



Center for Acupuncture and Herbal Medicine, P.A.

HERBAL FORMULAS

FORMULAS THAT RELEASE EXTERIOR WIND COLD

FORMULA NAME	HERBS & FUNCTIONS	DIAGNOSIS	INDICATIONS	COMMENTS
CONG CHI TANG Scallion and prepared soybean decoction	c <u>Cong Bai</u> 3-4 stalks- release exterior, induce sweat a <u>Dan Dou Chi</u> 4-10p- release exterior and exterior constraint	Early stage disorders Esp w/ HA and nasal congestion	Mild fever and slight chills without sweating, headache, stuffy nose. T: thin white coat P: floating	Neutral, no injury to fluids. Wind cold or heat. Very early stage only. Can be used w/ yin deficiency
A MA HUANG TANG Ephedra Decoction	c <u>Ma Huang</u> 3q -release ext disp cold, circ lung qi, control wheezing d <u>Gui Zhi</u> 2q-warm channels, disp cold a <u>Xing Ren</u> 70p-stop cough, calm wheezing e <u>Zhi Gan Cao</u> 1q-harmonizes	Exterior cold excess	Fever and chills, Absence of sweating, headache, generalized body aches, wheezing T: thin white coat P: floating, tight	Stimulates sweating to release the exterior. MH unblocks, GZ pushes out. Can be used for wheezing from cold & w-c-d; epistaxis from cold
SAN AO TANG Three Unbinding Decoction	c <u>Ma Huang</u> 3q-release ext disp cold, circ lung qi control wheezing a <u>Xing Ren</u> 3q-stop cough , calm wheeze e <u>Gan Cao</u> 2q-harmonize e <u>Sheng Jiang</u> 5s-release exterior, warm middle jiao	Exterior wind cold	Head and body aches, nasal congestion, coughing, wheezing, copious white thin sputum, fullness in the chest, loss of voice T: thin white coat P: floating, tight	Milder than Ma Huang Tang. Acute wind cold with chronic phlegm
A GUI ZHI TANG Cinnamon Twig Decoction	c <u>Gui Zhi</u> 3q-warm channels, disp cold d <u>Bai Shao</u> 3q-preserve yin, adjust ying & wei qi a <u>Sheng Jiang</u> 3q-release ext disp cold, warm middle burner adjust ying and wei a <u>Da Zao</u> 4p-nourish blood, harmonize ying, strengthen spleen e <u>Zhi Gan Cao</u> 2q- tonify middle burner, harmonize	Exterior cold deficiency	Fever and chills with sweating that does not improve the condition , headache, aversion to wind, stiff neck, nasal congestion, dry heaves, no particular thirst, T: thin, white coat; moist P: floating forceless	Wei qi unable to guard exterior, ying qi can't nourish interior. Loss of mutual regulation between wei & ying (can occur after childbirth, serious illness or w/ weak constitution. Pores are open.

<p>B</p> <p>XIAO QING LONG TANG</p> <p>Minor Bluegreen Dragon Decoction</p>	<p>c<u>Ma huang</u> 3q-release ext, s top wheezing, promote urination</p> <p>c<u>Gui Zh i</u> 3q-warm channels, dispel cold</p> <p>d<u>Gan Jiang</u> 3q-warm mid expel cold, warm lungs transform phlegm</p> <p>d<u>Xi Xin</u> 3q-release ext disp cold, Warm lungs transform phlegm</p> <p>a<u>Wu Wei Zi</u> 3q-stop leaking of lung qi</p> <p>a<u>Bai Shao</u> 3q-nourish blood preserve yin</p> <p>a<u>Ban Xia</u> 3q-dry damp transform phlegm, harmonize stomach</p> <p>e<u>Zhi Gan Cao</u> 3q-tonify qi, harmonize</p>	<p>Exterior wind cold with congested fluids</p>	<p>Fever and chills(chills predominate) without sweating, coughing, wheezing, sputum that is copious, white, stringy and hard to expectorate, stifling sensation in the chest, a generalized sensation of heaviness and body aches, no particular thirst.</p> <p>T: moist white</p> <p>P: floating, tight</p>	<p>Warms interior transforms congested fluids. Wind cold with chronic congested fluids due to weak lungs and spleen</p> <p>Xing Ren not used b/c it is too moistening. Some interior cold b/c gan jiang instead of sheng jiang</p> <p>Also used for w-c asthma</p>
<p>JIU WEI QIANG HUO TANG</p> <p>Nine Herb Decoction With Notopterygium</p>	<p>c<u>Qiang Huo</u> 1.5q-release exterior, dispel wind cold damp</p> <p>d<u>Fang Feng</u> 1.5q-release exterior, dispel wind damp</p> <p>d<u>Cang Zhu</u> 1.5c-release ext expels wind damp, dries damp strengthens spleen</p> <p>d<u>Xi Xin</u> .5c-release ext disp cold, disp cold alleviate pain</p> <p>d<u>Chuan Xiong</u> 1q-expel wind, alleviate pain</p> <p>d<u>Bai Zhi</u> 1q-expel wind alleviate pain(yang ming),open nose</p> <p>a<u>Huang Qin</u> 1q-clear heat, drain fire (upper burner)</p> <p>a<u>Sheng Di Huang</u> 1q-clear heat cool blood, nourish yin</p> <p>e<u>Gan Cao</u> 1q-harmonizes middle burner and formula</p>	<p>Exterior wind cold dampness with concurrent internal accumulation of heat</p>	<p>Fever and chills (chills predominate) without sweating, headache, stiff neck, generalized aches and pain, slight thirst, a bitter taste in the mouth. Also toothache w/ exterior symptoms</p> <p>T: normal color or red, thin, yellowish coat or thin white coat</p> <p>P: floating, rapid; maybe slippery</p>	<p>Exterior damp cold with heat in the interior</p> <p>Wind cold damp bottles things up leading to heat accumulation in the interior.</p>

<p>JIA WEI XIANG SU SAN</p> <p>Augmented Cyperus and Perilla Leaf Powder</p>	<p>c <u>Zi Su Ye</u> 1.5q-release ext, disp cold, promote movement of qi</p> <p>a<u>Xiang Fu</u> 1.3q- release constraint disperse stagnation</p> <p>a<u>Chen Pi</u> 1.3q-regulate the qi</p> <p>e<u>Zhi Gan Cao</u> .7q-strengthens stomach, harmonizes herbs</p> <p>a<u>Jing Jie</u> 1q-release exterior, expel wind</p> <p>a<u>Fang Feng</u> 1q-release exterior, expel wind</p> <p>a<u>Qin Jiao</u> 1q-expel wind damp</p> <p>a<u>Man Jing Zi</u> 1q-drain damp, expel wind</p>	<p>Exterior wind cold without sweating</p>	<p>Fever and chills without sweating, sensitivity to wind, headache, stiff neck, nasal congestion, runny nose, body aches</p> <p>Can be used for exterior w-c with interior LV qi stag; and patients who have constitutional interior qi constraint and contract w-c</p> <p>T: thin white coat</p> <p>P: floating</p>	<p>Based on xiang su san which is used for exterior wind cold with interior qi constraint (i.e., fever, chills, no sweat, HA, stifling chest and epigastrium, poor appetite, focal distention, bleaching, and floating pulse.. Modification focuses on releasing the exterior. Milder than Ma Huang Tang</p>
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	alleviate pain a <u>Sheng Jiang</u> 3s-release exterior dispel cold			
SHE GAN MA HUANG TANG	<u>She Gan</u> <u>Ma Huang</u> <u>Xi Xin</u> <u>Ban Xia</u> <u>Wu Wei Zi</u> <u>Zi Wan</u> <u>Kuan Dong Hua</u> <u>Sheng Jiang</u> <u>Da Zao</u>	w-c asthma	Cough and wheezing, thin white sputum, fever, chills...	Treats more ext sx than Xiao Qing Long Tang (sheng jiang v. gan jiang)
XIN YI SAN	<u>Xin Yi Hua</u> <u>Gao Ben</u> <u>Sheng Ma</u> <u>Chuan Xiong</u> <u>Mu Tong</u> <u>Fang Feng</u> <u>Qiang Huo</u> <u>Bai Zhi</u> <u>Xi Xin</u> <u>Gan Cao</u>	W-c allergies Excess (LU)	Itchy nose, sneezing, stuffy nose.....	
CANG ER ZI SAN	<u>Cang Er Zi</u> <u>Xin Yi Hua</u> <u>Bo He</u> <u>Bai Zhi</u>	Allergies Defic (LU/SP)	Same as Xin Yi San + Poor appetite, loose stools, aversion to cold T: pale, white coat P: weak	Can use for sinusitis w/ Yin Qiao San or Sang Ju Yin (if thicker yellow discharge, add Yu Xin Cao and Pu Gong Ying (abscess))

FORMULAS THAT RELEASE EXTERIOR WIND HEAT

Formula Name	Herbs and Functions	Diagnosis	Indications	Comment
B SANG JU YIN Mulberry Leaf and Chrysanthemum	c <u>Sang Ye</u> 2.5q- expel wind clear heat from lungs c <u>Ju Hua-</u> 1q- disperse wind clear heat, clear liver and eyes d <u>Lian Qiao</u> 1.5q- expel ext wind heat, CHRT	Early superficial warm febrile disease. Cough predominant.	Slight fever, cough, slight thirst Also for eye disorders from w-h; and hacking cough from exterior dryness	Effective for cough, eye wind heat. Gan Cao & Jie Geng good for throat.

Decoction	<p>d <u>Bo He</u> .8q- disp wind heat clear head eyes throat</p> <p>d <u>Jie Geng</u> 2q- ↑ open up and disseminate lung Qi benefit throat, ascends</p> <p>d <u>Xing Ren</u> 2- ↓ stop cough calm wheeze, descends</p> <p>a <u>Lu Gen</u> 2q- clear heat generate fluids clear lung heat</p> <p>e <u>Gan Cao</u> .8q -clear heat harmonizes, moistens lungs stops cough</p>		<p>T: thin white coat</p> <p>P: floating rapid</p>	
<p>B</p> <p>YIN QIAO SAN</p> <p>Honeysuckle and Forsythia Powder</p>	<p>c <u>Jin Yin Hua</u> 3-5q expel ext contracted wind heat CHRT</p> <p>c <u>Lian Qiao</u> 3-5q- expel ext contracted wind heat, CHRT</p> <p>d <u>Jie Geng</u> 2-3q- open up & dissipates lung Qi benefit throat</p> <p>d <u>Niu Bang Zi</u> 3-4q- disp wind heat and benefit the throat</p> <p>d <u>Bo He</u> 1-2q - disp wind heat clear head eyes throat</p> <p>d <u>Dan Dou Chi</u> 1-2q- release exterior</p> <p>a <u>Jing Jie</u> 2-3q- release ext expel wind w/o drying</p> <p>a <u>Dan Zhu Ye</u> 1-2q- clear heat eliminate irritability</p> <p>a <u>Xian Lu Gen</u> 5-10q clear heat generate fluids clear lung heat</p> <p>a <u>Gan Cao</u> 1-2q- clear heat harmonize moisten lungs stops cough</p>	Early stage warm febrile disease entering through the nose and mouth and attacking the lungs. Heat predominant	<p>Fever, slight or no chills, headache, thirst, cough, sore throat</p> <p>T: red tip; thin white or thin yellow coat</p> <p>P: floating rapid</p> <p><u>Severe fever</u>: Shi Gao</p> <p><u>Cough</u>: Chuan Bei Mu and Xng Ren</p> <p><u>Sore throat</u>: Ban Lan Gen and Xuan Shen</p> <p><u>Runny, bloody nose</u>: Bai Mao Gen</p> <p><u>Alt hot/cold</u>: Chai Hu, Huang Qin and Ban Xia</p> <p><u>Defic (sweat)</u>: Huang Qi, Bai Zhu, Fang Feng</p> <p><u>Sp defic (yang defic)</u>: Huo Xiang Zheng Qi San</p>	Protective level warm febrile disease. Treats upper burner without injury to middle burner. Mild exterior releasing herbs b/c heat and pores already open
<p>SHENG MA GE GEN TANG</p> <p>Cimicifuga and Kudzu Decoction</p>	<p>c <u>Sheng Ma</u> 1-2q-release ext, encourage rash of measles to surface, raise yang Qi</p> <p>d <u>Ge Gen</u> 1-3q-encourage rash of measles to the surface, release muscles clear heat, nourishes the fluids</p> <p>a <u>Zhi Gan Cao</u> 1q- augment qi, relieves toxicity</p> <p>a <u>Chi Shao</u> 2-3q- clear heat cool blood</p>	Externally contracted heat collecting in lungs and stomach. Usually due to epidemic disorder	<p>Early stage measles or rashes that do not surface evenly, fever and chills, headache, generalized body aches, sneezing, coughing, red eyes, tearing, thirst</p> <p>T: red, dry</p> <p>P: floating, rapid</p>	<p>Venting the rash releases the interior heat. Can sub Gan Cao for Zhi Gan Cao</p> <p>LU, ST or blood heat causes measles and similar superficial rash disorders</p>
<p>QIANG LAN TANG</p> <p>Notopterygium and Isatis Root Decoction</p>	<p>c <u>Qiang Huo</u> 3-4q-release exterior, treat pain of sore throat and generalized soreness, guide to tai yang and Du</p> <p>a <u>Ban Lan Gen</u> 5-10q- drain heat, clear fire tox, cool blood, benefit throat</p>	Externally contracted heat affecting the head and neck	<p>Fever and chills, headache, generalized soreness, sore swollen throat & glands</p> <p>T: Red</p> <p>P: rapid</p>	Wind heat with toxins in the throat

FORMULAS THAT RELEASE EXTERIOR DISORDERS WITH HEAD AND NECK SYMPTOMS

Formula Name	Herbs and Functions	Diagnosis	Indications	Comment
CHUAN XIONG CHA TIAO SAN Ligusticum Chuanxiong Powder to be Taken with Green Tea	c <u>Bo He</u> 80q-disperse wind heat, clear head eyes and throat d <u>Chuan Xiong</u> 40q- expel wind alleviate pain (shao yang and jue yin) d <u>Bai Zhi</u> 20q- expel wind alleviate pain (yang ming) d <u>Qiang Huo</u> 20q-release ext dispel cold, alleviate pain (tai yang) d <u>Xi Xin</u> 10q- disp cold & alleviate pain (shao yin) a <u>Jing Jie</u> 40q-release exterior dispel wind a <u>Fang Feng</u> 15q-release the exterior expel wind, expel wind damp alleviate pain e <u>Gan Cao</u> 20q- harmonizes e <u>Cold Green Tea</u> clears heat from the eyes moderates other herbs	Headache due to externally contracted wind	Headache in any part of the head accompanied by fever and chills, dizziness, nasal congestion, T: thin white P: floating	Can adjust dosages depending on location of the headache CI in LV yang rising HA w/ LV/KI yin defic or from HA from Qi or Blood defic.

FORMULAS THAT RELEASE EXTERIOR DISORDERS WITH INTERIOR DEFICIENCY

Formula Name	Herbs and Functions	Diagnosis	Indications	Comment
REN SHEN BAI DU SAN Ginseng Powder to Overcome Pathogenic Influences	c <u>Qiang Huo</u> 10q- release ext disp cold, disp w-c-d c <u>Du Huo</u> 10q-exp wind damp alleviate pain, disp w-c-d exterior d <u>Chuan Xiong</u> 10q- expel wind alleviate pain d <u>Bo He</u> 10q- disp wind heat, clear head eyes throat, moves liver Qi d <u>Chai Hu</u> 10q- resolve exterior, opens up constraint, move Qi to surface a <u>Jie Geng</u> 10q-open up and disseminate lung Qi, benefit throat, ascends a <u>Zhi Ke</u> 10q-break up Qi reduce accumulation, transform phlegm, descends a <u>Qian Hu</u> 10q- direct Qi down expel phlegm, release ext wind a <u>Sheng Jiang</u> 3p-release ext expel cold, alleviate cough, a <u>Ren Shen</u> 10q- tonify original Qi, generates fluids, strengthens spleen a <u>Fu Ling</u> 10q- promote urine leech out damp, strengthens spleen transform damp e <u>Gan Cao</u> 5q- tonify Qi, harmonize.	Externally contracted wind cold damp with deficient Qi	High fever and severe chills with shivering, absence of sweating, pain and stiffness of the head and neck, soreness and pain in the extremities, focal distension and fullness of the chest, nasal congestion with sonorous breathing, productive cough T: greasy white coat P: floating soggy Also for early stage measles w/ moderate fever and chills, no significant thirst, loose stools, white tongue fur, thin weak pulse	Qi deficiency allows dampness to penetrate quickly. Weak Qi cannot expel pathogenic influences Resolve WCD exterior and tonify Qi Resolves ext; dispels wind and damp; and tonifies qi

JING FANG BAI DU SAN Schizonepeta and Ledebouriella Powder to Overcome Pathogenic Influences	The formula is the same as above with Jing Jie and Fang Feng substituted for the Ren Shen. The dosages for all herbs is 1.5q with the exception of Gan Cao which is .5q.	Externally contracted wind cold damp	Fever and chills w/o sweat, pain and stiffness in the head and neck, generalized body aches and pain. Also for ext conditions w/ eye redness and swelling, epidemic parotitis, and early stage abscesses and sores. T: thin white P: floating	More severe than above with no underlying Qi deficiency. Often used for w-c instead of Ma Huang Tang
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B SHEN SU YIN Ginseng and Pirella Leaf Decoction	c <u>Ren Shen</u> 7.5q- tonify original Qi, generates fluids, strengthens spleen, lungs c <u>Zi Su Ye</u> 7.5q- release ext disp cold, promote movement of Qi <u>Chen Pi</u> 5q- regulate the Qi improve spleen function, dry damp transform phlegm <u>Jiang Ban Xia</u> 7.5q- dry damp transform phlegm, descend rebel Qi, harmonize stomach <u>Fu Ling</u> 7.5q- promote urine leech out damp, strengthen spleen transform damp <u>Gan Cao</u> 5q-tonify spleen augment Qi, harmonize <u>Ge Gen</u> 7.5q- release muscles clear heat, push path out <u>Qian Hu</u> 7.5q- redirect Qi down and expel phlegm, release ext wind <u>Jie geng</u> 5q- open up and disseminate lung Qi, benefit throat, ascends <u>Mu Xiang</u> 5q-promote movement of Qi alleviate pain, strengthen spleen <u>Sheng Jiang</u> 3p- release ext expel cold, alleviate cough, warm mid burner <u>Da Zao</u> 3p- tonify spleen augment Qi, harmonize	Externally contracted wind cold with congested fluids in the interior in patients with a weak constitution	Fever and chills, headache, nasal congestion, productive cough, a stifling sensation in the chest T: white coat P: frail	Augments the Qi, releases the exterior, harmonizes the stomach and transforms phlegm. Patient is weaker than with Xiao Qing Long Tang Shen Su Yin not as strong in resolving the ext Er Chen Tang inside
JIA JIAN WEI RUI TANG Modified Polygonatum Odorum	c <u>Yu Zhu</u> 2-3q- nourish lung and stomach yin, clear heat generate fluids d <u>Cong Bai</u> 2q-release ext, disperse cold unblock yang d <u>Jie Geng</u> 1-1.5q-open up and disseminate lung Qi, benefit throat d <u>Dan Dou Chi</u> 3-4q- release exterior, alleviate irritability d <u>Bo He</u> 1-1.5q- disperse wind heat, clear head eyes throat a <u>Bai Wei</u> .5-1q- clear heat cool blood, doesn't injure yin, nourish fluids a <u>Zhi Gan Cao</u> .5q- moisten the lungs, harmonize a <u>Da Zao</u> 2p- nourish blood, tonify spleen, harmonize	Externally contracted wind heat with underlying yin deficiency	Fever and slight chills, little or no sweat, headache, dry throat, cough, sputum which is difficult to expectorate, thirst irritability T: Dark Red P: rapid Based on <u>Wei Rui Tang</u> (w- h with sweat, sensation of heaviness in body, wheezing, sullen demeanor, no desire to sleep, floating pulse at cun and chi	Yin nourishers don't impede exterior releasers and vice versa. Usually follows along term illness. Fever plus no sweat=yin vacuity.

FORMULAS THAT RELEASE EXTERIOR-INTERIOR EXCESS

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
B GE GEN HUANG LIAN HUANG QIN TANG Kudzu Coptis and Scutellaria Decoction	c <u>Ge Gen</u> 5-8q-release muscles clear heat, alleviate diarrhea, nourish fluids d <u>Huang Lian</u> 2q- drain fire relieve toxicity (yang ming), clear heat drain damp, drain stomach fire, drain heart fire a <u>Huang Qin</u> 3q- clear heat drain upper burner fire, drain damp heat e <u>Zhi Gan Cao</u> 2q- tonify middle, harmonize	Incompletely released exterior with blazing interior heat 70% internal 30% external Lower burner d-h w/ lingering ext symptoms	Fever, sweating, thirst, dysenteric diarrhea characterized by especially foul smelling stools and a burning sensation around the anus ,a sensation of heat and irritability in the chest and epigastrium, possible wheezing T: red w/ yellow coat P: rapid	Focuses on clearing interior heat. Early stage dysentery
FANG FENG TONG SHENG SAN Ledebouriella Powder that Sagely Unblocks	c <u>Fang Feng</u> 5q- release the exterior expel wind, expel wind damp alleviate pain c <u>Ma Huang</u> 5q-release ext dispel cold, promote urination c <u>Jiu Da Huang</u> 5q-drain heat move stool, drain damp heat, invigorate blood, drain heat from the blood c <u>Mang Xiao</u> 5q-purge accumulation guide out stagnation d <u>Jing Jie</u> 5q- release exterior expel wind d <u>Bo He</u> 5q- disperse wind heat, clear head eyes and throat d <u>Zhi Zi</u> 5q- clear heat eliminate irritability, drain damp heat d <u>Hua Shi</u> 30q-promote urine drain heat, expel damp heat through the urine d <u>Shi Gao</u> 10q- clear heat drain fire, clear lung and stomach heat, moderate Ma Huang's heat. d <u>Lian Qiao</u> 5q-clear externally contracted wind heat, CHRT d <u>Huang Qin</u> 10q-clear heat drain upper jiao fire, drain damp heat d <u>Jie Geng</u> 10q- open & disseminate lung Qi, benefit throat, ascends to balance purgatives a <u>Chuan Xiong</u> 5q- expel wind alleviate pain, invigorate the blood and promote the movement of Qi a <u>Dang Gui</u> 5q- invigorates tonifies and harmonizes the blood, disperse wind a <u>Bai Shao</u> 5q- nourish blood preserve yin a <u>Bai Zhu</u> 5q- tonify spleen augment Qi	Excess in both interior and exterior	Strong fever and chills, light-headedness, dizziness, red and sore eyes, difficulty in swallowing, nasal congestion with thick and sticky nasal discharge and saliva, bitter taste in the mouth, dry mouth, focal distension with a stifling sensation in the chest and diaphragm, constipation, dark rough urination. T: yellow greasy coat P: flooding, rapid or wiry slippery For all w-h disorders w/ constip, dark rough urination, facial sores and red sore eyes since such conditions can progress to internally-generated wind w/ stiff tongue or clenched jaw	Due to either wind heat invading a patient with pre-existing internal accumulation of heat, or from an invasion of wind heat which causes heat to lodge in both the exterior and the interior simultaneously

	e <u>Gan Cao</u> 20q- harmonizes			
	e <u>Sheng Jiang</u> 3p- strengthens stomach			

FORMULAS THAT CLEAR HEAT FROM THE QI LEVEL

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
A BAI HU TANG White Tiger Decoction	c <u>Shi Gao</u> 10q-clear heat drain fire, clear heat from lungs and stomach d <u>Zhi Mu</u> 3q-clear heat quell fire, nurture yin and moisten dryness a <u>Zhi Gan Cao</u> 1q-tonify spleen augment Qi, moisten lungs, CHRT, harmonize e <u>Geng Mi</u> 3-5q-protect middle jiao	Blazing heat in the Yang Ming or the Qi level 4 BIGS	High fever, profuse sweating, aversion to heat, red face, severe thirst, irritability(HA TA, bleeding gums, nose) Any case w/ severe heat in yang ming stage w/ injury to fluids and no interior clumping T: red w/ yellow coat P: flooding rapid	Should clear 2-4 doses if ineffective after 6-7 doses re-evaluate Shi Hu often substituted for Shi Gao b/c too cold and harms yang qi
ZHU YE SHI GAO TANG Lophatherus and Gypsum Decoction	c <u>Dan Zhu Ye</u> 3-5q-clear heat eliminate irritability c <u>Shi Gao</u> 10q-clear heat drain fire, clear heat from the lungs and stomach d <u>Ren Shen</u> 2q-tonify the Qi, stops thirst generates fluids d <u>Mai Men Dong</u> 3-6q-clear heart eliminate irritability, augment yin generate fluids a <u>Ban Xia</u> 3q-harmonize stomach stop vomiting, downbear rebellious Qi e <u>Zhi Gan Cao</u> 1-2q-tonify Qi, harmonize middle jiao, moisten lungs e <u>Geng Mi</u> 4-5q-nourish middle jiao	Qi level heat lingering in the lungs and stomach where it injures the Qi and fluids	Lingering fever(from febrile disease) vomiting, irritability, thirst, parched mouth lips and throat, choking cough, stifling sensation in the chest Some patients experience restlessness and insomnia T: dry red, little fur P: deficient, rapid	Febrile disease with injury to Qi and Yin Aftermath of warm febrile disease w/ unabated fever, sweat, thirst, dryness and nausea
ZHI ZI DOU CHI TANG Gardenia and Prepared Soybean Decoction	c <u>Zhi Zi</u> 3q-clear heat eliminate irritability d <u>Dan Dou Chi</u> 3q-release exterior, eliminate irritability	Qi level heatlingering at the superficial yang ming (muscles/chest)	Fever, irritability, insomnia with tossing and turning, stifling sensation in the chest, soft epigastrium (no palpable lumps or distention) T: slightly yellow coat P: sl. rapid or strong floating cun	Irritability due to lingering heat "Formless accumulation"

FORMULAS THAT CLEAR HEAT FROM THE NUTRITIVE LEVEL AND COOL THE BLOOD

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
B QING YING TANG Clear the Nutritive Level Decoction	c <u>Xi Jiao</u> 3q-clear heat cool blood, clears heart calms spirit d <u>Xuan Shen</u> 3q-clear heat cool blood, nourish yin, CHRT d <u>Sheng Di Huang</u> 5q-clear heat cool blood, nourish yin blood generate fluids, cool upward blazing heart fire d <u>Mai Men Dong</u> 3q-clear heart eliminate irritability, nourish yin generate fluids a <u>Jin Yin Hua</u> 3q-CHRT a <u>Lian Qiao</u> 2q-CHRT a <u>Huang Lian</u> 1.5q-drain fire relieve toxicity a <u>Dan Zhu Ye</u> 1q-clear heat eliminate irritability a <u>Dan Shen</u> 2q-clear heat sooth irritability, invigorate the blood	Heat entering the nutritive level	High fever that worsens at night, severe irritability and restlessness. Some patients are thirsty, some delirious, some exhibit faint and indistinct erythema and purpura T: Scarlet dry P: thin rapid	Shui Niu Jiao (10-40q) substituted for Xi Jiao. Vents nutritive level heat through the Qi level.
B XI JIAO DI HUANG TANG Rhinoceros Horn and Rehmannia Decoction	c <u>Xi Jiao</u> 1q-clear heat cool blood relieve fire toxicity, clears heart fire d <u>Sheng Di Huang</u> 8q-clear heat cool blood, nourish yin blood gen fluids stops bleeding, cool upward blazing heart fire a <u>Chi Shao</u> 3q-clear heat cool blood, invigorate blood a <u>Mu Dan Pi</u> 2q- clear heat cool blood, invigorate blood	Heat entering the blood level	Fever, various types of bleeding (vomiting blood, nosebleeds, blood in urine and stool, rashes), black and tarry stools, abdominal distension and fullness, thirst with inability to swallow, delirium All types of bleeding w/ fever and purple tongue T: scarlet w/prickles P: thin rapid	Shui Ni Jiao substituted as above. Widely used in gynecology, pediatrics and ophthalmology for problems due to heat and blood stasis

FORMULAS THAT CLEAR HEAT AND RELIEVE TOXICITY

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
A HUANG LIAN JIE DU TANG Coptis Decoction to Relieve Toxicity	C <u>Huang Lian</u> 3q-clear heat drain fire (middle jiao) clear heart fire D <u>Huang Qin</u> 2q-clear heat drain fire (upper jiao) A <u>Huang Bai</u> 2q-clear heat drain fire (lower jiao) A <u>Zhi Zi</u> 2-4q-clear heat from all 3 jiaos eliminate irritability (thru urine)	Severe obstruction of the three jiaos by fire toxin pervading exterior and interior	High fever, irritability, dry mouth and throat, incoherent speech, insomnia, dark urine. Also epistaxis hematemesis, boils carbuncles, toxic swellings, damp heat jaundice and dysentery T: red, yellow coat P: rapid forceful	All types of fire toxin obstructing the three jiaos (high fever, irritability, dry mouth and throat, red tongue w/ yellow fur, rapid and strong pulse Drains heat via urine
XIE XIN TANG	C <u>Da Huang</u> 2q-drain heat move stool, drain	Damp heat	Fever, irritability, restlessness,	Purgative and

<p>Drain the Epigastrium Decoction</p>	<p>invigorate the blood</p> <p>D <u>Huang Lian</u> 1q-clear heat drain fire (middle jiao), clear heart fire</p> <p>D <u>Huang Qin</u> 1q-clear heat drain fire (upper jiao)</p>	<p>interior clumping</p>	<p>constipation delirious speech. Also focal epigastric distension, jaundice, diarrhea, dysentery, epistaxis, hematemesis, red swollen eyes ears, ulceration tongue mouth, abscesses</p> <p>T: red, greasy yellow coat</p> <p>P: rapid forceful</p>	<p>heat clearing.</p> <p>Drains heat via stool</p>
<p>B</p> <p>PU JI XIAO DU YIN</p> <p>Universal Benefit Decoction to Eliminate Toxin</p>	<p>C <u>Jiu Chao Huang Qin</u> 5q- clear heat drain fire (upper jiao)</p> <p>C <u>Jiu Chao Huang Lian</u> 5q- clear heat drain fire (upper jiao)</p> <p>D <u>Niu Bang Zi</u> 1q-disperse wind heat benefit throat, CHRT</p> <p>D <u>Lian Qiao</u> 1q- expel external wind heat, CHRT</p> <p>D <u>Bo He</u> 1q-disperse wind heat, clear head eyes and throat</p> <p>D <u>Jiang Can</u> .5q-expel wind stop pain (sore throat, HA, red eyes)</p> <p>D <u>Xuan Shen</u> 2q-drain fire relieve toxicity, dissipate nodules</p> <p>D <u>Ma Bo</u> 1q-clear lungs relieve fire toxicity, improve throat, stops oral bleeding</p> <p>D <u>Ban Lan Gen</u> 1q-drain heat, relieve fire toxicity, cool blood, benefit throat</p> <p>D <u>Jie Geng</u> 2q-open up and disseminate lung Qi, discharge pus, benefit throat</p> <p>D <u>Gan Cao</u> 2q-CHRT (+Jie Geng for sore throat)</p> <p>A <u>Chen Pi</u> 2q-regulate the Qi</p> <p>E <u>Chai Hu</u> 2q-raise yang Qi, guide herbs upwards, dispel wind heat</p> <p>E <u>Sheng Ma</u> .5q raise yang Qi, guide herbs upwards dispel wind heat (upper)</p>	<p>Acute, massive febrile disorder of the head. (<i>Da Tou Wen</i>) due to a seasonal epidemic toxin associated with wind heat and damp phlegm</p>	<p>Strong fever and chills, redness swelling burning pain of head and face, dysfunction of the throat, dryness, thirst</p> <p>T: red w/ powdery white or yellow</p> <p>P: floating, rapid, forceful</p>	<p>Head is the meeting place of the yang Qi and is the first place attacked by seasonal toxin.</p>
<p>QING WEN BAI DU YIN</p> <p>Clear Epidemics and Overcome Toxin Decoction</p>	<p><u>Shi Gao</u> 20-40q-clear heat drain fire</p> <p><u>Zhi Mu</u> 2-4q-clear heat drain fire, nourish the yin</p> <p><u>Gan Cao</u> 1-2q –CHRT</p> <p><u>Dan Zhu Ye</u> 1-2q clear heat eliminate irritability</p> <p><u>Xi Jiao</u> 3-4q clear heat cool blood</p> <p><u>Sheng Di Huang</u> 3-5q-clear heat cool blood, nourish yin and blood</p> <p><u>Mu Dan Pi</u> 2-4q-clear heat cool blood, invigorate blood</p> <p><u>Chi Shao</u> 2-4q-CHCB, invigorate blood</p> <p><u>Xuan Shen</u> 2-4q-CHCB, nourish yin</p>	<p>Severe fire in the Qi and blood levels.</p>	<p>Intense fever, strong thirst, dry heaves, severe and stabbing headache, extreme irritability, delirious speech, rash, nosebleed, dark and scorched lips.</p> <p>T: dark red</p> <p>P: rapid submerged and thin (serious) or floating and large (less severe)</p>	<p>Variation of <i>Bai Hu Tang</i> plus <i>Xi Jiao Di Huang Tang</i>, plus <i>Huang Lian Jie Du Tang</i>. Focuses on the functions of <i>Bai Hu Tang</i></p> <p>Authored by Dr. Yu (Ming Dynasty) for severe flu epidemic</p>

	<p><u>Huang Lian</u> 2-4q-clear heat drain fire (middle jiao), clear heart fire</p> <p><u>Huang Qin</u> 1-3q-clear heat drain fire (upper jiao)</p> <p><u>Zhi Zi</u> 2-4q-clear heat eliminate irritability</p> <p><u>Lian Qiao</u> 2-4q-expel wind heat, CHRT</p> <p><u>Jie Geng</u> 1-2q-open up and disseminate lung Qi, benefit the throat</p>			
<p>WU WEI XIAO DU YIN</p> <p>Five Ingredient Decoction to Eliminate Toxin</p>	<p><u>C Jin Yin Hua</u> 3q-clear heat relieve fire toxicity</p> <p><u>Pu Gong Ying</u> 1.2q-clear heat relieve fire toxins, reduce abscess diss nodules</p> <p><u>Zi Hua Di Ding</u> 1.2q-clear heat relieve fire toxicity, clear hot sores</p> <p><u>Ye Ju Hua</u> 1.2q-drain fire relieve toxicity, for furuncles and carbuncles</p> <p><u>Zi Bei Tian Kuei</u> 1.2q-clears heat cools blood, invigorates blood, discharge Toxin</p>	Fire toxin due to ext contracted heat from warm febrile disease accumulating in channels, organs	<p>All types of boils and carbuncles with localized erythema, swelling heat pain, fever and chills</p> <p>T: red w/ yellow coat</p> <p>P: rapid</p>	Foundation for formulas that treat localized superficial purulent infections
<p>B</p> <p>LIU SHEN WAN</p> <p>Six Miracle Pill</p>	<p><u>Niu Huang</u> 1.5q-open orifices transform phlegm, drain heat relieve toxicity</p> <p><u>Zhen Zhu</u> 1.5q-promotes healing generates flesh</p> <p><u>Chan Su</u> 1q- relieve toxicity, reduce swelling, alleviate pain</p> <p><u>Xiong Huang</u> 1q-relieve toxicity</p> <p><u>Bing Pian</u> 1q-opens orifices, clear heat alleviate pain, dissipate nodules</p> <p><u>She Xiang</u> 1.5q-open orifices, invig blood, reduce swelling, alleviate pain</p>	<p>Phlegm and severe fire toxin rising to the throat.</p> <p>"Milk Moth"</p>	Unilateral or bilateral pustular tonsillitis with severe sore throat and difficulty swallowing.	Patients with chronic heat in spleen stomach with throat invaded by wind heat

FORMULAS THAT CLEAR HEAT FROM THE ORGANS

LUNGS

Formula Name	Herbs And Functions	Diagnosis	Indications	Comments
<p>YIN QIAO MA BO SAN</p> <p>Honeysuckle, Forsythia</p> <p>and Puffball Powder</p>	<p>c <u>Jin Yin Hua</u> 5q-expel ext wind heat, CHRT</p> <p>c <u>Lian Qiao</u> 10q- expel ext wind heat, CHRT, diss neck lumps</p> <p>d <u>Niu Bang Zi</u> 6q-disperse wind heat benefit the throat</p> <p>d <u>She Gan</u> 3q-CHRT, benefit throat, strongly expel phlegm</p>	Painful obstruction of the throat <i>hou bi</i> due to damp heat collecting in the lungs	<p>Severe sore throat with great difficulty in swallowing</p> <p>T: red w/thick white or yellow</p> <p>P: rapid, slippery, possibly floating</p>	Internal condition causing throat obstruction

	<p>toxicity improve throat</p> <p>a <u>Lu Gen</u> 6q-clear heat from lungs, generate fluids, promote urine</p>			
<p>A</p> <p>MA XING SHI GAN TANG</p> <p>Ephedra, Apricot Kernel, Gypsum and Licorice Decoction</p>	<p>c <u>Ma Huang</u> 4q-facilitate circulation of lung Qi control wheeze</p> <p>c <u>Shi Gao</u> 16q- clear heat drain fire, clear heat from lungs moderate</p> <p>diaphoretic action of Ma Huang</p> <p>d <u>Xing Ren</u> 50p-stop cough calm wheezing</p> <p>e <u>Zhi Gan Cao</u> 2q-moistens lungs stop cough, harmonize</p>	<p>Heat lodged in the lungs obstructing the flow of Qi caused by w-h or w-c transforming to heat</p>	<p>Fever, with or without sweating, thirst, wheezing, coughing, labored breathing, nasal flaring and pain</p> <p>Also for cough w/ viscous sputum diff to expectorate, labored breathing, red tongue, rapid pulse regardless of tongue fur or presence of sweat and fever</p> <p>T: yellow coat</p> <p>P: slippery rapid</p>	<p>Variation of <i>Ma Huang Tang</i>. Adjust dose of Ma Huang and Shi Gao according to symps.</p> <p>Used for a variety of LU disorders.</p> <p>Can be used for kids w/ poorly controlled urine w/ cough and wheezing</p>
<p>B</p> <p>XIE BAI SAN</p> <p>Drain the White Powder</p>	<p>c <u>Chao Sang Bai Pi</u> 10q-stop cough and wheeze quell lung heat</p> <p>d <u>Di Gu Pi</u> 10q-drain yin deficient fire, clear heat stop cough</p> <p>a <u>Zhi Gan Cao</u> 1q-protect the stomach, mother nourishes son</p> <p>a <u>Geng Mi</u> 5-10q-protect the stomach, mother nourishes son</p>	<p>Smoldering fire due to constrained heat in the lungs</p> <p>Constrained heat causes LU to rebel; injures yin; LU governs skin</p>	<p>Coughing, wheezing, fever with skin that feels hot to the touch all worse in late afternoon, dry mouth, little or difficult to expectorate sputum</p> <p>Also used for inverted menses (nosebleed) during menses and other resp tract infect.</p> <p>T: red, yellow coat</p> <p>P: thin, rapid</p>	<p>Very effective for smoldering heat and lung deficiency (high clear sounding cough and no sputum)</p> <p>Often used in kids who's symptoms alternate b/w repletion & vacuity</p>

SPLEEN AND STOMACH

<p>XIE HUANG SAN</p> <p>Drain the Yellow Powder</p>	<p>c <u>Shi Gao</u> 5q-clear heat drain fire, drain stomach fire</p> <p>c <u>Zhi Zi</u> 1q-clear heat from 3 jiaos thru urine, eliminate irritability</p> <p>d <u>Fang Feng</u> 40q-disperse constrained smoldering spleen fire</p> <p>a <u>Huo Xiang Ye</u> 7q-aromatically revives the spleen, disp fire</p> <p>e <u>Gan Cao</u> 30q-harmonize, CHRT, protect middle</p>	<p>Smoldering fire in the spleen and stomach</p>	<p>Mouth ulcers, bad breath, thirst, frequent hunger, dry mouth and lips, tongue thrusting in children</p> <p>T: red</p> <p>P: rapid</p>	<p>Clear and disperse is emphasized over draining heat since heat is constrained</p>
<p>QING WEI SAN</p> <p>Clear the Stomach Powder</p>	<p>c <u>Huang Lian</u> 1-2q-drain heat from middle jiao</p> <p>d <u>Sheng Ma</u> 1-2q-raises and disperses heat, CHRT</p> <p>a <u>Mu Dan Pi</u> 2-3q-clear heat cool blood, clear deficiency fire</p> <p>a <u>Sheng Di Huang</u> 2-4q-clear heat cool blood, nourish yin</p> <p>a <u>Dang Gui</u> 2-4q- invigorate blood to disperse swelling and pain</p>	<p>Heat accumulation in the stomach</p>	<p>Toothache, facial swelling, fever, bad breath, dry mouth, also bleeding and sores of the gums, swollen painful lips tongue and jaw (relieved by cold worse with heat)</p> <p>T: red, little coat</p> <p>P: slippery, large rapid</p>	<p>Yang brightness goes to face. Over consumption of rich fried or cold foods.</p>

B YU NU JIAN Jade Woman Decoction	c <u>Shi Gao</u> 5-10q-clear heat drain fire, clear stomach fire c <u>Shu Di Huang</u> 3-10q-nourish blood and yin to restrain fire d <u>Zhi Mu</u> 1-2q-clear heat quell fire, nourish yin and fluids d <u>Mai Men Dong</u> 2-3q-augment yin generate fluids,elim irritability e <u>Niu Xi</u> 1-3q-conducts heat downwards	Stomach heat with yin deficiency due to vigorous fire injuring the kidney yin	Toothache, loose tooth, bleeding gums, frontal headache, fever, irritability, thirst with a desire for cold drinks T: red w/yellow coat P: floating, deficient, slippery, large May be used in certain forms of wasting thirst	Nourishes yin and drains the excess fire from the stomach. Directs fire downwards
YANG WEI TANG Nourish ST Decoction	<u>Sha Shen</u> , <u>Mai Men Dong</u> , <u>Yu Zhu</u> , and <u>Tian Hua Fen</u> nourish yin <u>Bai Bian Dou</u> nourish SP <u>Sang Bai Pi</u> clear heat <u>Gan Cao</u> harmonize	Defic heat in ST	Indigestion, burning sensation in ST, worse w/ empty ST, dry throat mouth tongue, thirst, hunger w/o desire, dry stool T: red w/ dry coat P: thready rapid	
B BAI TOU WENG TANG Pulsatilla Decoction	c <u>Bai Tou Weng</u> 2q-CHRT, principal for dysentery d <u>Huang Lian</u> 3q-drain fire relieve tox, clear heat drain damp d <u>Huang Bai</u> 3q-drain damp heat from the lower burner a <u>Qin Pi</u> 3q-drain damp heat, restrain diarrhea	Hot dysenteric disorder due to heat toxin searing the stomach and intestines	Abdominal pain, tenesmus, a burning sensation around the anus, diarrhea with more blood than pus T: red w/yellow coat P: wiry, rapid *Beneficial to eyes	Serious condition with damp heat or toxin penetrating to the blood level heat greater than Qi stagnation

HEART AND SMALL INTESTINE

DAO CHI SAN Guide Out the Red Powder	c <u>Sheng di Huang</u> 5-10q-clear heat cool blood, nourish yin, blood generate fluids, cool upward blazing heart fire. d <u>Mu Tong</u> 1-2q-promote urine drain heart heat via small intestine a <u>Dan Zhu Ye</u> 1-2q-clear heat elim irrit, promote urine clear DH e <u>Gan Cao Shao</u> 1-2q-CHRT, harmonize, treat painful urine	Heat in the heart and small intestine channels	Irritability with a sensation of heat in the chest, thirst with desire to drink cold beverages, red face, sores around mouth. Also dark scanty rough painful urine or blood in urine T: red P: rapid Used for kids w/ heat in HT (irritability and thirst)	Heart heat with urinary problems due to heat transferred from the heart to the small intestine Promotes urination w/out injuring yin
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LIVER AND GALL BLADDER

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
B	Long Dan Cao 1-3q-drain damp heat from LV/GB	Heat	Pain in hypochondria, headache,	Full heat

<p>LONG DAN XIE GAN TANG</p> <p>Gentiana Longdancao Decoction to Drain the Liver</p>	<p>channels, drain excessive LVr fire, drain damp heat in lower jiao</p> <p>d <u>Huang Qin</u> 2-4q-clear heat drain fire, drain damp heat, sedate liver yang</p> <p>d <u>Zhi Zi</u> 2-4q-clear heat eliminate irritability, drain damp heat</p> <p>d <u>Chai Hu</u> 1-3q-resolve shaoyang disorders, spread LV Qi</p> <p>a <u>Mu Tong</u> 1-2q-promote urine drain HT heat via SI</p> <p>a <u>Che Qian Zi</u> 3-5q promote urine clear DH, clears eyes</p> <p>a <u>Ze Xie</u> 2-4q-promote urine leach out damp, DH lower burner</p> <p>a <u>Sheng Di Huang</u> 3-5q-nourish yin gen fluids,CHCB</p> <p>a <u>Dang Gui</u> 2-4q- tonify and invigorate blood</p> <p>e <u>Gan Cao</u> 1-2q-protect middle, harmonize</p>	<p>excess in the liver and/or gall bladder channels</p>	<p>dizziness, red and sore eyes, hearing loss, swelling in the ears, bitter taste in the mouth, irritability, short temper. Also difficult and painful urination with a sensation of heat in the urethra, dark urine, swollen and pruritic external genitalia, foul smelling leukorrhea, shortened menstrual cycle with reddish purple blood</p> <p>T: red, yellow coat (possibly w/red dots along sides)</p> <p>P: wiry, rapid forceful</p>	<p>excess in liver and/or gall bladder channels</p>
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FORMULAS THAT CLEAR HEAT FROM DEFICIENCY

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
<p>QING HAO BIE JIA TANG</p> <p>Artemisia Annua and Soft Shelled Turtle Decoction</p>	<p>c <u>Bie Jia</u> 5q-nourish yin and anchor yang (yin)</p> <p>c <u>Qing Hao</u> 2q-clear deficient fever, vent heat (yang)</p> <p>d <u>Sheng Di Huang</u> 4q-clear heat cool blood, nourish yin gen. Fluids</p> <p>d <u>Zhi Mu</u> 2q-clear heat quell fire, nurture yin generate fluids</p> <p>a <u>Mu Dan Pi</u> 3q-clear heat cool blood, clear deficiency fire</p>	<p>Heat smoldering in the yin regions of the body</p> <p>Yin vacuity w/ lingering heat at latter stage of warm febrile disease</p>	<p>Night fever and morning coolness with absence of sweating as the fever recedes, emaciation with no loss of appetite</p> <p>T: red, little coat</p> <p>P: fine, rapid</p>	<p>Need to simultaneously nourish the yin and vent the heat.</p> <p>Qin Bo Wei used for tidal fevers w/ LV yin defic (aft. Fevers, fatigue, sweat, emaciation, thin weak rapid pulse)</p>
<p>B</p> <p>QING GU SAN</p> <p>Cool the Bones Powder</p>	<p>c <u>Yin Chai Hu</u> 1.5q-clears yin deficiency fire (liv)</p> <p>d <u>Zhi Mu</u> 1q-clear heat quell fire, nurture (kid) yin moisten dryness</p> <p>d <u>Hu Huang Lian</u> 1q-clears heat from deficiency, cools blood</p> <p>d <u>Di Gu Pi</u> 1q-drain fire from yin (liv kid) def, clear lung heat</p> <p>d <u>Qing Hao</u> 1q-clear deficiency fever, brings bone heat to exterior</p> <p>d <u>Qin Jiao</u> 1q-clear heat from deficiency, (liv)clear exterior</p> <p>a <u>Zhi Bie Jia</u> 1q-enrich yin anchor yang direct herbs to yin</p> <p>e <u>Gan Cao</u> .5q-harmonize, protect middle jiao</p>	<p>Steaming bone disorder due to liver and kidney yin deficiency</p>	<p>Afternoon tidal fever or an unremitting chronic low-grade fever, a sensation of heat in the bones but the flesh is not warm to the touch, irritability, insomnia, emaciation, lethargy, red lips, dark red cheeks, night sweats, thirst, dry throat</p> <p>T: red, little coat</p> <p>P: thin, rapid</p>	<p>Yin must be nourished to ensure lasting benefit, but the primary focus is on clearing heat from deficiency</p>

FORMULAS THAT CLEAR DAMP HEAT

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
Shao Yao Tang Peony Decoction	c <u>Bai Shao</u> 5-7q-nourish blood preserve yin adjust ying and blood d <u>Dang Gui</u> 1-3q-tonify & invigorate blood d,a <u>Gan Cao</u> 1.5q-sooths spasms stops pain, harmonize,protect mid d <u>Mu Xiang</u> 1.5q-move Qi alleviate pain d <u>Bing Lang</u> 1.5q-move qi mildly drain down unblock bowels a <u>Huang Lian</u> 2-3q-drain dire, clear heat drain damp a <u>Huang Qin</u> 3-4q-clear heat drain fire, drain damp heat a <u>Da Huang</u> 2-3q-drain heat move stool, drain damp heat a <u>Rou Gui</u> .5-1q-moves the blood, warms cold formula	Damp heat lodged in the intestines causing Qi and blood to stagnate	Abdominal pain, tenesmus, difficulty with defecation, diarrhea with equal pus and blood, burning sensation around the anus, dark scanty urine T: greasy, sl yellow P: rapid	Dysentery caused by damp heat with equal blood and pus. Qi stagnation is greater than heat so we want to move Qi. Vs. <i>Bai tou Weng Tang</i> where excess heat causes more blood than pus so we want to clear heat.

