



Jiao Tai Wan The Grand Communication Pill

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01

Formula History



Jiāo Tài Wán
contains only two
medicinals, Huáng
Lián and Ròu Guì



Originally from the Míng
dynasties '*Comprehensive
Medicine According to
Master Han*' (韩氏医通, Hán
Shì Yī Tōng circa 1520's)



The author Hán Fēi-Xiá
said: "*brew numerous times,
add honey, take on an
empty stomach, and this will
instantly bring forth the
interaction between the
heart and kidneys*"

More History

- However, the original text does not actually give the prescription the name "JTW 交泰丸." Nor does it specify the later standardized dosage. It is presented as a therapeutic instruction rather than a formally named prescription – Huang Lian + a little Rou Gui to communicate Heart and Kidney
- In the Qing dynasty (circa 1682) publication Yi Fang Ji Jie (医方集解, 王昂) by Wang Ang, JTW was established as a standard classical formula. It reads: "Jiao Tai Wan: Huang Lian and Rou Gui. Treats Heart–Kidney disconnection, when Heart fire does not descend and there is inability to sleep"
- The Qing dynasty compilation by Wang Shixiong published in 1854, Sì Kē Jiǎn Xiào Fāng (Simple and Effective Prescriptions for the Four Clinical Specialties 四科简效方) provides the modern dosage: (Huang Lian 10 parts to Rou Gui 1 part)

Earlier Still



From the Zhu Dan
Xi tradition (Yuan
Dynasty 1281–1358)

心火易亢，肾水易亏。“Heart fire easily becomes excessive; Kidney water is easily deficient” – Jiao Tai Wan originates from the theoretical framework of Zhu Danxi regarding this Heart–Kidney relationship disharmony



