

Yi Yi Fu Zi Bai Jiang San Ebook

YI REN



Bai Jiang Cao

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Original Text

Yi Yi Ren	10 fen	7.5 gm
Fu Zi	2 fen	1.5 gm
Bai Jiang Cao	5 fen	3.75 gm

Grind these ingredients into powder. Decoct 1 square spoon in 2 sheng of water until $\frac{1}{2}$ remains. Take as a single dose. Urination is to be expected.

Modern usage: make a powder and take 6-9 gm and decoct in water and take twice a day. This can also be taken as a decoction.

Jin Gui Yao Lue, Chapter 18: Pulse, Pattern and Treatment of Incised Wounds, Welling-Abscess, Intestinal Welling-Abscess, and Wet Spreading Sores

Line 1: All floating and rapid pulses are typically accompanied by heat effusion. When aversion to cold, as after soaking in cold water, appears along with localized pain instead, a welling-abscess will appear.

Line 2: The master said, “for all welling abscesses, to know whether there is pus or not, cover the swelling with one hand. A warm sensation indicates pus, whereas an absence of warmth indicates the absence of pus.

Line 4: Intestinal welling abscess manifests with swelling and glomus in the lower abdomen that is painful when pressed, as with strangury, regular urination, frequent heat effusion, spontaneous sweating, and aversion to cold. With slow and tight pulses, pus has not yet formed and purgation can be applied. There should be

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blood in the stool. With surging and rapid pulses, pus has been formed and purgation is prohibited, Da Huang Mu Dan Pi Tang is indicated.

Line 3: The disease of the intestinal welling-abscess manifests with generalized encrustation, tense abdominal skin that appears soggy under pressure and swollen, an absence of accumulations or gatherings in the abdomen, no generalized heat, and rapid pulses. All of this indicates welling-abscess and pus in the intestines. Yi Yi Fu Zi Bai Jiang San is indicated.

Comparisons

Yi Yi Fu Zi San

	Yi Yi Fu Zi Bai Jiang San	Yi Yi Fu Zi San
Yi Yi Ren	7.5 gm	30 gm
Fu Zi	1.5 gm	15 gm (Pao)
Bai Jiang Cao	3.75 gm	

Grind these two herbs into a powder. Take a square inch spoon, three times a day.

For chest Bi that alternates between mild and acute, Yi Yi Fu Zi San is indicated.

Cases

Case 1: Scaly, itchy skin

Ms. Di was 19 years old. When she was 8 or 9, the skin of her for limbs, shoulders and back became scaly and dry. Disk like lesions formed on the effected areas.

There was extreme itching. Generally it was better in the summer but in winter it came back again. After a few years it became continuous. In 1973 she came for

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treatment. I did a careful examination of her symptoms. Her skin was extremely rough and coarse with a fish scale appearance. However, the skin lichens were clearly differentiated. The rest of her body skin was not rough and coarse though it was dry, unsmooth and without moisture. I considered Zhong Jing's enlightened thoughts on internal blood stasis in which the exterior is without nourishment or moisture. He knew that this could cause the skin to become rough and coarse. For this he gives Yi Yi Fu Zi Bai Jiang San.

Yi Yi Fu Zi Bai Jiang San	
Yi Yi Ren	60 gm
Shu Fu Zi	9 gm
Bai Jiang Cao	30 gm

After 20 packages not only did the skin change but the itching also stopped and the dull quality of the whole body skin also transformed. There was no relapse after 3 years but at the 4th year it returned. 20 more packages were given and there was a cure. Several years later, there had been no relapse.

Case 2: Intestinal Abscess

February 25, 1978. Ms. Gu was age 38 and a staff worker. She had suffered with and intestinal abscess for 5 or 6 years that would come and go. It was difficult to cure. Recently she began to feel pain in the right side of her lower abdomen. She had an aversion to cold and a poor appetite. Her pulse was deep and her tongue moss was thin and moist. There were stasis spots on the side of her tongue. It was appropriate to use Yi Yi Fu Zi Bai Jiang San.

