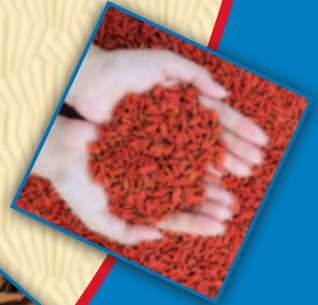




Kan

Traditionals

FORMULA GUIDE



KanHerb

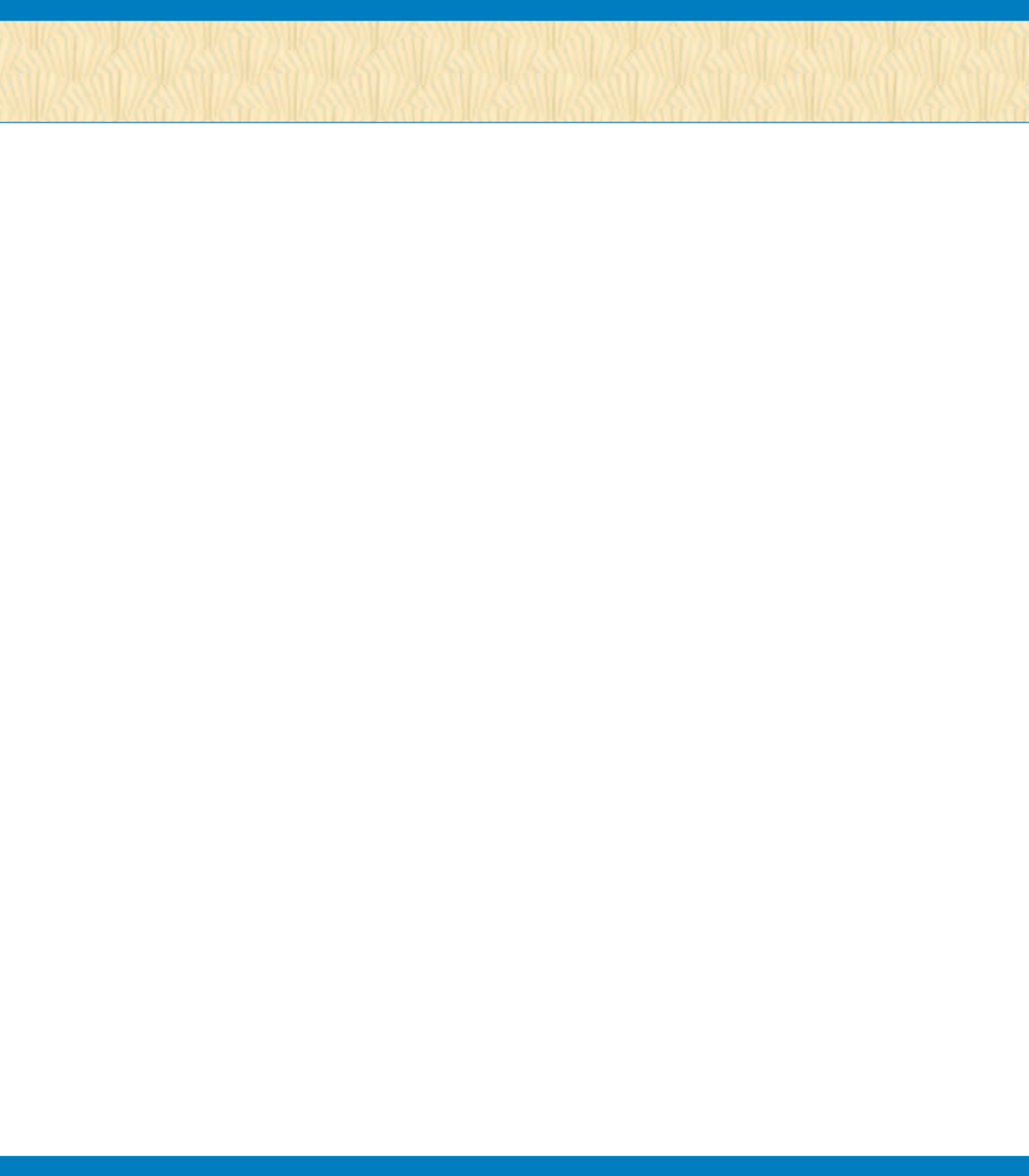
COMPANY

CHINESE HERBAL PRODUCTS YOU CAN TRUST



Kan Traditionals FORMULA GUIDE

106 Classical Chinese Herbal Formulas



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CHINESE HERBAL PRODUCTS YOU CAN TRUST

380 Encinal Street, Suite 100, Santa Cruz, California 95060

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CHINESE HERBAL PRODUCTS YOU CAN TRUST

Product Information

Quality Assurance from Start to Finish: Manufactured Exclusively in the USA

At Kan Herb Company, we assume responsibility for every level of the manufacturing process. Meticulous about the efficacy, quality and safety of every proprietary product, Kan Herb Company manufactures its products at our facilities in California, in compliance with current Good Manufacturing Practices (cGMP). We control all phases of the production process, from procurement and testing of raw ingredients to the manufacturing and packaging of our formulas.

Quality is expressed throughout – in our use of innovative technologies, producing the greatest percentage of active herbal material per ounce, to excellence in customer service and professional consultation.

The Kan Commitment

At Kan Herb Company, quality starts at the source with high-grade Chinese herbs. We assemble, test and manufacture our herbal formulas at our facility in the United States, following stringent manufacturing standards, to assure that the potency and purity you expect is in every bottle. Kan Herb Company's assessment and testing of each herbal ingredient means that, regardless of seasonal and market variations, Kan Herb formulas are composed of the highest quality materials. Every step of the manufacturing process is evaluated according to rigorous qualitative and quantitative standards. We test every incoming

lot of herbs for more than 250 different pesticides as well as all toxic metals and bio-burdens, such as yeast, mold, E. coli, Staphylococcus, Salmonella and total aerobic plate count. Our Certificates of Analysis (*see page 6*) attest to the extensive testing our products undergo.

Every herb is inspected for appropriate genus and part, as well as for quality and freshness, using traditional organoleptic methodology, and testing such as HPTLC (High Performance Thin Layer Chromatography) (*see page 7*). The herbs' size, shape, aroma, taste and texture are examined for the purpose of identification as well as quality. Each herb is also examined for cleanliness and for the absence of filth or animal parts, bugs or larvae. Only superior grades are selected, and any adulterated, improperly substituted or poor quality herbs are rejected. Our database contains detailed specification describing the physical characteristics and quality markers of more than 300 Chinese herbs.

Certain Chinese herbs are treated with sulfur to give them an appearance of freshness and, as a result, many have demonstrated unacceptably high levels of sulfites. At Kan Herb Company, our first concern is safety, and we make every effort to ensure that our herbs are indeed sulfite-free.

We choose to use organic herbs when available, such as is the case with our Ginseng, as we have access to a steady supply of organic-grade material. The selection of organic Chinese herbs, while growing, is not yet encompassing of all of the herbs that we use regularly, nor is it always available.

Current Good Manufacturing Practices

To ensure that our finished products are of consistently high quality, and to prevent materials from being adulterated or contaminated, we have established manufacturing controls that meet or exceed recognized current Good Manufacturing Practices (cGMPs) set forth by the United States Food and Drug Administration. Our internal manufacturing controls provide documented proof that correct procedures are consistently followed, at each step of the manufacturing process, every time the product is made. Our cGMPs assure the safety, purity, consistent composition and quality of all of our finished products.

Extensive controls cover the sanitation and hygiene of our facilities, utensils, production materials and containers, as well as frequent, and at least weekly, testing of our manufacturing equipment, utensils and holding tables for total aerobic count, yeast and mold, E. coli and total coliforms. Utilizing qualitative and quantitative analysis, Kan Herb Company's Quality Control unit oversees all procedures, procurements, specifications, controls, tests and examinations that impact the purity, quality and composition of an ingredient or product. All raw materials, in-process and finished Chinese herbal dietary supplements are inspected by our Quality Control unit; complete inspection records and laboratory tests are maintained.

Controls are also in place for handling in-process dietary materials throughout each step of the production process, such as worksheets and traveling tags, assuring consistency from batch to batch, easy monitoring, and averting opportunities for adulteration. All bulk herbal ingredients are stored in temperature-controlled quarantine areas. In-process dietary supplements are labeled with a formula identification number, lot number, receiving date and expiration date for easy tracking by our Quality Control (QC) department. Finished product is bottled in approved containers that are then capped and sealed with a tamper-proof covering and shrink-wrapped. Every bottle is barcoded for ease of tracking. Our entire manufacturing plant and warehouse are monitored daily for proper temperature and humidity.

Our Master Manufacturing Record (MMR) specifies every step that must be performed, from the dietary ingredients being used to the end result – a bottle ready to be sold. At every step of the manufacturing process, a QC technician verifies weight and ingredients, attesting that each step of production is performed as specified in the MMR, and attesting that the in-process dietary supplement is clearly identified.

Any dietary ingredient, in-process, finished dietary supplement, packaging unit or label not meeting specifications is rejected. The rejection is recorded in our rejection log, documenting the reason why it was rejected. Any deviation or out-of-specification to the manufacturing cycle is investigated, and approved or rejected by Quality Control. Our safety limits meet or exceed United States Pharmacopeia's (USP) recommended limits for heavy metals, total bacterial count, yeast, mold, E. coli and Salmonella.



TESTING FOR SAFETY

Once the herbs have passed the initial Quality Control requirements, they are tested for heavy metals, over 250 types of pesticide residues and microbiological contaminants. We ensure that our products are free of any herb that may contain aristolochic acid.

TESTS PERFORMED

Product Identification Testing:

- Organoleptic Examination
- Identity Testing (HPTLC)

Microbiological Screening:

- Total Aerobic Plate Count
- E. Coli
- Total Coliforms
- Yeast and Mold
- Salmonella

Over 250 pesticide agents are screened, including:

- Organophosphates
- Organonitrogen
- Organochloride
- N-Methyl Carbamate

Heavy Metals Screened:

- Lead
- Cadmium
- Arsenic
- Mercury

Stability Testing



Testing for Safety

Once the herbs have passed the initial Quality Control examination and organoleptic examination, they are sent for identity testing to an FDA approved laboratory. Each herb is then assayed for the proper genus and specie through High Performance Liquid Chromatography (HPLC) (*see page 7*) or through microscopy. Each herb is compared to the proper voucher specimen to determine identity. All herbs failing the organoleptic examination or identity testing are rejected.

Accepted herbs are then subsequently tested for more than 250 types of pesticide residues and microbiological contaminants. Any herb exceeding our established limits is rejected. Once the formula is assembled, three organoleptic examinations are performed, two in the in-process stage and one at the end of the manufacturing cycle. All finished product is sent to an outside laboratory for heavy metal testing.

All batches of finished product must be approved by Quality Control before they can be bottled and released for sale. If the formula does not match specified standards, it is rejected. Once the product has been accepted and has been bottled, another examination is performed to insure proper bottling of the product.

The newest technologies are employed, providing a high level of sensitivity for any desired marker, and a highly accurate representation of activity. Our tests are comprehensive, accurate, and available in reports that are easy to understand. Thanks to the rigorous testing of each herbal ingredient, our customers are assured that Kan Herb Company's proprietary products are composed of the highest quality herbal materials.

Our finished dietary supplements are tested for total aerobic count, E. coli, coliforms, yeast, mold and salmonella; and for heavy metals, including lead, cadmium, arsenic and mercury. We perform stability testing to ensure the quality of our products over time. Stability testing is performed at one, two, three, and four years after the manufacturing date for all our finished dietary supplements. Tests include total bacterial count, and yeast and mold.

A Certificate of Analysis is made for each finished dietary supplement. This is available to the public and practitioners on our website (www.kanherb.com) for all of our finished proprietary dietary supplements. The Certificate of Analysis includes all pesticide, microbiological and heavy metal levels found in that specific batch for that specific formula.

Concentrated and Readily Absorbed Herbal Extracts

Once our dietary ingredients have passed quality inspection and testing, they are compounded into a formula and painstakingly blended and ground, making the active ingredients more accessible. They are processed according to Kan Herb Company's unique water/alcohol extraction methodology.

Excellent manufacturing techniques are required to yield the high concentration of active ingredients necessary for effective herbal therapy. Due to the molecular composition of the herbs, some herbs extract well in water, while others, such as Ginseng, require alcohol to extract the active ingredients (such as ginsenosides). Kan Herb Company's innovative



MICROBIAL LIMITS

Microbial limits for incoming dietary ingredients, for both tablets and liquid extracts, in-process and finished dietary supplements are as follows:

TOTAL AEROBIC PLATE COUNT:

- 100,000 Colony Forming Units (CFUs) per gram for tablets
- 10,000 CFUs per gram for liquid extracts

TOTAL YEAST AND MOLD:

- 10,000 CFUs per gram for tablets (dried, unprocessed herbs)
- 1,000 CFUs per gram for liquid extracts

TOTAL COLIFORMS:

- 10,000 CFUs per gram for tablets (dried, unprocessed herbs)
- 100 CFUs per gram for liquid extracts

SALMONELLA:

- Not detected in 10 grams

ESCHERICHIA COLI (E. COLI):

- Not detected in 10 grams



closed system, water-alcohol matrix extraction process ensures that all active ingredients are captured, while letting no volatile oils escape. With strict control of temperature and timing, the herbs are extracted at low temperatures, with all volatile oils captured in our closed glass system. The water is purified through a reverse osmosis process. All stages of the cooking process are clearly identified with cooking, pressing, extraction and centrifuge time, and certified at every stage by a Quality Control Technician.

This process ensures a complete extraction that yields maximum active ingredients from each of the herbs being extracted. The diversity of taste and smell inherent to each herb found in each formula is clearly rendered in the final product.

Batch to batch consistency of each lot of finished liquid extract is verified. Each product is referenced against up to three prior batches, confirming proper extraction as indicated by consistent color, appearance, odor and taste. The highest level of active constituents are included in our final product, rendering small batches of fresh, full-spectrum herbal extracts with an 8:1 potency. Our extracts are of remarkable character, enriched with the individual flavors and clinical potency that the ancient herbal masters intended.

Liquid extracts are the most bioavailable form of delivery available, surpassing any other mode of delivery, including tablets or concentrated powders. Easy to digest, they are ideal for those with weak digestion or difficulty swallowing pills, such as in the case for many older people and children. Our concentrated water/alcohol extracts are usually assimilated within 15 minutes of ingestion.

When the movement of Blood and Qi is the chosen course of action, extracts are generally more effective. Some individuals also appreciate the very direct experience of the herbs, through their strong taste. The flexibility offered by the liquid extracts allows practitioners to quickly modify any formula to tailor it to the individual's needs.

It is our experience that the small amount of alcohol consumed has little or no impact, and is offset by the overall effect of the herbs. If an alcohol-free administration is desired, extract drops may be added to freshly boiled water. Allow five to ten minutes for alcohol to evaporate.

The alcohol used in our liquid extracts is a corn/grain blend and certified to be gluten-free. USP-grade vegetable palm derived glycerin is added to the Gentle Warriors/Peacemakers pediatric formulas and the Kan Essentials formulas.

Potency in a Tablet

Each in-process product, or individual herbal material is cooked using steam and pressure when needed. The product is compounded, finely milled and thoroughly blended. The resulting potent and bioavailable powdered material is tableted, utilizing varying levels of direct cold compression. Natural binders are only used when absolutely necessary. For preservation and easy swallowing, the tablets are coated with microcellulose, a natural FDA-approved vegetable based coating.

The tablets are tested to ensure quality and consistency. Meticulous tests for disintegration, weight and uniformity, hardness and friability are performed. Disintegration tests follow USP methodology monograph 2040 for nutritional supplements. Kan Herb Company's tablet disintegration rate is 30 minutes, with full assimilation normally occurring in four to six hours, the industry standard. The weight and uniformity of our tablets is confirmed by following USP methodology monograph 2091 for weight variation of nutritional supplements.

Hardness tests are conducted following standard industry practices; a machine gently applies pressure to determine their breaking strength, or hardness; they are distressed in a tumbler to determine friability and breakage. This thorough testing assures a tablet that is uniform, fresh, potent and bioavailable, as well as carrier-free.

Comparative Usage

We understand the convenience of tablets as a method of dosage. The majority of Kan Traditionals formulas have been administered in pill or powder form for centuries. Water decoctions have become popular only in the past hundred years.

The tablets are particularly effective or recommended when a low dosage is indicated for long-term supplementing therapy. Tablets are preferred for animals with alcohol intolerance.

Compliance improves for these animals with tablet dispensing; tablets are easy to take. Alcohol (approximately 20% of a liquid extract) is considered by some herbalists to be too warming when used in formulas that clear Heat and nourish Yin.

Packaged for Freshness and Purity

Kan Herb Company is highly conscious of the quality of materials used in the packaging of our products.

All Kan products are packaged in either glass or high-density polyethylene (HDPE) bottles, approved by the FDA, and the most accepted form of environmentally sound and healthy packaging available. They are a recyclable material used throughout the industry for packaging. HDPE bottles are resistant to impact, moisture and permeability, and used for the packaging of all of our tablets. Our liquid extracts are enclosed in amber glass bottles.

At Kan Herb Company, we are committed to ensuring our products remain fresh throughout their shelf life. Sterilized bottles are filled using clean automated bottle technology, and each bottle is shrink-wrapped to protect against tampering.

Shelf Life and Storage

Well preserved in the alcohol solution, liquid extracts have a very long shelf life. Evaporation of alcohol is the only limiting factor, in which case the herbs will eventually congeal. Sealing the bottle tightly after use will prevent this. Our herbal constituents remain well preserved in the water/alcohol solution. We have assigned a three-year expiration date for our liquid extracts.

With proper storage, the shelf life of Kan Herb Company tablets is three years. Once opened, exposure to air, moisture, heat and light will accelerate the formula's natural process of erosion. Seal the bottle after each use and store tablets in a cool, dry, dark place.

Environmental Responsibility

Kan Herb Company is highly conscious of materials used in the shipping and packaging of our products. Products are shipped in "air pouches" and biodegradable starch, which helps prevent environmental degradation.

Expert Support

Our commitment to you and your clients extends beyond what goes into the bottle. Product information, clinical recommendations, dosage data, contraindications and drug-herb interactions are all part of Kan Herb Company's expert consultation services. We are committed to being a partner you can count on. All of our consultants are licensed in both Acupuncture and Chinese Herbology, and are practitioners who are experts in the science that supports our products and the practical aspects of their use. Our consultants stand ready to assist you with all of your Chinese herb-related questions.

Discover Kan Herb Company Products

Customer satisfaction is our primary concern, and we take care to deliver only the best to your customers. Everything we do is driven by a passion for helping people enjoy better health.

At Kan, Quality is a Way of Life.



Certificate of Analysis Sample:
Graceful Transition Tablets

Kan Herb Company
380 Encinal, Ste. 100
Santa Cruz, CA 95060
Ph: 831-438-9450 Fx: 831-438-9457

Certificate of Analysis

Name of Product: Graceful Transition Extract-Tablets-Capsules:
Tablets

Bulk Code: GTRI80-T Lot Number: 0314-07

| Inspection | Results | Recommended Limits | Detection Limits | Methods |
|------------|---------|--------------------|------------------|---------|
|------------|---------|--------------------|------------------|---------|

Raw Materials Pass

Pesticides Screens **Result**

| | | | | |
|--|------|-----|--------|--|
| Organophosphate 72 Pesticides Tested | N.D. | NLE | .5 ppm | Flame Photometric |
| Organonitrogen 27 Pesticides Tested | N.D. | NLE | .1 ppm | Nitrogen Phosphorus |
| Organochloride 83 Pesticides Tested | N.D. | NLE | .2 ppm | Electron Capture Detection |
| N-Methyl Carbamate 19 Pesticides Tested | N.D. | NLE | .1 ppm | High Performance Liquid Chromatography |

Heavy Metals **USP Limits** **MDL** **MRL**

| | | | | | |
|---------------|-----------|-------------|-----------|-----------|--------------------|
| Lead | 0.291 ppm | 6 ppm/day | 0.002 ppm | 0.009 ppm | ICP-MS/AOAC 993.14 |
| Cadmium | 0.153 ppm | 4.1 ppm/day | 0.001 ppm | 0.009 ppm | ICP-MS/AOAC 993.14 |
| Total Arsenic | 0.133 ppm | 10 ppm/day | 0.007 ppm | 0.032 ppm | ICP-MS/AOAC 993.14 |
| Mercury | N.D. | NLE | 0.003 ppm | 0.013 ppm | ICP-MS/AOAC 993.14 |

Microbiological **AHPA Limits**

| | | | | |
|---------------------|-------------|---------------|---------|------------------|
| Total Aerobic Count | <1000 cfu/g | 100,000 cfu/g | 0 cfu/g | 3M Petrifilm TAC |
| E. Coli | Negative | 0 cfu/g | 0 cfu/g | 3M Petrifilm EC |
| Total Coliforms | <1000 cfu/g | 10,000 cfu/g | 0 cfu/g | 3M Petrifilm TC |
| Yeast & Mold | <1000 cfu/g | 10,000 cfu/g | 0 cfu/g | 3M Petrifilm YM |
| Salmonella | Negative | 0 cfu/g | 0 cfu/g | USP |

Product Identification

| | | | |
|----------------|------|------------------|------------------|
| Product Color | Pass | Conforms to spec | Database Archive |
| Product Odor | Pass | Conforms to spec | Database Archive |
| Hardness | Pass | Conforms to spec | Database Archive |
| Disintegration | Pass | Conforms to spec | USP Standard |
| Appearance | Pass | Conforms to spec | Database Archive |

mcg/g: microgram per gram ♦ NLE: No Limit Established ♦ N.D.: None Detected ♦ ppm: parts per million

NDL: No Detection Limit. Salmonella tests return only positive or negative results.

Pesticide Screens performed by Environmental Micro Analysis Woodland, CA.

Heavy Metals Screens performed by Eurofins, Bothell, WA.

MDL: The lowest amount that is needed to detect presence of analyte.

MRL: the lowest amount of analyte that can be quantitatively determined with stated acceptable precision and accuracy.

Prepared by: 

Name: Megan Wermm

Title: Quality Control Technician

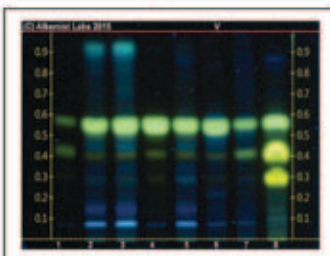
Date: 12/23/2014

High Performance Thin Layer
Chromatography Sample:
Huang Bai

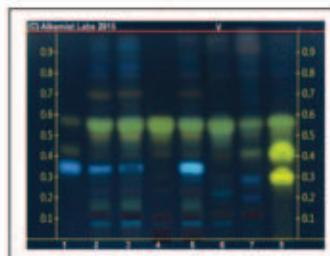
Certificate Issued To:
KAN Herb Company
380 Encinal St. Suite 100
Santa Cruz, CA 95060

Certificate of Analysis: Huang Bai (2515)
High Performance Thin-Layer Chromatography with Photo-Documentation

1



2



| | |
|---------------------|---|
| Company Name: | KAN Herb Company |
| Title: | Huang Bai |
| Plant Part: | bark |
| Sample Received: | 3/24/2015 |
| Sample Description: | Clear Reclosable Plastic Bag |
| Form of Botanical: | cut and sifted |
| Appearance: | cut and sifted |
| Lot: | (2515) → Lane 6 (1µl) |
| Sample: | JU0831SKAN_1 |
| Latin Name: | Phellodendron chinense Schneid. [Rutaceae] |
| Reference Sample: | Lane 2(0.5µl) [M20109CRB] Hydrastis canadensis (root); Lane 3(1µl) [M20109CRB] Hydrastis canadensis (root); Lane 7(1µl) [JU17105MTG2] Phellodendron chinense (bark); Lane 8(1µl) [R256055WH] Coptis chinensis / Huang Lian (root); held at Alkemist Labs, Costa Mesa, CA. |
| Analyst: | JN, ML, JK, C8 54575 |
| Sample Prep: | 0.3g+3mL 70% grain EtOH sonicate/heat @ -50° C - 1/2 hr |
| Stationary Phase: | Silica gel 60, F ₂₅₄ , HPTLC plates |
| Mobile Phase: | ethyl acetate: CH ₃ OH: HCOOH: H ₂ O [10/2/1.2/0.6] |
| Detector: | [1] UV 365 nm |
| Reference Std: | [2] 10% Ethanolic H ₂ SO ₄ → 120° C. 10 min → UV 365 nm |
| Reference Source: | Lane 1(1µl) Palmatine Chloride [D1406EJV, SigA], Hydrastine [FOE204, USP], Berberine HCl [FOE185, USP] -0.1% in CH ₃ OH |
| | Japanese Official Monographs part II |
| | IDT-SOP-72-01 |

Comments & Conclusions: Yellow line = sample origin @ 10mm, red line = solvent front @ 70mm. Lane 6 is the test sample Huang Bai [2515]. Lanes 2, 3, 7, 8 are the reference samples used for comparison. This test sample, Huang Bai [2515], is consistent with the chromatographic profile of the reference samples of Phellodendron chinense Schneid. [Rutaceae], used above. **This test sample, Huang Bai (2515) is characteristic of Phellodendron chinense Schneid. [Rutaceae] bark.**

NOTE: The above conclusion may be a function of the natural variance found in botanicals &/or the extraction process used to create specific extracts. The growing and drying conditions, age, seasonal variations, geographic location, extraction solvents, etc. all play a role in the phytochemical fingerprint of botanicals as well as their extracts; hence, chromatographic variations are expected.

Report Date: 3/31/2015

Note: Any unidentified tones in the above chromatograms are confidential and may represent internal studies or other test samples not related to 2515. This report applies to the sample investigated and is not necessarily indicative of the quality or condition of apparently identical or similar products. This report is for the exclusive use of the party who requested the report and not for public dissemination or use by third parties, including for promotional purposes, without the prior written permission. This report provides technical results for a specific sample and the report shall not be altered, modified, supplemented or abstracted in any manner. Any violation of these conditions renders the report and its results void. © 2015

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Our extensive Chinese herbal formula line includes:

- Kan Traditionals
- Kan Herbls
- Kan Essentials
- Chinese Modular Solutions
- Gentle Warriors
- Sage Solutions
- Jade Woman/Jade Man Herbls
- MycoHerb
- Alembic Herbls
- Kan Singles



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Search all proprietary products by:

- Product name
 - Traditional Chinese Herbology pattern category
 - Pattern
 - Formula name
 - Herb name (pinyin)



Online Exclusive Distribution Center

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- Orders are delivered directly to your clients.
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- Your clients may select and pay for their orders on our secure website. Orders are delivered directly to them.

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All Kan Herb Company proprietary products are manufactured and tested exclusively in the United States following current Good Manufacturing Practices. We test and validate each formula batch, assuring quality, potency, safety, consistency and purity.

Our Certificates of Analysis (*see page 6*) attest to our commitment to quality. Certificates of Analysis are available for every formula that we manufacture. Ask for them with your order, or download them from our website at **www.kanherb.com**.



Traditionals

General Dosage Guidelines

It is recommended that tablets be taken either an hour before or two hours after a meal. Liquid extracts can be taken as late as ten minutes before a meal. An individual may, in some cases, feel uncomfortable taking herbs on an empty stomach. In such cases, herbs should be taken with a small amount of food.

Another consideration is whether the intention is to supplement or to harmonize. Supplementation is usually a long and gentle process, requiring the use of an herbal formula in small dosages. When harmonizing, clearing Heat, or dispelling stagnation, larger doses may be more appropriate, particularly at the beginning.

| ADULT DOSAGE | |
|-----------------------------|------------------------------------|
| TABLETS | 2 to 3 tablets, 2 to 3 times daily |
| EXTRACTS | 30 drops, 2 to 3 times daily |
| CHILD DOSAGE | |
| 0 to 1 year of age | 1/4 of the adult dosage |
| 1 to 4 years of age | 1/3 of the adult dosage |
| 4 to 7 years of age | 1/2 of the adult dosage |
| 7 to 12 years of age | 3/4 of the adult dosage |



KAN TRADITIONALS

Kan Traditionals formulas are offered in 500 milligram tablets and in concentrated liquid extracts.

Tablets are available in quantities of 60, 120 and 300 tablets per bottle.

Extracts are available in 1 ounce, 2 ounce and 8 ounce sizes.

All dietary supplements are available online at www.kanherb.com or by calling **800.543.5233**.

Our Certificates of Analysis reflect our commitment to the quality, purity, safety and efficacy of our products. These are available on our website at www.kanherb.com for all of our finished proprietary herbal formulas. The Certificates of Analysis include all the pesticide, microbiological and heavy metal levels found in that specific batch for that specific formula.



Index by Formula and Pattern

These charts show the 106 Kan Traditionals formulas and their corresponding patterns.

| FORMULA | PATTERN |
|--|---|
| Anchor the Yang <i>Jiang Ya Wan</i> | Ascending Liver Yang transforming to Internal Wind with underlying Kidney Yin, Liver Yin and Blood deficiency |
| Angelica and Eucommia Support Formula <i>Yao Tong Pian</i> | Kidney Yang deficiency, Wind Cold Damp invasion, Blood deficiency, Blood stasis, benefits sinews and bones |
| Angelica Restorative Formula <i>Dang Gui Pian</i> | Blood deficiency with Blood stasis |
| Antiphlogistic Formula <i>Chuan Xin Lian Kang Yan Pian</i> | Wind Heat invasion, Lung Phlegm Heat, Damp Heat or Blazing Heat Fire in the Upper, Middle or Lower Burner |
| Ascending Clarity <i>Ban Xia Bai Zhu Tian Ma Tang</i> | Internal Wind Phlegm due to Spleen Qi deficiency and Phlegm obstructing the head |
| Augmented Four Substances <i>Tao Hong Si Wu Tang</i> | Liver and Heart Blood deficiency and Blood stasis |
| Augmented Plum Pit Qi <i>Ban Xia Huo Po Tang</i> | Rebellious Qi, Phlegm and Liver Qi stagnation, constrained Lung and Stomach Qi |
| Bi Yan Pian <i>Bi Yan Pian</i> | Invasion of Wind Heat or Wind Cold into the Lung and Yang channels of the head |

| FORMULA | PATTERN |
|---|--|
| Blue Green Lung Formula <i>Xiao Qing Long Tang</i> | External invasion of Wind Cold with Internal Phlegm Damp accumulation in the Upper <i>Jiao</i> , rebellious Lung Qi |
| BreathEase <i>Ding Chuan Tang</i> | Rebellious Lung Qi, Phlegm Heat accumulation in the Lungs with concurrent possible Wind Cold invasion |
| Bright Eye Rehmannia <i>Ming Mu Di Huang Wan</i> | Liver and Kidney Yin deficiency, Liver Blood deficiency, Liver Yang rising, supports healthy vision |
| Bupleurum Soothing Liver Formula <i>Chai Hu Shu Gan Tang</i> | Liver Qi stagnation |
| Calm Breath Formula <i>Ning Sou Wan</i> | Phlegm with underlying Lung Heat, Lung Yin deficiency, Wind Cold or Wind Heat invasion |
| Calm Dragon Formula <i>Chai Hu Jia Long Gu Mu Li Tang</i> | Unsettled Spirit (<i>Shen</i>) with Heat, Liver Yang rising, blockage of all three Yang levels |
| Celestial Emperor's Blend <i>Tian Wang Bu Xin Dan</i> | Heart and Kidney Yin deficiency, restless Spirit (<i>Shen</i>), Blood deficiency |
| Cinnamon Twig Decoction <i>Gui Zhi Tang</i> | Externally contracted Wind Cold |
| Clear Channels <i>Gui Zhi Shao Yao Zhi Mu Tang and Si Teng Pian</i> | Wind Damp (<i>Bi</i>) invasion, stagnation in the sinew layer, Cold and/or Hot invasion |
| Clear Dampness in the Channels <i>Qing Shi Hua Tan Tang</i> | Phlegm accumulation in the Channels, Spleen Qi deficiency |
| Clear the Lower Palace <i>Wan Dai Tang and Bei Xie Fen Qing Yin</i> | Dampness in the Lower Burner with Spleen Qi deficiency, excess or deficiency in the Girdle Vessel (<i>Dai Mai</i>) |

| FORMULA | PATTERN |
|---|--|
| Clear Mind <i>Bu Nao Wan</i> | Phlegm confounding the orifice of the Heart, Kidney deficiency, Liver Blood deficiency engendering Wind, disturbed Spirit, Mind and Ethereal Soul (<i>Shen</i> and <i>Hun</i>), Heart Yin and Blood deficiency |
| Clear Stone Formula <i>Shi Lin Tong</i> and <i>Wu Lin San</i> | Damp Heat accumulation in the Lower Burner, Heat in the Blood |
| Colorful Phoenix Pearl Combination <i>Cai Feng Zhen Zhu An Chuang Wan</i> | Blood stasis with Heat, especially of the Upper Burner, Blood deficiency |
| Cool Salvia Formula <i>Dan Shen Yin</i> | Qi stagnation and Blood stasis in the Middle and Upper Burners |
| CoptiClear <i>Huang Lian Su Pian</i> | Damp Heat accumulating in the Middle Burner |
| CoptiDetox <i>Huang Lian Jie Du Tang</i> | Damp, Heat and/or Fire accumulating in the Three Burners, obstruction by Fire |
| Dang Gui Si Ni Tang <i>Dang Gui Si Ni Tang</i> | Blood deficiency, Nutritive Qi constricted by Cold, Cold invasion in the Vessels and Channels |
| Derma Wind Release <i>Xiao Feng San</i> | Wind Heat or Wind Damp invasion with preexisting Damp Heat |
| Digestive Harmony Formula <i>Bao He Wan</i> | Food stagnation, Qi stagnation in the Middle Burner |
| Dispel Stasis in the Lower Burner <i>Shao Fu Zhu Yu Tang</i> | Blood stasis, Liver Qi stagnation, Cold accumulation in the Lower Burner |
| Dispel Stasis in the Mansion of Blood <i>Xue Fu Zhu Yu Tang</i> | Blood stasis, Qi stagnation in the Middle and Upper Burners |

| FORMULA | PATTERN |
|--|--|
| Dong Quai and Anemarrhena <i>Dang Gui Nian Tong Tang</i> | Spleen Qi deficiency with Liver Qi stagnation, Blood deficiency and/or Blood stasis with Wind Heat Damp invasion |
| Drain the Middle <i>Ban Xia Xie Xin Tang</i> | Stomach and Spleen disharmony, excess and deficiency in the Middle Burner, Cold and Heat in the Middle Burner |
| Drive Out Stasis <i>Shen Tong Zhu Yu Tang</i> | Qi and Blood stagnation obstructing the Channels and Collaterals |
| Female Comfort <i>Kun Bao Tang</i> | Kidney and Liver Yin deficiency, ascendant Liver Yang and deficiency Heat |
| Fire the Yang <i>Fu Zi Li Zhong Wan</i> | Spleen Yang deficiency, Kidney Yang deficiency, internal Cold Damp accumulation |
| Five Peels Formula <i>Wu Pi San</i> | Water accumulation due to Spleen Qi deficiency, Kidney Yang deficiency and/or Lung Qi deficiency |
| Five Seeds Formula <i>Wu Ren Wan</i> | Occasional dryness in the Intestines due to Yin, Blood and/or <i>Jin Ye</i> deficiency, Kidney deficiency |
| Four Cold Extremities <i>Si Ni San</i> | <i>Shao Yin</i> disharmonies with constrained Qi in the Interior, Liver and Spleen disharmony |
| Four Gentlemen <i>Si Jun Zi Tang</i> | Spleen Qi deficiency, Qi deficiency |
| Four Substances <i>Si Wu Tang</i> | Deficient Liver and Heart Blood |
| Four Wonders <i>Si Miao Wan</i> | Damp Heat in the Lower Burner |
| Fragrant Jade <i>Yu Ping Feng San</i> and <i>Cang Er Zi San</i> | Defensive (<i>Wei</i>) Qi deficiency, External Wind invasion |

| FORMULA | PATTERN |
|---|---|
| Free and Easy Wanderer <i>Xiao Yao San</i> | Liver Qi stagnation, Spleen Qi deficiency, Liver Blood deficiency |
| Gan Mao Ling <i>Gan Mao Ling</i> | Wind Heat affecting the <i>Wei</i> Qi and progressing towards Qi level Heat |
| Gastrodia and Uncaria Wind Relief <i>Tian Ma Gou Teng Yin</i> | Liver Yang ascending, Liver Yang transforming into Liver Wind, Liver Yin deficiency with Kidney Qi deficiency |
| Generate the Qi Formula <i>Sheng Mai San</i> | Source Qi or Original Qi deficiency, Kidney Qi deficiency, Yin deficiency, Heart Qi deficiency, <i>Jin Ye</i> deficiency |
| Ginseng and Astragalus Combination <i>Ren Shen Huang Qi San</i> | Yin, Blood and Qi deficiency, deficiency Heat |
| Ginseng and Gecko Formula <i>Ren Shen Ge Jie San</i> | Lung and Kidney Qi deficiency, stagnant Phlegm fluids and Yang Qi in the Upper Burner generating Heat, Spleen Qi deficiency |
| Graceful Branches <i>Juan Bi Tang</i> | Qi deficiency, Wind Cold Damp invasion |
| Graceful Transition <i>Zou Gui Yin</i> | Kidney Yin and Essence deficiency, deficiency Heat, Kidney Yang deficiency |
| Great Mender Formula <i>Jin Gu Die Da Shang Wan</i> | Blood stagnation, Kidney and Liver deficiency |
| Great White Lung Formula <i>Ma Xing Zhi Ke Pian</i> | Wind Heat invading the Lung, trapped Wind Cold transforming into Heat in the Lung |
| Harmonize the Vessels <i>Jiao Ai Tang</i> | Blood deficiency with a tendency towards Cold, deficiency of the Penetrating and Conception Vessels (<i>Chong Mai</i> and <i>Ren Mai</i>) |
| Invigorate the Collaterals <i>Huo Luo Xiao Ling Dan</i> | Blood stasis, stagnation of the Collaterals (<i>Luo</i>) vessels |

| FORMULA | PATTERN |
|---|--|
| Irritease <i>Tong Xie Yao Fang</i> and <i>Huo Xiang Zheng Qi San</i> | Liver and Spleen disharmony, Liver Qi stagnation, Spleen Qi deficiency, Damp Heat in the Stomach and Intestines, Qi deficiency |
| Jade Spring Nourishing Formula <i>Yu Quan Wan</i> | Lung, Stomach and Kidney Qi and Yin deficiency, deficient body fluids |
| Jade Windscreen <i>Yu Ping Feng San</i> | Defensive (<i>Wei</i>) Qi and Lung Qi deficiency |
| Kudzu Releasing Formula <i>Ge Gen Tang</i> | Exterior Wind Cold invading at the <i>Tai Yang</i> stage |
| Li Dan Support <i>Li Dan Pian</i> | Liver and Gallbladder Damp Heat or Fire, Liver Qi stagnation |
| Li Fei Lung Support <i>Li Fei Wan</i> | Lung Heat, Lung Yin deficiency, Kidney and Lung Qi deficiency |
| Liver Flow <i>Shu Gan Wan</i> | Liver and Gallbladder Qi stagnation, Liver invading Stomach |
| Lotus Nourishing Formula <i>Qing Xin Lian Zi Yin</i> | Heart Fire, Qi and Yin deficiency, Heart and Kidney not communicating |
| Luminescence <i>Dang Gui Yin Zi</i> | Liver Blood deficiency causing occasional dryness, external Wind lodged in the interior |
| Lung Qi Release <i>Zhi Sou San</i> | Wind Cold invasion lodged in the Lungs |
| Minor Bupleurum <i>Xiao Chai Hu Tang</i> | <i>Shao Yang</i> Channel disharmony |
| Nourish Jade Yang <i>Yu Lin Zhu Jia Ba Ji Tian</i> <i>Dan Shen Xiang Fu Hua</i> <i>Jiao</i> | Kidney Yang deficiency, Essence deficiency, Qi or Blood deficiency |
| Nourish Jade Yin <i>Yang Jing Zhong Yu Tang</i> and <i>Er Zhi Wan</i> | Kidney Yin and Essence deficiency, Liver Yin deficiency, Blood deficiency |

| FORMULA | PATTERN |
|--|---|
| Peaceful Earth <i>Kang Ning Wan</i> | Food stagnation affecting the Spleen and Stomach with Damp accumulation and stagnation, rebellious Stomach Qi |
| Peaceful Shen <i>Wen Dan Tang</i> and <i>Shi Wei Wen Dan Tang</i> | Phlegm Heat creating disharmony between Stomach and Gallbladder, Heart and Gallbladder deficiency |
| Peaceful Sleep <i>An Mian Pian</i> | Heart Blood deficiency with Heat, unsettled <i>Shen</i> , food stagnation |
| Peony and Licorice Formula <i>Shao Yao Gan Cao Tang</i> | Liver Yin and Blood deficiency with stagnation |
| Pinellia Dispersing Formula <i>Qing Qi Hua Tan Wan</i> | Phlegm Heat in the Lungs |
| Plum Pit Qi <i>Ban Xia Hou Po Tang</i> | Liver Qi stagnation, Liver and Stomach disharmony with rebellious Qi of the Lungs and Stomach producing Phlegm |
| Prostate Support <i>Qian Lie Xian</i> | Damp Heat, Blood stagnation and fluid accumulating in the Lower <i>Jiao</i> |
| Qing Fei Clearing Formula <i>Qing Fei Yi Huo Pian</i> | Lung Heat with Phlegm, Liver Fire |
| Rehmannia Eight <i>Ba Wei Di Huang Wan</i> | Kidney Yang deficiency, Essence deficiency |
| Rehmannia Six <i>Liu Wei Di Huang Wan</i> | Kidney and Liver Yin deficiency, Yin deficiency with deficiency Heat, Spleen deficiency |
| Release Restraint <i>Yue Ju Wan</i> | Liver Qi stagnation with the “Six Stagnations”, including stagnation of Qi, Blood, food, Heat, Dampness and/or Phlegm |
| Relieving Formula <i>Ba Zheng San</i> | Damp Heat in the Urinary Bladder, Fire or Heat in the Heart Channel |

| FORMULA | PATTERN |
|--|---|
| Replenish the Left <i>Zuo Gui Yin</i> | Kidney Yin and <i>Jing</i> deficiency, Blood deficiency |
| Replenish the Right <i>You Gui Wan</i> | Kidney Yang deficiency, waning Fire of the Gate of Vitality, Blood deficiency |
| Rescue Formula <i>Gan Mai Da Zao Tang</i> | <i>Zang zao</i> /Restless Organ Pattern, Heart Yin deficiency, Spleen Qi deficiency and Liver Qi constraint |
| Rescue the Spirit <i>An Shen Ding Zhi Wan</i> | Insubstantial Phlegm misting the Heart with underlying Blood and Yin deficiency |
| Shen Ling Spleen Support <i>Shen Ling Bai Zhu San</i> | Spleen Qi deficiency with Dampness |
| Siler and Coix Clearing Formula <i>Qing Shang Fang Feng Tang Jia Yi Yi Ren</i> | Heat and blazing Fire lodged in the Upper Burner, Wind and Dampness accumulation in the Upper Burner |
| Silken Tresses <i>Qi Bao Mei Ran Dan</i> | Liver Blood deficiency, Kidney Yin deficiency |
| Six Gentlemen <i>Liu Jun Zi Tang</i> | Spleen Qi deficiency with Phlegm Damp accumulation, stagnation of Phlegm, food and Qi |
| Smooth Response <i>Run Chang Wan</i> | Occasional Intestinal dryness, Blood deficiency, Yin deficiency |
| Sophora Support <i>Huai Jiao Wan</i> | Damp Heat lodging in the Large Intestine, Intestinal Wind |
| Stomach Support <i>Qing Wei San</i> and <i>Yu Nu Jian</i> | Stomach Fire, Stomach and Kidney Yin deficiency |
| Subdue Head Wind <i>Chuan Xiong Cha Tiao San</i> | Invasion of External Wind Heat or Wind Cold lodging in the head |
| Ten Treasures <i>Shi Quan Da Bu Tang</i> | Qi, Yang and Blood deficiency with Cold accumulation |

| FORMULA | PATTERN |
|---|---|
| Transform Accumulation in the Channels <i>Nei Xiao Luo Li Wan</i> | Phlegm accumulation, Phlegm and Heat lodged in the Channels, Blood stagnation |
| Traumease <i>Yu Nan Bai Yao</i> | Blood stasis, Heat, Damp Heat and/or Wind accumulation |
| Traveler's Comfort <i>Mu Xiang Bing Lang Wan</i> | Liver Qi stagnation, Liver overacting on Spleen and Stomach, Damp Heat in the Lower Burner, food stagnation and accumulation |
| True Warrior Formula <i>Zhen Wu Tang</i> | Kidney Yang deficiency, Spleen and Kidney Yang deficiency with occasional retention of water |
| Two Immortals <i>Er Xian Tang</i> | Kidney Yin and Yang deficiency with deficient Fire ascending, Essence deficiency |
| Warm the Flow <i>Wen Jing Tang</i> | Deficiency and Cold of the Penetrating (<i>Chong</i>) and Conception (<i>Ren</i>) vessels, Blood deficiency, Blood stagnation |
| Warm the Stomach <i>Ping Wei San</i> | Damp Cold stagnation in the Middle Burner |
| Water's Way <i>Wu Ling San</i> | Qi unable to transform Damp, accumulation of Dampness, Spleen Yang deficiency, occasional urinary difficulty |
| Wei Te Ling <i>Wei Te Ling</i> | Rebellious Stomach Qi, stagnant Stomach Qi |
| White Tiger <i>Bai Hu Jia Ren Shen Tang</i> | Qi Level Heat (in the Four Levels system) or <i>Yang Ming</i> stage Heat (in the Six Stages system), acute exterior invasion with underlying Yin deficiency |
| Yin Fountain <i>Mai Wei Di Huang Wan</i> | Lung and Kidney Yin deficiency |

| FORMULA | PATTERN |
|---|---|
| Yin Qiao <i>Yin Qiao San</i> | Exterior Wind Heat invasion |
| Zhong Gan Ling <i>Zhong Gan Ling</i> | Blazing Wind Heat or Fire at the Qi level, or at the <i>Yang Ming</i> Channel |
| Zizyphus Sleep Formula <i>Suan Zao Ren Tang</i> | Liver and Heart Yin deficiency, Liver and Heart Blood deficiency, deficiency Heat |




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Traditionals

Index by Pattern and Formula

These charts show common patterns and their corresponding Kan Traditionals formulas.

| BLOOD DEFICIENCY | |
|--|--|
| PATTERN | FORMULA |
| Ascending Liver Yang transforming to Internal Wind with underlying Kidney Yin, Liver Yin and Blood deficiency | Anchor the Yang <i>Jiang Ya Wan</i> |
| Kidney Yang deficiency, Wind Cold Damp invasion, Blood deficiency, Blood stasis, benefits sinews and bones | Angelica and Eucommia Support Formula <i>Yao Tong Pian</i> |
| Blood deficiency with Blood stasis | Angelica Restorative Formula <i>Dang Gui Pian</i> |
| Liver and Heart Blood deficiency and Blood stasis | Augmented Four Substances <i>Tao Hong Si Wu Tang</i> |
| Liver and Kidney Yin deficiency, Liver Blood deficiency, Liver Yang rising, supports healthy vision | Bright Eye Rehmannia <i>Ming Mu Di Huang Wan</i> |
| Heart and Kidney Yin deficiency, restless Spirit (<i>Shen</i>), Blood deficiency | Celestial Emperor's Blend <i>Tian Wang Bu Xin Dan</i> |
| Kidney deficiency, Heart Yin and Blood deficiency, Phlegm confounding the orifice of the Heart, Liver Blood deficiency engendering Wind, disturbed Spirit, Mind and Ethereal Soul (<i>Shen</i> and <i>Hun</i>) | Clear Mind <i>Bu Nao Wan</i> |

| PATTERN | FORMULA |
|---|---|
| Blood stasis with Heat, especially of the Upper Burner, Blood deficiency | Colorful Phoenix Pearl Combination <i>Cai Feng Zhen Zhu An Chuang Wan</i> |
| Blood deficiency, Nutritive Qi blocked by Cold, Cold invasion in the Vessels and Channels | Dang Gui Si Ni Tang <i>Dang Gui Si Ni Tang</i> |
| Spleen Qi deficiency with Liver Qi stagnation, Blood deficiency and/or Blood stasis with Wind Heat Damp invasion | Dong Quai and Anemarrhena <i>Dang Gui Nian Tong Tang</i> |
| Occasional dryness in the Intestines due to Yin, Blood and/or <i>Jin Ye</i> deficiency, Kidney deficiency | Five Seeds Formula <i>Wu Ren Wan</i> |
| Deficient Liver and Heart Blood | Four Substances <i>Si Wu Tang</i> |
| Liver Qi stagnation, Liver Blood deficiency, Spleen Qi deficiency | Free and Easy Wanderer <i>Xiao Yao San</i> |
| Yin, Blood and Qi deficiency, deficiency Heat | Ginseng and Astragalus Combination <i>Ren Shen Huang Qi San</i> |
| Blood deficiency with a tendency towards Cold, deficiency of the Penetrating and Conception Vessels (<i>Chong Mai</i> and <i>Ren Mai</i>) | Harmonize the Vessels <i>Jiao Ai Tang</i> |
| Liver Blood deficiency causing occasional dryness, external Wind lodged in the Interior | Luminescence <i>Dang Gui Yin Zi</i> |
| Kidney Yang deficiency, Essence deficiency, Qi or Blood deficiency | Nourish Jade Yang <i>Yu Lin Zhu Jia Ba Ji Tian Dan Shen Xiang Fu Hua Jiao</i> |
| Kidney Yin and Essence deficiency, Liver Yin deficiency, Blood deficiency | Nourish Jade Yin <i>Yang Jing Zhong Yu Tang Er Zhi Wan</i> |
| Heart Blood deficiency with Heat, unsettled <i>Shen</i> , food stagnation | Peaceful Sleep <i>An Mian Pian</i> |

| PATTERN | FORMULA |
|---|---|
| Liver Yin and Blood deficiency with stagnation | Peony and Licorice Formula <i>Shao Yao Gan Cao Tang</i> |
| Kidney Yin and <i>Jing</i> deficiency | Replenish the Left <i>Zuo Gui Yin</i> |
| Kidney Yang deficiency, waning Fire of the Gate of Vitality, Blood deficiency | Replenish the Right <i>You Gui Wan</i> |
| Insubstantial Phlegm misting the Heart with underlying Blood and Yin deficiency | Rescue the Spirit <i>An Shen Ding Zhi Wan</i> |
| Liver Blood deficiency, Kidney Yin deficiency | Silken Tresses <i>Qi Bao Mei Ran Dan</i> |
| Occasional Intestinal dryness, Blood deficiency, Yin deficiency | Smooth Response <i>Run Chang Wan</i> |
| Qi, Yang and Blood deficiency with Cold accumulation | Ten Treasures <i>Shi Quan Da Bu Tang</i> |
| Deficiency and Cold of the Penetrating (<i>Chong</i>) and Conception (<i>Ren</i>) vessels, Blood deficiency, Blood stagnation | Warm the Flow <i>Wen Jing Tang</i> |
| Liver and Heart Yin deficiency, Liver and Heart Blood deficiency, deficiency Heat | Zizyphus Sleep Formula <i>Suan Zao Ren Tang</i> |

BLOOD HEAT

| PATTERN | FORMULA |
|---|---|
| Damp Heat accumulation in the Lower Burner, Heat in the Blood | Clear Stone Formula <i>Shi Lin Tong</i> and <i>Wu Lin San</i> |
| Blood stasis with Heat, especially of the Upper Burner, Blood deficiency | Colorful Phoenix Pearl Combination <i>Cai Feng Zhen Zhu An Chuang Wan</i> |
| Damp, Heat and/or Fire accumulating in the Three Burners, obstruction by Fire | CoptiDetox <i>Huang Lian Jie Du Tang</i> |

| PATTERN | FORMULA |
|--|---|
| Wind Heat or Wind Damp invasion with preexisting Damp Heat | Derma Wind Release <i>Xiao Feng San</i> |

BLOOD STASIS

| PATTERN | FORMULA |
|--|---|
| Kidney Yang deficiency, Wind Cold Damp invasion, Blood deficiency, Blood stasis, benefits sinews and bones | Angelica and Eucommia Support Formula <i>Yao Tong Pian</i> |
| Blood deficiency with Blood stasis | Angelica Restorative Formula <i>Dang Gui Pian</i> |
| Liver and Heart Blood deficiency and Blood stasis | Augmented Four Substances <i>Tao Hong Si Wu Tang</i> |
| Blood stasis with Heat, especially of the Upper Burner, Blood deficiency | Colorful Phoenix Pearl Combination <i>Cai Feng Zhen Zhu An Chuang Wan</i> |
| Qi stagnation and Blood stasis in the Middle and Upper Burners | Cool Salvia Formula <i>Dan Shen Yin</i> |
| Blood stasis, Liver Qi stagnation, Cold accumulation in the Lower Burner | Dispel Stasis in the Lower Burner <i>Shao Fu Zhu Yu Tang</i> |
| Blood stasis, Qi stagnation in the Middle and Upper Burners | Dispel Stasis in the Mansion of Blood <i>Xue Fu Zhu Yu Tang</i> |
| Spleen Qi deficiency with Liver Qi stagnation, Blood deficiency and/or Blood stasis with Wind Heat Damp invasion | Dong Quai and Anemarrhena <i>Dang Gui Nian Tong Tang</i> |
| Qi and Blood stagnation obstructing the Channels and Collaterals | Drive Out Stasis <i>Shen Tong Zhu Yu Tang</i> |
| Blood stagnation, Kidney and Liver deficiency | Great Mender Formula <i>Jin Gu Die Da Shang Wan</i> |

| BLOOD STASIS (CONTINUED) | |
|---|---|
| PATTERN | FORMULA |
| Blood stasis, stagnation of Collaterals (<i>Luo</i>) vessels | Invigorate the Collaterals <i>Huo Luo Xiao Ling Dan</i> |
| Damp Heat, Blood stagnation and fluid accumulating in the Lower <i>Jiao</i> | Prostate Support <i>Qian Lie Xian</i> |
| Liver Qi stagnation with the “Six Stagnations”, including stagnation of Qi, Blood, Food, Heat, Dampness and Phlegm | Release Restraint <i>Yue Ju Wan</i> |
| Phlegm accumulation, Phlegm and Heat lodged in the Channels, Blood stagnation | Transform Accumulation in the Channels <i>Nei Xiao Luo Li Wan</i> |
| Blood stasis, Heat, Damp Heat and/or Wind accumulation | Traumease <i>Yu Nan Bai Yao</i> |
| Deficiency and Cold of the Penetrating (<i>Chong</i>) and Conception (<i>Ren</i>) vessels, Blood deficiency, Blood stagnation | Warm the Flow <i>Wen Jing Tang</i> |
| COLD DAMP | |
| PATTERN | FORMULA |
| Stomach and Spleen disharmony, excess and deficiency in the Middle Burner, Cold and Heat in the Middle Burner | Drain the Middle <i>Ban Xia Xie Xin Tang</i> |
| Spleen Yang deficiency, Kidney Yang deficiency, internal Cold Damp accumulation | Fire the Yang <i>Fu Zi Li Zhong Wan</i> |
| Spleen Qi deficiency with Dampness | Shen Ling Spleen Support <i>Shen Ling Bai Zhu San</i> |
| Damp Cold stagnation in the Middle Burner | Warm the Stomach <i>Ping Wei San</i> |

| DAMP | |
|--|--|
| PATTERN | FORMULA |
| External invasion of Wind Cold with Internal Phlegm Damp accumulation in the Upper <i>Jiao</i> , rebellious Lung Qi | Blue Green Lung Formula <i>Xiao Qing Long Tang</i> |
| Phlegm accumulation in the Channels, Spleen Qi deficiency | Clear Dampness in the Channels <i>Qing Shi Hua Tan Tang</i> |
| Dampness in the Lower Burner with Spleen Qi deficiency, excess or deficiency in the Girdle Vessel (<i>Dai Mai</i>) | Clear the Lower Palace <i>Wan Dai Tang</i> and <i>Bei Xie Fen Qing Yin</i> |
| Spleen Yang deficiency, Kidney Yang deficiency, internal Cold Damp accumulation | Fire the Yang <i>Fu Zi Li Zhong Wan</i> |
| Water accumulation due to Spleen Qi deficiency with Damp accumulation, Kidney Yang deficiency and/or Lung Qi deficiency | Five Peels Formula <i>Wu Pi San</i> |
| Damp Heat in the Lower Burner | Four Wonders <i>Si Miao Wan</i> |
| Liver and Spleen disharmony, Liver Qi stagnation, Spleen Qi deficiency, Damp Heat in the Stomach and Intestines, Qi deficiency | Irritease <i>Tong Xie Yao Fang</i> <i>Huo Xiang Zheng Qi San</i> |
| Food stagnation affecting the Spleen and Stomach with Damp accumulation and stagnation, rebellious Stomach Qi | Peaceful Earth <i>Kang Ning Wan</i> |
| Liver Qi stagnation, Liver and Stomach disharmony with rebellious Qi of the Lungs and Stomach producing Phlegm | Plum Pit Qi <i>Ban Xia Hou Po Tang</i> |
| Damp Heat, Blood stagnation and fluid accumulating in the Lower <i>Jiao</i> | Prostate Support <i>Qian Lie Xian</i> |
| Liver Qi stagnation with the “Six Stagnations”, including stagnation of Qi, Blood, Food, Heat, Dampness and Phlegm | Release Restraint <i>Yue Ju Wan</i> |

| PATTERN | FORMULA |
|--|---|
| Spleen Qi deficiency with Dampness | Shen Ling Spleen Support <i>Shen Ling Bai Zhu San</i> |
| Spleen Qi deficiency with Phlegm Damp accumulation, stagnation of Phlegm, food and Qi | Six Gentlemen <i>Liu Jun Zi Tang</i> |
| Liver Qi stagnation, Liver overacting on Spleen and Stomach, Damp Heat in the Lower Burner, food stagnation and accumulation | Traveler's Comfort <i>Mu Xiang Bing Lang Wan</i> |
| Kidney Yang deficiency, Spleen and Kidney Yang deficiency with occasional retention of water | True Warrior Formula <i>Zhen Wu Tang</i> |
| Damp Cold stagnation in the Middle Burner | Warm the Stomach <i>Ping Wei San</i> |
| Qi unable to transform Damp, accumulation of Dampness, Spleen Yang deficiency, occasional urinary difficulty | Water's Way <i>Wu Ling San</i> |

DAMP HEAT

| PATTERN | FORMULA |
|---|--|
| Wind Heat invasion, Lung Phlegm Heat, Damp Heat or Blazing Heat Fire in the Upper, Middle or Lower Burner | Antiphlogistic Formula <i>Chuan Xin Lian Kang Yan Pian</i> |
| Damp Heat accumulation in the Lower Burner, Heat in the Blood | Clear Stone Formula <i>Shi Lin Tong and Wu Lin San</i> |
| Damp Heat accumulating in the Middle Burner | CoptiClear <i>Huang Lian Su Pian</i> |
| Damp, Heat and/or Fire accumulating in the Three Burners, obstruction by Fire | CoptiDetox <i>Huang Lian Jie Du Tang</i> |
| Wind Heat or Wind Damp invasion with preexisting Damp Heat | Derma Wind Release <i>Xiao Feng San</i> |
| Damp Heat in the Lower Burner | Four Wonders <i>Si Miao Wan</i> |

| PATTERN | FORMULA |
|--|--|
| Liver and Spleen disharmony, Liver Qi stagnation, Spleen Qi deficiency, Damp Heat in the Stomach and Intestines, Qi deficiency | Irritease <i>Tong Xie Yao Fang</i> <i>Huo Xiang Zheng Qi San</i> |
| Liver and Gallbladder Damp Heat or Fire, Liver Qi stagnation | Li Dan Support <i>Li Dan Pian</i> |
| Damp Heat, Blood stagnation and fluid accumulating in the Lower Jiao | Prostate Support <i>Qian Lie Xian</i> |
| Liver Qi stagnation with the "Six Stagnations", including stagnation of Qi, Blood, Food, Heat, Dampness and Phlegm | Release Restraint <i>Yue Ju Wan</i> |
| Damp Heat in the Urinary Bladder, Fire or Heat in the Heart Channel | Relieving Formula <i>Ba Zheng San</i> |
| Heat and blazing Fire lodged in the Upper Burner, Wind and Dampness accumulation in the Upper Burner | Siler and Coix Clearing Formula <i>Qing Shang Fang Feng Tang Jia Yi Yi Ren</i> |
| Damp Heat lodging in the Large Intestine, Intestinal Wind | Sophora Support <i>Huai Jiao Wan</i> |
| Liver Qi stagnation, Liver overacting on Spleen and Stomach, Damp Heat in the Lower Burner, food stagnation and accumulation | Traveler's Comfort <i>Mu Xiang Bing Lang Wan</i> |

FOOD STAGNATION

| PATTERN | FORMULA |
|---|---|
| Food stagnation, Qi stagnation in the Middle Burner | Digestive Harmony Formula <i>Bao He Wan</i> |
| Food stagnation affecting the Spleen and Stomach with Damp accumulation and stagnation, rebellious Stomach Qi | Peaceful Earth <i>Kang Ning Wan</i> |
| Heart Blood deficiency with Heat, unsettled <i>Shen</i> , food stagnation | Peaceful Sleep <i>An Mian Pian</i> |

| FOOD STAGNATION (CONTINUED) | |
|--|--|
| PATTERN | FORMULA |
| Liver Qi stagnation with the “Six Stagnations”, including stagnation of Qi, Blood, Food, Heat, Dampness and Phlegm | Release Restraint <i>Yue Ju Wan</i> |
| Liver Qi stagnation, Liver overacting on Spleen and Stomach, Damp Heat in the Lower Burner, food stagnation and accumulation | Traveler’s Comfort <i>Mu Xiang Bing Lang Wan</i> |
| GALLBLADDER | |
| PATTERN | FORMULA |
| Unsettled Spirit (<i>Shen</i>) with Heat, Liver Yang rising, blockage of all three Yang levels | Calm Dragon Formula <i>Chai Hu Jia Long Gu Mu Li Tang</i> |
| Liver and Gallbladder Damp Heat or Fire, Liver Qi stagnation | Li Dan Support <i>Li Dan Pian</i> |
| Liver and Gallbladder Qi stagnation, Liver invading Stomach | Liver Flow <i>Shu Gan Wan</i> |
| <i>Shao Yang</i> Channel disharmony | Minor Bupleurum <i>Xiao Chai Hu Tang</i> |
| Phlegm Heat creating disharmony between Stomach and Gallbladder, Heart and Gallbladder deficiency | Peaceful Shen <i>Wen Dan Tang</i> <i>Shi Wei Wen Dan Tang</i> |
| HEART | |
| PATTERN | FORMULA |
| Liver and Heart Blood deficiency and Blood stasis | Augmented Four Substances <i>Tao Hong Si Wu Tang</i> |
| Unsettled Spirit (<i>Shen</i>) with Heat, Liver Yang rising, blockage of all three Yang levels | Calm Dragon Formula <i>Chai Hu Jia Long Gu Mu Li Tang</i> |
| Heart and Kidney Yin deficiency, restless Spirit (<i>Shen</i>), Blood deficiency | Celestial Emperor’s Blend <i>Tian Wang Bu Xin Dan</i> |

| PATTERN | FORMULA |
|--|--|
| Kidney deficiency, Heart Yin and Blood deficiency, Phlegm confounding the orifice of the Heart, Liver Blood deficiency engendering Wind, disturbed Spirit, Mind and Ethereal Soul (<i>Shen</i> and <i>Hun</i>) | Clear Mind <i>Bu Nao Wan</i> |
| Qi stagnation and Blood stasis in the Middle and Upper Burners | Cool Salvia Formula <i>Dan Shen Yin</i> |
| Damp Heat accumulating in the Middle Burner | CoptiClear <i>Huang Lian Su Pian</i> |
| Blood stasis, Qi stagnation in the Middle and Upper Burners | Dispel Stasis in the Mansion of Blood <i>Xue Fu Zhu Yu Tang</i> |
| Deficient Liver and Heart Blood | Four Substances <i>Si Wu Tang</i> |
| Source Qi or Original Qi deficiency, Kidney Qi deficiency, Yin deficiency, Heart Qi deficiency, <i>Jin Ye</i> deficiency | Generate the Qi Formula <i>Sheng Mai San</i> |
| Heart Fire, Qi and Yin deficiency, Heart and Kidney not communicating | Lotus Nourishing Formula <i>Qing Xin Lian Zi Yin</i> |
| Phlegm Heat creating disharmony between Stomach and Gallbladder, Heart and Gallbladder deficiency | Peaceful Shen <i>Wen Dan Tang</i> <i>Shi Wei Wen Dan Tang</i> |
| Heart Blood deficiency with Heat, unsettled <i>Shen</i> , food stagnation | Peaceful Sleep <i>An Mian Pian</i> |
| Damp Heat in the Urinary Bladder, Fire or Heat in the Heart Channel | Relieving Formula <i>Ba Zheng San</i> |
| <i>Zang zao</i> /Restless Organ Pattern, Heart Yin deficiency, Spleen Qi deficiency and Liver Qi constraint | Rescue Formula <i>Gan Mai Da Zao Tang</i> |
| Insubstantial Phlegm misting the Heart with underlying Blood and Yin deficiency | Rescue the Spirit <i>An Shen Ding Zhi Wan</i> |
| Liver and Heart Yin deficiency, Liver and Heart Blood deficiency, deficiency Heat | Zizyphus Sleep Formula <i>Suan Zao Ren Tang</i> |

| HEAT | |
|---|---|
| PATTERN | FORMULA |
| Wind Heat invasion, Lung Phlegm Heat, Damp Heat or Blazing Heat Fire in the Upper, Middle or Lower Burner | Antiphlogistic Formula <i>Chuan Xin Lian Kang Yan Pian</i> |
| Rebellious Lung Qi, Phlegm Heat accumulation in the Lungs with concurrent possible Wind Cold invasion | BreathEase <i>Ding Chuan Tang</i> |
| Phlegm with underlying Lung Heat, Lung Yin deficiency, Wind Cold or Wind Heat invasion | Calm Breath Formula <i>Ning Sou Wan</i> |
| Unsettled Spirit (<i>Shen</i>) with Heat, Liver Yang rising, blockage of all three Yang levels | Calm Dragon Formula <i>Chai Hu Jia Long Gu Mu Li Tang</i> |
| Heart and Kidney Yin deficiency, restless Spirit (<i>Shen</i>), Blood deficiency | Celestial Emperor's Blend <i>Tian Wang Bu Xin Dan</i> |
| Damp Heat accumulation in the Lower Burner, Heat in the Blood | Clear Stone Formula <i>Shi Lin Tong and Wu Lin San</i> |
| Blood stasis with Heat, especially of the Upper Burner, Blood deficiency | Colorful Phoenix Pearl Combination <i>Cai Feng Zhen Zhu An Chuang Wan</i> |
| Damp Heat accumulating in the Middle Burner | CoptiClear <i>Huang Lian Su Pian</i> |
| Damp, Heat and/or Fire accumulating in the Three Burners, obstruction by Fire | CoptiDetox <i>Huang Lian Jie Du Tang</i> |
| Stomach and Spleen disharmony, excess and deficiency in the Middle Burner, Cold and Heat in the Middle Burner | Drain the Middle <i>Ban Xia Xie Xin Tang</i> |
| Kidney and Liver Yin deficiency, ascendant Liver Yang and deficiency Heat | Female Comfort <i>Kun Bao Tang</i> |
| Damp Heat in the Lower Burner | Four Wonders <i>Si Miao Wan</i> |

| PATTERN | FORMULA |
|---|--|
| Liver Yang ascending, Liver Yang transforming into Liver Wind, Liver Yin deficiency with Kidney Qi deficiency | Gastrodia and Uncaria Wind Relief <i>Tian Ma Gou Teng Yin</i> |
| Yin, Blood and Qi deficiency, deficiency Heat | Ginseng and Astragalus Combination <i>Ren Shen Huang Qi San</i> |
| Lung and Kidney Qi deficiency, stagnant Phlegm fluids and Yang Qi in the Upper Burner generating Heat, Spleen Qi deficiency | Ginseng and Gecko Formula <i>Ren Shen Ge Jie San</i> |
| Kidney Yin and Essence deficiency, deficiency Heat, Kidney Yang deficiency | Graceful Transition <i>Zou Gui Yin</i> |
| Lung, Stomach and Kidney Qi and Yin deficiency, deficient body fluids | Jade Spring Nourishing Formula <i>Yu Quan Wan</i> |
| Liver and Gallbladder Damp Heat or Fire, Liver Qi stagnation | Li Dan Support <i>Li Dan Pian</i> |
| Lung Heat, Lung Yin deficiency, Kidney and Lung Qi deficiency | Li Fei Lung Support <i>Li Fei Wan</i> |
| Heart Fire, Qi and Yin deficiency, Heart and Kidney not communicating | Lotus Nourishing Formula <i>Qing Xin Lian Zi Yin</i> |
| <i>Shao Yang</i> Channel disharmony | Minor Bupleurum <i>Xiao Chai Hu Tang</i> |
| Phlegm Heat creating disharmony between Stomach and Gallbladder, Heart and Gallbladder deficiency | Peaceful Shen <i>Wen Dan Tang</i> <i>Shi Wei Wen Dan Tang</i> |
| Heart Blood deficiency with Heat, unsettled <i>Shen</i> , food stagnation | Peaceful Sleep <i>An Mian Pian</i> |
| Phlegm Heat in the Lungs | Pinellia Dispersing Formula <i>Qing Qi Hua Tan Wan</i> |

| HEAT (CONTINUED) | |
|--|--|
| PATTERN | FORMULA |
| Damp Heat, Blood stagnation and fluid accumulating in the Lower <i>Jiao</i> | Prostate Support <i>Qian Lie Xian</i> |
| Lung Heat with Phlegm, Liver Fire | Qing Fei Clearing Formula <i>Qing Fei Yi Huo Pian</i> |
| Kidney and Liver Yin deficiency, Yin deficiency with deficiency Heat, Spleen deficiency | Rehmannia Six <i>Liu Wei Di Huang Wan</i> |
| Liver Qi stagnation with the “Six Stagnations”, including stagnation of Qi, Blood, Food, Heat, Dampness and Phlegm | Release Restraint <i>Yue Ju Wan</i> |
| Damp Heat in the Urinary Bladder, Fire or Heat in the Heart Channel | Relieving Formula <i>Ba Zheng San</i> |
| <i>Zang zao</i> /Restless Organ Pattern, Heart Yin deficiency, Spleen Qi deficiency and Liver Qi constraint | Rescue Formula <i>Gan Mai Da Zao Tang</i> |
| Heat and blazing Fire lodged in the Upper Burner, Wind and Dampness accumulation in the Upper Burner | Siler and Coix Clearing Formula <i>Qing Shang Fang Feng Tang Jia Yi Yi Ren</i> |
| Stomach Fire, Stomach and Kidney Yin deficiency | Stomach Support <i>Qing Wei San</i> and <i>Yu Nu Jian</i> |
| Blood stasis, Heat, Damp Heat and/or Wind accumulation | Traumease <i>Yu Nan Bai Yao</i> |
| Kidney Yin and Yang deficiency with deficient Fire ascending, Essence deficiency | Two Immortals <i>Er Xian Tang</i> |
| Lung and Kidney Yin deficiency | Yin Fountain <i>Mai Wei Di Huang Wan</i> |
| Liver and Heart Yin deficiency, Liver and Heart Blood deficiency, deficiency Heat | Zizyphus Sleep Formula <i>Suan Zao Ren Tang</i> |

| INTERNAL COLD | |
|---|---|
| PATTERN | FORMULA |
| Blood deficiency, Nutritive Qi blocked by Cold, Cold invasion in the Vessels and Channels | Dang Gui Si Ni Tang <i>Dang Gui Si Ni Tang</i> |
| Blood stasis, Liver Qi stagnation, Cold accumulation in the Lower Burner | Dispel Stasis in the Lower Burner <i>Shao Fu Zhu Yu Tang</i> |
| Stomach and Spleen disharmony, excess and deficiency in the Middle Burner, Cold and Heat in the Middle Burner | Drain the Middle <i>Ban Xia Xie Xin Tang</i> |
| Spleen Yang deficiency, Kidney Yang deficiency, internal Cold Damp accumulation | Fire the Yang <i>Fu Zi Li Zhong Wan</i> |
| Blood deficiency with a tendency towards Cold, deficiency of the Penetrating and Conception Vessels (<i>Chong Mai</i> and <i>Ren Mai</i>) | Harmonize the Vessels <i>Jiao Ai Tang</i> |
| Kidney Yang deficiency, Essence deficiency, Qi or Blood deficiency | Nourish Jade Yang <i>Yu Lin Zhu Jia Ba Ji Tian Dan Shen Xiang Fu Hua Jiao</i> |
| Kidney Yang deficiency, waning Fire of the Gate of Vitality, Blood deficiency | Replenish the Right <i>You Gui Wan</i> |
| Qi, Yang and Blood deficiency with Cold accumulation | Ten Treasures <i>Shi Quan Da Bu Tang</i> |
| Kidney Yang deficiency, Spleen and Kidney Yang deficiency with occasional retention of water | True Warrior Formula <i>Zhen Wu Tang</i> |
| Deficiency and Cold of the Penetrating (<i>Chong</i>) and Conception (<i>Ren</i>) vessels, Blood deficiency, Blood stagnation | Warm the Flow <i>Wen Jing Tang</i> |
| Damp Cold stagnation in the Middle Burner | Warm the Stomach <i>Ping Wei San</i> |

| INTERNAL WIND | |
|--|---|
| PATTERN | FORMULA |
| Ascending Liver Yang transforming to Internal Wind with underlying Kidney Yin, Liver Yin and Blood deficiency | Anchor the Yang <i>Jiang Ya Wan</i> |
| Internal Wind Phlegm due to Spleen Qi deficiency and Phlegm obstructing the head | Ascending Clarity <i>Ban Xia Bai Zhu Tian Ma Tang</i> |
| Kidney deficiency, Heart Yin and Blood deficiency, Phlegm confounding the orifice of the Heart, Liver Blood deficiency engendering Wind, disturbed Spirit, Mind and Ethereal Soul (<i>Shen</i> and <i>Hun</i>) | Clear Mind <i>Bu Nao Wan</i> |
| Liver Yang ascending, Liver Yang transforming into Liver Wind, Liver Yin deficiency with Kidney Qi deficiency | Gastrodia and Uncaria Wind Relief <i>Tian Ma Gou Teng Yin</i> |
| Damp Heat lodging in the Large Intestine, Intestinal Wind | Sophora Support <i>Huai Jiao Wan</i> |
| KIDNEY | |
| PATTERN | FORMULA |
| Ascending Liver Yang transforming to Internal Wind with underlying Kidney Yin, Liver Yin and Blood deficiency | Anchor the Yang <i>Jiang Ya Wan</i> |
| Kidney Yang deficiency, Wind Cold Damp invasion, Blood deficiency, Blood stasis, benefits sinews and bones | Angelica and Eucommia Support Formula <i>Yao Tong Pian</i> |
| Kidney deficiency, Heart Yin and Blood deficiency, Phlegm confounding the orifice of the Heart, Liver Blood deficiency engendering Wind, disturbed Spirit, Mind and Ethereal Soul (<i>Shen</i> and <i>Hun</i>) | Clear Mind <i>Bu Nao Wan</i> |

| PATTERN | FORMULA |
|---|---|
| Damp Heat accumulation in the Lower Burner, Heat in the Blood | Clear Stone Formula <i>Shi Lin Tong</i> and <i>Wu Lin San</i> |
| Blood stasis, Liver Qi stagnation, Cold accumulation in the Lower Burner | Dispel Stasis in the Lower Burner <i>Shao Fu Zhu Yu Tang</i> |
| Kidney and Liver Yin deficiency, ascendant Liver Yang and deficiency Heat | Female Comfort <i>Kun Bao Tang</i> |
| Spleen Yang deficiency, Kidney Yang deficiency, internal Cold Damp accumulation | Fire the Yang <i>Fu Zi Li Zhong Wan</i> |
| Water accumulation due to Spleen Qi deficiency with Damp accumulation, Kidney Yang deficiency and/or Lung Qi deficiency | Five Peels Formula <i>Wu Pi San</i> |
| Occasional dryness in the Intestines due to Yin, Blood and/or <i>Jin Ye</i> deficiency, Kidney deficiency | Five Seeds Formula <i>Wu Ren Wan</i> |
| Liver Yang ascending, Liver Yang transforming into Liver Wind, Liver Yin deficiency with Kidney Qi deficiency | Gastrodia and Uncaria Wind Relief <i>Tian Ma Gou Teng Yin</i> |
| Source Qi or Original Qi deficiency, Kidney Qi deficiency, Yin deficiency, Heart Qi deficiency, <i>Jin Ye</i> deficiency | Generate the Qi Formula <i>Sheng Mai San</i> |
| Lung and Kidney Qi deficiency, stagnant Phlegm fluids and Yang Qi in the Upper Burner generating Heat, Spleen Qi deficiency | Ginseng and Gecko Formula <i>Ren Shen Ge Jie San</i> |
| Kidney Yin and Essence deficiency, deficiency Heat, Kidney Yang deficiency | Graceful Transition <i>Zou Gui Yin</i> |
| Blood stagnation, Kidney and Liver deficiency | Great Mender Formula <i>Jin Gu Die Da Shang Wan</i> |
| Lung, Stomach and Kidney Qi and Yin deficiency, deficient body fluids | Jade Spring Nourishing Formula <i>Yu Quan Wan</i> |

