

16 Commonly Used Classical Formulas in Clinical Practice: A Complete Guide to Formula Patterns, Constitution, Combined Formulas, and Modifications

Professor Huáng Huáng

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Introduction: This article systematically organizes the 16 classical formulas most frequently used by Professor Huáng Huáng in clinical practice. It provides the key formula-pattern indications for each formula, the corresponding constitutional profile, essential practical points for abdominal examination, and the modern diseases for which they are used. It also includes practical dosage guidelines, approaches to combining formulas, and techniques for modifications. Together, these reflect Professor Huáng's decades of accumulated frontline clinical experience.

Whether you are a Chinese medicine practitioner or simply interested in Jīngfāng, this is a useful reference for study and comparison. Professor Huáng Huáng has developed his own systematic approach to the clinical application of Jīngfāng. At its core are strict adherence to formula-pattern correspondence (方证对应 fāng-zhèng duìyìng), the use of constitutional identification as the foundation of pattern differentiation, and particular emphasis on objective signs such as abdominal examination in order to improve diagnostic precision.



Dà Chái Hú Tāng 大柴胡汤

Formula:

Chái Hú 20g, Huáng Qín 10g, Bàn Xià 12g, Zhǐ Ké 30–40g, Chì Sháo 15g, Dà Huáng 10g, Shēng Jiāng 15g, Dà Zǎo 20g.

Classical formula-pattern indication:

Dà Chái Hú Tāng is the essential formula for “fullness and pain below the heart when pressed.” Zhāng Zhòngjǐng’s original text states: “When there is fullness and pain below the heart upon pressing, this indicates excess. It should be purged and Dà Chái Hú Tāng governs.”

Abdominal examination should always be performed clinically. Have the patient lie supine and press the upper abdomen. Resistance beneath the fingers together with tenderness and refusal to tolerate pressure are indications for this formula. If the abdomen is soft and yielding like cotton, use the formula cautiously.

Constitution:

A robust body type, with a distended upper abdomen producing an apple-shaped appearance; thick, greasy tongue coating; a tendency toward abdominal distension and belching, halitosis, and dry, hard stools. This is referred to as the Dà Chái Hú Tāng constitution.

Modern clinical applications:

Pancreatitis, cholelithiasis, cholecystitis, bile reflux gastritis, bronchial asthma, hypertension, hyperlipidemia, and biliary tract infections with jaundice. It may also be used to regulate middle-aged patients with abdominal obesity and reduce abdominal fat.

Combined formulas and modifications:

1. For uterine fibroids, dysmenorrhea, a dark-purple tongue, and cutaneous signs of blood stasis: combine with Guì Zhī Fú Líng Wán.
2. For yellowing of the body and eyes and jaundice due to biliary infection: combine with Yīn Chén Hāo Tāng or Zhī Zǐ Bǎi Pí Tāng.
3. For asthma or pulmonary infection with coughing of yellow, sticky, thick phlegm: combine with Xiǎo Xiàn Xiōng Tāng, adding Quán Guā Lóu and Huáng Lián.
4. For cough and wheezing with abundant, thick, sticky phlegm that is difficult to expectorate: combine with Pái Nóng Sǎn (Zhǐ Shí, Sháo Yào, Jí Gěng). This may be prepared as a powder and taken mixed with water to thin and transform phlegm and promote expectoration.
5. For hypertension with dry mouth, bitter taste, and a relatively rapid heartbeat: because the formula already contains Huáng Qín and Dà Huáng, add Huáng Lián 6 g, applying the principle of Sān Huáng Xiè Xīn Tāng to clear heat and lower blood pressure.

Practical point:

The Zhǐ Shí used by Zhāng Zhòngjǐng corresponds to what is called Zhǐ Ké today, and

clinically Zhǐ Ké may be used at a relatively high dose of 30–40g. Dà Huáng is commonly used at 10g to free the bowels and eliminate accumulation. Dr. Hú Xī-Shù frequently used Dà Chái Hú Tāng combined with Guì Zhī Fú Líng Wán to treat asthma, with definite clinical efficacy.

