

RESOLVE THE MIDDLE FORMULA

JIA WEI PING WEI FANG

ORIGINS: Imperial Grace
Formulary of the Tai Ping Era
(Tai Ping Hui He Ji Ju Fang),
11th Century CE.

Resolve the Middle Formula (*Jia Wei Ping Wei Fang*) is a modified version of Calm the Stomach Powder (*Ping Wei San*). The original formulation's source text is the *Imperial Grace Formulary of the Tai Ping Era* (*Tai Ping Hui He Ji Ju Fang*), published during the Song dynasty in the second half of the 11th Century CE.

GENERAL SIGNS/SYMPTOMS

Resolve the Middle Formula (*Jia Wei Ping Wei Fang*) treats damp accumulation and stagnation in the digestive system. It is an excellent choice for early stage treatment of obesity, which often requires a semi-aggressive strategy to remove stagnation in the middle burner before progress can be seen in constitutional treatments. Symptoms of middle burner accumulation with dampness include abdominal and epigastric fullness and distention, food stagnation, loss of appetite, dulling of taste, diarrhea, loose stools, nausea, vomiting, belching, acid reflux, heavy-feeling body, heavy limbs, fatigue with increased desire to sleep, thick white greasy tongue coat, and a moderate or slippery pulse.

ACTIONS

1. Resolves dampness and revives the spleen
2. Rectifies qi in the middle burner and harmonizes spleen and stomach
3. Transforms damp accumulation and relieves food stagnation
4. Promotes digestion

INGREDIENTS

PINYIN	LATIN	ENGLISH	PERCENT OF FORMULA
<i>Cang Zhu</i> (chief)	<i>Atractylodis Rhizoma</i>	Cang-Zhu <i>Atractylodes</i> Rhizome	14.0%
<i>Yi Yi Ren</i> (assistant)	<i>Coicis Semen</i>	Job's Tears Seed, Chinese Pearl Barley, Coix	12.0%
<i>Shan Zha</i> (deputy)	<i>Crataegi Fructus</i>	Chinese Hawthorn Fruit	11.0%
<i>Hou Po</i> (deputy)	<i>Magnoliae Officinalis Cortex</i>	Magnolia Bark	9.0%
<i>Chen Pi</i> (assistant)	<i>Citri Reticulatae Pericarpium</i>	Tangerine Peel	8.0%
<i>Zhi Shi</i> (assistant)	<i>Aurantii Fructus Immaturus</i>	Bitter Orange, immature fruit	8.0%
<i>Chuan Mu Xiang</i> (assistant)	<i>Vladimiria Radix</i>	Vladimiria Root	7.0%
<i>Sha Ren</i> (assistant)	<i>Fructus Amomi</i>	Amomi Fruit	7.0%
<i>Dang Shen</i> (deputy)	<i>Codonopsis Radix</i>	Codonopsis	6.0%
<i>Fu Ling</i> (assistant)	<i>Poria</i>	Poria, Hoelen, Tuckahoe	6.0%
<i>Sheng Jiang</i> (envoy)	<i>Zingiberis Rhizoma Recens</i>	Ginger, fresh	4.0%
<i>Zhi Gan Cao</i> (envoy)	<i>Glycyrrhizae Radix Preparata</i>	Chinese Licorice Root, honey fried	4.0%
<i>Hei Zao</i> (envoy)	<i>Jujubae Fructus</i>	Jujube Fruit, Chinese Black Date	4.0%

GENERAL INDICATIONS / MODERN APPLICATIONS

- Abdominal/epigastric distention and fullness
- Acid Regurgitation
- Appetite, loss of (anorexia)
- Belching
- Bile reflux
- Colitis, ulcerative
- Constipation
- Cough, damp-heat type
- Diarrhea
- Dyspepsia
- Epigastric pain
- Fatigue, increased desire to sleep
- Fatty liver
- Flatulence
- Food Stagnation
- Gastritis, chronic
- Gout
- Hangover
- Heartburn
- Heaviness, in limbs
- Indigestion
- Intestinal cramping
- Nausea
- Reflux, esophageal
- Stools, erratic
- Taste, loss of
- Vomiting

FORMULA ACTIONS

- Resolves dampness and revives the spleen
- Rectifies qi in the middle burner and harmonizes spleen and stomach
- Transforms damp accumulation and relieves food stagnation
- Promotes digestion

TONGUE

Swollen, possibly with teeth marks; possibly thick, white coating, possibly pale.

