

172 PAN-CANADIAN FORMULAS

ADDITIONAL 47 FORMULAS

[1] RELEASE EXTERIOR

	FORMULA	INDICATIONS
Wind-Cold	MA HUANG TANG	Exterior Wind-Cold of excess type
	GUI ZHI TANG	Exterior Wind-Cold of deficiency type
	XIAO QING LONG TANG	Exterior Wind-Cold with congested Phlegm-Fluid in the LU
	JIU WEI QIANG HUO TANG	Exterior Wind-Cold-Damp with concurrent internal accumulation of Heat
Wind-Heat	SANG JU YIN	Exterior Wind-Heat causing cough; Wind-Heat causing eye disorders
	YIN QIAO SAN	Exterior Wind-Heat with Heat-Toxin; Toxic-Heat causing Boils and Sores
Interior Deficiency	REN SHEN BAI DU SAN	Exterior Wind-Cold-Damp with interior Qi deficiency

JIU WEI QIANG HUO TANG Nine-herb notopterygium decoction 九味羌活湯(구미강활탕) <u>Disperse Wind-Cold</u>	Qiang Huo 4.5	<ul style="list-style-type: none"> • Exterior Wind-Cold-Damp with internal Heat: Chills and fever, chills predominant, absence of sweating, headache, stiff neck, generalized aches and pains, slight thirst, bitter taste in the mouth, ① normal, ② floating • Note: Also for toothache with exterior symptoms. 															
	Fang Feng 4.5																
	Cang Zhu 4.5																
	Xi Xin 1.5																
	Chuan Xiong 3																
	Bai Zhi 3																
	Huang Qin 3																
	Sheng Di Huang 3																
	Gan Cao 3																
		<table border="1"> <thead> <tr> <th>Chuan Xiong</th> <th>Qiang Huo</th> <th>Bai Zhi</th> <th>Xi Xin</th> <th>Cang Zhu</th> </tr> </thead> <tbody> <tr> <td colspan="5" style="text-align: center;">Treat Headache</td> </tr> <tr> <td>All kinds</td> <td>Taiyang</td> <td>Yangming</td> <td>Shaoyin</td> <td>Taiyin</td> </tr> </tbody> </table>	Chuan Xiong	Qiang Huo	Bai Zhi	Xi Xin	Cang Zhu	Treat Headache					All kinds	Taiyang	Yangming	Shaoyin	Taiyin
Chuan Xiong	Qiang Huo	Bai Zhi	Xi Xin	Cang Zhu													
Treat Headache																	
All kinds	Taiyang	Yangming	Shaoyin	Taiyin													

[2] DRAIN DOWNWARD

	FORMULA	INDICATIONS
Heat accumulation	DA CHENG QI TANG	Yangming organ syndrome causing severe constipation
	XIAO CHENG QI TANG	Moderate Yangming organ syndrome causing constipation
	TIAO WEI CHENG QI TANG	Mild Yangming organ syndrome causing mild constipation
Cold accumulation	DA HUANG FU ZI TANG	Cold accumulation in the interior causing constipation
	WEN PI TANG	Cold accumulation in the interior with SP Yang deficiency
Intestinal Dryness	MA ZI REN WAN	Constipation due to Intestinal Dryness & Heat → Spleen Bind
	JI CHUAN JIAN	Constipation due to KD Yang deficiency

DA HUANG FU ZI TANG Rhubarb & prepared aconite decoction 大黃附子湯(대황부자탕) <u>Warm & Purge Accumulation</u>	Fu Zi 6-12	<ul style="list-style-type: none"> • Interior Cold accumulation causing constipation: Constipation, abdominal pain, hypochondriac pain, chills, cold hands and feet, ① white greasy coat, ② wiry, tight • Note: Patient may also present with low-grade fever.
	Da Huang 9	
	Xi Xin 6	
WEN PI TANG Warm the spleen decoction 溫脾湯(온비탕) <u>Warm & Purge Accumulation</u>	Fu Zi 9	<ul style="list-style-type: none"> • Cold accumulation in the interior with SP Yang deficiency: Constipation or chronic red-and-white dysenteric disorders associated with abdominal pain, cold extremities, ① white coat, ② deep, wiry • Note: Focuses on warming and tonifying SP Yang and purging Cold accumulation.
	Da Huang 12	
	Gan Jiang 6	
	Ren Shen 6	
	Gan Cao 6	

[3] HARMONIZE

	FORMULA	INDICATIONS
Shao Yang	XIAO CHAI HU TANG	Shaoyang syndrome
	HAO QIN QING DAN TANG	Damp-Heat and Phlegm in Shaoyang channels constraining the Wei/Ying Qi
Liver & Spleen	SI NI SAN	LV Qi stagnation overacting on the SP causing cold extremities (<i>Yang Jue</i>)
	XIAO YAO SAN	LV Qi stagnation with LV Blood & SP Qi deficiency
	TONG XIE YAO FANG	LV Qi stagnation overacting on the SP causing diarrhea with abdominal pain
Stomach & Intestines	BAN XIA XIE XIN TANG	Pi syndrome due to Cold-Heat complex

HAO QIN QING DAN TANG Sweet wormwood and scutellaria decoction to clear the gallbladder 蒿香清膽湯(호금정담탕) <i>Harmonize Shaoyang</i>	Qing Hao 4.5-6	<ul style="list-style-type: none"> • Damp-Heat with Phlegm in the Shaoyang channels constraining the protective and nutritive Qi: Mild chills alternating with pronounced fever, bitter taste, spitting up bitter or sour fluids, thirst, distention and pain in the chest and hypochondria, ① red, thick, greasy, white or yellow coat, ② rapid pulse that is slippery on the right and wiry on the left • Note: Also treats Shaoyang channel Damp-Heat symptoms such as tinnitus or urinary obstruction and systemic Damp-Heat manifestations like night sweats.
	Huang Qin 4.5-9	
	Zhu Ru 9	
	Zhi Ke 4.5	
	Ban Xia 4.5	
	Chen Pi 4.5	
	Chi Fu Ling 9	
	Hua Shi 9	
	Gan Cao 1.5	
	Qing Dai 1.5	

Xiao Chai Hu Tang	Hao Qin Qing Dan Tang
Shaoyang syndrome	
Wind-Cold invading Taiyang level	Damp-Heat invading GB channel
Chai Hu + Huang Qin	Qing Hao + Huang Qin

[4] CLEAR HEAT

	FORMULA	INDICATIONS
Qi Level	BAI HU TANG	Excess Heat in the Yangming channel or Qi level
	ZHU YE SHI GAO TANG	Qi-level Heat injuring the Qi & Fluid
Ying/Blood Levels	QING YING TANG	Heat entering the Nutritive level
	XI JIAO DI HUANG TANG	Heat entering the Blood level
Toxic-Heat	HUANG LIAN JIE DU TANG	Fire-Toxin from excessive Heat in the Triple burners
	PU JI XIAO DU YIN	Epidemic Toxin with Wind-Heat & Damp-Phlegm
	LIANG GE SAN	Heat and clumping in the diaphragm region
Qi & Blood Levels	QING WEN BAI DU YIN	Severe Fire in the Qi/Blood levels
Organ-Heat	MA XING SHI GAN TANG	Heat lodged in the LU
	XIE BAI SAN	Constrained LU Heat causing wheezing
	TING LI DA ZAO XIE FEI TANG	LU abscess with phlegm in the chest
	QING WEI SAN	ST Heat accumulation
	YU NU JIAN	ST Heat with Yin deficiency
	DAO CHI SAN	HT Fire transferring to the SI
	LONG DAN XIE GAN TANG	LV Fire blazing up; LV/GB Damp-Heat invading downward
	ZUO JIN WAN	LV Fire burning ST causing LV & ST disharmony
	SHAO YAO TANG	LI Damp-Heat with Qi & Blood stagnation causing dysentery
	BAI TOU WENG TANG	Dysentery due to Toxic-Heat in the ST & Intestine
Deficiency-Heat	QING HAO BIE JIA TANG	Yin deficiency with Heat in the Ying level during later stage of febrile disease
	QING GU SAN	KD/LV Yin deficiency leading to Steaming Bone disorder
	QIN JIAO BIE JIA SAN	Pathogenic Wind penetrating the interior with preexisting Yin deficiency
	DANG GUI LIU HUANG TANG	Yin deficiency with Empty-Heat causing night sweats
Summer-Heat	QING LUO YIN	Mild Summer-Heat injuring the Qi level of the LU channel
	XIN JIA XIANG RU SAN	Severe Summer-Heat in the LU Taiyin with contraction of cold in the exterior
	LIU YI SAN	Summer-Heat with interior Damp
	QING SHU YI QI TANG	Summer-Heat injuring the Qi and Fluids

