

Stichting
DONG XI OOST WEST



De originele formules

The Three Treasures & Women's Treasure

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Geproduceerd door:

Kan Herb Company



www.dongxioostwest.nl



Inhoudsopgave
The Three Treasures &
Women's Treasure

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Arouse Power

Tu Si Zi *Semen Cuscutae*

Suo Yang *Herba Cynomorii*

Yin Yang Huo *Herba Epimidii*

Gou Qi Zi *Fructus Lycii chinensis*

Wu Wei Zi *Fructus Schisandrae*

Dan Shen *Radix Salviae miltiorrhizae*

Yuan Zhi *Radix Polygalae*

Lu Lu Tong *Fructus Liquidambaris*

Chuan Niu Xi *Radix Cyathulae*

Gui Zhi *Ramulus Cinnamomi cassiae*

Mu Dan Pi *Cortex Moutan*

Huang Bo *Cortex Phellodendri*

She Chuang Zi *Fructus Cnidii*

Zhi Gan Cao *Radix Glycyrrhizae Uralensis*
Preparata

Pattern: Kidney-Yang deficiency, Heart-Qi deficiency, Damp-Heat in the Lower Burner.

Action: tonify Kidney-Yang, tonify Heart-Qi, stimulate the descending of Heart-Qi, drain Damp-Heat, calm the Mind.

Indications: impotence, premature ejaculation, decreased libido, decreased sexual function, frigidity, insomnia, depression, backache, urinary difficulty, dizziness, tinnitus. Tongue: pale.

Pulse: Deep, Weak.

Cautions and contraindications: There are no special contraindications for this remedy; one should remember that it contains two quite hot Yang tonics (Suo Yang and Yin Yang Huo) and one should therefore be certain that the patient is indeed suffering from Yang deficiency. Therefore, a pale tongue is an important necessary sign for the prescription of this formula.

Bend Bamboo

Dang Gui *Radix Angelicae sinensis*

Chuan Xiong *Rhizoma Chuanxiong*

Shu Di Huang *Radix Rehmanniae Preparata*

Sang Ji Sheng *Herba Taxilli*

Bai Shao *Radix Paeoniae alba*

Ju Hua *Flos Chrysanthemi*

Gou Teng *Ramulus Uncariae cum Uncis*

Man Jing Zi *Fructus Viticis*

Bai Ji Li *Fructus Tribuli*

Gou Qi Zi *Fructus Lycii chinensis*

Fu Ling *Poria*

Zhi Gan Cao *Radix Glycyrrhizae Uralensis*
Preparata

Pattern: Liver-Blood deficiency, causing Liver-Yang rising.

Action: Nourish Liver-Blood, subdue Liver-Yang, stop headaches.

Indications: Chronic headaches which occur sometimes along the Gall-Bladder channel and temples with a throbbing pain, and sometimes on the vertex with a dull ache, accompanied by nausea, dizziness and possibly vomiting. Other symptoms may include poor memory, tingling of limbs, blurred vision, dry hair and skin, scanty periods.

Tongue: Pale and thin.

Pulse: Choppy.



Benefit the Sinews

Tao Ren *Semen Persicae*

Hong Hua *Flos Carthami tinctorii*

Chuan Xiong *Rhizoma Chuanxiong*

Dang Gui *Radix Angelicae sinensis*

Ru Xiang *Olibanum*

Ban Xia *Rhizoma Pinelliae Preparatum*

Chen Pi *Pericarpium Citri reticulatae*

Gua Lou *Fructus Trichosanthis*

Xi Xian Cao *Herba Siegesbeckiae*

Hai Feng Teng *Caulis Piperis kadsurae*

Wei Ling Xian *Radix Clematidis*

Du Zhong *Cortex Eucommiae ulmoidis*

Gou Qi Zi *Fructus Lycii chinensis*

Cang Zhu *Rhizoma Atractylodis*

Huang Bo *Cortex Phellodendri*

Shen Qu *Massa medicata fermentata*

Pattern: Blood stasis, Phlegm and Dampness in the joints, Kidney deficiency.

Action: Invigorate Blood, resolve Phlegm, expel Wind-Dampness, dry Dampness.

Indications: Chronic Painful Obstruction Syndrome, chronic joint pain with swelling of the joints and bone deformities, rigidity of joints, backache, dizziness, tinnitus, tiredness, lack of will-power, mental confusion, anxiety, mental restlessness.

Tongue: Pale, red or purple, swollen, sticky coating.

Pulse: Choppy or slightly slippery.

Break into a Smile

Chai Hu *Radix Bupleuri*

Bai Shao *Radix Paeoniae alba*

Zhi Gan Cao *Radix Glycyrrhizae Uralensis*
Preparata

Zhi Ke *Fructus Aurantii*

Chen Pi *Pericarpium Citri reticulatae*

Xiang Fu *Rhizoma Cyperi*

Chuan Xiong *Rhizoma Chuanxiong*

Dan Shen *Radix Salviae miltiorrhizae*

Tai Zi Shen *Radix Pseudostellariae*

Yan Hu Suo *Rhizoma Corydalis*

Suan Zao Ren *Semen Ziziphi Spinosae*

Fu Ling *Poria*

Pattern: Liver-Qi stagnant primarily, with secondary deficiency of Spleen-Qi and Stomach-Qi (stagnant Liver-Qi invading the Spleen and Stomach).

Action: Regulate Qi, eliminate stagnation, pacify the Liver, stop pain. Indications:

Epigastric or abdominal distension and pain occurring against a background of emotional stress, flatulence, belching, irritability, depression.

Tongue: Could be almost normal or slightly red on the sides.

Pulse: Wiry.

Classical antecedent: Chai Hu Shu Gan Tang (*Bupleurum Soothing the Liver Decoction*).



Breaking Clouds

Ren Shen *Radix Ginseng*
Huang Qi *Radix Astragali*
Bai Zhu *Rhizoma Atractylodis macrocephalae*
Dang Gui *Radix Angelicae sinensis*
Sheng Ma *Rhizoma Cimicifugae*
Chai Hu *Radix Bupleuri*
Chen Pi *Pericarpium Citri reticulatae*
Zhi Gan Cao *Radix Glycyrrhizae Uralensis*
Preparata

Yuan Zhi *Radix Polygalae*
Shi Chang Pu *Rhizoma Acori tatarinowii*
Bai He *Bulbus Lilii*
Qing Pi *Pericarpium Citri reticulatae viride*
Du Zhong *Cortex Eucommiae ulmoidis*
Wu Wei Zi *Fructus Schisandrae*

Pattern: Qi deficiency, sinking of Qi, Qi stagnation.

Action: Tonify and lift Qi, move Qi, lift the Spirit, open the Mind's orifices. Indications: Mental depression, tiredness, sadness, despondency, lack of will power, negativity, feelings of guilt, feelings of worthlessness, poor appetite, craving for sweets, loose stools, slight breathlessness, weak voice, pale complexion.

Tongue: Pale.

Pulse: Choppy, without "wave", short.

Caution and contraindications: This remedy is contraindicated in asthma.

Classical antecedent: Bu Zhong Yi Qi Tang *Tonifying the Centre and Benefiting Qi Decoction*.

Bright Spirit

Zhu Ru *Caulis Bambusae in Taeniam*
Ban Xia *Rhizoma Pinelliae Preparatum*
Chen Pi *Pericarpium Citri reticulatae*
Fu Shen *Sclerotium Poriae paradicis*
Qing Pi *Pericarpium Citri reticulatae viride*
Shi Chang Pu *Rhizoma Acori tatarinowii*

Yuan Zhi *Radix Polygalae*
Xiang Fu *Rhizoma Cyperi*
He Huan Pi *Cortex Albiziae*
Mei Gui Hua *Flos Rosae rugosae*
Yu Jin *Radix Curcumae*

Pattern: Liver- and Heart-Qi stagnation, Phlegm obstructing the Mind's orifices.

Action: move Liver- and Heart-Qi, calm the Mind, resolve Phlegm, open the Mind's orifices, stimulate the "coming and going" of the Ethereal Soul.

Indications: depression, moodiness, indecision, a feeling of aimlessness, confusion about one's life dreams and goals, digestive disorders with distension and fullness, sighing, palpitations, a feeling of distension or oppression of the chest, a slight feeling of lump in the throat, sputum in the throat, slight shortness of breath, poor appetite, weak and cold limbs, slightly purple lips, pale complexion.

Tongue: slightly Pale-Purple on the sides in the chest area, Swollen, sticky coating.

Pulse: Wiry and very slightly Overflowing on the left-Front position or Wiry-Slippery.



Brighten the Eyes

Dang Gui *Radix Angelicae sinensis*

Shu Di Huang *Radix Rehmanniae preparata*

Chuan Xiong *Rhizoma Chuanxiong*

Bai Shao *Radix Paeoniae alba*

Gou Qi Zi *Fructus Lycii chinensis*

Tu Si Zi *Semen Cuscutae*

Nu Zhen Zi *Fructus Ligustri lucidi*

Ju Hua *Flos Chrysanthemi*

Man Jing Zi *Fructus Viticis*

Mi Meng Hua *Flos Buddlejae*

Bai Ji Li *Fructus Tribuli*

Shou Wu *Radix Polygoni multiflori preparata*

Hong Zao *Fructus Jujubae*

Pattern: Deficient Liver-Blood and Kidneys not nourishing the eyes.

Action: Nourish Liver-Blood and the Kidneys, brighten the eyes. Indications: Dull headaches from Liver-Blood deficiency, especially if located around the eyes and eyebrows, blurred vision, floaters, gritty eyes, tired eyes, dry eyes, dizziness, tiredness, dull-pale complexion, scanty periods, depression, insomnia (difficulty in falling asleep), slight anxiety, tingling in the limbs, poor memory, lower backache, slight tinnitus, dry hair.

Tongue: Pale, especially on the sides, thin.

Pulse: Choppy or fine.

Brocade Sinews

Dang Shen *Radix Codonopsis*

Dang Gui *Radix Angelicae sinensis*

Chuan Xiong *Rhizoma Chuanxiong*

Bai Shao *Radix Paeoniae alba*

Shu Di Huang *Radix Rehmanniae preparata*

Gou Qi Zi *Fructus Lycii chinensis*

Sang Ji Sheng *Herba Taxilli*

Sang Zhi *Ramulus Mori*

Wei Ling Xian *Radix Clematidis*

Mu Gua *Fructus Chaenomelis*

Wu Jia Pi *Cortex Acanthopanax*

Xi Xian Cao *Herba Siegesbeckiae*

Ji Xue Teng *Caulis Spatholobi*

Fu Ling *Poria*

Yi Yi Ren *Semen Coicis*

Cang Zhu *Rhizoma Atractylodis*

Zhi Gan Cao *Radix Glycyrrhizae Uralensis
Preparata*

Pattern: Chronic Wind-Damp Painful Obstruction (Bi) Syndrome with Liver-Blood and/or Liver-Yin deficiency.

Action: Nourish Liver-Blood and Liver-Yin, benefit sinews, expel Wind-Dampness from the joints.

Indications: Chronic soreness and slight swelling of the joints, dizziness, numbness or tingling of limbs, poor memory, insomnia, dry skin and hair, dry eyes, blurred vision.

Tongue: Pale and thin if there is Liver-Blood deficiency or red and thin without coating if there is Liver-Yin deficiency.

Pulse: Choppy or fine, possibly only on the left side. In the case of Liver-Yin deficiency it could be empty at the deep level on the left side.



Buddha's Hand

Mu Xiang *Radix Aucklandiae*

Bai Dou Kou *Fructus Amomi rotundus*

Cang Zhu *Rhizoma Atractylodis*

Qing Pi *Pericarpium Citri reticulatae viride*

Chen Pi *Pericarpium Citri reticulatae*

Fu Ling *Poria*

Hou Po *Cortex Magnoliae officinalis*

Fo Shou *Fructus Citri sarcodactylis*

Ban Xia *Rhizoma Pinelliae Preparatum*

Zhi Shi *Fructus Aurantii immaturus*

Lai Fu Zi *Semen Raphani*

Shan Zha *Fructus Crataegi*

Shen Qu *Massa medicata fermentata*

Gu Ya *Fructus Oryzae germinatus*

Gan Cao *Radix Glycyrrhizae uralensis*

Pattern: Qi stagnation in the Middle Burner, rebellious Stomach-Qi, Dampness in the Middle Burner.

Action: move Qi in the Middle Burner, subdue rebellious Stomach-Qi, resolve Dampness.

Indications: poor digestion, epigastric distension and/or pain, sour regurgitation, oesophageal reflux, nausea, vomiting, belching, feeling of fullness in the epigastrium, a sticky taste.

Tongue: sticky coating, possibly slightly red sides on the edges in the central section of the tongue.

Pulse: Wiry on the right-Middle position.

Cautions and contraindications: This remedy contains pungent herbs the administration of which over a long time may injure Yin. However, this would happen only after a rather prolonged administration (of about 6 months). Contraindicated in pregnancy.

Classical antecedent: Mu Xiang Shun Qi Wan *Aucklandia Subduing Qi Pill*.

Calm the Shen

Ren Shen *Radix Ginseng*

Huang Qi *Radix Astragali*

Bai Zhu *Rhizoma Atractylodis Macrocephalae*

Dang Gui *Radix Angelicae Sinensis*

Fu Shen *Sclerotium Poriae Paradicis*

Suan Zao Ren *Semen Ziziphi Spinosae*

Long Yan Rou *Arillus Longan*

Yuan Zhi *Radix Polygalae*

Mu Xiang *Radix Aucklandiae*

Zhi Gan Cao *Radix Glycyrrhizae Uralensis Preparata*

Hong Zao *Fructus Jujubae*

Bai Zi Ren *Semen Biotae*

He Huan Pi *Cortex Albiziae*

Shi Chang Pu *Rhizoma Acori Tatarinowii*

Bai He *Bulbus Lillii*

Pattern: Spleen-Qi and Spleen-Blood deficiency, Heart-Qi and Heart-Blood deficiency.

Action: Tonify Spleen-Qi and Spleen-Blood, tonify Heart-Qi and Heart-Blood, calm the Mind, open the Mind's orifices, stimulate the Spleen's holding of Blood.

Indications: Palpitations, insomnia, anxiety, poor memory, depression, dull-pale face which may also have a slight malar flush, a slight feeling of heat in the evening, poor appetite, loose stools, tiredness, weariness, constipation, despondency, weak limbs, scanty periods or very heavy periods which come early or trickle on for a long time with pale or fresh-red blood, blood in the stools or urine, petechiae.

Tongue: Pale, thin or swollen, depending on whether Blood or Qi deficiency predominates.

Pulse: Weak, choppy.



