

Formulas that Regulate Qi

Formulas that Promote the Movement of Qi			
Yue Ju Wan Escape Restraint Pill	<i>xiang fu</i> , cang zhu, chuan xiong, zhi zi, shen qu	Promotes the movement of qi; releases constraint Various types of constraint due to stagnant qi (qi, fire, blood, phlegm, dampness, food): focal distention and stifling sensation in the chest and abdomen, fixed ribside pain, belching, vomiting, acid reflux, mild coughing with copious sputum, reduced appetite, indigestion	
Chai Hu Shu Gan San Blupleurum Powder To Dredge the Liver	chai hu, bai shao, zhi ke, zhi gan cao, xiang fu, chen pi, chuan xiong	Spreads Liver qi; harmonizes blood; alleviates pain Liver qi constraint: flank pain, stifling sensation in the chest (deep sighing), suppressed emotions and feelings of frustration/anger, belching, abdominal distention and fullness, alternating fever and chills	P: wiry
Gua Lou Xie Bai Bai Jiu Tang Trichosanthes Fruit, Chinese Chive, and Wine Decoction	<i>gua lou</i> , xie bai, bai jiu	Unblocks yang; moves qi; expels phlegm Chest Bi (painful obstruction of chest): pain in chest that often radiates to upper back, wheezing, cough with copious sputum, shortness of breath	T: thick, greasy coat P: submerged and wiry; or tight
Ban Xia Hou Po Tang Pinellia And Magnolia Bark Decoction	<i>ban xia</i> , hou po, fu ling, sheng jiang, zi su ye	Moves qi; dissipates clumps; directs rebellious qi downward; transforms phlegm Plum-pit qi: a feeling of something caught in the throat that cannot be swallowed nor ejected, stifling sensation in chest and hypochondria	T: moist or greasy coat P: wiry, slow; or wiry, slippery
Liang Fu Wan Galangal and Cyperus Pill	gao liang jiang, xiang fu, sheng jiang	Warms middle-jiao; dispels cold; moves qi; alleviates pain LV qi stagnation with cold in ST: epigastric pain that responds favorably to warmth, stifling sensation in chest, hypochondriac pain, painful menses	T: white coat
Jin Ling Zi San Melia Toosendan Powder	<i>chuan lian zi</i> , yan hu suo	Spreads Liver qi; drains heat; invigorates blood; alleviates pain LV qi constraint transforming into heat: intermittent epigastric and hypochondriac pain, hernial pain, or menstrual pain that is aggravated by the ingestion of hot food or drink; accompanied by irritability and bitter taste	T: red; yellow coat P: wiry or rapid
Tian Tai Wu Yao San Top Quality Lindera Powder	<i>wu yao</i> , mu xiang, xiao hui xiang, qing pi, gao liang jiang, bing lang, chuan lian zi, ba dou	Moves qi; spreads Liver qi; scatters cold; alleviates pain Shan disorder (hernia); qi stagnation with cold (lower abdomen or LV channel): lower abdominal pain radiating into testicles, swollen or distended testicles	T: pale; white coat P: submerged, slow; or wiry
Nuan Guan Jian Warm the Liver Decoction	<i>xiao hui xiang</i> , <i>rou gui</i> , dang gui, gou qi zi, wu yao, chen xiang, fu ling, sheng jiang	Warms Liver and Kidney; moves qi; alleviates pain Cold-type shan disorder with Liver deficiency: lower abdominal pain that is sharp, localized, and aggravated by cold; also for swelling, distention, and pain of scrotum	T: pale P: submerged, tight

