

Modern Applications of Modified *Ban Xia Xie Xin Tang* and Their Development

Hong Xu* PhD

Faculty of Health, Engineering and Science, Victoria University, Melbourne, Australia

Wen-Xuan Zhang PhD

Department of Wen Bing, Beijing University of Chinese Medicine, Beijing, China

ABSTRACT

Traditional Chinese medicine (TCM) classic formulae have evolved over hundreds of years; however, their applications and modifications can be further developed. The classic formula *Ban Xia Xie Xin Tang* (Pinellia Decoction to Drain the Epigastrium; BXXXT), which was originally prescribed by Zhang Zhong-Jing in the Han dynasty (150–219), can be modified and used flexibly in treating various abdominal disorders. In the Qing dynasty (1644–1911), Wu Ju-Tong (1758–1836) wrote the book *Wen Bing Tiao Bian* (*Systematised Identification of Warm Pathogen Diseases*), outlining his eight modifications to BXXXT based on Ye Tian-Shi's (1667–1746) clinical applications of BXXXT and its patterns. Ye applied BXXXT in two main ways. The first involved the use of bitter, pungent, dispersing and purging herbs to treat damp heat; the second was used to purge *jue yin* and unblock *yang ming* in order to treat various symptoms caused by Liver wood attacking Stomach earth. Wu followed Ye's methodology and developed eight modifications to BXXXT. These can treat summer heat-damp (*shu shi*), lurking summer heat (*fu shu*) and damp-warm (*shi wen*) conditions. They can also treat *jue yin* Liver conditions or Liver Qi attacking Stomach patterns. This article discusses the use of Wu Ju-Tong's eight modifications. Modern clinical cases including nausea, vomiting, abdominal distension, stomach ache, diarrhoea and infertility have been used as examples to illustrate the flexible use of BXXXT.

KEYWORDS Chinese herbal formula, *Ban Xia Xie Xin Tang*, *Wen Bing*, abdominal disorders, patterns of disharmony.

Introduction

Ban Xia Xie Xin Tang (BXXXT) is derived from the *Shang Han Lun* ('Treatise on Cold Damage Diseases', clause 149) and is used for *shang han chai hu* syndrome, where purging was wrongly applied.¹ It was originally developed to regulate focal distension and epigastric fullness due to the accumulation of endogenous pathogenic cold and heat in the gastrointestinal organs, with an underlying deficiency of Spleen and Stomach. Appearance of glomus below the heart with no pain is defined

as *pi* syndrome (痞, gastric stuffiness). *Jin gui yao lue* – nausea, vomiting and diarrhoea (clause 10) – indicate that nausea, intestinal rumbling and *pi* can be treated with BXXXT. According to Ye Tian-Shi's (1667–1746) *Wen Bing Lun* ('Treatise on Warm Pathogen Diseases'), the pathogenesis of *wen bing* damp-heat stasis in the middle *jiao* can be treated with bitter and purging herbs. The formula BXXXT treats exterior damp-heat. In *Lin Zheng Zhi Nan Yi An* ('Guide to Clinical

* Correspondent author; e-mail: hong.xu@vu.edu.au

Cases'), BXXXT was frequently used for treating summer-damp, damp-heat, malaria and dysentery. Wu Ju-Tong edited Ye Tian-Shi's cases and in his *Wen Bing Tiao Bian* developed eight BXXXT modifications based on Ye's basic methods of applying BXXXT.²

Wu Ju-Tong (1758–1836) made a significant contribution to *Wen Bing Xue* (the Study of Warm Pathogen Diseases) and is renowned for his formulae and *San Jiao Bian Zheng* (Triple Energizer Pattern Identification). A devoted follower, he studied and further developed Ye Tian-Shi's theory. His modifications of BXXXT provide a different therapeutic perspective to the Cold Damage Diseases of the era of Zhang Zhong-Jing (150–219), some 1500 years earlier.³

