CANADIAN FORMULAS - MAP 1

[1] RELEASE EXTERIOR

- EARLY-STAGE
  - Cong Shi Jie Geng Tang (Scallion, Prepared Soybean, and Platycodon Decoction)
- WIND-COLD
  - Ma Huang Tang (Ephedra Decoction)
  - Da Qing Long Tang (Major Bluegreen Dragon Decoction)
  - Gui Zhi Tang (Cinnamon Twig Decoction)
  - Xiao Qing Long Tang (Minor Bluegreen Dragon Decoction)
  - She Gan Ma Huang Tang (Belamcanda and Ephedra Decoction)
  - Jiu Wei Qiang Huo Tang (Nine-Herb Decoction with Notopterygium)
  - Jia Wei Xiang Su San (Augmented Cyperus and Perilla Leaf Powder)
- WIND-HEAT
  - Sang Ju Yin (Mulberry Leaf and Chrysanthemum Decoction)
  - Yin Qiao San (Honeysuckle and Forsythia Powder)
  - Chai Ge Jie Ji Tang (Bupleurum and Kudzu Decoction to Release the Muscle Layer)
  - Sheng Ma Ge Gen Tang (Cimicifuga and Kudzu Decoction)
  - Niu Bang Jie Ji Tang (Burduck Decoction for Releasing Muscles)
- INTERIOR DEFICIENCY
  - Ren Shen Bai Du San (Ginseng Powder to Overcome Pathogenic Influences)
  - Jing Fang Bai Du San (Schizonepeta and Saposhnikovia Powder to Overcome Pathogenic Influences)
  - Zai Zao San (Renewal Powder)
  - Cong Bai Qi Wei Yin (Scallion Drink with Seven Ingredients)
  - Jia Jian Wei Rui Tang (Modified Solomon's Seal Decoction)

[2] DRAIN DOWNWARD

- HEAT ACCUMULATION
  - Da Cheng Qi Tang (Major Order the Qi Decoction)
  - Xiao Cheng Qi Tang (Minor Order the Qi Decoction)
  - Tiao Wei Cheng Qi Tang (Regulate the Stomach and Order the Qi Decoction)
- COLD ACCUMULATION
  - Da Huang Fu Zi Tang (Rhubarb and Aconite Accessory Root Decoction)
  - Wen Pi Tang (Warm the Spleen Decoction)
- INTESTINAL DRYNESS
  - Ma Zi Ren Wan (Hemp Seed Pill)
  - Ji Chuan Jian (Benefit the River Decoction)

[3] HARMONIZE

- SHAO YANG
  - Xiao Chai Hu Tang (Minor Bupleurum Decoction)
  - Hao Qin Qing Dan Tang (Sweet Wormwood and Scutellaria Decoction to Clear the Gallbladder)
- LIVER & SPLEEN
  - Si Ni San (Frigid Extremities Powder)
  - Xiao Yao San (Rambling Powder)
  - Jia Wei Xiao Yao San (Augmented Rambling Powder)
  - Tong Xie Yao Fang (Important Formula for Painful Diarrhea)
- STOMACH & INTESTINES
  - Ban Xia Xie Xin Tang (Pinellia Decoction to Drain the Epigastrium)

