ESSENTIAL 50 FORMULAS
FOR CLINICAL APPLICATIONS

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<table>
<thead>
<tr>
<th>PINYIN</th>
<th>CHINESE</th>
<th>ENGLISH</th>
<th>INDICATION</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ba Zhen Tang</td>
<td>八珍湯</td>
<td>Eight-Treasure Decoction</td>
<td>Gynecological, Qi and Blood Deficiency</td>
<td></td>
</tr>
<tr>
<td>Ba Zheng San</td>
<td>八正散</td>
<td>Eight-Herb Powder to Rectification</td>
<td>Urinary Tract Infection</td>
<td></td>
</tr>
<tr>
<td>Ban Xia Bai Zhu Tian Ma Tang</td>
<td>半夏白朮天麻湯</td>
<td>Pinellia, Atractylodis Macrocephalae, and Gastrodia Decoction</td>
<td>Dizziness, Vertigo</td>
<td></td>
</tr>
<tr>
<td>Ban Xia Xie Xin Tang</td>
<td>半夏瀉心湯</td>
<td>Pinellia Decoction to Drain the Epigastrium</td>
<td>Gastritis, Gastric Ulcer</td>
<td></td>
</tr>
<tr>
<td>Bu Zhong Yi Qi Tang</td>
<td>補中益氣湯</td>
<td>Tonify the Middle and Augment the Qi Decoction</td>
<td>Fatigue, Overwork</td>
<td></td>
</tr>
<tr>
<td>Cang Er San</td>
<td>苍耳散</td>
<td>Xanthium Powder</td>
<td>Rhinitis, Sinusitis (Wind-Heat)</td>
<td></td>
</tr>
<tr>
<td>Chai Hu Jia Long Gu Mu Li Tang</td>
<td>柴胡加龍骨牡蠣湯</td>
<td>Bupleurum plus Dragon Bone and Oyster Shell Decoction</td>
<td>Withdrawal symptoms, Stop Smoking</td>
<td></td>
</tr>
<tr>
<td>Chai Hu Shu Gan San</td>
<td>柴胡疏肝散</td>
<td>Bupleurum Powder to Spread the Liver Powder</td>
<td>Liver Qi stagnation + Pain</td>
<td></td>
</tr>
<tr>
<td>Da Qin Jiao Tang</td>
<td>大秦艽湯</td>
<td>Major Gentiana Decoction</td>
<td>Bell’s Palsy, Trigeminal Neuralgia</td>
<td></td>
</tr>
<tr>
<td>Du Huo Ji Sheng Tang</td>
<td>獨活寄生湯</td>
<td>Angelica Pubescens and Sangjisheng Decoction</td>
<td>Lower Back Pain</td>
<td></td>
</tr>
<tr>
<td>Er Chen Tang</td>
<td>二陳湯</td>
<td>Two-Cured Decoction</td>
<td>Phlegm, Cough</td>
<td></td>
</tr>
<tr>
<td>Er Xian Tang</td>
<td>二仙湯</td>
<td>Two Immortal Decoction</td>
<td>Menopause syndrome</td>
<td></td>
</tr>
<tr>
<td>Gui Pi Tang</td>
<td>歸脾湯</td>
<td>Restore the Spleen Decoction</td>
<td>Insomnia, Poor Memory, Palpitation</td>
<td></td>
</tr>
<tr>
<td>Huan Shao Dan</td>
<td>遠少丹</td>
<td>Return to Spring Pill</td>
<td>Kidney Yin &amp; Yang Deficiency</td>
<td></td>
</tr>
<tr>
<td>Huo Xiang Zheng Qi San</td>
<td>藥香正氣散</td>
<td>Agastache Powder to Rectify the Qi</td>
<td>Stomach Flu</td>
<td></td>
</tr>
<tr>
<td>Jia Wei Xiao Yao San</td>
<td>加味逍遥散</td>
<td>Free &amp; Easy Wanderer Plus</td>
<td>Liver Qi stagnation + Heat</td>
<td></td>
</tr>
<tr>
<td>Jiu Wei Qiang Huo Tang</td>
<td>九味羌活湯</td>
<td>Nine-Herb Notopterygium Decoction</td>
<td>Wind-Cold-Damp with Bodyache</td>
<td></td>
</tr>
<tr>
<td>Juan Bi Tang</td>
<td>藥痹湯</td>
<td>Remove Painful Obstruction Decoction</td>
<td>Joint Pain, Especially for Shoulder or upper limbs</td>
<td></td>
</tr>
<tr>
<td>Long Dan Xie Gan Tang</td>
<td>龍膽瀉肝湯</td>
<td>Gentiana Decoction to Drain the Liver</td>
<td>Genital Area Itching, STD</td>
<td></td>
</tr>
<tr>
<td>Mu Xiang Bing Lang Wan</td>
<td>木香槟榔丸</td>
<td>Aucklandia and Betel Nut Pill</td>
<td>Constipation, Purgative</td>
<td></td>
</tr>
<tr>
<td>Qing Qi Hua Tan Wan</td>
<td>清氣化痰丸</td>
<td>Clear the Qi and Transform Phlegm Pill</td>
<td>Yellow-Phlegm, Cough</td>
<td></td>
</tr>
<tr>
<td>Qing Shang Fang Feng Tang</td>
<td>清上防風湯</td>
<td>Upper Clearing Siler Decoction</td>
<td>Acne</td>
<td></td>
</tr>
<tr>
<td>Qing Shang Juan Tong Tang</td>
<td>清上蠲痛湯</td>
<td>Upper Clearing and Removing Pain Decoction</td>
<td>Headache</td>
<td></td>
</tr>
<tr>
<td>Run Chang Wan</td>
<td>潤腸丸</td>
<td>Moisten the Intestine Pill</td>
<td>Constipation, Laxative</td>
<td></td>
</tr>
<tr>
<td>Shao Fu Zhu Yu Tang</td>
<td>少腹逐瘀湯</td>
<td>Drive Out Blood Stasis in the Lower Abdomen Decoction</td>
<td>Pain in the Lower Abdomen</td>
<td></td>
</tr>
<tr>