PULSE

Slippery in the right *guan* position, possibly moderate, slow and tense at the mid-level of the right *guan* position.

CONTRAINDICATIONS /**CAUTIONS****USE WITH CAUTION DURING PREGNANCY.**

This is a drying formula and should not be used with those who are severely yin or blood deficient unless coupled with an appropriate formula.

Note: This formula is best applied in the short term to overcome damp accumulation (2 days-6 weeks). Once the accumulation has been discharged, it is often prudent to change to a formula that can support the middle burner, such as **Earth Harmonizing Formula** or **Six Gentlemen Formula**.

DOSAGE

The standard dosage is 2 tablets, 3 times daily.

FORMULA DISCUSSION

Resolve the Middle Formula (*Jia Wei Ping Wei Fang*) treats turbid dampness in the middle burner complicated by food stagnation and damage to the spleen qi. When the spleen qi is damaged, it cannot efficiently separate the pure from the turbid; it cannot transform and transport the food and drink it has received. Poor transformation causes turbid dampness to form; poor transportation causes the dampness to accumulate. A further complication of this dynamic is that dampness bogs down the spleen and prevents it from self-healing; so the more dampness that has accumulated in the middle burner, the weaker the spleen's function will become. The spleen cannot resuscitate itself under these circumstances. It requires assistance. A very strict diet can be of tremendous help to revive the spleen. Small amounts of easy-to-digest foods, such as congee and clear broth soups with damp-draining additions such as poria (*fu ling*), coix (*yi yi ren*), or millet plus small amounts of easy-to-digest proteins like fish can go a long way to restoring full life to the spleen. Diet is paramount to health, but usually takes longer to achieve change compared to herbs. **Resolve the Middle Formula** (*Jia Wei Ping Wei Fang*) is strong and focused to dry dampness, strengthen the spleen, and move out turbid accumulations of dampness as well as food.

Resolve the Middle Formula (*Jia Wei Ping Wei Fang*) was originally conceived to be an aid in the initial stages for treating obesity. Oftentimes obesity involves an accumulation of damp turbidity in the middle burner that must be disinhibited and resolved before proceeding to address the obesity more directly, whether you are treating a deficiency or an excess pattern. The formula used as the foundation of **Resolve the Middle Formula** (*Jia Wei Ping Wei Fang*) is the Song dynasty classic formula for disinhibiting dampness in the middle burner, **Calm the Stomach Powder** (*Ping Wei San*). The strategy of the base formula is to calm the stomach, support the spleen, and dry dampness that is inhibiting the spleen's function. It has been augmented in the present formula by adding substances that relieve food stagnation, drain dampness (as opposed to just "drying dampness," which is the action of the original formula) strengthening elimination through the bowels and the bladder, and providing extra support for the qi of the middle burner.

Resolve the Middle Formula (*Jia Wei Ping Wei Fang*) is not exclusive to the treatment of obesity any more than dampness is exclusively the domain of the obese. Poor eating habits such as over-eating or eating substances like cold or raw foods, greasy foods, sugary foods or rich foods in quantities that overcome the strength of our digestive qi to break down, assimilate and eliminate them, results in the accumulation of dampness in the middle burner. This is an acute pattern, which can be perpetuated for as long as the poor eating habits continue.

Additionally, dampness can accumulate and stagnate in the middle burner following acute gastrointestinal illness or as the result of many other circumstances that damage the spleen qi, ranging from eating while under stress to eating at grossly irregular intervals to intestinal damage from antibiotics. Generally speaking, if the patient is suffering from any complaint in the **General Indications/Modern Applications** list above and the presence of damp accumulation in the middle burner can be confirmed through tongue and/or pulse picture, **Resolve the Middle Formula** (*Jia Wei Ping Wei Fang*) can help to move out the accumulation and restore digestive function. In simple cases this may take only a few days; in difficult cases the course of treatment may be measured in weeks or even months.