Classical antecedent: Gui Pi Tang (*Tonifying the Spleen Decoction*).

Central Mansion

Ren Shen *Radix Ginseng*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Fu Ling *Poria*

Zhi Gan Cao *Radix Glycyrrhizae Uralensis*
Preparata

Bian Dou *Semen Dolichoris Lablab*

Shan Yao *Rhizoma Dioscoreae*

Lian Zi *Semen Nelumbinis*

Sha Ren *Fructus Amomi*

Yi Yi Ren *Semen Coicis*

Jie Geng *Radix Platycodi*

Tai Zi Shen *Radix Pseudostellariae*

Yu Zhu *Rhizoma Polygonati odorati*

Xi Yang Shen *Radix Panacis quinquefolii*

Pattern: Spleen- and Stomach-Qi deficiency, Stomach- and Spleen-Yin deficiency, Dampness in the Middle Burner, Lung-Qi deficiency.

Action: Tonify Stomach- and Spleen-Qi, nourish Stomach- and Spleen-Yin, resolve Dampness, stop diarrhoea, tonify Lung-Qi.

Indications: Loose stools, diarrhoea, poor appetite, poor digestion, a slight feeling of fullness and heaviness of the epigastrium, nausea, weakness of the limbs, epigastric pain, tiredness, late-onset diabetes, chronic cough with white-watery sputum, dull-pale complexion, thin body.

Tongue: Pale, slightly swollen, a sticky but rather thin coating, slightly rootless coating, coating too thin in the centre, central Stomach crack, scattered Stomach cracks, transversal Spleen cracks.

Pulse: Weak in general, slightly slippery; it may be floating-empty on the right middle position.

Classical antecedent: Shen Ling Bai Zhu San (*Ginseng-Poria-Atractylodes Powder*).

Chemo-Support

Huang Qi *Radix Astragali*

Ren Shen *Radix Ginseng*

Ling Zhi *Ganoderma*

Xi Yang Shen *Radix Panacis quinquefolii*

Mu Dan Pi *Cortex Moutan*

Zhi Mu *Radix Anemarrhenae*

Fu Ling *Poria*

Chen Pi *Pericarpium Citri reticulatae*

Mai Men Dong *Radix Ophiopogonis*

Dang Gui *Radix Angelicae sinensis*

Ban Xia *Rhizoma Pinelliae Preparatum*

Lu Gen *Rhizoma Phragmitis*

Nu Zhen Zi *Fructus Ligustri lucidi*

Sha Ren *Fructus Amomi*

Huang Jing *Rhizoma Polygonati*

Gan Cao *Radix Glycyrrhizae uralensis*

Pattern: Stomach and Spleen-Qi deficiency, Stomach and Lung-Yin deficiency, Kidney deficiency, Blood Heat, Dampness.

Action: Tonify Qi, nourish Yin, cool Blood, resolve Dampness.

Indications: Side-effects of chemotherapy - tiredness, nausea, vomiting, loss of hair, decreased levels of white blood cells and/or platelets, bad digestion, diarrhoea, mouth ulcers.

Caution and contraindications: This formula should be taken every day throughout the chemotherapy course and can be started approximately two weeks before the



beginning of the course. The recommended dosage is 4-6 tablets per day.

Children's Herbal Sentinel

Gui Zhi *Ramulus Cinnamomi cassiae*
Bai Shao *Radix Paeoniae alba*
Sheng Jiang *Rhizoma Zingiberis recens*
Da Zao *Fructus Jujubae*
Zhi Gan Cao *Radix Glycyrrhizae Uralensis*
Preparata
Shen Qu *Massa medicata fermentata*
Lai Fu Zi *Semen Raphani*

Shan Zha *Fructus Crataegi*
Gu Ya *Fructus Oryzae germinatus*
Tai Zi Shen *Radix Pseudostellariae*
Huang Qi *Radix Astragali*
Bai Zhu *Rhizoma Atractylodis macrocephalae*
Fang Feng *Radix Saposhnikoviae*
Fu Ling *Poria*
Chen Pi *Pericarpium Citri reticulatae*

Pattern: Deficiency of Qi, Dampness, food accumulation.

Action: Tonify Qi, consolidate the Exterior, raise immunity, resolve Dampness and dissolve food accumulation.

Indications: Propensity to catching colds, hay fever, poor digestion, poor appetite, listlessness, constantly runny nose, recurrent slight abdominal pain.

Clear Channels

Yi Yi Ren *Semen Coicis*
Cang Zhu *Rhizoma Atractylodis*
Qiang Huo *Rhizoma seu Radix Notopterygii*
Du Huo *Radix Angelicae pubescentis*
Fang Feng *Radix Saposhnikoviae*
Gui Zhi *Ramulus Cinnamomi cassiae*
Dang Gui *Radix Angelicae sinensis*

Chuan Xiong *Rhizoma Chuanxiong*
Gan Cao *Radix Glycyrrhizae uralensis*
Hai Feng Teng *Caulis Piperis kadsurae*
Wei Ling Xian *Radix Clematidis*
Ru Xiang *Olibanum*
Ban Xia *Rhizoma Pinelliae Preparatum*
Huang Qin *Radix Scutellariae*

Pattern: Damp-Heat in the joints, Blood stasis.

Action: Drain Dampness, expel Wind, clear Heat, benefit the joints, invigorate Blood.

Indications: Sub-acute Painful Obstruction Syndrome (Bi) from Damp-Heat, painful, swollen, hot and red joints, rheumatoid arthritis, gout.

Tongue: Swollen with sticky-yellow coating.

Pulse: Slippery, rapid.

Classical antecedent: Yi Yi Ren Tang *Semen Coicis Decoction*.



Clear Lustre

Shou Wu *Radix Polygoni multiflori preparata*

Dang Gui *Radix Angelicae sinensis*

Bai Xian Pi *Cortex Dictamni*

Fang Feng *Radix Saposhnikoviae*

Jing Jie *Herba Schizonepetae*

Ju Hua *Flos Chrysanthemi*

Ku Shen *Radix Sophorae flavescens*

Mu Dan Pi *Cortex Moutan*

Huang Qin *Radix Scutellariae*

Zhu Ye *Folium Phyllostachys nigrae*

Zhi Mu *Radix Anemarrhenae*

Gan Cao *Radix Glycyrrhizae uralensis*

Pattern: Wind-Dampness-Heat in the skin, Blood Heat.

Action: Expel Wind, clear Heat, cool Blood, resolve Dampness.

Indications: Skin rashes, skin spots, eczema, dermatitis.

Tongue: Red, possibly red only in the front part, yellow coating.

Pulse: Slippery and possibly fine on one side.

Clear Qi

Su Zi *Fructus Perillae*

Ban Xia *Rhizoma Pinelliae Preparatum*

Hou Po *Cortex Magnoliae officinalis*

Qian Hu *Radix Peucedani*

Rou Gui *Cortex Cinnamomi*

Dang Gui *Radix Angelicae sinensis*

Xuan Fu Hua *Flos Inulae*

Chen Xiang *Lignum Aquilariae resinatum*

Xing Ren *Semen Armeniacae*

Zi Wan *Radix Asteris*

Fang Feng *Radix Saposhnikoviae*

Sang Ye *Folium Mori*

Sang Bai Pi *Cortex Mori*

Wu Wei Zi *Fructus Schisandrae*

Dan Shen *Radix Salviae miltiorrhizae*

Hu Tao Rou *Semen Juglandis*

Huang Qin *Radix Scutellariae*

Zhi Gan Cao *Radix Glycyrrhizae Uralensis Preparata*

Pattern: Lung-Qi not descending, Kidneys not grasping Qi.

Action: Restore the descending of Lung-Qi, expel Wind, stop wheezing.

Indications: Cough, asthma, wheezing, breathlessness, a feeling of oppression of the chest, allergic asthma, seasonal allergic rhinitis with wheezing.

Tongue: Pale or normal-coloured.

Pulse: Weak.

Classical antecedent: Su Zi Jiang Qi Tang (*Perilla-Seed Descending Qi Decoction*).



Clear the Root

Huang Qi *Radix Astragali*
Rou Gui *Cortex Cinnamomi*
Sheng Di Huang *Radix Rehmanniae*
Huang Bo *Cortex Phellodendri*
Tu Si Zi *Semen Cuscutae*
Yi Yi Ren *Semen Coicis*
Bi Xie *Rhizoma Dioscoreae hypoglaucae*
Wang Bu Liu Xing *Semen Vaccariae*

Mu Dan Pi *Cortex Moutan*
Shi Chang Pu *Rhizoma Acori tatarinowii*
Bai Hua She She Cao *Herba Hedyotidis diffusae*
Gan Cao *Radix Glycyrrhizae uralensis*
Lu Lu Tong *Fructus Liquidambaris*
Shi Wei *Folium Pyrrosiae*
Hai Jin Sha *Spora Lygodii*
Kun Bu *Thallus Eckloniae*

Pattern: Qi and Yin deficiency, Damp-Heat in the Lower Burner, Blood stasis, Fire-Poison.

Action: Tonify Qi, nourish Kidney-Yin, drain Damp-Heat, move Blood, separate the clear from the turbid, soften hardness, resolve Fire-Poison.

Indications: Chronic prostatitis, prostatic hypertrophy (benign or malignant), difficult urination, frequent-scanty urination, nocturia, weak-stream urination, feeling of distension in the hypogastrium or perineum, tiredness, poor memory, dizziness, tinnitus. Tongue: Red without coating, sticky-yellow coating on the root with red spots.

Pulse: Fine-rapid or floating-empty; the left rear position might feel slippery on rolling the finger proximally (this is the prostate position).

Clear the Soul

Zhu Ru *Caulis Bambusae in Taeniam*
Zhi Shi *Fructus Aurantii immaturus*
Ban Xia *Rhizoma Pinelliae Preparatum*
Fu Ling *Poria*
Chen Pi *Pericarpium Citri reticulatae*
Da Zao *Fructus Jujubae*
Gan Cao *Radix Glycyrrhizae uralensis*

He Huan Pi *Cortex Albiziae*
Yu Jin *Radix Curcumae*
Yuan Zhi *Radix Polygalae*
Shi Chang Pu *Rhizoma Acori tatarinowii*
Bai Zi Ren *Semen Biotae*
Dan Shen *Radix Salviae miltiorrhizae*

Pattern: Phlegm-Heat obstructing the chest and Mind, Lung-Qi not descending.

Action: Resolves Phlegm-Heat, calms the Mind, opens the Orifices, relaxes the chest.

Indications: Anxiety, a feeling of oppression of the chest and epigastrium, palpitations, a bitter-sticky taste, sighing, feeling uneasy, phlegm in the chest, poor digestion, slight nausea, insomnia, dream-disturbed sleep, dull complexion, mental restlessness, depression, jumpiness, a flustered feeling in the heart region, vomiting, dizziness, pre-menstrual tension.

Tongue: Red or normal, swollen, sticky-yellow coating, Stomach crack or Stomach-Heart crack with rough yellow coating inside it.

Pulse: Slippery, rapid. The Heart pulse may feel relatively overflowing.

A combined Heart and Stomach crack on the tongue extends all the way to the tip, as a Heart crack would do, but it is wide and shallow in the centre, as a Stomach crack would be.

Classical antecedent: Wen Dan Tang (*Warming the Gall-Bladder Decoction*).



Clear Yang

Ban Xia *Rhizoma Pinelliae Preparatum*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Fu Ling *Poria*

Chen Pi *Pericarpium Citri reticulatae*

Gan Cao *Radix Glycyrrhizae uralensis*

Da Zao *Fructus Jujubae*

Gou Teng *Ramulus Uncariae cum Uncis*

Bai Ji Li *Fructus Tribuli*

Ju Hua *Flos Chrysanthemi*

Man Jing Zi *Fructus Viticis*

Dang Gui *Radix Angelicae sinensis*

Tu Si Zi *Semen Cuscutae*

Du Zhong *Cortex Eucommiae ulmoidis*

Gou Qi Zi *Fructus Lycii chinensis*

Yuan Zhi *Radix Polygalae*

Shi Chang Pu *Rhizoma Acori tatarinowii*

Pattern: Liver-Yang rising, Phlegm clouding the head, Blood deficiency, Kidney-Yang deficiency.

Action: Subdue Liver-Yang, extinguish Liver-Wind, resolve Phlegm, nourish Blood, tonify Kidney-Yang, tonify Spleen-Qi. Indications: Headaches which may be throbbing or dull in nature, dizziness, a feeling of heaviness and muzziness of the head which is worse in the morning, catarrh, a feeling of oppression of the chest, nausea, a sticky taste, blurred vision, vomiting during migraine attacks, tics, high blood pressure. Tongue: Pale or normal-coloured, swollen, sticky-white coating.

Pulse: Weak and slightly slippery.

Classical antecedent: Ban Xia Bai Zhu Tian Ma Tang (*Pinellia-Atractylodes-Gastrodia Decoction*).

Drain Fields

Huo Xiang *Herba Pogostemonis*

Ban Xia *Rhizoma Pinelliae Preparatum*

Fu Ling *Poria*

Xing Ren *Semen Armeniacae*

Yi Ren *Semen Coicis*

Bai Dou Kou *Fructus Amomi rotundus*

Zhu Ling *Polyporus*

Dan Dou Chi *Semen Sojae preparatum*

Ze Xie *Rhizoma Alismatis*

Hou Po *Cortex Magnoliae officinalis*

Zhi Gan Cao *Radix Glycyrrhizae Uralensis*

Preparata

Huang Qi *Radix Astragali*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Sha Ren *Fructus Amomi*

Pei Lan *Herba Eupatorii*

Lu Gen *Rhizoma Phragmitis*

Pattern: Dampness in the Centre and muscles, and Spleen-Qi deficiency.

Action: Resolve Dampness, tonify Qi. Indications: Feeling of oppression in the epigastrium, muzziness of the head, lack of concentration, poor memory, feeling of heaviness, tiredness, aching muscles, a sticky taste, nausea, poor appetite, loose stools. Tongue: Sticky-white coating.

Pulse: Slippery and weak.

Classical antecedent: Huo Po Xia Ling Tang (*Agastache-Magnolia-Pinellia-Poria Decoction*).



Drain Fire

Long Dan Cao *Radix Gentianae*

Huang Qin *Radix Scutellariae*

Shan Zhi Zi *Fructus Gardeniae*

Ze Xie *Rhizoma Alismatis*

Che Qian Zi *Semen Plantaginis*

Sheng Di Huang *Radix Rehmanniae*

Dang Gui *Radix Angelicae sinensis*

Chai Hu *Radix Bupleuri*

Gan Cao *Radix Glycyrrhizae uralensis*

Suan Zao Ren *Semen Ziziphi spinosae*

Yuan Zhi *Radix Polygalae*

Ju Hua *Flos Chrysanthemi*

Gou Teng *Ramulus Uncariae cum Uncis*

Lian Zi Xin *Plumula Nelumbinis nuciferae*

Pattern: Liver-Fire, Heart-Fire, Damp-Heat in Upper and Lower Burner.