BXXXT and the eight modifications

The original formula BXXXT is from *Shang Han Lun*: *Banxia* (*Rhizoma Pinelliae ternatae*), 9 g; *Huangqin* (*Radix Scutellariae*), 9 g; *Ganjiang* (*Rhizoma Zingiberis officinalis*), 9 g; *Renshen* (*Radix Ginseng*), 9 g; *Zhigancao* (*Radix Glycyrrhizae uralensis*, prepared), 9 g; *Huanglian* (*Rhizoma Coptidis*), 3 g; *Dazao* (*Fructus Zizyphi jujubae*), 4 pieces.⁴ Formula actions include harmonising Stomach and descending rising Stomach Qi, dispersing stasis and removing *pi*. The pattern treated is Stomach Qi disharmony. Symptoms and signs include *pi* below the heart that is painless, dry retching or nausea and vomiting, intestinal rumbling and diarrhoea, thin yellow and greasy tongue coating, wiry rapid pulse.⁴

Pi is Qi that is blocked, with fullness but no pain, and a soft sensation when pressed. Due to the accumulation of cold and

heat, the movement of Qi is disrupted, resulting in dry retching or nausea and vomiting. Abdominal pain, intestinal rumbling and diarrhoea also occur. Cold and heat need to be removed, ascending and descending Qi function needs to be restored and the Spleen and Stomach must be tonified.⁵

The formula uses the bitter, cold, descending and purging natures of *Huanglian* (*Rhizoma Coptidis*) and *Huangqin* (*Radix Scutellariae*) to remove the heat; the pungent and warm qualities of *Ganjiang* (*Rhizoma Zingiberis officinalis*) and *Banxia* (*Rhizoma Pinelliae ternatae*) to unblock stasis and to disperse the cold; the sweet and warm nature of *Renshen* (*Radix Ginseng*), *Gancao* (*Radix Glycyrrhizae uralensis*) and *Dazao* (*Fructus Zizyphi jujubae*) to benefit Qi and to tonify deficiency. The seven herbs, which utilise cold and hot, bitter descending and pungent dispersing to tonify Qi and harmonise the middle *jiao*, naturally reset the balance.

The herbal compositions of the eight modifications of BXXXT⁶ are listed in Table 1. The frequencies of the use of specific herbs in the original and eight modified formulae are listed in Table 2. Their indications are illustrated in Figure 1. These modifications reflect the understanding and methodology of Ye, including Wu Ju-Tong's personal understanding. All have been successfully applied clinically.

Case studies

CASE 1: USING BXXXT TO TREAT PHLEGM QI STAGNATION⁷

A 36-year-old male had consumed excessive alcohol for a long time, resulting in alcohol-damp damaging the Spleen and Stomach, which in turn weakened the transport and transformation functions of Spleen and led to disharmony

TABLE 1 The composition of *Ban Xia Xie Xin Tang* (BXXXT) and its eight modifications

Rx No.*	Original BXXXT formula herbs							Added herbs			
	Ban Xia	Huang Lian	Huang Qin	Ren Shen	Gan Jiang	Da Zao	Gan Cao	Zhi Shi	Sheng Jiang	Bai Shao	Others
M1	✓	✓	✓					✓			<i>Xinren</i>
M2	✓	✓	✓					✓	✓		
M3		✓	✓	✓	✓			✓		✓	
M4		✓		✓	✓			✓	✓		<i>Muli</i>
M5	✓	✓	✓					✓	✓	✓	
M6		✓	✓		✓					✓	<i>Jinyinhua</i> , Charcoaled <i>Shanzha</i> , <i>Muxiang</i>
M7	✓	✓	✓	✓	✓			✓	✓		
M8	✓	✓	✓	✓	✓			✓			

* Rx No. = Case study formulae as outlined in Figure 1

TABLE 2 The frequencies of use of specific herbs in the original *Ban Xia Xie Xin Tang* and eight modified formulae