<td>PINYIN</td>
<td>CHINESE</td>
<td>ENGLISH</td>
<td>INDICATION</td>
<td></td>
</tr>
<tr>
<td>---------</td>
<td>------------------------------------------</td>
<td>-------------------------------------------------------------------------</td>
<td>-----------------------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>Shen Ling Bai Zhu San</td>
<td>Ginseng, Poria, and White Atractylodes Powder</td>
<td>Diarrhea due to Spleen Deficiency</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>Shen Tong Zhu Yu Tang</td>
<td>Drive Out Blood Stasis from Painful Body Decoction</td>
<td>Pain in Channels</td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>Shu Jing Huo Xue Tang</td>
<td>Relax Channels and Invigorate Blood Decoction</td>
<td>Arthritis, Blood Stasis + Wind</td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>Tian Ma Gou Teng Yin</td>
<td>Gastrodia and Uncaria Decoction</td>
<td>Hypertension</td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>Tian Wang Bu Xin Dan</td>
<td>Emperor of Heaven’s Special Pill to Tonify the Heart</td>
<td>Insomnia, Heart &amp; Kidney Miscommunication</td>
<td></td>
</tr>
<tr>
<td>31</td>
<td>Wen Jing Tang</td>
<td>Warm the Menses Decoction</td>
<td>Infertility, Irregular Menstruation</td>
<td></td>
</tr>
<tr>
<td>32</td>
<td>Wen Qing Yin</td>
<td>Warming and Clearing Decoction</td>
<td>Blood disorders, Skin Diseases</td>
<td></td>
</tr>
<tr>
<td>33</td>
<td>Wu Ling San</td>
<td>Five-Ingredient Powder with Poria</td>
<td>Edema</td>
<td></td>
</tr>
<tr>
<td>34</td>
<td>Xi Gan Ming Mu Tang</td>
<td>Clearing Liver Brighten Eye Decoction</td>
<td>Eye infection, Conjunctivitis, Glaucoma</td>
<td></td>
</tr>
<tr>
<td>35</td>
<td>Xiang Sha Ping Wei San</td>
<td>Cyperus and Amomum Powder to Calm the Stomach</td>
<td>Indigestion</td>
<td></td>
</tr>
<tr>
<td>36</td>
<td>Xiao Feng San</td>
<td>Eliminate Wind Powder</td>
<td>Skin Diseases</td>
<td></td>
</tr>
<tr>
<td>37</td>
<td>Xiao Yao San</td>
<td>Free &amp; Easy Wanderer</td>
<td>Liver Qi stagnation</td>
<td></td>
</tr>
<tr>
<td>38</td>
<td>Xiao Zhi Wan</td>
<td>Sophora and Scute Formula</td>
<td>Hemorrhoid</td>
<td></td>
</tr>
<tr>
<td>39</td>
<td>Xin Yi San</td>
<td>Magnolia Flower Powder</td>
<td>Rhinitis, Sinusitis, Wind-Cold</td>
<td></td>
</tr>
<tr>
<td>40</td>
<td>Xue Fu Zhu Yu Tang</td>
<td>Drive Out Stasis in the Mansion of Blood Decoction</td>
<td>Pain in the Chest and Hypochondria</td>
<td></td>
</tr>
<tr>
<td>41</td>
<td>Yin Qiao San</td>
<td>Honeysuckle and Forsythia Powder</td>
<td>Sore throat due to Wind-Heat</td>
<td></td>
</tr>
<tr>
<td>42</td>
<td>You Gui Wan</td>
<td>Restore the Right Kidney Pill</td>
<td>Kidney Yang Deficiency</td>
<td></td>
</tr>
<tr>
<td>43</td>
<td>Yu Ping Feng San</td>
<td>Jade Windscreen Powder</td>
<td>Recurrent Cold, Chronic allergic rhinitis</td>
<td></td>
</tr>
<tr>
<td>44</td>
<td>Yu Quan Wan</td>
<td>Jade Spring Pill</td>
<td>Diabetes</td>
<td></td>
</tr>
<tr>
<td>45</td>
<td>Yue Ju Wan</td>
<td>Escape Restraint Pill</td>
<td>Stagnations of Qi, Blood, Damp, Phlegm, Fire, Food</td>
<td></td>
</tr>
<tr>
<td>46</td>
<td>Zheng Gu Zi Jin Dan</td>
<td>Bone-Setter’s Purple-Gold Special Pill</td>
<td>Traumatic Injury</td>
<td></td>
</tr>
<tr>
<td>47</td>
<td>Zhi Sou San</td>
<td>Stop Coughing Powder</td>
<td>Acute and Chronic Cough</td>
<td></td>
</tr>
<tr>
<td>48</td>
<td>Zhu Ru Wen Dan Tang</td>
<td>Caulis Bambusae Warm Gallbladder Decoction</td>
<td>Insomnia, Mental Problem</td>
<td></td>
</tr>
<tr>
<td>49</td>
<td>Zi Yin Jiang Huo Tang</td>
<td>Nourish the Yin and Clear the Heat Decoction</td>
<td>Yin deficiency heat, Menopause</td>
<td></td>
</tr>
<tr>
<td>50</td>
<td>Zuo Gui Wan</td>
<td>Restore the Left Kidney Pill</td>
<td>Kidney Yin Deficiency</td>
<td></td>
</tr>
</tbody>
</table>
Disclaimer