FORMULAS THAT CLEAR SUMMER HEAT

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
LIU YI SAN Six-to-One Powder	c <u>Hua Shi</u> 6parts-drain damp heat thru urine clears summerheat d <u>Gan Cao</u> 1 part-CHRT, harmonize middle	Summerheat with dampness in the interior	Fever, sweating, thirst, irritability, urinary difficulty T: thin yellow greasy P: soggy rapid	Also used for hot or stone strangury Formula promotes urination and generates fluids
YI YUAN SAN Benefit the Basal Powder	Add to Liu Yi San: <u>Zhu Sha</u> 1 part-sedates heart calms spirit, clear heat expel phlegm <u>Hu Po</u> 2 parts-calms the spirit, arrests tremors, promote urine invigorate blood	Summerheat with shen disturbance or stone strangury	Stone strangury or palpitations with anxiety, insomnia, dream disturbed sleep. Also used for childhood convulsions	
JI SU SAN	Add to Liu Yi San:	Summer heat with concurrent external	Aversion to cold and wind, headache with a sensation of	

Peppermint Powder	head eyes throat	condition	distension in the head, cough	
BI YI SAN Jasper Powder	Add to Liu Yi San: <u>Qing Dai</u> 1 part-CHRT, cools blood disperse swellings	Summer Heat with sores	Red eyes, sore throat, mouth and tongue sores	
GUI LING GAN LU YIN Cinnamon and Poria Sweet Dew Decoction	c <u>Hua Shi</u> 20q-drains damp heat thru urine clears summer heat c <u>Gan Cao</u> 20q-CHRT, harmonize middle d <u>Shi Gao</u> 20q-clear heat drain fire d <u>Han Shui Shi</u> 20q-drain fire expel summer heat d <u>Rou Gui</u> 20q-helps transform Qi in lower jiao a <u>Zhu Ling</u> 5q-promote urine leech out dampness a <u>Fu Ling</u> 10q-promote urine leech out damp ,strengthens spleen quiet heart calm spirit a <u>Ze Xie</u> 10q-promote urine leech out damp (esp heat) a <u>Bai Zhu</u> 5q-tonify the spleen dries damp stabilize exterior stop sweat	Summerheat with internal stagnation of water and dampness	Fever, headache, irritability, thirst, urinary difficulty with reduced urine. In severe cases sudden turmoil disorder (simultaneous vomiting and diarrhea)	Based on <i>Liu Yi San</i> plus <i>Wu Ling San</i> . For more severe conditions of Summer heat (deeper level) Restores the ascending and descending fx's of the qi mechanism and transforms BL qi and alleviates sudden turmoil.

QING SHU YI QI TANG Clear Summerheat and Augment the Qi Decoction	c <u>Xi Yang Shen</u> 4.5-6q-augments Qi, generate fluids, nourish yin clears lung heat c <u>Xi Gua Pi</u> 8-10q-clear summerheat generate fluids, promote urine d <u>Lian Geng</u> 4-5q-treats summer heat, promote movement of Qi through the chest d <u>Shi Hu</u> 4-5q-nourish yin clear heat generate fluids, nourish Stomach yin d <u>Mai Men Dong</u> 2-3q-clear heat elim irritability, tonify yin a <u>Dan Zhu Ye</u> 1.5-2q-clear heat elim irritability a <u>Zhi Mu</u> 1.5-2q-clear heat drain fire, nourish yin generate fluids a <u>Huang Lian</u> 1q-clear heart fire, drain damp heat a <u>Gan Cao</u> 1q-protect the middle a <u>Geng Mi</u> 4-5q-protect the middle	Summerheat injuring the Qi and fluids	Fever, profuse sweating. Irritability, thirst, scanty and dark urine, a desire to curl up, shortness of breath, apathy P: deficient, rapid	Focuses on replenishing the fluids Summerheat develops in yang ming stage
XIN JIA XIANG RU	<u>Xiang Ru</u> (summer Ma Huang) fever and chills	Summer heat damp		If heat is more add Huang Lian

YIN	than Bian Dou <u>Hou Po</u> damp <u>Jin Yin Hua</u> and <u>Lian Qiao</u> clear heat			If damp is more add Cang Zhu and Chen Pi or Huo Xiang Zheng Qi San
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FORMULAS THAT PURGE HEAT ACCUMULATION

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
A DA CHENG QI TANG Major Order of the Qi Decoction	c <u>Da Huang</u> 4q- Drain heat move the stool drain heat from blood -- (hardness -- shi) d <u>Mang Xiao</u> 3-4q- purge accumulation guide out stagnation -- (dryness -- zao) a <u>Zhi Shi</u> 4-5q- break stagnant Qi reduce accumulation direct Qi -- (focal distention -- pi) downward move stool a <u>Hou Po</u> 8q- promote the movement of Qi resolve stagnation -- (fullness -- man)	Yang brightness organ stage disorder with heat accumulating in the interior and taking form	Severe constipation, flatulence, focal distension, abdominal fullness, abdominal pain worse with pressure, tense and firm abdomen. In severe cases tidal fever, delirious speech profuse palm, sole sweat T: dry, yellow or dry black coat w/prickles P: submerged, excessive Also used for early stage heat reversal (fever, cold extremities, thirsty, sweat from forehead, constip, dark scanty urine, disorientation, delirious speech, hot sensation in sternum and epigastrium, excessive pulse) Also for shao yin disorders; internal blood stasis w/ spasms, as well as some types of diarrhea. Also for closed-type wind stroke.	Heat excess accumulating in the stomach and intestines injures fluids form clumps obstruct Q. very strong; may cause diarrhea and vomiting. All indications share : heat excess accumulation in the ST and intestines where it injures the fluids and forms clumps that obstruct the downward flow of qi Bai Hu Tang is for yang ming channel stage disorder
XIAO CHENG QI TANG Minor order the qi decoction	<u>Da Huang</u> <u>Hou Po</u> <u>Zhi Shi</u>	Not as strong as Da Cheng Qi Tang. Treats focal distention, fullness and hardness w/out dryness		
TIAO WEI CHENG QI TANG	<u>Da Huang</u> <u>Gan Cao</u> <u>Mang Xiao</u>	Mildest purgative action and treats cases w/out focal distention or fullness		
DA HUANG MU DAN TANG Rhubarb and Moutan Decoction	c <u>Da Huang</u> 4q-drain heat move stool drain heat from blood d <u>Mang Xiao</u> 3-4q- purge accumulation guide out stagnation d <u>Mu Dan Pi</u> 1q-clear heat cool blood, invigorate blood dispel stasis a <u>Tao Ren</u> 3-5q-break up blood stasis moisten intestines a <u>Dong Gua Ren</u> 5-10q-clear heat	Early stage intestinal abscess an excess condition with interior clumping of heat and blood	Lower abdominal distension and pain ® worse with pressure, rebound tenderness, guarding. Also groin pain ® relieved by flexing hip and knee intensified by extending the hip, mass in lower ® quadrant, irregular intermittent fever followed by chills and fever T: thin greasy yellow coat P: slippery rapid Also for other conditions w/ heat and	Early stage abscess before pus is formed with severe pain localized hardness and heat. When pus forms heat and pain reduce

	expel pus reduce abscess especially in the intestines		disorders, red and white leukorrhea)	
DA XIAN XIONG TANG Major Sinking Into the Chest Decoction	C <u>Gan Sui</u> .1-.2q-expel water from chest & abd by flushing down d <u>Da Huang</u> 6q-drain heat move stool drain heat from blood d <u>Mang Xiao</u> 3-4q-purge accumulation guide out stagnation	Clumping in the chest <i>jie xiong zheng</i> .	Fullness and hardness of the epigastrium or entire abdomen, severe pain unbearable to slightest touch, tidal fever at dusk, severe constipation, thirst, SOB, irritability T: very dry coat P: submerged tight forceful	Heat and internal accumulation of water and fluids clump in the chest interrupting flow of Qi to trunk Stronger purgative than Da Cheng Qi Tang & drives out fluids instead of clumps of qi

FORMULAS THAT MOISTEN THE INTESTINES AND UNBLOCK THE BOWELS

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
B RUN CHANG WAN Moisten the Intestines Pill from Master Shens Book	<u>Hou Ma Ren</u> 5q-nourish & moisten intestines nourish yin <u>Tao Ren</u> 3q-moisten intestines break blood stasis <u>Dang Gui</u> 3q-nourish blood moisten intestines <u>Sheng Di Huang</u> 10q- nourish yin & blood generate fluids <u>Zhi Ke</u> 3q-direct downwards move stool break stagnant Qi	Constipation due to desiccated intestines. <i>Chang Ku</i>	Constipation, lusterless skin and nails, dry mouth with an unquenchable thirst. T: dry P: thin	Mild may required extended use for maximum effect. For constip assoc w/ debility
JI CHUAN JIAN Benefit the River (Flow) Decoction	c <u>Rou Cong Rong</u> 2-3q-tonify kidney strengthen yang moistens intestines and moves stool d <u>Dang Gui</u> 3-5q-nourish and harmonize blood moisten intestines d <u>Niu Xi</u> 2q- strengthens liver kidneys directs herbs to lower jiao a <u>Ze Xie</u> 1.5q-promote urine leach out damp guides herbs down prevents moist chief from causing stagnation e <u>Zhi Ke</u> 1q-direct Qi downwards move stool break stagnant Qi e <u>Sheng Ma</u> ,5-1q-raise the clear yang	Constipation due to Kidney Yang and Qi deficiency (common in elderly or debilitated) or KI vacuity w/ blood and fluid vacuity (common after childbirth).	Constipation, clear and copious urine, lower back pain, a cold sensation in the back.	Warms the kidneys and moistens the intestines to facilitate the passage of the stool

MA ZI REN WAN	<u>Da Huang</u> <u>Huo Ma Ren</u> moistens <u>Xing Ren</u> open LU qi and moisten <u>Bai Shao</u> moisten, tonify yin <u>Zhi Shi</u> <u>Hou Po</u> <u>Bai Mi</u> (honey) moisten	Constipation from heat	Flushed face, scanty red urine, fever, distention, pain in abd	Xiao Cheng Qi Tang inside
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LIU MO YIN	<u>Wu Yao</u> and <u>Mu Xiang</u> for qi stag <u>Chen Xiang</u> heavy, sinks <u>Da Huang</u> <u>Zhi Shi</u> , and <u>Bing Lang</u> to move qi and promote bowel movement	Constipation from qi stagnation	Fullness, stuffiness in chest, distention and pain in abd, belching, easily angered T: normal w/ thin coat P: wiry	
XIN JIA HUANG LONG TANG	<u>Da Huang</u> <u>Gan Cao</u> (Tiao Wei Cheng Qi Tang) <u>Xuan Shen</u> <u>Mai Men Dong</u> , and <u>Sheng Di Huang</u> (Zeng Ye Tang) <u>Dang Gui</u> moistens, moves stool, augments blood	Constipation from blood defic		

FORMULAS THAT WARM THE YANG AND GUIDE OUT ACCUMULATION

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
SAN WU BEI JI WAN Three Substance Pill for Emergencies	c <u>Ba Dou</u> - warmly unblock vigorously purge d <u>Gan Jiang</u> -warm middle expel cold rescue devastated yang a <u>Da Huang</u> -purge accumulation moderates hot herbs	Sudden onset of severe cold accumulation	Sudden epigastric, abdominal pain distension, "awl piercing the abdomen" (pathognomonic for acute pancreatitis), rough uneven breathing, cyanotic complexion, no BMs. Severe: loss of consciousness tightly closed mouth T: bluish purple w/ white fur P: submerged tight	Grind ingredients, take 0.2-0.5 qian doses with rice water. Extremely harsh formula and will often induce vomiting w/ diarrhea. Use only in true emergencies. If diarrhea becomes severe it can be stopped w/ cool rice porridge.

FORMULAS TO DRIVE OUT EXCESS WATER

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
SHI ZAO TANG Ten Jujube Decoction	<u>Gan Sui</u> - expel water by flushing it down <u>Jing Da Ji</u> - drain water down drive out congested fluids <u>Yuan Hua</u> -drains water down drive out congested fluids <u>Da Zao</u> 10p-augments Qi protects the middle	Suspended Rheum <i>Xuan yin</i> , clogging up the chest & hypochondria	Cough with pain in the chest and hypochondria, hard focal distension in the epigastrium, dry heaves, SOB, headache, vertigo. Also :chest pain extending to the back making breathing difficult T: white slippery ful P: submerged wiry Also for edema from obstruction	Grind ingredients and take 0.17-0.33 qian doses with warm Da Zao decoction. 5-6 BMs per dose If this pattern appears w/ an ext condition, the ext should be resolved first

			(generalized edema worse in lower body, abd distention, wheezing, fullness in chest and diffc urination and defecation)	
ZHOU CHE WAN Vessel and Vehicle pill	<p>c <u>Gan Sui</u> 10q- expel water by flushing it down</p> <p>c <u>Jing Da Ji</u> 10q-drain water down drive out congested fluids</p> <p>c <u>Yuan Hua</u> 10q-drain water down drive out congested fluids</p> <p>d <u>Qian Niu Zi</u> 40q-expel water unblock bowels remove accumulation, expel intestinal parasites</p> <p>d <u>Da Huang</u> 20q-drain heat move stool, drain damp heat</p> <p>a <u>Qing Pi</u> 5q-spread liver Qi break up stagnant Qi</p> <p>a <u>Chen Pi</u> 5q-promote movement of lung and spleen Qi</p> <p>a <u>Bing Lang</u> 5q-promote movement of Qi reduce accumulation (food and qi) drains down, kills parasites</p> <p>a <u>Mu Xiang</u> 5q-promote movement of Qi alleviate pain</p> <p>a <u>Qing Fen</u> 1q-expels water unblocks bowels and bladder kills parasites</p>	Water and heat accumulation in the interior obstructing the Qi mechanism	<p>Ascites and distension in a robust patient accompanied by thirst, labored breathing, a hard abdomen, constipation and scanty urine</p> <p>P: submerged, rapid, forceful</p>	<p>Grind ingredients and take 1-2 qian doses on an empty stomach early in the am with warm water. May repeat 1-2 days later if condition improves and patient remains strong.</p> <p>After acute condition has resolved, formulas which regulate and tonify the SP and KI should be prescribed to promote full recovery</p>

FORMULAS THAT HARMONIZE LESSER YANG STAGE DISORDERS

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
A XIAO CHAI HU TANG Minor Bupleurum Decoction	<p>C <u>Chai Hu</u> 24g most imp herb for venting lesser yang stage disorders. W/ Huang Qin it vents the pathogenic influence and releases lesser yang stage disorders. It also spreads LV qi w/ an ascending, cooling action.</p> <p>D <u>Huang Qin</u> 9g drains heat from the LV and GB. W/ Chai Hu drains heat w/o causing it to sink deeper into body</p> <p>A <u>Ban Xia</u> 24g warms and transforms phlegm and turbidity in the M.J. With</p> <p>A <u>Sheng Jiang</u> 9g harmonizes the M.J., directs rebellious qi down, and stops nausea and vomiting</p> <p>A <u>Ren Shen</u> 9g and</p> <p>A <u>Zhi Gan Cao</u> 9g and</p> <p>A <u>Da Zao</u> 12pcs support normal qi and thereby prevent the pathogen from penetrating into interior. Da Zao and Zhi Gan Cao also moderate the</p>	<p>Lesser yang stage of the six stages of disease, or the half ext, half int aspect of the 8 parameters of disease</p> <p>Struggle b/w pathogen and normal qi</p> <p>Half exterior (alt fever and chills, fullness in chest and hypochondria due to heat in lesser yang</p> <p>Half interior (heat rising up w/ bitter taste, dry throat, dizziness)</p> <p>Third group of sx are assoc w/ GB. GB attacks ST (heartburn, nausea, vomiting....</p> <p>Wiry pulse reflects LV/GB</p>	<p>Alternating fever and chills, dry throat, bitter or sour taste in mouth, dizziness, irritability, sensation of fullness in chest and hypochondria (often experienced as difficulty in taking deep breaths), heartburn, nausea and vomiting, reduced appetite</p> <p>T: thin white coat</p> <p>P: wiry</p>	<p>Harmonizes and releases lesser yang stage disorders.</p> <p>Chai Hu ascends</p> <p>Ban Xia descends.</p> <p>Together they harmonize qi inside, esp LV/SP</p> <p>Focus is on tonifying defic</p> <p>Sweating, purging or inducing vomit are inappropriate here</p> <p>This formula also good for heat entering the chamber of the blood (alt fever and chills, dry throat, discomfort in the hypochondria in women – commonly due to colds contracted after childbirth)</p> <p>Ye Tian Shi believed that Chai Hu was a dangerous herb capable of "plundering the yin" if too high a dose is used</p>

	Sheng Jiang, Da Zao and Sheng Jiang mildly regulate the ying and wei and assists Chai Hu in releasing half exterior aspects of this condition			
CHAI HU GUI ZHI TANG Bupleurum and Cinnamon Twig Decoction	Chai Hu 12g Gui Zhi 4.5g <u>Huang Qin 4.5g</u> <u>Ren Shen 4.5g</u> <u>Gan Cao 3g</u> <u>Ban Xia 6-9g</u> <u>Bai Shao 4.5g</u> <u>Sheng Jiang 4.5</u> <u>Da Zao 6pcs</u>	Lesser yang stage disorders where the ext has not been completely released and joint pain w/ crackling (due to wind in joints). Also for epigastric pain from LV/SP disharmony	Pathogen in shao yang, but also exterior sx.	Releases muscle layer and exterior and harmonizes and releases lesser yang stage disorders Xiao Chai Hu Tang + Gui Zhi Tang (ie, add Bai Shao + Gui Zhi to above)
B DA CHAI HU TANG Major Bupleurum Decoction	C Chai Hu 24g vents lesser yang D <u>Huang Qin</u> 9g clear heat from LV and GB D <u>Zhi Shi</u> 6-9g strong qi regulator, breaks up stag and reduces focal distention and fullness in the chest and abd. Synergistic w/ Chai Hu D <u>Da Huang</u> 6g drains heat excess from the GB and ST thru the intestines, transforms blood stasis, and facilitates the flow of bile. W/ Zhi Shi drains clumping of interior heat A <u>Bai Shao</u> 9g nourishes blood, softens LV and treats abd pain and distention. W/ Da Huang & Zhi Shi, treats abd pain from excess A <u>Ban Xia</u> 24g harmonizes M.J., and directs rebellious ST qi down. W/ Sheng Jiang stops vomiting E <u>Sheng Jiang</u> 15g stops vomit E <u>Da Zao</u> 12pcs strengthens ability of Bai Shao to soften LV and reduce abd spasms. Also protects yin from injury by pathogenic heat and the harsh draining properties of Da Huang and Zhi Shi. Sheng Jiang and Da Zao mildly reg ying and wei and assist in release of pathogen.	Concurrent lesser yang and yang ming stage disorder In terms of organ pattern differentiation, it is viewed as excess heat in GB and ST, one of key sx is continuous vomiting which suggests that it is not an intrinsic problem of the ST, but rather only occurs when GB attacks it	Alternating fever and chills, fullness in the chest and hypochondria (w/ or w/o pain), a bitter taste in mouth, nausea, continuous vomiting, hard focal distention or fullness and pain in epigastrium, burning diarrhea or no bowel movements, despondency, slight irritability T: yellow coat P: wiry forceful No Ren Shen or Zhi Gan Cao	Harmonizes and releases lesser yang, and drains internal clumping due to heat. Pathogen in shao yang, but also in yang ming. Focus is on draining excess b/c in acute stage and treat manifestation Variation of Xiao Chai Hu Tang and Da Cheng Qi Tang. B/c the abd pain is more severe than the distention, Hou Po and Mang Xiao are omitted and Bai Shao is used. Can use to treat diarrhea or constip. Also for LV/GB fire causing HA, tinnitus, diminished hearing and vision, red eyes, manic behavior, or palp w/ anxiety if the presentation also includes epi fullness and pain, bitter taste, red tongue w/ yellow coat and fast wiry pulse.

CHAI HU JIA LONG GU MU LI TANG Bupleurum plus Dragon Bone and Oyster Shell Decoction	C <u>Chai Hu</u> 12g and C <u>Huang Qin</u> 4.5g resolve lesser yang disorders, and the collecting or bottling up of the pathogenic influence C <u>Gui Zhi</u> 4.5g greater yang herb which is used here to resolve problems in superficial levels, and to	Problems in all 3 yang stages of disease OR Phlegm in LV/GB Results from improper use of purgatives which are used before the disease enters the yang ming stage. The EPI	Fullness in the chest, irritability w/ occasional attacks of palpitations, urinary difficulty, constip, delirious speech, inability to rotate the trunk, a sensation of extreme heaviness throughout the body T: red w/ slippery coat	Unblocks the 3 yang stages and sedates and calms the spirit Expanded use: cardinal symptoms are fullness in the chest accom by irritability and palp Potential etiology is that it began as a lesser yang stage condition
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	<p>relieve sensation of heaviness in body</p> <p>C <u>Da Huang</u> [add just before end] 6g addresses delirious speech and yang brightness stage symptoms</p> <p>A <u>Long Gu</u> 4.5g and</p> <p>A <u>Mu Li</u> 4.5g and</p> <p>A <u>Qian Dan</u> 4.5g minerals to weigh down & calm floating spirit</p> <p>A <u>Ren Shen</u> 4.5g and</p> <p>A <u>Fu Ling</u> 4.5g strengthen SP qi and ensure that it is not further injured by the treatment. Together they have a mild calming effect. Also increases/promotes urination</p> <p>A <u>Ban Xia</u> 6-9g causes qi to descend and works w/ Fu Ling to transform disturbances of fluids and to open diaphragm. It also assists Chai Hu and Huang Qin in resolving lesser yang aspects</p> <p>E <u>Sheng Jiang</u> 4.5g and</p> <p>E <u>Da Zao</u> 6pcs reg relationship b/w ying and wei. This helps focus actions of other ingredients on these critical aspects of the body</p> <p>*Dai Zhe Shi or Sheng Tie Luo is often substituted for the toxic Qian Dan</p>	<p>weakness caused by the purgatives and invades the interior</p> <p>Heat trapped in interior and exterior</p> <p>Affects HT, spirit</p> <p>Fullness from heat in chest; this injures HT yin and spirit – irrit/palp</p> <p>Int defic from purg leads for fluid dysfx – this + dysfx of shao yang causes urinary diffc and constip</p> <p>Heat in yang ming causes delirious speech</p> <p>Constraint and collapse in shao yang leads to diffc rotating trunk and wiry pulse</p>	<p>T: rapid wiry</p> <p>For "<i>dream sexual disorders</i>"</p> <p>Used for viral conditions</p>	<p>and that lesser yang (LV/GB) dysfx is at the core.</p> <p>Variation of <u>Xiao Chai Hu Tang</u></p> <p>When severe condition has resolved, use <u>Gan Mai Da Zao Tang</u> to continue tx.</p> <p>Zhao Xi-Wu recommends this formula for attacks of irreg HT beat that occur at rest, reserving <u>Zhi Gan Cao Tang</u> for those that occur while active</p> <p>From Shang Han Lun</p>
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FORMULAS THAT REGULATE AND HARMONIZE THE LIVER AND SPLEEN

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
B SI NI SAN Frigid Extremities Powder	<p>C <u>Chai Hu</u> 9-12g regulates qi by venting heat and releasing constraint</p> <p>D <u>Zhi Shi</u> 9-12g drains stag from M.J. and thereby aids transporting and transforming fx's of SP. Descending action, while Chai Hu ascends resulting in stronger qi regulating fx and in the smooth dispersion of heat due to constraint</p> <p>A <u>Bai Shao</u> 12-24g nourishes LV and preserves yin/blood; astringes, in contrast to Chai Hu which disperses, and together they are effective in disseminating LV qi w/o injuring LV yin/blood</p> <p>E <u>Zhi Gan Cao</u> 6-9g harmonizes, strengthens SP; w/ Bai Shao moderates the acute or colicky pain</p>	<p>Yang or hot type collapse (yang jue), most commonly due to heat entering the interior where it constrains yang qi.</p> <p>Inhibits spreading of yang qi to extremities</p>	<p>Cold fingers and toes (although the body is warm), sometimes accompanied by a sensation of irritability and fullness in the chest and epigastrium</p> <p>May also be abd pain and or severe diarrhea (LV invading SP)</p> <p>T: red w/ yellow coat</p> <p>P: wiry</p>	<p>Vents pathogenic influences, releases constraint, spreads LV qi, and regulates the SP</p> <p>W/ yin type collapse, the entire area distal to the elbow and knee, or even the entire limb may be cold.</p> <p>Focus is on LV qi stag</p>
CHAI HU SHU	<p>Chen Pi 6g</p> <p><u>Chai Hu 6g</u></p>	Constraint and clumping of the LV qi and blood	Hypochondriac pain and alternating fever and chills. Also for PMS or dysmenorrhea.	Spreads the LV qi, harmonizes the blood, and alleviates pain

GAN SAN Bupleurum Powder to Spread the LV	<u>Chuan Xiong 4.5g</u> <u>Zhi Ke 4.5g</u> <u>Bai Shao 4.5g</u> <u>Zhi Gan Cao 1.5g</u> <u>Xiang Fu 4.5g</u>		attacking SP/ST (epi pain spreading to hypo, n/v, belching) P: wiry	Harmonizes SP and ST Qi stag affecting blood
B XIAO YAO SAN Rambling Powder	C Chai Hu 30g (9g) soothes LV D <u>Dang Gui</u> 30g (9g) and D <u>Bai Shao</u> 30g (9g) nourish blood and soften edginess from LV constraint. Dang Gui affects the qi of the blood (imp in treatment of LV constraint and blood defic) A <u>Bai Zhu</u> 30g (9g) and A <u>Fu Ling</u> 30g (9g) strengthen SP transforming and transporting fx's A <u>Zhi Gan Cao</u> 15g (6g) tonifies SP, and w/ Bai Shao moderates spasmodic abd pain E <u>Wei Jiang</u> (roasted) 6g harmonize ST & prevents rebellious qi E <u>Bo He</u> 3g enhances Chai Hu's ability to relieve LV constraint, and disperse heat from constraint	LV constraint with blood deficiency Constrained LV can overcontrol SP causing SP defic. SP defic results in blood defic; blood defic can lead to LV constraint LV, a yin organ which stores blood, depends on yang to carry out its spreading fx. If supply of LV blood is insuffic, a surplus of qi may ensue (ie constrained LV qi)	Hypochondriac pain, HA, vertigo, bitter taste, dry mouth and throat, fatigue, reduced appetite. May also be alternating fever and chills, and irreg menstruation or distended breasts T: pale red P: wiry deficient Recommended for virgin girls w/ weak blood and yin defic, disharmony of ying and wei w/ phlegm cough, tidal fever and wasting of limbs turning to steaming bone disorder	Spreads the LV qi, strengthens the SP, and nourishes blood Variation of Si Ni San. Focuses on both LV and SP while Si Ni San focuses more on LV stag Wide application: blood defic w/ fatigue, heat in five centers, painful extremities and trunk, dizziness and heaviness in head, palp, red cheeks, dry mouth and throat, fever, night sweats, reduced app, increased desire to sleep.... Dang-Gui-ShaoChai Bo Ling Zhu Wei Jiang Cao
JIA WEI XIAO YAO SAN Augmented Rambling Powder	Dang Gui 3g Bai Shao 3g <u>Fu Ling 3g</u> <u>Chao Bai Zhu 3g</u> <u>Chai Hu 3g</u> <u>Mu Dan Pi 1.5g</u> <u>Zhi Zi 1.5g</u> <u>Zhi Gan Cao 1.5g</u> <u>Che Qian Zi</u> <u>Sheng Jiang</u> <u>Bo He</u>	LV constraint w/ blood defic that transforms to heat	Irritability, short temper w/ possible tidal fever and sweating, red eyes, dry mouth, palpitations, lower abd pressure, diffc painful urination, and increased menstrual flow or uterine bleeding	Spreads LV qi, strengthens SP, nourishes blood and clears heat Mu Dan Pi: blood heat Zhi Zi: qi level heat Che Qian Zi: drain via urine

TONG XIE YAO FANG Important Formula for Painful Diarrhea	C Chao Bai Zhu 90g (9-12g) strengthens SP and dries damp; strenthens SP earth to protect from overcontrolling LV wood. C <u>Chao Bai Shao</u> 60g (6-24g) softens overactive LV and alleviates abd pain; also astringes diarrhea. control wood and nurture earth	Painful diarrhea due to SP defic w/ an overcontrolling LV Diarrhea indicates SP defic Pain caused by transverse rebellion of LV qi	Recurrent problems of borborygmus, abd pain (which starts w/ the urge to defecate and subsides after completion) T: thin white coat P: wiry moderate or wiry thin	Spreads LV qi and tonifies SP Qin Bo-Wei believed that defic SP is root, allowing LV to overcontrol. The diarrhea is: meager in volume, pt feels more comfortable after each bowel movement: the problem is
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	<p>D <u>Chao Chen Pi</u> 45g (4.5-9g) aromatic, harmonizes M.J. qi and transforms damp; helps Bai Zhu</p> <p>A,E <u>Fang Feng</u> 30-60g (3-6g) enters LV and SP channels and focuses herbs here; helps relieve overcontrol of SP by LV. Diarrhea is intermittent like wind and invades SP (FF treats this type of wind and diarrhea)</p>	Wiry pulse that is either thin or moderate reflects LV constraint and SP defic. Tongue rules out damp excess as cause		<p>recurrent.</p> <p>Qin Bo-Wei stated that the pulse is usually transposed (ie, the SP pulse is stronger than the LV pulse)</p> <p>Often occurs during stress</p>
ZUO JIN WAN	<p>Huang Lian 6</p> <p><u>Wu Zhu Yu</u> 1</p>	LV heat attacking ST	<p>Acid reflux, belching, fullness in chest and hypo, bitter taste, dizziness w/ distending sensation</p> <p>T: red w/ yellow coat</p> <p>P: wiry rapid</p>	Acid reflux
SU YE HUANG LIAN TANG	<p>Zi Su Ye</p> <p>Huang Lian</p> <p><u>Ban Xia</u></p> <p><u>Chen Pi</u></p> <p><u>Zhu Ru</u></p>	LV/ST disharmony	Morning sickness	

FORMULAS THAT HARMONIZE THE STOMACH AND INTESTINES

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
<p>BAN XIA XIE XIN TANG</p> <p>Pinellia Decoction to Drain the Epigastrium</p>	<p>C <u>Ban Xia</u> 9g bitter, acrid, enters ST and disperses clumps, stops vomiting, elim focal distention</p> <p>D <u>Gan Jiang</u> 9g acrid, warm, expels cold</p> <p>D <u>Huang Qin</u> 9g and</p> <p>D <u>Huang Lian</u> 3g bitter, cold, drains heat</p> <p>A <u>Ren Shen</u> 9g and</p> <p>A <u>Da Zao</u> 12pcs benefit M.J. qi and prevent dispersing actions of chief and deputies from injuring normal qi; work w/ chief to stop vomiting</p> <p>E <u>Zhi Gan Cao</u> 9g helps assistants tonify M.J. qi, and harmonizes. B/c of chief and deputies, assistants and envoys can tonify w/o causing stag in M.J. or aggrav focal distention</p>	<p>Heat and cold complex in the M.J.</p> <p>Most commonly from improper purging of an ext or ½ ext, ½ int condition in a pt w/ ST defic. Purging aggrav the ST and causes pathogen to sink into interior where it clumps in epi.</p> <p>The cold-heat complex is simultaneously excess and defic brought on by clumping which generates heat, which injures ST qi and causes cold. Disharmony b/w ST and intestines</p>	<p>Epigastric focal distention, fullness and tightness w/ very slight or no pain, dry heaves or frank vomiting, borborygmus w/ diarrhea, reduced appetite</p> <p>T: thin yellow greasy coat</p> <p>P: wiry rapid</p>	<p>Harmonizes ST, directs rebellious qi down, disperses clumping, and eliminates focal distention</p> <p>Variation of Xiao Chai Hu Tang (Huang Lian instead of Chai Hu; Gan Jiang instead of Sheng Jiang)</p> <p>Epigastrium is soft to touch. Xiao & Da Xian Xiong Tang: painful to touch</p>

FORMULAS THAT GENTLY DISPERSE AND MOISTEN DRYNESS

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
<p>XING SU SAN</p> <p>Apricot Kernel and Perilla Leaf Powder</p>	<p>C <u>Xing Ren</u> 6g bitter, dissem LU qi and stops cough (moistening)</p> <p>C <u>Zi Su Ye</u> 6g acrid, releases ext cold by promoting moderate sweating</p> <p>D <u>Qian Hu</u> 6g assists chiefs by directing qi down and releasing ext</p> <p>D <u>Jie Geng</u> 6g causes LU qi to descend and stops cough (qi rises)</p> <p>D <u>Zhi Ke</u> 6g moves qi, expands chest, stops cough by reg qi (qi descends)</p> <p>A <u>Chen Pi</u> 6g and</p> <p>A <u>Fu Ling</u> 6g and</p> <p>A <u>Ban Xia</u> 6g reg qi of M.J. and expel phlegm. To treat phlegm, reg qi – strengthen earth to tonify metal</p> <p>E <u>Sheng Jiang</u> 6g and</p> <p>E <u>Da Zao</u> 2pcs and</p> <p>E <u>Gan Cao</u> 3g harmonize formula, reg ying and wei. Contribute to release of ext and reg of M.J. qi</p>	<p>Externally contracted cool-dryness interfering w/ the LU's disseminating and descending fx's</p>	<p>Slight HA, chills w/o sweating, cough w/ watery sputum, stuffy nose, dry throat</p> <p>T: dry white coat</p> <p>P: wiry</p>	<p>Gently disperse cool-dryness, disseminates LU qi, and transforms congested fluids</p> <p>"for a dry pathogen treat internally with bitter and warm herbs, and use sweet and acrid herbs adjunctively" <i>Basic Questions, ch.74</i></p> <p>peculiarity of this condition is that although it affects wei qi level of LU, the fluids are already injured.</p> <p>Shen Su Yin is a variation for wind cold w/ qi defic</p> <p>Er Chen Tang inside</p>
<p>QING ZAO JIU FEI TANG</p> <p>Eliminate Dryness and Rescue the Lungs Decoction</p>	<p>C <u>Sang Ye</u> 9g clears and disperses dryness from LU</p> <p>C <u>Shi Gao</u> 7.5g clears heat from LU and ST and relieves thirst. Small dose prevents inhibition of Sang Ye's spreading action. Synergistic w/ Sang Ye for warm dryness of LU</p> <p>D <u>Mai Men Dong</u> 3.6g and</p> <p>D <u>E Jiao</u> 2.4g and</p> <p>D <u>Hei Zhi Ma</u> 3g moisten LU and nourish LU yin. Help counterbalance the heat clearing and LU qi disseminating actions of other ingredients w/ moistening action</p> <p>A <u>Xing Ren</u> 2.1g and</p> <p>A <u>Mi Zhi Pi Pa Ye</u> (honey fried) 3g cause LU qi to descend and moisten LU</p> <p>A <u>Ren Shen</u> 2.1g and</p> <p>A,E <u>Gan Cao</u> 3g augment qi, harmonize M.J., supplementing mother (SP) to benefit child (LU)</p> <p>Sha Shen or Hai Er Shen are substituted for Ren Shen b/c less expensive and directly nourish LU yin</p>	<p>Warm dryness attacking the LU and causing the LU qi to rebel</p> <p>Injury to LU by warm dryness causes mild qi and yin defic</p>	<p>HA, fever, hacking cough, dry parched throat, dry nasal passages, sensation of fullness in chest, hypochondriac pain, irritability, thirst</p> <p>T: dry, w/o coat</p> <p>P: defic, big, rapid</p>	<p>Clears dryness and moistens the LU</p> <p>Acrid aromatic herbs are inappropriate b/c they damage LU qi</p> <p>Bitter cold herbs are inappropriate b/c they can deplete yin and fluids</p> <p>Usually prescribed for seasonal disorders, indoor dryness (exposure to dry environmental conditions)</p> <p>It is stronger than Sang Xing Tang and is intended for less superficial conditions w/ stronger dry pathogen</p>

FORMULAS THAT ENRICH THE YIN AND MOISTEN DRYNESS

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
<p>B</p> <p>BAI HE GU JIN TANG</p> <p>Lily Bulb Decoction to Preserve the Metal</p>	<p>C <u>Bai He</u> 3g moistens and nourishes dryness of LU, and clears heat</p> <p>C <u>Sheng Di Huang</u> 6g strongly enriches yin and tonifies KI; also cools blood and stops bleeding</p> <p>C <u>Shu Di Huang</u> 9g tonifies LV and KI yin; w/ Sheng Di, treats fire from defic</p> <p>D <u>Mai Men Dong</u> 4.5g tonifies yin, esp U.J.; potentiates Bai He's actions on LU and yin tonifying actions of others</p> <p>D <u>Xuan Shen</u> 2.4g helps KI water ascend to LU; clears fire from defic and treats steaming bone</p> <p>A <u>Chuan Bei Mu</u> 3g moistens LU, transforms phlegm, and stops cough</p> <p>A <u>Jie Geng</u> 2.4g helps move LU qi and stops cough, w/ Chuan Bei Mu</p> <p>A <u>Dang Gui</u> 3g and</p> <p>A <u>Bai Shao</u> 3g nourish blood to support yin</p> <p>Dang Gui also stops cough. Together, by calming the LV, they protect the LU</p> <p>E <u>Gan Cao</u> 3g harmonizes; w/ Jie Geng for throat</p>	<p>Internal dryness of the LU due to LU and KI yin defic</p> <p>Can be caused by chronic disorder of LU which injures yin and fluids or any disorder which injures KI yin</p> <p>Defic heat steams the delicate organ..</p>	<p>Coughing w/ blood streaked sputum, wheezing, dry sore throat, hot palms and soles, night sweats</p> <p>T: red w/ little coat</p> <p>P: thin rapid</p> <p>T.B., chronic bronchitis</p>	<p>Nourishes the yin, moistens the LU, transforms phlegm and stops coughing</p> <p>Similar to Bu Fei E Jiao Tang which focuses on clearing heat and stopping bleeding. Bai He Gu Jin Tang is stronger yin nourishing</p> <p>Bei Mu Gua Lou San treats LU dryness w/ phlegm and is used when phlegm is severe, the dryness not intense, and the yin not defic.</p> <p>Variation of Zeng Ye Tang and Si Wu Tang</p> <p>Bai He Gu Jin</p> <p>Bei Cao Geng</p> <p>Zeng Ye Si Wu</p> <p>W/o Chuan Xiong</p>
<p>BU FEI E JIAO TANG</p> <p>Tonify the LU Decoction w/ Ass-Hide Gelatin</p>	<p>C <u>E Jiao</u> 45g nourishes yin and tonifies LU, stops bleeding, nourishes blood</p> <p>D <u>Ma Dou Ling</u> 15g clears heat and stops cough</p> <p>D <u>Xing Ren</u> 6g causes LU qi to descend and calms wheezing</p> <p>D <u>Niu Bang Zi</u> 7.5g spreads LU qi and unblocks areas of congestion in throat, clears heat</p> <p>A <u>Geng Mi</u> 30g and</p> <p>A <u>Zhi Gan Cao</u> 7.5g tonify SP and benefit LU. Cultivates earth to generate metal; prevents other herbs from disrupting digestion</p>	<p>LU yin defic w/ vigorous heat, which disrupts the flow of LU qi and results in c&w</p>	<p>Coughing w/ wheezing, dry parched throat, scanty or blood streaked sputum</p> <p>T: red w/ little coat</p> <p>P: floating thin rapid</p> <p>Bronchietasis</p>	<p>Nourishes yin, tonifies LU, controls cough, and stops bleeding</p> <p>Treats manifestation (heat) and root (LU yin defic)</p> <p>The use of Niu Bang Zi and floating pulse leads some to believe it can treat exterior condition w/ LU yin defic</p>
<p>MAI MEN DONG TANG</p>	<p>C <u>Mai Men Dong</u> 15-18g clears heat from defic from ST, generates fluids in ST and LU</p>	<p>Form of LU atrophy (fei wei)</p> <p>Sx are primarily related to</p>	<p>Coughing and spitting of saliva, wheezing, SOB, dry uncomfortable sensation in throat, dry mouth</p>	<p>Benefits the ST, generates fluids, and directs rebellious qi down</p>

Ophiopogonis Decoction	<p>generates fluids, revives qi and yin; synergistic w/ Mai Men Dong for reviving qi and yin of LU and ST</p> <p>A <u>Geng Mi</u> 9-15g and</p> <p>A <u>Da Zao</u> 12 pcs and</p> <p>A <u>Gan Cao</u> 6g synergistic w/ chief and deputy to assist ST qi and generate fluids</p> <p>A <u>Ban Xia</u> 4.5-9g facilitates flow of ST qi and directs qi down. Small amt of this acrid dispersing herb assists distribution of nourishment from M.J. to U.J.</p>	<p>in ST which rises in rebellion and scorches LU yin, ie mother (ST) transmits problem to child (LU)</p>	<p>T: dry red w/ little coat</p> <p>P: defic, rapid</p> <p>Good for SP defic w/ dampness w/ concurrent ST yin defic.</p>	<p>modification of Zhu Ye Shi Gao Tang</p> <p>Source text recommends for rebellious fire w/ rising qi and dysfx of throat</p> <p>Most common use is for LU atrophy w/ incessant cough and spitting of saliva. Often used for tx of nausea, vomit, belching from ST yin defic</p>
ZENG YE TANG Increase the Fluids Decoction	<p>C <u>Xuan Shen</u> 30g nourishes yin, generates fluids, moistens dryness, clears heat</p> <p>D <u>Mai Men Dong</u> 24g assists in enriching yin</p> <p>D <u>Sheng Di Huang</u> 24g nourishes yin and clears heat</p>	<p>Dry intestines due to injury to the fluids, usually from warm febrile disease</p> <p>Constitutional yin defic pt, heat clumps at yang ming level, depleting fluids</p>	<p>Constipation, thirst</p> <p>T: dry red</p> <p>P: thin slightly rapid or weak forceless</p>	<p>Generates fluids, moistens dryness, and unblocks bowels</p> <p>If one dose does not cause bowel movement w/in 12 hrs, prescribe Zeng Ye Cheng Qi Tang</p> <p>Rising the water to move the boat</p>
YU YE TANG Jade Fluid Decoction	<p>C <u>Shan Yao</u> 30g tonifies SP, stabilizes KI to stop freq urine, moistens LU and generates fluids to reduce thirst</p> <p>C <u>Huang Qi</u> 15g reduces thirst by raising SP qi, and supports SP's fx of dispersing fluids. Synergistic w/ Shan Yao</p> <p>D <u>Zhi Mu</u> 18g and</p> <p>D <u>Tian Hua Fen</u> 9g treat thirst by enriching the yin and moistening dryness</p> <p>A <u>Ji Nei Jin</u> 6g supports transforming and transporting fx's of SP to encourage production of fluids from food, treats urinary frequency</p> <p>A <u>Ge Gen</u> 4.5g raises clear yang of SP and helps convey fluids to organs; raises yang qi and body fluids (they travel together – moistens qi to prevent stag)</p> <p>A <u>Wu Wei Zi</u> 9g preserves yin, generates fluids, stabilizes essence of KI (reduces urine flow and prevents further injury to KI)</p>	<p>Type of wasting and thirsting disorder from yin defic (L.J.)</p> <p>The KI are defic, the ST is dry and qi is too weak to spread fluids</p> <p>KI lost power to grasp qi, SP cannot hold in substances. Fluids flow into UB</p>	<p>Excessive thirst that is not quenched by a substantial intake of fluids, frequent copious or turbid urine, lassitude, SOB</p> <p>T:</p> <p>P: defic thin weak</p>	<p>Augments the qi, generates fluids, moistens dryness, and alleviates thirst</p> <p>Focus is on qi and yin defic and urination</p> <p>Wu Huang Mu Ji</p> <p>5 yellow hens</p> <p>Ge Tian Shan</p> <p>Sing mountain tian</p>

FORMULAS THAT PROMOTE URINATION AND LEACH OUT DAMPNES

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
A WU LING SAN	<p>C <u>Ze Xie</u> 4g sweet, bland, cold, leaches out damp and promotes urination; elim heat pathogen from</p>	<p>1. Water buildup (xu shui), a tai</p>	<p>1. HA, fever, irritability, strong thirst</p>	<p>Promotes urination, drains dampness, strengthens the SP, warms the yang, and promotes the</p>

