



1

Teeny Tiny Zhi Zhi + Dou Chi ZHI ZI Zhi Zhi + Zhi Shi Zhi Zhi + Da Huang Zhi Zhi + Huang Bai	}	Zhi Zi Gan Jiang Tang
		Zhi Zi Chi Tang
		Zhi Zi Gan Cao Chi Tang
		Zhi Zi Sheng Jiang Tang
	}	Zhi Shi Zhi Zi Chi Tang
		Zhi Zi Hou Po Tang
		Zhi Shi Zhi Zi Chi Tang
		Zhi Shi Da Huang Tang
	}	Yin Chen Hao Tang
		Da Huang Xiao Shi Tang
		Zhi Zi Bai Pi Tang

2

NON- CLASSICAL ZHI ZI FORMULAS

Dan Zhi Xiao Yao San

Yue Ju Wan

Ba Zheng San

Long Dan Xie Gan San

Ba Wei Qu Fan Tang

Qing Wen Bai Du San

Gan Zhi Lian Tang

3

Zhi Zi's Nature

中药之花有两种最香，一种是金银花，另外一种则是栀子花。明朝沈周在《栀子花诗》里描述：“雪魂冰花凉气清”，是说它花开似雪，且吐清凉之气，卓尔不群。

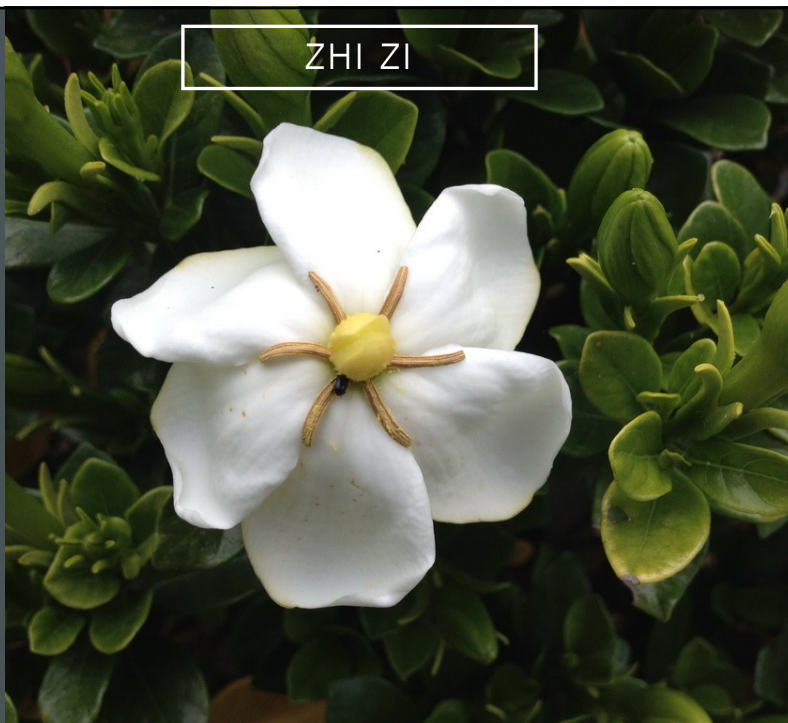
The two most fragrant flowers in Chinese medicine are *Jin Yin Hua* and *Zhi Zi Hua* (Honeysuckle and *gardenia*). In his poem, Shēn Zhōu of the Ming Dynasty described *Zhi Zi* like this:

Snow ghost, ice flower, with its clear, cold Qi.

This means that its flowers open like snow and exude a remarkable, cool, clear Qi.

By 柒大夫, Dr. Qi, published on <https://www.jingfangpai.cn/p/10053716/>

ZHI ZI



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ZHI ZI

SNBCJ: Bitter and cold and slightly toxic. Governs the five interior evil Qi, heat Qi in the stomach, red face, alcohol sores on the nose, white skin patches (leprosy), red skin patches and sores.

MYBL: Great cold, without toxin, governs heat and pain in the eyes, great heat in the chest, heart, large and small intestines, for heart vexation and oppression, heat in the stomach

F & S Enters heart, lung, stomach, liver, San Jiao

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The homing to the eyes, liver, San Jiao, and the fact that it is best for treating angry vexation and issues of three jiao, leads me to consider this a pivot, Shaoyang herb. This helps explain why it is in damp heat jaundice formulas.

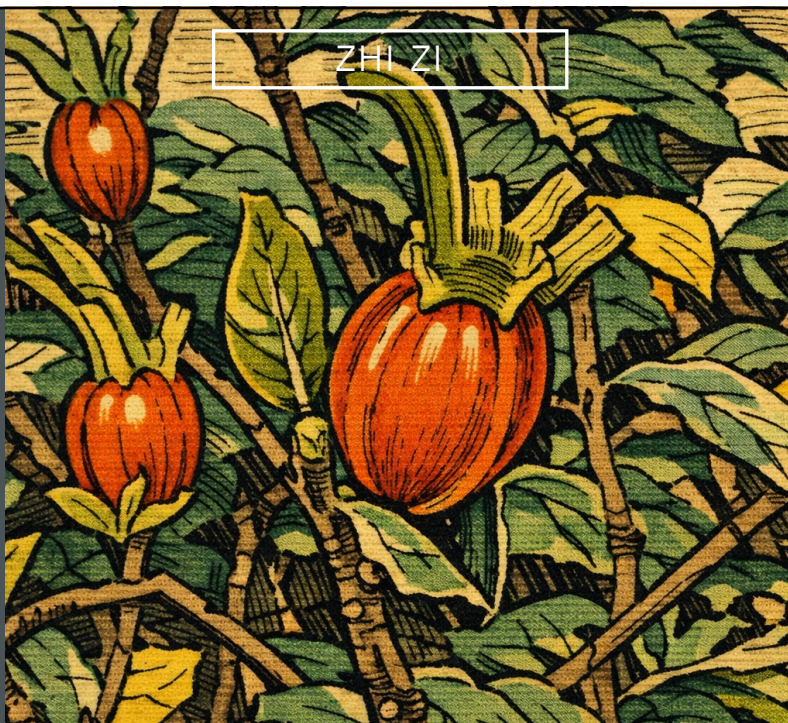
The heat can make the urine yellow and heat the blood to cause bleeding.

from F & S:

Zhou Yan "the heat it eliminates is a static, constrained heat, not a floating, dispersed heat, nor a hard, clumped heat. It is able to resolve constraint but not attack hardness.