Yi Yi Fu Zi Bai Jiang San

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Yi Yi Ren	15 gm
Shu Fu Zi	4.5 gm
Bai Jiang Cao	15 gm
Hong Teng	15
Fu Ling	12
Gui Zhi	4.5
Chi Shao	9
Tao Ren	9
Dan Pi	6 gm
Chen Pi	6 gm

There was a cure after 5 packages. In August of 1985 I learned through correspondence that there had been no relapse of the abscess.

Discussion:

This is Zhong Jing's special formula for intestinal abscess. There is a large amount of Yi Yi Ren to guide out damp and dispel pus. This is combined with Fu Zi, which will warm the Yang and scatter knotting. Bai Jiang Cao resolves toxins.

In the first case, although there was no intestinal abscess, there was the symptom of skin plaques that were like fish scales. This is related to chronic blood stasis on the interior. This caused the skin to lose the moistening nourishment of the blood.

She had had this illness for 10 years and chronic illnesses enter the Luo in the blood. When winter came, the Yang could not overcome the Yin. Therefore Yi Yi Fu Zi Bai Jiang San was used to scatter obstruction and transform stasis. Stimulating the Yang obtained a good result.

In the second case, there was intestinal abscess and abdominal pain. There was also an aversion to cold, a deep pulse and the tongue had stasis spots and wet moss. Mu Xiang and Chen Pi were added to Yi Yi Fu Zi Bai Jiang San to scatter the abdominal pain. The aversion to cold resolved. Gui Zhi Fu Ling Wan was used

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because of the stasis spots on the tongue. This formula guides out damp and warms the Yang, transforms stasis and vitalizes the blood. This led to a cure.

http://blog.sina.com.cn/s/blog_80f535110102vctc.html

Yi Yi Fu Zi Bai Jiang San	
Yi Yi Ren	30-100 gm
Shu Fu Zi	10-15 gm
Bai Jiang Cao	30-60 gm
If fresh, Bai Jiang Cao should be 100 gm and should include the root.	

Formula pattern: Crusty skin that flakes off, lower right abdominal spasming that is soft when pressed and without strength.

Modern Application:

1. For crusty skin that flakes off accompanied by dryness and splitting. Itching or discharge of pus is a special characteristic of this skin illness. Examples are eczema (goose foot palm), deratosis, favus of the scalp, athlete's foot or hand, psoriasis, neurodermomyositis, contact dermatitis, oily dermatitis, folliculitis, contagious soft wart, unspecified wart, flat wart, hard skin disease, and dry skin.
2. Abscess: Cystic type illness that has not burst or dispersed and that has become chronic such as Appendix area abscess, limited type purulent peritonitis, recurring hepatic pus sores, ovarian cysts, rectal, anal or intestinal pus swelling.
3. Chronic type purulent middle ear infection, sinusitis, chronic folliculitis, ulcerative colitis, fungal enteritis, diabetic deep rooted sore, chronic pelvic

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inflammation, chronic cervicitis, chronic prostatitis, seminal vesicle inflammation, penile phlegm nodule with male infertility.

Clinical experience:

The presentation for this formula is intestinal abscess with crusty skin. The *Tai Ping Sheng Hui Fang, Formulas from Benevolent Sages Compiled during the Taiping Era* (aka *Formulas from Benevolent Sages*) recommends a formula that is basically this formula for “intestinal abscess in which the skin and flesh are like snakeskin, the abdomen is hard and the chest and abdomen are in spasm.” This formula has 2 liang Bai Jiang Cao, 2 liang Fu Zi and 2 liang of Yi Yi Ren. This is powdered and 3 qian are taken each day, boiled in a small cup of water with a half fen of Sheng Jiang down to 6 fen. Remove the froth and drink warm. The internal abscess and the crusty skin are related to each other. Internally there is blood stasis, which leaves the external without nourishment. Sometimes there will still be crusty skin even after the intestinal abscess is treated. For example, Teng Pingjian treated a 36 year-old woman. 4 years previously, after she had surgery for a ruptured appendix, blistering eczema appeared on her hands. It began at her wrists and went to her fingers. The eczema was very wet and formed scabs. The diagnosis was discoid eczema. She entered the dermatology department of the hospital. Observation showed that there was scaling and shedding with a bit of pain around the edges. Her right pulse was floating and soft while her left pulse was wiry and thin. Her strength in her abdomen was slightly soft. Her skin was dark and without luster. She was given Yi Yi Fu Zi Bai Jiang San and she was better. Her complexion had become lustrous and white.

