

**Formula I**

**Chapter 1 Formulas that release the exterior**

Section 1. Formulas that release exterior cold

麻黃湯	Ma Huang Tang	Exterior excess syndrome; (Exterior cold---Wind-cold)	<b>Aversion to cold &amp; fever</b> <b>no sweating</b>
大青龍湯	Da qing long tang	Cold-Attack	<b>Fever and chill</b> <b>absence of sweat but fidget</b>
三拗湯	San Ao Tang	<u>Exterior wind-cold or coughing and loss of voice due to wind-cold</u> Major for Cough and asthma	More cough and wheezing white, thin sputum symptoms (Wind-cold)
華蓋散	Hua Gai San	Wind-cold attacking the lungs	Patients cough a lot of sputum ← Wind-cold
蔥鼓湯	Cong Chi Tang	<b>Slight cold;</b> <u>Early stage of an exterior syndrome (Wind-cold just beginning and slight)</u>	<b>Mild fever and slight chills without sweating,</b> <b>headache</b>
桂枝湯	Gui Zhi Tang	<u>Exterior deficient syndrome</u> due to exogenous attack of wind and cold. (Wind-cold and deficiency)	Exogenous attack of wind and cold. <b>sweating,</b> <b>aversion to wind</b>
桂枝加葛根湯	Gui Zhi Jia Ge Gen Tang	Treatise on Cold-Attack And neck stiffness	<b>Taiyang</b> diseases with symptoms of <b>tight neck and back</b>
桂枝加厚朴杏子湯	Gui Zhi Jia Huo Po Xing Zi Tang	Treatise on Cold-Attack + asthma	
桂枝加桂湯	Gui Zhi Jia Gui Tang	Treatise on <u>Cold-Attack</u> + ↓逆氣 (奔騰氣)	Rebellious qi
桂枝加芍藥湯	Gui Zhi Jia Shao Yao Tang	Treatise on <u>Cold-Attack</u> . It has the effects of relieving the exterior and harmonizing the interior.	Applied to Taiyang diseases, the evil qi sinks in the Taiyin Meridian
小青龍湯	Xiao Qing Long Tang	<u>Relieving the exterior and resolve fluid-retention to alleviate cough and asthma</u> <u>[Body fluid inside with exterior wind-cold]</u> (Lung Qi fails to descend, we can use the herbs to descend!)	<b>Chill, fever, absence of sweat, (→Exterior wind-cold)</b> <b>asthma and cough with abundant thin expectoration;</b> or cough due fluid retention accompanied by <b>difficulty in lying position</b>
九味羌活湯	Jiu Wei Qiang Huo Tang	Exterior syndrome due to <u>wind-cold-dampness</u> with concurrent internal accumulation of heat (Wind-cold dampness with interior-heat)	<b>(Pain of body with chill and fever ← Acute)</b> <b>Fever and chill</b> with out sweating, headache, stiff neck, generalize aches and pain, <b>slight thirst, a bitter taste</b> in the mouth
香蘇散	Xiang Su San	<u>Exterior wind-cold with Qi stagnation in the interior (Liver Qi affects stomach)</u>	<b>Fever and chills without sweating, headache, focal distention and a stifling sensation in the chest</b>
川芎茶調散	Chuan Xiong Cha Tiao San	<b>Headache</b> from externally-contracted wind; (Headache due to wind; headache from exterior syndrome) ← Headache due to wind-cold Migraine due to wind-(Cold)	<b>Headache in any part of the head</b>
葛根湯	Ge Gen Tang	<b>Externally-contracted wind cold at the Taiyang stage. (Exterior wind-cold blocks the channel and body fluid cannot nourish the muscle)</b>	<b>Ge Gen is good for DM patients.</b> Fever and chill, <b>no sweating, stiff and neck,</b>
<u>Section 2. Formulas that release exterior wind-heat</u>			
桑菊飲	Sang Ju Yin	<u>Expelling wind-heat and dispersing the lung to relieve cough.</u> <u>(Cough) problems due to wind-heat</u> <Mild formula for exterior	<b>Cough with fever and thirst; tongue is normal with red tip and thin, white or yellow</b>

		problems not severe>{Wind-heat cough}	coating
銀翹散	Yi Qiao San	<u>Fever due to wind-heat</u> <u>Differentiation on Warm Diseases Item by Item</u> <u>{Yi Qiao San Good for Flu due to wind-heat, SARS, hepatitis B, measles in the beginning especially warm diseases}</u>	<u>Expelling exterior evils by its pungent-coolness</u> <u>herbs, clearing heat and poison.</u> The formula is a typical formula for beginning of warm diseases.
柴葛解肌湯	Chai Ge Jie Ji Tang	<u>Exterior cold that is transforming into interior heat. (Wind-cold transforming into heat)</u>	<u>Restrained exogenous wind-cold transforming into heat manifested by gradual decrease of chill and gradual increase fever (Heat obvious)</u>
升麻葛根湯	Sheng Ma Ge Gen Tang	<u>Relieving muscles and promoting eruption.</u> Externally-contracted heat collecting in the lungs and stomach	The beginning of <u>measles</u> marked by absence of rashes with <u>incomplete eruption</u> , fever and headache

### Section 3. Formulas that release exterior disorders with interior deficiency

人參敗毒散	Ren Shen Bai Du San	Exterior <u>wind-cold-dampness</u> (to release exterior syndrome by sweating) with pre-existing Qi deficiency (Exterior syndrome with Qi deficiency)	Exogenous attack of wind, cold and dampness manifested by severe chill with sthenic fever
荊防敗毒散	Jing Fang Bai Du San	<b>- Ren Shen, + Jing Jie + Fang Feng (No Qi deficiency)</b> Inducing perspiration to relieve the exterior and sores.	The beginning of sores manif, by local swelling pain, chill, fever, absence of sweat, thirst, thin and white coating, floating pulse
銀翹敗毒散	Ying qiao bai du san	Expelling wind cold turning heat to relieve the exterior and sores (Gradually cold turn to heat) <b>&lt;Evils in Taiyang then gradually goes to ShaoYang&gt;</b>	The beginning of sores manif, by local swelling pain, chill, fever, absence of sweat, thirst, thin and yellow coating, floating rapid pulse
再造散/丸	Zai Zao San	<u>Exterior-contracted wind-cold with qi and yang deficiency</u> <u>(Wind-cold-dampness with Qi and Yang deficiency)</u>	<u>Slight fever with strong chills</u> , absence of sweating, headache, <u>cold extremities</u> , fatigue, with a constant desire to lie down, pale complexion, weak voice, pale tongue with a white coating, forceless pulse
加減葳蕤湯	Jai Jian Wei Rui Tang	Exterior-contracted <u>wind-heat with yin deficiency</u> → Nourish Yin, clear heat, reducing sweating and release exterior (Nourish Yin and clear deficient heat especially lung-Yin deficient)	Fever with <u>slight chills</u> , absence of sweating, headache, which is difficult to expectorate, thirst, irritability, a dark red tongue, rapid pulse
麻黃附子細辛湯	Ma Huang Fu Zi Xi Xin Tang	Exterior-contracted <u>wind-cold with preexisting yang deficiency</u> <u>(Severe Yang deficiency and exterior syndrome also severe; For wind-cold, wind-heat and wind-deficiency)</u>	Slight fever with severe chills, absence of sweating, with a white, slippery coating, submerged forceless pulse