Action: Drain Liver-Fire, drain Heart-Fire, clear Heat, resolve Dampness, calm the Mind, settle the Ethereal Soul.

Indications: Headaches, irritability, propensity to outbursts of anger, red face, a bitter taste, tinnitus, dizziness, blood-shot eyes, thirst, constipation, dry stools, scanty-dark urine, nosebleeds, blood in urine or stools, a feeling of heat, anxiety, agitation, insomnia, dream-disturbed sleep, ear infection, tongue ulcers, cystitis with burning on micturition, urethritis, vaginitis, yellow vaginal discharge, heavy periods.

Tongue: Red with redder and swollen sides, red points on the sides and tip, yellow coating.

Pulse: Wiry and rapid.

Classical antecedent: Long Dan Xie Gan Tang (*Gentiana Draining the Liver Decoction*).

Ease the Muscles

Huang Lian *Rhizoma Coptidis*

Hou Po *Cortex Magnoliae officinalis*

Shi Chang Pu *Rhizoma Acori tatarinowii*

Ban Xia *Rhizoma Pinelliae Preparatum*

Dan Dou Chi *Semen Sojae preparatum*

Shan Zhi Zi *Fructus Gardeniae*

Lu Gen *Rhizoma Phragmitis*

Huang Qi *Radix Astragali*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Sha Ren *Fructus Amomi*

Yi Yi Ren *Semen Coicis*

Huo Xiang *Herba Pogostemonis*

Fu Ling *Poria*

Pattern: Damp-Heat lurking in the Interior.

Action: Clear Heat, resolve Dampness, regulate Qi, harmonize the Centre.

Indications: Tiredness, a feeling of heaviness, muzziness of the head, lack of concentration, poor memory, ache in the muscles, muscle fatigue, feeling of heat, a feeling of oppression of the epigastrium, a sticky taste or bitter taste, poor appetite, loose stools.

Tongue: Red or slightly red with a sticky-yellow coating. Even if the tongue is not red, the presence of a sticky-yellow coating is an essential sign for the prescription of this formula.

Pulse: Slippery, possibly only on the right side.

Classical antecedent: Lian Po Yin (*Coptis-Magnolia Decoction*).



Expel Toxic Heat

Ban Lan Gen *Radix Isatis seu Baphicacanthidis*
Da Qing Ye *Folium Daqingye*
Huang Qi *Radix Astragali*
Ling Zhi *Ganoderma*
Huang Qin *Radix Scutellariae*
Huang Lian *Rhizoma Coptidis*

Huang Bo *Cortex Phellodendri*
Jin Yin Hua *Flos Lonicerae japonicae*
Zi Hua Di Ding *Herba Viola*
Mu Dan Pi *Cortex Moutan*
Xuan Shen *Radix Scrophylariae*
Gan Cao *Radix Glycyrrhizae uralensis*

Pattern: Toxic Heat in all three Burners.

Action: resolve Toxic Heat from the three Burners.

Indications: carbuncles, pustules, acute attack of herpes simplex or zoster, acute attack of genital herpes, acute tonsillitis with purulent tonsils, infected eczema, acute attack of acne with large pustules, acute attack of sinusitis with purulent nasal discharge.

Tongue: red, red points, swollen, with thick-sticky-yellow coating.

Pulse: Rapid-Overflowing or Deep-Firm-Rapid.

Cautions and contraindications: Please note that this remedy contains many bitter and cold herbs which, when administered in the long run, may injure the Spleen. This remedy is purely to resolve Toxic Heat and it should therefore be used only for limited periods (no longer than, say, 2 months). The only exception to this rule is in cases when the remedy is used in a very small dose (only 1 tablet a day for an adult) in combination with Qi tonics that protect the Spleen. Contraindicated in pregnancy.

Expel Wind-Cold

Jing Jie *Herba Schizonepetae*
Fang Feng *Radix Saposhnikoviae*
Zi Su Ye *Folium Perillae*
Qian Hu *Radix Peucedani*
Jie Geng *Radix Platycodi*
Bo He *Herba Menthae haplocalycis*

Bai Qian *Rhizoma Cynanchi stauntonii*
Bai Zhi *Radix Angelicae dahuricae*
Xin Yi Hua *Flos Magnoliae*
Chuan Xiong *Rhizoma Chuanxiong*
Ge Gen *Radix Puerariae*
Gan Cao *Radix Glycyrrhizae uralensis*

Pattern: Invasion of Wind-Cold, pathogenic factor on the Exterior.

Action: Release the Exterior, expel Wind-Cold.

Indications: Runny nose, sneezing, aversion to cold, shivering, perhaps slight temperature, cough, body aches, headache, hay fever.

Classical antecedent: Jing Fang Jie Biao Tang (*Schizonepeta-Ledebouriella Releasing the Exterior Decoction*).



Expel Wind-Heat

Bo He *Herba Menthae haplocalycis*
Dan Dou Chi *Semen Sojae preparatum*
Dan Zhu Ye *Herba Lophateri*
Jing Jie *Herba Schizonepetae*
Jin Yin Hua *Flos Lonicerae japonicae*
Lian Qiao *Fructus Forsythiae*
Jie Geng *Radix Platycodi*

Gan Cao *Radix Glycyrrhizae uralensis*
Niu Bang Zi *Fructus Arctii*
Fang Feng *Radix Saposhnikoviae*
Da Qing Ye *Folium Daqingye*
Ju Hua *Flos Chrysanthemi*
Xing Ren *Semen Armeniacae*
Huang Qin *Radix Scutellariae*

Pattern: Invasion of Wind-Heat at the Defensive-Qi level.

Action: Release the Exterior, expel Wind-Heat.

Indications: Aversion to cold, shivering, fever, body aches, headache, slight thirst, cough, sneezing, runny nose with slightly yellow discharge, sore throat, swollen tonsils, swollen glands, mumps, colds, influenza, hay fever.

Tongue: Red on the sides or front part.

Pulse: Floating-rapid.

Classical antecedent: Yin Qiao San (*Lonicera-Forsythia Powder*).

Freeing the Sun

Bo He *Herba Menthae haplocalycis*
Chai Hu *Radix Bupleuri*
Dang Gui *Radix Angelicae sinensis*
Bai Shao *Radix Paeoniae alba*
Bai Zhu *Rhizoma Atractylodis macrocephalae*
Fu Ling *Poria*
Shan Zhi Zi *Fructus Gardeniae*

Mu Dan Pi *Cortex Moutan*
Xiang Fu *Rhizoma Cyperi*
He Huan Pi *Cortex Albiziae*
Suan Zao Ren *Semen Ziziphi spinosae*
Gan Cao *Radix Glycyrrhizae uralensis*
Da Zao *Fructus Jujubae*

Pattern: Liver-Qi stagnation, Liver-Heat (deriving from long-term Qi stagnation), Blood deficiency, Spleen-Qi deficiency.

Action: Move Qi, pacify the Liver, nourish Blood, tonify Spleen-Qi, clear Liver-Heat, calm the Mind, settle the Ethereal Soul.

Indications: Anxiety, worry, depression, hypochondrial, epigastric or abdominal distension, poor digestion, abdominal distension and pain, constipation, loose stools, alternation of constipation and loose stools, insomnia, dream-disturbed sleep, headaches, slight thirst, feeling of heat, slight bitter taste.

Tongue: Red sides.

Pulse: Wiry, rapid.

Classical antecedent: Dan Zhi Xiao Yao San Moutan-Gardenia *Free and Easy Wanderer Powder*.



Glorious Sea

Dang Gui *Radix Angelicae sinensis*
Shou Wu *Radix Polygoni multiflori preparata*
Gou Qi Zi *Fructus Lycii chinensis*
Bai Xian Pi *Cortex Dictamni*
Mu Dan Pi *Cortex Moutan*
Huang Qin *Radix Scutellariae*

Tu Si Zi *Semen Cuscutae*
Sheng Di Huang *Radix Rehmanniae*
Ze Xie *Rhizoma Alismatis*
Fu Ling *Poria*
Gan Cao *Radix Glycyrrhizae uralensis*

Pattern: Liver-Blood deficiency, Dampness in the skin, slight Blood Heat.

Action: Nourish Liver-Blood, tonify the Kidneys, nourish the skin, resolve Dampness, cool Blood.

Indications: Sallow complexion without "shen", dry skin, dry rashes, skin spots, itching, dry hair and nails.

Harmonize the Centre

Ren Shen *Radix Ginseng*
Huang Qi *Radix Astragali*
Xi Yang Shen *Radix Panacis quinquefolii*
Bai Zhu *Rhizoma Atractylodis macrocephalae*
Shan Yao *Rhizoma Discoraeae*
Tian Hua Fen *Radix Trichosanthis*
Yu Zhu *Rhizoma Polygonati odorati*
Zhi Mu *Radix Anemarrhenae*
Fu Ling *Poria*

Ge Gen *Radix Puerariae*
Huang Jing *Rhizoma Polygonati*
Gou Qi Zi *Fructus Lycii chinensis*
Shan Zhu Yu *Fructus Corni*
Ban Xia *Rhizoma Pinelliae Preparatum*
Chen Pi *Pericarpium Citri reticulatae*
Cang Zhu *Rhizoma Atractylodis*
Dan Shen *Radix Salviae miltiorrhizae*

Pattern: Stomach- and Spleen-Qi deficiency, Stomach-Yin deficiency, Phlegm, Blood stasis.

Action: tonify Qi and Yin of Stomach and Spleen, resolve Phlegm, invigorate Blood.

Indications: type II diabetes, poor appetite, poor digestion, obesity, epigastric distension and fullness, tiredness.

Tongue: with rootless coating, completely without coating or without coating in the centre, Stomach crack.

Pulse: Weak or Floating-Empty on the right-Middle position.



Herbal Sentinel - Yang

Huang Qi *Radix Astragali*

Ren Shen *Radix Ginseng*

Ling Zhi *Ganoderma*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Fang Feng *Radix Saposhnikoviae*

Gui Zhi *Ramulus Cinnamomi cassiae*

Bai Shao *Radix Paeoniae alba*

Sheng Jiang *Rhizoma Zingiberis recens*

Da Zao *Fructus Jujubae*

Zhi Gan Cao *Radix Glycyrrhizae Uralensis*
Preparata

Tu Si Zi *Semen Cuscutae*

Du Zhong *Cortex Eucommiae ulmoidis*

Ba Ji Tian *Radix Morindae officinalis*

Wu Wei Zi *Fructus Schisandrae*

Fu Ling *Poria*

Huang Qin *Radix Scutellariae*

Yu Zhu *Rhizoma Polygonati odorati*

Pattern: Deficiency of Lung-, Spleen- and Kidney-Qi.

Action: Tonify Lung- and Spleen-Qi, consolidate the Exterior, strengthen the Kidneys, bolster the Defensive-Qi.

Indications: Propensity to catching colds, tiredness, feeling cold, depression, frequent-pale urination, cold limbs, slight shortness of breath, poor appetite, loose stools, slight abdominal distension after eating, spontaneous sweating, weak voice, lower backache, low libido, allergic rhinitis, allergic asthma.

Tongue: Pale or slightly pale.

Pulse: Generally weak or empty. It may be weak only on the right side.

Herbal Sentinel - Yin

Huang Qi *Radix Astragali*

Xi Yang Shen *Radix Panacis quinquefolii*

Ling Zhi *Ganoderma*

Wu Wei Zi *Fructus Schisandrae*

Mai Men Dong *Radix Ophiopogonis*

Bei Sha Shen *Radix Glehniae*

Bai He *Bulbus Lillii*

Yu Zhu *Rhizoma Polygonati odorati*

Shu Di Huang *Radix Rehmanniae preparata*

Shan Zhu Yu *Fructus Corni*

Shan Yao *Rhizoma Discoriae*

Da Zao *Fructus Jujubae*

Zhi Gan Cao *Radix Glycyrrhizae Uralensis*

Preparata

Zhi Mu *Radix Anemarrhenae*

Fu Ling *Poria*

Pattern: Deficiency of Lung-, Spleen- and Kidney-Qi, deficiency of Yin.

Action: Tonify Lung-Qi, strengthen the Kidneys, nourish Yin, consolidate the Exterior, bolster Defensive-Qi.

Indications: Propensity to catching colds, lower backache, night-sweating, feeling of heat in the evening, tiredness, poor appetite, weak voice, spontaneous sweating, dizziness, tinnitus, allergic rhinitis, allergic asthma.

Tongue: Red without coating or with rootless coating. It may be red only in the centre or front part. It may also be only slightly red with a rootless coating.

Pulse: Floating-empty or fine.



Invigorate the Root

Du Huo *Radix Angelicae pubescentis*

Sang Ji Sheng *Herba Taxilli*

Fang Feng *Radix Saposhnikoviae*

Qin Jiao *Radix Gentianae macrophyllae*

Du Zhong *Cortex Eucommiae ulmoidis*

Huai Niu Xi *Radix Achyranthis bidentatae*

Gui Zhi *Ramulus Cinnamomi cassiae*

Dang Gui *Radix Angelicae sinensis*

Chuan Xiong *Rhizoma Chuanxiong*

Sheng Di Huang *Radix Rehmanniae*

Bai Shao *Radix Paeoniae alba*

Ren Shen *Radix Ginseng*

Fu Ling *Poria*

Zhi Gan Cao *Radix Glycyrrhizae Uralensis*

Preparata

Qiang Huo *Rhizoma seu Radix Notopterygii*

Hai Tong Pi *Cortex Erythrinae*

Wei Ling Xian *Radix Clematidis*

Pattern: Wind-Dampness in the channels, Spleen-Qi deficiency, Blood deficiency, Kidney-Yang deficiency.

Action: Expel Wind and resolve Dampness from the channels, tonify Kidney-Yang, tonify Spleen-Qi, nourish Blood.

Indications: This remedy is for Chronic Painful Obstruction Syndrome (Bi) from Wind and Dampness in the channels occurring against a background of Kidney-Yang deficiency, Spleen-Qi deficiency and Blood deficiency. The main symptoms and signs are chronic backache that is aggravated by exposure to cold and dampness and alleviated by the application of heat, pain in the joints with no swelling or slight swelling, knee-ache, dizziness, tinnitus, tiredness, feeling cold, frequent urination, pale urine, lack of will-power, a feeling of cold in the back and knees, weak knees, blurred vision, tingling of limbs, constipation, poor digestion.

Tongue: Pale.