From: **临床应用汉方处方解说**

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Dr. Dao Ye

Actually, as long as there are manifestations of interior blood stasis, you don't need to see intestinal abscess in order to use this formula. In the *Fu Zheng Qi Lan*, Zai Daoye treated a 36 year-old woman with abdominal swelling with distension and fullness. She also had crusty skin. Her abdominal skin was spastic although when pressed it was soft. Her abdomen was distended and full as if she was pregnant. She was agitated and unable to walk. All the doctors thought this was a thorny matter and did not treat her. The doctor first considered the abdominal fullness and gave her Da Cheng Qi Tang to attack downward for ½ a year. There was no success. They sought advice from Dr. Teng. He said, "this pattern of muscle and skin crustiness with spasming on the abdominal skin that is soft with pressure is an Yi Yi Fu Zi Bai Jiang San pattern. Dr. Daoye suddenly saw his error. He admitted the error and gave thanks. He then complied with his teacher's discussion and gave the formula. It took only 20 days for there to be a cure. In regard to the application of this formula, Jing fang practitioners do not need to stop on a superficial layer of meaning. On the contrary, there should be advancement through exploration, probing and elaboration. What if there is only skin crustiness with absolutely no abdominal pathology? Will this formula still be effective? Take a look at the two case examples below. Dr. Zhao Mingrui treated a 19-year-old woman named Zhai who manifested disk shaped scales on the skin of her 4 limbs and shoulders. These were extremely itchy and would disappear in the summer and recur in the winter. It went on for many years like this. Dr. Zhao diagnosed her by seeing that her skin was extremely coarse like fish scales but it was not tinea. Her other skin was dry and withered with no moisture. He gave her

Yi Yi Fu Zi Bai Jiang San	
Yi Yi Ren	60 gm
Shu Fu Zi	9 gm
Bai Jiang Cao	30 gm

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After 20 packages, not only did the skin become good and the itching stopped, the skin of her whole body changed from its original coarse dryness. There was no relapse after 3 years. After 4 years there was a relapse and the same formula was given and after 20 packages there was a cure. Several years later, there was no relapse.

From: **经方发挥**

Hu Xi-Shu

Dr. Hu Xi Shu extended the use of this formula by using it for impetigo. For example, a 10 year-old male patient named Dong had impetigo on his head, face and four limbs. It itched and yellow liquid flowed out. They kept erupting and this had gone on for two months already with no cure. They used the western drug, penicillin to relieve infection with no effect. His eating and drinking were abnormal and his stool was dry. His tongue moss was white and thick and his pulse was thin and rapid. There was stasis heat on the interior. This was constrained over time and led to a toxic abscess on the exterior. This fit the pattern for Yi Yi Fu Zi Bai Jiang San so Dr. Hu gave him this formula modified.

Yi Yi Fu Zi Bai Jiang San	
Sheng Yi Yi Ren	30 gm
Shu Fu Zi	3 gm
Bai Jiang Cao	30 gm
Shan Zhi	10 gm
Lian Qiao	18 gm
Yin Hua	18 gm

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Gan Cao	6 gm
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There were results after two packages. The yellow liquid decreased. He took another 6 packages and the yellow watery sores dispersed.

From: **经方传真**

From intestinal abscess to skin diseases, we must gather every little bit of clinical experience with Jing Fang.

The presentation for this formula includes “fast pulse” and yet, the body is without heat. It is clear that there is Yang deficiency. This is a deficient rapid pulse. In other words, it is a pulse with no strength. “The ulcer’s root is fire toxin. Congealed Qi and blood block the channels and collaterals. Due to Qi and blood, pus is then formed.” This “Qi” is pointing to Yang Qi and represents the body’s function to resist illness. There is an intestinal abscess with pus and yet the Yang Qi is insufficient. This is why this manifests with chronic outbreaks. This long-term toxic inflammation leads to the obstruction of nourishment on the skin and this leads to the Lichenification. The abdomen is “soft when pressed” means that the patient’s ability to fight the inflammation is reduced. Clinically, this presentation will appear mostly in cases in which the person’s body is weak such as old people or in postpartum women. It is easy for this type of person to get an infection or after an infection for it to become chronic. When the presentation is post infection, this infection may not necessarily be an intestinal abscess. In addition to intestinal infections, there may be a uterine infection, adenexitis, or other type of peritonitis. Yi Yi Fu Zi Bai Jiang San and Da Huang Mu Dan Pi Tang both treat intestinal abscess however the later treats during the acute time period and when pus has not been formed. The formula presentation for Yi Yi Fu Zi Bai Jiang San also does not

