

对药

Duì Yaò: The Art & Science of Herb Pairing

With Duì Yaò Composer TM

🌿💧 ***A formula isn't written - it is compiled.*** 💧🌿

By Dr Arno Kroner OMD LAc IMFCP Dipl.OM

Duì Yaò (Herb Pairs) is an excellent way to bridge the gap between single herb studies and complex formula construction. In Traditional Chinese Medicine (TCM), Dui Yao represents the smallest unit of a formula, demonstrating how two herbs can work together through synergism, restriction, or modulation.

Below is a comprehensive course designed for TCM or Functional Medicine (FM) students or practitioners.

Course Objective: To master the clinical application of essential herb pairs, understanding their synergistic mechanisms and how they modify the therapeutic direction of a treatment.

Note: There are an estimated 400 classical pairs and 500 to 800 modern clinical pairs. The Handbook of Oriental Medicine (5th edition) by H.B. Kim lists 100 essential pairs (grouped in 15 categories, involving 136 single herbs). We will be focusing on a fraction of this list (38 pairs) in order to illustrate the logic of Duì Yaò and also gain understanding of pharmacological dynamics underlying their power while covering the widest spectrum possible of therapeutic applications.

About Dr Arno Kroner OMD LAc IMFCP Dipl.OM



Dr Kroner is an integrative physician specializing in **functional medicine, systems biology, and modern Chinese medicine**, with an international clinical and academic background. His work focuses on complex, chronic, and multisystem conditions where conventional diagnostic models often fall short.

Drawing from experience in international environments and a background in extreme physiological stress and adaptation, he emphasizes the clinical mechanisms underlying **energy metabolism, mitochondrial function, immune regulation, and recovery**. These principles inform both patient care and educational work.

In clinical practice and teaching, Dr Kroner focuses on translating advanced functional laboratory data into **clear, actionable, and individualized strategies**, integrating Western systems biology with integrative and traditional medical frameworks to identify root causes rather than manage symptoms.

Dr Kroner currently teaches and contributes to professional education in **functional medicine and contemporary Chinese medicine**, with a focus on **clinical reasoning, pattern recognition, and emerging AI-assisted tools** that support precision and clarity in patient care.

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Course Outline

Module 1: Fundamentals of Duì Yaò

- Etymology and Origins
- The Seven Relations (Qì \ Qīng) plus one.
- The Mechanics of the “Couplet” - Vector Dynamics
- Dosage Ratios - The “Volume Knob”
- Network Pharmacology
- The “Entry Point” Into Formulas
- Introducing Duì Yaò Composer [™]

Module 2: Releasing the Exterior (Diaphoretics)

Wind Cold

1. Má Huáng + Guì Zhī / 麻黄 + 桂枝 (The Prototypical Pair) - HBK1
2. Má Huáng + Xīng Rén / 麻黄 + 杏仁 (Stop Wheezing) - HBK2
3. Jīng Jiè + Fáng Fēng / 荆芥 + 防风 (The Wind-Expelling Pair) - HBK3
4. Xīn Yí Huā + Cāng Ěr Zǐ / 辛夷花 + 苍耳子 (Lung & Eyes) - HBK4

Wind Heat

1. Sāng Yè + Jú Huā / 桑叶 + 菊花 (Acrid-Cool Pair) - HBK5
2. Shēng Má + Gě Gēn / 升麻 + 葛根 (Vents the Muscle Layer & Rashes) - HBK6

Module 3: Clearing Heat & Draining Fire

1. Shí Gāo + Zhī Mǔ / 石膏 + 知母 (The Big Four) - HBK7
2. Jīn Yín Huā + Lián Qiào / 金银花 + 连翘 (Clear Toxic Heat) - HBK15
3. Zhī Mǔ + Huáng Bǎi / 知母 + 黄柏 (Draining Fire from Below) - HBK21

Module 4: Draining Dampness & Dispelling Wind-Damp (Bi Syndrome)

1. Jī Nèi Jīn + Hǎi Jīn Shā / 雞內金 + 海 (Stone Transformation) - HBK27
2. Huáng Qí + Fáng Jǐ / 黄耆 + 防己 (Wind-Edema) - HBK30
3. Qiāng Huó + Dú Huó / 羌活 + 獨活 (The Universal Bi Pair) - HBK31

Module 5: Transforming Phlegm & Relieving Cough, Descending Rebellious Stomach Qi

1. Wǔ Wèi Zǐ + Xì Xīn / 五味子 + 細辛 (Astringing And Warming) - HBK35
2. Bàn Xià + Chén Pí / 半夏 + 陳皮 (Drying Dampness) - HBK40
3. Jié Gěng + Gān Cǎo / 桔梗 + 甘草 (Sore Throat/Abscess) - HBK42
4. Xuán Fù Huā + Dài Zhě Shí / 旋覆花 + 代赭石 (Directing Qi) - HBK49

