

**CLINICAL GUIDE TO
COMMONLY USED
CHINESE HERBAL FORMULAS**

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6th Edition (2nd printing) 2017

Herbal Medicine Press

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Herbal Medicine Press
PO Box 781
Placitas, New Mexico 87043

The information in this book is strictly educational
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THE FORMULAS

AGASTACHE TUMMY SYRUP

Agastache Tummy Syrup (*Huo Xiang Zheng Qi Gao*) is the primary formula in Chinese medicine for acute nausea and vomiting from external pathogens. Besides strong anti-emetic (anti-vomiting) actions, **Agastache Tummy Syrup** is used for many different types of external cold and internal dampness; it is especially effective when the cold and dampness present together. With its strong function to dry damp and rectify qi, this formula can also be used for damp-type acute diarrhea or wind-damp headaches and ear pain. Many anti-emetic formulas taste bad to children (and adults); rejection of the taste of a formula can trigger a gag reflex that is contrary to the treatment strategy. This formulation is designed to be tasty and easy to swallow in order to facilitate a quick turnaround of the condition. It is also safe and effective for morning sickness.

Ingredients

Agastaches Herba (Chinese Giant Hyssop/ **Huo Xiang**) 14%
Zingiberis Rhizoma Recens (Ginger, fresh/ **Sheng Jiang**) 10%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 8%
Arecae Pericarpium (Betel Nut Palm Peel/ **Da Fu Pi**) 8%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 8%
Platycodi Radix (Platycodon Root/ **Jie Geng**) 8%
Magnoliae Officinalis Cortex (Magnolia Bark, Ginger-fried/ **Jiang Chao Hou Po**) 8%
Citri Reticulatae Pericarpium (Tangerine Peel/ **Chen Pi**) 8%
Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / **Zhi Ban Xia**) 8%
Perillae Folium (Perilla Leaf / **Zi Su Ye**) 6%
Angelicae Dahuricae Radix (Purple Angelica / **Bai Zhi**) 6%
Jujubae Fructus (Jujube Date, red / **Hong Zao, Da Zao**) 4%
Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / **Zhi Gan Cao**) 4%

Chinese Medical Actions

Transforms damp, expels cold, resolves the exterior, rectifies rebellious qi, harmonizes the middle burner.

Indications

Abdominal distension	Fever, mild
Abdominal pain	Gastroenteritis
Appetite, lack of	Morning sickness
Chest, stifling sensation in	Nausea
Cold, aversion to	Stomach “flu”
Damp stagnation	Sweating from external damp
Diarrhea	Taste, lack of
Dizziness	Vomiting
Headache, distending	

Tongue: White and greasy.

Pulse: Slippery.

Contraindications: Do not use if the pattern is wind-heat or internal fire.

Note: For severe nausea and/or vomiting, take tiny sips under the tongue every 20 minutes, until enough has been absorbed to allow for larger doses.

AMBER STONE-TRANSFORMING FORMULA

Amber Stone-Transforming Formula (*Hu Po Hua Shi Pian*) was created by Jake Paul Fratkin, OMD, based on current research in China regarding the dissolution of kidney and bladder stones. The synergistic combination of desmodium (*guang jin qian cao*) and lygodium (*hai jin sha*) dissolves the stone. In acute blockage, it can actually dissolve the stone enough to allow passage, especially when combined with acupuncture. Besides intervention during acute attacks, the formula can be given as a preventative for patients with a history of kidney stones.

Ingredients

Desmodium Styracifolium Herba (Desmodium / **Guang Jin Qian Cao**) 15%
Lygodii Japonici Herba (Lygodium Spores / **Hai Jin Sha**) 15%
Imperatae Cylindrica Rhizoma (Imperata Rhizome / **Bai Mao Gen**) 12%
Pyrrosiae Folium (Pyrrosia Leaf / **Shi Wei**) 12%
Lonicerae Japonicae Flos (Japanese Honeysuckle Flower / **Jin Yin Hua**) 9%
Jixueteng Radix et Caulis (Millettia Root and Vine / **Ji Xue Teng**) 8%
Notoginseng Herba (Tienqi Ginseng, Pseudoginseng / **San Qi, Tian Qi**) 8%
Dianthi Herba (Dianthus / **Qu Mai**) 7%
Succinum (Amber / **Hu Po**) 7%
Orthosiphon Herba (Orthosiphon / **Hua Shi Cao**) 7%

Chinese Medical Actions

Dissolves and expels stones, dispels damp-heat, moves qi, clears heat and resolves toxin, invigorates blood, stops bleeding, relieves pain.

Indications

Bladder stones, acute or chronic	Pain and pressure in lower back
Blood in urine from kidney or bladder stones	and abdomen from stones
Kidney stones, acute or chronic	Urinary tract infection
	Urination, pain with

Tongue: Red and scalloped, red on the edge or tip, yellow or white coating.

Pulse: Big, rapid, rolling.

Contraindications: DO NOT USE DURING PREGNANCY.

Dosage: In acute obstruction: Take 3 tablets every 2 hours until pain is gone. If pain has not significantly decreased in 12 hours, patient should consult health practitioner. For prevention: take 3 tablets, 2 times a day for a 3-4 day course, once monthly.

Note: This formula is most effective when combined with acupuncture.

ANDROGRAPHIS FORMULA

Andrographis Formula (*Chuan Xin Lian Kang Yan Pian*) is used to clear acute heat-toxin in the blood, lymph, or at the organ level. The chief herb, andrographis (*chuan xin lian*), is noted for its strong anti-viral, anti-bacterial, anti-pyretic, and anti-inflammatory actions. Isatis (*ban lan gen*) clears heat-toxin, cools the blood, and benefits the throat. It has anti-bacterial and anti-viral actions. Dandelion (*pu gong ying*) clears both interior and exterior heat, resolves toxin, eliminates damp-heat, and has anti-bacterial actions. With its broad therapeutic scope, **Andrographis Formula** can be used to clear heat-toxin anywhere in the body. It is especially effective for treating viruses affecting the throat, lymph, or liver.

Ingredients

Andrographitis Herba (Andrographis / **Chuan Xin Lian**) 50%

Isatidis seu Baphicacanthis Radix (Isatis Root / **Ban Lan Gen**) 25 %

Taraxaci Herba (Dandelion / **Pu Gong Ying**) 25 %

Chinese Medical Actions

Clears heat, resolves toxin, cools blood, disperses swelling, reduces inflammation in the three burners.

Indications

Bronchitis	Laryngitis
Carbuncles	Lymph nodes, enlarged
Chicken pox	Measles
Common cold, from wind-heat	Mouth sores
Dysentery, bacterial	Mumps
Ear infections	Pelvic Inflammatory Disease
Fever	Respiratory infections
Gastroenteritis, acute	Sinus inflammation or infection
Gum infections	Skin infections such as boils
Hepatitis	Strep throat (Streptococcus)
Herpes simplex	Throat, sore
Herpes zoster (shingles)	Tonsillitis
Influenza	Urinary tract infections
Kidney infection	

Tongue: Red or red spots. **Pulse:** Rapid.

Contraindications: The herbs used in this formula are cold in nature. Prolonged use may injure stomach fire and lead to digestive hypofunction or epigastric discomfort.

AN MIEN FORMULA

An Mien Formula (*An Mien Pian*) is one of the most popular Chinese herbal formulas for treating insomnia, disturbed *shen* (spirit), and palpitations. Most of the ingredients in this formula possess a sedative action. The first three ingredients are among the most frequently used substances for treating anxiety, insomnia, and the feeling of emotional fragility. Part of the genius of this formulation is the recognition of the roles digestion and phlegm play in insomnia and anxiety. The stomach channel's role in insomnia and anxiety is not only about abdominal discomfort and agitation, but about a disruption in our ability to properly transform the exterior (food/experience) into nourishment/blood. (Note that the acupuncture points *Taiyi* (St-23) and *Huaroumen* (St-24) are traditionally indicated for calming *shen* as well as treating abdominal discomfort.) The formula as a whole can be prescribed "as needed", but is safe and balanced for long-term use.

Ingredients

Ziziphi Spinosa Semen (Sour Date Seed, Jujube Seed / **Suan Zao Ren**) 25%
Polygalae Radix (Polygala Root, Licorice-boiled / **Qing (Zhi) Yuan Zi**) 20%
Poriae Sclerotium Pararadicis (Poria Spirit / **Fu Shen**) 16%
Gardeniae Fructus (Gardenia Fruit / **Zhi Zi**) 15%
Jujubae Fructus (Jujube Date, red / **Hong Zao, Da Zao**) 12%
Amomi Fructus Rotundus (Chinese Cardamom / **Bai Dou Kou**) 4%
Amomi Fructus (Amomi Fruit / **Sha Ren**) 4%
Raphani Semen (Radish Seeds, dry-fried / **Chao Lai Fu Zi**) 4%

Chinese Medical Actions

Nourishes heart qi, yin, and blood, supports spleen qi, calms and stabilizes *shen* (spirit), opens the heart orifice, resolves phlegm in the heart, lung, and stomach, drains heat from all three burners, transforms and regulates the qi of the heart and stomach, aids sleep.

Indications

Anxiety	Palpitations
Depression	Panic attacks
Dream-disturbed sleep	Restlessness
Fragility, feeling of	Shen, disturbed
Insomnia	

Tongue: Could be pale or small and red, possibly with thick coating.

Pulse: Two categories apply. If deficiency is primary, the pulse may be weak, feeble, or thin and rapid; if phlegm or stagnation is primary, then it may be slippery.

Contraindications: Do not use if pattern is excess heat. Do not use during acute illness.

ASTRAGALUS FORMULA

Astragalus Formula (*Huang Qi Jian Zhong Tang*) is also known as “Astragalus Decoction to Construct the Middle” because it builds the qi of the spleen and stomach or “middle qi.” It is a major pediatric tonic for children with delicate constitutions or who have chronic ear infections. Its mild action and sweet flavor make it an excellent formula for “reconstructing the middle” after surgery or to restore digestive function damaged by chemotherapy.

Ingredients

Maltosum (Barley Malt Sugar / **Yi Tang**) 32.3%

Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 19.4%

Cinnamomi Ramulus (Cassia Twig, Chinese Cinnamon / **Gui Zhi**) 9.7%

Zingiberis Rhizoma Recens (Ginger, fresh / **Sheng Jiang**) 9.7%

Jujubae Fructus (Jujube Date, red / **Hong Zao, Da Zao**) 9.7%

Astragali Radix (Astragalus / **Huang Qi**) 6.4%

Glycyrrhizae Radix Preparata (Chinese Licorice Root, prepared / **Zhi Gan Cao**) 6.4%

Attractylodis Macrocephalae Rhizoma (White Attractylodes Rhizome / **Bai Zhu**) 6.4%

Chinese Medical Actions

Warms and supplements the middle burner, dispels cold, supplements qi.

Indications

Abdominal pain, chronic, cold	Fatigue
Allergies, chronic	Fever, low grade or occasional
Appetite, poor	Fright, in children
Back spasms	Hemorrhoids
Body weakness and heaviness	Immune system, weak
Children, poor health in	Post-operative pain
Cold limbs	Shortness of breath
Complexion, pale or lusterless	Sweating, nocturnal or spontaneous
Constitution, delicate	Ulcer, peptic
Digestion, weak	Weakness, general or after illness
Ear infections, chronic	

Tongue: White coating, body may be pale. **Pulse:** Thin and weak.

Contraindications: Do not use with signs of heat, with heat from yin deficiency, or in cases with abdominal distension.

ASTRAGALUS & LIGUSTRUM FORMULA

Astragalus & Ligustrum Formula (*Huang Qi Dong Qing Pian*) evolved from *fu zheng* therapy research done in modern China. “*Fu zheng*” means “support the normal or righteous” qi, which helps protect the body from adverse influences. *Fu zheng* therapy originally used tonic or adaptogenic herbs to protect the immune systems of cancer patients from the toxic effects of radiation or chemotherapy. Currently this therapy is used in the treatment of patients who are HIV+ or have AIDS Related Complex (ARC), AIDS, Chronic Epstein-Barr Virus (CEBV), and patients with other immune deficiency syndromes. The focus of **Astragalus & Ligustrum Formula** is on supplementing the “upright” or “righteous” qi by supporting the spleen and kidney. In addition to the tonic herbs, this formula has poria (*fu ling*) to drain dampness, and tangerine peel (*chen pi*) to move the qi. *Chen pi* also helps prevent the bloating and stagnation that can develop when taking tonic herbs.

Ingredients

Astragali Radix (Astragalus / **Huang Qi**) 18.9%
Ligustri Lucidi Fructus (Ligustrum, Privet Fruit / **Nu Zhen Zi**) 9.4%
Codonopsis Radix (Codonopsis / **Dang Shen**) 7.6%
Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 7.6%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 7.6%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 7.6%
Scrophulariae Radix (Scrophularia, Figwort Root / **Xuan Shen**) 7.6%
Acanthopanax Senticosi Radix et Caulis (Eleuthero Root / **Wu Jia Shen**) 7.6%
Schisandrae Fructus (Northern Schisandra Fruit / **Wu Wei Zi**) 6.3%
Citri Reticulatae Pericarpium (Tangerine Peel / **Chen Pi**) 5.6%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 5.6%
Ganoderma (Reishi / **Ling Zhi**) 3.7%
Epimedii Herba (Epimedium / **Yin Yang Huo**) 3.7%
Cinnamomi Cortex (Cassia Bark, Chinese Cinnamon / **Rou Gui**) 1.2%

Chinese Medical Actions

Builds qi, nourishes blood and kidneys, supports *wei* qi, spleen, and stomach.

Indications

Chemotherapy, side effects of	Postpartum fatigue
Fatigue, chronic	Post-operative fatigue
Immune deficiency syndromes	Weakness, general
Immune system impaired	

Contraindications: During pregnancy, consult a health practitioner before taking. This formula can be combined with an appropriate anti-toxin formula, like **Viola Clear Fire Formula**, in cases with microbial activity or heat-toxin. It can also be combined with other tonic formulas to build qi, blood, and yin.

BAKED LICORICE FORMULA

Baked Licorice Formula (*Zhi Gan Cao Tang*) is a qi and blood tonic from the *Shang Han Lun* that Zhang Zhong-jing used as a principle formula for treating irregularities of the pulse. The typical presentation is one with a history of an external pathogen that has depleted the body of both qi and blood, and most obvious in signs and symptoms related to the heart: irregular pulse, palpitations, and generalized weakness. Today it is a primary formula for treating many types of coronary and cardiac disorders. **Baked Licorice Formula** is a versatile formula, but is usually considered the most important formula when one of two types of irregular pulses is present: knotted (*jié mài*) or intermittent (*dài mài*). The knotted pulse is a slow to moderate rate with an occasional dropped beat at irregular intervals. The intermittent pulse is usually moderate in rate but misses beats at regular intervals. The consumptive disorders that are effectively treated by **Baked Licorice Formula** are lung atrophy (characterized by a chronic weak pulse in the right *cun* position with generalized weakness and shortness of breath) and heart qi and blood deficiency.

Ingredients

Rehmanniae Radix (Rehmannia, unprocessed / **Sheng Di Huang**) 28%
Jujubae Fructus (Jujube Date, red / **Hong Da Zao**) 13%
Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / **Zhi Gan Cao**) 12%
Cinnamomi Ramulus (Cassia Twig, Chinese Cinnamon / **Gui Zhi**) 10%
Ophiopogonis Radix (Ophiopogon Tuber / **Mai Men Dong**) 8%
Zingiberis Rhizoma Recens (Ginger, fresh / **Sheng Jiang**) 8%
Polygони Multiflori Radix (Polygonum Root / **He Shou Wu**) 7%
Rehmanniae Radix Preparata (Rehmannia, cured / **Shu Di Huang**) 6%
Lilii Bulbus (Lily Bulb / **Bai He**) 4%
Ginseng Radix (Asian Ginseng Root / **Ren Shen**) 4%

Chinese Medical Actions

Supplements qi, nourishes blood and yin, restores and regulates pulse.

Indications

Anxiety	Insomnia
Arrhythmia	Irritability
Body fluid, damage to, from illness	Myocardial infarction, sequella of
Breathing, difficulty	Myocarditis, sequella of
Cardiac insufficiency	Night sweats
Cardiomyopathy	Palpitations
Constipation	Pulmonary heart disease
Coronary heart disease	Rheumatic heart disease
Cough, dry and weak	Sputum, frothy
Dry mouth and throat	Sweating, spontaneous
Hypertensive heart disease	Weight loss, unintended

Tongue: Pale and shiny. **Pulse:** Irregular, dropping a beat at regular or irregular intervals, knotted, or intermittent. May also be thin and faint/forceless. In the lung atrophy pattern, may be thin and rapid.

Contraindications: Do not use if there is severe diarrhea.

BLOOD PALACE FORMULA

Blood Palace Formula (*Xue Fu Zhu Yu Tang*), also known as “Drive Out Stasis in the Mansion of the Blood Decoction” or “Persica and Carthamus Formula,” is used for blood stasis in the upper part of the body, which results in headaches, pain in the chest and hypochondriac region, and many types of emotional symptoms. It can relieve hypertension and treat mild cardiovascular diseases when blood stasis is part of the pattern.

Ingredients

Persicae Semen (Peach Kernel, Persica Seed / **Tao Ren**) 14.8%
Carthami Flos (Safflower, Carthamus / **Hong Hua**) 11.1%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 11.1%
Cyathulae Radix (Cyathula Root / **Chuan Niu Xi**) 11.1%
Rehmanniae Radix (Rehmannia, unprocessed / **Sheng Di Huang**) 11.1%
Paeoniae Radix, rubra (Chinese Peony, red / **Chi Shao**) 7.4%
Aurantii Fructus (Bitter Orange / **Zhi Ke**) 7.4%
Curcuma Radix (Turmeric, Curcuma Tuber / **Yu Jin**) 7.4%
Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / **Chuan Xiong**) 5.6%
Platycodi Radix (Platycodon Root, Balloon Flower Root / **Jie Geng**) 5.6%
Bupleuri Radix (Bupleurum Root / **Chai Hu**) 3.7%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 3.7%

Chinese Medical Actions

Moves blood, dispels blood stasis, spreads liver qi, unblocks the channels, alleviates pain.

Indications

Afternoon fever	Headache w/fixed, piercing pain
Angina	Hiccough, chronic
Breast lumps	Hypertension
Chest, pain or stifling sensation in	Hypochondriac pain
Coronary heart disease	Insomnia and restless sleep
Depression w/sensation of	Intercostal neuralgia
warmth in chest	Irritability
Dry heaves	Palpitations
Emotional outbursts or instability	Post-concussion syndrome
Fibromyalgia w/blood stasis	

Tongue: Purple or dark red, with dark or purple spots on sides.

Pulse: Tight, choppy, or wiry.

Contraindications: DO NOT USE DURING PREGNANCY. Do not use in cases with heavy menstrual bleeding or any active hemorrhagic disorder.

BONE & SINEW FORMULA

Bone & Sinew Formula (*Zheng Gu Xu Jin Fang*) is a combination of Duhuo and Loranthus Formula (*Du Huo Ji Sheng Tang*) and Course & Quicken Formula (*Shu Jing Huo Xue Tang*) with herbs added to supplement the kidneys and knit bones and sinews. It is intended to treat the second and third stages of trauma where initial swelling and inflammation have dissipated and what remains is blood stasis and invasion of wind and dampness. The herbs in this formula center on moving and supplementing blood to dispel blood stasis, supplementing the kidneys to heal bones and sinews, and dispelling wind and dampness to drive out *bi* and prevent its return. It is ideal for speeding the healing of torn ligaments or tendons, broken bones, or damaged cartilage.

Ingredients

Taxilli Herba (Loranthus, Chinese Mistletoe / **Sang Ji Sheng**) 10%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 8%
Lycopodii Herba (Clubmoss, Lycopodium / **Shen Jin Cao**) 8%
Acanthopanax Giraldui Cortex (Acanthopanax Stem Bark / **Hong Mao Wu Jia Pi**) 8%
Spatholobi Caulis (Spatholobus / **Ji Xue Teng**) 8%
Eucommiae Cortex (Eucommia Bark / **Du Zhong**) 8%
Angelicae Pubescentis Radix (Pubescent Angelica Root / **Du Huo**) 8%
Drynariae Rhizoma (Drynaria Rhizome / **Gu Sui Bu**) 7%
Psoraleae Fructus (Psoralea Fruit / **Bu Gu Zhi**) 7%
Dipsaci Radix (Japanese Teasel Root, Japanese Dipsacus / **Xu Duan**) 7%
Olibanum (Frankincense / **Ru Xiang**) 6%
Myrrha (Myrrh / **Mo Yao**) 6%
Notopterygii Rhizoma seu Radix (Notopterygium / **Qiang Huo**) 5%
Jujubae Fructus (Jujube Date, red / **Hong Zao, Da Zao**) 3%
Pyritum (Pyrite / **Zi Ran Tong**) 1%

Chinese Medical Actions

Dispels wind and dampness, knits bones and sinews, supplements and moves blood, relieves pain.

Indications

Fractures or broken bones	Ligaments or tendons, torn
Bone weakness or degeneration	Sprains
Cartilage damage	

Contraindications: DO NOT USE DURING PREGNANCY.

Note: If used for an extended period, it is best to combine this formula with one that addresses the patient's constitutional imbalance. For example, if yin deficiency is prominent, combine **Bone & Sinew Formula** with **Rehmannia Six Formula**, or if liver qi stagnation is an underlying issue, combine with **Bupleurum & Tang Kuei Formula** or **Free & Easy Wanderer Plus**.

BUPLEURUM & CINNAMON FORMULA

Bupleurum & Cinnamon Formula (*Chai Hu Gui Zhi Tang*) is a traditional formula from the *Shang Han Lun*, and is a combination of Cinnamon Twig Formula (*Gui Zhi Tang*) and Minor Bupleurum Formula (*Xiao Chai Hu Tang*). This formula treats simultaneous *taiyang* and *shaoyang* disorders. It is used to harmonize the interior and exterior, and in *shaoyang* disorders, when the exterior has not been completely released. It is commonly used for digestive disorders resulting from disharmony of liver and spleen. This formula can be used for psychological boundary issues seen in socially uncomfortable patients who have hostile outbursts or are passive-aggressive. It is also good for joint pain triggered by an acute or recent virus, distending pain around the xiphoid, and intercostal neuralgia.

Ingredients

Bupleuri Radix (Bupleurum Root / **Chai Hu**) 23.6%
Codonopsis Radix (Codonopsis / **Dang Shen**) 17.6%
Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / **Zhi Ban Xia**) 11.8%
Cinnamomi Ramulus (Cassia Twig, Chinese Cinnamon / **Gui Zhi**) 8.8%
Scutellariae Radix (Chinese Skullcap, Scute / **Huang Qin**) 8.8%
Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 8.8%
Zingiberis Rhizoma Recens (Ginger, fresh / **Sheng Jiang**) 8.8%
Jujubae Fructus (Jujube Date, red / **Hong Zao, Da Zao**) 5.9%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 5.9%

Chinese Medical Actions

Releases muscle layer, expels wind, releases *shaoyang*-stage disorders, harmonizes interior and exterior, harmonizes nutritive (*ying*) and protective (*wei*) qi.

Indications

Abdominal distension	Muscular tension
Chills	Nausea
Common cold w/chest constriction	Nervous exhaustion
Constitution, delicate	Neurotic disorders
Emotional instability	Passive-aggressive behavior
Fat digestion, poor	Pneumonia
Flatulence	Psychological boundary issues
Gallstones	Pulmonary tuberculosis
Hepatitis	Stomach pain
Influenza	Vertebral subluxation
Irritability	Vomiting
Joint pain w/crackling sensation	

Tongue: Pale, swollen, with white or yellow coating.

Pulse: Wiry (liver position), weak (in spleen position). May be slippery or floating.

Note: Reduce dosage for psychological use by $\frac{1}{4}$.

BUPLEURUM & TANG KUEI FORMULA

Bupleurum & Tang Kuei Formula (*Xiao Yao Wan*), also known as “Free and Easy Wanderer” or “Rambling Powder,” is an important classical prescription for regulating and harmonizing the energy of the liver and spleen. It is useful for a diverse range of symptoms resulting from liver qi stagnation, deficient liver blood, and liver/spleen disharmony. It is an excellent formula for menstrual and premenstrual disorders when strong signs of heat are not present.

Ingredients

Bupleuri Radix (Bupleurum Root / **Chai Hu**) 16.1%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 16.1%
Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 16.1%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 16.1%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 16.1%
Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / **Zhi Gan Cao**) 8.1%
Zingiberis Rhizoma (Ginger, dried / **Gan Jiang**) 8.1%
Menthae Haplocalysis Herba (Chinese Mint / **Bo He**) 3.3%

Chinese Medical Actions

Nourishes liver blood and yin, spreads liver qi, strengthens the spleen, harmonizes the liver and spleen.

Indications

Abdominal distension or bloating	Irritability
Allergies, food	Lactation, insufficient
Appetite, poor	Menopausal symptoms
Breast distension or tenderness	Menstrual pain
Breast lumps, fibrocystic	Menstruation, fatigue after
Constipation	Menstruation, irregular
Depression	Mood swings
Dizziness	Nausea
Emotional instability	Palpitations
Fatigue	Premenstrual syndrome
Hay fever, chronic	Stools, erratic
Headache	Uterine bleeding, dysfunctional
Hot flashes	Weight loss, unintended
Hypochondriac pain	

Tongue: Pale body, slightly red, especially on the sides.

Pulse: Wiry, thin, rapid.

Contraindications: When heat signs are present, use **Free & Easy Wanderer Plus** instead. Reduce dose if irritability or digestive disturbance increase while taking this formula.

BUPLEURUM D FORMULA

Bupleurum D Formula (*Chai Hu Jia Long Gu Mu Li Tang*), also known as “Bupleurum Plus Dragon Bone and Oyster Shell Formula,” is a classical Chinese formula used to clear heat and as a sedative. From the *Shang Han Lun*, this formula is a modification of Minor Bupleurum Formula (*Xiao Chai Hu Tang*) for improperly treated wind-cold disorders. Over centuries of use, this formula has been expanded to treat a variety of internal and emotional patterns, especially those whose symptoms are marked by fullness in the chest, irritability, and palpitations. Altai anemone (*jiu jie chang pu*) has been added to aid in transformation of phlegm. This formula is useful for drug and smoking withdrawal, vivid dreaming, and any pattern of excess qi or yang.

Ingredients

Bupleuri Radix (Bupleurum Root / **Chai Hu**) 17.7%
Codonopsis Radix (Codonopsis / **Dang Shen**) 17.7%
Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / **Zhi Ban Xia**) 8.9%
Scutellariae Radix (Chinese Skullcap, Scute / **Huang Qin**) 6.7%
Zingiberis Rhizoma Recens (Ginger, fresh / **Sheng Jiang**) 6.7%
Cinnamomi Ramulus (Cassia Twig, Chinese Cinnamon / **Gui Zhi**) 6.7%
Poria Sclerotium Pararadicis (Poria Spirit / **Fu Shen**) 6.7%
Fossilia Ossid Mastodi (Fossilized Mineral / **Long Gu**) 6.7%
Ostreae Concha (Oyster Shell / **Mu Li**) 6.7%
Rhei Radix et Rhizoma (Chinese Rhubarb / **Da Huang**) 6.7%
Jujubae Fructus (Jujube Date, red / **Hong Zao, Da Zao**) 4.4%
Anemones Altaicae Rhizoma (Altai Anemone Rhizome / **Jiu Jie Chang Pu**) 4.4%

Chinese Medical Actions

Unblocks the three yang stages, sedates and calms the spirit, moves liver qi, anchors liver yang, resolves phlegm, clears heat from the liver.

Indications

Anxiety	Hypertension
Chest, fullness in	Hypochondriac pain
Constipation	Insomnia
Convulsions	Irritability
Delirium	Mania
Dream disturbed sleep	Menopausal symptoms
Drug withdrawal	Palpitations
Emotional instability	Post-concussion syndrome
Fright, disorders due to	Post-traumatic Stress Disorder
Headache	Restlessness
Heat sensation in head	Smoking withdrawal
Hot flashes	Urinary difficulty or incontinence

Tongue: Red, with slippery coating. **Pulse:** Wiry, rapid.

Contraindications: USE CAUTIOUSLY DURING PREGNANCY OR WHILE NURSING. Reduce dose if loose stools occur.

CAPILLARIS FORMULA

Capillaris Formula (*Yin Chen Hao Fang*) was created by Jake Paul Fratkin, OMD, based on current research in China regarding the treatment of middle-stage Hepatitis C. In this stage, patients exhibit elevated liver enzymes on blood tests and may have the associated symptoms of fatigue, headache, fibromyalgia, and darkening spots on the skin. The formula helps to promote natural immunity, inhibit viral growth, reduce symptoms of fatigue and poor appetite, and is effective for lowering liver enzymes back into the normal range.

Ingredients

Ganoderma (Reishi / **Ling Zhi**) 9%
Paeoniae Radix, rubra (Chinese Peony, red / **Chi Shao**) 9%
Astragali Radix (Astragalus / **Huang Qi**) 8%
Lycii Fructus (Lycium Fruit, Chinese Wolfberry / **Gou Qi Zi**) 8%
Salviae Miltiorrhizae Radix (Chinese Salvia Root / **Dan Shen**) 8%
Artemisiae Scopariae Herba (Capillaris / **Yin Chen Hao**) 8%
Hedyotis Diffusae Herba (Hedyotis, Oldenlandia / **Bai Hua She She Cao**) 8%
Bupleuri Radix (Bupleurum Root / **Chai Hu**) 8%
Gardeniae Fructus (Gardenia Fruit / **Zhi Zi**) 8%
Curcumae Radix (Turmeric, Curcuma Tuber / **Yu Jin**) 8%
Polygoni Multiflori Radix Preparata (Fo-Ti / **Zhi He Shou Wu**) 7%
Schisandrae Fructus (Northern Schisandra Fruit / **Wu Wei Zi**) 6%
Toosendan Fructus (Melia Fruit / **Chuan Lian Zi**) 5%

Chinese Medical Actions

Supplements qi and blood, clears damp-heat, dredges the liver, invigorates blood, clears heat and resolves toxin, relieves pain.

Indications

Cirrhosis of liver, early stage	Hepatomegaly
Fatigue, from chronic hepatitis	Jaundice
Hepatitis, chronic	Liver enzymes elevated

Contraindications: USE WITH CAUTION DURING PREGNANCY OR WHILE NURSING.

Note: This formula is not effective for end-stage liver cirrhosis.

*This formula was formerly called *Liver C Formula*

CHAI HU SHU GAN FORMULA

Chai Hu Shu Gan Formula (*Chai Hu Shu Gan Tang*) is a primary formula for treating liver qi stagnation patterns. Originally formulated for costal fullness and flank pain, as these are common signs for when the liver qi is stuck in the chest/thorax, it has also become famous for its ability to unbind stuck liver qi that is invading the spleen or lower burner. Where flank pain or costal fullness is usually part of the pattern of liver qi stuck in the upper burner, abdominal distension is the chief sign of the “liver invading the spleen” pattern. Lower burner signs include back pain, and dysmenorrhea. Because this formula so effectively frees the liver qi and harmonizes blood circulation, it is now often used to treat such varying conditions as PMS, breast tenderness, costal pain from shingles, gallstones, cold hands and feet, and depression. Common signs of qi stagnation treated by this formula include symptoms that come and go, symptoms made worse with intensified emotional states, and pain that is relieved by activity and worse at night.

Ingredients

Bupleuri Radix (Bupleurum Root / **Chai Hu**) 14.0%
Paeoniae Radix, Alba (Chinese Peony, white / **Bai Shao**) 11.7%
Cyperi Rhizoma (Cyperus, Nut Grass / **Xiang Fu**) 10.0%
Aurantii Fructus (Bitter Orange / **Zhi Ke**) 10.0%
Curcuma Radix (Turmeric, Curcuma Tuber / **Yu Jin**) 10.0%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 10.0%
Scutellariae Radix (Chinese Skullcap, Scute / **Huang Qin**) 10.0%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 10.0%
Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / **Chuan Xiong**) 8.3%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 6.0%

Chinese Medical Actions

Soothes the liver, activates the qi, invigorates blood, harmonizes spleen and liver, stops pain.

Indications

Abdominal distension or pain	Gallstones (cholelithiasis)
Anxiety	Gastritis
Back pain, from qi stagnation	Heartburn
Belching	Hepatitis
Breast tenderness	Hepatomegaly
Chills and fever, alternating	Hiccough
Cholecystitis	Intercostal neuralgia
Circulation, poor	Irritability
Cold Extremities	Mastitis
Costal / rib pain	Nausea
Depression	PMS
Fever and chills, alternating	Shingles, pain from
Flank pain	Vomiting
Frustration	

Tongue: Normal, or slightly purple, may have white coat. **Pulse:** Wiry.

Contraindications: Do not use in extreme deficiency.

CHASE WIND, PENETRATE BONE FORMULA

Chase Wind, Penetrate Bone Formula (*Zhui Feng Tou Gu Wan*) is a combination of herbs that dispel wind, cold, and dampness; herbs that move the blood; and herbs that strengthen qi, blood, yin, and yang. It can be used for various types of acute and chronic joint pain, stiffness, and swelling, but is especially effective for treating wind *bi* or *bi* syndrome that affects joint in both upper and lower extremities.

Ingredients

Taxilli Herba (Loranthus, Chinese Mistletoe / **Sang Ji Sheng**) 5.8%
Cyperi Rhizoma (Cyperus, Nut Grass / **Xiang Fu**) 5.8%
Phaseoli Semen (Phaseoli Seed, Adzuki Bean / **Chi Xiao Dou**) 5.8%
Notopterygii Rhizoma seu Radix (Notopterygium / **Qiang Huo**) 5.8%
Ligustici Rhizoma (Chinese Lovage, Ligusticum / **Gao Ben**) 5.8%
Eucommiae Cortex (Eucommia Bark / **Du Zhong**) 5.8%
Achyranthis Bidentatae Radix (Achyranthes / **Huai Niu Xi**) 5.8%
Speranskiae Herba (Speranskia / **Tou Gu Cao**) 5.8%
Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 5.8%
Angelicae Dahuricae Radix (Purple Angelica / **Bai Zhi**) 5.8%
Dipsaci Radix (Japanese Teasel Root, Japanese Dipsacus / **Xu Duan**) 5.8%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 5.8%
Notoginseng Radix (Tienqi Ginseng, Pseudoginseng / **San Qi, Tian Qi**) 5%
Myrrha (Myrrh / **Mo Yao**) 4%
Olibanum (Frankincense / **Ru Xiang**) 4%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 2.9%
Angelicae Pubescentis Radix (Pubescent Angelica Root / **Du Huo**) 2.9%
Cinnamomi Cortex (Cassia Bark, Chinese Cinnamon / **Rou Gui**) 2.9%
Nardostachydis Radix seu Rhizoma (Chinese Nardostachys / **Gan Song Xiang**) 2.9%
Gentianae Macrophyllae Radix (Large Leaf Gentian Root / **Qin Jiao**) 2.9%
Saposhnikoviae Radix (Siler / **Fang Feng**) 2.9%

Chinese Medical Actions

Removes painful obstruction from wind-cold and wind-dampness, reduces swelling, alleviates pain, moves stagnant qi and blood, disperses liver qi stagnation, strengthens the muscles, supplements qi and blood, liver yin, and kidney yin and yang.

Indications

Arthritis	Joint pain, swelling, stiffness
Back pain	Knees, weak
Back stiffness, chronic	Legs, weak and painful
Bone degeneration or weakness	Sciatica, chronic

Contraindications: DO NOT USE DURING PREGNANCY. Use with caution with excess heat, as this formula is warming. If heat is present (joints swollen or hot to the touch), combine with **Curcuma Longa Formula**. Modify to smaller dosages in cases of digestive weakness. In cases of severe deficiency, this formula can be combined with a supplementing formula, such as

CHILDREN'S CLEAR & RELEASE FORMULA

Children's Clear & Release Formula (*Yin Qiao Gan Mao Fang*) combines herbs from two of the most popular formulas for treating early-stage common cold, *Yin Qiao San* and *Gan Mao Ling*. The combination of these two formulas plus the addition of pueraria (*ge gen*), mulberry leaf (*sang ye*), and scrophularia (*xuan shen*) expands the application to help (respectively) release wind, dredge the lymph glands, and cool and protect the lungs. Broad in its application, **Children's Clear & Release Formula** can treat patterns marked by runny nose or nasal congestion, fever, headache, mild to moderate sore throat, or a slight, unproductive cough. It is most effectively used during the early stages of an external invasion.

Ingredients

Ilicis Pubescentis Radix (Pubescent Holly Root, Ilex / **Mao Dong Qing**) 17%
Forsythiae Fructus (Forsythia / **Lian Qiao**) 10%
Lonicerae Flos (Japanese Honeysuckle Flower / **Jin Yin Hua**) 10%
Chrysanthemi Flos (Chrysanthemum / **Ju Hua**) 8%
Arctii Fructus (Burdock Fruit / **Niu Bang Zi**) 7%
Magnoliae Flos (Magnolia Flower / **Xin Yi Hua**) 7%
Mori Folium (White Mulberry Leaf / **Sang Ye**) 7%
Phragmitis Rhizoma (Phragmites Rhizome, Common Reed Rhizome / **Lu Gen**) 7%
Puerariae Radix (Kudzu Root / **Ge Gen**) 7%
Scrophulariae Radix (Scrophularia, Figwort Root / **Xuan Shen**) 7%
Vitis Fructus (Simple-Leaf Chaste Tree Fruit, Vitex Fruit / **Man Jing Zi**) 7%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 6%

Chinese Medical Actions

Clears heat, resolves toxin, expels wind, benefits the throat, opens the nasal passages, relieves cough, brightens the eyes, diffuses lung qi.

Indications

Aches, generalized, from acute illness	Headache
Chicken pox, early stages	Lymph glands, swollen
Common cold, early stages	Nasal discharge or congestion
Cough, dry	Roseola, early stages
Fever	Sore throat
Flu, early stages	Viral diseases, early stages

Tongue: Red on tip, or whole tongue red. **Pulse:** Rapid, full, floating.

Contraindications: Avoid taking tonic formulas concurrently with this formula, as they can trap exogenous pathogens in the body. Use when heat signs or common cold symptoms are evident. Not appropriate as a preventative; use **Children's Jade Defense Formula** instead. If the cold turns into an interior heat-type cough pattern, combine with **Children's Clear Lung Formula**.

Dosage: Golden Flower's Children's Formulas are made as flavored syrups

without alcohol extraction. They do not require pre-mixing. For infants, give 1-2 ml/cc. For children age 1-2, give 2-3 ml/cc. For age 3-5, give 4-6 ml (1 ml/cc for each year of age + 1 ml). For children above 5, give 6 ml, or one teaspoon. **Frequency:** For acute conditions, administer every 2-3 hours; and 3 times per day during the subacute phase.

Note: The best results are obtained in the treatment of external patterns when the formula can be administered during the initial stage of onset. Usually children cannot accurately report all of their symptoms; it is prudent and convenient to have a formula that parents can keep in the medicine cabinet to address a wide range of symptoms associated with early-stage wind-heat or qi-level heat patterns.

CHILDREN'S CLEAR LUNG FORMULA

Children's Clear Lung Formula (*Xiao Er Zi Qing Fei Fang*). This formula addresses acute cough presentations from lung fire or phlegm-heat patterns. It is especially appropriate for children, whose coughs tend to progress rapidly from throat tickle to lung fire. In early-stage cough, pathogenic heat quickly causes the body to respond with phlegm in order to protect the lung tissue, after which, the phlegm can become difficult to expel. This formula clears lung heat with belamcanda (*she gan*), scutellaria (*huang qin*) and white mulberry root bark (*sang bai pi*). Herbs that transform phlegm and stop cough include fritillaria (*zhe bei mu*), pinellia (*zhi ban sha*), platycodon (*jie geng*), and peucedanum (*qian hu*). Herbs that stop cough and direct qi downward include armeniaca (*xing ren*), perilla seed (*zi su zi*), and cynanchum (*bai qian*). This is a balanced formula that helps to protect the lungs while correcting the flow of lung qi, draining heat, and resolving phlegm.

Ingredients

Belamcandae Rhizoma (Belamcanda, Blackberry Lily / **She Gan**) 13%
Fritillariae Thunbergii Bulbus (Sichuan Fritillary / **Zhe Bei Mu**) 12%
Peucedani Radix (Peucedanum, Hog Fennel / **Qian Hu**) 11%
Cynanchi Stauntonii Rhizoma (Cynanchum Stauntonii Rhizome / **Bai Qian**) 10%
Scutellariae Radix (Chinese Skullcap, Scute / **Huang Qin**) 10%
Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / **Zhi Ban Xia**) 9%
Mori Cortex (White Mulberry Root Bark / **Sang Bai Pi**) 9%
Perillae Fructus (Perilla Seed / **Zi Su Zi**) 9%
Platycodi Radix (Platycodon Root, Balloon Flower Root / **Jie Geng**) 9%
Armeniaca Semen (Apricot Seed, Chinese Bitter Almond / **Xing Ren**) 8%

Chinese Medical Actions

Clears heat and drains fire, resolves toxin, expels wind, benefits the throat, relieves cough, brightens the eyes, diffuses lung qi.

Indications

Bronchitis	Croup
Cough	Pertussis (whooping cough)

Tongue: Red tip; possibly a yellow coat. **Pulse:** Rapid, full.

Cautions: Cold and phlegm-resolving substances may cause loose stools as a mechanism for discharging phlegm. This is a normal response, but if diarrhea develops, discontinue or lower the dose.

Dosage: See pages 17-18.

Note: When accompanied by productive phlegm, or to help relieve harshness, combine with **Fritillaria & Pinellia Syrup**.

CHILDREN'S EAR FORMULA

Children's Ear Formula (*Hai Er Fang*) is a modern formula developed by Jake Paul Fratkin, OMD, to treat ear infections in infants and young children (to 6 years old). **Children's Ear Formula** has proven itself over many years, with many practitioners. Given orally, it will usually stop the pain of otitis media (middle ear infection) and otitis externa (outer ear infection) within two hours. It is intended for painful ear infection, but is also appropriate for inflamed or bulging eardrum without pain.

Ingredients

Agastaches Herba (Chinese Giant Hyssop, Agastache / **Huo Xiang**) 10%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 10%
Chrysanthemi Flos (Chrysanthemum / **Ju Hua**) 8%
Coptidis Rhizoma (Coptis / **Huang Lian**) 8%
Forsythiae Fructus (Forsythia / **Lian Qiao**) 8%
Paeoniae Radix, rubra (Chinese Peony, red / **Chi Shao**) 8%
Peucedani Radix (Peucedanum, Hog Fennel / **Qian Hu**) 8%
Angelicae Dahuricae Radix (Purple Angelica / **Bai Zhi**) 7%
Bupleuri Radix (Bupleurum Root / **Chai Hu**) 7%
Fritillariae Thunbergii Bulbus (Sichuan Fritillary / **Zhe Bei Mu**) 7%
Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / **Zhi Ban Xia**) 7%
Vitis Fructus (Simple-Leaf Chaste Tree Fruit, Vitex Fruit / **Man Jing Zi**) 7%
Zingiberis Rhizoma Recens (Ginger, fresh / **Sheng Jiang**) 5%

Chinese Medical Actions

Clears heat, resolves toxin, drains dampness, relieves pain.

Indications

Ear infection with pain in infants and young children	Ears, congested
Eardrum, inflamed or bulging, without pain	Fever, in children prone to ear infections
	Headache, with phlegm-heat

Note: This formula is to be taken orally, not put in the ear. This formula is an alternative to antibiotics, which can increase the chance of a recurrence of the ear infection within six weeks. If ear infection is not responsive in 24 hours, reevaluate the condition and strategy. Other appropriate formulas may include, **Gentiana Drain Fire Formula** (for damp-heat in the gallbladder channel), or **Neck Formula** (if ears remain plugged after all other symptoms have resolved). **Children's Ear Formula** addresses the branch—the acute symptoms. When pain eases, the root problem should be treated as well.

CHILDREN'S JADE DEFENSE FORMULA

Children's Jade Defense Formula (*Xiao Er Zi Yu Fang*) is a modification of Jade Windscreen Formula (*Yu Ping Feng San*). Its main uses are to prevent invasion from the exterior and stop spontaneous sweating. It can be helpful to repair and strengthen intestinal epithelium for those who suffer from food allergies. Atractylodes (*bai zhu*) strengthens spleen qi and resolves the dampness that can impede efficient functioning of the spleen, while astragalus (*huang qi*) reinforces the *wei* qi and helps to radiate it outward to support the exterior. Siler (*fang feng*) is gentle on the body yet strongly expels wind. Chrysanthemum (*ju hua*) cools the lungs and liver and is included to compensate for the tendency of exterior invasions in children to turn to heat, and also to compensate for the warming nature of the tonic.

Ingredients

Astragali Radix (Astragalus / **Huang Qi**) 35%

Saposhnikoviae Radix (Siler / **Fang Feng**) 25%

Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 20%

Chrysanthemi Flos (Chrysanthemum / **Ju Hua**) 20%

Chinese Medical Actions

Supplements *wei* qi, secures the exterior, stops sweating, clears eyes.

Indications

Allergies	Immune system, weak
Common cold, prevention	Lethargy
Fatigue, mild	Wind-cold invasions, frequent

Tongue: Normal, puffy and pale, or moist. **Pulse:** Normal, or floating.

Dosage: Golden Flower's Children's Formulas are made as flavored syrups without alcohol extraction. They do not require pre-mixing. For infants give 1-2 ml/cc, twice daily. For children age 1-2, give 2-3 ml/cc, twice daily. For age 3-5, give 4-6 ml (1 ml/cc for each year of age + 1 ml), twice daily. For children above 5, give 6 ml, or one teaspoon, twice daily.

CHONG RELEASE FORMULA

Chong Release Formula (*Jia Wei Tao Hong Si Wu Tang*) is a modification of the classic formula for nourishing and moving blood, *Tao Hong Si Wu Tang*. It is especially effective in treating menstrual blood stasis. This formula opens the collaterals to eliminate blood stasis and facilitates the complete discharge of the endometrial lining, so that the new endometrial lining can grow on a smooth, clean base.

Ingredients

Spatholobi Caulis (Spatholobus / **Ji Xue Teng**) 15%
Albiziae Cortex (Mimosa Tree Bark, Silk Tree Bark / **He Huan Pi**) 15%
Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 12%
Codonopsis Radix (Codonopsis / **Dang Shen**) 12%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 12%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 10%
Paeoniae Radix, rubra (Chinese Peony, red / **Chi Shao**) 10%
Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / **Chuan Xiong**) 6%
Persicae Semen (Peach Kernel, Persica Seed / **Tao Ren**) 5%
Carthami Flos (Safflower, Carthamus / **Hong Hua**) 3%

Chinese Medical Actions

Nourishes and invigorates blood, supplements qi to support the generation and movement of blood, calms the spirit.

Indications

Endometriosis	Menstruation with dark blood or dark spotting
Infertility w/lower burner blood stasis	Pelvic congestion
Menstrual bleeding starts and stops	Premenstrual syndrome
Menstrual blood clots	Uterine bleeding, dysfunctional
Menstrual cycles irregular	
Menstrual pain	

Tongue: Pale, slightly purple body or sides, may have distended veins.

Pulse: Wiry, thin, or choppy.

Contraindications: DO NOT USE DURING PREGNANCY. Use with **Blood Palace Formula** for strong blood stasis causing significant menstrual pain. If menstrual bleeding is prolonged or heavy, discontinue use.

Note: When treating infertility, use this formula from day one of menstruation until flow has ceased.

CINNAMON & PORIA FORMULA

Cinnamon & Poria Formula is a modification of *Gui Zhi Fu Ling Wan* with red peony (*chi shao*), salvia (*dan shen*), sparganii (*san leng*) and rhubarb (*da huang*) added to reinforce the actions of the original formula. This formula is used for blood stasis in the lower abdomen, fixed abdominal masses with abdominal pain, tenderness, and tension. **Cinnamon & Poria Formula** can also be used by men for prostate problems.

Ingredients

Paeoniae Radix, rubra (Chinese Peony, red / **Chi Shao**) 13.9%
Cinnamomi Ramulus (Cassia Twig, Chinese Cinnamon / **Gui Zhi**) 11.1%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 11.1%
Moutan Cortex (Tree Peony / **Mu Dan Pi**) 11.1%
Persicae Semen (Peach Kernel, Persica Seed / **Tao Ren**) 11.1%
Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 11.1%
Salviae Miltiorrhizae Radix (Chinese Salvia Root / **Dan Shen**) 11.1%
Rhei Radix et Rhizoma (Chinese Rhubarb / **Da Huang**) 11.1%
Sparganii Rhizoma (Sparganium, Bur Reed Rhizome / **San Leng**) 8.4%

Chinese Medical Actions

Invigorates the blood, transforms blood stasis, reduces fixed abdominal masses.

Indications

Abdominal distension	Menstrual pain
Abdominal masses, fixed	Menstruation, irregular
Abdominal pain, fixed or stabbing	Night sweats
Abdominal tenderness	Ovarian cysts
Amenorrhea, w/pain or distension	Pelvic Inflammatory Disease, chronic
Back pain, (lower) from fullness	Prostate enlarged
Endometriosis	Uterine fibroids, with or without bleeding
Hemorrhoids	Uterine bleeding, dysfunctional
Infertility	
Menopausal symptoms	

Tongue: Body dark or with purple spots, raised bumps on tongue root.

Pulse: Choppy, tense, and sunken.

Contraindications: DO NOT USE DURING PREGNANCY OR WHILE NURSING. With blood deficiency and stasis, use with **Tang Kuei & Salvia Formula**.

CINNAMON D FORMULA

Cinnamon D Formula (*Gui Zhi Jia Long Gu Mu Li Tang*) also known as “Cinnamon plus Dragon Bone and Oyster Shell Formula” is a classical Chinese formula that addresses disharmony of yin and yang, and lack of communication between the heart and kidneys. It is used for physical symptoms arising from chronic constraint, overwork, or sexual excess, as well as for a number of psychological symptoms, including sexual dysfunction or boundary issues.

Ingredients

Cinnamomi Ramulus (Cassia Twig, Chinese Cinnamon / **Gui Zhi**) 15%
Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 15%
Zingiberis Rhizoma (Ginger, dried / **Gan Jiang**) 15%
Jujubae Fructus (Jujube Date, red / **Hong Zao, Da Zao**) 15%
Fossilia Ossi Mastodi (Fossilized Mineral / **Long Gu**) 15%
Ostreae Concha (Oyster Shell / **Mu Li**) 15%
Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / **Zhi Gan Cao**) 10%

Chinese Medical Actions

Regulates yin and yang, harmonizes heart and kidneys, restrains essence (*jing*), harmonizes nutritive (*ying*) and protective (*wei*) qi, calms the spirit.

Indications

Abdominal contraction	Memory, poor
Anxiety	Nervousness
Cold extremities	Nervous exhaustion from sexual excess
Coldness in genitals	Neurotic disorders
Diarrhea	Night sweats
Dizziness	Nocturnal emissions
Dream-disturbed sleep	Palpitations
Emotional instability	Psychological boundary issues
Hair loss	Sexual intercourse, pain with
Impotence, with exhaustion	Sexual dysfunction in women
Insomnia	Sexual exhaustion in men
Irritability	Sexual dreams
Mental confusion	

Tongue: Pale with a thin, white coating.

Pulse: Hollow, forceless, or thready and floating.

Note: Ted Kaptchuk, OMD, states that this formula is useful for sexual abuse survivors, as well as patients who have difficulty with intimacy, commitment, and sex addiction. Reduce dosage for psychological use by ¼.

CINNAMON TWIG FORMULA

Cinnamon Twig Formula (*Gui Zhi Tang*). This is one of the most commonly modified formulas from the *Shang Han Lun*. **Cinnamon Twig Formula** is best used in cases where the protective (*wei*) qi cannot protect the exterior, and the nutritive (*ying*) qi cannot nourish and stabilize the interior. A common presentation is sweating with invasion from wind-cold, where the sweating does not lead to improvement of the condition and renders the patient more sensitive to the environment. In these cases it is inappropriate to use formulas with ephedra (*ma huang*) or other strongly diaphoretic, warm herbs, or formulas with cold and bitter herbs. In small doses, this formula can also be used to address psychological boundary issues seen in easily overwhelmed patients who have difficulty holding qi or nourishment. These patients usually have chronic deficiency patterns and progress very slowly. **Cinnamon Twig Formula** gives them some energetic containment, and helps them make effective therapeutic progress.

Ingredients

Cinnamomi Ramulus (Cassia Twig, Chinese Cinnamon / **Gui Zhi**) 21.4%
Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 21.4%
Zingiberis Rhizoma Recens (Ginger, fresh / **Sheng Jiang**) 21.4%
Jujubae Fructus (Jujube Date, red / **Hong Zao, Da Zao**) 21.4%
Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / **Zhi Gan Cao**) 14.4%

Chinese Medical Actions

Regulates the nutritive (*ying*) and protective (*wei*) qi, disperses wind-cold from the muscle layer.

Indications

Allergies	Flushing up of qi
Aversion to wind	Headache
Chills	Hives
Cold limbs	Invasion by wind-cold
Common cold	Itching
Dry heaves	Neck stiffness
Eczema	Psychological boundary issues
Fever, low grade, unrelieved by sweating	Sinus congestion
	Sweating, spontaneous

Tongue: Moist, with thin, white coating. **Pulse:** Floating and weak.

Contraindications: Do not use in cases with exterior cold and interior heat (fever with thirst, sore throat, rapid pulse).

Note: Reduce dosage for psychological use by $\frac{1}{4}$.

CITRUS & PINELLIA FORMULA

Citrus & Pinellia Formula (*Er Chen Tang*). This classical formula is the basis for nearly any formula that is used when phlegm-damp is the underlying pattern. It is used when phlegm-damp from the spleen blocks the flow of qi and interferes with the normal functions of the spleen and stomach. It can be used for clear or white, sticky phlegm in the lungs, as well as many problems of the stomach and spleen caused by phlegm-damp. Its primary action is to rectify the qi so that the qi can transform fluids properly.

Ingredients

Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / **Zhi Ban Xia**) 35%

Citri Reticulatae Pericarpium (Tangerine Peel / **Chen Pi**) 35%

Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 20%

Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / **Zhi Gan Cao**) 10%

Chinese Medical Actions

Drains dampness, transforms phlegm, regulates qi, harmonizes the spleen and stomach.

Indications

Bronchitis, chronic or lingering	Meniere's disease
Chest, stifling sensation in	Morning sickness
Complexion, sallow or dull	Nausea
Cough, with clear or white sputum	Palpitations
Diaphragm, stifling sensation in	Retention of food or fluids in stomach
Dizziness	Ulcer, peptic
Gastritis, chronic	Vomiting
Hangover	

Tongue: Swollen, with a thick, white, greasy coating, or excessively moist.

Pulse: Slippery, especially the right *cun* (lung) and/or *guan* (spleen) positions.

Contraindications: Do not use with lung yin deficiency; use **Lily Preserve Metal Formula** or **Sheng Mai Formula** instead. For phlegm-heat, use **Fritillaria & Pinellia Formula**.

COPTIS RELIEVE TOXICITY FORMULA

Coptis Relieve Toxicity Formula (*Huang Lian Jie Du Pian*) is based on a classical Chinese formula known as “Coptis and Scute” used to clear heat from the three burners. It is used for symptoms resulting from liver heat, heat in the blood, and heat in the heart. Rhubarb (*da huang*) and lophatherum (*dan zhu ye*) have been added to aid in the formula’s ability to drain damp-heat.

Ingredients

Gardeniae Fructus (Gardenia Fruit / **Zhi Zi**) 26.7%

Coptidis Rhizoma (Coptis / **Huang Lian**) 20%

Lophatheri Herba (Lophatherum / **Dan Zhu Ye**) 20%

Scutellariae Radix (Chinese Skullcap, Scute / **Huang Qin**) 13.3%

Phellodendri Cortex (Phellodendron Bark / **Huang Bai**) 13.3%

Rhei Radix et Rhizoma (Chinese Rhubarb / **Da Huang**) 6.7%

Chinese Medical Actions

Drains damp-heat and fire, relieves heat-toxin, cools liver heat, cools blood.

Indications

Acne	Heat rash
Abscess	Hypertension
Acid reflux	Incoherent speech
Bacterial infection	Insomnia
Bad breath	Irritability
Bleeding from excess heat	Mania
Blood in stools or urine	Mumps
Boils	Nosebleed
Carbuncles	Palpitations
Chicken pox	Strep throat (Streptococcus)
Coughing up or vomiting blood	Sties
Delirium	Stomach acid, excess
Diarrhea	Tonsillitis
Dizziness or vertigo	Toothache
Dryness of mouth and throat	Ulcer
Eczema	Urinary tract infection
Emotional instability	Urination, painful
Fever	Vaginal discharge, yellow
Gastritis, acute	Vomiting, with high fever
Hangover	

Tongue: Red, with yellow coating. **Pulse:** Rapid and strong.

Contraindications: DO NOT USE DURING PREGNANCY OR WHILE NURSING. Not intended for long-term use, as this formula can injure the yin. Reduce dose if diarrhea occurs.

CORYDALIS FORMULA

Corydalis Formula (*Shao Yao Gan Cao Jia Yan Hu Tang*) is a combination of the classical Peony and Licorice Formula (*Shao Yao Gan Cao Tang*) with corydalis (*yan hu suo*). Peony and Licorice Formula is traditionally used for pain, cramping, or muscle spasms caused by injury to the liver blood or yin. Corydalis (*yan hu suo*) is used for pain from stagnation of qi or blood. These herbs together make this a suitable formula for many types of pain, muscle spasms, and cramps.

Ingredients

Corydalis Rhizoma (Corydalis Yanhusuo / **Yan Hu Suo**) 33.4%

Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 33.3%

Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 33.3%

Chinese Medical Actions

Moves blood and qi, soothes the liver, relieves pain, relaxes muscles, relieves spasms.

Indications

Abdominal pain	Menstrual pain
Back pain	Muscular aches and spasms
Bronchial pain	Pancreatitis, pain from
Gallbladder spasms	Sciatica
Headache	Stomach pain
Herpes zoster (shingles) pain	Toothache
Insomnia from pain	Urinary bladder pain
Intestinal cramping	Urination, painful

Contraindications: DO NOT USE DURING PREGNANCY. Patients may experience drowsiness when taking this formula and should, therefore, use caution when driving or operating heavy machinery. This formula is not appropriate for pain from wind. Use **Chase Wind, Penetrate Bone Formula, Course & Quicken Formula, Duhuo & Loranthus Formula, or Juan Bi Formula** instead.

COURSE & QUICKEN FORMULA

Course & Quicken Formula (*Shu Jing Huo Xue Tang*) is a traditional formula also known as “Relax the Channels and Invigorate the Blood Decoction.” It is used for pain caused by wind-dampness, and qi and blood stasis in the channels and collaterals.

Ingredients

Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 11.3%
 Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 9.0%
 Rehmanniae Radix (Rehmannia, unprocessed / **Sheng Di Huang**) 7.5%
 Persicae Semen (Peach Kernel, Persica Seed / **Tao Ren**) 7.5%
 Atractylodis Rhizoma (Cang-Zhu Atractylodes Rhizome / **Cang Zhu**) 7.5%
 Achyranthis Bidentatae Radix (Achyranthes / **Huai Niu Xi**) 7.5%
 Gentianae Macrophyllae Radix (Large Leaf Gentian Root / **Qin Jiao**) 7.5%
 Citri Reticulatae Pericarpium (Tangerine Peel / **Chen Pi**) 7.5%
 Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 5.3%
 Acanthopanax Cortex (Eleuthero Cortex / **Wu Jia Pi**) 4.6%
 Notopterygii Rhizoma seu Radix (Notopterygium / **Qiang Huo**) 4.6%
 Saposhnikoviae Radix (Siler/ **Fang Feng**) 4.6%
 Gentianae Radix (Manchurian Gentian Root / **Long Dan Cao**) 4.6%
 Angelicae Dahuricae Radix (Purple Angelica / **Bai Zhi**) 4.6%
 Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / **Chuan Xiong**) 3.4%
 Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 3.0%

Chinese Medical Actions

Dispels wind-dampness, moves blood stasis, moves qi, unblocks and relaxes the channels.

Indications

Back pain, lower	Movement difficulty
Edema	Muscle aches
Gout	Numbness, lower extremities
Hypertension	Pain, in trunk
Joint pain	Postpartum pain
Leg pain, radiating	Sciatica

Tongue: Swollen. **Pulse:** Strong, choppy, superficial.

Contraindications: DO NOT USE DURING PREGNANCY. This formula is for pain with excess; for pain from deficiency, use **Duhuo & Loranthus Formula**.

CURCUMA LONGA FORMULA

Curcuma Longa Formula (*Jiang Huang Wan*) is designed to manage pain, reduce swelling, and alleviate allergic reactions by reducing inflammation. Systemic inflammation has been found to be a factor in such diverse health disorders as arthritis, atherosclerosis, Alzheimer's disease, cancer, allergies, and autoimmune disorders. The herbs in **Curcuma Longa Formula** have been shown to exhibit anti-inflammatory, analgesic, antioxidant, hepatoprotective, and immunomodulatory effects. This formula supports the liver and blood vessels, and promotes circulation of blood and qi.

Ingredients

Curcumae Longae Rhizoma (Turmeric Rhizome / **Jiang Huang**) 16%
Polygoni Cuspidati Rhizoma (Japanese Knotweed Root / **Hu Zhang**) 14%
Ligustri Lucidi Fructus (Ligustrum, Privet Fruit / **Nu Zhen Zi**) 12%
Olibanum (Frankincense / **Ru Xiang**) 12%
Scutellariae Radix (Chinese Skullcap, Scute / **Huang Qin**) 10%
Prunellae Spica (Heal All Spike, Self-Heal Spike / **Xia Ku Cao**) 8%
Zingiberis Rhizoma Recens (Ginger, fresh / **Sheng Jiang**) 8%
Cinnamomi Ramulus (Cassia Twig, Chinese Cinnamon / **Gui Zhi**) 8%
Camelliae Folium (Green Tea Leaf / **Lu Cha**) 4%
Citri Reticulatae Pericarpium (Tangerine Peel / **Chen Pi**) 3%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 3%
Coptidis Rhizoma (Coptis / **Huang Lian**) 2%

Chinese Medical Actions

Activates blood circulation and invigorates the movement of qi, opens channels and collaterals, stops pain and relieves swelling, clears heat and eliminates toxin.

Indications

Allergies, with inflammation	Gout
Arthritis, rheumatoid	Heart disease
Asthma, with inflammation	Inflammation, systemic
Atherosclerosis	Knee pain
Autoimmune disease	Lymph nodes, enlarged
Cancer, inflammation from	Neuropathy
COPD	Osteoporosis
Eyes, red, itchy	Sinus inflammation
Fibromyalgia, with inflammation	Traumatic injury w/inflammation
Gastritis	

Tongue: Slightly dusky or deep red, possibly with papilla.

Pulse: Choppy, thin, or wiry.

Dosage: This formula can be taken in larger doses if necessary (4 tablets, 3 times per day). If prescribing larger doses, or for an extended period of time (longer than 120 days), an assisting formula to prevent possible depletion of

qi or yin may be needed. Some recommended protective formulas include: **Astragalus & Ligustrum Formula**, **Ji Xue Formula**, **Jing Qi Formula**, or **Sheng Mai Formula**. One tablet per dose of the assisting formula provides sufficient support in most cases.

Contraindications: DO NOT USE DURING PREGNANCY. Use caution in patients with spleen qi or blood deficiency, or combine with an appropriate tonic formula such as **Ginseng & Longan Formula**. Use caution with patients taking anticoagulant/antiplatelet drugs or antidiabetic drugs.

DUHUO & LORANTHUS FORMULA

Duhuo & Loranthus Formula (*Du Huo Ji Sheng Tang*) is a classical formula for painful obstruction in the lower body with deficiency of the liver and kidney. As described in Chapter 43 of *Basic Questions*: “Painful obstruction in the bones causes heaviness; in the blood vessels causes coagulations and loss of flow; in the sinews causes contractions with an inability to extend the joints, and in the muscles causes numbness.” This manifests in symptoms such as arthritis, and heavy and painful sensations in the lower back and legs with weakness and stiffness. This formula is based on the strategy of both supporting normal qi and removing obstruction. Safflower (*hong hua*) was added to augment the pain-relieving properties of the formula.

