

FORMULAS THAT RELEASE THE EXTERIOR

Formulas that Release the Exterior

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ma huang tang

ephedra decoction

- ma huang
 - gui zhi
 - xing ren
 - zhi gan cao
-

Releases exterior cold; stops wheezing

For taiyang excess patterns: fever and chills (more chills) WITHOUT sweating, headache, body ache, wheezing

Tongue: thin white coat

Pulse: floating, tight

ma huang tang

ephedra decoction

Modifications:

for exterior cold with interior heat: + add shi gao, zhi mu, or huang qin	for wind-cold with dampness: + fang feng, qiang huo, bai zhu
for concurrent qi and blood deficiency: + huang qi, ren shen, dang gui, and shu di huang	to direct LU qi downward (cough, wheezing, phlegm): + su zi, sang bai pi, fu ling, chen pi
for sore throat: - reduce gui zhi by half - tian hua fen, she gan	for wind-cold with trauma: + tao ren, hong hua

Cautions/Contraindications:

- Contraindicated for patients with debility and copious urination
- Contraindicated for patients prone to bleeding (esp. from nose)
- Use caution in cases of hypertension
- Only use short periods

gui zhi tang

cinnamon twig decoction

- gui zhi
- bai shao
- sheng jiang
- da zao
- zhi gan cao

Releases muscle layer; harmonizes ying and wei

For taiyang deficiency patterns: fever and chills WITH sweating, headache, aversion to wind, stiff neck, nasal congestion

Tongue: thin white coat

Pulse: floating, lax or frail

gui zhi tang

cinnamon twig decoction

Modifications:

for nasal congestion and sneezing: + add fang feng, xin yi hua	for profuse sweating: + increase bai shao - reduce gui zhi, sheng jiang, gan cao by one third + if qi deficiency, add huang qi and fang feng	for diarrhea due to wind-cold + summerheat-dampness: + add fu ling, ze xie
for SOB or qi stagnation: + add huo po, zhi ke, chen pi	for severe headache: + substitute chi shao for bai shao + add gao ben	for wind attack with menstrual pain (blood stasis): + substitute chi shao for bai shao + add tao ren, hong hua, or dang gui
for heaviness in head (heat prevents yang going down): + add ju hua, chan tui	for severe vomiting: + increase bai shao, sheng jiang + add chen pi, hou po	for Spleen yang deficiency causing bleeding: + add zao xin tu, e jiao
for internal heat: + add shi gao, zhi mu, huang qin to clear heat + or add sheng ma to vent exterior	for joint pain and fatigue (dampness): + add qiang huo, fang feng	for low grade fever: + add qing hao, bai wei

Cautions/Contraindications:

- Contraindicated in most cases of exterior cold with interior heat
- Do not give to patients with internal heat (may cause nosebleed) or internal damp-heat
- Use caution during summer or hot weather
- If prescribed incorrectly, profuse sweating, high fever, thirst, palpitations may result. Give Bai Hu Jia Ren Shen Tang to cope.

ge gen tang

kudzu decoction

- ge gen
 - ma huang
 - gui zhi
 - sheng jiang
 - da zao
 - zhi gan cao
-

Releases exterior and muscle layer; generates fluids

For wind-cold in taiyang that constrains yangming: fever and chills
WITHOUT sweating, stiff neck and upper back

Tongue: thin white coat

Pulse: floating, tight

ge gen tang

kudzu decoction

Modifications:

for severe nasal blockage:

+ add chuang xiong, huang qin, xin yi hua, jie geng

for urticaria:

+ add chan tui

for facial pain:

+ add du huo, tao he cheng qi tang

Cautions/Contraindications:

- none listed

xiao qing long tang

minor bluegreen dragon decoction

- ma huang
- guì zhi
- gān jiāng
- xī xīn
- zhī bān xià
- wú wēi zǐ
- bái zhāo
- zhī gān cǎo

**Releases exterior; transforms thin phlegm; warms LU;
subdues rebellious qi**

Fever and chills WITHOUT sweating, cough, wheezing, **copious, white, stringy, difficult-to-expectorate sputum**, stifling sensation in chest, body heaviness