Pulse: Deep, weak.

Classical antecedent: Du Huo Ji Sheng Tang *Angelica pubescentis-Loranthus Decoction*.

Jade Screen

Xin Yi Hua *Flos Magnoliae*

Fang Feng *Radix Saposhnikoviae*

Huang Qi *Radix Astragali*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Bai Zhi *Radix Angelicae dahuricae*

Wu Mei *Fructus Mume*

Wu Wei Zi *Fructus Schisandrae*

Dan Shen *Radix Salviae miltiorrhizae*

Bo He *Herba Menthae haplocalycis*

Jing Jie *Herba Schizonepetae*

Huang Qin *Radix Scutellariae*

Gan Cao *Radix Glycyrrhizae uralensis*

Bai Qian *Rhizoma Cynanchi stauntonii*

Jie Geng *Radix Platycodi*

Gan Jiang *Rhizoma Zingiberis*

Pattern: Wind impairing the descending and diffusing of Lung-Qi in the nose.

Action: Expel Wind, tonify Qi, strengthen Defensive-Qi, anti-allergy.

Indications: Allergic rhinitis, chronic sinusitis (secondary to rhinitis), sneezing, runny nose with a clear-watery discharge, itchy eyes and nose, dull soreness on the forehead, blocked nose, hay fever, allergy to cats, dogs, horses, dust mites, dust, etc.



Jade Spring

Bei Sha Shen *Radix Glehniae*

Mai Men Dong *Radix Ophiopogonis*

Yu Zhu *Rhizoma Polygonati odorati*

Gan Cao *Radix Glycyrrhizae uralensis*

Sang Ye *Folium Mori*

Bian Dou *Semen Dolichoris Lablab*

Tian Hua Fen *Radix Trichosanthis*

Lu Gen *Rhizoma Phragmitis*

Tai Zi Shen *Radix Pseudostellariae*

Dang Shen *Radix Codonopsis*

Fu Ling *Poria*

Zhi Mu *Radix Anemarrhenae*

Shan Yao *Rhizoma Discoriae*

Pattern: Stomach-Yin deficiency, Spleen-Yin deficiency, Lung-Yin deficiency, Stomach Empty-Heat.

Action: Nourish Stomach-, Spleen- and Lung-Yin, clear Stomach Empty-Heat.

Indications: Excessive hunger, dry mouth, desire to drink in small sips, dry lips, tiredness, mental restlessness, poor digestion, slight burning epigastric pain, mouth ulcers, dry stools, circumscribed skin rashes on the front of the leg, diabetes.

Tongue: Dry, either no coating or rootless coating in the centre, Stomach crack in the midline or scattered small cracks; it may be slightly red in the centre.

Pulse: Floating-empty on the right middle position.

Classical antecedent: Sha Shen Mai Dong Tang (*Glehnia-Ophiopogon Decoction*).

Limpid Sea

Ban Xia *Rhizoma Pinelliae Preparatum*

Fu Ling *Poria*

Chen Pi *Pericarpium Citri reticulatae*

Gan Cao *Radix Glycyrrhizae uralensis*

Da Zao *Fructus Jujubae*

Wu Mei *Fructus Mume*

Zhu Ru *Caulis Bambusae in Taeniam*

Gua Lou *Fructus Trichosanthis*

Gan Jiang *Rhizoma Zingiberis*

Pattern: Phlegm (damp, cold or hot) in the Middle and Upper Burner.

Actions: Dry Dampness and resolve Phlegm.

Indications: Cough with abundant sputum, catarrh in the chest, nose or throat, white or yellow sputum, a feeling of oppression of the chest, nausea, vomiting, palpitations, dizziness, insomnia, lipomas.

Tongue: Pale, swollen with a sticky-white coating in case of Damp- or Cold-Phlegm, or red, swollen with a sticky-yellow coating in case of Hot-Phlegm.

Pulse: Slippery and slow in case of Cold-Phlegm, or slippery and rapid in case of Hot-Phlegm.

Classical antecedent: Er Chen Tang (*Two Old Decoction*).



Nourish the Root

Sheng Di Huang *Radix Rehmanniae*
Shan Yao *Rhizoma Discoreae*
Shan Zhu Yu *Fructus Corni*
Gou Qi Zi *Fructus Lycii chinensis*
Huai Niu Xi *Radix Achyranthis bidentatae*
Tu Si Zi *Semen Cuscutae*
Mai Men Dong *Radix Ophiopogonis*

Huang Jing *Rhizoma Polygonati*
Zhi Gan Cao *Radix Glycyrrhizae Uralensis*
Preparata
Ze Xie *Rhizoma Alismatis*
Tian Men Dong *Radix Asparagi*
Di Gu Pi *Cortex Lycii*

Pattern: Kidney-Yin deficiency.

Action: Nourish Kidney-Yin and Essence, strengthen the will-power.

Indications: Dizziness, tinnitus, sore back and legs, night-sweating, dry mouth and throat in the evening, feeling of heat and vague anxiety in the evening, 5-palm heat (a feeling of heat in palms, chest and soles), thirst with desire to drink in small sips, exhaustion, depression, dry stools, lower backache, infertility, insomnia (waking up during the night), blurred vision, dry skin and hair, dryness of the vagina, dry eyes, thin body, scanty-dark urine.

Tongue: This could range from a nearly normal-coloured body (tending to red) with rootless coating to a red body without any coating at all, depending on the degree of Yin deficiency and Empty-Heat. The less the coating, the deeper the Yin deficiency, and the redder the tongue body, the stronger the Empty-Heat.

Pulse: Floating-empty, or weak on both rear positions and relatively overflowing on both front ones, or fine and rapid if there is pronounced Empty-Heat.

Classical antecedent: Zuo Gui Wan (*Restoring the Left [Kidney] Pill*).

Nourish the Root and Clear Wind

Shu Di Huang *Radix Rehmanniae preparata*
Sheng Di Huang *Radix Rehmanniae*
Yu Zhu *Rhizoma Polygonati odorati*
Bai Shao *Radix Paeoniae alba*
Mu Dan Pi *Cortex Moutan*
Zhi Mu *Radix Anemarrhenae*
Wu Jia Pi *Cortex Acanthopanax*
Mu Gua *Fructus Chaenomelis*

Sang Ji Sheng *Herba Taxilli*
Qin Jiao *Radix Gentianae macrophyllae*
Wei Ling Xian *Radix Clematidis*
Xi Xian Cao *Herba Siegesbeckiae*
Hai Feng Teng *Caulis Piperis kadsurae*
Zhi Gan Cao *Radix Glycyrrhizae Uralensis*
Preparata

Pattern: Chronic Wind-Damp Painful Obstruction (Bi) Syndrome occurring against a background of Kidney-Yin deficiency.

Action: Nourish the Kidneys and Liver, strengthen bones and sinews, expel Wind-Dampness from the joints.

Indications: Lower backache, knee-ache, sciatica, ache in joints, dizziness, tinnitus, night-sweating, diminished sexual performance or desire, poor memory, blurred vision, dry eyes, dry skin.

Tongue: Red without coating or with a rootless coating.

Pulse: Weak on both rear positions or floating-empty.

Nourish the Soul

Suan Zao Ren *Semen Ziziphi spinosae*

Mai Men Dong *Radix Ophiopogonis*



Bai Shao *Radix Paeoniae alba*
Wu Wei Zi *Fructus Schisandrae*
Fu Shen *Sclerotium Poriae paradiscis*
Zhi Mu *Radix Anemarrhenae*
Chuan Xiong *Rhizoma Chuanxiong*
Sheng Di Huang *Radix Rehmanniae*

Yuan Zhi *Radix Polygalae*
Bai Zi Ren *Semen Biotae*
Gou Teng *Ramulus Uncariae cum Uncis*
Ye Jiao Teng *Caulis Polygoni multiflori*
Gan Cao *Radix Glycyrrhizae uralensis*

Pattern: Liver-, Kidney-Yin and Heart-Yin deficiency, Heart Empty Heat, Mind (*Shen*) and Ethereal Soul (*Hun*) unsettled.

Action: nourish Liver-, Kidney- and Heart-Yin, clear Heart Empty Heat, calm the Mind, settle the Ethereal Soul.

Indications: insomnia, anxiety, mental restlessness, agitation, feeling fidgety, very slight hyperactive behaviour from Deficiency, night-sweating, dizziness, tinnitus, dry mouth at night, waking up at night with desire to sip water, palpitations.

Tongue: Red without coating or with rootless coating, dry, possibly Heart crack.

Pulse: Floating-Empty or Fine-Rapid.

Classical antecedent: Suan Zao Ren Tang *Ziziphus Decoction*.

Open the Heart

Ban Xia *Rhizoma Pinelliae Preparatum*
Hou Po *Cortex Magnoliae officinalis*
Zi Su Ye *Folium Perillae*
Da Zao *Fructus Jujubae*
Gan Cao *Radix Glycyrrhizae uralensis*

Chai Hu *Radix Bupleuri*
Bai He *Bulbus Lillii*
Jie Geng *Radix Platycodi*
Qing Pi *Pericarpium Citri reticulatae viride*
He Huan Pi *Cortex Albiziae*

Pattern: Stagnation of Lung- and Heart-Qi in the chest from emotional problems, such as sadness, worry or grief.

Action: Moves Qi in the chest, stimulates the descending of Lung- and Heart-Qi, calms the Mind, settles the Corporeal Soul.

Indications: A feeling of tightness and oppression of the chest and epigastrium, slight breathlessness, sighing, anxiety, sadness, depression, irritability, pale complexion, slight chest pain, a feeling of a lump in the throat.

Tongue: Perhaps slightly red in the chest area (sides of its central section).

Pulse: Slightly wiry in general, especially on the Front position, but also weak and empty.

The main emphasis of the formula is to move stagnant Heart- and Lung-Qi. Stagnation of Heart- and Lung-Qi derives from sadness and grief over a long period of time. These emotions first deplete Heart-Qi and Lung-Qi and depress the Mind and the Corporeal Soul. The depletion of Lung-Qi from sadness and grief leads to shallow breathing and poor circulation of Qi in the chest and, eventually, to stagnation of Lung-Qi in the chest. The simultaneous weakness and stagnation of Lung-Qi may also lead to Phlegm. The Lung channel influences the throat and its stagnation can cause a feeling of obstruction there.

Classical antecedent: Ban Xia Hou Po Tang (*Pinellia-Magnolia Decoction*).



Peaceful Sunset

Long Dan Cao *Radix Gentianae*
Gou Teng *Ramulus Uncariae cum Uncis*
Zhe Bei Mu *Bulbus Fritillariae thunbergii*
Zhu Ru *Caulis Bambusae in Taeniam*
Gua Lou *Fructus Trichosanthis*
Ban Xia *Rhizoma Pinelliae Preparatum*
Fu Ling *Poria*

Chen Pi *Pericarpium Citri reticulatae*
Ju Hua *Flos Chrysanthemi*
Mu Dan Pi *Cortex Moutan*
Chi Shao *Radix Paeoniae rubra*
Ye Jiao Teng *Caulis Polygoni multiflori*
Sheng Di Huang *Radix Rehmanniae*
Gan Cao *Radix Glycyrrhizae uralensis*

Pattern: Liver-Fire, Liver-Wind, Blood-Heat, Liver Phlegm-Heat, Blood stasis.

Action: Clear Liver-Fire, subdue Liver-Wind, resolve Phlegm, clear Heat, cool Blood, move Blood.

Indications: Insomnia, dizziness, tinnitus, trigeminal neuralgia, headaches, coughing up phlegm, constipation, thirst, chest pains, purpura, high blood pressure.

Tongue: Reddish-purple, stiff, dry-thick-sticky coating. It could also be moving or deviated.

Pulse: Full, slippery and wiry.

Prosperous Earth

Bai Zhu *Rhizoma Atractylodis macrocephalae*
Ren Shen *Radix Ginseng*
Huang Qi *Radix Astragali*
Shan Yao *Rhizoma Discoreae*
Fu Ling *Poria*

Chen Pi *Pericarpium Citri reticulatae*
Ban Xia *Rhizoma Pinelliae Preparatum*
Zhi Gan Cao *Radix Glycyrrhizae Uralensis Preparata*

Pattern: Spleen-Qi and Lung-Qi deficiency, Dampness.

Action: Tonify Spleen-Qi and Lung-Qi, resolve Dampness.

Indications: Poor digestion, tiredness, slight abdominal distension and fullness, poor appetite, craving for sweets, loose stools, desire to lie down, weak voice, propensity to catching colds, mild depression.

Tongue: Pale.

Pulse: Weak or empty.

Classical antecedent: Liu Jun Zi Tang *Six Gentlemen Decoction*.



Radio Support

Huang Qi *Radix Astragali*
Dang Gui *Radix Angelicae sinensis*
Hong Hua *Flos Carthami tinctorii*
Dan Shen *Radix Salviae miltiorrhizae*
Shou Wu *Radix Polygoni multiflori preparata*
Gou Qi Zi *Fructus Lycii chinensis*
Wu Wei Zi *Fructus Schisandrae*

Nu Zhen Zi *Fructus Ligustri lucidi*
Zhi Mu *Radix Anemarrhenae*
Mu Dan Pi *Cortex Moutan*
Gan Cao *Radix Glycyrrhizae uralensis*
Sheng Di Huang *Radix Rehmanniae*
Chen Pi *Pericarpium Citri reticulatae*
Yu Zhu *Rhizoma Polygonati odorati*

Pattern: Qi and Blood deficiency, Yin deficiency, Blood stasis, Blood-Heat.

Action: Tonify Qi, nourish Blood, nourish Yin, move Blood, cool Blood.

Indications: Side-effects of radiotherapy - local necrosis, pain, inflammation, local exudation with a burning feeling.

Caution and contraindications: The formula should be taken every day during administration of radiotherapy. It should be continued for about 4 weeks after the end of the radiotherapy course. Take 6Ð9 tablets a day.

Red Stirring

Dang Gui *Radix Angelicae sinensis*
Sheng Di Huang *Radix Rehmanniae*
Chuan Xiong *Rhizoma Chuanxiong*
Chi Shao *Radix Paeoniae rubra*
Tao Ren *Semen Persicae*
Hong Hua *Flos Carthami tinctorii*
Chai Hu *Radix Bupleuri*
Zhi Ke *Fructus Aurantii*

Huai Niu Xi *Radix Achyranthis bidentatae*
Jie Geng *Radix Platycodi*
Gan Cao *Radix Glycyrrhizae uralensis*
Dan Shen *Radix Salviae miltiorrhizae*
Yuan Zhi *Radix Polygalae*
Yu Jin *Radix Curcumae*
He Huan Pi *Cortex Albiziae*

Pattern: Blood stasis in chest and Mind.

