

Formula II

Chapter 1 Formulas that invigorate the blood

Section 1. Formulas that invigorate the blood and dispel blood stasis

桃核承氣湯	Tao He Cheng Qi Tang	Blood stasis and heat accumulate in the lower burner (Acute abdominal pain) Xu Xue Zheng 蓄血症 (Blood accumulated syndrome) --- Minor syndrome for TaiYang Fu Syndrome (The formula is not very important for TaiYang Fu Syndrome)	Acute lower abdominal pain (Xu Xue Zheng 蓄血症), night fever , delirious speech (heat and blood level), irritability, restlessness and thirst, and a submerged, full, or choppy pulse .
血府逐瘀湯	Xue Fu Zhu Yu Tang	(Chest and liver blood stasis) Blood stasis in the chest and constrained liver Qi ♀ blood stasis and any kind of chest pain due to blood stasis such as 神經痛, 肋間痛, 心絞痛, CHD, Depression, headache	Pain in the chest and hypochondria, chronic, stubborn headache with a fixed, piercing quality, chronic, incessant hiccough, a choking sensation when drinking, dry heaves, depression or low spirits accompanied by a sensation of warmth in the chest, palpitation, insomnia, restless sleep, irritability
通竅活血湯	Tong Qiao Huo Xue Tang	Accumulation of blood stasis in head, face, and upper part of the body (eyes, ears, nose and mouth---blood stasis from neck up)	Headache, and vertigo, chronic tinnitus, hair loss, dark complexion, darkness around the eyes, branny nose. Child malnutrition with progressive emaciation, abdominal distention, purplish discoloration of sinews, tidal fever.
膈下逐瘀湯 (1) Invigorating blood (2) Invigorate Qi	Ge Xia Zhu Yu Tang	(Mass and pain due to blood stasis and below diaphragm) Blood stasis and liver Qi stagnation	Blood stasis and liver Qi stagnation in the area below the diaphragm with palpable abdominal masses which are visible when lying down. (Fix location pain, dark complexion, purple tongue, choppy pulse)
少腹逐瘀湯	Shao Fu Zhu Yu Tang	Blood stasis in the lower abdomen and cold because the formula is warm	Palpable masses in the lower abdomen which may or may not be painful, or lower back pain (Fix location and can release by warm) and lower abdomen distention during the menstruation, or frequent menstruation (3~5 times per month→ bleeding), or abnormal uterine bleeding accompanied with lower abdominal soreness and pain and dark and clot bleeding
身痛逐瘀湯	Shen Tong Zhu Yu Tang	Bi syndrome, blood stasis block channels thus pain in whole body (Sharp pain, fixed location and dark tongue, choppy pulse)	Shoulder pain, arm pain, lower back pain, or other chronic aches and pains of the body
失笑散	Shi Xiao San	Wu Ling Zhi: Pu Huang (Blood stasis causes pain, the pain is very good and for stop bleeding) Blood stasis in the lower abdomen (Good for pain)	Irregular menstruation, dysmenorrhea, retention of the lochia, post partum abdominal pain, acute, colicky pain in the lower abdomen, severe pain in the middle abdomen, or epigastric pain
丹參飲	Dan Shen Yin	Dan Shen (King): 30g Tan Xiang (臣): 5g Sha Ren (佐)<Cook late>: 5g Blood stasis and Qi stagnation in the middle burner	(Heat signs) Abdominal or epigastric pain (Angina) which may radiate upward accompanied by signs and symptoms of blood stasis and Qi stagnation ---Chest pain starts from middle jiao/center (Qi stagnation) to chest (upward)
補陽還五湯	Bu Yang Huan Wu	Blood stasis with normal Qi and Yang Qi deficiency (After stroke)	(After stroke, patients have normal Yang Qi deficiency, blood

	Tang	Sequelae (後遺症) of wind-stroke including hemiplegia, paralysis, and atrophy of the lower limbs	stasis in channel), facial paralysis, slur speech, drooling, dry stools, frequent urination or urinary incontinence, a white tongue coating, and a moderate pulse (Thin, white tongue and coating, moderate pulse---moderate, choppy or fable pulse but we cannot use for wiry, forceful and rapid pulse)
疏筋活血湯	Shu Jing Huo Xue Tang		

Chapter 1 Formulas that invigorate the blood

Section 2. Formulas that warm the masses and dispel blood stasis

生化湯	Sheng Hua Tang	Blood stasis in the womb postpartum due to cold entering the abdomen	Retention of the lochia accompanied by cold and pain in the lower abdomen, a pale-purple tongue (blood deficiency) or a pale tongue with purple spots, and a thin, submerged, and choppy pulse
溫經湯	Wen Jing Tang	<u>Cold from deficiency of the conception and penetrating vessels with blood stasis</u> [Cong/Sea of blood and Ren deficient cold/ Chong and Ren deficiency with cold---Deficient cold <Contraction>→ bleeding and stagnated type bleeding→Blood is dark and brown in color]	Mild, persistent uterine bleeding , irregular menstruation (either early or late), extends or continuous menstrual flow, bleeding between or continuous menstrual flow, bleeding between periods, pain, distention, and cold in the lower abdomen, infertility, dry lips and mouth →because bleeding, low-grade fever at dusk ←blood stagnation (transform to heat---lower grade fever), and warm palms and soles ←Blood and Yin deficiency.
桂枝茯苓丸	Gui Zhi Fu Ling Wan	Blood stasis in the womb during pregnancy Also for such problems as immobile masses in the lower abdomen with pain and tenderness, abdominal spasms and tension, amenorrhea with abdominal distention and pain, dysmenorrhea, and retention of the lochia, choppy pulse 子宮肌瘤・Uterus fibrosis, we can use the formula	Mild, persistent uterine bleeding of purple or dark blood (Blood stasis in uterus---Baby cannot calm) during pregnancy accompanied by abdominal pain that increases with pressure.

Chapter 1 Formulas that invigorate the blood

Section 3. Formulas that invigorate the blood in the treatment of traumatic injury

跌打丸	Die Da Wan	<u>Blood stasis and Qi stagnation due to trauma</u> (Muscle and skin layer damage/superficial level)	Traumatic injury such as sprain with bruising, swelling, and distended ache and pain at a fixed location (Legs, arms <Exterior bleeding>---But not for interior injury) We always use pills!
伏原活血湯	Fu Yuan Huo Xue Tang	Pain in the chest and hypochondriac area, Traumatic injury in the limbs and shoulder, broken ribs	
七釐散	Qi Li San	Broken bone, internal and external used	

Chapter 2 Formulas that stop bleeding

Section 1 Formulas that clear and stop bleeding

十灰散	Shi Hui San	Liver fire attacking the stomach (Not just this situation, not just liver or stomach)--- <u>Fire burning in the upper and middle jiao (Excessive fire in the upper and middle jiao)</u>	急性嚴重吐血十灰散(身體上部/胃、肺) Liver fire Vomiting spitting, or coughing up blood (Stomach or lung fire). These symptoms usually occur as acute bleeding disorder with sudden onset .
槐花散	Huai Hua San	<u>Intestinal wind</u> [腸風---Wind heat toxin or damp-heat toxin in intestine to cause bright red bleeding in L.I. such as hemorrhoid, cancer, colitis, rectum bleeding] <u>from wind-heat toxin or damp-heat toxin</u> [Good king herb to clear toxic heat from L.I.]	腸中有血 槐花散, 槐花散-※槐花側柏荊枳殼 Bright red bleeding from the rectum during defecation which typically precedes (but may also follow) the passage of stool, blood in the stools, hemorrhoids with either bright-red or dark-red bleeding, a red tongue body, and a wiry, rapid or soggy, rapid pulse.
小蓴引子	Xiao Ji Yin Zi	Aggregation of static in the lower burner	尿中有血用小蓴 Bloody, painful urinary dysfunction (Bloody Lin or UTI)
四生丸	Si Sheng Wan	Heat in the blood (Upper-jiao)[Upper part bleeding due to blood heat] 血熱-- bright-red blood 用四生 (Coughing, spitting, vomiting blood or nose bleeding) ※四生丸=三葉(側柏、生荷、生艾)加一黃(鮮地黃)	Coughing, spitting, vomiting blood or nose bleeding, particularly of bright-red blood . Accompanying dry mouth and throat, red or deep red tongue and a wiry, rapid or wiry, forceful, rapid pulse ←Heat sign
咳血方	Ke Xue Fang	(Bleeding is not too much) Liver fire scorching the lungs (Indirect way to stop bleeding because try to stop cough and transform phlegm) 肝火吐血咳血方 咳血方青梔瓜訶浮海石	(Such as 支氣管擴張) Coughing blood-streaked sputum, thick sputum difficult to expectorate ←Heat burning dry out phlegm a bitter taste (Liver burning up GB-fire) in the mouth, irritability, an easily provoked anger →Liver fire, constipation, red cheeks, red tongue with a yellow coating, and a wiry (Liver), rapid pulse.