| KIDNEY (CONTINUED) | |
|---|---|
| PATTERN | FORMULA |
| Lung Heat, Lung Yin deficiency, Kidney and Lung Qi deficiency | Li Fei Lung Support <i>Li Fei Wan</i> |
| Heart Fire, Qi and Yin deficiency, Heart and Kidney not communicating | Lotus Nourishing Formula <i>Qing Xin Lian Zi Yin</i> |
| Kidney Yang deficiency, Essence deficiency, Qi or Blood deficiency | Nourish Jade Yang <i>Yu Lin Zhu Jia Ba Ji Tian Dan Shen Xiang Fu Hua Jiao</i> |
| Kidney Yin and Essence deficiency, Liver Yin deficiency, Blood deficiency | Nourish Jade Yin <i>Yang Jing Zhong Yu Tang Er Zhi Wan</i> |
| Kidney Yang deficiency, Essence deficiency | Rehmannia Eight <i>Ba Wei Di Huang Wan</i> |
| Kidney and Liver Yin deficiency, Yin deficiency with deficiency Heat, Spleen deficiency | Rehmannia Six <i>Liu Wei Di Huang Wan</i> |
| Kidney Yin and <i>Jing</i> deficiency | Replenish the Left <i>Zuo Gui Yin</i> |
| Kidney Yang deficiency, waning Fire of the Gate of Vitality, Blood deficiency | Replenish the Right <i>You Gui Wan</i> |
| Kidney Yang deficiency, Spleen and Kidney Yang deficiency with occasional retention of water | True Warrior Formula <i>Zhen Wu Tang</i> |
| Kidney Yin and Yang deficiency with deficient Fire ascending, Essence deficiency | Two Immortals <i>Er Xian Tang</i> |
| Lung and Kidney Yin deficiency | Yin Fountain <i>Mai Wei Di Huang Wan</i> |
| LARGE INTESTINE | |
| PATTERN | FORMULA |
| Wind Heat invasion, Lung Phlegm Heat, Damp Heat or Blazing Heat Fire in the Upper, Middle or Lower Burner | Antiphlogistic Formula <i>Chuan Xin Lian Kang Yan Pian</i> |

| PATTERN | FORMULA |
|--|--|
| Damp, Heat and/or Fire accumulating in the Three Burners, obstruction by Fire | CoptiDetox <i>Huang Lian Jie Du Tang</i> |
| Blood stasis, Liver Qi stagnation, Cold accumulation in the Lower Burner | Dispel Stasis in the Lower Burner <i>Shao Fu Zhu Yu Tang</i> |
| Occasional dryness in the Intestines due to Yin, Blood and/or <i>Jin Ye</i> deficiency, Kidney deficiency | Five Seeds Formula <i>Wu Ren Wan</i> |
| Damp Heat in the Lower Burner | Four Wonders <i>Si Miao Wan</i> |
| Liver and Spleen disharmony, Liver Qi stagnation, Spleen Qi deficiency, Damp Heat in the Stomach and Intestines, Qi deficiency | Irritease <i>Tong Xie Yao Fang Huo Xiang Zheng Qi San</i> |
| Kidney and Liver Yin deficiency, Yin deficiency with deficiency Heat, Spleen deficiency | Rehmannia Six <i>Liu Wei Di Huang Wan</i> |
| Occasional Intestinal dryness, Blood deficiency, Yin deficiency | Smooth Response <i>Run Chang Wan</i> |
| Damp Heat lodging in the Large Intestine, Intestinal Wind | Sophora Support <i>Huai Jiao Wan</i> |
| Liver Qi stagnation, Liver overacting on Spleen and Stomach, Damp Heat in the Lower Burner, food stagnation and accumulation | Traveler's Comfort <i>Mu Xiang Bing Lang Wan</i> |
| LIVER | |
| PATTERN | FORMULA |
| Ascending Liver Yang transforming to Internal Wind with underlying Kidney Yin, Liver Yin and Blood deficiency | Anchor the Yang <i>Jiang Ya Wan</i> |
| Liver and Heart Blood deficiency and Blood stasis | Augmented Four Substances <i>Tao Hong Si Wu Tang</i> |

| PATTERN | FORMULA |
|--|---|
| Rebellious Qi, constrained Lung and Stomach Qi, Phlegm and Liver Qi stagnation | Augmented Plum Pit Qi <i>Ban Xia Huo Po Tang</i> |
| Liver and Kidney Yin deficiency, Liver Blood deficiency, Liver Yang rising, supports healthy vision | Bright Eye Rehmannia <i>Ming Mu Di Huang Wan</i> |
| Liver Qi stagnation | Bupleurum Soothing Liver Formula <i>Chai Hu Shu Gan Tang</i> |
| Unsettled Spirit (<i>Shen</i>) with Heat, Liver Yang rising, blockage of all three Yang levels | Calm Dragon Formula <i>Chai Hu Jia Long Gu Mu Li Tang</i> |
| Kidney deficiency, Heart Yin and Blood deficiency, Phlegm confounding the orifice of the Heart, Liver Blood deficiency engendering Wind, disturbed Spirit, Mind and Ethereal Soul (<i>Shen</i> and <i>Hun</i>) | Clear Mind <i>Bu Nao Wan</i> |
| Damp Heat accumulating in the Middle Burner | CoptiClear <i>Huang Lian Su Pian</i> |
| Damp, Heat and/or Fire accumulating in the Three Burners, obstruction by Fire | CoptiDetox <i>Huang Lian Jie Du Tang</i> |
| Blood deficiency, Nutritive Qi blocked by Cold, Cold invasion in the Vessels and Channels | Dang Gui Si Ni Tang <i>Dang Gui Si Ni Tang</i> |
| Blood stasis, Liver Qi stagnation, Cold accumulation in the Lower Burner | Dispel Stasis in the Lower Burner <i>Shao Fu Zhu Yu Tang</i> |
| Blood stasis, Qi stagnation in the Middle and Upper Burners | Dispel Stasis in the Mansion of Blood <i>Xue Fu Zhu Yu Tang</i> |
| Spleen Qi deficiency with Liver Qi stagnation, Blood deficiency and/or Blood stasis with Wind Heat Damp invasion | Dong Quai and Anemarrhena <i>Dang Gui Nian Tong Tang</i> |

| PATTERN | FORMULA |
|--|---|
| Kidney and Liver Yin deficiency, ascendant Liver Yang and deficiency Heat | Female Comfort <i>Kun Bao Tang</i> |
| <i>Shao Yin</i> disharmonies with constrained Qi in the Interior, Liver and Spleen disharmony | Four Cold Extremities <i>Si Ni San</i> |
| Deficient Liver and Heart Blood | Four Substances <i>Si Wu Tang</i> |
| Liver Qi stagnation, Liver Blood deficiency, Spleen Qi deficiency | Free and Easy Wanderer <i>Xiao Yao San</i> |
| Liver Yang ascending, Liver Yang transforming into Liver Wind, Liver Yin deficiency with Kidney Qi deficiency | Gastrodia and Uncaria Wind Relief <i>Tian Ma Gou Teng Yin</i> |
| Blood stagnation, Kidney and Liver deficiency | Great Mender Formula <i>Jin Gu Die Da Shang Wan</i> |
| Liver and Spleen disharmony, Liver Qi stagnation, Spleen Qi deficiency, Damp Heat in the Stomach and Intestines, Qi deficiency | Irritease <i>Tong Xie Yao Fang</i> <i>Huo Xiang Zheng Qi San</i> |
| Liver and Gallbladder Damp Heat or Fire, Liver Qi stagnation | Li Dan Support <i>Li Dan Pian</i> |
| Liver and Gallbladder Qi stagnation, Liver invading Stomach | Liver Flow <i>Shu Gan Wan</i> |
| Liver Blood deficiency causing occasional dryness, external Wind lodged in the Interior | Luminescence <i>Dang Gui Yin Zi</i> |
| Liver Yin and Blood deficiency with stagnation | Peony and Licorice Formula <i>Shao Yao Gan Cao Tang</i> |
| Liver Qi stagnation, Liver and Stomach disharmony with rebellious Qi of the Lungs and Stomach producing Phlegm | Plum Pit Qi <i>Ban Xia Hou Po Tang</i> |
| Lung Heat with Phlegm, Liver Fire | Qing Fei Clearing Formula <i>Qing Fei Yi Huo Pian</i> |

| LIVER (CONTINUED) | |
|--|--|
| PATTERN | FORMULA |
| Kidney and Liver Yin deficiency, Yin deficiency with deficiency Heat, Spleen deficiency | Rehmannia Six <i>Liu Wei Di Huang Wan</i> |
| Liver Qi stagnation with the “Six Stagnations”, including stagnation of Qi, Blood, Food, Heat, Dampness and Phlegm | Release Restraint <i>Yue Ju Wan</i> |
| <i>Zang zao</i> /Restless Organ Pattern, Heart Yin deficiency, Spleen Qi deficiency and Liver Qi constraint | Rescue Formula <i>Gan Mai Da Zao Tang</i> |
| Heat and blazing Fire lodged in the Upper Burner, Wind and Dampness accumulation in the Upper Burner | Siler and Coix Clearing Formula <i>Qing Shang Fang Feng Tang Jia Yi Yi Ren</i> |
| Liver Blood deficiency, Kidney Yin deficiency | Silken Tresses <i>Qi Bao Mei Ran Dan</i> |
| Liver Qi stagnation, Liver overacting on Spleen and Stomach, Damp Heat in the Lower Burner, food stagnation and accumulation | Traveler’s Comfort <i>Mu Xiang Bing Lang Wan</i> |
| Liver and Heart Yin deficiency, Liver and Heart Blood deficiency, deficiency Heat | Zizyphus Sleep Formula <i>Suan Zao Ren Tang</i> |
| LUNG | |
| PATTERN | FORMULA |
| Wind Heat invasion, Lung Phlegm Heat, Damp Heat or Blazing Heat Fire in the Upper, Middle or Lower Burner | Antiphlogistic Formula <i>Chuan Xin Lian Kang Yan Pian</i> |
| Rebellious Qi, Phlegm and Liver Qi stagnation, constrained Lung and Stomach Qi | Augmented Plum Pit Qi <i>Ban Xia Huo Po Tang</i> |
| Invasion of Wind Heat or Wind Cold into the Lung and Yang channels of the head | Bi Yan Pian <i>Bi Yan Pian</i> |

| PATTERN | FORMULA |
|---|--|
| External invasion of Wind Cold with Internal Phlegm Damp accumulation in the Upper <i>Jiao</i> , rebellious Lung Qi | Blue Green Lung Formula <i>Xiao Qing Long Tang</i> |
| Rebellious Lung Qi, Phlegm Heat accumulation in the Lungs with concurrent possible Wind Cold invasion | BreathEase <i>Ding Chuan Tang</i> |
| Phlegm with underlying Lung Heat, Lung Yin deficiency, Wind Cold or Wind Heat invasion | Calm Breath Formula <i>Ning Sou Wan</i> |
| Defensive (<i>Wei</i>) Qi deficiency, External Wind invasion | Fragrant Jade <i>Yu Ping Feng San</i> and <i>Cang Er Zi San</i> |
| Wind Heat affecting the <i>Wei</i> Qi and progressing towards Qi level Heat | Gan Mao Ling <i>Gan Mao Ling</i> |
| Lung and Kidney Qi deficiency, stagnant Phlegm fluids and Yang Qi in the Upper Burner generating Heat, Spleen Qi deficiency | Ginseng and Gecko Formula <i>Ren Shen Ge Jie San</i> |
| Wind Heat invading the Lung, trapped Wind Cold transforming into Heat in the Lung | Great White Lung Formula <i>Ma Xing Zhi Ke Pian</i> |
| Lung, Stomach and Kidney Qi and Yin deficiency, deficient body fluids | Jade Spring Nourishing Formula <i>Yu Quan Wan</i> |
| Defensive (<i>Wei</i>) Qi and Lung Qi deficiency | Jade Windscreen <i>Yu Ping Feng San</i> |
| Exterior Wind Cold invading at the <i>Tai Yang</i> stage | Kudzu Releasing Formula <i>Ge Gen Tang</i> |
| Lung Heat, Lung Yin deficiency, Kidney and Lung Qi deficiency | Li Fei Lung Support <i>Li Fei Wan</i> |
| Wind Cold invasion lodged in the Lungs | Lung Qi Release <i>Zhi Sou San</i> |
| Phlegm Heat in the Lungs | Pinellia Dispersing Formula <i>Qing Qi Hua Tan Wan</i> |

| PATTERN | FORMULA |
|--|---|
| Liver Qi stagnation, Liver and Stomach disharmony with rebellious Qi of the Lungs and Stomach producing Phlegm | Plum Pit Qi <i>Ban Xia Hou Po Tang</i> |
| Lung Heat with Phlegm, Liver Fire | Qing Fei Clearing Formula <i>Qing Fei Yi Huo Pian</i> |
| Lung and Kidney Yin deficiency | Yin Fountain <i>Mai Wei Di Huang Wan</i> |
| Exterior Wind Heat invasion | Yin Qiao <i>Yin Qiao San</i> |
| Blazing Wind Heat or Fire at the Qi level, or at the <i>Yang Ming</i> Channel | Zhong Gan Ling <i>Zhong Gan Ling</i> |

PHLEGM

| PATTERN | FORMULA |
|---|--|
| Ascending Liver Yang transforming to Internal Wind with underlying Kidney Yin, Liver Yin and Blood deficiency | Anchor the Yang <i>Jiang Ya Wan</i> |
| Wind Heat invasion, Lung Phlegm Heat, Damp Heat or Blazing Heat Fire in the Upper, Middle or Lower Burner | Antiphlogistic Formula <i>Chuan Xin Lian Kang Yan Pian</i> |
| Internal Wind Phlegm due to Spleen Qi deficiency and Phlegm obstructing the head | Ascending Clarity <i>Ban Xia Bai Zhu Tian Ma Tang</i> |
| Rebellious Qi, Phlegm and Liver Qi stagnation, constrained Lung and Stomach Qi | Augmented Plum Pit Qi <i>Ban Xia Huo Po Tang</i> |
| External invasion of Wind Cold with Internal Phlegm Damp accumulation in the Upper <i>Jiao</i> , rebellious Lung Qi | Blue Green Lung Formula <i>Xiao Qing Long Tang</i> |
| Rebellious Lung Qi, Phlegm Heat accumulation in the Lungs with concurrent possible Wind Cold invasion | BreathEase <i>Ding Chuan Tang</i> |

| PATTERN | FORMULA |
|--|--|
| Phlegm with underlying Lung Heat, Lung Yin deficiency, Wind Cold or Wind Heat invasion | Calm Breath Formula <i>Ning Sou Wan</i> |
| Phlegm accumulation in the Channels, Spleen Qi deficiency | Clear Dampness in the Channels <i>Qing Shi Hua Tan Tang</i> |
| Kidney deficiency, Heart Yin and Blood deficiency, Phlegm confounding the orifice of the Heart, Liver Blood deficiency engendering Wind, disturbed Spirit, Mind and Ethereal Soul (<i>Shen</i> and <i>Hun</i>) | Clear Mind <i>Bu Nao Wan</i> |
| Lung and Kidney Qi deficiency, stagnant Phlegm fluids and Yang Qi in the Upper Burner generating Heat, Spleen Qi deficiency | Ginseng and Gecko Formula <i>Ren Shen Ge Jie San</i> |
| <i>Shao Yang</i> Channel disharmony | Minor Bupleurum <i>Xiao Chai Hu Tang</i> |
| Phlegm Heat creating disharmony between Stomach and Gallbladder, Heart and Gallbladder deficiency | Peaceful Shen <i>Wen Dan Tang</i> <i>Shi Wei Wen Dan Tang</i> |
| Phlegm Heat in the Lungs | Pinellia Dispersing Formula <i>Qing Qi Hua Tan Wan</i> |
| Liver Qi stagnation, Liver and Stomach disharmony with rebellious Qi of the Lungs and Stomach producing Phlegm | Plum Pit Qi <i>Ban Xia Hou Po Tang</i> |
| Lung Heat with Phlegm, Liver Fire | Qing Fei Clearing Formula <i>Qing Fei Yi Huo Pian</i> |
| Liver Qi stagnation with the “Six Stagnations”, including stagnation of Qi, Blood, Food, Heat, Dampness and Phlegm | Release Restraint <i>Yue Ju Wan</i> |
| Insubstantial Phlegm misting the Heart with underlying Blood and Yin deficiency | Rescue the Spirit <i>An Shen Ding Zhi Wan</i> |

| PHLEGM (CONTINUED) | |
|---|---|
| PATTERN | FORMULA |
| Spleen Qi deficiency with Phlegm Damp accumulation, stagnation of Phlegm, food and Qi | Six Gentlemen <i>Liu Jun Zi Tang</i> |
| Phlegm accumulation, Phlegm and Heat lodged in the Channels, Blood stagnation | Transform Accumulation in the Channels <i>Nei Xiao Luo Li Wan</i> |
| QI DEFICIENCY | |
| PATTERN | FORMULA |
| Internal Wind Phlegm due to Spleen Qi deficiency and Phlegm obstructing the head | Ascending Clarity <i>Ban Xia Bai Zhu Tian Ma Tang</i> |
| Phlegm accumulation in the Channels, Spleen Qi deficiency | Clear Dampness in the Channels <i>Qing Shi Hua Tan Tang</i> |
| Dampness in the Lower Burner with Spleen Qi deficiency, excess or deficiency in the Girdle Vessel (<i>Dai Mai</i>) | Clear the Lower Palace <i>Wan Dai Tang</i> and <i>Bei Xie Fen Qing Yin</i> |
| Spleen Qi deficiency with Liver Qi stagnation, Blood deficiency and/or Blood stasis with Wind Heat Damp invasion | Dong Quai and Anemarrhena <i>Dang Gui Nian Tong Tang</i> |
| Water accumulation due to Spleen Qi deficiency with Damp accumulation, Kidney Yang deficiency and/or Lung Qi deficiency | Five Peels Formula <i>Wu Pi San</i> |
| Spleen Qi deficiency, Qi deficiency | Four Gentlemen <i>Si Jun Zi Tang</i> |
| Defensive (<i>Wei</i>) Qi deficiency, External Wind invasion | Fragrant Jade <i>Yu Ping Feng San</i> and <i>Cang Er Zi San</i> |
| Liver Qi stagnation, Liver Blood deficiency, Spleen Qi deficiency | Free and Easy Wanderer <i>Xiao Yao San</i> |

| PATTERN | FORMULA |
|--|---|
| Liver Yang ascending, Liver Yang transforming into Liver Wind, Liver Yin deficiency with Kidney Qi deficiency | Gastrodia and Uncaria Wind Relief <i>Tian Ma Gou Teng Yin</i> |
| Source Qi or Original Qi deficiency, Kidney Qi deficiency, Yin deficiency, Heart Qi deficiency, <i>Jin Ye</i> deficiency | Generate the Qi Formula <i>Sheng Mai San</i> |
| Yin, Blood and Qi deficiency, deficiency Heat | Ginseng and Astragalus Combination <i>Ren Shen Huang Qi San</i> |
| Lung and Kidney Qi deficiency, stagnant Phlegm fluids and Yang Qi in the Upper Burner generating Heat, Spleen Qi deficiency | Ginseng and Gecko Formula <i>Ren Shen Ge Jie San</i> |
| Qi deficiency, Wind Cold Damp invasion | Graceful Branches <i>Juan Bi Tang</i> |
| Liver and Spleen disharmony, Liver Qi stagnation, Spleen Qi deficiency, Damp Heat in the Stomach and Intestines, Qi deficiency | Irritease <i>Tong Xie Yao Fang</i> and <i>Huo Xiang Zheng Qi San</i> |
| Lung, Stomach and Kidney Qi and Yin deficiency, deficient body fluids | Jade Spring Nourishing Formula <i>Yu Quan Wan</i> |
| Defensive (<i>Wei</i>) Qi and Lung Qi deficiency | Jade Windscreen <i>Yu Ping Feng San</i> |
| Lung Heat, Lung Yin deficiency, Kidney and Lung Qi deficiency | Li Fei Lung Support <i>Li Fei Wan</i> |
| Heart Fire, Qi and Yin deficiency, Heart and Kidney not communicating | Lotus Nourishing Formula <i>Qing Xin Lian Zi Yin</i> |
| Kidney Yang deficiency, Essence deficiency, Qi or Blood deficiency | Nourish Jade Yang <i>Yu Lin Zhu Jia Ba Ji Tian</i> <i>Dan Shen Xiang Fu Hua Jiao</i> |
| <i>Zang zao</i> /Restless Organ Pattern, Heart Yin deficiency, Spleen Qi deficiency and Liver Qi constraint | Rescue Formula <i>Gan Mai Da Zao Tang</i> |

| PATTERN | FORMULA |
|--|---|
| Insubstantial Phlegm misting the Heart with underlying Blood and Yin deficiency | Rescue the Spirit <i>An Shen Ding Zhi Wan</i> |
| Spleen Qi deficiency with Dampness | Shen Ling Spleen Support <i>Shen Ling Bai Zhu San</i> |
| Spleen Qi deficiency with Phlegm Damp accumulation, stagnation of Phlegm, food and Qi | Six Gentlemen <i>Liu Jun Zi Tang</i> |
| Qi, Yang and Blood deficiency with Cold accumulation | Ten Treasures <i>Shi Quan Da Bu Tang</i> |
| Qi unable to transform Damp, accumulation of Dampness, Spleen Yang deficiency, occasional urinary difficulty | Water's Way <i>Wu Ling San</i> |

QI STAGNATION

| PATTERN | FORMULA |
|--|---|
| Rebellious Qi, Phlegm and Liver Qi stagnation, constrained Lung and Stomach Qi | Augmented Plum Pit Qi <i>Ban Xia Huo Po Tang</i> |
| Liver Qi stagnation | Bupleurum Soothing Liver Formula <i>Chai Hu Shu Gan Tang</i> |
| Unsettled Spirit (<i>Shen</i>) with Heat, Liver Yang rising, blockage of all three Yang levels | Calm Dragon Formula <i>Chai Hu Jia Long Gu Mu Li Tang</i> |
| Qi stagnation and Blood stasis in the Middle and Upper Burners | Cool Salvia Formula <i>Dan Shen Yin</i> |
| Blood stasis, Qi stagnation in the Middle and Upper Burners | Dispel Stasis in the Mansion of Blood <i>Xue Fu Zhu Yu Tang</i> |
| Spleen Qi deficiency with Liver Qi stagnation, Blood deficiency and/or Blood stasis with Wind Heat Damp invasion | Dong Quai and Anemarrhena <i>Dang Gui Nian Tong Tang</i> |

| PATTERN | FORMULA |
|--|--|
| Stomach and Spleen disharmony, excess and deficiency in the Middle Burner, Cold and Heat in the Middle Burner | Drain the Middle <i>Ban Xia Xie Xin Tang</i> |
| Qi and Blood stagnation obstructing the Channels and Collaterals | Drive Out Stasis <i>Shen Tong Zhu Yu Tang</i> |
| <i>Shao Yin</i> disharmonies with constrained Qi in the Interior, Liver and Spleen disharmony | Four Cold Extremities <i>Si Ni San</i> |
| Liver Qi stagnation, Liver Blood deficiency, Spleen Qi deficiency | Free and Easy Wanderer <i>Xiao Yao San</i> |
| Lung and Kidney Qi deficiency, stagnant Phlegm fluids and Yang Qi in the Upper Burner generating Heat, Spleen Qi deficiency | Ginseng and Gecko Formula <i>Ren Shen Ge Jie San</i> |
| Liver and Spleen disharmony, Liver Qi stagnation, Spleen Qi deficiency, Damp Heat in the Stomach and Intestines, Qi deficiency | Irritase <i>Tong Xie Yao Fang</i> and <i>Huo Xiang Zheng Qi San</i> |
| Liver and Gallbladder Damp Heat or Fire, Liver Qi stagnation | Li Dan Support <i>Li Dan Pian</i> |
| Liver and Gallbladder Qi stagnation, Liver invading Stomach | Liver Flow <i>Shu Gan Wan</i> |
| <i>Shao Yang</i> Channel disharmony | Minor Bupleurum <i>Xiao Chai Hu Tang</i> |
| Liver Qi stagnation, Liver and Stomach disharmony with rebellious Qi of the Lungs and Stomach producing Phlegm | Plum Pit Qi <i>Ban Xia Hou Po Tang</i> |
| Liver Qi stagnation with the "Six Stagnations", including stagnation of Qi, Blood, Food, Heat, Dampness and Phlegm | Release Restraint <i>Yue Ju Wan</i> |
| <i>Zang zao</i> /Restless Organ Pattern, Heart Yin deficiency, Spleen Qi deficiency and Liver Qi constraint | Rescue Formula <i>Gan Mai Da Zao Tang</i> |

| QI STAGNATION (CONTINUED) | |
|--|--|
| PATTERN | FORMULA |
| Liver Qi stagnation, Liver overacting on Spleen and Stomach, Damp Heat in the Lower Burner, food stagnation and accumulation | Traveler's Comfort <i>Mu Xiang Bing Lang Wan</i> |
| Rebellious Stomach Qi, stagnant Stomach Qi | Wei Te Ling <i>Wei Te Ling</i> |
| REN/CHONG | |
| PATTERN | FORMULA |
| Blood deficiency with a tendency towards Cold, deficiency of the Penetrating and Conception Vessels (<i>Chong Mai</i> and <i>Ren Mai</i>)s | Harmonize the Vessels <i>Jiao Ai Tang</i> |
| Qi, Yang and Blood deficiency with Cold accumulation | Ten Treasures <i>Shi Quan Da Bu Tang</i> |
| Deficiency and Cold of the Penetrating (<i>Chong</i>) and Conception (<i>Ren</i>) vessels, Blood deficiency, Blood stagnation | Warm the Flow <i>Wen Jing Tang</i> |
| SPLEEN | |
| PATTERN | FORMULA |
| Internal Wind Phlegm due to Spleen Qi deficiency and Phlegm obstructing the head | Ascending Clarity <i>Ban Xia Bai Zhu Tian Ma Tang</i> |
| Phlegm accumulation in the Channels, Spleen Qi deficiency | Clear Dampness in the Channels <i>Qing Shi Hua Tan Tang</i> |
| Dampness in the Lower Burner with Spleen Qi deficiency, excess or deficiency in the Girdle Vessel (<i>Dai Mai</i>) | Clear the Lower Palace <i>Wan Dai Tang</i> and <i>Bei Xie Fen Qing Yin</i> |
| Spleen Qi deficiency with Liver Qi stagnation, Blood deficiency and/or Blood stasis with Wind Heat Damp invasion | Dong Quai and Anemarrhena <i>Dang Gui Nian Tong Tang</i> |

| PATTERN | FORMULA |
|--|---|
| Stomach and Spleen disharmony, excess and deficiency in the Middle Burner, Cold and Heat in the Middle Burner | Drain the Middle <i>Ban Xia Xie Xin Tang</i> |
| Spleen Yang deficiency, Kidney Yang deficiency, internal Cold Damp accumulation | Fire the Yang <i>Fu Zi Li Zhong Wan</i> |
| Water accumulation due to Spleen Qi deficiency with Damp accumulation, Kidney Yang deficiency and/or Lung Qi deficiency | Five Peels Formula <i>Wu Pi San</i> |
| Spleen Qi deficiency, Qi deficiency | Four Gentlemen <i>Si Jun Zi Tang</i> |
| Liver Qi stagnation, Liver Blood deficiency, Spleen Qi deficiency | Free and Easy Wanderer <i>Xiao Yao San</i> |
| Yin, Blood and Qi deficiency, deficiency Heat | Ginseng and Astragalus Combination <i>Ren Shen Huang Qi San</i> |
| Lung and Kidney Qi deficiency, stagnant Phlegm fluids and Yang Qi in the Upper Burner generating Heat, Spleen Qi deficiency | Ginseng and Gecko Formula <i>Ren Shen Ge Jie San</i> |
| Liver and Spleen disharmony, Liver Qi stagnation, Spleen Qi deficiency, Damp Heat in the Stomach and Intestines, Qi deficiency | Irritease <i>Tong Xie Yao Fang</i> <i>Huo Xiang Zheng Qi San</i> |
| Food stagnation affecting the Spleen and Stomach with Damp accumulation and stagnation, rebellious Stomach Qi | Peaceful Earth <i>Kang Ning Wan</i> |
| <i>Zang zao</i> /Restless Organ Pattern, Heart Yin deficiency, Spleen Qi deficiency and Liver Qi constraint | Rescue Formula <i>Gan Mai Da Zao Tang</i> |
| Spleen Qi deficiency with Dampness | Shen Ling Spleen Support <i>Shen Ling Bai Zhu San</i> |

| PATTERN | FORMULA |
|--|--|
| Spleen Qi deficiency with Phlegm Damp accumulation, stagnation of Phlegm, food and Qi | Six Gentlemen <i>Liu Jun Zi Tang</i> |
| Qi, Yang and Blood deficiency with Cold accumulation | Ten Treasures <i>Shi Quan Da Bu Tang</i> |
| Liver Qi stagnation, Liver overacting on Spleen and Stomach, Damp Heat in the Lower Burner, food stagnation and accumulation | Traveler's Comfort <i>Mu Xiang Bing Lang Wan</i> |
| Kidney Yang deficiency, Spleen and Kidney Yang deficiency with occasional retention of water | True Warrior Formula <i>Zhen Wu Tang</i> |
| Qi unable to transform Damp, accumulation of Dampness, Spleen Yang deficiency, occasional urinary difficulty | Water's Way <i>Wu Ling San</i> |

STOMACH

| PATTERN | FORMULA |
|--|---|
| Rebellious Qi, constrained Lung and Stomach Qi, Phlegm and Liver Qi stagnation | Augmented Plum Pit Qi <i>Ban Xia Huo Po Tang</i> |
| Food stagnation, Qi stagnation in the Middle Burner | Digestive Harmony Formula <i>Bao He Wan</i> |
| Stomach and Spleen disharmony, excess and deficiency in the Middle Burner, Cold and Heat in the Middle Burner | Drain the Middle <i>Ban Xia Xie Xin Tang</i> |
| Liver and Spleen disharmony, Liver Qi stagnation, Spleen Qi deficiency, Damp Heat in the Stomach and Intestines, Qi deficiency | Irritease <i>Tong Xie Yao Fang</i> <i>Huo Xiang Zheng Qi San</i> |
| Lung, Stomach and Kidney Qi and Yin deficiency, deficient body fluids | Jade Spring Nourishing Formula <i>Yu Quan Wan</i> |

| PATTERN | FORMULA |
|--|--|
| Liver and Gallbladder Qi stagnation, Liver invading Stomach | Liver Flow <i>Shu Gan Wan</i> |
| Food stagnation affecting the Spleen and Stomach with Damp accumulation and stagnation, rebellious Stomach Qi | Peaceful Earth <i>Kang Ning Wan</i> |
| Phlegm Heat creating disharmony between Stomach and Gallbladder, Heart and Gallbladder deficiency | Peaceful Shen <i>Wen Dan Tang</i> <i>Shi Wei Wen Dan Tang</i> |
| Liver Qi stagnation, Liver and Stomach disharmony with rebellious Qi of the Lungs and Stomach producing Phlegm | Plum Pit Qi <i>Ban Xia Hou Po Tang</i> |
| Liver Qi stagnation with the "Six Stagnations", including stagnation of Qi, Blood, Food, Heat, Dampness and Phlegm | Release Restraint <i>Yue Ju Wan</i> |
| Heat and blazing Fire lodged in the Upper Burner, Wind and Dampness accumulation in the Upper Burner | Siler and Coix Clearing Formula <i>Qing Shang Fang Feng</i> <i>Tang Jia Yi Yi Ren</i> |
| Stomach Fire, Stomach and Kidney Yin deficiency | Stomach Support <i>Qing Wei San</i> <i>Yu Nu Jian</i> |
| Liver Qi stagnation, Liver overacting on Spleen and Stomach, Damp Heat in the Lower Burner, food stagnation and accumulation | Traveler's Comfort <i>Mu Xiang Bing Lang Wan</i> |
| Rebellious Stomach Qi, stagnant Stomach Qi | Wei Te Ling <i>Wei Te Ling</i> |

WIND COLD

| PATTERN | FORMULA |
|--|--|
| Invasion of Wind Heat or Wind Cold into the Lung and Yang channels of the head | Bi Yan Pian <i>Bi Yan Pian</i> |

| WIND COLD (CONTINUED) | |
|---|--|
| PATTERN | FORMULA |
| External invasion of Wind Cold with Internal Phlegm Damp accumulation in the Upper <i>Jiao</i> , rebellious Lung Qi | Blue Green Lung Formula <i>Xiao Qing Long Tang</i> |
| Rebellious Lung Qi, Phlegm Heat accumulation in the Lungs with concurrent possible Wind Cold invasion | BreathEase <i>Ding Chuan Tang</i> |
| Phlegm with underlying Lung Heat, Lung Yin deficiency, Wind Cold or Wind Heat invasion | Calm Breath Formula <i>Ning Sou Wan</i> |
| Externally contracted Wind Cold | Cinnamon Twig Decoction <i>Gui Zhi Tang</i> |
| Defensive (<i>Wei</i>) Qi deficiency, External Wind invasion | Fragrant Jade <i>Yu Ping Feng San</i> and <i>Cang Er Zi San</i> |
| Wind Heat invading the Lung, trapped Wind Cold transforming into Heat in the Lung | Great White Lung Formula <i>Ma Xing Zhi Ke Pian</i> |
| Exterior Wind Cold invading at the <i>Tai Yang</i> stage | Kudzu Releasing Formula <i>Ge Gen Tang</i> |
| Wind Cold invasion lodged in the Lungs | Lung Qi Release <i>Zhi Sou San</i> |
| Invasion of External Wind Heat or Wind Cold lodging in the head | Subdue Head Wind <i>Chuan Xiong Cha Tiao San</i> |
| WIND COLD DAMP | |
| PATTERN | FORMULA |
| Kidney Yang deficiency, Wind Cold Damp invasion, Blood deficiency, Blood stasis, benefits sinews and bones | Angelic and Eucommia Support Formula <i>Yao Tong Pian</i> |

| PATTERN | FORMULA |
|---|--|
| External invasion of Wind Cold with Internal Phlegm Damp accumulation in the Upper <i>Jiao</i> , rebellious Lung Qi | Blue Green Lung Formula <i>Xiao Qing Long Tang</i> |
| Wind Damp (<i>Bi</i>) invasion, stagnation in the sinew layer, Cold and/or Hot invasions | Clear Channels <i>Gui Zhi Shao Yao Zhi Mu Tang</i> and <i>Si Teng Pian</i> |
| Phlegm accumulation in the Channels, Spleen Qi deficiency | Clear Dampness in the Channels <i>Qing Shi Hua Tan Tang</i> |
| Spleen Qi deficiency with Liver Qi stagnation, Blood deficiency and/or Blood stasis with Wind Heat Damp invasion | Dong Quai and Anemarrhena <i>Dang Gui Nian Tong Tang</i> |
| Qi and Blood stagnation obstructing the Channels and Collaterals | Drive Out Stasis <i>Shen Tong Zhu Yu Tang</i> |
| Qi deficiency, Wind Cold Damp invasion | Graceful Branches <i>Juan Bi Tang</i> |
| Blood stasis, stagnation of Collaterals (<i>Luo</i>) vessels | Invigorate the Collaterals <i>Huo Luo Xiao Ling Dan</i> |
| Blood stasis, Heat, Damp Heat and/or Wind accumulation | Traumease <i>Yu Nan Bai Yao</i> |
| WIND DAMP HEAT | |
| PATTERN | FORMULA |
| Wind Heat invasion, Lung Phlegm Heat, Damp Heat or Blazing Heat Fire in the Upper, Middle or Lower Burner | Antiphlogistic Formula <i>Chuan Xin Lian Kang Yan Pian</i> |
| Wind Damp (<i>Bi</i>) invasion, stagnation in the sinew layer, Cold and/or Hot invasions | Clear Channels <i>Gui Zhi Shao Yao Zhi Mu Tang</i> and <i>Si Teng Pian</i> |
| Wind Heat or Wind Damp invasion with preexisting Damp Heat | Derma Wind Release <i>Xiao Feng San</i> |

| PATTERN | FORMULA |
|--|--|
| Spleen Qi deficiency with Liver Qi stagnation, Blood deficiency and/or Blood stasis with Wind Heat Damp invasion | Dong Quai and Anemarrhena <i>Dang Gui Nian Tong Tang</i> |
| Heat and blazing Fire lodged in the Upper Burner, Wind and Dampness accumulation in the Upper Burner | Siler and Coix Clearing Formula <i>Qing Shang Fang Feng Tang Jia Yi Yi Ren</i> |

WIND HEAT

| PATTERN | FORMULA |
|---|--|
| Wind Heat invasion, Lung Phlegm Heat, Damp Heat or Blazing Heat Fire in the Upper, Middle or Lower Burner | Antiphlogistic Formula <i>Chuan Xin Lian Kang Yan Pian</i> |
| Invasion of Wind Heat or Wind Cold into the Lung and Yang channels of the head | Bi Yan Pian <i>Bi Yan Pian</i> |
| Phlegm with underlying Lung Heat, Lung Yin deficiency, Wind Cold or Wind Heat invasion | Calm Breath Formula <i>Ning Sou Wan</i> |
| Wind Heat or Wind Damp invasion with preexisting Damp Heat | Derma Wind Release <i>Xiao Feng San</i> |
| Wind Heat affecting the Wei Qi and progressing towards Qi level Heat | Gan Mao Ling <i>Gan Mao Ling</i> |
| Wind Heat invading the Lung, trapped Wind Cold transforming into Heat in the Lung | Great White Lung Formula <i>Ma Xing Zhi Ke Pian</i> |
| Phlegm Heat in the Lungs | Pinellia Dispersing Formula <i>Qing Qi Hua Tan Wan</i> |
| Heat and blazing Fire lodged in the Upper Burner, Wind and Dampness accumulation in the Upper Burner | Siler and Coix Clearing Formula <i>Qing Shang Fang Feng Tang Jia Yi Yi Ren</i> |
| Invasion of External Wind Heat or Wind Cold lodging in the head | Subdue Head Wind <i>Chuan Xiong Cha Tiao San</i> |

| PATTERN | FORMULA |
|---|---|
| Qi Level Heat (in the Four Levels system) or <i>Yang Ming</i> stage Heat (in the Six Stages system), acute exterior invasion with underlying Yin deficiency | White Tiger <i>Bai Hu Jia Ren Shen Tang</i> |
| Exterior Wind Heat invasion | Yin Qiao <i>Yin Qiao San</i> |
| Blazing Wind Heat or Fire at the Qi level, or at the <i>Yang Ming</i> Channel | Zhong Gan Ling <i>Zhong Gan Ling</i> |

YANG DEFICIENCY

| PATTERN | FORMULA |
|---|---|
| Kidney Yang deficiency, Wind Cold Damp invasion, Blood deficiency, Blood stasis, benefits sinews and bones | Angelica and Eucommia Support Formula <i>Yao Tong Pian</i> |
| Water accumulation due to Spleen Qi deficiency with Damp accumulation, Kidney Yang deficiency and/or Lung Qi deficiency | Five Peels Formula <i>Wu Pi San</i> |
| Spleen Yang deficiency, Kidney Yang deficiency, internal Cold Damp accumulation | Fire the Yang <i>Fu Zi Li Zhong Wan</i> |
| Kidney Yang deficiency, Essence deficiency, Qi or Blood deficiency | Nourish Jade Yang <i>Yu Lin Zhu Jia Ba Ji Tian Dan Shen Xiang Fu Hua Jiao</i> |
| Kidney Yang deficiency, Essence deficiency | Rehmannia Eight <i>Ba Wei Di Huang Wan</i> |
| Kidney Yang deficiency, waning Fire of the Gate of Vitality, Blood deficiency | Replenish the Right <i>You Gui Wan</i> |
| Qi, Yang and Blood deficiency with Cold accumulation | Ten Treasures <i>Shi Quan Da Bu Tang</i> |
| Kidney Yang deficiency, Spleen and Kidney Yang deficiency with occasional retention of water | True Warrior Formula <i>Zhen Wu Tang</i> |

| YANG DEFICIENCY (CONTINUED) | |
|--|---|
| PATTERN | FORMULA |
| Kidney Yin and Yang deficiency with deficient Fire ascending, Essence deficiency | Two Immortals <i>Er Xian Tang</i> |
| YIN DEFICIENCY | |
| PATTERN | FORMULA |
| Ascending Liver Yang transforming to Internal Wind with underlying Kidney Yin, Liver Yin and Blood deficiency | Anchor the Yang <i>Jiang Ya Wan</i> |
| Liver and Kidney Yin deficiency, Liver Blood deficiency, Liver Yang rising, supports healthy vision | Bright Eye Rehmannia <i>Ming Mu Di Huang Wan</i> |
| Phlegm with underlying Lung Heat, Lung Yin deficiency, Wind Cold or Wind Heat invasion | Calm Breath Formula <i>Ning Sou Wan</i> |
| Heart and Kidney Yin deficiency, restless Spirit (<i>Shen</i>), Blood deficiency | Celestial Emperor's Blend <i>Tian Wang Bu Xin Dan</i> |
| Kidney deficiency, Heart Yin and Blood deficiency, Phlegm confounding the orifice of the Heart, Liver Blood deficiency engendering Wind, disturbed Spirit, Mind and Ethereal Soul (<i>Shen</i> and <i>Hun</i>) | Clear Mind <i>Bu Nao Wan</i> |
| Kidney and Liver Yin deficiency, ascendant Liver Yang and deficiency Heat | Female Comfort <i>Kun Bao Tang</i> |
| Occasional dryness in the Intestines due to Yin, Blood and/or <i>Jin Ye</i> deficiency, Kidney deficiency | Five Seeds Formula <i>Wu Ren Wan</i> |
| Liver Yang ascending, Liver Yang transforming into Liver Wind, Liver Yin deficiency with Kidney Qi deficiency | Gastrodia and Uncaria Wind Relief <i>Tian Ma Gou Teng Yin</i> |

| PATTERN | FORMULA |
|--|---|
| Source Qi or Original Qi deficiency, Kidney Qi deficiency, Yin deficiency, Heart Qi deficiency, <i>Jin Ye</i> deficiency | Generate the Qi Formula <i>Sheng Mai San</i> |
| Yin, Blood and Qi deficiency, deficiency Heat | Ginseng and Astragalus Combination <i>Ren Shen Huang Qi San</i> |
| Kidney Yin and Essence deficiency, deficiency Heat, Kidney Yang deficiency | Graceful Transition <i>Zou Gui Yin</i> |
| Lung, Stomach and Kidney Qi and Yin deficiency, deficient body fluids | Jade Spring Nourishing Formula <i>Yu Quan Wan</i> |
| Lung Heat, Lung Yin deficiency, Kidney and Lung Qi deficiency | Li Fei Lung Support <i>Li Fei Wan</i> |
| Heart Fire, Qi and Yin deficiency, Heart and Kidney not communicating | Lotus Nourishing Formula <i>Qing Xin Lian Zi Yin</i> |
| Kidney Yin and Essence deficiency, Liver Yin deficiency, Blood deficiency | Nourish Jade Yin <i>Yang Jing Zhong Yu Tang Er Zhi Wan</i> |
| Liver Yin and Blood deficiency with stagnation | Peony and Licorice Formula <i>Shao Yao Gan Cao Tang</i> |
| Kidney and Liver Yin deficiency, Yin deficiency with deficiency Heat, Spleen deficiency | Rehmannia Six <i>Liu Wei Di Huang Wan</i> |
| Kidney Yin and <i>Jing</i> deficiency | Replenish the Left <i>Zuo Gui Yin</i> |
| <i>Zang zao</i> /Restless Organ Pattern, Heart Yin deficiency, Spleen Qi deficiency and Liver Qi constraint | Rescue Formula <i>Gan Mai Da Zao Tang</i> |
| Insubstantial Phlegm misting the Heart with underlying Blood and Yin deficiency | Rescue the Spirit <i>An Shen Ding Zhi Wan</i> |
| Liver Blood deficiency, Kidney Yin deficiency | Silken Tresses <i>Qi Bao Mei Ran Dan</i> |

| PATTERN | FORMULA |
|--|--|
| Occasional Intestinal dryness, Blood deficiency, Yin deficiency | Smooth Response <i>Run Chang Wan</i> |
| Stomach Fire, Stomach and Kidney Yin deficiency | Stomach Support <i>Qing Wei San</i> and <i>Yu Nu Jian</i> |
| Kidney Yin and Yang deficiency with deficient Fire ascending, Essence deficiency | Two Immortals <i>Er Xian Tang</i> |
| Lung and Kidney Yin deficiency | Yin Fountain <i>Mai Wei Di Huang Wan</i> |
| Liver and Heart Yin and Blood deficiency, deficiency Heat | Zizyphus Sleep Formula <i>Suan Zao Ren Tang</i> |



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THE FORMULAS

Anchor the Yang

Jiang Ya Wan

Ascending Liver Yang transforming to Internal Wind with underlying Kidney Yin, Liver Yin and Blood deficiency

INGREDIENTS

| | | |
|----------------------------------|------------------------------|-----------------------|
| Chinese motherwort fruit | Leonuri fructus | <i>Chong wei zi</i> |
| Achyranthes root | Achyranthis bidentatae radix | <i>Huai niu xi</i> |
| Raw Rehmannia root | Rehmanniae radix | <i>Sheng di huang</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| White peony root | Paoniae alba radix | <i>Bai shao</i> |
| Gambir stem branch and twig | Uncariae ramulus cum uncis | <i>Gou teng</i> |
| Sichuan lovage rhizome | Ligustici wallichii rhizoma | <i>Chuan xiong</i> |
| Tree peony root bark | Moutan cortex | <i>Mu dan pi</i> |
| Sandalwood | Santali albi lignum | <i>Tan xiang</i> |
| Prunella fruit spike | Prunellae spica | <i>Xia ku cao</i> |
| Chinese rhubarb rhizome and root | Rhei radix et rhizoma | <i>Da huang</i> |
| Gastrodia rhizome | Gastrodiae rhizoma | <i>Tian ma</i> |
| Coptis rhizome | Coptidis rhizoma | <i>Huang lian</i> |
| Amber resin | Succinum resin | <i>Hu po</i> |
| Abalone shell | Haliotidis concha | <i>Shi jue ming</i> |
| Chrysanthemum flower | Chrysanthemi flos | <i>Ju hua</i> |

Anchor the Yang addresses rising excess Heat and/or Internal Wind patterns. These patterns most often occur when Kidney Yin is deficient and is failing to nourish the Liver, leading to Liver Yin deficiency and ascending Liver Yang. Over time, the vigorous Heat generated from the ascending Yang will produce Wind, rising to the head and with occasional dizziness, head pressure, stiff neck and red face, denoting an excess nature. There will be a red tongue and excess pulse, with a slight manifestation of Blood or Yin deficiency signs.

Anchor the Yang subdues ascendant Liver Yang, clears Heat, cools the Liver and tonifies and invigorates the Blood. Several herbs directly clear and cool excess Heat. Chinese motherwort fruit clears Heat, regulates Blood, breaks up stasis, and cools the Liver. Tree peony root bark and Chinese rhubarb rhizome and root clear Heat and Fire, and invigorate the Blood. Prunella fruit spike clears Liver Fire Blazing upward and disperses clumps. Coptis rhizome and Abalone shell further assist by draining Fire, with Coptis rhizome also relieving blazing Fire and Abalone shell calming ascendant Liver Yang.

Gambir stem branch and twig drains Liver Heat and extinguishes Wind, especially patterns of Liver Heat with internal stirring of Liver Wind. Gastrodia rhizome cools and calms the Liver,



CHINESE HERBAL ACTIONS

Clears Heat from excess Yang, extinguishes Internal Wind, subdues Liver Yang, supports Blood circulation, tonifies Blood and Yin, calms the *Shen*.

PHYSICAL INDICATIONS

- Supports a healthy neurological system.
- Supports a healthy cardiovascular system.
- Supports emotional wellbeing.
- Supports healthy blood pressure.
- Occasional red face and stiff neck.
- Occasional irritability.

subdues Wind and addresses Wind Phlegm patterns. Chrysanthemum flower disperses Wind, clears Heat and cools and tonifies the Liver.

Raw Rehmannia root clears Heat and cools the Blood, nourishes the Yin, and generates fluids. Dong quai root tonifies and invigorates the Blood, and White peony root tonifies Blood, nourishes the Yin, extinguishes Wind, and breaks up stagnation. It replaces Donkey hide gelatin which is on the CITES list for endangered species. All together, these herbs tonify and nourish Blood and Yin and provide an essential action to relieve Heat and cool the Blood.

Achyranthes root invigorates Blood, dispels Blood stasis and directs Fire downward. Amber resin settles and calms the *Shen* and moves the Blood. Sichuan lovage rhizome and Sandalwood invigorate Blood, promote the movement of Qi, and break up stagnation. Sichuan lovage rhizome expels Wind. Sandalwood replaces Aquilaria, which is found in the original formula, and is no longer available due to regulatory restrictions.

Anchor the Yang addresses ascendant Liver Yang transforming into internal Wind and underlying Blood deficiency. **Gastrodia and Uncaria Wind Relief** also addresses ascendant Liver Yang, but with a stronger focus on anchoring Liver Yang rising, and less of a focus on the underlying Blood deficiency.

ORIGINS AND DEVELOPMENT

Anchor the Yang is a modern formula (within the last 50 years).



ORGANS

Liver, Heart.

ELEMENTS

Wood, Fire.

PULSE

Rapid, forceful, flooding.

TONGUE

Red body and sides, may be deviated, trembling or stiff, possible greasy coating or dry.

COMPLEMENTARY ACUPUNCTURE POINTS

Liver 2 and 3, Large Intestine 4 and 11, Governing Vessel 20, Stomach 36, Gallbladder 43, Triple Warmer 5.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during pregnancy.
- Recommended for excess Yang cases only.
- Do not use during an exterior invasion, especially Wind Cold.

Angelica and Eucommia Support Formula

Yao Tong Pian

Kidney Yang deficiency, Wind Cold Damp invasion, Blood deficiency, Blood stasis, benefits sinews and bones

INGREDIENTS

| | | |
|--------------------------------|------------------------------------|----------------------|
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Eucommia bark | Eucommiae cortex | <i>Du zhong</i> |
| White atractylodes rhizome | Atractylodis macrocephalae rhizoma | <i>Bai zhu</i> |
| Psoralea fruit | Psoraleae fructus | <i>Bu gu zhi</i> |
| Achyranthes root | Achyranthis bidentatae radix | <i>Huai niu xi</i> |
| Chinese dodder seed | Cuscutae semen | <i>Tu si zi</i> |
| Sichuan teasel root | Dipsaci radix | <i>Xu duan</i> |
| Chinese quince fruit | Chaenomelis fructus | <i>Mu gua</i> |
| Frankincense resin | Olibanum gummi | <i>Ru xiang</i> |
| Pubescent angelica root | Angelicae pubescentis radix | <i>Du huo</i> |
| Notopterygium root and rhizome | Notopterygii radix et rhizoma | <i>Qiang huo</i> |
| Chinese cinnamon twig | Cinnamomi ramulus | <i>Gui zhi</i> |

Angelica and Eucommia Support Formula was originally created to address stagnation in the low back due to deficiency of Kidney Yang. It has been modified to broaden the scope, including instances of concurrent *Bi* pattern: Wind, Damp or Cold invasion.

This formula warms and disperses, while supplementing Kidney Yang, providing the support needed to gradually return suppleness and a healthy warmth to the low back and joints. This counters the chill that may have settled in these areas, especially in the winter months, or during the passage of many years. **Angelica and Eucommia Support Formula** focuses not only on supporting Kidney Yang, but also on nourishing the Blood, removing Cold and Damp to warm the channels and eliminate Blood stasis. Additionally, it strengthens the Liver, sinews and bones to support the suppleness of limbs and joints. It is moderate enough to be used safely for long periods of time as a general tonic, and is also excellent support for the elderly.

The chief herb in this formula, Dong quai root, tonifies and invigorates the Blood while dispersing Cold. Eucommia bark tonifies the Liver and Kidneys, benefits sinews and bones, aids in promoting the smooth flow of Qi and Blood, and calms Liver Yang rising. Sichuan teasel root tonifies the Liver and Kidneys, invigorates Blood, breaks up stagnation, supports healthy sinews and bones, strengthens low back and knees, and addresses occasional stiffness in the joints and weakness in the legs from Liver and Kidney deficiency. Achyranthes root invigorates Blood, dispels Blood stasis, tonifies Liver and Kidneys, and strengthens the sinews and bones, working in concert with Eucommia bark.



CHINESE HERBAL ACTIONS

Supplements Kidney Yang, disperses Wind Cold Damp invasion, nourishes Blood, warms the channels and disperses Blood stasis.

PHYSICAL INDICATIONS

- Supports healthy sinews and bones.
- Occasional low back and knee weakness.
- Occasional slow gait or stiffness in the lumbar area.
- Occasional weakened tendons due to overwork or exercise.
- Excellent for the elderly.



Chinese dodder seed tonifies the Yang, augments the Yin, and secures the Essence. Psoralea fruit warmly tonifies Kidney and Spleen, fortifies the Yang, and stabilizes the Essence. White atractylodes rhizome strengthens the Spleen and dries Dampness.

Of the herbs added to address Cold Damp invasion, Notopterygium root and rhizome and Pubescent angelica root disperse Cold, unblock Obstruction, and alleviate stagnation, while Chinese quince fruit and Frankincense resin both relax the sinews and unblock the channels. Chinese quince fruit also transforms Dampness, and Frankincense resin invigorates the Blood and alleviates stagnation. Chinese cinnamon twig warms the channels and disperses Cold.

All of the herbs from the classical formula were retained, with the exception of Cibotium rhizome (*Gou Ji*), which is not available due to federal regulatory restrictions and is replaced with Chinese dodder seed; both herbs tonify the Kidneys and Liver. Cibotium expels Wind and Damp, while Chinese dodder seed tonifies Yang and Yin to deeply nourish the Root, making it an excellent substitution.

Combine with **Four Substances** to address stronger underlying Blood deficiency. Combine with **Invigorate Stasis** or **Invigorate the Collaterals** for stronger invigoration of Blood stasis.

ORIGINS AND DEVELOPMENT

Yao Tong Pian.

ORGANS

Kidney, Liver.

ELEMENTS

Water, Wood.

PULSE

Fine, wiry and possibly choppy.

TONGUE

Pale, purple, thin, white, possibly wet coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Urinary Bladder 11, 23, 52, 62,
40, Kidney 3, Small Intestine 3, 4,
Conception Vessel 4.

CAUTIONS AND CONTRAINDICATIONS

- Due to the Yang-warming nature of this formula, it may not be appropriate for Kidney Yin deficiency with Heat signs.
- Use with caution during pregnancy.

Angelica Restorative Formula

Dang Gui Pian

Blood deficiency with Blood stasis

INGREDIENTS

| | | |
|----------------------------|------------------------------------|----------------------|
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Spatholobus stem | Spatholobi caulis | <i>Ji xue teng</i> |
| White atractylodes rhizome | Atractylodis macrocephalae rhizoma | <i>Bai zhu</i> |
| Sichuan lovage rhizome | Ligustici wallichii rhizoma | <i>Chuan xiong</i> |
| Red jujube fruit | Jujubae fructus | <i>Hong zao</i> |

Angelica Restorative Formula is a modern formula. It is an excellent broad-based formula for any pattern with concurrent Blood deficiency and stasis. Although it should be taken from one to three months for maximum benefit, it will work expediently to relieve Blood deficiency patterns.

Several herbs that supplement Blood are found in this formula. Dong quai root, the chief herb, is used to tonify and invigorate the Blood, support healthy menstruation and relieve stagnation. Sichuan lovage rhizome tonifies Blood, supports healthy menses and helps relieve discomfort by circulating Qi and moving the Blood. Spatholobus stem enhances and supports the actions of Dong quai root and Sichuan lovage rhizome. It tonifies and invigorates Blood, invigorates the channels and relaxes the sinews. White atractylodes rhizome and Red jujube fruit supplement the Spleen, nourish the Blood and augment Qi.

Combine with **Celestial Emperor's Blend** for occasional anxiety due to underlying Blood and Yin deficiency. Combine with **Shen Ling Spleen Support** for Spleen Qi deficiency with underlying Blood deficiency. Combine with **Free and Easy Wanderer** for occasional stress and Liver stagnation with underlying Blood deficiency.

ORIGINS AND DEVELOPMENT

Angelica Restorative Formula (*Dang Gui Pian*) is a modern formula based on **Four Substances** (*Si Wu Tang*). It was first recorded in the *Imperial Grace Formulary of the Tai Ping Era* (*Tai Ping Hui Min He Ji Ju Fang*) written in 1075. It was also used intensively by Zhu Dan-Xi and Fu Qing-Xu as the basis for many gynecological formulas. Dr. Zhu Dan-Xi considered **Four Substances** to be the primary formula for all blood-related disharmonies. In his famous text, *Heartfelt Method of Dan-Xi's Method* (*Dan Xi Xin Fu Xin Yao*), all formulas listed for menstrual disharmonies are modifications of **Four Substances**.



CHINESE HERBAL ACTIONS

Nourishes and circulates Blood, supplements Qi.

PHYSICAL INDICATIONS

- Supports healthy blood circulation.
- Supports overall health and wellbeing.
- Supports healthy menstruation.
- For any pattern with concurrent Blood deficiency and stasis.
- Occasional dizziness.
- Occasional fatigue.
- Occasional night sweats.
- Occasional cold extremities.

ORGANS

Liver, Spleen.

ELEMENTS

Wood, Earth.

PULSE

Empty, forceless, thready, hollow.

TONGUE

Pale, possibly swollen, may also be damp with a white coating.

COMPLEMENTARY ACUPUNCTURE POINTS

Urinary Bladder 17, 20, Conception Vessel 4, Spleen 6, 4, Pericardium 6, Stomach 36.

CAUTIONS AND CONTRAINDICATIONS

- Take with caution when menstruating.

Antiphlogistic Formula

Chuan Xin Lian Kang Yan Pian

Wind Heat invasion, Lung Phlegm Heat, Damp Heat or Blazing Heat Fire in the Upper, Middle or Lower Burner

INGREDIENTS

| | | |
|-------------------|--------------------|-----------------------|
| Andrographis herb | Andrographis herba | <i>Chuan xin lian</i> |
| Isatis root | Isatidis radix | <i>Ban lan gen</i> |
| Dandelion herb | Taraxaci herba | <i>Pu gong ying</i> |

Antiphlogistic Formula is a modern formula based on the empirical use of individual herbs used classically. It is indicated for Blazing Heat, especially when temporary Heat is stagnating in the head, throat, lung, skin, digestive or urinary system.

Antiphlogistic Formula clears Heat and blazing Fire as it occurs in the Upper, Middle and Lower Burners. The chief herb, Andrographis root, is extremely bitter and cold. It is strong enough to use alone, as it is very good at clearing Heat from all areas of the body. It also dries Damp and resolves blazing Fire, especially when expressed in the skin. Andrographis herb is supported by Isatis root and Dandelion herb. Isatis root is also bitter and cold. It drains Heat and resolves blazing Fire, particularly when it acts upon the Upper Burner. Dandelion herb is bitter, sweet and cold. It clears Heat and softens accumulations. Its actions are useful when Heat collects in the Upper and Lower Burners.

Antiphlogistic Formula can easily be added to other formulas to enhance their Heat or Fire clearing effect. By combining **Antiphlogistic Formula** and a complementary formula, the Heat clearing properties can be guided to any of the Three Burners, such as:

- Combine with **Initial Defense, Yin Qiao, Gan Mao Ling** or **Zhong Gan Ling** for Wind Heat.
- Combine with **White Tiger** to strongly clear Heat from the Interior with Qi level Heat.
- Combine with **Pinellia Dispersing Formula** to strongly clear Phlegm Heat from the Lungs.
- Combine with **Derma Wind Release** or **Colorful Phoenix Pearl Combination** to clear Heat and Fire from the skin.
- Combine with **Quell Fire**, from the Kan Herbs line, to strongly clear Damp Heat with blazing Fire from the Liver and Gallbladder. (This is a strong combination and should only be given short-term.)
- Combine with **Traveler's Comfort** to clear Heat and Fire from the digestive system.
- Combine with **Relieving Formula** or **Water's Way** to clear Damp Heat from the Urinary Bladder.



CHINESE HERBAL ACTIONS

Clears Lung Heat, cools the Blood, clears Damp Heat or Blazing Heat/Fire in the Upper, Middle or Lower Burner.

PHYSICAL INDICATIONS

- Patterns associated with Heat or Damp Heat in the Three Burners.
- Temporary Heat stagnation lodged in the throat or head.
- Supports oral health.
- Supports healthy Lung function.
- Supports healthy nasal passages.
- Occasional loose bowels.
- Damp Heat lodged in the digestive or elimination system.

- Combine with **Minor Bupleurum** for Damp Heat in the *Shao Yang* channels.
- Combine with **CoptiDetox** for Damp Heat in the digestive system.

ORIGINS AND DEVELOPMENT

Antiphlogistic Formula is based on *Chuan Xin Lian Kang Yan Pian*, a modern formula based on empirical use of individual herbs.



ORGANS

Lung, Stomach.

ELEMENTS

Metal, Earth.

PULSE

Rapid, forceful, slippery.

TONGUE

Red with a greasy, yellow coating.

COMPLEMENTARY ACUPUNCTURE POINTS

Triple Burner 5, Lung 5, 7, 10,
Gallbladder 43, Large Intestine 4,
11, Governor Vessel 14, Kidney 6.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during pregnancy.
- Use only for a short duration.

Ascending Clarity

Ban Xia Bai Zhu Tian Ma Tang

Internal Wind Phlegm due to Spleen Qi deficiency and Phlegm obstructing the head

INGREDIENTS

| | | |
|-----------------------------------|------------------------------------|----------------------|
| White atractylodes rhizome | Atractylodis macrocephalae rhizoma | <i>Bai zhu</i> |
| Ginger cured Pinellia rhizome | Pinelliae praeparata rhizoma | <i>Jiang ban xia</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Red tangerine peel | Citri rubrum exocarpium | <i>Ju hong</i> |
| Gastrodia rhizome | Gastrodiae rhizoma | <i>Tian ma</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |
| Red jujube fruit | Jujubae fructus | <i>Hong zao</i> |
| Ginger rhizome | Zingiberis rhizoma | <i>Gan jiang</i> |

Ascending Clarity is a faithful rendition of Pinellia, Atractylodes and Gastrodia Decoction (*Ban Xia Bai Zhu Tian Ma Tang*). This superb formulation addresses Wind Phlegm conditions due to Spleen deficiency. It is used specifically for resolving turbid Phlegm lodged in the head. An occasional heavy-headed sensation, or a cloudy feeling with difficulty thinking or concentrating are manifestations of this pattern. If the pattern is more pronounced, then the obstructive quality of Phlegm can also cloud the sensory orifices.

Overwork, stress, poor diet and excessive indulgence in rich foods damage the Spleen and Stomach's task of transforming foods into Nutritive (*Ying*) Qi. Dampness occurs when the Spleen is no longer capable of effectively performing its function of regulating fluids, resulting in the eventual development of Phlegm. Accumulation of Phlegm obstructs the natural downward flow of Qi, leading to rebellious Qi and preventing the Clear Yang from ascending. A weak Spleen also gives way to Liver Qi ascending as internal Wind, carrying Phlegm along the Lesser-Yang Gallbladder and Triple Burner channels to the head. **Ascending Clarity** addresses this complex, entangled pattern by strengthening the Spleen, drying Dampness, transforming Phlegm and extinguishing internal Wind.

This formula's emperor herbs are Ginger cured Pinellia rhizome and Gastrodia rhizome. Ginger cured Pinellia rhizome dries Dampness, transforms Phlegm and directs rebellious Qi downward, while Gastrodia rhizome calms the Liver and subdues Wind. Together they address the manifestations of Spleen deficiency which has failed in its function of transporting and transforming foods and fluids, and they effectively transform Wind Phlegm. Additionally, the synergistic actions of Ginger cured Pinellia rhizome, with Red tangerine peel, White atractylodes rhizome and Poria are a potent combination for drying Dampness and transforming Phlegm. White atractylodes rhizome also works in concert with Red jujube fruit, Chinese licorice root and rhizome and Ginger rhizome to tonify the Spleen and support the Middle Burner. As



CHINESE HERBAL ACTIONS

Transforms Wind Phlegm due to Spleen deficiency, extinguishes Liver Wind, strengthens Spleen, dries Dampness.

PHYSICAL INDICATIONS

- Supports healthy cardiovascular function.
- Supports a healthy nervous system.
- Supports a healthy cognitive system.
- Occasional dizziness.
- Occasional dull head pressure.
- Opens the lung, transforms Phlegm.
- Occasional digestive disharmony.

Dampness is dispelled and Phlegm resolved, Internal Wind is subdued, equilibrium is stabilized and the veil created by Phlegm is lifted, restoring mental clarity.

Ascending Clarity clears excess Phlegm and Wind from the Head, with an underlying Spleen deficiency, while **Clear Mind** addresses an underlying Kidney and Essence deficiency that causes a clouding of the Heart Mind, and **Celestial Emperor's Blend** addresses an underlying Kidney and Heart Yin deficiency that causes overall dryness and *Shen* restlessness.

Combine with **Shen Ling Spleen Support** to further support the Spleen and drain Dampness.

ORIGINS AND DEVELOPMENT

Ascending Clarity, known traditionally as Pinellia, Atractylodes and Gastrodia Decoction (*Ban Xia Bai Zhu Tian Ma Tang*) and found in *Medical Revelations (Yi xue xin wu)*, is a variation of Two-Cured Decoction (*Er Chen Tang*).



ORGAN

Spleen.

ELEMENT

Earth.

PULSE

Slippery and wiry.

TONGUE

Swollen with teeth marks and a white sticky coating, shaky.

COMPLEMENTARY ACUPUNCTURE POINTS

Spleen 3, 6, 9, Stomach 8, 36, 40, 41, Large Intestine 4, Liver 2, *Ren* 9, 12, *Du* 20, 23, *Yintang*, Bladder 20, 21, Kidney 3.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated for patterns due to ascending Liver Yang
- Contraindicated for patterns due to Blood deficiency.

Augmented Four Substances

Tao Hong Si Wu Tang

Liver and Heart Blood deficiency and Blood stasis

INGREDIENTS

| | | |
|-----------------------------|-----------------------------|---------------------------|
| Chinese red peony root | Paeoniae rubra radix | <i>Chi shao</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Prepared Rehmannia root | Rehmanniae praeparata radix | <i>Shu di huang</i> |
| Dry fried peeled Peach seed | Pinelliae praeparata semen | <i>Guang chao tao ren</i> |
| Sichuan lovage rhizome | Ligustici wallichii rhizoma | <i>Chuan xiong</i> |
| Carthamus flower | Carthami flos | <i>Hong hua</i> |

Augmented Four Substances is a faithful rendition of Four Substance Decoction with Safflower and Peach Pit (*Tao Hong Si Wu Tang*). It is used traditionally to support a healthy condition and flow of Blood, to nourish Blood and to vigorously move both Qi and Blood. In this classical variation, Carthamus flower and dry fried peeled Peach seed were added to enhance the moving qualities of the four original herbs to address stagnation of Blood and Qi. This formula is appropriate for both men and women when the flow of Blood and Qi is impeded.

Prepared Rehmannia root and Chinese red peony root are said to be “Blood of the Blood” herbs that are entirely Yin in nature and only nourish the Blood. Prepared Rehmannia root has a very strong tonifying effect on the Liver and Kidneys, and Chinese red peony root tonifies Blood and preserves the Yin. Together they nourish the Blood and support a regular cycle that flows smoothly. The Heart’s Blood is also nourished, helping to relieve occasional feelings of depression, jumpiness, irritability, anxiety, and forgetfulness.

Because these two herbs are rich and potentially cloying, herbs that move the Blood balance this formula well. Dong quai root activates the Qi in the Blood, nourishes and moves Blood, moistens the Intestines and harmonizes Liver and Kidney. Sichuan lovage rhizome invigorates Blood and promotes the movement of Qi. Dry fried peeled Peach seed and Carthamus flower, added to the base formula, break up congealed Blood.

Combine with **Fire the Yang** or **Arouse Vigor** for underlying Spleen Yang deficiency. Combine with **Shen Ling Spleen Support** or **Six Gentlemen** for Spleen Qi deficiency.

ORIGINS AND DEVELOPMENT

This classical formula is a variation of *Si Wu Tang*, **Four Substances** or Soup of Four Things, found in the *Imperial Grace Formulary of the Tai Ping Era (Tai Ping Hui Min He Ji Ju Fang)* which was compiled during the Song Dynasty between 982 and 992 A.D. Recorded by Dr. Chen Shi-Wen in the classic Song Dynasty 14 (1151 A.D.), **Four Substances** is Chinese herbology’s basic formula used to tonify the Blood. In the ninth volume of his book, Dr. Chen recommends this



CHINESE HERBAL ACTIONS

Nourishes the Blood, tonifies the Liver and Kidneys, moves Qi and Blood, regulates the Liver.

PHYSICAL INDICATIONS

- Supports and regulates healthy menstruation.
- Supports healthy blood circulation.
- Supports emotional wellbeing.
- Supports healthy gastrointestinal function.
- Relieves occasional menstrual discomfort.
- Occasional muscle tension.
- Occasional dizziness.

herbal formula be used for deficiency to the Penetrating (*Chong Mai*) and Conception (*Ren Mai*) Vessels. Four Substance Decoction with Safflower and Peach Pit (*Tao Hong Si Wu Tang*) comes from the *Golden Mirror* (*Yi Zong Ji Jian*).



ORGANS

Liver, Heart.

ELEMENTS

Wood, Fire.

PULSE

May vary from deficient, empty, weak, thin and wiry, or choppy and wiry if stagnation predominates.

TONGUE

May vary between pale to normal to dark and purple depending on the amount of deficiency versus stagnation.

COMPLEMENTARY ACUPUNCTURE POINTS

Formulas such as this one may be more effective than acupuncture. However, acupuncture is quite effective in helping to move stagnant Qi. Acupuncture points that might be considered in addressing this pattern include (among others): Liver 3, 8, Spleen 6, 8 and 10, Conception Vessel 3, Stomach 29, Gallbladder 41.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during pregnancy.
- Use caution during menstruation.
- Use caution with preexisting internal Dampness.

Augmented Plum Pit Qi

Ban Xia Huo Po Tang

Rebellious Qi, Phlegm and Liver Qi stagnation, constrained Lung and Stomach Qi

INGREDIENTS

| | | |
|-------------------------------------|--------------------------------------|---------------------|
| Licorice cured Pinellia rhizome | Pinelliae praeparata rhizoma | <i>Fa ban xia</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Magnolia bark | Magnoliae officinalis cortex | <i>Hou po</i> |
| Ginger rhizome | Zingiberis rhizoma | <i>Gan jiang</i> |
| Perilla leaf | Perillae folium | <i>Zi su ye</i> |
| Polygala root | Polygalae radix | <i>Yuan zhi</i> |
| Bupleurum root | Bupleuri radix | <i>Chai hu</i> |
| Turmeric root tuber | Curcuma radix | <i>Yu jin</i> |
| Prepared Cyperus rhizome | Cyperus praeparata rhizoma | <i>Zhi xiang fu</i> |
| Tangerine dried rind of green fruit | Citri reticulatae pericarpium viride | <i>Qing pi</i> |

Augmented Plum Pit Qi contains all of the herbs of Pinellia and Magnolia Bark Decoction, with the addition of five herbs, all classical modifications of the base formula. In the classical text, this formula name refers to a sensation like if the “pit of a plum” is stuck in the throat, that cannot be cleared or swallowed. **Augmented Plum Pit Qi** addresses a pattern where the stagnation of Qi and formation of Phlegm are mutually reinforcing. Obstruction of the Qi dynamic that is centered on the downward directing function of the Lungs and Stomach causes fluid stagnation that transforms into Phlegm and which in turn inhibits the ascent of clear Yang.

Augmented Plum Pit Qi is more focused on moving Liver Qi stagnation than the original base formula.

Over a long period of time, unexpressed emotions damage the *Shen* and impede the harmonious interaction of internal organs — both their functionality and their normal directions of movement. Qi stagnates and the Stomach and Lungs are unable to move energy downward. When rebellious Qi rises, fluids are not properly transformed and transported, leading to the accumulation of Phlegm in the throat and chest.

Augmented Plum Pit Qi moves stagnant Qi, transforms Phlegm and accumulation, redirects rebellious Qi downward, harmonizes the Middle Burner and soothes the emotions.

Licorice cured Pinellia rhizome transforms Phlegm, dissipates accumulations, directs the rebellious Qi downward and harmonizes the Stomach. Magnolia bark and Perilla leaf dissipate accumulations and promote the downward movement of rebellious Qi. Poria leaches out Dampness and assists licorice cured Pinellia rhizome in transforming Phlegm. Ginger rhizome harmonizes the Stomach.



CHINESE HERBAL ACTIONS

Promotes downward movement of Qi, transforms Phlegm and accumulation, moves Liver Qi, harmonizes the Stomach, calms the *Shen*.

PHYSICAL INDICATIONS

- Supports healthy digestion.
- Supports a healthy throat.
- Supports emotional wellbeing.
- Supports a healthy water metabolism.
- Occasional anxiety, depressed mood or insomnia, especially when accompanied by abdominal discomfort and bloating or nausea.
- Occasional stifling sensation in the chest or hypochondriac region.
- Occasional irregular menstruation.



Four herbs have been added to the classical formula to further reduce stagnant Qi: Bupleurum root, prepared Cyperus rhizome, Tangerine dried rind of green fruit and Turmeric root tuber. Bupleurum root assists in reducing stagnant Qi by clearing Heat and adjusting Liver Qi, thereby playing a crucial role in ensuring that this formula enters the Liver meridian. Prepared Cyperus rhizome circulates Qi and helps reduce constrained or stagnant Liver Qi, while Tangerine dried rind of green fruit and Turmeric root tuber further move Qi. Turmeric root tuber also clears Phlegm obstructing the Heart orifice, and is frequently paired with Bupleurum root when the free flow of Liver Qi is constrained. Finally, Polygala root has been added to help calm the *Shen* by facilitating the movement of Qi, particularly in the Heart, and to reduce occasional anxiety, restlessness and insomnia.

Ascending Clarity, Plum Pit Qi, Peaceful Shen and Clear Mind, and Lucid Channel from the Kan Herbals line also address Phlegm patterns. **Ascending Clarity** addresses a pattern of Spleen Qi deficiency that is generating Phlegm and Wind obstructing the head. **Plum Pit Qi** addresses Liver Qi stagnation, rebellious Stomach and Lung Qi and Phlegm rising to obstruct the throat. **Peaceful Shen** addresses Gallbladder and Stomach disharmony, Phlegm Heat rising upward and Heart and Gallbladder deficiency. **Clear Mind** addresses a pattern of Kidney and Heart Yin deficiency combined with Liver and Heart Blood deficiency with simultaneous Phlegm clouding the Brain orifice. **Lucid Channel** addresses a pattern of generalized Phlegm accumulation while also supporting Spleen Qi.

ORIGINS AND DEVELOPMENT

Pinellia and Magnolia Bark Decoction (*Ban Xia Hou Po Tang*) is a classical formula first discussed in *Essentials from the Golden Cabinet (Jin Gui Yao Lue)*, which dates back to the later Han Dynasty.

ORGANS

Liver, Lung, Stomach, Heart.

ELEMENTS

Wood, Metal, Earth, Fire.

PULSE

Wiry and slippery, or wiry and slow.

TONGUE

Moist or greasy white coat that may be thick.

COMPLEMENTARY ACUPUNCTURE POINTS

Stomach 36, 40, Large Intestine 4,
Ren 4, 6, 12, 15, 17, Pericardium
6, Heart 7, Lung 7, Spleen 4, 6, 9,
Kidney 6.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated for individuals who present with a flushed face, bitter taste in the mouth and a red tongue with little coating.
- Contraindicated during pregnancy.
- Contraindicated for individuals with Yin deficiency or Dryness patterns.

Bi Yan Pian

Bi Yan Pian

Invasion of Wind Heat or Wind Cold into the Lung and Yang channels of the head

INGREDIENTS

| | | |
|-----------------------------------|-------------------------------|-------------------|
| Xanthium fruit | Xanthii fructus | <i>Cang er zi</i> |
| Magnolia flower | Magnoliae flos | <i>Xin yi hua</i> |
| Phellodendron bark | Phellodendri cortex | <i>Huang bai</i> |
| Forsythia fruit | Forsythiae fructus | <i>Lian qiao</i> |
| Fragrant angelica root | Angelicae dahuricae radix | <i>Bai zhi</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |
| Chrysanthemum flower | Chrysanthemi flos | <i>Ju hua</i> |
| Siler root | Saposhnikovia radix | <i>Fang feng</i> |
| Platycodon root | Platycodonis radix | <i>Jie geng</i> |
| Schizonepeta herb | Schizonepetae herba | <i>Jing jie</i> |
| Schisandra fruit | Schisandrae chinensis fructus | <i>Wu wei zi</i> |
| Anemarrhena rhizome | Anemarrhenae rhizoma | <i>Zhi mu</i> |

Bi Yan Pian is a modern formulation designed for Wind Heat or Wind Cold invasions. When External Wind invades through the body's Exterior, it hampers the Lung Qi's dispersing and descending function in the nasal passages. **Bi Yan Pian** combines Wind expelling, Heat clearing and aromatic ingredients to open the nasal passages and the sensory orifices, transforming Phlegm.

The two chief ingredients Xanthium fruit and Magnolia flower open the nasal passages, expel Wind and Dampness and direct the formula to the sinus regions. Magnolia flower dispels Wind Cold, and Phellodendron bark drains Damp Heat. Forsythia fruit clears externally contracted Wind Heat, while Anemarrhena rhizome clears internal Heat from the Lungs and Stomach and drains Fire. Chrysanthemum flower further supports the formula's actions of dispersing Wind and clearing Heat.

Fragrant angelica root releases the Exterior, opens the orifices, especially the nose, dries Dampness and expels Wind Cold. Schizonepeta herb and Siler root dispel Wind and open the sinuses, while Schisandra fruit consolidates Lung Qi and nourishes the Kidneys. Platycodon root opens up and disseminates Lung Qi, transforms Phlegm, benefits the throat, and directs the formula to the upper body. Chinese licorice root and rhizome aids in clearing Heat in the Middle Burner, supplements the Qi and harmonizes the formula.

It may be appropriate to combine **Bi Yan Pian** with other formulas such as **Dispel Invasion** from the Kan Herbs line, **Yin Qiao** or **Gan Mao Ling** to augment Wind Heat clearing functions.