Formulas that Direct Rebellious Qi Downward

<p>Su Zi Jiang Qi Tang Perilla Fruit Decoction for Directing Qi Downward</p>	<p><i>zi su zi</i>, ban xia, hou po, qian hu, dang gui, rou gui, zhi gan cao, da zao, sheng jiang</p>	<p>Directs rebellious qi downward; stops cough and wheezing; warms and transforms phlegm-cold</p> <p>Abundance above (LU) and deficiency below (KI): coughing and wheezing with watery, copious sputum; stifling sensation in chest and diaphragm; shortness of breath (labored inhalation with smooth exhalation); possible pain and weakness in low back and legs, edema, and fatigue</p>	<p>T: white, slippery or greasy coat</p>
<p>Ding Chuan Tang Arrest Wheezing Decoction</p>	<p><i>bai guo, ma huang</i>, zi su zi, gan cao, kuan dong hua, xing ren, sang bai pi, huang qin, ban xia</p>	<p>Disseminates and redirects Lung qi downward; arrests wheezing; clears heat; transforms phlegm</p> <p>Wheezing caused by exterior wind-cold with interior phlegm-heat: coughing and wheezing with copious, thick, yellow sputum; labored breathing; possible simultaneous fever and chills</p>	<p>T: greasy, yellow coat P: slippery, rapid</p>
<p>Xuan Fu Dai Zhe Tang Inula and Hematite Decoction</p>	<p><i>xuan fu hua</i>, dai zhe shi, ban xia, sheng jiang, ren shen, zhi gan cao, da zao</p>	<p>Directs rebellious qi downward; transforms phlegm; augments qi; harmonizes Stomach</p> <p>Phlegm obstructing interior with weak ST: unremitting belching, hiccup, regurgitation, nausea of vomiting, hard epigastric focal distention</p>	<p>T: white, slippery coat P: wiry, deficient</p>
<p>Ju Pi Zhu Ru Tang Tangerine Peel and Bamboo Shaving Decoction</p>	<p><i>chen pi, zhu ru</i>, ren shen, sheng jiang, gan cao, da zao</p>	<p>Directs rebellious qi downward; stops hiccup; augments qi; clears heat</p> <p>Hiccup (ST deficiency with heat from constraint): hiccup, nausea, dry heaves, or retching</p>	<p>T: red P: rapid, deficient <i>(these sign do not need to be present)</i></p>

Formulas that Regulate the Blood

Formulas that Invigorate Blood and Dispel Stasis

<p>Tao He Cheng Qi Tang Peach Pit Decoction To Order the Qi</p>	<p><i>tao ren, da huang</i>, gui zhi, mang xiao, zhi gan cao</p>	<p>Drains heat; breaks up blood stasis</p> <p>Blood stasis and heat in lower-jiao: acute lower abdominal pain, smooth urination, night fevers, delirious speech, irritability, restlessness and thirst. Severe cases: mania. Women: painful menses or amenorrhea</p>	<p>P: submerged, full, or choppy</p>
<p>Xue Fu Zhu Yu Tang Drive Out Stasis From the Mansion of Blood Decoction</p>	<p><i>tao ren, hong hua</i>, dang gui, chuan xiong, chi shao, chuan niu xi, chai hu, jie geng, zhi ke, sheng di huang, gan cao</p>	<p>Invigorates blood; dispels blood stasis; spread Liver qi; unblocks channels</p> <p>Blood stasis in "mansion of blood": pain in chest and hypochondria; chronic, stubborn headache with fixed, piercing quality; chronic, incessant hiccup; choking sensation when drinking; dry heaves; depression or low spirits with sensation of warmth in chest; palpitations, insomnia, restless sleep, irritability, mood swings, evening tidal fever</p>	<p>T: dark red P: choppy or wiry, tight</p>
<p>Ge Xia Zhu Yu Tang Drive Out Stasis Below the Diaphragm Decoction</p>	<p>tao ren, hong hua, chi shao, chuan xiong, dang gui, mu dan pi, yan hu suo, xiang fu, wu ling zhi, zhi ke</p>	<p>Invigorates blood; dispels blood stasis; moves qi; alleviates pain</p> <p>Blood stasis below the diaphragm: palpable abdominal masses, fixed pain, abdominal masses that are visible when lying down</p>	
<p>Shao Fu Zhu Yu Tang Drive Out Stasis From the Lower Abdomen Decoction</p>	<p>chuan xiong, chi shao, dang gui, xiao hui xiang, rou gui, wu ling zhi, pu huang, mo yao</p>	<p>Invigorates blood; dispels blood stasis; warms the menses; alleviates pain</p> <p>Blood stasis in lower abdomen due to cold: palpable masses that may or may not be painful, or lower abdominal pain without masses, or lower abdominal distention, or lower back pain and abdominal distention during menstruation, or frequent menstruation with dark purple blood and clots</p> <p>Also: aversion to cold, low or depressed mood, cold extremities, white discharge</p>	<p>T: pale</p>