Five Ingredient Powder with Poria	<p>UB</p> <p>D <u>Fu Ling</u> 2.3g leach out damp, esp in cases of defic by promoting urination, strengthening SP and assisting yang</p> <p>D <u>Zhu Ling</u> 2.3g elim damp and promote urination. Chief and deputies act synergistically to leach out damp, unblock and reg urinary pathways and drain heat from UB</p> <p>A <u>Bai Zhu</u> 2.3g strengthens SP qi, aiding transportation and transformation of fluids, resolve damp</p> <p>A, E <u>Gui Zhi</u> 1.5g warms the fire of the gate of vitality to help KI and UB transform and discharge fluids and helps SP qi to raise up dampness, facilitating the movement and steaming of fluids by KI yang; dispels pathogen from exterior</p>	<p>yang stage disorder where pathogen has not been released from exterior, but penetrated to tai yang organ (UB). This can cause water rebellion (shui ni zheng)</p> <p>2. SP defic or earth failing to transport water, causing internal accum of water damp which overflows into muscles and skin</p> <p>3. Retention of congested fluids in the L.J.</p>	<p>but with vomiting immediately after drinking, urinary difficulty, floating pulse</p> <p>2. edema, generalized sensation of heaviness, diarrhea, urinary difficulty, and possible vomiting and diarrhea due to sudden turmoil disorder</p> <p>3. throbbing pulsations just below the umbilicus, vomiting frothy saliva, vertigo, SOB, and coughing</p>	<p>transforming fx's of qi</p> <p>Commonality of all patterns is severe accum of water in UB and the inability of the qi to transform fluids, manifested as urinary difficulty or edema.</p> <p>Basic strategy is to restore to the qi its fx of regulating fluid metabolism</p> <p>B/c it enhances transformation and transportation of fluids, it can be utilized when the SI fails to separate the clear from the turbid; also useful in treating damp painful obstruction; can also treat pathogenic water (shui xie) when it invades the LU causing c&w</p> <p>Water and blood buildup: EPI in taiyang organ, water buildup enters qi level of UB, then blood level</p>
<p>B</p> <p>ZHU LING TANG</p> <p>Polyporus Decoction</p>	<p>C <u>Zhu Ling</u> 3g strongly reinforces proper fx'ing of water pathways and promotes urine</p> <p>C <u>Fu Ling</u> 3g promotes urine, benefits SP, and harmonizes ST. synergistic w/ Zhu Ling</p> <p>D <u>Ze Xie</u> 3g promotes water metabolism, unblocks deep parts of water pathways that involve the KI, and aids chiefs in promoting urine</p> <p>A <u>Hua Shi</u> 3g clears heat and unblocks painful urinary dysfx.</p> <p>Combo of these 4 clears heat and promotes flow in the waterways and is effective in resolving clumping of water and heat</p> <p>A <u>E Jiao</u> 3g moist, enriches yin (w/o retaining pathogen) and prevents excessive urination from further injuring yin; possible bleeding in urine</p>	<p>Clumping of water and heat.</p> <p>Source text says it is injury from cold entering yang ming or shao yin where it transforms to heat. The heat battles w/ the water (controlled by KI, shao yin) which leads to clumping of water and heat.</p> <p>Heat injures fluids (yin) and disturbs water pathways</p> <p>Develops in those w/ const yin defic and invasion of heat in L.J.</p>	<p>Urinary difficulty accom by fever and thirst w/ a desire to drink. May also be diarrhea, cough, nausea, irritability, or insomnia.</p>	<p>Promotes urination, clears heat, and nourishes yin</p> <p>Promotes urination w/o injuring yin, and stabilizes yin w/o retaining pathogen</p> <p>Wu Ling San: pathogen still active in exterior: focus is on unblocking flow of yang – drains vigorous dampness (Gui Zhi, Bai Zhu)</p> <p>Zhu Ling Tang: pathogen transformed into heat in interior: focus on clearing heat and nourishing yin –drains vigorous heat (Hua Shi)</p>

	<p><u>Sang Bai Pi</u> 15g promotes urination by directing LU qi down and opening water pathways (U.J.)</p>	<p>Skin edema (pi shui)</p> <p>Caused by: invasion of wind disrupting LU</p>	<p>Generalized edema w/ a sensation of heaviness, distention, and fullness in the epigastrium and</p>	<p>Resolves dampness, reduces edema, regulates qi, strengthens SP</p> <p>Focus is on leaching out damp and</p>
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WU PI SAN Five Peel Powder	and disperses edema. (S.J.). These 2 herbs restore water metab fx to the LU and aids smooth flow of fluids in UB <u>Fu Ling Pi</u> 15g leaches out damp, promotes urination, strengthens transporting fx of SP (M.J.) <u>Chen Pi</u> 9g and (M.J.) <u>Da Fu Pi</u> 15g elim qi stag. Once smooth flow of qi is estab, fluids will follow (L.J.)	move qi down; KI yang defic leading to accum of water and damp; SP defic w/ vigorous damp and qi stag	heavy breathing, urinary difficulty T: white greasy coat P: submerged moderate Treats all 3 jiaos	esp effective in moving water just below the skin. Hierarchy of herbs depends on source Fai Ji Fu Ling Tang also treats skin edema: focus on strengthening SP and tonifying qi
FANG JI HUANG QI TANG Stephania and Astragalus Decoction	C <u>Huang Qi</u> 3.8g principal substance for stabilizing and strengthening wei qi C <u>Han Fang Ji</u> 3g releases ext, unblocks channels, expels damp, relieves pain. These 2 herbs tonify qi and promote urination; edema alleviated w/o injuring normal qi D <u>Bai Zhu</u> 2.3g strengthens SP and resolves damp; assists Huang Qi in stabilizing exterior and Han Fang Ji in resolving damp A <u>Zhi Gan Cao</u> 1.5g helps tonify SP E <u>Sheng Jiang</u> 4pcs and E <u>Da Zao</u> 1pc regulate and harmonize the ying and wei to assist in stabilization of exterior and strengthening of qi & blood	Wind dampness or wind edema (feng shui) Caused by defic in the exterior and an invasion of wind and damp	Sweating, a heavy sensation in the body, superficial edema, urinary difficulty T: pale w/ white coat P: floating Variation of Yu Ping Feng San	Augments the qi, strengthens the SP, promotes urination, and reduces edema Simultaneous treatment of root and branch Cardinal sx of wind damp: floating pulse, heavy sensation in body, sweating and aversion to wind Application expanded to include acute invasion of wind damp w/o edema; edema (usually of lower extremities) in women w/ constitutional defic; and damp predom painful obstruction w/ heavy sensation in body and limbs w/ numbness
WEI LING SAN	Ping Wei San + Wu Ling San			

FORMULAS THAT TRANSFORM DAMP TURBIDITY

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
A PING WEI SAN Calm the ST Powder	C <u>Cang Zhu</u> 2500g (12-15g) best substance for dispelling damp and strengthening the transporting fx of SP D <u>Hou Po</u> 1560g (9-12g) dispels damp and disperses fullness. Synergistic w/ Cang Zhu to dry damp and strengthen SP. Dampness causes qi to stagnate; regulating qi transforms damp A <u>Chen Pi</u> 1560g (9-12g) regulates qi and thereby transforms dampness; assists Hou Po in directing rebellious qi down and elim distention and revives SP & improves appetite	Damp cold stagnating in the SP and ST	Distention and fullness in the epigastrium and abdomen, loss of taste and appetite, a heavy sensation in the limbs, loose stool or diarrhea, easily fatigued, increased desire to sleep, nausea and vomiting, belching, acid regurgitation T: swollen, thick white greasy coat P: moderate or slippery	Dries dampness, improves the SP's transporting fx, promotes the movement of qi, and harmonizes the ST Representative formula for damp cold in the M.J. Cardinal sx: dist and fullness in epi and abd, thick white greasy coat More suited to excess type b/c Cang Zhu is used rather than Bai Zhu Source text used for fullness in chest and SOB: now used for coronary artery disease w/ similar presentation

	<p>E <u>Zhi Gan Cao</u> 900g (3-6g) tonifies SP; harmonizes and enhances other herbs SP tonifying properties</p> <p>E <u>Sheng Jiang</u> and</p> <p>E <u>Da Zao</u> mildly reg and harmonize relationship b/w SP and ST</p>			
<p>B</p> <p>HUO XIANG ZHENG QI SAN</p> <p>Agastache Powder to Rectify the Qi</p>	<p>C <u>Huo Xiang</u> 90g (12g) acrid and aromatic; disperses wind cold, transforms turbid damp, revives SP, stops vomit</p> <p>D <u>Hou Po</u> 60g (9g) and</p> <p>D <u>Chen Pi</u> 60g (9g) reinforce chief's actions in M.J. Hou Po moves qi and promotes proper water metab to expand the chest and reduce fullness and stifling; Chen Pi reg qi, transforms damp, harmonizes fx's of M.J.</p> <p>D <u>Zi Su Ye</u> 30g (6g) and</p> <p>D <u>Bai Zhi</u> 30g (6g) help chief dispel externally contracted cold. Zi Su Ye strong ext releaser that harmonizes M.J.; Bai Zhi effective for HA</p> <p>A <u>Ban Xia</u> 60g (9g) harmonizes ST and stops vomit</p> <p>A <u>Da Fu Pi</u> 30g (9g) fx's like Hou Po, but in L.J. Both herbs act on qi mech in M.J. and L.J. and reinforce chief which acts on U.J.</p> <p>A <u>Bai Zhu</u> 60g (12g) and</p> <p>A <u>Fu Ling</u> 30g (9g) strongly strengthen SP and resolve damp</p> <p>A <u>Jie Geng</u> 60g (9g) promotes proper fx'ing of LU and diaphragm which strengthens actions of chief</p> <p>E <u>Zhi Gan Cao</u> 75g (3g) and</p> <p>E <u>Sheng Jiang</u> 3-6g and</p> <p>E <u>Da Zao</u> 1pc harmonize; reg SP and ST</p>	Externally contracted wind cold with concurrent internal injury due to stagnation of fluids from SP defic	<p>Fever and chills, HA, sensation of fullness and stifling oppression in the chest, pain in the epigastrium and abdomen, nausea and vomiting, borborygmus, diarrhea, loss of taste</p> <p>T: white greasy coat</p> <p>P: moderate soggy</p> <p>Used for mild cases of miasmatic malarial disorder (thought to be contracted from the mists of the mountains and forests) – intermittent, fever, chills, disorientation, madness w/ delirious speech or loss of voice</p>	<p>Releases the exterior, transforms dampness, regulates qi, and harmonizes the M.J.</p> <p>Huo Xiang, Zi Su Ye and Bai Zhi release the ext; Hou Po, Da Fu Pi and Chen Pi promote movement of qi internally; Zi Su Ye, Bai Zhi and Jie Geng produce an ascending action; Fu Ling, Ban Xia and Da Fu Pi cause the turbid, rebellious qi to descend</p> <p>Commonly used to treat sudden turmoil disorder</p> <p>Combo of Ping Wei San and Er Chen Tang</p> <p>Chen Xiu-Yuan: "the qi of any of the 4 seasons that does not arrive at its proper time enters thru the nose and mouth; diff from pathogenic qi which enters thru the skin, therefore, do not use sweating method, use aromatic herbs that promote proper flow of qi"</p> <p>Used for severe internal accum w/ only mild ext sx</p>

FORMULAS THAT CLEAR DAMP HEAT

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
<p>SAN REN TANG</p> <p>Three Nut Decoction</p>	<p>C <u>Xing Ren</u> 15g (U.J.) facilitates flow of LU qi and allows it to descend.</p> <p>C <u>Bai Dou Kou</u> (Kou Ren) 6g (M.J.) transforms turbid dampness and revives the SP. Also treats U.J. by spreading qi in the chest.</p> <p>C <u>Yi Yi Ren</u> 18g (L.J.) leaches out damp thru the urine. Also treats M.J. by strengthening the SP</p>	<p>Early stage damp warm febrile disease in which dampness predominates and the pathogens are lodged in the protective and qi levels</p> <p>This is not an ext condition – chills are b/c damp is constraining yang qi; pulse is not floating</p>	<p>HA, chills, afternoon fever, a heavy sensation in the body, generalized pain, pale-yellow complexion, stifling sensation in chest, loss of appetite, absence of thirst</p> <p>T: white coat</p> <p>P: wiry thin soggy</p>	<p>Disseminates the qi, facilitates the qi mechanisms, and clears damp heat</p> <p>Ingredients clear damp heat from qi level by unblocking the LU qi (U.J.), transforming and drying damp (M.J.), draining damp (U.J.), and clearing heat</p> <p>If misdiagnosed as ext cold and sweating method is used, dampness and heat will rise and</p>

	<p>D <u>Hou Po</u> 6g and</p> <p>D <u>Ban Xia</u> 9g support Bai Dou Kou in drying damp. Treat epigastric and abd distention from damp or phlegm, helps SP</p> <p>A <u>Tong Cao</u> 6g and</p> <p>A <u>Dan Zhu Ye</u> 6g and</p> <p>A <u>Hua Shi</u> 18g resolve damp by promoting urination; clear heat</p>		<p>Condition is most common in late summer or early fall, and is often found in pts w/ constitutional SP defic and dampness</p>	<p>veil sensory orifices; if misdiagnosed as accum and purged, SP yang will collapse; if misdiagnosed as yin defic, will progress to a deeper level</p>
<p>GAN LU XIAO DU DAN</p> <p>Sweet Dew Special Pill to Eliminate Toxin</p>	<p><u>Lian Qiao</u> 120g (12-15g) and</p> <p><u>Huang Qin</u> 300g (12-15g) and</p> <p><u>Bo He</u> 120g (6-9g) clear heat from upper and relatively exterior aspects of body</p> <p><u>She Gan</u> 120g (9-12g) and</p> <p><u>Chuan Bei Mu</u> 150g (6-9g) drain heat from the LU, improving fx of throat, and transform phlegm</p> <p><u>Hua Shi</u> 450g (18-21g) and</p> <p><u>Mu Tong</u> 150g (9-12g) and</p> <p><u>Yin Chen Hao</u> 330g (24-30g) drain damp heat from L.J.</p> <p><u>Huo Xiang</u> 120g (9-12g) aromatic, eliminate turbidity and revive SP; also aids in releasing exterior</p> <p><u>Shi Chang Pu</u> 180g (4-6g) aromatic, eliminate turbidity and revive SP; also helps clear consciousness</p> <p><u>Bai Dou Kou</u> 120g (10-12g) aromatic, eliminate turbidity and revive SP</p>	<p>Early stage of a damp warm febrile disease, or a seasonal epidemic disorder – heat predominant.</p> <p>Problem is in qi level</p> <p>Caused by pathogen entering nose and mouth</p> <p>Smoldering damp heat constrains clear yang and disrupts qi mech. Heat surging up affects throat. Dampness may be confined internally causing jaundice, if severe, unremitting fever</p>	<p>Fever, achy limbs, lethargy, swollen throat, stifling sensation in chest, abd distention, dark scanty urine. May also be vomiting and diarrhea, jaundice or unremitting fever.</p> <p>T: white greasy or yellow and dry coat</p> <p>P: soggy rapid</p> <p>Cholecystitis, tonsilitis, mumps</p>	<p>Resolves dampness, transforms turbidity, clears heat, and relieves toxicity</p> <p>Authorized by Ye Tian-Shi</p> <p>"most damp heat patterns reside in yang ming and tai yin b/c excess disorders of middle qi are in yang ming, and defic disorders of the middle qi are in tai yin"</p> <p>can be used to treat damp heat stag in S.J.</p> <p>in conditions of damp heat, presence of either constip or diarrhea w/ diffic in passing stool are clues for this disorder. Diffic diarrhea indicates that pathogen is in ST and intestines, wile constip indicates U.J. of shao yang channel</p>
<p>B</p> <p>YIN CHEN HAO TANG</p> <p>Artemisia Yinchenhao Decoction</p>	<p>C <u>Yin Chen Hao</u> 18g treats all types of jaundice, esp due to damp heat</p> <p>D <u>Zhi Zi</u> 9g clear heat from all 3 burners, specif draining damp heat thru urine</p> <p>A <u>Da Huang</u> 6g purges heat thru the bowels; ability to clear heat strengthens actions of others; ability to benefit GB assist Yin Chen Hao; ability to invig blood and encourage smooth flow of blood thru LV hastens recovery</p> <p>These 3 herbs work synergistically to drain damp heat and fade jaundice</p>	<p>Yang-type or damp-heat jaundice due to dampness and static heat accum in interior.</p> <p>This pattern leads to a "steaming" effect that causes entire body to turn bright orange</p>	<p>Whole body jaundice w/ color that resembles a "fresh tangerine," slight abd distention, urinary difficulty, thirst (w/ the ability to take only small sips)</p> <p>T: yellow greasy coat</p> <p>P: slippery rapid</p>	<p>Clears heat, resolves dampness, and reduces jaundice</p> <p>May be used to treat yang ming heat in the interior w/ jaundice. Main characteristic is sweating from the head only (attributed to damp heat steaming upward)</p> <p>Once bowel movements become smooth, omit Da Huang; if this leads to rebound constip, replace w/ mild laxative like Qin Jiao and Dong Gua Ren</p>

<p>B</p> <p>BA ZHENG SAN</p>	<p>C <u>Mu Tong</u> 3-6g bitter, cold, clears heat, promotes urination, effective in clearing obstruction caused by damp stag</p>	<p>Hot or bloody painful urinary dysfx</p> <p>Caused by the</p>	<p>Dark turbid scanty difficult and painful urination, dry mouth and throat. In severe cases, there may be urinary retention and lower abd</p>	<p>Clears heat, promotes urination, and unblocks painful urinary dysfx</p>
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for Rectification	<p>D <u>Hua Shi</u> 12-30g and</p> <p>D <u>Che Qian Zi</u> 9-15g and</p> <p>D <u>Qu Mai</u> 6-12g and</p> <p>D <u>Bian Xu</u> 6-12g clear damp heat by promoting urination, thereby assisting chief in unblocking painful urinary dysfx</p> <p>A <u>Zhi Zi</u> 3-9g drains heat from 3 burners thru urine</p> <p>A <u>Zhi Da Huang</u> 6-9g drains heat thru stool</p> <p>E <u>Deng Xin Cao</u> 3-6g guides heat down</p> <p>E <u>Gan Cao</u> 3-9g harmonizes; relieves abd pain</p> <p>Combo of Gan Cao and Hua Shi helps allev irritability (Liu Shen Wan). Sometimes Gan Cao Shao is used to strengthen diuretic action of the formula</p>	<p>heat in the L.J.</p> <p>Commonly a history of overindulgence in spicy, sweet or rich foods, or overconsumption of alcohol</p>	<p>distention and pain</p> <p>T: yellow greasy coat</p> <p>P: slippery rapid</p> <p>prostatitis</p>	<p>HT channel characterized by parched throat, severe thirst, irritability, eye redness and pain, scorched lips, nosebleed, and sores in the mouth, tongue or throat</p> <p>Most formulas for UTI are based on this</p> <p>Dao Chi San focuses on U.J. and nourishes yin but weaker for painful urinary dysfx</p> <p>Zhu Dan-Xi modified by adding Mu Xiang which strengthens UB qi and prevents cold herbs from injuring yang qi</p>
B ER MIAO SAN Two Marvel Powder	<p><u>Huang Bai</u> 9-12g bitter and cold, treats damp heat in L.J.</p> <p><u>Cang Zhu</u> 6-9g dries dampness. Together they dry and clear damp heat in L.J.</p>	<p>Damp heat lodged in L.J.</p> <p>In sinews and bones, genital region</p>	<p>Wide variety of complaints accom by scanty yellow urine. Includes pain in the lower back or extremities (esp the sinews or bones), weakness or atrophy of the lower extremities, red hot swollen painful feet or knees, thick yellow foul-smelling vaginal discharge, and sores on the lower extremities due to dampness</p> <p>T: yellow greasy coat</p>	Clears heat and dries dampness
SAN MIAO SAN	<p>Huang Bai</p> <p>Cang Zhu</p> <p><u>Niu Xi</u></p>	d-h in L.J.	Numbness or burning pain of the feet, weakness of lower back or extremities	
SI MIAO SAN	Plus Yi Yi Ren		Atrophy disorder w/ numbness and weakness of lower extremities w/ painful and swollen feet	
YU DAI WAN Cure Discharge Pill	<p>Chun Gen Pi 90g clear heat drain damp</p> <p><u>Bai Shao 30g</u> protects body fluids, astringes</p> <p><u>Liang Jiang Hui 18g</u> Gao Liang Jiang prevents cold herbs from injuring qi</p> <p><u>Huang Bai Hui 12g</u></p>	Damp heat vaginal discharge	Profuse viscous fishy smelling red and white vaginal discharge	<p>Clears and transforms damp heat and stops vaginal discharge</p> <p>Excess condition, but contains astringent herbs to control unremitting profuse discharge to prevent loss of body fluids and essence</p> <p>Hui = ash = astringent</p>
LIAN PO YIN	<p>Huang lian</p> <p>Hou po</p>	Sudden turmoil disorder from d-h smoldering in body		

	<u>Zhi zi</u> <u>Dan dou chi</u> <u>Shi chang pu</u> <u>Ban xia</u> <u>Lu gen</u>			
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FORMULAS THAT WARM AND TRANSFORM WATER AND DAMPNES

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
B ZHEN WU TANG True Warrior Decoction	<p>C <u>Fu Zi</u> 9g very hot, acrid, restores KI yang and enables KI to resume fx of transforming water</p> <p>D <u>Bai Zhu</u> 6g and</p> <p>D <u>Fu Ling</u> 9g strengthen SP and promote urination; Fu Ling also drains damp</p> <p>A <u>Sheng Jiang</u> 9g warms and dispels pathogenic water and thereby strengthens actions of deputies; it disseminates LU qi, warms ST and assist chief by dispelling damp that overflows into flesh and skin (by sweating). With the deputies, reinforce earth to control water, indirectly assisting chief in warming and strengthening KI yang</p> <p>A <u>Bai Shao</u> 9g preserves yin and alleviates pain; prevents dry hot herbs that promote urination from injuring yin. Ancient texts mention Bai Shao's ability to promote urination. Astringent quality not problem due to other herbs</p>	<p>(1) Retention of pathogenic fluids w/ KI yang defic or SP and KI yang defic</p> <p>L.J. water accum rebelling upward and affecting M.J.</p> <p>(2) wind cold at tai yang stage. When sweating doesn't alleviate fever, continuous loss of fluids depletes yang qi</p>	<p>(1) Abd pain aggrav by cold, urinary difficulty, deep aching and heaviness in extremities. May also be generalized edema, loose stools, dizziness, heavy sensation in head, palpitations, coughing, vomiting</p> <p>T: pale or dark, swollen, white slippery coat</p> <p>P: submerged thin forceless</p> <p>(2) externally contracted disorders w/ sweating that does not reduce the fever, palpitations in epigastrium, dizziness, shivering and trembling w/ unsteady appearance</p> <p>T: white slippery coat</p> <p>P: submerged thin forceless</p>	<p>Warms the yang and promotes urination</p> <p>Water is yin pathogen and requires assistance of yang to be properly transformed In this case source yang must be strengthened to reduce diffusion of yin. Must address root (KI) and branch (SP: by strengthening SP and draining dampness)</p> <p>Bai Bai Fu Fu Jiang</p> <p>Bai Shao acts like in Gui Zhi Tang to restrain sweating</p>
BEI XIE FEN QING YIN Dioscorea Hypoglauca Decoction to Separate the Clear	<p>C <u>Bei Xie</u> 12g treats cloudy urine by draining damp and transforming turbidity</p> <p>D <u>Yi Zhi Ren</u> 9g warms the KI yang thereby reducing frequency of urination</p> <p>A <u>Wu Yao</u> 9g warms KI and promotes movement of qi to transform water</p> <p>A <u>Shi Chang Pu</u> 9g transforms turbidity and elim damp and cold from defic in the UB</p>	<p>Cloudy painful urinary dysfx (gao lin)</p> <p>Due to cold from defic in the L.J. which causes turbid damp to pour down</p> <p>When KI qi is defic it can't stabilize or restrain water</p>	<p>Frequent urination w/ cloudy dense milky (resembling rice water), or greasy urine, fatigue</p>	<p>Warms the KI, drains dampness, and transforms and separates the turbid from the clear</p>
JI MING SAN Powder to Take at Cock's Crow	<p>C <u>Bing Lang</u> 7pcs (36-45g) directs rebellious qi down; used to expel the obstruction from dampness</p> <p>C <u>Mu Gua</u> 30g descending action; transforms damp, relaxes sinews, invigorates collaterals. Works w/ Bing Lang to drive out damp via stool, which ameliorates edema and pain of damp leg qi</p>	<p>Damp leg qi</p> <p>Caused by damp cold settling in legs and feet where it obstructs the channels and interrupts the smooth flow of qi and blood</p>	<p>Heavy and weak feet and calves w/ diffic walking. May also be numbness, cold, or pain (or both) in these areas, or ascending spasms. In severe cases there may also be a stifling sensation in the chest and nausea</p>	<p>Promotes the movement of qi, causes turbidity to descend, and transforms damp cold</p> <p>Herbs open U.J., clear the L.J. and spread the middle qi to produce a warming and ventilating action that facilitates the elimination of</p>

<p>(to combine body's yang (which is rising at this time) w/ yang of formula)</p>	<p>pain of damp leg qi</p> <p>D <u>Wu Zhu Yu</u> 6g disperses cold and causes turbidity to descend. W/ Mu Gua treats nausea and stifling chest from upsurge of leg qi; warms M.J.</p> <p>D <u>Chen Pi</u> 30g reg qi and strengthens SP, indirectly resolving dampness</p> <p>A <u>Zi Su Ye</u> 9g disperses w-c (qi descends)</p> <p>A <u>Jie Geng</u> 15g unblocks and disseminates LU qi. W/ Chen Pi benefits flow of LU qi which is essential to proper water metab (qi ascends)</p> <p>E <u>Sheng Jiang</u> 15g warms and disperses cold and thereby helps treat leg qi</p>	<p>channels can force the qi upwards</p>		<p>turbidity</p> <p>Damp leg qi: swelling (wind damp, damp cold, damp heat). This formula is for wind damp or damp cold. Most effective if taken in early stages</p> <p>Dry leg qi: withering flesh</p>
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FORMULAS THAT DISPEL WIND DAMPNESS

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
<p>QIANG HUO SHENG SHI TANG</p> <p>Notopterygium Decoction to Overcome Dampness</p>	<p>C <u>Qiang Huo</u> 3g expels wind damp from upper parts of Tai Yang channel</p> <p>C <u>Du Huo</u> 3g expels wind damp from lower reaches of this chan.</p> <p>Effective pair for systemic wind damp</p> <p>D <u>Gao Ben</u> 1.5g and</p> <p>D <u>Fang Feng</u> 1.5g expel wind and damp from the exterior aspects of the tai yang ch, and reinforce actions of Qiang Huo, esp its ability to treat HA</p> <p>A <u>Chuan Xiong</u> 1.5g treats HA and invigorates blood, which helps relieve heaviness and pain</p> <p>A <u>Man Jing Zi</u> 0.9g treats HA</p> <p>E <u>Zhi Gan Cao</u> 1.5g harmonizes</p>	<p>Wind dampness in superficial aspects of body, the exterior and muscles</p> <p>Common in those who catch cold after sweating profusely, or who live in damp environment</p>	<p>Heavy and painful head, generalized sensation of heaviness, back or generalized pain, diffic in bending or rotating the trunk, mild fever, chills</p> <p>T: white coat</p> <p>P: floating</p>	<p>Expels wind and overcomes damp</p> <p>More effective than Jiu Wei Qiang Huo Tang in treating systemic wind dampness</p> <p>For mild ext sx and relatively severe generalized pain and heaviness</p> <p>Focus on expelling pathogen – more acute condition</p>
<p>JUAN BI TANG</p> <p>Remove Painful Obstruction Decoction from Medical Revelations</p>	<p>C <u>Qiang Huo</u> 3g and</p> <p>C <u>Du Huo</u> 3g relieve painful obstruction in upper and lower parts of body</p> <p>D <u>Qin Jiao</u> 3g and</p> <p>D <u>Sang Zhi</u> 9g and</p> <p>D <u>Hai Feng Teng</u> 9g expel wind dampness</p> <p>A <u>Dang Gui</u> 9g and</p> <p>A <u>Chuan Xiong</u> 2.1g invigorate blood which helps expel wind damp and stop pain</p>	<p>Joint pain due to local obstruction of qi from the effects of wind, dampness, and cold</p> <p>Painful obstruction (bi)</p>	<p>Joint pain that increases w/ cold and diminishes w/ warmth, possibly accom by a sensation of heaviness and numbness in the limbs</p> <p>T: thick white coat</p> <p>P: slow, possibly slippery</p>	<p>Removes wind dampness and alleviates painful obstruction</p> <p>Imp formula for relatively early stage painful obstruction</p> <p>Focus on expelling pathogen and tonification of blood and yang to promote circulation</p> <p>When treating wind it is good to treat the blood – moving blood will cause wind to die out</p>

	<p>and helps treat localized pain</p> <p>A <u>Mu Xiang</u> 2.4g revives the SP and is helpful in treating dampness, as this improves water metab</p> <p>E <u>Rou Gui</u>/Gui <u>Zhi</u> 1.5g improves circ of yang qi and helps direct other herbs to extremities, esp shoulders</p> <p>E <u>Zhi Gan Cao</u> 1.5g prevents injury to normal qi and harmonizes</p>			
<p>B</p> <p>DU HUO JI SHENG TANG</p> <p>Angelica Pubescens and Sangjisheng Decoction</p>	<p>C <u>Du Huo</u> 9g expels wind, dampness, & cold from the L.J., bones, & sinews</p> <p>D <u>Xi Xin</u> 6g scatters cold in the channels and dispels wind dampness from sinews and bones to stop pain</p> <p>D <u>Fang Feng</u> 6g expels wind and overcomes dampness</p> <p>D <u>Qin Jiao</u> 6g relaxes sinews and expels wind and dampness</p> <p>A <u>Sang Ji Sheng</u> 6g (15-30g) (often subsituted w/ Xu Duan) and</p> <p>A <u>Du Zhong</u> 6g and</p> <p>A,E <u>Niu Xi</u> 6g expel wind dampness and tonify the LV/KI. Also serves as envoy and directs herbs to lower ext.</p> <p>A <u>Rou Gui</u> 6g warms and unblocks channels, fortifies yang; thereby opens up lower back and is imp in treating lower back pain</p> <p>A <u>Dang Gui</u> 6g and</p> <p>A <u>Chuan Xiong</u> 6g and</p> <p>A <u>Sheng Di Huang</u> 6g and</p> <p>A <u>Bai Shao</u> 6g nourish/invigorate bl</p> <p>A <u>Ren Shen</u> 6g and</p> <p>A <u>Fu Ling</u> 6g strengthens SP to treat dampness</p> <p>E <u>Zhi Gan Cao</u> 6g tonifies middle qi and harmonizes</p>	<p>Painful obstruction w/ LV and KI defic.</p> <p>Cold predominant type</p> <p>Long-time w-c invasion retention in channels</p> <p>Other organs defic affects LV/KI</p>	<p>Heavy and painful sensation at fixed locations in the lower back and extremities accom by weakness and stiffness, an aversion to cold and attraction to warmth, palpitations, SOB. May also be paresthesias or numbness.</p> <p>T: pale w/ white coat</p> <p>P: thin weak slow</p>	<p>Expels wind dampness, disperses painful obstruction, and tonifies deficiency</p> <p>Proper tx of a chronic disease requires both that the normal qi be tonified and that the pathogen be dispelled</p> <p>Commonly used for treating chronic painful obstruction, esp of the bones and sinews, and is also used in treating atrophy disorder characterized by wasting of the lower extremities.</p> <p>Many substitute Shu Di for Sheng Di b/c it is stronger at tonifying blood</p> <p>"painful obstruction in the bones causes heaviness; in the blood vessels coagulation and loss of flow; in the sinews contractions w/ an inability to extend joints; in the muscles numbness"</p> <p>Juan Bi Tang treats upper bi, this formula treats lower</p>

FORMULAS THAT WARM THE CHANNELS AND DISPERSE COLD

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
<p>B</p> <p>DANG GUI SI NI TANG</p> <p>Tangkuei Decoction for Frigid Extremities</p>	<p>C <u>Dang Gui</u> 9g tonifies and invig blood</p> <p>C <u>Gui Zhi</u> 9g warms the chan and disperses cold</p> <p>D <u>Bai Shao</u> 9g helps Dang Gui tonifies blood; w/ Gui Zhi harmonizes ying and wei, helping elim cold from superficial aspects of body</p>	<p>Blood defic w/ cold in the channels</p>	<p>Long standing cold hands and feet that are both cold to the touch and feel very cold to the patient</p> <p>T: pale w/ white coat</p> <p>P: submerged thin or so thin that barely perceptible</p>	<p>Warms the channels, disperses cold, nourishes the blood and unblocks the blood vessels</p> <p>Varition of Gui Zhi Tang</p> <p>Diff from yin or cold type collapse in that only the hands and feet are cold, not the entire limb. If yin collapses, there will be lethargy, increased desire to</p>

	<p>and ext cold</p> <p>A <u>Zhi Gan Cao</u> 6g and</p> <p>A <u>Da Zao</u> 25pcs augment qi and strengthen SP; assist in tonifying blood and in facilitating flow of yang qi</p> <p>E <u>Mu Tong</u> 6g facilitates the flow in the channels and vessels which strengthens effects of other herbs and focuses effects on the channels</p>		<p>of conditions w/ cold invading the channels w/ blood defic. Common manifestations include joint pain, irreg menses, abd pain and cold, pain in lower back and legs</p>	<p>sleep, watery diarrhea an deep pulse – use Si Ni Tang.</p> <p>Yang or hot type collapse is due to constrained qi, condition of longer duration, hands and feet colder to the pt, aversion to heat...-- use Si Ni San</p>
<p>YANG HE TANG</p> <p>Yang Heartening Decoction</p>	<p>C <u>Shu Di Huang</u> 30g tonifies blood</p> <p>C <u>Lu Jiao Jiao</u> 9g assists in tonifying blood an also tonifies yang</p> <p>D <u>Rou Gui</u> 3g and</p> <p>D <u>Pao Jiang</u> 1.5g assist in tonifying yang and also enter the nutritive level to disperse cold and unblock areas of stagnation</p> <p>A <u>Bai Jie Zi</u> 6g expels phlegm lodged just beneath the skin</p> <p>A <u>Ma Huang</u> 1.5g opens the interstices and pores and helps lead out the cold</p> <p>E <u>Gan Cao</u> 3g harmonizes</p>	<p>Yin-type localized swelling (yin ju)</p> <p>Encompasses problems in flesh and muscles and also joints (ie, crane's knee-wind, he xi feng, swollen and painful knee joint accom by wasting of thigh and calf muscles</p> <p>Occurs in pts w/ blood defic when cold or phlegm congeals in an area of musle, sinew, bone or blood vessel</p>	<p>Localized painful swellings w/o heads that blend into the surrounding tissue and do not effect the texture or color of the skin, and are not hot to the touch. There is no thirst</p> <p>T: very pale</p> <p>P: submerged thin forceless</p>	<p>Warms the yang, tonifies the blood, disperses cold, and unblocks areas of stagnation</p> <p>Cloying herbs don't stag b/c of moving herbs; moving herbs don't damage qi b/c of chief tonifying herbs</p> <p>Treats swelling and root (blood defic), called "finding the yang w/in yin"</p> <p>Expanded to treat coughing, wheezing, pain in joints, dysmenorrhea. Consider for any blood defic and cold stag (lusterless pale complex...)</p>

FORMULAS THAT WARM THE MIDDLE AND DISPEL COLD

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
<p>A</p> <p>LI ZHONG WAN</p> <p>Regulate the Middle Pill</p>	<p>C <u>Gan Jiang</u> 9g warms the SP and ST yang and elim interior cold</p> <p>D <u>Ren Shen</u> 9g strongly tonifies source qi which reinforces yang and rectifies ascending and descending actions of M.J.</p> <p>A <u>Bai Zhu</u> 9g aids Ren Shen in tonifying SP and ST and dries damp</p> <p>One warming, one tonifying, one drying effective in treating M.J.</p> <p>E <u>Zhi Gan Cao</u> 9g augments qi of M.J., harmonizes</p>	<p>Cold in M.J. from defic or M.J. yang defic</p> <p>"When yang is defic, yin ascends"</p>	<p>Diarrhea w/ watery stool, nausea and vomiting, no partic thirst, loss of appetite, abd pain</p> <p>T: pale w/ white coat</p> <p>P: submerged thin</p> <p>Can use for sudden turmoil disorder w/ cold; spitting fluids due to cold in chest during recovery from chronic illness; chronic bleeding; childhood convulsions; painful obstruction of chest from yang defic</p>	<p>Warms the M.J. and strengthens the SP and ST</p> <p>Also called Ren Shen Tang; Zhi Zhong Tang and Ren Shen Li Zhong Tang</p> <p>Hou Po Wen Zhong Tang also treats diarrhea due to cold in M.J. That formula strongly dries dampness and promotes movement of qi, but doesn't tonify – it's for invasion of damp cold</p> <p>This formula is for cold from defic w/ cold but no dampness</p>
<p>FU ZI LI ZHONG WAN</p> <p>Prepared Aconite Pill to Regulate the Middle</p>	<p>Fu Zi 90g</p> <p><u>Gan Jiang 90g</u></p> <p><u>Ren Shen 90g</u></p> <p><u>Bai Zhu 90g</u></p> <p><u>Zhi Gan Cao 90g</u></p>	<p>For more severe internal cold than Li Zhong Wan</p>	<p>Abd and epigastric pain, vomiting and diarrhea, inability to keep food down, a cold body w/ very cold extremities, mild sweating</p> <p>P: faint</p>	<p>Warms the yang, dispels cold, augments the qi, and strengthens the SP</p> <p>Also very effective for chronic or recurrent ulcers due to cold from defic of the SP and ST</p>

LIANG FU WAN	Gao Liang Jiang Xiang Fu / Mu Xiang	ST cold	Sudden onset of ST pain, aversion to cold drink, no thirst T: pale w/ white coat P: tense	Gao Liang Jiang (ST cold – n/v, ST pain) Gan Jiang (SP cold – diarrhea) Sheng Jiang (more w-c + n/v) Pao Jiang (warms uterus) Fu Zi (KI/SP yang)
B WU ZHU YU TANG Evodia Decoction	C Wu Zhu Yu 9-12g warms the ST; warms and soothes the LV, and directs rebellious qi down D <u>Sheng Jiang</u> 18g helps chief stop vomiting by warming the ST and directing qi down A <u>Ren Shen</u> 9g strengthens SP to treat cold from defic; promotes generation of fluids and calms spirit E <u>Da Zao</u> 12pcs moderates dry acrid properties of chief and deputy, and supports qi tonifying action of Ren Shen	(1)cold from defic of ST (2)cold from defic of LV and ST. (cold yin rebelling up follows course of LV ch) (3)cold attacking M.J.	(1)vomiting immed after eating, indeterminate gnawing hunger, and acid regurgitation w/ or w/o abd pain (2)dry heaves or spitting of clear fluids w/ vertex HA (3)vomiting and diarrhea w/ cold hands and feet, and agitation so severe that pt wants to die T: not red, white slippery coat P: thin slow or thin wiry	Warms and tonifies the LV and ST, directs rebellious qi down, and stops vomiting Primary fx of formula is to stop vomiting "when cold resides in the ST and intestines, it strongly rebels upward to depart. This leads to pain and vomiting" treats wide range of conditions w/ vomiting due to LV and ST disharmony
B XIAO JIAN ZHONG TANG Minor Construct the Middle Decoction	C <u>Yi Tang</u> 18-30g tonifies and moderates spasmodic abd pain C <u>Gui Zhi</u> 9g warms the M.J. and disperses cold. W/ Yi Tang warms and tonifies the M.J. D <u>Bai Shao</u> 18g harmonizes ying and wei w/ Gui Zhi A <u>Zhi Gan Cao</u> 6g works w/ Bai Shao to treat spasmodic abd pain; also harmonizes fx of M.J. E <u>Sheng Jiang</u> 9g and E <u>Da Zao</u> 12pcs harmonizes ying and wei Balances actions of warm and sweet herbs, which restores the yang fx to the M.J., w/ the actions of Bai Shao which preserves yin	Spasmodic abd pain due to consumptive defic (xu lao) Internal injury due to consumption (brought on by overwork, improper habits, poor diet etc) leads to cold defic of M.J. When abd loses its yang qi, result is intermittent spasmodic abd pain	Intermittent spasmodic abd pain that responds favorably to local application of warmth and pressure, a lusterless complexion, reduced appetite. May also be low grade fever, palpitations (SP feeding off HT), irritability, cold and sore extremities w/ nonspecific discomfort, and a dry mouth and throat T: pale w/ white coat P: thin wiry moderate	Warms and tonifies the M.J. and moderates spasmodic abd pain Popular formula for wide variety of consumptive disorders from yang defic Same as Gui Zhi Jia Shao Yao Tang + Yi Tang Can be used to treat heat due to lack of reg b/w ying and wei (treating heat w/ sweet and warm substances). Characteristic low grade fever often accom cold extrem and desire for hot drinks
DANG GUI JIAN ZHONG TANG Tankkuei Decoction to Construct the Middle	Add Dang Gui		For post partum emaciation and weakness w/ persistent tight abd pain and SOB, constip T: pale, thin white coat P: thready	
HUANG QI JIAN ZHONG TANG Astragalus Decoction to Construct the Middle	Add Huang Qi		For more severe qi defic characterized by spontaneous sweating, SOB, occasional fever. Also for dull pain in ST better w/ warmth and pressure, worse on empty ST fatigue indigestion	Very common in treatment of pediatrics Common in peptic ulcers and chronic allergies

Middle			from SP/ST defic. P: thin faint frail or weak and slow	
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DA JIAN ZHONG TANG Major Construct the Middle Decoction	<p><i>C Chuan Jiao 3-9g very hot, acrid, stimulates yang of M.J. and dispels cold, thereby allev pain</i></p> <p>D <u>Gan Jiang</u> 12g reinforces chief and quiets upsurge of cold qi (stops ST from rebelling)</p> <p>A <u>Ren Shen</u> 6g and</p> <p>A <u>Yi Tang</u> 18-30g tonify and strengthen the middle qi, which ameliorates painful abd spasms</p>	Weakness and defic of the M.J. yang (root), and yin or cold which is ascendant in the interior (branch)	<p>Excruciating epigastric and abd pain to the point that the pt cannot tolerate being touched, a strong sensation of cold in the epigastrium, vomiting to the point of being unable to eat. May also be borborygmus</p> <p>T: white slippery coat</p> <p>P: thin tight or slow wiry or in severe cases, hidden</p>	<p>Warms and tonifies the M.J. deficiency, directs rebellious qi downward, and alleviates pain</p> <p>Source text advises to eat rice porridge after taking formula, which tonifies SP and ST; "effective medicine attacks the pathogen, and the 5 grains are used for nourishment" <i>Basic Questions</i>, ch 22.</p>
DANG GUI SHENG JIANG YANG ROU TANG	<p><i>Dang Gui</i></p> <p>Sheng Jiang</p> <p><u>Yang Rou</u> (lamb meat)</p>	Post partum abd pain from defic cold		

FORMULAS THAT RESCUE DEVASTATED YANG

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
A SI NI TANG Frigid Extremities Decoction	<p>C <u>Sheng Fu Zi</u> 1pc (6-9g)very hot, acrid, warms and stimulates KI yang so it disseminates thru body and reaches extremities</p> <p>D <u>Gan Jiang</u> 4.5g warms the M.J. and elim cold, which strengthens the SP fx of transforming and transporting flood and fluids. Synergistic w/ Fu Zi; helps Fu Zi strengthen KI yang, while Fu Zi helps Gan Jiang strengthen SP yang. Fu Zi warms entire body thru all 12 channels, Gan Jiang focuses on SP, ST and LU</p> <p>A <u>Zhi Gan Cao</u> 6g augments qi, strengthens SP, reduces toxicity of Fu Zi and moderates Fu Zi and Gan Jiang's drying properties</p>	<p>KI yang defic accom by increase of internal cold</p> <p>Causes SP yang to become defic</p> <p>Yang qi nourishes spirit, when defic, spirit will weaken</p> <p>2 etiologies: (1)chronic yang qi defic; (2)devastated yang due to excessive sweating. Both are lesser yin stage disorders where pathogenic cold gains access to lesser yin and attacks KI</p>	<p>Extremely cold extremities, aversion to cold, sleeping with the knees drawn up, a lethargic state w/ constant desire to sleep, vomiting, diarrhea w/ undigested food in stool, abd pain and cold, lack of thirst</p> <p>T: pale w/ white slippery coat</p> <p>P: submerged thin or submerged faint</p>	<p>Rescues devastated yang, warms the M.J., and stops diarrhea</p> <p>Doesn't injure yin</p> <p>should use during early stage of disorder</p> <p>called "collapsing rebellion" (jue ni) or "frigid extremities (si ni). 3 types of collapsing disorder: (1)emotional prob w/ sensation of qi rushing from abd to chest; (2)sudden fainting; (3)extreme cold in extremities</p> <p>can be used for treating true cold and false heat</p>
SI NI JIA REN SHEN TANG Frigid Extremities Decoction Plus Ginseng	<p>Add Ren Shen</p>	Severe injury to the qi and blood, which harms the source qi	If the diarrhea ceases but the extremities remain cold (indicating severe injury to the qi and blood, which harms the source qi)	Focuses more on nourishing the yin (fluids) and yang (qi) aspects of this type of collapse
TONG MAI SI NI TANG	<p><i>Zhi Gan Cao 6g</i></p> <p><u>Sheng Fu Zi</u> 1 big pc (12-15g)</p>	Lesser yin stage disorders w/ interior cold and interior heat	Diarrhea w/ undigested food particles, cold extremities, no aversion to cold, faint or hidden	<p>Restores the yang and unblocks the pulse</p> <p>More serious condition than Si Ni</p>

	<p>rushing of qi and directs rebel qi down to assist KI grasping qi and this helps Hei Xi to redirect and grasp upward floating yang</p> <p>A <u>Chuan Lian Zi</u> 30g bitter cold opposing assistant ensures yin not injured, smoothes and augments LV qi</p>			
ZHU FU TANG	<p><u>Bai zhu</u></p> <p>Fu zi</p> <p><u>Zhi gan cao</u></p> <p><u>Sheng Jiang</u></p>	Joint pain from d-c	Pain in joints and body due to damp cold characterized by spont sweats, general feeling of heaviness and thin pulse	Warms and strengthens the transporting fx's of SP yang, dispels cold, dries damp

