Section 1

疏散外风剂
— External Wind-Releasing Formulas

**Xiao Feng San** (Eliminate Wind Powder)

消风散

**Pinyin Name:** Xiao Feng San

**Literal Name:** Eliminate Wind Powder

**Alternate Names:** Hsiao Feng San, Wind-Dispelling Formula, Wind-Dispelling Powder, Tangkuei and Arctium Formula

**Original Source:** Wai Ke Zheng Zong (True Lineage of External Medicine) by Chen Shi-Gong in 1617

**COMPOSITION**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Jing Jie (Herba Schizonepetae)</td>
<td>3g [6g]</td>
</tr>
<tr>
<td>Fang Feng (Radix Saposhnikoviae)</td>
<td>3g [6g]</td>
</tr>
<tr>
<td>Chan Tui (Periostracum Cicadae)</td>
<td>3g [6g]</td>
</tr>
<tr>
<td>Niu Bang Zi (Fructus Arctii)</td>
<td>3g [6g]</td>
</tr>
<tr>
<td>Cang Zhu (Rhizoma Atractylodis)</td>
<td>3g [6g]</td>
</tr>
<tr>
<td>Ku Shen (Radix Sophorae Flavescentis)</td>
<td>3g [6g]</td>
</tr>
<tr>
<td>Mu Tong (Caulis Akebiae)</td>
<td>1.5g [3g]</td>
</tr>
<tr>
<td>Shi Gao (Gypsum Fibrosum)</td>
<td>3g [6g]</td>
</tr>
<tr>
<td>Zhi Mu (Rhzizoma Anemarrhenae)</td>
<td>3g [6g]</td>
</tr>
<tr>
<td>Di Huang (Radix Rehmanniae)</td>
<td>3g [6g]</td>
</tr>
<tr>
<td>Dang Gui (Radix Angelicae Sinensis)</td>
<td>3g [6g]</td>
</tr>
<tr>
<td>Hei Zhi Ma (Semen Sesami Nigrum)</td>
<td>3g [6g]</td>
</tr>
<tr>
<td>Gan Cao (Radix et Rhizoma Glycyrrhizae)</td>
<td>1.5g [3g]</td>
</tr>
</tbody>
</table>

**DOSAGE / PREPARATION / ADMINISTRATION**
The source text recommends cooking the ingredients with 2 bowls of water until the liquid is reduced to 80% (1.6 bowls). Take the strained decoction while warm. Today, the decoction can be prepared using the doses given in brackets above.

**CHINESE THERAPEUTIC ACTIONS**
1. Expels wind and nourishes the blood
2. Clears heat and dispels dampness

**CLINICAL MANIFESTATIONS**
Rashes: eczema and skin rashes with red discoloration affecting a large part of the body, severe itching and leakage of fluids upon scratching, a dark pink to red tongue, and a superficial, rapid and forceful pulse.

**VETERINARY CLINICAL APPLICATIONS**
Dermatitis, atopic dermatitis, urticaria and folliculitis (furunculosis).

**EXPLANATION**
*Xiao Feng San* (Eliminate Wind Powder) treats wind-dampness and wind-heat attacking the skin and muscle layers of the body, giving rise to skin rashes, dermatitis, severe itching, and leakage of fluids. The treatment approach for this syndrome is to dispel wind and dampness, clear heat, and cool the blood.

*Jing Jie* (Herba Schizonepetae), *Fang Feng* (Radix Saposhnikoviae), *Chan Tui* (Periostracum Cicadae), and *Niu Bang Zi* (Fructus Arctii) are the chief herbs that dispel wind from the exterior. *Cang Zhu* (Rhizoma Atractylodis) strengthens the Spleen and dries dampness. *Ku Shen* (Radix Sophorae...
**Xiao Feng San (Eliminate Wind Powder)**

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>Clinical Signs</th>
<th>Treatment</th>
<th>Herbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rashes</td>
<td>Skin rashes or dermatitis with red discoloration, and severe itching and discharge of fluids: wind-dampness and wind-heat attacking the skin and muscle layers of the body</td>
<td>Expels wind and nourishes the blood</td>
<td>Jing Jie (Herba Schizonepetae), Fang Feng (Radix Saposhnikoviae), Chan Tui (Periostrosum Cicadae), and Niu Bang Zi (Fructus Arctii) dispel wind from the exterior.</td>
</tr>
<tr>
<td></td>
<td>Dark pink to red tongue, and a superficial, rapid and forceful pulse: wind-damp or wind-heat condition</td>
<td>Clears heat and disperses dampness</td>
<td>Cang Zhu (Rhizoma Atractylodis) strengthens the Spleen and dries dampness.</td>
</tr>
</tbody>
</table>

**CAUTIONS / CONTRAINDICATIONS**

- While taking Xiao Feng San, the following are contraindicated in the diet: spicy or greasy foods and seafood.
- Many herbs in this formula are acrid (exterior-releasing herbs) and drying (damp-dispelling herbs) and may damage yin and blood. Therefore, this formula should be used with caution in patients with yin and blood deficiencies.

