Clinical Guide to Commonly Used Chinese Herbal Formulas

John Scott, DOM  Lorena Monda, DOM  John Heuertz, DOM

6th Edition
CLINICAL GUIDE TO
COMMONLY USED
CHINESE HERBAL FORMULAS
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The information in this book is strictly educational and should not be used to treat medical conditions except by knowledgeable health practitioners.
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<td>Yang Xue Zhuang Jin Jian Bu Wan</td>
<td>100</td>
</tr>
<tr>
<td>Yi Guan Jian</td>
<td>67</td>
</tr>
<tr>
<td>Yin Gu Fang</td>
<td>131</td>
</tr>
<tr>
<td>Yin Guo Ye Wan</td>
<td>46</td>
</tr>
<tr>
<td>Yin Qiao Gan Mao Fang</td>
<td>16</td>
</tr>
<tr>
<td>Yin Qiao San</td>
<td>129</td>
</tr>
<tr>
<td>Yu Ping Feng Jia Cang Er San</td>
<td>58</td>
</tr>
</tbody>
</table>
Yu Ping Feng San ................................. 60
(An 菊 Windscreen Formula)
Zhen Bao Fang ................................. 125
(Vital Treasure Formula)
Zhen Zhu Yu Rong Fang ..................... 71
(Margarita Complexion Formula)
Zheng Gu Xu Jin Fang ....................... 9
(Bone & Sinew Formula)
Zhi Bai Di Huang Wan ....................... 93
(Rehmannia & Scrophularia Formula)
Zhi Gan Cao Tang .............................. 7
(Baked Licorice Formula)
Zhong Gan Ling Pian ......................... 134
(Zhong Gan Ling Formula)
Zhu Ling Qu Mai Tang ....................... 85
(Polyporus & Dianthus Formula)
Zhui Feng Tou Gu Wan ...................... 15
(Chase Wind, Penetrate Bone Formula)
Zi Jing Di Huang Wan ....................... 77
(Nourish Essence Formula)
Zuo Gui Jia Er Zhi Wan ..................... 119
(True Yin Formula)
THE FORMULAS
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 | Summer heat strike |
| Diarrhea | Sweating from external damp |
| Dizziness | Taste, lack of |
| Headache, distending | Vomiting |

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 Cylindraceae Rhizoma (Imperata Rhizome / Bai Mao Gen) 12%
Pyrosoiae Folium (Pyrosoia 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 and abdomen from stones |
| Blood in urine from kidney or bladder stones | Urinary tract infection |
| Kidney stones, acute or chronic | 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 (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**

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

**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 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 Spinosae 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
<table>
<thead>
<tr>
<th>Anxiety</th>
<th>Palpitations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
<td>Panic attacks</td>
</tr>
<tr>
<td>Dream-disturbed sleep</td>
<td>Restlessness</td>
</tr>
<tr>
<td>Fragility, feeling of</td>
<td>Shen, disturbed</td>
</tr>
<tr>
<td>Insomnia</td>
<td></td>
</tr>
</tbody>
</table>

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 (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%
- Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / Bai Zhu) 6.4%

**Chinese Medical Actions**

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

**Indications**

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

**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 chemotheraphy. 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%
- Acanthopanacis 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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Usage</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rehmanniae Radix (Rehmannia, unprocessed)</td>
<td>Sheng Di Huang</td>
<td>28%</td>
</tr>
<tr>
<td>Jujubae Fructus (Jujube Date, Red)</td>
<td>Hong Da Zao</td>
<td>13%</td>
</tr>
<tr>
<td>Glycyrrhizae Radix Preparata (Chinese Licorice Root, honey-fried)</td>
<td>Zhi Gan Cao</td>
<td>12%</td>
</tr>
<tr>
<td>Cinnamomi Ramulus (Cassia Twig)</td>
<td>Gui Zhi</td>
<td>10%</td>
</tr>
<tr>
<td>Ophiopogonis Radix (Ophiopogon Tuber)</td>
<td>Mai Men Dong</td>
<td>8%</td>
</tr>
<tr>
<td>Zingiberis Rhizoma Recens (Ginger, fresh)</td>
<td>Sheng Jiang</td>
<td>8%</td>
</tr>
<tr>
<td>Polygoni Multiflori Radix (Polygonum Root)</td>
<td>He Shou Wu</td>
<td>7%</td>
</tr>
<tr>
<td>Rehmanniae Radix Preparata (Rehmannia, cured)</td>
<td>Shu Di Huang</td>
<td>6%</td>
</tr>
<tr>
<td>Lillii Bulbus (Lily Bulb)</td>
<td>Bai He</td>
<td>4%</td>
</tr>
<tr>
<td>Ginseng Radix (Asian Ginseng Root)</td>
<td>Ren Shen</td>
<td>4%</td>
</tr>
</tbody>
</table>

Chinese Medical Actions

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

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

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 (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%
Cyathulæ 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%
Curcumæ 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%
Glycyrrhizæ 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**

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

**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 (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%
Acanthopanacis Giraldii 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

<table>
<thead>
<tr>
<th>Fractures or broken bones</th>
<th>Ligaments or tendons, torn</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bone weakness or degeneration</td>
<td>Sprains</td>
</tr>
<tr>
<td>Cartilage damage</td>
<td></td>
</tr>
</tbody>
</table>

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 xyphoid, and intercostal neuralgia.

**Ingredients**

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

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

**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 ⅔.
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**

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

**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 (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%
- Poriae Sclerotium Pararadicis (Poria Spirit / Fu Shen) 6.7%
- Fossilia Ossis 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
- Chest, fullness in
- Constipation
- Convulsions
- Delirium
- Dream disturbed sleep
- Drug withdrawal
- Emotional instability
- Fright, disorders due to
- Headache
- Heat sensation in head
- Hot flashes
- Hypertension
- Hypochondriac pain
- Insomnia
- Irritability
- Mania
- Menopausal symptoms
- Palpitations
- Post-concussion syndrome
- Post-traumatic Stress Disorder
- Restlessness
- Smoking withdrawal
- 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.
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%
Paoniae 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%
Curcumae Radix (Turmeric / Yu Jin) 10.0%
Atractylodis Macrocephalae Rhizoma (White Atractyloides Rhizome / Bai Zhu) 10.0%
Scutellariae Radix (Chinese Skullcap, Scute / Huang Qin) 10.0%
Angelicae Sinensis Radix (Dong Quai Root / 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.

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

13
**Tongue:** Normal, or slightly purple, may have white coat. **Pulse:** Wiry.

**Contraindications:** Do not use in extreme deficiency.
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 (Speranska / 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
- Back pain
- Back stiffness, chronic
- Bone degeneration or weakness
- Joint pain, swelling, stiffness
- Knees, weak
- Legs, weak and painful
- 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 Restorative Formula.
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

<table>
<thead>
<tr>
<th>Herb</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ilicis Pubescentis Radix</td>
<td>17%</td>
</tr>
<tr>
<td>Forsythiae Fructus</td>
<td>10%</td>
</tr>
<tr>
<td>Lonicerae Flos</td>
<td>10%</td>
</tr>
<tr>
<td>Chrysanthemi Flos</td>
<td>8%</td>
</tr>
<tr>
<td>Arctii Fructus</td>
<td>7%</td>
</tr>
<tr>
<td>Magnoliae Flos</td>
<td>7%</td>
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<tr>
<td>Mori Folium</td>
<td>7%</td>
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<tr>
<td>Phragmites Rhizoma</td>
<td>7%</td>
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<tr>
<td>Puerariae Radix</td>
<td>7%</td>
</tr>
<tr>
<td>Scrophulariae Radix</td>
<td>7%</td>
</tr>
<tr>
<td>Viticis Fructus</td>
<td>7%</td>
</tr>
<tr>
<td>Glycyrrhizae Radix</td>
<td>6%</td>
</tr>
</tbody>
</table>

Chinese Medical Actions

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

<table>
<thead>
<tr>
<th>Indications</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Aches, generalized, from acute</td>
<td>Headache</td>
</tr>
<tr>
<td>illness</td>
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<tr>
<td>Chicken pox, early stages</td>
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<td>Common cold, early stages</td>
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<tr>
<td>Cough, dry</td>
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<td>Fever</td>
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<td>Flu, early stages</td>
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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**

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

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

**Indications**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Formula Name</th>
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<tbody>
<tr>
<td>Bronchitis</td>
<td>Croup</td>
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<tr>
<td>Cough</td>
<td>Pertussis (whooping cough)</td>
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</tbody>
</table>

**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 16-17.

**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%
- Paecian 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%
- Viticis 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**

<table>
<thead>
<tr>
<th>Ear infection with pain in infants and young children</th>
<th>Ears, congested</th>
</tr>
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<tbody>
<tr>
<td>Eardrum, inflamed or bulging, without pain</td>
<td>Fever, in children prone to ear infections</td>
</tr>
<tr>
<td></td>
<td>Headache, with phlegm-heat</td>
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</tbody>
</table>

**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 (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.

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<thead>
<tr>
<th>Indications</th>
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<tbody>
<tr>
<td>Allergies</td>
<td>Immune system, weak</td>
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<tr>
<td>Common cold, prevention</td>
<td>Lethargy</td>
</tr>
<tr>
<td>Fatigue, mild</td>
<td>Wind-cold invasions, frequent</td>
</tr>
</tbody>
</table>

**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 (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.

<table>
<thead>
<tr>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Endometriosis</td>
</tr>
<tr>
<td>Infertility w/ lower burner blood stasis</td>
</tr>
<tr>
<td>Menstrual bleeding starts and stops</td>
</tr>
<tr>
<td>Menstrual blood clots</td>
</tr>
<tr>
<td>Menstrual cycles irregular</td>
</tr>
<tr>
<td>Menstrual pain</td>
</tr>
<tr>
<td>Menstruation with dark blood or dark spotting</td>
</tr>
<tr>
<td>Pelvic congestion</td>
</tr>
<tr>
<td>Premenstrual syndrome</td>
</tr>
<tr>
<td>Uterine bleeding, dysfunctional</td>
</tr>
</tbody>
</table>

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

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

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 (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%
Juubae 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 ¼.
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.