SHL

Shao Yin GSM – Heart/Kidney
Water/Fire axis

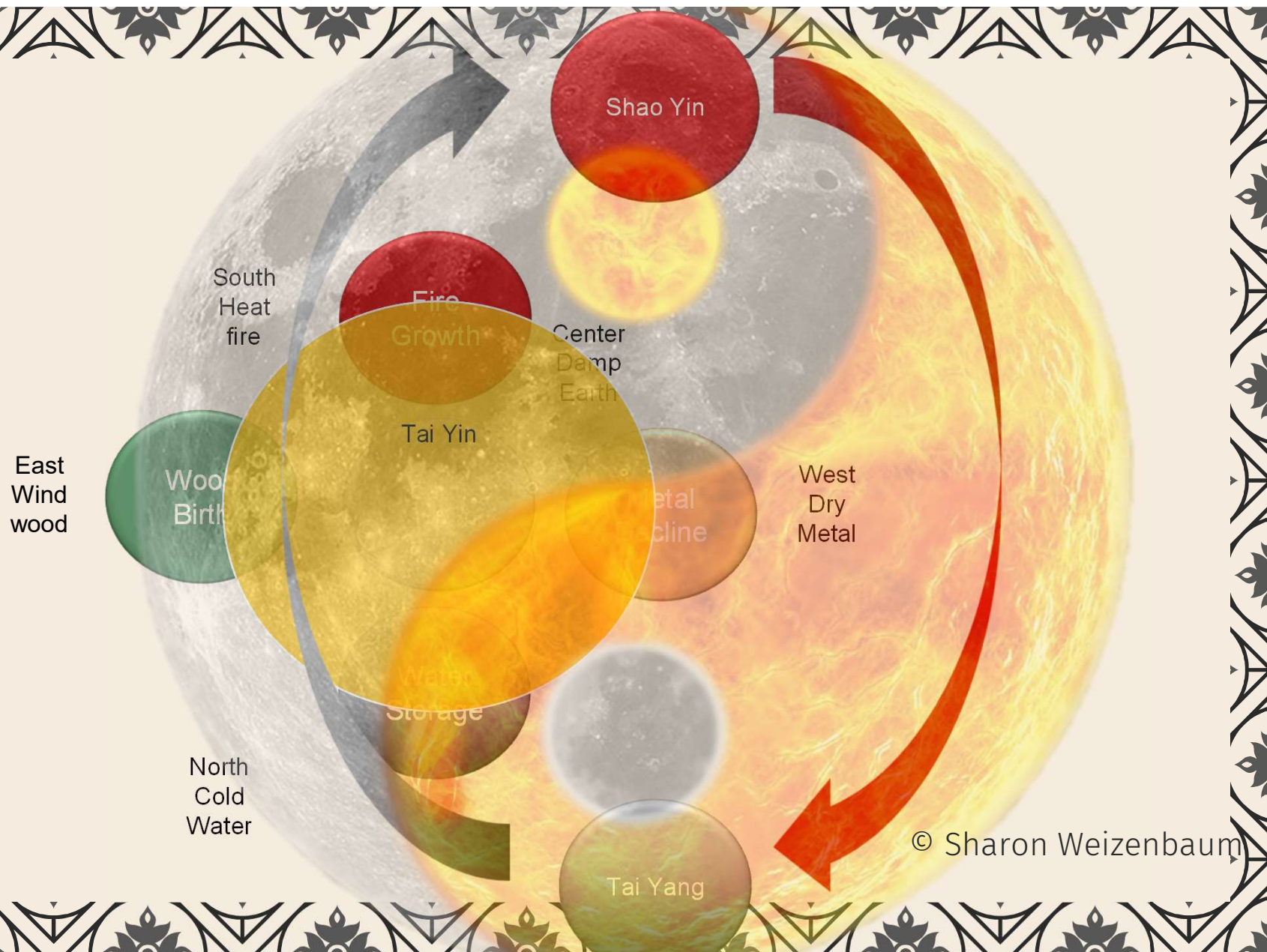


02

Shao Yin GSM

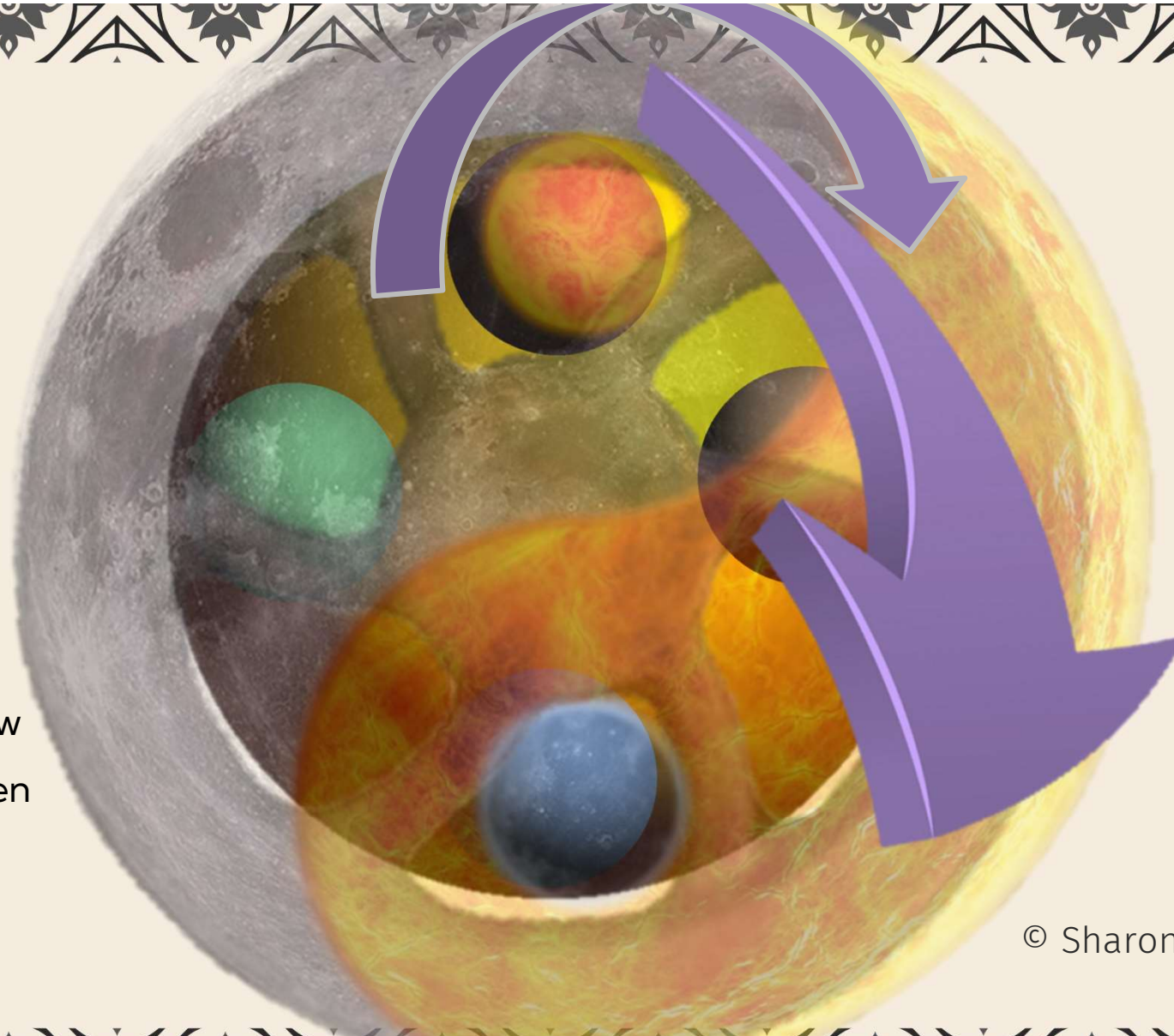
Shao Yin is the great sweeping motion between heart-fire-heat and kidney-water-cold.

It is the movement of Fire into Water. It's counterpart Tai Yang, completes the "Life axis" by connecting Water back to Fire



Shaoyin draws life
force from Heaven
into me

Shaoyin is the
strength of the draw
of Yang from heaven
into storage



Shaoyin is
also our
battery
power that
allows us to
"restart," to
return to life
in our cycles

© Sharon Weizenbaum

There is a dragon at rest deep within
the ocean

When MF is weak:

- Fire can go up with Water
- Fire loses its root
- Yin cold accumulates





03

Single Herbs

Huang Lian & Rou Gui

Mu Gui

- SNBCJ: qi and flavor is acrid, warm and non toxic. Governs qi ascent, counterflow cough, bound qi, throat impediment, and difficulties with the rhythm of exhalation and inhalation. Disinhibits the joints, supplements the center and boosts qi. When taken over a long time, it frees the Shen, lightens the body and prevents aging
- Jun Gui:
 - Chen Xiu Yuan: " the nature and uses are the same as that of Mu Gui...it is distinguished from Mu Gui by its severity and the difference is that Jun Gui can **ascend and descend**