<p>Shen Tong Zhu Yu Tang Drive Out Stasis From the Painful Body Decoction</p>	<p>tao ren, hong hua, chuan xiong, dang gui, qin jiao, qiang huo, xiang fu, wu ling zhi, chuan niu xi, di long, gan cao</p>	<p>Invigorates blood; moves qi; dispels blood stasis; unblocks collaterals; unblocks painful obstruction; alleviates pain</p> <p>Painful obstruction (bi syndrome) due to qi and blood stagnation: shoulder pain, arm pain, low back pain, leg pain, or chronic aches and pains in body</p>	
<p>Bu Yang Huan Wu Tang Tonify the Yang To Restore the Five-[Tenths] Decoction</p>	<p><i>huang qi</i>, dang gui, chuan xiong, chi shao, tao ren, hong hua, di long</p>	<p>Tonifies qi; invigorates blood; unblocks channels</p> <p>Qi deficiency leading to blood stasis obstructing channels: sequela of wind-stroke including hemiplegia, paralysis, atrophy of the lower limbs, facial paralysis, slurred speech, drooling, dry stools, urinary frequency or incontinence</p>	<p>T: white coat P: moderate</p>
<p>Fu Yuan Huo Xue Tang Revive Health by Invigorating the Blood Decoction</p>	<p><i>tao ren, hong hua, dang gui, shan jia, da huang</i>, tian hua fen, chai hu, gan cao</p>	<p>Invigorates blood; dispels blood stasis; spreads Liver qi; unblocks channels</p> <p>Injury/trauma with blood leaving the vessels: excruciating pain associated with traumatic injury, especially in the chest, hypochondria, or flanks</p>	<p>P: choppy, wiry, and/or submerged</p>
<p>Wen Jing Tang Warm the Menses Decoction</p>	<p><i>wu zhu yu, gui zhi</i>, dang gui, chuan xiong, bai shao, e jiao, mai men dong, mu dan pi, ren shen, gan cao, sheng jiang, ban xia</p>	<p>Warms the vessels; dispels cold; nourishes blood; dispels blood stasis</p> <p>Deficiency cold of Ren & Chong with blood stasis: mild, persistent uterine bleeding, irregular menses (early or late), extended or continuous menstrual flow, bleeding between periods, pain, distention, and cold in the lower abdomen, infertility, dry lips and mouth, low-grade fever at dusk, warm palms and soles</p>	<p>T: purple P: fine, rough</p>
<p>Sheng Hua Tang Generation and Transformation Decoction</p>	<p><i>dang gui</i>, chuan xiong, tao ren, pao jiang, zhi gan cao, huang jiu</p>	<p>Invigorates blood; transforms and dispels blood stasis, warms menses; alleviates pain</p> <p>Postpartum blood stasis due to cold: retention of lochia accompanied by cold and pain in the lower abdomen</p>	<p>T: pale purple; or pale with purple spots P: thin, submerged, choppy</p>
<p>Gui Zhi Fu Ling Wan Cinnamon Twig and Poria Pill</p>	<p><i>gui zhi, fu ling</i>, shao yao, mu dan pi, tao ren</p>	<p>Invigorates blood; transforms blood stasis; reduces fixed abdominal masses</p> <p>Restless fetus due to blood stasis: mild, persistent uterine bleeding of purple or dark blood during pregnancy accompanied by abdominal pain the increases with pressure</p> <p>Also: immobile masses in lower abdomen with pain and tenderness, abdominal spasm and tension, amenorrhea with abdominal pain and distention, dysmenorrhea, retention of lochia</p>	<p>T: dark with purple spots P: submerged, choppy</p>
<p>Dang Gui Shao Yao San Tangkuei and Peony Powder</p>	<p><i>dang gui, bai shao</i>, fu ling, bai zhu, ze xie, chuan xiong</p>	<p>Nourishes Liver blood; spreads Liver qi; strengthens Spleen; resolves dampness</p> <p>Abdominal pain due to LV/SP disharmony (qi and blood stagnation due to dampness): continuous cramping pain of the abdomen that is not severe, urinary difficulty, slight edema (lower limbs). Pain occurs during pregnancy or with gynecological disorders</p>	
<p>Shi Xiao San Sudden Smile Powder</p>	<p>wu ling zhi, pu huang</p>	<p>Invigorates blood; dispels blood stasis; disperses accumulation; alleviates pain</p> <p>Blood stasis in lower abdomen: irregular menstruation, dysmenorrhea, retention of lochia, postpartum abdominal pain, acute colicky pain of lower abdomen, severe pain in middle abdomen, or epigastric pain</p>	
<p>Huo Luo Xiao Ling Dan Fantastically Effective Pill To Invigorate the Collaterals</p>	<p><i>dang gui</i>, dan shen, ru xiang, mo yao</p>	<p>Invigorates blood; dispels blood stasis; unblocks collaterals; alleviates pain</p> <p>Pain due to qi and blood stagnation blocking collaterals: pain in various locations (heart, stomach, abdomen, back, leg, arm), bruising and swelling due to traumatic injury, rheumatic pain, fixed abdominal masses, internal or external ulcerations</p>	<p>T: dark with spots P: wiry or rough</p>

Dan Shen Yin Salvia Drink	<i>dan shen</i> , tan xiang, sha ren	Invigorates blood; dispels blood stasis; moves qi; alleviates pain Qi and blood stagnation in middle jiao: abdominal or epigastric pain that may radiate upward, accompanied by signs of qi and blood stagnation	T: dark with spots P: wiry or rough
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Formulas that Stop Bleeding