	BXXXT	M1	M2	M3	M4	M5	M6	M7	M8	F*
Huanglian	✓	✓	✓	✓	✓	✓	✓	✓	✓	9
Huangqin	✓	✓	✓	✓		✓	✓	✓	✓	8
Zhishi		✓	✓	✓	✓	✓		✓		7
Banxia	✓	✓	✓			✓		✓	✓	6
Ganjiang	✓			✓	✓		✓	✓	✓	6
Renshen	✓			✓	✓			✓	✓	5
Shengjiang			✓		✓	✓		✓		4
Baishao				✓		✓	✓			3
Xinren		✓								1
Dazao	✓									1
Gancao	✓									1
Muli					✓					1
Jinyinhua							✓			1
Charcoaled Shanzha							✓			1
Muxiang							✓			1

* M1–8 = Case study formulae as outlined in Figure 1. F = frequencies of use of specified herbs.

of middle *jiao* Qi, generating phlegm. The phlegm further affected lifting and descending functions of the middle *jiao* Qi, and resulted in *pi* with nausea, vomiting and diarrhoea three to four times a day. He had no significant improvement after receiving previous treatments. The tongue body was red, tongue coating white, pulse wiry and slippery.

The symptoms were due to phlegm Qi blockage resulting in *pi*. BXXXT can be used. Modified BXXXT was prescribed, using *Banxia* (*Rhizoma Pinelliae ternatae*), 12 g; *Ganjiang* (*Rhizoma Zingiberis officinalis*), 6 g; *Huanglian* (*Rhizoma Coptidis*), 6 g; *Huangqin* (*Radix Scutellariae*), 6 g; *Dangshen* (*Radix Codonopsis pilosulae*), 9 g; *Dazao* (*Fructus Zizyphi jujubae*), 7 pieces; *Zhigancao* (*Radix Glycyrrhizae uralensis*, prepared), 9 g. After taking one dose, the patient passed lots of white sticky mucus in his stools. Nausea and vomiting reduced significantly. After taking the second dose, the *pi* and diarrhoea were both reduced. After taking four doses he completely recovered. Professor Liu Du-Zhou commented that this was a case of *tan-qi-pi* (phlegm-Qi-*pi*), traditionally treated with BXXXT.⁷

CASE 2: USING BXXXT TO TREAT REFLUX^{8,9}

For two years, a 32-year-old male had suffered from vomiting in the evening the food consumed the same morning, or vomiting

in the morning the food consumed the night before. He also complained of recent, frequent nausea and vomiting once daily or every second day. Apart from food, he also vomited a large amount of acid. Normally he experienced tastelessness and had no appetite. He felt depressed and had abdominal bloating after food, acid regurgitation, lower back pain, cool extremities, frequent and excessive urination. He had deep-red lips, red tongue body, thin white and slippery tongue coating, and deep-weak-thready pulse.

The diagnosis was earth deficiency with wood attacking and adversely affecting the movement of Stomach Qi. Treatment principles were to control the Liver and harmonise the Stomach. Four doses of formula BXXXT were prescribed, containing *Zuojinwan* (Left Metal Pill), 9 g; *Banxia* (*Rhizoma Pinelliae ternatae*), 9 g; *Renshen* (*Radix Ginseng*), 9 g; *Huanglian* (*Rhizoma Coptidis*), 6 g; *Huangqin* (*Radix Scutellariae*), 6 g; *Ganjiang* (*Rhizoma Zingiberis officinalis*), 6 g; *Wuzhuyu* (*Fructus Evodiae rutaecarpae*), 6 g; *Zhigancao* (*Radix Glycyrrhizae uralensis*, prepared), 3 g; *Dazao* (*Fructus Zizyphi jujubae*), 3 pieces. Once the treatment started, the patient only had mild nausea and vomiting twice, vomiting clear fluid, phlegm, saliva and a small amount of food. No acid taste or acid reflux occurred but he regularly experienced excessive saliva. It took a long time for his extremities to become warmer; his urination

