

**Introduction to Damp Syndromes**

**Definition**
Damp syndromes are pathological conditions that involve either an invasion of exogenous pathogenic damp or an internal dysfunction of water (fluid) metabolism, i.e., distribution and transformation, arising from impaired Spleen, Lung or Kidney functioning.

**Characteristics**
Damp is heavy, turbid and stagnant by nature. It tends to sink and stubbornly linger. Damp is therefore classified as a Yin pathogen that tends to obstruct the functions of the Qi and impair the flow of the body’s Yang Qi. The Spleen is the organ most affected by damp.

**Symptomatology**
The symptoms of damp vary, depending on its location and on accompanying pathogenic factors.

<table>
<thead>
<tr>
<th>Damp Location</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skin</td>
<td>edema, a feeling of heaviness</td>
</tr>
<tr>
<td>Channels and collaterals</td>
<td>joint pain, stiffness or numbness, swollen joints, heaviness of the extremities</td>
</tr>
<tr>
<td>Middle warmer</td>
<td>abdominal distension, nausea, vomiting, loose stools, poor appetite, sweet or greasy taste in the mouth</td>
</tr>
<tr>
<td>Lower warmer</td>
<td>difficult urination, leucorrea</td>
</tr>
</tbody>
</table>

Table 8.1 Symptomatology of damp by location

<table>
<thead>
<tr>
<th>Damp Type</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cold-damp</td>
<td>heayness in the body and head, joint stiffness and pain, edema (especially in the lower part of the body), loose stool</td>
</tr>
<tr>
<td>Heat-damp</td>
<td>jaundice, painful and burning urination, low-grade fever, thirst with no desire to drink, itchy skin, fetid leucorrea</td>
</tr>
<tr>
<td>Wind-damp</td>
<td>chills and fever, heaviness in the body and head, stiffness and pain in the joints, superficial edema</td>
</tr>
<tr>
<td>Water-damp</td>
<td>pitting edema, difficult urination</td>
</tr>
<tr>
<td>Summer-heat with damp</td>
<td>fever, sweating, vomiting, fullness in the abdomen and epigastrium, diarrhea, anorexia, feeling of heaviness in the body</td>
</tr>
</tbody>
</table>

Table 8.2 Symptomatology of damp by associated pathogens
ETIOLOGY
• Exogenous: invasion of external damp in the late summer, living in rainy, damp climates, wearing clothes dampened by sweat or rain
• Endogenous: improper diet, excessive consumption of oily foods or alcohol, overeating of raw and cold food

PATHOGENESIS
Damp is caused by a dysfunction of water metabolism involving the transformation, distribution and elimination of water (fluids). Damp conditions most often arise from internal deficiencies, including the Spleen’s function of transporting and transforming the fluids, the Lung’s functions of dispersing, purifying and descending the fluids, and the Kidney’s function of warming and transforming the fluids.

TREATMENT PRINCIPLES AND CONSIDERATIONS
Because damp conditions vary widely, treatment should be based on the nature and location of the condition, the particular organs (zang fu) involved, and whether there are other pathogenic factors complicating the condition. The specific treatment methods are:

• **Damp in the upper warmer or exterior:** diaphoretic herbs to release damp from the surface
• **Damp in the middle warmer:** bitter and/or aromatic herbs to transform damp and awaken the Spleen
• **Damp in the lower warmer:** herbs to promote urination and drain water-damp
• **Damp with cold:** herbs to warm the Yang, dispel cold and transform water-damp
• **Damp with heat:** herbs to clear heat and dry damp
• **Water-damp accumulation:** harsh herbs to strongly purge water-damp (only in patients with a strong constitution)
• **Damp with wind:** herbs to dispel wind and expel damp
DEFINITION
These formulas have damp-eliminating herbs as king ingredients.