<table>
<thead>
<tr>
<th>Indications</th>
<th>Meniere's disease</th>
<th>Morning sickness</th>
<th>Nausea</th>
<th>Palpitations</th>
<th>Retention of food or fluids in stomach</th>
<th>Ulcer, peptic</th>
<th>Vomiting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bronchitis, chronic or lingering</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chest, stifling sensation in</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Complexion, sallow or dull</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cough, with clear or white sputum</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diaphragm, stifling sensation in</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dizziness</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gastritis, chronic</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hangover</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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**

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

**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 (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

<table>
<thead>
<tr>
<th>Abdominal pain</th>
<th>Menstrual pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back pain</td>
<td>Muscular aches and spasms</td>
</tr>
<tr>
<td>Bronchial pain</td>
<td>Pancreatitis, pain from</td>
</tr>
<tr>
<td>Gallbladder spasms</td>
<td>Sciatica</td>
</tr>
<tr>
<td>Headache</td>
<td>Stomach pain</td>
</tr>
<tr>
<td>Herpes zoster (shingles) pain</td>
<td>Toothache</td>
</tr>
<tr>
<td>Insomnia from pain</td>
<td>Urinary bladder pain</td>
</tr>
<tr>
<td>Intestinal cramping</td>
<td>Urination, painful</td>
</tr>
</tbody>
</table>

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%
Acanthopanax Cortex (Eleuthero Cortex / Wu Jia Pi) 4.6%
Saposhnikoviae Radix seu Radix (Notopterygium / Qiang Huo) 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
- Edema
- Gout
- Hypertension
- Joint pain
- Leg pain, radiating
- Movement difficulty
- Muscle aches
- Numbness, lower extremities
- Pain, in trunk
- Postpartum pain
- Sciatica


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

*This formula was formerly called Clematis & Stephania 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
- Arthritis, rheumatoid
- Asthma, with inflammation
- Atherosclerosis
- Autoimmune disease
- Cancer, inflammation from
- COPD
- Eyes, red, itchy
- Fibromyalgia, with inflammation
- Gastritis
- Gout
- Heart disease
- Inflammation, systemic
- Knee pain
- Lymph nodes, enlarged
- Neuropathy
- Osteoporosis
- Sinus inflammation
- Traumatic injury w/ inflammation

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 anticagulant/antiplatelet drugs or antidiabetic drugs.
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 |
| Bi 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**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paeoniae Radix, alba (Chinese Peony, white / <em>Bai Shao</em>)</td>
<td>13%</td>
</tr>
<tr>
<td>Curcumae Radix (Turmeric, Curcuma Tuber / <em>Yu Jin</em>)</td>
<td>12%</td>
</tr>
<tr>
<td>Crataeegi Fructus (Chinese Hawthorn Fruit / <em>Shan Zha</em>)</td>
<td>12%</td>
</tr>
<tr>
<td>Hordei Fructus Germinatus (Barley Sprout / <em>Mai Ya</em>)</td>
<td>12%</td>
</tr>
<tr>
<td>Bupleuri Radix (Bupleurum Root / <em>Chai Hu</em>)</td>
<td>10%</td>
</tr>
<tr>
<td>Atractylodis Macrocephalae Rhizoma (White Atractylodes Rhizome / <em>Bai Zhu</em>)</td>
<td>8%</td>
</tr>
<tr>
<td>Poria (Poria, Hoelen, Tuckahoe / <em>Fu Ling</em>)</td>
<td>8%</td>
</tr>
<tr>
<td>Codonopsis Radix (Codonopsis / <em>Dang Shen</em>)</td>
<td>8%</td>
</tr>
<tr>
<td>Polygonati Odorati Rhizoma (Aromatic Solomon’s Seal / <em>Yu Zhu</em>)</td>
<td>8%</td>
</tr>
<tr>
<td>Glycyrrhizae Radix (Chinese Licorice Root / <em>Gan Cao</em>)</td>
<td>7%</td>
</tr>
<tr>
<td>Coptidis Rhizoma (Coptis / <em>Huang Lian</em>)</td>
<td>2%</td>
</tr>
</tbody>
</table>

**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**

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Symptom</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominal distension or bloating</td>
<td>Diarrhea</td>
</tr>
<tr>
<td>Acid reflux</td>
<td>Digestive discomfort, chronic</td>
</tr>
<tr>
<td>Appetite, lack of</td>
<td>Food stagnation, chronic</td>
</tr>
<tr>
<td>Bad breath or taste in mouth</td>
<td>Heartburn, chronic</td>
</tr>
<tr>
<td>Belching</td>
<td>Nausea</td>
</tr>
<tr>
<td>Constipation</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Abdominal distension</th>
<th>Hangover</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominal pain</td>
<td>Heartburn</td>
</tr>
<tr>
<td>Belching</td>
<td>Indigestion</td>
</tr>
<tr>
<td>Constipation</td>
<td>Intestinal cramping</td>
</tr>
<tr>
<td>Concurrent vomiting and diarrhea</td>
<td>Loose stools</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Morning sickness</td>
</tr>
<tr>
<td>Flatulence</td>
<td>Motion sickness</td>
</tr>
<tr>
<td>Food poisoning</td>
<td>Nausea</td>
</tr>
<tr>
<td>Food stagnation</td>
<td>Stomach pain</td>
</tr>
<tr>
<td>Gastroenteritis</td>
<td>Vomiting</td>
</tr>
</tbody>
</table>

**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**

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

**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 (Wu Jia Shen Pian) contain the single ingredient eleuthero root (wu jia shen). Modern clinical research has indicated eleuthero to be anti-inflammatory and analgesic, 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**
Acanthopanacis 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**

<table>
<thead>
<tr>
<th>Altitude sickness</th>
<th>Immune system, weak</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appetite, poor</td>
<td>Impotence</td>
</tr>
<tr>
<td>Back weakness and pain</td>
<td>Joint pain</td>
</tr>
<tr>
<td>Chemotherapy, side effects of</td>
<td>Muscle spasm and weakness</td>
</tr>
<tr>
<td>Circulation, poor, w/ blood stasis</td>
<td>Nervous exhaustion</td>
</tr>
<tr>
<td>Concentration, poor</td>
<td>Stress</td>
</tr>
<tr>
<td>Fatigue</td>
<td></td>
</tr>
</tbody>
</table>

**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%
Corini 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**

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

**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 (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 lucidum** (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.
## Contraindications

Use with caution in patients with excess conditions.

<table>
<thead>
<tr>
<th>Indications</th>
<th>Contraindications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer, adjuvant therapy</td>
<td>Hyperglycemia</td>
</tr>
<tr>
<td>Chemotherapy, support during</td>
<td>Hypertension</td>
</tr>
<tr>
<td>Cholesterol, elevated</td>
<td>Hypoglycemia</td>
</tr>
<tr>
<td>Cough from deficiency</td>
<td>Immune system, weak</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Weakness, general or after illness</td>
</tr>
<tr>
<td>Hepatitis (acute or chronic)</td>
<td>Wheezing, from deficiency</td>
</tr>
</tbody>
</table>
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**

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

**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%
Curcumae 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

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

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 (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**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pinelliae Rhizoma Preparatum (Pinellia, ginger-cured / Zhi Ban Xia)</td>
<td>11.6%</td>
</tr>
<tr>
<td>Fritillariae Thunbergii Bulbus (Sichuan Fritillary / Zhe Bei Mu)</td>
<td>11.5%</td>
</tr>
<tr>
<td>Mormordicae Fructus (Momordica Fruit / Luo Han Guo)</td>
<td>11.5%</td>
</tr>
<tr>
<td>Houttuyniae Herba (Houttuynia / Yu Xing Cao)</td>
<td>11.5%</td>
</tr>
<tr>
<td>Bambusae Concretio Silicea (Bamboo Secretions / Tian Zhu Huang)</td>
<td>7.7%</td>
</tr>
<tr>
<td>Scutellariae Radix (Chinese Skullcap, Scute / Huang Qin)</td>
<td>7.7%</td>
</tr>
<tr>
<td>Citri Reticulatae Pericarpium (Tangerine Peel / Chen Pi)</td>
<td>7.7%</td>
</tr>
<tr>
<td>Armeniacae Semen (Apricot Seed, Chinese Bitter Almond / Xing Ren)</td>
<td>7.7%</td>
</tr>
<tr>
<td>Aurantii Fructus Immaturus (Bitter Orange, immature fruit / Zhi Shi)</td>
<td>7.7%</td>
</tr>
<tr>
<td>Poria (Poria, Hoelen, Tuckahoe / Fu Ling)</td>
<td>7.7%</td>
</tr>
<tr>
<td>Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao)</td>
<td>7.7%</td>
</tr>
</tbody>
</table>

