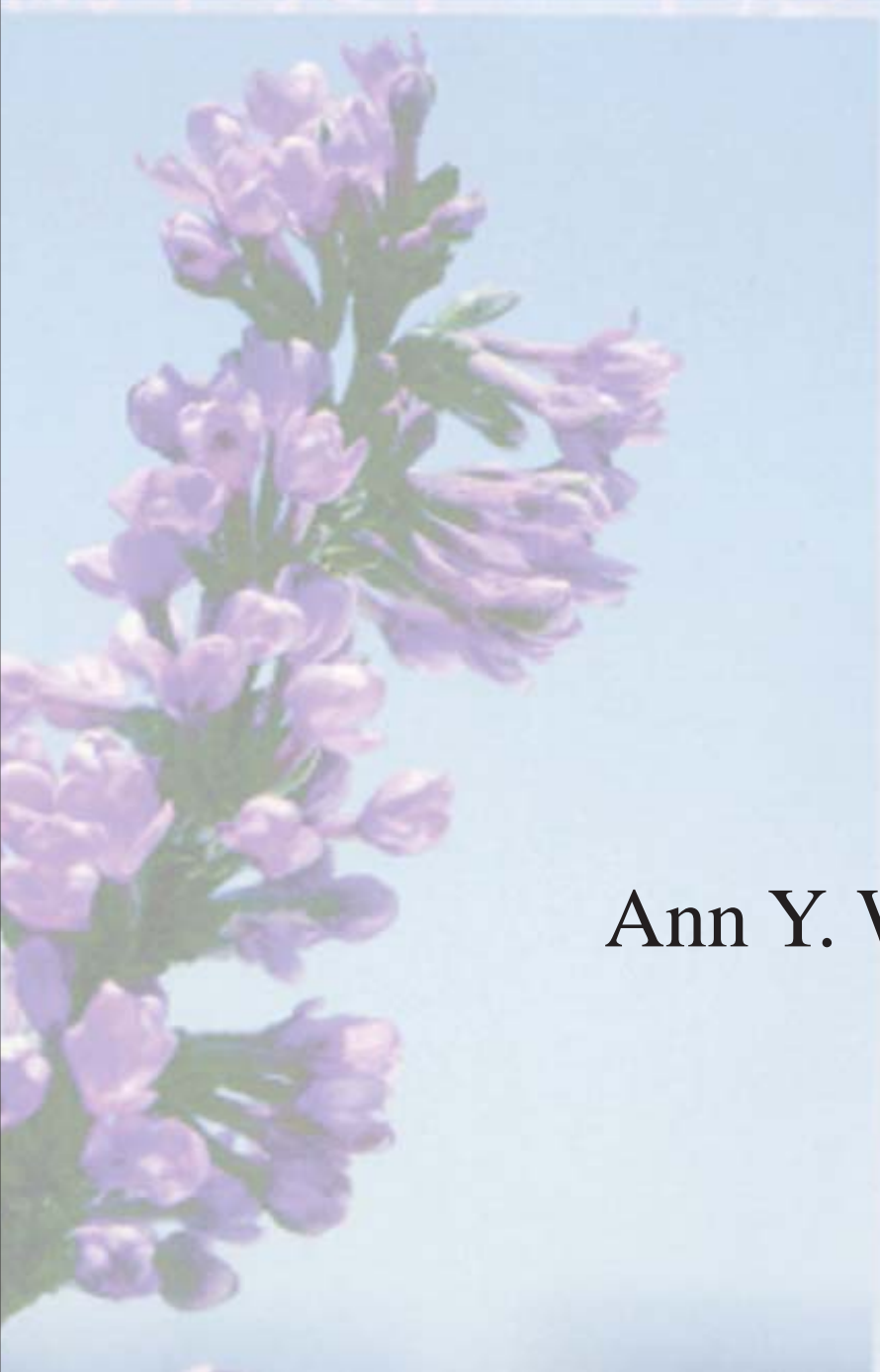


Treasured Herbal Formulas From The East

Second Edition

Ann Y. Wang



新修本草木部上品卷第十二



Dear Friend:

As you know, herbal therapy has been a part of Chinese Traditional Medicine for over 4,000 years. It is used to treat illness, prevent disease, and promote well-being. Treatment with herbs has proven to be effective in alleviating physical, psychological and emotional illnesses, and, because of its effectiveness, has been embraced throughout the world. I advocate the use of herbs because many people are unable to receive personal treatments as often as they should, and herbal therapy is the best way they can maintain their health. It is also a natural alternative to chemical drugs with little or no side effects.

That is why I have translated and edited this handbook. Inside you will find the most commonly used preparations for the most common ailments. Each listing provides the ingredients, indications, comments about the formula's actions and effectiveness.

The herbal formulas include not only classical preparations, but also many formulas have been commonly used in hospitals for the last few decades in mainland China and clinically and scientifically tested, as well as published as accepted medicinal preparations. The results from these tests are listed with most of the formulas.

The information inside should be able to help you administer these formulas properly, safely, and most effectively. Hopefully, this handbook can be a useful guideline for using patent formulas and can help you to incorporate Chinese herbs into your own practice.

Best Wishes,

Ann Y. Wang, O.M.D. (China)

The contents of this book are for educational purposes only.

Both the Table of Contents (Disorder) and the Table of Contents (Formula) are provided for your convenience.

Information sources:

Chinese Medicine Secret Recipe, Wen Hui Publishing, Shanghai, October 1990
Highly Efficacious Patent Herbs, Shanghai College of TCM, Shanghai; 1990
Prescriptions of Traditional Chinese Medicine, Publishing House of Shanghai; 1990
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I. INTERNAL DISORDERS 内科

Common Cold & Flu 感冒

- Item #:** B065
Name: 保济丸
Bao Ji Wan
Gastrodia & Angelica Combination
Ingredients: *Gastrodia* (天麻, Tian Ma), *Angelica* (白芷, Bai Zhi), *Saussurea* (木香, Mu Xiang), *Agastache* (藿香, Huo Xiang), *Magnolia Bark* (厚朴, Hou Po), *Atractylodes* (苍术, Cang Zhu)
Indications: Stomach flu in all seasons, abdominal pain, vomiting, diarrhea, discomfort in the stomach and intestines, indigestion, etc.
Comments: By regulating *qi*, relieves pain and exterior symptoms, and eliminates dampness.
- Item #:** C010
Name: 柴葛解肌汤
Chai Ge Jie Ji Tang
Bupleurum & Pueraria Combination
Ingredients: *Bupleurum* (柴胡, Chai Hu), *Pueraria* (葛根, Ge Gen), *Scutellaria* (黄芩, Jiu Huang Qin), *Licorice* (甘草, Gan Cao), *White Peony* (白芍, Bai Shao), *Notopterygium Root* (羌活, Qiang Huo), *Angelica* (白芷, Bai Zhi), *Platycodon* (桔梗, Jie Geng), *Gypsum* (石膏, Shi Gao), *Raw Ginger* (生姜, Sheng Jiang), *Jujube* (大枣, Da Zao)
Indications: Wind-cold with interior heat manifested as a common cold, flu, bronchitis and toothache with the symptoms of chill, high fever, headache, soreness and pain in the extremities, eye pain, dry nose, orbit pain, restlessness, insomnia, thin and yellowish coating of the tongue, and superficial and slightly full pulse.
Comments: Modern research has shown that this formula is effective for inducing sweat, allaying fever, helping the body to resist bacteria and viruses, subduing inflammation, alleviating pain, and tranquilizing the mind. This combination is contraindicated in patients with symptoms of exterior wind-cold but without interior heat. It is not suitable for cases associated with *yangming fu-organ* disease marked by abdominal pain and constipation.
- Item #:** F045
Name: 复方大青叶
Fu Fang Da Qing Ye
Compound Powder of Isatis Leaf
Ingredients: *Isatis Leaf* (大青叶, Da Qing Ye), *Lonicera Flower* (金银花, Jin Yin Hua), *Notopterygium Root* (羌活, Qiang Huo), *Bistorta Root* (拳参, Quan Shen), *Rhubarb* (大黄, Da Huang)
Indications: Influenza, upper respiratory tract infection, acute and chronic hepatitis, parotitis, etc., due to wind-heat.
Comments: Clears away pestilence and toxic materials.
- Item #:** G020
Name: 感冒退热剂
Gan Mao Tui Re Ji
Isatis Leaf & Root Combination
Ingredients: *Isatis Leaf* (大青叶, Da Qing Ye), *Isatis Root* (板兰根, Ban Lan Gen), *Forsythia* (连翘, Lian Qiao), *Bistorta Root* (拳参, Quan Shen)
Indications: Wind heat manifested as an upper respiratory tract infection, acute tonsillitis, and laryngopharyngitis.
Comments: Clears away heat and toxic materials.
Indications: Flu, encephalitis B, epidemic cerebrospinal meningitis, septicemia, pyogenic infection of skin, acute infectious hepatitis, acute gastroenteritis, bacillary dysentery, infection in the urinary tract, syndromes of fire-toxin and excessive heat, disorder of vegetative nervous system, menopausal syndrome, neurosis, insomnia, hypertension, gastritis, toothache, nervous gastritis, and various inflammatory bleeding or rashes with the symptoms of high fever, fidgeting, dry mouth and lips, delirium, insomnia, dysentery, jaundice, sores and carbuncles, deep colored urine, reddened tongue with yellow coating, and rapid and forceful pulse.
Comments: This formula relieves inflammation, allays fever, resists bacteria and viruses, tranquilizes the mind, normalizes the function of the gallbladder, arrests bleeding, promotes diuresis, and reduces blood pressure. It is not suitable for those with heat-inflicted body fluids impairment manifested as a deep red and uncoated tongue.

- Item #:** H030
Name: 黄连解毒汤
Huang Lian Jie Du Tang
Coptis & Scute Combination
Ingredients: *Coptis* (黄连, Huang Lian), *Scutellaria* (黄芩, Jiu Huang Qin), *Phellodendron* (黄柏, Huang Bo), *Gardenia* (栀子, Zhi Zi)
Indications: Flu, encephalitis B, epidemic cerebrospinal meningitis, septicemia, pyogenic infection of skin, acute infectious hepatitis, acute gastroenteritis, bacillary dysentery, infection in the urinary tract, syndromes of fire-toxin and excessive heat, disorder of vegetative nervous system, menopausal syndrome, neurosis, insomnia, hypertension, gastritis, toothache, nervous gastritis, and various inflammatory bleeding or rashes with the symptoms of high fever, fidgeting, dry mouth and lips, delirium, insomnia, dysentery, jaundice, sores and carbuncles, deep colored urine, reddened tongue with yellow coating, and rapid and forceful pulse.
Comments: This formula relieves inflammation, allays fever, resists bacteria and viruses, tranquilizes the mind, normalizes the function of the gallbladder, arrests bleeding, promotes diuresis, and reduces blood pressure. It is not suitable for those with heat-inflicted body fluids impairment manifested as a deep red and uncoated tongue.
- Item #:** H060
Name: 藿香正气散
Huo Xiang Zheng Qi San
Agastache Formula
Ingredients: *Areca Peel* (大腹皮, Da Fu Pi), *Angelica* (白芷, Bai Zhi), *Perilla* (紫苏, Zi Su), *Hoelen* (茯苓, Fu Ling), *Pinellia* (半夏, Jiang Ban Xia), *White Atractylodes* (白术, Bai Zhu), *Processed Citrus* (炒陈皮, Chao Chen Pi), *Magnolia Bark* (厚朴, Hou Po), *Platycodon* (桔梗, Jie Geng), *Agastache* (藿香, Huo Xiang), *Processed Licorice* (炙甘草, Zhi Gan Cao)
Indications: Gastrointestinal-type common cold, flu, acute gastroenteritis, gastroduodenal ulcer, chronic colitis, food poisoning, epidemic parotitis, and other diseases related to exterior cold with interior dampness, with the symptoms of chills, fever, headache, fullness sensation and oppressed feeling in the chest and abdomen, vomiting, diarrhea, abdominal pain, and thick and greasy tongue coating.
Comments: This formula has better effects of regulating the gastrointestinal function, arresting vomiting and diarrhea, reinforcing the stomach, inducing diaphoresis, allaying fever, relieving pain, resisting bacteria and virus, eliminating phlegm, relieving cough, and inducing diuresis. Because this formula is pungent, aromatic, warm-natured and desiccant, it is contraindicated in patients with excessive fire due to deficiency of yin.
- Item #:** J085
Name: 荆薄茶
Jing Bo Cha
Mentha Tea
Ingredients: *Schizonepeta* (荆芥, Jing Jie), *Mentha* (薄荷, Bo He), *Magnolia Flower* (辛夷花, Xing Yi Hua)
Indications: Early stages of the common cold and acute bronchitis, with the symptoms of stuffy nose, clear or watery mucous, headaches and head congestion due to wind in the surface of the body.
Comments: This prescription is only indicated for early-stage cold and bronchitis symptoms, and is not suitable if the illness has progressed to the chest. Use in tea form is strongly recommended. In China, Dr. Huang Man Chang studied 113 patients who were using this formula. After one day of treatment 85 patients recovered; after two days 15 additional patients recovered and another 13 patients showed improvement.
- Item #:** M005
Name: 麻黄汤
Ma Huang Tang
Ma-Huang Combination
Ingredients: *Ma-Huang* (麻黄, Ma Huang), *Cinnamon Twigs* (桂枝, Gui Zhi), *Apricot Seed* (杏仁, Xing Ren), *Processed Licorice* (炙甘草, Zhi Gan Cao)
Indications: Common cold, flu, bronchitis, and bronchial asthma related to exopathic wind cold, with the symptoms of chill, fever, aching muscles, lack of perspiration, headaches, wheezing, thin and white coating of the tongue, and superficial and tight pulse.
Comments: Clinically and experimentally, it is proven that this combination can induce perspiration, reduce fever, arrest cough, relieve pain, and promote diuresis. This combination has warm and pungent properties, therefore, it should not be used (1) postnatally, (2) if the patient experiences spontaneous perspiration, (3) where the symptoms are caused by wind-heat, or (4) if the patient has a weak constitution. This combination is also not suitable for long-term use, and should be discontinued after symptoms have dissipated.

Item #: Q055
Name: 清瘟解毒丸
Qing Wen Jie Du Wan
Isatis Leaf & Forsythia Fruit Combination

Ingredients: *Isatis Leaf*(大青叶, Da Qing Ye), *Forsythia*(连翘, Lian Qiao), *Scrophularia*(玄参, Xuan Shen), *Tricosanthes Root*(天花粉, Tian Hua Fen), *Platycodon*(桔梗, Jie Geng), *Cooked Arctium*(牛蒡子, Chao Niu Bang Zi), *Notopterygium Root*(羌活, Qiang Huo), *Angelica*(白芷, Bai Zhi), *Siler*(防风, Fang Feng), *Pueraria*(葛根, Ge Gen), *Bupleurum*(柴胡, Chai Hu), *Scutellaria*(黄芩, Huang Qin), *Cnidium*(川芎, Chuan Xiong), *Red Peony*(赤芍, Chi Shao), *Licorice*(甘草, Gan Cao), *Lophatherum*(竹叶, Dan Zhu Ye)

Indications: Influenza, marked by fever with chills, anhidrosis with headache, thirst and dry throat, aching pain of limbs, and swelling and pain of mumps due to **wind-heat**.

Comments: Has antipyretic and antitoxic functions.

Item #: G015
Name: 感冒灵
Gan Mao Ling
Ma-Huang & Cimicifuga Combination

Ingredients: *Pueraria*(葛根, Ge Gen), *Red Peony*(赤芍, Chi Shao), *Cyperus*(香附, Xiang Fu), *Cimicifuga*(升麻, Sheng Ma), *Processed Citrus*(炒陈皮, Chao Chen Pi), *Cnidium*(川芎, Chuan Xiong), *Angelica*(白芷, Bai Zhi), *Perilla Leaf*(紫苏叶, Zi Su Ye), *Ma-Huang*(麻黄, Ma Huang), *Licorice*(甘草, Gan Cao)

Indications: Upper respiratory tract infection of the **wind-cold type**, with the symptoms of fever, no perspiration, aching muscles, chill, cough, headaches, stuffy nose or watery mucous, white coating on the tongue, and taut and floating pulse.

Comments: This prescription has the effects of inducing perspiration, arresting cough, allaying fever, relieving pain, and tranquilizing the mind. It also has an antiviral and antibiotic effect and affects a wide range of bacteria. Dr. Zhang Zhen Yu studied 618 cases of this illness in China. All of the patients experienced relief after one to four days treatment with this prescription. A slight modification for different seasons is recommended.

Item #: T015
Name: 天津感冒散
Tian Jin Gan Mao San
Tian Jin Combination

Ingredients: *Arctium*(牛蒡子, Niu Bang Zi), *Platycodon*(桔梗, Jie Geng), *Forsythia*(连翘, Lian Qiao), *Lonicera Flower*(金银花, Jin Yin Hua), *Soja*(豆豉, Dou Chi)

Indications: Influenza, manifested as chill and fever, distress of limbs, headache, cough, swelling and pain of the throat due to **wind-heat**.

Comments: Clears away pathogenic heat and wind, relieves exterior symptoms, and reduces fever.

Item #: X130
Name: 杏苏散
Xing Su San
Apricot Semen & Perilla Formula

Ingredients: *Perilla Leaf*(紫苏叶, Zi Su Ye), *Soaked Pinellia*(法半夏, Fa Ban Xia), *Hoelen*(茯苓, Fu Ling), *Peucedanum*(前胡, Qian Hu), *Platycodon*(桔梗, Jie Geng), *Aurantium Fruit*(枳壳, Zhi Qiao), *Licorice*(甘草, Gan Cao), *Raw Ginger*(生姜, Sheng Jiang), *Processed Orange Peel*(炒陈皮, Chao Chen Pi), *Apricot Seed*(杏仁, Xing Ren), *Jujube*(大枣, Da Zao)

Indications: Common cold, bronchitis, and other diseases of **warm-dryness syndrome** caused by exopathogen, with the symptoms of headache, fever, thirst, dry cough or with a small amount of sputum, red tongue with thin white and dry coating, and floating and rapid pulse.

Comments: Modern research has proven that this formula has the effects of allaying fever, eliminating phlegm, arresting cough, and subduing inflammation and bacteria.

Item #: Y070
Name: 银翘解毒丸
Yin Qiao Jie Du Wan
Lonicera & Forsythia Combination

Ingredients: *Lonicera Flower*(金银花, Jin Yin Hua), *Arctium*(牛蒡子, Niu Bang Zi), *Forsythia*(连翘, Lian Qiao), *Platycodon*(桔梗, Jie Geng), *Mentha*(薄荷, Bo He), *Lophatherum*(淡竹叶, Dan Zhu Ye), *Schizonepeta*(荆芥, Jing Jie), *Licorice*(甘草, Gan Cao), *Soja*(淡豆豉, Dan Dou Chi)

Indications: Cold of the **wind-heat** type marked by fever, headache, cough, dry mouth and sore throat.

Comments: Relieves external symptoms with herbs pungent in flavor and cool in property, clearing away heat and toxic materials.

Item #: Y075
Name: 银翘散
Yin Qiao San
Lonicera & Forsythia Formula
Ingredients: *Forsythia* (连翘, Lian Qiao), *Lonicera Flower* (金银花, Jin Yin Hua), *Mentha* (薄荷, Bo He), *Schizonepeta* (荆芥, Jing Jie), *Soja* (豆豉, Dou Chi), *Arctium* (牛蒡子, Niu Bang Zi), *Platycodon* (桔梗, Jie Geng), *Lophatherum* (竹叶, Zhu Ye), *Licorice* (甘草, Gan Cao), *Phragmites* (芦根, Lu Gen)
Indications: Infection of the upper respiratory tract, acute tonsillitis, encephalitis B, epidemic cerebrospinal meningitis, parotitis and other illnesses related to exterior syndrome caused by **exogenous wind-heat** with the symptoms of fever with little or no perspiration, mild chilly sensation, headache, thirst, cough, sore throat, red tip of the tongue with thin white or yellowish coating on it, and floating and rapid pulse.
Comments: Modern researchers have ascertained that this formula can induce perspiration, reduce fever, relieve pain and cough, help the body resist bacteria and viruses, and subdue inflammation. This formula is not suitable for cases related to exterior syndrome caused by exogenous wind-cold. This formula should not be decocted long so as not to destroy the effective components.

Item #: Z050
Name: 止嗽散
Zhi Sou San
Platycodon & Schizonepeta Formula
Ingredients: *Platycodon* (桔梗, Jie Geng), *Schizonepeta* (荆芥, Jing Jie), *Aster* (紫菀, Zi Wan), *Stemona* (百部, Bai Bu), *Cynanchum* (白前, Bai Qian), *Processed Licorice* (炙甘草, Zhi Gan Cao), *Processed Citrus* (炒陈皮, Chao Chen Pi)
Indications: Common cold, flu, bronchitis, attack of chronic bronchitis, pulmonary tuberculosis and other syndromes of attack of **pathogenic wind on the lung**, with the symptoms of cough, itching throat, slight chills and fever, and white and thin tongue coating.
Comments: Modern research has proven that this formula has relatively curative effects of relieving cough and eliminating phlegm, as well as the effects of inducing diaphoresis and clearing away heat. Cough due to *yin* deficiency should not be treated with this formula. Cough due to lung-heat and phlegm-fire must be treated with the formula very carefully.

Acute Bronchitis 急性支气管炎

Item #: B020
Name: 百合固金汤
Bai He Gu Jin Tang
Lily Combination
Ingredients: *Rehmannia* (生地黄, Sheng Di Huang), *Processed Rehmannia* (熟地黄, Shu Di Huang), *Ophiopogon Root* (麦冬, Mai Dong), *Lily* (百合, Bai He), *Processed White Peony* (炒芍药, Chao Shao Yao), *Chinese Angelica Root* (当归, Dang Gui), *Fritillary Bulb* (贝母, Bei Mu), *Licorice* (甘草, Gan Cao), *Scrophularia* (玄参, Xuan Shen), *Platycodon* (桔梗, Jie Geng)
Indications: Pulmonary tuberculosis, chronic bronchitis, bronchiectasis, chronic pharyngitis, and other syndromes of cough due to dryness of the lung, with the symptoms of sore throat, dryness of the pharynx, cough, dyspnea, bloody sputum, dysphoria with feverish sensation in the palms and soles, reddish tongue with little coating, and thready and rapid pulse.
Comments: Modern research has proven that this combination has the effects of strengthening the constitution, inhibiting dissimulation, subduing inflammation, relieving cough, and eliminating phlegm. Because most of the herbs in this combination are sweet in flavor and cold and greasy in nature with a moistening effect, it should be applied with great care or not be applied at all to patients with loose stools, abdominal distention and pain, or poor appetite due to hypofunction of the spleen.

Item #: B055
Name: 半夏止咳方
Ban Xia Zhi Ke Fang
Pinellia Anti-cough Combination
Ingredients: *Soaked Pinellia* (法半夏, Fa Ban Xia), *Polygala Root* (远志, Yuan Zhi), *Platycodon* (桔梗, Jie Geng), *Aster* (紫菀, Zi Wan), *Ma-Huang* (麻黄, Ma Huang), *Licorice* (甘草, Gan Cao)
Indications: Bronchitis, caused by **damp-phlegm** of lungs, manifested as cough with profuse sputum.
Comments: Relieves cough and reduces sputum.