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include a Yang fever symptom. One is a powder and the other is a decoction. This also tells us about the chronic vs acute nature of the patient's condition. If the intestinal abscess has already produced pus and the Yang Qi is not insufficient, then you can use this Yi Yi Ren Tang formula from the 三因极一病证方论:

Yi Yi Ren	4 liang
Gua Ban Ren	2 liang
Mu Dan Pi	3 liang
Tao Ren	2 liang

These are ground into powder and made into 4 big pills, the size of a coin. Mix with 1 ½ small cups of water and boil for 7 minutes. This formula primarily treats intestinal abscess, pain in the intestine, vexation and restlessness or distention and fullness without eating and rough urination. Postpartum women with deficiency heat often have this illness.

Handpicked notes to pay attention to:

荒木性次: There is illness within the abdomen and this causes the skin to loose it's luxuriance and to become rough like sand. The abdominal skin is tight and cramped but when pressed, it is soft. This is the feeling of a deficiency swelling. The abdomen has no accumulation or build up. It is not painful or pulsing. The body is without fever. Only the pulse is rapid. This is the principle presentation. However, ordinarily when presented with these types of symptoms and pulse image, there is pus already formed in the abdomen. In this presentation, if the body has a fever, this is a symptom of hidden heat. This heat is in the intestine. This is why Yi Yi Ren is used to treat it. When using this formula, in the beginning divide the dose into three and take just a little to insure safety.

From: 古方药囊

Zhao Ling said: Yi Yi Ren is in this formula. It is sweet and cold. It discharges heat and dispels dampness, discharges pus and disinhibits urine. Bai Jiang Cao is bitter

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and cold. It clears heat, resolves toxin, cracks stasis and discharges pus. Fu Zi is pungent and hot. It returns the Yang and move Qi and blood fluids. Therefore it is able to scatter knots and disperse swelling. After the formula advise the person to have a meal. Only then will there be a speedy result, meaning that the damp heat fire toxin is purged.

From: 简明伤寒杂病论校注及临床应用

张富强: This formula is good at stimulating the Yang Qi, scattering knots, discharging pus, clearing heat and resolving toxin. It uses Yi Yi Ren to discharge pus, disperse abscess, disinhibit the intestine and stomach, fortify the spleen and disinhibit dampness. It uses Fu Zi lightly to stimulate the Yang Qi. Its pungent nature scatters constrained knotting. These two herbs are used together to return the correct and open through the Yang, disperse swelling, discharge pus. They are the chief and minister. They are assisted by the bitter cold Bai Jiang Cao, which clears heat and discharges pus in order to resolve static toxins. When these herbs are used together, the deficient Yang returns, the static toxin is dispersed and the intestinal abscess is spontaneously dispelled. This formula has only three flavors so the dosage is very important for obtaining a good effect. One can use 60 gm of Yi Yi Ren or even up to 120 gm. Bai Jiang Cao can be up to 30 gm. Fu Zi should generally be not more than 10 gm. If the pus has formed but the abscess has not burst, one can add Dong Gua Ren and the effect will be good.

中医名方应用大全

Records of Research on Yi Yi Fu Zi Bai Jiang San

Yi Yi Fu Zi Bai Jiang San is made up of Yi Yi Ren, Fu Zi and Bai Jiang Cao. Yi Yi Ren dispels damp and discharges pus. The 中国药植图鉴 says “to treat water swelling in the Lung, damp type pleurisy, blocked urination, chronic gastrointestinal illness, and chronic ulcers.” Fu Zi warms the Yang and scatters

