

# Zang Fu 2 Class: Combined Organ Patterns

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## COMBINED PATTERNS

These involve more than one organ. Those involving paired organs, such as spleen and stomach, were discussed in Zang Fu 1 Class.

<b>Liver qi invading the spleen</b> 肝氣犯脾	
<b>Both</b>	Alternating constipation and diarrhea, sometimes dry stool sometimes loose stool
<b>Liver qi depression</b>	Irritable, rib-side distention and pain, sighing
<b>Spleen qi vacuity</b>	Abdominal distention and pain, flatulence, fatigue
<b>Tongue</b>	Normal or slightly red on the sides
<b>Pulse</b>	Bowstring (wiry) weak
<b>Mechanisms</b>	If spleen is weak or liver is too strong, the liver can invade horizontally.
<b>Treatment Principle</b>	Course the liver and supplement the spleen.
<b>Acu-Moxa Treatment</b>	Zhang Men (LV 13), Qi Men (LV 14), Tai Chong (LV 3), Yang Ling Quan (GB 34), Qi Hai (Ren 6), Tian Shu (ST 25), Da Heng (SP 15), Zhong Wan (Ren 12), Zhi Gou (SJ 6), Zu San Li (ST 36), San Yin Jiao (SP 6), Nei Guan (PC 6). Drain points for the liver, supplement points for the spleen.
<b>Formula</b>	1. 逍遙散 xiao yao san

<b>Liver qi invading the stomach</b> 肝氣犯胃	
<b>Liver qi depression</b>	Irritability, rib-side distention and pain, sighing
<b>Counterflow stomach qi</b>	Epigastric oppression, acid reflux, hiccups, belching, nausea, vomiting
<b>Tongue</b>	Normal or slightly red on the sides
<b>Pulse</b>	Bowstring (wiry) weak
<b>Mechanisms</b>	Stomach qi should descend, but if the liver invades horizontally, it cannot pass through, so it returns back upward.
<b>Treatment Principle</b>	Course the liver, descend stomach qi.
<b>Acu-Moxa Treatment</b>	Qi Men (LV 14), Yang Ling Quan (GB 34), Shang Wan (Ren 13), Xia Wan (Ren 10), Liang Men (ST 21), Bu Rong (ST 19), Zu San Li (ST 36), Liang Qiu (ST 34), Wei Shu (UB 21). Drain all except possibly Zu San Li (ST 36).
<b>Formula</b>	2. 四磨湯 si mo tang

<b>Liver fire invading the lungs</b> 肝火犯肺	
<b>Both</b>	Red face, thirst, scant dark urine, bound stool
<b>Liver fire</b>	Rib-side fullness and distention, headache, dizzy, bitter taste, bloodshot eyes
<b>Lungs</b>	Chest fullness and distention, breathlessness, asthma, cough and cannot catch breath, yellow or blood tinged sputum,
<b>Tongue</b>	Red body, dry yellow coat
<b>Pulse</b>	Bowstring (wiry)
<b>Mechanisms</b>	Liver fire melts metal. Fire rises and the liver is below the lungs, so it is easily affected.
<b>Treatment Principle</b>	Clear the liver, drain fire, descend lung qi, clear heat and moisten the lungs.
<b>Acu-Moxa Treatment</b>	Drain Xing Jian (LV 2), Tai Chong (LV 3), Qi Men (LV 14), Dan Zhong (Ren 17), Tian Tu (Ren 22), Nei Guan (PC 6), Lie Que (LU 7), Qu Chi (LI 11). No moxa.
<b>Formula</b>	3. 龍膽瀉肝湯 long dan xie gan tang plus 蘇子 su zi, 桑白皮 sang bai pi, and 竹茹 zhu ru