Zhu Danxi: "It is an essential herb for the treatment of heat in the chest. It has a tremendous ability to drain fire downward and out through the urine, as by nature it winds its way downward."

Zhu Liangchun: Drains fire in the San Jiao



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ZHĪZĪ AND SAN JIAO

纵观历代有关中药的记载，梔子是为数众多的清热药中唯一一味有着清泄三焦功效的药物。

Looking at the records of traditional Chinese medicine throughout the dynasties, *zhīzǐ* is the only one among the numerous heat-clearing herbs that has the effect of clearing the three *Jiao*s.

黄芩偏清上焦热，黄连偏清中焦热，黄柏偏清下焦热，梔子清三焦火。

Huang Qín is inclined to clear heat from the upper *Jiao*, *Huang Lian* from the middle *Jiao*, *Huang Bai* is inclined to clear heat from the lower *Jiao*, and *Zhī Zǐ* is inclined to clear fire from the three *Jiao*s.



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府焦三陽少手



HAND SHÀOYÁNG SAN JIAO Fŭ

这里有必要先解释一下什么叫做“三焦”。三焦是一个中医概念，是“六腑”之一，分为上焦、中焦和下焦。

Here we need to explain what the “*San Jiao*” is. The *San Jiao* is a traditional Chinese medicine concept. It is considered and one of the “six *Fu*”, which is divided into the upper, middle, and lower *Jiao*.

上焦一般指膈以上的部分，包括心肺两脏、头面部及上肢；

The upper *Jiao* generally refers to the area above the diaphragm, including the heart and lungs, the head, face, and upper limbs;

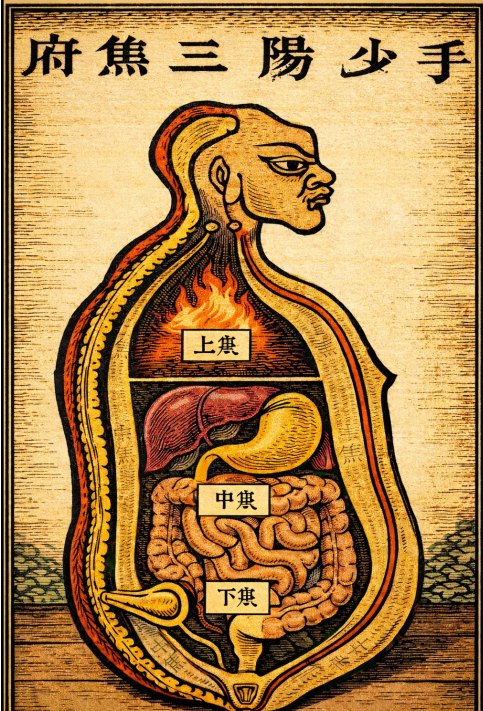
中焦指膈以下，肚脐以上的上腹部，包括脾胃和肝胆等脏腑；

The middle *Jiao* refers to the upper abdomen below the diaphragm and above the navel, including the spleen, stomach, liver, gallbladder and other *Zang*;

下焦指肚脐以下的部分，包括小肠、大肠、肾、膀胱、下肢以及男女的生殖系统。三焦是人体之气上下运行的通路，也是人体的水液上下运输的通道。

The lower *Jiao* refers to the part below the navel, including the small intestine, large intestine, kidneys, bladder, lower limbs, and the reproductive system of men and women. The *San Jiao* is the passage for the body's *qi* to move up and down, and also the passage for the body's fluids to move up and down.

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HAND SHÀOYÁNG SAN JIAO Fŭ

梔子适合治疗鬱火。不必归经。对于别的下火药动不了的火、塞住的火，有疗效。

Zhi Zi is suitable for treating depressive Fire, without concerning yourself with which channel it homes to. Compared to other herbs for fire that is unable to move or it is blocked, *Zhi Zi* is effective.

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Zhi Zi resembles the heart and homes to the heart and lung channels. Because it is good at clearing the heat in the chest and diaphragm, *Zhi Zi Chi Tang* is used to treat insomnia. At the same time, because *Zhi Zi* is red and yellow in color, it is good at clearing heat and disinhibiting dampness, moving the liver and gallbladder back [away from its child, fire], and relieving jaundice caused by constrained steaming of middle *Jiao* damp-heat




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再者，梔子善于降火，导热从小便泄去，它能从上往下把热火降入三焦水道，通过小便排出体外，让黄赤的小便转为清白。所以古方八正散治疗各类膀胱炎、尿道炎，里头用到梔子。

Furthermore, *Zhi Zi* is good at descending fire. It conducts heat out through urine. It can descend heat from top to bottom through the *San Jiao* water pathways and excrete it from the body through urine, turning yellow and red urine into clear white urine. Therefore, the ancient formula *Ba Zheng San* uses *Zhi Zi* to treat various types of cystitis and urethritis.

