

## Section 1

## 固表止汗剂

## — Exterior-Stabilizing Formulas to Stop Perspiration

## Yù Píng Fēng Sǎn (Jade Windscreen Powder)

玉屏風散

玉屏风散

**Pinyin Name:** *Yu Ping Feng San***Literal Name:** Jade Windscreen Powder**Alternate Names:** Jade Wind-Barrier Formula, Jade Screen Powder, Astragalus and Siler Formula**Original Source:** *Dan Xi Xin Fa* (Teachings of [Zhu] Dan-Xi) by Zhu Zhen-Heng in 1481**COMPOSITION**

<i>Huang Qi</i> (Radix Astragali)	30g [6g]
<i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae)	60g [12g]
<i>Fang Feng</i> (Radix Saposhnikoviae)	30g [6g]

**DOSAGE / PREPARATION / ADMINISTRATION**

The source text states to grind the ingredients into powder. Cook 9g of the powdered herbs and 3 slices of *Sheng Jiang* (Rhizoma Zingiberis Recens) in 1.5 large bowls of water for decoction. Today, this formula may be prepared as a decoction with the doses suggested in brackets, with addition of 3 slices of *Sheng Jiang* (Rhizoma Zingiberis Recens) and 1 piece of *Da Zao* (Fructus Jujubae).<sup>1</sup>

**CHINESE THERAPEUTIC ACTIONS**

1. Tonifies *wei* (defensive) *qi*
2. Consolidates the exterior
3. Stops spontaneous sweating

**CLINICAL MANIFESTATIONS**

*Wei* (defensive) *qi* deficiency: spontaneous sweating, aversion to wind and cold, increased susceptibility to invasion of exterior pathogens, pale face, pale tongue, white tongue coating, and a floating, deficient pulse.

**CLINICAL APPLICATIONS**

Prevention of respiratory tract infection, allergic rhinitis, abnormal perspiration, nephritis, and facial paralysis.

**EXPLANATION**

*Yu Ping Feng San* (Jade Windscreen Powder) is commonly used to treat spontaneous sweating or increased susceptibility to invasion of exterior pathogens due to deficiency of *wei* (defensive) *qi*. *Wei qi* resides at the exterior of the body to regulate skin pores and protect the body from the invasion of exterior pathogenic factors. If *wei qi* becomes deficient, body fluids may leak out of the body through the open skin pores, resulting in spontaneous sweating. Deficiency of *wei qi* may lower the defensive function of the skin, increasing the patient's susceptibility to invasion of exterior pathogens. Pale face, pale tongue, and a deficient pulse all indicate *qi* deficiency.

This formula uses a large dose of *Huang Qi* (Radix Astragali) to strengthen *wei* (defensive) *qi* at the exterior and increase the body's defense against foreign pathogenic factors. *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) assists *Huang Qi* (Radix Astragali) in strengthening the exterior to stop spontaneous sweating. *Fang Feng* (Radix Saposhnikoviae) dispels any exterior pathogenic factors, especially wind. This formula has a unique check and balance: the use of an exterior-releasing herb, *Fang Feng* (Radix Saposhnikoviae), prevents retention of pathogenic factors trapped by a *qi*-tonifying herb, *Huang Qi* (Radix

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Diagnosis	Signs and Symptoms	Treatment	Herbs
Wei (defensive) qi deficiency	<ul style="list-style-type: none"> <li>Spontaneous sweating: leakage of body fluids due to deficiency of <i>wei qi</i></li> <li>Aversion to wind and cold and increased susceptibility to exterior conditions: deficiency of <i>wei qi</i> unable to protect the exterior</li> <li>Pale face, pale tongue, white tongue coating and a deficient pulse: qi deficiency</li> </ul>	<ul style="list-style-type: none"> <li>Tonifies <i>wei qi</i></li> <li>Protects the exterior</li> <li>Stops spontaneous sweating</li> </ul>	<ul style="list-style-type: none"> <li><i>Huang Qi</i> (Radix Astragali) strengthens <i>wei qi</i> at the exterior and increases the body's defense.</li> <li><i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae) strengthens the exterior and stops spontaneous sweating.</li> <li><i>Fang Feng</i> (Radix Saposhnikovia) dispels any exterior pathogenic factors.</li> </ul>

Astragali); and the use of a qi-tonifying herb prevents any damage to the body that may be induced by the use of an exterior-releasing herb. Thus, using an exterior-releasing herb in conjunction with a tonic herb prevents exterior pathogenic factors from being trapped in the interior and causing harm.