FORMULAS THAT TONIFY QI

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
A SI JUN ZI TANG Four Gentleman Decoction	<p>C <u>Ren Shen</u> 3-9g sweet warm, powerfully tonifies SP</p> <p>D <u>Bai Zhu</u> 6-9g bitter warm strengthens the SP and dries dampness</p> <p>Synergistic to improve transportive and transormative fx's of SP</p> <p>A <u>Fu Ling</u> 6-9g sweet bland leaches out damp; assists chief and deputy in tonifying SP</p> <p>E <u>Zhi Gan Cao</u> 3-6g warms and reg the M.J.</p> <p>Fu Ling moderates cloying of Zhi Gan Cao to prevent abd distention, while Zhi Gan Cao moderates draining properties of Fu Ling</p>	<p>SP qi defic</p> <p>Caused by improper eating habits, excessive deliberation or overworking</p>	<p>Pallid complexion, low and soft voice, reduced appetite, loose stools, and weakness in the limbs.</p> <p>T: pale</p> <p>P: thin and/or frail</p>	<p>Tonifies the qi and strengthens the SP</p> <p>Reg nervous system (Ach, histamine); helps heal ulcers; stim hematopoiesis; raises BP for those w/ LBP (doesn't affect normal BP); promotes endocrine fx; promotes macrophage in abd cavity</p>
YI GONG SAN	<p>Si Jun Zi Tang +</p> <p>Chen Pi</p>	SP qi defic w/ dampness		
LIU JUN ZI TANG Six Gentleman Decoction	<p>Ren Shen 3g</p> <p><u>Bai Zhu 4.5g</u></p> <p><u>Fu Ling 3g</u></p> <p><u>Zhi Gan Cao 3g</u></p> <p><u>Chen Pi 3g</u></p> <p><u>Ban Xia 4.5g</u></p>	Concurrent SP qi defic and phlegm	Loss of appetite, nausea or vomiting, focal distention and a stifling sensation in the chest and epigastrium, and often coughing of copious thin white sputum. Also used for restless fetus (threatened miscarriage from qi and blood defic)	<p>Strengthens the SP, transforms phlegm, and stops vomiting</p> <p>Combo of Si Jun Zi Tang and Er Chen Tang</p>
XIANG SHA LIU JUN ZI TANG	<p>Ren Shen 3g</p> <p>Bai Zhu 6g</p>	SP and ST qi defic w/ damp cold stag in the M.J.	Reduced appetite w/ a feeling of surfeit after eating very little, belching, abd distention	Strengthens the SP, harmonizes the ST, regulates qi, and alleviates pain

Six Gentleman Decoction with Aucklandia and Amomum	<u>Fu Ling 6g</u> <u>Zhi Gan Cao 2.1g</u> <u>Chen Pi 2.4g</u> <u>Ban Xia 3g</u> <u>Sha Ren 2.4g</u> <u>Mu Xiang 2.1g</u>		vomiting and diarrhea, morning sickness	
B SHEN LING BAI ZHU SAN Ginseng, Poria, and Atractylodes Macrocephala Powder	C Ren Shen 1000g and C <u>Bai Zhu</u> 1000g and C <u>Fu Ling</u> 1000g and C <u>Zhi Gan Cao</u> 1000g (Si Jun Zi Tang) D <u>Shan Yao</u> 1000g tonifies SP and supports chiefs D <u>Yi Yi Ren</u> 500g strengthens SP and leaches out damp D <u>Bai Bian Dou</u> 750g and D <u>Lian Zi</u> 500g strengthen SP and stop diarrhea Deputies support fx's of Fu Ling and Bai Zhu in strengthening SP and elim damp A <u>Sha Ren</u> 500g transforms damp and promotes movement of qi enabling tonification w/o stagnation E <u>Jie Geng</u> 500g unblocks the flow of LU qi (spreads nourishment thru body, ascends to treat diarrhea, guide to LU which prevents LU qi defic)	SP qi defic leading to internally-generated dampness	Loose stools or diarrhea, reduced appetite, weakness of the extremities, weight loss, distention and a stifling sensation in the chest and epigastrium, pallid and wan complexion. May also be vomiting. T: pale w/ white coat P: thin moderate or deficient moderate	Augments the qi, strengthens the SP, leaches out dampness, and stops diarrhea Can be used as foundation for treating problems of chronic cough w/ copious sputum due to LU defic. Known as "cultivating earth to generate metal" Also used to treat women w/ diarrhea at onset of menstrual flow; and leukorrhea in relatively obese women w/ edema and other signs of SP defic Diff from Si Jun Zi Tang in that Shen Ling Bai Zhu San also harmonizes the ST, leaches out damp, and protects the LU
QI WEI BAI ZHU SAN	Si Jun Zi Tang + Huo Xiang <u>Mu Xiang</u> <u>Ge Gen</u>	SP defic		

B BU ZHONG YI QI TANG Tonify the Middle and Augment the Qi Decoction	C Huang Qi 1.5-3g (12-24g) strongly augments qi (partic superficial aspects) and raises yang qi of SP and ST D <u>Ren Shen</u> 0.9g (9-12g) and D <u>Bai Zhu</u> 0.9g (9-12g) and D <u>Zhi Gan Cao</u> 1.5g (3-6g) A <u>Dang Gui</u> 6g (6-12g) tonifies qi in the blood; synergistic w/ chief to augment qi by invigorating blood A <u>Chen Pi</u> 0.9g (6-9g) regulates qi; facilitates digestion of tonifying herbs;	Defic of the SP and ST qi leading to sinking of the yang Clear yang depends on upward movement, when SP qi defic, yang can sink into yin and becomes unable to circulate in the superficial levels of the body Pulse can be flood and defic b/c yang qi has lost its ability to restrain the pulse	Intermittent fever (that worsens upon exertion), spontaneous sweat, aversion to cold, a thirst for warm beverages, SOB, laconic speech, a tendency to curl up (passively), weak limbs, a shiny pale complexion, loose and watery stools T: pale w/ thin white coat P: flooding defic in general or defic rootless at the	Tonifies the qi of the M.J. and raises sunken yang Many sx have on again, off again nature and are brought on by exertion b/c the extent of injury to the qi in this condition does not always prevent the clear yang from ascending. Commonly used for prolapse Expanded to include vertigo, HA, visual or auditory prob, sensitivity of the back to cold or wind, upper resp tract infect
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	<p>contributes to qi raising action</p> <p>E <u>Sheng Ma</u> 0.9g (3-6g) and</p> <p>E <u>Chai Hu</u> 0.9g (3-6g) help raise sunken yang qi, esp in conjunction w/ Huang Qi</p>		<p>(SP)</p> <p>can be used w/ Cang Er Zi San for allergies (defic-type)</p>	<p>b/c consumptive disorders must be warmed</p>
<p>A</p> <p>SHENG MAI SAN</p> <p>Generate the Pulse Powder</p>	<p>C Ren Shen 1.5g (9-15g) strongly tonifies source qi and strengthens qi that generates fluids and calms spirit</p> <p>D <u>Mai Men Dong</u> 1.5g (9-12g) nourishes the yin and moistens the LU; also benefits the ST and generates fluids, and clears heat from the HT to elim irritability</p> <p>Ren Shen acts on qi of fluids, Mai Men Dong acts directly on the fluids</p> <p>A <u>Wu Wei Zi</u> 7seeds (3-6g) restrains the leakage of LU qi (and sweat) and generates fluids; enables formula to rescue qi and yin; corrects irreg pulse</p>	<p>Concurrent defic of qi and yin, primarily of the LU (and HT)</p> <p>Sheng Mai San- qi and yin defic</p> <p>Shen Fu Tang – qi and yang defic</p>	<p>Chronic cough w/ sparse sputum that is difficult to expectorate, SOB, spontaneous sweat, dry mouth and tongue</p> <p>T: pale red w/ dry thin coat</p> <p>P: defic rapid or defic thin</p> <p>"to tonify the 5 yin organs, calm the essential spirit, steady the souls, and relieve palpitations w/ anxiety"</p>	<p>Augments the qi, generates fluids, preserves the yin, and stops excessive sweating</p> <p>Designed by Li Ao for heat injuring the basal or source qi. Recently used for various types of HT disease (palp w/ stifling sensation in chest, SOB, slow irreg or consistently irreg pulse, coronary artery disease)</p> <p>Used in treating acute collapse</p>
<p>B</p> <p>BU FEI TANG</p> <p>Tonify the LU Decoction</p>	<p>C Ren Shen 9g and</p> <p>C <u>Huang Qi</u> 24g synergistic to tonify qi and fortify wei qi</p> <p>D <u>Sang Bai Pi</u> 12g causes LU qi to descend</p> <p>D <u>Zi Wan</u> 9g moistens LU and stops cough</p> <p>D <u>Wu Wei Zi</u> 6g preserves the LU qi and helps KI grasp qi</p> <p>A <u>Shu Di Huang</u> 24g tonifies essence; w/ Wu Wei Zi tonifies lower and basal aspects of body</p>	<p>LU qi defic</p>	<p>SOB, spontaneous sweat, occas chills and feverishness, coughing, wheezing (LU defic asthma)</p> <p>T: pale</p> <p>P: frail or defic large</p>	<p>Augments the qi and stabilizes the exterior</p> <p>Variation of Sheng Mai San.</p> <p>Useful for chronic coughs; focus is on tonifying LU</p> <p>Yu Ping Feng San (Jade Windscreen) focuses primarily on spont sweat and recurrent colds</p>

FORMULAS THAT TONIFY BLOOD

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
<p>A</p> <p>SI WU TANG</p> <p>Four Substance Decoction</p>	<p><u>Shu Di Huang</u> 9-21g very strong tonifying of LV/KI, nourishes yin of the blood; partic effective in prob of menstruation, conception and birth</p> <p><u>Bai Shao</u> 9-15g tonifies blood and preserves yin; w/ Shu Di is strong tonic to LV blood</p> <p><u>Dang Gui</u> 9-12g tonifies and invigorates blood; nourishes qi (yang) of the blood; also moistens intestines and reg relationship b/w LV and KI</p> <p>Chuan Xiong 3-6g invig blood and promotes movement of qi; releases areas of constraint (partic LV) and allev pain</p> <p>1st group tonifies blood; also Bai Shao preserves yin and prevents aro herbs from injuring yin</p>	<p>Blood defic, primarily of the LV</p> <p>Defic blood unable to rise and nourish head</p> <p>Menstrual cycle depends on LV blood</p> <p>HT is dependent on LV blood</p>	<p>Dizziness, blurred vision, lusterless complexion and nails, generalized muscle tension, irreg menstruation w/ little flow or amenorrhea, periumbilical and lower abd pain. Also used for menorrhagia, hard abd masses w/ recurrent pain, restless fetus disorder, or lochioschisis w/ a firm and painful abd and sporadic fever and chills</p> <p>T: pale</p> <p>P: thin wiry or thin choppy</p>	<p>Tonifies the blood and regulates the LV</p> <p>Sheng Yu Tang - + Ren Shen and Huang Qi, Sheng Di instead of Bai Shao for qi and blood defic</p>

	2 nd group moves blood			
TAO HONG SI WU TANG Four Substance Decoction w/ Safflower and Peach Pit	<u>Chuan Xiong 3g</u> <u>Dang Gui 6g</u> <u>Chao Bai Shao 6g</u> <u>Shu Di Huang / Sheng Di 6g</u> <u>Tao Ren 6g</u> <u>Hong Hua 3g</u>	Concurrent blood defic and blood stasis	Shortened menstrual cycle w/ copious bleeding of dark-purple, sticky blood with or without clots. Also used when menstruation is accom by abd pain and distention	Tonifies and invigorates the blood and regulates menstruation Also can be used for sinusitis from qi and blood stasis + qi moving herbs (Chen Pi, Hou Po) + Cang Er Zi San
QIN LIAN SI WU TANG Four Substance Decoction w/ Scutellaria and Coptis	<u>Huang Qin 3-6g</u> <u>Huang Lian 3-6g</u> <u>Mai Men Dong 9-12g</u> <u>Chuan Xiong 3-6g</u> <u>Dang Gui 9-12g</u> <u>Bai Shao 9-12g</u> <u>Sheng Di Huang 9-12g</u>	Concurrent blood defic and excess heat	Short menstrual cycle w/ purple blood and a heavy flow; or a red sticky vaginal discharge w/ tidal fever, a greenish hue to the complexion, dizziness, blurred vision, palpitations, insomnia and irritability	Tonifies the blood and drains heat and tonifies fluids
A DANG GUI SHAO YAO TANG Tangkuei and Peony Powder	C <u>Dang Gui</u> 9g and C <u>Bai Shao</u> 48g and C <u>Chuan Xiong</u> 9g harmonize LV fx and soften LV. Large dose of Bai Shao is to soften LV and stop pain and nourish blood D <u>Fu Ling</u> 12g and D <u>Bai Zhu</u> 12g and D <u>Ze Xie</u> 24g strengthen SP and leach out damp Bai Shao and Bai Zhu often used in concurrent prob of LV and SP E <u>Rice Wine</u> warm acrid, encourages free flow of LV qi and promotes urination	Abd pain due to disharmony b/w the LV and SP (causing blood defic and water retention) LV blood defic w/ blood stasis and SP defic w/ stag due to dampness (take out Shu di b/c dampness; Zhu Ling too strong during preg; no Gui Zhi b/c no ext pathogen)	Continuous, cramping pain in the abd that is not severe, urinary difficulty, and slight edema (primarily of lower limbs). Source text notes this pattern occurs during pregnancy (baby pushing against UB)	Nourishes the LV blood, spreads the LV qi, strengthens the SP, and resolves dampness Formula not limited to pregnancy. Can be used any time LV lost its control, and the SP lost its transportive fx's causing water to accum Use for abd pain w/ urinary diffc and weakness and numbness in lower back and legs during preg or post partum, malposition of fetus, dysmenorrhea, irreg menstruation, hepatomegaly w/ RUQ pain
A SHAO YAO GAN CAO TANG Peony and Licorice Decoction	C <u>Bai Shao</u> 12g (12-30g) nourishes blood and preserves yin while it softens LV and allev pain; prevents LV from rebelling transversely; moderates wayward inclinations of LV qi and preserves yin (ie, "softens the LV") D <u>Zhi Gan Cao</u> 12g (9-20g) tonifies and augments the qi of the M.J., esp SP Together herbs regulate relationship b/w LV and SP and nourish the sinews	Blood defic w/ injury to the fluids Inappropriate sweating that injures blood and yin Slight chills b/c weakness of yang qi which follows injury to yin	Irritability, slight chills, spasms of the calf muscles. May also be cramps in the hands and abd pain T: lack of coat	Softens the LV, moderates painful spasms, and alleviates pain Wide variety of pain syndromes, esp spasmodic or cramping pain accom by diarrhea that is assoc w/ LV/SP disharmony Many disorders from LV blood defic. Also used to overcome aconite toxicity
	Dang gui		Thin woman w/ long-standing	Tonifies blood, strengthens SP,

DANG GUI SAN	<u>Huang qin</u> <u>Bai shao</u> <u>Chuan xiong</u> <u>Bai zhu</u>		blood and yin defic who develops prob during preg such as restless fetus disorder	clears heat and calms restless fetus can be taken as a preventative measure
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FORMULAS THAT TONIFY QI AND BLOOD

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
A DANG GUI BU XUE TANG Tangkuei Decoction to Tonify the Blood	<u>Huang Qi</u> 30g strongly tonifies LU and SP qi, reinforcing source of blood <u>Dang Gui</u> 6g tonifies and invigorates blood, thus effective in generating new blood; replenishes qi of the blood, thus synergistic w/ Huang Qi which indirectly tonifies blood by tonifying qi; helps KI grasp qi; prevents cloying	Consumptive fatigue (lao juan), a form of blood defic caused by injury to the source qi When source qi defic, nutritive qi and blood become defic; yin is then unable to contain the yang	Hot sensation in the muscles, red face, irritability, thirst w/ a preference for warm beverages. Also for fever and HA due to loss of blood T: pale P: flooding large and defic that is forceless when pressed hard Used to treat sores that refuse to heal after ulcerating and which continue to exude a thin pale fluid (yin-type ulcer attributed to weakness of wei qi and blood)	Tonifies the qi and generates blood In consumptive fatigue, the qi of form is meager and debilitated; the qi from food does not ascend; and there is no movement in the U.J.; nor is the L.J. open. The St qi becomes hot [from constraint] and the heat sears the chest. Therefore, there is internal heat. <i>Basic Quest. Ch 62</i> This suggests internal injury from consumptive disease depletes source qi Also used for bleeding assoc w/ defic qi being unable to control the blood
B GUI PI TANG Restore the SP Decoction	C <u>Ren Shen</u> 15g (3-6g) and C <u>Huang Qi</u> 30g (9-12g) powerfully tonify SP C <u>Bai Zhu</u> 30g (9-12g) strengthens SP and dries damp C <u>Zhi Gan Cao</u> 7.5g (3-6g) tonifies SP and augments qi These 4 strongly tonify SP, and enable it to generate more blood D <u>Long Yan Rou</u> 30g (6-9g) root spirit by tonifying blood and calming spirit D <u>Dang Gui</u> 30g (6-9g) tonifies blood and reg menses. W/ Huang Qi effective in generating and tonifying blood D <u>Suan Zao Ren</u> 30g (9-12g) & D <u>Fu Ling/Fu Shen</u> 30g (9-12g) calm spirit. Fu Ling also reinforces SP tonifying D <u>Zhi Yuan Zhi</u> 30g (3-6g) calms spirit by facilitating flow of qi in HT; esp effective when balanced by astringent Suan Zao Ren	SP qi and HT blood defic Caused by excessive deliberation for a long time or obsessive behavior Root is SP qi; defic SP qi causes defic blood production and inability to nourish HT Blood defic can cause defic heat When child is defic, it drains mother	Forgetfulness, palpitations (w/ or w/o anxiety), insomnia, dream-disturbed sleep, anxiety and phobia, feverishness, withdrawal, reduced appetite, a pallid and wan complexion. Chronic bleeding sx may also occur. Women may experience early periods w/ copious pale blood or prolonged, almost continuous periods w/ little flow T: pale w/ thin white coat P: thin frail	Augments the qi, tonifies the blood, strengthens the SP, and nourishes the HT Variation of Si Jun Zi Tang and Dang Gui Bu Xue Tang + calm spirit herbs Used mainly for 3 types of manifestations: (1) restless HT spirit; (2) qi and blood defic; (3) inability of SP to control blood. Diff from Bu Zhong Yi Qi Tang which is for SP and ST qi defic. Gui Pi Tang is for SP and HT defic

	<p>A <u>Mu Xiang</u> 15g (3-6g) reg qi and revives SP; esp effective when combined w/ Bai Zhu; prevents indigestion from cloying herbs</p> <p>E <u>Sheng Jiang</u> 5pcs and</p> <p>E <u>Da Zao</u> 1pc improve appetite and reg ying and wei, facilitating actions of other herbs; assist in strengthening SP</p>			
YUAN TU GU TAI WAN	<p>Ren Shen</p> <p><u>Bai Zhu</u> – Si Jun Zi Tang</p> <p><u>Shan Yao</u> - tonify qi</p> <p><u>Rou Gui</u></p> <p>Tu Si Zi</p> <p><u>Xu Duan</u></p> <p><u>Du Zhong</u> – tonify yang</p> <p><u>Shan Zhu Yu</u> – KI yin, astringe</p> <p><u>Fu Zi</u> – KI yang</p> <p><u>Sha Yuan Ji Li</u> - KI essence</p> <p><u>Sha Ren</u> – morning sickness</p> <p><u>Gan Cao</u> – harmonize</p>	Threatened miscarriage		

<p>ZHI GAN CAO TANG</p> <p>Honey Fried Licorice Decoction</p>	<p>C <u>Zhi Gan Cao</u> 12g augments qi, nourishes HT</p> <p>D <u>Ren Shen</u> 6g strongly tonifies source qi and thus all the organs; calms spirit (relieving palp and anxiety) esp when combined w/ Zhi Gan Cao</p> <p>D <u>Da Zao</u> 30pcs sweet, benefits SP and nourishes HT</p> <p>These 3 tonify SP and St qi (postnatal qi) which is root of HT qi and source of blood</p> <p>D <u>Sheng Di Huang</u> 48g restores HT yin and tonifies blood</p> <p>D E <u>Jiao</u> 6g enriches yin, tonifies blood and moistens dryness</p> <p>D <u>Mai Men Dong</u> 9g moistens dryness in ST and LU (U.J.)</p> <p>D <u>Huo Ma Ren</u> 9g nourishes yin and moistens intestines (L.J.); good for HT</p> <p>A <u>Gui Zhi</u> 9g unblocks the flow of HT qi; Ren Shen strengthens this effect; imp in tx of palp</p> <p>A <u>Sheng Jiang</u> 9g strengthens ST and</p>	<p>Consumptive disorders w/ qi and blood defic</p> <p>HT controls pulse and is nourished by qi and blood. When HT undernourished it loses its vitality – HT yin and yang defic</p> <p>Blood and fluids interrelated; defic of one leads to defic of other</p>	<p>Palpitations w/ anxiety, irritability, insomnia, emaciation, SOB, constipation, dry mouth and throat</p> <p>T: pale shiny</p> <p>P: consistently irregular, slow irregular or thin faint and forceless</p>	<p>Augments the qi, nourishes the blood, enriches the yin, and restores the pulse</p> <p>Principal formula for the tx of irreg pulses (either slow irreg/knotted or consistently irreg/intermittent (attributed to defic yang which is unable to circulate the pulse qi, together w/ defic yin, which is unable to nourish the HT blood</p> <p>Also called Fu Mai Tang (Restore the Pulse Decoction)</p> <p>Use expanded for body numbness due to exhaustion of ying and wei qi; yin defic; LU atrophy (dry cough, or w/ blood streaked sputum, emaciation, SOB, irritab, insomnia, spont or night sweats, dry throat and tongue, constip, defic heat, defic rapid pulse</p>
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	<p>substances; w/ Da Zao reg ying and wei (imp in restoring vitality to consumptive pts as it enables their systems to revive w/o developing other problems)</p> <p>E <u>Rice Wine</u> 10ml helps assistants keep things moving (there is an element of stag here)</p>			
<p>A</p> <p>BA ZHEN TANG</p> <p>Eight Treasure Decoction</p>	<p>C <u>Ren Shen</u> 3g (6-9g) augments qi</p> <p>C <u>Shu Di Huang</u> 3g (15-18g) nourishes blood</p> <p>D <u>Bai Zhu</u> 3g (9-12g) and</p> <p>D <u>Fu Ling</u> 3g (12-15g) strengthen SP and leach out damp, assisting Ren Shen in strengthening qi of SP and LU</p> <p>D <u>Bai Shao</u> 3g (12-15g) and</p> <p>D <u>Dang Gui</u> 3g (12-15g) nourish blood and reinforce action of Shu Di</p> <p>A <u>Chuan Xiong</u> 3g (6-9g) invig blood and promotes qi movement</p> <p>A <u>Zhi Gan Cao</u> 1.5g (3-6g) augments qi and harmonizes M.J.</p> <p>E <u>Sheng Jiang</u> 3pcs and</p> <p>E <u>Da Zao</u> 2pcs regulate absorptive fx's of ST and SP; also reg ying and wei which allows pt to recover w/o developing other prob</p>	<p>Concurrent qi and blood defic</p> <p>Most often due to imbalances caused by chronic disease or excessive loss of blood</p>	<p>Pallid or sallow complexion, palpitations w/ anxiety that may be continuous, reduced appetite, SOB, laconic speech, easily fatigued extremities, light-headedness and/or vertigo. Also for threatened miscarriage w/ Xu Duan, Du Zhong, etc.</p> <p>T: pale w/ white coat</p> <p>P: thin frail or large deficient and w/o force</p>	<p>Tonifies and augments the qi and blood</p> <p>Combo of Si Jun Zi Tang + Si Wu Tang. Can be used in almost any case where both qi and blood are defic. Presentation may include chills and fever, weight loss, abscesses that neither suppurate nor improve, and continuous spotting from uterine bleeding</p>
<p>SHI QUAN DA BU TANG</p> <p>All Inclusive Great Tonifying Decoction</p>	<p>Ren Shen 6-9g</p> <p><u>Bai Zhu 9-12g</u></p> <p><u>Fu Ling 12-15g</u></p> <p><u>Zhi Gan Cao 3-6g</u></p> <p><u>Shu Di Huang 15-18g</u></p> <p><u>Bai Shao 12-15g</u></p> <p><u>Dang Gui 12-15g</u></p> <p><u>Chuan Xiong 6-9g</u></p> <p><u>Rou Gui 6-9g</u></p> <p><u>Huang Qi 15-18g</u></p> <p><u>Sheng Jiang 3pcs</u></p> <p><u>Da Zao 2pcs</u></p>	<p>Qi and blood defic in consumptive disorders</p>	<p>Coughing, reduced appetite, spermatorrhea, and weakness of the lower extremities. May also include sores that refuse to heal, or continuous spotting from uterine bleeding</p>	<p>Warms and tonifies the qi and blood</p> <p>Very commonly used for defic qi and blood w/ predominance of defic qi tending towards cold</p>

FORMULAS THAT NOURISH AND TONIFY THE YIN

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
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<p>A</p> <p>LIU WEI DI HUANG WAN</p> <p>Six Ingredient Pill w/ Rehmannia</p>	<p>C <u>Shu Di Huang</u> 240g strongly enriches KI yin and essence</p> <p>D <u>Shan Zhu Yu</u> 120g nourishes the LV and restrains leakage of essence by inhibiting the improper dispersion and drainage thru LV, enabling essence to build in KI</p> <p>D <u>Shan Yao</u> 120g stabilizes the essence by tonifying the SP (source of postnatal essence)</p> <p>A <u>Ze Xie</u> 90g clears and drains overabundance of KI fire; prevents rich cloying herbs from congesting KI mech</p> <p>A <u>Mu Dan Pi</u> 90g clears and drains LV fire and counterbalances warm Shan Zhu Yu</p> <p>A <u>Fu Ling</u> 90g bland, leaches out damp from SP; w/ Shan Yao it strengthens transportive fx of SP and prevents clogging of digestive process and reinforces SP's fx of nourishing the body; w/ Ze Xie improves fluid metab and promotes urination preventing buildup of stag fluids; calms spirit</p>	<p>KI and LV yin defic</p> <p>When KI weak marrow becomes depleted</p>	<p>Soreness and weakness in the lower back, light-headedness, vertigo, tinnitus, diminished hearing, night sweats, spontaneous and nocturnal emissions. May also have hot palms and soles, chronic dry and sore throat, toothache, or wasting and thirsting disorder</p> <p>T: red w/ little coat</p> <p>P: rapid thin</p> <p>Treats relatively intense fire from defic, eye disorders or weakened SP and ST fx. The pill or concentrate forms are used for pts w/ edema, reduced urination, or for those w/ restricted fluid intake. For long-term constitutional tx use pills</p>	<p>Enriches yin and nourishes KI</p> <p>Variation of Shen Qi Wan</p> <p>Treats yin defic in kids w/ open anterior fontanel, lack of spirit, shiny pale complexion</p> <p>KI yin defi can result of lack of control over yang (HT) w/ fire from defic blazing up thru shao yin channels</p> <p>When yang is defic, qi collapses. Use light herbs to strengthen and raise it, ie, Bu Zhong Yi Qi Tang; when the yin is defic, qi rises but doesn't return down, use cloying heavy herbs w/ herbs that leach out fluids thru urine to cause qi to descend</p>
<p>QI DU DI HUANG WAN</p> <p>Lycium Fruit, Chrysanthemum, and Rehmannia Pill</p>	<p>Add Gou Qi Zi</p> <p><i>Bai Ju Hua</i></p>	<p>KI and LV yin defic w/ LV defic as predominant</p>	<p>Dry eyes w/ diminished visual acuity, photophobia, tearing when exposed to drafts, or painful eyes</p>	
<p>ZHI BAI DI HUANG WAN</p> <p>Anemarrhena, Phellodendron, and Rehmannia Pill</p>	<p>Add Zhi Mu</p> <p><i>Huang Bai</i></p>	<p>Yin defic w/ vigorous fire, consumptive heat, or steaming bone disorder</p>	<p>Night sweats, dry mouth and tongue, large pulse at chi position</p> <p>Also for urinary difficulty and lower back pain from damp heat in L.J. w/ underlying KI yin defic</p>	
<p>B</p> <p>ZUO GUI YIN</p> <p>Restore the Left [Kidney] Decoction</p>	<p><i>C Shu Di Huang 6-60g most effective for enriching true yin of KI</i></p> <p>D <u>Shan Zhu Yu</u> 3-6g and</p> <p>D <u>Gou Qi Zi</u> 6g nourish LV blood; synergistic w/ Shu Di</p> <p>A <u>Shan Yao</u> 6g benefits SP yin</p> <p>A <u>Fu Ling</u> 6g and</p> <p>A <u>Zhi Gan Cao</u> 3g augment qi and strengthen SP. These 3 assistants support the tonification of the true yin (source of postnatal essence)</p>	<p>KI yin defic w/ damage to the essence and marrow</p> <p>Most common etiology if excessive sexual activity, usually beginning at an early stage</p>	<p>Lower back soreness, spontaneous emissions, night sweats, dry mouth and throat, thirst w/ desire to drink</p> <p>T: peeled shiny</p> <p>P: thin rapid</p>	<p>Nourishes the yin and enriches the KI, strengthens SP</p> <p>Variation of Liu Wei Di Huang Wan (which tonifies and drains for defic fire) Zuo Gui Yin tonifies, but little or no defic fire</p> <p>Treats yin defic by focusing on KI, but also by working on the LV and SP qi</p>
<p>ZUO GUI WAN</p>	<p><u>Shu di</u></p> <p>Shan zhu yu</p>	<p>KI defic (marrow and essence)</p>	<p>Light-headedness, vertigo, tinnitus, soreness and weakness in lower back and legs, spont and noct emissions, spont and</p>	<p>Nourish yin, tonify KI, supplement essence and benefit marrow</p>

	<u>Shan yao</u> <u>Tu si zi</u> <u>Gou qi zi</u> <u>Liu jiao jiao</u> <u>Gui ban jiao</u> <u>Chuan xiu xi</u>		throat, thirst T: red shiny P: thin rapid	used in more severe cases
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MAI WEI DI HUANG WAN	<u><i>Liu Wei Di Huang Wan +</i></u> <u>Mai Men Dong</u> <u>Wu Wei Zi</u>			Can be used for yin defic asthma
DU QI WAN	<u><i>Liu Wei Di Huang Wan +</i></u> Wu Wei Zi			Can be used for mild asthma in kids
DA BU YIN WAN Great Tonify the Yin Pill	<u><i>Shu Di Huang 180g enriches and tonifies LV and KI</i></u> <u>Su Jiu Gui Ban</u> 180g nourishes yin and weighs down floating yang These 2 enrich water to control fire <u>Chao Huang Bai</u> 120g quells KI fire <u>Jiu Chao Zhi Mu</u> 120g clears heat, enriches the LU, and generates fluids. These 2 are synergistic; one focuses on L.J. and other on U.J.; they also tonify the yin to some extent. They are fried to moderate their bitter cold prop <u>Marrow from Pigs vertebrae</u> tonifies essence and marrow; moderates bitter dry prop of Huang Bai which otherwise could injure yin	Upward rising of LV fire due to LV and KI defic	Steaming bone disorder w/ afternoon tidal fever, night sweats, spontaneous emissions, irritability, a sensation of heat and pain in the legs and knees which is sometimes accom by weakness. May also have coughing blood (if rising fire attacks collaterals) or constant hunger (if it attacks ST) T: red w/ little coat P: rapid and forceful at chi	Enriches the yin and causes fire to descend Strategy is to cultivate the root (KI yin) and clear the source (heat in KI) Authored by Zhu Dan-Xi who believed that yin defic was the most prevalent constitution Most commonly used in treating yin defic w/ ascendant yang Stronger than Liu Wei Di Huang Wan for causing defic fire to descend
B YI GUAN JIAN Linking Decoction	<u><i>C Sheng Di Huang 18-45g and</i></u> C <u>Gou Qi Zi</u> 9-18g soften the LV by nourishing blood and the yin of its mother (KI) D <u>Sha Shen</u> 9g and D <u>Mai Men Dong</u> 9g enrich and nourish the yin of the ST and LU (which can be harmed by sharp or intense LV thru 5 phases); deputies treat parched mouth and throat while indirectly helping to soften LV A <u>Dang Gui</u> 9g assists chief in nourishing and invigorating blood E <u>Chuan Lian Zi</u> 4.5g disperses constrained LV qi and directly attacks the pain; moderates cloying herbs: its bitter nature is mitigated by	Yin defic of LV and KI w/ concurrent qi stagnation The yin defic may be from fire from constraint or it may be an independent concurrent condition Defic of yin inhibits spreading fx of LV	Hypochondriac and chest pain (many pts describe as tight or dry), epigastric and abd distention, dry parched mouth and throat, acid regurgitation T: red and dry P: thin frail or defic wiry Expanded to include menstrual disorders, hernia, LU consumption, wasting and thirsting, and abd masses w/ LV and KI yin defic Also used in treating certain stages and the sequelae of warm febrile diseases	Enriches the yin and spreads the LV qi Si Ni San is strong at relieving constraint and is used for hypo pain w/ cold extrem Xiao Yao San used more when from emotional upset and disharmony b/w LV and SP Yi Guan Jian's defic of LV yin is what leads to constraint, heat and pain. This then attacks the ST. Focus is to enrich and nourish the LV and KI yin to soften the LV, while also dispersing the constrained LV qi Used commonly for hepatitis and cirrhosis. Can add Wu Wei Zi

	others			
ER ZHI WAN Two Ultimate Pill	<p><u><i>Nu Zhen Zi</i></u> <i>sweet bitter cool, enriches KI and nourishes LV</i></p> <p>Han Lian Cao <i>sweet cold, nourishes yin, benefits essence and cools blood to stop bleeding</i></p> <p>Together they nourish the yin aspects of the LV and KI w/o cloying</p>	<p>KI and LV yin defic</p> <p>KI governs bones and marrow</p> <p>KI ch winds thru throat to tongue</p> <p>LV and eyes</p> <p>LV and hun</p>	<p>Weakness and soreness of the lower back and knees, or weakness and atrophy of the lower extremities, dry and parched mouth and throat, dizziness and blurred vision, insomnia, dream-disturbed sleep, spontaneous emissions, premature greying of hair</p> <p>T: red dry</p>	<p>Tonifies and benefits the LV and KI</p> <p>Preferred over Liu Wei Di Huang Wan when chronic bleeding occurs or when premature greying occurs</p>
DANG GUI DI HUANG YIN	<p><u><i>Dang Gui</i></u></p> <p>Shu Di</p> <p><u>Shan Zhu Yu</u></p> <p><u>Shan Yao</u></p> <p><u>Du Zhong</u></p> <p><u>Huai Niu Xi</u></p> <p><u>Zhi Gan Cao</u></p>	<p>KI defic</p>	<p>Scanty menses w/ light pale color, thin, sore/weak low back and knees, tinnitus, heel pain (KI essence)</p>	

FORMULAS THAT WARM AND TONIFY THE YANG

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
A JIN GUI SHEN QI WAN KI Qi Pill from the Golden Cabinet	<p>C <u>Sheng/Shu Di Huang</u> 24g nourishes yin and tonifies KI, emphasis on tonifying blood (when blood is tonified, yin qi will be harmonious)</p> <p>D <u>Shan Zhu Yu</u> 12g Sour and slightly warm; tonifies LV and KI helping preserve essential qi while nourishing yin and reinforcing blood.</p> <p>D <u>Shan Yao</u> 12g Sweet and bland, strengthens SP, stabilizes KI and nourishes essence; effective in treating defic and consumptive patterns</p> <p>D <u>Fu Zi</u> 3g tonifies source fire, dispels cold, elim damp; strongly promotes movement and reaches source to warm cold</p> <p>D <u>Gui Zhi/Rou Gui</u> 3g benefits joints, warms channels, unblocks vessels</p> <p>Deputies assist yang and enhance water metab; intended to only slightly generate KI yang in order to strengthen KI qi</p> <p>A <u>Ze Xie</u> 9g unblocks and reg water pathways</p>	<p>KI yang defic with insufficient fire at the gate of vitality</p> <p>KI are foundation of prenatal essence and store essence. Essence transforms into qi; qi which arises from transformation of KI essence is called KI qi or KI yang or source yang</p> <p>Water metabolism</p>	<p>Lower back pain, weakness of the lower extremities, a cold sensation in the lower half of the body, tenseness in the lower abdomen. May also be irritable to the point of having difficulty lying down, and will breathe most comfortably while leaning against something. There is either urinary difficulty w/ edema, or excessive urination, sometimes to the point of incontinence. Also for KI defic asthma</p> <p>T: pale swollen w/ thin white moist coat</p> <p>P: empty or frail, submerged and faint and chi</p> <p>Also useful in treating leg qi disorders in which water and dampness pour into legs causing severe edema (can be so severe that it ascends and enters low abd where it causes numbness)</p> <p>Also indicated for L.J. type wasting and thirsting</p>	<p>Warms and tonifies the KI yang</p> <p>Liu Wei Di Huang Wan + Fu Zi, Gui Zhi (helps reg relationship b/w yin and yang, thereby strengthening the KI qi)</p> <p>Typically used for pattens of both KI yin and yang defic</p> <p>Drains in the course of tonifying. Fu Ling and Ze Xie are both aimed at draining the pathogenic qi from the UB, thus giving the tonics more strength.</p> <p>Ze Xie guides Fu Zi and Gui Zhi into the KI</p> <p>Leads fire back to source, espec when Rou Gui used</p> <p>Treats many KI yang defic disorders w/ water and fluid metab problems</p> <p>Zhen Wu Tang also treats fluid metab prob from KI yang defic. That focuses on defic of KI yang or defic of KI and SP yang w/ retention of pathogenic fluids. There are excess manifestations. Shen Qi Wan focuses on fluid metab prob due to KI yang defic w/o accum</p>

	<p>drains damp</p> <p>A <u>Mu Dan Pi</u> 9g clears heat and quells fire. Cools blood, dispels stasis w/ Gui Zhi; facilitates unimpeded flow in KI</p> <p>3 assistants regulate the 3 yin organs (KI, LV, SP) Synergistic w/ Shu Di, Shan Yao and Shan Zhu Yu to provide draining action. Ze Xie and Fu Ling enable Gui Zhi to warm UB and promote urination</p>		<p>disorder</p> <p>L.J. consumption</p> <p>Phlegm, water build-up</p> <p>Wasting and thirsting</p> <p>Diffic urination w/ preg</p>	
<p>B</p> <p>YOU GUI WAN</p> <p>Restore the Right [KI] Pill</p>	<p>C <u>Fu Zi</u> 60-180g and</p> <p>C <u>Rou Gui</u> 60-120g and</p> <p>C <u>Lu Jiao Jiao</u> 120g warm and tonify KI yang. Lu Jiao Jiao has flesh and blood quality that replenishes essence and tonifies marrow</p> <p>D <u>Shu Di Huang</u> 240g sweet and warm, nourish yin to benefit KI</p> <p>D <u>Shan Zhu Yu</u> 90g</p> <p>D <u>Shan Yao</u> 120g nourish LV, and tonify SP in order to indirectly tonify and supplement essence and blood</p> <p>D <u>Gou Qi Zi</u> 120g and</p> <p>D <u>Tu Si Zi</u> 120g and</p> <p>D <u>Du Zhong</u> 120g nourish LV and KI; treat low back pain and weakness</p> <p>D <u>Dang Gui</u> 90g tonify blood and nourish LV and invig blood</p>	<p>KI yang defic w/ waning of fire at gate of vitality</p> <p>Basal source yang defic and decline of the prenatal endowment such that the fire at the gate of vitality wanes</p> <p>Becomes unable to generate earth, causing cold SP and ST</p>	<p>Exhaustion from long-term illness, aversion to cold, coolness of extremities, impotence, spermatorrhea, and aching and weakness of the lower back and knees. May also be infertility, loose stools (sometimes w/ undigested food particles), incontinence, and edema of the lower extremities</p>	<p>Warms and tonifies the KI yang, replenishes essence, and tonifies blood</p> <p>Variation of Shen Qi Wan</p> <p>One of best for treating KI yang defic w/ insuffic of essence and blood</p> <p>Commonly used in elderly and those suffering for chronic illnesses</p> <p>Tonifies yang w/in yin since KI are assoc w/ yin</p>

<p>TU SI ZI WAN</p> <p>Cascuta Seed Pill</p>	<p>C <u>Tu Si Zi</u> 60g and</p> <p>C <u>Lu Rong</u> 30g and</p> <p>C <u>Rou Cong Rong</u> 60g and</p> <p>C <u>Shan Yao</u> 30g tonify KI</p> <p>D <u>Fu Zi</u> 30g warms KI yang. With</p> <p>D <u>Wu Yao</u> 30g moves and dispels cold qi from the KI and UB</p> <p>D <u>Wu Wei Zi</u> 30g binds and grasps KI qi</p> <p>A <u>Sang Piao Xiao</u> 30g and</p> <p>A <u>Yi Zhi Ren</u> 30g and</p> <p>A <u>Duan Mu Li</u> 60g helps Wu Wei Zi grasp KI qi</p> <p>E <u>Ji Nei Jin</u> 15g treats urinary frequency and incontinence</p>	<p>KI qi defic w/ inability to grasp essence</p> <p>Exhaustion due to weakness of the essence and blood of KI, while aversion to cold stems from insuffic yang qi.....</p>	<p>Exhaustion, aversion to cold, frail physique, dizziness, lower back pain, weakness of lower extremities, frequent scant urination w/ continuous dripping, spermatorrhea</p> <p>P: submerged thin, esp frail at chi</p>	<p>Warms the KI and prevents abnormal leakage</p> <p>When qi grasping fx is weak, abnormal leakage or urine may result. Although it is a manifestation, it must be treated</p> <p>Combines astringent herbs w/ tonifying herbs that work on root. This accelerates the healing and helps effect a long term cure</p>
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<p>ZAN YU DAN</p> <p>Special Pill to Aid Fertility</p>	<p>C <u>Fu Zi</u> 60g and</p> <p>C <u>Rou Gui</u> 60g and</p> <p>C <u>Rou Cong Rong</u> 120g and</p> <p>C <u>Ba Ji Tian</u> 120g and</p> <p>C <u>Yin Yang Huo</u> 120g and</p> <p>C <u>She Chuang Zi</u> 60g and</p> <p>C <u>Jiu Zi</u> 120g and</p> <p>C <u>Xian Mao</u> 120g and</p> <p>C <u>Shan Zhu Yu</u> 120g and</p> <p>C <u>Du Zhong</u> 120g tonify KI and strengthen yang</p> <p>D <u>Shu Di Huang</u> 240g and</p> <p>D <u>Dang Gui</u> 180g and</p> <p>D <u>Gou Qi Zi</u> 180g tonify yin and replenish essence</p> <p>A <u>Bai Zhu</u> 240g strengthen SP and elim dampness; strengthens transportive fx of SP and ST; and also transforms and transports the essence to a slight extent, thereby assisting in tonifying and replenishing KI essence</p>	<p>Impotence or infertility due to waning of the fire at the gate of vitality and cold and defic of the essential qi</p> <p>Clinical experience has shown that these prob typically involve not only debilitation of source yang, but also defic of qi and blood</p>	<p>Impotence or infertility, listlessness and dispiritedness, aching and weakness of the lower back, pale shiny complexion</p> <p>P: submerged thin</p>	<p>Warms and tonifies the lower base (KI)</p> <p>Strategy is strong tonification and warming of KI yang.</p> <p>But also need to protect yin and blood</p>
<p>A</p> <p>ER XIAN TANG</p> <p>Two Immortal Decoction</p>	<p>C <u>Xian Mao</u> 6-15g and</p> <p>C <u>Yin Yang Huo/Xian Ling Pi</u> 9-15g with</p> <p>D <u>Ba Ji Tian</u> 9g warm KI yang and tonify KI essence</p> <p>Yin Yang Huo also tonifies yin and yang and harnesses ascendant LV yang</p> <p>A <u>Huang Bai</u> 4.5-9g and</p> <p>A <u>Zhi Mu</u> 4.5-9g nourish KI yin and drain fire from defic</p> <p>A <u>Dang Gui</u> 9g moistens and nourishes blood and regulates Chong and Ren</p>	<p>Defic of both KI yin and yang accom by flaring-up of fire from defic</p> <p>In TCM, menopause is related to Chong and Ren defic</p> <p>Should combine w/ Er Zhi Wan or Liu Wei Di Huang Wan</p>	<p>Sx of menopause including: HTN, menstrual disturbances such as amenorrhea, hot flushes, sweating, nervousness, fatigue, lassitude, depression, irritability, insomnia, palpitations, and urinary frequency. May also be used for other chronic disorders which present w/ sx of KI yin and yang defic and flaring-up of fire from defic. Extended use in amenorrhea, schizophrenia during menopause, nephritis, pyelonephritis</p>	<p>Warms the KI yang, tonifies the KI essence, drains fire from the KI, and regulates the Chong and Ren</p> <p>Focuses on 2 aspects:</p> <p>(1)severe defic of both yin and yang in lower body;</p> <p>(2)flaring of defic fire manifesting in upper body. Must warm KI yang, while quelling KI defic fire; and tonify essence and blood which counterbalances action of warming herbs and prevents further injury to yin and essence.</p>
<p>YU LIN WAN</p>	<p>Si Jun Zi Tang +</p> <p>Si Wu Tang +</p> <p>Tu Si Zi</p> <p><u>Du Zhong</u></p> <p><u>Liu Jiao Jiao</u></p> <p><u>Chuan Jiao</u></p> <p><u>Xiang Fu</u></p>	<p>KI defic infertility</p>	<p>Delayed menses, light color, scanty, dark facial complexion, sore/weak low back and knees, low sex drive</p> <p>T: pale w/ thin white coat</p> <p>P: deep slow</p>	

AI FU NUAN GONG WAN	<p>Ai Ye</p> <p><u>Xiang Fu</u></p> <p><u>Xu Duan</u></p> <p><u>Dang Gui</u></p> <p><u>Shu Di</u></p> <p><u>Bai Shao</u></p> <p><u>Chuan Xiong</u></p> <p><u>Shan Zhu Yu</u></p> <p><u>Huang Qi</u></p> <p><u>Rou Gui</u></p>	<p>KI defic (yang) infertility</p> <p>Cold uterus</p>	<p>Infertility + KI yang defic sx, esp cold in lower limbs</p>	
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FORMULAS THAT PROMOTE THE MOVEMENT OF QI