- Item #:** C025
Name: 川贝清肺饮
Chuan Bei Qing Fei Yin
Fritillaria Combination
- Ingredients:** *Sichuan Fritillary Bulb* (川贝母, Chuan Bei Mu), *Loquat Leaf* (琵琶叶, Pi Pa Ye), *Apricot Seed* (杏仁, Xing Ren), *Ophiopogon Root* (麦冬, Mai Dong), *Rehmannia* (生地黄, Sheng Di Huang), *Licorice* (甘草, Gan Cao), *Platycodon* (桔梗, Jie Geng), *Lily* (薄荷, Bo He)
- Indications:** Dry cough, dry throat, and sore throat caused by common cold of wind-heat type.
- Comments:** Clears away lung-heat, moistens dryness, arrests cough, and eliminates phlegm.
- Item #:** J115
Name: 桔红丸
Ju Hong Wan
Orange Peel Combination
- Ingredients:** *Orange Peel* (橘红, Hua Ju Hong), *Soaked Pinellia* (法半夏, Fa Ban Xia), *Hoelen* (茯苓, Fu Ling), *Licorice* (甘草, Gan Cao), *Platycodon* (桔梗, Jie Geng), *Apricot Seed* (杏仁, Xing Ren), *Perilla Fruits* (苏子, Su Zi), *Aster* (紫菀, Zi Wan), *Coltsfoot Flower* (款冬花, Kuan Dong Hua), *Tricosanthes Peel* (瓜蒌皮, Gua Lou Pi), *Fritillary Bulb* (浙贝母, Zhe Bei Mu), *Rehmannia* (生地黄, Sheng Di Huang), *Gypsum* (石膏, Shi Gao), *Ophiopogon Root* (麦冬, Mai Dong)
- Indications:** Cough and abundant sputum, difficult expectoration, chest distress and dry mouth caused by dry-phlegm of lungs.
- Comments:** *Removes heat from the lungs*, dissolves phlegm, and arrests cough.
- Item #:** M025
Name: 麦门冬汤
Mai Men Dong Tang
Ophiopogon Combination
- Ingredients:** *Ophiopogon Root* (麦冬, Mai Dong), *Soaked Pinellia* (法半夏, Fa Ban Xia), *Ginseng* (人参, Ren Shen), *Licorice* (甘草, Gan Cao), *Jujube* (大枣, Da Zao), *Non-glutinous Rice* (粳米, Geng Mi)
- Indications:** Chronic bronchitis, chronic pharyngitis, pulmonary tuberculosis, bronchiectasis, chronic gastritis, and atrophic gastritis marked by deficiency of both the stomach *qi* and stomach *yin*, with the symptoms of cough, whitish, frothy sputum, shortness of breath, dryness of the mouth and pharynx, thirst, red tongue with little coating, and weak and rapid pulse.
- Comments:** Modern research has proven that this combination has the effects of nourishing and moistening the human body, relieving cough, and eliminating phlegm.
- Item #:** M015
Name: 麻杏石甘汤
Ma Xing Shi Gan Tang
Ma-Huang & Apricot Seed Combination
- Ingredients:** *Ma-Huang* (麻黄, Ma Huang), *Apricot Seed* (杏仁, Xing Ren), *Licorice* (甘草, Zhi Gan Cao), *Gypsum* (石膏, Shi Gao)
- Indications:** Acute bronchitis, bronchial pneumonia, bronchial asthma in the stage of attack and other disease associated with cough and dyspnea caused by lung-heat with the symptoms of persistent feverish body with or without sweat, cough with dyspnea or even accompanied by flaring nares, thirst, thin white or yellow coating of the tongue, and slippery and rapid pulse.
- Comments:** Clinically and experimentally, it is concluded that this combination can subdue inflammation, remove phlegm, relieve cough and dyspnea, and help the body resist viruses. This combination is not suitable for cases associated with dyspnea of excess type due to wind-cold or those with dyspnea of deficient type.
- Item #:** N010
Name: 宁嗽散
Ning Sou San
Apricot Combination
- Ingredients:** *Ma-Huang* (麻黄, Ma Huang), *Aster* (紫菀, Zi Wan), *Stemona* (百部, Bai Bu), *Licorice* (甘草, Gan Cao), *Apricot Seed* (杏仁, Xing Ren)
- Indications:** Cough due to common cold and acute or chronic bronchitis caused by wind-cold pathogen.
- Comments:** Relieves cough and reduces sputum.

- Item #:** Q060
Name: 清燥救肺汤
Qing Zao Jiu Fei Tang
Mulberry Leaf & Ophiopogon Combination
Ingredients: *Mulberry Leaf*(桑叶, Sang Ye), *Gypsum*(石膏, Shi Gao), *Ginseng*(人参, Ren Shen), *Licorice*(甘草, Gan Cao), *Gelatin*(阿胶, E Jiao), *Ophiopogon Root*(麦冬, Mai Dong), *Apricot Seed*(杏仁, Xing Ren), *Loquat Leaf*(枇杷叶, Pi Pa Ye), *Linum*(麻仁, Huo Ma Ren)
Indications: Pharyngitis, bronchitis, bronchiectasis, pulmonary tuberculosis, and other syndromes of impairment of the lung caused by warm-dryness which has invaded the *qi* system, with the symptoms of headache, fever, dry cough, asthma, dryness of the pharynx and nasal cavity, fullness sensation in the chest and pain in the hypochondrium, vexation, thirst, dry and uncoated tongue, and feeble, large and rapid pulse.
Comments: Modern research has shown that this combination has the effects of relieving inflammation, bringing down fever, tonifying the body, promoting functional activities, eliminating phlegm and relieving cough.
- Item #:** S010
Name: 桑菊饮
Sang Ju Yin
Mulberry Leaf & Chrysanthemum Combination
Ingredients: *Mulberry Leaf*(桑叶, Sang Ye), *Chrysanthemum*(菊花, Ju Hua), *Apricot Seed*(杏仁, Xing Ren), *Forsythia*(连翘, Lian Qiao), *Mentha*(薄荷, Bo He), *Platycodon*(桔梗, Jie Geng), *Licorice*(甘草, Gan Cao), *Phragmites*(芦根, Lu Gen)
Indications: Common cold, influenza, acute bronchitis, bronchial pneumonia, and acute tonsillitis indicating exterior wind-heat with the symptoms of cough, mild feverish body, slight thirst, thin and white coating of the tongue, and floating pulse.
Comments: Clinically and experimentally, it has been proven that this preparation has the effects of relieving cough, removing phlegm, resisting bacteria, subduing inflammation as well as inducing mild sweat and allaying fever. Those with cough due to exogenous wind-cold are prohibited from taking this preparation.
- Item #:** T045
Name: 通宣理肺丸
Tong Xuan Li Fei Wan
Perilla Leaf & Peucedanum Combination
Ingredients: *Perilla Leaf*(紫苏叶, Zi Su Ye), *Peucedanum*(前胡, Qian Hu), *Platycodon*(桔梗, Jie Geng), *Apricot Seed*(杏仁, Xing Ren), *Ma-Huang*(麻黄, Ma Huang), *Licorice*(甘草, Gan Cao), *Processed Citrus*(炒陈皮, Chao Chen Pi), *Soaked Pinellia*(法半夏, Fa Ban Xia), *Hoelen*(茯苓, Fu Ling), *Aurantium Fruit*(枳壳, Zhi Qiao), *Processed Scutellaria*(酒黄芩, Jiu Huang Qin)
Indications: Acute bronchitis, common cold, marked by cough, fever and chill, stuffy and running nose, headache, anhidrosis, lassitude, pain in limbs due to wind-cold pathogen.
Comments: Induces diaphoresis to dispel cold and ventilates the lung to arrest cough.
- Item #:** X115
Name: 泻白散
Xie Bai San
Mulberry Bark & Lycium Bark Formula
Ingredients: *Lycium Bark*(地骨皮, Di Gu Pi), *Mulberry Bark*(桑白皮, Sang Bai Pi), *Processed Licorice*(甘草, Zhi Gan Cao)
Indications: Bronchitis, measles pneumonia, pulmonary tuberculosis, and other syndromes of cough and asthma due to lung-heat, with the symptoms of feverish skin which is aggravated in the afternoon, reddened tongue with yellow coating and fine rapid pulse.
Comments: Clinically and experimentally, it is ascertained that this formula has the effects of reducing fever, relieving inflammation, preventing cough and removing phlegm. It is not advisable for patients suffering from cough with dyspnea caused by exopathic wind-cold nor for those with a cough of deficiency-cold type.
- Item #:** X130
Name: 杏苏散
Xing Su San
Apricot Semen & Perilla Formula
See Common Cold and Flu Pg. 3

- Item #:** Y015
Name: 养阴清肺汤
Yang Yin Qing Fei Tang
Rehmannia & Scrophularia Combination
Ingredients: *Rehmannia* (生地黄, Sheng Di Huang), *Scrophularia* (玄参, Xuan Shen), *Ophiopogon Root* (麦冬, Mai Dong), *Licorice* (甘草, Gan Cao), *Moutan* (牡丹皮, Mu Dan Pi), *Sichuan Fritillary Bulb* (川贝母, Chuan Bei Mu), *Processed White Peony* (炒白芍, Chao Bai Shao) and *Mentha* (薄荷, Bo He)
Indications: Dry and sore throat, dry cough with little blood-tinged sputum due to deficiency of lung yin.
Comments: Nourishes yin, clears away lung-heat, reduces fever, and relieves sore throat.
- Item #:** Z045
Name: 止咳嗽散汤
Zhi Ke Pi Pa Tang
Loquat Leaf Combination
Ingredients: *Loquat Leaf* (琵琶叶, Pi Pa Ye), *Mulberry Bark* (桑白皮, Sang Bai Pi), *Cynanchum* (白前, Bai Qian), *Stemona* (百部, Bai Bu), *Platycodon* (桔梗, Jie Geng)
Indications: Dysfunction of the lung-qi manifested as cold, cough, disturbance in coughing out sputum.
Comments: Removes heat from the lung and promotes the dispersing function of the lung, resolves phlegm, and relieves cough.

Chronic Bronchitis 慢性支气管炎

- Item #:** B020
Name: 百合固金汤
Bai He Gu Jin Tang
Lily Combination
See Acute Bronchitis Pg. 4
- Item #:** E005
Name: 二陈汤
Er Chen Tang
Citrus & Pinellia Combination
Ingredients: *Soaked Pinellia* (法半夏, Fa Ban Xia), *Orange Peel* (橘红, Ju Hong), *Hoelen* (茯苓, Fu Ling), *Processed Licorice* (炙甘草, Zhi Gan Cao)
Indications: Bronchitis, gastritis, catarrhal gastritis, and other damp-phlegm syndromes, with the symptoms of cough with profuse whitish sputum, fullness sensation in the chest, nausea, vomiting, dizziness, palpitation, whitish and moist coating of the tongue, and slippery pulse.
Comments: Modern research has shown that this formula has the effects of strengthening the stomach to arrest vomiting, eliminating phlegm to relieve cough, and preventing and treating ulcers. Because this formula is pungent in flavor and dry in nature, it is contraindicated in patients suffering from pulmonary tuberculosis with hemoptysis, sticky phlegm due to deficiency of yin and bloody phlegm.
- Item #:** X095
Name: 小青龙汤
Xiao Qing Long Tang
Minor Blue Dragon Combination
Ingredients: *Ma-Huang* (麻黄, Ma Huang), *White Peony* (白芍, Bai Shao), *Wild Ginger* (细辛, Xi Xin), *Dried Ginger* (干姜, Gan Jiang), *Processed Licorice* (炙甘草, Zhi Gan Cao), *Soaked Pinellia* (法半夏, Fa Ban Xia), *Schizandra* (五味子, Wu Wei Zi), *Cinnamon Twigs* (桂枝, Gui Zhi)
Indications: Exterior cold due to exopathogen and excessive fluid in the body, manifested as asthmatic bronchitis, and bronchial asthma at its stage of attack, with the symptoms of chill, fever, lack of perspiration, cough, asthma with watery and copious sputum, thirst with little desire for liquids, diarrhea, or dysuria, white and slippery coating of the tongue, and floating and tight pulse.
Comments: Studies have shown that this formula can induce sweat, reduce fever, relieve dyspnea and cough, remove phlegm, promote diuresis, relieve allergic reaction, and promote blood circulation. This combination is not suitable for patients with a dry cough, dry mouth and throat accompanied by thick yellow-colored sputum.

Item #: S185
Name: 苏子降气汤
Su Zi Jiang Qi Tang
Perilla Fruit Combination
Ingredients: *Perilla Fruits* (苏子, Su Zi), *Processed Pinellia* (姜半夏, Jiang Ban Xia), *Magnolia Bark* (厚朴, Hou Po), *Peucedanum* (前胡, Qian Hu), *Cinnamon Bark* (肉桂, Rou Gui), *Chinese Angelica Root* (当归, Dang Gui), *Raw Ginger* (生姜, Sheng Jiang), *Perilla Leaf* (紫苏叶, Zi Su Ye), *Licorice* (甘草, Gan Cao), *Jujube* (大枣, Da Zao)
Indications: Deficient energy in the lower body, due to excessive phlegm in the upper body, manifested as bronchitis, bronchial asthma, pulmonary emphysema, pulmonary heart disease, with the symptoms of cough with dyspnea, shortness of breath, fullness sensation and choking sensation in the chest and hypochondrium, chest pain, weakness of feet, fatigue of the limbs, white and smooth or greasy coating of the tongue.
Comments: Modern research has proven that this combination can relieve spasm of bronchial smooth muscle, expel phlegm, arrest cough, induce sweat, and allay fever. It is also unsuitable for patients with deficiency of both lung and kidney.

Bronchial Asthma 支气管哮喘

Item #: D085
Name: 定喘汤
Ding Chuan Tang
Ma-Huang & Ginkgo Combination
Ingredients: *Ma-Huang* (麻黄, Ma Huang), *Ginkgo Nut* (白果, Bai Guo), *Perilla Fruits* (苏子, Su Zi), *Apricot Seed* (杏仁, Xing Ren), *Soaked Pinellia* (法半夏, Fa Ban Xia), *Coltsfoot Flower* (款冬花, Kuan Dong Hua), *Mulberry Bark* (桑白皮, Sang Bai Pi), *Scutellaria* (黄芩, Jiu Huang Qin), *Licorice* (甘草, Gan Cao)
Indications: Chronic bronchitis and bronchial asthma due to accumulation of phlegm and heat in the lung with the attack of wind on the body surface marked by cough, dyspnea, profuse yellowish and viscous sputum, or accompanied by aversion to cold, fever, yellowish, greasy coating of the tongue, and slippery, rapid pulse.
Comments: Modern research has proven that this preparation has the effects of relieving spasm of bronchial smooth muscle, expelling phlegm, arresting cough, inducing sweat and allaying fever. This prescription is contraindicated in patients with recent attacks of wind-cold on the body surface without interior phlegm-heat marked by absence of sweating but asthma and in patients with persistent asthma due to deficiency of qi marked by feeble pulse.

Item #: F080
Name: 扶正固本方
Fu Zheng Gu Ben Fang
Astragalus & Scute Combination
Ingredients: *Processed Astragalus* (蜜黄芪, Mi Huang Qi), *Codonopsis* (党参, Dang Shen), *Processed Scutellaria* (酒黄芩, Jiu Huang Qin), *Processed Polygonatum Root* (制黄精, Zhi Huang Jing), *Agrimony* (仙鹤草, Xian He Cao)
Indications: Deficiency of lung and kidney qi with symptoms of asthma in the stable stage.
Comments: This prescription is most suitable for the deficiency type of asthma. Blood tests show that this prescription is effective for improving the constitution of the body and the immune system. It is usually used for the prevention of asthma attacks.

Item #: S185
Name: 苏子降气汤
Su Zi Jiang Qi Tang
Perilla Fruit Combination
See Above

Item #: T060
Name: 脱敏汤
Tuo Min Fang
Ma-Huang & Uncaria Combination
Ingredients: *Processed Ma-Huang* (炙麻黄, Zhi Ma Huang), *Uncaria* (钩藤, Gou Teng), *Lepidium* (葶苈子, Ting Li Zi), *Mume* (乌梅, Wu Mei), *Cicada* (蝉退, Chan Yi), *Pyrrisia Leaf* (石苇, Shi Wei), *Licorice* (甘草, Gan Cao)
Indications: Asthma with the symptoms of sneezing, watery nasal discharge, cough, tightness of the chest, or wheezing with profuse mucous, and difficulty breathing. The modified prescription can also be used for allergies, itching skin, and bronchial asthma.
Comments: This prescription has the function of an anti-anaphylactic, reducing the allergic reaction. It also has an antihistamine effect.

Item #: Z060
Name: 治哮喘
Zhi Xiao Ling
Ma-Huang & Fritillaria Combination

Ingredients: *Ma-Huang* (炙麻黄, Ma Huang), *Perilla Fruits* (苏子, Su Zi), *Belamcanda* (射干, She Gan), *Biota Tops* (侧柏叶, Ce Bo Ye), *Processed Scutellaria* (酒黄芩, Jiu Huang Qin), *Dittany Bark* (白鲜皮, Bai Xian Pi), *Mugwort* (刘寄奴, Liu Ji Nu), *Licorice* (甘草, Gan Cao), *Sophora Root* (苦参, Ku Shen), *Wild Ginger* (细辛, Xi Xin), *Sichuan Fritillary Bulb* (川贝母, Chuan Bei Mu), *Silkworm* (僵蚕, Jiang Can), *Orange Peel* (橘红, Ju Hong), *Lumbricus* (地龙, Di Long)

Indications: Asthma with the symptoms of cough, sneeze, stuffy nose, difficulty breathing, wheezing, foamy mucous, dysphoria, pale facial complexion, and perspiration.

Comments: According to Dr. Wang Lie of the Teaching Hospital of Chang Chun, College of TCM, this prescription can start reducing symptoms within one day. In 117 asthma cases 69 cases recovered, 22 cases showed much improvement, and 22 cases showed moderate improvement. This study showed that Zhi Xiao Ling formula is 96.6 effective. Animal studies have shown that this prescription has antitussive, antipyretic and calming effects, and acts as an expectorant. In acute and subacute toxicological testing, this prescription was proven to be safe and without side effects.

Arrhythmia 心律不齐

Item #: Z040
Name: 炙甘草汤
Zhi Gan Cao Tang
Prepared Licorice Combination

Ingredients: *Processed Licorice* (炙甘草, Zhi Gan Cao), *Raw Ginger* (生姜, Sheng Jiang), *Ginseng* (人参, Ren Shen), *Rehmannia* (生地黄, Sheng Di Huang), *Cinnamon Twigs* (桂枝, Gui Zhi), *Gelatin* (阿胶, E Jiao), *Ophiopogon Root* (麦冬, Mai Dong), *Linum* (火麻仁, Huo Ma Ren), *Jujube* (大枣, Da Zao)

Indications: Ventricular premature beat, primary stage of atrioventricular block, functional arrhythmia, auricular fibrillation, cardiovascular neurosis, hyperthyroidism, rheumatic heart disease and others that pertain to the deficiency of both *qi* and blood, with the symptoms of a slow and weak pulse pausing at regular intervals, or knotted pulse, or slow pulse with irregular intervals, palpitation, shortness of breath, coat on the tongue with reduced saliva, frequent fever of deficiency type with unproductive cough, or with little expectoration of bloody sputum, insomnia due to vexation, spontaneous perspiration, or night sweat, dry mouth and throat, and weak and rapid pulse.

Comments: Modern studies have proven that this formula has the effects of increasing cerebral excitement, strengthening the function of the heart, and dilating the coronary artery. Because it also has the effects of moistening dryness and relaxing the bowels, it is not suitable for patients with gastrointestinal weakness or with diarrhea.

Coronary Heart Disease 冠心病

Item #: G045
Name: 瓜蒌薤白白酒汤
Gua Lou Xie Bai Bai Jiu Tang
Tricosanthes & Bakeri Combination

Ingredients: *Tricosanthes* (全瓜蒌, Quan Gua Lou), *Bakeri* (薤白, Xie Bai)

Indications: Angina pectoris of coronary heart disease, intercostal neuralgia, chronic bronchitis, and other syndromes of obstruction of *qi* in the chest with the symptoms of choking pain in the chest radiating to the back, usually accompanied by dyspnea, cough, shortness of breath, white and greasy coating of the tongue, and taut and deep pulse or tense pulse.

Comments: Modern research has shown that this combination has the effects of dilating coronary artery and relieving inflammation and pain. It is recommended to take 30 cc of wine with each dose, twice a day. The amount of liquor can be reduced for patients with a low tolerance to it. When the combination is used to treat angina pectoris due to blood stasis, herbs for activating blood flow can be added, such as peach kernel, safflower, red sage root, Chinese angelica root, Chuan Xiong rhizome, and red peony.

Item #: G047
Name: 冠心二号方
Guan Xin Er Hao Fang
Cnidium & Salvia Combination

Ingredients: *Cnidium* (川芎, Chuan Xiong), *Salvia* (丹参, Dan Shen), *Carthamus* (红花, Hong Hua), *Red Peony* (赤芍, Chi Shao), *Dalbergia Wood* (降香, Jiang Xiang)

Indications: Coronary heart disease, angina pectoris, cardiac infarction, cerebral thrombosis due to blood stasis, with the symptoms of pericardial fixed pain or myalgia radiating to the left shoulder or the left back, chest distress or oppressed sensation in the sternal part, dark red or purplish tongue or with ecchymosis, uneven and slow pulse or knotted and intermittent pulse.

Comments: Modern research shows that this formula can dilate the coronary artery, increase the volume of blood flow of the coronary artery, raise the hypoxia toleration of cardiac muscle, inhibit thrombosis, promote the activity of the fibrinolytic system, inhibit platelet aggregation, and promote the restoration of the necrotic cardiac muscle. Patients with menorrhagia and the deficiency of blood but without blood stasis should not be treated with this combination. Pregnant women are especially forbidden to use it in order to avoid miscarriage.

Item #: H065
Name: 活血通脉饮
Huo Xue Tong Mai Yin
Salvia & Notoginseng Combination
Ingredients: *Salvia* (丹参, Dan Shen), *Notoginseng* (三七, San Qi), *Ginseng* (人参, Ren Shen), *Dalbergia Wood* (降香, Jiang Xiang)
Indications: Depressed feeling in the chest, short breath, or angina pectoris resulting from coronary heart disease due to stagnancy of qi and blood stasis.
Comments: Promotes coronary circulation, strengthens the heart, and relieves pain.

Item #: L025
Name: 理气舒心汤
Li Qi Shu Xin Tang
Salvia & Saussurea Combination
Ingredients: *Saussurea* (木香, Mu Xiang), *Aquilaria* (沉香, Chen Xiang), *Immature Bitter Orange* (枳实, Zhi Shi), *Citron Fruit* (香橼, Xiang Yuan), *Finger Citron* (佛手, Fo Shou), *Burweed Tuber* (三棱, San Leng), *Bulrush* (蒲黄, Pu Huang), *Pteropus* (五灵脂, Wu Ling Zhi), *Salvia* (丹参, Dan Shen), *Hoelen* (茯苓, Fu Ling), *Chinese Angelica Root* (当归, Dang Gui), *Aurantium Fruit* (枳壳, Zhi Qiao)
Indications: Stagnation of qi or blood stasis manifested as tightness in the pericardial region, pericardialgia, fullness in the chest, hypochondrium and stomach, poor appetite, hiccup, and gastric discomfort with acid regurgitation in coronary heart disease, angina pectoris, chronic gastritis, gastrointestinal dysfunction, chronic hepatitis, and premature cirrhosis.
Comments: Regulates the flow of qi and tranquilizes the mind, alleviates pain by removing blood stasis, and induces appetite and digestion.

Item #: T040
Name: 通脉养心丸
Tong Mai Yang Xin Wan
Ophiopogon & Cinnamon Combination
Ingredients: *Ophiopogon Root* (麦冬, Mai Dong), *Cinnamon Twigs* (桂枝, Gui Zhi), *Gelatin* (阿胶, E Jiao), *Tortoise Shell* (龟板, Gui Ban), *Codonopsis* (党参, Dang Shen)
Indications: Heart deficiency qi and yin manifested as angina pectoris, myocardial infarction, atrial fibrillation.
Comments: Nourishes the heart, enriches the blood, and promotes coronary circulation to relieve pain.

Item #: X120
Name: 心血宁
Xin Xue Ning
Pueraria & Crataegus Combination
Ingredients: *Pueraria* (葛根, Ge Gen), *Crataegus* (山楂, Shan Zha)
Indications: Neck rigidity, dizziness, tinnitus, numbness in limbs, and others caused by coronary atherosclerotic cardiopathy, high blood-lipid, and hypertension.
Comments: Dilates coronary artery, increases the amount of blood flow in coronary artery and cerebral artery, reduces blood-lipid, strengthens cardiac contractility, lowers blood pressure.

Item #: X145
Name: 血府逐瘀汤
Xue Fu Zhu Yu Tang
Persica & Carthamus Combination
Ingredients: *Chinese Angelica Root* (当归, Dang Gui), *Cnidium* (川芎, Chuan Xiong), *Red Peony* (赤芍, Chi Shao), *Persica* (桃仁, Tao Ren), *Carthamus* (红花, Hong Hua), *Cyathulae* (川牛膝, Chuan Niu Xi), *Bupleurum* (柴胡, Chai Hu), *Platycodon* (桔梗, Jie Geng), *Aurantium Fruit* (枳壳, Zhi Qiao), *Rehmannia* (生地黄, Sheng Di Huang), *Licorice* (甘草, Gan Cao)

Indications: Coronary heart disease, cerebral thrombosis, thromboangiitis obliterans, hypertension, cirrhosis of liver, dysmenorrhea, anemia, post-miscarriage retention of placenta, headache, chest pain, hypochondriac pain marked by stagnancy of qi and blood stasis, with the symptoms of long-standing prickly chest pain and headache which exist in a certain region, or endless hiccup, dysphoria due to interior heat, palpitation, insomnia, irritability, running a fever gradually at dusk, deep red tongue with ecchymoses, dark purple lips or dark eyes, uneven pulse or taut and tense pulse.