CHINESE HERBAL ACTIONS

Disperses Wind Heat or Wind Cold, opens up the nasal passages.

PHYSICAL INDICATIONS

- Supports healthy sinuses.
- Supports healthy nasal passages.
- Wind Heat or Wind Cold invasion.

Bi Yan Pian can be supported with formulas which address patterns of imbalance such as Lung, Kidney or Spleen deficiency, Liver Qi stagnation or the ever critical vitality of the Defensive (*Wei*) Qi. Examples would be **Jade Windscreen** or **Blue Green Lung Formula**.

ORIGINS AND DEVELOPMENT

Bi Yan Pian is a modern formula based on classical formulas such as Xanthium Powder (*Cang Er Zi San*) from *Formulas to Aid the Living (Ji Sheng Fang)* written by Yan Yong-He in 1253, and Magnolia Flower Powder from the same text.



ORGANS

Lung, Stomach.

ELEMENTS

Metal, Earth.

PULSE.

Superficial, rapid or slow, slippery.

TONGUE

Possibly red with a greasy, yellow or white coating.

COMPLEMENTARY ACUPUNCTURE POINTS

Stomach 2, *Bitong*, *Yintang*, Large Intestine 4, 11, 20, Lung 7, Stomach 40, 44, Triple Burner 5, Gallbladder 41, Lung 10.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during pregnancy.

Blue Green Lung Formula

Xiao Qing Long Tang

External invasion of Wind Cold with Internal Phlegm Damp accumulation in the Upper *Jiao*, rebellious Lung Qi

INGREDIENTS

| | | |
|---|--|----------------------|
| Ginger rhizome | Zingiberis rhizoma | <i>Gan jiang</i> |
| Apricot seed | Armeniaca amarum semen | <i>Xing ren</i> |
| White peony root | Paeoniae alba radix | <i>Bai shao</i> |
| Ginger cured Pinellia rhizome | Pinelliae praeparata rhizoma | <i>Jiang ban xia</i> |
| Schisandra fruit | Schisandrae chinensis fructus | <i>Wu wei zi</i> |
| Chinese cinnamon twig | Cinnamomi ramulus | <i>Gui zhi</i> |
| Honey fried Chinese licorice root and rhizome | Glycyrrhizae praeparata cum mel radix et rhizoma | <i>Zhi gan cao</i> |
| Perilla leaf | Perillae folium | <i>Zi su ye</i> |
| Perilla fruit | Perillae fructus | <i>Zi su zi</i> |

Blue Green Lung Formula is an adaptation of a famous classical Chinese formula, Minor Blue Green Dragon Decoction (*Xiao Qing Long Tang*), used for over a millennia. It is the classic formula for transforming Phlegm and expelling external invasions. The great strength of **Blue Green Lung Formula** is its combination of Exterior releasing, internally strengthening and Dampness resolving herbs which work synergistically to descend rebellious Lung Qi, transform Phlegm, warm and stabilize the Lungs and disperse Wind Cold.

The Lungs govern the Qi and the body's Exterior and regulate the Water pathways. When the Lung Qi is weakened by a Wind Cold invasion in a person already manifesting deficient Lung and Spleen Qi, the dispersing of Qi becomes even weaker, leading to stagnant Qi, body fluid stagnation and accumulation. **Blue Green Lung Formula** releases an exterior Wind Cold invasion, warms the Lungs and transforms Phlegm.

Ginger rhizome, the chief herb, warms the Interior, transforms Phlegm and helps to release the Exterior. Ginger rhizome also warms the Spleen, which, in a deficient state, is the primary cause of Phlegm. Ephedra, no longer available in commerce, releases the Exterior, disseminates and facilitates Lung Qi moving downward. It has been replaced by Perilla fruit, which unbinds the chest, transforms Phlegm and redirects the Qi downward, and Apricot seed, which unblocks the Lung Qi and disperses Wind Cold.

Asarum, another herb subject to restrictive regulations, disperses Cold and releases the Exterior. It has been replaced by Perilla leaf to release the Exterior, disperse Cold, promote the movement of Lung and Spleen Qi, and expand the chest. Chinese cinnamon releases the Exterior and promotes Qi transformation, while Ginger cured Pinellia rhizome transforms congested fluids, redirects upward Qi rebellion and harmonizes the Stomach.



CHINESE HERBAL ACTIONS

Dispels Wind Cold, resolves Phlegm, warms the Lungs, spreads Lung Qi and directs rebellious Qi downward.

PHYSICAL INDICATIONS

- Supports healthy lung function.
- Supports healthy sinuses.
- Assists with respiratory disharmony due to Wind Cold exposure.
- Occasional respiratory imbalances that get worse with exposure to Damp Cold weather.
- Occasional water retention.
- Occasional sensation of heaviness, especially in the chest.

Schisandra fruit prevents the leakage of Lung Qi, and White peony root nourishes the Blood and Nutritive (*Ying*) Qi. Honey fried Chinese licorice root tonifies the Spleen, augments the Qi and harmonizes the entire formula.

Blue Green Lung Formula releases an exterior Wind Cold invasion, warms the Lungs and transforms Phlegm. Similar Exterior releasing formulas include: **Calm Breath Formula** to clear Heat from the Lungs, moisten the Lungs and transform Phlegm; **Yin Qiao** to clear Wind Heat invasion and specifically to clear Heat from the throat; **Great White Lung Formula** to clear Wind Heat or Wind Cold invasion transforming into Heat in the Lung and to clear Phlegm; **Lung Qi Release** to warm and release an exterior lingering invasion.

ORIGINS AND DEVELOPMENT

Minor Blue Green Dragon Decoction was first recorded in the great classic *Shang Han Lun*, written by Dr. Zhang Zhong-Jing. It is the classic formula for transforming Phlegm and expelling invasion and is an adaptation of three Exterior releasing formulas: one to warm and transform Cold Phlegm - Ephedra Decoction (*Ma Huang Tang*) and **Cinnamon Twig Decoction** (*Gui Zhi Tang*), together with Poria, Licorice, Schisandra, Ginger and Asarum Decoction (*Ling Gan Wu Wei Jiang Xin Tang*).



ORGANS

Lung, Spleen.

ELEMENTS

Metal, Earth.

PULSE

Floating, tight and slippery.

TONGUE

Pale and swollen with white, possibly greasy coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Lung 1, 7, 9, Kidney 6, 7, Stomach 40, Spleen 9 and Large Intestine 4, Urinary Bladder 13.

CAUTIONS AND CONTRAINDICATIONS

- Should not be used long-term.
- Should not be used for patterns with Heat due to Yin deficiency.

BreathEase

Ding Chuan Tang

Rebellious Lung Qi, Phlegm Heat accumulation in the Lungs with concurrent possible Wind Cold invasion

INGREDIENTS

| | | |
|-----------------------------------|--------------------------------------|----------------------|
| Ginkgo seed | Ginkgo semen | <i>Bai guo</i> |
| White mulberry root bark | Mori cortex radicis | <i>Sang bai pi</i> |
| Platycodon root | Platycodonis radix | <i>Jie geng</i> |
| Perilla fruit | Perillae fructus | <i>Zi su zi</i> |
| Ginger cured Pinellia rhizome | Pinelliae praeparata rhizoma | <i>Jiang ban xia</i> |
| Apricot seed | Armeniaca amarum semen | <i>Xing ren</i> |
| Chinese skullcap root | Scutellariae radix | <i>Huang qin</i> |
| Honey fried Stemona root | Stemona praeparata radix | <i>Zhi bai bu</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |
| Purple aster root and rhizome | Asteris radix et rhizoma | <i>Zi wan</i> |
| Cynanchum root and rhizome | Cynanchi stauntonii radix et rhizoma | <i>Bai qian</i> |

BreathEase addresses a mixed pattern of interior and exterior excess: Wind Cold invasion with a pre-existing concurrent Lung Phlegm Heat pattern in which the Lung Qi, obstructed and unable to descend, transforms into Heat. This pre-existing Lung Phlegm Heat can itself be a residual of a previous Wind Cold invasion.

Wind Cold invasion typically impacts Lung Qi with three possible outcomes: Wind is expelled completely, Wind penetrates the Interior, or Wind appears to recede, however a residual pattern remains. In the third instance, the residual pattern typically lodges in the Lungs, leading to stagnation and accumulation of Damp that eventually becomes either Damp Phlegm or Phlegm Heat in the Lungs. This pattern typically occurs against a constitutional tendency or lifestyle that promotes Spleen Qi deficiency or Lung Qi deficiency. **BreathEase** addresses this third pattern by clearing Heat, transforming Phlegm and redirecting the Lung Qi downward.

It originally had two chief herbs: Ephedra to release the exterior Wind invasion, support the descending and dispersing function of the Lungs and transform Phlegm, and Ginkgo to astringe the Lungs and transform Phlegm. Ephedra has been replaced with Platycodon root, honey fried Stemona root and Cynanchum root and rhizome. Their combined actions replace the function of Ephedra. Platycodon root assists in descending and dispersing the Lung Qi, while simultaneously draining Phlegm and transforming either Hot or Cold Phlegm. It is widely used in combination with Chinese licorice root and rhizome to disseminate Lung Qi and transform Phlegm. Honey fried Stemona root strengthens the descending and dispersing function of the Lung Qi, and with Cynanchum root and rhizome, it addresses obstruction of Lung Qi from either an external or internal cause, and transforms excess Phlegm accumulation.



CHINESE HERBAL ACTIONS

Redirects rebellious Qi downward, clears Heat from the Lungs, transforms Phlegm, mitigates Lung Qi rebellion.

PHYSICAL INDICATIONS

- Supports a healthy respiratory system.
- Supports healthy Lungs.
- Occasional breathlessness after exposure to wind or allergen.

Ginkgo seed combines with the assistants White mulberry root bark, Perilla fruit, Ginger cured Pinellia rhizome and Apricot seed to reinforce the descending and dispersing function of the Lung Qi and to transform Phlegm. The addition of Chinese skullcap root as an assistant further supports the draining downward of Heat from the Lungs.

Purple aster root and rhizome replaces Tussilago flower, found in the original formula. Purple aster root and rhizome opens up and descends Lung Qi more effectively than Tussilago flower and is less moistening. It is a better fit in supporting one of the formula's action; the dispersing of Phlegm. Chinese licorice root and rhizome moistens the Lungs and harmonizes the actions of the herbs in the formula.

BreathEase clears Phlegm Heat accumulation in the Lungs with a possible Wind Cold Invasion. Similar formulas to clear Heat include: **Qing Fei Clearing Formula** to clear Lung Heat, Liver Fire and clear Phlegm Heat from the Lung; and **Pinellia Dispersing Formula** to clear Phlegm Heat from the Lungs.

Exterior releasing formulas include: **Blue Green Lung Formula** to release an exterior Wind Cold invasion, to warm the Lungs and transform Phlegm; **Calm Breath Formula** to clear Heat from the Lungs caused by an external invasion, moisten Lungs and transform Phlegm; **Great White Lung Formula** to clear Wind Heat or Wind Cold invasion transforming into Heat in the Lung and clear Phlegm; and **Lung Qi Release** to warm and release an exterior lingering invasion.

ORIGINS AND DEVELOPMENT

Ding Chuan Tang was originally published in *Marvelous Formula for the Health of Multitudes* in 1550. This formula was also discussed by the Ming Dynasty scholar Wu Kun in *Investigations of Medical Formulas*.



ORGANS

Lung, Spleen.

ELEMENTS

Metal, Earth.

PULSE

Slippery, rapid, possibly superficial.

TONGUE

Greasy, yellow coat, possible red tongue body.

COMPLEMENTARY ACUPUNCTURE POINTS

Lung 1, 3, 5, 7, 10, Stomach 40, *Ren* 17, Pericardium 6, Du 14, GB20, *San Jiao* 5, Large Intestine 11, Kidney 6, 7, Urinary Bladder 10, 11, 12, 13.

CAUTIONS AND CONTRAINDICATIONS

- Do not use with patterns of Wind Cold invasion or Cold in the Lungs.

Bright Eye Rehmannia

Ming Mu Di Huang Wan

Liver and Kidney Yin deficiency, Liver Blood deficiency, Liver Yang rising, supports healthy vision

INGREDIENTS

| | | |
|------------------------------|-----------------------------|----------------------|
| Prepared Rehmannia root | Rehmanniae praeparata radix | <i>Shu di huang</i> |
| Tribulus fruit | Tribuli fructus | <i>Bai ji li</i> |
| Bupleurum root | Bupleuri radix | <i>Chai hu</i> |
| Abalone shell | Haliotidis concha | <i>Shi jue ming</i> |
| Chinese yam rhizome | Dioscoreae rhizoma | <i>Shan yao</i> |
| Asiatic cornelian cherry | Corni fructus | <i>Shan zhu yu</i> |
| Tree peony root bark | Moutan cortex | <i>Mu dan pi</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Asian water plantain rhizome | Alismatis rhizoma | <i>Ze xie</i> |
| Lycium fruit | Lycii fructus | <i>Gou qi zi</i> |
| Chrysanthemum flower | Chrysanthemi flos | <i>Ju hua</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |

Bright Eye Rehmannia is based on the classical formula Support Good Vision with Rehmannia (*Ming Mu Di Huang Wan*), itself a variation of the classic Kidney strengthening formula Six Flavor Rehmannia Pill (*Liu Wei Di Huang Wan*). **Bright Eye Rehmannia** focuses primarily on nourishing the Yin of the Kidneys and Liver to support healthy vision, nourish the eyes and mitigate Liver Yang rising. All of the herbs for Six Rehmannia Pill are found in **Bright Eye Rehmannia**. With Kidney and Liver Yin deficiency, the Essence (Kidneys) and Blood (Liver) are not abundant and are unable to nourish the upper part of the body, especially the orifices. The base formula focuses on tonifying Kidney and Liver Yin, draining Fire and supporting the Spleen. There are basically two groups of ingredients found in the base formula: tonifying herbs and herbs that predominantly drain.

The first group is comprised of Prepared Rehmannia root, Asiatic cornelian cherry and Chinese yam rhizome. Prepared Rehmannia root, known as a “Blood of the Blood” herb, nourishes the deepest aspect of the Blood, as well as tonifies the Kidneys and Liver and boosting the Essence (*Jing*). Chinese yam rhizome stabilizes and binds, and Asiatic cornelian cherry retains the Essence, protecting Yin and body fluids. Prepared Rehmannia root, Asiatic cornelian cherry, Chinese yam rhizome tonify Liver and Kidney Yin.

The second group of herbs is comprised of Asian water plantain rhizome, Tree peony root bark and Poria. Tree peony root bark cools deficiency Heat, gently invigorates Blood without injuring the Blood or Yin, dispels Liver Blood stasis and clears ascending Liver Fire. Asian water plantain rhizome supports healthy urination and leaches out Dampness. It is often used



CHINESE HERBAL ACTIONS

Replenishes and nourishes Liver and Kidney Yin, mitigates Liver Yang rising, moves Blood and supports healthy vision.

PHYSICAL INDICATIONS

- Nourishes the Yin of the Kidneys and Liver to support healthy vision.
- Occasional light-headedness or dizziness.
- Occasional soreness in lower back.

with herbs that tonify the Kidneys to prevent Kidney Fire. Thus Tree Peony root bark is used in this formula to mitigate ascending Liver Fire, and Asian water plantain rhizome to prevent ascending Kidney Fire. Poria tonifies the Spleen, eliminates Dampness by supporting healthy urination, calms the Spirit and harmonizes the Middle Burner.

More specifically addressing nourishment of the eye, Lycium fruit and Chrysanthemum flower nourish and benefit the eyes. Lycium fruit brightens the eyes, nourishes and supplements the Liver and Kidneys, benefits the Essence and enriches the Yin. It supports good vision for eyes that have failed to be nourished by adequate Essence, Blood and Yin. Chrysanthemum flower, cooling and aromatic, can ascend or descend, drain or tonify, making it particularly useful in supporting the aim of the formula. It is particularly effective at dispersing Wind Heat, cooling and tonifying the Liver and brightening the eyes.

Dong quai root tonifies and invigorates Blood, especially for patterns of deficiency affecting Heart and Blood. It is an important herb to address Blood stasis, especially accompanied by Cold due to deficiency. It is suitable for all Blood patterns involving stasis, deficiency and dryness. It helps in this formula by tonifying Blood, but also by moving it and balancing some of the cold herbs found in this formula.

Bupleurum root, a rising and dispersing herb, dispels Heat generated from deficiency and spreads Liver Qi to relieve constraint. Tribulus fruit extinguishes Wind, brightens the eyes, calms the Liver and anchors the Yang. Abalone shell calms ascendant Liver Yang patterns and quells Fire. It also enriches Liver Yin.

ORIGINS AND DEVELOPMENT

Ming Mu Di Huang Wan is from *Shen Shi Yao Han, Scrutiny of the Priceless Jade Patient* by Fu Ren-Yu to support healthy vision by tonifying Liver and Kidney Yin.



ORGANS

Liver, Kidney.

ELEMENTS

Wood, Water.

PULSE

Rapid, thin and wiry.

TONGUE

Red with little coating, dry, possibly cracked.

COMPLEMENTARY ACUPUNCTURE POINTS

Kidney 3, 6, 10, Liver 8, Urinary Bladder 18, 23, Gallbladder 37.

CAUTIONS AND CONTRAINDICATIONS

- Caution should be used if there is indigestion and diarrhea due to Spleen deficiency.
- Contraindicated during pregnancy.

Bupleurum Soothing Liver Formula

Chai Hu Shu Gan Tang

Liver Qi stagnation

INGREDIENTS

| | | |
|---|---|---------------------|
| White peony root | <i>Paeoniae alba radix</i> | <i>Bai shao</i> |
| Bupleurum root | <i>Bupleuri radix</i> | <i>Chai hu</i> |
| Tangerine dried rind of mature fruit | <i>Citri reticulatae pericarpium fructus</i> | <i>Chen pi</i> |
| Sichuan lovage rhizome | <i>Ligustici wallichii rhizoma</i> | <i>Chuan xiong</i> |
| Chinese salvia root and rhizome | <i>Salviae miltiorrhizae radix et rhizoma</i> | <i>Dan shen</i> |
| Dry fried bitter orange mature fruit | <i>Citri aurantium praeparata fructus</i> | <i>Chao zhi ke</i> |
| Prepared Cyperus rhizome | <i>Cyperii praeparata rhizoma</i> | <i>Zhi xiang fu</i> |
| Honey fried Chinese licorice root and rhizome | <i>Glycyrrhizae praeparata cum mel radix et rhizoma</i> | <i>Zhi gan cao</i> |

Bupleurum Soothing Liver Formula is the key formula to address Liver Qi stagnation, manifesting as a constraint and clumping of Liver Qi, and is applicable for all patterns due to Liver Qi stagnation. This includes various types of abdominal stagnation and premenstrual syndrome. A key marker for the use of this formula is stagnation that comes and goes, depending on the person's emotional state and energy. This indicates that the stagnation is not due to external causes. When Liver Qi stagnates and does not ascend as it normally would, it begins to flow horizontally by invading the Stomach and Spleen, causing distention and fullness in the abdomen. When Liver Qi constraint blocks the circulation of Yang Qi, cold symptoms can also arise. Symptoms range from digestive disharmonies, such as occasional nausea, vomiting, low appetite and loose stools to occasional emotional upsets such as irritability, frustration or occasional depression.

As the formula name suggests, the herbs comprised in this formula soothe or "soften" the Liver. **Bupleurum Soothing Liver Formula** is an ideal choice for numerous disharmonies occurring against a background of Liver Qi stagnation with internal constraint which needs releasing. It contains most of the ingredients of **Four Cold Extremities** (*Si Ni San*), a formula from the *Shang Han Lun*, famous for addressing a pattern of overall body warmth with chilled fingers and toes.

Both **Four Cold Extremities** and **Bupleurum Soothing Liver Formula** address Liver Qi stagnation. **Four Cold Extremities** focuses on constraint of the Yang Qi in the abdomen failing to reach and warm the extremities, while **Bupleurum Soothing Liver Formula** focuses solely on the Liver channel, by moving its Qi, resolving constraint and opening up clumps, and it is better for patterns characterized by Qi stagnation.



CHINESE HERBAL ACTIONS

Spreads Liver Qi, harmonizes Blood and relieves stagnation.

PHYSICAL INDICATIONS

- Supports healthy digestion.
- Supports healthy menstrual cycles.
- Supports emotional wellbeing.
- Supports healthy bowel movements.
- Supports a healthy gastrointestinal system.
- Occasional flank or back discomfort.
- Occasional breast tenderness.
- Occasional anger, frustration or anxiety.

The chief herb, Bupleurum root, spreads Liver Qi and dredges constraint and clumping. It is supported by two deputies: prepared Cyperus rhizome regulates Liver Qi and Sichuan lovage rhizome enters the Qi and Blood of the Liver to dissipate constraint and stagnation.

Tangerine dried rind of mature fruit and dry fried Bitter orange mature fruit regulate Stomach and Intestine Qi. They facilitate the discharge of excess Qi from the chest and Middle Burners that can manifest as an occasional sensation of fullness and distention by directing the Qi downward.

White Peony root and honey fried Chinese licorice root and rhizome nourish Blood, soften the Liver and address stagnation. Being moist in nature, they balance the drying action of the chief and deputies herbs.

Chinese salvia root and rhizome has been added to invigorate Blood, break up stagnation due to constrained Liver Qi with Blood stasis and soothe irritability.

Several formulas have similar actions and need to be differentiated. **Bupleurum Soothing Liver Formula** addresses excess patterns of Liver Qi stagnation. **Stomach Support** addresses Stomach Fire with concurrent Stomach and Kidney Yin deficiency. **Liver Flow** addresses Liver overacting on the Stomach. **Digestive Harmony Formula** addresses excess patterns of food stagnation. **Peaceful Earth** addresses a pattern of food stagnation while simultaneously strengthening the Spleen Qi and expelling Wind. **Wei Te Ling** calms rebellious Stomach Qi and harmonizes and strengthens the Middle Burner.

ORIGINS AND DEVELOPMENT

This formula was composed by the Ming dynasty scholar Ye Wen-Ling, and was popularized by Zhang Jie-Bin who included it in his book, *Collected Treatises of Zhang Ling Yue*.



ORGAN

Liver.

ELEMENT

Wood.

PULSE

Wiry, especially on the left hand pulse.

TONGUE

Normal.

COMPLEMENTARY ACUPUNCTURE POINTS

Liver 3, 4, Large Intestine 4,
Gallbladder 34, Stomach 36,
Pericardium 6.

CAUTIONS AND CONTRAINDICATIONS

- Intended for use with Excess patterns.
- Use caution with Qi or Yin deficiency patterns.
- Contraindicated for long-term use.

Calm Breath Formula

Ning Sou Wan

Phlegm with underlying Lung Heat, Lung Yin deficiency, Wind Cold or Wind Heat invasion

INGREDIENTS

| | | |
|-----------------------------------|---|----------------------|
| Platycodon root | Platycodonis radix | <i>Jie geng</i> |
| Sichuan fritillary bulb | Fritillariae cirrhosae bulbus | <i>Chuan bei mu</i> |
| Perilla fruit | Perillae fructus | <i>Zi su zi</i> |
| Ginger cured Pinellia rhizome | Pinelliae praeparata rhizoma | <i>Jiang ban xia</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| White mulberry root bark | Mori cortex radicis | <i>Sang bai pi</i> |
| Chinese mint herb | Menthae haplocalycis herba | <i>Bo he</i> |
| Apricot seed | Armeniaca amarum semen | <i>Xing ren</i> |
| Trichosanthes root | Trichosanthis radix | <i>Tian hua fen</i> |
| Red tangerine peel | Citri rubrum exocarpium | <i>Ju hong</i> |
| Dry fried Millet or Rice sprout | Setariae praeparata fructus germinantus | <i>Chao gu ya</i> |
| Schisandra fruit | Schisandrae chinensis fructus | <i>Wu wei zi</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |

Calm Breath Formula redirects rebellious Lung Qi downward during, or following a Wind Heat invasion where there is also underlying Lung Heat, dryness or mild Yin deficiency with Phlegm. It addresses the complex, lingering patterns of rebellious Lung Qi with concurrent Dryness and Phlegm accumulation.

During or after a Wind Heat invasion, Heat and Dryness can accumulate in the Lungs. Yin deficiency, a drying of fluids and a weakening of Spleen Qi can manifest. There may also be an already underlying constitutional Spleen Qi weakness which will be further aggravated by the exterior invasion. In either case, Dampness accumulates due to the weakened Spleen Qi, causing further Phlegm accumulation in the Lungs.

In this pattern, the Lungs need to be cooled, moistened, while simultaneously drained of Phlegm. This formula is ideal for addressing the complex pattern present during or following a Wind Heat invasion with existing underlying mild Lung Heat, dryness or mild Yin deficiency with Phlegm accumulation.

The combination of Platycodon root, Sichuan fritillary bulb and Perilla fruit provide a strong foundation to this formula. Platycodon root reinforces the descending and dispersing function of the Lung Qi, while simultaneously draining Phlegm. Sichuan fritillary bulb clears Heat and transforms Phlegm, specifically where there is Lung Yin deficiency with Heat. Perilla fruit redirects rebellious Lung Qi downward and transforms Phlegm. Red tangerine peel and Apricot seed assist further in redirecting the rebellious Lung Qi downward.



CHINESE HERBAL ACTIONS

Descends and disperses Lung Qi, transforms Phlegm, clears Heat from the Lung, moistens and nourishes Lung Yin.

PHYSICAL INDICATIONS

- Supports healthy lungs.
- Supports a healthy respiratory system.
- Moistens the lungs.



Ginger cured Pinellia rhizome transforms Phlegm, drains Dampness and redirects rebellious Qi downward. White mulberry root bark drains Dampness by supporting healthy urination. Poria and dry fried Millet or Rice sprout protect and strengthen the Spleen Qi and prevent further Dampness and Phlegm accumulation.

Chinese mint herb disperses exterior Wind Heat while Trichosanthes root clears Heat and generates fluids in the Lungs. Trichosanthes root, in combination with Sichuan fritillary bulb and White mulberry root bark, dispel Heat and Dryness in the Lungs. Trichosanthes root has been added to the original formulation, as it addresses the root of this pattern. It clears Lung Heat, transforms Phlegm from the Lungs and moistens the Lungs when there has been a lack of moisture due to Yin deficiency or when Dryness has accumulated.

Schisandra fruit has been added to strengthen the formula's ability to astringe the leakage of Lung Qi, soothe the rebellious Lung Qi, nourish the Kidneys, generate fluids in the body and calm the *Shen*. Chinese licorice root and rhizome harmonizes the actions of all the herbs in the formula.

While this formula can address an exterior Wind invasion, its main focus is to address Phlegm with underlying Lung Heat, Lung Dryness or Lung Yin deficiency. For a stronger impact on addressing Wind Heat invasion, add **Initial Defense** (*Yin Qiao San* and *Sang Ju Yin*) or **Yin Qiao**. For a combined pattern of Wind Heat and Cold, add **Gan Mao Ling**. For stronger Phlegm and Heat accumulation in the Lung, add **Pinellia Dispersing Formula** (*Qing Qi Hua Tan Wan*). For stronger nourishment of the Lung Qi and Yin, add **Wise Judge** (*Sha Shen Mai Dong Yin* and *Sheng Mai San*).

Similar Exterior releasing formulas include **Yin Qiao** to clear Wind Heat invasion and specifically to clear Heat from the throat; **Blue Green Lung Formula** to release an exterior Wind Cold invasion, warm the Lungs and transform Phlegm; **Great White Lung Formula** to clear Wind Heat or Wind Cold invasion transforming into Heat in the Lung and to clear Phlegm; and **Lung Qi Release** to warm and release an exterior lingering invasion.

Formulas to clear Heat include **BreathEase** to clear Phlegm Heat accumulation in the Lungs with a possible Wind Cold Invasion; **Qing Fei Clearing Formula** to clear Lung Heat, Liver Fire and Phlegm Heat from the Lungs; and **Pinellia Dispersing Formula** to clear Phlegm Heat from the Lungs.

ORIGINS AND DEVELOPMENT

This is a modern formulation first mentioned in 1967 in *A Selection of Traditional Formulas*.

ORGANS

Lung, Spleen.

ELEMENTS

Metal, Earth.

PULSE

Varying: rapid, superficial or thin and deep.

TONGUE

Varying: normal to pink to light red to dark red front with no coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Kidney 3, 6, Lung 5, 7, 9, *San Jiao* 5, Large Intestine 4, 11, Urinary Bladder 13, 23, Stomach 40, Gallbladder 20, *Du* 14, *Ren* 17, Pericardium 6, Spleen 9.

CAUTIONS AND CONTRAINDICATIONS

- Strong Wind Cold or Heat invasion causing rebellious Lung Qi.
- Strong Lung Phlegm Heat.
- Strong Lung Yin deficiency.

Calm Dragon Formula

Chai Hu Jia Long Gu Mu Li Tang

Unsettled *Shen* with Heat, Liver Yang rising, blockage of all three Yang levels

INGREDIENTS

| | | |
|--------------------------------------|--|----------------------|
| Bupleurum root | Bupleuri radix | <i>Chai hu</i> |
| Ginger cured Pinellia rhizome | Pinelliae praeparata rhizoma | <i>Jiang ban xia</i> |
| Red jujube fruit | Jujubae fructus | <i>Hong zao</i> |
| Gardenia fruit | Gardeniae fructus | <i>Zhi zi</i> |
| Oyster shell | Ostreae concha | <i>Duan mu li</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Chinese cinnamon twig | Cinnamomi ramulus | <i>Gui zhi</i> |
| Chinese skullcap root | Scutellariae radix | <i>Huang qin</i> |
| White Asian ginseng root and rhizome | Panax ginseng (white) radix et rhizoma | <i>Bai ren shen</i> |
| Hematite | Haematitum mineral | <i>Dai zhe shi</i> |
| Dragon bone | Draconis os | <i>Long gu</i> |
| Ginger rhizome | Zingiberis rhizoma | <i>Gan jiang</i> |

Calm Dragon Formula is a modification of Minor Bupleurum Decoction (*Xiao Chai Hu Tang*) with Dragon bone and Oyster shell added, to anchor and pull downward the properties of Minor Bupleurum Decoction to the level of primal Yin and Yang. This formula addresses a range of Liver Qi stagnation or constraint patterns, marked by an uprising of Liver Yang affecting all three of the Yang channels.

Calm Dragon Formula drains and disperses the uprising Qi while supporting the Middle Burner and tonifying the normal Qi. It clears Heat, settles the emotions and supports healthy fluid metabolism. It dredges the Liver, resolves constraint, harmonizes the *Shao Yang* pivot, unblocks and opens up the three burners.

It can also be used for occasional emotional imbalances, including occasional anxiety when there is *Shao Yang* or Liver Phlegm Heat or an internal blockage of Yang Qi. Its combination of warm and cold, supplementing and draining ingredients restores equilibrium to body and mind by regulating the Triple Burner (*San Jiao*) mechanisms.

The chief ingredients in this formula address constraint in the three Yang channels. Chinese cinnamon twig restores the flow of Yang Qi and supports the *Tai Yang*. Bupleurum root and Chinese skullcap root harmonize the Lesser Yang (*Shao Yang*), remove stagnation at that level, rectify Liver Qi and clear Heat. The latter also drains Fire and dries Dampness in the Stomach and Intestines. Rhubarb root, a strong purgative, has been replaced by Gardenia fruit to clear Heat from all three Burners through the urine.

Herbs that descend Liver Yang, such as Dragon Bone, Oyster shell and Hematite, carry out a primary action of **Calm Dragon Formula**. Dragon Bone settles occasional anxiety, calms the



CHINESE HERBAL ACTIONS

Harmonizes the *Shao Yang* level, calms the Ethereal Soul (*Po*) and Spirit (*Shen*), cools Liver Heat and subdues Yang.

PHYSICAL INDICATIONS

- Supports emotional wellbeing.
- Occasional anxiety, depression, irritability, agitation.
- Occasional fullness in the chest.
- Occasional insomnia.
- Occasional sensation of heaviness or fatigue.
- Occasional premenstrual syndrome.

Ethereal Soul (*Po*) and Spirit (*Shen*), and addresses occasional emotional distress, restlessness or insomnia. It calms the Liver and anchors the floating Yang. Oyster shell heavily settles and calms the Spirit and anchors the floating Yang. Hematite sedates and anchors Liver Yang, clears Liver Fire, and strongly directs rebellious Qi downward. Ginger cured Pinellia rhizome descends rebellious Stomach Qi, dries dampness and transforms Phlegm.

Poria tonifies the Spleen while Red jujube fruit tonifies the Qi and Blood, generates fluids, harmonizes the Spleen and the properties of the other herbs. White Asian ginseng root and rhizome strongly supplements the Original (*Yuan*) Qi of the five organs and nourishes the Yin, strengthens the Spleen and tonifies the Stomach. Ginger rhizome harmonizes and supplements the Middle Burner.

ORIGINS AND DEVELOPMENT

Bupleurum Plus Dragon Bone and Oyster Shell Decoction was first recorded in the *Shang Han Lun* by Zhang Zhong-Jing.



ORGAN

Liver, Heart.

ELEMENT

Wood, Fire.

PULSE

Wiry, rapid or tense, slippery and flooding. May also be deep and tense.

TONGUE

Red body with greasy, white or yellow coating and swollen edges.

COMPLEMENTARY ACUPUNCTURE POINTS

Kidney 3, 6 and 10, Liver 8, Urinary Bladder 18 and 23, Gallbladder 37.

CAUTIONS AND CONTRAINDICATIONS

- Use with caution during pregnancy.
- Not for use in patterns of deficiency.

Celestial Emperor's Blend

Tian Wang Bu Xin Dan

Heart and Kidney Yin deficiency, restless Spirit (*Shen*), Blood deficiency

INGREDIENTS

| | | |
|---------------------------------|--|--------------------------|
| Raw Rehmannia root | Rehmanniae radix | <i>Sheng di huang</i> |
| Biota seed | Platycladi semen | <i>Bai zi ren</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Codonopsis root | Codonopsis radix | <i>Dang shen</i> |
| Ophiopogon tuber | Ophiopogonis radix | <i>Mai men dong</i> |
| Dry fried Sour jujube seed | Ziziphi spinosae praeparata semen | <i>Chao suan zao ren</i> |
| Chinese asparagus tuber | Asparagi radix | <i>Tian men dong</i> |
| Schisandra fruit | Schisandrae chinensis fructus | <i>Wu wei zi</i> |
| Scrophularia root | Scrophulariae radix | <i>Xuan shen</i> |
| Chinese salvia root and rhizome | Salviae miltiorrhizae radix et rhizoma | <i>Dan shen</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Platycodon root | Platycodonis radix | <i>Jie geng</i> |
| Polygala root | Polygalae radix | <i>Yuan zhi</i> |

Celestial Emperor's Blend, based on Emperor of Heaven's Special Pill to Tonify the Heart (*Tian Wang Bu Xin Wan*), is a classical formula to calm the Spirit (*Shen*) with a focus on nourishing Heart Blood and Yin. Heart Yin deficiency is often caused by, or occurs with Kidney Yin deficiency. Normally, the water of Kidney Yin rises to nourish and cool the Heart. When Kidney Yin is insufficient, the Heart's Fire flares out of control, giving rise to deficiency Heat. This formula addresses a pattern of mixed excess and deficiency, focusing on enriching the Yin, nourishing the Blood, calming the Spirit, and clearing Heat. With its rich Yin nourishing actions, **Celestial Emperor's Blend** is often described as a general tonic for aging, as the passage of years strongly taxes the Kidney Yin, drying the Yin and fluid aspects of the body.

The Heart is the home of mental activity and consciousness, and the state of the Heart and Blood affects mental activity, as well as the emotions. A person whose system "doesn't turn off," who runs on "nervous energy" or engages in excessive thinking or ruminating can also benefit from taking this formula. Since the nature of this pattern is deficiency Heat, occasional night sweats, dry mouth, flushed cheeks and Heat in the five centers can be experienced, as well as occasional agitation, irritability and difficulty concentrating.

Raw Rehmannia root, the chief herb, makes up more than a fourth of the formula by weight. This strong Kidney Yin and Blood nourishing herb clears Heat and harmonizes the Kidney and Heart relationship, helping to control the disturbance of the Spirit due to Fire.



CHINESE HERBAL ACTIONS

Nourishes the Heart and Kidney Yin, tonifies Blood, calms the Spirit and clears Heat.

PHYSICAL INDICATIONS

- Moist tonic ideal for supporting the natural aging process.
- Occasional irritability or anxiety.
- Occasional fatigue.
- Occasional nervous energy, insomnia, mental restlessness.
- Occasional night sweats, dry mouth, flushed cheeks.

The three deputies — Chinese asparagus tuber, Ophiopogon tuber and Scrophularia root — enrich Yin and clear Heat from deficiency, helping to calm the Spirit.

Both Chinese salvia root and rhizome and Dong quai root tonify Blood to nourish the Heart, without contributing to stasis. Codonopsis root, at a higher percentage than the original Ginseng root, tonifies the Middle Burner and augments the Qi. Along with Poria, it is used for Spleen and Stomach deficiency and to strengthen the Middle Burner. Biota seed and Polygala root calm the Spirit, and Poria quiets the Heart.

Schisandra fruit and dry fried Sour jujube seed halt the loss of Heart Qi and Yin fluids. Platycodon root, the envoy, carries the actions of the formula upward to the Heart.

Celestial Emperor's Blend addresses Heart and Kidney Yin deficiency or Heart and Kidney not communicating. **Peaceful Sleep** addresses occasional insomnia due to an unsettled Spirit and Heat in the Heart with underlying Blood deficiency. **Rescue the Spirit** addresses Phlegm that is clouding the Heart orifice with underlying Blood, Qi and/or Yin deficiency. **Zizyphus Sleep Formula** addresses Liver and Heart Blood deficiency disturbing the Spirit (*Shen*).

Combine with **Temper Fire** from the Kan Herbals line or **Rehmannia Six** for stronger Kidney Yin tonification. Combine with **Six Gentlemen** or **Shen Ling Spleen Support** when support and protection of the Spleen Qi is desired.

ORIGINS AND DEVELOPMENT

Celestial Emperor's Blend is based on the traditional formula, Emperor of Heaven's Special Pill to Tonify the Heart (*Tian Wang Bu Xin Dan*). The formula's name comes from a story in *Secret Investigations Into Obtaining Health* by Hong Ji, 1638 A.D., in which it is said that the formula was given to him by the "Emperor of Heaven" in a dream.



ORGANS

Kidney, Heart.

ELEMENTS

Water, Fire.

PULSE

Thin and rapid.

TONGUE

Red with no coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Heart 3, *Yintang*, Governing Vessel 24, Gallbladder 13, Pericardium 6, Kidney 6, 7.

CAUTIONS AND CONTRAINDICATIONS

- Use with caution during pregnancy.

Cinnamon Twig Decoction

Gui Zhi Tang

Externally contracted Wind Cold

INGREDIENTS

| | | |
|--|---|--------------------|
| Chinese cinnamon twig | Cinnamomi ramulus | <i>Gui zhi</i> |
| White peony root | Paeoniae alba radix | <i>Bai shao</i> |
| Red jujube fruit | Jujubae fructus | <i>Hong zao</i> |
| Honey fried Chinese licorice root and rhizome | Glycyrrhizae praeparata cum mel radix et rhizoma | <i>Zhi gan cao</i> |
| Ginger rhizome | Zingiberis rhizoma | <i>Gan jiang</i> |

Cinnamon Twig Decoction is a faithful rendition of *Gui Zhi Tang*, one of the most famous formulas from the *Shang Han Lun*. This classical formula, indicated for Wind Cold invasion, is simple and effective and has countless variations and associated formulas.

Protective and Nutritive Qi regulate and support each other. Protective (*Wei*) Qi is responsible for guarding the Exterior and preventing the entry of exterior invasions, while Nutritive (*Ying*) Qi stabilizes and nourishes the Interior. If Protective Qi weakens, becoming soft and penetrable, it is unable to ward off the entry of Wind Cold. In its struggle to deflect Wind Cold, Protective Qi dissipates and the unguarded Nutritive Qi becomes hyper-alert and defensive.

When attacked by Wind Cold, the body's Nutritive Qi, if left vulnerable by weakened Protective Qi, is no longer capable of fulfilling its function of containing fluids, which leads to sweating. Open pores directly expose the individual to the external environment, and entry of Wind Cold impairs Lung Qi from regulating the body's skin and nose. It is also common for this individual to feel a natural sensitivity or aversion to drafts, and to experience occasional tenderness, stiffness in the muscle layer and in the neck and shoulders.

A similar imbalance between Nutritive and Protective Qi may occur without externally contracted Wind Cold for individuals with a weak constitution. **Cinnamon Twig Decoction** will restore this balance. This formula disperses Wind Cold excess at the level of the Protective Qi and restores the normal flow of Nutritive Qi, so that they are harmonized. This formula can be used for a wide range of patterns whenever the Protective Yang is unable to enter into the Nutritive Yin, and instead exits, ascends or accumulates. This pattern is characterized by Yang excess in the Interior of the body that occurs in conjunction with stagnation due to Cold at the level of the Nutritive Qi or Heart Yang.

The most important sign for this pattern is sweating that is not limited to a specific region of the body or climates. It can happen in any season, and during the day or night. It may be more or less pronounced, limited to hands and feet, one side of the body, or the back or head, or all over the body. In all of these cases, sweating represents a loss of the body's Essence and an



CHINESE HERBAL ACTIONS

Regulates Protective and Nutritive Qi, expels Wind Cold invasion.

PHYSICAL INDICATIONS

- Supports the immune system.
- Occasional sweating not specific to a region of the body.
- Occasional aversion to wind or draft.
- Occasional sensation of alternating heat and cold.
- Occasional upper body stiffness.

inability to control Yang functions. The second indication is an aversion to wind or draft, and the occurrence of Heat type reactions in response to cold.

Chinese cinnamon twig, the chief herb in this formula, supplements Yang and releases externally contracted Wind Cold from the muscle layer, and strengthens the regulatory function of Nutritive Qi. It is combined with White peony root, the deputy, to support Protective Qi in dispelling exterior invasions and to strengthen Nutritive Qi. Ginger rhizome further assists Chinese cinnamon twig in releasing the Exterior, by warming the Middle and directing Qi downward. Red jujube fruit nourishes and harmonizes the Nutritive Qi and Blood.

Honey fried Chinese licorice root and rhizome harmonizes the actions of the other herbs and assists Chinese Cinnamon twig and Ginger rhizome in transforming the Yang aspects of the pattern, and White peony root and Red jujube fruit in transforming the Yin.

ORIGINS AND DEVELOPMENT

Cinnamon Twig Decoction was originally formulated during the Ming dynasty. This elegant, classic herbal formula has been used for centuries, and is one of the most important formulas in the *Shang Han Lun*.



ORGAN

Lung.

ELEMENT

Metal.

PULSE

Floating, may be frail or moderate.

TONGUE

Thin, white, moist coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Gallbladder 20, Lung 7, Governor Channel 14, Large Intestine 4, 11, 20, *San Jiao* 5, Urinary Bladder 11, 13, *Yin Tang*.

CAUTIONS AND CONTRAINDICATIONS

- Not for use with Wind Cold invasion with Interior Heat.
- Use with caution in warm weather.

Clear Channels

Gui Zhi Shao Yao Zhi Mu Tang *Si Teng Pian*

Wind Damp (*Bi*) invasion, stagnation in the sinew layer, Cold and/or Hot invasion

INGREDIENTS

| | | |
|-----------------------------------|-------------------------------|----------------------|
| Chinese quince fruit | Chaenomelis fructus | <i>Mu gua</i> |
| White peony root | Paoniae alba radix | <i>Bai shao</i> |
| Spatholobus stem | Spatholobi caulis | <i>Ji xue teng</i> |
| Loranthus herb | Taxilli herba | <i>Sang ji sheng</i> |
| Anemarrhena rhizome | Anemarrhenae rhizoma | <i>Zhi mu</i> |
| Chinese red peony root | Paoniae rubra radix | <i>Chi shao</i> |
| Chinese cinnamon twig | Cinnamomi ramulus | <i>Gui zhi</i> |
| Kadsura pepper vine | Piperis kadsurae caulis | <i>Hai feng teng</i> |
| Chinese tinospora stem | Tinosporae sinensis caulis | <i>Kuan jin teng</i> |
| Star jasmine stem | Trachelospermi caulis | <i>Luo shi teng</i> |
| Lonicera stem | Lonicerae ramus | <i>Ren dong teng</i> |
| White mulberry twig | Mori ramus | <i>Sang zhi</i> |
| Polygonum multiflorum stem | Polygoni multiflori caulis | <i>Ye jiao teng</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |

Clear Channels is a combination of two formulas. Cinnamon Twig, Peony, and Anemarrhena Combination (*Gui Zhi Shao Yao Zhi Mu Tang*), is traditionally used to dispel stagnation in the joints from Wind, Dampness, Phlegm and Blood stasis. Four Stems Tablet (*Se Tang Pian*) is traditionally used for Wind Damp patterns causing stagnation in the joints and knees. When the influences of Wind and Dampness have settled in the body, they will commonly move to the lower extremities where they can cause occasional water retention and joint stagnation which is exacerbated by damp weather. This Damp Obstruction can also block the ascent of the clear Yang. **Clear Channels**, while retaining herbs from both base formulas, has been further modified by the addition of herbs that address both Hot and Cold types of Wind Damp (*Bi*) invasion and by the addition of vines to further expel Wind Dampness, unblock the channels and alleviate stagnation.

In **Clear Channels**, Ephedra, Aconite, Atractylodes, Ledebouria and Ginger have been removed and replaced by herbs that are less hot in nature. Chinese quince fruit relaxes the sinews, unblocks the channels, removes Damp Obstruction in the extremities, harmonizes the Stomach and transforms Dampness, and Loranthus herb nourishes the Liver and Kidneys, nourishes the sinews and bones, expels Wind Dampness and tonifies the Yin and Blood. It addresses occasional stagnation and soreness in the lower back and legs and joint discomfort.



CHINESE HERBAL ACTIONS

Dispels Wind, transforms Dampness, removes Damp obstruction in the extremities, clears Heat, warms and opens the channels, relieves stagnation and relaxes the sinews.

PHYSICAL INDICATIONS

- Supports healthy joints and tendons.
- Occasional shoulder, arm or calf discomfort.
- Occasional discomfort in the joints or knees with occasional stiffness, cramping or numbness.
- Occasional discomfort in lower back or leg.
- Occasional water retention.



White mulberry twig dispels Wind and Dampness, opens peripheral channels and collaterals, benefits the joints, and addresses occasional muscle discomforts. It dispels Wind Heat lodged in the shoulders and arms and supports a healthy water metabolism.

Chinese red peony root invigorates the Blood, dispels Blood stasis, clears Heat, cools the Blood and clears Liver Fire. Chinese cinnamon twig warms the channels, disperses Cold, unblocks the Yang, transforms the Qi and facilitates the flow of Yang Qi in the vessels. White peony root nourishes Blood, calms and curbs Liver Yang and alleviates stagnation from constrained Liver Qi or disharmony between Liver and Spleen. Combined with Chinese licorice root and rhizome, it addresses occasional muscle spasms, especially of the calf, due to Blood deficiency. Chinese red peony root invigorates and cools the Blood, dispels Blood stasis, clears Heat and Liver Fire, and protects the fluids vital to sinews and Blood.

Anemarrhena rhizome drains Fire, enriches Yin, moistens Dryness, generates fluids and clears Heat, while Chinese licorice root and rhizome supplements the Spleen, boosts the Qi, clears Heat, relieves blazing Fire, alleviates stagnation and moderates and harmonizes the other herbs in the formula.

Of the vines, Chinese tinospora stem dispels Wind Dampness, relaxes the sinews, invigorates the collaterals, unblocks the channels and dispels Hot Obstructions. Star jasmine stem dispels Wind Damp Obstructions that are relatively Hot, cools the Blood, relaxes the sinews and unblocks the channels. Lonicera stem clears Wind and Dampness, clears Heat, relieves blazing Fire, dispels stagnation, soothes the sinews and unblocks the channels and collaterals.

Polygonum multiflorum stem promotes the movement of Qi, nourishes the Blood, invigorates the channels and relaxes the sinews. Kadsura pepper vine dispels Wind Damp, unblocks the channels, disperses Cold and alleviates stagnation. Spatholobus stem promotes the movement of Qi, nourishes the Blood, invigorates the meridians and relaxes the sinews.

For stronger Blood stagnation, combine with **Drive Out Stasis** or **Invigorate the Collaterals**.

While **Clear Channels** primarily addresses conditions exacerbated by Wind Dampness invasion, **Clear Dampness in the Channels** addresses internal Dampness accumulation due to Spleen Qi deficiency. Both will address occasional discomfort in the joints, but due to different causes. **Transform Accumulation in the Channels** addresses Phlegm obstruction due to internal Qi stagnation and extreme Phlegm stagnation.

ORIGINS AND DEVELOPMENT

Jin Gui Yao Lue, Formulas from the Golden Cabinet by Zhang Zhong-jing.

ORGANS

Liver, Spleen, Kidneys.

ELEMENTS

Wood, Earth, Water.

PULSE

Slippery, wiry and rapid.

TONGUE

Reddish to variable body color with a white or yellow greasy coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Triple Burner 5 and 10, Large Intestine 11, Spleen 6 and 9, Gallbladder 34.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during pregnancy.

Clear Dampness in the Channels

Qing Shi Hua Tan Tang

Phlegm accumulation in the Channels, Spleen Qi deficiency

INGREDIENTS

| | | |
|--------------------------------------|---------------------------------------|--------------------------|
| Ginger cured Pinellia rhizome | Pinelliae praeparata rhizoma | <i>Jiang ban xia</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Cang-zhu atractylodes rhizome | Atractylodis rhizoma | <i>Cang zhu</i> |
| Prepared Chinese arisaema rhizome | Arisaematis praeparata rhizoma | <i>Zhi tian nan xing</i> |
| Chinese skullcap root | Scutellariae radix | <i>Huang qin</i> |
| Tangerine dried rind of mature fruit | Citri reticulatae pericarpium fructus | <i>Chen pi</i> |
| Notopterygium root and rhizome | Notopterygii radix et rhizoma | <i>Qiang huo</i> |
| White mustard seed | Sinapis Semen | <i>Bai jie zi</i> |
| Fragrant angelica root | Angelicae dahuricae radix | <i>Bai zhi</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |
| Ginger rhizome | Zingiberis rhizoma | <i>Gan jiang</i> |

Clear Dampness in the Channels transforms Phlegm and dries Dampness that has accumulated in the channels and moves rebellious Qi downward. When the transporting and transforming functions of the Spleen are deficient, Dampness accumulates in the channels and transforms into Phlegm. Occasional generalized body discomfort or heaviness can be caused by Phlegm and Dampness overflowing into the channels where it obstructs the Qi and Blood.

Clear Dampness in the Channels is a blend of the quintessential formula Two-Cured Decoction (*Er Chen Tang*), which strengthens the Spleen and dispels Phlegm, with additional herbs that warm and transform Dampness, clear the channels and guide the overall formula to the channels. It simultaneously addresses the root and the branch of the pattern.

The four herbs that constitute Two Cured Soup (*Er Chen Tang*) are ginger cured Pinellia rhizome, Tangerine dried rind of mature fruit, Poria and Chinese licorice root and rhizome. This four herb combination focuses on reinforcing the Spleen's function of transforming and transporting fluids. Ginger cured Pinellia rhizome and Tangerine dried rind of mature fruit transform Phlegm, drain Dampness, regulate the Qi of the Middle Burner and redirect rebellious Qi downward. Poria and Chinese licorice root and rhizome support and strengthen the Spleen Qi and drain Dampness.

Added to the base formula, Ginger rhizome warms and facilitates the movement of Qi and the elimination of the Phlegm, while Cang-zhu atractylodes rhizome strongly dries Dampness and supports the Spleen. These herbs safeguard against a further weakening of the Spleen from the strongly moving nature of some of the other herbs in the formula.

The following herbs more specifically address channel accumulation or blockage. Prepared Chinese arisaema rhizome strongly dries Dampness, enters the channels and transforms



CHINESE HERBAL ACTIONS

Clears Phlegm Dampness in the channels, warms the channels.

PHYSICAL INDICATIONS

- Supports muscles and sinews.
- Occasional joint and body discomfort that gets worse in damp weather.
- Occasional Phlegm accumulation in shoulder and neck.
- Occasional lethargy, fatigue.

Phlegm. Combined with Chinese skullcap root it is especially suited in addressing Hot Phlegm accumulation. White mustard seed dispels accumulated Dampness and Phlegm obstruction from the channels and regulates Qi. The combination of Notopterygium root and rhizome and Fragrant angelica root disperse Wind and Dampness accumulation in the channels, characterized by occasional muscle aches and discomfort.

Clear Dampness in the Channels addresses internal Damp accumulation due to Spleen Qi deficiency, while **Clear Channels** primarily addresses conditions exacerbated by Wind Dampness invasion. Both will address discomfort in the joints, but due to different causes. **Transform Accumulation in the Channels** addresses Phlegm obstruction due to internal Qi stagnation and extreme Phlegm stagnation.

If there is also Blood stagnation, this formula can be combined with **Invigorate the Collaterals** (*Huo Luo Xiao Ling Dan*) or **Drive Out Stasis** (*Shen Tong Zhu Yu Tang*).

ORIGINS AND DEVELOPMENT

Clear Dampness and Transform Phlegm Decoction (*Qing Shi Hua Tan Tang*) is from the source text *Achieving Longevity by Guarding the Source*, published in 1516.



ORGAN

Spleen.

ELEMENT

Earth.

PULSE

Submerged, slippery.

TONGUE

Thicker white coat with pink or pale body, possibly with teeth marks.

COMPLEMENTARY ACUPUNCTURE POINTS

Spleen 3, 6, 9, 10 Stomach 36, 40,
Lung 5, Large Intestine 4, Liver 3.

CAUTIONS AND CONTRAINDICATIONS

- Avoid use with signs of Heat.

Clear the Lower Palace

Wan Dai Tang

Bei Xie Fen Qing Yin

Dampness in the Lower Burner with Spleen Qi deficiency, excess or deficiency in the Girdle Vessel (*Dai Mai*)

INGREDIENTS

| | | |
|--------------------------------------|---|-------------------------|
| Dry fried White atractylodes rhizome | Atractylodis macrocephalae praeparata rhizoma | <i>Chao bai zhu</i> |
| Dry fried Chinese yam rhizome | Dioscoreae praeparata rhizoma | <i>Chao shan yao</i> |
| Oyster shell | Ostreae concha | <i>Duan mu li</i> |
| Dragon bone | Draconis os | <i>Long gu</i> |
| Dry fried White peony root | Paeoniae alba praeparata radix | <i>Chao bai shao</i> |
| Tokoro yam rhizome | Dioscoreae hypoglaucae rhizoma | <i>Bi xie</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Cnidium fruit | Cnidii fructus | <i>She chuang zi</i> |
| Cang-zhu atractylodes rhizome | Atractylodis rhizoma | <i>Cang zhu</i> |
| Dry fried Plantain seed | Plantaginis praeparata semen | <i>Chao che qian zi</i> |
| Phellodendron bark | Phellodendri cortex | <i>Huang bai</i> |
| Altaica rhizome | Anemoni altaicae rhizoma | <i>Jiu jie chang pu</i> |
| Shrubby sophora root | Sophorae flavescens radix | <i>Ku shen</i> |
| Bupleurum root | Bupleuri radix | <i>Chai hu</i> |
| Chinese salvia root and rhizome | Salviae miltiorrhizae radix et rhizoma | <i>Dan shen</i> |
| Tangerine dried rind of mature fruit | Citri reticulatae pericarpium fructus | <i>Chen pi</i> |
| White Asian ginseng root and rhizome | Panax ginseng (white) radix et rhizoma | <i>Bai ren shen</i> |
| Schizonepeta herb | Schizonepetae herba | <i>Jing jie</i> |

Clear the Lower Palace is a combination of two classical herbal formulas for Lower Burner Dampness caused by Spleen Qi deficiency, and either a weakness or excess in the Girdle Vessel (*Dai Mai*). End Discharge Decoction (*Wan Dai Tang*) is beneficial for tonifying the Middle Burner, strengthening the Spleen and transforming Dampness. Decoction to Separate the Clear (*Bei Xie Fen Qing*) clears Heat, resolves Dampness and separates the “clear from the turbid”. By combining these two classical formulas, **Clear the Lower Palace** dispels and transforms Dampness lodged in the Lower Burner while strengthening the Spleen, and addresses both deficiency and excess patterns simultaneously.

The Girdle Vessel is a unique Extraordinary channel, in that it is the only channel that courses horizontally through the body, running through the abdomen and traversing all major and Extraordinary meridians, which are all oriented vertically. The Girdle Vessel also has a close



CHINESE HERBAL ACTIONS

Drains Dampness, separates clear and turbid fluids, clears Heat and tonifies Spleen Qi.

PHYSICAL INDICATIONS

- Supports gynecological health.
- Transforms Dampness in the Lower Burner.
- Occasional thin vaginal discharge.
- Occasional fatigue, heaviness in the lower body.
- Occasional loose stools.



relationship with the Spleen, Kidney and Liver meridians, and various patterns may develop when it becomes excessive or deficient, such as Spleen Qi deficiency or Liver Qi stagnation. If Spleen is weakened, stagnant fluids develop and become turbid and heavy. If the Liver, which governs the free flow of Qi in the body, is out of balance, it can impair the Spleen by weakening or overpowering it, leading to the creation of more Dampness accumulating in the Lower Burner of the body.

The chief herbs in the formula are dry fried White atractylodes rhizome and dry fried Chinese yam rhizome. Working synergistically, they dry Dampness, tonify the Spleen and bind the Essence. Both herbs enter the Extraordinary vessels, and support the Girdle Vessel. Dry fried Chinese yam rhizome tonifies the Qi of the Spleen and Kidney. Dragon bone is very effective at securing the normal Qi, while supporting the elimination of stagnant accumulations from the Lower Burner. They both guide the formula to the Girdle Vessel.

White Asian ginseng root and rhizome strongly tonifies Qi and strengthens the Spleen, Cang-zhu atractylodes rhizome and dry fried Plantain seed dry and leach Dampness through the urine. Dry fried White peony root and Tangerine dried rind of mature fruit soften the Liver and regulate Spleen Qi.

Bupleurum root relieves Liver Qi constraint and facilitates the ascent of the clear Yang, and Schizonepeta herb harmonizes the Liver and Spleen. Tokoro yam rhizome and Poria transform Dampness. Additionally, Tokoro yam rhizome is one of the most effective herb to address cloudy *Gao Lin*. Altaica rhizome warms the Urinary Bladder and dispels deficiency and Cold from the Lower Burner, while Phellodendron bark clears Damp Heat from the Lower Burner. Chinese salvia root and rhizome invigorates and tonifies Blood, clears Heat, and breaks up stasis lodged in the lower abdomen.

Four herbs were added to further enhance the effects of the formula. Shrubby sophora root and Cnidium fruit to increase the ability of the formula to dry Dampness, Dragon bone to calm the Liver and address disharmony of the Girdle Vessel (*Dai mai*), and Oyster shell to tonify and quiet the Mind.

For further tonification of Spleen Qi and to drain Dampness accumulation, combine with **Shen Ling Spleen Support**.

ORIGINS AND DEVELOPMENT

End Discharge Decoction (*Wan Dai Tang*) was first found in *The Women's Discourse According to Fu Qing-Zhu (Fu Qing Zhu Nu Ke)*. Decoction to Separate the Clear (*Bei Xie Fen Qing Yin*) originated in *Medical Revelations (Yi Xue Xin Wu)*.

ORGANS

Spleen, Kidney, Liver.

ELEMENTS

Earth, Water, Wood.

PULSE

Slippery, weak, possibly rapid, soggy.

TONGUE

Pale or red, white or yellow coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Gallbladder 26, 27, 28, 41, *San Jiao* 5, Liver 13, *Ren* 2, 3, Spleen 6, 9, Urinary Bladder 20, 22, 23, Stomach 36.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during pregnancy.
- Caution should be used in the case of Yin deficiency patterns.
- Contraindicated if there are Heat signs.

Clear Mind

Bu Nao Wan

Kidney deficiency, Heart Yin and Blood deficiency, Phlegm confounding the orifice of the Heart, Liver Blood deficiency engendering Wind, disturbed Spirit-Mind (*Shen*), Mind and Ethereal Soul (*Hun*)

INGREDIENTS

| | | |
|-----------------------------------|-----------------------------------|--------------------------|
| Schisandra fruit | Schisandrae chinensis fructus | <i>Wu wei zi</i> |
| Dry fried Sour jujube seed | Ziziphi spinosae praeparata semen | <i>Chao suan zao ren</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Biota seed | Platycladi semen | <i>Bai zi ren</i> |
| Lycium fruit | Lycii fructus | <i>Gou qi zi</i> |
| Walnut | Juglandis semen | <i>Hu tao ren</i> |
| Gastrodia rhizome | Gastrodiae rhizoma | <i>Tian ma</i> |
| Amber resin | Succinum resin | <i>Hu po</i> |
| Altaica rhizome | Anemoni altaicae rhizoma | <i>Jiu jie chang pu</i> |
| Dragon bone | Draconis os | <i>Long gu</i> |
| Prepared Chinese arisaema rhizome | Arisaematis praeparata rhizoma | <i>Zhi tian nan xing</i> |
| Polygala root | Polygalae radix | <i>Yuan zhi</i> |
| Sharp-leaf ganangal fruit | Alpiniae oxyphyllae fructus | <i>Yi zhi ren</i> |
| Bamboo secretion | Bambusae concretio silicea | <i>Tian zhu huang</i> |

Clear Mind, based on Supplement Brain Pills (*Bu Nao Wan*), focuses on Heart Yin and Blood deficiency, Kidney deficiency and Liver Blood deficiency with internal Wind and Damp. This formula supplements Kidney and Blood, transforms and disperses Phlegm and extinguishes Wind. It is very useful for Kidney deficient individuals who also exhibit some Phlegm accumulation and Spirit (*Shen*) disturbances.

When the Heart Blood has become depleted for some time, the Yin and Blood will be depleted and Wind will rise. Phlegm will often accumulate, misting the Mind and obscuring the Spirit (*Shen*). As a result, the Spirit-Mind will have no place to root itself, and will become unsettled and begin to wander. **Clear Mind** nourishes the Brain, Heart and Kidneys while building Blood and giving the Spirit-Mind a place to quietly rest.

The chief herb, Schisandra fruit enriches the Kidneys, nourishes the Liver, harmonizes Kidney and Heart, and quiets the Spirit while calming and containing the Heart Qi. Dry fried Sour jujube seed and Biota seed reinforce the actions of the chief herb by nourishing the Heart Yin and Liver Blood and quieting the Spirit. Dong quai root tonifies and invigorates Blood, especially of the Heart and Liver. Lycium fruit tonifies Kidney and Lung Yin, nourishes Liver Blood, mildly tonifies Kidney Yang, and benefits the Essence. Walnut tonifies the Kidneys, supports a healthy fluid metabolism and encourages bowel movement, providing an outlet for the Phlegm lodged



CHINESE HERBAL ACTIONS

Calms the Spirit (*Shen*), nourishes the Brain, transforms Heart Phlegm, extinguishes Liver Wind, nourishes Heart and Kidney Yin, strengthens Kidney Yang, nourishes Heart and Liver Blood.

PHYSICAL INDICATIONS

- Supports a healthy nervous and cognitive system.
- Occasional foggy headedness, poor concentration or memory.
- Occasional absentmindedness, confusion or disorientation.
- Occasional irritability or restlessness.
- Occasional anxiety, nervousness or mental agitation.
- Occasional insomnia.
- Occasional fatigue.

in the upper body. Sharp-leaf ganangal fruit warms the Spleen and Stomach to harmonize the Middle and to support Kidney Yang. Amber resin settles and calms the Spirit, moves Blood and facilitates urination.

Gastrodia rhizome calms the Liver and extinguishes Wind. It addresses internal Liver Wind, whether caused by Heat or Cold. Altaica rhizome extinguishes Wind, opens the orifice, promotes the movement of Qi and strengthens the Stomach, addressing Dampness and turbidity obstructing the Middle Burner. Prepared Chinese arisaema rhizome dries Dampness and expels Phlegm, eliminates Wind Phlegm in the channels, while Bamboo secretion extinguishes Wind Heat, dislodges Phlegm, and opens the orifice. Polygala root transforms Phlegm, harmonizes Heart and Kidneys, calms the Spirit and quiets the Heart. Dragon bone calms the Liver, anchors and preserves the floating Yang, settles occasional anxiety and calms the Spirit.

Clear Mind addresses an underlying Kidney and Essence deficiency that causes a clouding of the Heart-Mind. **Celestial Emperor's Blend** addresses an underlying Kidney Heart Yin deficiency that causes overall dryness and Spirit restlessness. **Ascending Clarity** clears excess Phlegm and Wind from the Head, with an underlying Spleen deficiency.

Combine with **Six Gentlemen** or **Shen Ling Spleen Support** for Spleen Qi tonification. For Liver Qi stagnation or Spleen Qi deficiency, combine with **Free and Easy Wanderer**.

ORIGINS AND DEVELOPMENT

Zhong Guo Ji Ben Zhong Chen Yao, Fundamentals of Chinese Prepared Herbal Text, 1988.



ORGANS

Heart, Liver, Kidney.

ELEMENTS

Fire, Wood, Water.

PULSE

Thin, rapid, slippery.

TONGUE

Pale, dry, red tip, possibly light red body.

COMPLEMENTARY ACUPUNCTURE POINTS

Heart 3, 7, Spleen 6, 10, Conception Vessel 4, 14, Urinary Bladder 15, 23, Kidney 3, 10.

CAUTIONS AND CONTRAINDICATIONS

- Not for use with Wind Cold invasion.
- Use with caution in warm weather.
- Use with caution during pregnancy.

Clear Stone Formula

Shi Lin Tong

Wu Lin San

Damp Heat accumulation in the Lower Burner, Heat in the Blood

INGREDIENTS

| | | |
|-----------------------------------|-------------------------------|---------------------|
| Lysimachia herb | Lysimachiae herba | <i>Jin qian cao</i> |
| Japanese climbing fern spore | Lygodii spora | <i>Hai jin sha</i> |
| Honeysuckle flower | Lonicerae flos | <i>Jin yin hua</i> |
| Pyrrrosia leaf | Pyrrrosiae folium | <i>Shi wei</i> |
| Gardenia fruit | Gardeniae fructus | <i>Zhi zi</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Chinese red peony root | Paeoniae rubra radix | <i>Chi shao</i> |
| Tienchi ginseng root and rhizome | Notoginseng radix | <i>Tian qi</i> |
| Achyranthes root | Achyranthis bidentatae radix | <i>Huai niu xi</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |

Clear Stone Formula is an elegant combination of two formulas: Open and Clear Urination (*Shi Lin Tong*) and Powder for Five Types of Urinary Dribbling (*Wu Lin San*). Together, they clear Damp Heat accumulation in the Lower Burner, cool the Blood and support healthy urinary functions.

This formula addresses a pattern of internally generated Damp Heat which is typically caused by a lack of a balanced diet, such as with prolonged consumption of spicy, sweet or rich food and alcohol, which are all Damp producing and often the root causes of this pattern. It may also be caused by Damp Heat from the Exterior invading the Lower Burner, more specifically the Bladder. When Dampness and Heat persist together for some time, Dampness begins to obstruct the water passage, and Heat begins to cause occasional uncomfortable urination. If Damp Heat is obstructing the Qi dynamic in the Lower Burner, abdominal stagnation can ensue with Damp Heat accumulating and transforming into fixed accumulations that create irritation and discomfort.

Shi Lin Tong is a formula comprised of only one herb, Lysimachia herb. It addresses Damp Heat accumulation in the Urinary Bladder, as well as in the Liver and Gallbladder. The name of the second base formula *Wu Lin San* implies that it addresses all five types of *Lin*, and most of the herbs in the formula clear Dampness and Heat, components of all five types of *Lin* to some degree. *Wu Lin San* clears Heat, cools the Blood, and supports a healthy urinary system.

The combination of Lysimachia herb, Japanese climbing fern spore and Pyrrrosia leaf address *Shi Lin* and Damp Heat accumulation in the Urinary Bladder, and cool the Blood. Lysimachia herb is very effective at addressing Damp Heat accumulation in the Urinary Bladder and all



CHINESE HERBAL ACTIONS

Drains Damp Heat accumulation from the Lower Burner, clears Heat, cools the Blood, supports a healthy urinary system.

PHYSICAL INDICATIONS

- Supports healthy urinary function.
- Occasional urinary discomfort.
- Occasional urinary dribbling.
- Occasional disrupted urinary flow.
- Occasional lower abdominal discomfort.

types of *Lin* manifestations (except cloudy *Lin*). Japanese climbing fern spore and *Pyrosia* leaf clear Damp Heat in the Blood level of the Bladder, clear *Lin* manifestation, support a healthy urinary system and address occasional urinary dribbling. *Pyrosia* leaf also restrains the chaotic movement of Hot blood. Honeysuckle flower is added to the formula for its ability to clear Heat, both from interior and exterior causes, and to clear Damp Heat from the Lower Burner.

Gardenia fruit and Chinese red peony root cool Fire, drain Damp Heat and cool the Blood. White Poria supports healthy urination, leaches out dampness, strengthens the Spleen and calms the Spirit. Dang gui root was replaced by Tienchi ginseng root and rhizome, due to its dual properties of invigorating while also restraining Blood.

Chinese licorice root and rhizome drains Fire and harmonizes the actions of the other herbs. *Achyranthes* root, a classical modification of *Wu Lin San*, moves the Blood, especially in the Lower Burner, supports healthy urination and frees the *Lin* patterns. Both Tienchi ginseng root and rhizome and *Achyranthes* root enhance the ability of the formula to address the occasional discomfort associated with the pattern.

Clear Stone Formula strongly clears Damp Heat accumulation in the Lower Burner, cools the Blood and supports healthy urination. The formula needs to be taken for three to sixth months. For additional Blood tonification, consider adding **Four Substances**.

ORIGINS AND DEVELOPMENT

Clear Stone Formula is a combination of two formulas: *Shi Lin Tong* Compound (*Shi Lin Tong*) and Powder for the Five Types of Urinary Dribbling (*Wu Lin San*). *Shi Lin Tong* is a modern formula, and *Wu Lin San* is a classical formula created in 1107.



ORGANS

Kidney, Urinary Bladder.

ELEMENT

Water.

PULSE

Normal to pink to red body with likely yellow, greasy accumulation in the back.

TONGUE

Slippery, rapid and possibly choppy.

COMPLEMENTARY ACUPUNCTURE POINTS

Ren 3, 5, Spleen 6, 9, Liver 2, 5, Urinary Bladder 23, 28, Gallbladder 25, Kidney 3, 6, Large Intestine 4, 11.

CAUTIONS AND CONTRAINDICATIONS

- This formula is for Hot, excess type patterns.
- It should be combined with other formulas for patterns of Cold or deficiency.
- Contraindicated during pregnancy.

Colorful Phoenix Pearl Combination

Cai Feng Zhen Zhu An Chuang Wan

Blood stasis with Heat, especially of the Upper Burner, Blood deficiency

INGREDIENTS

| | | |
|----------------------------------|-----------------------------|---------------------|
| Mother-of-pearl shell | Margaritiferae concha | <i>Zhen zhu mu</i> |
| Phellodendron bark | Phellodendri cortex | <i>Huang bai</i> |
| Honeysuckle flower | Lonicerae flos | <i>Jin yin hua</i> |
| Adenophora root | Adenophorae radix | <i>Nan sha shen</i> |
| Prepared Rehmannia root | Rehmanniae praeparata radix | <i>Shu di huang</i> |
| Scrophularia root | Scrophulariae radix | <i>Xuan shen</i> |
| Chinese rhubarb rhizome and root | Rhei radix et rhizoma | <i>Da huang</i> |
| Prunella fruit spike | Prunellae spica | <i>Xia ku cao</i> |
| Arnebia root | Arnebiae/Lithospermi radix | <i>Zi cao</i> |
| Pearl | Margarita pearl | <i>Zhen zhu</i> |

Colorful Phoenix Pearl Combination is based on the traditional formula Colorful Phoenix Precious Pearl Pill (*Cai Feng Zhen Zhu An Chuang Wan*), a formula addressing Heat pushing out through the skin from the Blood (*Xue*) level. **Colorful Phoenix Pearl Combination** is indicated when there is a symptomatic mixture of Heat, Yin and Blood deficiency. Surface Wind Heat may also be a factor. The herbs in this formula are a combination of Yin and Blood tonics and herbs that clear Heat from the Blood and skin. All are there to support healthy skin free of accumulations such as occasional skin boils, rashes or carbuncles with redness or itching.

Mother-of-pearl shell, the chief herb in this formula, calms the Liver, anchors the Yang and drains Liver Fire. Pearl supports the action of the chief herb by clearing Liver Heat, calming ascendant Liver Yang and nourishing Yin.

Phellodendron bark drains Damp Heat, drains Kidney Fire and resolves blazing Fire. Honeysuckle flower clears Heat and resolves blazing Fire. Scrophularia root clears Heat and cools the Blood, especially when Heat has entered the Blood level. It nourishes the Yin, moistens dryness, softens hardness and dissipates accumulation due to Phlegm Fire. Chinese rhubarb rhizome and root drains Heat and blazing Fire, purges accumulations, transform Dampness, supports healthy urination and invigorates blood. Prunella fruit spike clears Heat and dissipates accumulation due to Phlegm Fire and cools Liver Fire. Arnebia root clears Heat, cools the Blood and resolves blazing Fire. It also clears Damp Heat from the skin.

Adenophora root nourishes the Stomach, generates fluids and clears Heat. It moistens the Exterior and is indicated for occasional dry, itchy skin, especially aggravated by cold, dry weather. Prepared Rehmannia root tonifies the Blood and the Essence and nourishes Liver and Kidney Yin. It supports the formula by tonifying and balancing the effects of all of the Heat clearing herbs found in the formula.



CHINESE HERBAL ACTIONS

Clears Heat, cools Blood, tonifies Blood and Yin.

PHYSICAL INDICATIONS

- Supports healthy skin.
- Occasional red and hot accumulations on the skin.
- Occasional skin sensitivity.
- Occasional dry, itchy skin.

For additional tonification, combine with **Four Gentlemen** or **Shen Ling Spleen Support** to strengthen the Spleen Qi and support the digestive system. To nourish the Kidneys, combine with **Rehmannia Six**.

ORIGINS AND DEVELOPMENT

Colorful Phoenix Pearl Combination is based on the traditional formula Colorful Phoenix Precious Pearl Pill (*Cai Feng Zhen Zhu An Chuang Wan*).



ORGANS

Lung, Liver, Large Intestine.

ELEMENTS

Wood, Metal.

PULSE

Rapid, and may also be floating or wiry.

TONGUE

Red or purple with red dots.

COMPLEMENTARY ACUPUNCTURE POINTS

Large Intestine 4, 11, Spleen 10,
Heart 7, Lung 10, Kidney 3.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during pregnancy.

Cool Salvia Formula

Dan Shen Yin

Qi stagnation and Blood stasis in the Middle and Upper Burners

INGREDIENTS

| | | |
|-----------------------------------|--|--------------------|
| Chinese salvia root and rhizome | Salviae miltiorrhizae radix et rhizoma | <i>Dan shen</i> |
| Chinese amomum fruit | Amomi fructus | <i>Sha ren ren</i> |
| Sandalwood | Santali albi lignum | <i>Tan xiang</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |

Cool Salvia Formula is a faithful version of Salvia Root Decoction (*Dan Shen Yin*), a famous herbal formula supporting heart and digestive health, and healthy blood pressure levels.

Cool Salvia Formula invigorates the Blood, dispels Blood stasis, moves the Qi and breaks up stagnation that has accumulated in the Middle Burner. The primary action of this formula is to move Blood first, and secondarily to regulate the Qi, and is particularly indicated for Stomach and Heart stagnation caused by stagnant Qi and Blood stasis.

The ingredients found in this formula work together to support circulatory and heart health. Chinese salvia root and rhizome is the chief herb in this formula, providing the strongest actions. It supports healthy blood circulation and breaks up Blood stasis, clears Heat and mildly nourishes Blood. Sandalwood, the deputy in this formula, regulates Qi and warms the Middle Burner, and supports healthy blood circulation. Chinese amomum fruit promotes the movement of Qi, warms the Middle Burner, eliminates Dampness, strengthens the Spleen and alleviates stagnation. Together, these three ingredients unblock the Qi and Blood to support its smooth and unimpeded flow. Chinese licorice root and rhizome is used in combination with Chinese salvia root and rhizome to tonify the Spleen and Qi. It moderates and harmonizes the herbs in the formula.

Combine with **Lucid Channel** for Phlegm accumulation. For occasional insomnia, combine with **Celestial Emperor's Blend** to tonify Heart and Kidney Yin. Combine with **Peaceful Sleep** for Heat in the Heart with concurrent Blood deficiency. For agitated and disturbed *Shen*, combine with **Rescue the Spirit**.

ORIGINS AND DEVELOPMENT

Salvia Root Decoction (*Dan Shen Yin*) was originally published in 1801 in the *Shi Feng Ge Kuo* (*Collected Songs About Contemporary Formulas*) by Chen Nian-Zi.



CHINESE HERBAL ACTIONS

Supports Blood circulation, breaks up Blood stasis, moves Qi, relieves stagnation.

PHYSICAL INDICATIONS

- Supports a healthy cardiovascular system.
- Supports healthy blood circulation.
- Occasional chest heaviness.
- Occasional shortness of breath.
- Occasional palpitations.
- Occasional insomnia or restless sleep.
- Occasional abdominal or epigastric stagnation.

ORGANS

Heart, Pericardium, Spleen, Stomach.

ELEMENTS

Fire, Earth.

PULSE

Choppy, wiry, slightly rapid.

TONGUE

Purplish or reddish body.

COMPLEMENTARY ACUPUNCTURE POINTS

Conception Vessel 17, Heart 3, 6, 7, 9, Pericardium 6, Stomach 40, Spleen 6, 9, 10, Urinary Bladder 14, 15, 17.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during pregnancy.