[4] CLEAR HEAT

- QI LEVEL
  - Bai Hu Tang (White Tiger Decoction)
  - Zhu Ye Shi Gao Tang (Lophatherus and Gypsum Decoction)
- YING/BLOOD LEVELS
  - Qing Ying Tang (Clear the Nutritive Level Decoction)
  - Xi Jiao Di Huang Tang (Rhinoceros Horn and Rehmannia Decoction)
- TOXIC-HEAT
  - Huang Lian Jie Du Tang (Coptis Decoction to Relieve Toxicity)
  - Xie Xin Tang (Drain the Epigastrium Decoction)
  - Pu Ji Xiao Du Yin (Universal Benefit Decoction to Eliminate Toxin)
  - Liang Ge San (Cool the Diaphragm Powder)
- QI/BLOOD LEVELS
  - Qing Wen Bai Du Yin (Clear Epidemics and Overcome Toxicity Drink)
- ORGAN-HEAT
  - Ma Xing Shi Gan Tang (Ephedra, Apricot Kernel, Gypsum, and Licorice Decoction)
  - Yue Bi Jia Zhu Tang (Maidservant from Yue's Decoction plus Atractylodes)
  - Xie Bai San (Drain the White Powder)
  - Ting Li Da Zao Xie Fei Tang (Lepidium/Descurainia and Jujube Decoction to Drain the Lungs)
  - Xie Huang San (Drain the Yellow Powder)
  - Qing Wei San (Clear the Stomach Powder)
  - Yu Nu Jian (Jade Women Decoction)
  - Dao Chi San (Guide Out the Red Powder)
  - Long Dan Xie Gan Tang (Gentiana Decoction to Drain the Liver)
  - Zuo Jin Wan (Left Metal Pill)
  - Dai Ge San (Natural Indigo and Cyclina Powder)
  - Shao Yao Tang (Peony Decoction)
  - Bai Tou Weng Tang (Pulsatilla Decoction)
- DEFICIENCY-HEAT
  - Qing Hao Bie Jia Tang (Artemisia Annua and Soft-shelled Turtle Shell Decoction)
  - Qing Gu San (Cool the Bones Powder)
  - Qing Jing San (Clear the Menses Powder)
  - Qin Jiao Bie Jia San (Large Gentian and Soft-Shelled Turtle Shell Powder)
  - Dang Gui Liu Huang Tang (Tangkuei and Six-Yellow Decoction)
- SUMMER-HEAT
  - Qing Luo Yin (Clear the Collaterals Drink)
  - Xin Jia Xiang Ru San (Newly Augmented Mosla Drink)
  - Liu Yi San (Six-to-One Powder)
  - Qing Shu Yi Qi Tang (Clear Summerheat and Augment the Qi Decoction)

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CANADIAN FORMULAS - MAP 2

[5] WARM INTERIOR

CHANNEL

- **Dang Gui Si Ni Tang** (Tangkuei Decoction for Frigid Extremities)
- **Huang Qi Gui Zhi Wu Wu Tang** (Astragalus and Cinnamon Twig Five-Substance Decoction)

MIDDLE BURNER

- **Li Zhong Wan** (Regulate the Middle Pill)
- **Fu Zi Li Zhong Wan** (Aconite Accessory Root Pill to Regulate the Middle)
- **Wu Zhu Yu Tang** (Evodia Decoction)
- **Xiao Jian Zhong Tang** (Minor Construct the Middle Decoction)
- **Da Jian Zhong Tang** (Major Construct the Middle Decoction)

YANG COLLAPSE

- **Si Ni Tang** (Frigid Extremities Decoction)
- **Hui Yang Jiu Ji Tang** (Restore and Revive the Yang Decoction from Revised Popular Guide)
- **Shen Fu Tang** (Ginseng and Aconite Accessory Root Decoction)

[6] RELEASE EXTERIOR-INTERIOR EXCESS

INTERIOR EXCESS

- **Da Chai Hu Tang** (Major Bupleurum Decoction)
- **Fang Feng Tong Sheng San** (Saposhnikovia Powder that Sagely Unblocks)

INTERIOR HEAT

- **Ge Gen Huang Qin Huang Lian Tang** (Kudzu, Scutellaria, and Coptis Decoction)

INTERIOR COLD

- **Wu Ji San** (Five-Accumulation Powder)