Ingredients

Taxilli Herba (Loranthus, Chinese Mistletoe / **Sang Ji Sheng**) 13.6%
Angelicae Pubescentis Radix (Pubescent Angelica Root / **Du Huo**) 8.1%
Carthami Flos (Safflower, Carthamus / **Hong Hua**) 8.1%
Speranskiae Herba (Speranskia Herb / **Tou Gu Cao**) 5.4%
Saposhnikoviae Radix (Siler / **Fang Feng**) 5.4%
Gentianae Macrophyllae Radix (Large Leaf Gentian Root / **Qin Jiao**) 5.4%
Eucommiae Cortex (Eucommia Bark / **Du Zhong**) 5.4%
Achyranthis Bidentatae Radix (Achyranthes / **Huai Niu Xi**) 5.4%
Cinnamomi Cortex (Cassia Bark, Chinese Cinnamon / **Rou Gui**) 5.4%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 5.4%
Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 5.4%
Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / **Chuan Xiong**) 5.4%
Rehmanniae Radix Preparata (Rehmannia, cured / **Shu Di Huang**) 5.4%
Ginseng Radix (Asian Ginseng Root / **Ren Shen**) 5.4%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 5.4%
Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / **Zhi Gan Cao**) 5.4%

Chinese Medical Actions

Expels wind-dampness, disperses painful obstruction, supplements deficient qi, kidney yang, and liver blood.

Indications

Arthritis	Joint stiffness
Atrophy, in lower limbs	Knee or leg pain or weakness
<i>Bi</i> syndrome	Pain in lower body
Back pain, lower, chronic	Poliomyelitis, sequella of
Bone weakness or degeneration	Shortness of breath
Coldness, in back and knees	Walking difficulty
Eczema, in children	

Tongue: May be pale, with white coating. **Pulse:** Weak, slow, and thin.

Contraindications: USE WITH CAUTION DURING PREGNANCY.

EARTH-HARMONIZING FORMULA

Earth Harmonizing Formula (*He Tu Pian*) is designed to treat chronic or recurring disorders of the digestive tract caused by a disharmony between earth and wood. Liver qi invading the spleen or stomach can give rise to a variety of symptoms including acid reflux, bloating, abdominal distension, epigastric pain, belching, nausea, lack of appetite, foul taste in the mouth, and constipation or diarrhea. This formula addresses both liver qi constraint and deficiency of the spleen and stomach simultaneously. Bupleurum (*chai hu*), white peony (*bai shao*), barley sprout (*mai ya*) and curcuma (*yu jin*) soothe the liver and relax liver qi constraint. The four herbs, codonopsis (*dang shen*), white atractylodes (*bai zhu*), poria (*fu ling*) and licorice (*gan cao*)—known together as the “Four Gentlemen Decoction” (*Si Jun Zi Tang*)—supplement the central burner and harmonize the stomach. Hawthorn (*shan zha*) and barley sprout (*mai ya*) disperse food stagnation and accumulation. Further, since stagnation in the digestive tract can give rise to heat, this formula includes a small amount of coptis (*huang lian*) to clear stomach heat and solomon’s seal (*yu zhu*) to nourish stomach yin.

Ingredients

Paoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 13%
Curcumae Radix (Turmeric, Curcuma Tuber / **Yu Jin**) 12%
Crataegi Fructus (Chinese Hawthorn Fruit / **Shan Zha**) 12%
Hordei Fructus Germinatus (Barley Sprout / **Mai Ya**) 12%
Bupleuri Radix (Bupleurum Root / **Chai Hu**) 10%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 8%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 8%
Codonopsis Radix (Codonopsis / **Dang Shen**) 8%
Polyonati Odorati Rhizoma (Aromatic Solomon’s Seal / **Yu Zhu**) 8%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 7%
Coptidis Rhizoma (Coptis / **Huang Lian**) 2%

Chinese Medical Actions

Harmonizes liver and stomach, relaxes liver qi constraint, disperses food stagnation, supplements spleen and stomach, clears heat, and regulates the flow of qi.

Indications

Abdominal distension or bloating	Diarrhea
Acid reflux	Digestive discomfort, chronic
Appetite, lack of	Food stagnation, chronic
Bad breath or taste in mouth	Heartburn, chronic
Belching	Nausea
Constipation	

Tongue: Thick, yellow coating. **Pulse:** Wiry or slippery.

EASE DIGESTION FORMULA

Ease Digestion Formula (*Jia Wei Kang Ning Wan*), is a modification of the popular “Pill Curing” or “Healthy Quiet Pills.” It is useful in the treatment of “stomach flu” (gastroenteritis), hangover, sudden turmoil disorder (concurrent vomiting and diarrhea), and a variety of other digestive complaints. The modifications in this version give it stronger action against mild food poisoning. The glutinous substances have been removed from the original formula so that it is a safe option for patients with gluten intolerance or celiac disease. **Ease Digestion Formula** is an excellent choice to bring along while traveling or to keep at home in the medicine cabinet.

Ingredients

Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 15%
Agastaches Herba (Chinese Giant Hyssop / **Huo Xiang**) 10%
Raphani Semen (Radish Seed / **Lai Fu Zi**) 9%
Setariae Fructus Germinatus (Rice Sprout / **Gu Ya**) 9%
Magnoliae Officinalis Cortex (Magnolia Bark / **Hou Po**) 9%
Atractylodis Rhizoma (Cang-Zhu Atractylodes Rhizome / **Cang Zhu**) 8%
Perillae Folium (Perilla Leaf / **Zi Su Ye**) 8%
Angelicae Dahuricae Radix (Purple Angelica / **Bai Zhi**) 8%
Vladimiria Radix (Vladimiria Root / **Chuan Mu Xiang**) 7%
Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / **Zhi Ban Xia**) 7%
Menthae Haplocalysis Herba (Chinese Mint / **Bo He**) 4%
Citri Reticulatae Exocarpium Rubrum (Tangerine Peel, outer / **Ju Hong**) 4%
Coptidis Rhizoma (Coptis / **Huang Lian**) 2%

Chinese Medical Actions

Disperses wind and dampness, resolves spleen dampness, regulates the stomach, and resolves phlegm.

Indications

Abdominal distension	Hangover
Abdominal pain	Heartburn
Belching	Indigestion
Constipation	Intestinal cramping
Concurrent vomiting and diarrhea	Loose stools
Diarrhea	Morning sickness
Flatulence	Motion sickness
Food poisoning	Nausea
Food stagnation	Stomach pain
Gastroenteritis	Vomiting

Tongue: Normal or greasy.

Pulse: Slippery or excess in the right *guan* (spleen/stomach) position.

EIGHT IMMORTALS FORMULA

Eight Immortals Formula (*Ba Xian Chang Shou Wan*) is a modification of Rehmannia Six Formula (*Liu Wei Di Huang Wan*). It can be used to treat many kinds of conditions resulting from deficient yin of the lungs, kidneys, and stomach. Primary pattern includes dry, weak cough, chronic shortness of breath, asthma or wheezing, deficiency sexual dysfunction, or diabetes. The traditional formula has been augmented with dendrobium (*shi hu*), solomon's seal (*yu zhu*), and glehnia (*sha shen*) to strengthen the cooling and moistening effects of the formula. Use for chronic yin deficiency causing tidal fever, night sweats, ringing in the ears, cough, palpitations, and dizziness.

Ingredients

Rehmanniae Radix (Rehmannia, unprocessed / **Sheng Di Huang**) 17.7%
Ophiopogonis Radix (Ophiopogon Tuber / **Mai Men Dong**) 11.0%
Dendrobii Herba (Dendrobium, Chinese Orchid Stem / **Shi Hu**) 8.9%
Dioscoreae Rhizoma (Chinese Yam / **Shan Yao**) 8.9%
Corni Fructus (Asiatic Dogwood Fruit, Asiatic Cornel / **Shan Zhu Yu**) 8.9%
Polygonati Odorati Rhizoma (Aromatic Solomon's Seal / **Yu Zhu**) 8.9%
Glehniae Radix (Glehnia Root / **Bei Sha Shen**) 8.9%
Alismatis Rhizoma (Asian Water Plantain / **Ze Xie**) 6.7%
Moutan Cortex (Tree Peony / **Mu Dan Pi**) 6.7%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 6.7%
Schisandrae Fructus (Northern Schisandra Fruit / **Wu Wei Zi**) 6.7%

Chinese Medical Actions

Supplements kidney qi and yin, supplements lung and stomach yin, moistens dryness, cools lungs, stops cough.

Indications

Asthma or wheezing	Laryngitis, from dryness
Constipation, from dryness	Metabolic Syndrome
Cough, weak and dry	Nausea
Coughing up blood	Nephritis, chronic
Diabetes mellitus	Night sweats
Dizziness	Palms, hot
Dry mouth and throat	Palpitations
Dry skin	Pulmonary tuberculosis
Ejaculation, premature	Ringing in the ears
Fever, tidal	Spontaneous seminal emission
Impotence	

Tongue: Red, shiny, with little or no coating. **Pulse:** Thin and rapid.

Contraindications: Do not use with internal or external cold, as this formula is cooling. In cases with yin deficiency fire and dampness, use **Rehmannia & Scrophularia Formula** instead.

ELEUTHERO TABLETS

Eleuthero Tablets (*Wu Jia Shen Pian*) contain the single ingredient eleuthero root (*wu jia shen*). Modern clinical research has indicated eleuthero to be anti-inflammatory and analegic, and to inhibit arthritis. In addition, eleuthero contains potent adaptogens, which enable the body to fight fatigue, increase resistance to disease, counter the effects of stress, and restore the organism to balance. It is considered an immune system enhancer and cardiovascular tonic. Eleuthero protects against altitude sickness and helps counter the side effects of radiation and chemotherapy.

Ingredient

Acanthopanax Senticosi Radix et Caulis (Eleuthero Root / **Wu Jia Shen**) 100%

Chinese Medical Actions

Supplements the spleen, warms the kidneys, invigorates the blood, unblocks the collaterals, supplements heart qi, calms the spirit.

Indications

Altitude sickness	Immune system, weak
Appetite, poor	Impotence
Back weakness and pain	Joint pain
Chemotherapy, side effects of	Muscle spasm and weakness
Circulation, poor, w/blood stasis	Nervous exhaustion
Concentration, poor	Stress
Fatigue	

Contraindications: Use with caution in cases of deficient yin with heat.

ESSENTIAL YANG FORMULA

Essential Yang Formula (*Jia Jian Jin Gui Shen Qi Wan*) is a modification of the classical Rehmannia Eight Formula or Golden Cabinet Kidney Qi Pill (*Jin Gui Shen Qi Wan*) used to supplement kidney yang. The yang of the kidney is the root of yang for the entire body. Yang energy allows us the ability to be active, vital, and assertive, and is responsible for function, warmth, and movement. From the traditional formula, aconite has been replaced with the yang tonics morinda (*ba ji tian*), epimedium (*yin yang huo*), and psoralea (*bu gu zhi*) to add warmth and to strengthen the kidneys. Lycium fruit (*gou qi zi*) has also been added to nourish the yin and supplement the blood,

Ingredients

Rehmanniae Radix Preparata (Rehmannia, cured / **Shu Di Huang**) 19.8%
Dioscoreae Rhizoma (Chinese Yam / **Shan Yao**) 9.9%
Lycii Fructus (Lycium Fruit, Chinese Wolfberry / **Gou Qi Zi**) 9.9%
Morindae Officinalis Radix (Morinda / **Ba Ji Tian**) 9.9%
Corni Fructus (Asiatic Dogwood Fruit, Asiatic Cornel / **Shan Zhu Yu**) 9.9%
Epimedii Herba (Epimedium / **Yin Yang Huo**) 8.4%
Alismatis Rhizoma (Asian Water Plantain / **Ze Xie**) 7.4%
Moutan Cortex (Tree Peony / **Mu Dan Pi**) 7.4%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 7.4%
Psoraleae Fructus (Psoralea Fruit / **Bu Gu Zhi**) 7.4%
Cinnamomi Cortex (Cassia Bark, Chinese Cinnamon / **Rou Gui**) 2.6%

Chinese Medical Actions

Warms and supplements kidney yang, nourishes yin.

Indications

Anemia	Hypotension
Arthritis	Hypothyroidism
Asthma, chronic bronchial	Impotence
Back pain and weakness, lower	Libido, low
Cataracts	Nephritis
Cold lower back and legs	Nocturnal emissions
Complexion, pale	PSA elevated
Constipation	Scoliosis
Diabetes	Sweating, spontaneous or at night
Edema	Urethritis
Fatigue	Urinary incontinence
Glaucoma	Urinary tract infection, chronic
Hypertension (kidney yang <i>xu</i>)	Urination, excessive or nocturnal

Tongue: Pale, may be swollen, with thin, moist, white coating.

Pulse: Empty, weak, and submerged in the kidney position.

Contraindications: Do not use when signs of heat are present (red tongue, rapid pulse). With chronic digestive weakness from yang deficiency, use **Sea of Qi Formula**.

FIVE MUSHROOM FORMULA

Five Mushroom Formula (*Wu Gu Fang*). Mushrooms have been used for their healing properties in Asia for thousands of years. In recent years, Japan and China have conducted extensive research on the medicinal properties of mushrooms. Scientists are particularly focused on the polysaccharides (high-molecular-weight complex sugars), more specifically the beta-glucans and their immune-enhancing qualities. For this formula, five mushrooms were chosen that contain high levels of beta-glucans, and because of two specific properties that are common to each of them. All five of these mushrooms provide hepatic support in cases of hepatitis (chronic or acute), as well as supporting the immune system by helping the body to produce more NK (Natural Killer) cells, which play a major role in the rejection of tumors. In addition to the above mentioned properties, these mushrooms have other beneficial functions:

Agaricus subrufescens (*ji song rong*): eases and promotes digestion, fortifies bones, regulates blood pressure and blood glucose levels.

Trametes versicolor (*yun zhi*): treats infection and/or inflammation of the upper respiratory, urinary, and digestive tracts, clears dampness, reduces phlegm.

Ganoderma lucidum (*ling zhi / reishi*): calms the spirit, nourishes qi and blood, stops cough, alleviates wheezing, dispels phlegm, helps to regulate blood glucose levels; antibacterial, anti-inflammatory, anti-hypertensive.

Grifola frondosa (*hui shu hua / maitake*): anti-viral and antibacterial, supports the immune system specifically by preventing helper T-cells from being destroyed, promotes weight loss, regulates blood glucose levels, reduces hyperlipidemia, aids in the treatment of hypertension.

Cordyceps sinensis (*dong chong xia cao*): supports the kidneys and *jing*, supplements yang, augments lung yin, transforms phlegm, stops bleeding, regulates blood glucose levels.

Ingredients

Agaricus subrufescens (45% polysaccharide concentrate from fruiting body

Himematsutake Mushroom / **Ji Song Rong**) 22%

Trametes versicolor (30% polysaccharide concentrate from fruiting body

Coriolus, Turkey Tail / **Yun Zhi**) 22%

Ganoderma (Reishi / **Ling Zhi**) 22%

Grifola frondosa (Maitake / **Hui Shu Hua**) 22%

Cordyceps (Cordyceps / **Dong Chong Xia Cao**) 12%

Chinese Medical Actions

Supplements spleen and kidney qi, promotes *wei* qi, strengthens the lungs, nourishes liver yin and blood, calms the spirit.

Indications

Cancer, adjuvant therapy	Hyperglycemia
Chemotherapy, support during	Hypertension
Cholesterol, elevated	Hypoglycemia
Cough from deficiency	Immune system, weak
Fatigue	Weakness, general or after illness
Hepatitis (acute or chronic)	Wheezing, from deficiency

Contraindications: Use with caution in patients with excess conditions.

FOUR MARVEL FORMULA

Four Marvel Formula (*Si Miao San*) is based on Zhu Dan-Xi's classic damp-heat resolving formula, Two Marvel Formula (*Er Miao San*). The original formula contains two herbs: phellodendron bark (*huang bai*), which drains damp-heat in the lower burner and atractylodes (*cang zhu*), which dries dampness and revitalizes the spleen. Two additional herbs are included: cyathula (*chuan niu xi*), which leads the formula downward to the legs, and moves and cools blood, and coix (*yi yi ren*), which supports the damp-dispelling function of the formula. This formula is used to treat a variety of damp-heat issues affecting the lower body, such as weeping leg ulcers, atrophy, gout, and urogenital damp-heat.

Ingredients

Phellodendri Cortex (Phellodendron Bark / **Huang Bai**) 33%

Coicis Semen (Job's Tears Seed, Chinese Pearl Barley, Coix / **Yi Yi Ren**) 33%

Atractylodis Rhizoma (Cang-Zhu Atractylodes Rhizome / **Cang Zhu**) 17%

Cyathulae Radix (Cyathula Root / **Chuan Niu Xi**) 17%

Chinese Medical Actions

Clears heat, dries damp, removes damp-heat obstruction in the lower body.

Indications

Ankylosing Spondylitis	Genital sores
Arthritis, rheumatoid	Gout
Atrophy, numbness and weakness of lower limbs	Leg qi
Cervicitis from damp-heat	Numbness, lower body
Eczema	Skin rash, from damp-heat
Edema, lower body	Testicular eczema or swelling
Erysipelas (Cellulitis)	Urinary tract infection
Feet, painful and swollen	Vaginal discharge, yellow
Fungal infection	Vaginitis from damp-heat

Tongue: May be swollen, red, with greasy yellow coating.

Pulse: Rapid, swollen, tight.

Contraindications: Not to be used alone in cases of lung heat or with liver and kidney deficiency.

Note: With qi deficiency, combine with **Six Gentlemen Formula**; with blood deficiency, combine with **Tang Kuei & Salvia Formula**. If there is concurrent qi and blood deficiency, use with **Women's Precious Formula**.

In cases of liver and kidney deficiency, use **Astragalus & Ligustrum Formula**, **Rehmannia Six Formula**, or **Nourish Essence Formula** instead. In cases of lung heat use **Mulberry & Lycium Formula**.

FREE & EASY WANDERER PLUS

Free & Easy Wanderer Plus (*Jia Wei Xiao Yao San*) is a modification of Bupleurum and Peony Formula or Augmented Free and Easy Wanderer, used for easing liver constraint and encouraging the free-flow of liver qi. The blood-moving component to this formula has been augmented with motherwort (*yi mu cao*), red peony (*chi shao*), and curcuma (*yu jin*). Curcuma also clears the heart and is useful for such emotional symptoms as anxiety and agitation. These herbs have made the formula especially useful for premenstrual syndrome with blood stasis, and painful menstruation with concomitant emotional symptoms, in addition to its other uses.

Ingredients

Bupleuri Radix (Bupleurum Root / **Chai Hu**) 12.5%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 12.5%
Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 12.5%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 12.5%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 12.5%
Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / **Zhi Gan Cao**) 6.25%
Paeoniae Radix, rubra (Chinese Peony, red / **Chi Shao**) 6.25%
Moutan Cortex (Tree Peony / **Mu Dan Pi**) 6.25%
Gardeniae Fructus (Gardenia Fruit / **Zhi Zi**) 6.25%
Curcuma Radix (Turmeric, Curcuma Tuber / **Yu Jin**) 6.25%
Leonuri Herba (Chinese Motherwort / **Yi Mu Cao**) 6.25%

Chinese Medical Actions

Clears heat, cools blood, relaxes constrained liver qi, nourishes and circulates blood and disperses blood stasis, strengthens spleen and transforms phlegm, harmonizes the liver and spleen.

Indications

Abdominal distension	Headache
Acid reflux	Hepatitis, chronic
Anger outbursts or irritability	Herpes, genital
Anxiety	Infertility
Appetite, poor	Menopausal symptoms
Breast distension and pain	Menstruation, irregular
Breast lumps, fibrocystic	Menstrual pain
Cirrhosis of the liver	Nausea
Constipation	Nervous exhaustion
Depression	Premenstrual syndrome
Dizziness	Restlessness
Emotional instability	Skin rash
Eyes, red	Vomiting

Tongue: Red sides, body may be red or pale. **Pulse:** Wiry, rapid, thin.

Contraindications: USE WITH CAUTION DURING PREGNANCY. In cases without signs of heat, use Bupleurum & Tang Kuei Formula instead.

FRITILLARIA & PINELLIA FORMULA

Fritillaria & Pinellia Formula (*Chuan Bei Ban Xia Tang*) is a modification of the prepared formula *Qing Qi Hua Tan Tang*, for cough caused by phlegm-heat in the lungs. The arisaema and trichosanthes were omitted, and fritillaria (*zhe bei mu*), momordica (*luo han guo*), houttuynia (*yu xing cao*), and bamboo secretions (*tian zhu huang*) were added—making this formula ideal for treating hot phlegm (with yellow, green, or thick, sticky sputum) conditions such as bronchitis or pneumonia. This formula is also safe and effective for the hot phlegm conditions of children. It is available in both liquid and tablet form.

Ingredients

Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / **Zhi Ban Xia**) 11.6%

Fritillariae Thunbergii Bulbus (Sichuan Fritillary / **Zhe Bei Mu**) 11.5%

Momordicae Fructus (Momordica Fruit / **Luo Han Guo**) 11.5%

Houttuyniae Herba (Houttuynia / **Yu Xing Cao**) 11.5%

Bambusae Concretio Silicea (Bamboo Secretions / **Tian Zhu Huang**) 7.7%

Scutellariae Radix (Chinese Skullcap, Scute / **Huang Qin**) 7.7%

Citri Reticulatae Pericarpium (Tangerine Peel / **Chen Pi**) 7.7%

Armeniaca Semen (Apricot Seed, Chinese Bitter Almond / **Xing Ren**) 7.7%

Aurantii Fructus Immaturus (Bitter Orange, immature fruit / **Zhi Shi**) 7.7%

Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 7.7%

Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 7.7%

Chinese Medical Actions

Clears lung heat, relieves cough, resolves phlegm, transforms phlegm-heat, promotes downward flow of qi.

Indications

Cough, w/yellow or green sputum	Phlegm, thick sticky Smoker's cough
Cough, leading to vomiting	Snoring, with phlegm
Chest, fullness in	Throat, sore

Tongue: Red with sticky, yellow coating. **Pulse:** Rapid and full.

Contraindications: Do not use with dry cough without phlegm.

GAN MAO LING FORMULA

Gan Mao Ling Formula (*Gan Mao Ling Pian*) is a commonly used formula for the initial onset of external pathogenic wind-heat. It is considered an especially potent remedy for expelling external pathogenic wind, and preventing it from penetrating more deeply into the body. **Gan Mao Ling Formula** can also be taken preventively for exposure to common cold and flu.

Ingredients

Ilicis Pubescentis Radix (Pubescent Holly Root, Ilex / **Mao Dong Qing**) 25%

Isatidis seu Baphicacanthis Radix (Isatis Root / **Ban Lan Gen**) 20%

Evodiae Radix (Evodia Root / **San Ya Ku**) 20%

Chrysanthemi Flos (Chrysanthemum / **Ju Hua**) 13%

Vitis Fructus (Simple-Leaf Chaste Tree, Vitex Fruit / **Man Jing Zi**) 12%

Lonicerae Flos (Japanese Honeysuckle Flower / **Jin Yin Hua**) 10%

Chinese Medical Actions

Clears heat, dispels wind-heat, resolves toxin, soothes throat to stop cough, opens nasal passages.

Indications

Common cold	Measles, early stage
Ear infection	Neck and shoulders, stiff from acute wind invasion
Eyes, red	
Fever	Sinus congestion or discharge
Headache	Sinus infection
Influenza	Throat sore
Lymph nodes, enlarged	Tonsillitis

Contraindications: Do not use in cases where patient is experiencing strong chills.

Note: Take every 2-3 hours as needed at the onset of symptoms of wind invasion.

GASTRODIA & UNCARIA FORMULA

Gastrodia & Uncaria Formula (*Tian Ma Gou Teng Yin*) is a traditional formula used to clear heat, extinguish wind, and calm the liver. Water plantain (*ze xie*) was added to further aid the heat-clearing and downward action of the formula. This formula is indicated when liver yin is deficient and unable to restrain the yang of the liver, causing symptoms such as twitching, spasms, dizziness, headaches, etcetera. This formula can also be used for high blood pressure due to deficiency.

Ingredients

Polygoni Multiflori Caulis (Fo-Ti Stem, Fleecflower Stem / **Ye Jiao Teng**) 16.8%
Haliotidis Concha (Abalone Shell / **Shi Jue Ming**) 13.5%
Taxilli Herba (Loranthus, Chinese Mistletoe / **Sang Ji Sheng**) 13.5%
Uncariae Ramulus cum Uncis (Hook Vine, Gambir / **Gou Teng**) 8.4%
Poriae Sclerotium Paradidicis (Poria Spirit / **Fu Shen**) 8.4%
Cyathulae Radix (Cyathula Root / **Chuan Niu Xi**) 6.7%
Alismatis Rhizoma (Asian Water Plantain / **Ze Xie**) 6.7%
Gastrodiae Rhizoma (Gastrodia / **Tian Ma**) 5.6%
Gardeniae Fructus (Gardenia Fruit / **Zhi Zi**) 5.1%
Scutellariae Radix (Chinese Skullcap, Scute / **Huang Qin**) 5.1%
Leonuri Herba (Chinese Motherwort / **Yi Mu Cao**) 5.1%
Eucommiae Cortex (Eucommia Bark / **Du Zhong**) 5.1%

Chinese Medical Actions

Calms the liver, extinguishes internal wind, clears heat, moves the blood, supplements the liver and kidney yin.

Indications

Convulsions	Light-headedness
Dizziness or vertigo	Migraines, menopausal, from wind
Dream-disturbed sleep	Muscle spasms in limbs
Emotional instability	Numbness
Eyes, red or dry	Paralysis
Headache	ringing in the ear
Heat sensation in head	Twitching
Hypertension	Vision, blurred
Insomnia	

Tongue: Red. **Pulse:** Wiry, may be thin and superficial.

Contraindications: USE WITH CAUTION DURING PREGNANCY.

GENERAL TONIC FORMULA

General Tonic Formula (*Shi Quan Da Bu Wan*), also known as “Ginseng and Tang Kuei Ten Formula,” is a common modification of Women’s Precious Formula (*Ba Zhen Wan*). It is an extremely versatile tonic, as it supplements qi, blood, and yang. The present formula has been augmented with jujube (*da zao*) to supplement the spleen and stomach and dried ginger (*gan jiang*) to warm the middle. **General Tonic Formula** is used for generalized deficiency with signs of cold.

Ingredients

Codonopsis Radix (Codonopsis / **Dang Shen**) 13.6%
 Rehmanniae Radix Preparata (Rehmannia, cured / **Shu Di Huang**) 13.6%
 Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 11.4%
 Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 11.4%
 Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 11.4%
 Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 9.1%
 Astragali Radix (Astragalus / **Huang Qi**) 6.8%
 Jujubae Fructus (Jujube Date, red / **Hong Zao, Da Zao**) 6.8%
 Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / **Chuan Xiong**) 4.5%
 Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 4.5%
 Cinnamomi Cortex (Cassia Bark, Chinese Cinnamon / **Rou Gui**) 4.5%
 Zingiberis Rhizoma (Ginger, dried / **Gan Jiang**) 2.4%

Chinese Medical Actions

Warms and supplements qi and blood, supplements yang, benefits the spleen and heart qi.

Indications

Anemia	Fatigue
Appetite, reduced	Legs, weak
Back weakness	Postpartum weakness
Cold aversion	Shortness of breath
Cold hands and feet	Sores, chronic, unhealed
Complexion, pale	Surgery, debility after
Cough, consumptive or chronic	Weakness, generalized, or after surgery or illness
Digestion, poor	
Dizziness	

Tongue: Pale with thin, white coating. **Pulse:** Thin, weak, thready.

Contraindications: Do not use with signs of heat. If abdominal distension occurs while taking this formula, use **Ginseng & Longan Formula** instead.

GENTIANA DRAIN FIRE FORMULA

Gentiana Drain Fire Formula (*Long Dan Xie Gan Tang*) is a modification of a classical formula used to drain fire in the liver and gallbladder channels and damp-heat from the lower burner. The formula was modified by adding coptis (*huang lian*) and tree peony (*mu dan pi*) for their heat-clearing and anti-microbial effects, and substituting lophatherum (*dan zhu ye*) for clematis (*mu tong*). This formula is useful in the treatment of urinary tract infections and vaginal infections with yellowish discharge, as well as ear and sinus infections when the pattern is damp-heat or fire in the gallbladder channel.

Ingredients

Rehmanniae Radix (Rehmannia, unprocessed / **Sheng Di Huang**) 13.0%
Scutellariae Radix (Chinese Skullcap, Scute / **Huang Qin**) 10.3%
Gardeniae Fructus (Gardenia Fruit / **Zhi Zi**) 10.3%
Plantaginis Semen (Asian Plantain Seed / **Che Qian Zi**) 10.3%
Alismatis Rhizoma (Asian Water Plantain / **Ze Xie**) 10.3%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 10.3%
Moutan Cortex (Tree Peony / **Mu Dan Pi**) 8.6%
Gentianae Radix (Manchurian Gentian Root / **Long Dan Cao**) 7.8%
Bupleuri Radix (Bupleurum Root / **Chai Hu**) 6.9%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 6.2%
Lophatheri Herba (Lophatherum / **Dan Zhu Ye**) 3.4%
Coptidis Rhizoma (Coptis / **Huang Lian**) 2.6%

Chinese Medical Actions

Drains fire from the liver and gallbladder, clears and drains damp-heat from the lower burner.

Indications

Bitter taste in mouth	Hypochondriac pain
Conjunctivitis	Irritability
Dizziness	Jaundice
Ear infection with pus	Menstrual cycle shortened
Eczema	Migraine headache
Eyes, red and sore	Pelvic Inflammatory Disease
Gallbladder inflammation	Prostatitis
Gallstones	Skin rash
Genital itching, swelling, and pain	Tonsillitis
Hangover	Urinary tract infection
Headache	Urination, painful
Herpes simplex	Vaginal discharge, foul-smelling
Herpes zoster (shingles)	Vaginal yeast infection
Hyperthyroidism	Vaginitis, non-specific

Tongue: Red with yellow coating.

Pulse: Wiry, rapid, forceful.

Contraindications: DO NOT USE DURING PREGNANCY. Not for long-term use. Use with caution in cases with spleen deficiency.

GINKGO FORMULA

Ginkgo Formula (*Yin Guo Ye Wan*) is a modern formula in the “healthy brain/tonify brain” category, and a modification of Healthy Brain Pills (*Jian Nao Wan*). Cinnabar (which contains mercury) has been omitted and ginkgo leaf (*yin guo ye*) added. Ginkgo is a cardiovascular and nervous system restorative. It is combined in this formula with other herbs that nourish and support mental functions, open the heart orifices, calm *shen*, and nourish the *jing*.

Ingredients

Ginkgo Folium (Ginkgo Leaf / **Yin Guo Ye**) 23.8%
Ziziphi Spinosa Semen (Sour Date Seed, Jujube Seed / **Suan Zao Ren**) 15.3%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 10.2%
Dioscoreae Rhizoma (Chinese Yam / **Shan Yao**) 8.5%
Cistanches Herba (Broomrape, Cistanches / **Rou Cong Rong**) 6.7%
Lycii Fructus (Lycium Fruit, Chinese Wolfberry / **Gou Qi Zi**) 6.7%
Schisandrae Fructus (Northern Schisandra Fruit / **Wu Wei Zi**) 6.7%
Alpiniae Oxyphyllae Fructus (Black Cardamom, Alpinia Fruit / **Yi Zhi Ren**) 5.1%
Succinum Resina (Amber / **Hu Po**) 3.4%
Fossilia Ossi Mastodi (Fossilized Mineral / **Long Gu**) 3.4%
Ginseng Radix (Asian Ginseng Root / **Ren Shen**) 3.4%
Anemones Altaicae Rhizoma (Altai Anemone Rhizome / **Jiu Jie Chang Pu**) 3.4%
Platycladi Semen (Oriental Arborvitae Seed, Biota Seed / **Bai Zi Ren**) 3.4%

Chinese Medical Actions

Supplements heart and liver blood, calms the spirit, sedates liver fire and wind.

Indications

Alzheimer's Disease	Mental confusion
Amnesia	Mental fatigue
Concentration, poor	Multiple Sclerosis
Dizziness	Palpitations
Dream-disturbed sleep	Restlessness
Insomnia	Stroke, sequella of
Memory, poor	

Contraindications: Use caution when using coumadin and other blood thinners concurrently with **Ginkgo Formula**.

GINSENG & ASTRAGALUS FORMULA

Ginseng & Astragalus Formula (*Bu Zhong Yi Qi Wan*), also known as “Support Central Qi Pills,” is a classical formula used to supplement spleen and stomach qi and to raise yang.

Ingredients

Astragali Radix (Astragalus / **Huang Qi**) 32%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 14%
Bupleuri Radix (Bupleurum Root / **Chai Hu**) 12%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 10%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 8%
Citri Reticulatae Pericarpium (Tangerine Peel / **Chen Pi**) 8%
Ginseng Radix (Asian Ginseng Root / **Ren Shen**) 8%
Cimicifugae Rhizoma (Chinese Cimicifuga Rhizome / **Sheng Ma**) 8%

Chinese Medical Actions

Replenishes the qi, supplements the qi of the middle burner and raises sunken yang.

Indications

Abdominal distension or bloating	Hypotension
Abdominal pain	Limbs weak or tired
Appetite, reduced	Memory, poor
Bronchitis, chronic	Miscarriage, recurrent
Cold aversion	Night sweats
Complexion, pale	Postpartum weakness
Constitution, delicate	Prolapse (deficient qi and yang)
Curl up, tendency to	Shortness of breath
Diarrhea, chronic	Sores, slow to heal
Digestion, weak	Sweating, spontaneous
Dizziness	Stools, loose and watery
Fatigue	Thirst for warm drinks
Fever, chronic, intermittent or worse with exertion	Uterine bleeding, dysfunctional
Flatulence	Weakness, generalized, or after surgery or illness
Headache	Weight loss
Hypoglycemia	

Tongue: Pale, slightly swollen, with white coating.

Pulse: Deficient, especially in the spleen position.

Contraindications: Do not use in cases of fever (heat) from yin deficiency. If abdominal distension occurs while taking this formula, use **Ginseng & Longan Formula** instead.

GINSENG & LONGAN FORMULA

Ginseng & Longan Formula (*Gui Pi Tang*), also known as “Restore the Spleen Decoction,” is a popular formula that is used when excessive or obsessive mental activity injures both the spleen and the heart causing insomnia, palpitations, inability to concentrate, memory loss, anxiety, or phobias. Injury to the spleen impairs its ability to generate and control blood. When the blood is deficient, the heart is not nourished. This affects the heart’s ability to store the *shen* (spirit) and the spleen’s ability to store the *yi* (intelligence). This formula can be used in place of Ginseng & Astragalus Formula or General Tonic Formula in patients who experience abdominal distension when taking those formulas.

Ingredients

Astragali Radix (Astragalus / **Huang Qi**) 11.2%
 Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 11.2%
 Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 11.2%
 Ziziphi Spinosa Semen (Sour Date Seed, Jujube Seed / **Suan Zao Ren**) 11.2%
 Longan Arillis (Longan Fruit / **Long Yan Rou**) 11.2%
 Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 11.2%
 Polygalae Radix (Polygala / **Yuan Zhi**) 11.2%
 Ginseng Radix (Asian Ginseng Root / **Ren Shen**) 5.6%
 Vladimiria Radix (Vladimiria Root / **Chuan Mu Xiang**) 5.6%
 Jujubae Fructus (Jujube Date, red / **Hong Zao, Da Zao**) 5.6%
 Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / **Zhi Gan Cao**) 2.7%
 Zingiberis Rhizoma Recens (Ginger, fresh / **Sheng Jiang**) 2.1%

Chinese Medical Actions

Supplements qi, supplements heart blood, strengthens spleen and heart qi.

Indications

Anxiety	Nervous exhaustion
Appetite, poor	Night sweats
Bruises, easily	Palpitations
Concentration, poor	Phobias
Constitution, delicate	Post-concussion syndrome
Dream-disturbed sleep	Post-traumatic Stress Disorder
Fever, from deficiency	Uterine bleeding
Fright	Vaginal discharge
Insomnia	Weakness, generalized, or after surgery or illness
Memory, poor	Weight loss
Menstrual bleeding, excessive	

Tongue: Pale with a thin, white coating. May be swollen.

Pulse: Thin or thready and weak.

GINSENG ENDURANCE FORMULA

Ginseng Endurance Formula (*Ren Shen Pian*) is designed to enhance athletic performance and improve stamina. Most of the herbs in this formula, in addition to their Chinese medical actions, are also classified by modern pharmacology as “adaptogens.” Adaptogens can decrease the pathophysiological effects that physical and emotional stress can have upon the body, thus facilitating the body’s return to homeostasis. Collectively, the substances in this formula increase blood oxygen availability, increase breathing capacity, increase stamina, reduce the volume of toxic metabolic by-product from the stress to the muscles, and more. Eleuthero root (*wu jia shen*) is one of the most thoroughly studies of all adaptogenic substances. It can sharpen mental focus, invigorate blood flow and tonify the qi of the spleen and stomach. Ginseng (*ren shen*), atracylodes (*bai zhu*), and licorice root (*gan cao*) supplement the qi and increase the production of body fluids to help compensate for electrolyte loss. Schisandra (*wu wei zi*) supports the lung and heart functions and retains the essence. Rhodiola (*hong jing tian*) invigorates the blood and has been shown to increase arterial oxygen. Tang kuei (*dang gui*) supplements and invigorates the blood. Ganoderma (*ling zhi*) is used to supplement blood and vital qi. Cordyceps (*dong chong xia cao*) is a famous yang tonic that has been used by Olympic athletes to enhance performance.

Ingredients

Astragali Radix (Astragalus / **Huang Qi**) 18%
Acanthopanax Senticos Radix et Caulis (Eleuthero Root / **Wu Jia Shen**) 16%
Rhodiola Herba (Rhodiola / **Hong Jing Tian**) 15%
Ginseng Radix (Asian Ginseng Root / **Ren Shen**) 9%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 8%
Schisandrae Fructus (Northern Schisandra Fruit / **Wu Wei Zi**) 7%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 7%
Ganoderma (Reishi / **Ling Zhi**) 7%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 5%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 4%
Cordyceps (Cordyceps / **Dong Chong Xia Cao**) 4%

Chinese Medical Actions

Supplements qi, blood, and yang, invigorates blood.

Indications

Appetite, loss of	Recovery after illness
Breathing, labored upon exertion	Shortness of breath
Breathing, shallow	Weakness, generalized or after surgery or illness
Fatigue	
Immune system, weak	

Contraindications: Not to be taken with fever or an acute wind condition, or with heat from yin deficiency.

Note: Can be taken 30 minutes to 1 hour prior to a workout or athletic activity.

GINSENG NOURISHING FORMULA

Ginseng Nourishing Formula (*Ren Shen Yang Ying Wan*) is a tonic for the heart as well as the qi and blood of the spleen. It is used as a general tonic for patients whose qi and blood are deficient or who also show signs of deficiency-type *shen* disturbance, such as anxiety or nervous exhaustion. It is also a common formula to give for post-surgical or postpartum weakness, or for debility after a long illness.

Ingredients

Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 19.9%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 6.9%
Citri Reticulatae Pericarpium (Tangerine Peel / **Chen Pi**) 6.9%
Astragali Radix (Astragalus / **Huang Qi**) 6.9%
Cinnamomi Cortex (Cassia Bark, Chinese Cinnamon / **Rou Gui**) 6.9%
Ginseng Radix (Asian Ginseng Root / **Ren Shen**) 6.9%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 6.9%
Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / **Zhi Gan Cao**) 6.9%
Jujubae Fructus (Jujube Date, red / **Hong Zao, Da Zao**) 6.9%
Schisandrae Fructus (Northern Schisandra Fruit / **Wu Wei Zi**) 6.9%
Poriae Sclerotium Paradisicis (Poria Spirit / **Fu Shen**) 5.5%
Rehmanniae Radix Preparata (Rehmannia, cured / **Shu Di Huang**) 5.5%
Polygalae Radix (Polygala / **Yuan Zhi**) 4.2%
Zingiberis Rhizoma Recens (Ginger, fresh / **Sheng Jiang**) 2.8%

Chinese Medical Actions

Supplements qi and blood, nourishes the heart, calms the spirit, sharpens the memory.

Indications

Amnesia	Nervousness
Anemia	Night sweats
Anxiety	Palpitations
Appetite poor	Postpartum fatigue
Constitution, delicate	Premature ejaculation
Diarrhea, chronic	Restlessness
Digestion, weak	Shortness of breath
Emotional instability	Sleep, restless
Fatigue	Sores, chronic non-healing
Hair loss, from injury to the blood	Stools, loose
Hypothyroidism	Sweating, spontaneous or profuse
Insomnia	Weakness, chronic
Memory, poor	Weakness after surgery or illness
Mental fatigue or exhaustion	Weight loss
Muscle spasms	

Tongue: Pale. **Pulse:** Weak, soft.

HAWTHORN & FENNEL FORMULA

Hawthorn & Fennel Formula (*Shan Zha Xiao Hui Xiang Fang*) is designed to promote safe and healthy weight loss. This formula aims to increase metabolism, adjust the digestive system, promote the metabolism of fats and lipids, and aid water metabolism. It is appropriate for all types of overweight persons and safe for long-term use. Coix (*yi yi ren*) supplements the spleen, transforms dampness, and regulates water metabolism. Astragalus (*huang qi*) supplements qi and blood, promotes urination, and reduces edema. Immature bitter orange (*zhi shi*) regulates qi in the digestive system, directs qi downward, and disperses food accumulation. It is currently used as a “fat buster” in the natural foods industry. Hawthorn (*shan zha*), another “fat buster,” disperses stagnation, improves digestion of fat, and reduces cholesterol. Lotus leaf (*he ye*) is a digestive stimulant and, in modern times, is used as a safe diuretic that mildly clears heat. Atractylodes (*bai zhu*) supplements qi, transforms phlegm and dampness, and disperses water retention. Fennel (*xiao hui xiang*) reduces the appetite and regulates digestive function. Cassia seed (*jue ming zi*) moistens and unblocks the intestines and improves lipid metabolism. Water plantain (*ze xie*) promotes urination and lowers cholesterol. Rhubarb (*da huang*) purges the intestines and lowers cholesterol. Radish seed (*lai fu zi*) transforms phlegm and disperses accumulations of stagnant food. Green tea (*lu cha*) increases lipid metabolism and stimulates the central nervous system. It also contains anti-oxidants and is considered a tool in cancer prevention. Cinnamon twig (*gui zhi*) promotes circulation and is used for edema. Licorice root (*gan cao*) is included to supplement qi and harmonize the characteristics of the other ingredients.

Ingredients

Coicis Semen (Job’s Tears Seed, Chinese Pearl Barley, Coix / **Yi Yi Ren**) 14%
Astragali Radix (Astragalus / **Huang Qi**) 12%
Aurantii Fructus Immaturus (Bitter Orange, immature fruit / **Zhi Shi**) 10%
Crataegi Fructus (Chinese Hawthorn Fruit / **Shan Zha**) 9%
Nelumbinis Folium (Lotus Leaf / **He Ye**) 8%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 8%
Foeniculi Fructus (Fennel Fruit / **Xiao Hui Xiang**) 7%
Cassiae Semen (Sickle-pod Senna / **Jue Ming Zi**) 6%
Alismatis Rhizoma (Asian Water Plantain / **Ze Xie**) 6%
Rhei Radix et Rhizoma (Chinese Rhubarb / **Da Huang**) 5%
Raphani Semen (Radish Seed / **Lai Fu Zi**) 5%
Camelliae Folium (Green Tea Leaf / **Lu Cha**) 4%
Cinnamomi Ramulus (Cassia Twig, Chinese Cinnamon / **Gui Zhi**) 3%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 3%

Chinese Medical Actions

Transforms dampness, moves qi and blood, disperses food stagnation, moves stool, supplements the spleen, clears liver heat, regulates the appetite, adjusts metabolism.

Indications

Abdominal distension or bloating	Metabolic Syndrome
Cholesterol, elevated	Obesity
Constipation	Phlegm
Digestion, weak	Stagnation, in digestive system
Edema	Toxicity, feeling of
Food stagnation	

Contraindications: DO NOT USE DURING PREGNANCY OR WHILE NURSING. Discontinue use or decrease dose if diarrhea occurs.

Note: Can be combined with an appropriate constitutional formula such as **Women's Precious Formula, Sea of Qi Formula, Tang Kuei & Salvia Formula, Free & Easy Wanderer Plus, Essential Yang Formula,** etc. Best taken 30 minutes before meals. More effective weight loss will be experienced if the patient drinks 8 glasses of water per day. Healthy weight loss occurs gradually. It is important to recommend that patients establish a routine of consistent and regular aerobic exercise and to make healthy choices in their eating habits.

HE SHOU WU TABLETS

He Shou Wu Tablets (*Shou Wu Pian*) contain the single ingredient radix polygoni multiflori (*he shou wu* or *fo-ti*), which supplements the liver and kidneys and nourishes the blood, yin, and essence (*jing*). It also moistens the bowel and enriches the hair. “*Zhi*” *he shou wu* is the prepared form, which makes it easier to digest and more effective for strengthening sinews and bones. Clinical research has shown that *he shou wu* decreases blood cholesterol levels, raises serum glucose levels, and increases liver glycogen content.

Ingredient

Polygoni Multiflori Radix Preparata (Fo-Ti / **Zhi He Shou Wu**) 100%

Chinese Medical Actions

Supplements the liver and kidneys, nourishes the blood and yin, benefits and retains the essence, stops leakage, detoxifies, moistens the intestines and moves the stool, expels wind from the skin by nourishing the blood.

Indications

Back weakness, lower	Hypoglycemia
Blood deficiency patterns	Insomnia
Carbuncles	Knees, weak
Cholesterol, elevated	Limbs, sore
Constipation w/blood deficiency	Nocturnal emissions
Dizziness	Skin rash from blood deficiency
Dryness	Sores
Eczema	Tinnitus from blood deficiency
Hair, premature graying	Vaginal discharge
Hypertension	Vision, blurred or spots in

Tongue: Pale, may be dry. **Pulse:** Weak, thin.

Contraindications: Do not use in cases with phlegm, or with diarrhea from spleen deficiency. Do not use if the patient has liver disease or is taking strong pharmaceuticals that tax the liver, such as chemotherapy or oral anti-fungal medication.

HEAD RELIEF FORMULA

Head Relief Formula (*Tou Pian*) was created by Jake Paul Fratkin, OMD, as an herbal alternative to over-the-counter analgesics such as aspirin and acetaminophen. It is indicated for headache, and can also be used for sinus pain, toothache, and pain due to TMJ (temporomandibular joint) disorder. Over-the-counter analgesics carry a price: acetaminophen can be toxic to the liver, especially when combined with alcohol. Aspirin and ibuprofen can damage the lining of the small intestine, aggravating leaky gut syndrome or causing intestinal bleeding. **Head Relief Formula** is safe and can be used as needed.

Ingredients

Saposhnikoviae Radix (Siler / **Fang Feng**) 10%
Ligustici Rhizoma (Chinese Lovage, Ligusticum / **Gao Ben**) 10%
Menthae Haplocalysis Herba (Chinese Mint / **Bo He**) 10%
Carthami Flos (Safflower, Carthamus / **Hong Hua**) 10%
Angelicae Dahuricae Radix (Purple Angelica / **Bai Zhi**) 9%
Salviae Miltiorrhizae Radix (Chinese Salvia Root / **Dan Shen**) 9%
Uncariae Ramulus cum Uncis (Hook Vine, Gambir / **Gou Teng**) 9%
Vitis Fructus (Simple-Leaf Chaste Tree Fruit, Vitex Fruit / **Man Jing Zi**) 9%
Bupleuri Radix (Bupleurum Root / **Chai Hu**) 8%
Scutellariae Radix (Chinese Skullcap, Scute / **Huang Qin**) 8%
Paeoniae Radix, rubra (Chinese Peony, red / **Chi Shao**) 8%

Chinese Medical Actions

Dispels pathogenic wind, frees the channels and collaterals, moves blood, relieves pain.

Indications

Headache due to wind, muscle tension, or trauma	Sinus pain or headache
Hangover	Toothache

Tongue: Normal, purple, or red. **Pulse:** Excess.

Contraindications: DO NOT USE DURING PREGNANCY. Not effective for headache due to deficiency of qi, blood, or yin.

Dosage: This formula can be taken every three hours as needed. Reduce dose in children.

Note: For sinus headache, it is most effective to combine with **Xanthium Nasal Formula**.

HEAVENLY EMPEROR'S FORMULA

Heavenly Emperor's Formula (*Tian Wang Bu Xin Dan*), also known as “Emperor's Tea” or “Ginseng and Zizyphus Formula,” is from the “calm the spirit” category of formulas and is used to nourish the heart and kidney, clear heat, and generate body fluids. It calms *shen* and restores tissues that have atrophied due to lack of body fluids. It is an excellent herbal alternative to tranquilizers or sleeping pills. This version of the formula does **not** contain cinnabar (*zhu sha*).

Ingredients

Rehmanniae Radix (Rehmannia, unprocessed / **Sheng Di Huang**) 29.7%
Codonopsis Radix (Codonopsis / **Dang Shen**) 7.4%
Asparagi Radix (Chinese Asparagus Tuber / **Tian Men Dong**) 7.4%
Ophiopogonis Radix (Ophiopogon Tuber / **Mai Men Dong**) 7.4%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 7.4%
Schisandrae Fructus (Northern Schisandra Fruit / **Wu Wei Zi**) 7.4%
Platycladi Semen (Oriental Arborvitae Seed, Biota Seed / **Bai Zi Ren**) 7.4%
Ziziphi Spinosa Semen (Sour Date Seed, Jujube Seed / **Suan Zao Ren**) 7.4%
Scrophulariae Radix (Scrophularia, Figwort Root / **Xuan Shen**) 3.7%
Salviae Miltiorrhizae Radix (Chinese Salvia Root / **Dan Shen**) 3.7%
Poriae Sclerotium Paradisicis (Poria Spirit / **Fu Shen**) 3.7%
Polygalae Radix (Polygala / **Yuan Zhi**) 3.7%
Platycodi Radix (Platycodon Root, Balloon Flower Root / **Jie Geng**) 3.7%

Chinese Medical Actions

Nourishes yin, nourishes blood, generates body fluids, supplements the heart, calms the spirit, strengthens the will.

Indications

Anxiety	Itching, painful
Concentration, poor	Memory, poor
Conjunctivitis, chronic	Mental confusion
Dream-disturbed sleep	Menopausal symptoms
Dryness	Nervousness
Emotional instability	Nocturnal emissions
Hives	Palpitations
Hyperthyroidism	Skin, dry
Insomnia	Sleep, restless
Irritability	Vaginal atrophy or dryness

Tongue: Red, with little coating. **Pulse:** Thin, rapid.

Contraindications: Do not use in cases of spleen deficiency with dampness.

IMMORTAL VALLEY FORMULA

Immortal Valley Formula (*Xian Gu Fang*) treats a variety of gynecological problems, such as cervical dysplasia and vaginal discharge with dampness and heat in the lower burner. Honeysuckle (*jin yin hua*), oldenlandia (*bai hua she she cao*), and phellodendron (*huang bai*) clear heat and toxin and are effective in treating the human papillomavirus (HPV) infection often associated with cervical cancer. Oldenlandia (*bai hua she she cao*) and paris (*chong lou*) clear heat-toxin and are anti-neoplastic herbs. Coix (*yi yi ren*), smilax (*tu fu ling*), and polyporus (*zhu ling*) also have anti-neoplastic properties, and together clear dampness and heat-toxin. Dioscorea (*shan yao*) supplements the spleen and kidney, while white peony (*bai shao*) softens and nourishes the liver. Zedoary (*e zhu*) is anti-neoplastic and works synergistically with achyranthes (*huai niu xi*) to invigorate and enliven, where stagnation of blood and congestion of dampness and heat lead to poor blood circulation and unhealthy tissue.

Ingredients

Hedyotis Diffusae Herba (Hedyotis, Oldenlandia / **Bai Hua She She Cao**) 12%
Coicis Semen (Job's Tears Seed, Chinese Pearl Barley, Coix / **Yi Yi Ren**) 10%
Smilacis Glabrae Rhizoma (Chinese Smilax Rhizome / **Tu Fu Ling**) 10%
Lonicerae Flos (Japanese Honeysuckle Flower / **Jin Yin Hua**) 10%
Dioscoreae Rhizoma (Chinese Yam / **Shan Yao**) 9%
Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 9%
Phellodendri Cortex (Phellodendron Bark / **Huang Bai**) 8%
Polyporus (Polyporus Umbellatus / **Zhu Ling**) 8%
Achyranthis Bidentatae Radix (Achyranthes / **Huai Niu Xi**) 7%
Paridis Rhizoma (Paris / **Chong Lou**) 7%
Curcumae Rhizoma (Zedoary Rhizome / **E Zhu**) 5%
Sargentodoxae Caulis (Sargentodoxa / **Hong Teng**) 5%

Chinese Medical Actions

Soothes and relaxes the liver, mildly supplements spleen, clears damp-heat and heat-toxin in lower burner, dispels blood stasis.

Indications

Abdominal distension, lower	Pelvic Inflammatory Disease
Cervical dysplasia	Uterine bleeding, dysfunctional
Cervicitis	Vaginal discharge, yellow, odorous
Herpes outbreaks, genital	Vaginitis
HPV	Vulvar itching and pain
Menstrual bleeding, abnormal	Yeast infections

Tongue: Pale, purple, or reddish body; may have red sides and yellow coating at the back. **Pulse:** Slippery, maybe slightly rapid, often wiry.

Contraindications: DO NOT USE DURING PREGNANCY. Do not use with cold signs or yang deficiency. For heat in the blood (with post-coital bleeding or bleeding during ovulation), use **Yin Valley Formula** instead.

INTESTINAL FUNGUS FORMULA

Intestinal Fungus Formula (*Chang Mei Jun Fang*) was developed by Jake Paul Fratkin, OMD, to treat candida yeast infection of the large and small intestines. *Candida albicans* and other opportunistic organisms develop and grow in the intestines following antibiotic therapy or the ingestion of antibiotics from meat sources. These organisms disrupt the normal bacterial flora as well as irritate and inflame the intestinal lining, contributing to “Leaky Gut Syndrome”—the infiltration of intestinal toxins into the blood. Leaky gut contributes to many health problems, including fatigue, fibromyalgia, headache, and lowered immunity. This formula directly attacks heat-toxin resulting from intestinal microbes (yeast, fungal, viral, bacterial, and protozoan) with the herbs coptis (*huang lian*), phellodendron (*huang bai*), pulsatilla (*bai tou weng*) and capillaris (*yin chen hao*). The other herbs, poria (*fu ling*), coix (*yi yi ren*) and pinellia (*ban xia*) dispel dampness and mucus. The formula can also be used for acute food poisoning, giardia, and “stomach flu” (gastroenteritis).

Ingredients

Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 15%
Coicis Semen (Job’s Tears Seed, Chinese Pearl Barley, Coix / **Yi Yi Ren**) 15%
Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / **Zhi Ban Xia**) 14%
Coptidis Rhizoma (Coptis / **Huang Lian**) 14%
Phellodendri Cortex (Phellodendron Bark / **Huang Bai**) 14%
Pulsatillae Radix (Chinese Pulsatilla Root / **Bai Tou Weng**) 14%
Artemisiae Scopariae Herba (Capillaris / **Yin Chen Hao**) 14%

Chinese Medical Actions

Clears heat, resolves toxin, drains dampness.

Indications

Abdominal distension or bloating	Immunity, lowered
Candida infection, intestinal	Intestinal cramping
Diarrhea	Irritable Bowel Syndrome
Flatulence	Parasites
Food poisoning	Rectal itching
Gastroenteritis	Stool, loose or erratic
Giardia	Skin problems

Tongue: A white or yellow, greasy coating at proximal root.

Pulse: Normal, or rapid and slippery.

Contraindications: Can cause loose stools, if so, reduce dose.

Note: When intestinal epithelia have been damaged or inflamed, combine with **Pulsatilla Intestinal Formula**. When treating patients diagnosed with candida, it is recommended to change herbal therapies every 30 days. Alternate with **Oregano Oil Formula**.

JADE SCREEN & XANTHIUM FORMULA

Jade Screen & Xanthium Formula (*Yu Ping Feng Jia Cang Er San*) is an augmentation of the classical formula Jade Windscreen Powder (*Yu Ping Feng San*), used to supplement the *wei* or protective qi, which defends the body from invasion by external pathogens. To this formula, magnolia flower (*xin yi hua*), xanthium (*cang er zi*), and angelica dahurica (*bai zhi*) have been added to address symptoms of chronic or allergic rhinitis, open the sinuses, relieve sinus headache, and disperse wind and dampness. In addition, red peony (*chi shao*) and forsythia (*lian qiao*) have been included. These herbs, according to modern research in China, address allergic inflammation. **Jade Screen & Xanthium Formula** is extremely effective for airborne or environmental allergies. It both stabilizes the exterior and supplements the qi to strengthen the body's defenses. It is an excellent choice for hypertensive patients with allergies or other persons who cannot tolerate formulas that contain ephedra (*ma huang*).

Ingredients

Astragali Radix (Astragalus / **Huang Qi**) 16.8%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome/ **Bai Zhu**) 13.3%
Saposhnikoviae Radix (Siler / **Fang Feng**) 13.3%
Paeoniae Radix, rubra (Chinese Peony, red / **Chi Shao**) 13.3%
Forsythiae Fructus (Forsythia / **Lian Qiao**) 11.1%
Xanthii Fructus (Xanthium Fruit, Siberian Cocklebur / **Cang Er Zi**) 11.1%
Magnoliae Flos (Magnolia Flower / **Xin Yi Hua**) 11.1%
Angelicae Dahuricae Radix (Purple Angelica / **Bai Zhi**) 10.0%

Chinese Medical Actions

Supplements qi, stops sweating, stabilizes the exterior, expels wind and dampness, reduces swelling, opens and clears nasal passages.

Indications

Allergies	Sinus discharge
Eyes, red, dry, or itchy	Sinus inflammation
Facial swelling	Sinus pain
Headache	Skin rashes from allergies
Sinus congestion	Throat, sore

Pulse: Floating and weak.

Contraindications: Patients with yin or blood deficiency may require the simultaneous use of an appropriate tonic formula.

JADE SOURCE FORMULA

Jade Source Formula (*Jia Jian Yu Quan Wan*) is a modification of *Yu Quan Wan* used to treat yin deficiency fire that has damaged both qi and fluids. The name of this formula, “Jade Source,” refers to the fluids of the mouth and the function of making fluids flow. One of the major signs is extreme thirst. This version of the formula contains Chinese yam (*shan yao*) to strengthen the spleen and stomach and lung yin, and Solomon’s seal (*yu zhu*) to nourish yin and moisten dryness. This formula is most frequently associated with the treatment of *xiao ke* (wasting and thirsting syndrome), which is frequently identified with diabetes mellitus. While **Jade Source Formula** is designed to treat disorders of any of the three burners, it is most effective for upper burner patterns, or in cases that are not yet extreme.

Ingredients

Astragali Radix (Astragalus / **Huang Qi**) 15%
Ophiopogonis Radix (Ophiopogon Tuber / **Mai Men Dong**) 12%
Trichosanthis Radix (Trichosanthes Root / **Tian Hua Fen**) 12%
Puerariae Radix (Kudzu Root / **Ge Gen**) 12%
Dioscoreae Rhizoma (Chinese Yam / **Shan Yao**) 10%
Polygonati Odorati Rhizoma (Aromatic Solomon’s Seal / **Yu Zhu**) 10%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 10%
Ginseng Radix, dried (White Ginseng / **Bai Ren Shen**) 8%
Mume Fructus (Mume Fruit, Japanese Apricot / **Wu Mei**) 6%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 5%

Chinese Medical Actions

Boosts qi, clears heat, generates fluids, supplements yin.

Indications

Appetite, increased	Metabolic Syndrome
Diabetes insipidus	Restlessness
Diabetes mellitus	Thirst, extreme
Dryness of mouth and tongue	Urination, frequent
Dryness, post-illness	Weight loss, unintended or abnormal
Irritability	

Tongue: Dry, red, may have red spots. **Pulse:** Rapid.

Note: This formula can help patients taking insulin to reduce their dosage, and aid those attempting to control their glucose levels with diet and exercise. This should be done only under the supervision of a qualified health-care provider.

JADE WINDSCREEN FORMULA

Jade Windscreen Formula (*Yu Ping Feng San*) is a classical formula used to increase the protective (*wei*) qi. It is used for people whose immune system is weak, leaving them susceptible to catching colds. It can also be used for acute attacks of wind-cold in patients who are too weak to tolerate dispersing formulas. When taken in advance of the cold season, it can prevent colds, or in extremely weak patients, result in less frequent or less severe colds.

Ingredients

Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 40%

Saposhnikoviae Radix (Siler / **Fang Feng**) 40%

Astragali Radix (Astragalus / **Huang Qi**) 20%

Chinese Medical Actions

Supplements qi, stabilizes the exterior, stops sweating.

Indications

Allergies, seasonal and food	Hay Fever
Bronchitis, chronic or frequent	Immune system, weak
Bronchitis, mild, in children	Meniere's disease
Constitution, delicate	Rhinitis, allergic
Common cold, recurrent	Sinus discharge, chronic
Cough, chronic or recurrent	Sinus inflammation, chronic
Complexion, pale	Sweating, spontaneous or profuse
Dermatitis, allergic	Urticaria (hives)
Emotional Boundary Issues	Viral infection, protection from
Environmental sensitivities	threat of
Facial Paralysis - Bell's Palsy	

Tongue: Pale, with thin, white coating. **Pulse:** Floating, weak.

Note: Patients taking this formula to prevent colds should take for one to three months in advance of the cold season.

JI XUE FORMULA

Ji Xue Formula* (*Huang Qi Ji Xue Wan*) is a major restorative formula that protects the blood from damage and helps to restore circulation to the microvessels, while supplementing the middle and gently eliminating toxin. It is especially effective in the treatment of various senile diseases and as an aid to patients undergoing chemotherapy. The formula is based on two branches of modern Chinese research. The first, *fu zheng pei ben* theory, demonstrates that when the qi and blood are properly supported, strength and vitality return, organ function is restored, and *zheng qi* (upright or righteous qi) is restored. The second, *heng fa*, “balancing method,” emphasizes stasis transformation as an essential component of any treatment for aging or debilitation. Spatholobus (*ji xue teng*) builds both red and white blood cells while transforming stasis and invigorating blood flow in the minute collaterals. Astragalus (*huang qi*) is widely studied for increasing immunity and building spleen and lung qi. The rest of the formula includes substances to promote digestion, support the kidney and liver, and gently guide out accumulations of damp, food, and toxin.

Ingredients

Spatholobi Caulis (Spatholobus / **Ji Xue Teng**) 20%
Astragali Radix (Astragalus / **Huang Qi**) 14%
Coicis Semen (Job’s Tears Seed, Chinese Pearl Barley, Coix / **Yi Yi Ren**) 11%
Polygoni Multiflori Radix Preparata (Fo-Ti / **Zhi He Shou Wu**) 8%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 8%
Cordyceps (Cordyceps / **Dong Chong Xia Cao**) 8%
Paeoniae Radix, rubra (Chinese Peony, red / **Chi Shao**) 8%
Massa Fermentata (Fermented Leaven / **Shen Qu**) 8%
Rehmanniae Radix Preparata (Rehmannia, cured / **Shu Di Huang**) 5%
Schisandrae Fructus (Northern Schisandra Fruit / **Wu Wei Zi**) 4%
Aurantii Fructus (Bitter Orange / **Zhi Ke**) 3%
Gardeniae Fructus (Gardenia Fruit / **Zhi Zi**) 3%

Chinese Medical Actions

Supplements blood and qi, nourishes essence, invigorates blood and promotes the smooth flow of qi, promotes healthy digestion, drains damp, resolves toxin, secures qi and essence.

Indications

Appetite, poor	Dizziness
Blood damage from toxic exposure	Exhaustion, after illness or chemo
Body temperature, elevated	Fatigue, chronic
Chemotherapy support	Fibromyalgia
Concentration, poor	Hair loss, from chemotherapy
Depression	Neuropathy
Digestion, weak	Weakness, after illness or chemo

Tongue: Pale or light purple, may have papilla.

Pulse: Deficient, thin, may be rapid and/or choppy.

JING QI FORMULA

Jing Qi Formula (*Jing Qi Pian*) is designed for persons who have depleted themselves through excessive stress, work, or sexual activity and who present with kidney and liver yin deficiency, spleen qi deficiency, and slight liver qi constraint. It can be used over a long term to rebuild exhausted qi and *jing*.

