

Formulas that Release the Exterior

Formulas the Release Exterior Wind-Cold			
Ma Huang Tang <i>ephedra decoction</i>	ma huang , gui zhi, xing ren, zhi gan cao	Releases exterior cold; stops wheezing For taiyang excess patterns; fever and chills (more chills) WITHOUT sweating, headache, bodyache, wheezing	T: thin white coat P: floating, tight
Gui Zhi Tang <i>cinnamon twig decoction</i>	gui zhi , bai shao, sheng jiang, da zao, zhi gan cao	Releases muscle layer; harmonizes ying & wei For taiyang deficiency patterns; fever and chills WITH sweating, headache, aversion to wind, stiff neck, nasal congestion	T: thin white coat P: floating, lax or frail
Ge Gen Tang <i>kudzu decoction</i>	ge gen , ma huang, gui zhi, bai shao, sheng jiang, da zao, zhi gan cao	Releases exterior and muscle layer; generates fluids For wind-cold in the taiyang that constrains the yangming; fever and chills WITHOUT sweating, stiff neck and upper back	T: thin white coat P: floating, tight
Xiao Qing Long Tang <i>minor bluegreen dragon decoction</i>	ma huang , gui zhi , gan jiang, xi xin, wu wei zi, bai shao, zhi ban xia, zhi gan cao	Releases exterior, transforms thin phlegm, warms LU, subdues rebellious qi Fever and chills (more chills) WITHOUT sweating, cough, wheezing, copious, white, stringy, difficult-to-expectorate phlegm , stifling sensation in the chest, body heaviness	T: moist P: floating, tight
Jiu Wei Qiang Huo Tang <i>nine-ingredient decoction with notopterygium</i>	qiang huo , fang feng, cang zhu, xi xin, chuan xiong, bai zhi, huang qin, sheng di huang, gan cao	For wind-cold-damp with internal heat accumulation Fever and chills (more chills) without sweating, headache, stiff neck, aches and pains , slight thirst, bitter taste	T: white coat P: floating
Jia Wei Xiang Su San <i>augmented cyperus and perilla leaf powder</i>	zi su ye , jing jie , fang feng, qin jiao, man jing zi, xiang fu, chuan xiong, chen pi, sheng jiang, zhi gan cao	For the common cold year-round Headache, stiff neck, runny nose, aches and pains, fever and chills without sweating	T: thin white coat P: floating

Formulas that Release Exterior Wind-Heat			
Sang Ju Yin <i>mulberry leaf and chrysanthemum drink</i>	sang ye , ju hua , lian qiao, bo he, jie geng, xing ren, lu gen, gan cao	Disperses wind-heat; stops cough by facilitating flow of Lung qi For early-stage wind-heat ; slight fever, cough, slight thirst, eye disorders	T: thin white coat P: floating, rapid
Yin Qiao San <i>honeysuckle and forsythia powder</i>	jin yin hua , lian qiao , jie geng, niu bang zi, bo he, dan dou chi, jing jie, dan zhu ye, lu gen, gan cao	Disperses wind-heat; resolves heat toxicity Fever, slight chills, headache, thirst, cough, sore throat	T: red tip P: floating, rapid

<p>Chai Ge Jie Ji Tang <i>bupleurum and kudzu decoction to release the muscle layer</i></p>	<p><i>chai hu, ge gen</i>, qiang huo, bai zhi, huang qin, shi gao, jie geng, bai shao, sheng jiang, da zao, gan cao</p>	<p>Releases muscle layer and clears interior heat</p> <p>For unresolved wind-cold that has become constrained and is turning into heat (aka simultaneous taiyang and yangming disorder).</p> <p>Increasing fever and decreasing chills, headache, stiff extremities, eye pain, dry nasal passages, irritability, insomnia</p>	<p>T: thin yellow coat P: floating, slightly flooding</p>
<p>Sheng Ma Ge Gen Tang <i>cimicifuga and kudzu decoction</i></p>	<p><i>sheng ma</i>, ge gen, zhi gan cao, chi shao</p>	<p>Releases muscle layer; vents rashes</p> <p>For early-stage measles or rashes, fever and chills, headache, generalized body ache, sneezing, coughing, red eyes, tearing, thirst</p>	<p>T: red, dry P: floating, rapid</p>