Comments: Modern research has proven that this formula is especially effective in anticoagulation and anti-spasm, and it also has some effect on uterine contraction. Because this combination is mainly composed of herbs for removing blood stasis, it should not be used to treat a syndrome without distinct stasis. It is contraindicated in pregnancy.

Hypertension 高血压

Item #: J050

Name: 降压平

Jiang Ya Ping

Prunella & Chrysanthemum Combination

Ingredients: *Prunella* (夏枯草, Xia Ku Cao), *Processed Scutellaria* (酒黄芩, Jiu Huang Qin), *Nacre* (珍珠母, Zhen Zhu Mu), *Chrysanthemum* (菊花, Ju Hua), *Loranthus* (桑寄生, Sang Ji Sheng), *Lumbricus* (地龙, Di Long), *Mentha* (薄荷, Bo He),

Indications: Hypertension and dizziness.

Comments: Relieving hypertension and refreshing oneself.

Item #: L070

Name: 龙胆泻肝汤

Long Dan Xie Gan Tang

Gentiana Combination

Ingredients: *Gentiana Root* (龙胆草, Long Dan Cao), *Processed Scutellaria* (酒黄芩, Jiu Huang Qin), *Gardenia* (栀子, Zhi Zi), *Alisma* (泽泻, Ze Xie), *Plantain Seed* (车前子, Che Qian Zi), *Chinese Angelica Root Processed with Wine* (酒当归, Jiu Dang Gui), *Rehmannia* (生地, Sheng Di Huang), *Bupleurum* (柴胡, Chai Hu), *Licorice* (甘草, Gan Cao), *Aristolochiae* (关木通, Guan Mu Tong)

Indications: Damp heat in liver and gallbladder manifested as hypertension, acute conjunctivitis, acute otitis media, acute cholecystitis, acute hepatitis, acute infection of the urinary system, acute orchitis, acute eczema, acute pelvic inflammation, acute prostatitis, vaginitis, and herpes zoster with the symptoms of headache, conjunctival congestion, hypochondriac pain, bitter taste, deafness, pain and bulge of ear, or pruritus and swelling of vulva, impotence, stranguria with turbid urine, and yellow leukorrhea.

Comments: Clinically and experimentally, it is ascertained that this combination can reduce fever, tranquilize the mind, relieve inflammation, induce diuresis, resist bacteria, promote the function of the gallbladder, protect the liver, arrest bleeding and decrease blood pressure. Most of the herbs in this formula are bitter in flavor and cold in property, so constant and long term use is not advisable.

Item #: T022

Name: 天麻钩藤饮

Tian Ma Gou Teng Yin

Gastrodia & Uncaria Combination

Ingredients: *Gastrodia* (天麻, Tian Ma), *Uncaria* (钩藤, Gou Teng), *Haliotis* (石决明, Shi Jue Ming), *Gardenia* (栀子, Zhi Zi), *Processed Scutellaria* (酒黄芩, Jiu Huang Qin), *Cyathulae* (川牛膝, Chuan Niu Xi), *Eucommia* (杜仲, Du Zhong), *Leonurus* (益母草, Yi Mu Cao), *Loranthus* (桑寄生, Sang Ji Sheng), *Polygonum Stem* (夜交藤, Ye Jiao Teng), *Hoelen Spirit* (茯神, Fu Shen)

Indications: Hypertension, functional disturbance of vegetative nerve, stroke, hyperthyroidism, vertigo, and other wind-syndromes caused by hyperactivity of the liver yang with the symptoms of headache, vertigo, tinnitus and dim eyesight, involuntary movement of the limbs, insomnia, or even hemiplegia, red tongue, taut and rapid pulse.

Comments: Modern research has concluded that this formula has the effects of tranquilizing the mind, relieving spasm, resisting epilepsy, dilating blood vessels, and lowering high blood pressure. It also has fever-allaying, antibacterial, and antiinflammatory effects.

Palpitation 心悸

Item #: R015

Name: 人参归脾汤

Ren Shen Gui Pi Tang

Ginseng & Longan Combination

Ingredients: *Processed White Atractylodes* (炒白术, Chao Bai Zhu), *Hoelen Spirit* (茯神, Fu Shen), *Processed Astragalus* (蜜黄芪, Mi Huang Qi), *Longan* (龙眼肉, Long Yan Rou), *Zizyphus* (酸枣仁, Suan Zao Ren), *Ginseng* (人参, Ren Shen), *Saussurea* (木香, Mu Xiang), *Processed Licorice* (炙甘草, Zhi Gan Cao), *Chinese Angelica Root* (当归, Dang Gui), *Processed Polygala Root* (炙远志, Zhi Yuan Zhi)

Indications: Deficiency of *qi* and blood manifested as dysfunction of the heart and spleen marked by palpitation, insomnia, anorexia, fatigue and weakness, sallow complexion, irregular menstruation, metrorrhagia and metrostaxis, leukorrhea and aplastic anemia, and thrombocytopenic purpura.

Comments: Invigorates the spleen, nourishes the heart, replenishes *qi*, and enriches the blood.

Acute Gastroenteritis 急性胃肠炎

Item #: H060
Name: 藿香正气散
Huo Xiang Zheng Qi San
Agastache Formula
See Common Cold & Flu Pg. 2

Item #: P010
Name: 平胃散
Ping Wei San
Magnolia & Ginger Formula

Ingredients: *Atractylodes* (苍术, Cang Zhu), *Magnolia Bark* (厚朴, Hou Po), *Processed Citrus* (炒陈皮, Chao Chen Pi), *Processed Licorice* (炙甘草, Zhi Gan Cao), *Raw Ginger* (生姜, Sheng Jiang), *Jujube* (大枣, Da Zao)

Indications: Acute gastroenteritis, gastrointestinal neurosis, acute indigestion and others marked by the stagnancy of dampness in the stomach and spleen, with the symptoms of feeling of fullness in the abdomen, tastelessness, nausea, vomiting, acid regurgitation, heavy sensation of the body, lassitude and sleepiness, frequent diarrhea, white, greasy and thick tongue coating, and slow pulse.

Comments: Modern research has proven that this formula has the effects of regulating gastrointestinal function and eliminating excessive water from the body. This formula tend to consume *yin* and blood because it is bitter in taste, pungent in flavor, and warm and dry in nature. Therefore, it is contraindicated in patients suffering from deficiency of spleen without dampness or patients with deficiency *yin* marked by a red tongue with little coating, and bitter taste in the mouth with thirst or rapid pulse.

Item #: W045
Name: 五苓散
Wu Ling San
Hoelen Five-Herb Formula

Ingredients: *Polyporus* (猪苓, Zhu Ling), *Alisma* (泽泻, Ze Xie), *White Atractylodes* (白术, Bai Zhu), *Hoelen* (茯苓, Fu Ling), *Cinnamon Twigs* (桂枝, Gui Zhi)

Indications: Acute gastroenteritis, cyclic vomiting, pseudocholera, urticaria of cold type, initial stage of acute nephritis, edema of scrotum, and retention of urine belonging to the syndrome of fluid retention within the body, with the symptoms of headache, fever, thirst with vomiting after drinking water, disturbance in urination, white and greasy or white and thick coating of the tongue, and floating pulse; or edema, diarrhea, fluid retention syndrome, dizziness, and a feeling of palpitation in the lower abdomen.

Comments: Modern research has proven this formula to have the effects of promoting blood circulation and inducing diuresis. It is aimed at inducing diuresis, so patients with deficiency of the spleen *qi* and with insufficiency of the kidney *qi* should be treated with the formula in combination with tonics for reinforcing the spleen *qi*. Also, as the formula tend to excrete dampness and induce diuresis, long term use should be avoided.

Item #: Z047
Name: 枳实导滞丸
Zhi Shi Dao Zhi Wan
Bitter Orange & Rhubarb Combination

Ingredients: *Rhubarb* (大黄, Da Huang), *Immature Bitter Orange* (枳实, Zhi Shi), *Medicated Leaven* (神曲, Shen Qu), *Hoelen* (茯苓, Fu Ling), *Processed Scutellaria* (酒黄芩, Jiu Huang Qin), *Coptis* (黄连, Huang Lian), *Processed White Atractylodes* (炒白术, Chao Bai Zhu), *Alisma* (泽泻, Ze Xie)

Indications: Syndrome due to stagnated food and dampness-heat in the spleen and stomach as seen in cases of indigestion, gastroenteritis, bacterial diarrhea, and others, with the symptoms of epigastric distress and fullness, dysentery and diarrhea, or constipation, scanty and deep colored urine, yellow and greasy coating of the tongue, and slow and vigorous pulse.

Comments: Modern research has confirmed that this formula has the effects of promoting peristalsis of the stomach and intestines, assisting in digestion and absorption, and function in arresting diarrhea, inducing diuresis, relieving inflammation, and resisting bacteria.

Item #: Z070
Name: 猪苓汤
Zhu Ling Tang
Polyporus Combination
Ingredients: *Polyporus* (猪苓, Zhu Ling), *Hoelen* (茯苓, Fu Ling), *Alisma* (泽泻, Ze Xie), *Gelatin* (阿胶, E Jiao), *Talc* (滑石, Hua Shi)
Indications: Nephritis, gastroenteritis, and mild urinary infection, marked by retention of fluid in the body with impairment to *yin* due to pathogenic heat, with the symptoms of difficulty and pain in micturition or blood urine, distention and fullness sensation in the lower abdomen, or insomnia with restlessness, thirst, diarrhea, and cough.
Comments: Modern research has proven that this combination has antibacterial, antiinflammatory, diuretic, strengthening, and tonifying effects. If the patient has a high fever and hyperhidrosis due to excessive pathogenic heat causing severe impairment of *yin*, the formula should be used very carefully.

Chronic Gastritis 慢性胃炎

Item #: B050
Name: 半夏泻心汤
Ban Xia Xie Xin Tang
Pinellia Combination
Ingredients: *Soaked Pinellia* (法半夏, Fa Ban Xia), *Dried Ginger* (干姜, Gan Jiang), *Processed Scutellaria* (酒黄芩, Jiu Huang Qin), *Coptis* (黄连, Huang Lian), *Ginseng* (人参, Ren Shen), *Processed Licorice* (炙甘草, Zhi Gan Cao), *Jujube* (大枣, Da Zao)
Indications: Acute gastroenteritis, chronic gastritis, gastroduodenal ulcer, indigestion, gastrointestinal neurosis, vomiting of pregnancy, and other disorders of the stomach due to *stagnation of qi* with the symptoms of loss of appetite, epigastric fullness sensation without pain, retching or vomiting, Excited intestinal gurgling sound and diarrhea, yellow and greasy coating of the tongue and taut and rapid pulse.
Comments: Modern research has proven that this combination is effective for relieving inflammation, tranquilizing the mind, arresting vomiting and diarrhea, strengthening the stomach and regulating the function of the intestinal tract. Because most of the herbs in this combination are dry and drastic in nature, it is contraindicated in patients with nausea and retching due to deficiency of the stomach *yin*.

Item #: E005
Name: 二陈汤
Er Chen Tang
Citrus & Pinellia Combination
See Chronic Bronchitis Pg. 7

Item #: H045
Name: 黄芩胃炎汤
Huang Pu Wei Yan Tang
Astragalus & Dandelion Combination
Ingredients: *Processed Astragalus* (蜜黄芪, Mi Huang Qi), *Dandelion* (蒲公英, Pu Gong Ying), *Lily* (百合, Bai He), *Lindera* (乌药, Wu Yao), *Processed White Peony* (炒白芍, Chao Bai Shao), *Processed Licorice* (炙甘草, Zhi Gan Cao), *Salvia* (丹参, Dan Shen), *Medicated Leaven* (炒神曲, Chao Shen Qu), *Processed Crataegus* (焦山楂, Jiao Shan Zha), *Processed Malt* (炒麦芽, Chao Mai Ya)
Indications: Gastritis with the symptoms of discomfort in the upper abdominal area after eating, sensation of pressure in the stomach, relief derived from belching, nausea, vomiting, heartburn, or stomach pain.
Comments: This prescription is natural, effective, and has no side effects. It is suitable for long term use. At Shen Yang Hospital, Dr. Wang Chang Hong treated 80 cases of superficial gastritis with this prescription. After the treatment, 53 improved and 26 showed progress. The effectiveness rate of this formula is 98.75%.

Item #: L035
Name: 理中汤
Li Zhong Tang
Ginseng & Ginger Combination
Ingredients: *Ginseng* (人参, Ren Shen), *Dried Ginger* (干姜, Gan Jiang), *White Atractylodes* (白术, Bai Zhu), *Processed Licorice* (炙甘草, Zhi Gan Cao)
Indications: Cold syndromes due to *hypofunction of the spleen and stomach* as seen in cases of chronic gastritis, gastric dilation, gastroparesis, gastroduodenal ulcer, chronic colitis, or indigestion with the symptoms of abdominal pain with desire for warmth and for pressure by hand, watery diarrhea, fullness of the abdomen, lack of appetite, vomiting, pale tongue with white coating, and deep and thready pulse.

Comments: This combination can adjust functions of the stomach and intestines, promote blood circulation, strengthen metabolism, relieve spasm, alleviate pain, arrest vomiting and diarrhea, and induce diuresis. It is not suitable for cases with fever due to exopathogens or with internal heat due to *yin* deficiency.

Item #: M060

Name: 木香顺气丸

Mu Xiang Shun Qi Wan

Saussurea & Lindera Combination

Ingredients: *Saussurea* (木香, Mu Xiang), *Lindera* (乌药, Wu Yao), *Atractylodes* (苍术, Cang Zhu), *Medicated Leaven* (神曲, Shen Qu), *Processed Cyperus* (制香附, Zhi Xiang Fu), *Magnolia Bark* (厚朴, Hou Po), *Processed Pinellia* (姜半夏, Ban Xia (Jiang)), *Aurantium Fruit* (炒枳壳, Chao Zhi Qiao), *Hoelen* (茯苓, Fu Ling), *Processed Blue Citrus* (炒青皮, Chao Qing Pi), *Processed Citrus* (炒陈皮, Chao Chen Pi), *Amomum Fruit* (砂仁, Sha Ren), *Processed Raphanus* (炒莱菔子, Chao Lai Fu Zi)

Indications: Stagnation of *qi* in the chest and stomach, manifested as an oppressed feeling in the chest, fullness of abdomen and hypochondrium, poor appetite, dyspepsia; used to treat chronic hepatitis, early cirrhosis, chronic gastritis, enteritis, etc.

Comments: Relieves stagnation in the chest and regulates *qi*, strengthens the stomach and promotes digestion.

Item #: W010

Name: 胃康灵

Wei Kang Ling

Peony & Notoginseng Combination

Ingredients: *White Peony* (白芍, Bai Shao), *Licorice* (甘草, Gan Cao), *Hoelen* (茯苓, Fu Ling), *Corydalis Tuber* (元胡, Yuan Hu), *Bletilla Tuber* (白芨, Bai Ji), *Cuttle Bone* (海螵蛸, We Zei Gu), *Notoginseng* (三七, San Qi)

Indications: Epigastralgia, fullness and distention in the stomach, gastric discomfort with acid regurgitation, poor appetite, etc.; used to treat acute or chronic gastritis, gastric ulcer, erosive gastritis, duodenal ulcer, gastric hemorrhage, etc.

Comments: Nourishes the liver, regulates the stomach, dissipates blood stasis, arrests bleeding, relieves spasm and pain, removes necrotic tissue, and promotes the granulation.

Item #: W020

Name: 温胆汤

Wen Dan Tang

Bamboo & Hoelen Combination

Ingredients: *Soaked Pinellia* (法半夏, Fa Ban Xia), *Bamboo* (竹茹, Zhu Ru), *Immature Bitter Orange* (枳实, Zhi Shi), *Processed Citrus* (炒陈皮, Chao Chen Pi), *Processed Licorice* (炙甘草, Zhi Gan Cao), *Hoelen* (茯苓, Fu Ling)

Indications: Phlegm-heat with a disorder of the vegetative nerve, menopausal syndrome, neurosis, cerebral arteriosclerosis, and chronic gastritis with the symptoms of vertigo, vomiting, gastric discomfort with acid regurgitation, palpitation, insomnia due to vexation, bitter taste in the mouth, slight thirst, yellow greasy coating of the tongue, and slippery rapid pulse or taut rapid pulse.

Comments: Modern research has proven that this combination has the effects of tranquilizing the mind, coordinating the functions of the vegetative nerve, and arresting vomiting. Because of its effects of heat-clearing and phlegm-eliminating, this combination is not indicated for insomnia due to deficiency of the heart, palpitation due to deficiency of blood, vertigo due to deficiency of *yin*, or vomiting due to cold of the stomach.

Item #: W070

Name: 吴茱萸汤

Wu Zhu Yu Tang

Evodia Combination

Ingredients: *Evodia* (吴茱萸, Wu Zhu Yu), *Ginseng* (人参, Ren Shen), *Jujube* (大枣, Da Zao), *Raw Ginger* (生姜, Sheng Jiang)

Indications: Chronic and acute gastritis, gastroduodenal ulcer, hepatitis, vomiting of pregnancy, migraine, Meniere's disease and others that pertain to the following: cold syndrome due to yang insufficiency of the liver and the stomach with the symptoms of tendency to vomit after meals, fullness and stuffiness in the chest, and gastric discomfort with acid regurgitation.

Comments: This formula has been proven promotes blood circulation in the digestive tract, lowers tension of the smooth muscle, decreases peristalsis, relieves spasm, prevents vomiting, alleviates pain, and facilitates digestion. Vomiting may become worse after taking the formula, but it will subside, and patients are advised to rest after taking to avoid this reaction.

Item #: X015

Name: 香砂六君子汤

Xiang Sha Liu Jun Zi Tang

Saussurea & Amomi Combination

Ingredients: *Ginseng* (人参, Ren Shen), *Processed White Atractylodes* (炒白术, Chao Bai Zhu), *Hoelen* (茯苓, Fu Ling), *Licorice* (甘草, Gan Cao), *Processed Citrus* (炒陈皮, Chao Chen Pi), *Soaked Pinellia* (法半夏, Fa Ban Xia), *Saussurea* (木香, Mu Xiang), *Amomum Fruit* (砂仁, Sha Ren)

Indications: Deficiency of the spleen and stomach with phlegm-dampness and stagnation of *qi*, marked by indigestion, eructation, anorexia, abdominal distention and fullness, loose stool; used to treat peptic ulcer, chronic gastritis, disorder of the stomach function, etc.

Comments: Supplements *qi*, invigorates the spleen, and regulates the stomach.

Item #: X025

Name: 香砂养胃丸

Xiang Sha Yang Wei Wan

Saussurea & Amomum Fruit Combination

Ingredients: *Codonopsis* (党参, Dang Shen), *Processed White Atractylodes* (炒白术, Chao Bai Zhu), *Processed Citrus* (炒陈皮, Chao Chen Pi (Chao)), *Hoelen* (茯苓, Fu Ling), *Soaked Pinellia* (法半夏, Fa Ban Xia), *Amomum Fruit* (砂仁, Sha Ren), *Processed Cyperus* (制香附, Zhi Xiang Fu), *Saussurea* (木香, Mu Xiang), *Processed Immature Bitter Orange* (炒枳实, Chao Zhi Shi), *Myristicae* (白豆蔻, Bai Dou Kou), *Agastache* (藿香, Huo Xiang), *Magnolia Bark* (厚朴, Hou Po), *Licorice* (甘草, Gan Cao)

Indications: Dyspepsia due to weakness of the stomach and intestines, manifested as poor appetite, fullness in the stomach, abdominal pain, acid regurgitation, borborygmus, diarrhea and lassitude of limbs.

Comments: Supplements *qi* and strengthens the stomach, promotes digestion, and stops vomiting.

Item #: Y120

Name: 越鞠丸

Yue Ju Wan

Cyperus & Medicated Leaven Formula

Ingredients: *Processed Cyperus* (制香附, Zhi Xiang Fu), *Cnidium* (川芎, Chuan Xiong), *Atractylodes* (苍术, Cang Zhu), *Gardenia* (梔子, Zhi Zi), *Medicated Leaven* (炒神曲, Chao Shen Qu)

Indications: Gastrointestinal neurosis, gastroduodenal ulcer, chronic gastritis, infectious hepatitis, cholecystitis, cholelithiasis, intercostal neuralgia, dysmenorrhea, and *qi*, blood, phlegm, fire, dampness, and food stagnation with the symptoms of oppressed sensation and feeling of stuffiness in the chest, epigastric distention and pain, gastric discomfort with acid regurgitation, indigestion, vomiting and nausea, white and greasy coating of the tongue and taut pulse.

Comments: Studies have shown that this formula has the effects of tranquilizing the mind, alleviating pain, promoting digestion, and relieving spasm of uterine smooth muscle. It is only indicated for the stagnancy belonging to excess syndromes.

Bacillary Dysentery 细菌性痢疾

Item #: B035

Name: 白头翁汤

Bai Tou Weng Tang

Pulsatilla Root Combination

Ingredients: *Pulsatilla Root* (白头翁, Bai Tou Weng), *Phellodendron* (黄柏, Huang Bo), *Fraxinus* (秦皮, Qin Pi), *Coptis* (黄连, Huang Lian)

Indications: Acute enteritis, bacillary dysentery, amebic dysentery, and others which pertain to dysentery or diarrhea due to noxious-heat with the symptoms of more blood and less mucus in stool, abdominal pain, tenesmus, burning sensation in the anus, feverish body, restlessness, thirst with desire to drink, reddened tongue with yellow coating, and taut and rapid pulse.

Comments: Modern research has concluded that this formula can relieve inflammation, help the body resist bacteria and ameba, allay fever, relieve spasm, and arrest diarrhea and blood. It is not suitable for cases with dysentery of deficiency type or chronic dysentery.

Item #: X010

Name: 香连丸

Xiang Lian Wan

Saussurea & Coptis Combination

Ingredients: *Saussurea* (木香, Mu Xiang), *Coptis* (黄连, Huang Lian)

Indications: Dysentery due to damp-heat pathogen, manifested as abdominal pain, diarrhea, pus and blood in the stool, and tenesmus; can be used for bacillary dysentery and enteritis.

Comments: Clears away pathogenic heat and dampness, promotes the circulation of *qi*, and removes obstruction.