Chái Hú Jiā Lóng Gǔ Mǔ Lì Tāng 柴胡加龙骨牡蛎汤

Formula:

Chái Hú 12g, Huáng Qín 10g, Bàn Xià 12g, Dǎng Shēn 12g, Fú Líng 15g, Guì Zhī 10g, Lóng Gǔ 15g, Mǔ Lì 15g, Dà Huáng 6g, Shēng Jiāng 10g, Dà Zǎo 15g.

Classical formula-pattern indication:

This is a specialized formula for regulating the brain and spirit. It treats constrained accumulation of fright, phlegm, and constraint involving the Liver and Gallbladder, presenting with chest and rib-side fullness and oppression, abdominal tension, irritability and insomnia, easy fright, excessive worry, and depressed mood.

Abdominal examination may reveal resistance and distending pain upon pressure along both costal regions. The stools are often dry and hard, and the pulse is wiry, hard, and slippery.

Constitution:

A medium build with long-term emotional suppression, an easy tendency toward unexplained fatigue, aversion to cold, and sensitivity to wind. This is not simply Yang deficiency; in many cases it reflects stagnation of the spirit and Qi.

Modern clinical applications:

Insomnia, depression, anxiety disorders, panic disorder, epilepsy, emotional dysfunction-related sexual dysfunction in men, deterioration of brain function following cerebral hemorrhage, and Alzheimer's disease.

Combined formulas and modifications:

1. For cognitive sluggishness after cerebral hemorrhage with internal blood stasis: combine with Guì Zhī Fú Líng Wán.
2. For irritability, abdominal fullness, tossing and turning at night, and restlessness: combine with Zhī Zǐ Hòu Pò Tāng.
3. For cerebrovascular sclerosis with internal heat and irritability: combine with Sān Huáng Xiè Xīn Tāng to protect the brain and free the channels.

Practical point:

The structural composition of a Jīngfāng formula should not be arbitrarily dismantled. Many practitioners use individual calming medicines with limited effect; this formula is considerably more effective at regulating the spirit than ordinary calming formulas and medicinals. It should not be used for depression accompanied by a deep, faint pulse in a constitution characterized purely by Yang deficiency.

Xiǎo Chái Hú Tāng 小柴胡汤**Formula:**

Chái Hú 10–20g (30g for severe, persistent fever; this higher dosage is specifically for severe and stubborn cases and should be reduced for ordinary daily regulation), Huáng Qín 10g, Bàn Xià 12g, Dǎng Shēn 12g, Zhì Gān Cǎo 10g, Shēng Jiāng 10g, Dà Zǎo 20g.

Classical formula-pattern indication:

Xiǎo Chái Hú Tāng is a widely applicable formula for numerous disorders. Its classic indications are alternating chills and fever, oppression and fullness of the chest and rib-sides, lack of desire for food, irritability, and a tendency to vomit.

It may be used for lingering exterior disorders in which neither sweating nor purging is appropriate. Chái Hú and Zhì Gān Cǎo are regarded here as core components and should not be removed.

Constitution:

Thin to medium build, emotionally sensitive, easily fatigued with low-grade fever, prone to allergies during seasonal changes or in pollen environments, and women who tend to develop recurrent fever around menstruation.

Modern clinical applications:

Various persistent fevers, menstrual fever associated with influenza A, chronic cough following a cold, allergic rhinitis, autoimmune liver disease, Hashimoto's thyroiditis, enlarged lymph nodes, hyperthyroidism, and ankylosing spondylitis.

Combined formulas and modifications:

1. For persistent cough following a cold: combine with Bàn Xià Hòu Pò Tāng.
2. For damp-heat painful obstruction due to rheumatism: combine with Zhī Zǐ Bǎi Pí Tāng.
3. For enlarged lymph nodes: use a higher dose of Lián Qiáo. For hyperthyroidism with palpitations and excessive sweating: combine with Bái Hǔ Tāng.