Chapter 2 Formulas that stop bleeding

Section 2 Formulas that tonic and and stop bleeding (Bleeding relates deficiency)

膠艾湯 For Deficiency	Jiao Ai Tang	<u>Injured and deficient penetrating and conception vessels (沖、任 damage and deficiency→Bleeding)</u> [Blood(←Chong meridian deficiency) and kidney deficient signs]	Abdominal pain with uterine bleeding, excessive menstruation (Too heavy), menstruation with constant spotting (超過正常日子), postpartum bleeding, or bleeding during pregnancy (---Cannot move blood). The blood is pale and thin without clots, and is accompanied by weakness and soreness of the lower back, a dull complex, a pale tongue with a thin, white coating, and a thin, frail pulse
黃土湯	Hang Tu Tang	Spleen Yang deficiency	Blood in the stool, vomiting or spitting up blood, nose bleedings, or abdominal uterine bleeding of pale-red blood accompanied by cold extremities, a pale complexion, a pale tongue with a white coating , and a submerge, thin and forceless pulse.

Chapter 3 Formulas that warm interior cold

Section 1 Formulas that warm the channels and dispel cold

當歸四逆湯	Dang Gui Si Ni Tang	<p><u>Blood deficiency with cold in the channels (Blocks the channels)</u></p> <p>[Blood deficiency + Cold blocks channels]</p>	<p>(No Yang deficiency, just cold hands and feet no other symptoms because cold in the channels that blocks yang Qi going here) Long-standing cold hands and feet that are both cold to the touch and feel very cold to the patient, a pale tongue with a white coating, and a submerged, thin pulse or one that is so thin it is almost imperceptible</p>
陽和湯	Yang He Tang	<p><u>Yin-type localized swelling</u> [Blood and Yang deficiency with cold because accumulation of cold in the local area]</p> <p><u>Yang-type localized swelling</u></p> <p>Fever, heat and infection (Can clear to tell where it is start and end), hard to touch, red in color</p> <p><u>Yin-type localized swelling</u></p> <p>Painful swelling area that cannot tell the really location (Where it is start and where it is end), and not hard to touch, no have special color and texture on skin such as swelling lymph nodes, lymph nodes' TB, All kind' s bone TB, swelling hernia disc but not inflection (Deep rooted abscess)</p>	<p>Localized, painful swellings without heads that blend into the surrounding tissue and do not affect the texture or color of the skin, and are not hot to the touch. There is no thirst, the tongue is very pale, and the pulse is submerged (Yang deficiency), thin, and forceless (No heat signs)</p>

Chapter 3 Formulas that warm interior cold

Section 2 Formulas that warm the middle and dispel cold

理中丸	Li Zhong Wan	<p>Middle burner cold from deficiency (Middle-jiao deficient cold—Spleen Yang deficiency/☉ Tai Yin syndrome)</p>	<p>(Tai Yin syndrome) Diarrhea with watery stool , nausea and vomiting, no particular thirst, loss of appetite, abdominal pain, a pale tongue with a white coating, and a submerged, thin pulse</p>
附子理中丸 (Middle-jiao)	Fu Zi Li Zhong Wan	<p><u>Severe internal cold and Middle burner cold from deficiency (Severe cold in the middle jiao)</u></p>	<p>Internal cold (Not temperature problems), Diarrhea, no Yang Qi to digestion</p>
吳茱萸湯	Wu Zhu Yu Tang	<p>Middle burner cold from deficiency with <u>liver involvement</u></p>	<p>This formulas is used for three different presentations:</p> <ol style="list-style-type: none"> (1) Vomiting immediately after eating, indeterminate hunger, and acid regurgitation with or without epigastric pain (2) Dry heaves or spitting of clear fluids with headache at the vertex; (3) Vomiting and diarrhea with cold hands and feet, and agitation so severe that the patient wants to die. In all cases the tongue is not red, but has a white, slippery coating, and the pulse is thin and slow or thin and wiry.
小建中湯	Xiao Jian Zhong Tang	<p><u>Consumptive deficiency</u> (Chronic deficiency/Middle-jiao deficient</p>	<p><u>Intermittent, spasmodic abdominal pain that responds</u></p>

		cold→Imbalance)	<i>favorably (Deficient cold) to local application of warmth and pressure, a lusterless complexion, reduced appetite, a pale tongue with a white coating (Spleen Qi deficient signs), and a thin wiry, and moderate pulse.</i>
黃芪建中湯	Huang Qi Jian Zhong Tang	Same as Xiao Jian Zhong Tang + more serious Qi deficient signs	Spontaneous sweating, shortness of breath, spasmodic abdominal pain that responds favorably to local application of warmth and pressure
大建中湯	Da Jian Zhong Tang	Middle Yang deficiency with internal cold ascending [More pain]	Excess cold and more pain, deficiency of Yang, stronger cold sensation at epigastria area

Chapter 3 Formulas that warm interior cold

Section 3 Formulas that rescue devastate Yang

四逆湯	Si Ni Tang	(Severe)<Tai Yin Syndrome> Kidney Yang deficiency with internal cold Sheng Fu Zi (Cook early over one hour) : Gan Jiang : Zhi Gan Cao	Extremely cold extremities, aversion to cold, sleeping with the knees drawn up (No Yang Qi out), a lethargic state with a constant desire to sleep, vomiting, diarrhea with undigested food particles, abdominal pain and cold, lack of thirst, a pale tongue with a white, slippery coating, and a submerged, thin or submerged, faint pulse (Kidney is root)
參附湯	Shen Fu Tang	Yang deficiency with severe deficiency of the source Qi [For Yang and Qi collapse such as shock] Ren Shen 30g: Fu Zi 15g	Cold extremities, sweating (Qi collapse), weak breathing (Qi deficiency) and shortness of breath, dizziness, an extremely pale complexion, a pale tongue, and a faint that is almost imperceptible. (Sudden such as shock or myocardial infection/M.I.) Only for acute condition

Chapter 4 Formulas that tonify

Section 1 Formulas that tonify the Qi (Spleen Qi and Lung Qi)

四君子湯	Si Jun Zi Tang	Spleen Qi deficiency (Root; more important than lung Qi deficiency) 四君子湯治脾氣虛--苓草白人	Pallid complexion, low and soft voice (Lower energy), reduced appetite, loose stools, and weakness in the limbs. The body of the tongue is pale, and the pulse is thin and/or frail.
益宮散	Yi Gong San	Spleen Qi deficiency + Poor appetite (+陳皮+生薑+大棗)	益宮散治脾氣虛、無胃口 四君子湯+陳皮+生薑+大棗
六君子湯	Liu Jun Zi Tang	Spleen Qi deficiency with phlegm (Spleen Qi deficiency with damp-phlegm in the lung) Cough and damp-phlegm in the lung [Upper and middle-jiao] 六君子湯治脾氣虛並帶濕于肺 六君子湯:四君子加陳皮半夏	Loss of appetite, nausea or vomiting, focal distention and stifling in the chest and epigastrium, and often coughing of copious, thin and white sputum (Damp-phlegm in lung or damp-phlegm in the middle-jiao, we also can use the formula)
香砂六君子湯	Xiang Sha Liu Jun Zi Tang	<Spleen Qi deficiency + dampness/phlegm + Qi stagnation in the middle-jiao>	香砂六君子湯: 六君子湯+木香+砂仁 Reduced appetite with a feeling of surfeit after eating very

