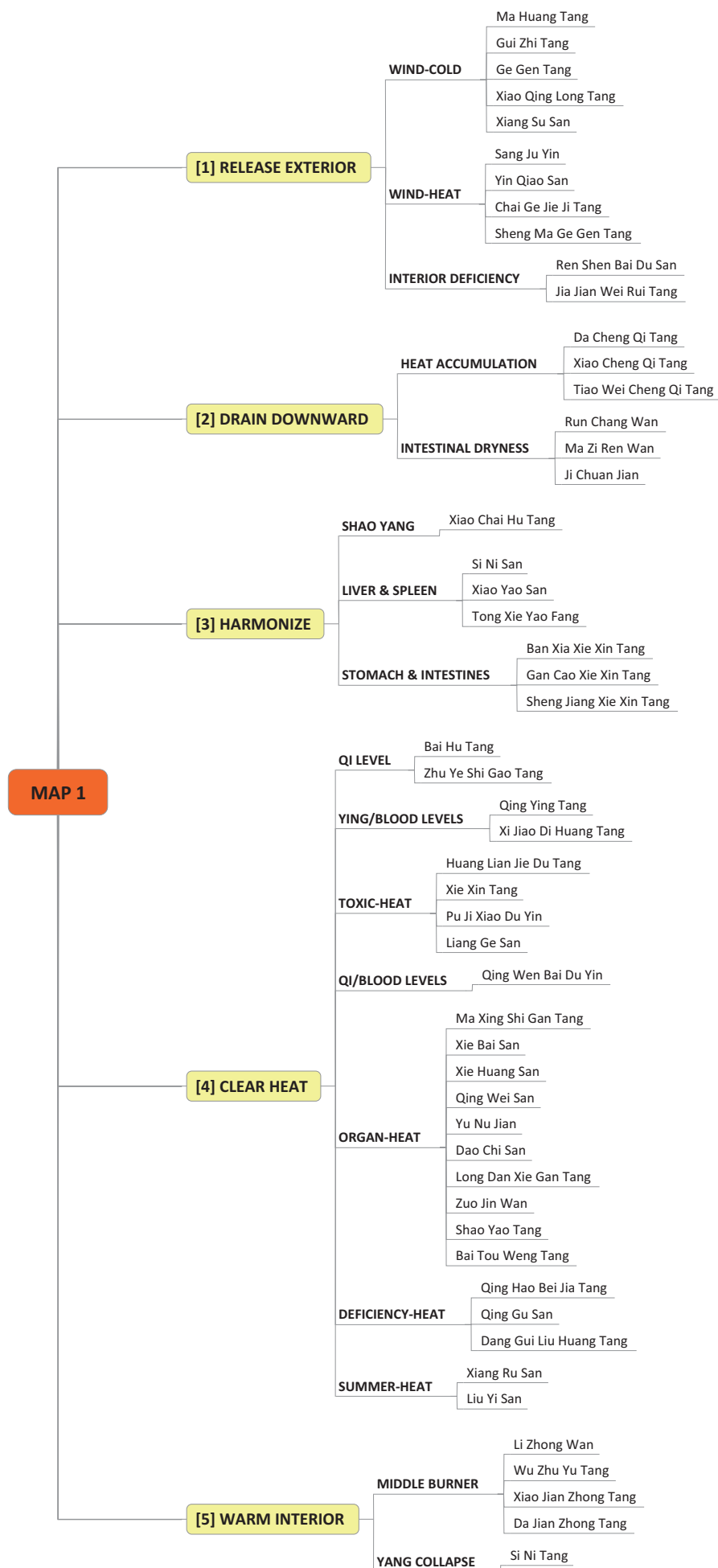


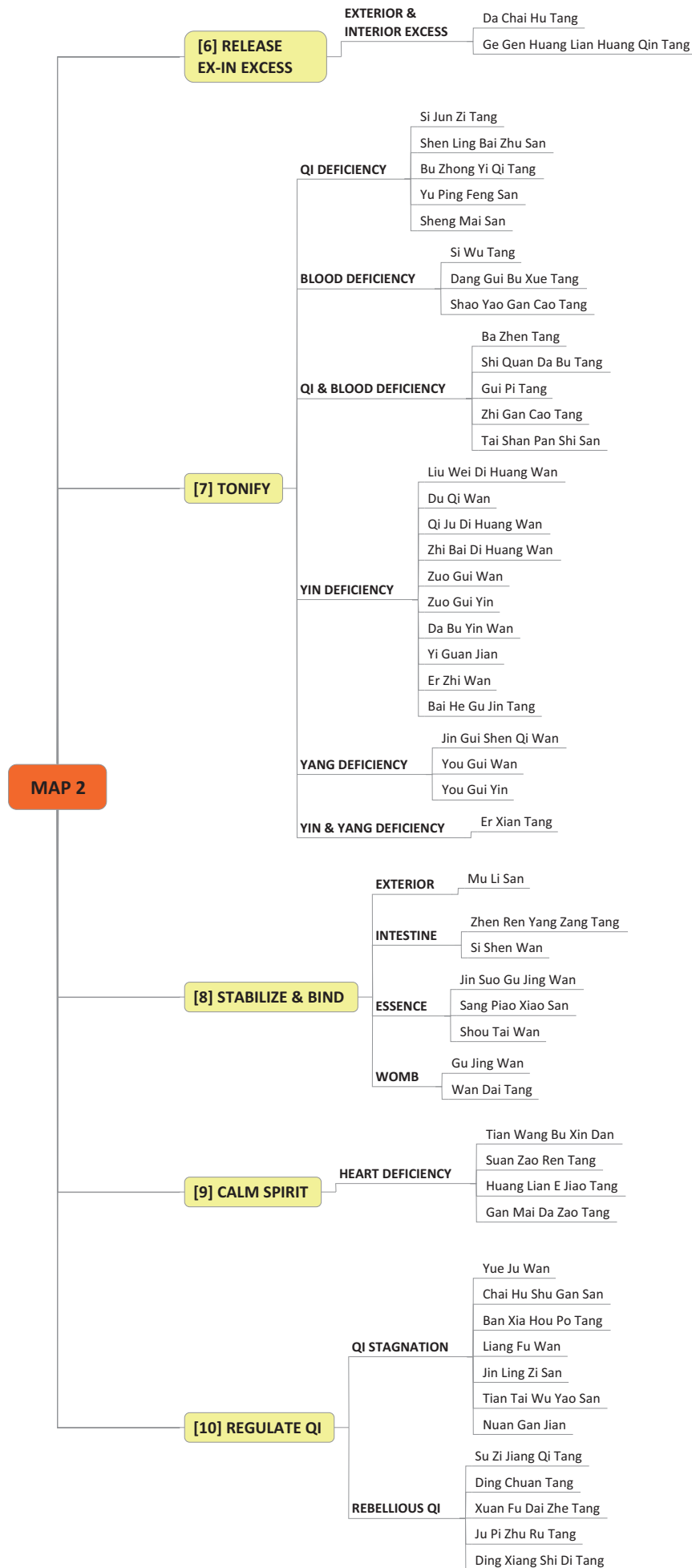
160 NCCAOM FORMULAS

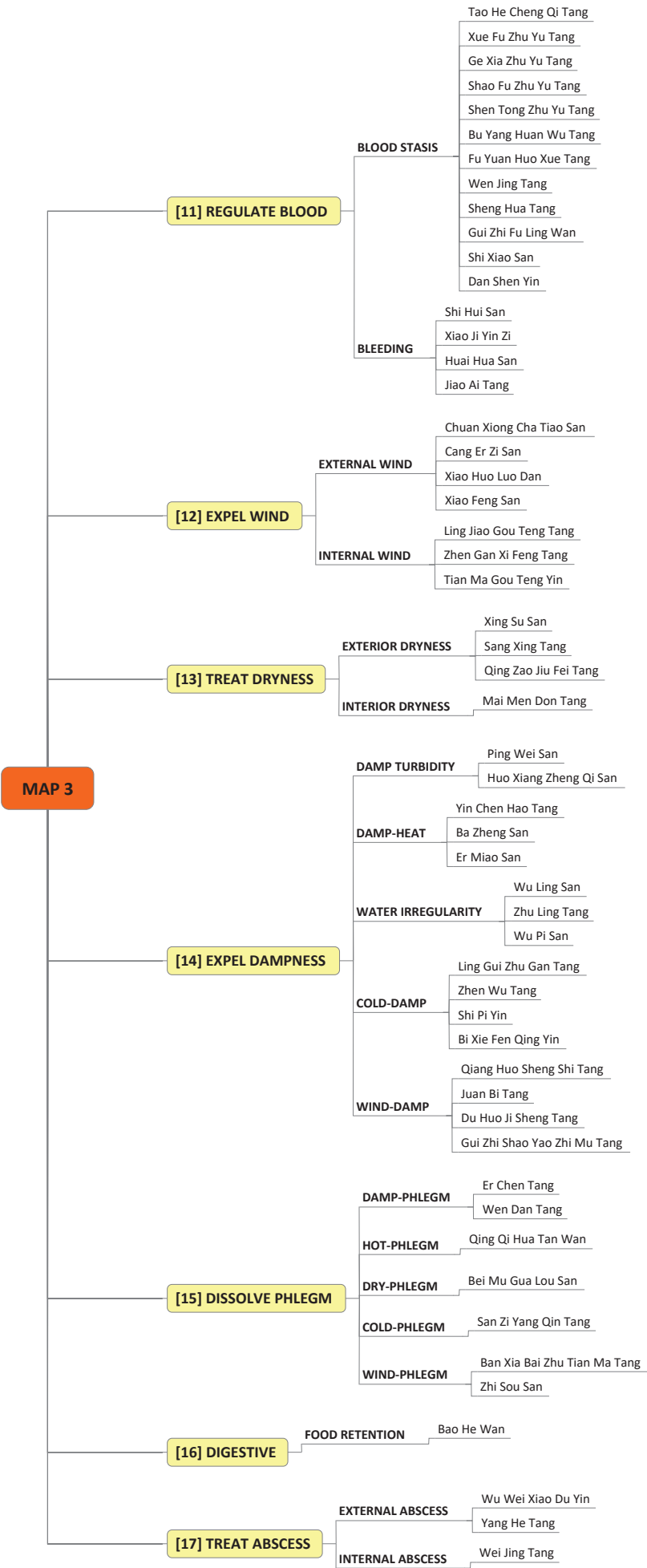
CATEGORY	SUBCATEGORY	FORMULA	ENGLISH	N
[1] Release Exterior	Wind-Cold	1 MA HUANG TANG	Ephedra Decoction	N
		2 GUI ZHI TANG	Cinnamon Twig Decoction	
		3 GE GEN TANG	Kudzu Decoction	
		4 XIAO QING LONG TANG	Minor Bluegreen Dragon Decoction	
		5 XIANG SU SAN	Cyperus and Perilla Leaf Powder	
	Wind-Heat	6 SANG JU YIN	Mulberry Leaf and Chrysanthemum Decoction	
		7 YIN QIAO SAN	Honeysuckle and Forsythia Powder	
		8 CHAI GE JIE JI TANG	Bupleurum and Kudzu Decoction to Release the Muscle Layer	
		9 SHENG MA GE GEN TANG	Cimicifuga and Kudzu Decoction	
	Interior Deficiency	10 REN SHEN BAI DU SAN	Ginseng Powder to Overcome Pathogenic Influences	
		11 JIA JIAN WEI RUI TANG	Modified Solomon's Seal Decoction	
[2] Drain Downward	Heat accumulation	12 DA CHENG QI TANG	Major Order the Qi Decoction	
		13 XIAO CHENG QI TANG	Minor Order the Qi Decoction	
		14 TIAO WEI CHENG QI TANG	Regulate the Stomach and Order the Qi Decoction	
	Intestinal Dryness	15 RUN CHANG WAN	Moisten the Intestines Pill	
		16 MA ZI REN WAN	Hemp Seed Pill	
		17 JI CHUAN JIAN	Benefit the River Decoction	
[3] Harmonize	Shao Yang	18 XIAO CHAI HU TANG	Minor Bupleurum Decoction	
	Liver & Spleen	19 SI NI SAN	Frigid Extremities Powder	
		20 XIAO YAO SAN	Rambling Powder	
	Stomach & Intestines	21 TONG XIE YAO FANG	Important Formula for Painful Diarrhea	
		22 BAN XIA XIE XIN TANG	Pinellia Decoction to Drain the Epigastrium	
		23 GAN CAO XIE XIN TANG	Licorice Decoction to Drain the Epigastrium	
[4] Clear Heat	Qi Level	24 SHENG JIANG XIE XIN TANG	Fresh Ginger Decoction to Drain the Epigastrium	
		25 BAI HU TANG	White Tiger Decoction	
	Ying/Blood Levels	26 ZHU YE SHI GAO TANG	Lophatherus and Gypsum Decoction	
		27 QING YING TANG	Clear the Nutritive Level Decoction	
		28 XI JIAO DI HUANG TANG	Rhinoceros Horn and Rehmannia Decoction	
	Toxic-Heat	29 HUANG LIAN JIE DU TANG	Coptis Decoction to Relieve Toxicity	
		30 XIE XIN TANG	Drain the Epigastrium Decoction	
		31 PU JI XIAO DU YIN	Universal Benefit Decoction to Eliminate Toxin	
		32 LIANG GE SAN	Cool the Diaphragm Powder	
	Qi/Blood Levels	33 QING WEN BAI DU YIN	Clear Epidemics and Overcome Toxicity Drink	
		34 MA XING SHI GAN TANG	Ephedra, Apricot Kernel, Gypsum, and Licorice Decoction	
	Organ-Heat	35 XIE BAI SAN	Drain the White Powder	
		36 XIE HUANG SAN	Drain the Yellow Powder	
		37 QING WEI SAN	Clear the Stomach Powder	
		38 YU NU JIAN	Jade Women Decoction	
		39 DAO CHI SAN	Guide Out the Red Powder	
		40 LONG DAN XIE GAN TANG	Gentiana Decoction to Drain the Liver	
		41 ZUO JIN WAN	Left Metal Pill	
		42 SHAO YAO TANG	Peony Decoction	
		43 BAI TOU WENG TANG	Pulsatilla Decoction	
	Deficiency-Heat	44 QING HAO BIE JIA TANG	Artemisia Annu and Soft-shelled Turtle Shell Decoction	
		45 QING GU SAN	Cool the Bones Powder	
		46 DANG GUI LIU HUANG TANG	Tangkuei and Six-Yellow Decoction	
	Summer-Heat	47 XIANG RU SAN	Mosla Powder	
		48 LIU YI SAN	Six-to-One Powder	
[5] Warm Interior	Middle Burner	49 LI ZHONG WAN	Regulate the Middle Pill	
		50 WU ZHU YU TANG	Evodia Decoction	
		51 XIAO JIAN ZHONG TANG	Minor Construct the Middle Decoction	
		52 DA JIAN ZHONG TANG	Major Construct the Middle Decoction	
	Yang Collapse	53 SI NI TANG	Frigid Extremities Decoction	

[6] Release Ex-In Excess	Exterior & Interior Excess	54	DA CHAI HU TANG	Major Bupleurum Decoction	N
		55	GE GEN HUANG LIAN HUANG QIN T.	Kudzu, Coptis, and Scutellaria Decoction	
[7] Tonify	Qi Deficiency	56	SI JUN ZI TANG	Four-Gentlemen Decoction	
		57	SHEN LING BAI ZHU SAN	Ginseng, Poria, and White Atractylodes Powder	
		58	BU ZHONG YI QI TANG	Tonify the Middle and Augment the Qi Decoction	
		59	YU PING FENG SAN	Jade Windscreen Powder	
		60	SHENG MAI SAN	Generate the Pulse Powder	
		61	SI WU TANG	Four-Substances Decoction	
	Blood Deficiency	62	DANG GUI BU XUE TANG	Tangkuei Decoction to Tonify the Blood	
		63	SHAO YAO GAN CAO TANG	Peony and Licorice Decoction	
		64	BA ZHEN TANG	Eight-Treasure Decoction	
	Qi & Blood Deficiency	65	SHI QUAN DA BU TANG	All-Inclusive Great Tonifying Decoction	
		66	GUI PI TANG	Restore the Spleen Decoction	
		67	ZHI GAN CAO TANG	Honey-fried Licorice Decoction	
		68	TAI SHAN PAN SHI SAN	Powder that Gives the Stability of Mount Tai	
		69	LIU WEI DI HUANG WAN	Six-Ingredient Pill with Rehmannia	
	Yin Deficiency	70	DU QI WAN	Capital Qi Pill	
		71	QI JU DI HUANG WAN	Lycium, Chrysanthemum, and Rehmannia Pill	
		72	ZHI BAI DI HUANG WAN	Anemarrhena, Phellodendron, and Rehmannia Pill	
		73	ZUO GUI WAN	Restore the Left Kidney Pill	
		74	ZUO GUI YIN	Restore the Left Kidney Decoction	
		75	DA BU YIN WAN	Great Tonify the Yin Pill	
		76	YI GUAN JIAN	Linking Decoction	
		77	ER ZHI WAN	Two Solstice Pill	
		78	BAI HE GU JIN TANG	Lily Bulb Decoction to Preserve the Metal	
		79	JIN GUI SHEN QI WAN	Kidney Qi Pill from the Golden Cabinet	
	Yang Deficiency	80	YOU GUI WAN	Restore the Right Kidney Pill	
		81	YOU GUI YIN	Restore the Right Kidney Decoction	
	Yin & Yang Deficiency	82	ER XIAN TANG	Two Immortal Decoction	
[8] Stabilize & Bind	Exterior	83	MU LI SAN	Oyster Shell Powder	
	Intestine	84	ZHEN REN YANG ZANG TANG	True Man's Decoction to Nourish the Organs	
		85	SI SHEN WAN	Four-Miracle Pill	
	Essence	86	JIN SUO GU JING WAN	Metal Lock Pill to Stabilize the Essence	
		87	SANG PIAO XIAO SAN	Mantis Egg-case Powder	
		88	SHOU TAI WAN	Fetus Longevity Pill	
	Womb	89	GU JING WAN	Stabilize the Menses Pill	
		90	WAN DAI TANG	End Discharge Decoction	
[9] Calm Spirit	Heart Deficiency	91	TIAN WANG BU XIN DAN	Emperor of Heaven's Special Pill to Tonify the Heart	
		92	SUAN ZAO REN TANG	Sour Jujube Decoction	
		93	HUANG LIAN E JIAO TANG	Coptis and Ass-Hide Gelatin Decoction	
		94	GAN MAI DA ZAO TANG	Licorice, Wheat, and Jujube Decoction	
[10] Regulate Qi	Qi Stagnation	95	YUE JU WAN	Escape Restraint Pill	
		96	CHAI HU SHU GAN SAN	Bupleurum Powder to Spread the Liver	
		97	BAN XIA HOU PO TANG	Pinellia and Magnolia Bark Decoction	
		98	LIANG FU WAN	Galangal and Cyperus Pill	
		99	JIN LING ZI SAN	Melia Toosendan Powder	
		100	TIAN TAI WU YAO SAN	Top-quality Lindera Powder	
		101	NUAN GAN JIAN	Warm the Liver Decoction	
	Rebellious Qi	102	SU ZI JIANG QI TANG	Perilla Fruit Decoction for Directing Qi Downward	
		103	DING CHUAN TANG	Arrest Wheezing Decoction	
		104	XUAN FU DAI ZHE TANG	Inula and Hematite Decoction	
		105	JU PI ZHU RU TANG	Tangerine Peel and Bamboo Shavings Decoction	
		106	DING XIANG SHI DI TANG	Clove and Persimmon Calyx Decoction	

[11] Regulate Blood	Blood Stasis	107	TAO HE CHENG QI TANG	Peach Pit Decoction to Order the Qi	N
		108	XUE FU ZHU YU TANG	Drive Out Stasis in the Mansion of Blood Decoction	
		109	GE XIA ZHU YU TANG	Drive Out Blood Stasis Below the Diaphragm Decoction	
		110	SHAO FU ZHU YU TANG	Drive Out Blood Stasis in the Lower Abdomen Decoction	
		111	SHEN TONG ZHU YU TANG	Drive Out Blood Stasis from a Painful Body Decoction	
		112	BU YANG HUAN WU TANG	Tonify the Yang to Restore Five Decoction	
		113	FU YUAN HUO XUE TANG	Revive Health by Invigorating the Blood Decoction	
		114	WEN JING TANG	Warm the Menses Decoction	
		115	SHENG HUA TANG	Generating and Transforming Decoction	
		116	GUI ZHI FU LING WAN	Cinnamon Twig and Poria Pill	
		117	SHI XIAO SAN	Sudden Smile Powder	
		118	DAN SHEN YIN	Salvia Drink	
	Bleeding	119	SHI HUI SAN	Ten Partially-Charred Substances Powder	
		120	XIAO JI YIN ZI	Small Thistle Drink	
121		HUAI HUA SAN	Sophora Japonica Flower Powder		
122		JIAO AI TANG	Ass-Hide Gelatin and Mugwort Decoction		
[12] Expel Wind	External Wind	123	CHUAN XIONG CHA TIAO SAN	Ligusticum Chuanxiong Powder to be taken with Green Tea	
		124	CANG ER ZI SAN	Xanthium Powder	
		125	XIAO HUO LUO DAN	Minor Invigorate the Collaterals Special Pill	
		126	XIAO FENG SAN	Eliminate Wind Powder	
	Internal Wind	127	LING JIAO GOU TENG TANG	Antelope Horn and Uncaria Decoction	
		128	ZHEN GAN XI FENG TANG	Sedate the Liver and Extinguish Wind Decoction	
129		TIAN MA GOU TENG YIN	Gastrodia and Uncaria Decoction		
[13] Treat Dryness	Exterior Dryness	130	XING SU SAN	Apricot Kernel and Perilla Leaf Powder	
		131	SANG XING TANG	Mulberry Leaf and Apricot Kernel Decoction	
		132	QING ZAO JIU FEI TANG	Eliminate Dryness and Rescue the Lungs Decoction	
	Interior Dryness	133	MAI MEN DONG TANG	Ophiopogonis Decoction	
[14] Expel Dampness	Damp Turbidity	134	PING WEI SAN	Calm the Stomach Powder	
		135	HUO XIANG ZHENG QI SAN	Agastache Powder to Rectify the Qi	
	Damp-Heat	136	YIN CHEN HAO TANG	Artemisia Yinchenhao Decoction	
		137	BA ZHENG SAN	Eight-Herb Powder for Rectification	
		138	ER MIAO SAN	Two Marvel Powder	
	Water Irregularity	139	WU LING SAN	Five-Ingredient Powder with Poria	
		140	ZHU LING TANG	Polyporus Decoction	
		141	WU PI SAN	Five-Peel Powder	
	Cold-Damp	142	LING GUI ZHU GAN TANG	Poria, Cinnamon, Atractylodes Macrocephala, & Licorice Decoction	
		143	ZHEN WU TANG	True Warrior Decoction	
		144	SHI PI YIN	Bolster the Spleen Drink	
		145	BI XIE FEN QING YIN	Tokoro Drink to Separate the Clear	
	Wind-Damp	146	QIANG HUO SHENG SHI TANG	Notopterigium Decoction to Overcome Dampness	
		147	JUAN BI TANG	Remove Painful Obstruction Decoction	
		148	DU HUO JI SHENG TANG	Angelica Pubescens and Sangjisheng Decoction	
		149	GUI ZHI SHAO YAO ZHI MU TANG	Cinnamon Twig, Peony, and Anemarrhena Decoction	
[15] Dissolve Phlegm	Damp-Phlegm	150	ER CHEN TANG	Two-Cured Decoction	
		151	WEN DAN TANG	Warm the Gallbladder Decoction	
	Hot-Phlegm	152	QING QI HUA TAN WAN	Clear the Qi and Transform Phlegm Pill	
	Dry-Phlegm	153	BEI MU GUA LOU SAN	Fritillaria and Trichosanthes Fruit Powder	
	Cold-Phlegm	154	SAN ZI YANG QIN TANG	Three-seed Decoction to Nourish One's Parents	
	Wind-Phlegm	155	BAN XIA BAI ZHU TIAN MA TANG	Pinellia, Atractylodis Macrocephalae, and Gastrodia Decoction	
156		ZHI SOU SAN	Stop Coughing Powder		
[16] Digestive	Food Retention	157	BAO HE WAN	Preserve Harmony Pill	
[17] Treat Abscess	External Abscess	158	WU WEI XIAO DU YIN	Five-Ingredient Drink to Eliminate Toxin	
		159	YANG HE TANG	Balmy Yang Decoction	
	Internal Abscess	160	WEI JING TANG	Reed Decoction	







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1. RELEASE EXTERIOR

MA HUANG TANG

Ephedra decoction

麻黃湯(마황탕)

Disperse Wind-Cold

Ma Huang9

Gui Zhi6

Xing Ren9-12

Zhi Gan Cao3

Exterior Wind-Cold of excess type:

Chills and fever, chills predominant, without sweating, headache, generalized body aches, wheezing, dyspnea, runny nose with clear discharge, ① thin white coat, ② floating and tight

Caution:

Caution with hypertension; Contraindicated for debility or patients who are prone to bleeding.

wind-COLD (exterior excess)

No sweating, ② tight

Ma Huang Tang

WIND-cold (exterior deficiency)

Sweating, ② moderate

Ge Gen Tang

Gui Zhi Tang

GUI ZHI TANG

Cinnamon decoction

桂枝湯(계지탕)

Disperse Wind-Cold

Gui Zhi9

Bai Shao9

Sheng Jiang9

Da Zao4p

Zhi Gan Cao6

Exterior Wind-Cold of deficiency type:

Chills and fever, chills predominant, chills unrelieved by sweating, aversion to wind, no particular thirst, headache, stiff neck, nasal congestion, sneezing, dry heaves, ① thin, white, moist coat, ② floating, moderate or weak

Note:

Also for a similar presentation in patients recovering from serious illness or postpartum.

Wei (defensive)

Gui Zhi, Sheng Jiang

Ying (nutritive)

Bai Shao, Da Zao

Associated Formulas

Modifications

Indications

Gui Zhi Jia Shao Yao Tang

↑ Bai Shao

→ abdominal fullness

Gui Zhi Qu Shao Yao Tang

- Bai Shao

→ chest fullness

Gui Zhi Jia Hou Po Xing Zi Tang

+ Hou Po, Xing Ren

→ wheezing

Gui Zhi Fu Zi Tang

+ Fu Zi

→ painful obstruction

Gui Zhi Jia Ge Gen Tang

+ Ge Gen

→ stiff neck, sweating

GE GEN TANG

Kudzu decoction

葛根湯(갈근탕)

Disperse Wind-Cold

Ge Gen12

Ma Huang9

Gui Zhi6

Bai Shao6

Sheng Jiang9

Da Zao4p

Zhi Gan Cao6

Exterior Wind-Cold of excess type with stiff neck:

Chills and fever without sweating, stiff and rigid neck and upper back, muscle aches, aversion to wind, ① normal with thin white coat, ② floating and tight

Taiyang + Yangming:

Diarrhea due to simultaneous Taiyang & Yangming syndromes

Ge Gen Tang

Ma Huang Tang

Wind-Cold Excess

chills & fever, headache, general aches, no sweating, ② floating, tight

neck/back muscle aches, diarrhea

wheezing & dyspnea

Ge Gen Tang + Shao Yao Gan Cao Tang

Ge Gen Tang + Qi Bao Mei Ran Dan

neck/shoulder stiffness, musculoskeletal injuries

GGT guides the tonic herbs directly to the scalp area

XIAO QING LONG TANG

Minor bluegreen dragon decoction

小青龍湯(소청룡탕)

Disperse Wind-Cold

Ma Huang9

Gui Zhi9

Gan Jiang9

Xi Xin9

Wu Wei Zi9

Bai Shao9

Ban Xia9

Zhi Gan Cao9

Exterior Wind-Cold with congested Phlegm-fluid in the LU:

Chills and fever, chills predominant, absence of sweating, cough, wheezing, sputum that is copious, white, stringy and difficult to expectorate, a stifling sensation in the chest, generalized heaviness and body aches, ① moist coating, ② floating, tight

Note:

In severe cases there may be superficial edema or considerable difficulty breathing when lying down.

Da Qing Long Tang

Xiao Qing Long Tang

Major bluegreen dragon decoction

Minor bluegreen dragon decoction

External Wind-Cold

Internal Heat

LU Phlegm-Fluid

Xiao Qing Long Tang

Ling Gan Wu Wei Jiang Xin Tang

Warm LU to resolve congested Phlegm-fluids

Release exterior Wind-Cold

Strengthen the SP to dry Damp

XIANG SU SAN

Cyperus & perilla leaf powder

香蘇散(향소산)

Disperse Wind-Cold

Zi Su Ye6-9

Xiang Fu6-9

Chen Pi3-6

Zhi Gan Cao3-6

Exterior Wind-Cold with interior Qi stagnation:

Chills and fever, chills predominant, absence of sweating, headache, focal distention and stifling sensation in the chest and epigastrium, poor appetite, ① normal, ② floating

Note:

Also for Wind-Cold disorders during pregnancy.