Ingredients

Ligustri Lucidi Fructus (Ligustrum, Privet Fruit / **Nu Zhen Zi**) 13%
Ecliptae Herba (Eclipta / **Han Lian Cao**) 13%
Dioscoreae Rhizoma (Chinese Yam / **Shan Yao**) 13%
Codonopsis Radix (Codonopsis / **Dang Shen**) 13%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 9%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 6%
Lycii Fructus (Lycium Fruit, Chinese Wolfberry / **Gou Qi Zi**) 6%
Schisandrae Fructus (Northern Schisandra Fruit / **Wu Wei Zi**) 5%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 5%
Bupleuri Radix (Bupleurum Root / **Chai Hu**) 4%
Citri Reticulatae Pericarpium (Tangerine Peel / **Chen Pi**) 4%
Cyperi Rhizoma (Cyperus, Nut Grass / **Xiang Fu**) 3%
Vladimiria Radix (Vladimiria Root / **Chuan Mu Xiang**) 2%
Zingiberis Rhizoma Recens (Ginger, fresh / **Sheng Jiang**) 2%
Amomi Fructus Rotundus (Chinese Cardamom / **Bai Dou Kou**) 2%

Chinese Medical Actions

Nourishes *jing* (essence), supplements and regulates qi, nourishes kidney and liver yin, moves liver qi stagnation.

Indications

Anxiety	Nervous exhaustion
Appetite, lack of	Night sweats
Chemotherapy, recovery from	Sperm count, low
Digestive weakness	Sweating, spontaneous
Dizziness	Vision, blurred
Fatigue	Visual acuity, decreased
Impotence	Weakness, general or after illness
Insomnia	
Mental fatigue	

Tongue: Peeled, shiny, slightly red. **Pulse:** Thin, rapid.

Contraindications: Do not use with signs of heat or acute wind invasion. With deficiency fire symptoms, use **Rehmannia & Scrophularia Formula** instead.

JUAN BI FORMULA

Juan Bi Formula (*Juan Bi Tang*) or “Remove Painful Obstruction Decoction,” is a modification of the traditional formula. This version of the formula has added turmeric (*jiang huang*) and acanthopanax stem bark (*hong mao wu jia pi*), and omitted caulis piperis (*hai feng teng*). Used for pain caused by wind, dampness, cold, and blood stasis, this formula is specific for pain, heaviness, or numbness in the upper body.

Ingredients

Notopterygii Rhizoma seu Radix (Notopterygium / **Qiang Huo**) 14.8%
Curcumae Longae Rhizoma (Turmeric Rhizome / **Jiang Huang**) 14.8%
Mori Ramulus (White Mulberry Twig / **Sang Zhi**) 14.8%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 14.8%
Acanthopanax Giraldii Cortex (Acanthopanax Stem Bark / **Hong Mao Wu Jia Pi**) 14.8%
Angelicae Pubescentis Radix (Pubescent Angelica Root / **Du Huo**) 4.9%
Gentianae Macrophyllae Radix (Large Leaf Gentian Root / **Qin Jiao**) 4.9%
Olibanum (Frankincense / **Ru Xiang**) 3.9%
Vladimiria Radix (Vladimiria Root / **Chuan Mu Xiang**) 3.9%
Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / **Chuan Xiong**) 3.4%
Cinnamomi Ramulus (Cassia Twig, Chinese Cinnamon / **Gui Zhi**) 2.5%
Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / **Zhi Gan Cao**) 2.5%

Chinese Medical Actions

Removes wind-dampness in the upper body, invigorates blood, alleviates painful obstruction.

Indications

Arthritis	Pain, upper body, moving
Bursitis	Pain, worse with cold
Joint pain in the upper body	Shoulder pain
Neck pain, arthritic	

Tongue: White coating, may have purple body. **Pulse:** Slow, may be slippery.

Contraindications: DO NOT USE DURING PREGNANCY. For pain in the lower body, use **Duhuo & Loranthus Formula**.

LILY PRESERVE METAL FORMULA

Lily Preserve Metal Formula (*Bai He Gu Jin Tang*) is used for treating dryness of the lungs caused by damage the yin of the lung and kidney. American ginseng root (*xi yang shen*) has been added to the traditional formula to further nourish the lungs and to clear fire from deficiency. It can be used to nourish lung yin in a dry climate or after a respiratory illness.

Ingredients

Lilii Bulbus (Lily Bulb / **Bai He**) 22.2%
Rehmanniae Radix Preparata (Rehmannia, cured / **Shu Di Huang**) 16.6%
Rehmanniae Radix (Rehmannia, unprocessed / **Sheng Di Huang**) 11.0%
Panacis Quinquefolii Radix (American Ginseng Root / **Xi Yang Shen**) 8.3%
Ophiopogonis Radix (Ophiopogon Tuber / **Mai Men Dong**) 8.3%
Fritillariae Cirrhosae Bulbus (Sichuan Fritillary / **Chuan Bei Mu**) 5.6%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 5.6%
Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 5.6%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 5.6%
Scrophulariae Radix (Scrophularia, Figwort Root / **Xuan Shen**) 5.6%
Platycodi Radix (Platycodon Root, Balloon Flower Root / **Jie Geng**) 5.6%

Chinese Medical Actions

Nourishes the yin, moistens the lungs, transforms phlegm, stops cough.

Indications

Asthma	Lips, dry
Bronchitis, chronic	Night sweats
Cough, blood-streaked or sticky sputum	Nose, dry
Cough, dry	Palms and soles, hot
Dry mouth	Pharyngitis
Influenza, post-illness w/damage to yin	Pneumothorax, spontaneous
	Throat, sore and dry
	Wheezing

Tongue: Red with little coating. **Pulse:** Thin and rapid.

Contraindications: This formula is used for chronic conditions or conditions that arise from external invasion, but do not resolve. For the acute stages of exterior conditions, use an appropriate surface-relieving formula. Do not use in cases of dampness or copious phlegm. In cases with accompanying diarrhea and indigestion, add a formula to strengthen the spleen and regulate the qi such as **Six Gentlemen Formula**.

LING ZHI LUNG FORMULA

Ling Zhi Lung Formula (*Ling Zhi Fei Pian*) is the result of multiple trials comparing different formulations to effectively treat asthma without using ephedra (*ma huang*). This formula helps to calm breathing, resolve phlegm, and descend lung qi. Especially effective for rectifying wheezing from allergies, **Ling Zhi Lung Formula** can be used in combination with other formulas to treat most forms of asthma. This formula is primarily supplementing and secondarily sedating, making it effective after just one or two doses, yet safe for long-term (seasonal) application.

Ingredients

Ganoderma (Reishi / **Ling Zhi**) 46%

Sophorae Flavescentis Radix (Shrubby Sophora Root / **Ku Shen**) 21%

Lepidii Semen / Descurainiae Semen (Lepidium, Descurainia Seed / **Ting Li Zi**) 13%

Jujubae Fructus (Jujube Date, red / **Hong Zao, Da Zao**) 13%

Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 7%

Chinese Medical Actions

Rectifies lung qi, supplements lungs, assists kidneys in grasping the qi, resolves phlegm, stops cough, arrests wheezing, calms *shen*.

Indications

Asthma	Influenza, post-illness w/damage
Breathing, labored with exertion	to qi
Cough	Wheezing

Tongue: Normal or thick coating.

Pulse: May be superficial, slightly rapid or slightly tight and slow.

Contraindications: Do not use if condition is due to lung fire, or if the wheezing is due to pneumonia.

Dosage: This formula is safer to take in larger doses than formulas containing ephedra (*ma huang*).

Acute Conditions: For adults, 3-5 tablets as needed, up to five doses in 24 hours. Reduce frequency to three times daily after symptoms have abated by 50% or more. If condition does not noticeably improve within the first 24 hours, re-evaluate the diagnosis or refer to appropriate medical professional.

Sub-acute or Chronic Conditions: At the first signs of a developing asthmatic condition, take 3-5 tablets as needed, 2-3 times per day, until resolved (up to three weeks).

Note: Use **Ling Zhi Lung Formula** by itself to treat most types of asthmatic breathing without fever.

Combine with **Lily Preserve Metal Formula** if symptoms began as an acute febrile condition and the wheezing is due to yin damage sustained during the acute stage, which has developed into a chronic condition. When this combination is appropriate, there is likely to be dry throat with thirst, a geographic or scanty tongue coating, and a fine, slightly rapid pulse. Cough is often more prominent than wheezing, and may be streaked with blood. Use 2 tablets of each formula as a starting point for dosage.

Combine with **Yin Chiao Formula**, **Viola Clear Fire Formula**, or **Zhong Gan Ling Formula** if triggered by a sudden viral invasion in the wind-cold or wind-heat stage of penetration. This combination works best if administered within the first day of an external invasion.

Combine with **Poria Five Formula** if wheezing is due primarily to water retention. This condition is not common, but if the water metabolism problem leads to wheezing, this combination will work well. In such cases, **Poria Five Formula** will be the main formula and **Ling Zhi Lung Formula** will act as assistant. Accompanying signs and symptoms include urinary difficulty or retention, possible mild fever, and some clear sign of water metabolism dysfunction. (See **Poria Five Formula**.)

LINKING FORMULA

Linking Formula (*Yi Guan Jian*). This classic formula was designed to treat liver qi stagnation that is secondary to yin deficiency. Yin deficiency by itself can diminish the liver's ability to regulate the qi, but when the lack of yin has allowed the development of constrained fire, the coursing and regulating function of the liver becomes even more compromised. This can create a cycle of yin deficiency-stagnation-fire-yin deficiency. The resulting fire constraint can eventually cause the liver to transversely attack the stomach causing pain, acid regurgitation, and ulceration. To the classic formula, white peony (*bai shao*) and licorice (*gan cao*) have been added, to further enhance its ability to reduce pain, especially resulting from ulcers. Today, **Linking Formula** is often used to treat stomach and duodenal ulcers and reflux caused by yin deficiency as well as chronic hepatitis. It is, however, appropriate to use whenever the patient presents with yin deficiency signs concurrent with qi stagnation.

Ingredients

Rehmanniae Radix (Rehmannia, unprocessed / **Sheng Di Huang**) 26%
Lycii Fructus (Lycium Fruit, Chinese Wolfberry / **Gou Qi Zi**) 14%
Glehniae Radix (Glehnia Root / **Bei Sha Shen**) 14%
Ophiopogonis Radix (Ophiopogon Tuber / **Mai Men Dong**) 14%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 12%
Toosendan Fructus (Melia Fruit / **Chuan Lian Zi**) 10%
Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 5%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 5%

Chinese Medical Actions

Nourishes liver and kidney yin, supplements liver blood, clears heat and gently spreads liver qi.

Indications

Abdominal distension or pain	Hyperthyroidism
Acid regurgitation	Insomnia
Bitter taste in mouth	Intercostal neuralgia
Chemo or radiation, side effects	Mouth, dry
Cirrhosis, liver	Nervous exhaustion
Epigastric pain	Orchitis, chronic
Flank pain	Palms and soles, hot
Gastritis, chronic	Restless leg syndrome
Hepatitis, chronic	Stomachache
Hypochondriac pain	Thirst
Hot flashes	Throat, dry
Hypertension, essential or gestational	Ulcer, stomach and duodenal
	Vomiting of sour fluid

Tongue: Red, with dry or scanty coating.

Pulse: Thin, weak or wiry, may be rapid.

68 **Contraindications:** Do not use with pain due to dampness or phlegm.

LUO BU MA FORMULA

Luo Bu Ma Formula (*Luo Bu Ma Pian*). This formula is commonly used to treat high blood pressure due to the excitation of liver fire. The chief herb of this formula, apocynum (*luo bu ma*), comprising almost half of the formula, is sometimes used as a stand-alone herb for its ability to lower the blood pressure and reduce cholesterol. **Luo Bu Ma Formula** is designed to treat excess patterns, as opposed to **Gastrodia & Uncaria Formula** (*Tian Ma Gou Teng Yin*), which treats high blood pressure by nourishing the yin to anchor the yang. Cassia seed (*jue ming zi*) has been substituted for the margarita (*zhen zhu mu*) to further promote the cholesterol-lowering aspect of the formula.

Ingredients

Apocyni Veneti Folium (Dogbane Leaf / **Luo Bu Ma**) 45%
Prunellae Spica (Heal All Spike, Self-Heal Spike / **Xia Ku Cao**) 10%
Uncariae Ramulus cum Uncis (Hook Vine, Gambir / **Gou Teng**) 10%
Cassiae Semen (Sickle-pod Senna / **Jue Ming Zi**) 10%
Chrysanthemi Flos (Chrysanthemum / **Ju Hua**) 7%
Alismatis Rhizoma (Asian Water Plantain / **Ze Xie**) 6%
Cyathulae Radix (Cyathula Root / **Chuan Niu Xi**) 6%
Crataegi Fructus (Chinese Hawthorn Fruit / **Shan Zha**) 6%

Chinese Medical Actions

Calms the liver and extinguishes wind, clears liver heat, eliminates damp by promoting urination, transforms phlegm, subdues yang, benefits the heart, slightly moistens the intestine.

Indications

Cholesterol, elevated	Hypertension
Dizziness or vertigo	Insomnia
Edema	Irritability
Eyes, painful, red, swollen, or pressure behind	Restlessness
Face, flushed	Stool, dry
Headache	Urination, difficult

Tongue: Red, swollen, may have a thick, yellow coating. **Pulse:** Rapid, full.

Contraindications: Do not use if patient has low blood pressure, diarrhea from spleen qi deficiency, or is taking diuretic drugs.

LYSIMACHIA GB FORMULA

Lysimachia GB Formula (*Xiao Chai Hu Jia Jin Qian Cao Pian*) is a modification of Minor Bupleurum Formula (*Xiao Chai Hu Tang*), designed to address gallstones and gallbladder inflammation. The formula contains lysimachia (*jin qian cao*) to clear damp-heat from the liver and gallbladder and expel gallstones, curcuma (*yu jin*) to invigorate qi and blood, clear heat, cool blood and benefit the gallbladder, and capillaris (*yin chen hao*) to clear damp-heat from the liver and gallbladder. In addition, bamboo shavings (*zhu ru*) cool blood, clear heat and phlegm-heat; gardenia fruit (*zhi zi*) drains damp-heat and moves constrained liver and gallbladder qi; white peony (*bai shao*) softens the liver to stop painful spasms in the abdomen; and melia fruit (*chuan lian zi*) moves liver qi stagnation and stops pain. These modifications make this formula specific for gallbladder inflammation, damp-heat, and gallstones.

Ingredients

Lysimachiae Herba (Lysimachia / **Jin Qian Cao**) 15%
Curcumae Radix (Turmeric, Curcuma Tuber / **Yu Jin**) 10%
Bupleuri Radix (Bupleurum Root / **Chai Hu**) 9%
Scutellariae Radix (Chinese Skullcap, Scute / **Huang Qin**) 9%
Codonopsis Radix (Codonopsis / **Dang Shen**) 8%
Artemisiae Scopariae Herba (Capillaris / **Yin Chen Hao**) 8%
Bambusae Caulis in Taeniam (Bamboo Shavings / **Zhu Ru**) 8%
Gardeniae Fructus (Gardenia Fruit / **Zhi Zi**) 8%
Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 8%
Toosendan Fructus (Melia Fruit / **Chuan Lian Zi**) 5%
Jujubae Fructus (Jujube Date, red / **Hong Zao, Da Zao**) 5%
Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / **Zhi Gan Cao**) 4%
Zingiberis Rhizoma Recens (Ginger, fresh / **Sheng Jiang**) 3%

Chinese Medical Actions

Drains damp-heat in the liver and gallbladder, cools blood, expels gallstones, moves constrained liver and gallbladder qi and liver blood, harmonizes the middle burner.

Indications

Cholecystitis	Hepatitis
Gallbladder inflammation	Jaundice
Gallstones	Vomiting
Gallbladder spasms	

Tongue: May be red or have red spots, scalloped sides, yellow coating.

Pulse: Wiry and/or tight.

Contraindications: Do not use in the absence of damp-heat. Patients suspected of having gallstones require close medical supervision.

MARGARITA COMPLEXION FORMULA

Margarita Complexion Formula (*Zhen Zhu Yu Rong Fang*). Margarita (*zhen zhu*) is considered a beauty tonic for the skin, especially the face. This formula is used for facial acne in adolescents and adults. It addresses the main causes of acne by clearing heat from the blood, and drying dampness. It can also be used for red rashes, pimples, itchiness, eczema, hives from heat in the blood or stomach heat, and thyroid nodules.

Ingredients

Hedyotis Diffusae Herba (Hedyotis, Oldenlandia / **Bai Hua She She Cao**) 13%

Scrophulariae Radix (Scrophularia, Figwort Root / **Xuan Shen**) 10%

Paeoniae Radix, rubra (Chinese Peony, red / **Chi Shao**) 10%

Margarita (Pearl, ground / **Zhen Zhu**) 9%

Lonicerae Flos (Japanese Honeysuckle Flower / **Jin Yin Hua**) 9%

Eriobotryae Folium (Loquat Leaf / **Pi Pa Ye**) 9%

Rhei Radix et Rhizoma (Chinese Rhubarb / **Da Huang**) 8%

Rehmanniae Radix (Rehmannia, unprocessed / **Sheng Di Huang**) 8%

Glehniae Radix (Glehnia root / **Sha Shen**) 7%

Phellodendri Cortex (Phellodendron Bark / **Huang Bai**) 7%

Ginseng Radix, dried (White Ginseng / **Bai Ren Shen**) 5%

Sophorae Flavescentis Radix (Shrubby Sophora Root / **Ku Shen**) 5%

Chinese Medical Actions

Clears heat, cools blood, resolves toxin, breaks accumulations, dries dampness.

Indications

Acne, adolescent and adult	Hives
Boils	Pimples, raised
Cysts	Skin rashes, red or itchy
Eczema	Thyroid, nodules on
Furuncles	

Tongue: Red and scalloped, red on the edge or tip, yellow or white coating.

Pulse: Big, rapid, rolling.

Contraindications: DO NOT USE DURING PREGNANCY OR WHILE NURSING. With liver qi stagnation, use in combination with **Free & Easy Wanderer Plus**.

Note: Patients should avoid spicy foods or foods with a high content of fats and sugars. These foods create dampness and heat, which can exacerbate acne.

MING MU FORMULA

Ming Mu Formula (*Ming Mu Di Huang Wan*), also known as “Improve Vision Pill with Rehmannia,” is an augmented formula based on **Rehmannia Six Formula** (*Liu Wei Di Huang Wan*). This formula is used to treat eye disorders and improve vision in cases where there is liver and kidney weakness or liver heat and internal wind.

Ingredients

Rehmanniae Radix Preparata (Rehmannia, cured / **Shu Di Huang**) 14.9%
Bupleuri Radix (Bupleurum Root / **Chai Hu**) 7.4%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 7.4%
Lycii Fructus (Lycium Fruit, Chinese Wolfberry / **Gou Qi Zi**) 7.4%
Rehmanniae Radix (Rehmannia, unprocessed / **Sheng Di Huang**) 7.4%
Dioscoreae Rhizoma (Chinese Yam / **Shan Yao**) 7.4%
Corni Fructus (Asiatic Dogwood Fruit, Asiatic Cornel / **Shan Zhu Yu**) 7.4%
Alismatis Rhizoma (Asian Water Plantain / **Ze Xie**) 7.4%
Moutan Cortex (Tree Peony / **Mu Dan Pi**) 7.4%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 7.4%
Schisandrae Fructus (Northern Schisandra Fruit / **Wu Wei Zi**) 7.4%
Tribuli Fructus (Tribulus, Puncturevine Fruit, Caltrop / **Bai Ji Li**) 7.4%
Chrysanthemi Flos (Chrysanthemum / **Ju Hua**) 3.7%

Chinese Medical Actions

Nourishes the liver and kidneys, nourishes liver blood, sedates liver fire, dispels liver wind, improves vision, benefits the eyes.

Indications

Cataracts	Glaucoma
Eyes, excessive tearing	Palms and soles, hot
Eyes, dry, red, or itchy	Vision, blurred
Eyes, sensitive to light	Vision, weak

Tongue: Red, may have red spots. **Pulse:** Thin, rapid, may be tight.

Contraindications: Patients taking this formula should avoid eating turnips (Scheid, Bensky, Ellis, and Barolet, 2009).

MINOR BUPLEURUM FORMULA

Minor Bupleurum Formula (*Xiao Chai Hu Tang*) is a classical formula used to harmonize *shaoyang*-stage disorders (where the pathogenic qi is half-exterior, half-interior or when there are alternating chills and fever). It is helpful in cases where the symptoms of a cold or flu may linger for weeks after the initial acute phase of the illness is over. This formula helps the patient resolve the illness more quickly. It is highly effective for the treatment of ear infections, mumps, and tonsillitis in children. In Japan, this formula is used as an immune system stimulant to prevent the common cold.

Ingredients

Bupleuri Radix (Bupleurum Root / **Chai Hu**) 22%
Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / **Zhi Ban Xia**) 21%
Codonopsis Radix (Codonopsis / **Dang Shen**) 17%
Scutellariae Radix (Chinese Skullcap, Scute / **Huang Qin**) 12%
Zingiberis Rhizoma Recens (Ginger, fresh / **Sheng Jiang**) 12%
Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / **Zhi Gan Cao**) 8%
Jujubae Fructus (Jujube Date, red / **Hong Zao, Da Zao**) 8%

Chinese Medical Actions

Harmonizes and releases *shaoyang*-stage disorders. Clears heat, releases pathogenic qi, transforms phlegm, harmonizes the middle burner, supports normal qi.

Indications

Asthma	Headache
Bitter or sour taste in mouth	Head cold that goes to chest
Bronchitis, acute or chronic	Heartburn
Chest, fullness in	Herpes zoster (shingles)
Chills and fever, alternating	Irritability
Common cold, lingering	Jaundice
Constipation	Liver enzymes elevated
Cough	Lymph nodes, enlarged
Diaphragm, fullness in	Meniere's disease
Diarrhea	Nausea
Dizziness	Pancreatitis
Ear infection	Stomachache
Fatigue, chronic, w/latent pathogen	Throat, dry
Fever, lingering	Tonsillitis
Flank pain	Vomiting
Gallbladder inflammation or spasms	Vision, blurred

Tongue: Thin, with white or yellow coating. **Pulse:** Wiry, especially in the liver/gallbladder positions. Spleen position may be weak.

Contraindications: Do not use in cases of liver fire rising with yin deficiency. discontinue if headache, dizziness, or gum bleeding occur.

MOBILIZE ESSENCE FORMULA

Mobilize Essence Formula (*Fu Ren Bu Yin Pian*) is commonly used during the ovulation phase of the menstrual cycle to support fertility. Once the follicle ruptures, a quick transition from yin to yang must occur. The earlier phase requires a build up of yin and blood. During the second phase, the yin still requires gentle support, but the yang is engaged and the blood mobilized so that the follicle can undergo its rapid transformation. Ligustrum (*nu zhen zi*) supports the yin without being cloying; cuscuta (*tu si zi*) and dipsacus (*xu duan*) encourage proper movement of the yang. The scope of this formula is not restricted to treating infertility. It is appropriate whenever gentle yin-yang balancing is needed while invigorating the blood.

Ingredients

Albiziae Cortex (Mimosa Tree Bark, Silk Tree Bark / **He Huan Pi**) 12%
Spatholobi Caulis (Spatholobus / **Ji Xue Teng**) 11%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 9%
Salviae Miltiorrhizae Radix (Chinese Salvia Root / **Dan Shen**) 9%
Ligustri Lucidi Fructus (Ligustrum, Privet Fruit / **Nu Zhen Zi**) 9%
Cuscutae Semen (Chinese Dodder Seed, Chinese Cuscuta / **Tu Si Zi**) 9%
Dipsaci Radix (Japanese Teasel Root, Japanese Dipsacus / **Xu Duan**) 9%
Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 8%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 7%
Paeoniae Radix, rubra (Chinese Peony, red / **Chi Shao**) 7%
Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / **Chuan Xiong**) 5%
Carthami Flos (Safflower, Carthamus / **Hong Hua**) 5%

Chinese Medical Actions

Invigorates blood, opens the collaterals, supplements yin, blood, and yang, calms the spirit.

Indications

Abdominal pain, premenstrual	Menopausal symptoms
Basal body temperature, slow rise at ovulation	Menstrual pain
Headaches, mid-menstrual cycle	Menstruation, scanty or absent
Infertility caused by dysfunction during ovulation	Ovarian cysts
	Ovulation, late
	Ovulation, pain with

Tongue: Pale, slightly purple, may have distended veins.

Pulse: Thin or weak, wiry.

Contraindications: DO NOT USE DURING PREGNANCY.

Note: Use with **Cinnamon & Poria Formula** or **Phlegm-Transforming Formula**, for phlegm-damp accumulation. Use with **Nourish Ren & Chong Formula** for concurrent yin and blood deficiency. When treating ovulation, begin 3 days before ovulation and take for 6 days.

MULBERRY & LYCIUM FORMULA

Mulberry & Lycium Formula (*Xie Bai San*) is a modified version of what Li Shi-zhen referred to as the exemplar formula for draining the lung. Its primary action is to disperse constrained heat, latent heat, or smoldering fire in the lung. Originally designed as a pediatric formula to treat cough and wheezing due to lung heat, this version is made stronger through the omission of the large percentage of rice, and is widely used to treat both children and adults. Lophatherum (*dan zhu ye*) has been added to augment the heat-clearing action and to address the restlessness that often accompanies this pattern. Anemarrhena (*zhi mu*) and prepared soya (*dan dou qi*) have been added to intensify the heat dispersing action, to help protect the lung yin, and to restore the vital essence. This formula is indispensable for treating full-blown influenza when there is scanty or no phlegm.

Ingredients

Mori Cortex (White Mulberry Root Bark / **Sang Bai Pi**) 25%

Lycii Cortex (Lycium Root Bark, Chinese Boxthorn Rootbark / **Di Gu Pi**) 25%

Lophatheri Herba (Lophatherum / **Dan Zhu Ye**) 14%

Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 13%

Sojae Semen Preparatum (Soybean, prepared / **Xiang Dou Chi**) 13%

Anemarrhena Rhizoma (Anemarrhena Rhizome / **Zhi Mu**) 10%

Chinese Medical Actions

Disperses constrained heat and fire in the lungs, eliminates latent heat and fire in the lungs, stops cough and wheezing.

Indications

Body aches, severe	Halitosis
Bronchial asthma	Herpes simplex 1
Bronchitis	Influenza, acute
Chest, stifling sensation in	Measles, initial stage
Conjunctivitis	Nosebleeds
Cough	Pertussis (whooping cough)
Coughing up blood	Pneumonia
Dry mouth	Pulmonary tuberculosis
Dyspnea	Rosacea
Fever, afternoon	Shortness of breath
Fever, after acute illness	Skin, steaming heat in
Flu-like symptoms, w/lung heat or lung fire	Wheezing

Tongue: Red body or tip, possibly with yellow fur. **Pulse:** Rapid, fine.

Contraindications: Do not use in cases of wind-cold invasion or in the early stage of wind-heat.

Note: If there is high fever or wind-heat skin lesions, use **Siler & Platycodon Formula** instead.

NECK FORMULA

Neck Formula (*Bai Zhi Ge Gen Wan*) is designed to relieve afflictions of the head, neck, upper back, and shoulders from acute wind-cold, wind-damp, or wind-cold-damp. It can be used for chronic pain in these areas if caused by wind-cold-damp *bi* syndrome. **Neck Formula** (*Bai Zhi Ge Gen Wan*) can also be used as a replacement for Pueraria Formula (*Ge Gen Tang*) for treating wind-cold invasion with no sweating.

Ingredients

Angelicae Dahuricae Radix (Purple Angelica / **Bai Zhi**) 43%

Puerariae Radix (Kudzu Root / **Ge Gen**) 20%

Notopterygii Rhizoma seu Radix (Notopterygium / **Qiang Huo**) 17%

Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / **Chuan Xiong**) 15%

Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 5%

Chinese Medical Actions

Releases the exterior, raises yang, releases the muscle layer of the head and neck, releases the *taiyang* and *yangming* channels in the upper body, dispels wind, damp, and cold, opens nasal passages.

Indications

Arthritic pain, neck or shoulder	Shoulder, frozen
Back pain, wind-cold-damp	Sinuses, blocked
Chills, mild	Stiffness, upper body
Cold, common	Supraorbital pain
Headache, wind-cold or tension	Sweating, absence of
Neck pain or stiffness	Wind, aversion to

Tongue: Normal body, white coat. **Pulse:** Floating and tight.

Contraindications: This formula is to be used for acute patterns or during an acute flare up of a chronic condition. If taking for extended period of time, a supplementing formula that address the particular constitutional deficiencies of the patient should be prescribed with **Neck Formula**. If a person has chronic blood heat, this formula may exacerbate lesions; to avoid this complication, take with **Rehmannia Cool Blood Formula**.

NOURISH ESSENCE FORMULA

Nourish Essence Formula (*Zi Jing Di Huang Wan*) is based on Rehmannia Six (*Liu Wei Di Huang Wan*), a classical formula for deficient kidney and liver yin. Added to this are polygonum (*zhi he shou wu*) and lycium (*gou qi zi*), yin herbs that nourish the blood; cistanches (*rou cong rong*), cynomorium (*suo yang*), and cuscuta (*tu si zi*), herbs that supplement yang and *jing* (essence); and schisandra (*wu wei zi*) and palm leaf raspberry (*fu pen zi*), astringent herbs that help retain *jing* (essence). It supplements kidney yin and yang, as well as liver yin.

Ingredients

Rehmanniae Radix Preparata (Rehmannia, cured / **Shu Di Huang**) 14%
Dioscoreae Rhizoma (Chinese Yam / **Shan Yao**) 9%
Polygoni Multiflori Radix Preparata (Fo-Ti / **Zhi He Shou Wu**) 9%
Cistanches Herba (Broomrape, Cistanches / **Rou Cong Rong**) 9%
Cuscutae Semen (Chinese Dodder Seed, Chinese Cuscuta / **Tu Si Zi**) 8%
Lycii Fructus (Lycium Fruit, Chinese Wolfberry / **Gou Qi Zi**) 8%
Corni Fructus (Asiatic Dogwood Fruit, Asiatic Cornel / **Shan Zhu Yu**) 7%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 7%
Rubi Fructus (Palm-leaf Raspberry / **Fu Pen Zi**) 7%
Moutan Cortex (Tree Peony / **Mu Dan Pi**) 6%
Schisandrae Fructus (Northern Schisandra Fruit / **Wu Wei Zi**) 6%
Alismatis Rhizoma (Asian Water Plantain / **Ze Xie**) 5%
Cynomorii Herba (Cynomorium / **Suo Yang**) 5%

Chinese Medical Actions

Supplements kidney yin and yang, supplements liver yin, builds blood and qi, benefits and retains *jing* (essence).

Indications

Back (lower), weak and sore	Knees, weak
Constipation (from deficiency)	Light-headedness
Dizziness	Miscarriage, habitual
Dry mouth	Night sweats
Exhaustion	Nocturnal emissions
Fatigue	Post-nasal drip, chronic
Hair, premature graying	Premature ejaculation
Hearing loss	ringing in ear
Hypothyroidism	Sexual energy, low
Infertility	Urination, frequent or nocturnal
Kidney function, weak	

Tongue: Pale or normal. **Pulse:** Weak or thin in kidney position.

Contraindications: Decrease dose if diarrhea or stomach upset occur.

NOURISH REN & CHONG FORMULA

Nourish Ren & Chong Formula (*Jia Wei Gui Shao Di Huang Wan*) nourishes the yin and blood to support the reproductive functions of the *ren* and *chong* vessels during the first phase of a woman's menstrual cycle. During the first phase of the cycle, it is important to support follicle growth and to prepare for ovulation. This support is accomplished by strongly nourishing the yin and blood, and by gently removing heat in the heart and liver that might lead to stasis or emotional imbalance. The scope of the formula extends beyond its application for infertility. It is an appropriate formula whenever there is a pattern of blood and yin deficiency with mild build up of heat.

Ingredients

Dioscoreae Rhizoma (Chinese Yam / **Shan Yao**) 12%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 12%
Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 12%
Rehmanniae Radix Preparata (Rehmannia, cured / **Shu Di Huang**) 10%
Corni Fructus (Asiatic Dogwood Fruit, Asiatic Cornel / **Shan Zhu Yu**) 9%
Lycii Fructus (Lycium Fruit, Chinese Wolfberry / **Gou Qi Zi**) 9%
Salviae Miltiorrhizae Radix (Chinese Salvia Root / **Dan Shen**) 8%
Gardeniae Fructus (Gardenia Fruit / **Zhi Zi**) 8%
Moutan Cortex (Tree Peony / **Mu Dan Pi**) 5%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 5%
Alismatis Rhizoma (Asian Water Plantain / **Ze Xie**) 5%
Citri Reticulatae Pericarpium (Tangerine Peel / **Chen Pi**) 5%

Chinese Medical Actions

Nourishes blood and yin, clears heat and stagnation in the heart and liver, mildly invigorates the blood.

Indications

Amenorrhea, post OCP	Menopause, premature
Cervical mucus, scanty or dry	Menstrual blood, pale
Endometrial lining, poor	Menstrual cycle, long
Fatigue, general or after menses	Menstruation, light
Follicular phase problems,	Ovarian follicle quality, poor
Infertility w/yin and blood	Ovulation, late
deficiency	Post-menstrual headaches
Light-headedness, after menses	Post-miscarriage deficiencies
Menarche, late	Premature ovarian failure

Tongue: Pale or slightly reddish body, scanty or no coating, may have red tip or sides. **Pulse:** Thin or weak in liver and kidney positions.

Note: In cases of spleen deficiency, use in conjunction with an appropriate formula. Use with **True Yin Formula** if stronger kidney/liver yin support is desired. Use with **Salvia Ten Formula** for concurrent spleen qi deficiency with liver-heart stagnation.

OREGANO OIL FORMULA

Oregano Oil Formula (*Jia Wei Tu Yin Chen You Jiao Nang*) is a liquid concentrate in vegetable cellulose capsules. This formula combines wild Mediterranean oregano oil extract (*tu yin chen*)—standardized to a minimum of 70% carvacrol—with coptis (*huang lian*), quisqualis (*shi jun zi*), and mume (*wu mei*). Oregano oil has a history of medical use that dates back to ancient Greece. The essential oil is a blend of phenolic compounds with broad-spectrum, anti-microbial actions and immune-building properties. It is combined with Chinese herbs to increase effectiveness for bacterial infection, candida, worms, and other parasites. **Oregano Oil Formula** can also be used externally. This is an excellent formula to take while traveling in places where intestinal parasites are common.

Ingredients

Quisqualis Fructus (Quisqualis Fruit / **Shi Jun Zi**) 48%

Oil of Origanum Vulgare (Oregano Oil / **Tu Yin Chen**) 25%

Mume Fructus (Mume Fruit, Japanese Apricot / **Wu Mei**) 19%

Coptidis Rhizoma (Coptis / **Huang Lian**) 8%

Chinese Medical Actions

Clears acute damp-heat, resolves fire-toxin, expels parasites.

Indications

Athlete's foot (use topically)	Nail fungus (use topically)
Bacterial Infection	Parasites
Candida	Skin infection (use topically)
Dysentery	Throat, sore
Food poisoning	Ulcer, from helicobacter pylori
Giardia	Worms

Note: It is recommended when treating patients diagnosed with candida to change herbal therapies every 30 days. This formula is ideal to alternate with **Intestinal Fungus Formula**.

PEACEFUL SPIRIT FORMULA

Peaceful Spirit Formula is known in China as *Yang Xin Ning Shen Wan*. It is an excellent formula for nervous exhaustion, anxiety, and for emotional disorders due to stress. **Peaceful Spirit Formula** emphasizes support of the qi—almost half the formula is comprised of qi tonics—but it also nourishes the heart and calms the spirit.

Ingredients

Codonopsis Radix (Codonopsis / **Dang Shen**) 21.3%
Jujubae Fructus (Jujube Date, red / **Hong Zao, Da Zao**) 14.3%
Dioscoreae Rhizoma (Chinese Yam / **Shan Yao**) 10.9%
Longan Arillis (Longan Fruit / **Long Yan Rou**) 10.9%
Salviae Miltiorrhizae Radix (Chinese Salvia Root / **Dan Shen**) 9.9%
Poriae Sclerotium Paradicis (Poria Spirit / **Fu Shen**) 7.9%
Ginseng Radix (Asian Ginseng Root / **Ren Shen**) 6.9%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 5.5%
Ziziphi Spinosa Semen (Sour Date Seed, Jujube Seed / **Suan Zao Ren**) 5.5%
Polygalae Radix (Polygala / **Yuan Zhi**) 2.9%
Citri Reticulatae Pericarpium (Tangerine Peel / **Chen Pi**) 2.5%
Anemones Altaicae Rhizoma (Altai Anemone Rhizome / **Jiu Jie Chang Pu**) 1.5%

Chinese Medical Actions

Supplements qi, nourishes the heart, calms the spirit, nourishes blood.

Indications

Anxiety	Mental fatigue
Dizziness	Nervous exhaustion
Insomnia	Palpitations
Irritability	Post-traumatic Stress Disorder
Melancholy, excessive	Restlessness
Memory, poor	

Tongue: Pale, may be shaky, with thin, white coating.

Pulse: Weak or thin, especially in upper and middle positions.

Contraindications: Do not use in excess conditions or with signs of heat. In cases where there are also signs of heat from deficient yin, use **Heavenly Emperor's Formula** or **Zizyphus Formula** instead.

PEONY & ATRACTYLODES FORMULA

Peony & Atractylodes Formula (*Tong Xie Yao Fang*) is one of the most popular formulas in China for treating Irritable Bowel Syndrome (IBS) with marked diarrhea. It is especially effective at relieving pain. The formula is safe for infants with diarrhea and for long term use. The traditional symptomology addressed by this formula describes abdominal pain that is relieved after the individual passes stool. The stool is characteristically small in volume and remarkably loose.

Ingredients

Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome, dry-fried / **Chao Bai Zhu**) 36%

Paeoniae Radix, alba (Chinese Peony, white, dry-fried / **Chao Bai Shao**) 23%

Saposhnikoviae Radix (Siler / **Fang Feng**) 23%

Citri Reticulatae Pericarpium (Tangerine Peel, dry-fried / **Chao Chen Pi**) 18%

Chinese Medical Actions

Supplements spleen, relaxes the liver, expels dampness, arrests diarrhea, and reduces pain.

Indications

Abdominal pain, lower	Hiccough, post-operative
Colitis	Irritable Bowel Syndrome (IBS)
Constipation, chronic from spleen	Infant diarrhea
qi deficiency	Meniere's disease
Cramping, abdominal	Ulcer, gastric, discomfort from
Diarrhea, painful	

Tongue: Often normal; can be slightly purple or have a thick white coat.

Pulse: Wiry and moderate, or wiry and thin.

Contraindications: Do not use if diarrhea is from food stagnation. If patient has toxic dampness or damp-heat type diarrhea from acute infection, use **Wu Hua Formula** instead.

PERSICA & CISTANCHES FORMULA

Persica & Cistanches Formula (*Tao Ren Cong Rong Wan*) This formula moistens the intestines to encourage regular bowel movements. It is used for constipation from exhaustion of fluids or dryness. Good for patients who are weak or debilitated, especially if they are blood deficient.

Ingredients

Cistanches Herba (Broomrape, Cistanches / **Rou Cong Rong**) 16.2%
Rhei Radix et Rhizoma (Chinese Rhubarb / **Da Huang**) 13.5%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 13.5%
Platycladi Semen (Oriental Arborvitae Seed, Biota Seed / **Bai Zi Ren**) 10.9%
Aurantii Fructus Immaturus (Bitter Orange, immature fruit / **Zhi Shi**) 8.1%
Magnoliae Officinalis Cortex (Magnolia Bark / **Hou Po**) 8.1%
Persicae Semen (Peach Kernel, Persica Seed / **Tao Ren**) 8.1%
Armeniaca Semen (Apricot Seed, Chinese Bitter Almond / **Xing Ren**) 5.4%
Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 5.4%
Aurantii Fructus (Bitter Orange / **Zhi Ke**) 5.4%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 5.4%

Chinese Medical Actions

Moistens and unblocks the intestines, nourishes blood, promotes the movement of qi.

Indications

Bowel movement, incomplete or painful	Constipation Stool, hard or difficult to pass
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Tongue: Dry, with yellow coating.

Pulse: Submerged, rapid, floating, or choppy.

Contraindications: DO NOT USE DURING PREGNANCY OR WHILE NURSING. Use cautiously with patients with spleen qi deficiency or spleen-damp conditions. Not recommended for children under age six.

PHLEGM-TRANSFORMING FORMULA

Phlegm-Transforming Formula (*Xia Ku Hua Tan Pian*) is a modern formula for patterns of phlegm accumulation. It addresses the qi stagnation, blood stasis, heat-toxin, spleen and kidney deficiency, and yin and blood deficiency that often accompany chronic phlegm patterns. Originally developed as a gynecological formula for ovarian cysts, this formula may also be used for any long-term phlegm-accumulation disorder.

Ingredients

Prunellae Spica (Heal All Spike, Self-Heal Spike / **Xia Ku Cao**) 12%
Salviae Miltiorrhizae Radix (Chinese Salvia Root / **Dan Shen**) 10%
Astragali Radix (Astragalus / **Huang Qi**) 10%
Coicis Semen (Job's Tears Seed, Chinese Pearl Barley, Coix / **Yi Yi Ren**) 10%
Patriniae Herba (Patrinia, Snow Thistle / **Bai Jiang Cao**) 10%
Gleditsiae Spina (Gleditsia Thorn / **Zao Jiao Ci**) 7%
Eckloniae Thallus (Kelp, Kombu / **Kun Bu**) 5%
Scrophulariae Radix (Scrophularia, Figwort Root / **Xuan Shen**) 5%
Scutellariae Radix (Chinese Skullcap, Scute / **Huang Qin**) 5%
Citri Reticulatae Pericarpium (Tangerine Peel / **Chen Pi**) 5%
Cyperi Rhizoma (Cyperus, Nut Grass / **Xiang Fu**) 5%
Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 5%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 5%
Cinnamomi Cortex (Cassia Bark, Chinese Cinnamon / **Rou Gui**) 3%
Dipsaci Radix (Japanese Teasel Root, Japanese Dipsacus / **Xu Duan**) 3%

Chinese Medical Actions

Transforms phlegm, disperses phlegm nodules, moves blood, regulates qi, clears heat and toxin, eliminates dampness, nourishes yin and blood, supports the spleen and kidneys.

Indications

Abdominal masses, from phlegm	Lymph nodes, enlarged
Breast lumps	Menopausal symptoms
Bronchitis, chronic	Ovarian cysts
Endometriosis w/phlegm patterns	Thyroid tumors, benign
Ganglionic cysts	Uterine bleeding, dysfunctional
Goiter	Uterine fibroids
Infertility	

Tongue: Swollen, with thick, greasy coating. **Pulse:** Slippery

Contraindications: DO NOT USE DURING PREGNANCY.

PINELLIA & MAGNOLIA BARK FORMULA

Pinellia & Magnolia Bark Formula (*Ban Xia Hou Po Tang*) is a classical Chinese formula. This version has been augmented with cyperus (*xiang fu*) and green tangerine peel (*qing pi*) to aid in the movement of stagnant qi. This formula is appropriate in cases of constrained qi with phlegm. This condition is classically known as “plum pit qi” (*mei he qi*), which usually results from emotional upset or stress. The patient will most commonly experience a sensation of something caught in the throat that can neither be coughed up nor swallowed, or a stifling feeling in the chest and hypochondriac region. **Pinellia & Magnolia Bark Formula** is also highly effective for treating bronchitis and chronic sub-acute phlegm issues in the upper and middle burners when there is little or no heat.

Ingredients

Zingiberis Rhizoma Recens (Ginger, fresh / **Sheng Jiang**) 23.1%
Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / **Zhi Ban Xia**) 18.5%
Poriae Sclerotium Paradidicis (Poria Spirit / **Fu Shen**) 18.5%
Magnoliae Officinalis Cortex (Magnolia Bark / **Hou Po**) 13.8%
Perillae Folium (Perilla Leaf / **Zi Su Ye**) 9.2%
Citri Reticulatae Viride Pericarpium (Tangerine Peel, green / **Qing Pi**) 9.2%
Cyperi Rhizoma (Cyperus, Nut Grass / **Xiang Fu**) 7.7%

Chinese Medical Actions

Promotes the movement of qi, directs rebellious qi downward, dissipates clumps, transforms phlegm.

Indications

Acid regurgitation or reflux	Meniere's disease
Breathing difficulty	Morning sickness
Bronchitis	Motion sickness
Chest, stifling sensation in	Snoring
Cough with profuse sputum	Swallowing, difficulty
Emotional instability	Throat, feeling of something
Gastrointestinal disorders, functional	caught in
Laryngitis, chronic	Wheezing
	Vomiting

Tongue: Moist or greasy, with white coating.

Pulse: Wiry and slow or slippery.

Contraindications: Do not use with patients with a flushed face, bitter taste in mouth, or red tongue with scanty coating. This formula contains drying and dispersing herbs, which can injure the yin and fluids if not used correctly.

POLYPORUS & DIANTHUS FORMULA

Polyporus & Dianthus Formula (*Zhu Ling Qu Mai Tang*) is a modification of Polyporus Formula, a traditional *Shang Han Lun* formula used to treat pathogenic influences which have transformed into heat in the interior. It is one of the most commonly used formulas for treating urinary tract infections. The traditional formula was modified by adding lophatherum (*dan zhu ye*), dianthus (*qu mai*), anemarrhena (*zhi mu*), andrographis (*chuan xin lian*), and phellodendron (*huang bai*). These herbs augment the heat-clearing and dampness-removing properties of the formula. The talcum in the original formula has been replaced with pyrrosia leaf (*shi wei*).

Ingredients

Lophatheri Herba (Lophatherum / **Dan Zhu Ye**) 16%
Dianthi Herba (Chinese Pink, Dianthus / **Qu Mai**) 16%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 12%
Polyporus (Polyporus Umbellatus / **Zhu Ling**) 10%
Alismatis Rhizoma (Asian Water Plantain / **Ze Xie**) 10%
Anemarrhenae Rhizoma (Anemarrhena Rhizome / **Zhi Mu**) 10%
Andrographitis Herba (Andrographis / **Chuan Xin Lian**) 10%
Phellodendri Cortex (Phellodendron Bark / **Huang Bai**) 10%
Pyrrosiae Folium (Pyrrosia Leaf / **Shi Wei**) 6%

Chinese Medical Actions

Disinhibits urine and leaches out dampness, drains heat from urinary tract, protects the yin of the lower burner.

Indications

Abdominal pain (lower), acute	Glomerulonephritis
Ascites	Irritability
Benign Prostatic Hypertrophy	Herpes, genital
Blood in urine (hematuria)	Nephritis, acute
Cardiogenic edema	Prostatitis, acute
Cervical erosion	Pyelonephritis
Chlamydia	Ulcerative colitis
Cystitis, acute or chronic	Urinary tract infections
Dermatitis, atopic	Urination, painful or difficult
Diabetes insipidus	Urethral calculus
Diarrhea	Urine, dark or hot
Eczema	Uterine bleeding
Edema, yang-type	Vaginitis

Tongue: Dry, red, may have dark, yellow coating.

Pulse: Superficial and rapid.

Contraindications: DO NOT USE DURING PREGNANCY.

PORIA & BAMBOO FORMULA

Poria & Bamboo Formula (*Wen Dan Tang*) dates back to the 7th century. It was originally intended for treatment of post-wind-cold exterior patterns leading to stomach-gallbladder disharmony. This results in accumulation of phlegm that stagnates qi and combines with heat. Phlegm-heat and stagnation hinder the rising of clear yang, resulting in dizziness or vertigo. Also, phlegm-heat can become rebellious causing nausea or vomiting. Furthermore, phlegm-heat can disturb the chest and heart, manifesting as irritability, insomnia, palpitations, and anxiety. Because stomach-gallbladder disharmony can produce such varying symptoms, this formula can treat many different disorders. The patient will present with phlegm in the middle burner, resulting in symptoms such as heart or *shen* disturbance or counterflow of stomach qi. Polygala (*yuan zhi*) has been added to further assist in dispelling phlegm and calming the spirit.

Ingredients

Citri Reticulatae Pericarpium (Tangerine Peel / **Chen Pi**) 21%
Bambusae Caulis in Taeniam (Bamboo Shavings / **Zhu Ru**) 17%
Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / **Zhi Ban Xia**) 14%
Aurantii Fructus Immaturus (Bitter Orange, immature fruit / **Zhi Shi**) 14%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 11%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 6%
Zingiberis Rhizoma Recens (Ginger, fresh / **Sheng Jiang**) 6%
Polygalae Radix (Polygala / **Yuan Zhi**) 5%
Jujubae Fructus (Jujube Date, red / **Hong Zao, Da Zao**) 4%
Coptidis Rhizoma (Coptis / **Huang Lian**) 2%

Chinese Medical Actions

Regulates qi, transforms phlegm, clears the gallbladder, harmonizes the stomach, calms the spirit.

Indications

Anxiety or fright	Hiccough
Appetite, loss of	Hepatitis, chronic
Bitter taste in mouth	Insomnia
Bronchitis, chronic	Irritability
Chemotherapy, thoracic oppression and nausea from	Mania
Convulsions	Meniere's disease
Depression	Morning sickness
Dizziness or vertigo	Nausea
Gallbladder inflammation	Palpitations
Gallstones	Ulcer, duodenal
Gastritis	Vomiting

Tongue: Greasy, yellow coating. **Pulse:** Rapid and slippery or wiry.

Contraindications: Use only with clear signs of phlegm. This formula is drying; use caution with yin deficiency.

PORIA FIFTEEN FORMULA

Poria Fifteen Formula (*Shi Wu Wei Fu Ling Pian*) was originally designed to help treat obesity. It improves digestion, increases elimination, aids in lipid metabolism, and reduces serum cholesterol, phlegm, and water excess. Suitable for all types of overweight persons, this formula is balanced and safe for long-term use. It is appropriate, not just for obesity, but whenever there is damp accumulation in the lower and middle burner.

Ingredients

Alismatis Rhizoma (Asian Water Plantain / **Ze Xie**) 11%
Cassiae Semen (Sickle-pod Senna / **Jue Ming Zi**) 9.2%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 9.2%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 9.2%
Cinnamomi Ramulus (Cassia Twig, Chinese Cinnamon / **Gui Zhi**) 7.3%
Aurantii Fructus Immaturus (Bitter Orange, immature fruit / **Zhi Shi**) 7.3%
Citri Reticulatae Pericarpium (Tangerine Peel / **Chen Pi**) 7.3%
Crataegi Fructus (Chinese Hawthorn Fruit / **Shan Zha**) 7.3%
Rhei Radix et Rhizoma (Chinese Rhubarb / **Da Huang**) 7.3%
Raphani Semen (Radish Seed / **Lai Fu Zi**) 6.1%
Cistanches Herba (Broomrape, Cistanches / **Rou Cong Rong**) 6.1%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 5.4%
Vladimiria Radix (Vladimiria Root / **Chuan Mu Xiang**) 4.9%
Pharbitidis Semen (Morning Glory Seed / **Qian Niu Zi**) 2.4%

Chinese Medical Actions

Drains dampness, moves qi and blood, relieves food stagnation, moves stool, benefits the spleen and kidneys, clears the liver.

Indications

Abdominal distension or bloating	Metabolic Syndrome
Cholesterol, elevated	Obesity
Constipation	Phlegm
Edema	Toxicity, feeling of
Food stagnation	Urination, difficult
Heaviness, generalized body	

Contraindications: DO NOT USE DURING PREGNANCY OR WHILE NURSING. Decrease dose if diarrhea occurs.

Note: Can be combined with an appropriate constitutional formula such as, **Women's Precious Formula, Sea of Qi Formula, Tang Kuei & Salvia Formula,** etc.

PORIA FIVE FORMULA

Poria Five Formula (*Wu Ling San*), also known as “Hoelen Five Formula,” is a classical formula from the *Shang Han Lun*. It is used to treat water metabolism dysfunction with urinary retention or edema. The causes of this condition can be varied: pathogenic influences from a *taiyang* stage disorder which have penetrated into the urinary bladder, spleen deficiency which results in accumulation of water in the muscles and skin, or retention of congested fluids in the lower burner.

Ingredients

Alismatis Rhizoma (Asian Water Plantain / **Ze Xie**) 32.4%

Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 18.5%

Polyporus (Polyporus Umbellatus / **Zhu Ling**) 18.5%

Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 18.5%

Cinnamomi Ramulus (Cassia Twig, Chinese Cinnamon / **Gui Zhi**) 12.1%

Chinese Medical Actions

Drains dampness, promotes urination, warms yang, strengthens the spleen, transforms qi.

Indications

Ascites	Preeclampsia
Cardiac edema	Premenstrual bloating
Cough from fluid retention	Prostatitis, early stages
Diarrhea	Renal failure, chronic
Dizziness or vertigo	Scrotal edema
Edema	Shortness of breath
Fever	Toxemia of pregnancy
Gastroenteritis, with congested fluids	Umbilicus, throbbing sensations below
Genitourinary infections	Urinary retention
Headache	Urination, difficult
Hypertension	Vertigo
Meniere's disease	Vomiting
Motion sickness	Water retention
Nephritis, acute and chronic	

Tongue: Swollen, wet. **Pulse:** Slippery, may be superficial and rapid.

Contraindications: Use with caution in patients with spleen and kidney qi deficiency. Overuse may cause dizziness, vertigo, lack of appetite, and a bland taste in the mouth. In cases of urinary difficulty with yin deficiency, use with **True Yin Formula**.

PROSTATE FORMULA

Prostate Formula (*Qiang Lie Xian Fang*) is designed to promote healthy function of the prostate. From the perspective of Oriental medicine, the prostate gland is primarily nourished by the spleen, kidney, and liver channels. With modern lifestyles and advancing years, certain patterns occur which affect the prostate gland. Decline of spleen yang can bring about an accumulation of dampness in the lower burner. Further decline of kidney yang, a normal occurrence with aging and stress, diminishes urinary function and sexual energy. This formula treats dampness and stasis in the lower burner brought about by deficiency of spleen and kidney yang. This condition is characterized by sexual dysfunction, or frequent or inhibited urination. In Western medicine, this often corresponds to Benign Prostatic Hypertrophy (BPH) or enlarged prostate. For many men, these symptoms begin around age 40. **Prostate Formula** supplements the yang and drains accumulated dampness to protect against the effects of aging on the prostate.

Ingredients

Cuscutae Semen (Chinese Dodder Seed, Chinese Cuscuta / **Tu Si Zi**) 11.9%
Epimedii Herba (Epimedium / **Yin Yang Huo**) 11.9%
Serenioae Fructus (Saw Palmetto Berry) 11.9%
Codonopsis Radix (Codonopsis / **Dang Shen**) 11.9%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 9.6%
Dioscoreae Hypoglaucae Rhizoma (Tokoro Yam Rhizome / **Bei Xie**) 9.6%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 7.1%
Paeoniae Radix, rubra (Chinese Peony, red / **Chi Shao**) 7.1%
Alpiniae Oxyphyllae Fructus (Black Cardamom, Alpinia Fruit / **Yi Zhi Ren**) 7.1%
Linderae Radix (Lindera Tuber, Chinese Allspice / **Wu Yao**) 7.1%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 4.8%

Chinese Medical Actions

Supports spleen and kidney yang, drains dampness, moves blood.

Indications

Backache	Prostate, throbbing in
Erectile dysfunction	Urination, frequent, or difficulty
Libido, loss of	starting and stopping

Contraindications: If heat is present, clear heat before using this formula. With yin deficiency fire, use **Rehmannia & Scrophularia Formula**. With yin deficiency, use **True Yin Formula**. For acute prostatitis, use the **Gentiana Drain Fire Formula**. For severe swelling, use **Cinnamon & Poria Formula**.

Note: The American Institute for Cancer Research considers diets high in fat, salt, animal products, alcohol, and tobacco to be detrimental to prostate health.

PU JI FORMULA

Pu Ji Formula (*Pu Ji Xiao Du Yin*) treats acute toxin attacking the head, face, neck and throat. It can dredge heat-toxin from the lymph in the head and neck that causes swelling and pain.

Ingredients

Forsythiae Fructus (Forythia / **Lian Qiao**) 10%
Isatidis seu Baphicacanthis Radix (Isatis Root / **Ban Lan Gen**) 9.0%
Bupleuri Radix (Bupleurum Root / **Chai Hu**) 7.7%
Scrophulariae Radix (Scrophularia, Figwort Root / **Xuan Shen**) 7.7%
Arctii Fructus (Burdock Fruit / **Niu Bang Zi**) 7.7%
Scutellariae Radix (Chinese skullcap, Scute / **Huang Qin**) 7.7%
Patriniae Herba (Patrinia, Snow Thistle / **Bai Jiang Cao**) 7.7%
Platycodi Radix (Platycodon Root, Balloon Flower Root / **Jie Geng**) 7.2%
Calvatia (Puffball / **Ma Bo**) 7.2%
Coptidis Rhizoma (Coptis / **Huang Lian**) 6.0%
Cimicifugae Rhizoma (Chinese Cimicifuga Rhizome / **Sheng Ma**) 5.1%
Menthae Haplocalysis Herba (Chinese Mint / **Bo He**) 5.1%
Citri Reticulatae Pericarpium (Tangerine Peel / **Chen Pi**) 4.5%
Moutan Cortex (Tree Peony / **Mu Dan Pi**) 4.5%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 2.9%

Chinese Medical Actions

Clears heat, resolves toxin, dispels pathogenic wind, cools the blood, and reduces throat pain.

Indications

Carbuncles, upper body	Myocarditis, acute viral
Cellulitis, submaxillary	Mumps
Fever	Parotiditis
Furuncles, upper body	Strep throat (streptococcus)
Headache	Thirst, with fever
Lymphadenitis	Throat, sore
Mononucleosis, acute	Tonsillitis

Tongue: Red or red tip. **Pulse:** Large, rapid, often floating.

Contraindications: This formula contains several cold or cool herbs. Prolonged use may cause stomach upset or loose stools.

PULSATILLA INTESTINAL FORMULA

Pulsatilla Intestinal Formula (*Bai Tou Weng Li Chang Fang*) is a modern formula developed by Jake Paul Fratkin, OMD, to treat epithelial inflammation in the small intestine. This inflammation can result from microbial infection (yeast, bacterial, viral, fungal, or protozoan) or food allergies, and contributes to “Leaky Gut Syndrome.” In prolonged intestinal inflammation, chemical and physical toxins are absorbed into the blood stream and can cause lowered immunity, chronic fatigue, and fibromyalgia. It is often the underlying cause of a number of disorders, including eczema, asthma, sinusitis, dysmenorrhea, and premenstrual syndrome.

Ingredients

Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 17%

Pulsatillae Radix (Chinese Pulsatilla Root / **Bai Tou Weng**) 15%

Phellodendri Cortex (Phellodendron Bark / **Huang Bai**) 14%

Atractylodis Rhizoma (Cang-Zhu Atractylodes Rhizome / **Cang Zhu**) 14%

Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 12%

Coptidis Rhizoma (Coptis / **Huang Lian**) 12%

Vladimiria Radix (Vladimiria Root / **Chuan Mu Xiang**) 8%

Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 8%

Chinese Medical Action

Clears heat, resolves toxin, drains dampness, and promotes tissue growth.

Indications

Abdominal pain or cramping	Intestinal inflammation
Crohn's Disease	Irritable Bowel Syndrome
Diarrhea	Leaky Gut Syndrome
Fatigue	Stool, loose or erratic
Food allergies	Skin problems

Tongue: Normal or red, with a yellow, greasy coating.

Pulse: Normal, or rapid and slippery.

Contraindications: Reduce dose if loose stools occur while taking this formula.

Note: In Leaky Gut Syndrome, attention should also be paid to liver stagnation. Chronic cases may need kidney support. In cases of irritation due to fungal, bacterial, or protozoan sources, combine with **Intestinal Fungus Formula** or **Oregano Oil Formula**.

RABDOSIA PROSTATE FORMULA

Rabdosia Prostate Formula (*Dong Ling Cao Fang*). A number of the herbs in this formula have been used in China in recent years to treat patients with prostate cancer. Rabdosia (*dong ling cao*), barbed skullcap (*ban zhi lian*), oldenlandia (*bai hua she she cao*), isatis (*da qing ye*), moutan (*mu dan pi*), zedoary (*e zhu*), and amber (*hu po*) are used in traditional Chinese herbal medicine to treat cancer and tumors. Licorice (*gan cao*) and ganoderma (*ling zhi*) support qi and the body's immune function. Lindera (*wu yao*) and cyathula (*chuan niu xi*) relieve pain in the lower abdomen. According to modern research, saw palmetto reduces inflammation and supports prostate health.

Ingredients

Rabdosiae Herba (Rabdosia / **Dong Ling Cao**) 24.1%
Hedyotis Diffusae Herba (Hedyotis, Oldenlandia / **Bai Hua She She Cao**) 13.8%
Isatidis Folium (Isatis Leaf, Indigo Woad Leaf / **Da Qing Ye**) 6.9%
Scutellaria barbatae Herba (Barbed Skullcap / **Ban Zhi Lian**) 6.2%
Moutan Cortex (Tree Peony / **Mu Dan Pi**) 6.2%
Paridis Rhizoma (Paris Rhizome / **Chong Lou**) 6.2%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 6.2%
Cyathulae Radix (Cyathula Root / **Chuan Niu Xi**) 6.2%
Curcumae Rhizoma (Zedoary Rhizome / **E Zhu**) 6.2%
Linderae Radix (Lindera Tuber, Chinese Allspice / **Wu Yao**) 6.2%
Serenioae Fructus (Saw Palmetto Berry) 5.6%
Succinum Resina (Amber / **Hu Po**) 3.4%
Ganoderma (Reishi / **Ling Zhi**) 2.8%

Chinese Medical Actions

Clears heat and damp-heat, cools and invigorates blood, disperses swelling, resolves toxin.

Indications

Elevated PSA (Prostate Specific Antigen) count	Prostatitis, acute Urogenital dampness and pain
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Tongue: May be swollen, purple, or red, with yellow coating.

Pulse: Rapid, wiry.

Contraindications: Use caution in cases where there is an absence of heat.

REHMANNIA & SCROPHULARIA FORMULA

Rehmannia & Scrophularia Formula (*Zhi Bai Di Huang Wan*) is a modification of Anemarrhena, Phellodendron, and Rehmannia Formula (*Zhi Bai Di Huang Wan*), with the addition of lycium root bark (*di gu pi*) and scrophularia (*xuan shen*). Based on Rehmannia Six Formula (*Liu Wei Di Huang Wan*), a kidney yin tonic, this formula is used specifically to address yin deficiency with fire, internal heat, or “bone-steaming” heat. It is excellent for feelings of “burn out” or exhaustion with heat, and is one of the most commonly used formulas for controlling hot flashes.

Ingredients

Rehmanniae Radix (Rehmannia, unprocessed / **Sheng Di Huang**) 20.3%
Scrophulariae Radix (Scrophularia, Figwort Root / **Xuan Shen**) 14.6%
Dioscoreae Rhizoma (Chinese Yam / **Shan Yao**) 9.8%
Alismatis Rhizoma (Asian Water Plantain / **Ze Xie**) 9.8%
Moutan Cortex (Tree Peony / **Mu Dan Pi**) 9.8%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 9.8%
Lycii Cortex (Lycium Root Bark, Chinese Boxthorn Rootbark / **Di Gu Pi**) 9.8%
Corni Fructus (Asiatic Dogwood Fruit, Asiatic Cornel / **Shan Zhu Yu**) 6.5%
Phellodendri Cortex (Phellodendron Bark / **Huang Bai**) 4.8%
Anemarrhenae Rhizoma (Anemarrhena Rhizome / **Zhi Mu**) 4.8%

Chinese Medical Actions

Nourishes the yin and the kidneys, clears heat, quells fire.

Indications

Back pain	Night sweats
Dizziness or vertigo	Palms and soles, hot
Face, red	Pain, in back or at midline
Fever, low grade, afternoon, or tidal	Premature ejaculation
Hot flashes	Restlessness
Hyperthyroidism	Spontaneous seminal emission
Insomnia	Toothache, from deficiency fire
Impotence	Throat, sore and dry
	Urinary difficulty

Tongue: Dry, red or red sides, glossy.

Pulse: Rapid and thin, may be large in the kidney position.

Contraindications: Do not use with internal or external cold. If heat signs are not present, use **Rehmannia Six Formula** or **True Yin Formula** instead.