		Spleen and stomach Qi deficiency with damp-cold stagnation in the middle-jiao 香砂六君子湯治脾氣虛、氣滯且帶濕于中焦	little, belching, abdominal distention or pain, sometime nausea and vomiting
香砂養胃湯	Xiang Sha Yang Wei Tang	<u>(More dampness in middle jiao)</u> Disharmony between the spleen and stomach with dampness <u>(Damp-cold + Qi stagnation in the middle-jiao; Spleen Qi deficiency with damp-cold + Qi stagnation)</u>	香砂養胃湯治脾氣虛、氣滯且帶濕于中焦 Reduced appetite, loose of taste, inability to eat more than little at a time, bloating after eat, focal distention, an uncomfortable feeling of epigastrium and general weakness.
參苓白朮散	Shen Ling Bai Zhu San	<u>(Focus on diarrhea)</u> Spleen Qi deficiency with internally-generated dampness (Spleen Qi deficiency and has dampness) <u>[Drain dampness and stop diarrhea]</u> 參苓白朮散治脾氣虛與內濕	Loose stools or diarrhea, reduced appetite, weakness of the extremities, weight loss distention and a stifling sensation in the chest and epigastrium, pallid and wan complexion, a pale tongue with a white coating, and a thin, moderate or deficient, moderate pulse. There may also be vomiting
補中益氣湯	Bu Zhong Yi Qi Tang	<u>(Spleen Qi or middle Qi deficiency)</u> Sinking of the Yang due to spleen and stomach deficiency (Middle Qi sinking) 補中益氣湯，治脾胃虛、陽陷、黃芪乃為王	<u>(Only use fever due to Qi deficiency, we cannot use any other situation)</u> Intermittent fever, spontaneous sweating, aversion to cold, a thirst for warm beverages, shortness of breath, laconic speech, a tendency to curl up weak limbs, a shiny, pale complexion, loose and watery stools, a pale tongue with a thin, white coating, and a flooding, deficient pulse in general, or a deficient, rootless pulse at the middle position on the right.
生脈散	Sheng Mai San	<u>(good for heart Yin, Lung Yin and stomach Yin deficiency but not in liver and kidney Yin deficiency)</u> Simultaneous <u>lung Qi and Yin deficiency</u> (We can use the formula for general Qi or Yin deficiency and heart Qi deficiency) 生脈散肺氣虛、肺陰虛 生脈散：人參、麥門冬、五味子	Chronic cough with sparse that is difficult to expectorate, shortness of breath, spontaneous sweating, a dry mouth and tongue, a pale, red tongue with a dry, thin coating, and a deficient, repair or deficient, thin pulse
補肺湯	Bu Fei Tang	<u>Lung Qi deficiency</u> 補肺湯治肺氣虛；黃芪人參熟地黃五味紫菀加桑皮	<u>(Lung Qi deficiency)</u> <u>Shortness of breath,</u> <u>spontaneous sweating,</u> occasional chills and feverishness, coughing, wheezing, a pale tongue, a deficient and large pulse

Chapter 4 Formulas that tonify

Section 2 Formulas that tonify the blood

四物湯	Si Wu Tang	<u>Major: Blood deficiency (Focus on liver)</u> <u>[Blood deficiency with blood stasis]</u> 四物湯血虛 (King)—Tonify blood (2/3)---<Blood of blood>→Shu Di Hang·Bai Shao (Deputy)—Move blood; give blood life (1/3)---<Qi of blood>→Dang Gui、Chuan Xiong:	Dizziness, blurred vision, lusterless complexion and nails, generalized muscle tension, irregular menstruation with little flow or amenorrhea, periumbilical and lower abdominal pain, a pale tongue, and a thin and wiry or thin and choppy pulse. Also used for menorrhagia, hard abdominal masses with recurrent pain, restless fetus disorder, or lochioschesis with a firm and painful abdomen and sporadic fever and chills.
桃紅四物湯	Tao Hong Si Wu Tang	<u>Blood deficiency with blood stasis</u> <u>[more severe---Bleeding is dark,</u>	Shortened menstrual cycle (<24 days) with copious bleeding of dark,

(Blood stasis is more severe)		purple and thick blood with clot Blood deficiency : blood stasis = 50:50	purple, sticky blood with or without clots (Blood is not enough). Also used for abdominal pain and distention during menstruation.
當歸芍藥散 與逍遙散比較之	Dang Gui Shao Yao San	Liver blood deficiency with stasis and spleen deficiency Liver blood deficiency + stasis + spleen (Qi) deficiency (Some dampness inside) ---Before meals to take the formula because tonify formulas Blood deficiency with blood stasis + spleen deficiency with dampness	Continuous, cramping pain in the abdomen that is not severe, urinary difficulty, and slight edema (primary of the lower limbs). The source text notes that this pattern occurs during pregnancy. Dr. Liu use the formula in the below two conditions: 1. Pregnant women after sever months and get Yin edema 2. Women before or after menstruation get puffy and swelling in ankles, we can use the formula If patients have liver Qi stagnation major, and have blood deficiency with spleen Qi deficiency → 逍遙散
芍藥甘草湯	Shao Yao Gan Cao Tang	(Chief is pain) For any types of pain in the Calf with blood deficiency or body fluid deficiency → Muscle spasm ---Shao Yao Gan Cao Tang 芍藥甘草湯 + 延胡索 → 芍藥甘草加延胡索湯 (→ All kinds of muscle pain and spasm; pain killer)	(Any muscle or spasm pain due to blood, body fluid or Yin deficiency) Spasm in Calf muscle or any muscle pain, less coating on tongue (Yin deficiency), cramp muscle in hands, abdominal muscle

Chapter 4 Formulas that tonify

Section 3 Formulas that tonify the Qi and blood

當歸補血湯 Huang Qi(K)	Dang Gui Bu Xue Tang	Consumptive fatigue (Long term blood and Qi deficiency) ---If we just clear heat, that will cause the situation worse! 當歸補血黃芪：當歸(5;1)	1. Hot sensation in the muscles (Qi and blood deficiency cannot contain Yang and Yang floats to superficial of body), a red face, irritability, thirst with a preference for warm beverages, a pale tongue, and a flooding (superficial and weak pulse), large, and deficient pulse that is forceless when pressed hard. 2. Also for fever and headache due to loss of blood; 3. Bleeding due to Qi deficiency 4. After chemotherapy and Qi and blood deficiency
歸脾湯	Gui Pi Tang	Spleen Qi and heart blood deficiency (spleen and heart deficiency) 歸脾湯，脾氣虛、心血虛 人參、白朮、茯苓、炙甘草黃芪酸棗仁龍眼肉當歸木香遠志	Forgetfulness, palpitations (with or without anxiety), insomnia, dream-disturbed sleep, anxiety and phobia, feverishness, withdrawal, reduced appetite, a pallid and wan complexion, a pale tongue with a thin, white coating, and a thin, frail pulse. Chronic bleeding syndromes may also part of the presentation. Women may experience early period with copious pale blood or prolonged, almost continuous period with little flow.
八珍湯	Ba Zhen Tang	(General) Qi (Spleen) and blood deficiency (Liver) Tonify Qi and blood; 4 Gentle men 四君子湯 + 4 ladies 四物湯	Pallid or sallow complexion, palpitations with anxiety that may be continuous, reduced appetite, shortness of breath, laconic speech, easily-fatigued extremities. Light-head and/or vertigo, a