CoptiClear

Huang Lian Su Pian

Damp Heat accumulating in the Middle Burner

INGREDIENT

Coptis rhizome Coptidis rhizoma *Huang lian*

CoptiClear is based on Coptis Concentrated Extract Pill (*Huang Lian Su Pian*), a widely used Chinese patent. It is unusual among Kan formulations, as it contains only one herb: Coptis rhizome (*Huang lian*), one of the most bitter, cold and drying herbs. These qualities make **CoptiClear** particularly effective for patterns marked by constrained Fire, Damp Heat and Heat.

Classically, single herbs have been employed in situations that match the primary indications of a particular herbal pattern. The action is strong, one-sided and meant for short-term use. Coptis rhizome is commonly used as a single herb, but is also found in combination with other herbs when appropriate.

CoptiClear drains Fire and resolves blazing Fire. It is also appropriate as a supplement to classical formulas where there is a need to drain Fire from the Middle Burner. **CoptiClear** is an excellent choice when Damp Heat or blazing Fire is lodged in the skin, throat, ear, mouth or teeth.

This formula can be combined with any formula where there is additional need for Heat or Damp Heat clearing in the Middle Burner.

ORIGINS AND DEVELOPMENT

CoptiClear is based on the Chinese patent formula *Huang Lian Su Pian*.

ABOUT THE HERB

Coptis rhizome is listed in the *Divine Farmer (Shen Nong Ben Cao Jing)* as a high-grade herb. It clears Heat, dries Dampness and drains Fire. It is especially useful for Damp Heat in the Stomach or Intestines. It is a bitter, cold herb that enters the Heart, Large Intestine, Liver and Stomach meridians.



CHINESE HERBAL ACTIONS

Drains Fire and Damp Heat from the Middle Burner.

PHYSICAL INDICATIONS

- Supports a healthy digestive system.
- Occasional skin irritations.
- Occasional abdominal stagnation.
- Occasional irritability.

ORGAN

Stomach.

ELEMENT

Earth.

PULSE

Rapid and wiry, possibly floating.

TONGUE

Bright red with a yellow coating.

COMPLEMENTARY ACUPUNCTURE POINTS

Stomach 25, 44, Conception Vessel 14, Large Intestine 5, 11, Spleen 9.

CAUTIONS AND CONTRAINDICATIONS

- Caution should be used with patterns of Cold and Spleen and Stomach deficiency.
- Contraindicated during pregnancy.

CoptiDetox

Huang Lian Jie Du Tang

Damp, Heat and/or Fire accumulating in the Three Burners, obstruction by Fire

INGREDIENTS

| | | |
|-----------------------|---------------------|-------------------|
| Coptis rhizome | Coptidis rhizoma | <i>Huang lian</i> |
| Gardenia fruit | Gardeniae fructus | <i>Zhi zi</i> |
| Phellodendron bark | Phellodendri cortex | <i>Huang bai</i> |
| Chinese skullcap root | Scutellariae radix | <i>Huang qin</i> |

CoptiDetox is a traditional interpretation of the classical formula Coptis Relieve Decoction (*Huang Lian Jie Du Tang*). This formula is very effective at dispelling strong obstruction of the Upper, Middle and Lower Burners by Fire invasion penetrating both the Interior and Exterior of the body.

Known together as “the four yellows”, all of the ingredients are bitter and cold and drain Fire from all three Burners. The chief herb, Coptis rhizome, is the herb of choice for draining Fire from the Heart and the Middle Burner, and to cool the Blood. Gardenia fruit drains Heat from all Burners through the urine and cools the Blood. Chinese skullcap root clears Heat from the Upper Burner as well as Liver and Gallbladder Heat, while Phellodendron bark clears damp Heat from the Lower Burner.

CoptiDetox can complement other formulas that address an underlying Yin, Blood or Spleen deficiency where additional Heat or Fire clearing actions are desired.

Combine with **Rehmannia Six** for underlying Kidney Yin deficiency with Heat and Fire accumulation. Combine with **Bright Eye Rehmannia** for Liver and Kidney Yin deficiency with Damp Heat or Fire. Combine with **Four Gentlemen** to protect the Spleen from injury due to the cold nature of **CoptiDetox**.

ORIGINS AND DEVELOPMENT

Coptis Decoction (*Huang Lian Jie Du Tang*) was first recorded in *Arcane Essentials from the Imperial Library (Wai Tai Bi Yao)* written by Wang Tao in 752 C.E.



CHINESE HERBAL ACTIONS

Clears Heat or Fire from all Three Burners.

PHYSICAL INDICATIONS

- Supports a healthy digestive system.
- Supports healthy skin.
- Supports a healthy urinary system.
- Occasional irritation.
- Occasional dry mouth and throat.

ORGAN

Triple Burner (*San Jiao*).

ELEMENT

Fire.

PULSE

Strong, wiry, rapid, flooding.

TONGUE

Bright red with a yellow coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Heart 8, Lung 11, Liver 2, Stomach 44, Kidney 2.

CAUTIONS AND CONTRAINDICATIONS

- Should only be used in cases of excess patterns.
- Not for long-term use.
- Contraindicated during pregnancy.

Dang Gui Si Ni Tang

Dang Gui Si Ni Tang

Blood deficiency, Nutritive Qi blocked by Cold, Cold invasion in the Vessels and Channels

INGREDIENTS

| | | |
|---|--|----------------------|
| Chinese cinnamon twig | Cinnamomi ramulus | <i>Gui zhi</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| White peony root | Paeoniae alba radix | <i>Bai shao</i> |
| Japanese helwingia pith | Stachyuri medulla | <i>Xiao tong cao</i> |
| Red jujube fruit | Jujubae fructus | <i>Hong zao</i> |
| Honey fried Chinese licorice root and rhizome | Glycyrrhizae praeparata cum mel radix et rhizoma | <i>Zhi gan cao</i> |
| Ginger rhizome | Zingiberis rhizoma | <i>Gan jiang</i> |

Dang Gui Si Ni Tang is based on a modification of **Cinnamon Twig Decoction** (*Gui Zhi Tang*), to address a pattern of Blood deficiency with concurrent Cold lodged in the Vessels and channels, obstructing the smooth flow of the Nutritive Qi. Blood deficiency can occur due to a weakened Spleen not being able to build Blood, or from blood loss; women are more prone to Blood deficiency due to their monthly cycle. Blood can also become depleted due to excessive and draining lifestyle or improper diet. Blood deficiency can manifest as occasional cold in the limbs, stagnation that is worse in cold environments, and a pale complexion. Cold invading the channels and Vessels will increase stagnation and discomfort, while warmth will decrease them.

Cold hands (up to the wrists) and feet (up to the ankles) that is felt internally and externally as cold to the touch, and worsen in cold exposure are the hallmarks of this pattern. There may be no other indications of Yang deficiency or ascendant Yin. Occasional generalized fatigue, occasional abdominal discomfort, irregular menstruation or occasional joint, lower back or leg discomfort that gets worse in cold exposure can also be felt.

Dong quai root, the chief herb of **Dang Gui Si Ni Tang**, tonifies and invigorates the Blood, and addresses Cold causing the Blood to stagnate. Chinese cinnamon twig warms and opens the channels, White peony root nourishes Blood and smooths the flow of Liver Qi, and Red jujube fruit strengthens the Spleen and Stomach, supporting the proper transformation of *Gu* Qi into Nutritive (*Ying*) Qi, and nourishing Blood. Honey fried Chinese licorice root and rhizome strengthens the Middle Burner and harmonizes the actions of the other herbs in the formula. Ginger rhizome replaces Chinese wild ginger to warm the Interior and strengthen the Middle Burner. While it is not typically included in the formulation of **Dang Gui Si Ni Tang**, it is typically included in **Cinnamon Twig Decoction**.

Akebia caulis, no longer available due to regulatory restrictions, has been replaced by a larger percentage of Japanese helwingia pith to support healthy urination by draining



CHINESE HERBAL ACTIONS

Nourishes the Blood, dispels Cold, warms, opens and unblocks the Vessels and channels.

PHYSICAL INDICATIONS

- Supports a healthy cardiovascular system.
- Supports healthy blood circulation.
- Occasional frigid, cold hands and feet, possibly the whole limb, that feel cold to the touch and to the person.
- Occasional pale or sallow complexion, pale nails, lips or eyelids.
- Occasional lethargy or lassitude.
- Occasional discomfort at the wrist, hips, legs or feet.
- Occasional joint, lower back or leg discomfort.
- Occasional difficulty concentrating.
- Occasional irregular menstruation.

fluids downward, invigorate the flow in the channels and guide out any Heat that may have accumulated due to stagnation.

Four Cold Extremities and **Dang Gui Si Ni Tang** both address Cold accumulating in the extremities. When Cold accumulates in the hands and feet due to Qi stagnation, **Four Cold Extremities** is indicated. **Dang Gui Si Ni Tang** is indicated when Cold accumulates due to Blood deficiency.

ORIGINS AND DEVELOPMENT

Dang Gui Si Ni Tang is a variation of **Cinnamon Twig Decoction** (*Gui Zhi Tang*).



ORGANS

Liver, Heart.

ELEMENTS

Wood, Fire.

PULSE

Deep, fine or barely palpable.

TONGUE

Pale with white coat, possibly pale purple.

COMPLEMENTARY ACUPUNCTURE POINTS

Spleen 3, 6, 10, Kidney 1, 3, 6, 7, 10, Urinary Bladder 11, 20, 23, *Du* 4, 20, Liver 3, Large Intestine 4, *Ren* 6, Stomach 36, moxa.

CAUTIONS AND CONTRAINDICATIONS

- Body fluid deficiency or Yin deficiency with Heat.
- Caution in warm climates or summer season.

Derma Wind Release

Xiao Feng San

Wind Heat or Wind Damp invasion with pre-existing Damp Heat

INGREDIENTS

| | | |
|-----------------------------------|--------------------------------|------------------------|
| Gypsum | Gypsum fibrosum mineral | <i>Sheng shi gao</i> |
| Raw Rehmannia root | Rehmanniae radix | <i>Sheng di huang</i> |
| Cang-zhu atractylodes rhizome | Atractylodis rhizoma | <i>Cang zhu</i> |
| Cicada moulting | Cicadae periostracum | <i>Chan tui</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Siler root | Saposhnikovia radix | <i>Fang feng</i> |
| Dry fried Black sesame seed | Sesami nigrum praeparata semen | <i>Chao hei zhi ma</i> |
| Schizonepeta herb | Schizonepetae herba | <i>Jing jie</i> |
| Shrubby sophora root | Sophorae flavescens radix | <i>Ku shen</i> |
| Burdock fruit | Arctii fructus | <i>Niu bang zi</i> |
| Anemarrhena rhizome | Anemarrhenae rhizoma | <i>Zhi mu</i> |
| Soft rush pith | Junci medulla | <i>Deng xin cao</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |

Derma Wind Release is based on Eliminate Wind Powder (*Xiao Feng San*), a formula that addresses a preexisting Qi deficiency, usually of Defensive (*Wei*) Qi, and pre-existing Damp Heat that combine with an external Wind Heat or Wind Damp invasion. The exterior Wind becomes trapped in the skin and muscle layers and is unable to vent externally or drain internally, with Blood Heat being generated that further injures the Yin and Blood.

Derma Wind Release disperses Wind, eliminates Dampness and clears Heat. It includes herbs that nourish and invigorate Blood, following the principle that “to address Wind, first address the Blood; when the Blood moves, the Wind will naturally be extinguished.”

Schizonepeta herb, Siler root, Burdock fruit and Cicada moulting, the chief herbs in this formula, disperse External Wind. Schizonepeta herb releases the Exterior and dispels Wind, vents occasional rashes and alleviates occasional itching. Paired with Dong quai root, which invigorates and tonifies Blood, the two herbs complement each other’s actions, such that the Blood is nourished and regulated and Wind is expelled from the Blood. Siler root releases the Exterior, expels Wind Dampness and alleviates stagnation. Burdock root and Cicada moulting clear exterior Wind Heat, stop occasional itching and vent occasional rashes.

Cang-zhu atractylodes rhizome strongly dries Dampness, strengthens the Spleen and dispels Wind, and Shrubby sophora root expels Wind, stops itching and clears Damp Heat through the urine. Gypsum clears Heat at the Qi level, drains Fire and is frequently paired with Anemarrhena rhizome to clear Heat from excess in the Yang brightness channel stage, helping to relieve interior Heat. Soft rush pith replaces Akebia caulis, no longer available due to



CHINESE HERBAL ACTIONS

Dispels Wind, eliminates Dampness, clears Heat and cools the Blood.

PHYSICAL INDICATIONS

- Supports healthy skin.
- Occasional itchiness.
- Occasional skin rashes.
- Occasional red skin irritation.
- Occasional prickly heat.
- Occasional diaper rash.
- Skin irritation that becomes aggravated in hot, damp weather.

NOTES

Consumption of alcohol, coffee, spicy foods, seafood and smoking should be avoided while taking this formula, as these activities interfere with the actions of the herbs.

regulatory restrictions. It clears Heat and directs it downward and out through the urine, while unblocking the fluid pathways. Chinese licorice root and rhizome tonifies Spleen Qi, clears Heat and blazing Fire, and it harmonizes the actions of the other herbs. Raw Rehmannia root clears Heat, cools the Blood and enriches the Yin. Dry fried Black sesame seed tonifies Liver and Kidney Yin, nourishes the Blood and extinguishes Wind.

This formula is easily combined with constitutional formulas. Combine with **Rehmannia Six** or **Temper Fire**, from the Kan Herbals line, for Kidney Yin deficiency. For temporary skin irritation due to Heat in the Liver and Gallbladder channels, combine with **Quell Fire** from the Kan Herbals line. For severe Heat or Fire, combine with **CoptiClear** or **CoptiDetox**.

ORIGINS AND DEVELOPMENT

This formula first appeared in the *True Lineage of External Chinese Herbology (Chen Shi-gong)*, 1617.



ORGAN

Lung.

ELEMENT

Metal.

PULSE

Forceful, floating and rapid.

TONGUE

Yellow or white coating, red tip or border.

COMPLEMENTARY ACUPUNCTURE POINTS

Large Intestine 4, 11, Triple Burner 6, Gallbladder 31, Urinary Bladder 12, Spleen 6, 10, Liver 2, Heart 8, *Bai Chong Wo*.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated with significant Qi or Blood deficiency.
- Use with caution during pregnancy.

Digestive Harmony Formula

Bao He Wan

Food stagnation, Qi stagnation in the Middle Burner

INGREDIENTS

| | | |
|--------------------------------------|--|----------------------|
| Chinese hawthorn fruit | Crataegi fructus | <i>Shan zha</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Medicated leaven | Massa medicata fermentata | <i>Shen qu</i> |
| Ginger cured Pinellia rhizome | Pinelliae praeparata rhizoma | <i>Jiang ban xia</i> |
| Radish seed | Raphani semen | <i>Lai fu zi</i> |
| Tangerine dried rind of mature fruit | Citri reticulatae pericarpium fructus | <i>Chen pi</i> |
| Forsythia fruit | Forsythiae fructus | <i>Lian qiao</i> |
| White atractylodes rhizome | Atractylodis macrocephalae rhizoma | <i>Bai zhu</i> |
| Dry fried Barley sprout | Hordei vulgaris praeparata fructus germinantus | <i>Chao mai ya</i> |

Digestive Harmony Formula addresses food stagnation, an interior excess pattern. As food stagnates, so does the Qi of the Middle Burner. Frequently a deficiency of Spleen Qi is a precursor to food stagnation. Weakened Spleen Qi may occur due to frequent consumption of Damp producing foods such as sweet, greasy, heavy, or rich foods. The Stomach's role is to control the receiving of food and drink, to hold them down, and to transport food essence all over the body. When the Stomach's ability to descend the food substance becomes impaired, the Stomach Qi begins to rebel upward.

The focus of this formula is to address occasional food stagnation and Qi stagnation of the Middle Burner. It harmonizes and descends the Stomach Qi, transforms Phlegm, and tonifies Spleen to support a healthy digestive system and the proper assimilation of food.

Chinese hawthorn fruit, the chief herb, strongly transforms and disperses food stagnation. It supports healthy digestive functions through dispersing food accumulation and is particularly useful for supporting healthy digestion of fats. Medicated leaven addresses food stagnation, harmonizes and protects the Stomach and supports healthy digestion. Radish seed supports the healthy digestion of heavy starch and breaks down Phlegm accumulation.

The combination of Tangerine dried rind of mature fruit, Ginger cured Pinellia rhizome and Poria comprise the body of Two Cured Decoction (*Er Chen Tang*), which is the foundational formula to transform Phlegm and address Qi stagnation in the Middle Burner. These herbs focus on reinforcing the smooth flow of Qi downward while simultaneously supporting the Spleen.

Dry fried Barley sprout, Chinese hawthorn fruit, Tangerine dried rind of mature fruit and Radish seed are a traditional combination to address food stagnation with occasional fullness



CHINESE HERBAL ACTIONS

Transforms food stagnation, moves Middle Burner Qi, transforms Phlegm and supports Spleen.

PHYSICAL INDICATIONS

- Supports a healthy digestive system.
- Supports healthy digestion of fats.
- Supports healthy digestion of starch.
- Occasional bloating, distension or discomfort, especially after a large meal.
- Occasional loose stools.

and distension in the abdomen. As food stagnates, Heat can generate. A small amount of Forsythia fruit is added to clear any Heat from the constraint that might have been generated. White atractylodes rhizome has been added to give more support to the Spleen and to mitigate the strongly moving nature of the formula. The modifications found in **Digestive Harmony Formula** increase the functionality of the formula, so that it can be taken for longer periods of time.

Digestive Harmony Formula, Stomach Support, Peaceful Earth, Bupleurum Soothing Liver Formula and **Wei Te Ling** can all address occasional epigastric discomfort. **Digestive Harmony Formula** addresses excess patterns of food stagnation. **Stomach Support** addresses Stomach Fire with concurrent Stomach and Kidney Yin deficiency. **Peaceful Earth** addresses a pattern of food stagnation while simultaneously strengthening the Spleen Qi and expelling Wind. **Bupleurum Soothing Liver Formula** addresses excess patterns of Liver Qi stagnation. **Wei Te Ling** calms rebellious Stomach Qi and harmonizes and strengthens the Middle Burner.

As this formula addresses retention of food and descends Stomach Qi, it is primarily considered a branch formula. If more sustained support of Spleen Qi or Middle Burner Qi is desired, consider utilizing **Four Gentlemen, Shen Ling Spleen Support** or **Prosperous Farmer** from the Kan Herbs line.

ORIGINS AND DEVELOPMENT

This formula was first mentioned in the *Essential Teachings of Zhu Dan-Xi* in 1481 A.D.



ORGANS

Stomach, Spleen, Liver, Gallbladder.

ELEMENTS

Earth, Wood.

PULSE

Slippery, full.

TONGUE

Yellow, greasy tongue coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Stomach 36, 44, Pericardium 6, Spleen 4, *Ren* 12, Urinary Bladder 20, 21, Large Intestine 4, 11, *San Jiao* 5, Gallbladder 40, 41, Liver 3, 13, 14.

CAUTIONS AND CONTRAINDICATIONS

- Strong Spleen Qi deficiency.

Dispel Stasis in the Lower Burner

Shao Fu Zhu Yu Tang

Blood stasis, Liver Qi stagnation, Cold accumulation in the Lower Burner

INGREDIENTS

| | | |
|--------------------------------------|------------------------------------|-----------------------|
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Bulrush pollen | Typhae pollen | <i>Pu huang</i> |
| Chinese red peony root | Paeoniae rubra radix | <i>Chi shao</i> |
| Prepared Corydalis yanhusuo tuber | Corydalis praeparata rhizoma | <i>Zhi yan hu suo</i> |
| Sichuan lovage rhizome | Ligustici wallichii rhizoma | <i>Chuan xiong</i> |
| Chinese cinnamon bark | Cinnamomi cortex | <i>Rou gui</i> |
| Myrrh resin | Myrrha resina | <i>Mo yao</i> |
| Fennel fruit | Foeniculi fructus | <i>Xiao hui xiang</i> |
| Prepared Cyperus rhizome | Cyperi praeparata rhizoma | <i>Zhi xiang fu</i> |
| Dry fried Bitter orange mature fruit | Citri aurantium praeparata fructus | <i>Chao zhi ke</i> |
| Carthamus flower | Carthami flos | <i>Hong hua</i> |
| Ginger rhizome | Zingiberis rhizoma | <i>Gan jiang</i> |

Dispel Stasis in the Lower Burner addresses Blood stagnation in the Lower Burner with a presentation of Cold accumulation from either excess or deficiency. Cold has a Yin nature and it easily constricts, sinks and congeals downward. This formula, with its warming nature, is helpful in regulating women's menstrual cycles, since they are easily affected by Cold, and is also indicated for occasional abdominal stagnation, and occasional lower back discomfort.

In this pattern, Liver Qi stagnation combines with interior Cold, leading to Blood accumulation and Blood stasis. The primary indication of Blood stagnation or stasis is discomfort. Liver Qi is closely related with the Uterus and the regulation of the menstrual cycle, and Liver Qi stagnation is often seen as a contributor to many disharmonies affecting women.

Dispel Stasis in the Lower Burner warms and strengthens Kidney Yang and moves Liver Qi. This formula is well balanced by addressing the branch, which is Blood stasis, and by warming and strengthening the Kidney Yang. It contains within it two classical formulas: **Four Substances** (*Si Wu Tang*), which tonifies and invigorates Blood, and Sudden Smile Powder (*Shi Xiao San*), which invigorates Blood. Together these two formulas invigorate Blood and warm the Lower Burner.

Dong quai root, the chief herb, warms, invigorates and tonifies Blood. Bulrush pollen, Carthamus flower, Sichuan lovage rhizome, Chinese red peony root, prepared Corydalis yanhusuo tuber and Myrrh resin assist Dong quai root in invigorating the Blood. Chinese cinnamon bark, Fennel fruit and Ginger rhizome dispel Cold, and warm the abdomen and the Lower Burner. Chinese cinnamon bark tonifies Yang, supplements Kidney Yang, and warms



CHINESE HERBAL ACTIONS

Invigorates the Blood, disperses Blood accumulation or stasis in the Lower Burner, moves Liver Qi, warms and regulates menstruation, alleviates stagnation.

PHYSICAL INDICATIONS

- Supports a healthy reproductive system.
- Supports ovarian and uterine health.
- Supports a healthy prostate.
- Supports a healthy colon.
- Occasional distention or discomfort in the lower abdomen or lower back (Lower *Jiao*) that gets better with warmth and worse with pressure.
- Occasional menstrual irregularities or *Beng Lou*.
- Occasional cold sensations or aversion to cold.
- Occasional low or depressed mood.

and opens the collaterals. Fennel fruit dispels Cold from the Lower Burner, warms the Liver and Kidney and regulates the Qi.

As this formula strongly focuses on moving Blood, it is also important to support the smooth flow of Qi, as the Qi guides the smooth flow of Blood. Dry fried flying squirrel feces, found in the classical formula, originally fulfilled that purpose. It has been replaced by prepared Cyperus rhizome and dry fried Bitter orange mature fruit. They support and regulate the smooth flow of Qi through the Lower Burner, address occasional distention or discomfort, and support a healthy menstrual cycle.

This formula strongly invigorates the Blood, and consideration should be given if used long-term as to whether additional Blood or Qi tonics are needed. It is useful to note that **Dispel Stasis in the Mansion of Blood** addresses Blood stagnation in the Upper and Middle Burners, while **Dispel Stasis in the Lower Burner** addresses Blood stagnation in the Lower Burner.

Combine with **Replenish the Right** for further Kidney Yang tonification. Combine with **Fire the Yang** if simultaneous Ying and Kidney Yang are underlying the pattern.

ORIGINS AND DEVELOPMENT

Drive Out Stasis from the Lower Abdomen Decoction (*Shao Fu Zhu Yu Tang*).



ORGANS

Liver, Spleen, Heart.

ELEMENTS

Wood, Earth, Fire.

PULSE

Varying: choppy, slippery, thin or slow.

TONGUE

Pale to pale purple.

COMPLEMENTARY ACUPUNCTURE POINTS

Spleen 6, 9, 10, Large Intestine 4, Liver 3, Liver 13, 14, Ren 3, 4, 5, 6, Urinary Bladder 17, 18, 31, 32, 33, 34.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during pregnancy.
- Contraindicated in patterns with underlying Qi deficiency or excessive menstrual bleeding.

Dispel Stasis in the Mansion of Blood

Xue Fu Zhu Yu Tang

Blood stasis, Qi stagnation in the Middle and Upper Burners

INGREDIENTS

| | | |
|--------------------------------------|------------------------------------|---------------------------|
| Dry fried peeled Peach seed | Pinelliae praeparata semen | <i>Guang chao tao ren</i> |
| Carthamus flower | Carthami flos | <i>Hong hua</i> |
| Prepared Rehmannia root | Rehmanniae praeparata radix | <i>Shu di huang</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Cyathula root | Cyathulae radix | <i>Chuan niu xi</i> |
| Chinese red peony root | Paeoniae rubra radix | <i>Chi shao</i> |
| Dry fried Bitter orange mature fruit | Citri aurantium praeparata fructus | <i>Chao zhi ke</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |
| Sichuan lovage rhizome | Ligustici wallichii rhizoma | <i>Chuan xiong</i> |
| Chinese salvia root and rhizome | Salviae miltiorrhizae radix | <i>Dan shen</i> |
| Platycodon root | Platycodonis radix | <i>Jie geng</i> |
| Turmeric root tuber | Curcuma radix | <i>Yu jin</i> |
| Bupleurum root | Bupleuri radix | <i>Chai hu</i> |

The Upper Burner is often referred to as the “Mansion of Blood”, the area above the diaphragm and **Dispel Stasis in the Mansion of Blood** invigorates Blood and Qi, dispels Blood stasis in the Middle and Upper Burners and supports the smooth flow of Liver Qi. When Blood stasis and Qi stagnation are present, they mutually reinforce each other and generate Heat. The chest and hypochondriac region, having a Yang nature, tend to be more sensitive to Heat and Fire. Therefore, the focus of this formula is primarily in moving Qi and Blood, and clearing Heat to restore equilibrium and flow to the Mansion of Blood.

Dispel Stasis in the Mansion of Blood is indicated for Qi stagnation patterns that are complicated by Blood stagnation. It facilitates the upward and downward flow of Qi and harmonizes the circulation of Blood. The inclusion of Blood nourishing herbs allows the formula to be used for a longer period of time, as they balance the overall invigorating properties of the formula.

Dispel Stasis in the Mansion of Blood is a combination of **Augmented Four Substances** (*Tao Hong Si Wu Tang*) to tonify and invigorate the Blood, and **Four Cold Extremities** (*Si Ni San*), to regulate and release the constrained Qi. Additional herbs are also included to move Qi and Blood and clear Heat from the Upper Burner.

Augmented Four Substances combines the following herbs: Prepared Rehmannia root, Chinese red peony root, Dong quai root, Sichuan lovage rhizome, dry fried peeled Peach seed and Carthamus flower. Prepared Rehmannia root strongly tonifies Blood, Liver, Kidneys and



CHINESE HERBAL ACTIONS

Invigorates the circulation of Qi and Blood, dispels Blood stasis, regulates the Liver Qi, unblocks the channels.

PHYSICAL INDICATIONS

- Supports a healthy cardiovascular system.
- Supports healthy blood circulation above the diaphragm.
- Supports a healthy lymphatic system above the diaphragm.
- Occasional chest and/or flank discomfort.
- Occasional low spirits, mood swings.
- Occasional insomnia, restless sleep, irritability.

Essence, while Chinese red peony root strongly invigorates and cools the Blood. Dong quai root tonifies and invigorates Blood and disperses Cold. Sichuan lovage rhizome invigorates Blood, promotes the movement of Qi, expels Wind and breaks up stagnation. Dry fried peeled Peach seed and Carthamus flower Invigorate Blood.

Other Blood invigorating herbs in the formula include Cyathula root, Chinese salvia root and rhizome and Turmeric root tuber. Cyathula root invigorates the Blood and moves the Qi and Blood downward. Chinese salvia root and rhizome and Turmeric root tuber, are both classical modifications. Chinese salvia root and rhizome is used for any pattern of Blood stagnation, clearing Heat, cooling the Blood and calming the Spirit. Turmeric root tuber invigorates the Blood, clears Heat and regulates the Qi.

Platycodon root opens up and disseminates Lung Qi, dispels Phlegm and guides the actions of the other herbs to the chest.

Four Cold Extremities (*Si Ni San*) regulates and releases the constrained Qi to guide the smooth flow of the Blood. It contains White peony root, Bupleurum root, Bitter orange immature fruit and honey fried Chinese licorice root and rhizome. In **Dispel Stasis in the Mansion of Blood**, Chinese red peony root is used instead, as it more strongly invigorates and cools the Blood. Dry fried Bitter orange mature fruit replaces dry fried Bitter orange immature fruit. Both promote the flow of Qi, with the former being more gentle in its effect, and better at regulating the Qi to ease the chest. Bupleurum root releases constrained Qi and lifts the clear Yang upward. Chinese licorice root and rhizome tonifies Spleen Qi, clears Heat, and moderates and harmonizes the other herbs in the formula.

Dispel Stasis in the Mansion of Blood can combine with **Ten Treasures** or **Women's Precious** for long-term use to further support Blood and Qi. If further Spleen tonification is needed, combine with **Four Gentlemen** or **Shen Ling Spleen Support**.

This formula's counterpart, **Dispel Stasis in the Lower Burner** (*Shao Fu Zhu Yu Tang*) focuses on warming and invigorating the lower region of the body.

ORIGINS AND DEVELOPMENT

Drive Out Stasis from the Mansion of Blood Decoction (*Xue Fu Zhu Yu Tang*).



ORGANS

Liver, Heart, Spleen.

ELEMENTS

Wood, Fire, Earth.

PULSE

Choppy or wiry, tight.

TONGUE

Dark red to purple, possibly with purple spots.

COMPLEMENTARY ACUPUNCTURE POINTS

Spleen 6, 9, 10, Large Intestine 4, Liver 3, Liver 13, 14, Ren 12, 17, Urinary Bladder 15, 16, 17, 18, Pericardium 6.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during pregnancy.
- Contraindicated during heavy menstrual bleeding.
- If there is an underlying Qi or Blood deficiency or a weakened constitution, add tonifying herbal formulas in conjunction.

Dong Quai and Anemarrhena

Dang Gui Nian Tong Tang

Spleen Qi deficiency with Liver Qi stagnation, Blood deficiency and/or Blood stasis with Wind Heat Damp invasion

INGREDIENTS

| | | |
|--------------------------------------|--|----------------------|
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |
| Chinese skullcap root | Scutellariae radix | <i>Huang qin</i> |
| Notopterygium root and rhizome | Notopterygii radix et rhizoma | <i>Qiang huo</i> |
| Capillaris herb | Artemisiae scopariae herba | <i>Yin chen hao</i> |
| White atractylodes rhizome | Atractylodis macrocephalae rhizoma | <i>Bai zhu</i> |
| Siler root | Saposhnikoviae radix | <i>Fang feng</i> |
| Asian water plantain rhizome | Alismatis rhizoma | <i>Ze xie</i> |
| Anemarrhena rhizome | Anemarrhenae rhizoma | <i>Zhi mu</i> |
| Polyporus sclerotium | Grifola umbellata fruiting body | <i>Zhu ling</i> |
| Cang-zhu atractylodes rhizome | Atractylodis rhizoma | <i>Cang zhu</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Kudzu root | Pueraria lobatae or thomsonii radix | <i>Ge gen</i> |
| White Asian ginseng root and rhizome | Panax ginseng (white) radix et rhizoma | <i>Bai ren shen</i> |
| Shrubby sophora root | Sophorae flavescens radix | <i>Ku shen</i> |
| Cimicifuga rhizome | Cimicifugae rhizoma | <i>Sheng ma</i> |

Dong Quai and Anemarrhena is a faithful rendition of the classical formula Tangkuei Decoction to Pry Out Stagnation (*Dang Gui Nian Tong Tang*), to drain Damp, vent Heat, dispel Wind and disperse constraint. It is indicated for Damp Heat, with a concurrent Wind invasion pattern, with stagnation lodged in the joints and the muscle, that is aggravated by hot, humid weather. Wind and Damp Heat can flow over into the channels, collaterals and joints, obstructing the free flow of Qi and Blood. Damp Heat can flow down to lodge in the legs and can result in Leg Qi, and can cause the Blood to stagnate in the collaterals of the muscle and skin.

Dong Quai and Anemarrhena also has a supplementing action, which follows the concept that Damp Heat patterns usually appear with an underlying Spleen Qi deficiency, allowing Dampness to settle and accumulate. Li Dong-Yuan, the author of this formula, was the founder of the Spleen/Stomach School of the Jin-Yuan Dynasty. Dr. Li proposed that a weakening of the Qi transformation associated with the Spleen, Stomach and Triple Burner leads to an accumulation of Dampness in the Interior.

According to Liu Wan-Su's *Theory of Similar Transformation*, accumulations in the body eventually transform into Heat, so Damp accumulation will eventually lead to Damp Heat, which Capillaris herb successfully clears. Accumulations of Dampness will also aggravate Blood



CHINESE HERBAL ACTIONS

Resolves Dampness, clears Heat, dispels Wind, invigorates and supplements Blood, supplements Spleen Qi, relieves Liver Qi stagnation.

PHYSICAL INDICATIONS

- Supports healthy joints.
- Supports healthy digestion.
- Assists with general Damp Heat patterns which affect the joints.
- Occasional heavy sensation in the shoulder and back.
- Irritability.

stasis. Dong quai root is important in this formula for its Blood nourishing and Blood regulating properties.

Heat clearing herbs include Cimicifuga rhizome and Anemarrhena rhizome, which also drain Fire, and Kudzu root which releases the muscles and nourishes fluids. Wind is dispelled by the inclusion of herbs such as Notopterygium root and rhizome which disperses Cold and unblocks *Bi* Stagnation, and Siler root, which expels Wind Damp. Chinese licorice root and rhizome tonifies the Spleen, clears Heat and harmonizes the other herbs found in the formula.

White Asian ginseng root and rhizome and two types of Atractylodes rhizome (*Cang zhu* and *Bai zhu*), are included to supplement the Spleen Qi. To address the Dampness resulting from lingering Spleen deficiency, herbs to dry Dampness are included, such as Chinese skullcap root and Shrubby sophora root. To encourage the elimination of Damp, herbs which transform Damp and support healthy urination, such as Asian water plantain rhizome and Polyporus sclerotium, are also key elements.

If further Spleen Qi support is needed, combine with **Shen Ling Spleen Support** or **Six Gentlemen**.

ORIGINS AND DEVELOPMENT

Lan Shi Mi Cang (Secret Collection of the Orchid Chamber) Li Dong-Yuan 1336.



ORGANS

Spleen, Liver.

ELEMENTS

Earth, Wood.

PULSE

Slippery, rapid, wiry, slippery and/or choppy.

TONGUE

Red, with sticky yellow coat, dark or purple spots.

COMPLEMENTARY ACUPUNCTURE POINTS

Spleen 6, 9, 10, Large Intestine 4, 11, Urinary Bladder 17, 20, 39, Gallbladder 34, 40, Triple Burner 5, 10, Conception Vessel 4, 6, Lung 5, 7.

CAUTIONS AND CONTRAINDICATIONS

- Use with caution during pregnancy.

Drain the Middle

Ban Xia Xie Xin Tang

Stomach and Spleen disharmony, excess and deficiency in the Middle Burner, Cold and Heat in the Middle Burner

INGREDIENTS

| | | |
|---|--|---------------------|
| Licorice cured Pinellia rhizome | Pinelliae praeparata rhizoma | <i>Fa ban xia</i> |
| Ginger rhizome | Zingiberis rhizoma | <i>Gan jiang</i> |
| Chinese skullcap root | Scutellariae radix | <i>Huang qin</i> |
| White Asian ginseng root and rhizome | Panax ginseng (white) radix et rhizoma | <i>Bai ren shen</i> |
| Black jujube fruit | Jujubae fructus | <i>Hei zao</i> |
| Coptis rhizome | Coptidis rhizoma | <i>Huang lian</i> |
| Honey fried Chinese licorice root and rhizome | Glycyrrhizae praeparata cum mel radix et rhizoma | <i>Zhi gan cao</i> |

Drain the Middle is a faithful rendition of Pinellia Decoction to Drain the Epigastrium (*Ban Xia Xie Xin Tang*). It addresses a pattern of simultaneous excess and deficiency in the Middle Burner due to the improper purging of an external, or half exterior, half interior influence. This formula is a variation of Minor Bupleurum Decoction (*Xiao Chai Hu Tang*), in which Bupleurum has been replaced by Coptis rhizome.

When an invasion has not been properly purged, it can aggravate an existing Stomach deficiency and sink deeper into the body. This will cause a clumping effect in the epigastrium and focal distention, which has a localized, focused sensation of blockage and discomfort. The person will have a sensation of fullness, but a belly that is soft to the touch.

An underlying Stomach Qi deficiency allows the external influence to take hold and transform into Heat. Over time, Heat depletes vital essences, causing greater deficiency and eventually Cold. The Stomach and Spleen are no longer able to perform their functions of raising and transforming the Qi, thus the turbid Yin stagnates with Cold settling into the lower body and Heat rising to the upper body, creating a complex interaction of Hot and Cold clumping together. This formula addresses the obstruction of the Qi dynamic in the epigastrium and harmonizes the Middle Burner.

To address this dichotomy, **Drain the Middle** combines herbs with a cold and hot nature. The formula's chief herb, Coptis rhizome, clears Heat, drains Damp Heat in the Stomach and Intestine and dries Dampness. Its actions are supported by Chinese skullcap root to clear Heat and dry Dampness, especially lodged in the Stomach and Intestines. Licorice cured Pinellia rhizome disperses clumping and focal distention, dries Dampness, transforms Phlegm and directs rebellious Qi downward while Ginger rhizome dispels Cold, and warms the Spleen and Stomach.



CHINESE HERBAL ACTIONS

Harmonizes the Stomach, redirects rebellious Qi downward, disperses clumping and occasional focal distension.

PHYSICAL INDICATIONS

- Supports digestive health.
- Occasional epigastric focal distension.
- Patterns of simultaneous excess and deficiency in the Middle Burner.
- Simultaneous Hot and Cold pattern presentation.

White Asian ginseng root and rhizome and Black jujube fruit support the Middle Burner Qi and prevent the dispersing actions of the chief herb and its deputies from injuring the normal Qi. Honey fried Chinese licorice root and rhizome tonifies the middle Qi and harmonizes the actions of the other herbs.

The herbs in this formula reinforce Qi, harmonize the Stomach, descend rising Qi and disperse fullness.

ORIGINS AND DEVELOPMENT

Shang Han Lun. It is a variation of Minor Bupleurum formula (*Xiao Chai Hu Tang*).



ORGANS

Stomach, Spleen.

ELEMENT

Earth.

PULSE.

Wiry, rapid or slow.

TONGUE.

Yellow, greasy.

COMPLEMENTARY ACUPUNCTURE POINTS

Stomach 21, 36, 40, Spleen 3, 4,
Conception Vessel 12, Urinary
Bladder 20, 21, Pericardium 6.

CAUTIONS AND CONTRAINDICATIONS

- Use with caution during pregnancy.

Drive Out Stasis

Shen Tong Zhu Yu Tang

Qi and Blood stagnation obstructing the Channels and Collaterals

INGREDIENTS

| | | |
|------------------------------------|-------------------------------|---------------------------|
| Dry fried peeled Peach seed | Pinelliae praeparata semen | <i>Guang chao tao ren</i> |
| Carthamus flower | Carthami flos | <i>Hong hua</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Cyathula root | Cyathulae radix | <i>Chuan niu xi</i> |
| Sichuan lovage rhizome | Ligustici wallichii rhizoma | <i>Chuan xiong</i> |
| Myrrh resin | Myrrha resina | <i>Mo yao</i> |
| Prepared Corydalis yanhusuao tuber | Corydalis praeparata rhizoma | <i>Zhi yan hu suo</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |
| Prepared Cyperus rhizome | Cyperus praeparata rhizoma | <i>Zhi xiang fu</i> |
| White peony root | Paeoniae alba radix | <i>Bai shao</i> |
| Turmeric rhizome | Curcuma longae rhizoma | <i>Jiang huang</i> |
| Siler root | Saposhnikoviae radix | <i>Fang feng</i> |
| Large-leaf gentian root | Gentiana macrophyllae radix | <i>Qin jiao</i> |
| Notopterygium root and rhizome | Notopterygii radix et rhizoma | <i>Qiang huo</i> |

Drive Out Stasis addresses a type of *Bi* presentation that typically follows long-standing Wind Cold Damp stagnation that has impeded the circulation of Qi and, more importantly, Blood. In such instances, stagnation of Qi, Cold or Damp cause more and more Blood to stagnate and congeal. The more the old Blood remains, the more discomfort and Heat gets created.

The classical indications for this formula are for generalized stagnation lodged in the joints, channels and collaterals. The broad nature of the indications points to the versatility of the formula. **Drive Out Stasis** moves and breaks up stagnation, or stasis, of Blood lodged in the channels and collaterals by strongly invigorating Blood, moving the Qi, expelling Wind, and opening the channels and collaterals.

White peony root tonifies Liver Blood, nourishes Liver and Spleen Yin, reduces stagnation, and calms and curbs Liver Yang rising from either constrained Liver Qi or disharmony between the Liver and Spleen. Dong quai root and Sichuan lovage rhizome, two herbs that are frequently paired together, support and encourage the movement of Blood. Dry fried peeled Peach seed and Carthamus flower circulate and penetrate congealed Blood.

Cyathula root and Myrrh resin invigorate Blood, dispel Blood stagnation, break up stasis, expel Wind and drain Dampness. Prepared Cyperus rhizome promotes the flow of Qi in the Liver and Stomach channel and alleviates stagnation. The neutral quality of this herb and its ability to spread and harmonize is especially important in this formula.



CHINESE HERBAL ACTIONS

Invigorates the Blood, moves the Qi, dispels Blood stagnation, unblocks the channels and collaterals, unblocks *Bi Zheng* (obstruction pattern).

PHYSICAL INDICATIONS

- Supports healthy tendons, sinews and muscles.
- Supports healthy blood circulation.
- Occasional upper or lower body discomfort.
- Occasional discomfort in the channels and collaterals.



Flying squirrel feces, found in the original formula to disperse Blood stasis and alleviate discomfort and stagnation, has been replaced by a combination of prepared *Corydalis yanhusuo* tuber for its ability to invigorate Blood, promote the movement of Qi and stop stagnation of almost any kind affecting the chest, abdomen or limbs, and by Turmeric rhizome to invigorate Blood, promote the movement of Qi, alleviate stagnation and expel Wind.

Earthworm, found in the original formula to drain heat, extinguish Wind and unblock the collaterals, has been replaced by Siler root to expel Wind. Large-leaf gentian root dispels Wind Dampness, soothes the sinews and collaterals, and addresses Wind Damp obstruction and cramping, especially in the extremities. Large-leaf gentian root also combines with *Notopterygium* root and rhizome to address Wind Cold Damp obstruction that gets lodged in the channels. These three herbs form a strong combination to address Blood stagnation and Wind accumulation in the channels.

Chinese licorice root and rhizome tonifies the Spleen, augments the Qi, moderates occasional spasms, alleviates stagnation, and harmonizes the others herbs in the formula.

Drive Out Stasis can be combined with any formula to provide Blood invigoration, or when other Blood invigorating formulas are not sufficiently moving the Qi or Blood.

ORIGINS AND DEVELOPMENT

Drive Out Blood Stasis Decoction (*Shen Tong Zhu Yu Tang*).

ORGAN

Liver.

ELEMENT

Wood.

PULSE

Choppy or wiry.

TONGUE

Pink to red to purple body.

COMPLEMENTARY ACUPUNCTURE POINTS

Large Intestine 4, 11, Liver 3, *San Jiao* 5, Gallbladder 34, 40, 41, Spleen 6, 10, *Ashi* points, *Ba xie*, *Ba feng*, *Jing Well* points.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during pregnancy.
- Prolonged use may deplete Qi and Blood, so a break is recommended every two to three months with a change to formulas that supplement Qi and Blood, taken for a few weeks before resuming if necessary.

Female Comfort

Kun Bao Tang

Kidney and Liver Yin deficiency, ascendant Liver Yang and deficiency Heat

INGREDIENTS

| | | |
|--------------------------------------|--------------------------------------|--------------------------|
| Prepared Rehmannia root | Rehmanniae praeparata radix | <i>Shu di huang</i> |
| Ligustrum fruit | Ligustri lucidi fructus | <i>Nü zhen zi</i> |
| Processed Polygonum multiflorum root | Polygoni multiflori praeparata radix | <i>Zhi he shou wu</i> |
| Chinese dodder seed | Cuscutae semen | <i>Tu si zi</i> |
| Dry fried Sour jujube seed | Ziziphi spinosae praeparata semen | <i>Chao suan zao ren</i> |
| Ophiopogon tuber | Ophiopogonis radix | <i>Mai men dong</i> |
| White peony root | Paeoniae alba radix | <i>Bai shao</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Lycium bark | Lycii cortex | <i>Di gu pi</i> |
| Palm leaf raspberry fruit | Rubi fructus | <i>Fu pen zi</i> |
| Lycium fruit | Lycii fructus | <i>Gou qi zi</i> |
| Chrysanthemum flower | Chrysanthemi flos | <i>Ju hua</i> |
| Asiatic cornelian cherry | Corni fructus | <i>Shan zhu yu</i> |
| Mother-of-pearl shell | Margaritiferae concha | <i>Zhen zhu mu</i> |
| Chinese red peony root | Paeoniae rubra radix | <i>Chi shao</i> |
| Eclipta herb | Ecliptae herba | <i>Han lian cao</i> |
| Anemarrhena rhizome | Anemarrhenae rhizoma | <i>Zhi mu</i> |
| Chinese skullcap root | Scutellariae radix | <i>Huang qin</i> |
| Swallowwort root and rhizome | Cynanchi atrati radix et rhizoma | <i>Bai wei</i> |
| Abalone shell | Haliotidis concha | <i>Shi jue ming</i> |

Female Comfort is based on the age-old herbal formula Female Treasure Decoction (*Kun Bao Tang*), still widely used in China today. It is a wonderfully nourishing formula created for women, that relieves Kidney and Liver Yin deficiency and addresses ascending Liver Yang combined with Empty Heat.

This formula assists in replenishing vital essences that support the Root by cooling and contributing moisture, as well as building Liver Blood. Stress, poor diet, exhaustive lifestyles and the natural aging process may all contribute to this pattern, often seen in perimenopausal and menopausal women. When Kidney Yin and Liver Blood are deficient, occasional dryness of tendons, skin, hair and nails and occasional lower back or knee weakness can manifest. Deficiency Heat can cause the person to experience occasional insomnia, hot flashes, night sweats, as well as occasional irritability, depression, abrupt mood swings, impatience or anxiety.

Female Comfort supports and enhances the graceful unfolding of a woman's journey through



CHINESE HERBAL ACTIONS

Nourishes Liver and Kidney Yin, clears deficiency Heat, subdues Liver Yang, nourishes and cools Blood, calms the *Shen*.

PHYSICAL INDICATIONS

- Supports overall wellbeing, especially during perimenopause and menopause.
- Supports emotional wellbeing.
- Occasional menstrual discomfort.
- Occasional irritability, depression, agitation.
- Occasional dizziness, insomnia, backache, blurry vision.
- Occasional dryness of throat, vagina, hair and skin.



the aging process by nourishing Kidney and Liver Yin, tonifying Blood, cooling Liver and Blood Heat, and subduing Liver Yang rising.

Several herbs in **Female Comfort** directly tonify the Blood and Yin, such as prepared Rehmannia root, processed Polygonum multiflorum root and Dong quai root. Prepared Rehmannia root tonifies the Blood and nourishes Liver and Kidney Yin. Dong quai root tonifies and invigorates Blood and regulates menstruation. Processed Polygonum multiflorum root tonifies the Liver and Kidneys, nourishes the Blood and augments the Essence.

Ligustrum fruit, Asiatic cornelian cherry and Lycium fruit nourish and tonify the Liver and Kidneys. Eclipta herb tonifies Kidney and Liver Yin and cools the Blood. White peony root tonifies Liver Blood, regulates the menses, dispels Wind, nourishes Liver and Spleen Yin and calms Liver Yang. Dry fried Sour jujube seed tonifies Heart Yin and Liver Blood and quiets the Spirit. Chinese dodder seed tonifies the Yang, augments the Yin and secures the Essence. Palm leaf raspberry fruit tonifies and stabilizes the Kidneys and binds the Essence.

Several Heat clearing herbs are also found in this formula: Lycium bark clears Heat associated with Yin deficiency. Mother-of-pearl shell and Chrysanthemum flower cool Liver Heat, and together with Chinese skullcap root clears subdues Liver Yang rising. Swallowwort root and rhizome clears Heat and cools the Blood. Anemarrhena rhizome drains rootless Kidney Fire and tonifies Yin, and Chinese red peony root moves Blood.

Spatholobus root and vine has been replaced by Dong quai root to tonify and invigorate the Blood. Glehnia root has been replaced by Ophiopogon tuber. Both herbs have similar characteristics, and Ophiopogon tuber has the advantage of not being greasy and cloying. White mulberry leaf was omitted and replaced by a larger percentage of Chrysanthemum flower to subdue Liver Yang, a pattern often arising from a long-standing deficiency of Liver Yin and Blood. Asiatic cornelian cherry has been added for its ability to nourish the Liver and Kidneys and secure Essence. Sprouted rice has been omitted, and Fresh water turtle dorsal shell has been replaced by Abalone shell and Mother-of-pearl shell.

Female Comfort and **Temper Fire**, from the Kan Herbals line, both address Kidney and Liver Yin deficiency. **Temper Fire** more specifically addresses deficiency Heat, while **Female Comfort** addresses ascendant Liver Yang. **Female Comfort** more strongly addresses occasional irritability, anxiety or impatience due to the rising of the Liver Yang.

Combine with **Six Gentlemen** for further support of the Spleen. Combine with **Celestial Emperor's Blend** for occasional insomnia and anxiety.

ORIGINS AND DEVELOPMENT

Female Comfort (*Kun Bao Tang*) is a traditional formula used for occasional menopausal and menstrual discomforts. It is still widely used in China today.

ORGANS

Liver, Kidney.

ELEMENTS

Wood, Water.

PULSE

Empty, thin, slightly wiry on the left, rapid.

TONGUE

Red, no coating, dry and cracked.

COMPLEMENTARY ACUPUNCTURE POINTS

Liver 3, 8, Kidney 3, 6, 10, Bladder 18, 23, Gallbladder 20, Triple Warmer 5, Spleen 6.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated in cases of Kidney Yang deficiency with cold body and limbs, puffiness and loose stools.
- Use with caution during pregnancy.

Fire the Yang

Fu Zi Li Zhong Wan

Spleen Yang deficiency, Kidney Yang deficiency, internal Cold Damp accumulation

INGREDIENTS

| | | |
|---|--|---------------------|
| Ginger rhizome | Zingiberis rhizoma | <i>Gan jiang</i> |
| White atractylodes rhizome | Atractylodis macrocephalae rhizoma | <i>Bai zhu</i> |
| White Asian ginseng root and rhizome | Panax ginseng (white) radix et rhizoma | <i>Bai ren shen</i> |
| Honey fried Chinese licorice root and rhizome | Glycyrrhizae praeparata cum mel radix et rhizoma | <i>Zhi gan cao</i> |
| Prepared aconite root | Aconiti praeparata radix lateralis | <i>Zhi fu zi</i> |

Fire the Yang is a modification of Regulate the Middle Pill (*Li Zhong Wan*), containing all of the herbs of Regulate the Middle Pill and adding prepared Aconite root. The focus of the formula is twofold: strengthening and warming the Earth Element, which is the Spleen and Stomach, and warming the Interior to dispel Cold. **Fire the Yang** warms the Yang of the Spleen and Kidneys and allows for proper ascending and descending of the Spleen and Stomach Qi respectively. It also restores the proper balance between the turbid Yin descending and the clear Yang ascending. It addresses Damp accumulation presenting with internal Cold.

One historical model of the Five Elements discussed that the Earth was the center of all the five elements and was a part of each of them. In this model, cycling through the elements only occurred through a transition to the Earth Element. Instead of the cycle flowing in typical Five Element style – Wood, Fire, Earth, Metal, Water – the cycle would be Earth, Wood, Earth, Fire, Earth, Metal, Earth, Water. This theory states that the Earth, Spleen and Stomach, comprise the “Central Pivot”, also known as the Middle Burner, and are the source of the postnatal Qi supply for the body.

Improper diet or taxing lifestyles can weaken the Spleen and Stomach, and the Digestive Fire. Once weakened, Spleen Qi deficiency appears, and internal Cold Damp can easily accumulate. Over time, Spleen Qi deficiency combined with Cold Damp creates Yang deficiency of the Middle Burner, which in turn begins to deplete the Kidney Yang, the root of all Yang. There can be signs of occasional digestive weakness, occasional aversion to cold with the body giving off heat, occasional loose stools and occasional generalized lethargy.

This formula can also be used in circumstances where, due to deficient Yang, there is an improper processing of fluids in the body that manifest as occasional frothy, foamy expectoration. The Spleen, which normally ascends the clear Yang and the essential nutrients, is deficient, and instead is ascending turbid Yin fluids to the Lungs.



CHINESE HERBAL ACTIONS

Warms and strengthens the Middle Burner, tonifies Stomach and Spleen Qi, dispels Cold, warms the Yang, drains Dampness, supports proper upward and downward flow of Yin and Yang.

PHYSICAL INDICATIONS

- Supports a healthy digestive system.
- Supports a healthy renal system.
- Supports overall wellbeing.
- Occasional cold body or limbs.
- Occasional loose bowels.
- Occasional lower back discomfort.
- Occasional lethargy, fatigue, lassitude.
- Occasional aversion to cold.

All of the herbs in this formula have a warming nature to expel Cold from the Interior, fortify the clear Yang in its ascending function, and strengthen Kidney Yang.

Ginger rhizome strongly warms the Spleen and Stomach, dispels Cold from the Interior and warms the Yang. White Asian ginseng root and rhizome strongly tonifies the *Yuan*, or Source, Qi, strengthens the Spleen and Lung Qi and supports the proper ascending and descending functions for the Middle Burner. White atractylodes rhizome strengthens the Spleen Qi, dries Dampness and supports healthy urination. Honey fried Chinese licorice root and rhizome harmonizes the actions of all the herbs and strengthens the Qi of the Middle Burner. The honey fried preparation increases its ability to strengthen the Middle Burner.

Prepared aconite root strengthens and warms Kidney Yang and the *Mingmen* Fire. It tonifies the Spleen and Kidney, dispels Cold and guides the actions of the other herbs in the formula to all twelve channels.

ORIGINS AND DEVELOPMENT

Regulate the Middle Pill (*Li Zhong Wan*), Aconite Accessory Root Pill that Regulates the Middle (*Fu Zi Li Zhong Wan*).



ORGANS

Spleen, Stomach, Kidney.

ELEMENTS

Water, Earth.

PULSE

Faint, deficient, submerged or thin.

TONGUE

Pale with a white coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Stomach 36, Spleen 3,4 Pericardium 6, *Ren* 4, 6, 12, *Du* 4, 20, 26, Urinary Bladder 20, 21, 23, Kidney 3, 7, 10.

CAUTIONS AND CONTRAINDICATIONS

- Fever or Yin deficiency.

Five Peels Formula

Wu Pi San

Water accumulation due to Spleen Qi deficiency with Damp accumulation, Kidney Yang deficiency and/or Lung Qi deficiency

INGREDIENTS

| | | |
|--------------------------------------|---------------------------------------|---------------------|
| White mulberry root bark | Mori cortex radicis | <i>Sang bai pi</i> |
| Poria root skin | Poria cortex | <i>Fu ling pi</i> |
| Tangerine dried rind of mature fruit | Citri reticulatae pericarpium fructus | <i>Chen pi</i> |
| Saussurea root | Aucklandiae radix | <i>Mu xiang</i> |
| Asian water plantain rhizome | Alismatis rhizoma | <i>Ze xie</i> |
| Ginger rhizome peel | Zingerberis rhizoma pericarpium | <i>Gan jiang pi</i> |

Five Peels Formula (*Wu Pi San*) was first recorded in the *Treasury Classic* by Hua-Tuo in the 4th century Han dynasty. It focuses on draining Dampness to regulate the water passages, support healthy urination and strengthen the Lungs, Kidneys and Spleen. It regulates the Spleen and Lungs to prevent Dampness from spreading through the tissues, and opens the water pathways to provide an exit for the surplus fluids. This is a mild formula that can be used to support regulation of water metabolism, addresses *Pi Shui*, and can be easily combined with any formula where there is fluid accumulation.

Kidneys, Spleen and Lungs support the healthy metabolism of water. If they are deficient, alone or in combination, water regulation can be disrupted. When the Spleen is weakened, Qi can stagnate, which leads to accumulation of Dampness. When Kidney Yang, the Fire of the water element, is deficient, water can become stagnant throughout the body. The Lungs, which control the distribution of fluids in the upper regions of the body, can be invaded and weakened by Wind, causing disruption in the normal distribution of fluids. **Five Peels Formula** supports the root and the branch of this pattern by strengthening the Lungs, Kidneys and Spleen and mildly draining fluids.

White mulberry root bark, the chief herb, supports the Lungs and promotes the movement of water. It directs the Lung Qi downward and opens the water pathway. Poria root skin supports a healthy water metabolism, supports a healthy urinary system and strengthens the transportative functions of the Spleen. Ginger rhizome peel transforms Dampness. In combination with White mulberry root bark, their dispersing and descending actions support a healthy water metabolism and facilitate the smooth flow of fluids into the Bladder.

Tangerine dried rind of mature fruit dries Dampness, transforms Phlegm and strengthens the Spleen, while also regulating Qi. Betel nut peel, used in the original formula to direct the Qi downward and to support a healthy urinary system, is no longer available because of regulatory restrictions. It has been replaced by a combination of Saussurea root, which regulates



CHINESE HERBAL ACTIONS

Drains Dampness, regulates water passages, regulates Qi, strengthens the Spleen.

PHYSICAL INDICATIONS

- Supports a healthy urinary system.
- Supports healthy digestion.
- Supports a healthy water metabolism.
- Occasional water retention.

Qi stagnation in the Middle Burner, and Asian water plantain rhizome, which supports a healthy urinary system.

Five Peels Formula can easily be combined with other formulas, due to its mild nature. When stronger Spleen Qi deficiency is present, combine with **Six Gentlemen**. When there is Spleen Qi deficiency with more pronounced Dampness, combine with **Shen Ling Spleen Support** or **Warm the Stomach**. When Spleen and Kidney Yang deficiency are also present, combine with **True Warrior Formula**. Combine with **Water's Way** to enhance the effects of both formulas.

ORIGINS AND DEVELOPMENT

Five Peels Powder (*Wu Pi San*) first appeared in the *Treasury Classic* by Hua-Tuo in the 4th century Han dynasty.



ORGANS

Spleen, Lung, Kidney, Urinary Bladder.

ELEMENTS

Earth, Metal, Water.

PULSE

Submerged, moderate, slippery.

TONGUE

White, greasy tongue coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Spleen 3,9, Lung 5, 9, Stomach 40, Kidney 3,7, 10, Urinary Bladder 13, 20, 23, *Du* 4.

CAUTIONS AND CONTRAINDICATIONS

- Herbs that tonify the Spleen should be added for cases of strong Spleen Qi deficiency.

Five Seeds Formula

Wu Ren Wan

Occasional dryness in the Intestines due to Yin, Blood and/or *Jin Ye* deficiency, Kidney deficiency

INGREDIENTS

| | | |
|--------------------------------------|--|---------------------------|
| Tangerine dried rind of mature fruit | <i>Citri reticulatae pericarpium fructus</i> | <i>Chen pi</i> |
| Dry fried peeled Peach seed | <i>Pinelliae praeparata semen</i> | <i>Guang chao tao ren</i> |
| Dry fried Apricot seed | <i>Armeniaca amarum praeparata semen</i> | <i>Chao xing ren</i> |
| Biota seed | <i>Platycladi semen</i> | <i>Bai zi ren</i> |
| Dry fried Black sesame seed | <i>Sesami nigrum praeparata semen</i> | <i>Chao hei zhi ma</i> |
| Bee honey | Mel | <i>Feng mi</i> |
| Dong quai root | <i>Angelicae sinensis radix</i> | <i>Dang gui shen</i> |
| Dry fried Japanese bush cherry seed | <i>Pruni praeparata semen</i> | <i>Chao yu li ren</i> |

Five Seeds Formula is a gentle formula to moisten dryness in the intestines due to Yin, Blood or body fluid deficiency and move stagnation lodged in the bowels. It moistens dryness in the intestines that is due to Yin, Blood or body fluid deficiency. The formula relies on seeds that are rich in oils to lubricate the intestines, and is mild enough for children and the elderly.

The chief herbs in the formula are dry fried peeled Peach seed and dry fried Apricot seed. Both are bitter and oily. Together they moisten the bowels, invigorate the Blood and drive the Qi downward.

The combination of Biota seed, dry fried Japanese bush cherry seed, dry fried Black sesame seed and Bee honey work together to further moisten the Intestines. Dry fried Black sesame seed and Bee honey have replaced Pine nut, found in the original formula. Dry fried Black sesame seed moistens the bowels tonifies Blood, strengthens Kidney and Liver, and lubricates the intestine. Bee honey moistens and lubricates the bowels and strengthens the Middle Burner, making it a good support for the Spleen and Stomach, and harmonizes the other herbs in the formula. Dong quai root has been added to tonify Blood and moisten the bowels. Tangerine dried rind of mature fruit, the assistant, is a large portion of the formula. It moves Qi, guides the actions of the other herbs to the bowels, unblocks the intestines, and supports peristalsis.

When stronger signs of Yin deficiency are present, combine with **Rehmannia Six** or **Quiet Contemplative**. For stronger signs of Blood deficiency, combine with **Gather Vitality** or **Four Substances**. For signs of Blood and Qi deficiency, combine with **Women's Precious** from the Kan Herbs line. For Qi and Blood deficiency with Cold signs, combine with **Ten Treasures**.

ORIGINS AND DEVELOPMENT

Effective Formulas from Generations of Scholars (1345).



CHINESE HERBAL ACTIONS

Moistens the intestines, tonifies Blood, Kidney and *Jin Ye*.

PHYSICAL INDICATIONS

- Supports a healthy digestive system.
- Supports regular peristalsis.
- Supports healthy bowel movement.

ORGANS

Large Intestine, Kidney, Spleen.

ELEMENTS

Metal, Water, Earth.

PULSE

Thin and possibly rough or weak.

TONGUE

Dry.

COMPLEMENTARY ACUPUNCTURE POINTS

Stomach 25, Urinary Bladder 25, Large Intestine 4, 11, Spleen 6, *San Jiao* 6, Kidney 6, *Ren* 4,6, Stomach 36, Liver 3, 8.

CAUTIONS AND CONTRAINDICATIONS

- Caution with Spleen Qi deficiency.

Four Cold Extremities

Si Ni San

Shao Yin disharmonies with constrained Qi in the Interior, Liver and Spleen disharmony

INGREDIENTS

| | | |
|---|--|---------------------|
| White peony root | Paeoniae alba radix | <i>Bai shao</i> |
| Bupleurum root | Bupleuri radix | <i>Chai hu</i> |
| Bitter orange immature fruit | Aurantii praeparata fructus immaturus | <i>Chao zhi shi</i> |
| Honey fried Chinese licorice root and rhizome | Glycyrrhizae praeparata cum mel radix et rhizoma | <i>Zhi gan cao</i> |

Four Cold Extremities addresses a variety of patterns resulting from constrained Qi in the Interior. These indications range from a very simple presentation of occasional cold extremities (below the elbows and knees), to Liver and Spleen disharmony accompanied by an excess, wiry pulse, to patterns where constrained Qi is present with contradictory signs like Hot/Cold or Dryness/Dampness. The common ground for this formula is constrained or stagnant Qi in the Interior, supported by the appearance of an excess pulse with occasional frigid or cold extremities.

The goal of the formula is to regulate Qi by venting Heat, releasing the constrained Qi. These are the two primary functions of the chief herb, Bupleurum root. It moves the Liver Qi while simultaneously venting to the Exterior. It lifts the clear Yang, which allows the turbid Yin to descend and harmonizes the Qi mechanisms.

Bitter orange immature fruit, the deputy, regulates Liver Qi stagnation and disperses accumulation, especially of the Middle Burner, supports the Spleen, and breaks up constrained Qi in the Interior of the body. White peony root, the assistant, nourishes Blood and Liver, and smooths the movement of Qi throughout the body. This herb holds things in, in contrast to the chief herb Bupleurum root, which disperses. The combination disseminates Liver Qi without injuring Liver Yin. When the Liver is nourished, so are the sinews, muscles and tendons, a direct reflection of the interaction between the Liver (sinews and tendons) and Spleen (muscles). Honey fried Chinese licorice root and rhizome harmonizes the properties of the other herbs in the formula, but also strengthens the Spleen and Middle Burner Qi.

Four Cold Extremities disperses while also astringing and nourishing, facilitating both ascent and descent, moving Yang while supporting Yin, moving the Liver while supporting the Spleen.

While this formula is a harmonizing formula like **Free and Easy Wanderer** or **Minor Bupleurum**, it is important to differentiate them. In the case of **Free and Easy Wanderer**, the Spleen is deficient and the pulse will be wiry but also deficient, showing signs of Spleen Qi



CHINESE HERBAL ACTIONS

Relieves stagnant Liver Qi and regulates the Spleen, harmonizes the Liver and Spleen, releases constraint.

PHYSICAL INDICATIONS

- Supports healthy blood circulation.
- Supports healthy liver function.
- Supports a healthy digestive system.
- Supports healthy urinary function.
- Occasional coldness below the elbows and knees that can get worse with stress.
- Occasional irritability.
- Occasional flank discomfort.
- Occasional sensation of warmth of the body and head, absence of sweating.
- Occasional emotional stress.

and Blood deficiency. **Minor Bupleurum** harmonizes the interior and the exterior layers when there are occasional alternating sensations of hot and cold, which points to a blockup of the *Shao Yang* layer.

Combine with **Digestive Harmony Formula** for occasional food stagnation. Combine with **Li Dan Support** for Liver and Gallbladder Damp Heat.

ORIGINS AND DEVELOPMENT

This classical formula was first presented in the *Discussion of Cold Damage* around 220 A.D.



ORGANS

Liver, Gallbladder, Spleen, Stomach.

ELEMENTS

Wood, Earth.

PULSE

Wiry, possibly forceful.

TONGUE

Red body with yellow coating.

COMPLEMENTARY ACUPUNCTURE POINTS

Liver 2, 3, 4, 13, 14, Gallbladder 34, 40, 41, *San Jiao* 5, Large Intestine 4, 11, *Ren* 12, Pericardium 6.

CAUTIONS AND CONTRAINDICATIONS

- Liver Qi stagnation with underlying Yin deficiency.
- Occasional cold fingers and toes not due to constrained Liver Qi stagnation.

Four Gentlemen

Si Jun Zi Tang

Spleen Qi deficiency, Qi deficiency

INGREDIENTS

| | | |
|---|--|---------------------|
| White atractylodes rhizome | Atractylodis macrocephalae rhizoma | <i>Bai zhu</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| White Asian ginseng root and rhizome | Panax ginseng (white) radix et rhizoma | <i>Bai ren shen</i> |
| Honey fried Chinese licorice root and rhizome | Glycyrrhizae praeparata cum mel radix et rhizoma | <i>Zhi gan cao</i> |

Four Gentlemen is the quintessential formula to address Qi and Spleen Qi deficiency. Spleen Qi acts as the foundation for postnatal Qi in the body and is responsible for extracting the essence from food, or *Gu Qi*, and transporting it to the rest of the body. When Spleen is strong, the essence of food is properly transformed into Qi to supply energy to the body, and to build Blood. The Spleen is also responsible for the raising of Qi, and its deficiency is reflected in occasional sensations of heaviness in the body, or occasional loose stools. Typically, patterns involving Spleen Qi deficiency are precipitated by increased activity and improve with rest. As the Spleen controls the Blood, muscles, and four limbs, when Spleen is strong, Blood is supported in the vessels, muscles have tenacity, and the four limbs have appropriate strength.

Excessive regular consumption of cold liquids are weakening to the Spleen, leading to occasional lack of appetite and the generation of internal Dampness. External Dampness due to climate are likely to contribute to internal Dampness, which will contribute to Spleen Qi deficiency. Overwork, excessive worries or a poor diet can all aggravate or cause Spleen Qi deficiency. When Spleen is deficient, occasional loose stools, a lack of appetite, or occasional weak limbs can be experienced.

This pattern of Spleen Qi deficiency arises “first” and is often a precursor to other Spleen patterns, such as Spleen Yang deficiency, Spleen Qi sinking, Spleen not holding Blood, or Spleen Blood deficiency. **Four Gentlemen** tonifies Qi, strengthens the Spleen and expels Dampness.

The chief herb, White Asian ginseng root and rhizome strongly augments Original Qi and Spleen Qi, and is the quintessential herb used for Qi tonification. It is used in this formula rather than Chinese red ginseng root and rhizome because it is slightly cooler in nature and less drying. White Asian ginseng root and rhizome works synchronously with White atractylodes rhizome to strengthen Spleen and dry Dampness.

Poria strengthens the Spleen, drains Dampness, and mitigates the cloying nature of honey fried Chinese licorice root and rhizome, which strengthens the Spleen and harmonizes the actions of the other three herbs.



CHINESE HERBAL ACTIONS

Tonifies Qi, strengthens Spleen.

PHYSICAL INDICATIONS

- Supports a healthy digestive system.
- Supports a healthy immune system.
- Supports wellbeing.
- Occasional fatigue, lethargy, apathy or lassitude.
- Occasional dizziness.
- Occasional soft or loose stools.

Four Gentlemen can be given on its own for basic signs of Qi deficiency, or given in combination with any formula where the Spleen needs further support or protection.

Four Gentlemen is a widely used formula, and is also incorporated as a foundation for many other formulas addressing Qi deficiency such as **Six Gentlemen**, **Shen Ling Spleen Support**, **Ten Treasures**, **Women's Precious**, **Gather Vitality** and **Arouse Vigor**.

ORIGINS AND DEVELOPMENT

Four Gentlemen is the foundational formula for Qi tonification and Spleen Qi deficiency. This formula was first presented in 1078-85 A.D. in the *Imperial Grace Formulary of the Tai Ping Era*.



ORGAN

Spleen.

ELEMENT

Earth.

PULSE

Moderate to deficient, possibly fine.

TONGUE

Pale, possibly puffy or with teeth marks or scalloped edges.

COMPLEMENTARY ACUPUNCTURE POINTS

Spleen 3, 6, 9, Stomach 36, *Du* 20, Kidney 1, 3.

CAUTIONS AND CONTRAINDICATIONS

- Caution with Yin deficiency, fluid deficiency or Dryness, high fever, excess Heat or Qi stagnation.
- Can be drying and warming if taken long-term.

Four Substances

Si Wu Tang

Deficient Liver and Heart Blood

INGREDIENTS

| | | |
|-------------------------|-----------------------------|----------------------|
| White peony root | Paeoniae alba radix | <i>Bai shao</i> |
| Prepared Rehmannia root | Rehmanniae praeparata radix | <i>Shu di huang</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Sichuan lovage rhizome | Ligustici wallichii rhizoma | <i>Chuan xiong</i> |

Four Substances (*Si Wu Tang*) is the foundational formula for building Blood. Blood deficiency stems from a variety of causes including organ disharmony, poor circulation, improper diet and blood loss. It is an appropriate formula for both men and women when Blood must be replenished to support a healthy body. It is suitable for any type of Blood deficiency pattern, while being most commonly used with patterns associated with Liver Blood deficiency. **Four Substances** nourishes Heart and Liver Blood, helping to relieve occasional feelings of irritability, anxiety, restlessness and forgetfulness.

This formula fulfills an important goal: the harmonious balance of Yin and Yang, in which Yin is nourishment and stillness and Yang is movement and activity. Both must be abounding, balanced and represented together to complete the whole. This formula is comprised of two pairs of herbs, one aimed at nourishing and the other at invigorating the Yin and Yang aspects of Blood. Prepared Rehmannia root and White peony root are known for their ability to strongly tonify the Blood, and nourish the Yin. Simply nourishing the Blood, without providing the means to move it, could create stasis. The second pair, Dong quai root and Sichuan lovage rhizome support and encourage the movement of Blood, thus preventing the formula from becoming cloying and heavy.

Four Substances is used widely and can be combined with any formula to further nourish and tonify Blood. With concurrent Spleen Qi deficiency, combine with **Four Gentlemen** as a general Qi and Blood tonic.

ORIGINS AND DEVELOPMENT

Four Substances, or Soup of Four Things (*Si Wu Tang*), is found in the *Imperial Grace Formulary of the Tai Ping Era* (*Tai Ping Hui Min He Ji Ju Fang*), compiled during the Song Dynasty between 982 and 992 A.D. Again recorded by Dr. Chen Shi-Wen in the classic Song Dynasty 14 (1151 A.D.), *Si Wu Tang* is Chinese herbology's basic formula used to tonify the Blood. In the ninth volume of his book, Dr. Chen recommends this formula be also used for deficiency of the Penetrating and Conception Vessels.



CHINESE HERBAL ACTIONS

Nourishes the Blood, invigorates the Blood, tonifies the Liver and Kidneys, gently regulates the Liver.

PHYSICAL INDICATIONS

- Supports overall wellbeing.
- Supports a healthy cardiovascular system and blood circulation.
- Supports healthy menstruation.
- Occasional fatigue, dizziness, blurred vision.
- Occasional insomnia, irritability, agitation, restlessness and forgetfulness.

ORGANS

Liver, Heart, *Chong* and *Ren*.

ELEMENTS

Wood, Fire.

PULSE

Thin and wiry or thin and choppy.

TONGUE

Pale.

COMPLEMENTARY

ACUPUNCTURE POINTS

For nourishing Blood, Chinese Herbology is considered more effective than acupuncture.

CAUTIONS AND

CONTRAINDICATIONS

- This formula should not be used with Blood deficiency accompanied by severe weakness and labored breathing.
- Use with caution during pregnancy.
- Due to the cloying nature of this formula, it is inappropriate for patterns with an abundance of Dampness.

Four Wonders

Si Miao Wan

Damp Heat in the Lower Burner

INGREDIENTS

| | | |
|-------------------------------|------------------------------|--------------------|
| Cang-zhu atractylodes rhizome | Atractylodis rhizoma | <i>Cang zhu</i> |
| Achyranthes root | Achyranthis bidentatae radix | <i>Huai niu xi</i> |
| Phellodendron bark | Phellodendri cortex | <i>Huang bai</i> |
| Job's tears seed | Coicis semen | <i>Yi yi ren</i> |

Four Wonders is a faithful rendition of Four-Marvel Pill (*Si Miao Wan*), itself a variation of Two Marvels Powder (*Er Miao San*), a classical formula addressing Damp Heat that may occur subsequently to an invasion from the Exterior or from excess Dampness that transforms into Heat in the Interior. While Damp Heat may affect all three Burners, it tends to settle in the Lower Burner. **Four Wonders** can also address a pattern known as Hot Leg Qi (*Re Jiao Qi*), caused by an invasion of Dampness, or by internally generated Heat and Dampness pouring downward to the legs and feet. **Four Wonders** supports the Spleen, dries Dampness, drains Damp Heat lodged in the Lower Burner, and invigorates the Blood.

The chief herb in **Four Wonders**, Phellodendron bark, drains Damp Heat in the Lower Burner, directs Kidney Fire downward and drains Fire. Cang-zhu atractylodes rhizome strongly dries Dampness and strengthens the Spleen. It is especially useful in addressing Dampness obstructing the Middle Burner or Lower Burner, and blocking the transportive and transformative functions of the Spleen. Combined with Phellodendron bark, it addresses stagnation lodged in the lower extremities or skin due to Wind Dampness. Job's tears seed strengthens the Spleen, facilitates the resolution of Dampness, and eliminates accumulations. It leaches out Dampness from the bones, sinews and muscles, and clears Heat. Achyranthes root clears Damp Heat, breaks up Blood stasis and quickens the Blood.

Combine with **Invigorate the Collaterals** or **Drive Out Stasis** to more strongly address Blood stagnation.

ORIGINS AND DEVELOPMENT

Four-Marvel Pill, which is a modification of Two-Marvel Powder (*Er Miao San*), is a simple, yet elegant formula aimed at drying and clearing Damp Heat lodged in the Lower Burner. This modification is found in the *Convenient Reader of Established Formulas (Cheng Fang Bian Du)*, written by Zhang Bing-Cheng in the early part of the 20th century.



CHINESE HERBAL ACTIONS

Clears Damp Heat in the Lower Burner, dries Dampness, strengthens the Spleen, invigorates the Blood.

PHYSICAL INDICATIONS

- Supports healthy joints, sinews and bones.
- Occasional weakness, numbness, stiffness in the lower extremities.
- Occasional discomfort in the knees, legs or feet.
- Supports healthy skin.
- Supports a healthy digestive system.
- Occasional fatigue.

ORGANS

Kidney, Urinary Bladder, Spleen.

ELEMENTS

Water, Earth.

PULSE

Slippery, rapid.

TONGUE

Red, especially on the underside with a yellow, greasy coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Bladder 22, 23, *Ren* 3, Large Intestine 11, Spleen 6, 9, Stomach 28, Liver 5, Gallbladder 21.

CAUTIONS AND CONTRAINDICATIONS

- Caution should be used in cases involving Liver and/or Kidney deficiency.
- Contraindicated during pregnancy.