<b>Liver-kidney yin vacuity</b> 肝腎陰虛	<b>Also known as:</b> Liver and kidney yin deficiency
<b>Kidney yin vacuity</b>	Dizzy, tinnitus, deafness, low back ache, dull headache, dry throat, dry hair and skin, night sweats, dry stools, nocturnal emissions, infertility
<b>Liver yin vacuity</b>	Insomnia, numb tingling limbs, dry eyes, blurred vision, brittle nails, dry vagina, scant periods or amenorrhea
<b>Tongue</b>	Red dry body, little or no coating
<b>Pulse</b>	Rapid fine
<b>Mechanisms</b>	There may be more or less heat.
<b>Treatment Principle</b>	Nourish liver and kidney yin.
<b>Acu-Moxa Treatment</b>	Supplement Tai Xi (KI 3), Zhao Hai (KI 6), Qu Quan (LV 8), Guan Yuan (Ren 4), Shen Shu (UB 23), Qi Xue (KI 13), San Yin Jiao (SP 6).
<b>Formula</b>	4. 左歸丸 zuo gui wan

<b>Non-interaction of heart and kidneys</b> 心腎不交	<b>Also known as:</b> kidneys and heart not harmonized
<b>Kidney yin vacuity</b>	Sore weak low back and knees, dizzy, tinnitus or deafness, nocturnal emission with dreams, emaciation, five heart heat, tidal fever or low fever, night sweats, red cheeks, thirst, dry throat at night, scant dark urine, bound stool
<b>Heart fire</b>	Palpitations, difficulty sleeping, dream-disturbed sleep, poor memory, anxiety, vexation, erosion and scorching pain of the lips and tongue
<b>Tongue</b>	Red body, yellow coat or no coat
<b>Pulse</b>	Bowstring (wiry) rapid or fine rapid
<b>Mechanisms</b>	This heart fire may be due to heart yin vacuity, so there may be a need to nourish heart yin as well, not just drain heart fire. Fire (heart) flares up, water (kidneys) is insufficient to cool and descend it.
<b>Treatment Principle</b>	Enrich yin, downbear fire, promote interaction of heart and kidneys.
<b>Acu-Moxa Treatment</b>	Supplement Tai Xi (KI 3), Zhao Hai (KI 6), Yin Gu (KI 10), Zhu Bin (KI 9), Guan Yuan (Ren 4), San Yin Jiao (SP 6). Drain Xin Shu (UB 15), Shen Men (HT 7), Yin Xi (HT 6), Tong Li (HT 5). Even technique on yin tang (non-channel), Jiu Wei (Ren 15), Shen Ting (Du 24).
<b>Formula</b>	5. 天王補心丹 tian wang bu xin dan

<b>Lung-kidney yin vacuity</b> 肺腎陰虛	<b>Also known as:</b> Lung and kidney yin deficiency
<b>Both</b>	Red cheeks, tidal fever, night sweats, five heart heat, dry mouth and throat, thin body, bound stool
<b>Lung yin vacuity</b>	Hoarse voice, dry cough worse in the evening (without phlegm, with little phlegm, or with blood streaked phlegm), breathlessness
<b>Kidney yin vacuity</b>	Sore weak low back and knees, dizziness, tinnitus or deafness, scant urine
<b>Tongue</b>	Red dry tongue, little or no coat
<b>Pulse</b>	Fine rapid
<b>Mechanisms</b>	There may be more or less heat.
<b>Treatment Principle</b>	Enrich and supplement the lungs and kidneys.
<b>Acu-Moxa Treatment</b>	Supplement Tai Xi (KI 3), Zhao Hai (KI 6), Lie Que (LU 7) with Zhao Hai (KI 6), Guan Yuan (Ren 4), Qi Xue (KI 13), Tai Yuan (LU 9), Zhong Fu (LU 1), San Yin Jiao (SP 6), Gao Huang (UB 43). No moxa except for Gao Huang (UB 43).
<b>Formula</b>	6. 八仙長壽丸 ba xian chang shou wan