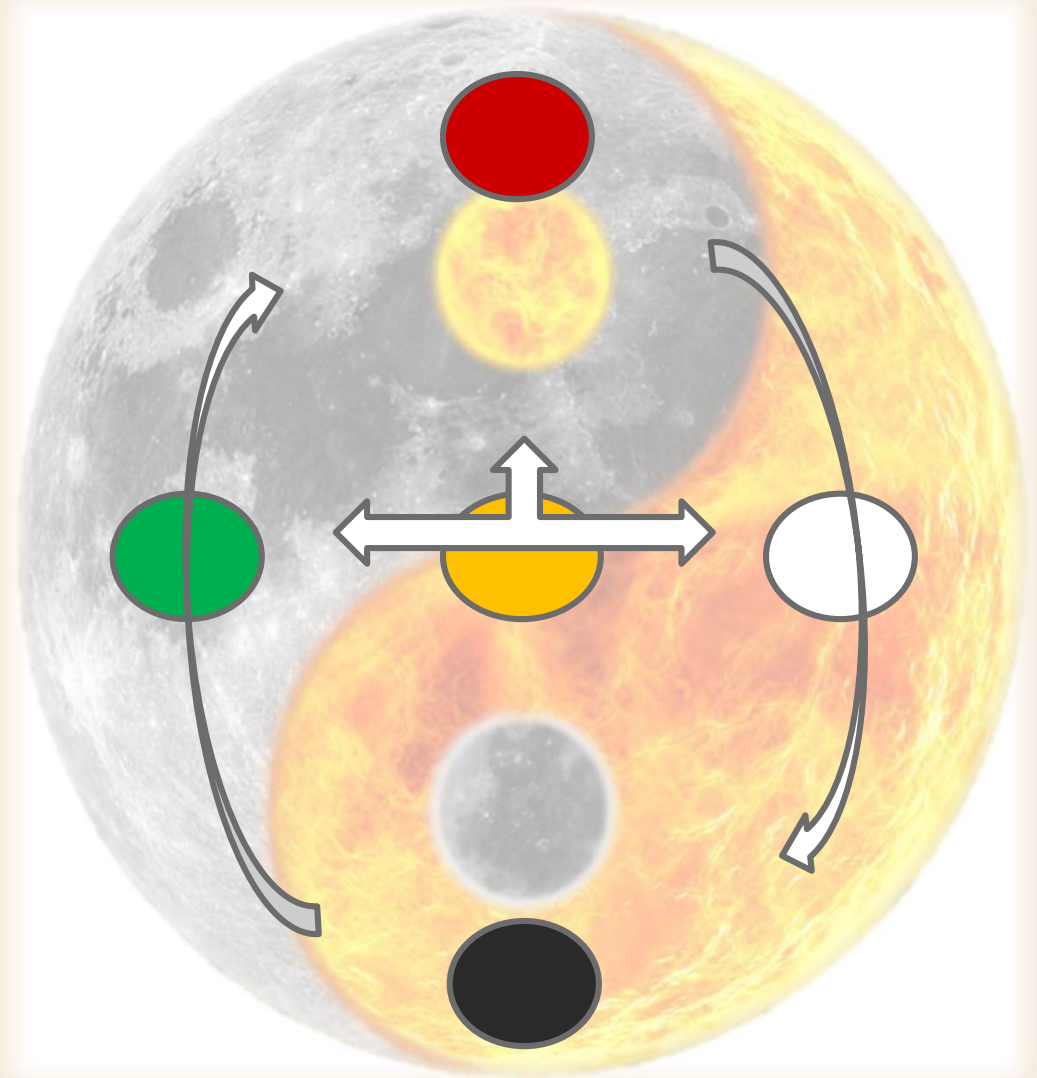
Rou Gui

- In the Fu Xing Jie, GZ/RG is the Wood herb of the Wood class. Being acrid it will:
 - Push Wood towards Fire
 - Open, spread and dissipate
 - Steam upward thereby moistening
- Zhang Bing Cheng: ...its sweetness carries some acidity & naturally has a measurement of piercing aromatic warmth. It enters the blood level of the 4 channels Ht, Liv, Sp, Kid, where its warmth disperses pathogenic cold at the blood level...together with herbs that tonify the Kidneys, it tonifies insufficiency of the primal Yang at the MM in disorders such as weak Yang forced outward or upward by overabundant Yin. It can also guide fire back to its source.
- Zhang Xi Chun: " because it is the bark from the lower part of the tree, its nature reaches downward to warm the cinnabar field, fortify the primal yang and tonify the MF. Its color is purple crimson, so it is excellent for tonifying the sovereign fire (IF) and warmly unblocking the blood vessels

Rou Gui

- Wu Pei Heng: Sweet, pungent with fragrant Qi, warm. "When deficiency Fire floats upward, RG will induce it to return to the source...for Yin dryness presentations, RG can also be given, it generates fluids and moistens dryness. Being sweet it:
 - Governs moderation, stabilizes and strengthens
 - Its movement ascends and it benefits the middle
 - Nourishes, enriches and is absorbed upward
- MM: acrid , sweet, hot, enters Ht, Kid, Liv, Sp. Fortifies Kid & Sp Yang, warms Ht yang, strongly unblocks cold obstructions in associated organs, meridians, sinews and bones. Enters the blood aspect of the Liver

Increases the draw
and storage physiology
– From the Heart to
MF Kidneys, working
on both sides of the
circle – drawing Yang
in the West and
expressing it back out
in the East while
benefiting the Center



Rou Gui or Gui Zhi?



Huang Lian

SNBCJ: The Qi and flavor are bitter, cold and non-toxic. It governs heat Qi and pain in the eyes, damage and tearing in the canthus, brightens the eyes, intestinal afflux, abdominal pain, diarrhea, female vaginal swelling and pain, when taken over a long period of time it prevents forgetfulness.

