

83 CA FORMULAS (2020)

	FORMULA		INDICATIONS	MEMO
RELEASE EXTERIOR	Wind-Cold	GUI ZHI TANG	Exterior Wind-Cold of deficiency type	
	Wind-Heat	SANG JU YIN	Exterior Wind-Heat causing cough; Wind-Heat causing eye disorders	
		YIN QIAO SAN	Exterior Wind-Heat with Heat-Toxin; Toxic-Heat causing Boils and Sores	
		CHAI GE JIE JI TANG	Exterior Wind-Cold (Taiyang) transforming into interior Heat (Yangming)	
	Interior deficiency	REN SHEN BAI DU SAN	Exterior Wind-Cold-Damp with interior Qi deficiency	
DRAIN DOWNWARD	Heat accumulation	DA CHENG QI TANG	Yangming organ syndrome causing severe constipation	
		XIAO CHENG QI TANG	Moderate Yangming organ syndrome causing constipation	
		TIAO WEI CHENG QI TANG	Mild Yangming organ syndrome causing mild constipation	
	Intestinal dryness	RUN CHANG WAN	Constipation due to Blood deficiency → Desiccated Intestines	
		MA ZI REN WAN	Constipation due to Intestinal Dryness & Heat → Spleen Bind	
HARMONIZE	Shao Yang	XIAO CHAI HU TANG	Shaoyang syndrome	
	Liver & Spleen	SI NI SAN	LV Qi stagnation overacting on the SP causing cold extremities (<i>Yang Jue</i>)	
		XIAO YAO SAN	LV Qi stagnation with LV Blood & SP Qi deficiency	
	Stomach & Intestines	BAN XIA XIE XIN TANG	Pi syndrome due to Cold-Heat complex	
CLEAR HEAT	Qi Level	BAI HU TANG	Excess Heat in the Yangming channel or Qi level	
	Toxic-Heat	HUANG LIAN JIE DU TANG	Fire-Toxin from excessive Heat in the Triple burners	
		XIE XIN TANG	Excess Heat in the Triple burners	
	Organ-Heat	QING WEI SAN	ST Heat accumulation	
		DAO CHI SAN	HT Fire transferring to the SI	
		LONG DAN XIE GAN TANG	LV Fire blazing up; LV/GB Damp-Heat invading downward	
		BAI TOU WENG TANG	Dysentery due to Toxic-Heat in the ST & Intestine	
	Deficiency-Heat	QING HAO BIE JIA TANG	Yin deficiency with Heat in the Ying level during later stage of febrile disease	
		DANG GUI LIU HUANG TANG	Yin deficiency with Empty-Heat causing night sweats	

WARM INTERIOR	Middle Burner	LI ZHONG WAN	Deficiency-Cold of the SP/ST	
		WU ZHU YU TANG	Deficiency-Cold of the ST (Yangming), LV (Jueyin), and KD (Shaoyin)	
		XIAO JIAN ZHONG TANG	SP Yang deficiency with Cold causing abdominal pain	
		DA JIAN ZHONG TANG	Middle Burner Yang deficiency (root) + Vigorous Yin-cold (manifestation)	
	Yang Collapse	SI NI TANG	KD Yang deficiency with Cold-Evil in Shaoyin stage (<i>Yin Jue</i>); Yang collapse	
TONIFY	Qi Deficiency	SI JUN ZI TANG	SP/ST Qi deficiency	
		SHEN LING BAI ZHU SAN	SP Qi deficiency & Damp causing diarrhea	
		BU ZHONG YI QI TANG	SP/ST Qi deficiency causing intermittent fever; SP Qi sinking	
		YU PING FENG SAN	Wei Qi deficiency causing sweating	
		SHENG MAI SAN	Concurrent Qi & Yin deficiency, primarily of the LU	
	Blood Deficiency	SI WU TANG	Blood deficiency + Blood stasis	
		DANG GUI BU XUE TANG	Blood & Qi deficiency with floating Yang	
	Qi & Blood Deficiency	BA ZHEN TANG	Qi & Blood deficiency	
		SHI QUAN DA BU TANG	Qi & Blood deficiency with mild Deficiency-Cold	
		GUI PI TANG	SP Qi & HT Blood deficiency causing insomnia; SP Qi Not Controlling Blood	
	Yin Deficiency	LIU WEI DI HUANG WAN	KD & LV Yin deficiency	
		ZUO GUI WAN	KD Yin/Essence deficiency for severe case (more potent)	
		BAI HE GU JIN TANG	Internal Dryness of the LU	
	Yang Deficiency	JIN GUI SHEN QI WAN	KD Yang deficiency	
		YOU GUI WAN	KD Yang/Essence deficiency for severe case (more potent)	
STABILIZE & BIND	Intestine	SI SHEN WAN	SP & KD Yang deficiency causing daybreak diarrhea	
	Essence	JIN SUO GU JING WAN	Spermatorrhea due to KD deficiency	
	Womb	GU JING WAN	Constrained LV Fire injuring Chong & Ren causing <i>Beng Lou</i> syndrome	
		WAN DAI TANG	Leukorrhea due to Dai/SP deficiency with Damp & Qi stagnation	

