

Chapter 8 — Summary

— Tonic Formulas

SECTION 1: QI-TONIFYING FORMULAS

Name	Similarities	Differences
<i>Si Jun Zi Tang</i> (Four-Gentlemen Decoction)		Base formula to tonify qi and strengthen the middle <i>jiao</i>
<i>Liu Jun Zi Tang</i> (Six-Gentlemen Decoction)	Tonify qi, strengthen the Spleen and Stomach	Eliminates dampness and phlegm
<i>Xiang Sha Liu Jun Zi Tang</i> (Six-Gentlemen Decoction with Aucklandia and Amomum)		Eliminates dampness and phlegm, regulates qi circulation, relieves pain
<i>Xiang Sha Yang Wei Tang</i> (Nourish the Stomach Decoction with Aucklandia and Amomum)		Regulates qi and dries dampness to increase appetite
<i>Shen Ling Bai Zhu San</i> (Ginseng, Poria, and Atractylodes Macrocephala Powder)	Tonify qi, strengthen the Spleen and Stomach, stop diarrhea	Resolves dampness
<i>Qi Pi Wan</i> (Guide the Spleen Pill)		Promotes digestion
<i>Bu Zhong Yi Qi Tang</i> (Tonify the Middle and Augment the Qi Decoction)	Tonify and raise qi, strengthen the Spleen and Stomach	Lifts yang qi and prolapsed organs
<i>Yi Qi Cong Ming Tang</i> (Augment the Qi and Increase Acuity Decoction)		Lifts yang qi and benefits the eyes and ears
<i>Sheng Mai San</i> (Generate the Pulse Powder)		Nourishes yin and body fluids
<i>Ren Shen Ge Jie San</i> (Ginseng and Gecko Powder)	Tonify Lung qi	Tonifies Lung and Kidney
<i>Bu Fei Tang</i> (Tonify the Lung Decoction)		Strengthens <i>wei</i> (defensive) <i>qi</i>

Si Jun Zi Tang (Four-Gentlemen Decoction) is the most commonly used and the most effective formula to tonify qi and strengthen the Spleen and Stomach. It treats Spleen and Stomach qi deficiencies arising from various causes or with various complications, and is often used as the base formula for many related conditions.

- *Liu Jun Zi Tang* (Six-Gentlemen Decoction) has the basic actions of *Si Jun Zi Tang* (Four-Gentlemen Decoction) but is stronger in dispelling dampness and phlegm.
- *Xiang Sha Liu Jun Zi Tang* (Six-Gentlemen Decoction with Aucklandia and Amomum) has the basic actions of *Liu Jun Zi Tang* (Six-Gentlemen Decoction) but is stronger in regulating qi, dispelling cold, and relieving pain.
- *Xiang Sha Yang Wei Tang* (Nourish the Stomach Decoction with Aucklandia and Amomum) primarily increases appetite in individuals with middle *jiao* deficiency.

Shen Ling Bai Zhu San (Ginseng, Poria, and Atractylodes Macrocephala Powder) and *Qi Pi Wan* (Guide the Spleen Pill) both tonify qi, strengthen the Spleen and Stomach, and stop diarrhea.

- *Shen Ling Bai Zhu San* strongly resolves dampness in cases of Spleen and Stomach qi deficiencies causing impairment in the transportation and transformation functions.
- *Qi Pi Wan* promotes digestion in cases of Spleen and Stomach qi deficiencies, in which there is an inability to properly digest and absorb foods.

Bu Zhong Yi Qi Tang (Tonify the Middle and Augment the Qi Decoction) and *Yi Qi Cong Ming Tang* (Augment the Qi and Increase Acuity Decoction) strengthen the Spleen and Stomach, and tonify and raise yang qi.

- *Bu Zhong Yi Qi Tang* not only treats the usual symptoms of Spleen qi deficiency, it also lifts yang qi and treats prolapse of internal organs.

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- *Yi Qi Cong Ming Tang* tonifies qi and blood, raises yang qi, and nourishes the Kidney and Liver. It tonifies underlying deficiencies and treats compromised visual and auditory functions.