4. For fatty liver, hepatitis B, jaundice, and internal retention of water-dampness: combine with Wǔ Líng Sǎn (known as Chái Líng Tāng).
5. For melasma in women, autoimmune liver disease, and simultaneous disorders of Qi, Blood, and Water: combine with Dāng Guī Sháo Yào Sǎn.
6. For itchy nose and eyes and pollen allergies: add Jīng Jiè, Fáng Fēng, Wǔ Wèi Zǐ, and Shēng Shí Gāo.

Practical point:

For reducing fever, a large dose of Chái Hú—30g—is used, with the medicine taken every three hours. In most cases, three doses are sufficient to reduce the fever. Patients with severe depletion of Qi and Blood or a purely deficient-cold constitution should not take it for prolonged periods.

Cases of liver injury associated with Xiǎo Chái Hú Tāng have occurred in Japan. The fundamental problem was indiscriminate use without constitutional differentiation. When the formula pattern is correctly identified, the formula is considered safe and reliable.

Gě Gēn Tāng 葛根汤

Formula:

Gě Gēn 30g, Má Huáng 10g, Guì Zhī 12g, Bái Sháo 12g, Zhì Gān Cǎo 10g, Shēng Jiāng 15g, Dà Zǎo 20g.

Classical formula-pattern indication:

Treats exterior cold excess characterized by aversion to cold, absence of sweating, stiffness and pain of the neck and upper back, generalized aching, and a yellow, puffy facial appearance. These are indications of a Má Huáng constitution.

Constitution:

Well-developed musculature, a yellowish-dark and coarse complexion, and an inherently puffy appearance. Those with delicate, fair skin and a physically frail constitution should use Má Huáng cautiously, as they may easily develop palpitations and excessive sweating.

Modern clinical applications:

Wind-cold common cold, cervical spondylosis, insufficient cerebral blood flow, facial paralysis, polycystic ovarian syndrome, amenorrhea, ovulatory dysfunction, infertility;

coughing with urinary leakage and cold, heavy sensations in the lower back in elderly women; daytime fatigue and excessive sleepiness.

Combined formulas and modifications:

1. For vomiting after alcohol intoxication, add Bàn Xià. For diarrhea after alcohol intoxication, use Gě Gēn Qín Lián Tāng instead.
2. For amenorrhea, dark-purple acne, and rough, dry skin of the lower limbs: combine with Guì Zhī Fú Líng Wán.
3. For women with a cold lower back as though sitting in water, reduced libido, and clear, thin vaginal discharge: combine with Gān Jiāng Líng Shù Tāng (also known as Shèn Zhē Tāng).

Practical point:

In Japan, this formula is traditionally used to increase alertness, and students may take it before examinations to invigorate the spirit. Má Huáng can stimulate the movement of Qi and may address sluggishness and fatigue caused by sedative medications. Combining it with Wēn Dǎn Tāng may improve these symptoms.

Guì Zhī Fú Líng Wán 桂枝茯苓丸 — Decoction

Formula:

Guì Zhī 12g, Fú Líng 15g, Táo Rén 12g, Dān Pí 12g, Chì Sháo 15g.

Classical formula-pattern indication:

The primary formula for blood stasis. Classic indications include urgent abdominal pain and binding in the lower abdomen, with palpable tender cords upon pressure, roughened skin due to blood stasis, and dark-purple lips and tongue. Historically, it was primarily used for retained dead fetus; today its application has been expanded to various disorders involving blood stasis.

Constitution:

A purple-red facial complexion, dark acne that is difficult to resolve, and dark-purple lips. The lower abdomen is firm and tender upon pressure. Dry, scaling skin of the lower limbs, varicose veins, and rough, fish-scale-like skin of the lower legs are collectively described as the three major signs of blood stasis involving the face, abdomen, and legs.

Modern clinical applications:

Uterine fibroids, endometrial thickening, dysmenorrhea, benign prostatic hyperplasia, nodules and cysts, acne, psoriasis, pulmonary fibrosis, pulmonary arterial hypertension, deep vein thrombosis of the lower limbs, and diabetic nephropathy.