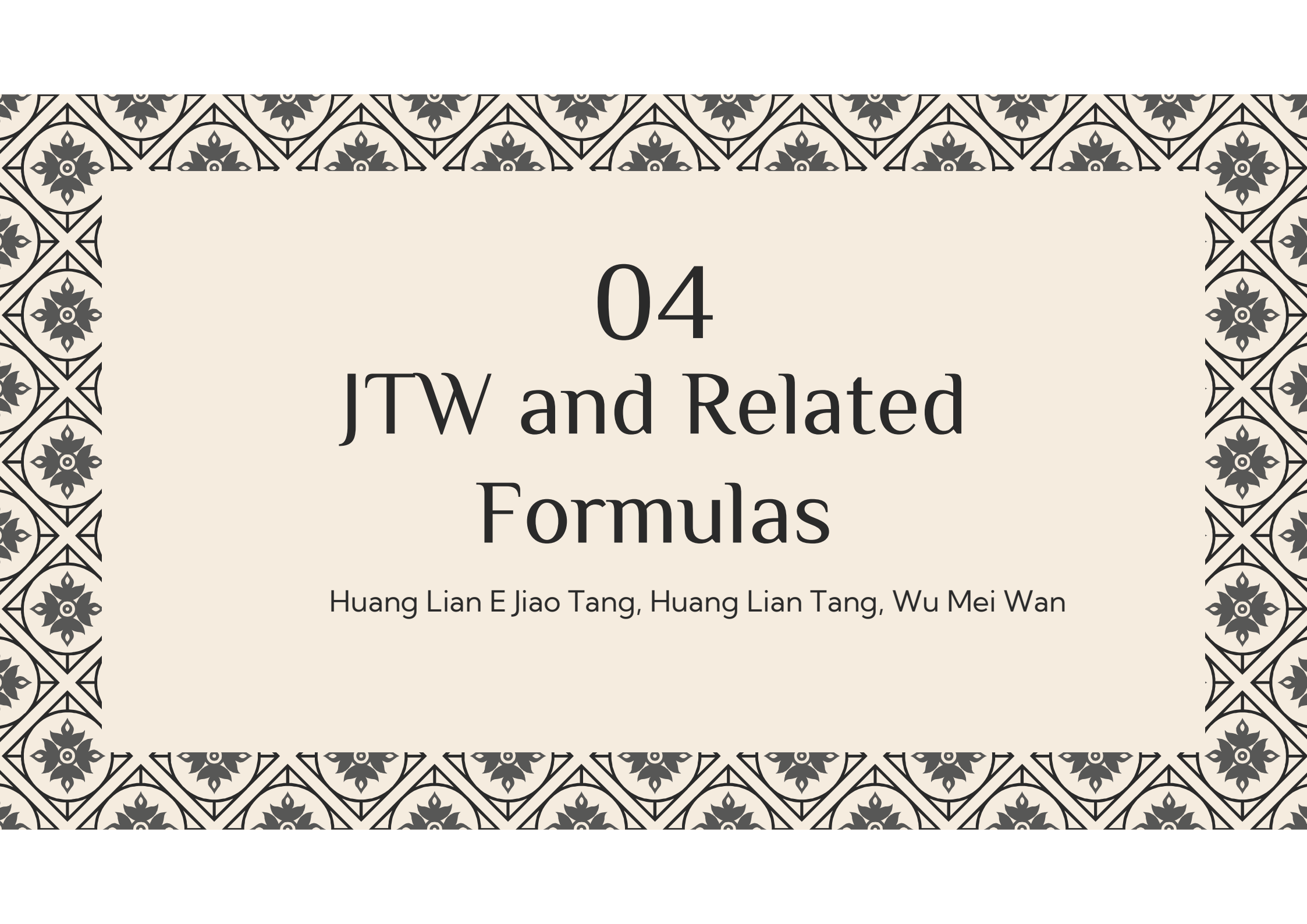


Huang Lian

- In the Fu Xing Jue, Huang Lian is the Fire herb of the water class. Being extremely bitter, it supplements the Water phase:
 - Hardens the kidneys so that storage is improved
 - Descends in the West allowing Fire to move into Water
 - Allows fluids to go where they need to go by squeezing them out and allowing for what needs to be hardened, to become hard
- CXY: The Qi of Huang Lian is cold, it inherits the qi of heaven, winter, cold and water and it enters the foot Shaoyin kidney channel. Its flavor is bitter, it obtains the fire flavor of earth, the southern direction and enters the hand Shaoyin Heart channel. **Its qi is that of water and its flavor is that of fire...** It is able to eliminate fire and water's confusion with each other
- MM: bitter, cold, Heart, LI, Liver Stomach – cools heat, drains Fire (especially in Heart and Stomach)

- Yellow homes to center
- Bitter bears down through middle to clear heat
- Bitter taste hardens Kidney to support storage
- Via YM mediator, connects Ht & Kid
- BY OPENING THE CENTRAL BLOCKAGE, HEAT TRAVELS TO WHERE IT NEEDS TO GO, THEREBY COOLING
- Combination with Rou Gui will guide this heat to kidneys





04

JTW and Related Formulas

Huang Lian E Jiao Tang, Huang Lian Tang, Wu Mei Wan

Materia Medica

- Associated formula to Huang Lian E Jiao Tang
 - **Huang Lian 15 g, Rou Gui 1.5 g**
 - Grind into powder and form pills with honey OR prepare as decoction with dosage reduces by ½ to 2/3'ds
- Reestablishes harmonious communication between Heart and Kidney
- For irritability, restlessness, severe, continuous palpitations, coolness of lower limbs and great difficulty falling asleep due to disharmony between Heart & Kidney.
- This formula is used internal conditions in which Kidney yang cannot provide a base for Heart Yang as opposed to the main formula HLEJT where there is a Kidney Yin deficiency

Formula Song:

心肾不交交泰丸，一份桂心十份连，怔忡不寐
心阳亢，心肾交时自可安。

Xin Shen Bu Jiao, Jiao Tai Wan
Yi Fen Gui Xin Shi Fen Lian
Zheng Chong Bu Mei Xin Yang Kang
Xin Shen Jiao Shi Zi Ke An

- The Heart and Kidney are not communicating so take JTW. It has 1 fen of Gui Xin & 10 fen Huang Lian. For palpitations and insomnia with Heart Yang effulgent, when Heart & Kidney communicate again it will spontaneously bring peace

Formula Explanation: Sharon e book 2019

- This formula clears the heart, descends fire, and dispels vexation. It has a small dose of Rou Gui to supplement fire and benefit Yang. Then there is a large amount of Huang Lian to attract fire to return to the source. When the two herbs are combined, it clears the middle and has warmth. Clearing is primary. There is cold but it is not restricting. It descends the heart and benefits the kidney.
- The emphasis is on clearing the heart and descending fire but the herbs are both opposite yet complimentary. They make the heart and kidney come into right relationship so water and fire interact. Naturally, the heart and kidney become peaceful so there is no insomnia. Clinically this is used when there are patterns in which the heart fire is over abundant and Kidney Yang is weak. It is not appropriate to use this formula alone for Yin deficiency with exuberant fire.