## Chapter 2 Formulas that clear heat

### Section 1. Formulas that clear heat from Qi level

白虎湯	Bai Hu Tang	Blazing heat in the Yang Ming channel stage, or blazing heat in the Qi level; (Clear heat and promote, generation of body fluid) → For heat in Yangming channel or Qi level	Exuberant heat in the qi stage of Yangming manif. By ex. fever, flushed face, irritable thirst with desire for drinking, profuse sweating, aversion to heat, surging, large and forceful pulse or slippery rapid pulse
白虎湯+人參	Bai Hu Tang +	High fever then patients feel tired and weak (Qi deficiency)	High fever then patients feel tired and

	Ren Shen		weak! Feeble pulse (Qi deficiency)
白虎湯+蒼朮	Bai Hu Tang + Chuan Zhu	4 big symptoms + dampness symptoms(---fullness, poor appetite, heavy sensation) and yellow greasy coating	4 big symptoms + dampness symptoms (---fullness, poor appetite, heavy sensation) and yellow greasy coating
竹葉石膏湯	Zhu Ye Shi Gao Tang	Qi-level heat in the lungs and stomach (Heat in the Qi level, means heat in lung and stomach, damage Yin and Qi)<Fever damage Qi and Yin>	Fever, profuse sweating, distress of chest, nausea or vomiting, dryness of mouth with desire for drinking, or insomnia due to deficiency, shortness of breath, feeble and rapid pulse, red tongue with less coating
<u>Section 2. Formulas that release exterior</u>			
葛根黃連黃芩湯	Ge Gen Huang Lian Huang Qin Tang	Incompletely resolved exterior with excessive heat in the interior	Fever with foul diarrhea, burning sensation The anus, irritable feverish sensation of chest & epigastrium, dry mouth & thirst, and yellow and greasy coating and rapid pulse
防風通聖散	Fang Feng Tong Sheng San	Excessive heat in both the exterior and interior (Exterior wind-cold and interior heat and sometimes has constipation)	Excessive heat in both the exterior and interior. Strong fever and chill, light-headache, dizziness
梔子(豆)鼓湯	Zhi Zi Dou Chi Tang	Qi level heat lingering in the muscles and chest; (Heat in the Qi level or in the chest)	Fever, restlessness and irritability, <u>insomnia with tossing and turning in bed</u> , congestion of chest and epigastrium with epigastric upset, red tongue with slight yellow coating
<u>Section 3. Formulas that clear heat from the nutritive level and cool the blood</u>			
清營湯	Qing Ying Tang	Heat entering the nutritive level; (Heat in Yin level)	Heat entering the nutrient stage manifested by fever aggravated at night, restlessness, and irritability, occasional delirium
犀角地黃湯	Xi Jiao Di Huang Tang	Syndromes of heat in the blood phase; (Heat in blood level)	1) Heat damaging blood vessels, 2) Blood stagnation, 3) Heat disturbing the nutrient and blood stage
<u>Section 4. Formulas that clear heat and relieve toxicity</u>			
黃連解毒湯	Huang Lian Jie Tang	<u>Fire toxin obstructing all three burners</u> (Fire toxin obstructing three Jiao)<Good for heat and toxicity><Bleeding especially upper part of body bleeding>	(1) High fever, restlessness, dryness of mouth and throat, insomnia; (2) Heat diseases marked by hemoptysis and epistaxis; (3) Exuberant heat leading to macule, fever and dysentery; (4) Jaundice due to damp-heat; or carbuncle, gangrene, furuncle in surgery; dark urine and red tongue with yellow coating, forceful rapid pulse
瀉心湯	Xie Xin Tang	Damp heat with interior <u>constipation</u> . (For Heat toxin and constipation); (Dampness heat with interior constipation especially kidney diseases and constipation); <Damp-heat with interior clumping> <u>有胃火</u>	(1) Fever irritability and restlessness, flushed face, red eyes, dark urine, constipation, greasy and yellow coating, red tongue (2) In severe, delirious speech. (3) Vomiting of blood or nosebleed (4) Red and swollen eyes and ears (5) Ulcerations of the tongue and mouth
蒲桔消毒飲	Pu Ji Xiao Du Yin	<u>Mumps</u> : Epidemic toxin with wind-heat and damp-phlegm (Stagnate in GB); ( <u>Evils, phlegm and dampness, block the channel</u> )	Infectious swollen head ( <u>Mumps</u> or tonsillitis) due to wind-heat or pestilent poison accumulating the upper-jiao

清温敗毒飲	Qing Wen Bai Du Yin	<b>[Severe fire in the qi and blood level]</b> (白虎湯(Heat in the Qi level) + 清營湯(Heat in the Yin level) + 黃連解毒湯(Heat in the three-jiao))→ <b>Severe fire in the Qi and blood</b> (High fever and four big syndromes; thirst, desire drink, severe headache, delirious, coma, crimson tongue)	Intense fever, strong thirst, dry heaves, severe and stabbing headache, extreme irritability, and in severe cases, delirious, speech, rash and nose bleed. Dark-red tongue, dark and scorched lips, and a rapid, submerged and thin or floating and large pulse
仙方活命飲	Xian Fang Huo Ming Yin	<b>Fire-toxin or phlegm-fire; (In the beginning of sores)&lt;Abscess or carbuncle&gt;</b>	Various syndromes of fire or heat manifested by high fever, vexation, thirst with desire of drinking, retching,
五味消毒飲	Wu Wei XiaoDu Yin	Fire toxin from externally-contracted heat ( <b>All types of boils and carbuncles</b> )	Localized erythema, swelling, heat and pain, accompanied by fever, chills, a red tongue with a yellow coating
四妙永安湯	Si Miao Yong An Tang	Fire toxin leading to blood stasis in sinews and vessels ( <b>Especially in agnail 甲溝炎 in finger or toe</b> )( <b>Severe pain in the finger or toe sometimes are swollen, reddish and fever</b> )	Gangrene of finger or toe due to excess heat-poison manifested by local purplish redness with slight feverish sensation and swelling, severe pain, or ulceration with dripping of pus
葦莖湯	Wei Jing Tang	<b>lung abscess due to heat toxin</b> obstructing in the lung (such as late stage of pneumonia)(Especially for <b>Mycoplasma Pneumonia</b> 微漿體)	Cough with foul odor sputum. Red yellow coating and slippery rapid pulse.(Jiang Dao Ci)
Section 5. Formulas that clear heat from the organs			
麻杏石甘湯	Ma Xing Shi Gan Tang	<b>Heat lodged in the lungs</b> <b>[The formula is very important for lung or respiration diseases especially for cough and asthma]&lt;Cough and asthma with some exterior syndrome that belong with wind-heat or no exterior situation, we can use the formula&gt;</b> --- <b>Asthma with sweating</b> →Heat obviously (We do not use Ma Huang for promoting sweating; thus <b>Shi Gao : Ma Huang=5:1</b> ) ---If patients <b>do not have sweating</b> ; ( <b>Shi Gao : Ma Huang=3:1</b> )	Exogenous attack of wind evil manifested by persistent fever, cough with dyspnea (asthma) or nares flaring, thirst, sweating or absence of sweat, <b>thin and white or yellow coating</b> , slippery rapid pulse.
瀉白散	Xie Bai San	Smoulder fire due to accumulation heat in the lung	<b>Cough, asthma, fever with skin that feels hot to the touch</b> , all of which <b>worsen in the late afternoon (Nigh fever)</b> . There is also a dry mouth, little or <b>difficult-to-expectorate sputum</b> , a thin, rapid pulse, and a red tong with yellow coating.
瀉黃散	Xie Huang San	<b>Smoulder fire in the spleen</b> <Dampness-heat in the spleen---Excess→Ulcer and foul odor in mouth>	Heat in the spleen leads to <b>mouth ulcers, odor in mouth</b> , thirst, frequent hunger, dry mouth and lips, red tongue, and rapid pulse. Or tongue thrusting in children.
清胃散	Qing Wei San	<b>Heat accumulation in the stomach</b> <b>(Clear stomach-heat)&lt;Clear heat major&gt;</b>	(1) <b>Toothache---</b> (Due to stomach heat/fire) extends into head dislike heat, odor & thirst, red tongue with <b>less coating</b> , <b>slippery and large rapid pulse</b> , (2) Bleeding and sores of <b>gum---</b> (Due to stomach heat/fire), painful and <b>swollen gum or tongue</b> , lips and jaw.
玉女煎	Yu Nu Jian	<b>Stomach heat with Yin deficiency (Nourish Yin)</b> (Heat in the stomach with stomach Yin deficiency)	(1) Toothache, bleeding gum, dislike heat, odor & thirst, red tongue with less coating. (2) Xiao ke (diabetes)—middle Xiao-overeating