**Chinese Medical Actions**

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

**Indications**

<table>
<thead>
<tr>
<th>Cough, w/ yellow or green sputum</th>
<th>Phlegm, thick sticky</th>
<th>Smoker’s cough</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cough, leading to vomiting</td>
<td></td>
<td>Snoring, with phlegm</td>
</tr>
<tr>
<td>Chest, fullness in</td>
<td></td>
<td>Throat, sore</td>
</tr>
</tbody>
</table>

**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%
- *Viticis 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**

<table>
<thead>
<tr>
<th>Common Cold</th>
<th>Measles, Early Stage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ear Infection</td>
<td>Neck and Shoulders, Stiff from Acute Wind Invasion</td>
</tr>
<tr>
<td>Eyes, Red</td>
<td>Sinus Congestion or Discharge</td>
</tr>
<tr>
<td>Fever</td>
<td>Sinus Infection</td>
</tr>
<tr>
<td>Headache</td>
<td>Throat Sore</td>
</tr>
<tr>
<td>Influenza</td>
<td>Tonsillitis</td>
</tr>
<tr>
<td>Lymph Nodes, Enlarged</td>
<td></td>
</tr>
</tbody>
</table>

**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**

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

**Chinese Medical Actions**

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

**Indications**

<table>
<thead>
<tr>
<th>Condition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Convulsions</td>
</tr>
<tr>
<td>Dizziness or vertigo</td>
</tr>
<tr>
<td>Dream-disturbed sleep</td>
</tr>
<tr>
<td>Emotional instability</td>
</tr>
<tr>
<td>Eyes, red or dry</td>
</tr>
<tr>
<td>Headache</td>
</tr>
<tr>
<td>Heat sensation in head</td>
</tr>
<tr>
<td>Hypertension</td>
</tr>
<tr>
<td>Insomnia</td>
</tr>
<tr>
<td>Light-headedness</td>
</tr>
<tr>
<td>Migraines, menopausal, from wind</td>
</tr>
<tr>
<td>Muscle spasms in limbs</td>
</tr>
<tr>
<td>Numbness</td>
</tr>
<tr>
<td>Paralysis</td>
</tr>
<tr>
<td>Ringing in the ear</td>
</tr>
<tr>
<td>Twitching</td>
</tr>
<tr>
<td>Vision, blurred</td>
</tr>
</tbody>
</table>

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

**Contraindications:** USE WITH CAUTION DURING PREGNANCY.
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 (ganjiang) 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

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

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 (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 |
| Conunctivitis | 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** (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 Ossis 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**

<table>
<thead>
<tr>
<th>Indication</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alzheimer’s Disease</td>
<td>Mental confusion</td>
</tr>
<tr>
<td>Amnesia</td>
<td>Mental fatigue</td>
</tr>
<tr>
<td>Concentration, poor</td>
<td>Multiple Sclerosis</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Palpitations</td>
</tr>
<tr>
<td>Dream-disturbed sleep</td>
<td>Restlessness</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Stroke, sequella of</td>
</tr>
<tr>
<td>Memory, poor</td>
<td></td>
</tr>
</tbody>
</table>

**Contraindications:** Use caution when using coumadin and other blood thinners concurrently with **Ginkgo 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%
- Citri Reticulatae Pericarpium (Tangerine Peel / Chen Pi) 8%
- Glycyrrhizae Radix (Chinese Licorice Root / Gan Cao) 8%
- Cimicifugae Rhizoma (Chinese Cimicifuga Rhizome / Sheng Ma) 8%

**Chinese Medical Actions**

Replenishes the qi, supplements the qi of the middle burner and raises sunk-en yang.

**Indications**

- Abdominal distension or bloating
- Abdominal pain
- Appetite, reduced
- Bronchitis, chronic
- Cold aversion
- Complexion, pale
- Constitution, delicate
- Curl up, tendency to
- Diarrhea, chronic
- Digestion, weak
- Dizziness
- Fatigue
- Fever, chronic, intermittent or worse with exertion
- Flatulence
- Headache
- Hypoglycemia

- Hypotension
- Limbs weak or tired
- Memory, poor
- Miscarriage, recurrent
- Night sweats
- Postpartum weakness
- Prolapse (deficient qi and yang)
- Shortness of breath
- Sores, slow to heal
- Sweating, spontaneous
- Stools, loose and watery
- Thirst for warm drinks
- Uterine bleeding, dysfunctional
- Weakness, generalized, or after surgery or illness
- Weight loss

**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 (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.

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

**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%
Acanthopanacis Senticosi 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%
Schisandraceae 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 Liquorice Root / Gan Cao) 4%
Cordyceps (Cordyceps / Dong Chong Xia Cao) 4%

Chinese Medical Actions
Supplements qi, blood, and yang, invigorates blood.

Indications
<table>
<thead>
<tr>
<th>Appetite, loss of</th>
<th>Recovery after illness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breathing labored upon exertion</td>
<td>Shortness of breath</td>
</tr>
<tr>
<td>Breathing, shallow</td>
<td>Weakness, generalized or after surgery or illness</td>
</tr>
<tr>
<td>Fatigue</td>
<td></td>
</tr>
<tr>
<td>Immune system, weak</td>
<td></td>
</tr>
</tbody>
</table>

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 (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 Pararadices (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.

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

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) 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%
Cinnamomum 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.
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 (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**

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

**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 (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%
Viticis 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 (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%
Schisandras Radix (Schizandra Tuber / 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%
Salviae Miltiorrhizae Radix (Chinese Salvia Root / Dan Shen) 3.7%
Poriae Sclerotium Pararadicis (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.

<table>
<thead>
<tr>
<th>Indications</th>
<th>Chinese Medical Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety</td>
<td>Itching, painful</td>
</tr>
<tr>
<td>Concentration, poor</td>
<td>Memory, poor</td>
</tr>
<tr>
<td>Conjunctivitis, chronic</td>
<td>Mental confusion</td>
</tr>
<tr>
<td>Dream-disturbed sleep</td>
<td>Menopausal symptoms</td>
</tr>
<tr>
<td>Dryness</td>
<td>Nervousness</td>
</tr>
<tr>
<td>Emotional instability</td>
<td>Nocturnal emissions</td>
</tr>
<tr>
<td>Hives</td>
<td>Palpitations</td>
</tr>
<tr>
<td>Hyperthyroidism</td>
<td>Skin, dry</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Sleep, restless</td>
</tr>
<tr>
<td>Irritability</td>
<td>Vaginal atrophy or dryness</td>
</tr>
</tbody>
</table>

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

Contraindications: Do not use in cases of spleen deficiency with dampness.
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 or bleeding during ovulation), use Yin Valley Formula instead.
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.

<table>
<thead>
<tr>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominal distension or bloating</td>
</tr>
<tr>
<td>Candida infection, intestinal</td>
</tr>
<tr>
<td>Diarrhea</td>
</tr>
<tr>
<td>Flatulence</td>
</tr>
<tr>
<td>Food poisoning</td>
</tr>
<tr>
<td>Gastroenteritis</td>
</tr>
<tr>
<td>Giardia</td>
</tr>
</tbody>
</table>

**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 (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.

<table>
<thead>
<tr>
<th>Indications</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergies</td>
<td>Sinus discharge</td>
</tr>
<tr>
<td>Eyes, red, dry, or itchy</td>
<td>Sinus inflammation</td>
</tr>
<tr>
<td>Facial swelling</td>
<td>Sinus pain</td>
</tr>
<tr>
<td>Headache</td>
<td>Skin rashes from allergies</td>
</tr>
<tr>
<td>Sinus congestion</td>
<td>Throat, sore</td>
</tr>
</tbody>
</table>

**Pulse:** Floating and weak.

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

<table>
<thead>
<tr>
<th>Appetite, increased</th>
<th>Metabolic Syndrome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes insipidus</td>
<td>Restlessness</td>
</tr>
<tr>
<td>Diabetes mellitus</td>
<td>Thirst, extreme</td>
</tr>
<tr>
<td>Dryness of mouth and tongue</td>
<td>Urination, frequent</td>
</tr>
<tr>
<td>Dryness, post-illness</td>
<td>Weight loss, unintended or abnormal</td>
</tr>
<tr>
<td>Irritability</td>
<td></td>
</tr>
</tbody>
</table>

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 (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
Atractyloidis 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

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

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* (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
- Blood damage from toxic exposure
- Body temperature, elevated
- Chemotherapy support
- Concentration, poor
- Depression
- Digestion, weak
- Dizziness
- Exhaustion, after illness or chemo
- Fatigue, chronic
- Fibromyalgia
- Hair loss, from chemotherapy
- Neuropathy
- 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 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 Atractyloides Rhizome / Bai Zhu) 6%
Lycii Fructus (Lycium Fruit, Chinese Wolfberry / Gou Qi Zi) 6%
Schisandraceae Fructus (Northern Schisandra Fruit / Wu Wei Zi) 5%
Glycyr rhizae 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