FUNCTIONS AND INDICATIONS
• To dry, transform or drain damp in conditions of edema, diarrhea, *lin* syndrome (painful, burning, urgent, frequent urination) or *long bi* syndrome (urinary retention)

CAUTIONS AND CONTRAINDICATIONS
• Herbs that expel damp are pungent, warming and drying on the whole. Damp-expelling formulas are consequently contraindicated in medium to severe conditions of *Yin* and fluids deficiency, unless modified by the addition of fluid-generating, dryness-relieving herbs such as Hua Shi (*Talcum*) and Lu Gen (*Radix Phragmitis*).
• In cases where edema accompanies chronic illness or pregnancy, tonifying herbs should be added to the formula to support the upright Qi, e.g., Bai Zhu (*Rhizoma Atractylodis macrocephalae*), Huang Qi (*Radix Astragali*).
• A number of damp-draining herbs are cautioned or contraindicated during pregnancy, e.g., Qu Mai (*Herba Dianthi*) and (Guan) Mu Tong (*Caulis Aristolochiae manshuriensis*).

PRESCRIBING PRINCIPLES
• Choose damp-eliminating herbs as king ingredients: “When there is pathogenic damp inside, treat with bitter and warm herbs assisted by bland-tasting herbs. Bitter and warm qualities can dry damp, while the bland taste can drain.” (*Simple Questions*).
• Select aromatic, warming, heat-clearing, urination-promoting (diuretic) or wind-expelling herbs according to any accompanying pathogens that may be present
• Add Qi-regulating herbs to the formula, because damp is a heavy, claying pathogen that can easily generate Qi stagnation.

TREATMENT CLASSIFICATION
• Transform turbid-damp
• Clear damp-heat
• Drain water-damp
• Dispel wind-damp
• Warm and transform water-damp
• Purge and drive out excess water
**Transform Turbid-Damp**

**PING WEI SAN**  
Calm the Stomach Powder

- **Cang Zhu** *Rz. Atractylodis lanceae*  
dries damp, strengthens the Spleen
- **Hou Po** *Cx. Magnoliae officinalis*  
dries damp, activates the Qi, reduces accumulation,  
relieves distension
- **Chen Pi** *Pc. Citri reticulatae*  
activates the Qi, harmonizes the Stomach, dries damp,  
transforms phlegm
- **Sheng Jiang** *Rz. Zingiberis recens*  
harmonizes the middle warmer, regulates Stomach Qi
- **Zhi Gan Cao** *Rx. Glycyrrhizae praep.*  
tonifies and harmonizes the middle warmer
- **Da Zao** *Fr. Ziziphi jujubae*  
tonifies and harmonizes the middle warmer

**FUNCTIONS**  
Transforms damp and strengthens the Spleen  
Activates the Qi, regulates Stomach Qi and harmonizes the middle warmer

**INDICATIONS**  
**Middle warmer turbid-damp stagnation**
- Symptoms: fullness and distension in the epigastrium and abdomen, indigestion, loss of taste and appetite, loose stool, nausea and vomiting, belching and acid regurgitation, heaviness of the limbs, fatigue, weariness
- Tongue: swollen, scalloped with thick pasty/greasy white coating
- Pulse: slippery, slow

**CAUTIONS AND CONTRAINDICATIONS**
- As this formula is bitter, pungent, warm and dry, it is contraindicated in Yin or Blood deficiency
- Use with caution during pregnancy for the same reason

<table>
<thead>
<tr>
<th>Pathogenesis</th>
<th>Dysfunction of transformation and transportation in the middle warmer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Symptoms</td>
<td>Poor appetite, abdominal distension, indigestion, nausea, vomiting, loose stool</td>
</tr>
<tr>
<td></td>
<td>Heaviness of limbs</td>
</tr>
<tr>
<td></td>
<td>Abdominal pain relieved by warmth and pressure</td>
</tr>
<tr>
<td>Signs</td>
<td>Swollen, scalloped, coating thick greasy</td>
</tr>
<tr>
<td></td>
<td>Pale and wet, coating thin white</td>
</tr>
<tr>
<td></td>
<td>Moderate, slippery</td>
</tr>
<tr>
<td></td>
<td>Deep, weak, slow</td>
</tr>
<tr>
<td>Indications</td>
<td>Damp stagnation in the middle warmer</td>
</tr>
<tr>
<td></td>
<td>Middle warmer deficiency with cold</td>
</tr>
</tbody>
</table>

