Cases Study for Formula in Jin Gui Yao Lue
By Chao-Cheng Yeh, Ph.D., L.Ac.
08/04/2019
V3.0
Reference Book

- Jin Gui Yao Lue: Essential Prescription of the Golden Cabinet, Translation and Commentaries:
  - Author: Nigel Wiseman, Sabine Wilms
  - Publisher: Paradigm Publications (December 17, 2012)
  - Language: English
  - ISBN-10: 0912111917
About Jin Gui Yao Lue

- 《Jin Gui Yao Lue》, known in English as the Essential Prescription of the Golden Cabinet, is a Chinese medical treatise that was compiled by Zhang Zhong-Jing sometime before the year 220, at the end of the Han dynasty.

- Unlike the six meridian analysis in its sister volume 《Shang Han Lun》, 《Jin Gui Yao Lue》 categorized diseases into different groups and introduce the formula in sequence for those diseases.
Discussion of categories

• Chapter 5: Wind-Stroke and Joint-Running 中風歷節病脈證並治
• Chapter 6: Blood Impediment and Vacurity Taxation 血痹虛勞病脈證並治
• Chapter 9: Chest Impediment, Heart Pain, and Shortness of Breath 胸痹心痛短氣病脈證並治
Chapter 5: Wind-Stroke and Joint Running 中風歷節病脈證並治

- Hou’s Black Powder 侯氏黑散
- Feng Yin Tang 風引湯
- Fang Ji Di Huang Tang 防己地黃湯
- Tou Feng Mo San 頭風摩散
- Gui Zhi Shao Yao Zhi Mu Tang 桂枝芍藥知母湯
- Wu Tou Tang 烏頭湯
Hou’s Black Powder 侯氏黑散

- Indication: Treat great wind with vexing heaviness of the limbs, and aversion to cold and insufficiency in the heart. 治大風，四肢煩重，心中惡寒不足者
- Ingredients: Ju Hua 40, Bai Zhu 10, Xi Xin 3, Fu Ling 3, Mu Li 3, Jie Geng 8, Fang Feng 10, Ren Shen 3, Fan Shi 3, Huang Qin 5, Dang Gui 3, Gan Jiang 3, Chuan Xiong 3, Gui Zhi 3
Case Studies – Case 1

• Patient info:
  – Gender: Male
  – Age: 50+
  – Subjective Patient Complaints:
    – Cerebral Ischemic Stroke
    – High Blood Pressure 160/120 mmHg
Case Studies – Case 1

- Symptoms:
  - Hand Trembling
  - Dizzy and Headache
  - Shortness of Breath
  - Fatigue
  - Aversion to Cold
  - Cold Limbs
Case Studies – Case 1

- TCM diagnosis:
  - Pulse: Thin and String
  - Coating: Thin Yellow
  - Tongue: Tip Red; Tilted to the right; Big with Teeth Marks
Case Studies – Case 1

• Prescription:
  - Original Hou’s Black Powder
  - Ju Hua 40g, Bai Zhu 10g, Fang Feng 10g, Jie Geng 8g, Huang Qin 5g, Xi Xin 3g, Fu Ling 3g, Mu Li 3g, Ren Shen 3g, Dang Qui 3g, Gan Jiang 3g, Xiong Qiong 3g, Gui Zhi 3g, Fan Shi 3g
Case Studies – Case 1

• Result:
  - Dizziness gone after first pack of herbs.
  - Hand trembling stopped after 5 packs.
  - Blood pressure 140/90 after 15 packs.
Hou’s Black Powder 侯氏黑散

- Other possible application for Hou’s Black Powder:
  - Hemiplegia
  - Numbness
  - Headache
  - Dizziness
  - Vertigo
Feng Yin Tang 風引湯

• Indication: Eliminates Heat Paralysis and Epilepsy 除熱癱痫

• Ingredients: Da Huang 12g, Gan Jiang 12g, Long Gu 12g, Gui Zhi 9g, Gan Cao 6g, Mu Li 6g, Han Shui Shi 18g, Hua Shi 18g, Chi Shi Zhi 18g, Bai Shi Zhi 18g, Zi Shi Ying 18g, Shi Gao 18g
Case Studies – Case 2