Sheng Mai San (Generate the Pulse Powder), *Ren Shen Ge Jie San* (Ginseng and Gecko Powder) and *Bu Fei Tang* (Tonify the Lung Decoction) tonify Lung qi and treat lung disorders.

- *Sheng Mai San* tonifies qi, generates body fluids, astringes yin, and stops perspiration. It treats excess heat or chronic cough damaging qi and yin.
- *Ren Shen Ge Jie San* tonifies qi, clears Lung heat, stops cough, and relieves wheezing. Lung qi deficiency is the cause of cough and the excess sputum is due to the impairment of the transformation function of the Spleen. This formula can also be used for cough and dyspnea caused by the Kidney not being able to grasp the qi downward.
- *Bu Fei Tang* tonifies Lung qi to treat wheezing and dyspnea caused by Lung qi deficiency. It also strengthens *wei* (defensive) qi to relieve chills, intolerance to cold, and spontaneous perspiration.

SECTION 2: BLOOD-TONIFYING FORMULAS

Name	Similarities	Differences
<i>Si Wu Tang</i> (Four-Substance Decoction)		Base formula to tonify the blood
<i>Tao Hong Si Wu Tang</i> (Four-Substance Decoction with Safflower and Peach Pit)	Tonify the blood, regulate blood circulation	Eliminates blood stasis
<i>Wen Qing Yin</i> (Warming and Clearing Decoction)		Cools the blood, clears heat, eliminates toxins
<i>Guo Qi Yin</i> (Delayed Menstruation Decoction)		Activates qi and blood circulation
<i>Dang Gui Bu Xue Tang</i> (Tangkuei Decoction to Tonify the Blood)		Tonifies qi and promotes the generation of blood
<i>Gui Pi Tang</i> (Restore the Spleen Decoction)	Tonify qi and blood	Strengthens the Spleen, nourishes the Heart
<i>Zhi Gan Cao Tang</i> (Honey-Fried Licorice Decoction)		Nourishes yin, restores the pulse
<i>Nu Ke Bai Zi Ren Wan</i> (Platycladus Seed Pill for Females)	Tonify the blood	Nourishes yin
<i>Dang Gui Shao Yao San</i> (Tangkuei and Peony Powder)		Softens the Liver, strengthens the Spleen to regulate water metabolism
<i>Shao Yao Gan Cao Tang</i> (Peony and Licorice Decoction)	Replenishes body fluids	Harmonizes the <i>ying</i> (nutritive) and <i>wei</i> (defensive) levels

Si Wu Tang (Four-Substance Decoction) is the basic formula for tonifying and regulating the blood. It treats general blood deficiency with impairment of the *chong* (thoroughfare) and *ren* (conception) channels.

Tao Hong Si Wu Tang (Four-Substance Decoction with Safflower and Peach Pit) is formulated by adding *Tao Ren* (Semen Persicae) and *Hong Hua* (Flos Carthami) to *Si Wu Tang* (Four-Substance Decoction). The addition of these two herbs greatly enhances the effect in regulating blood circulation and eliminating blood stasis.

Wen Qing Yin (Warming and Clearing Decoction) is formulated by adding four heat-clearing herbs to *Si Wu Tang* (Four-Substance Decoction) to clear heat and cool the blood. The addition of these four herbs enables the formula to treat gynecological disorders caused by blood deficiency and heat.

Guo Qi Yin (Delayed Menstruation Decoction) tonifies blood, activates qi and blood circulation, and regulates menstrual cycles. It is used to treat irregular, delayed or scanty menstruation caused by qi and blood stagnation.

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Dang Gui Bu Xue Tang (Tangkuei Decoction to Tonify the Blood) tonifies qi and blood in cases of over-exertion, which leads to the body's inability to retain the yang qi. Symptoms include warm skin, a feverish sensation, a red face, irritability, thirst with a strong desire to drink, slow healing of wounds, a full but deficient pulse may occur.