			pale tongue with a white coating, and a pulse which is either thin and frail or large, deficient, and without strength
十全大補湯	Shi Quan Da Bu Tang	Qi and blood deficiency with predominate Qi deficiency with a little bit cold Stronger and warmer tonify Qi and blood 4 Gentle men 四君子湯+4 ladies 四物湯+ Rou Gui + Huang Qi	Coughing, poor appetite, spermatorrhea, weakness of low extremities, may also have sore difficult to heal, constant spotting from uterine bleeding
Ba Zhen Tang 八珍湯		Tonify Qi and blood	
Shi Quan Da Bu Tang 十全大補湯		Stronger and warmer tonify Qi and blood	
泰山磐石散	Tai Shan Pan Shi San	Pregnant women with Qi and blood deficiency and restless fetus Tonify Qi and blood	Pregnant women with restless fetus or signs of threatened, miscarriage. Pale face, fatigue, poor appetite, a pale tongue with white coating, slippery, and forceless or submerged and frail pulse
灸甘草湯	Zhi Gan Cao Tang	(Major tonify blood) Qi and blood deficiency (Primary) (Major in heart Qi and blood deficiency then affect lung) 灸甘草湯心氣血虛氣不足 pale and shiny tongue	Palpitations with anxiety, irritability, insomnia, emaciation, shortness of breath, constipation, dry mouth and throat, pale and shiny tongue (with coating) , consistently irregular, slow irregular, or thin, faint and forceless pulse

Chapter 4 Formulas that tonify

Section 4 Formulas that warm and tonify Yin

六味地黃丸 Kidney and liver Yin deficiency 3T, 3D	Liu Wei Di Huang Wan	(Major for Yin deficiency) Kidney and liver Yin deficiency 六味地黃肝腎陰虛 六味地黃丸熟地山茱山藥，茯苓牡丹澤瀉	Soreness and weakness in the lower back, light-head, vertigo, tinnitus, diminished hearing, night sweats, spontaneous and nocturnal emissions, a tongue with little coating, and a rapid thin pulse. The patient may also present with a variety of other symptoms including hot palms and soles, a chronic dry and sore throat, toothache, or wasting and thirsty disorder.
杞菊地黃丸 3T, 3D	Qi Ju Di Huang Wan	Liver and kidney deficiency (Chief complain is eyes problems due to liver and kidney Yin deficiency) 杞菊地黃=六味地黃+枸杞菊花	杞菊地黃丸肝腎陰虛加眼花 (Chief complain is eyes problems due to liver and kidney Yin deficiency) Dry eyes with diminished visual acuity, photophobia, tearing when exposure to drafts, or painful eyes.
知柏地黃丸 3T, 3D	Zhi Bai Di Huang Wan	Clear lower jiao deficient heat <i>(Yin deficiency with heat signs obviously)</i> 知柏地黃陰虛加熱于下焦 知柏地黃=六味地黃+知柏	Lower heat or steaming bone disorder characterized by night sweating, a dry mouth and tongue. Also urinary difficulty and low back pain from damp-heat
麥味地黃丸=八仙長壽丸 3T, 3D	Mai Wei Di Huang Wan	Kidney and lung Yin deficiency	Cough, coughing of blood, tidal fever, and night sweats
八味地黃丸 3T, 3D	Ba Wei Di Huang Wan	Sweating due to Kidney and liver Yin deficiency with lung Qi deficiency	八味地黃肝腎陰虛加肺氣虛老流汗 八味地黃=六味地黃+五味黃芪 Sweat
左歸飲 3T, 1D	Zuo Gui Yin	Kidney True Yin deficiency with injury to the essence and marrow [Heat signs are not severe but essence and marrow are severe	Lower back soreness (Kidney signs), spontaneous emissions (Kidney signs), night sweats (Yin deficiency), a dry mouth and

		deficiency because essence does not relate Yin and Yang balance!]	throat, thirst with a desire to drink, a peeled, shiny tongue , and a thin, rapid pulse
左歸丸	Zuo Gui Wan	似左歸飲但效果較弱，Kidney Yin decoction 飲→丸 (效果變弱)	(work slower; 比左歸飲效果弱，所以加入 tonify herbs + 鹿角膠+龜板膠+牛膝>減掉 draining herbs<去茯苓>)
大補陰丸	Da Bu Yin Wan	Upward-rising of fire from kidney and liver deficiency (Liver and kidney deficiency)<More fire signs> 大補陰丸肝腎陰虛熱明顯; 大補陰丸熟地龜板黃柏豬炒知母	Steaming bone disorder (Uncontrol TB) with afternoon tidal fever, night sweats, spontaneous emissions, irritability, a sensation of heat and pain in the knees and legs which is sometimes accompanied by weakness, a red tongue with little coating, and a pulse which is rapid and forceful at the rear position. May also be accompanied by coughing of blood or constant hunger.
一貫煎	Yi Guan Jian	Liver and kidney Yin deficiency (Major) with liver Qi constraint 一貫煎肝氣滯塞明顯	Hypochondriac and chest pain, epigastric and abdominal distention, a dry and parched mouth and throat, acid regurgitation, a red and dry tongue, and a thin, frail or deficient, wiry pulse. [All kinds of liver problems such as Hepatitis, fatty liver, sclerosis, or some stomach problems]
二至丸	Er Zhi Wan	二至丸肝腎陰虛女貞子旱蓮草 Kidney and liver Yin deficiency (Gentle and no greasy herbs, evenly tonify liver and kidney Yin; we can use long term for elder people!)	Weakness and soreness of the lower back and knees, or weakness and atrophy of the lower extremities, dry and parched mouth and throat, dizziness and blurred vision, insomnia and dream-disturb sleep, spontaneous emissions, premature graying or loss of hair, and a red, dry tongue

Chapter 4 Formulas that tonify

Section 5 Formulas that warm and tonify Yang

金匱(腎氣丸)3T, 3D	Jin Gui Shen Qi Wan	Kidney Yang deficiency (Kidney Yin and Yang deficiency, the formula can treat the both situations) 金匱(腎氣丸)腎陽虛+腎陰虛 六味地黃丸+ Fu Zi (Cook early) Gui Zhi (可用肉桂取代桂枝) (Chronic nephritis, DM, Edema, hypothyroidism, Asthma due to kidney Qi deficiency)	Lower back pain, weakness of the lower extremities, a cold sensation in the lower half of the body, tenseness in the lower abdomen, a pale, swollen tongue with thin, white, and moist coating, and an empty or frail at the proximal position. The patient may also be irritable to the point of having difficulty lying down, and will breathe most comfortably while leaning against something. There is either urinary difficulty with edema, or excessive urination, sometimes to the point of incontinence.
濟生腎氣丸 3T, 3D	Ji Sheng Shen Qi Wan	Edema due to kidney Yang deficiency 濟生腎氣腎陽虛+edema 六味地黃丸+ Fu Zi (Cook early) , Rou Gui , Chuan Niu Xi , Che Qian Zi	Aversion to cold, cold extremities, scanty urination, edema of legs, distention of abdomen, soreness of the low back, a pale, swollen, teeth-marked tongue with white, slippery coating, and submerged wiry pulse
右歸丸 3T, 0D	You Gui Wan	(More significant Kidney Yang deficiency) Kidney Yang deficiency with waning of the fire at the gate of vitality 右歸丸腎陽虛+寒症	Exhaustion from long-term illness or elder patients, aversion to cold, coolness of the extremities, impotence, spermatorrhea, and aching and

		(K)Fu Zi , (K)Rou Gui , (K)Lu Jiao Jiao +3T+ 當歸枸杞兔絲杜仲	weakness of the lower back and knees. There may also be infertility,
		You Gui Yin 右歸飲 3T, 0D 似右歸丸但效果較弱???	loose stools (sometimes with undigested food particles), incontinence, and edema of the lower extremities, pale tongue and submerge pulse
二仙湯	Er Xian Tang	Menopause Kidney Yin and Kidney Yang deficiency with flame up of fire such as menopause 二仙湯停經用； 二仙當知母黃柏巴戟天	(Yin and Yang deficient signs) Hypertension, menstrual disturbing, amenorrhea, irregulate menstruation, hot flash, sweating, nervous, depression, fatigue, latitude, irritability, insomnia, palpitation, frequent urinary (Menopause signs) (Only) Neck sweating, red tongue without coating, frequent urinary, depression, irritability, tired, fatigue, hot flash but feel cold (Chill), cold extremities