Action: Move Blood, eliminate stasis, move Qi, stop pain, calm the Mind and open the Mind's orifices.

Indications: Chest pain which is fixed and stabbing or pricking in character, chronic stabbing headaches, a feeling of oppression and heat in the chest, palpitations, anxiety, agitation, insomnia, a feeling of anxiety at bedtime, irritability, mental confusion, depression.

Tongue: Purple, possibly only in the front part, or on the sides towards the front.

Pulse: Choppy, or wiry, or firm.

Classical antecedent: Xue Fu Zhu Yu Tang (*Blood Mansion Eliminating Stasis Decoction*).



Release Constraint

Xiang Fu *Rhizoma Cyperi*
Chuan Xiong *Rhizoma Chuanxiong*
Cang Zhu *Rhizoma Atractylodis*
Shan Zhi Zi *Fructus Gardeniae*
Shen Qu *Massa medicata fermentata*

He Huan Pi *Cortex Albiziae*
Shi Chang Pu *Rhizoma Acori tatarinowii*
Gan Cao *Radix Glycyrrhizae uralensis*
Yuan Zhi *Radix Polygalae*

Pattern: Stagnation of Liver-Qi.

Action: Regulate Qi, eliminate stagnation, pacify the Liver, lift mental depression.

Indications: Mental depression, pent-up anger, resentment or frustration over a long period of time, emotional stress, tiredness (from stagnation rather than deficiency of Qi), a feeling of oppression of the chest or epigastrium, headaches, belching, sighing, slight feeling of nausea, slight feeling of breathlessness.

Tongue: Slightly red sides (Liver area).

Pulse: Wiry and full on both sides.

Classical antecedent: Yue Ju Wan (*Ligusticum-Gardenia Pill*).

Ringling Metal

Ban Xia *Rhizoma Pinelliae Preparatum*
Chen Pi *Pericarpium Citri reticulatae*
Fu Ling *Poria*
Zhu Ru *Caulis Bambusae in Taeniam*
Huang Qin *Radix Scutellariae*
Xing Ren *Semen Armeniacae*

Gua Lou *Fructus Trichosanthis*
Zhi Shi *Fructus Aurantii immaturus*
Gan Cao *Radix Glycyrrhizae uralensis*
Sang Bai Pi *Cortex Mori*
Zi Wan *Radix Asteris*

Pattern: Phlegm-Heat in the Lungs.

Action: Resolve Phlegm, clear Heat, restore the descending of Lung-Qi, stop cough.

Indications: Acute cough with expectoration of profuse, yellow sputum following an upper respiratory infection, a feeling of oppression of the chest, fever, thirst, insomnia, feeling of heat, red cheeks.

Tongue: normal, red or red only in the front with a thick-sticky-yellow coating.

Pulse: Slippery, rapid.

Classical antecedent: Qing Qi Hua Tan Tang *Clearing Qi and Resolving Phlegm Decoction*.



Root the Spirit

Bai Shao *Radix Paeoniae alba*
Dang Gui *Radix Angelicae sinensis*
Wu Wei Zi *Fructus Schisandrae*
Tu Si Zi *Semen Cuscutae*

Mai Men Dong *Radix Ophiopogonis*
Bai Zi Ren *Semen Biotae*
Suan Zao Ren *Semen Ziziphi spinosae*
Fu Shen *Sclerotium Poriae paradiscis*

Pattern: Liver-Blood deficiency, unsettled Ethereal Soul.

Action: Nourish Liver-Blood and Liver-Yin, settle the Ethereal Soul, calm the Mind and promote sleep.

Indications: Insomnia (either difficulty in falling asleep or wakefulness during the night), dream-disturbed sleep. Other manifestations may include blurred vision, poor memory, tingling of limbs, and scanty periods.

Tongue: Pale in case of Liver-Blood deficiency, red-peeled in case of Liver-Yin deficiency, thin.

Pulse: Choppy (Liver-Blood deficiency) or floating-empty (Liver-Yin deficiency).

Classical antecedent: Yin Mei Tang (*Attracting Sleep Decoction*).

Searching Soul

Ren Shen *Radix Ginseng*
Huang Qi *Radix Astragali*
Dang Gui *Radix Angelicae sinensis*
Shou Wu *Radix Polygoni multiflori preparata*
Long Yan Rou *Arillus Longan*
Yuan Zhi *Radix Polygalae*
He Huan Pi *Cortex Albiziae*
Yu Jin *Radix Curcumae*
Mei Gui Hua *Flos Rosae rugosae*

Qing Pi *Pericarpium Citri reticulatae viride*
Du Zhong *Cortex Eucommiae ulmoidis*
Fo Shou *Fructus Citri sarcodactylis*
Xu Duan *Radix Dipsaci*
Zhi Gan Cao *Radix Glycyrrhizae Uralensis*
Preparata
Da Zao *Fructus Jujubae*
Fu Xiao Mai *Fructus Triticis levis*

Pattern: Kidney-Yang deficiency, Liver-Blood deficiency, Qi stagnation, Ethereal Soul not "going enough".

Action: tonify Kidney-Yang, nourish Liver-Blood, stimulate the Ethereal Soul, strengthen Will-Power.

Indications: depression, lack of sense of direction, mental confusion, confusion about one's goals, relationship problems, dependance on other people, over-protectiveness, indecision, lack of will-power, sadness, timidity.

Tongue: Pale.

Pulse: Choppy or weak.



Separate Clear and Turbid

Bi Xie *Rhizoma Dioscoreae hypoglaucæ*
Wu Yao *Radix Linderae*
Yi Zhi Ren *Fructus Alpiniae oxyphyllae*
Shi Chang Pu *Rhizoma Acori tatarinowii*
Fu Ling *Poria*
Gan Cao *Radix Glycyrrhizae uralensis*

Huang Qi *Radix Astragali*
Che Qian Zi *Semen Plantaginis*
Qu Mai *Herba Dianthi*
Bai Shao *Radix Paeoniae alba*
Ba Ji Tian *Radix Morindae officinalis*

Pattern: Dampness in the Bladder, Qi deficiency, "Fatigue Lin".

Action: Tonify Qi, resolve Dampness, eliminate turbidity, open the Water passages of the Lower Burner, tonify the Kidneys.

Indications: Chronic urinary difficulty (often wrongly labelled as "cystitis"), bouts of frequent-scanty urination, uncomfortable sensation in the hypogastrium but no burning on urination, urine slightly cloudy, slight incontinence of urine on coughing or jumping, tiredness, depression, lower backache, dizziness, feeling cold.

Tongue: Pale.

Pulse: Weak, especially on the right-rear position, possibly very slightly tight on the left rear position.

Classical antecedent: Bi Xie Fen Qing Yin (*Dioscorea Separating the Clear Decoction*).

Settling the Soul

Yuan Zhi *Radix Polygalae*
Shi Chang Pu *Rhizoma Acori tatarinowii*
Huang Qin *Radix Scutellariae*
Long Dan Cao *Radix Gentianae*
Zhu Ye *Folium Phyllostachys nigrae*
Suan Zao Ren *Semen Ziziphi spinosae*
Gua Lou *Fructus Trichosanthis*

Gou Teng *Ramulus Uncariae cum Uncis*
Lian Xin *Plumula Nelumbinis nuciferae*
Bai Shao *Radix Paeoniae alba*
Zhu Ru *Caulis Bambusae in Taeniam*
Chen Pi *Pericarpium Citri reticulatae*
Gan Cao *Radix Glycyrrhizae uralensis*

Patterns: Fire of the Heart and Liver agitating the Mind (*Shen*) and the Ethereal Soul (*Hun*), Phlegm misting the Mind.

Actions: drain Fire, open the Mind's orifices, calm the Mind, settle the Ethereal Soul, resolve Phlegm.

Indications: anxiety, insomnia, manic behaviour, staying up at night working, having many projects simultaneously, spending money, excessive excitement, going out a lot, incessant talking or laughing, singing.

Tongue: Red with redder tip and sides, swollen, sticky-yellow coating, central Heart crack with rough-dry-yellow-sticky coating inside it.

Pulse: Slippery, Overflowing, Rapid.

Cautions and contraindications: There are no particular contraindications associated with this remedy. It is obviously a cooling remedy that drain Fire and it is therefore contraindicated if there is no Fire.



Smooth Passage

Bai Zhu *Rhizoma Atractylodis macrocephalae*
Fu Ling *Poria*
Bai Shao *Radix Paeoniae alba*
Mu Xiang *Radix Aucklandiae*
Xiang Fu *Rhizoma Cyperi*
Zhi Ke *Fructus Aurantii*

Huang Bo *Cortex Phellodendri*
Ku Shen *Radix Sophorae flavescens*
Lian Zi *Semen Nelumbinis*
Bai Tou Weng *Radix Pulsatillae*
Shen Qu *Massa medicata Fermentata*

Pattern: Spleen and Liver not harmonized, Spleen-Qi deficiency, Liver-Qi stagnation, Dampness in Intestine.

Action: Tonify Spleen-Qi, move Qi, pacify the Liver, harmonize Liver and Spleen, resolve Dampness from the Intestines, move the stools, stop diarrhoea.

Indications: Alternation of constipation and diarrhoea, abdominal pain, fullness and distension, stools at times like small pellets and at other times very loose, mucus in the stools, irritability, tiredness, poor appetite.

Tongue: Pale or normal-coloured, teethmarks, thin-sticky coating. If stagnation of Liver-Qi predominates, the sides could be slightly red.

Pulse: If deficiency of Spleen-Qi predominates, it will be weak; if stagnation of Liver-Qi predominates, it will be wiry. It may also be weak on the right and wiry on the left.

Soothe the Centre

Bai Zhu *Rhizoma Atractylodis macrocephalae*
Dang Shen *Radix Codonopsis*
Zhi Gan Cao *Radix Glycyrrhizae Uralensis*
Preparata
Fu Ling *Poria*
Chen Pi *Pericarpium Citri reticulatae*
Ban Xia *Rhizoma Pinelliae Preparatum*
Sha Ren *Fructus Amomi*
Mu Xiang *Radix Aucklandiae*

Shan Yao *Rhizoma Discoriae*
Tai Zi Shen *Radix Pseudostellariae*
Bian Dou *Semen Dolichoris Lablab*
Huo Xiang *Herba Pogostemonis*
Hou Po *Cortex Magnoliae officinalis*
Zi Su Ye *Folium Perillae*
Zhi Ke *Fructus Aurantii*
Shen Qu *Massa medicata fermentata*

Pattern: Stomach- and Spleen-Qi deficiency, Stomach-Yin deficiency, Dampness and stagnation of Qi in the Middle Burner.

Action: Tonify Qi, strengthen the Spleen, nourish Stomach-Yin, resolve Dampness and move Qi in the Centre.

Indications: Poor appetite, tiredness, feeling of fullness, distension and pain of the epigastrium, poor digestion, weak limbs, loose stools, slightly dry mouth.

Tongue: Pale, teethmarks, sticky coating in the centre. If there is some Stomach-Yin deficiency, the coating might be slightly rootless in the centre; if there is chronic, severe Spleen-Qi deficiency, there might be small transversal cracks on the sides.

Pulse: Weak, especially on the right middle position.

Classical antecedent: Xiang Sha Liu Jun Zi Tang (*Saussurea-Amomum Six Gentlemen Decotion*).



Stir Field of Elixir

Wu Yao *Radix Linderae*
Dang Gui *Radix Angelicae sinensis*
Chuan Xiong *Rhizoma Chuanxiong*
Tao Ren *Semen Persicae*
Mu Dan Pi *Cortex Moutan*
Chi Shao *Radix Paeoniae rubra*
Yan Hu Suo *Rhizoma Corydalis*

Gan Cao *Radix Glycyrrhizae uralensis*
Xiang Fu *Rhizoma Cyperi*
Hong Hua *Flos Carthami tinctorii*
Zhi Ke *Fructus Aurantii*
Pu Huang *Pollen Typhae*
Dan Shen *Radix Salviae miltiorrhizae*
Bai Shao *Radix Paeoniae alba*

Pattern: Stasis of Blood in the Lower Burner.

Action: Move Blood, eliminate stasis, dissolve lumps.

Indications: Lower abdominal pain which is fixed and stabbing in character, abdominal lumps, endometriosis, ovarian cysts, myomas, dysmenorrhoea from stagnant Blood, irregular periods, pre-menstrual pain, periods stopping and starting with dark, clotted blood, irritability, agitation, restlessness.

Tongue: Purple.

Pulse: Choppy, or wiry, or firm.

Classical antecedent: Ge Xia Zhu Yu Tang (*Decoction for Eliminating Stasis below the Diaphragm*).

Strengthen the Root

Shu Di Huang *Radix Rehmanniae preparata*
Shan Yao *Rhizoma Discoriae*
Shan Zhu Yu *Fructus Corni*
Gou Qi Zi *Fructus Lycii chinensis*
Ba Ji Tian *Radix Morindae officinalis*
Tu Si Zi *Semen Cuscutae*
Du Zhong *Cortex Eucommiae ulmoidis*

Dang Gui *Radix Angelicae sinensis*
Rou Gui *Cortex Cinnamomi*
Gui Zhi *Ramulus Cinnamomi cassiae*
Zhi Gan Cao *Radix Glycyrrhizae Uralensis Preparata*
Ren Shen *Radix Ginseng*
Zhi Mu *Radix Anemarrhenae*

Pattern: Kidney-Yang deficiency, Fire of the Gate of Vitality declining, slight Blood deficiency. "Fire of the Gate of Vitality not nourishing Earth", "Cold in Lower Burner".

Action: Tonify and warm Kidney-Yang, stoke up the Fire of the Gate of Vitality, fill the Essence, nourish Blood, strengthen the Will-Power.

Indications: Chilliness, cold feet, cold limbs, lower backache, weak knees, dizziness, tinnitus, depression, exhaustion, impotence, premature ejaculation, tiredness after sex, lack of libido, infertility, loose stools, frequent-pale urination, slight incontinence of urine, oedema of ankles, overweight body, lack of drive and enthusiasm, shortness of breath.

Tongue: Pale, wet.

Pulse: Deep and weak, especially in the rear positions. It could also be slow.

Classical antecedent: You Gui Wan (*Restoring the Right [Kidney] Pill*).



Tonify Qi and Ease the Muscles

Huang Qi *Radix Astragali*

Ren Shen *Radix Ginseng*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Zhi Gan Cao *Radix Glycyrrhizae Uralensis*
Preparata

Dang Gui *Radix Angelicae sinensis*

Chen Pi *Pericarpium Citri reticulatae*

Sheng Ma *Rhizoma Cimicifugae*

Chai Hu *Radix Bupleuri*

Sha Ren *Fructus Amomi*

Huo Xiang *Herba Pogostemonis*

Yi Yi Ren *Semen Coicis*

Fu Ling *Poria*

Pattern: Qi deficiency, residual Dampness in the muscles.

