

## **Formulas that Release the Exterior**

### **Formulas that Release Exterior Wind-Cold**

Ma Huang Tang / Ephedra Decoction [*ma huang, gui zhi, xing ren, zhi gan cao*]- Exterior cold replete pattern; absence of sweating

Gui Zhi Tang / Cinnamon Twig Decoction [*gui zhi, bai shao, sheng jiang, da zao, zhi gan cao*] - Exterior cold vacuity pattern; presence of sweating

Ge Gen Tang / Kudzu Decoction [*ge gen, ma huang, gui zhi tang*] - Wind-cold at the tai-yang level; stiff neck and shoulders

Xiao Qing Long Tang / Minor Bluegreen Dragon Decoction [*ma huang, gui zhi, gan jiang, xi xin, wu wei zi, bai shao, zhi ban xia, zhi gan cao*] - Wind-cold with copious sputum

### **Formulas that Release Exterior Wind-Heat**

Sang Ju Yin / Mulberry Leaf and Chrysanthemum Drink [*sang ye, ju hua, lian qiao, bo he, jie geng, xing ren, lu gen, gan cao*] - Early stage wind-heat; esp. for cough and eye disorders

Yin Qiao San / Honeysuckle and Forsythia Decoction [*jīn yīn huā, lián qiào, jié gēng, niú bàng zǐ, bō hé, dān dòu chí, jīng jié suǐ, dān zhū yē, xiān lù gēn, gān cǎo*] - Wind-heat at wei level

Chai Ge Jie Ji Tang / Bupleurum and Kudzu Decoction to Release the Muscle Layer [*chai hu, ge gen, qiang huo, bai zhi, huang qin, shi gao, jie geng, bai shao, three amigos*] - Tai-yang wind cold transforming to yang-ming heat

### **Formulas that Release Exterior with Head and Neck Symptoms**

Chuan Xiong Cha Tiao San / Ligusticum Chuanxiong Powder to be Taken with Green Tea [*bo he, chuan xiong, bai zhi, qiang huo, xi xin, jing jie, fang feng, zhi gan cao*] - Headache due to external wind; chuan xiong for shao-yang and jue-yin; qiang huo for tai-yang; bai zhi for yang-ming

Cang Er Zi San / Xanthium Powder [*cang er zi, xin yi hua, bai zhi, bo he*] - Deep source nasal congestion

### **Formulas that Release Exterior Disorders with Interior Deficiency**

Ren Shen Bai Du San / Ginseng Powder to Overcome Pathogenic Influences [*qiang huo, du huo, chuan xiong, chai hu, jie geng, zhi ke, qian hu, ren shen, fu ling, gan cao*] - Exterior wind-cold-damp with preexisting qi vacuity

Jing Fang Bai Du San / Schizonepeta and Ledebouriella Powder to Overcome Pathogenic Influences [*jing jie, fang feng, chai hu, qian hu, chuan xiong, qiang huo, du huo, fu ling, jie geng, zhi ke, gan cao, sheng jiang*] - Wind-cold-damp with no underlying qi vacuity

Jia Jian Wei Rui Tang / Modified Solomon's Seal Decoction [*yu zhu, cong bai, jie geng, dan dou chi, bo he, bai wei, zhi gan cao, da zao*] - Exterior wind-heat with blood and yin vacuity

### **Formulas that Release the Exterior and Purge the Interior**

Da Chai Hu Tang / Major Bupleurum Decoction [*chai hu, da huang, huang qin, zhi shi, bai shao, zhi ban xia, sheng jiang, da zao*] - Concurrent shao-yang and yang-ming disorder

### **Formulas that Release the Exterior and Clear the Interior**

Ge Gen Huang Qin Huang Lian Tang / Kudzu, Coptis and Scutellaria Decoction [*ge gen, huang qin, huang lian, zhi gan cao*] - incompletely resolved exterior with blazing interior heat; simultaneous tai-yang and yang-ming disorder

## **Formulas that Clear Heat**

### **Formulas that Clear Qi-Level Heat**

Bai Hu Tang / White Tiger Decoction [*shi gao, zhi mu, zhi gan cao, jing mi*] - Blazing heat in yang-ming

Bai Hu Jia Ren Shen Tang / White Tiger plus Ginseng Decoction [add ren shen] - Blazing heat in yang-ming with qi vacuity

Zhu Ye Shi Gao Tang / Lophatherus and Gypsum Decoction [*shi gao, dan zhu ye, ren shen, mai men dong, zhi ban xia, zhi gan cao, jing mi*] - Qi-level heat in the Lung and Stomach

Zhi Zi Chi Tang / Gardenia and Prepared Soybean Decoction [*zhi zi, dan dou chi*] - Qi-level heat lingering in the superficial yang-ming level (muscles and chest)

### **Formulas that Clear Nutritive-Level Heat and Cool the Blood**

Qing Ying Tang / Clear the Nutritive Level Decoction [*shui niu jiao, xuan shen, sheng di huang, mai men dong, jin yin hua, lian qiao, huang lian, dan zhu ye, dan shen*] - Heat entering the Ying level; fever worse at night, thin rapid pulse

Xi Jiao Di Huang Tang / Rhinoceros Horn and Rehmannia Decoction [*shui niu jiao, sheng di huang, chi shao, mu dan pi*] - Heat entering the Blood level; bleeding, tarry stools

### **Formulas that Clear Heat and Resolve Toxicity**

Huang Lian Jie Du Tang / Coptis Decoction to Relieve Toxicity [*huang lian, huang qin, huang bai, zhi zi*] - Fire toxin in the three jiao