Cholecystitis 胆 囊 炎

- Item #:** D005
Name: 大柴胡汤
Da Chai Hu Tang
Major Bupleurum Combination
- Ingredients:** *Bupleurum* (柴 胡 , Chai Hu), *Processed Scutellaria* (酒 黄 芩 , Jiu Huang Qin), *White Peony* (白 芍 , Bai Shao), *Soaked Pinellia* (法 半 夏 , Fa Ban Xia), *Processed Immature Bitter Orange* (炒 枳 实 , Chao Zhi Shi), *Rhubarb* (大 黄 , Da Huang), *Raw Ginger* (生 姜 , Sheng Jiang), *Jujube* (大 枣 , Da Zao)
- Indications:** Acute cholecystitis, cholelithiasis, acute pancreatitis, infection of abdominal activity, and *shaoyang* and *yangming* diseases complex with the symptoms of alternate attacks of chills and fever, fullness and oppression in the chest, hypochondriac discomfort, frequent vomiting, mental depression and dysphoria, epigastric fullness and pain, constipation or diarrhea, yellow tongue coating, and stringy and forceful pulse.
- Comments:** See *Minor Bupleurum Combination*.
- Item #:** L015
Name: 理胆丸
Li Dan Wan
Rhubarb & Scutellaria Combination
- Ingredients:** *Rhubarb* (大 黄 , Da Huang), *Processed Scutellaria* (酒 黄 芩 , Jiu Huang Qin), *Lonicera Flower* (金 银 花 , Jin Yin Hua), *Saussurea* (木 香 , Mu Xiang), *Oriental Wormwood* (茵 陈 , Yin Chen), *Desmodium* (广 金 钱 草 , Guang Jin Qian Cao), *Bupleurum* (柴 胡 , Chai Hu), *Mirabilite* (芒 硝 , Mang Xiao), *Processed White Peony* (炒 白 芍 , Chao Bai Shao), *Isatis Leaf* (大 青 叶 , Da Qing Ye), *Anemarrhena* (知 母 , Zhi Mu)
- Indications:** Stagnancy of liver qi, and large intestine manifested as acute or chronic infection in biliary tract, cholecystitis and gallstones.
- Comments:** This preparation has cholagogic and antiinflammatory effects.
- Item #:** S135
Name: 舒肝利胆汤
Shu Gan Li Dan Tang
Bupleurum & Curcuma Root Combination
- Ingredients:** *Bupleurum* (柴 胡 , Chai Hu), *Processed White Peony* (炒 白 芍 , Chao Bai Shao), *Curcuma Root* (郁 金 , Yu Jin), *Oriental Wormwood* (茵 陈 , Yin Chen), *Processed Cyperus* (制 香 附 , Zhi Xiang Fu), *Processed Blue Citrus* (炒 青 皮 , Chao Qing Pi), *Corydalis Tuber* (元 胡 , Yuan Hu), *Saussurea* (木 香 , Mu Xiang), *Licorice* (甘 草 , Gan Cao)
- Indications:** Stagnation of liver and gallbladder qi manifested as chronic cholecystitis (chronic gallbladder infection) with the symptoms of discomfort in the right upper abdomen, dull, aching pain, especially after eating greasy foods, bloating, vomiting, gas pain, and sometimes severe cramps in the right upper abdomen after a full meal.
- Comments:** In a study conducted at The hospital of Chinese Traditional Medicine in Guangdong Shaoguan City, this prescription was proven to relieve cholecystitis. Out of 82 cases, 81 recovered and only one patient underwent surgery. During treatment, it is prohibited to drink alcohol or eat foods that are raw, greasy, spicy, cold, hard to digest, high in fat or made with animal fat. It is advisable to eat foods that are easy to digest, fresh vegetables, and fish or chicken (no red meat).
- Item #:** S170
Name: 四逆汤
Si Ni Tang
Aconite & G. L. Combination
- Ingredients:** *Processed Aconite* (制 附 子 , Zhi Fu Zi), *Dried Ginger* (干 姜 , Gan Jiang), *Processed Licorice* (炙 甘 草 , Zhi Gan Cao)
- Indications:** Deficiency in yang manifested as hypopituitarism, hypothyroidism, and hypoadrenocorticism with the symptoms of cold limbs, intolerance to cold, enteric diarrhea, cold-pain of the abdomen, mental fatigue and sleepiness, tastelessness with no desire for drink, pale complexion, profuse sweat, and deep, slow and thready pulse.
- Comments:** Studies have confirmed that this formula can excite the central nervous system, promote metabolism, and prevent shock.

Item #: X035
Name: 小柴胡汤
Xiao Chai Hu Tang
Minor Bupleurum Combination

Ingredients: *Bupleurum* (柴胡, Chai Hu), *Processed Scutellaria* (酒黄芩, Jiu Huang Qin), *Soaked Pinellia* (法半夏, Fa Ban Xia), *Raw Ginger* (生姜, Sheng Jiang), *Ginseng* (人参, Ren Shen), *Jujube* (大枣, Da Zao), *Processed Licorice* (炙甘草, Zhi Gan Cao)

Indications: Infection of biliary tract, hepatitis, pleuritis, chronic gastritis, indigestion, intercostal neuralgia, neurosis, AIDS and *shaoyang* disease with pathogenic factors located neither in the exterior nor in the interior but in between with symptoms of alternate attacks of chills and fever, fullness in the chest, hypochondriac discomfort, anorexia, dysphoria, retching, bitterness in the mouth, dry throat, dizziness, thin and white coating of the tongue and stringy pulse.

Comments: Modern research confirms that this formula can inhibit bacteria and viruses, relieve the reaction of the body to the invading pathogen, and allay fever, resist inflammation, promote digestion, prevent vomiting, expel phlegm, protect the liver, normalize the gallbladder and tranquilize the mind. It should not be used by patients with syndromes such as upper excess with lower deficiency, excess of liver-fire, or hyperactivity of the liver *yang*.

Item #: Y060
Name: 茵陈蒿汤
Yin Chen Hao Tang
Oriental Wormwood Combination

Ingredients: *Oriental Wormwood* (茵陈, Yin Chen), *Gardenia* (栀子, Zhi Zi), *Rhubarb* (大黄, Da Huang)

Indications: Patients with acute infectious icteric hepatitis, cholecystitis, cholelithiasis, acute pancreatitis, and others marked by the syndrome of jaundice due to *damp-heat* with the symptoms of bright yellow coloration of the skin and eyes, slight fullness sensation in the abdomen, thirst, disturbance in urination, yellow and greasy tongue coating, and deep and rapid pulse.

Comments: Modern research has shown that this combination is effective in normalizing the function of the gallbladder, nourishing the liver, allaying fever, relieving inflammation, arresting bleeding, and inducing diuresis, and also has purgative, antibacterial, and ant-viral effects. This formula is contraindicated in patients with jaundice of *yin* type.

Item #: Y120
Name: 越鞠丸
Yue Ju Wan
Cyperus & Medicated Leaven Formula
See Chronic Gastritis Pg. 15

Chronic Colitis 慢性腹泻

Item #: S055
Name: 参苓白术散
Shen Ling Bai Zhu San
Ginseng & Atractylodes Formula

Ingredients: *Lotus Seed* (莲子肉, Lian Zi Rou), *Coix* (薏苡仁, Yi Yi Ren), *Amomum Fruit* (砂仁, Sha Ren), *Schizonepeta* (桔梗, Jie Geng), *Dolichos* (白扁豆, Bai Bian Dou), *Hoelen* (茯苓, Fu Ling), *Ginseng* (人参, Ren Shen), *Licorice* (甘草, Gan Cao), *White Atractylodes* (白术, Bai Zhu), *Dioscorea* (山药, Shan Yao)

Indications: Indigestion, chronic gastroenteritis, anemia, nephritic syndrome, chronic nephritis, and other chronic disorder ascribed to stagnation of dampness due to *deficiency of the spleen*, with the symptoms of lassitude of limbs, general debility, dyspepsia, vomiting or diarrhea, epigastric distention and fullness, sallow complexion, whitish and greasy coating of the tongue, and feeble and moderate pulse.

Comments: Modern studies have ascertained that the formula has the effects of regulating gastrointestinal function, promoting digestion and absorption, arresting diarrhea, relieving swelling, and nourishing the organs. It should be carefully administered to patients with hyperactivity of fire due to *yin* deficiency.

Constipation 便秘

Item #: D010

Name: 大承气汤

Da Cheng Qi Tang

Major Rhubarb Combination

Ingredients: *Rhubarb (大黄, Da Huang), Magnolia Bark (厚朴, Hou Po), Processed Immature Bitter Orange (炒枳实, Chao Zhi Shi), Mirabilite (芒硝, Mang Xiao)*

Indications: Paralytic, simple, and obliterative intestinal obstructions due to excessive heat syndrome of yangming-fu organ, with symptoms of constipation, flatulence, feeling of fullness in the abdomen, abdominal pain with tenderness and guarding, tidal fever, delirium, perspiration of hands and feet, prickled tongue with yellow dry coating or dry black tongue coating with fissures, deep and forceful pulse.

Comments: This formula can relieve inflammation, help the body resist bacteria, promote blood circulation of intestines, stimulate peristalsis, purge stool, tranquilize the mind, and reduce fever. This is a drastic formula which should never be used in pregnant women and should be withdrawn immediately after the effect is attained.

Item #: H035

Name: 黄连上清丸

Huang Lian Shang Qing Wan

Coptis, Phellodendron, & Mentha Combination

Ingredients: *Coptis (黄连, Huang Lian), Processed Scutellaria (酒黄芩, Jiu Huang Qin), Rhubarb (大黄, Da Huang), Phellodendron (黄柏, Huang Bo), Gypsum (石膏, Shi Gao), Forsythia (连翘, Lian Qiao), Cnidium (川芎, Chuan Xiong), Chrysanthemum (菊花, Ju Hua), Angelica (白芷, Bai Zhi), Mentha (薄荷, Bo He), Platycodon (桔梗, Jie Geng), Schizonepeta (荆芥, Jing Jie)*

Indications: The attack of wind-heat on the upper and middle parts of the body, manifested as dizziness, headache, conjunctival congestion and swelling, toothache, constipation, scanty, dark urine.

Comments: Disperses pathogenic wind, relieves pain, clears away heat, and loosens the bowels. Never administer to pregnant women.

Item #: M020

Name: 麻子仁丸

Ma Zi Ren Wan

Apricot Seed & Linum Formula

Ingredients: *Linum (麻子仁, Huo Ma Ren), White Peony (白芍, Bai Shao), Processed Immature Bitter Orange (枳实, Zhi Shi), Rhubarb (大黄, Da Huang), Magnolia Bark (厚朴, Hou Po), Apricot Seed (杏仁, Xing Ren)*

Indications: Constipation due to intestinal dryness or habitual constipation with the symptoms of frequency of urination, dry stool, or constipation due to dehydration after febrile disease.

Comments: Modern research has shown that this formula has the function of moistening the intestine and softening the stool. It should be administered with great care to the aged and the weak or those with constipation due to exhaustion of body fluid and blood dryness with out pathogenic heat and should not be used by pregnant women.

Item #: S025

Name: 上清丸

Shang Qing Wan

Chrysanthemum & Mentha Combination

Ingredients: *Cnidium (川芎, Chuan Xiong), Chrysanthemum (菊花, Ju Hua), Mentha (薄荷, Bo He), Forsythia (连翘, Lian Qiao), Schizonepeta (荆芥, Jing Jie), Siler (防风, Fang Feng), Angelica (白芷, Bai Zhi), Processed Scutellaria (酒黄芩, Jiu Huang Qin), Phellodendron (黄柏, Huang Bo), Gardenia (栀子, Zhi Zi), Rhubarb (大黄, Da Huang), Platycodon (桔梗, Jie Geng)*

Indications: The attack of pathogenic wind-heat on the upper and middle parts of the body, marked by dizziness, tinnitus, dry nose and eyes, oral ulceration, swelling and pain in the gums, and constipation.

Comments: Expels wind and heat, purges pathogenic fire, and relaxes the bowels. Not advisable for pregnant women.

Enteritis 肠炎

Item #: B035

Name: 白头翁汤

Bai Tou Weng Tang

Pulsatilla Root Combination

See Bacillary Dysentery Pg. 15

- Item #:** G005
Name: 甘露消毒丹
Gan Lu Xiao Du Dan
Forsythia & Akebia Formula
Ingredients: *Talc* (滑石, Hua Shi), *Oriental Wormwood* (茵陈, Yin Chen), *Processed Scutellaria* (酒黄芩, Jiu Huang Qin), *Grassleaved Sweetflag Rhizome* (石菖蒲, Shi Chang Pu), *Aristolochiae* (关木通, Guan Mu Tong), *Sichuan Fritillary Bulb* (川贝母, Chuan Bei Mu), *Agastache* (藿香, Huo Xiang), *Mentha* (薄荷, Bo He), *White Myristicae* (白豆蔻, Bai Dou Kou), *Forsythia* (连翘, Lian Qiao), *Belamcanda* (射干, She Gan)
Indications: Heat exhaustion, enteritis caused by dampness and heat with the symptoms of fever, fatigue, stomach bloating, tightness of the chest, lack of perspiration, or high fever even after sweating, constipation, dark urine, or diarrhea, vomiting, thick, white coating of the tongue, and a slippery pulse.
Comments: This prescription can also be used in the early stages of hepatitis.
- Item #:** L050
Name: 六合定中丸
Liu He Ding Zhong Wan
Agastache Nineteen Formula
Ingredients: *Agastache* (藿香, Huo Xiang), *Perilla Leaf* (紫苏叶, Zi Su Ye), *Elsholtzia* (香薷, Xiang Ru), *Saussurea* (木香, Mu Xiang), *Sandalwood* (檀香, Tan Xiang), *Magnolia Bark* (厚朴, Hou Po), *Aurantium Fruit* (炒枳壳, Chao Zhi Qiao), *Citrus* (炒陈皮, Chao Chen Pi), *Platycodon* (桔梗, Jie Geng), *Licorice* (甘草, Gan Cao), *Hoelen* (茯苓, Fu Ling), *Chaenomeles* (木瓜, Mu Gua), *Dolichos* (白扁豆, Bai Bian Dou), *Processed Crataegus* (焦山楂, Jiao Shan Zha), *Medicated Leaven* (炒神曲, Chao Liu Shen Qu), *Malt* (麦芽, Mai Ya), *Germinated Rice* (炒谷芽, Gu Ya (Chao))
Indications: For patients affected by summer-heat-dampness and dyspepsia, manifested as chill, fever, headache, chest tightness, nausea, vomiting, diarrhea and abdominal pain.
Comments: Eliminates summer-heat and removes dampness, normalizes the functions of the stomach and spleen, and promotes digestion.
- Item #:** X010
Name: 香连丸
Xiang Lian Wan
Saussurea & Coptis Combination
See Bacillary Dysentery Pg. 15

Gallbladder Stones 胆石症

- Item #:** D047
Name: 胆道排石二号方
Dan Dao Pai Shi Er Hao Fang
Desmodium & Cucurbita Root Combination
Ingredients: *Desmodium* (广金钱草, Guang Jin Qian Cao), *Oriental Wormwood* (茵陈, Yin Chen), *Curcuma Root* (郁金, Yu Jin), *Lonicera Flower* (金银花, Jin Yin Hua), *Forsythia* (连翘, Lian Qiao), *Saussurea* (木香, Mu Xiang), *Processed Immature Bitter Orange* (炒枳实, Chao Zhi Shi), *Rhubarb* (大黄, Da Huang), *Mirabilite* (芒硝, Mang Xiao)
Indications: Cholelithiasis, infection of biliary tract, and other diseases marked by the syndrome of damp-heat type, with the symptoms of fever, pain in the right hypochondrium, fullness sensation in the abdomen, bitter taste, sticky mouth, dark urine, constipation, jaundice, red tongue with yellow and greasy coating, and taut, slippery pulse.
Comments: Modern research has proven that this formula has the effects of normalizing the function of the gallbladder, relieving inflammation and pain, relaxing Oddi's sphincter, contracting the gallbladder, removing gallstones, relieving constipation, and inducing diuresis. It is contraindicated in pregnancy.
- Item #:** L010
Name: 利胆排石汤
Li Dan Pai Shi Tang
Desmodium & Wormwood Combination
Ingredients: *Desmodium* (广金钱草, Guang Jin Qian Cao), *Oriental Wormwood* (茵陈, Yin Chen), *Processed Scutellaria* (酒黄芩, Jiu Huang Qin), *Saussurea* (木香, Mu Xiang), *Curcuma Root* (郁金, Yu Jin), *Rhubarb* (大黄, Da Huang), *Areca Seed* (槟榔, Bin Lang), *Immature Bitter Orange* (炒枳实, Chao Zhi Shi), *Magnolia Bark* (厚朴, Hou Po), *Mirabilite* (芒硝, Mang Xiao)
Indications: Biliary calculi, infection of biliary tract, and cholecystitis due to dampness and heat of liver and gallbladder.
Comments: Clears away heat and removes dampness, normalizes the function of the gallbladder, and removes calculi.

Gastric & Duodenal Ulcers 胃 十 二 指 肠 溃 疡

Item #: L045
Name: 疗疡汤
Liao Yang Tang
Dang Gui & Dandelion Combination
Ingredients: *Dang Gui* (当 归 , Dang Gui), *Processed White Peony* (炒 白 芍 , Chao Bai Shao), *Curcuma Root* (郁 金 , Yu Jin), *Corydalis Tuber* (元 胡 , Yuan Hu), *Myrrh* (没 药 , Mo Yao), *Mastic* (乳 香 , Ru Xiang), *Saussurea* (木 香 , Mu Xiang), *Lindera* (乌 药 , Wu Yao), *Dandelion* (蒲 公 英 , Pu Gong Ying), *Finger Citron* (佛 手 , Fo Shou), *Licorice* (甘 草 , Gan Cao)
Indications: Stagnation of *qi* and blood stomach manifested as gastrointestinal ulcers with the symptoms of stomachache that worsens between meals, burning sensation or a dull ache, heartburn, burping, nausea, and vomiting.
Comments: This prescription is suitable for the early stage of gastrointestinal ulcer. At Yan Chen People's Hospital of Jiang Su province, Dr. Wang An Sheng studied 88 cases of gastrointestinal ulcer. After treatment with this prescription, four recovered, 64 improved, and 18 showed progress for a 98% effectiveness rate.

Item #: W010
Name: 胃康灵
Wei Kang Ling
Peony & Notoginseng Combination
See Chronic Gastritis Pg. 14

Item #: W070
Name: 吴茱萸汤
Wu Zhu Yu Tang
Evodia Combination
See Chronic Gastritis Pg. 14

Item #: X015
Name: 香砂六君子汤
Xiang Sha Liu Jun Zi Tang
Saussurea & Amomi Combination
See Chronic Gastritis Pg. 14

Item #: X075
Name: 小建中汤
Xiao Jian Zhong Tang
Minor Cinnamon & Peony Combination
Ingredients: *White Peony* (白 芍 , Bai Shao), *Cinnamon Twigs* (桂 枝 , Gui Zhi), *Licorice* (甘 草 , Gan Cao), *Raw Ginger* (生 姜 , Sheng Jiang), *Jujube* (大 枣 , Da Zao),
Indications: Stomach and gastroduodenal ulcer due to cold of deficiency type with the symptoms of abdominal pain which can be relieved by warming and pressing, palpitation, restlessness, pale complexion, whitish coating of the tongue, and thready, taut and weak pulse; or fever due to *yang* deficiency.
Comments: This formula relieves spasm, alleviates pain, promotes blood circulation, strengthens digestion and absorption, promotes the healing of ulcers, nourishes the body and consolidates the constitution. It is contraindicated in cases with hyperactivity of pathogenic fire due to *yin* deficiency; for those suffering from vomiting, because the sweet flavor may induce vomiting; and for those who have fullness of the stomach, because the sweet flavor worsens that symptom by replenishing *qi*.

Item #: Y120
Name: 越鞠丸
Yue Ju Wan
Cyperus & Medicated Leaven Formula
See Chronic Gastritis Pg. 15

Hepatitis 肝 炎

Item #: F055

Name: 复方肝炎方

Fu Fang Gan Yan Fang

Bupleurum & Wormwood Combination

Ingredients: *Bupleurum* (柴 胡 , Chai Hu), *Oriental Wormwood* (茵 陈 , Yin Chen), *Licorice* (甘 草 , Gan Cao), *Japanese St. John Wort* (田 基 黄 , Tian Ji Huang), *Dandelion* (蒲 公 英 , Pu Gong Ying), *Desmodium* (广 金 钱 草 , Guang Jin Qiao Cao)

Indications: Dampness and heat in the liver manifested as acute icterohepatitis, acute non-icterohepatitis, hepatitis of persisting type, and cholecystitis.

Comments: Clears away heat, disperses the depressed liver *qi*, normalizes the function of the gallbladder.

Item #: L020

Name: 利肝汤

Li Gan Tang

Curcuma & Isatis Combination

Ingredients: *Isatis Root* (板 兰 根 , Ban Lan Gen), *Curcuma Root* (郁 金 , Yu Jin), *Oriental Wormwood* (茵 陈 , Yin Chen), *Schizandra* (五 味 子 , Wu Wei Zi), *Chinese Angelica Root* (当 归 , Dang Gui), *Licorice* (甘 草 , Gan Cao), *Astragalus* (黄 芪 , Huang Qi), *Acanthopanax Root* (刺 五 加 , Ci Wu Jia)

Indications: Distending pain in the hypochondrium, eructation and poor appetite caused by stagnation of the liver *qi*; used to treat acute hepatitis, hepatitis of persisting type, and chronic active hepatitis.

Comments: Relieves the depressed liver, clears away heat, and removes dampness by diuresis, strengthens body resistance, and restores the normal functions of the body.

Item #: S140

Name: 舒肝饮

Shu Gan Yin

Bupleurum & Prunella Combination

Ingredients: *Prunella* (夏 枯 草 , Xia Ku Cao), *Oriental Wormwood* (茵 陈 , Yin Chen), *Giant Knotweed Rhizome* (虎 杖 , Hu Zhang), *Licorice* (甘 草 , Gan Cao), *Isatis Root* (板 蓝 根 , Ban Lan Gen), *Dandelion* (蒲 公 英 , Pu Gong Ying), *Bupleurum* (柴 胡 , Chai Hu), *Imperata* (百 茅 根 , Bai Mao Gen)

Indications: Dampness and heat in the liver manifested as acute icterohepatitis or non-icterohepatitis, also chronic or persisting hepatitis.

Comments: Soothes the liver and regulates the circulation of *qi*, clears away heat and toxic materials.

Item #: S165

Name: 四逆散

Si Ni San

Bupleurum & Immature Orange Formula

Ingredients: *Bupleurum* (柴 胡 , Chai Hu), *White Peony* (白 芍 , Bai Shao), *Processed Immature Bitter Orange* (炒 枳 实 , Chao Zhi Shi), *Processed Licorice* (炙 甘 草 , Zhi Gan Cao)

Indications: Chronic hepatitis, cholecystitis, cholelithiasis, pancreatitis, neuralgia intercostalis, and gastroneurosis with the symptom of stagnation of the liver *qi*; cold limbs, epigastric distention and distress, diarrhea with tenesmus and abdominal pain, white coating of the tongue and stringy pulse.

Comments: Modern research has proven that this formula can tranquilize the mind, relieve spasm and pain, allay fever and resist bacteria. It is also very effective in treating hepatic disorders.

Item #: S170

Name: 四逆汤

Si Ni Tang

Aconite & G. L. Combination

See Cholecystitis Pg. 16

Item #: X105
Name: 逍遥丸
Xiao Yao Wan
Bupleurum & Dang Gui Formula
Ingredients: *Bupleurum* (柴胡, Chai Hu), *Chinese Angelica Root* (当归, Dang Gui), *Processed White Peony* (炒白芍, Chao Bai Shao), *Hoelen* (茯苓, Fu Ling), *White Atractylodes* (白术, Bai Zhu), *Roasted Ginger* (煨姜, Pao Jiang), *Mentha* (薄荷, Bo He), *Processed Licorice* (炙甘草, Zhi Gan Cao)
Indications: Chronic hepatitis, pleuritis, chronic gastritis, neurosis, irregular menstruation, and stagnation of the liver *qi* with deficiency of the blood with the symptoms of depression, hypochondriac pain, headache, dizziness, bitter mouth, dry throat, mental weariness and poor appetite, or irregular menstruation, distention in the breast, light redness of the tongue, and taut and feeble pulse.
Comments: This formula has been proven clinically and experimentally to have the remarkable effects of nourishing the liver, tranquilizing the mind and relieving spasm. It can also promote digestion, coordinate uterine function, nourish the blood, and strengthen the stomach.

Item #: Y060
Name: 茵陈蒿汤
Yin Chen Hao Tang
Oriental Wormwood Combination
See Cholecystitis Pg. 17

Indigestion 消化不良

Item #: B060
Name: 保和丸
Bao He Wan
Citrus & Crataegus Formula
Ingredients: *Processed Crataegus* (焦山楂, Jiao Shan Zha), *Medicated Leaven* (炒神曲, Chao Shen Qu), *Soaked Pinellia* (法半夏, Fa Ban Xia), *Hoelen* (茯苓, Fu Ling), *Processed Citrus* (炒陈皮, Chao Chen Pi), *Forsythia* (连翘, Lian Qiao), *Processed Raphanus* (炒莱菔子, Chao Lai Fu Zi)
Indications: Indigestion, gastroenteritis, and others belonging to the syndrome of retention of food due to improper diet, with the symptoms of stuffiness and fullness in the epigastrium, distention in the abdomen with pain at times, acid regurgitation and eructation with fetid odor, loss of appetite, nausea, vomiting, or diarrhea, intermittent fever or dysentery due to retention of food, greasy and yellowish coating of the tongue, and slippery pulse.
Comments: Modern studies have proven that this formula has the effects of promoting digestion and peristalsis of the stomach and intestines, arresting vomiting, subduing inflammation, and resisting bacteria. It should be administered with great care to patients with insufficiency of the spleen. Greasy and spicy food is prohibited during use.