REHMANNIA COOL BLOOD FORMULA

Rehmannia Cool Blood Formula (*Tu Fu Ling Sheng Di Huang Wan*) clears heat from the blood without the use of animal parts, such as rhinoceros horn or its substitute, water buffalo horn. In *Wen Bing* theory, the blood level is the deepest of the four levels of disease. Heat in the blood can cause bleeding disorders such as nosebleed, vomiting blood, or blood in the urine and stools, and various types of skin rashes. **Rehmannia Cool Blood Formula** can also be used to destroy bacteria that has entered the blood.

Ingredients

Smilacis Glabrae Rhizoma (Chinese Smilax Rhizome / **Tu Fu Ling**) 14.5%
Rehmanniae Radix (Rehmannia, unprocessed / **Sheng Di Huang**) 14.5%
Nelumbinis Folium (Lotus Leaf / **He Ye**) 7.5%
Lonicerae Flos (Japanese Honeysuckle Flower / **Jin Yin Hua**) 7.5%
Sanguisorbae Radix (Sanguisorba Root, Long-Leaf Burnet Root / **Di Yu**) 7%
Gypsum Fibrosum (Gypsum / **Shi Gao**) 7%
Glauberitum (Calcium / **Han Shui Shi**) 7%
Dictamni Cortex (Dictamnus Root Bark, Dense-Fruit Dittany / **Bai Xian Pi**) 5%
Moutan Cortex (Tree Peony / **Mu Dan Pi**) 5%
Paeoniae Radix, rubra (Chinese Peony, red / **Chi Shao**) 5%
Carthami Flos (Safflower, Carthamus / **Hong Hua**) 5%
Glehniae Radix (Glehnia Root / **Sha Shen**) 5%
Ophiopogonis Radix (Ophiopogon Tuber / **Mai Men Dong**) 5%
Scrophulariae Radix (Scrophularia, Figwort Root / **Xuan Shen**) 5%

Chinese Medical Actions

Clears heat and cools blood, drains fire, removes toxin, nourishes yin, moves blood stasis, stops bleeding.

Indications

Blood in stool or urine	Mania
Boils	Mouth sores
Carbuncles	Nosebleed
Chicken pox	Psoriasis
Delirium	Restlessness
Eczema	Skin rash, red with intense itching
Heat, aversion to	Sores, painful
Hives	Stools, dry
Incoherent speech	Thirst, with no desire to swallow
Irritability	Throat, sore or dry
Itching	Urine, yellow or scanty

Tongue: Red or purplish, with thin, yellow, or white coating.

Pulse: Rapid.

Contraindications: DO NOT USE DURING PREGNANCY. Do not use in cases with cold, or with fire from deficiency.

REHMANNIA SIX FORMULA

Rehmannia Six Formula (*Liu Wei Di Huang Wan*) is the famous, classical Chinese herbal formula used to treat kidney and liver yin deficiency. By supplementing the yin of the kidney and liver, this formula helps to support the root yin of the whole body. Originally from a pediatric text, **Rehmannia Six Formula** was developed to treat children with slow development or failure to thrive. Essence-building herbs—cured rehmannia (*shu di huang*) and corni (*shan zhu yu*)—are combined with alismatis (*ze xie*) and moutan (*mu dan pi*) to drain fire, poria (*fu ling*) to drain dampness, and dioscorea (*shan yao*) to strengthen the spleen. Thus, it is a well-balanced formula, appropriate for long-term use to build yin and drain deficiency fire.

Ingredients

Rehmanniae Radix Preparata (Rehmannia, cured / **Shu Di Huang**) 32%
Corni Fructus (Asiatic Dogwood Fruit, Asiatic Cornel / **Shan Zhu Yu**) 16%
Dioscoreae Rhizoma (Chinese Yam / **Shan Yao**) 16%
Moutan Cortex (Tree Peony / **Mu Dan Pi**) 12%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 12%
Alismatis Rhizoma (Asian Water Plantain / **Ze Xie**) 12%

Chinese Medical Actions

Supplements yin, nourishes kidneys and liver, builds and stabilizes essence.

Indications

Back (lower), weak and sore	Menopause, premature
Children, slow development in	Night sweats
Constitution, delicate	Nocturnal emissions
Diabetes mellitus	Palms and soles, hot
Dizziness or vertigo	Premature ejaculation
Dry mouth or throat (chronic)	Ringing in the ear
Fatigue	Tidal fever
Hearing loss	Urinary tract infection, chronic
Impotence	Vision blurred
Knees weak	

Tongue: Red, with thin coating, dry. **Pulse:** Thready and rapid.

Contraindications: **Rehmannia Six Formula** should be used with caution in cases where the patient has weak digestion, loose stools due to spleen deficiency, or a white, greasy tongue coating.

REJUVENATION FORMULA

Rejuvenation Formula (*Huan Shao Dan*) is a popular formula for treating conditions associated with the common deficiencies of aging, especially premature aging. It is a major formula for treating a decline in the various basic desires and appetites that are the conventional hallmarks of vitality, specifically, loss of interest in food and sex. It is commonly used to treat impotence, premature ejaculation, and diminishing hearing and/or eyesight, as well as chronic fatigue.

Ingredients

Dioscoreae Rhizoma (Chinese Yam / **Shan Yao**) 10%
Cyathulae Radix (Cyathula Root / **Chuan Niu Xi**) 9%
Cistanches Herba (Broomrape / **Rou Cong Rong**) 8%
Corni Fructus (Asiatic Dogwood Fruit, Asiatic Cornel / **Shan Zhu Yu**) 7%
Lycii Fructus (Lycium Fruit / **Gou Qi Zi**) 7%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 7%
Morindae Officinalis Radix (Morinda / **Ba Ji Tian**) 6.5%
Eucommiae Cortex (Eucommia / **Du Zhong**) 6.5%
Polygalae Radix (Polygala / **Yuan Zhi**) 5.5%
Rehmanniae Radix Preparata (Rehmannia, cured / **Shu Di Huang**) 5.5%
Schisandrae Fructus (Northern Schisandra Fruit / **Wu Wei Zi**) 5.5%
Broussonetiae Fructus (Broussonetia Fruit / **Chu Shi Zi**) 5.5%
Foeniculi Fructus (Fennel Fruit / **Xiao Hui Xiang**) 5.5%
Cuscutae Semen (Chinese Dodder / **Tu Si Zi**) 5.5%
Jujubae Fructus (Jujube Date, red / **Hong Da Zao**) 3%
Anemones Altaicae Rhizoma (Altai Anemone Rhizome / **Jiu Jie Chang Pu**) 3%

Chinese Medical Actions

Augments the qi of the kidneys and spleen, nourishes the heart, nourishes yin, supplements blood, supports yang.

Indications

Abdomen, cold	Impotence
Aging, premature	Libido, low
Appetite, loss of	Night sweats
Back, heavy feeling in	Spontaneous seminal emission
Ejaculation, premature	Teeth, loosening
Emaciation	Vaginal discharge, white
Fatigue, chronic	Vision, decline of
Hearing loss	Weight loss, unintended

Tongue: Pale or normal. **Pulse:** Weak or moderate.

Contraindications: Do not use with an excess pattern.

RESOLVE THE MIDDLE FORMULA

Resolve the Middle Formula (*Jia Wei Ping Wei Fang*) is a modified version of *Ping Wei San*, which treats damp turbidity causing stagnation in the middle burner. This formula is best applied when spleen qi deficiency is secondary to the accumulation of damp. The spleen is easily susceptible to the encumbrance of damp from the occasional overindulgence in food or alcohol, or from the long-standing habit of an improper diet. This causes the spleen to become compromised in its transportation and transformation function, leading to damp stagnation with pain, indigestion, bloating and abdominal discomfort after meals, chronic loose or irregular stools, irregular appetite, dulling of taste, and lethargy. The traditional formula has been modified to include coix (*yi yi ren*), poria (*fu ling*), and amomum (*sha ren*) to help disinherit dampness and support the spleen, immature bitter orange (*zhi shi*) and hawthorn (*shan zha*) to disperse digestive stagnation, and vladimiria (*chuan mu xiang*) to promote the downward flow of qi through the digestive tract and relieve abdominal distension. Codonopsis (*dang shen*) is included to supplement the qi of the spleen and stomach. This formula can be helpful in patients on a weight loss regimen who are experiencing damp encumbrance. Often, these patients will have such an overwhelming amount of dampness that it is necessary to use this formula initially before the root conditions can be addressed.

Ingredients

Atractylodis Rhizoma (Cang-Zhu Atractylodes Rhizome / **Cang Zhu**) 14%
Coicis Semen (Job's Tears Seed, Chinese Pearl Barley, Coix / **Yi Yi Ren**) 12%
Crataegi Fructus (Chinese Hawthorn Fruit / **Shan Zha**) 11%
Magnoliae Officinalis Cortex (Magnolia Bark / **Hou Po**) 9%
Citri Reticulatae Pericarpium (Tangerine Peel / **Chen Pi**) 8%
Aurantii Fructus Immaturus (Bitter Orange, immature fruit / **Zhi Shi**) 8%
Vladimiria Radix (Vladimiria Root / **Chuan Mu Xiang**) 7%
Fructus Amomi (Amomi Fruit / **Sha Ren**) 7%
Codonopsis Radix (Codonopsis / **Dang Shen**) 6%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 6%
Zingiberis Rhizoma Recens (Ginger, fresh / **Sheng Jiang**) 4%
Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / **Zhi Gan Cao**) 4%
Jujubae Fructus (Jujube Date, Chinese Black Date / **Hei Zao**) 4%

Chinese Medical Actions

Dries dampness, promotes the spleen's transportation and transformation functions, moves qi and transforms accumulation, harmonizes the stomach, promotes digestion.

Indications

Acid regurgitation or reflux	Food stagnation
Abdominal and epigastric distension and fullness	Gastritis
Appetite, loss of	Hangover
Belching	Heaviness, in limbs
Constipation	Indigestion
Diarrhea	Intestinal cramping
Fatigue, with increased desire to sleep	Nausea
Flatulence	Stools, erratic
	Taste, loss of sense of
	Vomiting

Tongue: Swollen, possibly with teeth marks; thick, white, greasy coating.

Pulse: Moderate or slippery.

Contraindications: USE WITH CAUTION DURING PREGNANCY. This is a drying formula and should not be used with those who are severely yin or blood deficient unless coupled with an appropriate formula.

Note: This formula is best applied in the short term to overcome damp encumbrance.

RESTFUL SLEEP FORMULA

Restful Sleep Formula (*An Xin Pian*) is a modification of Baked Licorice Decoction (*Zhi Gan Cao Tang*), traditionally used for heart qi and blood deficiency. This version has been modified with biota (*bai zi ren*) to nourish the heart and calm the spirit; longan (*long yan rou*) to supplement the heart and spleen, nourish the blood, and calm the spirit; and mimosa (*he huan hua*) to calm the spirit. This formula is used for chronic sleep disorders. The state of the *shen* (spirit) is responsible for the quantity and quality of sleep. The *shen* is housed in the heart and is supported by heart blood. After a sleepless night, the qi becomes depleted. A pattern of chronic sleeplessness leads to a deficiency of heart blood and yin. As the deficiency becomes more pronounced, it becomes increasingly more difficult to sleep. **Restful Sleep Formula** helps to break this cycle and restore normal sleep patterns. This is an excellent formula for insomnia in older patients with chronic deficiency patterns.

Ingredients

Platycladi Semen (Oriental Arborvitae Seed, Biota Seed / **Bai Zi Ren**) 20%
Longan Arillis (Longan Fruit / **Long Yan Rou**) 13%
Albiziae Flos (Mimosa Tree Flower, Silk Tree Flower / **He Huan Hua**) 13%
Ophiopogonis Radix (Ophiopogon Tuber / **Mai Men Dong**) 10%
Jujubae Fructus (Jujube Date, red / **Hong Zao, Da Zao**) 9%
Rehmanniae Radix (Rehmannia, unprocessed / **Sheng Di Huang**) 9%
Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / **Zhi Gan Cao**) 8%
Ginseng Radix (Asian Ginseng Root / **Ren Shen**) 6%
Zingiberis Rhizoma Recens (Ginger, fresh / **Sheng Jiang**) 6%
Cinnamomi Ramulus (Cassia Twig, Chinese Cinnamon / **Gui Zhi**) 6%

Chinese Medical Actions

Supplements qi and heart blood, calms the spirit, clears heat, aids sleep.

Indications

Appetite, poor	Insomnia
Complexion, pale	Memory, poor
Constipation, with dry stool	Palpitations
Fatigue, from sleeplessness	Sleep, restless or disturbed

Tongue: Pale. **Pulse:** Thin and weak.

Note: This formula should be taken consistently over a period of time to address deficiency of qi and heart blood created by a pattern of sleeplessness. It will be important to address other possible causes for insomnia, such as pain or other patterns of disharmony. For insomnia due to liver yin deficiency, use **Zizyphus Formula**. In cases with liver fire, use **Bupleurum D Formula**. For heart and kidney yin deficiency, use **Heavenly Emperor's Formula**. For insomnia with depression, use **Salvia Ten Formula**. With liver wind and liver yin deficiency, use **Gastrodia & Uncaria Formula**. With *shen* disturbance or heart qi and yin deficiency, use **An Mien Formula**.

RESTORATIVE FORMULA

Restorative Formula (*Yang Xue Zhuang Jin Jian Bu Wan*) is a versatile anti-aging tonic that addresses mild to moderate chronic pain from deficiency. Most formulas designed to treat pain primarily use herbs that regulate and invigorate qi and blood. **Restorative Formula** differs in that it not only moves blood and qi, but also focuses on supplementing qi, blood, yin, and yang. This makes it ideal for patients whose presentation is more related to deficiency than stasis. The balanced nature of the formula allows it to transform damp without damaging yin, thus making it ideal as a general tonic for aging patients.

Ingredients

Rehmanniae Radix Preparata (Rehmannia, cured / **Shu Di Huang**) 9.4%
Achyranthis Bidentatae Radix (Achyranthes / **Huai Niu Xi**) 6%
Eucommiae Cortex (Eucommia Bark / **Du Zhong**) 6%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 6%
Phellodendri Cortex (Phellodendron Bark / **Huang Bai**) 6%
Atractylodis Rhizoma (Cang-Zhu Atractylodes Rhizome / **Cang Zhu**) 6%
Codonopsis Radix (Codonopsis / **Dang Shen**) 6%
Psoraleae Fructus (Psoralea Fruit / **Bu Gu Zhi**) 5.2%
Dioscoreae Rhizoma (Chinese Yam / **Shan Yao**) 5.2%
Schisandrae Fructus (Northern Schisandra Fruit / **Wu Wei Zi**) 5.2%
Lycii Fructus (Lycium Fruit, Chinese Wolfberry / **Gou Qi Zi**) 5.2%
Cuscutae Semen (Chinese Dodder Seed, Chinese Cuscuta / **Tu Si Zi**) 5.2%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 5.2%
Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 5.2%
Astragali Radix (Astragalus / **Huang Qi**) 5.2%
Saposhnikoviae Radix (Siler / **Fang Feng**) 2.6%
Notopterygii Rhizoma seu Radix (Notopterygium / **Qiang Huo**) 2.6%
Spatholobi Caulis (Spatholobus / **Ji Xue Teng**) 2.6%
Plantaginis Semen (Asian Plantain Seed / **Che Qian Zi**) 2.6%
Trachelospermi Caulis (Star Jasmine Stem / **Luo Shi Teng**) 2.6%

Chinese Medical Actions

Nourishes qi, yin, and blood, dispels wind and dampness, frees the connecting vessels to relieve pain, secures essence, regulates rising and descending of yin and yang.

Indications

Arthritis	Limbs, tired or aching
Chronic pain in the elderly or in patients weakened by illness	Nerve pain
Fibromyalgia	Pain in the muscles, tendons, and joints

Tongue: Pale, with a thin, white coating, or small and dark red.

Pulse: Weak and thin.

RESTORE THE LUNG FORMULA

Restore the Lung Formula (*Bu Fei Tang*) treats chronic cough that has arisen from depleted lung qi following an acute or prolonged illness. The original formulation is a modification of Sheng Mai Formula, which is for restoring the pulse after prolonged or severe illness. Instead of ophiopogon (*mai men dong*), **Restore the Lung Formula** contains prepared rehmannia (*shu di huang*) because the emphasis is not so much on moistening as it is on restoring a strong relationship between lung and kidney. The source formula includes mulberry bark (*sang bai pi*) and aster (*zi wan*) to relieve cough. Platycodon (*jie geng*) has been added to enhance the formula's ability to resolve phlegm and stop cough.

Ingredients

Astragali Radix (Astragalus / **Huang Qi**) 20%

Rehmanniae Radix Preparata (Rehmannia, cured / **Shu Di Huang**) 20%

Codonopsis Radix (Codonopsis / **Dang Shen**) 15%

Mori Cortex (White Mulberry Root Bark / **Sang Bai Pi**) 15%

Asteris Radix (Tartarian Aster Root / **Zi Wan**) 12%

Platycodi Radix (Platycodon Root, Balloon Flower Root / **Jie Geng**) 10%

Schisandrae Fructus (Northern Schisandra Fruit / **Wu Wei Zi**) 8%

Chinese Medical Actions

Revitalizes lung qi, harmonizes lung and kidney, resolves phlegm, relieves cough.

Indications

Bronchitis, chronic or post-acute	Shortness of breath
Cough, chronic (dry or phlegmatic)	Sweating, spontaneous
Fatigue	

Tongue: Pale, may be slightly red at tip. **Pulse:** Large, empty.

Note: The application of this formula is similar to that of **Lily Preserve Metal Formula**. The main difference is that **Lily Preserve Metal Formula** restores the lung that has sustained damage primarily to its fluids; **Restore the Lung Formula** revitalizes the lung qi that has been depleted.

SALVIA TEN FORMULA

Salvia Ten Formula (*Dan Shen Jia Si Jun Zi Pian*) is based on a formula used in modern China for the treatment of depression. The original formula emphasizes the promotion of blood flow and the balancing of the heart. To the basic formula, the traditional Six Gentlemen Formula (*Liu Jun Zi Wan*) has been added to support the general vitality, which is often diminished in chronic depression. When appropriate, this formula can be useful for patients who are undergoing psychotherapy, as it helps lighten and free the emotions while providing support.

Ingredients

Salviae Miltiorrhizae Radix (Chinese Salvia Root / **Dan Shen**) 13.3%
Curcumae Radix (Turmeric, Curcuma Tuber / **Yu Jin**) 13.3%
Paeoniae Radix, rubra (Chinese Peony, red / **Chi Shao**) 10.6%
Albiziae Flos (Mimosa Tree Flower, Silk Tree Flower / **He Huan Hua**) 10.6%
Codonopsis Radix (Codonopsis / **Dang Shen**) 10.6%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 10.6%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 10.6%
Citri Reticulatae Pericarpium (Tangerine Peel / **Chen Pi**) 8.9%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 6.2%
Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / **Zhi Ban Xia**) 5.3%

Chinese Medical Actions

Circulates qi and blood, cools the blood, resolves phlegm, builds qi, supplements the spleen and stomach, calms the spirit, soothes the nerves.

Indications

Anxiety	Irritability
Appetite, loss of	Melancholy, excessive
Depression	Mental disorders
Digestion, weak	Palpitations
Fatigue	Restlessness
Insomnia	Weight loss

Contraindications: DO NOT USE DURING PREGNANCY. Use cautiously in cases of deficient blood. In cases of blood deficiency, use **Peaceful Spirit Formula** or **Ginseng Nourishing Formula**.

SAN QI FORMULA

San Qi Formula (*San Qi Pian*). This formula combines several potent, blood-stanching herbs to treat bleeding from internal disorders or from external trauma.

Ingredients

Notoginseng Radix (Tienqi Ginseng, Pseudoginseng / **San Qi, Tian Qi**) 45%

Agrimoniae Herba (Agrimony / **Xian He Cao**) 20%

Celosiae Cristatae Flos (Cockscomb Flower / **Ji Guan Hua**) 15%

Imperatae Rhizoma (Imperata Rhizome / **Bai Mao Gen**) 10%

Platycladi Cacumen (Oriental Arborvitae Leaf and Stem / **Ce Bai Ye**) 10%

Chinese Medical Actions

Stops bleeding, dispels blood stasis.

Indications

Bleeding, internal or external, from trauma or heat	Menstrual bleeding, excessive Nosebleed
Blood in the urine or stool	Phlebitis
Coughing up blood	Rectal bleeding
Crohn's disease, acute	Ulcers, bleeding
Gums, bleeding	Uterine bleeding
Hemorrhoids	Vomiting blood

Contraindications: DO NOT USE DURING PREGNANCY.

Note: For bleeding from a constitutional imbalance, it may be appropriate to combine with a formula to treat the root disorder. For example, bleeding due to heat in the blood can be addressed with **Rehmannia Cool Blood Formula**. Qi deficiency bleeding can be addressed by using **San Qi Formula** with **Ginseng & Astragalus Formula**. Bleeding from blood-heat (especially uterine bleeding) precipitated by liver qi stagnation can be treated by combining **San Qi Formula** with **Free & Easy Wanderer Plus**.

SEA OF QI FORMULA

Sea of Qi Formula (*Qi Hai Yao Fang*) is designed to strengthen the *dantien* or *hara* by vitalizing the yang of the kidney and spleen. It is useful for patients with kidney deficiency who also have weak spleen yang and lack the digestive fire to process kidney tonics alone.

Ingredients

Cuscutae Semen (Chinese Dodder Seed, Chinese Cuscuta / **Tu Si Zi**) 11.5%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 9.2%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 9.2%
Dioscoreae Rhizoma (Chinese Yam / **Shan Yao**) 9.2%
Corni Fructus (Asiatic Dogwood Fruit, Asiatic Cornel / **Shan Zhu Yu**) 9.2%
Alismatis Rhizoma (Asian Water Plantain / **Ze Xie**) 9.2%
Zingiberis Rhizoma (Ginger, dried / **Gan Jiang**) 7.6%
Psoraleae Fructus (Psoralea Fruit / **Bu Gu Zhi**) 7.6%
Citri Reticulatae Pericarpium (Tangerine Peel / **Chen Pi**) 6.9%
Ginseng Radix (Asian Ginseng Root / **Ren Shen**) 5.3%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 5.3%
Vladimiria Radix (Vladimiria Root / **Chuan Mu Xiang**) 5.3%
Cinnamomi Cortex (Cassia Bark, Chinese Cinnamon / **Rou Gui**) 4.5%

Chinese Medical Actions

Warms and supplements the middle burner, warms the kidneys, supplements qi and yang, strengthens spleen and kidney yang.

Indications

Abdomen, cold sensation in	Impotence
Appetite, loss of	Lassitude
Cold hands and feet	Menstruation, prolonged
Cold, sensitivity to	Urinary incontinence
Complexion, pale	Urination, excessive
Cough with white sputum	Vaginal discharge, white or clear
Diarrhea	Weak limbs
Dizziness	Weakness, generalized
Fatigue	

Tongue: Pale, may be swollen. **Pulse:** Slow and weak.

Contraindications: USE WITH CAUTION DURING PREGNANCY. Do not use in the absence of yang deficiency.

SEVEN TREASURES FORMULA

Seven Treasures Formula (*Jin Hua Mei Ran Wan*). The traditional formula upon which this tablet is based treats a broad range of symptoms that result from deficient kidney yin and essence (*jing*), and deficient liver blood and yin. The Chinese name of this formula can be translated as “Seven Treasures Elixir for Beautiful Hair.” In contemporary times, it has been commonly used to treat thinning or graying hair, even though the source text makes only a passing reference to this symptom. The formula presented here has been modified with drynaria (*gu sui bu*) to further supplement the kidney and liver, red peony (*chi shao*) to cool and invigorate blood, and licorice root (*gan cao*) to harmonize and supplement qi.

Ingredients

Polygoni Multiflori Radix Preparata (Fo-Ti / **Zhi He Shou Wu**) 20%

Drynariae Rhizoma (Drynaria Rhizome / **Gu Sui Bu**) 12%

Lycii Fructus (Lycium Fruit, Chinese Wolfberry / **Gou Qi Zi**) 11%

Achyranthis Bidentatae Radix (Achyranthes / **Huai Niu Xi**) 10%

Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 10%

Cuscutae Semen (Chinese Dodder Seed, Chinese Cuscuta / **Tu Si Zi**) 10%

Psoraleae Fructus (Psoralea Fruit / **Bu Gu Zhi**) 10%

Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 8%

Paeoniae Radix, rubra (Chinese Peony, red / **Chi Shao**) 6%

Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 3%

Chinese Medical Actions

Replenishes yin and essence (*jing*) of the kidney, nourishes liver blood and yin, supports kidney yang.

Indications

Back (lower), weak and sore	Knees, weak and sore
Hair, premature graying	Nocturnal emissions
Hair loss or thinning	Thirst
Infertility from kidney deficiency	Vaginal discharge, profuse

Tongue: Pale, thin, shiny, or lacking a tongue coating.

Pulse: Thin, weak, may also be tight.

Contraindications: Use with caution with patients who have a thick tongue coating or loose stools. May be combined with qi-supplementing formulas when appropriate. Do not use during the course of an external wind invasion.

SHENG MAI FORMULA

Sheng Mai Formula (*Sheng Mai San*), also known as “Generate the Pulse Powder,” is a classical formula used to strengthen the pulse by strengthening the qi and yin of the lungs. It is used for injury to the yin from summer heat or in cases of chronic weakness caused by lung qi or yin deficiency. It can also be used after trauma or shock, or whenever the pulse has become remarkably deficient after an external invasion. Today, this formula is also frequently used to treat a wide range of cardiovascular conditions.

Ingredients

Ginseng Radix (Asian Ginseng Root / **Ren Shen**) 37.5%

Ophiopogonis Radix (Ophiopogon Tuber / **Mai Men Dong**) 37.5%

Schisandrae Fructus (Northern Schisandra Fruit / **Wu Wei Zi**) 25%

Chinese Medical Actions

Builds qi and yin, replenishes fluids, stops excessive sweating, revitalizes the pulse.

Indications

Altitude sickness	Hyperthermic shock
Angina pectoris	Hypotension
Anxiety	Insomnia
Arrhythmia	Myocardial infarction (recovery from)
Asthma, chronic	Myocarditis, viral (recovery from)
Bronchitis, chronic	Palpitations
Cerebral infarction, sequella of	Post-bypass (recovery phase)
Chemotherapy support	Pulmonary tuberculosis (adjunct therapy)
Chest, stifling sensation in	Rheumatic heart disease
Cough, chronic w/difficult to expectorate sputum	SARS (recovery phase)
Coronary heart disease	Shock, acute
Dizziness	Shortness of breath
Dyspnea	Sweating, profuse
Dryness	Thirst
Fatigue	Urination, dark and scanty from excessive sweating
Forgetfulness	Weakness
Heart disease	
Heat exhaustion	
Hemorrhagic and/or cardiogenic shock	

Tongue: Dry, or red with dry coating.

Pulse: Weak and rapid, or weak and thin, or large and scattered

Contraindications: Do not use with a high fever, in initial stages of summer flu, or with unresolved conditions from external pathogenic factors.

SHU GAN FORMULA

Shu Gan Formula (*Shu Gan Wan*), also known as “Soothe Liver Pill,” is a popular formula used to treat congestion of liver qi which affects the digestion. It is generally used for acute conditions of liver invading the middle burner.

Ingredients

Cyperi Rhizoma (Cyperus, Nut Grass / **Xiang Fu**) 10%
Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 10%
Bupleuri Radix (Bupleurum Root / **Chai Hu**) 8%
Crataegi Fructus (Chinese Hawthorn Fruit / **Shan Zha**) 8%
Aurantii Fructus (Bitter Orange / **Zhi Ke**) 7%
Amomi Fructus (Amomi Fruit / **Sha Ren**) 7%
Citri Reticulatae viride Pericarpium (Tangerine Peel, green / **Qing Pi**) 6%
Citri Reticulatae Pericarpium (Tangerine Peel / **Chen Pi**) 6%
Magnoliae Officinalis Cortex (Magnolia Bark / **Hou Po**) 6%
Curcumae Radix (Turmeric, Curcuma Tuber / **Yu Jin**) 6%
Amomi Fructus Rotundus (Chinese Cardamom / **Bai Dou Kou**) 6%
Vladimiria Radix (Vladimiria Root / **Chuan Mu Xiang**) 6%
Citri Sarcodactylis Fructus (Fresh-Finger Citron Fruit / **Fo Shou**) 5%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 4%
Curcumae Longae Rhizoma (Turmeric Rhizome / **Jiang Huang**) 3%
Zingiberis Rhizoma Recens (Ginger, fresh / **Sheng Jiang**) 2%

Chinese Medical Actions

Soothes the liver, regulates the stomach, moves qi, breaks up stagnation, dries dampness, and transforms phlegm.

Indications

Abdominal distension or bloating	Hiccough
Abdominal pain	Hypoglycemia
Acid regurgitation	Hypochondriac pain
Appetite, poor	Indigestion
Bitter or sour taste in mouth	Intestinal cramping
Belching	Irritable Bowel Syndrome
Digestion, poor	Stomachache
Flatulence	Stools, erratic
Heartburn	Vomiting
Hepatitis	

Tongue: Normal, or with a thin, greasy coating.

Pulse: Excess or wiry in liver and stomach positions.

SILER & PLATYCODON FORMULA

Siler & Platycodon Formula (*Fang Feng Tong Sheng San*) was designed to treat excess heat simultaneously occurring in the interior and the exterior. Because it clears both deep-lying and superficial heat and includes substances that unblock all of the major pathways out of the body: it vents the upper body and releases excess heat, wind, and dampness to the exterior, it unblocks the bowel, and disinhibits urination. The two most common patterns are 1) an exterior heat pathogen that has penetrated to the interior without leaving the exterior, and 2) an exterior heat pattern that attacks where there is a preexisting internal heat pattern. The most common applications today are the resolution of heat-type influenza and acute, hot skin disorders. The formula is balanced between purgative/heat-clearing substances and exterior-releasing substances. In addition, **Siler & Platycodon Formula** supplements qi and blood.

Ingredients

Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 21%
 Alismatis Rhizoma (Asian Water Plantain / **Ze Xie**) 12%
 Platycodi Radix (Platycodon Root, Balloon Flower Root / **Jie Geng**) 10%
 Malvae Semen (Malva Seed, Whorled Mallow Fruit / **Dong Kui Zi**) 10%
 Scutellariae Radix (Chinese Skullcap, Scute / **Huang Qin**) 8%
 Saposhnikoviae Radix (Siler / **Fang Feng**) 4%
 Rhei Radix et Rhizoma (Chinese Rhubarb / **Da Huang**) 4%
 Menthae Haplocalysis Herba (Chinese Mint / **Bo He**) 4%
 Forsythiae Fructus (Forsythia / **Lian Qiao**) 4%
 Schizonepetae Herba (Schizonepeta / **Jing Jie**) 4%
 Anemarrhenae Rhizoma (Anemarrhena Rhizome / **Zhi Mu**) 4%
 Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / **Chuan Xiong**) 3%
 Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 3%
 Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 3%
 Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome/ **Bai Zhu**) 2%
 Gardeniae Fructus (Gardenia Fruit / **Shan Zhi Zi**) 2%
 Zingiberis Rhizoma Recens (Ginger, fresh / **Sheng Jiang**) 2%

Chinese Medical Actions

Expels exogenous wind-heat, drains heat from the interior, supplements qi and blood.

Indications

Acne	Hives
Bitter taste in mouth	Itching
Boils, carbuncles	Infection, viral
Bronchitis, acute	Influenza
Common cold, with high fever	Sinus infections, with fever
Conjunctivitis	Skin rashes, hot
Constipation	Sores, red, hot
Cough	Sties
Eyes, red and painful	Throat, sore
Fever	Urination, dark, rough, or inhibited
Hemorrhoids or rectal bleeding	Warts, flat

Tongue: Red at tip, with yellow coating.

Pulse: Rapid and flooding, rapid and wiry, or rapid and rolling

Contraindications: This formula is designed for acute conditions and is contraindicated for long-term use.

Note: In respiratory disorders with no exterior heat signs, such as simultaneous chills and fever, or aversion to wind or cold, **Mulberry & Lycium Formula** may be a more appropriate strategy.

SIX GENTLEMEN FORMULA

Six Gentlemen Formula (*Liu Jun Zi Tang*), also known as “Major Six Formula,” is a classical Chinese formula used to supplement the qi. It is a combination of the Four Gentleman Formula (*Si Jun Zi Tang*) for spleen qi deficiency with Citrus and Pinellia Formula or “Two-Cured Decoction,” a formula to dry dampness, transform phlegm and rectify the qi.

Ingredients

Codonopsis Radix (Codonopsis / **Dang Shen**) 19.7%

Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 19.7%

Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome/ **Bai Zhu**) 19.7%

Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / **Zhi Ban Xia**) 14.7%

Citri Reticulatae Pericarpium (Tangerine Peel / **Chen Pi**) 14.7%

Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 11.5%

Chinese Medical Actions

Supplements the qi, strengthens the spleen, transforms phlegm and dampness.

Indications

Acid regurgitation	Fatigue
Appetite, loss of	Mental disorders from phlegm
Cough with thin white sputum	Nausea
Diarrhea	Nervous exhaustion
Digestion, weak	Shortness of breath
Dizziness	Vomiting

Tongue: Pale, slightly swollen. **Pulse:** Weak, especially in the spleen position.

Contraindications: The overuse of this formula can lead to dry mouth and excessive thirst. Unless used in conjunction with another appropriate formula, this formula should not be used in cases where there is deficiency heat, high fever, or irritability, thirst, and constipation.

STASIS-TRANSFORMING FORMULA

Stasis-Transforming Formula (*Dan Shen Hua Yu Pian*) is a modern formula for treating patterns of blood stasis in the lower burner. Since chronic blood stasis usually presents with qi stagnation, phlegm nodulation, heat-toxin, and/or spleen/kidney deficiency, this formula addresses each of these. Originally developed as a gynecology formula for endometriosis and dysmenorrhea, this formula may also be used for men's health, and for any long-term blood stasis disorder.

Ingredients

Salviae Miltiorrhizae Radix (Chinese Salvia Root / **Dan Shen**) 10%
 Astragali Radix (Astragalus / **Huang Qi**) 9%
 Sargentodoxae Caulis (Sargentodoxa / **Hong Teng**) 8%
 Cyperi Rhizoma (Cyperus, Nut Grass / **Xiang Fu**) 8%
 Patriniae Herba (Patrinia, Snow Thistle / **Bai Jiang Cao**) 8%
 Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 8%
 Myrrha (Myrrh / **Mo Yao**) 8%
 Sparganii Rhizoma (Sparganium, Bur Reed Rhizome / **San Leng**) 8%
 Curcumae Rhizoma (Zedoary Rhizome / **E Zhu**) 8%
 Prunellae Spica (Heal All Spike, Self-Heal Spike / **Xia Ku Cao**) 6%
 Gleditsiae Spina (Gleditsia Thorn / **Zao Jiao Ci**) 6%
 Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / **Chuan Xiong**) 4%
 Cinnamomi Cortex (Cassia Bark, Chinese Cinnamon / **Rou Gui**) 3%
 Bupleuri Radix (Bupleurum Root / **Chai Hu**) 3%
 Cimicifugae Rhizoma (Chinese Cimicifuga Rhizome / **Sheng Ma**) 3%

Chinese Medical Actions

Moves blood, regulates qi, eliminates dampness, transforms stasis, disperses nodules, clears heat-toxin, alleviates pain, supports the spleen and kidneys.

Indications

Abdominal pain, lower	Menstrual pain
Amenorrhea	Menstruation, irregular
Constipation	Ovarian cysts
Endometriosis	Pelvic Inflammatory Disease
Endometritis	Prostatitis, chronic, w/blood stasis
Fibromyalgia w/blood stasis	Sexual dysfunction, male,
Infertility w/blood stasis	w/blood stasis and damp-heat
Menopausal symptoms	Uterine bleeding, dysfunctional

Tongue: Purple or dark red, with dark or purple spots.

Pulse: Deep, choppy, or wiry.

Contraindications: DO NOT USE DURING PREGNANCY. Do not use in cases with heavy menstrual bleeding or any active hemorrhagic disorder.

STOMACH-HARMONIZING FORMULA

Stomach-Harmonizing Formula (*Jia Jian Bao He Wan*). This modification of Harmony-Preserving Pills (*Bao He Wan*) is intended to treat acute upset of the digestive tract with belching, acid reflux, a full feeling in the stomach, bloating, nausea, a foul taste in the mouth, abdominal cramping, diarrhea, or constipation. Whether from overeating, poor food combining, weak digestion, or other factors such as emotional upset, acute gastric distress is often characterized by stagnation of qi and food and counterflow of stomach qi. This formula can relieve the discomfort of overeating and the stagnation of damp-heat associated with hangover from drinking too much alcohol. It is a strong formula for correcting reflux.

Ingredients

Crataegi Fructus (Chinese Hawthorn Fruit / **Shan Zha**) 18%
Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 12%
Massa Fermentata (Fermented Leaven / **Shen Qu**) 12%
Forsythiae Fructus (Forsythia / **Lian Qiao**) 12%
Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / **Zhi Ban Xia**) 10%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 10%
Citri Reticulatae Pericarpium (Tangerine Peel / **Chen Pi**) 7%
Toosendan Fructus (Melia Fruit / **Chuan Lian Zi**) 5%
Zingiberis Rhizoma Recens (Ginger, fresh / **Sheng Jiang**) 5%
Raphani Semen (Radish Seed / **Lai Fu Zi**) 5%
Coptidis Rhizoma (Coptis / **Huang Lian**) 4%

Chinese Medical Actions

Disperses accumulation and stagnation of food, clears heat, directs qi downward, rectifies qi flow, harmonizes the stomach and intestines.

Indications

Abdominal cramping	Constipation or diarrhea
Abdominal distension, acute	Flatulence
Acid reflux, acute	Food stagnation
Appetite, reduced	GERD
Bad breath	Hangover
Belching sour, foul-tasting fluid	Nausea or vomiting

Tongue: Thick, with yellow coating. **Pulse:** Slippery, possibly rapid.

Note: For short-term use only. Once food stagnation is relieved, a formula to supplement the spleen such as **Six Gentlemen Formula** is usually appropriate. If this pattern recurs frequently, the root disharmony must be addressed by other formulas such as **Earth-Harmonizing Formula**, **Bupleurum & Tang Kuei Formula**, or **Free & Easy Wanderer Plus**.

TANG KUEI & PEONY FORMULA

Tang Kuei & Peony Formula (*Dang Gui Shao Yao San*) is a classical formula for treating liver/spleen disharmony caused by blood deficiency. It is an excellent tonic for pregnancy and postpartum, or to regulate menses. It is a balanced, mild formula that can be used long-term as a women's tonic in cases where there is liver blood deficiency and spleen deficiency with stagnation from dampness.

Ingredients

Paoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 25%

Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 16.6%

Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 16.6%

Alismatis Rhizoma (Asian Water Plantain / **Ze Xie**) 16.6%

Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 12.6%

Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / **Chuan Xiong**) 12.6%

Chinese Medical Actions

Supplements and invigorates blood, increases vitality, strengthens the spleen, spreads liver qi, resolves dampness.

Indications

Abdominal pain, mild, constant	Miscarriage, habitual or threatened
Back weakness and numbness	Nephritis, chronic
Back pain, lower	Pelvic Inflammatory Disease
Edema	Postpartum weakness
Hemorrhoids	Pregnancy, weakness during
Hypotension	Premenstrual syndrome
Leg weakness	Toxemia of pregnancy
Menstrual pain	Urination, difficult
Menstruation, irregular	

Tongue: Pale, may be normal. **Pulse:** Slightly slippery, may be wiry.

TANG KUEI & SALVIA FORMULA

Tang Kuei & Salvia Formula (*Jia Wei Si Wu Tang*) is an augmentation of the classical formula known as “Four-Substance Decoction” (*Si Wu Tang*) or “Tang Kuei Four,” used for building blood. Four-Substance Decoction is the primary formula used for addressing chronic blood deficiency. Polygonum (*he shou wu*) has been added to nourish the blood and strengthen the liver. Salvia (*dan shen*) has been included to augment the formula’s ability to invigorate or move the blood, thereby addressing the blood stasis often found in chronic blood deficiency.

Ingredients

Rehmanniae Radix Preparata (Rehmannia, cured / **Shu Di Huang**) 25.9%
 Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 18.5%
 Polygoni Multiflori Radix Preparata (Fo-Ti / **Zhi He Shou Wu**) 18.5%
 Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 14.8%
 Salviae Miltiorrhizae Radix (Chinese Salvia Root / **Dan Shen**) 14.8%
 Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / **Chuan Xiong**) 7.5%

Chinese Medical Actions

Supplements and moves blood, nourishes the liver.

Indications

Abdominal masses, fixed	Lactation, insufficient
Abdominal pain	Menstrual pain
Amenorrhea	Menstruation, irregular
Anemia	Nails, brittle
Complexion, lusterless	Ovulation, bleeding during
Constipation	Palpitations
Dizziness	Post-menstrual fatigue
Dry skin	Postpartum fatigue
Fatigue	Umbilical pain
Hair, dry and brittle	Uterine bleeding, dysfunctional
Hives	Vision, blurred or spots in
Itching	Weakness, generalized

Tongue: Pale. **Pulse:** Thin, wiry and/or choppy.

Contraindications: Not for severe cases of blood deficiency with severe weakness, labored breathing, and diarrhea. In cases with deficiency of spleen yang with loose stools, add an appropriate formula to strengthen the spleen, such as **Six Gentlemen Formula**, **Sea of Qi Formula** or **Ginseng & Astragalus Formula**.

TANG KUEI & TRIBULUS FORMULA

Tang Kuei & Tribulus Formula (*Dang Gui Yin Zi*) is from the *Teachings of Zhu Dan-Xi* and is ideal for skin disorders such as eczema, hives, dermatitis, and psoriasis arising from blood deficiency. Angelica (*dang gui*) and ligusticum (*chuan xiong*) nourish and invigorate the blood. Rehmannia (*sheng di*) cools the blood and moistens dryness. Polygonum (*zhi he shou wu*) and white peony (*bai shao*) nourish the blood, especially liver blood. Tribulus (*bai ji li*), schizonepeta (*jing jie*), and siler (*fang feng*) dispel wind and relieve itching. Spirodela (*fu ping*) has been added to vent rashes as well as stop itching. Astragalus (*huang qi*) tonifies the spleen and *wei* (protective) qi. Licorice (*gan cao*) supports the qi, as well as slightly clearing heat and eliminating toxin. This formula is especially good for the elderly or physically weak persons and is suitable for long-term use.

Ingredients

Tribuli Fructus (Tribulus, Puncturevine Fruit, Caltrop / **Bai Ji Li**) 15%
Rehmanniae Radix (Rehmannia, unprocessed / **Sheng Di Huang**) 11%
Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 11%
Polygoni Multiflori Radix Preparata (Fo-Ti / **Zhi He Shou Wu**) 10%
Schizonepetae Herba (Schizonepeta / **Jing Jie**) 10%
Saposhnikoviae Radix (Siler / **Fang Feng**) 10%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 8%
Paeoniae Radix, rubra (Chinese Peony, red / **Chi Shao**) 7%
Astragali Radix (Astragalus / **Huang Qi**) 5%
Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / **Chuan Xiong**) 5%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 4%
Spirodela Herba (Spirodela / **Fu Ping**) 4%

Chinese Medical Actions

Nourishes blood, moistens blood dryness, dispels wind, relieves itching.

Indications

Dermatitis	Psoriasis
Eczema	Skin dry and itchy due to blood deficiency and blood dryness
Hives	
Itching	Skin rash, red with itching

Tongue: Pale, with a dry coating, may have red tip.

Pulse: Thin, weak, and deep.

Contraindications: DO NOT USE DURING PREGNANCY. In some cases it may be necessary initially to combine this formula with another formula to treat the root symptoms. For instance, if there is a red, itching rash due to liver qi stagnation with heat, combine with the **Free & Easy Wanderer Plus**. As the symptoms improve, combine with a constitutional formula such as **Bupleurum & Tang Kuei Formula**.

TIEH TA FORMULA

Tieh Ta Formula (*Die Da Wan*) is based on traditional formulas used in the martial arts for traumatic injury. It moves the qi and blood, reduces pain and swelling, and aids in the rapid resolution of many types of injury. It can be used in the first or second stage of trauma and is an excellent formula to keep in the household medicine chest.

Ingredients

Notoginseng Radix (Tienqi Ginseng, Pseudoginseng / **San Qi, Tian Qi**) 14.35%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 14.35%
Curcumae Radix (Turmeric, Curcuma Tuber / **Yu Jin**) 9.5%
Amomi Fructus Rotundus (Chinese Cardamom / **Bai Dou Kou**) 9.5%
Rhei Radix et Rhizoma (Chinese Rhubarb / **Da Huang**) 9.5%
Carthami Flos (Safflower, Carthamus / **Hong Hua**) 7.1%
Achyranthis Bidentatae Radix (Achyranthes / **Huai Niu Xi**) 7.1%
Dipsaci Radix (Japanese Teasel Root, Japanese Dipsacus / **Xu Duan**) 7.1%
Drynariae Rhizoma (Drynaria Rhizome / **Gu Sui Bu**) 7.1%
Cyperi Rhizoma (Cyperus, Nut Grass / **Xiang Fu**) 4.8%
Olibanum (Frankincense / **Ru Xiang**) 4.8%
Myrrha (Myrrh / **Mo Yao**) 4.8%

Chinese Medical Actions

Moves blood, transforms blood stasis, reduces swelling, alleviates pain.

Indications

Bruises	Pain and distension from injury
Fractures or broken bones	Post-operative pain
Joint dislocations	Sports injury
Ligaments, torn	Sprains
Muscle strains	Traumatic injury

Contraindications: DO NOT USE DURING PREGNANCY OR WHILE NURSING.

TRAUMA 1 FORMULA

Trauma 1 Formula (*Die Da 1 Hao Fang*) is for the first stage of traumatic injury. Immediately after a trauma, the site of the injury is subject to swelling, heat, and pain. Modern medicine calls this inflammation and sees it as the body's reaction to trauma. The treatment principle for this stage of trauma is to clear heat from inflammation, reduce swelling so that healing is not hindered, relieve pain, and quicken blood movement so that stasis is minimized. This formula uses herbs such as honeysuckle (*jin yin hua*) to clear heat and resolve toxin, and forsythia (*lian qiao*) to disperse accumulation and swelling combined with agents to move blood and relieve pain. This is Chinese medicine's approach to helping the body to get rid of damaged tissue and to rebuild the tissue injured by trauma.

Ingredients

Persicae Semen (Peach Kernel, Persica Seed / **Tao Ren**) 12%
Forsythiae Fructus (Forsythia / **Lian Qiao**) 12%
Lonicerae Flos (Japanese Honeysuckle Flower / **Jin Yin Hua**) 12%
Carthami Flos (Safflower, Carthamus / **Hong Hua**) 10%
Olibanum (Frankincense / **Ru Xiang**) 9%
Myrrha (Myrrh / **Mo Yao**) 9%
Scutellariae Radix (Chinese Skullcap, Scute / **Huang Qin**) 8%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 8%
Bupleuri Radix (Bupleurum Root / **Chai Hu**) 8%
Rhei Radix et Rhizoma (Chinese Rhubarb / **Da Huang**) 5%
Angelicae Dahuricae Radix (Purple Angelica / **Bai Zhi**) 4%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 3%

Chinese Medical Actions

Clears heat, resolves toxin, relieves pain, moves blood, dispels stasis.

Indications

Bruises	Ligaments or tendons, torn
Cartilage damage	Sprains
Fractures or broken bones	Traumatic injury (first stage) with
Jammed fingers or toes	heat, swelling, and pain

Contraindications: DO NOT USE DURING PREGNANCY OR WHILE NURSING.

Note: The first stage of trauma can last from several hours to a week or so depending on the severity of the injury. As long as redness, heat, and swelling exist, one can assume that the injury is still in the first stage of recovery.

TRAUMA 2 FORMULA

Trauma 2 Formula (*Die Da 2 Hao Fang*) is intended to treat the second stage of trauma. After the inflammation and swelling associated with first-stage trauma have receded, the area of the trauma experiences stasis of the blood that left the vessels at the time of the initial trauma. This, combined with congestion of fluids and qi at the site, causes stiffness and pain and sets the stage for the invasion of wind and dampness. The formula aims to dispel blood stasis, relieve pain, dispel wind and dampness, and clear any heat remaining from the body's inflammatory response to the trauma. It can be used for any second-stage trauma when bleeding is not a factor.

Ingredients

Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 9%
Olibanum (Frankincense / **Ru Xiang**) 9%
Myrrha (Myrrh / **Mo Yao**) 9%
Cyathulae Radix (Cyathula Root / **Chuan Niu Xi**) 9%
Saposhnikoviae Radix (Siler / **Fang Feng**) 9%
Spatholobi Caulis (Spatholobus / **Ji Xue Teng**) 9%
Paeoniae Radix, rubra (Chinese Peony, red / **Chi Shao**) 9%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 8%
Carthami Flos (Safflower, Carthamus / **Hong Hua**) 8%
Sappan Lignum (Sappanwood / **Su Mu**) 6%
Angelicae Dahuricae Radix (Purple Angelica / **Bai Zhi**) 6%
Notoginseng Radix (Tienqi Ginseng, Pseudoginseng / **San Qi, Tian Qi**) 5%
Rhei Radix et Rhizoma (Chinese Rhubarb / **Da Huang**) 4%

Chinese Medical Actions

Moves blood, relieves pain, clears heat, dispels stasis, wind, and dampness.

Indications

Bruises	Ligaments or tendons, torn
Cartilage damage	Sprains
Fractures or broken bones	Traumatic injury (second stage)
Jammed fingers or toes	w/stiffness and pain

Contraindications: DO NOT USE DURING PREGNANCY OR WHILE NURSING.

Note: Second-stage trauma can start from two days to ten days after the injury and could last from several days to several weeks. The time frame depends on the extent of the injury and the healing capacity of the patient.

TRUE YIN FORMULA

True Yin Formula (*Zuo Gui Jia Er Zhi Wan*) is a combination of two classical Chinese formulas: Restore the Left Kidney Decoction (*Zuo Gui Wan*) and the Two Ultimate Pill (*Er Zhi Wan*). The left kidney is considered by some texts to be the root of the true or source yin. Yin energy allows us the ability to be calm, quiet, receptive, and stable. This formula is excellent for treating deficiency of yin, which arises from the demands and stresses of modern life or from excessive sexual activity. It directly supplements the yin of the liver and kidneys, the reservoir of yin for the entire body. **True Yin Formula** is commonly combined as a yin protector with formulas that could damage yin.

Ingredients

Rehmanniae Radix Preparata (Rehmannia, cured / **Shu Di Huang**) 20.2%
Ligustri Lucidi Fructus (Ligustrum, Privet Fruit / **Nu Zhen Zi**) 12.7%
Ecliptae Herba (Eclipta / **Han Lian Cao**) 12.7%
Dioscoreae Rhizoma (Chinese Yam / **Shan Yao**) 10.1%
Lycii Fructus (Lycium Fruit, Chinese Wolfberry / **Gou Qi Zi**) 10.1%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 10.1%
Corni Fructus (Asiatic Dogwood Fruit, Asiatic Cornel / **Shan Zhu Yu**) 10.1%
Schisandrae Fructus (Northern Schisandra Fruit / **Wu Wei Zi**) 8.9%
Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried / **Zhi Gan Cao**) 5.1%

Chinese Medical Actions

Nourishes the yin, benefits and supplements the liver and kidneys.

Indications

Back weakness and soreness	Knees, weak
Dizziness	Legs, weak
Dream-disturbed sleep	Memory, poor
Dry mouth	Night sweats
Hair, premature graying	Spontaneous seminal emission
Hair loss	Thirst
Hearing loss	Throat, dry
Insomnia	Vision, blurred or spots in

Tongue: Peeled, shiny. **Pulse:** Thin, rapid.

Contraindications: This formula is for cases of yin deficiency without signs of fire. In cases with fire, use **Rehmannia & Scrophularia Formula** instead. With spleen or stomach deficiency, supplement with an appropriate formula.

TWIN SHIELDS FORMULA

Twin Shields Formula (*Shuang Dun Fang*) was designed to treat mild to moderate thyroid issues. The strategy employed in this formula assumes that many mild cases and early stages of thyroid disorders are not due to true deficiency but rather localized congestion in one or both lobes of the thyroid. The theory is this: when one lobe becomes congested and begins to decline in production, the hypothalamus detects this and produces more TSH, causing the healthier lobe to make up for the production loss. This scenario can lead to an apparent hypothyroidism (and sometimes apparent hyperthyroidism) that in many cases can be completely rectified through a dual strategy of support and dredging.

Ingredients

Ginseng Radix, Dried (White Ginseng / **Bai Ren Shen**) 16%
Dipsaci Radix (Japanese Teasel Root, Japanese Dipsacus / **Xu Duan**) 16%
Salvia Miltiorrhizae Radix (Chinese Salvia Root / **Dan Shen**) 13%
Dendrobii Herba (Dendrobium, Chinese Orchid Stem / **Shi Hu**) 12%
Fritillariae Thunbergii Bulbus (Sichuan Fritillary Bulb / **Zhe Bei Mu**) 12%
Eckloniae Thallus (Kombu, Kelp / **Kun Bu**) 12%
Scutellaria Barbatae Herba (Barbed Skullcap / **Ban Zhi Lian**) 12%
Ostreae Concha (Oyster Shell / **Mu Li**) 7%

Chinese Medical Actions

Augments qi, supplements kidney and spleen, opens collaterals, invigorates blood, nourishes yin, gently clears heat, resolves phlegm, softens nodules, decongests thyroid.

Indications

Bradycardia	Hashimoto's disease**
Brain fog	Lethargy
Cold, feelings of or sensitivity to	Memory, impaired
Constipation from deficiency	Mental focus, poor
Depression from deficiency	Muscle stiffness or aches
Face, puffy	Nails, thin or brittle
Fatigue, chronic	Skin, dry or thin
Goiter	TSH, elevated
Grave's disease*	Weight gain
Hair loss	

Tongue: Normal or pale; may be slightly purple.

Pulse: Can be moderate and weak, or deep, thin and tense.

Contraindications: Do not take during acute illness or if there is excess cold in the middle burner.

Notes: 1. *When using this formula to treat Grave's disease, it is advisable to reduce the dosage by half and use only in combination with another

appropriate formula, such as, **Rehmannia and Scrophularia Formula**, **Phlegm-Transforming Formula**, or **Margarita Complexion Formula**.

2. **Use with caution when taking for Hashimoto's disease. Some patients with Hashimoto's disease are believed to react to the iodine in the thallus (*kun bu*). When treating Hashimoto's disease, consider combining small doses (2 tablets twice a day) of **Twin Shields Formula** with scrophularia (*xuan shen*) and forsythia (*lian qiao*) to manage the inflammation.

3. Dosage varies greatly among patients. Many will improve with 2 tablets three times a day, some will only need to take 2 tablets twice a day, and others may not show significant improvement if they take less than 4 tablets per dose. For hyperthyroid, combine with **Baked Licorice Formula**.

4. Some patients report gas and bloating when taking this formula. This is often remedied by reducing dosage for a while and then slowly building back up to the patient's full dose. Thus, if weak digestion is part of the patient's pattern, it is advisable to begin with smaller doses and build up.

TWO IMMORTALS FORMULA

Two Immortals Formula (*Jia Jian Er Xian Tang*) is a modification of the traditional formula *Er Xian Tang* developed to treat problems common in menopause. These problems are associated with a deficiency of the *ren* and *chong* vessels and a decline of the energy of the kidney, with a flaring up of fire. This produces such symptoms as hypertension, hot flashes, sweating, fatigue, insomnia, and emotional imbalances. **Two Immortals Formula** is the most popular Chinese herbal formula for generalized symptoms of menopause. It is often used as a base formula for menopause and combined with another formula to address specific symptoms.

Ingredients

Salviae Miltiorrhizae Radix (Chinese Salvia Root / **Dan Shen**) 11.7%
Polygoni Multiflori Radix Preparata (Fo-Ti / **Zhi He Shou Wu**) 11.7%
Epimedii Herba (Epimedium / **Yin Yang Huo**) 9.4%
Moutan Cortex (Tree Peony / **Mu Dan Pi**) 9.4%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 9.4%
Morindae Officinalis Radix (Morinda / **Ba Ji Tian**) 9.4%
Cistanches Herba (Broomrape, Cistanches / **Rou Cong Rong**) 9.4%
Cuscutae Semen (Chinese Dodder Seed, Chinese Cuscuta / **Tu Si Zi**) 7.75%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 7.75%
Curculiginis Rhizoma (Curculigo Rhizome / **Xian Mao**) 4.7%
Anemarrhenae Rhizoma (Anemarrhena Rhizome / **Zhi Mu**) 4.7%
Phellodendri Cortex (Phellodendron Bark / **Huang Bai**) 4.7%

Chinese Medical Actions

Replenishes kidney yin and yang, regulates the *ren* and *chong* vessels, harmonizes the blood, drains fire.

Indications

Anxiety	Irritability
Amenorrhea	Melancholy, excessive
Depression	Mood swings
Dizziness	Night sweats
Emotional instability	Palpitations
Fatigue	Psoriasis, improves in pregnancy, worse after childbirth
Hot flashes	Urinary tract infection, chronic
Hypertension, menopausal	Urination, frequent
Infertility	
Insomnia	

Tongue: Pale, with thin coating; may be swollen, with teeth marks.

Pulse: Thready, rapid.

VIOLA CLEAR FIRE FORMULA

Viola Clear Fire Formula (*Di Ding Qing Huo Pian*). The herbs in this formula, according to modern pharmacological and clinical research, have inhibitory effects against many viruses, bacteria, and fungi. In the years that this formula was tested clinically, it was found effective against a variety of infections, especially respiratory infections. It is safe for long-term use in the management or elimination of deep-seated or stubborn viruses such as Epstein-Barr, HIV, and herpes.

Ingredients

Hedyotis Diffusae Herba (Hedyotis, Oldenlandia / **Bai Hua She She Cao**) 18%
Houttuyniae Herba (Houttuynia / **Yu Xing Cao**) 16%
Violae Herba (Viola, Tokyo Violet / **Zi Hua Di Ding**) 12%
Isatidis Folium (Isatis Leaf, Indigo Woad Leaf / **Da Qing Ye**) 8%
Isatidis seu Baphicacanthis Radix (Isatis Root / **Ban Lan Gen**) 8%
Andrographitis Herba (Andrographis / **Chuan Xin Lian**) 8%
Lonicerae Flos (Japanese Honeysuckle Flower / **Jin Yin Hua**) 7%
Prunellae Spica (Heal All Spike, Self-Heal Spike / **Xia Ku Cao**) 6%
Forsythiae Fructus (Forsythia / **Lian Qiao**) 6%
Citri Reticulatae Pericarpium (Tangerine Peel / **Chen Pi**) 4%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 4%
Coptidis Rhizoma (Coptis / **Huang Lian**) 3%

Chinese Medical Actions

Eliminates toxin, drains heat, cools the blood.

Indications

AIDS/HIV heat-toxin	Lymph nodes, enlarged
Bronchitis	Mononucleosis
Chicken pox	Pneumonia
Cough	Respiratory infection
Diarrhea from damp-heat	Shingles
Fever	Sinus infection
Genital sores	Strep throat (streptococcus)
Herpes, any type	Throat, sore
Kidney infection	Tonsillitis
Laryngitis	Urinary tract infection

Tongue: Red. **Pulse:** Rapid.

Contraindications: Do not use in the absence of heat.

Dosage: Can range according to the symptoms and the intensity. Patients on higher doses should be monitored and decrease dose as symptoms abate.

Note: Can be used safely over a long period of time. Can be combined with an appropriate tonic formula, ideally, **Astragalus & Ligustrum Formula**. **Viola Clear Fire Formula**, in combination with **Minor Bupleurum Formula**, has been found to be effective in the treatment of acute or chronic mononucleosis.

VITAL TREASURE FORMULA

Vital Treasure Formula (*Zhen Bao Fang*) is designed to support the yang aspects of male function. It is especially appropriate as men age and the yang qi naturally declines. Since the kidney is the source of all yang, the primary herbs in this formula are herbs that supplement the yang of the kidney: epimedium (*yin yang huo*), cuscuta (*tu si zi*), morinda (*ba ji tian*) and psoralea (*bu gu zhi*). Ginseng (*ren shen*) is used to supplement the central qi. Ophiopogon (*mai men dong*) and broussonetia (*chu shi zi*) are yin-supplementing herbs that help to prevent overheating from yang supplementation. White peony (*bai shao*) is used to supplement the blood and curcuma (*yu jin*) invigorates and cools liver blood. Rhodiola (*hong jing tian*) invigorates blood and has been shown to increase arterial oxygen. Asian plantain seed (*che qian zi*) guides excess heat out of the body through the urinary bladder. These herbs make this an excellent yang support for men while also supporting qi and yin and preventing the excessive build-up of fire.

Ingredients

Epimedii Herba (Epimedium / **Yin Yang Huo**) 12%
Cuscutae Semen (Chinese Dodder Seed, Chinese Cuscuta / **Tu Si Zi**) 12%
Morindae Officinalis Radix (Morinda / **Ba Ji Tian**) 12%
Psoraleae Fructus (Psoralea Fruit / **Bu Gu Zhi**) 10%
Rhodiola Herba (Rhodiola / **Hong Jing Tian**) 10%
Ophiopogonis Radix (Ophiopogon Tuber / **Mai Men Dong**) 8%
Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 8%
Ginseng Radix (Asian Ginseng Root / **Ren Shen**) 8%
Broussonetiae Fructus (Broussonetia Fruit / **Chu Shi Zi**) 8%
Curcumae Radix (Turmeric, Curcuma Tuber / **Yu Jin**) 8%
Plantaginis Semen (Asian Plantain Seed / **Che Qian Zi**) 4%

Chinese Medical Actions

Supplements kidney yang and preserves essence, supplements qi and yin, invigorates and supplements liver blood.

Indications

Circulation, poor	Impotence
Cold limbs	Premature ejaculation
Fatigue	Sexual dysfunction, male
Hypothyroidism	Weakness, in lower back and knees
Hypotension	

Contraindications: Do not take this formula when signs of heat are present (red tongue and rapid pulse). **WOMEN SHOULD USE CAUTION TAKING THIS FORMULA DURING PREGNANCY.**

WOMEN'S PRECIOUS FORMULA

Women's Precious Formula (*Ba Zhen Tang*) is a modification of Motherwort Eight Precious Pills—motherwort (*yi mu cao*) plus a combination of Four Gentlemen (a qi-supplementing formula) with the Soup of Four Things (a blood-supplementing formula). Four additional herbs, useful for life in modern times, have been added: polygonum (*zhi he shou wu*) and mori (*sang shen*) to nourish essence; tangerine peel (*chen pi*) to move the qi and prevent the qi stagnation that can occur from taking tonic formulas; and fresh ginger (*sheng jiang*) to nourish the spleen and stomach and aid digestion. This formula can be used by both men and women for qi and blood deficiency. It is an effective aid in postpartum recovery.

Ingredients

Codonopsis Radix (Codonopsis / **Dang Shen**) 11.3%
Rehmanniae Radix Preparata (Rehmannia, cured / **Shu Di Huang**) 11.3%
Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 9%
Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 9%
Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 9%
Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 9%
Polygoni Multiflori Radix Preparata (Fo-Ti / **Zhi He Shou Wu**) 9%
Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / **Chuan Xiong**) 6%
Mori Fructus (White Mulberry Fruit / **Sang Shen**) 6%
Leonuri Herba (Chinese Motherwort / **Yi Mu Cao**) 5.3%
Citri Reticulatae Pericarpium (Tangerine Peel / **Chen Pi**) 5.3%
Zingiberis Rhizoma Recens (Ginger, fresh / **Sheng Jiang**) 5.3%
Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 4.5%

Chinese Medical Actions

Builds and nourishes qi and blood, supplements yin and essence, moves blood and qi, drains damp, strengthens stomach and spleen.

Indications

Abdominal distension	Menstrual pain
Appetite disorders	Menstruation, irregular or scanty
Back soreness, lower	Miscarriage, habitual
Breast distension	Palpitations
Complexion, pale	Postpartum recovery
Dizziness	Premenstrual abdominal pain
Fatigue	Skin rash or dryness w/ blood xu
Labor, difficult	Uterine bleeding, dysfunctional
Lactation, insufficient	Vaginal discharge
Menarche, late	Weakness

Tongue: Pale with white coating. **Pulse:** Thin, weak.