Gui Pi Tang (Restore the Spleen Decoction) tonifies qi, nourishes the blood, strengthens the Spleen, and nourishes the Heart. It treats Heart and Spleen deficiencies which manifest in palpitations, forgetfulness, insomnia, and night sweats. This formula can also be used for any type of bleeding caused by the Spleen not being able to hold the blood within the vessels.

Zhi Gan Cao Tang (Honey-Fried Licorice Decoction) treats a bound or intermittent pulse caused by qi and blood deficiencies. It can also treat Lung deficiency caused by over-exertion.

Nu Ke Bai Zi Ren Wan (Platycladus Seed Pill for Females) tonifies blood and nourishes yin to treat irregular menstruation and amenorrhea due to blood and yin deficiency.

Dang Gui Shao Yao San (Tangkuei and Peony Powder) nourishes the blood, softens the Liver, strengthens the Spleen, and regulates water metabolism. It treats abdominal pain with edema caused by blood deficiency and abnormal water metabolism.

Shao Yao Gan Cao Tang (Peony and Licorice Decoction) harmonizes the *ying* (nutritive) and *wei* (defensive) levels and replenishes body fluids. It is most effective for spasms and cramps caused by excessive sweating or deficiency of blood and body fluids.

SECTION 3: QI- AND BLOOD-TONIFYING FORMULAS

Name	Similarities	Differences
Ba Zhen Tang (Eight-Treasure Decoction)		Base formula to tonify qi and blood
Shi Quan Da Bu Tang (All-Inclusive Great Tonifying Decoction)	Tonify qi and blood	Tonifies qi, warms yang, dispels cold
Ren Shen Yang Ying Tang (Ginseng Decoction to Nourish the Nutritive Qi)		Nourishes the Heart and calms the <i>shen</i> (spirit)
Tai Shan Pan Shi San (Powder that Gives the Stability of Mount Tai)		Strengthens the Spleen
Bao Chan Wu You Fang (Preserve Pregnancy and Care-Free Decoction)	Tonify qi and blood, stabilize pregnancy	Treats complications associated with pregnancy and labor
Dang Gui San (Tangkuei Powder)		Treats complications associated with pregnancy and labor
Xiong Gui Tiao Xue Yin (Cnidium and Tangkuei Decoction to Regulate Blood)	Tonify qi and blood	Treats postpartum complications

Ba Zhen Tang (Eight-Treasure Decoction), **Shi Quan Da Bu Tang** (All-Inclusive Great Tonifying Decoction) and **Ren Shen Yang Ying Tang** (Ginseng Decoction to Nourish the Nutritive Qi) tonify qi and blood.

- **Ba Zhen Tang** is formulated by combining **Si Jun Zi Tang** (Four-Gentlemen Decoction) and **Si Wu Tang** (Four-Substance Decoction) to tonify qi and blood. It is neutral in thermal property, and will not warm nor cool the body.
- **Shi Quan Da Bu Tang** is formulated by adding **Huang Qi** (Radix Astragali) and **Rou Gui** (Cortex Cinnamomi) to **Ba Zhen Tang** (Eight-Treasure Decoction). The addition of these two herbs increases the overall warmth of the formula, and enhances the effects of benefiting qi, tonifying

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yang, and dispelling cold. This formula is suitable for qi and blood deficiencies accompanied by the presence of interior cold.

- *Ren Shen Yang Ying Tang* treats qi and blood deficiencies arising from chronic consumptive diseases. Chronic qi and blood deficiencies may lead to malnourishment and instability of the Heart. Thus, this formula contains herbs to nourish the Heart and calm the *shen* (spirit).

Tai Shan Pan Shi San (Powder that Gives the Stability of Mount Tai), *Bao Chan Wu You Fang* (Preserve Pregnancy and Care-Free Decoction), and *Dang Gui San* (Tangkuei Powder) all tonify qi and blood to treat restless fetus, habitual miscarriage, and spontaneous abortion.