<table>
<thead>
<tr>
<th>Anxiety</th>
<th>Nervous exhaustion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appetite, lack of</td>
<td>Night sweats</td>
</tr>
<tr>
<td>Chemotherapy, recovery from</td>
<td>Sperm count, low</td>
</tr>
<tr>
<td>Digestive weakness</td>
<td>Sweating, spontaneous</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Vision, blurred</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Visual acuity, decreased</td>
</tr>
<tr>
<td>Impotence</td>
<td>Weakness, general or after</td>
</tr>
<tr>
<td>Insomnia</td>
<td>illness</td>
</tr>
<tr>
<td>Mental fatigue</td>
<td></td>
</tr>
</tbody>
</table>

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 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%
- Acanthopanacis 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**

<table>
<thead>
<tr>
<th>Arthritis</th>
<th>Pain, upper body, moving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bursitis</td>
<td>Pain, worse with cold</td>
</tr>
<tr>
<td>Joint pain in the upper body</td>
<td>Shoulder pain</td>
</tr>
<tr>
<td>Neck pain, arthritic</td>
<td></td>
</tr>
</tbody>
</table>

**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**

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

**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 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**

<table>
<thead>
<tr>
<th>Asthma</th>
<th>Influenza, post-illness w/damage to qi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breathing, labored with exertion</td>
<td>Wheezing</td>
</tr>
</tbody>
</table>

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

Tongue: Red, with dry or scanty coating.
Pulse: Thin, weak or wiry, may be rapid.

Contraindications: Do not use with pain due to dampness or phlegm.
Liver C Formula (Gan C Pian) 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%
Schisandraceae 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
- Fatigue, from chronic hepatitis
- Hepatitis, chronic
- Hepatomegaly
- Jaundice
- Liver enzymes elevated

Contraindications: USE WITH CAUTION DURING PREGNANCY OR WHILE NURSING.

Note: This formula is not effective for end-stage liver cirrhosis.
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
<table>
<thead>
<tr>
<th>Cholesterol, elevated</th>
<th>Hypertension</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dizziness or vertigo</td>
<td>Insomnia</td>
</tr>
<tr>
<td>Edema</td>
<td>Irritability</td>
</tr>
<tr>
<td>Eyes, painful, red, swollen, or pressure behind</td>
<td>Restlessness</td>
</tr>
<tr>
<td>Face, flushed</td>
<td>Stool, dry</td>
</tr>
<tr>
<td>Headache</td>
<td>Urination, difficult</td>
</tr>
</tbody>
</table>

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 (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**

<table>
<thead>
<tr>
<th>Cholecystitis</th>
<th>Hepatitis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gallbladder inflammation</td>
<td>Jaundice</td>
</tr>
<tr>
<td>Gallstones</td>
<td>Vomiting</td>
</tr>
<tr>
<td>Gallbladder spasms</td>
<td></td>
</tr>
</tbody>
</table>

**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 (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**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hedyotis Diffusae Herba (Hedyotis, Oldenlandia / Bai Hua She She Cao)</td>
<td>13%</td>
</tr>
<tr>
<td>Scrophulariae Radix (Scrophularia, Figwort Root / Xuan Shen)</td>
<td>10%</td>
</tr>
<tr>
<td>Paeoniae Radix, rubra (Chinese Peony, red / Chi Shao)</td>
<td>10%</td>
</tr>
<tr>
<td>Margarita (Pearl, ground / Zhen Zhu)</td>
<td>9%</td>
</tr>
<tr>
<td>Lonicerae Flos (Japanese Honeysuckle Flower / Jin Yin Hua)</td>
<td>9%</td>
</tr>
<tr>
<td>Eriobotryae Folium (Loquat Leaf / Pi Pa Ye)</td>
<td>9%</td>
</tr>
<tr>
<td>Rhei Radix et Rhizoma (Chinese Rhubarb / Da Huang)</td>
<td>8%</td>
</tr>
<tr>
<td>Rehmanniae Radix (Rehmannia, unprocessed / Sheng Di Huang)</td>
<td>8%</td>
</tr>
<tr>
<td>Glehniae Radix (Glehnia Root / Sha Shen)</td>
<td>7%</td>
</tr>
<tr>
<td>Phellodendri Cortex (Phellodendron Bark / Huang Bai)</td>
<td>7%</td>
</tr>
<tr>
<td>Ginseng Radix, dried (White Ginseng / Bai Ren Shen)</td>
<td>5%</td>
</tr>
<tr>
<td>Sophorae Flavescentis Radix (Shrubby Sophora Root / Ku Shen)</td>
<td>5%</td>
</tr>
</tbody>
</table>

**Chinese Medical Actions**

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

**Indications**

<table>
<thead>
<tr>
<th>Indication</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acne, adolescent and adult</td>
<td>Hives</td>
</tr>
<tr>
<td>Boils</td>
<td>Pimples, raised</td>
</tr>
<tr>
<td>Cysts</td>
<td>Skin rashes, red or itchy</td>
</tr>
<tr>
<td>Eczema</td>
<td>Thyroid, nodules on</td>
</tr>
<tr>
<td>Furuncles</td>
<td></td>
</tr>
</tbody>
</table>

**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 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 Root, unprocessed / Sheng Di Huang) 7.4%
Dioscoreae Rhizoma (Chinese Yam / Shan Yao) 7.4%
Cori 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%
Schisandraceae 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

<table>
<thead>
<tr>
<th>Cataracts</th>
<th>Glaucoma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eyes, excessive tearing</td>
<td>Palms and soles, hot</td>
</tr>
<tr>
<td>Eyes, dry, red, or itchy</td>
<td>Vision, blurred</td>
</tr>
<tr>
<td>Eyes, sensitive to light</td>
<td>Vision, weak</td>
</tr>
</tbody>
</table>

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 (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%
Ju 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.

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

**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

<table>
<thead>
<tr>
<th>Abdominal pain, premenstrual</th>
<th>Menopausal symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basal body temperature, slow rise at ovulation</td>
<td>Menstrual pain</td>
</tr>
<tr>
<td>Headaches, mid-menstrual cycle</td>
<td>Menstruation, scanty or absent</td>
</tr>
<tr>
<td>Infertility caused by dysfunction during ovulation</td>
<td>Ovarian cysts</td>
</tr>
</tbody>
</table>

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 (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%
Anemarrhenae 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**

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

**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 (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.

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 (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%
Rubii Fructus (Palm-leaf Raspberry / Fu Pen Zi) 7%
Moutan Cortex (Tree Peony / Mu Dan Pi) 6%
Schisandraceae 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) | 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 (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

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

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 (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.

<table>
<thead>
<tr>
<th>Indications</th>
<th>Athlete’s foot (use topically)</th>
<th>Bacterial Infection</th>
<th>Candida</th>
<th>Dysentery</th>
<th>Food poisoning</th>
<th>Giardia</th>
<th>Nail fungus (use topically)</th>
<th>Parasites</th>
<th>Skin infection (use topically)</th>
<th>Throat, sore</th>
<th>Ulcer, from helicobacter pylori</th>
<th>Worms</th>
</tr>
</thead>
</table>

**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.
Peacful 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**
- Codonops 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 Pararadicis (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**

<table>
<thead>
<tr>
<th>Anxiety</th>
<th>Mental fatigue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dizziness</td>
<td>Nervous exhaustion</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Palpitations</td>
</tr>
<tr>
<td>Irritability</td>
<td>Post-traumatic Stress Disorder</td>
</tr>
<tr>
<td>Melancholy, excessive</td>
<td>Restlessness</td>
</tr>
<tr>
<td>Memory, poor</td>
<td></td>
</tr>
</tbody>
</table>

**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**

<table>
<thead>
<tr>
<th>Abdominal pain, lower</th>
<th>Hiccough, post-operative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colitis</td>
<td>Irritable Bowel Syndrome (IBS)</td>
</tr>
<tr>
<td>Constipation, chronic from spleen qi deficiency</td>
<td>Infant diarrhea</td>
</tr>
<tr>
<td>Cramping, abdominal</td>
<td>Meniere’s disease</td>
</tr>
<tr>
<td>Diarrhea, painful</td>
<td>Ulcer, gastric, discomfort from</td>
</tr>
</tbody>
</table>

**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 (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%
Armeniacae 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 |

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 (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%
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 (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 Pararadicis (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**

<table>
<thead>
<tr>
<th>Acid regurgitation or reflux</th>
<th>Meniere’s disease</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breathing difficulty</td>
<td>Morning sickness</td>
</tr>
<tr>
<td>Bronchitis</td>
<td>Motion sickness</td>
</tr>
<tr>
<td>Chest, stifling sensation in</td>
<td>Snoring</td>
</tr>
<tr>
<td>Cough with profuse sputum</td>
<td>Swallowing, difficulty</td>
</tr>
<tr>
<td>Emotional instability</td>
<td>Throat, feeling of something</td>
</tr>
<tr>
<td>Gastrointestinal disorders,</td>
<td>calculated in</td>
</tr>
<tr>
<td>functional</td>
<td>Wheezing</td>
</tr>
<tr>
<td>Laryngitis, chronic</td>
<td>Vomiting</td>
</tr>
</tbody>
</table>