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knotting. Bai Jiang Cao resolves heat toxin and discharges pus, disperses swelling and stops pain. The effect is even better when it is fresh. The *Gang Mu* says that Bai Jiang Cao discharges pus and cracks the blood and that this is why Zhong Jing uses it to treat abscesses. It is used in all of the ancient formula for women. The 本草正义 says the Bai Jiang “can clear heat and discharge knots, disinhibit water, scatter swelling, crack stasis and discharge pus.” The 中药大辞典 says that Bai Jiang “clears heat, resolves toxin, discharges pus and cracks stasis.” And that it treats “postpartum congealed stasis abdominal pain and infected mange.” The 日华子本草 says that Bai Jiang treats “mange sores.” Zhong Jing used this formula to treat intestinal abscess as well as constrained and static Ying and blood on the interior with the skin lacking the nourishment of blood fluids. This forms the “dry scaly skin.” Symptoms. In the clinic, this formula is used to treat appendicitis in which the pus is already formed. For this it is needless to say, it has a clear effect. In addition it can treat confusing, un-healing deficient cold based illness such as chronic appendicitis which has lead to chronic Yang deficiency with slow pulse, and cold hands and feet. For this the effect is good. Moreover, no matter if it is a man or a woman, this formula can treat right side lower abdominal pain from a variety of causes. If you use this formula you will obtain the desired result. It can also treat goose foot palm.

The clause on this formula in the *Yong Jing Fang Yan* says, “it also treats body sores like leprosy wind, unnourished muscles and skin and idiopathic pain and itch.”

1. Intestinal abscess (Appendicitis)

This illness is due to over eating and over drinking regardless of the season or holidays. After eating heavy labor or long travel is done. This is the cause. The effect is damp heat stasis of blood in the intestinal space that leads to abscess.

This presents with right side lower abdominal pain, pressure pain or when pressed it is swollen and hard, nausea, vomiting, fever and shivering chills.

This formula is appropriate to use for intestinal abscess when pus is already

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formed due to chronic Yang deficiency in which the correct cannot overcome the evil.

Case example:

Ms. Hu, age 60 had chronic appendicitis for 5 to 6 years. The right side of her intestine had pain. It would get worse each time she ate something she shouldn't, got cold or over worked. It would come and go but was recalcitrant and never cured. She used western drugs such as streptomycin to diminish inflammation but the effect was not good. Surgery was recommended but this patient was elderly and her body was weak. She requested Chinese herbs. At the consultation she had the sickly appearance of one with chronic illness. Her spirit was not good and she was emaciated. She was cold and liked warmth and her hands and feet were especially cold. The right side of her lower abdomen appendix reflex point was clearly painful. Her tongue was pale and the moss white. Her pulse was deep and weak. Generally this patient was Yang deficient with extreme cold. After the appendicitis, she took cold herbs for a number of years so the Yang deficiency got more deficient while the cold got more extreme. This caused a severe lingering chronic illness. Because it was Yin cold, the treatment needed to warm and transform.

Shu Fu Zi	15 gm
Yi Yi Ren	30 gm
Xian Bai Jiang Cao, whole plant	15 roots

Altogether 6 packages were given, decocted in water and the abdominal pain dispersed. At a follow-up two years later, there was no relapse.

2. Goose-foot palm and dry scaly skin

A. Goose-foot palm

In the *Wei Ke Zheng Zong* the cause of goose-foot palm is congealed and condensed wind damp and lack of nourishment of Qi and blood. It can also

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develop from a transformed contagion. In the beginning it is subcutaneous in the hollow of the palm and on the fingers. Small water blisters form and itch. Then the blisters break and there is white skin that flakes off. Over time the skin becomes scaly and thickened. When extreme it is chapped and painful. It gets worse in winter and can involve the whole hand. As it progresses, it can even involve the fingernails. They become dark grey and brittle. The course of the disease is complex and is basically a fungal infection of the hand. There are also reports of chronic eczema and deratosis of the sole of the foot. The results with using this formula are very good.

Case study 1:

Mr. Zhu, age 56 was a soap worker. Every fall and winter season he developed goose-foot palm. In the beginning, the hollow of his palm would itch. Then the skin became coarse. As it developed there was a flow of yellow water and the skin of his palms thickened and became like fish scales. It was extremely itchy and difficult to bare. Then, in the spring it would spontaneously disappear. He was given Yi Yi Fu Zi Bai Jiang San. It did not happen during the two months since he took the herbs. Hi was given 30 more packages and that year it did not erupt. A follow-up two years later show that there was no recurrence.