<p>TING LI DA ZAO XIE FEI TANG Lepidium/Descurainia and Jujube decoction to drain the lungs 寧肺大棗瀉肺湯(정력대조사패탕) <u>Clear Organ-Heat</u></p>	<p>Ting Li Zi 9-12 Da Zao 12p</p>	<ul style="list-style-type: none"> • LU abscess with phlegm in the chest: Coughing, wheezing, and a sense of fullness and distention in the chest, superficial edema of the entire body including the face and ears, nasal congestion with a clear discharge, and a loss of tastes and smell • Note: Focuses on draining phlegm and fluids from the LU <table border="1" data-bbox="610 233 1403 338"> <tr> <th>Xie Bai San</th> <th>Ting Li Da Zao Xie Fei Tang</th> </tr> <tr> <td colspan="2">Drains LU to relieve coughing</td> </tr> <tr> <td>Interior Heat</td> <td>Accumulation of Phlegm and Water</td> </tr> </table>	Xie Bai San	Ting Li Da Zao Xie Fei Tang	Drains LU to relieve coughing		Interior Heat	Accumulation of Phlegm and Water				
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Drains LU to relieve coughing												
Interior Heat	Accumulation of Phlegm and Water											
<p>QIN JIAO BIE JIA SAN Large Gentian and Soft-Shell Turtle Shell powder 秦艽鱉甲散(진교별갑산) <u>Clear Deficiency-Heat</u></p>	<p>Qin Jiao 15 Bie Jia 30 Chai Hu 30 Di Gu Pi 30 Zhi Mu 15 Dang Gui 15 Qing Hao 15</p>	<ul style="list-style-type: none"> • Pathogenic Wind penetrating the interior with preexisting Yin deficiency: Night sweats, emaciation, red lips and cheeks, afternoon fever, coughing with sticky yellow sputum or blood-streaked sputum, heat in the five centers, steaming bone fever, exhaustion, ① red, little coat, ② faint, rapid • Note: This is Wind consumption (Feng Lao 風癆), a.k.a. Liver consumption (Gan Lao 肝癆). <table border="1" data-bbox="573 495 1442 630"> <tr> <th>Qin Jiao Bie Jia San</th> <th>Qing Hao Bie Jia Tang</th> </tr> <tr> <td colspan="2">Yin and body fluid deficiency</td> </tr> <tr> <td>Feng Lao (Wind consumption) disease</td> <td>Late-stage febrile disease</td> </tr> <tr> <td>Nourish Yin and Blood</td> <td>Nourish Yin and Vents interior deficiency Heat</td> </tr> </table>	Qin Jiao Bie Jia San	Qing Hao Bie Jia Tang	Yin and body fluid deficiency		Feng Lao (Wind consumption) disease	Late-stage febrile disease	Nourish Yin and Blood	Nourish Yin and Vents interior deficiency Heat		
Qin Jiao Bie Jia San	Qing Hao Bie Jia Tang											
Yin and body fluid deficiency												
Feng Lao (Wind consumption) disease	Late-stage febrile disease											
Nourish Yin and Blood	Nourish Yin and Vents interior deficiency Heat											
<p>QING LUO YIN Clear the collaterals decoction 清絡飲(정락음) <u>Clear Summer-Heat</u></p>	<p>Jin Yin Hua 6 Bian Dou Hua 6 Xi Gua Shuang 6 Si Gua Pi 6 He Ye 6 Dan Zhu Ye 6</p>	<ul style="list-style-type: none"> • Mild Summer-Heat injuring the Qi level of the LU channel: Fever, sweating, thirst, unclear head and vision with light-headedness and slight distention of the head, ① pale-red with thin, white coat • Note: Drunken as a tea to prevent injury from Summer-Heat. <table border="1" data-bbox="639 762 1373 863"> <tr> <th colspan="2">Qing Luo Yin</th> </tr> <tr> <td>Treats</td> <td>Prevents</td> </tr> <tr> <td>Summer-heat invading LU</td> <td>Heat-strokes (as a tea)</td> </tr> </table>	Qing Luo Yin		Treats	Prevents	Summer-heat invading LU	Heat-strokes (as a tea)				
Qing Luo Yin												
Treats	Prevents											
Summer-heat invading LU	Heat-strokes (as a tea)											
<p>XIN JIA XIANG RU YIN Newly Augmented Mosla Drink 新加香薷飲(신가향유음) <u>Clear Summer-Heat</u></p>	<p>Xiang Ru 6 Bian Dou Hua 9 Jian Yin Hua 9 Lian Qiao 6 Hou Po 6</p>	<ul style="list-style-type: none"> • Severe, early-stage Summer-Heat in the LU Taiyin with superimposed contraction of Cold fettering the exterior: Fever and chills without sweating, headache, thirst, flushed face, stifling sensation in the chest, heavy and aching body, dark and rough urination, ① red, white, greasy coat, ② flooding pulse on the right and small pulse on the left <table border="1" data-bbox="557 997 1456 1163"> <tr> <th>Xiang Ru San</th> <th>Xin Jia Xiang Ru San</th> </tr> <tr> <td colspan="2">Xiang Ru, Hou Po</td> </tr> <tr> <td>Bai Bian Dou</td> <td>Bian Dou Hua, Jin Yin Hua, Lian Qiao</td> </tr> <tr> <td>Warmer in property</td> <td>Cooler in property</td> </tr> <tr> <td>Summer-heat with exterior Cold + Interior Damp</td> <td>Summer-heat with more heat signs (thirst, red face)</td> </tr> </table>	Xiang Ru San	Xin Jia Xiang Ru San	Xiang Ru, Hou Po		Bai Bian Dou	Bian Dou Hua, Jin Yin Hua, Lian Qiao	Warmer in property	Cooler in property	Summer-heat with exterior Cold + Interior Damp	Summer-heat with more heat signs (thirst, red face)
Xiang Ru San	Xin Jia Xiang Ru San											
Xiang Ru, Hou Po												
Bai Bian Dou	Bian Dou Hua, Jin Yin Hua, Lian Qiao											
Warmer in property	Cooler in property											
Summer-heat with exterior Cold + Interior Damp	Summer-heat with more heat signs (thirst, red face)											
<p>QING SHU YI QI TANG clear summerheat and augment the qi decoction 清暑益氣湯(정서익기탕) <u>Clear Summer-Heat</u></p>	<p>Xi Yang Shen 4.5-6 Xi Gua Pi 24-30 Lian Geng 12-15 Shi Hu 12-15 Mai Men Dong 6-9 Dan Zhu Ye 4.5-6 Zhi Mu 4.5-6 Huang Lian 2-3 Gan Cao 2-3 Geng Mi 12-15</p>	<ul style="list-style-type: none"> • Summer-Heat injuring the Qi & Fluid: Fever, profuse sweating, irritability, thirst, scanty and dark urine, desire to curl up, shortness of breath, ② empty, rapid • Note: Focuses on replenishing Fluid. <table border="1" data-bbox="654 1270 1357 1373"> <tr> <th>Qing Shu Yi Qi Tang</th> <th>Zhu Ye Shi Gao Tang</th> </tr> <tr> <td>Summer-Heat</td> <td>Warm febrile Heat</td> </tr> <tr> <td colspan="2">Heat injuring the Qi & Fluid</td> </tr> </table>	Qing Shu Yi Qi Tang	Zhu Ye Shi Gao Tang	Summer-Heat	Warm febrile Heat	Heat injuring the Qi & Fluid					
Qing Shu Yi Qi Tang	Zhu Ye Shi Gao Tang											
Summer-Heat	Warm febrile Heat											
Heat injuring the Qi & Fluid												

[5] WARM INTERIOR

	FORMULA	INDICATIONS						
Channels	DANG GUI SI NI TANG	Cold in the channels with underlying Blood deficiency						
	HUANG QI GUI ZHI WU WU TANG	Painful obstruction of the Blood						
Middle Burner	LI ZHONG WAN	Deficiency-Cold of the SP/ST						
	WU ZHU YU TANG	Deficiency-Cold of the ST (Yangming), LV (Jueyin), and KD (Shaoyin)						
	XIAO JIAN ZHONG TANG	SP Yang deficiency with Cold causing abdominal pain						
	DA JIAN ZHONG TANG	Middle Burner Yang deficiency (root) + Vigorous Yin-cold (manifestation)						
Yang Collapse	SI NI TANG	KD Yang deficiency with Cold-Evil in Shaoyin stage (<i>Yin Jue</i>); Yang collapse						
	HUI YANG JIU JI TANG	Exhausted Yang with pathogenic Cold in Taiyin, Shaoyin, and Jueyin						
DANG GUI SI NI TANG tangkuei decoction for frigid extremities 當歸四逆湯(당귀사역탕) <i>Warm Channels</i>	Dang Gui 9 Gui Zhi 9 Bai Shao 9 Xi Xin 6 Zhi Gan Cao 6 Da Zao 4-5p Mu Tong 6	<ul style="list-style-type: none"> Cold in the channels with Blood deficiency: Long-standing cold hands and feet that are both cold to the touch and feel very cold to the patient, ① pale, white coat, ② deep, thin or one that is thin and almost imperceptible Note: Also used to treat irregular menstruation and various types of pain that are aggravated by exposure to cold. 						
HUANG QI GUI ZHI WU WU TANG Astragalus & Cinnamon Twig Five-Substance decoction 黃耆桂枝五物湯(황기계지오물탕) <i>Warm Channels</i>	Huang Qi 9 Gui Zhi 9 Bai Shao 9 Sheng Jiang 18 Da Zao 12p	<ul style="list-style-type: none"> Painful obstruction (Bi) of the Blood: Relatively superficial numbness without pain, paresthesias and numbness of the skin and flesh, ① faint, choppy, tight Note: Focuses on expelling Wind-Cold from the superficial layers of the body and moving the vessels. <table border="1" style="width: 100%; text-align: center;"> <tr> <th>Dang Gui Si Ni Tang</th> <th>Huang Qi Gui Zhi Wu Wu Tang</th> </tr> <tr> <td colspan="2">Warm Channels and Dispel Cold</td> </tr> <tr> <td>Nourish Blood and open Channels</td> <td>Mainly used for Bi syndrome in post-stroke patient</td> </tr> </table>	Dang Gui Si Ni Tang	Huang Qi Gui Zhi Wu Wu Tang	Warm Channels and Dispel Cold		Nourish Blood and open Channels	Mainly used for Bi syndrome in post-stroke patient
Dang Gui Si Ni Tang	Huang Qi Gui Zhi Wu Wu Tang							
Warm Channels and Dispel Cold								
Nourish Blood and open Channels	Mainly used for Bi syndrome in post-stroke patient							
HUI YANG JIU JI TANG Restore & Revive the Yang decoction 回陽救急湯(회양구급탕) <i>Rescue Yang Collapse</i>	Fu Zi 9 Gan Jiang 4.5 Rou Gui 3 Ren Shen 6 Bai Zhu 9 Fu Ling 9 Zhi Gan Cao 4.5 Ban Xia 9 Chen Pi 6 Wu Wei Zi 3 She Xiang 0.1 Sheng Jiang 3p	<ul style="list-style-type: none"> Pathogenic Cold directly attacking all three Yin warps with exhausted Yang: Chills, cold extremities, vomiting, diarrhea, abdominal pain, lethargy with a constant desire to sleep, ① pale, white coat, ② deep, faint, or imperceptible Note: There may also be severe chills or cyanosis of the fingernails and lips. This is an extremely dangerous type of abandoned disorder. <table border="1" style="width: 100%; text-align: center;"> <tr> <th>Hui Yang Jiu Ji Tang</th> </tr> <tr> <td>Si Ni Tang + Liu Jun Zi Tang + Rou Gui, She Xiang, Wu Wei Zi</td> </tr> <tr> <td>→ Severe Yang deficiency with excess cold affecting Taiyin, Shaoyin, Jueyin</td> </tr> </table>	Hui Yang Jiu Ji Tang	Si Ni Tang + Liu Jun Zi Tang + Rou Gui, She Xiang, Wu Wei Zi	→ Severe Yang deficiency with excess cold affecting Taiyin, Shaoyin, Jueyin			
Hui Yang Jiu Ji Tang								
Si Ni Tang + Liu Jun Zi Tang + Rou Gui, She Xiang, Wu Wei Zi								
→ Severe Yang deficiency with excess cold affecting Taiyin, Shaoyin, Jueyin								