Formulas that Release the Exterior with Head and Neck Symptoms

<p>Chuan Xiong Cha Tiao San <i>chuanxiong powder to be taken with green tea</i></p>	<p><i>chuan xiong, bai zhi, qiang huo</i>, bo he, xi xin, jing jie, fang feng, zhi gan cao</p>	<p>Disperses wind and alleviates pain</p> <p>For headache on any part of the head, maybe accompanied by fever and chills, dizziness, nasal congestion</p>	<p>T: thin white coat P: floating</p>
<p>Cang Er Zi San <i>xanthium powder</i></p>	<p><i>cang er zi, xin yi hua</i>, bai zhi, bo he</p>	<p>Disperses wind, alleviates pain, unblocks nose</p> <p>Deep-source nasal congestion: copious, purulent, foul-smelling nasal discharge, dizziness, frontal headache</p>	<p>T: normal, thin, white coat; or greasy, white coat</p>

Formulas that Release Exterior Disorders with Interior Deficiency

<p>Ren Shen Bai Du San <i>ginseng powder to overcome pathogenic influences</i></p>	<p><i>qiang huo, du huo</i>, chuan xiong, chai hu, jie geng, zhi ke, qian hu, ren shen, fu ling, gan cao, sheng jiang, bo he</p>	<p>Externally-contracted wind-cold-dampness with underlying qi deficiency</p> <p>High fever with severe chills, no sweat, pain and stiffness in head and neck, soreness and pain of extremities, fullness in chest, nasal congestion, productive cough</p>	<p>T: greasy, white coat P: floating, soggy</p>
<p>Jing Fang Bai Du San <i>schizonepeta and saposhnikovia powder to overcome pathogenic influences</i></p>	<p><i>qiang huo, du huo</i>, jing jie, chuan xiong, chai hu, jie geng, fang feng, zhi ke, qian hu, fu ling, gan cao, sheng jiang, bo he</p>	<p>Externally-contracted wind-cold-dampness with NO underlying qi deficiency</p> <p>Fever and chills without sweating, pain and stiffness of head and neck, generalized body aches and pain</p>	<p>T: thin white coat P: floating</p>
<p>Jia Jian Wei Rui Tang <i>modified solomon's seal decoction</i></p>	<p><i>yu zhu</i>, cong bai, jie geng, dan dou chi, bo he, bai wei, zhi can gao, da zao</p>	<p>Externally-contracted wind-heat with underlying yin deficiency</p> <p>Fever and slight chills, little or no sweating, headache, dry throat, cough, difficult-to-expectorate phlegm, thirst, irritability</p>	<p>T: dark red P: rapid</p>

Formulas the Release the Exterior and Purge the Interior

<p>Da Chai Hu Tang <i>major bupleurum decoction</i></p>	<p>chai hu, huang qin, da huang, zhi shi, bai shao, ban xia, sheng jiang, da zao</p>	<p>Concurrent shaoyang and yangming disorder</p> <p>Alternating fever and chills, fullness in chest and hypochondria, bitter taste in the mouth, nausea, vomiting, fullness and pain in epigastrium, burning diarrhea or no bowel movement, melancholy, slight irritability</p>	<p>T: yellow coat P: wiry, forceful</p>
<p>Fang Feng Tong Shen San <i>saposhnikovia powder that sagely unblocks</i></p>	<p>fang feng, ma huang, da huang, mang xiao, jing jie, bo he, zhi zi, hua shi, shi gao, lian qiao, huang qin, jie geng, chuan xiong, dang gui, bai shao, bai zhu, gan cao, sheng jiang</p>	<p>Excess heat at both exterior and interior</p> <p>Strong fever and chills, light-headedness, red and sore eyes, difficulty swallowing, nasal congestion, thick nasal discharge, bitter taste, dry mouth, stifling sensation in chest, constipation, dark rough urine</p>	<p>T: yellow greasy coat P: flooding, rapid; or wiry, slippery</p>

Formulas that Release the Exterior and Clear the Interior

<p>Ge Gen Huang Qin Huang Lian Tang <i>kudzu, coptis, and scutellaria decoction</i></p>	<p>ge gen, huang qin, huang lian, zhi gan cao</p>	<p>Releases exterior and drains heat</p> <p>Fever, sweating, thirst, foul-smelling diarrhea that burns the anus, irritability, heat in chest, wheezing</p> <p>For interior heat when exterior has not been completely resolved. Usually due to improper use of purgatives during external attack.</p>	<p>T: red with yellow coat P: rapid</p>
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Formulas the Clear Heat