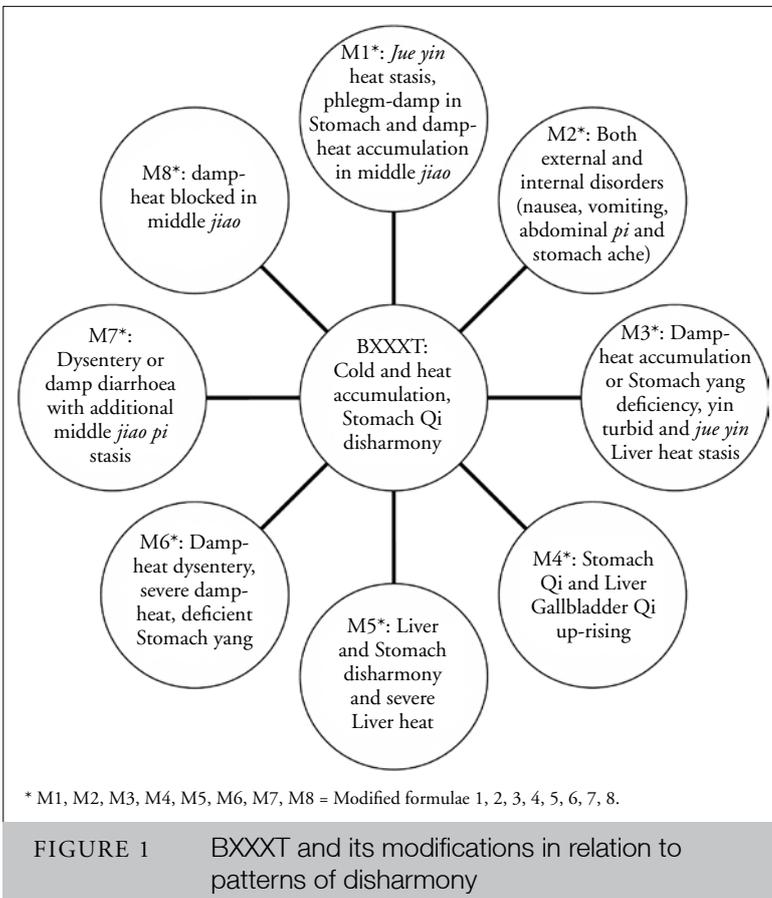


FIGURE 1 BXXXT and its modifications in relation to patterns of disharmony

was still excessive and frequent. His lip and tongue colour changed to normal, but his tongue coating was still thin, white and wet. The BXXXT formula was modified to exclude *Huangqin* (*Radix Scutellariae*) and *Huanglian* (*Rhizoma Coptidis*); and the following were added: *Fuzi* (*Radix lateralis Aconiti carmichaeli*, prepared) [Note: this herb is currently not legally available to Australian TCM practitioners – *Ed.*], 9 g; *Chaobaizhu* (*Rhizoma Atractylodis macrocephalae*), 9 g; *Buguzhi* (*Fructus Psoraleae corylifoliae*), 9 g; *Roudoukou* (*Semen Myristicae fragrantis*, *Wei*), 6 g; *Rougui* (*Cortex Cinnamomi cassiae*), 1.2 g (separate pack); *Renshen* (*Radix Ginseng*), 9 g. With the treatment of one dose every three days continuing for ten doses, the patient recovered.

CASE 3: USING BXXXT TO TREAT CHRONIC HEPATITIS WITH *PI* AND BLOATING¹⁰

A male, 42 years old, suffered from poor appetite, fatigue and tiredness, two to four sticky and loose bowel movements per day, abdominal bloating and flatulence. He had been previously diagnosed with chronic hepatitis. Current lab tests showed relatively normal liver function. The patient had been taking different western medicines and herbs for the symptoms with no effect. Current symptoms were poor appetite, slightly

bitter taste in the mouth, stomach and abdominal fullness and distension after food, dry retching and bad breath, abdominal bloating that was more severe in the afternoon, difficulty with flatulence, irritability, a wariness of speaking and engaging in outdoor activities, poor sleep (only sleeping two to four hours per night) and occasionally pain in the area of the liver. He was short and obese. The tongue coating was white/yellow with moisture, and the pulse was deep and strong though slightly weak at the right *guan* position.