The fifty formulas that have been selected for this class are simply a small representation of the vast number of all Asian herbal formulas. Essential formulas will vary depending on the type of practice and your specialty. You may modify the list to best suit your specific practice. The information in this class is designed to give you a basis and logic for modifying according to your patient profile.

1. Ba Zhen Tang
Eight-Treasure Decoction

- Tonify Qi and Blood
  - Si Jun Zi Tang  Four Gentleman Qi
  - Si Wu Tang  Four Substance Blood

- Tongue and Pulse
  - Pale tongue
  - Weak pulse

2. Ba Zheng San
Eight-Herb Powder to Rectification

- Zang Fu Pattern
  - Damp-Heat in UB
  - Urinary Tract Infection
  - Red tongue + yellow, greasy

- UTI basic points
  - SP9 (damp)
  - RN3 (UB front-mu), UB28 (UB back-shu)
3. Ban Xia Bai Zhu Tian Ma Tang
Pinellia, Atractylodis Macrocephalae, and Gastrodia Decoction

- Indication
  - Pattern: Phlegm + LV Wind
  - Dizziness, Vertigo, Headache
  - Meniere's disease
  - White, greasy coating

- Damp vs. Phlegm
  - Damp : heaviness SP9
  - Phlegm : heaviness, dizziness ST40

4. Ban Xia Xie Xin Tang
Pinellia Decoction to Drain the Epigastrium

- Indication
  - Gastritis, Gastric ulcer
  - Treat Heat + Cold complex pattern
  - Red + white greasy coating

- Etiology of Gastritis
  - Cold stomach + Local inflammation

5. Bu Zhong Yi Qi Tang
Tonify the Middle and Augment the Qi Decoction

- Indication
  - SP Qi deficiency
  - SP Qi sinking (organ prolapse) → ST36, RN6, DU20

- S/S
  - Tiredness (fatigue), no appetite, loose stool, Shortness of breath, slightly pale

- Etiology
  - Overwork
6. Cang Er San
Xanthium Powder

- Nasal congestion/discharge
  - Cang Er San Wind-Heat
  - Xin Yi San Wind-Cold

- Open the nasal orifice: LU7, LI4, LI20, DU23

- Yu Ping Feng San (Jade Windscreen)
  - Wei Qi (Defensive Qi) deficiency
  - Recurrent cold, chronic allergic rhinitis

