Cinnamon D Formula first appeared in the ancient text, Essentials from the Golden Cabinet (Jin Gui Yao Lue), by Zhang Zhong-Jing. It is a common modification of Cinnamon Twig Formula (Gui Zhi Tang), but with profoundly different applications.

**General Signs/Symptoms**
This formula treats two patterns that arise from mutual causation: unsecured jing (essence), and heart and kidney disharmony. General signs and symptoms include: palpitation, anxiety, hyperactivity, irritability, psychological boundary issues, excessive dreams, sexual dreams, spermatorrhea, impotence, and sexual dysfunction. The tongue may be slightly pale or light red, with a moist, thin, white coat. The pulse is deficient: full, forceless, and floating.

### Traditional Actions

|---|---|---|

### Ingredients

<table>
<thead>
<tr>
<th>PINYIN</th>
<th>LATIN</th>
<th>ENGLISH</th>
<th>Percent of Formula</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gui Zhi</td>
<td>Cinnamomi (ramulus)</td>
<td>Cinnamon Twig, Cassia Twig</td>
<td>15%</td>
</tr>
<tr>
<td>Bai Shao</td>
<td>Paeoniae alba (radix)</td>
<td>White Peony Root</td>
<td>15%</td>
</tr>
<tr>
<td>Gan Jiang</td>
<td>Zingiberis (rhizoma)</td>
<td>Dried Ginger Rhizome</td>
<td>15%</td>
</tr>
<tr>
<td>Da Zao, Hong Zao</td>
<td>Jujubae (fructus)</td>
<td>Jujube, Chinese Red Date</td>
<td>15%</td>
</tr>
<tr>
<td>Long Gu</td>
<td>Fossilia Ossis Mastodi</td>
<td>Dragon Bone, Fossilized Bone</td>
<td>15%</td>
</tr>
<tr>
<td>Mu Li</td>
<td>Ostreae (concha)</td>
<td>Oyster Shell</td>
<td>15%</td>
</tr>
<tr>
<td>Zhi Gan Cao</td>
<td>Glycyrrhizae (radix) preparata</td>
<td>Prepared Licorice Root</td>
<td>10%</td>
</tr>
</tbody>
</table>

### General Indications / Modern Applications

- Abdominal contractions or pulsations, subjective feeling of
- Anxiety
- Chest, pulsations or stuffy feeling in
- Cold extremities
- Coldness in the genitals
- Diarrhea
- Dizziness
- Dream-disturbed sleep
- Enuresis
- Emotional instability
- Forgetfulness
- Frigidity, sexual
- Hair Loss
- Hyperactivity
- Impotence, with exhaustion
- Inability to ejaculate
- Insomnia
- Irritability
- Menses, irregular
- Mental confusion
- Nervousness
- Nervous exhaustion, from sexual excess
- Neurosis
- Night sweats
- Palpititation
- Panic
- Penis, cold sensation at tip of
- Perimenopausal Syndrome
- Premature ejaculation
- Spermatorrhea, seminal emission
- Testicular pain
- Urinary incontinence
- Wheezing, chronic

### Synergy of Ingredients

Cinnamon D Formula (Gui Zhi Jia Long Gu Mu Li Tang) is based on Cinnamon Twig Formula (Gui Zhi Tang). It is modified by the addition of two heavy substances, oyster shell (long gu) and dragon bone (mu li). The base formula treats wei and ying disharmony manifesting in the exterior. The addition of oyster shell (long gu) and dragon bone (mu li) pulls the action of the formula into the interior to harmonize at a deeper level. Dragon bone (mu li) enters the kidney, while oyster shell (long gu) enters the heart. Combined, the simple addition of these two ingredients to Cinnamon Twig Formula (Gui Zhi Tang) elegantly rectifies the relationship between the heart and kidney.

Both additions are astringent and possess a powerful action to consolidate fluids and restrain leakage. Both settle rising yang, cool fire, and both calm shen. When added to the primary harmonizing formula from the Shang Han Lun, the combination can rectify the pattern of jing (essence) leakage with heart fire.
FORMULA ACTIONS
- Rectifies yin and yang
- Harmonizes heart and kidney
- Retains essence

TONGUE
Tender and normal pink to slight red; moist, with thin, white coat.

PULSE
Full, forceless, floating.

CONTRAINDICATIONS/Cautions
This formula is contraindicated in excess conditions. Do not use with constrained heat or cold in the interior. If the pulse is tight, deep, thin, or forceful, Cinnamon D Formula is contraindicated. If the tongue is rough and firm, dry, dull-red, or bright red, or if it is pale and puffy, do not use this formula. If the tongue has a thick, yellow coat, either greasy or scorched, do not use this formula.