*Yu Ping Feng San* has functions to tonify *wei* (defensive) *qi*, protect the exterior, release exterior pathogenic factors, and stop perspiration. It is commonly used to treat individuals with spontaneous perspiration due to exterior deficiency, or individuals who frequently contract common colds and influenza.

### MODIFICATIONS

- For common cold characterized by wind-cold, add *Cang Zhu* (Rhizoma Atractylodis) and *Qiang Huo* (Rhizoma et Radix Notopterygii).
- For common cold in a constitutionally deficient person, add *Jing Jie* (Herba Schizonepetae), *Zi Su Ye* (Folium Perillae), and *Dang Shen* (Radix Codonopsis).
- With dizziness due to blood deficiency, add *Dang Gui* (Radix Angelicae Sinensis) and *Chuan Xiong* (Rhizoma Chuanxiong).
- With skin eruptions, add *Dang Gui* (Radix Angelicae Sinensis) and *Bai Shao* (Radix Paeoniae Alba).
- With chronic or allergic sinusitis, add *Xin Yi Hua* (Flos Magnoliae) and *Cang Er Zi* (Fructus Xanthii).
- With spontaneous perspiration due to yang deficiency, add *Fu Zi* (Radix Aconiti Lateralis Praeparata).
- With severe spontaneous sweating, add *Fu Xiao Mai* (Fructus Tritici Levis), calcined *Mu Li* (Concha Ostreae), and *Ma Huang Gen* (Radix et Rhizoma Ephedrae).
- With fatigue due to qi deficiency, add *Ren Shen* (Radix et Rhizoma Ginseng) and *Gan Cao* (Radix et Rhizoma Glycyrrhizae).
- With generalized weakness and deficiency, add *Xiao Jian Zhong Tang* (Minor Construct the Middle Decoction).

### CAUTIONS / CONTRAINDICATIONS

- Yu Ping Feng San* is contraindicated in patients with exterior syndrome with spontaneous sweating. It should be used only for spontaneous sweating without exterior syndrome.
- This formula is inappropriate for individuals with night sweating caused by yin deficiency.
- Individuals who take this formula should avoid exposure to cold and wind, and refrain from raw, cold, oily and greasy foods.<sup>2</sup>
- According to one report, the use of this formula was associated with mild dry mouth in 8 out of 127 patients. Dry mouth appeared within the first 10 days of use, and was self-limiting and resolved between days 11 to 20. No other abnormalities were noted.<sup>3</sup>

### PHARMACOLOGICAL EFFECTS

- Immunostimulant:** Administration of *Yu Ping Feng San* has been associated with increased immunity. According to one study, the use of this formula increased IgG and IgA in mice.<sup>4</sup> Another study reported that the use of this formula for 2 to 3 months increased NK cell count and activities.<sup>5</sup>
- Antiviral:** According to one *in vitro* study, *Yu Ping Feng San* has demonstrated inhibition on the replication of influenza A viruses.<sup>6</sup>
- Nephroprotective:** According to one study, administration of *Yu Ping Feng San* in rabbits was associated with marked reduction of creatinine in comparison with the control group which did not receive any herbs. *Yu Ping Feng San*, however, did not have any statistically-significant effect on proteinuria in the same subjects.<sup>7</sup>

### CLINICAL STUDIES AND RESEARCH

- Prevention of respiratory tract infection:** According to one study, *Yu Ping Feng San* was evaluated for its effect in preventing recurrent respiratory tract infection in 32 children who have had a history of frequent infections.