3. Right side lower abdominal pain

There are many causes for right side lower abdominal pain. The use of Yi Yi Fu Zi Bai Jiang San is determined by this clear pressure pain in the appendix area. Whether or not there is an intestinal abscess or some other illness, this formula will have a good effect. Moreover, this formula can treat flowing navel water (?).

Case 1

After a bought of vomiting and diarrhea, Ms. Tian, age 43 she developed right side lower abdominal pain for half a year. Over work, over eating made it worse and it was worse before her menstruation. The gynecology exam

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suspected fallopian tube inflammation while the surgical department considered it appendicitis. She was given western and Chinese treatment repeatedly for several months with no effect. She was given 2 packages of Yi Yi Fu Zi Bai Jiang San for treatment and the pain decreased. She was given 4 more packages and was cured. There was no relapse after ½ a year.

Case 2

Ms. Zhang was age 39. She had right side lower abdominal pain for over a year. It resisted pressure. The pain was prolonged although it would occasionally stop temporarily. Even during this time, it was not that there was no pain but rather that the pain was latent. Her menstruation had not been normal for more than a year. It would sometimes continuously for 3 months or so. The amount was scanty with droplets and then pouring. During the last menstruation it stopped and only after 10 days it began again. Then it went on for several months without stopping. She went to several hospitals for consultations. All of them diagnosed “functional uterine bleeding.” They used the common treatment with no effect. After more than a year, this had become a stubborn illness.

<https://wenku.baidu.com/view/8b04d9697e21af45b307a840.html>

Treating Illness of the Intestinal Tract

Yi Yi Fu Zi Bai Jiang San is a favorite and commonly used formula of my father's. It comes from Zhang Zhong Jing's *Jin Gui Yao Lue* for “Intestinal abscess illness with generalized encrustation, tense abdominal skin that appears soggy under pressure and swollen, an absence of accumulations or gatherings in the abdomen, no generalized heat, and rapid pulses. All of this indicates welling-abscess and pus in the intestines.” Therefore, this formula is often used to treat intestinal abscess with

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pus formed that has not yet burst. This is consistent with modern medical science's acute type appendicitis, chronic appendicitis, swelling and pus in the area of the appendix or generalized pus and swelling within the abdomen.

Appendicitis is often seen in the surgery department. Of the many types of acute abdominal pain illnesses it is the most common. 70-80% of this illness is of the transformed type abdominal pain. The Chinese medical causes of it are considered to be damp-heat accumulating on the interior, evil toxin stasis and knotting, loss of regulation of cold and heat, emotional irregularity, stagnant waste matter, and poor habits in eating and drinking. The disease mechanism is Qi stasis and congealed blood with the chronic stasis transforming into heat and when it is extreme the flesh rots and there is transformation into pus. My father had reliable results treating acute appendicitis with Da Huang Mu Dan Pi Tang and Yi Yi Fu Zi Bai Jiang San. He also obtained results in treating purulent appendicitis, pus and swelling in the area around the appendix and appendicitis in the elderly. As far back as the 1950's and 1960's, there was a very prosperous time in which Chinese and western medicine were combined to treat acute abdominal pain. Modified formulas were used to treat "intestinal abscess." There is abundant data material that one can consult. Clinically, this formula can be used whether the condition is serious or light, whether there is pus or no pus, whether it has the character of toxic evil, or whether the Zheng Qi is abundant or depleted. In any case this formula can be used with flexibility with other flavors and with variations in dosage.

This formula can be used for pus and swelling within the abdomen. This may be in the peritoneum, behind the peritoneum or within the abdominal cavity. In any case it can obtain good results. Although these types have different clinical characteristics, the majority of cases of pus and swelling in the abdomen will give rise to heat effusion. The vicinity of the area may have varying degrees of abdominal discomfort. When there is pain or circumscribed peritonitis, are often seen with poor appetite, nausea, vomiting, diarrhea or constipation.