[6] RELEASE EXTERIOR & INTERIOR EXCESS

	FORMULA	INDICATIONS												
Ex. Excess + Constipation	DA CHAI HU TANG	Concurrent Shaoyang with Yangming syndromes												
	FANG FENG TONG SHENG SAN	Heat excess in both the exterior and interior												
Ex. Excess + In. Heat	GE GEN HUANG LIAN HUANG QIN TANG	Incompletely resolved exterior with interior excess Heat												
Ex. Excess + In. Cold	WU JI SAN	Externally-contracted Wind-Cold with Internal injury due to Cold												
FANG FENG TONG SHENG SAN ledebourilla powder that sagely unblocks 防風通聖散(방풍통성산) <i>Release Exterior + Purge Interior</i>	Fang Feng 15 Ma Huang 15 Da Huang 15 Mang Xiao 15 Jing Jie 15 Bo He 15 Zhi Zi 15 Hua Shi 90 Shi Gao 30 Lian Qiao 15 Huang Qin 30 Jie Geng 30 Chuan Xiong 15 Dang Gui 15 Bai Shao 15 Bai Zhu 15 Gan Cao 60 Sheng Jiang 3p	<ul style="list-style-type: none"> Excess Heat in both the exterior & interior: Strong simultaneous chills and fever, thick and sticky nasal discharge and saliva, red and sore eyes, bitter taste in the mouth, stifling sensation in the chest, constipation, dark and rough urination, ① yellow, greasy coat, ② surging, rapid or wiry, slippery Note: Also for carbuncles, intestinal Wind, Heat rashes and obesity. <table border="1" style="width: 100%; text-align: center;"> <tr> <th colspan="3">Exterior Excess + Interior Excess</th> </tr> <tr> <td colspan="3">Release Exterior</td> </tr> <tr> <td>Purge Interior</td> <td>Clear Interior</td> <td>Warm Interior</td> </tr> <tr> <td>Da Chai Hu Tang Fang Feng Tong Sheng San</td> <td>Ge Gen Huang Lian Huang Qin T.</td> <td>Wu Ji San</td> </tr> </table>	Exterior Excess + Interior Excess			Release Exterior			Purge Interior	Clear Interior	Warm Interior	Da Chai Hu Tang Fang Feng Tong Sheng San	Ge Gen Huang Lian Huang Qin T.	Wu Ji San
Exterior Excess + Interior Excess														
Release Exterior														
Purge Interior	Clear Interior	Warm Interior												
Da Chai Hu Tang Fang Feng Tong Sheng San	Ge Gen Huang Lian Huang Qin T.	Wu Ji San												
WU JI SAN five-accumulation powder 五積散(오적산) <i>Release Exterior + Warm Interior</i>	Ma Huang 1.5-4.5 Bai Zhi 1.5-4.5 Gan Jiang 1.5-4.5 Rou Gui 1.5-4.5 Cang Zhu 3-9 Hou Po 1.5-4.5 Chen Pi 3-9 Ban Xia 3-9 Fu Ling 3-9 Jie Geng 3-9 Zhi Ke 1.5-4.5 Dang Gui 1.5-4.5 Bai Shao 1.5-4.5 Chuan Xiong 1.5-4.5 Zhi Gan Cao 1.5-4.5	<ul style="list-style-type: none"> Cold excess in both the exterior & interior: Fever and chills without sweating, stiff neck and back with generalized body aches, sensation of fullness in the chest and abdomen, cold and painful abdomen, diarrhea with borborygmus, ① white, thick, greasy, ② floating, wiry, slow Note: May be due to food accumulation with exterior Wind-Cold; Also for irregular menstruation due to Cold. <table border="1" style="width: 100%; text-align: center;"> <tr> <th>Fang Feng Tong Sheng San</th> <th>Wu Ji San</th> </tr> <tr> <td colspan="2">Exterior Excess + Interior Excess</td> </tr> <tr> <td>Heat in exterior & interior</td> <td>Cold in exterior & interior</td> </tr> </table>	Fang Feng Tong Sheng San	Wu Ji San	Exterior Excess + Interior Excess		Heat in exterior & interior	Cold in exterior & interior						
Fang Feng Tong Sheng San	Wu Ji San													
Exterior Excess + Interior Excess														
Heat in exterior & interior	Cold in exterior & interior													

[7] TONIFY

	FORMULA	INDICATIONS
Qi Deficiency	SI JUN ZI TANG	SP/ST Qi deficiency
	SHEN LING BAI ZHU SAN	SP Qi deficiency & Damp causing diarrhea
	BU ZHONG YI QI TANG	SP/ST Qi deficiency causing intermittent fever; SP Qi sinking
	YU PING FENG SAN	Wei Qi deficiency causing sweating
	SHENG MAI SAN	Concurrent Qi & Yin deficiency, primarily of the LU
Blood Deficiency	SI WU TANG	Blood deficiency + Blood stasis
	DANG GUI BU XUE TANG	Blood & Qi deficiency with floating Yang
Qi & Blood Deficiency	BA ZHEN TANG	Qi & Blood deficiency
	SHI QUAN DA BU TANG	Qi & Blood deficiency with mild Deficiency-Cold
	REN SHEN YANG RONG TANG	HT/SP Qi & Blood deficiency with internal Heat and Dryness
	GUI PI TANG	SP Qi & HT Blood deficiency causing insomnia; SP Qi Not Controlling Blood
	ZHI GAN CAO TANG	Qi & Blood deficiency causing irregular pulse
Yin Deficiency	LIU WEI DI HUANG WAN	KD & LV Yin deficiency
	ZUO GUI WAN	KD Yin/Essence deficiency for severe case (more potent)
	DA BU YIN WAN	Severe KD & LV Yin/Essence deficiency with Empty Heat
	YI GUAN JIAN	LV & KD Yin deficiency with mild LV Qi stagnation
	BAI HE GU JIN TANG	Internal Dryness of the LU
Yang Deficiency	JIN GUI SHEN QI WAN	KD Yang deficiency
	JI SHENG SHEN QI WAN	KD Yang deficiency with water accumulation
	YOU GUI WAN	KD Yang/Essence deficiency for severe case (more potent)
Yin & Yang Deficiency	DI HUANG YIN ZI	KD Yin/Yang deficiency with Phlegm turbidity blocking the Orifices

REN SHEN YANG RONG TANG Ginseng decoction to Nourish Luxuriance 人蔘養榮湯(인삼양영탕) Tonify Qi & Blood	Ren Shen 3 Bai Zhu 3 Fu Ling 2.25 Zhi Gan Cao 3 Bai Shao 9 Dang Gui 3 Shu Di Huang 2.25 Huang Qi 3 Rou Gui 3 Chen Pi 3 Wu Wei Zi 2.25 Yuan Zhi 1.5 Sheng Jiang 3p Da Zao 2p	<ul style="list-style-type: none"> • HT & SP Qi/Blood deficiency with internal Heat and dryness: Palpitations, forgetfulness, reduced appetite, fatigue, cough, dyspnea on exertion, weight loss, dry skin, and a dry mouth and throat, ① pale, ② thin, weak • Note: Also for chronic non-healing sores. <table border="1" style="width: 100%; text-align: center;"> <tr> <td style="background-color: #e0e0e0;">Shi Quan Da Bu Tang</td> <td style="background-color: #e0e0e0;">Ren Shen Yang Rong Tang</td> </tr> <tr> <td colspan="2">Tonify Qi and Blood</td> </tr> <tr> <td>Focus on SP and LV</td> <td>Focus on SP and HT</td> </tr> </table>	Shi Quan Da Bu Tang	Ren Shen Yang Rong Tang	Tonify Qi and Blood		Focus on SP and LV	Focus on SP and HT		
Shi Quan Da Bu Tang	Ren Shen Yang Rong Tang									
Tonify Qi and Blood										
Focus on SP and LV	Focus on SP and HT									
Ji SHENG SHEN Qi WAN Kidney Qi pill from Formulas that Aid the Living 濟生腎氣丸(제생신기환) Tonify Yang	Shu Di Huang 6 Shan Zhu Yu 6 Shan Yao 6 Fu Ling 6 Mu Dan Pi 6 Ze Xie 6 Fu Zi 9 Rou Gui 3 Chuan Niu Xi 6 Che Qian Zi 6	<ul style="list-style-type: none"> • KD Yang deficiency with water accumulation: Severe pitting edema, cold sensation in the lower body, lumbago, fatigue, sensory numbness, and urinary difficulties, ① pale, white coat, ② deep <table border="1" style="width: 100%; text-align: center;"> <tr> <td style="background-color: #e0e0e0;">Jin Gui Shen Qi Wan (2nd century)</td> <td style="background-color: #e0e0e0;">Ji Sheng Shen Qi Wan (13th century)</td> </tr> <tr> <td colspan="2">KD Yang deficiency</td> </tr> <tr> <td>Stronger tonifying</td> <td>Promote urination</td> </tr> </table>	Jin Gui Shen Qi Wan (2nd century)	Ji Sheng Shen Qi Wan (13th century)	KD Yang deficiency		Stronger tonifying	Promote urination		
Jin Gui Shen Qi Wan (2nd century)	Ji Sheng Shen Qi Wan (13th century)									
KD Yang deficiency										
Stronger tonifying	Promote urination									
DI HUANG YIN ZI rehmannia drink 地黃飲子(지황음지) Tonify Yin & Yang	Shu Di Huang 6 Shan Zhu Yu 6 Rou Cong Rong 6 Ba Ji Tian 6 Fu Zi 6 Rou Gui 6 Shi Hu 6 Mai Men Dong 6 Shi Chang Pu 6 Yuan Zhi 6 Fu Ling 6 Wu Wei Zi 6 Sheng Jiang 5p Da Zao 1p Bo He 5-7p	<ul style="list-style-type: none"> • Blocked orifices due to KD Yin/Yang deficiency with Phlegm: Mute paraplegia with stiffness of the tongue, inability to speak, disability or paralysis of the lower extremities, and a dry mouth with no desire to drink, ① pale, ② deep, thin, weak • Note: This formula is used in treating patterns of quasi-wind-stroke caused by KD deficiency. <table border="1" style="width: 100%; text-align: center;"> <tr> <td colspan="2" style="background-color: #e0e0e0;">Di Huang Yin Zi</td> </tr> <tr> <td>Shen Qi Wan (kidney qi pill)</td> <td>+ Ding Zhi Wan (settle emotions pill)</td> </tr> </table> <table border="1" style="width: 100%; text-align: center;"> <tr> <td style="background-color: #e0e0e0;">True wind-stroke 眞中風</td> <td style="background-color: #e0e0e0;">Quasi wind-stroke 類中風</td> </tr> <tr> <td>Attack of External pathogenic Wind</td> <td>Internal disorder (Yin or Yang deficiency)</td> </tr> </table>	Di Huang Yin Zi		Shen Qi Wan (kidney qi pill)	+ Ding Zhi Wan (settle emotions pill)	True wind-stroke 眞中風	Quasi wind-stroke 類中風	Attack of External pathogenic Wind	Internal disorder (Yin or Yang deficiency)
Di Huang Yin Zi										
Shen Qi Wan (kidney qi pill)	+ Ding Zhi Wan (settle emotions pill)									
True wind-stroke 眞中風	Quasi wind-stroke 類中風									
Attack of External pathogenic Wind	Internal disorder (Yin or Yang deficiency)									