Tongue: moist

Pulse: floating, tight

xiao qing long tang

minor bluegreen dragon decoction

Modifications:

for severe exterior cold:

+ increase ma huang and guì zhi

for increased congestion and copious sputum:

+ increase xī xīn, zhī bān xià
+ add shēng jiāng

for nasal congestion, runny nose, headache:

• substitute shēng jiāng for gān jiāng
• substitute chí shāo for bái shāo
+ add fāng fēng, jīng jiē

Cautions/Contraindications:

- Do not use long term
- Not for conditions with heat, coughing blood, coughing due to yin deficiency
- Use caution with hypertension (substitute *zhī mā huáng* for *mā huáng*)

jiu wei qiang huo tang

nine-ingredient decoction with notopterygium

- qiang huo
- fang feng
- cang zhu
- xi xin
- chuan xiong
- bai zhi
- huang qin
- sheng di huang
- gan cao

For wind-cold-damp with internal heat accumulation

Fever and chills (more chills) without sweating, headache, stiff neck, aches and pains, slight thirst, bitter taste

Tongue: white coat

Pulse: floating

jiu wei qiang huo tang

nine-ingredient decoction with notopterygium

Modifications:

for upper back and shoulder pain: + add qin jiao	for dry or sore throat: + jie geng, niu bang zi, bo hei
for absence of thirst or bitter taste: - remove huang qin, sheng di huang	for epigastric discomfort with greasy tongue: - remove sheng di huang + add huo xiang, zhi ban xiai
for thirst and irritability: + add shi gao, zhi mui	for coughing up thick sputum: + add xing ren, qian hu

Cautions/Contraindications:

- Contraindicated in warm pathogen diseases (this formula is warm and drying)
- Use care in patients with yin deficiency

jia wei xiang su san

augmented cyprus and perilla leaf powder

- zi su ye
- jing jie
- fang feng
- qin jiao
- man jing zi
- xiang fu
- chuan xiong
- chen pi
- sheng jiang
- zhi gan cao

For common cold year round

Headache, stiff neck, runny nose, aches and pains, fever and chills without sweating

Tongue: thin white coat

Pulse: floating

jia wei xiang su san

augmented cyprus and perilla leaf powder

Modifications:

for severe headache: + add qiang hu, cong bai	for nosebleed and spitting blood:: - remove sheng jiang + add sheng di huang, chi shao, dan shen, mu dan pig	for dry retching (water qi in exterior): + add ban xia, fu ling
for sweating and aversion to wind: + add gui zhi, bai shao	for swelling and pain in throat: + add jie geng, niu bang zi, bo he	for plum-pit qi: + add jie geng, zi su geng
for food stagnation: + add shan zha, mai ya, lai fu zi	for constipation: + add lai fu zi, zhi ke	during menstruation: + add dang gui, dan shen
for thirst and rough urination: + add fu ling, mu tong	for cold extremities and cold in middle: + add gan jiang, rou gui	for wind-cold after giving birth: + add pao jiang, gan jiang, dang gui
for coughing and wheezing: + add jie geng, qian hu, xing ren	for concurrent summerheat: + add zhi mu, huang qin	

Cautions/Contraindications:

- none listed

sang ju yin

mulberry leaf and chrysanthemum drink

- sang ye
- ju hua
- lian qiao
- bo he
- jie geng
- xing ren
- lu gen
- gan cao

Disperses wind-heat; stops cough by facilitating the flow of Lung qi

For **early-stage wind-heat**: slight fever, cough, slight thirst, eye disorders

Tongue: thin white coat

Pulse: floating, rapid

sang ju yin

mulberry leaf and chrysanthemum drink

Modifications:

for qi-level dryness: + add shi gao, zhi mu	for pronounced thirst: + add tian hua fen	for sore throat: + add niu bang zi, ma bo
for ying-level heat: + add xuan shen, xi jiao	for thick yellow sputum: + add gua lou pi, zhe bei mu	for wind-heat affecting eyes: + add ci ji li, jue ming zi, xi ku cao
for heat entering xue level: - remove lu gen, bo he + add mai men dong, sheng di huang, yu zhu, mu dan pi	for labored breathing, slight wheezing: + add shi gao, zhi mu	
for severe Lung heat: + add huang qin	for blood-streaked sputum: + add mu dan pi, bai mao gen, ou jie	