SYNERGY OF INGREDIENTS

The base formula for **Resolve the Middle Formula**

(*Jia Wei Ping Wei Fang*) is Calm the Stomach Powder (*Ping Wei San*). The source text lists six ingredients, all of which remain important parts of **Resolve the Middle Formula** (*Jia Wei Ping Wei Fang*). The chief is atracylodes rhizome (*cang zhu*), which is believed to be the strongest of all substances for drying dampness that is encumbering the spleen's function. The deputy is magnolia bark (*hou po*), which is included to help restore the qi dynamic in the middle burner and move out food accumulation. It also dries dampness; in this capacity it assists the function of the chief. The assistant in the base formula is tangerine peel (*chen pi*), which helps the chief to harmonize the middle burner and the deputy to regulate qi in the middle burner. Combined, *hou po* and *chen pi* are a powerful combination to resolve the phlegm that is accumulating in the middle burner. The base formula features three envoys. All three are sweet, strengthen the spleen, and harmonize the middle burner. These are fresh ginger (*sheng jiang*), black jujube date (*hei zao*), and honey-fried licorice root (*zhi gan cao*). The ginger and jujube date are a well-known combination for harmonizing the *ying qi* and *wei qi*, but they are equally suited for harmonizing the middle burner. Honey-fried licorice root (*zhi gan cao*) tonifies the spleen qi and has additional harmonizing effect.

Among the additions to the original base formula are two more deputies, each serving as the main ingredient for a different action. Hawthorn fruit (*shan zha*) is the main substance governing food stagnation in **Resolve the Middle Formula** (*Jia Wei Ping Wei Fang*). It is an especially useful addition in a formula designed to treat obesity. Hawthorn fruit (*shan zha*) not only reduces food stagnation and transforms accumulation, but it invigorates the blood, dissipates clumps, lowers cholesterol, and even regulates blood pressure. The other additional deputy is codonopsis (*dang shen*), which serves as the main ingredient for supplementing the qi.

The five remaining substances are all assisting either the chief or one of the deputies. Coix (*yi yi ren*) occurs in the second largest percentage of any ingredient after the chief. This is not necessarily an indication of its importance. Its actions are too subtle in small doses and so a larger percentage is required in order to achieve the desired effect. In **Resolve the Middle Formula** (*Jia Wei Ping Wei Fang*), coix (*yi yi ren*) assists the chief to eliminate dampness and supplement the spleen.

Immature bitter orange (*zhi shi*) serves as assistant to magnolia bark (*hou po*) for restoring the qi dynamic of the middle burner. This combination is especially useful when middle burner dysfunction leads to dampness in the bowels. Vladimiria root (*chuan mu xiang*) assists the magnolia bark (*hou po*) to regulate the qi. In this same capacity vladimiria root (*chuan mu xiang*) helps to harmonize the middle burner and stop pain from bloating. Amomi fruit (*sha ren*) assists the chief to transform dampness and strengthen the spleen, but it also helps the magnolia bark (*hou po*) to rectify the qi. It is frequently paired with vladimiria root (*chuan mu xiang*) to correct and invigorate qi in the middle burner, move out food stagnation, and eliminate abdominal distension. It is also frequently paired with magnolia bark (*hou po*) for the same reasons. The final assistant is poria (*fu ling*). Poria (*fu ling*) also assists the chief to strengthen the spleen and eliminate dampness. Atractylodes rhizome (*cang zhu*) eliminates dampness by “drying” while poria (*fu ling*) eliminates by “draining”. Most of the herbs in this formula that deal with the damp accumulation focus on the middle burner and the qi stagnation that arises from the dampness blocking the qi flow. But poria (*fu ling*) drains dampness through the urine, which is a more direct route for elimination than those substances that focus their action on the middle burner and the bowels.

MODERN APPLICATIONS

Calm the Stomach Powder (*Ping Wei San*) is often used as a base formula and modified to in order to emphasize specific actions. **Resolve the Middle Formula** (*Jia Wei Ping Wei Fang*) is one such formula. The result is a formula that more resembles Cyperus and Amomum Powder to Calm the Stomach (*Xiang Sha Ping Wei San*) in its action. This section looks at modern research for both these formulas.

Abdominal Pain—A study was conducted consisting of 66 children with abdominal pain who were treated with Cyperus and Amomum Powder to Calm the Stomach (*Xiang Sha Ping Wei San*). 52 cases presented with upper abdomen and xiphoid pain; 14 cases presented with pain around the umbilicus. Treatment results showed 34 cases with marked effectiveness with no abdominal pain after the treatment. 30 cases showed some improvement and two cases showed no significant improvement of abdominal pain after the treatment. Total effectiveness of 96.97%.ⁱ

Bile Reflux Gastritis—Bile reflux gastritis is often due to the pyloric valve not closing completely with bile washing into the stomach. Bile mixed with stomach acid will

then often reflux into the esophagus, which is usually due to the esophageal sphincter not functioning properly. In a clinical study, 120 patients with bile reflux gastritis were given *Zuo Jin Wan* plus *Xiang Sha Ping Wei San* for 40 days. The results showed 68 cases cured, 22 cases with marked improvement, 20 cases with some improvement, and 10 cases deemed invalid with no improvement. The total effectiveness rate was 91.7%.ⁱⁱ