[8] STABILIZE & BIND

	FORMULA	INDICATIONS
Exterior	MU LI SAN	Unstable protective Qi with injury to the HT Yin
Intestine	ZHEN REN YANG ZANG TANG	SP & KD Yang deficiency causing unremitting diarrhea
	SI SHEN WAN	SP & KD Yang deficiency causing daybreak diarrhea
Essence	JIN SUO GU JING WAN	Spermatorrhea due to KD deficiency
	SANG PIAO XIAO SAN	Qi deficiency of the KD & HT

[9] CALM SPIRIT

	FORMULA	INDICATIONS
Heart Deficiency	TIAN WANG BU XIN DAN	HT & KD Yin deficiency with Empty-Fire
	BAI ZI YANG XIN TANG	HT & KD Yin deficiency with Blood deficiency
	SUAN ZAO REN TANG	LV Blood & HT Yin deficiency with Empty-Heat
	GAN MAI DA ZAO TANG	HT Yin deficiency with LV Qi stagnation causing <i>Zang Zao</i> disorder
Heart Excess	ZHU SHA AN SHEN WAN	Vigorous HT Fire injuring the Blood and Yin
	CI ZHU WAN	Ascendant HT Yang with lack of communication between the HT & KD

BAI ZI YANG XIN TANG Arborvitae Seed pill to Nourish the Heart 柏子養心湯(백자양심탕) Nourish Heart & Calm Spirit	Bai Zi Ren 12 Gou Qi Zi 9 Mai Men Dong 3 Dang Gui 3 Shi Chang Pu 3 Fu Shen 3 Xuan Shen 6 Shu Di Huang 6 Gan Cao 1.5	<ul style="list-style-type: none"> • Disharmony between HT and KD: Disorientation, severe, continuous palpitations, dream-disturbed sleep, forgetfulness, and night sweats, ① red, little coat, ② thin, rapid • Note: This formula can be used for hypertension and palpitation 					
	<table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th>Tian Wang Bu Xin Dan</th> <th>Bai Zi Yang Xin Tang</th> </tr> </thead> <tbody> <tr> <td colspan="2">Disharmony between HT and KD</td> </tr> <tr> <td>Focus more on clearing deficiency heat</td> <td>Focus more on nourishing Blood</td> </tr> </tbody> </table>	Tian Wang Bu Xin Dan	Bai Zi Yang Xin Tang	Disharmony between HT and KD		Focus more on clearing deficiency heat	Focus more on nourishing Blood
Tian Wang Bu Xin Dan	Bai Zi Yang Xin Tang						
Disharmony between HT and KD							
Focus more on clearing deficiency heat	Focus more on nourishing Blood						
ZHU SHA AN SHEN WAN cinnabar pill to calm the spirit 朱砂安神丸(주사안신환) Sedate & Calm Spirit	Zhu Sha 15 Huang Lian 18 Dang Gui 7.5 Sheng Di Huang 7.5 Zhi Gan Cao 16.5	<ul style="list-style-type: none"> • Vigorous HT Fire injuring Yin & Blood: Sensation of heat in the chest, severe irritability, continuous palpitations, insomnia, dreams, desire to vomit without result, ① red, ② usually wiry, thin, rapid • Note: Especially useful for palpitations and anxiety that occur during dreams. Focuses on guiding Yang fire excess downward. 					
	Ci Shi 60 Zhu Sha 30 Shen Qu 120	<ul style="list-style-type: none"> • Imbalance between KD Water & HT Fire: Focuses on visual and auditory disturbances, irritability, palpitations, insomnia, ① red, ② usually wiry, rapid • Note: Also for epilepsy and cataracts. Focuses on directing floating Yang downward to anchor it in the KD. 					

[10] REGULATE QI

	FORMULA	INDICATIONS
Qi Stagnation	YUE JU WAN	Six Stagnations of Qi, Blood, Phlegm, Damp, Fire and Food
	ZHI SHI XIE BAI GUI ZHI TANG	Painful obstruction of the chest with severe clumping of Qi
	BAN XIA HOU PO TANG	LV Qi & Phlegm stagnation lodging in the throat causing Plum-pit syndrome
	HOU PO WEN ZHONG TANG	Damp-Cold injuring the SP & ST
	TIAN TAI WU YAO SAN	Cold invading the LV channel causing Qi stagnation
Rebellious Qi	SU ZI JIANG QI TANG	LU Cold-Phlegm (excess above) with KD Yang deficiency (deficiency below)
	DING CHUAN TANG	Internal LU Phlegm-heat with external Wind-Cold causing rebellious LU Qi
	XUAN FU DAI ZHE TANG	Rebellious ST Qi due to ST deficiency with Damp-Phlegm
	JU PI ZHU RU TANG	Rebellious ST Qi due to ST deficiency with Heat
	DING XIANG SHI DI TANG	Rebellious ST Qi due to ST Deficiency-Cold

ZHI SHI XIE BAI GUI ZHI TANG Unripe Bitter Orange, Chinese Garlic, and Cinnamon Twig decoction 枳實薤白桂枝湯(지실해백계지탕) Move Qi	Gua Lou 12 Xie Bai 9 Zhi Shi 12 Hou Po 12 Gui Zhi 3	<ul style="list-style-type: none"> • Painful obstruction of the chest (<i>Xiong Bi</i>) with severe clumping of Qi: Fullness and pain in the chest, stabbing pain that radiates from the chest to the back, wheezing, coughing, shortness of breath, ① white, greasy coat, ② deep, wiry, tight • Note: Focuses on unblocking the clear Yang by eliminating turbid Yin. 														
	<table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th>Zhi Shi Xie Bai Gui Zhi Tang</th> <th>Gua Lou Xie Bai Bai Jiu Tang</th> <th>Gua Lou Xie Bai Ban Xia Tang</th> </tr> </thead> <tbody> <tr> <td colspan="3">Gua Lou, Xie Bai</td> </tr> <tr> <td>Zhi Shi, Hou Po, Gui Zhi</td> <td>Bai Jiu (white wine)</td> <td>Ban Xia, Bai Jiu (white wine)</td> </tr> <tr> <td colspan="3">Relieve <i>Xiong Bi</i> by unlocking yang, activating qi circulation and dispelling phlegm</td> </tr> <tr> <td>Severe Xiong Bi</td> <td>Mild Xiong Bi</td> <td>Severe phlegm stagnation</td> </tr> </tbody> </table>	Zhi Shi Xie Bai Gui Zhi Tang	Gua Lou Xie Bai Bai Jiu Tang	Gua Lou Xie Bai Ban Xia Tang	Gua Lou, Xie Bai			Zhi Shi, Hou Po, Gui Zhi	Bai Jiu (white wine)	Ban Xia, Bai Jiu (white wine)	Relieve <i>Xiong Bi</i> by unlocking yang, activating qi circulation and dispelling phlegm			Severe Xiong Bi	Mild Xiong Bi	Severe phlegm stagnation
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Severe Xiong Bi	Mild Xiong Bi	Severe phlegm stagnation														

[11] REGULATE BLOOD

	FORMULA	INDICATIONS
Blood Stasis	TAO HE CHENG QI TANG	Accumulation of Blood stasis & Heat in the Lower burner
	XUE FU ZHU YU TANG	Blood stasis with Qi stagnation in the chest
	BU YANG HUAN WU TANG	Hemiplegia due to Qi/Blood stagnation in the channels with Qi deficiency
	FU YUAN HUO XUE TANG	Blood stasis & Qi stagnation in the trunk due to trauma
	SHENG HUA TANG	Blood & Cold stagnation causing postpartum lochial retention
	GUI ZHI FU LING WAN	Blood stasis in the uterus during pregnancy
	SHI XIAO SAN	Blood stasis in the lower abdomen causing pain
	BIE JIA JIAN WAN	Abdominal masses due to Qi/Yang deficiency, Qi/blood/Damp/Phlegm stagnation
Bleeding	SHI HUI SAN	Acute bleeding due to LV & ST Fire with Blood Heat
	KE XUE FANG	LV Fire attacking and scorching the LU
	XIAO JI YIN ZI	Heat causing urinary bleeding
	HUAI HUA SAN	Rectal bleeding due to LI Wind-Heat or Damp-Heat Toxin
	HUANG TU TANG	Bleeding due to SP Yang deficiency