FORMULA DISCUSSION
The most important clinical point for the proper application of Cinnamon D Formula (Gui Zhi Jia Long Gu Mu Li Tang) is not symptomatic, but constitutional. If the patient presents with a Cinnamon D-type constitution, then the formula is appropriate and the desired pattern changes can be expected soon after the course of treatment begins. If the patient presents with some of the symptoms listed among the indications for this formula, but does not exhibit the right constitution, then Cinnamon D Formula is contraindicated. On the other hand, if the patient’s chief complaint is not listed here, but the constitution is a match, then Cinnamon D Formula will likely yield good results.

The pulse is an important indicator for the proper application of this formula. The pattern is not one of true yin and yang deficiency, and it should be observed that neither yin nor yang tonics are included in the formula. The size and location of the pulse are almost opposite of what one might expect from true yin or yang deficiency. In the Cinnamon D Formula pattern, the pulse and other signs and symptoms confirm a deficiency, but instead of the sunken and weak pulse that is typical of yang deficiency, or a thin, rapid pulse that is one of the hallmarks of yin deficiency, the pulse in this pattern is floating, full, and forceless. Rather than simply manifesting deficiency, these pulse qualities indicate that the yin and yang are not fully present in their proper seats in the body nor are they in proper relationship to each other. Yin and yang are foundational qualities; they emerge from the root of life, but this pulse shows them to be floating, and uncontained to the exterior.

Jing (essence) is the most basic yin substance of the body, and it is the source from which yang qi springs. When functioning properly, yin, yang, qi, and jing (essence) all proceed from the kidney official in measured, appropriate, and sustainable quantities, which combine with post-natal qi to nourish and support the entire organism. By virtue of its ability to nourish all of the organs, the jing (essence) empowers the kidney to retain its substances and release them in proper proportion and at the proper time. If there has been a sustained, excessive release of jing into circulation (to support exhausted organs), or out of the body (through excessive ejaculation or trauma to reproductive organs), then too little jing (essence) remains in the kidney for nourishing the kidney; the organ no longer has the strength to retain the jing (essence). When the jing (essence) leaks out, the yin and yang leak with it.

When the body is healthy, yin and yang interpenetrate in proper proportion. The yin contains and anchors the yang, while the infusion of yang warms and activates the yin. In a healthy body, the pulse is substantive and forceful and has strength in the deep and middle levels, with some presence in the superficial level. But when the kidney is unable to contain the jing (essence), the jing (essence) cannot contain the yin and yang. They will leak continuously into the channels. This reflects in the pulse as a “floating” quality: insufficiently anchored in the root, causing yin and yang to rise together toward the exterior.

In the Five Phases, water “controls” fire, so the kidney is in a controlling position over the heart. In order for the heart to perform its functions properly, fire requires the help of “water” from the kidney. In nature, fire has a tendency to dissipate through rising expansion; water, on the other hand, is attracted to itself. It has a tendency not only to sink, but also to gather together. Two drops of water close together, with just the slightest bit of agitation, will seem to reach out to each other and join. It is from these observations that the ancients came to understand that the role of the
kidney in relation to the other organs is one of collection, bracing, and storage, as well as nourishment. Hence, the kidney “receives qi” from the lung during inhalation, and kidney water restrains the heart fire from over-expansion. This power of the kidney to gather together and restrain resides in the jing (essence).

The Five Phase system is not the only one which exerts control in the relationships between organs. The heart as the emperor organ is the ruler of all the shen within the zang. As the general master of all organ networks, it has a ruling position over the kidney. When the heart habitually lusts, this can lead simultaneously to an over-abundance of heart fire and an over-consumption of kidney jing. It does not take long for this to develop into a kind of pathogenic feedback, where excess heart fire consumes the jing (essence) of the kidney, which then cannot sufficiently restrain the heart fire. Either an increase in the heart fire or a decrease in the kidney jing (essence) can cause the heart-kidney dynamic to lose equilibrium and engage the feedback cycle.

The centuries since Zhang wrote Essentials from the Golden Cabinet (Jin Gui Yao Lue) have greatly expanded the applications of Cinnamon D Formula (Gui Zhi Jia Long Gu Mu Li Tang) and have refined the understanding of how this formula works. The loss of kidney jing (essence) does not have to originate in the heart with lust. Trauma to the sex organs can also engender this loss. Prostatectomy, hysterectomy, toxin in the reproductive organs, all can result in significant loss of kidney jing (essence).

MODERN APPLICATIONS

Urogenital Disorders

Enuresis (bedwetting): When there are signs of dual yin and yang kidney vacuity and kidney essence leakage Cinnamon D Formula can be used to restrain essence and support and balance kidney yin and yang deficiency.

Urinary incontinence: If urinary incontinency is due to kidney yin and yang deficiency, particularly affecting the ability of the bladder qi to retain the flow of urine, then Cinnamon D Formula may be used. Cinnamon D Formula can rectify kidney yin and yang, warm the lower warmer and restrain essence to stop leakage.