7. Chai Hu Jia Long Gu Mu Li Tang
Bupleurum plus Dragon Bone and Oyster Shell Decoction

- Two ways to calm Shen (spirit)
  1. Anchor and Calm Shen excess
  2. Nourish Heart and Calm Shen deficiency

- Biomedical application
  - Withdrawal syndrome, Stop smoking treatment
  - Anchor Shen

8. Chai Hu Shu Gan San
Bupleurum Powder to Spread the Liver Powder

- Soothe LV Qi → GB34, LV3, PC6
  - Xiao Yao San (Free & Easy)
    • LV Qi stagnation + Blood/Qi deficiency

  - Jia Wei Xiao Yao San (Free & Easy Plus)
    • LV Qi stagnation + Blood/Qi deficiency + Heat

  - Chai Hu Shu Gan San
    • LV Qi stagnation + Pain

6. Cang Er San
Xanthium Powder

1. Cang Er Zi
2. Xin Yi Hua
3. Bai Zhi
4. Bo He

7. Chai Hu Jia Long Gu Mu Li Tang
Bupleurum plus Dragon Bone and Oyster Shell Decoction

1. Chai Hu
2. Gui Zhi
3. Huang Qin
4. Da Huang
5. Long Gu
6. Mu Li
7. Ren Shen
8. Fu Ling
9. Ban Xia
10. Sheng Jiang
11. Da Zao
12. Qian Dan

8. Chai Hu Shu Gan San
Bupleurum Powder to Spread the Liver Powder

1. Chai Hu
2. Bai Shao
3. Zhi Ke
4. Zhi Gan Cao
5. Chen Pi
6. Xiang Fu
7. Chuan Xiong
9. Da Qin Jiao Tang
Major Gentiana Decoction

- Chinese
  - Da = major
  - Xiao = minor

- Indication:
  - Bell’s palsy
  - Trigeminal neuralgia
  - Distal points for face: LI4, ST44

10. Du Huo Ji Sheng Tang
Angelica Pubescens and Sangiisheng Decoction

- Lower Back Pain and Knee Pain
  - Wind-Cold-Damp
  - LV (sinews) and KD (bone) weakness
  - Qi, Blood deficiency + mild cold

- Juan Bi Tang (Remove Painful obstruction Decoction)
  - Upper limb and shoulder

11. Er Chen Tang
Two-Cured Decoction

- Two (=Er) aged herbs
  - Ban Xia (Pinelliae)
  - Chen Pi (Tangerine peel) – like wine
  - + Fu Ling (Poria), Gan Cao (Licorice)

- Key indication
  - Damp-Phlegm
  - Abundant phlegm with cough
  - Fundamental formula for Phlegm = ST40
12. Er Xian Tang
Two Immortal Decoction

- Er (two) Xian (from herb name)
  - Xian Ling Pi (Epimedium)
  - Xian Mao (Golden-eye grass rhizome)

- Indications
  - Menopause patient who has **hot flash followed by chills**
  - Pattern: Yin and Yang both deficiency
  - Menopause patient who has hypertension

- Menopause patient with **hot flash only**
  - Tian Wang Bu Xin Dan / Zi Yin Jiang Huo Tang

13. Gui Pi Tang
Restore the Spleen Decoction

- For both HT Blood & SP Qi deficiency
  - HT: Insomnia, anxiety, poor memory
  - SP Qi def.: Fatigue, no appetite, loose stool
  - Good for student

- Blood deficiency
  - LV Blood def.: blurred/dry eyes, nails, hair, menses
  - HT Blood def.: palpitation, insomnia, anxiety

- Memory
  - KD (short term), HT (long term), SP (memory capacity)

14. Huan Shao Dan
Return to Spring Pill

- Tonify
  - Qi and Yang
  - Blood and Yin
  - Essence

- Indication
  - Elderly patient
  - Anti-aging treatment
  - Impotence

1. Shu Di Huang
2. Shan Yao
3. Niu Xi
4. Gou Qi Zi
5. Shui Zhu Yu
6. Fu Ling
7. Du Zhong
8. Yuan Zhi
9. Wu Wei zi
10. Chi Shi Zi
11. Xiao Hui Xiang
12. Ba Ji Tian
13. Rou Cong Rong
14. Shi Chang Pu
15. Da Zao
16. Sheng Jiang
15. **Huo Xiang Zheng Qi San**
Agastache Powder to Rectify the Qi