<p>BIE JIA JIAN WAN</p> <p>Soft-shelled Turtle Shell pill 鳖甲煎丸(별갑전환)</p> <p><i>Invigorate Blood</i></p>	<table border="0"> <tr><td>Bie Jia</td><td>90</td></tr> <tr><td>Da Huang</td><td>22.5</td></tr> <tr><td>Mang Xiao</td><td>90</td></tr> <tr><td>Tu Bie Chong</td><td>37</td></tr> <tr><td>Qiang Lang</td><td>45</td></tr> <tr><td>Shu Fu</td><td>22.5</td></tr> <tr><td>Chai Hu</td><td>45</td></tr> <tr><td>Huang Qin</td><td>22.5</td></tr> <tr><td>Bai Shao</td><td>37</td></tr> <tr><td>Hou Po</td><td>22.5</td></tr> <tr><td>She Gan</td><td>22.5</td></tr> <tr><td>Ting Li Zi</td><td>7.5</td></tr> <tr><td>Ban Xia</td><td>7.5</td></tr> <tr><td>Gan Jiang</td><td>22.5</td></tr> <tr><td>Gui Zhi</td><td>22.5</td></tr> <tr><td>Ren Shen</td><td>7.5</td></tr> <tr><td>E Jiao</td><td>22.5</td></tr> <tr><td>Tao Ren</td><td>15</td></tr> <tr><td>Mu Dan Pi</td><td>37</td></tr> <tr><td>Ling Xiao Hua</td><td>22.5</td></tr> <tr><td>Feng Fang</td><td>30</td></tr> <tr><td>Qu Mai</td><td>22.5</td></tr> <tr><td>Shi Wei</td><td>22.5</td></tr> </table>	Bie Jia	90	Da Huang	22.5	Mang Xiao	90	Tu Bie Chong	37	Qiang Lang	45	Shu Fu	22.5	Chai Hu	45	Huang Qin	22.5	Bai Shao	37	Hou Po	22.5	She Gan	22.5	Ting Li Zi	7.5	Ban Xia	7.5	Gan Jiang	22.5	Gui Zhi	22.5	Ren Shen	7.5	E Jiao	22.5	Tao Ren	15	Mu Dan Pi	37	Ling Xiao Hua	22.5	Feng Fang	30	Qu Mai	22.5	Shi Wei	22.5	<ul style="list-style-type: none"> • Abdominal masses due to Qi/Yang deficiency, Qi/blood stagnation, and Damp-Phlegm accumulation: Chronic malaria with enlarged spleen, hypochondriac distention, immobile masses in the hypochondrium, abdominal pain, muscle wasting, decreased food intake, alternation of fever and chills, and amenorrhea, ① purple, purple spots, ② deep, choppy • Note: This formula historically was used to treat malaria with splenomegaly. Today, it is used to treat abdominal masses. • Caution: This formula contains many herbs that strongly active Qi and Blood, expel Dampness, and transform Phlegm. It should be used with caution in patients with upright Qi deficiency.
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<p>KE XUE FANG</p> <p>coughing of blood formula 咳血方(해혈방)</p> <p><i>Stop Bleeding</i></p>	<table border="0"> <tr><td>Qing Dai</td><td>6-9</td></tr> <tr><td>Zhi Zi</td><td>9</td></tr> <tr><td>Gua Lou Ren</td><td>9</td></tr> <tr><td>Fu Hai Shi</td><td>9</td></tr> <tr><td>He Zi</td><td>6-9</td></tr> </table>	Qing Dai	6-9	Zhi Zi	9	Gua Lou Ren	9	Fu Hai Shi	9	He Zi	6-9	<ul style="list-style-type: none"> • Hemoptysis due to LV Fire insulting LU: Coughing of blood-streaked sputum which is thick and difficult to expectorate, bitter taste in the mouth, irritability and easily-provoked anger, constipation, red cheeks, bleeding that is profuse, bright in color, and of relatively acute onset, ① red with yellow coat, ② wiry, rapid • Note: Also treats Phlegm. 																																				
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<p>HUANG TU TANG</p> <p>yellow earth decoction 黄土汤(황토탕)</p> <p><i>Stop Bleeding</i></p>	<table border="0"> <tr><td>Fu Long Gan</td><td>18</td></tr> <tr><td>Sheng Di Huang</td><td>9</td></tr> <tr><td>E Jiao</td><td>9</td></tr> <tr><td>Bai Zhu</td><td>9</td></tr> <tr><td>Gan Cao</td><td>9</td></tr> <tr><td>Fu Zi (Bao)</td><td>9</td></tr> <tr><td>Huang Qin</td><td>9</td></tr> </table>	Fu Long Gan	18	Sheng Di Huang	9	E Jiao	9	Bai Zhu	9	Gan Cao	9	Fu Zi (Bao)	9	Huang Qin	9	<ul style="list-style-type: none"> • Chronic bleeding due to SP Yang & Blood deficiency with Deficiency-Cold: Dark bleeding primarily in the lower body accompanied by cold extremities, long unremitting bleeding, ① pale, ② weak, deep • Note: If Fu Long Gan (Terra Flava Usta) is unavailable, Chi Shi Zhi (Halloysitum Rubrum) may be used as a substitute. 																																
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Bie Jia Jian Wan	Da Huang Zhe Chong Wan
Break up blood stasis, Contain bugs	
<ul style="list-style-type: none"> • Tu Bie Chong (ground beetle) • Qiang Lang (dung beetle) • Shu Fu (pill bug) 	<ul style="list-style-type: none"> • Tu Bie Chong (ground beetle) • Qi Cao (white grub) • Shui Zhi (leech) • Meng Chong (horsefly)

[12] EXPEL WIND

	FORMULA	INDICATIONS
External Wind	CHUAN XIONG CHA TIAO SAN	Headache from exterior Wind
	CANG ER ZI SAN	Wind causing nasal congestion or discharge
	XIAO HUO LUO DAN	Wind-Phlegm obstruction with Blood stasis in the channels & collaterals
	QIAN ZHENG SAN	Channel-stroke from Wind-Phlegm with symptoms confined to the head/face
	XIAO FENG SAN	Wind-Damp-Heat in the skin causing pruritis
Internal Wind	LING JIAO GOU TENG TANG	Heat from excess in the LV channel generating internal Wind
	ZHEN GAN XI FENG TANG	LV Yang rising & internal Wind due to LV & KD Yin deficiency
	TIAN MA GOU TENG YIN	LV Yang rising; LV Yang rising causing Internal Wind
	DA DING FENG ZHU	Internal stirring of Wind due to Yin deficiency

QIAN ZHENG SAN lead to symmetry powder 牽正散(견정산) <i>Release Wind from Skin & Channels</i>	Bai Fu Zi 6 Jiang Can 6 Quan Xie 6	<ul style="list-style-type: none"> • Wind-Phlegm obstructing facial channels & collaterals: Facial paralysis, Bell's palsy, deviation of the eyes and mouth, facial muscle twitch • Note: For relatively superficial disorders primarily in the collaterals. 								
	DA DING FENG ZHU major arrest wind pearls 大定風珠(대정풍주) <i>Extinguish Internal Wind</i>		Ji Zi Huang 2 yolk E Jiao 9 Bai Shao 18 Zhi Gan Cao 12 Wu Wei Zi 6 Sheng Di Huang 18 Mai Men Dong 18 Huo Ma Ren 6 Gui Ban 12 Bie Jia 12 Mu Li 12							
		<ul style="list-style-type: none"> • Severe injury to Yin & fluids which causes internal Wind: Spasms of alternating flexion and extension of the extremities, dizziness, impaired consciousness, spasms, extreme fatigue, ① deep red, ② empty or weak • Note: Also for patterns of internal wind with severe deficiency or palpitations from LV failing to nourish HT, as seen in restless leg syndrome or hyperthyroidism. 								
		<table border="1" style="width: 100%;"> <thead> <tr> <th style="width: 50%;">E Jiao Ji Zi Huang Tang</th> <th style="width: 50%;">Da Ding Feng Zhu</th> </tr> </thead> <tbody> <tr> <td>E Jiao, Ji Zi Huang, Sheng Di Huang, Bai Shao, Zhi Gan Cao, Mu Li → Nourish Yin and Extinguish Wind</td> <td></td> </tr> <tr> <td>Shi Jue Ming, Gou Teng, Fu Shen, Luo Shi Teng</td> <td>Gui Ban, Bie Jia, Mai Men Dong, Wu Wei Zi, Hua Ma Ren</td> </tr> <tr> <td>Focus on Sedating LV Yang and Calming Shen</td> <td>Focus on tonifying Yin and Blood</td> </tr> </tbody> </table>	E Jiao Ji Zi Huang Tang	Da Ding Feng Zhu	E Jiao, Ji Zi Huang, Sheng Di Huang, Bai Shao, Zhi Gan Cao, Mu Li → Nourish Yin and Extinguish Wind		Shi Jue Ming, Gou Teng, Fu Shen, Luo Shi Teng	Gui Ban, Bie Jia, Mai Men Dong, Wu Wei Zi, Hua Ma Ren	Focus on Sedating LV Yang and Calming Shen	Focus on tonifying Yin and Blood
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Focus on Sedating LV Yang and Calming Shen	Focus on tonifying Yin and Blood									

[13] TREAT DRYNESS

	FORMULA	INDICATIONS
Exterior Dryness	XING SU SAN	Cool-Dryness
	SANG XING TANG	Warm-Dryness
	QING ZAO JIU FEI TANG	Dryness attacking the LU
Interior Dryness	MAI MEN DONG TANG	LU/ST Qi & Yin deficiency
	YANG YIN QING FEI TANG	Diphtherial disorder due to Yin deficiency and internal clumping of Heat
	YU YE TANG	Xiao Ke syndrome due to deficiency of the primal Qi
	ZENG YE TANG	Constipation due to exhaustion of the Fluids