The diagnosis was chronic stomach and intestinal functional disorder but with mixed cold and heat, yin/yang disharmony and lifting/descending disharmony. Zhang Zhong-Jing's BXXXT was used to harmonise. Contents of prescription were *Dangshen* (*Radix Codonopsis pilosulae*), 9 g; *Banxia* (*Rhizoma Pinelliae ternatae*, *Qing*), 9 g; *Ganjiang* (*Rhizoma Zingiberis officinalis*), 4.5 g; *Zhigancao* (*Radix Glycyrrhizae uralensis*, prepared), 4.5 g; *Huangqin* (*Radix Scutellariae*), 9 g; *Huanglian* (*Rhizoma Coptidis*), 3 g; *Dazao* (*Fructus Zizyphi jujubae*), 4 pieces. After taking the formula, the patient gradually improved. After finishing forty doses over a few months he identified five areas of improvement. The first improvement was better appetite, no stomach bloating and stuffiness after food and with mild abdominal bloating occurring only occasionally. The second improvement was enhanced energy levels, with the patient enjoying walking and participating in outdoor activities without feeling tired. The third was improved bowel movements, which were lessened to once a day and in most cases with lots of wind passing out with the bowel movement. The fourth was that pain in the area of the liver disappeared in general, with mild pain occurring occasionally but disappearing quickly. The fifth was improved sleep with the ability to sleep for more hours each night. A chronic disorder for so many years had benefited from this treatment. Later the patient was given a formula to nourish Heart and calm *shen* (spirit), due to a difficulty in falling asleep.

CASE 4: BXXXT TREATMENT FOR INFERTILITY⁹

A female, 29 years old, had had a miscarriage three years ago, following a three-month pregnancy and without any clear cause. She had not been pregnant since. Western medical examinations could not identify any pathology. No significant abnormality was found for her or her husband. She had taken Spleen tonifying and Kidney *jin* nourishing herbs without success. She often experienced lower abdominal coldness, stomach fullness with acid regurgitation, and diarrhoea 1–2 times daily. Her menstrual cycle was normal. Tongue body was red, coating thin, yellow and greasy.

Diagnosis was accumulated cold and heat and blocked *bao mai*. Treatment principles were to remove cold and heat, regulate Qi and warm the channels. Modified BXXXT was

prescribed, including *Banxia* (*Rhizoma Pinelliae ternatae*), 12 g; *Dangshen* (*Radix Codonopsis pilosulae*), 12 g; *Xiangfu* (*Rhizoma Cyperi rotundi*), 12 g; *Huangqin* (*Radix Scutellariae*), 9 g; *Ganjiang* (*Rhizoma Zingiberis officinalis*), 9 g; *Chenpi* (citrus peel), 9 g; *Huanglian* (*Rhizoma Coptidis*), 3 g; *Zhigancao* (*Radix Glycyrrhizae uralensis*, prepared), 3 g; *Dazao* (*Fructus Zizyphi jujubae*), 3 pieces. After taking five doses of herbs the patient's acid regurgitation reduced significantly, the tongue coating became thin, yellow and slightly greasy, and other symptoms remained unchanged. The above formula was then modified, removing *Huangqin* (*Radix Scutellariae*) and adding *Baizhu* (*Rhizoma Atractylodis macrocephalae*) and *Sangjisheng* (commonly used dosage: 9–15 g). After a few months the patient informed the doctor that her period had not come for more than 40 days and a test showed that she was pregnant. A boy was born after a full-term pregnancy.

