

EIGHT METHODS OF CURING

- I. To cause sweating of superficial symptoms.
 - A. warm perspiration inducers for cold wind disease
 - B. cool perspiration inducers for heat disease

- II. To cause vomiting (emetics) for acute/solid condition in the upper parts. Eject sputum and toxins from throat/stomach.

- III. To open the bowels: purge the strong, laxative for the weak.
 - A. cool the warm
 - B. warm the cold
 - C. gloss the dry

- IV. To soothe and neutralize the yin and yang in 1/2 internal and 1/2 external diseases.
 - A. liver and pancreas
 - B. blood and Qi
 - V. To generate warmth and disperse the cold. Invigorate the yang and increase circulation. Use warm and hot drugs to eliminate cold vapors for chill deficient diseases.

- VI. To cool heat and clear fever. Make fresh by purifying. Lower the temperature, sustain saliva flow, and remove toxicity.
 - A. Fever clearing/fire urging for "solid" heat fevers and associated thirst, stupor, delirium, coated tongue
 - B. Fire clearing/blood cooling: measles that involve the blood and all kinds of bleeding
 - C. Fever clearing and moisture drying: dysentery and jaundice caused by dominance of "moist" fever in internal organs
 - D. Fever clearing and detoxifying of abscesses, boils

- VII. To extinguish entirely or deflect: Dispel channel stagnation. Correct energy-blood circulation. Correct Qi circulation. Loosen sputum.
 - A. moisture-stagnated accumulated congestion
 - B. energy correct (stimulate circulation Qi in stomach to increase appetite and stop pain)
 - C. blood correcting (irregular menses, postnatal abdomen pain, tumor, bruise, abscess, arthritis)
 - D. digestive promoters
 - E. sputum liquefiers (loosen mucous, cough, asthma, epilepsy, scrofula)
 - F. moisture converter (edema, urination)

- VIII. To stimulate, tonify, supply.

- A. imbalance Qi and blood
- B. yin
- C. yang
- D. blood
- E. Qi