Note: NCCAOM formulas are denoted in Red; 10 are found only as associated formulas and do not have their own entry.

SANG JU YIN Mulberry leaf and chrysanthemum decoction 桑菊飲(삼국음) <u>Disperse Wind-Heat</u>	Sang Ye 7.5 Ju Hua 3 Lian Qiao 4.5 Bo He 2.4 Jie Geng 6 Xing Ren 6 Lu Gen 6 Gan Cao 2.4	<ul style="list-style-type: none">• Exterior Wind-Heat causing cough: Cough, slight fever, slight sore throat, slight thirst, sweating, ① normal or red with thin, white coat, ② floating and rapid• Wind-Heat causing eye disorders: Such as acute conjunctivitis, due to Wind-Heat												
		<table><tr><th>Sang Ju Yin</th><th></th><th>Yin Qiao San</th></tr><tr><td>1. cough 2. eye infection</td><td>Wind-Heat</td><td>1. sore throat 2. boils, measles</td></tr></table>	Sang Ju Yin		Yin Qiao San	1. cough 2. eye infection	Wind-Heat	1. sore throat 2. boils, measles						
Sang Ju Yin		Yin Qiao San												
1. cough 2. eye infection	Wind-Heat	1. sore throat 2. boils, measles												
YIN QIAO SAN Honeysuckle and forsythia powder 銀翹散(은교산) <u>Disperse Wind-Heat</u>	Jin Yin Hua 9-15 Lian Qiao 9-15 Jie Geng 3-6 Niu Bang Zi 9-12 Bo He 3-6 Dan Dou Chi 3-6 Jing Jie 6-9 Dan Zhu Ye 3-6 Xian Lu Gen 15-30 Gan Cao 3-6	<ul style="list-style-type: none">• Exterior Wind-Heat with Heat-Toxin: Fever, slight or no chills, sore throat, thirst, cough, headache, ① red-tipped with thin white or thin yellow coat, ② floating and rapid• Note: Stronger than <i>Sang Ju Yin</i> for releasing the exterior and clearing Heat; Used for boils and sores.												
CHAI GE JIE JI TANG Bupleurum and kudzu decoction to release the muscle layer 柴葛解肌湯(시갈해기탕) <u>Disperse Wind-Heat</u>	Chai Hu 3-9 Ge Gen 6-12 Qiang Huo 3-6 Bai Zhi 3-6 Huang Qin 6-9 Shi Gao 4.5-15 Jie Geng 3-6 Bai Shao 6-9 Gan Cao 3-6 Sheng Jiang 3p Da Zao 2p	<ul style="list-style-type: none">• Exterior Wind-Cold (Taiyang) transforming into interior Heat (Yangming): Increasing fever and decreasing chills accompanied by headache, stiffness of the extremities, orbital and eye pain, dry nasal passages, irritability, insomnia, ① red or normal with thin yellow coat, ② floating, slightly surging and rapid• Note: Also for toothache due to Wind-Heat.												
		<table><tr><th>Gui Zhi Tang</th><th>Chai Ge Jie Ji Tang</th></tr><tr><td colspan="2">Expel pathogens from the muscle layer</td></tr><tr><td>Pungent-Warm → Harmonize Ying/Wei</td><td>Pungent-Cool → Clear Internal Heat</td></tr></table>	Gui Zhi Tang	Chai Ge Jie Ji Tang	Expel pathogens from the muscle layer		Pungent-Warm → Harmonize Ying/Wei	Pungent-Cool → Clear Internal Heat						
Gui Zhi Tang	Chai Ge Jie Ji Tang													
Expel pathogens from the muscle layer														
Pungent-Warm → Harmonize Ying/Wei	Pungent-Cool → Clear Internal Heat													
SHENG MA GE GEN TANG Cimicifuga and kudzu decoction 升麻葛根湯(승마갈근탕) <u>Disperse Wind-Heat</u>	Sheng Ma 3-6 Ge Gen 3-9 Chi Shao 6-9 Gan Cao 3	<ul style="list-style-type: none">• Early stage of rashes due to externally contracted Heat: Early-stage measles or rashes that do not surface evenly, fever, sweating, headache, generalized body aches, sneezing, coughing, red eyes, tearing, thirst, ① red and dry, ② floating and rapid• Note: Also for all early stage warm-febrile diseases.												
REN SHEN BAI DU SAN Ginseng powder to overcome pathogenic influences 人參敗毒散(인삼패독산) <u>Exterior Excess + Interior Deficiency</u>	Qiang Huo 9 Du Huo 9 Chuan Xiong 9 Chai Hu 9 Bo He 9 Jie Geng 9 Zhi Ke 9 Qian Hu 9 Sheng Jiang 9 Ren Shen 9 Fu Ling 9 Gan Cao 5	<ul style="list-style-type: none">• Exterior Wind-Cold-Damp with interior Qi deficiency: High fever and severe chills with shivering, absence of sweating, pain and stiffness of the head and neck, soreness and pain of the extremities, nasal congestion with sonorous breathing, focal distention and fullness of the chest, productive cough, ① normal with greasy white coat, ② floating, soggy, possibly weak• Note: Originally designed for dysentery due to Wind-Cold-Damp in children.												
		<table><tr><th>Associated Formulas</th><th>Modifications</th><th>Indications</th></tr><tr><td>Yin Qiao Bai Du San</td><td>+ Jin Yin Hua, Lian Qiao</td><td>Early-stage abscesses</td></tr><tr><td>Jing Fang Bai Du San</td><td>- Ren Shen, + Jing Jie, Fang Feng</td><td>Wind-Cold-Damp</td></tr></table>	Associated Formulas	Modifications	Indications	Yin Qiao Bai Du San	+ Jin Yin Hua, Lian Qiao	Early-stage abscesses	Jing Fang Bai Du San	- Ren Shen, + Jing Jie, Fang Feng	Wind-Cold-Damp			
Associated Formulas	Modifications	Indications												
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		<table><tr><th></th><th>Exterior</th><th>Interior</th><th>Symptoms</th></tr><tr><td>Ren Shen Bai Du San</td><td>Wind-Cold-Damp</td><td>Qi deficiency</td><td>chills/fever, bodyache</td></tr><tr><td>Huo Xiang Zheng Qi San</td><td>Wind-Cold</td><td>Damp</td><td>vomiting, diarrhea</td></tr></table>		Exterior	Interior	Symptoms	Ren Shen Bai Du San	Wind-Cold-Damp	Qi deficiency	chills/fever, bodyache	Huo Xiang Zheng Qi San	Wind-Cold	Damp	vomiting, diarrhea
	Exterior	Interior	Symptoms											
Ren Shen Bai Du San	Wind-Cold-Damp	Qi deficiency	chills/fever, bodyache											
Huo Xiang Zheng Qi San	Wind-Cold	Damp	vomiting, diarrhea											
JIA JIAN WEI RUI TANG Modified polygonatum odoratum decoction 加減葶藶湯(가감위유탕) <u>Exterior Excess + Interior Deficiency</u>	Yu Zhu 6-9 Cong Bai 6 Jie Geng 3-4.5 Dan Dou Chi 9-12 Bo He 3-4.5 Bai Wei 1.5-3 Zhi Gan Cao 1.5 Da Zao 2p	<ul style="list-style-type: none">• Exterior Wind-Heat with Yin deficiency: Headache, fever, slight chills with little or no sweating, thirst, irritability, ① dark red, ② rapid• Note: Usually follows a long-term illness or significant blood loss.												

2. DRAIN DOWNWARD

DA CHENG QI TANG Major order the qi decoction 大承氣湯(대승기탕) Purge Heat Accumulation	Da Huang 12 Mang Xiao 9-12 Hou Po 24 Zhi Shi 12-15	<ul style="list-style-type: none">• Yangming organ syndrome causing severe constipation: Severe constipation and flatulence, focal distention and abdominal fullness, abdominal pain which increases upon pressure, tense and firm abdomen; possibly tidal fever, delirious speech, profuse sweating of the palms and soles, ㊟ dry yellow or dry black coat, with prickles, ㊟ deep, excessive pulse (Shi/Zao/Man/Pi)• Yangming organ syndrome causing diarrhea: Also for Yangming organ syndrome causing green, watery diarrhea with abdominal distension• Excess Internal heat causing Heat Collapse (Re Jue 熱厥): fever, cold hands and feet, thirst, constipation, disorientation, mania																								
		<table><tr><td>SHI</td><td>實</td><td>Hardness</td><td>Constipation, abdominal pain</td><td>→ Da Huang</td></tr><tr><td>ZAO</td><td>燥</td><td>Dryness</td><td>Dry stool, firm/tense abdomen</td><td>→ Mang Xiao</td></tr><tr><td>MAN</td><td>滿</td><td>Fullness</td><td>Objective distention + Pain</td><td>→ Hou Po</td></tr><tr><td>PI</td><td>痞</td><td>Distention</td><td>Subjective distention + No Pain</td><td>→ Zhi Shi</td></tr></table>	SHI	實	Hardness	Constipation, abdominal pain	→ Da Huang	ZAO	燥	Dryness	Dry stool, firm/tense abdomen	→ Mang Xiao	MAN	滿	Fullness	Objective distention + Pain	→ Hou Po	PI	痞	Distention	Subjective distention + No Pain	→ Zhi Shi				
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		<table><tr><td colspan="2">Bai Hu Tang</td><td colspan="2">Da Cheng Qi Tang</td></tr><tr><td colspan="2">Yangming Jing (channel)</td><td colspan="2">Yangming Fu (organ)</td></tr><tr><td colspan="4">High fever, profuse sweating, severe thirst, red complexion, ㊟ red ㊟ full</td></tr><tr><td colspan="2">Persistent high fever, ㊟ surging</td><td colspan="2">High-grade tidal fever, ㊟ deep</td></tr></table>	Bai Hu Tang		Da Cheng Qi Tang		Yangming Jing (channel)		Yangming Fu (organ)		High fever, profuse sweating, severe thirst, red complexion, ㊟ red ㊟ full				Persistent high fever, ㊟ surging		High-grade tidal fever, ㊟ deep									
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XIAO CHENG QI TANG Minor order the qi decoction 小承氣湯(소승기탕) Purge Heat Accumulation	Da Huang 12 Hou Po 6 Zhi Shi 6-9	<ul style="list-style-type: none">• Moderate Yangming organ syndrome causing constipation: Tidal fever, delirium, constipation, focal distention, abdominal fullness, abdominal pain that does not increase upon pressure, ㊟ old-looking (dirty and dry), yellow coating, ㊟ slippery, rapid (Shi/Man/Pi)• Note: Without <i>Mang Xiao</i>, this formula is geared more toward abdominal fullness and less toward dryness.																								
TIAO WEI CHENG QI TANG Regulate the stomach and order the qi decoction 調胃承氣湯(조위승기탕) Purge Heat Accumulation	Da Huang 12 Mang Xiao 9-12 Zhi Gan Cao 6	<ul style="list-style-type: none">• Mild Yangming organ syndrome causing mild constipation: Mild constipation without focal distention and abdominal fullness, but with irritability, fever and delirium; also for nosebleed, swollen gums and throat, petechiae, ㊟ yellow coat, ㊟ slippery, rapid (Shi/Zao)																								
		<table><tr><th colspan="3">CHENG QI TANG</th></tr><tr><th>Da Cheng Qi Tang</th><th>Xiao Cheng Qi Tang</th><th>Tiao Wei Cheng Qi Tang</th></tr><tr><td><ul style="list-style-type: none">• Shi (hardness)• Zao (dryness)• Man (fullness)• Pi (distention)</td><td><ul style="list-style-type: none">• Shi (hardness)• Man (fullness)• Pi (distention)</td><td><ul style="list-style-type: none">• Shi (hardness)• Zao (dryness)</td></tr><tr><td colspan="3">constipation, tidal fever, sweating, ㊟ red, dry yellow coating ㊟ rapid</td></tr><tr><td>㊟ dark yellow, black ㊟ deep, full</td><td>㊟ deep yellow, brown ㊟ slippery</td><td>㊟ yellow ㊟ slippery</td></tr></table> <table><tr><th></th><th>Ingredients</th><th>Shang Han Lun</th></tr><tr><td>Tiao Wei Cheng Qi Tang</td><td>Da Huang, Mang Xiao, Gan Cao</td><td>Yangming organ level</td></tr><tr><td>Tao He Cheng Qi Tang</td><td>Tiao Wei + Tao Ren, Gui Zhi</td><td>Taiyang organ level</td></tr></table>	CHENG QI TANG			Da Cheng Qi Tang	Xiao Cheng Qi Tang	Tiao Wei Cheng Qi Tang	<ul style="list-style-type: none">• Shi (hardness)• Zao (dryness)• Man (fullness)• Pi (distention)	<ul style="list-style-type: none">• Shi (hardness)• Man (fullness)• Pi (distention)	<ul style="list-style-type: none">• Shi (hardness)• Zao (dryness)	constipation, tidal fever, sweating, ㊟ red, dry yellow coating ㊟ rapid			㊟ dark yellow, black ㊟ deep, full	㊟ deep yellow, brown ㊟ slippery	㊟ yellow ㊟ slippery		Ingredients	Shang Han Lun	Tiao Wei Cheng Qi Tang	Da Huang, Mang Xiao, Gan Cao	Yangming organ level	Tao He Cheng Qi Tang	Tiao Wei + Tao Ren, Gui Zhi	Taiyang organ level
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RUN CHANG WAN Moisten the intestines pill 潤腸丸(윤장환) Moisten Intestine	Huo Ma Ren 15 Tao Ren 9 Dang Gui 9 Sheng Di Huang 30 Zhi Ke 9	<ul style="list-style-type: none">• Constipation due to Blood deficiency → Desiccated Intestines: Constipation, lusterless skin and nails, parched mouth with an unquenchable thirst, ㊟ dry, ㊟ thin• Note: For very significant Blood and Yin deficiency.																								
MA ZI REN WAN Hemp seed pill 麻子仁丸(마자인환) Moisten Intestine	Huo Ma Ren 20 Xing Ren 10 Bai Shao 9 Da Huang 12 Hou Po 9 Zhi Shi 9	<ul style="list-style-type: none">• Constipation due to Intestinal Dryness & Heat → Spleen Bind: Hard stool that is difficult to expel, frequent urination, ㊟ dry, yellow coat, ㊟ deep, rapid or floating, choppy• Note: Focuses on moistening dryness in the Intestines, draining Heat, and moving Qi.																								
		<table><tr><th>Ma Zi Ren Wan</th><th>Run Chang Wan</th></tr><tr><td colspan="2">Constipation</td></tr><tr><td>Body-fluid deficiency + Dry-Heat in ST/LI</td><td>Blood deficiency</td></tr><tr><td>→ Spleen Bind (Pi Yue 脾約)</td><td>→ Desiccated Intestines (Chang Ku 腸枯)</td></tr></table>	Ma Zi Ren Wan	Run Chang Wan	Constipation		Body-fluid deficiency + Dry-Heat in ST/LI	Blood deficiency	→ Spleen Bind (Pi Yue 脾約)	→ Desiccated Intestines (Chang Ku 腸枯)																
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Ji CHUAN JIAN Benefit the river decoction 濟川煎(제천煎) Moisten Intestine	Rou Cong Rong 6-9 Dang Gui 9-15 Niu Xi 6 Ze Xie 4.5 Zhi Ke 3 Sheng Ma 1.5-3	<ul style="list-style-type: none">• Constipation due to KD Yang deficiency: Constipation, clear and copious urine, lower back pain and cold• Note: Also for constipation due to LV Blood problems or Essence depletion.																								
		<table><tr><th>Ji Chuan Jian</th><th>Ma Zi Ren Wan</th></tr><tr><td colspan="2">Constipation</td></tr><tr><td>Yang deficiency</td><td>LI Dryness + Heat</td></tr></table>	Ji Chuan Jian	Ma Zi Ren Wan	Constipation		Yang deficiency	LI Dryness + Heat																		
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3. HARMONIZE

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<div>XIAO CHAI HU TANG</div> <div>Minor bupleurum decoction</div> <div>小柴胡湯(소시호탕)</div> <div>Harmonize Shaoyang</div>	Chai Hu	12	<div><div>• Shaoyang syndrome: Alternating chills and fever, dry throat, bitter or sour taste in the mouth, dizziness, irritability, stifling or full sensation in the chest and hypochondria, heartburn, nausea and vomiting, reduced appetite, ① thin, white coat, ② wiry</div><div>• Heat attacking into the blood chamber causing Shaoyang syndrome: Invasion of external pathogenic heat in the Uterus during menstruation or postpartum</div></div>										
	Huang Qin	9											
	Ban Xia	12											
	Sheng Jiang	9											
	Ren Shen	9											
	Da Zao	4p											
	Zhi Gan Cao	6											
<table><tr><th>Associated Formulas</th><th>Modifications</th><th>Indications</th></tr><tr><td>Chai Hu Gui Zhi Tang</td><td>+ Gui Zhi Tang</td><td>→ Taiyang & Shaoyang syndrome</td></tr><tr><td>Chai Hu Si Wu Tang</td><td>+ Si Wu Tang</td><td>→ + Blood deficiency & stasis</td></tr><tr><td>Chai Ping Tang</td><td>+ Ping Wei San</td><td>→ + SP Damp</td></tr></table>		Associated Formulas	Modifications	Indications	Chai Hu Gui Zhi Tang	+ Gui Zhi Tang	→ Taiyang & Shaoyang syndrome	Chai Hu Si Wu Tang	+ Si Wu Tang	→ + Blood deficiency & stasis	Chai Ping Tang	+ Ping Wei San	→ + SP Damp
Associated Formulas	Modifications	Indications											
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<table><tr><th>Ban Xia Xie Xin Tang</th><th>Xiao Chai Hu Tang</th></tr><tr><td colspan="2">Ban Xia, Huang Qin, Ren Shen, Da Zao, Zhi Gan Cao</td></tr><tr><td>Huang Lian, Gan Jiang</td><td>Chai Hu, Sheng Jiang</td></tr><tr><th>Pi syndrome</th><th>Shaoyang syndrome</th></tr><tr><td>epigastric distention with no pain ① yellow, greasy ② wiry, rapid</td><td>alternating chills/fever, dizziness, nausea ① thin, white ② wiry</td></tr></table>		Ban Xia Xie Xin Tang	Xiao Chai Hu Tang	Ban Xia, Huang Qin, Ren Shen, Da Zao, Zhi Gan Cao		Huang Lian, Gan Jiang	Chai Hu, Sheng Jiang	Pi syndrome	Shaoyang syndrome	epigastric distention with no pain ① yellow, greasy ② wiry, rapid	alternating chills/fever, dizziness, nausea ① thin, white ② wiry		
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epigastric distention with no pain ① yellow, greasy ② wiry, rapid	alternating chills/fever, dizziness, nausea ① thin, white ② wiry												

<div>SI NI SAN</div> <div>Frigid extremities powder</div> <div>四逆散(사역산)</div> <div>Harmonize LV & SP</div>	Chai Hu	9-12	<div><div>• LV Qi stagnation overacting on the SP causing cold extremities (Yang Jue 陽厥 syndrome): Cold fingers and toes although the body is warm, irritability and fullness in the chest and epigastrium, hypochondriac or abdominal pain, severe diarrhea, ① red with a yellow coat, ② wiry</div><div>• Note: Modern use includes Raynaud's Phenomenon.</div></div>										
	Zhi Shi	9-12											
	Bai Shao	12-24											
	Zhi Gan Cao	6-9											
<table><tr><th>Si Ni San</th><th>Si Ni Tang</th><th>Dang Gui Si Ni Tang</th></tr><tr><td colspan="3">Cold Limbs (Jue syndrome)</td></tr><tr><td>Yang Jue (LV Qi stag.)</td><td>Yin Jue (KD/SP Yang def.)</td><td>Cold channels + Blood def.</td></tr><tr><td>cold fingers/toes</td><td>cold entire limbs</td><td>cold hands/feet</td></tr></table>		Si Ni San	Si Ni Tang	Dang Gui Si Ni Tang	Cold Limbs (Jue syndrome)			Yang Jue (LV Qi stag.)	Yin Jue (KD/SP Yang def.)	Cold channels + Blood def.	cold fingers/toes	cold entire limbs	cold hands/feet
Si Ni San	Si Ni Tang	Dang Gui Si Ni Tang											
Cold Limbs (Jue syndrome)													
Yang Jue (LV Qi stag.)	Yin Jue (KD/SP Yang def.)	Cold channels + Blood def.											
cold fingers/toes	cold entire limbs	cold hands/feet											

<div>XIAO YAO SAN</div> <div>Rambling powder</div> <div>逍遙散(소요산)</div> <div>Harmonize LV & SP</div>	Chai Hu	9	<div><div>• LV Qi stagnation with LV Blood & SP Qi deficiency: Headache, vertigo, bitter taste in the mouth, dry mouth and throat, fatigue, reduced appetite, hypochondriac or abdominal pain, possibly with alternating chills and fever, irregular menstruation, breast distention, ① pale-red, ② wiry, empty</div></div>						
	Dang Gui	9							
	Bai Shao	9							
	Bai Zhu	9							
	Fu Ling	9							
	Zhi Gan Cao	4.5							
	Wei Jiang	6							
	Bo He	3							
<table><tr><th>SOOTH LV</th><th>↑BLOOD</th><th>↑QI</th><th>HARMONIZE</th></tr><tr><td>Chai Hu Bo He</td><td>Dang Gui Bai Shao</td><td>Bai Zhu Fu Ling</td><td>Zhi Gan Cao Wei Jiang</td></tr></table>		SOOTH LV	↑BLOOD	↑QI	HARMONIZE	Chai Hu Bo He	Dang Gui Bai Shao	Bai Zhu Fu Ling	Zhi Gan Cao Wei Jiang
SOOTH LV	↑BLOOD	↑QI	HARMONIZE						
Chai Hu Bo He	Dang Gui Bai Shao	Bai Zhu Fu Ling	Zhi Gan Cao Wei Jiang						
<table><tr><td>Jia Wei Xiao Yao San</td><td>+ Mu Dan Pi, Zhi Zi</td><td>↓Heat</td></tr><tr><td>Hei Xiao Yao San</td><td>+ Shu Di Huang</td><td>↑Blood</td></tr></table>		Jia Wei Xiao Yao San	+ Mu Dan Pi, Zhi Zi	↓Heat	Hei Xiao Yao San	+ Shu Di Huang	↑Blood		
Jia Wei Xiao Yao San	+ Mu Dan Pi, Zhi Zi	↓Heat							
Hei Xiao Yao San	+ Shu Di Huang	↑Blood							
<table><tr><th>Xiao Chai Hu Tang</th><th>Xiao Yao San</th></tr><tr><td>Harmonize Shaoyang</td><td>Harmonize LV & SP</td></tr><tr><td>Chai Hu + Huang Qin</td><td>Chai Hu + Bai Shao</td></tr><tr><td>① thin, white coating ② wiry</td><td>① pale-red tongue ② wiry, empty</td></tr></table>		Xiao Chai Hu Tang	Xiao Yao San	Harmonize Shaoyang	Harmonize LV & SP	Chai Hu + Huang Qin	Chai Hu + Bai Shao	① thin, white coating ② wiry	① pale-red tongue ② wiry, empty
Xiao Chai Hu Tang	Xiao Yao San								
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Chai Hu + Huang Qin	Chai Hu + Bai Shao								
① thin, white coating ② wiry	① pale-red tongue ② wiry, empty								

<div>TONG XIE YAO FANG</div> <div>Important formula for painful diarrhea</div> <div>痛瀉要方(통사요방)</div> <div>Harmonize LV & SP</div>	Bai Zhu	9-12	<div><div>• LV Qi stagnation overacting on the SP causing diarrhea with abdominal pain: Recurrent problems of borborygmus, abdominal pain, diarrhea with pain, ① thin, white coat, ② moderate or thin</div></div>										
	Bai Shao	6-24											
	Chen Pi	4.5-9											
	Fang Feng	3-6											
<div>BAN XIA XIE XIN TANG</div> <div>Pinellia decoction to drain the epigastrium</div> <div>半夏瀉心湯(반하사심탕)</div> <div>Harmonize Stomach & Intestines</div>	Huang Lian	3	<div><div>• Cold-Heat complex in the Middle burner due to ST & intestine disharmony (Pi syndrome): Epigastric focal distention, fullness and tightness with very slight or no pain, dry heaves or vomiting, borborygmus with diarrhea, reduced appetite, ① thin, yellow, greasy coat, ② wiry, rapid</div><div>• Note: This formula can be used for gastritis or gastric/duodenal ulcers caused by modern lifestyles that involve poor diet, high stress, and pharmaceutical drugs which inhibit proper functioning of the Middle burner.</div></div>										
	Huang Qin	9											
	Ban Xia	9-12											
	Gan Jiang	9											
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<table><tr><th colspan="3">XIE XIN TANG → PI SYNDROME 痞證</th></tr><tr><th>Ban Xia Xie Xin Tang</th><th>Gao Cao Xie Xin Tang®</th><th>Sheng Jiang Xie Xin Tang®</th></tr><tr><td>☹</td><td>↑Zhi Gan Cao 12g</td><td>+Sheng Jiang 12g, ↓Gan Jiang 3g</td></tr><tr><td>Heat-Cold complex 寒熱互結</td><td>Severe ST Qi deficiency 胃氣虛弱</td><td>Water-Heat complex 水熱互結</td></tr></table>		XIE XIN TANG → PI SYNDROME 痞證			Ban Xia Xie Xin Tang	Gao Cao Xie Xin Tang®	Sheng Jiang Xie Xin Tang®	☹	↑Zhi Gan Cao 12g	+Sheng Jiang 12g, ↓Gan Jiang 3g	Heat-Cold complex 寒熱互結	Severe ST Qi deficiency 胃氣虛弱	Water-Heat complex 水熱互結
XIE XIN TANG → PI SYNDROME 痞證													
Ban Xia Xie Xin Tang	Gao Cao Xie Xin Tang®	Sheng Jiang Xie Xin Tang®											
☹	↑Zhi Gan Cao 12g	+Sheng Jiang 12g, ↓Gan Jiang 3g											
Heat-Cold complex 寒熱互結	Severe ST Qi deficiency 胃氣虛弱	Water-Heat complex 水熱互結											