- **Indication**
  - Stomach flu
  - Vomiting and Diarrhea

- **Pattern**
  - Exterior Wind-Cold
  - Interior Dampness

- **Clinical indication** → Detox

1. Huo Xiang
2. Hou Po
3. Chen Pi
4. Zi Su Ye
5. Bai Zhi
6. Ban Xia
7. Da Fu Pi
8. Bai Zhu
9. Fu Ling
10. Jie Geng
11. Zhi Gan Cao
12. Sheng Jiang
13. Da Zao

16. **Jia Wei Xiao Yao San**
Free & Easy Wanderer Plus

- **Most popular formula in US**
  - Emotional stress, moodiness
  - Irritability

- **Comparisons**
  - *Xiao Yao San*: LV Qi stag + LV Blood/SP Qi def.
  - *Jia Wei Xiao Yao San*: Xiao Yao San + **Heat**
    - Heat = Excess (Zhi Zi) / Def. (Mu Dan Pi)
  - *Chai Hu Shu Gan San*: LV Qi stag. + Pain

1. Chai Hu
2. Dang Gui
3. Bai Shao
4. Bai Zhu
5. Fu Ling
6. Zhi Gan Cao
7. Wei Jiang
8. Bo He

17. **Jiu Wei Qiang Huo Tang**
Nine-Herb Notopterygium Decoction

- **Exterior Wind-Cold-Damp condition**
  - Chills and fever
  - Bodyache / flu

- **Comparison**
  - Qiang Huo = W-C-D, upper body pain
  - Du Huo = W-C-D, lower body pain

- **Yin Qiao San**
  - Exterior Wind-Heat, sore throat

1. Qiang Huo
2. Fang Feng
3. Cang Zhu
4. Xi Xin
5. Chuan Xiong
6. Bai Zhi
7. Huang Qin
8. Sheng Di Huang
9. Gan Cao
18. **Juan Bi Tang**
Remove Painful Obstruction Decoction

- **Bi syndrome**
  - Painful obstruction, arthritis, joint pains

- **Wind-Damp Bi syndrome**
  - **Upper body**: Juan Bi Tang
  - **Lower body**: Du Huo Ji Sheng Tang

- **Guiding herbs**
  - **Upper limb**: Gui Zhi (cinnamon twig), Sang Zhi (mulberry twig), Jiang Huang (Tumeric rhizome)
  - **Lower limb**: Niu Xi (Achyranthis root), Fang Ji (Stephania root)

19. **Long Dan Xie Gan Tang**
Gentiana Decoction to Drain the Liver

- **Long Dan Cao (Gentiana)**
  - Dragon Gallbladder Herb
  - bitter / cold

- **Two Directions**
  - **LV2**: Clear LV Fire (going up, eye)
    - acute anger
  - **GB34**: Clear LV/GB Damp-Heat (down, genital)
    - Sexual Transmitted Disease

20. **Mu Xiang Bing Lang Wan**
Aucklandia and Betel Nut Pill

- **Both move Qi well in G.I. tract**
  - Distention, bloating in upper/lower abdomen
  - Indigestion
  - **Constipation (excess type)**
  - **Acupuncture**: Combine 4 door treatment

- **Related formulas**
  - Run Chang Wan
    - Constipation (deficiency type) → moisten
  - Xiang Sha Ping Wei San
    - Indigestion
21. Qing Qi Hua Tan Wan
Clear the Qi and Transform Phlegm Pill

- Qing = Clear (heat)
- Visible LU phlegm
  - Qing Qi Hua Tang Wan: yellow phlegm w/ cough
  - Er Chen Tang: abundant phlegm w/ cough
  - Zhi Sou San: Cough
- Invisible HT phlegm (mental aspect)
  - Zhu Ru Wen Dan Tang: phlegm-heat

1. Dan Nan Xing
2. Huang Qin
3. Gua Lou Ren
4. Zhi Shi
5. Chen Pi
6. Fu Ling
7. Ban Xia
8. Xing Ren

22. Qing Shang Fang Feng Tang
Upper Clearing Siler Decoction

- Translation
  - Qing = Clear Heat
  - Shang = Upper → Face
- Heat in face
  - Acne
  - Rosacea

1. Fang Feng
2. Lian Qiao
3. Jie Geng
4. Bai Zhi
5. Huang Qin
6. Chuan Xiong
7. Jing Jie
8. Zhi Zi
9. Huang Lian
10. Bo He
11. Zhi Ke
12. Gan Cao