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梔子清泄三焦湿热之功效不仅与其苦、寒药性有关，更重要的是梔子本身“质轻扬”、“性屈曲”。

The effect of *Zhi Zi* in clearing and discharging *San Jiao* damp-heat is not just related to its bitter and cold properties, but more importantly, it is because the body of *Zhi Zi* is “light and uplifting” and “its nature is curved.”

梔子“质轻扬”故而其升可散上焦之伏火；梔子“性屈曲”故而其降可泄下焦之邪火，居于中焦则可清泻中焦湿热。Because *Zhi Zi*'s body is light and uplifting, so its ascending property can disperse the latent fire in the upper *Jiao*. Because *Zhi Zi*'s nature is curved, its descending property can discharge evil fire in the lower *Jiao*. Because it resides in the middle *Jiao*, it can clear away damp-heat in middle *Jiao*.

进一步说明了梔子是依赖其“可升可降”的药性特点来清泄上、中、下三焦之热邪的。

To go a step further, *Zhi Zi* relies on its unique characteristic of "being able to rise and fall" to clear away heat evils in the upper, middle and lower *Jiaos*.

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方氏（桂谷山抄）曰：盖梔之为性，可升可降，气味虽居苦寒，而气本轻清.....专取此清空寒化之物，能解心肺之伏火，转炎歆为清肃者也，所以三焦浮游之火，六郁气结之火，皆可清也。

Dr. Fāng (In his *Laurel Mountain Valley Transcript*) said:
The nature of *Zhi Zi* is that it can rise ,and it can fall.
Although its flavor is bitter and cold, its essence is light and clear... It's special nature is clear, empty, cold and transforming. It can resolve latent fire in the heart and lungs and turn something burning hot into something clear and soothed. Therefore, the floating fire in the three *Jiaos* and the fire caused by Qi knotted by the six constraints can all be cleared.



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卢不远先生曰：凡苦寒之物，能下能坚，惟梔子反使坚结者，解而上出，火空则发之义也，故并作涌泄之剂。

Mr. Lú Bùyuǎn, [who was a late Ming to early Qing dynasty physician] said: All bitter and cold things can descend and harden, but only *Zhi Zi* can make things that are hard and knotted resolve and exit above. This means that when fire is vapid, it will emit. Therefore, it is a medicine that opens-through and releases.

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Therefore, any case of conjunctivitis, red and swollen painful eyes, heat and swelling pain of the mouth, throat, ears or nasal cavity or sinuses. The pulse will be strong, wiry, excess and tending to be rapid. All of this indicates excessive heat in the *San Jiao*. At this time, *Zhi Zi* can be used without hesitation.

Therefore, *Zhi Zi* can clear the heat of the three *Jiaos*, above it clears heat of the heart and lungs. In the middle, it clears heat of the liver, gallbladder, spleen and stomach. Below it clears heat of the bladder water *Fu*. It can also guide all the heat down to the water pathways, so that the turbid fire can be discharged downward and not cause harass and inflame above. Naturally, the mind is clarified and the body and mind become harmonious.

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***Zhi Zi* Tea: Function and Effects**

Zhi Zi can be taken as a tea. Simply place a few dried pods into a teacup and pour boiling water over to steep. When the fragrance is fully released, the essence of the *Zhi Zi* has entered the water. You can rebrew the same pods until there is no fragrance left. The taste of this tea is mellow.

Zhi Zi tea has several benefits:

It treats heat with heart vexation.

It can reduce phlegm and stop cough

It can open the intestine to promote bowel movements. It contains cellulose, which promotes peristalsis and it can prevent hemorrhoids.

It can help reduce damp-heat jaundice

Zhi Zi tea is not appropriate for long term use or for those with cold, deficient spleen Qi.

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急性胰腺炎

The illustration depicts a man in a state of severe pain, clutching his abdomen. A stylized, flaming pancreas is shown within his torso, with red lightning bolts emanating from the area, symbolizing intense inflammation and pain. The background is a textured, yellowish-brown color.

In traditional Chinese medicine, acute pancreatitis falls under symptom categories such as "stomach pain", "heart and spleen pain", "flank pain", "chest and diaphragm pain". The disease starts suddenly, with severe pain in the flank area that resists pressure. The pain may spread to the whole abdomen, accompanied by nausea and vomiting, fever (low-grade fever, hot flashes or high fever), abdominal distension and constipation, yellow and red urine, and, in some patients, jaundice. It is mostly caused by overeating (drinking too much or eating too much greasy food), sudden damage to the spleen and stomach, and accumulation of dampness and heat, which affects the gallbladder and pancreas.

Dr. Zhu's experience in using enema to treat hemorrhagic necrotizing pancreatitis attracted the attention of surgical experts, who proposed to establish a scientific research project to further summarize and promote these methods (the project has been listed as a Jiangsu provincial scientific research plan, and was appraised in 2005 and won a science and technology award).

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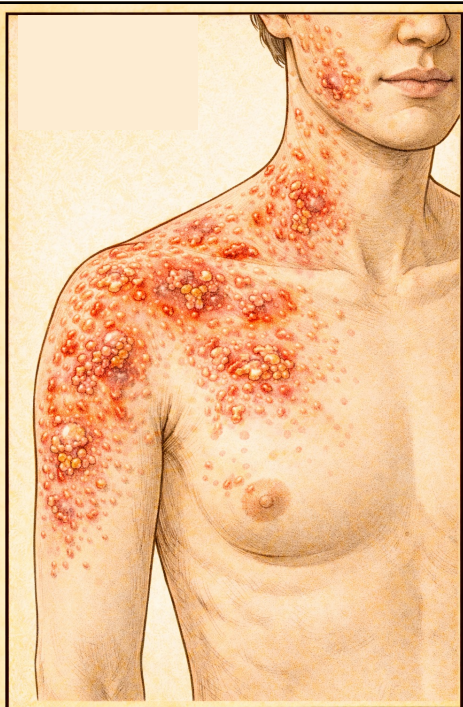
I like to eat sticky rice cakes, and I eat very quickly no matter what I eat. I am impatient. At banquets or when I eat with friends, when I put down my chopsticks, I see that the people around me have only finished half of their food. In view of this situation, I try to eat slowly, but this habit formed in childhood is difficult to change. Because of this impatience, I often get my mouth or throat burned by hot tea.