- *Tai Shan Pan Shi San* strongly tonifies qi and blood, strengthens the Spleen, and stabilizes pregnancy. It calms the restless fetus and prevents habitual miscarriage or spontaneous abortion by tonifying the underlying deficiencies.
- *Bao Chan Wu You Fang* tonifies qi and blood and stabilizes pregnancy. It can treat pregnancy-related complications, such as restless fetus, morning sickness, general weakness, soreness and pain of the lower back, and abdominal pain. If taken immediately before delivery, it also can facilitate labor and minimize complications.
- *Dang Gui San* prevents and treats complications associated with pregnancy and labor due to blood deficiency.

Xiong Gui Tiao Xue Yin (Cnidium and Tangkuei Decoction to Regulate Blood) tonifies qi and blood, and treats postpartum complications such as uterine bleeding, anemia, retention of lochia, irregular menstruation, and insufficient lactation.

SECTION 4: YIN-TONIFYING FORMULAS

Name	Similarities	Differences
<i>Liu Wei Di Huang Wan</i> (Six-Ingredient Pill with Rehmannia)		Base formula to tonify Liver and Kidney yin
<i>Zhi Bai Di Huang Wan</i> (Anemarrhena, Phellodendron, and Rehmannia Pill)		Clears deficiency fire
<i>Qi Ju Di Huang Wan</i> (Lycium Fruit, Chrysanthemum, and Rehmannia Pill)	Tonify Liver, Spleen, and Kidney yin	Brightens the eyes, treats eye disorders
<i>Mai Wei Di Huang Wan</i> (Ophiopogonis, Schisandra and Rehmannia Pill)		Astringes the Lung, redirects Lung qi downward
<i>Du Qi Wan</i> (Capital Qi Pill)		Invigorates Kidney qi, grasps qi downward
<i>Zuo Gui Wan</i> (Restore the Left [Kidney] Pill)	Tonifies Kidney yin	Replenishes bone marrow and Kidney <i>jing</i> (essence)
<i>Da Bu Yin Wan</i> (Great Tonify the Yin Pill)	Tonify Liver and Kidney yin, clear deficiency fire	Clears deficiency fire
<i>Hu Qian Wan</i> (Hidden Tiger Pill)		Strengthens the sinews and bones
<i>Er Zhi Wan</i> (Two-Ultimate Pill)	Tonify Liver and Kidney yin	Nourishes the blood
<i>Yi Guan Jian</i> (Linking Decoction)		Regulates the Liver qi
<i>Shi Hu Ye Guang Wan</i> (Dendrobium Pill for Night Vision)		Calms Liver wind, treats eye disorders
<i>Zi Yin Di Huang Wan</i> (Rehmannia Pill to Nourish Yin)	Tonify Liver and Kidney yin, improve sensory functions	Clears Liver fire, treats eye disorders
<i>Zi Shen Ming Mu Tang</i> (Nourish the Kidney to Brighten the Eyes Decoction)		Tonifies qi and blood, treats eye disorders
<i>Zi Shen Tong Er Tang</i> (Nourish the Kidney to Unblock the Ears Decoction)		Tonifies the blood, treats ear disorders

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Liu Wei Di Huang Wan (Six-Ingredient Pill with Rehmannia) is the representative formula in the yin-tonics category. It tonifies Liver and Kidney yin, and strengthens the water element while controlling wood. Kidney yin deficiency and deficiency fire may manifest as soreness and weakness of the lower back and knees, night sweats, heat sensations in the palms and soles, dizziness, vertigo, tinnitus, deafness, nocturnal emissions, tidal fever, and thirst. The tongue is red with a scanty coating, and the pulse is fine and rapid. Related formulas and their differential functions are as follows:

- **Zhi Bai Di Huang Wan** (Anemarrhena, Phellodendron, and Rehmannia Pill) is formulated by adding *Zhi Mu* (Rhizoma Anemarrhenae) and *Huang Bo* (Cortex Phellodendri Chinensis) to *Liu Wei Di Huang Wan* (Six-Ingredient Pill with Rehmannia). This formula nourishes yin and clears deficiency fire.
- **Qi Ju Di Huang Wan** (Lycium Fruit, Chrysanthemum, and Rehmannia Pill) is formulated by adding *Gou Qi Zi* (Fructus Lycii) and *Ju Hua* (Flos Chrysanthemi) to *Liu Wei Di Huang Wan* (Six-Ingredient Pill with Rehmannia). It nourishes Kidney and Liver yin and benefits the eyes to brighten vision.
- **Mai Wei Di Huang Wan** (Ophiopogonis, Schisandra and Rehmannia Pill) is formulated with the addition of *Mai Dong* (Radix Ophiopogonis) and *Wu Wei Zi* (Fructus Schisandrae Chinensis) to *Liu Wei Di Huang Wan* (Six-Ingredient Pill with Rehmannia). It nourishes yin, astringes the Lung, redirects Lung qi downward, and arrests wheezing.
- **Du Qi Wan** (Capital Qi Pill) tonifies Kidney yin and invigorates Kidney qi. It grasps qi downward to relieve wheezing and shortness of breath that arise from Kidney deficiency.

Zuo Gui Wan (Restore the Left [Kidney] Pill) is a potent formula that tonifies Kidney yin, fills bone marrow, and replenishes *jing* (essence). It contains primarily tonic herbs that are not balanced by sedating herbs. This is a strong tonic formula, and it is heavier and more stagnant in nature than *Liu Wei Di Huang Wan* (Six-Ingredient Pill with Rehmannia).

Da Bu Yin Wan (Great Tonify the Yin Pill) and **Hu Qian Wan** (Hidden Tiger Pill from the Analytic Collection) both tonify Liver and Kidney yin and clear deficiency fire.

- **Da Bu Yin Wan** treats yin deficiency of Liver and Kidney with flaring up of deficiency fire. Clinical manifestations include steaming bones sensation, tidal fever, night sweats, seminal emissions, weakness of knees and legs, a red tongue with a scanty coating, a rapid and forceful pulse at the *chi* position.
- **Hu Qian Wan** nourishes yin, clears deficiency-fire and strengthens bones and tendons. Weakness of bones and tendons are due to the lack of nourishment from Kidney yin. The clinical applications include soreness of lower back and knees, weakness of bones and tendons, and *wei zheng* (atrophy syndrome).

Er Zhi Wan (Two-Ultimate Pill) and **Yi Guan Jian** (Linking Decoction) tonify Liver and Kidney yin, nourish the blood, and moisten dryness.

- **Er Zhi Wan** tonifies Kidney and Liver yin deficiency and nourishes the blood. The key manifestations for this formula include a bitter taste in the mouth, dizziness, blurred vision, and premature graying of hair.
- **Yi Guan Jian** tonifies Liver and Kidney yin, regulates Liver qi, nourishes the blood, and moistens dryness. Clinical manifestations include chest and hypochondriac pain, acid regurgitation, a sore throat, and a dry mouth. Occasionally there may also be hernia.

Shi Hu Ye Guang Wan (Dendrobium Pill for Night Vision), **Zi Yin Di Huang Wan** (Rehmannia Pill to Nourish Yin), **Zi Shen Ming Mu Tang** (Nourish the Kidney to Brighten the Eyes Decoction), and **Zi Shen Tong Er Tang** (Nourish the Kidney to Unblock the Ears Decoction) all tonify Liver and Kidney yin, improve sensory (visual and auditory) functions, and treat eye and ear disorders.

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- *Shi Hu Ye Guang Wan* soothes the Liver, calms Liver wind, and nourishes yin to treat eye disorders.
- *Zi Yin Di Huang Wan* tonifies Liver and Kidney yin and clears Liver fire to treat eye disorders.
- *Zi Shen Ming Mu Tang* tonifies Liver and Kidney yin and supplements qi and blood to treat eye disorders.
- *Zi Shen Tong Er Tang* tonifies Liver and Kidney yin to treat ear disorders.