導赤散	Dao Chi San	<b>Heat in the heart and small intestine channels</b> (Excess heat in the Heart and small intestine Meridian)	(1) Irritable feverish sensation of chest, thirst with desire for cool drinking, flushed face, oral ulceration; (2) Bleeding, scanty dark urine or difficulty and pain in micturition
龍胆瀉肝湯	Long Dan Xie Gan Tang	<b>Flaming-up of the excessive fire of the liver and gallbladder</b>	(1) <b>Headache with conjunctive congestion (Easy to spread)</b> , tinnitus, dizziness, hypochondriac pain, oral bitter taste, deafness with bulge of ear (2) Itch and swelling of vulva, impotence, polyhidrosis around the external genitals, stranguria (Lian Zang 淋症) with turbid urine, or leukorrhagia in woman.
左金丸	Zuo Jin Wan	<b>Liver and stomach Disharmony from heat in liver (Liver heat disturbs stomach, and let stomach cannot descend—Stomach Qi ascend abnormally!)</b>	<b>Vomiting, acid regurgitation, belching</b> epigastric focal distention, hypochondria pain, bitter & dry in mouth, <b>red tongue with yellow coating, wiry rapid pulse.</b>
白頭翁湯	Bai Tou Weng Tang	<b>Dysentery from heat toxin searing stomach &amp; intestine (Especially in L.I.)</b>	Abdominal pain, tenesmus, burning sensation around anus, diarrhea with more blood & less mucus (bleeding is more), thirst desire for drinking, red tongue with yellow coating, wiry rapid pulse
銀翹馬勃散	Yin Qiao Ma Bo San	<b>Painful throat due to damp-heat in lung (such as tonsillitis)(Or wind-heat in lung)</b>	Severe sore throat, red tongue with a yellow coating, slippery or floating pulse.
<b>Section 6. Formulas that clear heat from deficiency</b>			
青蒿鳖甲湯	Qing Hao Bei Jai Tang	<b>Heat smouldering in the Yin phase of the body</b>	<u>At the late stage of febrile disease manifested by fever at night and normal in the morning, absence of sweat after disappear of fever, red tongue with peeling, thread rapid pulse</u>
清骨散	Qing Gu San	<b>Liver and kidney Yin deficiency leading to steaming bone disorder. (Burning sensation in the bone)(Such as T.B.)</b>	<u>At the late stage of febrile disease manifested by fever at night and normal in the morning, absence of sweat after disappear of fever, red tongue with peeling, thread rapid pulse</u>
<b>Section 7. Formulas that release summer-heat</b>			
六一散	Liu Yi San	Summer heat with dampness in the interior	Fever, sweating, thirst, irritability, urinary difficulty, thin yellow and grease tongue, and soggy and rapid pulse. (Due to summer-heat)
清暑怡氣湯	Qing Shu Yi Qi Tang	(Symptoms is more obvious and stronger than Liu Yi San and has deficient syndrome--Qi and Yin deficiency) <b>Summer heat injuring the qi and yin. (Sweating too much→injury Qi and Yin)</b>	Fever, profuse sweating, irritability, thirst, scanty and dark urine, a desire to curl up, <b>shortness of breath, apathy, and weak rapid pulse.</b>
<b>Chapter 3 Formulas that purge heat accumulation</b>			
<b>Section 1. Formulas that purge heat accumulation</b>			
大承氣湯	Da Cheng Qi Tang	<b>Yang Ming organ disorder with dry stool in the intestines (Middle and lower burners)</b> [Good for constipation with Qi stagnation]	Severe constipation; <b>Stiffness (Pi), fullness (Man 滿), dryness (Zao 燥) and excessiveness (shi 實)</b>