Fragrant Jade

Yu Ping Feng San
Cang Er Zi San

Defensive (*Wei*) Qi deficiency, External Wind invasion

INGREDIENTS

| | | |
|---------------------------------|------------------------------------|-------------------|
| White atractylodes rhizome | Atractylodis macrocephalae rhizoma | <i>Bai zhu</i> |
| Astragalus root | Astragali radix | <i>Huang qi</i> |
| Siler root | Saposhnikoviae radix | <i>Fang feng</i> |
| Fragrant angelica root | Angelicae dahuricae radix | <i>Bai zhi</i> |
| Chinese mint herb | Menthae haplocalycis herba | <i>Bo he</i> |
| Xanthium fruit | Xanthii fructus | <i>Cang er zi</i> |
| Magnolia flower | Magnoliae flos | <i>Xin yi hua</i> |
| Aromatic Solomon's seal rhizome | Polygonati odorati rhizoma | <i>Yu zhu</i> |

Fragrant Jade combines herbal ingredients from Xanthium Powder (*Cang Er Zi San*) and Jade Windscreen Powder (*Yu Ping Feng San*) to form an elegant formula addressing External Wind invasion when there is a preexisting Defensive (*Wei*) Qi deficiency. This pattern can manifest as an overall Qi deficiency with general lethargy accompanied by frequent Wind invasions.

Jade Windscreen Powder is used to bolster Defensive (*Wei*) Qi in order to protect the body from external Wind invasion, but must be taken long-term before lasting results are seen, while Xanthium Powder is most often used for short periods of time in acute instances. **Fragrant Jade** blends both of these formulas and can be taken short or long term to address a common cause — a weak *Wei* Qi that cannot protect the body from External Wind invasion. The first three ingredients are taken from Jade Windscreen Powder to tonify Defensive (*Wei*) Qi. The next four are taken from Xanthium Powder to open the nasal passages, and the last, Aromatic Solomon's seal rhizome, was added for its Wind extinguishing function, its ability to nourish Yin fluids, and to counterbalance the dryness of some of the herbs contained in this formula.

Fragrant Jade addresses both root and branch manifestations of the pattern. It expels external Wind, strengthens the Qi, especially of the Lung and Spleen, and mildly supports the Yin.

Astragalus root directly builds Defensive Qi and stabilizes the Exterior, while White atractylodes rhizome indirectly builds Defensive Qi by strengthening the Spleen. Together, White atractylodes rhizome and Astragalus root are the foundation for **Fragrant Jade**'s tonifying and strengthening actions. Siler root addresses all aspects of Wind. Being the most gentle and least drying of the Wind expelling herbs, it is ideal for long-term use when combined with Qi tonics. Fragrant angelica root, aided by Xanthium fruit, releases exterior Wind, dries Dampness and guides the other herbs' actions to the frontal area of the head. Chinese mint herb dispels Wind



CHINESE HERBAL ACTIONS

Strengthens Spleen, Lung and Protective (*Wei*) Qi, expels External Wind.

PHYSICAL INDICATIONS

- Supports a healthy immune system.
- Supports upper respiratory health.
- Supports the body's ability to resist environmental allergens.
- Supports healthy sinuses.
- Supports healthy nasal passages.
- Occasional aversion to wind.
- Occasional fatigue, pale complexion.
- Occasional frontal or temporal discomfort.

Heat, and Magnolia flower, being light in nature, focuses its actions on the upper parts of the body, mildly dispelling Wind and opening the nasal passages.

External invasions often disrupt fluids and create Phlegm, so only expelling Wind and drying Phlegm could lead to dry mouth, lips and nose. Aromatic Solomon's seal rhizome was carefully selected from other Yin tonics because of its Wind extinguishing function and ability to nourish Yin.

ORIGINS AND DEVELOPMENT

Fragrant Jade is comprised of ingredients from Jade Windscreen Powder (*Yu Ping Feng San*), first recorded in *Heartfelt Method of Dan-Xi (Dan Xi Zhi Fa Xin Yao)* in 1481, and Xanthium Powder (*Cang Er Zi San*) which originally appeared in 1253 in *Formula's to Aid the Living (Ji Sheng Fang)*.



ORGANS

Lung, Spleen.

ELEMENTS

Metal, Earth.

PULSE

Floating, deficient or soft; rapid in cases of Heat.

TONGUE

Pale, white coat; yellow coat in cases of Heat.

COMPLEMENTARY ACUPUNCTURE POINTS

To open nasal passages: Large Intestine 20, Large Intestine 4, *Bi Tong*, *Yin Tang*, Governor Vessel 23. To release the Exterior and expel Wind: Gallbladder 20, Large Intestine 4, *San Jiao* 5, Lung 7. To bolster Defensive (*Wei*) Qi: Stomach 36, Conception Vessel 12, Governing Vessel 4, Kidney 3, 6, 7, 27.

CAUTIONS AND CONTRAINDICATIONS

- Use with caution for sweating due to Yin deficiency or External Wind invasion with chills and sore throat.
- Use with caution during pregnancy.

Free and Easy Wanderer

Xiao Yao San

Liver Qi stagnation, Liver Blood deficiency, Spleen Qi deficiency

INGREDIENTS

| | | |
|-----------------------------------|------------------------------------|----------------------|
| Bupleurum root | Bupleuri radix | <i>Chai hu</i> |
| White peony root | Paeoniae alba radix | <i>Bai shao</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| White atractylodes rhizome | Atractylodis macrocephalae rhizoma | <i>Bai zhu</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |
| Ginger rhizome | Zingiberis rhizoma | <i>Gan jiang</i> |
| Chinese mint herb | Menthae haplocalycis herba | <i>Bo he</i> |

The descriptive name of **Free and Easy Wanderer** (*Xiao Yao San*), also called Rambling Powder, evokes a Taoist philosophical ideal and was drawn from a chapter title, *Rambling Without a Destination*, from the ancient text *Zhuangzi*, which contains stories of soaring freely above a limited world view. It also aptly describes the concept of how Liver Qi should ideally circulate and flow freely in the body, fostering a mental openness.

Free and Easy Wanderer is a cornerstone formula that regulates and harmonizes the Liver and Spleen. Disharmony between the Liver and Spleen may arise from either the constraint of Liver Qi, often brought on by lifestyle and habitual emotional factors, which overact upon the Spleen and Stomach, or from a deficiency of Spleen Qi in which the transporting function has been impaired, eventually causing the Liver to overact on the Spleen.

A variation of Frigid Extremities Powder (*Si Ni San*), which frees Yang Qi constrained in the Interior, **Free and Easy Wanderer** is a famous formula to spread Liver Qi, strengthen the Spleen and nourish Blood. Designed to restore equilibrium between the Liver and Spleen, the Constructive (*Ying*) and Defensive (*Wei*) Qi, its mastery lies in the elegant combination of antagonistic yet harmonious ingredients: warm and cool, sour and sweet, bitter, pungent and supplementing. Because Liver and Spleen imbalances are so often at the root of menstrual irregularities, especially with an emotional component, formulas such as **Free and Easy Wanderer** are indispensable to support gynecological health. **Free and Easy Wanderer** regulates the Lesser Yang (*Shao Yang*) meridians (Triple Burner and Gallbladder), supports immunity and addresses Liver Qi stagnation. Finally, it is well known for its effectiveness in addressing occasional emotional/psychological imbalances related to the Ethereal Soul (*Hun*). Since the pattern of Liver Qi stagnation, combined with Liver Blood and Spleen Qi deficiency, is such a common mix, especially in women, **Free and Easy Wanderer** is not only one of the most popular of all Chinese herbal formulas, but a cherished formula for women's health.

The emperor herb, Bupleurum root, strongly moves Liver Qi and releases constraint. Its deputies, Dong quai root and White peony root nourish Blood, soften and moisten the Liver.



CHINESE HERBAL ACTIONS

Spreads the Liver Qi and resolves stagnation, nourishes Blood, harmonizes the Liver and Spleen, tonifies Spleen and Stomach and regulates *Shao Yang* patterns.

PHYSICAL INDICATIONS

- Supports a healthy digestive system.
- Supports gynecological health.
- Supports emotional wellbeing.
- Occasional irritability.
- Occasional dizziness.
- Occasional fatigue.
- Occasional breast tenderness and distension.

White atractylodes rhizome and Poria strengthen the Spleen's transforming and transporting functions, eliminating the development of further Qi constraint and addressing Blood deficiency. Chinese licorice root and rhizome tonifies Spleen Qi. White peony root nourishes the Blood and preserves Yin while soothing the Liver by calming rising Liver Yang. Ginger rhizome harmonizes the Stomach, thereby preventing rebellious Qi. Chinese mint herb supports the emperor herb, Bupleurum root, in relieving Liver Qi stagnation by cooling and dispersing the Heat that may have been engendered due to that constraint.

ORIGINS AND DEVELOPMENT

Free and Easy Wanderer was originally recorded by Dr. Chen Shi-Wen in his *Song Dynasty Professional and Popular Formulas* from the Taiping Era in 1151 A.D. Scholars say that **Free and Easy Wanderer** is actually a Song Dynasty version of Zhang Zhong-Jing's Four Contrary Powder (*Si Ni San*), which is found in his famous *Discussion of Cold-induced Disharmonies* (220 A.D.).



ORGANS

Liver, Spleen.

ELEMENTS

Wood, Earth.

PULSE

Wiry and possibly thready or weak.

TONGUE

Pale red, thin white coat, swollen or reddish sides and tip.

COMPLEMENTARY ACUPUNCTURE POINTS

Liver 3 and Large Intestine 4, Liver 13, 14, Gallbladder 34, *San Jiao* 5, Stomach 36, Conception Vessel 12, Urinary Bladder 18, 20.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during a Wind Heat or Wind Cold invasion.
- Use with caution during pregnancy.

Gan Mao Ling

Gan Mao Ling

Wind Heat affecting the Wei Qi and progressing towards Qi level Heat

INGREDIENTS

| | | |
|-------------------------------|--------------------------------------|----------------------|
| Pubescent holly root | <i>Illicis pubescentis radix</i> | <i>Mao dong qing</i> |
| Evodia lepta leaf and root | <i>Evodiae lepta radix et folium</i> | <i>San cha ku</i> |
| Isatis root | <i>Isatidis radix</i> | <i>Ban lan gen</i> |
| Chrysanthemum flower | <i>Chrysanthemi flos</i> | <i>Ju hua</i> |
| Simple-leaf chaste tree fruit | <i>Vitidis fructus</i> | <i>Man jing zi</i> |
| Honeysuckle flower | <i>Lonicerae flos</i> | <i>Jin yin hua</i> |

Gan Mao Ling is a popular formula addressing External Wind Heat patterns. All of the herbs in the formula clear exterior Wind Heat at either the *Wei* or Qi level. **Gan Mao Ling** dispels invasions from the surface layers of the body before they sink deeper into the internal layers, where they become more difficult to address.

Pubescent holly root invigorates Blood and clears Heat. Evodia lepta leaf and root clears Heat and Fire invasion, and Isatis root drains Heat, clears Fire invasions, cools the Blood and benefits the throat. Chrysanthemum flower dispels Wind, clears Heat and calms the Liver. Simple-leaf chaste tree fruit clears externally contracted Wind Heat, particularly when it has settled in the face and eyes. Honeysuckle flower clears Heat and Fire invasions, vents and disperses externally contracted Wind Heat.

During the pivotal first few days of a Wind invasion, consistent and larger doses are most effective. **Gan Mao Ling** may also be taken temporarily as a preventative immune defense.

Combine with **Pinellia Dispersing Formula** for Phlegm Heat in the Lungs with unresolved exterior Wind Invasion. Combine with **Zhong Gan Ling** for stronger Wind Heat invasion.

ORIGINS AND DEVELOPMENT

Gan Mao Ling is a modern formula with many variations. It was originally developed by Dr. Shih Chin-Mai. Classical antecedents include Mulberry and Chrysanthemum Decoction (*Sang Ju Yin*) from *Wen Bing Tiao Bian* by Wu Ju-Tong in 1798.



CHINESE HERBAL ACTIONS

Dispels Wind Heat, clears Qi level or *Yang Ming* Heat, circulates Defensive (*Wei*) Qi.

PHYSICAL INDICATIONS

- Supports a healthy respiratory system.
- Supports healthy sinuses.
- Supports a healthy throat.

ORGAN

Lung.

ELEMENT

Metal.

PULSE

Rapid and floating.

TONGUE

Red or normal with thin, yellow coating.

COMPLEMENTARY ACUPUNCTURE POINTS

Triple Burner 5, Lung 7, 10, Large Intestine 4, 11, Kidney 6, Gallbladder 20.

CAUTIONS AND CONTRAINDICATIONS

- Prolonged use may cause stomach upset or loose stools.

Gastrodia and Uncaria Wind Relief

Tian Ma Gou Teng Yin

Liver Yang ascending, Liver Yang transforming into Liver Wind, Liver Yin deficiency with Kidney Qi deficiency

INGREDIENTS

| | | |
|-----------------------------|------------------------------|----------------------|
| Abalone shell | Haliotidis concha | <i>Shi jue ming</i> |
| Cyathula root | Cyathulae radix | <i>Chuan niu xi</i> |
| Eucommia bark | Eucommiae cortex | <i>Du zhong</i> |
| Gambir stem branch and twig | Uncariae ramulus cum uncis | <i>Gou teng</i> |
| Loranthus herb | Taxilli herba | <i>Sang ji sheng</i> |
| Polygonum multiflorum stem | Polygoni multiflori caulis | <i>Ye jiao teng</i> |
| Poria with wood root | Poriae cocos paradicis radix | <i>Fu shen mu</i> |
| Chinese skullcap root | Scutellariae radix | <i>Huang qin</i> |
| Gastrodia rhizome | Gastrodiae rhizoma | <i>Tian ma</i> |
| Siberian motherwort herb | Leonuri herba | <i>Yi mu cao</i> |
| Gardenia fruit | Gardeniae fructus | <i>Zhi zi</i> |

Gastrodia and Uncaria Wind Relief is a faithful rendition of a well-known traditional formula, Gastrodia and Uncaria Decoction (*Tian Ma Gou Teng Yin*), designed to calm ascending Liver Yang which is transforming into Internal Wind.

Ascendant Liver Yang, with Internal movement of Liver Wind, is produced by the depletion of Liver and Kidney Yin. Long-term Yin deficiency will eventually lead to Liver Heat, at which point the Yang will rise, at times quite vividly, with sensations of heat or excess energy rushing upward. An individual with this pattern will manifest a high concentration of physical indications in the upper body and head; descriptive drawings of this pattern often show a person who is literally “blowing their top”. Compounding the situation, when the Liver Yang rises upward, it is unable to store its resources in the form of Blood. This leads to symptoms of Blood deficiency and deeper Yin deficiency, creating a cycle which further exacerbates the Yang rising. Pent-up emotions, Qi constraint, constitutional Yang excess, aging, overwork, extreme stress, anger or poor diet all can cause the Liver Yang to ascend uncontrolled, transforming into Liver Internal Wind. This formula focuses on calming the Liver and directing the rebellious Qi downward.

The chief herbs Gastrodia rhizome and Gambir stem branch and twig address Liver Yang ascending, extinguish Wind, drain Liver Heat and Fire, and disperse Wind Damp obstruction. Gardenia fruit and Chinese skullcap root drain Heat, especially in the Upper Burner, dry Dampness, and address occasional irritability, restlessness and insomnia. Siberian motherwort herb invigorates Blood, dispels stasis, clears Heat and supports healthy urination. Cyathula root invigorates Blood, expels Wind and drains Dampness.



CHINESE HERBAL ACTIONS

Calms the Liver, extinguishes Liver Wind, clears Heat, supplements Liver Yin and Kidney Qi, nourishes and regulates the Blood.

PHYSICAL INDICATIONS

- Supports healthy blood pressure.
- Supports healthy blood circulation.
- Supports a healthy nervous system.
- Occasional dizziness, restlessness.
- Occasional flushing up.
- Occasional insomnia.
- Occasional anger and irritability.



Eucommia bark and Loranthus herb tonify the Liver and Kidneys, expel Wind Damp, and smooth the flow of Qi and Blood. Polygonum multiflorum stem nourishes Heart and Blood and calms the Spirit. Poria with wood root calms the Spirit and addresses occasional restlessness and insomnia.

Anchor the Yang addresses ascendant Liver Yang transforming into internal Wind with an underlying Blood deficiency. **Gastrodia and Uncaria Wind Relief** also addresses ascendant Liver Yang, but with a stronger focus on anchoring Liver Yang rising. **Steady Centeredness**, from the Kan Herbals line, is very similar to **Gastrodia and Uncaria Wind Relief**. Gastrodia rhizome is the chief herb in **Steady Centeredness**, and has the highest percentage by weight, and as such, the formula focus is more in calming the Liver rather than anchoring.

If more Blood tonification is desired, combine with **Four Substances**.

ORIGINS AND DEVELOPMENT

Gastrodia and Uncaria Wind Relief (*Za Bing Zheng Zhi Xin Yi*) is a modern formulation from *Deriving New Protocols for Patterns of Miscellaneous Disharmonies*, 1958.

ORGANS

Liver, Kidney.

ELEMENTS

Wood, Water.

PULSE

Wiry, rapid.

TONGUE

Yellow, greasy.

COMPLEMENTARY ACUPUNCTURE POINTS

Governing Vessel 14, 16, Gallbladder 20, 21, Urinary Bladder 14, 18, 23, 40, Kidney 3, 10, Liver 2, 8.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated for dizziness arising from Blood deficiency.

Generate the Qi Formula

Sheng Mai San

Source Qi or Original Qi deficiency, Kidney Qi deficiency, Yin deficiency, Heart Qi deficiency, *Jin Ye* deficiency

INGREDIENTS

| | | |
|--------------------------------------|--|---------------------|
| White Asian ginseng root and rhizome | Panax ginseng (white) radix et rhizoma | <i>Bai ren shen</i> |
| Ophiopogon tuber | Ophiopogonis radix | <i>Mai men dong</i> |
| Schisandra fruit | Schisandrae chinensis fructus | <i>Wu wei zi</i> |

Generate the Qi Formula is a simple formulation that strongly tonifies the Source Qi within the Lungs, generates fluids, preserves the Yin, and astringes sweating. The name *Sheng Mai San*, translating as “Generate the Pulse Powder”, is in reference to the formula traditionally used for rejuvenating the Qi and body fluids. **Generate the Qi Formula** strengthens the Source Qi, generates fluids that have been lost, strengthens Spleen Qi, and consequently nourishes the Lung. It can also be used for a pattern of sustained Lung Qi and Yin deficiency with Lung Qi rebellion, as it nourishes the Lung and Stomach Yin, generate fluids and strengthens the Spleen and Lung Qi.

When combined with the appropriate formula for one’s constitution, **Generate the Qi Formula** is often used in modern times as a foundational formula to support a healthy cardiovascular system.

The chief herb in the formula, White Asian ginseng root and rhizome strongly tonifies the Source Qi, strengthens Qi, generate fluids and calms the Spirit. Ophiopogon tuber, the deputy, nourishes and moistens the Yin of the Lung and Stomach and clears Heat from the Heart. Schisandra fruit restrains the leakage of the Lung Qi and generates fluids in the Kidneys.

Together these herbs are an elegant combination to rescue the Qi and Yin. The chief herb, White Asian ginseng root and rhizome, tonifies Qi, the deputy, Ophiopogon tuber, clears Heat and nourishes Yin, and the assistant, Schisandra fruit, restrains leakage.

Sheng Mai San is one of the base formulas used in **Wise Judge**, from the Kan Herbs line. While **Generate the Qi** strengthens the Source Qi and Spleen Qi and consequently nourishes the Lungs and Heart Qi, the main function of **Wise Judge** is to directly moisten and nourish the Lungs with a small emphasis on nourishing Source and Spleen Qi.

With concurrent Qi stagnation and Blood stagnation in the chest, combine with **Cool Salvia Formula** or **Dispel Stasis in the Mansion of Blood**. When Heart and Kidney are not communicating or with Yin deficiency, combine with **Celestial Emperor’s Blend**. For Qi deficiency, use with **Arouse Vigor**. For *Wei* Qi deficiency and to support a healthy immune system, combine with **Jade Windscreen**.



CHINESE HERBAL ACTIONS

Augments the Qi, generates Fluids, preserves the Yin, protects *Jin Ye*.

PHYSICAL INDICATIONS

- Supports a healthy respiratory system.
- Supports a healthy cardiovascular system.
- Occasional irritability.
- Occasional lethargy.
- Occasional excessive fluid loss.

ORIGINS AND DEVELOPMENT

Generate the Qi Formula was first presented in the *Clarifying Doubts About Disharmonies from Internal and External Causes* in 1247 A.D.



ORGANS

Heart, Lung, Spleen, Stomach.

ELEMENTS

Fire, Metal, Earth.

PULSE

Deficient and rapid or thin; slow and irregular or consistently irregular.

TONGUE

Pale or red body, possibly swollen; dry, thin coating.

COMPLEMENTARY ACUPUNCTURE POINTS

Du 20, Stomach 36, Kidney 1, 3, 6, 7, 10, Lung 9, *Ren* 4, 6, 12, 17, Urinary Bladder 14, 15, 23, 42, 43, 44.

CAUTIONS AND CONTRAINDICATIONS

- External Wind invasion.
- Excess Interior Heat.

Ginseng and Astragalus Combination

Ren Shen Huang Qi San

Yin, Blood and Qi deficiency, deficiency Heat

INGREDIENTS

| | | |
|---|--|-----------------------|
| Astragalus root | Astragali radix | <i>Huang qi</i> |
| Chinese asparagus tuber | Asparagi radix | <i>Tian men dong</i> |
| Bupleurum root | Bupleuri radix | <i>Chai hu</i> |
| Anemarrhena rhizome | Anemarrhenae rhizoma | <i>Zhi mu</i> |
| Large-leaf gentian root | Gentianae macrophyllae radix | <i>Qin jiao</i> |
| Lycium bark | Lycii cortex | <i>Di gu pi</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Raw Rehmannia root | Rehmanniae radix | <i>Sheng di huang</i> |
| Chinese red peony root | Paeoniae rubra radix | <i>Chi shao</i> |
| Licorice cured Pinellia rhizome | Pinelliae praeparata rhizoma | <i>Fa ban xia</i> |
| White mulberry root bark | Mori cortex radicis | <i>Sang bai pi</i> |
| Honey fried Chinese licorice root and rhizome | Glycyrrhizae praeparata cum mel radix et rhizoma | <i>Zhi gan cao</i> |
| Purple aster root and rhizome | Asteris radix et rhizoma | <i>Zi wan</i> |
| Eclipta herb | Ecliptae herba | <i>Han lian cao</i> |
| Ligustrum fruit | Ligustri lucidi fructus | <i>Nü zhen zi</i> |
| White Asian ginseng root and rhizome | Panax ginseng (white) radix et rhizoma | <i>Bai ren shen</i> |
| Platycodon root | Platycodonis radix | <i>Jie geng</i> |

Ginseng and Astragalus Combination is based on Ginseng and Astragalus Powder (*Ren Shen Huang Qi San*), a classical formula addressing Yin, Blood and Qi deficiency, with lurking Heat affecting the Yin channels and organs. Heat due to deficiency can occur for a variety of reasons and affects the Lungs and Spleen. Occasional feelings of lethargy, a sensation of Heat in the afternoon, restlessness and anxiety may manifest. **Ginseng and Astragalus Combination** nourishes Yin, augments Qi and Blood and clears Heat, especially stemming from Blood deficiency.

Astragalus root, the chief herb in this formula, raises the Yang Qi, tonifies the Spleen, Lung Qi and Blood and is assisted by White Asian ginseng root and rhizome to tonify Original Qi, strengthen the Spleen and Stomach and generate fluids. Chinese asparagus tuber nourishes Kidney Yin and clears Lung Heat. It addresses Yin deficiency with Heat signs in the Upper Burner, such as dryness of the mouth. It moistens the Lung, nourishes the Kidneys and generates fluids, addressing Lung and Kidney deficiency accompanied with afternoon Heat. Raw Rehmannia root and Chinese red peony root clear Heat, cool the Blood, invigorate the Blood, break up



CHINESE HERBAL ACTIONS

Nourishes Yin, nourishes Blood, augments Qi, strengthens the Spleen, clears Heat from the Lungs, clears Heat from deficiency, directs rebellious Lung Qi downward, transforms Phlegm.

PHYSICAL INDICATIONS

- Supports healthy lung function.
- Supports overall wellbeing.
- Supports a healthy digestive system.
- Occasional restlessness.
- Occasional late afternoon feeling of heat.
- Occasional night sweats.



stasis, nourish the Yin, generate fluids and address Yin deficiency with Heat signs. Large-leaf gentian root clears Heat due to Yin deficiency and dispels Wind Dampness. Honey fried Chinese licorice root and rhizome tonifies the Spleen, augments the Qi and moistens the Lungs. Poria strengthens the Spleen, eliminates Dampness and calms the Heart Spirit. Bupleurum root resolves lesser Yang patterns, releases Heat from the muscle layers, raises the Qi of the Stomach and Gallbladder, relieves Liver Qi constraint and addresses Heat from deficiency.

Chinese soft shelled turtle shell, subject to regulatory restriction, has been omitted. The combination of Ligustrum fruit and Eclipta herb replace it. They anchor the Yang, tonify the Yin of the Liver and Kidneys and clear Heat from deficiency.

Anemarrhena rhizome clears Heat and drains Fire from the Lungs and Stomach, enriches the Yin and moistens dryness, especially of the Lung and Kidney. White mulberry root bark drains Heat from the Lungs and supports healthy urination. It is especially helpful for Lung Heat obstructing the downward movement of Lung Qi, preventing water from moving. Purple aster root and rhizome and licorice cured Pinellia rhizome expel Phlegm, dry Dampness, move Qi and Blood by facilitating the flow of Lung Qi while moistening the Lungs and directing rebellious Qi downward.

Lycium bark cools the Blood, clears and drains Lung Heat. Platycodon root opens up and disseminates Lung Qi, dispels Phlegm and benefits the throat. It also directs the action of the other herbs to the upper region of the body.

Ginseng and Astragalus Combination tonifies Yin, Blood and Qi, clears Heat from the Lungs, moistens the Lungs and transforms Phlegm. Similar tonifying Lung formulas include: **Yin Fountain** nourishes Lung and Kidney Yin and mildly clears deficiency Heat; **Wise Judge**, in the Kan Herbs line, tonifies Lung Yin and Lung Qi, moistens the Lungs and tonifies the Heart Qi, and mildly clears Heat; **Li Fei Lung Support** tonifies Lung Yin, strengthens Lung Qi and mildly clears Heat; and **Ginseng and Gecko Formula** tonifies Lung and Kidney Qi, helps Kidney Qi to grasp Lung Qi, mildly clears Heat and transforms Phlegm.

Formulas to clear Heat include: **Qing Fei Clearing Formula** clears Lung Heat and Liver Fire, and clears Phlegm Heat from the Lung; and **Pinellia Dispersing Formula** clears Phlegm Heat from the Lungs.

ORIGINS AND DEVELOPMENT

Ginseng and Astragalus Combination (*Ren Shen Huang Qi San*) is a traditional Chinese formula found in the *Precious Mirror of Health (Wei Sheng Bao Jian)*, recorded in the Huan Dynasty. This is one of the classical herbal formulas designed specifically to clear Heat due to deficiency.

ORGANS

Lung, Kidney, Liver, Spleen.

ELEMENTS

Water, Wood, Metal.

PULSE

Deficient and rapid.

TONGUE

Pale with a dark red tip, little coating.

COMPLEMENTARY ACUPUNCTURE POINTS

Kidney 3, 7, 10, Lung 5, 9, Large Intestine 10, Stomach 36, Spleen 4, Ren 12, 17, Spleen 10, Liver 2, 3, Du 14, Heart 6, Urinary Bladder 43.

CAUTIONS AND CONTRAINDICATIONS

- Use with caution during pregnancy.

Ginseng and Gecko Formula

Ren Shen Ge Jie San

Lung and Kidney Qi deficiency, stagnant Phlegm fluids and Yang Qi in the Upper Burner generating Heat, Spleen Qi deficiency

INGREDIENTS

| | | |
|---|--|---------------------|
| White mulberry root bark | Mori cortex radicis | <i>Sang bai pi</i> |
| Honey fried Chinese licorice root and rhizome | Glycyrrhizae praeparata cum mel radix et rhizoma | <i>Zhi gan cao</i> |
| Sichuan fritillary bulb | Fritillariae cirrhosae bulbus | <i>Chuan bei mu</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Apricot seed | Armeniaca amarum semen | <i>Xing ren</i> |
| Anemarrhena rhizome | Anemarrhenae rhizoma | <i>Zhi mu</i> |
| White Asian ginseng root and rhizome | Panax ginseng (white) radix et rhizoma | <i>Bai ren shen</i> |
| Gecko | Gecko | <i>Ge jie</i> |

Ginseng and Gecko Formula is a faithful rendition of the classical formula Ginseng and Gecko Powder (*Ren Shen Ge Jie San*). It follows the tonifying method (*Bu Fa*) of traditional Chinese herbalism which is based on the concept first mentioned in *Basic Questions*, "Tonify that which is deficient." The root deficiency specifically addressed in this formula is that of Lung and Kidney Qi, compounded by the manifestations of Heat and Phlegm in the Lungs.

Together, Lungs and Kidneys govern the entering and exiting of Qi. When Kidneys and Lungs are deficient, Qi rebels upward. The Lungs and Kidney Qi also supports healthy water metabolism; impairment means accumulation of body fluids in the form of Phlegm and thin mucus, which can, over time, transform into Heat. **Ginseng and Gecko Formula** is primarily designed to address Lung Qi deficiency with signs of Heat and Phlegm, and to support the Kidneys in grasping Lung Qi.

Gecko, the chief herb, strengthens Kidney Yang, tonifies Lung Qi, supplements Essence and Blood, and assists the Kidneys in grasping the Lung Qi. White Asian ginseng root and rhizome strongly tonifies Original Qi and that of the Lung and Spleen, generates fluids, benefits the Heart and calms the Spirit. Poria strengthens the Spleen, drains Dampness, harmonizes the Middle Burner, and mildly tonifies Qi. Honey fried Chinese licorice root and rhizome tonifies the Spleen and Original Qi and harmonizes the formula.

White mulberry root bark and Apricot seed work together to regulate Lung Qi, direct rebellious Qi downward and clear the Lung Heat that has developed due to constraint. Sichuan fritillary bulb and Anemarrhena rhizome both clear Heat. Sichuan fritillary bulb releases occasional chest constraint and transforms Phlegm. Anemarrhena rhizome moistens the chest, enriches Yin, and generates fluids.



CHINESE HERBAL ACTIONS

Harmonizes Kidney and Lung Qi, strengthens Lung, Spleen and Kidney Qi, clears Heat, transforms Phlegm, drains Dampness, supports Kidneys in grasping Lung Qi.

PHYSICAL INDICATIONS

- Supports healthy lung function.
- Supports healthy water metabolism.
- Supports healthy digestion.
- Occasional fatigue.

Ginseng and Gecko Formula tonifies Lung and Kidney Qi, helps Kidney Qi to grasp Lung Qi, clears some Heat and transforms Phlegm. Similar tonifying Lung formulas include: **Ginseng and Astragalus Combination** to tonify Yin, Blood and Qi, clear Heat from the Lungs, moisten the Lungs and transform Phlegm; **Yin Fountain** to nourish Lung and Kidney Yin and mildly clear deficiency Heat; **Wise Judge**, in the Kan Herbals line, to tonify Lung Yin and Lung Qi, moisten the Lungs and tonify the Heart Qi and minimally clears Heat; and **Li Fei Lung Support** to tonify Lung Yin, strengthen Lung Qi and minimally clears Heat.

For further tonification of Kidney Yang and to harmonize the Lungs and Kidneys, combine with the nutritive mushroom formula **Cordyceps**, from the MycoHerb line.

ORIGINS AND DEVELOPMENT

Ginseng and Gecko Powder (*Ren Shen Ge Jie San*) was first recorded in the *Wei Sheng Bao Jian* (*Precious Mirror of Health*), by Luo Tian-yi, Yuan Dynasty.



ORGANS

Lung, Kidney.

ELEMENTS

Metal, Water.

PULSE

Floating and empty, especially at the distal position, possibly rapid or soggy.

TONGUE

Purple or dark body, with either a thin and white, or a greasy, thin and yellow coating.

COMPLEMENTARY ACUPUNCTURE POINTS

Kidney 3, 7, Lung 1, 7, Stomach 36, 40, Conception Vessel 12, 17.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated in cases with an External Wind Invasion.

Graceful Branches

Juan Bi Tang

Qi deficiency, Wind Cold Damp invasion

INGREDIENTS

| | | |
|-----------------------------------|-------------------------------|----------------------|
| Chinese red peony root | Paeoniae rubra radix | <i>Chi shao</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Siler root | Saposhnikoviae radix | <i>Fang feng</i> |
| Astragalus root | Astragali radix | <i>Huang qi</i> |
| Turmeric rhizome | Curcuma longae rhizoma | <i>Jiang huang</i> |
| Notopterygium root and rhizome | Notopterygii radix et rhizoma | <i>Qiang huo</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |
| Red jujube fruit | Jujubae fructus | <i>Hong zao</i> |
| Ginger rhizome | Zingiberis rhizoma | <i>Gan jiang</i> |

Graceful Branches is a rendition of the classical formula, Remove Obstruction Decoction (*Juan Bi Tang*). The delicate balance between Protective (*Wei*) Qi and Nutritive (*Ying*) Qi is pivotal in maintaining suppleness and the ability to withstand exposure to the elements. When this dynamic is lost, occasional weakness or tenderness and occasional stiffness and stagnation are felt as the effects of Wind, Damp or Cold invade and locally obstruct Qi. Sedentary jobs and poor diets, common to the modern lifestyle, also lead to Qi deficiency and Blood stasis, affecting the overall health of joints and limbs.

Graceful Branches addresses a pattern of Wind Cold Damp *Bi* due to deficiency of *Wei* and *Ying* Qi, supporting healthy joints and tendons, especially those located in the upper body and extremities.

Chinese red peony root replaces White peony root to enhance the invigorating quality of the formula. Red jujube fruit has been added to further tonify Blood, and Ginger rhizome to warm the Middle and expel Cold.

Notopterygium root and rhizome and Siler root, the chief herbs in this formula, release the Exterior, disperse Cold, and unblock Wind Damp Cold invasions and stagnation, especially in the upper limbs and back. Astragalus root tonifies the underlying Qi deficiency and Red jujube fruit supplements both Defensive and Nutritive Qi. Turmeric rhizome, Dong quai root and Chinese red peony root invigorate Blood, move Qi and break up Blood stasis. These herbs gently nourish and invigorate Blood and augment the Wind clearing effect of the chief herbs, a sequence explained in *Convenient Reader of Established Formulas* (1904), “when the Blood moves, the Wind will be extinguished.” Chinese licorice root and rhizome supports the Spleen and boosts Qi, while Ginger rhizome warms the Middle and expels Cold.



CHINESE HERBAL ACTIONS

Tonifies Qi, invigorates Blood, dispels Wind and transforms Damp, tonifies and harmonizes the Protective (*Wei*) and Nutritive (*Ying*) Qi.

PHYSICAL INDICATIONS

- Supports healthy joints and limbs.
- Supports wellbeing.
- Supports healthy blood circulation.
- Supports healthy muscle.
- Occasional stiffness and discomfort in the neck, shoulders and upper back which shifts in position.
- Occasional fatigue.

ORIGINS AND DEVELOPMENT

Graceful Branches is an associated formula of Remove Obstruction Decoction (*Juan Bi Tang*), which is found in *Yi Xue Xin Wu*, written by Cheng Guo-Peng. The associated formula, also known as Remove Obstruction Decoction and is found in *Selected Formulas (Bai Yi Xuan Feng)*.



ORGANS

Liver, Spleen, Urinary Bladder.

ELEMENTS

Wood, Earth, Water.

PULSE

Moderate or slow and possibly slippery, sometimes with increase in pulse rate.

TONGUE

Normal or pale with a white coat; possibly purple.

COMPLEMENTARY ACUPUNCTURE POINTS

Because **Graceful Branches** is such a versatile formula, and because Qi deficiency and Bi Stagnation can affect a variety of organs and body regions, no specific point correspondences are being offered.

CAUTIONS AND CONTRAINDICATIONS

- Should not be used in cases presenting with Heat.
- Use with caution during pregnancy.

Graceful Transition

Zuo Gui Yin

Kidney Yin and Essence deficiency, deficiency Heat, Kidney Yang deficiency

INGREDIENTS

| | | |
|---|--|----------------------|
| Prepared Rehmannia root | Rehmanniae praeparata radix | <i>Shu di huang</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Lycium fruit | Lycii fructus | <i>Gou qi zi</i> |
| Chinese yam rhizome | Dioscoreae rhizoma | <i>Shan yao</i> |
| Asiatic cornelian cherry | Corni fructus | <i>Shan zhu yu</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Lycium bark | Lycii cortex | <i>Di gu pi</i> |
| Deer horn gelatin | Cornu cervi gelatinum | <i>Lu jiao jiao</i> |
| Cyathula root | Cyathulae radix | <i>Chuan niu xi</i> |
| Tree peony root bark | Moutan cortex | <i>Mu dan pi</i> |
| Schisandra fruit | Schisandrae chinensis fructus | <i>Wu wei zi</i> |
| Honey fried Chinese licorice root and rhizome | Glycyrrhizae praeparata cum mel radix et rhizoma | <i>Zhi gan cao</i> |

Graceful Transition is based on Restoring the Left Kidney Pill (*Zuo Gui Wan*), and adds several herbs to better address perimenopausal and menopausal patterns. It is indicated for women with predominant Kidney Yin deficiency with deficiency Heat, and moderate Kidney Yang deficiency. Prolonged Yin deficiency eventually leads to an accumulation of Heat that progresses to Internal Fire. Internal Fire increases in the arid environment of Kidney Yin and Essence depletion, causing body fluids to move recklessly, with such manifestations as night sweats. Yin deficiency manifests as occasional dryness in the body, such as dryness of the mouth, throat, skin, hair, or eyes, vagina, and stools. Occasional fatigue can also be experienced.

Graceful Transition elegantly addresses this pattern by nourishing Kidney Yin and Essence, clearing Empty Heat and gently supporting Kidney Yang. It strengthens the Kidney and the Spleen, the sources of prenatal and postnatal Essence, and nourishes Liver Blood. **Graceful Transition** also useful for men when there is a predominance of Kidney Yin deficiency, Empty Heat and light to moderate Kidney Yang deficiency.

Prepared Rehmannia root, the chief herb in this formula, strongly nourishes Yin and tonifies Blood, Kidney and Liver. It pairs with Dong quai root to address Blood deficiency from a variety of causes and to invigorate Blood. Chinese yam rhizome and Lycium fruit tonify Spleen, Stomach, Kidney Yin and Yang, nourishes Blood, stabilize and bind the Essence. Honey fried Chinese licorice root and rhizome tonifies the Spleen, augments the Qi, clears Heat and blazing Fire. Deer Horn gelatin and Asiatic cornelian cherry tonify Essence, Blood, Liver and Kidney Yin and Yang.



CHINESE HERBAL ACTIONS

Nourishes Kidney Yin, nourishes Essence, clears deficiency Heat, supports Kidney Yang.

PHYSICAL INDICATIONS

- Supports wellbeing, especially during perimenopause and menopause.
- Supports emotional wellbeing.
- Occasional night sweats.
- Occasional fatigue.
- Occasional dry stools, mouth, eyes.
- Occasional lower back and limb discomfort.
- Occasional insomnia.
- Occasional vaginal dryness.

Several tonifying herbs have been added to the base formula: Don quai root tonifies and invigorates Blood and breaks up stagnation. Poria tonifies Spleen, transforms Dampness and calms the Heart Spirit. Schisandra fruit tonifies the Kidneys, nourishes the Liver, binds the Essence, generates fluids and quiets the Spirit.

Cyathula root invigorates Blood, expels Wind and drains Dampness. Lycium bark and Tree peony root bark, traditional additions to the base formula, cool the Blood and eliminate Heat from either excess and deficiency and gently invigorate Blood without injuring Blood or Yin, and clear lurking Fire from the Blood. Together, these herbs augment the formula's ability to clear Heat from deficiency.

ORIGINS AND DEVELOPMENT

Graceful Transition is based on Restoring the Left Kidney Pill (*Zuo Gui Wan*), a classic herbal formula found in *Collected Treatises of Zhang Jing-Yue (Jing Yue Quan Shu)*.



ORGANS

Kidney, Spleen, Liver.

ELEMENTS

Water, Earth, Wood.

PULSE

Thin, rapid, may be floating or slightly wiry on the left.

TONGUE

May range from nearly normal color to red; shiny or peeled (depending upon the degree of Yin deficiency).

COMPLEMENTARY ACUPUNCTURE POINTS

Kidney 3, 7, 10, Conception Vessel 4, 6, Governing Vessel 4, Spleen 10, 6, Liver 2, Large Intestine 11.

CAUTIONS AND CONTRAINDICATIONS

- Use with caution in cases of Spleen and Stomach deficiency.
- Use with caution during pregnancy.

Great Mender Formula

Jin Gu Die Da Shang Wan

Blood stagnation, Kidney and Liver deficiency

INGREDIENTS

| | | |
|-----------------------------------|--|---------------------------|
| Tienchi ginseng root and rhizome | Notoginseng radix | <i>Tian qi</i> |
| Sichuan teasel root | Dipsaci radix | <i>Xu duan</i> |
| Frankincense resin | Olibanum gummi | <i>Ru xiang</i> |
| Dragon's blood palm resin | Draconis sanguis palm resin | <i>Xue jie</i> |
| Tree peony root bark | Moutan cortex | <i>Mu dan pi</i> |
| Myrrh resin | Myrrha resina | <i>Mo yao</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Chinese red peony root | Paeoniae rubra radix | <i>Chi shao</i> |
| Sandalwood | Santali albi lignum | <i>Tan xiang</i> |
| Drynaria rhizome | Drynariae rhizoma | <i>Gu sui bu</i> |
| Carthamus flower | Carthami flos | <i>Hong hua</i> |
| Sparganium rhizome | Sparganii rhizoma | <i>San leng</i> |
| White peony root | Paeoniae alba radix | <i>Bai shao</i> |
| Siler root | Saposhnikovia radix | <i>Fang feng</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |
| Bitter orange immature fruit | Aurantii praeparata fructus immaturus | <i>Chao zhi shi</i> |
| Dry fried peeled Peach seed | Pinelliae praeparata semen | <i>Guang chao tao ren</i> |

Great Mender Formula, developed in 1842 for use in martial arts training, is one version of formulas typically referred to as *Die Da* formulas; they have a rich history dating back at least 2,500 years. These formulas invigorate Blood, clear Heat from the channels and tonify the Liver and Kidney to nourish the tendons, ligaments and bones.

This formula nourishes the Kidney, the source of all Qi in the body, to support overall vitality and healthy water metabolism, and to ensure healthy fluid distribution in the channels. It nourishes the Liver to ensure a smooth flow of Qi and Blood throughout the body, which is vital for the support of healthy tendons and sinews. The Heart channel is also nourished with the inclusion of herbs that enter the Heart channel and support healthy blood vessels. Together, Liver and Heart support healthy blood circulation and a healthy blood flow throughout the channels and collaterals. **Great Mender Formula** also includes herbs that directly strengthen the tissues such as tendons, sinews, bones and blood vessels.

Historical usage of this formula suggests that it would be well suited for individuals with a particularly active lifestyle. However its usage is broader, as it can be used for any pattern



CHINESE HERBAL ACTIONS

Supports healthy Blood circulation, moves Blood stasis, clears Heat, nourishes the sinews, bones and tendons, nourishes the Liver and Kidneys.

PHYSICAL INDICATIONS

- Supports healthy tendons, bones and sinews.
- Supports healthy blood vessels.
- Occasional muscle spasm.



requiring Blood invigoration, the clearing of Heat from the channels, the nourishment of tendons, sinews, bones and blood vessels, and the support of the Liver, Kidney and Heart.

Tienchi ginseng root and rhizome, the chief herb in the formula, is renowned for its ability to invigorate and restrain Blood simultaneously; it combines well with the other Blood invigorators and Blood tonics in the formula. Sichuan teasel root is an important herb for supporting healthy bones and tendons, nourishing Liver and Kidney, while dispelling stagnation in the collaterals. It also expels Wind Damp Cold *Bi* stagnation from the tendons and sinews, and works especially well in combination with Dragon's blood palm resin to support the Blood, and healthy bones and tendons.

Frankincense resin and Myrrh resin are a typical combination to invigorate the Blood, dispel stasis in the channels and disperse Wind Cold Damp *Bi* stagnation. Dong quai root, Carthamus flower, Sparganium rhizome and dry fried peeled Peach seed further support the actions of this pair by invigorating while simultaneously nourishing the Blood. Tree peony root bark and Chinese red peony root dispel the Heat that can easily accumulate from Blood stagnation. Drynaria rhizome tonifies the Kidney and nourishes the bones. Bitter orange immature fruit and White peony root dispel the Qi stagnation that can result from Blood stasis, while the latter also nourishes the Blood. Sandalwood promotes the smooth flow of Qi with its intensely aromatic nature. Siler root expels accumulated Wind Dampness. Chinese licorice root and rhizome tonifies the Spleen, augments the Qi, clears Heat, moderates occasional spasm, and harmonizes the actions of the other herbs in the formula.

Overall, this powerful combination of herbs supports healthy tendons, bones, sinews, invigorates the Blood and the channels, and breaks up Blood stagnation patterns.

Great Mender Formula can be combined with **Women's Precious** for underlying Qi and Blood deficiency. It can also combine with **Dispel Stasis in the Mansion of Blood** for stronger patterns of Blood stagnation above the Middle Burner, and with **Dispel Stasis in the Lower Burner** for stronger patterns of Blood stagnation, especially with Cold in the Lower Burner.

ORIGINS AND DEVELOPMENT

Tendon and Bone Formula (*Jin Gu Die Da Shang Wan*). This formula was originally developed in 1842.

ORGANS

Liver, Kidney.

ELEMENTS

Wood, Water.

PULSE

Moderate to wiry or choppy.

TONGUE

No significant change to possibly purple.

COMPLEMENTARY ACUPUNCTURE POINTS

Kidney 3, 7, 10, Conception Vessel 4, 6, Governing Vessel 4, Spleen 10, 6, Liver 2.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during pregnancy.
- Contraindicated when weak.
- Contraindicated when taking blood thinners.

Great White Lung Formula

Ma Xing Zhi Ke Pian

Wind Heat invading the Lung, trapped Wind Cold transforming into Heat in the Lung

INGREDIENTS

| | | |
|--------------------------------------|---------------------------------------|----------------------|
| Platycodon root | Platycodonis radix | <i>Jie geng</i> |
| Apricot seed | Armeniaca amarum semen | <i>Xing ren</i> |
| Perilla leaf | Perillae folium | <i>Zi su ye</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |
| Tangerine dried rind of mature fruit | Citri reticulatae pericarpium fructus | <i>Chen pi</i> |
| Bee honey | Mel | <i>Feng mi</i> |
| Talc | Talcum | <i>Hua shi</i> |
| Gypsum | Gypsum fibrosum mineral | <i>Sheng shi gao</i> |

Great White Lung Formula is based on Ephedra, Armeniaca Relieving Tablets (*Ma Xing Zhi Ke Pian*). It is an effective, versatile formula to address Heat trapped in the Lungs due to either a Wind Cold or Wind Heat invasion. The constraint caused by the unreleased Wind leads to the development of Qi level or *Yang Ming* channel Heat or Fire, the drying of the Lung Yin and weakening of the Lung Qi. It is also indicated for patterns in which Phlegm Heat accumulation is aggravated by Internal Heat, itself caused by a lingering Yin deficiency or Lung Yin deficiency.

Great White Lung Formula facilitates the flow of Lung Qi, clears Heat, directs rebellious Qi downward, resolves Damp Phlegm, vents and releases Heat to the Exterior and expels Phlegm while moistening the Lungs.

Platycodon root, the chief herb in this formula, opens, diffuses and circulates Lung Qi, while transforming Phlegm and releasing the Exterior. It also directs the actions of the other herbs to the upper region of the body. Combined with Perilla leaf and Apricot seed, it is especially indicated for dispelling Wind Cold. Perilla leaf replaces the traditionally used Ephedra herb, unavailable due to legislative restrictions, and performs the functions of releasing the Exterior, dispersing Wind Cold, promoting the movement of Qi and expanding the chest. Apricot seed directs the Lung Qi downward, disperses Wind Cold and moistens the Lungs. Chinese licorice root and rhizome and Platycodon root address Wind Heat, disseminate Lung Qi, expel Phlegm, and moisten the Lungs. Bee honey moisten the Lungs.

Tangerine dried rind of mature fruit dries Damp, transforms Phlegm and promotes the flow of Qi, directing it downward. It is an important herb to address occasional Phlegm Damp Lung Qi obstruction. Talc drains Heat and facilitates the resolution of Dampness. Gypsum clears Heat and drains Fire and is especially good at cooling Lung and Stomach Fire, and at venting Heat to the Exterior.

Great White Lung Formula clears Wind Heat or Wind Cold invasion transforming into Heat in the Lung, and clears Phlegm. Similar Exterior releasing formulas include: **Calm Breath**



CHINESE HERBAL ACTIONS

Drains Heat or Fire, redirects rebellious Lung Qi downward, resolves Phlegm, regulates Qi, vents Heat to the Exterior.

PHYSICAL INDICATIONS

- Supports healthy lungs and a healthy respiratory system.
- Occasional dryness or discomfort of the chest and lungs.
- Occasional Phlegm.

Formula, which clears Heat from the Lungs caused by an external invasion, moistens Lungs and transforms Phlegm; **Yin Qiao** clears Wind Heat invasion and focuses specifically on clearing Heat from the throat; **Blue Green Lung Formula** releases an exterior Wind Cold invasion, warms the Lungs and transforms Phlegm; and **Lung Qi Release** warms and releases an exterior lingering invasion.

Formulas to clear Heat include **BreathEase** to clear Phlegm Heat accumulation in the Lungs with a possible Wind Cold Invasion; **Qing Fei Clearing Formula** to clear Lung Heat and Liver Fire and to clear Phlegm Heat from the Lungs; and **Pinellia Dispersing Formula** to clear Phlegm Heat from the Lungs.

ORIGINS AND DEVELOPMENT

Ephedra, Apricot Seed, Gypsum and Licorice Decoction (*Ma Xing Zhi Ke Pian*) was originally recorded in the great classic *Shang Han Lun* written by Dr. Zhang Zhong-Jing. This formula was later modified into Ephedra, Apricot Tablet (*Ma Xing Zhi Ke Pian*).



ORGAN

Lung.

ELEMENT

Metal.

PULSE

Tense, slippery and rapid, floating.

TONGUE

Bright red with a yellow coating.

COMPLEMENTARY ACUPUNCTURE POINTS

Lung 1, 5, 7, 10, 11, Kidney 2, 6, Stomach 44, Triple Burner 3, Gallbladder 43, Urinary Bladder 13, Large Intestine 11.

CAUTIONS AND CONTRAINDICATIONS

- Not meant for long-term use.
- Use with caution during pregnancy.

Harmonize the Vessels

Jiao Ai Tang

Blood deficiency with a tendency towards Cold, deficiency of the Penetrating and Conception Vessels (*Chong Mai* and *Ren Mai*)

INGREDIENTS

| | | |
|--------------------------------------|--------------------------------------|-----------------------|
| Raw Rehmannia root | Rehmanniae radix | <i>Sheng di huang</i> |
| White peony root | Paeoniae alba radix | <i>Bai shao</i> |
| Chinese mugwort leaf | Artemisiae argyi folium | <i>Ai ye</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |
| Sichuan lovage rhizome | Ligustici wallichii rhizoma | <i>Chuan xiong</i> |
| Tienchi ginseng root and rhizome | Notoginseng radix | <i>Tian qi</i> |
| Processed Polygonum multiflorum root | Polygoni multiflori praeparata radix | <i>Zhi he shou wu</i> |
| Lycium fruit | Lycii fructus | <i>Gou qi zi</i> |

Harmonize the Vessels is based on Ass-Hide Gelatin and Mugwort Decoction (*Jiao Ai Tang*), an excellent herbal formula to help resolve Blood deficiency with a tendency towards Cold, as well as deficiency of the Penetrating (*Chong Mai*) and Conception (*Ren Mai*) Vessels. Both of these Extraordinary vessels flow through the womb and if either of them is deficient, they become incapacitated in performing their functions of containing and guiding the Blood. The root of this pattern is a deficiency in the Penetrating and Conception vessels and tonification of the Blood is essential in order to stabilize these vessels.

Harmonize the Vessels addresses a wide range of menstrual patterns with an underlying cause of Blood deficiency. It nourishes the Penetrating Vessel, or “Sea of Blood”, while it stabilizes the Conception Vessel, which directly controls the Uterus. Donkey hide gelatin, found in the original formula, has been replaced by a combination of Tienchi ginseng root and rhizome, Processed polygonum multiflorum root and Lycium fruit. Tienchi ginseng root and rhizome contains the Blood without causing Blood stasis, transforms Blood stasis and helps to regulate menstrual Blood. Processed polygonum multiflorum root tonifies the Liver and Kidneys, nourishes the Blood, augments the Essence and tonifies Yin. Lycium fruit nourishes and tonifies Liver and Kidneys, benefits the Essence and addresses Yin and Blood deficiency. These three herbs are further supported in their actions by Chinese mugwort leaf which warms the womb, contains the Blood, and disperses Cold and Dampness.

Raw Rehmannia root enriches the Yin and generates fluids; it is indicated especially for Yin deficiency with Heat signs. White peony root nourishes the Blood, regulates the menses, nourishes Liver and Spleen Yin, calms and curbs Liver Yang, adjusts the Nutritive (*Ying*) and Protective (*Wei*) level. Dong quai root and Sichuan lovage rhizome tonify and invigorate the



CHINESE HERBAL ACTIONS

Tonifies and stabilizes the Blood, regulates the menses.

PHYSICAL INDICATIONS

- Supports healthy menstruation.
- Supports a healthy gynecological system.
- Occasional soreness and weakness of the lower back or knees.

Blood and Yin, promotes the movement of Qi, and regulate the menses. Chinese licorice root and rhizome tonifies the Spleen, augments the Qi, reduces stagnation and, with White peony root, moderates occasional spasms of the abdomen.

Combine with **Ten Treasures** or **Women's Precious** from the Kan Herbs line for further tonification of Qi and Blood.

ORIGINS AND DEVELOPMENT

Ass-Hide Gelatin and Mugwort Decoction (*Jiao Ai Tang*) was sourced from *Essentials from the Golden Cabinet (Jin Gui Yao Lue)* which dates to the Han Dynasty. It is the base formula from which **Four Substances** was developed and predates it by eight hundred years.



ORGANS

Kidney, Spleen.

ELEMENTS

Water, Earth.

PULSE

Thin and frail.

TONGUE

Pale with a thin, white coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Ren 3, 4, Spleen 6, 8, 10, Kidney 8, Urinary Bladder 20, 23, *Ren Mai* master and coupled points – Lung 7, Kidney 6; *Chong Mai* master and coupled points – Spleen 4, Pericardium 6.

CAUTIONS AND CONTRAINDICATIONS

- Use with caution during pregnancy.
- Not for use with Heat patterns.

Invigorate the Collaterals

Huo Luo Xiao Ling Dan

Blood stasis, stagnation of the Collaterals (*Luo*) vessels

INGREDIENTS

| | | |
|-----------------------------------|--|-----------------------|
| Chinese salvia root and rhizome | Salviae miltiorrhizae radix et rhizoma | <i>Dan shen</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Myrrh resin | Myrrha resina | <i>Mo yao</i> |
| Frankincense resin | Olibanum gummi | <i>Ru xiang</i> |
| Prepared Corydalis yanhusuo tuber | Corydalis praeparata rhizoma | <i>Zhi yan hu suo</i> |
| Achyranthes root | Achyranthis bidentatae radix | <i>Huai niu xi</i> |

Invigorate the Collaterals is based on Fantastically Effective Pill to Invigorate the Collaterals (*Huo Luo Xiao Ling Dan*), a formula addressing Qi and Blood stagnation in the collaterals. Qi and Blood circulate and distribute within the body through small pathways called the collaterals. These collaterals are the branches of the larger channels and form a network system that strengthens the links between paired channels. When the flow of Blood and Qi stagnate within the collaterals, blockage is created that further impedes the circulation of Blood, giving rise to stagnation.

Invigorate the Collaterals is designed for these blockage patterns (*Bi Zheng*) with accompanying Blood stasis leading to accumulations. Simple and effective, it easily combines with other formulas that supplement Qi and Blood or address specific organ systems affected by sudden stagnation.

To transform the stasis and facilitate the flow of Blood, **Invigorate the Collaterals** uses herbs that invigorate Blood. The chief herb, Dong quai root, invigorates and nourishes Blood, dispels Cold and alleviates stagnation. With Chinese salvia root and rhizome and Myrrh resin, it addresses stagnation due to Blood stasis in the extremities. Chinese salvia root and rhizome invigorates and tonifies the Blood, clears Heat, cools the Blood and reduces stagnation. Frankincense resin and Myrrh resin are commonly paired to break up Blood stasis, moving stagnation due to sudden events or congealed Blood and removing obstructions from the channels. Two herbs have been added to enhance the Blood moving properties of the formula. Achyranthes root, a classical modification, further invigorates the channels and dispels Blood stasis. It strengthens the bones and sinews, benefits the joints and induces the downward movement of Blood. Prepared Corydalis yanhusuo tuber invigorates Blood, promotes the movement of Qi and reduces stagnation.

Invigorate the Collaterals is a versatile formula and can be combined with any formula where further invigoration of Blood in the collaterals is desired.



CHINESE HERBAL ACTIONS

Quickens the Blood and dispels Blood stasis, opens the collaterals (*Luo*) vessels, decreases accumulation, relieves stagnation.

PHYSICAL INDICATIONS

- Supports the harmonious flow of Qi and Blood in the channels.
- Supports healthy blood circulation.
- Occasional discomfort or numbness in the extremities.

ORIGINS AND DEVELOPMENT

Fantastically Effective Pill to Invigorate the Collaterals (*Huo Luo Xiao Ling Dan*) is derived from *Record of Heartfelt Experiences (Yi Xue Zhong Zhong Can Xi Lu)*, written by Zhang Zhi-Cun in the early 1920's.



ORGANS

Liver, Heart, Kidney.

ELEMENTS

Wood, Fire, Water.

PULSE

Wiry and/or choppy.

TONGUE

Dark red or purple, possibly with red or purple spots.

COMPLEMENTARY ACUPUNCTURE POINTS

General distal points for stagnation include: Large Intestine 4, Triple Burner 5, Gallbladder 41, Liver 5, Lung 7, Stomach 40, Spleen 5, 10, Kidney 4, Heart 5, Urinary Bladder 17, 60, Small Intestine 3. Select distal and adjacent points depending on the location of the area involved. Use *Ahi Shi* points as needed.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during pregnancy.

Irritease

Tong Xie Yao Fang
Huo Xiang Zheng Qi San

Liver and Spleen disharmony, Liver Qi stagnation, Spleen Qi deficiency, Damp Heat in the Stomach and Intestines, Qi deficiency

INGREDIENTS

| | | |
|---|--|------------------------|
| Capillaris herb | Artemisiae scopariae herba | <i>Yin chen hao</i> |
| White atractylodes rhizome | Atractylodis macrocephalae rhizoma | <i>Bai zhu</i> |
| Codonopsis root | Codonopsis radix | <i>Dang shen</i> |
| Schisandra fruit | Schisandrae chinensis fructus | <i>Wu wei zi</i> |
| Job's tears seed | Coicis semen | <i>Yi yi ren</i> |
| Bupleurum root | Bupleuri radix | <i>Chai hu</i> |
| Plantain seed | Plantaginis semen | <i>Che qian zi</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Magnolia bark | Magnoliae officinalis cortex | <i>Hou po</i> |
| Phellodendron bark | Phellodendri cortex | <i>Huang bai</i> |
| Patchouli herb | Pogostemonis herba | <i>Guang huo xiang</i> |
| Prepared Ginger rhizome | Zingiber rhizoma | <i>Pao jiang</i> |
| Chinese ash bark | Fraxini cortex | <i>Qin pi</i> |
| Honey fried Chinese licorice root and rhizome | Glycyrrhizae praeparata cum mel radix et rhizoma | <i>Zhi gan cao</i> |
| White peony root | Paeoniae alba radix | <i>Bai shao</i> |
| Tangerine dried rind of mature fruit | Citri reticulatae pericarpium fructus | <i>Chen pi</i> |
| Coptis rhizome | Coptidis rhizoma | <i>Huang lian</i> |
| Siler root | Saposhnikoviae radix | <i>Fang feng</i> |
| Saussurea root | Aucklandiae radix | <i>Mu xiang</i> |
| Fragrant angelica root | Angelicae dahuricae radix | <i>Bai zhi</i> |

Irritease is a blend of the herbal strategies of two traditional formulas: *Tong Xie Yao Feng*, a harmonizing formula for Spleen deficiency with an overcontrolling Liver, and Agastache Powder to Rectify the Qi (*Huo Xiang Zheng Qi San*), a formula to transform Damp turbidity, regulate the Qi and harmonize the Middle Burner. **Irritease** harmonizes the Liver and Spleen, strengthens the Spleen, tonifies Qi, transforms Dampness, clears Heat and regulates the Middle Burner.

Irritease addresses a Liver-Spleen disharmony, with Damp Heat in the Stomach and Intestines. In this pattern, the constrained Liver Qi causes stagnation and oppression that leads to Spleen Qi deficiency. Due to the deficiency of Spleen Qi, Dampness accumulates in the Middle and Lower Burners, obstructing the transformative action of the Yang Qi and, over time, transforming into Damp Heat.



CHINESE HERBAL ACTIONS

Harmonizes the Liver and Spleen, spreads the Liver Qi, strengthens the Spleen, transforms Dampness, clears Damp Heat, regulates the Middle Burner, restrains blood.

PHYSICAL INDICATIONS

- Supports healthy bowel functions.
- Supports Intestinal health.
- Supports healthy water metabolism.
- Supports a healthy digestive system.
- Occasional abdominal distention.
- Occasional gurgling, rumbling or sensation of fullness in the abdomen.
- Occasional fatigue.



From the traditional formula, *Tong Xie Yao Feng*, four herbs were retained. White atractylodes rhizome strengthens the Spleen and dries Dampness, and White peony root softens the overactive Liver and eases stagnation. Together they restrain the Liver and tonify the Spleen, helping to stop stagnation while addressing occasional loose bowels. Tangerine dried rind of mature fruit harmonizes the Middle Burner and transforms Dampness, supporting the actions of White atractylodes rhizome. Siler root dispels Wind Cold and Wind Damp. It enters the Liver and Spleen channels, focusing the actions of the other herbs on these two organs.

Codonopsis root and Plantain seed are classical modifications of this formula. Codonopsis root addresses severe Qi deficiency. With Poria, it addresses Spleen and Stomach deficiency, and with White atractylodes rhizome, it strengthens the Spleen. Plantain seed supports healthy urination, binds the stools, separates the clear and turbid fluids and guides Damp Heat downward to be released through the urine.

The emperor herb from Agastache Powder to Rectify the Qi, Patchouli herb, disperses Wind Cold, transforms turbid Dampness and revives the Spleen. Magnolia bark promotes proper movement of Qi and water metabolism and Tangerine dried rind of mature fruit regulates the Qi, transforms Dampness and harmonizes the Middle Burner. Fragrant angelica root helps dispel externally contracted Cold, relieving stagnation and expelling Dampness. Poria, together with White atractylodes rhizome, strengthens the Spleen and transforms Dampness. Prepared Ginger rhizome warms and protects the Middle. Honey fried Chinese licorice root and rhizome strongly tonifies the Middle, augments the Heart and Spleen Qi and harmonizes the properties of the other herbs.

Saussurea root, a classical addition for both formulas, promotes the flow of Qi, dispels stagnation and strengthens the Spleen.

In addition, modern modifications were made and several herbs were added to the overall formula. Capillaris herb, Phellodendron bark, Coptis rhizome, and Chinese ash bark were added to clear Damp Heat. Capillaris herb clears Heat and resolves Dampness. Phellodendron bark drains Damp Heat from the Lower Burner. Coptis rhizome clears Heat, drains Dampness in the Intestines and Stomach, and Chinese ash bark clears Heat, drains Liver Fire, and drains Dampness.

Herbs to supplement the Middle Burner were added, including Job's tears seeds to leach out Dampness and strengthen the Spleen, and Bupleurum root to spread Liver Qi, address Heat from deficiency and harmonize Liver and Spleen.

Schisandra fruit was added to bind the Essence, strengthen the Kidney and quiet the Spirit.

ORIGINS AND DEVELOPMENT

Tong Xie Yao Feng originally appeared in *Collected Treatises of Zhang Jing-yue (Jing Yue Quan Shu)* and *Imperial Grace Formulary of the Tai Ping Era (Tai Ping Hui Min He Ji Ju Fang)*.

ORGANS

Liver, Spleen, Large Intestine.

ELEMENTS

Wood, Earth, Metal.

PULSE

Wiry, slippery, rapid.

TONGUE

Tongue body variable, swollen, teeth marks and thin, white or yellow coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Liver 3, 14, Pericardium 6, Large Intestine 11, Stomach 25, 36, Conception Vessel 12, Gallbladder 34.

CAUTIONS AND CONTRAINDICATIONS

- None.

Jade Spring Nourishing Formula

Yu Quan Wan

Lung, Stomach and Kidney Qi and Yin deficiency, deficient body fluids

INGREDIENTS

| | | |
|--------------------------------------|-------------------------------------|-----------------------|
| Kudzu root | Pueraria lobatae or thomsonii radix | <i>Ge gen</i> |
| Trichosanthes root | Trichosanthis radix | <i>Tian hua fen</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |
| Schisandra fruit | Schisandrae chinensis fructus | <i>Wu wei zi</i> |
| Astragalus root | Astragali radix | <i>Huang qi</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Ophiopogon tuber | Ophiopogonis radix | <i>Mai men dong</i> |
| Raw Rehmannia root | Rehmanniae radix | <i>Sheng di huang</i> |
| White Asian ginseng root and rhizome | Ginseng radix | <i>Bai ren shen</i> |
| American ginseng root | Panaxis quinquefolii radix | <i>Xi yang shen</i> |

Jade Spring Nourishing Formula is based on Jade Spring Pills (*Yu Quan Wan*), a relatively modern formula to address “*Xiao ke*”, a pattern recognized as early as the second century in China, presenting with occasional excessive thirst and frequent urination, occasional irritability, and occasional dry mouth. This formula addresses a deficiency of Yin, primarily of the Stomach, Spleen and Kidney, a deficiency of Qi with dryness, deficiency Heat, and declining Kidney Yang and Essence. Overconsumption of alcohol, a high intake of sweet and fatty foods, emotional stress and a constitutional tendency toward deficiency of Yin are all causes and contributing factors. Obesity and sedentary lifestyles are also causative factors for the increasing prevalence of this pattern which, over time, leads to a depletion of the essential Yang fluids, deficient Yin, deficient Heat, fullness in the Middle Burner and rising Qi.

Jade Spring Nourishing Formula also addresses a general pattern of fluid depletion due to Yin deficiency by effectively replenishing body fluids, augmenting Qi, cooling Heat and nourishing the Yin. It is appropriate for patterns where the Qi and Yang fluids are deficient or when the Yin fluid deficiency is due to the inability of the Spleen and Lungs to transport and transform fluids.

The percentage of Ginseng specified in the base formula has been distributed between White ginseng root and rhizome and American ginseng root, to moderately reduce the Qi nourishing aspect of the formula and moderately increase the Yin nourishing and Heat clearing aspects of the formula, more appropriate for modern time. Raw Rehmannia root, a classical modification, has been added to further nourish the Yin.

Ophiopogon tuber moistens the Lungs and nourishes the Yin of the Stomach, Spleen, Heart and Lungs, clears Heat and generates fluids. It is supported by raw Rehmannia root which clears



CHINESE HERBAL ACTIONS

Augments the Qi, nourishes Yin, clears deficient Heat, relieves thirst, generates Yang fluids, strengthens Kidney, Stomach and Spleen Yin.

PHYSICAL INDICATIONS

- Supports healthy blood sugar levels.
- Supports a healthy digestive system.
- Supports healthy water metabolism.
- Supports a healthy urinary system.
- Occasional excessive thirst and frequent urination.
- Occasional night sweats or hot flashes.
- Occasional irritability.
- Occasional fatigue or lethargy.
- Occasional water retention.

Heat, cools the Blood, nourishes the Yin and generates fluids. Trichosanthes root drains Heat and generates fluids, clears and drains Lung Heat and transforms Phlegm. Kudzu root relieves Heat and generates fluids, especially addressing thirst due to Stomach Heat, and raises the clear Yang Qi of Yang Brightness.

Astragalus root, White Asian ginseng root and rhizome, American ginseng root and Poria all augment the Qi. Astragalus root tonifies the Yang Qi, tonifies the Spleen and Lung Qi, tonifies Blood, supports healthy urination and addresses occasional water retention. White Asian ginseng root and rhizome strongly tonifies the primal Qi, strengthens the Spleen, tonifies the Stomach, tonifies the Lungs, and generates fluids. American ginseng root benefits the Qi, generates fluids, nourishes the Yin, nurtures Lung Yin and cools Fire from Yin deficiency. Poria tonifies the Spleen, harmonizes the Middle Burner, leaches out Dampness, supports healthy urination and quiets the Heart. Schisandra fruit grasps the Qi, tonifies the Kidneys, generates fluids, nourishes the Liver and quiets the Spirit (*Shen*). Chinese Licorice root and rhizome tonifies the Spleen, augments the Qi and clears Heat, and also moderates and harmonizes the characteristics of the other herbs.

ORIGINS AND DEVELOPMENT

Based on formulas from the writings of Ye Tianshi and Zhan Xi-chun, first recorded in the Qing Dynasty.



ORGANS

Lung, Stomach, Kidney.

ELEMENTS

Metal, Earth, Water.

PULSE

Large, rapid.

TONGUE

Red, dry, scanty coat, cracks in the Stomach area.

COMPLEMENTARY ACUPUNCTURE POINTS

Urinary Bladder 13, 20, 23,
Stomach 36, Spleen 6, Kidney 3, 5,
7, Conception Vessel 4, 12, Large
Intestine 11, *Wei guan xia shu*.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated in cases with Phlegm Damp, Phlegm Heat or any other excess Heat condition.
- Contraindicated during pregnancy.

Jade Windscreen

Yu Ping Feng San

Defensive (*Wei*) Qi and Lung Qi deficiency

INGREDIENTS

| | | |
|----------------------------|------------------------------------|------------------|
| Astragalus root | Astragali radix | <i>Huang qi</i> |
| White atractylodes rhizome | Atractylodis macrocephalae rhizoma | <i>Bai zhu</i> |
| Siler root | Saposhnikoviae radix | <i>Fang feng</i> |
| White peony root | Paeoniae alba radix | <i>Bai shao</i> |
| Chinese cinnamon twig | Cinnamomi ramulus | <i>Gui zhi</i> |
| Black jujube fruit | Jujubae fructus | <i>Hei zao</i> |
| Chinese yam rhizome | Dioscoreae rhizoma | <i>Shan yao</i> |

Jade Windscreen is based on the classical formula, Jade Windscreen Powder (*Yu Ping Feng San*), a quintessential formula to bolster the Defensive (*Wei*) Qi, the first line of defense against Wind invasions, including weather and environmental challenges. It may also be taken for a sudden Wind Cold invasion by an individual that is too deficient to take a purely dispersing formula.

Within the herbal strategy of Stabilizing the Exterior and the Lungs, **Jade Windscreen** is a renowned formula for building Defensive (*Wei*) Qi. Our version of this formula has been modified with the addition of herbs to harmonize the Nutritive (*Ying*) and Defensive (*Wei*) Qi, and further supplement the Middle Burner and Qi. It is generally used long-term and ideally taken for at least a month, to several months. Those with a weakened immunity will benefit from its assistance in supporting general health, and the immune system in particular. It is an important pediatric formula to foster and support a strong immune system.

To fortify the Exterior and powerfully strengthen the Qi, a large dosage of Astragalus root, considered the emperor herb in this formula, is used. As it benefits the exterior aspects of the Lungs and Spleen, it is especially appropriate for addressing the pattern of weak Qi and unstable Defensive (*Wei*) Qi. Its deputy, White atractylodes rhizome reinforces the actions of Astragalus, by strengthening the Spleen Qi. White atractylodes rhizome and Astragalus root are the foundation for this formula's tonifying and strengthening actions. The Spleen is the source of Qi and Blood, and its increased strength stabilizes the Exterior. Siler root assists by energetically circulating in the exterior level of the body and expelling Wind, the major invading factor of concern. Together with Astragalus root, it expels invasions before they have a chance to linger and, due to the tonifying effect of Astragalus root, accomplishes this without weakening the Qi.

Several herbs have been added to harmonize the Defensive (*Wei*) and Nutritive (*Ying*) Qi, and further tonify the Qi and the Middle Burner. Sweet, acrid and warm Chinese cinnamon twig, a classical addition for this formula, is paired with sour and slightly cold White peony root to supplement and harmonize the Defensive and Nutritive Qi, consolidating the surface layer of the



CHINESE HERBAL ACTIONS

Supplements the Lung and Defensive (*Wei*) Qi, stabilizes the Exterior and fortifies the Spleen.

PHYSICAL INDICATIONS

- Supports the immune system.
- Supports general wellbeing.
- Supports healthy respiratory functions.
- Supports healthy lungs.
- Occasional fatigue or lethargy.

body and addressing Qi deficiency. Chinese yam rhizome moistens and strengthens the Lungs and Kidneys and secures the Essence. Black jujube fruit tonifies Qi and Blood, generates fluids, tonifies the Spleen, augments the Qi, calms the Spirit, and harmonizes the properties of the other herbs. **Jade Windscreen** is an excellent choice for adults and children alike to bolster immunity and support wellbeing.

ORIGINS AND DEVELOPMENT

Jade Windscreen Powder (*Yu Ping Feng San*) originally appeared in *Heartfelt Method of Dan-Xi's Method (Dan Xi Zhi Fa Xin Yao)* by Zhu Dan-Xi, written in 1481. Since this formula acts as a shield or barrier against Wind invasion, it was considered to be as valuable and precious as jade, hence the name. Our version of this formula has been modified from the original formula with the addition of herbs to harmonize the Nutritive (*Ying*) and Defensive (*Wei*) Qi, and further supplement the Middle Burner and Qi.



ORGANS

Lung, Spleen.

ELEMENTS

Metal, Earth.

PULSE

Floating or forceless and thready.

TONGUE

Pale, puffy with a thin white coating.

COMPLEMENTARY ACUPUNCTURE POINTS

Kidney 6, 7, Triple Burner 5,
Gallbladder 41, Stomach 36,
Conception Vessel 12.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during a Wind Cold or Wind Heat invasion.

Kudzu Releasing Formula

Ge Gen Tang

Exterior Wind Cold invading at the *Tai Yang* stage

INGREDIENTS

| | | |
|-----------------------------------|-------------------------------------|------------------|
| Kudzu root | Pueraria lobatae or thomsonii radix | <i>Ge gen</i> |
| Ginger rhizome | Zingiberis rhizoma | <i>Gan jiang</i> |
| Perilla leaf | Perillae folium | <i>Zi su ye</i> |
| Chinese cinnamon twig | Cinnamomi ramulus | <i>Gui zhi</i> |
| Notopterygium root and rhizome | Notopterygii radix et rhizoma | <i>Qiang huo</i> |
| White peony root | Paeoniae alba radix | <i>Bai shao</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |
| Black jujube fruit | Jujubae fructus | <i>Hei zao</i> |

Kudzu Releasing Formula is based on Kudzu Decoction (*Ge Gen Tang*), a classical formula addressing Wind Cold invasions lodging in the Greater Yang (*Tai Yang*) level and blocking the *Tai Yang* channel, which runs along the head, neck and back, causing occasional stiff neck and shoulders. The Greater Yang (*Tai Yang*) level is closest to the surface, and therefore the most vulnerable to exterior invasions. In this pattern, Wind Cold becomes lodged between the muscle layer and skin, blocking the circulation of the Defensive (*Wei*) Qi. This obstruction prevents fluids that normally circulate upward via the Nutritive (*Ying*) Qi from reaching the upper body, creating tension and stagnation in the upper back and neck, which is the hallmark feature of this pattern.

Kudzu Releasing Formula relieves the Exterior, releases the muscle layer and generates fluids needed to alleviate occasional stiffness and stagnation, while supporting healthy sweating. In addition, it is effective for aiding the Stomach Qi to rise and, as such, is useful for a combination *Tai Yang/Yang Ming* disharmony. It can also be used for a condition of exterior excess in a person with deficient fluids, characterized by an occasional lack of sweating and scanty urination.

The chief herb in this formula, Kudzu root, discharges exterior invasions lodged in the muscles and accompanied by occasional stiff or tight upper back and neck. Kudzu root releases the muscles, nourishes the fluids, and alleviates thirst. It is often combined with White peony root and Chinese cinnamon twig for externally contracted Wind Cold invasions. Chinese cinnamon twig supports the actions of Kudzu root by releasing the Exterior and the muscle layers, and works in concert with White peony root to preserve the Yin and to harmonize the Nutritive (*Ying*) and Defensive (*Wei*) Qi, which further releases exterior invasions. Ginger rhizome releases the Exterior and disperses Cold. Combined with Black jujube fruit, it harmonizes the Nutritive and Protective Qi.



CHINESE HERBAL ACTIONS

Dispels Wind Cold, eases the muscles and relieves stagnation.

PHYSICAL INDICATIONS

- Supports healthy digestion.
- Supports healthy nasal passages or sinuses.
- Supports healthy sweating.
- Supports healthy water metabolism.
- Occasional stiff or tight neck or upper back.

Ephedra, due to legislative actions, is no longer available, and has been replaced by a combination of two herbs; Perilla leaf to promote the movement of Qi and expand the chest, and Notopterygium root and rhizome to unblock Obstruction (*Bi*). Both release the Exterior and disperse Cold, and Notopterygium root and rhizome guides the formula to the Greater Yang (*Tai Yang*) channel. Chinese licorice root and rhizome augments the Qi, alleviates stagnation, and harmonizes the actions of the other herbs.

ORIGINS AND DEVELOPMENT

This formula originally appeared in the *Shang Han Lun*. It is a modified version of **Cinnamon Twig Decoction** (*Gui Zhi Tang*).



ORGAN

Lung.