These Days

- In modern texts relating to JTW we read 非泻火之难，难在火之归元，(Fēi xiè huǒ zhī nán, nán zài huǒ zhī guī yuán): "The difficulty is not in draining fire, but in returning fire to its source."
- Clinical reports show that this formula can be used for depression, diabetes with retinopathy, skin illnesses, mental illness, oral cavity illness when these are due to heart fire over-abundance with kidney Yang deficiency
- Experimental research has indicated that this formula is an anti-depressant and anti-anxiety formula. It can increase oxygen absorption function, increase coronary blood flow, improve acute lack of blood flow to the heart, combating irregular heartbeat and it brings down blood sugar

Huang Lian E Jiao Tang

- **Huang Lian**, Bai Shao, Huang Qin, E Jiao, Ji Zi Huang 2 egg yolks
- *Shaoyin disease of two or three days or more, with vexation in the heart and inability to sleep.” (Line 303)*
- Heat harassing spirit above – vexation, insomnia, agitation, mania
- Heat harassing blood – hematuria, bloody stools
- Lack of storage, leakage below: uterine bleeding, dysentery
- Damaged fluids/yin xu – **Kidney Yin xu** not supporting Heart/Kidney axis
- YM/SYang block in the West – helps stop leakage in Shao Yin by completing downward movement in West

A Study of the Huanglian Tang Formula Presentation

A Dissertation Submitted for the Doctorate by Daniel Eng

- SHL: "In cold damage, when there is heat in the chest, pathogenic qi in the stomach, abdominal pain, and a desire to vomit, Huanglian Tang governs" (*Line 173*)
- **Huanglian**, Gancao, Ganjiang, **Guizhi**, Renshen, Banxia, Dazao
- Cheng Wuji, in *Annotated Shanghan Lun*, stated:

"This condition arises when pathogenic factors from cold damage enter the interior, resulting in **cold below and heat above**. Pathogenic qi in the stomach prevents the interaction of yin and yang. Yin fails to ascend and governs alone below, causing lower cold and abdominal pain; yang fails to descend and governs alone above, causing heat in the chest and a desire to vomit.

Huanglian Tang is used to **regulate the ascending and descending of yin and yang...**
For upper heat, it is drained with bitterness—Huanglian's bitterness descends yang;
for lower cold, it is dispersed with pungency—Guizhi, Ganjiang, and Banxia's
pungency raises yin;