Formulas that Clear Qi-Level Heat

<p>Bai Hu Tang <i>white tiger decoction</i></p>	<p>shi gao, zhi mu, zhi gan cao, geng mi</p>	<p>Clears qi-level heat, drains ST fire, generates fluids, alleviates thirst</p> <p>Heat in Yangming channel (or Qi level)</p> <p>Four bigs: big fever, big sweat, big thirst and vexation, big pulse, red face</p>	<p>P: flooding, forceful or slippery, rapid</p>
<p>Zhu Ye Shi Gao Tang <i>lophatherum and gypsum decoction</i></p>	<p>shi gao, dan zhu ye, ren shen, mai men dong, ban xia, zhi gan cao, geng mi</p>	<p>Qi-level heat lingering in LU/ST injuring qi and fluids</p> <p>Lingering fever after febrile disease, vomiting, irritability, thirst, dry mouth, lips, and throat, cough, stifling sensation in chest</p>	<p>T: red with little coat P: rapid, deficient</p>
<p>Zhi Zi Chi Tang <i>gardenia and prepared soybean decoction</i></p>	<p>zhi zi, dan dou chi</p>	<p>Clears heat, alleviates irritability</p> <p>For qi-level heat lingering in the muscles and chest</p> <p>Fever, irritability, insomnia with tossing and turning, stifling sensation in chest, hunger without desire to eat</p>	<p>T: slightly yellow coat P: slightly rapid</p>

Formulas that Clear Nutritive Level Heat and Cool the Blood

<p>Qing Ying Tang <i>clear the nutritive-level decoction</i></p>	<p><i>xi jiao</i>, xuan shen, sheng di huang, mai men dong, jin yin hua, lian qiao, huang lian, dan zhu ye, dan shen</p>	<p>For heat entering the Ying (nutritive) level</p> <p>High fever that worsens at night, severe irritability and restlessness; possible thirst, delirium, faint rash</p>	<p>T: scarlet, dry P: thin, rapid</p>
<p>Xi Jiao Di Huang Tang <i>rhinoceros horn and rehmannia decoction</i></p>	<p><i>xi jiao</i>, sheng di huang, chi shao, mu dan pi</p>	<p>For heat entering the Xue (blood) level</p> <p>Fever, bleeding (vomiting blood, nosebleed, blood in the stool or urine, rashes), black tarry stool, abdominal fullness and distention, thirst with inability to swallow, possible delirium</p>	<p>T: scarlet with prickles P: thin, rapid</p>

Formulas that Simultaneously Clear Heat from the Qi and Blood Levels

<p>Qing Wen Bai Du Yin <i>clear epidemics and overcome toxicity drink</i></p>	<p>bai hu tang + xi jiao di huang tang, + huang lian jie du tang</p>	<p>Epidemic toxin with heat in Qi and Blood levels</p> <p>Intense fever, strong thirst, dry heaves, severe and stabbing headache, extreme irritability, delirious speech, rashes, nosebleed, dark and scorched lips</p>	<p>T: dark red P: rapid, submerged, thin; or rapid, floating, large</p>
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Formulas that Clear Heat and Resolve Toxicity

<p>Huang Lian Jie Du Tang <i>coptis decoction to resolve toxicity</i></p>	<p><i>huang lian</i>, huang qin, huang bai, zhi zi</p>	<p>Drains fire and resolves toxicity</p> <p>Heat toxicity in all three jiao: high fever, irritability, dry mouth and throat, incoherent speech, insomnia, dark urine</p> <p>Also for nosebleed and vomiting blood; carbuncles, boils, swellings; dysenteric disorders or jaundice</p>	<p>T: red with yellow coat P: rapid, forceful</p>
<p>Xie Xin Tang <i>drain the epigastrium decoction</i></p>	<p><i>da huang</i>, huang lian, huang qin</p>	<p>Drains fire, resolves toxicity, dries dampness</p> <p>Damp-heat excess with interior clumping: fever, irritability, flushed face, red eyes, dark urine, constipation</p> <p>Also for focal distention, jaundice, diarrhea; vomiting blood or nosebleeds; red swollen eyes and ears; or tongue/mouth ulcers</p>	<p>T: greasy yellow coat</p>
<p>Pu Ji Xiao Du Yin <i>universal benefit drink to eliminate toxin</i></p>	<p><i>huang qin</i>, <i>huang lian</i>, niu bang zi, lian qiao, bo he, jiang can, xuan shen, ma bo, ban lan gen, jie geng, gan cao, chen pi, chai hu, sheng ma</p>	<p>Clears heat, eliminates fire toxin, disperses wind-heat</p> <p>Acute massive febrile disorder of the head: strong fever and chills; redness, swelling, and burning pain of the head and face; inability to open the eyes, dysfunction of the throat, dryness and thirst</p>	<p>T: red with powdery white or yellow coat P: floating, rapid, forceful</p>
<p>Liang Ge San <i>cool the diaphragm powder</i></p>	<p><i>da huang</i>, <i>mang xiao</i>, gan cao, huang qin, zhi zi, lian qiao, bo he, dan zhu ye, honey</p>	<p>Drains fire and unblocks bowels; clears heat from middle- and upper-jiao</p> <p>Heat in the chest and abdomen, irritability, delirious speech, thirst, flushed face, mouth/tongue sores, sore throat, swollen tongue, red eyes, nosebleed, constipation, dark scanty urine</p>	<p>T: red with dry, yellow or white coat P: rapid, ~slippery</p>

