

01

Release the Exterior

- Release Exterior Wind-Cold
- Release Exterior Wind-Heat
- Release Exterior Disorders with Interior Deficiency

13 formulas · 3 subcategories

RELEASE THE EXTERIOR

Release Exterior Wind-Cold

- Ma Huang Tang (*Ephedra Decoction*)
- Da Qing Long Tang (*Major Bluegreen Dragon Decoction*)
- Gui Zhi Tang (*Cinnamon Twig Decoction*)
- Ge Gen Tang (*Kudzu Decoction*)
- Xiao Qing Long Tang (*Minor Bluegreen Dragon Decoction*)
- Xiang Su San (*Cyperus and Perilla Leaf Powder*)

Release the Exterior

TCMStudy.net

Ma Huang Tang

Ephedra Decoction

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

Releases exterior cold; stops wheezing

Exterior wind-cold excess patterns (*Taiyang Excess*)

Fever and chills (more chills) **without** sweating, headache, body aches; cough, wheezing, or dyspnea

Tongue: thin, white coat

Pulse: floating, tight

Release Exterior Wind-Cold

Release the Exterior

Ma Huang Tang

Ephedra Decoction

MODIFICATIONS

Exterior cold with interior heat

+ shi gan, zhi mu, huang qin

Concurrent qi and blood deficiency

+ huang qi, ren shen, dang gui, shu di huang

Sore throat

– gui zhi

+ tian hua fen, she gan

External wind-cold with dampness

+ fang feng, qiang hua, bai zhu

Cough, wheezing, phlegm

+ zi su zi, sang bai pi, fu ling, chen pi

Trauma accompanied by wind-cold

+ tao ren, hong hua

Release Exterior Wind-Cold

Release the Exterior

Ma Huang Tang

Ephedra Decoction

CAUTIONS & CONTRAINDICATIONS

- In Discussion of Cold Damage, this formula is contraindicated for patients with debility and copious urination, and for those prone to bleeding (especially nosebleeds)
- Because of the adrenergic effects of Ma Huang, use with caution in hypertension
- Designed only for very short periods of use

Release Exterior Wind-Cold

Release the Exterior

this slide intentionally left blank

Da Qing Long Tang

Major Bluegreen Dragon Decoction

- **ma huang**

Releases the exterior; clears interior heat

- shi gao

Wind-cold on the exterior with interior heat from constraint

- gui zhi

Severe fever and chills without sweating, body aches, thirst, and irritability

- sheng jiang

- xing ren

- da zao

Pulse: floating, tight

- zhi gan cao

Release Exterior Wind-Cold

Release the Exterior

Da Qing Long Tang

Major Bluegreen Dragon Decoction

MODIFICATIONS

Less severe exterior cold

- ma huang

More pronounced interior heat with severe irritability and thirst

- + shi gao

Cough and wheezing with thin mucus

- + xing ren
- + ban xia, su zi, sang bai pi

Superficial edema with reduced urination

- + fu ling, zhu ling, sang bai pi, ting li zi

CAUTIONS & CONTRAINDICATIONS

- Strongly diaphoretic; administer gradually and stop once sweating is induced
- Contraindicated in lesser-yin patterns, yang deficiency, and wind-stroke with deficiency of the exterior
- Contraindicated when sweating is associated with increased irritability, restlessness, and heat (yin or blood deficiency)
- Inappropriate for wind-cold fettering the exterior with severe accumulation of interior fluids

Release Exterior Wind-Cold

Release the Exterior

Gui Zhi Tang

Cinnamon Twig Decoction

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

Releases the exterior and muscle layer; harmonizes the Ying and Wei

Exterior wind-cold deficiency patterns (*Taiyang Deficiency*)

Fever and chills **with** sweating, headache, aversion to wind, stiff neck, nasal congestion, dry heaves, absence of thirst