Once, when I hurriedly ate a piece of hot baked rice cake, I felt pain in my esophagus, probably because of esophageal burns. After that, even when I took liquid food, I felt pain like a blockage at the opening of my chest.

I remembered the discussion of the use of *Zhi Zi* and *Zhi Zi Chi Tang* in the *Shang Han Lun* for "those with chest congestion" and "those with knotty pain in the heart." *Zhi Zi Chi Tang* is composed of two herbs: *Zhi Zi* and *Xiang Chi*. Unfortunately, *Xiang Chi* was not available, so I used *Gan Cao* instead. The reason for using *Gan Cao* was that it has analgesic effect. I didn't expect and was surprised to feel a significant effect after taking the herbs once.

Based on my experience, I wrote a report on the effectiveness of *Zhi Zi Chi Tang* in treating esophagitis, which was published in the *Summary of Chinese Medicine Clinical Practice*, published by Shunyodo in 1933. Three or four years later, a pharmacist named Ekimoto in Fukuoka read this and successfully cured a patient who was diagnosed with esophageal polyps at Kyushu University. This patient could only eat food with milk to help it pass and required surgery. He collected the fruits of *Zhi Zi* grown in his family's yard and made a *Tang*. I saw this report published in a pharmaceutical journal, and the case also used chest oppression as an indication for application. (From *Thirty Years of Chinese Medicine Diagnosis and Treatment*)

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Skin Disease: Heat or Dampheat

Internally

- Herpes Zoster
- Urticaria
- Eczema
- Acne

Externally

- Zhi Zi can also be used externally:
- Powdered and mixed with vinegar or oil
- Used for hot swelling, boils, traumatic injury
- Applied for heat-type dermatitis

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ZHIZI KEY SIGNS

Shaoyang heat presentation!

Abdominal signs

Yellow urine

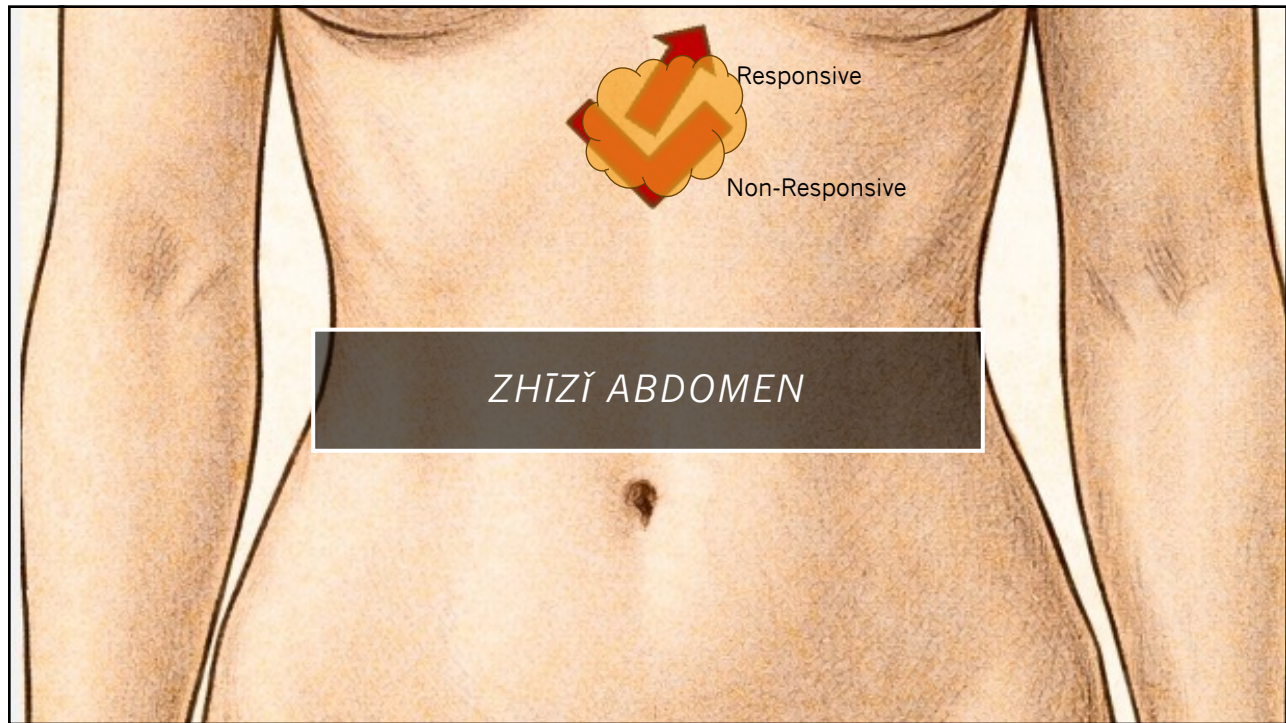
Red eyes

Vexation

Heat in chest

Yellow tongue moss

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21

<i>ZHĪZǏ CHǐ TĀNG</i>	Zhi Zi Xiang Chi [Dan Dou Chi] (Brocade wrapped)	<table><tr><td>14 pieces</td><td>6</td></tr><tr><td>4 Ge</td><td>12</td></tr></table>	14 pieces	6	4 Ge	12
14 pieces	6					
4 Ge	12					

