

# Contents

<i>Foreword</i> .....	<i>xv</i>
<i>Preface</i> .....	<i>xix</i>
<i>Acknowledgments</i> .....	<i>xxiii</i>
<b>Chapter Five - Cold Damage</b> .....	<b>1</b>
V.1 Essay .....	3
V.2 Maiméndōng Tāng (Ophiopogon Decoction) .....	5
V.3 Sháoyào Sì Wù Jiě Jī Tāng (Peony Four-Ingredient Flesh-Resolving Decoction) .....	9
V.4 Máhuáng Tāng (Ephedra Decoction) .....	11
V.5 Gégēn Zhī (Pueraria Juice) .....	15
V.6 Formula for Seasonal Qì in Small Children .....	17
V.7 Wǔwèizǐ Tāng (Schisandra Decoction) .....	19
V.8 Wash Decoctions .....	23
V.8.a Mǎngcǎo Tāng (Japanese Star Anise Decoction), Version One .....	23
V.8.b Mǎngcǎo Tāng (Japanese Star Anise Decoction), Version Two .....	25
V.8.c Léiwán Tāng (Omphalia Decoction) .....	27
V.8.d Plum Leaf Decoction .....	27
V.8.e Willow Twig Decoction .....	29
V.8.f Qīngmùxiāng Tāng (Aristolochia Decoction) .....	31
V.9 Lǐgēn Tāng (Plum Root Decoction) .....	33
V.10 Shíèr Wù Hánshuǐshí Sǎn (Twelve-Ingredient Glauberite Powder) .....	35
V.11 Shēngmá Tāng (Cimicifuga Decoction) .....	39
V.12 Formulas for Dàhuáng Tāng (Rhubarb Decoctions) .....	43
V.12.a Dàhuáng Tāng (Rhubarb Decoction) .....	43
V.12.b Another Formula .....	45
V.13 Shǔqī Tāng (Dichroa Leaf Decoction) .....	49
V.14 Formulas for Vigorous Warmth .....	53
V.14.a Zhúyè Tāng (Bamboo Leaf Decoction), Version One .....	53
V.14.b Zhúyè Tāng (Bamboo Leaf Decoction), Version Two .....	57
V.14.c Unnamed Formula for Vigorous Warmth .....	59
V.15 Tiáo Zhōng Tāng (Center-Attuning Decoction) .....	65
V.16 Shēngdìhuáng Tāng (Raw Rehmannia Decoction) .....	71

V.17 Formulas for Cold Damage with Jaundice .....	75
V.18 Formulas for Night Sweating .....	79
V.18.a Èr Wù Tōng Hàn Sǎn (Two-Ingredients Sweat-Freeing Powder) ..	79
V.18.b Èr Wù Fúlíng Fěi Sǎn (Two-Ingredients Poria Powder).....	79
V.18.c Sān Wù Huánglián Fěi (Three-Ingredients Coptis Powder).....	81
V.19 Xījiǎo Yīnzǐ (Rhinoceros Horn Drink).....	83
V.20 Héngshān Tāng (Dichroa Decoction).....	85
V.21 Formulas for Malaria.....	87
V.22 Moxibustion.....	87

## **CHAPTER SIX: COUGH.....89**

VI.1 Formulas with <i>Máhuáng</i> and <i>Dàhuáng</i> .....	91
VI.1.a Zhúlǐ Tāng (Bamboo Sap Decoction).....	91
VI.1.b Zīwǎn Tāng (Aster Decoction) .....	97
VI.1.c Wǔwèizǐ Tāng (Schisandra Decoction) .....	101
VI.2 Formulas for Counterflow Cough.....	107
VI.3 Formulas for Cough with Panting.....	111
VI.3.a Shègān Tāng (Belamcanda Decoction).....	111
VI.3.b Another Formula .....	115
VI.3.c Xīngrén Wán (Apricot Pit Pill).....	117
VI.3.d Another Formula.....	121
VI.3.e Bā Wèi Shēngjiāng Jiān (Eight-Ingredients Fresh Ginger Brew) ..	125
VI.3.f Sì Wù Kuǎndōng Wán (Four-Ingredient Coltsfoot Pill).....	127
VI.3.g Chāngpú Wán (Acorus Pill) .....	129
VI.4 Modifications of <i>Shāng Hán Lùn</i> Formulas.....	135
VI.4.a Guìzhī Tāng (Cinnamon Twig Decoction).....	135
VI.4.b Máhuáng Tāng (Ephedra Decoction) .....	137