Formulas that Clear Heat from the Organs

<p>Ma Xing Shi Gan Tang Ephedra, Apricot Kernel, Gypsum, and Licorice Decoction</p>	<p><i>ma huang, shi gao</i>, xing ren, zhi gan cao</p>	<p>Facilitates flow of LU qi, clears heat, calms wheezing, directs rebellious qi downward</p> <p>Heat in Lung obstructing the flow of qi: fever with or without sweating, thirst, wheezing, coughing, labored breathing, nasal flaring and pain</p>	<p>T: thin white or yellow coat P: rapid; floating or slippery</p>
<p>Xie Bai San Drain the White Powder</p>	<p><i>sang bai pi</i>, di gu pi, zhi gan cao, geng mi</p>	<p>Drains heat from Lung; calms wheezing</p> <p>Lurking fire due to constrained heat in Lung: coughing, wheezing, fever, skin that feels hot to the touch, symptoms worse in late afternoon, dry mouth, little or difficult-to-expectorate sputum</p>	<p>T: red with yellow coat P: thin, rapid</p>
<p>Xie Huang San Drain the Yellow Powder</p>	<p><i>shi gao, zhi zi</i>, fang feng, huo xiang ye, gan cao</p>	<p>Clears lurking fire from SP/ST</p> <p>Mouth ulcers, bad breath, thirst, frequent hunger, dry mouth and lips, tongue thrusting in children</p>	<p>T: red P: rapid</p>
<p>Qing Wei San Clear the Stomach Powder</p>	<p><i>huang lian</i>, sheng ma, mu dan pi, sheng di huang, dang gui</p>	<p>Drains ST fire, cools blood, nourishes yin</p> <p>Toothache, swelling of the face, fever, bad breath, dry mouth, bleeding gums, swollen tongue, lips, jaw</p>	<p>T: red with little coating P: slippery, large, rapid</p>
<p>Yu Nu Jian Jade Woman Decoction</p>	<p><i>shi gao, shu di huang</i>, zhi mu, mai men dong, huai niu xi</p>	<p>Drains ST heat; nourishes yin</p> <p>Kidney yin deficiency with Stomach fire: toothache, loose teeth, bleeding gums, frontal headache, irritability and fever, thirst with desire for cold drinks</p>	<p>T: dry, red; yellow coat P: floating, slippery, deficient, large</p>
<p>Dao Chi San Guide Out the Red Powder</p>	<p><i>sheng di huang</i>, mu tong, dan zhu ye, gan cao shao</p>	<p>Drains HT heat; promotes urination</p> <p>Heart heat pouring into Small Intestine: irritability, heat in chest, thirst with desire for cold drinks, red face, sores around mouth; also for dark, scanty, rough, painful urination</p>	<p>T: red P: rapid</p>
<p>Long Dan Xie Gan Tang Gentian Decoction to Drain the Liver</p>	<p><i>long dan cao</i>, chai hu, huang qin, zhi zi, mu tong, che qian zi, ze xie, sheng di huang, dang gui, gan cao</p>	<p>Drains LV/GB fire; clears damp-heat from lower-jiao</p> <p>Hypochondriac pain, headache, dizziness, red and sore eyes, hearing loss, swelling in the ears, bitter taste in the mouth, irritability, short temper</p> <p>Also: difficult or painful urination, itchy genitals, foul-smelling vaginal discharge</p>	<p>T: red, yellow coat P: rapid, wiry, forceful</p>
<p>Zuo Jin Wan Left Metal Pill</p>	<p>huang lian, wu zhu yu</p>	<p>Clears LV heat, subdues rebellious qi, stops vomiting</p> <p>Liver heat with LV/ST disharmony: hypochondriac pain, gnawing hunger, epigastric focal distention, vomiting, acid reflux, belching, bitter taste in mouth</p>	<p>T: red, yellow coat P: rapid, wiry</p>