Item #: B095
Name: 槟榔四消丸
Bin Lang Si Xiao Wan
Areca Seed Combination
Ingredients: *Areca Seed* (槟榔, Bin Lang), *Processed Rhubarb* (熟大黄, Shu Da Huang), *White Pharbitis* (白丑, Bai Chou), *Gleditsia Spine* (皂角刺, Zao Jiao Ci), *Processed Cyperus* (制香附, Zhi Xiang Fu), *Pteropus* (五灵脂, Wu Ling Zhi)
Indications: Stagnation of dampness and food manifested as dyspepsia, phlegm retention, abdominal distention, eructation, acid regurgitation, constipation, etc.
Comments: Promotes digestion to remove stagnated food and promotes circulation of *qi* to remove water retention by purgation.

Item #: D035
Name: 大山楂饮
Da Shan Zha Yin
Major Crataegus Combination
Ingredients: *Crataegus* (山楂, Shan Zha), *Medicated Leaven* (炒神曲, Chao Shen Qu), *Malt* (麦芽, Mai Ya)
Indications: Stagnation of food manifested as poor appetite, dyspepsia, and abdominal distention.
Comments: Strengthens the stomach and promotes digestion.

Item #: L050
Name: 六合定中丸
Liu He Ding Zhong Wan
Agastache Nineteen Formula
See Enteritis Pg. 19

Item #: P010
Name: 平胃散
Ping Wei San
Magnolia & Ginger Formula
See Acute Gastroenteritis Pg. 12

Item #: R020
Name: 人參健脾丸
Ren Shen Jian Pi Wan
Ginseng & Malt Combination
Ingredients: Ginseng (人參, Ren Shen), Processed Crataegus (焦山楂, Jiao Shan Zha), Processed Malt (炒麦芽, Chao Mai Ya), Medicated Leaven (炒神曲, Chao Shen Qu), Processed Orange Peel (炒陈皮, Chao Chen Pi), Processed White Atractylodes (炒白术, Chao Bai Zhu), Processed Immature Bitter Orange (炒枳实, Chao Zhi Shi)
Indications: Insufficiency of the spleen and stagnation of *qi*, manifested as abdominal distention and poor appetite.
Comments: Invigorates the spleen, regulates the flow of *qi*, and promotes digestion.

Item #: S055
Name: 参苓白术散
Shen Ling Bai Zhu San
Ginseng & Atractylodes Formula
See Chronic Colitis Pg. 17

Item #: S160
Name: 四君子汤
Si Jun Zi Tang
Four Major Herbs Combination
Ingredients: Ginseng (人參, Ren Shen), Processed White Atractylodes (炒白术, Chao Bai Zhu), Hoelen (茯苓, Fu Ling), Processed Licorice (炙甘草, Zhi Gan Cao)
Indications: Indigestion, chronic gastroenteritis, anemia, hypoproteinemia, chronic dysentery, and various chronic disorders marked by *qi* deficiency syndrome of the spleen and stomach, with the symptoms such as poor appetite, watery stool, pale complexion, low and weak voice, lassitude of limbs, and thready and weak or deep and loose pulse.
Comments: Modern studies have confirmed that this combination is effective for stimulating the central nervous system, facilitating the functional activities, promoting metabolism, digestion and absorption, regulating gastrointestinal functions, arresting diarrhea, relieving swelling, and inducing diuresis. Prolonged use of this combination may lead to symptoms of dry mouth and tongue, thirst, and restlessness.

Item #: Z047
Name: 枳实导滞丸
Zhi Shi Dao Zhi Wan
Bitter Orange & Rhubarb Combination
See Acute Gastroenteritis Pg. 12

Irritable Bowel Syndrome 肠激惹综合症

Item #: Y030
Name: 抑激止泻汤
Yi Ji Zhi Xie Tang
Codonopsis & Ginger Combination
Ingredients: Codonopsis (党参, Dang Shen), Processed White Atractylodes (炒白术, Chao Bai Zhu), Hoelen (茯苓, Fu Ling), Processed Licorice (炙甘草, Zhi Gan Cao), Saussurea (木香, Mu Xiang), White Peony (白芍, Bai Shao), Processed Citrus (炒陈皮, Chao Chen Pi), Siler (防风, Fang Feng), Curculigo (天仙茅, Tian Xian Mao), Psoralea (补骨脂, Bu Gu Zhi), Processed Ginger (炮姜, Pao Jiang)
Indications: Irritable bowel syndrome with the symptoms of diarrhea, frequency of bowel movements, watery stool, gurgling stomach, bloating, abdominal cramps, irritation and partial distention of the anus.
Comments: This prescription is suitable for the diarrhea type of irritable bowel syndrome. It focuses on the balance of the spleen, kidney and liver. Dr. Jin Zhong Da of Chang Shou First People's Hospital of Jiang Su province, treated 32 cases with this formula. After the treatment, 24 patients recovered, and six improved for an effectiveness rate of 93.75%.

Nonspecific Ulcerative Colitis 非特异性溃疡性结肠炎

Item #: B067

Name: 保元汤

Bao Yuan Tang

Astragalus & Notoginseng Combination

Ingredients: *Astragalus* (黄芪, Huang Qi), *Codonopsis* (党参, Dang Shen), *Bletilla Tuber* (白芨, Bai Ji), *Licorice* (甘草, Gan Cao), *Atractylodes* (苍术, Cang Zhu), *Agastache* (藿香, Huo Xiang), *Zanthoxylum Peel* (花椒, Hua Jiao), *Cinnamon Bark* (肉桂, Rou Gui), *Notoginseng* (三七, San Qi), *Terminalia* (诃子, He Zi)

Indications: Chronic ulcerative colitis with the symptoms of diarrhea, stool with blood or mucous, sensation of heaviness or pressure after bowel movement, pain in the lower left side of the abdomen, lack of appetite, bloated stomach, nausea, vomiting, enlarged liver, fatigue, low fever, emaciation, and pale complexion due to dampness and deficiency of spleen and kidney.

Comments: This prescription can regulate the immune system, improve the constitution, and reduce the destruction of the large intestine.

Stomachache 腹痛

Item #: D045

Name: 丹金二香汤

Dan Jin Er Xiang Tang

Salvia & Melia Combination

Ingredients: *Salvia* (丹参, Dan Shen), *Melia* (川楝子, Chuan Lian Zi), *Corydalis Tuber* (元胡, Yuan Hu), *Amomum Fruit* (砂仁, Sha Ren), *Processed Licorice* (炙甘草, Zhi Gan Cao), *Processed White Peony* (炒白芍, Chao Bai Shao), *Sandalwood* (檀香, Tan Xiang), *Aquilaria* (沉香, Chen Xiang), *Raw Ginger* (生姜, Sheng Jiang)

Indications: Acute and chronic stomachache with the symptoms of repeated attacks, heartburn, acid regurgitation, vomiting, burping, lack of appetite and nausea.

Comments: In a study of 52 patients with this condition, 51 patients recovered within three days of treatment with the above preparation. This study was done in Hu Bei province, Jiang Ling County, Jiang Bei Hospital.

Item #: F085

Name: 附子理中汤

Fu Zi Li Zhong Tang

Aconite, Codonopsis & Ginger Combination

Ingredients: *Aconite* (制附子, Zhi Fu Zi), *Codonopsis* (党参, Dang Shen), *White Atractylodes* (白术, Bai Zhu), *Dried Ginger* (干姜, Gan Jiang), *Licorice* (甘草, Gan Cao)

Indications: Insufficiency of yang in the spleen and stomach, manifested as abdominal cold-pain, vomiting, diarrhea, and cold limbs.

Comments: Warms the middle-jiao and invigorates the spleen.

Item #: S130

Name: 舒肝和胃丸

Shu Gan He Wei Wan

Pinellia & Licorice Combination

Ingredients: *Processed Pinellia* (姜半夏, Jiang Ban Xia), *Licorice* (甘草, Gan Cao), *Processed Citrus* (陈皮, Chao Chen Pi), *White Peony* (白芍, Bai Shao), *Lindera* (乌药, Wu Yao), *Curcuma Root* (郁金, Yu Jin), *Processed Blue Citrus* (青皮, Chao Qing Pi), *Magnolia Bark* (厚朴, Hou Po), *Katsumadai Seed* (草豆蔻, Cao Dou Kou), *Medicated Leaven* (炒神曲, Chao Shen Qu), *Processed Aurantium Fruit* (炒枳壳, Chao Zhi Qiao), *Chinese Angelica Root* (当归, Dang Gui), *Areca Seed* (槟榔, Bin Lang), *Amomum Fruit* (砂仁, Sha Ren), *Bupleurum* (柴胡, Chai Hu), *Processed Crataegus* (焦山楂, Jiao Shan Zha), *Senna Leaf* (番泻叶, Fan Xie Ye)

Indications: Fullness and distention in the chest and hypochondrium, gastric discomfort with acid regurgitation, nausea and vomiting caused by the incoordination between the liver and the stomach.

Comments: Soothes the liver and regulates the function of the stomach. While using, restrain from anger and depression, and avoid raw, cold, greasy, pungent, and hot foods.

Item #: W035

Name: 戊己丸

Wu Ji Wan

Coptis & Peony Combination

Ingredients: *Coptis* (黄连, Huang Lian), *Evodia* (吴茱萸, Wu Zhu Yu), *White Peony* (白芍, Bai Shao)

Indications: Incoordination between the liver and the stomach, marked by bitter taste, gastric upset, vomiting and acid regurgitation, abdominal pain, and dysentery.

Comments: Purging liver-fire and regulating the functions of the spleen and stomach.

Item #: Y110
Name: 元胡止痛饮
Yuan Hu Zhi Teng Yin
Corydalis Tuber Combination
Ingredients: *Corydalis Tuber* (元 胡 , Yuan Hu), *Angelica* (白 芷 , Bai Zhi)
Indications: Incoordination between the liver and stomach manifested as gastric pain, dysmenorrhea, hepatalgia, and headache.
Comments: Arrests pain by regulating *qi* and removes blood stasis by promoting blood circulation.

Item #: Z120
Name: 左金丸
Zuo Jin Wan
Coptis & Evodia Combination
Ingredients: *Coptis* (黄 连 , Huang Lian), *Evodia* (吴 茱 萸 , Wu Zhu Yu)
Indications: Dominant liver-fire attacking the stomach, manifested as pain in the hypochondriac region, bitter taste, gastric upset, vomiting and acid regurgitation, dislike of hot drinks.
Comments: Purges liver-fire, disperses the depressed liver *qi*, regulates the stomach *qi*, and alleviates pain.

Acute Urinary Tract Infection 急性泌尿系感染

Item #: B015
Name: 八正散
Ba Zheng San
Dianthus Formula
Ingredients: *Plantain Seed* (车 前 子 , Che Qian Zi), *Dianthus* (瞿 麦 , Qu Mai), *Knotweed Grass* (扁 蓄 , Bian Xu), *Talc* (滑 石 , Hua Shi), *Gardenia* (梔 子 , Zhi Zi), *Processed Licorice* (炙 甘 草 , Zhi Gan Cao), *Aristolochiae* (关 木 通 , Guan Mu Tong), *Rhubarb* (大 黄 , Da Huang)
Indications: Acute urethritis, cystitis, pyelitis, stone or infection in urinary system marked by stranguria due to dampness and heat, with the symptoms of subjective sensation of spasmodic distention and fullness of the lower abdomen, distending pain in the loins and abdomen, dribbling urination, cloudy and dark urine, frequent and urgent micturition or retention of urine, dryness of mouth and throat, red tongue with yellow coating, and slippery forceful pulse.
Comments: Modern research has proven that this formula has the effects of relieving inflammation and pain and allaying fever. Because it is bitter in flavor and cold in nature, this formula is indicated for stranguria. It is contraindicated in the debilitated and in pregnancy.

Item #: D075
Name: 导赤散
Dao Chi San
Rehmannia & Akebia Formula
Ingredients: *Rehmannia* (生 地 黄 , Sheng Di Huang), *Aristolochiae* (关 木 通 , Guan Mu Tong), (甘 草 , Gan Cao), *Lophatherum* (竹 叶 , Zhu Ye)
Indications: Gastritis, vegetative nerve functional disturbance, cystitis, pyelitis and insomnia which pertain to the domination of heat in the heart channel with the symptoms of an irritable feverish sensation in the chest, thirst, flushed face, desire for cold drinks, oral ulceration, or scanty and dark urine and difficulty and pain in micturition.
Comments: Modern research shows that this formula can relieve inflammation, allay fever, induce diuresis, and tranquilize the mind. Because one of the main herbs in this formula is bitter in flavor and cold in nature, it should be carefully administered in patients with weakness of the spleen and stomach.

Item #: Q046
Name: 清淋汤
Qing Lin Tang
Dandelion & Eclipta Combination
Ingredients: *Dandelion* (蒲 公 英 , Pu Gong Ying), *Eclipta* (旱 莲 草 , Mo Han Lian), *Gardenia* (梔 子 , Zhi Zi), *Processed Scutellaria* (酒 黄 芩 , Jiu Huang Qin), *Leonurus* (益 母 草 , Yi Mu Cao), *Plantain Herb* (车 前 草 , Che Qian Cao), *Desmodium* (广 金 钱 草 , Guang Jin Qian Cao), *Sargentoloryvine* (红 藤 , Hong Teng), *Knotweed Grass* (扁 蓄 , Bian Xu), *Imperata* (白 茅 根 , Bai Mao Gen), *Licorice* (甘 草 , Gan Cao)
Indications: Urinary tract infection caused by dampness and heat of low warmer with the symptoms of high fever, chill, aching muscles, frequency, urgency, and pain in urination, nausea, vomiting, bloating, diarrhea, lack of appetite, and lower back pain, or blood in urine.
Comments: Dr. Jiang Xiu Huang studied a group of 150 patients with urinary tract infections. After treatment with this formula, 86.6% of the bacteria cultures were negative. Out of 50 patients with acute urinary tract infections, 47 recovered and two improved. Out of 46 patients with chronic urinary tract infections, 42 recovered and three improved. Finally, out of 54 patients with bladder infections, 100% recovered.

Acute Glomerulonephritis 急性肾小球肾炎

Item #: F010
Name: 防己黄芪汤
Fang Ji Huang Qi Tang
Stephania & Astragalus Combination
Ingredients: *Stephania* (防己, Fang Ji), *Astragalus* (黄芪, Huang Qi), *Processed Licorice* (炙甘草, Zhi Gan Cao), *White Atractylodes* (白术, Bai Zhu), *Raw Ginger* (生姜, Sheng Jiang), *Jujube* (大枣, Da Zao)
Indications: Acute or chronic nephritis, nephritic syndrome, cardiac edema and renal edema manifested as wind-edema or wind-dampness syndrome, with the symptoms of perspiration, aversion to wind, heavy sensation of the body, oliguria, pale tongue with white coating, and floating pulse.
Comments: Modern research has indicated that this combination has the effects of inducing diuresis, alleviating edema, relieving pain and spasm, promoting blood circulation, improving immunity and preventing allergic reactions. This formula is indicated for edema due to *qi* deficiency but not fit for edema of excess type.

Item #: Z070
Name: 猪苓汤
Zhu Ling Tang
Polyporus Combination
See Chronic Gastritis Pg. 13

Chronic Glomerulonephritis 慢性肾小球肾炎

Item #: F010
Name: 防己黄芪汤
Fang Ji Huang Qi Tang
Stephania & Astragalus Combination
See Acute Glomerulonephritis Above

Item #: S050
Name: 肾康宁
Shen Kang Ning
Astragalus & Alisma Combination
Ingredients: *Astragalus* (黄芪, Huang Qi), *Salvia* (丹参, Dan Shen), *Hoelen* (茯苓, Fu Ling), *Alisma* (泽泻, Ze Xie), *Leonurus* (益母草, Yi Mu Cao), *Processed Aconite* (制附子, Zhi Fu Zi), *Cynomorium* (锁阳, Suo Yang), *Dioscorea* (山药, Shan Yao)
Indications: Deficiency of kidney *yang* manifested as soreness in the waist, fatigue, aversion to cold, and excessive nocturia caused by chronic nephritis and renal insufficiency.
Comments: Warms the kidney, replenishes *qi*, regulates the blood, and eliminates dampness.

Item #: Z020
Name: 真武汤
Zhen Wu Tang
Vital Energy Combination
Ingredients: *Hoelen* (茯苓, Fu Ling), *White Peony* (白芍, Bai Shao (Sheng)), *White Atractylodes* (白术, Bai Zhu), *Raw Ginger* (生姜, Sheng Jiang), *Processed Aconite* (制附子, Zhi Fu Zi)
Indications: Nephritic syndrome, alimentary edema, cardiac edema, chronic nephritis, hypothyroidism, hypopituitarism, chronic gastroenteritis, and other conditions marked by the syndrome of retention of fluid in the body due to deficiency *yang* of the spleen and kidney, with the symptoms of oliguria, heavy sensation and pain of the limbs, abdominal pain and diarrhea or edema, white tongue coating, absence of thirst, and deep pulse.
Comments: Modern research has concluded that this combination has the effects of promoting circulation and metabolism.

Edema 水肿

Item #: W045
Name: 五苓散
Wu Ling San
Hoelen Five-Herb Formula
See Acute Gastroenteritis Pg. 12

Item #: Z020
Name: 真武汤
Zhen Wu Tang
Vital Energy Combination
See Chronic Glomerulonephritis Pg. 26

Frequent Urination 尿频

Item #: S015
Name: 桑螵蛸散
Sang Piao Xiao San
Mantis Formula

Ingredients: *Mantis Egg Case* (桑螵蛸, Sang Piao Xiao), *Processed Polygala Root* (炙远志, Zhi Yuan Zhi), *Acorus* (石菖蒲, Chang Pu), *Dragon Bone* (龙骨, Long Gu), *Ginseng* (人参, Ren Shen), *Hoelen Spirit* (茯神, Fu Shen), *Chinese Angelica Root* (当归, Dang Gui), *Processed Tortoise Plastron* (炙龟板, Zhi Gui Ban)

Indications: Enuresis in children, frequent urination, insomnia and amnesia, polyuria, diuresis, or *diabetes insipidus* due to some disorders of endocrine function manifested as deficiency of both the heart and the kidney causing loss of controlling function of the urinary bladder, with the symptoms of frequent urination, enuresis, emission, amnesia, dreaminess, pale tongue with whitish coating, and thready, slow, and faint pulse.

Comments: Modern research has proven that this formula has tranquilizing, strengthening, and antidiuretic effects. It is contraindicated in patients with urinary tract infection.

Gonorrhea 淋病

Item #: T055
Name: 土茯苓薏米煎
Tu Fu Ling Yi Mi Jian
Smilax & Coix Combination

Ingredients: *Smilax* (土茯苓, TuFu Ling), *Coix* (生苡仁, Sheng Yi Ren), *Oriental Wormwood* (茵陈, Yin Chen), *Imperata* (白茅根, Bai Mao Gen), *Talc* (滑石, Hua Shi), *Licorice* (甘草, Gan Cao), *Processed Scutellaria* (酒黄芩, Jiu Huang Qin), *Phellodendron* (黄柏, Huang Bo), *Coptis* (黄连, Huang Lian), *Gardenia* (栀子, Zhi Zi), *Lonicera* (金银花, Jin Yin Hua), *Forsythia* (连翘, Lian Qiao)

Indications: Gonorrhea with the symptoms of burning or painful sensation in the urethra which worsens during urination, urgency, frequency or difficulty in urination, yellow discharge or cloudy urine, fever, lack of appetite, fatigue, or blood in urine due to dampness and heat in lower warmer.

Comments: This prescription is effective for acute cases of gonorrhea. For best results, use this in conjunction with penicillin or tetracycline. It is recommended to use a combination of Ku Shen, Ye Ju Hua, Jin Yin Hua, Huang Bo, She Qian Zi, and Ce Bo Ye for external cleansing of the urethra once a day. For chronic gonorrhea with the symptom of lower back pain, kidney strengthening herbs should be added to this prescription.

Bell Palsy 面神经麻痹

Item #: Q015
Name: 牵正汤
Qian Zheng Tang
Giant Typhomium & Cinnamon Combination

Ingredients: *Scorpion* (全蝎, Quan Xie), *Centipede* (蜈蚣, Wu Gong), *Silkworm* (僵蚕, Jiang Can), *Wild Ginger* (细辛, Xi Xin), *Cinnamon Twigs* (桂枝, Gui Zhi), *Giant Typhomium* (白附子, Bai Fu Zi), *Cnidium* (川芎, Chuan Xiong), *Angelica* (白芷, Bai Zhi), *Notopterygium Root* (羌活, Qiang Huo), *Siler* (防风, Fang Feng), *Astragalus* (黄芪, Huang Qi), *Salvia* (丹参, Dan Shen), *Licorice* (甘草, Gan Cao), Dang Gui (当归, Dang Gui)

Indications: Bell Palsy, facial paralysis.

Comments: The combined application of acupuncture and cupping therapy with this prescription produces the best result. It is recommended to eat a piece of the white part of a scallion before taking this preparation in order to receive the desired result. In a study of 128 patients with facial paralysis, 98.7 % improved with three to 20 days of treatment with this prescription.

Sequelae of Apoplexy (Stroke) 脑中风后遗症

- Item #:** B115
Name: 补阳还五汤
Bu Yang Huan Wu Tang
Dang Gui, Astragalus & Lumbricus Combination
Ingredients: *Astragalus* (黄芪, Huang Qi), *Dang Gui Tail* (当归尾, Dang Gui Wei), *Cnidium* (川芎, Chuan Xiong), *Red Peony* (赤芍, Chi Shao), *Persica* (桃仁, Tao Ren), *Carthamus* (红花, Hong Hua), and *Lumbricus* (地龙, Di Long)
Indications: Sequelae of cerebrovascular accident, sequelae of infantile paralysis or disturbance of extremity movement due to other diseases marked by the syndrome of blood stasis due to deficiency of *qi*, with the symptoms of paralysis of one side, deviation of the eye and mouth, intricate and obscure speech, involuntary drooling, atrophy and disability of lower limbs, frequent urination or involuntary enuresis, white tongue coating and a slow pulse.
Comments: This combination can dilate the blood vessels of the brain, promote blood circulation, remove stagnated blood, relieve the state of insufficiency of blood supply, strengthen fibrinolytic activity, check platelet aggregation, retard thrombosis and promote absorption of extravascular auto-blood and clot. It can only be used on the conscious patient with normal body temperature and arrested bleeding. It is contraindicated in syndromes such as up-stirring of liver-wind, stagnation of phlegm in the channels, and blood heat due to deficiency of *yin*. The dosage of astragalus root usually begins with 30 to 60 grams and then is gradually increased to 120 grams. The patient must continue to take the preparation after recovery for a certain period to prevent relapse.
- Item #:** Q070
Name: 祛瘀通脉汤
Qu Yu Tong Mai Tang
Astragalus & Cinnamon Combination
Ingredients: *Astragalus* (黄芪, Huang Qi), *Cinnamon Twigs* (桂枝, Gui Zhi), *Chinese Angelica Root* (当归, Dang Gui), *Lumbricus* (地龙, Di Long), *Cyathulae* (川牛膝, Chuan Niu Xi), *Cnidium* (川芎, Chuan Xiong), *Salvia* (丹参, Dan Shen), *Persica* (桃仁, Tao Ren), *Licorice* (甘草, Gan Cao)
Indications: Sequelae of apoplexy with the symptoms of hemiplegia, facial paralysis, stuttering, memory loss, and dysphasia due to deficiency of *qi* and blood stasis.
Comments: This prescription is not suitable for the early stage of stroke.
- Item #:** T020
Name: 天麻丸
Tian Ma Wan
Gastrodia Combination
Ingredients: *Gastrodia* (天麻, Tian Ma), *Notopterygium Root* (羌活, Qiang Huo), *Pubescent Angelica Root* (独活, Du Huo), *Cyathulae* (川牛膝, Chuan Niu Xi), *Tokoro* (萆解, Bi Xie), *Processed Aconite* (制附子, Zhi Fu Zi), *Chinese Angelica Root* (当归, Dang Gui), *Rehmannia* (生地黄, Sheng Di Huang), *Scrophularia* (玄参, Xuan Shen), *Eucommia* (杜仲, Du Zhong)
Indications: Symptoms due to apoplexy involving the channels such as stiff limbs, numb hands and feet, lassitude and pain in the loins and legs, difficulty in walking, and rheumatic arthritis and hemiplegia caused by sequel of stroke.
Comments: Expels wind and removes dampness, relaxes muscles and tendons, activates the flow of *qi* and blood in the channels and collaterals, and promotes blood circulation to relieve pain.
- Item #:** X145
Name: 血府逐瘀汤
Xue Fu Zhu Yu Tang
Persica & Carthamus Combination
See Coronary Heart Disease Pg. 10

Trigeminal Neuralgia 三叉神经痛

- Item #:** S005
Name: 三叉方
San Cha Fang
Cnidium & Angelica Combination
Ingredients: *Cnidium* (川芎, Chuan Xiong), *Dang Gui* (当归, Dang Gui), *Persica* (桃仁, Tao Ren), *Red Peony* (赤芍, Chi Shao), *Processed White Peony* (炒白芍, Chao Bai Shao), *Angelica* (白芷, Bai Zhi), *Uncaria* (钩藤, Gou Teng), *Scorpio* (全蝎, Quan Xie), *Scolopendra* (蜈蚣, Wu Gong), *Myrrh* (没药, Mo Yao), *Lumbricus* (地龙, Di Long)
Indications: Trigeminal neuralgia with the symptoms of facial pain that is paroxysmal and either burning, shooting, or stabbing; facial tics, rash in affected area, watery eyes, or runny nose.