Chronic Gastritis —Chronic gastritis is non-specific chronic inflammation of the gastric mucosa. There have been many studies conducted with Calm the Stomach Powder (*Ping Wei San*) in the treatment of chronic gastritis. In one study, modified *Ping Wei San* was used to treat 84 cases of chronic superficial gastritis. Clinical manifestations appeared as abdominal pain, belching, acid reflux, no desire to eat, heavy limbs, pale tongue with greasy coat, and a slow pulse. The formula was modified with pinellia (*ban xia*), poria (*fu ling*), and eupatorium (*pei lan*). Additions were also made for epigastric pain: corydalis (*yan hu suo*), melia fruit (*chuan lian zi*); anorexia: fermented leaven (*shen qu*), hawthorn fruit (*shan zha*), chicken gizzard (*ji nei jin*); acid reflux: cockle shell (*wa leng zi*), cuttlefish bone (*hai piao xiao*); nausea: bamboo shavings (*zhu ru*), inula flower (*xuan fu hua*), mouth pain: turmeric (*yu jin*), coptis (*huang lian*); and black tarry stools: notoginseng root (*san qi*), platycladus (*ce bai ye*). The results showed 32 cases deemed cured, 51 patients with improvement, and one case invalid with no improvement: a total effectiveness rate of 98.8%.ⁱⁱⁱ

Another study used modified Cyperus and Amomum Powder to Calm the Stomach (*Xiang Sha Ping Wei San*) to treat 36 patients with chronic gastritis. The chronic gastritis was confirmed by gastroscopy and barium meal examination. Modifications were added for spleen deficiency: Chinese yam (*shan yao*); qi stagnation: corydalis (*yan hu suo*); blood stagnation: red peony (*chi shao*), salvia (*dan shen*); heat: forsythia (*lian qiao*), coptis (*huang lian*); deficient cold: dried ginger (*gan jiang*), aconite (*wu tou*). Nine cases were deemed cured with no epigastric pain, other signs and symptoms disappeared, and barium meal exam was normal. 25 cases showed improvement with epigastric pain relief, reduced number of attacks, accompanying signs and symptoms relieved, and marked improvement of barium meal exam. Two cases showed no improvement of signs and symptoms and no change on barium meal exam. The total effectiveness rate was 95.5%.^{iv}

Damp-heat Cough—A study was conducted using modified Calm the Stomach Powder (*Ping Wei San*) to treat cough due to damp-heat. Clinical manifestations appeared as a cough, accompanied by itchy throat, retching, night cough, light yellow or white phlegm, mouth pain, dark urine, red tongue with white or yellow greasy coat, and a slippery pulse. Coptis (*huang lian*) was added to the formula. Herbs were also added for yellow sputum: scutellaria (*huang qin*), houttuynia (*yu xing cao*); night cough: cynanchum stauntonii (*bai qian*), itchy throat: silk worm (*jiang can*), siler (*fang feng*); mouth pain: bamboo shavings (*zhu ru*); and dark urine capillaris (*yin chen hao*). The results showed 42 cases deemed cured with no more cough or other symptoms, six cases deemed improved with improvement of cough and some symptom relief, a total effectiveness rate of 100%.^v

Diarrhea—Modified Cyperus and Amomum Powder to Calm the Stomach (*Xiang Sha Ping Wei San*) can be effective at treating diarrhea due to spleen deficiency and excessive damp. The formula was given to 63 patients with diarrhea for one month. Besides diarrhea, patients presented with abdominal distension and pain, intestinal rumbling, loss of appetite, lassitude, malaise and fatigue, bland taste in the mouth and no thirst, nausea and vomiting, pale tongue with a white and greasy tongue coating, thready and slippery pulse. 43 patients were deemed cured, 20 patients showed improvement: an effectiveness rate of 100%. While effectively treating the diarrhea, there was no significant change in the tongue coat and pulse. This was possibly due to the constitution of the individual, treatment time, climate, and eating habits.^{vi}