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

Tongue: Dry, red, may have dark, yellow coating.
Pulse: Superficial and rapid.
Contraindications: DO NOT USE DURING PREGNANCY.
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**

<table>
<thead>
<tr>
<th>Anxiety or fright</th>
<th>Hiccough</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appetite, loss of</td>
<td>Hepatitis, chronic</td>
</tr>
<tr>
<td>Bitter taste in mouth</td>
<td>Insomnia</td>
</tr>
<tr>
<td>Bronchitis, chronic</td>
<td>Irritability</td>
</tr>
<tr>
<td>Chemotherapy, thoracic</td>
<td>Mania</td>
</tr>
<tr>
<td>oppression and nausea from</td>
<td>Meniere’s disease</td>
</tr>
<tr>
<td>Convulsions</td>
<td>Morning Sickness</td>
</tr>
<tr>
<td>Depression</td>
<td>Nausea</td>
</tr>
<tr>
<td>Dizziness or vertigo</td>
<td>Palpitations</td>
</tr>
<tr>
<td>Gallbladder inflammation</td>
<td>Ulcer, duodenal</td>
</tr>
<tr>
<td>Gallstones</td>
<td>Vomiting</td>
</tr>
<tr>
<td>Gastritis</td>
<td></td>
</tr>
</tbody>
</table>

**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**

<table>
<thead>
<tr>
<th>Abdominal distension or bloating</th>
<th>Metabolic Syndrome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol, elevated</td>
<td>Obesity</td>
</tr>
<tr>
<td>Constipation</td>
<td>Phlegm</td>
</tr>
<tr>
<td>Edema</td>
<td>Toxicity, feeling of</td>
</tr>
<tr>
<td>Food stagnation</td>
<td>Urination, difficult</td>
</tr>
<tr>
<td>Heaviness, generalized body</td>
<td></td>
</tr>
</tbody>
</table>

**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 (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

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

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 (Qiăng Liè Xiān 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**

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

**Chinese Medical Actions**

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

**Indications**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Backache</td>
<td></td>
</tr>
<tr>
<td>Erectile dysfunction</td>
<td></td>
</tr>
<tr>
<td>Libido, loss of</td>
<td></td>
</tr>
<tr>
<td>Prostate, throbbing in</td>
<td></td>
</tr>
<tr>
<td>Urination, frequent, or difficulty starting and stopping</td>
<td></td>
</tr>
</tbody>
</table>

**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 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

<table>
<thead>
<tr>
<th>Caruncles, upper body</th>
<th>Myocarditis, acute viral</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cellulitis, submaxillary</td>
<td>Mumps</td>
</tr>
<tr>
<td>Fever</td>
<td>Parotiditis</td>
</tr>
<tr>
<td>Furuncles, upper body</td>
<td>Strep throat (streptococcus)</td>
</tr>
<tr>
<td>Headache</td>
<td>Thirst, with fever</td>
</tr>
<tr>
<td>Lymphadenitis</td>
<td>Throat, sore</td>
</tr>
<tr>
<td>Mononucleosis, acute</td>
<td>Tonsillitis</td>
</tr>
</tbody>
</table>

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

Indications
<table>
<thead>
<tr>
<th>Abdominal pain or cramping</th>
<th>Intestinal inflammation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crohn’s Disease</td>
<td>Irritable Bowel Syndrome</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Leaky Gut Syndrome</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Stool, loose or erratic</td>
</tr>
<tr>
<td>Food allergies</td>
<td>Skin problems</td>
</tr>
</tbody>
</table>

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%
Glycyrhizae 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%
Serenoae 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                     |

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%
Cori 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

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

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 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 (Calcitum / *Han Shui Shi*) 7%
Dictamni Cortex (Dictamus 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**

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

**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 (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**

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

**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%
- Broussonetia 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 | Nightsweats |
| 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 (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 disinhibit 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.
**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 (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.

<table>
<thead>
<tr>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appetite, poor</td>
</tr>
<tr>
<td>Complexion, pale</td>
</tr>
<tr>
<td>Constipation, with dry stool</td>
</tr>
<tr>
<td>Fatigue, from sleeplessness</td>
</tr>
<tr>
<td>Insomnia</td>
</tr>
<tr>
<td>Memory, poor</td>
</tr>
<tr>
<td>Palpitations</td>
</tr>
<tr>
<td>Sleep, restless or disturbed</td>
</tr>
</tbody>
</table>

**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  (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%
Achyanthis 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 (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%
Schisandraceae 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 (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**

<table>
<thead>
<tr>
<th>Anxiety</th>
<th>Irritability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appetite, loss of</td>
<td>Melancholy, excessive</td>
</tr>
<tr>
<td>Depression</td>
<td>Mental disorders</td>
</tr>
<tr>
<td>Digestion, weak</td>
<td>Palpitations</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Restlessness</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Weight loss</td>
</tr>
</tbody>
</table>

**Contraindications:** DO NOT USE DURING PREGNANCY. Use cautiously in cases of deficient blood. With blood deficiency and the proper presentation, use Peaceful Spirit Formula or Ginseng Nourishing 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 |
| Blood in the urine or stool | Nosebleed |
| Coughing up blood | Phlebitis |
| Crohn’s disease, acute | Rectal bleeding |
| Gums, bleeding | Ulcers, bleeding |
| Hemorrhoids | Uterine bleeding |
| | 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 (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**

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

**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 (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 (Achyranthes / Huai Niu Xi) 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
- Hair, premature graying
- Hair loss or thinning
- Infertility from kidney deficiency
- Knees, weak and sore
- Nocturnal emissions
- Thirst
- 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 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%
Schisandraceae Fructus (Northern Schisandra Fruit / Wu Wei Zi) 25%

**Chinese Medical Actions**
Builds qi and yin, replenishes fluids, stops excessive sweating, revitalizes the pulse.

**Indications**

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

**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 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

<table>
<thead>
<tr>
<th>Abdominal distension or bloating</th>
<th>Hiccough</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominal pain</td>
<td>Hypoglycemia</td>
</tr>
<tr>
<td>Acid regurgitation</td>
<td>Hypochondriac pain</td>
</tr>
<tr>
<td>Appetite, poor</td>
<td>Indigestion</td>
</tr>
<tr>
<td>Bitter or sour taste in mouth</td>
<td>Intestinal cramping</td>
</tr>
<tr>
<td>Belching</td>
<td>Irritable Bowel Syndrome</td>
</tr>
<tr>
<td>Digestion, poor</td>
<td>Stomachache</td>
</tr>
<tr>
<td>Flatulence</td>
<td>Stools, erratic</td>
</tr>
<tr>
<td>Heartburn</td>
<td>Vomiting</td>
</tr>
</tbody>
</table>

Tongue: Normal, or with a thin, greasy coating.
Pulse: Excess or wiry in liver and stomach positions.
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
- Bitter taste in mouth
- Boils, carbuncles
- Bronchitis, acute
- Common cold, with high fever
- Conjunctivitis
- Constipation
- Cough
- Eyes, red and painful
- Fever
- Hemorrhoids or rectal bleeding
- Hives
- Itching
- Infection, viral
- Influenza
- Sinus infections, with fever
- Skin rashes, hot
- Sores, red, hot
- Sties
- Throat, sore
- Urination, dark, rough, or inhibited
- 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 (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” 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**

<table>
<thead>
<tr>
<th>Acid regurgitation</th>
<th>Fatigue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appetite, loss of</td>
<td>Mental disorders from phlegm</td>
</tr>
<tr>
<td>Cough with thin white sputum</td>
<td>Nausea</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Nervous exhaustion</td>
</tr>
<tr>
<td>Digestion, weak</td>
<td>Shortness of breath</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Vomiting</td>
</tr>
</tbody>
</table>

**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 (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%
Patrinae 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.

<table>
<thead>
<tr>
<th>Indications</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominal pain, lower</td>
<td>Menstrual pain</td>
</tr>
<tr>
<td>Amenorrhea</td>
<td>Menstruation, irregular</td>
</tr>
<tr>
<td>Constipation</td>
<td>Ovarian cysts</td>
</tr>
<tr>
<td>Endometriosis</td>
<td>Pelvic Inflammatory Disease</td>
</tr>
<tr>
<td>Endometritis</td>
<td>Prostatitis, chronic, w/ blood stasis</td>
</tr>
<tr>
<td>Fibromyalgia w/ blood stasis</td>
<td>Sexual dysfunction, male, w/ blood stasis</td>
</tr>
<tr>
<td>Infertility w/ blood stasis</td>
<td>Uterine bleeding, dysfunctional</td>
</tr>
<tr>
<td>Menopausal symptoms</td>
<td></td>
</tr>
</tbody>
</table>

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

Paeoniae 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 (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.

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

**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 (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%
Spirodelae Herba (Spirodela / Fu Ping) 4%

Chinese Medical Actions
Nourishes blood, moistens blood dryness, dispels wind, relieves itching.