小承氣湯	Xiao Cheng Qi Tang	<b>Relatively mild Yang Ming organ stage</b>	<b>No hardness syndrome in abdomen</b>
調胃承氣湯	Tiao Wei Cheng Qi Tang	Yangming disease manifested by constipation, thirst, fever, abdominal distending with tenderness, yellow coating and slippery rapid pulse. (Slight function)	<b>No stuffiness and fullness</b>
增液承氣湯	Zheng Yi Cheng Qi Tang	<u>angming organ stage disorders with Yin deficiency where there is severe constipation</u> [Yin deficiency with constipation]	<b>Constipation due to yin deficiency</b>
涼膈散	Liang Ge San	<b>Formed or accumulate heat in Middle-Jiao or Unformed heat in Upper-Jiao</b>	Sensation of heat and irritability in the chest and abdomen, delirious speech
大黃牡丹湯	Da Huang Mu Dan Tang	<u>Intestinal abscess due to damp heat.</u> --- <b>Early stage (in the beginning) intestinal abscess from interior clumping of heat and blood (lower-jiao); [Heat or blood stasis→Constipation]</b>	<b>The beginning of intestinal abscess without pus</b>
黃龍湯	Huang Long Tang	<b>Heat excess in the interior with blood and qi deficiency</b>	Green, water and foul-smelling diarrhea, shortness of breath, lethargy, delirious speech
<u>Section 2. Formulas that moisten the intestines and unblock the bowels (Seeds—火麻仁桃仁、郁李仁、松子仁、柏子仁、牛蒡子)</u>			
麻子仁丸	Ma Zi Ren Wan	<b>Dry heat in gastrointestinal tract</b> --- <b>Stomach heat binding the spleen</b>	Constipation with hard stool that is difficult to expel
五仁丸	Wu Ren Wan	<b>(Fluid --- Deficient major)</b> <b>Dryness of intestinal fluid</b> [Body fluid, L.I. fluid deficiency or blood deficiency→Constipation]	<b>Difficulty in defecation, and constipation of the aged or due to blood deficiency after delivery (Severe deficiency)</b>
濟川煎	Ji Chuan Jian	<b>Constipation due to kidney Yang deficiency [Kidney Yang deficiency → Constipation]</b>	Constipation, clear and profuse urine, lower back pain, and a cold sensation in the back
<u>Section 3. Formulas that warm the Yang and Guide out accumulation</u>			
大黃附子湯	Da Huang Fu Zi Tang	<b>Cold accumulation in LI (in the interior)</b>	Abdominal and hypochondriac pain, fever/low-grade fever (Cold inside the body→True Cold and false heat), cold limb, deep, taut and tight pulse
溫脾湯	Wen Pi Tang	<u>Deficiency of spleen-yang with cold accumulation</u> [Spleen Yang deficiency with cold/Excess cold in L.I.]	Constipation, abdominal pain, cold extremities, deep and wiry pulse. Also for chronic red-and white dysentery (Chronic dysentery/Stool is white and red both together←Blood and pus)
<u>Section 4. Formulas that drive out excess water</u>			
十棗湯	Shi Zao Tang	<b>Suspended congested fluid clogging the interior</b> <b>[Water retention in the chest]</b>	Cough with pain in the chest and hypochondria, hard focal distention in the epigastrium.
<b>Chapter 4 Formulas that harmonize</b>			
<u>Section 1. Formulas that harmonize lesser Yang-stage disorder</u>			
小柴胡湯	Xiao Chai Hu Tang	Harmonizing <b>Shaoyang (Evil attack Shaoyang)</b>	<b>Shaoyang syndrome</b> of cold-attack manifested by ①

		<b>Harmonizes and release lesser yang-stage disorder</b>	<b>Alternate chill and fever. (2) Chest distress and hypochondriac fullness. (3) Depression with poor appetite. vexation with liability of vomiting. (4) Oral bitter taste. (5) Dryness of throat. (6) Vertigo, thin and white or yellow coating, and (7) Wiry pulse.</b>
大柴胡湯	Da Chai Hu Tang	<b>Constipation obvious</b> ; <b>Concurrent lesser Yang and Yang brightness disorders (Evils in ShaoYang with Yangming syndrome) (ShaoYang problems + Yangming problems)</b>	<b>Shaoyang and Yangming</b> diseases manifested by <b>alternate chill and fever, bitter taste, vomiting, constipation, thirsty</b>
蒿芩清膽湯	Hao Qin Qing Dan Tang	<b>Damp-heat and turbid phlegm in the lesser Yang channels</b>	<b>Mild chills alternating with pronounced fever, a bitter taste</b> in the mouth, a stifling sensation in the chest, <b>spitting up or sour fluid, thirst with or without a desire to drink, distention and pain in the chest and hypochondria</b> , a red tongue with a thick, <b>greasy coating that can be yellow or white</b>
Section 2 Formula that regulate, harmonize liver and spleen			
四逆散	Si Ni San	<b>Rebellious liver Qi disturbing the stomach</b>	Rebellious liver qi disturbing the stomach. Manifested by <b>cold fingers (---Due to Qi stagnation here)</b> and toes <b>irritability</b> and <b>fullness in the chest and epigastrium</b> , a <b>red tongue with a yellow coating, and a wiry pulse. (Qi stagnation turn to heat)</b> also for abdominal pain or severe diarrhea.
逍遙散	Xiao Yao San	<b>Liver Qi stagnation with blood deficiency</b>	<b>Hypochondriac pain, alternating fever and chills, and irregular menstruation or distended breast</b>
痛瀉要方	Tong Xie Yao Fang	<b>Spleen deficiency with an over controlling liver (Liver Qi stagnation overacting spleen---Diarrhea with pain due to Qi stagnation) (Patients do to rest room and these syndromes will disappear but when they feel stress, the symptoms will happen again---Qi stagnation)</b>	<b>borborygmus abdominal pain, diarrhea with pain (which starts with the urge to defecate and subsides after completion), a thin white coating, and a wiry moderate or wiry thin pulse</b>
Section 3 Formula that harmonize the stomach and intestines			
半夏瀉心湯	Ban Xia Xie Xin Tang	<b>Heat and cold complex in the middle burner</b> <b>[Regulate disorder stomach and intestine that cause by cold and heat]</b>	<b>Epigastric focal distention, fullness and tightness with very slight or no pain, dry heaves or frank vomiting, borborygmus with diarrhea, reduced (Poor) appetite, thin yellow greasy coating and wiry rapid pulse.</b>
Chapter 5 Formulas that treat dryness			
Section 1 Formula that Gently Disperse and Moistens Dryness			
杏蘇散	Xing Su San	<b>Cool-dryness in the exterior; [Disperse cold-dryness]</b>	<b>[Aversion chill and fever, dry nose], stuffy nose, dry throat</b>

桑杏湯	Sang Xing Tang	<b>Warm-dryness in the exterior; (Clear heat and disperse warm-dryness) &lt;For mild cases&gt;</b>	Exogenous attack of the warm-dryness.
Section 2 Formula that Enrich the Yin and Moisten Dryness			
補肺阿膠湯	Bu Fei E Jiao Tang	<b>Lung Yin deficiency with vigorous heat (Upper burner)</b>	<b>Coughing with wheezing, a dry and parched throat</b>
養陰清肺湯	Yang Yin Qing Fei Tang	<b>(Nourish Yin and clear heat); Diphtherial disorder (Upper burner); (Lung Yin deficiency with heat in lung)</b>	<b>Diphtheria</b>
增液湯	Zeng Ye Tang	<b>Dry intestines (Lower burner) (All of Yin deficiency, we can use the formula)</b>	<b>Constipation (Due to Yin or body fluid deficiency in L.I.)</b>
百合固金湯	Bai He Gu Jin Tang	Internal dryness of the lungs due to lung and kidney Yin deficiency; <Yin deficiency of lung and kidney>  Yin deficiency of both the lung and kidney---cough with blood sputum, dry and sore throat, feverish sensation in the palms and soles, hectic fever with night sweating, (Such as TB in lung) ---Steaming bone→Qing Gu San 清骨散	<b>(Cough with blood sputum and dry throat)</b>
麥門冬湯	Mai Men Dong Tang	<b>Lung and stomach Yin deficiency with the deficient heat and Qi rebellious</b>  <b>&lt;Stomach Yin deficiency and Qi deficiency&gt;</b>	(Vomiting and nausea)  (1) <b>Deficiency of the lung yin</b> marked by cough with sticky sputum, <b>dry mouth and throat, feverish sensation in the palms and soles, red tongue with less coating, thready and rapid pulse.</b>  (2) <b>Deficiency of stomach yin</b> marked by <b>vomiting, thirsty, dryness of throat, red tongue with less coating, feeble and rapid pulse</b>