Shi Hui San Ten Charred Powder	da ji, xiao ji, he ye, ce bai ye, bai mao gen, qian cao gen, zhi zi, da huang, mu dan pi, zong lu pi	Cools blood; stops bleeding; clears heat; drains fire Fire blazing in middle and upper jiao causing bleeding: nosebleed, vomiting blood, spitting blood, coughing up blood. Usually acute with sudden onset.	T: red P: rapid
Xiao Ji Yin Zi Small Thistle Drink	<i>xiao ji</i> , ou jie, pu huang, sheng di huang, hua shi, mu tong, dan zhu ye, zhi zi, dang gui, zhi gan cao	Cools blood; stops bleeding; promotes urination; unblocks lin syndrome Xue lin: painful blood urinary dribbling (blood in urine, frequent, urgent, burning, pain) or just blood in urine; accompanied by thirst, irritability	T: red; thin, yellow coat P: rapid, forceful
Huai Hua San Sophora Japonica Flower Powder	<i>huai hua mi</i> , ce bai ye, jing jie, zhi ke	Cools intestines; stops bleeding; disperses wind; moves qi Wind-heat or damp-heat in Stomach and intestines: bright red bleeding from the rectum during defecation, blood in stools, hemorrhoids with either bright-red or dark-red bleeding	T: red P: rapid, wiry; or rapid, soggy
Jiao Ai Tang Ass-Hide Gelatin and Mugwort Decoction	<i>e jiao</i> , <i>ai ye</i> , sheng di huang, dang gui, chuan xiong, bai shao, gan cao	Nourishes blood; stops bleeding; regulates menses; calms fetus Bleeding due to deficiency of Ren and Chong (tendency towards cold): abdominal pain with uterine bleeding, excessive menstruation, menstruation with constant spotting, postpartum bleeding, bleeding during pregnancy. Blood is pale and thin without clots. Accompanied by weakness and soreness of low back, dull complexion	T: pale; thin white coat P: thin, frail

Formulas that Expel Wind

Formulas that Dredge and Disperse External Wind

Xiao Huo Luo Dan Minor Invigorate the Collaterals Special Pill	<i>zhi cao wu</i> , <i>zhi chuan wu</i> , tian nan xing, mo yao, ru xiang, di long	Dispels wind; eliminates dampness; transforms phlegm; invigorates blood; unblocks collaterals; alleviates pain Chronic pain, weakness and numbness (esp. in lower extremities) due to wind-stroke. Also for fixed or migrating pain in the bones and joints with reduced range of motion due to wind-cold-damp bi. Symptoms aggravated by cold.	T: moist, white coat
Qian Zheng San Lead to Symmetry Powder	<i>bai fu zi</i> , bai jiang can, quan xie	Dispels wind; transforms phlegm; stops spasm Sequela of channel-stroke in head and face: sudden facial paralysis with deviation of eyes and mouth and facial muscle twitch	
Xiao Feng San Eliminate Wind Powder	<i>jing jie</i> , <i>fang feng</i> , <i>niu bang zi</i> , <i>chan tui</i> , cang zhu, ku shen, mu tong, shi gao, zhi mu, sheng di huang, dang gui, hei zhi ma, gan cao	Disperses wind; eliminates dampness; clears heat; cools blood Wind rash (wind-heat or wind-dampness causing rash): weepy, itchy, red skin lesions over a large part of the body	T: yellow or white coat P: rapid, forceful, floating

Formulas that Pacify and Extinguish Internal Wind

<p>Ling Jiao Gou Teng Tang Antelope Horn and Uncaria Decoction</p>	<p><i>ling yang jiao, gou teng, sang ye, ju hua, bai shao, sheng di huang, chuan bei mu, zhu ru, fu shen, gan cao</i></p>	<p>Cools Liver; extinguishes wind; increases fluids; relaxes sinews</p> <p>Excess heat in Liver stirring internal wind: persistent high fever, irritability, restlessness, dizziness, vertigo, twitching and spasms of the extremities, possible impaired consciousness or loss of consciousness</p>	<p>T: deep red, dry, or burnt, with prickles P: rapid, wiry</p>
<p>Zhen Gan Xi Feng Tang Sedate Liver and Extinguish Wind Decoction</p>	<p><i>huai niu xi, zhe shi, long gu, mu li, gui ban, xuan shen, tian men dong, bai shao, yin chen hao, chuan lian zi, mai ya, gan cao</i></p>	<p>Sedates Liver; extinguishes wind; nourishes yin; anchors yang</p> <p>Wind-stroke (primarily due to Liver yang rising): dizziness, vertigo, distention of eyes, tinnitus, feverish sensation of head, headache, irritability, flushed face as if intoxicated.</p> <p>Maybe frequent belching, progressive motor dysfunction or facial asymmetry, dizziness and vertigo, sudden loss of consciousness, confusion with moments of clarity</p>	<p>P: wiry, long, forceful</p>
<p>Tian Ma Gou Teng Yin Gastrodia and Uncaria Decoction</p>	<p><i>tian ma, gou teng, shi jue ming, zhi zi, huang qin, yi mu cao, chuan niu xi, du zhong, sang ji sheng, ye jiao teng, fu shen</i></p>	<p>Calms Liver; extinguishes wind; clears heat; invigorates blood; tonifies Liver and Kidney</p> <p>Hyperactive Liver yang stirring internal wind: headache, dizziness, vertigo, tinnitus, blurred vision, sensation of heat rushing to head, insomnia with dream-disturbed sleep. In severe cases: numbness, twitching, spasm in extremities, hemiplegia</p>	<p>T: red P: rapid, wiry</p>
<p>E Jiao Ji Zi Huang Tang Ass-Hide Gelatin and Egg Yolk Decoction</p>	<p><i>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</i></p>	<p>Enriches yin; nourishes blood; softens Liver; extinguishes wind</p> <p>Blood/yin deficiency stirring internal wind: rigid extremities, muscle spasms and twitches in the extremities, dry mouth, parched lips</p>	<p>T: deep red; scanty coat P: thin, rapid</p>

