

# Feuer und seine unzähligen Gesichter

## 1- Feuer Fülle

**TCM Mind Mapping - Bian Zheng:** Qi Stau > Feuer oder Lebensweise > Feuer

### Herz Feuer

Dao Chi San

Sheng Di Huang 地黄 (Radix Rehmanniae)

Chuan Mu Tong 川木通 (Caulis Clematidis Armandii)

Dan Zhu Ye 淡竹叶 (Herba Lophatheri)

Gan Cao 甘草 (Radix Glycyrrhizae)

### Leber Feuer

Long Dan Xie Gan Tang

Chai Hu 柴胡 (Radix Bupleuri)

Long Dan 龙胆 (Radix Gentianae)

Huang Qin 黄芩 (Radix Scutellariae)

Zhi Zi 栀子 (Fructus Gardeniae)

Chuan Mu Tong 川木通 (Caulis Clematidis Armandii)

Che Qian Zi 车前子 (Semen Plantaginis)

Ze Xie 泽泻 (Rhizoma Alismatis)

Di Huang 地黄 (Radix Rehmanniae)

Dang Gui 当归 (Radix Angelicae Sinensis)

Gan Cao 甘草 (Radix Glycyrrhizae)

### Lungen Feuer

Ma Xing Shi Gan Tang

Ma Huang 麻黄 (Herba Ephedrae)

Ku Xing Ren 苦杏仁 (Semen Armeniacae Amarae)

Zhi Gan Cao 甘草 (Radix Glycyrrhizae cum Liquido Fricta)

Shi Gao 石膏 (Gypsum Fibrosum)

## **Milz Feuer**

Xie Huang San

Shi Gao 石膏 (Gypsum Fibrosum)

Zhi Zi 栀子 (Fructus Gardeniae)

Fang Feng 防风 (Radix Saposhnikoviae)

Gan Cao 甘草 (Radix Glycyrrhizae)

Huo Xiang Ye 藿藿香 (Herba Pogostemonis)

## **Blasen Feuer**

### **Ba Zheng San**

Chuan Mu Tong 川木通 (Caulis Clematidis Armandii)

Hua Shi 滑石 飞滑石 (Talcum)

Che Qian Zi 车前子 (Semen Plantaginis)

Qu Mai 瞿麥 Herba Dianthi

Bian Xu 篇蓄 (Herba Polygoni Avicularis)

Zhi Zi 栀子 (Fructus Gardeniae)

Da Huang 大黄 (Radix et Rhizoma Rhei)

Deng Xin Cao 灯心草 (Junci Medulla)

Gan Cao 甘草 (Radix Glycyrrhizae)

## **2- Leere Hitze**

**TCM Mind Mapping - Bian Zheng :** Feuer > Leere Hitze oder WBL > Leere Hitze

### **Herz Leere Hitze**

Tian Wang Bu Xin Dan

Sheng Di Huang 地黄 (Radix Rehmanniae)

Xuan Shen 玄参 (Radix Scrophulariae)

Mai Men Dong 麦冬 (Radix Ophiopogonis)

Tian Men Dong 天冬 (Radix asparagi)

Dan Shen 丹参 (Radix Salviae Miltiorrhizae)

Dang Gui 当归 (Radix Angelicae Sinensis)

Bai Fu Ling 茯苓 (Poria Alba)  
Bai Zi Ren 柏子仁 (Semen Platycladi)  
Wu Wei Zi 五味子 (Fructus Schisandrae)  
Suan Zao Ren 酸枣仁 (Semen Ziziphi Spinosae)  
Jie Geng 桔梗 (Radix Platycodi)  
Ren Shen 人参 (Ginseng)  
Zhu Sha 朱砂 (Cinnabaris)

### **Leber Leere Hitze**

Yi Guan Jian

Bei Sha Shen 北沙参 (Radix Glehniae)  
Mai Dong 麦冬 (Radix Ophiopogonis)  
Sheng Di Huang 地黄 (Radix Rehmanniae)  
Gou Qi Zi 枸杞子 (Fructus Lycii)  
Dang Gui 当归 (Radix Angelicae Sinensis)  
Chuan Lian Zi 川楝子 Melia Tosenden Fructus

### **Milz Leere Hitze**

Sha Shen Mai Men Dong Tang

Bei Sha Shen 北沙参 (Radix Glehniae)  
Yu Zhu 玉竹 (Rhizoma Polygonati Odorati)  
Sheng Gan Cao 甘草 (Radix Glycyrrhizae)  
Dong Sang Ye 桑叶 (Folium Mori - - frostbitten mulberry leaf)  
Mai Men Dong 麦冬 (Radix Ophiopogonis)  
Bai Bian Dou 白扁豆 (White Lablab Bean)  
Gua Lou 瓜蒌 (Fructus Trichosanthis)