SECTION 5: YANG-TONIFYING FORMULAS

Name	Similarities	Differences
<i>Jin Gui Shen Qi Wan</i> (Kidney Qi Pill from the Golden Cabinet)	Tonify Kidney yang, warm <i>ming men</i> (life gate) fire	Base formula to tonify Kidney yang
<i>Ba Wei Di Huang Wan</i> (Eight-Ingredient Pill with Rehmannia)		Slightly stronger function to tonify Kidney yang
<i>Ji Sheng Shen Qi Wan</i> (Kidney Qi Pill from Formulas that Aid the Living)		Regulates water and relieves edema
<i>You Gui Wan</i> (Restore the Right [Kidney] Pill)		Tonifies the blood
<i>Huan Shao Dan</i> (Return to Youth Pill)	Tonify Kidney yang and <i>jing</i> (essence)	Tonifies qi and blood, strengthens the Spleen, Stomach, Kidney, and Heart
<i>Er Xian Tang</i> (Two-Immortal Decoction)		Clears deficiency fire

Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet) tonifies Kidney yang and warms *ming men* (life gate) fire. Clinical applications of this formula include low back pain, weak legs, a cold sensation in the lower body, pain and cramps in the lower abdomen, and dysuria or polyuria.

Ba Wei Di Huang Wan (Eight-Ingredient Pill with Rehmannia) is a modified formula that is slightly stronger than the original *Jin Gui Shen Qi Wan* (Kidney Qi Pill from the Golden Cabinet) in tonifying Kidney yang and warming *ming men* (life gate) fire

Ji Sheng Shen Qi Wan (Kidney Qi Pill from Formulas that Aid the Living) tonifies Kidney yang and regulates water circulation. It treats water accumulation caused by Kidney yang deficiency, with signs and symptoms such as severe pitting edema, a cold sensation in the lower body, and dysuria or excessive urination.

You Gui Wan (Restore the Right [Kidney] Pill) tonifies Kidney yang, nourishes *jing* (essence), and nourishes the blood. This formula is indicated for chronic illness resulting in Kidney yang and *ming men* (life gate) fire deficiencies. This formula does not contain the “three sedative herbs”; hence, the tonifying action is stronger than that of *Jin Gui Shen Qi Wan* (Kidney Qi Pill from the Golden Cabinet).

Huan Shao Dan (Return to Youth Pill) is a comprehensive formula that tonifies qi, blood, Kidney yang and *jing* (essence). In addition, it strengthens the Spleen, Stomach, Kidney, and Heart. This formula is most effective for premature aging caused by generalized weakness and deficiencies.

Er Xian Tang (Two-Immortal Decoction) tonifies Kidney yang, replenishes Kidney *jing* (essence), and drains deficiency fire. This formula treats Kidney deficiency with deficiency fire rising, as seen in menopausal patients with hot flashes, mood swings, night sweats, nervousness, irritability, insomnia, and fatigue.

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SECTION 6: YIN- AND YANG-TONIFYING FORMULAS

Name	Similarities	Differences
Gui Lu Er Xian Jiao (Tortoise Shell and Deer Antler Syrup)	Tonify Kidney yin and yang	Tonifies qi and blood, replenishes <i>jing</i> (essence)
Qi Bao Mei Ran Dan (Seven-Treasure Special Pill for Beautiful Whiskers)		Tonifies Liver blood, replenishes <i>jing</i> (essence)
Di Huang Yin Zi (Rehmannia Decoction)		Dissolves phlegm, opens the orifices

Gui Lu Er Xian Jiao (Tortoise Shell and Deer Antler Syrup) tonifies qi and blood, supplements Kidney yin and yang, and replenishes *jing* (essence). Clinical applications of this formula include weight loss, seminal emissions, impotence, dizziness, and soreness and weakness of the lower back and knees.

Qi Bao Mei Ran Dan (Seven-Treasure Special Pill for Beautiful Whiskers) nourishes both Kidney *jing* (essence) and Liver blood to treat premature gray hair, loose teeth, seminal emissions, and soreness of the lower back and knees.

Di Huang Yin Zi (Rehmannia Decoction) tonifies Kidney yin and yang, dissolves phlegm, and opens the orifices. Clinical manifestations include aphasia caused by a stiff tongue, leg paralysis, a dry mouth without desire to drink, a pale tongue with a slippery, white and moist tongue coating, and a deep, fine and weak pulse.