Formulas that Treat Dryness

Formulas that Gently Disperse and Moisten Dryness

<p>Xing Su San Apricot Kernel And Perilla Leaf Decoction</p>	<p><i>zi su ye, xing ren, qian hu, jie geng, zhi ke, chen pi, fu ling, ban xia, sheng jiang, da zao, gan cao</i></p>	<p>Gently disperses cool-dryness; disseminates Lung qi; transforms thin mucus</p> <p>Externally-contracted cool-dryness: slight headache, chills without sweating, cough with watery sputum, stuffy nose, dry throat</p>	<p>T: dry, white coat P: wiry</p>
<p>Sang Xing Tang Mulberry Leaf and Apricot Kernel Decoction</p>	<p><i>sang ye, xing ren, zhi zi, dan dou chi, zhe bei mu, sha shen, li pi</i></p>	<p>Clears and disperses warm-dryness</p> <p>Externally-contracted warm-dryness: moderate fever, headache, thirst; a dry, hacking cough; or cough with scanty, thick, sticky sputum</p>	<p>T: red; thin, white, dry coat P: floating, rapid (esp. on right)</p>
<p>Qing Zao Jiu Fei Tang Clear Dryness and Rescue the Lungs Decoction</p>	<p><i>sang ye, shi gao, mai men dong, e jiao, hei zhi ma, xing ren, pi pa ye, ren shen, gan cao</i></p>	<p>Clears dryness and moistens Lung</p> <p>Warm-dryness with damage to qi and yin: headache, fever, hacking cough, wheezing, dry and parched throat, dry nasal passages, fullness in chest, hypochondriac pain, irritability, thirst</p>	<p>T: dry; no coat P: deficient, big, rapid</p>

Formulas that Enrich the Yin and Moisten Dryness

<p>Mai Men Dong Tang Ophiopogonis Decoction</p>	<p><i>mai men dong, ren shen, geng mi, ban xia, da zao, gan cao</i></p>	<p>Benefits Stomach; generates fluids; directs rebellious qi downward</p> <p>Deficiency heat from ST scorching LU yin: coughing, wheezing, shortness of breath, difficult-to-expectorate sputum, dry uncomfortable sensation in throat, dry mouth, heat in palms and soles</p>	<p>T: dry; little coat P: deficient, rapid</p>
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Formulas that Expel Dampness

Formulas that Transform Damp Turbidity and Harmonize the Stomach

Ping Wei San Calm the Stomach Powder	<i>cang zhu</i> , hou po, chen pi, zhi gan cao, sheng jiang, da zao	Dries dampness; improves T&T of Spleen; moves qi, harmonizes the Stomach Dampness stagnating in SP/ST: distention and fullness in the epigastrium and abdomen, loss of taste and appetite, heavy sensation in limbs, loose stools or diarrhea, easily-fatigued, increased desire to sleep, n/v, belching, acid reflux	T: swollen; thick, white, greasy coat P: moderate or slippery
Huo Xiang Zheng Qi San Patchouli/Agastaches Powder To Rectify the Qi	<i>huo xiang</i> , hou po, chen pi, zi su ye, bai zhi, ban xia, da fu pi, bai zhu, fu ling, jie geng, sheng jiang, da zao, zhi gan cao	Releases the exterior; transforms dampness; regulates qi; harmonizes middle jiao Externally-contracted wind-cold with internal dampness: fever and chills, headache, fullness in chest, abdominal pain, nausea and vomiting, borborygmus, diarrhea, loss of taste Also for sudden turmoil or malarial disorders	T: white, greasy coat P: moderate, soggy