• Patient info:
  - Gender: Male
  - Age: 10+
  - Subjective Patient Complaints:
    - Epilepsy
    - 2 ~ 3 times per day
Case Studies – Case 2

- Symptoms:
  - Epilepsy
  - Dizziness
  - Red Face
  - Constipation
  - Yellow urine
  - Dreams a lot
Case Studies – Case 2

- TCM diagnosis:
  - Pulse: Deep and String
  - Coating: Thin Yellow
  - Tongue: Tip and Sides Red
Case Studies – Case 2

• Prescription:
  - Da Huang 30g, Gan Jiang 30g, Long Gu 24g, Mu Li 24g, Gui Zhi 15g, Han Sui Shi 45g, Chi Shi Zhi 45g, Bai Shi Zhi 45g, Zi Shi Ying 45g, Gan Cao 15g, Lu Gen 40g, Zhi Shi 15g
Case Studies – Case 2

• Result:
  - Frequency and period reduced after 20 dosage.
  - Added Shi Chang Pu 20g, Chuan Bei Mu 10g
  - Follow check and no epilepsy for months
Feng Yin Tang 風引湯

• Other possible application for Feng Yin Tang:
  – Stroke
  – High Blood Pressure
  – Headache
  – Dizziness
Fang Ji Di Huang Tang 防己地黃湯

- Indication: Treat Disease like mania with reckless behavior, constant monologue, absence of cold and heat, and a floating pulse 治病如狂狀妄行，獨語不休，無寒熱，其脈浮

- Ingredients: Fang Ji 3g, Gui Zhi 9g, Fang Feng 9g, Gan Cao 6g, Sheng Di Huang 60g
Case Studies – Case 3

• Patient info:
  - Gender: Female
  - Age: 20+
  - Subjective Patient Complaints:
    - Manic
    - Constant monologue
Case Studies – Case 3

• Symptoms:
  - Decreased need of sleep
  - Hyperactive
  - Disorganized thinking and speech
  - Childlike Silliness
  - Useless and excessive movement
  - Red face
Case Studies – Case 3

• TCM diagnosis:
  - Pulse: Big and Weak
  - Coating: No coating
  - Tongue: Red and dry
Case Studies – Case 3

• Prescription :
  - Original Feng Ji Di Huang Tang
  - Fang Ji 3g, Gui Zhi 9g, Fang Feng 9g,
    Gan Cao 6g, Sheng Di Huang 60g

• Result :
  - Improve of sleep after 10 dosage.
  - Stopped monologue and silliness after 30 dosage.
  - Back to normal and start to work after 50+ dosage.
Fang Ji Di Huang Tang  防己地黃湯

• Other possible application for Fang Ji Di Huang Tang:
  − Schizophrenia
  − Epilepsy
  − Hypertension
Tou Feng Mo San  頭風摩散

- Indication: Enduring recurrent headache and dizziness

- Ingredients: Pao Fu Zhi, Qing Yan (Qing Hai Salt)
  - Make a powder with equal amount of these two ingredients. Wash head and afterwards rub a square-inch-spoonful on the disease area.
Case Studies – Case 4

- Patient info:
  - Gender: Female
  - Age: 40+
  - Subjective Patient Complaints:
    - Headache after got cold in the rain
    - The fever is gone after treatment, but the headache continue
Case Studies – Case 4

- **Symptoms:**
  - Cluster Headache
  - Sweat a lot from the forehead.
  - Aversion to wind

- **TCM diagnosis:**
  - Pulse: Float and Weak
  - Coating: Thin White
  - Tongue: Pale and slippery
Case Studies – Case 4

• Prescription:
  - Gui Zhi 9g, Bai Shao 9g, Gan Cao 6g
  - Da Zao 6 pieces, Sheng Jiang 5 slices
  - Apply the Tou Feng Mo San on the Du 20, Du 16, EX-HN3 (Yin Tang), EX-HN5 (Tai Yang)