Functional Dyspepsia —Functional dyspepsia, also known as upset stomach or indigestion, is characterized by abdominal pain and often accompanied by bloating, belching, gas, nausea, acid reflux, and lack of appetite. Cyperus and Amomum Powder to Calm the Stomach (*Xiang Sha Ping Wei San*) in combination with Frigid Extremities Powder (*Si Ni San*) can effectively treat functional dyspepsia. One study gave 78 participants this combination. Signs and symptoms included abdominal pain or discomfort, bloating, nausea, vomiting, belching, poor appetite, and no desire to eat. The study used lab tests, x-rays, ultrasounds, and endoscopies to rule out IBS, ulcers, gastritis, liver, gallbladder or pancreas involvement, diabetes, and mental illness. The study showed an effectiveness rate of 96.2% with 45 cases deemed cured, 22 cases with marked improvement, eight cases with some improvement, and three cases with no improvement of signs and symptoms.^{vii}

Gout—A study of 36 patients with hyperuricemia were treated using Calm the Stomach Powder (*Ping Wei San*) with **Poria Five Formula** (*Wu Ling San*). The results showed 16 cases cured, 17 cases showed improvement in symptoms, and three cases showed no improvement, with a total effectiveness rate of 91.66%.^{viii}

Fatty Liver—Fatty liver disease is characterized by inflammation of the liver as well as fat accumulation in the liver. A modified Calm the Stomach Powder (*Ping Wei San*) was used to treat 36 cases of fatty liver. Signs and symptoms included: epigastric pain, tight chest, abdominal distention, nausea, no desire to eat, and enlarged liver. ALT, cholesterol, lipoprotein, and liver volume were also measured. The formula was modified with radish seed (*lai fu zi*), salvia (*dan shen*), asian water plantain (*ze xie*), astragalus (*huang qi*), typha pollen (*pu huang*), and hawthorn (*shan zha*). Herbs were added for liver pain: immature bitter orange (*zhi shi*), turmeric (*yu jin*), corydalis (*yan hu suo*); nausea/vomiting: bamboo shavings (*zhu ru*), fresh ginger (*sheng jiang*); liver yin deficiency: ligustrum (*nu zhen zi*), asiatic dogwood fruit (*shan zhu yu*). The treatment course was 60 days. The results showed seven cases cured with disappearance of symptoms and normal liver volume and blood lipid levels; 25 cases improved with alleviated symptoms, decrease in liver volume and blood lipid levels improved; four cases were invalid with no improvement. The total effectiveness rate was 88.9%.^{ix}

Ulcerative Colitis—Ulcerative colitis is a type of inflammatory bowel disease where the lining of the large intestine becomes inflamed with small ulcers which produce pus and mucous. The cause is unknown, but believed to be an autoimmune disease. A study was conducted combining Frigid Extremities Powder (*Si Ni San*) and Calm the Stomach Powder (*Ping Wei San*) to treat 60 patients diagnosed with active ulcerative colitis. The formula was modified for damp-heat: dandelion (*pu gong ying*), pulsatilla (*bai tou weng*); food stagnation: chicken gizzard (*ji nei jin*), betel nut (*bing lang*), radish seed (*lai fu zi*); and spleen deficiency: astragalus (*huang qi*), psoralea fruit (*bu gu zhi*), morinda (*ba ji tian*), and chinese yam (*shan yao*). The treatment course was 30 days. The results showed 25 patients with complete remission with disappearance of clinical signs and symptoms and intestinal lesions returned to normal, 33 patients showing effective results with disappearance of clinical signs and symptoms but with mild inflammation, and two patients deemed invalid with no significant change, with a total effectiveness rate of 96.67%.^x

FORMULA COMPARISONS

Resolve the Middle Formula (*Jia Wei Ping Wei Fang*) and **Cyperus and Amomum Powder to Calm the Stomach** (*Xiang Sha Ping Wei San*)

Resolve the Middle Formula (*Jia Wei Ping Wei Fang*) bears a close resemblance to another formula based on Calm the Stomach Powder (*Ping Wei San*): Cyperus and Amomum Powder to Calm the Stomach (*Xiang Sha Ping Wei San*). **Resolve the Middle Formula** (*Jia Wei Ping Wei Fang*) and Cyperus and Amomum Powder to Calm the Stomach (*Xiang Sha Ping Wei San*) have similar actions, indications, and herbs. While both formulas effectively resolve damp accumulation in the middle burner, Cyperus and Amomum Powder to Calm the Stomach (*Xiang Sha Ping Wei San*) has a stronger action to clear food stagnation, while **Resolve the Middle Formula** (*Jia Wei Ping Wei Fang*) is going to be stronger at draining damp accumulation.