[7] TONIFY

QI DEFICIENCY

- **Si Jun Zi Tang** (Four-Gentlemen Decoction)
- **Yi Gong San** (Extraordinary Merit Powder)
- **Liu Jun Zi Tang** (Six-Gentlemen Decoction)
- **Xiang Sha Liu Jun Zi Tang** (Six-Gentlemen Decoction with Aucklandia and Amomum)
- **Bao Yuan Tang** (Preserve the Primal Decoction)
- **Shen Ling Bai Zhu San** (Ginseng, Poria, and White Atractylodes Powder)
- **Qi Wei Bai Zhu San** (Seven-Ingredient Powder with White Atractylodes)
- **Bu Zhong Yi Qi Tang** (Tonify the Middle and Augment the Qi Decoction)
- **Ju Yuan Jian** (Lift the Source Decoction)
- **Sheng Xian Tang** (Raise the Sunken Decoction)
- **Yu Ping Feng San** (Jade Windscreen Powder)
- **Sheng Mai San** (Generate the Pulse Powder)
- **Ren Shen Ge Jie San** (Ginseng and Gecko Powder)
- **Ren Shen Wu Wei Zi Tang** (Ginseng and Schisandra Decoction)

BLOOD DEFICIENCY

- **Si Wu Tang** (Four-Substances Decoction)
- **Tao Hong Si Wu Tang** (Four-Substance Decoction with Safflower and Peach Pit)
- **Sheng Yu Tang** (Sage-Like Healing Decoction)
- **Dang Gui Bu Xue Tang** (Tangkuei Decoction to Tonify the Blood)
- **Bao Yin Jian** (Yin-Protecting Decoction)
- **Xiao Ying Jian** (Minor Nourishing Decoction)

QI & BLOOD DEFICIENCY

- **Ba Zhen Tang** (Eight-Treasure Decoction)
- **Shi Quan Da Bu Tang** (All-Inclusive Great Tonifying Decoction)
- **Nei Bu Huang Qi Tang** (Internally Tonifying Decoction with Astragalus)
- **Ren Shen Yang Rong Tang** (Ginseng Decoction to Nourish Luxuriance)
- **Gui Pi Tang** (Restore the Spleen Decoction)
- **Qi Fu Yin** (Seven Blessing Decoction)
- **Zhi Gan Cao Tang** (Honey-fried Licorice Decoction)
- **Tai Shan Pan Shi San** (Powder that Gives the Stability of Mount Tai)
- **He Ren Yin** (Fleeceflower Root and Ginseng Drink)
- **Tai Yuan Yin** (Fetus Original Qi Decoction)

YIN DEFICIENCY

- **Liu Wei Di Huang Wan** (Six-Ingredient Pill with Rehmannia)
- **Du Qi Wan** (Capital Qi Pill)
- **Qi Ju Di Huang Wan** (Lycium, Chrysanthemum, and Rehmannia Pill)
- **Zhi Bai Di Huang Wan** (Anemarrhena, Phellodendron, and Rehmannia Pill)
- **Mai Wei Di Huang Wan** (Ophiopogonis, Schisandra, and Rehmannia Pill)
- **Zuo Gui Wan** (Restore the Left Kidney Pill)
- **Zuo Gui Yin** (Restore the Left Kidney Decoction)
- **Da Bu Yuan Jian** (Great Tonify the Primal Decoction)
- **Da Bu Yin Wan** (Great Tonify the Yin Pill)
- **Hu Qian Wan** (Hidden Tiger Pill)
- **Yi Guan Jian** (Linking Decoction)
- **Er Zhi Wan** (Two Solstice Pill)
- **Bai He Gu Jin Tang** (Lily Bulb Decoction to Preserve the Metal)
- **Yue Hua Wan** (Moonlight Pill)
- **Shi Hu Ye Guang Wan** (Dendrobium Pill for Night Vision)
- **Liang Di Tang** (Rehmannia and Lycia Radicis Decoction)
- **Yi Yin Jian** (One-Yin Decoction)

YANG DEFICIENCY

- **Jin Gui Shen Qi Wan** (Kidney Qi Pill from the Golden Cabinet)
- **Ji Sheng Shen Qi Wan** (Kidney Qi Pill from Formulas that Aid the Living)
- **Wu Bi Shan Yao Wan** (Incomparable Dioscorea Pill)
- **You Gui Wan** (Restore the Right Kidney Pill)
- **You Gui Yin** (Restore the Right Kidney Decoction)
- **Gu Shen Wan** (Restore the Kidneys Pill)
- **Bu Shen Gu Chong Tang** (Kidney-Tonifying and Penetrating Vessel Consolidation Decoction)