CASE 5: BXXXT PLUS *XIAO CHAI HU TANG* (MINOR *BUPLEURUM* DECOCTION) TO TREAT STOMACH ACHE

(From Wen-Xuan Zhang's (WXZ) clinical record.)

A female, 31 years old, had stomach ache occurring regularly for two years due to work-related stress, family issues and a long-term unstable mood state. The pain always started when the patient was hungry or experiencing negative emotions. Stomach ache had occurred daily recently, sometimes occurring as spasm pain. There was Stomach *pi*, no appetite, and nausea upon waking in the morning. Other symptoms included irritability and a bitter taste in the mouth, chest fullness and discomfort, and sleeplessness; the tongue was red, coating thin yellow, pulse wiry and slightly rapid.

This was a typical BXXXT and *Xiao Chai Hu Tang* pattern, with emotional depression, accumulated heat in the Liver Gallbladder attacking the Stomach and Stomach Qi blockage. Five doses of the following were prescribed: *Banxia* (*Rhizoma Pinelliae ternatae*), 12 g; *Shengjiang* (*Rhizoma Zingiberis officinalis recens*), 10 g; *Huanglian* (*Rhizoma Coptidis*), 6 g; *Huangqin* (*Radix Scutellariae*), 10 g; *Zhishi* (*Fructus immaturus Citri aurantii*), 10 g; *Chaihu* (*Radix Bupleuri*), 10 g; *Baishao* (*Radix Paeoniae lactiflorae*), 12 g; *Zhigancao* (*Radix Glycyrrhizae uralensis*, prepared), 6 g. The patient reported that, after taking the first dose, her stomach ache was relieved and after taking five doses, the above-mentioned symptoms all disappeared. Her appetite also increased. She was advised to control her mood and avoid eating too much at each meal. The following simplified formula was given, including *Banxia* (*Rhizoma Pinelliae ternatae*), 12 g; *Shengjiang* (*Rhizoma Zingiberis officinalis recens*), 10 g; *Huanglian* (*Rhizoma Coptidis*), 6 g; *Zhishi* (*Fructus immaturus Citri aurantii*), 10 g; *Chaihu* (*Radix Bupleuri*), 10 g; *Baishao* (*Radix Paeoniae lactiflorae*), 12 g; *Zhigancao* (*Radix Glycyrrhizae uralensis*, prepared), 6 g.

CASE 6: BXXXT AND *WU LING SAN* (FIVE-INGREDIENT POWDER WITH *PORIA*) TO TREAT DIARRHOEA

(From WXZ's clinical record.)

A male, 35 years old, experienced diarrhoea for a year. The western medical diagnosis was colitis. Watery diarrhoea occurred 3–4 times every morning; this was aggravated with work-related stress. The patient could not drink beer or cold drinks as watery diarrhoea occurred immediately after. Abdominal pain occurred before the diarrhoea. There was Stomach *pi* and the patient was tired with irritability, dry mouth, deep red tongue, yellow and slightly greasy tongue coating, and deep, wiry and slightly rapid pulse. *Li Zhong Tang* (Decoction to regulate the middle *jiao*), *Ge Gen Qin Liang Tang* (Decoction with *Radix Puerariae*, *Radix Scutellariae* and *Rhizoma Coptidis*) and *Bu Zhong Yi Qi Tang* (Decoction to tonify the middle *jiao* and augment the Qi) granule formulae were used and the diarrhoea increased.