### Chapter 6 Formulas that expel dampness

#### Section 1. Formulas that promote urination and leach out damp

五苓散	Wu Ling San	<b>Water builds up because of the inability of Qi to transform dampness.</b>  <b>(Water and dampness accumulation, we can use the formula)</b>	<p>1. Headache, fever, irritability, <b>strong thirst but with vomiting immediately after drinking</b>→<b>Water and dampness accumulation in the body and block the channel and cause body fluid cannot upward and cannot drink.</b></p> <p><b>urinary difficulty, and a floating pulse. &lt;Soggy or slippery pulse and pale, swollen tongue with white thick and greasy coating&gt;</b></p> <p>2. Edema, generalized sensation of heaviness. <b>(Edema, diarrhea and difficult urination).</b> <b>The formula →Can treat Edema</b> <b>(Drink will vomit)</b></p> <p>3. Throbbing pulsations just below the umbilicus, vomiting frothy saliva, vertigo, shortness of breath, and coughing.  (Water retention in the lower-jiao such as <b>Meniere's</b>)</p>
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			disease)				
十五茯苓丸		<u>Obesity</u>					
四苓散	Si ling san	<u>Expel dampness by urination and no Yang Qi deficiency.</u> <input type="checkbox"/> <b>Gui zhi</b> expel dampness by diuresis	Overabundance of dampness due to the spleen deficiency with scanty dark urine and loose stool.				
胃苓湯	Wei Ling Tang	五苓散+ <b>Ping Wei San 平胃散</b> <b>Stronger function for dampness and Qi stagnation in stomach and spleen</b> Expel dampness and harmonize the stomach.	Injury of the spleen and stomach due to cold diet in summer or fall marked by diarrhea with undigested food, edema, abdominal distension and disturbance in micturition				
茵陳五苓散	Yin Chen Wu Ling San	五苓散+ <b>Yin Chen Hao 茵陳蒿</b> <b>(Dampness more than heat---Here is more for Yang Jaundice)</b> <b>Expel dampness and fading jaundice→Yellow face, yellow eyes and yellow urine</b> Hepatitis B--- <b>小柴胡湯 (Heat more than Dampness) + 茵陳蒿湯</b> <b>(Dampness more than heat)</b>	Jaundice due to <b>damp-heat</b> marked by pattern with more dampness than heat, disturbance in urination. (Hepatitis due to dampness-heat especially Jaundice)				
豬苓湯	Zhu Ling Tang	<b>Clumping of water and heat with or without Yin deficiency</b> <b>※(Clear heat and nourish Yin)</b> <b>※Water and dampness retention with heat and Yin deficiency</b> <table border="1"> <tr> <td><b>Wu Ling San 五苓散</b></td> <td>---No Yin deficiency ---strong thirst but with vomiting immediately after drinking ---Soggy or slippery pulse and pale, swollen tongue with white thick and greasy coating</td> </tr> <tr> <td><b>Zhu Ling Tang 豬苓湯</b></td> <td>---Yin deficiency ---thirst with a desire to drink. --- Rapid and thready pulse and red tongue with peel or less or no coating</td> </tr> </table>	<b>Wu Ling San 五苓散</b>	---No Yin deficiency ---strong thirst but with vomiting immediately after drinking ---Soggy or slippery pulse and pale, swollen tongue with white thick and greasy coating	<b>Zhu Ling Tang 豬苓湯</b>	---Yin deficiency ---thirst with a desire to drink. --- Rapid and thready pulse and red tongue with peel or less or no coating	Clumping of water and heat with yin deficiency. (1) Accumulation of water and heat with impairment of yin-fluid marked by disturbance in micturition, <b>fever and thirst with a desire to drink.</b> [---Different parts with <b>Wu Ling San 五苓散</b> ]--- <b>(Drink is OK)</b> (2) They may also be diarrhea, cough, nausea, irritability, or insomnia. (Diarrhea for five day and will has red and dry tongue and thick and yellow greasy in some place but some parts are peel even no coating) <b>&lt;Rapid and thready pulse and red tongue with peel or less or no coating&gt;</b>
<b>Wu Ling San 五苓散</b>	---No Yin deficiency ---strong thirst but with vomiting immediately after drinking ---Soggy or slippery pulse and pale, swollen tongue with white thick and greasy coating						
<b>Zhu Ling Tang 豬苓湯</b>	---Yin deficiency ---thirst with a desire to drink. --- Rapid and thready pulse and red tongue with peel or less or no coating						
防己黃芪湯	Fang Ji Huang Qi Tang	<b>Wind edema or wind-dampness and Bi syndrome</b> <b>Yang Edema ⇔ Wind edema (Exterior syndrome or wind-dampness syndrome)</b>	<b>Wind-edema or wind-dampness syndrome marked by sweating, a heavy sensation in the body, superficial edema (On skin), urinary difficulty, a pale tongue with white coating, and a floating pulse.</b>				
防己茯苓湯	Fang Ji Fu Ling Tang	Similar to Fang Ji Huang Qi Tang 防己黃芪湯 <b>(Stronger function for eliminating dampness and stronger promote urination than Fang Ji Huang Qi Tang 防己黃芪湯)</b>	Superficial edema and focuses more on the exterior and the muscle level.				
五皮散	Wu Pi San	Skin edema	Dampness accumulation due to deficiency of spleen)				
<b>Chapter 6 Formulas that expel dampness</b>							
<b>Section 2. Formulas that transform damp turbidity</b>							
平胃散	Ping Wei San	<b>Damp-cold stagnation in the spleen and stomach</b> Main symptoms of the formula are distension and fullness in the epigastrium and abdomen	Dampness cold stagnating in the spleen and stomach marked by:				

		and a thick, white, and greasy coating.	<p>1. Distension and fullness in the epigastrium and abdomen</p> <p>2. Loss of taste and appetite</p> <p>3. Heavy sensation in the limbs</p> <p>4. Loose stool or diarrhea, easily-fatigued, increased desire to sleep. <b>[Fatigue has two situations: One is Qi deficiency, the other is dampness in the body.</b></p> <p><b>&lt;Patients' taste in nothing because their coating are too thick!&gt;</b></p> <p>5. Nausea and vomiting, belching, acid regurgitation.</p> <p>6. A swollen tongue with a thick, white, and greasy coating, moderate or slippery pulse.</p>
藿香正氣散	Huo Xiang Zheng Qi San	<b>Externally-contracted wind-cold with internal turbid dampness</b>	Externally-contracted wind cold with internal turbid dampness marked by fever and chills, headache, a sensation of fullness and stifling oppression in the chest, pain in the epigastrium and abdomen, nausea, vomiting, borborygmus, and diarrhea, loss of taste, white greasy coating, moderate, slippery pulse.

