Da Cheng Qi Tang
Major Order the Qi Decoction

<table>
<thead>
<tr>
<th>Chief</th>
<th>(a) Da Huang</th>
<th>Purges the interior excess (constipation) and cools the heat.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deputy</td>
<td>(b) Mang Xiao</td>
<td>Aids in softening the stool.</td>
</tr>
<tr>
<td>Assistant</td>
<td>(c) Zhi Shi</td>
<td>Dissipates clumps and reduces focal distention.</td>
</tr>
<tr>
<td></td>
<td>(d) Hou Po</td>
<td>Disseminates the qi and relieves the sensation of fullness.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Both herbs assist in the expulsion of stool by moving the qi.</td>
</tr>
</tbody>
</table>

**Actions:** Vigorously purges heat accumulation.

**Indications:** Severe constipation and flatulence, focal distention and abdominal fullness, abdominal pain which increases upon pressure, a tense and firm abdomen a dry, yellow or dry, black tongue coating with prickle, and a submerged, excessive pulse. In severe cases, there may be tidal fevers, delirious speech, and profuse sweating from the palms and soles.
Da Huang Mu Dan Tang  
Rhubarb and Moutan Decoction

<table>
<thead>
<tr>
<th>Chief</th>
<th>(a) Da Huang</th>
<th>Drains the heat and breaks up xue yu to restore normal flow.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deputy</td>
<td>(b) Mang Xiao</td>
<td>Softens the stool and aids in draining heat downward, thereby unclogging the Intestines.</td>
</tr>
<tr>
<td></td>
<td>(c) Mu Dan Pi</td>
<td>Cools the xue and eliminates masses due to xue yu.</td>
</tr>
<tr>
<td>Assistant</td>
<td>(d) Tao Ren</td>
<td>Breaks up the yu of xue and has a mild moistening and laxative effect.</td>
</tr>
<tr>
<td></td>
<td>Dong Gua Ren</td>
<td>Expels pus, eliminates heat, and reduces abscesses, especially in the Intestines.</td>
</tr>
</tbody>
</table>

**Actions:** Drains heat, breaks up xue yu, disperses clumping, and reduces swelling.

**Indications:** Lower abdominal distention and pain (usually on the right) that increases upon pressure with rebound tenderness, guarding of the abdominal musculature, a thin, yellow, and greasy tongue coating, and a slippery, rapid pulse. There may also be pain in the groin (resembling painful urinary dysfunction without urinary difficulty) which is relieved by flexing the hip and knee (usually on the right) and intensified by extending the hip. In addition, there may be a mass in the lower right quadrant of the abdomen, and irregular, intermittent fever followed by chills and sweating.

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Liang Ge San  
Cool the Diaphragm Powder

| Chief | (a) Da Huang  
(b) Mang Xiao  
(c) (Gan Cao) | Drain the formed accumulation of the Yang-brightness heat below. |
|-------|----------------|
| Deputy | (d) Dan Zhu He  
(e) Huang Qin  
(f) Zhi Zi  
(g) Lian Qiao | Clears heat from the Lungs and Heart.  
Clears heat from the Lungs and Liver.  
Clears heat from all three burners through the urine.  
Helps to clear heat from the Lungs and to relieve toxicity.  
All clear the unformed heat above. |
| Assistant | (h) Bo He | Aids in releasing heat from the upper burner and alleviates the attendant head and throat symptoms |
| Envoy | Honey  
Gan Cao | Protects the Stomach and prevents the abdominal pain that sometimes accompanies the use of purgatives |

**Actions:** Drains fire and unblocks the bowels by clearing the upper burner and draining the middle burner.  
**Indications:** Sensation of heat and irritability in the chest and abdomen, delirious speech (in severe cases), thirst, flushed face, red lips, mouth and tongue, red eyes, nosebleed, constipation, dark, scanty urine, red tongue body or edges with a dry, yellow, or white coating, and a rapid, possible slippery pulse.
Da Xian Xiong Tang
Major Sinking Into the Chest Decoction

Chief  
Gan Sui (not pictured)  
Drives out the accumulation of water and fluids in the chest and abdomen by flushing downward.

Deputy  
(a) Da Huang  
(b) Mang Xiao  
Form a particularly, powerful combination for cleaning out the Intestines, while draining and dispersing the clumps due to heat in the trunk.

Actions: Drains heat and drives out water by flushing downward.

Indications: Fullness and hardness of the epigastrium or the entire abdomen with severe pain that becomes unbearable upon even the slightest amount of pressure, tidal fever at dusk, severe constipation, thirst, a very dry tongue coating, and a submerged, tight, and forceful pulse. There may also be shortness of breath and irritability.
Huang Long Tang
Yellow Dragon Decoction

Chief (a) Da Huang (b) Mang Xiao
Powerful combination for draining heat and unblocking the bowels.