Diagnosis was depressed wood attacking earth and Liver heat with Stomach cold. This was a BXXXT and *Wu Ling San* pattern. Five doses were prescribed of *Banxia* (*Rhizoma Pinelliae ternatae*), 12 g; *Ganjiang* (*Rhizoma Zingiberis officinalis*), 10 g; *Shengjiang* (*Rhizoma Zingiberis officinalis recens*), 10 g; *Huanglian* (*Rhizoma Coptidis*), 6 g; *Huangqin* (*Radix Scutellariae*), 3 g; *Zhishi* (*Fructus immaturus Citri aurantii*), 10 g; *Fuling* (*Sclerotium Poriae cocos*), 15 g; *Guizhi* (*Ramulus Cinnamomi cassiae*), 10 g. After taking five doses he only had one bowel movement per day, which tended to be loose but not watery and his abdominal pain and *pi* symptoms disappeared. His tongue was red, coating greasy and slightly yellow; pulse was wiry and slightly rapid. A modified formula was given, including *Banxia* (*Rhizoma Pinelliae ternatae*), 12 g; *Ganjiang* (*Rhizoma Zingiberis officinalis*), 10 g; *Huanglian* (*Rhizoma Coptidis*), 6 g; *Huangqin* (*Radix Scutellariae*), 3 g; *Fuling* (*Sclerotium Poriae cocos*), 15 g; *Guizhi* (*Ramulus Cinnamomi cassiae*), 10 g. Bowel movements became normal after taking 14 doses. Two months later, watery diarrhoea occurred three to four times a day after drinking a lot of beer. He was given the first formula for seven doses and the diarrhoea stopped. He was prescribed BXXXT plus *Li Zhong Tang* (Decoction to regulate the middle *jiao*). He then fully recovered.

Discussion

THE COMPOSITION OF BXXXT AND ITS EIGHT MODIFICATIONS

The herbs commonly used by Wu Ju-Tong for treating *pi* and its related pattern are: *Huanglian* (*Rhizoma Coptidis*), *Huangqin* (*Radix Scutellariae*) (to clear heat and dry damp), *Zhishi* (*Fructus immaturus Citri aurantii*) (to regulate and descend Qi), *Banxia* (*Rhizoma Pinelliae ternatae*) (to dispel damp and descend Qi), *Ganjiang* (*Rhizoma Zingiberis officinalis*), *Renshen*

Clinical Commentary

The classic formula *Ban Xia Xie Xin Tang* (BXXXT) was designed to treat the mixed pattern of heat and cold which results in Qi moving up and down incorrectly and damp heat accumulation. This treatment method is particularly useful for treating Liver/Stomach disharmony. The common causes of this disharmony are stress and improper diet, which cause Qi stagnation and damp heat and/or cold accumulation. By comparing the original and modified formulae and analysing modern cases, it is clear that *Ban Xia Xie Xin Tang* can be modified and used flexibly in treating a variety of abdominal disorders, including nausea and vomiting, abdominal distension, infertility, stomach ache and diarrhoea.

(*Radix Ginseng*) and *Shengjiang* (*Rhizoma Zingiberis officinalis recens*) (to warm and tonify the middle). The main patterns of *pi* are cold and heat accumulation and Stomach Qi disharmony (see Figure 1).

BXXXT AS A FORMULA FOR TREATING JUE YIN DISEASE

Wu Ju-Tong put a note under the modified *Renshen* XXT, stating that the formula included strong pungent and warm, together with strong bitter and cold herbs, and should have been used as a standard method for treating *jue yin* channel disorder. The Liver and Gallbladder are close in location, which is different to the other *zang* and *fu* in TCM. The Liver prefers warmth and the Gallbladder prefers cold. Zhang Zhong-Jing's *Wu Mei Wan* (*Prunus Mume* pill) and XXT provided a good basis for future development. Wu Ju-Tong's notes indicate that BXXXT and *Wu Mei Wan* (*Mume* pill) should be in one category because they used the basic rule of combining formulae for *jue yin* disease. His *Xiao Chai Hu Tang* (Decoction of minor *Bupleurum*) is another example of a base formula, using pungent, cool, bitter and cold together with pungent and warm herbs to treat *shao yang* disease and treat both the Liver and Gallbladder.