<b>Liver-heart blood vacuity</b> 肝心血虛	
<b>Both</b>	Dizzy, dull pale face, pale lips, muscular weakness, dry hair and skin
<b>Liver blood vacuity</b>	Easily startled, blurred vision, diminished night vision, numb tingling limbs, scant periods or amenorrhea, cramps, withered brittle nails
<b>Heart blood vacuity</b>	Palpitations, insomnia, dream-disturbed sleep, poor memory, anxiety, depression
<b>Tongue</b>	Pale thin body
<b>Pulse</b>	Rough or fine
<b>Mechanisms</b>	See liver blood vacuity and heart blood vacuity.
<b>Treatment Principle</b>	Nourish blood, supplement the heart and liver, calm the spirit, settle the ethereal soul.
<b>Acu-Moxa Treatment</b>	Supplement Shen Men (HT 7), Nei Guan (PC 6), Ju Que (Ren 14), Guan Yuan (Ren 4), Jiu Wei (Ren 15), Ge Shu (UB 17), Gan Shu (UB 18), Pi Shu (UB 20), Qu Quan (LV 8), San Yin Jiao (SP 6), Zu San Li (ST 36). Moxa is appropriate.
<b>Formula</b>	7. 歸脾湯 gui pi tang

<b>Spleen-liver blood vacuity</b> 脾肝血虛	
<b>Both</b>	Fatigue, pale complexion, thin body, dizziness, pale lips, dry hair and skin, slight depression
<b>Spleen qi vacuity</b>	Poor appetite, slight distention after eating, weak limbs, loose stool, muscular weakness
<b>Liver blood vacuity</b>	Scant periods or amenorrhea, insomnia, numb limbs, blurred vision, diminished night vision, cramps, brittle withered nails
<b>Tongue</b>	Pale dry body
<b>Pulse</b>	Rough or fine
<b>Mechanisms</b>	Due to diet, blood loss, taxation.
<b>Treatment Principle</b>	Supplement spleen qi, nourish liver blood.
<b>Acu-Moxa Treatment</b>	Supplement Qu Quan (LV 8), San Yin Jiao (SP 6), Guan Yuan (Ren 4), Gan Shu (UB 18), Shen Shu (UB 23), Zhong Wan (Ren 12), Zu San Li (ST 36), Tai Bai (SP 3), Pi Shu (UB 20), Wei Shu (UB 21), Ge Shu (UB 17) (direct moxa). Moxa is appropriate.
<b>Formula</b>	7. 歸脾湯 gui pi tang

<b>Dual vacuity of heart and spleen</b> 心脾俱虛	<b>Also known as:</b> Spleen and heart blood vacuity
<b>Both</b>	Pale lusterless or withered yellow face, fatigue, pale lips and nails, dizziness, scant periods
<b>Heart blood vacuity</b>	Palpitations, vexation, difficulty sleeping, dream-disturbed sleep, poor memory, anxiety, easily startled
<b>Spleen qi vacuity</b>	Short breath, dislikes speaking, lack of strength, poor appetite, abdominal distention, loose stool
<b>Tongue</b>	Pale thin body
<b>Pulse</b>	Rough or fine
<b>Mechanisms</b>	Due to diet, emotions, taxation, blood loss.
<b>Treatment Principle</b>	Supplement and boost the heart (blood) and spleen (qi).
<b>Acu-Moxa Treatment</b>	Supplement Shen Men (HT 7), Nei Guan (PC 6), Ju Que (Ren 14), Jiu Wei (Ren 15), Guan Yuan (Ren 4), Ge Shu (UB 17) (moxa), Pi Shu (UB 20), Zhong Wan (Ren 12), Zu San Li (ST 36), San Yin Jiao (SP 6). Moxa is appropriate.
<b>Formula</b>	7. 歸脾湯 gui pi tang