YIN & YANG DEFICIENCY

- **Di Huang Yin Zi** (Rehmannia Drink)
- **Gui Lu Er Xian Jiao** (Tortoise Shell and Deer Antler Two-Immortal Syrup)
- **Er Xian Tang** (Two Immortal Decoction)

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CANADIAN FORMULAS - MAP 3

[8] STABILIZE & BIND

- **EXTERIOR**
  - **Mu Li San** (Oyster Shell Powder)
- **LUNGS**
  - **Jiu Xian San** (Nine-Immortal Powder)
- **INTESTINE**
  - **Zhen Ren Yang Zang Tang** (True Man's Decoction to Nourish the Organs)
  - **Tao Hua Tang** (Peach Blossom Decoction)
  - **Si Shen Wan** (Four-Miracle Pill)
- **ESSENCE**
  - **Jin Suo Gu Jing Wan** (Metal Lock Pill to Stabilize the Essence)
  - **Sang Piao Xiao San** (Mantis Egg-case Powder)
  - **Suo Quan Wan** (Restrict the Fountain Pill)
  - **Shou Tai Wan** (Fetus Longevity Pill)
- **WOMB**
  - **Gu Chong Tang** (Stabilize Gushing Decoction)
  - **Gu Jing Wan** (Stabilize the Menses Pill)
  - **Wan Dai Tang** (End Discharge Decoction)
  - **Yi Huang Tang** (Change Yellow Decoction)
  - **Zhi Dai Fang** (Discharge-Stopping Formula)

[9] CALM SPIRIT

- **HEART DEFICIENCY**
  - **Tian Wang Bu Xin Dan** (Emperor of Heaven's Special Pill to Tonify the Heart)
  - **Bai Zi Yang Xin Wan** (Arborvitae Seed Pill to Nourish the Heart)
  - **Suan Zao Ren Tang** (Sour Jujube Decoction)
  - **Kong Sheng Zhen Zhong Dan** (Special Pill from Confucius' Pillow)
  - **Gan Mai Da Zao Tang** (Licorice, Wheat, and Jujube Decoction)
  - **An Shen Ding Zhi Wan** (Calm the Shen and Settle the Emotion Pill)
- **HEART EXCESS**
  - **Zhu Sha An Shen Wan** (Cinnabar Pill to Calm the Spirit)
  - **Ci Zhu Wan** (Magnetite and Cinnabar Pill)

[10] REGULATE QI

- **QI STAGNATION**
  - **Yue Ju Wan** (Escape Restraint Pill)
  - **Chai Hu Shu Gan San** (Bupleurum Powder to Spread the Liver)
  - **Zhi Shi Xie Bai Gui Zhi Tang** (Unripe Bitter Orange, Chinese Garlic, and Cinnamon Twig Decoction)
  - **Gua Lou Xie Bai Bai Jiu Tang** (Trichosanthes Fruit, Chinese Garlic, and Wine Decoction)
  - **Gua Lou Xie Bai Ban Xia Tang** (Trichosanthes Fruit, Chinese Garlic, and Pinellia Decoction)
  - **Ban Xia Hou Po Tang** (Pinellia and Magnolia Bark Decoction)
  - **Hou Po Wen Zhong Tang** (Magnolia Bark Decoction for Warming the Middle)
  - **Liang Fu Wan** (Galangal and Cyperus Pill)
  - **Jin Ling Zi San** (Melia Toosendan Powder)
  - **Si Mo Tang** (Four Milled-Herb Decoction)
  - **Liu Mo Tang** (Six Milled-Herb Decoction)
  - **Wu Mo Yin Zi** (Five Milled-Herb Decoction)
  - **Tian Tai Wu Yao San** (Top-quality Lindera Powder)
  - **Ju He Wan** (Tangerine Seed Pill)
  - **Nuan Gan Jian** (Warm the Liver Decoction)
- **REBELLIOUS QI**
  - **Su Zi Jiang Qi Tang** (Perilla Fruit Decoction for Directing Qi Downward)
  - **Ding Chuan Tang** (Arrest Wheezing Decoction)
  - **Xuan Fu Dai Zhe Tang** (Inula and Hematite Decoction)
  - **Ju Pi Zhu Ru Tang** (Tangerine Peel and Bamboo Shavings Decoction)
  - **Ding Xiang Shi Di Tang** (Clove and Persimmon Calyx Decoction)
  - **Gan Jiang Ren Shen Ban Xia Wan** (Ginger, Ginseng, and Pinellia Pill)