<table>
<thead>
<tr>
<th>Indications</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Dermatitis</td>
<td>Psoriasis</td>
</tr>
<tr>
<td>Eczema</td>
<td>Skin dry and itchy due to blood</td>
</tr>
<tr>
<td>Hives</td>
<td>deficiency and blood dryness</td>
</tr>
<tr>
<td>Itching</td>
<td>Skin rash, red with itching</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Condition</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bruises</td>
<td>Pain and distension from injury</td>
</tr>
<tr>
<td>Fractures or broken bones</td>
<td>Post-operative pain</td>
</tr>
<tr>
<td>Joint dislocations</td>
<td>Sports injury</td>
</tr>
<tr>
<td>Ligaments, torn</td>
<td>Sprains</td>
</tr>
<tr>
<td>Muscle strains</td>
<td>Traumatic injury</td>
</tr>
</tbody>
</table>

Contraindications: DO NOT USE DURING PREGNANCY OR WHILE NURSING.
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

<table>
<thead>
<tr>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bruises</td>
</tr>
<tr>
<td>Cartilage damage</td>
</tr>
<tr>
<td>Fractures or broken bones</td>
</tr>
<tr>
<td>Jammed fingers or toes</td>
</tr>
</tbody>
</table>

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 (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**
<table>
<thead>
<tr>
<th>Bruises</th>
<th>Ligaments or tendons, torn</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cartilage damage</td>
<td>Sprains</td>
</tr>
<tr>
<td>Fractures or broken bones</td>
<td>Traumatic injury (second stage) w/ stiffness and pain</td>
</tr>
<tr>
<td>Jammed fingers or toes</td>
<td></td>
</tr>
</tbody>
</table>

**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** (*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

<table>
<thead>
<tr>
<th>Condition</th>
<th>Symptom</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back weakness and soreness</td>
<td>Knees, weak</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Legs, weak</td>
</tr>
<tr>
<td>Dream-disturbed sleep</td>
<td>Memory, poor</td>
</tr>
<tr>
<td>Dry mouth</td>
<td>Night sweats</td>
</tr>
<tr>
<td>Hair, premature graying</td>
<td>Spontaneous seminal emission</td>
</tr>
<tr>
<td>Hair loss</td>
<td>Thirst</td>
</tr>
<tr>
<td>Hearing loss</td>
<td>Throat, dry</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Vision, dry or spots in</td>
</tr>
</tbody>
</table>

**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 appropri-
ate 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 (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**

<table>
<thead>
<tr>
<th>Anxiety</th>
<th>Irritability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amenorrhea</td>
<td>Melancholy, excessive</td>
</tr>
<tr>
<td>Depression</td>
<td>Mood swings</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Night sweats</td>
</tr>
<tr>
<td>Emotional instability</td>
<td>Palpitations</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Psoriasis, improves in pregnancy, worse after childbirth</td>
</tr>
<tr>
<td>Hot flashes</td>
<td>Urinary tract infection, chronic</td>
</tr>
<tr>
<td>Hypertension, menopausal</td>
<td>Urination, frequent</td>
</tr>
<tr>
<td>Infertility</td>
<td></td>
</tr>
<tr>
<td>Insomnia</td>
<td></td>
</tr>
</tbody>
</table>

**Tongue:** Pale, with thin coating; may be swollen, with teeth marks.
**Pulse:** Thready, rapid.
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.

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

**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.

**Indications**

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

**VIOLA CLEAR FIRE FORMULA**

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

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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 though 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
Epimedi 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 (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

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Indication</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominal distension</td>
<td>Menstrual pain</td>
</tr>
<tr>
<td>Appetite disorders</td>
<td>Menstruation, irregular or scanty</td>
</tr>
<tr>
<td>Back soreness, lower</td>
<td>Miscarriage, habitual</td>
</tr>
<tr>
<td>Breast distension</td>
<td>Palpitations</td>
</tr>
<tr>
<td>Complexion, pale</td>
<td>Postpartum recovery</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Premenstrual abdominal pain</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Skin rash or dryness w/ blood xu</td>
</tr>
<tr>
<td>Labor, difficult</td>
<td>Uterine bleeding, dysfunctional</td>
</tr>
<tr>
<td>Lactation, insufficient</td>
<td>Vaginal discharge</td>
</tr>
<tr>
<td>Menarche, late</td>
<td>Weakness</td>
</tr>
</tbody>
</table>

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**

<table>
<thead>
<tr>
<th>Indications</th>
<th>Tongue:</th>
<th>Pulse:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appendicitis</td>
<td>Hives</td>
<td>Rapid, big.</td>
</tr>
<tr>
<td>Bleeding from heat-toxin or damp-heat toxin</td>
<td>“Hot qi” syndrome in children</td>
<td></td>
</tr>
<tr>
<td>Blood in the stool</td>
<td>Intestinal abscess</td>
<td></td>
</tr>
<tr>
<td>Boils and furuncles</td>
<td>Over consumption of alcohol or fried fatty foods</td>
<td></td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Parasites, intestinal</td>
<td></td>
</tr>
<tr>
<td>Dysentery</td>
<td>Pinworms in children</td>
<td></td>
</tr>
<tr>
<td>Eczema</td>
<td>Rectal bleeding with heat-toxin</td>
<td></td>
</tr>
<tr>
<td>Epistaxis (nosebleed)</td>
<td>Skin rash, red and raised</td>
<td></td>
</tr>
<tr>
<td>Gastrointestinal inflammation</td>
<td>Wounds, suppurative, from toxic qi or damp-heat</td>
<td></td>
</tr>
<tr>
<td>Hematemesis (vomiting blood)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hemorrhoids</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Contraindications:** Do not take in cases of deficiency cold.
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**

<table>
<thead>
<tr>
<th>Indications</th>
<th>Sinus discharge, clear and profuse or persistent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergies</td>
<td>Sinus inflammation, acute or chronic</td>
</tr>
<tr>
<td>Earaches</td>
<td>Smell, loss of</td>
</tr>
<tr>
<td>Headache, from wind-cold</td>
<td></td>
</tr>
<tr>
<td>Post-nasal drip</td>
<td></td>
</tr>
<tr>
<td>Rhinitis, acute or chronic</td>
<td></td>
</tr>
<tr>
<td>Sinus congestion and pain</td>
<td></td>
</tr>
</tbody>
</table>

Dispels wind, dries dampness, frees the nasal passages.

**Tongue:** Normal, or may have a thick, white coating.

**Pulse:** May be floating or slippery.

**Contraindications:** DO NOT USE DURING PREGNANCY.
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
<table>
<thead>
<tr>
<th>Allergies</th>
<th>Sinus congestion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling of pressure in head</td>
<td>Sinus discharge, yellow or green</td>
</tr>
<tr>
<td>Headache or sinus pain</td>
<td>Sinus infection, acute</td>
</tr>
</tbody>
</table>

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 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, acute | 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.

<table>
<thead>
<tr>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>AIDS, sweating from</td>
</tr>
<tr>
<td>Anxiety</td>
</tr>
<tr>
<td>Dizziness</td>
</tr>
<tr>
<td>Fatigue</td>
</tr>
<tr>
<td>Fever, deficiency</td>
</tr>
<tr>
<td>Flushing</td>
</tr>
<tr>
<td>Hot Flashes</td>
</tr>
<tr>
<td>Hypertension, menopausal</td>
</tr>
<tr>
<td>Insomnia</td>
</tr>
<tr>
<td>Memory, poor</td>
</tr>
<tr>
<td>Night sweats</td>
</tr>
<tr>
<td>Sleep, restless</td>
</tr>
<tr>
<td>Spontaneous seminal emission</td>
</tr>
<tr>
<td>Sweating, night or abnormal</td>
</tr>
<tr>
<td>Tinnitus</td>
</tr>
<tr>
<td>Tuberculosis, sweating from</td>
</tr>
</tbody>
</table>

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**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Solani Nigri Herba (Black Nightshade / Long Kui)</td>
<td>12%</td>
</tr>
<tr>
<td>Pseudostellariae Radix (Pseudostellaria Root / Tai Zi Shen)</td>
<td>11%</td>
</tr>
<tr>
<td>Hedyotis Diffusae Herba (Hedyotis, Oldenlandia / Bai Hua She She Cao)</td>
<td>11%</td>
</tr>
<tr>
<td>Ophiopogonis Radix (Ophiopogon Tuber / Mai Men Dong)</td>
<td>10%</td>
</tr>
<tr>
<td>Lonicerae Flos (Japanese Honeysuckle Flower / Jin Yin Hua)</td>
<td>10%</td>
</tr>
<tr>
<td>Polygonati Odorati Rhizoma (Aromatic Solomon’s Seal / Yu Zhu)</td>
<td>9%</td>
</tr>
<tr>
<td>Phellodendri Cortex (Phellodendron Bark / Huang Bai)</td>
<td>9%</td>
</tr>
<tr>
<td>Lycii Fructus (Lycium Fruit, Chinese Wolfberry / Gou Qi Zi)</td>
<td>9%</td>
</tr>
<tr>
<td>Ecliptae Herba (Eclipta / Han Lian Cao)</td>
<td>8%</td>
</tr>
<tr>
<td>Sargentodoxae Caulis (Sargentodoxa / Hong Teng)</td>
<td>6%</td>
</tr>
<tr>
<td>Curcumae Rhizoma (Zedoary Rhizome / E Zhu)</td>
<td>5%</td>
</tr>
</tbody>
</table>

