

TONY REID ESSENTIAL FORMULAS PRACTITIONER'S CLINICAL GUIDE
Tony Reid. ESSENTIAL FORMULAS

Practitioner's Clinical Guide (2007) How to achieve outstanding results for your patients using prepared Chinese Medicine. China Books. Melbourne.

[**AcuCentre Editorial Note:** In this .pdf file: About the Author; Bibliography; How to use this Book; Introduction; Distinguishing between the Spleen Tonifying Formulas; Distinguishing between the Kidney Tonifying Formulas; Distinguishing between the Liver Harmonising Formulas; Distinguishing between the Blood Activating, Stasis Resolving Formulas. One formula is offered by way of example; Lui Wei Di Huang Wan, Rehmania 6].

About the Author: Tony Reid

Tony Reid has more than 30 years experience as practitioner, educator, lecturer, author and industry consultant. A graduate of the Sydney Institute of Traditional Chinese Medicine (SITCM), he served as Principal of the Sydney College of TCM for two years and contributed substantially to development of the curriculum now in place at SITCM. He is a popular and sought after lecturer, speaking at seminars, conferences, and tertiary institutions throughout Australia and also in China. Tony has worked as an industry consultant to several major Australian TCM companies, and is one of the founding directors of Sun Herbal Pty. Ltd.

Tony was born into a Jewish family. Encouraged by his parents, he developed a keen interest in academic work at a very young age. After becoming dux of Sydney Boys' High School he went on to study Western medicine at Sydney University in the mid 70's. At university, Tony discovered Acupuncture and Traditional Chinese Medicine (TCM) while he was in his final stage of studying Western medicine. He found it so fascinating that he broke off his studies and immersed himself in TCM. For the last 30 years, he has continued learning, practicing, teaching and contemplating this wonderful system that is as alive today as it ever has been.

It was through working in this field that Tony met the woman of his dreams, Sharlee Sun. Tony and Sharlee both share a passion for the development of Chinese medicine in Australia. Chinese herbal medicine helped Sharlee through both pregnancies and their children Jade and Joshua have been predominantly treated with Chinese herbal medicines and acupuncture since they were several months old.

Tony regularly goes to China for clinical training under several state renowned Chinese clinicians and finds much inspiration there, deepening his understanding of TCM theory and its practical application. Tony continually pursues the latest scientific findings relating to TCM and the ongoing efforts to integrate the Western and traditional Chinese approaches.

He is also a passionate music lover and a semi-professional chef - although, just like improvising on the guitar, he never makes the same recipe twice! He has been a professional musician for some years. He likes to play the guitar, cook, work out in their home gym and relax with the kids, although the latter activity is not always very relaxing. Tony and his family live in a quiet suburb in Sydney's inner west.

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Internet resources

For herb-drug interactions:

<http://www.ncbi.nlm.nih.gov/PubMed/>

www.naturalstandard.com

HOW TO USE THIS BOOK

Arrangement of the Formulas

The formulas discussed in the text are arranged in alphabetical order according to the pin yin transliteration of their Chinese names. In addition to the ingredients of each formula, the text provides indications, guidelines for dosage ranges and course of treatment, biomedical actions, clinically useful combinations, as well as the traditional actions and syndromes addressed by the formula with a list of the possible presenting signs and symptoms. There are a number of things that should be noted in regard to this information.

Indications

Under the heading, 'Indications' are listed the most common conditions (i.e. bio-medically defined diseases) as well as some major presenting symptoms that may be treated by the formula. This list should be understood to be provisional only. Generally, the overall clinical manifestations of the patient should also match the TCM syndrome/s of a formula. Often, when taking into account the pathodynamics of the disease process, it becomes apparent that more than one formula will be needed to cover all aspects of a patient's presentation. Therefore a formula may only be clinically useful for a particular condition when it is used in combination with one or more other formulas as listed in the 'Combinations' section. Therefore, before applying a particular formula clinically, it is important to check through the recommended combinations after performing a thorough case history and clinical examination.

Dosage and Course of Treatment

The 'Dosage and Course of Treatment' should be taken as a general guideline only. As with most forms of herbal therapy, dosages can vary up to 200% and the course of treatment depends very much on the specific features of each patient. Therefore, a great deal of flexibility is required in determining the appropriate dosage for each formula, along careful monitoring of a patient's response to the treatment. Of course, patients will often ask, 'How long will I need to be on these pills?', and we need to give them an answer that inspires confidence in our clinical skills. Responses such as 'Let's see how we go', although truthful, may be counter productive in this situation. It is better to give a 'ball-park' figure, based on the patient's age, history of the illness, severity of the condition and overall health. Then one can nominate the approximate date for a thorough reassessment of the patient's condition.

Signs and Symptoms

The 'Signs and Symptoms' section lists the most common clinical manifestations associated with the disorder/s that may be treated by the particular formula. The key clinical features, while not being 'set in stone', are denoted by bold typeface. Generally the pulse and tongue images are also important - especially when they are described unequivocally (i.e. no alternatives are given). However, the tongue and pulse features given in this text correspond strictly with the main syndrome/s addressed by a particular formula. In cases that present with multiple syndromes the specific tongue and pulse qualities may not necessarily apply, even though the use of the formula may be indicated, as part of a combination treatment with one or more other formulas.

Latin Names

The ingredients are listed by Latin as well pin yin names. Standardization of nomenclature in TCM, including the Latin names of Chinese herbs, is a slow and painful process that is nowhere near complete. Although the standard for Latin names has been set by the excellent work of Bensky, Clavey, Stoger and Gambale (see Bibliography), there are some discrepancies between this and the Chinese pharmacopoeia and also the Herbal Substances Australian Approved Names (AAN) list of the Australian Therapeutic Goods Administration (TGA). I have chosen to follow the AAN list because these are the Latin names that appear on the labels of all prepared Chinese herbal medicines within Australia. Some of the common discrepancies that follow from this approach include: *Angelica polymorpha* (instead of *Angelica sinensis*); *Cuscuta hygrophilae* (instead of *Cuscuta chinensis*), *Nelumbium speciosum* (instead of *Nelumbo nucifera*) and *Gardenia florida* (instead of *Gardenia jasminoides*). I sincerely regret any unnecessary confusion that this may cause.