Action: Tonify Lung- and Spleen-Qi, raise Yang, lift depression, resolve Dampness from the muscles.

Indications: Exhaustion, depression, dizziness, poor appetite, slight muscle ache and fatigue, poor memory and concentration, slight breathlessness, prolapse of uterus, stomach or bladder.

Tongue: Pale, teethmarks.

Pulse: Weak.

Classical antecedent: Bu Zhong Yi Qi Tang (*Tonifying the Centre and Benefiting Qi Decoction*).

Water Passages

Zhi Mu *Radix Anemarrhenae*

Huang Bo *Cortex Phellodendri*

Shu Di Huang *Radix Rehmanniae preparata*

Shan Yao *Rhizoma Dioscoreae*

Shan Zhu Yu *Fructus Corni*

Mu Dan Pi *Cortex Moutan*

Fu Ling *Poria*

Ze Xie *Rhizoma Alismatis*

Che Qian Zi *Semen Plantaginis*

Qu Mai *Herba Dianthi*

Bian Xu *Herba Polygoni avicularis*

Bi Xie *Rhizoma Dioscoreae hypoglaucae*

Yi Yi Ren *Semen Coicis*

Huang Qi *Radix Astragali*

Chai Hu *Radix Bupleuri*

Gan Cao *Radix Glycyrrhizae uralensis*

Bai Shao *Radix Paeoniae alba*

Tu Si Zi *Semen Cuscutae*

Ze Lan *Herba Lycopi*

Patterns: Damp-Heat in the Bladder, Kidney deficiency, sinking of Qi.

Actions: resolve Dampness and clear Heat from the Bladder, tonify the Kidneys, lift Qi.

Indications: frequency of urination, difficult urination, urgency of urination, burning on urination, hypogastric pain, backache, dizziness, tinnitus, tiredness, feeling of bearing down.

Cautions and contraindications: Contraindicated in pregnancy.

Classical antecedent: Zhi Bo Di Huang Wan *Anemarrhena-Phellodendron-Rehmannia Pill*.



Welcome Fragrance

Bo He *Herba Menthae haplocalycis*

Shi Chang Pu *Rhizoma Acori tatarinowii*

Xin Yi Hua *Flos Magnoliae*

Bai Zhi *Radix Angelicae dahuricae*

Jie Geng *Radix Platycodi*

Huang Qin *Radix Scutellariae*

Jin Yin Hua *Flos Lonicerae japonicae*

Yu Xing Cao *Herba Houttuniae*

Huo Xiang *Herba Pogostemonis*

Pu Gong Ying *Herba Taraxaci*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Huang Qi *Radix Astragali*

Gan Cao *Radix Glycyrrhizae uralensis*

Pattern: Chronic Damp-Heat and Fire-Poison blocking the nose and sinuses with an underlying deficiency of Qi.

Action: Expel Wind, clear Heat, resolve Fire-Poison, drain Dampness, open the nose orifices, tonify Qi.

Indications: Sinusitis, facial pain, nasal discharge which is yellow and thick or even purulent, blocked nose, loss of smell, frontal headache, tiredness.

Tongue: Sticky-yellow coating.

Pulse: Slippery.



Women's Treasure

Clear Empty-Heat and Cool the Menses

Sheng Di Huang *Radix Rehmanniae*
Bai Shao *Radix Paeoniae Alba*
Shan Yao *Rhizoma Discoriae*
Huang Qin *Radix Scutellariae*
Huang Bai *Cortex Phellodendri*
Xu Duan *Radix Dipsaci*
Han Lian Cao *Herba Ecliptae*
Qing Hao *Herba Artemisiae Annuae*
Di Yu *Radix Sanguisorbae*
Qian Cao Gen *Radix Rubiae*

Zhi Mu *Rhizoma Anemarrhenae*
Ou Jie *Rhizomatis Nelumbinis Nodus*
Gui Qi Zi *Fructus Lycii Chinensis*
Huang Jing *Rhizoma Polygonati*
Wu Wei Zi *Fructus Schisandrae*
Xian He Cao *Herba Agrimoniae*
Ce Bai Ye *Cacumen Biotae*
Gan Cao *Radix Glycyrrhizae uralensis*
Mu Dan Pi *Cortex Moutan*
Shan Zhu Yu *Fructus Corni*

Pattern: Blood Empty-Heat, Yin deficiency.

Action: Cool Blood, clear Empty-Heat, nourish Yin, stop bleeding.

Indications: Heavy periods that may start with a flood or go on trickling for a long time after the proper period time, or both; bright-red or scarlet-red blood, mental restlessness, anxiety, insomnia, agitation, a feeling of heat in the afternoon or evening, night-sweating, malar flush, dry throat.

Tongue: Red without coating; it may be cracked.

Pulse: Floating-empty or fine-rapid.

Classical antecedent: Bao Yin Jian *Protectioctionng the Yin Dec.*

Clear the Moon

Ban Xia *Rhizoma Pinelliae Preparatum*
Fu Ling *Poria*
Chen Pi *Pericarpium Citri Reticulatae*
Zhu Ru *Caulis Bambusae in Taeniam*
Zhi Shi *Fructus Aurantii Immaturus*
Gua Lou *Fructus Trichosanthis*
Zhi Gan Cao *Radix Glycyrrhizae Uralensis Preparata*
Da Zao *Fructus Jujubae*
Qing Pi *Pericarpium Citri Reticulatae Viride*
Mu Xiang *Radix Aucklandiae*

Xiang Fu *Rhizoma Cyperi*
He Huan Pi *Cortex Albiziae*
Yu Jin *Radix Curcumae*
Yuan Zhi *Radix Polygalae*
Shi Chang Pu *Rhizoma Acori Tatarinowii*
Dan Shen *Radix Salviae Miltiorrhizae*
Tong Cao *Medulla Tetrapanacis*
Suan Zao Ren *Semen Ziziphi Spinosae*
Pu Gong Ying *Herba Taraxaci*
Xia Ku Cao *Spica Prunellae*
Bai He *Bulbus Lillii*

Pattern: Phlegm obstructing the chest, stagnation of Liver-Qi, some Toxic-Heat.

Action: Resolve Phlegm, open the Mind's orifices, pacify the Liver, move Qi, eliminate stagnation, resolve Toxic-Heat, calm the Mind, settle the Ethereal Soul.

Indications: Premenstrual tension, irritability, anxiety, agitation, depression, crying, swollen, distended and painful breasts, abdominal distension, a feeling of oppression of the chest, slight breathlessness, a slight feeling of tightness of the chest, sighing, sadness, worry, catarrh, expectoration of sputum in the mornings, benign breast lumps, fibrocystic breast disease, fibroadenoma, sallow complexion.

Tongue: Swollen, sticky coating. The tongue body may be red if there is Heat and it may have a sticky-yellow coating with red spots if there is Toxic-Heat. **Pulse:** Slippery.

Classical antecedent: Wen Dan Tang *Warming the Gall-Bladder Decoction.*



Clear the Palace

Ban Xia *Rhizoma Pinelliae Preparatum*
Cang Zhu *Rhizoma Atractylodis*
Chen Pi *Pericarpium Citri Reticulatae*
Fu Ling *Poria*
Xiang Fu *Rhizoma Cyperi*
Shen Qu *Massa Medicata Fermentata*
Chuan Xiong *Rhizoma Chuanxiong*
Tu Si Zi *Semen Cuscutae*

Bai Zhu *Rhizoma Atractylodis Macrocephalae*
Gan Cao *Radix Glycyrrhizae uralensis*
Ze Lan *Herba Lycopi*
Lu Lu Tong *Fructus Liquidambaris*
Huang Bai *Cortex Phellodendri*
Chuan Niu Xi *Radix Cyathulae*
Yi Yi Ren *Semen Coicis*
Shi Chang Pu *Rhizoma Acori Tatarinowii*

Pattern: Phlegm and Dampness obstructing the Uterus.

Action: Resolve Phlegm, drain Dampness, invigorate Blood.

Indications: Infertility, excessive vaginal discharge, ovarian cysts, midcycle pain, obesity, polycystic ovary syndrome, a history of tubal inflammation, irregular periods, tiredness, a feeling of heaviness, sallow complexion, greasy skin.

Tongue: Swollen body, sticky coating.

Pulse: Slippery.

Classical antecedent: Qi Gong Wan *Arousing the Uterus Pill*.

Cool the Menses

Shan Zhi Zi *Fructus Gardeniae*
Huang Qin *Radix Scutellariae*
Huang Bai *Cortex Phellodendri*
Sheng Di Huang *Radix Rehmanniae*
Mu Dan Pi *Cortex Moutan*
Di Yu *Radix Sanguisorbae*
Xian He Cao *Herba Agrimoniae*
Ce Bai Ye *Cacumen Biotae*

Chun Gen Bai Pi *Cortex Ailanthi*
Huang Jing *Rhizoma Polygonati*
Bai Shao *Radix Paeoniae Alba*
Qian Cao Gen *Radix Rubiae*
Pu Huang *Pollen Typhae*
Dang Gui *Radix Angelicae Sinensis*
Long Dan Cao *Radix Gentianae*
Xu Duan *Radix Dipsaci*

Pattern: Blood Heat.

Action: Cool Blood, stop bleeding.

Indications: Heavy menstrual bleeding that either starts suddenly with a flood or goes on trickling after the normal period time or both, bright-red or dark-red blood, mental restlessness, agitation, insomnia, thirst, a feeling of heat, flushed complexion, skin rashes; this patient may develop a red rash on her neck as she speaks.

Tongue: Red with red points on the sides, yellow coating.

Pulse: Overflowing, rapid.

Classical antecedent: Qing Re Zhi Beng Tang *Clearing Heat and Arresting Flooding Decoction*.



Drain the Jade Valley

Bi Xie *Rhizoma Dioscoreae Hypoglaucae*

Yi Yi Ren *Semen Coicis*

Huang Bai *Cortex Phellodendri*

Fu Ling *Poria*

Mu Dan Pi *Cortex Moutan*

Ku Shen *Radix Sophorae Flavescentis*

Huang Qi *Radix Astragali*

She Chuang Zi *Fructus Cnidii*

Shi Chang Pu *Rhizoma Acori Tatarinowii*

Bai Zhu *Rhizoma Atractylodis Macrocephalae*

Tu Si Zi *Semen Cuscutae*

Bai Zhi *Radix Angelicae dahuricae*

Gan Cao *Radix Glycyrrhizae uralensis*

Shan Yao *Rhizoma Discorae*

Che Qian Zi *Semen Plantaginis*

Cang Zhu *Rhizoma Atractylodis*

Chuan Niu Xi *Radix Cyathulae*

Pattern: Dampness in the Lower Burner, Qi deficiency.

Action: Drain Dampness, clear Heat, tonify Qi.

Indications: Candidiasis, vaginal itching and redness, excessive vaginal discharge, a feeling of heaviness in the lower abdomen, a feeling of bearing down, catarrh, tiredness, loose stools or constipation, itchy anus, mucus in stools, midcycle pain, ovarian cysts, dull complexion, greasy skin.

Tongue: Pale, red or normal, sticky coating on the root. The coating may also be sticky but rootless and peeled in small patches.

Pulse: Slippery, weak.

Classical antecedent: Bi Xie Shen Shi Tang *Dioscorea Draining Dampness Decoction*, Bi Xie Fen Qing Tang *Dioscorea Separating the Clear Decoction* and Si Miao San *Four Wonderful Powder*.

Drain Redness

Mu Dan Pi *Cortex Moutan*

Sheng Di Huang *Radix Rehmanniae*

Huang Bai *Cortex Phellodendri*

Dang Gui *Radix Angelicae Sinensis*

Bai Shao *Radix Paeoniae Alba*

Chi Shao *Radix Paeoniae Rubra*

Chuan Xiong *Rhizoma Chuanxiong*

Hong Hua *Flos Carthami Tinctorii*

Tao Ren *Semen Persicae*

Yan Hu Suo *Rhizoma Corydalis*

Yi Mu Cao *Herba Leonuri*

Che Qian Zi *Semen Plantaginis*

Long Dan Cao *Radix Gentianae*

Pattern: Blood Heat, Damp-Heat.

Action: Cool Blood, clear Heat, drain Dampness, stop pain.

Indications: Painful periods, bright red or dark red blood without clots, heavy periods, a feeling of heat, thirst, mental restlessness, anxiety, insomnia, early periods, yellow vaginal discharge, a feeling of heaviness in the lower abdomen, mid-cycle pain, red complexion, bloodshot eyes.

Tongue: Red with a sticky-yellow coating on the root, red points on the sides and/or root.

Pulse: Slippery, rapid.

Classical antecedent: Qing Re Tiao Xue Tang *Clearing Heat and Regulating Blood Decoction*.



Ease the Journey - Yang

Sheng Di Huang *Radix Rehmanniae*
Shan Yao *Rhizoma Discoriae*
Shan Zhu Yu *Fructus Corni*
Gou Qi Zi *Fructus Lycii Chinensis*
Wu Wei Zi *Fructus Schisandrae*
Tu Si Zi *Semen Cuscutae*
Du Zhong *Cortex Eucommiae Ulmoidis*
Dang Gui *Radix Angelicae Sinensis*

Rou Gui *Cortex Cinnamomi*
Zhi Gan Cao *Radix Glycyrrhizae Uralensis*
Preparata
Zhi Mu *Radix Anemarrhenae*
Ba Ji Tian *Radix Morindae Officinalis*
Qin Jiao *Radix Gentianae Macrophyllae*
Di Gu Pi *Cortex Lycii*

Pattern: Kidney-Yang deficiency, Fire of the Gate of Vitality declining, slight Blood deficiency.

Action: Tonify and warm Kidney-Yang, fill the Essence, nourish Blood, strengthen the Will-Power.

Indications: Hot flushes (flashes) with sweating, chilliness, cold feet, cold limbs, backache, dizziness, tinnitus, depression, exhaustion, loose stools, frequent pale urination, slight incontinence of urine, oedema of ankles.

Tongue: Pale, wet.

Pulse: Deep and weak, especially in the rear positions.

Classical antecedent: You Gui Wan *Restoring the Right [Kidney] Pill*.