Xie Xin Tang / Drain the Epigastrium Decoction [*da huang, huang lian, huang qin*] - Damp-heat with interior clumping

Pu Ji Xiao Du Yin / Universal Benefit Drink to Eliminate Toxin [*huang qin, huang lian, ren shen, niu bang zi, lian qiao, bo he, jiang can, xuan shen, ma bo, ban lan gen, jie geng, gan cao, ju hong, chai hu, sheng ma*] - Epidemic toxin with wind-heat and damp-phlegm

### **Formulas that Treat External Abscesses and Sores**

Wu Wei Xiao Du Yin / Five Ingredient Decoction to Eliminate Toxin [*jin yin hua, pu gong ying, zi hua di ding, ju hua, tian kui zi*] - Fire toxin; boils, carbuncles, deep-rooted lesions

### **Formulas that Clear Heat from the Organs**

Ma Xing Shi Gan Tang / Ephedra, Apricot Kernel, Gypsum & Licorice Decoction [*ma huang, shi gai, xing ren, zhi gan cao*] - Heat lodged in the Lung

Xie Bai San / Drain the White Powder [*sang bai pi, di gu pi, zhi gan cao, jing mi*] - Lurking fire due to heat in Lung; symptoms worse in late afternoon

Qing Wei San / Clear the Stomach Powder [*huang lian, sheng ma, mu dan pi, sheng di huang, dang gui shen*] - Heat in Stomach; toothache, bleeding gums, bad breath

Yu Nu Jian / Jade Woman Decoction [*shi gao, shu di huang, zhi mu, mai men dong, niu xi*] - Kidney yin vacuity with Stomach fire; wasting and thirsting; toothache, loose teeth, bleeding gums, yangming h/a

Dao Chi San / Guide Out The Red Decoction [*sheng di huang, mu tong, dan zhu ye, gan cao shao*] - Heat in the Heart and Small Intestine channels; irritability, heat in chest, dark uring

Long Dan Xie Gan Tang / Clear The Gallbladder and Drain Fire Decoction [*long dan cao, huang qin, zhi zi, mu tong, che qian zi, ze xie, chai hu, sheng di huang, dang gui, gan cao*] - Replete Heat in Liver/GB channels

Shao Yao Tang / Peony Decoction [*bai shao, dang gui, zhi gan cao, mu xiang, bing lang, huang lian, huang qin, da huang, rou gui*] - Dysenteric disorder due to damp-heat in the intestines causing qi and blood stagnation

Bai Tou Weng Tang / Pulsatilla Decoction [*bai tou weng, huang lian, buan bai, qin pi*] - Dysenteric disorder due to heat toxin searing the Stomach and Intestines

## **Formulas that Clear Heat from Deficiency**

**Qing Hao Bie Jia Tang / Sweet Wormwood and Soft-shelled Turtle Shell Decoction** [bie jia, qing hao, sheng di huang, zhi mu, mu dan pi] - Heat lurking in yin aspects of body, often in the aftermath of a febrile disease; night fever and morning coolness, red tongue with little coat, fine rapid pulse

**Qing Gu San / Cool The Bones Powder** [yin chai hu, zhi mu, hu huang lian, di gu pi, qing hao, qin jiao, bie jia, gan cao] - Steaming bone disorder due to Liver and Kidney yin vacuity

**Dang Gui Liu Huang Tang / Tangkuei and Six Yellow Decoction** [dang gui, sheng di huang, shu di huang, huang lian, huang qin, huang bai, huang qi] - Interior fire with blood and yin vacuity; specifically for night sweats

## **Formulas that Drain Downward**

### **Formulas that Purge Heat Accumulation**

**Da Cheng Qi Tang / Major Order the Qi Decoction** [da huang, mang xiao, zhi shi, hou po] - Yang-ming organ disorder with desiccated stool in the Intestines; severe constipation and flatulence, abdominal pain that increases with pressure

**Xiao Cheng Qi Tang / Minor Order the Qi Decoction** [da huang, hou po, zhi shi] - Mild yang-ming organ disorder; constipation, abdominal pain that does not increase with pressure

**Tiao Wei Cheng Qi Tang / Regulate the Stomach and Order the Qi Decoction** [da huang, mang xiao, gan cao] - Mild constipation due to yang-ming heat without abdominal pain

### **Formulas that Simultaneously Attack and Tonify**

**Zeng Ye Cheng Qi Tang / Increase the Fluids and Order the Qi Decoction** [xuan shen, mai men dong, sheng di huang, da huang, mang xiao] - Vacuity of yin fluids with accumulation of dry stools in the intestines

### **Formulas that Warm the Yang and Purge**

**Da Huang Fu Zi Tang / Rhubarb and Prepared Aconite Accessory Root Decoction** [fu zi, da huang, xi xin] - Cold accumulation in the interior; constipation, white greasy coat, tight pulse

### **Formulas that Moisten the Intestines and Unblock the Bowels**

**Run Chang Wan / Moisten the Intestines Pill** [huo ma ren, tao ren, dang gui, sheng di huang, zhi ke] - Desiccated intestines with significant blood and yin vacuity; lusterless skin, dry mouth, unquenchable thirst, thin pulse

**Ma Zi Ren Wan / Hemp Seed Pill** [huo ma ren, xing ren, bai shao, zhi shi, hou po, da huang] - Heat-dryness blocking the Spleen fluids; hard stool, normal urination, dry yellow coat

