

# Module 6

Formulas: Gui Zhi Tang, Shao Yao Gan Cao Tang  
Herbs: Gui Zhi, Bai Shao (Shao Yao), Sheng  
Jiang, Da Zao, Zhi Gan Cao

A word about pinyin

Gui Zhi Tang:

Exterior Vacuity

Wind-Cold Vacuity

Taiyang channel vacuity

Wind strike

“The crown of Zhang Zhongjing’s formulas’, and therefore of Chinese herbal medicine in general.”

Releases Muscle Layer  
Harmonizes Ying and Wei

Branches into many other formulas, including  
Shao Yao Gan Cao Tang, Gui Zhi Gan Cao Tang,  
Gui Zhi Jia Shao Yao Tang, Gui Zhi Qu Shao Yao  
Tang, etc.

# Shao Yao Gan Cao Tang

From the narrow to the broad,  
From the specific to the general

# Gui Zhi

Warm Acrid Release Exterior

Warm

acrid, sweet

Bladder, Lung, Heart

1. Release exterior assist yang: w/ bai shao in gui zhi Tang, w/ m huang in ma huang tang
2. Warm and unblock channels and collaterals: bi syndrome
3. warm yang transform thin mucus: aka tan yin/phlegm rheum, e.g. wu ling san, ling gui zhu gan tang, palpitations

4. assist heart yang unblock yang qi of the chest:  
compare with previous action and formulas
5. warm channels, vessels, and collaterals: Regulates  
menses, e.g. wen jing tang, gui zhi fu ling wan
6. Warm the middle and direct turbid yin  
downward:middle burner cold vacuity, xiao jian zhong  
tang.



Sheng Jiang

Warm Acrid Release Exterior

Slightly Warm

Acrid

Lung, Spleen, Stomach

1. Release the exterior and disperses cold: exterior cold
2. Warms the middle burner and alleviates vomiting:
3. Warms the lungs and stops coughing:
4. Resolves toxicity:

Shao Yao -> Bai Shao

Tonify Blood

Mildly Cold

Bitter Sour

Liver, Spleen

1. Nourishes blood and regulates menses:  
e.g. si wu tang
2. Calms and curbs liver yang and alleviates pain: see  
shao yao gan cao tang, and shao yao tang
3. Preserves yin and adjust nutritive and protective qi:  
exterior and interior

Da Zao

Tonify Qi

Warm

Sweet

Spleen, Stomach

1. Tonify spleen and augment qi:
2. Nourish blood and calm spirit: restless organ disorder, gan mai da zao tang
3. Moderate and harmonize harsh properties of other herbs: mitigates and protects

Gan Cao (Zhi)

Tonify Qi

Neutral (sheng) Warm (Zhi)

Sweet

All 12, especially heart, lung, spleen, stomach

1. Tonify spleen augment qi: note irregular/intermittent pulse, ala zhi gan cao tang

2. Moisten lung stop coughs: various

3. Moderate spasms alleviate pain: shao yao gan cao tang, shao yao tang, xiao yao san



4. Clears heat and resolves fire toxicity: sheng.  
various, including sore throat

5. Antidote for toxic substances:

6. Moderate and harmonizes the characteristics of  
other herbs.