Table 8.3 Comparison of Ping Wei San and Li Zhong Wan
**Eight Corrections Powder**

clears heat, drains damp, promotes urination
clears heat, drains damp, promotes urination
clears heat, drains damp, promotes urination
clears heat, drains damp, promotes urination
clears heat, drains damp, promotes urination
clears heat, drains damp, promotes urination
clears heat, drains damp, promotes urination
clears heat, drains damp, stops bleeding
clears heat, dries damp, purges stool
clears heat, harmonizes the formula

**FUNCTIONS**

Clears heat and quells fire
Drains damp and promotes urination for treating *lin* syndrome

**INDICATIONS**

*Lower warmer damp-heat with acute heat *lin* syndrome*

- Symptoms: frequent, urgent, painful, burning dark urination, distension and fullness in the lower abdomen, thirst, dry mouth; sometimes also used for scanty and turbid urine, dribbling or difficult urination, or urinary retention
- Tongue: red with greasy yellow coating
- Pulse: slippery, rapid, full

**CAUTIONS AND CONTRAINDICATIONS**

Because this formula is bitter, cold and downward draining, it is contraindicated in:
- Weakened or pregnant patients
- Conditions of *gao lin* (cloudy *lin*), *lao lin* (fatigue *lin*), *qi lin* (irregular or unsmooth *lin*) and *xue lin* (Blood *lin*)
- Long-term use, which may cause appetite loss, weakness, dizziness and palpitations

<table>
<thead>
<tr>
<th><strong>BA ZHENG SAN</strong></th>
<th><strong>LONG DAN XIE GAN TANG</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Indications</td>
<td>common</td>
</tr>
<tr>
<td></td>
<td></td>
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<tr>
<td>Functions</td>
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<td></td>
</tr>
</tbody>
</table>

Table 8.7 Comparison of Ba Zheng San and Long Dan Xie Gan Tang

<table>
<thead>
<tr>
<th><strong>BA ZHENG SAN</strong></th>
<th><strong>ZHU LING TANG</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Indications</td>
<td>common</td>
</tr>
<tr>
<td></td>
<td>acute heat <em>lin</em> syndrome</td>
</tr>
</tbody>
</table>

Table 8.8 Comparison of Ba Zheng San and Zhu Ling Tang

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SHAO YAO TANG

Bai Shao *Rx. Paeoniae albae*
Huang Lian *Rz. Coptidis*
Huang Qin *Rx. Scutellariae*
Da Huang *Rz. Rhei*
Dang Gui *Rx. Angelicae sinensis*
Rou Gui *Cx. Cinnamomi cassiae*
Bing Lang *Sm. Arecae*
Mu Xiang *Rx. Saussureae*
Gan Cao *Rx. Glycyrrhizae*

**Paeonia Decoction**
nourishes the Blood, softens the Liver, relieves abdominal spasm and pain;
clears heat and toxin, dries damp, treats dysentery;
clears heat and toxin, dries damp, treats dysentery;
clears damp-heat, cools and invigorates the Blood;
invigorates and nourishes the Blood;
warms the interior, relieves pain;
activates the Qi to relieve stagnation;
activates the Qi to relieve stagnation;
harmonizes the formula

**FUNCTIONS**
Clears damp-heat and toxic-heat to relieve diarrhea
Regulates the Qi and Blood

**INDICATIONS**
Large Intestine damp-heat with Qi and Blood stagnation causing dysentery
- Symptoms: diarrhea with abdominal pain, pus and blood in the stool, tenesmus, a burning sensation around the anus, yellow scaly urination; acute dysentery, food poisoning
- Tongue: red, possibly large, with greasy yellow coating
- Pulse: slippery, rapid, wiry

**CAUTIONS AND CONTRAINDICATIONS**
- Contraindicated with an external condition present
- Contraindicated in chronic diarrhea from empty cold conditions

