Yù Píng Fēng Sǎn (Jade Windscreen Powder)
玉屏風散

Pinyin Name: Yu Ping Feng San
Literal Name: Jade Windscreen Powder
Alternate Names: Jade Wind-Barrier Formula, Jade Screen Powder, Astragalus and Siler Formula
Original Source: Dan Xi Xin Fa (Teachings of [Zhu] Dan-Xi) by Zhu Zhen-Heng in 1481

COMPOSITION

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Huang Qi (Radix Astragali)</td>
<td>30g [6g]</td>
</tr>
<tr>
<td>Bai Zhu (Rhizoma Atractylodis Macrocephalae)</td>
<td>60g [12g]</td>
</tr>
<tr>
<td>Fang Feng (Radix Saposhnikoviae)</td>
<td>30g [6g]</td>
</tr>
</tbody>
</table>

DOSAGE / PREPARATION / ADMINISTRATION

The source text states to grind the ingredients into powder. Cook 9g of the powdered herbs and 3 slices of Sheng Jiang (Rhizoma Zingiberis Recens) in 1.5 large bowls of water for decoction. Today, this formula may be prepared as a decoction with the doses suggested in brackets, with addition of 3 slices of Sheng Jiang (Rhizoma Zingiberis Recens) and 1 piece of Da Zao (Fructus Jujubae).1

CHINESE THERAPEUTIC ACTIONS

1. Tonifies wei (defensive) qi
2. Consolidates the exterior
3. Stops spontaneous sweating

CLINICAL MANIFESTATIONS

Wei (defensive) qi deficiency: spontaneous sweating, aversion to wind and cold, increased susceptibility to invasion of exterior pathogens, pale face, pale tongue, white tongue coating, and a floating, deficient pulse.

CLINICAL APPLICATIONS

Prevention of respiratory tract infection, allergic rhinitis, abnormal perspiration, nephritis, and facial paralysis.

EXPLANATION

Yu Ping Feng San (Jade Windscreen Powder) is commonly used to treat spontaneous sweating or increased susceptibility to invasion of exterior pathogens due to deficiency of wei (defensive) qi. Wei qi resides at the exterior of the body to regulate skin pores and protect the body from the invasion of exterior pathogenic factors. If wei qi becomes deficient, body fluids may leak out of the body through the open skin pores, resulting in spontaneous sweating. Deficiency of wei qi may lower the defensive function of the skin, increasing the patient's susceptibility to invasion of exterior pathogens. Pale face, pale tongue, and a deficient pulse all indicate qi deficiency.

This formula uses a large dose of Huang Qi (Radix Astragali) to strengthen wei (defensive) qi at the exterior and increase the body's defense against foreign pathogenic factors. Bai Zhu (Rhizoma Atractylodis Macrocephalae) assists Huang Qi (Radix Astragali) in strengthening the exterior to stop spontaneous sweating. Fang Feng (Radix Saposhnikoviae) dispels any exterior pathogenic factors, especially wind. This formula has a unique check and balance: the use of an exterior-releasing herb, Fang Feng (Radix Saposhnikoviae), prevents retention of pathogenic factors trapped by a qi-tonifying herb, Huang Qi (Radix Astragali).
### Yu Ping Feng San (Jade Windscreen Powder)

#### Diagnosis | Signs and Symptoms | Treatment | Herbs
| --- | --- | --- | --- |
| Wei (defensive) qi deficiency | • Spontaneous sweating: leakage of body fluids due to deficiency of wei qi | • Tonifies wei qi | • Huang Qi (Radix Astragali) strengthens wei qi at the exterior and increases the body’s defense.  
• Bai Zhu (Rhizoma Atractylodis Macrocephalae) strengthens the exterior and stops spontaneous sweating.  
• Fang Feng (Radix Saposhnikoviae) dispels any exterior pathogenic factors. |
|  | • Aversion to wind and cold and increased susceptibility to exterior conditions: deficiency of wei qi unable to protect the exterior | • Protects the exterior | |
|  | • Pale face, pale tongue, white tongue coating and a deficient pulse: qi deficiency | • Stops spontaneous sweating | |

Yu Ping Feng San has functions to tonify wei (defensive) qi, protect the exterior, release exterior pathogenic factors, and stop perspiration. It is commonly used to treat individuals with spontaneous perspiration due to exterior deficiency, or individuals who frequently contract common colds and influenza.