### Chapter 6 Formulas that expel dampness

#### Section 3. Formulas that warm and transform water and damp

萆薢分清飲	Bei Xie Fen Qing Yin	<p><b>Cold from deficiency of the lower burner</b></p> <p><b>[Kidney Yang deficiency → urinary frequency and incontinence urine]</b></p> <p><b>&lt;Dampness cold and kidney yang deficiency&gt;</b></p>	<p>---Cold from deficiency of the low Jiao marked by the frequent urination, cloudy, dense, milky or greasy urine.</p> <p>---In clinic, it can be used to treat chyluria, chronic prostatitis</p>
真武湯	Zhen Wu Tang	<b>Retention of pathogenic with kidney Yang deficiency.</b>	<p>1. deficiency of kidney Yang with internal retention of water marked by abdominal pain which is aggravated by cold, urinary difficulty, and deep aching and heaviness in the extremities.</p> <p>2. There may also be generalized edema, loose stool, dizziness, a heavy sensation in the head, palpitations, cough, vomiting, a pale or dark swollen tongue with tooth marks, a white slippery tongue coating, and deep, thin and weak pulse.</p>
拾脾飲	Shi Pi Yin	<p>(For spleen and kidney but more for spleen)</p> <p><b>Yin type edema due to spleen and kidney Yang deficiency</b></p>	Yin type edema due to spleen and kidney Yang deficiency marked by edema is more severe below waist, cold extremities, chest and abdominal fullness and distention, a heavy sensation in the body, absence of thirst, scanty urine, unformed stool, thick greasy

		<p><b>Yin edema (Deficiency):</b> Pitting and chronic, beginning for lower part of body then go upward (Spleen or kidney Yang deficiency → Severe edema below waist, cold extremities, chest and abdominal fullness and distention, heavy sensation in the body no thirsty, scanty or difficult urine, uniform stool, thick and greasy coating, deep and slow thin pulse)</p>	tongue and deep, slow or thin pulse. (Ascites, abdominal fullness, edema with ascites)
		<p><b>Yang edema (Excess):</b> No pitting, acute, beginning for upper part of body then go downward</p>	
	<b>Edema</b>	(Wind evil in the lung fails to descend water or dampness in the spleen)	

### Chapter 6 Formulas that expel dampness

#### Section 4. Formulas that dispel wind-damp

獨活寄生湯	Du Huo Ji Sheng Tang	<p><b>Lower back pain and knee pain due to wind-cold block the channel and liver, kidney Qi and blood deficiency</b></p> <p><b>[Elder people due to liver and kidney deficiency with cold damp]</b> Painful obstruction with liver and kidney deficiency [Marked by heavy &amp; painful sensation at fixed locations in the lower back and knee]</p>	<p>Heavy &amp; painful sensation at fixed locations in the lower back and lower extremities, weakness and stiffness, aversion of cold and attraction to warmth, palpitations, shortness of breath, a pale tongue with a white coating, a thin, weak, slow pulse.</p> <p>It can be used for chronic arthropathy, chronic lumbago, sciatica and chronic rheumatic arthritis pertaining to deficiency of liver and kidney.</p>
羌活勝濕湯	Qian huo Sheng Shi Tang	<p><b>(Upward and exterior problems) &lt;Strong expel wind, cold and dampness&gt; (Strong complexion)</b></p> <p>Wind-dampness in the exterior and muscle layer</p>	<p><b>(Heavy sensation and pain in the upper part of body)</b></p> <p>Wind dampness in the exterior [Aversion to chill and fever] and muscle layer marked by heavy and painful head or back, a generalized sensation of heaviness, difficulty in rotating or bending in the trunk, mild fever, chills, a white tongue coating and a floating pulse.</p>

### Chapter 6 Formulas that expel dampness

#### Section 5. Formulas that clear damp-heat

甘露消毒丹	Du Lu Xiao Du Dan	<p><b>(Both damp and heat severe)</b> <b>Damp = Heat</b></p> <p><b>Damp Warm-febrile disease or seasonal epidemic in the Qi level (Upper burner) &lt;Dampness heat in the liver, GB, and spleen&gt;</b></p>	<p><b>(High fever)</b> Damp warm-febrile disease or seasonal epidemic in the qi level marked by <b>fever (High fever/heavy limbs)</b>, achy limbs, lethargy, <b>swollen throat (Painful throat)</b>, a <b>stifling sensation</b> in the chest, abdominal distention, <b>dark scanty urine, a white, greasy or yellow, dry tongue coating, slippery rapid pulse</b>. [Vomiting, diarrhea or jaundice, tidal fever--- Hidden fever]</p>						
三仁湯	San Ren Tang	<p><b>[Damp &gt; Heat] Damp heat in the Wei (Lung) and Qi levels with dampness predominant (upper burner) &lt;Upper and middle jiao&gt;</b></p> <table border="1"> <tr> <td>Upper Jiao</td> <td>Wei---Aversion chill and fever, patients have cough and loose discharge</td> </tr> <tr> <td>Middle Jiao</td> <td>Qi---Poor appetite, diarrhea, fullness of chest &lt;Flu due to virus&gt;</td> </tr> <tr> <td>Lower Jiao</td> <td>Yin or Blood</td> </tr> </table>	Upper Jiao	Wei---Aversion chill and fever, patients have cough and loose discharge	Middle Jiao	Qi---Poor appetite, diarrhea, fullness of chest <Flu due to virus>	Lower Jiao	Yin or Blood	<p>Damp heat in the Wei and Qi levels with dampness predominant (upper burner) marked by chills, headache, heavy sensation in the body and generalized pain, ※a stifling sensation in the chest and loss of appetite, <b>afternoon fever, an absence of thirst, ※white and yellow coating</b></p> <p><b>(Dampness-heat), wiry, thin and slippery pulse</b></p>
Upper Jiao	Wei---Aversion chill and fever, patients have cough and loose discharge								
Middle Jiao	Qi---Poor appetite, diarrhea, fullness of chest <Flu due to virus>								
Lower Jiao	Yin or Blood								
茵陳蒿湯	Yin Chen Hao Tang	<p><b>(Yang Jaundice: Damp &lt; Heat)</b></p>	<p>Damp-heat jaundice marked by whole body jaundice with color</p>						