Cautions/Contraindications:

- none listed

yin qiao san

honeysuckle and forsythia powder

- jin yin hua
- lian qiao
- jie geng
- niu bang zi
- bo he
- dan dou chi
- jing jie
- dan zhu ye
- lu gen
- gan cao

Disperses wind-heat; resolves heat toxicity

Fever, slight chills, headache, thirst, **cough, sore throat**

Tongue: thin white coat

Pulse: floating, rapid

yin qiao san

honeysuckle and forsythia powder

Modifications:

for stifling sensation in chest: + add huo xiang	for nosebleed: - remove jing jie + add bai mao gen, zhi zi	for diarrhea with yellow tongue coat: + add ge gen huang qin huang lian tang
for severe thirst: + add tian hua fen	for dampness causing stifling sensation in chest: + add huo xiang, yu jin	for acute endometriosis: - remove gan cao, dan zhu ye + add zhi zi, fang feng, sheng di huang
for pronounced cough: + add xing ren	for early-stage measles: + add chan tui, fu ping	
for heat entering interior, scanty urine: + add sheng di huang, mai men dong, huang qin, zhi mu, zhi zi	for early-stage carbuncles: + add pu gong ying, da qing ye	

Cautions/Contraindications:

- Ineffective in cases of damp-heat

chai ge jie ji tang

bupleurum and kudzu decoction to release the muscle layer

- chai hu
- ge gen
- qiang huo
- bai zhi
- huang qin
- shi gao
- jie geng
- bai shao
- sheng jiang
- da zao
- gan cao

Releases muscle layer; clears interior heat

For unresolved wind-cold that has become constrained and is turning into heat (aka **simultaneous taiyang and yangming disorder**).

Increasing fever and decreasing chills, headache, stiff extremities, eye pain, dry nasal passages, irritability, insomnia

Tongue: thin yellow coat

Pulse: floating, slightly flooding

chai ge jie ji tang

bupleurum and kudzu decoction to release the muscle layer

Modifications:

for severe chills without sweating: • substitute ma huang for huang qin	for dry mouth and tongue: + add zhi mu and tian hua fen
for cases without chills, headache, or pain: - remove qiang huo, bai zhi	for cough with thick phlegm: + add gua lou pi, zhe bei mu
for cases without chills but with more severe heat: + add jin yin hua, lian qiao + increase shi gao	

Cautions/Contraindications:

- Inappropriate for simple exterior wind-heat disorders

sheng ma ge gen tang

cimicifuga and kudzu decoction

- sheng ma
 - ge gen
 - zhi gan cao
 - chi shao
-

Releases muscle layer; vents rashes

For **early-stage measles** or rashes, fever and chills, headache, generalized body ache, sneezing, coughing, red eyes, tearing, thirst

Tongue: red, dry

Pulse: floating, rapid

sheng ma ge gen tang

cimicifuga and kudzu decoction

Modifications:

to assist venting pathogens from exterior: + add bo he, chan tui, jing jie, niu bang zi	for swollen and sore throat: + add jie geng, xuan shen, ma bo
for heat toxicity: + add lian qiao, jin yin hua	if rash is dark red: + add zi cao, mu dan pi
for coughing and wheezing: + add jie geng, zhi ke, qian hu, xing ren	for yangming disorders with thirst: • substitute bai shao for chi shao
to prevent damage to fluids: + add sha shen, mai men dong	for viral rashes (herpes zoster): + add zi cao

Cautions/Contraindications:

