

Dui Yao Pairs

对药 *Dui Yào* refers to a combination of two herbs that achieve a desired therapeutic effect. As these pairs form the basis of many formulas and formula modifications, Dui Yao can be seen as a stepping stone between individual herbs and herbal formulas.

Herbs from the Same Category

相须 *Xiāng Xū* (“mutual accentuation” or “mutual need”) refers to a combination of two herbs with **similar** functions to achieve a desired therapeutic effect.

Many of our Dui Yao pairs come from the same category, and are used together because they have similar functions, for example:

Herbs that Invigorate Blood

Tao Ren + Hong Hua	<ul style="list-style-type: none">• Invigorate blood	<ul style="list-style-type: none">• Tao Hong Si Wu Tang• Xue Fu Zhu Yu Tang• Tong Qiao Huo Xue Tang• Shen Tong Zhu Yu Tang
San Leng + E Zhu	<ul style="list-style-type: none">• Invigorate (“break”) qi and blood• Break up accumulations, soften hardness and masses (including enlarged LV & SP)• Contraindicated during pregnancy	<ul style="list-style-type: none">• E Zhu Wan• San Leng Wan• E Leng Zhu Yu Tang
Ru Xiang + Mo Yao	<ul style="list-style-type: none">• Invigorate Blood• Reduce swelling, stop pain• Regenerate flesh	<ul style="list-style-type: none">• Die De Jiu• Ching Wan Hung

Substances that Anchor, Settle, and Calm the Spirit

Long Gu + Mu Li	<ul style="list-style-type: none">• Calm the spirit• Subdue Liver yang rising• Stop leakage (sweat, essence)	<ul style="list-style-type: none">• Gui Zhi Jia Long Gu Mu Li Tang• Chai Hu Jia Long Gu Mu Li Tang
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Cool, Acrid Herbs that Release the Exterior

Sang Ye + Ju Hua	<ul style="list-style-type: none">• Dispel wind-heat• Brighten the eyes• Stop cough	<ul style="list-style-type: none">• Sang Ju Yin
Chai Hu + Sheng Ma	<ul style="list-style-type: none">• Raise the clear qi to counter prolapse	<ul style="list-style-type: none">• Bu Zhong Yi Qi Tang• Tiao Zhong Yi Qi Tang• Sheng Xian Tang

Herbs that Clear Heat and Resolve Toxicity

Jin Yin Hua + Lian Qiao	<ul style="list-style-type: none"> • Disperse wind-heat • Treat sore throat • Treat heat toxicity skin issues 	<ul style="list-style-type: none"> • Yin Qiao San • Xin Jia Xiang Ru Yin • Qing Yin Tang
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Herbs that Warm the Interior and Expel Cold

Zhi Fu Zi + Gan Jiang	<ul style="list-style-type: none"> • Revive devastated yang • Warm middle-jiao; calm rebellion 	<ul style="list-style-type: none"> • Si Ni Tang • Fu Zi Li Zhong Wan
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Purgatives

Da Huang + Mang Xiao	<ul style="list-style-type: none"> • Purge Large Intestine 	<ul style="list-style-type: none"> • Da Cheng Qi Tang • Tiao Wei Cheng Qi Tang • Da Xian Xiong Tang
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Herbs that Tonify Yin

Mai Men Dong + Tian Men Dong	<ul style="list-style-type: none"> • Tonify yin • Moisten dryness • For thirst, dry cough, hemoptysis 	<ul style="list-style-type: none"> • Er Dong Tang • Ye Hua Wan
Nu Zhen Zi + Mo Han Lian	<ul style="list-style-type: none"> • Tonify yin (LV & KI) • Darken the hair • Cool blood and stop bleeding 	<ul style="list-style-type: none"> • Er Zhi Wan
Gui Ban + Bie Jia	<ul style="list-style-type: none"> • Tonify yin • Clear deficiency heat • Anchor yang 	<ul style="list-style-type: none"> • San Jia Fu Mai Tang • Da Ding Feng Zhu

Warm, Acrid Herbs that Release the Exterior

Cang Er Zi + Xin Yi Hua	<ul style="list-style-type: none"> • Open the nose 	<ul style="list-style-type: none"> • Cang Er Zi San
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Herbs that Drain Fire

Shi Gao + Zhi Mu	<ul style="list-style-type: none"> • Clear Yang Ming channel heat (aka Qi-level heat) • Clear LU & ST heat 	<ul style="list-style-type: none"> • Bai Hu Tang • + modifications
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Herbs that Stabilize and Bind

Lian Zi + Qian Shi	<ul style="list-style-type: none"> • Stop leakage (diarrhea, essence) 	<ul style="list-style-type: none"> • Jin Suo Gu Jing Wan
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Herbs with Similar Functions from Different Categories

Some herb pairs come from different categories, but they are still used together because they have similar function.