23. Qing Shang Juan Tong Tang
Upper Clearing and Removing Pain Decoction

- Translation
  - Qing = Clear (Heat)
  - Shang = Upper → Head / shoulder
- Headache
  - Frontal: Yang Ming
  - Temporal: Shao Yang
  - Occipital: Tai Yang
  - Vertex: Jue Yin
  - Deep inside (toothache): Shao Yin
  - Heavy, wrap: Tai Yin
- Other Headache Formulas
  - Xue Fu Zhu Yu Tang: headache due to blood stasis
  - Tian Ma Gou Tang Yin: headache due to Liver Yang rising (hypertension)
24. Run Chang Wan
Moisten the Intestine Pill

- **Run Chang Wan**
  - deficient type, dryness type

- **Mu Xiang Bing Lang Wan**
  - Excess type, hardness type / distention, bloating
  - Indigestion ⇐ move Qi

25. Shao Fu Zhu Yu Tang
Drive Out Blood Stasis in the Lower Abdomen Decoction

- **Zhu Yu Tang** = Drive Out Blood Stasis Decoction
  - Xue Fu Zhu Yu Tang chest
  - Shao Fu Zhu Yu Tang lower abdomen
  - Shen Tong Zhu Yu Tang channel

- **Blood stasis:** purple tongue, chronic, peculiar

- **Shao Fu**
  - lower abdominal Pain
  - dysmenorrhea

26. Shen Ling Bai Zhu San
Ginseng, Poria, and White Atractylodes Powder

- **Based on Four Gentlemen (Si Jun Zi Tang)**
  - SP Qi deficiency
  - + more herbs for Dampness, diarrhea

- **Indication:** SP Qi deficiency + Diarrhea

- **After chronic/prolonged disease**
27. Shen Tong Zhu Yu Tang
Drive Out Blood Stasis from Painful Body Decoction

- Zhu Yu Tang
  - Zhu = Drive out / Yu = Blood stasis

- Zhu Yu Tang: purple tongue, chronic, peculiar
  - Xue Fu Zhu Yu Tang chest, hypochondriac
  - Shao Fu Zhu Yu Tang lower abdomen
  - Shen Tong Zhu Yu Tang body, channel

- Peculiar disease: Blood stasis + Phlegm

28. Shu Jing Huo Xue Tang
Relax Channels and Invigorate Blood Decoction

- Indications
  - Arthritis, Joint pain, bodyache

- Two etiology
  - Blood stasis purplish
  - Wind-Dampness greasy
    • Upper body: Juan Bi Tang
    • Lower body: Du Huo Ji Sheng Tang

29. Tian Ma Gou Teng Yin
Gastrodia and Uncaria Decoction

- Indication
  - LV Yang rising: hypertension
  - LV Wind: tremor, convulsion

- Excess Liver
  - LV Fire: Long Dan Xie Gan Tang
  - LV Yang rising: Tian Ma Gou Teng Yin
30. Tian Wang Bu Xin Dan
Emperor of Heaven’s Special Pill to Tonify the Heart

- Harmonize HT and KD
  - HT = Fire (south) / go down
  - KD = Water (north) / go up

- HT and KD miscommunication
  - KD Yin deficiency: lower back pain, dry stool
  - HT fire: Insomnia, palpitation, anxiety

31. Wen Jing Tang
Warm the Menses Decoction

- Indications
  - Infertility, Irregular menstruation

- Sa-Am Chim (Four needle technique)
  - ST tonification + KD tonification

- Etiology
  - Cold in uterus
  - Blood stasis in uterus

32. Wen Qing Yin
Warming and Clearing Decoction

- Wen + Qing
  - Wen = warming       Si Wu Tang
  - Qing = cooling      Huang Lian Jie Du Tang

- Actions
  - Si Wu Tang = tonify/move blood
  - Huang Lian Jie Du Tang = cool/detox blood

- Indications:
  - Skin disease
  - Blood disorders such as leukemia
33. Wu Ling San
Five-Ingredient Powder with Poria

- Actions
  - Promote urination

- Indication
  - Edema due to water retention
  - Edema due to Western medications

34. Xi Gan Ming Mu Tang
Clearing Liver Brighten Eye Decoction

- Translations
  - Xì = clear/sedate; Gān = liver
  - Míng = brighten; Mù = eye

- Eye infection
  - Swollen, painful eyes
  - Conjunctivitis

- Long Dan Xie Gan Tang
  - LV fire : eye, head
  - LV/GB damp-heat : genital area

35. Xiang Sha Ping Wei San
Cyperus and Amomum Powder to Calm the Stomach

- Indigestion
  - ST44 (sedate on painful side)
  - Other side: PC6 + SP4 combination