• Result:
  - Headache gone after 3 dosages
Gui Zhi Shao Yao Zhi Mu Tang 桂枝芍藥知母湯

• Indication: All types of joint pain with marked emaciation of the body, feet swollen as drop off, dizzy head, shortness of breath, and seething desire to vomit. 諸肢節疼痛，身體尪羸，腳腫如脫，頭眩短氣，溫溫欲吐

• Ingredients: Gui Zhi 12g, Bai Shao 9g, Gan Cao 6g, Ma Huang 6g, Sheng Jiang 15g, Bai Zhu 15g, Zhi Mu 12g, Fang Feng 12g, Pao Fu Zi 12g
Case Studies – Case 5

• Patient info:
  - Gender: Male
  - Age: 30+
  - Subjective Patient Complaints:
    - Rheumatoid Arthritis for 4+ year
Case Studies – Case 5

• Symptoms:
  − Joints stiff, swollen and pain on both hands
  − Pain reduced when using heat pad
  − Pain got worse in cold weather

• TCM diagnosis:
  − Pulse: Deep and Thin
  − Coating: Thick and White
  − Tongue: Pale
Case Studies – Case 5

• Prescription:
  - Gui Zhi 18g, Bai Shao 18g, Zhi Mu 18g,
    Fang Feng 15g, Cang Zhu 15g, Huang Bai 15g,
    Pao Fu Zi 15g, Ma Huang 9g, Gan Cao 9g, Bai Zhu 12g, Sheng Jiang 12g, Yi Ren 30g, Huang Qi 30g

• Result:
  - Pain gone after 30+ dosages
Gui Zhi Shao Yao Zhi Mu Tang 桂枝芍藥知母湯

• Other possible application for Fang Gui Zhi Shao Yao Zhi Mu Tang:
  – Arthritis
  – Frozen Shoulder
  – Sciatica
  – Ankylosing Spondylitis
Wu Tou Tang  烏頭湯

• Indication: For joint-running with inability to bend and stretch and with pain 病歷節不可屈伸，疼痛

• Ingredients: Ma Huang 9g, Bai Shao 9g, Huang Qi 9g, Zhi Gan Cao 9g, Wu Tou 6g (Cooked with Honey 60ml until it reduced to half)
  - Cook the first 4 ingredients with 3 cups of water, wait till one cup left, added the honey and cook until 0.7 cup left.
Case Studies – Case 6

• Patient info:
  - Gender: Female
  - Age: 20+
  - Subjective Patient Complaints:
    - Knee pain
    - Walked in water days ago
Case Studies – Case 6

• Symptoms:
  - Both Knees stiff, swollen with sharp pain
  - Feel cold on both knees
  - Can not stand or sit

• TCM diagnosis:
  - Pulse: Deep and Tight
  - Coating: Thin and White
  - Tongue: Pale
Case Studies – Case 6

• Prescription:
  - Ma Huang 15g, Bai Shao 30g, Huang Qi 15g, Zhi Gan Cao 6g, Wu Tou 12g, Gui Zhi 10g,
  - Mu Gua 30g, Fang Ji 20g, Zhi, Sheng Jiang 3 slices, Da Zao 5 pieces
Case Studies – Case 6

• Result:
  - Swollen reduced after 2 packs
  - Feel more pain during the night
  - Added Gan Jiang 12g
  - Pain relieved after 10 packs
Wu Tou Tang  烏頭湯

- Other possible application for Fang Wu Tou Tang:
  - Arthritis
  - Sciatica
  - Trigeminal neuralgia
  - Dysmenorrhoea
  - Vertigo
Chapter 6: Blood Impediment and Vacurity Taxation 血痹虛勞病脈證並治

• Huang Qi Gui Zhi Wu Wu Tang 黃耆桂枝五物湯
• Gui Zhi Long Gu Mu Li Tang 桂枝龍骨牡蠣湯
• Xiao Jian Zhong Tang/Huang Qi Jian Zhong Tang 小建中湯 / 黃耆建中湯
• Ba Wei Shen Qi Wan 八味腎氣丸
• Shu Yu Wan 薯蕷丸
Huang Qi Gui Zhi Wu Wu Tang 羅耆桂枝五物湯