Formulas Clear Heat and Expel Dampness

San Ren Tang Three Seed Decoction	<i>xing ren</i> , <i>bai dou kou</i> , <i>yi yi ren</i> , hou po, ban xia, tong cao, dan zhu ye, hua shi	Disseminates qi; clears damp-heat Early-stage damp-warmth/summerheat-warmth with dampness predominating: headache, chills, afternoon fever, heavy body, generalized pain, pale yellow complexion, stifling sensation in chest, loss of appetite, no thirst	T: white coat P: wiry, thin, soggy
Gan Lu Xiao Du Dan Sweet Dew Special Pill To Eliminate Toxin	<i>hua shi</i> , <i>yin chen hao</i> , <i>huang qin</i> , lian qiao, bo he, she gan, chuan bei mu, mu tong, huo xiang, shi chang pu, bai dou kou	Resolves dampness; transforms turbidity; clears heat; resolves toxicity Early-stage damp-warmth epidemic: fever, achey limbs, lethargy, swollen throat, stifling sensation in chest, abdominal distention, dark scanty urine. Maybe vomiting, diarrhea, jaundice, or unremitting fever	T: white, greasy; or yellow, dry P: rapid, soggy
Yin Chen Hao Tang Artemesia Decoction	<i>yin chen hao</i> , zhi zi, da huang	Clears heat; resolves dampness; reduces jaundice Yang-type (damp-heat) jaundice: whole-body jaundice with color that resembles fresh tangerine, slight abdominal distention, urinary difficulty, thirst (only takes little sips), little or no sweating (or sweating only from head)	T: yellow, greasy coat P: rapid, slippery
Ba Zheng San Eight Herb Rectification Powder	<i>mu tong</i> , hua shi, che qian zi, qu mai, bian xu, zhi zi, da huang, deng xin cao, gan cao	Clears heat; drains fire; promotes urination; unblocks lin Damp-heat lin syndrome: dark, turbid, scanty, difficult, and painful urination; dry mouth and throat	T: yellow, greasy coat P: rapid, slippery
Er Miao San Two Marvel Pill	huang bai, cang zhu	Clears heat; dries dampness Damp-heat in lower-jiao: wide variety of complaints (pain in low back and extremities; red, hot swollen, painful feet; thick, yellow, foul-smelling vaginal discharge, sores on lower extremities due to dampness) with scanty, yellow urine	T: yellow, greasy coat

Formulas Promote Urination and Leach Out Dampness

<p>Wu Ling San Five Ingredient Powder With Poria</p>	<p><i>ze xie</i>, fu ling, zhu ling, bai zhu, gui zhi</p>	<p>Promotes urination; drains dampness; strengthens Spleen; warms yang; promotes transformation functions of qi</p> <ol style="list-style-type: none"> 1. Water buildup (taiyang disorder penetrating bladder organ): headache, fever, irritability, strong thirst (vomiting immediately after drinking), urinary difficulty, floating pulse, white tongue coat 2. Spleen deficiency failing to transport water: edema, heavy body, diarrhea, urinary difficulty, possible vomiting and diarrhea (sudden turmoil disorder) 3. Retention of thin mucus in lower jiao: throbbing pulsations just below umbilicus, vomiting frothy saliva, vertigo, shortness of breath, coughing 	
<p>Zhu Ling Tang Polyporus Decoction</p>	<p><i>zhu ling, fu ling</i>, ze xie, hua shi, e jiao</p>	<p>Promotes urination; clears heat; nourishes yin</p> <p>Cold entering yangming or jueyin transforming into heat: urinary difficulty accompanied by fever and thirst with desire to drink. Maybe also diarrhea, cough, nausea, irritability, insomnia</p>	
<p>Wu Pi San Five Peel Powder</p>	<p>sang bai pi, sheng jiang pi, fu ling pi, chen pi, da fu pi</p>	<p>Resolves dampness; reduces edema; regulates qi; strengthens Spleen</p> <p>Skin edema: generalized edema, heaviness, distention, fullness in abdomen and epigastrium, labored and heavy breathing, urinary difficulty</p>	<p>T: white, greasy coat P: submerged, moderate</p>