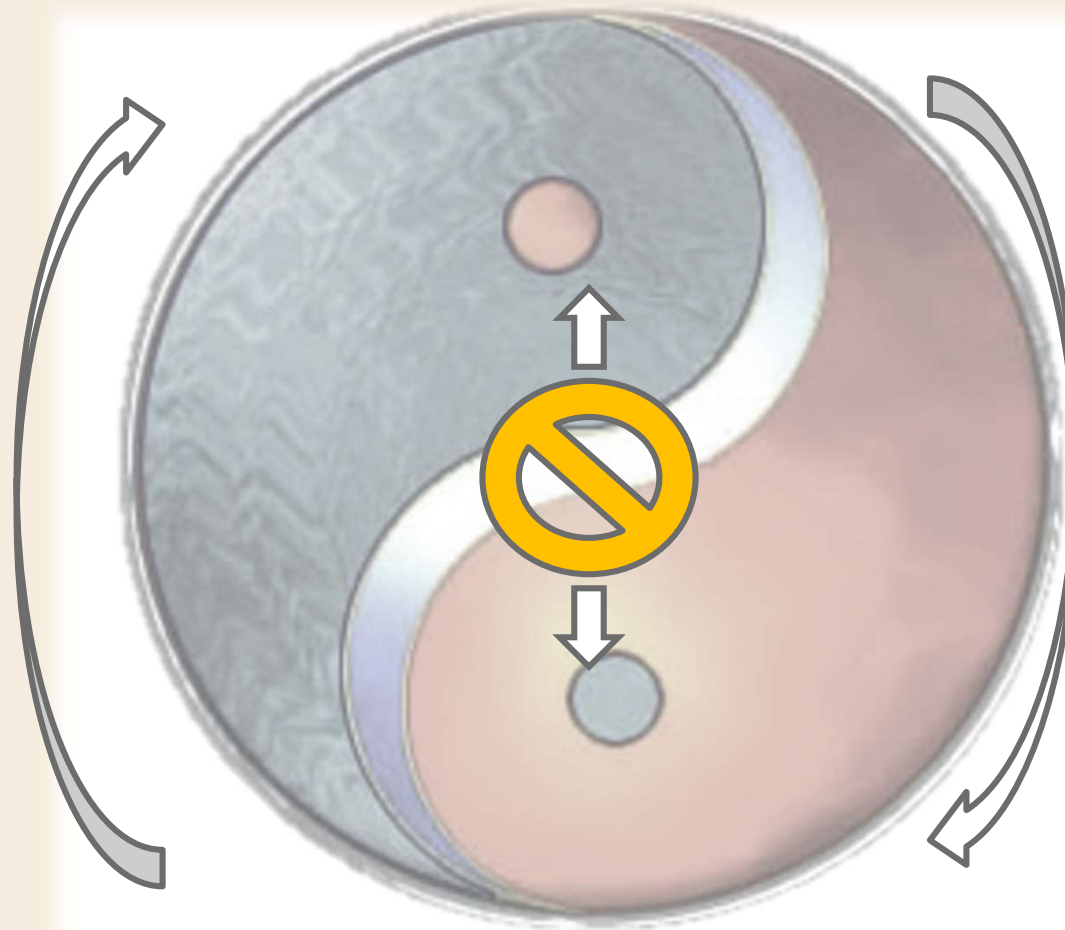
Wu Mei Wan

- Original doses: Wumei, 300 pieces; Xixin, 6 liang; Ganjiang, 10 liang; **Huanglian, 16 liang**; Danggui, 4 liang; Fuzi, 6 liang (processed, peeled); Shujiao, 4 liang (sweated); **Guizhi, 6 liang** (peeled); Renshen, 6 liang; Huangbai, 6 liang
- *"...Now, the person is still, and then has periodic vexation, which indicates visceral cold" (Line 338)*
- Here, vexation *fan* (烦) refers to a distressing psychological experience. The patient is restless, uncomfortable, depressed, or anxious, and most often has accompanying **insomnia** (HH)
- WMW treats:
 - Wu Qian: "Intermingling of yin and yang, confusion of cold and heat"
 - Zhang Lu: "stomach qi deficiency with pathogens of mixed cold and heat accumulating in the chest"
 - (thank you Eran Evan)

Wu Mei Wan

- One of the best formulas to regulate disharmony of wood and earth
 - Severe deficiency cold shutdown of the MJ +/- LJ with some kind of aggressive upsurge like vomit, HA, panic, intense insomnia and pain
- Earth shut down and cold, very low ministerial fire cannot give rise to warm Jue Yin Blood, which cannot reach the heart. Kidney yang xu causes yang to rise out of right relationship
- **Root is Shao Yin Xu – everything is shut down**
- **Cold below heat above.** Circle is blocked so Yang that is trying to enter backs up

Gui Zhi



Huang Lian

(Rou Gui)



05

Returning Fire back to the Source

Huang Bai, Feng Sui Dan

Huang Bai

- SNBCJ: The qi and flavor are bitter, cold and non-toxic. HB governs bound heat in the 5 zang, intestines and stomach. It treats jaundice, intestinal hemorrhoids and stops drainage diarrhea. It treats red and white leakage in women, erosion and sores of the genitals in men and women
- Zhu Dan Xi says that HB tonifies Yin. Zhang Jing Yue then wrote "When water is dried up, how could bitterness tonify? Yin deficiency, exhaustion of water, directing it downward it becomes ever more devastated, extinguishing the primal yang, there is nothing more extreme than this herb. If water is not dried but fire is abundant, then using it to pull the fuel from beneath the stove is enough; once the water is spent and the dryness becomes heat, using this to tonify Yin is truly difficult....it is not a tonifying herb!

Huang Bai

- Materia Medica of Combinations: : "It tonifies water by its ability to clear the yin-fire blazing upward, from below; when fire is cleared, water is fortified and congeals as normal. This is tonifying without tonifying. Note that this is pathogenic heat in the midst of Yin and is not originally the true fire of the Ming Men, so there is no harm in using bitter, cold herbs to expel it. If the true water of the kidneys is insufficient so that the true fire floats deficiently upward, then Sheng Di Huang and Shu Di must be used to enrich the kidneys. When the water is sufficient, fire will naturally return to its place of containment. If Zhi Mu and Huang Bai are used mistakenly, the water will be dried by their bitterness and the fire will blaze even higher.
- SW: Huang Bai is a Yin enrichening herb – either by relieving YM of its blockage or directly. Especially in combination with sweet, moistening Zhi Mu
- MM: bitter, cold, Kidney, UB, **directs Fire downward** . Clears damp heat in the LJ

Huang Bai – from Yu Guo Jun

- Bitter – enters Heart
- Cold – homes to Kidney
- Yellow – homes to Spleen
- Spleen is the pivot for regulating Water and Fire – this one herb has the unique quality of containing within it Heaven, Earth and Man, upper, lower and middle