Contraindications: DO NOT USE DURING PREGNANCY. Use **Tang Kuei & Peony Formula** instead. Modify to smaller doses if diarrhea or stomach upset occur. Do not use in cases with heat from yin deficiency.

WU HUA FORMULA

Wu Hua Formula (*Wu Hua Tang*) is a Chinese formula used to treat dysentery, diarrhea, gastrointestinal inflammation, intestinal parasites, or skin disorders from heat in the blood. It is also used in Asia to treat “hot qi” syndrome in children. The primary symptoms are weepy or dry eyes, sore throat, halitosis, constipation, and irritability. These symptoms may or may not be accompanied at times by sneezing, congestion, wheezing, and skin rashes. The action of this formula is strong and rapid, yet it is gentle and safe for children since it does not contain cold, bitter, downward draining herbs it will not further damage their tender yin and spleen qi. It is an excellent formula to take along while traveling in places where dysentery or gastrointestinal disorders are prevalent.

Ingredients

Lonicerae Flos (Japanese Honeysuckle Flower / **Jin Yin Hua**) 40%
Hibisci Flos (Hibiscus Flower / **Mu Jin Hua**) 20%
Celosiae Cristatae Flos (Cockscomb Flower / **Ji Guan Hua**) 20%
Magnoliae Officinalis Flos (Magnolia Flower / **Hou Po Hua**) 10%
Puerariae Flos (Pueraria Flower / **Ge Hua**) 10%

Chinese Medical Actions

Removes damp-heat, clears heat-toxin, cools blood, stops diarrhea, promotes urination, disperses swellings.

Indications

Appendicitis	Hives
Bleeding from heat-toxin or damp-heat toxin	“Hot qi” syndrome in children
Blood in the stool	Intestinal abscess
Boils and furuncles	Over consumption of alcohol or fried fatty foods
Diarrhea	Parasites, intestinal
Dysentery	Pinworms in children
Eczema	Rectal bleeding with heat-toxin
Epistaxis (nosebleed)	Skin rash, red and raised
Gastrointestinal inflammation	Wounds, suppurative, from toxic qi or damp-heat
Hematemesis (vomiting blood)	
Hemorrhoids	

Tongue: Red, or with red spots. **Pulse:** Rapid, big.

Contraindications: Do not take in cases of deficiency cold.

XANTHIUM & MAGNOLIA FORMULA

Xanthium & Magnolia Formula (*Jia Wei Xin Yi San*) is a modified combination of Xanthium Combination (*Cang Er Zi San*) and (Magnolia Flower Combination) *Xin Yi San* to treat severe nasal congestion with constant or copious, clear nasal discharge or post-nasal drip. Tetrapanax (*tong cao*) has been added to assist in guiding fluids downward. Red peony (*chi shao*) has been added to invigorate blood and reduce swelling. These two herbs also moderate the warmth of the other herbs in the formula. Ideally, **Xanthium & Magnolia Formula** should be used for a short duration due to the acrid and warm nature of the formula. It is important that the underlying constitutional issues be addressed, as these symptoms could be due to chronic deficiency of the kidney, lung, or spleen.

Ingredients

Angelicae Dahuricae Radix (Purple Angelica / **Bai Zhi**) 30%.

Xanthii Fructus (Xanthium Fruit, Siberian Cocklebur / **Cang Er Zi**) 12%

Magnoliae Flos (Magnolia Flower / **Xin Yi Hua**) 12%

Paeoniae Radix, rubra (Chinese Peony, red / **Chi Shao**) 10%

Ligustici Rhizoma (Chinese Lovage, Ligusticum / **Gao Ben**) 8%

Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / **Chuan Xiong**) 8%

Tetrapanacis Medulla (Tetrapanax, Rice Paper Plant Pith / **Tong Cao**) 6%

Puerariae Radix (Kudzu Root / **Ge Gen**) 6%

Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 4%

Camelliae Folium (Green Tea Leaf / **Lu Cha**) 4%

Chinese Medical Actions

Dispels wind, dries dampness, frees the nasal passages.

Indications

Allergies	Sinus discharge, clear and profuse or persistent
Earaches	
Headache, from wind-cold	Sinus inflammation, acute or chronic
Post-nasal drip	
Rhinitis, acute or chronic	Smell, loss of
Sinus congestion and pain	

Tongue: Normal, or may have a thick, white coating.

Pulse: May be floating or slippery.

Contraindications: DO NOT USE DURING PREGNANCY.

XANTHIUM NASAL FORMULA

Xanthium Nasal Formula (*Jia Wei Cang Er Pian*) is a modification of Xanthium Combination (*Cang Er Zi San*) used for treating heat and phlegm in the upper burner and head, with congestion of the sinuses and nasal passages. This type of condition is generally acute and can be the result of either an exterior invasion or an internal disharmony. The formula centers on clearing heat and transforming dampness. Scutellaria (*huang qin*) clears heat in the upper burner, red peony (*chi shao*) cools blood and also moves blood in the nasal passages. Pueraria (*ge gen*) clears heat and guides the formula to the upper body. Xanthium (*cang er zi*), angelica (*bai zhi*), and magnolia (*xin yi hua*) dry dampness, dispel turbidity, and open the nasal passages. Mint (*bo he*) helps with this latter function and also clears heat pathogens that linger in the exterior. Ilex (*ku ding cha*) clears heat, resolves toxin, and leads the herbs to the head.

Ingredients

Scutellariae Radix (Chinese Skullcap, Scute / **Huang Qin**) 20%
Paeoniae Radix, rubra (Chinese Peony, red / **Chi Shao**) 15%
Xanthii Fructus (Xanthium Fruit, Siberian Cocklebur / **Cang Er Zi**) 13%
Angelicae Dahuricae Radix (Purple Angelica / **Bai Zhi**) 13%
Magnoliae Flos (Magnolia Flower / **Xin Yi Hua**) 13%
Menthae Haplocalysis Herba (Chinese Mint / **Bo He**) 10%
Ilicis Folium (Ilex Leaf / **Ku Ding Cha**) 10%
Puerariae Radix (Kudzu Root / **Ge Gen**) 6%

Chinese Medical Actions

Clears heat, resolves toxin, moves and cools blood, transforms phlegm, dries dampness, frees the nasal passages.

Indications

Allergies	Sinus congestion
Feeling of pressure in head	Sinus discharge, yellow or green
Headache or sinus pain	Sinus infection, acute

Tongue: Yellow coating. **Pulse:** Rapid.

Contraindications: This formula is too drying for those with pronounced yin deficiency. It is also not appropriate for long-term use to treat chronic conditions, although it may be applied to acute infections related to long-term sinus disorders.

Note: For sinus headache, combine with **Head Relief Formula**.

YIN CHIAO FORMULA

Yin Chiao Formula (*Yin Qiao San*), also known as “Honeysuckle and Forsythia,” is a popular Chinese formula used for treating invasion by wind-heat. It is very effective when taken at the onset of common cold or flu and in cases where the patient has a sore throat, fever, or signs of external heat. **Yin Chiao Formula** was originally developed to treat chicken pox and can be used to treat acute viral infections that include skin lesions.

Ingredients

Lonicerae Flos (Japanese Honeysuckle Flower / **Jin Yin Hua**) 15.6%

Forsythiae Fructus (Forsythia / **Lian Qiao**) 15.6%

Phragmitis Rhizoma (Phragmites Rhizome, Common Reed Rhizome / **Lu Gen**) 15.6%

Arctii Fructus (Burdock Fruit / **Niu Bang Zi**) 12.4%

Schizonepetae Herba (Schizonepeta / **Jing Jie**) 9.3%

Platycodi Radix (Platycodon Root, Balloon Flower Root / **Jie Geng**) 6.3%

Menthae Haplocalysis Herba (Chinese Mint / **Bo He**) 6.3%

Sojae Semen Preparatum (Soybean, prepared / **Dan Dou Chi**) 6.3%

Lophatheri Herba (Lophatherum / **Dan Zhu Ye**) 6.3%

Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 6.3%

Chinese Medical Actions

Expels wind-heat from the exterior, clears heat, relieves toxicity.

Indications

Body aches	Influenza
Chicken pox	Itching from wind-heat
Common cold	Lymph nodes, enlarged
Conjunctivitis	Measles
Cough	Neck stiffness
Fever, with or without chills	Respiratory infections, upper
Gastritis, acute	Sinus congestion
Headache from wind-heat	Throat, sore
Hives	

Tongue: White or yellow coating, may have red tip. **Pulse:** Rapid, floating.

Note: This formula is most effective when taken during the early stages of the symptoms. The dose can be increased to every 3 hours during the first day of the symptoms, and then taken every 4-5 hours as needed. Some imported versions of this formula contain sugar, caffeine, and Western drugs.

YIN TRANSITION FORMULA

Yin Transition Formula (*Geng Nian An Wan*) is a powerful supplementing and astringing formula primarily used to help ease the symptoms of menopause, especially abnormal sweating. It can be used for most patterns involving deficiency fire when sweating is present, including tuberculosis, AIDS, spontaneous seminal emission, and deficiency fever.

Ingredients

Margaritiferae Concha Usta (Mother of Pearl / **Zhen Zhu Mu**) 18 %
Rehmanniae Radix (Rehmannia, unprocessed / **Sheng Di Huang**) 11%
Lycii Cortex (Lycium Root Bark, Chinese Boxthorn Rootbark / **Di Gu Pi**) 9%
Artemisiae Scopariae Herba (Capillaris / **Yin Chen Hao**) 9%
Scrophulariae Radix (Scrophularia / **Xuan Shen**) 7%
Curculiginis Rhizoma (Curculigo Rhizome / **Xian Mao**) 7%
Ophiopogonis Radix (Ophiopogon Tuber / **Mai Men Dong**) 7%
Phellodendri Cortex (Phellodendron Bark / **Huang Bai**) 7%
Anemarrhenae Rhizoma (Anemarrhena Rhizome / **Zhi Mu**) 7%
Scutellariae Radix (Chinese Skullcap, Scute / **Huang Qin**) 7%
Lycii Fructus (Lycium Fruit, Chinese Wolfberry / **Gou Qi Zi**) 6%
Schisandrae Fructus (Northern Schisandra Fruit / **Wu Wei Zi**) 5%

Chinese Medical Actions

Tonifies and astringes kidney qi, supplements kidney yin and *jing*, stops sweating.

Indications

AIDS, sweating from	Insomnia
Anxiety	Memory, poor
Dizziness	Night sweats
Fatigue	Sleep, restless
Fever, deficiency	Spontaneous seminal emission
Flushing	Sweating, night or abnormal
Hot Flashes	Tinnitus
Hypertension, menopausal	Tuberculosis, sweating from

Tongue: Red, thin, glossy, no coat or geographic coat.

Pulse: Rapid, thin, may be forceful.

Contraindications: Do not use if sweating is caused by excess fire.

YIN VALLEY FORMULA

Yin Valley Formula (*Yin Gu Fang*) treats a variety of gynecological conditions presenting with yin deficiency, dryness, and heat, including cervical dysplasia, vaginal irritation or discharge, and abnormal uterine bleeding. Ophiopogon (*mai men dong*), lycium (*gou qi zi*), and polygonatum (*yu zhu*) moisten and nourish the liver and kidney yin. Eclipta (*han lian cao*) cools, nourishes yin, and stops bleeding. Pseudostellaria (*tai zi shen*) strengthens the spleen and generates fluids. Solanum (*long kui*), phellodendron (*huang bai*), honeysuckle (*jin yin hua*), sargentodoxa (*hong teng*), and oldenlandia (*bai hua she she cao*) clear heat and toxin, and are effective in treating the human papillomavirus (HPV) infection that is often associated with cervical cancer. Solanum (*long kui*) and oldenlandia (*bai hua she she cao*) are anti-neoplastic herbs, as is zedoary (*e zhu*), which is also used to invigorate and enliven where dryness and congestion have led to poor blood circulation and unhealthy tissues.

Ingredients

Solani Nigri Herba (Black Nightshade / **Long Kui**) 12%
Pseudostellariae Radix (Pseudostellaria Root / **Tai Zi Shen**) 11%
Hedyotis Diffusae Herba (Hedyotis, Oldenlandia / **Bai Hua She She Cao**) 11%
Ophiopogonis Radix (Ophiopogon Tuber / **Mai Men Dong**) 10%
Lonicerae Flos (Japanese Honeysuckle Flower / **Jin Yin Hua**) 10%
Polygonati Odorati Rhizoma (Aromatic Solomon's Seal / **Yu Zhu**) 9%
Phellodendri Cortex (Phellodendron Bark / **Huang Bai**) 9%
Lycii Fructus (Lycium Fruit, Chinese Wolfberry / **Gou Qi Zi**) 9%
Ecliptae Herba (Eclipta / **Han Lian Cao**) 8%
Sargentodoxae Caulis (Sargentodoxa / **Hong Teng**) 6%
Curcumae Rhizoma (Zedoary Rhizome / **E Zhu**) 5%

Chinese Medical Actions

Nourishes liver and kidney yin, clears heat and toxin in the lower burner, cools heat in the blood, invigorates blood to remove stasis.

Indications

Back pain, lower	Night sweats
Bleeding, post-coital	Ovulation, light bleeding during
Cervical dysplasia	Restlessness
Cervicitis	Seminal emissions
Genital itching and swelling	Sexual intercourse, pain with
HPV	Vaginal discharge (scanty, yellow,
Menstrual bleeding (bright red or	brownish, or blood streaked)
brown in color)	Vaginal dryness or irritation
Menstrual cycle shortened w/ scanty bleeding	Vaginitis

Tongue: Dry, cracked, or reddish tongue body.

Pulse: Thin or thready, rapid, weak in kidney position.

Contraindications: DO NOT USE DURING PREGNANCY. Not to be used when there are cold signs or yang deficiency. In cases with damp-heat, use **Immortal Valley Formula** instead.

Note: In the treatment of cervical dysplasia, this formula should be taken along with **Rehmannia & Scrofularia Formula** when there is kidney yin deficiency with empty heat signs, or with **True Yin Formula** for yin deficiency without empty heat. In cases where there is concern for the development of cervical cancer, **Five Mushroom Formula** may be added for further immune support.

YUAN SUPPORT FORMULA

Yuan Support Formula (*Jia Wei Jian Gu Tang*) includes codonopsis (*dang shen*), white atractylodes (*bai zhu*), poria (*fu ling*), and Chinese yam (*shan yao*) to supplement and invigorate spleen qi, as well as cuscuta (*tu si zi*), dipsacus (*xu duan*), and eucommia (*du zhong*) to support the yang. When supporting the menstrual cycle by phases, it is appropriate to support the qi and yang in the luteal phase, as these substances are dominant in the second half of the cycle. *Dang gui*, white peony (*bai shao*), and lycium (*gou qi zi*) nourish the blood to provide a strong foundation for the yang. Bupleurum (*chai hu*) moves stagnant liver qi and polygonum vine (*ye jiao teng*) nourishes and calms the heart spirit. **Yuan Support Formula** is useful for infertility with deficient qi and yang, as well as for lumbar weakness with concurrent qi and blood deficiency. It has also been used successfully for support during menopause.

Ingredients

Polygoni Multiflori Caulis (Fo-Ti Stem, Fleecflower Stem / **Ye Jiao Teng**) 10%

Dioscoreae Rhizoma (Chinese Yam / **Shan Yao**) 10%

Cuscutae Semen (Chinese Dodder Seed, Chinese Cuscuta / **Tu Si Zi**) 10%

Angelicae Sinensis Radix (Dong Quai Root, Tang Kuei / **Dang Gui**) 9%

Dipsaci Radix (Japanese Teasel Root, Japanese Dipsacus / **Xu Duan**) 9%

Paeoniae Radix, alba (Chinese Peony, white / **Bai Shao**) 9%

Codonopsis Radix (Codonopsis / **Dang Shen**) 8%

Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / **Bai Zhu**) 8%

Poria (Poria, Hoelen, Tuckahoe / **Fu Ling**) 8%

Eucommiae Cortex (Eucommia Bark / **Du Zhong**) 7%

Lycii Fructus (Lycium Fruit, Chinese Wolfberry / **Gou Qi Zi**) 6%

Bupleuri Radix (Bupleurum Root / **Chai Hu**) 6%

Chinese Medical Actions

Supplements spleen qi and kidney yang, nourishes blood, moves liver qi stagnation, nourishes and calms spirit.

Indications

Abdomen, lower, cold	Infertility, w/deficient qi and yang
Anemia	Libido, low
Back weakness, lower	Low back, pain and weakness
Basal body temperature, drops in luteal phase	Luteal phase insufficiency
Cold, whole body	Miscarriage, early recurrent
Endometrium, too thin	Postpartum weakness
Fatigue	Progesterone, low
Hypotension	Spotting, prior to menses
	Weight gain, easy

Tongue: Pale, may be swollen or with teeth marks.

Pulse: Empty, weak, especially in spleen and kidney positions.

Note: Use with **Bupleurum & Tang Kuei Formula** as needed for significant premenstrual liver qi stagnation.

ZHONG GAN LING FORMULA

Zhong Gan Ling Formula (*Zhong Gan Ling Pian*) is a Chinese prepared formula for common cold or flu, with fever from wind-heat. Isatis (*da qing ye*) and oldenlandia (*bai hua she she cao*) have been added to augment the formula's ability to clear heat-toxin. Since pueraria (*ge gen*) leads the action of the formula to the head, **Zhong Gan Ling Formula** is especially useful when wind-heat affects the *taiyang* zone of the head.

Ingredients

Ilicis Pubescentis Radix (Pubescent Holly Root, Ilex / **Mao Dong Qing**) 19.6%

Puerariae Radix (Kudzu Root / **Ge Gen**) 19.6%

Isatidis Folium (Isatis Leaf, Indigo Woad Leaf / **Da Qing Ye**) 14.6%

Verbenae Herba (Verbena / **Ma Bian Cao**) 13%

Hedyotis Diffusae Herba (Hedyotis, Oldenlandia / **Bai Hua She She Cao**) 13%

Isatidis seu Baphicacanthis Radix (Isatis Root / **Ban Lan Gen**) 10.1%

Artemisiae Annuae Herba (Sweet Wormwood / **Qing Hao**) 5%

Gypsum Fibrosum (Gypsum / **Shi Gao**) 2.9%

Notopterygii Rhizoma seu Radix (Notopterygium / **Qiang Huo**) 2.2%

Chinese Medical Actions

Drains heat, relieves toxicity, cools blood, unblocks collaterals, releases the muscle layer, dredges lymph nodes, benefits throat.

Indications

Body aches	Lymph nodes, enlarged
Bronchitis	Neck and shoulders, sore
Common cold, severe	Skin lesions, from heat in blood
Cough	Sores, toxic
Fever	Strep throat (streptococcus)
Headache	Throat, sore
Influenza	Urination, blocked

Tongue: Red, or red tip. **Pulse:** Rapid, forceful, and superficial.

Contraindications: Do not use in cases where patient is cold or experiencing strong chills.

Dosage: Can range according to the symptoms and the intensity. Can be taken up to every two hours, in the acute phase of infection.

ZIZYPHUS FORMULA

Zizyphus Formula (*Suan Zao Ren Tang*) is a classical formula for irritability and insomnia caused by deficiency heat from deficient liver, heart blood, and yin. Schisandra (*wu wei zi*) was added for night sweats and to further calm the spirit. It is an effective formula for insomnia due to deficiency and aging.

Ingredients

Ziziphi Spinosa Semen (Sour Date Seed, Jujube Seed / **Suan Zao Ren**) 39.3%

Poriae Sclerotium Paradicis (Poria Spirit / **Fu Shen**) 17.6%

Schisandrae Fructus (Northern Schisandra Fruit / **Wu Wei Zi**) 17.6%

Anemarrhenae Rhizoma (Anemarrhena Rhizome / **Zhi Mu**) 11.8%

Chuanxiong Rhizoma (Ligusticum Wallichii Rhizome / **Chuan Xiong**) 7.8%

Glycyrrhizae Radix (Chinese Licorice Root / **Gan Cao**) 5.9%

Chinese Medical Actions

Nourishes heart yin and liver blood, calms *shen*, soothes irritability, aids sleep.

Indications

Dizziness	Night sweats
Dream-disturbed sleep	Palpitations
Dry mouth	Restlessness
Fright	Sleep, disturbed or restless
Hot flashes	Throat, dry
Insomnia	Vision, blurred
Irritability	

Tongue: Dry, pale, with red tip. **Pulse:** Thin or wiry, rapid.

Contraindications: With kidney yin deficiency with heat use **Heavenly Emperor's Formula** instead. When no signs of heat are present, use **Peaceful Spirit Formula**.

APPENDICES

ENGLISH / PIN YIN (TRADITIONAL NAMES)

Agastache Tummy Syrup	<i>Huo Xiang Zheng Qi Gao</i>
Amber Stone-Transforming Formula	<i>Hu Po Hua Shi Pian</i>
Andrographis Formula	<i>Chuan Xin Lian Kang Yan Pian</i>
An Mien Formula	<i>An Mien Pian</i>
Astragalus Formula	<i>Huang Qi Jian Zhong Tang</i>
Astragalus & Ligustrum Formula	<i>Huang Qi Dong Qing Pian</i>
Baked Licorice Formula	<i>Zhi Gan Cao Tang</i>
Blood Palace Formula	<i>Xue Fu Zhu Yu Tang</i>
Bone & Sinew Formula	<i>Zheng Gu Xu Jin Fang</i>
Bupleurum & Cinnamon Formula	<i>Chai Hu Gui Zhi Tang</i>
Bupleurum & Tang Kuei Formula	<i>Xiao Yao San</i>
Bupleurum D Formula	<i>Chai Hu Jia Long Gu Mu Li Tang</i>
Capillaris Formula	<i>Yin Chen Hao Fang</i>
Chai Hu Shu Gan Formula	<i>Chai Hu Shu Gan Tang</i>
Chase Wind, Penetrate Bone Formula	<i>Zhui Feng Tou Gu Wan</i>
Children's Clear & Release Formula	<i>Yin Qiao Gan Mao Fang</i>
Children's Clear Lung Formula	<i>Xiao Er Zi Qing Fei Fang</i>
Children's Ear Formula	<i>Hai Er Fang</i>
Children's Jade Defense	<i>Xiao Er Zi Yu Fang</i>
Chong Release Formula	<i>Jia Wei Tao Hong Si Wu Tong</i>
Cinnamon & Poria Formula	<i>Gui Zhi Fu Ling Wan</i>
Cinnamon D Formula	<i>Gui Zhi Jia Long Gu Mu Li Tang</i>
Cinnamon Twig Formula	<i>Gui Zhi Tang</i>
Citrus & Pinellia Formula	<i>Er Chen Tang</i>
Coptis Relieve Toxicity Formula	<i>Huang Lian Jie Du Pian</i>
Corydalis Formula	<i>Shao Yao Gan Cao Jia Yan Hu Tang</i>
Course & Quicken Formula	<i>Shu Jing Huo Xue Tang</i>
Curcuma Longa Formula	<i>Jiang Huang Wan</i>
Duhuo & Loranthus Formula	<i>Du Huo Ji Sheng Tang</i>
Earth-Harmonizing Formula	<i>He Tu Pian</i>
Ease Digestion Formula	<i>Jia Wei Kang Ning Wan</i>
Eight Immortals Formula	<i>Ba Xian Chang Shou Wan</i>
Eleuthero Tablets	<i>Wu Jia Shen Pian</i>
Essential Yang Formula	<i>Jia Jian Jin Gui Shen Qi Wan</i>
Five Mushroom Formula	<i>Wu Gu Fang</i>
Four Marvel Formula	<i>Si Miao San</i>
Free & Easy Wanderer Plus	<i>Jia Wei Xiao Yao San</i>
Fritillaria & Pinellia Formula	<i>Chuan Bei Ban Xia Tang</i>
Gan Mao Ling Formula	<i>Gan Mao Ling Pian</i>
Gastrodia & Uncaria Formula	<i>Tian Ma Gou Teng Yin</i>
General Tonic Formula	<i>Shi Quan Da Bu Wan</i>
Gentiana Drain Fire Formula	<i>Long Dan Xie Gan Tang</i>

Ginkgo Formula
Ginseng & Astragalus Formula
Ginseng & Longan Formula
Ginseng Endurance Formula
Ginseng Nourishing Formula
Hawthorn & Fennel Formula
He Shou Wu Tablets
Head Relief Formula
Heavenly Emperor's Formula
Immortal Valley Formula
Intestinal Fungus Formula
Jade Screen & Xanthium Formula
Jade Source Formula
Jade Windscreen Formula
Ji Xue Formula
Jing Qi Formula
Juan Bi Formula
Lily Preserve Metal Formula
Ling Zhi Lung Formula
Linking Formula
Luo Bu Ma Formula
Lysimachia GB Formula

Margarita Complexion Formula
Ming Mu Formula
Minor Bupleurum Formula
Mobilize Essence Formula
Mulberry & Lycium Formula
Neck Formula
Nourish Essence Formula
Nourish Ren & Chong Formula
Oregano Oil Formula

Peaceful Spirit Formula
Peony & Atractylodes Formula
Persica & Cistanches Formula
Phlegm-Transforming Formula
Pinellia & Magnolia Bark Formula
Polyporus & Dianthus Formula
Poria & Bamboo Formula
Poria Fifteen Formula
Poria Five Formula
Prostate Formula
Pu Ji Formula
Pulsatilla Intestinal Formula

Yin Guo Ye Wan
Bu Zhong Yi Qi Wan
Gui Pi Tang
Ren Shen Pian
Ren Shen Yang Ying Wan
Shan Zha Xiao Hui Xiang Fang
Shou Wu Pian
Tou Pian
Tian Wang Bu Xin Dan
Xian Gu Fang
Chang Mei Jun Fang
Yu Ping Feng Jia Cang Er San
Jia Jian Yu Quan Wan
Yu Ping Feng San
Huang Qi Ji Xue Wan
Jing Qi Pian
Juan Bi Tang
Bai He Gu Jin Tang
Ling Zhi Fei Pian
Yi Guan Jian
Luo Bu Ma Pian
Xiao Chai Hu Jia Jin Qian
Cao Fang
Zhen Zhu Yu Rong Fang
Ming Mu Di Huang Wan
Xiao Chai Hu Tang
Fu Ren Bu Yin Pian
Xie Bai San
Bai Zhi Ge Gen Wan
Zi Jing Di Huang Wan
Jia Wei Gui Shao Di Huang Wan
Jia Wei Tu Yin Chen You Jiao
Nang
Yang Xin Ning Shen Wan
Tong Xie Yao Fang
Tao Ren Cong Rong Wan
Xia Ku Hua Tan Pian
Ban Xia Hou Po Tang
Zhu Ling Qu Mai Tang
Wen Dan Tang
Shi Wu Wei Fu Ling Pian
Wu Ling San
Qiang Lie Xian Fang
Pu Ji Xiao Du Yin
Bai Tou Weng Li Chang Fang

Rabdosia Prostate Formula
Rehmannia & Scrophularia Formula
Rehmannia Cool Blood Formula
Rehmannia Six Formula
Rejuvenation Formula
Resolve the Middle Formula
Restful Sleep Formula
Restorative Formula

Restore the Lung Formula
Salvia Ten Formula
San Qi Formula
Sea of Qi Formula
Seven Treasures Formula
Sheng Mai Formula
Shu Gan Formula
Siler & Platycodon Formula
Six Gentlemen Formula
Stasis-Transforming Formula
Stomach-Harmonizing Formula
Tang Kuei & Peony Formula
Tang Kuei & Salvia Formula
Tang Kuei & Tribulus Formula
Tieh Ta Formula
Trauma 1 Formula
Trauma 2 Formula
True Yin Formula
Twin Shields Formula
Two Immortals Formula
Viola Clear Fire Formula
Vital Treasure Formula
Women's Precious Formula
Wu Hua Formula
Xanthium & Magnolia Formula
Xanthium Nasal Formula
Yin Chiao Formula
Yin Transition Formula
Yin Valley Formula
Yuan Support Formula
Zhong Gan Ling Formula
Zizyphus Formula

Dong Ling Cao Fang
Zhi Bai Di Huang Wan
Tu Fu Ling Sheng Di Huang Wan
Liu Wei Di Huang Wan
Huan Shao Dan
Jia Wei Ping Wei Fang
An Xin Pian
Yang Xue Zhuang Jin Jian
Bu Wan
Bu Fei Tang
Dan Shen Jia Si Jun Zi Pian
San Qi Pian
Qi Hai Yao Fang
Jin Hua Mei Ran Wan
Sheng Mai San
Shu Gan Wan
Fang Feng Tong Sheng San
Liu Jun Zi Tang
Dan Shen Hua Yu Pian
Jia Jian Bao He Wan
Dang Gui Shao Yao San
Jia Wei Si Wu Tang
Dang Gui Yin Zi
Die Da Wan
Die Da 1 Hao Fang
Die Da 2 Hao Fang
Zuo Gui Jia Er Zhi Wan
Shuang Dun Fang
Jia Jian Er Xian Tang
Di Ding Qing Huo Pian
Zhen Bao Fang
Ba Zhen Tang
Wu Hua Tang
Jia Wei Xin Yi San
Jia Wei Cang Er Pian
Yin Qiao San
Geng Nian An Wan
Yin Gu Fang
Jia Wei Jian Gu Tang
Zhong Gan Ling Pian
Suan Zao Ren Tang

PIN YIN (TRADITIONAL NAMES) / ENGLISH

<i>An Mien Pian</i>	An Mien Formula
<i>An Xin Pian</i>	Restful Sleep Formula
<i>Ba Xian Chang Shou Wan</i>	Eight Immortals Formula
<i>Ba Zhen Tang</i>	Women's Precious Formula
<i>Bai He Gu Jin Tang</i>	Lily Preserve Metal Formula
<i>Bai Tou Weng Li Chang Fang</i>	Pulsatilla Intestinal Formula
<i>Bai Zhi Ge Gen Wan</i>	Neck Formula
<i>Ban Xia Hou Po Tang</i>	Pinellia & Magnolia Bark Formula
<i>Bu Fei Tang</i>	Restore the Lung Formula
<i>Bu Zhong Yi Qi Wan</i>	Ginseng & Astragalus Formula
<i>Chai Hu Gui Zhi Tang</i>	Bupleurum & Cinnamon Formula
<i>Chai Hu Jia Long Gu Mu Li Tang</i>	Bupleurum D Formula
<i>Chai Hu Shu Gan Tang</i>	Chai Hu Shu Gan Formula
<i>Chang Mei Jun Fang</i>	Intestinal Fungus Formula
<i>Chuan Bei Ban Xia Tang</i>	Fritillaria & Pinellia Formula
<i>Chuan Xin Lian Kang Yan Pian</i>	Andrographis Formula
<i>Dan Shen Hua Yu Pian</i>	Stasis-Transforming Formula
<i>Dan Shen Jia Si Jun Zi Pian</i>	Salvia Ten Formula
<i>Dang Gui Shao Yao San</i>	Tang Kuei & Peony Formula
<i>Dang Gui Yin Zi</i>	Tang Kuei & Tribulus Formula
<i>Di Ding Qing Huo Pian</i>	Viola Clear Fire Formula
<i>Die Da Wan</i>	Tieh Ta Formula
<i>Die Da 1 Hao Fang</i>	Trauma 1 Formula
<i>Die Da 2 Hao Fang</i>	Trauma 2 Formula
<i>Dong Ling Cao Fang</i>	Rabdosia Prostate Formula
<i>Du Huo Ji Sheng Tang</i>	Duhuo & Loranthus Formula
<i>Er Chen Tang</i>	Citrus & Pinellia Formula
<i>Fang Feng Tong Sheng San</i>	Siler & Platycodon Formula
<i>Fu Ren Bu Yin Pian</i>	Mobilize Essence Formula
<i>Gan Mao Ling Pian</i>	Gan Mao Ling Formula
<i>Geng Nian An Wan</i>	Yin Transition Formula
<i>Gui Pi Tang</i>	Ginseng & Longan Formula
<i>Gui Zhi Fu Ling Wan</i>	Cinnamon & Poria Formula
<i>Gui Zhi Jia Long Gu Mu Li Tang</i>	Cinnamon D Formula
<i>Gui Zhi Tang</i>	Cinnamon Twig Formula
<i>Hai Er Fang</i>	Children's Ear Formula
<i>He Tu Pian</i>	Earth-Harmonizing Formula
<i>Hu Po Hua Shi Pian</i>	Amber Stone-Transforming Formula
<i>Huan Shao Dan</i>	Rejuvenation Formula
<i>Huang Lian Jie Du Pian</i>	Coptis Relieve Toxicity Formula
<i>Huang Qi Dong Qing Pian</i>	Astragalus & Ligustrum Formula
<i>Huang Qi Ji Xue Wan</i>	Ji Xue Formula
<i>Huang Qi Jian Zhong Tang</i>	Astragalus Formula

<i>Huo Xiang Zheng Qi Gao</i>	Agastache Tummy Syrup
<i>Jia Jian Bao He Wan</i>	Stomach-Harmonizing Formula
<i>Jia Jian Er Xian Tang</i>	Two Immortals Formula
<i>Jia Jian Jin Gui Shen Qi Wan</i>	Essential Yang Formula
<i>Jia Jian Yu Quan Wan</i>	Jade Source Formula
<i>Jia Wei Cang Er Pian</i>	Xanthium Nasal Formula
<i>Jia Wei Gui Shao Di Huang Wan</i>	Nourish Ren & Chong Formula
<i>Jia Wei Jian Gu Tang</i>	Yuan Support Formula
<i>Jia Wei Kang Ning Wan</i>	Ease Digestion Formula
<i>Jia Wei Ping Wei Fang</i>	Resolve the Middle Formula
<i>Jia Wei Si Wu Tang</i>	Tang Kuei & Salvia Formula
<i>Jia Wei Tao Hong Si Wu Tong</i>	Chong Release Formula
<i>Jia Wei Tu Yin ChenYou Jiao Nang</i>	Oregano Oil Formula
<i>Jia Wei Xiao Yao San</i>	Free & Easy Wanderer Plus
<i>Jia Wei Xin Yi San</i>	Xanthium & Magnolia Formula
<i>Jiang Huang Wan</i>	Curcuma Longa Formula
<i>Jin Hua Mei Ran Wan</i>	Seven Treasures Formula
<i>Jing Qi Pian</i>	Jing Qi Formula
<i>Juan Bi Tang</i>	Juan Bi Formula
<i>Ling Zhi Fei Pian</i>	Ling Zhi Lung Formula
<i>Liu Jun Zi Tang</i>	Six Gentlemen Formula
<i>Liu Wei Di Huang Wan</i>	Rehmannia Six Formula
<i>Long Dan Xie Gan Tang</i>	Gentiana Drain Fire Formula
<i>Luo Bu Ma Pian</i>	Luo Bu Ma Formula
<i>Ming Mu Di Huang Wan</i>	Ming Mu Formula
<i>Pu Ji Xiao Du Yin</i>	Pu Ji Formula
<i>Qi Hai Yao Fang</i>	Sea of Qi Formula
<i>Qiang Lie Xian Fang</i>	Prostate Formula
<i>Ren Shen Pian</i>	Ginseng Endurance Formula
<i>Ren Shen Yang Ying Wan</i>	Ginseng Nourishing Formula
<i>San Qi Pian</i>	San Qi Formula
<i>Shan Zha Xiao Hui Xiang Fang</i>	Hawthorn & Fennel Formula
<i>Shao Yao Gan Cao Jia Yan Hu Tang</i>	Corydalis Formula
<i>Sheng Mai San</i>	Sheng Mai Formula
<i>Shi Quan Da Bu Wan</i>	General Tonic Formula
<i>Shi Wu Wei Fu Ling Pian</i>	Poria Fifteen Formula
<i>Shou Wu Pian</i>	He Shou Wu Tablets
<i>Shu Gan Wan</i>	Shu Gan Formula
<i>Shu Jing Huo Xue Tang</i>	Course & Quicken Formula
<i>Shuang Dun Fang</i>	Twin Shields Formula
<i>Si Mao Wan</i>	Four Marvel Formula
<i>Suan Zao Ren Tang</i>	Zizyphus Formula
<i>Tao Ren Cong Rong Wan</i>	Persica & Cistanches Formula
<i>Tian Ma Gou Teng Yin</i>	Gastrodia & Uncaria Formula
<i>Tian Wang Bu Xin Dan</i>	Heavenly Emperor's Formula

<i>Tong Xie Yao Fang</i>	Peony & Atractylodes Formula
<i>Tou Pian</i>	Head Relief Formula
<i>Tu Fu Ling Sheng Di Huang Wan</i>	Rehmannia Cool Blood Formula
<i>Wen Dan Tang</i>	Poria & Bamboo Formula
<i>Wu Gu Fang</i>	Five Mushroom Formula
<i>Wu Hua Tang</i>	Wu Hua Formula
<i>Wu Jia Shen Pian</i>	Eleuthero Tablets
<i>Wu Ling San</i>	Poria Five Formula
<i>Xia Ku Hua Tan Pian</i>	Phlegm-Transforming Formula
<i>Xian Gu Fang</i>	Immortal Valley Formula
<i>Xiao Chai Hu Jia Jin Qian Cao Pian</i>	Lysimachia GB Formula
<i>Xiao Chai Hu Tang</i>	Minor Bupleurum Formula
<i>Xiao Er Zi Qing Fei Fang</i>	Children's Clear Lung Formula
<i>Xiao Er Zi Yu Fang</i>	Children's Jade Defense
<i>Xiao Yao San</i>	Bupleurum & Tang Kuei Formula
<i>Xie Bai San</i>	Mulberry & Lycium Formula
<i>Xue Fu Zhu Yu Tang</i>	Blood Palace Formula
<i>Yang Xin Ning Shen Wan</i>	Peaceful Spirit Formula
<i>Yang Xue Zhuang Jin Jian Bu Wan</i>	Restorative Formula
<i>Yi Guan Jian</i>	Linking Formula
<i>Yin Chen Hao Fang</i>	Capillaris Formula
<i>Yin Gu Fang</i>	Yin Valley Formula
<i>Yin Guo Ye Wan</i>	Ginkgo Formula
<i>Yin Qiao Gan Mao Fang</i>	Children's Clear & Release Formula
<i>Yin Qiao San</i>	Yin Chiao Formula
<i>Yu Ping Feng Jia Cang Er San</i>	Jade Screen & Xanthium Formula
<i>Yu Ping Feng San</i>	Jade Windscreen Formula
<i>Zhen Bao Fang</i>	Vital Treasure Formula
<i>Zhen Zhu Yu Rong Fang</i>	Margarita Complexion Formula
<i>Zheng Gu Xu Jin Fang</i>	Bone & Sinew Formula
<i>Zhi Bai Di Huang Wan</i>	Rehmannia & Scrophularia Formula
<i>Zhi Gan Cao Tang</i>	Baked Licorice Formula
<i>Zhong Gan Ling Pian</i>	Zhong Gan Ling Formula
<i>Zhu Ling Qu Mai Tang</i>	Polyporus & Dianthus Formula
<i>Zhui Feng Tou Gu Wan</i>	Chase Wind, Penetrate Bone Formula
<i>Zi Jing Di Huang Wan</i>	Nourish Essence Formula
<i>Zuo Gui Jia Er Zhi Wan</i>	True Yin Formula

CHINESE ENERGETIC INDEX

This index lists formulas by their most appropriate energetic category.

FORMULAS THAT RELEASE THE EXTERIOR

Formulas that Release Exterior Wind-Cold

CHILDREN'S JADE DEFENSE (*XIAO ER ZI YU FANG*)

CINNAMON TWIG FORMULA (*GUI ZHI TANG*)

NECK FORMULA (*BAI ZHI GE GEN WAN*)

XANTHIUM & MAGNOLIA FORMULA (*JIA WEI XIN YI SAN*)

Formulas that Release Exterior Wind-Heat

CHILDREN'S CLEAR & RELEASE FORMULA (*YIN QIAO GAN MAO FANG*)

GAN MAO LING FORMULA (*GAN MAO LING PIAN*)

SILER & PLATYCODON FORMULA (*FANG FENG TONG SHENG SAN*)

YIN CHIAO FORMULA (*YIN QIAO SAN*)

ZHONG GAN LING FORMULA (*ZHONG GAN LING PIAN*)

Formulas that Release Exterior Disorders with Head and Neck Symptoms

HEAD RELIEF FORMULA (*TOU PIAN*)

JADE SCREEN & XANTHIUM FORMULA (*YU PING FENG JIA CANG ER SAN*)

NECK FORMULA (*BAI ZHI GE GEN WAN*)

XANTHIUM NASAL FORMULA (*JIA WEI CANG ER PIAN*)

FORMULAS THAT CLEAR HEAT

Formulas that Clear Heat from the Nutritive Level and Cool the Blood

REHMANNIA COOL BLOOD FORMULA (*TU FU LING SHENG DI HUANG WAN*)

Formulas that Clear Heat and Relieve Toxicity

ANDROGRAPHIS FORMULA (*CHUAN XIN LIAN KANG YAN PIAN*)

CHILDREN'S EAR FORMULA (*HAI ER FANG*)

COPTIS RELIEVE TOXICITY FORMULA (*HUANG LIAN JIE DU PIAN*)

CURCUMA LONGA FORMULA (*JIANG HUANG WAN*)

MARGARITA COMPLEXION FORMULA (*ZHEN ZHU YU RONG FANG*)

PU JI FORMULA (*PU JI XIAO DU YIN*)

RABDOSIA PROSTATE FORMULA (*DONG LING CAO FANG*)

SILER & PLATYCODON FORMULA (*FANG FENG TONG SHENG SAN*)

VIOLA CLEAR FIRE FORMULA (*DI DING QING HUO PIAN*)

WU HUA FORMULA (*WU HUA TANG*)

XANTHIUM NASAL FORMULA (*JIA WEI CANG ER PIAN*)

YIN VALLEY FORMULA (*YIN GU FANG*)

Formulas that Clear Heat from the Organs

CAPILLARIS FORMULA (*YIN CHEN HAO FANG*)

CHILDREN'S CLEAR LUNG FORMULA (*XIAO ER ZI QING FEI FANG*)

GENTIANA DRAIN FIRE FORMULA (*LONG DAN XIE GAN TANG*)

INTESTINAL FUNGUS FORMULA (*CHANG MEI JUN FANG*)

LUO BU MA FORMULA (*LUO BU MA JIANG YA WAN*)

MULBERRY & LYCIUM FORMULA (*XIE BAI SAN*)

PULSATILLA INTESTINAL FORMULA (*BAI TOU WENG LI CHANG FANG*)

Formulas that Clear Heat from Deficiency

LINKING FORMULA (*YI GUAN JIAN*)

REHMANNIA & SCROPHULARIA FORMULA (*ZHI BAI DI HUANG WAN*)

FORMULAS THAT DRAIN DOWNWARD

Formulas that Drive out Excess Water and Unblock the Bowels

HAWTHORN & FENNEL FORMULA (*SHAN ZHA XIAO HUI XIANG FANG*)

PORIA FIFTEEN FORMULA (*SHI WU WEI FU LING PIAN*)

Formulas that Moisten the Intestines and Unblock the Bowels

PERSICA & CISTANCHES FORMULA (*TAO REN CONG RONG WAN*)

FORMULAS THAT HARMONIZE

Formulas that Harmonize Lesser Yang-Stage Disorders

BUPLEURUM & CINNAMON FORMULA (*CHAI HU GUI ZHI TANG*)

MINOR BUPLEURUM FORMULA (*XIAO CHAI HU TANG*)

Formulas that Regulate and Harmonize the Liver and Spleen

BUPLEURUM & TANG KUEI FORMULA (*XIAO YAO SAN*)

CHAI HU SHU GAN FORMULA (*CHAI HU SHU GAN TANG*)

EARTH-HARMONIZING FORMULA (*HE TU PIAN*)

FREE & EASY WANDERER PLUS (*JIA WEI XIAO YAO SAN*)

IMMORTAL VALLEY FORMULA (*XIAN GU FANG*)

PEONY & ATRACTYLODES FORMULA (*TONG XIE YAO FANG*)

Formulas that Regulate and Harmonize the Liver and Stomach

EARTH-HARMONIZING FORMULA (*HE TU PIAN*)

SHU GAN FORMULA (*SHU GAN WAN*)

FORMULAS THAT TREAT DRYNESS

HE SHOU WU TABLETS (*SHOU WU PIAN*)

Formulas that Enrich the Yin and Moisten Dryness

EIGHT IMMORTALS FORMULA (*BA XIAN CHANG SHOU WAN*)

LILY PRESERVE METAL FORMULA (*BAI HE GU JIN TANG*)

Formulas that Enrich the Yin, Generate Fluids, and Clear Heat

JADE SOURCE FORMULA (*JIA JIAN QUAN WAN*)

FORMULAS THAT EXPEL DAMPNESS

Formulas that Transform Dampness and Harmonize the Stomach

AGASTACHE TUMMY SYRUP (*HUO XIANG ZHENG QI GAO*)

Formulas that Promote Urination and Leach out Dampness

HAWTHORN & FENNEL FORMULA (*SHAN ZHA XIAO HUI XIANG FANG*)

POLYPORUS & DIANTHUS FORMULA (*ZHU LING QU MAI TANG*)

PORIA FIFTEEN FORMULA (*SHI WU WEI FU LING PIAN*)

PORIA FIVE FORMULA (*WU LING SAN*)

Formulas that Transform Damp Turbidity

RESOLVE THE MIDDLE FORMULA (*JIA WEI PING WEI FANG*)

Formulas that Clear Damp-Heat

FOUR MARVEL FORMULA (*SI MIAO SAN*)

IMMORTAL VALLEY FORMULA (*XIAN GU FANG*)

RABDOSIA PROSTATE FORMULA (*DONG LING CAO FANG*)

WU HUA FORMULA (*WU HUA TANG*)

Formulas that Clear Damp-Heat and Expel Stones

AMBER STONE-TRANSFORMING FORMULA (*HU PO HUA SHI PIAN*)

LYSIMACHIA GB FORMULA (*XIAO CHAI HU JIA JIN QIAN CAO PIAN*)

Formulas that Dispel Wind-Dampness

BONE & SINEW FORMULA (*ZHENG GU XU JIN FANG*)

CHASE WIND, PENETRATE BONE FORMULA (*ZHUI FENG TOU GU WAN*)

DUHUO & LORANTHUS FORMULA (*DU HUO JI SHENG TANG*)

EASE DIGESTION FORMULA (*KANG NING WAN*)

ELEUTHERO TABLETS (*WU JIA SHEN PIAN*)

JUAN BI FORMULA (*JUAN BI TANG*)

FORMULAS THAT WARM INTERIOR COLD

Formulas that Warm the Middle and Dispel Cold

ASTRAGALUS FORMULA (*HUANG QI JIAN ZHONG TANG*)

SEA OF QI FORMULA (*QI HAI YAO FANG*)

FORMULAS THAT SUPPLEMENT

Formulas that Supplement the Qi

ELEUTHERO TABLETS (*WU JIA SHEN PIAN*)

FIVE MUSHROOM FORMULA (*WU GU FANG*)

GINSENG & ASTRAGALUS FORMULA (*BU ZHONG YI QI WAN*)

GINSENG ENDURANCE FORMULA (*REN SHEN PIAN*)

RESTORE THE LUNG FORMULA (*BU FEI TANG*)

SEA OF QI FORMULA (*QI HAI YAO FANG*)

SHENG MAI FORMULA (*SHENG MAI SAN*)

SIX GENTLEMEN FORMULA (*LIU JUN ZI TANG*)

Formulas that Supplement the Blood

HE SHOU WU TABLETS (*SHOU WU PIAN*)

Ji XUE FORMULA (*HUANG QI JI XUE WAN*)

SEVEN TREASURES FORMULA (*JIN HUA MEI RAN WAN*)

TANG KUEI & PEONY FORMULA (*DANG GUI SHAO YAO SAN*)

TANG KUEI & SALVIA FORMULA (*JIA WEI SI WU TANG*)

TANG KUEI & TRIBULUS FORMULA (*DANG GUI YIN ZI*)

Formulas that Supplement the Blood and Yin

NOURISH REN & CHONG FORMULA (*JIA WEI GUI SHAO DI HUANG WAN*)

Formulas that Supplement the Qi and Blood

ASTRAGALUS & LIGUSTRUM FORMULA (*HUANG QI DONG QING PIAN*)

BAKED LICORICE FORMULA (*ZHI GAN CAO TANG*)

GENERAL TONIC FORMULA (*SHI QUAN DA BU WAN*)

GINSENG & LONGAN FORMULA (*GUI PI TANG*)

GINSENG NOURISHING FORMULA (*REN SHEN YANG YING WAN*)

RESTORATIVE FORMULA (*YANG XUE ZHUANG JIN JIAN BU WAN*)

TWIN SHIELDS FORMULA (*SHUANG DUN FANG*)

WOMEN'S PRECIOUS FORMULA (*BA ZHEN TANG*)

Formulas that Nourish Qi and Yin

JING QI FORMULA (*JING QI PIAN*)

SHENG MAI FORMULA (*SHENG MAI SAN*)

YIN TRANSITION FORMULA (*GENG NIAN AN WAN*)

Formulas that Nourish and Supplement the Yin

EIGHT IMMORTALS FORMULA (*BA XIAN CHANG SHOU WAN*)

LILY PRESERVE METAL FORMULA (*BAI HE GU JIN TANG*)

LINKING FORMULA (*YI GUAN JIAN*)

MING MU FORMULA (*MING MU DI HUANG WAN*)

REHMANNIA & SCROPHULARIA FORMULA (*ZHI BAI DI HUANG WAN*)

REHMANNIA SIX FORMULA (*LIU WEI DI HUANG WAN*)

SEVEN TREASURES FORMULA (*JIN HUA MEI RAN WAN*)

TRUE YIN FORMULA (*ZUO GUI JIA ER ZHI WAN*)

YIN VALLEY FORMULA (*YIN GU FANG*)

Formulas that Nourish Yin and Yang

MOBILIZE ESSENCE FORMULA (*FU REN BU YIN PIAN*)

NOURISH ESSENCE FORMULA (*ZI JING DI HUANG WAN*)

REJUVENATION FORMULA (*HUAN SHAO DAN*)

Formulas that Warm and Supplement the Yang

ESSENTIAL YANG FORMULA (*JIA JIAN JIN GUI SHEN QI WAN*)

SEA OF QI FORMULA (*QI HAI YAO FANG*)

TWO IMMORTALS FORMULA (*JIA JIAN ER XIAN TANG*)

VITAL TREASURE FORMULA (*ZHEN BAO FANG*)

YUAN SUPPORT FORMULA (*JIA WEI JIAN GU TANG*)

FORMULAS THAT REGULATE THE QI

Formulas that Promote the Movement of Qi

CHAI HU SHU GAN FORMULA (*CHAI HU SHU GAN TANG*)

PINELLIA & MAGNOLIA BARK FORMULA (*BAN XIA HOU PO TANG*)

Formulas that Direct Rebellious Qi Downward

LING ZHI LUNG FORMULA (*LING ZHI FEI PIAN*)

RESTORE THE LUNG FORMULA (*BU FEI TANG*)

SHU GAN FORMULA (*SHU GAN WAN*)

STOMACH-HARMONIZING FORMULA (*JIA JIAN BAO HE WAN*)

FORMULAS THAT INVIGORATE THE BLOOD

Formulas that Transform Blood Stasis

BLOOD PALACE FORMULA (*XUE FU ZHU YU TANG*)

COURSE & QUICKEN FORMULA (*SHU JING HUO XUE TANG*)

MOBILIZE ESSENCE FORMULA (*Fu Ren Bu Yin Pian*)

SAN QI FORMULA (*SAN QI PIAN*)

STASIS-TRANSFORMING FORMULA (*DAN SHEN HUA YU PIAN*)

Formulas that Warm the Menses and Dispel Blood Stasis

CHONG RELEASE FORMULA (*JIA WEI TAO HONG SI WU TONG*)

CINNAMON & PORIA FORMULA (*GUI ZHI FU LING WAN*)

Formulas that Invigorate the Blood for Treatment of Traumatic Injury

CORYDALIS FORMULA (*SHAO YAO GAN CAO JIA YAN HU TANG*)

TIEH TA FORMULA (*DIE DA WAN*)

TRAUMA 1 FORMULA (*DIE DA 1 HAO FANG*)

TRAUMA 2 FORMULA (*DIE DA 2 HAO FANG*)

FORMULAS THAT STOP BLEEDING

SAN QI FORMULA (*SAN QI PIAN*)

FORMULAS THAT STABILIZE AND BIND

Formulas that Stabilize the Exterior and the Lungs

CHILDREN'S JADE DEFENSE (*XIAO ER ZI YU FANG*)

JADE SCREEN & XANTHIUM FORMULA (*YU PING FENG JIA CANG ER SAN*)

JADE WINDSCREEN FORMULA (*YU PING FENG SAN*)

Formulas that Stabilize the Kidneys

CINNAMON D FORMULA (*GUI ZHI JIA LONG GU MU LI TANG*)

PROSTATE FORMULA (*QIANG LIE XIAN FANG*)

FORMULAS THAT CALM THE SPIRIT

Formulas that Nourish the Heart and Calm the Spirit

AN MIEN FORMULA (*AN MIEN PIAN*)

GINKGO FORMULA (*YIN GUO YE WAN*)

HEAVENLY EMPEROR'S FORMULA (*TIAN WANG BU XIN DAN*)

PEACEFUL SPIRIT FORMULA (*YANG XIN NING SHEN WAN*)

RESTFUL SLEEP FORMULA (*AN XIN PIAN*)

YUAN SUPPORT FORMULA (*JIA WEI JIAN GU TANG*)

ZIZYPHUS FORMULA (*SUAN ZAO REN TANG*)

Formulas that Sedate and Calm the Spirit

BUPLEURUM D FORMULA (*CHAI HU JIA LONG GU MU LI TANG*)

SALVIA TEN FORMULA (*DAN SHEN JIA SI JUN ZI PIAN*)

FORMULAS THAT EXPEL WIND

Formulas that Extinguish Internal Wind

GASTRODIA & UNCARIA FORMULA (*TIAN MA GOU TENG YIN*)

LUO BU MA FORMULA (*LUO BU MA JIANG YA WAN*)

FORMULAS THAT TREAT PHELM

Formulas that Dry Dampness and Expel Phlegm

CITRUS & PINELLIA FORMULA (*ER CHEN TANG*)

Formulas that Clear Heat and Transform Phlegm

FRITILLARIA & PINELLIA FORMULA (*CHUAN BEI BAN XIA TANG*)

PORIA & BAMBOO FORMULA (*WEN DAN TANG*)

Formulas that Moisten Dryness and Transform Phlegm

LILY PRESERVE METAL FORMULA (*BAI HE GU JIN TANG*)

Formulas that Transform Phlegm and Dissipate Nodules

PHLEGM-TRANSFORMING FORMULA (*XIA KU HUA TAN PIAN*)

FORMULAS THAT REDUCE FOOD STAGNATION

EASE DIGESTION FORMULA (*KANG NING WAN*)

HAWTHORN & FENNEL FORMULA (*SHAN ZHA XIAO HUI XIANG FANG*)

PORIA FIFTEEN FORMULA (*SHI WU WEI FU LING PIAN*)

RESOLVE THE MIDDLE FORMULA (*JIA WEI PING WEI FANG*)

STOMACH-HARMONIZING FORMULA (*JIA JIAN BAO HE WAN*)

FORMULAS THAT EXPEL PARASITES

OREGANO OIL FORMULA (*JIA WEI TU YIN CHEN YOU JIAO NANG*)

WU HUA FORMULA (*WU HUA TANG*)

ZANG-FU INDEX

LUNG

Clears Heat and Transforms Phlegm

XANTHIUM NASAL FORMULA (*JIA WEI CANG ER PIAN*)

Redirects Lung Qi

LING ZHI LUNG FORMULA (*LING ZHI FEI PIAN*)

RESTORE THE LUNG FORMULA (*BU FEI TANG*)

Release Heat from Lung

CHILDREN'S CLEAR & RELEASE FORMULA (*YIN QIAO GAN MAO FANG*)

CHILDREN'S CLEAR LUNG FORMULA (*XIAO ER ZI QING FEI FANG*)

CHILDREN'S EAR FORMULA (*HAI ER FANG*)

GAN MAO LING (*GAN MAO LING PIAN*)

MULBERRY & LYCIUM FORMULA (*XIE BAI SAN*)

PU JI FORMULA (*PU JI XIAO DU YIN*)

RESTORE THE LUNG FORMULA (*BU FEI TANG*)

VIOLA CLEAR FIRE FORMULA (*DI DING QING HUO PIAN*)

YIN CHIAO FORMULA (*YIN QIAO SAN*)

ZHONG GAN LING FORMULA (*ZHONG GAN LING PIAN*)

Supplements Lung Yin

EIGHT IMMORTALS FORMULA (*BA XIAN CHANG SHOU WAN*)

LILY PRESERVE METAL FORMULA (*BAI HE GU JIN TANG*)

SHENG MAI FORMULA (*SHENG MAI SAN*)

Supplements Lung Qi

GINSENG & ASTRAGALUS FORMULA (*BU ZHONG YI QI WAN*)

SHENG MAI FORMULA (*SHENG MAI SAN*)

SIX GENTLEMEN FORMULA (*LIU JUN ZI TANG*)

Supplements Lung Qi and Stabilizes the Exterior

CHILDREN'S JADE DEFENSE (*XIAO ER ZI YU FANG*)

JADE SCREEN & XANTHIUM FORMULA (*YU PING FENG JIA CANG ER SAN*)

JADE WINDSCREEN FORMULA (*YU PING FENG SAN*)

Transforms Phlegm-Heat

FRITILLARIA & PINELLIA FORMULA (*CHUAN BEI BAN XIA TANG*)

Transforms Phlegm-Damp

CITRUS & PINELLIA FORMULA (*ER CHEN TANG*)

LARGE INTESTINE

Clears Damp Heat from Large Intestine

ANDROGRAPHIS FORMULA (*CHUAN XIN LIAN KANG YAN PIAN*)

COPTIS RELIEVE TOXICITY FORMULA (*HUANG LIAN JIE DU PIAN*)

INTESTINAL FUNGUS FORMULA (*CHANG MEI JUN FANG*)

OREGANO OIL FORMULA (*JIA WEI TU YIN CHEN YOU JIAO NANG*)

PULSATILLA INTESTINAL FORMULA (*BAI TOU WENG LI CHANG FANG*)

WU HUA FORMULA (*WU HUA TANG*)

Moistens and Unblocks the Large Intestine

PERSICA & CISTANCHES FORMULA (*TAO REN CONG RONG WAN*)

Moves Stagnant Qi in the Large Intestine

HAWTHORN & FENNEL FORMULA (*SHAN ZHA XIAO HUI XIANG FANG*)

PORIA FIFTEEN FORMULA (*SHI WU WEI FU LING PIAN*)

STOMACH

Clears Fire from the Stomach

ANDROGRAPHIS FORMULA (*CHUAN XIN LIAN KANG YAN PIAN*)

COPTIS RELIEVE TOXICITY FORMULA (*HUANG LIAN JIE DU PIAN*)

WU HUA FORMULA (*WU HUA TANG*)

Harmonizes the Stomach and Liver

EARTH-HARMONIZING FORMULA (*HE TU PIAN*)

SHU GAN FORMULA (*SHU GAN WAN*)

Transforms Dampness and Harmonizes the Stomach

AGASTACHE TUMMY SYRUP (*HUO XIANG ZHENG QI GAO*)

Moves Stagnant Qi of the Stomach

EASE DIGESTION FORMULA (*KANG NING WAN*)

PORIA & BAMBOO FORMULA (*WEN DAN TANG*)

RESOLVE THE MIDDLE FORMULA (*JIA WEI PING WEI FANG*)

STOMACH-HARMONIZING FORMULA (*JIA JIAN BAO HE WAN*)

Supplements Stomach Yin

EIGHT IMMORTALS FORMULA (*BA XIAN CHANG SHOU WAN*)

SHENG MAI FORMULA (*SHENG MAI SAN*)

SPLEEN

Dispels Spleen Dampness

CITRUS & PINELLIA FORMULA (*ER CHEN TANG*)

HAWTHORN & FENNEL FORMULA (*SHAN ZHA XIAO HUI XIANG FANG*)

PHLEGM-TRANSFORMING FORMULA (*XIA KU HUA TAN PIAN*)

PORIA FIFTEEN FORMULA (*SHI WU WEI FU LING PIAN*)

RESOLVE THE MIDDLE FORMULA (*JIA WEI PING WEI FANG*)

Supplements Spleen Qi

ASTRAGALUS & LIGUSTRUM FORMULA (*HUANG QI DONG QING PIAN*)

BUPLEURUM & TANG KUEI FORMULA (*XIAO YAO SAN*)

GENERAL TONIC FORMULA (*SHI QUAN DA BU WAN*)

GINSENG & ASTRAGALUS FORMULA (*BU ZHONG YI QI WAN*)

GINSENG & LONGAN FORMULA (*GUI PI TANG*)

GINSENG ENDURANCE FORMULA (*REN SHEN PIAN*)

GINSENG NOURISHING FORMULA (*REN SHEN YANG YING WAN*)

JADE SOURCE FORMULA (*JIA JIAN YU QUAN WAN*)

JI XUE FORMULA (*HUANG QI JI XUE WAN*)

PEACEFUL SPIRIT FORMULA (*YANG XIN NING SHEN WAN*)

PEONY & ATRACTYLODES FORMULA (*TONG XIE YAO FANG*)

REJUVENATION FORMULA (*HUAN SHAO DAN*)
SALVIA TEN FORMULA (*DAN SHEN JIA SI JUN ZI PIAN*)
SIX GENTLEMEN FORMULA (*LIU JUN ZI TANG*)
WOMEN'S PRECIOUS FORMULA (*BA ZHEN TANG*)

Supplements and Warms Spleen Qi

ASTRAGALUS FORMULA (*HUANG QI JIAN ZHONG TANG*)

Supplements Spleen Yang

GINSENG & ASTRAGALUS FORMULA (*BU ZHONG YI QI WAN*)
PROSTATE FORMULA (*QIANG LIE XIAN FANG*)
SEA OF QI FORMULA (*QI HAI YAO FANG*)

HEART

Clears Heat from the Heart

BUPLEURUM D FORMULA (*CHAI HU JIA LONG GU MU LI TANG*)

Harmonizes Heart and Kidneys

CINNAMON D FORMULA (*GUI ZHI JIA LONG GU MU LI TANG*)
HEAVENLY EMPEROR'S FORMULA (*TIAN WANG BU XIN DAN*)

Moves Heart Blood

BLOOD PALACE FORMULA (*XUE FU ZHU YU TANG*)

Moves Heart Blood and Supplements Heart Blood

TANG KUEI & SALVIA FORMULA (*JIA WEI SI WU TANG*)

Supplements Heart Blood

GINKGO FORMULA (*YIN GUO YE WANG*)
GINSENG & LONGAN FORMULA (*GUI PI TANG*)
ZIZYPHUS FORMULA (*SUAN ZAO REN TANG*)

Supplements Heart Qi and Blood

BAKED LICORICE FORMULA (*ZHI GAN CAO TANG*)
GINSENG & LONGAN FORMULA (*GUI PI TANG*)
GINSENG NOURISHING FORMULA (*REN SHEN YANG YING WAN*)
PEACEFUL SPIRIT FORMULA (*YANG XIN NING SHEN WAN*)
RESTFUL SLEEP FORMULA (*AN XIN PIAN*)

Supplements Heart Yin

AN MIEN FORMULA (*AN MIEN PIAN*)
HEAVENLY EMPEROR'S FORMULA (*TIAN WANG BU XIN DAN*)
ZIZYPHUS FORMULA (*SUAN ZAO REN TANG*)

SMALL INTESTINE

For Pain along the Channel

CHASE WIND, PENETRATE BONE FORMULA (*ZHUI FENG TOU GU WAN*)
CURCUMA LONGA FORMULA (*JIANG HUANG WAN*)
JUAN BI FORMULA (*JUAN BI TANG*)
NECK FORMULA (*BAI ZHI GE GEN WAN*)

For Functional Weakness of Small Intestine, See Spleen

URINARY BLADDER

Drains Damp-Heat

ANDROGRAPHIS FORMULA (*CHUAN XIN LIAN KANG YAN PIAN*)

POLYPORUS & DIANTHUS FORMULA (*ZHU LING QU MAI TANG*)

RABDOSIA PROSTATE FORMULA (*DONG LING CAO FANG*)

Drains Dampness

PORIA FIVE FORMULA (*WU LING SAN*)