4. CLEAR HEAT

BAI HU TANG White tiger decoction 白虎湯(백호탕) <u>Clear Qi-Level Heat</u>	Shi Gao 30-90 Zhi Mu 9-15 Zhi Gan Cao 3-6 Jing Mi 9-15	<ul style="list-style-type: none">• Four Big symptoms due to excess Heat in the Qi level or Yangming channel: High fever with aversion to heat but not to cold, profuse sweating, a red face, severe thirst and desire to drink cold beverages, irritability, incoherent speech, headache, toothache, bleeding gums or nose, ㊸ red with dry yellow coat, ㊹ surging, full or slippery, rapid• Note: In Chinese literature, the White Tiger is a symbol of the direction West, which corresponds metal. The property of metal is cool to engender water, the same as <i>Bai Hu Tang</i>.																
		<table><tr><th>Associated Formulas</th><th>Modifications</th><th>Indications</th></tr><tr><td>Bai Hu Jia Ren Shen Tang</td><td>+ Ren Shen</td><td>Generalize weakness, ㊸ large, weak</td></tr><tr><td>Bai Hu Jia Cang Zhu Tang</td><td>+ Cang Zhu</td><td>Damp painful obstruction</td></tr></table>	Associated Formulas	Modifications	Indications	Bai Hu Jia Ren Shen Tang	+ Ren Shen	Generalize weakness, ㊸ large, weak	Bai Hu Jia Cang Zhu Tang	+ Cang Zhu	Damp painful obstruction							
Associated Formulas	Modifications	Indications																
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Bai Hu Jia Cang Zhu Tang	+ Cang Zhu	Damp painful obstruction																
ZHU YE SHI GAO TANG Lophatherus and gypsum decoction 竹葉石膏湯(죽엽석고탕) <u>Clear Qi-Level Heat</u>	Shi Gao 30 Dan Zhu Ye 6-12 Ren Shen 6 Mai Men Dong 9-18 Ban Xia 9 Zhi Gan Cao 3-6 Jing Mi 12-15	<ul style="list-style-type: none">• Qi-level Heat injuring the Qi & Fluid: Fever, profuse sweating, fatigue, vomiting, parched mouth and throat, thirst with desire to drink, irritability, nausea and shortness of breath, stifling sensation in the chest, ㊸ red with dry thin coat, ㊹ empty, rapid, thin• Note: Also for Summer-Heat injuring Qi & Fluid.																
		<table><tr><th>Qing Shu Yi Qi Tang</th><th>Zhu Ye Shi Gao Tang</th></tr><tr><td>Summer-Heat</td><td>Warm febrile Heat</td></tr><tr><td colspan="2">Heat injuring the Qi & Fluid</td></tr></table>	Qing Shu Yi Qi Tang	Zhu Ye Shi Gao Tang	Summer-Heat	Warm febrile Heat	Heat injuring the Qi & Fluid											
Qing Shu Yi Qi Tang	Zhu Ye Shi Gao Tang																	
Summer-Heat	Warm febrile Heat																	
Heat injuring the Qi & Fluid																		
QING YING TANG Clear the nutritive level decoction 清營湯(청영탕) <u>Clear Blood-Heat</u>	Shui Niu Jiao 30-120 Xuan Shen 9 Sheng Di Huang 15 Mai Men Dong 9 Jin Yin Hua 9 Lian Qiao 6 Dan Zhu Ye 3 Huang Lian 4.5 Dan Shen 6	<ul style="list-style-type: none">• Heat entering the Nutritive level: High fever that worsens at night, severe irritability, restlessness, ㊸ dry, scarlet, ㊹ thin, rapid• Note: Depending on the level the Heat has reached the patient may be thirsty, delirious or have some faint and indistinct erythema.																
		<table><tr><th colspan="4">WEN BING (Four Levels)</th></tr><tr><th>WEI</th><th>QI</th><th>YING</th><th>XUE</th></tr><tr><td>㊸ red front/edges ㊹ floating, rapid</td><td>㊸ red, yellow coat ㊹ slippery, rapid</td><td>㊸ scarlet ㊹ thin, rapid</td><td>㊸ scarlet, no coat ㊹ wiry, rapid</td></tr><tr><td>Yin Qiao San</td><td>Bai Hu Tang</td><td>Qing Ying Tang</td><td>Xi Jiao Di Huang Tang</td></tr></table>	WEN BING (Four Levels)				WEI	QI	YING	XUE	㊸ red front/edges ㊹ floating, rapid	㊸ red, yellow coat ㊹ slippery, rapid	㊸ scarlet ㊹ thin, rapid	㊸ scarlet, no coat ㊹ wiry, rapid	Yin Qiao San	Bai Hu Tang	Qing Ying Tang	Xi Jiao Di Huang Tang
WEN BING (Four Levels)																		
WEI	QI	YING	XUE															
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Yin Qiao San	Bai Hu Tang	Qing Ying Tang	Xi Jiao Di Huang Tang															
XI JIAO DI HUANG TANG Rhinoceros horn and rehmannia decoction 犀角地黄湯(서각지황탕) <u>Clear Blood-Heat</u>	Xi Jiao 3 Sheng Di Huang 24 Chi Shao 9 Mu Dan Pi 6	<ul style="list-style-type: none">• Heat entering the Blood level: Fever that worsens at night, irritability, various types of bleeding (including vomiting of blood, nosebleeds, blood in the stool or urine, and rashes), black and tarry stools, abdominal distention and fullness, thirst with an inability to swallow, ㊸ dry, scarlet tongue with prickles, ㊹ thin, rapid• Note: Some patients become delirious.																
HUANG LIAN JIE DU TANG Coptis decoction to relieve toxicity 黃連解毒湯(황련해독탕) <u>Clear Toxic-Heat</u>	Huang Lian 9 Huang Qin 6 Huang Bai 6 Zhi Zi 6-12	<ul style="list-style-type: none">• Fire-Toxin from excessive Heat in the Triple burners: High fever, irritability, dry mouth and throat, incoherent speech, dark urine, constipation, insomnia, hematemesis, epistaxis, erythema or skin purpura, dysenteric disorders or jaundice due to Damp-Heat, carbuncles, boils and sores due to Toxic-Heat, ㊸ red with yellow coat, ㊹ full, rapid• Note: Not only for Toxic-Heat, also for Blood-Heat and Damp-Heat.																
		<table><tr><th>Toxic-Heat</th><th>Blood-Heat</th><th>Damp-Heat</th></tr><tr><td>carbuncles, boils</td><td>epistaxis, erythema</td><td>dysentery, jaundice</td></tr></table>	Toxic-Heat	Blood-Heat	Damp-Heat	carbuncles, boils	epistaxis, erythema	dysentery, jaundice										
Toxic-Heat	Blood-Heat	Damp-Heat																
carbuncles, boils	epistaxis, erythema	dysentery, jaundice																
XIE XIN TANG Drain the epigastrium decoction 瀉心湯(사심탕) <u>Clear Toxic-Heat</u>	Da Huang 6 Huang Lian 3 Huang Qin 3	<ul style="list-style-type: none">• Excess Heat in the Triple burners: Fever, flushed face, red eyes, irritability, dark urine, constipation, ㊸ red with greasy yellow coat, ㊹ full, rapid• HT Fire or Damp-Heat: Also for HT Fire causing epistaxis or hematemesis; Damp-Heat causing jaundice																
PU JI XIAO DU YIN Universal benefit decoction to eliminate toxin 普濟消毒飲(보제소독음) <u>Clear Toxic-Heat</u>	Huang Qin 15 Huang Lian 15 Niu Bang Zi 3 Lian Qiao 3 Bo He 3 Bai Jiang Can 2 Xuan Shen 6 Ma Bo 3 Ban Lan Gen 3 Jie Geng 6 Gan Cao 6 Ju Hong 6 Chai Hu 6 Sheng Ma 2	<ul style="list-style-type: none">• Epidemic Toxin with Wind-Heat & Damp-Phlegm: Strong fever and chills, redness, swelling and burning pain of the head and face, thirst, ㊸ red with powdery-white or yellow coat, ㊹ floating, full, rapid• Note: This is called massive febrile disorder of the head (<i>Da Tou Wen</i> 大頭瘟).																

LIANG GE SAN Cool the diaphragm powder <small>凉膈散(양격산)</small> <u>Clear Toxic-Heat</u>	Lian Qiao 18 Huang Qin 4.5 Zhi Zi 4.5 Da Huang 9 Mang Xiao 9 Bo He 4.5 Dan Zhu Ye 3 Gan Cao 9	<ul style="list-style-type: none">• Heat and clumping in the diaphragm region (Upper burner & Middle burner): Irritability, sensation of heat in the chest, constipation, fever, red face, sore throat, nosebleeds, oral ulcerations, ㉠ yellow or white coat, ㉡ rapid, slippery• Note: Relatively weak purgative; Also for skin disorders.								
QING WEN BAI DU YIN Clear epidemics and overcome toxin decoction <small>清瘟败毒饮(청온패독음)</small> <u>Clear Qi & Blood Heat</u>	Shi Gao 60-120 Zhi Mu 3-18 Gan Cao 1.5-12 Shui Niu Jiao 30-120 Sheng Di Huang 9-15 Mu Dan Pi 3-18 Chi Shao 3-18 Xuan Shen 3-18 Huang Lian 6-12 Huang Qin 1.5-12 Zhi Zi 3-18 Lian Qiao 3-18 Jie Geng 1.5-12 Dan Zhu Ye 1.5-12	<ul style="list-style-type: none">• Severe Fire in the Qi/Blood levels: Intense fever, strong thirst, dry heaves, severe and stabbing headache, extreme irritability, rash, nosebleed, ㉠ dark-red tongue, dark and scorched lips, ㉡ either submerged, thin or floating, rapid, large• Note: Severe cases may present with delirious speech, rashes, and nosebleed.								
MA XING SHI GAN TANG Ephedra, apricot kernel, gypsum, and licorice decoction <small>麻杏石甘汤(마행석감탕)</small> <u>Clear Organ-Heat</u>	Ma Huang 12 Shi Gao 24 Xing Ren 18 Zhi Gan Cao 6	<ul style="list-style-type: none">• Heat lodged in the LU: Fever with or without sweating, thirst, coughing and wheezing, labored breathing, difficult to expectorate sputum, nasal flaring and pain, ㉠ yellow coat, ㉡ slippery, rapid• Note: For use with or without Wind-Heat or Wind-Cold. <table><tr><th>Ma Xing Shi Gan Tang</th><th>Bai Hu Tang</th></tr><tr><td colspan="2">Qi level Heat: fever, thirst</td></tr><tr><td>Heat lodged in the LU</td><td>Yangming Channel level</td></tr><tr><td>wheezing, coughing, fever, possible sweating, dislike of wind or cold</td><td>4 Bigs (high fever, severe thirst, profuse sweating, surging pulse)</td></tr></table>	Ma Xing Shi Gan Tang	Bai Hu Tang	Qi level Heat: fever, thirst		Heat lodged in the LU	Yangming Channel level	wheezing, coughing, fever, possible sweating, dislike of wind or cold	4 Bigs (high fever, severe thirst, profuse sweating, surging pulse)
Ma Xing Shi Gan Tang	Bai Hu Tang									
Qi level Heat: fever, thirst										
Heat lodged in the LU	Yangming Channel level									
wheezing, coughing, fever, possible sweating, dislike of wind or cold	4 Bigs (high fever, severe thirst, profuse sweating, surging pulse)									
XIE BAI SAN Drain the white powder <small>泻白散(사백산)</small> <u>Clear Organ-Heat</u>	Sang Bai Pi 30 Di Gu Pi 30 Zhi Gan Cao 3 Jing Mi 15-30	<ul style="list-style-type: none">• Constrained LU Heat causing wheezing: Skin that feels hot to the touch, coughing and wheezing, sore throat, a dry mouth, little or difficult to expectorate sputum, symptoms worsen in late afternoon, ㉠ red with yellow coat, ㉡ thin, rapid• Note: Derived from a pediatric text, this formula clears Heat without damaging Yin, which reflects the belief that a child's Yin Qi is not fully developed.								
XIE HUANG SAN Drain the yellow powder <small>泻黄散(사황산)</small> <u>Clear Organ Heat</u>	Shi Gao 5 Zhi Zi 3 Fang Feng 12 Huo Xiang 5 Gan Cao 9	<ul style="list-style-type: none">• Smoldering Fire in the SP/ST: Mouth ulcers, bad breath, dry mouth, thirst, irritability, frequent hunger, tongue thrusting in infants and children, ㉠ red and dry, ㉡ rapid• Note: Also for tongue thrusting and yellowing of the sclera.								
QING WEI SAN Clear the stomach powder <small>清胃散(청위산)</small> <u>Clear Organ-Heat</u>	Huang Lian 3-6 Sheng Ma 3-6 Mu Dan Pi 6-9 Sheng Di Huang 6-12 Dang Gui 6-12	<ul style="list-style-type: none">• ST Heat accumulation: Toothache that extends to the head, facial swelling, bleeding and sores of the gums, swollen and painful mouth, fever, bad breath, ㉠ red, ㉡ slippery, rapid, large <table><tr><th>Qing Wei San</th><th>Xie Huang San</th></tr><tr><td>↓ ST Fire, ↓ Blood-Heat</td><td>↓ SP/ST Smoldering Fire</td></tr><tr><td>toothache, bleeding gums</td><td>mouth ulcers, halitosis</td></tr></table>	Qing Wei San	Xie Huang San	↓ ST Fire, ↓ Blood-Heat	↓ SP/ST Smoldering Fire	toothache, bleeding gums	mouth ulcers, halitosis		
Qing Wei San	Xie Huang San									
↓ ST Fire, ↓ Blood-Heat	↓ SP/ST Smoldering Fire									
toothache, bleeding gums	mouth ulcers, halitosis									
YU NU JIAN Jade woman decoction <small>玉女煎(옥녀전)</small> <u>Clear Organ-Heat</u>	Shi Gao 6-15 Shu Di Huang 9-30 Zhi Mu 4.5 Mai Men Dong 6 Niu Xi 4.5	<ul style="list-style-type: none">• ST Heat with Yin deficiency: Toothache, loose teeth, bleeding gums, frontal headache, irritability, fever, thirst, ㉠ red with yellow coat, ㉡ floating, slippery, empty and large• Note: Also for Wasting & Thirsting syndrome. <table><tr><th>Yu Nu Jian</th><th>Yu Ye Tang*</th></tr><tr><td colspan="2">Xiao Ke (Wasting & Thirsting syndrome)</td></tr><tr><td>↓ ST Fire, ↑ KD Yin</td><td>↑ Qi/Yin, Astringe KD, Stop thirst</td></tr></table>	Yu Nu Jian	Yu Ye Tang*	Xiao Ke (Wasting & Thirsting syndrome)		↓ ST Fire, ↑ KD Yin	↑ Qi/Yin, Astringe KD, Stop thirst		
Yu Nu Jian	Yu Ye Tang*									
Xiao Ke (Wasting & Thirsting syndrome)										
↓ ST Fire, ↑ KD Yin	↑ Qi/Yin, Astringe KD, Stop thirst									
DAO CHI SAN Guide out the red powder <small>導赤散(도적산)</small> <u>Clear Organ-Heat</u>	Mu Tong 3-6 Sheng Di Huang 3-6 Dan Zhu Ye 3-6 Gan Cao Shao 3-6	<ul style="list-style-type: none">• Heat in the HT channel: Irritability with a sensation of heat in the chest, thirst with a desire to drink cold beverages, red face, possibly sores around the mouth, ㉠ red, ㉡ rapid• HT Fire transferring to the SI: Also for HT Fire transferring to the SI with symptoms of dark, scanty, rough and painful urination, or even blood in the urine								

LONG DAN XIE GAN TANG Gentiana longdancao decoction to drain the liver 龍膽瀉肝湯(용담사간탕) <u>Clear Organ-Heat</u>	<table><tr><td>Long Dan Cao</td><td>3-9</td></tr><tr><td>Huang Qin</td><td>6-12</td></tr><tr><td>Zhi Zi</td><td>6-12</td></tr><tr><td>Chai Hu</td><td>3-9</td></tr><tr><td>Mu Tong</td><td>3-6</td></tr><tr><td>Che Qian Zi</td><td>9-15</td></tr><tr><td>Ze Xie</td><td>6-12</td></tr><tr><td>Sheng Di Huang</td><td>9-15</td></tr><tr><td>Dang Gui</td><td>3-12</td></tr><tr><td>Gan Cao</td><td>3-6</td></tr></table>	Long Dan Cao	3-9	Huang Qin	6-12	Zhi Zi	6-12	Chai Hu	3-9	Mu Tong	3-6	Che Qian Zi	9-15	Ze Xie	6-12	Sheng Di Huang	9-15	Dang Gui	3-12	Gan Cao	3-6	<ul style="list-style-type: none">• LV Fire blazing up: Headache, dizziness, red and sore eyes, short temper, dark urine, hypochondriac pain, bitter taste in the mouth, ① red with yellow coat, ② wiry, rapid• LV/GB Damp-Heat invading downward: Difficult and painful urination with a sensation of heat in the urethra, swollen and pruritic external genitalia, or foul smelling leukorrhea, ① red with greasy yellow coat, ② slippery, wiry, rapid, full
Long Dan Cao	3-9																					
Huang Qin	6-12																					
Zhi Zi	6-12																					
Chai Hu	3-9																					
Mu Tong	3-6																					
Che Qian Zi	9-15																					
Ze Xie	6-12																					
Sheng Di Huang	9-15																					
Dang Gui	3-12																					
Gan Cao	3-6																					
ZUO JIN WAN Left metal pill 左金丸(좌금환) <u>Clear Organ-Heat</u>	<table><tr><td>Huang Lian</td><td>15-18</td></tr><tr><td>Wu Zhu Yu</td><td>2-3</td></tr></table>	Huang Lian	15-18	Wu Zhu Yu	2-3	<ul style="list-style-type: none">• LV Fire burning ST causing LV & ST disharmony: Acid regurgitation, belching, vomiting, indeterminate gnawing hunger, epigastric focal distention, dry mouth, ① red with yellow coat, ② wiry, rapid• Note: Also for hernial disorders.																
Huang Lian	15-18																					
Wu Zhu Yu	2-3																					
SHAO YAO TANG Peony decoction 芍藥湯(작약탕) <u>Clear Organ-Heat</u>	<table><tr><td>Huang Lian</td><td>6-9</td></tr><tr><td>Huang Qin</td><td>9-12</td></tr><tr><td>Da Huang</td><td>6-9</td></tr><tr><td>Bai Shao</td><td>15-20</td></tr><tr><td>Dang Gui</td><td>6-9</td></tr><tr><td>Mu Xiang</td><td>4.5</td></tr><tr><td>Bing Lang</td><td>4.5</td></tr><tr><td>Rou Gui</td><td>1.5-3</td></tr><tr><td>Gan Cao</td><td>4.5</td></tr></table>	Huang Lian	6-9	Huang Qin	9-12	Da Huang	6-9	Bai Shao	15-20	Dang Gui	6-9	Mu Xiang	4.5	Bing Lang	4.5	Rou Gui	1.5-3	Gan Cao	4.5	<ul style="list-style-type: none">• LI Damp-Heat with Qi & Blood stagnation causing dysentery: Abdominal pain, difficult defecation, diarrhea with equal amounts of pus and blood, tenesmus, burning sensation around anus, scanty and dark urine, heavy sensation in the body, fever, no thirst, ① greasy, slightly yellow coat, ② slippery, rapid• Note: This is early-stage dysenteric disorder.		
Huang Lian	6-9																					
Huang Qin	9-12																					
Da Huang	6-9																					
Bai Shao	15-20																					
Dang Gui	6-9																					
Mu Xiang	4.5																					
Bing Lang	4.5																					
Rou Gui	1.5-3																					
Gan Cao	4.5																					
BAI TOU WENG TANG Pulsatilla decoction 白頭翁湯(백두옹탕) <u>Clear Organ-Heat</u>	<table><tr><td>Bai Tou Weng</td><td>12-18</td></tr><tr><td>Huang Lian</td><td>6-9</td></tr><tr><td>Huang Bai</td><td>9-12</td></tr><tr><td>Qin Pi</td><td>9-12</td></tr></table>	Bai Tou Weng	12-18	Huang Lian	6-9	Huang Bai	9-12	Qin Pi	9-12	<ul style="list-style-type: none">• Dysentery due to Toxic-Heat in the ST & intestine: Abdominal pain, tenesmus, burning sensation around the anus, diarrhea containing more blood than pus, thirst, ① red with yellow coat, ② wiry, rapid• Note: Also for acute Damp-Heat eye disorders.												
Bai Tou Weng	12-18																					
Huang Lian	6-9																					
Huang Bai	9-12																					
Qin Pi	9-12																					
QING HAO BIE JIA TANG Artemisia annua and soft-shelled turtle shell decoction 青蒿鱉甲湯(청호별갑탕) <u>Clear Deficiency-Heat</u>	<table><tr><td>Qing Hao</td><td>6</td></tr><tr><td>Bie Jia</td><td>15</td></tr><tr><td>Sheng Di Huang</td><td>12</td></tr><tr><td>Zhi Mu</td><td>6</td></tr><tr><td>Mu Dan Pi</td><td>9</td></tr></table>	Qing Hao	6	Bie Jia	15	Sheng Di Huang	12	Zhi Mu	6	Mu Dan Pi	9	<ul style="list-style-type: none">• Yin deficiency with Heat in the Ying level during later stage of febrile disease: Night fever and morning coolness with an absence of sweating as the fever recedes, emaciation with no loss of appetite, ① red with little coat, ② thin, rapid• Note: Also for advanced stages of various infectious diseases.										
Qing Hao	6																					
Bie Jia	15																					
Sheng Di Huang	12																					
Zhi Mu	6																					
Mu Dan Pi	9																					
QING GU SAN Cool the bones powder 清骨散(청골산) <u>Clear Deficiency-Heat</u>	<table><tr><td>Yin Chai Hu</td><td>4.5</td></tr><tr><td>Zhi Mu</td><td>3</td></tr><tr><td>Hu Huang Lian</td><td>3</td></tr><tr><td>Di Gu Pi</td><td>3</td></tr><tr><td>Qing Hao</td><td>3</td></tr><tr><td>Qin Jiao</td><td>3</td></tr><tr><td>Zhi Bie Jia</td><td>3</td></tr><tr><td>Gan Cao</td><td>1.5</td></tr></table>	Yin Chai Hu	4.5	Zhi Mu	3	Hu Huang Lian	3	Di Gu Pi	3	Qing Hao	3	Qin Jiao	3	Zhi Bie Jia	3	Gan Cao	1.5	<ul style="list-style-type: none">• KD/LV Yin deficiency leading to Steaming Bone disorder: Afternoon tidal fever or unremitting chronic low-grade fever, sensation of heat in the bones but the flesh is not warm to the touch, irritability, insomnia, lethargy, red lips, dark-red cheeks, night sweats, thirst, dry throat, emaciation, ① red with little coat, ② thin, rapid				
Yin Chai Hu	4.5																					
Zhi Mu	3																					
Hu Huang Lian	3																					
Di Gu Pi	3																					
Qing Hao	3																					
Qin Jiao	3																					
Zhi Bie Jia	3																					
Gan Cao	1.5																					
DANG GUI LIU HUANG TANG Tangkeui and six-yellow decoction 當歸六黃湯(당귀육황탕) <u>Clear Deficiency-Heat</u>	<table><tr><td>Dang Gui</td><td>6-9</td></tr><tr><td>Sheng Di Huang</td><td>9-15</td></tr><tr><td>Shu Di Huang</td><td>9-15</td></tr><tr><td>Huang Lian</td><td>3-6</td></tr><tr><td>Huang Qin</td><td>6-12</td></tr><tr><td>Huang Bai</td><td>6-12</td></tr><tr><td>Huang Qi</td><td>12-24</td></tr></table>	Dang Gui	6-9	Sheng Di Huang	9-15	Shu Di Huang	9-15	Huang Lian	3-6	Huang Qin	6-12	Huang Bai	6-12	Huang Qi	12-24	<ul style="list-style-type: none">• Yin deficiency with Empty-Heat causing night sweats: Fever, night sweats, red face, dry mouth and parched lips, irritability, dry stools, dark and scanty urine, ① red, dry, ② rapid• Note: Also for LU consumption, Steaming Bone disorder or chronic nosebleeds.						
Dang Gui	6-9																					
Sheng Di Huang	9-15																					
Shu Di Huang	9-15																					
Huang Lian	3-6																					
Huang Qin	6-12																					
Huang Bai	6-12																					
Huang Qi	12-24																					
XIANG RU SAN Elsholtzia powder 香薷散(향유산) <u>Clear Summer-Heat</u>	<table><tr><td>Xiang Ru</td><td>9-12</td></tr><tr><td>Bai Bian Dou</td><td>6-9</td></tr><tr><td>Hou Po</td><td>6-9</td></tr></table>	Xiang Ru	9-12	Bai Bian Dou	6-9	Hou Po	6-9	<ul style="list-style-type: none">• Exterior Cold with Interior Damp contracted in the summer: Chills and fever, chills predominant, aversion to cold with skin that is warm to the touch, absence of sweating, sensation of heaviness in the head, headache, abdominal pain, vomiting, diarrhea, stifling sensation in the chest, ① white greasy coat, ② floating• Note: Also for any presentation of Exterior Cold + Interior Damp, regardless of the season, especially when accompanied by vomiting and diarrhea.														
Xiang Ru	9-12																					
Bai Bian Dou	6-9																					
Hou Po	6-9																					
LIU YI SAN Six-to-one powder 六一散(육일산) <u>Clear Summer-Heat</u>	<table><tr><td>Hua Shi</td><td>18</td></tr><tr><td>Gan Cao</td><td>3</td></tr><tr><td colspan="2">6:1 ratio</td></tr></table>	Hua Shi	18	Gan Cao	3	6:1 ratio		<ul style="list-style-type: none">• Summer-Heat with interior Damp: Fever, sweating, thirst, irritability, urinary difficulty, ① thin, yellow, greasy coat, ② soggy, rapid• Note: Also for painful urinary dysfunction.														
Hua Shi	18																					
Gan Cao	3																					
6:1 ratio																						

5. WARM INTERIOR											
LI ZHONG WAN Regulate the middle pill 理中丸(이중환) <u>Warm Middle Burner</u>	Gan Jiang Ren Shen Bai Zhu Zhi Gan Cao	9 9 9 9	<ul style="list-style-type: none">• Deficiency-Cold of the SP/ST: Diarrhea with watery stool, nausea and vomiting, no particular thirst, loss of appetite, abdominal pain relieved by warmth and pressure, fatigue, abdominal distention, ㉠ pale with white coat, ㉡ deep, thin• Middle Burner Deficiency-Cold syndrome: Also for chronic bleeding, chronic infantile convulsions, profuse salivation after chronic illness, and painful obstruction of the chest; Equally tonifies and dispels Cold								
				King Herb	Indication						
	Li Zhong Wan			Gan Jiang	Cold in Taiyin						
	Whu Zhu Yu Tang			Wu Zhu Yu	Cold in Yangming, Jueyin, or Shaoyin						
	Si Ni Tang			Fu Zi	Cold in Shaoyin						
	Da Jian Zhong Tang			Hua Jiao	Excess Cold + SP Yang deficiency						
WU ZHU YU TANG Evodia decoction 吳茱萸湯(오수유탕) <u>Warm Middle Burner</u>	Wu Zhu Yu Sheng Jiang Ren Shen Da Zao	3-9 18 6 4p	<ul style="list-style-type: none">• ST (Yangming) Deficiency-Cold causing rebellious Qi: Vomiting immediately after eating, indeterminate gnawing hunger, acid regurgitation with or without epigastric pain, ㉠ tongue body which is not red with a white slippery coat, ㉡ thin and either slow or wiry• LV (Jueyin) Deficiency-Cold: Dry heaves or spitting of clear fluids with headache at the vertex• KD (Shaoyin) Deficiency-Cold: Vomiting and diarrhea with cold hands and feet, and agitation so severe that the patient wants to die								
			Yangming Cold	Jueyin Cold	Shaoyin Cold						
			rebellious Qi	vertex headache	vomiting, diarrhea						
			Wu Zhu Yu Tang		Si Ni Tang						
			cold limbs, vomiting, diarrhea								
			irritability, severe mental agitation		constant desire to sleep						
XIAO JIAN ZHONG TANG Minor construct the middle decoction 小建中湯(소건중탕) <u>Warm Middle Burner</u>	Yi Tang Gui Zhi Bai Shao Sheng Jiang Da Zao Zhi Gan Cao	18-30 9 18 6 4p 6	<ul style="list-style-type: none">• SP Yang deficiency with Cold causing abdominal pain: Spasmodic abdominal pain that diminishes with warmth and pressure, lusterless complexion, ㉠ pale with white coat, ㉡ thin, wiry and moderate• Note: Also for low-grade fever, palpitations, irritability, dry mouth and throat.								
			Associated Formulas		Modifications		Indications				
			Huang Qi Jian Zhong Tang		+ Huang Qi (18-30g)		severe Qi deficiency				
			Dag Gui Jian Zhong Tang		+ Dang Gui (12-18g)		severe Blood deficiency				
DA JIAN ZHONG TANG Major construct the middle decoction 大建中湯(대건중탕) <u>Warm Middle Burner</u>	Hua Jiao Gan Jiang Ren Shen Yi Tang	3-9 12 6 18-30	<ul style="list-style-type: none">• Middle burner Yang deficiency (root) + Vigorous Yin-cold (manifestation): Excruciating epigastric and abdominal pain to the point that the patient cannot tolerate being touched, strong sensation of cold in the epigastrium, severe vomiting to the point of being unable to eat, borborygmus, ㉠ slippery, white coat, ㉡ thin & tight or slow & wiry, or hidden in severe cases• Note: Focused on dispelling Cold.								
			Da Jian Zhong Tang		Li Zhong Wan						
			Abdominal pain due to Middle burner Deficiency-Cold								
			Severe pain aggravated by touch		Pain alleviated by warmth & touch						
SI NI TANG Frigid extremities decoction 四逆湯(사역탕) <u>Rescue Yang</u>	Fu Zi Gan Jiang Zhi Gan Cao	6-9 6-9 6	<ul style="list-style-type: none">• KD Yang deficiency with Cold-Evil in the Shaoyin stage (Yin Jue 陰厥 syndrome): Extremely cold extremities, aversion to cold, constant desire to sleep, sleeping with knees drawn up, vomiting, diarrhea with undigested food, abdominal pain and cold, lack of thirst, ㉠ pale with white slippery coat, ㉡ deep and thin or minute• Yang collapse: Profuse cold sweating, cold limbs, sudden fainting, ㉡ minute• False Heat + True Cold: Flushed face, irritability + Desire for warm drinks, loose stool								
			Nine Needles For Returning Yang								
			LI4	ST36	SP6	KD1	KD3	PC8	GB30	DU15	RN12
			<ul style="list-style-type: none">• Mentioned in "Glorious Anthology of Acupuncture and Moxibustion"• For Yang Collapse: loss of consciousness, aversion to cold, purple lips								