### **Lungen Leere Hitze**

Xie Bai San

Sang Bai Pi 桑白皮 (Cortex Mori)  
Di Gu Pi 地骨皮 (Cortex Lycii)  
Zhi Gan Cao 甘草 (Radix Glycyrrhizae cum Liquido Fricta)

Geng Mi 粳米 (Rice)  
Bai He Gu Jin Tang

Bai He 百合 (Bulbus Lili)  
Di Huang 地黄 (Radix Rehmanniae)  
Shu Di Huang 熟地黄 熟地 (Radix Rehmanniae Preparata)  
Mai Dong 麦冬 (Radix Ophiopogonis)  
Xuan Shen 玄参 (Radix Scrophulariae)  
Chuan Bei Mu 川贝母 (Bulbus Fritillariae Cirrhosae)  
Jie Geng 桔梗 (Radix Platycodi)  
Dang Gui 当归 (Radix Angelicae Sinensis)  
Bai Shao Yao 白芍 (Radix Paeoniae Alba)  
Gan Cao 甘草 (Radix Glycyrrhizae)

### **Nieren Leere Hitze**

Zhi Bai Di Hang Wan

Huang Bo 黄柏 (Cortex Phellodendri)  
Zhi Mu 知母 (Rhizoma Anemarrhenae)  
Di Huang 地黄 (Radix Rehmanniae)  
Shan Yao 山药 (Rhizoma Dioscoreae)  
Mu Dan Pi 牡丹皮 (Cortex Moutan)  
Bai Fu Ling 茯苓 (Poria Alba)  
Ze Xie 泽泻 (Rhizoma Alismatis)  
Shan Zhu Yu 山茱萸 (Fructus Corni)

Liu Wei Di Huang Tang

Di Huang 地黄 (Radix Rehmanniae)  
Shan Yao 山药 (Rhizoma Dioscoreae)  
Shan Zhu Yu 山茱萸 (Fructus Corni)  
Ze Xie 泽泻 (Rhizoma Alismatis)  
Bai Fu Ling 茯苓 (Poria Alba)  
Mu Dan Pi 牡丹皮 (Cortex Moutan)

### 3- Blut Hitze

**TCM Mind Mapping - Bian Zheng :** Feuer > Leere Hitze > Blut Hitze oder WBL > Leere Hitze > Blut Hitze

#### Xi Jiao Di Huang Tang

Xi Jiao 犀角 Rhinoceros Horn , Shui Niu Jiao 水牛角 (Cornu Bubali)

Sheng Di Huang 地黄 (Radix Rehmanniae)

Mu Dan Pi 牡丹皮 (Cortex Moutan)

Shan Yao 山药 (Rhizoma Dioscoreae)

**Blut Hitze Kräuter:** Sheng Di Huang 地黄 (Radix Rehmanniae), Mu Dan Pi 牡丹皮 (Cortex Moutan), Chi Shao Yao 赤芍 (Radix Paeoniae Rubra), Xuan Shen 玄参 (Radix Scrophulariae) usw. ...

#### 4- Yin Feuer - Li Dong Yuan

**TCM Mind Mapping - Bian Zheng:** Yuan Qi und Zhong Qi Mangel > Yin Feuer

Bu Zhong Yi Qi Tang

Huang Qi 黄芪 (Radix Astragali)

Ren Shen 人参 (Ginseng)

Bai Zhu 白术 (Rhizoma Atractylodis Macrocephalae)

Chai Hu 柴胡 (Radix Bupleuri)

Sheng Ma 升麻 (Rhizoma Cimicifugae)

Chen Pi 陈皮 (Pericarpium Citri Reticulatae)

Dang Gui 当归 (Radix Angelicae Sinensis)

Zhi Gan Cao 甘草 (Radix Glycyrrhizae cum Liquido Fricta)

## 5- Yang Mangel

**TCM Mind Mapping - Bian Zheng** : Lebensweise > Nieren Yang Mangel

### Nieren Yang Mangel

You Gui Wan

Shu Di Huang 熟地黄 熟地 (Radix Rehmanniae Preparata)

Shan Yao 山药 (Rhizoma Dioscoreae)

Shan Zhu Yu 山茱萸 (Fructus Corni)

Gou Qi Zi 枸杞子 (Fructus Lycii)

Du Zhong 杜仲 (Cortex Eucommiae)

Tu Si Zi 菟丝子 (Semen Cuscutae)

Lu Jiao Jiao 鹿角胶 (Deerhorn Glue)

Dang Gui 当归 (Radix Angelicae Sinensis)

**Rou Gui 肉桂 (Cortex Cinnamomi)**

**Fu Zi 附子 (Radix Aconiti Lateralis Praeparata)**

**Nieren Yang Kräuter:** Rou Gui 肉桂 (Cortex Cinnamomi), Fu Zi 附子 (Radix Aconiti Lateralis Praeparata), Yin Yang Huo 淫羊藿 (Herba Epimedii), Ba Ji Tian 巴戟天 (Radix Morindae Officinalis), Xian Mao 仙茅 (Rhizoma Curculiginis)