		Damp-heat jaundice (Middle burner) <b>(Yang Jaundice due to damp-heat)</b>	that resembles a fresh tangerine, slight abdominal distention, urinary difficulty, thirsty (with the ability to take only sips), a yellow, greasy tongue coating, a slippery, rapid pulse.  Stone in liver or GB → Jaundice
茵陳五苓散	Yin Chen Wu Ling San	Jaundice due to cold-dampness <b>(Yin Jaundice---Jaundice is yellow but without bright and chronic)</b>	
二妙散	Er Maio San	Huang Bai 黃柏 15g (6g in US); Cang Zhu 蒼朮 15g (6g in US) Damp-heat downward (Lodging in the lower burner)	Damp-heat in lower Jiao marked by <b>(1) Pain in the lower back or extremities</b> Or weakness or atrophy of the lower extremities. (Due to dampness-heat); Or red, hot, swollen, and painful feet or knees; Or a thick, yellow, foul smelling vagina discharge (damp heat lodged in the genital region) <b>(2) Scanty, yellow urine</b> <b>(3) Yellow, greasy tongue coating.</b>
三妙丸	Shan Maio Wan	<b>Er Maio San (二妙散) + Niu Xi (Invigorate liver and kidney---Knee weakness)</b> 6g (San Miao Wan—Three marvel pill) for clearing heat drying dampness. Damp heat in Lower jiao marked by numbness or burning pain in the feet, weakness in the lower back and extremities. (The formula is major for knee problems)[Lower back pain and weakness of extremities][Bi due to dampness-heat, we can use the formula]<We can use 獨活寄生湯 for wind-cold-dampness with liver and kidney deficiency>	
四妙丸	Shi Maio Wan	<b>(Same function with Shan Miao Wan but stronger than previous formulas)</b> <b>Er Maio San (二妙散) + Niu Xi, Yi Yi Ren 12g</b> <Tonicify spleen and eliminate dampness> (Si Miao Wan—Four marvel pill) for clearing heat and resolving dampness. Damp heat in Lower jiao marked by numbness, swollen pain in the feet, weakness in the lower back and extremities	
八正散	Ba Zheng San	UTI / Lin syndrome due to dampness heat in the lower jiao <b>[Acute stage of UTI]Hot or bloody painful urination dysfunction due to damp-heat in the lower-jiao</b>	Stranguria syndrome due to <b>damp heat in the lower-jiao</b> marked by hot or bloody painful urinary dysfunction (dark, urbid, scanty, difficult and painful urination), dry mouth and throat, a yellow greasy tongue coating, and slippery, rapid pulse.
芍藥湯	Shao Yao Tang	<b>Dampness in L.I. (Dysentery Blood &lt; pus)</b> <b>Damp-heat lodged in the intestines with Qi and blood stagnation</b> <b>Bai Tou Wong Tang (Blood &gt; pus)</b>	(Dysentery/Diarrhea with pus and blood) <b>[Blood &lt; pus---Dampness Damp&gt;heat]</b> Dysentery due to damp heat lodged in the intestines with qi and blood stagnation marked by <b>diarrhea with pus and blood, abdominal pain, tenesmus, difficulty with defecation, a burning sensation around the anus, dark, scanty urine, a greasy, slight yellow tongue coating, and rapid pulse.</b> It can be used for bacillary dysentery, acute enteritis, <b>amebic dysentery (Loose stool and painful abdomen but stool has a lot of pus and like nose discharge)</b> belong to damp heat in large intestine.

### UTI symptoms

Burning urination, dark in color, blood in urine sometimes, frequent urination, scant urine, liver problems, yellow greasy tongue coating, slippery pulse

- ⊙ Antibiotic can not have good result Lin syndrome that is due to hot or greasy food, we can use the formula!
- ⊙ Antibiotic can urinary tract infection.

**Blood urinary:** We can use **Bai Mao Gen 白茅根** <Cooling blood and stop bleeding, clear heat and promote urination, clear stomach and lung heat>(Sweet) + **Ou Je 藕節**

---Painful urination: We can use to Qing Pi 青皮, Mu Xiang 木香 regulate Qi and stop pain

---UTI is always caused by bacteria (E.coli) ← Antibiotic (We can add some herbs to help antibiotic function such as Pu Gong Ying 蒲公英, Bai Tou Wong 白頭翁, We have to change herbs quickly before the resistant happen because these bacteria is easy to mutate )

---淋病 Gonorrhea (STD): We can use the formula + (External wash 30 minutes) Ku Shen 苦參, She Chuang Zi 蛇床子

### Tidal fever

1. Yin deficiency
2. Damp-heat
3. Heat in the Yangming Fu organs

### Modifications

1. Hot and frequent sensation severe: +herbs that clear heat and eliminate dampness: **Hai Jin Sha 海金沙, Jin Qian Cao 金錢草.**

Stone in liver, GB, kidney, urinary tract → **Hai Jin Sha 海金沙, Jin Qian Cao 金錢草 (Can prevent stones and cure stone) or Ba Zhen San 八正散**

We can make tea to treat stone in the body.

**Tea:** Hua Shi 滑石 + Che Qian Zi 車錢子 +

Qu Mai 瞿麥 + Bian Xu 篇蓄 + Jin Qian Cao 金錢草 15g → Dampness heat in urinary bladder or stone

2. **Bloody urine severe:** +:
3. **Painful urinary dysfunction severe**+herbs that regulate qi and stop pain.
4. Refer to cause of the disease according to western medicine: if it is due to infection of gram negative bacterium (i.e, colibacillus): + Bai Tou Weng, Tu Fu Ling, Pu Gong Ying, and use them changeably.
5. If it is due to venereal disease(venereal moist warts, gonorrhea)+ external treatment: Ku shen, She Chuang Zi, Huang Bai for washing.
6. It is often used for cystitis, urenthritis, acute prostatitis, infection or stone in urinary system, pyelonephritis and the other manifested as syndrome of damp heat in lower jiao.
7. This formula treats stranguria by **bitter** flavor and cold property, and it is only indicated for stranguria syndrome with **excess heat**.

## Chapter 7 Formulas that regulate Qi

### Section 1. Formulas that promote the movement Qi

越鞠丸	Yue Ju Wan	<p><u>Mildly constrained (stagnation) Qi</u></p> <p><b>General stagnation</b></p>	<p>Syndrome of stagnation of <u>Qi, blood, phlegm, fire,</u></p> <p><u>dampness and food</u></p> <p>---Focal distention and a stifling sensation in the chest and abdomen, fixed pain in the hypochondria, belching, vomiting, acrid regurgitation, mild coughing with copious sputum, reduced appetite, and indigestion.</p>
半夏厚朴湯	Ban Xia Hou Po Tang	<p><b>Stagnation Qi with phlegm</b> <span style="border: 1px solid black; padding: 2px;">Plum-pit qi</span></p>	<p>(Mei He Qi) in the throat (feel something caught in throat → cannot downward and thrown</p>