Comments: This prescription can adjust the circulation to release pressure on the trigeminal nerve and reduce pain. Dr. Huang Dong Du from the Zhe Jiang Jiao Jiang City Hospital studied 42 patients with a history of two to eight years of trigeminal neuralgia. After seven to 25 days of treatment with this formula, 100% of the patients recovered. After one year, 30 of the patients had experienced no recurrence of symptoms, and 12 experienced recurrence only of reduced pain after six months.

Anemia 贫血

Item #: X140

Name: 血复康

Xue Fu Kang

Astragalus & Fleece-flower Root Combination

Ingredients: *Processed Astragalus* (蜜黄芩, Huang Qi), *Processed Rehmannia* (熟地黄, Shu Di Huang), *Processed Fleece-flower Root* (制何首乌, Zhi He Shou Wu), *Ganoderma* (灵芝, Ling Zhi), *Dang Gui* (当归, Dang Gui)

Indications: Deficiency of both *qi* and blood anemia as found from blood tests with the symptoms of fatigue, dizziness, blurry vision, tinnitus, pale complexion, palpitation, insomnia, tingling sensation in the limbs, irregular menstruation or amenorrhea.

Comments: This prescription has the effects of stimulating the immune system as well as increasing the white blood cell, red blood cell, and platelet counts and the hemoglobin level. In a study of 100 patients, Dr. Li Yun Bao from Wu Han First Hospital found this prescription to be 95% effective for leukopenia, 87% effective for general anemia, and 78% effective for low platelet count. One to three months of treatment.

Item #: Z005

Name: 再障生血饮

Zai Zhong Sheng Xue Yin

Ginseng & Gelatin Combination.

Ingredients: *Ginseng* (人参, Ren Shen), *Astragalus* (黄芪, Huang Qi), *Gelatin* (阿胶, E Jiao)

Indications: Deficiency of both *qi* and blood, consumption and loss of blood, and specific for aplastic anemia, iron-deficiency anemia, nutritional anemia, thrombocytopenic purpura, drug-induced or autoimmunity hemolytic anemia, anemia due to chronic diseases, leukopenia, hypoleukocytosis after chemical therapy, etc.

Comments: Strengthens the spleen, tonifies the kidney, supplements *qi*, and nourishes blood.

Arthritis 关节炎

Item #: B072

Name: 痹痛灵

Bi Tong Ling

Cinnamon & Coix Combination

Ingredients: *Coix* (薏苡仁, Yi Yi Ren), *Cyathulae* (川牛膝, Chuan Niu Xi), *Atractylodes* (苍术, Cang Zhu), *Licorice* (甘草, Gan Cao), *Chaenomeles* (木瓜, Mu Gua), *Processed Cyperus* (制香附, Zhi Xiang Fu), *Stephania* (防己, Fang Ji), *Chinese Angelica Root* (当归, Dang Gui), *Notopterygium* (羌活, Qiang Huo), *Mastic* (乳香, Ru Xiang), *Myrrh* (没药, Mo Yao), *Persica* (桃仁, Tao Ren), *Carthamus* (红花, Hong Hua), *Lumbricus* (地龙, Di Long), *Cinnamon Twigs* (桂枝, Gui Zhi), *Perilla Stalk* (苏梗, Su Geng), *Lindera* (乌药, Wu Yao), *Gentian Root* (秦艽, Qin Jiao)

Indications: Arthritis with damp-cold symptoms of migratory joint pain, inflamed joints, and difficulty in motion which worsen in damp, cold weather.

Comments: This prescription is suitable for both acute and chronic rheumatic arthritis. It is safe for long term use.

Item #: D025

Name: 大秦艽汤

Da Qin Jiao Tang

Major Qin Jiao Combination

Ingredients: *Gentian Root* (秦艽, Qin Jiao), *Licorice* (甘草, Gan Cao), *Cnidium* (川芎, Chuan Xiong), *Chinese Angelica Root* (当归, Dang Gui), *White Peony* (白芍, Bai Shao), *Wild Ginger* (细辛, Xi Xin), *Notopterygium Root* (羌活, Qiang Huo), *Siler* (防风, Fang Feng), *Processed Scutellaria* (酒黄芩, Jiu Huang Qin), *Gypsum* (石膏, Shi Gao), *Angelica* (白芷, Bai Zhi), *White Atractylodes* (白术, Bai Zhu), *Rehmannia* (生地黄, Sheng Di Huang), *Processed Rehmannia* (熟地黄, Shu Di Huang), *Hoelen* (茯苓, Fu Ling), *Pubescent Angelica Root* (独活, Du Huo)

Indications: Arthritis and attacks of *exopathic wind on the channels* with symptoms of numbness of the muscles, skin, hands and feet, sudden deviation of the eye and mouth, failure to move the hands and feet, white tongue coating and floating pulse.

Comments: Modern studies have shown that this combination has the effects of relieving inflammation, allaying fever, tranquilizing the mind, arresting pain, and promoting blood circulation.

- Item #:** D100
Name: 独活寄生汤
Du Huo Ji Sheng Tang
Pubescent Angelica & Loranthus Combination
- Ingredients:** *Pubescent Angelica Root* (独活, Du Huo), *Loranthus* (桑寄生, Sang Ji Sheng), *Eucommia* (杜仲, Du Zhong), *Achyranthes* (牛膝, Niu Xi), *Wild Ginger* (细辛, Xi Xin), *Gentian Root* (秦艽, Qin Jiao), *Hoelen* (茯苓, Fu Ling), *Cinnamon Bark* (肉桂, Rou Gui), *Siler* (防风, Fang Feng), *Cnidium* (川芎, Chuan Xiong), *Ginseng* (人参, Ren Shen), *Licorice* (甘草, Gan Cao), *Chinese Angelica Root* (当归, Dang Gui), *White Peony* (白芍, Bai Shao (Sheng)), *Rehmannia* (生地黄, Sheng Di Huang)
- Indications:** Chronic arthritis, chronic lumbago, sciatica, and chronic rheumatic arthritis with deficiency of the liver and kidney, with the symptoms of cold and pain of the loins and knees, limited movement, soreness, weakness or numbness of the joints, preference to warmth and aversion to cold, pale tongue with white coating, and deep and feeble pulse.
- Comments:** Modern research has proven that this formula has the effects of strengthening the resistance of the body, tranquilizing the mind, relieving pain and spasm, promoting circulation, relieving inflammation, and subduing edema.
- Item #:** J110
Name: 九味羌活丸
Jiu Wei Qiang Huo Tang
Notopterygium Nine Combination
- Ingredients:** *Notopterygium Root* (羌活, Qiang Huo), *Siler* (防风, Fang Feng), *Atractylodes* (苍术, Cang Zhu), *Wild Ginger* (细辛, Xi Xin), *Cnidium* (川芎, Chuan Xiong), *Angelica* (白芷, Bai Zhi), *Rehmannia* (生地黄, Sheng Di Huang), *Processed Scutellaria* (酒黄芩, Jiu Huang Qin), *Licorice* (甘草, Gan Cao)
- Indications:** Influenza, lumbago, sciatica, and rheumatic arthritis due to the attack of exogenous wind-cold-dampness on the body surface with interior heat with the symptoms of chill and fever, absence of perspiration, headache with stiff neck, aching pain of the extremities, bitter taste in the mouth with thirst, white and slippery coating of the tongue, and floating pulse.
- Comments:** Modern research has confirmed that this preparation has the effects of inducing diaphoresis, reducing fever, tranquilizing the mind, alleviating pain, promoting diuresis, and relieving inflammation. Patients with weakness of vital energy and deficiency of yin are prohibited from taking this prescription.
- Item #:** M050
Name: 木瓜丸
Mu Gua Wan
Chaenomeles Fruit Combination
- Ingredients:** *Chaenomeles* (木瓜, Mu Gua), *Chinese Angelica Root* (当归, Dang Gui), *Cnidium* (川芎, Chuan Xiong), *Angelica* (白芷, Bai Zhi), *Clematis* (威灵仙, Wei Ling Xian), *Cibotium* (金狗脊, Jin Gou Ji), *Achyranthes* (牛膝, Niu Xi), *Milettia* (鸡血藤, Ji Xue Teng), *Ginseng* (人参, Ren Shen), *Processed Sichuan Aconite Root* (制川乌, Zhi Chuan Wu), *Processed Wild Aconite Root* (制草乌, Zhi Cao Wu)
- Indications:** Arthralgia syndrome due to wind-cold-dampness marked by numb limbs, pantalgia, debility of loins and legs, dysbasia, etc.
- Comments:** Sending down the abnormally ascending qi and resolving phlegm, warming the kidney and improving inspiration.
- Item #:** Q020
Name: 羌桂防己地黄汤
Qiang Gui Fang Ji Di Huang Tang
Notopterygium & Cinnamon Combination
- Ingredients:** *Stephania* (防己, Fang Ji), *Rehmannia* (生地, Sheng Di Huang), *Cinnamon Twigs* (桂枝, Gui Zhi), *Siler* (防风, Fang Feng), *Licorice* (甘草, Gan Cao), *Notopterygium Root* (羌活, Qiang Huo), *Dandelion* (蒲公英, Pu Gong Ying)
- Indications:** Active rheumatic arthritis due to wind-heat dampness with the symptoms of migratory joint pain with fever and sore throat, palpitation, thirst, or constipation.
- Comments:** This prescription is not suitable for chronic arthritis.
- Item #:** Q025
Name: 羌活胜湿汤
Qiang Huo Sheng Shi Tang
Notopterygium Combination
- Ingredients:** *Notopterygium Root* (羌活, Qiang Huo), *Pubescent Angelica Root* (独活, Du Huo), *Ligusticum Root* (藁本, Gao Ben), *Siler* (防风, Fang Feng), *Processed Licorice* (炙甘草, Zhi Gan Cao), *Cnidium* (川芎, Chuan Xiong), *Vitex Fruit* (蔓荆子, Man Jing Zi)
- Indications:** Sciatica, and chronic rheumatic arthritis ascribed to the syndrome of attack of wind-damp on the body surface, with the symptoms of heavy sensation and pain of the head and the body or general aching and difficulty in turning around or sideways, slight aversion to wind and cold, white coating on the tongue, and floating and slow pulse.

Comments: Modern research has proven that this combination has the great effect of relieving pain, and is effective in inducing diaphoresis, promoting blood circulation, resisting viruses, and inducing diuresis. Since this formula is for relieving the exterior syndrome by dispelling wind and dampness with herbs that are pungent in flavor and warm in nature, it is contraindicated in patients suffering from the common cold with perspiration.

Item #: W025

Name: 温经通络汤

Wen Jing Tong Luo Tang

Coix & Notopterygium Combination

Ingredients: *Coix* (薏苡仁, Yi Ren (Sheng)), *Cyathulae* (川牛膝, Chuan Niu Xi), *Atractylodes* (苍术, Cang Zhu), *Licorice* (甘草, Gan Cao), *Chaenomeles* (木瓜, Mu Gua (Xuan)), *Processed Cyperus* (制香附, Zhi Xiang Fu), *Stephania* (防己, Fang Ji), *Dang Gui* (当归, Dang Gui), *Notopterygium* (羌活, Qiang Hou), *Mastic* (乳香, Ru Xiang), *Myrrh* (没药, Mo Yao), *Persica* (桃仁, Tao Ren), *Carthamus* (红花, Hong Hua), *Earthworm* (地龙, Di Long), *Cinnamon Twigs* (桂枝, Gui Zhi), *Perilla Stalk* (苏梗, Su Geng), *Lindera* (乌药, Wu Yao), *Gentian Root* (秦艽, Qin Jiao).

Indications: Cold-damp type of arthritis with the symptoms of migratory joint pain, swelling, inflammation, burning sensation, severe pain, and sensitivity to cold and dampness.

Comments: Dr. Zhu Si Chun of Kua Zi Zhuang Clinic in Ha Bei province, Feng Nan County, treated 306 cases with this formula. After treatment, 81% recovered and 14.4% showed improvement. This prescription can warm the meridians and dispel cold and dampness, nourish the qi and blood, remove blood stasis and reduce pain.

Item #: X070

Name: 小活络丹

Xiao Huo Luo Dan

Arisaema Combination

Ingredients: *Processed Sichuan Aconite Root* (制川乌, Zhi Chuan Wu), *Processed Wild Aconite Root* (制草乌, Zhi Cao Wu), *Earthworm* (地龙, Di Long), *Arisaema* (天南星, Zhi Nan Xing), *Mastic* (乳香, Ru Xiang), *Myrrh* (没药, Mo Yao)

Indications: Arthritis, lumbago, neck-shoulder-wrist syndrome, frozen shoulder, arthrosis deformans, chronic rheumatic arthritis, and other syndromes of stagnation of wind-dampness in the channels with the symptoms of numbness of the hands and feet, or pain of limbs, muscles and bones, or pain of arms and legs.

Comments: Modern research has proven that this combination has the effects of relieving pain and spasm, tranquilizing the mind, relieving inflammation, removing phlegm, inducing diuresis, and promoting blood circulation. Because this combination consists of drastic herbs, it is indicated for persistent cases without deficiency symptoms. It is contraindicated in patients with fever due to yin deficiency and in pregnancy.

Depression 抑郁症

Item #: X105

Name: 逍遥丸

Xiao Yao Wan

Bupleurum & Dang Gui Formula

See Hepatitis Pg. 22

Diabetes 糖尿病

Item #: Y105

Name: 玉泉丸

Yu Quan Wan

Jade Spring Formula

Ingredients: *Pueraria* (葛根, Ge Gen), *Tricosanthes Root* (天花粉, Tian Hua Fen), *Rehmannia* (生地黄, Sheng Di Huang), *Ophiopogon Root* (麦冬, Mai Dong)

Indications: Deficiency of yin manifested as diabetes.

Comments: Promotes the production of body fluid to relieve thirst, clears away heat to arrest irritability, and nourishes yin and the kidney.

Eczema 湿疹

Item #: S122
Name: 湿疹方
Shi Zhen Fang
Lonicera & Smilax Combination
Ingredients: *Lonicera Flower* (金银花, Jin Yin Hua), *Chrysanthemum* (菊花, Ju Hua), *Coptis* (黄连, Huang Lian), *Smilax* (土茯苓, Tu Fu Ling), *Coix* (薏苡仁, Yi Yi Ren), *Siler* (防风, Fang Feng), *Cicada* (蝉退, Chan Tui), *Licorice* (甘草, Gan Cao)
Indications: Wind-dampness manifested as eczema with the symptoms of skin rash, burning sensation, itching, blisters, skin erosion in the acute stage, dryness, scabbing, and flaking in the subacute stage.
Comments: This prescription is suitable for acute or subacute types of eczema. If the eczema is localized, the prescription should be used externally. If the eczema is all over the body, it should be taken internally.

Fatigue 疲劳症

Item #: B105
Name: 补肾健身汤
Bu Shen Jian Shen Tang
Ligustrum Combination
Ingredients: *Epimedium* (淫羊藿, Yin Yang Huo), *Cherokee Rose-Hip* (金樱子, Jin Ying Zi), *Cibotium* (金狗脊, Jin Gou Ji), *Cuscuta* (菟丝子, Tu Si Zi), *Processed Ligustrum* (酒女贞子, Jiu Nu Zhen Zi)
Indications: Deficiency of kidney manifested as dizziness, tinnitus, soreness in loins and weakness of legs, blurred vision, palpitation, impotence, spermatorrhea.
Comments: Reinforces the kidney and strengthens the body.

Item #: B120
Name: 补中益气汤
Bu Zhong Yi Qi Tang
Ginseng & Astragalus Combination
Ingredients: *Astragalus* (黄芪, Huang Qi), *Processed Licorice* (炙甘草, Zhi Gan Cao), *Ginseng* (人参, Ren Shen), *Chinese Angelica Root Processed with Wine* (酒当归, Jiu Dang Gui), *Processed Citrus* (炒陈皮, Chen Pi (Chao)), *Cimicifuga* (升麻, Sheng Ma), *Bupleurum* (柴胡, Chai Hu), *Processed White Atractylodes* (炒白术, Chao Bai Zhu)
Indications: Syndromes due to deficiency of the spleen and stomach such as hypotension, chronic headache, functional disturbance of the vegetative nerve, chronic gastroenteritis, myasthenia gravis, gastrotonia, prolapsed rectum or uterus, floating kidney, chronic bleeding, postpartum subinvolution of the uterus, menorrhagia, allergic purpura, chronic low fever and other chronic disorders, and recovery after illness or operation, with the symptoms of fever with perspiration, headache with aversion to cold, thirst with desire for hot drink, short breath and disinclination to talk; or loss of appetite, lassitude of the extremities, pale tongue with a whitish coating, deficient and weak pulse.
Comments: Modern studies have confirmed that this formula has the effects of improving the cellular immune function, promoting metabolism, improving the excitement of the cerebral cortex, promoting the tension of skeletal muscles, smooth muscles and supporting tissue, and promoting digestion and absorption.

Item #: R015
Name: 人参归脾汤
Ren Shen Gui Pi Tang
Ginseng & Longan Combination
See Palpitation Pg. 11

Item #: S095
Name: 生脉散
Sheng Mai San
Ginseng & Ophiopogon Formula
Ingredients: *Ginseng* (人参, Ren Shen), *Ophiopogon Root* (麦冬, Mai Dong), *Schizandra* (五味子, Wu Wei Zi)
Indications: Chronic disorders with the symptoms of general debility, shortness of breath, disinclination to talk, thirst with profuse sweat, dry tongue and throat, deficient and weak pulse, or impairment of the lung due to chronic cough, dry cough with shortness of breath, spontaneous perspiration or palpitation, and faint pulse with tendency to exhaustion due to impairment of both qi and yin.
Comments: Clinically and experimentally, it has been proven that this formula is effective for reinforcing the function of the heart, ascending blood pressure, promoting digestion and absorption, strengthening the general functions, inducing diuresis, arresting sweat, maintaining the body fluid, and nourishing the organs to consolidate the constitution.

Item #: S160
Name: 四君子汤
Si Jun Zi Tang
Four Major Herbs Combination
See Indigestion Pg. 23

Item #: S175
Name: 四物汤
Si Wu Tang
Dang Gui Four Combination

Ingredients: *Dang Gui* (当归, Dang Gui), *Cnidium* (川芎, Chuan Xiong), *White Peony* (白芍, Bai Shao), *Processed Rehmannia* (熟地黄, Shu Di Huang)

Indications: Malnutrition, vegetative nerve functional disturbance, menopausal syndrome, scanty menstruation, amenorrhea, dysmenorrhea and hypoplasia of uterus ascribed to the syndrome of **deficiency and stagnation of blood**, with symptoms such as menstrual disorders, abdominal pain, metrorrhagia and metrostaxis accompanied by blood masses and frequent pain, threatened abortion or with vaginal bleeding, as well as postpartum retaining of lochia resulting in a mass or swelling in the abdomen, muscular rigidity and pain in the hypogastrium, and alternate attacks of chills and fever.

Comments: Modern research has confirmed that this formula has the therapeutic effects of tranquilizing the mind, relieving muscle spasm, and regulating menstruation. The formula is not advisable for patients with *yang* deficiency of the spleen and stomach marked by anorexia and watery stool.

Headaches 头痛

Item #: C030
Name: 川芎茶调散
Chuan Xiong Cha Tiao San
Cnidium & Tea Formula

Ingredients: *Cnidium* (川芎, Chuan Xiong), *Schizonepeta* (荆芥, Jing Jie), *Angelica* (白芷, Bai Zhi), *Notopterygium Root* (羌活, Qiang Huo), *Licorice* (甘草, Gan Cao), *Wild Ginger* (细辛, Xi Xin), *Siler* (防风, Fang Feng), *Mentha* (薄荷, Bo He)

Indications: Migraine, nervous headache, headache due to chronic sinus infection, and other syndromes of **attacks of exopathic wind** with symptoms of headache, migraine, or pain on top of the head, chill with fever, dizziness, thin and white coating of the tongue, and floating and slippery pulse.

Comments: Modern research has proven that this formula has the effects of relieving pain, inducing diaphoresis, reduce fever and tranquilize the mind.

Item #: Z055
Name: 止痛方
Zhi Tong Fang
Chrysanthemum & Vitex Combination

Ingredients: *Gypsum* (生石膏, Sheng Shi Gao), *Curcuma Root* (郁金, Yu Jin), *Processed White Peony* (炒白芍, Chao Bai Shao), *Chrysanthemum* (菊花, Ju Hua), *Silkworm* (僵蚕, Jiang Can), *Vitex Fruit* (蔓荆子, Man Jing Zi), *Zizyphus* (酸枣仁, Suan Zao Ren), *Polygonum Stem* (夜交藤, Ye Jiao Teng), *Dragon Bone* (龙骨, Long Gu), *Gardenia* (栀子, Zhi Zi), *Carthamus* (红花, Hong Hua), *Dendrobium* (石斛, Shi Hu)

Indications: Headaches with the symptoms of lack of concentration, poor memory, insomnia, mood swings, or vomiting during the onset of headache due to **interior wind and fire**.

Comments: This prescription is designed for general headaches. At Hui Nan The First People's Hospital of Ji Lin province, Dr. Sun Yan studied 150 patients with headaches. After treatment with this prescription, 126 recovered and 15 improved, for a 94% effectiveness rate.

Item #: T050
Name: 头痛煎剂
Tou Tong Jian Ji
Cnidium & Wild Ginger Combination

Ingredients: *Cnidium* (川芎, Chuan Xiong), *Notopterygium Root* (羌活, Qiang Huo), *Wild Ginger* (细辛, Xi Xin), *Angelica* (白芷, Bai Zhi), *Red Peony* (赤芍, Chi Shao), *Corydalis Tuber* (元胡, Yuan Hu), *Notoginseng* (三七, San Qi)

Indications: Migraine headaches with the symptoms of visual disturbances, numbness in the limbs, and difficulty in motion occurring before the onset of pain; irritability, nausea, vomiting, pale complexion, and intolerance of light due to **interior wind and blood stasis**.

Comments: Dr. Xu Qi Gang gave 44 patients EEG tests after treatment with this prescription and found that it has the effects of adjusting microcirculation, the nervous system, and the vascular system to treat migraine headaches.

High Cholesterol 高血脂症

Item #: J055

Name: 降脂饮

Jiang Zhi Yin

Crataegus Combination

Ingredients: *Crataegus* (山楂, Shan Zha), *Cassia Seed* (决明子, Jue Ming Zi), *Processed Fleece-flower Root* (制何首乌, Zhi He Shou Wu), *Alisma* (泽泻, Ze Xie), *Giant Knotweed Rhizome* (虎杖, Hu Zhang), *Rhubarb* (大黄, Da Huang), *Bupleurum* (柴胡, Chai Hu), *Oriental Wormwood* (茵陈, Yin Chen), *Curcuma Root* (郁金, Yu Jin), *Cherokee Rose-Hip* (金樱子, Jin Ying Zi), *Coix* (薏苡仁, Yi Yi Ren)

Indications: Hyperlipemia (high cholesterol and/or triglycerides).

Comments: This prescription can increase the production of gallbladder bile and encourages the expulsion of cholic acid through the gastrointestinal tract. Continuous treatment for three months is recommended.

High Fever 高热

Item #: B030

Name: 白虎汤

Bai Hu Tang

Gypsum Combination

Ingredients: *Gypsum* (石膏, Shi Gao), *Anemarrhena* (知母, Zhi Mu), *Non-glutinous rice* (粳米, Geng Mi), *Processed Licorice* (炙甘草, Zhi Gan Cao)

Indications: Flu, epidemic encephalitis B, epidemic cerebrospinal meningitis, pneumonia and septicemia indicating excessive heat syndrome in the *qi* system, and also gastritis, periodontitis, gastritis, diabetes, and others which pertain to stomach-heat syndrome, with the symptoms of high fever, flushed face, thirst, profuse perspiration, aversion to heat and full forceful pulse.