6. RELEASE EXTERIOR-INTERIOR EXCESS

DA CHAI HU TANG Major bupleurum decoction 大柴胡湯(대시호탕) <u>Exterior Excess + Interior Excess</u>	Chai Hu	12-15	<ul style="list-style-type: none"> • Concurrent Shaoyang with Yangming syndromes: Intermittent chills and fever, continuous vomiting, fullness and pain in the epigastrium, burning diarrhea or no bowel movements, bitter taste in the mouth, nausea and vomiting, slight irritability, ㊟ yellow coat, ㊟ wiry, full • Note: Also known as Heat excess in the ST & GB.
	Da Huang	6	
	Huang Qin	9	
	Zhi Shi	6-9	
	Bai Shao	9	
	Ban Xia	12-15	
GE GEN HUANG QIN HUANG LIAN TANG Kudzu, scutellaria, and coptis decoction 葛根黃芩黃連湯(갈근황금황련탕) <u>Exterior Excess + Interior Excess</u>	Sheng Jiang	6-9	
	Da Zao	4p	
	Ge Gen	15-24	<ul style="list-style-type: none"> • Incompletely resolved exterior with interior excess Heat: Fever, sweating, thirst, dysenteric diarrhea with especially foul-smelling stools, burning sensation around the anus, ㊟ red with yellow coat, ㊟ rapid • Note: Focuses on the interior aspect of the disorder.
	Huang Lian	6	
	Huang Qin	9	
	Zhi Gan Cao	6	

7. TONIFY

SI JUN ZI TANG Four-gentleman decoction 四君子湯(사군자탕) <u>Tonify Qi</u>	Ren Shen	3-9	<ul style="list-style-type: none"> • SP/ST Qi deficiency: Pallid complexion, low and soft voice, reduced appetite, loose stools, weakness in the limbs, ㊟ pale, ㊟ thin, weak • Note: This is the primary formula for SP/ST Qi deficiency. It also helps the SP process Dampness.
	Bai Zhu	6-9	
	Fu Ling	6-9	
	Zhi Gan Cao	3-6	
SHEN LING BAI ZHU SAN Ginseng, poria, and white atractylodes powder 參苓白朮散(상령백출산) <u>Tonify Qi</u>	Yi Gong San	4 Gentlemen + Chen Pi	+ Qi stagnation
	Liu Jun Zi Tang (six gentlemen)	4 Gentlemen + Ban Xia, Chen Pi	+ Phlegm
	Xiang Sha Liu Jun Zi Tang	6 Gentlemen + Mu Xiang, Sha Ren	+ Phlegm, Qi stag, Pain
	Xiang Sha Yang Wei Tang	Xiang Sha Liu Jun Zi + Ping Wei San	+ Damp
BU ZHONG YI QI TANG Tonify the middle and augment the qi decoction 補中益氣湯(보중익기탕) <u>Tonify Qi</u>	Ren Shen	15	<ul style="list-style-type: none"> • SP Qi deficiency & Damp causing diarrhea: Loose stool or diarrhea, weakness, shortness of breath, reduced appetite, weight loss, distention and stifling sensation in the chest and epigastrium, pallid and wan complexion, ㊟ pale with white coat, ㊟ thin, moderate or empty • Note: Also for chronic cough with copious sputum due to LU/SP deficiency.
	Bai Zhu	15	
	Fu Ling	15	
	Zhi Gan Cao	9	
	Shan Yao	15	
	Yi Yi Ren	9	
YU PING FENG SAN Jade windscreen powder 玉屏風散(옥병풍산) <u>Tonify Qi</u>	Bai Bian Dou	12	<ul style="list-style-type: none"> • SP/ST Qi deficiency causing intermittent fever: Intermittent fever that worsens with exertion, spontaneous sweating, aversion to cold, thirst for warm beverages, shortness of breath, laconic speech, tendency to curl up, weak limbs, shiny and pale complexion, loose and watery stools, ㊟ pale with thin white coat, ㊟ empty in general, rootless in the middle right position • SP Qi sinking: Prolapse of the rectum or uterus, chronic diarrhea, chronic dysenteric disorders, incontinence or bleeding disorders.
	Lian Zi	9	
	Sha Ren	6	
	Jie Geng	6	
YU PING FENG SAN Jade windscreen powder 玉屏風散(옥병풍산) <u>Tonify Qi</u>	Huang Qi	12-24	<ul style="list-style-type: none"> • Wei Qi deficiency causing sweating: Aversion to drafts, spontaneous sweating, recurrent colds, shiny and pale complexion, ㊟ pale with white coat, ㊟ floating, empty • Note: In modern practice this formula is often used in combination with herbs to open the nasal orifice for allergic rhinitis.
	Ren Shen	9-12	
	Bai Zhu	9-12	
	Zhi Gan Cao	3-6	
	Dang Gui	6-12	
	Chen Pi	6-9	
YU PING FENG SAN Jade windscreen powder 玉屏風散(옥병풍산) <u>Tonify Qi</u>	Sheng Ma	3-6	<ul style="list-style-type: none"> • Wei Qi deficiency causing sweating: Aversion to drafts, spontaneous sweating, recurrent colds, shiny and pale complexion, ㊟ pale with white coat, ㊟ floating, empty • Note: In modern practice this formula is often used in combination with herbs to open the nasal orifice for allergic rhinitis.
	Chai Hu	3-9	
YU PING FENG SAN Jade windscreen powder 玉屏風散(옥병풍산) <u>Tonify Qi</u>	Associated Formulas		Indications
	Ju Yuan Jian	Huang Qi 24, Ren Shen 6, Bai Zhu 9, Sheng Ma 6, Zhi Gan Cao 3	Qi deficiency leading to severe blood loss: excessive menstruation, uterine bleeding
	Tiao Zhong Yi Qi Tang	Huang Qi 15, Ren Shen 12, Cang Zhu 9, Chen Pi 9, Sheng Ma 6, Chai Hu 3, Mu Xiang 9, Zhi Gan Cao 3	SP Qi deficiency + Damp: heaviness, distention, diarrhea hypersomnia
YU PING FENG SAN Jade windscreen powder 玉屏風散(옥병풍산) <u>Tonify Qi</u>	Yu Ping Feng San		Gui Zhi Tang
	Sweating with deficiency syndrome		
	Wei Qi deficiency; recurrent colds		Ying & Wei disharmony; chills/fever

SHENG MAI SAN Generate the pulse powder 生脈散(생맥산) <u>Tonify Qi</u>	Ren Shen 9-15 Mai Men Dong 9-12 Wu Wei Zi 3-6	<ul style="list-style-type: none">Concurrent Qi & Yin deficiency, primarily of the LU: Shortness of breath, weakness, spontaneous sweating, dry mouth and tongue, chronic cough with sparse sputum that is difficult to expectorate, ㊟ pale-red with dry thin coat, ㊞ empty and rapid or thinNote: Suitable for treating Summer-Heat thirst and fluid depletion; Also applied to coronary heart disease or Qi-deficiency anemia.														
		<table><tr><th>Sheng Mai San</th><th>Yu Ping Feng San</th></tr><tr><td colspan="2">LU deficiency: spontaneous sweating</td></tr><tr><td>LU Qi/Yin def: SOB, dry mouth</td><td>Wei Qi def: aversion to wind</td></tr></table>	Sheng Mai San	Yu Ping Feng San	LU deficiency: spontaneous sweating		LU Qi/Yin def: SOB, dry mouth	Wei Qi def: aversion to wind								
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SI WU TANG Four-substance decoction 四物湯(사물탕) <u>Tonify Blood</u>	Shu Di Huang 9-12 Dang Gui 9-12 Bai Shao 9-12 Chuan Xiong 3-6	<ul style="list-style-type: none">Blood deficiency + Blood stasis: Dizziness, blurred vision, lusterless complexion and nails, general muscle tightness, irregular menstruation with little flow or amenorrhea, periumbilical or lower abdominal pain; also menorrhagia, hard abdominal masses with recurrent pain, restless fetus disorder, or lochioschesis with firm and painful abdomen and sporadic chills and fever, ㊟ pale, ㊞ thin, wiry or thin, choppyNote: This formula is focused on LV Blood deficiency, rather than on HT Blood.														
		<table><tr><th>Si Wu Tang</th><th>Xiao Yao San</th></tr><tr><td colspan="2">Menstrual disorders (Deficiency + Excess)</td></tr><tr><td>Blood deficiency + Blood stasis</td><td>LV Qi stagnation + Blood deficiency</td></tr></table>	Si Wu Tang	Xiao Yao San	Menstrual disorders (Deficiency + Excess)		Blood deficiency + Blood stasis	LV Qi stagnation + Blood deficiency								
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DANG GUI BU XUE TANG Tangkeui decoction to tonify the blood 當歸補血湯(당귀보혈탕) <u>Tonify Blood</u>	Huang Qi 30 Dang Gui 6 5:1 ratio	<ul style="list-style-type: none">Blood & Qi deficiency with floating Yang: Sensation of heat in the muscles, red face, irritability, thirst with desire to drink warm beverages, loss of appetite, emaciation, ㊟ pale, ㊞ surging, big, emptyNote: Also for fever/headache from acute blood loss or Yin-type ulcers.														
	SHAO YAO GAN CAO TANG Peony and licorice decoction 芍藥甘草湯(작약감초탕) <u>Tonify Blood</u>	Bai Shao 12 Zhi Gan Cao 12	<ul style="list-style-type: none">Blood deficiency with injury to the fluids: Spasms of the calf muscles, irritability, slight chills, ㊟ pale, no coat, ㊞ thinNote: Also for spasmodic pain in other parts of the body, particularly the abdomen.													
			<table><tr><td>Sour + Sweet</td><td>→</td><td>Augments Yin</td><td>→</td><td>Alleviates pain</td></tr></table>	Sour + Sweet	→	Augments Yin	→	Alleviates pain								
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BA ZHEN TANG Eight-treasure decoction 八珍湯(팔진탕) <u>Tonify Qi & Blood</u>	Ren Shen 6-9 Bai Zhu 9-12 Fu Ling 12-15 Zhi Gan Cao 3-6 Shu Di Huang 15-18 Bai Shao 12-15 Dang Gui 12-15 Chuan Xiong 6-9 Sheng Jiang 3p Da Zao 2p	<ul style="list-style-type: none">Qi & Blood deficiency: Pallid or sallow complexion, palpitations with anxiety, laconic speech, easily-fatigued extremities, light-headedness and/or vertigo, loss of appetite, emaciation, ㊟ pale, ㊞ thin, weak or large, empty, without strength														
		<table><tr><th>Qi deficiency</th><th>Blood deficiency</th></tr><tr><td>Si Jun Zi Tang (4 Gentleman Decoction)</td><td>Si Wu Tang (4 Substances Decoction)</td></tr></table>	Qi deficiency	Blood deficiency	Si Jun Zi Tang (4 Gentleman Decoction)	Si Wu Tang (4 Substances Decoction)										
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SHI QUAN DA BU TANG All-inclusive great tonifying decoction 十全大補湯(십전대보탕) <u>Tonify Qi & Blood</u>	Ren Shen 6-9 Bai Zhu 9-12 Fu Ling 12-15 Zhi Gan Cao 3-6 Shu Di Huang 15-18 Bai Shao 12-15 Dang Gui 12-15 Chuan Xiong 6-9 Rou Gui 6-9 Huang Qi 15-18 Sheng Jiang 3p Da Zao 2p	<ul style="list-style-type: none">Qi & Blood deficiency with mild Deficiency-Cold: Qi and Blood deficiency in consumptive disorders with coughing, reduced appetite, spermatorrhea and weakness of the lower extremities; sores that refuse to heal, or continuous spotting from uterine bleeding, ㊟ pale, dusky with thin, white coat, ㊞ thin, weak, deep, possibly slowNote: Applicable in conditions of weakness of the circulatory system or digestive system, anemia, hypothyroidism, post-surgery, post-illness or other deficiency conditions.														
		<table><tr><th>Ba Zhen Tang (8 Treasure)</th><th>Mild Deficiency-Cold</th></tr><tr><td>Si Jun Zi Tang</td><td>Si Wu Tang</td></tr><tr><td></td><td>Huang Qi, Rou Gui</td></tr></table>	Ba Zhen Tang (8 Treasure)	Mild Deficiency-Cold	Si Jun Zi Tang	Si Wu Tang		Huang Qi, Rou Gui								
	Ba Zhen Tang (8 Treasure)	Mild Deficiency-Cold														
	Si Jun Zi Tang	Si Wu Tang														
	Huang Qi, Rou Gui															

GUI PI TANG Restore the spleen decoction 歸脾湯(귀비탕) Tonify Qi & Blood	Ren Shen 3-6 Huang Qi 9-12 Bai Zhu 9-12 Zhi Gan Cao 3-6 Dang Gui 6-9 Long Yan Rou 6-9 Suan Zao Ren 9-12 Yuan Zhi 3-6 Fu Shen 9-12 Mu Xiang 3-6 Sheng Jiang 5p Da Zao 1p	<ul style="list-style-type: none">• SP Qi & HT Blood deficiency causing insomnia: Forgetfulness, palpitations with or without anxiety, insomnia, dream-disturbed sleep, anxiety, phobias, feverishness, withdrawal, reduced appetite, pallid and wan complexion, ① pale with thin coat, ② thin, weak• SP Qi Not Controlling Blood: Early periods with copious pale blood or prolonged almost continuous periods with little flow, leukorrhea, bloody stool, subcutaneous bleeding												
ZHI GAN CAO TANG Honey-fried licorice decoction 炙甘草湯(지감초탕) Tonify Qi & Blood	Zhi Gan Cao 12 Sheng Di Huang 24 Ren Shen 6 Da Zao 5-10p E Jiao 6 Mai Men Dong 9 Huo Ma Ren 9 Gui Zhi 9 Sheng Jiang 9	<ul style="list-style-type: none">• Qi & Blood deficiency causing irregular pulse: Palpitations with anxiety, irritability, insomnia, loss of appetite, emaciation, shortness of breath, constipation, dry mouth and throat, ① pale, shiny, ② consistently irregular or slow-irregular, or thin and weak												
TAI SHAN PAN SHI SAN Taishan bedrock powder 泰山磐石散(태산반석산) Tonify Qi & Blood	Ren Shen 5 Shu Di Huang 10 Xu Duan 5 Huang Qin 5 Bai Zhu 10 Huang Qi 15 Dang Gui 8 Bai Shao 6 Chuan Xiong 4 Sha Ren 4 Zhi Gan Cao 4	<ul style="list-style-type: none">• Qi & Blood deficiency with unsecured Chong & Ren vessels: Restless fetus, tendency to miscarriage, malpositioned fetus, and difficult delivery• Note: Also considered a prophylactic against miscarriage and difficult delivery.												
LIU WEI DI HUANG WAN Six-ingredient pill with rehmannia 六味地黃丸(육미지황환) Tonify Yin	Shu Di Huang 24 Shan Zhu Yu 12 Shan Yao 12 Fu Ling 9 Mu Dan Pi 9 Ze Xie 9	<ul style="list-style-type: none">• KD/LV Yin deficiency: Soreness and weakness of the lower back, light-headedness, vertigo, tinnitus, diminished hearing, dry mouth and throat, irritability, night sweats, spontaneous and nocturnal emissions, hot palms and soles, toothache, Wasting and Thirsting syndrome, ① red with little coat, ② thin, rapid• Note: This well balanced formula contains 3 tonifying herbs and 3 sedating herbs.												
		<table><tr><td></td><td>KD</td><td>LV</td><td>SP</td></tr><tr><td>Tonify</td><td>Shu Di Huang</td><td>Shan Zhu Yu</td><td>Shan Yao</td></tr><tr><td>Sedate</td><td>Ze Xie</td><td>Mu Dan Pi</td><td>Fu Ling</td></tr></table>		KD	LV	SP	Tonify	Shu Di Huang	Shan Zhu Yu	Shan Yao	Sedate	Ze Xie	Mu Dan Pi	Fu Ling
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LV: Eye disorders	KD: Deficiency-Heat	LU: Dry cough												
ZUO GUI YIN Restore the left (kidney) decoction 左歸飲(좌귀음) Tonify Yin	Shu Di Huang 6-60 Shan Zhu Yu 3-6 Shan Yao 3-6 Gou Qi Zi 6 Fu Ling 4.5 Zhi Gan Cao 3	<ul style="list-style-type: none">• KD Yin/Essence deficiency: Lower back soreness, spontaneous emissions, night sweats, dry mouth and throat, irritability, thirst with desire to drink, ① red and dry with peeled coat, ② thin, rapid• Note: Because it focuses on deficiency, it is indicated for cases without signs of Fire.												
		<table><tr><td>Zuo Gui Yin</td><td>Zuo Gui Wan®</td></tr><tr><td colspan="2">Shu Di Huang, Shan Yao, Shan Zhu Yu, Gou Qi Zi</td></tr><tr><td>Zhi Gan Cao, Fu Ling</td><td>Gui Ban Jiao, Lu Jiao Jiao, Tu Si Zi, Chuan Niu Xi</td></tr><tr><td colspan="2">For KD Yin deficiency</td></tr><tr><td>Less potent → For moderate case</td><td>More potent → For severe case</td></tr></table>		Zuo Gui Yin	Zuo Gui Wan®	Shu Di Huang, Shan Yao, Shan Zhu Yu, Gou Qi Zi		Zhi Gan Cao, Fu Ling	Gui Ban Jiao, Lu Jiao Jiao, Tu Si Zi, Chuan Niu Xi	For KD Yin deficiency		Less potent → For moderate case	More potent → For severe case	
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DA BU YIN WAN Great tonify the yin pill 大補陰丸(대보음환) Tonify Yin	Shu Di Huang 18 Gui Ban 18 Zhi Mu 12 Huang Bai 12	<ul style="list-style-type: none">• Severe KD/LV Yin/Essence deficiency with Empty Heat: Afternoon tidal fever, night sweats, spontaneous emission, irritability, sensation of heat and pain in the knees and legs sometimes accompanied by weakness, soreness and weakness of the lower back, ① red, dry ② rapid and full in the proximal position• Note: Focuses more on descending deficiency Fire, less on tonifying.												

YI GUAN JIAN Linking decoction 一貫煎(일관전) <u>Tonify Yin</u>	Gou Qi Zi 9-18 Dang Gui 9 Sheng Di Huang 18-45 Sha Shen 9 Mai Men Dong 9 Chuan Lian Zi 4.5	<ul style="list-style-type: none">• LV/KD Yin deficiency with mild LV Qi stagnation: Hypochondriac and chest pain, epigastric and abdominal distention, acid regurgitation, soreness and weakness of the lower back, dry mouth and throat, irritability, ① red, dry, ② thin, weak or empty, wiry• Note: Commonly used for chronic hepatitis.												
ER ZHI WAN Two solstice pill 二至丸(이지환) <u>Tonify Yin</u>	Nu Zhen Zi 7.5 Han Lian Cao 7.5	<ul style="list-style-type: none">• KD/LV Yin deficiency: Weakness and soreness of the lower back and knees, dizziness and blurred vision, insomnia and dream-disturbed sleep, premature graying or loss of hair, dry mouth and throat, irritability, ① red, dry, ② thin, rapid• Note: Focuses on bleeding disorders or premature graying.												
BAI HE GU JIN TANG Lily bulb decoction to preserve the metal 百合固金湯(백합고금탕) <u>Tonify Yin</u>	Bai He 9 Sheng Di Huang 18 Shu Di Huang 18 Mai Men Dong 9 Xuan Shen 4.8 Chuan Bei Mu 9 Jie Geng 4.8 Dang Gui 18 Bai Shao 6 Gan Cao 6	<ul style="list-style-type: none">• Internal Dryness of the LU: Cough with blood-streaked sputum, wheezing, dry and sore throat, hot palms and soles, night sweats, ① dry, red with little coat, ② thin, rapid• Note: Focuses on nourishing the Yin.												
JIN GUI SHEN QI WAN Kidney qi pill from the 'golden cabinet' 金櫃腎氣丸(금계신기환) <u>Tonify Yang</u>	Fu Zi 3 Gui Zhi 3 Sheng Di Huang 24 Shan Zhu Yu 12 Shan Yao 12 Fu Ling 9 Mu Dan Pi 9 Ze Xie 9	<ul style="list-style-type: none">• KD Yang deficiency: Cold and pain of the lower back and legs, tenseness of the lower abdomen, irritability to the point of difficulty to lie down, breathing most comfortable while leaning against something, ① pale, swollen with thin, white, moist coat ② empty or weak, deep and minute at proximal position• Note: Applicable for various disorders including diabetes, hypothyroidism, chronic nephritis, general debility and weakness, edema, bronchial asthma• Ba Wei Di Huang Wan (Modern version): <i>Sheng Di Huang → Shu Di Huang, Gui Zhi → Rou Gui</i> <table><tr><th>Liu Wei Di Huang Wan</th><th>Jin Gui Shen Qi Wan</th></tr><tr><td colspan="2">KD deficiency (KD3, RN4, UB23)</td></tr><tr><td>KD Yin (KD6, SP6)</td><td>KD Yang (KD7, DU4)</td></tr></table> <table><tr><th>Zuo Gui Yin</th><th>You Gui Wan</th></tr><tr><td>Liu Wei Di Huang Wan variation</td><td>Jin Gui Shen Qi Wan variation</td></tr><tr><td>KD Yin/Jing deficiency</td><td>KD Yang/Jing deficiency</td></tr></table>	Liu Wei Di Huang Wan	Jin Gui Shen Qi Wan	KD deficiency (KD3, RN4, UB23)		KD Yin (KD6, SP6)	KD Yang (KD7, DU4)	Zuo Gui Yin	You Gui Wan	Liu Wei Di Huang Wan variation	Jin Gui Shen Qi Wan variation	KD Yin/Jing deficiency	KD Yang/Jing deficiency
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KD Yin/Jing deficiency	KD Yang/Jing deficiency													
YOU GUI WAN Restore the right (kidney) pill 右歸丸(우귀환) <u>Tonify Yang</u>	Fu Zi 6-18 Rou Gui 6-12 Lu Jiao Jiao 12 Shu Di Huang 24 Shan Zhu Yu 9 Shan Yao 12 Gou Qi Zi 12 Tu Si Zi 12 Du Zhong 12 Dang Gui 9	<ul style="list-style-type: none">• KD Yang/Essence deficiency with Blood deficiency: Exhaustion from long-term illness, coolness of the extremities, impotence, spermatorrhea, aching and weakness of the lower back and knees, fatigue, aversion to cold, ① pale, swollen, ② thin, weak, especially at proximal position• Note: May also manifest as infertility, loose stools sometimes with undigested food particles, incontinence, edema of the legs. <table><tr><th>You Gui Yin®</th><th>You Gui Wan</th></tr><tr><td colspan="2">Shu Di Huang, Shan Yao, Shan Zhu Yu, Gou Qi Zi, Zhi Gan Cao, Du Zhong, Rou Gui, Fu Zi</td></tr><tr><td>Zhi Gan Cao</td><td>Lu Jiao Jiao, Tu Si Zi, Dang Gui</td></tr><tr><td colspan="2">For KD Yang deficiency</td></tr><tr><td>Less potent → For moderate case</td><td>More potent → For severe case</td></tr></table>	You Gui Yin®	You Gui Wan	Shu Di Huang, Shan Yao, Shan Zhu Yu, Gou Qi Zi, Zhi Gan Cao, Du Zhong, Rou Gui, Fu Zi		Zhi Gan Cao	Lu Jiao Jiao, Tu Si Zi, Dang Gui	For KD Yang deficiency		Less potent → For moderate case	More potent → For severe case		
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ER XIAN TANG Two immortal decoction 二仙湯(이선탕) <u>Tonify Yang</u>	Xian Mao 6-15 Yin Yang Huo 9-15 Ba Ji Tian 9 Zhi Mu 4.5-9 Huang Bai 4.5-9 Dang Gui 9	<ul style="list-style-type: none">• KD Yin/Yang deficiency with Empty-Fire: Menopausal symptoms, especially hypertension, fatigue, aversion to cold, lower back pain, weakness of the legs, ① pale, swollen, ② thin, weak, especially at the proximal position• Note: <i>Er Xian Tang</i> is a complex formula that is also used for essential hypertension and other disorders unrelated to menopause.												