Tongue: thin white coat

Pulse: floating, weak

Release Exterior Wind-Cold

Release the Exterior

Gui Zhi Tang

Cinnamon Twig Decoction

MODIFICATIONS

Marked nasal congestion with sneezing

+ fang feng, xin yi hua

Shortness of breath, rough breathing, or qi stagnation

+ hou po, zhi ke, or chen pi

Swollen, heavy sensation in the head

+ ju hua, chan tui

Simultaneous internal heat

+ shi gao, zhi mu, huang qin (or sheng ma to vent the exterior)

Profuse sweating

+ bai shao
– gui zhi, sheng jiang, zhi gan cao by one-third. With qi deficiency, also add huang qi, fang feng

Severe headache

· substitute chi shao for bai shao
+ gao ben

Release Exterior Wind-Cold

Release the Exterior

Gui Zhi Tang

Cinnamon Twig Decoction

MODIFICATIONS (CONT.)

Severe vomiting

- + bai shao, sheng jiang
- + chen pi, hou po

Joint pain in the extremities with fatigue (dampness)

- + qiang huo, fang feng

Diarrhea due to wind-cold with summerheat-dampness

- + fu ling, ze xie

Wind attack in women, menstrual pain, or ulcers and sores indicating blood stasis

- substitute chi shao for bai shao
- + tao ren, hong hua, or dang gui

Spleen yang deficiency reducing the Spleen's ability to control blood

- + zao xin tu, e jiao

Low-grade fever of unknown etiology

- + qing hao, bai wei

Release Exterior Wind-Cold

Release the Exterior

Gui Zhi Tang

Cinnamon Twig Decoction

CAUTIONS & CONTRAINDICATIONS

- Contraindicated in most cases of exterior cold with interior heat (fever and thirst, sore throat, rapid pulse)
- Contraindicated in patients with internal heat (nosebleeds may result)
- Contraindicated in internal damp-heat
- Use with caution during summer or hot weather
- If incorrectly prescribed or the dose is too strong, may cause profuse sweating, high fever, severe thirst, palpitations, and irritability — Bai Hu Jia Ren Shen Tang should be prescribed to cope with side effects

Release Exterior Wind-Cold

Release the Exterior

Ge Gen Tang

Kudzu Decoction

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

Releases the exterior and muscle layer; generates fluids

Exterior wind-cold at the Taiyang level with stiff neck and upper back

Fever and chills **without** sweating, stiff and rigid neck and upper back, diarrhea

Tongue: thin, white coat

Pulse: floating, tight

Release Exterior Wind-Cold

Release the Exterior

Ge Gen Tang

Kudzu Decoction

MODIFICATIONS

Severe nasal blockage

+ chuan xiong, huang qin, xin yi hua, jie geng

Urticaria

+ chan tui

Severe facial pain

+ du huo, combine with Tao He Cheng Qi Tang

Acute allergic rhinitis with cold signs (clear nasal discharge, chills, tight pulse)

+ bai zhi, cang er zi

Acute allergic rhinitis with heat signs (thick yellow discharge, thirst, hot sensation in the nose, rapid pulse)

– ma huang, remove gui zhi, add huang qin, chi shao

CAUTIONS & CONTRAINDICATIONS

- Indicated for greater-yang-warp wind-cold patterns; not for wind-heat or interior heat presentations

Release Exterior Wind-Cold

Release the Exterior

Xiao Qing Long Tang

Minor Bluegreen Dragon Decoction

- **ma huang**
- **gui zhi**
- gan jiang
- xi xin
- wu wei zi
- bai shao
- ban xia
- zhi gan cao

Releases the exterior; transforms thin mucus; warms Lung; directs rebellious qi downward

Exterior wind-cold with thin mucus collecting in the Lung

Fever and chills (more chills) **without** sweating, cough, wheezing, **copious, white, stringy, difficult-to-expectorate phlegm**, stifling sensation in the chest, body heaviness

