

## Section 1

## 疏散外风剂

## — External Wind-Releasing Formulas

## Xiāo Fēng Sǎn (Eliminate Wind Powder)

消風散

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**

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

**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

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Diagnosis	Clinical Signs	Treatment	Herbs
Rashes	<ul style="list-style-type: none"> <li>• 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</li> <li>• Dark pink to red tongue, and a superficial, rapid and forceful pulse: wind-damp or wind-heat condition</li> </ul>	<ul style="list-style-type: none"> <li>• Expels wind and nourishes the blood</li> <li>• Clears heat and dispels dampness</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Jing Jie</i> (Herba Schizonepetae), <i>Fang Feng</i> (Radix Saposhnikoviae), <i>Chan Tui</i> (Periostracum Cicadae), and <i>Niu Bang Zi</i> (Fructus Arctii) dispel wind from the exterior.</li> <li>• <i>Cang Zhu</i> (Rhizoma Atractylodis) strengthens the Spleen and dries dampness.</li> <li>• <i>Ku Shen</i> (Radix Sophorae Flavescentis) clears heat and dries dampness.</li> <li>• <i>Mu Tong</i> (Caulis Akebiae) eliminates damp-heat through diuresis.</li> <li>• <i>Shi Gao</i> (Gypsum Fibrosum) and <i>Zhi Mu</i> (Rhizoma Anemarrhenae) clear heat and sedate fire.</li> <li>• <i>Di Huang</i> (Radix Rehmanniae), <i>Dang Gui</i> (Radix Angelicae Sinensis), and <i>Hei Zhi Ma</i> (Semen Sesami Nigrum) tonify the blood, nourish yin, and moisten dryness.</li> <li>• <i>Gan Cao</i> (Radix et Rhizoma Glycyrrhizae) clears heat, eliminates toxins, and harmonizes the herbs.</li> </ul>

Flavescentis) clears heat and dries dampness. *Mu Tong* (Caulis Akebiae) eliminates damp-heat through diuresis. *Shi Gao* (Gypsum Fibrosum) and *Zhi Mu* (Rhizoma Anemarrhenae) clear heat and sedate fire. Since wind-dampness and wind-heat may injure yin and blood, *Di Huang* (Radix Rehmanniae), *Dang Gui* (Radix Angelicae Sinensis), and *Hei Zhi Ma* (Semen Sesami Nigrum) are added to tonify the blood, nourish yin, and moisten dryness. *Gan Cao* (Radix et Rhizoma Glycyrrhizae) clears heat, eliminates toxins, and harmonizes the formula.

*Chan Tui* (Periostracum Cicadae), *Jiang Can* (Bombyx Batryticatus) and *Zi Cao* (Radix Arnebiae).

### 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.<sup>1</sup>

### 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),

### 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.<sup>2</sup>
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.<sup>3</sup>

### 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),

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*Wu Wei Zi* (Fructus Schisandrae 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.<sup>4</sup>

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 Portulacae) into an herbal paste. In addition to herbal treatment, all patients were instructed to maintain a bland diet and avoid spicy and pungent foods.<sup>5</sup>
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 Atractylodis) 8g, *Chan Tui* (Periostracum Cicadae) 10g, *Zi Cao* (Radix Arnebiae) 10g, *Shi Gao* (Gypsum Fibrosum) 12g, and *Gan Cao* (Radix et Rhizoma Glycyrrhizae) 3g. The herbs were given in decoction daily.<sup>6</sup>

### 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 *Dang 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 Atractylodis) 9g, *Ku Shen* (Radix Sophorae Flavescentis) 9g, *Duan Shi Gao* (Gypsum Fibrosum Praeparatum) 9g, *Zhi Mu* (Rhizoma Anemarrhenae) 9g, *Gan Cao* (Radix et Rhizoma Glycyrrhizae) 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 Atractylodis) for damp-heat. The study reported complete recovery in 65

of 68 patients within 1-4 packs of herbs given via herbal decoction.<sup>7</sup>

### SUGGESTED ACUPUNCTURE TREATMENT

1. Points: *Fengchi* (GB 20), *Tianzhu* (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 dispel wind, nourish the blood, clear heat, and eliminate dampness. *Fengchi* (GB 20), *Tianzhu* (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 *Dang 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 Portulacae) as an herbal paste also increases the overall effectiveness of *Xiao Feng San*.

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## References

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3. Shichijo K, Saito H. Effect of Chinese herbal medicines and disodium cromoglycate on IgE-dependent histamine release from mouse cultured mast cells. *Int J Immunopharmacol.* 1997 Nov-Dec; 19(11-12):677-82.
4. *Ji Lin Zhong Yi Yao* (Jilin Chinese Medicine and Herbology), 1985; 1:29.
5. *Xin Yi Yao Xue Za Zhi* (New Journal of Medicine and Herbology), 1976; 8:15.
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# Dāng Guī Yīn Zǐ (Tangkuei Decoction)

當歸飲子

当归饮子

**Pinyin Name:** *Dang Gui Yin Zi*

**Literal Name:** Tangkuei Decoction

**Alternate Names:** *Tang Kuei Yin Tzu*, Tang-kuei Drink, Tangkuei and Tribulus Combination

**Original Source:** *Chong Ding Yan Shi Ji Sheng Fang* (Revised Formulas to Aid the Living from the Yan Family)

## COMPOSITION

<i>Di Huang</i> (Radix Rehmanniae)	30g [9g]
<i>Dang Gui</i> (Radix Angelicae Sinensis)	30g [9g]
<i>Bai Shao</i> (Radix Paeoniae Alba)	30g [9g]
<i>Chuan Xiong</i> (Rhizoma Chuanxiong)	30g [9g]
<i>Ji Li</i> (Fructus Tribuli), <i>chao</i> (dry-fried)	30g [9g]
<i>Jing Jie</i> (Herba Schizonepetae)	30g [9g]
<i>Fang Feng</i> (Radix Saposhnikoviae)	30g [9g]
<i>Huang Qi</i> (Radix Astragali)	15g [6g]
<i>He Shou Wu</i> (Radix Polygoni Multiflori)	15g [6g]
<i>Gan Cao</i> (Radix et Rhizoma Glycyrrhizae)	15g [3g]

## DOSAGE / PREPARATION / ADMINISTRATION

The source text recommends grinding the ingredients into a coarse powder. Cook 12g of the powder with 5 slices of *Sheng Jiang* (Rhizoma Zingiberis Recens) in 1.5 large bowls of water until the liquid is reduced to 80% (1.2 large bowls). Take the warm, strained decoction any time during the day. Today, this formula may be prepared as a decoction using the doses suggested in brackets above.

## CHINESE THERAPEUTIC ACTIONS

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-