

# **FORMULAS THAT RELEASE THE EXTERIOR**

# **FORMULAS THAT RELEASE EXTERIOR WIND-COLD**



# ma huang tang

*ephedra decoction*

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- 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

# gui zhi tang

*cinnamon twig decoction*

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- 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

# 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

# xiao qing long tang

*minor bluegreen dragon decoction*

- ma huang
- guai zhi
- gan jiang
- xi xin
- zhi ban xia
- wu wei zi
- bai zhao
- zhi gan cao

**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

# jiu wei qiang huo tang

*nine-ingredient decoction with notopterygium*

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- 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

# jia wei xiang su san

*augmented cyprus and perilla leaf powder*

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- 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

# FORMULAS THAT RELEASE EXTERIOR WIND-HEAT



## 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

# yin qiao san

*honeysuckle and forsythia powder*

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- 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

# chai ge jie ji tang

*bupleurum and kudzu decoction to release the muscle layer*

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- 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

# sheng ma ge gen tang

*cimicifuga and kudzu decoction*

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- 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

**FORMULAS THAT RELEASE THE EXTERIOR  
WITH HEAD AND NECK SYMPTOMS**

OR



**FORMULAS THE DREDGE AND DISPERSE  
EXTERNAL WIND**

# 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

## Headache

chuān xiōng	Shao Yang and Blood Deficiency
bái zhǐ	Yang Ming
qiāng huó	Tai Yang
gǎo běn	Vertex + Teeth
chǎi hǔ	Shao Yang
cāng zhú	Tai Yin
xì xīn	Shao Yin
wú zhū yú	Jue Yin



# cang er zi san

*xanthium powder*

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- 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:** ???

**FORMULAS THAT  
RELEASE EXTERIOR  
DISORDERS WITH  
INTERIOR DEFICIENCY**

# ren shen bai du san

*ginseng powder to overcome pathogenic influences*

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- 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

# jing fang bai du san

*schizonepeta and saposchnikovia powder to overcome pathogenic influences*

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- 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

# jia jian wei rui tang

*modified solomon's seal decoction*

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- 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

**FORMULAS THAT  
RELEASE EXTERIOR  
AND PURGE THE  
INTERIOR**



# da chai hu tang

*major bupleurum decoction*

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

## 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

# Fang Feng Tong Shen San

*saposhnikovia powder that sagely unblocks*

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

## 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

# FORMULAS THAT RELEASE EXTERIOR AND CLEAR THE INTERIOR

## **ge gen huang qin huang lian tang**

*kudzu, coptis, and scutellaria decoction*

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- 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