

15. TREAT DRYNESS

Exterior Dryness	▲ ● ■	XING SU SAN	Cool-Dryness
	● ■	SANG XING TANG	Warm-Dryness
	● ■	QING ZAO JIU FEI TANG	Dryness attacking the LU
	■	SHA SHEN MAI MEN DONG TANG	Injury to the LU, ST, and Fluids from Dryness
Interior Dryness	▲ ● ■	MAI MEN DONG TANG	LU/ST Qi & Yin deficiency
	■	YANG YIN QING FEN TANG	Diphtherial disorder due to Yin deficiency and internal clumping of Heat
	■	YU YE TANG	Xiao Ke syndrome due to deficiency of the primal Qi
	● ■	ZENG YE TANG	Constipation due to exhaustion of the Fluids

EXTERIOR DRYNESS																																					
XING SU SAN Apricot kernel and perilla leaf powder 杏蘇散(행소산) <i>Disperse & Moisten Dryness</i>	<table border="0" style="width: 100%;"> <tr><td>Xing Ren</td><td style="text-align: right;">6-9</td></tr> <tr><td>Zi Su Ye</td><td style="text-align: right;">6-9</td></tr> <tr><td>Qian Hu</td><td style="text-align: right;">6-9</td></tr> <tr><td>Jie Geng</td><td style="text-align: right;">6</td></tr> <tr><td>Zhi Ke</td><td style="text-align: right;">6</td></tr> <tr><td>Ban Xia</td><td style="text-align: right;">6-9</td></tr> <tr><td>Chen Pi</td><td style="text-align: right;">6</td></tr> <tr><td>Fu Ling</td><td style="text-align: right;">6-9</td></tr> <tr><td>Sheng Jiang</td><td style="text-align: right;">2-3p</td></tr> <tr><td>Da Zao</td><td style="text-align: right;">2-3p</td></tr> <tr><td>Gan Cao</td><td style="text-align: right;">3</td></tr> </table>	Xing Ren	6-9	Zi Su Ye	6-9	Qian Hu	6-9	Jie Geng	6	Zhi Ke	6	Ban Xia	6-9	Chen Pi	6	Fu Ling	6-9	Sheng Jiang	2-3p	Da Zao	2-3p	Gan Cao	3	<ul style="list-style-type: none"> • Cool-Dryness: Cough, dry throat, chills without sweating, watery sputum, stuffy nose, ㊦ dry with white coat, ㊦ wiry • Note: For relatively superficial conditions. 	<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr style="background-color: #e0e0e0;"> <th colspan="2" style="padding: 5px;">Xing Su San</th> <th colspan="2" style="padding: 5px;">Sang Xing Tang</th> </tr> <tr> <td style="padding: 5px;">Xing Ren, Zi Su Ye</td> <td style="padding: 5px;">King</td> <td colspan="2" style="padding: 5px;">Sang Ye, Xing Ren</td> </tr> <tr> <td style="padding: 5px;">Cool-Dryness</td> <td></td> <td colspan="2" style="padding: 5px;">Warm-Dryness</td> </tr> </table>	Xing Su San		Sang Xing Tang		Xing Ren, Zi Su Ye	King	Sang Ye, Xing Ren		Cool-Dryness		Warm-Dryness	
Xing Ren	6-9																																				
Zi Su Ye	6-9																																				
Qian Hu	6-9																																				
Jie Geng	6																																				
Zhi Ke	6																																				
Ban Xia	6-9																																				
Chen Pi	6																																				
Fu Ling	6-9																																				
Sheng Jiang	2-3p																																				
Da Zao	2-3p																																				
Gan Cao	3																																				
Xing Su San		Sang Xing Tang																																			
Xing Ren, Zi Su Ye	King	Sang Ye, Xing Ren																																			
Cool-Dryness		Warm-Dryness																																			
SANG XING TANG Mulberry leaf and apricot kernel decoction 桑杏湯(상행탕) <i>Disperse & Moisten Dryness</i>	<table border="0" style="width: 100%;"> <tr><td>Sang Ye</td><td style="text-align: right;">6-9</td></tr> <tr><td>Xing Ren</td><td style="text-align: right;">9-13.5</td></tr> <tr><td>Zhi Zi</td><td style="text-align: right;">6-9</td></tr> <tr><td>Dan Dou Chi</td><td style="text-align: right;">6-9</td></tr> <tr><td>Zhe Bei Mu</td><td style="text-align: right;">6-9</td></tr> <tr><td>Sha Shen</td><td style="text-align: right;">12-18</td></tr> <tr><td>Li Pi</td><td style="text-align: right;">6-9</td></tr> </table>	Sang Ye	6-9	Xing Ren	9-13.5	Zhi Zi	6-9	Dan Dou Chi	6-9	Zhe Bei Mu	6-9	Sha Shen	12-18	Li Pi	6-9	<ul style="list-style-type: none"> • Warm-Dryness: Fever, hacking cough or cough with scanty sticky sputum, dry throat, ㊦ red with white coat, ㊦ floating, rapid • Note: May also have coughing of blood. 																					