'Ginseng'

While on the topic of herb names, I would also like to mention that nowadays *Panax ginseng* root (ren shen) is not often used in day to day clinical practice, in China and the West. In China it is mainly used in special tonic formulations taken during the winter months to strengthen the constitution as well as for cases with critical deficiency of the Qi or Qi and Blood. The root of *Codonopsis pilosula* (dang shen) is generally used in place of Ginseng in classical formulas as well as in prescriptions that are derived from them. There are a number of reasons for this. One is economic: good quality ginseng is considerably more expensive than most of the other commonly used herbs, mainly because of the length of time that is needed for its cultivation as well as the special conditions required for its

optimum growth. Thus the cheaper quality, more 'affordable' types of ginseng are usually of inferior quality - so much so that 'A' grade Codonopsis root, which is of a similar price, is a much more effective tonic for the Spleen Qi. Another reason has to do with the potential negative effects of high quality ginseng when taken by younger patients (less than 40); it can cause over stimulation so that the person may continue to overwork and cut down on sleep with the end result that the deficiency condition becomes worse. Studies have shown that 10% of the population may develop a variety of health problems after as little as one month's use. These include hypertension, irritability, insomnia, euphoria, hyperthermia and skin eruptions. Thus, most prepared Chinese herbal formulations available today contain Codonopsis instead of Ginseng. Unfortunately, many of these products include 'Ginseng' in their name, which has the potential to be misleading. It is always best to check the ingredients list on the label in such cases.

Cautions and Contraindications

Where there is strong evidence (either traditional or modern) that there are significant risks associated with the use of a formula in a particular situation, or where specific dietary or lifestyle factors have been shown to hinder the therapeutic effect, this information appears as a contraindication. This means that the formula should not be used, period.

However, there are many other situations where, due to isolated reports of toxicity or based on the pharmacological actions of either the formula, one of the herbs in the formula or a chemical component of one of the herbs there is a possible risk of adverse reactions. These situations specifically in relation to herb-drug interactions, are recorded as cautions. This should be taken to mean that, while it may generally be safe to use the formula, the patient should be warned of potential adverse events and monitored closely in the early stages of treatment. In addition, it is advisable to begin with a low dosage and gradually increase to the desired therapeutic dose.

While every effort has been made to ensure that the 'Cautions and Contraindications' are current and accurate, due to the continual emergence of new information - particularly in regards to herb-drug interactions - it is advisable to refer to the various authorities (listed in the Bibliography) if there are doubts over the safety of a formula for a particular patient.

Combinations

Under the heading 'Combinations' are listed the clinically effective combination treatments for each formula. In compiling this information, I decided that it would be necessary to conduct extensive interviews with practitioners who had experience and expertise in this area. My criteria for a suitable practitioner were: a) trained in China at one of the major TCM universities, b) proficiency in writing herbal prescriptions with raw herbs, c) practicing in Australia for at least 10 years, and d) at least half of the clinical practice involves prescribing prepared Chinese herbal formulas. As a result of these interviews, two important facts emerged:

1. It is important to clearly differentiate between a patient's underlying constitution and the disease process. This also includes separating the causative factors from the disease manifestations. In many cases the disease process involves a complex of several patho-dynamic factors, which may have only a fairly indirect relationship with the patient's constitutional imbalances or the initial underlying causes. Take for example a patient with severe acne that may have originated with Liver Qi constraint. The

resultant Qi stagnation develops Heat or Fire, which rises to the upper part of the body. The Heat/Fire develops into Toxin and at the same time causes localised Blood Dryness and Blood stasis. In most cases, if we simply treated the patient for Liver Qi constraint or Liver Qi constraint with stagnant Heat/Fire, our treatment would have little or no effect on the acne. We need to address directly the Heat Toxin, Blood Dryness and Blood stasis in order to make an impact on the patient's condition.

2. Following on from the above, it is necessary to examine the disease process carefully - taking into account not only the signs and symptoms, but also using our understanding of its pathogenesis and pathological features - in order to correctly prescribe the most suitable herbal formulas. Very often, because of the complex nature of the disease process, it will be necessary to prescribe three or more formulas in combination. This is especially so in severe or chronic conditions, where one or more pathogenic factors have caused or developed into a further pathology, which may, in turn, have developed another pathology, and so on.

I anticipate that some of the suggested combinations may at first sight seem surprisingly complex. However, these combinations have been 'road tested' in an Australian clinical setting and have been found to have an efficacy that is comparable to raw herb prescriptions. In addition, many of the entries in the combination section are meant to be used as a guide to the selection of formulas that are appropriate for a particular patient. In all situations it is important to apply the above considerations in order to understand the various patho-dynamics that are present and then prescribe accordingly.

The General Index

The General Index at the back of the book lists diseases and major presenting symptoms with the page numbers of the key formulas that may be used for treatment. It is essential to refer to the detailed description of these formulas in the text to determine:

- a) Which formula is the most suitable
- b) Whether or not this formula should be used in combination with other formulas in order to achieve the best clinical results.

In many cases it will be found that effective treatment involves the use of two or more formulas prescribed together.

INTRODUCTION

History and Origins

The history of Chinese herbal formulas begins with the Han Dynasty (202 BCE to 220 CE). The Han Dynastic period represents a time of relative stability and uninterrupted cultural development. Prior to this time China had endured several centuries of continuous instability, referred to as the Warring States Period, which was ended by the First Emperor of China, just 20 years prior to the beginning of the Han dynasty. Much of what we now regard as essential Chinese culture developed and was formally recorded during this period. Many of the herbal formulas that were devised during this time are still highly respected by Chinese medical scholars and are commonly used in clinical practice to this day. The single most famous book of herbal formulas was written at the end of the Han Dynasty and represents the culmination of 400 years experience in this stable cultural setting. The original text was subsequently divided into two volumes: 'Treatise on Cold-induced Diseases' (shang han lun) and the 'Synopsis of Prescriptions of the Golden Cabinet (jin gui yao lue fang lun), by Zhang Zhong-jing (circa 150-219 CE).

The earliest records of prepared herbal formulations known today are those from an archeological find near Changsha, China. This burial site (called ma wang dui) has been dated at 168 BCE, i.e. more than 2,000 years ago, during the early part of the Han dynasty. It was excavated in 1973 to reveal, among many other relics, a set of silk scrolls describing the medical system of that time, including herbal therapies for the treatment of 52 diseases. The documents reveal 170 different medicinal prescriptions, with a total of 247 herbs (including materials of mineral and animal origin). Among the formulas described are preparations, such as pills and ointments made with finely powdered herbs, which are the forerunners of those that are now manufactured in large sophisticated pharmaceutical factories. The use of ready prepared formulations to treat named diseases or groups of symptoms within a disease class gained prominence during the Song dynastic period. From the 11th to 14th centuries, the Chinese government set up specialized departments to oversee the collection, manufacture, dispensing and selling of herbal formulas. In the public dispensaries ready prepared formulas were applied in the treatment of specific symptoms or groups of symptoms, generally with little or no modification and without the elaborate diagnostic protocols characteristic of contemporary Chinese medicine.