**Ji Chuan Jian / Benefit the River [Flow] Decoction** [cong rong, dang gui, niu xi, ze xie, zhi ke, sheng ma] - Constipation due to Kidney [yang and qi] vacuity

## **Formulas that Harmonize**

### **Formulas that Harmonize Lesser Yang-Warp Disorders**

**Xiao Chai Hu Tang / Minor Bupleurum Decoction** [chai hu, huang qin, zhi ban xia, sheng jiang, ren shen, zhi gan cao, da zao] - Shao-yang disorder

**Hao Qin Qing Dan Tang / Sweet Wormwood and Scutellaria Decoction to Clear the Gallbladder** [qing hao, huang qin, zhu ru, zhi ke, chen pi, zhi ban xia, fu ling, bi yu san] - Damp-heat and turbid phlegm in the shao-yang channels

**Chai Hu Jia Long Gu Mu Li Tang / Bupleurum plus Dragon Bone and Oyster Shell Decoction** [chai hu, huang qin, zhi ban xia, ren shen, sheng jiang, gui zhi, fu ling, long gu, mu li, da huang, da zao, dai zhe shi] - Problems in all three yang channels; fullness in chest, palpitations, constipation, delirious speech, heaviness, red tongue with slippery coat, rapid wiry pulse

## **Formulas that Regulate and Harmonize the Liver and the Spleen**

Si Ni San / Frigid Extremities Powder [chai hu, zhi shi, bai shao, zhi gan cao] - Cold limbs due to constraint of yang qi; cold limbs with warm head and body, full chest and epigastrium; red tongue, wiry pulse

Xiao Yao San / Rambling Powder [chai hu, dang gui, bai shao, bai zhu, fu ling, zhi gan cao] - Liver constraint with blood vacuity and frail Spleen

Jia Wei Xiao Yao San / Augmented Rambling Powder [dang gui, shao yao, fu ling, bai zhu, chai hu, mu dan pi, zhi zi, zhi gan cao] - Liver constraint with Spleen vacuity that transforms into heat; irritability, short temper, fever and sweating, dry eyes

Tong Xie Yao Fang / Important Formula for Painful Diarrhea [bai zhu, bai shao, chen pi, fang feng] - Painful diarrhea due to Spleen vacuity with Liver overacting

## **Formulas that Harmonize the Stomach and Intestines**

Ban Xia Xie Xin Tang / Pinellia Decoction to Drain the Epigastrium [zhi ban xia, gan jiang, huang qin, huang lian, ren shen, da zao, zhi gan cao] - Clumping of constrained heat and fluids in the epigastrium; abdominal pain, diarrhea, reduced appetite, wiry rapid pulse

## **Formulas that Dispel Summerheat**

### **Formulas that Dispel Summerheat and Facilitate the Resolution of Dampness**

Liu Yi San / Six-to-One Powder [hua shi, gan cao] - Summerheat

## **Formulas that Warm Interior Cold**

### **Formulas that Warm the Channels & Disperse Cold**

Dang Gui Si Ni Tang / Tangkuei Decoction for Frigid Extremities [dang gui, bai shao, gui zhi, xi xin, zhi gan cao, da zao, mu tong] - Cold in the channels with underlying blood vacuity

### **Formulas that Warm the Middle & Dispel Cold**

Li Zhong Wan / Regulate the Middle Pill [gan jiang, ren shen, bai zhu, zhi gan cao] - Vacuity cold in the middle-jiao

Fu Zi Li Zhong Wan / Aconite Accessory Root Pill to Regulate the Middle [fu zi, pao jiang, ren shen, bai zhu, zhi gan cao] - More severe internal cold

Wu Zhu Yu Tang / Evodia Decoction [wu zhu yu, sheng jiang, ren shen, dan zao] - Stomach vacuity cold with Liver involvement; vomiting

Xiao Jian Zhong Tang / Minor Construct the Middle Decoction [yi tang, gui zhi tang] - Vacuity cold in middle burner with inability to transform and transport; abdominal pain that favors pressure

Da Jian Zhong Tang / Major Construct the Middle Decoction [hua jiao, gan jiang, ren shen, yi tang] - Middle-jiao yang vacuity with internal ascendance of cold; excruciating abdominal pain that cannot tolerate pressure, severe vomiting

### **Formulas that Rescue Devastated Yang**

Si Ni Tang / Frigid Extremities Decoction [fu zi, gan jiang, zhi gan cao] - Cold inversion; emergencies with cold extremities, lethargy, faint pulse

## **Formulas that Tonify**

### **Formulas that Tonify the Qi**

Si Jun Zi Tang / Four Gentlemen Decoction [ren shen, bai zhu, fu ling, zhi gan cao] - Spleen qi vacuity

Liu Jun Zi Tang / Six Gentlemen Decoction [si jun zi tang, chen pi, zhi ban xia] - Spleen qi vacuity with phlegm

Shen Ling Bai Zhu San / Ginseng, Poria and White Atractylodes Powder [si jun zi tang, shan yao, bian dou, lian zi, yi yi ren, sha ren, jie geng] - Spleen qi vacuity leading to dampness; diarrhea

Bu Zhong Yi Qi Tang / Tonify the Middle to Augment the Qi Decoction [huang qi, ren shen, bai zhu, zhi gan cao, dang gui, chen pi, sheng ma, chai hu] - Spleen vacuity with inability to raise clear yang

Yu Ping Feng San / Jade Windscreen Powder [huang qi, bai zhu, fang feng] - Wei qi vacuity