Sang Ye	6-9																																				
Xing Ren	9-13.5																																				
Zhi Zi	6-9																																				
Dan Dou Chi	6-9																																				
Zhe Bei Mu	6-9																																				
Sha Shen	12-18																																				
Li Pi	6-9																																				
QING ZAO JIU FEI TANG Eliminate dryness and rescue the lungs decoction 清燥救肺湯(청조구폐탕) <i>Disperse & Moisten Dryness</i>	<table border="0" style="width: 100%;"> <tr><td>Sang Ye</td><td style="text-align: right;">9</td></tr> <tr><td>Shi Gao</td><td style="text-align: right;">7.5</td></tr> <tr><td>Mai Men Dong</td><td style="text-align: right;">3.6</td></tr> <tr><td>E Jiao</td><td style="text-align: right;">2.4</td></tr> <tr><td>Hei Zhi Ma</td><td style="text-align: right;">3</td></tr> <tr><td>Xing Ren</td><td style="text-align: right;">2.1</td></tr> <tr><td>Pi Pa Ye</td><td style="text-align: right;">3</td></tr> <tr><td>Ren Shen</td><td style="text-align: right;">2.1</td></tr> <tr><td>Gan Cao</td><td style="text-align: right;">3</td></tr> </table>	Sang Ye	9	Shi Gao	7.5	Mai Men Dong	3.6	E Jiao	2.4	Hei Zhi Ma	3	Xing Ren	2.1	Pi Pa Ye	3	Ren Shen	2.1	Gan Cao	3	<ul style="list-style-type: none"> • Dryness attacking the LU: Fever, hacking cough, wheezing, dry throat, sensation of fullness in the chest, hypochondriac pain, irritability, ㊦ dry, ㊦ empty, big, rapid • Note: Also for acute-onset hemiplegia. 	<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr style="background-color: #e0e0e0;"> <th colspan="2" style="padding: 5px;">Qing Zao Jiu Fei Tang</th> <th colspan="2" style="padding: 5px;">Sang Xing Tang</th> </tr> <tr> <td colspan="4" style="padding: 5px;">Treat Warm-dryness affecting the LU</td> </tr> <tr> <td style="padding: 5px;">For severe cases</td> <td></td> <td colspan="2" style="padding: 5px;">For mild cases</td> </tr> </table>	Qing Zao Jiu Fei Tang		Sang Xing Tang		Treat Warm-dryness affecting the LU				For severe cases		For mild cases					
Sang Ye	9																																				
Shi Gao	7.5																																				
Mai Men Dong	3.6																																				
E Jiao	2.4																																				
Hei Zhi Ma	3																																				
Xing Ren	2.1																																				
Pi Pa Ye	3																																				
Ren Shen	2.1																																				
Gan Cao	3																																				
Qing Zao Jiu Fei Tang		Sang Xing Tang																																			
Treat Warm-dryness affecting the LU																																					
For severe cases		For mild cases																																			
