia and Magnolia Bark Decoction)

Ban Xia Hou Po Tang is an ancient formula special for foreign sensation in the throat. It functions to regulate qi, eliminate distention, resolve phlegm and benefit the throat, effective in treating the disorders with foreign sensation in the throat, or even somatic abnormal feeling, abdominal distention and nausea.

Conventional Ingredient

Zhi Ban Xia (Pinelliae Rhizoma preparatum) 6–15g
Hou Po (Magnoliae officinalis Cortex) 6–10g
Fu Ling (Poria) 10–15g
Zi Su Ye (Perillae Folium) 6–10g
Sheng Jiang (Zingiberis Rhizoma recens) 6–12g

Key Signs of the Formula Presentation

(1) Foreign sensation in the throat
(2) Somatic abnormal feeling of the mouth, nasal cavity, gastrointestinal tract and skin
People's Characteristics of the Formula

(1) Expressiveness

(2) Strange complaint

(3) Red tongue with sticky coating

Indication

The following disorders or diseases appeared in the people with the body signs as the above can be helped by this formula.

(1) various neurosis with foreign sensation in the throat

(2) throat disorders

(3) the diseases manifesting dysphagia, vomiting and epigastric distention

12. Wen Dan Tang (Warm the Gallbladder Decoction)

Wen Dan Tang is an ancient formula for emboldening the people and boosting his or her courage. It functions to resolve phlegm, regulate qi, clear heat and normalize the stomach, effective in treating the diseases manifesting nausea, vomiting, vertigo, palpitation, insomnia, easily being startled.

Conventional Ingredient

Zhi Ban Xia (Pinelliae Rhizoma preparatum) 6–12g

Zhu Ru (Bambusae Caulis in taeniam) 6g

Zhi Shi (Aurantii Fructus immaturus) 6–12g

Chen Pi (Citri reticulatae Pericarpium) 6–10g
Gan Cao (Glycyrrhizae Radix) 3g
Fu Ling (Poria) 6–12g
Da Zao (Jujubae Fructus) 5–10g
Sheng Jiang (Zingiberis Rhizoma recens) 3–6g

**Key Signs of the Formula Presentation**

1. Poor sleep accompanied by restlessness, easily startled, nightmare, absence of the mind, anxiety
2. Nausea, dizziness, shortness of breath, palpitation, lassitude, spontaneous sweating, absence of eating desire, slippery pulse

**People's Characteristics of the Formula**

1. Round face
2. Big eyes
3. Hallucination
4. Fear and fright
5. Nausea and dizziness
6. Possible induced factors

**Indications**

The following disorders or diseases appeared in the people with the body signs as the above can be helped by this formula.

1. the diseases with fear and restlessness
2. the diseases manifesting spasm and tremor
3. the diseases manifesting vertigo, hallucination and insomnia
13. Ban Xia Xie Xin Tang (Pinellia Decoction to Drain the Epigastrium)

**Ban Xia Hou Po Tang** is an ancient formula special for “Pi (focal distention)”. It functions to stop vomiting and eliminate distention, effective in treating the diseases manifesting full and stiff feeling in the area below the heart, vomiting and loose stool leading to restlessness.

**Conventional Ingredient**

Zhi Ban Xia (Pinelliae Rhizoma preparatum) 6–15g

Huang Qin (Scutellariae Radix) 5–10g

Gan Jiang (Zingiberis Rhizoma) 3–6g

Ren Shen (Ginseng Radix) 6–10g

Gan Cao (Glycyrrhizae Radix) 3–6g

Huang Lian (Coptidis Rhizoma) 3–5g

Da Zao (Jujubae Fructus) 12g

**Key Signs of the Formula Presentation**

(1) Discomfort and fullness in the epigastrium without any resisting force to the fingers if the abdomen is palpated

(2) Nausea, vomiting, diarrhea, borborygmus, poor appetite

**People's Characteristics of the Formula**

(1) Red lips and tongue with yellow coating

(2) Ulceration

(3) “Pi” (Focal distention) and diarrhea

(4) Tend to anxiety

**Indications**

(1) the diseases with fullness and discomfort in the epigastrium and nausea

(2) the diseases with diarrhea