YANG YIN QING FEI TANG nourish the yin and clear the lungs decoction 養陰清肺湯(양음청폐탕) <i>Enrich Yin & Moistern Dryness</i>	Sheng Di Huang 6 Xuan Shen 4.5 Mai Men Dong 3.6 Chao Bai Shao 2.4 Mu Dan Pi 2.4 Bei Mu 2.4 Bo He 1.5 Gan Cao 1.5	<ul style="list-style-type: none"> • Diphtherial disorder: White curd-like membrane in the throat that is difficult to scrape off, swollen and sore throat, fever, parched lips, ① dry, red with little coat, ② usually thin, rapid • Note: May also have coughing. 										
	<table border="1" style="width: 100%;"> <thead> <tr> <th style="width: 25%;">Mai Men Dong Tang</th> <th style="width: 25%;">Yang Yin Qing Fei Tang</th> <th style="width: 25%;">Yu Ye Tang</th> <th style="width: 25%;">Zeng Ye Tang</th> </tr> </thead> <tbody> <tr> <td colspan="4" style="text-align: center;">Treat Interior Dryness</td> </tr> <tr> <td>Dry cough</td> <td>Diphtheria</td> <td>Xiao Ke</td> <td>Constipation</td> </tr> </tbody> </table>		Mai Men Dong Tang	Yang Yin Qing Fei Tang	Yu Ye Tang	Zeng Ye Tang	Treat Interior Dryness				Dry cough	Diphtheria
Mai Men Dong Tang	Yang Yin Qing Fei Tang	Yu Ye Tang	Zeng Ye Tang									
Treat Interior Dryness												
Dry cough	Diphtheria	Xiao Ke	Constipation									
YU YE TANG jade fluid decoction 玉液湯(옥역탕) <i>Enrich Yin & Moistern Dryness</i>	Shan Yao 30 Huang Qi 15 Zhi Mu 18 Tian Hua Fen 9 Ji Nei Jin 6 Ge Gen 4.5 Wu Wei Zi 9	<ul style="list-style-type: none"> • Wasting & Thirsting disorder (Lower burner): Excessive thirst, frequent and copious urination or turbid urine, lassitude, shortness of breath, ① dry and red, ② empty, thin, weak • Note: Also for certain types of fever, urinary incontinence, and gastritis. 										
	ZENG YE TANG increase the fluids decoction 增液湯(증역탕) <i>Enrich Yin & Moistern Dryness</i>		Xuan Shen 30 Mai Men Dong 24 Sheng Di Huang 24									

[14] EXPEL DAMPNES

	FORMULA	INDICATIONS
Damp Turbidity	PING WEI SAN	Damp-Cold stagnation in the SP/ST
	HUO XIANG ZHENG QI SAN	Damp stagnation in the Middle burner + External Wind-Cold
Damp-Heat	SAN REN TANG	Early-stage Damp-Warmth disease affecting Wei/Qi levels (Damp > Heat)
	GAN LU XIAO DU DAN	Early-stage Damp-Warmth disease affecting Qi level (Damp = Heat)
	YIN CHEN HAO TANG	Jaundice due to LV/GB Damp-Heat
	BA ZHENG SAN	Damp-Heat clumping in the Lower burner
	ER MIAO SAN	Damp-Heat lodging in Lower burner
Water Irregularity	WU LING SAN	Water-Damp retention marked by edema; Taiyang Fu syndrome
	ZHU LING TANG	Water & Heat retention in the UB with Yin injury
	WU PI SAN	SP Qi deficiency with excessive Damp causing skin edema (<i>Pi Shui</i>)
	FANG JI HUANG QI TANG	Wind-Water syndrome due to Qi deficiency at the exterior
Cold-Damp	LING GUI ZHU GAN TANG	LU Damp-Phlegm or Phlegm-fluid (<i>Tan Yin</i>) syndrome
	ZHEN WU TANG	KD & SP Yang deficiency causing Water retention
	SHI PI YIN	Yin edema due to SP & KD Yang deficiency
	BI XIE FEN QING YIN	Cloudy urination due to KD Yang Deficiency-Cold
Wind-Damp	QIANG HUO SHENG SHI TANG	Acute <i>Bi</i> syndrome due to Wind-Damp in the channel and muscle layer
	DU HUO JI SHENG TANG	Chronic <i>Bi</i> syndrome with LV/KD deficiency & Qi/Blood deficiency

SAN REN TANG three-nut decoction 三仁湯(삼인탕) <i>Clear Damp-Heat</i>	Xing Ren 15 Bai Dou Kou 6 Yi Yi Ren 18 Hou Po 6 Ban Xia 9 Tong Cao 6 Dan Zhu Ye 6 Hua Shi 18	<ul style="list-style-type: none"> • Damp-Heat in the Wei & Qi levels with Damp predominant (Upper burner): Headache, chills, afternoon fever, heavy sensation in the body, no thirst, body pain, pale yellow face, stifling sensation in the chest, loss of appetite, ㊸ greasy, white coat, ㊹ wiry, thin, and soggy • Note: This formula is from the Warm Disease philosophy. It emphasizes Dampness, as it does little to clear Heat. 						
	GAN LU XIAO DU DAN sweet dew special pill to eliminate toxin 甘露消毒丹(감로소독단) <i>Clear Damp-Heat</i>	Lian Qiao 12-15 Huang Qin 12-15 Bo He 6-9 She Gan 9-12 Chuan Bei Mu 6-9 Hua Shi 18-21 Mu Tong 9-12 Yin Chen Hao 24-30 Huo Xiang 9-12 Shi Chang Pu 4-6 Bai Dou Kou 10-12	<ul style="list-style-type: none"> • Damp Warm-febrile disease or seasonal epidemic in the Qi level (Upper burner): Fever, achy limbs, heavy sensation in the body, lethargy, swollen throat, no thirst, stifling sensation in the chest, abdominal distention, dark and scanty urine, ㊸ white greasy or yellow dry coat, ㊹ soggy, rapid • Note: May also present with simultaneous vomiting and diarrhea, jaundice, and unremitting fever; Also for Damp-Heat stagnating in the Triple burners. <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th>San Ren Tang</th> <th>Gan Lu Xiao Du Dan</th> </tr> </thead> <tbody> <tr> <td colspan="2">Clear Damp-Heat</td> </tr> <tr> <td>Stronger effect to dispel Damp</td> <td>Stronger effect to clear heat and toxins</td> </tr> </tbody> </table>	San Ren Tang	Gan Lu Xiao Du Dan	Clear Damp-Heat		Stronger effect to dispel Damp
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Clear Damp-Heat								
Stronger effect to dispel Damp	Stronger effect to clear heat and toxins							
FANG JI HUANG QI TANG stephania and astragalus decoction 防己黃耆湯(방기황기탕) <i>Drain Dampness</i>	Huang Qi 3.8 Han Fang Ji 3 Bai Zhu 2.3 Zhi Gan Cao 1.5 Sheng Jiang 4p Da Zao 1p	<ul style="list-style-type: none"> • SP & Wei Qi deficiency causing Wind-edema or Wind-Damp: Sweating, aversion to drafts, heavy sensation in the body, superficial edema, urinary difficulty, fluid metabolism dysfunction, ㊸ pale with white coat, ㊹ floating, weak, soggy • Note: Also for edema in deficient-natured women, and some forms of Damp-predominant <i>Bi</i>. 						

[15] DISSOLVE PHLEGM

	FORMULA	INDICATIONS
Damp-Phlegm	ER CHEN TANG	Damp-Phlegm syndrome in the Middle burner or LU
	WEN DAN TANG	GB & ST disharmony with Phlegm-Heat
Hot-Phlegm	QING QI HUA TAN WAN	LU Phlegm-Heat causing cough
	XIAO XIAN XIONG TANG	Clumping in the chest due to Phlegm and Heat in the epigastrium
	GUN TAN WAN	Combination of excessive Heat and chronic phlegm
Dry-Phlegm	BEI MU GUA LOU SAN	LU Dry-Phlegm causing cough
Cold-Phlegm	LING GAN WU WEI JIANG XIN TANG	Cold-type thin mucus due to Yang deficiency and Yin excess
	SAN ZI YANG QIN TANG	LU Phlegm-Cold with Qi stagnation
Wind-Phlegm	BAN XIA BAI ZHU TIAN MA TANG	Internal Wind-Phlegm rising upward causing dizziness/vertigo
	DING XIAN WAN	Seizure disorder arising from a combination of Wind and Phlegm
	ZHI SOU SAN	External Wind attacking the LU causing cough