Tongue: moist coat

Pulse: floating, tight

Release Exterior Wind-Cold

Release the Exterior

Xiao Qing Long Tang

Minor Bluegreen Dragon Decoction

MODIFICATIONS

Severe exterior cold disorders

- + ma huang, gui zhi

Marked congestion, copious sputum, breathing difficulty while lying down, slippery wet tongue coating, wiry-tight or wiry-slippery pulse

- + xi xin, zhi ban xia
- + sheng jiang

Pronounced nasal congestion, runny nose, and headache

- substitute sheng jiang for gan jiang
- substitute chi shao for bai shao
- + fang feng, jing jie

Release Exterior Wind-Cold

Release the Exterior

Xiao Qing Long Tang

Minor Bluegreen Dragon Decoction

CAUTIONS & CONTRAINDICATIONS

- Should not be used long-term
- Contraindicated for conditions with heat, coughing of blood, or coughing due to yin deficiency
- Use with caution in hypertension — prepared Ma Huang (Zhi Ma Huang) is often substituted
- Once acute symptoms abate, switch to a milder formula (e.g. those built around Gui Zhi + Fu Ling) to promote the transformation of qi and water

Release Exterior Wind-Cold

Release the Exterior

this slide intentionally left blank

Xiang Su San

Cyperus and Perilla Leaf Powder

- zi su ye
- xiang fu
- chen pi
- zhi gan cao

Releases the exterior; regulates qi

Exterior wind-cold with qi constraint in the interior

Exterior wind-cold occurring with qi constraint in the interior

Release Exterior Wind-Cold

Release the Exterior

Xiang Su San

Cyperus and Perilla Leaf Powder

MODIFICATIONS

none listed

CAUTIONS & CONTRAINDICATIONS

none listed

Release Exterior Wind-Cold

Release the Exterior

RELEASE THE EXTERIOR

Release Exterior Wind-Heat

- Sang Ju Yin (*Mulberry Leaf and Chrysanthemum Drink*)
- Yin Qiao San (*Honeysuckle and Forsythia Powder*)
- Chai Ge Jie Ji Tang (*Bupleurum and Kudzu Decoction to Release the Muscle Layer*)
- Sheng Ma Ge Gen Tang (*Cimicifuga and Kudzu Decoction*)

Release the Exterior

TCMStudy.net

this slide intentionally left blank

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

Early stage wind-heat with cough or eye disorders

Slight fever, cough, slight thirst, eye disorders

Tongue: thin, white coat

Pulse: floating, rapid

Release Exterior Wind-Heat

Release the Exterior

Sang Ju Yin

Mulberry Leaf and Chrysanthemum Drink

MODIFICATIONS

Qi-level dryness

+ shi gao, zhi mu

Nutritive-level heat with a dark-red tongue

+ xuan shen, xi jiao

Heat entering the blood

– lu gen, bo he
+ mai men dong, sheng di huang, yu zhu, mu dan pi

Severe Lung heat

+ huang qin

Pronounced thirst

+ tian hua fen

Viscous yellow sputum difficult to expectorate

+ gua lou pi, zhe bei mu

Labored breathing or slight wheezing

+ shi gao, zhi mu

Blood-streaked sputum

+ mu dan pi, bai mao gen, ou jie

Release Exterior Wind-Heat

Release the Exterior

Sang Ju Yin

Mulberry Leaf and Chrysanthemum Drink

MODIFICATIONS (CONT.)