- Contraindicated for rashes that surface evenly (this may cause exterior deficiency)
- Inappropriate for measles toxin sinking internally (shortness of breath, coughing, wheezing)
- Use caution with warm pathogen diseases

chuan xiong cha tiao san

chuanxiong powder to be taken with green tea

- chuan xiong
- bai zhi
- qiang huo
- bo he
- xi xin
- jing jie
- fang feng
- zhi gan cao

Disperses wind; alleviates pain

For **headache on any part of the head**, maybe with fever and chills, dizziness, nasal congestion

Tongue: thin white coat

Pulse: floating

chuan xiong cha tiao san

chuanxiong powder to be taken with green tea

Modifications:

for wind-cold headache:

- remove bo he
- + add sheng jiang, zi su ye

for chronic headache:

- + add hong hua, tao ren, bai jiang can, quan xie

for wind-heat headache:

- remove qiang huo, xi xin
- + add ju hua, man jing zi

for alter focus to specific channel:

- tai yang (occipital): gao ben
- shao yang (temporal): chai hu
- yang ming (frontal): ge gen
- jue yin (vertex): wu zhu yu, di long

Cautions/Contraindications:

- none listed

cang er zi san

xanthium powder

- cang er zi
 - xin yi hua
 - bai zhi
 - bo he
-

Disperses wind; alleviates pain; unblocks nose

For **deep-source nasal congestion**: copious, purulent, foul-smelling nasal discharge, dizziness, frontal headache

Tongue: thin white coat; or greasy white coat

Pulse: ???

cang er zi san

xanthium powder

Modifications:

for severe nasal obstruction:

+ add e bu shi cao, xi xin

for bloody nasal discharge or nosebleed:

+ add qian cao gen, sheng di huang

for fever and heat in Lung:

+ add huang qin, yu xing cao

for more severe dizziness and headache:

+ add ju hua, bai ji li

Cautions/Contraindications:

- none listed

ren shen bai du san

ginseng powder to overcome pathogenic influences

- qiang huo
- du huo
- chuan xiong
- chai hu
- jie geng
- zhi ke
- qian hu
- ren shen
- fu ling
- gan cao
- sheng jiang
- bo he

Externally contracted wind-cold-dampness with underlying qi deficiency

High fever with severe chills, no sweat, pain and stiffness in head and neck, soreness and pain in extremities, fullness in chest, nasal congestion, productive cough

Tongue: greasy white

Pulse: floating, soggy

ren shen bai du san

ginseng powder to overcome pathogenic influences

Modifications:

normal qi is not weak; cold symptoms pronounced: - remove ren shen + add jing jie, fang feng	for dysenteric disorders with abdominal pain: + add mu xiang, bai shao
if coughing severe: + add xing ren, bai qian	for wind-toxin papules: + add chan tui, ku shen
for malarial disorders: + increase chai hu + add huang qin, bing lang	normal qi is not weak; cold symptoms pronounced: - remove ren shen + add lian qiao, jin yin hua

Cautions/Contraindications:

- Only for wind-cold-dampness (this formula is warm and drying)
- Contraindicated for heat or damp-heat

jing fang bai du san

schizonepeta and saposchnikovia powder to overcome pathogenic influences

- qiang huo
 - du huo
 - jing jie
 - fang feng
 - chuan xiong
 - chai hu
 - jie geng
 - zhi ke
 - qian hu
 - fu ling
 - gan cao
 - sheng jiang
-

Externally contracted wind-cold-dampness with NO underlying qi deficiency

Fever and chills without sweating, pain and stiffness in head and neck,
generalized body aches and pains

Tongue: thin white coat

Pulse: floating

jing fang bai du san

schizonepeta and saposchnikovia powder to overcome pathogenic influences

Modifications:

none listed

Cautions/Contraindications:

- none listed

jia jian wei rui tang

modified solomon's seal decoction

- yu zhu
 - cong bai
 - jie geng
 - dan dou chi
 - bo he
 - bai wei
 - zhi gan cao
 - da zao
-

Externally contracted wind-heat with underlying yin deficiency

Fever and slight chills, little or no sweating, headache, dry throat, cough, difficult-to-expectorate phlegm, thirst, irritability