Chapter 5 Formulas that stabilize

Section 1 Formulas that stabilize the exterior and the lungs

玉屏風散	Yu Ping Feng San	(Wei Qi deficiency 衛氣虛) Deficient protective Qi ※玉屏風散黃芪白朮和防風	(Wind-cold and will catch cold) Aversion to drafts, spontaneous sweating, recurrent colds, a shiny, pale complexion, a pale tongue with a white coating, and a floating, deficient, and soft pulse
牡蠣散	Mu Li San	Unstable protective Qi with injury to the heart Yin 牡蠣散--黃芪浮小麥麻黃根	Spontaneous sweating that worsens at night, palpitations, easily startled, shortness of breath, irritability, general debility, lethargy, pale-red tongue, a thin, weak pulse
當歸六黃湯	Dang Gui Liu Huang Tnag	Raging fire and/with Yin deficiency (Excessive fire) 當歸六黃湯=當歸十六黃	Fever, night sweats, red face, dry mouth and parched lips, irritability, dry stools (Heat), dark and scanty urine, a red, dry tongue, a rapid pulse such as TB, Hyperthyroidism, nephritis, grave syndrome

Chapter 5 Formulas that stabilize

Section 2 Formulas that restrain leakage from intestine

真人養臟湯	Zhen Ren Yang Zang Tang	(Chronic and long term diarrhea due to spleen and kidney deficiency) Spleen and kidney deficiency	Chronic diarrhea or dysenteric disorders with unremitting diarrhea to the point of incontinence, and in severe cases, prolapsed rectum. The diarrhea may contain pus and blood, and there may also be tenesmus. Accompanying symptoms include mild, persistent abdominal pain that responds favorably to local pressure or warmth, lethargy, a wan complexion, reduced appetite, soreness of the lower back, lack of strength in the legs, a pale tongue with a white coating, and a slow, thin pulse
四神丸	Si Shen Wan	Cold from deficiency of the spleen and kidneys	Diarrhea which occurs daily just before sunrise, lack of interest in food and inability to digest what is eaten, soreness of the lower back with cold limbs, fatigue and lethargy, a pale tongue with a thin, white coating, and a submerged, slow, and forceless pulse. There may also be abdominal pain.

桃花湯	Tao Hua Tang	(Dysenteric disorder due to spleen and kidney Yang deficiency) Spleen and kidney Yang deficiency (Middle jiao deficiency) (More focus on spleen)	Chronic dysentery disorders with dark blood and pus in the stool, abdominal pain that responds favorably to local pressure or warmth, a pale tongue, a thin, frail or slow, frail pulse
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Chapter 5 Formulas that stabilize

Section 3 Formulas that restrain leakage from intestine

金鎖固精丸 (主用于♂)	Jin Suo Gu Jing Wan	Kidney deficiency leading to instability of the gate of essence (---Kidney Qi and essence deficiency)	Chronic spermatorrhea ♂, impotence, fatigue and weakness, sore and weak limbs, lower back pain, tinnitus, a pale tongue with a white coating, and a thin, frail pulse
桑螺蛸散 (Warm formula)	Sang Piao Xiao San	(Binding in lower jiao especially for kidney and urination) Qi deficiency of the kidneys and heart [Heart signs] Frequent urination (Sometimes to the point of incontinence)	Frequent urination (Sometimes to the point of incontinence), urine the color of rice water (Gray and cloudy) some times accompanied by spermatorrhea. Other signs and symptoms include disorientation, forgetfulness, and a pale tongue with a white coating, and a thin, slow, and frail pulse
鎖泉丸 (Gentle and mild formula especially for kids)	Suo Quan Wan	Cold from kidney deficiency with UB lost control	Frequent, clear, prolonged urination accompanied with pale tongue, white coating, deep, and frail pulse (Bed wet) Before 7 years old, kids always have bed wet situation, we can use the formula because kids are not develop very well!

Chapter 5 Formulas that stabilize

Section 4 Formulas that stabilize the Womb

固沖湯	Gu Chong Tang	Spleen (Qi) deficiency unable to govern the blood Coughing out blood: Lung-heat or lung Yin deficiency Long Gu and Mu Li Calm spirit, anchor liver Yang and stabling and binding	Uterine bleeding (Spleen Qi deficiency) or profuse menstrual bleeding in which the blood is thin and pale (Light red), and either gushes out or continuously trickles out. Accompanying signs and symptoms include palpitations, shortness of breath, a pale tongue, and a deficient and big or thin and frail pulse
固經丸	Gu Jing Wan	(Liver-fire disturbing Chong and Ren → Bleeding) Liver heat disturbing the penetrating the conception vessels [Menses → Liver] [Dizziness → Liver Fire or liver-Yang hyperactivity]	(Blood heat) Continuous menstruation or uterine bleeding that alternates between trickling and gushing of blood. The blood is very red and may contain dark-purple clots. Accompanying a sensation of heat and irritability in the chest, abdominal pain, dark urine, a red tongue, and a rapid, wiry pulse
完帶湯 (很有效的方子) ♀常用	Wan Dai Tang	Spleen deficiency with dampness and liver Qi constraint	Profuse vaginal discharge that is white or pale yellow in color, thin in consistency, not particularly foul-smelling, and usually continuous. Accompanying signs and symptoms include fatigue. Lethargy, a shiny, pale complexion, loose stools, a pale tongue with a white coating, and a soggy and frail or moderate pulse (→ Spleen Qi deficiency with dampness signs)

止帶湯/方	Zhi Dai Tang/Fang	<u>Damp-heat vaginal discharge</u>	<u>Damp-heat vaginal discharge</u> <u>Damp-heat in Liver or GB/ In lower jiao → Leukorrhea ← 龍胆</u>
易黃湯	Yi Huang Tang		<u>瀉肝湯</u>

Chapter 6 Formulas that stabilize

Section 1 Formulas that stabilize the Womb

酸棗仁湯	Suan Zao Ren Tang	<u>(Nourish liver and heart to calm spirit especially for liver)</u> <u>Consumption from deficient liver blood</u> (Liver blood and liver Yin deficiency)	<u>酸棗仁湯茯苓知母川芎甘草</u> Irritability, inability to sleep, palpitations, night sweats, dizziness and vertigo, dry throat and mouth, a dry, red tongue, and a wiry or thin, rapid pulse ---Liver controls the soul of human and heart controls spirit!
珍珠母丸	Zhen Zhu Mu Wan	<u>Liver Blood and Yin deficiency with ascending liver Yang</u> (Liver Yang raising)	Liver Yin and blood deficiency
天王補心丹 (K)Sheng Di Huang	Tian Wang Bu Xin Dan	<u>Heart and kidney Yin deficiency</u> <u>Yin deficiency of the heart and kidneys</u> 朱砂可用來做 pills 及勿長期使用(勿 cook 朱砂)	Irritability, palpitations with anxiety, fatigue, insomnia with very restless sleep, inability to think or concentrate for even short period of time, nocturnal emission, forgetfulness, dry stools, a red tongue with little coating, and a thin, rapid pulse. There may also be sores of the mouth and tongue, low grade fever, and night sweats
黃連阿膠湯	Huang Lian E Jiao Tang	<u>Fire with Yin deficiency affecting the spirit</u> <u>Fire + Yin deficiency then affect spirit</u> 黃連阿膠湯黃芩芍藥雞子黃	Irritability with a sensation of heat in the chest, insomnia, palpitations, with anxiety, a red tongue with a dry, yellow coating and a thin, rapid pulse. There may also be sores of the tongue or mouth.
甘麥大棗湯 (Genital formula)	Gan Mai Da Zao Tang	Zhen Zao 臟燥 <u>Deficiency of the Qi and Yin of the heart (Major) and spleen</u> (Heart Qi and Yin deficiency) ---Liver Qi stagnation → Generally patients do not cry ---Heart problems → Cry	<u>Disorientation, frequent attacks of melancholy and crying spells, inability to control oneself, restless sleep (Sometimes with night sweats), frequent bouts of yawning, a red tongue with a sparse coating, and a thin, rapid pulse. In severe cases, the behavior and speech become abdominal</u>