8. STABILIZE & BIND									
MU LI SAN Oyster shell powder 牡蠣散(모려산) <i>Stabilize Exterior</i>	Mu Li 15-30 Huang Qi 9-15 Ma Huang Gen 3-9 Fu Xiao Mai 15-30	<ul style="list-style-type: none"> Unstable protective Qi with injury to the HT Yin: Spontaneous sweating that worsens at night, palpitations, easily startled, shortness of breath, irritability, general debility, lethargy, ㊴ pale-red, ㊵ thin, weak Note: Stops sweating without any tonifying action. 							
	Ying Su Ke 6-20 He Zi 6-15 Rou Dou Kou 9-15 Ren Shen 3-6 Bai Zhu 9-12 Rou Gui 3-4.5 Bai Shao 9-15 Dang Gui 6-12 Mu Xiang 6-9 Zhi Gan Cao 3-9	<ul style="list-style-type: none"> SP/KD Yang deficiency causing unremitting diarrhea: Unremitting diarrhea which may contain pus and blood, mild and persistent abdominal pain that responds favorably to local pressure or warmth, lethargy, wan complexion, reduced appetite, soreness of the lower back, ㊴ pale, ㊵ thin, slow Note: Treats both manifestation and root. 							
SI SHEN WAN Four-miracle pill 四神丸(사신환) <i>Stabilize Intestines</i>	Bu Gu Zhi 12 Rou Dou Kou 6 Wu Zhu Yu 3 Wu Wei Zi 6 Sheng Jiang 3p Da Zao 2p	<ul style="list-style-type: none"> SP/KD Yang deficiency causing daybreak diarrhea: Diarrhea which occurs just before sunrise, lack of interest in food and inability to digest what is eaten, soreness of the lower back with cold limbs, fatigue, lethargy, abdominal pain, ㊴ pale with thin white coat, ㊵ deep, slow and weak Note: Applicable for chronic colitis, chronic dysentery, tuberculosis of the colon, allergic colitis. 							
		<table> <tr> <th>Si Shen Wan</th><th>Li Zhong Wan</th></tr> <tr> <td colspan="2">Chronic diarrhea due to Yang deficiency</td></tr> <tr> <td>Tonify SP/KD Yang + Astringent</td><td>Tonify SP Yang only</td></tr> </table>	Si Shen Wan	Li Zhong Wan	Chronic diarrhea due to Yang deficiency		Tonify SP/KD Yang + Astringent	Tonify SP Yang only	
Si Shen Wan	Li Zhong Wan								
Chronic diarrhea due to Yang deficiency									
Tonify SP/KD Yang + Astringent	Tonify SP Yang only								
JIN SUO GU JING WAN Metal lock pill to stabilize the essence 金鎖固精丸(금쇄고정환) <i>Stabilize Essence</i>	Sha Yuan Zi 12 Lian Zi 12 Lian Xu 12 Qian Shi 12 Long Gu (Duan) 10 Mu Li (Duan) 10	<ul style="list-style-type: none"> Spermatorrhea due to KD deficiency: Chronic spermatorrhea, impotence, frequent urination to the point of incontinence, fatigue and weakness, sore and weak limbs, lower back pain, tinnitus, ㊴ pale, ㊵ thin, weak Note: Has been used to treat myasthenia gravis. 							
	Sang Piao Xiao 9-12 Long Gu 12-30 Gui Ban 9-15 Ren Shen 9-12 Fu Shen 9-12 Yuan Zhi 3-6 Shi Chang Pu 6-9 Dang Gui 6-9	<ul style="list-style-type: none"> Qi deficiency of the KD & HT: Frequent urination, gray and cloudy urine sometimes accompanied by spermatorrhea, disorientation, forgetfulness, ㊴ pale, ㊵ thin, weak, slow Note: Incontinence characterized by being aware of the urge to urinate, but unable to suppress it. 							
SHOU TAI WAN Fetus longevity pill 壽胎丸(수태환) <i>Stabilize Essence</i>	Tu Si Zi 12 Sang Ji Sheng 6 Xu Duan 6 E Jiao 6	<ul style="list-style-type: none"> KD deficiency leading to instability of the Chong & Ren channels: Restless Fetus disorder and in severe cases vaginal bleeding during pregnancy or miscarriage, frequent urination to the point of incontinence, dizziness, tinnitus, weak legs, ㊴ slippery coat, ㊵ weak, deep Note: Also used as a preventative measure. 							
	Gui Ban 15 Bai Shao 15 Huang Qin 15 Huang Bai 6 Xiang Fu 6 Chun Pi 12	<ul style="list-style-type: none"> Constrained LV Fire injuring Chong & Ren causing <i>Beng Lou</i> 崩漏 syndrome: Continuous menstruation or uterine bleeding that alternates between trickling and gushing with very red blood and possibly purple clots, sensation of heat and irritability in the chest, abdominal pain, dark urine, ㊴ red, ㊵ rapid, wiry Note: The Yin deficiency of this condition is overshadowed by the Heat; <i>Basic Questions</i> 素問 described it as "deficient Yin and belligerent Yang." 							
GU JING WAN Stabilize the menses pill 固經丸(고경환) <i>Stabilize Womb</i>		<table> <tr> <th>Gu Jing Wan</th><th>Wen Jing Tang</th></tr> <tr> <td colspan="2">Continuous menstruation or uterine bleeding</td></tr> <tr> <td>LV Fire → Yin def. heat</td><td>Def. Cold + Blood stasis</td></tr> </table>	Gu Jing Wan	Wen Jing Tang	Continuous menstruation or uterine bleeding		LV Fire → Yin def. heat	Def. Cold + Blood stasis	
Gu Jing Wan	Wen Jing Tang								
Continuous menstruation or uterine bleeding									
LV Fire → Yin def. heat	Def. Cold + Blood stasis								
Bai Zhu 30 Shan Yao 30 Ren Shen 6 Cang Zhu 9 Che Qian Zi 9 Bai Shao 15 Chen Pi 1.5 Chai Hu 1.8 Jing Jie Sui 1.5 Gan Cao 3	<ul style="list-style-type: none"> Leukorrhea due to Dai/SP deficiency with Damp/Qi stagnation: Profuse, thin, white or pale-yellow vaginal discharge, loose stools, fatigue, shiny and pale face, ㊴ pale with white coat, ㊵ soggy, weak Note: Also for edema during menstruation or pregnancy. 								
WAN DAI TANG End discharge decoction 完帶湯(완대탕) <i>Stabilize Womb</i>		<table> <tr> <th>Wan Dai Tang</th><th>Yi Huang San</th></tr> <tr> <td colspan="2">Stop vaginal discharge</td></tr> <tr> <td>SP deficiency + Damp + Qi stagnation → white discharge, non-fetid</td><td>SP deficiency + Damp-Heat → yellow discharge, fetid</td></tr> </table>	Wan Dai Tang	Yi Huang San	Stop vaginal discharge		SP deficiency + Damp + Qi stagnation → white discharge, non-fetid	SP deficiency + Damp-Heat → yellow discharge, fetid	
Wan Dai Tang	Yi Huang San								
Stop vaginal discharge									
SP deficiency + Damp + Qi stagnation → white discharge, non-fetid	SP deficiency + Damp-Heat → yellow discharge, fetid								

9. CALM SPIRIT

<div>TIAN WANG BU XIN DAN</div> <div>Emperor of heaven's special pill to tonify the heart 天王補心丹(천왕보심단)</div> <div>Nourish Heart & Calm Spirit</div>	<div><div>Sheng Di Huang12</div><div>Tian Men Dong9</div><div>Mai Men Dong9</div><div>Xuan Shen5</div><div>Dan Shen5</div><div>Dang Gui9</div><div>Bai Zi Ren9</div><div>Yuan Zhi5</div><div>Ren Shen5</div><div>Fu Ling5</div><div>Suan Zao Ren9</div><div>Wu Wei Zi9</div><div>Jie Geng5</div><div>Zhu Shacoat</div><div>Long Yan Routea</div></div>	<div><div>• HT & KD Yin deficiency with Empty-Fire: Irritability, palpitations with anxiety, fatigue, insomnia with very restless sleep, inability to think or concentrate for even short periods of time, nocturnal emissions, forgetfulness, dry stools, mouth or tongue sores, low grade fever, night sweats, ① red with little coat, ② thin, rapid</div><div>• Note: This formula is a good choice for elderly patients with sleeping difficulties accompanied by dry-stool constipation.</div></div> <div><div>INSOMNIA → HT7, SP6, Anmian</div><div><div>Suan Zao Ren Tang</div><div>Tian Wang Bu Xin Dan</div><div>Gui Pi Tang</div></div><div><div>LV Blood deficiency → HT Yin deficiency</div><div>HT & KD Yin deficiency with Heat</div><div>SP Qi & HT Blood deficiency</div></div><div><div>① red, ② wiry, thin, rapid</div><div>① red, no coat, ② thin, rapid</div><div>① pale, ② thin, weak</div></div><div><div>→ UB15, UB18</div><div>→ UB15, UB23</div><div>→ UB15, UB20</div></div></div>
<div>SUAN ZAO REN TANG</div> <div>Sour jujube decoction 酸棗仁湯(산조인탕)</div> <div>Nourish Heart & Calm Spirit</div>	<div><div>Suan Zao Ren12-18</div><div>Chuan Xiong6</div><div>Fu Ling6</div><div>Zhi Mu6</div><div>Gan Cao3</div></div>	<div><div>• LV Blood & HT Yin deficiency with Empty-Heat: Inability to sleep, palpitations, anxiety, irritability, night sweats, dizziness and vertigo, dry throat and mouth, ① red and dry, ② wiry, thin, rapid</div><div>• Note: Sometimes this formula is given half-hour before bedtime while another formula is given during the day to address the root of the problem.</div></div> <div><div>Ding Zhi Wan</div><div>Suan Zao Ren Tang</div><div>HT deficiency (palpitations, anxiety) → Calm Shen</div><div><div>↑ HT Qi, open HT orifice</div><div>↑ LV Blood & HT Yin, ↓ Empty-Heat</div></div></div>
<div>HUANG LIAN E JIAO TANG</div> <div>Coptis and ass-hide gelatin decoction 黃連阿膠湯(황련아교탕)</div> <div>Nourish Heart & Calm Spirit</div>	<div><div>Huang Lian4-6</div><div>E Jiao9</div><div>Huang Qin6</div><div>Bai Shao6</div><div>Ji Zi Huang2 yolks</div></div>	<div><div>• Fire from Yin deficiency affecting Spirit: Irritability with sensation of heat in chest, insomnia, palpitations with anxiety, ① red with dry yellow coat, ② thin, rapid</div><div>• Note: Shang Han Lun uses this formula for heat transformation patterns in the Shaoyin level.</div></div> <div><div>SHAO YIN – COLD Pattern</div><div>Shang Han Lun</div><div>SHAO YIN – HEAT Pattern</div><div><div>Chills, a feeling of cold, lying with the body curled, listlessness, desire to sleep, cold limbs, diarrhea, absence of thirst, frequent pale urination, ① pale, wet, white coat, ② deep, weak, slow</div><div>A feeling of heat, irritability, insomnia, dry mouth and throat at night, dark urine, night sweating, ① red without coat, ② thin, rapid</div></div><div><div>Si Ni Tang</div><div>Huang Lian E Jiao Tang</div></div></div>
<div>GAN MAI DA ZAO TANG</div> <div>Licorice, wheat and jujube decoction 甘麥大棗湯(감맥대조탕)</div> <div>Nourish Heart & Calm Spirit</div>	<div><div>Xiao Mai9-15</div><div>Gan Cao9</div><div>Da Zao10p</div></div>	<div><div>• HT Yin deficiency with LV Qi stagnation causing Restless Organ (Zang Zao) disorder: Disorientation, frequent attacks of melancholy, crying spells, inability to control oneself, irritability, palpitations with anxiety, restless sleep sometimes with night sweats, frequent bouts of yawning, abnormal behavior and speech in severe cases, ① red with sparse coat, ② thin, rapid</div><div>• Note: Restless organ disorder (Zang Zao 臟躁) is an emotional condition that is generally due to excessive worry, anxiety, or pensiveness. This condition is characterized by HT Blood deficiency and LV Qi stagnation. The pathodynamic underlying this disorder is outlined of Essentials from Golden Cabinet (Jin Gui Yao Lao 金櫃要略).</div></div> <div><div>Gan Mai Da Zao Tang</div><div>Xiao Yao San</div><div>LV Qi stagnation → depression</div><div><div>HT Yin deficiency</div><div>LV Blood & SP Qi deficiency</div></div><div><div>melancholy, ① red, no coat ② thin, rapid</div><div>irregular menses, ① pale-red ② wiry, empty</div></div></div>

10. REGULATE QI

YUE JU WAN Escape restraint pill 越鞠丸(월국환) <u>Move Qi</u>	Cang Zhu 6-12 Chuan Xiong 6-12 Xiang Fu 6-12 Zhi Zi 6-12 Shen Qu 6-12	<ul style="list-style-type: none">• Six Stagnations of Qi, Blood, Phlegm, Damp, Fire and Food: Focal distention and stifling sensation in the chest and abdomen, fixed pain in the hypochondria, belching, acid regurgitation, mild cough with copious sputum, reduced appetite, indigestion, ① red purple tongue with yellow greasy coat, ② wiry, slippery, rapid• Note: The Six Stagnations arise from LV Qi stagnation affecting the function of the SP. <table><tr><th>QI</th><th>BLOOD</th><th>DAMP</th><th>PHLEGM</th><th>HEAT</th><th>FOOD</th></tr><tr><td>Xiang Fu</td><td>Chuan Xiong</td><td colspan="2">Cang Zhu</td><td>Zhi Zi</td><td>Shen Qu</td></tr></table> <table><tr><th>Si Ni San</th><th>Xiao Yao San</th><th>Yue Ju Wan</th></tr><tr><td colspan="3">LV Qi stagnation: pain/distention, wiry pulse</td></tr><tr><td>LV/SP disharmony</td><td>Blood/Qi deficiency</td><td>All six stagnations</td></tr><tr><td>cold extremities</td><td>irregular menstruation</td><td>pain, indigestion, vomiting</td></tr></table>	QI	BLOOD	DAMP	PHLEGM	HEAT	FOOD	Xiang Fu	Chuan Xiong	Cang Zhu		Zhi Zi	Shen Qu	Si Ni San	Xiao Yao San	Yue Ju Wan	LV Qi stagnation: pain/distention, wiry pulse			LV/SP disharmony	Blood/Qi deficiency	All six stagnations	cold extremities	irregular menstruation	pain, indigestion, vomiting
QI	BLOOD	DAMP	PHLEGM	HEAT	FOOD																					
Xiang Fu	Chuan Xiong	Cang Zhu		Zhi Zi	Shen Qu																					
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cold extremities	irregular menstruation	pain, indigestion, vomiting																								
CHAI HU SHU GAN SAN Bupleurum powder to dredge the liver 柴胡疏肝散(시호소간산) <u>Move Qi</u>	Chai Hu 6 Xiang Fu 4.5 Chuan Xiong 4.5 Chen Pi 6 Zhi Ke 4.5 Bai Shao 4.5 Zhi Gan Cao 1.5	<ul style="list-style-type: none">• LV Qi stagnation causing pain: Flank pain, a stifling sensation in the chest, sighing, easily angered, belching, abdominal distention and fullness, alternating chills and fever, ② wiry• Note: Also treats various types of abdominal pain, dysmenorrhea, and back pain. <div><div>Si Ni San (Chai Hu, Bai Shao, Zhi Ke, Zhi Gan Cao)</div><div>+</div><div>Xiang Fu, Chuan Xiong, Chen Pi</div></div> <p>→ Spreads the LV Qi, harmonizes the Blood, and alleviates pain</p>																								
BAN XIA HOU PO TANG Pinellia and magnolia bark decoction 半夏厚朴湯(반하후박탕) <u>Move Qi</u>	Ban Xia 9-12 Hou Po 9 Fu Ling 12 Zi Su Ye 6 Sheng Jiang 9	<ul style="list-style-type: none">• LV Qi & Phlegm stagnation lodging in the throat causing Plum-pit syndrome: Feeling of something caught in the throat that can be neither swallowed nor ejected, stifling sensation in the chest and hypochondria, possible coughing or vomiting, ① moist or greasy white coat, ② wiry, slippery• Note: This formula addresses the branch more than the root; although LV Qi stagnation is the indication, no herbs in this formula specifically address LV Qi.																								
LIANG FU WAN Galangal and cyperus pill 良附丸(양부환) <u>Move Qi</u>	Gao Liang Jiang 9 Xiang Fu 9	<ul style="list-style-type: none">• LV Qi stagnation with ST Cold causing pain: Epigastric pain, stifling sensation in the chest, hypochondriac pain, menstrual pain, ① white coat, ② wiry and possibly tight or slow• Note: Problems improve with local application of heat.																								
JIN LING ZI SAN Melia toosendan powder 金鈴子散(금령자산) <u>Move Qi</u>	Chuan Lian Zi 9 Yan Hu Suo 9	<ul style="list-style-type: none">• Pain due to LV stagnation with Heat: Intermittent epigastric and hypochondriac pain or menstrual pain, irritability, ① red with yellow coat, ② wiry or rapid• Note: Pain is aggravated by ingesting hot food or beverages.																								
TIAN TAI WU YAO SAN Top-quality linden powder 天台烏藥散(천대오약산) <u>Move Qi</u>	Wu Yao 12 Xiao Hui Xiang 6 Gao Liang Jiang 9 Qing Pi 6 Mu Xiang 6 Bing Lang 9 Chuan Lian Zi 12 (Ba Dou) 12	<ul style="list-style-type: none">• Cold invading the LV channel causing Qi stagnation: Lower abdominal pain radiating to the testicles, ① pale with white coat, ② slow or wiry• Note: Also for hypochondriac or menstrual pain.																								
NUAN GAN JIAN Warm the liver decoction 暖肝煎(난간전) <u>Move Qi</u>	Xiao Hui Xiang 6 Rou Gui 3 Dang Gui 6 Gou Qi Zi 9 Wu Yao 6 Chen Xiang 3 Fu Ling 6 Sheng Jiang 3-5p	<ul style="list-style-type: none">• Cold from LV/KD deficiency: Lower abdominal pain that is sharp and localized and increases with local application of cold, ① pale especially at sides and root, ② deep, tight• Note: A form of hernial disorder; Also for swollen and painful scrotum.																								
SU ZI JIANG QI TANG Perilla fruit decoction for directing qi downward 蘇子降氣湯(소자강기탕) <u>Descend Qi</u>	Zi Su Zi 9-12 Ban Xia 6-9 Hou Po 3-6 Chen Pi 6-9 Qian Hu 6-9 Rou Gui 1.5-3 Dang Gui 6-9 Zi Su Ye 5 leaves Sheng Jiang 2p Da Zao 3p Zhi Gan Cao 3-4.5	<ul style="list-style-type: none">• LU Cold-Phlegm (excess above) with KD Yang deficiency (deficiency below): Coughing and wheezing with copious, watery, clear sputum; stifling sensation in the chest and diaphragm, dyspnea, shortness of breath, labored inhalation but smooth exhalation; possible weakness of the low back and legs, edema in the extremities, fatigue, ① white, greasy or slippery coat, ② slippery, weak pulse• Note: This formula can relieve wheezing, cough, and phlegm in asthma, bronchial asthma or chronic bronchitis patients. <table><tr><th colspan="2">Su Zi Jiang Qi Tang</th><th colspan="2">Ding Chuan Tang</th></tr><tr><td>Excess</td><td>Phlegm-Cold</td><td>Exterior</td><td>Wind-Cold</td></tr><tr><td>Deficiency</td><td>KD Yang deficiency</td><td>Interior</td><td>Phlegm-Heat</td></tr><tr><td colspan="2">ST40, UB13, UB23</td><td colspan="2">LU5, UB13, UB12</td></tr></table>	Su Zi Jiang Qi Tang		Ding Chuan Tang		Excess	Phlegm-Cold	Exterior	Wind-Cold	Deficiency	KD Yang deficiency	Interior	Phlegm-Heat	ST40, UB13, UB23		LU5, UB13, UB12									
Su Zi Jiang Qi Tang		Ding Chuan Tang																								
Excess	Phlegm-Cold	Exterior	Wind-Cold																							
Deficiency	KD Yang deficiency	Interior	Phlegm-Heat																							
ST40, UB13, UB23		LU5, UB13, UB12																								

DING CHUAN TANG Arrest wheezing decoction 定喘湯(정천탕) Descend Qi	Ma Huang 9 Bai Guo 9 (21p) Sang Bai Pi 9 Huang Qin 4.5 Xing Ren 4.5 Zi Su Zi 6 Ban Xia 9 Kuan Dong Hua 9 Gan Cao 3	<ul style="list-style-type: none">• Internal LU Phlegm-heat with external Wind-Cold causing rebellious LU Qi: Coughing and wheezing with copious thick yellow sputum, labored breathing, possibly simultaneous fever and chills, ㉠ greasy yellow coat, ㉡ slippery and rapid• Note: Most commonly <i>Ding Chuan Tang</i> is used to treat acute manifestations of chronic conditions such as bronchial asthma.																				
		<table><tr><th colspan="2">Ding Chuan Tang</th><th colspan="2">Ma Xing Shi Gan Tang</th></tr><tr><td colspan="4">coughing, wheezing, dyspnea, ㉠ red, yellow coating, ㉡ rapid, slippery</td></tr><tr><td colspan="2">thick yellow sputum, ㉠ greasy</td><td colspan="2">high fever, nasal flaring, ㉠ dry coat</td></tr><tr><td colspan="2">LU Phlegm-Heat</td><td colspan="2">LU Heat</td></tr><tr><td>LU5</td><td>Point</td><td colspan="2">LU10</td></tr></table>	Ding Chuan Tang		Ma Xing Shi Gan Tang		coughing, wheezing, dyspnea, ㉠ red, yellow coating, ㉡ rapid, slippery				thick yellow sputum, ㉠ greasy		high fever, nasal flaring, ㉠ dry coat		LU Phlegm-Heat		LU Heat		LU5	Point	LU10	
Ding Chuan Tang		Ma Xing Shi Gan Tang																				
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LU Phlegm-Heat		LU Heat																				
LU5	Point	LU10																				
XUAN FU DAI ZHE TANG Inula and haematite decoction 旋覆代赭湯(선복대자탕) Descend Qi	Xuan Fu Hua 9 Dai Zhe Shi 9-15 Ban Xia 9 Sheng Jiang 6-9 Ren Shen 6 Zhi Gan Cao 3-6 Da Zao 4p	<ul style="list-style-type: none">• Rebellious ST Qi due to ST deficiency with Damp-Phlegm: Hard epigastric focal distention, hiccough, belching, vomiting, ㉠ white slippery coat, ㉡ wiry, deficient• Note: Also for coughing and wheezing.																				
JU PI ZHU RU TANG Tangerine peel and bamboo shavings decoction 橘皮竹茹湯(글피죽여탕) Descend Qi	Chen Pi 9-12 Zhu Ru 9-12 Ren Shen 3 Sheng Jiang 6-9 Gan Cao 3-6 Da Zao 5p	<ul style="list-style-type: none">• Rebellious ST Qi due to ST deficiency with Heat: Hiccough, nausea, dry heaves, retching, belching, vomiting, ㉠ tender, red, ㉡ empty, rapid• Note: Also for vomiting due to debility after a prolonged illness or post-surgery.																				
		<table><tr><th colspan="2">Ju Pi Zhu Ru Tang</th><th colspan="2">Li Zhong Wan</th></tr><tr><td colspan="4">Rebellious ST Qi due to ST deficiency → ㉡ weak</td></tr><tr><td colspan="2">Heat → ㉠ red, ㉡ rapid</td><td colspan="2">Cold → ㉠ pale, ㉡ deep, slow</td></tr></table>	Ju Pi Zhu Ru Tang		Li Zhong Wan		Rebellious ST Qi due to ST deficiency → ㉡ weak				Heat → ㉠ red, ㉡ rapid		Cold → ㉠ pale, ㉡ deep, slow									
Ju Pi Zhu Ru Tang		Li Zhong Wan																				
Rebellious ST Qi due to ST deficiency → ㉡ weak																						
Heat → ㉠ red, ㉡ rapid		Cold → ㉠ pale, ㉡ deep, slow																				
DING XIANG SHI DI TANG Clove and persimmon calyx decoction 丁香柿蒂湯(정향시제탕) Descend Qi	Ding Xiang 3-6 Shi Di 6-9 Sheng Jiang 6-9 Ren Shen 3-6	<ul style="list-style-type: none">• Rebellious ST Qi due to ST Deficiency-Cold: Hiccough, belching, vomiting, stifling sensation in the epigastrium, focal distention of the chest, ㉠ pale with white coat, ㉡ submerged, slow• Note: Focuses on directing rebellious Qi downward and warming the Middle burner.																				

11. REGULATE BLOOD

TAO HE CHENG QI TANG Peach pit decoction to order the qi 桃核承氣湯(도락승기탕) <u>Invigorate Blood</u>	Tao Ren 12-15 Da Huang 12 Gui Zhi 6 Mang Xiao 6 Zhi Gan Cao 6	<ul style="list-style-type: none">• Accumulation of Blood stasis & Heat in the Lower burner: Acute lower abdominal pain, incontinence of urine, night time feverishness, delirious speech, irritability, restlessness, thirst, dysmenorrhea or amenorrhea, possible manic behavior, ㊶ purple with thin yellow coat, ㊷ submerged, full, choppy• Note: For various disorders which involve accumulation of Heat and Blood leading to clumping, such as traumatic injury or gynecological disorders.									
		<table><tr><td></td><th>Ingredients</th><th>Shang Han Lun</th></tr><tr><td>Tiao Wei Cheng Qi Tang</td><td>Da Huang, Mang Xiao, Gan Cao</td><td>Yangming organ level</td></tr><tr><td>Tao He Cheng Qi Tang</td><td>Tiao Wei + Tao Ren, Gui Zhi</td><td>Taiyang organ level</td></tr></table>		Ingredients	Shang Han Lun	Tiao Wei Cheng Qi Tang	Da Huang, Mang Xiao, Gan Cao	Yangming organ level	Tao He Cheng Qi Tang	Tiao Wei + Tao Ren, Gui Zhi	Taiyang organ level
		Ingredients	Shang Han Lun								
Tiao Wei Cheng Qi Tang	Da Huang, Mang Xiao, Gan Cao	Yangming organ level									
Tao He Cheng Qi Tang	Tiao Wei + Tao Ren, Gui Zhi	Taiyang organ level									

XUE FU ZHU YU TANG Drive out blood stasis in the mansion of blood decoction 血府逐瘀湯(혈부축어탕) <u>Invigorate Blood</u>	Tao Ren 12 Hong Hua 9 Chuan Xiong 4.5 Dang Gui 9 Chi Shao 6 Sheng Di Huang 9 Chuan Niu Xi 9 Chai Hu 3 Zhi Ke 6 Jie Geng 4.5 Gan Cao 6	<ul style="list-style-type: none">• Blood stasis with Qi stagnation in the chest: Chest and hypochondriac pain, chronic stubborn and piercing headache, chronic incessant hiccup, choking sensation when drinking, depression, warm sensation in the chest, palpitations, insomnia, restless sleep, irritability, mood swings, evening tidal fever, dark or purplish lips, complexion or sclera, ㊶ dark-red with dark spots on sides, ㊷ choppy, wiry, tight• Note: <i>Xue Fu Zhu Yu Tang</i> may be used for strange or unexplainable symptoms since "Peculiar diseases arise from stasis."									
		<table><tr><td>Xue Fu Zhu Yu Tang</td><td>=</td><td><table><tr><th>Blood stasis</th></tr><tr><td>Tao Hong Si Wu Tang</td></tr></table></td><td>+</td><td><table><tr><th>LV Qi stagnation</th></tr><tr><td>Si Ni San</td></tr></table></td></tr></table>	Xue Fu Zhu Yu Tang	=	<table><tr><th>Blood stasis</th></tr><tr><td>Tao Hong Si Wu Tang</td></tr></table>	Blood stasis	Tao Hong Si Wu Tang	+	<table><tr><th>LV Qi stagnation</th></tr><tr><td>Si Ni San</td></tr></table>	LV Qi stagnation	Si Ni San
	Xue Fu Zhu Yu Tang	=	<table><tr><th>Blood stasis</th></tr><tr><td>Tao Hong Si Wu Tang</td></tr></table>	Blood stasis	Tao Hong Si Wu Tang	+	<table><tr><th>LV Qi stagnation</th></tr><tr><td>Si Ni San</td></tr></table>	LV Qi stagnation	Si Ni San		
Blood stasis											
Tao Hong Si Wu Tang											
LV Qi stagnation											
Si Ni San											

ZHU YU TANG (Drive Out Blood-Stasis Decoction) → Activate Blood & Stop pain				
Xue Fu Zhu Yu Tang 血府逐瘀湯	Tong Qiao Zhu Yu Tang 通竅逐瘀湯	Ge Xia Zhu Yu Tang [®] 膈下逐瘀湯	Shao Fu Zhu Yu Tang [®] 少腹逐瘀湯	Shen Tong Zhu Yu Tang [®] 身痛逐瘀湯
Blood Mansion	Orifices	Below Diaphragm	Lower Abdomen	Painful Body
<ul style="list-style-type: none">• Tao Ren• Hong Hua• Chuan Xiong• Dang Gui• Chi Shao• Sheng Di Huang• Chai Hu• Zhi Ke• Jie Geng• Chuan Niu Xi• Gan Cao	<ul style="list-style-type: none">• Tao Ren• Hong Hua• Chuan Xiong• Chi Shao• Cong Bai• She Xiang• Sheng Jiang• Da Zao• Grain-based liquor	<ul style="list-style-type: none">• Tao Ren• Hong Hua• Chuan Xiong• Dang Gui• Chi Shao• Wu Ling Zhi• Mu Dan Pi• Yan Hu Suo• Xiang Fu• Wu Yao• Zhi Ke• Gan Cao	<ul style="list-style-type: none">• Chuan Xiong• Dang Gui• Chi Shao• Wu Ling Zhi• Mo Yao• Yan Hu Suo• Pu Huang• Gan Jiang• Xiao Hui Xiang• Rou Gui	<ul style="list-style-type: none">• Tao Ren• Hong Hua• Chuan Xiong• Dang Gui• Wu Ling Zhi• Mo Yao• Di Long• Xiang Fu• Huai Niu Xi• Qin Jiao• Qiang Huo• Gan Cao
Chest	Head/Face	Epigastrium	Lower Abdomen	Channels/Collaterals
→ Move Qi	→ Open Orifices	→ Move Qi	→ Warm Interior	→ Open Collaterals

BU YANG HUAN WU TANG Tonify the yang to restore five (tenths) decoction 補陽還五湯(보양환오탕) <u>Invigorate Blood</u>	Huang Qi 120 Dang Gui Wei 6 Chuan Xiong 3 Chi Shao 4.5 Tao Ren 3 Hong Hua 3 Di Long 3	<ul style="list-style-type: none">• Hemiplegia due to Qi/Blood stagnation in the channels with Qi deficiency: Sequelae of Wind-stroke including hemiplegia, paralysis and atrophy of the lower limbs, facial paralysis, slurred speech, drooling, dry stool, frequent urination or urinary incontinence, ㊶ white coat, ㊷ moderate• Note: Also for atrophy disorders.

FU YUAN HUO XUE TANG Revive health by invigorating the blood decoction 復元活血湯(복원활혈탕) <u>Invigorate Blood</u>	Dang Gui 9 Tao Ren 9-15 Hong Hua 6 Chuan Shan Jia 6 Da Huang (Jiu) 30 Tian Hua Fen 9 Chai Hu 15 Gan Cao 6	<ul style="list-style-type: none">• Blood stasis & Qi stagnation in the trunk due to trauma: Severe pain in the chest, hypochondria or flanks, ㊶ dark with stasis spots, ㊷ wiry• Note: Also treats various other disorders due to Blood stasis in the chest.

WEN JING TANG Warm the menses decoction 溫經湯(온경탕) <u>Invigorate Blood</u>	Wu Zhu Yu 9 Gui Zhi 6 Dang Gui 6 Chuan Xiong 6 Bai Shao 6 E Jiao 6 Mai Men Dong 9 Mu Dan Pi 6 Ren Shen 6 Sheng Jiang 6 Ban Xia 6 Gan Cao 6	<ul style="list-style-type: none">• Chong & Ren channel Deficiency-Cold with Blood stasis causing irregular menstruation: Mild persistent uterine bleeding, irregular menstruation, extended or continuous menstrual flow, bleeding between periods, lower abdominal pain, distention, infertility, dry lips and mouth, low-grade fever at dusk, warm palms and soles, ㊶ dusky (pale-purple) with thin coat, ㊷ deep, slow, thin, choppy, wiry• Note: This is one of the most important formulas for female infertility. Currently <i>Wen Jing Tang</i> is also used for impotence or seminal insufficiency.