Sore throat

+ ma bo, niu bang zi

Wind-heat affecting the eyes

+ ci ji li, jue ming zi, xia ku cao

CAUTIONS & CONTRAINDICATIONS

none listed

Release Exterior Wind-Heat

Release the Exterior

this slide intentionally left blank

Yin Qiao San

Honeysuckle and Forsythia Powder

- *jin yin hua*

Disperses wind-heat; resolves heat toxicity

- *lian qiao*

Exterior wind-heat with sore throat

- jie geng

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

- niu bang zi

- bo he

Tongue: red-tipped, with thin white or thin yellow coat

- dan dou chi

Pulse: floating, rapid

- jing jie sui

- dan zhu ye

- xian lu gen

- gan cao

Release Exterior Wind-Heat

Release the Exterior

Yin Qiao San

Honeysuckle and Forsythia Powder

MODIFICATIONS

Stifling sensation in the chest

+ huo xiang

Severe thirst

+ tian hua fen

Severe sore throat

+ ma bo, xuan shen

Pronounced cough

+ xing ren

Heat entering the interior with scanty urine

+ sheng di huang, mai men dong, huang qin, zhi mu, zhi zi

Nosebleed

– jing jie, dan dou chi
+ bai mao gen, zhi zi

Dampness causing tight, stifling chest/epigastrium

+ huo xiang, yu jin

Early-stage measles with incomplete rash expression

+ chan tui, fu ping

Release Exterior Wind-Heat

Release the Exterior

Yin Qiao San

Honeysuckle and Forsythia Powder

MODIFICATIONS (CONT.)

Early-stage carbuncles

+ pu gong ying, da qing ye

Yellow tongue coating and diarrhea

· combine with Ge Gen Huang Qin Huang Lian Tang

Acute endometritis

– gan cao, dan zhu ye

+ zhi zi, fang feng, sheng di huang

CAUTIONS & CONTRAINDICATIONS

- Ineffective in cases with damp-heat unless significantly modified. Proper treatment of wind-dampness requires leaching out dampness and dispelling heat through the lower burner — which this formula does not do

Release Exterior Wind-Heat

Release the Exterior

this slide intentionally left blank

Chai Ge Jie Ji Tang

Bupleurum and Kudzu Decoction to Release the Muscle Layer

- **chai hu**

Releases muscle layer; clears interior heat

- **ge gen**

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

- qiang huo

- bai zhi

- huang qin

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

- shi gao

- jie geng

- bai shao

Tongue: thin yellow coat

- gan cao

Pulse: floating, slightly flooding

- sheng jiang

- da zao

Release Exterior Wind-Heat

Release the Exterior

Chai Ge Jie Ji Tang

Bupleurum and Kudzu Decoction to Release the Muscle Layer

MODIFICATIONS

Severe chills without sweating

- substitute ma huang for huang qin
- in summer or fall, substitute zi su ye instead

No chills, headache, or pain

- qiang huo, bai zhi

No chills but more severe heat, fever, irritability/restlessness, and a red tongue

- + lian qiao, jin yin hua
- + shi gao

Dry mouth and tongue

- + zhi mu, tian hua fen

Coughing of viscous sputum

- + gua lou pi, zhe bei mu

CAUTIONS & CONTRAINDICATIONS

- Inappropriate for simple exterior wind-heat disorders

Release Exterior Wind-Heat

Release the Exterior

Sheng Ma Ge Gen Tang

Cimicifuga and Kudzu Decoction

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

Releases the muscle layer; vents rashes

Early-stage measles or rash, fever and chills, headache, body ache, sneezing, cough, red eyes, tearing, thirst

Tongue: red and dry

Pulse: floating, rapid

Release Exterior Wind-Heat

Release the Exterior

Sheng Ma Ge Gen Tang

Cimicifuga and Kudzu Decoction

MODIFICATIONS

To assist venting pathogens from the exterior

+ bo he, chan tui, jing jie, or niu bang zi

To strengthen heat-clearing and detoxifying properties

+ lian qiao, jin yin hua

Pronounced cough and wheezing

+ jie geng, zhi ke, qian hu, xing ren

To prevent damage to fluids by heat toxin

+ mai men dong, sha shen

Swollen and sore throat

+ jie geng, xuan shen, ma bo

Dark-red rash

+ zi cao, mu dan pi

Exterior yang-brightness-warp disorders with fever, thirst, dry nasal passages, or for dysenteric diarrhea