Combined formulas and modifications:

1. For ulcerative spasmodic abdominal pain: combine with Sì Nì Sǎn.
2. For severe blood stasis with difficult bowel movements: add Dà Huáng 10g.
3. For robust, obese men with dark facial acne: combine with Gě Gēn Tāng.
4. For scanty or difficult urination: add Niú Xī 15g.
5. For diabetic nephropathy with numbness and weakness of the lower limbs: combine with Huáng Qí Guì Zhī Wǔ Wù Tāng, together with Shí Hú, Niú Xī, and Dān Shēn (Sì Wèi Jiàn Bù Tāng).

Practical point:

It is not appropriate as a long-term standalone formula in patients without blood stasis, with a soft abdomen, or with simple fatigue due to Blood deficiency.

Wǔ Líng Sǎn 五苓散

Formula:

Zhū Líng 15g, Zé Xiè 20g, Bái Zhú 15g, Fú Líng 15g, Guì Zhī 10g.

Classical formula-pattern indication:

A specialized formula for water retention. The four major indications are: thirst with excessive drinking that fails to relieve the thirst; abdominal distension after drinking water; gurgling water sounds in the abdomen; and loose stools, accompanied by dizziness and blurred vision.

Constitution:

A yellowish, plump facial appearance, puffy eye bags, a swollen tongue with teeth marks, and a soft abdomen with water sounds. It is frequently seen in people with a prominent “beer belly” and chronic alcohol consumption.

Modern clinical applications:

Fatty liver, alcoholic liver disease, hyperuricemia and gout, obesity, chronic watery diarrhea, eczema, flat warts, and unexplained headaches in women.

Combined formulas and modifications:

1. For jaundice and water-dampness associated with liver disease: add Yīn Chén.
2. For protecting the liver and alleviating the effects of alcohol intoxication: add Gě Gēn 20g.
3. For phlegm-damp obesity, amenorrhea, and edema: add Má Huáng and Niú Xī.
4. For hepatitis B with the “three positives” and simultaneous liver and Spleen involvement: combine with Xiǎo Chái Hú Tāng (Chái Líng Tāng).

Practical point:

This formula is suitable for being ground into a powder according to the original proportions and taken mixed with rice porridge. It should not be used in people with Yin deficiency and dryness or in those without edema.

Wēn Dǎn Tāng 温胆汤

Formula:

Bàn Xià 12g, Fú Líng 15g, Chén Pí 12g, Zhǐ Ké 12g, Zhú Rú 10g, Zhì Gān Cǎo 6g, Shēng Jiāng 10g.

Classical formula-pattern indication:

A formula for strengthening the Gallbladder and calming the spirit. It treats timidity and easy fright, frequent nightmares, chest oppression with abundant phlegm, anxiety and nausea when encountering stressful situations, corresponding to post-traumatic stress disorder.

Constitution:

Sensitive and timid, easily experiencing palpitations and tension, with a thick, greasy tongue coating. Medical investigations reveal no structural disease, yet the patient experiences persistent discomfort throughout the body.

Modern clinical applications:

Anxiety neurosis, panic disorder, insomnia, white-coat hypertension, persistent palpitations following myocardial infarction surgery, and schizophrenia associated with phlegm obstructing the Heart orifices.

Combined formulas and modifications:

1. For irritability, insomnia, and fullness and oppression of the chest and abdomen: combine with Zhī Zǐ Hòu Pò Tāng.

2. For generalized discomfort, hypertension, and insomnia in middle-aged and elderly patients: combine with Suān Zǎo Rén Tāng.
3. For bitter taste, yellow tongue coating, internal heat, and irritability: add Huáng Lián (Huáng Lián Wēn Dǎn Tāng).
4. For chronic depression, panic, and poor sleep: combine with Chái Hú Jiā Lóng Gǔ Mǔ Lì Tāng.