CALM SPIRIT	Heart Deficiency	SUAN ZAO REN TANG	LV Blood & HT Yin deficiency with Empty-Heat	
		HUANG LIAN E JIAO TANG	Fire from Yin deficiency affecting Spirit	
		GAN MAI DA ZAO TANG	HT Yin deficiency with LV Qi stagnation causing <i>Zang Zao</i> disorder	
REGULATE QI	Qi Stagnation	YUE JU WAN	Six Stagnations of Qi, Blood, Phlegm, Damp, Fire and Food	
		BAN XIA HOU PO TANG	LV Qi & Phlegm stagnation lodging in the throat causing Plum-pit syndrome	
	Rebellious Qi	SU ZI JIANG QI TANG	LU Cold-Phlegm (excess above) with KD Yang deficiency (deficiency below)	
		JU PI ZHU RU TANG	Rebellious ST Qi due to ST deficiency with Heat	
REGULATE BLOOD	Blood Stasis	TAO HE CHENG QI TANG	Accumulation of Blood stasis & Heat in the Lower burner	
		XUE FU ZHU YU TANG	Blood stasis with Qi stagnation in the chest	
		WEN JING TANG	Chong & Ren Deficiency-Cold with Blood stasis causing irregular menstruation	
		SHENG HUA TANG	Blood & Cold stagnation causing postpartum lochial retention	
		GUI ZHI FU LING WAN	Blood stasis in the uterus during pregnancy	
		DAN SHEN YIN	Blood & Qi stagnation in the Upper/Middle burners causing chest pain	
	Bleeding	HUAI HUA SAN	Rectal bleeding due to LI Wind-Heat or Damp-Heat Toxin	
		JIAO AI TANG	Uterine bleeding due to Chong & Ren Deficiency-Cold with Blood deficiency	
EXPEL WIND	External Wind	XIAO HUO LUO DAN	Wind-Phlegm obstruction with Blood stasis in the channels & collaterals	
		XIAO FENG SAN	Wind-Damp-Heat in the skin causing pruritis	
	Internal Wind	ZHEN GAN XI FENG TANG	LV Yang rising & internal Wind due to LV & KD Yin deficiency	
		TIAN MA GOU TENG YIN	LV Yang rising; LV Yang rising causing Internal Wind	
TREAT DRYNESS	Exterior Dryness	XING SU SAN	Cool-Dryness	
	Interior Dryness	MAI MEN DONG TANG	LU/ST Qi & Yin deficiency	

EXPEL DAMPNESS	Damp Turbidity	PING WEI SAN	Damp-Cold stagnation in the SP/ST	
		HUO XIANG ZHENG QI SAN	Damp stagnation in the Middle burner + External Wind-Cold	
	Damp-Heat	BA ZHENG SAN	Damp-Heat clumping in the Lower burner	
	Water Irregularity	WU LING SAN	Water-Damp retention marked by edema; Taiyang Fu syndrome	
		ZHU LING TANG	Water & Heat retention in the UB with Yin injury	
		WU PI SAN	SP Qi deficiency with excessive Damp causing skin edema (<i>Pi Shui</i>)	
	Cold-Damp	ZHEN WU TANG	KD & SP Yang deficiency causing Water retention	
	Wind-Damp	JUAN BI TANG	Acute <i>Bi</i> syndrome due to Wind-Cold-Damp	
DISSOLVE PHLEGM	Damp-Phlegm	ER CHEN TANG	Damp-Phlegm syndrome in the Middle burner or LU	
		WEN DAN TANG	GB & ST disharmony with Phlegm-Heat	
	Hot-Phlegm	QING QI HUA TAN WAN	LU Phlegm-Heat causing cough	
	Dry-Phlegm	BEI MU GUA LOU SAN	LU Dry-Phlegm causing cough	
	Wind-Phlegm	BAN XIA BAI ZHU TIAN MA TANG	Internal Wind-Phlegm rising upward causing dizziness/vertigo	
		ZHI SOU SAN	External Wind attacking the LU causing cough	
DIGESTIVE	Food Retention	BAO HE WAN	Food retention in the Middle burner	