Deputy (c) Zhi Shi (d) Hou Po
Reduces distention and fullness.
(d) Hou Po
Disseminates the qi, aid the chiefs in expelling stool by moving the qi.
(e) Ren Shen (Dang Shen) (f) Dang Gui
Protect the normal qi. (former tonifies the source qi, latter tonifies the xue)

Assistant (g) Jie Geng (h) Sheng Jiang (i) Da Zao
Unblocks the flow of qi in the Lungs, and thus the L.I. Also possesses an ascending action which helps to counteract the downward-draining action of the chief.
(h) Sheng Jiang
Adjust and regulate the nutritive and protective qi, regulate the disparate actions of the other ingredients, and hasten recovery.
(i) Da Zao
Support the normal qi and strengthening the Spleen and Stomach. Also Harmonizes.

Envoy (j) Gan Cao
Support the normal qi and strengthening the Spleen and Stomach. Also Harmonizes.

Actions: Purges heat from the interior and supports the normal qi.
Indications: Green, watery, and foul-smelling diarrhea, abdominal pain that increases upon pressure fever, thirst, a dry tongue and mouth, shortness of breath, lethargy, delirious speech, a dry, yellow or black tongue coating, and a xu pulse. Some patients present with constipation or firm, painful abdominal distention. In severe cases, there may be hallucinations and “grabbing at the air” or impaired consciousness with frigid, contracted extremities.

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# Ma Zi Ren Wan

**Hemp Seed Pill**

<table>
<thead>
<tr>
<th>Role</th>
<th>Ingredients</th>
<th>Action</th>
<th>Indication</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chief</td>
<td>(a) Hou Ma Ren</td>
<td>Moistens the Intestines and unblocks the bowels.</td>
<td></td>
</tr>
<tr>
<td>Deputy</td>
<td>(b) Xing Ren</td>
<td>Directs qi downward and moistens the Intestines.</td>
<td>Nourishes the yin and harmonizes the interior.</td>
</tr>
<tr>
<td></td>
<td>(c) Bai Shao</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Assistant</td>
<td>(d) Zhi Shi</td>
<td>Breaks up accumulation (esp. in L.I.).</td>
<td>Removes fullness and distention.</td>
</tr>
<tr>
<td></td>
<td>(e) Hou Po</td>
<td></td>
<td>Purgative.</td>
</tr>
<tr>
<td></td>
<td>(f) Da Huang</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Envoy</td>
<td>Honey</td>
<td>Moistening the Intestines.</td>
<td></td>
</tr>
</tbody>
</table>

**Actions:** Moists the Intestines, drains heat, promotes the movement of qi, and unblocks the bowels.

**Indications:** Constipation with hard stool that is difficult to expel, frequent urination, a dry, yellow tongue coating, and a submerged, rapid or floating, choppy pulse.
Run Chang Wan
Moisten the Intestines Pill

<table>
<thead>
<tr>
<th>Chief</th>
<th>(a) Huo Ma Ren (b) Tao Ren</th>
<th>Effective in cases of constipation with yin xu.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deputy</td>
<td>(c) Dang Gui</td>
<td>Nourishes the xue and moistens the desiccated Intestines.</td>
</tr>
<tr>
<td></td>
<td>(d) Sheng Di Huang</td>
<td>Nourishes the yin.</td>
</tr>
<tr>
<td>Assistant</td>
<td>(e) Zhi Ke</td>
<td>Reinforces the laxative effect of the formula, and prevents the cloying nature of the other herbs from injuring the Spleen and Stomach.</td>
</tr>
</tbody>
</table>

**Actions:** Moistens the Intestines and unblocks the bowels.

**Indications:** Constipation, lusterless skin and nails, dry mouth with an unquenchable thirst, a dry tongue, and a thin pulse.
### Ji Chuan Jian

**Benefit the River (Flow) Decoction**

#### Chief
(a) Rou Cong Rong
- Warms and tonifies the Kidney yang, warms the lower back, and moistens the Intestines to unblock the bowels.

#### Deputy
(b) Dang Gui
(c) Niu Xi
- Nourishes and harmonizes the xue and moistens the Intestines.
- Strengthens the lower back and Kidneys. (focuses on the lower jiao)

#### Assistant
(d) Ze Xie
- Descending nature which drains turbidity from the Kidneys.

#### Envoy
(e) Zhi Ke
(f) Sheng Ma
- Relaxes the Intestines and directs the qi downward, thus helping to unblock the bowels.
- Raises the yang as a subtle inducement to the descent of the turbid yin.