Chapter 6 Formulas that stabilize

Section 2 Formulas that sedate and calm spirit

朱砂安神丸 (More severe and focus on heart-fire) (非常似黃連阿膠湯)	Zhu Sha An Shen Wan	<u>Heart fire injury Heart Yin and blood</u> <u>Vigorous heart fire injuring the Yin and blood</u>	Insomnia, continuous palpitations, a sensation of irritability and heat in the chest, a desire to vomit without result, dream-disturbed sleep, a red tongue, and a thin, rapid pulse. In some cases the patient also develops a rancorous disposition 暴力傾向
柴胡加龍骨牡蠣湯 (太陽+陽明+少陽 problems = All three Yang problems)	Chai Hu Jia Long Gu Mu Li Tang	<u>(More focus on Shao Yang syndrome) [Stomach fire, stomach heat, liver fire, heat in GB even in intestine]</u> <u>Problems with all the Yang stages or phlegm in the liver/gall bladder system</u> (太陽+陽明+少陽 problems = All three Yang problems)	[Any kinds of excessive syndrome cause irritability, anxiety, insomnia, menopause <Fire signs> ← Excess heat in Shao Yang or Yangming] Fullness in the chest, irritability with occasional attacks of palpitations, urinary difficulty, constipation, delirious speech,

		(K)Chai Hu, (K)Huang Qin, (K)Gui Zhi, (K)Da Huang	inability to rotate the trunk, a sensation of extreme heaviness throughout the body, a red tongue with a slippery coating and a wiry, rapid pulse
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Chapter 7 Formulas that expel wind

Section 1 Formulas that release wind from skin and channels

消風散	Xiao Fend San	<u>Wind-heat or wind- dampness invading the body, contending with pre-existing damp-heat</u>	Weepy (oozing/Damp), itchy (Wind), red skin (Heat) lesions over a large part of the body, a yellow or white tongue coating and a forceful (Not deficiency), floating (External pathogens on skin), and a rapid pulse (heat) <Internal take> 可用溼疹·蕁麻疹
牽正散	Qian Zheng San	<u>Channel-stroke from wind-phlegm with symptoms limited to the head and face (Facial paralysis from wind-phlegm)</u>	☩☩☩牽正散=白附子+全蠍+僵蠶 Sudden facial paralysis with deviation of the eyes and mouth and facial muscle twitch. Facial paralysis is due to wind-phlegm blocking channels, Dr. can open channels
玉真散	Yu Zhen San	<u>Titanic spasm</u> <u>Invasion of wind and toxin through a wound or sore</u>	Stiffness and spasms of the jaw, closed mouth, lip spasms, deviation of the eyes, rigidity of the entire body to the point of opisthotonos (a <u>titanic spasm</u> in which the spine and extremities are so extended that the body rests on the head and heels), and a wiry, tight pulse [or Botulism 類肉毒桿菌]

Chapter 7 Formulas that expel wind

Section 2 Formulas that extinguish internal wind

鎮肝熄風湯	Zhen Gan Xi Feng Tang	<u>Liver and kidney Yin deficiency (Root) with ascendant liver yang generating wind</u> <u>(Liver Yang hyperactivity → Wind)</u>	<u>Liver Yang raise signs</u> Dizziness, vertigo, a feeling of distention in the eyes, tinnitus, feverish sensation in the head, headache, irritability, flushed face, and a wiry, long, and forceful pulse. There may also be frequent belching, progressive motor dysfunction of the body or development of facial asymmetry that occurs over a period of a few hours to a few days, severe dizziness and vertigo, sudden loss of consciousness, mental confusion with moments of lucidity, and an inability, and an inability to fully recover after loss of consciousness
天麻鈎藤飲	Tian Ma Gou Teng Yin	<u>Ascendant liver Yang and internal movement of liver wind</u>	Headache, dizziness, vertigo, tinnitus, blurred vision, a sensation of heat rushing to the head, insomnia with dream-disturbed sleep, a red tongue, and a wiry, rapid pulse. In severe cases there may also be numbness, twitching and spasms in the extremities, or hemiplegia (Internal Wind)
大定風珠 (Late stage)	Da Ding Feng Zhu	<u>(The formula use gentle herbs to be king herb and we can use the formula for weak patients)</u> <u>Severe injury to the Yin and fluids which causes internal movement</u>	Weariness, muscle spasms with alternating flexion and extension of the extremities (不自主顫動 and very tired), a deficient or frail pulse, and a deep-ed tongue with a scanty or peeled coating. Often

		<u>of wind</u>	the patient will appear as if he is about to go into shock [such as after epidemic febrile diseases---Severe vomiting and diarrhea]
加減扶脈湯	Jia Jian Fu Mai Tang		
羚(羊)角鈎藤湯	Ling Yang Gou Teng Tang	(Severe condition) Internal wind due to Excessive liver fire or liver heat (Too much fire)	(High fever → Wind... severe situation) High fever, irritability (Due to high fever), vigorous heat, dizziness, vertigo, spasm, tremors, twisting on extremities, extremities heat, deep red tongue, dry, crack and prickle on the surface of tongue, wiry rapid tongue, lost consciousness
地黃飲子	Di Huang Yi Zi	(Chronic condition; focus on lower part weak and tonify kidney and Yang then clear phlegm) <u>Warming of the kidney Yin and Yang, upward flaring of fire from deficiency, and turbid phlegm that blocks the orifices</u> <u>(Tongue)</u> <u>[Lower part is kidney deficient problem → Atrophy and upper part is phlegm blocking orifices]</u>	(Speak problems) Stiffness of the tongue with an inability to speak, disability or paralysis of the lower extremities, a dry mouth with a absence of thirst, a greasy, yellow tongue coating, and a submerged, slow, thin, and frail pulse

Chapter 8 Formulas that open the orifices

Section 1 Formulas that clear heat and open the orifices

安宮牛黃丸	An Gong Niu Huang Wan	Cold Open heart orifice and clear heat and hot closed disorder	(Focus on heat ---High fever; more effect on heat + toxin)
至寶丹	Zhi Bao Dan	<u>Heart closed disorders</u> 1. Delirium or unconsciousness 2. Fever; sometimes generate wind	(Focus on heat and more phlegm ---Thick, yellow and greasy tongue coating and a lot of phlegm signs)
紫雪丹	Zi Xue Dan	3. Red face 4. Heavy loudly breath 5. Irritability 6. Force and rapid pulse 7. Red tongue	(Focus on Wind ---High fever and convulsion---Internal wind)

Chapter 8 Formulas that open the orifices

Section 2. Formulas that warm and open the orifices---Cold closed disorder→Patients do not have heat signs

蘇和香丸	Su He Xiang Wan	<u>Cold-dampness and turbid phlegm veiling (Block) the sensory orifices</u> <u>(1. Cold closed disorder; 2. Chest pain, abdominal pain disorder severe with cold condition)</u>	(1) Sudden collapse. Loose of consciousness, and clenched jaw (Closed disorder). (2) Fullness, pain, and a sensation of cold in the chest and abdomen which may signal the impending sudden loss of consciousness or coma (Such as Vagina, CHD---Cold or phlegm signs; or evil Qi) (3) Abdominal pain, and focal distention in the chest, an urge to vomit and defecate without doing either, which in severe cases can lead to sudden loss of consciousness or coma. All of the above are accompanied by pale complexion, purple lips, excessive mucus and saliva, cold extremities, a pale tongue with a slippery, greasy coating, and a submerged, slippery pulse (Cold-phlegm inside)
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Chapter 8 Formulas that open the orifices

