

A detailed watercolor painting of a large, multi-petaled flower, likely a peony, in shades of pink, magenta, and red. The petals are layered, creating a sense of depth and texture. Green leaves are visible at the bottom and sides. A semi-transparent dark rectangular box with a white border is centered over the flower, containing the text "SHAO YAO" in white capital letters.

SHAO YAO

SHAO YAO



Shen Nong Ben Cao Jing: The Qi and flavor are bitter and neutral. Shao Yao rules the evil Qi of abdominal pain, eliminates blood blockage, breaks hard accumulations, cold and heat mounting accumulation, stops pain, disinhibits urine and boosts Qi.

Chen Xiuyuan said: Shao Yao's flavor is bitter and obtains the flavor of Shao Yin imperial fire. Its Qi is neutral, descending and down bearing, the bitter flavor drains the lower body and moves the blood. This is because it is a medicinal for offensive purgation, it is not a plant that supplements and nourishes

Shàn Jiǎ 疝 瘕 mounting-conglomeration is often translated as hernia. It can be pain or swelling in the lower abdomen, with blood or sticky discharge in urine. It can move to the lumbar area. It is attributed to wind or cold that may bind Qi and blood and transform to heat.



By Tao Hongjing

Middle Grade Herb

Bitter descends and hardens

Neutral is the Qi of the center

Ming Yi Bei Lu

Shaoyao: Sour flavor, slightly cold, has mild toxicity. It governs the smooth opening-through of blood vessels, relaxes the middle, scatters malignant blood, drives out debauched blood, expels water qi, and disinhibits the bladder, large and small intestines, disperses abscesses and swelling, [treats] seasonal cold and heat, strike by evil, abdominal pain, and lower back pain.

Strike by evil is a sudden syncope. The symptoms are the hands and feet suddenly become cold, the skin becomes goosebumps, the head and face become dark blue, and the spirit is not stable; or the person speaks nonsense, the teeth are clenched, or the head spins and faints, and the person does not know who is around. This is sudden syncope, with flying corpses, and ghosts.

SHAO YAO

Todo Yoshimasu wrote the Yakuchu 1771

Shao Yao governs knotted excess and spasms, and also treats abdominal and head pain, body numbness, painful abdominal fullness, cough reversal, diarrhea, and swelling with pus.

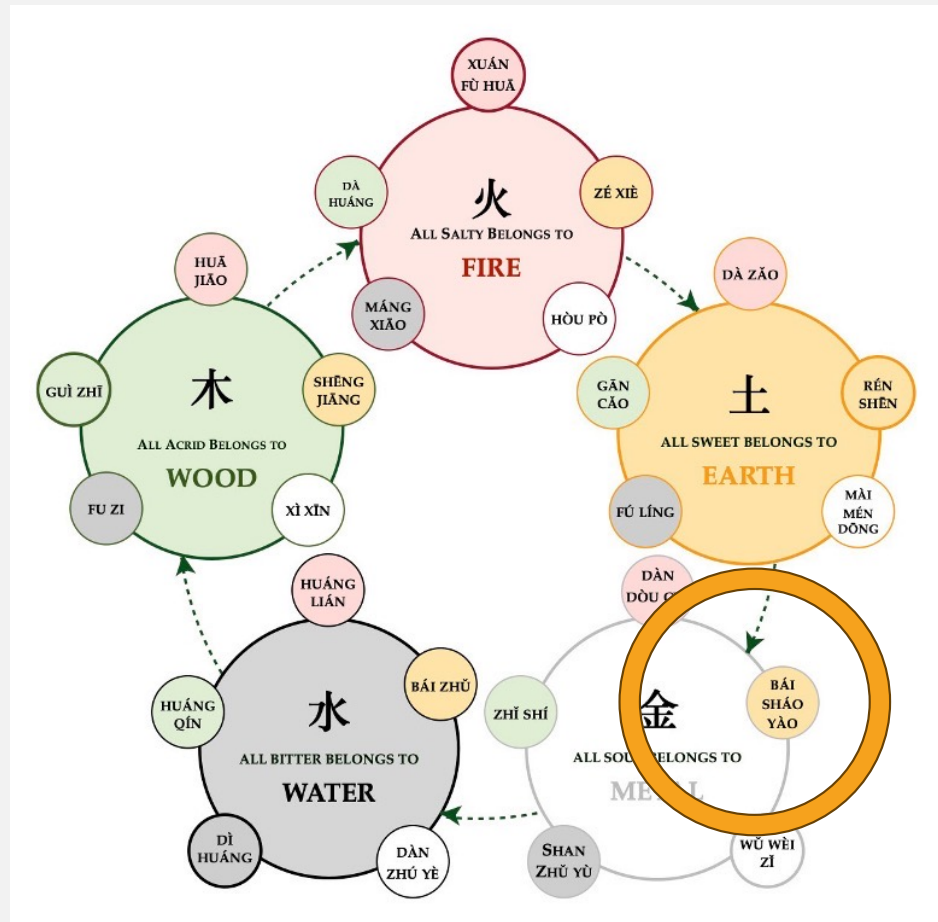
Fu Xing Jue

All Sour belongs to Metal

Shao Yao is the Soil Herb of the Metal Phase



THE FU XING
JUE USES THE
WUXING
AS AN
ORGANIZING
PRINCIPLE



The Shen Nong Ben Cao Jing,
Shāng Hán Lùn and Jīn Guì
Yào Lǚè do not differentiate
Chī Sháo and Bái Sháo.

They were first differentiated
by Tao Hongjing in 451





BAI SHAO VS CHI SHAO

Jiao Shude said: Bai Shao is sour and bitter in flavor and slightly cold in nature. It nourishes the blood and enhances the sinews, relaxes the tension and relieves pain; it also emolliates the liver and quiets the spleen.

Jiao Shude: Chi Shao is acrid and bitter in flavor and slightly cold in nature. It is like Bai Shao, but tends to quicken the blood, cool the blood and disperse swollen welling abscesses.