- Indication: In blood impediment, when Yin and Yang are both faint, when faint on the inch opening and bar and small and light in the cubit, and when the external signs are generalized numbness and an appearance as in wind impediment 血瘀陰陽俱微，寸口關上微，尺中小緊，外證身體不仁，如風痺狀

- Ingredients: Huang Qi 9g, Bai Shao 9g, Gui Zhi 9g, Sheng Jiang 18g, Da Zao 12 pieces
Case Studies – Case 7

• Patient info:
  - Gender: Female
  - Age: 20+
  - Subjective Patient Complaints:
    - Numbness after Postpartum Hemorrhage
Case Studies – Case 7

• Symptoms:
  – Whole body feel numb
  – Dizziness
  – Fatigue

• TCM diagnosis:
  – Pulse: Weak and Tight
  – Coating: Thin and White
  – Tongue: Pale
Case Studies – Case 7

• Prescription:
  - Huang Qi 30g, Gui Zhi 9g, Bai Shao 9g,
    Sheng Jiang 18g, Da Zao 4 pieces

• Result:
  - Sweating after 3 packs, numbness only in both arms and left chest
  - Only left arm, index finger and little finger feel numb and mild pain after 10 packs
Huang Qi Gui Zhi Wu Wu Tang

- Other possible application for Huang Qi Gui Zhi Wu Wu Tang:
  - Post Stroke Syndrome
  - Pulselessness
  - Shoulder Pain
  - Night Sweat
Gui Zhi Long Gu Mu Li Tang  桂枝龍骨牡蠣湯

- Indication: If patient suffering from seminal loss present with stringlike tension in the lesser abdomen, yin-head cold, dizzy vision, hair loss, and a pulse that is extremely vacuous, scallion-stalk, and slow, this means clear grain, blood collapse and seminal loss. Whenever you see a pulse that is scallion-stalk and stirring or faint and tight, this means seminal loss in men and dreaming of intercourse in women. 夫失精家，少腹弦急，陰頭寒，目眩，髮落，脈極虛芤遲，為清穀亡血失精，脈得諸芤動微緊，男子失精，女子夢交。
Gui Zhi Long Gu Mu Li Tang 桂枝龍骨牡蠣湯

- Ingredients for Gui Zhi Long Gu Mu Li Tang:
  - Gui Zhi 9g, Bai Shao 9g, Sheng Jiang 9g, Gan Cao 6g, Da Zao 12 pieces, Long Gu 9g, Mu Li 9g

- Ingredients for Tian Xiong San:
  - Pao Tian Xiong 9g, Bai Zhu 24g, Gui Zhi 18g, Long Gu 9g
Case Studies – Case 8

• Patient info:
  - Gender: Female
  - Age: 40+
  - Subjective Patient Complaints:
    - Menopausal Syndrome
    - Hot and Sweating on upper body
Case Studies – Case 8

● Symptoms:
  – Insomnia
  – Irregular Menstruation
  – Mood Swings

● TCM diagnosis:
  – Pulse: Thin and Slow
  – Coating: Thin and White
  – Tongue: Tip Red
Case Studies – Case 8

- Prescription:
  - Gui Zhi 10g, Bai Shao 9g, Gan Cao 10g, Long Gu 20g, Mu Li 20g, Sheng Jiang 6g, Da Zao 3 pieces, Chao Suan Zao Ren 15g, He Huan Pi 15g

- Result:
  - Sleep and sweating improved after 5 packs,
  - Sweating and body hot stopped after 10 packs
Case Studies – Case 9

- Patient info:
  - Gender: Male
  - Age: 30+
  - Subjective Patient Complaints:
    - Spermatorrhea
Case Studies – Case 9

• Symptoms:
  - 3 ~ 4 times a week
  - Cold limbs and body
  - Leaking of semen in urine
  - Fatigue
  - Dizziness
  - Frequent desire to urine
Case Studies – Case 9

- TCM diagnosis:
  - Pulse: Deep, Thin and Weak
  - Coating: Thin, White and Slippery
  - Tongue: Big, pale with teeth marks
Case Studies – Case 9

• Prescription:
  - Tian Xiong 10g, Bai Zhu 15g, Rou Gui 6g,
  Long Gu 15g, Bu Gu Zhi 10g, Fu Pen Zi 10g,
  Yin Yang Huo 10g, Qian Shi 20g