Expels Stones and Drains Damp-Heat

AMBER STONE-TRANSFORMING FORMULA (*HU PO HUA SHI PIAN*)

For Functional Weakness of Urinary Bladder, See Kidney

KIDNEY

Harmonizes Kidneys and Heart

CINNAMON D FORMULA (*GUI ZHI JIA LONG GU MU LI TANG*)

HEAVENLY EMPEROR'S FORMULA (*TIAN WANG BU XIN DAN*)

REJUVENATION FORMULA (*HUAN SHAO DAN*)

Supplements Kidney Yang

BONE & SINEW FORMULA (*ZHENG GU XU JIN FANG*)

ESSENTIAL YANG FORMULA (*JIA JIAN JIN GUI SHEN QI WAN*)

PROSTATE FORMULA (*QIANG LIE XIAN FANG*)

SEA OF QI FORMULA (*QI HAI YAO FANG*)

TWO IMMORTALS FORMULA (*JIA JIAN ER XIAN TANG*)

VITAL TREASURE FORMULA (*ZHEN BAO FANG*)

YUAN SUPPORT FORMULA (*JIA WEI JIAN GU TANG*)

Supplements Kidney Yin

EIGHT IMMORTALS FORMULA (*BA XIAN CHANG SHOU WAN*)

HE SHOU WU TABLETS (*SHOU WU PIAN*)

JING QI FORMULA (*JING QI PIAN*)

MING MU FORMULA (*MING MU DI HUANG WAN*)

NOURISH REN & CHONG FORMULA (*JIA WEI GUI SHAO DI HUANG WAN*)

REHMANNIA & SCROPHULARIA FORMULA (*ZHI BAI DI HUANG WAN*)

REHMANNIA SIX FORMULA (*LIU WEI DI HUANG WAN*)

SEVEN TREASURES FORMULA (*JIN HUA MEI RAN WAN*)

TRUE YIN FORMULA (*ZUO GUI JIA ER ZHI WAN*)

TWIN SHIELDS FORMULA (*SHUANG DUN FANG*)

YIN TRANSITION FORMULA (*GENG NIAN AN WAN*)

Supplements Kidney Yin and Yang

ELEUTHERO TABLETS (*WU JIA SHEN PIAN*)

ESSENTIAL YANG FORMULA (*JIA JIAN JIN GUI SHEN QI WAN*)

NOURISH ESSENCE FORMULA (*ZI JING DI HUANG WAN*)

REJUVENATION FORMULA (*HUAN SHAO DAN*)

TWO IMMORTALS FORMULA (*JIA JIAN ER XIAN TANG*)

Expels Stones

AMBER STONE-TRANSFORMING FORMULA (*HU PO HUA SHI PIAN*)

LIVER

Calms the Liver and Extinguishes Internal Wind

GASTRODIA & UNCARIA FORMULA (*TIAN MA GOU TENG YIN*)

LUO BU MA FORMULA (*LUO BU MA JIANG YA WAN*)

TANG KUEI & TRIBULUS FORMULA (*DANG GUI YIN ZI*)

Drains Fire from the Liver

CAPILLARIS FORMULA (*YIN CHEN HAO FANG*)

GENTIANA DRAIN FIRE FORMULA (*LONG DAN XIE GAN TANG*)

LUO BU MA FORMULA (*LUO BU MA JIANG YA WAN*)

MARGARITA COMPLEXION FORMULA (*ZHEN ZHU YU RONG FANG*)

YIN VALLEY FORMULA (*YIN GU FANG*)

Moves Stagnant Liver Blood

CHONG RELEASE FORMULA (*JIA WEI TAO HONG SI WU TONG*)

CINNAMON & PORIA FORMULA (*GUI ZHI FU LING WAN*)

STASIS-TRANSFORMING FORMULA (*DAN SHEN HUA YU PIAN*)

TANG KUEI & SALVIA FORMULA (*JIA WEI SI WU TANG*)

Moves Stagnant Liver Qi

BUPLEURUM & TANG KUEI FORMULA (*XIAO YAO SAN*)

FREE & EASY WANDERER PLUS (*JIA WEI XIAO YAO SAN*)

IMMORTAL VALLEY FORMULA (*XIAN GU FANG*)

PINELLIA & MAGNOLIA BARK FORMULA (*BAN XIA HOU PO TANG*)

YUAN SUPPORT FORMULA (*JIA WEI JIAN GU TANG*)

Soothes the Liver and Regulates the Stomach

EARTH-HARMONIZING FORMULA (*HE TU PIAN*)

SHU GAN FORMULA (*SHU GAN WAN*)

Spreads Liver Qi

CHAI HU SHU GAN FORMULA (*CHAI HU SHU GAN TANG*)

LINKING FORMULA (*YI GUAN JIAN*)

TANG KUEI & PEONY FORMULA (*DANG GUI SHAO YAO SAN*)

Supplements Liver Blood

CHONG RELEASE FORMULA (*JIA WEI TAO HONG SI WU TONG*)

HE SHOU WU TABLETS (*SHOU WU PIAN*)

Ji XUE FORMULA (*HUANG QI JI XUE WAN*)

SEVEN TREASURES FORMULA (*JIN HUA MEI RAN WAN*)

TANG KUEI & SALVIA FORMULA (*JIA WEI SI WU TANG*)

TANG KUEI & TRIBULUS FORMULA (*DANG GUI YIN ZI*)

WOMEN'S PRECIOUS FORMULA (*BA ZHEN TANG*)

ZIZYPHUS FORMULA (*SUAN ZAO REN TANG*)

Supplements Liver Yin

HE SHOU WU TABLETS (*SHOU WU PIAN*)

LINKING FORMULA (*YI GUAN JIAN*)

MING MU FORMULA (*MING MU DI HUANG WAN*)

TRUE YIN FORMULA (*ZUO GUI JIA ER ZHI WAN*)

YIN VALLEY FORMULA (*YIN GU FANG*)

ZIZYPHUS FORMULA (*SUAN ZAO REN TANG*)

GALLBLADDER

Drains Fire from the Gallbladder

GENTIANA DRAIN FIRE FORMULA (*LONG DAN XIE GAN TANG*)

PORIA & BAMBOO FORMULA (*WEN DAN TANG*)

Harmonizes and Releases Shaoyang Stage Disorders

BUPLEURUM & CINNAMON FORMULA (*CHAI HU GUI ZHI TANG*)

LYSIMACHIA GB FORMULA (*XIAO CHAI HU JIA JIN QIAN CAO PIAN*)

MINOR BUPLEURUM FORMULA (*XIAO CHAI HU TANG*)

Expels Stones

LYSIMACHIA GB FORMULA (*XIAO CHAI HU JIA JIN QIAN CAO PIAN*)

SYMPTOM INDEX

A

ABDOMINAL DISTENSION OR BLOATING

- AGASTACHE TUMMY SYRUP (with cold and dampness)
- BUPLEURUM & CINNAMON FORMULA (with liver/spleen disharmony or *shaoyang* stage disorders)
- BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation)
- CHAI HU SHU GAN FORMULA (from liver qi stagnation)
- CINNAMON & PORIA FORMULA (with blood stasis)
- EARTH-HARMONIZING FORMULA (with liver/stomach disharmony, food stagnation, and heat)
- EASE DIGESTION FORMULA (acute, wind, damp, stomach phlegm, or food stagnation)
- FREE & EASY WANDERER PLUS (with liver qi stagnation and heat)
- GINSENG & ASTRAGALUS FORMULA (with spleen/stomach qi deficiency)
- HAWTHORN & FENNEL FORMULA (with food stagnation)
- IMMORTAL VALLEY FORMULA (with dampness, heat, and blood stasis in lower abdomen)
- INTESTINAL FUNGUS FORMULA (with heat-toxin and dampness)
- PORIA FIFTEEN FORMULA (with food stagnation)
- RESOLVE THE MIDDLE FORMULA (with damp turbidity and stagnation in the middle burner)
- SEA OF QI FORMULA (with spleen yang and kidney yang deficiency)
- SHU GAN FORMULA (with liver qi stagnation)
- SIX GENTLEMEN FORMULA (with spleen and stomach qi deficiency and phlegm or dampness)
- STOMACH-HARMONIZING FORMULA (acute, with food stagnation and heat)
- WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)

ABDOMINAL MASSES

- CINNAMON & PORIA FORMULA (with blood stasis)
- PHLEGM-TRANSFORMING FORMULA (with phlegm accumulation)
- TANG KUEI & SALVIA FORMULA (with blood deficiency and stagnation)

ABDOMINAL PAIN

- AGASTACHE TUMMY SYRUP (with cold and dampness)
- AMBER STONE-TRANSFORMING FORMULA (from bladder or kidney stones)
- ASTRAGALUS FORMULA (with cold accumulation in the middle burner)
- CINNAMON & PORIA FORMULA (fixed or stabbing, from blood stasis)
- CORYDALIS FORMULA (analgesic, for spasms or colicky pain)
- EASE DIGESTION FORMULA (from wind, damp, stomach phlegm, or food stagnation)
- GINSENG & ASTRAGALUS FORMULA (with spleen/stomach qi deficiency)
- LINKING FORMULA (with yin deficiency, qi stagnation, and heat)
- MOBILIZE ESSENCE FORMULA (premenstrual, with blood stasis)
- PEONY & ATRACTYLODES FORMULA (with spleen qi deficiency, dampness, and liver qi stagnation)
- POLYPORUS & DIANTHUS FORMULA (lower, acute with heat in the interior or damp-heat)
- PORIA & BAMBOO FORMULA (with stomach-gallbladder disharmony, phlegm-heat and stagnation)

PULSATILLA INTESTINAL FORMULA (with intestinal inflammation from heat-toxin)
RESOLVE THE MIDDLE FORMULA (with damp turbidity and stagnation in the middle burner)
SHU GAN FORMULA (with liver qi stagnation)
STASIS-TRANSFORMING FORMULA (chronic, with qi and blood stasis, and damp-heat)
STOMACH-HARMONIZING FORMULA (cramping, acute, with food stagnation and heat)
TANG KUEI & PEONY FORMULA (mild, constant, with liver blood and spleen qi deficiency and dampness)
TANG KUEI & SALVIA FORMULA (with blood deficiency and stagnation)
WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)

ABSCESSSES

COPTIS RELIEVE TOXICITY FORMULA (with more severe heat)
VIOLA CLEAR FIRE FORMULA (with heat-toxin)

ACID REGURGITATION OR REFLUX

COPTIS RELIEVE TOXICITY FORMULA (with fire)
EARTH-HARMONIZING FORMULA (with liver/stomach disharmony, food stagnation, and heat)
EASE DIGESTION FORMULA (from wind, damp, stomach phlegm, or food stagnation)
FREE & EASY WANDERER PLUS (with liver/spleen disharmony)
PINELLIA & MAGNOLIA BARK FORMULA (with constrained qi and phlegm)
RESOLVE THE MIDDLE FORMULA (with damp turbidity and stagnation in the middle burner)
SIX GENTLEMEN FORMULA (with spleen and stomach qi deficiency and phlegm or dampness)
SHU GAN FORMULA (with liver qi stagnation)
STOMACH-HARMONIZING FORMULA (acute, foul-tasting or sour)

ACNE

COPTIS RELIEVE TOXICITY FORMULA (with liver heat, heat in the blood, or damp-heat)
MARGARITA COMPLEXION FORMULA (adolescent or adult, with heat in the blood or stomach heat)
SILER & PLATYCODON FORMULA (with heat and toxin in the interior)

AFTERNOON FEVER (See FEVER)

AIDS/HIV

ASTRAGALUS & LIGUSTRUM FORMULA (for deficiency)
JI XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin, and dampness)
VIOLA CLEAR FIRE FORMULA (with heat-toxin)

AGING, PREMATURE

BLOOD PALACE FORMULA (with blood stasis)
JING QI FORMULA (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)
REJUVENATION FORMULA (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)

ALLERGIES (See also FOOD ALLERGIES)

CHILDREN'S JADE DEFENSE FORMULA (with weak *wei* qi)
ASTRAGALUS FORMULA (chronic, with cold in the middle burner)
BUPLEURUM & TANG KUEI FORMULA (chronic, with liver/spleen disharmony)

CINNAMON TWIG FORMULA (with disharmony between *ying* and *wei*)
JADE SCREEN & XANTHIUM FORMULA (general, or with wind-heat)
JADE WINDSCREEN FORMULA (with weak *wei* qi)
XANTHIUM NASAL FORMULA (acute sinus congestion, with heat, dampness, or phlegm)
XANTHIUM & MAGNOLIA FORMULA (acute, nasal congestion or post-nasal drip,
with cold)

ALTITUDE SICKNESS

ELEUTHERO TABLETS
GINSENG & ASTRAGALUS FORMULA (with deficient qi of the middle burner)
GINSENG ENDURANCE FORMULA (with qi, blood, and yang deficiency)
JI XUE FORMULA (with qi and blood deficiency and stagnation)

AMENORRHEA (See MENSTRUATION, SCANTY OR ABSENT)

AMNESIA

GINKGO FORMULA (with liver fire or wind, and heart and liver blood deficiency)
GINSENG NOURISHING FORMULA (with qi and blood deficiency, emotional symptoms)

ANEMIA (See BLOOD DEFICIENCY PATTERNS)

ANGER OUTBURSTS (See IRRITABILITY)

ANGINA (See CHEST PAIN)

ANXIETY AND NERVOUSNESS

AN MIEN FORMULA (with deficiency, heat, and phlegm in heart, lung, and/or stomach)
BAKED LICORICE FORMULA (with qi, blood, and yin deficiency)
BUPLEURUM D FORMULA (with liver qi stagnation, phlegm and disturbed *shen*)
CINNAMON D FORMULA (with heart/kidney disharmony)
FREE & EASY WANDERER PLUS (with liver qi stagnation or liver/spleen disharmony)
GINSENG & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)
GINSENG NOURISHING FORMULA (with qi and blood deficiency, and unstable *shen*)
HEAVENLY EMPEROR'S FORMULA (with heart yin deficiency)
JING QI FORMULA (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)
PEACEFUL SPIRIT FORMULA (with spleen qi and heart qi and blood deficiency)
PORIA & BAMBOO FORMULA (with stomach-gallbladder disharmony, phlegm-heat and stagnation)
SALVIA TEN FORMULA (with depression)
TWO IMMORTALS FORMULA (with kidney yin and yang deficiency, and flaring-up of fire)
YIN TRANSITION FORMULA (for sweating from, with deficient kidney qi and jing)

APPENDICITIS

PULSATILLA INTESTINAL FORMULA (with intestinal inflammation from heat-toxin)
WU HUA FORMULA (with damp-heat)

APPETITE, INCREASED

COPTIS RELIEVE TOXICITY FORMULA (with stomach fire)
JADE SOURCE FORMULA (with yin deficiency fire and deficient fluids)

APPETITE, POOR, REDUCED, OR LOSS OF

AGASTACHE TUMMY SYRUP (with cold and dampness)
ASTRAGALUS FORMULA (with cold and deficiency in the middle burner)
BUPLEURUM & TANG KUEI FORMULA (with liver/spleen disharmony)
ELEUTHERO TABLETS (with spleen and kidney deficiency, and stagnation)

EARTH-HARMONIZING FORMULA (with liver/stomach disharmony, food stagnation, and heat)
 FREE & EASY WANDERER PLUS (with liver/spleen disharmony and heat)
 GENERAL TONIC FORMULA (with qi and blood deficiency, and internal cold)
 GINSENG & ASTRAGALUS FORMULA (with deficient qi of the middle burner)
 GINSENG & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)
 GINSENG ENDURANCE FORMULA (with qi, blood, and yang deficiency)
 GINSENG NOURISHING FORMULA (with qi, blood, and yang deficiency)
 JI XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin, and dampness)
 JING QI FORMULA (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)
 MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)
 PORIA & BAMBOO FORMULA (with stomach-gallbladder disharmony, phlegm-heat and stagnation)
 REJUVENATION FORMULA (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)
 RESOLVE THE MIDDLE FORMULA (with damp turbidity and stagnation in the middle burner)
 SALVIA TEN FORMULA (from depression with spleen qi deficiency)
 SEA OF QI FORMULA (with spleen yang and kidney yang deficiency)
 SHU GAN FORMULA (with liver qi stagnation)
 SIX GENTLEMEN FORMULA (with spleen and stomach qi deficiency and phlegm or dampness)
 STOMACH-HARMONIZING FORMULA (with food stagnation and heat)
 WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)

ARMS AND LEGS (See LIMBS)

ARRHYTHMIA

BAKED LICORICE FORMULA (with qi, blood, and yin deficiency)
 SHENG MAI FORMULA (with lung yin and qi deficiency)

ARTHRITIS OR JOINT PAIN

BUPLEURUM & CINNAMON FORMULA (with crackling sensation or *shaoyang* disorders)
 CHASE WIND, PENETRATE BONE FORMULA (with wind-cold, wind-damp, qi and blood stasis)
 COURSE & QUICKEN FORMULA (with wind-damp and qi and blood stasis)
 CURCUMA LONGA FORMULA (with qi and blood stasis, and heat)
 DU HUO & LORANTHUS FORMULA (lower body with kidney and liver deficiency)
 ELEUTHERO TABLETS (with spleen and kidney deficiency, and stagnation)
 ESSENTIAL YANG FORMULA (with kidney yang deficiency)
 FOUR MARVEL FORMULA (with dampness and heat in the lower burner)
 JUAN BI FORMULA (upper body, with wind-damp, cold, and blood stasis)
 NECK FORMULA (in neck and shoulders, with wind, cold, and dampness)
 REHMANNIA & SCROPHULARIA FORMULA (with kidney yin deficiency heat)
 RESTORATIVE FORMULA (with qi, blood, yin and yang deficiency, wind, and dampness)

ASTHMA / DYSPNEA

BAKED LICORICE FORMULA (with qi and blood, and irregular pulse)
 EIGHT IMMORTALS FORMULA (with lung, kidney, and stomach yin deficiency)

ESSENTIAL YANG FORMULA (chronic, with kidney yang deficiency)
FRITILLARIA & PINELLIA FORMULA (with phlegm-heat)
LILY PRESERVE METAL FORMULA (chronic, with lung yin deficiency)
LING ZHI LUNG FORMULA (for kidneys not grasping lung qi, with phlegm)
MINOR BUPLEURUM FORMULA (liver/spleen disharmony with phlegm)
MULBERRY & LYCIUM FORMULA (with lung heat or fire)
PINELLIA & MAGNOLIA BARK FORMULA (with constrained qi and phlegm)

ATHELETE'S FOOT

OREGANO OIL FORMULA (topically)

ATHELETIC PERFORMANCE

GINSENG ENDURANCE FORMULA (with qi, blood, and yang deficiency)

ATROPHY

FOUR MARVEL FORMULA (with dampness and heat in the lower burner)
DU HUO & LORANTHUS FORMULA (lower limbs, with kidney and liver deficiency)
JI XUE FORMULA (with qi and blood deficiency and poor circulation)

B

BACK PAIN OR STIFFNESS

AMBER STONE-TRANSFORMING FORMULA (lower, from bladder or kidney stones)
CHASE WIND, PENETRATE BONE FORMULA (with wind-cold and wind-damp, qi and blood stasis)
CHAI HU SHU GAN FORMULA (for flank pain from liver qi stagnation)
CINNAMON & PORIA FORMULA (lower, with blood stasis)
CORYDALIS FORMULA (muscle spasms)
COURSE & QUICKEN FORMULA (lower, with wind-damp and qi and blood stasis)
DU HUO & LORANTHUS FORMULA (lower, with kidney and liver deficiency)
ELEUTHERO TABLETS (with spleen and kidney deficiency, and stagnation)
ESSENTIAL YANG FORMULA (chronic, with kidney yang deficiency)
PROSTATE FORMULA (with prostate symptoms)
REHMANNIA & SCROPHULARIA FORMULA (with kidney yin deficiency heat)
REHMANNIA SIX FORMULA (with kidney and liver yin deficiency)
SEVEN TREASURES FORMULA (lower, with deficient jing and kidney and liver yin, and deficient blood)
TANG KUEI & PEONY FORMULA (with gynecological symptoms, liver blood deficiency and dampness)
TRUE YIN FORMULA (with kidney and liver yin deficiency)
WOMEN'S PRECIOUS FORMULA (with gynecological symptoms, qi and blood deficiency)
YIN VALLEY FORMULA (with yin deficiency dryness and heat)

BACK SPASMS

ASTRAGALUS FORMULA (with cold and deficiency in the middle burner)
CORYDALIS FORMULA (for pain from)

BACK WEAKNESS

DU HUO & LORANTHUS FORMULA (lower, with kidney and liver deficiency)
ELEUTHERO TABLETS (with stress, kidney and spleen deficiency, and stagnation)
ESSENTIAL YANG FORMULA (with kidney yang deficiency)
GENERAL TONIC FORMULA (with qi and blood deficiency, and internal cold)
HE SHOU WU TABLETS (with deficient blood, and kidney/liver yin deficiency)

NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, liver yin deficiency)
REHMANNIA SIX FORMULA (with kidney and liver yin deficiency)
REJUVENATION FORMULA (heavy feeling in, with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)
SEVEN TREASURES FORMULA (lower, with deficient jing and kidney and liver yin, and deficient blood)
TANG KUEI & PEONY FORMULA (with liver blood deficiency, spleen deficiency and dampness)
TRUE YIN FORMULA (with kidney and liver yin deficiency)
VITAL TREASURE FORMULA (with kidney yang deficiency, qi and yin deficiency)
YUAN SUPPORT FORMULA (with spleen qi, kidney yang, and blood deficiency)

BACTERIAL INFECTION

ANDROGRAPHIS FORMULA (with heat-toxin)
COPTIS RELIEVE TOXICITY FORMULA (with more severe heat)
OREGANO OIL FORMULA (anti-microbial)
POLYPORUS & DIANTHUS FORMULA (urinary)
VIOLA CLEAR FIRE FORMULA (respiratory)
WU HUA FORMULA (gastrointestinal, with damp-heat)

BAD BREATH

COPTIS RELIEVE TOXICITY FORMULA (acute, with liver heat, heat in the blood, or damp-heat)
EARTH-HARMONIZING FORMULA (chronic, with liver/stomach disharmony, food stagnation, and heat)
STOMACH-HARMONIZING FORMULA (acute, with food stagnation and stomach heat)

BASAL TEMPERATURE LOW

YUAN SUPPORT FORMULA (with spleen qi, kidney yang, and blood deficiency)

BELCHING

CHAI HU SHU GAN FORMULA (from liver qi stagnation or liver/spleen disharmony)
EARTH-HARMONIZING FORMULA (with liver/stomach disharmony, food stagnation, and heat)
EASE DIGESTION FORMULA (from wind, damp, stomach phlegm or food stagnation)
RESOLVE THE MIDDLE FORMULA (with damp turbidity and stagnation in the middle burner)
SIX GENTLEMEN FORMULA (with spleen and stomach qi deficiency and phlegm or dampness)
SHU GAN FORMULA (with liver qi stagnation)
STOMACH-HARMONIZING FORMULA (of sour, foul-tasting liquid, acute)

BI SYNDROME (See ARTHRITIS)

BITTER TASTE IN MOUTH (See TASTE IN MOUTH, BITTER, SOUR, OR BAD)

BLADDER STONES

AMBER STONE-TTRANSFORMING FORMULA (acute or chronic)

BLEEDING

COPTIS RELIEVE TOXICITY FORMULA (from excess heat)
SAN QI FORMULA (internal or external)
YIN VALLEY FORMULA (with yin deficiency dryness and heat in the blood)

BLOATING (See ABDOMINAL DISTENSION)

BLOOD DEFICIENCY PATTERNS

- GENERAL TONIC FORMULA (with qi and blood deficiency and internal cold)
- GINSENG & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)
- GINSENG NOURISHING FORMULA (with qi, blood, and yang deficiency)
- HE SHOU WU TABLETS (with deficiency of liver and kidney yin)
- Ji XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin, and dampness)
- NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, liver yin deficiency)
- NOURISH REN & CHONG FORMULA (with deficient blood and yin, and heat and stagnation in liver and heart)
- SEVEN TREASURES FORMULA (with deficient jing and kidney and liver yin, and deficient blood)
- TANG KUEI & PEONY FORMULA (with spleen deficiency and dampness)
- TANG KUEI & SALVIA FORMULA (with blood stasis)
- TANG KUEI & TRIBULUS FORMULA (with blood deficiency and dryness)
- WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)
- YUAN SUPPORT FORMULA (with spleen qi, kidney yang, and blood deficiency)

BLOOD IN STOOLS

- COPTIS RELIEVE TOXICITY FORMULA (with liver heat, heat in the blood, or damp-heat)
- REHMANNIA COOL BLOOD FORMULA (with heat in the blood)
- SAN QI FORMULA (controls bleeding)
- WU HUA FORMULA (with dysentery from damp-heat)

BLOOD IN URINE

- AMBER STONE-TRANSFORMING FORMULA (from bladder or kidney stones)
- COPTIS RELIEVE TOXICITY FORMULA (with liver heat, heat in the blood, or damp-heat)
- POLYPORUS & DIANTHUS FORMULA (with damp-heat)
- REHMANNIA COOL BLOOD FORMULA (with heat in the blood)
- SAN QI FORMULA (controls bleeding)

BLOOD STASIS

- BLOOD PALACE FORMULA (upper body)
- CHONG RELEASE FORMULA (with blood deficiency)
- CHAI HU SHU GAN FORMULA (with liver qi stagnation and cold extremities)
- CINNAMON & PORIA FORMULA (lower body)
- COURSE & QUICKEN FORMULA (with wind-dampness and qi and blood stasis)
- CURCUMA LONGA FORMULA (with inflammation, qi and blood stasis and heat)
- Ji XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin, and dampness)
- MOBILIZE ESSENCE FORMULA (with yin and yang deficiency)
- SALVIA TEN FORMULA (with depression and spleen qi deficiency)
- SAN QI FORMULA (controls bleeding)
- STASIS-TRANSFORMING FORMULA (with qi and blood stasis, and damp-heat)
- TANG KUEI & SALVIA FORMULA (with blood deficiency)
- TIEH TA FORMULA (from traumatic injury)
- TRAUMA 1 FORMULA (first stage traumatic injury)
- TRAUMA 2 FORMULA (second stage traumatic injury)

BLURRED VISION (See VISION, BLURRED)

BODY ACHES (See ACHES, GENERAL BODY)

BODY FLUIDS (See FLUIDS)

BOILS

ANDROGRAPHIS FORMULA (with heat-toxin)

COPTIS RELIEVE TOXICITY FORMULA (with liver heat, heat in the blood, or damp-heat)

MARGARITA COMPLEXION FORMULA (with heat in the blood, or stomach heat)

REHMANNIA COOL BLOOD FORMULA (with heat in the blood)

SILER & PLATYCODON FORMULA (for wind-heat with heat in the interior)

WU HUA FORMULA (with damp-heat)

BONE BREAKS (See FRACTURES)

BONE DEGENERATION OR WEAKNESS

BONE & SINEW FORMULA (second and third stage trauma)

CHASE WIND, PENETRATE BONE FORMULA (with kidney yin and yang deficiency and painful obstruction)

DU HUO & LORANTHUS FORMULA (lower body, with kidney and liver deficiency)

ELEUTHERO TABLETS (with kidney and spleen deficiency and stagnation)

ESSENTIAL YANG FORMULA (with kidney yang deficiency)

BOUNDARY ISSUES, PSYCHOLOGICAL

BUPLEURUM & CINNAMON FORMULA (with liver/spleen disharmony; use low dose)

CINNAMON D FORMULA (with heart/kidney disharmony; use low dose)

CINNAMON TWIG FORMULA (regulates *wei qi* and *ying qi*; use low dose)

BREAST DISTENSION, PAIN OR TENDERNESS

CHAI HU SHU GAN FORMULA (from liver qi stagnation and blood stasis)

BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, and liver blood and yin deficiency)

FREE & EASY WANDERER PLUS (same as above, but with heat)

WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency and stagnation)

BREAST LUMPS, FIBROCYSTIC

BLOOD PALACE FORMULA (with blood stasis in upper body)

BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation)

FREE & EASY WANDERER PLUS (with liver qi stagnation, and heat)

PHLEGM-TRANSFORMING FORMULA (with phlegm accumulation, deficiency, and qi or blood stasis)

BREATHING DIFFICULTY (See ASTHMA)

BREATHING LABORED UPON EXERTION

BAKED LICORICE FORMULA (with qi, blood, and yin deficiency)

GINSENG ENDURANCE FORMULA (with qi deficiency)

LING ZHI LUNG FORMULA (for kidneys not grasping lung qi, with phlegm)

BREATHING SHALLOW (See SHORTNESS OF BREATH)

BRONCHITIS

ANDROGRAPHIS FORMULA (acute, with heat-toxin)

CHILDREN'S CLEAR LUNG FORMULA (acute, with lung fire or phlegm-heat)

CITRUS & PINELLIA FORMULA (chronic, with phlegm-damp, and clear or white sputum)

FRITILLARIA & PINELLIA FORMULA (with lung heat or phlegm-heat, and yellow or green sputum)

GINSENG & ASTRAGALUS FORMULA (chronic, with deficient middle qi)

JADE WINDSCREEN FORMULA (mild, in children with no fever)

LILY PRESERVE METAL FORMULA (chronic, with lung yin deficiency)

LING ZHI LUNG FORMULA (with wheezing, phlegm, and no fever)

MINOR BUPLEURUM FORMULA (acute *shaoyang* stage, or chronic)
MULBERRY & LYCIUM FORMULA (with constrained heat in the lung)
PINELLIA & MAGNOLIA BARK FORMULA (with constrained qi and phlegm)
PORIA & BAMBOO FORMULA (with stomach-gallbladder disharmony, phlegm-heat and stagnation)
PHLEGM-TRANSFORMING FORMULA (chronic, with phlegm accumulation, deficiency, and qi or blood stasis)
RESTORE THE LUNG FORMULA (chronic, with lung qi deficiency)
SILER & PLATYCODON FORMULA (for wind-heat with heat in the interior)
VIOLA CLEAR FIRE FORMULA (with heat-toxin)
ZHONG GAN LING FORMULA (with wind-heat)

BRONCHIAL ASTHMA (See ASTHMA)

BRUISES

GINSENG & LONGAN FORMULA (chronic, or bruises easily)
TIEH TA FORMULA (late first or early second stage trauma, with little or no heat)
TRAUMA 1 FORMULA (first stage trauma, with swelling, heat, and pain)
TRAUMA 2 FORMULA (second stage trauma, with stasis, stiffness, and pain)

BURSITIS

JUAN BI FORMULA (upper body, with wind-damp, cold and blood stasis)

C

CANDIDA INFECTION (See YEAST)

CARBUNCLES

ANDROGRAPHIS FORMULA (with heat-toxin)
COPTIS RELIEVE TOXICITY FORMULA (with heat in the liver, heart, or blood)
HE SHOU WU TABLETS (with deficient blood, and kidney/liver yin deficiency)
PU JI FORMULA (upper body, with heat-toxin)
REHMANNIA COOL BLOOD FORMULA (with heat in the blood)

CARDIAC INSUFFICIENCY

BAKED LICORICE FORMULA (with qi, blood, and yin deficiency)

CARDIOMYOPATHY

BAKED LICORICE FORMULA (with qi, blood, and yin deficiency)

CARTILAGE DAMAGE

BONE & SINEW FORMULA (second and third stage trauma)
TRAUMA 1 FORMULA (first stage trauma, with swelling, heat, and pain)
TRAUMA 2 FORMULA (second stage trauma, with stasis, stiffness, and pain)

CATARACTS

ESSENTIAL YANG FORMULA (with kidney yang deficiency)
MING MU FORMULA (liver and kidney deficiency, with liver heat or internal wind)

CELLULITIS

COPTIS RELIEVE TOXICITY FORMULA (with heat in the liver, heart, or blood)
PU JI FORMULA (submaxillary, with heat-toxin and external wind)
BLOOD PALACE FORMULA (with blood stasis)

CERVICAL DYSPLASIA

IMMORTAL VALLEY FORMULA (with dampness, heat, and blood stasis)
YIN VALLEY FORMULA (with yin deficiency dryness and heat)

CERVICAL MUCUS, DRY OR SCANTY

NOURISH REN & CHONG FORMULA (with deficient blood and yin, and heat and stagnation in liver and heart)

CERVICITIS

IMMORTAL VALLEY FORMULA (with dampness, heat, and blood stasis)

YIN VALLEY FORMULA (with yin deficiency dryness and heat)

CHEMOTHERAPY, RECOVERY FROM, OR SIDE EFFECTS OF

ASTRAGALUS & LIGUSTRUM FORMULA (with deficiency of normal qi)

ELEUTHERO TABLETS (with kidney and spleen deficiency, and stagnation)

FIVE MUSHROOM FORMULA (general tonic for lung, kidney, liver, spleen, and immune system)

Ji XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin, and dampness)

JING QI FORMULA (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)

PORIA & BAMBOO FORMULA (with stomach-gallbladder disharmony, phlegm-heat and stagnation)

CHEST PAIN

BLOOD PALACE FORMULA (with blood stasis in upper body)

SHENG MAI FORMULA (with lung yin and qi deficiency)

CHEST, FULLNESS OF, OR STIFLING SENSATION IN

AGASTACHE TUMMY SYRUP (with cold and dampness)

BLOOD PALACE FORMULA (with blood stasis in upper body)

BUPLEURUM D FORMULA (with liver qi stagnation, phlegm and disturbed *shen*)

CITRUS & PINELLIA FORMULA (with phlegm-damp)

FRITILLARIA & PINELLIA FORMULA (with lung heat or phlegm-heat)

MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)

MULBERRY & LYCIUM FORMULA (with constrained heat in the lung)

PINELLIA & MAGNOLIA BARK FORMULA (with constrained qi and phlegm)

PORIA & BAMBOO FORMULA (with stomach-gallbladder disharmony, phlegm-heat and stagnation)

SIX GENTLEMEN FORMULA (with spleen and stomach qi deficiency and phlegm or dampness)

SHENG MAI FORMULA (with lung qi or yin deficiency or with injury to yin from summer heat)

CHICKEN POX

ANDROGRAPHIS FORMULA (with heat-toxin)

CHILDREN'S CLEAR & RELEASE FORMULA (early stage, with heat-toxin)

COPTIS RELIEVE TOXICITY FORMULA (with high fever)

REHMANNIA COOL BLOOD FORMULA (with intense itching)

VIOLA CLEAR FIRE FORMULA (with heat-toxin)

YIN CHIAO FORMULA (to vent rash)

CHILDREN, POOR HEALTH IN

ASTRAGALUS FORMULA (with cold and deficiency in the middle burner)

CHILDREN'S JADE DEFENSE FORMULA (with weak *wei* qi, frequent colds)

JADE WINDSCREEN FORMULA (with weak *wei* qi, frequent colds)

MINOR BUPLEURUM FORMULA (chronic ear infections)

REHMANNIA SIX FORMULA (slow development)

CHILLS

- BUPLEURUM & CINNAMON FORMULA (with concurrent *taiyang* and *shaoyang* patterns)
- CHAI HU SHU GAN FORMULA (alternating with mild fever, and constrained qi)
- CINNAMON TWIG FORMULA (with fever unrelieved by sweating, from wind-cold)
- MINOR BUPLEURUM FORMULA (alternating with fever, *shaoyang* stage)
- NECK FORMULA (mild, in upper back and neck with external wind-cold)

CHOLECYSTITIS (See GALLBLADDER INFLAMMATION)

CHOLESTEROL, ELEVATED

- HAWTHORN & FENNEL FORMULA (with obesity and chronic food stagnation)
- HE SHOU WU TABLETS (with deficient blood, and kidney/liver yin deficiency)
- LUO BU MA FORMULA (with liver heat or fire and dampness or phlegm)
- PORIA FIFTEEN FORMULA (with obesity and chronic food stagnation)

CHRONIC FATIGUE SYNDROME

- ASTRAGALUS & LIGUSTRUM FORMULA (for deficiency)
- Ji XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin and dampness)
- MINOR BUPLEURUM FORMULA (with latent pathogenic factor)
- VIOLA CLEAR FIRE FORMULA (with active pathogenic factor)

CIRCULATION, POOR (See BLOOD STASIS)

CIRRHOSIS OF THE LIVER

- CAPILLARIS FORMULA (early stage)
- FREE & EASY WANDERER PLUS (with liver/spleen disharmony and heat)

COLD, AVERSION OR SENSITIVITY TO

- AGASTACHE TUMMY SYRUP (with cold and dampness)
- GENERAL TONIC FORMULA (with qi and blood deficiency, and internal cold)
- GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)
- NECK FORMULA (with external wind-cold)
- SEA OF QI FORMULA (with spleen yang and kidney yang deficiency)
- TWIN SHIELDS FORMULA (from poor thyroid function)
- YUAN SUPPORT FORMULA (with spleen qi, kidney yang, and blood deficiency)

COLD LIMBS OR EXTREMITIES

- ASTRAGALUS FORMULA (with cold and deficiency in the middle burner)
- CHAI HU SHU GAN FORMULA (from liver qi stagnation, blood stasis or liver/spleen disharmony)
- CINNAMON TWIG FORMULA (from wind-cold)
- CINNAMON D FORMULA (with heart/kidney disharmony)
- DU HUO & LORANTHUS FORMULA (lower body, with kidney and liver deficiency)
- ESSENTIAL YANG FORMULA (with kidney yang deficiency)
- GENERAL TONIC FORMULA (with qi and blood deficiency, and internal cold)
- SEA OF QI FORMULA (with spleen yang and kidney yang deficiency)
- VITAL TREASURE FORMULA (with kidney yang deficiency, qi and yin deficiency)
- YUAN SUPPORT FORMULA (with spleen qi, kidney yang, and blood deficiency)

COLITIS

- PEONY & ATRACTYLODES FORMULA (with spleen qi deficiency, dampness, and liver qi stagnation)
- PULSATILLA INTESTINAL FORMULA (with dampness and heat-toxin)
- SAN QI FORMULA (for pain and bleeding)

COMMON COLD

ANDROGRAPHIS FORMULA (with heat-toxin)

BUPLEURUM & CINNAMON FORMULA (with concurrent *taiyang* and *shaoyang* patterns, with chest constriction)

CHILDREN'S CLEAR & RELEASE FORMULA (from wind-heat)

CHILDREN'S JADE DEFENSE FORMULA (frequent, with weak *wei qi*, or for prevention)

CINNAMON TWIG FORMULA (from wind-cold)

GAN MAO LING FORMULA (from wind-heat)

JADE WINDSCREEN FORMULA (frequent, or in weak patients, or for prevention)

MINOR BUPLEURUM FORMULA (with lingering fever, or goes into chest, *shao yang* stage)

NECK FORMULA (from wind-cold, with neck and shoulder stiffness)

SILER & PLATYCODON FORMULA (for wind-heat with heat in the interior)

YIN CHIAO FORMULA (early stages, wind-heat)

ZHONG GAN LING FORMULA (from wind-heat)

COMPLEXION, LUSTERLESS, PALE, OR SALLOW

ASTRAGALUS FORMULA (with cold in the middle burner)

ESSENTIAL YANG FORMULA (with kidney yang deficiency)

GENERAL TONIC FORMULA (with qi and blood deficiency, and internal cold)

GINSENG & ASTRAGALUS FORMULA (with spleen qi and yang deficiency)

JADE WINDSCREEN FORMULA (with weak *wei qi*)

Ji XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin, and dampness)

RESTFUL SLEEP FORMULA (with insomnia, deficient qi and heart blood, and heat)

SEA OF QI FORMULA (with spleen yang and kidney yang deficiency)

TANG KUEI & SALVIA FORMULA (with blood deficiency and stagnation)

WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)

CONCENTRATION, POOR

ELEUTHERO TABLETS

GINKGO FORMULA (with liver fire or wind, and heart and liver blood deficiency)

GINSENG & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)

HEAVENLY EMPEROR'S FORMULA (with heart and kidney yin deficiency)

Ji XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin and dampness)

CONCUSSION (See POST-CONCUSSION SYNDROME)

CONJUNCTIVITIS

COPTIS RELIEVE TOXICITY FORMULA (acute, with heat, or damp-heat)

GENTIANA DRAIN FIRE FORMULA (acute, with damp-heat in liver or liver fire)

HEAVENLY EMPEROR'S FORMULA (chronic, with heart and kidney yin deficiency fire)

SILER & PLATYCODON FORMULA (for wind-heat with heat in the interior)

YIN CHIAO FORMULA (with wind-heat)

CONSTIPATION

BAKED LICORICE FORMULA (with qi, blood, and yin deficiency)

BUPLEURUM & TANG KUEI FORMULA (with liver/spleen disharmony)

BUPLEURUM D FORMULA (with liver qi stagnation, phlegm and irritability)

EARTH-HARMONIZING FORMULA (with liver/stomach disharmony, food stagnation, and heat)

EASE DIGESTION FORMULA (from wind, damp, stomach phlegm or food stagnation)

EIGHT IMMORTALS FORMULA (from dryness with lung, kidney, and stomach yin deficiency)

ESSENTIAL YANG FORMULA (with kidney yang deficiency)

FREE & EASY WANDERER PLUS (with liver/spleen disharmony and heat)

GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)

HAWTHORN & FENNEL FORMULA (with obesity and chronic food stagnation)

HE SHOU WU TABLETS (with deficient blood, and kidney/liver yin deficiency)

MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)

NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, liver yin deficiency)

PERSICA & CISTANCHES FORMULA (with dry, hard or difficult to pass stool)

PORIA FIFTEEN FORMULA (with obesity and chronic food stagnation)

RESOLVE THE MIDDLE FORMULA (with damp turbidity and stagnation in the middle burner)

RESTFUL SLEEP FORMULA (dry stool, with insomnia, deficient qi and heart blood, and heat)

SILER & PLATYCODON FORMULA (for wind-heat with heat in the interior)

STASIS-TRANSFORMING FORMULA (with qi and blood stasis, and damp-heat)

STOMACH-HARMONIZING FORMULA (acute, with food stagnation and heat)

TANG KUEI & SALVIA FORMULA (from blood deficiency and stagnation)

TWIN SHIELDS FORMULA (from deficiency and dryness, with poor thyroid function)

CONSTITUTION, DELICATE

ASTRAGALUS FORMULA (in children)

CHILDREN'S JADE DEFENSE FORMULA (frequent colds and weak *wei* qi)

BUPLEURUM & CINNAMON FORMULA (harmonizes nutritive and protective qi)

GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)

GINSENG & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)

GINSENG ENDURANCE FORMULA (with qi, blood, and yang deficiency)

GINSENG NOURISHING FORMULA (with qi, blood, and yang deficiency)

JADE WINDSCREEN FORMULA (recurrent colds or flu)

REHMANNIA SIX FORMULA (with kidney and liver yin deficiency)

CONVULSIONS

BUPLEURUM D FORMULA (with liver qi stagnation and phlegm)

GASTRODIA & UNCARIA FORMULA (with liver yang rising and liver wind)

CORONARY HEART DISEASE

BAKED LICORICE FORMULA (with qi, blood, and yin deficiency)

BLOOD PALACE FORMULA (with blood stasis in upper body)

SAN QI FORMULA (with blood stasis)

COUGH

BAKED LICORICE FORMULA (dry and weak, with qi, blood, and yin deficiency)

CHILDREN'S CLEAR & RELEASE FORMULA (dry, from wind-heat)

CHILDREN'S CLEAR LUNG FORMULA (croupy, with phlegm heat)

CITRUS & PINELLIA FORMULA (with sticky, clear or white sputum)

EIGHT IMMORTALS FORMULA (chronic, with lung, kidney, and stomach yin deficiency)

FIVE MUSHROOM FORMULA (chronic, general tonic for lung, kidney, liver, spleen, and immune system)

FRITILLARIA & PINELLIA FORMULA (thick, sticky, yellow or green sputum from lung-heat or phlegm-heat)
 GENERAL TONIC FORMULA (chronic, with qi and blood deficiency, and internal cold)
 LILY PRESERVE METAL FORMULA (dry, blood streaked or sticky sputum from lung yin deficiency)
 LING ZHI LUNG FORMULA (with wheezing and phlegm)
 MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)
 MULBERRY & LYCIUM FORMULA (with lung heat or fire)
 PINELLIA & MAGNOLIA BARK FORMULA (with constrained qi and profuse sputum)
 PORIA FIVE FORMULA (with fluid retention)
 RESTORE THE LUNG FORMULA (with lung qi deficiency)
 SEA OF QI FORMULA (with white sputum, spleen and kidney yang deficiency)
 SHENG MAI FORMULA (chronic, with difficult to expectorate sputum and lung qi or yin deficiency)
 SILER & PLATYCODON FORMULA (for wind-heat with heat in the interior)
 SIX GENTLEMEN FORMULA (with copious thin, white sputum, middle qi deficiency)
 VIOLA CLEAR FIRE FORMULA (respiratory infection, heat-toxin)
 YIN CHIAO FORMULA (from initial stage wind-heat)
 ZHONG GAN LING FORMULA (from severe wind-heat)

COUGHING UP BLOOD

COPTIS RELIEVE TOXICITY FORMULA (with heat)
 EIGHT IMMORTALS FORMULA (with lung, kidney, and stomach yin deficiency)
 MULBERRY & LYCIUM FORMULA (with lung heat or fire)
 SAN QI FORMULA (controls bleeding)

CROHN'S DISEASE

PEONY & ATRACTYLODES FORMULA (with spleen qi deficiency, dampness, and liver qi stagnation)
 PULSATILLA INTESTINAL FORMULA (with intestinal inflammation from heat-toxin)
 SAN QI FORMULA (acute attacks)

CYSTITIS (See URINARY TRACT INFECTION)

CYSTS, GANGLIONIC (See GANGLIONIC CYSTS)

CYSTS, OVARIAN (See OVARIAN CYSTS)

D

DEBILITY (See WEAKNESS)

DELIRIUM

BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed *shen*)
 COPTIS RELIEVE TOXICITY FORMULA (with fire or heat)
 GINKGO FORMULA (with liver fire or wind, and heart and liver blood deficiency)
 REHMANNIA COOL BLOOD FORMULA (with heat in the blood)

DEPRESSION

AN MIEN FORMULA (with deficiency, heat, and phlegm in heart, lung, and/or stomach)
 BLOOD PALACE FORMULA (with blood stasis in upper body, and a sensation of warmth in chest)
 BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation)
 CHAI HU SHU GAN FORMULA (from liver qi stagnation invading spleen or lower burner)

FREE & EASY WANDERER PLUS (with liver qi stagnation and heat)
JI XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin and dampness)
PORIA & BAMBOO FORMULA (with stomach-gallbladder disharmony, phlegm-heat and stagnation)
SALVIA TEN FORMULA (with spleen qi deficiency)
TWIN SHIELDS FORMULA (from poor thyroid function or deficiency)
TWO IMMORTALS FORMULA (with kidney yin and yang deficiency and flaring-up of fire)

DIABETES

EIGHT IMMORTALS FORMULA (with lung, kidney, and stomach yin deficiency)
ESSENTIAL YANG FORMULA (with kidney yang deficiency)
JADE SOURCE FORMULA (with yin deficiency fire and deficient fluids)
REHMANNIA & SCROPHULARIA FORMULA (with kidney yin deficiency heat)
REHMANNIA SIX FORMULA (with kidney and liver yin deficiency)

DIARRHEA OR LOOSE STOOLS

AGASTACHE TUMMY SYRUP (with cold and dampness)
ANDROGRAPHIS FORMULA (acute, with heat-toxin)
CINNAMON D FORMULA (with heart/kidney disharmony)
COPTIS RELIEVE TOXICITY FORMULA (with blood in stools from heat)
EARTH-HARMONIZING FORMULA (with liver/stomach disharmony, food stagnation, and heat)
EASE DIGESTION FORMULA (from wind, damp, stomach phlegm or food stagnation)
GINSENG & ASTRAGALUS FORMULA (chronic, with spleen and stomach qi deficiency)
GINSENG NOURISHING FORMULA (chronic, with qi, blood, and yang deficiency)
INTESTINAL FUNGUS FORMULA (with heat-toxin and dampness)
MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)
PEONY & ATRACTYLODES FORMULA (with spleen qi deficiency, dampness, and liver qi stagnation)
PORIA FIVE FORMULA (acute, with vomiting and heaviness or edema)
PULSATILLA INTESTINAL FORMULA (with intestinal inflammation from heat-toxin)
RESOLVE THE MIDDLE FORMULA (with damp turbidity and stagnation in the middle burner)
SEA OF QI FORMULA (chronic, with spleen yang and kidney yang deficiency)
SIX GENTLEMEN FORMULA (with spleen and stomach qi deficiency and phlegm or dampness)
STOMACH-HARMONIZING FORMULA (acute, with heat and food stagnation)
VIOLA CLEAR FIRE FORMULA (from damp-heat)
WU HUA FORMULA (with damp-heat or heat-toxin)

DIGESTIVE DISCOMFORT, CHRONIC

EARTH-HARMONIZING FORMULA (with liver/stomach disharmony, food stagnation, and heat)
LINKING FORMULA (with yin deficiency, qi stagnation, and heat)

DIGESTION, WEAK

ASTRAGALUS FORMULA (with cold in the middle burner, especially in children)
GENERAL TONIC FORMULA (with qi and blood deficiency, and internal cold)
GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)

GINSENG NOURISHING FORMULA (with qi, blood, and yang deficiency)
 HAWTHORN & FENNEL FORMULA (with food stagnation)
 JI XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin and dampness)
 JING QI FORMULA (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)
 PORIA FIFTEEN FORMULA (with food stagnation)
 SALVIA TEN FORMULA (with depression)
 SEA OF QI FORMULA (with kidney and spleen yang deficiency)
 SHU GAN FORMULA (with liver qi stagnation)
 SIX GENTLEMEN FORMULA (with spleen and stomach qi deficiency and phlegm or dampness)

DIZZINESS

AGASTACHE TUMMY SYRUP (with cold and dampness)
 BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, liver blood deficiency)
 CINNAMON D FORMULA (with heart/kidney disharmony)
 CITRUS & PINELLIA FORMULA (with phlegm-damp)
 COPTIS RELIEVE TOXICITY FORMULA (with fire or heat-toxin)
 EIGHT IMMORTALS FORMULA (with lung, kidney, and stomach yin deficiency)
 FREE & EASY WANDERER PLUS (with liver qi stagnation, liver blood deficiency and heat)
 GASTRODIA & UNCARIA FORMULA (with liver yang rising and liver wind)
 GENERAL TONIC FORMULA (with qi and blood deficiency, and internal cold)
 GENTIANA DRAIN FIRE FORMULA (with liver fire, damp-heat)
 GINKGO FORMULA (with poor mental functioning)
 GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)
 HE SHOU WU TABLETS (with deficient blood, and kidney/liver yin deficiency)
 JI XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin and dampness)
 JING QI FORMULA (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)
 LUO BU MA FORMULA (with liver heat or fire and dampness or phlegm)
 MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)
 NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, liver yin deficiency)
 NOURISH REN & CHONG FORMULA (with deficient blood and yin and heat and stagnation in liver and heart)
 PEACEFUL SPIRIT FORMULA (with spleen qi and heart qi and blood deficiency)
 PORIA & BAMBOO FORMULA (with stomach-gallbladder disharmony, phlegm-heat and stagnation)
 PORIA FIVE FORMULA (with retention of fluids)
 REHMANNIA & SCROPHULARIA FORMULA (with kidney yin deficiency heat)
 REHMANNIA SIX FORMULA (with kidney and liver yin deficiency)
 SEA OF QI FORMULA (with spleen yang and kidney yang deficiency)
 SHENG MAI FORMULA (with lung qi or yin deficiency, or with injury to yin from summer heat)
 SIX GENTLEMEN FORMULA (due to stomach phlegm accumulation)

TANG KUEI & SALVIA FORMULA (with blood deficiency and stagnation)
TRUE YIN FORMULA (with kidney and liver yin deficiency)
TWO IMMORTALS FORMULA (with kidney yin and yang deficiency, and flaring up of fire)
WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)
YIN TRANSITION FORMULA (with deficient kidney qi, yin, and *jing*)

DREAM-DISTURBED SLEEP

AN MIEN FORMULA (with deficiency, heat, and phlegm in heart, lung, and/or stomach)
BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed *shen*)
CINNAMON D FORMULA (with heart/kidney disharmony)
GASTRODIA & UNCARIA FORMULA (with liver yang rising and liver wind)
GINKGO FORMULA (with poor mental functioning, liver fire or wind, and heart and liver blood deficiency)
GINSENG & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)
HEAVENLY EMPEROR'S FORMULA (with heart and kidney yin deficiency fire)
PEACEFUL SPIRIT FORMULA (with spleen qi and heart qi and blood deficiency)
TRUE YIN FORMULA (with kidney and liver yin deficiency)

DRUG WITHDRAWAL

BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed *shen*)

DRY HEAVES

BLOOD PALACE FORMULA (with blood stasis in upper body)
CINNAMON TWIG FORMULA (from wind-cold, or disharmony of *ying* and *wei*)

DRYNESS

BAKED LICORICE FORMULA (of mouth and throat with qi, blood, and yin deficiency and damage to the fluids)
COPTIS RELIEVE TOXICITY FORMULA (mouth and throat, with fire)
EIGHT IMMORTALS FORMULA (skin, mouth or throat, with lung, kidney, and stomach yin deficiency)
HE SHOU WU TABLETS (with deficient blood, and kidney/liver yin deficiency)
HEAVENLY EMPEROR'S FORMULA (with yin and blood)
JADE SOURCE FORMULA (of mouth and tongue, with yin deficiency fire and deficient fluids)
LILY PRESERVE METAL FORMULA (lips, mouth, nose, with lung yin deficiency)
LINKING FORMULA (with yin deficiency, qi stagnation, and heat)
MULBERRY & LYCIUM FORMULA (mouth, with lung heat or fire)
NOURISH ESSENCE FORMULA (mouth, with kidney yin and yang deficiency, liver yin deficiency)
REHMANNIA & SCROPHULARIA FORMULA (throat, with kidney yin deficiency heat)
REHMANNIA COOL BLOOD FORMULA (with heat in the blood)
REHMANNIA SIX FORMULA (with kidney and liver yin deficiency)
SHENG MAI FORMULA (with lung yin deficiency)
TANG KUEI & SALVIA FORMULA (hair, skin and nails, from blood deficiency)
TANG KUEI & TRIBULUS FORMULA (with blood deficiency and dryness)
TRUE YIN FORMULA (of mouth and throat, with kidney and liver yin deficiency)
TWIN SHIELDS FORMULA (nails and skin, from poor thyroid function)
WOMEN'S PRECIOUS FORMULA (hair, skin and nails, with blood and qi deficiency)
ZIZYPHUS FORMULA (mouth and throat, with liver and heart blood and yin deficiency, and heat)

DYSENTERY

- ANDROGRAPHIS FORMULA (bacterial with heat-toxin)
- OREGANO OIL FORMULA (anti-microbial, clears heat-toxin)
- WU HUA FORMULA (with damp-heat or heat-toxin)

DYSMENORRHEA (See MENSTRUAL PAIN)

E

EARACHES, OR EAR INFECTIONS

- ANDROGRAPHIS FORMULA (with heat-toxin)
- ASTRAGALUS FORMULA (chronic)
- CHILDREN'S EAR FORMULA (acute)
- GAN MAO LING FORMULA (from wind-heat)
- GENTIANA DRAIN FIRE FORMULA (with liver/gallbladder fire)
- MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)
- XANTHIUM & MAGNOLIA FORMULA (with nasal congestion)

EAR DRUM INFLAMED OR BULGING

- CHILDREN'S EAR FORMULA
- GENTIANA DRAIN FIRE FORMULA (with damp-heat, liver fire)

ECZEMA

- CINNAMON TWIG FORMULA (from wind-cold, or disharmony of *ying* and *wei*)
- COPTIS RELIEVE TOXICITY FORMULA (with heat or fire)
- DU HUO & LORANTHUS FORMULA (in children)
- FOUR MARVEL FORMULA (lower body, with damp-heat)
- GENTIANA DRAIN FIRE FORMULA (with damp-heat, liver fire)
- HE SHOU WU TABLETS (with deficient blood, and kidney/liver yin deficiency)
- MARGARITA COMPLEXION FORMULA (with heat in the blood or stomach heat)
- REHMANNIA COOL BLOOD FORMULA (with heat in the blood)
- TANG KUEI & TRIBULUS FORMULA (with blood deficiency and dryness)
- WU HUA FORMULA (with damp-heat, heat in the blood, or heat-toxin)

EDEMA

- COURSE & QUICKEN FORMULA (with wind-damp, and qi and blood stasis)
- ESSENTIAL YANG FORMULA (with kidney yang deficiency)
- FOUR MARVEL FORMULA (lower body, with damp-heat)
- HAWTHORN & FENNEL FORMULA (with obesity)
- LUO BU MA FORMULA (with liver heat or fire and dampness or phlegm)
- PORIA FIFTEEN FORMULA (with obesity)
- PORIA FIVE FORMULA (from taiyang disorders, spleen deficiency, or congestion of fluids in the lower burner)
- SEA OF QI FORMULA (with spleen yang and kidney yang deficiency)
- TANG KUEI & PEONY FORMULA (with liver blood and spleen deficiency and dampness)

EMACIATION (See WEIGHT LOSS, UNDESIRE)

EMOTIONAL INSTABILITY

- ASTRAGALUS FORMULA (lack of sense of self, with cold in the middle burner)
- BLOOD PALACE FORMULA (outbursts or extreme mood swings, with blood stagnation in upper body)
- BUPLEURUM & CINNAMON FORMULA (with liver/spleen disharmony)
- BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, liver blood deficiency)

BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed *shen*)
CINNAMON D FORMULA (with heart/kidney disharmony)
COPTIS RELIEVE TOXICITY FORMULA (with liver heat or fire)
FREE & EASY WANDERER PLUS (with liver qi stagnation, liver blood deficiency and heat)
GASTRODIA & UNCARIA FORMULA (with liver yang rising and wind)
GINSENG NOURISHING FORMULA (with qi and blood deficiency)
HEAVENLY EMPEROR'S FORMULA (with heart and kidney yin deficiency fire)
TWO IMMORTALS FORMULA (perimenopausal, with kidney yin and yang deficiency, and flaring-up of fire)

ENDOMETRIOSIS

CHONG RELEASE FORMULA (with blood deficiency and stagnation)
CINNAMON & PORIA FORMULA (with blood stasis)
PHLEGM-TRANSFORMING FORMULA (with phlegm accumulation, deficiency, and qi or blood stasis)
STASIS-TRANSFORMING FORMULA (with qi and blood stasis, and damp-heat)

ENDOMETRITIS

STASIS-TRANSFORMING FORMULA (with qi and blood stasis, and damp-heat)

ENDOMETRIUM TOO THIN

YUAN SUPPORT FORMULA (with spleen qi, kidney yang, and blood deficiency)

ENERGY LOW (See FATIGUE)

EPIGASTRIC PAIN (See STOMACHACHE)

EPISTAXIS (See NOSEBLEED)

EPSTEIN-BARR VIRUS (EBV)

ASTRAGALUS & LIGUSTRUM FORMULA (for deficiency)
MINOR BUPLEURUM FORMULA (with latent pathogenic factor)
PU JI FORMULA (acute, with heat-toxin)
VIOLA CLEAR FIRE FORMULA (with active pathogenic factor)

ERECTILE DYSFUNCTION (See SEXUAL DYSFUNCTION, MALE)

ESOPHAGEAL CONSTRICTION, NEUROTIC

PINELLIA & MAGNOLIA BARK FORMULA (with constrained qi and phlegm)

EXHAUSTION (See FATIGUE)

EYES DRY, RED, ITCHY, PAINFUL, OR SENSITIVE TO LIGHT

CURCUMA LONGA FORMULA (with inflammation, qi and blood stasis and heat)
FREE & EASY WANDERER PLUS (with liver qi stagnation, liver blood deficiency, and heat)
GAN MAO LING FORMULA (red, from wind-heat)
GASTRODIA & UNCARIA FORMULA (with liver yang rising and liver wind)
GENTIANA DRAIN FIRE FORMULA (with more severe heat and fullness)
JADE SCREEN & XANTHIUM FORMULA (with allergy symptoms)
LUO BU MA FORMULA (with liver heat or fire and dampness or phlegm)
MING MU FORMULA (with kidney deficiency and liver blood deficiency)
SILER & PLATYCODON FORMULA (for wind-heat with heat in the interior)
YIN CHIAO FORMULA (with wind-heat)

F

FACIAL SWELLING

JADE SCREEN & XANTHIUM FORMULA (with allergy symptoms)

PORIA FIVE FORMULA (with water metabolism dysfunction)

TWIN SHIELDS FORMULA (from poor thyroid function)

FATIGUE

ASTRAGALUS & LIGUSTRUM FORMULA (with deficiency of normal qi)

ASTRAGALUS FORMULA (with cold and deficiency in the middle burner)

BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, liver blood and yin deficiency)

CAPILLARIS FORMULA (with chronic hepatitis)

CHILDREN'S JADE DEFENSE FORMULA (with weak *wei* qi, frequent illness)

ELEUTHERO TABLETS (with stress, kidney and spleen deficiency, and stagnation)

ESSENTIAL YANG FORMULA (with kidney yang deficiency)

GENERAL TONIC FORMULA (with qi and blood deficiency, and internal cold)

GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency, and sunken yang)

GINSENG ENDURANCE FORMULA (with qi, blood, and yang deficiency)

GINSENG NOURISHING FORMULA (with qi and blood deficiency, and emotional symptoms)

Ji XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin and dampness)

JING QI FORMULA (with kidney, liver yin, and spleen qi deficiency, and slight liver qi constraint)

NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, liver yin deficiency)

NOURISH REN & CHONG FORMULA (with deficient blood and yin, and heat and stagnation in liver and heart)

PULSATILLA INTESTINAL FORMULA (with intestinal inflammation from heat-toxin)

REHMANNIA SIX FORMULA (with kidney and liver yin deficiency)

REJUVENATION FORMULA (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)

RESOLVE THE MIDDLE FORMULA (with damp turbidity and stagnation in the middle burner)

RESTFUL SLEEP FORMULA (from insomnia, with deficient qi and heart blood, and heat)

RESTORE THE LUNG FORMULA (with lung qi deficiency)

SALVIA TEN FORMULA (with depression and spleen qi deficiency)

SEA OF QI FORMULA (with spleen yang and kidney yang deficiency)

SHENG MAI FORMULA (with lung qi or yin deficiency or with injury to yin from summer heat)

SIX GENTLEMEN FORMULA (with spleen and stomach qi deficiency and phlegm or dampness)

TANG KUEI & SALVIA FORMULA (with blood deficiency and stagnation)

TWIN SHIELDS FORMULA (from poor thyroid function)

TWO IMMORTALS FORMULA (with kidney yin and yang deficiency, and flaring-up of fire)

VITAL TREASURE FORMULA (with kidney yang deficiency, qi and yin deficiency)

WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)
YIN TRANSITION FORMULA (with deficient kidney qi, yin, and *jing*)
YUAN SUPPORT FORMULA (with spleen qi, kidney yang, and blood deficiency)

FEVER

AGASTACHE TUMMY SYRUP (mild, with cold and dampness)
ANDROGRAPHIS FORMULA (with heat-toxin)
ASTRAGALUS FORMULA (low grade or occasional)
BLOOD PALACE FORMULA (afternoon, with blood stasis in upper body)
CHAI HU SHU GAN FORMULA (alternating with chills, *shaoyang* stage)
CHILDREN'S CLEAR & RELEASE FORMULA (acute wind-heat)
CHILDREN'S EAR FORMULA (in children prone to ear infections)
CINNAMON TWIG FORMULA (unrelieved by sweating, from wind-cold)
COPTIS RELIEVE TOXICITY FORMULA (high fever)
EIGHT IMMORTALS FORMULA (tidal, with lung, kidney, and stomach yin deficiency)
GAN MAO LING FORMULA (from wind-heat invasion)
GINSENG & ASTRAGALUS FORMULA (chronic, intermittent, worse with exertion)
GINSENG & LONGAN FORMULA (chronic, from deficiency, with spleen qi and heart qi and blood deficiency)
JI XUE FORMULA (low-grade, with qi and blood deficiency and stagnation, heat-toxin and dampness)
MINOR BUPLEURUM FORMULA (with alternating chills, *shaoyang* stage, or lingering)
MULBERRY & LYCIUM FORMULA (with lung heat or fire)
POLYPORUS & DIANTHUS FORMULA (with urinary tract infections)
PORIA FIVE FORMULA (*taiyang* stage, with water accumulation)
PU JI FORMULA (with heat-toxin and external wind)
REHMANNIA & SCROPHULARIA FORMULA (low grade, afternoon or tidal, with kidney yin deficiency)
REHMANNIA SIX FORMULA (with kidney and liver yin deficiency)
SILER & PLATYCODON FORMULA (for wind-heat with heat in the interior)
VIOLA CLEAR FIRE FORMULA (with heat-toxin)
YIN CHIAO FORMULA (with wind-heat)
YIN TRANSITION FORMULA (with deficient kidney qi, yin, and *jing*)
ZHONG GAN LING FORMULA (from severe wind-heat)