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The disease mechanism is that the heat toxin obstructs so that the Ying and Wei are blocked. The transformed heat generates pus. The treatment needs to clear heat, resolve toxin, discharge pus and disperse swelling. The formula is Yi Yi Fu Zi Bai Jiang San with added Yin Hua, Pu Gong Ying, Zhi Shi, Hou Po, Dan Pi, Dang Gui, Chi Shao, Sheng Da Huang and Sheng Gan Cao. If the body is deficient with depleted Qi, add Dang Shen, Huang Qi and decrease the Yin Hua, Pu Gong Ying and Da Huang. If the heat is extreme so that Yin is damaged, decrease the Sheng Da Huang and add herbs such as Sheng Di Huang, Xuan Shen, Tai Zi Shen, Mai Dong. The *Jin Gui Yao Lue Fang Wen* considers that: Yi Yi Ren downbears the Qi and thereby discharges pus. Only a small amount of Fu Zi is used. It is used to move directly into the crooked and winding intestine. Bai Jiang is salty and cold so it can clear knotted heat. After taking this, there will be some degree of urination. When there is urination, there is Qi transformation. When the Qi opens through, the knotted abscess can open up. The stasis can then move. When the bowel will discharge the filth, pus and blood, the intestinal abscess can resolve. The *Ben Cao Gang Mu* also recorded that Da Huang can purge out blood stasis and blood stoppage with cold and heat. It can also break apart masses and accumulations as well as static food and drink, cleansing the intestine and stomach. It can push out the old to generate the new. It regulates the middle, transform food, and calms and harmonizes the five Zang. Therefore, Da Huang, Zhi Shi and Hou Po are in the original formula to aggressively purge knotted heat, cleanse the stomach and intestine of congealed heat. Jin Yin Hua and Pu Gong Ying clear heat and resolve toxin. Dan Pi and Chi Shao clear heat and cool the blood. Dang Gui vitalizes the blood and opens the Luo. Sheng Gan Cao resolves toxin and regulates and harmonizes all of the herbs. Altogether this formula is effective to clear heat, resolve toxin, discharge pus and scatter abscesses.

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Chronic inflammation of the colon and rectum are called “diarrhea” or “dysentery” in Chinese medicine. The disease mechanism is related to spleen deficiency with dampness and transformation into heat. When there is chronic diarrhea, the spleen and kidney Yang are deficient. There is then a mixed pattern of deficiency and excess, cold and heat. The stomach and intestinal Qi mechanism become obstructed. The treatment is Yi Yi Fu Zi Bai Jiang San with added Da Huang and Dan Pi. The formula uses Yi Yi Ren and Bai Jiang Cao to treat the damp-heat accumulation in the large intestine. They have the function to discharge heat, scatter knotting and disperse dampness. Fu Zi is pungent and hot to warm the Yang and scatter knotting. It is meant to stimulate the Yang within the intestine and warm and move the Qi mechanism to resolve and scatter Yin cold interior knotting. The addition of Da Huang is to assist in clearing and discharging damp-heat. Dan Pi assists in the strength of scattering congealed stasis.

The treatment of women's diseases

Chronic pelvic inflammation is a commonly seen illness in gynecology. It manifests in the clinic with abdominal pain, heat effusion, increased vaginal secretion. There may be abnormal uterine bleeding, frequent or urgent urination, distention or heaviness of the anus or tenesmus. The symptoms may become more severe during or after the menstruation. This pattern can be classified in Chinese medicine as lower abdominal pain, mass, leukorrhea, Lin syndrome or infertility. The root is deficiency and the branch is excess. The course of the illness can be relatively long so that the Zheng Qi diminishes. In addition, damp-heat and cold damp congeal and knot in the uterus and the uterine Luo. This leads to Qi and blood congealed accumulation and lack of opening-through leading to pain. For this Yi Yi Fu Zi Bai Jiang San with Chi Shao, Dan Pi, Chuan Lian Zi, Yan Hu Suo, Tu Fu Ling, Chi Qian Zi and Gan Cao added. If there is heat toxin congealed and accumulated with heat effusion, Yin Hua and Sheng Da Huang can be added to