#### MODIFICATIONS
- For common cold characterized by wind-cold, add Cang Zhu (Rhizoma Atractylodis) and Qiang Huo (Rhizoma et Radix Notopterygii).
- For common cold in a constitutionally deficient person, add Jing Jie (Herba Schizonepetae), Zi Su Ye (Folium Perillae), and Dong Shen (Radix Codonopsis).
- With dizziness due to blood deficiency, add Dang Gui (Radix Angelicae Sinensis) and Chuan Xiong (Rhizoma Chuanxiong).
- With skin eruptions, add Dang Gui (Radix Angelicae Sinensis) and Bai Shao (Radix Paeoniae Alba).
- With chronic or allergic sinusitis, add Xin Yi Hua (Flos Magnoliae) and Cang Er Zi (Fructus Xanthii).
- With spontaneous perspiration due to deficiency, add Fu Zi (Radix Aconiti Lateralis Praeparata).
- With severe spontaneous sweating, add Fu Xiao Mai (Fructus Triticum) and Mu Li (Concha Ostreae), and Ma Huang Gen (Radix et Rhizoma Ephedrae).
- With fatigue due to qi deficiency, add Ren Shen (Radix et Rhizoma Ginseng) and Gan Cao (Radix et Rhizoma Glycyrrhizae).
- With generalized weakness and deficiency, add Xiao Jian Zhong Tang (Minor Constrict the Middle Decoction).

#### PHARMACOLOGICAL EFFECTS
1. **Immunostimulant**: Administration of Yu Ping Feng San has been associated with increased immunity. According to one study, the use of this formula increased IgG and IgA in mice. Another study reported that the use of this formula for 2 to 3 months increased NK cell count and activities.
2. **Antiviral**: According to one in vitro study, Yu Ping Feng San has demonstrated inhibition on the replication of influenza A viruses.
3. **Nephroprotective**: According to one study, administration of Yu Ping Feng San in rabbits was associated with marked reduction of creatinine in comparison with the control group which did not receive any herbs. Yu Ping Feng San, however, did not have any statistically-significant effect on proteinuria in the same subjects.

#### CLINICAL STUDIES AND RESEARCH
1. **Prevention of respiratory tract infection**: According to one study, Yu Ping Feng San was evaluated for its effect in preventing recurrent respiratory tract infection in 32 children who have had a history of frequent infections.
The treatment protocol was to administer Yu Ping Feng San for 14 weeks prior to winter. The study reported an overall effectiveness of 96.9%. Furthermore, the study noted that there was an increase in IgA, but no significant changes to IgG or IgM.³

2. Allergic rhinitis: According to one study, the use of modified Yu Ping Feng San was associated with good results to treat 495 patients with allergic rhinitis characterized by deficiency of the exterior. Of 495 patients, the study reported significant improvement in 293 cases, improvement in 120 cases, and no effect in 79 cases. The rate of effectiveness was 84%. Information was unavailable on 3 individuals who did not complete the study.⁴

3. Perspiration: In one study, 88 children with profuse perspiration were treated with satisfactory results using modified Yu Ping Feng San. Modifications were made based on traditional Chinese medical diagnosis. For qi deficiencies, Du Zhao (Fructus Jujubae) 15g, Nuo Mi Gen (Radix Oryzae Glutinosae) 9g, calcined Mu Li (Concha Ostreea) 30g, and calcined Long Gu (Os Draconis) 30g were added. For qi and yin deficiencies, Wu Wei Zi (Fructus Schisandrae Chinensis) 4.5g and Dang Gui (Radix Angelicae Sinensis) 9g were added.⁵

4. Nephritis: According to one study, administration of modified Yu Ping Feng San was associated with beneficial effect in 29 of 33 patients. The treatment protocol was to administer the herbs in powder form, 9 grams three times per day for 3 consecutive days followed by 4 days of rest per week, for 6 months. The herbal formula contained Huang Qi (Radix Astragali) 20g, Bai Zhu (Rhizoma Atractylodis Macrocephalae) 15g, Fang Feng (Radix Saposhnikoviae) 12g, Chen Pi (Pericarpium Citri Reticulatae) 9g, Lian Qiao (Fructus Forsythiae) 40g, Tu Fu Ling (Rhizoma Smilacis Glabrae) 50g, and Qiang Huo (Rhizoma et Radix Notopterygii) 10g.⁶

5. Facial paralysis: According to one study, concurrent use of Yu Ping Feng San and Bu Yang Huan Wu Tang (Tonify the Yang to Restore Five Decoction) for treatment of facial paralysis in 49 patients was associated with complete recovery in 32 cases, significant improvement in 15 cases, and moderate improvement in 2 cases.⁷

TOXICOLOGY
Yu Ping Feng San has very little toxicity. According to one study on acute toxicology, administration of this formula at 100 g/kg in mice did not cause any abnormal reactions or fatalities.⁸ According to another study on chronic toxicology in mice, oral administration of this formula at 15 g/kg/day for 14 days did not cause any abnormal reactions of the internal organs (heart, lung, liver, kidney, and stomach). However, some mild side effects were observed, such as diarrhea.⁹

