

Release the Exterior

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

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*)

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

ma huang tang

ephedra decoction

Modifications:

for exterior cold with interior heat: + shi gan, zhi mu, huang qin	for concurrent qi and blood deficiency: + huang qi, ren shen, dang gui, shu di huang
for sore throat: - gui zhi + tian hua fen, she gan	for external wind-cold with dampness: + fang feng, qiang hua, bai zhu
for cough, wheezing, phlegm: + zi su zi, sang bai pi, fu ling, chen pi	for trauma accompanied by wind-cold: + tao ren, hong hua

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

da qing long tang

major bluegreen dragon decoction

- **ma huang**
- shi gao
- gui zhi
- sheng jiang
- xing ren
- da zao
- zhi gan cao

Releases the exterior; clears interior heat

Wind-cold on the exterior with interior heat from constraint: severe fever and chills without sweating, body aches, thirst, and irritability

Pulse: floating, tight

da qing long tang

major bluegreen dragon decoction

Modifications:

for less severe exterior cold: - ma huang	for more pronounced interior heat with severe irritability and thirst: + shi gao
for cough and wheezing with thin mucus: + xing ren + ban xia, su zi, sang bai pi	for 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

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

gui zhi tang

cinnamon twig decoction

Modifications:

for marked nasal congestion with sneezing: + fang feng, xin yi hua	for shortness of breath, rough breathing, or qi stagnation: + hou po, zhi ke, or chen pi
for swollen, heavy sensation in the head: + ju hua, chan tui	for simultaneous internal heat: + shi gao, zhi mu, huang qin (or sheng ma to vent the exterior)
for profuse sweating: + bai shao - gui zhi, sheng jiang, zhi gan cao by one-third + with qi deficiency, also add huang qi, fang feng	for severe headache: · substitute chi shao for bai shao + gao ben
for severe vomiting: + bai shao, sheng jiang + chen pi, hou po	for joint pain in the extremities with fatigue (dampness): + qiang huo, fang feng
for diarrhea due to wind-cold with summerheat-dampness: + fu ling, ze xie	for 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

gui zhi tang

cinnamon twig decoction

Modifications (cont.):

for spleen yang deficiency reducing the Spleen's ability to control blood: + zao xin tu, e jiao	for low-grade fever of unknown etiology: + qing hao, bai wei
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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

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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

ge gen tang

kudzu decoction

Modifications:

for severe nasal blockage: + chuan xiong, huang qin, xin yi hua, jie geng	for urticaria: + chan tui
for severe facial pain: + du huo, combine with tao he cheng qi tang	for acute allergic rhinitis with cold signs (clear nasal discharge, chills, tight pulse): + bai zhi, cang er zi
for 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

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

xiao qing long tang

minor bluegreen dragon decoction

Modifications:

for severe exterior cold disorders: + ma huang, gui zhi	for 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
for pronounced nasal congestion, runny nose, and headache: - substitute sheng jiang for gan jiang - substitute chi shao for bai shao + fang feng, jing jie	

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

xiang su san

cyperus and perilla leaf powder

- zi su ye
 - xiang fu
 - chen pi
 - zhi gan cao
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Releases the exterior; regulates qi

Exterior wind-cold with qi constraint in the interior: exterior wind-cold occurring with qi constraint in the interior

xiang su san

cyperus and perilla leaf powder

Modifications:

none listed

Cautions/Contraindications:

none listed

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*)

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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

sang ju yin

mulberry leaf and chrysanthemum drink

Modifications:

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

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 sui
- dan zhu ye
- xian lu gen
- gan cao

Disperses wind-heat; resolves heat toxicity

Exterior wind-heat with sore throat: fever, slight chills, headache, thirst, cough, **sore throat**

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

Pulse: floating, rapid

yin qiao san

honeysuckle and forsythia powder

Modifications:

for stifling sensation in the chest: + huo xiang	for severe thirst: + tian hua fen
for severe sore throat: + ma bo, xuan shen	for pronounced cough: + xing ren
for heat entering the interior with scanty urine: + sheng di huang, mai men dong, huang qin, zhi mu, zhi zi	for nosebleed: - jing jie, dan dou chi + bai mao gen, zhi zi
for dampness causing tight, stifling chest/epigastrium: + huo xiang, yu jin	for early-stage measles with incomplete rash expression: + chan tui, fu ping
for early-stage carbuncles: + pu gong ying, da qing ye	for yellow tongue coating and diarrhea: - combine with ge gen huang qin huang lian tang
for acute endometritis: - gan cao, dan zhu ye + zhi zi, fang feng, sheng di huang	

yin qiao san

honeysuckle and forsythia powder

Modifications (cont.):

none listed

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

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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
- gan cao
- sheng jiang
- da zao

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 • in summer or fall, substitute zi su ye instead	for no chills, headache, or pain: - qiang huo, bai zhi
for no chills but more severe heat, fever, irritability/restlessness, and a red tongue: + lian qiao, jin yin hua + shi gao	for dry mouth and tongue: + zhi mu, tian hua fen
for coughing of viscous sputum: + gua lou pi, zhe bei mu	

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 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

sheng ma ge gen tang

cimicifuga and kudzu decoction

Modifications:

for to assist venting pathogens from the exterior: + bo he, chan tui, jing jie, or niu bang zi	for to strengthen heat-clearing and detoxifying properties: + lian qiao, jin yin hua
for pronounced cough and wheezing: + jie geng, zhi ke, qian hu, xing ren	for to prevent damage to fluids by heat toxin: + mai men dong, sha shen
for swollen and sore throat: + jie geng, xuan shen, ma bo	for dark-red rash: + zi cao, mu dan pi
for exterior yang-brightness-warp disorders with fever, thirst, dry nasal passages, or for dysenteric diarrhea: - substitute bai shao for chi shao	for viral rashes, especially herpes zoster: + zi cao

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 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*)

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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

ren shen bai du san

ginseng powder to overcome pathogenic influences

Modifications:

for normal qi not weak and exterior cold pronounced: - ren shen + jing jie, fang feng (or use jing fang bai du san)	for severe qi deficiency: + ren shen or add huang qi
for dampness obstructing the muscle layer with pronounced aches: + wei ling xian, sang zhi, qin jiao, or fang ji	for severe coughing: + xing ren, bai qian
for malarial disorders: + chai hu + huang qin, bing lang	for dysenteric disorders with abdominal pain, blood/pus in stools, and tenesmus: + mu xiang, bai shao
for wind-toxin dormant papules: + chan tui, ku shen	for 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

jing fang bai du san

schizonepeta and saposhnikovia powder to overcome pathogenic influences

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

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)

jing fang bai du san

schizonepeta and saposhnikovia 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

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

jia jian wei rui tang

modified solomon's seal decoction

Modifications:

for more severe exterior disorders: + fang feng, ge gen	for cough, dry throat, and sputum difficult to expectorate: + niu bang zi, gua lou pi
for more pronounced thirst and irritability: + tian hua fen, dan zhu ye	

Cautions/Contraindications:

none listed