SHENG HUA TANG Generation and transformation decoction 生化湯(생화탕) <u>Invigorate Blood</u>	Dang Gui 24 Chuan Xiong 9 Tao Ren 6-9 Pao Jiang 1.5 Zhi Gan Cao 1.5	<ul style="list-style-type: none">• Blood & Cold stagnation causing postpartum lochial retention: Retention of lochia accompanied by cold and pain in the lower abdomen, ㊶ pale-purple or pale with purple spots, ㊷ thin, choppy, deep• Note: Should only be used in patients with Blood stasis, Blood deficiency and Cold.

<div>GUI ZHI FU LING WAN</div> <div>Cinnamon twig and poria pill</div> <div>桂枝茯苓丸(계지복령환)</div> <div>Invigorate Blood</div>	<div>Gui Zhi</div> <div>Fu Ling</div> <div>Bai/Chi Shao</div> <div>Mu Dan Pi</div> <div>Tao Ren</div> <div>Feng Mi (honey)</div> <div>9-12</div> <div>9-12</div> <div>9-15</div> <div>9-12</div> <div>9-12</div> <div>envoy</div>	<div><div></div><div>Blood stasis in the uterus during pregnancy: Restless fetus; persistent mild uterine bleeding of purple or dark blood during pregnancy; abdominal pain that increases with pressure, ㉑ purple with dark spots and white or yellow coat, ㉒ choppy</div><div></div></div> <div><div></div><div>Note: Also for various conditions of Blood stasis in the uterus such as immobile masses in the lower abdomen with pain and tenderness, abdominal spasms and tension, amenorrhea with abdominal distention and pain, retention of lochia.</div><div></div></div>																				
	<table><tr><td>Tao He Cheng Qi Tang</td><td>Xue Fu Zhu Yu Tang</td><td>Gui Zhi Fu Ling Wan</td><td>Wen Jing Tang</td></tr><tr><td colspan="4">Blood stasis (UB17+SP10) → ㉑ purple, ㉒ choppy</td></tr><tr><td>+ Heat accumulation</td><td>+ Qi stagnation</td><td>•</td><td>+ Deficient Cold</td></tr><tr><td>in Lower burner</td><td>in Chest</td><td>in Uterus</td><td>in Chong/Ren</td></tr><tr><td>lower abdominal pain</td><td>chest pain, palpitation</td><td>masses, pregnant bleeding</td><td>irregular menses, infertility</td></tr></table>		Tao He Cheng Qi Tang	Xue Fu Zhu Yu Tang	Gui Zhi Fu Ling Wan	Wen Jing Tang	Blood stasis (UB17+SP10) → ㉑ purple, ㉒ choppy				+ Heat accumulation	+ Qi stagnation	•	+ Deficient Cold	in Lower burner	in Chest	in Uterus	in Chong/Ren	lower abdominal pain	chest pain, palpitation	masses, pregnant bleeding	irregular menses, infertility
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<div>SHI XIAO SAN</div> <div>Sudden smile powder</div> <div>失笑散(실소산)</div> <div>Invigorate Blood</div>	<div>Wu Ling Zhi</div> <div>Pu Huang</div> <div>6</div> <div>6</div>	<div><div></div><div>Blood stasis in the lower abdomen causing pain: Irregular menses, dysmenorrhea, retention of lochia, postpartum abdominal pain, acute, colicky pain in the lower abdomen, severe pain in the middle of the abdomen, epigastric pain, ㉑ purple, ㉒ deep, choppy</div><div></div></div> <div><div></div><div>Note: Particularly useful for Blood stasis in the LV channel; Modified version treats angina pectoris.</div><div></div></div>																				
<div>DAN SHEN YIN</div> <div>Salvia decoction</div> <div>丹参散(단삼음)</div> <div>Invigorate Blood</div>	<div>Dan Shen</div> <div>Tan Xiang</div> <div>Sha Ren</div> <div>30</div> <div>3</div> <div>3</div>	<div><div></div><div>Blood & Qi stagnation in the Upper/Middle burners causing chest pain: Epigastric pain that may radiate upward into the chest, ㉑ purple, ㉒ choppy</div><div></div></div> <div><div></div><div>Note: Particularly useful for epigastric, flank, or menstrual pain in women; Modified version treats angina pectoris.</div><div></div></div>																				
<table><tr><td colspan="2">Associated Modern Formulas</td><td>Indications</td></tr><tr><td>Angina Formula</td><td>No.2: Dan Shen 24g, Chi Shao 15g, Chuan Xiong 15g, Hong Hua 12g, Jiang Xiang 12g</td><td>Chest pain due to angina</td></tr><tr><td>Ectopic Pregnancy Formula</td><td>No.1: Dan Shen 15g, Chi Shao 9g, Tao Ren 9g, Ru Xiang 9g, Mo Yao 9g No.2: No.1 + San Leng 6g, E Zhu 6g</td><td>Abdominal pain due to ectopic pregnancy</td></tr></table>		Associated Modern Formulas		Indications	Angina Formula	No.2: Dan Shen 24g, Chi Shao 15g, Chuan Xiong 15g, Hong Hua 12g, Jiang Xiang 12g	Chest pain due to angina	Ectopic Pregnancy Formula	No.1: Dan Shen 15g, Chi Shao 9g, Tao Ren 9g, Ru Xiang 9g, Mo Yao 9g No.2: No.1 + San Leng 6g, E Zhu 6g	Abdominal pain due to ectopic pregnancy												
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<div>SHI HUI SAN</div> <div>Ten partially-charred substances powder</div> <div>十灰散(십회산)</div> <div>Stop Bleeding</div>	<div>Da Ji</div> <div>Xiao Ji</div> <div>He Ye</div> <div>Ce Bai Ye</div> <div>Bai Mao Gen</div> <div>Qian Cao Gen</div> <div>Zong Lu Pi</div> <div>Zhi Zi</div> <div>Da Huang</div> <div>Mu Dan Pi</div> <div>9</div> <div>15</div> <div>9</div> <div>9</div> <div>30</div> <div>12</div> <div>6</div> <div>12</div> <div>9</div> <div>9</div>	<div><div></div><div>Acute bleeding due to LV/ST Fire with Blood Heat: Vomiting blood, spitting blood or coughing of blood, bleeding that is profuse, bright in color, and of relatively acute onset, ㉑ red, ㉒ rapid</div><div></div></div> <div><div></div><div>Note: Often used in patients with tuberculosis.</div><div></div></div>																				
<div>XIAO JI YIN ZI</div> <div>Cephalanoplos decoction</div> <div>小蓟饮子(소계음자)</div> <div>Stop Bleeding</div>	<div>Xiao Ji</div> <div>Pu Huang</div> <div>Ou Jie</div> <div>Sheng Di Huang</div> <div>Hua Shi</div> <div>Mu Tong</div> <div>Dan Zhu Ye</div> <div>Zhi Zi</div> <div>Dang Gui</div> <div>Zhi Gan Cao</div> <div>9-15</div> <div>9-15</div> <div>9-15</div> <div>9-18</div> <div>9-15</div> <div>9-15</div> <div>9-15</div> <div>9-15</div> <div>9-15</div> <div>9-15</div>	<div><div></div><div>Heat causing urinary bleeding: Blood in the urine usually with urinary frequency, urgency, burning and pain; thirst, irritability, bleeding that is profuse, bright in color and of relatively acute onset, ㉑ red with thin yellow coat, ㉒ forceful, rapid</div><div></div></div> <div><div></div><div>Note: A well-rounded formula for treating blood in the urine due to excessive heat.</div><div></div></div>																				
<div>HUAI HUA SAN</div> <div>Sophora japonica powder</div> <div>槐花散(고화산)</div> <div>Stop Bleeding</div>	<div>Huai Hua</div> <div>Ce Bai Ye</div> <div>Jing Jie Sui</div> <div>Zhi Ke</div> <div>12</div> <div>12</div> <div>6</div> <div>6-9</div>	<div><div></div><div>Rectal bleeding due to LI Wind-Heat or Damp-Heat Toxin: Bleeding from the rectum during defecation, blood in the stool or bleeding hemorrhoids, bleeding that is profuse, bright in color, and of relatively acute onset, ㉑ red, ㉒ wiry or soggy, rapid</div><div></div></div> <div><div></div><div>Note: Combines stabilizing and dissipating ingredients.</div><div></div></div>																				
<div>JIAO AI TANG</div> <div>Ass-hide gelatin and mugwort decoction</div> <div>膠艾湯(교매탕)</div> <div>Stop Bleeding</div>	<div>E Jiao</div> <div>AI Ye</div> <div>Sheng Di Huang</div> <div>Dang Gui</div> <div>Bai Shao</div> <div>Chuan Xiong</div> <div>Gan Cao</div> <div>6</div> <div>9</div> <div>12</div> <div>9</div> <div>12</div> <div>6</div> <div>6</div>	<div><div></div><div>Uterine bleeding due to Chong/Ren Deficiency-Cold with Blood deficiency: Abdominal pain with pale, thin uterine bleeding, long unremitting bleeding, ㉑ pale, ㉒ thin, weak</div><div></div></div> <div><div></div><div>Note: Especially useful for Restless Fetus disorder.</div><div></div></div>																				
<table><tr><td>Gu Chong Tang</td><td>Jiao Ai Tang</td></tr><tr><td colspan="2">Uterine bleeding</td></tr><tr><td>SP Qi deficiency</td><td>LV Blood deficiency</td></tr></table>		Gu Chong Tang	Jiao Ai Tang	Uterine bleeding		SP Qi deficiency	LV Blood deficiency															
Gu Chong Tang	Jiao Ai Tang																					
Uterine bleeding																						
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12. EXPEL WIND

<div>CHUAN XIONG CHA TIAO SAN</div> <div>Ligusticum chuanxiong powder to be taken with green tea</div> <div>川芎茶調散(천궁다조산)</div> <div>Release External Wind</div>	<table><tr><td>Chuan Xiong</td><td>12</td></tr><tr><td>Qiang Huo</td><td>6</td></tr><tr><td>Bai Zhi</td><td>6</td></tr><tr><td>Jing Jie</td><td>12</td></tr><tr><td>Fang Feng</td><td>4.5</td></tr><tr><td>Bo He</td><td>24</td></tr><tr><td>Xi Xin</td><td>3</td></tr><tr><td>Zhi Gan Cao</td><td>6</td></tr></table>	Chuan Xiong	12	Qiang Huo	6	Bai Zhi	6	Jing Jie	12	Fang Feng	4.5	Bo He	24	Xi Xin	3	Zhi Gan Cao	6	<ul style="list-style-type: none">Headache from exterior Wind: Headache in any part of the head, fever and chills, dizziness, nasal congestion, ① thin white coating, ② floatingNote: Depending on the modifications, Chuan Xiong Cha Tiao San can be used for either Wind-Cold or Wind-Heat disorders.																						
Chuan Xiong	12																																							
Qiang Huo	6																																							
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<div>CANG ER ZI SAN</div> <div>Xanthium powder</div> <div>蒼耳子散(창이자산)</div> <div>Release External Wind</div>	<table><tr><td>Cang Er Zi</td><td>6-9</td></tr><tr><td>Xin Yi Hua</td><td>3-6</td></tr><tr><td>Bai Zhi</td><td>6-9</td></tr><tr><td>Bo He</td><td>3-6</td></tr></table>	Cang Er Zi	6-9	Xin Yi Hua	3-6	Bai Zhi	6-9	Bo He	3-6	<ul style="list-style-type: none">Wind causing nasal congestion or discharge: Copious, purulent and foul-smelling nasal discharge, nasal obstruction, dizziness, frontal headache, ① normal or yellow coat, ② floating, rapidNote: Profuse nasal discharge is known as Bi Yuan 鼻淵.																														
Cang Er Zi	6-9																																							
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<div>XIAO HUO LUO DAN</div> <div>Minor invigorate the collaterals special pill</div> <div>小活絡丹(소혈락단)</div> <div>Release External Wind</div>	<table><tr><td>Cao Wu</td><td>6</td></tr><tr><td>Chuan Wu</td><td>6</td></tr><tr><td>Tian Nan Xing</td><td>6</td></tr><tr><td>Ru Xiang</td><td>5</td></tr><tr><td>Mo Yao</td><td>5</td></tr><tr><td>Di Long</td><td>6</td></tr></table>	Cao Wu	6	Chuan Wu	6	Tian Nan Xing	6	Ru Xiang	5	Mo Yao	5	Di Long	6	<ul style="list-style-type: none">Wind-Phlegm obstruction with Blood stasis in the channels & collaterals: Chronic pain, weakness and numbness after wind-stroke, especially in the lower extremities, ① white moist coat, ② wiry, slipperyNote: Also for acute Wind-Cold-Damp Bi syndrome with fixed or migrating pain in the bones or joints and reduced range of motion. <table><tr><td>Xiao Huo Luo Dan</td><td>Du Huo Ji Sheng Tang</td></tr><tr><td colspan="2">Wind-Cold-Damp Bi syndrome</td></tr><tr><td>Acute Bi: excess (Wind-Phlegm + Blood stasis)</td><td>Chronic Bi: deficiency (LV/KD & Qi/Blood deficiency)</td></tr></table>	Xiao Huo Luo Dan	Du Huo Ji Sheng Tang	Wind-Cold-Damp Bi syndrome		Acute Bi: excess (Wind-Phlegm + Blood stasis)	Chronic Bi: deficiency (LV/KD & Qi/Blood deficiency)																				
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<div>XIAO FENG SAN</div> <div>Eliminate wind powder from true lineage</div> <div>消風散(소풍산)</div> <div>Release External Wind</div>	<table><tr><td>Jing Jie</td><td>6-9</td></tr><tr><td>Fang Feng</td><td>6-9</td></tr><tr><td>Niu Bang Zi</td><td>6-9</td></tr><tr><td>Chan Tui</td><td>6-9</td></tr><tr><td>Cang Zhu</td><td>6-9</td></tr><tr><td>Ku Shen</td><td>6-9</td></tr><tr><td>Mu Tong</td><td>3-4.5</td></tr><tr><td>Shi Gao</td><td>6-9</td></tr><tr><td>Zhi Mu</td><td>6-9</td></tr><tr><td>Sheng Di Huang</td><td>6-9</td></tr><tr><td>Dang Gui</td><td>6-9</td></tr><tr><td>Hei Zhi Ma</td><td>6-9</td></tr><tr><td>Gan Cao</td><td>3-4.5</td></tr></table>	Jing Jie	6-9	Fang Feng	6-9	Niu Bang Zi	6-9	Chan Tui	6-9	Cang Zhu	6-9	Ku Shen	6-9	Mu Tong	3-4.5	Shi Gao	6-9	Zhi Mu	6-9	Sheng Di Huang	6-9	Dang Gui	6-9	Hei Zhi Ma	6-9	Gan Cao	3-4.5	<ul style="list-style-type: none">Wind-Damp-Heat in the skin causing pruritis: Weepy, itchy, red skin lesions over a large part of the body, ① yellow or white coat, ② full, floating, rapidNote: This formula is suitable for acute or subacute conditions; it's not suitable for chronic conditions, and must be combined or modified in order to treat the root. <table><tr><td>King</td><td>Deputy 1</td><td>Deputy 2</td><td>Assistant</td></tr><tr><td><ul style="list-style-type: none">Jing JieFang FengNiu Bang ZiChan Tui</td><td><ul style="list-style-type: none">Cang ZhuKu ShenMu Tong</td><td><ul style="list-style-type: none">Shi GaoZhi Mu</td><td><ul style="list-style-type: none">Sheng DiDang GuiHei Zhi Ma</td></tr><tr><td>Wind</td><td>Damp</td><td>Heat</td><td>Blood</td></tr></table>	King	Deputy 1	Deputy 2	Assistant	<ul style="list-style-type: none">Jing JieFang FengNiu Bang ZiChan Tui	<ul style="list-style-type: none">Cang ZhuKu ShenMu Tong	<ul style="list-style-type: none">Shi GaoZhi Mu	<ul style="list-style-type: none">Sheng DiDang GuiHei Zhi Ma	Wind	Damp	Heat	Blood
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<div>LING JIAO GOU TENG TANG</div> <div>Antelope horn and uncaria decoction</div> <div>羚羊鉤藤散(영각구등음)</div> <div>Extinguish Internal Wind</div>	<table><tr><td>Ling Yang Jiao</td><td>4.5</td></tr><tr><td>Gou Teng</td><td>9</td></tr><tr><td>Sang Ye</td><td>6</td></tr><tr><td>Ju Hua</td><td>9</td></tr><tr><td>Bai Shao</td><td>9</td></tr><tr><td>Sheng Di Huang</td><td>15</td></tr><tr><td>Chuan Bei Mu</td><td>12</td></tr><tr><td>Zhu Ru</td><td>15</td></tr><tr><td>Fu Shen</td><td>9</td></tr><tr><td>Gan Cao</td><td>2.4</td></tr></table>	Ling Yang Jiao	4.5	Gou Teng	9	Sang Ye	6	Ju Hua	9	Bai Shao	9	Sheng Di Huang	15	Chuan Bei Mu	12	Zhu Ru	15	Fu Shen	9	Gan Cao	2.4	<ul style="list-style-type: none">Heat from excess in the LV channel generating internal Wind: Persistently high fever, irritability, dizziness, spasms of the extremities, convulsion and loss of consciousness, ① deep red, dry or burnt with prickles, ② wiry, rapidNote: This presentation is a form of tetanic collapse. Ling Jiao Gou Teng Tang focuses on extinguishing Wind and stopping spasms.																		
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<div>ZHEN GAN XI FENG TANG</div> <div>Sedate the liver and extinguish wind decoction</div> <div>鎮肝熄風湯(진간식풍탕)</div> <div>Extinguish Internal Wind</div>	<table><tr><td>Huai Niu Xi</td><td>30</td></tr><tr><td>Dai Zhe Shi</td><td>30</td></tr><tr><td>Long Gu</td><td>15</td></tr><tr><td>Mu Li</td><td>15</td></tr><tr><td>Gui Ban</td><td>15</td></tr><tr><td>Bai Shao</td><td>15</td></tr><tr><td>Xuan Shen</td><td>15</td></tr><tr><td>Tian Men Dong</td><td>15</td></tr><tr><td>Yin Chen</td><td>6</td></tr><tr><td>Chuan Lian Zi</td><td>6</td></tr><tr><td>Mai Ya</td><td>6</td></tr><tr><td>Gan Cao</td><td>4.5</td></tr></table>	Huai Niu Xi	30	Dai Zhe Shi	30	Long Gu	15	Mu Li	15	Gui Ban	15	Bai Shao	15	Xuan Shen	15	Tian Men Dong	15	Yin Chen	6	Chuan Lian Zi	6	Mai Ya	6	Gan Cao	4.5	<ul style="list-style-type: none">LV Yang rising & internal Wind due to LV/KD Yin deficiency: Severe dizziness and vertigo, disorientation, sudden loss of consciousness, motor dysfunction of the limbs and trunk or facial paralysis, flushed face as if intoxicated, ② wiry, long, fullNote: These symptoms are a precursor to Wind-stroke. This formula treats both the manifestation and the root. <table><tr><td>Zhen Gan Xi Feng Tang</td><td>Tian Ma Gou Teng Yin</td></tr><tr><td colspan="2">LV Yang rising with internal Wind</td></tr><tr><td>50% excess + 50% def.</td><td>90% excess + 10% def.</td></tr><tr><td>Tonify to treat symptoms</td><td>Sedate to treat symptoms</td></tr></table>	Zhen Gan Xi Feng Tang	Tian Ma Gou Teng Yin	LV Yang rising with internal Wind		50% excess + 50% def.	90% excess + 10% def.	Tonify to treat symptoms	Sedate to treat symptoms						
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Bai Shao	15																																							
Xuan Shen	15																																							
Tian Men Dong	15																																							
Yin Chen	6																																							
Chuan Lian Zi	6																																							
Mai Ya	6																																							
Gan Cao	4.5																																							
Zhen Gan Xi Feng Tang	Tian Ma Gou Teng Yin																																							
LV Yang rising with internal Wind																																								
50% excess + 50% def.	90% excess + 10% def.																																							
Tonify to treat symptoms	Sedate to treat symptoms																																							
<div>TIAN MA GOU TENG YIN</div> <div>Gastrodia and uncaria decoction</div> <div>天麻鉤藤散(천마구등음)</div> <div>Extinguish Internal Wind</div>	<table><tr><td>Tian Ma</td><td>9</td></tr><tr><td>Gou Teng</td><td>12-15</td></tr><tr><td>Shi Jue Ming</td><td>18-24</td></tr><tr><td>Zhi Zi</td><td>9</td></tr><tr><td>Huang Qin</td><td>9</td></tr><tr><td>Yi Mu Cao</td><td>9-12</td></tr><tr><td>Chuan Niu Xi</td><td>12</td></tr><tr><td>Du Zhong</td><td>9-12</td></tr><tr><td>Sang Ji Sheng</td><td>9-24</td></tr><tr><td>Ye Jiao Teng</td><td>9-30</td></tr><tr><td>Fu Shen</td><td>9-15</td></tr></table>	Tian Ma	9	Gou Teng	12-15	Shi Jue Ming	18-24	Zhi Zi	9	Huang Qin	9	Yi Mu Cao	9-12	Chuan Niu Xi	12	Du Zhong	9-12	Sang Ji Sheng	9-24	Ye Jiao Teng	9-30	Fu Shen	9-15	<ul style="list-style-type: none">LV Yang rising (90% excess and 10% deficiency): Headache, dizziness, vertigo, tinnitus, blurred vision, sensation of heat rushing to the head, insomnia, dream disturbed sleep, ① red with yellow coat, ② wiry, rapidLV Yang rising causing Internal Wind: Numbness, twitching, spasms, or hemiplegiaNote: One of the most frequently used formulas for hypertension.																
Tian Ma	9																																							
Gou Teng	12-15																																							
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13. TREAT DRYNESS

XING SU SAN

Xing Ren6-9

Zi Su Ye6-9

Qian Hu6-9

Jie Geng6

Zhi Ke6

Ban Xia6-9

Chen Pi6

Fu Ling6-9

Sheng Jiang2-3p

Da Zao2-3p

Gan Cao3

Apricot kernel and perilla leaf powder

杏蘇散(행소산)

Disperse & Moisten Dryness

- Cool-Dryness: Cough, dry throat, chills without sweating, watery sputum, stuffy nose, ㉠ dry with white coat, ㉡ wiry
- Note: For relatively superficial conditions.

Xing Su San		Sang Xing Tang	
Xing Ren, Zi Su Ye	King	Sang Ye, Xing Ren	
Cool-Dryness		Warm-Dryness	

SANG XING TANG

Sang Ye6-9

Xing Ren9-13.5

Zhi Zi6-9

Dan Dou Chi6-9

Zhe Bei Mu6-9

Sha Shen12-18

Li Pi6-9

Mulberry leaf and apricot kernel decoction

桑杏湯(상행탕)

Disperse & Moisten Dryness

- Warm-Dryness: Fever, hacking cough or cough with scanty sticky sputum, dry throat, ㉠ red with white coat, ㉡ floating, rapid
- Note: May also have coughing of blood.

QING ZAO JIU FEI TANG

Sang Ye9

Shi Gao7.5

Mai Men Dong3.6

E Jiao2.4

Hei Zhi Ma3

Xing Ren2.1

Pi Pa Ye3

Ren Shen2.1

Gan Cao3

Eliminate dryness and rescue the lungs decoction

清燥救肺湯(청조구폐탕)

Disperse & Moisten Dryness

- Dryness attacking the LU: Fever, hacking cough, wheezing, dry throat, sensation of fullness in the chest, hypochondriac pain, irritability, ㉠ dry, ㉡ empty, big, rapid
- Note: Also for acute-onset hemiplegia.

Qing Zao Jiu Fei Tang		Sang Xing Tang	
Treat Warm-dryness affecting the LU			
For severe cases		For mild cases	

MAI MEN DONG TANG

Mai Men Dong15-64

Ren Shen9

Jing Mi6-15

Dan Zao3-4p

Gan Cao6

Ban Xia6-9

Ophiopogonis decoction

麥門冬湯(맥문동탕)

Enrich Yin & Moisten Dryness

- LU/ST Qi & Yin deficiency: Coughing and spitting of saliva, wheezing, shortness of breath, dry and uncomfortable sensation in the throat, ㉠ dry, red with little coat, ㉡ empty, rapid
- Note: Also for belching or vomiting from deficient Stomach Yin.