<b>Heart-lung qi vacuity</b> 心肺氣虛	<b>Also known as:</b> Heart and lung qi deficiency
<b>Both</b>	Pale bright face, dislikes speaking, lack of strength, tired
<b>Heart qi vacuity</b>	Palpitations, easily frightened, difficulty sleeping, forgetfulness, spirit fatigue
<b>Lung qi vacuity</b>	Spontaneous sweating, weak voice, rapid breathing, slight breathlessness, forceless cough or panting, copious thin white phlegm, dislikes speaking, easily catches colds
<b>Tongue</b>	Pale body, thin white coat
<b>Pulse</b>	Fine weak
<b>Mechanisms</b>	Due to emotions, taxation. Can lead to heart blood vacuity or stagnation of qi in the chest.
<b>Treatment Principle</b>	Supplement and boost the qi of the heart and lungs.
<b>Acu-Moxa Treatment</b>	Supplement Tai Yuan (LU 9), Lie Que (LU 7), Qi Hai (Ren 6), Fei Shu (UB 13), Shen Zhu (Du 12), Zu San Li (ST 36), Zhong Wan (Ren 12), Tong Li (HT 5), Nei Guan (PC 6), Xin Shu (UB 15), Dan Zhong (Ren 17). Moxa is appropriate.
<b>Formula</b>	8. 四君子湯 si jun zi tang plus 黃耆 huang qi

<b>Lung-spleen qi vacuity</b> 肺脾氣虛	<b>Also known as:</b> Lung and spleen qi deficiency
<b>Both</b>	Short breath, dislikes speaking, fatigue, lack of strength, frequent spontaneous sweating, pale face
<b>Lung qi vacuity</b>	Weak voice, hasty breathing, slight short breath, forceless cough or panting, copious thin white phlegm, spontaneous sweating, easily catches colds
<b>Spleen qi vacuity</b>	Poor appetite, abdominal distention after eating, sloppy stool, tends toward obesity
<b>Tongue</b>	Pale body, thin white coat
<b>Pulse</b>	Weak
<b>Mechanisms</b>	Due to diet, lifestyle. Can lead to damp or phlegm.
<b>Treatment Principle</b>	Supplement and boost the lungs and spleen.
<b>Acu-Moxa Treatment</b>	Supplement Tai Yuan (LU 9), Lie Que (LU 7), Qi Hai (Ren 6), Fei Shu (UB 13), Shen Zhu (Du 12), Zu San Li (ST 36), Zhong Wan (Ren 12), Tai Bai (SP 3), San Yin Jiao (SP 6), Pi Shu (UB 20), Wei Shu (UB 21).
<b>Formula</b>	8. 六君子湯 liu jun zi tang

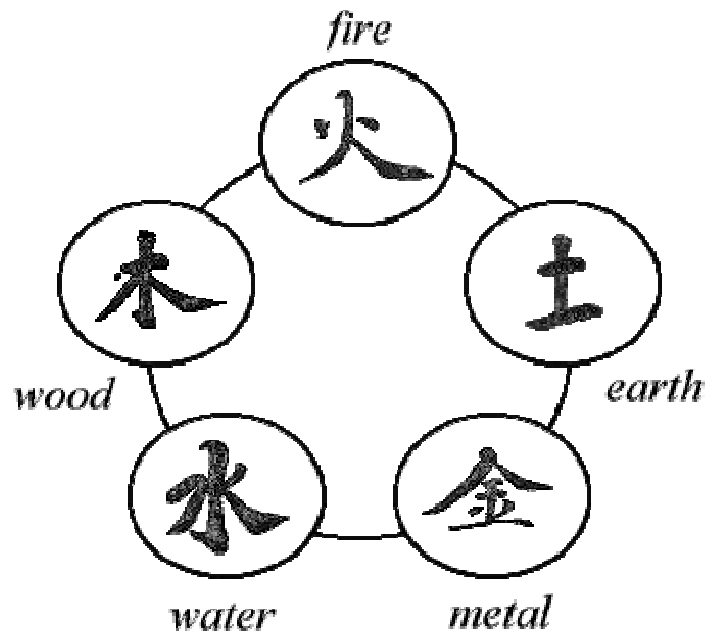
<b>Heart-kidney yang vacuity</b> 心腎陽虛	<b>Also known as:</b> Heart and kidney yang deficiency
<b>Both</b>	Lack of strength, prefers lying down, likes to sleep, feels cold, cold limbs, sloppy stool
<b>Heart yang vacuity</b>	Palpitations, easily frightened, fatigued spirit
<b>Kidney yang vacuity</b>	Sore low back, weak knees, dizziness, tinnitus, clear urine
<b>Tongue</b>	Pale fat body, moist white coat
<b>Pulse</b>	Deep fine slow weak
<b>Mechanisms</b>	See heart yang vacuity and kidney yang vacuity sections.
<b>Treatment Principle</b>	Warm and supplement heart and kidney yang.
<b>Acu-Moxa Treatment</b>	Supplement Tong Li (HT 5), Nei Guan (PC 6), Xin Shu (UB 15), Ming Men (Du 4), Shen Shu (UB 23), Zhi Shi (UB 52), Dan Zhong (Ren 17), Guan Yuan (Ren 4), Qi Hai (Ren 6), Da Zhui (Du 14), Tai Xi (KI 3), Fu Liu (KI 7). Moxa is necessary.
<b>Formula</b>	9. 真武湯 zhen wu tang