[11] REGULATE BLOOD

- **BLOOD STASIS**
  - **Tao He Cheng Qi Tang** (Peach Pit Decoction to Order the Qi)
  - **Xue Fu Zhu Yu Tang** (Drive Out Stasis in the Mansion of Blood Decoction)
  - **Tong Qiao Huo Xue Tang** (Unblock the Orifices and Invigorate the Blood Decoction)
  - **Ge Xia Zhu Yu Tang** (Drive Out Blood Stasis Below the Diaphragm Decoction)
  - **Shao Fu Zhu Yu Tang** (Drive Out Blood Stasis in the Lower Abdomen Decoction)
  - **Shen Tong Zhu Yu Tang** (Drive Out Blood Stasis from a Painful Body Decoction)
  - **Bu Yang Huan Wu Tang** (Tonify the Yang to Restore Five Decoction)
  - **Fu Yuan Huo Xue Tang** (Revive Health by Invigorating the Blood Decoction)
  - **Qi Li San** (Seven-Thousandths of a Tael Powder)
  - **Wen Jing Tang** (Warm the Menses Decoction)
  - **Ai Fu Nuan Gong Wan** (Mugwort and Cyperus Pill to Warm the Palace)
  - **Sheng Hua Tang** (Generating and Transforming Decoction)
  - **Gui Zhi Fu Ling Wan** (Cinnamon Twig and Poria Pill)
  - **Shi Xiao San** (Sudden Smile Powder)
  - **Huo Luo Xiao Ling Dan** (Fantastically Effective Pill to Invigorate the Collaterals)
  - **Dan Shen Yin** (Salvia Drink)
  - **Bie Jia Jian Wan** (Soft-Shelled Turtle Shell Pill)
  - **Da Huang Zhe Chong Wan** (Rhubarb and Ground Beetle Pill)
- **BLEEDING**
  - **Shi Hui San** (Ten Partially-Charred Substances Powder)
  - **Si Sheng Wan** (Four-Fresh Pill)
  - **Ke Xue Fang** (Coughing of Blood Formula)
  - **Xiao Ji Yin Zi** (Small Thistle Drink)
  - **Huai Hua San** (Sophora Japonica Flower Powder)
  - **Huang Tu Tang** (Yellow Earth Decoction)
  - **Jiao Ai Tang** (Ass-Hide Gelatin and Mugwort Decoction)
  - **Yue Ying Jian** (Blood-Restraining Decoction)

[12] EXPEL WIND

- **EXTERNAL WIND**
  - **Chuan Xiong Cha Tiao San** (Ligusticum Chuanxiong Powder to be taken with Green Tea)
  - **Cang Er Zi San** (Xanthium Powder)
  - **Da Qin Jiao Tang** (Major Large Gentian Decoction)
  - **Xiao Huo Luo Dan** (Minor Invigorate the Collaterals Special Pill)
  - **Qian Zheng San** (Lead to Symmetry Powder)
  - **Yu Zhen San** (True Jade Powder)
  - **Xiao Feng San** (Eliminate Wind Powder)
  - **Dang Gui Yin Zi** (Tangkuei Drink)
- **INTERNAL WIND**
  - **Ling Jiao Gou Teng Tang** (Antelope Horn and Uncaria Decoction)
  - **Zhen Gan Xi Feng Tang** (Sedate the Liver and Extinguish Wind Decoction)
  - **Tian Ma Gou Teng Yin** (Gastrodia and Uncaria Decoction)
  - **San Jia Fu Mai Tang** (Three-Shell Decoction to Restore the Pulse)
  - **Da Ding Feng Zhu** (Major Arrest Wind Pearls)
  - **E Jiao Ji Zi Huang Tang** (Ass-Hide Gelatin and Egg Yolk Decoction)