XIAO XIAN XIONG TANG minor sinking into the chest decoction 小陷胸湯(소함흉탕) <i>Clear Heat & Transform Phlegm</i>	Gua Lou 24-30 Huang Lian 3 Ban Xia 9-12	<ul style="list-style-type: none"> • Phlegm-Heat accumulation in the chest and epigastrium: Focal distention in the chest and epigastrium that is painful when pressed, bitter taste in the mouth, coughing of yellow viscous sputum, constipation, ① greasy yellow coat, ② perhaps floating, slippery, rapid <table border="1" style="width: 100%;"> <thead> <tr> <th>Xiao Xian Xiong Tang</th> <th>Da Xian Xiong Tang</th> </tr> </thead> <tbody> <tr> <td>Gua Lou, Huang Lian, Ban Xia</td> <td>Gan Sui, Da Huang, Mang Xiao</td> </tr> <tr> <td>Phlegm-Heat accumulation in chest</td> <td>Heat-Water bound in chest/epigastrium</td> </tr> </tbody> </table>	Xiao Xian Xiong Tang	Da Xian Xiong Tang	Gua Lou, Huang Lian, Ban Xia	Gan Sui, Da Huang, Mang Xiao	Phlegm-Heat accumulation in chest	Heat-Water bound in chest/epigastrium		
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Gua Lou, Huang Lian, Ban Xia	Gan Sui, Da Huang, Mang Xiao									
Phlegm-Heat accumulation in chest	Heat-Water bound in chest/epigastrium									
GUN TAN WAN vaporize phlegm pill 滾痰丸(곤담환) <i>Clear Heat & Transform Phlegm</i>	Meng Shi (Duan) 30 Da Huang 240 Huang Qin 240 Chen Xiang 15	<ul style="list-style-type: none"> • Excess Heat with chronic Phlegm or Phlegm-Fire: Mania-withdrawal, palpitations with anxiety, insomnia, strange dreams, sudden collapse, raspy sound in the throat, constipation, ① thick yellow greasy coat, ② rapid, slippery, full • Note: Used for a wide variety of complaints including coughing or wheezing with thick sputum, painful obstruction of the chest, dizziness, vertigo, and insanity (<i>Tian Kuang</i>) disorder. <table border="1" style="width: 100%;"> <thead> <tr> <th>Tian 癰</th> <th>Kuang 狂</th> </tr> </thead> <tbody> <tr> <td>Yin disorder</td> <td>Yang disorder</td> </tr> <tr> <td>blunted affect, dull complexion, incoherent speech</td> <td>manic behavior, agitation, shouting, violence</td> </tr> </tbody> </table>	Tian 癰	Kuang 狂	Yin disorder	Yang disorder	blunted affect, dull complexion, incoherent speech	manic behavior, agitation, shouting, violence		
Tian 癰	Kuang 狂									
Yin disorder	Yang disorder									
blunted affect, dull complexion, incoherent speech	manic behavior, agitation, shouting, violence									
LING GAN WU WEI JIANG XIN TANG poria, licorice, schisandra, ginger, and asarum decoction 苓甘五味薑辛湯(영감오미강신탕) <i>Warm & Transform Cold-Phlegm</i>	Gan Jiang 9 Xi Xin 9 Fu Ling 12 Wu Wei Zi 6-12 Gan Cao 9	<ul style="list-style-type: none"> • Congested fluids in the chest with Phlegm-Cold: Cough with copious sputum, discomfort in the chest and diaphragm, ① white slippery coat, ② wiry, slippery <table border="1" style="width: 100%;"> <thead> <tr> <th>Xiao Qing Long Tang</th> <th>Ling Gan Wu Wei Jiang Xin Tang</th> </tr> </thead> <tbody> <tr> <td colspan="2">Warm LU to resolve congested Phlegm-fluids</td> </tr> <tr> <td>Release exterior Wind-Cold</td> <td>Strengthen the SP to dry Damp</td> </tr> </tbody> </table>	Xiao Qing Long Tang	Ling Gan Wu Wei Jiang Xin Tang	Warm LU to resolve congested Phlegm-fluids		Release exterior Wind-Cold	Strengthen the SP to dry Damp		
Xiao Qing Long Tang	Ling Gan Wu Wei Jiang Xin Tang									
Warm LU to resolve congested Phlegm-fluids										
Release exterior Wind-Cold	Strengthen the SP to dry Damp									
DING XIAN WAN arrest seizures pill 定癲丸(정담환) <i>Transform Phlegm & Extinguish Wind</i>	Tian Ma 30 Chuan Bei Mu 30 Ban Xia 30 Fu Ling 30 Fu Shen 30 Dan Nan Xing 15 Shi Chang Pu 15 Quan Xie 15 Jiang Can 15 Hu Po 15 Deng Xin Cao 15 Chen Pi 21 Yuan Zhi 21 Dan Shen 60 Mai Men Dong 60 Zhu Sha 9 Gan Cao 120 Zhu Li 100ml Ginger juice 50ml	<ul style="list-style-type: none"> • Phlegm & LV Wind leading to seizure disorder: Recurrent vertigo, weakness and stifling sensation in the chest followed by sudden loss or clouding of consciousness with falling down, upward-rolling of the eyes, and in severe cases tonic-clonic convulsions, ① white, greasy coat, ② wiry, slippery • Note: Also used for bipolar disorder. <table border="1" style="width: 100%;"> <thead> <tr> <th>Period of frequent attacks</th> <th>During remission</th> </tr> </thead> <tbody> <tr> <td>Ding Xian Wan (arrest seizures pill)</td> <td>He Che Wan (placenta pill)</td> </tr> <tr> <td style="text-align: center;">↓</td> <td style="text-align: center;">↓</td> </tr> <tr> <td>scour out phlegm, extinguish wind</td> <td>tonify essence, transform phlegm</td> </tr> </tbody> </table>	Period of frequent attacks	During remission	Ding Xian Wan (arrest seizures pill)	He Che Wan (placenta pill)	↓	↓	scour out phlegm, extinguish wind	tonify essence, transform phlegm
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↓	↓									
scour out phlegm, extinguish wind	tonify essence, transform phlegm									

[16] DIGESTIVE

	FORMULA	INDICATIONS
Food Retention	BAO HE WAN	Food retention in the Middle burner
	ZHI SHI DAO ZHI WAN	Accumulation of food that transforms into Damp-Heat
	MU XIANG BING LANG WAN	Accumulation of food obstructing the Middle burner or dysenteric diarrhea
	FEI ER WAN	Childhood nutritional impairment from an accumulation of parasites
Food Retention + Deficiency	JIAN PI WAN	SP/ST deficiency with food accumulation and interior Heat accumulation
	ZHI ZHU WAN	SP/ST deficiency with food stagnation
	ZHI SHI XIAO PI WAN	SP deficiency and Qi stagnation with mutual clumping of Heat and Cold

<p>ZHI SHI DAO ZHI WAN Unripe Bitter Orange pill to Guide Out stagnation 枳實導滯丸(지실도제환) <i>Reduce Food Retention</i></p>	<table border="1"> <tr><td>Da Huang</td><td>30</td></tr> <tr><td>Zhi Shi</td><td>15</td></tr> <tr><td>Shen Qu</td><td>15</td></tr> <tr><td>Huang Lian</td><td>9</td></tr> <tr><td>Huang Qin</td><td>9</td></tr> <tr><td>Ze Xie</td><td>6</td></tr> <tr><td>Fu Ling</td><td>9</td></tr> <tr><td>Bai Zhu</td><td>9</td></tr> </table>	Da Huang	30	Zhi Shi	15	Shen Qu	15	Huang Lian	9	Huang Qin	9	Ze Xie	6	Fu Ling	9	Bai Zhu	9	<ul style="list-style-type: none"> • Food retention that transforms into Damp-Heat and obstructs the ST and Intestines: Pain that increases with pressure, dissention in the epigastrium and abdomen, dysenteric disorders or constipation, scanty, dark urine, ① red, greasy or slippery, yellow coat, ② deep, forceful • Note: For excess-type patterns. 																
Da Huang	30																																	
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<p>MU XIANG BING LANG WAN aucklandia and betel nut pill 木香檳榔丸(목향빈랑환) <i>Reduce Food Retention</i></p>	<table border="1"> <tr><td>Mu Xiang</td><td>30</td></tr> <tr><td>Bing Lang</td><td>30</td></tr> <tr><td>Da Huang</td><td>90</td></tr> <tr><td>Qian Niu Zi</td><td>120</td></tr> <tr><td>Qing Pi</td><td>30</td></tr> <tr><td>Chen Pi</td><td>30</td></tr> <tr><td>Xiang Fu</td><td>120</td></tr> <tr><td>E Zhu</td><td>30</td></tr> <tr><td>Huang Lian</td><td>30</td></tr> <tr><td>Huang Bai</td><td>90</td></tr> <tr><td>Sheng Jiang</td><td>tea</td></tr> </table>	Mu Xiang	30	Bing Lang	30	Da Huang	90	Qian Niu Zi	120	Qing Pi	30	Chen Pi	30	Xiang Fu	120	E Zhu	30	Huang Lian	30	Huang Bai	90	Sheng Jiang	tea	<ul style="list-style-type: none"> • Stagnant accumulation in the digestive system: Generalized abdominal distention, fullness and pain accompanied by constipation or red-and-white dysenteric diarrhea with tenesmus, reduced appetite, ① yellow greasy coat, ② excessive • Note: This formula treats acute situations and is suitable for short-term use only. It is mostly applied to inflammatory disorders of the SI/LI. <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th>Zhi Shi Dao Zhi Wan</th> <th>Mu Xiang Bing Lang Wan</th> </tr> </thead> <tbody> <tr> <td colspan="2">Treat Food retention with Damp-Heat accumulation</td> </tr> <tr> <td>Stronger action to dispel Dampness</td> <td>Stronger action to activate Qi</td> </tr> <tr> <td>Mild to moderate cases of stagnation</td> <td>Severe cases of stagnation</td> </tr> </tbody> </table>	Zhi Shi Dao Zhi Wan	Mu Xiang Bing Lang Wan	Treat Food retention with Damp-Heat accumulation		Stronger action to dispel Dampness	Stronger action to activate Qi	Mild to moderate cases of stagnation	Severe cases of stagnation		
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<p>FEI ER WAN fat baby pill 肥兒丸(비아환) <i>Reduce Food Retention</i></p>	<table border="1"> <tr><td>Shi Jun Zi</td><td>150</td></tr> <tr><td>Bing Lang</td><td>120</td></tr> <tr><td>Huang Lian</td><td>300</td></tr> <tr><td>Rou Dou Kou</td><td>150</td></tr> <tr><td>Mu Xiang</td><td>60</td></tr> <tr><td>Mai Ya (Chao)</td><td>150</td></tr> <tr><td>Shen Qu (Chao)</td><td>300</td></tr> </table>	Shi Jun Zi	150	Bing Lang	120	Huang Lian	300	Rou Dou Kou	150	Mu Xiang	60	Mai Ya (Chao)	150	Shen Qu (Chao)	300	<ul style="list-style-type: none"> • Childhood nutritional impairment from parasitic infestation: Sallow complexion, distended abdomen, intermittent attacks of abdominal pain, indigestion, emaciation, loose stools, feverishness, foul-smelling breath • Note: Focuses on killing parasites while also clearing heat and strengthening SP. <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th>Fei Er Wan</th> <th>Bu Dai Wan</th> </tr> </thead> <tbody> <tr> <td colspan="2">Intestinal parasites and infantile malnutrition (<i>gan ji</i>, 疳積)</td> </tr> <tr> <td>Focus on clearing Heat</td> <td>Focus on tonifying SP</td> </tr> </tbody> </table>	Fei Er Wan	Bu Dai Wan	Intestinal parasites and infantile malnutrition (<i>gan ji</i> , 疳積)		Focus on clearing Heat	Focus on tonifying SP												
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<p>JIAN PI WAN strengthen the spleen pill 健脾丸(건비환) <i>Reduce Food Retention + Tonify SP</i></p>	<table border="1"> <tr><td>Bai Zhu (Chao)</td><td>75</td></tr> <tr><td>Fu Ling</td><td>60</td></tr> <tr><td>Shan Zha</td><td>30</td></tr> <tr><td>Shen Qu (Chao)</td><td>30</td></tr> <tr><td>Mai Ya (Chao)</td><td>30</td></tr> <tr><td>Ren Shen</td><td>45</td></tr> <tr><td>Shan Yao</td><td>30</td></tr> <tr><td>Rou Dou Kou</td><td>30</td></tr> <tr><td>Mu Xiang</td><td>22.5</td></tr> <tr><td>Chen Pi</td><td>30</td></tr> <tr><td>Sha Ren</td><td>30</td></tr> <tr><td>Hang Lian (Chao)</td><td>22.5</td></tr> <tr><td>Gan Cao</td><td>22.5</td></tr> </table>	Bai Zhu (Chao)	75	Fu Ling	60	Shan Zha	30	Shen Qu (Chao)	30	Mai Ya (Chao)	30	Ren Shen	45	Shan Yao	30	Rou Dou Kou	30	Mu Xiang	22.5	Chen Pi	30	Sha Ren	30	Hang Lian (Chao)	22.5	Gan Cao	22.5	<ul style="list-style-type: none"> • Food retention due to Middle burner deficiency: Focal distention, abdominal distention, fullness, reduced appetite or aversion to food, loose and watery diarrhea, ① greasy, slightly yellow coat, ② empty, weak <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th>Bao He Wan</th> <th>Jian Pi Wan</th> </tr> </thead> <tbody> <tr> <td colspan="2">Food retention (ST36, RN12, PC6, SP4, Inner-neiting)</td> </tr> <tr> <td>Acute food retention</td> <td>Chronic food retention</td> </tr> </tbody> </table>	Bao He Wan	Jian Pi Wan	Food retention (ST36, RN12, PC6, SP4, Inner-neiting)		Acute food retention	Chronic food retention
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<p>ZHI ZHU WAN immature bitter orange and atractylodes macrocephala pill 枳朮丸(지출환) <i>Reduce Food Retention + Tonify SP</i></p>	<table border="1"> <tr><td>Bai Zhu</td><td>12-18</td></tr> <tr><td>Zhi Shi</td><td>6-9</td></tr> <tr><td>He Ye</td><td>6-9</td></tr> </table>	Bai Zhu	12-18	Zhi Shi	6-9	He Ye	6-9	<ul style="list-style-type: none"> • SP/ST Deficiency: Focal distention, abdominal distention, fullness, reduced appetite or aversion to food, ① white coat, ② empty • Note: Often used as an additive to other formulas for food retention. 																										
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<p>ZHI SHI XIAO PI WAN immature bitter orange pill to reduce focal distention 枳實消痞丸(지실소비환) <i>Reduce Food Retention + Tonify SP</i></p>	<table border="1"> <tr><td>Zhi Shi</td><td>15</td></tr> <tr><td>Hou Po (Zhi)</td><td>12</td></tr> <tr><td>Huang Lian</td><td>15</td></tr> <tr><td>Ban Xia</td><td>9</td></tr> <tr><td>Ren Shen</td><td>9</td></tr> <tr><td>Bai Zhu</td><td>6</td></tr> <tr><td>Fu Ling</td><td>6</td></tr> <tr><td>Mai Ya</td><td>6</td></tr> <tr><td>Gan Jiang</td><td>3</td></tr> <tr><td>Zhi Gan Cao</td><td>6</td></tr> </table>	Zhi Shi	15	Hou Po (Zhi)	12	Huang Lian	15	Ban Xia	9	Ren Shen	9	Bai Zhu	6	Fu Ling	6	Mai Ya	6	Gan Jiang	3	Zhi Gan Cao	6	<ul style="list-style-type: none"> • Cold-Heat complex due to Qi stagnation & SP Qi deficiency: Distention in the upper epigastrium, lack of thirst or appetite, wan complexion, fatigue and weakness, irregular bowel movements, ① wiry at the right middle position • Note: This is a complex, mixed pattern of excess and deficiency in which excess predominates. <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th>Jian Pi Wan</th> <th>Zhi Shi Xiao Pi Wan</th> </tr> </thead> <tbody> <tr> <td colspan="2">Reduce food retention + Tonify SP</td> </tr> <tr> <td>Tonify SP > Remove stagnation</td> <td>Remove stagnation > Tonify SP</td> </tr> </tbody> </table>	Jian Pi Wan	Zhi Shi Xiao Pi Wan	Reduce food retention + Tonify SP		Tonify SP > Remove stagnation	Remove stagnation > Tonify SP						
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[17] EXPEL PARASITES