<b>Spleen-kidney yang vacuity</b> 脾腎陽虛	<b>Also known as:</b> Spleen and kidney yang deficiency
<b>Both</b>	Bright pale face, feels cold, cold limbs, no thirst, tired, desire to lie down
<b>Spleen yang vacuity</b>	Bland taste, poor appetite, distention after eating, loose stool, chronic diarrhea
<b>Kidney yang vacuity</b>	Dizziness, tinnitus, cold pain and weakness of the low back and knees, fifth watch diarrhea, impotence, decreased sexual desire, abundant clear urine, nocturia, edema in the legs
<b>Tongue</b>	Pale body, white moist coat
<b>Pulse</b>	Deep fine slow weak
<b>Mechanisms</b>	Can have yang vacuity water swelling – edema, puffy face and limbs.
<b>Treatment Principle</b>	Warm and supplement the spleen and kidneys.
<b>Acu-Moxa Treatment</b>	Supplement Shen Shu (UB 23), Ming Men (Du 4), Guan Yuan (Ren 4), Qi Hai (Ren 6), Tai Xi (KI 3), Fu Liu (KI 7), Zhi Shi (UB 52), Zhong Wan (Ren 12), Shui Fen (Ren 9), Zu San Li (ST 36), Tai Bai (SP 3), Pi Shu (UB 20), Wei Shu (UB 21), Shang Ju Xu (ST 37), Tian Shu (ST 25), Da Chang Shu (UB 25). Moxa is necessary.
<b>Formula</b>	10. 附子理中丸 fu zi li zhong wan



## Appendix: Five-Element Relationships of the Organs

Deng, p334-6



生 Engendering: The mother feeds the son. Wood feeds fire.

泄 Draining: The son drains the mother. Wood drains water.

剋 Restraining: The grandmother righteously disciplines the grandchild. Wood restrains earth.

乘 Overwhelming: The grandmother excessively disciplines the grandchild. Wood overwhelms earth.

侮 Rebellion: The grandchild rebels against the discipline of the grandmother. Wood rebels against metal.

Diseases or patterns can be transferred from one organ to another in this way.

To treat a disease in one organ, we can often treat the mother or grandmother or son instead of treating it directly.

To treat a disease affecting two organs, we can often harmonize it using five-element theory.

<b>Liver</b>	
Liver wood overwhelming the spleen	rib-side, epigastric, and/or abdominal pain, vomiting, diarrhea, etc.
Wood (liver) fire tormenting metal	coughing blood, spitting blood, chest pain, easily angered, tidal fever, etc.
Wood exuberance and scorching fire	bleeding, easily angered, severe headache, etc. Mania in severe cases.
Liver vacuity affecting the kidneys	dizziness, dry eyes, sore weak low back and knees, dry or sore throat, night sweating, dream emissions or irregular menses, etc.