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The treatment protocol was to administer *Yu Ping Feng San* for 14 weeks prior to winter. The study reported an overall effectiveness of 96.9%. Furthermore, the study noted that there was an increase in IgA, but no significant changes to IgG or IgM.<sup>8</sup>

- Allergic rhinitis:** According to one study, the use of modified *Yu Ping Feng San* was associated with good results to treat 495 patients with allergic rhinitis characterized by deficiency of the exterior. Of 495 patients, the study reported significant improvement in 293 cases, improvement in 120 cases, and no effect in 79 cases. The rate of effectiveness was 84%. Information was unavailable on 3 individuals who did not complete the study.<sup>9</sup>
- Perspiration:** In one study, 88 children with profuse perspiration were treated with satisfactory results using modified *Yu Ping Feng San*. Modifications were made based on traditional Chinese medical diagnosis. For qi deficiencies, *Da Zao* (Fructus Jujubae) 15g, *Nuo Mi Gen* (Radix Oryzae Glutinosae) 9g, calcined *Mu Li* (Concha Ostreae) 30g, and calcined *Long Gu* (Os Draconis) 30g were added. For qi and yin deficiencies, *Wu Wei Zi* (Fructus Schisandrae Chinensis) 4.5g and *Dang Gui* (Radix Angelicae Sinensis) 9g were added.<sup>10</sup>
- Nephritis:** According to one study, administration of modified *Yu Ping Feng San* was associated with beneficial effect in 29 of 33 patients. The treatment protocol was to administer the herbs in powder form, 9 grams three times daily for 3 consecutive days followed by 4 days of rest per week, for 6 months. The herbal formula contained *Huang Qi* (Radix Astragali) 20g, *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) 15g, *Fang Feng* (Radix Saposhnikoviae) 12g, *Chen Pi* (Pericarpium Citri Reticulatae) 9g, *Lian Qiao* (Fructus Forsythiae) 40g, *Tu Fu Ling* (Rhizoma Smilacis Glabrae) 50g, and *Qiang Huo* (Rhizoma et Radix Notopterygii) 10g.<sup>11</sup>
- Facial paralysis:** According to one study, concurrent use of *Yu Ping Feng San* and *Bu Yang Huan Wu Tang* (Tonify the Yang to Restore Five Decoction) for treatment of facial paralysis in 49 patients was associated with complete recovery in 32 cases, significant improvement in 15 cases, and moderate improvement in 2 cases.<sup>12</sup>

## TOXICOLOGY

*Yu Ping Feng San* has very little toxicity. According to one study on acute toxicology, administration of this formula at 100 g/kg in mice did not cause any abnormal reactions or fatalities.<sup>13</sup> According to another study on chronic toxicology in mice, oral administration of this formula at 15 g/kg/day for 14 days did not cause any abnormal reactions of the internal organs (heart, lung, liver, kidney, and stomach). However, some mild side effects were observed, such as diarrhea.<sup>14</sup>

## RELATED FORMULA

### *Huáng Qí Fáng Fēng Tāng*

(Astragalus Decoction to Guard the Wind)

黃耆防風湯

黃芪防風湯

**Pinyin Name:** *Huang Qi Fang Feng Tang*

**Literal Name:** Astragalus Decoction to Guard the Wind

**Original Source:** *Tian Jin Zhong Yi Da Xue* (Tianjin University of Chinese Medicine) in 1989

*Huang Qi* (Radix Astragali)

*Fang Feng* (Radix Saposhnikoviae)

*Bai Zhu* (Rhizoma Atractylodis Macrocephalae)

*Dong Chong Xia Cao* (Cordyceps)

*Ling Zhi* (Ganoderma)

*Wu Wei Zi* (Fructus Schisandrae Chinensis)

*Huang Qi Fang Feng Tang* (Astragalus Decoction to Guard the Wind) specifically tonifies *wei* (defensive) *qi* and prevents the invasion of *liu yin* (six exogenous factors). Clinically, it treats individuals with a compromised immune system, and can be used prophylactically to prevent infectious diseases by boosting the immune system.