One of the collections of medicinal formulations from this period is the 'Formulary of the Tai Ping Welfare Dispensary Bureau' (tai ping hui min he ji ju fang), compiled by Chen Shi-wen et al., in 1151. It was named after the second emperor of the Song dynasty (tai ping xing guo), who had a keen interest in medicine and began the above mentioned project. This book, in 10 volumes, is our earliest record of standardized herbal formulations and contains a compilation of 788 prescriptions, arranged in 14 categories, representing the most popular and effective formulas of that time. The majority of these are in pill or powder form, to be prepared in advance and used for the appropriate presentation. Many of these formulas have become the basis for our modern day 'patent' medicines some exactly as originally recorded, and others after having been modified by later physicians.

Modern developments

Small scale factories for the production of prepared herbal medicines began to be established in the Ming Dynasty, during the latter part of the 17th century. Most of the work was done by hand, including grinding the herbs into powder, mixing the powdered herbs with honey, water or rice-water and finally rolling the mixture into pills of various sizes. This began to change in the early part of the 20th century. With the introduction of industrialization and mass transportation, many small factories were built in order to provide China's rapidly growing population with the commonly used herbal formulas. These newer factories utilized a grinding machine, which facilitated the powdering of large quantities of herbs, and a motor-driven pill making machine to produce many thousands of pills. As the technology progressed, Chinese pharmaceutical factories were able to produce granulated dried extracts (i.e. decoctions with the water removed), essential oil fractions (by steam distillation), concentrated tablets, pills and capsules, in addition to the traditional pills made from powdered herbs. Currently there are over 1,000 herbal factories in China, of which 178 are classified as medium to large scale enterprises.

With the growing world demand for prepared Chinese herbal products, Chinese factories have had to respond to the increasingly stringent international standards for product quality and product labelling. The Chinese government introduced new standards for Good Manufacturing Practices (GMP) in 1999, and these are subject to regular revision. However, one of the world-leaders in the establishment of manufacturing standards for herbal products is Australia, and Australian GMP is currently recognized by governments world-wide.

DISTINGUISHING BETWEEN THE SPLEEN TONIFYING FORMULAS**The Formulas**

The following formulas are all used to tonify the Spleen. However, there are distinct differences in the clinical applications of each one:

- Bu Zhong Yi Qi Tang, Ginseng & Astragalus Combination
- Fu Zi Li Zhong Wan (Jia Wei), Dangshen & Ginger Formula - Modified
- Gui Pi Tang, Ginseng & Longan Formula
- Jian Pi Wan, Ginseng & Citrus Formula
- Shen Ling Bai Zhu San, Ginseng & Atractylodes Combination
- Shen Qi Da Bu Wan, Codonopsis & Astragalus Combination
- Si Jin Zi Tang, Four Major Herbs Combination
- Xiang Sha Liu Jun Zi Tang, Saussurea & Cardamon Formula

Note: These formulas are listed alphabetically, but are discussed below in a different order, so that the concepts related to each flow in a more logical sequence.

THE SPLEEN

The main functions of the Spleen include:

- Transformation and transportation of nutrients
- Controlling the Blood to keep it within the vessels

- Nourishing the flesh and muscles, keeping the limbs firm and strong
- Sending the clear Qi upwards
- Storing ideas (yi) to support thinking (considering, deliberating and deciding on what is likely, possible or conceivable)

The Spleen plays an important role in providing the body with nourishment. Thus, it relies on its owner's dietary choices for the source for raw materials. If these are of poor quality or inappropriate to the body's needs, or are provided in insufficient or excessive quantity, the Spleen will eventually become the first site of injury, as it is affected directly by the quality and quantity of the ingested nutrients. It is important to note that the TCM concept of the Spleen is much broader and deeper than the Western physiological concept of the 'digestive system'. The Spleen is the source of one's acquired constitution (i.e. the acquired Qi and Essence). It is crucial that the Spleen functions well, both for the maintenance of good health and also to permit a complete recovery from disease. It is through the Spleen that one can make up for constitutional weaknesses and achieve a state of optimal health. Therefore care of the Spleen is an important component of health maintenance, disease prevention and disease treatment.

Spleen's predominant energetic function is to send the clear Yang Qi upwards, thus controlling the ascending movement of Qi in the body. The other aspect of this function is to oppose the force of gravity in order to hold all of the internal organs in place, preventing prolapse. Thus, the ascending function of the Spleen Qi together with the descending function of the Stomach Qi are the centre for the ascending and descending Qi movements of the whole body: they provide nourishment, promote the discharge of waste and maintain the normal physiological functions of all of the internal organs. In addition, the Spleen has the function of holding the Blood within the vessels, plays an important role in generating and distributing the Body Fluids, and governs thinking and ideas.

The Spleen belongs to the Earth phase, and as such represents a point of balance in the body, where neither Yin nor Yang predominates. Thus, of all the Zang organs, it is least in need of the counterbalancing action exerted by the other organs; within the Earth phase the Spleen and Stomach balance one another. In accordance with this, the Spleen and Stomach are often considered together as a single unit and are discussed in terms of 'the middle Jiao' or simply 'the middle'. Indeed, many of their individual functions overlap, as it were, or may be seen as extensions of the one function. While the Stomach 'receives and transmits' and the Spleen 'transforms and transports' it is apparent that the Stomach shares some of the Spleen's functions and vice versa. The Stomach's transformation functions are picturesquely described as the 'rotting and ripening' of nutrients; however, it also sends clear Yang Qi upwards to nourish the eyes and nose. The Spleen on the other hand, also sends turbid fluids downwards for discharge.

Key Diagnostic Features of Spleen Deficiency:

- Emaciation or weight loss
- Poor appetite with bloating (or a sensation of being bloated) after eating
- Fatigue and muscular weakness
- Mental fatigue

- Loose stools
- Easy bruising, bleeding disorders (e.g. menorrhagia)
- Swollen tongue with tooth marks
- Weak pulse

The various Spleen tonifying formulas each address different aspects of Spleen function and/or dysfunction and there is some degree of overlap in their clinical actions. The downside of this is it may often be difficult to decide which formula is the best for some patients with Spleen Qi deficiency; the upside is that, even though the prescribed formula is not exact, the patient will generally improve to some extent - and feel better as a result. In other words this situation is generally nowhere near as serious as in the case of prescribing for a patient with Kidney deficiency: i.e. it would be a serious mistake to give a Kidney Yang tonifying formula to a patient with Kidney Yin deficiency (see Appendix II for a discussion of Kidney tonifying formulas).