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
<p>YUE JU WAN</p> <p>Escape Restraint Pill</p>	<p>C <u>Xiang Fu</u> releases constraint and disperses qi stagnation</p> <p>D <u>Chuan Xiong</u> invigorate and release constrained blood, resolves fixed pain. Reinforces qi moving action of Xiang Fu</p> <p>D <u>Cang Zhu</u> dries damp and transforms phlegm. Releases constraint of dampness and phlegm & addresses focal distention of chest. Improves fx of SP/ST</p> <p>D <u>Shan Zhi Zi</u> clears heat from 3 burners, resolves fire constraint</p> <p>D <u>Shen Qu</u> relieves constraint from food stag and harmonizes ST</p>	<p>Mild constraint due to stagnant qi</p> <p>*Primarily Middle Jiao</p>	<p>Focal distention and a stifling sensation in the chest and abd; fixed pain in the hypochondria, belching, vomiting, acid regurgitation, mild coughing w/ copious sputum, reduced appetite, indigestion</p>	<p>Promotes the movement of qi and releases constraint</p> <p>5 herbs - 6 Stagnations</p>
<p>Pai Qi Yin</p> <p>Discharge Gas Decoction</p>	<p><u>Chen Pi</u></p> <p><u>Xiang Fu</u></p> <p><u>Wu Yao</u></p> <p><u>Hou Po</u></p> <p><u>Mu Xiang</u></p> <p><u>Zhi Ke</u></p> <p><u>Huo Xiang</u></p> <p><u>Ze Xie</u></p>	<p>disruption in the flow of qi from obstruction due to dampness, rebellious qi and food stag</p>	<p>Epigastric and abd bloating and distention</p>	<p>Reg qi, dries damp, resolves food stag</p> <p>Focuses more on bloating and gas by promoting movement of qi and resolving food stag than does Yue Ju Wan</p>
<p>BAN XIA HOU PO TANG</p> <p>Pinellia and Magnolia Bark Decoction</p>	<p>C <u>Ban Xia</u> 9-12g transforms phlegm dissipates clumps, directs rebellious qi down & harmonizes St</p> <p>D <u>Hou Po</u> 9g eliminates stifling sensation in chest, assists Ban Xia in</p>	<p>Plum-pit qi can arise from (1) emotions; qi becomes constrained and LU and ST lose ability to</p>	<p>Feeling that something is caught in throat and can't be swallowed or ejected, stifling sensation in chest and hypochondria. May be coughing and vomiting</p>	<p>Promotes the movement of qi, dissipates clumps, directs rebellious qi down, transforms phlegm.</p> <p>Formula only good for plum</p>

	<p>down</p> <p>D <u>Fu Ling</u> 12g leaches out damp, transforms phlegm</p> <p>A <u>Sheng Jiang</u> 15g harmonize ST, stop vomiting</p> <p>E <u>Zi Su Ye</u> 6g directs to throat and LU, relieves cough</p>	<p>resulting in prob in fluid transportation and transformation and formation of phlegm which clashes w/ qi and lodges in throat; or (2) fire from constraint; and (3) qi and blood defic</p>	<p>T: moist or greasy white</p> <p>P: wiry slow or wiry slippery</p>	<p>phlegm</p> <p>For milder condition w/ less phlegm-damp add Da Zao (Si Qi Tang)</p>
<p>GUA LOU XIE BAI BAI JIU TANG</p> <p>Tricosanthes Fruit, Chinese Chive, and Wine Decoction</p>	<p>C <u>Gua Lou</u> 12g expels phlegm and unbinds the chest (disperses clumps of phlegm in chest)</p> <p>D <u>Xie Bai</u> 9-12g warms and unblocks the yang, promotes movement of qi and alleviates pain</p> <p>A <u>Bai Jiu</u> (wine) 30-60 ml ascending nature enhances therapeutic action of Xie Bai and encourages uninhibited flow of yang</p>	<p>"Chest Bi" Painful obstruction of the chest resulting from failure of yang in upper burner to be aroused. Form of yang defic--inability to disperse fluids which congeal and cause phlegm.</p>	<p>Pain in the chest which often radiates to the upper back, wheezing, cough w/ copious sputum, SOB</p> <p>T: thick, greasy</p> <p>P: submerged and wiry or tight</p>	<p>Unblocks the yang, promotes movement of qi, and expels phlegm</p> <p>*Not all cases of painful obstruction of the chest are caused by blood stasis.</p> <p>Add Ban Xia where chest obstruction is painful and pt can't lie down</p>
<p>Zhi Shi Gua Lou Gui Zhi Tang</p> <p>Immature Bitter Orange, Trichosanthes Fruit, and Cinnamon Twig Decoction</p>	<p><u>Gua Lou</u></p> <p><u>Xie Bai</u></p> <p><u>Zhi Shi</u></p> <p><u>Hou Po</u></p> <p><u>Gui Zhi</u></p>		<p>Painful obstruction of chest w/ fullness and pain, or stabbing pain that radiates from chest to back, wheezing, coughing, SOB, focal distention in chest from hypochondrium to Ht</p> <p>T: white, greasy</p> <p>P: submerged wiry or tight</p>	<p>More effective than Gua Lou Xie Bai Bai Jiu Tang for painful obstruction of chest w/ severe clumping of qi resulting in focal distention of chest</p>

<p>HOU PO WEN ZHONG TANG</p> <p>Magnolia Bark Decoction for Warming the Middle</p>	<p>C <u>Hou Po</u> 30g (9-15g) warm middle, dry damp, promote downward movement of qi, expand the chest</p> <p>D <u>Cao Dou Kou</u> 15g (6-9g) warms middle, disperses cold, dries damp</p> <p>A <u>Chen Pi</u> 30g (9-15g) and</p> <p>A <u>Mu Xiang</u> 15g (6-9g)) promote movement of qi, expand chest and stop pain</p> <p>A <u>Gan Jiang</u> 2.1g (1.5-6g) warms the SP, harmonizes the ST, disperses cold</p> <p>A <u>Sheng Jiang</u> 3pcs warms the SP, harmonizes the ST, disperses cold</p> <p>A <u>Fu Ling</u> 15g (9-12g) address dampness by strengthening the SP, leaching out dampness and harmonizing middle</p> <p>A <u>Zhi Gan Cao</u> 15g (3-9g)) address dampness by strengthening the SP, leaching out dampness and harmonizing middle</p>	<p>Damp-cold injuring the SP and ST. This disrupts the descending fx's</p>	<p>Epigastric and abd distention and fullness, loss of appetite, fatigue in the extremities, loose diarrhea. May also be abd pain and vomiting of clear liquid</p> <p>T: white slippery</p>	<p>Warms the middle burner, promotes the movement of qi, dries damp, and eliminates fullness</p>
<p>Liang Fu Wan</p> <p>Galangal and Cyperus Pill</p>	<p><u>Gao Liang Jiang</u> warms the ST and disperses cold</p> <p>Xiang Fu regulates qi and relieves</p>	<p>Stagnation of LV qi w/ cold congealing in the ST</p>	<p>Epigastric pain that responds favorably to warmth, a stifling sensation in the chest, hypochondriac</p>	<p>Warms the middle burner, dispels cold, promotes the movement of qi and alleviates pain</p>

	<p>constraint</p> <p>Form into pills w/ ginger juice</p>		<p>pain, painful menstruation</p> <p>T: white coat</p>	
<p>Jin Ling Zi San</p> <p>Melia Toosendan Powder</p>	<p>C <u>Chuan Lian Zi/Jin Ling Zi</u> 30g clears heat and promotes the movement of qi. Drains heat from the qi level and alleviates pain</p> <p>D <u>Yan Hu Suo</u> 30g invigorate qi and blood and alleviate pain</p>	<p>LV constraint w/ heat</p>	<p>Intermittent epigastric and hypochondriac pain, hernial pain, or menstrual pain aggravated by hot food or drink, accom by irritability</p> <p>T: red w/yellow coat</p> <p>P: wiry or rapid</p>	<p>Spreads LV qi, drains heat, regulates qi and alleviates pain</p>
<p>Tian Tai Wu Yao San</p> <p>Top Quality Lindera Powder</p>	<p>C <u>Wu Yao</u> 15g promotes the movement of qi, disperses constrained LV qi, scatters cold and alleviates pain</p> <p>D <u>Xiao Hui Xiang</u> 15g warms the lower burner and scatters cold</p> <p>D <u>Gao Liang Jiang</u> 15g scatters cold and alleviates pain</p> <p>D <u>Qing Pi</u> 15g regulates qi and disperses constrained LV qi</p> <p>D <u>Mu Xiang</u> 15g promotes movement of qi and alleviates pain</p> <p>A <u>Bing Lang</u> 2pcs (12-15g) conducts qi down, removing stag and breaking up solid obstructions in lower burner</p> <p>A <u>Jin Ling Zi</u> 10pcs (12-15g) cooked w/ A <u>Ba Dou</u> 70pcs (15g) moderates warmth of other herbs</p>	<p>Hernial disorder from LV qi stag from cold invasion</p>	<p>Lower abd pain radiating to the testicles</p> <p>T: pale w/ white coat</p> <p>P: submerged and slow or wiry</p>	<p>Promotes the movement of qi, spreads LV qi, scatters cold, and alleviates pain</p> <p><u>Dao Qi Tang</u> also for cold-type hernial disorders but is milder. Contains Jin Ling Zi (12g); Mu Xiang (9g); Xiao Hui Xiang (6g); and Wu Zhu Yu (3g)</p>
<p>Jia Wei Wu Yao Tang</p> <p>Augmented Lindera Decoction</p>	<p><u>Wu Yao</u></p> <p><u>Sha Ren</u></p> <p><u>Mu Xiang</u></p> <p><u>Yan Hu Suo</u></p> <p><u>Xiang Fu</u></p> <p><u>Gan Cao</u></p> <p><u>Bing Lang</u></p>		<p>Delayed menstruation w/ dark scanty menstrual blood w/ clots accom by pre-menstrual lower abd distention and pain, swollen breasts</p> <p>T: normal</p> <p>P: wiry or choppy</p>	<p>Opens up areas of constraint, promotes movement of qi, invig blood</p>

<p>Nuan Gan Jian</p> <p>Warm the LV Decoction</p>	<p>C <u>Xiao Hui Xiang</u> 6g warms the KI and disperses cold</p> <p>D <u>Wu Yao</u> 6g promote the movement of qi and alleviate pain, esp in L.J.</p> <p>D <u>Chen Xiang</u> 3g same as Wu Yao</p> <p>A <u>Rou Gui</u> 3-6g warm and tonify LV and KI</p> <p>A <u>Gou Qi Zi</u> 9g same as Rou Gui</p> <p>A <u>Fu Ling</u> 6g leaches out damp and strengthens the SP</p> <p>A <u>Dang Gui</u> 6-9g invigorates and tonifies</p>	<p>Cold-type hernial disorder in which cold from defic of LV and KI causes qi to stagnate</p>	<p>Lower abd pain that is sharp, localized and aggravated by local application of cold. Also used for swelling, distention and pain of scrotum</p> <p>T: pale, esp on sides and root</p> <p>P: submerged and tight</p>	<p>Warms the LV and KI, promotes the movement of qi and alleviates pain</p>
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	of qi and blood and invigorates E <u>Sheng Jiang</u> 3-5 pcs scatters cold and harmonizes ST			
Ju He Wan Tangerine Seed Pill	C <u>Ju He</u> 30g promotes the movement of qi and dissipates clumps. Pain from hernia D <u>Jin Ling Zi</u> 30g invigorate qi D <u>Mu Xiang</u> 15g invigorate qi D <u>Tao Ren</u> 30g invigorate blood and dissipate clumps D <u>Yan Hu Suo</u> 15 g invigorate blood, dissipate clumps, invig qi and alleviate pain A <u>Rou Gui</u> 15g warms the KI and LV, disperses cold from L.J. A <u>Mu Tong</u> 15g unblocks blood vessels (esp L.J.) and eliminates damp, reducing swelling and pain providing damp-phlegm an exit A <u>Hou Po</u> 15g directs qi down and dries damp assisting others in dissipating clumps A <u>Zhi Shi</u> 15g assist movement of qi and dissipate clumps and accumulations A <u>Hai Zao</u> 30g soften hardness and dissipate clumps A <u>Kun Bu</u> 30g same as Hai Zao A <u>Hai Dai</u> 30g same as Hai Zao	Hernial disorder due to damp-cold invading the LV channel. Expression of disorder is in the KI (testicles) but pathogenesis is in LV ch.	Unilateral testicular swelling w/ colicky pain reaching to the umbilicus, or a rock-like hardness and swelling of scrotum, or oozing of a yellow fluid from scrotum. In severe cases, abscess and ulceration may also occur	Promotes the movement of qi, alleviates pain, softens hardness and dissipates clumps
KAI YU ZHONG YU TANG	<p style="text-align: center;">Fu Ling</p> <u>Bai Zhu</u> <u>Dang Gui</u> <u>Bai Shao</u> – Xiao Yao San <u>Xiang Fu</u> – reg qi <u>Mu Dan Pi</u> – clear LV heat <u>Tian Hua Fen</u> – tonify yin	Infertility from LV qi stagnation		

FORMULAS THAT DIRECT REBELLIOUS QI DOWNWARD

Formula	Herbs & Functions	Diagnosis	Indications	Comments
SU ZI JIANG QI TANG Perilla Fruit Decoction for Directing Qi Downward	C <u>Su Zi</u> 75g (9-12g) directs rebellious qi down, expels phlegm, stops coughing and wheezing D <u>Ban Xia</u> 75g (6-9g) expel phlegm, stop cough and wheezing D <u>Hou Po</u> 30g (3-6g) same as Ban Xia D <u>Qian Hu</u> 30g (6-9g) same as Ban Xia	Excess above and Deficiency below Excess above refers to phlegm cold in LU which interferes w/ normal circ. Defic below is the root and refers to KI being unable to grasp qi. May	Cough and wheezing w/ watery copious sputum, stifling sensation in chest and diaphragm, SOB w/ labored inhalation and smooth exhalation. May also be pain and weakness of the lower back and legs, edema of the extremities, and/or fatigue The white coat which is either	Directs rebellious qi down, arrests wheezing, stops coughing, and warms and transforms phlegm-cold. focuses more on Qi stagnation than phlegm The primary strategy of this formula is to treat

	<p>D <u>Chen Pi</u> 45g (6-9g) same as Ban Xia</p> <p>A <u>Rou Gui</u> 45g (1.5-3g) warms the KI and restores ability to grasp the qi, dispels cold, warms yang</p> <p>A <u>Dang Gui</u> 45g (6-9g) (a) treat cough from rebellious qi; (b) harmonize blood since chronic conditions devitalize blood and helps KI grasp qi- treats qi of the blood; (c) prevent injury to yin and qi from acrid, dry nature of other herbs</p> <p>E <u>Zi Su Ye</u> 5 leaves disperse cold and improve LU circulation</p> <p>E <u>Sheng Jiang</u> 2pcs same as Zi Su Ye</p> <p>E <u>Da Zao</u> 3 pcs harmonize middle which helps resolve phlegm. Harmonize formula</p> <p>E <u>Zhi Gan Cao</u> 60g (3-4.5g) like Da Zao</p>	<p>defic.</p> <p>This condition occurs in pts w/ constitutional problems of KI yang defic with internal phlegm who contract external w-c</p>	<p>slippery or greasy</p>	<p>the manifestation</p> <p>Hei Xi Dan (Lead Special Pill) treats the root. Different from Xiao Qing Long Tang which treats ext w-c w/ chronic SP defic and congested fluids.</p> <p><i>*Dang gui – fxn to exchange blood O2; speeds metabolic waste out</i></p>
<p>Ding Chuan Tang</p> <p>Arrest Wheezing Decoction</p>	<p>C <u>Ma Huang</u> 9g unblocks and redirects LU qi, arrests wheezing and releases exterior</p> <p>C <u>Yin Xing</u> 21 pcs (9g) transforms phlegm, restrains leakage of LU qi, arrests wheezing & counteracts Ma Huang's dispersion; <i>collateral circulation</i></p> <p>D <u>Xing Ren</u> 4.5g expands LU and stops wheezing</p> <p>D <u>Su Zi</u> 6g direct rebellious qi down, stop wheezing and expel phlegm</p> <p>D <u>Ban Xia</u> 9g same as Su Zi</p> <p>D <u>Kuan Dong Hua</u> 9g same as Su Zi</p> <p>A <u>Sang Bai Pi</u> 9g drain heat from LU, stop cough and wheez</p> <p>A <u>Huang Qin</u> 4.5g same as Sang Bai Pi</p> <p>E <u>Gan Cao</u> 3g harmonize</p>	<p>Wheezing caused by w-c constraint in exterior and phlegm-heat smoldering in the interior.</p> <p>Occurs in pts w/ constitutional tendency towards excessive phlegm who contract w-c. the LU qi becomes obstructed and transforms into heat</p> <p><i>*no tonifying herbs</i></p>	<p>Coughing and wheezing w/ copious thick and yellow sputum, labored breathing. May also be simultaneous fever and chills. Also for w-h asthma</p> <p>T: greasy yellow</p> <p>P: slippery rapid</p> <p>Variation of Ma Xing Shi Gan Tang and stronger</p>	<p>Disseminates and redirects the LU qi, arrests wheezing, clears heat and transforms phlegm</p> <p><u>Shen Mi Tang</u> also for w-c constraint</p> <p>Ma Huang (6g); Xing Ren (6g); Hou Po (6g); Chen Pi (3g); Zhi Gan Cao (3g); Chai Hu (3g); Zi Su Ye (3g) for wheezing and unproductive cough, uncomf sens in chest and hypo, diff breath esp lying down and rough sound in throat</p>
<p>Si Mo Tang</p> <p>Four Milled Herb Decoction</p>	<p><u>Wu Yao</u> 9g promotes movement of LV qi to release constraint</p> <p><u>Chen Xiang</u> 3g directs the smooth downward flow of qi to stop wheezing</p> <p><u>Bing Lang</u> 9g promotes movement of qi and transforms stag to eliminate irritability, stifling and full sensation</p> <p><u>Ren Shen</u> 3g augment qi and protect from moving herbs</p>	<p>Constraint and clumping of the LV qi from injury from emotional upset</p>	<p>An irritable, stifling sensation in the chest and diaphragm together w/ labored breathing, wheezing, epigastric focal distention and fullness and loss of appetite</p>	<p>Promotes movement of qi, directs rebellious qi down, expands the chest and dissipates clumps</p> <p><u>Liu Mo Tang</u> omit Ren Shen and add Mu Xiang and Da Huang for constip, belching and abd dist and pain</p>
<p>Wu Mo Yin Zi</p> <p>Five Milled Herb Decoction</p>	<p><u>Mu Xiang</u></p> <p><u>Chen Xiang</u></p> <p><u>Bing Lang</u></p> <p><u>Zhi Shi</u></p> <p><u>Wu Yao</u></p>		<p>Epi and abd dist and pain or wandering pain occurring after sudden intense bout of anger that constrains & clumps LV qi</p>	<p>Stronger than Si Mo Tang but doesn't augment qi. Used for severe conditions in robust pts.</p>

<p>XUAN FU DAI ZHE TANG</p> <p>Inula and Hematite Decoction</p>	<p>C <u>Xuan Fu Hua</u> 9g drives rebellious qi down and dissolves phlegm; <i>light</i></p> <p>C <u>Dai Zhe Shi</u> 3g (9-15g) strongly suppresses rebellious qi; <i>heavy</i></p> <p>D <u>Ban Xia</u> 9g harmonize the ST, direct qi down, dispel phlegm and disperse focal distention</p> <p>D <u>Sheng Jiang</u> 15g (6g) same as Ban Xia</p> <p>A <u>Ren Shen</u> 6g tonify defic qi and strengthen the SP and ST. Support middle and assist recovery and protect against dispersing ingredients</p> <p>A <u>Zhi Gan Cao</u> 9g (3g) same as Ren Shen</p> <p>A <u>Da Zao</u> 12 pcs (4pcs) same as Ren Shen</p>	<p>Phlegm turbidity obstructing the interior w/ weak defic ST qi</p> <p>Xuan fu hua (light)</p> <p>Dai zhe shi (heavy= quick)</p>	<p>Unremitting belching, hiccup, regurgitation, nausea or vomiting, hard epigastric focal distention</p> <p>T: white slippery coat</p> <p>P: wiry deficient</p>	<p>Directs rebellious qi down, transforms phlegm, augments qi, harmonizes ST</p> <p>Different than Sheng Jiang Xie Xin Tang which is indicated for a complex of fluid accum and heat w/ dry heaves w/ foul odor, sound of fluid in hypochondria, loud borborygmus and diarrhea.</p> <p>Here no heat signs</p>
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<p>Gan Jiang Ren Shen Ban Xia Wan</p> <p>Ginger, Ginseng and Pinellia Pill</p>	<p><u>Gan Jiang</u></p> <p><u>Ren Shen</u></p> <p><u>Ban Xia</u></p>		<p>Vomiting due to pregnancy or cold from defic in the SP and ST</p>	<p>Focuses more on warming and tonifying and less directly on treating the rebellious qi</p>
<p>Ju Pi Zhu Ru Tang</p> <p>Tangerine Peel and Bamboo Shavings Decoction</p>	<p>C <u>Chen Pi</u> 9-12g harmonizes the ST and stops hiccup</p> <p>C <u>Zhu Ru</u> 9-12g clears heat, calms the ST and stops hiccup</p> <p>D <u>Ren Shen</u> 3g tonify qi</p> <p>D <u>Sheng Jiang</u> 18g (6-9g) harmonizes ST and stop vomit. Reinforces downward flow of ST qi w/ Zhu Ru and prevents cool herbs from injuring SP</p> <p>A <u>Gan Cao</u> 15g (3-6g) assist Ren Shen in augmenting qi and harmonize</p> <p>A <u>Da Zao</u> 30pcs (5pcs) same as Gan Cao</p>	<p>Heat in ST with ST qi unable to descend injuring ST qi</p> <p><i>Heat from ST deficiency</i></p>	<p>Hiccup, nausea, dry heaves, or retching. Also for vomiting resulting from debility after prolonged illness, or heat from defic of ST</p> <p>T: tender red</p> <p>P: deficient rapid</p>	<p>Directs rebellious qi down, stops hiccup, augments qi and clears heat.</p>
<p>Ding Xiang Shi Di Tang</p> <p>Clove and Persimmon Calyx Decoction</p>	<p>C <u>Ding Xiang</u> 6g warms the ST, dispels cold and directs the flow of qi down</p> <p>C <u>Shi Di</u> 6-9g direct ST qi down and stop hiccup and belching</p> <p>D <u>Sheng Jiang</u> 6-9g warm ST and direct ST qi down</p> <p>A <u>Ren Shen</u> 3-6g strongly augments qi and prevents dispersing properties of other herbs from further injuring qi</p>	<p>Hiccup, belching or vomiting due to cold from defic of ST</p>	<p>Hiccup, belching or vomiting w/ stifling sensation in epigastrium, focal distention of the chest.</p> <p>T: pale w/white coat</p> <p>P: submerged slow</p>	<p>Augments the qi, warms the M.J., directs rebellious qi down and stops hiccup.</p>

FORMULAS THAT INVIGORATE THE BLOOD AND DISPEL BLOOD STASIS

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
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<p>TAO HE CHENG QI TANG</p> <p>Peach Pit Decoction to Order the Qi</p>	<p>C <u>Tao Ren</u> 50pcs (12-15g) breaks up and eliminates blood stasis</p> <p>C <u>Da Huang</u> 12g attacks and purge accumulations and cleanses pathogenic heat</p> <p>D <u>Gui Zhi</u> 6g warm the sinews, unblock the vessels, and dispel retained blood from L.J.</p> <p>A <u>Mang Xiao</u> 6g softens areas of hardness and dispels accum. Assists Da Huang in moving stool</p> <p>A E <u>Zhi Gan Cao</u> 6g protects ST and calms middle by harmonizing</p>	<p>Blood buildup (xu xue) in the L.J. caused by the accum of blood stasis and heat.</p> <p>Attributed to transmission of EPI into L.J. Static blood and heat obstruct the L.J. and cause acute abd pain; also disrupts Bladder qi and causes incontinence. Heat is in blood, not qi level so there is night fever. HT rules blood and retained heat disturbs HT causing spirit problems</p>	<p>Acute lower abd pain, worse w/ pressure), incontinence of urine, night fevers, disturbed spirit, delirious speech, irritability, restlessness and thirst. In severe cases, manic behavior. Women will usually experience dysmenorrhea or amenorrhea. If bleeding, it will be dark w/ clots</p> <p>T: dark purple spots</p> <p>P: deep full or choppy</p> <p>Also used to treat traumatic injury w/ pain passing urine or stool; pain and distention of head, red eyes and toothache from blood stag and fire; nosebleeds, vomiting, or coughing blood; irreg menstruation, lochioschisis; fixed lower abd pain; and severe wheezing and chest distention</p>	<p>Drains heat and breaks up blood stasis</p> <p>Used only when exterior has already been released, but acute clumping remains.</p> <p>This is a modification of Tiao Wei Cheng Qi Tang.</p> <p><u>Di Dang Tang</u> (Shui Zhi, Meng Chong, Tao Ren and Da Huang) used for more long term condition that is more severe than principal formula</p>
<p>XUE FU ZHU YU TANG</p> <p>Drive Out Stasis in the Mansion of Blood Decoction</p>	<p>C <u>Tao Ren</u> 12g invigorate blood and dispel blood stasis partic in upper body</p> <p>C <u>Hong Hua</u> 9g same as Tao Ren</p> <p>C <u>Chuan Xiong</u> 4.5g " " "</p> <p>D A <u>Dang Gui</u> 9g invigorate blood and dispel blood stasis partic in lower body. Nourishes blood and moistens dryness</p> <p>A <u>Sheng Di Huang</u> 9g cools blood and clears heat</p> <p>D <u>Chi Shao</u> 6g Dang Gui's 1st fx</p> <p>A <u>Chai Hu</u> 3g soothes LV qi, relieves constraint & raises clear yang</p> <p>A <u>Zhi Ke</u> 6g same as Jie Geng</p> <p>E <u>Gan Cao</u> 3g harmonize</p> <p>D <u>Chuan Niu Xi</u> 9g improves circulation by eliminating stasis and inducing downward movement of blood</p> <p>A <u>Jie Geng</u> 4.5g expands chest and promotes movement of qi, and hence facilitate blood movement</p>	<p>Blood stasis in the chest w/ impairment of blood flow in the area above the diaphragm. Complicated by LV qi stag</p> <p>The obstruction is in the chest; it also prevents the ascent of clear yang; also prevents descending of ST qi. Long term stasis turns to fire; stasis may obstruct HT from being nourished causing spirit problems</p>	<p>Pain in the chest and hypochondria, chronic stubborn HA w/ fixed piercing quality, chronic incessant hiccough, choking sensation when drinking, dry heaves, depression or low spirits accom by sensation of warmth in chest, palpitations, insomnia, restless sleep, irritability, extreme mood swings, evening tidal fever, dark or purplish lips, complexion or sclera</p> <p>T: dark red, dark spots on sides</p> <p>P: choppy or wiry, tight</p> <p>Also used for blood stasis in kids, usually when fever, pain and diffc in sleeping develop after trauma</p>	<p>Invigorates the blood, dispels blood stasis, spreads LV qi, unblocks the channels.</p> <p>Variation of</p> <p>Tao Hong Si Wu Tang and Si Ni San</p> <p>Used for wide variety of blood stasis problems as long as chronic and accom by heat in palms and soles; skin usually dry and scaly</p> <p>Formula valuable b/c not only invigorates blood and transforms stasis in blood level, but also relieves depression and constraint in qi level. It invig blood w/out consuming it, and dispels stasis while encouraging production of new blood</p>
<p>TONG QIAO HUO XUE TANG</p> <p>Unblock the Orifices and Invigorate the Blood Decoction</p>	<p><u>Tao Ren</u></p> <p><u>Hong Hua</u></p> <p><u>Chi Shao</u></p> <p><u>Chuan Xiong</u></p> <p><u>Cong Bai</u></p> <p><u>Da Zao</u></p>	<p>Accum of blood stasis in the head, face and upper body</p>	<p>HA and vertigo, chronic tinnitus, hair loss, dark purple complexion, darkness around eyes, brandy nose. Also for childhood malnutrition w/ progressive emaciation, abd dist, purplish discoloration of sinews, tidal fever and other chronic disorders from accum of blood stasis internally, including exhaustion of blood in women</p>	

	<u>Sheng Jiang</u> <u>She Xiang</u>			
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Ge Xia Zhu Yu Tang Dirve Out Blood Stasis Below the Diaphragm Decoction	<u>Chao Wu Ling Zhi</u> <u>Dang Gui</u> <u>Chuan Xiong</u> <u>Tao Ren</u> <u>Mu Dan Pi</u> <u>Chi Shao</u> <u>Wu Yao</u> <u>Yan Hu Suo</u> <u>Gan Cao</u> <u>Xiang Fu</u> <u>Hong Hua</u> <u>Zhi Ke</u>	Blood stasis and LV qi stag below the diaphragm	Palpable abd masses accom by fixed pain, or abd masses visible when lying down	tao ren hong hua dang gui chuan xiong chi shao mu dan pi wu yao xiang fu yan hu sou zhi ke gan cao
SHAO FU ZHU YU TANG Drive Out Blood Stasis in the Lower Abdomen	<u>Chao Xiao Hui Xiang</u> <u>Chao Gan Jiang</u> <u>Yan Hu Suo</u> <u>Dang Gui</u> <u>Chuan Xiong</u> <u>Mo Yao</u> <u>Guan Gui</u> <u>Chi Shao</u> <u>Pu Huang</u> <u>Chao Wu Ling Zhi</u>	Blood stasis accum in lower abd	Palpable masses which may or may not be painful, or lower abd pain w/o palpable masses, or lower abd dist, or low back pain or dist during menstruation, or frequent menstruation (3-5xper month)w/ dark or purple menstrual blood w/ clots, or abnormal uterine bleeding accom by lower abd soreness or pain	Used successfully in treating cirrhosis of LV w/ edema by adding Sheng Di Huang, Xiang Fu, Wu Yao, Tao Ren, Hong Hua and Si Gua Lou
SHEN TONG ZHU YU TONG	<u>Qin Jiao</u> <u>Chuan Xiong</u> <u>Tao Ren</u> <u>Hong Hua</u> <u>Gan Cao</u> <u>Qiang Huo</u> <u>Mo Yao</u> <u>Dang Gui</u> <u>Ling Zhi</u> <u>Xiang Fu</u>	<i>Bi syndrome in joints and channels due to qi and blood stagnation.</i>	Lower back blood stasis, chest, hypochondria, extremities	tao ren hong hua dang gui chuan xiong wu ling zhi mo yao chuan niu xi qin jiao di long qiang huo xiang fu gan cao

	<u>Chuan Niu Xi</u> <u>Di Long</u>			
SHI XIAO SAN Sudden Smile Powder	<u>Wu Ling Zhi</u> removes obstructions from the blood vessels, disperses retained blood and alleviates pain <u>Pu Huang</u> strongly moves blood, and also stops bleeding <u>Bai Jiu</u> warms the menses and promotes movement of blood <u>Vinegar</u> : transforms blood stasis and promotes circ of blood	Retention of blood stasis which obstructs vessels that serve lower abd. <i>Pain due to blood stasis</i> <i>Also bleeding due to stasis (gyn bleeding...)</i>	Irregular menstruation, dysmenorrhea, retention of lochia, postpartum abd pain, acute colicky pain in lower abd, severe pain in middle abd, or epigastric pain Extended to treat blood stasis pain in trunk.	Invigorates the blood, dispels blood stasis, disperses accum, and alleviates pain Foundation for formulas that treat angina pectoris
Yan Hu Suo Tang Corydalis Decoction	<u>Yan Hu Suo</u> <u>Pu Huang</u> <u>Chi Shao</u> <u>Dang Gui</u> <u>Guan Gui</u> <u>Jiang Huang</u> <u>Ru Xiang</u> <u>Mo Yao</u> <u>Mu Xiang</u> <u>Zhi Gan Cao</u>		Abd pain assoc w/ gynecological disorders. Also for attacks of piercing pain felt along the spine, severe spasms, and irreg menstruation.	CI during preg.
Dan Shen Yin Salvia Decoction	C <u>Dan Shen</u> 30g invigorate blood, dispel stasis, alleviate pain D <u>Tan Xiang</u> 4.5g warms the middle, and regulates qi A <u>Sha Ren</u> 4.5g promotes movement of qi, relaxes middle, disperses chest oppression and constraint, alleviates pain	Blood and qi stag accum in middle burner	Abd or epigastric pain that may radiate upward accom by signs and symptoms of blood and qi stag	Invigorates the blood, dispels blood stasis, promotes movement of qi and alleviates pain
NIU XI YIN	Chuan Niu Xi <u>Rou Gui</u> <u>Dang Gui</u> <u>Chi Shao</u> <u>Tao Ren</u> <u>Yan Hu Suo</u> <u>Mu Xiang</u> <u>Mu Dan Pi</u>	Scanty menstruation from blood stasis and cold	Dark red blood w/ clots, lower abd pain w/ distending sensation T: purple P: thin choppy	

	Wu Yao			+ Hou Po, Qing Pi to break stasis
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WU YAO TANG	<p>Xiang Fu</p> <p><u>Mu Xiang</u></p> <p><u>Dang Gui</u></p> <p><u>Tao Ren</u></p> <p><u>Hong Hua</u></p> <p><u>Gan Cao</u></p>			
<p>Da Huang Zhe Chong Wan</p> <p>Rhubarb and Eupolyphaga Pill</p>	<p>C <u>Da Huang</u> 300g eliminates blood stasis by attacking and purging, cool blood, clear heat. Breaks up abd masses and accum, pushing out stale blood to allow generation of new</p> <p>C <u>Tu Bie Chong</u> 30g attacks and purges accum of blood, elim blood stasis and abd masses</p> <p>D <u>Tao Ren</u> 60g invig blood, unblock channels, breaks and elim bl stasis, reduces fixed abd masses</p> <p>D <u>Gan Qi</u> 30g same as Tao Ren</p> <p>D <u>Qi Cao</u> 60g same as Tao Ren</p> <p>D <u>Shui Zhi</u> 60g same as Tao Ren</p> <p>D <u>Meng Chong</u> 60g " " "</p> <p>A <u>Huang Qin</u> 60g w/ Da Huang clears heat from LV from blood stasis</p> <p>A <u>Xing Ren</u> 60g w/ Tao Ren moistens dryness directs qi down helping w/ blood stasis. W/ Huang Qin relieves heat from constraint</p> <p>A <u>Sheng Di Huang</u> 300g nourish blood and yin</p> <p>A <u>Bai Shao</u> 120g like Sheng Di</p> <p>E <u>Gan Cao</u> 90g harmonize middle, tonifies defic, harmonize formula</p>	<p>Accum of "dry" blood, a condition belonging to the class of disorder known as consumption (lao) which includes a variety of chronic diseases attributed to extreme weakness of the organs and defic of source qi</p> <p>Etiology includes excessive eating, long-term malnutrition, worry, anxiety, and melancholy, excess alcohol, unreg sex, long-term fatigue</p>	<p>Emaciation, abd fullness, loss of appetite, rough, dry and scaly skin, a dull and dark appearance of the eyes, amenorrhea, and tidal fever.</p> <p>Pathogenesis of dry blood is twofold; (1) blood stasis causes constraint which turns to heat; (2) injury to yin and blood inhibits moistening of muscles and skin.</p>	<p>Breaks up and dispels blood stasis and generates new blood</p> <p>Primarily used to treat concurrent conditions of blood stasis and consumption. Blood stasis may occur from long-term defic and severe blood stasis may inhibit generation of new blood and prevent the renewal of source qi. This formula addresses the latter by focusing on elim the stasis to allow generation of blood and source qi. As such attacking method too violent so pill is used to moderate dispelling action.</p>
<p>BU YANG HUAN WU TANG</p> <p>Tonify the Yang to Restore Five [Tenths] Decoction</p>	<p>C <u>Huang Qi</u> 120g strongly tonifies source qi.</p> <p>D <u>Dang Gui Wei</u> 6g invigorate blood and harmonize nutritive qi</p> <p>D <u>Chuan Xiong</u> 3g same as Dang Gui</p> <p>D <u>Chi Shao</u> 4.5g same as Dang Gui</p> <p>A <u>Tao Ren</u> 3g invigorate blood, dispel stasis, unblock channels</p> <p>A <u>Hong Hua</u> 3g same as Tao Ren</p> <p>A <u>Di Long</u> 3g unblocking and invigorating channels. W/ Huang Qi it moves qi throughout the body</p>	<p>Defic of the normal and yang qi w/ blood stasis obstructing the channels. This impairs the movement of qi and the provision of nourishment by the blood. As a consequence of wind stroke a condition of defic typically results from the obstruction of qi and blood in that half of the body affected by the stroke. The Pathogenic influence lodges in the defic side of the body, deeply occupying the</p>	<p>Sequelae of wind-stroke including hemi-plegia, paralysis, and atrophy of the lower limbs, facial paralysis, slurred speech, drooling, dry stools, frequent urination or urinary incontinence.</p> <p>T: white coat</p> <p>P: moderate</p> <p><i>*qi deficiency and blood stagnation leading to wind stroke</i></p>	<p>Tonifies the qi, invigorates the blood, and unblocks the channels.</p> <p>Blood stasis here is caused by defic qi. Primary strategy is to tonify qi and secondarily to invigorate the blood and unblock the channels</p> <p>CI in strokes caused by hemorrhage; in wind-stroke pts w/ big forceful or firm pulse; in cases of yin defic; hot blood; or pregnancy</p> <p>Variation of</p> <p>Tao Hong Si Wu Tang</p>

		defensive levels		
SHU JING HUO XUE TANG Relax the Channels and Invigorate the Blood Decoction	<u>Bai Shao</u> <u>Dang Gui</u> <u>Chuan Xiong</u> <u>Sheng Di Huang</u> <u>Tao Ren</u> <u>Cang Zhu</u> <u>Fu Ling</u> <u>Niu Xi</u> <u>Wei Ling Xian</u> <u>Han Fang Ji</u> <u>Qiang Huo</u> <u>Fang Feng</u> <u>Long Dan Cao</u> <u>Bai Zhi</u> <u>Chen Pi</u> <u>Gan Cao</u>	Blood stasis and wind damp in the channels and collaterals	Muscle aches, joint pain, radiating pain in the leg, numbness in the lower extremities, and pain in the trunk and extremities.	Diff than Bu Yang Huan Wu Tang which is for defic. This formula is for excess. Broader than Bu Yang Huan Wu Tang

FORMULAS THAT WARM THE MENSES AND DISPEL BLOOD STASIS

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
GUI ZHI FU LING WAN Cinnamon Twig and Poria Pill	C <u>Gui Zhi</u> 9-12g unblock blood vessels, reduce stasis by promoting circulation C <u>Fu Ling</u> 9-12g leach downward and help promote downward circ of blood; nourishes qi of HT and SP; quiets HT and spirit, quiet fetus D <u>Shao Yao</u> 9-15g Chi Shao promotes circ of blood and alleviate stasis; Bai Shao to relax spasms and alleviate abd pain A <u>Mu Dan Pi</u> -9-12g cool and invig blood, break up and dispel stasis, reduce fixed abd masses, disperse accum A <u>Tao Ren</u> 9-12g same as Mu Dan Pi E <u>Honey</u> moderates	Blood stasis in the womb	Mild persistent uterine bleeding of purple or dark blood during pregnancy accom by abd pain that increases w/ pressure. Also for such problems as immobile abd masses in the lower abd w/ pain and tenderness, abd spasms and tension, amenorrhea w/ abd distention and pain, dysmenorrhea and retention of the lochia T: P: choppy	Invigorates the blood, transforms blood stasis, and reduces fixed abd masses Created by Zhang Zhong Jing to treat blood stasis during pregnancy. Form of restless fetus disorder Add Bie Jia
SHENG HUA TANG Generation and Transformation	C <u>Dang Gui</u> 24g tonify and invigorate the blood, transform stasis and generate new blood D <u>Chuan Xiong</u> 9g invig blood and promotes movement of qi	Cold womb w/ blood stasis. Post partum disease After childbirth,	Retention of the lochia accom by cold and pain in the lower abd. T: pale purple or pale w/ purple spots, dark purple	Invigorates the blood, transforms and dispels blood stasis, warms the menses, and alleviates pain Strategy is to generate new blood and transform the

Decoction	<p>D <u>Tao Ren</u> 14pcs (6-9g) invig blood and dispels stasis</p> <p>A <u>Pao Jiang</u> 1.5g enters the blood and dispels cold, warms the menses and allev pain. Assists Chuan Xiong and Tao Ren in unblocking menses</p> <p>A <u>Huang Jiu</u> (yellow wine) helps others warm and dispel cold</p> <p>A E <u>Zhi Gan Cao</u> 1.5g warm middle, alleviate pain, harmonize</p> <p>Urine of Boys under 12 nourishes yin, directs fire down and dispels blood stasis</p> <p>Can add <u>Yi Mu Cao</u>, <u>Ai Ye</u> and <u>Ze Lan</u></p>	<p>blood are defic and requires tonification and nourishment. Cold takes advantage of the defic of normal qi and blood during post partum period and enters abd. It is the cold that produces the stasis of blood.</p>	<p>P: thin submerged choppy, forceless</p> <p>Also for vaginal bleeding after delivery w/ sudden onset of abd pain, hard mass in lower abd, worse w/ pressure</p>	<p>stasis. If stasis is not transformed, new blood cannot be generated. If the stasis is transformed, the new blood will not cause additional stasis, nor will the transformation of stasis injure the nutritive qi.</p> <p>Don't use unless (1) obstruction from blood stasis; (2) defic blood; and (3) cold</p> <p>Diff from <u>Shi Xiao San</u> b/c this has tonifying action</p>
Wen Jing Tang Warm the Menses Decoction	<p>C <u>Wu Zhu Yu</u> 9g warms the menses, dispel cold, and unblock and improve circ in blood vessel</p> <p>C <u>Gui Zhi</u> 6g same as Wu Zhu Yu</p> <p>D <u>Dang Gui</u> 9g invig blood, dispel blood stasis, nourish blood and regulate menses</p> <p>D <u>Chuan Xiong</u> 6g same as Dang Gui</p> <p>D <u>Bai Shao</u> 6g same as Dang Gui</p> <p>D E <u>Jiao</u> 6g w/ Dang Gui, Bai Shao and Mai Men Dong nourish blood, tonify yin and regulate the LV.</p> <p>D <u>Mai Men Dong</u> 9g Mai Men Dong and E Jiao focus on nourishing yin, moistening dryness and clearing heat from defic</p> <p>A <u>Mu Dan Pi</u> 6g dispel stasis and facilitate menses, clear heat from defic from blood level</p> <p>A <u>Ren Shen</u> 6g tonify qi, harmonize SP/ST to strengthen source of production/transformat'n to produce yin & blood</p> <p>A <u>Ban Xia</u> 6g same as Ren Shen</p> <p>A E <u>Gan Cao</u> 6g same + harmonize</p>	<p>Defic and cold of the Chong and Ren with obstruction due to blood stasis</p>	<p>Mild persistent uterine bleeding, irreg menstruation (either early or late), extended or continuous menstrual flow, bleeding b/w periods, pain, distention and cold in the lower abd, infertility, dry lips and mouth, low grade fever at dusk, warm palms and soles</p> <p>T:</p> <p>P:</p>	<p>Warms the menses, dispels cold, nourishes the blood and dispels blood stasis.</p> <p>Don't confuse the dry lips and mouth, low grade fever and warm palms and soles w/ yin defic. Only the mouth and lips are parched, not the throat, and there is no desire to drink, the low grade fever begins at dusk, not afternoon. Plus there is cold in the lower abd.</p> <p>This formula is mostly used for women, but can be used for men for infertility, spermatorrhea, caused by cold from defic in the L.J. accom by blood stasis</p>
NIU XI YIN	See invig blood and dispel stasis			
WU YAO TANG	See invig blood and dispel stasis			

FORMULAS THAT INVIGORATE THE BLOOD IN THE TREATMENT OF TRAUMATIC INJURY

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
	C <u>Dang Gui</u> 9g invig blood, dispel stasis,	Traumatic	Excruciating pain assoc w/	Invigorates blood, dispels

<p>FU YUAN HUO XUE TANG</p> <p>Revive Health By Invigorating the Blood Decoction</p>	<p>channels</p> <p>C <u>Tao Ren</u> 9g same as Dang Gui</p> <p>C <u>Hong Hua</u> 6g same</p> <p>C <u>Chuan Shan Jia</u> 6g same</p> <p>C <u>Jiu Zhi Da Huang</u> 30g (wine treated reduces purgative effect) cleanses coagulation of static and decayed blood, pushing out stale blood to make way for new; invig blood and dispel stasis; relax middle and direct qi down</p> <p>D A <u>Tian Hua Fen</u> 9g treats trauma by promoting growth of new tissue & reducing swelling; enters blood & reduces stasis and disperse accum which causes swelling; clears heat, moistens dry</p> <p>D <u>Chai Hu</u> 15g spreads LV qi, promotes movement of qi, guide to LV channel. Da Huang ascends and Chai Hu descends</p> <p>E <u>Gan Cao</u> 6g relaxes spasms and alleviates pain, harmonizes</p>	<p>which results in blood leaving the vessels, localizing and forming internal obstruction which causes pain.</p>	<p>chest, hypochondria, or flanks</p> <p>T:</p> <p>P: choppy, wiry and/or submerged</p>	<p>qi and unblocks the channels</p> <p>Only suitable where problem is due to trauma, the pain is in the chest, <u>hypochondria or flanks</u>, and the pathology is blood stasis (fixed pain increasing w/ pressure)</p>
<p>Qi Li San</p> <p>Seven-Thousandths Of a Tael Powder</p>	<p>C <u>Xue Jie</u> 30g dispels blood stasis alleviates pain. Stops bleeding</p> <p>D <u>Hong Hua</u> 4.5g invig blood and dispel stasis</p> <p>A <u>Ru Xiang</u> 4.5g dispel blood stasis and promote movement of qi, reduce swelling, alleviate pain</p> <p>A <u>Mo Yao</u> 4.5g same as Ru Xiang</p> <p>A <u>She Xiang</u> .36g eliminate blockage from the channels</p> <p>A <u>Bing Pian</u> .36g same as She Xiang</p> <p>A <u>Er Cha</u> 7.5g clears heat and assists Xue Jie in stopping bleeding and generating tissue</p> <p>A <u>Zhu Sha</u> 3.6g relieve fright and calm spirit</p> <p><u>Yellow wine or warm water</u></p>	<p>Traumatic injury causing stasis of blood and qi obstructing free movement and causing swelling and pain, and maybe bleeding if injury to blood vessels</p>	<p>Bruising, swelling, and pain accompanying traumatic injuries such as broken bones and torn sinews, and bleeding due to lacerations</p> <p>May also be used for various internal medical disorders which manifest as pain due to blood stasis, such as chest pain and vomiting blood</p>	<p>Invigorates blood, dispels blood stasis, promotes movement of qi, reduces swelling, alleviates pain and bleeding.</p> <p>Also has ability to clear heat and generate tissue.</p> <p>Suitable for external or internal use.</p>
<p>Die Da Wan</p> <p>Trauma Pill</p>	<p><u>Dang Gui</u> 30g invigorate and promote blood circ & dispel stasis</p> <p><u>Chuan Xiong</u> 30g same as Dang Gui</p> <p><u>Ru Xiang</u> 60g same as Dang Gui</p> <p><u>Mo Yao</u> 30g same as Dang Gui</p> <p><u>Xue Jie</u> 30g same as Dang Gui</p> <p><u>Tu Bie Chong</u> 30g same</p> <p>E <u>Ma Huang</u> 60g opens up the tissues b/w the skin and muscles and regulates interstices and pores to guide actions of blood invig herbs into muscles and ext portion of body thereby enhancing effectiveness and reducing swelling and allev pain</p>	<p>Blood stasis after traumatic injury or sprain which obstructs movement of qi and blood in area</p>	<p>Traumatic injury such as sprain w/ bruising, swelling, and distended ache and pain at a fixed location</p> <p>Can also treat traumatic injury from falls, contusions, fractures and sprains</p> <p>T:</p> <p>P:</p>	<p>Invigorates the blood, transforms blood stasis, harmonizes the nutritive qi, reduces swelling and alleviates pain</p>