Tongue: dark red

Pulse: rapid

jia jian wei rui tang

modified solomon's seal decoction

Modifications:

for more severe exterior disorders:
+ add fang feng, ge gen

for cough, dry throat, thick sputum:
+ add niu bang zi, gua lou pi

for pronounced thirst and irritability:
+ add tian hua fen, dan zhu ye

Cautions/Contraindications:

- none listed

da chai hu tang

major bupleurum decoction

- chai hu
- huang qin
- ban xia
- da huang
- zhi shi
- bai shao
- sheng jiang
- da zao

Concurrent shaoyang and yangming disorder

Alternating fever and chills, fullness in chest and hypochondria, bitter taste in the mouth, nausea, vomiting, fullness and pain in epigastrium, burning diarrhea or no bowel movement, melancholy, slight irritability

Tongue: yellow coat

Pulse: wiry, forceful

da chai hu tang

major bupleurum decoction

Modifications:

for chest and epigastric pain: + add mu xiang, yu jin, yin chen	for acute jaundice: + add zhi zi, huang bai
for severe abdominal pain: + add yan hu suo, wu yao, xiang fu	for marked chills: + add ma huang, lian qiao, chi xiao dou
for severe nausea and vomiting: + add zhu ru, xuan fu hua, huang lian	for acute cholecystitis: + add jin yin hua, lian qiao, pu gong ying, zi hua di ding
for uncontrolled, continuous vomiting: + add wu zhu yu, huang lian	for gallstones: + add jin qian cao, shi wei, hai jin sha
for mania due to Liver fire: + add qing dai, zhi zi, mu dan pi, mang xiao	for pancreatitis: + combine with Ban Xia Xie Xin Tang

Cautions/Contraindications:

- none listed

fang feng tong shen san

saposhnikovia powder that sagely unblocks

- fang feng
- ma huang
- da huang
- mang xiao
- jing jie
- zhi zi
- hua shi
- shi gao
- lian qiao
- huang qin
- jie geng
- chaun xiong
- dang gui
- bai shao
- bai zhu
- gan cao
- sheng jiang

For excess heat at both exterior and interior

Strong fever and chills, light-headedness, red and sore eyes, difficulty swallowing, nasal congestion, thick nasal discharge, bitter taste, dry mouth, stifling sensation in chest, constipation, dark rough urine

Tongue: red with yellow coat

Pulse: rapid

fang feng tong shen san

saposhnikovia powder that sagely unblocks

Modifications:

for cases without strong chills:
- remove ma huang

for cases without strong fever:
- remove shi gao

for cough with phlegm:
+ add zhi ban xia

Cautions/Contraindications:

- none listed

ge gen huang qin huang lian tang

kudzu, coptis, and scutellaria decoction

- ge gen
- huang qin
- huang lian
- gan cao

Releases exterior and drains heat

Fever, sweating, thirst, foul-smelling diarrhea that burns the anus, irritability, heat in chest, wheezing

For interior heat when exterior has not been completely resolved. Usually due to improper use of purgatives during external attack.

Tongue: red with yellow coat

Pulse: rapid

ge gen huang qin huang lian tang

kudzu, coptis, and scutellaria decoction

Modifications:

for chest and epigastric pain: + add mu xiang, yu jin, yin chen	for acute jaundice: + add zhi zi, huang bai
for severe abdominal pain: + add yan hu suo, wu yao, xiang fu	for marked chills: + add ma huang, lian qiao, chi xiao dou
for severe nausea and vomiting: + add zhu ru, xuan fu hua, huang lian	for acute cholecystitis: + add jin yin hua, lian qiao, pu gong ying, zi hua di ding
for uncontrolled, continuous vomiting: + add wu zhu yu, huang lian	for gallstones: + add jin qian cao, shi wei, hai jin sha
for mania due to Liver fire: + add qing dai, zhi zi, mu dan pi, mang xiao	for pancreatitis: + combine with Ban Xia Xie Xin Tang

Cautions/Contraindications:

- Contraindicated for dysenteric disorders with fever and a submerged, slow pulse