Ease the Journey - Yin

Sheng Di Huang *Radix Rehmanniae*
Shan Yao *Rhizoma Discoriae*
Shan Zhu Yu *Fructus Corni*
Gou Qi Zi *Fructus Lycii Chinensis*
Huai Niu Xi *Radix Achyranthis Bidentatae*
Tu Si Zi *Semen Cuscutae*
Wu Wei Zi *Fructus Schisandrae*
Huang Jing *Rhizoma Polygonati*
Zhi Gan Cao *Radix Glycyrrhizae Uralensis*
Preparata

Ze Xie *Rhizoma Alismatis*
Qin Jiao *Radix Gentianae Macrophyllae*
Tian Men Dong *Radix Asparagi*
Mu Dan Pi *Cortex Moutan*
Di Gu Pi *Cortex Lycii*
Ba Ji Tian *Radix Morindae Officinalis*
Suan Zao Ren *Semen Ziziphi Spinosae*

Pattern: Kidney-Yin deficiency with Empty-Heat.

Action: Nourish Kidney-Yin and Essence, clear Empty-Heat.

Indications: Hot flushes (flashes) and sweating, dizziness, tinnitus, sore back and legs, night-sweating, dry mouth and throat in the evening, feeling of heat and vague anxiety in the evening, thirst with desire to sip liquids, exhaustion, depression, dry stools, dry vagina.

Tongue: Various depending on the degree of Yin deficiency.

Pulse: Floating-empty, or weak on both rear positions and relatively overflowing on both front ones.

Classical antecedent: Zuo Gui Wan *Restoring the Left [Kidney] Pill*.



Female Treasure

Sheng Di Huang *Radix Rehmanniae*

Tian Men Dong *Radix Asparagi*

Bai Shao *Radix Paeoniae Alba*

Nu Zhen Zi *Fructus Ligustri Lucidi*

Ju Hua *Flos Chrysanthemi*

Huang Qin *Radix Scutellariae*

Suan Zao Ren *Semen Ziziphi Spinosae*

Wu Wei Zi *Fructus Schisandrae*

Gou Qi Zi *Fructus Lycii Chinensis*

Shan Zhu Yu *Fructus Corni*

Shan Yao *Rhizoma Discoreae*

Ze Xie *Rhizoma Alismatis*

Mu Dan Pi *Cortex Moutan*

Fu Ling *Poria*

Huang Jing *Rhizoma Polygonati*

Qin Jiao *Radix Gentianae Macrophyllae*

Di Gu Pi *Cortex Lycii*

Gu Ya *Fructus Oryzae Germinatus*

Pattern: Liver- and Kidney-Yin deficiency, Liver-Yang rising, Empty-Heat.

Action: Nourish Liver- and Kidney-Yin, subdue Liver-Yang, clear Empty-Heat, calm the Mind, settle the Ethereal Soul.

Indications: Hot flushes (flashes), night sweating, a dry throat at night, dryness of the vagina, irritability, insomnia, a feeling of heat in the evening, dizziness, tinnitus, depression, headaches with a throbbing-character pain, backache, scanty-dark urine, itching, blurred vision, propensity to outbursts of anger, dry hair, malar flush.

Tongue: Red without coating, dry, cracked.

Pulse: Floating-empty, slightly wiry on the left.

Classical antecedent: Kun Bao Tang *Female Treasure Decoction* and Qi Ju Di Huang Wan *Lycium-Chrysanthemum-Rehmannia Pill*.

Free Flow

Bo He *Herba Menthae Haplocalycis*

Chai Hu *Radix Bupleuri*

Dang Gui *Radix Angelicae Sinensis*

Bai Shao *Radix Paeoniae Alba*

Bai Zhu *Rhizoma Atractylodis Macrocephalae*

Fu Ling *Poria*

Zhi Gan Cao *Radix Glycyrrhizae Uralensis*

Preparata

Zhi Ke *Fructus Aurantii*

Wu Yao *Radix Linderae*

Xiang Fu *Rhizoma Cyperi*

Yan Hu Suo *Rhizoma Corydalis*

Yi Mu Cao *Herba Leonuri*

Mu Dan Pi *Cortex Moutan*

Shan Zhi Zi *Fructus Gardeniae*

Gou Qi Zi *Fructus Lycii Chinensis*

Pattern: Stagnation of Qi.

Actions: Pacify the Liver, move Qi, eliminate stagnation, nourish Liver-Blood, stop pain.

Indications: Painful periods with pronounced abdominal distension. The pain may occur also a short time before the onset of the period. There may also be irritability, moodiness, depression, irregular cycle and possibly premenstrual tension, hypochondrial distension and pain and sighing.

Tongue: Normal-coloured or slightly red on the sides. It may also be pale, if there is pronounced Liver-Blood deficiency. The tongue body may be pale on the whole, but slightly red on the sides.

Pulse: Wiry on the left and weak or choppy on the right. The pulse may also be choppy on the whole and only very slightly wiry, if Liver-Blood deficiency is pronounced.

Classical antecedent: Xiao Yao San *Free and Easy Wanderer Powder*.



Free-Flowing Sea

Dang Gui *Radix Angelicae Sinensis*
Chuan Xiong *Rhizoma Chuanxiong*
Bai Shao *Radix Paeoniae Alba*
Shu Di Huang *Radix Rehmanniae Preparata*
Shou Wu *Radix Polygoni Multiflori Preparata*
Shan Yao *Rhizoma Discoriae*
Fu Ling *Poria*

Zhi Gan Cao *Radix Glycyrrhizae Uralensis Preparata*
Qing Pi *Pericarpium Citri Reticulatae Viride*
Chai Hu *Radix Bupleuri*
He Huan Pi *Cortex Albiziae*
Du Zhong *Cortex Eucommiae Ulmoidis*
Tu Si Zi *Semen Cuscutae*

Pattern: Blood deficiency, Kidney-Yang deficiency, Liver-Qi stagnation.

Action: Nourish Blood, tonify the Kidneys, pacify the Liver, move Qi, eliminate stagnation.

Indications: Moderate premenstrual tension, irritability, depression, tendency to crying, sadness, insomnia, blurred vision, tingling of limbs, dizziness, backache, frequent pale urination, dull pale complexion, late periods, irregular periods, scanty periods. Tongue: Pale and thin or swollen, depending on whether Kidney-Yang or Blood deficiency predominates.

Pulse: Deep, weak, choppy.

Classical antecedent: Gui Shao Di Huang Tang *Angelica-Paeonia-Rehmannia Decoction*

Freeing Constraint

Xiang Fu *Rhizoma Cyperi*
Chuan Xiong *Rhizoma Chuanxiong*
Cang Zhu *Rhizoma Atractylodis*
Shan Zhi Zi *Fructus Gardeniae*
Shen Qu *Massa Medicata Fermentata*
He Huan Pi *Cortex Albiziae*

Shi Chang Pu *Rhizoma Acori Tatarinowii*
Qing Pi *Pericarpium Citri Reticulatae Viride*
Yuan Zhi *Radix Polygalae*
Yu Jin *Radix Curcumae*
Gan Cao *Radix Glycyrrhizae Uralensis*

Pattern: Primarily stagnation of Liver-Qi, possibly also stasis of Blood, retention of food, Dampness, Phlegm and stagnation of Heat. This formula was originally used for the six Stagnations (Qi, Blood, Food, Dampness, Phlegm and Heat), but it is now used primarily for stagnation of Qi.

Action: Move Qi, eliminate stagnation, pacify the Liver, lift mental depression.

Indications: Premenstrual tension, irritability, propensity to outbursts of anger or repressed anger, shouting, mental depression, moodiness, gloomy thoughts, pent-up anger, resentment or frustration over a long period of time, irregular periods, painful periods with clotted blood, tiredness (from stagnation rather than deficiency of Qi), a feeling of oppression of the chest or epigastrium, headaches, belching, sighing, slight feeling of nausea, slight feeling of breathlessness, hypochondrial distension and pain. Tongue: Slightly red sides (Liver area).

Pulse: Wiry and full on both sides.

Classical antecedent: Yue Ju Wan *Ligusticum-Gardenia Pill*.



Freeing the Moon

Chai Hu *Radix Bupleuri*

Bo He *Herba Menthae Haplocalysis*

Dang Gui *Radix Angelicae Sinensis*

Bai Shao *Radix Paeoniae Alba*

Dang Shen *Radix Codonopsis*

Fu Ling *Poria*

Gou Qi Zi *Fructus Lycii Chinensis*

Shou Wu *Radix Polygoni Multiflori Preparata*

Qing Pi *Pericarpium Citri Reticulatae Viride*

He Huan Pi *Cortex Albiziae*

Yuan Zhi *Radix Polygalae*

Bai He *Bulbus Lillii*

Ju Hua *Flos Chrysanthemi*

Gan Cao *Radix Glycyrrhizae Uralensis*

Da Zao *Fructus Jujubae*

Pattern: Liver-Qi stagnation, Liver-Blood deficiency, Spleen-Qi deficiency.

Action: Pacify the Liver, move Qi, eliminate stagnation, nourish Liver-Blood, tonify Spleen-Qi, calm the Mind, settle the Ethereal Soul.

Indications: Premenstrual tension, irritability, depression, crying, clumsiness, poor memory, flying off the handle, distension of breasts, epigastrium and abdomen, tiredness, dizziness, insomnia, nausea, headache.

Tongue: Pale on the sides.

Pulse: Choppy or fine but also slightly wiry, perhaps only on the left side.

Classical antecedent: Xiao Yao San *Free and Easy Wanderer Powder*.

Growing Jade

Dang Gui *Radix Angelicae Sinesis*

Bai Shao *Radix Paeoniae Alba*

Shu Di Huang *Radix Rehmanniae Preparata*

Shan Zhu Yu *Fructus Corni*

Nu Zhen Zi *Fructus Ligustri Lucidi*

Han Lian Cao *Herba Ecliptae*

Sheng Di Huang *Radix Rehmanniae*

Gou Qi Zi *Fructus Lycii Chinensis*

Yi Mu Cao *Herba Leonuri*

Shan Yao *Rhizoma Discoriae*

Ba Ji Tian *Radix Morindae Officinalis*

Tu Si Zi *Semen Cusutae*

Huang Jing *Rhizoma Polygonati*

Fu Ling *Poria*

Pattern: Kidney-Yin and Essence deficiency.

Action: Nourish Kidney-Yin, nourish the Essence, strengthen the Directing and Penetrating vessels.

Indications: Infertility, a history of amenorrhoea or miscarriages, scanty periods, irregular periods, dizziness, tinnitus, a dry throat, a feeling of heat in the evening, backache, depression, slight anxiety, dry stools, dry hair, scanty-dark urine, night-sweating, malar flush.

Tongue: Red without coating.

Pulse: Floating-empty.

Classical antecedent: Yang Jing Zhong Yu Tang Nourishing the Essence and Growing Jade Decoction.



Harmonizing the Moon

Dang Gui *Radix Angelicae sinensis*
Chi Shao *Radix Paeoniae rubrae*
Shu Di Huang *Radix Rehmanniae preparata*
Chuan Xiong *Radix Chuanxiong*
Yan Hu Suo *Rhizoma Corydalis*
E Zhu *Rhizoma Curcumae*
San Leng *Rhizoma Sparganii stoloniferi*
Ze Lan *Herba Lycopi*
Gui Zhi *Ramulus Cinnamomi cassiae*

Fu Ling *Poria*
Mu Dan Pi *Cortex Moutan*
Lu Lu Tong *Fructus Liquidambaris*
Huang Bai *Cortex Phellodendri*
Yi Yi Ren *Semen Coicis*
Tu Si Zi *Semen Cuscutae*
Qian Cao Gen *Radix Rubiae*
San Qi *Radix Notoginseng*

Pattern: Blood stasis in the Lower Burner, Dampness in the Lower Burner, Kidney deficiency.

Action: Invigorate Blood, dissolve masses, drain Dampness, tonify the Kidneys.

Indications: Abdominal masses, endometriosis, endometrial ovarian cysts, fibroids, painful periods, heavy periods.

Tongue: Purple sides.

Pulse: Wiry or choppy.

Heavenly Empress

Sheng Di Huang *Radix Rehmanniae*
Xuan Shen *Radix Scrophulariae*
Mai Men Dong *Radix Ophiopogonis*
Tian Men Dong *Radix Asparagi*
Huang Jing *Rhizoma Polygonati*
Xi Yang Shen *Radix Panacis quinquefolii*
Fu Ling *Poria*
Wu Wei Zi *Fructus Schisandrae*
Dang Gui *Radix Angelicae Sinensis*

Dan Shen *Radix Salviae Miltiorrhizae*
Bai Zi Ren *Semen Biotae*
Suan Zao Ren *Semen Ziziphi Spinosae*
Yuan Zhi *Radix Polygalae*
Jie Geng *Radix Platycodi*
Qin Jiao *Radix Gentianae Macrophyllae*
Di Gu Pi *Cortex Lycii*
Mu Dan Pi *Cortex Moutan*
Gou Qi Zi *Fructus Lycii Chinensis*

Pattern: Heart and Kidney-Yin deficiency, Heart Empty-Heat.

Action: Nourish Heart- and Kidney-Yin, clear Heart Empty-Heat, calm the Mind.

Indications: Hot flushes (flashes), sweating, night sweating, mental restlessness, anxiety, a feeling of heat in the evening, a dry throat, dryness of the vagina, insomnia, palpitations, dream-disturbed sleep, agitation, depression, tiredness, backache, dizziness, tinnitus, dry hair, malar flush.

Tongue: Red without coating, redder tip, dry, cracked, with a midline Heart crack.

Pulse: Floating-empty, overflowing on the left-front position.

Classical antecedent: Tian Wang Bu Xin Dan *Heavenly Emperor Tonifying the Heart Pill*.



Invigorate Blood and Stem the Flow

Dang Gui *Radix Angelicae Sinensis*
Chuan Xiong *Rhizoma Chuanxiong*
Sheng Di Huang *Radix Rehmanniae*
Bai Shao *Radix Paeoniae Alba*
Tao Ren *Semen Persicae*
Hong Hua *Flos Carthami Tinctorii*
Pu Huang *Pollen Typhae*
Qian Cao Gen *Radix Rubiae*

San Qi *Radix Notoginseng*
Xian He Cao *Herba Agrimoniae*
Dan Shen *Radix Salviae Miltiorrhizae*
Xiang Fu *Rhizoma Cyperi*
Chi Shao *Radix Paeoniae Rubra*
Mu Dan Pi *Cortex Moutan*
Shan Zhu Yu *Fructus Corni*

Pattern: Blood stasis bleeding.

Action: Invigorate Blood, eliminate stasis, stop bleeding.

Indications: Heavy periods with dark and clotted blood, painful periods with pain relieved after the onset of the period, irregular periods, periods stopping and starting, mental restlessness, agitation, irritability, abdominal pain, dark complexion.

Tongue: Purple.

Pulse: Wiry or choppy.

Classical antecedent: Tao Hong Si Wu Tang *Persica Carthamus Four Substances Decoction*.