Formulas that Warm and Transform Water and Dampness

<p>Ling Gui Zhu Gan Tang Poria, Cinnamon Twig, Atractylodes, and Licorice Decoction</p>	<p><i>fu ling</i>, gui zhi, bai zhu, zhi gan cao</p>	<p>Warms and transforms phlegm and thin mucus; strengthens Spleen; resolves dampness</p> <p>Thin mucus in epigastrium: fullness in chest and hypochondria, coughing up clear and watery sputum, dizziness or vertigo</p>	<p>T: pale, swollen; white greasy coat P: slippery and either wiry or soggy</p>
<p>Zhen Wu Tang True Warrior Decoction</p>	<p><i>fu zi</i>, bai zhu, fu ling, sheng jiang, bai shao</p>	<p>Warms yang; promotes urination</p> <p>Retention of water due to Kidney (and Spleen) yang deficiency: abdominal pain worse with cold, urinary difficulty, aching and heaviness in extremities. Maybe also generalized edema, loose stools, dizziness, heavy sensation of head, palpitations, coughing, vomiting</p>	<p>T: pale or dark, swollen with toothmarks; white, slippery tongue coat P: submerged, thin, forceless</p>
<p>Shi Pi Yin Bolster the Spleen Drink</p>	<p><i>fu zi, gan jiang</i>, bai zhu, fu ling, mu gua, hou po, mu xiang, da fu pi, cao guo, zhi gan cao</p>	<p>Warms yang; strengthens Spleen; moves qi; promotes urination</p> <p>Edema due to SP/KI yang deficiency: generalized edema (more severe in lower body), cold extremities, fullness in chest and abdomen, heavy body, loss of appetite, no thirst, scanty urine, loose stools</p>	<p>T: thick, greasy coat P: submerged, slow; or submerged, thin</p>
<p>Bi Xie Fen Qing Yin Tokoro Drink To Separate the Clear</p>	<p><i>bei xie</i>, yi zhi ren, wu yao, shi chang pu</p>	<p>Warms Kidney; resolves dampness; separates clear and transforms turbid</p> <p>Gao lin (cloudy lin due to cold and dampness in lower jiao): urinary frequency with cloudy, dense, milky, or greasy urine</p>	

Formulas that Dispel Wind-Dampness

<p>Qiang Huo Sheng Shi Tang Notopterygium Decoction To Overcome Dampness</p>	<p><i>qiang huo, du huo</i>, gao ben, fang feng, chuan xiong, dan dou chi, zhi gan cao</p>	<p>Expels wind and dampness</p> <p>Bi syndrome (wind-damp predominant): heavy painful head, body heaviness, back pain or generalized pain, stiff neck, difficulty rotating or bending trunk, mild fever, chills</p>	<p>T: white coat P: floating</p>
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Juan Bi Tang Remove Painful Obstruction Decoction	<i>qiang huo, fang feng, dang gui, bai shao, huang qi, jiang huang, sheng jiang, da zao, zhi gan cao</i>	Tonifies and harmonizes ying and wei; dispels wind; eliminates dampness Bi syndrome (wind-damp predominant) with qi and blood xu: sensation of heaviness in body; stiff neck, shoulder, and upper back; numbness in extremities, difficulty moving	T: white coat P: moderate
Du Huo Ji Sheng Tang Pubescent Angelica and Taxillus Decoction	<i>du huo, xi xin, fang feng, qin jiao, sang ji sheng, du zhong, huai niu xi, rou gui, dang gui, chuan xiong, sheng di huang, bao shao, ren shen, fu ling, zhi gan cao</i>	Expels wind-dampness; disperses painful obstruction; tonifies deficiency Bi syndrome with LV/KI deficiency: heavy and painful sensations at fixed locations in the lower back and lower extremities, accompanied by weakness and stiffness or hypertonicity and immobility, aversion to cold and desire for warmth, palpitations, shortness of breath. Also maybe paresthesia or numbness	T: pale; white coat P: thin, weak slow
Gui Zhi Shao Yao Zhi Mu Tang Cinnamon Twig, Peony, and Anemarrhena Decoction	<i>gui zhi, ma huang, fu zi, zhi mu, bao shao, bai zhu, fang feng, sheng jiang, gan cao</i>	Unblocks flow of yang qi; promotes movement in areas of painful obstruction; dispels wind; eliminates dampness Recurrent wind-cold-damp generating heat: swollen and painful joints (esp. in lower extremities) that are warm to the touch and worsen at night, reduced range of motion in affected joints, chills, absence of sweating, weight loss, dizziness, headache, shortness of breath, a feeling as if one wants to vomit	T: white, greasy coat P: wiry, slippery