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DRAIN WATER-DAMP

WU LING SAN

Ze Xie *Rz. Alismatis*
Zhu Ling *Sclerotium Polypori*
Bai Zhu *Rz. Atractylodis macrocephalae*
Fu Ling *Sclerotium Poriae*
Gui Zhi *Rm. Cinnamomi cassiae*

**Five Fungus Powder**
promotes urination to drain water-damp
promotes urination to drain water-damp
 tonifies the Spleen to eliminate damp
tonifies the Spleen to dry damp, promotes urination
generates warmth, promotes Bladder Qi transformation, releases external wind-cold

**FUNCTIONS**
Promotes urination, drains water-damp and strengthens the Spleen
Warms the Yang and promotes Bladder Qi transformation (*qi bua*)

**INDICATIONS**
1. Lower warmer cold water accumulation (with possible external wind-cold)
- Symptoms: difficult urination, headache, fever, irritability, thirst with vomiting immediately after drinking water
- Tongue: thick (greasy) white coating
- Pulse: floating, rapid

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2. Spleen Qi deficiency causing water-damp accumulation
- Symptoms: general edema with a general feeling of heaviness, diarrhea, difficult urination, vomiting, diarrhea
- Tongue: thick white or greasy white coating
- Pulse: slippery

3. Tan yin syndrome
- Symptoms: throbbing or pulsing just below the umbilicus, vomiting of frothy saliva, dizziness, shortness of breath, coughing, possible expectoration of copious white sputum
- Tongue: thick white or thick greasy white coating
- Pulse: slippery

CAUTIONS AND CONTRAINDICATIONS
- This formula contains pungent, warm herbs and urination-promoting (diuretic) herbs that may damage the Yin and fluids. As a result, use cautiously in difficult urination seen with Yin and fluids deficiency.
- Wu Ling San should not be used long-term in Spleen Qi or Kidney Qi deficiency. Watch for negative reactions such as appetite loss, a stale taste in the mouth and dizziness.

<table>
<thead>
<tr>
<th>Zhu Ling Tang</th>
<th>Polyporus Decoction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zhu Ling Sclerotium Polypori</td>
<td>promotes urination to drain damp</td>
</tr>
<tr>
<td>Ze Xie Rz. Alismatis</td>
<td>promotes urination to drain damp</td>
</tr>
<tr>
<td>Fu Ling Sclerotium Poriae</td>
<td>tonifies the Spleen to drain damp</td>
</tr>
<tr>
<td>E Jiao Gelatinum corii Equii asini</td>
<td>nourishes the Yin, moistens dryness, stops bleeding</td>
</tr>
<tr>
<td>Hua Shi Talcum</td>
<td>clears heat, promotes urination, relieves lin syndrome and damp accumulation</td>
</tr>
</tbody>
</table>

FUNCTIONS
Promotes urination and drains damp
Clears heat and nourishes the Yin and fluids

INDICATIONS
Lower warmer water and heat accumulation with Yin injury
- Symptoms: difficult urination, fever, thirst with desire for water, irritability, insomnia, possible diarrhea, nausea or cough; bloody painful urination with abdominal fullness and pain
- Tongue: red with dry yellow coating
- Pulse: thin, rapid

CAUTIONS AND CONTRAINDICATIONS
Contraindicated in thirst from full heat in the yang mingstage
### Comparison of Zhu Ling Tang and Wu Ling San