BAI SHAO IN FORMULAS AND STRATEGIES



Nourishes blood, regulates menses: for blood deficiency

- Dang Gui
- Mai Men Dong
- Pao Jiang
- Huang Qin

Calms and curbs Liver yang and alleviates pain

- Gan Cao
- Mu Gua
- Chai Hu
- Fang Feng

Preserves Yin and adjusts Ying & Wei

- Gui Zhi
- Long Gu Mu Li

CHI SHAO IN FORMULAS AND STRATEGIES



Acrid, Bitter, SI Cold

Invigorates blood and dispels blood stasis

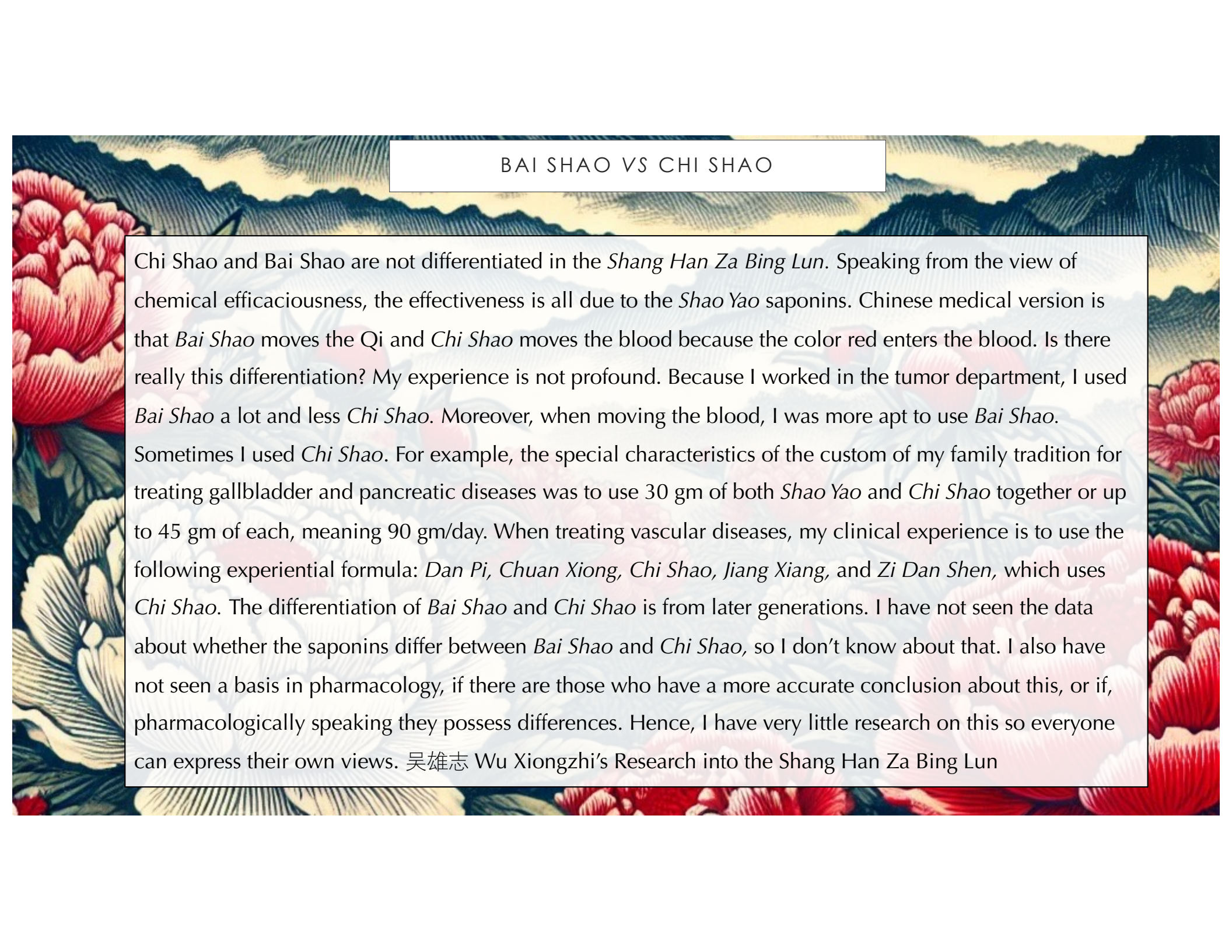
- Chuan Xiong
- Tao Ren
- Xiang Fu

Clears heat and cools the blood. For heat entering the blood level

- Mu Dan Pi
- Sheng Di
- Ju Hua

Preserves Yin and adjusts Ying & Wei

- Gui Zhi
- Long Gu Mu Li



BAI SHAO VS CHI SHAO

Chi Shao and Bai Shao are not differentiated in the *Shang Han Za Bing Lun*. Speaking from the view of chemical efficaciousness, the effectiveness is all due to the *Shao Yao* saponins. Chinese medical version is that *Bai Shao* moves the Qi and *Chi Shao* moves the blood because the color red enters the blood. Is there really this differentiation? My experience is not profound. Because I worked in the tumor department, I used *Bai Shao* a lot and less *Chi Shao*. Moreover, when moving the blood, I was more apt to use *Bai Shao*. Sometimes I used *Chi Shao*. For example, the special characteristics of the custom of my family tradition for treating gallbladder and pancreatic diseases was to use 30 gm of both *Shao Yao* and *Chi Shao* together or up to 45 gm of each, meaning 90 gm/day. When treating vascular diseases, my clinical experience is to use the following experiential formula: *Dan Pi*, *Chuan Xiong*, *Chi Shao*, *Jiang Xiang*, and *Zi Dan Shen*, which uses *Chi Shao*. The differentiation of *Bai Shao* and *Chi Shao* is from later generations. I have not seen the data about whether the saponins differ between *Bai Shao* and *Chi Shao*, so I don't know about that. I also have not seen a basis in pharmacology, if there are those who have a more accurate conclusion about this, or if, pharmacologically speaking they possess differences. Hence, I have very little research on this so everyone can express their own views. 吴雄志 Wu Xiongzhi's Research into the *Shang Han Za Bing Lun*



BAI SHAO VS CHI SHAO

- Chi Shao is dryer, coarser, and redder than Bai Shao, which speaks to its Heavenly Yang nature. Pungent is a Yang flavor.
- Bai Shao is silky, almost translucent, white with a bit of pink. This speaks to its more Yin nature. Sour is a Yin flavor that restrains and gushes.
- Both are bitter and influence blood

I USE BAI SHAO UNLESS I WANT
TO COOL AND MOVE BLOOD.

THEN I USE CHI SHAO.

HERE WE WILL FOCUS ON BAI
SHAO



Type of S or Sx	SNBC	MYBL	Yakucho	F & S
Flavor and Qi	Bitter, Neutral, Slightly	Sour, Cool	Sour,	Bitter, Sour, Cool
1 st mention	Abdominal pain	Opens blood vessels, smooths flow	Congestion and restricted pulling	Nourishes blood, preserves Yin
Bladder	accumulations, conglomerations	smooths flow		blood, cools blood
Spasming	Abdominal pain	Relaxes the Middle	Restricted pulling	Softens, comforts liver
Urination	Promotes urination	Expels water qi, disinhibits bladder		
Center	Abdominal pain	Relaxes the Middle	Abdominal pain	Abdominal pain
Bowels		Disinhibits LI and SI	diarrhea	Painful diarrhea
Cold & Heat	Yes	Yes		

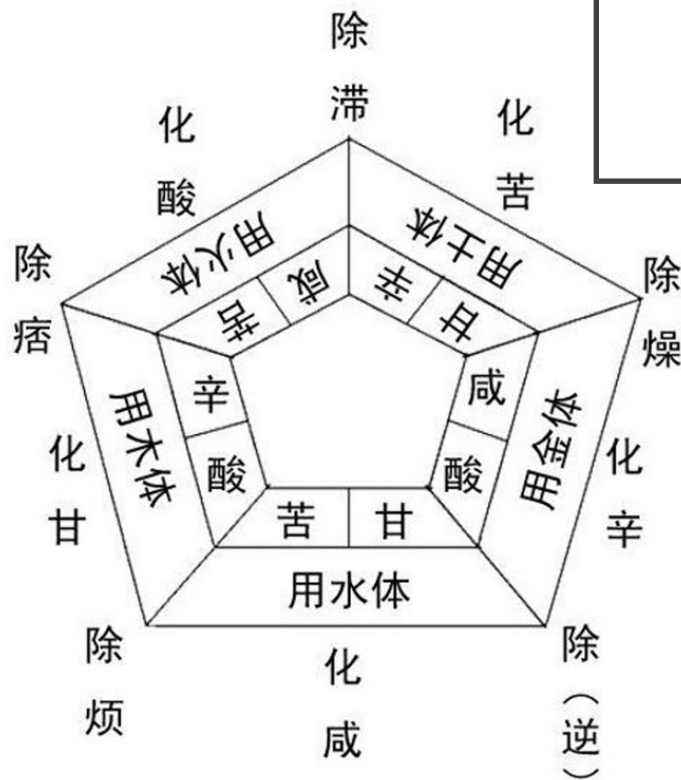
SHAO YAO

All of these are related to a common characteristic of Shao Yao

CHART OF THE FU XING JUE

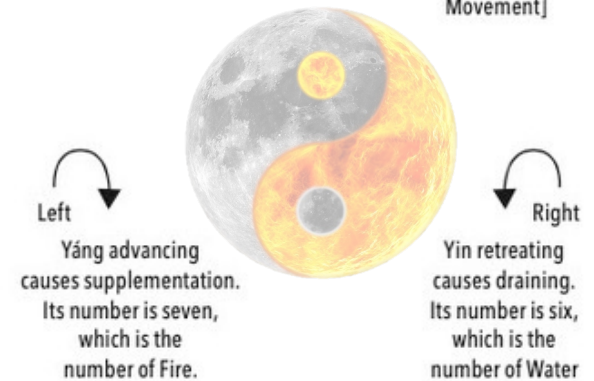
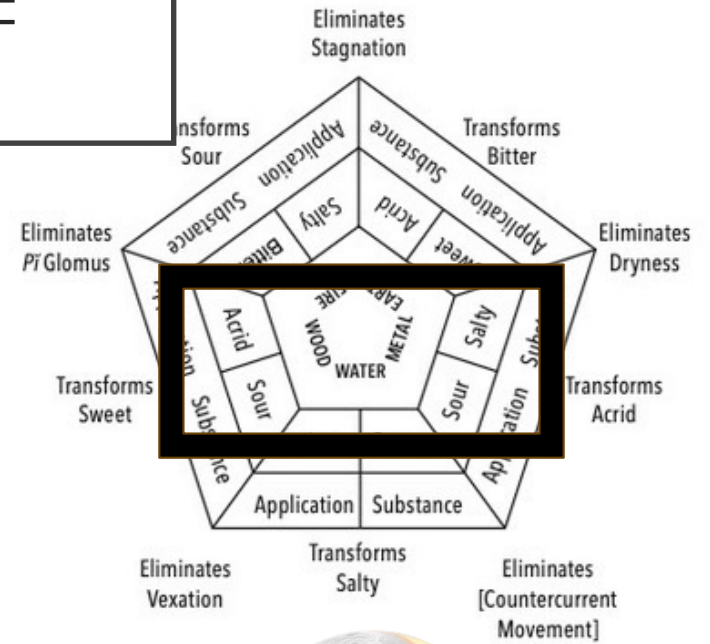
"Chart for
matching the ruler,
minister, assistants,
and envoys"