ELEMENT

Metal.

PULSE

Floating, tight.

TONGUE

Thin white coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Lung 7, Large Intestine 4, 11, Triple Burner 5, Urinary Bladder 10, 12, 13, Governing Vessel 14, Gallbladder 20.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated in Wind Cold, Exterior deficiency patterns accompanied by sweating.

Li Dan Support

Li Dan Pian

Liver and Gallbladder Damp Heat or Fire, Liver Qi stagnation

INGREDIENTS

| | | |
|----------------------------------|----------------------------|---------------------|
| Chinese skullcap root | Scutellariae radix | <i>Huang qin</i> |
| Saussurea root | Aucklandiae radix | <i>Mu xiang</i> |
| Bupleurum root | Bupleuri radix | <i>Chai hu</i> |
| Isatis leaf | Isatidis folium | <i>Da qing ye</i> |
| Lysimachia herb | Lysimachiae herba | <i>Jin qian cao</i> |
| Honeysuckle flower | Lonicerae flos | <i>Jin yin hua</i> |
| Capillaris herb | Artemisiae scopariae herba | <i>Yin chen hao</i> |
| Chinese rhubarb rhizome and root | Rhei radix et rhizoma | <i>Da huang</i> |

Li Dan Support is based on Benefit Gallbladder Tablets (*Li Dan Pian*); a modern formulation containing a combination of herbs that relieve stagnant Qi, particularly of the Liver and Gallbladder, clear Heat and Fire, relieve stagnation and support healthy functioning of the biliary system. **Li Dan Support** moves Liver Qi and addresses Damp Heat in the Gallbladder.

The chief herb in the formula, Chinese skullcap root is bitter and cold and makes up almost a third of the formula by weight. It strongly clears Heat and dries Damp and, when paired with the other herbs in the formula, is particularly effective for expelling Damp Heat from the Gallbladder, Liver and Small Intestine channels.

Lysimachia herb clears Damp Heat in the Liver and Gallbladder, resolves accumulations and supports healthy urination. Capillaris herb clears Heat and resolves Dampness, particularly in the Gallbladder. Honeysuckle flower clears Heat and resolves blazing Fire and Isatis leaf strongly cools Heat at the Qi and Blood levels. Chinese rhubarb rhizome and root clears Heat and purges excess accumulations, cools the Blood, removes Blood stasis, purges Dampness, and supports healthy urination.

Saussurea root promotes the flow of Spleen Qi, strengthens the Spleen, addresses food stagnation and adjusts and regulates stagnant Qi in the Intestines. Bupleurum root raises the clear Qi of the Stomach and Gallbladder, relieves Liver Qi constraint and harmonizes the Liver and Spleen.

ORIGINS AND DEVELOPMENT

Benefit Gallbladder Tablets (*Li Dan Pian*) is a modern formula based on two classical formulas with sources such as Major Bupleurum Decoction (*Da Chai Hu Tang*), first recorded in the *Shang Han Lun*, written by Zhang Zhong-Jing (Han Dynasty), and Gentiana Decoction to Drain the Liver (*Long Dan Xie Gan Tang*) from *Analytic Collection of Formulas (Yi Fang Ji Jie)* written by Wang Ang in 1682.



CHINESE HERBAL ACTIONS

Clears Damp Heat from the Liver and Gallbladder, soothes the Liver, clears Heat and accumulations, relieves stagnation.

PHYSICAL INDICATIONS

- Supports healthy gallbladder function.
- Supports healthy levels of bile secretion.
- Supports healthy drainage of bile.
- Supports a healthy liver.
- Supports a healthy digestive system.
- Supports a healthy elimination system.
- Occasional flank discomfort.

ORGANS

Liver, Gallbladder.

ELEMENT

Wood.

PULSE

Rapid, wiry and slippery.

TONGUE

Red with a greasy, yellow coating.

COMPLEMENTARY ACUPUNCTURE POINTS

Gallbladder 24, 34, 40, 43, 44, *Lan Wei* (extra point), Triple Burner 5, 10, Conception Vessel 12, Urinary Bladder 17, 18, 19.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during pregnancy.
- Not suitable for Cold Damp patterns.

Li Fei Lung Support

Li Fei Wan

Lung Heat, Lung Yin deficiency, Kidney and Lung Qi deficiency

INGREDIENTS

| | | |
|-----------------------------------|--|---------------------------|
| Aromatic Solomon's seal rhizome | Polygonati odorati rhizoma | <i>Yu zhu</i> |
| Honey fried Stemona root | Stemona praeparata radix | <i>Zhi bai bu</i> |
| Schisandra fruit | Schisandrae chinensis fructus | <i>Wu wei zi</i> |
| Oyster shell | Ostreae concha | <i>Duan mu li</i> |
| Oriental arbovitea leafy twig | Platycladi cacumen | <i>Ce bai ye</i> |
| Loquat leaf | Eriobotryae folium | <i>Pi pa ye</i> |
| Lily bulb | Lilii bulbosus | <i>Bai he</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |
| Cordyceps fruiting body | Cordyceps sinensis mycelium and fruiting body | <i>Dong chong xia cao</i> |
| Gecko | Gecko | <i>Ge jie</i> |

Li Fei Lung Support is based on the classical formula Benefit the Lung Pill (*Li Fei Pian*), indicated for Lung Yin deficiency accompanied by Heat and dryness, and with an underlying Kidney Qi deficiency. It is appropriate for those who smoke or have smoked for some period of time, when Heat has dried out the Lung Yin. It is also beneficial for the individual who tires from light exertion, and whose Kidneys are depleted, failing to grasp the Qi from the Lungs. **Li Fei Lung Support** tonifies and moistens the Lungs, tonifies the Kidneys and clears Heat that has lodged in the Lungs.

It contains Cordyceps fruiting body, a premier tonic herb which supports both the Yin and the Yang, nourishes the Kidneys, transforms Phlegm, and has been used for centuries to strengthen Lung Qi. Bletilla rhizome, found in the original formula, has been replaced by two herbs: Aromatic Solomon's seal rhizome, which enriches Lung Yin and moistens the Lungs without being overly cloying, and Oriental arbovitea leafy twig, which cools the Blood, mitigates Lung Heat, tonifies Lung Qi and Yin and expels Phlegm accumulations.

Honey fried Stemona root and Loquat leaf moisten the Lungs, move Lung Qi downward, transform Phlegm, clear Lung Heat, and harmonize the Stomach. Loquat leaf is especially useful in addressing Lung disturbances due to Wind Heat, Summer Heat or dry Heat. Lily bulb moistens the Lungs, clears Lung Heat and dryness, benefits the throat, enriches Lung Yin, drains Heat from the Heart and quiets the Spirit. Chinese licorice root and rhizome tonifies the Spleen Qi, moistens the Lungs, clears Heat and blazing Fire, moderates and harmonizes the actions of the other herbs in the formula.

Oyster shell benefits the Yin, anchors the floating Yang, cools Heat and dissipates clumping. Schisandra fruit contains leakage of Lung Qi, grasps the Qi, enriches the Kidneys, nourishes the



CHINESE HERBAL ACTIONS

Nourishes Lung Yin, strengthens Kidney and Lung Qi, clears Lung Heat, moistens the Lungs.

PHYSICAL INDICATIONS

- Supports a healthy respiratory system.
- Benefits the throat.
- Occasional night sweats.
- Occasional feeling of heat in the evening.
- Occasional irritability.
- Occasional dizziness.

Liver, generates fluids and quiets the Spirit. Gecko fortifies Kidney Yang, tonifies Lung Qi and augments the Essence.

Li Fei Lung Support tonifies Lung Yin, strengthens Lung Qi and slightly clears Heat. Similar tonifying Lung formulas include: **Ginseng and Gecko Formula** to tonify Lung and Kidney Qi, help Kidney Qi to grasp Lung Qi, mildly clear Heat and transform Phlegm; **Ginseng and Astragalus Combination** to tonify Yin, Blood and Qi, clear Heat from the Lungs, moisten the Lungs and transform Phlegm; **Yin Fountain** to nourish Lung and Kidney Yin and mildly clear deficiency Heat; and **Wise Judge**, in the Kan Herbals line, to tonify Lung Yin and Lung Qi, moisten the Lungs and tonify the Heart Qi, mildly clearing Heat.

ORIGINS AND DEVELOPMENT

Li Fei Lung Support is a modern formula.



ORGAN

Lung.

ELEMENT

Metal.

PULSE

Floating, forceless, may be rapid.

TONGUE

Red without a coat, dry with cracks in the Lung area.

COMPLEMENTARY ACUPUNCTURE POINTS

Lung 1, 5, 7, 9, 10, Kidney 6, 10,
Urinary Bladder 13, 23.

CAUTIONS AND CONTRAINDICATIONS

- None.

Liver Flow

Shu Gan Wan

Liver and Gallbladder Qi stagnation, Liver invading Stomach

INGREDIENTS

| | | |
|--|---------------------------------------|-----------------------|
| White peony root | Paeoniae alba radix | <i>Bai shao</i> |
| Prepared Cyperus rhizome | Cyperi praeparata rhizoma | <i>Zhi xiang fu</i> |
| Bupleurum root | Bupleuri radix | <i>Chai hu</i> |
| Tangerine dried rind of mature fruit | Citri reticulatae pericarpium fructus | <i>Chen pi</i> |
| Magnolia bark | Magnoliae officinalis cortex | <i>Hou po</i> |
| Tree peony root bark | Moutan cortex | <i>Mu dan pi</i> |
| Tangerine dried rind of green fruit | Citri reticulatae pericarpium viride | <i>Qing pi</i> |
| Chinese amomum fruit | Amomi fructus | <i>Sha ren ren</i> |
| Prepared Corydalis yanhusuo tuber | Corydalis praeparata rhizoma | <i>Zhi yan hu suo</i> |
| Dry fried Bitter orange mature fruit | Citri aurantium praeparata fructus | <i>Chao zhi ke</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |
| Saussurea root | Aucklandiae radix | <i>Mu xiang</i> |
| Dry fried Bitter orange immature fruit | Aurantii praeparata fructus immaturus | <i>Chao zhi shi</i> |
| Finger citron fruit | Citri sarcodactylis fructus | <i>Fo shou</i> |
| Turmeric rhizome | Curcuma longae rhizoma | <i>Jiang huang</i> |
| Chinese cardamom fruit | Cardomi rotundi fructus | <i>Bai dou kou</i> |
| Turmeric root tuber | Curcumae radix | <i>Yu jin</i> |
| Sandalwood | Santali albi lignum | <i>Tan xiang</i> |

Liver Flow, based on Bupleurum Liver Coursing Powder (*Shu Gan Wan*), moves Liver Qi, restrains Liver from invading the Spleen and Stomach, and eliminates stagnation. Each organ has a specific directional flow of Qi; Stomach Qi descends to send impurities downward, while Spleen Qi ascends to nourish the Heart and Lungs. The flow of Liver Qi is unique in that its normal direction moves upward, outward and in all directions. Of all the various Liver functions, the most important is to ensure the smooth flow of Qi throughout the body. When the Qi mechanism is disrupted, it can result in Qi stagnation and/or rebellious Qi. This in turn triggers an overactive Liver invading the Stomach and/or Spleen, causing digestive imbalances.

Liver Flow contains herbs that strongly regulate and move the Qi. White peony root, the chief herb in this formula, tonifies Liver Blood, calms and curbs Liver Yang and alleviates stagnation. Prepared Cyperus rhizome spreads and regulates Liver Qi, invigorates Stomach Qi, regulates menstruation and alleviates stagnation. Bupleurum root and Tangerine dried rind of green fruit release Heat in the muscle layers, raise the clear Qi of the Stomach and Gallbladder,



CHINESE HERBAL ACTIONS

Invigorates Liver Qi and Blood, harmonizes Liver and Stomach, descends the Stomach Qi, clears Heat from the Gallbladder.

PHYSICAL INDICATIONS

- Supports a healthy digestive system.
- Supports a healthy liver and gallbladder.
- Supports a healthy gastrointestinal system.
- Occasional irritability, short temper, impatience and anxiety.
- Occasional muscle discomfort.
- Occasional menstrual discomfort.
- Occasional loose bowels or constipation.



spread Liver Qi, break up stagnant Liver Qi, and relieve constraint. Finger citron strengthens the Spleen, transforms Phlegm, and harmonizes the Middle.

Tangerine dried rind of mature fruit and Magnolia bark promote the flow of Qi in the Middle Burner and direct it downward, move Spleen and Stomach Qi, reduce Phlegm, and disperse fullness. They combine with dry fried Bitter orange immature fruit and Sandalwood to promote the flow of Qi and alleviate stagnation.

Saussurea root and Chinese amomum fruit promote the movement of Qi, and dispel stagnation in the Spleen, Stomach, and Intestines, strengthen the Spleen, and warm the Middle Burner. Dry fried Bitter orange immature and Chinese cardamom fruit break up stagnant Qi, transform Phlegm, expel focal distention due to Phlegm obstructing the Qi dynamic of the Middle Burner, warm the Middle Burner, and strengthen the Stomach.

Since Qi is said to be the leader of Blood, Blood stagnation follows Qi stagnation. **Liver Flow** addresses this with several herbs to invigorate the Blood, such as Turmeric rhizome, *Corydalis yanhusuo* tuber and Turmeric root tuber. Turmeric rhizome, a substitution for *Aquilaria agallocha* lignum, invigorates the Blood, regulates menstruation, breaks up Blood stasis, drives the Qi downward and alleviates stagnation. Prepared *Corydalis yanhusuo* tuber invigorates Blood, promotes the movement of Qi and alleviates stagnation. Tree peony root bark clears Heat stemming from either excess or deficiency, cools and invigorates Blood and clears ascending Liver Fire. Chinese licorice root and rhizome alleviates stagnation and harmonizes the properties of the other herbs in this formula.

Several formulas address similar patterns. **Stomach Support** addresses Stomach Fire with concurrent Stomach and Kidney Yin deficiency. **Digestive Harmony Formula** addresses excess patterns of food stagnation. **Peaceful Earth** addresses a pattern of food stagnation while simultaneously strengthening the Spleen Qi and expelling Wind. **Bupleurum Soothing Liver Formula** addresses excess patterns of Liver Qi stagnation. **Wei Te Ling** calms rebellious Stomach Qi and harmonizes and strengthens the Middle Burner.

A differentiation must be made between **Liver Flow** and its relative, **Free and Easy Wanderer**. The latter is also used for Liver Qi stagnation patterns, but expands its actions to include tonifying the Spleen and nourishing the Blood. **Liver Flow** is for excess patterns resulting in a more pronounced stagnation of Liver Qi invading the Stomach.

If there are further signs of Gallbladder involvement, consider using **Li Dan Support**, **Minor Bupleurum** or **Quell Fire** from the Kan Herbs line. Use **Li Dan Support** for further Heat and Damp accumulation in the Gallbladder. Use **Quell Fire** when there is Heat in the Liver and/or Gallbladder organ or channel. Use **Wei Te Ling** for a stronger manifestation of Stomach Qi rebellion, stagnation and Heat with less Liver pattern involvement.

ORIGINS AND DEVELOPMENT

Bupleurum Powder to Spread the Liver (*Chai Hu Shu Gan San*), was first recorded in *Jing-Yue Quan Shu*, *Collected Treatises of Zhang Jing-Yue*, 1624 C.E.

ORGANS

Liver, Gallbladder, Stomach.

ELEMENT

Wood, Earth.

PULSE

Wiry with repletion and fullness in the middle position on both wrists.

TONGUE

Red sides with thin white or yellow coat, possibly greasy.

COMPLEMENTARY ACUPUNCTURE POINTS

Gallbladder 34, 41, Liver 3, 8, 14, Pericardium 6, Triple Burner 6, Stomach 36, Conception Vessel 9, 12, Urinary Bladder 18, Spleen 6, and *Dan Nang Xue*.

CAUTIONS AND CONTRAINDICATIONS

- Use with caution during pregnancy.
- Use with caution with Liver Yin deficiency.

Lotus Nourishing Formula

Qing Xin Lian Zi Yin

Heart Fire, Qi and Yin deficiency, Heart and Kidney not communicating

INGREDIENTS

| | | |
|-----------------------------------|-------------------------------|---------------------|
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Astragalus root | Astragali radix | <i>Huang qi</i> |
| Lotus seed | Nelumbinis semen | <i>Lian zi</i> |
| American ginseng root | Panax quinquefolii radix | <i>Xi yang shen</i> |
| Plantain seed | Plantaginis semen | <i>Che qian zi</i> |
| Lycium bark | Lycii cortex | <i>Di gu pi</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |
| Chinese skullcap root | Scutellariae radix | <i>Huang qin</i> |
| Ophiopogon tuber | Ophiopogonis radix | <i>Mai men dong</i> |
| Chinese dodder seed | Cuscutae semen | <i>Tu si zi</i> |
| Milk thistle seed | Silybum marianum semen | <i>Milk thistle</i> |

Lotus Nourishing Formula is based on Clear the Heart Drink with Lotus Seed (*Qing Xin Lian Zi Yin*). This formula addresses Qi and Yin deficiency leading to Heart Fire, and Heart and Kidney not communicating that is generating Dampness. When Heart Yin is deficient, Heart Fire is generated that does not flow downward to connect with the Kidneys, and Kidney's water cannot support the Heart above. Damp Heat then pours downward and collects in the Bladder, which loses its Qi transformative function.

With chaotic Heart Heat, the Heart Spirit finds it difficult to be calm and irritability can ensue. Fire damages both the Qi and Yin, which further aggravates the stagnation that is due to Dampness and flaring of deficiency Fire. Overexertion from excessive mental activity, anxiety, worry, overeating and consumption of too much alcohol intensify this mixed pattern of excess and deficiency. All of these factors generate Heat from either constraint or deficiency, as the Qi dynamic is increasingly unable to keep Yin and Yang, Fire and Water connected to each other.

It is not appropriate to focus on draining Fire with bitter and cold herbs that would further weaken the Qi dynamic, especially of the Heart. Instead the formula strengthens the Heart's ability to direct Fire downward while also clearing deficiency Heat and dispelling Damp Heat. Equally suited for men and women, **Lotus Nourishing Formula** clears Heart Fire, tonifies Qi and Yin, drains Damp Heat and contains leakage.

A small amount of Milk thistle seed has been added for its ability to protect and enhance Liver functions, and Chinese dodder seed for its ability to nourish the Yin and Yang of the Liver and Kidney and to secure the Essence (*Jing*).

Poria strengthens the Spleen, harmonizes the Middle Burner, transforms Phlegm, leaches out Dampness, supports healthy urination, quiets the Heart and calms the Spirit. Lotus seed



CHINESE HERBAL ACTIONS

Strengthens Heart, nourishes Yin, tonifies Qi, clears deficiency Heat, drains Damp Heat and strengthens Spleen and Kidney.

PHYSICAL INDICATIONS

- Supports wellbeing.
- Supports healthy urinary function.
- Occasional night sweats.
- Occasional anxiety, irritability, restlessness, forgetfulness.
- Occasional water retention.

strengthens the Spleen, tonifies the Kidneys, nourishes and clears Fire from the Heart, harmonizes Heart and Kidneys, and calms the Spirit. Astragalus root tonifies the Qi and Blood, tonifies the Spleen, augments the Protective Qi, supports healthy urination and addresses occasional water retention. American ginseng root tonifies Qi and Yin and cools Fire stemming from Yin deficiency. Lycium bark eliminates Heat from both excess and deficiency, drains Kidney Fire, and dispels lurking Heat. Chinese skullcap root clears Heat and dries Dampness. It addresses Damp Heat in the Stomach or Intestines and in the Lower Burner. Plantain seed supports healthy urination and clears Damp Heat.

Ophiopogon tuber nourishes the Yin of the Stomach, Spleen, Heart and Lung, and clears Heat. Chinese licorice root and rhizome tonifies the Spleen Qi, clears Heat, resolves blazing Fire, moistens the Lungs and moderates and harmonizes the actions of the other herbs.

ORIGINS AND DEVELOPMENT

Lotus Nourishing Formula is based on Clear the Heart Drink with Lotus Seed (*Qing Xin Lian Zi Yin*) found in *Tai Ping Hui Min He Ji Ju Fang* compiled by Shi-wen Chen.



ORGANS

Heart, Kidney, Spleen.

ELEMENTS

Fire, Water, Earth.

PULSE

Thin and slightly rapid; may be more forceful in third position.

TONGUE

Red with little coating.

COMPLEMENTARY ACUPUNCTURE POINTS

Liver 2, 3, Kidney 3, 6, Ren 4, 6,
Spleen 3, 6, Pericardium 6, Stomach
36.

CAUTIONS AND CONTRAINDICATIONS

- None.

Luminescence

Dang Gui Yin Zi

Liver Blood deficiency causing occasional dryness, external Wind lodged in the Interior

INGREDIENTS

| | | |
|--------------------------------------|--------------------------------------|-----------------------|
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Raw Rehmannia root | Rehmanniae radix | <i>Sheng di huang</i> |
| Tribulus fruit | Tribuli fructus | <i>Bai ji li</i> |
| White peony root | Paeoniae alba radix | <i>Bai shao</i> |
| Sichuan lovage rhizome | Ligustici wallichii rhizoma | <i>Chuan xiong</i> |
| Siler root | Saposhnikovia radix | <i>Fang feng</i> |
| Processed Polygonum multiflorum root | Polygoni multiflori praeparata radix | <i>Zhi he shou wu</i> |
| Astragalus root | Astragali radix | <i>Huang qi</i> |
| Schizonepeta herb | Schizonepetae herba | <i>Jing jie</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |

Luminescence is a faithful rendition of the classical formula, Dong Quai Decoction (*Dang Gui Yin Zi*), addressing Blood deficiency, particularly as it fails to nourish the skin and hair. Luminescence nourishes Blood while strengthening the Exterior, moistens Dryness, strengthens the body, dispels Wind and stops occasional itching. When Blood is deficient and unable to moisten and nourish the skin, it leads to brittle and dry hair and nails, dry skin and eyes and a pale, dull complexion. The skin, in turn, is unable to protect itself against a Wind invasion that has lodged internally, causing occasionally itchy skin and eyes.

Luminescence addresses occasionally dry and itchy skin from two angles: by addressing the root, which is Blood deficiency, and by addressing the manifestation, which is irritation and itching due to a Wind invasion. **Luminescence** contains the herbs of **Four Substance Decoction** (*Si Wu Tang*), the classical formula to address Blood deficiency. It uses raw Rehmannia root instead of the prepared form to better cool the Blood while also tonifying it. Dong quai root tonifies and invigorates Blood. Raw Rehmannia root clears Heat, cools the Blood, nourishes Yin and generates fluids. White peony root nourishes Blood, calms and curbs Liver Yang and subdues Wind. Sichuan lovage rhizome invigorates Blood, promotes the movement of Qi, and expels Wind.

Astragalus root tonifies the Protective (*Wei*) Qi, stabilizing the Exterior. Polygonum multiflorum root tonifies Blood and dispels the Fire which has lodged in the skin. Chinese licorice root and rhizome tonifies the Spleen Qi, moistens the Lungs, drains Fire and harmonizes the actions of the other herbs in the formula.



CHINESE HERBAL ACTIONS

Nourishes Blood, moistens Dryness, dispels Wind.

PHYSICAL INDICATIONS

- Supports and nourishes healthy skin and hair.
- Occasional dry skin.
- Occasional insomnia.
- Occasional constipation.
- Occasional itching or rashes.

Siler root releases the Exterior, expels Wind from the superficial layers of the body, and alleviates stagnation. Tribulus fruit expels Wind, calms ascendant Liver Yang, breaks up stagnation of Qi and Blood and stops occasional itching. Schizonepeta herb releases the Exterior and dispels Wind, vents occasional rashes and alleviates occasional itching.

This formula addresses occasional skin itching and irritation due to an underlying Blood deficiency. If circumstances of occasional skin itching or irritation manifest due to external Wind invasion without Blood deficiency, consider **Derma Wind Release**. Consider **CoptiDetox** when there is a stronger Damp Heat manifestation.

ORIGINS AND DEVELOPMENT

Luminescence is a faithful rendition of the classical formula, Dong Quai Decoction (*Dang Gui Yin Zi*), found in the *Essential Teachings of Zhu Dan-Xi (Dan Xi Xin Fa)*.



ORGANS

Liver, Lung, Spleen.

ELEMENTS

Wood, Metal, Earth.

PULSE

Thin and weak, possibly floating.

TONGUE

Pale, dry or cracked coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Spleen 6, 10, Large Intestine 4,
Bladder 12, 16, 17, 19, 40, Spleen 6,
Stomach 36, Liver 8.

CAUTIONS AND CONTRAINDICATIONS

- Use with caution for individuals with loose stools due to Spleen Qi deficiency.
- Contraindicated during pregnancy.

Lung Qi Release

Zhi Sou San

Wind Cold invasion lodged in the Lungs

INGREDIENTS

| | | |
|--------------------------------------|---------------------------------------|---------------------|
| Cynanchum root and rhizome | Cynanchi stauntonii radix et rhizome | <i>Bai qian</i> |
| Sichuan fritillary bulb | Fritillariae cirrhosae bulbus | <i>Chuan bei mu</i> |
| Platycodon root | Platycodonis radix | <i>Jie geng</i> |
| Schizonepeta herb | Schizonepetae herba | <i>Jing jie</i> |
| Honey fried Stemona root | Stemona praeparata radix | <i>Zhi bai bu</i> |
| Purple aster root and rhizome | Asteris radix et rhizome | <i>Zi wan</i> |
| Trichosanthes seed | Trichosanthis semen | <i>Gua lou ren</i> |
| Perilla leaf | Perillae folium | <i>Zi su ye</i> |
| Tangerine dried rind of mature fruit | Citri reticulatae pericarpium fructus | <i>Chen pi</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizome | <i>Gan cao</i> |
| Siler root | Saposhnikoviae radix | <i>Fang feng</i> |

Lung Qi Release, a modification of *Zhi Sou San*, is indicated when an exterior Wind Cold invasion has not been fully cleared from the Lungs, resulting in Lung Qi constraint. Constraint of Lung Qi inhibits the spreading of the body fluids, which then congeal and become Phlegm.

Lung Qi Release transforms Phlegm, disseminates Lung Qi and more strongly disperses the Exterior with the addition of Perilla leaf and Siler root. Children are often prone to Wind invasion and *Wei Qi* deficiency, making it an important pediatric formula. **Lung Qi Release** addresses an occasional cough due to Lung Qi constraint following an externally contracted Wind Cold that has lodged in the Lungs. It transforms Phlegm, descends and disseminates Lung Qi, and disperses the Exterior.

Purple aster root and rhizome and honey fried Stemona root are the chief herbs in this formula. They are both warming and moistening. Purple aster root and rhizome enters both the Qi and Blood aspects, and supports healthy Lungs and respiratory health. It facilitates the flow of Lung Qi, directing it downward, while moistening the Lungs, and transforming Phlegm. It is most appropriate for addressing Lung Qi obstruction following externally contracted Wind Cold or Wind Heat which binds the Lung Qi. Honey fried Stemona root moistens the Lungs and excels at directing Qi downward. These two herbs work synergistically, completing each other's actions. They transform Phlegm without being too drying, and support Lung Qi, irrespective of whether the cause is from Hot or Cold, deficiency or an excess pattern.

Cynanchum root and rhizome, a deputy, directs Lung Qi downward, dispels Phlegm, and is an important herb in relieving Lung Qi blockage and stagnation, especially from excess patterns. Platycodon root, also a deputy, opens up and disseminates Lung Qi, dispels Phlegm and benefits the throat. It directs the actions of the other herbs to the upper region of the body.



CHINESE HERBAL ACTIONS

Descends and disseminates Lung Qi, transforms Phlegm, disperses the Exterior.

PHYSICAL INDICATIONS

- Supports healthy lungs and respiratory health.
- Benefits the throat.
- Occasional cough due to Lung Qi constraint.
- Occasional fullness in the chest.
- Occasional intolerance of drafts.

Tangerine dried rind of mature fruit promotes the flow of Qi, dries Dampness and transforms Phlegm, while Schizonepeta herb releases the Exterior and dispels either Wind Cold or Wind Heat.

Perilla leaf releases the Exterior, disperses Cold, promotes the movement of Qi, and expands the chest. Siler root releases the Exterior and expels Wind. Sichuan fritillary bulb and Trichosanthes seed clear Heat and transform Phlegm. Chinese licorice root and rhizome tonifies Spleen Qi, moistens the Lungs, clears Heat, resolves blazing Fire, and harmonizes and moderates the actions of the other herbs in the formula.

Similar Exterior releasing formulas include: **Calm Breath Formula**, which clears Heat from the Lungs caused by an external invasion, moistens Lungs and transforms Phlegm. **Yin Qiao**, which clears a Wind Heat invasion and focuses specifically on clearing Heat from the throat. **Great White Lung Formula**, which clears a Wind Heat or Wind Cold invasion transforming into Heat in the Lung and clears Phlegm. **Blue Green Lung Formula**, which releases an exterior Wind Cold invasion, warms the Lungs and transforms Phlegm.

ORIGINS AND DEVELOPMENT

Zhi Sou San can be found in *Medical Revelations (Yi Xue Xin Wu)* by Cheng Guo-Peng, 1732.



ORGAN

Lung.

ELEMENT

Metal.

PULSE

Floating and moderate.

TONGUE

Thin, white coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Lung 6, 7, Large Intestine 4, Bladder 12, 13, Gallbladder 20.

CAUTIONS AND CONTRAINDICATIONS

- Not suitable for Wind Heat or Lung Yin deficiency.
- Use with caution during pregnancy.

Minor Bupleurum

Xiao Chai Hu Tang

Shao Yang Channel disharmony

INGREDIENTS

| | | |
|--------------------------------------|--|----------------------|
| Bupleurum root | Bupleuri radix | <i>Chai hu</i> |
| Chinese skullcap root | Scutellariae radix | <i>Huang qin</i> |
| Ginger cured Pinellia rhizome | Pinelliae praeparata rhizoma | <i>Jiang ban xia</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |
| White Asian ginseng root and rhizome | Panax ginseng (white) radix et rhizoma | <i>Bai ren shen</i> |
| Red jujube fruit | Jujubae fructus | <i>Hong zao</i> |
| Ginger rhizome | Zingiberis rhizoma | <i>Gan jiang</i> |

Minor Bupleurum is a faithful rendition of Minor Bupleurum Decoction (*Xiao Chai Hu Tang*), a famous formula addressing Lesser Yang (*Shao Yang*) disharmony, which presents as a pattern that is half in the Interior and half in the Exterior, with alternating periods of Heat and Cold, and alternating excess and deficiency presentation. The *Shao Yang* level is the pivot between the *Tai Yang* level and the *Yang Ming* level, and its function is to direct the protective Yang Qi and the clear fluids upward and outward, and the turbid fluids downward.

There are three main patterns that **Minor Bupleurum** addresses. Firstly, it addresses a Cold invasion constraining the lesser Yang warp and impeding its ability to direct the clear fluids upward and the turbid downward. This pattern is seen as half in the Exterior and half in the Interior, representing the struggle between the invasion which is trying to push deeper into the Interior and the body's Defensive (*Wei*) Qi, which is trying to push it out.

Secondly, it addresses constraint lodged in the Gallbladder channel, the organ that corresponds to the lesser Yang. It may manifest as fullness of the chest or hypochondriac region, or as neck stiffness. Digestive disharmonies may be felt if constrained Gallbladder Qi invades the Stomach. If it invades the Lungs, it can cause Lung disharmonies. If it blocks the distribution of fluids in the Triple Burner, it can inhibit urination and cause an accumulation of Phlegm.

Thirdly, as women are more prone to Blood deficiency following menstruation or childbirth, and when Wind Cold invades a woman that is Blood deficient, the invasion can penetrate the Blood chamber where it binds to the Blood, subsequently disrupting the Liver's function of regulating the Blood, leading to Qi constraint with Heat.

Minor Bupleurum harmonizes the *Shao Yang* by unblocking the Qi dynamic to clear Heat due to constraint, dispelling invasion lodged in the *Shao Yang* and supporting healthy fluid metabolism. The chief herb, Bupleurum root is the most important herb for harmonizing the *Shao Yang*. Bupleurum root resolves Lesser Yang stage disharmonies, raises the clear Qi of the



CHINESE HERBAL ACTIONS

Harmonizes the *Shao Yang*, soothes the Liver, transforms Phlegm, supports the Correct (*Zheng*) Qi.

PHYSICAL INDICATIONS

- Supports a healthy immune system.
- Supports a healthy digestive system.
- Supports a healthy liver and gallbladder.
- Supports a healthy urinary system.
- Occasional alternating chills and heat.
- Occasional bitter taste in the mouth.
- Occasional fullness in the chest or hypochondriac area.
- Occasional agitation.



Stomach and Gallbladder, relieves Liver Qi constraint, raises and lifts Yang Qi, clears deficiency Heat and directs the formula to the Liver meridian. Bupleurum root supports the immune system with its combination of supplementing and Heat clearing herbs. It is supported in its actions by Chinese skullcap root, an important herb in this formula for its ability to descend Liver Yang, and to augment and support the actions of Bupleurum root. Chinese skullcap root clears Damp Heat, drains Fire, dries Dampness in the Stomach or Intestines. Together they form a powerful combination to drain Heat without allowing it to sink deeper into the body.

Ginger cured Pinellia rhizome dries Spleen Dampness, transforms Phlegm and causes rebellious Qi to descend. Ginger rhizome warms the Middle and expels Cold, either externally contracted, or from deficiency due to insufficiency of Yang Qi, and dispels Wind and Damp, especially from the Lower Burner. Together these two herbs harmonize the Middle Burner, and direct rebellious Qi downward.

White Asian ginseng root and rhizome strongly tonifies the primal Qi of the five organs, nourishes the Yin, strengthens the Spleen, tonifies the Stomach, tonifies Lung Qi, generates fluids and benefits the Heart Qi. Red jujube fruit tonifies the Qi and Blood, tonifies Spleen Qi, moderates and harmonizes actions of the other herbs. Chinese licorice root and rhizome tonifies Spleen Qi, moistens the Lungs, clears Heat, resolves blazing Fire, moderates and harmonizes the actions of other herbs.

ORIGINS AND DEVELOPMENT

Minor Bupleurum Decoction (*Xiao Chai Hu Tang*) is a famous formula, first recorded in the classic herbal text *Shang Han Lun*, written by Dr. Zhang Zhong-Jing.

ORGANS

Gallbladder, Triple Burner.

ELEMENTS

Wood, Fire.

PULSE

A variety of pulse patterns are possible.

TONGUE

Thin, white coat; possible red tip and sides.

COMPLEMENTARY ACUPUNCTURE POINTS

San Jiao 5, Gallbladder 34, 41, Liver 13, Conception Vessel 12, 17, Stomach 36, Large Intestine 11.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated for anyone taking Interferon.
- Use caution with patterns of Liver Yang rising.

Nourish Jade Yang

Yu Lin Zhu Jia Ba Ji Tian Dan Shen Xiang Fu Hua Jiao

Kidney Yang deficiency, Essence deficiency, Qi or Blood deficiency

INGREDIENTS

| | | |
|--------------------------------------|--|----------------------|
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| White Asian ginseng root and rhizome | Panax ginseng (white) radix et rhizoma | <i>Bai ren shen</i> |
| Prepared Rehmannia root | Rehmanniae praeparata radix | <i>Shu di huang</i> |
| White atractylodes rhizome | Atractylodis macrocephalae rhizoma | <i>Bai zhu</i> |
| White peony root | Paeoniae alba radix | <i>Bai shao</i> |
| Eucommia bark | Eucommiae cortex | <i>Du zhong</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Deer horn gelatin | Cornu cervi gelatinum | <i>Lu jiao jiao</i> |
| Chinese dodder seed | Cuscutae semen | <i>Tu si zi</i> |
| Morinda root | Morindae officinalis radix | <i>Ba ji tian</i> |
| Sichuan lovage rhizome | Ligustici wallichii rhizoma | <i>Chuan xiong</i> |
| Honey fried Chinese licorice root | Glycyrrhizae praeparata cum mel radix et rhizoma | <i>Zhi gan cao</i> |
| Prepared Cyperus rhizome | Cyperi praeparata rhizoma | <i>Zhi xiang fu</i> |
| Chinese salvia root and rhizome | Salviae miltiorrhizae radix et rhizoma | <i>Dan shen</i> |
| Sichuan pepper pericarp | Zanthoxyli pericarpium | <i>Hua jiao</i> |

Nourish Jade Yang is based on the traditional formula, Support a Baby as Perfect as a Jade Unicorn Pearl (*Yu Lin Zhu Jia Ba Ji Tian Dan Shen Xiang Fu Hua Jiao*). It includes herbs that are strongly warming, Blood invigorating, and Qi moving, to balance the rich Yin tonics found in the formula, as well as herbs to fortify the Kidney Yang and the Essence.

This formula can be used by both men and women to support fertility and general health and wellbeing. It addresses Liver and Kidney Yang deficiency, Essence deficiency, including deficiency of Blood and weakness of the Kidney Qi and Yang. Depletion of Kidney Yang typically occurs due to long-term exposure to Cold, via the environment, through diets which are generally too cold in nature and not sufficiently nourishing, or from lifestyle factors, such as overwork or excessive sexual activity. A constitutional deficiency from birth can also be the root cause.

By strongly nourishing and invigorating Blood, strongly supplementing Original Qi, tonifying Spleen and Stomach, and fortifying Kidney Yang, **Nourish Jade Yang** supports health, vitality, and fertility.

Nourish Jade Yang contains within it, the classical formula Four Substance (*Si Wu tang*) to tonify Blood, and Four Gentlemen (*Si Jun Zi Tang*) to supplement the Qi.



CHINESE HERBAL ACTIONS

Supplements the Kidneys, warms the Essence and Yang, supports fertility, strengthens Governing (*Du Mai*), Conception (*Ren Mai*) and Penetrating (*Chong Mai*) Vessels.

PHYSICAL INDICATIONS

- Supports overall wellbeing.
- Supports fertility.
- Supports healthy menstruation.
- Supports a healthy reproductive system.
- Supports healthy sinews and bones.
- Supports a healthy urinary system.
- Occasional low back and knee weakness.
- Occasional dizziness.
- Occasional cold hands and feet, or overall feeling of coldness.
- Occasional fatigue.
- Occasional loose stools.



Four Substances is the foundational formula for building Blood. It is suitable for any type of Blood deficiency pattern, while being most commonly used with patterns associated with Liver Blood deficiency. It is comprised of two pairs of herbs, one aimed at nourishing and the other at invigorating the Yin and Yang aspects of Blood. Prepared Rehmannia root and White peony root are known for their ability to strongly tonify Liver Blood, to nourish the Yin, to tonify Liver and Kidney, calming Liver Yang, and tonifying the Essence. The second pair, Dong quai root and Sichuan lovage rhizome tonify and invigorate Blood, regulate the menses and disperse Cold.

Four Gentlemen is the foundational formula to address Qi and Spleen Qi deficiency. Spleen Qi acts as the foundation for postnatal Qi in the body and is responsible for extracting the essence from food, or *Gu Qi*, and transporting it to the rest of the body. When Spleen Qi is strong, the essence of food is properly transformed into Qi to supply the body energy, and Blood can be built. White Asian ginseng root and rhizome strongly supplements Original Qi, strengthens the Spleen and Stomach, and works synchronously with White atractylodes rhizome to strengthen Spleen and dry Dampness. Poria strengthens the Spleen, drains Dampness, and mitigates the cloying nature of honey fried Chinese licorice root and rhizome, which strengthens the Spleen and harmonizes the actions of the other herbs in the formula.

Fortifying Kidney Yang tonics such as Deer horn gelatin, Chinese dodder seed, Morinda root and Eucommia bark address the root pattern of Kidney Yang deficiency. Deer horn gelatin tonifies Yang, augments the Essence and nourishes the Blood. Chinese dodder seed warms the primal Yang, nourishes the Yin, secures the Essence and tonifies the Kidneys, Liver, and Spleen without being cloying. Morinda root tonifies Kidney Yang, augments the Essence, and disperses Wind Dampness. Eucommia bark tonifies Liver and Kidneys, aids in the smooth flow of Qi and Blood, and invigorates Blood.

Chinese salvia root and rhizome and prepared Cyperus rhizome invigorate Blood and move the Qi in order to counterbalance the rich Yin tonics found in this formula. A small amount of Sichuan pepper pericarp has been added to warm the Middle, disperse Cold, and alleviate stagnation.

If Kidney Yin deficiency is the more pronounced pattern, **Nourish Jade Yin** is the more appropriate formula.

ORIGINS AND DEVELOPMENT

Nourish Jade Yang is based on the classical formula, Support a Baby as Perfect as a Jade Unicorn Pearl (*Yu Lin Zhu Jia Ba Ji Tian Dan Shen Xiang Fu Hua Jiao*), which is drawn from two different sources. The first is from the gynecology text of Shi Cheng-Han, *Zhong Yi Fu Ke*, who emphasized the benefit of this formula for the pattern of Liver and Kidney deficiency and Blood deficiency. The second source is from Sun Jiu-Ling, the author of *Fu Ke Zheng Zhi (Gynecological Patterns)*, who based the need for this formula on the pattern of Kidney Qi deficiency.

ORGANS

Kidney, Liver.

ELEMENTS

Water, Wood.

PULSE

Deep, weak or tight, slow.

TONGUE

Pale, wet, swollen, thin or greasy white coating.

COMPLEMENTARY ACUPUNCTURE POINTS

Kidney 3, 6, 7, 13, Bladder 23, 52, *Du* 4, Lung 7, *Ren* 4, 6. Moxabustion is particularly indicated.

CAUTIONS AND CONTRAINDICATIONS

- Do not use in cases of Yin deficiency.
- Use with caution during pregnancy.

Nourish Jade Yin

Yang Jing Zhong Yu Tang
Er Zhi Wan

Kidney Yin and Essence deficiency, Liver Yin deficiency, Blood deficiency

INGREDIENTS

| | | |
|--------------------------------------|---------------------------------------|-----------------------|
| Prepared Rehmannia root | Rehmanniae praeparata radix | <i>Shu di huang</i> |
| White peony root | Paoniae alba radix | <i>Bai shao</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Asiatic cornelian cherry | Corni fructus | <i>Shan zhu yu</i> |
| Eclipta herb | Ecliptae herba | <i>Han lian cao</i> |
| Ligustrum fruit | Ligustri lucidi fructus | <i>Nü zhen zi</i> |
| Processed Polygonum multiflorum root | Polygoni multiflori praeparata radix | <i>Zhi he shou wu</i> |
| Lycium fruit | Lycii fructus | <i>Gou qi zi</i> |
| Chinese dodder seed | Cuscutae semen | <i>Tu si zi</i> |
| Morinda root | Morindae officinalis praeparata radix | <i>Zhi ba ji tian</i> |

Nourish Jade Yin is based on the classical formula Nourish the Essence and Plant the Seed Formula (*Yang Jing Zhong Yu Tang*). It regulates and strengthens the Penetrating (*Chong*) and Conception (*Ren*) vessels, and nourishes Yin, Blood and Essence. As Yin and Yang share the same root, the Essence, they are best tonified together, and this formula includes some tonification of Kidney Yang. It is well-suited for men and women.

Kidney Essence is a vital substance that derives from both the prenatal Essence, inherited from birth, and postnatal Essence, derived from digestion of *Gu Qi* by the Spleen and Stomach.

Nourish Jade Yin's emphasis is on the tonification of Blood and Yin, which can benefit the generation of *Gu Qi* into postnatal Essence. It addresses declining Kidney Yin, deficient Blood and Yin, and Essence deficiency with Empty Heat.

Prepared Rehmannia root, the chief herb in this formula, combines with White peony root to tonify Liver, Kidney Yin and Blood and to foster Essence. Dong quai root tonifies and invigorates the Blood, regulates the menses, and disperses Cold. Processed Polygonum multiflorum root tonifies the Liver and Kidneys, nourishes the Blood and augments the Essence. Lycium fruit tonifies Liver Blood and Kidney Yin, benefits the Essence, enriches the Yin, moistens the Lungs and mildly tonifies Kidney Yang.

Chinese dodder seed tonifies the Yang, augments the Yin, tonifies the Kidneys and Liver, benefits the Spleen and secures the Essence without being overly cloying or warm. Eclipta herb nourishes the Yin of the Liver and Kidneys, cools Heat and Blood. Ligustrum fruit and Asiatic cornelian cherry nourish Kidney Yin, clear Empty Heat and secure the Essence.



CHINESE HERBAL ACTIONS

Enriches the Yin and Essence, nourishes the Blood, regulates and strengthens the Penetrating and Conception Vessels (*Chong Mai* and *Ren Mai*).

PHYSICAL INDICATIONS

- Supports fertility.
- Supports healthy menses.
- Supports healthy tendons and bones.
- Supports emotional wellbeing.
- Occasional low back or leg discomfort.
- Occasional knee soreness and weakness.
- Occasional loss of sleep.
- Occasional irritability.

This formula was modified to include the warming, Yang tonifying herb Morinda root to assist in balancing the Yang portion of this pattern. It tonifies the Kidney Yang without being overly drying.

If concurrent Spleen Qi deficiency exists, combine with **Four Gentlemen** or **Shen Ling Spleen Support**.

ORIGINS AND DEVELOPMENT

Nourish the Jade Yin is based on the classical formula Nourish the Essence and Plant the Seed Formula (*Yang Jing Zhong Yu Tang*), adapted by Fu Qing-Zhu and based on the formula from the authors of *Zhong Yi Fu Chan Ke Xue (A Study of TCM Gynecology and Obstetrics)*, which includes the herbal pair Eclipta herb and Ligustrum fruit, or Two Solstices Pill (*Er Zhi Wan*), which strongly nourishes Kidney Yin and clears Empty or deficient Heat. Kan's formulation further adds a group of herbs that tonify Kidney Yin and Yang and nourish Liver Blood.



ORGANS

Kidney, Liver.

ELEMENTS

Water, Wood.

PULSE

Fine, rapid or fine, wiry.

TONGUE

Red, dry or red tip with scanty coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Ren 4, 6, Kidney 3, 6, 10, 13, Spleen 6, Bladder 23, 52, Stomach 30; to nourish the Penetrating *Chong Mai* Channel: Spleen 4, Pericardium 6; to nourish the Conception Vessel (*Ren Mai*): Ren-Lung 7, Kidney 6.

CAUTIONS AND CONTRAINDICATIONS

- Do not use in cases of Yang deficiency.
- Use with caution during pregnancy.

Peaceful Earth

Kang Ning Wan

Food stagnation affecting the Spleen and Stomach with Damp accumulation and stagnation, rebellious Stomach Qi

INGREDIENTS

| | | |
|---------------------------------|---|------------------------|
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Job's tears seed | Coicis semen | <i>Yi yi ren</i> |
| Fragrant angelica root | Angelicae dahuricae radix | <i>Bai zhi</i> |
| Cang-zhu atractylodes rhizome | Atractylodis rhizoma | <i>Cang zhu</i> |
| Kudzu root | Pueraria lobatae or thomsonii radix | <i>Ge gen</i> |
| Magnolia bark | Magnoliae officinalis cortex | <i>Hou po</i> |
| Patchouli herb | Pogostemonis herba | <i>Guang huo xiang</i> |
| Saussurea root | Aucklandiae radix | <i>Mu xiang</i> |
| Medicated leaven | Massa medicata fermentata | <i>Shen qu</i> |
| Dry fried Millet or Rice sprout | Setariae praeparata fructus germinantus | <i>Chao gu ya</i> |
| Trichosanthes root | Trichosanthis radix | <i>Tian hua fen</i> |
| Chrysanthemum flower | Chrysanthemi flos | <i>Ju hua</i> |
| Red tangerine peel | Citri rubrum exocarpium | <i>Ju hong</i> |
| Gastrodia rhizome | Gastrodiae rhizoma | <i>Tian ma</i> |
| Chinese mint herb | Menthae haplocalycis herba | <i>Bo he</i> |

Peaceful Earth is based on a modern formula, Healthy Quiet Pills (*Kang Ning Wan*), commonly used for occasional stomach and epigastric discomfort as a result of food stagnation. Food stagnation, an Interior excess pattern, results from stagnation of Damp, Phlegm and Qi.

Peaceful Earth also helps to safeguard against exterior invasion, occasional stomach distress from impure water or unsafe food or drink and can be taken regularly when traveling to protect from these hazards.

Peaceful Earth's approach to occasional gastrointestinal discomfort and food stagnation includes dispelling Dampness, fortifying the Spleen, regulating Stomach Qi, releasing the Exterior and relieving stagnation. Some warm, some cold, the herbs in this formula are balanced to yield a formula suitable for most types of Stomach discomfort associated with Dampness, including Damp Heat, Summer Heat or Damp digestive imbalances lacking a temperature differentiation.

When Spleen Qi fails in its function to transport and transform, Dampness accumulates, and to this end, several Spleen tonifying herbs are included to harmonize the Middle Burner and support digestion. Poria, Job's tears seed and Saussurea root tonify Spleen, leach Dampness, harmonize and warm the Middle Burner, clear Damp Heat, and calm the Spirit.



CHINESE HERBAL ACTIONS

Dispels food stasis, harmonizes the Stomach, descends rebellious Stomach Qi, dispels Damp, relieves stagnation.

PHYSICAL INDICATIONS

- Supports a healthy digestive system.
- Supports healthy elimination.
- Supports healthy gastrointestinal functions.
- Occasional food stagnation accompanied by abdominal distension.
- Occasional loose stools.
- Occasional fullness in the stomach.



Cang-zhu atractylodes rhizome and Magnolia bark strongly dry Damp and strengthen the Spleen, addressing Dampness obstructing the Middle Burner and blocking the transportive and transformative functions of the Spleen. They promote the movement of Qi in the Middle Burner, directing it downward, and reduce the sensation of fullness in the stomach. Medicated leaven reduces food stagnation, harmonizes the Stomach, addresses Stomach Cold and promotes the flow of Qi. Dry fried Millet or Rice sprout reduces food stagnation and strengthens the Stomach, supports healthy digestion and addresses occasional loss of appetite associated with Spleen deficiency.

Patchouli herb and Red tangerine peel release the Exterior, transform Dampness obstructing the Middle Burner and harmonize the Middle. Fragrant angelica root and Kudzu root release the Exterior, relieve stagnation and expel Wind, relieve Heat and generate fluids.

Trichosanthes root drains Heat, generates fluids and invigorates Blood. Chrysanthemum flower, Gastrodia rhizome and Chinese mint herb disperse Wind, clear Heat, cool and tonify the Liver, and alleviates stagnation.

Several formulas address similar patterns. **Peaceful Earth** addresses a pattern of food stagnation while simultaneously strengthening the Spleen Qi and expelling Wind. **Stomach Support** addresses Stomach Fire with concurrent Stomach and Kidney Yin deficiency. **Digestive Harmony Formula** addresses excess patterns of food stagnation. **Wei Te Ling** calms rebellious Stomach Qi and harmonizes and strengthens the Middle Burner.

Spleen Qi deficiency with accumulated Dampness often underlies food stagnation and digestive disturbances. Once food stagnation has been resolved, formulas to strengthen the Spleen are recommended, such as **Shen Ling Spleen Support** or **Six Gentlemen**.

ORIGINS AND DEVELOPMENT

Peaceful Earth (*Kang Ning Wan*) is a modern empirical formula based on Agastache Qi Correcting Formula (*Huo Xiang Zheng Qi Tang*), first recorded in the *Imperial Grace Formulary of the Tai Ping Era* (*Tai Ping Hui Min He Ji Ju Fang*), with later modifications given in the *Systematic Differentiation of Warm Disharmonies* (*Wen Bing Tiao Bian*) by Wu Ju-Tong.

ORGANS

Spleen, Stomach.

ELEMENT

Earth.

PULSE

Moderate, slippery or soggy.

TONGUE

Greasy or slimy coat that can be a white or a creamy color.

COMPLEMENTARY ACUPUNCTURE POINTS

Urinary Bladder 20, 43, Conception Vessel 12, Liver 13, Stomach 25, 36, 44, Spleen 3, 4, 9, Pericardium 6.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated for nursing mothers.
- Use with caution during pregnancy.

Peaceful Shen

Wen Dan Tang

Shi Wei Wen Dan Tang

Phlegm Heat accumulation, disharmony between Stomach and Gallbladder, Heart and Gallbladder deficiency

INGREDIENTS

| | | |
|--|---------------------------------------|--------------------------|
| Tangerine dried rind of mature fruit | Citri reticulatae pericarpium fructus | <i>Chen pi</i> |
| Licorice cured Pinellia rhizome | Pinelliae praeparata rhizoma | <i>Fa ban xia</i> |
| Dry fried Bitter orange immature fruit | Aurantii praeparata fructus immaturus | <i>Chao zhi shi</i> |
| Bamboo shavings | Bambusae caulis in taenia | <i>Zhu ru</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |
| Red jujube fruit | Jujubae fructus | <i>Hong zao</i> |
| Dry fried Sour jujube seed | Ziziphi spinosae praeparata semen | <i>Chao suan zao ren</i> |
| Polygala root | Polygalae radix | <i>Yuan zhi</i> |
| Ginger rhizome | Zingiberis rhizoma | <i>Gan jiang</i> |

Peaceful Shen is a blend of the traditional formulas, Warm the Gallbladder Decoction (*Wen Dan Tang*), and Ten Ingredient Decoction to Warm the Gallbladder (*Shi Wei Wen Dan Tang*). Warm the Gallbladder Decoction eases disharmony between the Gallbladder and Stomach when there is an accumulation of Phlegm Heat, while Ten Ingredient Decoction to Warm the Gallbladder transforms Phlegm, calms the Heart and addresses disturbance of Spirit due to Heart and Gallbladder deficiency. **Peaceful Shen's** scope is expanded to more specifically address Gallbladder and Stomach disharmony, to transform Phlegm Heat, and to tonify Gallbladder and Heart. It is appropriate to address Spirit (*Shen*) disturbances, as well as Stomach and Gallbladder Heat with Phlegm accumulation.

Peaceful Shen drains Phlegm Heat, restores the natural flow of Qi, harmonizes the interactions of the Stomach and Gallbladder while tonifying Gallbladder and Heart. It reduces occasional anxiety and irritability, and supports healthy digestion, restoring a peaceful Spirit and Mind.

The herbs in this formula principally align in two distinct categories: herbs that address Phlegm and rebellious Qi, and herbs that settle the Spirit and calm the Heart. Tangerine dried rind of mature fruit, Bamboo shavings, dry fried Bitter orange immature fruit and licorice cured Pinellia rhizome all direct rebellious Qi downward and transform Phlegm. Tangerine dried rind of mature fruit and licorice cured Pinellia rhizome adjust the Middle, dry Dampness, transform Phlegm, promote the flow of Qi and direct it downward. Bamboo shaving clears and transforms



CHINESE HERBAL ACTIONS

Transforms and clears Phlegm Heat, harmonizes the Gallbladder and Stomach, regulates Qi, directs rebellious Qi downward, tonifies the Heart and Gallbladder, calms the Spirit (*Shen*).

PHYSICAL INDICATIONS

- Supports emotional wellbeing
- Supports healthy lungs.
- Supports healthy digestion.
- Occasional insomnia.
- Occasional fatigue.
- Occasional dizziness.

Phlegm Heat, cools the Stomach and Gallbladder and releases constraint. Dry fried Bitter orange immature fruit breaks up stagnant Qi, reduces accumulation, transforms Phlegm and addresses occasional focal distention.

Poria, Red jujube fruit, dry fried Sour jujube seed and Polygala root all nourish the Spleen and the Heart and calm the Spirit. Poria tonifies the Spleen, harmonizes the Middle Burner, transforms Phlegm, quiets the Heart and calms the Spirit. Red jujube fruit tonifies the Spleen, augments the Qi, nourishes the Blood, calms the Spirit, and moderates and harmonizes the other herbs in the formula. Dry fried Sour jujube seed nourishes the Heart Yin, augments Liver Blood and quiets the Spirit. Polygala root calms the Spirit, quiets the Heart, expels Phlegm and harmonizes the Heart and Kidneys.

Chinese licorice root and rhizome tonifies Qi, supports the Spleen and, together with Ginger rhizome, protects the digestion and harmonizes the other herbs in this formula.

Similar formulas that also address Phlegm patterns include: **Ascending Clarity** to address a pattern of Spleen Qi deficiency that is generating Phlegm and Wind obstructing the head. **Clear Mind** to address a pattern of Kidney and Heart Yin deficiency combined with Liver and Heart Blood deficiency with simultaneous Phlegm clouding the Brain orifice. **Lucid Channel** to address a pattern of generalized Phlegm accumulation while also supporting Spleen Qi.

ORIGINS AND DEVELOPMENT

Warm the Gallbladder Decoction (*Wen Dan Tang*) and Ten Ingredient Decoction to Warm the Gallbladder (*Shi Wei Wen Dan Tang*) are the two classical herbal formulas on which **Peaceful Shen** is based. Warm the Gallbladder Decoction may be found in the *Golden Mirror (Yi Zong Jin Jian)*, compiled in 1742 A.D. by Wu Qian. The associated formula, Ten Ingredient Decoction to Warm the Gallbladder was recorded by Wang Ken-Tang in *Standards of Patterns (Zheng Zhi Zhun Sheng)* sometime during the early seventeenth century.



ORGANS

Liver, Gallbladder, Stomach, Heart.

ELEMENTS

Wood, Earth, Fire.

PULSE

Rapid, slippery or wiry.

TONGUE

Swollen red or normal with yellow coating, Stomach or Stomach Heart midline crack lined with yellow coating.

COMPLEMENTARY ACUPUNCTURE POINTS

Triple Warmer 5, 10, Gallbladder 34, 40, 43, 44, Pericardium 6, Spleen 4, 6, Conception Vessel 12, Urinary Bladder 18, 19, Liver 3, Stomach 40.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated in Yin or Blood deficiency caused by Spirit (*Shen*) disturbances.
- Use with caution during pregnancy.

Peaceful Sleep

An Mian Pian

Heart Blood deficiency with Heat, unsettled *Shen*, food stagnation

INGREDIENTS

| | | |
|-----------------------------------|-----------------------------------|--------------------------|
| Dry fried Sour jujube seed | Ziziphi spinosae praeparata semen | <i>Chao suan zao ren</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Polygala root | Polygalae radix | <i>Yuan zhi</i> |
| Gardenia fruit | Gardeniae fructus | <i>Zhi zi</i> |
| Medicated leaven | Massa medicata fermentata | <i>Shen qu</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |
| Silk tree bark | Albiziae cortex | <i>He huan pi</i> |

Peaceful Sleep is based on the modern formula *An Mian Pian*. It addresses occasional difficulties in either falling asleep or staying asleep due to an unsettled *Shen*, Heart Heat and Blood deficiency, especially with concurrent underlying food stagnation or stagnation in the Middle Burner.

Spirit (*Shen*) is housed in the Heart, and is reflective of our ability for calmness, clarity of mind, orderly thought and a peaceful way of engaging in the world. While sleeping, our Spirit settles inward and excess Heat can interfere with this process, causing occasional disturbed sleep. Just as Fire flares upward, Heat easily rises up in the body, invading organs such as Lungs and Heart. As Heat continues to build and rise upward, like a pot of boiling water, the Heart-Mind becomes agitated, disordered and chaotic. As Heat lingers, it can easily burn up and dry out Blood.

The Spleen is responsible for the production of new Blood from the Essence extracted from the *Gu* Qi or postnatal Qi from food. In order for the Spleen to have enough energy to build Blood, there needs to be adequate rest. With lack of sleep, the Spleen Qi can become depleted and the Liver Qi tends to stagnate and generates further Heat. As the Blood becomes deficient, it is harder for the Spirit to rest at night. When Spleen is deficient, Phlegm can easily begin to generate and rise upward to further cloud the Heart and *Shen*. This creates a self-perpetuating cycle.

Peaceful Sleep calms the Spirit, clears Heat from both the Liver and the Heart, nourishes the Blood, moves stagnation lodged in the Middle Burner, and strengthens the Spleen.

The chief herb, dry fried Sour jujube seed, nourishes the Heart and the Blood, calms the Spirit, and is a quintessential herb for occasional disturbed sleep, irritability and anxiety due to either Blood deficiency or Yin deficiency with upward flaring Fire. Polygala root, in tandem with dry fried Sour jujube seed, calms the Spirit, disperses Phlegm accumulation and opens the orifice of the Heart. Polygala root more directly addresses the excess part of the pattern.



CHINESE HERBAL ACTIONS

Calms the *Shen*, nourishes Blood, clears Heat from the Heart and Liver, transforms Phlegm, tonifies Spleen, disperses food stagnation.

PHYSICAL INDICATIONS

- Supports a restful sleep.
- Supports emotional wellbeing.
- Occasional red or irritated eyes.



Poria quiets the Heart and calms the Spirit, tonifies the Spleen, and drains Damp accumulation. Gardenia fruit drains Damp Heat downward and out through the urine, cools the Blood and breaks up accumulations. Medicated leaven harmonizes the Middle Burner, and disperses accumulation. It facilitates the digestion of the formula and prevents further stagnation from occurring in the Middle Burner. Chinese licorice root and rhizome strengthens the Spleen and Stomach and harmonizes the actions of the other herbs in the formula.

Silk tree bark has been added to the original formula to further calm the Spirit and release constrained Liver Qi.

The following formulas have similar and related actions. **Compassionate Sage**, calms the Spirit and strengthens Heart Qi. **Gather Vitality**, calms the Spirit, tonifies Blood and strongly focuses on strengthening the Spleen Qi. **Celestial Emperor's Blend** addresses Heart and Kidney Yin deficiency or Heart and Kidney not communicating. **Rescue the Spirit** addresses Phlegm that is clouding the Heart orifice, with underlying Blood, Qi and/or Yin deficiency. **Zizyphus Sleep Formula** addresses Liver and Heart Blood deficiency disturbing the Spirit (*Shen*).

For further support of Spleen Qi, combine with **Four Gentlemen** or **Six Gentlemen**.

ORIGINS AND DEVELOPMENT

Peaceful Sleep Tablets (*An Mian Pian*) is a modern formulation.

ORGANS

Liver, Heart.

ELEMENTS

Wood, Fire.

PULSE

Rapid, possibly wiry.

TONGUE

Red tongue, especially on sides or tip.

COMPLEMENTARY ACUPUNCTURE POINTS

Heart 3, 6, 7, Stomach 36, Pericardium 6, *An Mian*, Ear *Shenmen*, Kidney 3, 6, Urinary Bladder 11, 15.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during pregnancy.
- Contraindicated in exterior invasion.

Peony and Licorice Formula

Shao Yao Gan Cao Tang

Liver Yin and Blood deficiency with stagnation

INGREDIENTS

| | | |
|-----------------------------------|--------------------------------------|-----------------|
| White peony root | <i>Paeoniae alba radix</i> | <i>Bai shao</i> |
| Chinese licorice root and rhizome | <i>Glycyrrhizae radix et rhizoma</i> | <i>Gan cao</i> |

Peony and Licorice Formula is based on Peony and Licorice Decoction (*Shao Yao Gan Cao Tang*), a classical formula addressing Liver Yin and Blood deficiency patterns. The Liver is in charge of storing and distributing the Blood to the sinews, and when the Blood is deficient, the sinews are not nourished, causing stagnation. This formula is also indicated for a Liver and Spleen disharmony pattern in which Liver is constrained due to undernourishment and deficiency. When Liver Blood is deficient or Liver overwhelms the Spleen, it can lead to Wind-like manifestations such as occasional chills, cramping, muscle agitation, or spasm. The occasional presence of slight chills indicates the reaction of the weakened Yang, resulting from injury to the Yin.

Peony and Licorice Formula consists of two herbs, White peony root and Chinese licorice root and rhizome, addressing Liver Yin and Blood deficiency. White peony root nourishes the Blood and augments the Yin. It enters the Spleen, softens the Liver and alleviates stagnation, addressing the primary aspect of this pattern. Liver Qi has a tendency to rebel transversely, overbearing the Spleen, and White Peony root effectively addresses an overacting Liver. Chinese licorice root and rhizome clears Heat, augments the Qi of the Middle Burner, especially of the Spleen, and moderates occasional spasms, especially of the leg and abdomen.

Their sweet and sour natures form a synergistic combination to soften the Liver and address occasional muscle spasms, through nourishing Liver Blood and invigorating Liver Qi. They generate fluids, nourish the sinews and regulate the interdependent relationship between Liver and Spleen.

Because **Peony and Licorice Formula** is a simple formulation, it can easily be combined with any other formula to enhance their Liver Yin and Blood tonification properties.

ORIGINS AND DEVELOPMENT

Peony and Licorice Decoction (*Shao Yao Gan Cao Tang*) can be found in *Treatise on Cold Damage (Shang Han Lun)*, Zhang Zhong-Jing, 150-219 C.E.



CHINESE HERBAL ACTIONS

Nourishes the Blood, tonifies Yin, relieves stagnation.

PHYSICAL INDICATIONS

- Supports healthy muscles.
- Supports healthy bones, joints and muscles.
- Occasional muscle spasm.
- Supports healthy gastrointestinal functions.
- Occasional irritability.

ORGANS

Liver, Spleen.

ELEMENTS

Wood, Earth.

PULSE

Thready.

TONGUE

Light red or pale, little coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Liver 3, 5, 8, Pericardium 6, Spleen 6, 10, Kidney 7, 10, Urinary Bladder 17, 20, 38, 57, Lung 5, *Ahi Shi* locally.

CAUTIONS AND CONTRAINDICATIONS

- None.

Pinellia Dispersing Formula

Qing Qi Hua Tan Wan

Phlegm Heat in the Lungs

INGREDIENTS

| | | |
|--|---------------------------------------|---------------------|
| Bile prepared Arisaema rhizome | Arisaema Cum bile rhizoma | <i>Dan nan xing</i> |
| Licorice cured Pinellia rhizome | Pinelliae praeparata rhizoma | <i>Fa ban xia</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Trichosanthes seed | Trichosanthis semen | <i>Gua lou ren</i> |
| Chinese skullcap root | Scutellariae radix | <i>Huang qin</i> |
| Red tangerine peel | Citri rubrum exocarpium | <i>Ju hong</i> |
| Apricot seed | Armeniaca amarum semen | <i>Xing ren</i> |
| Dry fried Bitter orange immature fruit | Aurantii praeparata fructus immaturus | <i>Chao zhi shi</i> |

Pinellia Dispersing Formula is based on Clear the Qi and Transform Phlegm Pill (*Qing Qi Hua Tan Wan*), which has its roots in Two Cured Decoction (*Er Chen Tang*). This formula addresses a pattern of Phlegm Heat clumping in the Lungs. Phlegm Heat often accumulates in the Interior, from either an external invasion that has become lodged in the Interior or from Internal Heat. The Spleen is unable to move the fluids and Internal Fire dries and thickens the body fluids, turning them into Phlegm. This Phlegm Heat in turn can obstruct the normal dissemination of the Lung Qi. Fire and Phlegm can also obstruct the Qi of the Middle Burner, which can manifest as occasional focal distention and a feeling of fullness in the chest region. **Pinellia Dispersing Formula** drains Heat and transforms Phlegm, clears Fire and regulates the Qi.

The herbs in **Pinellia Dispersing Formula** are focused on three principles: transforming Phlegm, clearing Lung Heat and moving Qi. The chief herb in this formula, bile prepared Arisaema rhizome strongly addresses Phlegm and Fire, clears and transforms Phlegm Heat, and extinguishes Wind. Chinese skullcap root assists the chief herb by clearing Heat and drying Dampness. Trichosanthes seed clears and transforms Phlegm Heat, expands the chest and addresses accumulation of Phlegm in the chest. These two herbs work together to clear Lung Heat and transform Hot Phlegm, augmenting the actions of the chief herb.

Licorice cured Pinellia rhizome dries Dampness in order to transform Phlegm, and directs rebellious Qi to descend. Red tangerine peel dries Dampness, transforms Phlegm and combines with Licorice cured Pinellia rhizome to address Phlegm Dampness.

Dry fried Bitter orange immature fruit breaks up stagnant Qi, reduces accumulation, transforms Phlegm and expels focal distention. Apricot seed directs the Lung Qi downward and dispels Wind Cold from the Lungs. Poria strengthens the Spleen, leaches out Dampness, harmonizes the Middle Burner and quiets the Heart.



CHINESE HERBAL ACTIONS

Resolves Phlegm, clears Heat, diffuses the Lung Qi and directs it downward, supports healthy Lung functions, regulates the Qi.

PHYSICAL INDICATIONS

- Supports healthy Lungs and respiratory system.
- Occasional fullness in the chest and diaphragm.

Pinellia Dispersing Formula contains no Wind releasing herbs. For more acute Wind Heat patterns, it may be preceded by or combined with **Gan Mao Ling** or **Initial Defense** from the Kan Herbs line.

Similar formulas to clear Heat include: **Qing Fei Clearing Formula** which clears Lung Heat and Liver Fire and clears Phlegm Heat from the Lung; and **BreathEase** which clears Phlegm Heat accumulation in the Lungs with a possible Wind Cold Invasion.

Exterior releasing formulas include **Calm Breath Formula** which clears Heat from the Lungs caused by an external invasion, moistens Lungs and transforms Phlegm; **Great White Lung Formula** which clears a Wind Heat or Wind Cold invasion transforming into Heat in the Lung and clears Phlegm; **Lung Qi Release** which warms and releases an exterior lingering invasion; and **Blue Green Lung Formula** which releases an exterior Wind Cold invasion, warms the Lungs and transforms Phlegm.

ORIGINS AND DEVELOPMENT

Clear the Qi and Transform Phlegm Pill (*Qing Qi Hua Tan Wan*) was originally recorded in *Jing-Yue's Complete Works (Jing Yue Chuan Shu)*, by Zhang Jing-Yue in 1624. It is a variation of Two-Cured Decoction (*Er Chen Tang*). Its basic strategy was explained by Wang Ang in *Analytic Collection of Formulas*: "When there is a surfeit of Qi, Fire results; when there is a surfeit of fluids, Phlegm results. Therefore, in addressing Phlegm it is necessary first to direct the fluids downward, and in addressing Fire it is necessary to smooth the flow of Qi." Our formulation is true to the original.



ORGAN

Lung.

ELEMENT

Metal.

PULSE

Slippery and rapid.

TONGUE

Red with a greasy, yellow coating.

COMPLEMENTARY ACUPUNCTURE POINTS

Lung 5, 10, Spleen 6, Large Intestine 11, Stomach 40, Ren 12.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during pregnancy.

Plum Pit Qi

Ban Xia Hou Po Tang

Liver Qi stagnation, Liver and Stomach disharmony with rebellious Qi of the Lungs and Stomach producing Phlegm

INGREDIENTS

| | | |
|---------------------------------|------------------------------|-------------------|
| Licorice cured Pinellia rhizome | Pinelliae praeparata rhizoma | <i>Fa ban xia</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Ginger rhizome | Zingiberis rhizoma | <i>Gan jiang</i> |
| Magnolia bark | Magnoliae officinalis cortex | <i>Hou po</i> |
| Perilla leaf | Perillae folium | <i>Zi su ye</i> |

Plum Pit Qi is a faithful rendition of the classical formula Pinellia and Magnolia Combination (*Ban Xia Hou Po Tang*). It is indicated for “Plum Pit Qi” (*Mei He Qi*), which refers to a sensation like if the “pit of a plum” is stuck in the throat, that cannot be cleared or swallowed. This is a pattern where the stagnation of Qi and the formation of Phlegm are mutually reinforcing. There is frequently an emotional component to this manifestation.

The root pattern in **Plum Pit Qi** is an obstruction of the Qi dynamic that is centered on the downward directing functions of the Lungs and Stomach, causing fluid stagnation that transforms into Phlegm and which in turn inhibits the ascent of the clear Yang. On an emotional level, failure or reluctance to ingest can be seen as an inability to accept certain circumstances and the inability to expel relates to difficulty in full expression. Physically, this pattern may also produce occasional flank discomfort or a sensation of stuffiness in the chest.

Over a long period of time, unexpressed emotions damage the *Shen* and impede the harmonious interaction of internal organs — both their functionality and their normal directions of movement. Qi stagnates and the Stomach and Lungs are unable to move energy downward. When rebellious Qi rises, fluids are not properly transformed and transported, leading to the accumulation of Phlegm in the throat and chest.

The concept of Phlegm not only encompasses the tangible substance derived from accumulated mucous secretions, but also a more insubstantial form which lodges in the channels and can lead to accumulations and, in the case of **Plum Pit Qi**, emotional disturbances.

Plum Pit Qi moves stagnant Qi, transforms Phlegm and accumulation, redirects rebellious Qi downward, and soothes the emotions.

Licorice cured Pinellia rhizome and Magnolia bark are the chief herbs in this formula. Licorice cured Pinellia rhizome addresses the major aspects of this pattern; it dries Dampness, transforms Phlegm, dissipates accumulations, directs rebellious Qi downward, and harmonizes the Stomach. Magnolia bark dissipates accumulations, moves Qi downward, dries Dampness,



CHINESE HERBAL ACTIONS

Promotes the movement of Qi, relieves stagnation, descends rebellious Qi and transforms Phlegm.

PHYSICAL INDICATIONS

- Supports emotional wellbeing.
- Supports a healthy throat.
- Occasional stifling sensation in the chest or hypochondria region.
- Occasional anxiety, depressed mood, or insomnia, especially when accompanied by abdominal discomfort or bloating.

transforms Phlegm, promotes the movement of Qi in the Middle Burner and resolves stagnation. Together they address both Qi stagnation and the formation of Phlegm.

Poria leaches out Dampness, and supports licorice cured Pinellia rhizome in transforming Phlegm. It tonifies the Spleen, harmonizes the Middle Burner, transforms Phlegm, quiets the Heart and calms the Spirit. Perilla leaf promotes the movement of Qi, warms the Middle Burner, supports the Spleen, and helps to direct the formula upward. Ginger rhizome harmonizes the Stomach, warms the Middle, warms the Lungs and expels Cold.

In circumstances in which there is more Qi stagnation presenting, use **Augmented Plum Pit Qi** instead.

Other formulas that address Phlegm patterns include **Ascending Clarity**, **Peaceful Shen**, **Clear Mind**, and **Lucid Channel** from the Kan Herbs line. **Ascending Clarity** addresses a pattern of Spleen Qi deficiency that is generating Phlegm and internal Wind obstructing the head. **Peaceful Shen** addresses Gallbladder and Stomach disharmony, Phlegm Heat rising upward and Heart and Gallbladder deficiency. **Clear Mind** addresses a pattern of Kidney and Heart Yin deficiency combined with Liver and Heart Blood deficiency with simultaneous Phlegm clouding the Brain orifice. **Lucid Channel** addresses a pattern of generalized Phlegm accumulation while also supporting Spleen Qi.

ORIGINS AND DEVELOPMENT

From *Jin Gui Yao Lue, Prescriptions from the Golden Cabinet*, Zhang Zhong-Jing, 150-219 C.E.



ORGANS

Liver, Spleen, Stomach.

ELEMENTS

Wood, Earth.

PULSE

Wiry and slippery.

TONGUE

Greasy white coat, red sides, dark body.

COMPLEMENTARY ACUPUNCTURE POINTS

Conception Vessel 12, 22, Liver 3, 13, Spleen 4, Pericardium 6, Stomach 36, 40.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated in cases with Yin deficiency.
- Use with caution during pregnancy.

Prostate Support

Qian Lie Xian

Damp Heat, Blood stagnation and fluid accumulating in the Lower *Jiao*

INGREDIENTS

| | | |
|-----------------------------------|-------------------------------------|----------------------------|
| Phellodendron bark | Phellodendri cortex | <i>Huang bai</i> |
| Bushy knotweed rhizome and root | Polygoni Cuspidati rhizoma et radix | <i>Hu zhang</i> |
| Radish seed | Raphani semen | <i>Lai fu zi</i> |
| Epimedium herb | Epimedii herba | <i>Yin yang huo</i> |
| Vaccaria seed | Vaccariae semen | <i>Wang bu liu xing</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Achyranthes root | Achyranthis bidentatae radix | <i>Huai niu xi</i> |
| Plantain seed | Plantaginis semen | <i>Che qian zi</i> |
| Lycium fruit | Lycii fructus | <i>Gou qi zi</i> |
| Astragalus root | Astragali radix | <i>Huang qi</i> |
| Asiatic cornelian cherry | Corni fructus | <i>Shan zhu yu</i> |
| Tree peony root bark | Moutan cortex | <i>Mu dan pi</i> |
| Chinese cinnamon bark | Cinnamomi cortex | <i>Rou gui</i> |
| Oldenlandia herb | Hedyotis diffusae herba | <i>Bai hua she she cao</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |

Prostate Support addresses a complex and seemingly contradictory pairing of patterns. It simultaneously drains Damp Heat that is accumulating in the Lower *Jiao* while warming deficient Kidney Yang. The result is a formula that is effective for moving Damp Heat stagnation while draining fluid accumulation from the prostate region in the Lower *Jiao*.

Kidney Yang is the fundamental Fire of the body and is responsible for the *Mingman* Fire, which gives the body vibrancy, vitality and warmth. Men are Yang in nature, and they tend to become Yang deficient as the aging process occurs. With Kidney Yang deficiency, urination will have a tendency to be clear and copious with a possible weaker stream. It will also manifest with occasional cold hands and feet, weakness of the lower back or knees, occasional frequent urination or occasional loose stools.

With the depletion of Kidney Yang, it is also common to see a deficiency of Spleen Qi. The Fire from the Kidneys is no longer available to warm the Spleen, thus hampering the transformation and transportation functions and engendering Dampness. Over a long period of time, this Dampness stagnates and transforms into Damp Heat which obstructs the Lower *Jiao*.

The quality of urination will be different, depending on whether the Kidney Yang or the Damp Heat pattern is strongest. If Damp Heat is more predominant, there will be more Heat



CHINESE HERBAL ACTIONS

Drains Fire and Damp Heat from the Lower *Jiao*, invigorates the Blood, warms the Kidney Yang, supports healthy urination.

PHYSICAL INDICATIONS

- Supports a healthy urinary system.
- Supports healthy water metabolism.
- Supports a healthy reproductive system, especially for men.
- Occasional inguinal, lower back or perineal discomfort.

signs present, manifesting as yellow to dark yellow urination, small amount and/or sensations of Heat while urinating. With Kidney Yang deficiency, urination will have a tendency to be clear and copious with a possible weaker stream.