• Result:
  - 1~2 times per week after 10 packs,
  - Back to normal after 20 packs
Gui Zhi Long Gu Mu Li Tang  桂枝龍骨牡蠣湯

• Other possible application for Gui Zhi Long Gu Mu Li Tang and Tian Xiong San:
  - Insomnia
  - Enuresis
  - Dizziness
  - Vaginal discharge
  - Impotence
Xiao Jian Zhong Tang  小建中湯

- Indication: In vacuous taxation with abdominal urgency, palpitation, spontaneous external bleeding, pain in the abdomen, seminal loss while dreaming, aching pain in the limbs, vexing heat in the hands and feet, and dry throat and mouth. 虛勞裡急，悸，衂，腹中痛，夢失精，四肢痠疼，手足煩熱，咽乾口燥

- Ingredients: Gui Zhi 9g, Bai Shao 18g, Jiao Yi 30g, Sheng Jiang 6g, Zhi Gan Cao 6g, Da Zao 12 pieces
Huang Qi Jian Zhong Tang  黃耆建中湯

• Indication: In vacuous taxation with abdominal urgency and insufficiency of everything. 虛勞裡急，諸不足。

• Ingredients:
  - Huang Qi 4.5g, Gui Zhi 9g, Bai Shao 18g, Sheng Jiang 6g, Zhi Gan Cao 6g, Da Zao 12 pieces, Jiao Yi 30g
Case Studies – Case 10

- Patient info:
  - Gender: Female
  - Age: 70+
  - Subjective Patient Complaints:
    - Headache, mainly in forehead, worsen if cold
    - Lower back pain
    - Cold limbs and numbness
Case Studies – Case 10

• Symptoms:
  - Fatigue
  - Bloating and Stomachache
  - Nausea
  - Diarrhea

• TCM diagnosis:
  - Pulse: Deep, Weak and Thin
  - Coating: Thin and White
  - Tongue: Pale
Case Studies – Case 10

• Prescription:
  – Huang Qi 30g, Gui Zhi 9g, Bai Shao 18g,
  Sheng Jiang 9g, Zhi Gan Cao 6g, Da Zao 4 pieces,
  Jiao Yi 30g

• Result:
  – Diarrhea stopped after 2 packs, appetite improved.
  – Headache and stomachache gone after 10 packs
Xiao Jian Zhong Tang / Huang Qi Jian Zhong Tang / 小建中湯 / 黃耆建中湯

• Other possible application for Xiao Jian Zhong Tang / Huang Qi Jian Zhong Tang:
  - Palpitation
  - Stomachache
  - Gastroptosis
  - Stomach Ulcer
  - Vertigo
  - Low-Grade Fever
Ba Wei Shen Qi Wan 八味腎氣丸

- Indication: In vacuous taxation with lumbar pain, hypertonicity in the lesser abdomen, and inhibited urination. 虛勞腰痛，少腹拘急，小便不利者

- Ingredients: Gan Di Huang 24g, San Yao 12g, San Zhu Yu 12g, Ze Xie 9g, Fu Ling 9g, Mu Dan Pi 9g, Gui Zhi 3g, Pao Fu Zi 3g
Case Studies – Case 11

• Patient info:
  − Gender: Male
  − Age: 40+
  − Subjective Patient Complaints:
    − Post Stroke Syndrome
    − Stiffness in whole body and limbs
Case Studies – Case 11

- Symptoms:
  - Hemiplegia (right side)
  - Numbness in whole body
  - Vertigo
  - Frequent urination
  - Tinnitus
  - Trouble with speaking
Case Studies – Case 11

• TCM diagnosis:
  − Pulse: Deep, Thin and Slippery
  − Coating: Thick and White
  − Tongue: Pale
Case Studies – Case 11

• Prescription:
  - Gan Di Huang 30g, San Yao 10g, San Zhu Yu 10g,
    Ze Xie 10g, Fu Ling 10g, Mu Dan Pi 9g, Rou Gui 6g,
    Zhi Wu Tou 6g