Module 6: Harmonizing (Shao Yang & Ying/Wei)

1. Guì Zhī + Bái Sháo / 桂枝 + 白芍 (Ying-Wei Balance) - HBK50
2. Chái Hú + Bái Sháo / 柴胡 + 白芍 (Liver/Spleen Harmony) - HBK52
3. Chái Hú + Huáng Qín / 柴胡 + 黃芩 (Shao Yang Pivot) - HBK53

Module 7: Regulating Qi & Stopping Pain

1. Zhǐ Ké + Jié Gěng / 枳殼 + 桔梗 (Opening The Chest) - HBK56
2. Chuān Liàn Zǐ + Yán Hú Suǒ / 川楝子 + 延胡索 (Stomach/Liver Pain) - HBK60

Module 8: Regulating Blood (Stasis & Bleeding) & Gynecology

1. Táo Rén + Hóng Huā / 桃仁 + 紅花 (The Classic Stasis Pair) - HBK61
2. Rǔ Xiāng + Mò Yào / 乳香 + 沒藥 (Trauma/Deep Bi) - HBK62
3. Chuān Xiōng + Dāng Guī / 川芎 + 當歸 (Nourishing And Activating) - HBK64
4. Xiāng Fù + Yì Mǔ Cǎo / 香附 + 益母草 (The Women's Pair) - HBK98
5. Huáng Qín + Bái Zhú / 黃芩 + 白朮 (Fetal Restlessness) - HBK100

Module 9: Tonification (Qi, Blood, Yin, Yang)

1. Rén Shēn + Huáng Qí / 人參 + 黃耆 (The Great Tonics) - HBK67
2. Bái Zhú + Fù Líng / 白朮 + 茯苓 (Spleen/Dampness) - HBK69
3. Shú Dì Huáng + Dāng Guī / 熟地黃 + 當歸 (Blood Tonification) - HBK72
4. Dāng Guī + Huáng Qí / 當歸 + 黃耆 (Generating Blood From Qi) - HBK74
5. Fù Zǐ + Gān Jiāng / 附子 + 乾薑 (Yang Rescue) - HBK76
6. Tiān Mén Dòng + Mài Mén Dòng / 天門冬 + 麥門冬 (Nourishing Yin) - HBK79

Module 10: Astringents & Purgatives

1. Huáng Qí + Fáng Fēng / 黃耆 + 防風 (Wei Qi Shield) - HBK82
2. Ròu Dòu Kòu + Bǔ Gǔ Zhī / 肉豆蔻 + 補骨脂 (Daybreak Diarrhea) - HBK88
3. Dà Huáng + Máng Xiāo / 大黃 + 芒硝 (The Purge) - HBK22

Module 11: Calming The Shen & Extinguishing Liver Wind

1. Lóng Gǔ + Mǔ Lì / 龍骨 + 牡蠣 (Anchoring) - HBK90
2. Bǎi Zǐ Rén + Suān Zǎo Rén / 柏子仁 + 酸棗仁 (Nourishing Heart Shen) - HBK91
3. Shí Jué Míng + Cí Shí / 石決明 + 磁石 (Heavily Anchoring Wind) - HBK96

Module 12: Case Studies & Formula Modification

- **Case Studies:** 3 complex case studies with diagnosis and simple Dui Yaò and Dui Yao formula modification treatment plans.
 - **Workshop:** Starting with a base formula (e.g., *Si Jun Zi Tang*) and adding specific Dui Yao based on changing symptoms.
 - **Final Assessment:** Students must design a custom 3-pair protocol for a specific patient presentation.
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Recommended Resources

- **Books:**
 - *Dui Yao: The Art of Combining Chinese Herbal Medicine* by Philippe Sionneau.
 - *Dui Yao: The Art of Formula Construction* by Wang Jing and Daniel Weber
 - *The Book of Modules* by Cormac Ferguson
- **Reference:**
 - *Chinese Medical Herbology and Pharmacology* by John & Tina Chen.
 - *Chinese Herbal Formulas and Applications* by John & Tina Chen.
 - *Chinese Herbal Medicine: Materia Medica* by Dan Bensky
 - *Chinese Herbal Medicine: Formulas & Strategies* by Dan Bensky
 - *Handbook of Oriental Medicine (5th edition)* by H.B. Kim
- **Digital Media:**
 - *NatMed Pro*
 - *TCM Aid App*
 - *Dui Yao Composer™ Herbal Pairing System*
 - *Cytoscape*
 - *TCMID*
 - *HB Kim List (Google Sheets)*
 - Dr Arno Kroner - Single Herbs Tables
 - Dr Arno Kroner - Formula Tables
 - Nicholas Duchowski Dui Yao Presentation
 - Raw to Powder Conversion Tool