

15 HERBAL FORMULAS THAT NOT IN TEXTBOOKS

1. RELEASE EXTERIOR

NIU BANG JIE JI TANG Burduck Decoction for Releasing Muscles 牛蒡解肌湯(우방해기탕) <u>Disperse Wind-Heat</u>	Niu Bang Zi	10	<ul style="list-style-type: none"> • Localized abscesses and swelling due to Wind-Heat: Burning, red, swelling and pain caused by carbuncle on the skin, phlegm and toxins in the neck, mild chills, high fever, little sweating, thirst, deep-colored urine, toothache, ① red tip, whitish or yellowish, ② floating, rapid • Note: Used to treat a variety of biomedically defined disorders including cervical lymphadenitis, periodontitis, mastitis, cellulitis, abscesses, boils, furuncles, sores, toothache, influenza
	Bo He	6	
	Jing Jie	6	
	Lian Qiao	10	
	Mu Dan Pi	10	
	Xia Ku Cao	12	
	Zhi Zi	10	
	Xuan Shen	10	
	Shi Hu	12	

4. CLEAR HEAT

DAI GE SAN Natural Indigo and Cyclina Powder 黛蛤散(대합산) <u>Clear Organ-Heat</u>	Sang Bai Pi	10	<ul style="list-style-type: none"> • LV Fire Scorches the LU: Coughing (high and clear sounding), wheezing, fever, skin that feels hot to the touch, symptoms worse in the late afternoon, dry mouth, little or difficult to expectorate sputum, burning pain in the chest and hypochondrium, yellow sputum, hemoptysis, impatience, irritability, dry, bitter taste in the mouth, conjunctival congestion, dizziness, maybe constipation, ① red tongue, yellow coating, ② thready, rapid, maybe wiry • Note: Contraindicated for those with coughing and wheezing from Wind-Cold, Wind-Heat, or Damp-Phlegm
	Di Gu Pi	10	
	Zhi Gan Cao	1	
	Geng Mi	8	
	Qing Dai	1	
	Hai Ge Ke	3	

7. TONIFY

QI FU YIN Seven Blessing Decoction 七福飲(칠복음) <u>Tonify Qi</u>	Ren Shen	15	<ul style="list-style-type: none"> • HT Blood and SP Qi Deficiency: Inability to get or maintain an erection, performance anxiety, a pale, lusterless complexion, fatigue, a low sperm count, palpitations, may be anxiety, panic attacks, nervousness, insomnia, much dreaming, easily startled, poor memory, four limbs tired and lethargic, clammy palms, loss of appetite, distention and fullness of the epigastrium and abdomen, weak limbs, loose stools, sallow complexion, ① pale tongue, thin and white coating, ② thready and weak or weak and slow or deep and weak • Note: The patient may be able to get erections during sleep or masturbation. The impotence may be worse with fatigue.
	Bai Zhu	15	
	Shu Di Huang	25	
	Dang Gui	20	
	Suan Zao Ren	15	
	Yuan Zhi	15	
	Gan Cao	5	

7. TONIFY		
BAO YIN JIAN	Sheng Di Huang 15	<ul style="list-style-type: none"> • Blood Deficiency with Blood Heat: Threatened miscarriage early in pregnancy, mild menorrhagia that suddenly transforms into copious menorrhagia (clear, light red, and thick blood or bright red blood), a general feeling of heat, thirst, evening fever, hot palms and soles, restlessness, insomnia, dark yellow urine, ① red tongue with yellow coating, ② rapid and overflowing or Thready and rapid • Note: Used to treat a variety of biomedically defined disorders including menorrhagia, metrorrhagia, yellow vaginal discharge, discharge of lochia, and threatened miscarriage
Yin-Protecting Decoction	Shu Di Huang 12	
保陰煎(보음전)	Bai Shao 12	
Tonify Blood	Shan Yao 12	
	Huang Qin 9	
	Huang Bai 9	
	Xu Duan 6	
	Gan Cao 3	

7. TONIFY		
XIAO YING JIAN	Shu Di Huang 6-9	<ul style="list-style-type: none"> • Blood Deficiency: Delayed menstrual period, light red scanty flow, dull pain in the lower abdomen, dizziness, palpitations, sallow complexion, ① pale and thin tongue, white coating, ② Thin and weak • Note: Used to nourish Blood/Yin and regulates the Chong/Ren channels
Minor Nourishing Decoction	Dang Gui 6	
小營煎(소영전)	Bai Shao 6	
Tonify Blood	Shan Yao 6	
	Gou Qi Zi 6	
	Gan Cao 3	

