

Qing Gu San

A brief word on Cool the Bones Powder

These are comments by Wáng Áng (汪昂) in his Medical Formulas Collected and Analysed (醫方集解 *Yī fāng jí jiě*, 1682).

THIS FORMULA TREATS steaming bones and heat from overwork and exhaustion. When fire flares water is exhausted and true yin is dried up, thus the deep areas of muscle and bones steam into heat. Li Dong-Yuan says heat during the day that settles at night is yang qi excessive during the yang time; cool during the day but hot at night is when yang enters into the midst of yin, also called heat entering the

chamber of blood. Heat during both the day and the night is doubled yang with no yin—one must urgently drain yang and strongly tonify yin. Daytime disorders are in the qi, nighttime disorders are in the blood.

Yin Chai Hu	4.5g	Stellariae Radix
Hu Huang Lian	3g	Picrorhizae Rhizoma
Qin Jiao	3g	Gentianae macrophyllae Radix
Bie Jia	3g	Trionycis Carapax, prepared
Di Gu Pi	3g	Lycii Cortex
Qing Hao	3g	Artemisiae annuae Herba
Zhi Mu	3g	Anemarrhenae Rhizoma
Zhi Gan Cao	1.5g	Glycyrrhizae Radix praeparata

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These are foot *shaoyang* and *jueyin* herbs. The bitter coldness of *Di Gu Pi* (Lycii Cortex), *Hu Huang Lian* (Picrorhizae Rhizoma) and *Zhi Mu* (Anemarrhenae Rhizoma) can eliminate the yin-level heat, settling the interior.

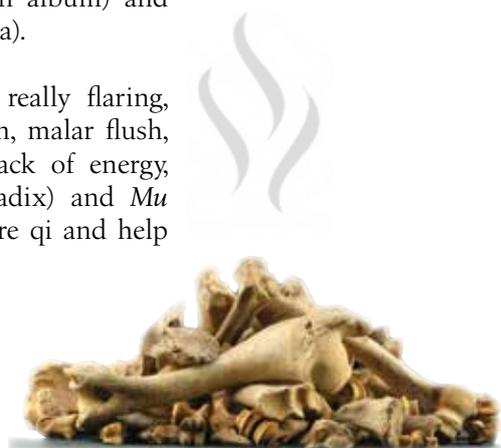
The pungent cold of *Yin Chai Hu* (Stellariae Radix), *Qing Hao* (Artemisiae annuae Herba) and *Qin Jiao* (Gentianae macrophyllae Radix) can eliminate heat from the Liver and Gallbladder, dispersing it through the surface. *Bie Jia* (Trionycis Carapax) is a yin-natured herb which is also a shell, and so belongs to the bones, and thus can lead all the other herbs to enter the bones and nourish yin.

Gan Cao (Glycyrrhizae Radix praeparata) is sweet and neutral, and can moderate the other herbs so that the total effect is one of causing the deficient heat to retreat, while also protecting the Stomach from the coldness of the other herbs.

Additional modifications:

■ If the appetite is poor with loose stool, showing weak digestion, remove the really bitter or cold herbs like *Qin Jiao* (Gentianae macrophyllae Radix), *Hu Huang Lian* (Picrorhizae Rhizoma) and *Zhi Mu* (Anemarrhenae Rhizoma), and substitute *Bai Bian Dou* (Lablab Semen album) and *Shan Yao* (Dioscoreae Rhizoma).

■ If qi is weak and fire is really flaring, causing tidal fever after noon, malar flush, nightsweats, tiredness and lack of energy, add *Huang Qi* (Astragali Radix) and *Mu Li* (Ostreae Concha) to restore qi and help bring down the fire.



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