	<u>Zi Ran Tang</u> 30g promote healing of fractured bones			
Huo Luo Xiao Ling Dan Fantastically Effective Pill to Invigorate the Collaterals	C <u>Dang Gui</u> 15g invigorates and nourishes blood & alleviates pain D <u>Dan Shen</u> 15g strengthens blood invig action of Dang Gui, eliminates blood stasis, cools blood and reduces ulcerations D <u>Ru Xiang</u> 15g invig blood, dispel blood stasis, promote movement of qi and alleviate pain D <u>Mo Yao</u> 15g same as Ru Xiang	Qi and blood stag obstructing the collaterals or vessels	Pain in various locations such as the HT, ST, abd, back, leg or arm, bruising and swelling due to traumatic injury, rheumatic pain, fixed abd masses, int or external ulceration T: dark or one w/ static points P: wiry	Invigorates the blood, dispels blood stasis, unblocks collaterals, and alleviates pain
JIA WEI SHEN YU TANG Sagely cure	Ren Shen <u>Huang Qi</u> <u>Dang Gui</u> <u>Shu Di</u> <u>Tu Si Zi</u> <u>Sang Ji Sheng</u> <u>Xu Duan</u>	Threatened miscarriage from trauma	Red blood T: normal P: slippery, little weak	Tonify qi and invig/harmonize blood

FORMULAS THAT CLEAR HEAT AND STOP BLEEDING

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
SHI HUI SAN Ten Partially-Charred Substances Powder	C <u>Da Ji</u> 9g cool the blood and stop bleeding C <u>Xiao Ji</u> 15g same as Da Ji C <u>He Ye</u> 9g same as Da Ji C <u>Ce Bai Ye</u> 9g same as Da Ji C <u>Bai Mao Gen</u> 30g same as Da Ji C <u>Qian Cao Gen</u> 12g same as Da Ji <u>Zong Lu Pi</u> 6g astringent and helps stop bleeding <u>Zhi Zi</u> 12g clear heat and drain fire, conducting LV heat down and draining via urine <u>Da Huang</u> 9g conducts LV and ST heat down and drains via stool <u>Mu Dan Pi</u> 9g w/ Da Huang helps cool the blood and eliminate blood stasis	Fire blazing in the middle and upper jiaos that injures the blood vessels, a form of reckless movement of hot blood which spills out of the channels. Most often assoc w/ LV fire attacking the ST w/ upward rushing of qi and fire forcing the blood to ascend	Vomiting, spitting, or coughing up blood. Usually occur as acute bleeding w/ sudden onset	Cools blood, stop bleeding Can be type of consumption like pulmonary TB. Treats upper body hemorrhage by conducting heat downward. Herbs are partially charred and mixed w/ lotus root juice to enhance ability to stop bleeding and rid blood stasis; and radish juice w/ enhances downward direction of qi (esp in GI) <u>Di Yu San</u> is for accum and steaming of d-h w/ bloody stools (fresh red blood), diff defecation, bitter taste, greasy tongue coat and soggy rapid pulse
Si Sheng Wan Four Fresh Pill	C <u>Sheng Ce Bai Ye</u> 12g cools the blood and stops bleeding D <u>Sheng Di Huang</u> 15-24g clears heat and cools blood, enhancing chiefs ability to stop bleeding. Nourishes yin and generates fluids	Upper burner manifestations of heat in the blood	Coughing, spitting or vomiting of blood or nosebleeds, partic of bright red blood. Also may have dry mouth and throat, T: red or deep red	Cools blood and stops bleeding Fresh herbs strengthen cooling blood effect. Less severe condition than Shi Hui San as it is weaker at stopping bleeding, but stronger at cooling the blood

	<p>A <u>Sheng He Ye</u> 9-12g stop bleeding, harmonize blood by warming and moving blood in channels to prevent stasis</p> <p>E <u>Sheng Ai Ye</u> 6-9 same as He Ye</p>		<p>P: wiry, rapid or forceful wiry and rapid</p>	<p>Can stir-bake rather than using fresh herbs b/c volatile oils in Ai Ye can harm GI tract</p>
<p>Ke Xue Fang</p> <p>Coughing of Blood Formula</p>	<p>C <u>Qing Dai</u> 6-9g clear the LV, drain fire, cool blood, disperses fire from constraint and prevents LV fire from influencing HT/LU</p> <p>C <u>Zhi Zi</u> 9g clear LV, drain fire, cool blood, conduct qi down clearing heat from HT and relieving irritability</p> <p>D <u>Gua Lou Ren</u> 9g cool and transform hot phlegm; reduce fire</p> <p>D <u>Fu Hai Shi</u> 9g like Gua Lou Ren</p> <p>A E <u>He Zi</u> 6-9g cool, restrain and help LU direct qi down, relieve cough and transform phlegm</p>	<p>LV fire attacking and scorching LU</p> <p>When LV becomes excessive and transforms into fire, qi and fire may rebel up into the LU which can scorch LU fluids which congeal and cause phlegm. When subjected to more fire the phlegm will become thick and diff to expect.</p>	<p>Coughing of blood-streaked sputum, thick sputum that is diff to expectorate, bitter taste in mouth, irritability and easily provoked anger, constip, red cheeks</p> <p>T: red w/ yellow cat</p> <p>P: wiry rapid</p>	<p>Clears fire, transforms phlegm, preserves the LU, stops coughing and bleeding</p> <p>Manifestation is in the LU, but the root is the LV. Underlying strategy is to drain the LV fire. The formula also emphasizes eliminating phlegm b/c if the coughing is not stopped unless phlegm is transformed.</p>
<p>Huai Hua San</p> <p>Sophora Japonica Flower Powder</p>	<p>C <u>Huai Hua</u> 9-30g clears d-h from the intestines, relieves toxicity, cools the blood and stops bleeding. Imp for bleeding from intestinal wind</p> <p>D <u>Ce Bai Ye</u> 9-15g assists in cooling blood and stops bleeding; also dries damp w/out injuring yin</p> <p>D <u>Jing Jie Sui</u> 6-9g disperses wind enters blood level to stop bleeding</p> <p>A <u>Zhi Ke</u> 6-9g promotes movement of qi and thereby relaxes the intestines. Enters blood, regulates qi w/in the blood</p>	<p>Lodging of wind heat or the accum of damp heat in the intestines and ST where it forms a toxin</p> <p>Blood in stools can be : (a) intestinal wind or (b) toxin in the yin organs.</p> <p>Bright red bleeding indicates intestinal wind; dark purple indicates toxin in yin organs</p>	<p>Bright red bleeding from the rectum during defecation which typically precedes (but may also follow) the passage of stool, blood in stools, hemorrhoids w/ either bright red or dark red bleeding</p> <p>T: red</p> <p>P: wiry rapid or soggy rapid</p>	<p>Cools the intestines, stops bleeding, disperses wind and promotes movement of qi</p> <p>Uses antagonistic yet complementary strategies of restraining blood combined w/ dissipating damp heat and dispersing wind and promoting movement of qi</p> <p><u>Huai Jiao Wan</u> used more for treating hemorrhoids. (Huai Jiao, Fang Feng, Di Yu, Dang Gui, Huang Qin and Zhi Ke)</p>
<p>DANG GUI SAN</p>	<p>Dang Gui</p> <p><u>Bai Shao</u></p> <p><u>Chuan Xiong</u></p> <p><u>Bai Zhu</u></p> <p><u>Huang Qin</u></p> <p>+ <u>Di Yu</u></p>	<p>Threatened miscarriage from heat in blood</p>	<p>Fresh red color, irritability</p> <p>T: red, dry yellow coat</p> <p>P: slippery rapid or wiry</p>	<p>Can add Sheng Di</p>

<p>DI YU SAN</p>	<p>Di Yu</p> <p><u>Qian Cao Gen</u></p> <p><u>Huang Qin</u></p> <p><u>Huang Lian</u></p> <p><u>Zhi Zi</u></p> <p><u>Fu Ling</u></p>	<p>Accum and steaming of d-h</p>	<p>Bloody stools w/ fresh red blood, bowel movements preceded by bleeding, diffic defecation, bitter taste</p> <p>T: yellow greasy coat</p> <p>P: soggy rapid</p>	<p>Cools blood, stops bleeding and dispels damp</p>
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Xiao Ji Yin Zi Cephalanoplos Decoction	<p>C <u>Xiao Ji</u> 15g cool the blood and stop bleeding</p> <p>D <u>Qu Jie</u> 15g and</p> <p>D <u>Chao Pu Huang</u> 15g cool blood, stop bleeding, reduce stasis</p> <p>A <u>Sheng Di Huang</u> 120g nourish yin, clear heat, assist in cooling blood and stopping bleeding. Prevents injury to yin from urination</p> <p>A <u>Hua Shi</u> 15g clear heat, promote urination, unblock painful urinary dysfx</p> <p>A <u>Mu Tong</u> 15g and</p> <p>A <u>Dan Zhu Ye</u> 15g clear and drain fire and heat from the HT, LU and SJ, by conducting it down A <u>Zhi Zi</u> 15g same as Mu Tong</p> <p>A <u>Dang Gui</u> 15g nourishes and harmonizes the blood, leading it back to the channels preventing stasis, moderates temp of others</p> <p>E <u>Zhi Gan Cao</u> 15g relieves spasmodic pain, harmonized M.J., harmonize herbs</p>	<p>Static heat accum in the L.J. where it injures the blood collaterals and causes the blood to seep downward into the UB, from which it is excreted in the urine</p>	<p>Bloody, painful urinary dysfx (with blood in urine and urinary frequency, urgency, burning and pain) or simple blood in the urine, accom by thirst, irritability</p> <p>T: red, thin yellow coat</p> <p>P: rapid forceful</p>	<p>Cools blood, stops bleeding, promotes urination, unblocks painful urinary dysfx.</p> <p>This is a variation of <u>Dao Chi San</u>. The primary strategy is to cool blood and stop bleeding, and second to drain fire and unblock painful urinary dysfx. The substrategies are (a) transform blood stasis; (b) nourishing yin aspect.</p> <p><u>Wu Ling San</u> also treats bloody painful urine, but this formula is used when there is more blood and the heat is more intense</p>
Qing Re Zhi Beng Tang Clear Heat and Stop Excessive Uterine Bleeding Decoction	<p>C <u>Zhi Zi</u> 9g clear heat from LV</p> <p><u>Chao Huang Qin</u> 15g same as Zhi Zi, plus stop bleeding from heat patterns</p> <p><u>Huang Bai</u> 9g same as Zhi Zi</p> <p><u>Sheng Di Huang</u> 24g and</p> <p><u>Mu Dan Pi</u> 9g Cool LV Blood</p> <p><u>Di Yu</u> 24g and</p> <p><u>Ce Bai Ye Tan</u> 30 g and</p> <p><u>Chun Gen Bai Pi</u> 30g Stop bleeding</p> <p><u>Duan Gui Ban</u> 15g nourish yin and blood, calm LV, stabilize Chong, stop bleeding</p> <p><u>Bai Shao</u> 30g same as Duan Gui Ban</p>	<p>Reckless movement of hot blood due to heat entering the blood level of the LV channel</p>	<p>Abnormal uterine bleeding characterized by a large quantity of bright red blood, dry mouth, parched lips</p> <p>T: yellow coat</p> <p>P: rapid</p>	<p>Clears heat and stops bleeding. Hemorrhage is manifestation and the root is hot blood</p> <p><u>Qing Jing Zhi Xue Tang</u> (Sheng Di, Mu Dan Pi, Huang Qin, Huang Bai, Bai Mao Gen, Di Yu, Chao Pu Huang, Yi Mu Cao, Zong Tan) for menorrhagia or uterine bleeding from hot blood in LV ch w/ abrupt onset, irrit, thirst, red tongue, slippery rapid and forceful pulse. More for excessive heat in blood w/out significant injury to yin.</p>

FORMULAS THAT TONIFY AND STOP BLEEDING

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
BAI YE TANG	<p>C <u>Ce Bai Ye</u> 9g cools and conducts blood down</p> <p>D <u>Gan Jiang</u> 9g warms the channels, reinforces the yang, stops bleeding. Encourages the</p>	<p>Cold from defic affecting the middle qi and results in failure of the SP qi to govern the blood accompanied by</p>	<p>Unremitting vomiting or spitting up blood or nosebleeds accom by wan complexion</p> <p>T: pale w/ thin coat</p>	<p>Warms the yang and stops bleeding</p> <p>Used for any kind of upper bleeding w/ yang defic</p>

Biota Twig Decoction	<p>blood herbs to enter the blood and the qi herbs to enter the qi</p> <p>A <u>Ai Ye</u> 3 handfuls (9-12g) warms and protects the yang of the M.J. enabling the SP to govern the blood</p>	which induces upward movement of blood	P: deficient rapid forceless	<p>Li Shi Zhen recommended the use of Gan Jiang whenever there is bleeding w/ yang defic</p> <p>Type of LV invading SP</p>
Huang Tu Tang Yellow Earth Decoction	<p>C <u>Zao Xin Tu</u> (ashes from stove – very astringent) 18g warms the middle, harmonizes the ST, restrains the intestines, stops bleeding by stabilizing the L.J.</p> <p>D <u>Bai Zhu</u> 9g warms the yang and strengthens the SP, restoring ability to govern the blood; moderates cloying nature of blood tonic herbs</p> <p>D <u>Fu Zi</u> 9g same as Bai Zhu</p> <p>A <u>Sheng Di Huang</u> 9g nourish yin and blood and stop bleeding</p> <p>A <u>E Jiao</u> 9g same as Sheng Di</p> <p>A <u>Huang Qin</u> 9g prevents against heat developing from use of warm acrid herbs w/ LV yin and blood defic</p> <p>E <u>Gan Cao</u> 9g harmonizes middle and other herbs</p>	<p>SP yang defic or defic cold of M.J., failure of SP qi to govern the blood</p> <p>Also LV yin and blood defic. (Bai Zhu and Fu Zi may aggravate this so Sheng Di and E Jiao moderate this)</p>	<p>Blood in stool, vomiting or spitting up blood, nosebleeds, or abnormal uterine bleeding of pale-red blood accom by cold extremities, a wan complexion</p> <p>T: pale, white coat</p> <p>P: submerged thin forceless</p>	<p>Warms the yang, strengthens the SP, nourishes the blood, stops bleeding</p>
Jiao Ai Tang Ass-Hide Gelatin and Mugwort Decoction	<p>C <u>E Jiao</u> 6g tonifies blood and stops bleeding</p> <p>C <u>Ai Ye</u> 9g warms the womb, calms the restless fetus, and stops bleeding</p> <p>D <u>Sheng Di Huang</u> 18g tonify the blood and regulate menses, while also invigorating blood</p> <p>D <u>Dang Gui</u> 9g same as Sheng Di</p> <p>D <u>Chuan Xiong</u> 6g same as Sheng Di</p> <p>D <u>Bai Shao</u> 12g same as Sheng Di</p> <p>A <u>Gan Cao</u> 6g harmonizes other herbs, potentiates hemostatic action of E Jiao; treats abd pain w/ Bai Shao</p> <p>E <u>Rice Wine</u> 3parts reinforces moving action to prevent stasis</p>	Injury and defic of the Chong and Ren.	<p>Abd pain w/ uterine bleeding, excessive menstruation, menstruation w/ constant spotting, post partum bleeding, or bleeding during pregnancy. The blood is pale and thin w/o clots, and is accom by weakness and soreness of the lower back, and dull complexion</p> <p>T: pale, thin white coat</p> <p>P: thin, frail</p>	<p>Nourishes the blood, stops bleeding, regulates menstruation, calms fetus</p> <p>Used for blood defic that tends toward cold, esp useful for calming fetus and irreg menstruation</p> <p><u>Ding Xiang Jiao Ai Tang</u> (Shu Di, Bai Shao, Chuan Xiong, Ding Xiang, Ai Ye, Dang Gui, E Jiao) used for persistent uterine bleeding, w/ ice cold sensation in lower abd from blood defic and cold. May also be profuse thin vaginal discharge, occas bleeding of bright red blood; sl flooding pulse at right proximal positon</p> <p><u>Wen Jing Tang</u> warms to facilitate blood flow + herbs that rid stasis. Used for conditions that tend toward cold, esp irreg menstruation</p>

FORMULAS THAT STABILIZE THE EXTERIOR AND THE LUNGS

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
	C <u>Huang Qi</u> 30g (often w/ 2-6x the dosage) strengthen qi and stabilize exterior. Tonifies superficial aspects	Deficiency of the exterior w/ weak and unstable protective qi	Aversion to drafts, spontaneous sweating, recurrent colds, a shiny pale	Augments the qi, stabilizes the exterior, and stops sweating

YU PING FENG SAN Jade Windscreen Powder	of the LU/SP D <u>Bai Zhu</u> 60g strengthens the SP and augments the qi. Reinforces chief and strengthens metal by cultivating earth. W/ Huang Qi generates qi by strengthenig the SP and stabilizes ext. A <u>Fang Feng</u> 60g circulates in the ext where it dispels wind <u>Sheng Jiang</u> 3 pcs		complexion T: pale w/ white coat P: floating deficient and soft W/ San Zi Yang Qin Tang for LU defic asthma	Commonly taken to prevent colds. Take as powder to prevent cols; take as decoction to treat cold Both this and <u>Gui Zhi Tang</u> treat ext defic. <u>Gui Zhi Tang</u> more for acute prob and this more for chronic
MU LI SAN Oyster Shell Powder	C <u>Mu Li</u> 30g benefits yin, anchors floating yang, inhibits sweating and relieves irritability D <u>Huang Qi</u> 30g strongly tonifies the LU qi and wei qi and stabilizes ext; treats defic qi A <u>Ma Huang Gen</u> 30g augments HT qi, restrains sweat, stabilizes ext A <u>Fu Xiao Mai</u> 30g mildly nourishes the HT yin and clears heat from the HT	Spontaneous sweating from unstable protective qi & defic yin (HT) Prolonged sweat injures HT yin; yang begins to float; yin becomes more defic and aggravates the sweating	Spontaneous sweating that worsens at night, palpitations, easily startled, SOB, irritability, general debility, lethargy T: pale red P: thin frail	Inhibit sweating and stabilize the exterior Useful for excessive sweating from postpartum, after surgery, or for pts w/ TB. Useful for pts who have been subjected to improper diaphoresis Not to be used for night sweats from raging fire from defic. Use <u>Dang Gui Liu Huang Tang</u>
DANG GUI LIU HUANG TANG Tangkui and Six-Yellow Decoction	C <u>Dang Gui</u> 15g (6-9g) nourish blood and increase fluids, lubricate intestines/moisten stool C <u>Sheng Di Huang</u> 15g (9-15g) enrich/nourish KI yin, treat heat C <u>Shu Di Huang</u> 15g (9-15g) enrich and nourish KI yin D <u>Huang Lian</u> 15g (3-6g) drains HT fire, relieves irritability, clears heat to fortify yin D <u>Huang Qin</u> 15g (6-12g) assists Huang Lian D <u>Huang Bai</u> 15g (6-12g) assists Huang Lian A <u>Huang Qi</u> 30g (12-24g) augment protective qi and stabilze exterior; prevents excess sweat from injuring yin and yang. Also protects ST qi from other herbs. Nourishes qi and blood w/ Shu Di and Dang Gui	Night sweats due to raging fire from deficiency KI yin not properly controlling the HT fire. During sleep the protective qi enters the yin; when yin is defic, it is unable to restrain the yang, esp in the exterior. The unrestrained yang pushes the fluids out of the body esp at night. When pt wakes, the wei qi leaves the yin and returns to the yang and the sweating stops. The ascending fire causes red face.....	Fever, night sweats, red face, dry mouth and parched lips, irritability, dry stools, dark and scanty urine T: red, dry P: rapid	Enriches the yin, clears heat, stabilizes exterior and stops sweating. Best when middle qi is not injured b/c strong at draining fire and nourishing yin Used in many types of disorders w/ night sweats: LU consumption, steaming bone disorder, aftermath of severe febrile disease, chronic nosebleeds. Some believe this formula was intended for night sweats assoc w/ defic protective qi coupled w/ vigorous fire that has injured the yin
Jiu Xian San Nine Immortal Powder	C <u>Ren Shen</u> 1.5g tonifying and augmenting qi C <u>Zhi Ying Su Ke</u> 6g and D <u>Wu Mei</u> 6g restraining the LU and stop cough D <u>Wu Wei Zi</u> 1.5g same as Wu Mei plus also augments LU qi D <u>E Jiao</u> 1.5g nourishes LU yin and astringes A <u>Kuan Dong Hua</u> 1.5g stop cough and transform phlegm, direct rebellious qi down to stop wheezing	Deficiency of LU qi and LU yin	Chronic, unremitting (and nonproductive) cough w/ wheezing, a shiny white complexion, SOB, spontaneous sweating T: P: deficient rapid	Preserves the LU, stops coughing, augments the qi and nourishes the yin Equally treats the root and manifestation Not to be used in cases of pronounced phlegm or where there is concurrent exterior condition w/o significant modification

	<p>A <u>(Chuan) Bei Mu</u> 1.5g same</p> <p>A <u>Jie Geng</u> 1.5g same as Kuan Dong Hua plus focuses herbs to LU</p> <p>A <u>Sang Bai Pi</u> 1.5g stop cough and wheezing esp from yin defic</p> <p>A <u>Sheng Jiang</u> 2pcs regulate interaction b/w nutritive and protective qi, enabling LU to recover quickly</p> <p>A <u>Da Zao</u> 1pc same as Sheng Jiang</p>			
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FORMULAS THAT RESTRAIN LEAKAGE FROM THE INTESTINES

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
ZHEN REN YANG ZANG TANG True Man's Decoction to Nourish the Organs	<p>C <u>Ren Shen</u> 18g (3-6g) strengthen SP and augment middle qi</p> <p>C <u>Bai Zhu</u> 18g (9-12g) same as Ren Shen</p> <p>D <u>Rou Gui</u> 24g (3-4.5g) warm the KI yang and SP to dispel cold, and help chiefs strengthen SP, by focusing on KI yang</p> <p>D <u>Wei Rou Dou Kou</u> 15g (9-15g) same as Rou Gui</p> <p>D <u>He Zi</u> 36g (6-15g) and</p> <p>D <u>Zhi Ying Su Ke</u> 108g (6-20g) bind intestines and stop diarrhea</p> <p>A <u>Bai Shao</u> 48g (9-15g) and</p> <p>A <u>Dang Gui</u> 18g (6-12g) tonify yin and blood</p> <p>A <u>Mu Xiang</u> 42g (6-9g) revives SP and regulates qi, helps digestion and abd pain; esp good for tenesmus; prevents astringent herbs from causing stagnation</p> <p>E <u>Zhi Gan Cao</u> 34g (3-9g) helps chief herbs tonify middle; harmonizes</p>	<p>Abandoned disorder from loss of fluids due to chronic diarrhea or dysentery.</p> <p>SP/KI yang defic</p> <p>SP qi has become defic and intestines lost ability to absorb. Long term defic of SP will affect KI which aggravates diarrhea and further injures SPetc</p>	<p><u>Chronic diarrhea</u> or dysenteric disorders w/ unremitting diarrhea to the point of incontinence, and in severe cases, prolapsed rectum. The diarrhea may contain pus and blood, and there may also be tenesmus. Accom symptoms include mild persistent abd pain that responds favorably to local pressure or warmth, lethargy, a wan complexion, reduced appetite, soreness of the lower back, lack of strength in the legs</p> <p>T: pale w/ white coat</p> <p>P: slow, thin</p>	<p>Warms the middle, tonifies defic, restrains leakage from the intestines, stops diarrhea.</p> <p>Never use in cases of excess or damp-heat</p>
TAO HUA TANG Peach Blossom Decoction	<p>C <u>Chi Shi Zhi</u> 48g (30g) binds up the intestines and stabilizes the abandoned disorder; esp for blood and pus from defic cold</p> <p>D <u>Gan Jiang</u> 3g (9g) calms the middle and expels cold</p> <p>A <u>Geng Mi</u> 30g nourishes the ST and harmonizes the middle; helps other herbs improve ST and intestinal fx</p>	<p>Dysenteric disorder over time injuring SP and ST and condition transforming into defic cold and loss of fluids</p> <p>First stage is usually damp-heat. Over time SP and ST get injured</p>	<p>Chronic dysenteric disorders w/ dark blood and pus in stool, abd pain that responds favorably to local pressure or warmth</p> <p>T: pale</p> <p>P: slow and frail or faint and thin</p>	<p>Warms the middle and binds up the bowels</p> <p>Half of Chi Shi Zhi is taken in the decoction and the other half is taken as powder first before the decoction so that the substance itself reaches the intestines</p> <p>This formula treats the manifestation, not root</p>

<p>SI SHEN WAN</p> <p>Four Miracle Pill</p>	<p>C <u>Bu Gu Zhi</u> 120g tonifies gate of vitality and benefits earth (SP) by fortifying fire</p> <p>D <u>Rou Dou Kou</u> 60g warms the SP and KI and binds intestines</p> <p>A <u>Wu Zhu Yu</u> 30g disperses cold in middle burner complementing chief by warming source of prenatal qi</p> <p>A <u>Wu Wei Zi</u> 60g strengthens deputy's ability to bind intestines</p> <p>E <u>Sheng Jiang</u> 240g disperses cold and activates water metabolism</p> <p>E <u>Da Zao</u> 100pcs nourishes SP and ST.</p>	<p>Daybreak ("cock's crow diarrhea")</p> <p>Before sunrise, yin is at its peak and yang about to rise. If KI (source) yang is weak, yang will not rise and yin will suddenly descend, causing diarrhea...</p>	<p>Diarrhea which occurs daily just before sunrise, lack of interest in food and inability to digest what is eaten, soreness of the lower back w/ cold limbs, fatigue and lethargy</p> <p>T: pale w/ thin white coat</p> <p>P: submerged, slow, forceless</p>	<p>Warms and tonifies the SP and KI, binds intestines and stops diarrhea</p> <p>Remove Sheng Jiang and Da Zao when thoroughly cooked. Form pills with rest of ingredients.</p> <p>When SP and KI are warmed and the LI is stabilized, the transformation and transportation of food essence will resume, and diarrhea will cease</p>
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FORMULAS THAT STABILIZE THE KIDNEYS

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
<p>JIN SUO GU JING WAN</p> <p>Metal Lock Pill to Stabilize the Essence</p>	<p>C <u>Sha Yuan Ji Li</u> 60g tonifies the KI and benefits essence, stops leakage of semen by stabilizing gate of essence</p> <p>D <u>Lian Zi</u> 120g assist in stabilizing gate of essence and restraining semen</p> <p>D <u>Qian Shi</u> 60g same as Lian Zi</p> <p>A <u>Su Zhi Long Gu</u> (crispy fried) 30g suppress blazing fire and prevent spermatorrhea</p> <p>A <u>Duan Mu Li</u> (calcined) 30g same as Long Gu</p> <p>A <u>Lian Xu</u> 60g binds semen and stops leaking</p> <p>Take w/ salted water on an empty ST</p>	<p>Spermatorrhea from defic of KI (instability of the gate of essence)</p> <p>LV depends on KI for nourishment (water) and KI depends on LV to spread qi properly. If KI defic, it cannot store essence, the gate of essence becomes destabilized and spermatorrhea results (usually chronic)</p> <p>When KI and LV yin are defic, defic fire blazes and disturbs essence chamber which leads to intemperate spreading of essence or spermatorrhea</p>	<p>Chronic spermatorrhea, impotence, fatigue and weakness, sore and weak limbs, lower back pain, tinnitus, incontinence of urine</p> <p>T: pale w/ white coat</p> <p>P: thin frail</p> <p>Used for myasthenia gravis</p>	<p>Stabilizes the KI and binds up the semen</p> <p>Simultaneously tonifies KI (root) and stops leakage (branch), it is weighted towards treating the branch. Once the spermatorrhea has ceased, KI tonics should be used.</p> <p>While most often used for chronic spermatorrhea and incontinence of urine, it can be used for any condition from loss of essence</p> <p>Spermatorrhea can also be caused by KI and LV yin defic w/ fire blazing. This formula should be modified to treat this presentation</p>
<p>SANG PIAO XIAO SAN</p> <p>Mantis Egg-Case Powder</p>	<p>C <u>Sang Piao Xiao</u> 30g (9-12g) tonifies the KI, stabilizes essence and stops leakage. Treats root and manifestation</p> <p>C <u>Long Gu</u> 30g (12-30g) helps bind essence, calms spirit and steadies the will</p> <p>D <u>Ren Shen</u> 30g (9-12g) strongly tonifies source qi. Strong qi is prereq for healthy mind</p> <p>D <u>Fu Shen</u> 30g (9-12g) calm the spirit and steady the will. Establishes connection b/w HT qi and KI</p> <p>D <u>Yuan Zhi</u> 30g (3-6g) same as Fu Shen. Facilitates connection b/w KI qi and HT</p>	<p>Frequent urination and/or incontinence from HT and KI qi defic.</p> <p>Sometimes this disorder is known as Bladder losing its restraint (pang guang shi yue) b/c the Bladder depends on the KI to transform qi which gives it the power to restrain it.</p> <p>Etiology related to problems with the relationship b/w the spirit (HT) and will (KI). When the KI are defic, they can't store properly</p> <p>Mental fx's are important</p>	<p>Frequent urination (sometimes to the point of incontinence), urine the color of rice water (gray and cloudy) sometimes accompanied by spermatorrhea. Other signs and symptoms include disorientation, forgetfulness</p> <p>T: pale, w/ white coat</p> <p>P: thin, slow, frail</p>	<p>Regulates and tonifies the HT and KI, stabilizes the essence, and stops leakage.</p> <p>Source text attributes this disorder to excessive sexual activity, but it can be used to treat childhood enuresis w/ disorientation and forgetfulness, pale tongue w/ white coat and thin frail slow pulse</p>

	<p>D <u>Chang Pu</u> 30g (6-9g) same as Fu Shen. Opens sensory orifices of HT and spirit</p> <p>A <u>Zhi Gui Ban</u> 30g (9-15g) and</p> <p>A <u>Dang Gui</u> 30g (6-9g) nourish the blood and yin. W/ Gui Ban nurtures yin, supplements essence, regulates and tonifies qi and blood, which allows for revitalization</p>	treatment of this problem		
SUO QUAN WAN Shut the Sluice Pill	<p>C <u>Yi Zhi Ren</u> 9-12g warms the KI and helps grasp qi (referring to control over urination - qi of the Bladder- rather than breath); also warms the SP, which assists in governing fluids; stabilizes and binds urine</p> <p>D <u>Wu Yao</u> 6-12g disperses cold (excess or defic) in the L.J. and helps transform Bladder qi and restrain urination. Esp good for dispersing cold b/w KI and UB</p> <p>A <u>Shan Yao</u> 9-15g strengthens the SP, tonifies the KI and binds the essence</p>	Defic cold of the KI causing Bladder to lose its restraint	<p>Frequent, clear and prolonged urination or enuresis</p> <p>T: pale w/ white coat</p> <p>P: submerged, frail</p>	<p>Warms the KI, dispels cold, shuts off urinary frequency, stops leakage</p> <p>When KI qi is restored it will reassert its control over the fx's of the UB, and urinary frequency will cease.</p> <p>This formula is weak and often unable to resolve problem by itself w/ the exception of children.</p>

GUI ZHI JIA LONG GU MU LI TANG Cinnamon Twig Decoction Plus Dragon Bone and Oyster Shell	<p>C <u>Gui Zhi</u> 9g warms the yang</p> <p>C <u>Bai Shao</u> 9g restrains the yin. W/ Gui Zhi regulates ying and wei and helps restore commun b/w yin and yang (HT and KI)</p> <p>D <u>Long Gu</u> 9g anchors yang so it reunites w/ yin</p> <p>D <u>Mu Li</u> 9g esp good at helping yin restrain yang. W/ Long Gu they weigh down the chief ingredients so they work on a deeper level than they would normally</p> <p>A <u>Sheng Jiang</u> 9g and</p> <p>A <u>Da Zao</u> 12pcs reinforce regulating and nourishing action of chiefs</p> <p>E <u>Gan Cao</u> 6g harmonizes</p>	<p>Defic of yin and yang and lack of communication b/w HT and KI.</p> <p>It is a consumptive disorder w/ loss of essence at its basis</p> <p>Etiology is excess sex or loss of blood</p>	<p>Spermatorrhea (in men) or dreaming of sexual intercourse (in women), lower abd contraction and pain, a cold sensation at the tip of the penis, occasionally watery diarrhea, dizziness, palpitations, insomnia and dream-disturbed sleep, loss of hair</p> <p>T:</p> <p>P: hollow, slow</p> <p>For victims of sexual abuse, relationship problems; fear of commitment, promiscuity, etc.</p>	<p>Restrains the essence, suppresses rebellion, and regulates and harmonizes the yin and yang</p> <p>Application expanded to include any condition of yin defic and unstable yang, even w/o signs of sexual dysfx. Condition arises often from overwork or chronic constraint w/ such symptoms as night sweats w/ temperature intolerance, palp, dream-disturbed sleep, pale tongue, forceless pulse. Cold extremities and pain and weakness of lower back also probable.</p>
SHOU TAI WAN Fetus Longevity Pill	<p>C <u>Tu Si Zi</u> 120g tonify and stabilize the KI and calm fetus</p> <p>C <u>Sang Ji Sheng</u> 60g same as Tu Si Zi</p> <p>D <u>Xu Duan</u> 60g tonifies LV and KI and strengthens bones, calm fetus</p> <p>D <u>E Jiao</u> 60g enriches yin and nourishes blood. W/ Xu Duan they stop bleeding and calm fetus</p>	<p>Defic KI causing instability in the Chong and Ren and leading to restless fetus disorder due to lack of proper nourishment for fetus</p> <p>KI governs bones and marrow, and brain is sea of marrow. When KI weak, dizziness, tinnitus may result. KI governs fluids...</p>	<p>Soreness and distention of the lower back, a sensation of collapse in the lower abd, and vaginal bleeding during preg. Others signs include dizziness, tinnitus, weak legs, frequent urination to the point of incontinence</p> <p>T: pale w/ white slippery coat</p> <p>P: submerged frail at chi</p>	<p>Stabilizes the KI and calms fetus</p> <p>Treats root and branch</p> <p>Formula is designed to prevent a threatened miscarriage. Also commonly used in women w/ defic KI who have had miscarriages in the past</p>

AN TAI WAN Calm Fetus Pill	Shu Di <u>Ai Ye</u> <u>Bai Shao</u> <u>Chuan Xiong</u> <u>Huang Qi</u> <u>E Jiao</u> <u>Dang Gui</u> <u>Gan Cao</u> <u>Di Yu</u> <u>Huang Qin</u> <u>Sheng Jiang</u> <u>Da Zao</u>	Def KI	Restless fetus More blood defic sx	Same as Shou Tai Wan but more of a blood tonic
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FORMULAS THAT STABILIZE THE WOMB

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
GU CHONG TANG Stabilize Gushing Decoction	C <u>Chao Bai Zhu</u> 30g augment qi and strengthen SP C <u>Huang Qi</u> 18g same as Bai Zhu. These 2 help SP govern blood and stabilize Chong D <u>Shan Zhu Yu</u> 24g nourish yin and blood of LV and KI and exert astringent binding effect on the blood. Treat instability of Chong and injury to blood and yin from blood loss D <u>Bai Shao</u> 12g same as Shan Zhu Yu A <u>Duan Long Gu</u> 24g and A <u>Duan Mu Li</u> 24g and A <u>Hai Piao Xiao</u> 12g and A <u>Zong Lu Tan</u> 6g and A <u>Wu Bei Zi</u> 1.5g restrain leakage and stop bleeding A <u>Qian Cao Gen</u> 9g protects against stasis from astringent herbs; stops bleeding and invigorates blood	Uterine bleeding from weak SP and Chong Long term uterine bleeding regardless of its cause will injure middle (SP) qi and SP will not be able to govern blood. At the same time the Chong will become unstable and will not be able to ensure the regularity of the menstrual cycle. The Chong is assoc w/ the yang brightness channel and when SP and ST are defic, the Chong becomes defic. This is the root. However, blood defic will also affect the LV and KI. And Chong defic will affect Ren	Uterine bleeding or profuse menstrual bleeding in which the blood is thin and pale, and either gushes out or continuously trickles out. Accompanying signs and symptoms include palpitations, SOB, T: pale P: defic and big or thin and frail	Augments qi, strengthens SP, stabilizes Chong and stops bleeding. Focus is on strengthening SP because Chong and Ren are dependent on the SP and ST channels and organs to keep the sea of blood and qi filled. "To treat the blood, first treat the SP." Gui Pi Tang is for less severe bleeding w/ more signs of HT blood prob. Not used for such excessive bleeding as in abandoned disorder (i.e., profuse sweat, cold limbs and faint pulse)
GU JING WAN Stabilize the Menses Pill	C <u>Gui Ban</u> 30g enrich yin and nourish blood; treat heat symptoms from yin defic C <u>Bai Shao</u> 30g enrich yin, nourish blood D <u>Huang Qin</u> 30g clears upper burner heat	LV constraint giving rise to heat, which disturbs the Chong and Ren. This type of heat from constraint is considered a <u>type of defic heat</u> from loss of equilibrium of yin and yang. The blood becomes hot and moves	Continuous menstruation or uterine bleeding that alternates b/w trickling and gushing of blood. The blood is very red and may contain dark purple clots. Accom signs and symptoms include a sense of heat and irritability in the chest, abd pain, dark	Enrich the yin, clears heat, stops bleeding, stabilizes menses. <u>Qing Ren Gu Jing Tang</u> (Clear heat from Ren and stop bleeding decoction) Sheng Long Gu <u>Sheng Mu Li</u>

	<p>D <u>Huang Bai</u> 9g clears lower burner heat and heat from defic. Huang Qin and Bai w/ the chiefs control fire by fortifying yin</p> <p>A <u>Xiang Fu</u> 7.5g reg qi and relieves LV constraint; acrid, but doesn't injure yin</p> <p>A <u>Chun Gen Pi</u> 21g binds blood and prevents abandoned disorder from developing from long-term blood loss</p>	<p>recklessly. Also tends to congeal blood.</p> <p>Yin defic usually precedes this disorder & is aggrav by blood loss</p>	<p>urine</p> <p>T: red</p> <p>P: rapid, wiry</p>	<p><u>Gui Ban</u></p> <p><u>Zhi Zi</u></p> <p><u>Huang Qin</u></p> <p><u>E Jiao</u></p> <p><u>Chong Shu Pi</u></p> <p><u>Xue Yu Tan</u></p> <p><u>Di Yu</u> (last 3 are to stop bleeding)</p>
<p>ZHEN LING TANG</p> <p>Rouse the Spirit Special Pill</p> <p>Daoist formula</p>	<p><u>Yu Liang Shi</u> 120g stop bleeding by warming womb and stabilizing lower body</p> <p><u>Zi Shi Ying</u> 120g same as Yu Liang Shi</p> <p><u>Chi Shi Zhi</u> 120g same as Yu Liang Shi</p> <p><u>Dai Zhe Shi</u> 120g same as Yu Liang Shi</p> <p><u>Ru Xiang</u> 60g invig blood and transform stasis; reg qi and alleviate pain</p> <p><u>Mo Yao</u> 60g same as Ru Xiang</p> <p><u>Wu Ling Zhi</u> same as Ru Xiang</p> <p><u>Geng Mi</u> 120g augments qi of LU and SP and warms M.J.; mildly addresses the defic that underlies the condition</p> <p><u>Zhu Sha</u> 30g calms the spirit</p>	<p>Uterine bleeding due to cold from defic of the Chong and Ren, which causes blood to stray from the channels and stagnates</p>	<p>Continuous uterine bleeding of purplish-red or dark purple blood w/ clots, pain and tenderness of the lower abd that diminishes w/ the passage of clots</p> <p>T: dark purple (possibly w/ purple spots)</p> <p>P: submerged, thin, wiry</p> <p>Not for cold from defic of preg, or d-h</p>	<p>Stabilizes uterine bleeding and transforms blood stasis</p> <p>Source text recommends this formula for vaginal discharge from cold defic w/ blood stasis in women; and in men for severe depletion of the true source qi due to overindulgence in sex and work, which causes excess above and defic below. Sx include periumbilical pain, generalized aches and pains, light-headedness, dizziness, vertigo, disorientation</p> <p>Can also stop chronic diarrhea b/c many minerals</p>
<p>SHOU WU GOU QI TANG</p>	<p><u>He Shou Wu</u></p> <p><u>Gou Qi Zi</u></p> <p><u>Tu Si Zi</u></p> <p><u>Du Zhong</u></p> <p><u>Sang Piao Xiao</u></p> <p><u>Chi Shi Zhi</u></p> <p><u>Gou Ji</u></p> <p><u>Shu Di</u></p> <p><u>Huo Xiang</u></p> <p><u>Sha Ren</u></p>	<p>KI defic vaginal discharge</p>	<p>Profuse thin clear, severe lower back pain w/ cold</p> <p>T: pale, thin white</p> <p>P: deep slow</p>	

<p>WAN DAI TANG</p>	<p>C <u>Chao Bai Zhu</u> 30g strengthen SP and augment qi. Also dry damp</p> <p>C <u>Chao Shan Yao</u> 30g strengthen</p>	<p>Vaginal discharge from dysfx of Dai.</p> <p>Dai has close relationship w/ SP and</p>	<p>Profuse vaginal discharge that is white or pale, thin, not partic foul smelling and usually continuous. Accom sx include fatigue, 乏力</p>	<p>Tonifies middle burner, strengthens the SP, transforms damp, stops vaginal discharge</p> <p>The author of the formula, Fu</p>
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End Discharge Decoction	<p>essence</p> <p>C <u>Ren Shen</u> 6g strengthen SP and augment qi</p> <p>D <u>Cang Zhu</u> 9g dry damp (synergistic w/ Ren Shen)</p> <p>D <u>Chen Pi</u> 1.5g moves and reg SP qi</p> <p>D <u>Jiu Chao Che Qian Zi</u> 9g leaches out damp thru urine</p> <p>The chief and deputy herbs tonify w/o hindering resolution of drying damp; and treat pathogen w/o injuring normal qi</p> <p>A <u>Chai Hu</u> 1.8g relieve constraint and soften LV to facilitate free flow of qi, raises yang which counters downward pouring tendency of dampness</p> <p>A <u>Jiu Chao Bai Shao</u> 15g same as Chai Hu</p> <p>A <u>Jing Jie Sui Tan</u> 1.5g absorbs damp and stops vaginal discharge; wind herb wakes LV to control SP</p> <p>E <u>Gan Cao</u> 3g assist chief in tonifying M.J., harmonizes</p>	<p>can't secure channels and there is discharge from lowest part of trunk in women (vagina).</p> <p>When SP defic, dampness accum. When LV qi impaired it further weakens SP and increases the dampness</p>	<p>complexion, loose stools</p> <p>T: pale, white coat</p> <p>P: soggy and frail or moderate</p>	<p>to LV constraint and qi defic which injures the SP and causes dampness to descend</p> <p>This formula treats the leakage not really by astringing, but rather by improving the normal fx of the body.</p> <p>Don't use w/ dark yellow discharge w/ blood and thick, sticky foul smelling; yellow coat, wiry pulse</p>
YI HUANG TANG Change Yellow (Discharge) Decoction	<p>C <u>Chao Shan Yao</u> 30g strengthens the SP and stabilizes the lower burner, and the essence which is assoc w/ vaginal discharge</p> <p>D <u>Huang Bai</u> 6g drain damp heat from lower burner, primarily via urine</p> <p>D <u>Che Qian Zi</u> 3g same as Huang Bai; also strengthens SP</p> <p>A <u>Chao Qian Shi</u> 30g stabilize lower burner and restrain discharge. Mild SP strengthening action</p> <p>A <u>Yin Xing</u> 10 kernels (crushed) stabilize lower burner and restrain discharge</p>	<p>SP qi defic w/ constrained dampness transforming into damp heat and pouring downwards becoming turbid</p> <p>Clear yang cannot rise</p>	<p>Long term, unremitting vaginal discharge that is yellowish-white, viscous and fishy smelling. Accom sx include a pale yellow complexion, dizziness, a sensation of heaviness in the head, reduced appetite, occas loose stools, delayed menstruation w/ pale blood</p> <p>T: pale, thin white coat</p> <p>P: soft, slippery that may be submerged</p>	<p>Strengthens the SP, dries dampness, clears heat, stops vaginal discharge</p> <p>Suitable for treating delicate conditions in which there is both excess and defic. Eliminates damp heat w/o overly drying the patient and binds discharge w/o causing stagnation.</p>
QING JING SAN	<p>Mu Dan Pi</p> <p><u>Di Gu Pi</u></p> <p><u>Bai Shao</u></p> <p><u>Sheng Di</u></p> <p><u>Huang Bai</u></p> <p><u>Qing Hao</u></p> <p><u>Fu Ling</u></p>	<p>Shortened menstrual cycle from blood heat</p> <p>Excess</p>	<p>Dark red thick profuse bleeding, restlessness, bitter taste</p> <p>T: red w/ yellow coat</p> <p>P: rapid forceful</p>	<p>Short cycle from qi defic can use <u>Bu Zhong Yi Qi Tang</u> or <u>Gui Pi Tang</u> (light red thin profuse, SOB, fatigue, empty and heavy sensation in lower abd)</p>
LIANG DI TANG	<p>Sheng Di</p>	<p>Short cycle from blood</p>		

	<p>Bai Shao</p> <p><u>Di Gu Pi</u></p> <p><u>Mai Men Dong</u></p> <p><u>E Jiao</u></p>	<p>defic w/ heat</p> <p>Deficiency</p>		
CANG ZHU CHUN PI TANG	<p>Cang Zhu</p> <p>Chun Pi</p> <p><u>Dan Nan Xing</u></p> <p><u>Ban Xia</u></p> <p><u>Hai Fu Shi</u></p> <p><u>Chuan Xiong</u></p> <p><u>Xiang Fu</u></p> <p><u>Pao Jiang</u></p>	<p>Damp heat leukorrhea</p> <p>(damp predominant)</p>	<p>Profuse yellow (green), bad odor, thick, bitter taste, dry throat, scanty dark urine</p> <p>T: red w/ yellow coat</p> <p>P: slippery rapid</p>	<p>Can also use Wei Ling Tang</p>

SHI DAI TANG	<p>Fu Ling</p> <p>Zhu Ling</p> <p><u>Che Qian Zi</u></p> <p><u>Ze Xie</u></p> <p><u>Yin Chen Hao</u></p> <p><u>Mu Dan Pi</u></p> <p><u>Chi Shao</u></p> <p><u>Huang Bai</u></p> <p><u>Zhi Zi</u></p>	<p>Damp heat leukorrhea</p> <p>(heat predominant)</p>	<p>Yellow color</p>	<p>Or use Long Dan Xie Gan Tang</p>
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FORMULAS THAT RELEASE WIND FROM THE SKIN AND CHANNELS