7. TONIFY		
TAI YUAN YIN	Ren Shen 9	<ul style="list-style-type: none"> • Qi/Blood deficiency threatening miscarriage during the first trimester of pregnancy: Threatened miscarriage during the first trimester of pregnancy or miscarriage after several months or premature delivery, lassitude, dizziness, blurred vision, palpitations, insomnia, anorexia, loose stools, tiredness, weariness, pale complexion, weak limbs, abdominal distention, lumbar soreness, frequent, clear urine, clear, watery vaginal discharge, scanty vaginal bleeding, pale dilute blood, ① pale tongue, thin and white coating, ② weak in the Qi position • Note: Used to treat habitual miscarriage due to Qi and Blood deficiency
Fetus Original Qi Decoction	Bai Zhu 6	
胎元飲(태원음)	Gan Cao 3	
Tonify Qi & Blood	Chen Pi 3	
	Shu Di Huang 6	
	Dang Gui 6	
	Bai Shao 6	
	Du Zhong 6	

7. TONIFY							
<div>LIANG DI TANG</div> <div>Rehmannia and Lycia Radicis Decoction</div> <div>兩地湯(양지탕)</div> <div><u>Tonify Yin</u></div>	Sheng Di Huang 30	<div><div>• KD Yin deficiency with Empty Fire rising: Early menstrual period (short cycle), discharge of a small amount of thick bright red blood, mid cycle bleeding (spotting), bloody vaginal discharge, discharge begins with scant light-colored Blood, dizziness, blurred vision, flaccidity of the lower limbs, flushed cheeks, sore throat, tinnitus, thirst, five sole heat, night sweats, lack of skin luster, ㊟ red or crimson tongue, little coating, ㊞ thready and rapid or deep, small and weak</div><div>• Note: For infertility, use with <i>Qing Gu Zi Shen Tang Jia Jian</i>.</div></div>					
	Di Gu Pi 9						
	Xuan Shen 15						
	Mai Men Dong 9						
	Bai Shao 15						
	E Jiao 12						
<table><tr><th>Before menstruation</th><th>After menstruation</th></tr><tr><td>Qing Gu Zi Shen Tang Jia Jian</td><td>Liang Di Tang</td></tr><tr><td>(Modified Cool the Bones and Nourish the Kidneys Decoction)</td><td>(Rehmannia and Lycia Radicis Decoction)</td></tr></table>		Before menstruation	After menstruation	Qing Gu Zi Shen Tang Jia Jian	Liang Di Tang	(Modified Cool the Bones and Nourish the Kidneys Decoction)	(Rehmannia and Lycia Radicis Decoction)
Before menstruation	After menstruation						
Qing Gu Zi Shen Tang Jia Jian	Liang Di Tang						
(Modified Cool the Bones and Nourish the Kidneys Decoction)	(Rehmannia and Lycia Radicis Decoction)						

7. TONIFY		
YI YIN JIAN One-Yin Decoction 一陰煎(일음전) <u>Tonify Yin</u>	Sheng Di Huang 6 Mai Men Dong 6 Shao Yao 6 Dan Shen 6 Shu Di Huang 9 Niu Xi 5 Gan Cao 3	<ul style="list-style-type: none"> • Yin deficiency with Heat: hematemesis, epistaxis, malaria, post Wind-Cold sweating, body fluid depletion, irritability, thirst, afternoon fever, ㊟ red, no coating, ㊞ thready, deficient • Note: Used to treat bleeding due to Yin deficient Heat.

7. TONIFY				
<div>REN SHEN WU WEI ZI TANG</div> <div>Ginseng and Schisandra Decoction</div> <div>人參五味子湯(인삼오미자탕)</div> <div>Tonify Qi & Yin</div>	Ren Shen	4	<div><div>• SP Qi deficiency and Yin deficiency: chronic cough, middle burner Qi deficiency, pale complexion, ㊟ pale or normal, ㊞ weak and thready</div><div>• Note: Used to treat SP Qi deficiency with LU/HT/KD/ST Yin deficiency</div></div>	
	Bai Zhu	6		
	Fu Ling	4		
	Zhi Gan Cao	3		
	Wu Wei Zi	2		
Mai Men Dong	4	<div><div>Mai Men Dong</div><div>Wu Wei Zi</div><div>sweet, sl bitter / sl cold / HT LU ST</div><div>sour, sweet / warm / HT LU KD</div><div>category: Yin Tonic</div><div>category: Astringent</div></div>		

7. TONIFY		
GUI SHEN WAN	Shu Di Huang 16	<ul style="list-style-type: none"> • Deficiency of the KD (especially the Jing): Clear, pale menstrual Blood, dizziness, frequent urination especially at night, profuse urine, tinnitus, pain in the lower back, weakness of lower back, weakness of the knees, ㊶ pale tongue, thin and white coating, ㊷ weak and deep or weak, deep and tight • Note: Used to treat a variety of biomedically defined disorders including amenorrhea, delayed puberty, premature ovarian failure, irregular menstruation, acne vulgaris, and headache
Restore the Kidneys Pill	Shan Zhu Yu 16	
歸腎丸(귀신환)	Shan Yao 16	
<u>Tonify Yang</u>	Fu Ling 12	
	Gou Qi Zi 10	
	Du Zhong 10	
	Tu Si Zi 10	
	Dang Gui 10	