Practical point:

For simple Heart Blood deficiency or Qi deficiency with fatigue and insomnia, this formula alone is unlikely to be effective. There must be indications of phlegm turbidity and fright/palpitations.

Sì Nì Sǎn 四逆散

Formula:

Chái Hú 12g, Zhǐ Shí 12g, Bái Sháo 15g, Zhì Gān Cǎo 10g.

Classical formula-pattern indication:

Cold extremities caused by constrained Yang Qi, with cold hands and feet. Emotional fluctuations trigger spasmodic abdominal and chest pain and distension. There may also be urgency and tenesmus involving both the urinary and gastrointestinal systems.

Constitution:

People under prolonged stress who develop abdominal pain and urinary frequency when tense. They often have a persistent sensation of something lodged in the throat. Abdominal examination reveals discomfort and spasm upon pressure.

Modern clinical applications:

Irritable bowel syndrome, stress-related urinary frequency, difficulty urinating, urinary tract infection, and ulcerative colitis.

Combined formulas and modifications:

1. For painful, difficult urination and hematuria: combine with Zhū Líng Tāng.
2. For urinary frequency and urgency, with tenesmus involving both the urinary and gastrointestinal systems: add Jí Gěng 10g.
3. For anxiety, abdominal distension, and méi hé qì (the sensation of a lump in the throat): combine with Bàn Xià Hòu Pò Tāng, known as Bā Wèi Jiě Yù Tāng.

4. For elderly patients with a cold lower back and stress urinary incontinence: combine with Gān Jiāng Líng Shù Tāng, with Má Huáng added as appropriate.

Practical point:

Cold hands and feet fall into two categories: Yáng deficiency → Sì Nì Tāng; Qi constraint → Sì Nì Sǎn. Abdominal examination can be used to distinguish the two.

Bàn Xià Hòu Pò Tāng 半夏厚朴汤

Formula:

Bàn Xià 12g, Fú Líng 15g, Hòu Pò 12g, Sū Gěng 10g, Shēng Jiāng 15g.

Classical formula-pattern indication:

Specifically treats the sensation of “something like roasted meat stuck in the throat,” referring to abnormal bodily sensations without structural disease, chest and abdominal oppression and fullness, and emotional constraint.

Constitution:

Prone to excessive thinking, sensitive and suspicious, with frequent subjective sensations of pain or obstruction in multiple areas of the body despite normal investigations.

Modern clinical applications:

Méi Hé Qì, various somatic symptoms associated with neurosis, anxiety, and emotional constraint.

Combined formulas and modifications:

1. For abdominal distension, abdominal pain before bowel movements, and a sensation of obstruction in the throat: combine with Sì Nì Sǎn, known as Bā Wèi Jiě Yù Tāng.
2. For irritability, internal heat, insomnia, and chest oppression: combine with Zhī Zǐ Hòu Pò Tāng, known as Bā Wèi Chū Fán Tāng.

Gě Gēn Qín Lián Tāng 葛根芩连汤

Formula:

Gě Gēn 30g, Huáng Qín 10g, Huáng Lián 6g, Zhì Gān Cǎo 10g.

Classical formula-pattern indication:

The original text states: “In a Taiyang disease Guizhi pattern, when the doctor adversely purges, [this causes] incessant diarrhea. The pulse is skipping, and the surface has not yet resolved, for there is panting with sweating, Gé Gēn Huáng Qín Huáng Lián Tāng governs.”

It treats diarrhea with heat in the interior, characterized by sticky, foul-smelling stools, stiffness of the neck, internal heat, and excessive sweating.

Constitution:

A robust physique, prone to internal heat and “getting overheated,” with stiffness of the neck and shoulders, elevated blood glucose and blood pressure, and sticky stools that are difficult to pass.

Modern clinical applications:

Acute and chronic enteritis, dysentery, type 2 diabetes, periodontal abscesses, and cervicogenic hypertension and headache.