THE SPLEEN TONIFYING FORMULAS

BU ZHONG YI QI TANG, Ginseng & Astragalus Combination

Spleen Qi deficiency with failure of the clear Yang Qi to rise upwards and outwards

- Low energy, fatigue and poor digestion
- Marked restriction in the quantity of food that can be eaten
- Lethargy, muscular weakness or wasting
- Mental dullness
- Chronic diarrhoea or loose stools
- Bearing down sensation or organ prolapse (e.g. rectum, stomach, uterus).
- Also for deficiency fever (intermittent and may be brought on or worsened by physical exertion)

FU ZI LI ZHONG WAN (Jia Wei), Dangshen & Ginger Formula - Modified

Spleen Qi deficiency with Spleen (or Spleen and Stomach) Yang deficiency

- Low energy, fatigue and poor digestion
- Signs of Cold: watery diarrhoea; nausea or vomiting, epigastric or abdominal pain (aggravated by the application of cold, alleviated by warmth and pressure), cold extremities
- Mostly used for GIT disorders
- Used in combination for systemic disorders due to Yang deficiency

GUI PI TANG, Ginseng & Longan Formula

Spleen Qi deficiency with Heart Blood deficiency and failure of the Spleen to control the Blood

- Low energy, fatigue and poor digestion
- Muscular weakness or wasting
- Mental-emotional disorders: forgetfulness, palpitations and sleep disturbance, anxiety, phobias or depressed mood
- Also for easy bruising, purpura or excessive menstrual blood loss

Spleen Qi deficiency with food stagnation

- Poor digestion, low energy, fatigue
- Bloating after meals, belching (rotten odour), flatulence, loose stools or watery diarrhoea, acid reflux, nausea, thick and greasy tongue coat
- Symptoms are usually brought on or worsened by eating

SHEN LING BAI ZHU SAN, Ginseng & Atractylodes Combination

Spleen Qi deficiency with retained Damp and loss of the containing action of the Qi

- Low energy, fatigue and poor digestion
- Loose stools or diarrhoea
- Distinct tongue coat, which is generally white

SHEN QI DA BU WAN, Codonopsis & Astragalus Combination

General Qi deficiency, Spleen Qi deficiency

- Low energy, fatigue and poor digestion
- General weakness of all body systems, muscular weakness or wasting
- Useful in combination with other formulas

SI JIN ZI TANG, Four Major Herbs Combination

Basic formula for uncomplicated Spleen Qi deficiency

- Low energy, fatigue
- Poor digestion
- Muscular weakness or wasting

XIANG SHA LIU JUN ZI TANG, Saussurea & Cardamon Formula

Spleen Qi deficiency with Damp or Phlegm-Damp and Qi stagnation in the middle Jiao

- Low energy, fatigue and poor digestion
- Patient feels full after eating only a small amount
- Epigastric or abdominal bloating
- Belching and possibly also nausea and/or vomiting
- Also for some chronic Lung conditions (e.g. chronic bronchitis or asthma remission stage treatment)

DISTINGUISHING BETWEEN THE KIDNEY TONIFYING FORMULAS

The Formulas

The following formulas are all used to tonify the Kidney. However, there are distinct differences in the clinical applications of each one:

a) Kidney Yin nourishing formulas

- Liu Wei Di Huang Wan, Rehmannia Six Formula
- Qi Ju Di Huang Wan, Lycium, Chrysanthemum & Rehmannia Formula

- Ming Mu Di Huang Wan, Rehmannia Formula To Brighten The Eyes
- Zhi Bai Ba Wei Wan, Anemarrhena, Phellodendron & Rehmannia Formula
- Zuo Gui Wan, Left Returning Formula

Note: These formulas are listed alphabetically, but are discussed below in a different order, so that the concepts related to each flow in a more logical sequence.

b) Kidney Yang tonifying formulas

- Ba Ji Yin Yang Wan, Morinda Combination
- Er Xian Tang, Epimedium & Curculigo Combination
- Fu Gui Ba Wei Wan (a.k.a. Jin Gui Shen Qi Wan), Rehmannia Eight Formula
- Qing E Jian Gu Zhuang Yao Wan, Eucommia & Psoralea Formula
- You Gui Wan, Right Returning Formula
- Zhuang Yang Yi Jing Wan, Epimedium & Ginseng Formula
- Zhi Shen Yu Tai Wan, Dang-gui & Epimedium Formula

Note: These formulas are listed alphabetically, but are discussed below in a different order, so that the concepts related to each flow in a more logical sequence.

THE KIDNEY

The major physiological functions of the Kidney include:

- Storage of Essence, thus controlling growth, development and reproduction.
- Production of the bone marrow, which 'fills' the brain and supports the bones.
- Controlling the metabolism of water.
- Receiving and absorbing the Qi from the Lung to assist normal respiration.
- Providing the basis for the Yin and Yang of all the other organs.
- Housing and providing the source for the Fire of the Life Gate (ming men huo).
- Housing the zhi - the capacity for will, determination, concentration and memory.

The main signs and symptoms in Kidney disorders relate to the functions of storing Essence, supporting the bones (particularly the low back), controlling water metabolism, receiving Qi from the Lung, and nourishing the brain.

In addition, because the Kidney Yin and Kidney Yang are the basis of the Yin and Yang of the whole body, disorders of the Kidney often manifest with a general disturbance of Yin-Yang equilibrium.

Key Diagnostic Features of Kidney Deficiency:

- Disorders of sexual function, relating specifically to libido and fertility.
- Delayed development in children.
- Early senility.
- Low back pain.
- Disorders of urination, such as oliguria, fluid retention, polyuria, nocturia and dribbling.
- Respiratory disorders with dyspnea.
- Age-related cognitive decline.

- Severe fatigue and weakness.
- Disorders of body temperature regulation (e.g. flushing, night sweats or cold extremities and intolerance of the cold).