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strengthen the function of clearing heat, cooling the blood, resolving toxin and cracking stasis. If there is damp-heat with congealed turbidity and knotting, there will be a pusy discharge and extreme abdominal pain. For this add Bei Xie, Chi Xiao Dou and Dong Gua Zi to strengthen the function of clearing heat, disinhibiting dampness, and discharging pus. If the heat toxin is amassing with congealed blood and Qi stasis, there will be a cyst within the abdomen. In this case add Chuan Shan Jia, Zao Jiao. These can crack hardness and scatter knotting, disperse abscesses and discharge pus. If there is pain from pelvic adhesions that comes and goes in varying degrees, add San Leng, E Zhu, Tao Ren, Hong Hua and Xue Jie. If the menstruation is prolonged without stopping, add Qian Cao Tan, Pu Huang Tan and Yin Hua Tan. If the body is weak, add Dang Shen and Huang Qi. If is severe low back pain, add herbs such as Niu Xi, Du Zhong and Sang Ji Sheng.

Ovarian cysts are generally without symptoms. However there is a degree of pain, pressure or heaviness. It is usually diagnosed by ultrasound. When an ovarian cyst is big, it is generally considered a mass or accumulation or “Chang Tan” in Chinese medicine. In some places it is considered painful menstruation or leukorrhea. With modifications, Yi Yi Fu Zi Bai Jiang San can complement Gui Zhi Fu Ling Wan or Dang Gui Shao Yao San. Whether it is on both sides or one, a single cyst or many, the treatment effect is very good.

Ectopic pregnancy is seen as congealed blood lower abdominal pain, masses, or abdominal pain in Chinese medicine. A mass forms outside of the uterus in the early stages of pregnancy. Frequently there is abdominal pain that resists pressure, vaginal bleeding, a tongue that tends to be red, thin yellow moss and a wiry pulse or a pulse that is wiry, thin and slightly rapid. This is the manifestation of congealed heat knotting together. If the embryo has already expired, Chinese herbs can be used to scatter the cyst. This not only treats this illness in the early stages, it can also prevent further illness of the fallopian tube. Yi Yi Fu Zi Bai Jiang San can

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be used with Hong Teng, Pu Gong Ying, Sheng Di Tan, Tao Ren, Chi Shao and Dong Gua Ren. When there is ceaseless vaginal bleeding, decrease Fu Zi and add E Jiao, Xian He Cao and Qian Cao Tan. If there is a fever, remove Fu Zi and add Ren Dong Teng and Lian Qiao. If the heat is extreme, add Chao Dan Pi, and Jiao Shan Zhi. For abdominal pain add Wu Yao, and Chuan Lian Zi. If there is sticky stool, take out Dong Gua Ren. For constipation add Da Huang. The formula has Bai Jiang and Hong Teng to clear heat and scatter the congealed. It is the principle herb in this formula. It is as the *Ben Cao Gang Mu* says: “Bai Jiang Cao discharges pus and cracks congealed blood. Chi Shao, Tao Ren and Sheng Di Tan to scatter abscesses and dispel the congealed.

Other illnesses

Proliferation of mammary glands that manifests as a breast lump. This can manifest as premenstrual breast pain and there may be lumps that vary in size. The main cause is liver constraint that transforms to heat over time with the heat gathering and forming phlegm. The Qi mechanism is unsmooth so that the blood movement congeals. The phlegm and congealed blood mix together and knot in the breast area and form breast masses. The treatment should first course the liver, resolve constraint, and regulate Qi. This is assisted by transforming the congealed, scattering knotting and softening hardness. My father often used Yi Yi Fu Zi Bai Jiang San Zhi Mu, Chuan Xiong, Xiang Fu, and Ju He.

Chronic prostatitis is commonly seen in the clinic. It is especially common in older men. It manifests as urinary frequency, urgent urination, urinary pain, thin urination or a bifurcated urinary stream. Lower abdominal distention is a principle symptom. Clinically there are two types. One is depletion of the kidney Yin and Yang with damp-heat accumulating. The other is kidney Yang deficiency with damp-heat in the bladder. This latter pattern is one in which cold and heat are knotted together. It can also manifest with a lump in the Yin area that is distended

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and painful, cold feelings with pain in the lower back and knees that prefers warmth and pressure. There is coldness in the hands and feet. The treatment should warm the Yang, disinhibit dampness, clear heat and scatter knotting. Yi Yi Fu Zi Bai Jiang San can be used with Wang Bu Liu Xing, Dong Gua Zi, Qu Mai and Zhu Ye.