<b>Heart</b>	
Effulgent fire scorching metal	vexation, sores on mouth or tongue, cough, bloody sputum, etc.
Blood not nourishing the liver	palpitations, insomnia, dim vision, dizziness, headache, numb limbs, pulling pain of the sinews, etc.
Fire not engendering earth	fear of cold, cold limbs, palpitations, flustered, qi timidity, low voice, diminished appetite, fatigue, sloppy stools, puffy swelling, scant urine, etc.
Heart and kidneys not communicating	insomnia, night sweating, seminal emission, night time urination, etc.

<b>Spleen</b>	
Spleen-lung vacuity	qi timidity, low voice, shortness of breath from activity, sighing, heavy limbs, fatigue, poor appetite, possibly enduring forceless cough or wheezing, copious thin white sputum, etc.
Congestion of earth with constraint of wood	Abdominal or rib-side distention, poor appetite, dizziness, easily angered, epigastric fullness, etc.
Spleen vacuity with liver overwhelming	poor appetite, abdominal and epigastric pain, belching sour fluids, easily angered, nightmares, irregular menses, etc.
Dual vacuity of heart and spleen	fatigued spirit, lassitude, dizziness, palpitations, insomnia, forgetfulness, weak limbs, poor appetite, sloppy stools, etc.
Spleen vacuity unable to restrain water	water swelling, fear of cold, cold limbs, cold pain of the low back and abdomen, poor appetite, sloppy stools, scant urine, etc.

<b>Lungs</b>	
Lung vacuity affecting the spleen, phlegm-water intimidating the heart	panting, shortness of breath. If extreme, cannot lie down, palpitations, copious phlegm, cough, etc.
Lung vacuity causing qi not to transform into essence, instead into water	kidney water floods so water swelling, etc.
Lung vacuity affecting the kidneys	tidal fever, night sweating, shortness of breath, panting, possibly cough with bloody sputum, sore low back, weak legs, dream emissions, irregular menses, etc.
Lung vacuity unable to calm the liver	cough, shortness of breath, vomiting blood, nosebleeds, piercing chest and rib-side pain, easily angered, insomnia, possibly irregular menses, etc.

<b>Kidneys</b>	
Kidney yin vacuity with hyperactivity of liver yang	dizziness, headache, tinnitus, insomnia, vexation, agitation, easily angered, sore low back, etc.
Debility of life gate fire and non-arousal of spleen yang	Mild: low essence-spirit, lusterless face, puffy swelling, lassitude, prefers to lie down, copious urination, sore low back, impotence, seminal emission, etc. If severe: Heart fire is debilitated, reverting cold of the limbs, faint pulse about to expire, etc.
Inability of kidney water to rise and save heart fire	vexation, cannot fall asleep, mouth or tongue sores, short yellow urine, etc.
The relationship of kidney yin and yang	Yang expiring: great dripping sweat, collapse of yang, etc. Yin expiring: sweat like pearls, collapse of yin, etc.

These are only examples; other patterns are possible.

## The Formulas

1. 逍遙散 (xiao yao san) *Rambling Powder* (Ju Fang)

chai hu	course the liver
dang gui	move and supplement blood
bai shao	soften the liver
bai zhu	strengthen the spleen
fu ling	strengthen the spleen
zhi gan cao	envoy, strengthen the spleen

Course liver qi, strengthen the spleen, nourish blood.

2. 四磨湯 (si mo tang) *Four Milled Herb Decoction* (Ji Sheng Fang)

wu yao	move liver qi
bing lang	move qi, transform stagnation
chen xiang	descend qi
ren shen	supplement and protect qi

Descend counterflow qi, expand the chest, move depressed liver qi.

3. 龍膽瀉肝湯 (long dan xie gan tang) *Gentian Liver Draining Decoction*

long dan cao	drain repletion heat from liver gallbladder, eliminate damp-heat
huang qin	drain fire, eliminate damp
zhi zi	drain fire, eliminate damp
mu tong	drain heat, eliminate damp heat
che qian zi	drain heat, eliminate damp heat
ze xie	drain heat, eliminate damp heat
chai hu	disperse heat from liver gallbladder qi
sheng di huang	protect yin and blood
dang gui	protect yin and blood

Drain repletion fire from the liver-gallbladder, clear and drain damp heat from the lower burner.