Kidney also has a close relationship with the sense of hearing, the genitals, urethra and anus. Thus, the following less specific signs and symptoms may also be seen in Kidney disorders:

- Tinnitus, hearing loss
- Urinary tract disorders
- Menstrual disorders
- Chronic constipation or diarrhoea

The most basic differentiation of Kidney tonifying formulas is into Yin and Yang: the Yin nourishing formulas treat Kidney Yin deficiency, which is generally characterized by signs of Heat and Dryness, while the Yang tonifying formulas treat Kidney Yang deficiency, which is generally characterized by signs of Cold. Please note the use of the word 'generally'; there are some notable exceptions to these distinguishing clinical features, which are highlighted below.

KIDNEY YIN DEFICIENCY

The distinguishing features of Kidney Yin deficiency:

- Kidney specific signs and symptoms (e.g. low back pain, seminal emissions, overactive libido, dizziness, tinnitus, poor memory)
- Dry mouth
- Night sweating
- Red tongue with little or no coat

KIDNEY YANG DEFICIENCY

The distinguishing features of Kidney Yang deficiency:

- Low back pain with a cold sensation
- Intolerance of the cold (relieved by warm clothing or warming near a source of heat)
- Cold extremities and lower abdomen (on palpation)
- Sexual hypofunction
- Copious and clear urination

In addition, there are some instances where the Kidney Qi is so weak that it is unable to keep the Kidney Yang in its normal location, i.e. the lower Jiao. This leads to the Yang Qi rising to the upper body, causing facial flushing, fever, respiratory symptoms and possibly also hot hands. Clinically, it is very important to distinguish this from the Heat signs and symptoms due to Kidney Yin deficiency. Important distinguishing features are: signs of Cold in the lower body, pale and swollen tongue, absence of cyclic nature of the Heat (Yin deficiency Heat is generally 'tidal', coming on or worsening in the late afternoon and evening).

Kidney Yang tonifying formulas are generally designed in order to address a particular aspect or clinical manifestation that occurs in the context of Kidney Yang deficiency, e.g. cold intolerance or sexual hypofunction.

KIDNEY YIN NOURISHING FORMULAS

LIU WEI DI HUANG WAN, *Rehmannia* Six Formula

- Kidney Yin deficiency with mild deficiency Heat.
- Broad range of disorders, including endocrine, urogenital, age-related.
- Also for children with delayed development due to deficiency of the Kidney Yin and Essence.

MING MU DI HUANG WAN, *Rehmannia* Formula to Brighten the Eyes

- Liver-Kidney Yin deficiency with Liver Blood deficiency and Yang hyperactivity or deficiency Fire.
- For a broad range of eye disorders.
- Also for hypertension.

QI JU DI HUANG WAN, *Lycium*, *Chrysanthemum* & *Rehmannia* Formula

- Kidney Yin deficiency together with Liver Blood and Liver Yin deficiency.
- Possibly also with Liver Yang hyperactivity.
- Broad range of applications.
- Eye disorders, dizziness headaches and hypertension.

ZHI BAI BA WEI WAN, *Anemarrhena*, *Phellodendron* & *Rehmannia* Formula

- Kidney Yin deficiency and pronounced signs of deficiency Heat.
- Flushed face, red cheeks or malar flush; low grade fever, tidal fever or afternoon fever; dry mouth and throat; thirst; night sweating; hot hands and feet
- Broad range of disorders, including endocrine, urogenital, age-related and chronic illnesses.

ZUO GUI WAN, Left Returning Formula

- Kidney Yin and Essence deficiency.
 - Stronger tonic than Liu Wei Di Huang Wan.
 - More severe signs of Kidney Yin deficiency (i.e. low back pain, seminal emissions, dizziness, tinnitus, poor memory, sexual hypofunction or infertility).
 - Mild signs of deficiency Heat (compare with Zhi Bai Ba Wei Wan, above).
 - Broad range of disorders, including endocrine, urogenital, age-related and chronic illnesses.
 - Also for children with delayed development due to deficiency of the Kidney Yin and Essence.
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BA JI YIN YANG WAN, Morinda Combination

- Kidney Yang deficiency and Kidney Essence deficiency.
- Not strongly warming.
- Sexual disorders (sexual hypofunction with premature ejaculation in males; infertility, excessive clear leukorrhoea in females).
- Fluid disorders (polyuria).
- Bone and joint disorders (low back pain, sciatica).

ER XIAN TANG, Epimedium & Curculigo Combination

- Kidney Yang deficiency (or Kidney Qi deficiency) with deficiency Fire/Yang hyperactivity ('upfloating Yang').
- For menopausal women with hot flushes and/or hypertension.

FU GUI BA WEI WAN (a.k.a. JIN GUI SHEN QI WAN), Rehmannia Eight Formula

- Kidney Yang deficiency.
- Warm-tonifying: for intolerance of cold, impotence and general debility.
- Fluid metabolism disorders (severe polyuria/nocturia, possibly also oedema).
- Broad range of disorders, including endocrine, urogenital, age-related and chronic illnesses.

QING E JIAN GU ZHUANG YAO WAN, Eucommia & Psoralea Formula

- Kidney Yang deficiency and Essence deficiency with Liver Blood deficiency.
- Promotes the Kidney's bone supporting functions.
- Loss of bone density, low back pain, sciatica.
- Restores sexual function, i.e. libido and fertility.

YOU GUI WAN, Right Returning Formula

- Kidney Yang deficiency, and Kidney Essence deficiency.
- Stronger tonic than Fu Gui Ba Wei Wan
- Warming.
- No disorders of fluid metabolism (mild to moderate polyuria/nocturia).
- Broad range of disorders, including endocrine, urogenital, age-related and chronic illnesses.

ZHI SHEN YU TAI WAN, Dang-gui & Epimedium Formula

- Kidney Yang-Essence deficiency, with Blood deficiency and Blood stasis.
- Female infertility.

ZHUANG YANG YI JING WAN, Epimedium & Ginseng Formula

- Kidney Yang deficiency and Kidney Essence deficiency.
- For low libido, or impotence.

TONY REID ESSENTIAL FORMULAS PRACTITIONER'S CLINICAL GUIDE
DISTINGUISHING BETWEEN THE LIVER HARMONISING FORMULAS
The Formulas

The following formulas are all used to harmonise the Liver and promote the Liver's 'smoothing' action on the Qi flow throughout the body. However, there are distinct differences in the clinical applications of each one:

- Ban Xia Hou Po Tang (Jia Wei), Pinellia & Magnolia Combination
- Chai Hu Shu Gan Wan, Bupleurum & Cyperus Combination
- Jia Wei Xiao Yao San, Bupleurum & Peony Formula
- Shu Gan Wan, Cyperus & Peony Formula
- Tong Xie Yao Fang (Jia Wei), Peony & Atractylodes Combination
- Xiao Yao San, Bupleurum & Dang-gui Formula

Note: These formulas are listed alphabetically, but are discussed below in a different order, so that the concepts related to each flow in a more logical sequence.