### Lungen Yang Mangel

Ma Huang Fu Zi Xi Xin Tang

Ma Huang 麻黄 (Herba Ephedrae) - 8 qian - 24g

Fu Zi 附子 (Radix Aconiti Lateralis Praeparata) - 6 qian - 18g

Xi Xin 细辛 (Herba Asari) - 3 qian - 9g

### Milz Yang Mangel

Fu Zi Li Zhong Tang

Fu Zi 附子 (Radix Aconiti Lateralis Praeparata) - 30g

Bai Zhu 白术 (Rhizoma Atractylodis Macrocephalae) - 5 qian - 15g

Gan Jiang 干姜 (Rhizoma Zingiberis) - 5 qian - 15g

Ren Shen 人参 (Ginseng) - 2 qian - 6g

Zhi Gan Cao 甘草 (Radix Glycyrrhizae cum Liquido Fricta) - 3 qian - 9g

### **Leber Yang Mangel**

Wu Zhu Yu Tang

Wu Zhu Yu 吴茱萸 (Fructus Evodiae) 1 sheng - 200ml

Ren Shen 人参 (Ginseng) - 3 liang - 45g

Sheng Jiang 生姜 (Rhizoma Zingiberis Recens) - 90g

Da Zao 大枣 (Fructus Jujubae) - 12 st

### **Herz Yang Mangel**

Shen Fu Tang

Fu Zi 附子 (Radix Aconiti Lateralis Praeparata)

Hong Shen 红参 (Red Ginseng)

Si Ni Tang

Sheng Fu Zi 附子 (Radix Aconiti Lateralis) - 1 st - 30g

Gan Jiang 干姜 (Rhizoma Zingiberis) - 1 liang - 5 qian - 45g

Zhi Gan Cao 甘草 (Radix Glycyrrhizae cum Liquido Fricta) - 2 liang - 60g

Shen Fu Long Li Tang

Fu Zi 附子 (Radix Aconiti Lateralis Praeparata)

Hong Shen 红参 (Red Ginseng)

Mu Li 牡蛎 (Concha Ostreae)

Long Gu 龙骨 (Ossa Draconis)

### **6- Han Huo - Kaltes Feuer**

**TCM Mind Mapping - Bian Zheng** : Lebensweise > Nieren Yang Mangel > Yin verdrängt das Yang - Jue Yin Syndrom

Er Xian Tang

Xian Mao 仙茅 (Rhizoma Curculiginis)

Yin Yang Huo 淫羊藿 (Herba Epimedii)  
Ba Ji Tian 巴戟天 (Radix Morindae Officinalis)  
Dang Gui 当归 (Radix Angelicae Sinensis)  
Huang Bo 黄柏 (Cortex Phellodendri)  
Zhi Mu 知母 (Rhizoma Anemarrhenae)

Qian Yang Dan (Zhen Qi An)

Fu Zi 附子 (Radix Aconiti Lateralis Praeparata) 24g  
Sha Ren 砂仁 (Fructus Amomi) 30g  
Gui Ban 龟甲 (Carapax et Plastrum Testudinis) 6g  
Zhi Gan Cao 甘草 (Radix Glycyrrhizae cum Liquido Fricata) 15g

Qian Yang - Feng Sui Dan (Zhen Qi An)

Fu Zi 附子 (Radix Aconiti Lateralis Praeparata)  
Sha Ren 砂仁 (Fructus Amomi)  
Gui Ban 龟甲 (Carapax et Plastrum Testudinis)  
Zhi Gan Cao 甘草 (Radix Glycyrrhizae cum Liquido Fricata)  
Huang Bo 黄柏 (Cortex Phellodendri)

## **7- Feuchte Hitze**

### **Milz Feuchte Hitze**

Huang Qin Hua Shi Tang

Huang Qin 黄芩 (Radix Scutellariae)  
Hua Shi 滑石 飞滑石 (Talcum)  
Chi Fu Ling 茯苓 (Poria Rubrae)  
Da Fu Pi 大腹皮 (Pericarpium Arecae)  
Bai Dou Kou 豆蔻 Fructus Amomi Rotundus  
Tong Cao 通草 Medulla Tetrapanacis  
Zhu Ling 猪苓 (Polyporus)

### **Si Miao San**

Cang Zhu 苍术 (Rhizoma Atractylodis Lanceata )



Chao Yi Yi Ren 薏苡仁 (Semen Coicis)

Huai Niu Xi 牛膝 (Radix Achyranthis Bidentatae)

Huang Bo 黄柏 (Cortex Phellodendri)