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
<p>XIAO FENG SAN</p> <p>Eliminate Wind Powder from True Lineage</p>	<p>C Jing Jie 3g unblock interstices and pores and disperse ext wind</p> <p>C Fang Feng 3g same</p> <p>C Niu Bang Zi 3g same</p> <p>C Chan Tui 3g same</p> <p>D Cang Zhu 3g dries damp</p> <p>D Ku Shen 3g dries damp heat</p> <p>D Mu Tong 3g drains damp heat via urine</p> <p>D Shi Gao 3g clear qi-level heat, 石膏 3g</p>	<p>Wind heat or wind dampness that invades and contends w/ preexisting damp heat.</p> <p>It then becomes trapped b/w the flesh, skin, interstices and pores, and settles in the blood vessels. Unable to drain internally or vent externally, it transforms into wind toxin</p>	<p>Weepy, itchy, red skin lesions over a large part of the body</p> <p>T: yellow or white coat</p> <p>P: forceful, floating, rapid</p>	<p>Disperses wind, eliminates dampness, clears heat and cools blood</p> <p>Herbs which treat the blood are essential to the formula b/c : (1) battle b/w wind and damp heat injures blood and yin; (2) using expel wind herbs may further damage blood and yin; (3) blood and yin defic aggrav itching</p> <p>Better results will be achieved if topically used also</p> <p>Consumption of alcohol, coffee, smoking, spicy foods and seafood may interfere w/ actions of herbs</p>

	<p>interior and prevents conditions from progressing</p> <p>D <u>Zhi Mu</u> 3g same</p> <p>A <u>Sheng Di Huang</u> 3g cools blood</p> <p>A <u>Dang Gui</u> 3g nourishes and invigorates blood</p> <p>A <u>Hei Zhi Ma</u> 3g nourishes the blood and moistens</p> <p>E <u>Gan Cao</u> 1.5g clears heat, relieves toxicity, and harmonizes</p>			
<p>XIAO XU MING TANG</p> <p>Minor Prolong Life Decoction</p>	<p>C <u>Ma Huang</u> 30g (3-6g) facilitate flow of qi in channels and conduct pathogen out of body</p> <p>C <u>Chuan Xiong</u> 30g (3-6g) same</p> <p>C <u>Guang Fang Ji</u> 30g (6-12g) same</p> <p>C <u>Xing Ren</u> 30g (9-12g) same</p> <p>C <u>Fang Feng</u> 45g (9-12g) same</p> <p>C <u>Sheng Jiang</u> 150g (9-12pcs) same</p> <p>D <u>Dang Shen/Ren Shen</u> 30g (3-6g) augments qi</p> <p>D <u>Fu Zi</u> 30g (3-9g) reinforce yang</p> <p>D <u>Rou Gui</u> 30g (3-6g) same</p> <p>A <u>Bai Shao</u> 30g (6-12g) w/ Chuan Xiong regulates blood to support normal qi in dispelling pathogen</p> <p>A <u>Huang Qin</u> 30g (4.5-9g) treats heat from trapped/constrained wind turning into heat</p> <p>E <u>Gan Cao</u> 30g (3-6g) harmonizes</p>	<p>Wind stroke from invasion of wind</p> <p>Channel stroke</p> <p>When wei qi is weak interstices and pores are left open and are easily invaded.</p> <p>Wind causes movement, cold causes contraction</p>	<p>Hemiplegia, asymmetry of the face, slow and slurred speech. Usually accom by fever and chills. In severe cases there will be loss of consciousness</p> <p>T: pale w/ thin white coat</p> <p>P: deficient floating</p>	<p>Warms the channels, unblocks the yang qi, dispels wind, and supports the normal qi</p> <p>This is a modification of <u>Gui Zhi Ma Huang Ge Ban Tang</u></p> <p>Gui Zhi is sometimes substituted for Rou Gui to strengthen releasing ext effect and to regulate nutritive qi w/ Bai Shao</p> <p>Wind stroke now is also thought to be generated from internal wind</p> <p>This formula, today, is used mostly for acute stage nonhemorrhagic cerebrovascular accidents (caused by thrombosis, embolism, and vascular spasm)</p>

<p>XIAO HUO LUO DAN</p> <p>Minor Invigorate the Collaterals Special Pill</p>	<p>C <u>Zhi Cao Wu</u> 180g warm channels and disperse cold and dampness</p> <p>C <u>Zhi Chuan Wu</u> 180g same</p> <p>D <u>Tian Nan Xing</u> 180g strongly expels wind and scours out phlegm</p> <p>A <u>Mo Yao</u> 66g invigorate blood and increase flow in channels</p> <p>A <u>Ru Xiang</u> 66g same</p> <p>A <u>Di Long</u> 180g opens collaterals and invigorates blood</p> <p>E <u>Wine</u> strengthens blood invigorating action of formula</p>	<p>Sequelae of wind stroke where dampness, phlegm and lifeless blood obstruct the channels and collaterals</p>	<p>Chronic pain, weakness and numbness in the extremities (esp lower) due to wind stroke. Also for fixed or migrating pain in the bones and joints w/ reduced range of motion due to wind cold damp painful obstruction. In both conditions, the symptoms are aggrav by cold</p> <p>T: white, moist coat</p>	<p>Invigorates blood, unblocks collaterals, dispels dampness, and transforms phlegm and moves internal wind</p> <p>Cold is the predominant pathogen and pain is the predominant symptom</p> <p>Only for those w/ strong constitution</p>
	C Bai Fu Zi dispels wind and	Sequelae of channel	Sudden facial paralysis w/	Dispels wind, transforms

QIAN ZHENG SAN Lead to Symmetry Powder	<p>transforms phlegm; it thereby stops spasms, effective in elim wind from head and face</p> <p>D <u>Jiang Can</u> extinguishes internal and external wind, transforms phlegm; eliminates wind phlegm and unblocks the collaterals</p> <p>A <u>Quan Xie</u> extinguishes wind and stops spasms, esp effective in unblocking collaterals, arresting wind, and thereby alleviating facial paralysis. W/ Jiang Can both herbs fx's are potentiated</p> <p>E <u>Hot Wine</u> focuses herbs to head and face</p>	<p>stroke w/ symptoms confined to the head and face</p> <p>Occurs when defic normal qi and unstable protective qi allow pathogenic wind to invade channels and collaterals. This causes turbid phlegm, which when combined w/ wind obstructs channels and collateral in head and face</p>	<p>deviation of eyes and mouth and facial muscle twitch</p>	<p>phlegm and stops spasms</p>
YU ZHEN SAN True Jade Powder	<p>C <u>Bai Fu Zi</u> dries damp, transforms phlegm, dispels wind, stops spasms, esp those of muscular tetany; enters LV and ST channels so good at dispelling wind from head and face</p> <p>C <u>Tian Nan Xing</u> elim wind phlegm from channels and collaterals, arrests muscle twitches and stops spasms</p> <p>D <u>Qiang Huo</u> disperse wind and dispel pathogen. W/ chiefs, dispel wind from channels and collaterals and vent pathogen through exterior</p> <p>D <u>Bai Zhi</u> same</p> <p>D <u>Fang Feng</u> same; also moistens and softens sinews and disperes internal wind (enters LV)</p> <p>A <u>Tian Ma</u> enters LV channel to extinguish wind and relieve spasms</p> <p>E <u>Hot Wine</u> unblocks channels and collaterals</p>	<p>Muscular tetany from wind and toxin invading body through wound or ulceration – "wind due to incised wounds"</p>	<p>Stiffness and spasms of the jaw, closed mouth., lip spasms, deviation of the eyes, rigidity of the entire body to the point of opisthotonos</p> <p>P: wiry, tight</p>	<p>Dispels wind, transforms phlegm, relieves muscular tetany and alleviates pain</p>
ZHI JING SAN Stop Spasms Powder	<p><u>Quan Xie</u> extinguish wind, stop spasms and pain and relieve toxicity.</p> <p><u>Wu Gong</u> same; synergistic</p>	<p>Heat entering the jue yinchannel</p> <p>Vigorous heat generates wind which leads to internal movment of LV wind. When accom by loss of consciousness, it is called "tetanic collapse"</p>	<p>Muscle twitches of the extremities, rigidity and spasms of the entire body to the point of opisthotonos, trismus or convulsions. In severe cases loss of consciousness</p>	<p>Dispels wind, relieves spasms, and alleviates pain</p> <p>Effective in treating pain and is often used for intractable HA (including severe migraines), joint pain, and esp painful obstruction from wind cold</p>

FORMULAS THAT EXTINGUISH INTERNAL WIND

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
	<p>C <u>Huai Niu Xi</u> 30g conducts circulation of blood down, separating blood from ascendant LV yang. Tonifies & nourishes</p>	<p>LV and KI yin defic w/ ascendant LV yang, which in</p>	<p>Dizziness, vertigo, a feeling of distention of eyes, tinnitus, feverish sensation</p>	<p>Sedates the LV, extinguishes wind, nourishes yin, and anchors</p>

<p>ZHEN GAN XI FENG TANG</p> <p>Sedate the Liver and Extinguish Wind Decoction</p>	<p>LV/KI</p> <p>D <u>(Dai) Zhe Shi</u> 30g heavy and directs qi down & control rebellion. Calms LV & anchors yang</p> <p>D <u>Long Gu</u> 15g and</p> <p>D <u>Mu Li</u> 15g are both heavy</p> <p>Chief and Deputies sedate LV, extinguish wind, anchor yang and direct rebellious qi down</p> <p>A <u>Gui Ban</u> 15g and</p> <p>A <u>Xuan Shen</u> 15g and</p> <p>A <u>Tian Men Dong</u> 15g and A <u>Bai Shao</u> 15g Nourish yin and fluids to control yang; indirectly extinguishes wind – treats LV yang at the root</p> <p>A <u>Yin Chen Hao</u> 6g and</p> <p>A <u>Chuan Lian Zi</u> 6g and</p> <p>A <u>Mai Ya</u> 6g w/ chief clear and drain excessive LV yang which eliminates erratic movement of constricted LV qi; reinforces actions of pacifying, sedating and controlling LV yang</p> <p>E <u>Gan Cao</u> 4.5g regulates and harmonizes. W/ Mai Ya harmonizes ST, adjusts M.J., preventing metals and minerals from affecting ST</p> <p><u>Huai kknf</u></p>	<p>to internal movement of LV wind w/ rebellious qi and blood</p> <p>Commonly precursors to wind-stroke which can occur when severe LV yang transforms to wind</p>	<p>flushed face (as if intoxicated). May also be frequent belching, progressive motor dysfx of body or development of facial asymmetry which occurs over a few hrs to a few days, severe dizziness and vertigo, sudden loss of consciousness, mental confusion w/ moments of lucidity and inability to fully recover after loss of consciousness</p> <p>T:</p> <p>P: wiry, long, forceful</p>	<p>yang</p> <p>Treats manifestation and root. Chiefs and deputies sedate LV and anchor yang to ext wind. Assistants nourish yin and fluids, softens and moistens LV so that wind <u>indirectly</u> dies out of its own accord</p> <p>Qi regulating ingredients prevent development of LV constraint from tonification of yin and anchoring of yang</p> <p>Cloying and can injure SP</p>
<p>LING JIAO GOU TENG TANG</p> <p>Antelope Horn and Uncaria Decoction</p>	<p>C <u>Ling Yang Jiao</u> 4.5g enters LV&HT channels, pacifies LV, extinguishes wind & clears heat</p> <p>C <u>Gou Teng</u> 9g enters LV (governs wind) and PC (governs ministerial fire) channels and treats disorders when wind and fire interact (i.e., spasms, convulsions, dizziness, vertigo). It restores proper relationship b/w fire (PC) and wood (LV)</p> <p>D <u>Sang Ye</u> 6g and</p> <p>D <u>Ju Hua</u> 9g dispel wind and clear heat from LV and LU. They strengthen the wind extinguishing action of formula</p> <p>A <u>Bai Shao</u> 9g and</p> <p>A <u>Sheng Di Huang</u> 15g nourishes yin fluids, softening the LV and relaxing sinews</p> <p>A <u>Chuan Bei Mu</u> 12g and</p> <p>A <u>Zhu Ru</u> 15g clear heat and transform phlegm, clears HT/PC</p> <p>A <u>Fu Shen</u> 9g addresses irritability & restlessness caused by heat harassing the spirit</p> <p>E <u>Gan Cao</u> 2.4g harmonizes. W/ Bai Shao it strengthens yin, relaxes sinews and moderates painful spasms</p>	<p>Excess heat in the LV channel stirring internal wind</p> <p>When pathogenic heat enters jue yin stage, it generates vigorous heat in the LV channel and stirs up wind</p> <p>Vigorous heat scorching fluids causes phlegm and aggravated dizziness and vertigo. It will consume blood and fail to nourish sinews....</p>	<p>Persistent high fever, irritability, restlessness, dizziness, vertigo, twitching and spasms of the extremities. In severe cases there may be impaired or actual loss of consciousness</p> <p>T: deep red, dry, or burnt w/ prickles</p> <p>P: wiry, rapid</p>	<p>Cools the LV, extinguishes wind, increases the fluids, and relaxes the sinews</p> <p>Also used to cool the LV and extinguish wind w/ ascendant LV yang characterized by HA, dizziness, vertigo, and tics or spasms.</p> <p>May also be used for warm febrile diseases w/ LV wind characterized by high fever, irritability, restlessness, spasms in the extremities, convulsions, impaired consciousness, or coma.</p>

<p>TIAN MA GOU TENG YIN</p> <p>Gastrodia and Uncaria Decoction</p>	<p>C <u>Tian Ma</u> 9g and</p> <p>C <u>Gou Teng</u> 12-15g and</p> <p>C <u>Shi Jue Ming</u> 18-24g calm LV and extinguish wind</p> <p>D <u>Zhi Zi</u> 9g and</p> <p>D <u>Huang Qin</u> 9g clear heat and drain fire, prevent heat from rising in the LV channel</p> <p>A <u>Yi Mu Cao</u> 9-12g invigorates blood to support proper circ thereby preventing blood from rising to head w/ ascendant LV yang</p> <p>A <u>Chuan Niu Xi</u> 12g conducts blood down.</p> <p>A <u>Du Zhong</u> 9-12g and</p> <p>A <u>Sang Ji Sheng</u> 9-24g tonifies and nourishes LV and KI (w/ Niu Xi)</p> <p>A <u>Ye Jiao Teng</u> 9-30g and</p> <p>A <u>Fu Shen</u> 9-15g calm spirit and steady will</p>	<p>Ascendant LV yang w/ internal movement of LV wind</p>	<p>HA, dizziness, vertigo, tinnitus, blurred vision, a sensation of heat rushing to the head, insomnia w/ dream disturbed sleep. In severe cases there may be numbness, twitching and spasms in the extremities, or hemiplegia</p> <p>T: red</p> <p>P: wiry, rapid</p>	<p>Calms the LV, extinguishes wind, clears heat, invigorates blood, and tonifies LV and KI</p> <p>Commonly used for treating HTN</p>
<p>SAN JIA FU MAI TANG</p> <p>Three-Shell Decoction to Restore the Pulse</p>	<p><u>Zhi Gan Cao</u> 18g tonifies HT qi and restores pulse</p> <p>Sheng Di Huang 18g and</p> <p><u>Bai Shao</u> 18g and</p> <p><u>Mai Men Dong</u> 15g and</p> <p><u>Hou Ma Ren</u> 9g and</p> <p><u>E Jiao</u> 9g nourish yin and blood, and thereby cause heat from yin and blood defic to recede</p> <p><u>Mu Li</u> 15g and</p> <p><u>Bie Jia</u> 24g and</p> <p><u>Gui Ban</u> 30g nourish yin and anchor yang, controlling spasms and treating loss of consciousness</p>	<p>Both patterns occur in late stage febrile disease when yin has been injured, or in various internally-generated diseases with yin defic and ascendant LV yang</p> <p>In the latter stages of the exterior presentation, the ext heat is lodged deep in the L.J. where it severely injures yin and blood and causes wind</p> <p>In the interior presentation, yang ascends and causes dizziness, vertigo...</p>	<p>There are 2 presentations; one from exterior condition, the other internally generated:</p> <ol style="list-style-type: none"> spasms, loss of consciousness, quivering fingers, feverish palms and soles (heat in 5 centers) dizziness, vertigo, tinnitus, dry throat, palpitations, bleeding symptoms <p>T: deep red dry</p> <p>P: thin rapid forceless</p> <p>T: dry glossy peeled</p> <p>P: thin wiry</p>	<p>Nourishes yin, restores pulse, clears heat, anchors yang, and extinguishes wind</p> <p>Used for treating internal wind and ascendant yang from yin and blood defic</p> <p>Variation of <u>Zhi Gan Cao Tang</u>, but is more appropriate w/ yin and blood defic w/ reckless movement of wind and yang</p> <p>Wen Bing</p> <p>Good for chronic problem and AIDS</p>
<p>E JIAO JI ZI HUANG TANG</p> <p>Ass-Hide Gelatin and Egg Yolk Decoction</p>	<p>C <u>E Jiao</u> 6g and</p> <p>C <u>Ji Zi Huang</u> 2 yolks nourish yin and blood, extinguish wind and sedate yang</p> <p>D <u>Sheng Di Huang</u> 12g and</p> <p>D <u>Bai Shao</u> 9g and</p>	<p>Internal movement of wind from blood and yin defic</p> <p>Cause is usually long standing retention of pathogenic heat that scorches and injures</p>	<p>Rigid extremities, muscle spasms and twitches in the extremities, dry mouth, parched lips. There may also be dizziness and vertigo</p> <p>T: deep red w/ slight coat</p>	<p>Enriches yin, nourishes blood, softens LV and extinguishes wind</p> <p>This is an excess and deficiency pattern. It is important to distinguish which is primary and</p>

	<p>D <u>Zhi Gan Cao</u> 1.8g (combo of sweet and sour) soften LV to extinguish wind. Bai Shao and Zhi Gan Cao effective at treating painful spasms</p> <p>A <u>Gou Teng</u> 6g and</p> <p>A <u>Shi Jue Ming</u> 15g and</p> <p>A <u>Mu Li</u> 12g sedate ascendant yang and extinguish wind</p> <p>A <u>Fu Shen</u> 12g calms LV and spirit</p> <p>E <u>Luo Shi Teng</u> 9g focuses herbs to collaterals and sinews. W/ Bai Shao and Gan Cao effective at relaxing sinews and unblocking collaterals</p>	condition appears after a warm febrile disease	P: thin rapid	proper dosage of formula
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<p>DA DING FENG ZHU</p> <p>Major Arrest Wind Pearl</p>	<p>C <u>Ji Zi Huang</u> 2 yolks nourishes yin and dispels wind; esp effective for internal wind</p> <p>C <u>E Jiao</u> 9g strongly tonifies blood and nourishes yin</p> <p>D <u>Bai Shao</u> 18g and</p> <p>D <u>Zhi Gan Cao</u> 12g and</p> <p>D <u>Wu Wei Zi</u> 6g combo of sweet and sour herbs to soften LV and nourish yin</p> <p>A <u>Sheng Di Huang</u> 18g nourishes yin and increases fluids</p> <p>A <u>Mai Men Dong</u> 18g nourishes yin and moistens LU</p> <p>A <u>Hou Ma Ren</u> 6g nourishes yin and moistens dryness</p> <p>A <u>Gui Ban</u> 12g and</p> <p>A <u>Bie Jia</u> 12g and</p> <p>A <u>Mu Li</u> 12g enrich yin and anchor yang; Mu Li is esp effective in calming LV and sedating LV yang</p>	<p>Internal movement of wind due to yin defic</p> <p>May be caused by long term retention of pathogenic heat or by improper treatment (excessive purging or sweating). Most of the pathogenic qi has left the body, and the true yin (KI water) is nearly exhausted</p>	<p>Weariness, muscle spasms w/ alternating flexion and extension of the extremities. Often the patient will appear as if he is about to go into shock.</p> <p>T: deep red, scanty or peeled coat</p> <p>P: deficient, frail</p> <p>Wen Bing</p> <p>Good for chronic problems and AIDS</p>	<p>Nourishes yin and extinguishes wind</p> <p>"LV is organ of wind. Decline and consumption of the essence leads to inability of water to restrain wood. W/ less nourishment, wood is not luxuriant; therefore the LV tends to ascend and internal movement of wind often arises"</p> <p>Ye Tian-Shi</p> <p>Formula controls sx of excess (wind) by nourishing the defic (yin and fluids) ---- it does not treat internal wind directly. It treats the root</p> <p>Compare w/ San Jiao Fu Mai Tang</p>
<p>DI HUANG YIN ZI</p> <p>Rehmannia Decoction</p>	<p>C <u>Shu Di Huang</u> and</p> <p>C <u>Shan Zhu Yu</u> enrich and tonify the KI yin and strengthen the KI water to relieve HT fire</p> <p>C <u>Rou Cong Rong</u> and</p> <p>C <u>Ba Ji Tian</u> warm and strengthen the KI yang</p> <p>D <u>Fu Zi</u> and</p> <p>D <u>Rou Gui</u> assist chiefs in warming and nourishing source yang. Rou Gui esp effective in guiding errant fire from defic back to its source in the KI</p> <p>D <u>Shi Hu</u> and</p>	<p>Mute paraplegia (yin fei) due to defic and waning of the lower base (KI yin and yang) together with and upward flaring of fire from deficiency and turbid phlegm that blocks orifices.</p> <p>Stiffness of tongue due to 3 processes:</p> <p>(1) KI ch nourishes root of tongue, if defic, no nourishment to root, leaving voice w/o a root; (2) upward flaming of HT fire from defic generates phlegm and blocks orifices and closes gate of voice; (3) tongue is sprout of HT, when HT qi is</p>	<p>Stiffness of tongue w/ inability to speak, disability or paralysis of the lower extremities, dry mouth w/ no thirst</p> <p>T: greasy yellow coat</p> <p>P: submerged, slow, thin and frail</p>	<p>Enriches the KI yin, tonifies the KI yang, opens the orifices, and transforms phlegm</p> <p>Important formula for treating sequelae of wind stroke, such as aphasia and disability or paralysis of lower extremities.</p> <p>True wind stroke: attack of pathogenic wind</p> <p>Quasi wind stroke: yin defic, yang defic or both</p> <p>This formula used in treating patterns of quasi wind stroke in which the root (KI yin and yang) is defic</p>

	<p>D <u>Mai Men Dong</u> enrich yin and fluids and cool fire from defic, while simultaneously moderating the dryness of Fu Zi and Rou Gui</p> <p>A <u>Shi Chang Pu</u> and</p> <p>A <u>Yuan Zhi</u> and</p> <p>A <u>Fu Ling</u> facilitate commun. b/w HT and KI; regulate water and fire, open orifices and transform phlegm</p> <p>A <u>Wu Wei Zi</u> restrains floating yang and helps preserve yin and fluids</p> <p>E <u>Sheng Jiang</u> and</p> <p>E <u>Da Zao</u> reg and harmonize nutritive and protective qi</p> <p>E <u>Bo He</u> cools throat</p>	<p>unable to reach tongue leaving voice w/o a ruler, hence inability to speak</p> <p>KI governs bone.....</p>		
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FORMULAS THAT NOURISH THE HEART AND CALM THE SPIRIT

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
<p>TIAN WANG BU XIN DAN</p> <p>Emperor of Heaven's Special Pill to Tonify the Heart</p>	<p>C <u>Sheng Di Huang</u> 120g nourishes the yin and clears heat; it enriches KI yin which is then able to control the fire; also nourishes blood</p> <p>D <u>Dan Shen</u> 15g and</p> <p>D <u>Dang Gui</u> 30g tonify blood and nourish HT w/o causing stag</p> <p>D <u>Bai Zi Ren</u> 30g and</p> <p>D <u>Yuan Zhi</u> 15g calm the spirit</p> <p>D <u>Ren Shen</u> 15g and</p> <p>D <u>Fu Ling</u> 15g assist the HT qi</p> <p>A <u>Tian Men Dong</u> 30g and</p> <p>A <u>Mai Men Dong</u> 30g and</p> <p>A <u>Xuan Shen</u> 15g enrich yin and clear heat from defic</p> <p>A <u>Wu Wei Zi</u> 30g and</p> <p>A <u>Suan Zao Ren</u> 30g prevent leakage of HT qi</p> <p>E <u>Jie Geng</u> 15g conduct herbs to U.J., the abode of the spirit</p> <p><u>Zhu Sha</u> 15g anchors and calms the spirit</p> <p>Celantro reduces mercury poisoning</p>	<p>Yin defic of HT & KI</p> <p>HT governs blood and stores the spirit, and its fire normally descends to meet with the KI. The KI store the essence and will and KI water normally rises to meet w/ the HT.</p> <p>Excessive thinking or deliberation injures the HT and KI, which depletes blood and essence</p>	<p>Irritability, palpitations w/ anxiety, fatigue, insomnia w/ very restless sleep, inability to think or concentrate for even short periods of time, nocturnal emissions, forgetfulness, dry stools. May also be sores of the mouth and tongue, low grade fever and night sweats</p> <p>T: red w/ little coat</p> <p>P: thin rapid</p> <p>Contains <i>Sheng Mai San</i></p>	<p>Enriches yin, nourishes blood, tonifies HT, and calms spirit</p> <p>"Both the essence and will in man are stored in the KI. When essence is insufficient, the will and qi become weak and are unable to communicate above w/ the HT. This leads to erratic emotions and forgetfulness." Wang Ang.</p> <p>Wang Ang also recommended this pill be taken by those who read a lot</p> <p>Different from <u>Gui Pi Tang</u> which is for concurrent qi and blood vacuity. This formula is for blood and yin defic</p> <p>Defic blood may transform into wind – "All painful itchy sores concern the HT." Some practitioners use this for chronic or recurrent urticaria and chronic conjunctivitis</p>
<p>SUAN ZAO REN</p>	<p>C <u>Suan Zao Ren</u> 15-18g nourishes HT and LV while calming the spirit</p>	<p>Form of consumption due to LV blood defic w/ defic heat</p>	<p>Irritability, inability to sleep, palpitations, night sweats, dizziness and vertigo, dry throat and mouth</p>	<p>Nourishes the blood calms the spirit, clears heat and eliminates irritability</p>

TANG Sour Jujube Decoction	<p>and blood by encouraging free flow. Combo of astringent and dispersing herbs effective in nourishing and reg LV while calming spirit</p> <p>A <u>Fu Ling</u> 6g calms the spirit and tonifies the SP and ST</p> <p>A <u>Zhi Mu</u> 6g enriches yin, clears heat, and moistens internal dryness (moderating dryness of Chuan Xiong)</p> <p>E <u>Gan Cao</u> 3g regulates other herbs and harmonizes M.J.</p>	<p>When LV (wood or mother) is defic there is not enough blood to nourish HT (fire or child). This lack of nourishment is accom by defic fire which rises to chest and disturbs HT</p>	<p>throat and mouth</p> <p>T: dry red</p> <p>P: wiry or thin, rapid</p> <p>Problems from external heat is called "zao" (restlessness); from internal heat is "fan" (irritability)</p>	<p>This formula enriches and nourishes the source of the LV and HT blood. When this occurs, yin rises and yang descends</p> <p>When awake, soul resides in eyes; at night when eyes are closed, it resides in LV. In consumptive pts, the LV blood is defic and can't entirely retain the soul (Hun) You Zai-Jing</p>
DING ZHI WAN Settle the Emotions Pill	<p>C <u>Ren Shen</u> 90g and</p> <p>C <u>Fu Ling</u> 90g calm spirit by augmenting qi</p> <p>D <u>Chang Pu</u> 60g and</p> <p>D <u>Yuan Zhi</u> 60g synergistically clear the senses to calm spirit</p>	<p>HT qi defic and pt suffers emotional shock and is badly frightened (<i>phlegm</i>)</p> <p>Constitutional defic of HT qi predisposes one to apprehensiveness, and b/c their system is already strained, their spirit becomes disoriented</p>	<p>Apprehensiveness, easily frightened or incessant laughter and glee, together w/ palpitations w/ anxiety and forgetfulness</p>	<p>Tonifies HT qi and calms the spirit</p> <p>While the focus is on the HT, all yin organs are involved in the pathogenesis of this disorder thru the 5 emotions</p>
HUANG LIAN E JIAO TANG Coptis and Ass-Hide Gelatin Decoction	<p>C <u>Huang Lian</u> 12g and</p> <p>C <u>Huang Qin</u> 6g clear HT fire and thereby calm spirit</p> <p>C <u>E Jiao</u> 9g indirectly controls HT fire by nourishing KI yin</p> <p>D <u>Ji Zi Huang</u> 2 yolks drains fire and generates blood</p> <p>A <u>Bai Shao</u> 6g assists E Jiao in enriching and retaining yin to harmonize the fx's of HT and KI</p>	<p>Fire from yin defic in aftermath of warm febrile disease</p> <p>The ext heat has not been fully cleared from the body, and the yin fluids are injured.</p> <p>This is a shao yin stage disorder</p>	<p>Irritability w/ a sensation of heat in the chest, insomnia, palpitations w/ anxiety. May also be sores of the tongue or mouth</p> <p>T: red w/ dry yellow coat</p> <p>P: thin rapid</p>	<p>Enriches yin, causes fire to descend, eliminates irritability, and calms the spirit</p> <p>The scope of this formula has been expanded to include heat in the blood level w/ dysenteric disorders due to heat toxin</p> <p>Diff from <u>Suan Zao Ren Tang</u> which is for irrit w/ insomnia.(focus in on nourishing LV) This formula is for irrit when pt is unable to lie down (can't tolerate lying in bed) b/c yang can't enter yin (focus is on clearing fire and nourishing yin)</p>

GAN MAI DA ZAO TANG Licorice, Wheat, and Jujube Decoction	<p>C <u>Fu Xiao Mai</u> 9-15g regulates and nourishes the qi and yin of the HT. HT is child of LV, so this herb also nourishes LV to calm the spirit (YIN)</p> <p>D <u>Gan Cao</u> 9g nourishes HT and harmonizes M.J. (QI)</p> <p>D <u>Da Zao</u> 10 pcs augments qi and moistens internal dryness. (BLOOD)</p> <p>Together these herbs mildly tonify the HT, SP and LV</p>	<p>Restless organ disorder (zang zao), an emotional condition attributed to excessive worry, anxiety or pensiveness.</p> <p>Defic of qi and yin of HT and SP</p> <p>This injures the HT yin, disrupts flow of LV qi, and affects SP</p> <p>Such pts often experienced recent of recurrent blood loss, which further injure qi and blood and LV yin (esp when pt has chronic frustration)</p>	<p>Disorientation, frequent attacks of melancholy and crying spells, inability to control oneself, restless sleep (sometimes w/ night sweats), frequent bouts of yawning. In severe cases, speech and behavior become abnormal</p> <p>T: red w/ sparse coat</p> <p>P: thin rapid</p> <p>As long as dizziness is of HT/SP yin</p>	<p>Nourishes HT, calms spirit, and harmonizes M.J.</p> <p>Source text discusses this formula under woman's disorders. Some think that the restless "organ" is the womb and refers to blood defic in the womb. Others believe it refers to the HT</p> <p>A peculiarity of this formula is that defic fire is present, (so bitter herbs that drain fire are inappropriate) but the defic is not really pronounced, and strong tonification is unwarranted</p> <p>Recommended for menopausal syndrome, post partum palpitations and severe post partum sweating</p>
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FORMULAS THAT SEDATE AND CALM THE SPIRIT

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
ZHU SHA AN SHEN WAN Cinnabar Pill to Calm the Spirit	<p>C <u>Zhu Sha</u> [refine w/ water] 15g calms the spirit and clears HT fire</p> <p>D <u>Huang Lian</u> 18g strongly drains HT fire and works synergistically w/ chief to reinforce actions. Together they address the root and manifest..</p> <p>A <u>Dang Gui</u> 7.5g and</p> <p>A <u>Sheng Di Huang</u> 7.5g nourish blood and replenish yin. They tonify the aspects of the body that have been injured by the HT fire and prevent further injury</p> <p>E <u>Zhi Gan Cao</u> 16.5g harmonizes; protects ST</p>	<p>Vigorous HT fire injuring the blood and yin.</p> <p>The scorching HT fire injures blood and yin and prevents further nourishment of the HT. The combo of heat and defic, disturbs the spirit</p> <p>Another way of looking at it is the the HT fire prevents the HT from rooting in the KI, which is necessary to house the spirit (spirit has no place to reside during the yin time of the day)</p>	<p>Insomnia, continuous palpitations, a sensation of irritability and heat in the chest, a desire to vomit w/o result, dream-disturbed sleep. In some cases the patient develops a rancorous disposition</p> <p>T: red</p> <p>P: thin rapid</p>	<p>Sedates the HT, calms the spirit, drains fire and nourishes yin</p> <p>Authored by Li Ao (famous physician of Jin-Tartar period)</p> <p>Also known as An Shen Wan, with Huang Lian as the chief (d is Gan Cao; Zhu Sha used only to weigh down floating fire)</p> <p>Considered to be partic effective in treating palpitations and anxiety that occur during dreams</p>
CI ZHU WAN Magnetite and Cinnabar Pill	<p>C <u>Ci Shi</u> 60g sedates and calms the spirit, weighs down the yang while nourishing yin, and improves hearing and visual acuity. Black and corresponds to water phase (KI)</p> <p>D <u>Zhu Sha</u> 30g red and corresponds to fire phase (HT) With Ci Shi, anchors spirit and weighs down or reigns in floating HT yang so it can communicate w/ KI</p> <p>A <u>Shen Qu</u> 120g strengthens SP and ST and aids digestion</p> <p>A <u>Honey</u> filler for the pills, and tonifies M.J..</p>	<p>Ascendant HT yang w/ loss of mutual balance b/w water and fire (disharmony b/w HT and KI – HT fire blazes up and KI essence can't ascend to nourish eyes and ears. If severe, can give rise to wind via mother – son (KI – LV) and overcontrol (HT – LV).</p>	<p>Palpitations, insomnia, tinnitus and diminished visual and hearing acuity. Also used for seizures</p>	<p>Heavily sedates and calms the spirit, weighs down the yang, and improves vision and hearing</p> <p>Emphasis is on treating hearing and visual acuity problems. One of most imp formulas for treating visual problems due to internal injury, partic when pattern is lack of commun b/w HT and KI</p> <p>Effective in treating cataracts</p>

SHENG TIE LUO YIN Iron Filings Decoction	<p>C <u>Sheng Tie Luo</u> 30-60g and</p> <p>C <u>Zhu Sha</u> .9g [add at end] strongly anchor and weigh down the spirit</p> <p>D <u>Dan Nan Xing</u> 3g and</p> <p>D <u>Bei Mu</u> 3g clear heat and scour out phlegm</p> <p>D <u>Chang Pu</u> 3g and</p> <p>D <u>Yuan Zhi</u> 3g and</p> <p>D <u>Fu Shen</u> 3g eliminate phlegm, open sensory orifices, calm spirit</p> <p>D <u>Lian Qiao</u> 3g and</p>	<p>Manic behavior due to phlegm-fire agitating the HT</p> <p>People w/ anxious worried disposition tend towards constraint. this leads to constrained LV qi and defic SP. One of the results is an accum of stag fluids which transform into phlegm, which in turn transforms into phlegm-heat, which collects and is subjected to emotional stim and "explodes" to phlegm-fire. Also</p>	<p>Restless agitation, bad temper, severe and throbbing HA, insomnia, extreme emotional instability, manic behavior, shouting, yelling at people for no apparent reason</p> <p>T: scarlet w/ yellow greasy coat</p> <p>P: wiry rapid</p>	<p>Sedates the HT, eliminates phlegm, and calms spirit</p> <p>Most people who take this for 20 days will be cured.</p> <p>If there is also constip, the patient should first take <u>Gun Tan Wan</u></p> <p>Most famous formula to treat major psychosis in TCM</p>
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	<p>D <u>Dan Shen</u> 4.5g and</p> <p>D <u>Gou Teng</u> 4.5g and</p> <p>D <u>Xuan Shen</u> 4.5g clear the HT and relieve irritability</p> <p>A <u>Fu Ling</u> 3g and</p> <p>A <u>Chen Pi</u> 3g treats phlegm at its source by improving fx of SP and qi</p> <p>A <u>Mai Men Dong</u> 9g and</p> <p>A <u>Tian Men Dong</u> 9g nourishes yin to prevent injury to fluids</p>	Brightness Phlegm-fire		
<p>CHAI HU JIA LONG GU MU LI TANG</p> <p>Bupleurum plus Dragon Bone and Oyster Shell Decoction</p>	<p>C <u>Chai Hu</u> 12g and</p> <p>C <u>Huang Qin</u> 4.5g resolve lesser yang disorders, and the collecting or bottling up of the pathogenic influence</p> <p>C <u>Gui Zhi</u> 4.5g greater yang herb which is used here to resolve problems in superficial levels, and to promote flow of yang qi in order to relieve sensation of heaviness in body</p> <p>C <u>Da Huang</u> [add just before end] 6g addresses delirious speech and yang brightness stage symptoms</p> <p>A <u>Long Gu</u> 4.5g and</p> <p>A <u>Mu Li</u> 4.5g and</p> <p>A <u>Qian Dan</u> 4.5g minerals that weigh down and calm floating spirit</p> <p>A <u>Ren Shen</u> 4.5g and</p> <p>A <u>Fu Ling</u> 4.5g strengthen SP qi and ensure that it is not further injured by the treatment. Together they have a mild calming effect. Fu Ling also increases and promotes urination</p> <p>A <u>Ban Xia</u> 6-9g causes qi to descend and works w/ Fu Ling to transform disturbances of fluids and to open diaphragm. It also assists Chai Hu and Huang Qin in resolving lesser yang aspects of this disorder</p> <p>E <u>Sheng Jiang</u> 4.5g and</p> <p>E <u>Da Zao</u> 6pcs reg relationship b/w ying and wei. This helps focus actions of other ingredients on these critical aspects of the body</p> <p>*Dai Zhe Shi or Sheng Tie Luo is often substituted for the toxic Qian Dan</p>	<p>Problems in all 3 yang stages of disease OR</p> <p>Phlegm in LV/GB</p> <p>Results from improper use of purgatives which are used before the disease enters the yang ming stage. The EPI takes advantage of the weakness caused by the purgatives and invades the interior</p> <p>Heat trapped in interior and exterior</p>	<p>Fullness in the chest, irritability w/ occasional attacks of palpitations, urinary difficulty, constip, delirious speech, inability to rotate the trunk, a sensation of extreme heaviness throughout the body</p> <p>T: red w/ slippery coat</p> <p>T: rapid wiry</p> <p>Used for dream sexual disorders</p> <p>Used for viral conditions</p>	<p>Unblocks the 3 yang stages and sedates and calms the spirit</p> <p>Expanded used: cardinal symptoms are fullness in the chest accom by irritability and palp</p> <p>Potential etiology is that it began as a lesser yang stage condition which was improperly purged and that lesser yang (LV/GB) dysfx is at the core.</p> <p>Variation of <u>Xiao Chai Hu Tang</u></p> <p>When severe condition has resolved, use <u>Gan Mai Da Zao Tang</u> to continue tx.</p> <p>Zhao Xi-Wu recommends this formula for attacks of irreg HT beat that occur at rest, reserving <u>Zhi Gan Cao Tang</u> for those that occur while active</p> <p>From Shang Han Lun</p>

FORMULAS THAT CLEAR HEAT AND OPEN THE ORIFICES

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
<p>AN GONG NIU HUANG WAN</p> <p>Calm the Palace Pill with Cattle Gallstone</p>	<p>C <u>Niu Huang</u> 30g bitter cool and aromatic and clears heat from HT and LV. Its aromatic prop vent heat to the exterior by way of the collaterals of the PC. Relieves toxicity & dislodges phlegm to open sensory orifices, extinguish wind, stop spasms, tremors or convulsions. Addresses everything</p> <p>C <u>Xi Jiao</u> 30g enters nutritive and blood levels and imp in clearing fire from HT, LV, and ST channels. It clears heat from HT, calms spirit, cools the blood, relieves toxicity. Its cool aromatic prop vent pathogenic heat from PC</p> <p>C <u>She Xiang</u> 7.5g aromatically opens orifices and revives spirit from all 12 channels. Essential in treating this disorder where sensory orifices are blocked by phlegm</p> <p>D <u>Huang Lian</u> 30g and</p> <p>D <u>Huang Qin</u> 30g and D <u>Zhi Zi</u> 30g conduct heat down, helping Niu Huang and Xi Jiao clear and drain heat toxin from PC</p> <p>D <u>Xiong Huang</u> 30g dislodges phlegm, relieves toxicity, helps to open orifices by draining turbid phlegm</p> <p>D <u>Bing Pian</u> 7.5g and</p> <p>D <u>Yu Jin</u> 30g aromatically unblock orifices and disperse heat from constraint, helping chiefs vent heat thru collaterals of PC</p> <p>A <u>Zhu Sha</u> 30g and</p> <p>A <u>Zhen Zhu</u> 15g sedate HT and calm spirit while clearing heat from HT and LV channels</p> <p>E <u>Honey</u> harmonize ST, reg M.J.</p> <p>E <u>Gold Leaf coating</u> calms spirit</p>	<p>Warm febrile disease sinking to PC w/ turbid phlegm veiling the sensory orifices</p> <p>Serious stage in the progression of warm febrile disease</p> <p>"all pathogenic influences that appear to be in the HT are in the collateral of the HT's wrap [i.e., PC]" <i>Vital Axis</i> ch. 71</p> <p>this presentation may also occur when vigorous internal heat congeals the fluids into phlegm which veils sensory orifices and impairs consciousness</p> <p>this pattern may also be viewed as <u>hot type closed disorder</u> due to phlegm heat obstructing the HT orifices. Often occurs in childhood convulsions or coma due to wind stroke</p> <p>combo of impaired consciousness, stiff tongue and very cold extremities (distal to the elbow) is called "limb collapse" (zhi jue) (int accum/obstruct. From path heat confining yang qi in interior)</p>	<p>High fever, irritability and restlessness, delirious speech, impaired consciousness. Also for coma due to wind stroke or childhood convulsions w/ similar presentation, and for stiffness of tongue and frigid extremities.</p> <p>T: red or deep red</p> <p>P: rapid</p>	<p>Clears heat, relieves toxicity, dislodges phlegm, opens the orifices, and calms the spirit.</p> <p>Authored by Wu Ju-Tong who stated: "the aromatic ingredients of this formula transform turbidity and benefit all the orifices; the salty and cold ingredients protect the KI water and calm the body of the HT; the bitter and cold ingredients unblock the fire in the yang organs and drain the HT."</p> <p>Both the phlegm and heat are very strong. Unless the phlegm is cleared, it will be difficult to clear the heat</p> <p>Wen Bing formula</p> <p>Source text states for pts w/ defec pulse pills should be taken w/ decoction of Ren Shen and for excessive pulse w/ decoction of Jin Yin Hua and Bo He. If pt is comatose administer via nasogastric tube.</p>
<p>ZHI BAO DAN</p> <p>Greatest Treasure Special Pill</p>	<p>C <u>Xi Jiao</u> 30g clears heat from nutritive level & cools blood. Cool aromatic; good for PC collaterals.</p> <p><u>Niu Huang</u> 15g clears heat, relieves toxicity, clears phlegm, opens orifices</p> <p><u>Dai Mao</u> 30g enters HT and LV channels, sedates HT, calms LV, clears heat, detoxifies. Esp useful in cooling LV, exting wind, stopping spasms and convulsions. HT stores spirit and LV stores soul (hun); clearing heat from these 2 channels to calm spirit & soul.</p> <p><u>Bing Pian</u> .3g and</p> <p><u>She Xiang</u> .3g and</p>	<p>Closed disorder from phlegm heat. Assoc w/ summer-heat stroke, wind-stroke or advanced stage of warm febrile disease when heat sinks into the PC and turbid phlegm veils the HT orifices</p>	<p>Fever, irritability and restlessness, delirious speech, impaired consciousness to the pt of coma, copious sputum w/ labored and raspy breathing, spasms, convulsions</p> <p>T: red or deep red w/ foul greasy yellow coat</p> <p>P: slippery rapid</p>	<p>Clears heat, opens sensory orifices, transforms turbidity, and relieves toxicity</p> <p>Many believe that focus is on transforming phlegm and opening orifices rather than clearing heat. The 3 chiefs are therefore considered to be She Xiang, Bing Pian and An Xi Xiang</p> <p>Originally this formula was used for "foulness stroke" (zhong e) which is sudden collapse w/ abd pain following exposure to extremely foul and noxious odors, such as those</p>

	<p><u>An Xi Xiang</u> 45g are very aro and break up turbid phlegm, thus eliminating the internal obstruction</p> <p><u>Zhu Sha</u> 30g and</p> <p><u>Hu Po</u> 30g and</p> <p><u>Gold and Silver Leaf</u> sedate the HT; calm spirit; resolve irritability and impairment of speech and consciousness</p> <p><u>Xiong Huang</u> 30g eliminates phlegm and toxicity. Strengthens actions of Niu Huang in breaking phlegm and opening orifices</p>			dead bodies.
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<p>ZI XUE DAN</p> <p>Purple Snow Special Pill</p>	<p>C <u>Shi Gao</u> 1500g clears fire and heat from the qi level, causing heat to recede and encouraging the generation of fluids. It thereby eliminates irritability and alleviates thirst</p> <p>C <u>Han Shui Shi</u> 1500g clears heat and drains fire to elim irritability and alleviate thirst</p> <p>C <u>Hua Shi</u> 1500g slippery quality enables it to conduct heat downward so it can be eliminated via urine</p> <p>C <u>Xi Jiao</u> 150g cool and aro and ascends and disperses; enters nutritive and blood levels; imp herb for clearing fire and heat from HT and LV channels; clears heat from nutritive level, cools blood and detoxifies. Active in nature and can be cold w/o retarding movement making it useful in venting heat thru collaterals of PC</p> <p>C <u>Ling Yang Jiao</u> 150g drains LV fire; cool LV and exting wind. The 2 animal horns treat heat in the HT and LV ch and resolve spasms, convulsions and impaired consciousness</p> <p>C <u>She Xiang</u> 37.5g open HT orifices, restores consciousness</p> <p>D <u>Xuan Shen</u> 500g conducts fire down, enrich yin, elim irrit</p> <p>D <u>Sheng Ma</u> 500g w/ Xuan Shen strengthens ability to clear heat and detoxify</p> <p><u>Qing Mu Xiang</u> 150g and</p> <p><u>Chen Xiang</u> 150g and</p> <p><u>Ding Xiang</u> 30g promote movement of qi; assist She Xiang in opening orifices</p> <p><u>Zhu Sha</u> 90g and</p> <p><u>Ci Shi</u> 1500g sedate HT and calm spirit, strengthening formula's action of relieving irrit</p> <p><u>Mang Xiao</u> 5000g and</p> <p><u>Xiao Shi</u> 96g drain heat and dissipate clumps esp when combined w/ Xuan Shen. This strong heat clearing action is called</p>	<p>Blazing heat sinking to PC and generating internal movement of LV wind.</p> <p>Occurs in advanced stage of warm febrile disease</p> <p>Symptoms are of excess fire affecting both the qi and nutritive levels. Extreme heat generates wind. "Wind moves when it is vigorous." <i>Basic Questions</i>, ch. 71</p>	<p>High fever, irritability and restlessness, delirious speech, impaired consciousness, muscle twitches, spasms, convulsions, thirst, parched lips, dark urine, severe constipation, and childhood convulsions. When these symptoms occur w/ impaired consciousness it is known as "tetanic collapse" (jing jue)</p>	<p>Controls spasms and convulsions, opens the orifices, clears heat, relieves toxicity, and calms the spirit.</p> <p>This formula nourishes yin - ie, uses sweet and cold ingredients instead of bitter and cold ones. An Gong Niu Huang Wan doesn't nourish yin and uses bitter herbs</p> <p>CI in pregnancy</p> <p>Overuse can injure source qi and exhaust the yin.</p>
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	<p>cauldron"</p> <p>E <u>Huang Jing</u> (gold) 3000g weighs upon and sedates spirit</p> <p>E <u>Zhi Gan Cao</u> 240g detoxifies, harmonizes ST and protects from heavy minerals</p>			
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FORMULAS THAT WARM AND OPEN THE ORIFICES