THE LIVER

The main functions of the Liver include:

- Stores the Blood and regulates the volume of circulating Blood.
- Maintains the normal smooth flow of the Qi.
- Governs the tendons and ligaments and manifests in the nails.
- Stores the ethereal soul (hun), allowing a sense of humaneness, kindness and benevolence.

As the Liver plays an important role in storing the Blood, pathologies that affect the Blood may impact on the Liver, e.g. loss of blood and chronic disease, which consume the Yin and the Blood. The signs and symptoms of Liver disorders are related to this organ's primary functions: storing the Blood, maintaining the normal smooth and even flow of the Qi (specifically relating to the emotional state, digestion and the secretion of bile), 'governing' the tendons and ligaments and manifesting in the nails. In addition the eyes are its signalling sense organ and it stores the ethereal soul (hun). Thus, the common distinguishing signs in Liver disorders include:

- Emotional and psychological manifestations such as irritability, anger, sense of frustration, emotional volatility, depressed mood, loss of self-esteem, restlessness and vivid disturbing dreams.
- Sense of discomfort and distension in the hypochondrium.
- Menstrual disorders and disorders that are related to the menstrual cycle.

It should be noted that many of the signs and symptoms in Liver syndromes relate to the passage of the Liver and Gallbladder Channels, specifically in the areas of the hypochondrium, chest and breasts, the external genitals, the nasopharynx, the eyes, the ears as well as the temporal region and vertex of the head. Thus the following may be seen in Liver or Liver and Gallbladder disorders:

- Sense tightness or oppressive sensation in the chest, the need to make an effort to take a deep breath, sighing.
- Sensation of distension and pain in the hypochondrium.

- Itching or inflammation of the external genitals.
- Sinusitis, inflammatory disorders of the anterior nares.
- Disorders of the eyes and vision (e.g. inflammation of the conjunctive, loss of visual acuity).
- Middle ear infections, inflammatory disorders of the external auditory canal.
- Headaches - temporal or vertical.

When considering the various manifestations of Liver disorders it is helpful to remember that the Liver belongs to the Wood phase. It is the young or immature Yang. In contrast to the Earth phase of the Spleen & Stomach, it requires the counter-balancing action of all of the other Zang organs: promoted by the Kidney (Water); controlled by the Lung (Metal); and nourished with Blood by the Spleen and Heart. In addition, because of the specific nature of the Liver's Qi regulating functions, it has a restricting as well as a promoting relationship with each of the other Zang-fu organs. Thus, it is easy to see that Liver disorders rarely occur in isolation. The various Liver functions may be divided into Yin and Yang: broadly speaking, those that relate to the Qi are Yang and those that relate to the Blood and Body Fluids are Yin. Thus the Liver's control over the smooth and even flow of the Qi is the main Yang function; and, in addition, there is the warming, driving and toning action of the Qi, as it relates to the Liver Channel. The Liver Yin consists of storing the Blood, as well as receiving and storing the Essence that it receives both from the Kidney as well as the Spleen.

The Liver's function of maintaining the normal smooth flow of the Qi (Yang) depends on it having an adequate supply of Blood and Essence (Yin) in order to counterbalance and 'temper' the dynamic nature of the Qi, i.e. to prevent it from becoming harsh, overly tense, overly active and unrestrained. When this harmonious balance is lost, the disorder of Liver constraint (also referred to as Liver Qi stagnation or Liver Qi constraint) arises. Looked at in this way, Liver constraint may manifest as an excess of Qi or a deficiency of Blood, or a combination of the two.

Liver constraint has a tendency to develop various additional pathologies and should therefore be regarded as a group of disorders, rather than a single isolated syndrome. Because of the dynamic balance between the Liver Qi and the Liver Blood, a disorder of the one tends to cause a disorder of the other. Thus, there will always be some degree of Blood deficiency. It should also be remembered that an excess of Qi readily develops into Fire, which further depletes the Blood, as well as the Qi. In addition, Qi stagnation leads to Blood stasis, particularly when there is concomitant Blood deficiency. Furthermore, when the Liver Qi is excessive - and thus overly active - it tends to invade the Spleen and/or Stomach to cause various disorders of the middle Jiao. Finally, as the fluid pathways depend on the Liver Qi, Phlegm may readily arise, due to impaired metabolism and distribution of the fluids. The major classical formulas dealing with Liver constraint each target a particular aspect of this group of disorders. Therefore, considerable care should be taken in the clinic to determine what particular manifestation of Liver constraint a patient is exhibiting. Thus, most of the core signs and symptoms of Liver constraint will be present, along with specific distinguishing features.

Key Diagnostic Features of Liver Constraint:

- History of emotional strain, depressed mood, irritability, feeling 'stressed out' or 'wound up'.
- Discomfort with a sense of tightness in the hypochondrium and/or chest, often with a sense of difficulty in taking a deep breath.
- Menstruation disorders, e.g. PMT, breast distension, bloating, irregular cycle.
- Aggravation of symptoms by emotional strain.
- Wiry pulse.

THE LIVER HARMONISING FORMULAS**BAN XIA HOU PO TANG (Jia Wei), Pinellia & Magnolia Combination**

- Qi stagnation due to Qi-Phlegm complex.
- Qi counterflow: reflux, chronic gastritis.
- 'Plum-pit' Qi: laryngitis, pharyngitis, hysteria (with globus hystericus), oesophageal spasm.
- Usually need to combine with another specific Liver harmonising formula to restore normal Qi flow, resolve Phlegm or harmonise the middle Jiao.

CHAI HU SHU GAN WAN, Bupleurum & Cyperus Combination

- Liver constraint with Qi stagnation leading to Blood stasis.
- Physical discomfort or pain.
- Gynecological disorders.
- Psychological disorders.
- Disorders of the liver, gallbladder, stomach, and various types of neuralgia.
- Wiry pulse (not weak).

JIA WEI XIAO YAO SAN, Bupleurum & Peony Formula

- Liver constraint, deficiency syndrome with stagnant Heat (or Fire).
- Similar to Xiao Yao San above.
- Signs of Heat or Fire: irritability, headache, dry mouth, sleep disturbance, red eyes, sensations of heat, dysuria, rapid pulse.