14. EXPEL DAMPNES

14. EXPEL DAMPNES																				
PING WEI SAN Calm the stomach powder 平胃散(평위산) <u>Transform Damp</u>	Cang Zhu	12-15	<ul style="list-style-type: none">• Damp-Cold stagnation in the SP/ST: Distention and fullness in the epigastrium and abdomen, loss of taste and appetite, heavy sensation in the limbs, loose stool or diarrhea, easily fatigued, increased desire to sleep, nausea and vomiting, belching, acid regurgitation, ㉠ swollen with thick, white, greasy coat, ㉡ moderate, slippery• Note: Because it is bitter, acrid, warm and dry, this formula is contraindicated for Blood or Yin deficiency.																	
	Hou Po	9-12																		
	Chen Pi	9-12																		
	Zhi Gan Cao	3-6																		
	Sheng Jiang	2p																		
	Da Zao	2p																		
			<table><tr><th>Associated Formulas</th><th>Modifications</th><th>Indications</th></tr><tr><td>Bu Huan Jin Zheng Qi San</td><td>+ Huo Xiang, Ban Xia</td><td>Nausea, vomiting</td></tr><tr><td>Wei Ling Tang</td><td>+ Wu Ling San</td><td>Diarrhea, edema</td></tr><tr><td>Jia Wei Ping Wei San</td><td>+ Shen Qu, Mai Ya</td><td>Food retention</td></tr><tr><td>Ping Chen Tang</td><td>+ Er Chen Tang</td><td>Damp + Phlegm</td></tr></table>			Associated Formulas	Modifications	Indications	Bu Huan Jin Zheng Qi San	+ Huo Xiang, Ban Xia	Nausea, vomiting	Wei Ling Tang	+ Wu Ling San	Diarrhea, edema	Jia Wei Ping Wei San	+ Shen Qu, Mai Ya	Food retention	Ping Chen Tang	+ Er Chen Tang	Damp + Phlegm
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Ping Chen Tang	+ Er Chen Tang	Damp + Phlegm																		
			<table><tr><td></td><th>Cold in Middle burner</th><th>King Herb</th><th colspan="2">Points</th></tr><tr><td>Ping Wei San</td><td>Excess Cold-Damp</td><td>Cang Zhu</td><td rowspan="2">ST36 RN12</td><td>SP9</td></tr><tr><td>Li Zhong Wan</td><td>Deficiency Cold</td><td>Gan Jiang</td><td>SP3</td></tr></table>				Cold in Middle burner	King Herb	Points		Ping Wei San	Excess Cold-Damp	Cang Zhu	ST36 RN12	SP9	Li Zhong Wan	Deficiency Cold	Gan Jiang	SP3	
	Cold in Middle burner	King Herb	Points																	
Ping Wei San	Excess Cold-Damp	Cang Zhu	ST36 RN12	SP9																
Li Zhong Wan	Deficiency Cold	Gan Jiang		SP3																
HUO XIANG ZHENG QI SAN Agastache powder to rectify the qi 藿香正氣散(곡향정기산) <u>Transform Damp</u>	Hou Xiang	12	<ul style="list-style-type: none">• Damp stagnation in the Middle burner + External Wind-Cold: Fever and chills, headache, sensation of fullness and stifling oppression in the chest, pain in the epigastrium and abdomen, nausea and vomiting, borborygmus, diarrhea, loss of taste, ㉠ white, greasy coat, ㉡ moderate, soggy• Note: Used for intestinal flu.																	
	Hou Po	9																		
	Chen Pi	9																		
	Zi Su Ye	6																		
	Bai Zhi	6																		
	Ban Xia	9																		
	Da Fu Pi	9																		
	Bai Zhu	12																		
	Fu Ling	9																		
	Jie Geng	9																		
	Zhi Gan Cao	3																		
	Sheng Jiang	3p																		
	Da Zao	1p																		
			<table><tr><th>Ping Wei San</th><th>Huo Xiang Zheng Qi San</th></tr><tr><td colspan="2">Interior Damp</td></tr><tr><td>•</td><td>Exterior Wind-Cold</td></tr></table>			Ping Wei San	Huo Xiang Zheng Qi San	Interior Damp		•	Exterior Wind-Cold									
Ping Wei San	Huo Xiang Zheng Qi San																			
Interior Damp																				
•	Exterior Wind-Cold																			
YIN CHEN HAO TANG Artemisia Yinchenhao decoction 茵陳蒿湯(인진호탕) <u>Clear Damp-Heat</u>	Yin Chen	18	<ul style="list-style-type: none">• Jaundice due to LV/GB Damp-Heat: Jaundice the color of a fresh tangerine throughout the body, slight distention of the abdomen, urinary difficulty, heavy sensation in the body, fever, no thirst, ㉠ greasy yellow coat, ㉡ slippery or soggy• Note: Also for sweating from the head only.																	
	Zhi Zi	9-12																		
	Da Huang	6																		
BA ZHENG SAN Eight-herb powder for rectification 八正散(팔정산) <u>Clear Damp-Heat</u>	Qu Mai	6-12	<ul style="list-style-type: none">• Damp-Heat clumping in the Lower burner: Dark, turbid, scanty, difficult and painful urination; a dry mouth and throat; possible urinary retention, lower abdominal distention and pain, ㉠ yellow greasy coat, ㉡ slippery, rapid• Note: Commonly used for <i>Blood Lin</i> or <i>Heat Lin</i>.																	
	Bian Xu	6-12																		
	Hua Shi	12-30																		
	Che Qian Zi	9-15																		
	Mu Tong	3-6																		
	Zhi Zi	3-9																		
	Da Huang	6-9																		
	Deng Xin Cao	3-6																		
	Zhi Gan Cao	3-9																		
						<table><tr><th colspan="2">Associated Formulas</th><th>Indications</th></tr><tr><td>Wu Lin San (5 Dysuria Powder)</td><td>Chi Shao 30, Zhi Zi 30, Chi Fu Ling 9, Dang Gui 7.5, Gan Cao 7.5</td><td>Painful dysuria</td></tr><tr><td>San Jin Tang (3 Stone Decoction)</td><td>Jin Qian Cao 60, Hai Jin Sha 30, Ji Nei Jin 9, Qu Mai 12, Dong Kui Zi 12, Shi Wei 9</td><td>Stony painful dysuria</td></tr></table>			Associated Formulas		Indications	Wu Lin San (5 Dysuria Powder)	Chi Shao 30, Zhi Zi 30, Chi Fu Ling 9, Dang Gui 7.5, Gan Cao 7.5	Painful dysuria	San Jin Tang (3 Stone Decoction)	Jin Qian Cao 60, Hai Jin Sha 30, Ji Nei Jin 9, Qu Mai 12, Dong Kui Zi 12, Shi Wei 9	Stony painful dysuria			
	Associated Formulas					Indications														
	Wu Lin San (5 Dysuria Powder)	Chi Shao 30, Zhi Zi 30, Chi Fu Ling 9, Dang Gui 7.5, Gan Cao 7.5				Painful dysuria														
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			<table><tr><th>Ba Zheng San</th><th>Long Dan Xie Gan Tang</th><th>Ba Zheng San</th><th>Zhu Ling Tang</th></tr><tr><td colspan="2">Acute Lin syndrome</td><td colspan="2">Lin syndrome</td></tr><tr><td>UB Damp-Heat</td><td>LV/GB Damp-Heat</td><td>Acute Lin</td><td>Chronic Lin</td></tr></table>			Ba Zheng San	Long Dan Xie Gan Tang	Ba Zheng San	Zhu Ling Tang	Acute Lin syndrome		Lin syndrome		UB Damp-Heat	LV/GB Damp-Heat	Acute Lin	Chronic Lin			
Ba Zheng San	Long Dan Xie Gan Tang	Ba Zheng San	Zhu Ling Tang																	
Acute Lin syndrome		Lin syndrome																		
UB Damp-Heat	LV/GB Damp-Heat	Acute Lin	Chronic Lin																	
ER MIAO SAN Two marvel powder 二妙散(이묘산) <u>Clear Damp-Heat</u>	Huang Bai	9-12	<ul style="list-style-type: none">• Damp-Heat lodging in Lower burner: For a variety of disorders, including lower back and leg pain, weakness or atrophy of lower extremities, vaginal discharge, and Damp sores on the lower extremities, heavy sensation in body, fever, no thirst, ㉠ greasy yellow coat, ㉡ slippery or soggy																	
	Cang Zhu	6-9																		
			<table><tr><td></td><th>Ingredients</th><th>Actions</th></tr><tr><td>San Miao San</td><td>Er Miao San + Niu Xi</td><td>→ More guiding down</td></tr><tr><td>Si Miao San</td><td>San Miao San + Yi Yi Ren</td><td>→ More draining Damp</td></tr></table>				Ingredients	Actions	San Miao San	Er Miao San + Niu Xi	→ More guiding down	Si Miao San	San Miao San + Yi Yi Ren	→ More draining Damp						
	Ingredients	Actions																		
San Miao San	Er Miao San + Niu Xi	→ More guiding down																		
Si Miao San	San Miao San + Yi Yi Ren	→ More draining Damp																		

WU LING SAN Five-ingredient powder with poria 五苓散(오령산) Drain Damp	Ze Xie	15	<ul style="list-style-type: none">• Water-Damp retention marked by edema and difficult urination: Edema, generalized sensation of heaviness, diarrhea, urinary difficulty, possibly vomiting, ㊶ thick white or greasy, ㊷ slippery• Taiyang Fu syndrome: Also for UB water accumulation with possible external Wind-Cold, headache, fever, irritability, strong thirst but with vomiting immediately after drinking, urinary difficulty, ㊷ floating• Tan-Yin syndrome: Throbbing pulsations just below the umbilicus, vomiting frothy saliva, vertigo, shortness of breath, coughing																
	Fu Ling	9																	
	Zhu Ling	9																	
	Bai Zhu	9																	
	Gui Zhi	6																	
			<table><tr><th>Taiyang Fu</th><th>Formula</th></tr><tr><td>Water accumulation</td><td>Wu Ling San</td></tr><tr><td>Blood accumulation</td><td>Tao He Cheng Qi Tang</td></tr></table>	Taiyang Fu	Formula	Water accumulation	Wu Ling San	Blood accumulation	Tao He Cheng Qi Tang										
Taiyang Fu	Formula																		
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			<table><tr><th>Associated Formulas</th><th>Modifications</th><th>Indications</th></tr><tr><td>Si Ling San</td><td>Wu Ling San - Gui Zhi</td><td>urinary difficulty</td></tr><tr><td>Yin Chen Wu Ling San</td><td>Wu Ling San + Yin Chen</td><td>jaundice</td></tr><tr><td>Wei Ling Tang</td><td>Wu Ling San + Ping Wei San</td><td>diarrhea, edema</td></tr></table>	Associated Formulas	Modifications	Indications	Si Ling San	Wu Ling San - Gui Zhi	urinary difficulty	Yin Chen Wu Ling San	Wu Ling San + Yin Chen	jaundice	Wei Ling Tang	Wu Ling San + Ping Wei San	diarrhea, edema				
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Si Ling San	Wu Ling San - Gui Zhi	urinary difficulty																	
Yin Chen Wu Ling San	Wu Ling San + Yin Chen	jaundice																	
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ZHU LING TANG Polyporus decoction 豬苓湯(지령탕) Drain Damp	Zhu Ling	6-9	<ul style="list-style-type: none">• Water & Heat retention in the UB with Yin injury: Urinary difficulty, fever, thirst with a desire to drink, diarrhea, cough, nausea, irritability, insomnia, ㊶ red with dry yellow coat, ㊷ thin, rapid• Note: Also for diarrhea in infants from Damp-Heat and injury to the Yin.																
	Fu Ling	6-9																	
	Ze Xie	6-9																	
	Hua Shi	6-9																	
	E Jiao	6-9																	
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㊶ pale, ㊷ slippery or superficial	㊶ red, yellow coating, ㊷ thin, rapid																		
WU PI SAN Five-peel powder 五皮散(오피산) Drain Damp	Sang Bai Pi	15	<ul style="list-style-type: none">• SP Qi deficiency with excessive Damp causing skin edema (Pi Shui 皮水 syndrome): Generalized edema with a sensation of heaviness, distension and fullness in the epigastrium and abdomen, labored and heavy breathing, urinary difficulty, ㊶ white greasy coat, ㊷ deep, moderate• Note: Also for generalized edema during pregnancy.																
	Sheng Jiang Pi	6																	
	Fu Ling Pi	15																	
	Chen Pi	9																	
	Da Fu Pi	15																	
			<table><tr><th>Wu Ling San</th><th>Zhu Ling Tang</th><th>Wu Pi San</th><th>Zhen Wu Tang</th></tr><tr><td><ul style="list-style-type: none">• Ze Xie• Fu Ling• Zhu Ling• Bai Zhu• Gui Zhi</td><td><ul style="list-style-type: none">• Zhu Ling• Fu Ling• Ze Xie• Hua Shi• E Jiao</td><td><ul style="list-style-type: none">• Sang Bai Pi• Sheng Jiang Pi• Fu Ling Pi• Chen Pi• Da Fu Pi</td><td><ul style="list-style-type: none">• Fu Zi• Bai Zhu• Fu Ling• Sheng Jiang• Bai Shao</td></tr><tr><td colspan="4">Water accumulation</td></tr><tr><td>Dysfunction of UB Qi transformation</td><td>Heat accumulation causing Yin deficiency</td><td>SP Qi deficiency causing skin edema</td><td>KD/SP Yang deficiency causing edema/pain</td></tr></table>	Wu Ling San	Zhu Ling Tang	Wu Pi San	Zhen Wu Tang	<ul style="list-style-type: none">• Ze Xie• Fu Ling• Zhu Ling• Bai Zhu• Gui Zhi	<ul style="list-style-type: none">• Zhu Ling• Fu Ling• Ze Xie• Hua Shi• E Jiao	<ul style="list-style-type: none">• Sang Bai Pi• Sheng Jiang Pi• Fu Ling Pi• Chen Pi• Da Fu Pi	<ul style="list-style-type: none">• Fu Zi• Bai Zhu• Fu Ling• Sheng Jiang• Bai Shao	Water accumulation				Dysfunction of UB Qi transformation	Heat accumulation causing Yin deficiency	SP Qi deficiency causing skin edema	KD/SP Yang deficiency causing edema/pain
Wu Ling San	Zhu Ling Tang	Wu Pi San	Zhen Wu Tang																
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Water accumulation																			
Dysfunction of UB Qi transformation	Heat accumulation causing Yin deficiency	SP Qi deficiency causing skin edema	KD/SP Yang deficiency causing edema/pain																
LING GUI ZHU GAN TANG Poria, cinnamon twig, atractylodes macrocephala, and licorice decoction 苓桂朮甘湯(영계출감탕) Transform Cold-Damp	Fu Ling	12	<ul style="list-style-type: none">• LU Damp-Phlegm or Phlegm-fluid (Tan Yin 痰飲) syndrome: Cough with copious sputum, fullness in the chest and hypochondrium, palpitations, shortness of breath, dizziness, vertigo, ㊶ pale and swollen with white slippery coat, ㊷ wiry or soggy• Note: Focuses on harmonizing the fluids and qi dynamic. For any condition marked by cold in the Lower burner leading to thin mucus throughout the Triple burner.																
	Gui Zhi	9																	
	Bai Zhu	6																	
	Zhi Gan Cao	6																	
ZHEN WU TANG True warrior decoction 眞武湯(진무탕) Transform Cold-Damp	Fu Zi	9	<ul style="list-style-type: none">• KD/SP Yang deficiency causing Water retention: Abdominal pain aggravated by cold, urinary difficulty, deep aching and heaviness in the extremities, generalized edema, loose stools, dizziness, heavy sensation in the head, palpitations, coughing, vomiting, ㊶ pale/purple swollen tongue with teeth marks and a white slippery coat, ㊷ deep, thin, weak• Overuse of diaphoresis in Taiyang syndrome causing palpitation & shivering: Fever, palpitation in the epigastrium, dizziness, shivering and trembling with an unsteady appearance																
	Bai Zhu	6																	
	Fu Ling	9																	
	Sheng Jiang	9																	
	Bai Shao	9																	
			<table><tr><th>Zhen Wu Tang</th><th>Si Ni Tang</th><th>Si Shen Wan</th></tr><tr><td colspan="3">KD Yang deficiency (KD3, KD7, DU4, UB23)</td></tr><tr><td>Water edema + pain</td><td>Yin Jue or Yang collapse</td><td>daybreak diarrhea</td></tr></table>	Zhen Wu Tang	Si Ni Tang	Si Shen Wan	KD Yang deficiency (KD3, KD7, DU4, UB23)			Water edema + pain	Yin Jue or Yang collapse	daybreak diarrhea							
Zhen Wu Tang	Si Ni Tang	Si Shen Wan																	
KD Yang deficiency (KD3, KD7, DU4, UB23)																			
Water edema + pain	Yin Jue or Yang collapse	daybreak diarrhea																	

SHI PI YIN Bolster the spleen decoction 實脾飲(실비음) Transform Cold-Damp	Fu Zi 6 Gan Jiang 6 Fu Ling 6 Bai Zhu 6 Mu Gua 6 Hou Po 6 Mu Xiang 6 Da Fu Pi 6 Cao Guo 6 Zhi Gan Cao 5 Sheng Jiang 5p Da Zao 1p	<ul style="list-style-type: none">• Yin edema due to SP/KD Yang deficiency: Generalized edema that is more severe below the waist, cold extremities, chest and abdominal fullness and distention, loss of appetite, scanty urination, liquidy unformed stools, ㊟ thick greasy coat, ㊞ submerged, slow, thin								
<table><tr><th>Shi Pi Yin</th><th>Zhen Wu Tang</th></tr><tr><td colspan="2">Yin edema due to KD/SP Yang deficiency</td></tr><tr><td>Focuses on the SP</td><td>Focuses on the KD</td></tr></table>		Shi Pi Yin	Zhen Wu Tang	Yin edema due to KD/SP Yang deficiency		Focuses on the SP	Focuses on the KD			
Shi Pi Yin	Zhen Wu Tang									
Yin edema due to KD/SP Yang deficiency										
Focuses on the SP	Focuses on the KD									
BI XIE FEN QING YIN Dioscorea hypoglauca decoction to separate the clear 萹藤分清飲(비해분청음) Transform Cold-Damp	Bi Xie 9-12 Yi Zhi Ren 9 Wu Yao 9 Shi Chang Pu 9	<ul style="list-style-type: none">• Cloudy urination due to KD Yang Deficiency-Cold: Frequent urination, turbid urine with a milky or rice water appearance, and a dense or greasy quality, ㊟ pale with white coat, ㊞ submerged• Note: Cloudy painful urinary dysfunction is known as <i>Gao Lin</i> 膏淋.								
QIANG HUO SHENG SHI TANG Notopterigium decoction to overcome dampness 羌活勝濕湯(강활승습탕) Dispel Wind-Damp	Qiang Huo 6-9 Du Huo 6-9 Gao Ben 3-4.5 Fang Feng 3-4.5 Chuan Xiong 3-4.5 Man Jing Zi 1.8-2.7 Zhi Gan Cao 3-4.5	<ul style="list-style-type: none">• Acute Bi syndrome due to Wind-Damp in the channel and muscle layer: Heavy, painful head, generalized sensation of heaviness, generalized joint pain, difficulty in moving the spine, chills, mild fever, ㊟ white coat, ㊞ floating• Note: The aim is to produce only a mild sweat.								
JUAN BI TANG Remove painful obstruction decoction 蠲痹湯(견비탕) Dispel Wind-Damp	Qiang Huo 6 Du Huo 6 Qin Jiao 6 Sang Zhi 18 Hai Feng Teng 18 Dang Gui 18 Chuan Xiong 4.2 Ru Xiang 4.8 Mu Xiang 4.8 Rou Gui 3 Zhi Gan Cao 3	<ul style="list-style-type: none">• Acute Bi syndrome due to Wind-Cold-Damp: Joint pain that increases with cold and diminishes with warmth, possibly accompanied by a sensation of heaviness and numbness in the limbs, ㊟ thick white coat, ㊞ slow, slippery• Note: This is an important formula for treating relatively early-stage painful obstruction.								
<table><tr><th>JUAN BI TANG[®] from <i>Awakening of the Mind in Medical Studies (1732)</i></th><th>JUAN BI TANG[®] from <i>Yang Family Formulas (1178)</i></th></tr><tr><td>Qiang Huo 6, Du Huo 6, Qin Jiao 6, Sang Zhi 18, Hai Feng Teng 18, Dang Gui 18, Chuan Xiong 4.2, Ru Xiang 4.8, Mu Xiang 4.8, Rou Gui 3, Zhi Gan Cao 3</td><td>Qiang Huo 9, Fang Feng 9, Dang Gui 9, Bai Shao 9, Huang Qi 9, Jiang Huang 9, Zhi Gan Cao 3</td></tr><tr><td colspan="2">Remove Wind-Damp & Alleviates painful obstruction</td></tr><tr><td>For treating relatively early-stage painful obstruction</td><td>For painful obstruction with deficiency of Qi and Blood</td></tr></table>		JUAN BI TANG [®] from <i>Awakening of the Mind in Medical Studies (1732)</i>	JUAN BI TANG [®] from <i>Yang Family Formulas (1178)</i>	Qiang Huo 6, Du Huo 6, Qin Jiao 6, Sang Zhi 18, Hai Feng Teng 18, Dang Gui 18, Chuan Xiong 4.2, Ru Xiang 4.8, Mu Xiang 4.8, Rou Gui 3, Zhi Gan Cao 3	Qiang Huo 9, Fang Feng 9, Dang Gui 9, Bai Shao 9, Huang Qi 9, Jiang Huang 9, Zhi Gan Cao 3	Remove Wind-Damp & Alleviates painful obstruction		For treating relatively early-stage painful obstruction	For painful obstruction with deficiency of Qi and Blood	
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Remove Wind-Damp & Alleviates painful obstruction										
For treating relatively early-stage painful obstruction	For painful obstruction with deficiency of Qi and Blood									
DU HUO JI SHENG TANG Angelica pubescens and sangjisheng decoction 獨活寄生湯(독활기생탕) Dispel Wind-Damp	Du Huo 9 Xi Xin 6 Fang Feng 6 Qin Jiao 6 Sang Ji Sheng 15-30 Du Zhong 6 Niu Xi 6 Rou Gui 6 Dang Gui 6 Chuan Xiong 6 Sheng Di Huang 6 Bai Shao 6 Ren Shen 6 Fu Ling 6 Zhi Gan Cao 6	<ul style="list-style-type: none">• Chronic Bi syndrome due to Wind-Cold-Damp with LV/KD deficiency & Qi/Blood deficiency: Heavy and painful sensation at fixed locations in the lower back and lower extremities accompanied by weakness and stiffness, aversion to cold and attraction to warmth, palpitations, shortness of breath, possible paresthesias or numbness, ㊟ pale with white coat, ㊞ thin, weak, and slow• Note: Popular formula for osteoarthritis, rheumatoid arthritis and atrophy disorder.								
<table><tr><th>Xiao Huo Luo Dan</th><th>Du Huo Ji Sheng Tang</th></tr><tr><td colspan="2">Wind-Cold-Damp Bi syndrome</td></tr><tr><td>Acute Bi: excess (Wind-Phlegm + Blood stasis)</td><td>Chronic Bi: deficiency (LV/KD & Qi/Blood deficiency)</td></tr></table>		Xiao Huo Luo Dan	Du Huo Ji Sheng Tang	Wind-Cold-Damp Bi syndrome		Acute Bi: excess (Wind-Phlegm + Blood stasis)	Chronic Bi: deficiency (LV/KD & Qi/Blood deficiency)			
Xiao Huo Luo Dan	Du Huo Ji Sheng Tang									
Wind-Cold-Damp Bi syndrome										
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<table><tr><th>Associated Formulas</th><th>Actions: Expel Wind-Damp</th></tr><tr><td>San Bi Tang (Three Painful Obstruction Decoction)</td><td>↑LV/KD, ↑Qi/Blood</td></tr><tr><td>Da Qin Jiao Tang (Major Gentiana Qinjiao Decoction)</td><td>↑Blood, clear Heat</td></tr><tr><td>Da Fang Feng Tang (Major Ledebouriella Decoction)</td><td>↑Sinews/bones, move Qi/Blood</td></tr></table>		Associated Formulas	Actions: Expel Wind-Damp	San Bi Tang (Three Painful Obstruction Decoction)	↑LV/KD, ↑Qi/Blood	Da Qin Jiao Tang (Major Gentiana Qinjiao Decoction)	↑Blood, clear Heat	Da Fang Feng Tang (Major Ledebouriella Decoction)	↑Sinews/bones, move Qi/Blood	
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GUI ZHI SHAO YAO ZHI MU TANG Cinnamon twig, peony, and anemarrhena decoction 桂枝芍藥知母湯(계지작약지모탕) Dispel Wind-Damp	Gui Zhi 12 Ma Huang 6 Fu Zi 15 Zhi Mu 12 Bai Shao 9 Bai Zhu 15 Fang Feng 12 Sheng Jiang 15 Gan Cao 6	<ul style="list-style-type: none">• Recurrent painful obstruction with localized Heat: Swollen and painful joints that are warm to touch and worsen at night, especially of the lower extremities, chills, absence of sweating, weight loss, ㊟ white greasy coat, ㊞ wiry, slippery• Note: Originally for pan-arthritis (Li Jie Bing 歷節病).								

15. DISSOLVE PHLEGM

15. DISSOLVE PHLEGM																			
ER CHEN TANG Two cured decoction 二陳湯(이진탕) <u>Dissolve Damp-Phlegm</u>	Ban Xia	15	<ul style="list-style-type: none">• Damp-Phlegm syndrome in the Middle burner or LU: Cough with copious sputum that is easy to expectorate, focal distention and stifling sensation in the chest, palpitations, nausea or vomiting, ㊶ swollen, thick white greasy coat, ㊶ slippery• Note: Even though this is a small formula, it accomplishes three approaches for treating Phlegm including transforming Phlegm, moving Qi and strengthening the SP.																
	Ju Hong	15																	
	Fu Ling	9																	
	Zhi Gan Cao	4.5																	
	Sheng Jiang	7p																	
Wu Mei	1p																		
			<table><tr><th colspan="3">PHLEGM: ㊶ greasy ㊶ slippery → ST40</th></tr><tr><th>Er Chen Tang</th><th>Wen Dan Tang</th><th>Ban Xia Bai Zhu Tian Ma Tang</th></tr><tr><td>Damp-Phlegm</td><td>Phlegm-Heat</td><td>Wind-Phlegm</td></tr><tr><td>㊶ white coat</td><td>㊶ yellow coat, ㊶ wiry, rapid</td><td>㊶ white coat, ㊶ wiry</td></tr><tr><td>cough, copious sputum</td><td>insomnia, anxiety</td><td>dizziness, headache</td></tr></table>		PHLEGM: ㊶ greasy ㊶ slippery → ST40			Er Chen Tang	Wen Dan Tang	Ban Xia Bai Zhu Tian Ma Tang	Damp-Phlegm	Phlegm-Heat	Wind-Phlegm	㊶ white coat	㊶ yellow coat, ㊶ wiry, rapid	㊶ white coat, ㊶ wiry	cough, copious sputum	insomnia, anxiety	dizziness, headache
PHLEGM: ㊶ greasy ㊶ slippery → ST40																			
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Jin Shui Liu Jun Jian	Er Chen Tang + Dang Gui, Shu Di Huang	LU/Yin deficiency																	
WEN DAN TANG Warm the gallbladder decoction 溫膽湯(온담탕) <u>Dissolve Hot-Phlegm</u>	Ban Xia	6	<ul style="list-style-type: none">• GB & ST disharmony with Phlegm-Heat: Dizziness, vertigo, nausea or vomiting, insomnia, palpitations, anxiety, indeterminate gnawing hunger, seizures accompanied by copious sputum, focal distention of the chest, bitter taste in the mouth, slight thirst, ㊶ greasy yellow coat, ㊶ rapid and slippery or wiry• Note: Also used for Phlegm-Heat manifesting as HT conditions such as mania, depression, schizophrenia, insomnia, palpitations or fright.																
	Zhu Ru	6																	
	Zhi Shi	6																	
	Chen Pi	9																	
	Fu Ling	4.5																	
Zhi Gan Cao	3																		
Sheng Jiang	5p																		
Da Zao	1p																		
			<table><tr><th>Huang Lian Wen Dan Tang</th><td>Wen Dan Tang + Huang Lian</td><td>Severe Phlegm-Heat</td></tr><tr><th>Shi Wei Wen Dan Tang</th><td>Wen Dan Tang - Zhu Ru + Suan Zao Ren, Yuan Zhi, Wu Wei Zi, Shu Di, Ren Shen</td><td>HT/GB deficiency</td></tr></table>		Huang Lian Wen Dan Tang	Wen Dan Tang + Huang Lian	Severe Phlegm-Heat	Shi Wei Wen Dan Tang	Wen Dan Tang - Zhu Ru + Suan Zao Ren, Yuan Zhi, Wu Wei Zi, Shu Di, Ren Shen	HT/GB deficiency									
Huang Lian Wen Dan Tang	Wen Dan Tang + Huang Lian	Severe Phlegm-Heat																	
Shi Wei Wen Dan Tang	Wen Dan Tang - Zhu Ru + Suan Zao Ren, Yuan Zhi, Wu Wei Zi, Shu Di, Ren Shen	HT/GB deficiency																	
QING QI HUA TAN WAN Clear the qi and transform phlegm pill 清氣化痰丸(청기화담환) <u>Dissolve Hot-Phlegm</u>	Dan Nan Xing	9	<ul style="list-style-type: none">• LU Phlegm-Heat causing cough: Sensation of fullness in the chest, nausea, bitter taste in the mouth, coughing of yellow viscous sputum, ㊶ greasy yellow coat, ㊶ slippery, rapid• Note: The interrelationships between Fire, Qi, and Phlegm are complex and can be difficult to treat, but as <i>Zhu Dan-Xi</i> said, "If the Qi is normalized, the body's fluids will follow and will also normalize."																
	Huang Qin	6																	
	Gua Lou Ren	6																	
	Ban Xia	9																	
	Zhi Shi	6																	
Chen Pi	6																		
Fu Ling	6																		
Xing Ren	6																		
BEI MU GUA LOU SAN Fritillaria and trichosanthes fruit powder 貝母栝樓散(배모과루산) <u>Dissolve Dry-Phlegm</u>	Chuan Bei Mu	4.5	<ul style="list-style-type: none">• LU Dry-Phlegm causing cough: Cough with deep-seated sputum that is difficult to expectorate, wheezing, dry and sore throat, ㊶ red and dry with little coat, ㊶ rapid and thin, but strong																
	Gua Lou	3																	
	Tian Hua Fen	2.4																	
	Fu Ling	2.4																	
	Ju Hong	2.4																	
Jie Geng	2.4																		
			<table><tr><th colspan="2">Bei Mu Gua Lou San</th><th>Sheng Mai San</th></tr><tr><td>Dryness attack LU</td><td>Dry cough</td><td>LU Qi/Yin deficiency</td></tr><tr><td colspan="2">㊶ thin, rapid + strong</td><td>㊶ thin, rapid + weak</td></tr></table>		Bei Mu Gua Lou San		Sheng Mai San	Dryness attack LU	Dry cough	LU Qi/Yin deficiency	㊶ thin, rapid + strong		㊶ thin, rapid + weak						
Bei Mu Gua Lou San		Sheng Mai San																	
Dryness attack LU	Dry cough	LU Qi/Yin deficiency																	
㊶ thin, rapid + strong		㊶ thin, rapid + weak																	
SAN ZI YANG QIN TANG Three-seed decoction to nourish one's parents 三子養親湯(삼자양친탕) <u>Dissolve Cold-Phlegm</u>	Bai Jie Zi	6-9	<ul style="list-style-type: none">• LU Phlegm-Cold with Qi stagnation: Wheezing, focal distention in the chest, loss of appetite, digestive difficulty, ㊶ white greasy coat, ㊶ slippery• Note: Commonly used in the elderly.																
	Zi Su Zi	6-9																	
	Lai Fu Zi	6-9																	
BAN XIA BAI ZHU TIAN MA TANG Pinellia, atracylodes macrocephala, and gastrodia decoction 半夏白朮天麻湯(반하백출천마탕) <u>Treat Wind-Phlegm</u>	Ban Xia	9	<ul style="list-style-type: none">• Internal Wind-Phlegm rising upward causing dizziness/vertigo: Dizziness, vertigo, headache, nausea, vomiting, stifling sensation in the chest, copious sputum, ㊶ white greasy coat, ㊶ wiry, slippery• Note: May be used for Meniere's disease.																
	Tian Ma	6																	
	Bai Zhu	15																	
	Ju Hong	6																	
	Fu Ling	6																	
Gan Cao	3																		
Sheng Jiang	1p																		
Da Zao	2p																		
			<table><tr><th colspan="2">Tian Ma Gou Teng Yin</th><th>Ban Xia Bai Zhu Tian Ma Tang</th></tr><tr><td colspan="3">Dizziness, headache, vertigo, ㊶ wiry</td></tr><tr><td colspan="2">LV Yang rising ㊶ red, yellow ㊶ wiry, rapid</td><td>Wind-Phlegm rising ㊶ white greasy ㊶ wiry, slippery</td></tr></table>		Tian Ma Gou Teng Yin		Ban Xia Bai Zhu Tian Ma Tang	Dizziness, headache, vertigo, ㊶ wiry			LV Yang rising ㊶ red, yellow ㊶ wiry, rapid		Wind-Phlegm rising ㊶ white greasy ㊶ wiry, slippery						
Tian Ma Gou Teng Yin		Ban Xia Bai Zhu Tian Ma Tang																	
Dizziness, headache, vertigo, ㊶ wiry																			
LV Yang rising ㊶ red, yellow ㊶ wiry, rapid		Wind-Phlegm rising ㊶ white greasy ㊶ wiry, slippery																	
ZHI SOU SAN Stop coughing powder 止嗽散(지수산) <u>Treat Wind-Phlegm</u>	Zi Wan	9	<ul style="list-style-type: none">• External Wind attacking the LU causing cough: Coughing and itchy throat, with or without slight chills and fever, ㊶ thin white coat, ㊶ moderate and floating• Note: Clinically this formula is very effective to stop cough in conditions including acute bronchitis and upper respiratory tract infections.																
	Bai Bu	9																	
	Bai Qian	9																	
	Jie Geng	9																	
	Chen Pi	6																	
Jing Jie	9																		
Gan Cao	3																		
			<table><tr><th colspan="2">Zhi Sou San</th><th>Sang Ju Yin</th></tr><tr><td>Wind attacking the LU</td><td></td><td>Wind-Heat</td></tr><tr><td>itchy throat</td><td>Cough with exterior condition</td><td>fever/chills, red eyes</td></tr></table>		Zhi Sou San		Sang Ju Yin	Wind attacking the LU		Wind-Heat	itchy throat	Cough with exterior condition	fever/chills, red eyes						
Zhi Sou San		Sang Ju Yin																	
Wind attacking the LU		Wind-Heat																	
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16. DIGESTIVE