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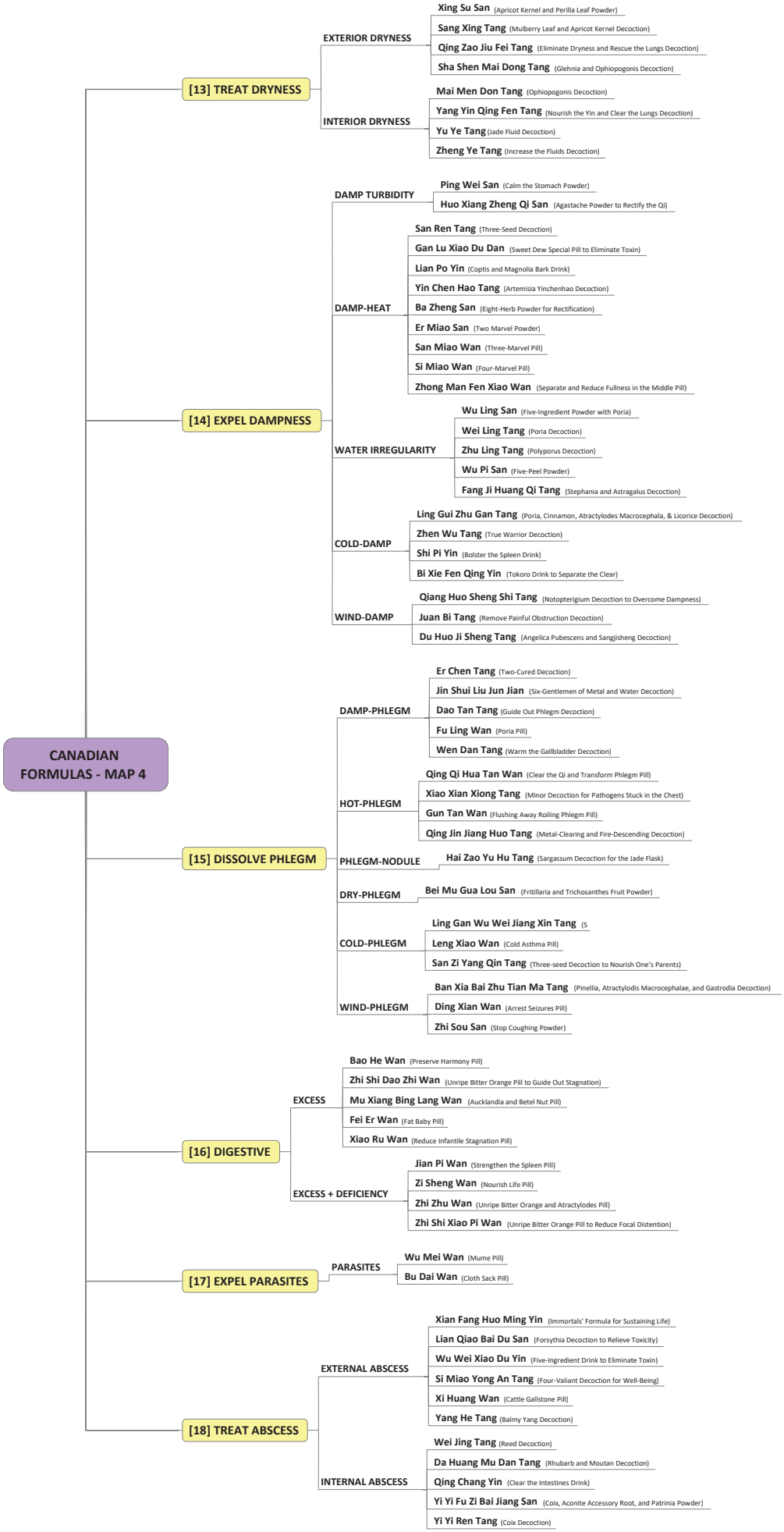

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