Combined formulas and modifications:

1. For elevated blood glucose accompanied by numbness of the lower limbs: add Niú Xī and Ròu Guì.
2. For hypertension with internal heat and constipation: add Dà Huáng to combine with Sān Huáng Xiè Xīn Tāng to clear and drain internal heat.

Huáng Lián Jiě Dú Tāng 黄连解毒汤

Formula:

Huáng Lián 6g, Huáng Qín 10g, Huáng Bǎi 10g, Zhī Zǐ 12g.

Classical formula-pattern indication:

Excess Fire in the Three Burners, with dry and bitter mouth, irritability and insomnia, skin sores and ulcerations, bleeding, and internal heat with obstruction and stasis.

Constitution:

A robust physique, oily facial complexion, prone to acne and manifestations of excessive heat, elevated blood pressure, and dry, hard stools.

Modern clinical applications:

Hypertension characterized by excess heat, various inflammatory disorders and eczema, heat-type painful obstruction associated with rheumatoid arthritis, and cerebrovascular disorders involving internal heat and stasis.

Combined formulas and modifications:

For painful obstruction due to wind, cold, and dampness: combine with Má Huáng Fù Zǐ Xīn Tāng. It should not be used alone in patients with a deficient-cold constitution.

Dāng Guī Sháo Yào Sǎn 当归芍药散

Formula:

Dāng Guī 10g, Bái Sháo 30g, Chuān Xiōng 10g, Bái Zhú 15g, Fú Líng 15g, Zé Xiè 20g.

Classical formula-pattern indication:

Various abdominal disorders and pain in women, characterized by Blood deficiency with excessive Water; abdominal pain during pregnancy, malposition of the fetus, and an unstable pregnancy. The use of a high dose of Bái Sháo is a distinctive feature of this formula.

Constitution:

A sallow complexion, extensive melasma, a tendency toward edema of the lower limbs, menstrual abdominal pain, easy fatigue, and a constitution characterized by deficiency with retention of water-dampness.

Modern clinical applications:

Recurrent miscarriage, fetal malposition, menstrual disorders, melasma in women, Hashimoto's thyroiditis, and autoimmune liver disease.

Expanded applications:

The formula may be ground into a powder and taken mixed with rice wine or plain yogurt for long-term menstrual regulation and enhancement of complexion. For women with simultaneous disorders of Qi, Blood, and Water accompanied by low-grade fever, combine with Xiǎo Chái Hú Tāng.

Wēn Jīng Tāng 温经汤

Formula:

Wú Zhū Yú 6g, Dāng Guī 10g, Bái Sháo 15g, Chuān Xiōng 10g, Dǎng Shēn 12g, Guì Zhī 10g, Ē Jiāo 10g, Dān Pí 10g, Bàn Xià 12g, Mài Dōng 15g, Shēng Jiāng 10g, Zhì Gān Cǎo 6g.

Classical formula-pattern indication:

Deficiency-cold of the Chōng and Rèn vessels in women, with dry, withered lips, cracked skin of the palms, premature aging, menstrual irregularity, chronic diarrhea, and infertility.

Constitution:

Middle-aged women who are thin, emaciated, and dry, with dry, peeling lips and rough, cracked hands and feet, accompanied by menopausal irritability and menstrual irregularity.

Modern clinical applications:

Menopausal syndrome, infertility, chronic diarrhea during menstruation, and premature aging and dryness of the skin.

Expanded applications:

It may be concentrated into a paste and taken long term as a specialized formula for enhancing complexion and regulating the endocrine system in women.

Sháo Yào Gān Cǎo Tāng 芍药甘草汤

Formula:

Chì Sháo 60g, Bái Sháo 60g, Zhì Gān Cǎo 12g.

(This is a high-dose formula intended for severe and stubborn cases; the dose should be reduced for ordinary daily regulation.)

Classical formula-pattern indication:

Specifically treats various types of smooth-muscle and skeletal-muscle spasm, including leg cramps and spasmodic pain of the internal organs.

Modern clinical applications:

Leg cramps, biliary tract spasm, generalized itching associated with cholestasis and cirrhosis, refractory constipation, and various forms of colicky pain.