16. DIGESTIVE								
<div>BAO HE WAN</div> <div>Preserve harmony pill</div> <div>保和丸(보화환)</div> <div>Reduce Food Retention</div>	Shan Zha	9-15	<ul style="list-style-type: none">• Food retention in the Middle burner: Focal distention and fullness in the chest and epigastrium, abdominal distention with occasional pain, rotten smelling belching, acid regurgitation, nausea and vomiting, aversion to food, possibly diarrhea, ① yellow greasy coat, ② slippery• Note: <i>Bao He Wan</i> does not address any underlying disorder. It will provide quick relief, but another formula must be used to address the root of the condition.					
	Shen Qu	9-12						
	Lai Fu Zi	6-9						
	Ban Xia	9-12						
	Chen Pi	6-9						
	Fu Ling	9-12						
	Lian Qiao	3-6						
	Mai Ya (tea)	6-9						
<table><tr><th>Bao He Wan</th><th>Jian Pi Wan</th></tr><tr><td colspan="2">Food retention → ST36, RN12, PC6, SP4, Inner-neiting</td></tr><tr><td>Acute food retention</td><td>Chronic food retention</td></tr></table>			Bao He Wan	Jian Pi Wan	Food retention → ST36, RN12, PC6, SP4, Inner-neiting		Acute food retention	Chronic food retention
Bao He Wan	Jian Pi Wan							
Food retention → ST36, RN12, PC6, SP4, Inner-neiting								
Acute food retention	Chronic food retention							

17. TREAT ABSCESSSES

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WU WEI XIAO DU YIN Five-ingredient decoction to eliminate toxin 五味消毒飲(오미소독음) <u>Treat External Abscesses</u>	Jin Yin Hua	20-30	<ul style="list-style-type: none">• Toxic-Heat from externally-contracted Heat: Localized erythema, swelling, heat and pain accompanied by chills, ㉠ red with yellow coat, ㉡ rapid• Note: Especially for deep-rooted and hard lesions; Focuses on relieving toxicity.						
	Zi Hua Di Ding	10-15							
	Pu Gong Ying	10-15							
	Ye Ju Hua	10-15							
	Tian Kui Zi	10-15							
<table><tr><th>Xian Fang Huo Ming Yin</th><th>Wu Wei Xiao Du Yin</th></tr><tr><td colspan="2">Clear Toxic-Heat</td></tr><tr><td>Activate Blood</td><td>Reduce swelling</td></tr></table>			Xian Fang Huo Ming Yin	Wu Wei Xiao Du Yin	Clear Toxic-Heat		Activate Blood	Reduce swelling	
Xian Fang Huo Ming Yin	Wu Wei Xiao Du Yin								
Clear Toxic-Heat									
Activate Blood	Reduce swelling								
YANG HE TANG Yang-heartening decoction 陽和湯(양화탕) <u>Treat External Abscesses</u>	Rou Gui	3	<ul style="list-style-type: none">• Yin-type localized swelling due to Blood & Yang deficiency: Localized painful swelling that blends into surrounding tissue with no head, no heat, and no change in texture or color, ㉠ very pale, ㉡ submerged, thin, forceless• Note: Also for internal problems from Blood deficiency with Cold causing stagnation.						
	Pao Jiang	1.5							
	Shu Di Huang	30							
	Lu Jiao Jiao	9							
	Bai Jie Zi	6							
WEI JING TANG Reed decoction 葶藶湯(위경탕) <u>Treat Internal Abscesses</u>	Ma Huang	1.5	<ul style="list-style-type: none">• Lung abscesses from Toxic-Heat obstructing the LU: Cough with foul-smelling sputum which may be streaked with blood, slight fever, mild chest pain, dry and scaly skin, ㉠ red with greasy coat, ㉡ slippery, rapid• Note: Also for eye disorders due to upward blazing of Toxic-Heat.						
	Gan Cao	3							
	Lu Gen	60							
	Dong Gua Zi	24							
	Yi Yi Ren	30							
	Tao Ren	9							

208 FORMULA LIST

83 CALE + 160 NCCAOM + 172 PAN-CANADIAN

	FORMULA	C	N	P	INDICATIONS
[1]	1 MA HUANG TANG		●	■	Exterior Wind-Cold of excess type
	2 GUI ZHI TANG	▲	●	■	Exterior Wind-Cold of deficiency type
	3 GE GEN TANG		●		Exterior Wind-Cold of excess type with stiff neck
	4 XIAO QING LONG TANG		●	■	Exterior Wind-Cold with congested Phlegm-Fluid in the LU
	5 XIANG SU SAN		●		Exterior Wind-Cold with interior Qi stagnation
	6 JIU WEI QIANG HUO TANG			■	Exterior Wind-Cold-Damp with concurrent internal accumulation of Heat
	7 SANG JU YIN	▲	●	■	Exterior Wind-Heat causing cough; Wind-Heat causing eye disorders
	8 YIN QIAO SAN	▲	●	■	Exterior Wind-Heat with Heat-Toxin; Toxic-Heat causing Boils and Sores
	9 CHAI GE JIE JI TANG	▲	●		Exterior Wind-Cold (Taiyang) transforming into interior Heat (Yangming)
	10 SHENG MA GE GEN TANG		●		Early stage of rashes due to externally contracted Heat
	11 REN SHEN BAI DU SAN	▲	●	■	Exterior Wind-Cold-Damp with interior Qi deficiency
	12 JIA JIAN WEI RUI TANG		●		Exterior Wind-Heat with Yin deficiency
[2]	13 DA CHENG QI TANG	▲	●	■	Yangming organ syndrome causing severe constipation
	14 XIAO CHENG QI TANG	▲	●	■	Moderate Yangming organ syndrome causing constipation
	15 TIAO WEI CHENG QI TANG	▲	●	■	Mild Yangming organ syndrome causing mild constipation
	16 DA HUANG FU ZI TANG			■	Cold accumulation in the interior causing constipation
	17 WEN PI TANG			■	Cold accumulation in the interior with SP Yang deficiency
	18 RUN CHANG WAN	▲	●		Constipation due to Blood deficiency → Desiccated Intestines
	19 MA ZI REN WAN	▲	●	■	Constipation due to Intestinal Dryness & Heat → Spleen Bind
	20 JI CHUAN JIAN		●	■	Constipation due to KD Yang deficiency
[3]	21 XIAO CHAI HU TANG	▲	●	■	Shaoyang syndrome
	22 HAO QIN QING DAN TANG			■	Damp-Heat and Phlegm in Shaoyang channels constraining the Wei/Ying Qi
	23 SI NI SAN	▲	●	■	LV Qi stagnation overacting on the SP causing cold extremities (Yang Jue)
	24 XIAO YAO SAN	▲	●	■	LV Qi stagnation with LV Blood & SP Qi deficiency
	25 TONG XIE YAO FANG		●	■	LV Qi stagnation overacting on the SP causing diarrhea with abdominal pain
	26 BAN XIA XIE XIN TANG	▲	●	■	Pi syndrome due to Cold-Heat complex
	27 GAN CAO XIE XIN TANG		●		Pi syndrome due to severe ST Qi deficiency
	28 SHENG JIANG XIE XIN TANG		●		Pi syndrome due to Water-Heat complex
[4]	29 BAI HU TANG	▲	●	■	Excess Heat in the Yangming channel or Qi level
	30 ZHU YE SHI GAO TANG		●	■	Qi-level Heat injuring the Qi & Fluid
	31 QING YING TANG		●	■	Heat entering the Nutritive level
	32 XI JIAO DI HUANG TANG		●	■	Heat entering the Blood level
	33 HUANG LIAN JIE DU TANG	▲	●	■	Fire-Toxin from excessive Heat in the Triple burners
	34 XIE XIN TANG	▲	●		Excess Heat in the Triple burners
	35 PU JI XIAO DU YIN		●	■	Epidemic Toxin with Wind-Heat & Damp-Phlegm
	36 LIANG GE SAN		●	■	Heat and clumping in the diaphragm region
	37 QING WEN BAI DU YIN		●	■	Severe Fire in the Qi/Blood levels
	38 MA XING SHI GAN TANG		●	■	Heat lodged in the LU
	39 XIE BAI SAN		●	■	Constrained LU Heat causing wheezing
	40 TING LI DA ZAO XIE FEI TANG			■	LU abscess with phlegm in the chest
	41 XIE HUANG SAN		●		Smoldering Fire in the SP/ST
	42 QING WEI SAN	▲	●	■	ST Heat accumulation
	43 YU NU JIAN		●	■	ST Heat with Yin deficiency
	44 DAO CHI SAN	▲	●	■	HT Fire transferring to the SI
	45 LONG DAN XIE GAN TANG	▲	●	■	LV Fire blazing up; LV/GB Damp-Heat invading downward
	46 ZUO JIN WAN		●	■	LV Fire burning ST causing LV & ST disharmony
	47 SHAO YAO TANG		●	■	LI Damp-Heat with Qi & Blood stagnation causing dysentery
	48 BAI TOU WENG TANG	▲	●	■	Dysentery due to Toxic-Heat in the ST & Intestine
	49 QING HAO BIE JIA TANG	▲	●	■	Yin deficiency with Heat in the Ying level during later stage of febrile disease
	50 QING GU SAN		●	■	KD/LV Yin deficiency leading to Steaming Bone disorder
	51 QIN JIAO BIE JIA SAN			■	Pathogenic Wind penetrating the interior with preexisting Yin deficiency
	52 DANG GUI LIU HUANG TANG	▲	●	■	Yin deficiency with Empty-Heat causing night sweats
	53 QING LUO YIN			■	Mild Summer-Heat injuring the Qi level of the LU channel
	54 XIANG RU SAN		●		Exterior Cold with Interior Damp contracted in the summer
	55 XIN JIA XIANG RU SAN			■	Severe Summer-Heat in the LU Taiyin with contraction of cold in the exterior
	56 LIU YI SAN		●	■	Summer-Heat with interior Damp
	57 QING SHU YI QI TANG			■	Summer-Heat injuring the Qi and Fluids
[5]	58 DANG GUI SI NI TANG			■	Cold in the channels with underlying Blood deficiency
	59 HUANG QI GUI ZHI WU WU TANG			■	Painful obstruction of the Blood
	60 LI ZHONG WAN	▲	●	■	Deficiency-Cold of the SP/ST
	61 WU ZHU YU TANG	▲	●	■	Deficiency-Cold of the ST (Yangming), LV (Jueyin), and KD (Shaoyin)
	62 XIAO JIAN ZHONG TANG	▲	●	■	SP Yang deficiency with Cold causing abdominal pain
	63 DA JIAN ZHONG TANG	▲	●	■	Middle Burner Yang deficiency (root) + Vigorous Yin-cold (manifestation)
	64 SI NI TANG	▲	●	■	KD Yang deficiency with Cold-Evil in Shaoyin stage (Yin Jue); Yang collapse
	65 HUI YANG JIU JI TANG			■	Exhausted Yang with pathogenic Cold in Taiyin, Shaoyin, and Jueyin
[6]	66 DA CHAI HU TANG		●	■	Concurrent Shaoyang with Yangming syndromes
	67 FANG FENG TONG SHENG SAN			■	Heat excess in both the exterior and interior
	68 GE GEN HUANG LIAN HUANG QIN T.		●	■	Incompletely resolved exterior with interior excess Heat
	69 WU JI SAN			■	Externally-contracted Wind-Cold with Internal injury due to Cold

[7]	70	SI JUN ZI TANG	▲	●	■	SP/ST Qi deficiency
	71	SHEN LING BAI ZHU SAN	▲	●	■	SP Qi deficiency & Damp causing diarrhea
	72	BU ZHONG YI QI TANG	▲	●	■	SP/ST Qi deficiency causing intermittent fever; SP Qi sinking
	73	YU PING FENG SAN	▲	●	■	Wei Qi deficiency causing sweating
	74	SHENG MAI SAN	▲	●	■	Concurrent Qi & Yin deficiency, primarily of the LU
	75	SI WU TANG	▲	●	■	Blood deficiency + Blood stasis
	76	DANG GUI BU XUE TANG	▲	●	■	Blood & Qi deficiency with floating Yang
	77	SHAO YAO GAN CAO TANG		●		Blood deficiency with injury to the Fluids
	78	BA ZHEN TANG	▲	●	■	Qi & Blood deficiency
	79	SHI QUAN DA BU TANG	▲	●	■	Qi & Blood deficiency with mild Deficiency-Cold
	80	REN SHEN YANG RONG TANG			■	HT/SP Qi & Blood deficiency with internal Heat and Dryness
	81	GUI PI TANG	▲	●	■	SP Qi & HT Blood deficiency causing insomnia; SP Qi Not Controlling Blood
	82	ZHI GAN CAO TANG		●	■	Qi & Blood deficiency causing irregular pulse
	83	TAI SHAN PAN SHI SAN		●		Qi & Blood deficiency with unsecured Chong & Ren vessels
	84	LIU WEI DI HUANG WAN	▲	●	■	KD & LV Yin deficiency
	85	DU QI WAN		●		Chronic wheezing disorders or spermatorrhea from KD deficiency
	86	QI JU DI HUANG WAN		●		Eye disorders due to LV & KD Yin deficiency
	87	ZHI BAI DI HUANG WAN		●		Empty-Heat due to KD & LV Yin deficiency
	88	ZUO GUI WAN	▲	●	■	KD Yin/Essence deficiency for severe case (more potent)
	89	ZUO GUI YIN		●		KD Yin/Essence deficiency for moderate case (less potent)
	90	DA BU YIN WAN		●	■	Severe KD & LV Yin/Essence deficiency with Empty Heat
	91	YI GUAN JIAN		●	■	LV & KD Yin deficiency with mild LV Qi stagnation
	92	ER ZHI WAN		●		KD & LV Yin deficiency
	93	BAI HE GU JIN TANG	▲	●	■	Internal Dryness of the LU
	94	JIN GUI SHEN QI WAN	▲	●	■	KD Yang deficiency
	95	JI SHENG SHEN QI WAN			■	KD Yang deficiency with water accumulation
	96	YOU GUI WAN	▲	●	■	KD Yang/Essence deficiency for severe case (more potent)
	97	YOU GUI YIN		●		KD Yang/Essence deficiency for moderate case (less potent)
	98	DI HUANG YIN ZI			■	KD Yin/Yang deficiency with Phlegm turbidity blocking the Orifices
	99	ER XIAN TANG		●		KD Yin/Yang deficiency with Empty-Fire
[8]	100	MU LI SAN		●	■	Unstable protective Qi with injury to the HT Yin
	101	ZHEN REN YANG ZANG TANG		●	■	SP & KD Yang deficiency causing unremitting diarrhea
	102	SI SHEN WAN	▲	●	■	SP & KD Yang deficiency causing daybreak diarrhea
	103	JIN SUO GU JING WAN	▲	●	■	Spermatorrhea due to KD deficiency
	104	SANG PIAO XIAO SAN		●	■	Qi deficiency of the KD & HT
	105	SHOU TAI WAN		●		KD deficiency leading to instability of the Chong & Ren channels
	106	GU JING WAN	▲	●		Constrained LV Fire injuring Chong & Ren causing <i>Beng Lou</i> syndrome
[9]	107	WAN DAI TANG	▲	●		Leukorrhea due to Dai/SP deficiency with Damp & Qi stagnation
	108	TIAN WANG BU XIN DAN		●	■	HT & KD Yin deficiency with Empty-Fire
	109	BAI ZI YANG XIN TANG			■	HT & KD Yin deficiency with Blood deficiency
	110	SUAN ZAO REN TANG	▲	●	■	LV Blood & HT Yin deficiency with Empty-Heat
	111	HUANG LIAN E JIAO TANG	▲	●		Fire from Yin deficiency affecting Spirit
	112	GAN MAI DA ZAO TANG	▲	●	■	HT Yin deficiency with LV Qi stagnation causing <i>Zang Zao</i> disorder
	113	ZHU SHA AN SHEN WAN			■	Vigorous HT Fire injuring the Blood and Yin
[10]	114	CI ZHU WAN			■	Ascendant HT Yang with lack of communication between the HT & KD
	115	YUE JU WAN	▲	●	■	Six Stagnations of Qi, Blood, Phlegm, Damp, Fire and Food
	116	CHAI HU SHU GAN SAN		●		LV Qi stagnation causing pain
	117	ZHI SHI XIE BAI GUI ZHI TANG			■	Painful obstruction of the chest with severe clumping of Qi
	118	BAN XIA HOU PO TANG	▲	●	■	LV Qi & Phlegm stagnation lodging in the throat causing Plum-pit syndrome
	119	HOU PO WEN ZHONG TANG			■	Damp-Cold injuring the SP & ST
	120	LIANG FU WAN		●		LV Qi stagnation with ST Cold causing pain
	121	JIN LING ZI SAN		●		Pain due to LV stagnation with Heat
	122	TIAN TAI WU YAO SAN		●	■	Cold invading the LV channel causing Qi stagnation
	123	NUAN GAN JIAN		●		Cold from LV & KD deficiency
	124	SU ZI JIANG QI TANG	▲	●	■	LU Cold-Phlegm (excess above) with KD Yang deficiency (deficiency below)
	125	DING CHUAN TANG		●	■	Internal LU Phlegm-heat with external Wind-Cold causing rebellious LU Qi
	126	XUAN FU DAI ZHE TANG		●	■	Rebellious ST Qi due to ST deficiency with Damp-Phlegm
	127	JU PI ZHU RU TANG	▲	●	■	Rebellious ST Qi due to ST deficiency with Heat
	128	DING XIANG SHI DI TANG		●	■	Rebellious ST Qi due to ST Deficiency-Cold
[11]	129	TAO HE CHENG QI TANG	▲	●	■	Accumulation of Blood stasis & Heat in the Lower burner
	130	XUE FU ZHU YU TANG	▲	●	■	Blood stasis with Qi stagnation in the chest
	131	GE XIA ZHU YU TANG		●		Blood stasis with Qi stagnation in the Epigastrium
	132	SHAO FU ZHU YU TANG		●		Blood stasis with Cold stagnation in the Lower Abdomen
	133	SHEN TONG ZHU YU TANG		●		Blood stasis with Qi stagnation in the Channels/Collaterals
	134	BU YANG HUAN WU TANG		●	■	Hemiplegia due to Qi/Blood stagnation in the channels with Qi deficiency
	135	FU YUAN HUO XUE TANG		●	■	Blood stasis & Qi stagnation in the trunk due to trauma
	136	WEN JING TANG	▲	●		Chong & Ren Deficiency-Cold with Blood stasis causing irregular menstruation
	137	SHENG HUA TANG	▲	●	■	Blood & Cold stagnation causing postpartum lochial retention
	138	GUI ZHI FU LING WAN	▲	●	■	Blood stasis in the uterus during pregnancy
	139	SHI XIAO SAN		●	■	Blood stasis in the lower abdomen causing pain
	140	DAN SHEN YIN	▲	●		Blood & Qi stagnation in the Upper/Middle burners causing chest pain
	141	BIE JIA JIAN WAN			■	Malaria with splenomegaly due to Qi/Yang def., Qi/Blood stag., Damp-Phlegm

	142	SHI HUI SAN		●	■	Acute bleeding due to LV & ST Fire with Blood Heat
	143	KE XUE FANG			■	LV Fire attacking and scorching the LU
	144	XIAO JI YIN ZI		●	■	Heat causing urinary bleeding
	145	HUAI HUA SAN	▲	●	■	Rectal bleeding due to LI Wind-Heat or Damp-Heat Toxin
	146	HUANG TU TANG			■	Bleeding due to SP Yang deficiency
	147	JIAO AI TANG	▲	●		Uterine bleeding due to Chong & Ren Deficiency-Cold with Blood deficiency
[12]	148	CHUAN XIONG CHA TIAO SAN		●	■	Headache from exterior Wind
	149	CANG ER ZI SAN		●	■	Wind causing nasal congestion or discharge
	150	XIAO HUO LUO DAN	▲	●	■	Wind-Phlegm obstruction with Blood stasis in the channels & collaterals
	151	QIAN ZHENG SAN			■	Channel-stroke from Wind-Phlegm with symptoms confined to the head/face
	152	XIAO FENG SAN	▲	●	■	Wind-Damp-Heat in the skin causing pruritis
	153	LING JIAO GOU TENG TANG		●	■	Heat from excess in the LV channel generating internal Wind
	154	ZHEN GAN XI FENG TANG	▲	●	■	LV Yang rising & internal Wind due to LV & KD Yin deficiency
	155	TIAN MA GOU TENG YIN	▲	●	■	LV Yang rising; LV Yang rising causing Internal Wind
	156	DA DING FENG ZHU			■	Internal stirring of Wind due to Yin deficiency
[13]	157	XING SU SAN	▲	●	■	Cool-Dryness
	158	SANG XING TANG		●	■	Warm-Dryness
	159	QING ZAO JIU FEI TANG		●	■	Dryness attacking the LU
	160	MAI MEN DONG TANG	▲	●	■	LU/ST Qi & Yin deficiency
	161	YANG YIN QING FEI TANG			■	Diphtherial disorder due to Yin deficiency and internal clumping of Heat
	162	YU YE TANG			■	Xiao Ke syndrome due to deficiency of the primal Qi
	163	ZENG YE TANG			■	Constipation due to exhaustion of the Fluids
[14]	164	PING WEI SAN	▲	●	■	Damp-Cold stagnation in the SP/ST
	165	HUO XIANG ZHENG QI SAN	▲	●	■	Damp stagnation in the Middle burner + External Wind-Cold
	166	SAN REN TANG			■	Early-stage Damp-Warmth disease affecting Wei/Qi levels (Damp > Heat)
	167	GAN LU XIAO DU DAN			■	Early-stage Damp-Warmth disease affecting Qi level (Damp = Heat)
	168	YIN CHEN HAO TANG		●	■	Jaundice due to LV/GB Damp-Heat
	169	BA ZHENG SAN	▲	●	■	Damp-Heat clumping in the Lower burner
	170	ER MIAO SAN		●	■	Damp-Heat lodging in Lower burner
	171	WU LING SAN	▲	●	■	Water-Damp retention marked by edema; Taiyang Fu syndrome
	172	ZHU LING TANG	▲	●	■	Water & Heat retention in the UB with Yin injury
	173	WU PI SAN	▲	●	■	SP Qi deficiency with excessive Damp causing skin edema (<i>Pi Shui</i>)
	174	FANG JI HUANG QI TANG			■	Wind-Water syndrome due to Qi deficiency at the exterior
	175	LING GUI ZHU GAN TANG		●	■	LU Damp-Phlegm or Phlegm-fluid (<i>Tan Yin</i>) syndrome
	176	ZHEN WU TANG	▲	●	■	KD & SP Yang deficiency causing Water retention
	177	SHI PI YIN		●	■	Yin edema due to SP & KD Yang deficiency
	178	BI XIE FEN QING YIN		●	■	Cloudy urination due to KD Yang Deficiency-Cold
	179	QIANG HUO SHENG SHI TANG		●	■	Acute <i>Bi</i> syndrome due to Wind-Damp in the channel and muscle layer
	180	JUAN BI TANG	▲	●	■	Acute <i>Bi</i> syndrome due to Wind-Cold-Damp
	181	DU HUO JI SHENG TANG		●	■	Chronic <i>Bi</i> syndrome with LV/KD deficiency & Qi/Blood deficiency
	182	GUI ZHI SHAO YAO ZHI MU TANG		●		Recurrent painful obstruction with localized Heat
[15]	183	ER CHEN TANG	▲	●	■	Damp-Phlegm syndrome in the Middle burner or LU
	184	WEN DAN TANG	▲	●	■	GB & ST disharmony with Phlegm-Heat
	185	QING QI HUA TAN WAN	▲	●	■	LU Phlegm-Heat causing cough
	186	XIAO XIAN XIONG TANG			■	Clumping in the chest due to Phlegm and Heat in the epigastrium
	187	GUN TAN WAN			■	Combination of excessive Heat and chronic phlegm
	188	BEI MU GUA LOU SAN	▲	●	■	LU Dry-Phlegm causing cough
	189	LING GAN WU WEI JIANG XIN TANG			■	Cold-type thin mucus due to Yang deficiency and Yin excess
	190	SAN ZI YANG QIN TANG		●	■	LU Phlegm-Cold with Qi stagnation
	191	BAN XIA BAI ZHU TIAN MA TANG	▲	●	■	Internal Wind-Phlegm rising upward causing dizziness/vertigo
	192	DING XIAN WAN			■	Seizure disorder arising from a combination of Wind and Phlegm
	193	ZHI SOU SAN	▲	●	■	External Wind attacking the LU causing cough
[16]	194	BAO HE WAN	▲	●	■	Food retention in the Middle burner
	195	ZHI SHI DAO ZHI WAN			■	Accumulation of food that transforms into Damp-Heat
	196	MU XIANG BING LANG WAN			■	Accumulation of food obstructing the Middle burner or dysenteric diarrhea
	197	FEI ER WAN			■	Childhood nutritional impairment from an accumulation of parasites
	198	JIAN PI WAN			■	SP/ST deficiency with food accumulation and interior Heat accumulation
	199	ZHI ZHU WAN			■	SP/ST deficiency with food stagnation
	200	ZHI SHI XIAO PI WAN			■	SP deficiency and Qi stagnation with mutual clumping of Heat and Cold
[17]	201	WU MEI WAN			■	Roundworms characterized by Heat in the ST and Cold in the Intestines
[18]	202	XIAN FANG HUO MING YIN			■	Early onset of sores and abscesses from Toxic-Heat & Blood stasis
	203	WU WEI XIAO DU YIN		●	■	All types of boils and carbuncles due to accumulation of Toxic-Heat
	204	SI MIAO YONG AN TANG			■	Ulcerated sores or gangrene due to Toxic-Heat leading to Blood stasis
	205	YANG HE TANG		●	■	Yin-type (deep-rooted) localized swelling due to Blood & Yang deficiency
	206	WEI JING TANG		●	■	Lung abscesses from Toxic-Heat accompanied by Phlegm and Blood stasis
	207	DA HUANG MU DAN TANG			■	Early-stage Intestinal abscess due to interior clumping of Heat and Blood
	208	YI YI FU ZI BAI JIANG SAN			■	Intestinal abscess where pus has already formed