## **CHAPTER SEVEN: AGGREGATIONS, BINDS, Distension, AND FULLNESS.....145**

VII.1 Digestive Issues in Newborns .....	147
VII.1.a Zǐ Shuāng Wán (Purple Paired Pill).....	147
VII.1.b Formula for Abiding Heat .....	157
VII.2 Formulas for Resolving Abiding Food, Heat, and Phlegm ....	161
VII.2.a Niúhuáng Wán (Bovine Bezoar Pill).....	161
VII.2.b Mángxiǎo Zǐ Wán (Mirabilite Purple Pill) .....	163
VII.2.c Unnamed Formula .....	167
VII.2.d Unnamed Formula .....	169

VII.2.e Niúhuáng Shuāng Wán (Bovine Bezoar Paired Pill) .....	171
VII.2.f Niúhuáng Biējiǎ Wán (Bovine Bezoar and Turtle Shell Pill) .....	173
VII.2.g Yuánhuā Wán (Genkwa Pill).....	175
VII.2.h Zhēnzhū Wán (Pearl Pill) .....	177
VII.2.i Biējiǎ Wán (Turtle Shell Pill).....	179
VII.2.j Biētóu Wán (Turtle Head Pill).....	181
VII.2.k Unnamed Formula.....	183
VII.3 Formulas for Inability to Eat Due to Qi Disharmony.....	193
VII.3.a Guìxīn Júpí Tāng (Cinnamon Bark and Tangerine Peel Decoction) .....	193
VII.3.b Dihuáng Wán (Rehmannia Pill).....	195
VII.3.c Mǎtǒngsù Wán (Horse Manure Grain Pill) .....	199
VII.4 Formulas for Abdominal Distention.....	203
VII.4.a - f Unamed Formulas.....	203-205
VII.5 Formulas for Fetal Cold and Abdominal Pain .....	207
VII.5.a Dāngguī Wán (Chinese Angelica Pill) .....	207
VII.5.b Mǎchǐfán Wán (Unprocessed Alum Pills).....	211
VII.5.c Líyè Nóng Zhī (Concentrated Pear Leaf Juice).....	213
VII.5.d Bànxià Wán (Pinellia Pill).....	215
VII.6 Formulas for Cholera .....	217
VII.6.a Unnamed Formula.....	217
VII.6.b Huòxiāng Tāng (Agastache Decoction).....	219
VII.6.c Unnamed Formula .....	221
VII.6.d Another formula .....	221
VII.6.e Unnamed Formula.....	223
VII.6.f Another formula .....	223
VII.6.g .....	223
VII.7 MOXIBUSTION .....	227

## **CHAPTER EIGHT: WELLING ABSCESSSES, FLAT ABSCESSSES, AND SCROFULA.....229**

VIII.1 Lòulú Tāng (Rhaponticum Decoction) .....	231
VIII.2 Wǔ Xiāng Liánqiáo Tāng (Five Fragrances Forsythia Decoction).....	237
VIII.3 Liánqiáo Wán (Forsythia Pill) .....	243
VIII.4 Formulas to Treat Cinnabar Toxin .....	247
VIII.4.a Unnamed Formula to Treat Cinnabar Toxin with Large Red Swelling and Vigorous Generalized Heat.....	247
VIII.4.b Máhuāng Tāng (Ephedra Decoction) .....	249
VIII.4.c Another Formula for Máhuāng Tāng (Ephedra Decoction).....	251