Regardless of whether the stronger Cold signs associated with Kidney Yang deficiency or the more excess signs of Lower *Jiao* Damp Heat accumulation are dominant, there will typically be occasional urinary dribbling.

Prostate Support clears Damp Heat from the prostate region and the Lower *Jiao*, invigorates Blood, transforms Phlegm, warms Kidney Yang and dispels stagnation. It also supports healthy water metabolism through the Lower *Jiao*, and addresses possible Blood or fluid stagnation.

Phellodendron bark, Bushy knotweed rhizome and root and Plantain seed combine to drain Damp Heat accumulation through the Lower *Jiao*, and to direct Fire downward. Oldenlandia herb cools Heat, strongly resolves Fire and promotes the evacuation of Dampness through the urine. Tree peony root bark cools Heat, from either excess or deficiency, gently invigorates the Blood without injuring it or the Yin, and clears Fire from the Blood.

Radish seed facilitates the smooth flow of Spleen Qi and transform Phlegm. Poria strengthens the Spleen, supports healthy water metabolism and calms the Spirit. Chinese licorice root and rhizome tonifies the Spleen, augments the Qi, clears Heat, and harmonizes the actions of the other herbs in the formula. Vaccaria seed invigorates the Blood and dispels accumulation.

Epimedium herb and Chinese cinnamon bark warm the Yang, strengthen the Kidneys and the *Mingmen* Fire. Astragalus root strengthens Yang and the Original Qi while simultaneously supporting healthy urination. Achyranthes root strengthens the Liver and Kidneys, invigorates the Blood, and helps to guide the actions of the other herbs downward. Lycium fruit and Asiatic cornelian cherry nourish the Yin, tonify the Liver and Kidneys, secures the primal Qi, and contain the leakage of fluid due to a weak Essence.

Combine with **Dispel Stasis in the Lower Burner** for stronger Blood invigoration. Combine with **Water's Way for** a stronger healthy water metabolism support. To address stronger Kidney Yang deficiency, combine with **True Warrior Formula** or **Rehmannia Eight**.

ORIGINS AND DEVELOPMENT

Qian Lie Xian.



ORGANS

Liver, Kidney.

ELEMENTS

Wood, Water.

PULSE

Slippery, possibly rapid.

TONGUE

Yellow coat in the back of the tongue.

COMPLEMENTARY ACUPUNCTURE POINTS

Ren 3, 4, 6, Liver 2, 3, 5, Kidney 3, 6, 7, 10, Spleen 6, 9, Large Intestine 11.

CAUTIONS AND CONTRAINDICATIONS

- Caution with underlying Yin deficiency.

Qing Fei Clearing Formula

Qing Fei Yi Huo Pian

Lung Heat with Phlegm, Liver Fire

INGREDIENTS

| | | |
|----------------------------------|---------------------------|---------------------|
| Chinese skullcap root | Scutellariae radix | <i>Huang qin</i> |
| Chinese rhubarb rhizome and root | Rhei radix et rhizoma | <i>Da huang</i> |
| Platycodon root | Platycodonis radix | <i>Jie geng</i> |
| Trichosanthes root | Trichosanthis radix | <i>Tian hua fen</i> |
| Gardenia fruit | Gardeniae fructus | <i>Zhi zi</i> |
| Shrubby sophora root | Sophorae flavescens radix | <i>Ku shen</i> |
| Anemarrhena rhizome | Anemarrhenae rhizoma | <i>Zhi mu</i> |
| Peucedanum root | Peucedani radix | <i>Qian hu</i> |

Qing Fei Clearing Formula, based on the formula Lung Clearing Fire Eliminating Tablets (*Qing Fei Yi Huo Pian*), is indicated for Lung Heat with Phlegm that is aggravated by Liver Fire. The Liver and Lungs normally work together to ensure the smooth flow of Qi throughout the chest. However, if the Liver Qi becomes excessive and transforms into Fire, it may rise up to the Lungs and obstruct the descent of the Lung Qi, causing occasional congestion, fluid depletion, occasional flank discomfort and occasional breathlessness. There may also be the typical manifestations of Liver Fire, such as a bitter taste in the mouth, irritability, easily provoked anger, red cheeks and a red tongue with a yellow coating.

Phlegm Heat in the Liver and Lungs also leads to a generalized sensation of heat throughout the body and, as the Heat ascends, a heavy sensation of the head, occasional dizziness and insomnia. This formula also addresses an exterior invasion that has not been properly cleared, and instead has sunk deeper into the Lungs, transforming into Fire. **Qing Fei Clearing Formula** clears Heat from the Lungs, reduces the counterflow of Liver Fire, moistens the throat and increases fluids.

Chinese skullcap root, the chief herb in this formula, clears Heat in the Upper Burner and dries Dampness. Chinese rhubarb rhizome and root, Shrubby sophora root, and Gardenia fruit drain Heat, purge accumulations, transform Dampness, support healthy urination and invigorate the Blood.

Platycodon root opens up and disseminates Lung Qi, dispels Phlegm, benefits the throat and directs the actions of the other herbs to the upper regions of the body. It also reinforces the clearing and draining actions of the other herbs in the formula.

Trichosanthes root clears and drains Lung Heat, cools Stomach Heat, transforms Phlegm, generates fluids and invigorates Blood. Anemarrhena rhizome clears Heat, drains Fire, enriches the Yin, moistens dryness and generates fluids. Peucedanum root directs Qi downward, assists the dissemination of Lung Qi, directs Fire downward and transforms Phlegm.



CHINESE HERBAL ACTIONS

Clears Lung Heat, quells Liver Fire, resolves Phlegm Heat, moistens Lungs and throat.

PHYSICAL INDICATIONS

- Supports healthy lung functions.
- Moistens the lungs.
- Benefits the throat.
- Occasional irritability.
- Occasional dizziness.
- Occasional insomnia.
- Occasional thirst.

This formula clears Lung Heat and drains Liver Fire through a purging action and must only be used with Fire symptoms.

Similar formulas to clear Heat include **BreathEase** to clear Phlegm Heat accumulation in the Lungs with a possible Wind Cold Invasion; and **Pinellia Dispersing Formula** to clear Phlegm Heat from the Lungs.

Exterior releasing formulas include **Calm Breath Formula** to clear Heat from the Lungs caused by an external invasion, moisten Lungs and transform Phlegm; **Great White Lung Formula** to clear Wind Heat or Wind Cold invasion transforming into Heat in the Lung and to clear Phlegm; and **Lung Qi Release** to warm and release an exterior lingering invasion.

Combine with **Gan Mao Ling**, **Yin Qiao** or **Initial Defense** if Wind Heat invasion is present.

ORIGINS AND DEVELOPMENT

Lung Clearing Fire Eliminating Tablets (*Qing Fei Yi Huo Pian*) is a modern formula based on the classic formula *Qing Qi Hua Tan Wan*, published in *Shou Shi Bao Yuan (Longevity and Health)*, Ming Dynasty, 1368-1644.



ORGANS

Lung, Liver.

ELEMENTS

Metal, Wood.

PULSE

Wiry, rapid and slippery.

TONGUE

Red with a dry, dark yellow coating.

COMPLEMENTARY ACUPUNCTURE POINTS

Liver 2, 15, Lung 1, 5, 7, 10,
Conception Vessel 17, Urinary
Bladder 13, 18, Large Intestine 11,
Stomach 40.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during pregnancy.

Rehmannia Eight

Ba Wei Di Huang Wan

Kidney Yang deficiency, Essence deficiency

INGREDIENTS

| | | |
|------------------------------|------------------------------------|---------------------|
| Prepared Rehmannia root | Rehmanniae praeparata radix | <i>Shu di huang</i> |
| Asiatic cornelian cherry | Corni fructus | <i>Shan zhu yu</i> |
| Chinese yam rhizome | Dioscoreae rhizoma | <i>Shan yao</i> |
| Asian water plantain rhizome | Alismatis rhizoma | <i>Ze xie</i> |
| Tree peony root bark | Moutan cortex | <i>Mu dan pi</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Chinese cinnamon bark | Cinnamomi cortex | <i>Rou gui</i> |
| Prepared Aconite root | Aconiti praeparata radix rateralis | <i>Zhi fu zi</i> |

Rehmannia Eight is a faithful rendition of Eight Ingredient Pill with Rehmannia (*Ba Wei Di Huang Wan*), itself a modification of Kidney Qi Pill from the *Golden Cabinet (Jin Gui Shen Qi Wan)*. It is a warmer and slightly stronger Yang tonic than the base formula. **Rehmannia Eight** is a foundational formula to tonify the Kidney Yang, and strengthen the Kidney Essence.

Kidney Yang is the Essence, the Fire, the warmth, and is a manifestation of the *Mingmen* Fire, or the Gate of Destiny. It is housed in the lower back and is said to correlate to the right Kidney.

Kidney Essence, originating between the Kidneys is the root of Kidney Qi, the basis of constitutional strength, and the foundation of the three Treasures, Essence (*Jing*), Qi, and Mind (*Shen*). Kidney Essence is comprised of both the prenatal Essence received at birth, and postnatal Essence derived from the digestion of *Gu Qi* by the Spleen and Stomach.

While the generalization that women tend toward Yin deficiency and men toward Yang deficiency is true, this is not always the case. Yang deficiency can be as prevalent for a man or a woman due to lifestyle or environmental influences. For instance, Kidney Yang can become damaged due to an externally cold environment or cold foods dampening the digestive Fire.

Rehmannia Eight warms and tonifies Kidney Yang and Kidney Essence.

The combination of prepared Rehmannia root, Asiatic cornelian cherry and Chinese yam rhizome provides the tonification for this formula. Prepared Rehmannia root strengthens and tonifies the Kidney Yin and *Jing*. Asiatic cornelian cherry strengthens the Liver and Kidney, tonifies the Essence and assists the Yang. Chinese yam rhizome tonifies the Qi and Yin of the Lungs, Spleen and Kidneys and secures the Essence.

Asian water plantain rhizome, Tree peony root bark and Poria combine to drain Dampness accumulation and turbidity downward. Asiatic water plantain rhizome regulates the water



CHINESE HERBAL ACTIONS

Warms and tonifies Kidney Yang, regulates the water passages.

PHYSICAL INDICATIONS

- Supports a graceful aging process.
- Supports a healthy water metabolism.
- Supports a healthy prostate.
- Supports healthy sexual function.
- Supports healthy Lung function.
- Supports a healthy cardiovascular system.
- Occasional back or leg discomfort.
- Occasional cold sensation in the lower body.
- Occasional fatigue.

passages, supports healthy urination, leaches out Dampness and benefits the Kidneys by draining Dampness from the Lower Burner. Tree peony root bark clears Heat due to deficiency or excess and gently invigorates Blood without injuring Blood or Yin. It also clears lurking Fire from the Blood and helps to balance the temperature of the formula. Poria supports healthy urination and drains Dampness, strengthens the Spleen, harmonizes the Stomach and calms the Spirit.

Chinese cinnamon bark and prepared Aconite root allow the Fire of the Kidney Yang to ignite and take root. Prepared Aconite root revives devastated Yang Qi, tonifies the Fire at the Gate of Vitality, expels Cold Damp accumulations, and guides the actions of the other herbs into all twelve channels. Chinese cinnamon bark fortifies the Kidney and Spleen Yang, and warms the Heart Yang. It also disperses deep Cold, warms and unblocks the channels and vessels. It leads the Fire back to its source and is the principal herb for addressing the upward floating of deficient Yang.

This formula can be combined with most other formulas whenever there is concurrent Kidney Yang deficiency. If there is concurrent Liver Qi stagnation, combine with **Free and Easy Wanderer**. If there is concurrent Spleen Qi deficiency, combine with **Four Gentlemen** or **Shen Ling Spleen Support**. If Blood deficiency is also present, combine with **Four Substances**.

ORIGINS AND DEVELOPMENT

Eight Ingredient Pill with Rehmannia (*Ba Wei Di Huang Wan*), itself a modification of Kidney Qi Pill from the *Golden Cabinet (Jin Gui Shen Qi Wan)*.



ORGANS

Kidney, Liver.

ELEMENTS

Water, Wood.

PULSE

Deep and fine, especially in the third position.

TONGUE

Pale, possibly flabby or wet with a thin, white coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Kidney 1, 3, 7, Du 4, Du 20, Stomach 36, Gallbladder 25, moxa.

CAUTIONS AND CONTRAINDICATIONS

- Caution with a Kidney Yin deficiency with Heat causing dry mouth and throat, possible red tongue with little to no coat.
- Caution with an external invasion.

Rehmannia Six

Liu Wei Di Huang Wan

Kidney and Liver Yin deficiency, Yin deficiency with deficiency Heat, Spleen deficiency

INGREDIENTS

| | | |
|------------------------------|------------------------------------|---------------------|
| Prepared Rehmannia root | Rehmanniae praeparata radix | <i>Shu di huang</i> |
| Asiatic cornelian cherry | Corni fructus | <i>Shan zhu yu</i> |
| Chinese yam rhizome | Dioscoreae rhizoma | <i>Shan yao</i> |
| Asian water plantain rhizome | Alismatis rhizoma | <i>Ze xie</i> |
| Tree peony root bark | Moutan cortex | <i>Mu dan pi</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| White atractylodes rhizome | Atractylodis macrocephalae rhizoma | <i>Bai zhu</i> |
| Chinese amomum fruit | Amomi Fructus | <i>Sha ren ren</i> |

Rehmannia Six (*Liu Wei Di Huang Wan*) addresses the classical presentation of Kidney and Liver Yin deficiency. Kidneys are the foundation for all Yin and store the Essence for the body, and when the Kidney Yin becomes depleted, the Yin of the Liver, Heart and Lungs are decreased as well. Especially significant is the mutually supportive relationship between the Kidney Essence, which is stored in the Kidney and nourishes the Liver Blood, and the Liver Blood, which nourishes and replenishes Kidney Essence.

Kidney Yin deficiency may manifest in the low back or legs with occasional weakness due to the location of Kidney Qi. As the Kidneys open to the ears and the “sea of marrow”, occasional lightheadedness or dizziness may exist within this pattern. Kidney Yin deficiency may also present with occasional blurry vision or floaters. Persistent Kidney Yin deficiency will generate deficiency Heat which may contribute to the Yin being unable to retain substance, especially at the time of night associated with Yin, giving rise to occasional heat sensations in the palms and soles, or occasional night sweats.

Balance between the Heart and Kidneys is reflective of the Yang and Yin, or Fire and Water relationship, which is mutually assisting. Kidney Yin deficiency often results in a lack of control over the Yang; Fire from deficiency blazes upward to the Heart channel, manifesting as occasional dry throat or mouth, thirst, lack of sleep and night sweats.

When the Kidney and Liver Yin are deficient, Essence and Blood are not flourishing and are unable to nourish the upper part of the body. By tonifying the Kidneys, water is reinforced in order to control Fire. Both the Fire from deficiency and Phlegm can be present with a pattern of Kidney Yin and Spleen deficiency, justifying and explaining the inclusion of herbs that drain fluids and Liver Fire.

With age, the Kidney energy and Essence slowly gets depleted, and Yin is more likely to become deficient. **Rehmannia Six** addresses Kidney and Liver Yin deficiency, replenishes and



CHINESE HERBAL ACTIONS

Nourishes and supplements Kidney and Liver Yin.

PHYSICAL INDICATIONS

- Supports healthy blood sugar levels.
- Supports healthy water metabolism.
- Supports healthy blood circulation.
- Supports a healthy aging process.
- Supports healthy vision.
- Supports healthy kidney function.
- Occasional lower back discomfort or knee weakness.
- Occasional lightheadedness or dizziness.
- Occasional heat sensation in the palms and soles of the feet.
- Occasional night sweats.

restores the foundational Yin to support a healthy aging process and helps to replenish Yin after monthly blood loss. The primary intention of this formula is one of tonification. The sedating and draining herbs balance the formula, and support the actions of the tonifying herbs.

The formula is comprised of two groups of herbs, each consisting of three herbs. The first group contains the tonifying herbs. The chief herb, prepared Rehmannia root, strongly nourishes Kidney Yin and *Jing* or Essence, and in conjunction with Asiatic cornelian cherry and Chinese yam rhizome, astringe the Essence. Asiatic cornelian cherry nourishes the Liver and restrains the leakage of Essence by inhibiting the improper dispersion and drainage through the Liver, and helping the Essence to build up in the Kidneys. Chinese yam rhizome strengthens the Spleen, which is the source of postnatal Essence.

The second group of herbs mainly sedate and drain. Asian water plantain rhizome drains Dampness accumulation, clears Kidney Yin deficiency Heat, and helps to move the cloying nature of the prepared Rehmannia root. Tree peony root bark sedates Fire due to a deficiency of Liver Yin. Poria drains Dampness, strengthens the Spleen and calms the Spirit. It is paired with Chinese yam rhizome to strengthen the transportative function of the Spleen. Asian water plantain rhizome in conjunction with Poria improve the metabolism of fluids and support healthy urination.

To better address the prevalence of Spleen Qi deficiency in Western culture, and to mitigate the potentially cloying action of the formula, two herbs, both classical modifications are added. White atractylodes rhizome strengthens the Spleen, drains Dampness and supports healthy urination. Chinese amomum fruit promotes the movement of Qi, transforms Dampness and strengthens the Spleen.

Formulas addressing Yin deficiency from the Kan Herbals line are **Quiet Contemplative** for a stronger focus on Essence *Jing* deficiency, and **Temper Fire** for deficient Kidney Fire, empty Fire, deficient Kidney Yin with Damp Heat in the Lower Burner.

For concurrent Liver Qi stagnation, add **Free and Easy Wanderer**. For stronger signs of Spleen Qi deficiency, use **Four Gentlemen**.

ORIGINS AND DEVELOPMENT

Rehmannia Six acts as the foundation formula for almost all other formulas that address Yin deficiency. It was first presented in 1119 B.C.



ORGANS

Kidney, Liver.

ELEMENTS

Water, Wood.

PULSE

Thin, rapid.

TONGUE

Red body and a little or thin coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Kidney 3, 6, 10, Liver 3, 8, Urinary Bladder 23, Du 4, Ren 4, 6, Gallbladder 25, Spleen 6.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated with an External invasion.
- Combine with additional formulas in cases of stronger Spleen Qi deficiency with Dampness with a white, greasy tongue coat.

Release Restraint

Yue Ju Wan

Liver Qi stagnation with the “Six stagnations”, including stagnation of Qi, Blood, Food, Heat, Dampness and Phlegm

INGREDIENTS

| | | |
|-------------------------------|-----------------------------|---------------------|
| Cang-zhu atractylodes rhizome | Atractylodis rhizoma | <i>Cang zhu</i> |
| Sichuan lovage rhizome | Ligustici wallichii rhizoma | <i>Chuan xiong</i> |
| Medicated leaven | Massa medicata fermentata | <i>Shen qu</i> |
| Prepared Cyperus rhizome | Cyperi praeparata rhizoma | <i>Zhi xiang fu</i> |
| Gardenia fruit | Gardeniae fructus | <i>Zhi zi</i> |
| Silk tree flower | Albiziae flos | <i>He huan hua</i> |
| Turmeric root tuber | Curcumae radix | <i>Yu jin</i> |
| Saussurea root | Aucklandiae radix | <i>Mu xiang</i> |

Release Restraint is based on the classical formula, Escape Restraint Pill (*Yue Ju Wan*), and is intended to ease the sense of “restraint” caused by stagnation of Qi in the body. While the ‘restraint’ this formula addresses is primarily Qi stagnation, it also addresses the various types of stagnation that develop as a result of lingering Qi stagnation, including Blood or Heat stasis, and the stagnation of Phlegm, Damp and Food. As Qi is the leader of Blood, when Qi stagnation is present for some time, it may eventually contribute to the formation of Blood stasis. Due to the oppressive restraint Qi stagnation imposes in the body, Heat can naturally be generated.

The Liver, responsible for the smooth flow of Qi, can easily become constrained by emotional upset, poor dietary habits or exposure to extreme elements. The loss of the smooth flow of Liver Qi in the body starts a cascading effect, creating disharmony in numerous organ and meridian systems, and vital substances such as Blood. Stagnant Liver Qi overacting and invading the Spleen, a particularly common disharmony, can produce the subsequent development of Damp stagnation progressing to the formation of Phlegm, as well as interfere in the assimilation of food. Whichever the disharmony, the hallmark of this formula is stagnation.

The classical formula utilizes five herbs to address the six stagnations. Cyperus rhizome resolves Qi stagnation, Sichuan lovage rhizome breaks up Blood stasis, Cang-zhu atractylodes rhizome resolves stagnation due to Phlegm and Damp, Gardenia fruit clears Heat generated by stagnation, and Medicated leaven addresses food stagnation.

Release Restraint contains the addition of three herbs to reinforce the Blood invigorating aspect of this formula, and to further promote the movement of Qi. Turmeric root tuber invigorates the Blood, resolves constraint and reduces occasional chest, abdominal or flank stagnation. Saussurea root promotes the movement of Spleen and Stomach Qi, dispels occasional epigastric, abdominal and flank stagnation. Silk tree flower relieves constraint, calms the Spirit and addresses occasional epigastric stagnation.



CHINESE HERBAL ACTIONS

Regulates Qi, eliminates stagnation, addresses the “Six Stagnations”, including stagnation of Qi, Blood, Food, Heat, Dampness and Phlegm.

PHYSICAL INDICATIONS

- Supports a healthy digestive system.
- Supports healthy blood circulation.
- Supports a healthy gastrointestinal system.
- Occasional discomfort in the abdomen or flank region.
- Occasional depression.
- Occasional irritability or anger.
- Occasional heaviness.

When further Spleen Support is needed, combine with **Six Gentlemen, Four Gentlemen** or **Shen Ling Spleen Support**. If there is Kidney deficiency, combine with **Rehmannia Six** or **Rehmannia Eight**.

ORIGINS AND DEVELOPMENT

Release Restraint is based on the classical formula Escape Restraint Pill (*Yue Ju Wan*). This formula is found in the *Teachings of Zhu Dan Xi (Dan Xi Xin Fa)*, first published in 1481.



ORGANS

Liver, Stomach, Spleen.

ELEMENTS

Wood, Earth.

PULSE

Wiry and strong, possibly rapid or slippery.

TONGUE

Variable depending on which type of stagnation is prominent.

COMPLEMENTARY ACUPUNCTURE POINTS

Liver 3, Large Intestine 4, 11, Pericardium 6, Spleen 9, 10, Stomach 36, 40, 44, Conception Vessel 12, *Yin Tang*.

CAUTIONS AND CONTRAINDICATIONS

- Not intended for stagnation due to deficiency.
- Use with caution during pregnancy.

Relieving Formula

Ba Zheng San

Damp Heat in the Urinary Bladder, Fire or Heat in the Heart Channel

INGREDIENTS

| | | |
|-----------------------------------|--------------------------------------|---------------------|
| Talc | Talcum | <i>Hua shi</i> |
| Knotweed herb | <i>Polygoni avicularis herba</i> | <i>Bian xu</i> |
| Plantain seed | <i>Plantaginis semen</i> | <i>Che qian zi</i> |
| Chinese rhubarb rhizome and root | <i>Rhei radix et rhizoma</i> | <i>Da huang</i> |
| Soft rush pith | <i>Junci medulla</i> | <i>Deng xin cao</i> |
| Chinese licorice root and rhizome | <i>Glycyrrhizae radix et rhizoma</i> | <i>Gan cao</i> |
| Chinese pink dianthus herb | <i>Dianthi herba</i> | <i>Qu mai</i> |
| Gardenia fruit | <i>Gardeniae fructus</i> | <i>Zhi zi</i> |
| Lysimachia herb | <i>Lysimachiae herba</i> | <i>Jin qian cao</i> |
| Shrubby sophora root | <i>Sophorae flavescens radix</i> | <i>Ku shen</i> |
| Asian water plantain rhizome | <i>Alismatis rhizoma</i> | <i>Ze xie</i> |

Relieving Formula is the primary formula indicated for a wide range of Damp Heat related urinary disharmonies, and for Damp Heat *Lin* patterns that present with occasional urinary retention, occasional distention, stagnation or fullness of the lower abdomen. This Damp Heat can be caused by an external invasion or be generated internally.

The root of this pattern is commonly due to over indulgence in rich, sweet or spicy foods and alcohol overconsumption, which can all lead to generation of Damp Heat and stagnation in the lower *Jiao*, or augmented with a possible constitutional Yang excess nature with Spleen Qi deficiency.

Talc and Lysimachia herb are the chief herbs, as their combined actions are essentials to the formula's primary goal of clearing Damp Heat in the Urinary Bladder. The amount of Talc in this formula has been reduced from the amount found in the classical formula to allow for a more synergistic action with Lysimachia herb. Talc clears Heat, facilitates the resolution of Dampness, and addresses occasional urinary dribbling or dark and scanty urine. Lysimachia herb, a classical addition, supports healthy urination, clears Damp Heat, resolves accumulations, and unblocks occasional urinary dribbling. Knotweed herb, an assistant, clears Damp Heat from the Bladder, supports healthy urination and reinforces the actions of Lysimachia herb.

Akebia herb, subject to regulatory restriction, has been replaced by Shrubby sophora root and Asian water plantain rhizome. Plantain seed, Shrubby sophora root and Asian water plantain rhizome support healthy urination, and leach out Damp Heat from the Lower Burner. Gardenia fruit clears Heat in the Lower Burner, resolves Dampness and supports Talc in addressing occasional urinary dribbling due to Damp Heat in the Bladder. Soft rush pith and Chinese pink dianthus herb support healthy urination, clear Heat and direct Fire downward and through the urine.



CHINESE HERBAL ACTIONS

Clears Heat, dispels Damp, benefits the movement of the urine, relieves stagnation.

PHYSICAL INDICATIONS

- Supports a healthy urinary system.
- Supports healthy water metabolism.
- Urinary disharmonies.
- Occasional lower back discomfort.
- Occasional thirst.
- Occasional dry mouth.

Chinese rhubarb rhizome and root purges accumulations, transforms Dampness, supports healthy urination, drains Heat from the Blood and invigorates Blood. Chinese licorice root and rhizome protects the Spleen, Stomach and Yin from the cold and bitter ingredients in this formula.

ORIGINS AND DEVELOPMENT

Relieving Formula is based on Eight Righteous ingredients (*Ba Zheng San*) from the *Imperial Grace Formulary of the Tai Ping Era (Tai Ping Hui Min He Ji Ju Fang)*.



ORGANS

Urinary Bladder, Heart.

ELEMENTS

Water, Fire.

PULSE

Rapid and thready or rapid and slippery.

TONGUE

Red with greasy, yellow coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Urinary Bladder 18, 23, 28, 54 and/or Conception Vessel 3, Pericardium 5, Liver 2, Spleen 9, Stomach 30, Heart 8.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during pregnancy.
- Not recommended for long-term use. The cold nature of the herbs can injure Yang and Qi.

Replenish the Left

Zuo Gui Yin

Kidney Yin and *Jing* deficiency

INGREDIENTS

| | | |
|---|--|---------------------|
| Prepared Rehmannia root | Rehmanniae praeparata radix | <i>Shu di huang</i> |
| Lycium fruit | Lycii fructus | <i>Gou qi zi</i> |
| Chinese yam rhizome | Dioscoreae rhizoma | <i>Shan yao</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Asiatic cornelian cherry | Corni fructus | <i>Shan zhu yu</i> |
| Honey fried Chinese licorice root and rhizome | Glycyrrhizae praeparata cum mel radix et rhizoma | <i>Zhi gan cao</i> |

Replenish the Left is a faithful rendition of the classical formula Restore the Left Kidney Decoction (*Zuo Gui Yin*). It derives its name from the Chinese physiological view that Kidney Yin is stored in the left Kidney, while Yang resides in the right Kidney. It addresses Yin deficiency by tonifying Liver Blood and Kidney Yin and strengthening the Spleen.

Depleted Kidney Essence (*Jing*) results, to varying degrees, in an increase of Internal Fire. This causes body fluids to move recklessly, manifesting as occasional spontaneous emissions and night sweats, indicatively occurring during the night, when Yin predominates. Overwork, coupled with inadequate rest, irregular diet and excessive sexual activity overtax the “Root of Life” energy housed in the Kidneys, creating an underlying pattern of Kidney Yin deficiency, manifesting as dryness in the human body. Such symptoms as occasional dryness of the mouth and throat, skin, hair, eyes and vagina are good indicators that Kidney Yin needs to be replenished. Additionally, the Kidney Qi resides in the lower back, which can occasionally become sore and achy when Yin is depleted. **Replenish the Left** tonifies Kidney Yin while nourishing Liver Blood and strengthening the Spleen. It is an excellent tonic for the elderly or for anyone experiencing lack of vitality or occasional fatigue.

Prepared Rehmannia root, the chief herb in this formula, tonifies the Blood, nourishes Liver and Kidney Yin, tonifies the Essence and strongly enriches the Yin. It combines with Chinese yam rhizome to address occasional dizziness and occasional weakness and soreness of the lower back associated with Liver and Kidney deficiency. Lycium fruit nourishes and tonifies Liver Blood and Kidney Yin and benefits the Essence. Asiatic cornelian cherry tonifies and augments the Kidneys and Liver, and tonifies the Essence and assists Yang.

Poria tonifies the Spleen, transforms Phlegm, harmonizes the Middle Burner, quiets the Heart and calms the Spirit. Chinese yam rhizome tonifies and augments the Spleen and Stomach, and tonifies the Yin and Yang of the Kidneys. Honey fried Chinese licorice root and rhizome tonifies the Spleen, augments the Qi, clears Heat and moderates and harmonizes the characteristics of the other herbs in the formula.



CHINESE HERBAL ACTIONS

Tonifies Kidney Yin, nourishes Liver Blood, augments and strengthens the Spleen.

PHYSICAL INDICATIONS

- Supports overall wellbeing.
- Supports a healthy urinary system.
- Supports a healthy gastrointestinal system.
- Occasional soreness of the lower back.
- Occasional dry throat and mouth.
- Occasional dizziness.
- Occasional night sweats.

To further strengthen the Spleen, combine with **Four Gentlemen**, **Six Gentlemen** or **Shen Ling Spleen Support**. For concurrent Liver Qi stagnation and Spleen Qi deficiency, combine with **Free and Easy Wanderer**.

ORIGINS AND DEVELOPMENT

Replenish the Left is a classical, herbal formula taken from *Collected Treatises of Zhang Jing-Yue (Jing Yue Quan Shu)*. Zhang, an early 17th-century scholar, wrote two texts in which he organized and compiled herbal knowledge from previous ages. **Replenish the Left** (*Zuo Gui Yin*) is a variation of Six-Ingredient Pill (*Liu Wei Di Huang Wan*). Six Ingredient Pill includes herbs to drain Fire due to deficiency, while **Replenish the Left** directly tonifies the Kidneys, addressing imbalances due to deficiency.



ORGANS

Kidney, Liver, Spleen.

ELEMENT

Water.

PULSE

Thin, rapid.

TONGUE

Shiny, peeled.

COMPLEMENTARY ACUPUNCTURE POINTS

Kidney 3, 6, 7, Ren 6, Urinary Bladder 23, Governing Vessel 4, Spleen 6, Stomach 36.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during the early phase of an acute illness.

Replenish the Right

You Gui Wan

Kidney Yang deficiency, waning Fire of the Gate of Vitality, Blood deficiency

INGREDIENTS

| | | |
|--------------------------|------------------------------------|----------------------|
| Prepared Rehmannia root | Rehmanniae praeparata radix | <i>Shu di huang</i> |
| Eucommia bark | Eucommiae cortex | <i>Du zhong</i> |
| Lycium fruit | Lycii fructus | <i>Gou qi zi</i> |
| Deer horn gelatin | Cornu cervi gelatinum | <i>Lu jiao jiao</i> |
| Chinese yam rhizome | Dioscoreae rhizoma | <i>Shan yao</i> |
| Chinese dodder seed | Cuscutae semen | <i>Tu si zi</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Chinese cinnamon bark | Cinnamomi cortex | <i>Rou gui</i> |
| Asiatic cornelian cherry | Corni fructus | <i>Shan zhu yu</i> |
| Prepared Aconite root | Aconiti praeparata radix lateralis | <i>Zhi fu zi</i> |

Replenish the Right is a faithful rendition of Restore the Right Kidney Pill (*You Gui Wan*), an important formula for addressing deficient Kidney Yang and Essence (*Jing*). It derives its name from the Chinese physiological view that Kidney Yang is stored in the right Kidney, while Yin resides in the left. Seventeenth century scholar Zhang Jing-Yue described this pattern in *Collected Treatises (Jing Yue Quan Shu)* as Source Yang deficiency and decline of the prenatal endowment such that the Fire at the Gate of Vitality wanes, Spleen and Stomach become Cold and deficient. Cold lodges in the Lower Burner and Water arises, leading to occasional water retention.

While **Replenish the Right** primarily warms and tonifies the Yang, its collective action is to nourish the Essence and Blood. This reflects the Chinese view of the interdependence of Yin and Yang; that neither can exist or thrive without the other. As Yin and Yang share the same root, the Kidney, they are best tonified together. Though **Replenish the Right** addresses disharmonies of both the Middle and Lower Burner, its source deficiency is of the Yang of the Kidney. **Replenish the Right** augments Essence and is an excellent tonic for anyone experiencing occasional fatigue. The amount of prepared Aconite root is at the lower range of the recommended dosage for this formula, allowing it to be taken for a longer period of time.

The chief ingredients, prepared Aconite root, Chinese cinnamon bark and Deer horn gelatin, warm and fortify the Source Yang, and the latter also replenishes the Essence and tonifies the marrow. Prepared Aconite root revives devastated Yang Qi, tonifies the Fire at the Gate of Vitality and expels Cold Damp obstruction. Chinese cinnamon bark fortifies the Kidney and Spleen Yang, and warms the Heart Yang. It also disperses Cold, warms the channels, alleviates stagnation and leads upward floating Yang back to its source. It encourages the generation of Qi



CHINESE HERBAL ACTIONS

Warms and tonifies Kidney Yang, replenishes Essence (*Jing*), nourishes Blood.

PHYSICAL INDICATIONS

- Supports overall wellbeing.
- Supports a healthy digestive system.
- Supports a healthy urinary system.
- Supports a healthy gastrointestinal system.
- Supports healthy water metabolism.
- Occasional weakness of the lower back and knees.
- Occasional aversion to cold.
- Occasional pale face.
- Occasional cold extremities.

and Blood as an auxiliary herb to the Qi and Blood tonics found in this formula. Deer horn gelatin nourishes and tonifies Essence and Blood and tonifies Kidney Yang.

Prepared Rehmannia root tonifies the Blood, nourishes Liver and Kidney Yin, tonifies the Essence and strongly enriches the Yin. Dong quai root tonifies and invigorates Blood, disperses Cold and alleviates stagnation.

Asiatic cornelian cherry nourishes the Kidney and Liver, stabilizes the Kidneys, secures the Essence and assists the Yang. Chinese yam rhizome and Lycium fruit tonify and augment the Spleen and Stomach, nourish Liver Blood, tonify Kidney Yin and Yang, tonify Lung Qi, and benefit the Essence. Chinese dodder seed tonifies the Yang, augments the Yin, secures the Essence and tonifies the Kidney, Liver and Spleen without being cloying. Eucommia bark tonifies the Liver and Kidneys, strengthens sinews and bones and aids in promoting the smooth flow of Qi and Blood. It soothes an occasional sore, weak lower back and legs and supports healthy tendons and bones.

With stronger signs of Qi and Blood deficiency, use **Ten Treasures** or **Women's Precious** from the Kan Herbs line. If there are signs of Wind Cold Damp in the lower extremities, use **Meridian Circulation** from the Kan Herbs line.

ORIGINS AND DEVELOPMENT

Zhang Jing-Yue, an early 17th century scholar, wrote two texts in which he organized and compiled herbal knowledge from previous ages. **Replenish the Right** is based on the classical Chinese herbal formula *You Gui Wan*, found in the *Collected Treatises of Zhang Jing-Yue (Jing Yue Quan Shu)*.



ORGAN

Kidney.

ELEMENT

Water.

PULSE

Deep and weak, particularly in the rear positions.

TONGUE

Pale and damp.

COMPLEMENTARY ACUPUNCTURE POINTS

Kidney 3, 7, 23, Governing Vessel 4, Conception Vessel 4, 6, Urinary Bladder 20, 23, Spleen 2, 3, 9.

CAUTIONS AND CONTRAINDICATIONS

- Use with caution in cases with Yin deficiency.
- Contraindicated during pregnancy.

Rescue Formula

Gan Mai Da Zao Tang

Zang zao/Restless Organ Pattern, Heart Yin deficiency, Spleen Qi deficiency and Liver Qi constraint

INGREDIENTS

| | | |
|-----------------------------------|--------------------------------------|--------------------|
| Wheat seed | <i>Triticum aestivum</i> levis semen | <i>Fu xiao mai</i> |
| Black jujube fruit | <i>Jujubae fructus</i> | <i>Hei zao</i> |
| Chinese licorice root and rhizome | <i>Glycyrrhizae radix et rhizoma</i> | <i>Gan cao</i> |

Rescue Formula is a faithful rendition of the classical formula, Licorice, Wheat and Jujube Decoction (*Gan Mai Da Zao Tang*). It addresses a pattern known as *Zang Zao*, in which the five Yin Viscera are disrupted due to excessive emotional upset, overworry, anxiety, or physical taxation, unsettling the Ethereal and Corporeal souls, and injuring Heart Qi and Yin. The root cause for emergence of *Zang Zao* pattern, may originate from Heart Qi and Yin unable to hold Spirit; Fire from Liver Qi constraint affecting the Lungs, Lung Qi depressed and leading to Liver Qi stagnation, Spleen Qi injured by overwork or over pondering, or Qi deficiency affecting the Kidneys or Lungs.

Rescue Formula gently supplements Nutritive Qi without aggravating deficiency Heat, nourishes Heart Qi and Yin, strengthens the Middle Burner, smoothes Liver Qi and calms the Spirit, supporting peace and tranquility. Although women, due to monthly, and child bearing related fluid loss, are more likely to experience this pattern, it can be felt by men and children as well. **Rescue Formula** should be taken long-term for best effects.

The chief herb in Rescue Formula, Wheat seed, in its salty and sweet nature, conserves Heart Yin and Fluids, nourishes Heart Qi, assists in rooting the Ethereal and Corporeal Souls, thereby calming Spirit. Black Jujube fruit, a deputy, strengthens the Spleen, nourishes Blood, augments the Qi, and calms the Spirit. Chinese licorice root and rhizome, the other deputy, nourishes the Heart, tonifies Qi, and harmonizes the Middle Burner. Together they tonify and slightly clear Heat.

If a more Spirit calming effect is desired, consider **Rescue the Spirit, Four Substances** or **Peaceful Shen**. With occasional insomnia, combine with **Celestial Emperor's Blend**, **Zizyphus Sleep Formula** or **Peaceful Sleep**. With more pronounced Liver Qi stagnation due to Blood deficiency, use **Free and Easy Wanderer**.

ORIGINS AND DEVELOPMENT

Licorice, Wheat and Jujube Decoction (*Gan Mai Da Zao Tang*) from *Essentials from the Golden Cabinet*, Zhang Zhong-Jing.



CHINESE HERBAL ACTIONS

Nourishes the Heart, calms the Spirit, harmonizes the Middle Burner, nourishes the Liver Yin, rectifies Liver Qi stagnation.

PHYSICAL INDICATIONS

- Supports emotional wellbeing.
- Premenstrual syndrome.
- Occasional insomnia.
- Occasional night sweats and restless sleep.
- Occasional yawning spells.
- Menopausal disharmonies.
- Postpartum disharmonies.
- Occasional forgetfulness.

ORGANS

Heart, Spleen.

ELEMENTS

Fire, Earth.

PULSE

Thready, rapid.

TONGUE

Bright red, no coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Conception Vessel 4, 14, 15, 17, Urinary Bladder 15, 44, Heart 2, 7, Kidney 2, 3, Spleen 6, 10.

CAUTIONS AND CONTRAINDICATIONS

- None.

Rescue the Spirit

An Shen Ding Zhi Wan

Insubstantial Phlegm misting the Heart with underlying Blood and Yin deficiency

INGREDIENTS

| | | |
|-----------------------------------|--|--------------------------|
| Dry fried Sour jujube seed | Ziziphi spinosae praeparata semen | <i>Chao suan zao ren</i> |
| Polygonum multiflorum stem | Polygoni multiflori caulis | <i>Ye jiao teng</i> |
| Dry fried Barley sprout | Hordei vulgaris praeparata fructus germinantus | <i>Chao mai ya</i> |
| Poria with wood root | Poriae cocos paradidicis radix | <i>Fu shen mu</i> |
| Ophiopogon tuber | Ophiopogonis radix | <i>Mai men dong</i> |
| Altaica rhizome | Anemoni altaicae rhizoma | <i>Jiu jie chang pu</i> |
| White peony root | Paoniae alba radix | <i>Bai shao</i> |
| Biota seed | Platycladi semen | <i>Bai zi ren</i> |
| Schisandra fruit | Schisandrae chinensis fructus | <i>Wu wei zi</i> |
| Turmeric root tuber | Curcumae radix | <i>Yu jin</i> |
| Chrysanthemum flower | Chrysanthemi flos | <i>Ju hua</i> |
| Licorice cured Pinellia rhizome | Pinelliae praeparata rhizoma | <i>Fa ban xia</i> |
| Red jujube fruit | Jujubae fructus | <i>Hong zao</i> |
| Polygala root | Polygalae radix | <i>Yuan zhi</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |

Rescue the Spirit is based on Calm the *Shen* and Settle the Zhi Pill (*An Shen Ding Zhi Wan*). As the name implies, the primary goal of the formula is to calm the *Shen*. It accomplishes this by transforming Phlegm that is misting the Heart, tonifying Blood and Yin, and regulating the Qi. When Blood is deficient, it is unable to nourish the Heart, and therefore cannot properly house the *Shen*, causing restlessness. When Yin is deficient, it can engender upward flaring Fire, disturbing the *Shen*.

The *Shen* houses the Heart Mind and the Spirit, and a healthy *Shen* supports clear mental faculties and focus. There are many reasons the Spirit can become disturbed, including over-stimulation, emotional or mental disturbances, and improper diet. It can also be due to underlying Blood, Yin or Qi deficiency, or Phlegm misting the Heart orifice.

Spirit normally will sink inwards at night, supporting sleep that is peaceful, undisturbed and restful. When Spirit becomes disturbed, agitated or restless, sleep is easily disrupted, resulting in a racing mind that cannot settle, occasional insomnia and dream-disturbed sleep. During the day, Spirit disturbance can manifest as an occasional overall feeling of discomfort with oneself or with others, occasional anxiety, or occasional feelings of fearfulness or timidity.

Whether Spirit disturbance is due to an underlying deficiency or to an external cause contributing to deficiency, **Rescue the Spirit** is applicable. The overall goal of this formula is to



CHINESE HERBAL ACTIONS

Calms the Spirit (*Shen*), nourishes Blood and Yin, regulates the Qi, transforms Phlegm, and opens the Heart orifice.

PHYSICAL INDICATIONS

- Supports emotional wellbeing.
- Supports a restful sleep.
- Occasional difficulty falling asleep, settling down or mind racing with thoughts.



tonify Blood and Yin in order to support a healthy *Shen*. This formula combines herbs that calm the Spirit, tonify Blood and Yin and transform Phlegm. It gently nourishes the Qi to support the Spleen's ability to augment the Blood and transform Phlegm. With the inclusion of herbs that open the Heart orifice, it addresses the root, Spleen Qi deficiency, and the branch insubstantial Phlegm misting the Heart.

Dry fried Sour jujube seed, Polygonum multiflorum stem, Biota seed, Schisandra fruit, Red jujube fruit and Polygala root all calm the Spirit. Additionally, Dry fried Sour jujube seed nourishes the Heart Yin, tonifies Liver Blood, addresses occasional irritability and insomnia due to either Blood deficiency, with Blood unable to nourish the Heart, or Yin deficiency with upward flaring Fire. Polygonum multiflorum stem nourishes the Heart and Blood and is especially relevant for patterns of Yin or Blood deficiency accompanied with occasional insomnia and irritability. It also dispels Wind and unblocks the channels. Red jujube fruit tonifies the Spleen Qi, reducing irritability and emotional liability, and nourishes the Blood. Biota seed tonifies Heart Yin and Blood. Schisandra fruit helps to astringe leakage of Essence, calms and contains Heart Qi, and tonifies Kidneys. White peony root tonifies the Blood and nourishes the Liver. Ophiopogon tuber nourishes the Yin, moistens the Lungs, generates fluids in the Stomach, and clears Heat. Turmeric root tuber invigorates the Blood, regulates the Qi, and cools the Blood.

Poria with wood root strengthens the Spleen, transforms Phlegm and quiets the Heart and Spirit, while Licorice cured Pinellia rhizome transforms Dampness and causes rebellious Qi to descend. Polygala root quiets the Heart, calms the Spirit, dispels Phlegm, opens the orifices and disperses accumulation. Altaica rhizome transforms Phlegm, opens the orifices, strengthens the Spleen and expels Wind Damp from the channels. Dry fried Barley sprout harmonizes and strengthens the Stomach while addressing Liver Qi stagnation. Chinese licorice root and rhizome tonifies the Spleen and augments the Qi, clears Heat and resolves blazing Fire. It also moderates and harmonizes all of the herbs found in this formula. Chrysanthemum flower expels the Exterior and, more importantly in this formula, it clears Heat from the Liver and extinguishes Wind.

Other formulas that benefit the *Shen* include: **Peaceful Sleep** addresses an unsettled Spirit and Heat in the Heart with underlying Blood deficiency. **Celestial Emperor's Blend** addresses Heart and Kidney Yin deficiency or Heart and Kidney not communicating. **Zizyphus Sleep Formula** is used in patterns of Liver and Heart Blood deficiency disturbing the Spirit (*Shen*). From the Kan Herbs line of products: **Compassionate Sage** has a strong effect on calming the Spirit and addresses Heart Qi deficiency. **Gather Vitality** calms the Spirit, tonifies Blood, and strengthens Spleen Qi.

Rescue the Spirit can easily be combined with a constitutional formula. Combine with **Free and Easy Wanderer** or **Relaxed Wanderer** for a concurrent Liver Qi stagnation. Combine with **Quiet Contemplative** for a concurrent Kidney Yin deficiency Heat. Combine with **Temper Fire** for a concurrent Heart and Kidney Yin deficiency.

ORIGINS AND DEVELOPMENT

Calm the *Shen* and Settle the *Zhi* Pill (*An Shen Ding Zhi Wan*).

ORGANS

Heart, Kidneys, Spleen.

ELEMENTS

Fire, Water, Earth.

PULSE

Slippery, weak and/or wiry.

TONGUE

Pink, possibly pale with a greasy coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Stomach 36, 40, Spleen 3, 4, 9, Pericardium 3, 6, 7, Heart 3, 6, 7, Kidney 6, *Ren* 12, 17, Liver 13, *Yin tang*, *An mian*.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated with an External Wind invasion.

Shen Ling Spleen Support

Shen Ling Bai Zhu San

Spleen Qi deficiency with Dampness

INGREDIENTS

| | | |
|---|--|---------------------|
| White atractylodes rhizome | Atractylodis macrocephalae rhizoma | <i>Bai zhu</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| White Asian ginseng root and rhizome | Panax ginseng (white) radix et rhizoma | <i>Bai ren shen</i> |
| Chinese yam rhizome | Dioscoreae rhizoma | <i>Shan yao</i> |
| Honey fried Chinese licorice root and rhizome | Glycyrrhizae praeparata cum mel radix et rhizoma | <i>Zhi gan cao</i> |
| Hyacinth bean | Lablab album semen | <i>Bai bian dou</i> |
| Platycodon root | Platycodonis radix | <i>Jie geng</i> |
| Lotus seed | Nelumbinis semen | <i>Lian zi</i> |
| Chinese amomum fruit | Amomi fructus | <i>Sha ren ren</i> |
| Job's tears seed | Coicis semen | <i>Yi yi ren</i> |

Shen Ling Spleen Support is a rendition of Ginseng, Poria and Atractylodes Powder (*Shen Ling Bai Zhu San*), a classical formula to augment the Qi, strengthen the Spleen and drain Dampness by regulating the descending and ascending functions of Qi.

The Spleen is responsible for the transportation and transformation of food, fluids and nutrients in the body and is the central pivot of Qi transformation, the root of the body's metabolic function. It separates the clear Yang, which rises up to nourish the body, from the turbid Yin, which descends as waste to the Lower Burner. The clear Yang transforms food and drink into an abundance of Qi, which then moves upward and outward toward the extremities, nourishing the skin, Yin, viscera and Blood. When the Qi of the Spleen is weakened, Dampness accumulates in the Middle Burner.

Shen Ling Spleen Support focuses on the pattern of Spleen Qi deficiency, which leads to internally generated Dampness. It supplements the Spleen and Stomach without damaging the Yin, improves Qi transformation, clears accumulated Dampness from the Middle Burner and fortifies the Lungs. It is indicated for the individual who feels weak and heavy, sometimes with shortness of breath, and occasional abdominal distension, fatigue, loose stools or poor appetite.

White Asian ginseng root and rhizome, White atractylodes rhizome, Poria and honey fried Chinese licorice root and rhizome comprise the formula **Four Gentlemen Decoction** (*Si Jun Zi Tang*), a well known formula to tonify the Qi and strengthen the Spleen. Unlike many other Qi building formulas that are warming and drying, **Four Gentlemen** is harmonious and moderate in nature, effective at addressing any pattern where Spleen Qi deficiency is the root. White Asian ginseng root and rhizome strongly tonifies the primal Qi of the five organs, nourishes



CHINESE HERBAL ACTIONS

Strengthens the Spleen, replenishes the Qi, transforms Dampness.

PHYSICAL INDICATIONS

- Supports a healthy digestive system.
- Supports a healthy appetite.
- Supports a healthy gastrointestinal system.
- Supports healthy water metabolism.
- Supports overall wellbeing.
- Occasional fatigue.
- Occasional stifling sensation in the chest and epigastrium.
- Occasional shallow breathing or shortness of breath.
- Occasional cold limbs.
- Occasional loose stools.



Yin, strengthens the Spleen, tonifies the Stomach and tonifies the Lung Qi. White atractylodes rhizome tonifies Spleen Qi, dries Dampness and supports healthy water metabolism. It addresses occasional accumulation of fluids affecting the digestion and occasional reduced urination, both due to Spleen deficiency and the Spleen's inability to transform and transport. Poria tonifies the Spleen, eliminates Dampness and calms the Heart Spirit. It supports healthy urination, harmonizes the Middle Burner and transforms Phlegm. Honey fried Chinese Licorice root and rhizome tonifies Spleen Qi, clears Heat and resolves Fire. It also moderates and harmonizes the actions of the other herbs.

The other herbs in the formula further supplement the Spleen, transform Dampness, harmonize the Stomach and fortify the Lungs. Chinese yam rhizome and Lotus seed tonify and augment the Spleen and Stomach, tonify the Kidneys, stabilize the Essence, nourish the Heart, and calm the Spirit. Hyacinth bean strengthens the Spleen, nourishes the Stomach, transforms Dampness and harmonizes the Middle. Platycodon root opens and disseminates Lung Qi, dispels Phlegm, benefits the throat and guides the action of the other herbs into the Lungs, preventing Lung Qi deficiency, a condition that commonly follows Spleen Qi deficiency. Chinese amomum fruit warms the Middle, transforms Dampness, strengthens the Spleen, and addresses Qi stagnation affecting the Spleen and Stomach. Job's tears seed facilitates the resolution of Dampness, strengthens the Spleen and clears Damp Heat.

Shen Ling Spleen Support can be combined with any other formula when further support of the Spleen Qi and increased Damp draining properties are desired. For further support of Spleen Qi combined with Blood deficiency, use **Four Substances**. For further support of the Kidneys while protecting the Spleen, combine with **Replenish the Left, Rehmannia Six** or **Two Immortals**.

ORIGINS AND DEVELOPMENT

Imperial Grace Formulary of the Tai Ping Era (Tai Ping Hui Min He Ji Ju Ming), Song Dynasty (960-1279). This formula is a modification of Four Gentlemen Decoction (*Si Jun Zi Tang*), used for tonifying the Qi and strengthening the Spleen. It contains additional herbs which further supplement the Spleen, transform Dampness, harmonize the Stomach, fortify the Lungs and awaken Qi transformation.

ORGANS

Spleen, Stomach.

ELEMENT

Earth.

PULSE

Weak, thin or slow.

TONGUE

Pale, white, greasy coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Spleen 3, 6, 9, Stomach 25, 36,
Conception Vessel 6, 12,
Pericardium 6.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during the early phase of a Wind invasion.
- Use with caution during pregnancy.

Siler and Coix Clearing Formula

Qing Shang Fang Feng Tang Jia Yi Yi Ren

Heat and blazing Fire lodged in the Upper Burner, Wind and Dampness accumulation in the Upper Burner

INGREDIENTS

| | | |
|--|--|---------------------|
| Fragrant angelica root | Angelicae dahuricae radix | <i>Bai zhi</i> |
| Sichuan lovage rhizome | Ligustici wallichii rhizoma | <i>Chuan xiong</i> |
| Siler root | Saposhnikovia radix | <i>Fang feng</i> |
| Chinese skullcap root | Scutellariae radix | <i>Huang qin</i> |
| Platycodon root | Platycodonis radix | <i>Jie geng</i> |
| Forsythia fruit | Forsythiae fructus | <i>Lian qiao</i> |
| Job's tears seed | Coicis semen | <i>Yi yi ren</i> |
| Gardenia fruit | Gardeniae fructus | <i>Zhi zi</i> |
| Schizonepeta herb | Schizonepetae herba | <i>Jing jie</i> |
| Chinese mint herb | Menthae haplocalycis Herba | <i>Bo he</i> |
| Coptis rhizome | Coptidis rhizoma | <i>Huang lian</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |
| Dry fried Bitter orange immature fruit | Aurantii praeparata fructus immaturus | <i>Chao zhi shi</i> |

Siler and Coix Clearing Formula is based on the classical formula, Clear the Upper Burner Decoction with Schizonepeta, itself a modification of Coptis Decoction to Resolve Blazing Fire (*Huang Lian Jie Du Tang*). It is commonly used to address excess in the Upper Burner manifesting as Fire, specifically in the skin of the head, neck and face. Fire can accumulate due to External or Internal causes and has a tendency to rise to the head and Upper Burner. Dampness accumulates near the surface and is expressed in the skin. Accumulation of Dampness and Heat in the skin may manifest from internally generated Heat from the Liver and Stomach that rebels upward. This pattern is particularly common in young adults who tend to have excess Yang energy as well as lifestyles that may contribute to the pattern, such as excess consumption of energetically hot foods, alcohol, greasy or rich foods, excessive emotions or stress, or irregular sleep patterns, all of which contribute to stagnation of Qi, and the engendering of Dampness.

Individuals with this presentation can also have occasional constipation, absence of sweating, scanty urination, and excessive thirst. **Siler and Coix Clearing Formula**, a drying formula, is most appropriate for Damp Heat lodged in the skin, as well as for clearing Heat lodged in the head and face. The formula's intent is to clear blazing Fire, drain Dampness and expel Wind.

Fragrant Angelica root, the chief herb in this formula, releases the Exterior, expels Wind and dries Dampness lodged in the skin. It is assisted by Chinese licorice root and rhizome and



CHINESE HERBAL ACTIONS

Clears Heat and blazing Fire from the Upper Burner, dispels Dampness and Wind.

PHYSICAL INDICATIONS

- Supports healthy skin.
- Supports healthy blood circulation.
- Occasional accumulations lodged in the skin.
- Occasional skin irritation or itching.
- Occasional irritability or restlessness.

Platycodon root to relieve stagnation and vent Heat. The latter also pushes out accumulations, opens up and disseminates Lung Qi, and dispels Phlegm.

Coptis rhizome, Gardenia fruit, Chinese skullcap root and Job's tears seed clear blazing Fire, cool the Blood, clear Damp Heat in the Gallbladder and Triple Burner channels of the face, and dry Dampness.

Siler root and Schizonepeta herb release the Exterior, expel Wind Dampness, alleviate stagnation, vents occasional rashes and alleviates occasional itching. Chinese mint herb facilitates the dispersal of Upper Burner Heat, disperses Wind Heat, vents occasional rashes, and allows constrained Liver Qi to flow freely. Forsythia fruit cools and vents Heat from the Interior and Exterior. Sichuan lovage rhizome supports the movement of Blood, subdues Wind and alleviates stagnation. Bitter orange immature fruit breaks up stagnant Qi and directs it downward.

Derma Wind Release focuses more strongly on an exterior Wind Heat or Dampness interacting with an internal condition of Damp Heat. **Colorful Phoenix Pearl Combination** addresses Blood Heat and blazing Fire lodged in the skin.

ORIGINS AND DEVELOPMENT

Siler and Coix Clearing Formula was first introduced in 1587 and is a modification of Coptis Decoction to Resolve Blazing Fire (*Huang Lian Jie Du Tang*), focusing its effect on the upper body while adding herbs that disperse Wind and reduce accumulation.



ORGANS

Liver, Stomach.

ELEMENTS

Wood, Earth.

PULSE

Rapid, forceful and possibly floating.

TONGUE

Red with possible yellow coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Large Intestine 4, 11, Liver 2, Spleen 6, 10, Governing Vessel 14, Triple Burner 6, Stomach 2, 44.

CAUTIONS AND CONTRAINDICATIONS

- Not to be used for skin disharmonies which are due to Qi, Blood or Yin deficiency.
- Contraindicated during pregnancy.

Silken Tresses

Qi Bao Mei Ran Dan

Liver Blood deficiency, Kidney Yin deficiency

INGREDIENTS

| | | |
|--------------------------------------|--------------------------------------|------------------------|
| Processed Polygonum multiflorum root | Polygoni multiflori praeparata radix | <i>Zhi he shou wu</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Lycium fruit | Lycii fructus | <i>Gou qi zi</i> |
| Achyranthes root | Achyranthis bidentatae radix | <i>Huai niu xi</i> |
| Chinese dodder seed | Cuscutae semen | <i>Tu si zi</i> |
| Psoralea fruit | Psoraleae fructus | <i>Bu gu zhi</i> |
| Dry fried Black sesame seed | Sesami nigrum praeparata semen | <i>Chao hei zhi ma</i> |

Silken Tresses is a faithful rendition of the classical formula Seven Treasure Special Pill for Beautiful Whiskers (*Qi Bao Mei Ran Dan*), used to replenish and stabilize the Essence, nourish Liver Blood and Kidney Yin, and support healthy bones, tendons and hair.

Kidney Yin is responsible for moistening, stabilizing and softening the human body, and it weakens if subjected to dryness due to environmental or lifestyle factors such as living in a warm or hot, dry climate, insufficient intake of fluids, stressful or active lifestyle or excessive sexual activity. Over time, Kidney and Liver Yin, the basic reservoirs of true Yin in the body, become depleted. The Liver, insufficiently nourished by the Root, loses its capacity to store Blood and its ability to spread, ascend, and nourish all parts of the body, including hair. **Silken Tresses** nourishes the Liver and Kidney Yin to support healthy sinews, bones and hair, contributing to the body's overall vitality.

Processed Polygonum multiflorum root, the chief herb, strongly stabilizes the Essence, supports healthy tendons and bones, tonifies the Liver and Kidneys, nourishes the Blood and augments the Essence. Dong quai root invigorates and harmonizes Blood. Lycium fruit nourishes Liver Blood, tonifies Lung and Kidneys Yin, and benefits the Essence. Chinese dodder seed tonifies the Yang, augments the Yin, secures the Essence and tonifies the Kidneys, Liver and Spleen without being cloying. Dry fried Black sesame seed, regarded as this formula's envoy, nourishes the Yin and Blood, and tonifies the Liver and Kidneys.

Achyranthes root nourishes tendons and bones, particularly of the low back. Poria tonifies the Spleen, harmonizes the Middle Burner, supports healthy urination and leaches out Dampness. Psoralea fruit tonifies Kidney Yang, warms Spleen Yang, stabilizes the Essence and aids the Kidneys in grasping Qi.



CHINESE HERBAL ACTIONS

Nourishes Liver Blood, enriches Kidney Yin, stabilizes Essence.

PHYSICAL INDICATIONS

- Supports healthy sinews, bones, lower back and knees.
- Supports healthy hair.
- Supports healthy bones and marrow.
- Supports emotional wellbeing.
- Supports a healthy nervous system.
- Supports healthy urination.
- Occasional insomnia.
- Occasional dizziness.

For additional Kidney Yin support, combine with **Replenish the Left, Rehmannia Six** or **Nourish Jade Yin**. For additional Spleen support, combine with **Four Gentlemen** or **Six Gentlemen**.

ORIGINS AND DEVELOPMENT

Silken Tresses is a traditional formula based on Seven-Treasure Special Pill for Beautiful Whiskers (*Qi Bao Mei Ran Dan*), first created by Shao Ying-Jie, a Ming Dynasty master. Its usage was widespread by the time the late seventeenth-century author, Wang Ang, included it in his book, *Analytic Collection of Formulas (Yi Fang Ji Jie)*.



ORGANS

Liver, Kidney.

ELEMENTS

Wood, Water.

PULSE

Thin and weak.

TONGUE

Pale and/or red and thin with little or no coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Kidney 3, 6, Bladder 11, 17, 23, 43, 47, Spleen 6, Liver 3, 8, Kidney 10, Ren 4, 6, Gallbladder 34, 39.

CAUTIONS AND CONTRAINDICATIONS

- This cloying formula should be used cautiously in individuals with Spleen deficiency.
- Discontinue during the early phase of a Wind invasion.
- Use with caution during pregnancy.

Six Gentlemen

Liu Jun Zi Wan

Spleen Qi deficiency with Phlegm Damp accumulation, stagnation of Phlegm, food and Qi

INGREDIENTS

| | | |
|---|--|----------------------|
| Codonopsis root | Codonopsis radix | <i>Dang shen</i> |
| White atractylodes rhizome | Atractylodis macrocephalae rhizoma | <i>Bai zhu</i> |
| Ginger cured Pinellia rhizome | Pinelliae praeparata rhizoma | <i>Jiang ban xia</i> |
| Tangerine dried rind of mature fruit | Citri reticulatae pericarpium fructus | <i>Chen pi</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Honey fried Chinese licorice root and rhizome | Glycyrrhizae praeparata cum mel radix et rhizoma | <i>Zhi gan cao</i> |

Six Gentlemen is a traditional rendition of Six Gentlemen Decoction (*Liu Jun Zi Wan*), a well known formula to tonify the Lungs and Spleen Qi, and to resolve Dampness and Phlegm.

The Spleen governs the transformation and transportation of Nutritive Qi derived from food and fluids. This Nutritive Qi travels as refined Essence upward to the Lungs, combining with air to form Gathering Qi, and also to the Heart to form Blood. When the production of Qi and Blood is healthy, it supports good digestion and appetite, sustained energy and normal bowel movements. When this process is impaired, the Spleen fails to distribute Nutritive Qi to the body and turbid Yin accumulates without being eliminated. Dampness ensues, leading to digestive disharmonies, including occasional abdominal distention, occasional loss of appetite and occasional nausea and vomiting. This Dampness can also congeal into Phlegm and collect in the Lungs, causing stagnation in the chest. **Six Gentlemen** strengthens the Spleen, Stomach and Lungs and transforms Phlegm Dampness so that it cannot obstruct the Middle Burner.

Codonopsis root, the chief herb in this formula, tonifies the Spleen, strengthens the Middle Burner, augments the Qi and tonifies Lungs. Combined with White atractylodes rhizome, it tonifies the Spleen, drains Dampness and improves the transformative and transportative functions of the Spleen. Combined with Poria, it addresses Spleen and Stomach deficiency, with Poria further leaching out Dampness.

Ginger cured Pinellia rhizome dries Dampness, transforms Phlegm and descends rebellious Qi. Tangerine dried rind of mature fruit regulates the Qi to prevent stagnation, dries Damp and transforms Phlegm. In combination with Ginger cured Pinellia rhizome, it is particularly effective at relieving occasional stifling sensations in the chest due to Phlegm accumulation. Honey fried Chinese licorice root and rhizome tonifies Spleen Qi, moistens the Lungs, clears Heat and moderates and harmonizes the characteristics of the other herbs.



CHINESE HERBAL ACTIONS

Supplements the Spleen and Stomach Qi, resolves Phlegm Damp, descends rebellious Stomach Qi.

PHYSICAL INDICATIONS

- Supports a healthy digestive system.
- Supports a healthy gastrointestinal system.
- Supports a healthy appetite.
- Occasional weak limbs.
- Occasional stifling sensation in the chest or abdomen.
- Occasional nausea or vomiting.

Six Gentlemen can be combined with any formula when stronger support of Spleen Qi and Dampness draining functions are desired. It is especially effective at protecting the Spleen from the effect of cloying herbs, often found in Yin tonic formulas.

With concurrent Blood deficiency, combine with **Four Substances**, **Silken Tresses** or **Zizyphus Sleep Formula**. With concurrent Kidney deficiency, combine with **Rehmannia Six**, **Rehmannia Eight** or **Two Immortals**. With concurrent Blood stagnation, combine with **Dispel Stasis in the Mansion of Blood**, **Invigorate the Collaterals** or **Augmented Four Substances**. With constrained blazing Fire and Damp Heat, combine with **CoptiClear**. Six Gentlemen is a faithful rendition of the base formula. For a modern approach to this pattern and when there is increased stagnation and Spleen deficiency present, consider **Prosperous Farmer** from the Kan Herbals line.

ORIGINS AND DEVELOPMENT

Revised Fine Formulas for Women (Jiao Zhu Fu Ren Liang Fang).



ORGANS

Spleen, Stomach.

ELEMENTS

Earth, Metal.

PULSE

Soggy, weak and thin.

TONGUE

Pale with teethmarks, white, thick and possible greasy coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Spleen 3, 4, 9, Stomach 25, 36, 40,
Urinary Bladder 13, 20, Conception
Vessel 12.

CAUTIONS AND CONTRAINDICATIONS

- Discontinue during the early phase of a Wind invasion.

Smooth Response

Run Chang Wan

Occasional Intestinal dryness, Blood deficiency, Yin deficiency

INGREDIENTS

| | | |
|----------------------------------|-------------------------------------|---------------------------|
| Dry fried peeled Peach seed | Pinelliae praeparata semen | <i>Guang chao tao ren</i> |
| Flax seed | Linum usitatissimum semen | <i>Ya ma zi</i> |
| Chinese rhubarb rhizome and root | Rhei radix et rhizoma | <i>Da huang</i> |
| Dong quai root tail | Angelicae sinensis extremas radices | <i>Dang gui wei</i> |
| Notopterygium root and rhizome | Notopterygii radix et rhizoma | <i>Qiang huo</i> |

Smooth Response is based on Moistening the Intestines Pill (*Run Chang Wan*), a classical formula designed to address occasional constipation due to Dryness. Intestinal Dryness can be caused by internally generated Wind Heat lodged in the Large Intestine or by deficiency of Blood and fluids. It addresses long-standing Blood deficiency, which may be accompanied by manifestations of Wind. This often happens in the elderly, as the aging process consumes the Yin and fluids of the body, causing not only dry joints, hair and nails, but a general intestinal dryness which leads to occasional constipation. It is also an appropriate formula for occasional constipation in postpartum women, where blood loss leads to a deficiency of fluids and occasional dry stools.

Smooth Response combines herbs that nourish the Blood, enrich the Yin and moisten the Intestines to support healthy elimination functions.

The chief herbs in this formula, dry fried peeled Peach seed and Flax seed contain an abundance of oils to moisten the Intestines and move the bowels. They also break up Blood stasis in the Lower Burner. Chinese rhubarb rhizome and root drains Heat from the Intestines and moves the stools. Although normally considered a strong purgative, its properties are moderated by the oily natures of dry fried peeled Peach seed and Flax seed. Dong quai root tail invigorates and tonifies the Blood, moving and moistening the Intestines. Notopterygium root and rhizome moves obstructions and alleviates stagnation.

Smooth Response is often used with adjunct formulas such as **Angelica Restorative Formula** or **Four Substances** for Blood deficiency, or **Replenish the Left** or **Rehmannia Six** for Yin deficiency.

ORIGINS AND DEVELOPMENT

Smooth Response is one of the most important formulas to emerge from the Spleen and Stomach School of the 1300's in China. It was developed by Li Dong-Yuan, who believed that optimal functioning of the Spleen/Stomach was the key to health.



CHINESE HERBAL ACTIONS

Moistens and regulates the Intestines, nourishes Blood and Yin.

PHYSICAL INDICATIONS

- Supports healthy elimination functions.
- Occasional dryness in the Intestines or dry stools.
- Occasional thirst.
- Occasional abdominal distention.

ORGAN

Large Intestine.

ELEMENT

Metal.

PULSE

Weak, thin or thready.

TONGUE

Dry, pale, sometimes with a yellow coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Stomach 25, 36, 37, Kidney 6, 7, Large Intestine 4, 10, Urinary Bladder 17, 25, Spleen 6, Triple Burner 6.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during pregnancy.

Sophora Support

Huai Jiao Wan

Damp Heat lodging in the Large Intestine, Intestinal Wind

INGREDIENTS

| | | |
|--------------------------------------|------------------------------------|----------------------|
| Japanese sophora fruit | Sophorae fructus | <i>Huai jiao</i> |
| Sanguisorba root | Sanguisorbae radix | <i>Di yu</i> |
| Chinese skullcap root | Scutellariae radix | <i>Huang qin</i> |
| Siler root | Saposhnikoviae radix | <i>Fang feng</i> |
| Dry fried Bitter orange mature fruit | Citri aurantium praeparata fructus | <i>Chao zhi ke</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Tienchi ginseng root and rhizome | Notoginseng radix | <i>Tian qi</i> |

Sophora Support is based on Sophora Japonica Fruit Pill (*Huai Jiao Wan*), and addresses Wind invading the Yang Brightness (*Yang Ming*) level, transforming into Heat and damaging the Blood level of the Large Intestine. **Sophora Support** adds Tienchi ginseng root and rhizome to both invigorate and restrain the Blood.

Taxing physical influences that contribute to Damp Heat lodging in the Large Intestine are the presence of occasional constipation, excessive exertion and the aftereffects of pregnancy and childbirth. Diet may also be a contributing factor, especially the overeating of rich, spicy or sweet foods, which may have caused occasional digestive or eliminative distress.

Sophora Support utilizes a combination of strategies. It clears Damp Heat from the Large Intestine, stabilizes and restrains the Blood, eliminates Wind, and promotes the movement of Qi.

The chief herb, Japanese sophora fruit, comprises by weight a little more than a quarter of the formula, clears and drains Liver Fire, directs Heat downward, moistens the Intestines, and restrains Blood. Sanguisorba root cools and restrains Blood and clears Damp Heat lodged in the Lower Burner. Chinese skullcap root drains Damp Heat from the Intestines and restrains Blood. Dong quai root tonifies and invigorates Blood, alleviates stagnation, moistens the Intestines and unblocks the bowels. Tienchi ginseng root and rhizome was added for its ability to restrain Blood without causing Blood stasis, and to reduce stagnation.

Siler root relieves Intestinal Wind Dampness, lifts the Yang Qi, raises the Spleen Yang and addresses occasional loose bowels. Dry fried Bitter orange mature fruit invigorates the movement of Qi. It enters the Blood level to restrain Blood and addresses Qi blockage associated with Intestinal Wind.

ORIGINS AND DEVELOPMENT

Sophora Support is a modern formula. It is an expansion of Sophora Japonica Fruit Pill (*Huai Jiao Wan*), recorded in the *Imperial Grace Formulary of the Tai Ping Era* (*Tai Ping Hui Min He Ji Ju Fang*), written around 990 A.D.



CHINESE HERBAL ACTIONS

Clears Damp Heat from the Large Intestine, restrains blood, disperses Wind, nourishes the Blood, regulates the Qi.

PHYSICAL INDICATIONS

- Supports large intestine health.
- Occasional itching or discomfort of anus.
- Occasional loose bowels.

ORGAN

Large Intestine.

ELEMENT

Metal.

PULSE

Rapid, deep and forceful.

TONGUE

Red and dry with a yellow coat at the rear.

COMPLEMENTARY ACUPUNCTURE POINTS

Large Intestine 5, 10, Stomach 25, 37, 38, 41, 44, Spleen 15, Triple Burner 5, Gallbladder 41, Governing Vessel 20.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during pregnancy.

Stomach Support

Qing Wei San

Yu Nu Jian

Stomach Fire, Stomach and Kidney Yin deficiency

INGREDIENTS

| | | |
|----------------------|--------------------------|-----------------------|
| Raw Rehmannia root | Rehmanniae radix | <i>Sheng di huang</i> |
| Gypsum | Gypsum fibrosum mineral | <i>Sheng shi gao</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Ophiopogon tuber | Ophiopogonis radix | <i>Mai men dong</i> |
| Tree peony root bark | Moutan cortex | <i>Mu dan pi</i> |
| Anemarrhena rhizome | Anemarrhenae rhizoma | <i>Zhi mu</i> |
| Coptis rhizome | Coptidis rhizoma | <i>Huang lian</i> |
| Cimicifuga rhizome | Cimicifugae rhizoma | <i>Sheng ma</i> |

Stomach Support is based on Clear the Stomach Powder (*Qing Wei San*), with ingredients added from Jade Woman Decoction (*Yu Nu Jian*), two important formulas that clear Heat in the Stomach. By combining these two formulas, the presentation is broadened to clear Stomach Heat, enrich Yin, and vent to the Exterior.

The Stomach channel, or Bright Yang channel, is considered abundant in Blood and Qi. This abundance leads to a tendency for excess, prone to both Heat and Dryness, symptoms of Yin deficiency. Stomach Fire most often arises from an excessive intake of energetically hot foods such as coffee, meat, fried and spicy foods, alcohol, or from depleting lifestyles.

Because the Stomach channel travels in the frontal aspects of the body, occasional frontal discomfort and red eyes may manifest. General signs and symptoms of Heat, such as an occasional red face, occasional extreme thirst for cold drinks, strong hunger and irritability may also present.

Stomach Support strongly drains Stomach Fire, cools the Blood, nourishes Stomach and Kidney Yin, and supports a healthy Stomach and oral health.

Raw Rehmannia root, the chief herb, cools the Blood, clears Heat, nourishes Kidney Yin to restrain Fire, and generates fluids, while Tree peony root bark clears Heat, cools and moves Blood. These two herbs are often combined to address Blood Heat leading to stasis with concurrent Yin deficiency. Gypsum clears Heat, drains Fire and excels at cooling blazing Stomach Fire. Coptis rhizome cools Heat, drains Stomach Fire, and drains Dampness. Anemarrhena rhizome clears Heat, drains Fire, enriches Yin, moistens dryness and generates fluids. Cimicifuga rhizome cools Stomach Heat and Blood. Dong quai root nourishes and invigorates the Blood and Ophiopogon tuber nourishes Stomach Yin and reduces thirst.

Several formulas address related patterns. **Liver Flow** addresses Liver overacting on the Stomach. **Digestive Harmony Formula** addresses excess patterns of food stagnation.



CHINESE HERBAL ACTIONS

Clears Stomach Fire, enriches Stomach and Kidney Yin, cools the Blood.

PHYSICAL INDICATIONS

- Supports a healthy digestive system.
- Supports oral health.
- Occasional extreme thirst.
- Occasional irritability.

Peaceful Earth addresses a pattern of food stagnation while simultaneously strengthening the Spleen Qi and expelling Wind. **Bupleurum Soothing Liver Formula** addresses excess patterns of Liver Qi stagnation. **Wei Te Ling** calms rebellious Stomach Qi and harmonizes and strengthens the Middle Burner.

ORIGINS AND DEVELOPMENT

Stomach Support is based on two common formulas for clearing Heat lodged in the Stomach channel. Clear the Stomach Powder (*Qing Wei San*) was first published in the *Secrets from the Orchid Chamber* in 1336, and was recommended for excess of Stomach Fire, and Jade Woman Decoction (*Yu Nu Jian*), first published in 1624 in the *Collected Treatises of Zhang Jing-Yue*, which drains Stomach Heat and nourishes Yin.



ORGANS

Stomach, Kidney, Large Intestine.

ELEMENTS

Earth, Water, Metal.

PULSE

Rapid and large or small, possibly rootless, slippery or floating.

TONGUE

Dry, red body with yellow or no coating.

COMPLEMENTARY ACUPUNCTURE POINTS

Stomach 44, Liver 3, Kidney 6, Conception Vessel 12, Large Intestine 4, 11, Stomach 36.

CAUTIONS AND CONTRAINDICATIONS

- Do not use if loose stools are present.
- Contraindicated during pregnancy.

Subdue Head Wind

Chuan Xiong Cha Tiao San

Invasion of External Wind Heat or Wind Cold lodging in the head

INGREDIENTS

| | | |
|-----------------------------------|--------------------------------------|--------------------|
| Chinese mint herb | <i>Menthae haplocalycis herba</i> | <i>Bo he</i> |
| Schizonepeta herb | <i>Schizonepetae herba</i> | <i>Jing jie</i> |
| Sichuan lovage rhizome | <i>Ligustici wallichii rhizoma</i> | <i>Chuan xiong</i> |
| Fragrant angelica root | <i>Angelicae dahuricae radix</i> | <i>Bai zhi</i> |
| Chinese licorice root and rhizome | <i>Glycyrrhizae radix et rhizoma</i> | <i>Gan cao</i> |
| Notopterygium root and rhizome | <i>Notopterygii radix et rhizoma</i> | <i>Qiang huo</i> |
| Green tea leaf | <i>Camelliae folium</i> | <i>Cha ye</i> |
| Simple-leaf chaste tree fruit | <i>Vitidis fructus</i> | <i>Man jing zi</i> |
| Siler root | <i>Saposhnikoviae radix</i> | <i>Fang feng</i> |
| Chrysanthemum flower | <i>Chrysanthemi flos</i> | <i>Ju hua</i> |

Subdue Head Wind, based on Ligusticum Powder to be Taken with Green Tea (*Chuan Xiong Cha Tiao San*), is one of the few Chinese herbal formulas designed to address stagnation and occasional discomfort occurring in all areas of the head. Even though a large percentage of warm natured herbs are part of this formula, Chinese mint herb and Green tea leaf, both Cold in nature, are found in large enough proportions to moderate the warming nature of the other herbs. The addition of the cool natured herbs, Chrysanthemum flower and Simple-leaf chaste tree, further moderates the temperature of the formula. Traditionally, the ingredients were ground into a powder and taken with green tea. In **Subdue Head Wind**, the green tea has been included in the formula for convenience.