Sheng Mai San / Generate the Pulse Powder [ren shen, mai men dong, wu wei zi] - Lung qi and yin vacuity; chronic cough, sob, sweating, red tongue with thin coat, rapid thin pulse

Bu Fei Tang / Tonify the Lungs Decoction [ren shen, huang qi, shu di huang, wu wei zi, zi wan, sang bai pi] - Lung qi vacuity; sob, sweating, pale tongue, vacuous pulse

### **Formulas that Tonify the Blood**

Si Wu Tang / Four Substance Decoction [shu di huang, bai shao, dang gui, dang gui, chuan xiong] - Generalized blood vacuity and stagnation

Tao Hong Si Wu Tang / Four Substance Decoction with Safflower & Peach Pit [si wu tang, tao ren, hong hua] - Blood vacuity with blood stasis

Dang Gui Bu Xue Tang / Tangkuei Decoction to Tonify the Blood [huang qi, dang gui] - Heat from blood vacuity and floating yang; heat in the muscles, red face, thirst for warm beverages, pale tongue, forceless pulse

Shao Yao Gan Cao Tang / Peony and Licorice Decoction [bai shao, zhi gan cao] - blood vacuity or injury to fluids; pain and cramps, esp in abdomen

### **Formulas that Tonify the Qi and Blood**

Ba Zhen Tang / Eight Treasure Decoction [si jun zi tang, si wu tang] - Qi and blood vacuity

Shi Quan Da Bu Wan / All Inclusive Great Tonifying Decoction [si jun zi tang, si qu tang, huang qi, rou gui] - Qi and blood vacuity with internal cold

Gui Pi Tang / Restore the Spleen Decoction [ren shen, huang qi, bai zhu, fu ling, suan zao ren, long yan rou, mu xiang, zhi gan cao, dang gui, yuan zhi] - Spleen qi and Heart blood vacuity

Zhi Gan Cao Tang / Honey Fried Licorice Decoction [zhi gan cao, ren shen, gui zhi, sheng di huang, mai men dong, e jiao, huo ma ren, sheng jiang, da zao] - Consumptive conditions with qi and blood vacuity; palpitations, consistently irregular or slow-irregular pulse

### **Formulas that Nourish and Tonify the Yin**

Liu Wei Di Huang Wan / Six Ingredient Pill with Rehmannia [shu di huang, shan zhu yu, shan yao, fu ling, mu dan pi, ze xie] - Kidney and Liver yin vacuity

QI Ju Di Huang Wan / Lycium Fruit, Chrysanthemum and Rehmannia Pill [add gou qi zi and ju hua] - eye problems

Zhi Bai Di Huang Wan / Anemarrhena, Phellodendron and Rehmannia Pill [add zhi mu and huang bai] - Yin vacuity with vigorous fire; consumptive heat, steaming bone disorder, flooding proximal pulse

Zuo Gui Wan / Restore the Left [Kidney] Pill [shu di huang, shan yao, gou qi zi, shan zhu yu, niu xi, tu si zi, lu jiao jiao, gui ban jiao] - Kidney yin vacuity with damage to the essence and marrow

Zuo Gui Yin / Restore the Left [Kidney] Drink [shu di huang, shan yao, gou qi zi, fu ling, shan zhu yu, zhi gan cao] - Milder than pill; no animal products

Da Bu Yin Wan / Great Tonify the Yin Pill [shu di huang, gui ban, huang bai, zhi mu] - Yin vacuity and flourishing fire; steaming bone disorder, tidal fever, heat in knees and legs, rapid pulse that is forceful in rear position

Yi Guan Jian / Linking Decoction [sheng di huang, gou qi zi, sha shen, mai men dong, dang gui, chuan lian zi] - Liver and Kidney yin vacuity with qi stagnation; hypochondriac pain, acid reflux

Er Zhi Wan / Two Solstice Pill [nu zhen zi, mo han lian] - Liver and Kidney yin vacuity; premature greying or loss of hair

Bai He Gu Jin Tang / Lily Bulb Decoction to Preserve the Metal [bai he, sheng di huang, shu di huang, mai men dong, xuan shen, bei mu, jie geng, dang gui, bai shao, gan cao] - Lung and Kidney yin vacuity with vacuity heat; coughing blood-streaked sputum, dry sore throat, five center heat

### **Formulas that Warm and Tonify the Yang**

Shen Qi Wan / Kidney Qi Pill [shu di huang, shan zhu yu, shan yao, fu zi, gui zhi, ze xie, fu ling, mu dan pi] - Kidney yang vacuity; water metabolism problems

You Gui Wan / Restore the Right [Kidney] Pill [zhi fu zi, rou gui, lu jiao jiao, shu di huang, shan zhu yu, shan yao, gou qi zi, tu si zi, du zhong, dang gui] - Kidney yang vacuity with waning ming men fire

You Gui Yin / Restore the Right [Kidney] Drink [shu di huang, shan yao, shan zhu yu, gou qi zi, zhi gan cao, du zhong, rou gui, zhi fu zi] - Weaker than the pill

### **Formulas that Tonify both the Yin and the Yang**

Er Xian Tang / Two Immortal Decoction [xian mao, yin yang huo, ba ji tian, huang bai, zhi mu, dang gui] - Kidney yin and yang vacuity with flaring up at the gate of vitality; menopause hypertension, hot flashes

## **Formulas that Stabilize and Bind**

### **Formulas that Stabilize the Exterior and Stop Sweating**

Mu Li San / Oyster Shell Powder [duan mu li, huang qi, ma huang gen, fu xiao mai] - Unstable wei qi and constrained heat at the ying level; spontaneous sweating (does not tonify)