VIII.4.d Tà Tāng (Rubbing Decoction) .....	253
VIII.4.e Unnamed Formula to Treat “Urine Stove Cinnabar” .....	255
VIII.4.f Unnamed Formula to Treat Cinnabar Toxin. ....	255
VIII.4.g Unnamed Formula to Treat Red Roaming Swelling .....	257
VIII.4.h Unnamed Formula to Treat Strong Redness All Over Half the Body that Gradually Grows and Spreads. ....	257
VIII.4.i Unnamed Formula to Treat Generalized Redness, Swelling, and Elevation.....	259
VIII.4.j Unnamed Formula for Small Children, to Treat Conditions Where the Skin over the Abdomen Suddenly Turns Green-blue or Black. ....	259
VIII.5 Formulas for Sores from Wind Heat, Damp Heat, and Burns.....	267
VIII.5.a Wǔ Xiāng Zhǐshí Tāng (Five Fragrances Unripe Bitter Orange Decoction).....	267
VIII.5.b Unnamed Formula to Treat Wounds from Being Burned by Fire that are Present All Over the Body.....	271
VIII.5.c Unnamed Formula to Treat Blazing Sores.....	273
VIII.5.d Shuǐyín Gāo (Mercury Salve) .....	275
VIII.5.e Unnamed Formula .....	275
VIII.5.f Kǔshēn Tāng (Flavescent Sophora Decoction) .....	277
VIII.5.g Unnamed Formula for Three-Day-Old Children, to Treat Sores that Rise Up on the Head and Face, with Great Heat in the Body.....	279
VIII.5.h Unnamed Formula to Treat the Formation of Sores Everywhere on the Body and on the Head and Face .....	279
VIII.6 Zhǐshí Wán (Unripe Bitter Orange Pills) .....	285
VIII.7 Formulas for Wind Itch and Dormant Papules .....	289
VIII.8 Formula for Fistulas.....	293
VIII.9 Zélán Tāng (Lycopus Decoction) .....	295
VIII.10 Formulas for Swelling .....	297
VIII.10a Unnamed Formula for Small Children, to Treat Swelling in the Hands and Feet as well as Generalized Swelling .....	297
VIII.11 Essay .....	297
VIII.12 Formulas for Chronic Head Sores.....	299
VIII.12.a Lǐú Gāo (Veratrum Salve).....	299
VIII.12.b Additional Formulas for Sores on the Head .....	301
VIII.13 Kǔshēn Xǐ Tāng (Flavescent Sophora Wash Decoction) .....	307
VIII.14 Formulas for Sores, Baldness, & Fistulas.....	309
VIII.14.a Formula for All Kinds of Sores with Malign Toxin, Swelling, Acne, and Boils on the Head.....	309
VIII.14.b Formulas for Baldness and Sores on the Head .....	309
VIII.14.c Unnamed Formula for Small Children, to Treat Baldness and	

Sores on the Head, Lack of Head Hair, Soreness, and Itching.....	309
VIII.14.d Yī Wù Qīyùè Fāng (Single-Ingredient Manchurian Catalpa Formula).....	311
VIII.14.e Unnamed Formula for Small Children, to Treat Failure to Grow Hair on the Head .....	311
VIII.14.f Unnamed Formulas for Small Children, to Treat Fistulas.....	313
VIII.14.g Unnamed Formula for Small Children, to Treat Flat-abscessed Fistula.....	313
VIII.14.h Unnamed Formula for Small Children, to Treat Malign Sores	315
VIII.14.i Unnamed Formula for Small Children, to Treat Extreme Cases of Flat-Abscesses that Form Right at the Beginning of the [Lunar] Month and Constantly have a Yellow Discharge .....	315
VIII.14.j Unnamed Formula for Small Children, to Treat Lunar Erosion Sores, which Appear and Disappear in Conjunction with the Moon.....	315
VIII.14.k Unnamed Formulas to Treat Lunar Erosion [Sores] that Affect All Nine Orifices.....	317
VIII.14.l Unnamed Formulas to Treat Scabies .....	319
VIII.14.m Unnamed Formulas to Treat Damp Ringworm.....	321
VIII.14.n Unnamed Formula for Small Children, to Treat the Formation of Red Blemishes on the Body .....	323
VIII.14.o Unnamed Formula for Small Children, to Treat the Presence of Red and Black Blemishes on the Body .....	325
VIII.14.p Unnamed Formula for Small Children, to Treat Warts.....	325

## **CHAPTER NINE: MISCELLANEOUS DISEASES OF SMALL CHILDREN .....333**

IX.1 Formulas for Treating the Navel.....	335
IX.1.a Formulas for Sores in the Navel .....	335
IX.1.b Formulas for “Wind Navel” .....	337
IX.1.c Formulas for Failure of the Navel to Close .....	339
IX.1.d Formula for Sores in the Navel .....	339
IX.1.e Formula for a Red and Swollen Navel .....	341
IX.1.f Báishízhī Sǎn (Kaolin Powder).....	341
IX.2 Formulas for Mouth Sores .....	345
IX.2.a Thrush .....	345
IX.2.b Formula for Heart Heat.....	347
IX.2.c Formula for Mouth Sores with White Inundation .....	347
IX.3 Formulas for Double Tongue.....	351
IX.3.a Unnamed Formula .....	351
IX.3.b Formulas for Double Tongue.....	353
IX.4 Moxibustion Treatments for Double Tongue .....	357
IX.5 Other Tongue Problems .....	359