## AUTHORS' COMMENTS

*Yu Ping Feng San* is the key formula for tonifying and consolidating *wei* (defensive) *qi*. Key symptoms include spontaneous sweating, weakness, pale complexion, pale tongue, and a deficient pulse. These patients, due to *wei qi* deficiency, often catch infections more often than others. Today, this formula is commonly used to prevent infection in individuals who are weak, deficient, or have compromised immunity.

*Yu Ping Feng San*, *Sheng Mai San* (Generate the Pulse Powder), and *Ren Shen Yang Ying Tang* (Ginseng Decoction to Nourish the Nutritive Qi) can all be used to enhance the immune system of those individuals who frequently catch colds.

- *Yu Ping Feng San* tonifies *wei* (defensive) *qi*.
- *Sheng Mai San* (Generate the Pulse Powder) tonifies *qi* and generates body fluids.
- *Ren Shen Yang Ying Tang* tonifies *qi* and blood.

*Yu Ping Feng San* and *Gui Zhi Tang* (Cinnamon Twig Decoction) both treat spontaneous perspiration and aversion to wind, but have completely different clinical applications.

- *Yu Ping Feng San* is an astringent formula that treats spontaneous perspiration and aversion to wind. However, these symptoms are due to *wei* (defensive) *qi* deficiency with inability to consolidate the exterior. Besides leakage

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of body fluids, other symptoms include frequent catching of common colds, pale complexion, generalized weakness, and a deficient pulse. *Yu Ping Feng San* is designed for patients who have not yet contracted an exterior condition.

- *Gui Zhi Tang* is an exterior-releasing formula designed to treat wind-cold invasion with disharmony between the *ying* (nutritive) and *wei* (defensive) levels, causing symptoms such as fever, aversion to cold, perspiration, headache, stuffy nose, and a superficial pulse. *Gui Zhi Tang* is formulated to treat patients who are now suffering from an exterior wind-cold condition.<sup>15</sup>

### References

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## Mǔ Lì Sǎn (Oyster Shell Powder)

牡蠣散

牡蛎散

**Pinyin Name:** *Mu Li San*

**Literal Name:** Oyster Shell Powder

**Original Source:** *Tai Ping Hui Min He Ji Ju Fang* (Imperial Grace Formulary of the Tai Ping Era) by the Imperial Medical Department in 1078-85

### COMPOSITION

<i>Mu Li</i> (Concha Ostreae), <i>jin</i> (soaked) in rice water to remove soil and <i>shao</i> (burned) till red	30g
<i>Huang Qi</i> (Radix Astragali)	30g
<i>Ma Huang Gen</i> (Radix et Rhizoma Ephedrae), <i>xi</i> (washed)	30g

### DOSAGE / PREPARATION / ADMINISTRATION

The source text states to grind the three ingredients into coarse powder. Cook 9g of the powder and approximately 100 pieces [15-30g] of *Xiao Mai* (Fructus Triticum) in 1.5 bowls of water until it is reduced down to 80%. Take the warm, strained decoction in two equally-divided doses at anytime during the day. Today this formula is prepared by cooking 9g of the coarsely-powdered herbs with 30g of *Xiao Mai* (Fructus Triticum) in water. It may also be prepared as a decoction with addition of *Xiao Mai* (Fructus Triticum) and proportional adjustment of doses of herbs.

### CHINESE THERAPEUTIC ACTIONS

1. Protects the exterior
2. Stops spontaneous and night sweating

### CLINICAL MANIFESTATIONS

Yin and qi deficiencies: spontaneous sweating, profuse and continuous sweating while sleeping at night, palpitations, irritability, shortness of breath, and lethargy.

### CLINICAL APPLICATIONS

Post-surgical sweating, postpartum sweating, and sweating in pulmonary tuberculosis.