Liú Déxiàng



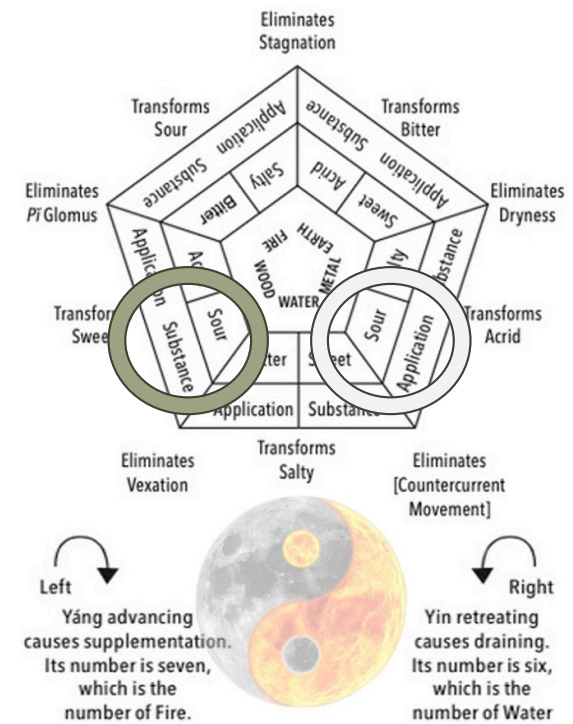
阳进为补
其数七，火数也
左

阴退为泄
其数六，水数也
右



SOUR SUPPLEMENTS METAL & DRAINS WOOD

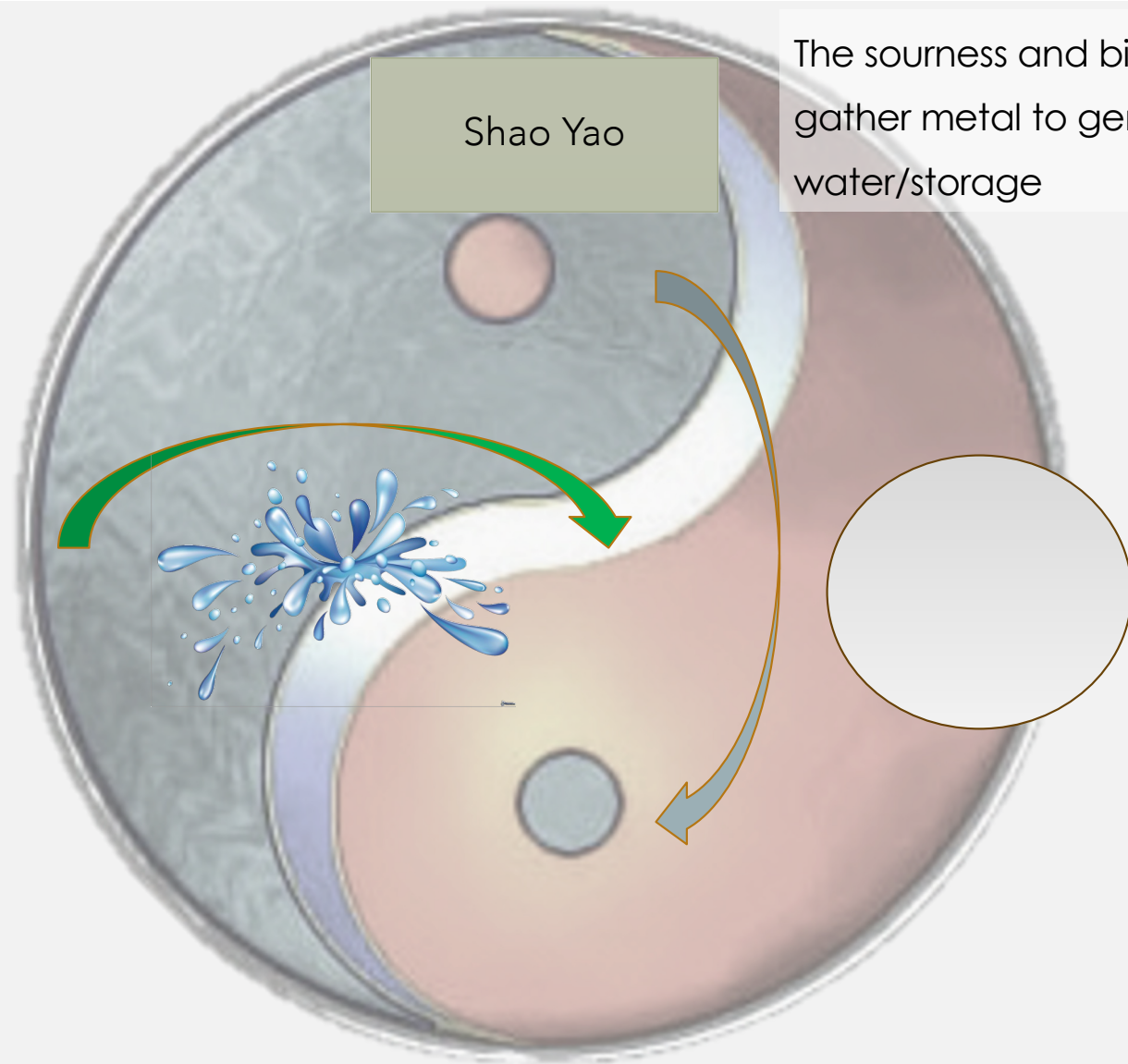
- Supplementing Metal means to supplement gathering downward, the movement of autumn toward winter.
- Supplementing Metal does not mean that it supplements the Lung Zang.
- Draining Wood means to slow Wood's movement toward Fire down.
- By slowing Wood down with Sour, it gushes.
- Draining Wood does not mean to clear heat from the Liver/Gallbladder or move Qi with pungent herbs, as it means in TCM.



Shao Yao's
bitterness and mild
coldness descends

Its sourness and slight
translucence nourishes
blood fluids and regulates
muscle/sinew function.

By slowing down Wood, it
keeps hyperactive Wood
from bothering Soil. This
manifests as regulating
muscles/sinews to stop
spastic abdominal pain



Type of S or Sx	SNBC	MYBL	Yakucho	F & S
Flavor and Qi	Bitter, neutral, sl toxic	Sour, cool	Sour,	Bitter, Sour, cool
1 st mention	Abdominal pain	Opens blood vessels, smooths flow	Congestion and restricted pulling	Nourishes blood, preserves Yin
Blood stasis	Breaks up accumulations, conglomeration	Opens blood vessels, smooths flow		CS: invigorates blood, cools blood
Spasming	Abdominal pain	Relaxes the Middle	Restricted pulling	Soften, comfort liver
Urination	Promotes urination	Expels water qi, disinhibits bladder		
Center	Abdominal pain	Relaxes the Middle	Abdominal pain	Abdominal pain
Bowels		Disinhibits LI and SI	diarrhea	Painful diarrhea
Cold & Heat	Yes	Yes		

Shao Yao helps break up stasis by nourishing blood fluids and in concert with other herbs like Chuan Xiong, Dang Gui

By regulating and relaxing muscles, especially in pivot areas, Shao Yao can help unblock urination, especially with Fu Ling

Shao Yao's bitter cool nature purges gently, while its sour nature astringes. We need to talk more about this paradox

SHAO YAO DOSAGE

9 gm is standard dose

Harmonize Ying and Wei, nourish blood

12 gm added to *Fang Ji Huang Qi Tang*

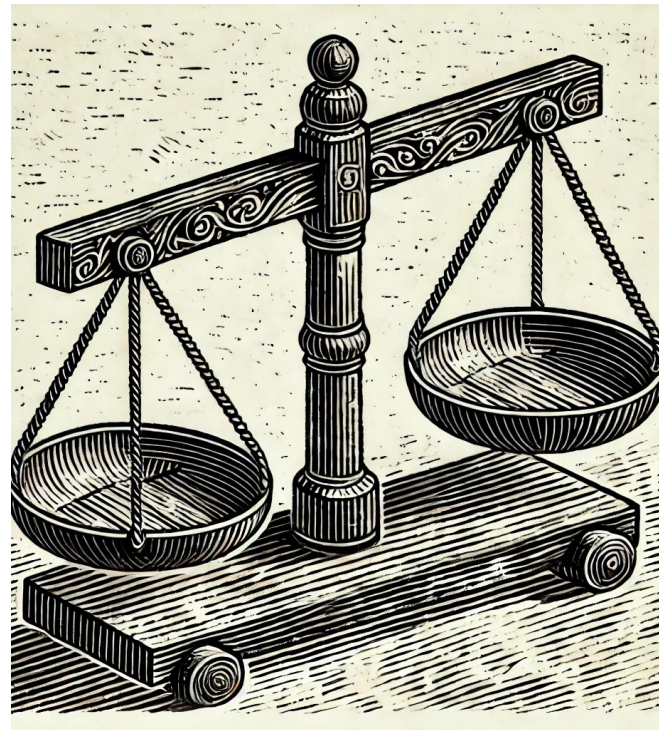
For spasming

Doubled to 18 gm

Spasming and abdominal pain

Highest dose is in *Dang Gui Shao Yao San*
at 48 gm

More continuous spasming with water
leaving blood



WHEN SHAO YAO IS REMOVED

“Chest Fullness: For example, *Gui Zhi Qu Shao Yao Tang* treats stirring pulse and chest fullness. *Gui Zhi Qu Shao Yao Jia Fu Zi Tang* treats urgent pulse, chest fullness, and aversion to cold. This also includes chest fullness. *Gui Zhi Qu Shao Yao Jia Zao Jia Tang* treats Lung wilt. *Zao Jia* can transform phlegm, and a characteristic of Lung wilt is chest fullness with an inability to lay down. *Zhi Gan Cao Tang* is also based on *Gui Zhi Qu Shao Yao Tang* with additions and subtractions. It treats sweating and chest obstruction, knotted, intermittent pulse. All of this shows us that when there is chest fullness or oppression, *Shao Yao* is not used.”

SW: In this case, the chest is full because Wood is not moving into fire. Taking out Shao Yao allows the pungent warm wind to warm and circulate the chest.

WHEN SHAO YAO IS
REMOVED

“Second, mistaken sweating in Taiyang disease devastates the Yang. Shao Yao is not used for Heart Yang deficiency. For example, *Gui Zhi Qu Shao Yao Jia Shu Qi Long Gu Mu Li Jiu Ni Tang* treats “Cold damage with floating pulse, the doctor uses fire to compel and coerce, which damages Yang and causes fright, mania, and unease being up or laying down.” *Gui Zhi Gan Cao Long Gu Mu Li Tang* and *Gui Zhi Gan Cao Tang* also do not use *Bai Shao*.”