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
<p>SU HE XIANG WAN</p> <p><u>Liquid Styra Pill</u></p>	<p>C <u>Su He Xiang</u> 30g and</p> <p>C <u>An Xi Xiang</u> 60g penetrate thru turbidity surrounding the orifices, opening closed disorders, and restoring consciousness</p> <p>C <u>She Xiang</u> 60g and</p> <p>C <u>Bing Pian</u> 30g break up turbidity, open orifices, unblock channels and collaterals of body</p> <p>D <u>Mu Xiang</u> 60g and</p> <p>D <u>Tan Xiang</u> 60g and</p> <p>D <u>Chen Xiang</u> 60g and</p> <p>D <u>Ru Xiang</u> 30g and</p> <p>D <u>Ding Xiang</u> 60g and</p> <p>D <u>Xiang Fu</u> 60g are acrid dispersing and warm an moving in nature. They promote the movement of qi, direct rebel qi down, open up areas of constraint, dispel cold and transform turbidity. Ru Xiang also invig blood which helps allev pain. B/c directing qi down causes phlegm to descend, restoring qi flow will help resolve sx of phlegm harassing spirit – each affects diff organs</p> <p>A <u>Bi Ba</u> 60g reinforces actions of warming middle and dispelling cold, arresting pain and opening areas of constraint</p> <p>A <u>Xi Jiao</u> 60g detoxifies; although cold, b/c it is aro it can penetrate turbidity w/o causing stagnation. Only cold herb in formula</p> <p>A <u>Zhu Sha</u> 60g sedates HT and calms spirit</p> <p>A <u>Bai Zhu</u> 60g tonifies qi, strengthens SP, dries dampness and transforms turbidity. With</p> <p>A <u>He Zi</u> 60g which restrains leakage of qi, it prevents the acrid aromatic prop of other herbs from consuming or dispersing normal qi. Works w/ Bai Zhu to enhance M.J. – one tonifies, the other restrains.</p>	<p>Cold dampness and turbid phlegm veiling the sensory orifices</p> <p>Variety of acute closed disorders from excessive cold</p> <p>Yin cold nature of these disorders is reflected in pale complexion, purple lips, excess mucus, cold extremities...</p> <p>Path influences interrupt the proper fx'ing of the organs, "closing them up"</p> <p>Alternatively, sudden anger may induce qi to rebel upward. When qi ascends so does the blood. Together ascendant qi and blood can disturb the spirit.</p> <p>Phlegm follows upward movement of qi.</p>	<ol style="list-style-type: none"> 1. Sudden collapse, loss of consciousness, and clenched jaw (wind stroke from damp cold and turbid phlegm veiling sensory orifices and disturbing spirit) 2. Fullness, pain and a sensation of cold in the chest and abd which may signal the impending sudden loss of consciousness or coma (acute disorders involving constrained qi (qi stroke – zhong qi) or a crippling attack of damp cold obstruction (cold stroke – zhong han)) 3. abd pain and focal distention in the chest, an urge to vomit and defecate w/o doing either, which in severe cases can lead to sudden loss of consciousness or coma (fierce qi of epidemic sudden turmoil disorder) <p>All share pale complexion, purple lips, excessive mucus and saliva, cold extremities</p> <p>T: pale w/ slippery greasy coat</p> <p>P: submerged slippery</p>	<p>Warms and aromatically opens the orifices, <u>promotes movement of qi</u>, and transforms turbidity.</p> <p>When used in treating partial or total loss of consciousness due to diseases such as encephalitis, the formula is taken when the fever has receded but the pt is still stuporous</p> <p>Recently its scope has been expanded to include painful obstruction of the chest due to qi stag (treats manifestations only), congealing due to cold, and turbid phlegm obstructing the collaterals.</p> <p>Not for long-term use. Move to more root oriented therapy</p>

FORMULAS THAT SCOUR PHLEGM AND OPEN THE ORIFICES

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
DI TAN TANG Scour Phlegm Decoction	<p><u>Ban Xia</u> 6.6g dries dampness and transforms phlegm, directs rebellious qi down, harmonizes ST and stops vomiting</p> <p><u>Ju Hong</u> 6g reg qi and dries damp, enabling qi to be restored to normal and reducing the phlegm</p> <p><u>Fu Ling</u> 6g strengthens SP and leeches out damp</p> <p><u>Gan Cao</u> 1.5g harmonizes M.J. and formula</p> <p><u>Zhi Shi</u> 6g and</p> <p><u>Zhu Ru</u> 2.1g and</p> <p><u>Dan Nan Xing</u> 6.6g powerful combo for breaking stag qi, reducing accum, directing qi down, drying damp, elim phlegm, clearing heat and dispersing wind phlegm in the channels</p> <p><u>Shi Chang Pu</u> 3g aromatically opens orifices</p> <p><u>Ren Shen</u> 3g supports normal qi and strengthens SP</p> <p>Decocted w/ Sheng Jiang and Da Zao</p>	<p>Internal obstruction from excessive phlegm</p> <p>Smooth movement of fluids has ceased, they accum and form phlegm</p>	<p>Stiffness of the tongue and speech impairment due to excessive accum of phlegm which spreads throughout body, or phlegm moving upward under the influence of internal wind</p>	<p>Scours out phlegm, opens orifices, and tonifies qi</p> <p>1st 4 herbs are Er Chen Tang -- basic formula for treating impaired speech following wind stroke from phlegm veiling HT orifices, and thus the tongue. Based on the actions of its ingredients, its use has been expanded to include wheezing w/ copious sputum and focal distention and fullness in the chest from obstruction of qi in the chest by phlegm.</p> <p>Er Chen Tang + Wen Dan Tang</p>
GUN TAN WAN Vaporize Phlegm Pill	<p>C <u>Duan Meng Shi</u> 30g drives out phlegm; directs qi down, calms wheezing, drives out chronic hidden accum of phlegm, and arrests palpitations. It is calcined to ensure rapid dispersion of its properties</p> <p>D <u>Da Huang</u> 240g bitter cold and cleanses fire from upper burner (LU) by directing it down thru lower burner (LI); it thereby unblocks the obstruction of the yang organs creating path for removal of phlegm-fire</p> <p>D <u>Huang Qin</u> 240g clears fire from U.J. to prevent scorching of fluids which would generate more phlegm. The large dosage of the deputies is to thoroughly transform the root of the disorder</p> <p>A <u>Chen Xiang</u> 15g regulates qi, rapidly directing it down.</p> <p>Regulating qi is imp since it is the qi which impels the movement of fluids in the body.</p>	<p>Combo of heat excess and chronic phlegm or phlegm fire</p>	<p>Mania (kuang)-withdrawal (dian) and palpitations with anxiety; or severe, continuous palpitations which can lead to coma (if ascends to HT); or coughing and wheezing w/ thick viscous sputum (if collects in LU); or focal distention and a stifling sensation in the chest and epigastrium (if stays in chest); or dizziness, vertigo and tinnitus (if ascends to sensory orifices of head).</p> <p>In each of these cases there is constipation. There may also be facial tics (if phlegm in the channels), insomnia or very strange dreams, sudden deep pain in the joints that is diffic to describe, nodules in neck, or a choking sensation</p> <p>T: yellow thick greasy coat</p> <p>P: slippery rapid forceful</p>	<p>Drains fire and drives out phlegm</p> <p>This formula is suitable for a wide variety of disorders including childhood convulsions, painful obstruction of chest, scrofula, and drum-like distention, provided that it is a problem of excessive heat and phlegm and partic if located in both the intestines and ST.</p> <p>Generally, if spirit disorders are the result of phlegm-fire, it is best to use downward draining herbs that indirectly clear U.J. heat by reducing accum of heat in L.J. this is another example of "removing the firewood from under the cauldron" when phlegm-fire is drained, spirit will be gradually restored. For this reason, formulas like Da Cheng Qi Tang can treat manic behavior in context of yang ming organ stage heat.</p>

TONG GUAN SAN Open the Gate Powder	<p><u>Zao Jiao</u> warm acrid and scours out phlegm, opens orifices, and revives spirit/consciousness.</p> <p><u>Xi Xin</u> warm acrid dispersing and unblocks channels; partic effective in unblocking the nose. Both ingredients unblock the jaw ('gate') and open the orifices</p>	<p>Excess type closed disorder due to a sudden attack of fierce pathogenic influences producing turbid phlegm.</p> <p>One type of "comatose collapse" (hun jue) which can be assoc w/ either an excess type (closed) or defic (abandoned). This one is excess resulting from sudden attack of turbid qi, usually from exposure to foul smells, causing qi mech to become rebellious and disordered, resulting in spirit disturbance and sudden constraint and closing of functional activities of qi known as "foulness stroke: (zheng e)</p>	<p>Loss of consciousness, clenched jaw, extreme difficulty in breathing, foaming at the mouth, and a pale ashen complexion</p>	<p>Unblocks the gate (jaw) and opens the orifices</p> <p>Strategy here is to induce sneezing as an emergency measure to open the jaw and orifices. It is based on the relationship among the nose, the LU, and the qi. When the LU is obstructed, obstruction of all sensory orifices may follow, which here manifests as clenched jaw and loss of consciousness. When sneezing is induced, it unblocks and disseminates the LU qi, restoring the fx'al activities of qi, reviving the spirit and restoring consciousness.</p> <p>This is an acute life threatening disorder and treatment must focus exclusively on treating the manifestation as quickly as possible. Strategy is to restore consciousness</p>
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FORMULAS THAT DRY DAMPNES AND EXPEL PHLEGM

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
ER CHEN TANG Two-Cured Decoction	<p>C <u>Ban Xia</u> 15g dries dampness, expels phlegm, and causes rebellious ST qi to descend; esp useful in treating nausea and vomiting</p> <p>C <u>Ju Hong/Chen Pi</u> 15g fragrance revives SP and facilitates the flow of qi in the M.J.; treats the distention, coughing, and nausea or vomiting and indirectly expels the phlegm by improving SP fx</p> <p>D <u>Fu Ling</u> 9g supports chiefs by leaching out damp from M.J. and strengthening the SP; also resolves palpitations and dizziness from upward rising of phlegm</p> <p>A <u>Zhi Gan Cao</u> 4.5g tonifies SP</p> <p>E <u>Sheng Jiang</u> 7pcs reinforces Ban Xia in controlling nausea</p> <p>E <u>Wu Mei</u> 1pc counterbalances dispersing tendencies of chiefs and prevents dissipation of LU qi</p>	<p>Damp-phlegm from the SP failing to transport the fluids, which thereupon accumulate and form phlegm.</p> <p>The damp-phlegm in turn encumbers the SP, which further impedes the transportation of fluids.</p> <p>Phlegm obstructs qi mechanisms of M.J.; it also follows the flow of qi up to the LU and interferes w/ its qi mechanisms; it also interferes w/ normal descent of ST qi; it also obstructs the ascent of clear yang</p>	<p>Coughing w/ copious sputum, white sputum that is easily expectorated, focal distention and a stifling sensation in the chest and diaphragm, palpitations, nausea or vomiting, dizziness</p> <p>T: swollen w/ thick white greasy coat</p> <p>P: slippery</p> <p>Indications have been expanded to include such diverse problems as excessive drooling in kids, menstrual disorders, and ST pain</p>	<p>Dries dampness, transforms phlegm, regulates the qi, harmonizes the M.J.</p> <p>Root is defic qi which predisposes pt to the development of damp-phlegm.</p> <p>Preferred strategy is to strengthen transformative action of SP by regulating the qi.</p> <p>Two main ingredients are treated (cured) to elim drying properties so not too strong.</p> <p>Foundation for numerous formulas: Xing Su San, Wen Dan Tang, Dao Tan Tang, Hao Qin Qing Dan Tang, Ban Xia Bai Zhu Tian Ma Tang, Liu Jun Zi Tang (Ren Shen + Bai Zhu)</p>
JIN SHUI LIU JUN JIAN Six Gentlemen of Metal and Water Decoction	<p>Ban Xia</p> <p><u>Chen Pi</u></p> <p><u>Fu Ling</u></p> <p><u>Zhi Gan Cao</u></p> <p><u>Dang Gui</u></p> <p><u>Sheng Di Huang</u></p>	<p>LU and KI yin defic w/ rising phlegm</p>	<p>Copious white sputum that is diffc to expectorate (may have salty taste and throat may be parched), wheezing, nausea</p> <p>T: peeled</p>	<p>Enriches and nourishes the LU and KI, dispels dampness, and transforms phlegm.</p> <p>Recently used for treating chronic bronchitis in elderly</p>

LIU AN JIAN Six Serenity Decoction	Chen Pi Ban Xia <u>Fu Ling</u> <u>Gan Cao</u> <u>Xing Ren</u> <u>Bai Jie Zi</u> <u>Sheng Jiang</u>	Sub-acute stage of w-c disorders	Coughing and wheezing w/ sticky sputum that is diffic to expectorate	Dries dampness, transforms phlegm, directs rebellious qi down, and calms wheezing
CANG FU DAO TANG TANG	Cang Zhu Xiang Fu <u>Chen Pi</u> <u>Ban Xia</u> <u>Fu Ling</u> <u>Gan Cao</u> <u>Dan Nan Xing</u> <u>Zhi Ke</u> <u>Sheng Jiang</u>	Damp phlegm causing scanty menses	Light colored sticky blood, fullness in chest, n/v, profuse white leukorrhea T: white sticky coat P: slippery	
XIAO ZHI MO DAO TAN TANG Remove Fat and Phlegm Decoction	Chen Pi Ban Xia <u>Zhi Ke</u> <u>Dan Nan Xing</u> <u>Fu Ling</u> <u>Hua Shi</u> <u>Chuan Xiong</u> <u>Fang Feng</u> <u>Qiang Huo</u> <u>Che Qian Zi</u>	Infertility from damp phlegm	Overweight, delayed menses or amenorrhea, profuse vaginal discharge (sticky) and dizziness, fullness in chest, nausea T: greasy white coat P: slippery	Can use to lose weight

FORMULAS THAT CLEAR HEAT AND TRANSFORM PHLEGM

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
WEN DAN TANG Warm the Gall Bladder Decoction	C <u>Zhu Ru</u> 6g principal substance for clearing heat and phlegm from the GB and ST; it reverses the rebellious flow of qi which is the major fx of the formula D <u>Zhi Shi</u> 6g assists chief in reversing flow of qi and is partic effective in treating focal distention	Disharmony b/w the GB and ST w/ phlegm heat Phlegm in the ST leads to focal distention ...; heat in ST leads to hunger Heat in the GB leads to bitter taste in mouth	Dizziness, vertigo, nausea or vomiting, insomnia, palpitations, anxiety, indeterminate gnawing hunger, or seizures accompanied by copious sputum, focal distention of the chest, bitter taste in the mouth, slight thirst	Regulates the qi, transforms phlegm, clears the GB, and harmonizes the ST Can treat a variety of conditions provided there is copious sputum, focal distention of the chest, bitter taste, yellow greasy coat and either a rapid and slippery or rapid and wiry pulse

	<p>A <u>Ban Xia</u> 6g and</p> <p>A <u>Chen Pi</u> 9g dries damp and expels phlegm while regulating the qi and harmonizing its circulation in the ST</p> <p>A <u>Fu Ling</u> 4.5g and</p> <p>A <u>Gan Cao</u> 3g strengthen SP and leach out damp and harmonize fx of M.J.; also calm spirit</p> <p>E <u>Sheng Jiang</u> 3-6g regulates relationship b/w GB and ST and assists herbs to stop vomiting</p> <p>E <u>Da Zao</u> added in some formulas</p>	<p>Phlegm heat in these organs causes constraint which interferes w/ the ascent of clear yang and manifests as dizziness....</p> <p>At same time, turbid yin rises in rebellion and thus, nausea...</p> <p>Phlegm heat disturbs the chest and HT</p>	<p>T: greasy yellow coat</p> <p>P: rapid and slippery or wiry</p> <p>Sun Si-Miao used similar formula for the following condition: "After a severe illness [when the patient suffers from] irritability and insomnia, it is because of cold in GB</p>	<p>Adaptation of Er Chen Tang and serves as foundation for Hao Qin Qing Dan Tang. It is partic useful in treating irritability, insomnia, depression and loss of appetite that occurs in after math of serious illness</p> <p>Presentation is diff from Zhu Ye Shi Gao Tang which treats irrit and insomnia w/ lassitude, low fever, dry mouth, thirst, dark red tongue w/ little coat and defic pulse</p>
<p>QING QI HUA TAN WAN</p> <p>Clear the Qi and Transform Phlegm Pill</p>	<p>C <u>Dan Nan Xing</u> 45g powerful for treating blockages caused by combo of fire and phlegm</p> <p>D <u>Huang Qin</u> 30g and</p> <p>D <u>Gua Lou Ren</u> 30g work together to drain LU fire while transforming and clearing phlegm heat – reinforce chief</p> <p>A <u>Zhi Shi</u> 30g and</p> <p>A <u>Chen Pi</u> 30g regulate the qi; Combined, they are effective in dispelling focal distention and dissipating clumps of phlegm</p> <p>A <u>Fu Ling</u> 30g and</p> <p>A <u>Ban Xia</u> 45g address source of phlegm (SP); Ban Xia also strongly assists the chief in expelling formed phlegm</p> <p>A <u>Xing Ren</u> 30g facilitates flow of qi in phlegm receptacle (LU)</p>	<p>Internal clumping of phlegm-heat which occurs when fire brews fluids which have become stagnant due to the weakening of the transportive fx's of the SP.</p> <p>The fire and phlegm interfere w/ the descending fx of the LU qi; they also obstruct the qi of the M.J.</p>	<p>Coughing of yellow, viscous sputum that is diff to expectorate, focal distention and a feeling of fullness in the chest and diaphragm, nausea. In severe cases there may be diff breathing</p> <p>T: red w/greasy yellow coat</p> <p>P: slippery rapid</p>	<p>Clears heat, transforms phlegm, directs rebellious qi downward, and stops coughing</p> <p>Wang Ang stated: "When there is a sufeit of qi, fire results; when there is a surfeit of fluids, phlegm results. Therefore, in treating phlegm it is necessary first to direct the fire downward, and in treating fire it is necessary to smoothen the flow of qi."</p>
<p>XIAO XIAN XIONG TANG</p> <p>Minor Sinking into the Chest Decoction</p>	<p>C <u>Gua Lou</u> (crushed) 1 big fruit (24-30g) expands the chest, dissipates clumps, clears heat, and dispels phlegm</p> <p>D <u>Huang Lian</u> 3g helps chief clear heat, from upper & middle jiaos</p> <p>A <u>Jiang Ban Xia</u> 9-12g warm acrid, directs rebellious ST qi down, harmonizing ST, transforming phlegm, eliminating focal distention, and dissipating clumps. W/ deputy it treats the obstruction caused by phlegm heat</p>	<p>Clumping in the chest (xiong jie)</p> <p>Caused by sinking of pathogenic heat into the chest and epigastrium (upper and middle jiaos) where it mixes w/ phlegm and forms clumps</p> <p>Phlegm and heat in epi constrains qi and disrupts proper ascending and descending fx's of these burners. This excess constraint leads to focal distention</p> <p>The combo of heat and phlegm forms a gummy mixture that constrains the LU qi</p>	<p>Focal distention (w/ or w/o nodules) in the chest and epigastrium that are painful when pressed, coughing up yellow and viscous sputum, constipation, bitter taste in mouth</p> <p>T: yellow greasy coat</p> <p>P: slippery and floating or rapid</p> <p>Therapeutic scope is broad for this formula as long as there is tender, focal distention of chest and epi, constip, yellow greasy coat</p> <p>Scope has been expanded to include painful obstruction of the chest w/ coughing due to phlegm heat accom by red face, warm</p>	<p>Clears heat, transforms phlegm, expands the chest, and dissipates clumps.</p> <p>Source text attributes this to improper purging of tai yang condition.</p> <p>Diff than Da Xian Xiong Tang (Da Huang, Mang Xiao, Gan Sui) which is deeper condition and more severe – entire abd is distended, and so painful can't touch, and pulse is tight</p> <p>Diff from Xie Xin Tang where focal distention is soft to touch</p> <p>Yue Mei-Zhong recommends this formula together w/ Yin Chen Hao Tang or Da Chai Hu Tang for treating Hepatitis</p>

			flooding pulse	
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FORMULAS THAT MOISTEN DRYNESS AND TRANSFORM PHLEGM

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
BEI MU GUA LOU SAN Fritillaria and Trichosanthes Fruit Powder	<p>C <u>Chuan Bei Mu</u> 4.5g moistens LU, clears heat, transforms phlegm and stops cough</p> <p>D <u>Gua Lou</u> 3g clears heat, moistens dryness, regulates the qi, and expels phlegm in order to remove the obstruction from the chest and diaphragm</p> <p>A <u>Tian Hua Fen</u> 2.4g clears heat, generates fluids, and transforms phlegm</p> <p>A <u>Fu Ling</u> 2.4g strengthens SP</p> <p>A <u>Ju Hong</u> 2.4g regulates qi; w/ Fu Ling addresses defic and stag of SP qi which is imp in treating dry phlegm since SP transports fluids to LU – cultivating earth to generate metal</p> <p>A <u>Jie Geng</u> 2.4g encourages proper flow of LU qi and treats throat problems</p>	<p>Dry phlegm</p> <p>Caused by dryness in the LU which injures fluids and causes phlegm</p>	<p>Cough w/ deep seated sputum that is diffc to expectorate, wheezing, a dry and sore throat</p> <p>T: red, dry, little coat</p> <p>P: rapid, thin but strong</p> <p>CI in cough from yin defic</p>	<p>Moistens the LU, clears heat, regulates the qi and transforms phlegm</p> <p>Variation of Er Chen Tang w/ substitution of herbs that moisten and transform phlegm for Ban Xia which is acid and warm and would further injure LU yin</p> <p>Damp phlegm is generated in SP; dry phlegm is generated in LU. However, this formula includes SP strengthening herbs b/c root of all phlegm disorders is in dysfx of water metabolism, specif trasportive and transformative fx's of SP</p>

FORMULAS THAT TRANSFORM PHLEGM AND DISSIPATE NODULES

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
XIAO LUO WAN Reduce Scrofula Pill	<p><u>Zhe Bei Mu</u> 120g clears heat and dissipates nodules due to phlegm</p> <p><u>Mu Li</u> 120g effective in softening and dissipating hard masses or nodules</p> <p><u>Xuan Shen</u> 120g treats fire from defic and useful in treating problems of the throat and neck due to fire.</p> <p>All of these cold herbs disperse nodules and reduce swelling</p>	<p>Nodular masses on the neck due to phlegm fire</p> <p>Form of scrofula (side of neck) (luo li) or goiter (front of neck) (ying). General term is phlegm nodules (tan he)</p> <p>Pathogenesis is usually depletion of LV and KI yin giving rise to defic fire that consumes fluids and produces phlegm. Fire and phlegm coalesce into nodules that are firm and rubbery</p>	<p>Nodules on the neck that are firm and rubbery in consistency accom by dry mouth and throat</p> <p>T: red</p> <p>P: rapid slippery and/or wiry</p>	<p>Clears heat and transforms phlegm to soften and dissipate nodules</p> <p>Authored by Cheng Guo-Peng who considered scrofula to be a manifestation of a LV disorder. LV controls sinews. When blood in the LV channel becomes dry, there is fire. The fire causes the sinews to tighten, which generates scrofula.</p>
HAI ZAO YU HU TANG Sargassum Decoction for the Jade Flask	<p>C <u>Hai Zao</u> 3g (9g) and</p> <p>C <u>Kun Bu</u> 3g (9g) and</p> <p>C <u>Hai Dai</u> 1.5g (9g) salty and soften and dissolve masses. (carry iodine to treat goiter)</p> <p>D <u>Zhe Bei Mu</u> 3g (9g) clears heat and dissipates nodules; synergistic w/ chiefs</p>	<p>Rock-like goiter (shi ying) or qi goiter (qi ying)</p> <p>Caused by stag of dampness, phlegm, qi and blood in the area b/w the skin and flesh on neck. This produces a very hard mass that grows progressively larger.</p> <p>B/c there is no heat yet, there is no pain or color</p>	<p>Masses in the center of the neck which are rock-like in hardness, immobile, cause no change in color of the skin, and do not ulcerate.</p> <p>T: thin greasy coat</p> <p>P: wiry and slippery</p>	<p>Transforms phlegm, softens hard masses, reduces and dissipates goiter</p> <p>Also used for treating superficial tumors in other parts of the body.</p> <p>It is designed for relatively acute disorders that are excessive in nature. For disorders of defic, tonifying ingredients should be added</p> <p>Hai Zao and Gan Cao are traditionally considered</p>

	drying and expels phlegm A <u>Du Huo</u> 3g (9g) expels phlegm A <u>Chuan Xiong</u> 3g (6g) and A <u>Dang Gui</u> 3g (9g) invig blood and relieve stasis A <u>Qing Pi</u> 3g (6g) and A <u>Chen Pi</u> 3g (4.5g) promote movement of qi and relieve constraint A <u>Lian Qiao</u> 3g (9g) clears heat (although no heat signs yet, accum of phlegm, stag qi and static blood often generate heat) E <u>Gan Cao</u> 3g harmonizes, and relieves toxicity esp when combined w/ Lian Qiao	change of skin, nor does this type of mass ulcerate		incompatible, but are often used together for treating goiter in both classical and modern formulas
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FORMULAS THAT WARM AND TRANSFORM COLD PHLEGM

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
LING GUI ZHU GAN TANG Poria, Cinnamon Twig, Atractylodis Macrocephalae, and Licorice Decoction	C <u>Fu Ling</u> 12g strengthens SP and leaches out dampness; thereby transforms congested fluids by addressing root (fluid metabolism) D <u>Gui Zhi</u> 9g warms the yang and improves the transforming power of the qi, which resolves the congested fluids; and assists in directing rebellious qi down. Combo of these 2 herbs: one increases circ of fluids and the other warms and increases flow of qi is effective in dealing w/ cold due to lingering of congested fluids A <u>Bai Zhu</u> 6g strengthens transformative and transportive fx's of SP, and dries dampness E <u>Zhi Gan Cao</u> 6g augments qi of M.J. (it has a mild tendency to cause stag, but this is counteracted by Fu Ling)	Congested fluids in the epigastrium When SP yang is weak it is unable to transform fluids; this results in congested fluids around the diaphragm and obstructs qi mech; it also blocks the ascent of clear yang and the descent of turbid yin	Fullness in the chest and hypochondria, palpitations, SOB, coughing up clear and watery sputum, and dizziness or vertigo. T: pale and swollen w/ white and slippery or greasy coat P: slippery and either wiry or soggy	Warms and transforms phlegm and congested fluids, strengthens the SP and resolves dampness <i>Discussion of cold induced disorders</i> prescribed this for cases of injury due to cold caused by the improper use of purgatives or emetics, w/ such sx as fullness in the chest and hypochondria w/ vertigo <i>Essentials from the Golden Cabinet</i> recommends it for congested fluids in the epigastric region and notes that congested fluids are resolved thru urine (Fu Ling and Gui Zhi are very effective in promoting urination) i.e., Wu Ling San
SAN ZI YANG QIN TANG Three-Seed Decoction to Nourish One's Parents	<u>Bai Jie Zi</u> 6-9g warms and disseminates the LU qi, reduces phlegm, and relaxes the diaphragm (also regulates water metabolism in LU system, ie pleurisy) <u>Su Zi</u> 6-9g directs the LU qi down and stops coughing and wheezing <u>Lai Fu Zi</u> 6-9g effective in reducing food stag, an in directing qi down and transforming phlegm	Cold in the LU with food stagnation The stag of food is both a cause and effect of SP defic, and can lead to the production of phlegm	Coughing and wheezing, copious sputum, focal distention in the chest, loss of appetite, digestive difficulties T: white greasy coat P: slippery Can use w/ Yu Ping Feng San for LU defic asthma More appropriate for	Directs qi down, telexes the diaphragm, transforms phlegm, and reduces food stagnation Most commonly this disorder is found in elderly (b/c of defic of M.J. qi and blood), but not limited to this group. "whenever herbs that promote flow are overused in the treatment of phlegm, it may result in SP qi defic which can easily lead to the generation of phlegm" Zhu Zhen-Heng

			long term use is Er Chen Tang or Liu Jun Zi Tang	
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FORMULAS THAT TRANSFORM PHLEGM AND EXTINGUISH WIND

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
ZHI SOU SAN Stop Coughing Powder	<p>C <u>Zi Wan</u> 960g and</p> <p>C <u>Bai Qian</u> 960g and</p> <p>C <u>Bai Bu</u> 960g effective in stopping cough and transforming phlegm (acute or chronic)</p> <p>D <u>Jie Geng</u> 960g and</p> <p>D <u>Chen Pi</u> 480g encourage proper dissemination and descent of LU qi, and help chiefs stop coughing</p> <p>A <u>Jing Jie</u> 960g gives formula slight exterior releasing action which helps eliminate the lingering pathogenic influence</p> <p>E <u>Gan Cao</u> 360g harmonizes</p> <p>E <u>Jie Geng</u> 960g w/ Gan Cao and Jing Jie is very effective in treating throat disorders due to externally contracted wind</p>	<p>Wind attacking the LU</p> <p>Usually occurs as sequelae to an externally contracted disease that has been treated, but in which the cough persists. Pathogen is 80-90% dispelled</p> <p>Proper directional tendency of the LU q is also disturbed</p>	<p>Coughing w/ or w/o slight chills and fever, an itchy throat</p> <p>T: thin white coat</p> <p>P: moderate floating</p>	<p>Stops coughing, transforms phlegm, disperses the exterior, and disseminates the LU qi</p> <p>Very effective for treating very common problem of lingering cough due to ext-contracted disorder</p>
BAN XIA BAI ZHU TIAN MA TANG Pinellia, Atractylodis Macrocephalae, and Gastrodia Decoction	<p>C <u>Ban Xia</u> 4.5g dries damp, transforms phlegm, and directs rebellious qi down to treat nausea and vomiting</p> <p>C <u>Tian Ma</u> 3g transforms phlegm, extinguishes wind, and is partic effective in treating HA, dizziness, and vertigo</p> <p>D <u>Bai Zhu</u> 9g strengthens SP and dries dampness; reinforces chiefs actions in treating phlegm</p> <p>A <u>Fu Ling</u> 3g strengthens the SP and leaches out dampness; w/ deputy gives formula ability to treat root and manifestation</p> <p>A <u>Chen Pi/Ju Hong</u> 3g regulates qi and transforms phlegm</p> <p>A <u>Sheng Jiang</u> 1pc and</p> <p>A <u>Da Zao</u> 2pcs harmonize ST and SP</p> <p>E <u>Gan Cao</u> 1.5g harmonizes and regulates fx's of M.J.</p>	<p>Wind phlegm : also known as upward disturbance of wind-phlegm</p> <p>Phlegm occurs from SP defic and follows the upward rebellion of qi to the head where it veils the clear yang and disturbs the sensory ofrices. Distinctive feature of the head sx is that it feels heavy and clouded</p>	<p>Dizziness or vertigo (possibly severe), HA, a stifling sensation in the chest, nausea or vomiting, copious sputum</p> <p>T: white greasy coat</p> <p>P: wiry slippery</p>	<p>Strengthens the SP, dispels dampness, transforms phlegm, and extinguishes wind</p> <p>Variation of Er Chen Tang.</p> <p>Those who overwork or indulge in rich foods are more likely to develop dizziness due to upward disturbance of wind phlegm</p> <p>"HA due to phlegm rebelling in the leg greater yin channel and organ cannot be treated w/o Ban Xia; spots before the eyes and vertog are due to internal movement of wind from defic and cannot be eliminated w/o Tian Ma" Li Ao <i>Discussion of the SP and ST</i></p>

FORMULAS THAT INDUCE VOMITING TO DISCHARGE PHLEGM

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
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GUA DI SAN Melon Pedicle Powder	<p><u>Gua Di</u> 3g bitter and induces vomiting to eliminate phlegm or stag food</p> <p><u>Chi Xiao Dou</u> 3g bitter, expels dampness and eliminates the irritability and fullness</p> <p>*This formula is often taken w/ a decoction of Dan Dou Chi which has a light, clear nature that unbinds the constraint in the chest and helps resolve problems in that area. W/ Chi Xiao Dou it harmonizes the ST qi and helps ameliorate the injury to the normal qi caused by vomiting</p>	<p>Phlegm clogging the chest and diaphragm, or stagnant food lodging in the upper epigastrium</p> <p>Either may severely obstruct the flow of qi</p>	<p>Firm areas of focal distention in the chest, vexation, difficult breathing due to a sensation of qi rushing into the throat</p> <p>P: slightly floating in the distal position</p>	<p>Discharges phlegm or food stagnation thru vomiting</p> <p>Most pts suffering from this disorder will have an urge to vomit, but cannot do so.</p> <p>Used for treating very early stages of food poisoning, while food is still in ST</p> <p>If formula causes unremitting vomiting, administer .3-6g of Ding Xiang, or 1/10 that amt of She Xiang</p>
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FORMULAS THAT REDUCE FOOD STAGNATION

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
BAO HE WAN Preserve Harmony Pill	<p>C <u>Shan Zha</u> 180g (9-15g) effectively reduces all types of food stag, esp meat and fatty foods</p> <p>D <u>Shen Qu</u> 60g (9-12g) reduces stag accum of alcohol and food</p> <p>D <u>Lai Fu Zi</u> 30g (6-9g) reduces accum of phlegm from stagn grains; also causes qi to descend</p> <p>Chiefs and Deputies reduce stag and accum caused by overindulgence in food or drink of all types</p> <p>A <u>Ban Xia</u> 90g (9-12g) and</p> <p>A <u>Chen Pi</u> 30g (6-9g) promote movement of qi and transform stag, thereby harmonizing ST to stop nausea and vomiting</p> <p>A <u>Fu Ling</u> 90g (9-12g) strengthens SP and leaches dampness, thereby harmonizing M.J. to stop diarrhea</p> <p>A <u>Lian Qiao</u> 30g (3-6g) added to address the possibility of heat arising from constraint caused by food accum</p> <p>A <u>Mai Ya</u> helps reduce stag from grains. When formula is taken w/ a decoction made from this herb, its reducing action is strengthened</p>	<p>Acute, relatively mild food stagnation</p> <p>From eating contaminated food or from gross overeating and drinking</p> <p>Excess consumption of alcohol, meat, and fatty foods in part may inhibit ability of SP and ST to properly receive, transform and transport food. This results in stag and accum of undigested food which obstructs qi mech of M.J.; disrupts ascending and descending fx's of SP and ST</p>	<p>Focal distention and fullness in the chest and epigastrium, abdominal distention w/ occasional pain, rotten-smelling belching, acid regurgitation, nausea and vomiting, aversion to food</p> <p>There may be diarrhea</p> <p>T: yellow greasy coat</p> <p>P: slippery pulse</p> <p>Representative formula for reducing method</p>	<p>Reduces food stagnation and harmonizes the ST</p> <p>Most appropriate in early stages of food stag, or for mild cases</p> <p>Commonly used for treating diarrhea assoc w/ this disorder in kids, and for childhood nutritional impairment</p> <p>May be regarded as variation of Er Chen Tang w/ the addition of ingredients that reduce food stag</p> <p>"drinking and eating twice one's capacity injures the Intestines and ST." <i>Basic Questions</i> ch.43</p> <p>when food stag accum in U.J. proper strategy is to induce vomiting; when it occurs in L.J. it should be purged; when it occurs in M.J. a moderate reducing strategy is most effective</p>
MU XIANG BING LANG WAN Aucklandia and Betel Nut Pill	<p>C <u>Mu Xiang</u> 30g and</p> <p>C <u>Bing Lang</u> 30g effectively promote movement of qi and transform stagnation, thereby unblocking and facilitating the flow of qi in all burners; treats focal and generalized distention and pain in epigastrium and abdomen, and also treats tenesmus</p>	<p>Severe stag and accum</p> <p>When food stag remains in the body, it collects and clogs the qi mechanisms of the digestive organs. The clogging or obstructing transforms into heat from constraint, which,</p>	<p>Focal and generalized distention, fullness, and pain in the epigastrium and abdomen accom by constipation or red and white dysenteric diarrhea w/ tenesmus</p> <p>T: yellow greasy coat</p> <p>P: excessive</p>	<p>Promotes the movement of qi, guides out stagnation, purges accumulation and drains heat</p> <p>Some believe that the damp heat precedes the development of food stag and is the root (damp heat in the three burners). When heat predominates there is constipation; when damp predominates there is dysenteric diarrhea. The stag</p>

	<p>D <u>Da Huang</u> 90g and</p> <p>D <u>Qian Niu Zi</u> 120g strongly purge accum, guide out stag and drain heat and unblock bowels</p> <p>D <u>Qing Pi</u> 30g and</p> <p>C <u>Chen Pi</u> 30g helps chiefs to promote movement of qi and transform accum</p> <p>A <u>Chao Xiang Fu</u> 120g and</p> <p>A <u>E Zhu</u> 30g relieve LV constraint and disperse stag in the qi aspect of the blood, thereby preventing the progression of this problem in to the blood level</p> <p>A <u>Huang Lian</u> 30g and</p> <p>A <u>Huang Bai</u> 90g clear heat and dry damp in the digestive system, which stops the diarrhea</p> <p>E <u>Sheng Jiang</u> harmonizes middle qi and revives SP</p>	<p>stagnation of food weakening the SP, becomes damp heat</p> <p>The internal accum of damp heat usually combines w/ the stag accum of food to obstruct the flow of qi in the yang organs (constip). If however, the accum of dampheat forces its way down, there will be red and white dysenteric diarrhea w/ tenesmus</p>		<p>manifestation. In acute conditions like this the branch is treated first</p> <p>Very effective in treating conditions of accum, obstruction, and dampheat in pts w/o defic of normal qi.</p> <p>When used for dysenteric disorders it is an example of the strategy known as "facilitating the flow to treat disorders w/ too much flow"</p> <p>Zhi Shi Dao Zhi Wan is stronger in elim dampness, but weaker in elim accum (ie more distention than fullness)</p>
ZHI SHI DAO ZHI WAN	<p>Zhi Shi</p> <p><u>Da Huang</u></p> <p><u>Shen Qu</u></p> <p><u>Huang Lian</u></p> <p>Huang Qin</p> <p><u>Ze Xie</u></p> <p><u>Fu Ling</u></p> <p><u>Bai Zhu</u></p>	Severe food stag		
ZHI ZHU WAN/TANG	<p>Zhi Shi</p> <p>Bai Zhu</p>	Food stag		<p>Moves qi down</p> <p>Wan/Tang depends on dosage</p>

<p>JIAN PI WAN</p> <p>Strengthen the SP Pill</p>	<p>C <u>Si Jun Zi Tang</u> (Chao Bai Zhu 75g; Fu Ling 60g; Ren Shen 45g) focus is on strengthening the SP and leaching out dampness to stop the diarrhea.</p> <p>D <u>Shan Yao</u> 30g tonifies SP and ST and has slight binding action</p> <p>D <u>Rou Dou Kou</u> 30g warms M.J. and binds intestines</p> <p>A <u>Shan Zha</u> 30g and</p> <p>A <u>Chao Shen Qu</u> 30g and</p> <p>A <u>Chao Mai Ya</u> 30g reduce food stagnation</p> <p>A <u>Mu Xiang</u> 22.5g and</p>	<p>Relatively severe SP defic and the beginnings of heat</p> <p>Occurs when SP and ST defic is complicated by food accum that has begun to transform to heat</p>	<p>Reduced appetite w/ difficulty in digestion, bloating and focal distention of the epigastrium and abdomen, loose and watery diarrhea</p> <p>T: greasy, slightly yellow coat</p> <p>P: deficient, frail</p>	<p>Strengthens the SP, reduces food stagnation and stops diarrhea</p> <p>CI in acute cases of food stag from contaminated food, or from overconsumption of food and drink because the tonifying strategy will increase the stag and aggravate the condition.</p> <p>Authored by Wang Ang</p>
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	<p>A <u>Chen Pi</u> 30g and</p> <p>A <u>Sha Ren</u> 30g regulate qi and harmonize ST</p> <p>A <u>Jiu Chao Huang Lian</u> 22.5g clear heat and dry dampness</p> <p>E <u>Gan Cao</u> 22.5g harmonizes, helps tonify M.J.</p>			
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FORMULAS THAT EXPEL PARASITES

Formula Name	Herbs and Functions	Diagnosis	Indications	Comments
WU MEI WAN Mume Pill	<p>C <u>Wu Mei</u> 300pcs or 480g (24-30g) sour, eliminates roundworms</p> <p>D <u>Chuan Jiao</u> 120g (1.5-3g) and</p> <p>D <u>Xi Xin</u> 180g (1.5-3g) expel parasites and warm the organs</p> <p>D <u>Huang Lian</u> 480g (9-12g) and</p> <p>D <u>Huang Bai</u> 180g (6-9g) bitter and cold and attack the worms</p> <p>A <u>Gan Jiang</u> 300g (6-9g) and</p> <p>A <u>Fu Zi</u> 180g (3-6g) and</p> <p>A <u>Gui Zhi</u> 180g (3-6g) warm interior and disperse internal cold. Gui Zhi and Xi Xin facilitate flow of yang qi and help scatter cold</p> <p>A <u>Ren Shen</u> 180g (6-9g) and</p> <p>A <u>Dang Gui</u> 120g (3-9g) tonify qi and blood to prevent further injury to normal qi</p> <p>E <u>Vinegar</u> in which Wu Mei is soaked is envoy. Sour and conducts herbs to LV channel to treat collapse</p>	<p>Collapse from roundworms (hui jue) caused by <u>heat</u> in the chest and epigastrium (ST) and <u>cold</u> in the organs (intestines)</p> <p>Root of disorder is the poor communication b/w yin and yang, which both renders the pt more susceptible to infestation, and in turn is aggravated by the presence of roundworms</p>	<p>Intermittent attacks of abd pain, a stifling sensation, irritability, and warmth in the chest and epigastrium accom by vomiting after eating and cold hands and feet. May also be vomiting of roundworms</p> <p>From Shang Han Lun in Jue Yin chapter</p>	<p>Warms the organs (intestines) and calms roundworms</p> <p>Treating the root requires warming the organs; treating the manifestation requires elimination of roundworms. While the formula addresses both, the emphasis is on the manifestation</p> <p>"when roundworms encounter sourness, they are calmed; when they encounter acridity, they are spent (shrink and curl); when they encounter bitterness they are purged." Ke Qin</p> <p>also useful for chronic diarrhea or dysenteric disorders w/ combo of heat and cold and weak normal qi – roles of herbs will be changed (see Bensky)</p>
HUA CHONG WAN Dissolve Parasites Pill	<p>C <u>He Shi</u> 1500g expels many types of parasites</p> <p>D <u>Ku Lian Gen Pi</u> 1500g kills roundworms and pinworms</p> <p>D <u>Bing Lang</u> 1500g kills tapeworms and fasciolopsis</p> <p>D <u>Qian Dan</u> (lead) 1500g kills many types of intestinal parasites -- very toxic substance</p> <p>A <u>Ming Fan</u> 375g relieves toxicity, dries dampness, helps elim parasites</p> <p>E <u>Wheat Dough</u> harmonizes; bait for worms to eat toxic herbs</p>	<p>Intestinal parasites</p> <p>Usually arise from improper or unsanitary eating habits, most commonly in people w/ cold defic constitutions</p>	<p>Intestinal parasites with intermittent attacks of abd pain that moves around and is worse in periumbilical region. When severe the pain leads to vomiting of clear fluids or parasites</p>	<p>Kills intestinal parasites</p>

<p>FEI ER WAN</p> <p>Fat Baby Pill</p>	<p>C <u>Shi Jun Zi</u> 150g and</p> <p>C <u>Bing Lang</u> 120g strong antiparasitics</p> <p>D <u>Huang Lian</u> 300g and</p> <p>D <u>Rou Dou Kou</u> 150g clears heat and strengthens SP; together they are strong combo for treating SP defic due to accum w/ accom heat</p> <p>A <u>Mu Xiang</u> 60g promotes movement of qi in M.J.</p> <p>A <u>Chao Mai Ya</u> 150g and</p> <p>A <u>Chao Shen Qu</u> 300g reduce food stag</p> <p>E <u>Pig Gall</u> used in making pills; w/ Huang Lian it drains heat and accum from ST, and conducts other herbs to ST; imp in digestion</p>	<p>Childhood nutritional impairment from accum of parasites</p> <p>This injures the SP and gives rise to heat, which affects the ST</p>	<p>Parasitic infestations w/ intermittent attacks of abd pain, indigestion, emaciation, loose stools, feverishness, foul smelling breath, a sallow complexion, and a large distended abdomen</p>	<p>Kills parasites, reduces accumulation, strengthens the SP, and clears heat</p> <p>Expanded to treat childhood nutritional impairment even w/o parasites</p> <p>Used for excess conditions</p>
<p>BU DAI WAN</p> <p>Cloth Sack Pill</p>	<p>C <u>Wu Yi</u> 60g and</p> <p>C <u>Shi Jun Zi</u> 60g both expel roundworms and treat childhood nutritional impairment</p> <p>D <u>Lu Hui</u> 15g expels roundworms and is a purgative that drains heat.</p> <p>These 3 have strong antiparasitic effect and elim parasites via stool</p> <p>A <u>Ye Ming Sha</u> 60g improves visual acuity</p> <p>A <u>Si Jun Zi Tang</u> (Ren Shen, Bai Zhu, Fu Ling, Gan Cao – 15g each) to benefit SP and fortify qi of M.J.</p>	<p>Childhood nutritional impairment from parasitic infestation</p> <p>Chronic infestation causes stag in the M.J. and injures the SP and ST. food stagnates in the M.J. and there is a loss of nutrition to the head and limbs. Over time, this will give rise to heat from defic, which combines with the internal heat from accum.</p>	<p>Sallow complexion, emaciated limbs, large distended abdomen, feverishness, dry and coarse hair, dull eyes</p> <p>T: pale</p> <p>P: frail</p>	<p>Expels roundworms, reduces childhood nutritional impairment, and tonifies the SP and ST</p> <p>This formula is useful for anyone suffering from parasites (usually roundworms) w/ SP and ST defic, and is not limited to kids. It possesses both tonifying and purgative actions which enables it to expel parasites w/o harming SP or ST</p> <p>For defic conditions</p>