











<b>7. TONIFY</b> (Handbook p.569)														
<b>SI JUN ZI TANG</b> Four-gentlemen decoction 四君子湯(사군자탕) <i>Tonify Qi</i>	<table border="1"> <tr><td>Ren Shen</td><td>3-9</td></tr> <tr><td>Bai Zhu</td><td>6-9</td></tr> <tr><td>Fu Ling</td><td>6-9</td></tr> <tr><td>Zhi Gan Cao</td><td>3-6</td></tr> </table>	Ren Shen	3-9	Bai Zhu	6-9	Fu Ling	6-9	Zhi Gan Cao	3-6	<ul style="list-style-type: none"> <li>• <b>SP/ST Qi deficiency:</b> Pallid complexion, low and soft voice, reduced appetite, loose stools, weakness in the limbs, ㉠ pale, ㉡ thin, weak</li> <li>• <b>Note:</b> This is the primary formula for SP/ST Qi deficiency. It also helps the SP process Dampness.</li> </ul>				
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<table border="1" style="width: 100%;"> <tr> <td style="width: 30%;">Yi Gong San</td> <td style="width: 40%;">4 Gentlemen + Chen Pi</td> <td style="width: 30%;">+ Qi stagnation</td> </tr> <tr> <td>Liu Jun Zi Tang (six gentlemen)</td> <td>4 Gentlemen + Ban Xia, Chen Pi</td> <td>+ Phlegm</td> </tr> <tr> <td>Xiang Sha Liu Jun Zi Tang</td> <td>6 Gentlemen + Mu Xiang, Sha Ren</td> <td>+ Phlegm, Qi stag, Pain</td> </tr> <tr> <td>Xiang Sha Yang Wei Tang</td> <td>Xiang Sha Liu Jun Zi + Ping Wei San</td> <td>+ Damp</td> </tr> </table>			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
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<p><b>Liu Jun Zi Tang (Six-gentlemen decoction, 六君子湯 육군자탕)</b></p> <ul style="list-style-type: none"> <li>• <b>SP/ST Qi deficiency + Damp-Phlegm:</b> loss of appetite, nausea or vomiting, focal distention and stifling sensation in the chest and epigastrium, and often coughing of copious, thin, and white sputum</li> </ul>														

<b>13. TREAT DRYNESS</b> (Handbook p.580)								
<b>ZENG YE TANG</b> Increase the fluids decoction 增液湯(증액탕) <i>Enrich Yin &amp; Moisten Dryness</i>	<table border="1"> <tr><td>Xuan Shen</td><td>30</td></tr> <tr><td>Mai Men Dong</td><td>24</td></tr> <tr><td>Sheng Di Huang</td><td>24</td></tr> </table>	Xuan Shen	30	Mai Men Dong	24	Sheng Di Huang	24	<ul style="list-style-type: none"> <li>• <b>Dry intestines:</b> Constipation, thirst, ㉠ dry and red, ㉡ thin and slightly rapid, or weak</li> <li>• <b>Note:</b> “A boat stuck in the riverbed due to low water flow” → Unblocks the bowels by clearing heat and replenishing the fluids.</li> </ul>
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<b>14. EXPEL DAMPNES</b> (Handbook p.581)																		
<b>SAN REN TANG</b> Three-seed decoction 三仁湯(삼인탕) <i>Clear Damp-Heat</i>	<table border="1"> <tr><td>Xing Ren</td><td>15</td></tr> <tr><td>Bai Dou Kou</td><td>6</td></tr> <tr><td>Yi Yi Ren</td><td>18</td></tr> <tr><td>Hou Po</td><td>6</td></tr> <tr><td>Ban Xia</td><td>9</td></tr> <tr><td>Tong Cao</td><td>6</td></tr> <tr><td>Dan Zhu Ye</td><td>6</td></tr> <tr><td>Hua Shi</td><td>18</td></tr> </table>	Xing Ren	15	Bai Dou Kou	6	Yi Yi Ren	18	Hou Po	6	Ban Xia	9	Tong Cao	6	Dan Zhu Ye	6	Hua Shi	18	<ul style="list-style-type: none"> <li>• <b>Damp-Heat in the Wei &amp; Qi levels with Damp predominant (Upper burner):</b> Headache, chills, afternoon fever, heavy sensation in the body, no thirst, body pain, pale yellow face, stifling sensation in the chest, loss of appetite, ㉠ greasy, white coat, ㉡ wiry, thin, and soggy</li> <li>• <b>Note:</b> This formula is from the Warm Disease philosophy. It emphasizes Dampness, as it does little to clear Heat.</li> </ul>
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<b>17. TREAT ABSCESSSES</b> (Handbook p.585)												
<b>DA HUANG MU DAN TANG</b> Rhubarb and moutan decoction 大黃牡丹湯(대황목단탕) <i>Treat Internal Abscesses</i>	<table border="1"> <tr><td>Da Huang</td><td>12</td></tr> <tr><td>Mang Xiao</td><td>9-12</td></tr> <tr><td>Mu Dan Pi</td><td>3</td></tr> <tr><td>Tao Ren</td><td>9-15</td></tr> <tr><td>Dong Gua Ren</td><td>15-30</td></tr> </table>	Da Huang	12	Mang Xiao	9-12	Mu Dan Pi	3	Tao Ren	9-15	Dong Gua Ren	15-30	<ul style="list-style-type: none"> <li>• <b>Acute intestinal abscess from interior clumping of Heat and Blood:</b> Lower abdominal distention and pain that increases upon pressure with rebound tenderness, fever, constipation, ㉠ thin, yellow, greasy coat, ㉡ slippery, rapid</li> <li>• <b>Note:</b> May also be groin pain, or lower right quadrant abdominal masses, with irregular, intermittent fever followed by chills and sweating.</li> </ul>
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