Line 76A: After sweating, there is an inability to drink water or medicine without it coming back up. If there is more sweating, there will be ceaseless vomiting and diarrhea. **(Stomach, Esophagus)**

Line 76B: After sweating, vomiting, purging, there is deficiency vexation with an ability to sleep. When severe, there is contrarily tossing and turning with heart anguish. *Zhi Zi Chi Tang* is indicated. If there is shortness of breath, *Zhi Zi Gan Cao Chi Tang* is indicated. If there is vomiting, *Zhi Zi Sheng Jiang Chi Tang* is indicated. **(Insomnia, Anguish)**

Line 77: After sweating, if there is descending (purging), with vexation heat, stifling in the chest, *Zhi Zi Chi Tang* is indicated. **(Vexation)**

Line 78: *Shang Han* for 5-6 days with major purging. There is body heat that is not dispelled, knotting pain in the heart. This means there has not been resolution. *Zhi Zi Chi Tang* is indicated. **(Chevron)**

Line 81: When using *Zhi Zi Tangs*, if there is loose stool, do not use these formulas.

Line 228: Yangming disease, there is purging. The exterior has heat, and the hands and feet are warm with no chest obstruction. There is anguish in the heart, hunger with inability to eat, but the sweating is only from the head. *Zhi Zi Chi Tang* is indicated. **(Anguish, stomach)**

Line 375: After diarrhea, there is vexation. When pressing below the heart, it is soft. This is deficiency vexation. *Zhi Zi Chi Tang* is indicated. **(Vexation, Soft puffy below the heart)**

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ZHĪZǐ CHǐ TĀNG

Because *Dou Chi* are a very mild herb, if it is cooked for too long it will lose its strength and the kidney energy will not emerge. When decocting or boiling, *Dou Chi* should be added last, that is, cook other herbs first and then add *Dou Chi* last. Therefore, *Dou Chi* should be added later to ensure that the medicinal effect is stronger.

Zhi Zi	14 pieces	6
Xiang Chi [Dan Dou Chi] (Brocade wrapped)	4 Ge	12

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DAN DOU CHI

- MYBL: bitter, cold, without toxin, governs the treatment of cold damage, head pain, cold and heat, harmful Qi, evil toxins, vexation, agitation, fullness and oppression, deficiency taxation, panting, cold pain in both feet, also kills all 6 fetal toxin of livestock.
- FXJ: Salty
- F & S also sweet, ascending, venting



24



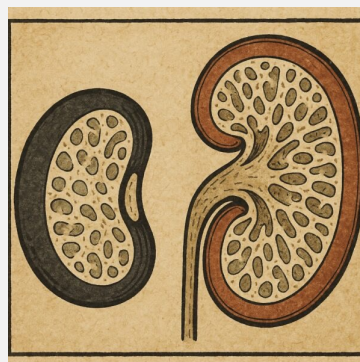
DOU CHI

- Xiang Dou Chi: Soy beans are decocted in *Sang Ye* and *Qing Hao*, until they are soft.
- Then they are covered with the dregs and left to ferment, and then dried.
- Dan Dou Chi: liquid pressed from fresh *La Liao*, *Qing Hao*, *Pei Lan*, *Zi Su Ye*, *Huo Xiang*, and *He Ye*, plus a concentrated decoction of *Ma Huang*, steams and ferments the beans.
- <https://www.youtube.com/watch?v=28QDM5EOmco&t=393s>

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- Beans are chalky and absorptive.
- Beans have the structure of the kidneys [spongy and chalky], and their shape resembles the kidney *Zang*. Black beans are black in color, making them even more the structure of the kidneys. Black beans should not be swallowed raw. Black beans do not supplement and are slightly cold in nature. Eating them alone may damage kidney qi, cause gastric bleeding, and hematuria (after eating black bean milk). Therefore, they should be processed before consumption. For example, they should be cooked with other supplementing herbs. This way the black beans can absorb the medicinal properties of the tonics. After this, the black beans can be taken.
- The slightly cold black beans, after being fermented and cooked into *Dou Chi*, can take in the steamed-up moisture in the kidneys to fill the body.
- Dou Chi can be dry fried to stop sweating.

DAN DOU CHI



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Dou Chi made from black beans can make the kidney qi steam upward. In order to prevent the original Water and Fire Qi from colliding and causing discomfort, the kidney water qi steamed up by the *Dou Chi* is pushed toward the top of the head. In addition, in order to allow the heart Fire to penetrate the rising kidney water energy, *Zhi Zi* is used.