· substitute bai shao for chi shao

Viral rashes, especially herpes zoster

+ zi cao

Release Exterior Wind-Heat

Release the Exterior

Sheng Ma Ge Gen Tang

Cimicifuga and Kudzu Decoction

CAUTIONS & CONTRAINDICATIONS

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

Release Exterior Wind-Heat

Release the Exterior

RELEASE THE EXTERIOR

Release Exterior Disorders with Interior Deficiency

- Ren Shen Bai Du San (*Ginseng Powder to Overcome Pathogenic Influences*)
- Jing Fang Bai Du San (*Schizonepeta and Saposhnikovia Powder to Overcome Pathogenic Influences*)
- Jia Jian Wei Rui Tang (*Modified Solomon's Seal Decoction*)

Release the Exterior

TCMStudy.net

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
- fu ling
- ren shen
- gan cao

Releases the exterior; dispels wind and dampness; augments qi

Externally-contracted wind-cold-dampness with underlying qi deficiency

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

Tongue: greasy white coat

Pulse: floating, soggy

Release Exterior Disorders with Interior Deficiency

Release the Exterior

Ren Shen Bai Du San

Ginseng Powder to Overcome Pathogenic Influences

MODIFICATIONS

Normal qi not weak and exterior cold pronounced

- ren shen
- + jing jie, fang feng (or use Jing Fang Bai Du San)

Severe qi deficiency

- + ren shen or add huang qi

Dampness obstructing the muscle layer with pronounced aches

- + wei ling xian, sang zhi, qin jiao, or fang ji

Severe coughing

- + xing ren, bai qian

Malarial disorders

- + chai hu
- + huang qin, bing lang

Dysenteric disorders with abdominal pain, blood/pus in stools, and tenesmus

- + mu xiang, bai shao

Wind-toxin dormant papules

- + chan tui, ku shen

Release Exterior Disorders with Interior Deficiency

Release the Exterior

Ren Shen Bai Du San

Ginseng Powder to Overcome Pathogenic Influences

MODIFICATIONS (CONT.)

Early-stage sores

- ren shen
- + lian qiao, jin yin hua

CAUTIONS & CONTRAINDICATIONS

- Indicated only for externally-contracted wind-cold-dampness — contraindicated for cases due to heat or damp-heat

Release Exterior Disorders with Interior Deficiency

Release the Exterior

this slide intentionally left blank

Jing Fang Bai Du San

Schizonepeta and Saposhnikovia Powder to Overcome Pathogenic Influences

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

Induces sweating; releases the exterior; dispels wind; alleviates pain

Externally-contracted wind-cold-dampness without underlying deficiency

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

Also for: early-stage abscesses or sores that are red, swollen, and painful with fever, chills, absence of sweating, and thirst

Tongue: thin white coat

Pulse: floating (rapid in cases with abscesses)

Release Exterior Disorders with Interior Deficiency

Release the Exterior

Jing Fang Bai Du San

Schizonepeta and Saposhnikovia Powder to Overcome Pathogenic Influences

MODIFICATIONS

none listed

CAUTIONS & CONTRAINDICATIONS

none listed

Release Exterior Disorders with Interior Deficiency

Release the Exterior

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*

Nourishes yin; clears heat; releases the exterior

Exterior wind-heat with underlying yin deficiency

Fever and slight chills, little or no sweating, headache, dry throat, cough, sputum which is difficult to expectorate, thirst, irritability

Tongue: dark-red

Pulse: rapid

Release Exterior Disorders with Interior Deficiency

Release the Exterior

Jia Jian Wei Rui Tang

Modified Solomon's Seal Decoction

MODIFICATIONS

More severe exterior disorders

+ *fang feng*, *ge gen*

Cough, dry throat, and sputum difficult to expectorate

+ *niu bang zi*, *gua lou pi*

More pronounced thirst and irritability

+ *tian hua fen*, *dan zhu ye*

CAUTIONS & CONTRAINDICATIONS

none listed

Release Exterior Disorders with Interior Deficiency

Release the Exterior