SHU GAN WAN, Cyperus & Peony Formula

- Liver Qi invasion of the Stomach.
- GIT disorders: bloating and pain in the epigastrium, belching, acidic reflux, nausea or vomiting.
- Symptoms worsened or brought on by stress and emotional strain.
- Also for chronic liver diseases.

TONG XIE YAO FANG (Jia Wei), Peony & Atractylodes Combination

- Liver Qi invasion of the Spleen.
- Diarrhoea and spasmodic abdominal pain.
- Symptoms are brought on or aggravated by emotional strain.

- Liver constraint, deficiency syndrome (Liver Blood deficiency, Spleen Qi deficiency).
- Stress related disorders, mood disorders.
- Gynecological disorders (menstrual, breasts)
- Fatigue, overwhelmed.
- Poor appetite.
- Weak and wiry pulse.

DISTINGUISHING BETWEEN THE BLOOD ACTIVATING, STASIS RESOLVING FORMULAS

The Formulas

The following formulas are all used to activate the Blood and resolve stasis. There are several other formulas that are not included in the following discussion because while they may activate the Blood and resolve stasis, this is not their primary action (e.g. see Chai Hu Shu Gan Wan in Appendix III above). In addition, two of these formulas (Nei Xiao Luo Li Wan and Si Miao Yong An Wan) are not generally classified in this category. However, the key to their clinical efficacy is in large part due to their Blood activating, stasis resolving actions.

- Bu Yang Huan Wu Wan, Astragalus & Lumbricus Formula
- Gui Zhi Fu Ling Wan, Cinnamon & Hoelen Combination
- Huo Luo Xiao Ling Dan, Salvia & Boswellia Formula
- Nei Xiao Luo Li Wan, Prunella & Scrophularia Formula
- Si Miao Yong An Wan, Lonicera & Scrophularia Formula
- Tao Hong Si Wu Wan, Persica, Carthamus & Dang-gui Combination
- Xue Fu Zhu Yu Tang, Persica & Cnidium Combination

Note: These formulas are listed alphabetically, but are discussed below in a different order, so that the concepts related to each flow in a more logical sequence.

BLOOD MOVEMENT AND BLOOD STASIS

The Blood circulates throughout the body to provide nutrients and promote the functional activities of the various tissues and organs. It provides the material basis for the growth and ongoing maintenance of the body structure. It also has a moistening function that keeps the tissues from drying out due to the body's natural heat and activity. The Blood is also the material base for the psyche, and supports consciousness, sensory acuity, and motor skills. The normal movement of the Blood within the vessels is controlled by the combined actions of the Heart Qi, the Lung Qi, the Liver Qi, the Spleen Qi and the Kidney Yang. Thus, pathologies that involve these Zang organs may adversely affect the movement of the Blood.

When the Blood is impeded in its normal flow throughout the body it can become pathogenic, giving rise to Blood stasis. The term Blood stasis covers several related pathological phenomena: the sluggish or impeded flow of Blood in the body; the stagnation of Blood flow in a localized part; or the extravasation of Blood (i.e. the movement of Blood outside of the vessels) which remains within the

body and is not dispelled, further affecting the circulation. It is most commonly caused by stagnation of the Qi. However, it may also be caused by Qi deficiency, Blood deficiency, Heat, Cold, hemorrhage or trauma. In addition, swellings of various types, such as those due to localised Heat Toxin (e.g. furuncles, carbuncles and abscesses), and Phlegm-Fire nodules (e.g. thyroid nodules, swollen lymph nodes, mammary dysplasia) also involve some degree of Blood stasis.

From the above brief outline it is apparent that Blood stasis is generally associated with other pathologies involving one or more of: the Zang organs, the Qi, the Blood and various pathogenic factors. Thus, formulas that address Blood stasis generally also contain herbs that are aimed at resolving one or more of these causative factors. This is one of the key differences between the formulas discussed below.

Key Diagnostic Features of Blood Stasis:

- Pain that is fixed in location and boring or stabbing in character
- Fixed abdominal mass (or masses)
- Dark complexion.
- If there is bleeding (e.g. from the uterus) the blood is dark and contains dark clots
- Green-blue (cyan) or purple discolorations on the skin
- Cyan or purple discoloration of the lips
- Dry, rough and thickened areas on the skin
- Dark or purple tongue or tongue with dark or purple spots
- Distended sublingual veins
- Pulse may be choppy, thready, irregular or intermittent.

THE BLOOD ACTIVATING, STASIS RESOLVING FORMULAS

BU YANG HUAN WU WAN, Astragalus & Lumbricus Formula

- Blood stasis with obstruction of the Channels and Collaterals.
- Mainly for sequelae of cerebrovascular accident.
- Also for disorders with muscle wasting (e.g. muscular dystrophy, chronic arthritis with muscle wasting).
- Also used in combination for venous thrombosis and thrombophlebitis.

GUI ZHI FU LING WAN, Cinnamon & Hoelen Combination

- Blood stasis with abdominal mass.
- Main action of formula is on the lower Jiao.
- For gynecological disorders, including uterine fibroids, endometriosis, chronic pelvic inflammatory disease, ovarian cysts.
- Also for post partum disorders, e.g. lochioschesis, retention of dead fetus.

- Blood stasis with obstruction to the collaterals.
- For pain, swelling, discoloration (e.g. dark skin lesions).
- For a variety of conditions with pain (e.g. trauma, arthritis, angina, endometriosis).
- Also for organ enlargement (hepatomegaly, hepatic cirrhosis, splenomegaly).
- Also for dark or purple skin lesions (e.g. chronic skin diseases, acute inflammatory/ suppurative lesions).

NEI XIAO LUO LI WAN, Prunella & Scrophularia Formula

- Blood stasis with Phlegm-Heat or either pathogen alone.
- For dissipating nodules, masses and swellings (e.g. lymphadenitis, mammary dysplasia, goitre, early stage carbuncle or furuncle, uterine fibroids, lipomas).
- Generally used in combination with a 'targeting' formula.

SI MIAO YONG AN WAN, Lonicera & Scrophularia Formula

- Blood stasis with localised Heat Toxin.
- Acute skin infections.
- Venous disorders in the lower body.
- Allergic skin disorders.
- Arthritis with Heat and Blood stasis.
- Urinary tract infections.