**VETERINARY MODIFICATIONS**

- With more wind-heat, add Jin Yin Hua (Flos Lonicerae Japonicae) and Lian Qiao (Fructus Forsythiae).
- With more damp-heat, add Di Fu Zi (Fructus Kochiae), Che Qian Zi (Semen Plantaginis) and Tu Fu Ling (Rhizoma Smilacis Glabrae).
- With heat in the xue (blood) level, add Chi Shao (Radix Paeoniae Rubra), Mu Dan Pi (Cortex Moutan) and Zi Cao (Radix Arnebiae).
- With more infection add, Lian Qiao (Fructus Forsythiae), Zhi Zi (Fructus Gardeniae) and Ban Lan Gen (Radix Isatidis).
- For moist, oozing dermatitis with fluids in the lesions, add Yi Yi Ren (Semen Coicis).
- With significant dampness and yeast, double the amount of Ku Shen (Radix Sophorae Flavescentis).
- With more itching add, Bai Xian Pi (Cortex Dictamni), Chan Tui (Periostrosum Cicadae), Jiang Can (Bombyx Batryticus) and Zi Cao (Radix Arnebiae).

**PHARMACOLOGICAL EFFECTS**

1. **Antiallergic and immunosuppressive**: Administration of Xiao Feng San was associated with marked action to treat allergy and suppress the immune systems of mice.
2. **Mast cell stabilizer**: Administration of Xiao Feng San and Ma Huang Xing Ren Gan Cao Shi Gao Tang (Ephedra, Apricot Kernel, Licorice, and Gypsum Decoction) at 4-40 mcg/mL was found to inhibit IgE-dependent histamine released from mouse-cultured mast cells.

**HUMAN CLINICAL STUDIES AND RESEARCH**

1. **Urticaria**: One study reported 97.6% effectiveness using modified Xiao Feng San to treat 124 patients with urticaria. Modifications to the formula included the addition of Jin Yin Hua (Flos Lonicerae Japonicae), Wu Gong (Scolopendra), Zhi Zi (Fructus Gardeniae), and Huang Lian (Rhizoma Coptidis) for wind-heat; Ma Huang (Herba Ephedrae) and Gui Zhi (Ramulus Cinnamomi) for wind-cold; and He Shou Wu (Radix Polygoni Multiflori),
**Xiao Feng San** (Eliminate Wind Powder)

Wu Wei Zi (Fructus Schisandraceae Chinensis), and Wu Mei (Fructus Mume) for yin deficiency. The herbs were given one time daily in decoction. Of 124 patients, the study reported complete recovery in 85 cases, significant improvement in 36 cases, and no effect in 3 cases.

2. **Eczema:** Use of Xiao Feng San in 44 patients with eczema was associated with complete recovery in 38 cases and near-complete recovery in 6 cases. The herbs were given on a daily basis, for an average of 20 days (ranging between 5 and 23 days). Those with severe eczema also received topical application of herbs, made by grinding fresh Ma Chi Xian (Herba Portulaceae) into an herbal paste. In addition to herbal treatment, all patients were instructed to maintain a bland diet and avoid spicy and pungent foods.

3. **Psoriasis:** One study reported satisfactory results using modified Xiao Feng San to treat psoriasis. The herbal treatment contained Jin Yin Hua (Flos Lonicerae Japonicae) 15g, Lian Qiao (Fructus Forsythiae) 15g, Fang Feng (Radix Saposhnikoviae) 15g, Dang Gui (Radix Angelicae Sinensis) 8g, Qing Dai (Indigo Naturalis) 12g, Jing Jie (Herba Schizonepetae) 10g, Di Huang (Radix Rehmanniae) 12g, Niu Bang Zi (Fructus Arctii) 10g, Di Fu Zi (Fructus Kochiae) 10g, Bai Xian Pi (Cortex Dictamni) 12g, Cang Zhu (Rhizoma Atractyloides) 8g, Chan Tui (Periostracum Cicadae) 10g, Zi Cao (Radix Arnebiae) 10g, Shi Gao (Gypsum Fibrosum) 12g, and Gan Cao (Glycyrrhiza Gluca) 3g. The herbs were given in decoction daily.