Clinical principle:

High-dose Sháo Yào has a powerful antispasmodic effect. For mild cases, Bái Sháo 30g may be sufficient; for stubborn spasms, both Chì Sháo and Bái Sháo may be used at 60g each.

Fù Zǐ Xiè Xīn Tāng 附子泻心汤**Formula:**

(Sān Huáng Xiè Xīn Tāng combined with Sì Nì Tāng)

Fù Zǐ 10g, Gān Jiāng 10g, Zhì Gān Cǎo 10g, Huáng Lián 6g, Huáng Qín 10g, Dà Huáng 10g. When internal heat and cold signs are intermingled, Ròu Guì 6g may be added as appropriate.

Classical formula-pattern indication:

Cold and heat are intermingled in the middle burner, with burning heat and heartburn in the stomach while simultaneously experiencing coldness in the abdomen, abdominal distension, and diarrhea.

Suitable population:

Middle-aged men who frequently attend social functions, habitually consume alcohol and rich foods, and suffer from chronic gastritis characterized by a mixture of deficiency and excess, cold and heat.

Therapeutic principle:

Use cold and warm medicines together: clear stomach heat above while warming and dispersing deficient cold in the middle and lower burners.

Bàn Xià Xiè Xīn Tāng 半夏泻心汤

Formula:

Bàn Xià 12g, Huáng Qín 10g, Huáng Lián 6g, Gān Jiāng 10g, Dǎng Shēn 12g, Zhì Gān Cǎo 10g, Dà Zǎo 15g.

Classical formula-pattern indication:

Fullness and oppression below the heart, gastric distension, acid reflux, recurrent stomach pain, irregular bowel movements, and the binding of cold and heat in the middle burner.

Modern clinical applications:

Superficial, atrophic, and erosive gastritis, as well as gastric distension and belching associated with *H. pylori* infection.

Combined formulas and modifications:

1. For gastric coldness and recurrent heartburn: add Ròu Guì.
2. When gastroscopy reveals gastric mucosal erosion and there is occult blood in the stool: add a small amount of Zhì Dà Huáng.

Practical point:

There is no need to pile on additional heat-clearing and toxin-resolving medicines. The formula's combination is balanced, inexpensive, and reliable in effect, making it suitable for long-term regulation of chronic gastric disorders.

Three Core Principles of Huáng Huáng's Jīngfāng Approach

① Determine constitution through objective abdominal examination and observation of the face and legs, rather than relying solely on the pulse.

② **Strictly adhere to formula-pattern correspondence:** where there is the pattern, use the corresponding formula; do not arbitrarily dismantle the structural framework of a classical formula.

③ **Expand the modern applications of classical formulas:** integrate modern Western medical disease categories while adjusting formula combinations and dosages to correspond with contemporary constitutions, making the formulas highly applicable in clinical practice.

Important Notes

① The dosages given in this article are Huáng Huáng's commonly used clinical dosages. For mild cases, the dosage may be reduced as appropriate. The dosage references are based on *Huáng Huáng's Manual for the Clinical Use of Jīngfāng* (黄煌经方使用手册) and the commonly used clinical dosages presented in Professor Huáng Huáng's public lectures.

② The doses of Chì Sháo and Bái Sháo at 60g each in Sháo Yào Gān Cǎo Tāng, and Chái Hú at 30g in Xiǎo Chái Hú Tāng, are high doses intended specifically for severe and stubborn cases. For ordinary daily regulation, the doses should be reduced.

③ The formula dosages in this article are provided solely as a reference for clinical study. Individual constitutions and conditions vary. Actual treatment should be adjusted following an in-person examination and pattern differentiation by a qualified practitioner. Do not obtain and take these medicines on your own.

Important: The formulas and treatment methods discussed in this article are provided for reference and study only and are not intended as treatment instructions. Every individual's constitution and condition is different. Do not reproduce or apply these treatments without proper Chinese medicine pattern differentiation and diagnosis, as doing so may delay appropriate care.

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