	FORMULA	INDICATIONS
Parasites	WU MEI WAN	Roundworms characterized by Heat in the ST and Cold in the Intestines

WU MEI WAN	Ingredients	Quantities	Notes
mume pill 烏梅丸(오매환) <i>Expel Parasites</i>	Wu Mei	24-30	<ul style="list-style-type: none"> • Collapse from roundworms due to Heat in the chest/epigastrium with Cold in the intestines: Sudden attacks of abdominal pain and vomiting after eating due to roundworm infestation, cold hands and feet • Note: Also useful for chronic diarrhea or dysenteric disorders with a mixture of Heat and Cold, and weakened Normal Qi.
	Chuan Jiao	1.5-3	
	Xi Xin	1.5-3	
	Huang Lian	9-12	
	Huang Bai	6-9	
	Gan Jiang	6-9	
	Fu Zi	3-6	
	Gui Zhi	3-6	
	Ren Shen	6-9	
	Dang Gui	3-9	

Wu Mei Wan	Li Zhong An Hui Tang
Treat ascariasis	
More potent, Interlocking of ST heat + LI cold	Less potent, Middle Jiao deficient Cold

[18] TREAT ABSCESES

	FORMULA	INDICATIONS
External Abscess	XIAN FANG HUO MING YIN	Early onset of sores and abscesses from Toxic-Heat & Blood stasis
	WU WEI XIAO DU YIN	All types of boils and carbuncles due to accumulation of Toxic-Heat
	SI MIAO YONG AN TANG	Ulcerated sores or gangrene due to Toxic-Heat leading to Blood stasis
	YANG HE TANG	Yin-type (deep-rooted) localized swelling due to Blood & Yang deficiency
Internal Abscess	WEI JING TANG	Lung abscesses from Toxic-Heat accompanied by Phlegm and Blood stasis
	DA HUANG MU DAN TANG	Early-stage Intestinal abscess due to interior clumping of Heat and Blood
	YI YI FU ZI BAI JIANG SAN	Intestinal abscess where pus has already formed

XIAN FANG HUO MING YIN sublime formula for sustaining life 仙方活命飲(선방활명음) <i>Treat external Abscesses</i>	Jin Yin Hua	9	<ul style="list-style-type: none"> • Toxic-Heat or Phlegm-Fire: Early-stage sores and carbuncles with red, swollen, hot and painful skin lesions, usually accompanied by mild chills, headache, ① red with thin white or slightly yellow coat, ② full, rapid • Note: For early-stage Yang sores that develop rapidly. Also used to treat various inflammatory disorders that present with blood stasis, phlegm, and heat toxin.
	Gan Cao	3	
	Zhe Bei Mu	3	
	Tian Hua Fen	3	
	Dang Gui	6-12	
	Chi Shao	3	
	Ru Xiang	3	
	Mo Yao	3	
	Fang Feng	3	
	Bai Zhi	3	
Chuan Shan Jia	3		
Zao Jia Ci	3		
Chen Pi	9		

Xian Fang Huo Ming Yin	Wu Wei Xiao Du Yin
Clear Toxic-Heat	
Activate Blood	Reduce swelling

SI MIAO YONG AN TANG four-valiant decoction for supporting 四妙勇安湯(사묘용안탕) <i>Treat external Abscesses</i>	Jin Yin Hua	90	<ul style="list-style-type: none"> • Toxic-Heat leading to Blood stasis in the sinews/vessels: Ulcerated sores that won't heal on a limb that is dark red, slightly swollen, warm to the touch and extremely painful, ① red, ② rapid • Note: This is called sloughing ulcer (<i>Tuo Ju</i> 脫疽). Combines a strategy of clearing heat and resolving toxicity with nourishing the Yin fluids and invigorating the blood.
	Xuan Shen	90	
	Dang Gui	60	
	Gan Cao	30	

Biomedical Indications		
Dry gangrene	Buerger disease	Thrombophlebitis

DA HUANG MU DAN TANG rhubarb and moutan decoction 大黃牡丹湯(대황목단탕) <i>Treat Internal Abscesses</i>	Da Huang	12	<ul style="list-style-type: none"> • Acute intestinal abscess from interior clumping of Heat and Blood: Lower abdominal distention and pain that increases upon pressure with rebound tenderness, fever, constipation, ① thin, yellow, greasy coat, ② slippery, rapid • Note: May also be groin pain, or lower right quadrant abdominal masses, with irregular, intermittent fever followed by chills and sweating.
	Mang Xiao	9-12	
	Mu Dan Pi	3	
	Tao Ren	9-15	
	Dong Gua Ren	15-30	

Uncomplicated early-stage appendicitis	Ruptured appendix with peritonitis
Da Huang Mu Dan Tang can be used	Appendectomy and Inpatient care

YI YI FU ZI BAI JIANG SAN Coix, Aconite Accessory Root, and Patrinia Powder 薏苡附子敗醬散(의이부자패장산) <i>Treat Internal Abscesses</i>	Yi Yi Ren	24-30	<ul style="list-style-type: none"> • Intestinal abscess where pus has already formed: Abdominal distension with scaly, dry skin, tightness, and a mass-like appearance, but softness on palpation, absence of fever, ② rapid pulse despite the absence of fever • Note: Focuses on clearing toxins while warming the Yang to successfully expel pus and reduce the abscess. Also for skin disorders.
	Bai Jiang Cao	15-18	
	Fu Zi	6-9	

Yi Yi Fu Zi Bai Jiang San	Da Huang Mu Dan Tang
Intestinal abscess	
moderate potency	stronger potency
Dampness	Damp-Heat + Qi/Blood stagnation