**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**

<table>
<thead>
<tr>
<th>Condition</th>
<th><em>Yin Valley Formula</em> Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back pain, lower bleeding</td>
<td>Night sweats</td>
</tr>
<tr>
<td>Cervical dysplasia</td>
<td>Ovulation, light bleeding during restlessness</td>
</tr>
<tr>
<td>Genital itching and swelling</td>
<td></td>
</tr>
<tr>
<td>HPV</td>
<td></td>
</tr>
<tr>
<td>Menstrual bleeding (bright red or brown in color)</td>
<td></td>
</tr>
<tr>
<td>Menstrual cycle shortened w/scanty bleeding</td>
<td></td>
</tr>
</tbody>
</table>

**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 (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, Fleeceflower 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 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
Illicis 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

<table>
<thead>
<tr>
<th>Condition</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body aches</td>
<td>Lymph nodes, enlarged</td>
</tr>
<tr>
<td>Bronchitis</td>
<td>Neck and shoulders, sore</td>
</tr>
<tr>
<td>Common cold, severe</td>
<td>Skin lesions, from heat in blood</td>
</tr>
<tr>
<td>Cough</td>
<td>Sores, toxic</td>
</tr>
<tr>
<td>Fever</td>
<td>Strep throat (streptococcus)</td>
</tr>
<tr>
<td>Headache</td>
<td>Throat, sore</td>
</tr>
<tr>
<td>Influenza</td>
<td>Urination, blocked</td>
</tr>
</tbody>
</table>

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 Pararadicis (Poria Spirit / Fu Shen) 17.6%
Schisandraceae 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.

<table>
<thead>
<tr>
<th>Indications</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Dizziness</td>
<td>Night sweats</td>
</tr>
<tr>
<td>Dream-disturbed sleep</td>
<td>Palpitations</td>
</tr>
<tr>
<td>Dry mouth</td>
<td>Restlessness</td>
</tr>
<tr>
<td>Fright</td>
<td>Sleep, disturbed or restless</td>
</tr>
<tr>
<td>Hot flashes</td>
<td>Throat, dry</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Vision, blurred</td>
</tr>
<tr>
<td>Irritability</td>
<td></td>
</tr>
</tbody>
</table>

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
Amber Stone-Transforming Formula
Andrographis Formula
An Mien Formula
Astragalus Formula
Astragalus & Ligustrum Formula
Baked Licorice Formula
Blood Palace Formula
Bone & Sinew Formula
Bupleurum & Cinnamon Formula
Bupleurum & Tang Kuei Formula
Bupleurum D Formula
Chai Hu Shu Gan Formula
Chase Wind, Penetrate Bone Formula
Children’s Clear & Release Formula
Children’s Clear Lung Formula
Children’s Ear Formula
Children’s Jade Defense
Chong Release Formula
Cinnamon & Poria Formula
Cinnamon D Formula
Cinnamon Twig Formula
Citrus & Pinellia Formula
Coptis Relieve Toxicity Formula
Corydalis Formula
Course & Quicken Formula
Curcuma Longa Formula
Duhuo & Loranthus Formula
Earth-Harmonizing Formula
Ease Digestion Formula
Eight Immortals Formula
Eleuthero Tablets
Essential Yang Formula
Five Mushroom Formula
Four Marvel Formula
Free & Easy Wanderer Plus
Fritillaria & Pinellia Formula
Gan Mao Ling Formula
Gastrodia & Uncaria Formula
General Tonic Formula
Gentiana Drain Fire Formula
Ginkgo Formula

Huo Xiang Zheng Qi Gao
Hu Po Hua Shi Pian
Chuan Xin Lian Kang Yan Pian
An Mien Pian
Huang Qi Jian Zhong Tang
Huang Qi Dong Qing Pian
Zhi Gan Cao Tang
Xue Fu Zhu Yu Tang
Zheng Gu Xu Jin Fang
Chai Hu Gui Zhi Tang
Xiao Yao San
Chai Hu Jia Long Gu Mu Li Tang
Chai Hu Shu Gan Tang
Zhui Feng Tou Gu Wan
Yin Qiao Gan Mao Fang
Xiao Er Zi Qing Fei Fang
Hai Er Fang
Xiao Er Zi Yu Fang
Jia Wei Tao Hong Si Wu Tong
Gui Zhi Fu Ling Wan
Gui Zhi Jia Long Gu Mu Li Tang
Gui Zhi Tang
Er Chen Tang
Huang Lian Jie Du Pian
Shao Yao Gan Cao Jia Yan
Hu Tang
Shu Jing Huo Xue Tang
Jiang Huang Wan
Du Huo Ji Sheng Tang
He Tu Pian
Jia Wei Kang Ning Wan
Ba Xian Chang Shou Wan
Wu Jia Shen Pian
Jia Jian Jin Gui Shen Qi Wan
Wu Gu Fang
Si Miao San
Jia Wei Xiao Yao San
Chuan Bei Ban Xia Tang
Gan Mao Ling Pian
Tian Ma Gou Teng Yin
Shi Quan Da Bu Wan
Long Dan Xie Gan Tang
Yin Guo Ye 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
Hawthorn & Fennel Formula  Shan Zha Xiao Hui Xiang Fang
He Shou Wu Tablets  Shou Wu Pian
Head Relief Formula  Tou Pian
Heavenly Emperor’s Formula  Tian Wang Bu Xin Dan
Immortal Valley Formula  Xian Gu Fang
Intestinal Fungus Formula  Chang Mei Jun Fang
Jade Screen & Xanthium Formula  Yu Ping Feng Jia Cang Er San
Jade Source Formula  Jia Jian Yu Quan Wan
Jade Windscreen Formula  Yu Ping Feng San
Ji Xue Formula  Huang Qi Ji Xue Wan
Jing Qi Formula  Jing Qi Pian
Juan Bi Formula  Juan Bi Tang
Lily Preserve Metal Formula  Bai He Gu Jin Tang
Ling Zhi Lung Formula  Ling Zhi Fei Pian
Linking Formula  Yi Guan Jian
Liver C Formula  Gan C Pian
Luo Bu Ma Formula  Luo Bu Ma Pian
Lysimachia GB Formula  Xiao Chai Hu Jia Jin Qian Cao Fang

Margarita Complexion Formula  Zhen Zhu Yu Rong Fang
Ming Mu Formula  Ming Mu Di Huang Wan
Minor Bupleurum Formula  Xiao Chai Hu Tang
Mobilize Essence Formula  Fu Ren Bu Yin Pian
Mulberry & Lycium Formula  Xie Bai San
Neck Formula  Bai Zhi Ge Gen Wan
Nourish Essence Formula  Zi Jing Di Huang Wan
Nourish Ren & Chong Formula  Jia Wei Gui Shao Di Huang Wan
Oregano Oil Formula  Jia Wei Tu Yin Chen You Jiao Nang

