Pinellia & Magnolia Bark Formula (Ban Xia Hou Po Tang) was originally developed by Zhang Zhong-jing and first appeared in the herbal classic, Prescriptions from the Golden Cabinet (Jin Gui Yao Luo), which was published around 220 CE. Later, during the Tang dynasty, this formula was included in the Important Formulas Worth a Thousand Gold Pieces.

**General Signs/Symptoms**
Pinellia & Magnolia Bark Formula (Ban Xia Hou Po Tang) treats a wide range of respiratory, digestive, and emotional conditions. Whatever the indication being treated, the presence of combined qi stagnation and phlegm must be confirmed before prescribing. These signs and symptoms usually include one or more of the following: sensation of something caught in throat (plum pit qi), stifling feeling in the chest and hypochondriac region, excessive mucus production in throat or chest, and nausea with or without vomiting. The patient might also present with swallowing difficulty, belching of sour fluids, difficulty breathing, lingering bronchitis, emotional upset, loss of voice or any mental disorders where there is a verifiable excess of both phlegm and qi stagnation. Tongue: excessively moist or greasy coat. Pulse: slippery, or slippery and wiry.

**Classical Actions**
1. Regulates qi and breaks up qi stagnation
2. Transforms phlegm and dissipates clumps
3. Directs qi downward, stops cough, relieves nausea and vomiting

**Ingredients**

<table>
<thead>
<tr>
<th>PINYIN</th>
<th>LATIN</th>
<th>ENGLISH</th>
<th>PERCENT OF FORMULA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sheng Jiang</td>
<td>Zingiberis Rhizoma recens</td>
<td>Fresh Ginger Rhizome</td>
<td>23.1%</td>
</tr>
<tr>
<td>Zhi Ban Xia</td>
<td>Pinelliae Rhizoma Preparatum</td>
<td>Pinella, ginger-cured</td>
<td>18.5%</td>
</tr>
<tr>
<td>Fu Shen</td>
<td>Poriae Sclerotium Pararadixic</td>
<td>Poria Spirit</td>
<td>18.5%</td>
</tr>
<tr>
<td>Hou Po</td>
<td>Magnoliae Officinalis Cortex</td>
<td>Magnolia Bark</td>
<td>13.8%</td>
</tr>
<tr>
<td>Zi Su Ye</td>
<td>Perillae Foli</td>
<td>Perilla Leaf</td>
<td>9.2%</td>
</tr>
<tr>
<td>Qing Pi</td>
<td>Citri Reticulatae Viride Pericarpium</td>
<td>Green Tangerine Peel</td>
<td>9.2%</td>
</tr>
<tr>
<td>Xiang Fu</td>
<td>Cyperi Rhizoma</td>
<td>Cyperus, Nut Grass</td>
<td>7.7%</td>
</tr>
</tbody>
</table>

**General Indications / Modern Applications**
- Bronchitis, chronic or lingering
- Cervical spine syndrome
- Chest, fullness of
- Cough with excess sputum
- Depression
- Epilepsy
- Esophageal strictures or spasms
- Gastritis
- GERDS
- Glomus hystericus ("plum pit qi")
- Goiter
- Hyperthyroidism
- Hystera
- Indigestion
- Irritable Bowel Syndrome
- Laryngitis, chronic
- Meniere's disease
- Nausea
- Neurosis
- Overwhelm, feeling of
- Perimenopausal syndrome
- Premenstrual syndrome
- Psychosis
- Reflux, esophageal
- Snoring
- Swallowing disorders
- Vocal cords, edema of
- Vomiting
- Wheezing

**Formula Discussion**
The original indications for Zhang Zhong-jing's Han Dynasty formula were 1) "for women who feel as if a piece of broiled meat is stuck in their throats," and 2) chest distention with hardness below the heart. The sensation in the throat described here has since become known as "plum-pit qi," which is a hallmark sign of the pattern addressed by this formula. Yet, as will be demonstrated presently, it is not a necessary sign for the formula to be applicable.
The throat is the primary zone that separates the interior from the exterior for pathogens entering the body via the lungs or stomach and especially for those draining into the interior from behind the nose. When the portals of the head and neck (sensory orifices, Du-14, and the cou li of the head) fail to prevent the progression of an exterior pathogen inward, the body's last chance to lock it down in the (semi-) external terrain is the throat. This is why we typically develop throat symptoms before chest symptoms. The lungs and the stomach are, anatomically speaking, the first