Section 3. Formulas that scour phlegm and open the orifices

通關散	Tong Guan San	(No heat signs) Excess-type closed disorder due to a sudden attack of fierce pathogenic influences producing turbid phlegm	Loss of consciousness, clenched jaw, extreme difficulty in breathing, forming at the mouth, and a pale, ashen complexion
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Chapter 9 Formulas that treat phlegm

Section 1. Formulas that scour phlegm and open the orifices

二陳湯	Er Chen Tang	<u>(Basic formula for damp-phlegm; phlegm no other pathogens</u> <u>→Pure phlegm)</u> <u>Dampness and phlegm due to Spleen deficiency [Damp-phlegm</u>	※二陳湯芩草夏紅與薑梅 易咳痰 Coughing (Lung) with copious, white sputum that
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		<u>stays in lung or middle-jiao]</u>	is easily expectorated, focal distention and a stifling sensation in the chest and diaphragm
抵痰湯 (有二陳湯)	Di Tan Tang	<u>Internal obstruction due to excessive phlegm [Damp-phlegm is carried by wind and blocks heart orifices---more severe]</u>	Stiffness of tongue and speech impairment, (Swollen tongue, greasy tongue coating and slippery pulse, 喉嚨有痰聲) the formula is <u>slightly cold!</u>

Chapter 9 Formulas that treat phlegm

Section 2. Formulas that Clear Heat and Transform phlegm

溫膽湯 (有二陳湯)	Wen Dan Tang	<u>(heat phlegm problems major but not heat phlegm in lung)[除了 Heat-phlegm in lung 不用]</u> Gallbladder and stomach disharmony with phlegm-heat ※※溫膽湯竹茹枳實二陳湯加生薑與大棗	Dizziness, vertigo, nausea or vomiting, insomnia, palpitations, anxiety, indeterminate gnawing hunger, or seizures accompanied by copious sputum, focal distention of the chest, a bitter taste in the mouth, slight thirst, a greasy, yellow tongue coating, and a rapid pulse that is either slippery or wiry
清氣化痰湯 (有二陳湯但少甘草,可自行加入)	Qing Qi Hua Tan Tang	<u>(Heat-phlegm in lung)</u> <u>Internal clumping of phlegm-heat in the lung</u> <u>(Major in the lung then affect another organs)</u> <u>(Heat phlegm: 較不易咳痰)</u>	Coughing of yellow, viscous sputum that is <u>difficult to expectorate</u> , focal distention and a feeling of fullness in the chest and diaphragm, nausea, a red tongue with a greasy, yellow coating, and a slippery, rapid pulse. In severe cases, there may also difficulty in breathing.

Chapter 9 Formulas that treat phlegm

Section 3. Formulas that Moistens dryness and transform phlegm

貝母瓜蒌散 (沒有二陳湯,少半夏)	Bei Mu Gua Lou San	<u>Dry-phlegm</u>	Cough with deep-seated sputum (Very deep sputum) that is difficult to expectorate, wheezing, a dry and sore throat, a red and dry tongue with little coating, and a rapid and thin but <u>strong pulse</u>
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Chapter 9 Formulas that treat phlegm

Section 4. Formulas that Warm and transform cold-phlegm

苓甘五味薑辛湯 (沒有二陳湯)	Ling Gan Wu Wei Jiang Xin Tang	<u>Cold congested fluids from deficiency Yang and ascendant Yin</u> <u>(Cough phlegm in lung)</u>	Coughing with profuse sputum that is thin, watery (←Cold), and white accompanied by a feeling of discomfort in the chest and diaphragm, a white, slippery tongue coating, and a wiry slippery pulse
三子養親湯	San Zi Yang Qin Tang	<u>(Phlegm, cough and Qi and food stagnation)</u> <u>Cough lung (Cold phlegm in lung) with food stagnation</u> [Elderly patients have a little bit cold-phlegm, food stagnation and Qi stagnation] ※※三子養親湯=白芥子+蘇子+萊服子	<u>(Not treat root, just manifestation; Do not long time used)</u> Coughing and wheezing, copious sputum, focal distention in the chest, loss of appetite, digestive difficulties, a white, greasy tongue coating, and a slippery pulse such as chronic bronchitis and cough every morning with poor appetite
苓桂朮甘湯 (For Tain Yin 痰)	Ling Gui Zhu Gan Tang	<u>Congested fluid in the epigastrium</u>	<u>Fullness in the chest and hypochondria, palpitations, shortness of breath, coughing up clear and watery sputum.</u>

飲)			(Cough phle), and dizziness or vertigo (←似濕阻滿). The tongue is pale and swollen with a white and slippery or greasy coating, pulse is usually slippery and wiry or soggy
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Chapter 9 Formulas that treat phlegm

Section 5. Formulas that transform and dissipate nodule

消癭丸 <u>(Common use:</u> <u>Goiter, lymphonitis,</u> <u>TB in lymphonode)</u>	Xiao Luo Wan	Nodular masses on the neck due to phlegm-fire ※※消癭丸玄參牡蠣貝母	Nodules on the neck that are firm and rubbery (Phlegm-fire) in consistency accompanied by a dry mouth and throat, a red tongue, and a rapid pulse that is slippery and/or wiry
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Chapter 9 Formulas that treat phlegm

Section 6. Formulas that transform phlegm and Extinguish Wind

止嗽散—Stop cough (External pathogens are not very much) [Late stage of cold]	Zhi Sou San	Wind attacking the Lung Jie Geng + Gan Cao (桔梗+甘草=桔梗甘草湯) ---Sore throat and itchy throat	[Patients get external pathogens but patients do not have heat or cold signs; they just have cough!] Coughing with or without slight chills and fever, an itchy throat, a thin, white tongue coating, and a moderate, floating pulse
半夏白朮天麻湯	Ban Xia Bai Zhu Tian Ma Tang	Upward disturbance of wind-phlegm (Treatment: Internal wind-phlegm disturbance upward---Dizziness and Vertigo→ Wind-phlegm)	Dizziness or vertigo (Possibly severe), headache, a stifling sensation in the chest (←Phlegm), nausea or vomiting, copious sputum, a white, greasy tongue coating, and a wiry, slippery pulse

Chapter 9 Formulas that treat phlegm

Section 7. Formulas that Induce Vomiting to discharge phlegm

瓜蒂湯	Gua Di Tang	Phlegm clogging up the chest ad diaphragm, or food stagnation lodging in the upper epigastrium (Dissolve phlegm or food stagnation through vomiting) (Vomiting or upward purge, we use the formula)	瓜蒂湯與紅豆 Firm areas of focal distention in the chest, vexation, difficult breathing due to a sensation of Qi rushing into the throat, and a slightly floating pulse at the distal position
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Chapter 10 Formulas that reduce food stagnation

健脾丸	Jian Pi Wan	(虛症) Food stagnation transform into deep due to Yin deficiency (Spleen Qi deficiency/Spleen is not strong/Weak situation) (Food stagnation transform into deep due to Yin deficiency)	Poor appetite with difficulty in digestion (Spleen is not strong), bloating, focal distention in epigastrium (Food stagnation) and abdomen, loose and watery diarrhea (Spleen Qi deficiency), greasy (Food stagnation), slightly yellow tongue coating (Food stagnation→heat), and deficient and frail pulse
保和丸 <u>(Children formula)</u>	Bao He Wan	(Overeating) Acute, relatively mild conditions (Not Chronic problem)	Focal distention and fullness in the chest and epigastrium, abdominal distention with occasional pain, rotten-smelling belching, acid regurgitation, nausea and vomiting, aversion to food, a yellow, greasy tongue coating, and a slippery pulse. There may also be diarrhea. (比健脾丸の症狀弱; Ex:

