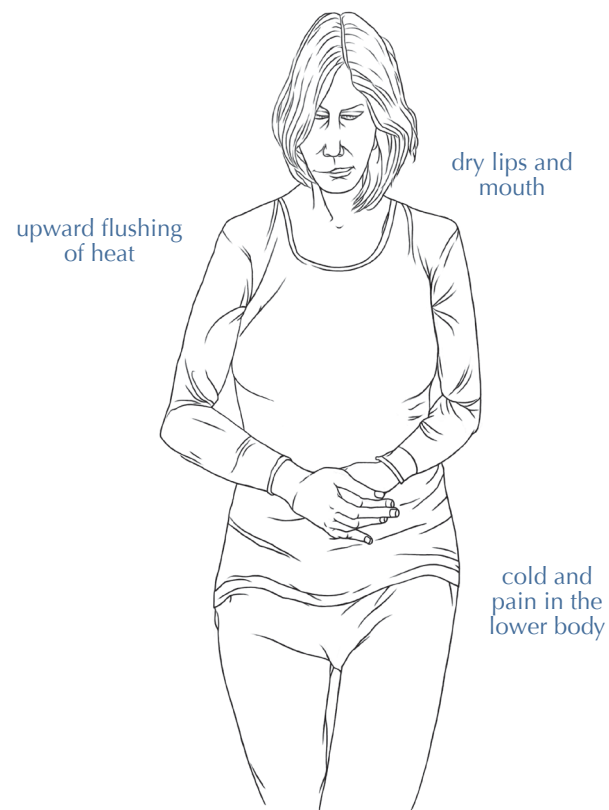


溫經湯 (温经汤)
Flow-Warming Decoction
wēn jīng tāng



INGREDIENTS

Evodiae Fructus (<i>wú zhū yú</i>)	9g
Cinnamomi Ramulus (<i>guì zhī</i>)	6g
Angelicae sinensis Radix (<i>dāng guī</i>)	6g
Chuanxiong Rhizoma (<i>chuān xiōng</i>)	6g
¹ Paeoniae Radix (<i>sháo yào</i>)	6g
Asini Corii Colla (<i>ē jiāo</i>)	
[dissolve in the strained decoction]	6g
Ophiopogonis Radix (<i>mài mén dōng</i>)	9-12g
Moutan Cortex (<i>mǔ dān pí</i>)	6g
Ginseng Radix (<i>rén shēn</i>)	6g

1. As the primary function here is to restrain, tonify, or soften, Paeoniae Radix alba (*bái sháo*) is preferred.

Glycyrrhizae Radix (<i>gān cǎo</i>)	6g
Zingiberis Rhizoma recens (<i>shēng jiāng</i>)	6g
Pinelliae Rhizoma praeparatum (<i>zhì bàn xià</i>)	6-9g

Actions: warms the vessels • dispels cold • nourishes the blood • dispels blood stasis

Main pattern: deficiency cold of the Conception and Penetrating vessels together with blood stasis and deficiency heat

Key symptoms: cold and pain in the lower body (abdomen, lower back, lower extremities) • upward flushing of heat • dry lips and mouth

Secondary symptoms: mild, persistent uterine bleeding • irregular menstruation (either early or late) • extended or continuous menstrual flow • bleeding between periods • lower abdominal distention • diarrhea during menstruation • white vaginal discharge • tendency to miscarry • warm palms and soles • palmar erythema

Tongue: dry body • scanty coating

Pulse: thin • rough • submerged

Abdomen: pain on pressure in the lower abdomen that is often worse on the left side • hypertonicity of the rectus abdominis muscle • overall soft and weak abdomen • lower abdomen cold to the touch

CLINICAL NOTES

• This formula is specific for blood stasis in the lower abdomen due to deficiency cold that disrupts the fluid dynamic. This generates dryness and causes heat from deficiency to flush upward. Manifestations of blood deficiency and internal cold include a pale complexion, aversion to cold, cold lower extremities, loose stools, increased urination, a pale, puffy tongue body, and a thin, forceless pulse. The deficiency cold in this pattern will be accompanied by signs of heat or dryness such as dry and cracked lips or mucous membranes, dry mouth, hot hands and feet, hot flushes, or feverish sensations. Finally, while there are signs of stasis in this pattern, such as abdominal fullness, pain, or muscle tension, the abdomen generally remains soft.

• Historically (and continuing to the current day), this formula has been indicated for women's disorders. However, it can also be used for men who present with a similar combination of "cold below and heat above" while suffering from disorders such as infertility, impotence, urinary incontinence, or seminal insufficiency.

Contraindications: blood stasis associated with excess patterns

FORMULAS WITH SIMILAR INDICATIONS

Tangkuei and Peony Powder (*dāng guī sháo yào sǎn*): For blood stasis in the lower abdomen in the context of Liver-Spleen disharmony, blood deficiency, and water buildup with no signs of heat from deficiency or dryness.

***Ass-Hide Gelatin and Mugwort Decoction** (*jiāo ài tāng*): For deficiency cold in the lower abdomen without deficiency heat and dryness.

COMPOSITION

Chiefs 君	Evodiae Fructus (<i>wú zhū yú</i>)	● ●	disperses cold and stops pain	
	Cinnamomi Ramulus (<i>guì zhī</i>)	● ●	enters the nutritive qi to improve circulation in the blood vessels and disperses cold	
Deputies 臣	Angelicae sinensis Radix (<i>dāng guī</i>)	● ●	invigorates the blood, dispels blood stasis, nourishes the blood, and regulates the menses	
	Chuanxiong Rhizoma (<i>chuān xiōng</i>)	●		
	Paeoniae Radix alba (<i>bái sháo</i>)	● ●		
	Asini Corii Colla (<i>ē jiāo</i>)	●		
Assistants 佐	Ophiopogonis Radix (<i>mài mén dōng</i>)	● ●	nourishes the yin, moistens dryness, and clears heat from deficiency	
	Moutan Cortex (<i>mǔ dān pí</i>)	● ●		assists the chief herbs in dispelling blood stasis and facilitating the menses, and clears heat from deficiency from the blood level
	Ginseng Radix (<i>rén shēn</i>)	● ●		tonifies the qi and harmonizes the Spleen and Stomach to strengthen the source of production and transformation, so that yang can produce yin and the blood may be sufficient
	Glycyrrhizae Radix (<i>gān cǎo</i>)	●		
	Zingiberis Rhizoma recens (<i>shēng jiāng</i>)	●		
Pinelliae Rhizoma praeparatum (<i>zhì bàn xià</i>)	●			