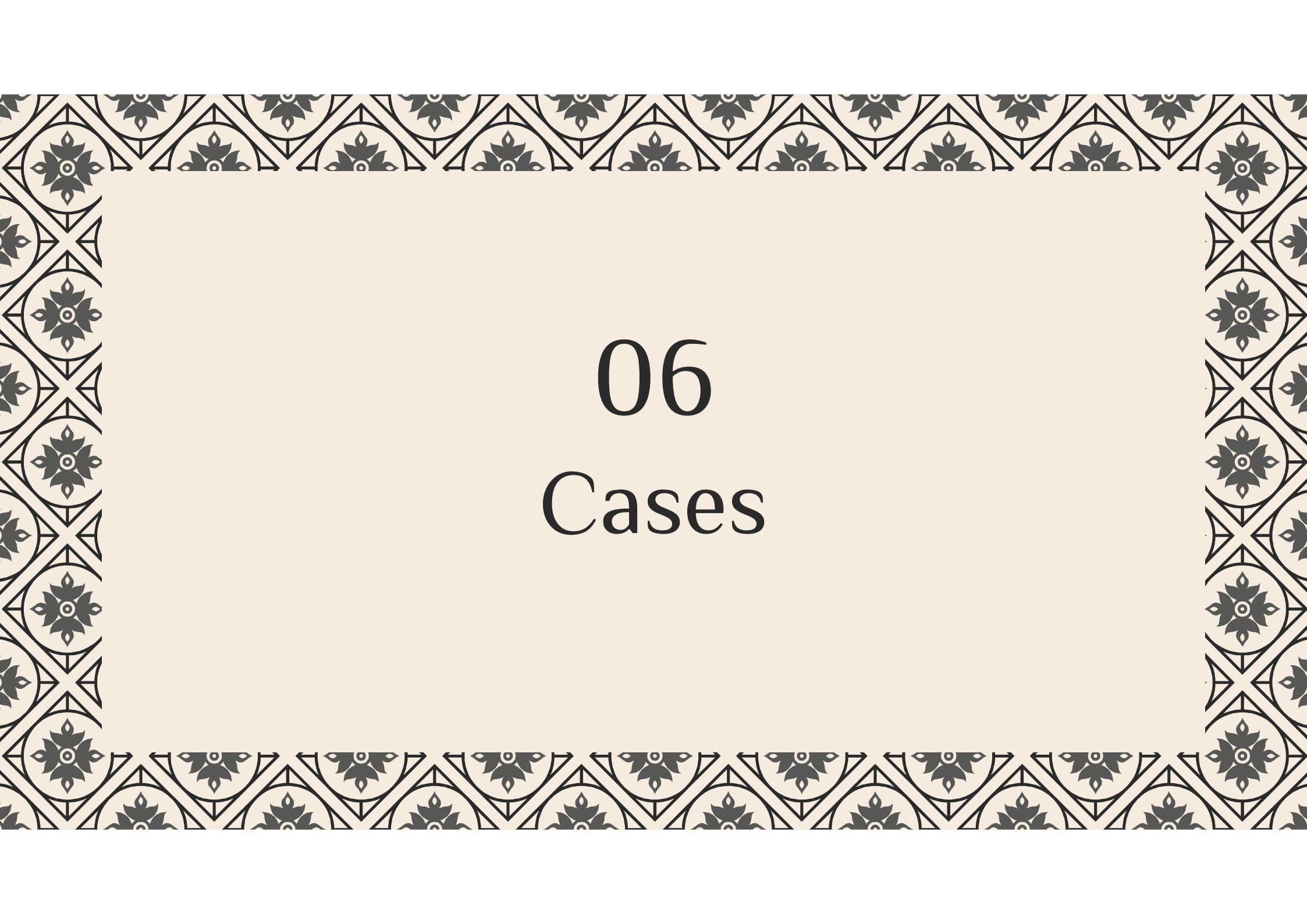
Fire, Water and Central Earth – Zi Shen Wan

- Zheng Qin An wrote: "Zi Shen Wan (**Huang Bai**, Zhi Mu, **Gui Zhi**) is a tonifying Water prescription, it is also a receiving Qi and returning to Kidney prescription. Zhi Mu and Huang Bai are bitter and cold. Bitter can affirm the Kidneys while cold can nourish Yin... Gui is pungent warm and when joined by Bai & Mu it creates the Kan trigram, in which one Yang is contained 2 yin lines...Gui is the dragon in the water while Bai & Mu are water itself"
 - Gui works on both sides of the circle – drawing down into storage and expressing back out, Bai draws Yang down and consolidates
- Yang comes down and steams back up – Shao Yin and Tai Yin working together to move Fire and Water. This is dependent on the integrity of the central Earth axis



Fire, Water and Central Earth – Feng Sui Dan

- Huang Bai 9g, Sha Ren 4.5g, Gan Cao 3g
 - Huang Bai bitterly brings formula down and roots to ming men kidneys
 - Sha Ren uses acrid to open up through middle, returning Fire to Water via center,
 - Gan Cao: supports the middle, covers the fire with Earth to ensure it stays down
- Feng Sui Dan settles Heart Fire, boosts Kidney Water and supplements Earth, **brings Fire & Water into right relationship via center.**
- For weak and dry Kidney water, weak MF that is not properly stored and flares up
- "When true fire is concealed and stored – this is Sealing Marrow (feng sui)"
- Combination of tastes
 - HB bitter + GC sweet transform Yin
 - SR acrid + GC sweet transform Yang
 - YY transform together and join at center palace, which allows Fire and Water to connect



06

Cases

My clinical experience with Jiao Tai Wan

- Huang Lian 15 g, Rou Gui 1.5 g
- Use for heat above/cold below with
 - Abdominal/epigastric S/s
 - Insomnia/irritability, vexation, Shen disturbances
- What if doses are reversed? **Huang Lian 2-4 g, Rou Gui 10 g**
 - Frequently added in reversed and revised doses in conditions where Kidney Yang weakness is very apparent and there are S/s of heat in Heart/chest
 - Common addition in women's health
- Teeny tiny formula
- The Huang Lian tongue



Huáng Lián assists sleep- A case by Huáng Huáng

OCTOBER 11, 2011 BY ERAN EVEN

One early morning last week as I had just turned on my cell phone, I received information about a patient from northern Jiāng Sū province that had suffered with insomnia. He had been here nine months previously for a formula and had taken seven packages. He recently returned, and after taking one package had completely recovered. This was quite remarkable!!

Now that he had finished his formula, he was asking how this was dealt with.

He was a forty-year-old male that was suffering with severe insomnia which started last year in December. He found it difficult to sleep for the entire night, and had repeatedly taken western medications all to no avail. The formula he was given consisted of the following;

Huáng Lián 5g, Ròu Guì 10g, Zhì Fù Zǐ 10g, Gān Jiāng 10g, Shēng Gān Cǎo 5g.

Huáng Lián assists sleep- A case by Huáng Huáng

This is Jiāo Tài Wán combined with Sì Nì Tāng. Now why would, these formulas be considered for this case? Let's take a look at this patient. The man had a strong, robust physique; his skin was a dark color, he had no trouble eating, and his stools lacked shape. Now although he felt cold on the inside, he suffered from agitation and insomnia. This is what the ancients called 'non-interaction of the heart and kidneys', which is the 'tried and true' Jiāo Tài Wán formula pattern. Sì Nì Tāng harmonizes the body, and Huáng Lián and Ròu Guì treat the disease.