Resolve the Middle Formula (*Jia Wei Ping Wei Fang*) and **Ease Digestion Formula** (*Jia Wei Kang Ning Wan*) While both formulas resolve damp and focus on the middle burner, **Ease Digestion Formula** (*Jia Wei Kang Ning Wan*) is used more for acute conditions such as the onset of acute digestive discomfort, stomach flu, morning sickness, motion sickness, food stagnation, or mild food poisoning. **Ease Digestion Formula** (*Jia Wei Kang Ning Wan*) does not contain gluten and can be used for individuals with wheat sensitivities or celiac disease. **Resolve the Middle Formula** (*Jia Wei Ping Wei Fang*) is generally going to be used for more chronic accumulation of damp. It is stronger at drying damp, and is also stronger at regulating the middle burner and promoting the spleen's transportation and transformation function.

USEFUL COMBINATIONS

Resolve the Middle Formula (*Jia Wei Ping Wei Fang*) is often combined with another formula to strengthen the overall effectiveness or refocus its actions.

For chronic diarrhea with spleen qi deficiency and damp encumbrance	Combine with Ginseng, Poria, and White Atractylodes Powder (<i>Shen Ling Bai Zhu San</i>).
For chronic diarrhea with liver qi stagnation and damp pathogen in the interior	Combine with Frigid Extremities Powder (<i>Si Ni San</i>).
For chronic gastritis from liver over-acting on middle burner	Combine with Chai Hu Shu Gan Formula (<i>Chai Hu Shu Gan Tang</i>).
For chronic gastritis from spleen qi deficiency	Combine with Six Gentlemen Formula (<i>Liu Jun Zi Tang</i>).
For chronic gastritis from liver qi stagnation with damp pathogen in the interior	Combine with Frigid Extremities Powder (<i>Si Ni San</i>).
For chronic gastritis from chronic stress leading to damp accumulation	Combine with Bupleurum and Tang Kuei Formula (<i>Xiao Yao San</i>).
For bile reflux gastritis	Combine with Left Metal Pill (<i>Zuo Jin Wan</i>).
For ulcerative colitis	Combine with Frigid Extremities Powder (<i>Si Ni San</i>).
For hyperuricemia (gout) with yang deficiency	Combine with Essential Yang Formula (<i>Jia Jian Jin Gui Shen Qi Wan</i>).
For hyperuricemia (gout) with urinary retention or difficult urination	Combine with Poria 5 Formula (<i>Wu Ling San</i>).

ENDNOTES

- ⁱ Mao Yu Xiang, et al., "Xiang Sha Ping Wei San Treatment of 66 Cases of Children with Recurrent Abdominal Pain", *Journal of Emergency in Traditional Chinese Medicine*, Vol. 13, No. 4, Feb 2004.
- ⁱⁱ Mou Qin, "Treating 120 Cases of Bile Reflux Gastritis with Zou Jin Wan plus Xiang Sha Ping Wei San", *Clinical Journal of Chinese Medicine*, Mar 2011.
- ⁱⁱⁱ Zhou Li, "Ping Wei San Treating 84 Cases of Chronic Superficial Gastritis", *The Gansu Chinese Medicine*, Jan 2001.
- ^{iv} Ze Wen Xing, "Xiang Sha Ping Wei San treatment of 36 cases of chronic gastritis", *Traditional Chinese Medicine*, May 1998.
- ^v Pan Hui, "Ping Wei San Treatment of 48 Cases of Cough due to Heat", *New Medicine*, May 2003.
- ^{vi} Cai Defa, "Modified Xiang Sha Ping Wei San Clinical Study of the Treatment of Diarrhea due to spleen deficiency and excessive damp", *Beijing University of Traditional Chinese Medicine*, May 2011.
- ^{vii} Zhuang Yong, "Xiang Sha Ping Wei San with Si Ni San treatment of Functional Dyspepsia, Clinical Observation of 78 cases", *Modern Hospital*, Vol 10, No 2, Feb 2010.
- ^{viii} Zhou Wei, "Ping Wei San with Wu Ling San treatment of hyperuricemia; 36 cases", *Journal of Zhejiang University of Traditional Chinese Medicine*, Vol 31, No 2, Mar 2007.
- ^{ix} Gu Jian Hua, "Ping Wei San Treating 36 Cases of Fatty Liver", *Journal of Traditional Chinese Medicine*, Vol 3, No 10, 2000.
- ^x Zou JunJin, et, al., "Si Ni San Ping Wei San Treatment of 60 Cases of Ulcerative Colitis", *Chinese Medicine Modern Education*, Vol 8, No 4, 2010.

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