SW: In this case we want to strongly move wood to fire and Shao Yao holds it back. There is also Gui Zhi Qu Shao Yao Jia Shu Qi Long Gu Mu Li Tang Jiu Ni Tang

吴雄志 Wu Xiongzhi's Research into
the Shang Han Za Bing Lun



WHEN SHAO YAO IS REMOVED

Shao Yao is also not used for abdominal fullness. **This “fullness” indicates excess fullness.** An example is *Hou Po Qi Wu Tang* which is a modification of *Gui Zhi Qu Shao Yao Tang*. This is *Gui Zhi Qu Shao Yao Tang* with the addition of *Zhi Shi*, *Hou Po*, and *Da Huang*. What are the clinical manifestations of *Hou Po Qi Wu Tang*? They are “abdominal fullness with an ability to eat, heat effusion, and floating pulse.” Again, there is abdominal fullness. The *Gui Zhi Tang* within the formula treats the heat effusion, but since there is abdominal fullness, *Shao Yao* is removed.”

SW: This is excess fullness for which, despite the bitter, the sour will slow movement.

吴雄志 Wu Xiongzhi's Research into
the Shang Han Za Bing Lun

BUT SHAO YAO TREATS ABDOMINAL STASIS?

But Shao Yao does treat abdominal pain and stasis when it is spastic abdominal pain, even when the poor muscle/sinew regulation causes stasis in the digestion with symptoms like poor appetite or constipation.



WHEN SHAO YAO IS REMOVED



Zheng Qin An 1824 - 1911



Lu Zhu Zhi 1876-1963



Peng Chong Shan 1931-

Shao Yao is removed from *Zhen Wu Tang* if there is diarrhea.

If there is loose stool from Spleen deficiency, I use Chao Bai Shao.

More recently I have had great success using *Shan Zha* in place of *Shao Yao* as per instruction of these doctors...

I also sometimes use *Mu Gua* and *Shan Zha*

吴雄志 Wu Xiongzi's Research into
the Shang Han Za Bing Lun



"MUSCLES" SINEWS VS FLESH

Muscles is a broad term that can mean flesh or sinews.

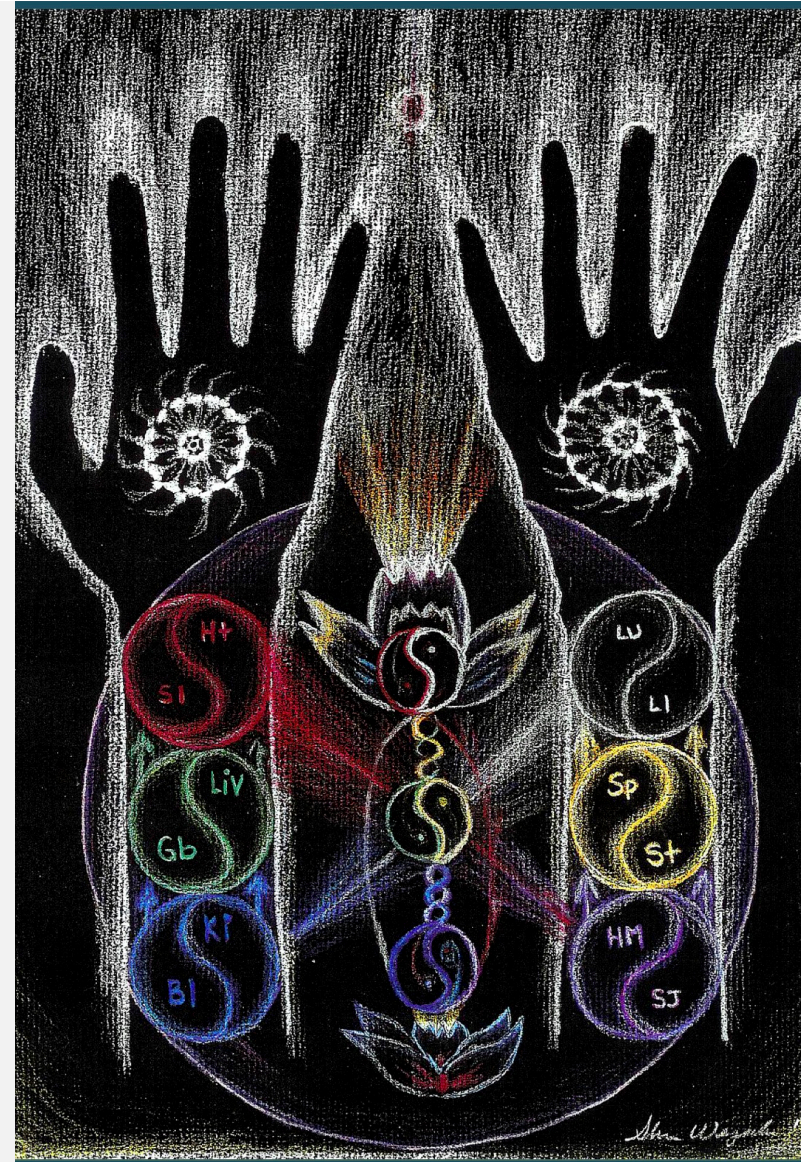
When speaking of tightness and spasming of tissues, we are speaking of sinews as they relate to wood and blood.

When we speak of the density of flesh, flesh being either lax, stiff, or dense, we are speaking of flesh.

Hence, when we talk about Bai Shao nourishing the muscles and regulating muscle action, we are talking about Wood, blood, and sinews.

SHAO YAO ABDOMEN AND PULSES

- *Shao Yao* abdominal sign is rectus tension.
- Pulse = wiry-thin, wiry left Guan, wiry right Guan





SHAO YAO METHODS

- Primordial Chaos Source Qi method
- Shao Yao + Gui Zhi method
- Double Shao Yao + Gui Zhi method
- Shao Yao + Gan Cao method
- Shao Yao + Zhi Shi method
- Shao Yao + Dang Gui method
- Shao Yao + Fu Ling Bai Zhu method
- Shao Yao + Fang Feng method

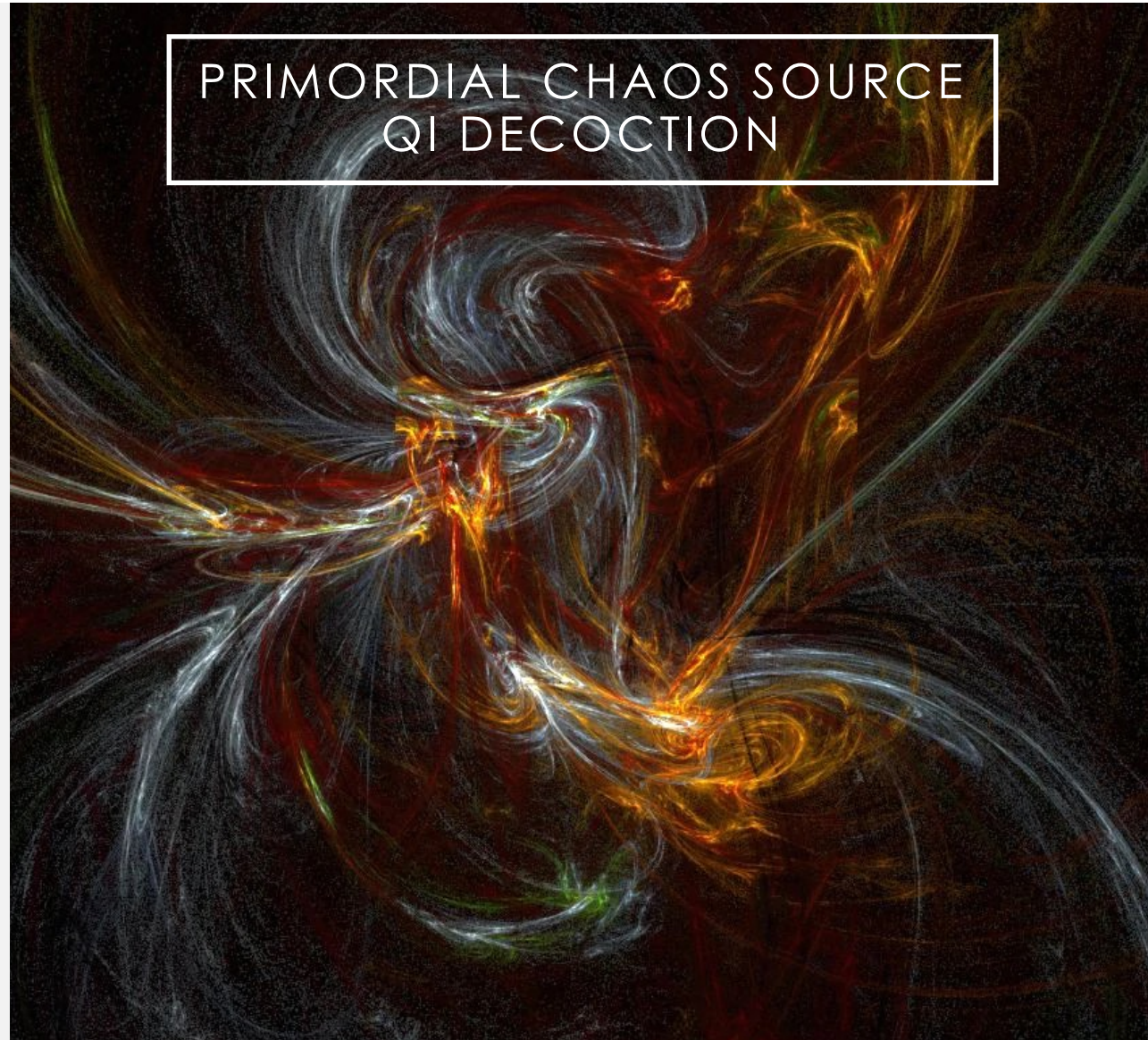
Earth, 地, in Yin Yang theory is Yin

Soil 土, in Wuxing theory is neither Yin nor Yang, or both Yin and Yang. It is the center.