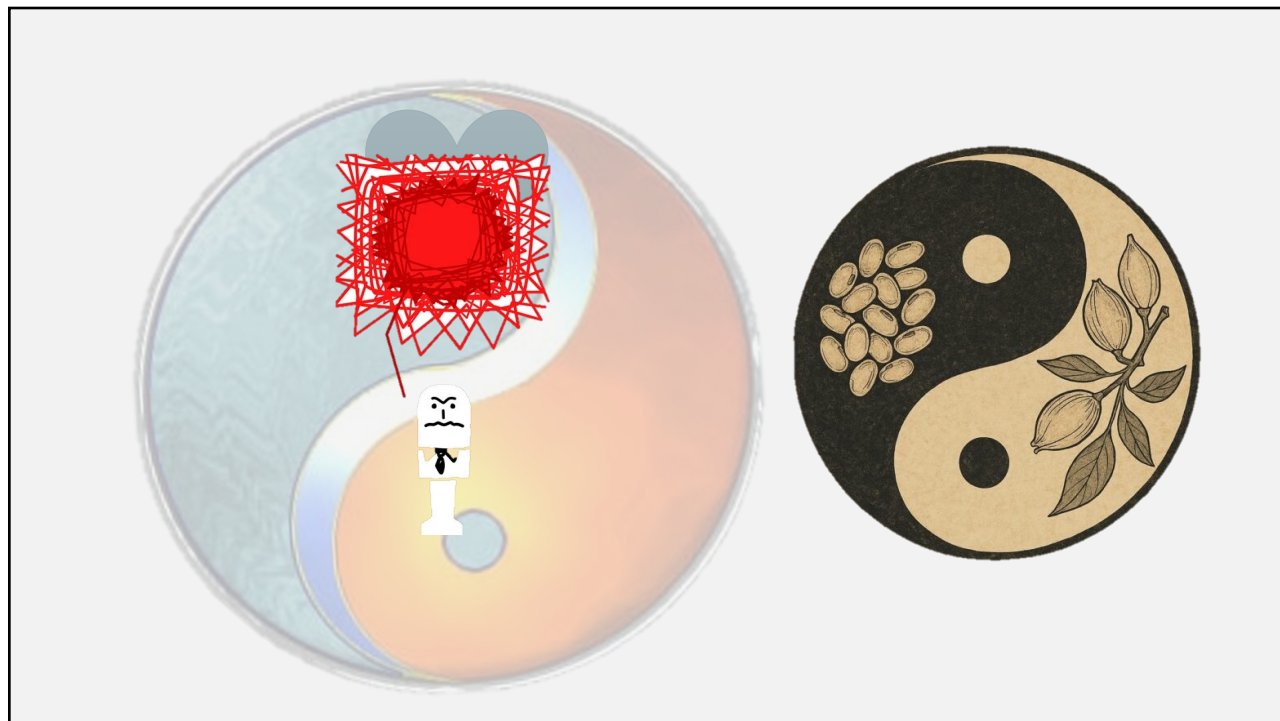
Zhi Zi is an herb that can reverse and move Fire downward.

The mnemonic story to help remember “*Zhi Zi* going in reverse”: Generally speaking, the order of the five phase colors is black in winter, fiery red in summer, yellow in long summer, white in autumn, and black in winter...

DAN DOU CHI



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28

COMPARING ZHĪZĪ CHǐ TĀNG AND ZHĪZĪ GĀNJIĀNG TĀNG IN RELATION TO TREATING INSOMNIA

如果是虚烦不得眠，栀子干姜汤有效，用栀子泻去心火就不烦了，不必用到豆豉。要用栀子豉汤，条件是要有心气、肾气槁上的现象，有「反覆颠倒，心中懊憹」的症状，这时才会用到豆豉，通过豆豉 / 栀子药物组的作用，使心火与肾水之气能对穿而过，达到心肾相交，让人能够睡著。

If you can't sleep due to deficiency vexation, *Zhi Zi Gan Jiang Tang* is effective. Use *Zhi Zi* to discharge the heart fire and you will get rid of the restlessness. There is no need to use *Dou Chi*. To use *Zhi Zi Dou Chi Tang*, the prerequisite is that there is a conflict between the heart and kidney qi. There will be symptoms of "repeatedly turning around with anguish in the heart" present. Only then will *Dou Chi* be used. Through the action of the *Dou Chi/Zhi Zi* herb combination, the heart fire and kidney water qi can penetrate each other, achieving the connection between the heart and the kidney, and allowing the person to fall asleep.

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COMPARING ZHĪZĪ CHǐ TĀNG AND ZHĪZĪ GĀNJIĀNG TĀNG IN RELATION TO TREATING INSOMNIA

栀子豉汤证「觉得胸口有一坨怪怪的感觉」并没有具体肉体上的对应，属于灵魂上的身体的病，因此依仲景的用字习惯，这是会归类于虚证。

In the *zhīzī chǐ tāng* pattern, the sensation described as "feeling as though there is a strange lump in the chest" does not correspond to a concrete physical mass. It belongs rather to a disorder of the embodied spirit. Therefore, according to Zhòngjǐng's usage of terms, this would be classified as a deficiency pattern.

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DISEASES THAT
CAN BE
EXPLAINED WITH
THE
ZHI ZI CHI TANG
PATTERN

Anxiety

Insomnia

Heart palpitations

Nosebleed

Pediatric night crying

UTI

Skin Diseases

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DIAGNOSING
THE
ZHI ZI CHI
TANG

Zhi Zi signs

Shàoyáng + Kidney Qi deficiency

Mild stasis in the chest

Heat in the chest

Anguish of the heart

Secondary considerations

- Yellow urine
- Affects T & T of stomach
- Pain in chest
- Sweating from the head

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CASE: PEDIATRIC NIGHT CRYING

Dr. Wei Pengchun 魏蓬春

The patient was 11 months old and named Long. He came for a consult on October 4, 1983. When he went to bed he tossed about and was restless. He cried for more than a week. They had tried other doctors using Dao Chi San with no effect and so they came for a consult. In addition to the above symptoms, he also had a poor appetite, normal bowels, red urine. His tongue was red with thin yellow moss. His finger vein was purple red. This was heat harassing the chest and diaphragm pattern and the treatment principle was to clear heat and dispel vexation.

After two packages the illness was resolved.

Discussion:

This patient was an infant and was not able to speak. Hence it was difficult to know about his suffering. However, given that Dao Chi San did not work, his urine was abnormal and red, his tongue was red, and it had a thin yellow moss, this was related to heat. Furthermore, he was anguished at night with crying and so this heat was harassing the chest and diaphragm with deficiency vexation anguish. Therefore, this formula was effective.