Comments: Modern researchers have proven that this formula can allay fever, tranquilize the mind, subdue inflammation, inhibit perspiration, quench thirst, and lower the blood sugar level. This combination is not advisable for those whose exterior syndrome is not relieved, nor for those who have fewer due to blood deficiency or cold syndrome with pseudo-heat symptoms.

Item #: C010

Name: 柴葛解肌汤

Chai Ge Jie Ji Tang

Bupleurum & Pueraria Combination

See Common Cold and Flu Pg. 1

Item #: P015

Name: 普济消毒饮

Pu Ji Xiao Du Yin

Coptis, Scrophularia & Forsythia Combination

Ingredients: *Processed Scutellaria* (酒黄芩, Jiu Huang Qin), *Coptis* (黄连, Huang Lian), *Processed Citrus* (炒陈皮, Chao Chen Pi), *Licorice* (甘草, Gan Cao), *Scrophularia* (玄参, Xuan Shen), *Bupleurum* (柴胡, Chai Hu), *Platycodon* (桔梗, Jie Geng), *Forsythia* (连翘, Lian Qiao), *Isatis Root* (板兰根, Ban Lan Gen), *Lashiosphaera* (马勃, Ma Bo), *Arctium* (牛蒡子, Niu Bang Zi), *Mentha* (薄荷, Bo He), *Silkworm* (僵蚕, Jiang Can), and *Cimicifuga* (升麻, Sheng Ma).

Indications: **Wind and fire** with symptoms of facial erysipelas, acute parotitis and tonsillitis, carbuncle and other infectious swelling of the face with the symptoms of chill and fever, flushed swollen face, heavy eyes, sore throat, dryness of the tongue, thirst, reddened tongue with yellow coating and rapid forceful pulse.

Comments: Modern research has confirmed that this formula can relieve inflammation, resist bacteria and viruses, allay fever, tranquilize the mind, and alleviate pain. Because the majority of the herbs in this combination are bitter and pungent in flavor and cold in nature, patients with *yin*-deficiency should be cautious when taking it.

Item #: Y075

Name: 银翘散

Yin Qiao San

Lonicera & Forsythia Formula

See Common Cold and Flu Pg. 4

Item #: Z085
Name: 竹叶石膏汤
Zhu Ye Shi Gao Tang
Lophatherum & Gypsum Combination
Ingredients: *Lophatherum* (竹叶, Zhu Ye), *Gypsum* (石膏, Shi Gao), *Soaked Pinellia* (法半夏, Fa Ban Xia), *Ophiopogon Root* (麦冬, Mai Dong), *Ginseng* (人参, Ren Shen), *Non-glutinous Rice* (梗米, Geng Mi), *Processed Licorice* (炙甘草, Zhi Gan Cao)
Indications: Deficiency of both *qi* and *yin* occurring in the later stages of flu, epidemic encephalitis B, pneumonia and septicemia with the symptoms of feverish body, excessive perspiration, general debility and short breath, irritability, inclination to vomit, dry mouth and fondness of drink, or insomnia due to restlessness, reddened tongue with little coating, and rapid pulse.
Comments: Clinically and experimentally, it is ascertained that this formula not only nourishes and strengthens the constitution to promote digestion and absorption, but also subdues inflammation, tranquilizes the mind, reduces fever, arrests cough, dispels phlegm and prevents vomiting.

Hyperthyroidism 甲状腺机能亢进

Item #: J015
Name: 甲亢方
Jia Kang Fang
Astragalus & Prunella Combination
Ingredients: *Astragalus* (黄芪, Huang Qi), *Processed White Peony* (炒白芍, Chao Bai Shao), *Rehmannia* (生地黄, Sheng Di Huang), *Processed Cypripedium* (制香附, Zhi Xiang Fu), *Prunella* (夏枯草, Xia Ku Cao), *Processed Fleece-flower Root* (制何首乌, Zhi He Shou Wu)
Indications: Hyperthyroidism with the symptoms of insatiable hunger, emaciation, over-sensitivity to heat, profuse perspiration, palpitation, and irritability due to deficiency of *qi* and *yin*.
Comments: Clinical studies show that this prescription has the effects of reducing T3 and T4 cells in the serum and adjusting the function of the thyroid.

Hypothyroidism 甲状腺机能低下

Item #: Z080
Name: 助阳方
Zhu Yang Fang
Astragalus & Curculigo Combination
Ingredients: *Codonopsis* (党参, Dang Shen), *Processed Astragalus* (蜜黄芪, Mi Huang Qi), *Curculigo* (天仙茅, Tian Xian Mao), *Epimedium* (淫羊藿, Yin Yang Huo), *Cuscuta* (菟丝子, Tu Si Zi), *Processed Rehmannia* (熟地黄, Shu Di Huang), *Cinnamon Twigs* (桂枝, Gui Zhi), *Hoelen* (茯苓, Fu Ling)
Indications: Hypothyroidism with the symptoms of fatigue, pale complexion, swollen eyelids, over-sensitivity to cold, blank expression, slow reflexes, obesity, lack of body hair, gravelly voice, dry skin, lack of appetite, constipation, and low sex drive due to deficiency of spleen, kidney, *qi* and *yang*.
Comments: It is strongly recommended that this preparation be taken continuously for two to four months, then with a low dose of thyroid medication for one to two months to achieve the desired result. Dr. Kuang An Kun from Shanghai Institute of Endocrinology studied 19 cases with hypothyroidism. After treatment, 100% of the patients showed improvement in symptoms as well as in blood tests for cholesterol, T₃, T₄, and TSH.

Insomnia 失眠

Item #: B100
Name: 柏子养心丸
Bo Zi Yang Xin Wan
Biota & Codonopsis Combination
Ingredients: *Biota Seed* (柏子仁, Bo Zi Ren), *Codonopsis* (党参, Dang Shen), *Processed Astragalus* (蜜黄芪, Mi Huang Qi), *Cnidium* (川芎, Chuan Xiong), *Chinese Angelica Root* (当归, Dang Gui), *Hoelen* (茯苓, Fu Ling), *Processed Polygala Root* (远志, Yuan Zhi), *Zizyphus* (酸枣仁, Suan Zao Ren), *Cinnamon Bark* (肉桂, Rou Gui), *Schizandra* (五味子, Wu Wei Zi), *Processed Pinellia* (半夏姜, Ban Xia Jiang), *Processed Licorice* (炙甘草, Gan Cao (Mi))
Indications: Symptoms due to insufficiency of the heart *qi* manifested as short breath, aversion to cold, emotional distress, insomnia, amnesia, nightmare, severe palpitation due to fright, etc.
Comments: Replenishes *qi*, nourishes the blood and tranquilizes the mind.

Item #: B110
Name: 补血宁神汤
Bu Xue Ning Shen Tang
Milettia Combination
Ingredients: *Polygonum Stem* (夜交藤, Ye Jiao Teng), *Milettia* (鸡血藤, Ji Xue Teng), *Processed Rehmannia* (熟地黄, Shu Di Huang)
Indications: Deficiency of heart blood with the symptoms of insomnia, amnesia, excessive night dreams, emission, frequent urine, soreness and weakness in the loins and knees, irregular menstruation.
Comments: Nourishes *yin*, tonifies the kidney, enriches the blood, and tranquilizes the mind. Not to be taken during the common cold.

Item #: S190
Name: 酸枣仁汤
Suan Zao Ren Tang
Zizyphus Combination
Ingredients: *Zizyphus* (酸枣仁, Suan Zao Ren), *Cnidium* (川芎, Chuan Xiong), *Hoelen* (茯苓, Fu Ling), *Anemarrhena* (知母, Zhi Mu), *Licorice* (甘草, Gan Cao)
Indications: Symptoms due to asthenic diseases such as insomnia, cardiac neurosis, arrhythmia, menopausal syndromes and others due to asthenic diseases, with the symptoms of insomnia with vexation, palpitation, night sweat, dizziness, dry throat and mouth, and a thready taut pulse.
Indications: Deficiency of heart *yin* and blood manifested as insomnia, cardiac neurosis, arrhythmia, menopausal syndromes and others due to asthenic diseases, with the symptoms of insomnia with vexation, palpitation, night sweat, dizziness, dry throat and mouth, and a thready taut pulse.
Comments: Modern research has proven that this combination has the effects of tranquilizing the mind, inducing sleep, and bringing down fever.

Item #: T025
Name: 天王补心丹
Tian Wang Bu Xin Dan
Ginseng & Zizyphus Formula
Ingredients: *Rehmannia* (生地黄, Sheng Di Huang), *Scrophularia* (玄参, Xuan Shen), *Salvia* (丹参, Dan Shen), *Chinese Angelica Root* (当归, Dang Gui), *Ginseng* (人参, Ren Shen), *Hoelen* (茯苓, Fu Ling), *Biota Seed* (柏子仁, Bo Zi Ren), *Zizyphus* (酸枣仁, Suan Zao Ren), *Processed Polygala Root* (炙远志, Zhi Yuan Zhi), *Asparagus* (天冬, Tian Dong), *Ophiopogon* (麦冬, Mai Dong), *Schizandra* (五味子, Wu Wei Zi), *Platycodon* (桔梗, Jie Geng)
Indications: Insomnia, arrhythmia, hypertension, and hyperthyroidism due to deficiency of *yin* and blood brought on by the hypofunction of heart and kidney, with the symptoms of insomnia with vexation, palpitation, mental weariness, nocturnal emission, amnesia, constipation, reddened tongue with little coating, and thready and rapid pulse.
Comments: This formula has been clinically and scientifically proven to have a better effect of regulating the cerebral cortex. It can tranquilize the mind to induce sleep without causing listlessness and achieve the effects of enriching the blood and relieving the symptoms of coronary heart disease. The formula is composed of nourishing, greasy drugs which affect the stomach, so it is not suitable for long-term use.

Item #: Z025
Name: 镇心安神汤
Zhen Xin An Shen Tang
Zizyphus & Polygonum Stem Combination
Ingredients: *Dragon Bone* (生龙骨, Sheng Long Gu), *Oyster Shell* (生牡蛎, Sheng Mu Li), *Hoelen Spirit* (茯神, Fu Shen), *Salvia* (丹参, Dan Shen), *Zizyphus* (酸枣仁, Suan Zao Ren), *Albizia* (合欢皮, He Huan Pi), *Polygonum Stem* (夜交藤, Ye Jiao Teng)
Indications: Insomnia with the symptoms of difficulty falling asleep, restlessness, nightmares, anxiety, headaches, dizziness, poor memory, lack of concentration, palpitation, and mental fatigue.
Comments: Dr. Wu Zhen Xi and associates found in a study of 157 insomnia sufferers, only four showed no improvement after treatment with this prescription.

Leukopenia 白细胞减少症

Item #: S060

Name: 参芪补血汤

Shen Qi Bu Xue Tang

Pseudotellaria Root & Astragalus Combination

Ingredients: *Processed Astragalus (蜜黄芪, Mi Huang Qi), Pseudotellaria Root (太子参, Tai Zi Shen), Processed White Atractylodes (炒白术, Chao Bai Zhu), Processed Citrus (炒陈皮, Chao Chen Pi), Soaked Pinellia (法半夏, Fa Ban Xia), Dioscorea (山药, Shan Yao), Chinese Angelica Root (当归, Dang Gui), Lycium Fruit (枸杞子, Gou Qi Zi), Ligustrum (女贞子, Nu Zhen Zi), Processed Fleece-flower Root (制何首乌, Zhi He Shou Wu), Processed Polygonatum Root (制黄精, Zhi Huan Jing), Anemarrhena (知母, Zhi Mu), Miletia (鸡血藤, Ji Xue Teng), Pyrrisia Leaf (石葦, Shi Wei), Notoginseng (三七, San Qi), Jujube (大枣, Da Zao)*

Indications: Leukopenia (low white blood cell count) caused by chemotherapy and radiation treatment.

Comments: This prescription was scientifically tested by Dr. Duan Feng Wu at the Academy of Chinese Traditional Medicine in China and was proven to be effective and without side effects. For leukopenia with a low platelet count, add Shang Lu and Wu Wei Zi. If the formula does not produce the desired result, add Ren Shen, Lu Rong, Zi He Che and E Jiao.

Item #: S080

Name: 升白丸

Sheng Bai Wan

Psoralea & Epimedium Combination

Ingredients: *Psoralea (补骨脂, Bu Gu Zhi), Epimedium (淫羊藿, Yin Yang Huo), Placenta (紫河车, Zi He Che), Ligustrum (女贞子, Nu Zhen Zi), Cornus (山茱萸, Shan Zhu Yu), Astragalus (黄芪, Huang Qi), Jujube (大枣, Da Zao), Chinese Angelica Root (当归, Dang Gui), Salvia (丹参, Dan Shen), Miletia (鸡血藤, Ji Xue Teng), Notoginseng (三七, San Qi), Giant Knotweed Rhizome (虎杖, Hu Zhong)*

Indications: Leukopenia (low white blood cell count) with the symptoms of dizziness, fatigue, headaches, lack of appetite, low fever, insomnia, tendency toward infection, such as skin infection, pneumonia, and urinary tract infection. Used for strengthening immunity and for increasing the white blood cell count during chemotherapy or radiation treatment.

Comments: This prescription has been proven effective in tests on laboratory animals by the teaching hospital of Xi'an Medical School. Also, a double-blind clinical study conducted over a two-month period reported that of the patients treated with this preparation, 50% recovered, and of the control group (treated with butyl-alcohol), 15.4% of patients recovered ($P < 0.001$).

Neurasthenia 神经衰弱

Item #: J030

Name: 健脑补神丸

Jian Nao Bu Shen Wan

Zizyphus & Ginseng Combination

Ingredients: *Zizyphus (酸枣仁, Suan Zao Ren), Processed Polygala Root (远志, Zhi Yuan Zhi), Dragon Bone (龙骨, Long Gu), Achyranthes (牛膝, Niu Xi), Eucommia (杜仲, Du Zhong), Chinese Angelica Root (当归, Dang Gui), Dioscorea (山药, Shan Yao), Ginseng (人参, Ren Shen), Antler (鹿茸, Lu Rong)*

Indications: Weak constitution manifested as neurosis, amnesia, insomnia, dizziness, vertigo, tinnitus, palpitation, lassitude in loins and knees, emission due to kidney deficiency, etc.

Comments: Invigorates the brain, replenishes *qi*, tonifies the kidney, and strengthens the essence of life.

Item #: J035

Name: 健脑丸

Jian Nao Wan

Lycium Fruit & Zizyphus Combination

Ingredients: *Lycium Fruit (枸杞子, Gou Qi Zi), Zizyphus (酸枣仁, Suan Zao Ren)*

Indications: Neurasthenia, insomnia, amnesia, dizziness, tinnitus, pain and weakness in the loins and knees, etc.

Comments: Nourishes blood and tranquilizes the mind, tonifies the kidney and strengthens the brain.

Obesity 肥胖症

Item #: F005

Name: 防风通圣散

Fang Feng Tong Shen San

Siler & Platycodon Formula

Ingredients: *Siler* (防风, Fang Feng), *Schizonepeta* (荆芥, Jing Jie), *Mentha* (薄荷, Bo He), *Ma-Huang* (麻黄, Ma Huang), *Processed Rhubarb* (熟大黄, Shu Da Huang), *Mirabilite* (芒硝, Mang Xiao), *Gardenia* (栀子, Zhi Zi), *Platycodon* (桔梗, Jie Geng), *Gypsum* (石膏, Shi Gao), *Cnidium* (川芎, Chuan Xiong), *Chinese Angelica Root* (当归, Dang Gui), *Processed White Peony* (炒白芍, Chao Bai Shao), *Processed Scutellaria* (酒黄芩, Jiu Huang Qin), *Forsythia* (连翘, Lian Qiao), *Licorice* (甘草, Gan Cao), *White Atractylodes* (白术, Bai Zhu)

Indications: Wind-heat in the exterior and dampness-heat in the interior, marked by excess of both interior and exterior, manifested as obesity, headache, dry throat, constipation, dark urine, or the primary symptoms of boils eczema and itching.

Comments: Relieves exterior syndrome, removes obstruction due to interior syndrome, and clears away heat and toxic materials.

Raynaud Disease 雷诺氏症

Item #: D060

Name: 当归四逆汤

Dang Gui Si Ni Tang

Dang Gui & Jujube Combination

Ingredients: *Chinese Angelica Root* (当归, Dang Gui), *Cinnamon Twigs* (桂枝, Gui Zhi), *White Peony* (白芍, Bai Shao), *Wild Ginger* (细辛, Xi Xin), *Processed Licorice* (炙甘草, Zhi Gan Cao), *Aristolochiae* (关木通, Guan Mu Tong), *Jujube* (大枣, Da Zao).

Indications: Raynaud disease, thrombotic phlebitis, chilblain, chronic rheumatic arthritis, dysmenorrhea, neuralgia, lumbago and gastroduodenal ulcer and cold limbs which pertain to cold stagnation with an insufficiency of blood, with the symptoms of cold limbs, lack of thirst, soreness of extremities, or abdominal colic, pale tongue with whitish fur, and deep and thready pulse, which is even too thready to be felt.

Comments: Clinically and experimentally, this formula has been proven to improve peripheral circulation, dilate blood vessels, alleviate pain, relieve spasm, promote digestion and absorption, tonify the blood and restore *qi*. It is only indicated for cold limbs syndrome caused by insufficiency of blood and stagnation of cold.

Vertigo 眩晕

Item #: B045

Name: 半夏白术天麻汤

Ban Xia Tian Ma Bai Zhu Tang

Pinellia & Gastrodia Combination

Ingredients: *Soaked Pinellia* (法半夏, Fa Ban Xia), *Gastrodia* (天麻, Tian Ma), *Hoelen* (茯苓, Fu Ling), *Orange Peel* (橘红, Hua Ju Hong), *White Atractylodes* (白术, Bai Zhu), *Licorice* (甘草, Gan Cao)

Indications: Aural vertigo, functional disturbance of the vegetative nerve, cerebral arteriosclerosis, chronic gastroenteritis, vestibular neuritis, stroke, and other disorders marked by the syndrome of up-stirring of wind-phlegm, with the symptoms of dizziness, headache, feeling of oppression in the chest, nausea, vomiting, whitish and greasy tongue coating, and taut and slippery pulse.

Comments: This combination has warming, drying, and wind-calming effects, so it is not for the treatment of dizziness or headache caused by up-stirring of the liver *yang*, hyperactivity of the liver *yang*, hyperactive liver *qi* due to deficiency of liver *yin*, or deficiency of both liver *yin* and kidney *yin*.

Item #: J110

Name: 九味羌活汤

Jiu Wei Qiang Huo Tang

Notopterygium Nine Combination

See Arthritis Pg. 30

Item #: X135

Name: 眩晕宁

Xuan Yun Ning

Alisma & Atractylodes Combination

Ingredients: *Alisma* (泽泻, Ze Xie), *White Atractylodes* (白术, Bai Zhu), *Processed Citrus* (炒陈皮, Chao Chen Pi), *Hoelen* (茯苓, Fu Ling), *Soaked Pinellia* (法半夏, Fa Ban Xia), *Eclipta* (墨旱莲, Mo Han Lian), *Ligustrum* (女贞子, Nu Zhen Zi), *Licorice* (甘草, Gan Cao)

Indications: Vertigo with the symptoms of dizziness that worsens with movement, tinnitus, hearing impairment, nausea, vomiting, perspiration, pale complexion, and low blood pressure due to up-stirring of wind-phlegm.

Comments: This prescription is suitable for vertigo caused by deficiency of the kidney, liver and spleen *qi*.

Weak Immunity 免疫功能低下

Item #: M031

Name: 免疫汤

Mian Yi Yin

Astragalus & Polygonatum Combination

Ingredients: *Codonopsis* (党参, Dang Shen), *Processed Astragalus* (蜜黄芪, Mi Huang Qi), *White Atractylodes* (白术, Bai Zhu), *Processed Polygonatum Root* (制黄精, Zhi Huang Jing), *Salvia* (丹参, Dan Shen), *Glehnia Root* (北沙参, Bei Sha Shen), *Processed Rehmannia* (熟地黄, Shu Di Huang), *Schizandra* (五味子, Wu Wei Zi), *Epimedium* (淫羊藿, Yin Yang Huo)

Indications: Recurring upper respiratory tract infection with the symptoms of fever, cough, sore throat, colored mucous, lack of appetite, night sweat, emaciation, and pale complexion.

Comments: This prescription is effective for strengthening the immune system. After four weeks to six months of treatment, improvement in the immune system can be seen in T cell counts, PHA tests, and IgG, IgM, IgA, and CH50 tests.

II. DERMATOLOGICAL DISORDERS 皮肤科

Acne 粉刺

Item #: F020
Name: 粉刺煎剂
Fen Ci Jian Ji
Lonicera & Chrysanthemum Combination
Ingredients: *Lonicera* (金银花, Jin Yin Hua), *Forsythia* (连翘, Lian Qiao), *Processed Scutellaria* (酒黄芩, Jiu Huang Qin), *Cnidium* (川芎, Chuan Xiong), *Chinese Angelica Root* (当归, Dang Gui), *Platycodon* (桔梗, Jie Geng), *Cyathulae* (川牛膝, Chuan Niu Xi), *Wild Chrysanthemum* (野菊花, Ye Ju Hua)
Indications: Acne of the face, chest or upper back with the symptoms of thirst, irritability, constipation, and oily skin.
Comments: Dr. Wang Wei Yuan of Wei Xu Qu Hospital in Beijing followed up on 55 acne cases treated with this preparation: 60.0% recovered, 21.8% showed significant improvement, 16.4% showed moderate improvement, and the remaining 1.8% had no response. Laboratory studies show that five of the herbs in this prescription (Jin Yin Hua, Lian Qiao, Jiu Huang Qin, Chuan Xiong, and Dang Gui) have a broad-spectrum antibiotic function; therefore, this prescription can help treat secondary infection.

Cutaneous Pruritus (Itchy Skin) 皮肤瘙痒症

Item #: E010
Name: 二地汤
Er Di Tang
Double Rehmannia Combination
Ingredients: *Processed Rehmannia* (熟地黄, Shu Di Huang), *Rehmannia* (生地黄, Sheng Di Huang), *Red Peony* (赤芍, Chi Shao), *Chinese Angelica Root* (当归, Dang Gui), *Cnidium* (川芎, Chuan Xiong), *Ligustrum* (女贞子, Nu Zhen Zi), *Lycium Fruit* (枸杞子, Gou Qi Zi), *Polygonatum* (玉竹, Yu Zhu), *Ophiopogon Root* (麦冬, Mai Dong), *Processed Astragalus* (蜜黄芪, Mi Huang Qi), *Processed Fleece-flower Root* (制何首乌, Zhi He Shou Wu), *Cuscuta* (菟丝子, Tu Si Zi), *Cicada* (蝉衣, Chan Yi), *White Tribulus* (白蒺藜, Bai Ji Li), *Siler* (防风, Fang Feng), *Dittany Bark* (白藓皮, Bai Xian Pi), *Stephania* (防己, Fang Ji), *Processed Aurantium Fruit* (炒枳壳, Chao Zhi Qiao)
Indications: Cutaneous pruritus manifested as itchiness of the skin in the elderly, or in any age during the winter, or in pregnancy, or in localized areas of the body such as the anus, external genital areas, or the shins with the symptoms of paroxysmal itching, and occurrence at bedtime or when undressing due to the deficiency of blood and yin.
Item #: S125
Name: 首乌养血汤
Shou Wu Yang Xue Tang
Dang Gui & Rehmannia Combination
Ingredients: *Chinese Angelica Root* (当归, Dang Gui), *Processed Rehmannia* (熟地黄, Shu Di Huang), *Processed Fleece-flower Root* (制何首乌, Zhi He Shou Wu), *Processed Polygonatum Root* (制黄精, Zhi Huang Jing), *Dioscorea* (山药, Shan Yao), *Rehmannia* (生地黄, Sheng Di Huang), *Asparagus* (天冬, Tian Dong), *Ophiopogon Root* (麦冬, Mai Dong), *Cicada* (蝉衣, Chan Yi), *Siler* (防风, Fang Feng), *Processed Licorice* (炙甘草, Zhi Gan Cao)
Indications: Cutaneous pruritus with the symptoms of paroxysmal itchy and dry skin that becomes more severe at night, fatigue, poor memory, deterioration of vision and hearing, and weakness of lower back and knees, due to deficiency of blood.
Comments: This prescription can nourish *qi* and the blood, strengthen the spleen and stomach, and reduce itchiness of the skin. It is not only good for cutaneous pruritus, but also for health maintenance. The preparation is more suitable for the elderly with this condition.