4. 左歸丸 (zuo gui wan) *Restore the Left [Kidney] Pill* (Zhang Jiebin)

shu di huang	nourish liver and kidney yin, nourish blood
shan yao	nourish liver, supplement the spleen
gou qi zi	nourish liver and kidney yin
shan zhu yu	nourish liver and kidney yin, supplement the spleen
chuan niu xi	move blood
tu si zi	nourish liver and kidney yin
lu jiao jiao	warm and supplement kidney yang, replenish essence and marrow
gui jiao	nourish yin and blood

Nourish yin, supplement kidney, supplement essence, benefit marrow.

5. 天王補心丹 (tian wang bu xin dan) *Heavenly Emperor Heart Supplementing Elixir*

sheng di huang	nourish yin, clear heat
dan shen	nourish heart blood without causing stasis
dang gui	nourish heart blood without causing stasis
ren shen	assist heart qi
fu ling	assist heart qi
yuan zhi	calm the spirit
bai zi ren	calm the spirit
tian men dong	nourish yin, clear heat
mai men dong	nourish yin, clear heat
xuan shen	nourish yin, clear heat
wu wei zi	prevent leakage of heart qi
suan zao ren	prevent leakage of heart qi
jie geng	conducts the formula up
zhu sha	anchors and calms the spirit (illegal in California)

Enrich yin, nourish blood, supplement the heart, calm the spirit.

6. For 八仙長壽丸 (ba xian chang shou wan) *Eight Immortals Pill for Longevity*, add mai men dong and wu wei zi to 六味地黃丸 (liu wei di huang wan) *Six Ingredient Rehmannia Pill (Qian Yi)*, which contains

shu di huang	enrich kidney yin and essence
shan zhu yu	nourish liver, restrain leakage of essence
shan yao	stabilize essence, supplement spleen
fu ling	drain damp, strengthen spleen
mu dan pi	drain liver fire
ze xie	drain kidney fire

Enrich yin, nourish the lungs and kidneys.

7. 歸脾湯 (gui pi tang) *Return the Spleen Decoction (Ji Sheng Fang)*

dang gui	supplement and move blood
ren shen	supplement qi
bai zhu	supplement qi
fu ling	drain damp, supplement qi
zhi gan cao	envoy, supplement qi
huang qi	supplement and raise qi
long yan rou	nourish blood, calm the spirit
suan zao ren	calm the spirit
yuan zhi	calm the spirit
mu xiang	regulate qi

Supplement spleen qi and nourish heart blood.

8. 四君子湯 (si jun zi tang) *Four Gentleman Decoction* (Ju Fang)

ren shen	supplement spleen qi
bai zhu	supplement spleen qi, transform dampness
fu ling	drain dampness, supplement spleen qi
zhi gan cao	envoy, supplement spleen qi

Boost qi, supplement the spleen and stomach.

For 六君子湯 (liu jun zi tang) *Six Gentlemen Decoction*, add chen pi and ban xia to transform phlegm.

9. 真武湯 (zhen wu tang) *True Warrior Decoction* (Shang Han Lun)

fu zi	restore kidney yang
bai zhu	strengthen spleen
fu ling	promote urination
sheng jiang	warm and dispel water evils
bai shao	preserve yin, alleviate pain

Warm yang, promote urination.

10. 理中丸 (li zhong wan) *Center Rectifying Pill* (Shang Han Lun)

gan jiang	warm spleen-stomach yang, eliminate interior cold
ren shen	supplement source qi, reinforce yang
bai zhu	supplement spleen-stomach, dry damp
zhi gan cao	harmonize, boost middle burner qi

Warm the middle burner, strengthen the spleen and stomach.

For 附子理中丸 (fu zi li zhong wan) *Aconite Center Rectifying Decoction*, add fu zi aconite. This warms yang, dispels cold, boosts qi, strengthens the spleen.