

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

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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

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

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

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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

Release Exterior Wind-Cold

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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

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

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

Release Exterior Wind-Heat

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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

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Chai Ge Jie Ji Tang

Bupleurum and Kudzu Decoction to Release the Muscle Layer

- *chai hu*
- *ge gen*
- qiang hu
- 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

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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

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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

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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)

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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

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