Peaceful Spirit Formula  Yang Xin Ning Shen Wan
Peony & Atractylodes Formula  Tong Xie Yao Fang
Persica & Cistanches Formula  Tao Ren Cong Rong Wan
Phlegm-Transforming Formula  Xia Ku Hua Tan Pian
Pinellia & Magnolia Bark Formula  Ban Xia Hou Po Tang
Polyporus & Dianthus Formula  Zhu Ling Qu Mai Tang
Poria & Bamboo Formula  Wen Dan Tang
Poria Fifteen Formula  Shi Wu Wei Fu Ling Pian
Poria Five Formula  Wu Ling San
Prostate Formula  Qiang Lie Xian Fang
Pu Ji Formula  Pu Ji Xiao Du Yin
Pulsatilla Intestinal Formula  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
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Huang Qi Jian Zhong Tang
Astragalus Formula
Huo Xiang Zheng Qi Gao
Agastache Tummy Syrup
Jia Jian Bao He Wan
Stomach-Harmonizing Formula
Jia Jian Er Xian Tang
Two Immortals Formula
Jia Jian Jin Gui Shen Qi Wan
Essential Yang Formula
Jia Jian Yu Quan Wan
Jade Source Formula
Jia Wei Cang Er Pian
Xanthium Nasal Formula
Jia Wei Gui Shao Di Huang Wan
Nourish Ren & Chong Formula
Jia Wei Jian Gu Tang
Yuan Support Formula
Jia Wei Kang Ning Wan
Ease Digestion Formula
Jia Wei Ping Wei Fang
Resolve the Middle Formula
Jia Wei Si Wu Tang
Tang Kuei & Salvia Formula
Jia Wei Tao Hong Si Wu Tong
Chong Release Formula
Jia Wei Tu Yin ChenYou Jiao Nang
Oregano Oil Formula
Jia Wei Xiao Yao San
Free & Easy Wanderer Plus
Jia Wei Xin Yi San
Xanthium & Magnolia Formula
Jiang Huang Wan
Curcuma Longa Formula
Jin Hua Mei Ran Wan
Seven Treasures Formula
Jing Qi Pian
Jing Qi Formula
Juan Bi Tang
Juan Bi Formula
Ling Zhi Fei Pian
Ling Zhi Lung Formula
Liu Jun Zi Tang
Six Gentlemen Formula
Liu Wei Di Huang Wan
Rehmannia Six Formula
Long Dan Xie Gan Tang
Gentiana Drain Fire Formula
Luo Bu Ma Pian
Luo Bu Ma Formula
Ming Mu Di Huang Wan
Ming Mu Formula
Pu Ji Xiao Du Yin
Pu Ji Formula
Qi Hai Yao Fang
Sea of Qi Formula
Qiang Lie Xian Fang
Prostate Formula
Ren Shen Pian
Ginseng Endurance Formula
Ren Shen Yang Ying Wan
Ginseng Nourishing Formula
San Qi Pian
San Qi Formula
Shan Zha Xiao Hui Xiang Fang
Hawthorn & Fennel Formula
Shao Yao Gan Cao Jia Yan Hu Tang
Corydalis Formula
Sheng Mai San
Sheng Mai Formula
Shi Quan Da Bu Wan
General Tonic Formula
Shi Wu Wei Fu Ling Pian
Poria Fifteen Formula
Shou Wu Pian
He Shou Wu Tablets
Shu Gan Wan
Shu Gan Formula
Shu Jing Huo Xue Tang
Course & Quicken Formula
Shuang Dun Fang
Twin Shields Formula
Si Mao Wan
Four Marvel Formula
Suan Zao Ren Tang
Zizyphus Formula
Tao Ren Cong Rong Wan
Persica & Cistanches Formula
Tian Ma Gou Teng Yin
Gastrodia & Uncaria Formula
Tian Wang Bu Xin Dan
Tong Xie Yao Fang
Tou Pian
Tu Fu Ling Sheng Di Huang Wan
Wen Dan Tang
Wu Gu Fang
Wu Hua Tang
Wu Jia Shen Pian
Wu Ling San
Xia Ku Hua Tan Pian
Xian Gu Fang
Xiao Chai Hu Jia Jin Qian Cao Pian
Xiao Chai Hu Tang
Xiao Er Zi Qing Fei Fang
Xiao Er Zi Yu Fang
Xiao Yao San
Xie Bai San
Xue Fu Zhu Yu Tang
Yang Xin Ning Shen Wan
Yang Xue Zhuang Jin Jian Bu Wan
Yi Guan Jian
Yin Gu Fang
Yin Guo Ye Wan
Yin Qiao Gan Mao Fang
Yin Qiao San
Yu Ping Feng Jia Cang Er San
Yu Ping Feng San
Zhen Bao Fang
Zhen Zhu Yu Rong Fang
Zheng Gu Xu Jin Fang
Zhi Bai Di Huang Wan
Zhi Gan Cao Tang
Zhong Gan Ling Pian
Zhu Ling Qu Mai Tang
Zhui Feng Tou Gu Wan
Zi Jing Di Huang Wan
Zuo Gui Jia Er Zhi Wan

Heavenly Emperor’s Formula
Peony & Atractyloides Formula
Head Relief Formula
Rehmannia Cool Blood Formula
Poria & Bamboo Formula
Five Mushroom Formula
Wu Hua Formula
Eleuthero Tablets
Poria Five Formula
Phlegm-Transforming Formula
Immortal Valley Formula
Lysimachia GB Formula
Minor Bupleurum Formula
Children’s Clear Lung Formula
Children’s Jade Defense
Bupleurum & Tang Kuei Formula
Mulberry & Lycium Formula
Blood Palace Formula
Peaceful Spirit Formula
Restorative Formula
Linking Formula
Yin Valley Formula
Ginkgo Formula
Children’s Clear & Release Formula
Yin Chiao Formula
Jade Screen & Xanthium Formula
Jade Windscreen Formula
Vital Treasure Formula
Margarita Complexion Formula
Bone & Sinew Formula
Rehmannia & Scrophularia Formula
Baked Licorice Formula
Zhong Gan Ling Formula
Polyporus & Dianthus Formula
Chase Wind, Penetrate Bone Formula
Nourish Essence Formula
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
- 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)
- Liver C Formula (Gan C Pian)
- 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
  LINING FORMULA (YI GUAN JIAN)
  REHMANNA & 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 XIAO FANG)
  PORIA FIFTEEN FORMULA (SHI WU WEI FU LING PIAN)

Formulas that Moisten the Intestines and Unblock the Bowels
  PERSICCA & 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 LAN FORMULA (SHU LAN 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 XIAO 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, PERFORATE BONE FORMULA (ZHU JI SI LIU 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)
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 Plan)**
- **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 PHLEGM

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 Yuan 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)

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 Zhi Yu Tang)

Moves Heart Blood and Supplements Heart Blood
Tang Kuei & Salvia Formula (Jia Wei Si Wu Tang)

Supplements Heart Qi and Blood
Ginkgo Formula (Yin Guo Ye Wan)
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
ANDROGRAPHS FORMULA (CHUAN XIN LIAN KANG YAN PIAN)
POLYPORUS & DIANTHUS FORMULA (ZHU LING QU MAI TANG)
RABDOSSIA 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)
LOU BU MA FORMULA (LUO BU MA JIANG YA WAN)
TANG KUEI & TRIBULUS FORMULA (DANG GUI YIN ZI)

Drains Fire from the Liver
GENTIANA DRAIN FIRE FORMULA (LONG DAN XIE GAN TANG)
LIVER C FORMULA (GAN C PIAN)
LOU 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 & PONY 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
  Gentle 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

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)

Abscesses
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 & XANTHIDIUM FORMULA (general, or with wind-heat)
JADE WINDSCREEN FORMULA (with weak *wei* qi)
XANTHIDIUM NASAL FORMULA (acute sinus congestion, with heat, dampness, or phlegm)
XANTHIDIUM & 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)

ANEMIA (See BLOOD DEFICIENCY PATTERNS)

ANGER OUTBURSTS (See IRRITABILITY)
ANGINA (See CHEST PAIN)

ANXIETY AND NERVOUSNESS

AN MIEEN FORMULA (with deficiency, heat, and phlegm in heart, lung, and/or stomach)
BAKED LICORICE FORMULA (with qi, blood, and yin deficiency)
BUPELLEURUM 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

AGUSTACHE TUMMY SYRUP (with cold and dampness)
ASTRAGALUS FORMULA (with cold and deficiency in the middle burner)
BUPELLEURUM & 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)

ARTHROPATHY 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)
Frittillaria & 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)

Athlete’s Foot
Oregano Oil Formula (topically)

Athletic 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-Transforming 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)
**POLYPOREUS & 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 TABLET** (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)
BREATHEING 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)

BREATHEING 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)

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
Free & Easy Wanderer Plus (with liver/spleen disharmony and heat)
Liver C Formula (early stage)

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 Tablet (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)

DELIURIUM
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)
CoOptis 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 MIE 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)

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, UNDESIRED)

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)
**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)
- 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)
- Liver C Formula (with chronic hepatitis)
- 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)

**FRACITURES**

**Bone & Sinew Formula** (second and third stage)

**Curcuma Longa Formula** (with inflammation and pain)

**Tieh 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
Astagalus 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)
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)
Liver C Formula (chronic)
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)
Liver C 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)

HYERTENSION

**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)

**Hypothyroidism**

**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)

**Hypochondriac 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)
I

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)

JAUNDICE
Gentiana Drain Fire Formula (with damp-heat or liver heat)
Liver C Formula (chronic)
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)

LIGAMENTS, 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 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

FREE & EASY WANDERER PLUS (with liver/spleen disharmony and heat)
LIVER C FORMULA (with heat-toxin in the liver)
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)
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)

MENOPAUSAL SYMPTOMS (See also HOT FLASHES)

MASSTITIS (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 phlegm 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 & Uncaria 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)

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)

Noose Dry (See Dryness)

Noosebleed
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-TRANSFORMING 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)

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 & SCRYPTULARIA 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)

PHYARYNGITIS

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-heats)
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)
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 MIENT 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)

SHOULDER 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 & XANTHIIUM FORMULA (from allergies, and wind-damp)
NECK FORMULA (with wind, cold, and dampness)
XANTHIIUM & MAGNOLIA FORMULA (acute, from wind-cold)
XANTHIIUM 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 & XANTHIIUM 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)
XANTHIIUM & MAGNOLIA FORMULA (acute, from wind-cold)
XANTHIIUM 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)
XANTHIIUM 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 & XANTHIIUM FORMULA (from allergies and wind-damp)
NECK FORMULA (suborbital pain, with wind, cold, and dampness)
XANTHIIUM 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 & XANTHIIUM 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)
REHMANIA 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 BUPELURUM 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)
REHMANIA 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)
REHMANIA & 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)
BUPELURUM & CINNAMON FORMULA (with liver/spleen disharmony or concurrent taiyang and shaoyang patterns)
BUPELURUM D FORMULA (acute, burning with liver invading stomach)
BUPELURUM & TANG KUEI FORMULA (with liver/spleen disharmony)
**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 sweeting 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, Sour, 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)

TIREDNESS (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)
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)

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)

**Ming 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)

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 STASIS—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 diseases 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 manifes-
tations 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
REFERENCES