<p>Shao Yao Tang Peony Decoction</p>	<p><i>huang lian, huang qin, da huang, bai shao, gan cao, dang gui, mu xiang, bing lang, rou gui</i></p>	<p>Regulates qi and blood, clears heat, dries dampness, resolves toxicity</p> <p>Dysenteric disorder due to damp-heat in intestines: abdominal pain, tenesmus, difficult defecation, diarrhea with blood and pus (equal amounts), burning sensation of anus, dark scanty urine</p>	<p>T: greasy, slightly yellow coat P: rapid</p>
<p>Bai Tou Weng Tang Pulsatilla Decoction</p>	<p><i>bai tou weng, huang lian, huang bai, qin pi</i></p>	<p>Clears heat, resolves toxicity, cools the blood, alleviates dysentery</p> <p>Hot dysentery due to heat toxicity searing Stomach and Intestines: abdominal pain, tenesmus, burning anus, diarrhea with blood and pus (more blood than pus)</p>	<p>T: red, yellow coat P: rapid, wiry</p>

Formulas that Clear Heat from Deficiency

<p>Qing Hao Bie Jia Tang Sweet Wormwood and Soft-Shelled Turtle Decoction</p>	<p><i>qing hao, bie jia, sheng di huang, zhi mu, mu dan pi</i></p>	<p>Nourishes yin; vents heat</p> <p>Heat lurking in yin aspects of body: night fever and morning coolness, no sweating as fever recedes, emaciation with no loss of appetite</p>	<p>T: red, little coat P: rapid, fine</p>
<p>Qing Gu San Cool the Bones Powder</p>	<p><i>yin chai hu, zhi mu, hu huang lian, di gu pi, qing hao, qin jiao, zhi bie jia, gan cao</i></p>	<p>Clears heat from deficiency; treats steaming bone disorder</p> <p>Afternoon tidal fever or unremitting chronic low-grade fever, sensation of heat in bones but skin is not warm to touch, irritability, insomnia, emaciation, lethargy, red lips, dark-red cheeks, night sweats, thirst, dry throat</p>	<p>T: red, little coat P: rapid, thin</p>
<p>Dang Gui Liu Huang Tang Tangkuei and Six-Yellow Decoction</p>	<p><i>dang gui, sheng di huang, shu di huang, huang lian, huang qin, huang bai, huang qi</i></p>	<p>Enriches yin, drains fire, stops sweating</p> <p>Night sweats due to interior heat with yin/blood xu: fever, night sweats, red face, dry mouth and parched lips, irritability, dry stools, dark scanty urine</p>	<p>T: red, dry P: rapid</p>

Formulas that Drain Downward

Formulas that Purge Heat Accumulation

<p>Da Cheng Qi Tang Major Order the Qi Decoction</p>	<p><i>da huang, mang xiao, zhi shi, hou po</i></p>	<p>Vigorously purges heat accumulation</p> <p>Yangming organ disorder: constipation, abdominal pain that worsens with pressure, focal distention and abdominal fullness, tense and firm abdomen</p>	<p>T: dry, yellow or dry, black coat with prickles P: submerged, excess</p>
<p>Xiao Cheng Qi Tang Minor Order the Qi Decoction</p>	<p><i>da huang, zhi shi, hou po</i></p>	<p>Moderately purges heat accumulation</p> <p>Mild Yangming organ disorder: tidal fever, constipation, abdominal pain that DOES NOT worsen with pressure, focal distention and abdominal fullness, tense and firm abdomen</p>	<p>T: dirty and dry yellow coat P: slippery, rapid</p>

<p>Tiao Wei Cheng Qi Tang Regulate the Stomach and Order the Qi Decoction</p>	<p><i>da huang</i>, mang xiao, gan cao</p>	<p>Mildly purges clumped heat Mild constipation due to Yangming heat: constipation, absence of focal distention and abdominal fullness, irritability</p>	<p>P: slippery, rapid</p>
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Formulas that Simultaneously Attack and Tonify