<table>
<thead>
<tr>
<th>Zhu Ling Tang</th>
<th>Wu Ling San</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fu Ling, Zhu Ling, Ze Xie</td>
<td>E Jiao, Hua Shi, Gui Zhi, Bai Zhu</td>
</tr>
<tr>
<td>promotes urination, drains damp</td>
<td>warms the Yang, promotes the transforming functions of Bladder Qi</td>
</tr>
<tr>
<td>nourishes the Yin and fluids, clears heat, stops bleeding</td>
<td>water and heat accumulation in the lower warmer with injury to the Yin</td>
</tr>
<tr>
<td>water-damp accumulation in the lower warmer (with possible external wind-cold)</td>
<td>water and heat accumulation in the lower warmer with injury to the Yin</td>
</tr>
<tr>
<td>difficult urination, fever, thirst, possible diarrhea or irritability</td>
<td>vomiting immediately after drinking water</td>
</tr>
<tr>
<td>thirst with desire for water, insomnia</td>
<td>pathogenic factor enters the yang ming or shao yin channel and changes into heat that injures the Yin; heat and water then accumulate in the lower warmer</td>
</tr>
<tr>
<td>red</td>
<td>pale</td>
</tr>
<tr>
<td>thin, rapid</td>
<td>floating, rapid</td>
</tr>
<tr>
<td>external wind-cold transfers from the tai yang channel to the tai yang organ; this causes cold and water to accumulate in the lower warmer</td>
<td></td>
</tr>
</tbody>
</table>

### Wu Pi San

**Fu Ling Pi** *C. sclerotii Poriae*

**Sheng Jiang Pi** *C. Zingiberis recens*

**Sang Bai Pi** *C. rhacics Mori*

**Da Fu Pi** *P. Arecae*

**Chen Pi** *P. Citri reticulatae*

**FUNCTIONS**

Promotes urination and drains water-damp to reduce edema

Strengthens the Spleen and regulates the Qi

**INDICATIONS**

1. **Spleen Qi deficiency with water-damp accumulation causing superficies edema (pi shui syndrome)**
   - Symptoms: generalized pitting edema between muscles and skin, a feeling of body heaviness; fullness or distension in the epigastrium and abdomen, labored breathing, difficult urination
   - Tongue: pale, swollen, scalloped with pasty white coating
   - Pulse: deep, moderate, slippery

2. **Generalized edema during pregnancy**

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Cautions and Contraindications
Use cautiously with chronic Spleen Qi deficiency present, as it does not strongly tonify the Spleen

Note
This formula is also known as Wu Pi Yin

Table 8.6 Comparison of Wu Ling San, Zhu Ling Tang and Wu Pi San

<table>
<thead>
<tr>
<th>Indications</th>
<th>Wu Ling San</th>
<th>Zhu Ling Tang</th>
<th>Wu Pi San</th>
</tr>
</thead>
<tbody>
<tr>
<td>water accumulation in lower warmer</td>
<td>water and heat accum. in lower warmer</td>
<td>water-damp accum. in superfcies</td>
<td></td>
</tr>
<tr>
<td>promotes urination to drain water-damp</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>functions</td>
<td>common</td>
<td>different</td>
<td></td>
</tr>
<tr>
<td>warms the Yang, promotes Bladder Qi transformation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>nourishes the Yin, clears heat</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>regulates the Qi</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>pathogenesis</td>
<td>Spleen, Kidney, Bladder</td>
<td>Stomach Kidney, Bladder</td>
<td>Spleen, Lung</td>
</tr>
<tr>
<td>dysfunction of Bladder's Qi transformation, causing water accum. in the lower warmer</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>accumulation of water and heat in the lower warmer causing Yin deficiency</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Spleen Qi deficiency causing superficial water accumulation (pi shui)</td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

Dispel Wind-Damp

Fang Ji Huang Qi Tang

Han Fang Ji Rx. Stephaniae tetrandrae
Huang Qi Rx. Atractagali
Bai Zhu Rx. Atractylodis macrocephalae
Sheng Jiang Rx. Zingiberis recens
Da Zao Fr. Ziziphi jujubae
Gan Cao Rx. Glycyrrhizae

Stephania and Astragalus Decoction

Expels wind, promotes urination, drains damp, reduces swelling, relieves pain
Strengthens the Spleen, promotes urination, reduces swelling
Strengthens the Spleen, drains damp, promotes urination
 WARMS AND HARMONIZES THE STOMACH
TONIFIES THE MIDDLE WARMER
TONIFIES THE MIDDLE WARMER, HARMONIZES THE FORMULA