Premature ejaculation, nocturnal emission, spermatorrhea and impotence: As the kidney yang vacuity increases, cold sinks into the lower jiao, displacing the ministerial fire. The kidney jing is compromised, which weakens its ability to restrain kidney essence. Cold symptoms in the lower warmer include: abdominal contraction and pain, cold sensation in the tip of the penis or below the umbilicus. These symptoms are sometimes accompanied by premature ejaculation, nocturnal emission and spermatorrhea in men.

Emotional Disorders

Nervous disorders, neurasthenia, neurosis, anxiety, irritability: This set of emotional and neurological disorders falls under the category of xue dao or xue dao zheng which translates as “nervous diseases” or “erractic complaints syndrome.” This syndrome may include varied symptoms such as: anxiety, dizziness, headaches, insomnia, mental confusion or poor memory, night sweats, neurosis, palpitations, hot flashes and/or sweating. There are several formulas that may be used, depending on the combination of symptoms in each individual. Both Bupleurum D Formula and Cinnamon D Formula may be used to treat xue dao zheng. The primary differentiation is that Bupleurum D Formula treats excess conditions involving qi stagnation, phlegm, and heat, while Cinnamon D Formula treats a deficiency pattern. It is essential to correctly differentiate the pulse to choose the correct formula. The pulse for the Cinnamon D Formula pattern may feel strong in the superficial level, but it will lose most of its strength as you press deeper toward the pulse root. The Bupleurum D Formula pulse will be wiry and full, possibly rapid.

Gynecological Disorders

Perimenopausal Syndrome: A variety of symptoms accompany this syndrome including: mood changes, changes in libido, poor concentration, headaches, night sweats, hot flashes, vaginal dryness, sleep disturbances, joint and muscle aches, frequent urination, and sometimes similar symptoms to those of premenstrual syndrome. Women may experience all or some combination of these symptoms prior to the onset of menopause or during menopause. When the woman is primarily kidney yin and yang deficient, experiencing lower jiao cold symptoms, with occasional flushing up of yang qi, Cinnamon D Formula may alleviate or eliminate these symptoms.

In the Kampo herbal tradition, Cinnamon D Formula is utilized for patients experiencing menopausal symptoms who have a weak overall constitution, with floating vacuous yang qi and insufficiency of qi and blood. Vasomotor symptoms such as sweating, palpitations, headrushes, dizziness, and hot flashes are a result of weak yang qi, which is poorly anchored by deficient yin and blood.

Formula Comparisons

Bupleurum D Formula and Cinnamon D Formula

When treating a variety of psycho-emotional disorders including anxiety and irritability, menopausal symptoms and insomnia, two formulas are often considered, Bupleurum D and Cinnamon D. The major difference between the appropriate applications of these two formulas is based on the underlying constitution of the patient. Bupleurum D Formula treats an individual who exhibits more liver excess symptoms, possibly including excess heat symptoms. Cinnamon D Formula treats a
person with a weakened constitution, who may have a combination of yin and yang deficiency with qi and/or blood deficiency. Cold symptoms are more likely than heat, but there may be accompanying deficiency heat signs that are secondary to cold.

**Cinnamon D Formula and Heavenly Emperor’s Formula**

Though both formulas can calm shen and harmonize the heart and kidney meridians, there are significant differences in how each formula would be best used.

**Heavenly Emperor’s Formula** is directed to nourishing yin and blood, and supplementing the heart yin to soothe and calm the shen. This formula can also be used to treat menopausal symptoms, but the most appropriate patient to be treated with this formula would have significantly more heart and kidney yin deficient symptoms than the patient for whom **Cinnamon D Formula** would be most effective. A significant difference would be seen in the pulse and tongue presentation. In the case that would benefit from **Heavenly Emperor’s Formula** the tongue would be red, with scanty or no coat, and the pulse would be thin and rapid. The patient who would benefit most from **Cinnamon D Formula** would present with a full, forceless, and floating pulse and the tongue would be normal to slightly red with a thin, white coat.

### Useful Combinations

<table>
<thead>
<tr>
<th>For Perimenopausal Syndrome</th>
<th>Use with <strong>Er Zhi Wan</strong> or <strong>True Yin Formula</strong>.</th>
</tr>
</thead>
<tbody>
<tr>
<td>For urinary incontinence, enuresis, impotence, spermatorrhea that is due to kidney and heart vacuity with leakage of kidney essence</td>
<td>Use with <strong>Sang Piao Xiao San</strong></td>
</tr>
</tbody>
</table>

### Endnotes

5. A Clinical trial in China, utilizing these two formulas combined to treat perimenopausal syndrome showed a 91% effectiveness rate. Flaws, Bob, op. cit.

### References