Subdue Head Wind is primarily used as a “branch” approach but can easily be blended with “root”, or constitutional formulas. Its strength lies in its blend of Wind dispelling ingredients that address stagnation in specific regions of the head or face. It is also useful for facial discomfort set off by sudden exposure to cold, changes in weather, or by going from a warm to a cold environment.

Chinese mint herb, the chief herb in the formula, facilitates the dispersal of Upper Burner Wind Heat, benefits the head, eyes and throat and allows constrained Liver Qi to flow freely. It combines with Simple-leaf chaste tree fruit and Chrysanthemum flower to address exterior Wind Heat, with the latter also addressing stagnation due to excessive Liver Fire.

Both Schizonepeta herb and Siler root release the Exterior and expel Wind, with the latter also dispelling Wind Dampness and alleviating stagnation. Sichuan lovage rhizome invigorates Blood, promotes the movement of Qi, expels Wind and alleviates stagnation lodged in the temporal (*Shao Yang*) and vertex (*Jue Yin*) channels of the head. Fragrant angelica root



CHINESE HERBAL ACTIONS

Disperses External Wind Cold or Heat lodged in the head, invigorates the circulation of Qi and Blood in the head.

PHYSICAL INDICATIONS

- Supports a healthy blood flow to the head.
- Supports a healthy respiratory system.
- Benefits the head and eyes.
- Supports healthy blood circulation.
- For occasional discomfort in the frontal, occipital, temporal or vertex region of the head.
- Occasional neck stiffness.
- Occasional chills, aversion to wind.
- Occasional dizziness.

addresses frontal (*Yang Ming*) channel stagnation and Notopterygium root and rhizome relieves stagnation lodged in the Greater Yang (*Tai Yang*) channel located in the posterior head and neck. Chinese licorice root and rhizome tonifies the Spleen and augments the Qi, clears Heat and harmonizes the characteristics of the other herbs. Cool Green tea leaf helps moderate the formula's overall temperature. It supports mental alertness, alleviates head stagnation and tonifies the Stomach.

Combine with **Blue Green Lung Formula**, **Gan Mao Ling** or **Yin Qiao** to address stronger Wind invasion.

ORIGINS AND DEVELOPMENT

Ligusticum Powder to be Taken with Green Tea (*Chuan Xiong Cha Tiao San*) was originally developed in 1078 A.D.



ORGANS

Liver, Lung.

ELEMENTS

Wood, Metal.

PULSE

Floating and rapid or tight.

TONGUE

Thin, white coating.

COMPLEMENTARY ACUPUNCTURE POINTS

Large Intestine 4, Governing Vessel 20, 24, *Yin Tang*, Stomach 44, Triple Burner 5, Gallbladder 20, 41, *Yu Yao*, Liver 3, Lung 7, Stomach 8, Urinary Bladder 62.

CAUTIONS AND CONTRAINDICATIONS

- Not for long-term use without the addition of tonic herbs.

Ten Treasures

Shi Quan Da Bu Tang

Qi, Yang and Blood deficiency with Cold accumulation

INGREDIENTS

| | | |
|---|--|----------------------|
| Prepared Rehmannia root | Rehmanniae praeparata radix | <i>Shu di huang</i> |
| White peony root | Paeoniae alba radix | <i>Bai shao</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Astragalus root | Astragali radix | <i>Huang qi</i> |
| White atractylodes rhizome | Atractylodis macrocephalae rhizoma | <i>Bai zhu</i> |
| White Asian ginseng root and rhizome | Panax ginseng (white) radix et rhizoma | <i>Bai ren shen</i> |
| Sichuan lovage rhizome | Ligustici wallichii rhizoma | <i>Chuan xiong</i> |
| Chinese cinnamon bark | Cinnamomi cortex | <i>Rou gui</i> |
| Black jujube fruit | Jujubae fructus | <i>Hei zao</i> |
| Honey fried Chinese licorice root and rhizome | Glycyrrhizae praeparata cum mel radix et rhizoma | <i>Zhi gan cao</i> |
| Ginger rhizome | Zingiberis rhizoma | <i>Gan jiang</i> |

Ten Treasures (*Shi Quan Da Bu Tang*) is traditionally referred to as the “Ten Ingredients Pill for complete supplementation”, indicated for its ability to warm and supplement Qi and Blood. It is based on the Eight Treasure Decoction (*Ba Zhen Tang*), with the addition of Chinese cinnamon bark and Astragalus root to assist in warming and strengthening the Qi, Blood and Yang. **Ten Treasures** is appropriate for any pattern where Lung, Spleen and Kidney Qi are depleted, accompanied by occasional generalized body weakness and a tendency towards cold hands and feet, occasional fatigue, reduced appetite and weakness of the lower extremities. It is important to note that one of the primary indications of this pattern is chilliness, due to a marked deficiency of Qi, Blood and Yang. Black jujube fruit and Ginger rhizome have been added to the base formula to further tonify the Spleen, and to harmonize and supplement the Middle Burner.

Ten Treasures contains herbs from two essential formulas for building Blood and Qi – **Four Substance Decoction** (*Si Wu Tang*), which tonifies and gently invigorates the Blood and **Four Gentlemen Decoction** (*Si Jun Zi Tang*), which tonifies Qi and supports the Spleen. The rest of the herbs found in the formula warm and tonify Qi and Spleen.

Four Substances is the foundational formula for tonifying Blood. It is suitable for any type of Blood deficiency pattern, while being most commonly used with patterns associated with



CHINESE HERBAL ACTIONS

Warms and supplements the Qi and Blood, benefits Lungs, Spleen and Kidneys.

PHYSICAL INDICATIONS

- Supports fertility.
- Supports a healthy menstrual flow.
- Supports overall wellbeing.
- Supports healthy digestive functions.
- Supports postpartum health.
- Occasional cold hands and feet.
- Occasional dizziness.
- Occasional shortness of breath.
- Occasional weakness of the lower extremities.



Liver Blood deficiency. **Four Substances** nourishes Heart and Liver Blood, helping to relieve occasional feelings of irritability, anxiety, restlessness and forgetfulness.

It comprises two pairs of herbs, each aimed at nourishing or invigorating Yin and Yang aspects of Blood, respectively. Prepared Rehmannia root and White peony root are both known for their ability to strongly tonify the Blood, a physical representation of Yin, as well as nourish and preserve the Yin. The second pair, Dong quai root and Sichuan lovage rhizome support and encourage the movement of Blood, thus preventing the formula from becoming cloying and heavy.

Four Gentlemen is the foundational formula for Spleen Qi tonification. The Spleen Qi acts as the foundation for postnatal Qi in the body and is responsible for supplying the postnatal Essence from food, or *Gu Qi*, to the rest of the body. When the Spleen Qi is strong, the Essence of food is properly transformed into Qi to supply the body energy and Blood can be tonified.

White Asian ginseng root and rhizome strongly augments Original Qi and Spleen Qi. It is the quintessential herb used for Qi tonification. It works synchronously with White atractylodes rhizome, to strengthen Spleen and dry Dampness. Poria strengthens the Spleen and drains Dampness. Honey fried Chinese licorice root and rhizome strengthens the Spleen and harmonizes the actions of the other three herbs.

Astragalus root, one of the most Qi supplementing herbs, disperses Blood and Essence to the whole body by its Yang nature. It raises the Yang Qi, tonifies the Spleen and Lung Qi and tonifies Blood. Chinese cinnamon bark tonifies Spleen and Kidney Yang, warms the Heart Yang and leads the Fire back to its source to address upward floating deficient Yang. It is an auxiliary herb for long-standing deficiency of Qi and Blood, and assists Astragalus root in dispersing its warmth to the whole body.

Black jujube fruit tonifies the Spleen, augments the Qi, clears Heat, moderates and harmonizes the actions of the other herbs. **Ten Treasures** includes the addition of two gentle and synergistic herbs to supplement and warm the Spleen further. A small amount of Ginger rhizome has been added to warm the Middle and revive the Yang. Together, the herbs in this formula gather Qi and Yang to support the Blood and Yin of the whole body.

For a predominant Yang deficiency, **Replenish the Right** should be used instead. For deficient Qi and Blood with depleted Conception (*Ren Mai*) and Penetrating (*Chong Mai*) vessels, where the pattern presents with less Yang deficiency and Cold accumulation, **Women's Precious** from the Kan Herbals line should be utilized.

ORIGINS AND DEVELOPMENT

Ten Ingredients Pill for Complete Supplementation (*Shi Quan Da Bu Tang*) is from the *Imperial Grace Formulary of the Tai Ping Era (Tai Ping Hui Min He Ji Ju Fang)*.

ORGANS

Spleen, Stomach, Lung, Kidney, Heart, Liver.

ELEMENTS

Earth, Metal, Water, Wood, Fire.

PULSE

Thready, weak and forceless.

TONGUE

Pale with a thin, white coating.

COMPLEMENTARY ACUPUNCTURE POINTS

Stomach 36, Spleen 3, 6, Kidney 3, 7, Conception Vessel 6, 8 (moxa), Governing Vessel 4, 20.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during a Wind invasion.
- Contraindicated during pregnancy.

Transform Accumulation in the Channels

Nei Xiao Luo Li Wan

Phlegm accumulation, Phlegm and Heat lodged in the Channels, Blood stagnation

INGREDIENTS

| | | |
|--------------------------------------|------------------------------------|----------------------|
| Prunella fruit spike | Prunellae spica | <i>Xia ku cao</i> |
| Scrophularia root | Scrophulariae radix | <i>Xuan shen</i> |
| Zhejiang fritillary bulb | Fritillariae thunbergii bulbus | <i>Zhe bei mu</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Chinese mint herb | Menthae haplocalycis herba | <i>Bo he</i> |
| Dry fried Bitter orange mature fruit | Citri aurantium praeparata fructus | <i>Chao zhi ke</i> |
| Chinese rhubarb rhizome | Rhei radix et rhizoma | <i>Da huang</i> |
| Platycodon root | Platycodonis radix | <i>Jie geng</i> |
| Trichosanthes root | Trichosanthis radix | <i>Tian hua fen</i> |
| Isatis leaf | Isatidis folium | <i>Da qing ye</i> |
| Forsythia fruit | Forsythiae fructus | <i>Lian qiao</i> |
| Sargassum herb | Sargassum herba | <i>Hai zao</i> |
| Japanese ampelopsis root | Ampelopsis radix | <i>Bai lian</i> |
| Prepared Rehmannia root | Rehmanniae praeparata radix | <i>Shu di huang</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |

Transform Accumulation in the Channels is indicated when Phlegm accumulation and internal Heat are present, manifesting as fixed, hardened Phlegm. It is the result of a mixed pattern of Phlegm, Heat and Blood stagnation. Although this pattern can develop over a period of time, a sudden manifestation of this pattern is also possible, typically following an exterior Wind invasion.

As Spleen Qi insufficiency lingers, Dampness is generated, leading to Phlegm that begins to accumulate and eventually hardens in the channels. As the Spleen weakens, the Liver will begin to stagnate, becoming rigid and unable to bend. Since the Liver is responsible for the smooth flow of Qi throughout the body, a stagnation of the Liver further contributes to obstruction in the channels. Heat is generated from the constraint of Phlegm that is accumulating in the channels, and from stagnant Liver Qi that is unable to flow smoothly. As a consequence of the Liver Qi stagnation, the Blood will also stagnate.

These hardened, fixed Phlegm accumulations are typically located in the region of the head or neck, due to Heat tending to rise upward in the body. They can, however, manifest anywhere in the channels. **Transform Accumulation in the Channels** softens accumulations, transforms Phlegm, moves Liver Qi, clears Heat, and invigorates Blood.



CHINESE HERBAL ACTIONS

Disperses Phlegm accumulation, invigorates Blood, softens hardness, clears Heat.

PHYSICAL INDICATIONS

- Supports a healthy reproductive system.
- Supports healthy thyroid function.
- Supports breast health.
- Benefits the throat.
- Supports healthy blood circulation.
- Supports a healthy urinary system.
- Supports healthy lymphatic tissue.
- Phlegm or Blood accumulation in the channels of the neck.
- Phlegm, Heat or Blood accumulation in the Lower Burner.



This formula uses mainly purging and moving herbs to unblock stagnation and accumulation, and to address the excess nature of this pattern. A few tonifying herbs are included to support the actions of the purging and moving herbs, and to protect Yin and Blood from their harsh draining properties.

The chief herb, Prunella fruit spike, clears stagnation and Heat from the Liver, redirecting the Liver Yang downward and transforming accumulation. Zhejiang fritillary bulb clears Fire, transforms Phlegm and disperses clumps. Together these herbs' ability to disperse and transform Phlegm is much stronger than it is for either herb alone.

Scrophularia root clears Heat, nourishes the Yin, cools the Blood, redirects Phlegm Fire downward, softens hardness and dissipates accumulations. Platycodon root releases the Exterior, opens up and disseminates Lung Qi, and dispels Phlegm. Sargassum herb transforms Phlegm, clears Damp Heat and supports healthy urination.

Chinese rhubarb rhizome purges Heat and Fire, cools the Blood, disperses Blood stasis, purges accumulations and supports healthy urination. It also invigorates the Blood, and in combination with Dong quai root it dispels stagnation. The latter also tonifies Liver and Heart Blood and supports the overall goal of the formula by addressing Blood deficiency accompanied with Wind Damp obstruction and accumulations. Prepared Rehmannia root protects the Yin and Blood from the strong purging and Heat clearing effects of the formula. It tonifies the Blood, enriches Yin, especially of the Liver and Kidney, and generates Essence. Chinese licorice root and rhizome harmonizes the functions of the other herbs in the formula.

Trichosanthes root clears Heat, reduces accumulation and invigorates the Blood. Isatis leaf strongly cools blazing Heat in both the Qi and Blood levels. Forsythia fruit cools and vents Heat and disperses clumps. Japanese ampelopsis root clears Heat and disperses clumped Qi. Dry fried Bitter orange mature fruit regulates the Qi in the chest and abdomen. Chinese mint herb releases Wind Heat.

This formula can be combined with other formulas, depending on the location of the Phlegm. Combine with **Minor Bupleurum, Free and Easy Wanderer** or **Bupleurum Soothing Liver Formula** for Qi and Phlegm stagnation between or lodged in the Middle and Upper Burner. Combine with **Quell Fire** for Phlegm, Heat or Blood stagnation in the neck. If Spleen tonification is needed, combine with **Four Gentlemen**.

With underlying Yin deficiency, combine with **Rehmannia Six** or **Temper Fire**. With underlying Blood deficiency, especially for menstrual disharmony, combine with **Four Substances** or for Blood deficiency and strong Blood stagnation, combine with **Augmented Four Substances**. For Phlegm, Heat or Blood stagnation in the prostate gland, combine with **Prostate Support**.

ORIGINS AND DEVELOPMENT

Transform Accumulation in the Channels is a modern formulation.

ORGANS

Liver, Gallbladder, Spleen, Stomach, Lung.

ELEMENTS

Wood, Earth, Metal.

PULSE

Rapid, slippery or wiry.

TONGUE

Red tongue body, especially at the tip, with possible thick yellow coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Stomach 9, 12, 36, 40, 44, 45, Kidney 6, Large Intestine 10, 11, Gallbladder 34, 43, 44, *San Jiao* 5, 17, Lung 7.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during pregnancy.
- Caution should be taken with concurrent Spleen Qi deficiency.

Traumease

Yu Nan Bai Yao

Blood stasis, Heat, Damp Heat and/or Wind accumulation

INGREDIENTS

| | | |
|----------------------------------|-------------------------------|----------------------------|
| Tienchi ginseng root and rhizome | Notoginseng radix | <i>Tian qi</i> |
| Chinese yam rhizome | Dioscoreae rhizoma | <i>Shan yao</i> |
| Charred Bulrush pollen | Typhae pollen | <i>Pu huang tan</i> |
| Japanese dioscorea rhizome | Dioscoreae nipponicae rhizoma | <i>Chuan shan long</i> |
| Cranesbill herb | Erodii or geranii herba | <i>Lao guan cao</i> |
| Sanguisorba root | Sanguisorbae radix | <i>Di yu</i> |
| Barbed skullcap herb | Scutellariae barbatae herba | <i>Ban zhi lian</i> |
| Oldenlandia herb | Hedyotis diffusae herba | <i>Bai hua she she cao</i> |

Traumease addresses any pattern that has Blood stagnation or Blood stasis at its root, and is traditionally used when there is a need to simultaneously restrain the Blood while also preventing Blood stagnation. **Traumease** invigorates and regulates Blood while also restraining it, disperses accumulation, and clears Wind to support recovery by supporting healthy blood circulation.

Traumease contains a large amount of Tienchi ginseng root and rhizome, and is supported in its action by charred Bulrush pollen, to invigorate the Blood, disperse accumulation, and restrain Blood. Chinese yam rhizome and Japanese dioscorea rhizome work synergistically: Chinese yam rhizome strengthens the Spleen and drains fluid accumulation to support healthy muscles, while Japanese dioscorea rhizome expels Wind and Dampness and opens the channels to support healthy sinews. Cranesbill herb disperses Wind and Dampness and unblocks the channels, clearing Heat to support healthy skin. Sanguisorba root, Barbed skullcap herb and Oldenlandia herb clear Heat and cool the Blood, while the latter two also invigorate Blood.

Charred Bulrush pollen restrains Blood and removes Blood stasis. Sanguisorba root cools the Blood, restrains the blood, clears Heat from the Blood and the skin, and supports healthy skin. Oldenlandia herb and Barbed skullcap herb strongly clear Damp Heat, invigorate Blood, disperse accumulation, restrain Blood, and support healthy urination.

For stronger support of the sinews, bones and tendons, combine with **Great Mender Formula**. For concurrent invasion of Wind Cold, combine with **Meridian Comfort** or **Kudzu Releasing Formula**. For Wind Cold Damp obstruction in the meridians with stagnation and accumulation, combine with **Meridian Circulation**.

ORIGINS AND DEVELOPMENT

Yu Nan Bai Yao.



CHINESE HERBAL ACTIONS

Invigorates and regulates the Blood, restrains the Blood, disperses accumulation, clears Wind.

PHYSICAL INDICATIONS

- Supports recovery from any pattern that has Blood stagnation or stasis at its root.
- Supports healthy muscles and sinews.
- Supports healthy blood circulation.
- Supports healthy skin.
- Occasional menstrual discomfort.

ORGANS

Liver, Spleen.

ELEMENTS

Wood, Earth.

PULSE

Varying; moderate, rapid, choppy or wiry.

TONGUE

Varying; pink, pale, purple or red body.

COMPLEMENTARY ACUPUNCTURE POINTS

Local points/*Ashi* points/points that focus on the specific area, Spleen 6, 10, Urinary Bladder 11, Large Intestine 4, 11, Liver 3.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during pregnancy.

Traveler's Comfort

Mu Xiang Bing Lang Wan

Liver Qi stagnation, Liver overacting on the Spleen and Stomach, Damp Heat in the Lower Burner, food stagnation and accumulation

INGREDIENTS

| | | |
|---|--|----------------------|
| Saussurea root | Aucklandiae radix | <i>Mu xiang</i> |
| White peony root | Paoniae alba radix | <i>Bai shao</i> |
| Charred Chinese hawthorn fruit | Crataegi praeparata fructus | <i>Shan zha tan</i> |
| Phellodendron bark | Phellodendri cortex | <i>Huang bai</i> |
| Torreya seed | Torreyae semen | <i>Fei zi</i> |
| Melia fruit | Toosendan fructus | <i>Chuan lian zi</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Quisqualis fruit | Quisqualis fructus | <i>Shi jun zi</i> |
| Chinese pulsatilla root | Pulsatillae radix | <i>Bai tou weng</i> |
| Halloysite | Halloysitum rubrum mineral | <i>Chi shi zi</i> |
| Coptis rhizome | Coptidis rhizoma | <i>Huang lian</i> |
| Mume fruit | Mume fructus | <i>Wu mei</i> |
| Prepared Cyperus rhizome | Cyperis praeparata rhizoma | <i>Zhi xiang fu</i> |
| White atractylodes rhizome | Atractylodis macrocephalae rhizoma | <i>Bai zhu</i> |
| Garlic bulb | Allii sativi bulbus | <i>Da suan</i> |
| Codonopsis root | Codonopsis radix | <i>Dang shen</i> |
| Dried Ginger rhizome | Zingiberis rhizoma | <i>Gan jiang</i> |
| Tangerine dried rind of green fruit | Citri reticulatae pericarpium viride | <i>Qing pi</i> |
| Dry fried Bitter orange immature fruit | Aurantii praeparata fructus immaturus | <i>Chao zhi shi</i> |
| Clove flower | Caryophylli flos | <i>Ding xiang</i> |
| Honey fried Chinese licorice root and rhizome | Glycyrrhizae praeparata cum mel radix et rhizoma | <i>Zhi gan cao</i> |

Traveler's Comfort is inspired by the classical formulas Aucklandia and Betel Nut Pill (*Mu Xiang Bing Lang Wan*) and Mume Pill (*Wu Mei Wan*). Together, these formulas move Qi, reduce food stagnation and accumulations and protect against exterior invasions associated with food or water, especially while traveling. The formula was further modified to strongly support the Spleen and Stomach, address Damp Heat, and assist the Stomach with proper assimilation.

As the name implies, **Traveler's Comfort** is a wonderful formula to protect and comfort the digestive system from exterior invasions when exposed to unfamiliar or impure food and water. The aim of the formula is to prevent food stagnation and by extension Damp Heat accumulation, which can foster the perfect environment for invasion. Because of the broad



CHINESE HERBAL ACTIONS

Promotes movement of Qi, guides out stagnation, purges accumulations, drains Heat.

PHYSICAL INDICATIONS

- Supports healthy digestive functions.
- Supports healthy gastrointestinal functions.
- Supports healthy bowel functions.
- Occasional epigastric discomfort.
- Occasional low or intense appetite.



Spleen and Stomach support that this formula offers, it can be taken for an extended period of time while traveling.

Aucklandia and Betel Nut Pill promotes the movement of Qi and transforms stagnation, primarily addressing occasional focal and generalized distention, occasional fullness and stagnation in the epigastrium and abdomen. From this formula, **Traveler's Comfort** retains Saussurea root, Tangerine dried rind of green fruit, Coptis rhizome and Phellodendron bark. Saussurea root promotes the movement of Qi, and is especially indicated for stagnant Spleen and Stomach Qi accompanied with occasional lack of appetite or food stagnation. It adjusts and regulates stagnant Qi in the Intestines and strengthens the Spleen. It combines with White atractylodes rhizome and Tangerine dried rind of green fruit to address occasional loss of appetite accompanied with occasional epigastric and abdominal distention and stagnation. It also combines with Coptis rhizome to address occasional loose stools accompanied by abdominal discomfort.

Charred Chinese hawthorn fruit and Garlic bulb provide support in dispersing food stagnation and accumulation, and are very effective in addressing Damp Heat lodged in the Intestines. Charred Chinese hawthorn fruit reduces food stagnation and accumulations, especially from meat and greasy foods, and invigorates the Blood. Garlic bulb transforms food stagnation, unblocks accumulations, promotes the movement of Qi, warms the Stomach and strengthens the Spleen.

Prepared Cyperus rhizome promotes the flow of Qi in the Liver and Stomach channels, relieves Liver constraint and harmonizes Liver and Spleen. White peony root tonifies Liver Blood, extinguishes Wind, nourishes and harmonizes Liver and Spleen, calms and curbs Liver Yang. Codonopsis root and Clove flower tonify the Middle Burner, augment Spleen Qi, directs rebellious Qi downward, and fortifies Kidney Yang. Dry fried Bitter orange immature fruit promotes the movement of Qi in the Middle Burner and transforms Phlegm. Poria tonifies Spleen and eliminates Dampness. Honey fried Chinese licorice root and rhizome tonifies Spleen Qi, clears Heat, moderates and harmonizes the actions of the other herbs.

From Mume Pill, **Traveler's Comfort** utilizes Mume fruit to bind the Intestines and dried Ginger rhizome to warm the Interior and disperse internal Cold. Phellodendron bark clears Heat and dries Dampness in the digestive system. Torrey seed and Halloysite astringe, protect and safeguard against a wide variety of external invasions targeting Stomach and Intestines. Quisqualis fruit, Melia fruit, and Chinese pulsatilla root support the Spleen and Stomach while guarding against external food-borne invasions.

ORIGINS AND DEVELOPMENT

Aucklandia and Betel Nut Pill (*Mu Xiang Bing Lang Wan*) was taken from the *Confusians' Duties to Their Parents (Ru Men Shi Qin)*, written by Zhang Cong-Zheng (1156-1228). Mume Pill (*Wu Wei Qan*) was taken from the *Shang Han Lun*, written by Zhang Zhongjing in the 3rd century A.D.

ORGANS

Liver, Spleen, Stomach.

ELEMENTS

Wood, Earth.

PULSE

Varied due to the underlying constitution of the person.

TONGUE

Normal or red body, white or yellow coat, may be cracks in the center of the body of the tongue.

COMPLEMENTARY ACUPUNCTURE POINTS

Liver 3, Large Intestine 4, Kidney 3, Stomach 3, 37,39, 40, 44, Pericardium 6, Spleen 6, *San Jiao* 6, Liver 14, Liver 13.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during pregnancy.

True Warrior Formula

Zhen Wu Tang

Kidney Yang deficiency, Spleen and Kidney Yang deficiency with occasional retention of water

INGREDIENTS

| | | |
|----------------------------|------------------------------------|------------------|
| White atractylodes rhizome | Atractylodis macrocephalae rhizoma | <i>Bai zhu</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| White peony root | Paeoniae alba radix | <i>Bai shao</i> |
| Prepared aconite root | Aconiti praeparata radix lateralis | <i>Zhi fu zi</i> |
| Ginger rhizome | Zingiberis rhizoma | <i>Gan jiang</i> |

In Chinese folklore, the Spirit of the North is known as the “True Warrior” and is responsible for managing the elements of Fire and Water. The Kidney is the source of the True Fire and Water of the body, and it is from this parallel that the formula draws its name. The Kidney is responsible for controlling the movement of body fluids through the Lower Burner; the balance of Kidney Yang and Yin must be maintained for proper regulation to occur. When True Yang is deficient, the Kidney Qi is no longer sufficiently supported, weakening its transformative powers. Water then overflows its bounds, accumulating in the Lower Burner and settling in the lower regions of the body.

Kidney Yang is the root of the body’s Yang Qi, and frequently its deficiency engenders Spleen Yang deficiency. This sequence strongly affects the movement and balance of Water in the body. Although Water is governed by the Kidney, the Spleen is responsible for controlling it. When Spleen Yang is unable to transform and transport water, Dampness may infiltrate the flesh, causing a pattern known as Leg Qi. The retention of Dampness may also cause occasional loose stools. The heavy quality of Water and Dampness also has an effect on the upper body, as the clear Yang is hindered from ascending, veiling the sensory organs, clouding the Mind, creating an occasional heavy or dizzy sensation. **True Warrior Formula** also addresses externally contracted Wind Cold at the *Tai Yang* or Greater Yang level.

One of the most useful guides to the many patterns for which this formula can be used is provided by Chen Chao-Zu in *Strategies and Formulas in Chinese Herbology*. He groups those under eight categories.

True Warrior Formula addresses:

- Spleen Yang deficiency with obstruction and stagnation of Phlegm fluid and water Dampness in the Lower Burner, Kidneys or Bladder.
- Stagnation and lingering of excess fluids in the Exterior manifesting as aversion to cold, occasional discomfort in the body and extremities and occasional water retention. If Yang



CHINESE HERBAL ACTIONS

Tonifies Yang, warms the Interior, dispels water accumulation.

PHYSICAL INDICATIONS

- Supports healthy water metabolism.
- Supports healthy gastrointestinal functions.
- Supports healthy urinary functions.
- Supports healthy cognitive functions.
- Supports overall wellbeing.
- Occasional abdominal discomfort which is aggravated by cold.
- Aversion to cold.
- An occasional aching, heavy sensation in the limbs.
- Occasional lightheadedness.
- Occasional feeling of heaviness or cloudiness in the head.

deficiency predominates and the Exterior is not secured, then the person will have a tendency towards having a weak immune system.

- Occasional joint discomfort stemming from Kidney and Spleen deficiency, and where the ascending and descending functions are disturbed.
- Clogging and stagnation of the Liver channel.
- Water Qi intimidating the Heart, manifesting as occasional disordered mental or emotional balance.
- Water flooding the Upper Burner.
- Phlegm fluids and water Dampness attacking the clear Yang above, clogging and obstructing the sensory orifices.
- Impairment of Qi transformation leading to Dampness stagnating in the vessels and blood vessels.

True Warrior Formula manages Fire and Water by warming the Yang and dispelling Dampness. The chief herb in this formula is the very warming and spicy, prepared Aconite root. It tonifies the Fire at the Gate of Vitality, revives the Yang and supports the Kidney's function of transforming water. It expels Cold Damp obstruction and guides the actions of the other herbs into all twelve channels. The deputies are White atractylodes rhizome and Poria. White atractylodes rhizome tonifies Spleen and Stomach Qi, dries Dampness, supports healthy water metabolism, and stabilizes the Exterior. Poria supports healthy urination, leaches out Dampness, strengthens the Spleen, harmonizes the Middle Burner, and quiets the Heart. Ginger rhizome warms the Middle and expels Cold, especially for warming the Spleen and Stomach when there is an excess due to externally contracted Cold. It also rescues the Yang, expels interior Cold and warms the Lungs and the channels. White peony root nourishes Blood, calms and curbs Liver Yang, preserves the Yin and adjusts the Nutritive and Protective levels.

ORIGINS AND DEVELOPMENT

True Warrior Decoction (*Zhen Wu Tang*), is a classical Chinese herbal formula found in the *Shang han lun* written by Zhang Zhong-Jing at the end of the later Han Dynasty.



ORGANS

Kidney, Spleen.

ELEMENTS

Water, Earth.

PULSE

Thin, submerged and forceless.

TONGUE

Dark or pale and swollen with teeth marks; white, slippery coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Urinary Bladder 20, 23, Governing Vessel 4, Conception Vessel 4, 6, 12, Kidney 3, 7, Stomach 36, Spleen 3.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during pregnancy.

Two Immortals

Er Xian Tang

Kidney Yin and Yang deficiency with deficient Fire ascending, Essence deficiency

INGREDIENTS

| | | |
|---------------------|---------------------------------------|-----------------------|
| Curculigo rhizome | Curculiginis rhizoma | <i>Xian mao</i> |
| Epimedium herb | Epimedii herba | <i>Yin yang huo</i> |
| Morinda root | Morindae officinalis praeparata radix | <i>Zhi ba ji tian</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Phellodendron bark | Phellodendri cortex | <i>Huang bai</i> |
| Anemarrhena rhizome | Anemarrhenae rhizoma | <i>Zhi mu</i> |

Two Immortals, a classical rendition of *Er Xian Tang*, addresses a pattern of Kidney Yin and Yang deficiency with ascending Fire at the Gate of Vitality. When the Kidney Essence declines, menstrual fluids and Kidney Qi also decline. The Penetrating (*Chong Mai*) and Conception (*Ren Mai*) vessels lose their substance, causing the menses to become erratic and to finally cease. Due to a combination of deficiency of both the Kidney Yin and Yang and the flaring up of Fire from deficiency, a complicated pattern of disharmony can result. There may be hot and cold sweats, flushing, emotional instability and an alternating mix of deficiency and excess as part of the overall pattern. This thermo-regulation dysfunction, whereby sweating and the sensation of heat is intermixed with periods of cold intolerance, stems from the decline of both Yin and Yang simultaneously. Waning of Kidney Yin can cause a flaring-up of Empty Fire, leading to a broad range of mental-emotional states, including occasional anxiety, insomnia and depression. Decline of Kidney Yang can also contribute to occasional reduced energy, reduced libido and urinary frequency.

This formula is quite unique as it combines herbs that strengthen the Yang, nourish the Yin and drain Fire, while replenishing the Essence and Blood. It is suitable for both men and women presenting with a pattern of Kidney Yin and Yang deficiency with ascending deficiency Fire. Tonifying the Blood counterbalances the actions of the warming herbs to prevent further decline of the already deficient Yin and Essence.

The name of the formula **Two Immortals** arises from the word *Xian*, which translated, means immortals, and it refers to the two chief herbs in this formula: Curculigo rhizome and Epimedium herb. Curculigo rhizome tonifies the Kidneys, fortifies the Yang, expels Cold and transform Dampness. Epimedium herb tonifies Kidney Yang and harnesses the ascendant Fire at the Gate of Vitality. It dispels Wind Cold Dampness, and warms and unblocks the flow of Yang Qi. Morinda root tonifies Kidney Yang without being overly drying, augments the Essence, dispels Wind Dampness and strengthens the sinews and bones. Both Phellodendron bark and



CHINESE HERBAL ACTIONS

Warms the Kidney Yang, nourishes Kidney Yin and Essence (*Jing*), drains deficient Kidney Fire and regulates the Penetrating (*Chong Mai*) and Conception (*Ren Mai*) vessels.

PHYSICAL INDICATIONS

- Supports overall wellbeing, especially during menopause and perimenopause.
- Supports emotional wellbeing.
- Supports healthy urinary function.
- Occasional night sweats.
- Occasional insomnia.

Anemarrhena rhizome clear Heat and drain ascending Fire at the Gate of Vitality. Additionally, Anemarrhena enriches Yin, moistens dryness and generates fluids.

Dong quai root moistens and nourishes the Blood, and invigorates it. It disperses Cold and regulates the Penetrating and Conception vessels.

Two Immortals can be combined with **Six Gentlemen**, **Four Gentlemen** or **Shen Ling Spleen Support** for additional Spleen supplementation. For additional support of Heart and Kidney interaction, combine with **Celestial Emperor's Blend**.

ORIGINS AND DEVELOPMENT

Two Immortal Decoction (*Er Xian Tang*) is found in *Fang Ji Xue, Traditional Chinese Formulas*.



ORGAN

Kidney.

ELEMENT

Water.

PULSE

Thready, rapid, small.

TONGUE

Light red or pale; variable.

COMPLEMENTARY ACUPUNCTURE POINTS

Kidney 6 with Lung 7, Heart 5,
Kidney 2 with Heart 3, Urinary
Bladder 15 with 23.

CAUTIONS AND CONTRAINDICATIONS

- Use with caution if there is abdominal distention and loose stools.
- Use with caution during pregnancy.

Warm the Flow

Wen Jing Tang

Deficiency and Cold of the Penetrating (*Chong*) and Conception (*Ren*) Vessels, Blood deficiency, Blood stagnation

INGREDIENTS

| | | |
|--------------------------------------|--|-----------------------|
| Evodia fruit | Evodiae fructus | <i>Wu zhu yu</i> |
| Ophiopogon tuber | Ophiopogonis radix | <i>Mai men dong</i> |
| Chinese cinnamon twig | Cinnamomi ramulus | <i>Gui zhi</i> |
| Dong quai root | Angelicae sinensis radix | <i>Dang gui shen</i> |
| Sichuan lovage rhizome | Ligustici wallichii rhizoma | <i>Chuan xiong</i> |
| White peony root | Paeoniae alba radix | <i>Bai shao</i> |
| Tree peony root bark | Moutan cortex | <i>Mu dan pi</i> |
| White Asian ginseng root and rhizome | Panax ginseng (white) radix et rhizoma | <i>Bai ren shen</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |
| Ginger cured Pinellia rhizome | Pinelliae praeparata rhizoma | <i>Jiang ban xia</i> |
| Ginger rhizome | Zingiberis rhizoma | <i>Gan jiang</i> |
| Processed Polygonum multiflorum root | Polygoni multiflori praeparata radix | <i>Zhi he shou wu</i> |
| Lycium fruit | Lycii fructus | <i>Gou qi zi</i> |

Warm the Flow (*Wen Jing Fang*) addresses deficiency and Cold of the Penetrating (*Chong*) and Conception (*Ren*) vessels. Both the Penetrating and Conception vessels originate in the lower abdomen, near the uterus. The Penetrating vessel is called the “sea of Blood” and the Conception vessel is said to “Dominate the uterus”. External or internal Cold can accumulate near these vessels in the lower abdomen, causing contraction and blockage of the vessels, leading to Qi and Blood stagnation, a common contribution to menstrual irregularities, such as early or late menstruation, extended flow length or occasional spotting between menstruation, and may be accompanied with occasional sensations of cold in the lower abdomen or menstrual discomfort that is improved with warmth.

Keeping feet and legs warm, avoiding sitting on cold surfaces, avoiding wearing shorts in cold weather, especially while exercising, and avoiding submerging the lower abdomen in cold bodies of water are important practices that help decrease the potential for Cold to become lodged in the vessels. The chance of Cold stagnating in the vessels greatly increases if the previously mentioned circumstances occur while menstruating. Cold lodging in the Lower *Jiao* is not limited to women, but is a more typical pattern for women due to regular monthly blood loss. Although this is primarily a Cold-based pattern, it is possible to have Heat in the palms and soles of the feet, a feeling of heat in the evening and occasional flushing upward of Heat. This



CHINESE HERBAL ACTIONS

Warms the menses, disperses Cold, nourishes the Blood, dispels Blood stasis.

PHYSICAL INDICATIONS

- Supports healthy reproductive organs.
- Supports healthy menstruation.
- Supports healthy blood circulation.
- Occasional feeling of warmth in the evenings, especially in the palms or soles of the feet.
- Occasional dry mouth and lips.
- Occasional lumbar or sacral discomfort that get worse after menstruation or when tired.
- Occasional cold in the lower abdomen.

could be mistaken for Yin deficiency, and it is differentiated by a concurrent cold lower abdomen with no desire to drink liquids.

Warm the Flow is a warming formula that dispels Cold, nourishes and invigorates the Blood. It is classically skillfully designed to address elements of combined excess and deficiency along with Cold and Heat presentations. Warming the Qi and Blood and dispelling Cold leads to and supports the nourishing of Blood and dispelling of stasis. **Warm the Flow** addresses both the root and the branch of the pattern, thereby promoting overall health of the Penetrating and Conception vessels.

The chief herbs, Evodia fruit and Chinese cinnamon twig, are both strongly warming. Evodia fruit warms the Interior and Middle Burner, regulates Liver Qi, redirects rebellious Qi down, dispels Cold and dries Dampness. Chinese cinnamon twig releases the Exterior, warms and unblocks the channels, strengthens the Yang and disperses Cold. This is a powerful combination to remove Cold, especially from the lower abdomen.

Dong quai root, Sichuan lovage rhizome and White peony root, the deputies, invigorate and nourish Blood, and dispel Blood stasis. In the classical form of *Wen Jing Tang*, Donkey-hide glue was used, and due to regulatory concerns, it has been replaced with Lycium fruit and processed Polygonum multiflorum root to tonify Blood and Yin. Ophiopogon tuber tonifies Blood and Yin, moistens Dryness, clears deficiency Heat, and regulates Liver Qi. Tree peony root bark clears Heat due to deficiency or excess, cools and invigorates the Blood.

The combination of White Asian ginseng root and rhizome, Chinese licorice root and rhizome and Ginger rhizome, all warming herbs, strengthen the Qi of the Spleen and Stomach. Ginger cured Pinellia rhizome transforms Phlegm and redirects rebellious Qi downward.

For stronger signs of Blood stagnation with Blood deficiency, combine with **Augmented Four Substances**. For concurrent Liver Qi stagnation with occasional premenstrual disharmonies, combine with **Free and Easy Wanderer** or **Jade Calm**.

ORIGINS AND DEVELOPMENT

Flow-Warming Decoction or Warm the Channels Decoction (*Wen Jing Tang*).



ORGANS

Heart, Liver, Kidneys.

ELEMENTS

Fire, Wood, Water.

PULSE

Fine, rough.

TONGUE

Pale, possibly purple.

COMPLEMENTARY ACUPUNCTURE POINTS

Kidney 3, 6, 7, 10, Liver 3, Large Intestine 4, Spleen 6, *Ren* 4, 5, 6, Spleen 10, Urinary Bladder 31, 32, *Zi gong*, moxa.

CAUTIONS AND CONTRAINDICATIONS

- Congealed Blood due to Excess without underlying deficiency.

Warm the Stomach

Ping Wei San

Damp Cold stagnation in the Middle Burner

INGREDIENTS

| | | |
|--------------------------------------|--|--------------------|
| Cang-zhu atractylodes rhizome | Atractylodis rhizoma | <i>Cang zhu</i> |
| Magnolia bark | Magnoliae officinalis cortex | <i>Hou po</i> |
| Tangerine dried rind of mature fruit | Citri reticulatae pericarpium fructus | <i>Chen pi</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |
| Medicated leaven | Massa medicata fermentata | <i>Shen qu</i> |
| Dry fried Barley sprout | Hordei vulgaris praeparata fructus germinantus | <i>Chao mai ya</i> |
| Red jujube fruit | Jujubae fructus | <i>Hong zao</i> |
| Ginger rhizome | Zingiberis rhizoma | <i>Gan jiang</i> |

Warm the Stomach (*Ping Wei San*) is the foundational formula to address Damp stagnation in the Middle Burner. As the Spleen is responsible for transforming food into *Gu Qi*, then into Nutritive Qi, when Dampness stagnates in the Spleen and Stomach, this function is impaired. The Spleen can be encumbered by Cold Damp due to over consumption of cold or raw foods, especially in cold climates or seasons, which in turn leads to increased production of Dampness. As Dampness persists, it leads to stagnation and fullness, first in the Middle Burner, possibly accompanied with occasional abdominal distension, occasional loss of appetite, or feelings of lethargy; then in the Lower Burner, with loose stools or heaviness in the body or limbs. Eventually the Stomach is unable to transport downward, leading to rebellious Stomach Qi.

This formula can be used for any pattern in which Damp has accumulated in the Middle Burner, but more specifically when presenting as Cold. It contains a balance of herbs that dry Damp, move accumulation stagnating in the Spleen and Stomach, and tonify Spleen Qi.

Cang-zhu atractylodes rhizome, the chief herb in this formula, transforms Dampness accumulation and strengthens the transformative function of the Spleen. Magnolia bark and Tangerine dried rind of mature fruit combine to regulate the Qi of the Middle Burner. Magnolia bark is especially effective at redirecting rebellious Qi downward and dispersing fullness. Tangerine dried rind of mature fruit regulates and strengthens the Qi of the Middle Burner and harmonizes the Stomach.

Red jujube fruit, Chinese licorice root and rhizome and Ginger rhizome strengthen, support and harmonize the functions of the Spleen and Stomach. Red jujube fruit also mitigates the strong effects of the other herbs while tonifying the Blood and the Middle Burner. Chinese licorice root and rhizome strengthens the Spleen and Stomach and harmonizes the actions of the other herbs. Ginger rhizome warms the Spleen Yang and harmonizes the Middle Burner.



CHINESE HERBAL ACTIONS

Dries Dampness, tonifies the Spleen Qi, regulates the Qi, harmonizes the Stomach.

PHYSICAL INDICATIONS

- Supports a healthy digestive system.
- Supports healthy gastrointestinal function.
- Occasional sensation of heaviness of the limbs, lethargy, tendency to be easily fatigued or an increased desire to sleep.
- Occasional loss of taste.

Medicated leaven and dry fried Barley sprout have been added to the traditional formulation to help reduce distention and discomfort throughout the abdomen. Both of these herbs are effective at regulating food stagnation and harmonizing the Middle Burner.

Warm the Stomach is warming and drying and should be augmented with other formulas such as **Wei Te Ling** if there is Heat present. If there is Liver Qi stagnation, combine with **Liver Flow, Peaceful Earth, Release Restraint** or **Digestive Harmony Formula**.

ORIGINS AND DEVELOPMENT

This formula was first mentioned in the *Collected Treatises of Zhang Jing-Yue*: “Calming the Stomach to put in order that which is imbalanced.”



ORGANS

Spleen, Stomach.

ELEMENT

Earth.

PULSE

Moderate to slippery.

TONGUE

Swollen with a thick, white, greasy coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Spleen 3, 4, 9, *Ren* 10, 12, 17,
Urinary Bladder 20, 21, Liver 13,
Stomach 25, Pericardium 6.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated during pregnancy.
- Contraindicated with Yin or Blood deficiency.

Water's Way

Wu Ling San

Qi unable to transform Damp, accumulation of Dampness, Spleen Yang deficiency, occasional urinary difficulty

INGREDIENTS

| | | |
|------------------------------|------------------------------------|-----------------|
| Asian water plantain rhizome | Alismatis rhizoma | <i>Ze xie</i> |
| White atractylodes rhizome | Atractylodis macrocephalae rhizoma | <i>Bai zhu</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Polyporus sclerotium | Grifola Umbellata fruiting body | <i>Zhu ling</i> |
| Chinese cinnamon twig | Cinnamomi ramulus | <i>Gui zhi</i> |

Water's Way is a faithful rendition of Five Ingredient Powder with Poria (*Wu Ling San*), a classical formula addressing accumulating Dampness that is interfering with the proper circulation and regulation of fluid metabolism. Internal Dampness is often caused by Spleen Qi deficiency and, if more pronounced, Kidney Qi deficiency. If deficient Spleen is unable to properly transform and transport body fluids, they will stagnate and develop into Dampness. The accumulated water will flow into collateral channels causing occasional water retention and a feeling of heaviness. **Water's Way** strengthens the Spleen, drains Dampness and promotes the transforming functions of Qi, enabling the regulation of water metabolism in all three Burners.

Spleen Qi deficiency leading to accumulation of Dampness is perhaps the most common disharmony addressed by **Water's Way**. This causes internal accumulation of water and Dampness that overflows into the muscles and skin to produce occasional water retention and a sensation of heaviness. The Stomach and the Intestines become vulnerable, preventing the clear Yang from ascending and the turbid Yin from descending.

Secondly, **Water's Way** addresses the less common pattern of a build-up of water due to Wind Cold that has not been released properly, and has invaded the Interior instead, specifically the Bladder, leading to water retention that interferes with the transportation and elimination of fluids. Disruption of Bladder Qi leads to occasional water retention, which interferes with the upward transportation and downward elimination of fluids. This is known as “water rebellion” pattern.

Thirdly, **Water's Way** addresses the accumulation of Water in the Lower Burner that is preventing the clear Yang Qi from ascending. When the ascent of clear Yang is obstructed, turbid Yin cannot move downward, which can cause occasional dizziness. If the congested fluids invade the Lungs, occasional shortness of breath can be present.

The underlying cause indicating the use of **Water's Way** is the accumulation of water in the Bladder due to the Qi's inability to transform fluids. The primary considerations in choosing this formula should be occasional urinary difficulty, occasional water retention and a generalized sensation of heaviness. **Water's Way** supports healthy urination to decrease this water buildup.



CHINESE HERBAL ACTIONS

Supports healthy urination, strengthens the Spleen, drains and dries Dampness, promotes transforming functions of Qi.

PHYSICAL INDICATIONS

- Supports healthy water metabolism.
- Supports a healthy urinary system.
- Occasional strong thirst.
- Occasional generalized sensation of heaviness.
- Occasional loose stools.
- Occasional dizziness.
- Occasional shortness of breath.
- Occasional irritability.

It combines herbs to support healthy water metabolism and resolve excess Dampness, with herbs that promote the Qi dynamic to resolve the Exterior.

Asian water plantain rhizome, the chief herb in this formula, leaches out Dampness and supports healthy urination. It settles ministerial Fire in the Kidneys by draining Dampness from the Lower Burner. It is assisted by *Polyporus sclerotium* and *Poria*. *Polyporus sclerotium* drains Dampness and supports healthy urination. *Poria* supports healthy urination, leaches out Dampness, strengthens the Spleen and harmonizes the Middle Burner. White atractylodes rhizome supplements the Spleen Qi, dries Dampness, supports healthy water metabolism and stabilizes the Exterior. Chinese cinnamon twig warms the Yang, releases the Exterior, warms and unblocks the channels and collaterals, warms the Middle and directs turbid Yin downward, aiding the Spleen Qi in transforming Dampness.

Water's Way may be used in combination with other formulas, such as **Six Gentlemen** and **Replenish the Right** for additional support of the Spleen and Kidneys respectively.

ORIGINS AND DEVELOPMENT

Water's Way is based on Dr. Zhang Zhong-Jing's formula *Wu Ling San*, presented in the classic *Shang Han Lun*. It was originally designed by Dr. Zhang Zhong-Jing to relieve occasional water build-up imbalance (*Xu Shui*), caused by surface Wind Cold patterns in the *Tai Yang* that have penetrated to the greater Interior Yang organ (Urinary Bladder).



ORGANS

Kidney, Spleen.

ELEMENTS

Water, Earth.

PULSE

Floating, soggy, rapid or weak.

TONGUE

Swollen tongue with a white coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Spleen 3, 6, 9, Kidney 7, Conception Vessel 3, 9, Bladder 22, Liver 13.

CAUTIONS AND CONTRAINDICATIONS

- Use with caution during pregnancy.

Wei Te Ling

Wei Te Ling

Rebellious Stomach Qi, stagnant Stomach Qi

INGREDIENTS

| | | |
|-----------------------------------|------------------------------|-----------------------|
| Cuttlefish bone | Sepiae endoconcha os | <i>Hai piao xiao</i> |
| Bee honey | Mel | <i>Feng mi</i> |
| Prepared Corydalis yanhusuo tuber | Corydalis praeparata rhizoma | <i>Zhi yan hu suo</i> |
| Tienchi ginseng root and rhizome | Notoginseng radix | <i>Tian qi</i> |

Wei Te Ling is a relatively modern formula, used to relieve acute stagnation in the Stomach by directing rebellious Qi downward and by moving Blood stasis. It may be used alone, but is most useful when combined with a constitutional formula. A wide variety of underlying patterns contribute to this excess presentation. Acid producing foods, such as hot and spicy foods, and stress often lead to stomach discomfort accompanied by occasional acidity, belching, bloating or other occasional stomach disharmonies.

Simple in structure, **Wei Te Ling** focuses on alleviating stagnation, harmonizing the Stomach and invigorating the Blood. Cuttlefish bone, the chief herb, addresses stomach acidity, drains Dampness and alleviates stagnation. Prepared Corydalis yanhusuo tuber and Bee honey reinforce the actions of the chief herb in alleviating stagnation, moving Blood and strengthening the Middle Burner. Tienchi ginseng root and rhizome was added to the original formula for its capacity to restrain Blood while simultaneously invigorating it and relieving Blood stasis. **Wei Te Ling** calms rebellious Stomach Qi, harmonizes and strengthens the Middle Burner.

It is recommended that **Wei Te Ling** be combined with a constitutional herbal formula, such as **Six Gentlemen** or **Prosperous Farmer** to tonify the Spleen and support healthy digestive functions, or **Free and Easy Wanderer** to move Liver Qi stagnation.

Several formulas address similar patterns. **Stomach Support** addresses Stomach Fire with concurrent Stomach and Kidney Yin deficiency. **Digestive Harmony Formula** addresses excess patterns of food stagnation. **Peaceful Earth** addresses a pattern of food stagnation while simultaneously strengthening the Spleen Qi and expelling Wind.

ORIGINS AND DEVELOPMENT

Stomach Special Effective (*Wei Te Ling*) is a modern formula.



CHINESE HERBAL ACTIONS

Redirects rebellious Stomach Qi downward, strengthens the Stomach, relieves Stomach stagnation, invigorates Blood and dispels stasis.

PHYSICAL INDICATIONS

- Supports healthy digestive functions.
- Occasional bloating or belching.

ORGAN

Stomach.

ELEMENT

Earth.

PULSE

Tight or wiry.

TONGUE

Red with a greasy, yellow coating.

COMPLEMENTARY ACUPUNCTURE POINTS

Conception Vessel 12, 10, 13, 22, Stomach 36, 44, 41, Large Intestine 5, 10.

CAUTIONS AND CONTRAINDICATIONS

- Discontinue use if Heat develops.

White Tiger

Bai Hu Jia Ren Shen Tang

Qi Level Heat (in the Four Levels system) or *Yang Ming* stage Heat (in the Six Stages system), acute Exterior invasion with underlying Yin deficiency

INGREDIENTS

| | | |
|---|--|----------------------|
| Gypsum | Gypsum fibrosum mineral | <i>Sheng shi gao</i> |
| Chinese yam rhizome | Dioscoreae rhizoma | <i>Shan yao</i> |
| American ginseng root | Panax quinquefolii radix | <i>Xi yang shen</i> |
| Anemarrhena rhizome | Anemarrhenae rhizoma | <i>Zhi mu</i> |
| Honey fried Chinese licorice root and rhizome | Glycyrrhizae praeparata cum mel radix et rhizoma | <i>Zhi gan cao</i> |

White Tiger (*Bai Hu Jia Ren Shen Tang*) is a classical formula taken from the ancient text of the *Shang Hun Lun* (220 A.D.). The **White Tiger** indicated by the formula's name represents the Metal spirit from Chinese mythology. It symbolizes the beginning of fall with the season's associated color, white, and the end of summer's heat reflecting its ability to quell Heat in the body. The formula's white herbs, including the powerfully Heat clearing mineral Gypsum, further reflect the symbolism.

White Tiger addresses two similar manifestations: Qi Level Heat in the Bright Yang level, also called Stomach Heat, and Bright Yang Channel pattern from Six Stages. **White Tiger** formula uses the clearing, or *Qing Fa* method, implying a transforming or purifying process, in contrast to methods such as purging or releasing the Exterior.

The Bright Yang (*Yang Ming*) level, comprise of the Stomach and Large Intestine meridians, contains a wealth of Qi and Blood. When a robust influence invades the Yang Brightness level, a great battle begins, characterized by the "four bigs": big heat, big sweat, big thirst and a big pulse. This pattern indicates an invasion by an exterior influence that is generating a significant amount of Heat, which is damaging the Yin. Yin deficient constitutions are also more susceptible to an invading Heat type influence. There may be accompanying signs of occasional insomnia, Five-Palms Heat and a dry throat.

The emperor, Gypsum, clears and vents Heat from the Interior to the Exterior, and relieves Heat from constraint. The deputy, Anemarrhena rhizome, clears Heat especially from the Lungs and Stomach, moistens dryness and enriches the Yin. They combine in their actions to strongly clear Heat. The assistant, honey fried Chinese licorice root and rhizome benefits the Stomach, protects the fluids, and harmonizes the Middle Burner.

Chinese yam rhizome and American ginseng root were selected to lessen that harsh effect of Gypsum and to further nourish Yin and Qi. Chinese yam rhizome replaces non-glutinous rice, strengthening this formula's ability to nourish and hold the Yin while tonifying the Stomach and



CHINESE HERBAL ACTIONS

Clears Qi level Heat, drains Stomach channel Fire, generates fluids, alleviates thirst and benefits the Qi.

PHYSICAL INDICATIONS

- Supports a healthy urinary system.
- Occasional irritability, red face, a feeling of constraint in the chest.
- Occasional aversion to Heat without chills.
- Occasional sweating.
- Occasional strong thirst with sensation of dry throat.

Spleen Qi. A classical modification, American ginseng root was added to replenish Yin, fortify the Qi, generate fluids and cool the body. These modifications broaden the scope of the original formula, making it suitable for an acute exterior invasion with underlying Yin deficiency, as well as for Heat that has passed quickly to a deeper level.

ORIGINS AND DEVELOPMENT

White Tiger is a classic formula taken from the ancient text of the *Shang Hun Lun*, compiled by Zhong-Jing Zhang, circa 220 A.D. The approach used in this formula, primarily to clear Heat, was first mentioned in Basic Questions, in guidelines such as “Use cold for hot causes” and “Use clearing to treat warmth.” **White Tiger** formula uses the clearing, or *Qing Fa* method, implying a transforming or purifying process, in contrast to methods such as purging or releasing the Exterior.



ORGANS

Lung, Stomach.

ELEMENTS

Metal, Earth.

PULSE

Flooding and rapid, or forceless.

TONGUE

Pink to red with a dry, yellow coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Large Intestine 4, 11, *Du* 14, *San Jiao* 5, Pericardium 3, Yin Tang, Stomach 36, 44, Liver 2.

CAUTIONS AND CONTRAINDICATIONS

- Not for long-term use.
- Contraindicated for Heat due to Spleen and Stomach deficiency and for True Cold False Heat. True Cold False Heat pattern is true Yang deficiency mixed with what appears to be Heat, but the root cause is actually from deficient Kidney Yang.
- Discontinue use with stiff neck, headache due to Yang Qi not rising, icy-cold limbs, fever without thirst, sweating accompanied by a pale complexion and impairment of mental faculties.

Yin Fountain

Mai Wei Di Huang Wan

Lung and Kidney Yin deficiency

INGREDIENTS

| | | |
|------------------------------|-------------------------------|---------------------|
| Prepared Rehmannia root | Rehmanniae praeparata radix | <i>Shu di huang</i> |
| Chinese yam rhizome | Dioscoreae rhizoma | <i>Shan yao</i> |
| Asiatic cornelian cherry | Corni fructus | <i>Shan zhu yu</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Ophiopogon tuber | Ophiopogonis radix | <i>Mai men dong</i> |
| Tree peony root bark | Moutan cortex | <i>Mu dan pi</i> |
| Asian water plantain rhizome | Alismatis rhizoma | <i>Ze xie</i> |
| Schisandra fruit | Schisandrae chinensis fructus | <i>Wu wei zi</i> |

Yin Fountain is based on Ophiopogon, Schisandra and Rehmannia Pill (*Mai Wei Di Huang Wan*), itself a modification of the legendary Six Ingredient Pill with Rehmannia (*Liu Wei Di Huang Wan*), an important formula for addressing Kidney and Liver Yin deficiency. In **Yin Fountain**, the root formula has been modified by the inclusion of Ophiopogon tuber and Schisandra fruit, to nourish Yin fluids in the Kidney and Lung, constrain sweating and calm the Mind.

The Kidney serves as the body's reservoir of Yin, containing moistening, replenishing and balancing qualities supporting both physical and mental wellbeing. The health of the Lung is strongly reliant on its relationship to the Kidneys; the descending Qi of the Lung needs to be "grasped" by the Kidneys in order to properly carry out its role of dispersion and descent. This descent in turn nourishes the Kidney Qi. The Lung relies on the upward moistening effect of the richly nourishing attributes of Kidney Yin, much like a subtle fountain, which arcs from the Lower Burner to the Upper Burner.

Yin Fountain supports the healthy functioning of the Lungs by generating fluids, and is especially well suited for elderly patients who have become depleted.

The chief herb, prepared Rehmannia root, strongly enriches the Kidney Yin and tonifies Blood and Yin. Chinese yam rhizome tonifies Lung Qi and Yin, and Asiatic cornelian cherry tonifies Liver and Kidney and retains Essence. Tree peony root bark and Asian water plantain rhizome clear Heat, and the latter also drains Dampness in combination with Poria. Ophiopogon tuber and Schisandra fruit nourish Yin fluids in the Kidneys and Lung. Ophiopogon tuber nourishes Lung Yin, assists the Stomach, generates body fluids, clears Heat and moistens the bowels. Schisandra fruit restrains sweating, contains the leakage of Lung Qi, enriches the Kidneys, and generates body fluids. Both herbs also have the added benefit of calming the Mind and addressing occasional irritability.

Yin Fountain nourishes Lung and Kidney Yin and mildly clears deficiency Heat. Similar tonifying Lung formulas include: **Ginseng and Astragalus Combination** which tonifies Yin,



CHINESE HERBAL ACTIONS

Nourishes Lung and Kidney Yin, generates fluids.

PHYSICAL INDICATIONS

- Supports healthy lung function.
- Supports overall wellbeing.
- Supports healthy respiratory function.
- Occasional dryness of the throat, mouth or skin.
- Occasional irritability.
- Occasional low back discomfort.
- Occasional night sweats.

Blood and Qi, clears Heat from the Lungs, moistens the Lungs and transforms Phlegm; **Wise Judge**, in the Kan Herbs line, tonifies Lung Yin and Lung Qi, moistens the Lungs and tonifies the Heart Qi, and mildly clears Heat; **Li Fei Lung Support** tonifies Lung Yin, strengthens Lung Qi and mildly clears Heat; and **Ginseng and Gecko Formula** tonifies Lung and Kidney Qi, helps Kidney Qi to grasp Lung Qi, transforms Phlegm, and mildly clears Heat.

ORIGINS AND DEVELOPMENT

Golden Mirror (Yi Zong Jin Jian) by Dr. Wu Qian, 1742 A.D. It is one of the many variations of the classic Kidney and Liver Yin tonic, Six Ingredient Pill with Rehmannia (*Liu Wei Di Huang Wan*).



ORGANS

Lung, Kidney.

ELEMENTS

Metal, Water.

PULSE

Deficient and rapid.

TONGUE

Red with dry and little coating.

COMPLEMENTARY ACUPUNCTURE POINTS

Kidney 3, 6, Spleen 6, Lung 5, 7, *San Jiao* 5, 6, Urinary Bladder 13, 23, Large Intestine 4, Liver 3.

CAUTIONS AND CONTRAINDICATIONS

- Contraindicated with an External invasion.

Yin Qiao

Yin Qiao San

Exterior Wind Heat invasion

INGREDIENTS

| | | |
|-----------------------------------|-------------------------------|--------------------|
| Honeysuckle flower | Lonicerae flos | <i>Jin yin hua</i> |
| Forsythia fruit | Forsythiae fructus | <i>Lian qiao</i> |
| Chinese mint herb | Menthae haplocalycis herba | <i>Bo he</i> |
| Platycodon root | Platycodonis radix | <i>Jie geng</i> |
| Phragmites rhizome | Phragmitis rhizoma | <i>Lu gen</i> |
| Burdock fruit | Arctii fructus | <i>Niu bang zi</i> |
| Prepared Soybean seed | Sojae praeparata semen | <i>Dan dou chi</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |
| Lophatherum herb | Lophatheri herba | <i>Dan zhu ye</i> |
| Schizonepeta herb | Schizonepetae herba | <i>Jing jie</i> |

Yin Qiao, based on Honeysuckle and Forsythia Powder (*Yin Qiao San*), is a well-known formula addressing the early stage of an external invasion. Defensive (*Wei*) Qi is responsible for protecting the body from external invasion. It circulates in the outer layers of the body, between the skin and the muscles and its function is to prevent exterior influences such as Wind, Heat and Cold from penetrating to deeper levels of the body. When an exterior Wind Heat condition is not addressed properly, the exterior influence can penetrate to the Lesser (*Shao Yang*) level, midway between the Interior and the Exterior, where it might remain entrenched. This usually will manifest as an internal Heat or Damp Heat condition. The resulting Heat or Damp Heat can further damage the Qi and Yin of the body, leading to deficiency states that can leave one open to further invasions. By releasing the Exterior at the Wind Heat stage, this pattern is mitigated before penetrating more deeply.

Yin Qiao is an appropriate formula to use with this presentation, as it helps invigorate and bring to the surface the Defensive Qi. It releases the Exterior, disperses Wind Heat, and clears Heat from the Lungs.

The chief herbs in this formula, Honeysuckle flower and Forsythia fruit dispel externally contracted Wind Heat and clear Heat from the Lungs. Platycodon root and Burdock fruit, two of the deputies, are frequently combined to specifically address stagnation. Platycodon root opens up, disseminates, and raises Lung Qi, dispels Phlegm, benefits the throat, and directs the actions of the other herbs to the Upper Burner. Burdock fruit disperses Wind Heat and benefits the throat. The other deputies are Chinese mint herb and prepared Soybean seed. Chinese mint herb facilitates the dispersal of Upper Burner Wind Heat, cools and clears the eyes and the head, and soothes the throat, while prepared Soybean seed releases the Exterior. Schizonepeta herb releases the Exterior and dispels Wind. Lophatherum herb and Phragmites rhizome clear



CHINESE HERBAL ACTIONS

Dispels Wind and Heat, releases the Exterior.

PHYSICAL INDICATIONS

- Supports a healthy respiratory system.
- Supports Defensive Qi.
- Supports a healthy and strong immune system.
- Benefits the throat.
- Occasional irritability.
- Occasional dry throat, heat in the throat.
- Occasional body aches.
- Occasional aversion to wind.
- Occasional sensation of warmth and heat.
- Occasional sweating.

Heat, support healthy urination, clear Damp Heat and generate fluids. Chinese licorice root and rhizome tonifies the Spleen Qi, moistens the Lungs, clears Heat and harmonizes the actions of the other herbs in the formula.

Similar Exterior releasing formulas include: **Calm Breath Formula** clears Heat from the Lungs caused by an external invasion, moistens Lungs and transforms Phlegm; **Blue Green Lung Formula** releases an exterior Wind Cold invasion, warms the Lungs and transforms Phlegm; **Great White Lung Formula** clears a Wind Heat or Wind Cold invasion transforming into Heat in the Lung and clears Phlegm; **Lung Qi Release** warms and releases an exterior lingering invasion. **Initial Defense** clears exterior Heat.

Combine with **Antiphlogistic Formula** or **Zhong Gan Ling** to more strongly clear Heat and expel Wind.

ORIGINS AND DEVELOPMENT

Yin Qiao is taken from the classic book, *Systematic Differentiation of Warm Disharmonies*, by Wu Ju-Tong.



ORGAN

Lung.

ELEMENT

Metal.

PULSE

Floating and rapid.

TONGUE

Red tip with a thin, white or yellow coat.

COMPLEMENTARY ACUPUNCTURE POINTS

Large Intestine 4, 11, Lung 7, 10,
Governing Vessel 14, Triple Burner
3, 5, Gallbladder 20.

CAUTIONS AND CONTRAINDICATIONS

- Exterior Wind Cold invasion.
- Caution with Spleen Qi deficiency.

Zhong Gan Ling

Zhong Gan Ling

Blazing Wind Heat or Fire at the Qi level, or at the Yang Ming Channel

INGREDIENTS

| | | |
|--------------------------------|-------------------------------------|----------------------|
| Kudzu root | Pueraria lobatae or thomsonii radix | <i>Ge gen</i> |
| Pubescent holly root | Illicis pubescentis radix | <i>Mao dong qing</i> |
| European verbena herb | Verbenae herba | <i>Ma bian cao</i> |
| Isatis root | Isatidis radix | <i>Ban lan gen</i> |
| Sweet wormwood herb | Artemisiae annuae herba | <i>Qing hao</i> |
| Gypsum | Gypsum fibrosum mineral | <i>Sheng shi gao</i> |
| Notopterygium root and rhizome | Notopterygii radix et rhizoma | <i>Qiang huo</i> |

Zhong Gan Ling addresses blazing Heat or Fire at the Qi level, or at the *Yang Ming* channel, within the Six Stages. Heat if unresolved may traverse from the more superficial Greater Yang (*Tai Yang*) level, gather in intensity and strength and lodge in the deeper Yang Brightness (*Yang Ming*) level.

In this pattern, the exterior invasion is beginning to penetrate the Qi level or the *Yang Ming* stage. It is accompanied by occasional discomfort in the neck and shoulders, aversion to heat and attraction to cold, a red face, occasional restlessness and irritability. All are indications of an invasion by an exterior influence that is generating a significant amount of Heat which is damaging to the Yin, and there may be accompanying signs of occasional insomnia, Five-Palms Heat and an occasional dry throat and a strong thirst.

Zhong Gan Ling is appropriate when other “release the Exterior” protocols have not fully expelled Heat from the surface. It dispels Wind, clears Heat, drains blazing Fire, cools the Blood, and moistens the throat.

The chief herbs in this formula are Kudzu root and Pubescent holly root. Together they comprise half of the formula by weight. Kudzu root discharges exterior invasion and releases the muscles, clears Heat, generates fluids, raises the Yang and addresses occasional loose bowels. Combined with Gypsum, it strongly abates Wind Heat. Pubescent holly root clears Heat, vents Fire at the Qi level, and invigorates the Blood.

European verbena herb clears Heat, invigorates and cools the Blood, dispels stasis and supports healthy urination. Isatis root drains Heat, resolves blazing Fire, cools the Blood and benefits the throat. It has strong Heat dispelling actions and is indispensable for Heat invasions which have permeated from the *Tai Yang* to the *Yang Ming* level. Sweet wormwood herb clears all type of Yin level Heat without injuring the Qi, Blood or Yin, and cools the Blood. Gypsum clears heat, drains Fire from the Qi and Yang Ming levels, clears Heat from the Lungs and addresses Stomach Fire. Notopterygium root and rhizome releases the Exterior, dispels Wind



CHINESE HERBAL ACTIONS

Clears Heat and vents Fire, resolves Wind and Heat.

PHYSICAL INDICATIONS

- Benefits the throat.
- Wind Heat invasion.
- Heat blazing upward.
- Occasional irritability, red face, a feeling of constraint in the chest.
- Occasional aversion to Heat without chills.
- Occasional sweating.
- Occasional strong thirst with sensation of dry throat.

Cold, dispels stagnation and guides the Qi to the Greater Yang channel and Governing vessels. It also guides the other herbs in the formula to the area served by these two channels.

ORIGINS AND DEVELOPMENT

Zhong Gan Ling is a modern formulation based on many classical formulas, including White Tiger Decoction (*Bai Hu Tang*) from the *Shang Ban Lun*, and Bupleurum and Kudzu Decoction to Release the Muscle Layer (*Chai Ge Jie Ji Tang*).



ORGAN

Lung.

ELEMENT

Metal.

PULSE

Rapid and floating, may be flooding or slippery.

TONGUE

Red with yellow coating.

COMPLEMENTARY ACUPUNCTURE POINTS

Kidney 6, Lung 7, 10, Triple Burner 3, Gallbladder 43, Large Intestine 4, 11, Heart 6, Stomach 44.

CAUTIONS AND CONTRAINDICATIONS

- Contains several Cold herbs, prolonged use may cause an upset stomach or loose stool.

Zizyphus Sleep Formula

Suan Zao Ren Tang

Liver and Heart Yin deficiency, Liver and Heart Blood deficiency, deficiency Heat

INGREDIENTS

| | | |
|-----------------------------------|-----------------------------------|--------------------------|
| Dry fried Sour jujube seed | Ziziphi spinosae praeparata semen | <i>Chao suan zao ren</i> |
| Sichuan lovage rhizome | Ligustici wallichii rhizoma | <i>Chuan xiong</i> |
| Poria | Poria sclerotium | <i>Fu ling</i> |
| Anemarrhena rhizome | Anemarrhenae rhizoma | <i>Zhi mu</i> |
| Chinese licorice root and rhizome | Glycyrrhizae radix et rhizoma | <i>Gan cao</i> |

Zizyphus Sleep Formula is based on Sour Jujube Decoction (*Suan Zao Ren Tang*), a classical formula addressing Liver Blood deficiency, with deficiency Heat. When the Liver is deficient, so is the Blood, leading to stasis that can manifest as Heart not being able to store *Shen* and Liver not regulating the Ethereal Soul. Deficient Liver Blood leads to Fire from constraint which moves upward in the chest and disturbs the Heart, contributing to the rising of the Yang. This rising is experienced as an occasional inability to fall asleep and occasional dizziness. Heart Blood and Yin deficiency manifests as occasional irritability, occasional anxiety, night sweats and palpitations, and compounds the occasional inability to sleep.

Zizyphus Sleep Formula nourishes the Liver, Heart Blood and Yin, calms the Ethereal Soul (*Hun*) and *Shen* and clears deficiency Heat. It is useful for menopausal women, older individuals, and overworked or deficient individuals who experience occasional sleep disturbances and irritability. Its calming effect supports a healthy, tranquil mind.

A large portion of the formula is comprised of dry fried Sour jujube seed, a gentle herb that nourishes Heart Yin, augments Liver Blood, quiets the *Shen* and supports restful sleep. It addresses occasional irritability and insomnia with occasional anxiety due to either deficient Blood that is unable to nourish the Heart, or Yin deficiency with upward flaring Fire. It also warms the Middle to facilitate water metabolism and restrains the Qi. The deputy, Sichuan lovage rhizome, invigorates Blood and moves the Qi. It combines with dry fried Sour jujube seed to nourish and regulate the Liver while calming the *Shen*.

Poria tonifies the Spleen, harmonizes the Middle Burner, supports healthy urination, quiets the Heart and calms the *Shen*. Anemarrhena rhizome clears heat, drains Fire, enriches the Yin, protects the Stomach from dryness, generates fluids, and soothes the Ethereal Soul (*Hun*) Chinese licorice root and rhizome supplements the Spleen, augments the Qi, clears Heat, moderates and harmonizes the characteristics of the other herbs in the formula. It supports dry fried Sour jujube seed to help pacify the Liver, calm occasional irritability and moderate the scattering function of Sichuan lovage rhizome.

Formulas addressing similar patterns include: **Peaceful Sleep** addresses occasional insomnia due to an unsettled *Shen* and Heat in the Heart with underlying Blood deficiency.



CHINESE HERBAL ACTIONS

Supplements Blood, calms the *Shen* and Ethereal Soul (*Hun*), clears Heat, calms irritability, benefits sleep.

PHYSICAL INDICATIONS

- Supports restful sleep.
- Supports emotional wellbeing.
- Supports healthy water metabolism.
- Occasional night sweating.
- Occasional dizziness.
- Menopausal patterns accompanied by occasional sleep disturbances and irritability.

Celestial Emperor's Blend addresses Heart and Kidney Yin deficiency, or Heart and Kidney not communicating. **Rescue the Spirit** addresses Phlegm that is clouding the Heart orifice with underlying Blood, Qi and Yin deficiency. **Compassionate Sage** calms the *Shen* and strengthens Heart Qi. **Gather Vitality** calms the *Shen*, tonifies Blood and strengthens Spleen Qi.

ORIGINS AND DEVELOPMENT

Jin Gui Yao Lui, Prescriptions from the Golden Cabinet, Zhang Zhong-Jing, 219 C.E.



ORGANS

Liver, Heart.

ELEMENTS

Wood, Fire.

PULSE

Wiry and thready, possibly rapid.

TONGUE

Light red and dry.

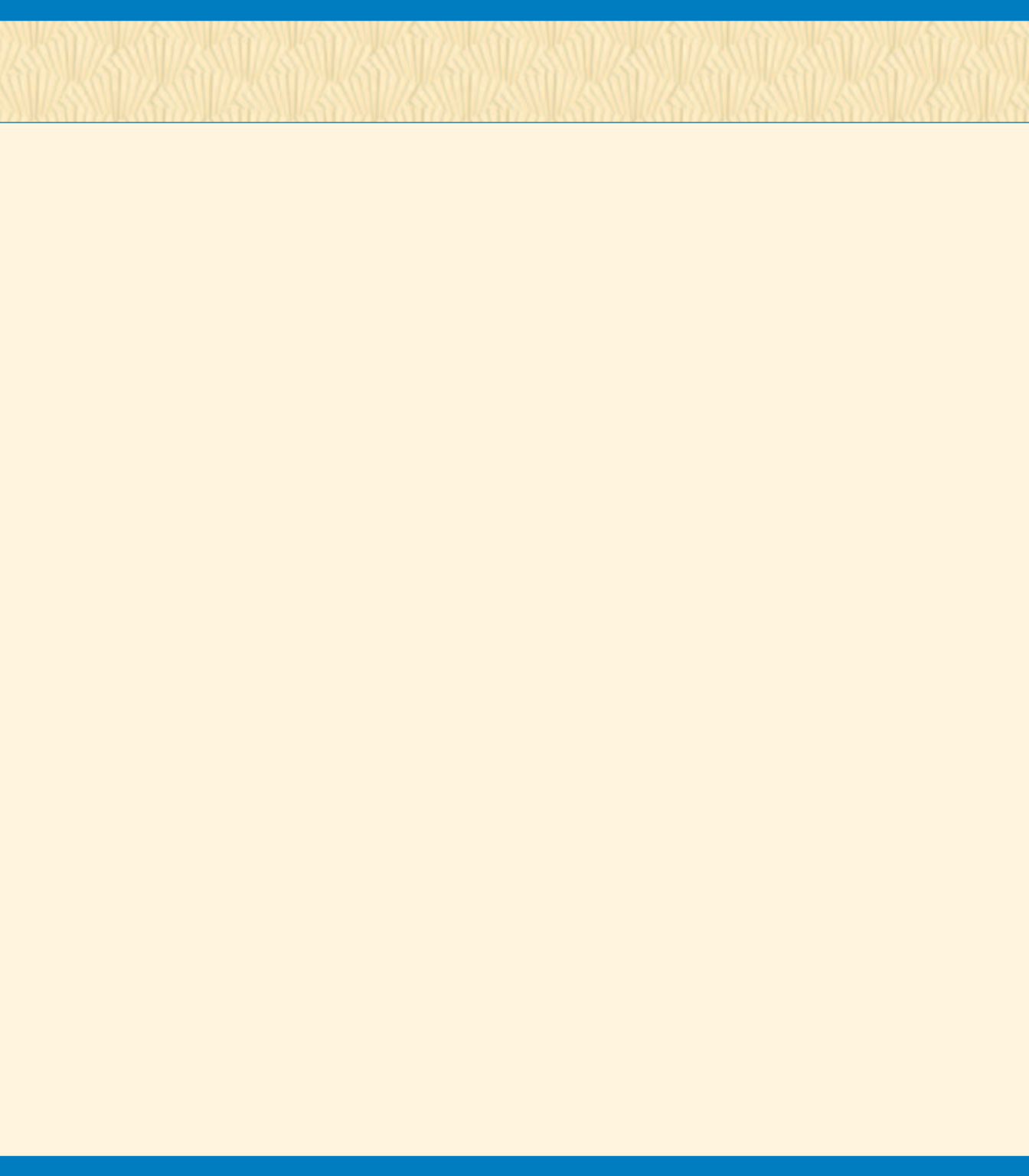
COMPLEMENTARY ACUPUNCTURE POINTS

Heart 7, Pericardium 7, Kidney 3, 10, Spleen 6, 10, Liver 3, 8, Urinary Bladder 15, 18, *An mian*, *Yin tang*, *Si shen cong*.

CAUTIONS AND CONTRAINDICATIONS

- Caution with Spleen Qi deficiency.







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