This is reflected in the Neijing, where it says that soil resides in the middle and does not rule a season, soil resides in the middle to irrigate the four directions, which is the five Zang.

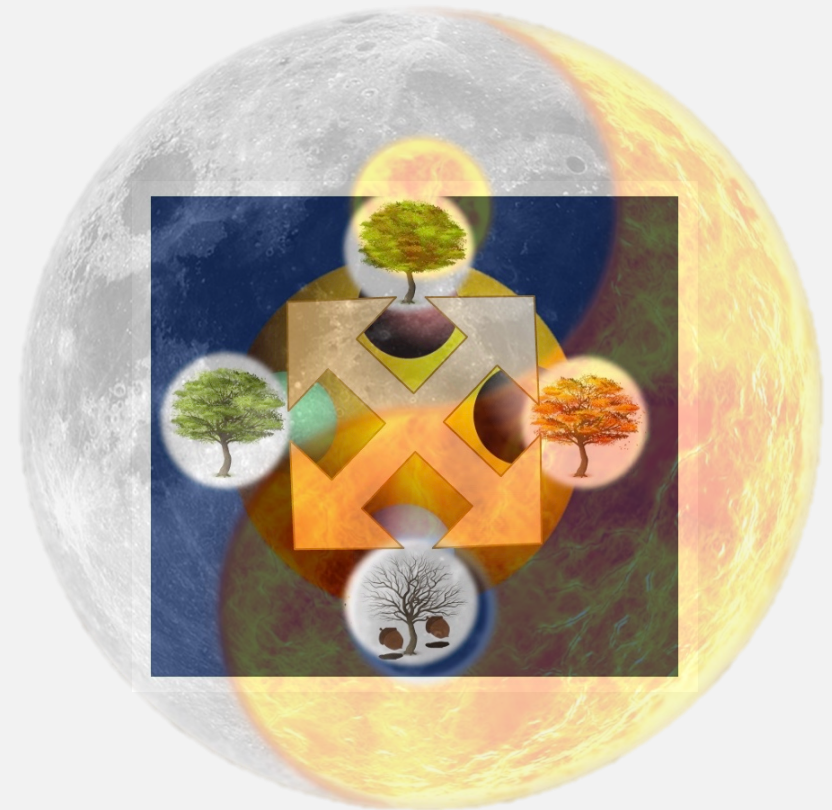
This illustrates integration of Yin Yang and Wuxing theory. It completely conforms to the concept of the creation of the universe theory of the Taiji primordial chaos.

The Earth/Soil center is the ground from which life emerges and to which it returns. Without direction, it is the soup source of the four directions.



EARTH SEPARATES OUT INTO YIN AND YANG

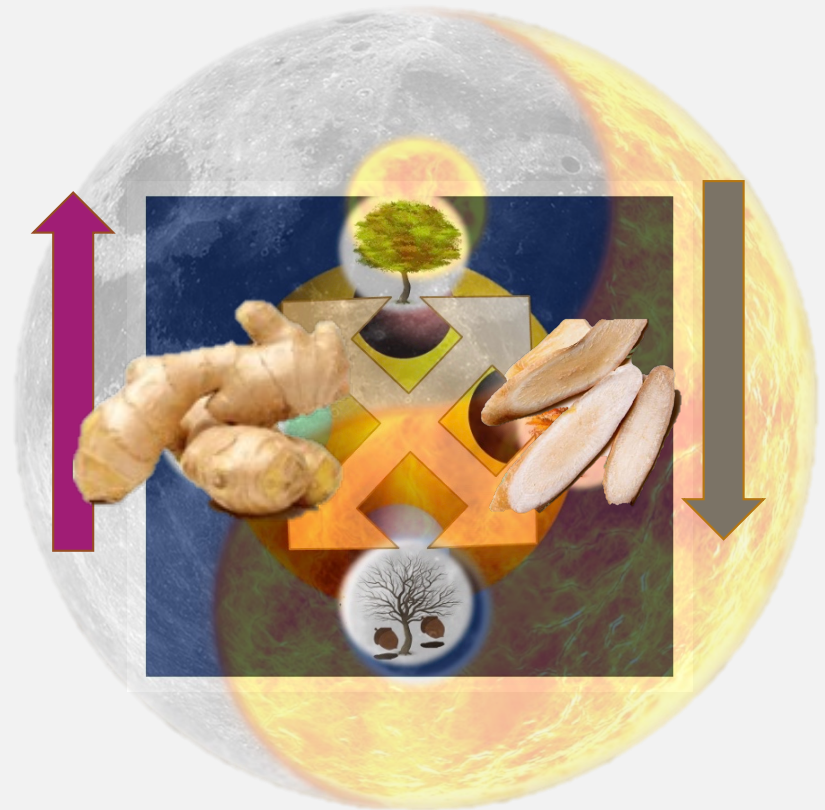
- From the foundation of the Taiji origin Qi chaos, the two Qi, the clear and turbid, separate out into heaven and earth, Yin and Yang. Heaven is formless, has luminous warmth, and is light and floating. It is above and categorized as Yang. Earth has form and substance. It has abundant water and cold, soil, heaviness and turbidity. It is below and categorized as Yin.
- In the *Su Wen-Zhi Zhen Yao Da Lun* it says, "pungent and sweet disperse and are Yang and sour and bitter open-through and discharge and are Yin, all in the service of disinhibiting and moving, regulating Qi and making it balanced."



Sheng Jiang
Shao Yao
Da Zao
Gan Cao

EARTH SEPARATES OUT INTO YIN AND YANG

- According to the Bei Lu, Shao Yao's flavor is sour. According to the Ben Jing it is bitter. The Bei Lu says it is slightly cold. Both its Qi and flavor are categorized as Yin. Its character is congealing, containing and inclining downward.
- According to the Ben Jing, Sheng Jiang's flavor is pungent, and it is warm. Its Qi is warm, and its flavor is categorized as Yang. Its nature is to spread and disperse and it inclined upward. It is an herb in the image of heaven.
- Of the two flavors of Shao Yao and Sheng Jiang, one is the image of earth, and one is the image of heaven. One is cold and one is warm. One gathers and one disperses. One descends and one ascends. They balance and regulate each other, so that the clear and turbid are both without decrease and increase. This is the state of the primordial chaos' origin.



EARTH SEPARATES OUT INTO YIN AND YANG

- It is like this that the foundation of the primal chaos decoction includes the single flavor, Da Zao, which is soil. It expresses the Yin soil of the Wuxing. Da Zao has a sweet flavor. It is balanced and pacifies the middle, nourishes the spleen, levels the stomach Qi and harmonizes 100 medicines. (Ben Jing). In terms of the ability of its Qi, flavor and nature, it shares a lot in common with Gan Cao. As a middle soil herb, it is also slightly different.
- The two Yin Yang poles of soil are formed from the movement pattern of Yin Yang mutually joining. This is the Sunlight and warmth shining onto the earth as well as the earth's water damp Qi ascending toward heaven and producing the 10,000 things. The Gan Cao that is used for medicine is a root in the earth while Da Zao is a fruit in a tree. They are both red with yellow inside. The redness of Gan Cao is formed by receiving the warmth of earth and the roots transport water upward to emerge from the earth's surface to the stalk. It follows the rising of the Yang Qi's rising ascension to the twigs and leaves. Therefore, it is an ascending Yang soil herb.