<p>Zeng Ye Cheng Qi Tang Increase Fluids and Order the Qi Decoction</p>	<p>xuan shen, mai men dong, sheng di huang, da huang, mang xiao</p>	<p>Enriches yin, generates fluids, drains heat, unblocks bowel Yangming disorder with heat burning up fluids: dry stools that cannot be expelled with purging formulas, distention and fullness in epigastrium and abdomen, dry mouth, lips, and tongue</p>	<p>T: dry with thin, yellow coat P: rapid, thin</p>
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Formulas that Warm the Yang and Purge

<p>Da Huang Fu Zi Tang Rhubarb and Prepared Aconite Accessory Root Decoction</p>	<p><i>fu zi</i>, da huang, xi xin</p>	<p>Warms interior; unblocks bowels Abdominal pain, constipation, hypochondriac pain, chills, low-grade fever, cold hands and feet</p>	<p>T: white, greasy coat P: submerged, tight, wiry</p>
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Formulas that Moisten the Intestines and Unblock the Bowels

<p>Run Chang Wan Moisten the Intestines Pill</p>	<p>huo ma ren, tao ren, dang gui, sheng di huang, zhi ke</p>	<p>Moistens intestines; unblocks bowels Constipation due to dry intestines: constipation, lusterless skin and nail, dry mouth with unquenchable thirst</p>	<p>T: dry P: thin</p>
<p>Ma Zi Ren Wan Hemp Seed Pill</p>	<p><i>huo ma ren</i>, xing ren, bai shao, zhi shi, hou po, da huang</p>	<p>Moistens intestines; drains heat; moves qi; unblocks bowels Spleen bind (heat-dryness blocking movement of fluids and stagnating qi): constipation with hard stool that is difficult to expel, normal to frequent urination</p>	<p>T: dry, yellow coat P: submerged, rapid; or floating, choppy</p>
<p>Ji Chuan Jian Benefit the River Decoction</p>	<p><i>rou cong rong</i>, dang gui, huai niu xi, ze xie, zhi ke, sheng ma</p>	<p>Warms KI; tonifies blood and essence; moistens intestines; unblocks bowels Constipation due to KI xu: constipation, clear and copious urine, lower back pain, cold sensation in low back</p>	
<p>Zeng Ye Tang Increase the Fluids Decoction</p>	<p><i>xuan shen</i>, mai men dong, sheng di huang</p>	<p>Generates fluids and moistens dryness; unblocks bowels Constipation due to exhausted fluids (usually from febrile disease): constipation, thirst</p>	<p>T: red, dry P: thin, slightly rapid; or weak and forceless</p>

Formulas that Harmonize

Formulas that Harmonize Lesser Yang Warp Disorders

Xiao Chai Hu Tang Minor Bupleurum Decoction	<i>chai hu</i> , huang qin, ban xia, sheng jiang, ren shen, zhi gan cao, da zao	Harmonizes Shaoyang disorders Alternating fever and chills, dry throat, bitter taste, dizziness, irritability, fullness in chest and hypochondria (difficulty taking deep breaths), heartburn, nausea/vomiting, being downcast with no desire to eat	T: thin white coat P: wiry
Hao Qin Qing Dan Tang Sweet Wormwood and Scutellaria Decoction to Clear the Gallbladder	<i>qing hao, huang qin</i> , zhu ru, zhi ke, chen pi, zhi ban xia, chi fu ling, bi yu san (hua shi + gan cao + qing dai)	Clears GB heat; harmonizes ST qi; transforms phlegm Damp-heat/turbid phlegm in Shaoyang: alternating fever and chills (mild chills, strong fever), stifling sensation in chest, sour regurgitation, thirst with or without desire to drink, pain in chest and hypochondria	T: red with thick, greasy coat P: rapid, slippery on right, wiry on left
Chai Hu Jia Long Gu Mu Li Tang Bupleurum plus Dragon Bone and Oyster Shell Decoction	<i>chai hu, huang qin, gui zhi, da huang</i> , long gu, mu li, dai zhe shi, ren shen, fu ling, ban xia, sheng jiang, da zao	Unblocks the three yang channels; calms shen Fullness in chest, irritability with occasional fright palpitations, difficult urination, constipation, delirious speech, inability to rotate the trunk, heavy body	T: red, slippery coat P: rapid, wiry