Shan Zhi Zi	4 gm
Dan Dou Chi	8 pieces

Dao Chi San

Sheng Di Huang

Mu Tong

Dan Zhu Ye

Gan Cao tips

新中医1985;(3): 46

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ZHĪZĪ GĀNCǎO CHĭ TĀNG

Line 76B: Line 76B: After sweating, vomiting, purging, there is deficiency vexation with an ability to sleep. When severe, there is contrarily tossing and turning with heart anguish. *Zhi Zi Chi Tang* is indicated. If there is shortness of breath, *Zhi Zi Gan Cao Chi Tang* is indicated. If there is vomiting, *Zhi Zi Sheng Jiang Chi Tang* is indicated.

心中懊憹

Zhi Zi	14 pieces	6 gm
Gan Cao	2 Liang	6 gm
Xiang Chi [Dan Dou Chi] (Brocade wrapped)	4 Ge	12 gm

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ZHĪZĪ SHĒNGJIĀNG TĀNG

Line 76B: After sweating, vomiting, purging, there is deficiency vexation with an ability to sleep. When severe, there is contrarily tossing and turning with heart anguish. *Zhi Zi Chi Tang* is indicated. If there is shortness of breath, *Zhi Zi Gan Cao Chi Tang* is indicated. If there is vomiting, *Zhi Zi Sheng Jiang Chi Tang* is indicated.

Zhi Zi	14 pieces
Sheng Jiang	5 Liang
Xiang Chi [Dan Dou Chi] (Brocade wrapped)	4 Ge

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ZHI ZI GAN JIANG TANG

Line 80: Cold damage, the doctor gave a medicinal pill for major purging. There is dispelled body heat, slight vexation. *Zhi Zi Gan Jiang Tang* is indicated.

Zhi Zi	14 pieces	6 gm
Gan Jiang	2 Liang	6 gm

Boil the above two flavors in 3 ½ *Sheng* of water down to 1 ½ *Sheng*. Remove the dregs and divide into two doses.

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ZHĪZĪ GĀNJIĀNG TĀNG

Zhi Zi	14 pieces	6 gm
Gan Jiang	2 Liang	6 gm

This becomes a central axis formula that particularly with vexatious irritable agitation and stomach issues. Mixed hot and cold.

Boil the above two flavors in 3 ½ *Sheng* of water down to 1 1/2 *Sheng*. Remove the dregs and divide into two doses.

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ZHĪZĪ GĀNJIĀNG TĀNG FOR INSOMNIA

The symptom of insomnia due to deficiency and restlessness is more consistent with *Zhi Zi Gan Jiang Tang*.

It is like this, I usually fall asleep at this time in bed, but now I can't fall asleep. I keep thinking about things in my mind, one thing after another. After a while, I know I don't need to think about all of these things anymore, but the thinking lightly continues. This is the situation that indicates *Zhi Zi Gan Jiang Tang*.

The "vexation" of *Zhi Zi Gan Jiang Tang* is not severe vexation, but "mild vexation". It occurs when there is a bit of fire above, and the heart (the heart being the heart's soul) can't help but think about things and have ideas. When thoughts are constantly moving without any breaks, one cannot fall asleep. In order to fall asleep, there must be a gap between thoughts.

I think about one thing and then another thing in my mind. Although there is no need to think about it, I still think about it. mentally, I am not thinking of a particularly thorny matter or something difficult. This kind of "vexation" is the "deficiency vexation" of *Zhi Zi Gan Jiang Tang*, which uses *Zhi Zi* and *Gan Jiang*.

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ZHĪSHÍ ZHĪZǐ CHǐ TANG

Shānghán lùn, Line 393:

After recovering from a major illness, there is a recurrence due to taxation. *Zhi Shi Zhi Zi Chi Tang* governs. For food accumulation, add 5-6 pieces of *Da Huang* the size of Go stones. This will bring recovery.

Jingui yaolüe, Chapter 15, Line 15:

Alcohol jaundice, vexation anguish in the heart, or heat pain. *Zhi Zi Da Huang Tang* is indicated.

Zhi Zi

14 pieces

Zhi Shi (soaked in water and fried to yellow)

3 pieces

Xiang Chi [Dan Dou Chi]
(Brocade wrapped)

4 Ge

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DIAGNOSING THE ZHĪSHÍ ZHĪZĪ CHĪ TANG

This is the Zhi Zi Chi Tang pattern with
abdominal pain or fullness



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This formula is for constrained heat ascending to harass the heart spirit, burning damage to the blood vessels, stasis of the channel Qi, vessels and collaterals leading to gastrointestinal scorching heat, glomus fullness or distention and pain. The upward ascending to harass the heart leads to heart vexation. The constrained heat flooding and congesting on the outside leads to body heat, red tongue, yellow moss and rapid pulse which is all exuberant heat with chest and abdominal Qi stasis. The treatment should clear heat, dispel vexation, broaden the middle and move the Qi.

In the formula, *Zhi Shi* clears and discharges constrained heat, moves Qi and guides out stasis. It spreads the Qi mechanism of the middle *Jiao* spleen and stomach. *Zhi Zi* clears and discharges heat of the chest and diaphragm, discharges fire from within the stomach. Fragrant *Chi* mildly clear and spreads and penetrates constrained heat. The clear starch water used to boil the herbs is cold and has a good flavor. It regulates the middle, opens the stomach, benefits digestion.

Dr. Wang Fu from <http://www.wfjfyj.com/news/393.html>

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Main points

Gastrointestinal glomus fullness with scorching heat, heart vexation, mouth thirst, red tongue body with thin yellow moss, and rapid pulse.

Western medical diseases:

Esophagitis, acute gastritis, chronic or acute cholecystitis, chronic hepatitis or chronic pancreatitis.