**Actions:** Warms the Kidneys, moistens the Intestines, and unblocks the bowels.

**Indications:** Constipation, clear, and copious urine, lower back pain, and a cold sensation in the back.
Da Huang Fu Zi Tang
Rhubarb and Prepared Aconite Decoction

Formulas that Drain Downward

Chief  (a) Fu Zi  Warming the yang and dispelling cold.
Deputy  (b) Da Huang  Cleanse the Intestines and purge stagnant accumulation.
Assistant  (c) Xi Xin  Powerful substance for expelling cold and dispersing accumulation or clumping.

Actions: Warms the interior, disperses cold, unblocks the bowels, and alleviates pain.

Indications: Abdominal pain, constipation, hypochondriac pain, chills, low-grade fever, cold hands and feet, a white, greasy tongue coating, and a submerged, tight, and wiry pulse.
San Wu Bei Ji Wan
Three-Substance Pill for Emergencies

Chief (a) Ba Dou
Deputy (b) Gan Jiang
(c) Da Huang

<table>
<thead>
<tr>
<th>Chief (a) Ba Dou</th>
<th>Hot, Acrid, and Harsh Purgative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deputy (b) Gan Jiang</td>
<td>Assists the chief in dispelling cold, also revives the Spleen yang.</td>
</tr>
<tr>
<td>(c) Da Huang</td>
<td>Cleanses the Stomach and Intestines and moderates the hot, acrid, and toxic properties of Ba Dou</td>
</tr>
</tbody>
</table>

**Actions:** Harshly purges cold accumulation.

**Indications:** Sudden epigastric and abdominal pain and distention with pain so intense that it feels “as if an awl is piercing the abdomen,” rough, uneven breathing, a cyanotic complexion, no bowel movements, a bluish-purple tongue with white coating and a submerged, tight pulse. In severe cases, there may also be loss of consciousness with the mouth tightly closed.
# Shi Zao Tang

**Ten-Jujube Decoction**

<table>
<thead>
<tr>
<th>Gan Sui</th>
<th>Expels fluids and dampness from the channels</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jing Da Ji</td>
<td>Drains fluids and dampness from the organs.</td>
</tr>
<tr>
<td>Yuan Hua</td>
<td>Reduces and eliminates congested fluids from the chest and hypochondria.</td>
</tr>
<tr>
<td>Da Zao</td>
<td>Augment the qi, protect the Stomach, and moderate the harshness and toxicity of the other ingredients.</td>
</tr>
</tbody>
</table>

**Actions:** Purges and drives out congested fluids.

**Indications:** Cough with pain in the chest and hypochondria, hard focal distention in the epigastrium, dry heaves, shortness of breath, headache, vertigo, a white, slippery tongue coating, and a submerged, wiry pulse. May also be chest pain extending to the back that makes breathing difficult.
**Zhou Che Wan**  
Vessel and Vehicle Pill

<table>
<thead>
<tr>
<th>Gan Sui</th>
<th>Yuan Hua</th>
<th>Jing Da Ji</th>
</tr>
</thead>
<tbody>
<tr>
<td>Qian Niu Zi</td>
<td>Da Huang</td>
<td>Qing Pi</td>
</tr>
<tr>
<td>Chen Pi</td>
<td>Bing Lang</td>
<td>Qing Fen (Calomelas)</td>
</tr>
<tr>
<td>Mu Xiang</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Actions:** Promotes the movement of qi and harshly drives out water and heat accumulation.

**Indications:** Ascites and distention in the robust patient accompanied by thirst, labored breathing, a hard abdomen, constipation, scanty urine, and a submerged, rapid, and forceful pulse.

| Chief | Gan Sui  
Yuan Hua  
Jing Da Ji  | Harsh expellants which purge water from the chest and abdomen. |
|-------|-----------------|
| Deputy | Qian Niu Zi  
Da Huang | Purges heat from the Intestines, expels water accumulation, and interact synergistically with the chief. (also drain water through the urine) |
| Assistant | Qing Pi  
Chen Pi  
Mu Xiang  
Bing Lang  
Qing Fen | Spread Liver Qi, break up clumping in the abdomen. Promote movement of Lung & Spleen Qi, helping to smooth the Qi in the thoracic & diaphragmatic regions. Unblock the flow of Qi in TB, and guide out stagnation. Direct Qi downward, promote urination, and break up clumping in the abdomen. Expel water, unblock bowels, and reinforce the actions of the chief and deputy ingredients. |

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Formulas that Drain Downward