

輔行訣臟腑用藥法要
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EXTRANEOUS SECRETS:
The Essential Method of Using Medicinal Substances for
Differential Treatment of the Organ Networks

ATTRIBUTED TO THE HERMIT OF HUAYANG, TAO HONGJING (456-536)
As Recorded and Transmitted
by Zhang Dachang (1926-1995) and his disciples

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辨肝臟病證文并方

On Differentiating Liver Organ Disease Patterns
and Corresponding Formulas

肝虛則恐，實則怒。

肝病者，必兩脅下痛，痛引少腹。虛則目無所見，耳有所聞，心澹澹然如人將捕之。氣逆則耳聾，頰腫，治之取厥陰，少陽血者。

邪在肝，則兩脅中痛。中寒惡血在內，則善癰，節時腫。取之行間以引脅下，補三里以溫胃中，取耳間青脈，以去其癰。

陶雲：肝德在散。故經雲：以辛補之，以酸瀉之。肝苦急，急食甘以緩之，適其性而衰也。

Liver deficiency leads to fear, and Liver excess leads to anger.ⁱ

One who has Liver disease will surely have painful rib-sides with pain radiating to the lateral lower abdomen. When [the Liver] is deficient the eyes cannot see, the ears hear abnormally, and the heart is palpating in the chest as if someone is trying to grasp it. Qi counterflow results in deafness and swelling of the cheeks. For treatment, bleed the Jueyin and/or Shaoyang channels.ⁱⁱ

When pathogenic evil is present in the Liver, both rib-sides will be painful. When cold strikes the Liver, unviable blood arises within it, and one will become prone to cramping and joint swelling. Select the acupuncture point Xingjian (Liver 2) to guide [the evil] out of the side of the ribcage. Tonify the acupuncture point [Zu] Sanli (Stomach 36) to warm the center, and bleed the blue green vessel at the point Erjian (Gallbladder 8) to get rid of the convulsions.ⁱⁱⁱ

Tao [Hongjing] says: The virtue of the Liver is to disperse. Therefore, the classic [*Tangye jing*] says: “Use pungent flavors to tonify [the Liver], and sour flavors to purge [the Liver]. When the Liver suffers from a state of acute irritation, quickly imbibe sweet flavors to relax it. This is the method that diminishes [the Liver’s distress] according to its nature.”^{iv}



小瀉肝湯

治肝實兩脅下痛, 痛引少腹迫急, [當有乾嘔]者方:

枳實 (熬), 芍藥, 生姜 (各三兩)。

上三味以清漿水三升, 煮取一升, 頓服之。不瘥, 即重作服之。

Minor Purge the Liver Decoction

This prescription treats Liver excess. Corresponding symptoms include pain below both rib-sides, as well as pain radiating to the lateral lower abdomen, [and most likely dry retching].^v

Zhishi (Aurantii Pericarpium, dried over fire)	3 liang
Shaoyao (Radix Paeoniae lactiflorae)	3 liang
Shengjiang (Rhizoma Zingiberis officinalis)	3 liang

Cook these 3 herbs in 3 sheng of fermented rice wine^{vi} until reduced to 1 sheng, then drink all at once. If the symptoms do not disappear, prepare the decoction again and take a second time.



大瀉肝湯

治頭痛, 目赤, 多恚怒, 脅下支滿而痛, 痛連少腹迫急無奈方:

枳實 (熬), 芍藥, 甘草 (炙), 各三兩。黃芩, 大黃, 生姜 (切), 各一兩。

上六味, 以水五升, 煮取二升, 溫分再服。

Major Purge the Liver Decoction

This prescription treats conditions involving headache, red eyes, frequent fits of rage, pain and fullness below the ribs, as well as unbearable pain that radiates to the lateral abdomen.

Zhishi (Aurantii Pericarpium, dried over fire)	3 liang
Shaoyao (Radix Paeoniae lactiflorae)	3 liang
Zhi Gancào (Radix Glycyrrhizae uralensis, honey-baked)	3 liang
Huangqin (Radix Scutellariae baicalensis)	1 liang
Dahuang (Radix et Rhizoma Rhei)	1 liang
Shengjiang (Rhizoma Zingiberis officinalis, cut into slices)	1 liang

Cook these 6 herbs in 5 sheng of water until reduced to 2 sheng. Divide in half and serve each dose warm.



小補肝湯

治心中恐疑,時多惡夢,氣上沖心,越汗出,頭目眩暈者方:

桂枝, 乾姜, 五味子 (各三兩), 棗 (十二枚, 去核)。

上四味, 以水八升, 煮取三升, 溫服一升, 日三服。心中悸者, 加桂枝一兩半; 沖氣盛者, 加五味子一兩半。頭苦眩者, 加術一兩半; 乾嘔者, 去大棗, 加生姜一兩半; 中滿者, 去大棗; 心中如飢者, 還用棗; 咳逆頭苦痛者, 加細辛一兩半; 四肢冷, 小便難者, 加附子一枚, 炮。

Minor Tonify the Liver Decoction

This prescription treats fear and uncertainty in the Heart, frequent recurring nightmares, qi that rushes up toward the Heart, profuse sweating, and vertigo.