• Result:
  - Movement improved after 20 days
  - Can Walk by himself and back to work after 6 months
Other possible application for Ba Wei Shen Qi Wan:

- Lower Back Pain
- Edema
- Urinary Hesitancy
- Enuresis
- Diarrhea
- Dizziness
Shu Yu Wan 薯蕷丸

- Indication: For vacuity taxation with insuffeciency of everything and the hundred diseases of wind qi. 虛勞諸不足，風氣百疾
- Ingredients: Shu Yu 23g, Dang Gui 8g, Gui Zhi 8g, Qu 8g, Gan Di Huang 8g, Dou Huang Juan 8g, Gan Cao 21g, Ren Shen 6g, Xiong Chong 5g, Bai Shao 5g, Bai Zhu 5g, Mai Men Dong 5g, Xing Ren 5g, Chai Hu 4g, Jie Geng 4g, Fu Ling 4g, E Jiao 5g, Gan Jiang 2g, Bai Lian 2g, Fang Feng 5g, Da Zao 100 pieces
Case Studies – Case 12

- Patient info:
  - Gender: Male
  - Age: 50+
  - Subjective Patient Complaints:
    - Tuberculosis
Case Studies – Case 12

• Symptoms:
  - Cough, Blood in Phlegm
  - Jaundice
  - Low Appetite
  - Diarrhea
Case Studies – Case 12

• TCM diagnosis:
  - Pulse: Thin and Wiry
  - Coating: Thick and White
  - Tongue: Dark with teeth marks
Case Studies – Case 12

• Prescription :
  - Shu Yu Wan, Bai Bu, Bie Jia, Huang Qin, Dan Shen

• Result :
  - Cough stopped and back to work after 2 months treatment
  - The cavities disappear and lesions calcified
Shu Yu Wan 薯蕷丸

- Other possible application for Shu Yu Wan:
  - Palpitation
  - Low-Grade Fever
  - Stomachache
  - Numbness
Chapter 9: Chest Impediment, Heart Pain, and Shortness of Breath 胸痹心痛短气病脉證並治

- Gua Lou Xie Bai Bai Jiu Tang 桔薤薤白酒湯
- Gua Lou Xie Bai Ban Xia Tang 桔薤薤白半夏湯
- Zhi Shi Xie Bai Gui Zhi Tang 枳實薤白桂枝湯
- Fu Ling Xin Ren Gan Cao Tang 茯苓杏仁甘草湯
- Ju Pi Zhi Shi Shen Jiang Tang 橘皮枳實生薑湯
- Yi Yi Ren Fu Zi San 薏苡仁附子散
- Gui Zhi Sheng Jiang Zhi Shi Tang 桂枝生薑枳實湯
Gua Lou Xie Bai Bai Jiu Tang 桔萎薤白酒湯

- Indication: For chest impediment disease with panting, coughing, and spitting, pain in the chest and back, shortness of breath, a sunken and slow inch opening pulse, and a small, tight and rapid bar. 胸痹之病，喘息咳唾，胸背痛，短氣，寸口脈沈而遲，關上小緊數
- Ingredients: Gua Lou Shi 15g, Xie Bai 9g, Bai Jiu
Gua Lou Xie Bai Ban Xia Tang 桔蕚薤白半夏湯

- Indication: For chest impediment disease with inability to lie down and heart pain going through to the back 胸痺不得臥，心痛徹背者
- Ingredients: Gua Lou Shi 15g, Xie Bai 9g, Ban Xia 9g, Bai Jiu
Zhi Shi Xie Bai Gui Zhi Tang 枳實薤白桂枝湯

- Indication: For chest impediment with glomus in the heart, abiding qi binding in the chest, fullness in the chest, and counterflow under the rib-side prodding the heart. 胸痹，心中痞，留氣結在胸，胸滿，脅下逆搶心。

- Ingredients: Zhi Shi 9g, Hou Po 12g, Gua Lou Shi 15g, Xie Bai 9g, Gui Zhi 3g
Case Studies – Case 13

- Patient info:
  - Gender: Female
  - Age: 50+
  - Subjective Patient Complaints:
    - Coronary Artery Disease for 5+ year
Case Studies – Case 13