MIXING FLAVORS

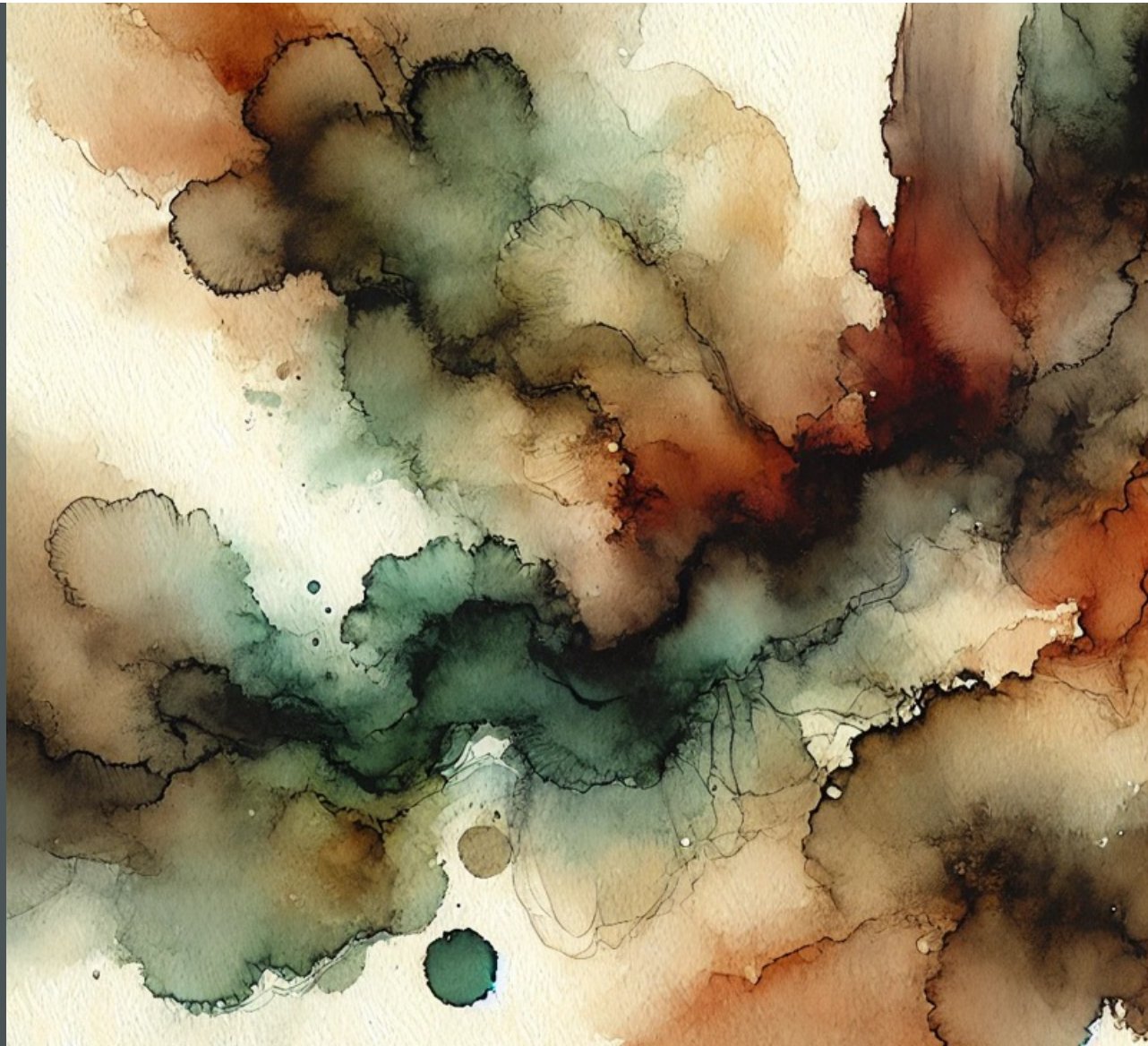
The deep red of the Da Zao fruit skin is sunlight. The fruit gathers heaven's damp Qi and hence, its nature is enriched with moisture. It abides by this cold descending of Yin Qi to enter below the earth's surface to seep into the soil. However, it doesn't easily seep out and therefore, although the Da Zao flesh is very moist, when boiled, it can still absorb water. But, when it is squeezed, it can hardly be squeezed out like mud. It has the image of the water and earth joining virtue, preserving the Jin and protecting the Ye. Therefore, it is a return the Yin soil herb.

Sheng Jiang with Da Zao has a function of filling, nourishing, benefitting and boosting the Qi of water and grain. If you inject Sheng Jiang into Jujuba, it gets cold but won't freeze and it gets hot but won't rot. The color changes to light green and it becomes even more tasty. This proves the profound theory that the two together greatly stimulate vitality and increase and strengthen middle soil (spleen and stomach) good fortune. These two, when used along with the sour of Bai Shao, boost the Yin fluid and gather downward. With the sweetness of Zhi Gan Cao, this raises the Yang Qi, spreads and effuses. This is the Yang balanced with Yin secret function. This is the foundation of the rising and falling of middle soil.



PRIMORDIAL CHAOS FORMULAS

- Gui Zhi Formula Family Formulas
 - Xiao Jian Zhong Tang
 - Wen Jing Tang
 - Dang Gui Si Ni Tang
 - Da Qing Long Tang
 - Xiao Qing Long Tang
 - Gui Zhi Jia Long Gu Mu Li Tang
- Yin Dan Tang (Xiao Chai Hu Tang + Shao Yao)
- Chai Hu Gui Zhi Tang





SHAO YAO + GUI ZHI

Harmonize Ying and Wei

HARMONIZE YING
AND WEI MEANS TO
BRING WEI INSIDE
THE YING SO THEY
INTERACT WITH
EACH OTHER

The upward outward movement of pungent warm
Gui Zhi under the sour, gushing descending and
restraining motion of Shao Yao harmonizes the Ying
and Wei. This is especially enhanced by the
harmonizing action of Sheng Jiang and Da Zao



TAI YANG: ZHONG FENG



The sour of Shao Yao tightens the skin of the balloon of our skin and Gui Zhi is like breath blowing into the balloon.

Clause 12:

Taiyang Zhong Feng : Yang floats, Yin is weak. When Yang floats, heat spontaneously effuses. When Yin is weak, sweat spontaneously issues. There is a huddling from cold, aversion to wind, and feather-light heat effusion.....Gui Zhi Tang governs.

Clause 53:

...because the Ying has moved toward the vessels while the Wei is outside the vessels. When there is further promotion of sweating, the Ying and Wei will be harmonized and there will be a cure. *Gui Zhi Tang* governs.

DOUBLE SHAO YAO
GUI ZHI METHOD

- Gui Zhi Jia Shao Yao Tang
- Gui Zhi Jia Da Huang
- Gui Zhi Jia Shao Yao Sheng Jiang Ge Yi Liang Jia Ren Shen San Liang Tang (Gui Zhi Xin Jia Tang)
- Xiao Jian Zhong Tang
- Huang Qi Jian Zhong Tang
- Dang Gui Jian Zhong Tang

GUI ZHI JIA SHAO YAO TANG AND GUI ZHI JIA DA HUANG TANG

Original text: Line 279 "Originally there was Tai Yang disease, but a physician treated it by purging, leading to fullness and periodic pain in the abdomen. This belongs to Tai Yin disease.

Gui Zhi Jia Shao Yao Tang should be prescribed. If there is great excess pain without relief, Gui Zhi Jia Da Huang Tang is indicated."

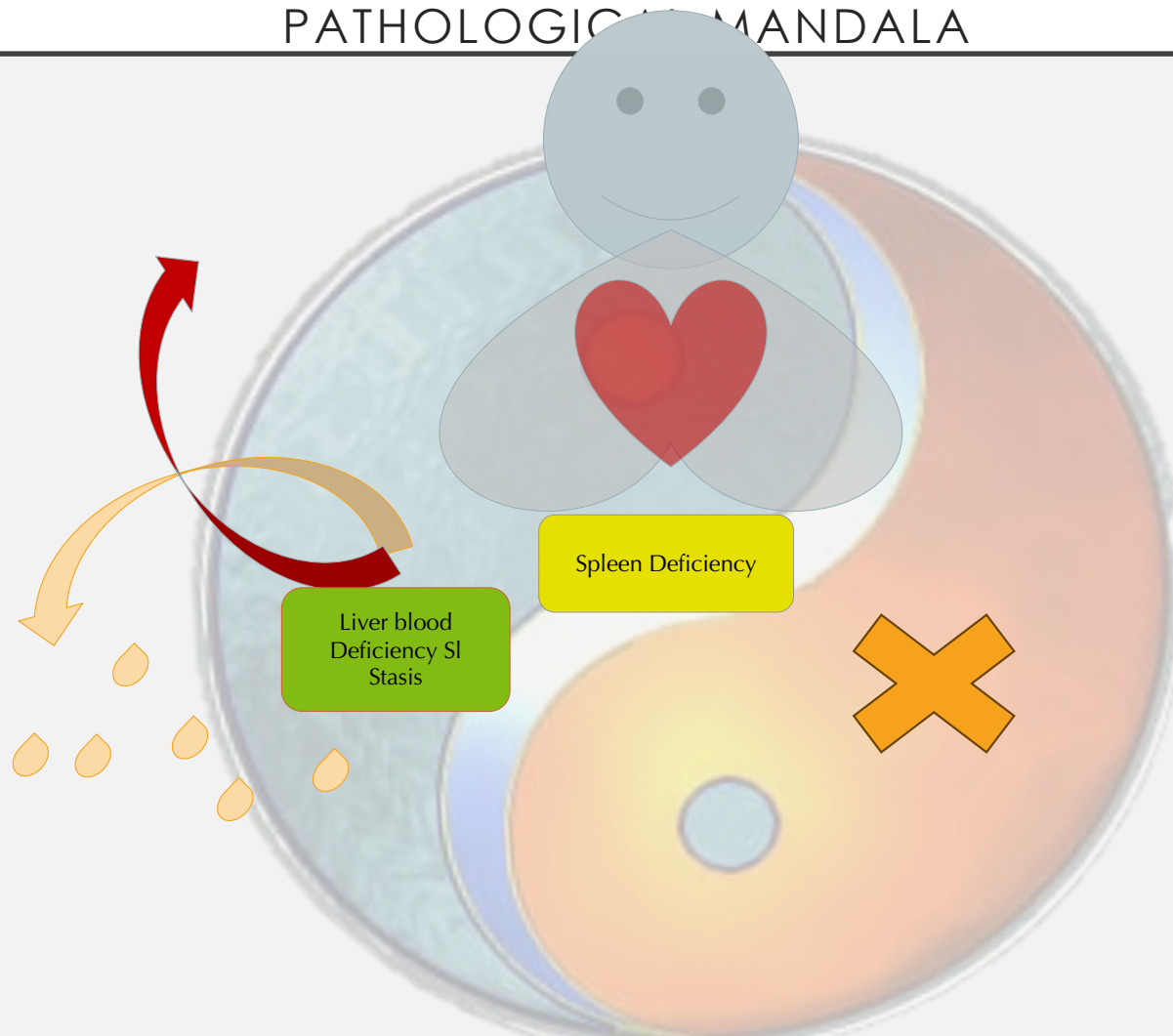
Gui Zhi Jia Shao Yao Tang

Gui Zhi	3 liang	9 gm
Shao Yao	6 liang	18 gm
Da Zao	12 dates	4 dates
Sheng Jiang	3 liang	6 gm
Zhi Gan Cao	2 liang	6 gm

Gui Zhi Jia Da Huang Tang

Gui Zhi	3 liang	9 gm
Da Huang	2 liang	6 gm
Shao Yao	6 liang	18 gm
Da Zao	12 dates	4 dates
Sheng Jiang	3 liang	6 gm
Zhi Gan Cao	2 liang	6 gm

GUI ZHI JIA SHAO YAO TANG PATHOLOGICAL MANDALA



Gui Zhi Tang
Mandala

Instead purging,
下

This locks up the
wheel in the
middle and
dries earth
more.