Guizhi (Ramulus Cinnamomum cassiae)	3 liang
Ganjiang (Rhizoma Zingiberis officinalis, dried)	3 liang
Wuweizi (Fructus Schisandra chinensis)	3 liang
Dazao (Fructus Zizyphi jujubae)	12 pieces ^{vii}

Cook these 4 herbs in 8 sheng of water until reduced to 3 sheng. Serve 1 sheng warm, three times a day. For Heart palpitations, add 1½ liang of Guizhi; for especially vigorous counterflow of qi, add 1½ liang of Wuweizi; for strong dizziness, add 1½ liang of Baizhu; for dry heaves, remove Dazao and add 1½ liang of Shengjiang; for abdominal fullness, remove Dazao; for constant hungry feeling, return Dazao; for coughing and headache, add 1½ liang of Xixin; for cold extremities and difficulty urinating, add 1 piece of roasted Fuzi.



大補肝湯

治肝氣虛, 其人恐懼不安, 氣自少腹上沖咽, 呃聲不止, 頭目苦眩, 不能坐起, 汗出, 心悸, 干嘔不能食, 脈弱而結者方:

桂枝, 乾姜, 五味子 (各三兩), 旋覆花, 代赭石 (燒), 竹葉 (各一兩), 大棗 (十二枚, 去核)。

上七味, 以水一斗, 煮取四升, 溫服一升, 日三夜一服。

Major Tonify the Liver Decoction

This prescription treats Liver qi deficiency. The appropriate patient appears panick-stricken and restless, with symptoms of qi rushing upwards from the lower abdomen to the throat, incessant hiccuping, dizziness causing inability to sit upright, sweating, palpitations, dry retching and aversion to food, and a weak and knotted pulse.

Guizhi (Ramulus Cinnamomum cassiae)	3 liang
Ganjiang (Rhizoma Zingiberis officinalis, dried)	3 liang
Wuweizi (Fructus Schisandra chinensis)	3 liang
Xuanfuhua (Flos Inulae)	1 liang
Daizheshi (Haematitum)	1 liang ^{viii}
Zhuye (Herba Lophatheri gracilis)	1 liang ^{ix}
Dazao (Fructus Zizyphi jujubae)	12 pieces ^x

Cook these 7 herbs in 1 dou of water until reduced to 4 sheng. Drink warm, 1 sheng at a time, 3 times during the day and 1 time at night.



Endnotes

- i. As recorded by FZL, ZGZYYJY, SBG, and WZX. This passage represents an adaptation of a passage on Liver pathology in *Huangdi neijing lingshu* (Magic Pivot section of The Yellow Emperor's Classic of Medicine), chapter 8 “Benshen” (Rooted in Spirit). LDX, YZB, DQX, ZDC/YZB, and LSZ record: 肝實則怒, 虛則優 (Liver excess leads to anger, and deficiency leads to anxiety).
- ii. This passage represents an adaptation of a passage on Liver pathology in *Huangdi neijing suwen* (Simple Questions section of The Yellow Emperor's Classic of Medicine), chapter 22 “Zangqi fashi lun” (Treatise on How Organ Qi Circulation Follows the Seasons).
- iii. This passage represents an adaptation of a passage on Liver function in *Huangdi neijing lingshu*, chapter 20 “Wuxie” (The Five Pathogenic Evils).
- iv. This passage represents an adaptation of a passage on Liver function *Huangdi neijing suwen*, chapter 22 “Zangqi fashi lun.”
- v. 當有乾嘔者 not present in ZDC, LDX and ZDC/YZB; recorded as 時乾嘔者 (occasional dry retching) in FZL and WZX. LDX, DQX, YZB and LSZ add 時多怒者 (and occasional eruptions of anger)
- vi. ZDC, LDX, YZB, DQX, and LSZ record to boil the prescription in water.
- vii. ZDC, LDX and DQX record 3 liang of Shuyu (Shanyao: Radix Dioscoreae oppositae) instead of Dazao. FZL, ZGZYYJY and YZB record Dazao, but note that “another formula version has Shuyu in it; that version should be followed.”
- viii. ZDC, LDX, YZB, SBG, DQX record Mudanpi (Cortex Moutan Radicis) instead of Daizheshi (but YZB's transcription contains a handwritten note by ZDC, stating that Mudanpi should be changed to Chuanjun, an alternate name for Dahuang); ZGZYYJY records Daizheshi, but notes that “this should be Mudanpi”; FZL and WZX record Daizheshi but notes “another formula version has Mudanpi in it; that version should be followed.” LSZ records a significantly different formula, containing Guizhi, Ganjiang, Wuweizi, Shanyao, Tinglizi, Dahuang and Fuzi.
- ix. LDX, YZB and DQX record Tinglizi instead of Zhuye.
- x. ZDC, LDX and DQX record 3 liang of Shuyu instead of Dazao. FZL, ZGZYYJY and YZB record Dazao, but both note “another formula version has Shuyu in it; that version should be followed.”