- Symptoms:
  - Pain in the chest, 2~3 times per day
  - Chest tightness
  - Shortness of Breath
  - Fatigue
Case Studies – Case 13

- TCM diagnosis:
  - Pulse: Thin and Wiry
  - Coating: Thick and White
  - Tongue: Pale with teeth marks
Case Studies – Case 13

• Prescription:
  - Gua Lou Shi 30g, Xie Bai 12g, Ban Xia 15g,
  - Zhi Ke 10g, Ju Pi 15g, Sheng Jian 6g,
  - Dang Shen 30g, Huang Qi 30g, Gui Zhi 12g,
  - Xiang Fu 12g

• Result:
  - Mild chest pain occur occasionally after 2 month
  - Chest tightness and SOB reduced.
Fu Ling Xing Ren Gan Cao Tang 茯苓杏仁甘草枝湯 /Ju Zhi Jaing Tang 橘枳薑湯

• Indication: For chest impediment with qi blockage in the chest and shortness of breath. 胸痺，胸中氣塞，短氣。

• Ingredients:
  - Fu Ling Xing Ren Gan Cao Tang:
    - Fu Ling 9g, Xing Ren 9g, Gan Cao 3g
  - Ju Zhi Jiang Tang:
    - Ju Pi 30g, Zhi Shi 9g, Sheng Jiang 15g
Case Studies – Case 14

• Patient info:
  - Gender: Female
  - Age: 50+
  - Subjective Patient Complaints:
    - Frequent Ventricular Extrasystole
Case Studies – Case 14

• Symptoms:
  - Palpitation
  - Chest tightness
  - Shortness of Breath
  - Fatigue
  - Low Appetite
  - Nausea
Case Studies – Case 14

• TCM diagnosis:
  − Pulse: Bound and Intermittent
  − Coating: Thin and White
  − Tongue: Big and Pale, Moisture
Case Studies – Case 14

• Prescription:
  - Fu Ling 30g, Xing Ren 10g, Zhi Gan Cao 10g,
    Zhi Ke 10g

• Result:
  - Chest tightness and SOB reduced, no palpitation after 3 packs
Yi Yi Ren Fu Zi San 薏苡仁附子散

- Indication: For acute chest impediment 胸痹緩急者
- Ingredients:
  - Yi Yi Ren 45g, Pao Fu Zi 30g
Case Studies – Case 15

- Patient info:
  - Gender: Male
  - Age: 50+
  - Subjective Patient Complaints:
    - Chest Tightness and pain for 20+ days
Case Studies – Case 15

• Symptoms:
  - Chest tightness
  - Insomnia
  - Aversion to cold
  - Low Appetite
  - Nausea
Case Studies – Case 15

- TCM diagnosis:
  - Pulse: Thin and Wiry
  - Coating: White and Watery
  - Tongue: Big and Pale
Case Studies – Case 15

• Prescription :
  - Pao Fu Zi 15g, Yi Yi Ren 30g

• Result :
  - Can fall asleep for 3~4 hours after 1st pack
  - Chest pain reduced and appetite improved after 2 more packs
  - Added Li Zhong Tang and Gua Lou Ban Xia Tang
  - Mild pain left after 3 more packs
Gui Zhi Sheng Jiang Zhi Shi Tang 桂枝生薑枳實湯

• Indication: For glomus in the heart with all counterflow and suspension pain in the heart 心中痞, 諸逆心懸痛
• Ingredients:
  - Gui Zhi 9g, Sheng Jiang 9g, Zhi Shi 15g
Case Studies – Case 16

• Patient info:
  – Gender: Male
  – Age: 50+
  – Subjective Patient Complaints:
    - Vomit water for 10+ days
    - Losing weight
Case Studies – Case 16

• Symptoms:
  - Vomit started from 3 pm (日晡) to 9 pm (初更)
  - The water flooded from abdomen region up to chest. The chest felt pain and started to vomit water
  - No change in appetite and no other discomfort
Case Studies – Case 16

• Prescription：
  – Gui Zhi 9g, Sheng Jiang 9g, Zhi Shi 15g

• Result：
  – Water still rising but no vomit in first day
  – All symptoms were gone after 6 days
Q&A