TAO HONG SI WU WAN, Persica, Carthamus & Dang-gui Combination

- Blood stasis associated with Blood deficiency.
- Chronic conditions.
- Commonly used for gynecological disorders.
- Also for disorders with retained pathogens that have injured the Blood, leading to stasis, e.g. Bi syndromes (arthritis, sciatica) - usually used in combination with specific treatment for the pathogens.

XUE FU ZHU YU TANG, Persica & Cnidium Combination

- General treatment for Blood stasis.
- Acts on the upper Jiao, middle Jiao and lower Jiao.
- Contains herbs that regulate the Qi and promote Liver function.
- For long term Blood stasis.
- Useful for a variety of conditions when used alone or in combination: including heart disease, menstrual disorders, headaches, psychological disorders.

The following formula details are presented as one example of the information available on some 85 other formulas in this book.

LIU WEI DI HUANG WAN

Rehmannia Six Formula

TCM ACTIONS

Nourishes the Kidney (and Liver) Yin, enriches the Kidney Essence, reduces deficiency Fire.

TCM SYNDROMES

Kidney (and Liver) Yin deficiency.

BIOMEDICAL ACTIONS

Tonic adaptogenic, anti-inflammatory, renal tonic, diuretic, cardiac tonic, normalises hypothalamic-pituitary-adrenal axis.

INDICATIONS

Debility due to chronic illness, hypertension, diabetes mellitus, chronic nephritis, hyperthyroidism, peri-menopausal syndrome, vaginal dryness, chronic recurrent cystitis, childhood mal-developmeby way of example; & SYMPTOMS (key clinical features in bold)

Pain and weakness of the lower back and possibly also knees

Dry mouth

Night sweats

Tinnitus or loss of hearing

Dizziness Sensation of heat in the palms and soles

Overactive libido

Nocturnal seminal emission (M) or frequent sexual dreams (F)

Red tongue with scant coat

Thready and rapid pulse that may also be deep

INGREDIENTS (Each pill contains extract equivalent to dry:)

Rehmannia glutinosa, root (shu di huang)	97.8 mg
Dioscorea opposita, root (huai shan yao)	65.2 mg
Poria cocos, fruit. body (fu ling)	65.2 mg
Cornus officinalis, fruit (shan zhu yu)	48.9mg
Paeonia suffruticosa, stem bark (mu dan pi)	48.9mg
Alisma plantago aquatica, rhiz. (ze xie)	

ACTIONS OF THE MAIN HERBS

Rehmannia root (prepared) is used orally in formulas as a tonic with a specific action on the blood, the urogenital system and the heart. It has been shown to have the following actions: antihypertensive,

anti-inflammatory, anti-cholesterolemic, cardiotonic, adrenal tonic, hepatoprotective, hypotensive, anti-ageing, cerebral blood flow stimulant.

Paeonia bark is used in formulas as an antipyretic, anti-inflammatory and to promote blood flow. It has been shown to have anti-inflammatory, antibacterial, sedative, analgesic, antispasmodic and antipyretic actions.

DOSAGE & COURSE OF TREATMENT

8 pills, 3 times daily (or 12 pills, 2 times daily), half to one hour away from food.

In severe cases and in the early stages of treatment (first 2 - 4 weeks) the dosage may be increased by 50%.

Course of treatment: 3 - 6 months. May be used for longer periods in older patients.

Safe for long term use.

CAUTIONS & CONTRA-INDICATIONS

Discontinue during an episode of common cold or influenza.

COMBINATIONS

With poor digestion: + Xiang Sha Liu Jun Zi Wan (Saussurea & Cardamon Formula)

With Qi deficiency: + Shen Qi Da Bu Wan (Codonopsis & Astragalus Combination)

Temporary gastrointestinal side effects (loose stools, bloating and loss of appetite): + Bao He Wan (Citrus & Crataegus Formula)

COMMENTS

This is a variant of Fu Gui Ba Wei Wan - a.k.a. Jin Gui Shen Qi Wan - (Rehmannia Eight Formula) from the 'Synopsis of Prescriptions of the Golden Cabinet' (Jin gui yao lue fang lun) by Zhang Zhong-jing (circa 150-219CE). It was devised by the great paediatrician Quan Yi and first recorded in his three volume work, 'Key to Therapeutics of Children's Diseases' (xiao er yao zheng zhi jue), 1119. By leaving out the two Interior Warming herbs (Aconite - fu zi, and Cinnamon - rou gui) the new formula was designed to treat children with deficiency of the innate Kidney-Essence, who manifested the classic signs of delayed development, referred to as the 'five delays': standing, walking, tooth development and speech; as well as delayed fontanel closure, and low vitality.

Its use has since been expanded considerably, as evidenced by the broad range of its indications. The formula is highly regarded by herbal doctors in China, where one may frequently observe the routine use of its ingredients in the treatment of patients with Kidney Yin deficiency.

In adults Kidney Yin deficiency may arise due to the after-effects of a febrile illness (which depletes the Body Fluids and thus also the Kidney Yin); excessive sexual activity (which depletes the Kidney essence and thus also the Kidney Yin); having many children with too short an interval between births (depletion of the Blood and Kidney essence); repeated miscarriages or abortions, especially if they occurred close together; prolonged periods of excessive work or physical activity together with insufficient rest or sleep; overuse of Yang tonifying herbs; overuse of alcohol or other 'recreational' drugs (including coffee); prolonged emotional stimulation (via Liver or Heart Fire, which depletes the Body Fluids and Yin); the effects of ageing; as well as hereditary lack of innate Kidney essence.

Paradoxically, deficiency of the Kidney Yin does not immediately lead to deficiency of the Kidney Yang, even though the Yang depends on the Yin as its substrate. Instead, there is a tendency for the Yang to become hyperactive because of a lack of the restraining, or counter-balancing, effect of the Kidney Yin. This leads to signs of Heat, such as night sweating, hot sensations, a red tongue and a rapid pulse.

The synergistic actions of the herbs are as follows:

- Rehmannia root (shu di huang), Dioscorea root (huai shan yao), Cornus fruit (shan zhu yu): enrich the Kidney Essence and nourish the Kidney Yin.
- Poria cocos (fu ring), Alisma plantago rhizome (ze xie): drain Damp and induce diuresis.
- Paeonia stem bark (mu dan pi), Alisma rhizome (ze xie): reduce deficiency Heat (or Fire).
- Dioscorea root (huai shan yao), Poria cocos (fu ling): tonify the Spleen Qi.
- Cornus fruit (shan zhu yu), Dioscorea root (huai shan yao): Astringe the Kidney Essence (to allow it to build up without loss).