### **Formulas that Bind Up the Intestines and Secure Abandoned Conditions**

Si Shen Wan / Four Miracle Pill [bu gu zhi, wu zhu yu, rou dou kou, wu wei zi] - Spleen and Kidney yang vacuity; daybreak diarrhea

### **Formulas that Secure the Essence and Stop Enuresis**

Jin Suo Gu Jing Wan / Metal Lock Pill to Stabilize the Essence [sha yuan zi, qian shi, lian xu, long gu, mu li] - Kidney vacuity; spermatorrhea, impotence

Suo Quan Wan / Restrict the Fountain Pill [yi zhi ren, wu yao, shan yao] - Vacuity cold in Kidneys; frequent, clear, prolonged urination

Gui Zhi Jia Long Gu Mu Li Tang / Cinnamon Twig Decoction plus Dragon Bone and Oyster Shell [gui zhi tang, long gu, mu li] - Yin and yang vacuity with floating yang above and draining of essence below; spermatorrhea and dreaming of sex, cold tip of penis, dizziness, insomnia, loss of hair

### **Formulas that Secure Irregular Uterine Bleeding and Stop Vaginal Discharge**

Gu Jing Wan / Stabilize the Menses Pill [gui ban, bai shao, huang qin, chun pi, huang bai, xiang fu] - Heat in the Ren and Chong causing blood to move recklessly

Wan Dai Tang / End Discharge Decoction [bai zhu, shan yao, ren shen, cang zhu, chen pi, che qian zi, bai shao, chai hu, jing jie sui tan, gan cao] - Spleen vacuity with dampness and Liver qi constraint; profuse thin white discharge

## **Formulas that Calm the Spirit**

### **Formulas that Nourish the Heart and Calm the Spirit**

Tian Wang Bu Xin Dan / Emperor of Heaven's Special Pill to Tonify the Heart [sheng di huang, ren shen, tian men dong, mai men dong, xuan shen, dan shen, fu ling, yuan zhi, dang gui, wu wei zi, bai zi ren, suan zao ren, jie geng, zhu sha] - Yin and blood vacuity with Heart and Kidney failing to communicate

Suan Zao Ren Tang / Sour Jujube Decoction [suan zao ren, fu ling, zhi mu, chuan xiong, gan cao] - Liver blood vacuity with heat from constraint

Ding Zhi Wan / Settle the Emotions Pill [ren shen, fu ling, shi chang pu, yuan zhi] - Heat qi vacuity with phlegm turbidity; apprehension, incessant laughter and flee, fright palpitations

Huang Lian E Jiao Tang / Coptis and Ass-Hide Gelatin Decoction [huang lian, huang qin, e jiao, bai shao, ji zi huang] - Replete heat and blood vacuity in the Heart; heat in the chest, mouth or tongue sores

Gan Mai Da Zao Tang / Licorice, Wheat and Jujube Decoction [gan cao, xiao mai, da zao] - Qi and yin vacuity of the Heart and Spleen; restless organ disorder, melancholy and crying spells

## **Formulas that Open the Sensory Orifices**

### **Formulas that Clear Heat and Open the Sensory Orifices**

An Gong Niu Huang Wan / Calm the Palace Pill with Cattle Gallstone [niu huang, she xiang, huang lian, huang qin, zhi zi, xiong huang, bing pian, yu jin, zhu sha, zhen zhu] - Warm-febrile diseases sinking into the Pericardium with turbid phlegm veiling the orifices; high fever, irritability, delirious speech, dry mouth and tongue, sound of phlegm in throat; for acute cases

### **Formulas that Warm and Open the Sensory Orifices**

Su He Xiang Wan / Liquid Styrax Pill [su he xiang, she xiang, bing pian, an xi xiang, mu xiang, tan xiang, chen xiang, ru xiang, ding xiang, xiang fu, bi ba, shui niu jiao, zhu sha, bau zhu he zi] - Cold-damp and phlegm veiling the orifices; for closed disorders due to replete cold; sudden collapse, clenched jaw, pale complexion, purple lips

## **Formulas that Reduce Food Stagnation**

### **Formulas that Reduce Food Accumulation and Transform Stagnation**

Bao He Wan / Preserve Harmony Pill [shan zha, shen qu, lai fu zi, chen pi, zhi ban xia, fu ling, lian qiao] - Food stagnation; focal distention and pain, belching, acid reflux

### **Formulas that Reduce Food Stagnation But Also Tonify**

Jian Pi Wan / Strengthen the Spleen Pill [bai zhu, fu ling, ren shen, shan yao, rou dou kou, shan zha, shen qu, mai ya, mu xiang, chen pi, sha ren, huang lian, gan cao] - Spleen and Stomach vacuity with food accumulation that has begun to transform into heat; reduced appetite, watery diarrhea, frail pulse

## **Formulas that Expel Parasites**

Wu Mei Wan / Mume Pill [wu mei, hua jiao, xi xin, huang lian, huang bai, gan jiang, zhi fu zi, gui zhi, ren shen, dang gui] - 1. Inversion from roundworms; 2. Jue-yin disorder; 3. Chronic diarrhea or dysentery

## **Formulas that Promote the Movement of Qi**

Yue Ju Wan / Escape Restraint Pill [cang zhu, chuan xiong, xiang fu, zhi zi, shen qu] - Constraint due to stagnant qi; five ingredients for the six types of constraint