SHA SHEN MAI MEN DONG TANG Glehnia and ophiopogonis decoction 沙參麥門冬湯(사삼맥문동탕) <i>Disperse & Moisten Dryness</i>	<table border="0" style="width: 100%;"> <tr><td>Sha Shen</td><td style="text-align: right;">9</td></tr> <tr><td>Mai Men Dong</td><td style="text-align: right;">9</td></tr> <tr><td>Yu Zhu</td><td style="text-align: right;">6</td></tr> <tr><td>Sang Ye</td><td style="text-align: right;">4.5</td></tr> <tr><td>Tian Hua Fen</td><td style="text-align: right;">4.5</td></tr> <tr><td>Bai Bian Dou</td><td style="text-align: right;">4.5</td></tr> <tr><td>Gan Cao</td><td style="text-align: right;">3</td></tr> </table>	Sha Shen	9	Mai Men Dong	9	Yu Zhu	6	Sang Ye	4.5	Tian Hua Fen	4.5	Bai Bian Dou	4.5	Gan Cao	3	<ul style="list-style-type: none"> • LU & ST Fluid deficiency: Dry throat, thirst, a hacking cough with scanty sputum, no appetite, nausea, ㊦ red tongue with little coating, ㊦ thin, rapid • Note: May be used for chronic bronchitis, chronic pharyngitis, chronic glossitis, diabetes. 																					
Sha Shen	9																																				
Mai Men Dong	9																																				
Yu Zhu	6																																				
Sang Ye	4.5																																				
Tian Hua Fen	4.5																																				
Bai Bian Dou	4.5																																				
Gan Cao	3																																				

INTERIOR DRYNESS		
MAI MEN DONG TANG Ophiopogonis decoction 麥門冬湯(맥문동탕) <i>Enrich Yin & Moisten Dryness</i>	Mai Men Dong 15-64 Ren Shen 9 Jing Mi 6-15 Dan Zao 3-4p Gan Cao 6 Ban Xia 6-9	<ul style="list-style-type: none"> • LU/ST Qi & Yin deficiency: Coughing and spitting of saliva, wheezing, shortness of breath, dry and uncomfortable sensation in the throat, ① dry, red with little coat, ② empty, rapid • Note: Also for belching or vomiting from deficient Stomach Yin.
YANG YIN QING FEI TANG Nourish the yin and clear the lungs decoction 養陰清肺湯(양음정폐탕) <i>Enrich Yin & Moisten Dryness</i>	Sheng Di Huang 6 Xuan Shen 4.5 Mai Men Dong 3.6 Chao Bai Shao 2.4 Mu Dan Pi 2.4 Bei Mu 2.4 Bo He 1.5 Gan Cao 1.5	<ul style="list-style-type: none"> • Diphtherial disorder: White curd-like membrane in the throat that is difficult to scrape off, swollen and sore throat, fever, parched lips, ① dry, red with little coat, ② usually thin, rapid • Note: Also for purulent tonsillitis.
YU YE TANG Jade fluid decoction 玉液湯(옥액탕) <i>Enrich Yin & Moisten Dryness</i>	Shan Yao 30 Huang Qi 15 Zhi Mu 18 Tian Hua Fen 9 Ji Nei Jin 6 Ge Gen 4.5 Wu Wei Zi 9	<ul style="list-style-type: none"> • Wasting & Thirsting disorder (Lower burner): Excessive thirst, frequent and copious urination or turbid urine, lassitude, shortness of breath, ① dry and red, ② empty, thin, weak • Note: For relatively advanced conditions.
ZENG YE TANG Increase the fluids decoction 增液湯(증액탕) <i>Enrich Yin & Moisten Dryness</i>	Xuan Shen 30 Mai Men Dong 24 Sheng Di Huang 24	<ul style="list-style-type: none"> • Dry intestines: Constipation, thirst, ① dry and red, ② thin and slightly rapid, or weak • Note: For relatively acute conditions.