Huáng Lián is beneficial for insomnia. The Huáng Lián in Huáng Lián Ē Jiāo Tāng is used to treat "vexation in the heart, with an inability to sleep". Huáng Lián Tāng uses equal parts Huáng Lián and Ròu Guì along with (Rén) Shēn, (Bàn) Xià, (Shēng) Jiāng, (Dà) Zǎo, and (Gān) Cǎo to treat "heat in the chest, evil qi in the stomach, abdominal pain, and a desire to vomit". The heat in the chest is commonly expressed as heart vexation with an inability to sleep

Huáng Lián assists sleep- A case by Huáng Huáng

Yú Tīng-Hóng (余听鸿) had written about a patient from Zhè Jiāng County that had suffered with an inability to sleep the entire night for many years. He had taken over two hundred spirit calming, blood nourishing formulas which offered him no relief. The famous Mèng Hé physician Mǎ Shěng-Sān (马省三) prescribed;

Huáng Lián 8 fēn, **Shān Zhī** 3 qián, **Zhū Dǎn Zhī** 1 qián (pig's bile, mix fried), decocted. That night he slept soundly

In the past, I have given patients equal parts powdered Huáng Lián and Ròu Guì infused in boiling water, and taken prior to going to sleep. This has indeed helped with sleep difficulties.

However, Huáng Lián is bitter and cold, and many people are unable to take it. Huáng Lián's strength by itself is quite weak, and it is incapable of treating all stubborn cases of insomnia. Nevertheless, we always want to select the corresponding formula according to the body constitution. For example, with a red, oily facial complexion, heat vexation, headaches, and constipation, we can use Sān Huáng Xiè Xīn Tāng. With pale skin, red lips, red tongue, and heart vexation, we may use Huáng Lián Ē Jiāo Tāng. In a thin patient with dark lips, abdominal pain and insomnia, Huáng Lián Tāng may be used...

Fertility, thin endometrial lining

30 y/o female. TTC 1 year. OCP from age 18 to 29.

C/c: thin endometrial lining – thickest 5 mm, usually between 3–4.

Has undergone PIPEL, cycles with estrofem, letrozole, menopur, 3 IUI cycles

Hysteroscopy showed L side tubal blockage that was opened.

Uterine cavity normal

Menarche @ 15, 30 day cycles, 2–3 days of very mild brown, spotting, slight clots, no dysmenorrhea.

PMS: 2–3 day spotting, distended abdomen, painful swollen breasts, irritability

Fertility, thin endometrial lining

Cold>hot

Thirst for cool/cold beverages

Dry eyes, skin, floaters

IBS –epigastric & abdominal pain
worse with food, alternating loose
stools and constipation

Sleep: frequent waking , lots of
thoughts

Pulse: thin, slight rapid, weakest at L
guan

Tongue: pale, kidney dip, crimped,
strawberry tip

Diagnosis: Liver blood xu and
stagnation, dryness, heat in UJ,
kidney xu

Fertility, thin endometrial lining

- Formula: Wen Jing Tang + Jiao Tai Wan modified:

Dang Gui 10, Chuan Xiong 6, **Gui Zhi 5, Rou Gui 5**, Chi Shao 12, Sheng Jiang 9, Gan Cao 6, Wu Zhu Yu 3, Sheng Di Huang 12, Mu Dan Pi 12, Mai Men Dong 9, Ban Xia 9, Dang Shen 9, **Huang Lian 3**, Huai Niu Xi 9, Xu Duan 12

- Until ovulation, 1 bag every 2 days
- Supplementing per MD request: L arginine, Vit E, CoQ10
- Outcome: after 2 months on formula, endometrium around ovulation is 6.5 mm but still no pregnancy. Sleep improved as well as general sense of dryness and thirst, menses 2 days of heavier bleed with subsequent spotting. Ongoing case, planning IVF

Amenorrhea

16.5 y/o female. LMP 12/25 after 1 month of OCP

Regular menses until 2/24 when became a professional athlete, intense sport since the age of 8
Rounds of rapid weight loss and then weight gain with various sport dieticians

Menarche @ age 12, 28-day cycle normal flow

US shows 5–6 AF in each ovary, thin lining

FSH 0.44, LH 0.16, E2<70, Prog 0.98, TSH 0.7

Hot flashes almost every night for past 3 months, before falling asleep and around 5am, hot>cold

Insomnia – difficulty falling asleep, accompanied with obsessive thoughts and occasional palpitations

Amenorrhea

Sweats easily upon exertion and
when excited or flustered
Increased thirst since hot flashes
Preference for cold water, dispersion
thirst, no sensation of absorption
Fluctuating levels of energy
Appetite – good, but isn't gaining
weight although eating
Abdominal and epigastric distention
Glomus, constant nausea
BM – alternating constipation for 2–3
days, then diarrhea at waking,
slight UDF

Pulse: BS, slow, strong
Tongue: slight red tip, thicker WF,
distended veins
Abdomen: overall soft and warm,
strong, tight rectus, tight SCM
muscles, sunken Ren14 area, tight
hypochondriac region
Diagnosis: central axis block,
underlying Kidney/Spleen yang xu,
blood stagnation
YM, Tai Yin, Shao Yin, Jue Yin

Amenorrhea

- Formula: Ban Xia Xie Xin Tang + Jiao Tai Wan modified:

Ban Xia 24, Huang Qin 18, **Huang Lian 6**, Gan Jiang 12, Dang Shen 18, Da Zao 20, Gan Cao 18, **Rou Gui 15**, Xu Duan 24, Chi Shao 18, Zhi Shi 24

- 1 bag 5 days, raw or in tincture when away in competitions
- Food recommendations (no cold/raw foods especially @PM, no iced beverages)
- Outcome: almost immediate improvement in glomus, abdominal distention and sleep! Cramping sensations in lower abdomen/uterus, acne, had a HA...
- Ongoing case

Thank You

Do you have any questions?
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