Zhi Mu <i>Herbs that Drain Fire</i>	<ul style="list-style-type: none"> • Clear heat due to yin deficiency (steaming bone disorder) • Clear damp-heat from the lower jiao 	<ul style="list-style-type: none"> • Zhi Bai Di Huang Wan • Da Bu Yin Wan • Zi Shen Tong Guan Wan
Huang Bai <i>Herbs that Clear Heat and Dry Dampness</i>		

Gou Qi Zi <i>Herbs that Tonify Blood</i>	<ul style="list-style-type: none"> • Brighten the eyes 	<ul style="list-style-type: none"> • Qi Ju Di Huang Wan • Ming Mu Di Huang Wan
Ju Hua <i>Cool, Acrid Herbs that Release the Ext.</i>		

Du Huo <i>Herbs that Dispel Wind Dampness</i>	<ul style="list-style-type: none"> • Dispel wind-cold-damp to treat bi syndrome • Release the exterior 	<ul style="list-style-type: none"> • Juan Bi Tang • Qiang Huo Sheng Shi Tang
Qiang Huo <i>Warm, Acrid Herbs that Release the Ext.</i>		

Bu Gu Zhi <i>Herbs that Tonify Yang</i>	<ul style="list-style-type: none"> • Treat diarrhea due to Spleen and Kidney yang deficiency 	<ul style="list-style-type: none"> • Si Shen Wan
Rou Dou Kou <i>Herbs that Stabilize and Bind</i>		

Pu Huang <i>Herbs that Stop Bleeding</i>	<ul style="list-style-type: none"> • Invigorate blood to stop pain • Esp. for menstrual pain due to stagnation 	<ul style="list-style-type: none"> • Shi Xiao San • Shao Fu Zhu Yu Tang
Wu Ling Zhi <i>Herbs that Invigorate Blood</i>		

Huang Qi <i>Herbs that Tonify Qi</i>	<ul style="list-style-type: none"> • Stop sweating 	<ul style="list-style-type: none"> • Mu Li San
Mu Li <i>Sub. that Anchor, Settle & Calm the Spirit</i>		

Herbs with Different Functions

相使 *Xiāng Shǐ* (“mutual enhancement” or “mutual employment”) refers to a combination of two herbs with **different** functions to achieve a desired therapeutic effect.

Chai Hu <i>Cool Acrid Herbs that Release the Exterior</i>	<ul style="list-style-type: none"> • acrid, releases the exterior 	<ul style="list-style-type: none"> • Harmonize the Shao Yang 	<ul style="list-style-type: none"> • Xiao Chai Hu Tang • Da Chai Hu Tang • Chai Hu Gui Zhi Tang
Huang Qin <i>Herbs that Clear Heat and Dry Dampness</i>	<ul style="list-style-type: none"> • bitter, drains the interior 		

Gui Zhi <i>Warm Acrid Herbs that Release the Exterior</i>	<ul style="list-style-type: none"> • warm, acrid, releases the exterior 	<ul style="list-style-type: none"> • Harmonize the Ying and the Wei • Treat Tai Yang Deficiency (Zhong Feng) 	<ul style="list-style-type: none"> • Gui Zhi Tang • Xiao Jian Zhong Tang • Dang Gui Si Ni Tang
Bai Shao <i>Herbs that Tonify Blood</i>	<ul style="list-style-type: none"> • cool, sour, preserves yin 		

Chai Hu <i>Cool Acrid Herbs that Release the Exterior</i>	<ul style="list-style-type: none"> • acrid • moves LV qi 	<ul style="list-style-type: none"> • move LV qi 	<ul style="list-style-type: none"> • Si Ni San • Chai Hu Shu Gan San • Xiao Yao San
Bai Shao <i>Herbs that Tonify Blood</i>	<ul style="list-style-type: none"> • nourishing • softens the LV 		

Bai Zhu <i>Herbs that Tonify Qi</i>	<ul style="list-style-type: none"> • tonifies SP qi 	<ul style="list-style-type: none"> • Treat SP qi deficiency with dampness 	<ul style="list-style-type: none"> • Si Jun Zi Tang • Liu Jun Zi Tang • Gui Pi Tang • Shen Ling Bai Zhu San
Fu Ling <i>Herbs that Drain Dampness</i>	<ul style="list-style-type: none"> • drains dampness 		

Zhi Ban Xia <i>Warm Herbs that Transform Cold-Phlegm</i>	<ul style="list-style-type: none"> • transforms phlegm • downbears qi (n/v) 	<ul style="list-style-type: none"> • Transform phlegm • Treat nausea and vomiting 	<ul style="list-style-type: none"> • Er Chen Tang • Liu Jun Zi Tang • Qing Qi Hua Tan Tang • Wen Dan Tang
Chen Pi <i>Herbs that Regulate Qi</i>	<ul style="list-style-type: none"> • regulates qi • harmonizes ST (n/v) 		

Da Huang <i>Purgatives</i>	<ul style="list-style-type: none"> • bitter, cold • purges LI 	<ul style="list-style-type: none"> • Treat constipation due to coldness 	<ul style="list-style-type: none"> • Da Huang Fu Zi Tang
Zhi Fu Zi <i>Herbs that Warm the Interior</i>	<ul style="list-style-type: none"> • acrid, hot • warms interior 		

Wu Zhu Yu <i>Herbs that Warm the Interior</i>	<ul style="list-style-type: none"> • stops vomiting • warms middle-jiao 	<ul style="list-style-type: none"> • Treat vomiting due to heat • For LV fire invading ST 	<ul style="list-style-type: none"> • Zuo Jin Wan
Huang Lian <i>Herbs that Clear Heat and Dry Dampness</i>	<ul style="list-style-type: none"> • clears ST heat 		

Huang Qi <i>Herbs that Tonify Qi</i>	<ul style="list-style-type: none"> • tonifies LU qi • strengthens exterior 	<ul style="list-style-type: none"> • stabilize exterior • prevent invasion • stop sweating 	<ul style="list-style-type: none"> • Yu Ping Feng San
Fang Feng <i>Warm, Acrid Herbs that Release the exterior</i>	<ul style="list-style-type: none"> • dispels wind • releases the exterior 		