FIBROIDS, UTERINE (See UTERINE FIBROIDS)

FIBROMYALGIA (See also PAIN)

BLOOD PALACE FORMULA (with blood stasis in upper body)
JI XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin, and dampness)
RESTORATIVE FORMULA (with qi, blood, yin and yang deficiency, wind, and dampness)
STASIS-TRANSFORMING FORMULA (with qi and blood stasis, and damp-heat)

FLANK PAIN

CHAI HU SHU GAN FORMULA (from liver qi stagnation)
LINKING FORMULA (from yin deficiency with liver qi stagnation)
MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders, or liver/spleen disharmony)

FLATULENCE

- BUPLEURUM & CINNAMON FORMULA (with liver/spleen disharmony)
- EASE DIGESTION FORMULA (from wind-damp, stomach phlegm, or food stagnation)
- GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)
- INTESTINAL FUNGUS FORMULA (with heat-toxin and dampness)
- RESOLVE THE MIDDLE FORMULA (with damp turbidity and stagnation in the middle burner)
- SEA OF QI FORMULA (with spleen yang and kidney yang deficiency)
- SHU GAN FORMULA (with liver qi stagnation)
- STOMACH-HARMONIZING FORMULA (with and food stagnation)

FLU (See INFLUENZA)

FLUIDS, DAMAGE TO

- BAKED LICORICE FORMULA (with qi, blood, and yin deficiency)
- SHENG MAI FORMULA (with lung yin and qi deficiency)

FOOD ALLERGIES

- BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, liver blood and yin deficiency)
- EASE DIGESTION FORMULA (acute, with wind and dampness, stomach phlegm, or food stagnation)
- PULSATILLA INTESTINAL FORMULA (with intestinal inflammation from heat-toxin)

FOOD POISONING

- COPTIS RELIEVE TOXICITY FORMULA (with liver heat or fire)
- EASE DIGESTION FORMULA (with wind, dampness, or stomach phlegm)
- INTESTINAL FUNGUS FORMULA (with heat-toxin and dampness)
- OREGANO OIL FORMULA (anti-microbial)
- WU HUA FORMULA (with damp-heat)

FOOD STAGNATION

- CITRUS & PINELLIA FORMULA (with disharmony of stomach or spleen from phlegm-damp)
- EARTH-HARMONIZING FORMULA (chronic, with liver/stomach disharmony and heat)
- EASE DIGESTION FORMULA (acute, with wind, dampness, or stomach phlegm)
- HAWTHORN & FENNEL FORMULA (chronic)
- PORIA FIFTEEN FORMULA (chronic)
- RESOLVE THE MIDDLE FORMULA (with damp turbidity and stagnation in the middle burner)
- STOMACH-HARMONIZING FORMULA (acute with heat)

FORGETFULNESS (See MEMORY, POOR)

FRACTURES

- BONE & SINEW FORMULA (second and third stage)
- CURCUMA LONGA FORMULA (with inflammation and pain)
- TIH TA FORMULA (late first/early second stage with little or no heat)
- TRAUMA 1 FORMULA (first stage trauma, with swelling, heat, and pain)
- TRAUMA 2 FORMULA (second stage trauma, with stasis, stiffness, and pain)

FRAGILITY, EMOTIONAL FEELING OF

- AN MIEN FORMULA (with deficiency, heat, and phlegm in heart, lung, and/or stomach)
- CINNAMON D FORMULA (with heart/kidney disharmony; use low dose)
- PEACEFUL SPIRIT FORMULA (with spleen qi and heart qi and blood deficiency)

FRIGHT

ASTRAGALUS FORMULA (in children, with cold and deficiency in middle burner)

BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed *shen*)

GINSENG & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)

PORIA & BAMBOO FORMULA (with stomach-gallbladder disharmony, phlegm-heat and stagnation)

ZIZYPHUS FORMULA (with liver and heart blood and yin deficiency, disturbed sleep)

FRUSTRATION (See IRRITABILITY)

G

GALLBLADDER INFLAMMATION

GENTIANA DRAIN FIRE FORMULA (with liver and gallbladder fire, and/or damp-heat)

LYSIMACHIA GB FORMULA (with damp-heat and constrained qi in the liver and gallbladder and pain)

MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)

PORIA & BAMBOO FORMULA (with stomach-gallbladder disharmony, phlegm-heat and stagnation)

GALLBLADDER SPASMS

CHAI HU SHU GAN FORMULA (from liver qi stagnation)

CORYDALIS FORMULA (for pain)

LYSIMACHIA GB FORMULA (with damp-heat and constrained qi in the liver and gallbladder, and pain)

MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)

GALLSTONES

BUPLEURUM & CINNAMON FORMULA (with liver/spleen disharmony in weaker patients)

CHAI HU SHU GAN FORMULA (pain from liver qi stagnation)

GENTIANA DRAIN FIRE FORMULA (with damp-heat or fire in gallbladder)

LYSIMACHIA GB FORMULA (with damp-heat and constrained qi in the liver and gallbladder and pain)

MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)

GANGLIONIC CYSTS

PHLEGM-TRANSFORMING FORMULA (with phlegm accumulation, deficiency, and qi or blood stasis)

GAS (See BELCHING, BLOATING, OR FLATULENCE)

GASTRITIS (See also STOMACHACHE)

CHAI HU SHU GAN FORMULA (from liver qi stagnation)

COPTIS RELIEVE TOXICITY FORMULA (with liver heat or fire)

CURCUMA LONGA FORMULA (with inflammation, qi and blood stasis and heat)

LINKING FORMULA (with yin deficiency, qi stagnation, and heat)

PORIA & BAMBOO FORMULA (with stomach-gallbladder disharmony, phlegm-heat and stagnation)

RESOLVE THE MIDDLE FORMULA (with damp turbidity and stagnation in the middle burner)

GASTROENTERITIS (STOMACH FLU)

AGASTACHE TUMMY SYRUP (with cold and dampness)

ANDROGRAPHIS FORMULA (with heat-toxin)

EASE DIGESTION FORMULA (from wind, damp, stomach phlegm or food stagnation)

INTESTINAL FUNGUS FORMULA (with heat-toxin and dampness)

PORIA FIVE FORMULA (taiyang stage, with water accumulation)

WU HUA FORMULA (with damp-heat)

GASTROINTESTINAL INFLAMMATION

CURCUMA LONGA FORMULA (with inflammation, qi and blood stasis and heat)

INTESTINAL FUNGUS FORMULA (with heat-toxin and dampness)

PULSATILLA INTESTINAL FORMULA (with intestinal inflammation from heat-toxin)

WU HUA FORMULA (with damp-heat or heat-toxin)

GIARDIA

INTESTINAL FUNGUS FORMULA (with heat-toxin and dampness)

OREGANO OIL FORMULA (with damp-heat, and heat-toxin, anti-microbial)

GLAUCOMA

ESSENTIAL YANG FORMULA (with kidney yang deficiency)

MING MU FORMULA (liver/kidney deficiency with liver heat or internal wind)

GLANDS, SWOLLEN (See LYMPH NODES, ENLARGED)

GENITAL ITCHING AND SWELLING

FOUR MARVEL FORMULA (from damp-heat)

GENTIANA DRAIN FIRE FORMULA (damp-heat in the liver/gallbladder)

IMMORTAL VALLEY FORMULA (with dampness, heat, and blood stasis in lower abdomen)

YIN VALLEY FORMULA (with yin deficiency dryness and heat)

GENITAL PAIN, MALE

FOUR MARVEL FORMULA (from damp-heat)

GENTIANA DRAIN FIRE FORMULA (damp-heat in the liver/gallbladder)

RABDOSIA PROSTATE FORMULA (with heat or damp-heat and prostate symptoms)

GENITALS, COLDNESS IN

CINNAMON D FORMULA (with heart/kidney disharmony)

GENITAL SORES

FOUR MARVEL FORMULA (with dampness and heat in the lower burner)

GENTIANA DRAIN FIRE FORMULA (damp-heat in the liver/gallbladder)

IMMORTAL VALLEY FORMULA (with dampness, heat, and blood stasis in lower abdomen)

VIOLA CLEAR FIRE FORMULA (with heat-toxin)

GOITER

PHLEGM-TRANSFORMING FORMULA (with phlegm accumulation, deficiency, and qi or blood stasis)

TWIN SHIELDS FORMULA (with thyroid congestion)

GOUT

COURSE & QUICKEN FORMULA (with wind-damp, and qi and blood stasis)

CURCUMA LONGA FORMULA (anti-inflammatory, qi and blood stasis and heat)

FOUR MARVEL FORMULA (with dampness and heat in the lower burner)

JUAN BI FORMULA (upper body, with wind-damp, cold and blood stasis)

GRAVE'S DISEASE

TWIN SHIELDS FORMULA (see notes for this formula on page 122)

GUMS BLEEDING

SAN QI FORMULA (controls bleeding)

GUM INFECTIONS

ANDROGRAPHIS FORMULA (with heat-toxin)

COPTIS RELIEVE TOXICITY FORMULA (with liver heat or fire)

H

HAIR, DRY OR BRITTLE (See DRYNESS)

HAIR LOSS

CINNAMON D FORMULA (with heart/kidney disharmony)

GINSENG NOURISHING FORMULA (from injury to blood)

JI XUE FORMULA (from chemotherapy, with qi and blood deficiency and stagnation, heat-toxin and dampness)

SEVEN TREASURES FORMULA (with deficient jing and kidney and liver yin, and deficient blood)

TRUE YIN FORMULA (with kidney and liver yin deficiency)

HAIR, PREMATURE GRAYING

HE SHOU WU TABLETS (with deficient blood, and kidney/liver yin deficiency)

NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, liver yin deficiency)

SEVEN TREASURES FORMULA (with deficient jing and kidney and liver yin, and deficient blood)

TRUE YIN FORMULA (with kidney and liver yin deficiency)

HANGOVER

CITRUS & PINELLIA FORMULA (with phlegm-damp)

COPTIS RELIEVE TOXICITY FORMULA (with liver heat or fire)

EASE DIGESTION FORMULA (with digestive upset and dampness or phlegm)

GENTIANA DRAIN FIRE FORMULA (damp-heat in the liver/gallbladder)

HEAD RELIEF FORMULA (from wind or muscle tension)

RESOLVE THE MIDDLE FORMULA (with damp turbidity and stagnation in the middle burner)

STOMACH-HARMONIZING FORMULA (with digestive upset and heat)

HASHIMOTO'S DISEASE

TWIN SHIELDS FORMULA (see notes for this formula on page 122)

HAY FEVER (See ALLERGIES)

HEADACHE

AGASTACHE TUMMY SYRUP (with cold and dampness)

BLOOD PALACE FORMULA (fixed, piercing pain, with blood stasis in upper body)

BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, liver blood and yin deficiency)

BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed *shen*)

CHILDREN'S CLEAR & RELEASE FORMULA (from viral infection, acute wind-heat)

CINNAMON TWIG FORMULA (with wind-cold invasion)

CORYDALIS FORMULA (for pain or muscle tension)

FREE & EASY WANDERER PLUS (with liver qi stagnation, liver blood deficiency, and heat)

GAN MAO LING FORMULA (from wind-heat)

GASTRODIA & UNCARIA FORMULA (with liver yang rising and wind)

GENTIANA DRAIN FIRE FORMULA (with liver/gallbladder fire)

GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)

HEAD RELIEF FORMULA (from wind-cold, muscle tension, or trauma)

HE SHOU WU TABLETS (with blood deficiency)

JADE SCREEN & XANTHIUM FORMULA (from allergies)

LUO BU MA FORMULA (with liver heat or fire and dampness or phlegm)

MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)
MOBILIZE ESSENCE FORMULA (mid-menstrual cycle)
NECK FORMULA (from wind, cold, dampness, or tension)
NOURISH REN & CHONG FORMULA (with deficient blood and yin, and heat and stagnation in liver and heart)
PORIA FIVE FORMULA (taiyang stage, with water accumulation)
TANG KUEI & SALVIA FORMULA (with blood deficiency and stagnation)
XANTHIUM & MAGNOLIA FORMULA (with nasal congestion or post-nasal drip)
XANTHIUM NASAL FORMULA (acute sinus congestion, with heat, dampness, or phlegm)
YIN CHIAO FORMULA (from wind-heat)
ZHONG GAN LING FORMULA (from wind-heat)

HEARING LOSS

GENTIANA DRAIN FIRE FORMULA (acute, from fever with liver fire)
NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, liver yin deficiency)
REHMANNIA SIX FORMULA (with kidney and liver yin deficiency)
REJUVENATION FORMULA (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)
TRUE YIN FORMULA (with kidney and liver yin deficiency)

HEARTBURN

CHAI HU SHU GAN FORMULA (from liver qi stagnation)
COPTIS RELIEVE TOXICITY FORMULA (with liver heat or fire)
EASE DIGESTION FORMULA (from wind, damp, phlegm, or food stagnation)
EARTH-HARMONIZING FORMULA (chronic, with liver/stomach disharmony, food stagnation, and heat)
MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)
SHU GAN FORMULA (with liver qi invading the middle burner)
STOMACH-HARMONIZING FORMULA (from overeating)

HEART DISEASE

AN MIEN FORMULA (with deficiency, heat, and phlegm in heart or cardiac insufficiency)
BAKED LICORICE FORMULA (with qi, blood, and yin deficiency)
BLOOD PALACE FORMULA (with blood stasis)
CURCUMA LONGA FORMULA (with inflammation, qi and blood stasis and heat)
GINSENG & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)
SHENG MAI FORMULA (with lung qi or yin deficiency, or with injury to yin from summer heat)

HEART PALPITATIONS (See Palpitations)

HEAT, AVERSION TO

REHMANNIA & SCROPHULARIA FORMULA (in menopause, with kidney yin deficiency and fire)
REHMANNIA COOL BLOOD FORMULA (with heat in the blood)

HEAT EXHAUSTION

SHENG MAI FORMULA

HEAT RASH (See SKIN RASH)

HEAT SENSATION IN HEAD

BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed shen)
GASTRODIA & UNCARIA FORMULA (with liver yang rising and liver wind)

HEAVINESS, GENERALIZED BODY

PORIA FIFTEEN FORMULA (chronic, with obesity)

PORIA FIVE FORMULA (with spleen deficiency and water accumulation)

RESOLVE THE MIDDLE FORMULA (with damp turbidity and stagnation in the middle burner)

HEMATURIA (See BLOOD, IN URINE)

HEMOPTYSIS (See COUGHING UP BLOOD)

HEMORRHOIDS

ASTRAGALUS FORMULA (with cold and deficiency in the middle burner)

GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency, and sunken yang)

SAN QI FORMULA (controls bleeding)

TANG KUEI & PEONY FORMULA (with liver blood and spleen deficiency, and dampness)

WU HUA FORMULA (with damp-heat)

HEPATITIS

ANDROGRAPHIS FORMULA (acute, with heat-toxin)

BUPLEURUM & CINNAMON FORMULA (acute, type A, with liver/spleen disharmony or *shaoyang* stage disorders)

CAPILLARIS FORMULA (chronic)

CHAI HU SHU GAN FORMULA (from liver qi stagnation)

FIVE MUSHROOM FORMULA (general tonic for lung, kidney, liver, spleen, and immune system)

FREE & EASY WANDERER PLUS (chronic, Type B or C)

GENTIANA DRAIN FIRE FORMULA (acute, with liver fire, damp-heat)

LINKING FORMULA (with yin deficiency, qi stagnation, and heat)

LYSIMACHIA GB FORMULA (acute, with damp-heat and constrained qi in the liver and gallbladder)

MINOR BUPLEURUM FORMULA (chronic, Type A or B)

PORIA & BAMBOO FORMULA (with stomach-gallbladder disharmony, phlegm-heat and stagnation)

SHU GAN FORMULA (acute, with liver qi stagnation and phlegm)

HEPATOMEGALY

CHAI HU SHU GAN FORMULA (from liver qi stagnation)

CAPILLARIS FORMULA

HERNIA

GINSENG & ASTRAGALUS FORMULA

HERPES SIMPLEX

ANDROGRAPHIS FORMULA (for herpes simplex 1)

COPTIS RELIEVE TOXICITY FORMULA (for herpes simplex 1)

GENTIANA DRAIN FIRE FORMULA (for herpes simplex 2)

IMMORTAL VALLEY FORMULA (for herpes simplex 2)

VIOLA CLEAR FIRE FORMULA (for either 1 or 2)

HERPES ZOSTER (SHINGLES)

ANDROGRAPHIS FORMULA (with heat-toxin)

CHAI HU SHU GAN FORMULA (with liver qi stagnation)

CORYDALIS FORMULA (for pain from)

GENTIANA DRAIN FIRE FORMULA (with liver fire, damp-heat)

MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)

VIOLA CLEAR FIRE FORMULA (with heat-toxin)

HICCOUGH

BLOOD PALACE FORMULA (chronic, with blood stasis in upper body)

CHAI HU SHU GAN FORMULA (with liver qi stagnation)

PEONY & ATRACTYLODES FORMULA (with spleen qi deficiency, dampness, and liver qi stagnation)

PORIA & BAMBOO FORMULA (with stomach-gallbladder disharmony, phlegm-heat and stagnation)

SHU GAN FORMULA (with liver qi stagnation and phlegm)

HIVES

CINNAMON TWIG FORMULA (with wind-cold invasion)

HEAVENLY EMPEROR'S FORMULA (with heart and kidney yin deficiency fire)

MARGARITA COMPLEXION FORMULA (with heat in the blood or stomach heat)

REHMANNIA COOL BLOOD FORMULA (with heat in the blood)

SILER & PLATYCODON FORMULA (for wind-heat with heat in the interior)

TANG KUEI & SALVIA FORMULA (with blood deficiency)

TANG KUEI & TRIBULUS FORMULA (with blood deficiency and dryness)

WU HUA FORMULA (with damp-heat)

YIN CHIAO FORMULA (from wind-heat invasion)

HOARSENESS

EIGHT IMMORTALS FORMULA (with lung, kidney, and stomach yin deficiency)

VIOLA CLEAR FIRE FORMULA (with heat-toxin)

HOT FLASHES

BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, liver blood and yin deficiency)

BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed *shen*)

FREE & EASY WANDERER PLUS (with liver qi stagnation, liver blood and yin deficiency, and heat)

HEAVENLY EMPEROR'S FORMULA (with heart and kidney yin deficiency fire)

REHMANNIA & SCROPHULARIA FORMULA (with kidney yin deficiency and fire)

SEA OF QI FORMULA (with spleen yang and kidney yang deficiency)

TWO IMMORTALS FORMULA (with deficiency of ren and chong channels, and kidney deficiency)

WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)

YIN TRANSITION FORMULA (with deficient kidney qi, yin, and *jing*)

ZIZYPHUS FORMULA (with liver and heart blood and yin deficiency, and heat)

HUMAN PAPILLOMAVIRUS (HPV) INFECTION

IMMORTAL VALLEY FORMULA (with dampness, heat, and blood stasis in lower abdomen)

YIN VALLEY FORMULA (with yin deficiency dryness and heat)

HYPERGLYCEMIA

HAWTHORN & FENNEL FORMULA (with dampness and stagnation)

FIVE MUSHROOM FORMULA (regulates blood glucose)

HYPERLIPIDEMIA (See CHOLESTEROL, ELEVATED)

HYPERTENSION

BAKED LICORICE FORMULA (heart disease from, with qi, blood, and yin deficiency)

BLOOD PALACE FORMULA (with blood stasis in upper body)

BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed *shen*)

CHASE WIND, PENETRATE BONE FORMULA (with arthritis and kidney qi deficiency)
COPTIS RELIEVE TOXICITY FORMULA (with liver heat or fire)
COURSE & QUICKEN FORMULA (with wind-damp, and qi and blood stasis)
ESSENTIAL YANG FORMULA (from kidney yang deficiency)
FIVE MUSHROOM FORMULA (general tonic for lung, kidney, liver, spleen, and immune system)
GASTRODIA & UNCARIA FORMULA (with liver yang rising and liver wind)
HE SHOU WU TABLETS (with deficient blood, and kidney/liver yin deficiency)
LUO BU MA FORMULA (with liver heat or fire and dampness or phlegm)
TANG KUEI & PEONY FORMULA (during pregnancy, with liver blood and spleen qi deficiency, and dampness)
TWO IMMORTALS FORMULA (menopausal, with kidney yin and yang deficiency)
YIN TRANSITION FORMULA (menopausal, with deficient kidney qi, yin, and *jing*)

HYPERTHYROIDISM

GENTIANA DRAIN FIRE FORMULA (with liver fire)
HEAVENLY EMPEROR'S FORMULA (with heart and kidney yin deficiency fire)
REHMANNIA & SCROPHULARIA FORMULA (with kidney yin deficiency heat)
TWIN SHIELDS FORMULA (see notes for this formula on page 122)

HYPPOCHONDRIAC PAIN

BLOOD PALACE FORMULA (with blood stasis in upper body)
BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation)
BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed *shen*)
CORYDALIS FORMULA (analgesic)
FREE & EASY WANDERER PLUS (with liver qi stagnation and heat)
GENTIANA DRAIN FIRE FORMULA (with liver/gallbladder fire, damp-heat)
LINKING FORMULA (with yin deficiency, qi stagnation, and heat)
MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)
SHU GAN FORMULA (with liver qi stagnation)

HYPOGLYCEMIA

FIVE MUSHROOM FORMULA (regulates blood glucose)
GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)
HE SHOU WU TABLETS (with deficient blood, and kidney/liver yin deficiency)
MINOR BUPLEURUM FORMULA (for liver/spleen disharmony)
SHU GAN FORMULA (with liver qi stagnation)

HYPOTENSION

GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)
ESSENTIAL YANG FORMULA (with kidney yang deficiency)
TANG KUEI & PEONY FORMULA (liver/spleen disharmony)
VITAL TREASURE FORMULA (with kidney yang deficiency, qi and yin deficiency)

HYPOTHYROIDISM

ESSENTIAL YANG FORMULA (with kidney yang deficiency)
GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)
GINSENG NOURISHING FORMULA (with qi and blood deficiency, and emotional symptoms)
NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, liver yin deficiency)
TWIN SHIELDS FORMULA (with thyroid congestion)
VITAL TREASURE FORMULA (with kidney yang deficiency, qi and yin deficiency)

HYSTERIA (See EMOTIONAL INSTABILITY)

IMMUNE SYSTEM IMPAIRED OR WEAK

- ASTRAGALUS FORMULA (with cold and deficiency in the middle burner)
 ASTRAGALUS & LIGUSTRUM FORMULA (to support normal qi)
 CHILDREN'S JADE DEFENSE FORMULA (weak *wei* qi or frequent illness in children)
 ELEUTHERO TABLETS (with stress, kidney and spleen deficiency, and stagnation)
 FIVE MUSHROOM FORMULA (general tonic for lung, kidney, liver, spleen, and immune system)
 GINSENG ENDURANCE FORMULA (with qi, blood, and yang deficiency)
 GINSENG NOURISHING FORMULA (with qi and blood deficiency, recovery from long illness)
 INTESTINAL FUNGUS FORMULA (with intestinal heat-toxin and dampness)
 JADE SCREEN & XANTHIUM FORMULA (with allergies, to supplement *wei* qi)
 JADE WINDSCREEN FORMULA (to supplement *wei* qi)
 JI XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin and dampness)
 MINOR BUPLEURUM FORMULA (to support normal qi)

IMPOTENCE

- BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed *shen*)
 CINNAMON D FORMULA (with heart/kidney disharmony and exhaustion)
 ELEUTHERO TABLETS (with stress, kidney and spleen deficiency, and stagnation)
 ESSENTIAL YANG FORMULA (with kidney yang deficiency)
 GINSENG NOURISHING FORMULA (with qi and blood deficiency, calms the spirit)
 JING QI FORMULA (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)
 NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, liver yin deficiency)
 REHMANNIA SIX FORMULA (with kidney and liver yin deficiency)
 REHMANNIA & SCROPHULARIA FORMULA (with kidney yin deficiency heat)
 REJUVENATION FORMULA (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)
 SEA OF QI FORMULA (with spleen yang and kidney yang deficiency)
 VITAL TREASURE FORMULA (with kidney yang deficiency, qi and yin deficiency)

INCOHERENT SPEECH

- COPTIS RELIEVE TOXICITY FORMULA (with fire)
 REHMANNIA COOL BLOOD FORMULA (with heat in the blood)

INCONTINENCE (See URINARY INCONTINENCE)**INDIGESTION**

- BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation)
 EARTH-HARMONIZING FORMULA (chronic, with liver/stomach disharmony, food stagnation, and heat)
 EASE DIGESTION FORMULA (from wind, damp, stomach phlegm, or food stagnation)
 RESOLVE THE MIDDLE FORMULA (with damp turbidity and stagnation in the middle burner)
 SIX GENTLEMEN FORMULA (with spleen and stomach qi deficiency, and phlegm or dampness)
 STOMACH-HARMONIZING FORMULA (acute, with food stagnation and heat)
 SHU GAN FORMULA (with liver qi stagnation)

INFERTILITY

- CHONG RELEASE FORMULA (menstrual phase, with blood deficiency and stagnation)
- CINNAMON & PORIA FORMULA (with blood stasis)
- ESSENTIAL YANG FORMULA (with kidney yang deficiency and low libido)
- FREE & EASY WANDERER PLUS (with liver qi stagnation, liver blood deficiency, and heat)
- JING QI FORMULA (male, low sperm count)
- MOBILIZE ESSENCE FORMULA (ovulatory phase, with blood stasis and yin/yang deficiency)
- NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, liver yin deficiency)
- NOURISH REN & CHONG FORMULA (follicular phase, with deficient blood and yin, and heat and stagnation in liver and heart)
- PHLEGM-TRANSFORMING FORMULA (with phlegm accumulation, deficiency, and qi or blood stasis)
- SEVEN TREASURES FORMULA (with yin and jing deficiency)
- STASIS-TRANSFORMING FORMULA (with qi and blood stasis, and damp-heat)
- TANG KUEI & PEONY FORMULA (with liver blood and spleen qi deficiency, and dampness)
- TANG KUEI & SALVIA FORMULA (with blood deficiency and stagnation)
- TWO IMMORTALS FORMULA (with deficiency of ren and chong channels, and deficient kidney yin and yang)
- YUAN SUPPORT FORMULA (luteal phase, with spleen qi, kidney yang, and blood deficiency, and liver qi stagnation)
- WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)

INFLAMMATION, SYSTEMIC

CURCUMA LONGA FORMULA

INFLUENZA (FLU)

- ANDROGRAPHIS FORMULA (with heat-toxin)
- BUPLEURUM & CINNAMON FORMULA (with simultaneous taiyang and *shaoyang* patterns)
- CHILDREN'S CLEAR & RELEASE FORMULA (acute wind-heat)
- EASE DIGESTION FORMULA (from wind-damp, with stomach phlegm or food stagnation)
- GAN MAO LING FORMULA (from wind-heat)
- LILY PRESERVE METAL FORMULA (post-illness, with lung yin deficiency)
- MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)
- MULBERRY & LYCIUM FORMULA (with lung heat or lung fire)
- RESTORE THE LUNG FORMULA (post-illness, with lung qi deficiency)
- SILER & PLATYCODON FORMULA (for wind-heat with heat in the interior)
- VIOLA CLEAR FIRE FORMULA (with heat-toxin)
- YIN CHIAO FORMULA (for wind-heat, initial stages)
- ZHONG GAN LING FORMULA (from severe wind-heat)

INSOMNIA

- AN MIEN FORMULA (with deficiency, heat, and phlegm in heart, lung, and/or stomach)
- BAKED LICORICE FORMULA (with qi, blood, and yin deficiency)

BLOOD PALACE FORMULA (with blood stasis in upper body)
 BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed *shen*)
 CINNAMON D FORMULA (with heart/kidney disharmony)
 COPTIS RELIEVE TOXICITY FORMULA (with liver heat or fire)
 CORYDALIS FORMULA (from pain)
 GASTRODIA & UNCARIA FORMULA (with liver yang rising and liver wind)
 GINKGO FORMULA (with poor mental functioning)
 GINSENG & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)
 GINSENG NOURISHING FORMULA (with qi and blood deficiency, and emotional symptoms)
 HEAVENLY EMPEROR'S FORMULA (with heart and kidney yin deficiency fire)
 HE SHOU WU TABLETS (with deficient blood, and kidney/liver yin deficiency)
 JING QI FORMULA (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)
 LINKING FORMULA (with yin deficiency, qi stagnation, and heat)
 LUO BU MA FORMULA (with liver heat or fire and dampness or phlegm)
 PEACEFUL SPIRIT FORMULA (with spleen qi and heart qi and blood deficiency)
 REHMANNIA & SCROPHULARIA FORMULA (with kidney yin deficiency heat)
 RESTFUL SLEEP FORMULA (with deficient qi and heart blood, and heat)
 SALVIA TEN FORMULA (with depression and spleen qi deficiency)
 TRUE YIN FORMULA (with kidney and liver yin deficiency)
 TWO IMMORTALS FORMULA (with kidney yin and yang deficiency, and fire)
 YIN TRANSITION FORMULA (with deficient kidney qi, yin, and *jing*)
 ZIZYPHUS FORMULA (with liver and heart blood and yin deficiency, and heat)

INTERCOSTAL NEURALGIA

BLOOD PALACE FORMULA (with blood stasis in upper body)
 CHAI HU SHU GAN FORMULA (from liver qi stagnation)
 LINKING FORMULA (with yin deficiency, qi stagnation, and heat)

INTESTINAL ABSCESS

INTESTINAL FUNGUS FORMULA (with heat-toxin and dampness)
 WU HUA FORMULA (with blood heat or heat-toxin)

INTESTINAL CRAMPING

CORYDALIS FORMULA (for pain from)
 EASE DIGESTION FORMULA (from wind, damp, stomach phlegm, or food stagnation)
 INTESTINAL FUNGUS FORMULA (with heat-toxin and dampness)
 RESOLVE THE MIDDLE FORMULA (with damp turbidity and stagnation in the middle burner)
 SHU GAN FORMULA (with liver qi stagnation)
 WU HUA FORMULA (from dysentery or damp-heat)

IRRITABILITY

BAKED LICORICE FORMULA (with qi, blood, and yin deficiency)
 BLOOD PALACE FORMULA (with blood stasis in upper body)
 BUPLEURUM & CINNAMON FORMULA (with liver/spleen disharmony or *shaoyang* stage disorders)
 BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, liver blood and yin deficiency)
 BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed *shen*)

CHAI HU SHU GAN FORMULA (from liver qi stagnation)
 CINNAMON D FORMULA (with heart/kidney disharmony)
 COPTIS RELIEVE TOXICITY FORMULA (with internal heat or fire)
 FREE & EASY WANDERER PLUS (with liver qi stagnation, liver blood deficiency,
 and heat)
 GENTIANA DRAIN FIRE FORMULA (with liver/gallbladder fire)
 HEAVENLY EMPEROR'S FORMULA (with heart and kidney yin deficiency fire)
 LUO BU MA FORMULA (with liver heat or fire and dampness or phlegm)
 MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)
 PEACEFUL SPIRIT FORMULA (with spleen qi and heart qi and blood deficiency)
 POLYPORUS & DIANTHUS FORMULA (with heat in the interior or damp-heat)
 PORIA & BAMBOO FORMULA (with stomach-gallbladder disharmony, phlegm-heat
 and stagnation)
 REHMANNIA COOL BLOOD FORMULA (with heat in the blood)
 SALVIA TEN FORMULA (with depression)
 TWO IMMORTALS FORMULA (with kidney yin and yang deficiency, and fire)
 ZIZYPHUS FORMULA (with liver and heart blood and yin deficiency, and heat)

IRRITABLE BOWEL SYNDROME

INTESTINAL FUNGUS FORMULA (with heat-toxin and dampness)
 PEONY & ATRACTYLODES FORMULA (with spleen qi deficiency, dampness, and liver
 qi stagnation)
 PULSATILLA INTESTINAL FORMULA (with intestinal inflammation from heat-toxin)
 SHU GAN FORMULA (with liver qi stagnation)

ITCHING

CINNAMON TWIG FORMULA (from wind-cold invasion or *ying/wei* disharmony)
 COPTIS RELIEVE TOXICITY FORMULA (with internal heat)
 FOUR MARVEL FORMULA (lower body, from damp-heat)
 HEAVENLY EMPEROR'S FORMULA (painful, with heart and kidney yin deficiency fire)
 JADE SCREEN & XANTHIUM FORMULA (from allergies)
 REHMANNIA COOL BLOOD FORMULA (with heat in the blood)
 SILER & PLATYCODON FORMULA (for wind-heat with heat in the interior)
 TANG KUEI & TRIBULUS FORMULA (with blood deficiency and dryness)
 TANG KUEI & SALVIA FORMULA (with blood deficiency and stagnation)
 WU HUA FORMULA (from damp-heat)
 YIN CHIAO FORMULA (due to wind-heat)

J

JAUNDICE

CAPILLARIS FORMULA (chronic)
 GENTIANA DRAIN FIRE FORMULA (with damp-heat or liver heat)
 LYSIMACHIA GB FORMULA (with damp-heat and constrained qi in the liver
 and gallbladder, and pain)
 MINOR BUPLEURUM FORMULA (with heat and phlegm in the middle burner)

JOINT DISLOCATIONS

BONE & SINEW FORMULA (second and third stage trauma)
 CURCUMA LONGA FORMULA (for inflammation with qi and blood stasis and heat)
 TIEH TA FORMULA (for pain, with little or no heat)

TRAUMA 1 FORMULA (first stage trauma, with swelling, heat, and pain)

TRAUMA 2 FORMULA (second stage trauma, with stasis, stiffness, and pain)

JOINT PAIN, STIFFNESS OR SWELLING (See ARTHRITIS)

K

KIDNEY INFECTION

ANDROGRAPHIS FORMULA (with heat-toxin)

POLYPORUS & DIANTHUS FORMULA (with heat in the interior or damp-heat)

VIOLA CLEAR FIRE FORMULA (with heat-toxin)

KIDNEY STONES

AMBER STONE-TRANSFORMING FORMULA (acute or chronic)

KNEE PAIN

CHASE WIND, PENETRATE BONE FORMULA (from wind, cold, or dampness)

CURCUMA LONGA FORMULA (for inflammation with qi and blood stasis and heat)

DU HUO & LORANTHUS FORMULA (with kidney and liver deficiency)

SEVEN TREASURES FORMULA (with deficient jing and kidney and liver yin, and deficient blood)

KNEES WEAK

CHASE WIND, PENETRATE BONE FORMULA (with wind, cold, or dampness)

DU HUO & LORANTHUS FORMULA (with kidney and liver deficiency)

ESSENTIAL YANG FORMULA (with kidney yang deficiency)

HE SHOU WU TABLETS (with deficient blood, and kidney/liver yin deficiency)

NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, liver yin deficiency)

REHMANNIA SIX FORMULA (with kidney and liver yin deficiency)

SEVEN TREASURES FORMULA (with deficient jing and kidney and liver yin, and deficient blood)

TRUE YIN FORMULA (with kidney and liver yin deficiency)

VITAL TREASURE FORMULA (with deficient kidney yang, qi, and yin)

L

LABOR, DIFFICULT

GINSENG & ASTRAGALUS FORMULA (slow to start, with middle qi deficiency)

WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)

LACTATION, INSUFFICIENT

BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, liver blood and yin deficiency)

TANG KUEI & SALVIA FORMULA (with blood deficiency and stagnation)

WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)

LARYNGITIS

ANDROGRAPHIS FORMULA (with heat-toxin)

EIGHT IMMORTALS FORMULA (from chronic dryness, with lung, kidney, and stomach yin deficiency)

LILY PRESERVE METAL FORMULA (chronic, with lung yin deficiency)

PINELLIA & MAGNOLIA BARK FORMULA (chronic, with constrained qi and phlegm)

VIOLA CLEAR FIRE FORMULA (acute, from heat-toxin)

YIN CHIAO FORMULA (from wind-heat)

ZHONG GAN LING FORMULA (acute, from wind-heat)

LASSITUDE (See FATIGUE)

LEGS (See LIMBS)

LEUKORRHEA (See VAGINAL DISCHARGE)

LIBIDO, LOW

ESSENTIAL YANG FORMULA (with kidney yang deficiency)

PROSTATE FORMULA (with spleen and kidney yang deficiency, and dampness)

REJUVENATION FORMULA (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)

YUAN SUPPORT FORMULA (with spleen qi, kidney yang, and blood deficiency)

LIGAMENTS, TORN

BONE & SINEW FORMULA (second and third stage trauma)

TIET TA FORMULA (for pain, with little or no heat)

TRAUMA 1 FORMULA (first stage trauma, with swelling, heat, and pain)

TRAUMA 2 FORMULA (second stage trauma, with stasis, stiffness, and pain)

LIGHT-HEADEDNESS (See DIZZINESS)

LIMBS, COLD (See COLD LIMBS)

LIMBS, TIRED, WEAK, AND ACHING

CHASE WIND, PENETRATE BONE FORMULA (with wind-cold and damp painful obstruction)

COURSE & QUICKEN FORMULA (with wind-damp, and qi and blood stasis)

DU HUO & LORANTHUS FORMULA (lower, with kidney and liver deficiency)

ESSENTIAL YANG FORMULA (lower, with kidney yang deficiency)

GINSENG & ASTRAGALUS FORMULA (upper, with middle qi deficiency)

GENERAL TONIC FORMULA (with qi and blood deficiency, and internal cold)

HE SHOU WU TABLETS (with deficient blood, and kidney/liver yin deficiency)

JI XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin and dampness)

RESTORATIVE FORMULA (with qi, blood, yin and yang deficiency, wind, and dampness)

SEA OF QI FORMULA (with spleen yang and kidney yang deficiency)

TANG KUEI & PEONY FORMULA (lower, with liver blood and spleen deficiency, and dampness)

TRUE YIN FORMULA (with kidney and liver yin deficiency)

WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)

LIPS DRY (See DRYNESS)

LIVER ENZYMES ELEVATED

CAPILLARIS FORMULA (with heat-toxin in the liver)

FREE & EASY WANDERER PLUS (with liver/spleen disharmony and heat)

MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)

LOOSE STOOLS (See DIARRHEA)

LYMPH NODES, ENLARGED

ANDROGRAPHIS FORMULA (with heat-toxin)

CURCUMA LONGA FORMULA (for inflammation with qi and blood stasis and heat)

GAN MAO LING FORMULA (from wind-heat)

MINOR BUPLEURUM FORMULA (chronic, or with *shaoyang* stage disorders)

PHLEGM-TRANSFORMING FORMULA (chronic, with phlegm accumulation, deficiency, and qi or blood stasis)

VIOLA CLEAR FIRE FORMULA (from heat-toxin)
YIN CHIAO FORMULA (from wind-heat)
ZHONG GAN LING FORMULA (from severe wind-heat)

M

MANIA

BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed *shen*)
COPTIS RELIEVE TOXICITY FORMULA (with fire or heat)
PORIA & BAMBOO FORMULA (with stomach-gallbladder disharmony, phlegm-heat and stagnation)
REHMANNIA COOL BLOOD FORMULA (with heat in the blood)

MASTITIS (See BREAST DISTENSION, PAIN OR TENDERNESS)

MEASLES

ANDROGRAPHIS FORMULA (early stage with heat-toxin)
GAN MAO LING FORMULA (early stage with wind-heat)
MULBERRY & LYCIUM FORMULA (with lung heat or fire)
YIN CHIAO FORMULA (from wind-heat)
ZHONG GAN LING FORMULA (from wind-heat)

MELANCHOLY, EXCESSIVE (See also DEPRESSION)

PEACEFUL SPIRIT FORMULA (with spleen qi and heart qi and blood deficiency)
SALVIA TEN FORMULA (with depression and spleen qi deficiency)
TWO IMMORTALS FORMULA (with kidney yin and yang deficiency, and flaring-up of fire)

MEMORY, POOR

CINNAMON D FORMULA (with heart/kidney disharmony)
GINKGO FORMULA (with liver wind or fire and heart and liver blood deficiency)
GINSENG & ASTRAGALUS FORMULA (with middle qi deficiency)
GINSENG & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)
GINSENG NOURISHING FORMULA (with qi and blood deficiency, and emotional symptoms)
HEAVENLY EMPEROR'S FORMULA (with heart and kidney yin deficiency fire)
JI XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin and dampness)
PEACEFUL SPIRIT FORMULA (with spleen qi and heart qi and blood deficiency)
RESTFUL SLEEP FORMULA (with insomnia, deficient qi and heart blood, and heat)
TRUE YIN FORMULA (with kidney and liver yin deficiency)
TWIN SHIELDS FORMULA (from poor thyroid function)
YIN TRANSITION FORMULA (with deficient kidney qi, yin, and *jing*)

MENARCHE, LATE

NOURISH REN & CHONG FORMULA (with deficient blood and yin, and heat and stagnation in liver and heart)
WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)

MENIERE'S DISEASE

CITRUS & PINELLIA FORMULA (with phlegm-damp)
JADE WINDSCREEN FORMULA (with weak *wei* qi)
MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)
PEONY & ATRACTYLODES FORMULA (with spleen qi deficiency, dampness, and liver qi stagnation)

PORIA & BAMBOO FORMULA (with stomach-gallbladder disharmony, phlegm-heat and stagnation)

PORIA FIVE FORMULA (with spleen deficiency and congestion of fluids)

MENOPAUSAL SYMPTOMS (See also HOT FLASHES)

BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, liver blood and yin deficiency)

BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed shen)

CINNAMON & PORIA FORMULA (with blood stasis)

FREE & EASY WANDERER PLUS (with liver qi stagnation, liver blood deficiency, and heat)

HEAVENLY EMPEROR'S FORMULA (with heart or kidney yin deficiency fire)

MOBILIZE ESSENCE FORMULA (with blood stasis and yin and yang deficiency)

PHLEGM-TRANSFORMING FORMULA (with phlegm accumulation, deficiency, and qi or blood stasis)

REHMANNIA & SCROPHULARIA FORMULA (with kidney yin deficiency)

STASIS-TRANSFORMING FORMULA (with qi and blood stasis, and damp-heat)

TWO IMMORTALS FORMULA (with kidney yin and yang deficiency, and flaring-up of fire)

WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)

ZIZYPHUS FORMULA (insomnia, with liver and heart blood and yin deficiency, and heat)

MENOPAUSE, PREMATURE

NOURISH REN & CHONG FORMULA (with deficient blood and yin, and heat and stagnation in liver and heart)

REHMANNIA SIX FORMULA (with kidney and liver yin deficiency)

MENSTRUAL BLEEDING EXCESSIVE OR ABNORMAL

CHONG RELEASE FORMULA (with blood deficiency and stagnation)

GINSENG & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)

IMMORTAL VALLEY FORMULA (with dampness, heat, and blood stasis in lower abdomen)

SAN QI FORMULA (controls bleeding)

MENSTRUAL CYCLE SHORTENED

GENTIANA DRAIN FIRE FORMULA (with damp-heat or liver heat)

YIN VALLEY FORMULA (with yin deficiency dryness, heat, and blood stasis)

MENSTRUAL PAIN

BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, liver blood and yin deficiency)

CHONG RELEASE FORMULA (with blood deficiency and stagnation)

CINNAMON & PORIA FORMULA (with blood stasis)

CORYDALIS FORMULA (for pain from)

FREE & EASY WANDERER PLUS (with liver qi stagnation, liver blood and yin deficiency, and heat)

MOBILIZE ESSENCE FORMULA (during ovulation, with blood stasis and yin and yang deficiency)

STASIS-TRANSFORMING FORMULA (with qi and blood stasis, and damp-heat)

TANG KUEI & PEONY FORMULA (with liver blood and spleen deficiency and dampness)

TANG KUEI & SALVIA FORMULA (with blood deficiency and stagnation)

WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)

MENSTRUATION, FATIGUE AFTER

BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, liver blood and yin deficiency)

NOURISH REN & CHONG FORMULA (with deficient blood and yin, and heat and stagnation in liver and heart)

TANG KUEI & SALVIA FORMULA (with blood deficiency and stagnation)

WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)

MENSTRUATION, IRREGULAR

BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, liver blood and yin deficiency)

CHONG RELEASE FORMULA (with blood deficiency and stagnation)

CINNAMON & PORIA FORMULA (with blood stasis)

FREE & EASY WANDERER PLUS (with liver qi stagnation, liver blood deficiency, and heat)

STASIS-TRANSFORMING FORMULA (with qi and blood stasis, and damp-heat)

TANG KUEI & PEONY FORMULA (with liver blood and spleen deficiency and dampness)

TANG KUEI & SALVIA FORMULA (with blood deficiency and stagnation)

WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)

YUAN SUPPORT FORMULA (with spleen qi, kidney yang, and blood deficiency)

MENSTRUATION, PROLONGED

GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)

GINSENG & LONGAN FORMULA (with spleen qi and blood deficiency)

SEA OF QI FORMULA (with spleen yang and kidney yang deficiency)

MENSTRUATION, SCANTY OR ABSENT

CINNAMON & PORIA FORMULA (with blood stasis)

HE SHOU WU TABLETS (with deficient blood, and kidney/liver yin deficiency)

MOBILIZE ESSENCE FORMULA (perimenopausal, with blood stasis and yin and yang deficiency)

NOURISH REN & CHONG FORMULA (with deficient blood and yin, and heat and stagnation in liver and heart)

STASIS-TRANSFORMING FORMULA (with qi and blood stasis, and damp-heat)

TANG KUEI & SALVIA FORMULA (with blood deficiency and stagnation)

TWO IMMORTALS FORMULA (with kidney yin and yang deficiency, and flaring-up of fire)

YIN VALLEY FORMULA (with yin deficiency dryness, heat, and blood stasis)

WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)

MENTAL CONFUSION

CINNAMON D FORMULA (with heart/kidney disharmony)

GINKGO FORMULA (with liver wind or fire, and heart and liver blood deficiency)

HEAVENLY EMPEROR'S FORMULA (with heart and kidney yin deficiency fire)

MENTAL DISORDERS

ASTRAGALUS FORMULA (lack of sense of self, with cold in the middle burner)

BLOOD PALACE FORMULA (outbursts or extreme mood swings, with blood stagnation in upper body)

BUPLEURUM & CINNAMON FORMULA (passive-aggressive behavior, boundary issues, with liver/spleen disharmony)

BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, liver blood deficiency)
 BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed shen)
 CINNAMON D FORMULA (neurotic disorders, with heart/kidney disharmony)
 CINNAMON TWIG FORMULA (boundary issues, use low dose)
 COPTIS RELIEVE TOXICITY FORMULA (with liver heat or fire)
 FREE & EASY WANDERER PLUS (with liver qi stagnation, liver blood deficiency, and heat)
 GASTRODIA & UNCARIA FORMULA (with liver yang rising and wind)
 GINSENG & LONGAN FORMULA (personality disorders, phobias, with heart blood and spleen and heart qi deficiency)
 GINSENG NOURISHING FORMULA (with qi and blood deficiency)
 HEAVENLY EMPEROR'S FORMULA (with heart and kidney yin deficiency fire)
 PEACEFUL SPIRIT FORMULA (with spleen qi and heart qi and blood deficiency)
 PINELLIA & MAGNOLIA BARK FORMULA (with constrained qi and phlegm)
 SALVIA TEN FORMULA (with depression)
 SIX GENTLEMEN FORMULA (with spleen and stomach qi deficiency and phlegm or dampness)
 RESTFUL SLEEP FORMULA (with restlessness, deficient qi and heart blood, and heat)
 YUAN SUPPORT FORMULA (with spleen qi, kidney yang, and blood deficiency)
 ZIZYPHUS FORMULA (with insomnia, liver and heart blood and yin deficiency, and heat)

MENTAL FATIGUE OR EXHAUSTION

GINKGO FORMULA (with liver wind or fire and heart and liver blood deficiency)
 GINSENG NOURISHING FORMULA (with qi and blood deficiency)
 JING QI FORMULA (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)
 PEACEFUL SPIRIT FORMULA (with spleen and heart qi deficiency)
 TWIN SHIELDS FORMULA (from poor thyroid function)

METABOLIC SYNDROME

EIGHT IMMORTALS FORMULA (with lung, kidney, and stomach yin deficiency)
 HAWTHORN & FENNEL FORMULA (with deficient qi)
 JADE SOURCE FORMULA (with yin deficiency fire and deficient fluids)
 PORIA FIFTEEN FORMULA (with dampness, deficiency, and stagnation)

MIGRAINE HEADACHE (See HEADACHE)

MISCARRIAGE, THREATENED OR HABITUAL

ESSENTIAL YANG FORMULA (with kidney yang deficiency)
 GINSENG & ASTRAGALUS FORMULA (habitual, with middle qi deficiency)
 NOURISH ESSENCE FORMULA (habitual, with kidney yin and yang deficiency, liver yin deficiency)
 TANG KUEI & PEONY FORMULA (threatened or habitual, with liver blood and spleen deficiency, and dampness)
 WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)
 YUAN SUPPORT FORMULA (with spleen qi, kidney yang, and blood deficiency)

MONONUCLEOSIS (See EPSTEIN-BARR VIRUS)

MOOD SWINGS (See EMOTIONAL INSTABILITY)

MORNING SICKNESS

AGASTACHE TUMMY SYRUP (with cold and dampness)
 CITRUS & PINELLIA FORMULA (with phlegm-damp)

EASE DIGESTION FORMULA

PINELLIA & MAGNOLIA BARK FORMULA (with constrained qi and phlegm)

SHU GAN FORMULA (with liver qi stagnation)

MOTION SICKNESS

EASE DIGESTION FORMULA

PINELLIA & MAGNOLIA BARK FORMULA (with constrained qi and phlegm)

PORIA FIVE FORMULA (with water accumulation)

MOUTH SORES

ANDROGRAPHIS FORMULA (with heat-toxin)

COPTIS RELIEVE TOXICITY FORMULA (with liver heat or damp-heat)

REHMANNIA COOL BLOOD FORMULA (with heat in the blood)

MOVEMENT DIFFICULTY

COURSE & QUICKEN FORMULA (with wind-damp, and qi and blood stasis)

CURCUMA LONGA FORMULA (for inflammation with qi and blood stasis and heat)

DU HUO & LORANTHUS FORMULA (lower body with kidney and liver deficiency)

MUMPS

ANDROGRAPHIS FORMULA (with heat-toxin)

COPTIS RELIEVE TOXICITY FORMULA (with liver heat or damp-heat)

PU JI FORMULA (for swelling and pain, with heat-toxin and external wind)

VIOLA CLEAR FIRE FORMULA (with heat or fire)

MUSCLE ACHES OR PAIN

CORYDALIS FORMULA (for pain relief)

COURSE & QUICKEN FORMULA (with wind-damp, and qi and blood stasis)

JUAN BI FORMULA (upper body, with wind-damp, cold, and blood stasis)

RESTORATIVE FORMULA (with qi, blood, yin and yang deficiency, wind, and dampness)

TWIN SHIELDS FORMULA (from poor thyroid function)

MUSCLE SPASM

CHASE WIND, PENETRATE BONE FORMULA (with wind-cold and damp painful obstruction)

CORYDALIS FORMULA (for pain from)

ELEUTHERO TABLETS (with stress, kidney and spleen deficiency, and stagnation)

GASTRODIA & UNCARIA FORMULA (with liver yang rising and liver wind)

GINSENG NOURISHING FORMULA (with qi and blood deficiency, and emotional symptoms)

MUSCLE STRAINS

TIEH TA FORMULA

MUSCLE TENSION

BUPLEURUM & CINNAMON FORMULA (with liver/spleen disharmony or concurrent taiyang and *shaoyang* patterns)

BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, liver blood and yin deficiency)

CORYDALIS FORMULA (for pain)

HEAD RELIEF FORMULA (in head and neck, from wind-cold, muscle tension, or trauma)

MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)

MUSCLE WEAKNESS (See WEAKNESS)

MYOCARDIAL INFARCTION, SEQUELLA OF

BAKED LICORICE FORMULA (with qi, blood, and yin deficiency)

MYOCARDITIS, ACUTE VIRAL

Pu Ji FORMULA (with heat-toxin)

MYOCARDITIS, SEQUELLA OF

BAKED LICORICE FORMULA (with qi, blood, and yin deficiency)

N

NAIL FUNGUS

OREGANO OIL FORMULA (topically)

NAILS, DRY OR BRITTLE (See DRYNESS)

NASAL CONGESTION (See SINUS CONGESTION)

NASAL DISCHARGE (See SINUS DISCHARGE)

NAUSEA

AGASTACHE TUMMY SYRUP (with cold and dampness)

BUPLEURUM & CINNAMON FORMULA (with liver/spleen disharmony or concurrent *taiyang* and *shaoyang* patterns)

BUPLEURUM & TANG KUEI FORMULA (with liver/spleen disharmony)

CHAI HU SHU GAN FORMULA (from liver qi stagnation)

CITRUS & PINELLIA FORMULA (with stomach or spleen disharmony from phlegm-damp)

EIGHT IMMORTALS FORMULA (with lung, kidney, and stomach yin deficiency)

EARTH-HARMONIZING FORMULA (with liver/stomach disharmony, food stagnation, and heat)

EASE DIGESTION FORMULA (from wind, damp, stomach phlegm or food stagnation)

FREE & EASY WANDERER PLUS (with liver/spleen disharmony and heat)

Ji XUE FORMULA (from chemotherapy, with qi and blood deficiency and stagnation, heat-toxin and dampness)

MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)

PORIA & BAMBOO FORMULA (with stomach-gallbladder disharmony, phlegm-heat and stagnation)

RESOLVE THE MIDDLE FORMULA (with damp turbidity and stagnation in the middle burner)

SALVIA TEN FORMULA (with depression)

SHU GAN FORMULA (with liver qi stagnation)

SIX GENTLEMEN FORMULA (with spleen and stomach qi deficiency and phlegm or dampness)

STOMACH-HARMONIZING FORMULA (acute, with food stagnation and heat)

NECK STIFF AND ACHING

CHASE WIND, PENETRATE BONE FORMULA (with chronic wind-cold and damp painful obstruction)

CINNAMON TWIG FORMULA (from wind-cold, when ephedra contraindicated)

CORYDALIS FORMULA (for pain)

CURCUMA LONGA FORMULA (for inflammation, with qi and blood stasis and heat)

GAN MAO LING FORMULA (from wind-heat)

HEAD RELIEF FORMULA (from wind-cold)

JUAN BI FORMULA (from wind-damp)

MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)

NECK FORMULA (in neck and shoulders, with wind, cold, and dampness)

ZHONG GAN LING FORMULA (from wind-heat)

NEPHRITIS

EIGHT IMMORTALS FORMULA (chronic, with lung, kidney, and stomach yin deficiency)

ESSENTIAL YANG FORMULA (chronic, with kidney yang deficiency)

NOURISH ESSENCE FORMULA (chronic, with kidney yin and yang deficiency, liver yin deficiency)

POLYPORUS & DIANTHUS FORMULA (acute, with heat in the interior or damp-heat)

PORIA FIVE FORMULA (with impaired water metabolism)

TANG KUEI & PEONY FORMULA (chronic, with liver blood and spleen deficiency and dampness)

NERVOUSNESS (See ANXIETY)

NERVOUS EXHAUSTION

BUPLEURUM & CINNAMON FORMULA (with liver/spleen disharmony)

CINNAMON D FORMULA (from sexual excess, with heart/kidney disharmony)

ELEUTHERO TABLETS (with stress, kidney and spleen deficiency, and stagnation)

GINSENG & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)

GINSENG NOURISHING FORMULA (with qi and blood deficiency, and emotional symptoms)

Ji XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin and dampness)

JING QI FORMULA (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)

PEACEFUL SPIRIT FORMULA (with spleen and heart qi deficiency and blood deficiency)

NEURASTHENIA (See NERVOUS EXHAUSTION)

NEUROPATHY

CURCUMA LONGA FORMULA (for inflammation, with qi and blood stasis and heat)

Ji XUE FORMULA (from chemotherapy, with qi and blood deficiency and stagnation, heat-toxin and dampness)

NEUROTIC DISORDER (See MENTAL DISORDERS)

NIGHTMARES (See DREAM-DISTURBED SLEEP)

NIGHT SWEATS

ASTRAGALUS FORMULA (with cold and deficiency in the middle burner)

ASTRAGALUS & LIGUSTRUM FORMULA (to support normal qi)

BAKED LICORICE FORMULA (with qi, blood, and yin deficiency)

BLOOD PALACE FORMULA (with blood stasis in upper body)

CINNAMON D FORMULA (with heart/kidney disharmony)

EIGHT IMMORTALS FORMULA (with lung, kidney, and stomach yin deficiency)

ESSENTIAL YANG FORMULA (with kidney yang deficiency)

GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)

GINSENG & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)

GINSENG NOURISHING FORMULA (with qi and blood deficiency and emotional symptoms)

HEAVENLY EMPEROR'S FORMULA (with heart and kidney yin deficiency fire)

JING QI FORMULA (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)

LILY PRESERVE METAL FORMULA (with lung yin deficiency)

NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, liver yin deficiency)
REHMANNIA & SCROPHULARIA FORMULA (with kidney yin deficiency heat)
REHMANNIA SIX FORMULA (with kidney and liver yin deficiency)
REJUVENATION FORMULA (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)
TRUE YIN FORMULA (with kidney and liver yin deficiency)
TWO IMMORTALS FORMULA (with kidney yin and yang deficiency, and flaring-up of fire)
YIN TRANSITION FORMULA (with deficient kidney qi, yin, and *jing*)
YIN VALLEY FORMULA (with yin deficiency dryness, heat, and blood stasis)
ZIZYPHUS FORMULA (with liver and heart blood and yin deficiency, and heat)

NOCTURNAL EMISSIONS

CINNAMON D FORMULA (with heart/kidney disharmony)
ESSENTIAL YANG FORMULA (with kidney yang deficiency)
HEAVENLY EMPEROR'S FORMULA (with heart and kidney yin deficiency fire)
HE SHOU WU TABLETS (with deficient blood, and kidney/liver yin deficiency)
NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, liver yin deficiency)
REHMANNIA SIX FORMULA (with kidney and liver yin deficiency)
REJUVENATION FORMULA (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)
SEVEN TREASURES FORMULA (with deficient jing and kidney and liver yin, and deficient blood)
YIN TRANSITION FORMULA (with deficient kidney qi, yin, and *jing*)
YIN VALLEY FORMULA (with yin deficiency dryness, heat, and blood stasis)

NOCTURNAL URINATION (See URINATION, NOCTURNAL)

NOSE DRY (See DRYNESS)

NOSEBLEED

COPTIS RELIEVE TOXICITY FORMULA (with heat or fire)
MULBERRY & LYCIUM FORMULA (with lung heat or fire)
REHMANNIA COOL BLOOD FORMULA (with heat in the blood)
SAN QI FORMULA (controls bleeding)

NUMBNESS

COURSE & QUICKEN FORMULA (lower extremities, with wind-damp and qi and blood stasis)
FOUR MARVEL FORMULA (lower body, from damp-heat)
GASTRODIA & UNCARIA FORMULA (with liver yang rising and liver wind)
JI XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin and dampness)

O

OBESITY

HAWTHORN & FENNEL FORMULA (with deficient qi)
PORIA FIFTEEN FORMULA (with dampness, deficiency, and stagnation)
RESOLVE THE MIDDLE FORMULA (with more severe damp turbidity and stagnation in the middle burner)
TWIN SHIELDS FORMULA (from poor thyroid function)
YUAN SUPPORT FORMULA (with spleen qi, kidney yang, and blood deficiency)

OTITIS MEDIA

CHILDREN'S EAR FORMULA (in infants and children)

GENTIANA DRAIN FIRE FORMULA (with pus)

MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)

OVARIAN CYSTS

CINNAMON & PORIA FORMULA (with blood stasis)

MOBILIZE ESSENCE FORMULA (with blood stasis and yin and yang deficiency)

PHLEGM-TRANSFORMING FORMULA (with phlegm accumulation, deficiency, and qi or blood stasis)

STASIS-FORMING FORMULA (with qi and blood stasis, and damp-heat)

OVARIAN FOLLICLE, POOR

NOURISH REN & CHONG FORMULA (with deficient blood and yin, and heat and stagnation in liver and heart)

OVULATION, BLEEDING DURING

TANG KUEI & SALVIA FORMULA (with blood deficiency and stagnation)

YIN VALLEY FORMULA (with yin deficiency dryness, heat, and blood stasis)

OVULATION, LATE OR PAIN WITH

MOBILIZE ESSENCE FORMULA (with blood stasis and yin and yang deficiency)

NOURISH REN & CHONG FORMULA (with deficient blood and yin, and heat and stagnation in liver and heart)

P

PAIN (See also BACK PAIN, HEADACHE, MENSTRUAL PAIN, etc.)