When combining Chinese and western differentiation of patterns, regardless of whether you are treating digestive illness or coronary artery disease, one must conform to the pathological mechanism and key points for *Zhi Shi Zhi Zi Chi Tang*. Only then will the treatment be effective. This formula can be used to treat the following western diseases:

Coronary artery disease: carditis, arrhythmia, myocardial ischemia

Neurological diseases: intercostal neuritis, neurological headache

Dr. Wang Fu from <http://www.wfjfyj.com/news/393.html>

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ZHIZI DÀHUÁNG TĀNG

Line 393:

After recovering from a major illness, there is a recurrence due to taxation. *Zhi Shi Zhi Zi Chi Tang* governs. For food accumulation, add 5-6 pieces of *Da Huang* the size of *Go* stones. This will bring recovery.

Jin Gui, Chapter 15, Line 15:

Alcohol jaundice, vexation anguish in the heart, or heat pain. *Zhi Zi Da Huang Tang* is indicated.

Zhi Zi	14 pieces
Zhi Shi (soaked in water and fried to yellow)	3 pieces
Xiang Chi [Dan Dou Chi] (Brocade wrapped)	4 Ge
Da Huang	1 Liang or 5-6 pieces the size of <i>Go</i> stones

Boil 7 *Sheng* of clear thick water down to 4 *Sheng*. Add the *Zhi Shi* and *Zhi Zi* and boil down to 2 *Sheng*. Add the *Chi* and bring it to a boil 5-6 times, strain, and divide into 2 portions. Drink 1 *Sheng* when slightly warm and cover the patient to induce sweat. If there is long term food retention, add 6 pieces of *Da Huang* the size of a *Go* stone. After drinking there will be resolution.

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ZHĪZĪ HÒUPÒ TĀNG

Line 79:

Cold damage after purging
there is heart vexation,
abdominal fullness, lay
down but can't be
peaceful, *Zhi Zhi Hou Po*
Tang governs.

Zhi Zi	14 pieces
Zhi Hou Po	4 Liang
Zhi Shi (soaked in water and fried to yellow)	4 pieces

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Line 236: Yangming disease, heat
effusion, sweating indicates heat is
leaving and cannot cause jaundice. If the
sweating is only from the head, stopping
at the neck and not on the body, with
abnormal urination, and thirst with
intake of fluids, this indicates congealed
heat on the interior. *Yin Chen Hao Tang*
is indicated.

Line 260: Cold damage for 7-8 days.
The body yellows like a tangerine. The
urine is abnormal and there is slight
fullness in the abdomen. *Yin Chen Hao*
Tang is indicated

Jin Gui, Chapter 15, line 13: There is
grain jaundice disease, cold and heat,
lack of heat, dizziness after eating, lack
of calm in the heart and chest. Over
time there is jaundice and yellowing.
This is grain jaundice.

YIN CHEN HAO TANG

Yin Chen Hao	6 Liang
Zhi Zi	14 pieces
Da Huang	2 Liang

Take the above 3 flavors and 1 *Dou* and 2 *Sheng* of water. First
boil the *Yin Chen Hao*, and reduce by 6 *Sheng* and then add the
other two flavors. Boil to 3 *Sheng* and remove the dregs. Divide
into 3 doses and take. The urine should be benefited and the
color of *Zao Jia* juice, pure red. One night later the abdomen
will be relieved and the yellowing will come out with the urine.

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YIN CHEN HAO

- SNBCJ: bitter, neutral, governs wind, damp, cold and heat evil Qi, heat knotted jaundice
- MYBL: sl cold, without toxin, rules whole body jaundice, abnormal urination, dispels head heat, eliminates head heat and dispels hidden masses.



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DIAGNOSING THE YIN CHEN HAO TANG PATTERN

Wood excess signs

Damp heat (heat predominate)

- Showing in abnormal, most often yellow urination
- Yellowing of skin
- Yellow tongue moss
- Disrupted T & T in stomach and/or intestines, especially if heat is preceded by disrupted T & T

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DISEASES EXPLAINED BY THE YIN CHEN HAO TANG PATTERN

Pure heat

Jaundice

Acute Jaundice

Mouth thirst

Mouth ulcers

Appendicitis

Urticaria

Acne

Beng Lou

Acute gallbladder type hepatitis

Jaundice rib-side pain

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DA HUANG XIAO SHI TANG

Da Huang	4 Liang
Zhi Zi	15 pieces
Huang Bai	4 Liang
Xiao Shi	4 Liang

Jin Gui Chapter 15, Line 15:
Jaundice, abdominal fullness,
abnormal and red urination,
spontaneous sweating, this
indicates the exterior is
harmonized and the interior is
excessive. It is appropriate to
purge, using *Da Huang Xiao
Shi Tang*

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ZHI ZI BAI PI TANG

Zhi Zi **15 pieces**
(broken)

Zhi Gan Cao 1 Liang

Huang Bai 2 Liang

Line 261: Cold damage,
 body yellowing, heat
 effusion, *Zhi Zi Bai Pi Tang*
 is indicated

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BA WEI CHU FAN TANG

EIGHT FLAVOR DISPEL VEXATION DECOCTION

EXPERIENTIAL FORMULA BY HUANG HUANG

Ban xia	15 gm
Fu Ling	15
Hou Po	15
Su Geng	15
Huang Qin	10
Zhi Zi	10
Lian Qiao	15
Zhi Ke	15

Ban Xia Hou Po Tang plus...*huángqìn*,
zhīzǐ, *liánqiao*

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NON-CLASSICAL ZHI ZI FORMULAS

Dan Zhi Xiao Yao San

Yue Ju Wan

Ba Zheng San

Long Dan Xie Gan San

Ba Wei Qu Fan Tang

Qing Wen Bai Du San

Gan Zhi Lian Tang

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THANK YOU

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