- Chai Hu Shu Gan San / Bupleurum Powder to Dredge the Liver [chen pi, chai hu, chuan xiong, zhi ke, shao yao, zhi gan cao, xiang fu] - Constraint and clumping of the Liver qi
- Gua Lou Xie Bai Bai Jiu Tang / Trichosanthes Fruit, Chinese Chive & Wine Decoction [gua lou, xie bai, bai jiu] - Painful obstruction of the chest
- Ban Xia Hou Po Tang / Pinellia and Magnolia Bark Decoction [zhi ban xia, hou po, fu ling, sheng jiang, zi su ye] - Constrained qi and phlegm-dampness; plum-pit qi
- Tian Tai Wu Yao San / Top Quality Lindera Powder [wu yao, mu xiang, xiao hui xiang, qing pi, liang jiang, bing lang, chuan lian zi, ba dou] - Cold invading the Liver channel causing stagnation; lower abdominal pain radiating to testicles

### **Formulas that Direct Rebellious Qi Downward**

- Su Zi Jiang Qi Tang / Perilla Fruit Decoction for Directing Qi Downward [zi su zi, zhi ban xia, chen pi, dang gui, gan cao, hou po, qian hu, rou gui] - Congested fluids with Kidney vacuity; coughing and wheezing with copious watery sputum, labored inhalation
- Ding Chuan Tang / Arrest Wheezing Decoction [bai guo, ma huang, zi su zi, gan cao, kuan dong hua, xing ren, san bai pi, huang qin, zhi ban xia] - Wind-cold constraining the exterior with phlegm-heat in the interior; coughing and wheezing with copious thick yellow sputum, greasy yellow coat
- Ju Pi Zhu Ru Tang / Tangerine Peel and Bamboo Shavings Decoction [chen pi, zhu ru, ren shen, three amigos] - Stomach deficiency with heat from constraint; hiccup, nausea, dry heaves, vacuous rapid pulse

## **Formulas that Regulate the Blood**

### **Formulas that Invigorate the Blood and Dispel Blood Stasis**

- Tao He Cheng Qi Tang / Peach Pit Decoction to Order the Qi [tao ren, da huang, gui zhi, mang xiao, zhi gan cao] - Blood buildup in the lower-jiao caused by blood stasis and heat; acute lower abdominal pain, smooth urination, thirst, irritability
- Xue Fu Zhu Yu Tang / Drive Out Stasis from the Mansion of Blood Decoction [tao ren, hong hua, dang gui, chuan xiong, chi shao, chuan niu xi, chai hu, jie geng, zhi ke, sheng di huang, gan cao] - Blood stasis in the mansion of blood with impairment of blood flow in the area above the diaphragm
- Ge Xia Zhu Yu Tang / Drive Out Stasis Below the Diaphragm Decoction [wu ling zhi, dang gui, chuan xiong, tao ren, mu dan pi, chi shao, wu yao, yan hu suo, gan cao, xiang fu, hong hua, zhi ke] - Blood stasis below the diaphragm with palpable abdominal masses
- Shao Fu Zhu Yu Tang / Drive Out Stasis from the Lower Abdomen Decoction [xiao hui xiang, gan jiang, yan hu suo, dang gui, chuan xiong, mo yao, rou gui, chi shao, pu huang, wu ling zhi] - Blood stasis in the lower abdomen caused by cold
- Shen Tong Zhu Yu Tang / Drive Out Blood Stasis from a Painful Body Decoction [qin jiao, chuan xiong, tao ren, hong hua, gan cao, qiang huo, mo yao, dang gui, wu ling zhi, xiang fu, chuan niu xi, di long] - Bi syndrome due to qi and blood stasis in the channels
- Bu Yang Huan Wu Tang / Tonify the Yang to Restore Five [Tenths] Decoction [huang qi, dang gui wei, chuan xiong, chi shao, tao ren, hong hua, di long] - Qi vacuity leading to blood stasis obstructing the channels; sequelae of wind-stroke, hemiplegia, atrophy
- Fu Yuan Huo Xue Tang / Revive Health by Invigorating the Blood Decoction [dang gui, tao ren, hong hua, shan jia, da huang, tian hua fen, chai hu, gan cao] - Traumatic physical injuring that results in blood leaving the vessels; excruciating pain from injury, esp. in chest and hypochondria
- Wen Jing Tang / Warm the Menses Decoction [wu zhu yu, gui zhi, dang gui, chuan xiong, bai shao, e jiao, mai men dong, mu dan pi, ren shen, gan cao, sheng jiang, zhi ban xia] - Vacuity and cold of the Ren and Chong with blood stasis obstruction
- Sheng Hua Tang / Generation and Transformation Decoction [dang gui, chuan xiong, tao ren, pao jiang, zhi gan cao] - Blood stasis in the Womb due to cold and blood vacuity; retention of lochia
- Gui Zhi Fu Ling Wan / Cinnamon Twig and Poria Pill [gui zhi, ful ling, shao yao, mu dan pi, tao ren] - Restless fetus due to blood stasis; persistent uterine bleeding during pregnancy, abdominal pain that increases with pressure



**Dang Gui Shao Yao San / Tangkuei and Peony Powder** [dang gui, bai shao, fu ling, bai zhu, ze xie, chuan xiong] - Liver and Spleen disharmony with blood stasis and qi stagnation due to dampness; continuous cramping of the abdomen that is not severe

**Shi Xiao San / Sudden Smile Powder** [wu ling zhi, pu huang] - Retention of blood stasis in the lower abdomen; irregular menstruation