GUI ZHI JIA SHAO YAO
AND GUI ZHI JIA DA HUANG

Abdomen

- Gui Zhi Jia Shao Yao Tang: Gui Zhi Tang abdomen plus stronger rectus tension and no flushing up
- Gui Zhi Jia Da Huang: Abdominal fullness, blocked stool.

Pulse

- Gui Zhi Jia Shao Yao Tang: same as Gui Zhi Tang with L Cun floating & Right Guan wiry.
- For Gui Zhi Jia Da Huang, R Guan and even Chi are fuller, the pain is constant, and the stool has been locked for more than 3 days.

GUI ZHI XIN JIA TANG
GUI ZHI JIA SHAO YAO SHENG JIANG GE YI LIANG REN
SHEN SAN LIANG XIN JIA TANG

Gui Zhi Xin Jia Tang		
Gui Zhi	3 liang	9 gm
Bai Shao	4 liang	12 gm
Sheng Jiang	4 liang	12 gm
Ren Shen	3 liang	9 gm
Zhi Gan Cao	2 liang	6 gm
Da Zao	12 dates	4 dates

Original Clause:

Clause 62: After promoting sweat, there is aching and pain in the body, where the pulse is submerged and slow, *Gui Zhi Jia Shao Yao Sheng Jiang Ge Yi Liang Ren Shen San Liang Xin Jia Tang* governs.

Xiao Jian Zhong Tang

Gui Zhi	3 liang	9 gm
Shao Yao	6 liang	18 gm
Da Zao	12 dates	4 dates
Sheng Jiang	3 liang	6 gm
Zhi Gan Cao	2 liang	6 gm
Yi Tang	1 sheng	30 gm

Original text:

Clause 100: When there is damage from cold and the Yang pulses are rough while the Yin pulses are wiry, generally this will appear with acute abdominal pain. First one should give *Xiao Jian Zhong Tang*. If this is not effective, give *Xiao Chai Hu Tang*.

Clause 102: When there has been cold damage for 2 or 3 days, [now] with palpitations and agitation, use *Xiao Jian Zhong Tang*.

(Jin Gui Yao Lue, chapter 6, line 13) In a depleted patient with internal spasms, palpitations, nosebleed, pain within the abdomen, dreams with spermatorrhea, soreness and pain of the 4 limbs and restless heat of the arms and legs, dry throat and mouth, *Xiao Jian Zhong Tang* governs.

(Jin Gui Yao Lue chapter 22, line 18) When there is abdominal pain in pregnancy, *Xiao Jian Zhong Tang* rules.



SHAO YAO GAN CAO TANG

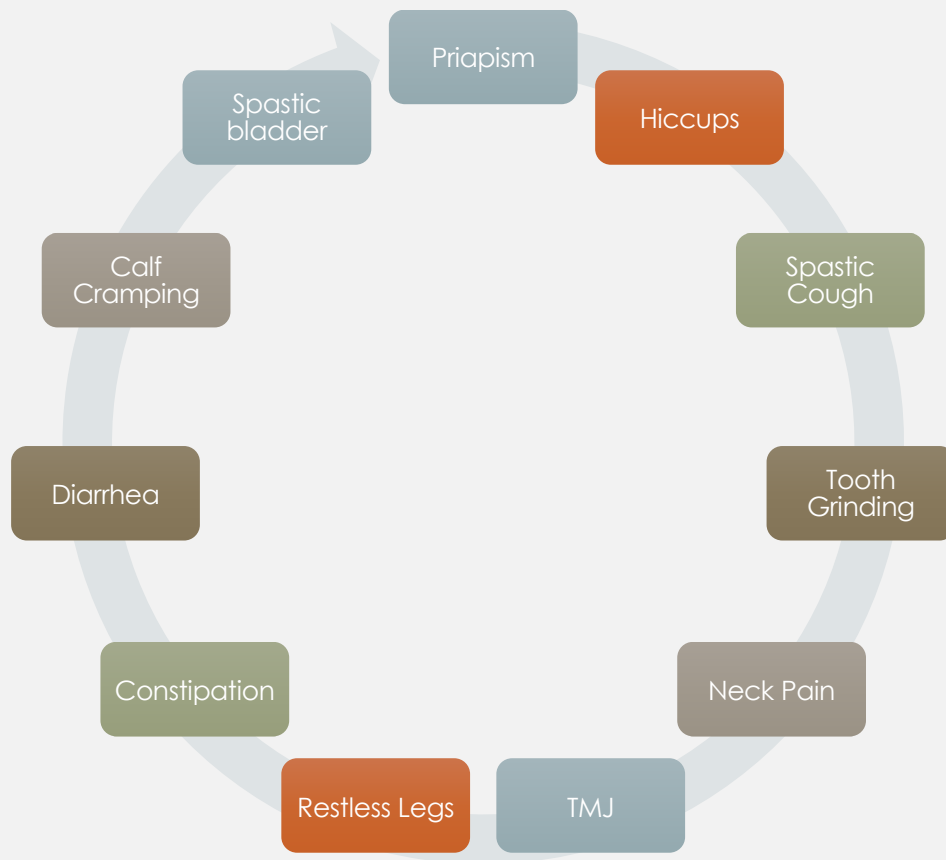
Bai Shao	4 Liang
Zhi Gan Cao	4 Liang

Lines 29 & 30: When they recover from inversion and have warm feet, given them *Shao Yao Gan Cao Tang* and they will be able to extend their feet.

An anatomical illustration of a human torso, showing the muscles of the chest, abdomen, and back. The illustration is in a classic, detailed style, with a focus on the musculature. A semi-transparent white box is overlaid on the upper part of the image, containing the title and a list of symptoms.

DIAGNOSING SHAO YAO GAN CAO TANG

- Blood deficiency, especially rectus tension
- Spasming, Irregular muscle movement and lack of muscle movement
- Pulse: left Guan wiry or all pulses wiry
- If there is more abdominal spasming, right Guan wiry, but then it is in a more earth formula



SHAO YAO GAN
CAO TANG
TREATS:

SHAO YAO
GAN CAO
TANG TREATS
COUGH AND
SNEEZING:

“Bai Shao paired with Gan Cao comprises Peony and Licorice Decoction. Together, sour and sweet transform the yin, and thus the two herbs enrich the Lung's yang fluids and soothe and moderate the Lung qi. Modern pharmacological research has shown that this formula is able to relax spasms in the smooth muscle of the bronchioles. This formula not only enriches the Spleen yin so that the Spleen qi can distribute essence upward to the Lung to moisten the throat, but it also relaxes tension, relieves spasms, and alleviates hacking cough.” *From Walking Along the River by Yu Guo-Jun*



Gui Zhi Tang

Gui Zhi Jia Shao Yao Tang

Si Ni San

Wen Jing Tang

Fu Xing Jue's Da Yin Dan Tang

Xue Fu Zhu Yu Tang

Xiao Jian Zhong Tang

Xiao Yao San

Long Dan Xie Gan Tang

Xiao Qing Long Tang

Dr. Yu's Jin Fei Cao Tang

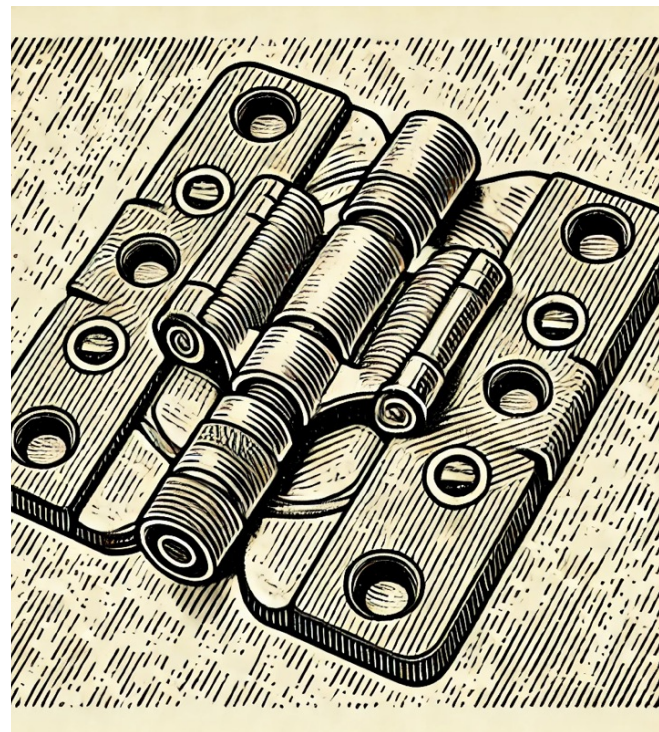
SHAO YAO +
CHAI HU & HUANG QIN

Si Ni San

Huang Qin Tang

Da Chai Hu Tang

Xue Fu Zhu Yu Tang



SI NI SAN

Si Ni San : 10 Fen each		Liu Duzhou
Chai Hu	7.5 gm	6
Zhi Shi Break, soak in water, fry until dry	7.5 gm	6
Zhi Gan Cao	7.5 gm	6
Bai Shao	7.5 gm	9

Grind into powder and take 3 times each day (6-9 gm each time) mixed with rice soup.
Also, can be decocted and taken warm.