			Thanksgiving 後)
枳朮丸 <u>(For mild syndrome)</u>	Zhi Zhu Wan	<u>(Mild) Food stagnation with spleen Qi deficiency</u> ---枳朮丸與健脾丸診斷一致,Spleen Qi deficiency and Food stagnation 健脾丸→Spleen Qi deficiency and Food stagnation 枳朮丸→ <u>Mild Spleen Qi deficiency and Food stagnation</u>	Loss of appetite, focal distention in epigastrium and abdomen, a white tongue coating and deficient pulse.
木香檳榔丸	Mu Xiang Bing Lang Wan	<u>Severe stagnation and accumulation of damp-heat (Damp-heat inside)</u>	Focal and generalized distention, fullness, and pain in the epigastrium and abdomen accompanied by <u>constipation or red-and white dysenteric diarrhea with tenesmus</u> , a yellow, greasy tongue coating, and an excessive pulse (Wiry, slippery and forceful pulse)

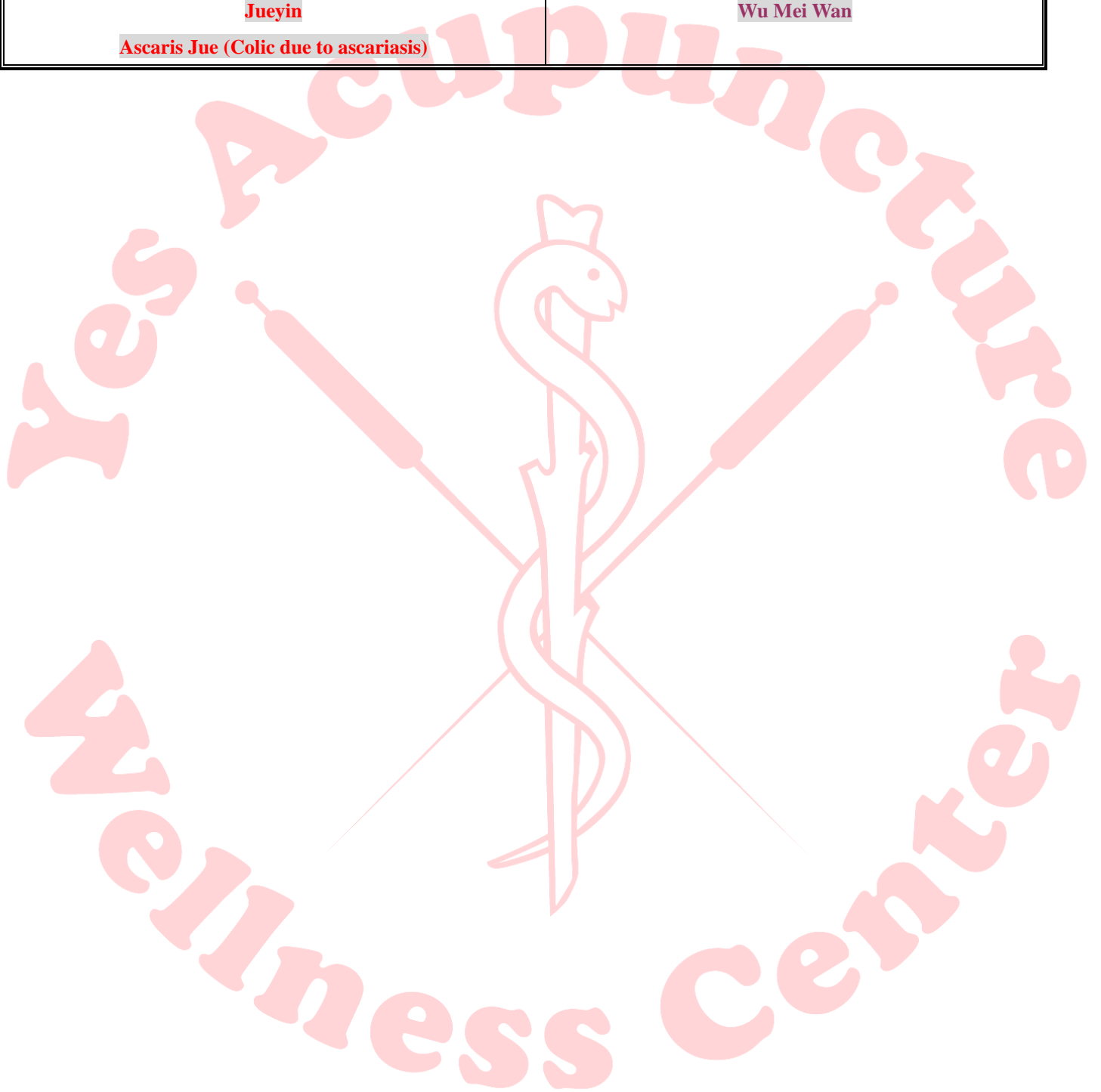
Chapter 11 Formulas that expel parasites

烏梅丸	Wu Mei Wan	<u>Collapse from roundworms</u> <u>(Jue Yin Syndrome)</u> <u>(Complex cold and heat---upper heat and lower cold)</u>	<u>(厥陰症)</u> Intermittent attacks of abdominal pain, a stifling sensation, irritability, and warmth in the chest and epigastrium accompanied by vomiting after eating, and cold hands and feet. There may also be vomiting of roundworms
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SIX MERIDIANS THEORY

症 Symptoms	藥方 Formulas
太陽蓄血症 Taiyang organ syndrome Water retention	桃核承氣湯 Tao He Chen Qi Tang
太陽蓄水症 Taiyang organ syndrome Water retention	五苓散 Wu Ling San
太陽風症 Taiyang Channel syndrome Tai Yang Wind	桂枝湯 Gui Zhi Tang
太陽寒症 Taiyang Channel syndrome Tai Yang Cold	麻黃湯 Ma Huang Tang
少陽症 Shaoyang	小柴胡湯 Xiao Chi Hu Tang
陽明經症 Yangming Meridian	白虎湯 Bai Hu Tang
陽明腑症 Yangming Fu	大承氣湯 Da Chen Qi Tang
太陰症 Taiyin	理中丸 Li Zhong Wan
少陰寒化症 Shaoyin cold	四逆湯 Si Ni Tang
少陰熱化症 Shaoyin heat	黃連阿膠湯 Huang Lian E Jiao Tang
厥陰症 血虛寒症 Jueyin Cold syndrome of blood deficiency	四逆湯 Si Ni Tang or 當歸四逆湯 Dan Gui Shi Ni Tang
厥陰症 熱厥 Jueyin Heat jue	白虎湯 Bai Hu Tang 四逆散 Si Ni San
厥陰症	六君子湯

<p>陽都發厥</p> <p>Jueyin</p> <p>Jue syndrome due to Yang stagnation</p>	<p>Liu Jun Zi Tang</p>
<p>厥陰症</p> <p>Jueyin</p> <p>Ascaris Jue (Colic due to ascariasis)</p>	<p>烏梅丸</p> <p>Wu Mei Wan</p>



SYNDROMES OF WEI, QI, YING AND BLOOD

Stages	藥方 Formulas
1. Wei	銀翹散 Yin Qiao San
2. Qi	麻杏石甘湯 Ma Xin Shi Gan Tang
(A) Heat in the lung	
(B) Heat in the Qi	白虎湯 Bai Hu Tang
(C) Heat in stomach and intestine	承氣湯 Chen Qi Tang
(D) Damp and heat in spleen	三仁湯 San Ren Tang
3. Yin stage	清營湯 Qin Yin Tang
(A) Heat damage the Ying Yin	
(B) Heat invades pericardium	清宮湯 Qin Gong Tang Or 安宮牛黃丸 An Gong Niu Huang Tang
4. Xue stage	犀角地黃湯 Xi Jiao Di Huang Tang
(A) Irregular blood circulation	
(B) Liver heat produces wind	羚羊角鈎藤湯 Ling Yang Jiao Gou Teng Tang