- Modern disease: caused by diet
  - Overeating, greasy

- Middle Jiao Dampness + Food retention
  - Treat dampness
  - Reduce food retention
  - Move Qi

1. Ze Xie
2. Fu Ling
3. Zhu Ling
4. Bai Zhu
5. Gui Zhi

1. Dang Gui Wei
2. Chuan Xiong
3. Chi Shao
4. Sheng Di Huang
5. Huang Lian
6. Huang Qin
7. Zhi Zi
8. Shi Gao
9. Lian Qiao
10. Fang Feng
11. Jing Jie
12. Bo He
13. Qiang Huo
14. Man Jing Zi
15. Ju Hua
16. Bai Ji Li
17. Jue Ming Zi
18. Jie Geng
19. Gan Cao

1. Cang Zhu
2. Hou Po
3. Chen Pi
4. Zhi Gan Cao
5. Sheng Jiang
6. Da Zao
36. **Xiao Feng San**
Eliminate Wind Powder

- **Skin formula**
  - Itchy, weepy, red skin

- **Etiology**
  - Wind: itchy
  - Damp: weepy → greasy tongue
  - Heat: red → red tongue

- **Other Skin formula**
  - Wen Qing Yin → Blood Heat pattern (red, not greasy)

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37. **Xiao Yao San**
Free & Easy Wanderer

- **Excess + Deficiency**
  - Excess: LV Qi stagnation
  - Deficiency: LV Blood & SP Qi deficiency

- **Other formulas for LV Qi stagnation**
  - Xiao Yao San + Heat → Jia Wei Xiao Yao San
  - Pain → Chai Hu Shu Gan San
  - Blood, Damp, Food, Heat, Phlegm → Yue Ju Wan

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38. **Xiao Zhi Wan**
Sophora and Scute Formula

- **Hemorrhoid**
  - Acupuncture: UB57, Er Bai

- **Extra formula**
  - **Huai Hua San** in the room shelf

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36. **Xiao Feng San**
Eliminate Wind Powder

1. Jing Jie
2. Fang Feng
3. Niu Bang Zi
4. Chan Tui
5. Cang Zhu
6. Ku Shen
7. Mu Tong
8. Shi Gao
9. Zhi Mu
10. Sheng Di Huang
11. Dang Gui
12. Hei Zhi Ma
13. Gan Cao

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37. **Xiao Yao San**
Free & Easy Wanderer

1. Chai Hu
2. Dang Gui
3. Bai Shao
4. Bai Zhu
5. Fu Ling
6. Zhi Gan Cao
7. Wei Jiang
8. Bo He

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38. **Xiao Zhi Wan**
Sophora and Scute Formula

1. Di Yu
2. Huai Hua
3. Sheng Di Huang
4. Huang Qin
5. Zi Cao
6. Chen Pi
7. Ku Shen
8. Sheng Ma
9. Feng Wei Cao
39. Xin Yi San
Magnolia Flower Powder

- Rhinitis, sinusitis
  - Xin Yi San: Wind-Cold / clear
  - Cang Er San: Wind-Heat / yellow

- Chronic allergic rhinitis
  - Yu Ping Feng San (Jae Windscreen Powder)
  - Tonify Wei (defensive) Qi

40. Xue Fu Zhu Yu Tang
Drive Out Stasis in the Mansion of Blood Decoction

- Blood stasis in:
  - Chest
  - Hypochondriac
  - Head

- Headache formulas
  - 23. Qing Shang Juan Tong Tang
  - 19. Long Dan Xie Gan Tang
  - 29. Tian Ma Gou Teng Yin
  - 40. Xue Fu Zhu Yu Tang (chronic blood stasis)

41. Yin Qiao San
Honeysuckle and Forsythia Powder

- Exterior Wind-Heat
  - Sore throat
  - Measles, mumps

- Exterior: chills/fever
  - 41. Yin Qiao San: Wind-Heat
  - 17. Jiu Wei Qiang Huo Tang: W-C-D, flu, bodyache
  - Extra. Jing Fang Bai Du San: W-C

39. Xin Yi San
Magnolia Flower Powder

1. Xin Yi Hua
2. Chuan Xiong
3. Mu Tong
4. Xi Xin
5. Fang Feng
6. Qiang Huo
7. Gao Ben
8. Sheng Ma
9. Bai Zhi
10. Zhi Gan Cao

40. Xue Fu Zhu Yu Tang
Drive Out Stasis in the Mansion of Blood Decoction

1. Tao Ren
2. Hong Hua
3. Chuan Xiong
4. Dang Gui
5. Chi Shao
6. Chuan Niu Xi
7. Sheng Di Huang
8. Chai Hu
9. Jie Geng
10. Zhi Ke
11. Gan Cao