**HERB-DRUG INTERACTION**

**Ampicillin-induced rash:** Ampicillin-induced allergic rash in 68 patients was treated with herbs with 96% effectiveness, as reported in one study. The herbal treatment contained Dong Gui (Radix Angelicae Sinensis) 9g, Di Huang (Radix Rehmanniae) 9g, Hei Zhi Ma (Semen Sesami Nigrum) 9g, Jing Jie (Herba Schizonepetae) 9g, Fang Feng (Radix Saposhnikoviae) 9g, Niu Bang Zi (Fructus Arctii) 9g, Chan Tui (Periostracum Cicadae) 9g, Cang Zhu (Rhizoma Atractyloides) 9g, Ku Shen (Radix Sophorae Flavescentis) 9g, Duan Shi Gao (Gypsum Fibrosum Praeparatum) 9g, Zhi Mu (Rhizoma Anemarrhenae) 9g, Gan Cao (Glycyrrhiza Gluca) 4g, and Mu Tong (Caulis Akebiae) 4g as the base formula. Modifications were made when necessary, with the addition of Lian Qiao (Fructus Forsythiae) 6g for wind-heat; Chi Shao (Radix Paeoniae Rubra) 9g for heat in the blood; Da Huang (Radix et Rhizoma Rhei) 6g for heat and toxins; and the addition of Che Qian Zi (Semen Plantaginis) 6g and elimination of Cang Zhu (Rhizoma Atractyloides) for damp-heat. The study reported complete recovery in 65 of 68 patients within 1-4 packs of herbs given via herbal decoction.

**SUGGESTED ACUPUNCTURE TREATMENT**

1. **Points:** Fengchi (GB 20), Tianshu (BL 10), Fengmen (BL 12), Jianyu (LI 15), Yangxi (LI 5), Dazhui (GV 14), Quchi (LI 11), Yinlingquan (SP 9), Sanyinjiao (SP 6), and Shenmen (HT 7).

2. **Technique:** sedation and tonification.

This acupuncture treatment is designed to disperse wind, nourish the blood, clear heat, and eliminate dampness. Fengchi (GB 20), Tianshu (BL 10), and Fengmen (BL 12) clear wind to stop the itch. Jianyu (LI 15), Yangxi (LI 5), and Dazhui (GV 14) are combined to dispel wind and clear heat. Quchi (LI 11) clears heat from the yangming level. Yinlingquan (SP 9) strengthens the Spleen and dispels dampness. Sanyinjiao (SP 6) nourishes the blood and promotes blood circulation. Shenmen (HT 7) relieves itching.

**AUTHORS’ COMMENTS**

From a traditional Chinese medical perspective, Xiao Feng San treats dermatological disorders caused by wind-dampness and wind-heat attacking the skin. In terms of anatomy and physiology, such dermatological disorders are similar in location and manifestation to allergic or hypersensitivity reactions. Clinical applications include skin rashes and hives, itching and dermatitis secondary to environmental allergens, fleas, drugs, chemicals, or food. Xiao Feng San can also be combined with other formulas for additional clinical applications:

- In cases of wind-heat that has progressed to pyoderma, Xiao Feng San can be combined with Yin Qiao San (Honeysuckle and Forsythia Powder).
- For pyoderma caused by internally generated heat in the Liver, it can be combined with Long Dan Xie Gan Tang (Gentiana Decoction to Drain the Liver).
- It can be combined with Ding Gui Yin Zi (Tangkuei Decoction) to treat chronic dermatitis cases in which the underlying chronic yin and blood deficiencies have predisposed the animal to external wind invasion, especially during seasonal allergy times in the spring and fall.

In addition to using Xiao Feng San internally to relieve itching, Ku Shen (Radix Sophorae Flavescentis) and She Chuang Zi (Fructus Cnidii) can be used as an external wash to enhance the overall effects. Furthermore, administration of a topical application of Ma Chi Xian (Herba Portulaceae) as an herbal paste also increases the overall effectiveness of Xiao Feng San.
Xiao Feng San (Eliminate Wind Powder)

References
1. Zhong Yao Ming Fang Yao Li Yu Ying Yong (Pharmacology and Applications of Famous Herbal Formulas), 1989; 529-531.
2. Zhong Guo Yao Li Xue Bao (Chinese Herbal Pharmacology Journal), 1990; 5:34.
5. Xin Yi Yao Xue Za Zhi (New Journal of Medicine and Herbology), 1976; 8:15.
7. Si Chuan Zhong Yi (Sichuan Chinese Medicine), 1993; 11(4):34.

1. Tonifies the blood and moistens dryness
2. Dispels wind and relieves itching

Clinical Manifestations
Skin disorders caused by blood deficiency and external wind: hives, anemia, alopecia, dull, dry hair coat, hair that is easily depilated, dry skin, dandruff, dryness, itch-