Functions
Disperses external wind-damp
Tonifies the Qi, strengthens the Spleen and drains water-damp

Indications
Spleen and protective Qi deficiency causing wind edema or wind-damp
- Symptoms: sweating, dislike of wind, heaviness of the body, superficial edema, difficult urination
- Tongue: pale with white coating
- Pulse: floating, weak or soggy, thin

Cautions and Contraindications
Contraindicated in acute edema due to excess water accumulation

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Study Questions

1. Why do formulas that expel damp contain warming and Qi-activating herbs?

2. Why does Ba Zheng San (Eight Corrections Powder), which treats lin syndrome, contain Da Huang (Rz. Rhei), even though there is no constipation present?

3. What is the function of Gui Zhi (Rm. Cinnamomi cassiae) in Wu Ling San (Five Fungus Powder)?

4. Which herbs in Zhu Ling Tang (Polyporus Decoction) nourish the Yin?

5. What kind of symptoms indicate the use of Du Huo Ji Sheng Tang (Angelica and Loranthus Decoction)?

6. Wu Ling San (Five Fungus Powder) is a diuretic formula. Why can it also be used to treat irritable thirst?

7. Why does Zhen Wu Tang (True Warrior Decoction) treat the symptoms of overdose of diaphoretic formulas, such as palpitations, dizziness and tremors?

8. Both Zhen Wu Tang (True Warrior Decoction) and Si Ni Tang (Frigid Extremities Decoction) contain Aconite, fu zi, and Ginger, jiang. Why are different preparations of these herbs used in the two formulas?
Answers & Explanations

1. The Spleen is the root of damp because it transforms and transports the body's water. It dislikes damp and likes dryness, dislikes cold and likes warmth, dislikes stagnation and likes movement. Warm herbs can restore the Spleen’s function so that it may better resolve and expel damp. Damp is a Yin pathogen; it is turbid, cloying, heavy and cold. It can easily obstruct the circulation of the body's Yang Qi. When the Qi is moving, it is much easier to transform damp, because water transportation depends on the free flow of the Qi.

2. **Ba Zheng San** (Eight Corrections Powder) clears heat and promotes urination to treat *lin* syndrome. In heat *lin* syndrome, the pathogenesis is damp-heat accumulating in the lower warmer. Da Huang (*R. Rhei*) is included in this formula not to purge the intestines but because of its bitter and cold nature. Bitter descends and dries damp, while cold clears heat. Da Huang enters the Large Intestine. It thereby descends to the lower warmer and clears damp heat from the Large Intestine.

   In this formula, Da Huang is cooked with the rest of the herbs for the full cooking time. This reduces its purging effect but retains its heat-clearing properties.

3. **Wu Ling San** (Five Fungus Powder) addresses both *tai yang* channel and *tai yang* organ syndromes. The pathogenesis that indicates use of this formula involves the pathogenic factor traveling from the *tai yang* channel to the *tai yang* organ. Because the exterior has not yet been released, the presentation includes fever and a floating pulse, along with difficult urination, vomiting immediately after drinking, and edema.

   Gui Zhi (*R. Cinnamomum cassiae*) is pungent, sweet and warm, entering the Heart, Lung and Bladder channels. It promotes diaphoresis to release the exterior (*tai yang* channel) and warms the Kidney Yang (or vitality gate fire) in the interior to promote water metabolism, i.e., fluid distribution and elimination.

4. Both E Jiao (*Gelatinum corii Equii asini*) and Hua Shi (*Talcum*) nourish the Yin. **Zhu Ling Tang** (Polyporus Decoction) addresses water and heat accumulation in the lower warmer when Yin deficiency is present. E Jiao is salty and sweet; it nourishes the Yin and moistens dryness. Hua Shi is sweet and cold; it clears heat, promotes urination and nourishes the Stomach Yin. Together these herbs promote urination and protect the Yin at the same time.

5. **Du Huo Ji Sheng Tang** (Angelica and Loranthus Decoction) has two groups of herbs. One group primarily expels wind-damp-cold, while the other tonifies Liver and Kidney Qi, as well as the Qi and Blood in general.