IX.5.a Formulas for Sores on the Tongue.....	359
IX.5.b Formulas for Swollen Tongue.....	359
IX.6 Treatments for Mouth Problems .....	363
IX.6.a Formulas for Mouth Sores.....	363
IX.6.b Formula for Swallow Mouth .....	365
IX.6.c Formula for Yellow Flesh and Sores on the Bottom of the Mouth	367
IX.6.d Formula for Malign Sores .....	367
IX.6.e Formula for Clenched Jaw.....	369
IX.6.f More Formulas for Clenched Jaw .....	369
IX.6.g Qùeshǐ Wán (Sparrow Droppings Pill) .....	371
IX.6.h Formulas for Drooling.....	373
IX.7 Treatments for Throat Conditions .....	377
IX.7.a Formula for Sudden Toxin Swelling .....	377
IX.7.b Shēngmá Tāng (Cimicifuga Decoction) .....	379
IX.7.c Formula for Throat Impediment with Swelling.....	379
IX.7.d Formula for Throat Impediment.....	381
IX.8 Treatments for Skull Problems .....	385
IX.8.a Formulas for Separated Cranial Bones.....	385
IX.8.b Bànxià Yùn Tāng (Pinellia Hot Compress Decoction) .....	387
IX.8.c Shēngxièzú Fū Fāng (Raw Crab Legs Spread-On Formula) .....	389
IX.8.d Sān Wù Xìxīn Fū Fāng (Three-Ingredients Asarum Spread-On Formula) .....	389
IX.8.e Formulas for Open Fontanelles .....	391
IX.8.f Moxibustion Method .....	391
IX.9 Problems with the Genitalia .....	397
IX.9.a Formulas for Fox Protrusion and Testicular Bulging .....	397
IX.9.b Wǔ Dēng Wán (Five Equals Pill) .....	401
IX.9.c Formula for Swelling of the Testicles .....	403
IX.9.d Formula for Testicular Bulging .....	403
IX.9.e Formulas for Qì Bulging .....	405
IX.9.f Moxibustion Method .....	407
IX.9.g Formula for Genital Sores .....	409
IX.9.h Moxibustion Method .....	411
IX.9.i Formulas for Genital Swelling.....	413
IX.10 Additional Genital Problems.....	419
IX.10.a Formulas for Genital Sores.....	419
IX.10.b Formula for Genital Nodes and Swelling.....	421
IX.10.c Moxibustion Method.....	421
IX.10.d Biētóu Wán (Turtle's Head Pill) .....	423
IX.11 Moxibustion for Anal Desertion.....	425

IX.12 Problems with Dampness .....	427
IX.12.a Formula for <i>Gān</i> Dampness .....	427
IX.12.b Formula for Dysentery with Damp <i>Nì</i> Worms .....	427
IX.12.c Formulas for <i>Gān</i> Sores .....	429
IX.12.d Formula for Dampness Sores .....	431
IX.12.e Moxibustion for <i>Gān</i> Dampness .....	431
IX.12.f <i>Chú Rè Jié Cháng Wán</i> (Heat-Eliminating Intestines-Binding Pill) 433	
IX.13 Parasites .....	437
IX.13.a Formula for Roundworm .....	437
IX.13.b Formulas for Emaciation Due to Roundworm.....	439
IX.13.c Formulas for Inch Whiteworm .....	441
IX.13.d Formula for Worms .....	443
IX.13.e Formulas for Bloody Stools .....	443
IX.14 Hematuria .....	447
IX.15 Enuresis .....	449
IX.15.a Formulas for Enuresis .....	449
IX.15.b Moxibustion for Enuresis .....	451
IX.16 Urination .....	455
IX.16.a <i>Difūzǐ Tāng</i> (Kochia Decoction) .....	455
IX.16.b Formulas for Strangury .....	457
IX.16.c Formulas for Stopped Urination.....	459
IX.17 Vomiting Blood.....	463
IX.18 Nose Problems.....	465
IX.18.a Formula for Nasal Congestion with Polyps .....	465
IX.18.b Formula for Nasal Congestion with Turbid Discharge.....	467
IX.19 Ear Problems .....	471
IX.19.a Formula for Purulent Ears.....	471
IX.19.b Formulas for Ear Sores.....	471
IX.20 Tooth Problems.....	475
IX.21 Inability to Speak .....	479
IX.22 Inability to Walk .....	481
IX.23 Inability to Nurse .....	481
IX.24 <i>Púhuáng Tāng</i> (Typha Pollen Decoction) .....	483
IX.25 Lacking a Sense of Hunger or Satiety .....	487
IX.26 Eating Dirt .....	489
IX.27 Vomiting .....	491
IX.28 Infixation .....	493

IX.29 Retrieving Swallowed Objects .....	495
IX.29.a Retrieving a Swallowed Needle .....	495
IX.29.b Retrieving Swallowed Metal Objects.....	495
IX.30 Earwig Bites .....	497
<i>Weights and Measures</i> .....	501
<i>Single Herb &amp; Formula Index</i> .....	502
<i>Indications Index</i> .....	510
<i>Proper Name Index</i> .....	517
<i>General Index</i> .....	519