Nourish Yin and Restrain the Flow

Sheng Di Huang *Radix Rehmanniae*
Shan Yao *Rhizoma Discoriae*
Shan Zhu Yu *Fructus Corni*
Gou Qi Zi *Fructus Lycii Chinensis*
Tu Si Zi *Semen Cuscutae*
Huang Jing *Rhizoma Polygonati*

Bai Shao *Radix Paeoniae Alba*
Xian He Cao *Herba Agrimoniae*
Ce Bai Ye *Cacumen Biotae*
Wu Wei Zi *Fructus Schisandrae*
Fu Ling *Poria*
Gu Ya *Fructus Oryzae Germinatus*

Pattern: Yin deficiency, Empty-Heat.

Action: Nourish Kidney-Yin, clear Empty-Heat, stop bleeding.

Indications: Heavy menstrual bleeding during the period itself and not so much outside the normal period time, bright-red or scarlet-red blood, night sweats, a dry throat at night, dizziness, tinnitus, backache, depression, a feeling of heat in the evening, malar flush, dry skin and hair.

Tongue: Red without coating or with rootless coating. It may also be without coating but normal-coloured if there is no Empty-Heat.

Pulse: Floating-empty.

Classical antecedent: Zuo Gui Wan *Restoring the Left [Kidney] Pill*, Er Zhi Wan *Two Solstices Pill*, and Liang Di Tang *Two "Di" Decoction*.



Penetrating Vessel

Shu Di Huang *Radix Rehmanniae Preparata*
Bai Shao *Radix Paeoniae Alba*
Dang Gui *Radix Angelicae Sinensis*
Gou Qi Zi *Fructus Lycii Chinensis*
Huang Jing *Rhizoma Polygonati*
Tu Si Zi *Semen Cuscutae*
Xiao Hui Xiang *Fructus Foeniculi*
Yan Hu Suo *Rhizoma Corydalis*

Xiang Fu *Rhizoma Cyperi*
He Huan Pi *Cortex Albiziae*
Ban Xia *Rhizoma Pinelliae Preparatum*
Dan Shen *Radix Salviae Miltiorrhizae*
Hou Po *Cortex Magnoliae Officinalis*
Zi Su Ye *Folium Perillae*
Gan Cao *Radix Glycyrrhizae Uralensis*
Xing Ren *Semen Armeniacae*

Pattern: Rebellious Qi in the Penetrating Vessel, Kidney deficiency, Blood deficiency.

Action: Subdue rebellious Qi, harmonize the Penetrating Vessel, tonify the Kidneys, nourish Blood, calm the Mind.

Indications: Hypogastric distension, lower abdominal pain, fullness and distension, umbilical fullness, epigastric fullness and distension, tightness of the chest, a feeling of oppression of the chest, hypochondrial distension, soreness and distension of the breasts, slight breathlessness, sighing, palpitations, a feeling of constriction in the throat, a dry mouth with no desire to drink, anxiety, agitation, worry, pale complexion, eyes without Shen (glitter) and slightly uncontrolled, cold feet, a panicky feeling, irregular periods, painful periods, premenstrual tension, a feeling of heat in the face, backache, tiredness, blurred vision and scanty periods.

Tongue: Normal-coloured, pale or purple.

Pulse: Wiry or firm on all positions of the right.

Planting Seeds

Tu Si Zi *Semen Cuscutae*
Xu Duan *Radix Dipsaci*
Ba Ji Tian *Radix Morindae Officinalis*
Du Zhong *Cortex Eucommiae Ulmoidis*
Dang Gui *Radix Angelicae Sinensis*
Shu Di Huang *Radix Rehmanniae Preparata*
Gou Qi Zi *Fructus Lycii Chinensis*

Ren Shen *Radix Ginseng*
Bai Zhu *Rhizoma Atractylodis Macrocephalae*
Da Zao *Fructus Jujubae*
Sha Ren *Fructus Amomi*
Sheng Ma *Rhizoma Cimicifugae*
Shan Yao *Rhizoma Discoriae*
Huang Qin *Radix Scutellariae*

Pattern: Kidney-Yang deficiency, Blood deficiency, Qi deficiency, Qi sinking.

Action: Tonify and warm Kidney-Yang, nourish Blood, tonify and raise Qi.

Indications: Recurrent miscarriage, a history of miscarriages and infertility, irregular periods, late cycle, scanty or heavy periods, backache, dizziness, tinnitus, feeling cold, depression, frequent pale urination, pale complexion, loose stools, poor appetite, a feeling of bearing down, tiredness, poor memory, tingling of limbs, insomnia, blurred vision.

Tongue: Pale.

Pulse: Deep, weak.

Classical antecedent: Bu Shen Gu Chong Wan *Tonifying the Kidneys and Consolidating the Penetrating Vessel Pill.*



Precious Sea

Dang Gui *Radix Angelicae Sinensis*
Shu Di Huang *Radix Rehmanniae Preparata*
Bai Shao *Radix Paeoniae Alba*
Chuan Xiong *Rhizoma Chuanxiong*
Bai Zhu *Rhizoma Atractylodis Macrocephalae*
Ren Shen *Radix Ginseng*
Fu Ling *Poria*
Zhi Gan Cao *Radix Glycyrrhizae Uralensis Preparata*

Dang Shen *Radix Codonopsis*
Huang Qi *Radix Astragali*
Yi Mu Cao *Herba Leonuri*
Xiang Fu *Rhizoma Cyperi*
Shou Wu *Radix Polygoni Multiflori Preparata*
Gou Qi Zi *Fructus Lycii Chinensis*
Tu Si Zi *Semen Cuscutae*
Huang Jing *Rhizoma Polygonati*
Bai Zi Ren *Semen Biotae*

Pattern: Qi and Blood deficiency, Kidney deficiency.

Action: Tonify Qi, nourish Blood, tonify the Kidneys.

Indications: Tiredness, debility, weariness, depression, loose stools, poor appetite, blurred vision, tingling of limbs, insomnia, poor memory, dizziness, scanty periods or heavy periods, amenorrhoea, irregular periods, pale complexion, palpitations, backache, low libido, infertility.

Tongue: Pale.

Pulse: Choppy or weak.

Classical antecedent: Yi Mu Ba Zhen Tang *Leonorus Eight Precious Decoction*.

Restrain the Flow

Huang Qi *Radix Astragali*
Ren Shen *Radix Ginseng*
Bai Zhu *Rhizoma Atractylodis Macrocephalae*
Shu Di Huang *Radix Rehmanniae Preparata*
Dang Gui *Radix Angelicae Sinensis*
Xian He Cao *Herba Agrimoniae*
Ce Bai Ye *Cacumen Biotae*

Jing Jie *Herba Schizonepetae*
Xu Duan *Radix Dipsaci*
Tu Si Zi *Semen Cuscutae*
Sheng Ma *Rhizoma Cimicifugae*
Gan Cao *Radix Glycyrrhizae Uralensis*
Shan Zhu Yu *Fructus Corni*
San Qi *Radix Notoginseng*

Pattern: Qi deficiency, Spleen- and Kidney-Qi not holding Blood.

Action: Tonify Qi to hold Blood.

Indications: Heavy periods that start with a flood and/or continue for a long time with a trickle, bright red and rather dilute blood, tiredness, depression, weariness, loose stools, poor appetite, backache, frequent pale urination, sweating, pale complexion.

Tongue: Pale.

Pulse: Weak.

Classical antecedent: Gu Ben Zhi Beng Tang *Consolidating the Root and Stopping Flooding Decoction* and Yi Qi Gu Chong Tang *Benefiting Qi and Consolidating the Penetrating Vessel Decoction*.



Stir Field of Elixir

Wu Yao *Radix Linderae*
Dang Gui *Radix Angelicae Sinensis*
Chuan Xiong *Rhizoma Chuanxiong*
Tao Ren *Semen Persicae*
Mu Dan Pi *Cortex Moutan*
Chi Shao *Radix Paeoniae Rubra*
Yan Hu Suo *Rhizoma Corydalis*

Gan Cao *Radix Glycyrrhizae Uralensis*
Xiang Fu *Rhizoma Cyperi*
Hong Hua *Flos Carthami Tinctorii*
Zhi Ke *Fructus Aurantii*
Pu Huang *Pollen Typhae*
Dan Shen *Radix Salviae Miltiorrhizae*
Bai Shao *Radix Paeoniae Albae*

Pattern: Stasis of Blood in the Lower Burner.

Action: Move Blood, eliminate stasis, dissolve lumps.

Indications: Painful periods with dark, clotted blood, pain may be alleviated by the onset of the period, abdominal pain which is fixed and stabbing in character, abdominal lumps, endometriosis, ovarian cysts, myomas, irregular periods, premenstrual pain, periods stopping and starting, infertility, amenorrhoea, irritability, agitation, restlessness, dark complexion.

Tongue: Purple.

Pulse: Choppy, wiry or firm.

Classical antecedent: Ge Xia Zhu Yu Tang *Decoction for Eliminating Stasis below the Diaphragm*.

Unicorn Pearl

Ren Shen *Radix Ginseng*
Bai Zhu *Rhizoma Atractylodis Macrocephalae*
Zhi Gan Cao *Radix Glycyrrhizae Uralensis*
Preparata
Dang Gui *Radix Angelicae Sinensis*
Shu Di Huang *Radix Rehmanniae Preparata*
Tu Si Zi *Semen Cuscutae*
Du Zhong *Cortex Eucommiae Ulmoidis*

Xu Duan *Radix Dipsaci*
Wu Wei Zi *Fructus Schisandrae*
Xiang Fu *Rhizoma Cyperi*
Ba Ji Tian *Radix Morindae Officinalis*
Yi Mu Cao *Herba Leonuri*
Gou Qi Zi *Fructus Lycii Chinensis*
Huang Jing *Rhizoma Polygonati*
Fu Ling *Poria*

Pattern: Kidney-Yang deficiency, Essence deficiency.

Action: Tonify and warm Kidney-Yang, nourish the Essence, strengthen the Governing, Directing and Penetrating vessels.

Indications: Infertility, backache, dizziness, tinnitus, feeling cold, a history of amenorrhoea or scanty periods, irregular periods, frequent pale urination, tiredness, depression, a history of miscarriages, pale complexion.

Tongue: Pale, wet.

Pulse: Deep, weak.

Classical antecedent: Yu Lin Zhu *Giving Birth to Unicorn Pearl*.



Warm the Mansion

Gui Zhi *Ramulus Cinnamomi Cassiae*
Ai Ye *Folium Artemisiae Argyi*
Wu Zhu Yu *Fructus Evodiae*
Rou Gui *Cortex Cinnamomi*
Wu Yao *Radix Linderae*
Dang Gui *Radix Angelicae Sinensis*

Chuan Xiong *Rhizoma Chuanxiong*
Bai Shao *Radix Paeoniae Alba*
Xu Duan *Radix Dipsaci*
Tu Si Zi *Semen Cuscutae*
Mu Dan Pi *Cortex Moutan*
Ba Ji Tian *Radix Morindae officinalis*

Pattern: Cold in the Uterus, Kidney-Yang deficiency.

Action: Expel Cold, warm the Uterus, tonify and warm Kidney-Yang.

Indications: Infertility, a history of dysmenorrhoea and late periods, irregular periods, amenorrhoea, feeling cold, backache, frequent pale urination, tiredness, loose stools, depression, white vaginal discharge, pale complexion.

Tongue: Pale, wet.

Pulse: Deep, weak, tight on the left-rear position.

Classical antecedent: Ai Fu Nuan Gong Wan *Artemisia-Cyperus Warming the Uterus Pill* and Ju He Wan *Semen Citri Pill*.

Warm the Menses

Wu Zhu Yu *Fructus Evodiae*
Gui Zhi *Ramulus Cinnamomi Cassiae*
Rou Gui *Cortex Cinnamomi*
Dang Gui *Radix Angelicae Sinensis*
Chuan Xiong *Rhizoma Chuanxiong*
Bai Shao *Radix Paeoniae Alba*
Dang Shen *Radix Codonopsis*
Mai Men Dong *Radix Ophiopogonis*
Shu Di Huang *Radix Rehmanniae Preparata*

Mu Dan Pi *Cortex Moutan*
Ban Xia *Rhizoma Pinelliae Preparatum*
Zhi Gan Cao *Radix Glycyrrhizae Uralensis Preparata*
Yan Hu Suo *Rhizoma Corydalis*
Wu Yao *Radix Linderae*
Yi Mu Cao *Herba Leonuri*
Du Zhong *Cortex Eucommiae Ulmoidis*

Pattern: Stagnation of Cold in the Uterus, stasis of Blood, Blood deficiency, Kidney-Yang deficiency.

Action: Expel Cold, warm the Uterus, invigorate Blood, eliminate stasis, nourish Blood, tonify and warm Kidney-Yang.

Indications: Very painful periods with pain of a spastic character that is alleviated by the application of heat (such as a hot-water bottle), red or dark menstrual blood with small, dark clots, late periods, irregular periods, infertility, bright-pale complexion, weariness, a pronounced feeling of cold that is aggravated during the period, tiredness, backache, frequent pale urination, occasionally a slight feeling of heat in the face and a dry mouth or lips.

Tongue: Pale, wet.

Pulse: Deep, tight, slow.

Classical antecedent: Wen Jing Tang *Warming the Menses Decoction*.



Warm the Palace

Dang Gui *Radix Angelicae Sinensis*

Yi Tang *Maltosum*

Bai Shao *Radix Paeoniae Alba*

Gui Zhi *Ramulus Cinnamomi Cassiae*

Rou Gui *Cortex Cinnamomi*

Zhi Gan Cao *Radix Glycyrrhizae Uralensis*

Preparata

Da Zao *Fructus Jujubae*

Dang Shen *Radix Codonopsis*

Shou Wu *Radix Polygoni Multiflori Preparata*

Ba Ji Tian *Radix Morindae Officinalis*

Du Zhong *Cortex Eucommiae Ulmoidis*

Xu Duan *Radix Dipsaci*

Rou Cong Rong *Herba Cistanches*

Mu Xiang *Radix Aucklandiae*

Yan Hu Suo *Rhizoma Corydalis*

Pattern: Kidney-Yang deficiency, Blood deficiency.

Action: Tonify and warm Kidney-Yang, nourish Blood, stop pain.

Indications: Painful periods, dull pain, scanty periods with pale blood, late periods, irregular periods, dull pale complexion, feeling cold, backache, frequent pale urination, depression, tiredness, constipation.

Tongue: Pale and thin or swollen, depending on whether Yang or Blood deficiency predominates.

Pulse: Weak, choppy.

Classical antecedent: Dang Gui Jiang Zhong Tang Angelica *Strengthening the Centre Decoction*.