Clause 318:

Shao Yin disease, there are cold extremities. The patient might have cough, or palpitation, or abnormal urination, or abdominal pain or diarrhea with rectal heaviness and *Si Ni San* is indicated.

SI NI SAN DONG PULSE



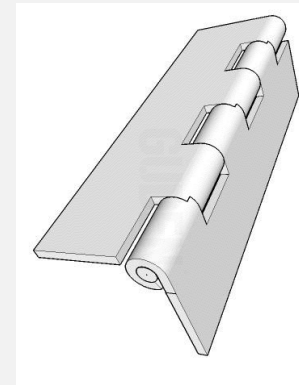
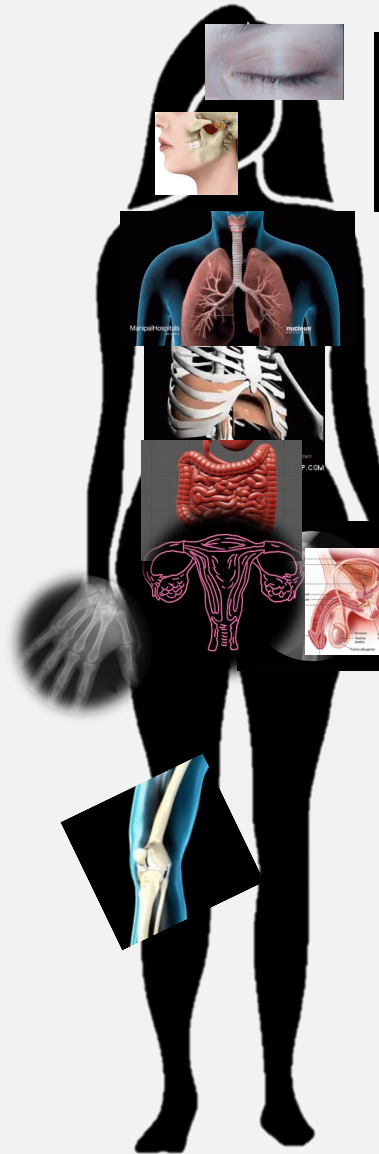
"When Yin and Yang mutually cohere, this is called *Dong*, moving."

The wheel is stopped at the pivot by stasis and blocked in the Jueyin by tension. This is the Shaoyang/Jueyin bottleneck.

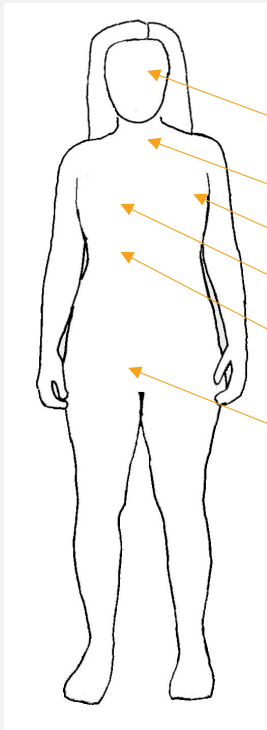
Si Ni San unblocks the pivot and relaxes tension from blood deficiency

It uses the *Shao Yao Gan Cao Tang* and *Zhi Shi Shao Yao Tang* principles.

PIVOT AREAS



LIVER GALLBLADDER CHANNELS



- Ears
- GB Channel on Head
- Eyes
- Throat
- Armpits
- Breasts
- Rid-side (Especially Right)
- Groin (Uterus, Genitals)
- Crotch of Fingers or Toes

SI NI SAN

- Si Ni San main indications according to Dr. Zeng Rongxiu:
- Middle and lower warmer distention, tenesmus, sticky stool, incomplete stool, phlegmy mucous in the stool, rectal heaviness, low back pain.

Si Ni San : 10 Fen each		Liu Du Zhou
Chai Hu	7.5 gm	6
Zhi Shi Break, soak in water, fry until dry	7.5 gm	6
Zhi Gan Cao	7.5 gm	6
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SI NI SAN
ADDITIONS

Symptom	Addition
In line 318	
Cough	Wu Wei Zi and Gan Jiang 3.75 gm
Palpitation	Gui Zhi 3.75 gm
Abnormal Urination	Fu Ling 3.75 gm
Abdominal Pain	Roasted Fu Zi 1 piece
Diarrhea and Tenesmus	Xie Bai 54 gm (decoct 1000 ml down to 600 ml and add 18-27 gm powder to decoction and continue to cook to 300 ml). Drink 2 portions lukewarm
From Dr. Zeng	
Back pain	Tian Hua Fen and Mu Li
Mucous in stool	Er Chen Tang
Liver hardening	E Zhu and San Leng

SI NI SAN FOR PROSTATE ISSUES

- Most times enlarged or inflamed prostates show with the symptom of inhibited or frequent or urgent urination. Addressing the water metabolism issues greatly helps the prostate. The pattern of wiry on both guan with tight or wiry and deep in the Chi positions, rectus and subcostal tension in men who also feel quite stressed is extremely common.
- Si Ni San Jia Fu Ling
- Si Ni San Jia Fu Ling and Tian Hua Fen for dispersion thirst.

DA CHAI HU TANG

Da Chai Hu Tang

Chai Hu	½ Jin	15 gm
Huang Qin	3 liang	9 gm
Shao Yao	3 liang	9 gm
Ban Xia (washed)	½ sheng	9 gm
Sheng Jiang	5 liang	15 gm
Zhi Zhi Shi	4 pieces	9 gm
Da Zao	10 pieces	4 pieces
Da Huang	2 liang	6 gm

Decoct the above herbs in 1 Dou and 2 Sheng of water down to 6 Sheng. Remove the foam and boil again. Take 1 Sheng warm 3 times a day.

What's inside?

Xiao Chai Hu Tang w/o
Ren Shen and Zhi Gan Cao

Zhi Shi Shao Yao San

Si Ni San w/o Gan Cao

Xiao Ban Xia Tang

A lot of blockage and congestion in the epigastric area, often with stomach reversal so high Sheng Jiang. Low and long cooked Da Huang so it's just a push down. Zhi Shi, Shao Yao stimulate downward motion of the bowel.

ZHI SHI SHAO YAO SAN

- Take 1 square spoon, 3 X/day
- Modern use is to make into a powder and take 6 gm each time with barley gruel.
-
- *Original Clause:*
- For Postpartum abdominal pain, bothersome fullness and inability to lay down, *Zhi Shi Shao Yao San* governs.

Zhi Shi Shao Yao San

Zhi Shi (scorched black)	Equal
	amounts
Bai Shao	

Zhi Shi Shao Yao San is inside the following formulas:

Si Ni San
Da Chai Hu Tang
Pai Nong San

DANG GUI + SHAO
YAO METHOD
HARMONIZES BLOOD

- Dang Gui Shao Yao San
- Dang Gui San
- Xiong Gui Jiao Ai Tang
- Wen Jing Tang
- Si Wu Tang
- Xiao Yao San
- Long Dan Xie Gan Tang
- Xue Fu Zhu Yu Tang





SHAO YAO + FU LING BAI ZHU METHOD

- Pathological substances cannot perform physiological functions
- Dang Gui Shao Yao San
- Zhen Wu Tang
- Fu Zi Tang
- Gui Zhi Qu Gui Jia Fu Ling Bai Zhu
- Gui Zhi Fu Ling Wan
- Fang Ji Huang Qi Jia Shao Yao Tang

SHAO YAO + FANG FENG

- SNBCJ: Qi and flavor are sweet, warm, without toxin
- Rules great wind, head dizziness and pain, aversion to wind, blindness from wind, wind moving the whole body, bone and joint pain, generalized heaviness. When taken over time, it lightens the body
- F&S: Expels wind, relieves spasms

Body pain and tenesmus

- Gui Zhi Shao Yao Zhi Mu Tang
- Tong Xie Yao Fang



Type of S or Sx	SNBC	MYBL	Yakucho	F & S
Flavor and Qi	Bitter, neutral, sl toxic	Sour, cool	Sour,	Bitter, Sour, cool
1 st mention	Abdominal pain	Opens blood vessels, smooths flow	Congestion and restricted pulling	Nourishes blood, preserves Yin
Blood stasis	Breaks up accumulations, conglomerations	Opens blood vessels, smooths flow		CS: invigorates blood, cools blood
Spasming	Abdominal pain	Relaxes the Middle	Restricted pulling	Soften, comfort liver
Urination	Promotes urination	Expels water qi, disinhibits bladder		
Center	Abdominal pain	Relaxes the Middle	Abdominal pain	Abdominal pain
Bowels		Disinhibits LI and SI	diarrhea	Painful diarrhea
Cold & Heat	Yes	Yes		

SHAO YAO

All of these are related to a common characteristic of Shao Yao



RESOURCES

- Sally Rappeport's Gui Zhi Tang class
- Tian Hua Fen
- Chalky herbs
- Chai Hu classes
- Long Dan Xie Gan Tang
- Si Ni San podcast on youtube
- <https://www.youtube.com/watch?v=jHpg-IYROlY>

THANK
YOU!