Formulas that Harmonize the Liver and Spleen

Si Ni San Frigid Extremities Powder	<i>chai hu</i> , zhi shi, bai shao, zhi gan cao	Vents pathogenic qi, releases constraint, spreads Liver qi, regulates Spleen Yang Inversion: cold fingers and toes while the head and body are still warm , irritability, fullness in chest, cough, difficult urination, abdominal pain and severe diarrhea	T: red, yellow coat P: wiry
Xiao Yao San Rambling Powder	<i>chai hu</i> , bai shao, dang gui, bai zhu, fu ling, zhi gan cao, wei jiang, bo he	Spreads Liver qi; strengthens Spleen; nourishes blood Hypochondriac pain (spasmodic), headache, vertigo, bitter taste, dry mouth and throat, fatigue, reduced appetite, irregular menstruation, breast distention	T: pale-red P: wiry, deficient
Jia Wei Xiao Yao San Augmented Rambling Powder	<i>chai hu</i> , bai shao, dang gui, bai zhu, fu ling, zhi gan cao, sheng jiang, bo he, mu dan pi, zhi zi	Spreads Liver qi; strengthens Spleen; nourishes blood; clears heat Irritability, short temper, red eyes, dry mouth, palpitations, lower abdominal pressure, difficult/painful urination, increased menstrual flow	
Tong Xie Yao Fang Important Formula for Painful Diarrhea	<i>bai zhu</i> , bai shao, chen pi, fang feng	Tonifies SP; softens LV; expels dampness; stops diarrhea Recurrent borborygmus, abdominal pain, painful diarrhea	T: thin white coat P: wiry, moderate; or wiry thin

Formulas that Harmonize the Stomach and Intestines

<p>Ban Xia Xie Xin Tang Pinellia Decoction to Drain the Epigastrium</p>	<p><i>huang lian</i>, ban xia, gan jiang, huang qin, ren shen, dao zao, zhi gan cao</p>	<p>Harmonizes ST; directs rebellious qi downward; disperses clumping; eliminates focal distention</p> <p>Epigastric focal distention, tightness, and fullness; dry heaves or vomiting; borborygmus with diarrhea, reduced appetite</p>	<p>T: red tip; thin, yellow, greasy coat P: rapid, wiry</p>
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Formulas that Treat Abscesses and Sores

Formulas that Treat External Abscesses and Sores

<p>Wu Wei Xiao Du Yin Five Ingredient Decoction to Eliminate Toxin</p>	<p><i>jin yin hua</i>, pu gong ying, zi hua di ding, ye ju hua, tian kui zi</p>	<p>Clears heat toxicity; cools blood; reduces swelling</p> <p>All types of boils and carbuncles with localized erythema, swelling, heat and pain accompanied by fever and chills</p>	<p>T: red, yellow coat P: rapid</p>
<p>Yang He Tang Balmy Decoction</p>	<p><i>rou gui</i>, <i>pao jiang</i>, shu di huang, lu jiao jiao, bai jie zi, ma huang, gan cao</p>	<p>Warms yang; tonifies blood; disperses cold; unblocks stagnation</p> <p>Yin-type flat abscess: localized painful swellings without head that blend into surrounding tissue and do not affect the texture or color of the skin and are not hot to the touch</p>	<p>T: very pale P: submerged, thin, forceless</p>

Formulas that Treat Internal Abscesses and Sores

<p>Wei Jing Tang Reed Decoction</p>	<p><i>wei jing (lu gen)</i>, yi yi ren, dong gua zi, tao ren</p>	<p>Clears heat from LU; transforms phlegm; drives out blood stasis; discharges pus</p> <p>Lung abscess due to wind-heat w/ phlegm and blood stasis: cough with foul-smelling sputum (possibly blood-streaked), slight fever, mild chest pain, dry scaly skin</p>	<p>T: red; greasy, yellow coat P: rapid, slippery</p>
<p>Da Huang Mu Dan Tang Rhubarb and Moutan Decoction</p>	<p><i>da huang</i>, mang xiao, mu dan pi, tao ren, dong gua zi</p>	<p>Drains heat; breaks up blood stasis; disperses clumping, reduces swelling</p> <p>Early stage intestinal abscess (clumping of heat and blood): lower abdominal distention and pain (usually on right) that increases with rebound tenderness, guarding of abdomen</p>	<p>T: thin, yellow, greasy coat P: rapid, slippery</p>