**Huo Luo Xiao Ling Dan / Fantastically Effective Pill to Invigorate the Collaterals** [dang gui, dan shen, ru xiang, mo yao] - Pain due to qi stagnation and blood stasis obstructing the collaterals; pain in various locations, bruising due to trauma

**Dan Shen Yin / Salvia Drink** [dan shen, tan xiang, sha ren] - Blood stasis and qi stagnation in the middle-jiao; epigastric pain that may radiate upward

### **Formulas that Stop Bleeding**

**Jiao Ai Tang / Ass-Hide Gelatin and Mugwort Decoction** [e jiao, ai ye, sheng di huang, dang gui, chuan xiong, bai shao, gan cao] - Injury and vacuity of the Ren and Chong with a tendency toward cold; excessive bleeding of thin pale blood without clots

**Huai Hua San / Sophora Japonica Flower Powder** [huai hua, chao bai ye, jing jie sui, zhi ke] - Wind-heat or damp-heat lodged in the intestines; bright red bleeding from rectum during defecation

## **Formulas that Expel Wind**

### **Formulas that Dredge and Disperse External Wind**

**Xiao Huo Luo Dan / Minor Invigorate the Collaterals Special Pill** [cao wu (aconite), chuan wu (aconite), tian nan xing, mo yao, ru xiang, di long] - Obstruction of channels by wind-cold-damp, blood stasis, and phlegm following stroke; chronic pain, weakness and numbness (esp. lower extremities) due to wind-stroke

**Qian Zheng San / Lead to Symmetry Powder** [fu zi, bai jiang can, quan xie] - Channel-stroke from wind-phlegm with symptoms confined to head and face; facial paralysis with deviation of mouth and eyes

**Xiao Feng San / Eliminate Wind Powder** [jing jie, fang feng, niu bang zi, chan tui, cang zhu, ku shen, mu tong, shi gao, zhi mu, sheng di huang, dang gui, hei zhi ma, gan cao] - Wind-heat or wind-damp with preexisting damp-heat; itchy red skin lesions, also applied topically

### **Formulas that Pacify and Extinguish Internal Wind**

**Ling Jiao Gou Teng Tang / Antelope Horn and Uncaria Decoction** [ling yang jiao, gou teng, sang ye, ju hua, bai shao, sheng di huang, chuan bei mu, zhu ru, fu shen, gan cao] - Replete heat in Liver stirring internal wind

**Zhen Gan Xi Feng Tang / Sedate the Liver and Extinguish Wind Decoction** [niu xi, dai zzhe shi, long gu, mu li, gui ban, xuan shen, tian men dong, bai shao, yin chen, chuan lian zi, mai ya, gan cao] - Wind-type stroke caused by excessive upward gushing of qi leading to congestion of blood in the brain; supplements yin and anchors yang

**Tian Ma Gou Teng Yin / Gastrodia and Uncaria Decoction** [tain ma, gou teng, shi jue ming, zhi zi, huang qin, yi mu cao, chuan niu xi, du zhong, sang ji shen, ye jiao teng, fu shen] - Hyperactive Liver yang leading to stirring of Liver wind; do not use for yin vacuity

**E Jiao Ji Zi Huang Tang / Ass-Hide Gelatin and Egg Yolk Decoction** [e jiao, ji zi huang, sheng di huang, bai shao, zhi gan cao, gou teng, shi jue ming, mu li, fu shen, luo shi teng] - Blood and yin-fluid vacuity leading to internal wind

## **Formulas that Treat Dryness**

### **Formulas that Gently Disperse and Moisten Dryness**

**Xing Su San / Apricot Kernel and Perilla Leaf Decoction** [zi su ye, qian hu, xing ren, jie geng, zhi ke, chen pi, fu ling, zhi ban xia, three amigos] - External cool-dryness; headache, chills without sweating, watery sputum, dry white coat, wiry pulse

Sang Xing Tang / Mulberry Leaf and Apricot Kernel Decoction [sang ye, zhi zi, dan dou chi, xing ren, zhe bei mu, sha shen, li pi] - External warm-dryness; fever, headache, thirst, hacking cough

Qing Zao Jiu Fei Tang / Clear Dryness and Rescue the Lungs Decoction [sang ye, shi gao, mai men dong, e jiao, hei zhi ma, xing ren, pi pa ye, ren shen, gan cao] - Warm-dryness attacking the Lung with damage to qi and yin

### **Formulas that Enrich the Yin and Moist Dryness**

Mai Men Dong Tang / Ophiopogonis Decoction [mai men dong, ren shen, jing mi, da zao, gan cao, zhi ban xia] - Stomach vacuity heat scorching Lung yin

## **Formulas that Expel Dampness**

### **Formulas that Transform Damp Turbidity & Harmonize the Stomach**

Ping Wei San / Calm the Stomach Powder [cang zhu, hou po, chen pi, zhi gan cao] - Dampness stagnating in the Spleen and Stomach

Huo Xiang Zheng Qi Tang / Patchouli/Agastache Powder to Rectify the Qi [huo xiang, hou po, chen pi, zi su ye, bai zhi, zhi ban xia, da fu pi, bai zhu, fu ling, jie geng, zhi gan cao] - External wind-cold with internal dampness and stagnation

### **Formulas that Clear Heat and Expel Dampness**

San Ren Tang / Three Seed Decoction [xing ren, bai dou kou, hou po, zhi ban xia, yi yi ren, tong cao, dan zhu ye, hua shi] - Early stage damp-warmth or summerheat disease at the wei and qi levels (dampness predominant)