41. Yin Qiao San
Honeysuckle and Forsythia Powder

1. Jin Yin Hua
2. Lian Qiao
3. Jie Geng
4. Niu Bang Zi
5. Bo He
6. Dan Dou Chi
7. Jing Jie
8. Dan Zhu Ye
9. Xian Lu Gen
10. Gan Cao
42. You Gui Wan
Restore the Right Kidney Pill

- KD Tonics
  - You Gui Wan (Right Kidney) - KD Yang
  - Zuo Gui Wan (Left Kidney) - KD Yin

- KD deficiency: lower back, knee
  - Yang deficiency: Cold, edema, impotence
  - Yin deficiency: night sweat, five palm heat

42. You Gui Wan
Restore the Right Kidney Pill

1. Fu Zi
2. Rou Gui
3. Lu Jiao Jiao
4. Shu Di Huang
5. Shan Zhu Yu
6. Shan Yao
7. Gou Qi Zi
8. Tu Si Zi
9. Du Zhong
10. Dang Gui

43. Yu Ping Feng San
Jade Windscreen Powder

- Tonify Wei (Defensive) Qi
  - Prevent body from pathogen
  - Open/Close pores properly

- Indications
  - Concurrent cold
  - Chronic allergic rhinitis

43. Yu Ping Feng San
Jade Windscreen Powder

1. Huang Qi
2. Bai Zhu
3. Fang Feng

44. Yu Quan Wan
Jade Spring Pill

- Indication
  - Diabetes

- Actions
  - Nourish fluids
  - Pharmaceutical: Control blood sugar level

44. Yu Quan Wan
Jade Spring Pill

1. Tian Hua Fen
2. Ge Gen
3. Ren Shen
4. Sheng Di Huang
5. Wu Wei Zi
6. Mai Men Dong
7. Fu Ling
8. Wu Mei
9. Huang Qi
10. Gan Cao
### 45. Yue Ju Wan
**Escape Restraint Pill**

- **Six stagnation**
  - Qi
  - Blood
  - Damp
  - Phlegm
  - Food
  - Heat

- **Signs and Symptoms**
  - Pain, distention, indigestion
  - Red, greasy, purple tongue + Wiry, slippery, rapid pulse

1. Xiang Fu
2. Chuan Xiong
3. Cang Zhu
4. Shan Zhi Zi
5. Shen Qu

### 46. Zheng Gu Zi Jin Dan
**Bone-Setter’s Purple-Gold Special Pill**

- **Traumatic injury**
  - Car accident, falling
  - Swelling, pain, bleeding

- **Etiology**
  - Trauma

1. Ding Xiang
2. Mu Xiang
3. Xue Jie
4. Er Cha
5. Zhi Da Huang
6. Hong Hua
7. Dang Gui
8. Lian Zi
9. Fu Ling
10. Bai Shao
11. Mu Dan Pi
12. Gan Cao

### 47. Zhi Sou San
**Stop Coughing Powder**

- **Action**
  - Stop cough

- **Phlegm + Cough**
  - Er Chen Tang
  - Qing Qi Hua Tan Wan
  - Damp-Phlegm
  - Phlegm-Heat

1. Zi Wan
2. Bai Qian
3. Bai Bu
4. Jie Geng
5. Chen Pi
6. Jing Jie
7. Gan Cao
48. Zhu Ru Wen Dan Tang
Caulis Bambusae Warm Gallbladder Decoction

- Invisible Phlegm-Heat
  - Greasy-yellow coating

- Mental aspect
  - Insomnia, anxiety, palpitation
    - SP Qi deficiency (pale tongue) → Gui Pi Tang
    - HT/KD Yin deficiency, heat (red, no coating) → Tian Wang Bu Xin
    - Phlegm-Heat (greasy, yellow coating) → Zhu Ru Wen Dan Tang
  - Schizophrenia, bipolar

49. Zi Yin Jiang Huo Tang
Nourish the Yin and Clear the Heat Decoction

- Translations
  - Zi Yin = nourish the yin
  - Jiang Huo = clear the heat

- Comparison
  - Yin deficiency → heat
  - Yang deficiency → cold

- Patterns with Yin deficient heat
  - Afternoon fever, tidal fever, malar flush, five-palm
  - Menopause syndrome

50. Zuo Gui Wan
Restore the Left Kidney Pill

- KD Tonics
  - Zuo Gui Wan
    - KD Yin
    - Red + scanty coating (heat)
  
  - You Gui Wan
    - KD Yang
    - Pale + moist (cold)