Formulas that Dispel Phlegm

Formulas that Dry Dampness and Transform Phlegm

Er Chen Tang Two Aged [Herb] Decoction	<i>ban xia, chen pi, fu ling, zhi gan cao</i>	Dries dampness; transforms phlegm; regulates qi; harmonizes middle jiao Phlegm-dampness (SP/LU): cough with copious, white, easy-to-expectorate sputum; focal distention and stifling sensation in chest and diaphragm; palpitations; nausea and vomiting; dizziness	T: white, moist or greasy coat P: slippery
Wen Dan Tang Warm Gallbladder Decoction	<i>zhu ru, zhi shi, ban xia, chen pi, fu ling, sheng jiang, gan cao</i>	Regulates qi; transforms phlegm; clears the Gallbladder; harmonizes the Stomach GB/ST disharmony with phlegm-heat: dizziness, vertigo, nausea, vomiting, dream-disturbed sleep with strange or unusual dreams, palpitations, anxiety, indeterminate gnawing hunger; or seizures accompanied by copious sputum, focal distention of chest, bitter taste, slight thirst	T: yellow, greasy coat P: rapid; slippery or wiry
Huang Lian Wen Dan Tang Warm Gallbladder Decoction With Coptis	<i>huang lian, zhu ru, zhi shi, ban xia, chen pi, fu ling, sheng jiang, gan cao</i>	Wen Dan Tang + Huang Lian: for severe phlegm-heat with more restlessness and irritability, more intense bitter taste in mouth	

Formulas that Clear Heat and Transform Phlegm

Qing Qi Hua Tan Tang Clear the Qi and Transform Phlegm Decoction	<i>dan nan xing, huang qin, gua lou ren, ban xia, chen pi, xing ren, zhi shi, fu ling</i>	Clears heat; transforms phlegm; directs rebellious qi downward; stops cough Phlegm-heat: coughing of thick, yellow, difficult-to-expectorate sputum, focal distention and fullness in chest, nausea	T: red; greasy, yellow coat P: rapid, slippery
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<p>Xiao Xian Xiong Tang Minor Decoction [for Pathogens] Stuck in the Chest</p>	<p><i>gua lou</i>, huang lian, ban xia</p>	<p>Clears heat; transforms phlegm; expands chest, dissipates clumps</p> <p>Phlegm-heat clumping in chest: focal distention (with or without nodules) in the chest and epigastrium that are painful when pressed, cough with thick yellow sputum, constipation, bitter taste</p>	<p>T: greasy, yellow coat P: slippery; floating or rapid</p>
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Formulas that Transform Phlegm and Disperse Clumping

<p>Xiao Luo Wan Reduce Scrofula Pill</p>	<p><i>xuan shen</i>, mu li, zhe bei mu</p>	<p>Clears heat; transforms phlegm; softens hardness; disperses clumps</p> <p>Nodules on the neck that are firm and rubbery in consistency, accompanied by dry mouth and throat</p>	<p>T: red P: rapid; slippery or wiry</p>
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Formulas that Moisten Dryness and Transform Phlegm

<p>Bei Mu Gua Lou San Fritillaria and Trichosanthes Fruit Powder</p>	<p><i>chuan bei mu</i>, gua lou, tian hua fen, fu ling, ju hong, jie geng</p>	<p>Moistens Lung; clears heat; regulates qi; transforms phlegm</p> <p>Dryness in Lung causing phlegm: cough with deep-seated difficult-to-expectorate sputum, wheezing, dry and sore throat</p>	<p>T: red, dry; white coat P: rapid, thin but strong or slippery</p>
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Formulas that Warm and Transform Phlegm-Cold

<p>San Zi Yang Qin Tang Three-Seed Decoction To Nourish One's Parents</p>	<p>bai jie zi, zi su zi, lai fu zi</p>	<p>Directs qi downward; transforms phlegm; reduces harbored food</p> <p>Phlegm clogging Lungs + qi stagnation: coughing and wheezing, copious sputum, focal distention in chest, loss of appetite, digestive difficulties</p>	<p>T: white, greasy coat P: slippery</p>
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Formulas that Transform Phlegm and Extinguish Wind

<p>Ban Xia Bai Zhu Tian Ma Tang Pinellia, White Atractylodes, and Gastrodia Decoction</p>	<p><i>ban xia</i>, <i>tian ma</i>, bai zhu, fu ling, ju hong, sheng jiang, da zao, gan cao</p>	<p>Strengthens Spleen; dispels dampness; transforms phlegm; extinguishes wind</p> <p>Wind-phlegm: dizziness and vertigo (possibly severe), headache, a stifling sensation in chest, nausea or vomiting, copious sputum</p>	<p>T: white, greasy coat P: slippery, wiry</p>
<p>Zhi Sou San Stop Coughing Powder</p>	<p><i>zi wan</i>, <i>bai qian</i>, <i>bai bu</i>, jie geng, chen pi, jing jie, gan cao</p>	<p>Stop cough; transforms phlegm; disperses exterior; disseminates Lung qi</p> <p>Lingering cough after wind-cold attack: cough with or without slight fever and chills, itchy throat, phlegm that is difficult to expectorate</p>	<p>T: thin, white coat P: moderate, floating</p>