Gan Lu Xiao Du Dan / Sweet Dew Special Pill to Eliminate Toxin [tian qiao, huang qin, bo he, she gan, chuan bei mu, hua shi, mu tong, yin chen, huo xiang, shi chang pu, bai dou kou] - Early-stage damp-warmth epidemic in the qi level (heat and dampness are equally strong)

Yin Chen Hao Tang / Artemisia Yinchenhao Decoction [yin chen, zhi zi, da huang] - Yang-type or damp-heat jaundice

Ba Zheng San / Eight Herb Powder for Rectification [mu tong, hua shi, che qian zi, qu mai, bian xu, zhi zi, da huang, deng xin cao, zhi gan cao] - Damp-heat in the lower-jiao, esp. UB; dark, turbid, scanty, difficult, painful urination

Er Miao San / Two Marvel Pill [huang bai, cang zhu] - Damp-heat in the lower-jiao; atrophy disorders, vaginal discharge, sores on lower extremities

### **Formulas that Promote Urination and Leach Out Dampness**

Wu Ling San / Five Ingredient Powder with Poria [ze xie, fu ling, zhu ling, bai zhu, gui zhi] - 1. Water buildup; 2. Spleen vacuity; 3. thin mucus in lower-jiao

Zhu Ling Tang / Polyporus Decoction [zhu ling, fu ling, ze xie, hua shi, e jiao] - Clumping of water and heat

Wu Pi San / Five Peel Powder [sang bai pi, sheng jiang pi, fu ling pi, chen pi, da fu pi] - Skin edema

### **Formulas that Warm & Transform Water and Dampness**

Ling Gui Zhu Gan Tang / Poria, Cinn.Twig, Atractylodes and Licorice Decoction [fu ling, gui zhi, bai zhu, zhi gan cao] - Thin mucus in the epigastrium (cold in lower-jiao leading to thin mucus)

Zhen Wu Tang / True Warrior Decoction [fu zi, bai zhu, fu ling, sheng jiang, bai shao] - Kidney yang vacuity with retention of water

### **Formulas that Dispel Wind-Dampness**

Qiang Huo Sheng Shi Tang / Notopterygium Decoction to Overcome Dampness [qiang huo, du huo, gao ben, fang feng, chuan xiong, man jing zi, zhi gan cao] - Wind-damp bi

Juan Bi Tang / Remove Painful Obstruction [qiang huo, jiang huang, dang gui, huang qi, bai shao, fang feng, zhi gan cao] - Bi with qi and blood vacuity

Du Huo Ji Sheng Tang / Pubescent Angelica and Taxillus Decoction [du huo, xi xin, fang feng, qin jiao, sang ji sheng, du zhong, niu xi, rou gui, dang gui, chuan xiong, sheng di huang, bai shao, ren shen, fu ling, gan cao] - Bi with Liver and Kidney vacuity

Gui Zhi Shao Yao Zhi Mu Tang / Cinnamon Twig, Peony and Anemarrhena Decoction [gui zhi, ma huang, fu zi, zhi mu, bai shao, bai zhu, fang feng, sheng jiang, gan cao] - Wind-cold-damp bi that generates local heat; swollen and painful joints, esp. in lower extremities

## **Formulas that Dispel Phlegm**

### **Formulas that Dry Dampness and Transform Phlegm**

Er Chen Tang / Two Aged [Herb] Decoction [zhi ban xia, ju hong/chen pi, fu ling, zhi gan cao] - Phlegm-dampness

### **Formulas that Clear Heat and Transform Phlegm**

Wen Dan Tang / Warm the Gallbladder [zhu ru, zhi shi, zhi gan xia, chen pi, fu ling, zhi gan cao] - Gallbladder and Stomach disharmony with phlegm-heat

Huang Lian Wen Dan Tang / Coptis Decoction to Warm the Gallbladder [add huang ling] - for more severe phlegm-heat

Qing Qi Hua Tan Tang / Clear the Qi and Transform Phlegm Pill [dan nan xing, zhi ban xia, gua lou ren, huang qin, chen pi, xing ren, zhi shi, fu ling] - Internal clumping of phlegm-heat

Xiao Xian Xiong Tang / Minor Decoction [for Pathogens] Stuck in the Chest [gua lou, huang lian, ban xia] - Clumping in the chest; phlegm and heat in the epigastrium

### **Formulas that Transform Phlegm and Disperse Clumping**

Xiao Luo Wan / Reduce Scrofula Pill [xuan shen, mu ti, bei mu] - Phlegm nodules due to fire from constraint

### **Formulas that Moisten Dryness and Transform Phlegm**

Bei Mu Gua Lou San / Fritillaria and Trichosanthes Fruit Powder [bei mu, gua lou, tian hua fen, fu ling, ju hong, jie geng] - Lung dryness causing phlegm

### **Formulas that Warm and Transform Phlegm-Cold**

San Zi Yang Qin Tang / Three Seed Decoction to Nourish One's Parents [bai jie zi, zi su zi, lai fu zi] - Phlegm-cold clogging the Lung with qi stagnation

### **Formulas that Transform Phlegm and Extinguish Wind**

Ban Xia Bai Zhu Tian Ma Tang / Pinellia, White Atractylodis and Gastrodia Decoction [zhi ban xia, tian ma, bai zhu, ju hong, fu ling, three amigos] - Upward disturbance of wind-phlegm; head feels heavy and clouded

Zhi Sou San / Stop Coughing Powder [jie geng, jing jie, zi wan, bai bu, bai qian, gan cao, chen pi] - Cough as sequela to external wind-cold