Given that BXXXT is a formula for *jue yin* disease, how do we understand the symptoms of *pi*, nausea and vomiting in relation to BXXXT? Wu Ju-Tong further explained the reasons for choosing the pungent-warm and cold-bitter combined method to treat this type of disease. An example of this in TCM is *nue* (malaria) with a disturbed Stomach that causes adverse Stomach Qi. This occurs because Stomach is a yang *fu* dependant on yin. It should be sending the Qi downwards, but not up. Nausea, vomiting and *pi* are therefore due to Stomach Qi rebelling. This reflects the Liver and Gallbladder influencing the Stomach adversely. Early TCM scholars considered nausea a Liver symptom, but nowadays it is usually considered a Stomach symptom. Wu Ju-Tong believed that nausea, vomiting and *pi* were caused by a blockage of the

Stomach Qi and the Stomach not sending Qi downwards. The Liver attacking the Stomach causes these symptoms; therefore, BXXXT is used to treat the Liver.

Shang Han academics generally believe that BXXXT is the main formula for regulating Stomach and Intestine cold and heat mixed disorder. Based on Ye's cases in the use of BXXXT to purge the Liver and unblock the Stomach, Wu Ju-Tong determined that BXXXT should be used for *jue yin* disease as a standard method. This is an important development of the traditional view and makes a substantial contribution to clinical practice.

WU JU-TONG'S APPLICATIONS OF YE TIAN-SHI'S BXXXT

After reviewing Ye's cases, Wu Ju-Tong, in his book *Wen Bing Tiao Bian*, developed *Renshen* XXT (clause 54) and then *San Ren Tang* (Three Kernels Decoction, clause 55). He wrote that, while *Renshen* XXT uses heavy herbs to remove evils from the lower *jiao*, the *San Ren Tang* uses light herbs to remove evils from the upper *jiao*. He further commented that in cases of *wen bing* summer damp-heat, these formulae could be utilised. *Banxia* (*Rhizoma Pinelliae ternatae*) is the key herb for treating phlegm-damp turbidity. Herbs that clear damp-heat and regulate Qi are essential in modified BXXXT formulae, indicating that damp-heat is the main pathogen associated with the modified formulae.

References

1. Zhang ZJ. Treatise on febrile disease caused by cold with 500 cases. Luo XW, translator. Beijing: New World Press; 1993.
2. Zhang WX. *Wen Bing Fang Zheng Yu Za Bing Bian Zhi* (温病方证与杂病辨治). Beijing: Ren Min Wei Sheng Chu Ban She (人民卫生出版社); 2008.
3. Meng SJ. *Wen Bing Xue* (温病学). 2nd ed. Beijing: Ren Min Wei Sheng Chu Ban She (人民卫生出版社); 1995.
4. Xu, JQ, Wang MZ. *Formulae* (方剂学). Higher medical education text book. Beijing: Ren Min Wei Sheng Chu Ban She (人民卫生出版社); 1995.
5. Xu, JQ. *Formulae* (方剂学). Higher medical education text book. Shanghai: Shanghai Science and Technology Publishing House; 1986.
6. Wu T. *Wen Bing Tian Bian* (温病条辨) [1798]. Beijing: Ren Min Wei Sheng Chu Ban She (人民卫生出版社); 1963.
7. Chen M. *Liu Du Zhuo Shang Han Lin Zheng Zhi Yao* (刘渡舟伤寒临证指要). Beijing: Xue Yuan Chu Ban She (学苑出版社); 1998.
8. Yu CR. *Shang Han Lun Hui Yao Fen Xi* (伤寒论汇要分析). Fu Jian: Fu Jian Ren Min Chu Ban She (福建人民出版社); 1964.
9. Chen M. *Sheng Han Min Yi Yan An Jin Xuan* (伤寒名医验案精选). Beijing: Xue Yuan Chu Ban She (学苑出版社); 1998. p. 218-28.
10. China Academy of Chinese Medicine. *Yue Mei Zhong Yi An Ji* (岳美中医案集). Beijing: Xue Yuan Chu Ban She (学苑出版社); 1978. p. 46.