		<p align="center"><b>Tea for Plum-pit qi</b></p> <p>Pong Da Hai 1 pcs, Wu Mei 1 pcs, He Zi 1 pcs, Mei Men Dong 3~4 pcs + Some formulas</p> <p><b>Modifications:</b></p> <ol style="list-style-type: none"> <li>1. Qi stagnation severe: + Xiao Yao San</li> <li>2. Phlegm accumulation severe: + 二陳湯</li> <li>3. + heat: + 牡丹皮 + 黃芩</li> <li>4. Reddish throat: + herb that relieve sore throat:</li> <li>5. The formula is mainly composed of herbs which are pungent and bitter in flavor and warm and dry in nature, so it is contraindicated in cases with defi-of Yin-fluid or flaring of fire due to Yin deficiency (or add herbs that nourish yin). (Nourish Lung and stomach)</li> </ol>	<p>up) due to qi stagnation and phlegm accumulation</p>
瓜蒌薤白白酒湯	Gua Luo Xie Bai Bai Jiu Tang	<p>(Good for Chest Bi due to phlegm blocks heart vessels) &lt;Chest Bi due to Yang or Qi (Sometimes combines blood stasis) deficiency with phlegm---CHD&gt;</p> <p><b>Upper burner Yang stagnation</b></p> <p><b>Actions:</b> Activating yang to disperse accumulation and promoting the circulation of qi to expel phlegm.</p> <p><b>Indications:</b> Same as above. It has stronger effects of activating yang to disperse accumulation and promoting the circulation of qi to expel phlegm. ---Pain Severe or Qi stagnation severe, we can use She Xiang 麝香(musk) and Shu He Xiang 蘇合香 ---Use She Xiang 麝香(musk) external treatment to treat Chest Bi ---Guan Xin Su 冠心蘇+She Xiang 麝香(musk) and Shu He Xiang 蘇合香 →Pills and put under tongue. It is very similar to 硝化甘油→心絞痛</p>	<p>Painful obstruction of the chest due to the Yang deficiency marked by painful chest which radiates to the upper back, wheezing, cough with copious sputum, shortness of breath, a thick, greasy tongue coating and deep wiry or tight pulse.</p> <p>It is used for coronary heart disease, myocarditis, angina pectoris.</p> <p><b>Modification:</b></p> <ol style="list-style-type: none"> <li>1. - Ban Xia, - Bai Jiu (Rhizoma Pinelliae Ternae, Gua Luo Xie Bai Ban Xia Tang (trichosanthes macrostern and pinellia decoction 瓜蒌薤白半夏湯). The effects of expelling phlegm and dispersing accumulation is stronger than Gua Luo Xie Bai Bai Jiu Tang 瓜蒌薤白白酒湯 (trichosanthes macrostern and liquor).</li> <li>2. - Bai Jiu, + Zhi Shi (unripened bitter orange), + Hou Po (Magnolia Bark), + Gui Zhi (Cassia Twig)→Activate Yang Qi to stop pain 瓜蒌薤白枳實桂枝湯</li> </ol>
暖肝煎	Nuan Gan Jian	<p><b>Cold from deficiency of the liver and kidney</b></p>	<p>Hernia (LI moves out from hole) caused by deficiency of liver and kidney and qi stagnation due to cold accumulation marked by pain in lower abdomen, pale tender tongue with white coating, deep thready and wiry(→Pain) pulse. [Severe pain in lower abdomen and feel better after warm]</p>
良附丸	Liang Fu Wan	<p>Gao Liang Jiang 高良薑: Xiang Fu 香附</p> <p>(Stomachache or abdominal pain due to cold)---Not deficiency (Just excess cold in stomach) &lt;Warming function&gt;</p>	<p>Qi stagnation of stomach due to cold in stomach marked by epigastric pain like to be warmed, stifling sensation in the chest, hypochondriac pain, painful menstruation, white coating. Tight or wiry pulse or slow pulse!</p>
金鈴子散/川楝子散	Jin Ling Zi San	<p>Chuan Lian Zi 川楝子 30g (3~6g): Yan Hu Suo · 胡索</p> <p>(Major for pain) Liver Qi and blood stasis stagnation with heat</p>	<p>Pain of epigastric, hypochondriac and hernia, or menstrual pain due to liver qi stagnation and blood stasis. (Patients</p>

			have heat such as lady before menstruation, the patient has dysmenorrhea ←liver Qi stagnation, we can use Xiao Yao San and Chai Hu Shu Gan San + Jin Ling Zi San 金鈴子散/川楝子散 (Pain severe, the formula can stop pain and remove blood stasis especially patient has clot in menses))
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**Chapter 7 Formulas that regulate Qi**

Section 2. Formulas that direct rebellious Qi downward

蘇子降氣湯 虛症	Su Zi Jiang Qi Tang	Congested fluids with kidney deficiency  <u>(Cough and asthma with a lot of sputum—Clear and white sputum)&lt;Chronic type&gt;</u> <u>上多，下少（氣喘+腰膝病）</u>	Cough and asthma due to <u>excess (cold-phlegm)</u> in the upper and deficiency in the <u>lower</u> (deficiency of kidney) marked by coughing and wheezing with watery, copious sputum. (Qi moves upward) a stifling sensation in the chest and diaphragm, shortness of breath marked by relatively labored inhalation and smooth exhalation, <u>white, slippery or greasy coating</u> . There may also be pain and weakness of the lower back and legs, edema of the extremities. [Generally situation, patients have lower back pain and knee pain and edema](In the beginning, we treat patients to expel excess from lung, then tonify kidney)
定喘湯 實証	Ding Chuan Tang	Disseminate and redirect the Lung Qi, arrest wheezing, clear heat and transforms phlegm.	<u>(Heat and exterior syndrome, nose discharge, cough with yellow, thick sputum and no deficient syndrome)</u>  <u>Wheezing caused by wind-cold constraining the exterior and phlegm-heat smoldering in the interior.</u> Coughing and wheezing with copious, thick and <u>yellow sputum</u> , greasy and <u>yellow coating</u> , slippery and rapid pulse
旋復代赭湯	Xuan Fu Dai Zhe Tang	Direct rebellious qi downward, transforms phlegm, augments the qi, and harmonize the stomach.  It is used for functional gastrointestinal disorder, chronic gastritis, gastroptosis, gastric dilation, peptic ulcer, incomplete pylorochesis and neurogenic hiccup which has above symptoms.	<u>(Vomiting problems/Vomit a lot of phlegm, greasy saliva---Liquid of stomach)</u> Phlegm turbidity obstructing the interior with the deficiency of stomach qi (deficiency cold) marked by epigastric retention and rigidity, frequent belching, vomiting, salivation, white smooth coating of tongue, wiry and weak pulse.
橘皮竹茹湯	Ju Pi Zhu Ru Tang	Stomach deficiency with heat	<u>Reversed flow of qi due to stomach deficiency with heat</u> marked by hiccough, nausea, dry heaves, red tongue, weak and rapid pulse. It is used for vomiting of pregnancy, functional gastrointestinal disorder, chronic gastritis, gastroptosis, gastric dilation, peptic ulcer, incomplete pylorochesis and neurogenic hiccup which has above symptoms.

丁香柿蒂湯	Ding Xiang Shi Di Tang	<p><b>Hiccup</b> Cold from deficiency of the stomach</p> <p>We can use UB-17 膈俞, Ren-12, and Ren-17, PC-6 to treat hiccup problem.</p>	<p><b>Hiccup</b> due to deficiency cold of stomach qi marked by stuffy chest and slow pulse. (Hiccup, poor appetite, pale face and pale tongue) It is used for neurogenic hiccup, obstinate hiccup after abdominal operation</p>
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