

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

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

da qing long tang

major bluegreen dragon decoction

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

gui zhi tang

cinnamon twig decoction

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

ge gen tang

kudzu decoction

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

xiao qing long tang

minor bluegreen dragon decoction

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

xiang su san

cyperus and perilla leaf powder

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- 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

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*)

sang ju yin

mulberry leaf and chrysanthemum drink

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| • sang ye | • jie geng |
| • ju hua | • xing ren |
| • lian qiao | • lu gen |
| • bo he | • gan cao |
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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

yin qiao san

honeysuckle and forsythia powder

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| • <i>jin yin hua</i> | • bo he | • dan zhu ye |
| • <i>lian qiao</i> | • dan dou chi | • xian lu gen |
| • jie geng | • jing jie sui | • gan cao |
| • niu bang zi | | |
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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

chai ge jie ji tang

bupleurum and kudzu decoction to release the muscle layer

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| • <i>chai hu</i> | • huang qin | • gan cao |
| • <i>ge gen</i> | • shi gao | • sheng jiang |
| • qiang huo | • jie geng | • da zao |
| • bai zhi | • bai shao | |
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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

sheng ma ge gen tang

cimicifuga and kudzu decoction

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

Release Exterior Disorders with Interior Deficiency

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- **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*)

ren shen bai du san

ginseng powder to overcome pathogenic influences

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| • qiang huo | • jie geng | • fu ling |
| • du huo | • zhi ke | • ren shen |
| • chuan xiong | • qian hu | • gan cao |
| • chai hu | | |
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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

jing fang bai du san

schizonepeta and saposhnikovia powder to overcome pathogenic influences

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

jia jian wei rui tang

modified solomon's seal decoction

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|-----------------|---------------|
| • yu zhu | • bo he |
| • cong bai | • bai wei |
| • jie geng | • zhi gan cao |
| • dan dou chi | • da zao |
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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