BLOOD PALACE FORMULA (fibromyalgia, with blood stasis in upper body)

CHASE WIND, PENETRATE BONE FORMULA (with wind-cold and wind-damp painful obstruction)

CINNAMON & PORIA FORMULA (in lower abdomen, with blood stasis)

CORYDALIS FORMULA (analgesic)

COURSE & QUICKEN FORMULA (in trunk, legs, or postpartum, with wind-damp, and qi and blood stasis)

CURCUMA LONGA FORMULA (from inflammation, with qi and blood stasis and heat)

DU HUO & LORANTHUS FORMULA (lower body with kidney and liver deficiency)

ELEUTHERO TABLETS (in loins, kidney and spleen deficiency, and stagnation)

JUAN BI FORMULA (upper body, with wind-damp, cold, and blood stasis)

REHMANNIA & SCROPHULARIA FORMULA (in back or at midline, with kidney yin deficiency)

RESTORATIVE FORMULA (chronic, in elderly or patients weakened by illness)

TANG KUEI & SALVIA FORMULA (lower abdomen, with blood deficiency and stagnation)

TIEH TA FORMULA (from trauma or injury)

TRAUMA 1 FORMULA (first stage trauma, with swelling, heat, and pain)

TRAUMA 2 FORMULA (second stage trauma, with stagnation, stiffness, and pain)

PALLOR (See COMPLEXION, PALE)

PALMS AND/OR SOLES, HOT

EIGHT IMMORTALS FORMULA (with lung, kidney, and stomach yin deficiency)

HEAVENLY EMPEROR'S FORMULA (with kidney and heart yin deficiency)

LILY PRESERVE METAL FORMULA (with lung yin deficiency)

LINKING FORMULA (with yin deficiency, qi stagnation, and heat)
MING MU FORMULA (with concurrent weakening of vision, liver and kidney deficiency with liver heat or internal wind)
REHMANNIA & SCROPHULARIA FORMULA (with kidney yin deficiency)
REHMANNIA SIX FORMULA (with kidney and liver yin deficiency)

PALPITATIONS

AN MIEN FORMULA (with deficiency, heat, and phlegm in heart, lung, and/or stomach)
BAKED LICORICE FORMULA (with qi, blood, and yin deficiency)
BLOOD PALACE FORMULA (with blood stasis in upper body)
BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, and liver blood and yin deficiency)
BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed shen)
CINNAMON D FORMULA (with heart/kidney disharmony)
CITRUS & PINELLIA FORMULA (with phlegm-damp)
COPTIS RELIEVE TOXICITY FORMULA (with heat or fire)
EIGHT IMMORTALS FORMULA (with lung, kidney, and stomach yin deficiency)
FREE & EASY WANDERER PLUS (with liver qi stagnation, liver blood deficiency, and heat)
GINKGO FORMULA (with poor mental functioning, liver fire or wind, and heart and liver blood deficiency)
GINSENG & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)
GINSENG NOURISHING FORMULA (with qi and blood deficiency, and emotional symptoms)
HEAVENLY EMPEROR'S FORMULA (with heart and kidney yin deficiency fire)
PEACEFUL SPIRIT FORMULA (with spleen qi and heart qi and blood deficiency)
PORIA & BAMBOO FORMULA (with stomach-gallbladder disharmony, phlegm-heat and stagnation)
RESTFUL SLEEP FORMULA (with insomnia, deficient qi and heart blood, and heat)
SALVIA TEN FORMULA (with depression and spleen qi deficiency)
SHENG MAI FORMULA (with lung qi or yin deficiency, or with injury to yin from summer heat)
TANG KUEI & SALVIA FORMULA (with blood deficiency)
TWO IMMORTALS FORMULA (with kidney yin and yang deficiency, and flaring-up of fire)
WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)
ZIZYPHUS FORMULA (with liver and heart blood and yin deficiency, and heat)

PANCREATITIS

CORYDALIS FORMULA (pain from)
MINOR BUPLEURUM FORMULA (for pathogenic qi and heat in the middle burner)

PANIC ATTACKS (See ANXIETY)

PARASITES

INTESTINAL FUNGUS FORMULA (candida)
OREGANO OIL FORMULA (candida, worms, dysentery)
WU HUA FORMULA (dysentery)

PASSIVE-AGGRESSIVE BEHAVIOR

BUPLEURUM & CINNAMON FORMULA (with liver/spleen disharmony)

PELVIC INFLAMMATORY DISEASE

ANDROGRAPHIS FORMULA (with heat-toxin)

CINNAMON & PORIA FORMULA (chronic, with blood stasis)

FREE & EASY WANDERER PLUS (with liver qi stagnation, liver blood deficiency, and heat)

GENTIANA DRAIN FIRE FORMULA (with damp-heat or liver heat)

IMMORTAL VALLEY FORMULA (with dampness, heat, and blood stasis in lower abdomen)

STASIS-TRANSFORMING FORMULA (with qi and blood stasis, and damp-heat)

TANG KUEI & PEONY FORMULA (with liver blood and spleen deficiency and dampness)

PELVIC CONGESTION

CHONG RELEASE FORMULA (with blood deficiency and stagnation)

PERTUSSIS

CHILDREN'S CLEAR LUNG FORMULA (with lung fire or phlegm-heat)

MULBERRY & LYCIUM FORMULA (with lung heat or fire)

PHARYNGITIS

ANDROGRAPHIS FORMULA (with heat-toxin)

EIGHT IMMORTALS FORMULA (chronic, with yin deficiency)

LILY PRESERVE METAL FORMULA (with lung and kidney yin deficiency)

VIOLA CLEAR FIRE FORMULA (with heat-toxin)

YIN CHIAO FORMULA (with wind-heat)

ZHONG GAN LING FORMULA (from severe wind-heat)

PHLEBITIS

SAN QI FORMULA

PHLEGM, IN DIGESTIVE SYSTEM

CITRUS & PINELLIA FORMULA (with disharmony of stomach or spleen from phlegm-damp)

EASE DIGESTION FORMULA (acute)

HAWTHORN & FENNEL FORMULA (chronic, with obesity and deficient qi)

INTESTINAL FUNGUS FORMULA (with intestinal heat-toxin and dampness)

PORIA FIFTEEN FORMULA (chronic, with obesity)

RESOLVE THE MIDDLE FORMULA (with damp turbidity and stagnation in the middle burner)

SIX GENTLEMEN FORMULA (chronic, with spleen and stomach qi deficiency)

PHOBIAS

GINSENG & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)

PIMPLES (See ACNE)

PINWORMS (See WORMS)

PNEUMONIA

BUPLEURUM & CINNAMON FORMULA (with concurrent *taiyang* and *shaoyang* stage disorders)

FRITILLARIA & PINELLIA FORMULA (with lung heat or phlegm-heat)

LING ZHI LUNG FORMULA (with wheezing and fluid in the lungs)

MINOR BUPLEURUM FORMULA (*shaoyang* stage disorders)

MULBERRY & LYCIUM FORMULA (with lung heat or fire)

VIOLA CLEAR FIRE FORMULA (with heat-toxin)

PNEUMOTHORAX, SPONTANEOUS

LILY PRESERVE METAL FORMULA (with lung and kidney yin deficiency)

POLIOMYELITIS, SEQUELAE OF

DU HUO & LORANTHUS FORMULA (lower body, with kidney and liver deficiency)

POST-CONCUSSION SYNDROME

BLOOD PALACE FORMULA (with blood stasis in upper body)

BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed shen)

GINSENG & LONGAN FORMULA (with spleen qi and heart qi and blood deficiency)

POST-NASAL DRIP

NOURISH ESSENCE FORMULA (chronic, with kidney yin and yang deficiency, liver yin deficiency)

XANTHIUM & MAGNOLIA FORMULA (acute)

POST-OPERATIVE FATIGUE

ASTRAGALUS & LIGUSTRUM FORMULA (to support normal qi)

ASTRAGALUS FORMULA (with cold and deficiency in the middle burner)

GENERAL TONIC FORMULA (with qi and blood deficiency, and internal cold)

GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)

GINSENG & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)

GINSENG NOURISHING FORMULA (with qi and blood deficiency)

POST-OPERATIVE PAIN

ASTRAGALUS FORMULA (with cold and deficiency in the middle burner)

CORYDALIS FORMULA (for pain)

TIEH TA FORMULA (for musculo-skeletal pain)

POSTPARTUM PAIN (See PAIN)

POSTPARTUM WEAKNESS, DEFICIENCY, OR FATIGUE

ASTRAGALUS & LIGUSTRUM FORMULA (to support normal qi)

GENERAL TONIC FORMULA (with qi and blood deficiency, and internal cold)

GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)

GINSENG NOURISHING FORMULA (with qi and blood deficiency, and emotional symptoms)

Ji XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin and dampness)

TANG KUEI & PEONY FORMULA (with liver blood and spleen deficiency and dampness)

TANG KUEI & SALVIA FORMULA (with blood deficiency)

WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)

YUAN SUPPORT FORMULA (with spleen qi, kidney yang, and blood deficiency)

POST-TRAUMATIC STRESS DISORDER

BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed shen)

GINSENG & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)

PEACEFUL SPIRIT FORMULA (with spleen qi and heart qi and blood deficiency)

SHENG MAI FORMULA (for shock, with lung qi or yin deficiency)

PRE-ECLAMPSIA (See TOXEMIA OF PREGNANCY)

PREGNANCY, GENERAL TONIC FOR

TANG KUEI & PEONY FORMULA

PREMATURE EJACULATION

HEAVENLY EMPEROR'S FORMULA (with heart and kidney yin deficiency fire)

NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, and liver yin deficiency)

REHMANNIA & SCROPHULARIA FORMULA (with kidney yin deficiency heat)

REHMANNIA SIX FORMULA (with kidney and liver yin deficiency)

REJUVENATION FORMULA (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)

TRUE YIN FORMULA (with kidney and liver yin deficiency)

VITAL TREASURE FORMULA (with kidney yang deficiency, qi and yin deficiency)

PREMENSTRUAL SYNDROME

BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, liver blood and yin deficiency)

CHAI HU SHU GAN FORMULA (from liver qi stagnation)

CHONG RELEASE FORMULA (with blood deficiency and stagnation)

FREE & EASY WANDERER PLUS ((with liver qi stagnation, liver blood and yin deficiency, and heat)

MOBILIZE ESSENCE FORMULA (pain from, with blood stasis and yin and yang deficiency)

TANG KUEI & PEONY FORMULA (with liver blood and spleen deficiency and dampness)

WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)

PREMENSTRUAL WATER RETENTION

TANG KUEI & PEONY FORMULA (with liver blood and spleen deficiency and dampness)

PORIA FIVE FORMULA (with spleen deficiency and congestion of fluids)

PROLAPSE

GINSENG & ASTRAGALUS FORMULA

PROSTATE, SWOLLEN OR PAINFUL

CINNAMON & PORIA FORMULA (with blood stasis)

PROSTATE FORMULA (with spleen and kidney yang deficiency, and dampness)

RABDOSIA PROSTATE FORMULA (with heat or damp-heat)

PROSTATITIS

CINNAMON & PORIA FORMULA (with blood stasis)

GENTIANA DRAIN FIRE FORMULA (acute with heat)

GINSENG & ASTRAGALUS FORMULA (chronic, with spleen and stomach qi deficiency)

PROSTATE FORMULA (with spleen and kidney yang deficiency, and dampness)

STASIS-TRANSFORMING FORMULA (with qi and blood stasis, and damp-heat)

RABDOSIA PROSTATE FORMULA (with heat or damp-heat)

PSA (PROSTATE SPECIFIC ANTIGEN) ELEVATED

ESSENTIAL YANG FORMULA (with kidney yang deficiency)

RABDOSIA PROSTATE FORMULA (with heat or damp-heat)

PSORIASIS

COPTIS RELIEVE TOXICITY FORMULA (with internal heat)

REHMANNIA COOL BLOOD FORMULA (with heat in the blood)

TANG KUEI & TRIBULUS FORMULA (with blood deficiency and dryness)

TWO IMMORTALS FORMULA (improves in pregnancy, worse after childbirth)

PSYCHOLOGICAL DISORDERS (See EMOTIONAL INSTABILITY or MENTAL DISORDERS)

PULMONARY HEART DISEASE

BAKED LICORICE FORMULA (with qi, blood, and yin deficiency)

R

RASHES (See SKIN RASH)

RECTAL BLEEDING

SAN QI FORMULA (controls bleeding)

WU HUA FORMULA (with damp-heat)

RECTAL ITCHING

INTESTINAL FUNGUS FORMULA (with intestinal heat-toxin and dampness)

RESPIRATORY INFECTION

ANDROGRAPHIS FORMULA (with heat-toxin)

FRITILLARIA & PINELLIA FORMULA (lung heat or phlegm-heat)

GAN MAO LING FORMULA (early stage, from wind-heat)

LING ZHI LUNG FORMULA (with wheezing and fluid in the lungs)

MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)

MULBERRY & LYCIUM FORMULA (with lung heat or fire)

VIOLA CLEAR FIRE FORMULA (with heat-toxin)

YIN CHIAO FORMULA (initial stage upper respiratory, from wind-heat)

ZHONG GAN LING FORMULA (from severe wind-heat)

RESTLESSNESS

AN MIEN FORMULA (with deficiency, heat, and phlegm in heart, lung, and/or stomach)

BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed shen)

FREE & EASY WANDERER PLUS (with liver qi stagnation, liver blood deficiency, with heat)

GINKGO FORMULA (with poor mental functioning, liver fire or wind, and heart and liver blood deficiency)

GINSENG NOURISHING FORMULA (with qi and blood deficiency, and emotional symptoms)

LUO BU MA FORMULA (with liver heat or fire and dampness or phlegm)

PEACEFUL SPIRIT FORMULA (with spleen qi and heart qi and blood deficiency)

REHMANNIA & SCROPHULARIA FORMULA (with kidney yin deficiency heat)

REHMANNIA COOL BLOOD FORMULA (with heat in the blood)

SALVIA TEN FORMULA (with depression)

YIN VALLEY FORMULA (with yin deficiency dryness, heat, and blood stasis)

ZIZYPHUS FORMULA (with liver and heart blood and yin deficiency, and heat)

RHEUMATIC HEART DISEASE

BAKED LICORICE FORMULA (with qi, blood, and yin deficiency)

RHEUMATISM (See ARTHRITIS)

RHINITIS, ALLERGIC (See SINUS INFLAMMATION)

RINGING IN THE EAR (TINNITUS)

BUPLEURUM D FORMULA (with liver qi stagnation, phlegm)

CHILDREN'S EAR FORMULA (acute, with phlegm and fever)

EIGHT IMMORTALS FORMULA (with lung, kidney, and stomach yin deficiency)

GASTRODIA & UNCARIA FORMULA (with liver yang rising and liver wind)

NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, and liver yin deficiency)

PORIA & BAMBOO FORMULA (with phlegm-heat and stagnation)
REHMANNIA & SCROPHULARIA FORMULA (with kidney yin deficiency heat)
REHMANNIA SIX FORMULA (with kidney and liver yin deficiency)
YIN TRANSITION FORMULA (with deficient kidney qi, yin, and *jing*)

ROSEOLA

CHILDREN'S CLEAR & RELEASE FORMULA (with heat-toxin)
VIOLA CLEAR FIRE FORMULA (with heat-toxin, in patients over 4 year old)

RUNNY NOSE (See SINUS DISCHARGE)

S

SCIATICA

CHASE WIND, PENETRATE BONE FORMULA (with wind-cold or damp painful obstruction)
CORYDALIS FORMULA (for pain from)
COURSE & QUICKEN FORMULA (with wind-damp, and qi and blood stasis)
DU HUO & LORANTHUS FORMULA (with kidney and liver deficiency)
ESSENTIAL YANG FORMULA (with kidney yang deficiency)

SCOLIOSIS

ESSENTIAL YANG FORMULA (with kidney yang deficiency)

SCROTAL ECZEMA

FOUR MARVEL FORMULA (with dampness and heat in the lower burner)
GENTIANA DRAIN FIRE FORMULA (with damp-heat in the lower burner or liver heat)

SCROTAL EDEMA

PORIA FIVE FORMULA

SEXUAL DREAMS

CINNAMON D FORMULA (with heart/kidney disharmony)

SEXUAL DYSFUNCTION, FEMALE

CINNAMON D FORMULA (with heart/kidney disharmony)
REJUVENATION FORMULA (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)
YUAN SUPPORT FORMULA (with spleen qi, kidney yang, and blood deficiency)

SEXUAL DYSFUNCTION, MALE

ESSENTIAL YANG FORMULA (with kidney yang deficiency)
PROSTATE FORMULA (with prostate symptoms)
REJUVENATION FORMULA (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)
STASIS-TRANSFORMING FORMULA (with qi and blood stasis, and damp-heat)
VITAL TREASURE FORMULA (with kidney yang deficiency, qi and yin deficiency)

SEXUAL EXHAUSTION, MALE

CINNAMON D FORMULA (with heart/kidney disharmony)
GINSENG NOURISHING FORMULA (with qi and blood deficiency, and emotional symptoms)
JING QI FORMULA (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)
NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, and liver yin deficiency)

REJUVENATION FORMULA (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)

TRUE YIN FORMULA (with kidney and liver yin deficiency)

SEXUAL INTERCOURSE, PAIN WITH

CINNAMON D FORMULA (with heart/kidney disharmony)

YIN VALLEY FORMULA (with yin deficiency dryness, heat, and blood stasis)

SHEN UNSTABLE OR DISTURBED (See also PSYCHOLOGICAL DISORDERS)

AN MIEN FORMULA (with deficiency, heat, and phlegm in heart, lung, and/or stomach)

CINNAMON D FORMULA (with heart/kidney disharmony)

SHINGLES (See HERPES ZOSTER)

SHOCK

SHENG MAI FORMULA (with lung qi or yin deficiency, or with injury to yin from summer heat)

SHORTNESS OF BREATH

ASTRAGALUS FORMULA (with cold and deficiency in the middle burner)

ESSENTIAL YANG FORMULA (with kidney yang deficiency)

GENERAL TONIC FORMULA (with qi and blood deficiency, and internal cold)

GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)

GINSENG ENDURANCE FORMULA (with qi, blood, and yang deficiency)

GINSENG NOURISHING FORMULA (with qi and blood deficiency, and emotional symptoms)

MULBERRY & LYCIUM FORMULA (with lung heat or lung fire)

PORIA FIVE FORMULA (with congestion of fluids)

RESTORE THE LUNG FORMULA (with lung qi deficiency)

SHENG MAI FORMULA (with lung qi or yin deficiency, or with injury to yin from summer heat)

SIX GENTLEMEN FORMULA (with spleen and stomach qi deficiency and phlegm or dampness)

SHOULDERS SORE OR STIFF

BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed shen)

GAN MAO LING FORMULA (from wind-heat)

JUAN BI FORMULA (with wind-damp, cold, and blood stasis)

MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)

NECK FORMULA (including frozen shoulder, with wind, cold, and dampness)

ZHONG GAN LING FORMULA (from wind-heat)

SINUS CONGESTION

CHILDREN'S CLEAR AND RELEASE FORMULA (with heat-toxin)

CHILDREN'S EAR FORMULA (with congested ears)

CINNAMON TWIG FORMULA (from wind-cold)

GAN MAO LING FORMULA (from wind-heat)

JADE SCREEN & XANTHIUM FORMULA (from allergies, and wind-damp)

NECK FORMULA (with wind, cold, and dampness)

XANTHIUM & MAGNOLIA FORMULA (acute, from wind-cold)

XANTHIUM NASAL FORMULA (acute, with heat, dampness, or phlegm)

YIN CHIAO FORMULA (from wind-heat)

SINUS DISCHARGE

CHILDREN'S CLEAR AND RELEASE FORMULA (with heat-toxin)

GAN MAO LING FORMULA (from wind-heat)
JADE SCREEN & XANTHIUM FORMULA (from allergies, and wind-damp)
JADE WINDSCREEN FORMULA (chronic, from allergies)
NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, liver yin deficiency)
VIOLA CLEAR FIRE FORMULA (yellow or green, with heat-toxin)
XANTHIUM & MAGNOLIA FORMULA (acute, from wind-cold)
XANTHIUM NASAL FORMULA (acute, with heat, dampness, or phlegm)

SINUS INFECTION

ANDROGRAPHIS FORMULA (with heat-toxin)
GAN MAO LING FORMULA (early stage, from wind-heat)
SILER & PLATYCODON FORMULA (for wind-heat with heat in the interior)
VIOLA CLEAR FIRE FORMULA (with heat-toxin)
XANTHIUM NASAL FORMULA (acute, with heat, dampness, or phlegm)
ZHONG GAN LING FORMULA (from severe wind-heat)

SINUS INFLAMMATION AND PAIN

ANDROGRAPHIS FORMULA (with heat-toxin)
CURCUMA LONGA FORMULA (chronic, with qi and blood stasis and heat)
HEAD RELIEF FORMULA (from wind-cold)
JADE SCREEN & XANTHIUM FORMULA (from allergies and wind-damp)
NECK FORMULA (suborbital pain, with wind, cold, and dampness)
XANTHIUM NASAL FORMULA (acute, with heat, dampness, or phlegm)

SKIN DRY (See DRYNESS)

SKIN RASH

ANDROGRAPHIS FORMULA (with heat-toxin)
CINNAMON TWIG FORMULA (with disharmony of *ying* and *wei*)
COPTIS RELIEVE TOXICITY FORMULA (with internal heat)
FOUR MARVEL FORMULA (with dampness and heat in the lower burner)
FREE & EASY WANDERER PLUS (liver blood deficiency and blood heat)
GENTIANA DRAIN FIRE FORMULA (with damp-heat)
HE SHOU WU TABLETS (with deficient blood, and kidney/liver yin deficiency)
INTESTINAL FUNGUS FORMULA (with intestinal heat-toxin and dampness)
JADE SCREEN & XANTHIUM FORMULA (from allergic reaction)
MARGARITA COMPLEXION FORMULA (red or itchy, with heat in the blood or stomach heat)
MULBERRY & LYCIUM FORMULA (with lung heat or fire)
OREGANO OIL FORMULA (topically, for skin infection)
PULSATILLA INTESTINAL FORMULA (with intestinal inflammation from heat-toxin)
REHMANNIA COOL BLOOD FORMULA (red, with intense itching from heat in the blood)
SILER & PLATYCODON FORMULA (for wind-heat with heat in the interior)
TANG KUEI & SALVIA FORMULA (with blood deficiency)
TANG KUEI & TRIBULUS FORMULA (with blood deficiency and dryness)
WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)
WU HUA FORMULA (with damp-heat)
YIN CHIAO FORMULA (with wind-heat)

SLEEP, DISTURBED OR RESTLESS (See INSOMNIA)

SMOKING WITHDRAWAL

BUPLEURUM D FORMULA (with liver qi stagnation, phlegm, and disturbed shen)

LILY PRESERVE METAL FORMULA (with lung yin deficiency)

SNORING

FRITILLARIA & PINELLIA FORMULA (lung heat or phlegm-heat)

MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)

PINELLIA & MAGNOLIA BARK FORMULA (with constrained qi and phlegm)

SORES

COPTIS RELIEVE TOXICITY FORMULA (with internal heat)

FOUR MARVEL FORMULA (oozing in legs, with dampness and heat in the lower burner)

GENERAL TONIC FORMULA (chronic, with qi and blood deficiency, and internal cold)

GINSENG & ASTRAGALUS FORMULA (slow to heal, with spleen and stomach qi deficiency)

GINSENG NOURISHING FORMULA (chronic, with qi and blood deficiency)

HE SHOU WU TABLETS (with deficient blood, and kidney/liver yin deficiency)

REHMANNIA COOL BLOOD FORMULA (painful, with heat in the blood)

SILER & PLATYCODON FORMULA (for wind-heat with heat in the interior)

WU HUA FORMULA (with damp-heat)

SORE THROAT (See THROAT, SORE)

SOUR TASTE IN MOUTH (See TASTE IN MOUTH, BITTER, SOUR, OR BAD)

SPONTANEOUS SEMINAL EMISSION (See also NOCTURNAL EMISSIONS)

JING QI FORMULA (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)

NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, liver yin deficiency)

REHMANNIA & SCROPHULARIA FORMULA (with kidney yin deficiency heat)

REJUVENATION FORMULA (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)

TRUE YIN FORMULA (with kidney and liver yin deficiency)

YIN TRANSITION FORMULA (with deficient kidney qi, yin, and *jing*)

SPOTS IN VISION (See VISION, SPOTS IN)

SPRAINS OR STRAINS

BONE & SINEW FORMULA (second and third stage trauma)

TIEH TA FORMULA (for pain, with little or no heat)

TRAUMA 1 FORMULA (first stage trauma, with swelling, heat, and pain)

TRAUMA 2 FORMULA (second stage trauma, with stagnation, stiffness, and pain)

SPUTUM, FROTHY

BAKED LICORICE FORMULA (with qi, blood, and yin deficiency)

PORIA FIVE FORMULA (with retention of fluids)

STIES

COPTIS RELIEVE TOXICITY FORMULA (with heat or fire)

GENTIANA DRAIN FIRE FORMULA (with damp-heat)

SILER & PLATYCODON FORMULA (for wind-heat with heat in the interior)

STOMACHACHE OR PAIN

AGASTACHE TUMMY SYRUP (with cold and dampness)

BUPLEURUM & CINNAMON FORMULA (with liver/spleen disharmony or concurrent *taiyang* and *shaoyang* patterns)

BUPLEURUM & TANG KUEI FORMULA (with liver/spleen disharmony)
BUPLEURUM D FORMULA (acute, burning with liver invading stomach)
CHAI HU SHU GAN FORMULA (from liver qi stagnation)
CORYDALIS FORMULA (for pain from)
EASE DIGESTION FORMULA (from wind, damp, stomach phlegm or food stagnation)
FREE & EASY WANDERER PLUS (with liver/spleen disharmony and heat)
LINKING FORMULA (with yin deficiency, qi stagnation, and heat)
MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)
PORIA & BAMBOO FORMULA (with stomach-gallbladder disharmony, phlegm-heat and stagnation)
SHU GAN FORMULA (with liver qi stagnation)
STOMACH-HARMONIZING FORMULA (acute, with food stagnation and heat)

STOMACH FLU (See GASTROENTERITIS)

STOOLS, DRY, HARD, OR DIFFICULT TO PASS (See CONSTIPATION)

HE SHOU WU TABLETS (with deficient blood, and kidney/liver yin deficiency)
LUO BU MA FORMULA (with liver heat or fire and dampness or phlegm)
PERSICA & CISTANCHES FORMULA (moistens and unblocks the intestines)
REHMANNIA COOL BLOOD FORMULA (with heat in the blood)
TANG KUEI & SALVIA (with blood deficiency and stagnation)

STOOLS, ERRATIC

BUPLEURUM & TANG KUEI FORMULA (with liver/spleen disharmony)
EASE DIGESTION FORMULA (from wind, damp, stomach phlegm or food stagnation)
GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)
INTESTINAL FUNGUS FORMULA (with heat-toxin and dampness)
PULSATILLA INTESTINAL FORMULA (with intestinal inflammation from heat-toxin)
RESOLVE THE MIDDLE FORMULA (with damp turbidity and stagnation in the middle burner)
SHU GAN FORMULA (with liver qi stagnation and phlegm)

STOOLS, LOOSE (See DIARRHEA)

ANDROGRAPHIS FORMULA (with heat-toxin)
COPTIS RELIEVE TOXICITY FORMULA (with heat or fire)
OREGANO OIL FORMULA (anti-microbial)
PU JI FORMULA (with heat-toxin and external wind)
VIOLA CLEAR FIRE FORMULA (with heat-toxin)
ZHONG GAN LING FORMULA (from wind-heat)

SUICIDE, THOUGHTS OF (See DEPRESSION)

SUMMER HEAT STRIKE

AGASTACHE TUMMY SYRUP (with cold and dampness)
SHENG MAI FORMULA (with profuse sweating and injury to qi and yin)

SURGERY, RECOVERY FROM (See POST-OPERATIVE FATIGUE)

SWALLOWING, DIFFICULTY

EIGHT IMMORTALS FORMULA (from dryness with yin deficiency)
PINELLIA & MAGNOLIA BARK FORMULA (with constrained qi and phlegm)

SWEATING, NOCTURNAL (See NIGHT SWEATS)

SWEATING, SPONTANEOUS OR PROFUSE

AGASTACHE TUMMY SYRUP (with cold and external dampness)
ASTRAGALUS FORMULA (with cold and deficiency in the middle burner)

BAKED LICORICE FORMULA (with qi, blood, and yin deficiency)
 CINNAMON TWIG FORMULA (with wind-cold invasion)
 ESSENTIAL YANG FORMULA (with kidney yang deficiency)
 GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)
 GINSENG NOURISHING FORMULA (with qi and blood deficiency and emotional symptoms)
 JADE WINDSCREEN FORMULA (with weak *wei* qi)
 JING QI FORMULA (with kidney, liver yin, and spleen qi deficiency, and constrained liver qi)
 REHMANNIA SIX FORMULA (with kidney and liver yin deficiency)
 RESTORE THE LUNG FORMULA (with lung qi deficiency)
 SHENG MAI FORMULA (profuse with lung qi, or yin deficiency or with injury to yin from summer heat)
 YIN TRANSITION FORMULA (with deficient kidney qi, yin, and *jing*)

SWOLLEN GLANDS (See LYMPH NODES, ENLARGED)

T

TASTE IN MOUTH, BITTER, SOUT, OR BAD

EARTH-HARMONIZING FORMULA (with liver/stomach disharmony, food stagnation, and heat)
 GENTIANA DRAIN FIRE FORMULA (with liver and/or gallbladder fire)
 LINKING FORMULA (with yin deficiency, qi stagnation, and heat)
 MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders, liver/spleen disharmony)
 PORIA & BAMBOO FORMULA (with stomach/gallbladder disharmony, phlegm-heat and stagnation)
 SHU GAN FORMULA (with liver qi stagnation)
 SILER & PLATYCODON FORMULA (for wind-heat with heat in the interior)

TASTE, LOSS OF SENSE OF

AGASTACHE TUMMY SYRUP (with cold and dampness)
 RESOLVE THE MIDDLE FORMULA (with damp turbidity and stagnation in the middle burner)

TEETH, LOOSENING

REJUVENATION FORMULA (white, with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)

THINKING, MUDDLED OR UNCLEAR (See MENTAL CONFUSION)

TENDONS, TORN

BONE & SINEW FORMULA (second and third stage trauma)
 TIEH TA FORMULA (for pain, with little or no heat)
 TRAUMA 1 FORMULA (first stage trauma, with swelling, heat, and pain)
 TRAUMA 2 FORMULA (second stage trauma, with stagnation, stiffness, and pain)

TESTICLES, SWOLLEN

FOUR MARVEL FORMULA (with dampness and heat in the lower burner)
 GENTIANA DRAIN FIRE FORMULA (with damp-heat)
 PORIA FIVE FORMULA (with retention of fluids)

THIRST

- ANDROGRAPHIS FORMULA (with heat-toxin)
- COPTIS RELIEVE TOXICITY FORMULA (with heat or fire)
- EIGHT IMMORTALS FORMULA (with lung, kidney, and stomach yin deficiency)
- GINSENG & ASTRAGALUS FORMULA (for warm drinks, with spleen and stomach qi deficiency)
- JADE SOURCE FORMULA (extreme, with yin deficiency fire and deficient fluids)
- LINKING FORMULA (with yin deficiency, qi stagnation, and heat)
- PU JI FORMULA (with heat-toxin and external wind)
- REHMANNIA & SCROPHULARIA FORMULA (with kidney yin deficiency heat)
- REHMANNIA COOL BLOOD FORMULA (with heat in the blood and no desire to swallow)
- SEVEN TREASURES FORMULA (lower, with deficient yin, jing and blood)
- SHENG MAI FORMULA (with lung qi or yin deficiency or with injury to yin from summer heat)
- TRUE YIN FORMULA (with kidney and liver yin deficiency)
- YIN CHIAO FORMULA (with wind-heat)

THROAT, SENSATION OF SOMETHING CAUGHT IN

- PINELLIA & MAGNOLIA BARK FORMULA (with constrained qi and phlegm)

THROAT, SORE

- ANDROGRAPHIS FORMULA (with heat-toxin)
- CHILDREN'S CLEAR & RELEASE FORMULA (with heat-toxin)
- COPTIS RELIEVE TOXICITY FORMULA (with heat or fire)
- EIGHT IMMORTALS FORMULA (dry, with lung, kidney, and stomach yin deficiency)
- FRITILLARIA & PINELLIA FORMULA (with lung heat or phlegm-heat)
- GAN MAO LING FORMULA (from wind-heat)
- HEAVENLY EMPEROR'S FORMULA (with heart and kidney yin deficiency fire)
- JADE SCREEN & XANTHIUM FORMULA (from allergies)
- LILY PRESERVE METAL FORMULA (and dry, with lung yin deficiency)
- MINOR BUPLEURUM FORMULA (with *shaoyang* stage disorders)
- OREGANO OIL FORMULA (anti-microbial)
- PU JI FORMULA (with heat-toxin and external wind)
- REHMANNIA & SCROPHULARIA FORMULA (or dry, with kidney yin deficiency heat)
- REHMANNIA COOL BLOOD FORMULA (and dry, with heat in the blood)
- TRUE YIN FORMULA (and dry, with kidney and liver yin deficiency)
- VIOLA CLEAR FIRE FORMULA (with heat-toxin)
- YIN CHIAO FORMULA (from wind-heat)
- ZHONG GAN LING FORMULA (from wind-heat)

THYROID TUMORS, BENIGN

- PHLEGM-TRANSFORMING FORMULA (with phlegm accumulation, deficiency, and qi or blood stasis)

TIDAL FEVER (See FEVER)

TINNITUS (See RINGING IN THE EAR)

TIREDDNESS (See FATIGUE)

TONSILLITIS

- ANDROGRAPHIS FORMULA (with heat-toxin)
- COPTIS RELIEVE TOXICITY FORMULA (with heat or fire)
- GAN MAO LING FORMULA (with wind-heat)

GENTIANA DRAIN FIRE FORMULA (from liver fire)
MINOR BUPLEURUM FORMULA (*shaoyang* stage)
PU JI FORMULA (with heat-toxin and external wind)
VIOLA CLEAR FIRE FORMULA (with heat-toxin)
YIN CHIAO FORMULA (with wind-heat)
ZHONG GAN LING FORMULA (with severe wind-heat)

TOOTHACHE

COPTIS RELIEVE TOXICITY FORMULA (with heat or fire)
CORYDALIS FORMULA (for pain)
HEAD RELIEF FORMULA (from wind-cold, muscle tension, or trauma)
REHMANNIA SIX FORMULA (with kidney and liver yin deficiency fire)

TOXEMIA OF PREGNANCY (PRE-ECLAMPSIA)

PORIA FIVE FORMULA (with retention of fluids)
TANG KUEI & PEONY FORMULA (with liver blood and spleen deficiency and dampness)

TOXICITY, FEELING OF

COPTIS RELIEVE TOXICITY FORMULA (with heat or fire, damp-heat or heat in blood)
FREE & EASY WANDERER PLUS (with liver qi stagnation and heat)
HAWTHORN & FENNEL FORMULA (with obesity, phlegm, and food stagnation)
JI XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin, and dampness)
PORIA FIFTEEN FORMULA (with obesity, phlegm, and food stagnation)
RESOLVE THE MIDDLE FORMULA (with damp turbidity and stagnation in the middle burner)
SILER & PLATYCODON FORMULA (for wind-heat with heat in the interior)

TRAUMATIC INJURY

BONE & SINEW FORMULA (second and third stage trauma)
CHASE WIND, PENETRATE BONE FORMULA (chronic stage, with wind-cold and wind-damp, with qi and blood stasis)
CURCUMA LONGA FORMULA (inflammation, with qi and blood stasis and heat)
SAN QI FORMULA (controls bleeding)
TIEH TA FORMULA (acute stage)
TRAUMA 1 FORMULA (first stage trauma, with swelling, heat, and pain)
TRAUMA 2 FORMULA (second stage trauma, with stagnation, stiffness, and pain)

TSH ELEVATED

TWIN SHIELDS FORMULA

TUBERCULOSIS, PULMONARY

BUPLEURUM & CINNAMON FORMULA (with concurrent *taiyang* and *shaoyang* patterns)
EIGHT IMMORTALS FORMULA (with lung, kidney, and stomach yin deficiency)
MULBERRY & LYCIUM FORMULA (with lung heat or fire)
YIN TRANSITION FORMULA (sweating from, with deficient kidney qi, yin, and *jing*)

U

ULCER

ASTRAGALUS FORMULA (gastric, peptic or duodenal, with cold and deficiency in the middle burner)
BUPLEURUM & CINNAMON FORMULA (gastric or duodenal, from liver/spleen disharmony with mixed signs of heat and cold)

BUPLEURUM & TANG KUEI FORMULA (peptic, with liver/spleen disharmony)
BUPLEURUM D FORMULA (pre-ulcer, with liver qi stagnation, and liver invading stomach)

COPTIS RELIEVE TOXICITY FORMULA (with heat or fire)

EASE DIGESTION FORMULA (acute symptoms)

LINKING FORMULA (with yin deficiency, qi stagnation, and heat)

MINOR BUPLEURUM FORMULA (with *shaoyang* stage patterns)

OREGANO OIL FORMULA (for helicobacter pylori)

PEONY & ATRACTYLODES FORMULA (with spleen qi deficiency, dampness, and liver qi stagnation)

PORIA & BAMBOO FORMULA (with stomach-gallbladder disharmony, phlegm-heat and stagnation)

SAN QI FORMULA (controls bleeding)

TANG KUEI & PEONY FORMULA (with blood and spleen deficiency and liver/spleen disharmony)

UPPER RESPIRATORY INFECTION (See RESPIRATORY INFECTION)

URINARY BLADDER PAIN

CORYDALIS FORMULA (analgesic)

URINARY INCONTINENCE

ESSENTIAL YANG FORMULA (with kidney yang deficiency)

NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, liver yin deficiency)

SEA OF QI FORMULA (with spleen yang and kidney yang deficiency)

URINARY RETENTION

ESSENTIAL YANG FORMULA (with kidney yang deficiency)

HAWTHORN & FENNEL FORMULA (with obesity)

POLYPORUS & DIANTHUS FORMULA (with heat in the interior, or damp-heat)

PORIA FIFTEEN FORMULA (with obesity)

PORIA FIVE FORMULA (with retention of fluids)

REHMANNIA & SCROPHULARIA FORMULA (with kidney yin deficiency heat)

REHMANNIA SIX FORMULA (with kidney and liver yin deficiency fire)

URINARY TRACT INFECTION

AMBER STONE-TRANSFORMING FORMULA (from bladder or kidney stones)

ANDROGRAPHIS FORMULA (with heat-toxin)

COPTIS RELIEVE TOXICITY FORMULA (with heat or fire)

ESSENTIAL YANG FORMULA (chronic, with kidney yang deficiency)

FOUR MARVEL FORMULA (with dampness and heat in the lower burner)

GENTIANA DRAIN FIRE FORMULA (acute, damp-heat)

POLYPORUS & DIANTHUS FORMULA (with heat in the interior, or damp-heat)

REHMANNIA & SCROPHULARIA FORMULA (with kidney yin deficiency heat)

REHMANNIA SIX FORMULA (with kidney and liver yin deficiency fire)

TWO IMMORTALS FORMULA (chronic, with kidney yin and yang deficiency, and flaring-up of fire)

VIOLA CLEAR FIRE FORMULA (with heat-toxin)

URINATION, DIFFICULT

BUPLEURUM D FORMULA (with liver qi stagnation and cold in the lower burner)

ELEUTHERO TABLETS (with stress, kidney and spleen deficiency, and stagnation)

ESSENTIAL YANG FORMULA (with kidney yang deficiency)

FREE & EASY WANDERER PLUS (with liver qi stagnation and heat)
HAWTHORN & FENNEL FORMULA (with obesity)
LUO BU MA FORMULA (with liver heat or fire and dampness or phlegm)
POLYPORUS & DIANTHUS FORMULA (dark, hot, with heat in the interior or damp-heat)
PORIA FIFTEEN FORMULA (with obesity)
PORIA FIVE FORMULA (with retention of fluids)
PROSTATE FORMULA (with prostate symptoms)
REHMANNIA & SCROPHULARIA FORMULA (with kidney yin deficiency heat)
REHMANNIA COOL BLOOD FORMULA (scanty, yellow, with heat in the blood)
SILER & PLATYCODON FORMULA (for wind-heat with heat in the interior)
TANG KUEI & PEONY FORMULA (with liver blood and spleen deficiency and dampness)

URINATION, EXCESSIVE OR FREQUENT

ESSENTIAL YANG FORMULA (with kidney yang deficiency)
JADE SOURCE FORMULA (with yin deficiency fire and deficient fluids)
NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, liver yin deficiency)
PROSTATE FORMULA (with prostate symptoms)
SEA OF QI FORMULA (with spleen yang and kidney yang deficiency)
TWO IMMORTALS FORMULA (with kidney yin and yang deficiency, and flaring-up of fire)

URINATION, NOCTURNAL

ESSENTIAL YANG FORMULA (with kidney yang deficiency)
NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, liver yin deficiency)
PROSTATE FORMULA (with prostate symptoms)
SEA OF QI FORMULA (with spleen yang and kidney yang deficiency)

URINATION, PAIN WITH (See also URINARY TRACT INFECTION)

AMBER STONE-TRANSFORMING FORMULA (from bladder or kidney stones)
CORYDALIS FORMULA (for pain and spasms)

URTICARIA (See HIVES)

UTERINE BLEEDING, DYSFUNCTIONAL

BUPLEURUM & TANG KUEI FORMULA (with liver qi stagnation, liver blood and yin deficiency)
CHONG RELEASE FORMULA (with blood deficiency and stagnation)
CINNAMON & PORIA FORMULA (with blood stasis)
GENERAL TONIC FORMULA (with qi and blood deficiency, and internal cold)
GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)
GINSENG & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)
IMMORTAL VALLEY FORMULA (with dampness, heat, and blood stasis in lower abdomen)
PHLEGM-TRANSFORMING FORMULA (with phlegm accumulation, deficiency, and qi or blood stasis)
POLYPORUS & DIANTHUS FORMULA (with heat in the interior or damp-heat)
SAN QI FORMULA (stops bleeding)
STASIS-TRANSFORMING FORMULA (with qi and blood stasis, and damp-heat)
TANG KUEI & SALVIA FORMULA (with blood deficiency and stagnation)
WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)

UTERINE FIBROIDS

CINNAMON & PORIA FORMULA (with blood stasis)

PHLEGM-TRANSFORMING FORMULA (with phlegm accumulation, deficiency, and qi or blood stasis)

STASIS-TRANSFORMING FORMULA (with qi and blood stasis, and damp-heat)

V

VAGINAL DISCHARGE

ASTRAGALUS FORMULA (clear or white, with cold and deficiency of middle burner)

BUPLEURUM & TANG KUEI FORMULA (white, with liver qi stagnation)

COPTIS RELIEVE TOXICITY FORMULA (with heat or fire)

FOUR MARVEL FORMULA (with dampness and heat in the lower burner)

FREE & EASY WANDERER PLUS (yellowish, with liver qi stagnation and heat)

GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)

GINSENG & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)

GENTIANA DRAIN FIRE FORMULA (yellowish and/or foul-smelling, with damp-heat)

IMMORTAL VALLEY FORMULA (with dampness, heat, and blood stasis in lower abdomen)

REJUVENATION FORMULA (white, with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)

SEA OF QI FORMULA (clear or white, with spleen yang and kidney yang deficiency)

SEVEN TREASURES FORMULA (profuse, white, or clear, with deficient jing and kidney and liver yin, and deficient blood)

TANG KUEI & PEONY FORMULA (with liver blood and spleen deficiency, and dampness)

WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)

YIN VALLEY FORMULA (with yin deficiency dryness, heat, and blood stasis)

VAGINAL YEAST INFECTIONS (See YEAST INFECTION)

VAGINITIS, NON-SPECIFIC

FOUR MARVEL FORMULA (with dampness and heat in the lower burner)

GENTIANA DRAIN FIRE FORMULA (with damp-heat in liver)

IMMORTAL VALLEY FORMULA (with dampness, heat, and blood stasis in lower abdomen)

YIN VALLEY FORMULA (with yin deficiency dryness, heat, and blood stasis)

VERTEBRAL SUBLUXATION

BUPLEURUM & CINNAMON FORMULA (with *shaoyang* patterns)

VERTIGO (See DIZZINESS)

VISION, BLURRED

GASTRODIA & UNCARIA FORMULA (with liver yang rising and liver wind)

HE SHOU WU TABLETS (with deficient blood, and kidney/liver yin deficiency)

JING QI FORMULA (with kidney, liver yin, and spleen qi deficiency, and liver qi stagnation)

MING MU FORMULA (liver and kidney deficiency with liver heat or internal wind)

MINOR BUPLEURUM FORMULA (with *shaoyang* patterns)

REHMANNIA SIX FORMULA (with kidney and liver yin deficiency)

TANG KUEI & SALVIA FORMULA (with blood deficiency)

TRUE YIN FORMULA (with kidney and liver yin deficiency)

ZIZYPHUS FORMULA (with liver and heart blood and yin deficiency)

VISION, SPOTS IN

BLOOD PALACE FORMULA (with blood stasis in upper body)

HE SHOU WU TABLETS (with deficient blood, and kidney/liver yin deficiency)

MING MU FORMULA (liver and kidney deficiency, with liver heat or internal wind)

TANG KUEI & SALVIA FORMULA (with blood deficiency)

TRUE YIN FORMULA (with kidney and liver yin deficiency)

WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)

VISUAL ACUITY, DECREASED

JING QI FORMULA (with kidney, liver yin and spleen qi deficiency, and constrained liver qi)

MIN MU FORMULA (liver and kidney deficiency, with liver heat or internal wind)

REJUVENATION FORMULA (with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)

VOMITING

AGASTACHE TUMMY SYRUP (with cold and dampness)

BUPLEURUM & CINNAMON FORMULA (with liver/spleen disharmony or concurrent *taiyang* and *shaoyang* patterns)

CHAI HU SHU GAN FORMULA (from liver qi stagnation)

CITRUS & PINELLIA FORMULA (with phlegm-damp)

COPTIS RELIEVE TOXICITY FORMULA (with heat or fire)

EASE DIGESTION FORMULA (from wind, damp, stomach phlegm, or food stagnation)

FREE & EASY WANDERER PLUS (with liver/spleen disharmony, and heat)

Ji XUE FORMULA (from chemotherapy, with qi and blood deficiency and stagnation, heat-toxin, and dampness)

LINKING FORMULA (of sour fluid, with yin deficiency, qi stagnation, and heat)

LYSIMACHIA GB FORMULA (with damp-heat and constrained qi in the liver and gallbladder)

MINOR BUPLEURUM FORMULA (with *shaoyang* stage patterns)

PINELLIA & MAGNOLIA BARK FORMULA (with qi stagnation in stomach)

PORIA FIVE FORMULA (immediately after drinking or with retention of fluids)

PORIA & BAMBOO FORMULA (with stomach-gallbladder disharmony, phlegm-heat and stagnation)

RESOLVE THE MIDDLE FORMULA (with damp turbidity and stagnation in the middle burner)

SHU GAN FORMULA (acute, with liver qi stagnation and phlegm)

SIX GENTLEMEN FORMULA (with spleen and stomach qi deficiency, and phlegm or dampness)

STOMACH-HARMONIZING FORMULA (with food stagnation and heat)

VOMITING BLOOD

COPTIS RELIEVE TOXICITY FORMULA (with heat or fire)

REHMANNIA COOL BLOOD FORMULA (with heat in the blood)

SAN QI FORMULA (controls bleeding)

VULVAR ITCHING (See GENITAL ITCHING)

W

WALKING, DIFFICULTY

- COURSE & QUICKEN FORMULA (with wind-dampness and blood stasis)
- DU HUO & LORANTHUS FORMULA (with kidney and liver deficiency)
- JI XUE FORMULA (from neuropathy, with qi and blood deficiency and stagnation, heat-toxin, and dampness)

WARTS

- SILER & PLATYCODON FORMULA (for wind-heat with heat in the interior)

WATER RETENTION (See EDEMA)

WEAKNESS, GENERALIZED OR AFTER SURGERY OR ILLNESS

- ASTRAGALUS & LIGUSTRUM FORMULA (to support normal qi)
- ASTRAGALUS FORMULA (with cold and deficiency in the middle burner)
- ELEUTHERO TABLETS (with stress, kidney and spleen deficiency, and stagnation)
- ESSENTIAL YANG FORMULA (with kidney yang deficiency)
- FIVE MUSHROOM FORMULA (general tonic for lung, kidney, liver, spleen, and immune system)
- GENERAL TONIC FORMULA (with qi and blood deficiency, and internal cold)
- GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)
- GINSENG & LONGAN FORMULA (with spleen qi, heart qi, and blood deficiency)
- GINSENG ENDURANCE FORMULA (with qi, blood, and yang deficiency)
- GINSENG NOURISHING FORMULA (chronic, with qi and blood deficiency, and emotional symptoms)
- HE SHOU WU TABLETS (with deficient blood, and kidney/liver yin deficiency)
- JI XUE FORMULA (with qi and blood deficiency and stagnation, heat-toxin, and dampness)
- JING QI FORMULA (with kidney, liver yin, and spleen qi deficiency, and liver qi stagnation)
- NOURISH ESSENCE FORMULA (with kidney yin and yang deficiency, liver yin deficiency)
- SEA OF QI FORMULA (with spleen yang and kidney yang deficiency)
- SHENG MAI FORMULA (with lung qi or yin deficiency or with injury to yin from summer heat)
- TANG KUEI & PEONY FORMULA (during pregnancy, with blood and spleen deficiency and dampness)
- TANG KUEI & SALVIA FORMULA (with blood deficiency and stagnation)
- WOMEN'S PRECIOUS FORMULA (with qi and blood deficiency)

WEIGHT GAIN (See OBESITY)

WEIGHT LOSS, UNINTENDED OR ABNORMAL

- BAKED LICORICE FORMULA (with qi, blood, and yin deficiency)
- GINSENG & ASTRAGALUS FORMULA (with spleen and stomach qi deficiency)
- GINSENG NOURISHING FORMULA (with qi and blood deficiency and emotional symptoms)
- JADE SOURCE FORMULA (with yin deficiency fire and deficient fluids)
- REJUVENATION FORMULA (white, with kidney and spleen qi deficiency, and deficiency of yin, blood, and yang)
- SALVIA TEN FORMULA (with depression)

WHEEZING (See also ASTHMA)

FIVE MUSHROOM FORMULA (general tonic for lung, kidney, liver, spleen, and immune system)

LILY PRESERVE METAL FORMULA (with lung yin deficiency)

LING ZHI LUNG FORMULA (for kidneys not grasping lung qi, with phlegm)

MULBERRY & LYCIUM FORMULA (with lung heat or fire)

PINELLIA & MAGNOLIA BARK FORMULA (with constrained qi and phlegm)

RESTORE THE LUNG FORMULA (with lung qi deficiency)

WHOOPING COUGH (See PERTUSSIS)**WORMS**

OREGANO OIL FORMULA

Y**YEAST INFECTION**

GENTIANA DRAIN FIRE FORMULA (vaginal)

INTESTINAL FUNGUS FORMULA (intestinal)

OREGANO OIL FORMULA (vaginal or intestinal)

IMMORTAL VALLEY FORMULA (with dampness, heat, and blood stasis in lower abdomen)

GLOSSARY OF CHINESE MEDICAL TERMS USED

BLOOD DEFICIENCY-Clinical manifestations include: pale or sallow complexion, pale lips, dizziness, poor memory, dry eyes, blurring of vision, poor night vision, palpitations, insomnia, numbness of hands and feet, absent or scanty menstruation, a pale tongue and thready pulse.

BLOOD STASIS OR STAGNATION-Manifests in symptoms such as fixed, boring or stabbing pain, mass tumors which do not move, hemorrhage with dark blood and clots, purple lips and nails, purple blotches or bruises on skin, purple tongue and wiry, choppy or knotted pulse.

CHONG CHANNEL-Also called the Penetrating Vessel. Has a regulating effect on all twelve regular channels and regulates menstruation. Symptoms of this channel include menstrual irregularities, miscarriage, uterine bleeding, insufficient lactation, lower abdominal pain, and in men, seminal emission, impotence, prostatitis.

COLD-Caused by cold pathogenic factor or diminished vital function. Marked by intolerance of cold, fondness for warmth, loose bowels, pale tongue with white coating, slow pulse, etc.

COLD IN THE MIDDLE BURNER-Usually refers to cold in the spleen and stomach. Marked by cold and pain over the stomach, anorexia, abdominal fullness, belching, vomiting thin fluid, diarrhea, lassitude and cold limbs.

CONSTRAINED HEAT-Refers to heat generated by a heat pathogen that is lodged in a specific tissue. Clearing/draining actions are usually not enough. Constrained heat requires substances that disperse heat.

CONSTRAINED LIVER-(See LIVER QI STAGNATION)

DAMPNESS-Caused externally by damp pathogenic factor or internally by a dysfunction of the lung, spleen and/or kidney in promoting water circulation and distribution. Symptoms include heaviness in the limbs, headache as if the head were tightly bound, fullness in the chest, joint pains and swelling, diarrhea, abdominal fullness, sallow face, edema of the lower limbs, turbid discharges, etc.

DAMP-HEAT-A combination of dampness and heat, which produces varying symptoms depending on the part of the body affected. Symptoms include loss of appetite, nausea, vomiting, bitter taste and stickiness in the mouth, heaviness of the body and limbs, fullness of the chest, lassitude, jaundice, loose stools or diarrhea with blood or mucus, offensive odor of stools, burning in anus, abdominal pain and distension, eczema, swelling and burning pain in the testes, yellow foul-smelling leukorrhea, scanty yellow urine, frequency and/or urgency of urination, burning pain in the urethra, dribbling urination, turbid, deep yellow urine, red tongue with a sticky, yellow coating, and a rapid and slippery pulse.

DEFICIENCY-A general term referring to deficiency of vital energy and lowered body resistance. Some deficiency symptoms include: emaciation, listlessness, lassitude, shortness of breath, pallor, insomnia, poor memory, spontaneous and night sweating, nocturnal enuresis, pain alleviated by pressure, pale tongue, and a weak and thready pulse.

DEFICIENCY HEAT OR FIRE-Caused by a deficiency of yin; symptoms include afternoon or low grade fever, malar flush, dry mouth, insomnia with mental restlessness, anxiety, feverish sensations in the palms and soles, night sweats, constipation, concentrated urine, etc., red tongue with little coating, and a rapid, thready, and/or empty pulse.

DISPERSION-The action of scattering a concentration of a pathogen or dislodging the pathogen so it can be cleared out.

DISTURBED OR UNSTABLE SHEN-*Shen* is translated as “spirit.” It refers to the mind, consciousness, the force of the personality, and the connection to the spiritual aspects of humanness. When *shen* is disturbed or unstable, symptoms arise such as insomnia, unclear or muddled thinking, poor memory, restlessness, hysteria, incoherent speech, delirium, mania.

DRYNESS-One of the six pathogenic factors which prevails in autumn or in dry climates. Dryness causes consumption of body fluids with symptoms such as red eyes, dry nose and throat, dry cough, dry skin, constipation, reduced urination, etc. Also an internal condition caused by impairment of yin.

ENCUMBRANCE-Refers to an accumulation, usually of dampness, damp-heat, or phlegm, which restricts the normal functioning of an organ.

EXTERIOR (See also INTERIOR)-Refers to the depth of disease. Exterior syndromes are caused by invasion of the six pathogenic factors, which first attack the superficial portions of the body. In general, these syndromes are of sudden onset and short duration. Chief symptoms include intolerance to cold or wind, fever, headache, nasal obstruction, and superficial pulse.

ESSENCE (also known as “Jing”)-Refers to the combination of the energy which makes up a person’s inherited constitution and the energy derived from food. It resides mostly in the kidneys and is the basis of growth, reproduction, and development. It is also the source of kidney qi and of constitutional strength. Deficiency of essence results in variety of symptoms such as stunted growth, poor bone development or bone deterioration, infertility, habitual miscarriage, loose teeth, hair falling out or prematurely graying, poor sexual function, impotence, weakness of knees, ringing in the ears, poor memory, poor concentration, dizziness, lowered body resistance, and chronic allergies.

FIRE-A severe form of internal heat. Fire is always associated with a specific organ (e.g., heart/pericardium, liver/gallbladder, lung, stomach, or spleen) and always flares upward. Manifestations include: high fever, restlessness, insomnia, mania, delirium, thirst, sweating, mouth and tongue ulcers, swollen and painful gums, headache, congestion of the eyes.

FOOD STAGNATION-Symptom pattern includes: stomach pain and distension, loss of appetite, foul belching, acid regurgitation, vomiting. Tongue may have a thick, sticky coating.

HEART BLOOD DEFICIENCY-Symptom pattern includes: palpitations, giddiness, pallor, insomnia, forgetfulness, pale, thin tongue and a fine and weak pulse.

HEART QI DEFICIENCY-Symptom pattern includes: palpitations, shortness of breath on exertion, spontaneous sweating, pale, thin tongue, and a fine, weak or irregular pulse.

HEART YIN DEFICIENCY- Symptom pattern includes: mental irritability, palpitations, insomnia, low fever, night sweats, flushed cheeks, thirst, dry, red tongue, and a fine, rapid pulse.

HEAT-Caused by pathogenic heat or by excessive vital function. Marked by feverishness, flushed face, thirst, craving for cold drinks, constipation, red tongue with yellow coating, rapid pulse.

HEAT IN THE BLOOD-Marked by restlessness or mania, feeling of heat, skin dis-

eases with red eruptions, ecchymosis, mouth ulcers, itching, excessive menstrual bleeding, hemorrhage, dry mouth, red tongue, rapid pulse.

HEAT-TOXIN-Refers to toxic heat generated by viral or bacterial infection.

INTERIOR (See also EXTERIOR)-Refers to the depth of the disease. Interior syndromes are mostly severe or chronic and deep. In interior diseases the pathogenic factors are on the interior of the body and attack the organs.

JING (See ESSENCE)

KIDNEY YANG DEFICIENCY-Symptom pattern includes: pallor, lassitude, aversion to cold, cold limbs, soreness and weakness of the lumbar region and knee joints, nocturnal urination, impotence, infertility, dizziness, ringing in the ears, a pale tongue with white coating, and a deep, weak pulse.

KIDNEY YIN DEFICIENCY-Symptom pattern includes: low back pain, weak knees, lassitude, general weakness, vertigo, ringing in the ears, thirst, flushed cheeks, insomnia, mental irritability, afternoon fever, night sweats, hot flashes, nocturnal emissions, yellow urine, constipation, red tongue with little coating, and a thready, rapid pulse.

LARGE INTESTINE DAMP-HEAT-When damp-heat invades the large intestine there is hot, foul smelling diarrhea that may also contain blood and/or mucus. It is an acute condition usually arising from contaminated food or water.

LIVER BLOOD DEFICIENCY-Symptom pattern includes: sallow face, blurring of vision, dry eyes, spasms of muscles and tendons, dizziness, mental irritability, insomnia, absent or scanty menstruation, prolonged menstrual cycle, pale tongue or lips, and a thready or choppy pulse.

LIVER FIRE-Symptom pattern includes: dizziness, headache, flushed face, red eyes, bitter taste in the mouth, mental irritability, anger outbursts. In severe cases symptoms include: mania, nosebleed, blood in the urine, or coughing blood, a scarlet red tongue on tip and sides, with yellow coating, and a wiry and rapid pulse.

LIVER HEAT-Marked by mental irritability, bitter taste in mouth, thirst, etc. Similar to Fire but not as severe.

LIVER QI STAGNATION-Clinical manifestations include: irritability, tendency to anger, dizziness, abdominal and hypochondriac pain and distension, fullness in chest, excessive sighing, breast distension, belching, loss of appetite, nausea, sensation of a foreign body in throat, menstrual disorders, and a wiry pulse.

LIVER/SPLEEN DISHARMONY-Symptom pattern includes: abdominal pain and distension, diarrhea or loose stools, belching, vomiting, acid regurgitation.

LIVER WIND-Usually resulting from liver fire or deficient blood, symptoms include: dizziness and vertigo, convulsions, tremors, spasms and numbness.

LIVER YANG RISING-Clinical manifestations include: headache with distending sensation in the head, dizziness and vertigo, ringing in the ears, flushed face, red eyes, irritability, insomnia with dream-disturbed sleep, palpitations, poor memory, red tongue, and a tight and rapid pulse.

LIVER YIN DEFICIENCY-Symptom pattern includes: dizziness, headache, ringing in the ears, blurred vision, dry eyes, insomnia, night sweats, feverishness in palms and soles, thirst, dry throat, red tongue with little coating, and a thready and taut pulse.

LUNG HEAT-Marked by cough with thick or yellow phlegm, pain in the chest, and shortness of breath.

LUNG QI DEFICIENCY-Often manifests as chronic weakness in the lungs with weak cough, weak voice, and is often associated with a low immune system. Lung qi deficiency can be congenital, the result of long-term or severe illness that has taxed the qi, or it can be part of a generalized qi deficiency.

LUNG YIN DEFICIENCY-Clinical manifestations include symptoms such as: dry or blood tinged cough, or cough with a small amount of sticky sputum, dryness of the mouth and throat, afternoon fever, malar flush, night sweats, feverishness in palms and soles, red tongue with little coating, and a thready and rapid pulse.

MIDDLE QI DEFICIENCY (Also called Deficiency of the Middle Burner)-Refers to deficiency of qi of the spleen and stomach, resulting in hypo-function of those organs, digestive disorders, weakness etc. (See also **SPLEEN AND STOMACH QI DEFICIENCY**)

NORMAL QI-Body energy made up of qi inherited from parents, qi from food, and qi from air. Responsible for the movement, functioning and warmth of the body, and for protection from disease.

PAINFUL OBSTRUCTION-Obstruction of vital energy and blood flow, usually bringing on pains, specifically arthritis; due to wind, cold, and dampness blocking the channels of the limbs.

PATHOGENIC FACTORS-The causes of disease. Pathogenic factors include wind, cold, dampness, heat, dryness, and fire. These can be of exterior origin (related to extreme or sudden climatic changes such as invasion by wind-cold) or they can be internally generated, such as liver-wind.

PHLEGM-Results from an accumulation of bodily fluids due to a dysfunction of the lung, spleen, and kidney and impairment of water metabolism. Clinical manifestations are many and vary depending on the area of the body affected. Symptoms can include cough with profuse sputum, wheezing, fullness in the chest, palpitations, coma, manic-depressive disorders, lymph node swelling, nodules under the skin, dizziness, blurred vision, sensation of a foreign body in the throat, edema, general body aching and heaviness, nausea, vomiting of sticky fluid, borborygmus, stomach and abdominal discomfort.

PHLEGM-HEAT-Often seen in lung or stomach patterns, clinical manifestations include: yellow-sticky phlegm, barking cough with profuse yellow or green sputum, fullness in the chest, wheezing, dry mouth and lips, restlessness, red tongue with a sticky, yellow coating, and a rapid and slippery pulse.

PROTECTIVE QI (See WEI QI)

QI DEFICIENCY-Symptoms include: general weakness, lethargy, shortness of breath, weak voice, spontaneous sweating, loss of appetite, abdominal distension, loose stools, frequent urination, palpitations, pale tongue, and an empty pulse.

REN CHANNEL-Also known as the Conception Vessel, this channel has a regulating effect on all yin channels of the body. It regulates menstruation and nurtures the fetus. Symptoms of the ren channel include menstrual irregularities, white vaginal discharge, miscarriage, infertility, abdominal masses, enuresis.

SHAOYANG STAGE DISORDER-Refers to an intermediate stage of an illness where the pathogenic factors remain between the exterior and the interior. Pathological manifestations include: alternating chills and fever, fullness in the costal and hypochondriac regions, lack of appetite, mental restlessness, vomiting, bitter taste in mouth, dry throat, blurring of vision, and a tight pulse.

SHEN (See DISTURBED OR UNSTABLE SHEN)

SPLEEN DAMPNESS-Symptoms include: lack of appetite, sticky taste in the mouth or loss of sense of taste, nausea, fullness in the chest and abdomen, feeling of heaviness, loose stools, headache as if head were bound, sticky tongue coating, and a slippery pulse.

SPLEEN QI DEFICIENCY-Clinical manifestations include: sallow complexion, emaciation, tiredness, dislike of speaking, reduced appetite, abdominal distension, loose stools, prolapse, pale tongue with a thin, white coating, and an empty, weak, or thready pulse.

SPLEEN YANG DEFICIENCY-Symptom pattern includes: abdominal distension which is worse after eating, dull abdominal pain which improves with warmth and pressure, loose stools, pallor, cold limbs, poor appetite, pale tongue with white coating, and a deep and slow pulse.

STOMACH FIRE-Refers to two very different phenomena: 1) It is the warming and transforming power that the stomach contributes to digestion; 2) it is a pathological condition of organ fire that cause bleeding gums and or toothache. This second condition can be accompanied by other heat signs and even *shen* disturbance.

STOMACH PHLEGM-Symptoms include: nausea, vomiting of sticky fluid, stomach and abdominal fullness and discomfort, borborygmus, sticky tongue coating, and a slippery pulse.

STOMACH QI DEFICIENCY-Clinical manifestations include: uncomfortable feeling in the stomach, no appetite, lack of taste sensation, loose stools, tiredness (especially in the morning), weak limbs, pale tongue, and a weak and empty pulse (especially in the middle position of the right hand).

STOMACH YIN DEFICIENCY-Refers specifically to a deficiency of stomach fluids. When these fluids are deficient, signs and symptoms may include chronic digestive disturbance in the epigastrium, and dry mouth and throat. There will typically be scant dry coat on the tongue or no coat at all, since the tongue coat is generated by the stomach qi and consists of stomach yin.

SUMMER HEAT-One of the six pathogenic factors. Pathogenic summer heat is caused by prolonged exposure to blazing sun on hot days or to a hot room with poor ventilation. Summer heat consumes qi and yin and may disturb the mind. Symptoms include: excessive sweating, thirst, shortness of breath, lassitude, and concentrated urine; and in extreme cases, fever, restlessness, red, dry skin, and delirium or coma. May combine with damp to produce dizziness, heaviness in the head, stifling sensation in the chest, nausea, poor appetite, diarrhea, and general sluggishness.

TURBIDITY-Murky fluids due to weak transformation/transportation function of the spleen or to ingestion of spoiled food, too much alcohol, etc. Often associated with dampness.

WEI QI-Refers to defensive energy, which protects the body from invasion by external pathogenic factors.

WIND-One of the six pathogenic factors. External wind is usually combined with one of the other pathogenic factors (cold, heat, dampness, and dryness), which depend on wind to invade the body. Symptoms of external wind include: headache, stiff neck, nasal obstruction, sneezing, itching or pain in the throat, facial puffiness, aversion to wind, joint pains, and a superficial pulse. Internal or endogenous wind

causes symptoms such as headaches, stiff neck, irritability, dizziness, fainting, high fever, delirium, coma, convulsions, tremors, tics, blurred vision, numbness, facial paralysis, wandering pains.

WIND-COLD-Symptoms include: aversion to cold, shivering, sneezing, cough, runny nose with watery or white discharge, slight fever or no fever, neck pain and stiffness, normal tongue (normal color, thin, white coating), and a tight and superficial pulse.

WIND-HEAT-Symptoms are similar to those above except with symptoms of heat such as fever, yellow mucus, sore throat, swollen tonsils, thirst, sweating, tongue is red on the tip or sides, with a thin, white, or yellowish coating, and pulse is floating and rapid.

WIND-DAMP-Symptoms include: itchy skin, rashes, hives, fever, aversion to cold, sweating, neck pain and stiffness, body aches and heaviness, swollen joints, and a superficial and slippery pulse.

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