RELEATED FORMULA

HYANG QI FANG FENG TANG
(Astragalus Decoction to Guard the Wind)

<table>
<thead>
<tr>
<th>Pinyin Name:</th>
<th>Huang Qi Fang Feng Tang</th>
</tr>
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<tbody>
<tr>
<td>Literal Name:</td>
<td>Astragalus Decoction to Guard the Wind</td>
</tr>
<tr>
<td>Original Source:</td>
<td>Tian Jin Zhong Yi Da Xue (Tianjin University of Chinese Medicine) in 1989</td>
</tr>
</tbody>
</table>

Huang Qi (Radix Astragali)
Fang Feng (Radix Saposhnikoviae)
Bai Zhu (Rhizoma Atractylodis Macrocephalae)
Dong Chong Xia Cao (Cordyceps)
Ling Zhi (Ganoderma)
Wu Wei Zi (Fructus Schisandrae Chinensis)

Huang Qi Fang Feng Tang (Astragalus Decoction to Guard the Wind) specifically tonifies wei (defensive) qi and prevents the invasion of liu yin (six exogenous factors). Clinically, it treats individuals with a compromised immune system, and can be used prophylactically to prevent infectious diseases by boosting the immune system.

AUTHORS’ COMMENTS

Yu Ping Feng San, Sheng Mai San (Generate the Pulse Powder), and Ren Shen Yang Ying Tang (Ginseng Decoction to Nourish the Nutritive Qi) can all be used to enhance the immune system of those individuals who frequently catch colds.

- Yu Ping Feng San tonifies wei (defensive) qi.
- Sheng Mai San (Generate the Pulse Powder) tonifies qi and generates body fluids.
- Ren Shen Yang Ying Tang tonifies qi and blood.

Yu Ping Feng San and Gui Zhi Tang (Cinnamon Twig Decoction) both treat spontaneous perspiration and aversion to wind, but have completely different clinical applications.

- Yu Ping Feng San is an astringent formula that treats spontaneous perspiration and aversion to wind. However, these symptoms are due to wei (defensive) qi deficiency with inability to consolidate the exterior. Besides leakage
Chapter 11 – Astringent Formulas

Section 1 – Exterior-Stabilizing Formulas to Stop Perspiration

of body fluids, other symptoms include frequent catching of common colds, pale complexion, generalized weakness, and a deficient pulse. Yu Ping Feng San is designed for patients who have not yet contracted an exterior condition.

• Gui Zhi Tang is an exterior-releasing formula designed to treat wind-cold invasion with disharmony between the ying (nutritive) and wei (defensive) levels, causing symptoms such as fever, aversion to cold, perspiration, headache, stuffy nose, and a superficial pulse. Gui Zhi Tang is formulated to treat patients who are now suffering from an exterior wind-cold condition.  

References
1. Wei YL. Shi Yi De Xiao Fang (Effective Formulas from Generations of Physicians) 1345.

Mǔ Lì Săn (Oyster Shell Powder)
牡蠣散

Mǔ Lì Săn (Oyster Shell Powder)

Pinyin Name: Ma Li San

Literal Name: Oyster Shell Powder

Original Source: Tai Ping Hui Min He Ji Ju Fang (Imperial Grace Formulary of the Tai Ping Era) by the Imperial Medical Department in 1078-85

COMPOSITION

| Mu Li (Concha Ostreae), jin (soaked) in rice water to remove soil and shao (burned) till red | 30g |
| Huang Qi (Radix Astragali) | 30g |
| Ma Huang Gen (Radix et Rhizoma Ephedrae), xi (washed) | 30g |

DOSAGE / PREPARATION / ADMINISTRATION

The source text states to grind the three ingredients into coarse powder. Cook 9g of the powder and approximately 100 pieces [15-30g] of Xiao Mai (Fructus Triticci) in 1.5 bowls of water until it is reduced down to 80%. Take the warm, strained decoction in two equally-divided doses at anytime during the day. Today this formula is prepared by cooking 9g of the coarsely-powdered herbs with 30g of Xiao Mai (Fructus Triticci) in water. It may also be prepared as a decoction with addition of Xiao Mai (Fructus Triticci) and proportional adjustment of doses of herbs.

CHINESE THERAPEUTIC ACTIONS

1. Protects the exterior
2. Stops spontaneous and night sweating

CLINICAL MANIFESTATIONS

Yin and qi deficiencies: spontaneous sweating, profuse and continuous sweating while sleeping at night, palpitations, irritability, shortness of breath, and lethargy.

CLINICAL APPLICATIONS

Post-surgical sweating, postpartum sweating, and sweating in pulmonary tuberculosis.