7. TONIFY		
BU SHEN GU CHONG TANG	Tu Si Zi 6	<ul style="list-style-type: none"> • KD Yang deficiency and Qi/Blood deficiency: A history of miscarriages in early stages of pregnancy, backache, depression, a general feeling of cold, cold feet, frequent pale urination, possible history of infertility, ㊶ Pale, ㊷ White • Note: Used to treat habitual miscarriage
Kidney-Tonifying and Penetrating Vessel Consolidation Decoction	Xu Duan 6	
補腎固冲湯(보신고충탕)	Ba Ji Tian 6	
<u>Tonify Yang</u>	Du Zhong 6	
	Lu Jiao Shuang 6	
	Dang Gui 6	
	Shu Di Huang 9	
	Gou Qi Zi 9	
	E Jiao 6	
	Dang Shen 6	
	Bai Zhu 9	
	Sha Ren 3	

8. STABILIZE & BIND		
ZHI DAI FANG	Zhu Ling 6	<ul style="list-style-type: none"> • Vaginal discharge due to Damp-Heat: Profuse, yellow, sticky discharge, in some patients the discharge is white but like bean curd, foul odor, vulvar itch, scanty dark urine, chest tightness, sticky mouth, reduced appetite, vague pains in the lower abdomen, ㊶ red tongue, yellow and greasy or thick and yellow, ㊷ soft and mildly rapid • Note: Used to treat a variety of biomedically defined disorders including vaginal discharge, yeast infection, cervicitis, vaginal itch, cervical polyps, and pelvic inflammatory disease
Discharge-Stopping Formula	Fu Ling 6	
止帶方(지대방)	Che Qian Zi 3	
<u>Stabilize Womb</u>	Ze Xie 6	
	Yin Chen 15	
	Chi Shao 6	
	Mu Dan Pi 6	
	Huang Bai 3	
	Zhi Zi 3	
	Niu Xi 3	

9. CALM SPIRIT

AN SHEN DING ZHI WAN	Ren Shen 9	<ul style="list-style-type: none"> • HT and GB Qi deficiency due to shock or fright: Insomnia, frequent waking, often early in the morning, unable to fall back to sleep, easily frightened or startled, easily unsettled by seeming trivial events, anxiety, palpitations, shortness of breath, lethargy, fatigue, depression, spontaneous sweating, ㊶ normal or pale tongue, thin white coating, ㊷ wiry, thready • Note: This pattern often overlaps with Phlegm-Heat.
	Fu Shen 15	
	Fu Ling 15	
Calm the Shen and Settle the Emotion Pill	Yuan Zhi 15	
安神定志丸(안신정지환)	Shi Chang Pu 15	
	Suan Zao Ren 15	
Nourish Heart & Calm Spirit	Ye Jiao Teng 15	
	Long Chi 15	
	Mu Li 20	
	Zhu Sha 5	

11. REGULATE BLOOD

YUE YING JIAN	Sheng Di Huang 9-15	<ul style="list-style-type: none"> • Rectal bleeding due to Blood Heat: Blood in the stool or bleeding hemorrhoids, bleeding that is profuse, bright in color, bleeding from the rectum during defecation, ㊶ red, ㊷ rapid • Note: The following modifications are noted in the classic textbook:
Blood-Restraining Decoction	Shao Yao 6-15	
約營煎(약영전)	Gan Cao 3-6	
	Xu Duan 9-15	
Stop Bleeding	Di Yu 9-15	
	Huai Hua 6-9	
	Huang Qin 3-9	
	Jing Jie Sui 6-9	
	Wu Mei 2p	

Excess heat in lower burner	Qi deficiency	Qi sinking
+ Zhi Zi, Huang Lian, Long Dan Cao	+ Ren Shen, Bai Zhu	+ Sheng Ma, Fang Feng

15. Dissolve Phlegm

QING JIN JIANG HUO TANG	Ban Xia 4	<ul style="list-style-type: none"> • Cough and Phelgm due to LU and ST Heat: Cough, yellow sputum, sensation of fullness in the chest, nasuea, red complexion, ㊶ red, ㊷ rapid • Note: Used to treat a variety of biomedically defined disorders including acute bronchitis, pneumonia, lung abscess, and COPD.
	Chen Pi 6	
	Fu Ling 4	
Metal-Clearing and Fire-Descending Decoction	Jie Geng 4	
清金降火湯(청금강화탕)	Zhi Ke 4	
	Bei Mu 4	
Dissolve Hot-Phlegm	Qian Hu 4	
	Xing Ren 6	
	Huang Qin 4	
	Shi Gao 4	
	Gua Lou Ren 4	
	Gan Cao 1	