   This formula addresses chronic *bi* syndrome (bone *bi*) caused by wind-cold-damp invasion associated with both Kidney and Liver depletion, and Qi and Blood deficiency. The symptom-sign presentation includes joint pain, stiffness and numbness that are worse in the winter or on cloudy days, and are relieved by warmth; the tongue is pale, the pulse is thin, weak. The root of this syndrome that calls for Du Huo Ji Sheng Tang is deficiency and cold.

6. The thirst treated by **Wu Ling San** (Five Fungus Powder) is an irritable thirst arising from water accumulation in the lower warmer due to a disorder of the Bladder Qi's function of transforming water.

   When there is a Qi disorder of the Bladder, its ability to excrete the turbid fluids and recycle the clear fluids back to the upper warmer (qi bua) is compromised, and urination

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becomes difficult. When the fluids are not recycled, the body's tissues lose their fluid nourishment and the patient will feel a strong thirst. When the patient drinks water, however, she will immediately vomit because there is already an excess of water in the lower warmer. Wu Ling San promotes urination to expel the unclear fluids and promotes the Bladder's function of recycling and redistributing the body's water.

7. **Zhen Wu Tang** (True Warrior Decoction) essentially treats water-damp accumulation by promoting urination and by warming the Yang. In this formula, Fu Zi (*Rz. Aconiti carmichaeli praeparata*) warms the Kidney, Sheng Jiang (*Rz. Zingiberis recens*) warms the Spleen, and Bai Zhu (*Rz. Atractyloides macrocephala*) and Fu Ling (*Sclerousium Poriae*) together dry damp, promote urination and strengthen the Spleen. The bitter, sour, cool Bai Shao (*Rz. Paoniae albae*) nourishes and stabilizes the Yin, stops sweating and relieves abdominal pain. It thereby also protects the Yin from the formula's warming, drying herbs that promote urination.

Overuse of diaphoretic formulas during *tai yang* syndrome will lead to severe sweating and damage to the patient's fluids. Impairment of the fluids prevents the extremities from being warmed and nourished, which results in tremors or shivering.

Because Yin and Yang are interdependent, loss of Yin fluids can also cause depletion of the body's Yang Qi. In Kidney and Spleen Yang deficiency, water fails to transform into fluids, and pathogenic water-damp is formed. When water-damp rises to the chest it can cause palpitations. When it prevents the clear Yang from rising and the unclear Yin from descending, it can cause dizziness and heaviness in the head.

In summary, Zhen Wu Tang warms the Kidney and strengthens the Spleen to address the underlying syndrome, while also treating the resultant water-damp accumulation in order to relieve the symptoms.

8. **Zhen Wu Tang** (True Warrior Decoction) treats Kidney Yang deficiency with water accumulation which manifests as edema, heaviness and difficult urination. Zhi Fu Zi, prepared aconite, is the king herb in this formula. It warms and tonifies Kidney Yang so that excess water may be transformed. Sheng Jiang, raw ginger, is also warming and assists the king herb in removing damp.

**Si Ni Tang**, however, treats a further progression of Kidney Yang deficiency in which the Yang has collapsed or is close to collapse. This is a very serious condition marked by extreme cold. Because the collapse of Yang requires a stronger, more immediate warming effect, this formula uses Sheng Fu Zi, raw aconite, and Gan Jiang, roasted ginger.

| Common herbs | Aconite, Ginger |
| Different aconites | Zhi Fu Zi (prepared aconite): warms the channels, expels damp | Sheng Fu Zi (raw aconite): warms the channels, dispels cold |
| Different gingers | Sheng Jiang (raw ginger): warms to help remove damp | Gan Jiang (roasted ginger): warms to dispel cold |
| Indications | Water accumulation due to Kidney and Spleen Yang deficiency | Kidney Yang deficiency with cold and Kidney Yang collapse |
| Therapeutic emphasis | to expel damp | to warm the interior |

Table 8.10 Comparison of Zhen Wu Tang and Si Ni Tang

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