Eczema 湿疹

Item #: S122
Name: 湿疹方
Shi Zhen Fang
Lonicera & Smilax Combination
See Eczema Pg. 32

Hair Loss 脱发

Item #: S085

Name: 生发汤

Sheng Fa Tang

Chaenomeles & Eclipta Combination

Ingredients: *Chaenomeles* (木瓜, Mu Gua), *Eclipta* (墨旱莲, Mo Han Lian), *Rehmannia* (生地黄, Sheng Di Huang), *Processed Rehmannia* (熟地黄, Shu Di Huang), *Processed Fleece-flower Root* (制何首乌, Zhi He Shou Wu), *Gastrodia* (天麻, Tian Ma), *Cuscuta* (菟丝子, Tu Si Zi), *Chinese Angelica Root* (当归, Dang Gui), *White Peony* (白芍, Bai Shao), *Hoelen* (茯苓, Fu Ling), *Notopterygium Root* (羌活, Qiang Huo), *White Tribulus* (白蒺藜, Bai Ji Li), *Dittany Bark* (白藓皮, Bai Xian Pi)

Indications: Hair loss with the symptoms of oily scalp, dandruff, dry and dull hair, and itching scalp, due to deficiency of blood and kidney.

Comments: During the treatment, the patients should avoid spicy food or raw, cold food. It is recommended to use an external treatment in conjunction with this prescription. Wash the scalp and hair with the following formula every other day: Ai Ye 10g, Ju Hua 10g, Fang Feng 10g, Huo Xiang 10g, Gan Cao 10g, Jing Jie 6g, Bai Xian Pi 15g, Ci Ji Li 15g. After the symptoms have improved, the patient should not stop taking herbal treatment, but should switch to a prescription to nourish the kidney energy, such as He Shou Wu, Tian Ma, Hei Zhi Ma, Hu Tao Ren, Dang Shen, Mo Han Lian, and Bai Shao.

Hives 麻疹

Item #: X150

Name: 麻疹方

Xun Ma Zhen Fang

Lithospermum Combination

Ingredients: *Lithospermum Root* (紫草根, Zi Cao Gen), *Lonicera Flower* (金银花, Jin Yin Hua), *Smilax* (土茯苓, Tu Fu Ling), *Snidium Fruit* (蛇床子, She Chuang Zi), *Forsythia* (连翘, Lian Qiao), *Dittany Bark* (白藓皮, Bai Xian Pi), *Red Peony* (赤芍, Chi Shao), *Schizonepeta* (荆芥, Jing Jie), *Cicada* (蝉退, Chan Yi), *Licorice* (甘草, Gan Cao)

Indications: Hives with the symptoms of welts that randomly and individually come and go and inflammation and itching that gets worse at night. Some people may experience stomach cramps, vomiting, diarrhea, fever, and a high white blood cell count.

Comments: This prescription has an antiinflammatory function and stops itching. It is effective but has no side effects. It is the ideal preparation for hives.

Psoriasis 牛皮癣

Item #: K020

Name: 克银方

Ke Yin Fang (1)

Subprostrata & Smilax Combination

Ingredients: *Smilax* (土茯苓, Tu Fu Ling), *Subprostrata Sophora Root* (山豆根, Shan Dou Gen), *Windpipe* (七叶一枝花, Qi Ye Yi Zhi Hua), *Dittany Bark* (白藓皮, Bai Xian Pi)

Indications: Psoriasis caused by blood-heat and wind-dryness with the symptoms of cracked and peeling skin, itching skin, fresh red or dark red irritation, bleeding from scratching, constipation, dark urine, sore throat, thirst, yellow tongue coating, and taut, slippery or rapid pulse.

Comments: After one to three weeks of treatment with this prescription, the itching usually subsides, as well as the skin cracking. After three to five weeks, the affected area decreases in size. In six to seven weeks, the affected area begins to heal.

Item #: K025

Name: 克银方

Ke Yin Fang (2)

Subprostrata & Sophora Combination

Ingredients: *Rehmannia* (生地黄, Sheng Di Huang), *Scrophularia* (玄参, Xuan Shen), *Linum* (火麻仁, Huo Ma Ren), *Sophora Root* (北苦参, Bei Ku Shen), *Subprostrata Sophora Root* (山豆根, Shan Dou Gen)

Indications: Psoriasis caused by weak blood with the symptoms of dry, cracked skin, dark purple or brown discoloration at base of affected area, peeling skin, severe itching, constipation, dark red tongue, and taut and thready pulse.

Comments: Dr. Zhu Ren Kang conducted a study of 236 patients with this condition. After treatment with this prescription, 160 recovered, 35 showed much improvement, 27 improved, and 14 showed no change, for an overall success rate of 94%.

III. SURGICAL DISORDERS 外科

Acute Appendicitis 急性阑尾炎

Item #: D015

Name: 大黄牡丹汤

Da Huang Mu Dan Pi Tang

Rhubarb & Moutan Combination

Ingredients: *Rhubarb* (大黄, Da Huang), *Moutan* (牡丹皮, Mu Dan Pi), *Persica* (桃仁, Tao Ren), *Benincasa* (冬瓜子, Dong Gua Zi), *Mirabilite* (芒硝, Mang Xiao)

Indications: Acute appendicitis, acute pelvic inflammation, acute annexitis due to the accumulation of dampness and heat, with the symptoms of fever, perspiration, pain and tenderness in the right lower abdomen or with limitation of the right foot to stretch without formation of pus.

Comments: Modern research has proved that this combination has the effects of relieving inflammation, resisting bacteria, improving circulation, and discharging pus. This formula is only indicated in patients with periappendicitis abscess due to obstruction of dampness-heat and phlegm.

Item #: L005

Name: 阑尾消炎汤

Lan Wei Xiao Yan Fang

Lonicera & Dandelion Combination

Ingredients: *Lonicera Flower* (金银花, Jin Yin Hua), *Isatis Leaf* (大青叶, Da Qing Ye), *Dandelion* (蒲公英, Pu Gong Ying), *Sargentoloryvine* (红藤, Hong Teng), *Melia* (川楝子, Chuan Lian Zi), *Rhubarb* (大黄, Da Huang), *Saussurea* (木香, Mu Xiang), *Persica* (桃仁, Tao Ren), *Red Peony* (赤芍, Chi Shao), *Processed Scutellaria* (酒黄芩, Jiu Huang Qin)

Indications: Excessive heat with the symptoms of acute or chronic appendicitis.

Comments: Resists bacteria, relieves inflammation, promotes blood circulation, removes blood stasis, subdues swelling, and alleviates pain. Never administer to pregnant women.

Enlarged Prostate 前列腺增生症

Item #: Z035

Name: 知柏滋肾汤

Zhi Bo Zi Shen Tang

Anemarrhena Combination

Ingredients: *Anemarrhena* (知母, Zhi Mu), *Phellodendron* (黄柏, Huang Bo), *Cinnamon Bark* (肉桂, Rou Gui), *Squama Manitis* (穿山甲, Chuan Shan Jia), *Houttuynia* (鱼腥草, Yu Xing Cao), *Lonicera Flower* (金银花, Jin Yin Hua), *Viola* (紫花地丁, Zi Hua Di Ding), *Senecio* (千里光, Qian Li Guang), *Coptis* (黄连, Huang Lian), *Salvia* (丹参, Dan Shen), *Processed Tortoise Plastron* (炙鳖甲, Zhi Bie Jia)

Indications: Enlarged prostate due to advanced age with the symptoms of difficulty and frequency in urination, increased incidence of urination at night, dribbling urination, incontinence, retention of urine, and blood in urine in severe cases, due to deficiency of kidney yin and excessive damp-heat in lower warmer.

Comments: This prescription increases the circulation, reduces inflammation, and nourishes the kidney. Dr. Tang Yi Peng, a well-known physician of TCM, studied 30 cases with enlarged prostate. After treatment with this prescription, 100% showed improvement.

Frozen Shoulder 肩关节周围炎

Item #: J040

Name: 肩凝汤

Jian Ning Tang

Dang Gui & Impatiens Combination

Ingredients: *Dang Gui* (当归, Dang Gui), *Salvia* (丹参, Dan Shen), *Cinnamon Twigs* (桂枝, Gui Zhi), *Impatiens* (透骨草, Tou Gu Cao), *Notopterygium Root* (羌活, Qiang Huo), *Rehmannia* (生地黄, Sheng Di Huang), *Processed Cyperus* (制香附, Zhi Xiang Fu), *Mastic* (乳香, Ru Xiang), *Myrrh* (没药, Mo Yao), *Lumbricus* (地龙, Di Long)

Indications: Frozen shoulder with the symptoms of shoulder pain, lack of motion, pain that is worse at night and affects sleep, pain radiating into upper back and elbow, and tearing pain in severe cases.

Comments: This prescription nourishes the blood, increases circulation, removes blood stasis, reduces inflammation, relieves pain. Dr. Lou Duo Feng from Henan College of Chinese Traditional Medicine studied 100 cases with frozen shoulder. After 30 days of treatment, 56 recovered, 35 improved, and eight showed progress.

Kidney Stones 肾结石

Item #: M032

Name: 泌尿系结石方

Mi Niao Xi Jie Shi Fang

Kidney Stone Formula

Ingredients: *Processed Tortoise Plastron* (炙鳖甲, Zhi Bie Jia), *Prunella* (夏枯草, Xia Ku Cao), *Coix* (薏苡仁, Yi Yi Ren), *Angelica* (白芷, Bai Zhi), *Desmodium* (广金钱草, Guang Jin Qian Cao), *Lygodium* (海金沙, Hai Jing Sha), *Talc* (滑石, Hua Shi), *Atractylodes* (苍术, Cang Zhu)

Indications: Urinary tract stone with the symptoms of paroxysmal lumbago or pain in one side of the abdomen often radiating to pudendum, or accompanied by fever, hematuria, urodynia, dysuria, discontinuance of urination, yellow coating of the tongue, and taut pulse, due to damp-heat in lower warmer.

Comments: Modern research has proven that this formula has the effects of resolving urinary stone, inducing diuresis, and relieving pain, spasm, and inflammation. The decoction may be taken in combination with drinking a large amount of water, diuretic medication, electric needle therapy, exercise and so on as to promote the removal of the stones.

Item #: P005

Name: 排石汤

Pai Shi Tang

Desmodium & Plantain Combination

Ingredients: *Desmodium* (广金钱草, Guang Jin Qian Cao), *Aristolochiae* (关木通, Guan Mu Tong), *Pyrrisia Leaf* (石葶, Shi Wei), *Abutilon* (冬葵子, Dong Kui Zi), *Plantain Seed* (车前子, Che Qian Zi), *Dianthus* (瞿麦, Qu Mai), *Lonicera Stem* (忍冬藤, Ren Dong Teng), *Panicled Swallowwort Root* (徐长卿, Xu Chang Qing), *Licorice* (甘草, Gan Cao)

Indications: Urinary calculus.

Comments: Promotes diuresis, treats stranguria, and removes urinary calculus.

Item #: S110

Name: 石淋通

Shi Lin Tong

Desmodium Formula

Ingredients: *Desmodium* (广金钱草, Guang Jin Qian Cao)

Indications: Calculus in urinary system, pyelonephritis, and cholecystitis.

Comments: Clears away dampness-heat, induces diuresis, and removes calculus.

Mammary Cysts 乳腺囊肿

Item #: X065

Name: 消核汤

Xiao He Tang

Bupleurum & Dang Gui Combination

Ingredients: *Bupleurum* (柴胡, Chai Hu), *Dang Gui* (当归, Dang Gui), *Red Peony* (赤芍, Chi Shao), *Processed Cyperus* (制香附, Zhi Xiang Fu), *Squama Manitis* (穿山甲, Chuan Shan Jia), *Cnidium* (川芎, Chuan Xiong), *Mastic* (乳香, Ru Xiang), *Zedoaria* (莪术, E Zhu), *Processed Tortoise Plastron* (炙鳖甲, Zhi Bie Jia)

Indications: Stagnation of liver qi with the symptoms of mammary cysts.

Comments: This prescription is an alternative method to surgery. It is more effective than hormonal and vitamin E therapy. At Ji Zhong First Hospital of Shan Xi province, Dr. Wang Li Jie treated 285 patients with this prescription. After three months, 191 patients recovered, 74 improved, and 12 showed progress. The effectiveness rate for this preparation is 97.9%. It should be taken only ten days a month, preferably ten days before the menstrual period. It should not be taken during the period.

Prostatitis 前列腺炎

Item #: F050

Name: 复方地虎汤

Fu Fang Di Hu Tang

Giant Knotweed Rhizome Combination

Ingredients: *Lumbricus* (地龙, Di Long), *Giant Knotweed Rhizome* (虎杖, Hu Zhang), *Aristolochiae* (关木通, Guan Mu Tong), *Plantain Seed* (车前子, Che Qian Zi), *Processed Raphanus* (炒莱菔子, Chao Lai Fu Zi), *Astragalus* (黄芪, Huang Qi), *Squama Manitis* (穿山甲, Chuan Shan Jia), *Oldenlandia* (白花蛇舌草, Bai Hua She Cao), *Licorice* (甘草, Gan Cao)

Indications: Chronic prostatitis with the symptoms of frequency, pain, and burning sensation in urination, white mucous discharged from the urinary tract after bowel movement or urination, pain in genital, groin and lower back areas, impotence, premature ejaculation, insomnia, dreaminess, amnesia, dizziness and depression.

Comments: In a study of 109 cases performed by Dr. Jiang Chang Yong, 109 patients experienced relief of their prostatitis with this prescription. However, modification of the prescription for each case is recommended.

Pyogenic Osteomyelitis 化脓性骨髓炎

Item #: K010

Name: 抗骨髓炎方

Kang Gu Sui Yan Fang

Lonicera & Viola Combination

Ingredients: *Lonicera Flower* (金银花, Jin Yin Hua), *Viola* (紫花地丁, Zi Hua Di Ding), *Dandelion* (蒲公英, Pu Gong Ying)

Indications: Chronic pyogenic osteomyelitis.

Comments: Clears away heat and toxic materials, dissipates blood stasis, and promotes the subsidence of swelling.

Thromboangiitis 血栓闭塞性脉管炎

Item #: S162

四妙勇安汤

Name: Si Miao Yong An Tang

Scrophularia & Dang Gui Combination

Ingredients: *Scrophularia* (玄参, Xuan Shen), *Dang Gui* (当归, Dang Gui), *Lonicera Flower* (金银花, Jin Yin Hua), *Licorice* (甘草, Gan Cao)

Indications: Gangrene of the extremities marked by such symptoms at the affected extremities as deep redness, slight swelling with burning sensation, ulceration with foul smell, severe pain, or accompanied by thirst, fever, reddened tongue and rapid pulse.

Comments: Removes heat and toxins, and activates blood flow to alleviate pain.

IV. REPRODUCTIVE & SEXUAL DISORDERS 妇科，产科，男性科

Abnormal Menstruation 月经不调

Item #: D090
Name: 定坤丸
Ding Kun Wan
Dang Gui & Ginseng Combination
Ingredients: *Chinese Angelica Root* (当归, Dang Gui), *Ginseng* (人参, Ren Shen), *Processed Rehmannia* (熟地黄, Shu Di Huang), *Antler* (鹿角, Lu Jiao Pian), *Processed White Atractylodes* (炒白术, Chao Bai Zhu), *Hoelen* (茯苓, Fu Ling), *Eucommia* (杜仲, Du Zhong), *Processed Cyperus* (制香附, Zhi Xiang Fu), *Amomum Fruit* (砂仁, Sha Ren), *Corydalis Tuber* (元胡, Yuan Hu)
Indications: Menoxenia, menorrhagia, deficiency of both *qi* and blood, metrorrhagia or metrostaxis, leukorrhagia, cold sensation in the abdomen, tight feeling in the waist, hectic fever, postpartum deficiency.
Comments: Replenishes *qi* and nourishes the blood, regulates menstruation by eliminating stagnation of *qi*, warms the uterus, and stops metrorrhagia. Avoid uncooked, cold, greasy, and other irritating foods. Not advisable to take during a cold.

Item #: X105
Name: 逍遥丸
Xiao Yao Wan
Bupleurum & Dang Gui Formula
See Hepatitis Pg. 22

Item #: Y010
Name: 养血当归精
Yang Xue Dang Gui Jing
Dang Gui & Gelatin Combination
Ingredients: *Chinese Angelica Root* (当归, Dang Gui), *Codonopsis* (党参, Dang Shen), *Cnidium* (川芎, Chuan Xiong), *Processed Rehmannia* (熟地黄, Shu Di Huang), *Hoelen* (茯苓, Fu Ling), *Licorice* (甘草, Gan Cao), *White Peony* (炒白芍, Chao Bai Shao), *Astragalus* (蜜黄芪, Mi Huang Qi), *Gelatin* (阿胶, E Jiao)
Indications: Deficiency of blood with the symptoms of weakness of women, amenorrhea, and irregular menstruation.
Comments: Enriches the blood and regulates menstruation.

Amenorrhea 闭经

Item #: Y010
Name: 养血当归精
Yang Xue Dang Gui Jing
Dang Gui & Gelatin Combination
See Abnormal Menstruation Above

Dysfunctional Uterine Bleeding 功能失调性子宫出血

Item #: R015
Name: 人参归脾汤
Ren Shen Gui Pi Tang
Ginseng & Longan Combination
See Palpitation Pg. 11.

Item #: T027
Name: 调经方
Tiao Jing Fang
Cattail Pollen Combination
Ingredients: *Processed Cattail Pollen* (炒蒲黄, Chao Pu Huang), *Pteropus* (五灵脂, Wu Ling Zhi), *Prunella* (夏枯草, Xia Ku Cao)
Indications: Dysfunctional uterine bleeding in young women with the symptoms of amenorrhea in the early stages with the sudden onset of long periods of profuse bleeding, or alternating spotting and profuse bleeding that lasts for weeks or even longer, and anemia in severe cases, due to blood stasis.
Comments: Laboratory studies show that this prescription strengthens the contraction of the uterus, stops bleeding, relieves pain, and has an antibiotic function. This prescription also has the effect of improving the function of the ovaries to regulate ovulation.

Item #: Y040
Name: 益气固冲汤
Yi Qi Gu Chong Tang
Astragalus & Agrimony Combination
Ingredients: *Astragalus* (蜜黄芪, Huang Qi), *White Atractylodes* (炒白术, Bai Zhu), *Bupleurum* (柴胡, Chai Hu), *Artemisia Carbon* (艾叶炭, Ai Ye Tan), *Agrimony* (仙鹤草, Xian He Cao), *Licorice* (甘草, Gan Cao), *Codonopsis* (党参, Dang Shen), *Schizonepeta Carbon* (芥穗炭, Jie Sui Tan), *Dang Gui* (酒当归, Gui Jiu Dang), *Cooked Dipsacus* (炒续断, Chao Xu Duan), *Cimicifuga* (升麻, Sheng Ma)
Indications: Irregular bleeding caused by weak qi with the symptoms of fatigue, pale complexion, weak voice, watery and light colored blood, continuous spotting, profuse bleeding in severe cases, dizziness, heart palpitation, shortness of breath, light colored tongue, and weak pulse, due to deficiency of spleen qi.
Comments: This prescription is designed to stop irregular bleeding of both menopause and puberty. Studies done at Chao Yang Hospital of Liao Ning providence, by Dr. Jia Rei have shown this prescription to be 99% effective in treatments of 2 to 16 days.

Excessive Leukorrhagia 白带过多

Item #: W005
Name: 完带汤
Wan Dai Tang
Atractylodes & Schizonepeta Combination
Ingredients: *Cooked White Atractylodes* (炒白术, Chao Bai Zhu), *Cooked Dioscorea* (炒山药, Chao Shan Yao), *Ginseng* (人参, Ren Shen), *Cooked White Peony* (炒白芍, Chao Bai Shao), *Cooked Plantain Seed* (炒车前子, Chao Che Qian Zi), *Atractylodes* (苍术, Cang Zhu), *Licorice* (甘草, Gan Cao), *Processed Citrus* (炒陈皮, Chao Chen Pi), *Schizonepeta Carbon* (黑芥穗, Hei Jie Sui), *Bupleurum* (柴胡, Chai Hu)
Indications: Excessive leukorrhagia due to inflammation of the genital system belonging to insufficiency of the spleen with over abundance of dampness, or leukorrhagia due to deficiency of the spleen with the symptoms of white or yellowish color, thin discharge without foul smell, physical fatigue, loose stools and pale complexion, pale tongue with white coating, and soft and feeble pulse.
Comments: The formula is not fit for the treatment of leukorrhagia with yellowish discharge or with reddish discharge due to downward flow of damp-heat.

Exfetation 宫外孕

Item #: G040
Name: 宫外孕方
Gong Wai Yun Fang
Salvia & Peony Combination
Ingredients: *Salvia* (丹参, Dan Shen), *Red Peony* (赤芍, Chi Shao), *Persica* (桃仁, Tao Ren), *Mastic* (乳香, Ru Xiang), *Myrrh* (没药, Mo Yao), *Burweed Tuber* (三棱, San Leng), *Zedoaria* (莪术, E Zhu)
Indications: Exfetation (extra-uterine pregnancy) with the symptoms of lower abdominal pain, tenderness in the abdomen, constipation, thick, sticky yellow coating of the tongue, and taut and rapid pulse, with sonogram results showing a mass in the tubal area.
Comments: In China, this prescription is commonly used for exfetation to avoid surgery. Scientific studies have shown that it can reduce thrombosis of the micro-circulation and stop bleeding. In a study of 600 patients treated with this prescription at the teaching hospital of Shan Xi Medical School, 531 recovered within 60 days. It is only suitable for the stable type of this condition.

Female Infertility 不孕症

Item #: Y090
Name: 毓麟方
Yu Lin Fang
Rehmannia & Cuscuta Combination
Ingredients: *Codonopsis* (党参, Dang Shen), *White Atractylodes* (白术, Bai Zhu), *Hoelen* (茯苓, Fu Ling), *White Peony* (白芍, Bai Shao), *Cnidium* (川芎, Chuan Xiong), *Processed Licorice* (炙甘草, Zhi Gan Cao), *Chinese Angelica Root* (当归, Dang Gui), *Processed Rehmannia* (熟地黄, Shou Di Huang), *Cuscuta* (菟丝子, Tu Si Zi), *Eucommia* (杜仲, Du Zhong), *Antler Powder* (鹿角霜, Lu Jiao Shuang), *Zanthoxylum Peel* (川椒, Hua Jiao)
Indications: Infertility in females with the symptoms of irregular menstruation, weakness in the lower back and knees, habitual miscarriage, light colored tongue with white coating and deep and thready pulse, due to deficiency of kidney.
Comments: This prescription is suitable for the weak kidney-qi type of infertility. Before taking this treatment, the patients should see a gynecologist first to be sure there is no organic reason for the infertility.

Functional Dysmenorrhea 功能性痛经

Item #: D070
Name: 当归止痛汤
Dang Gui Zhi Tong Tang
Dang Gui & Corydalis Combination
Ingredients: *Dang Gui* (当归, Dang Gui), *Corydalis Tuber* (元胡, Yuan Hu), *Cnidium* (川芎, Chuan Xiong), *Processed White Peony* (炒白芍, Chao Bai Shao), *Licorice* (甘草, Gan Cao)
Indications: Dysmenorrhea with the symptoms of menstrual cramps occurring in the first and/or second day of the period, spasmodic lower abdominal pain, radiating to the vaginal or sacral areas, vomiting, nausea, diarrhea, and cold hands and feet, pale complexion, cold sweat, and fainting in severe cases.
Comments: Dang Gui, Yuan Hu Chuan Xiong, Bai Shao and Gan Cao can regulate the menstrual cycle and reduce pain. This prescription will not irritate the stomach or cause drowsiness. Dr. Liu Meng An from Shan Dong Bin Zhou Medical School treated 86 patients with this prescription. After treatment, 62 recovered and 18 showed improvement. This prescription has an effectiveness rate of 93%.

Item #: F060
Name: 妇科十味丸
Fu Ke Shi Wei Wan
Ten Ingredients Combination
Ingredients: *Processed Cyperus* (制香附, Zhi Xiang Fu), *Chinese Angelica Root* (当归, Dang Gui), *Jujube* (大枣, Da Zao), *Processed Rehmannia* (熟地黄, Shu Di Huang), *Red Peony* (赤芍, Chi Shao), *Corydalis Tuber* (元胡, Yuan Hu), *Processed White Atractylodes* (炒白术, Chao Bai Zhu), *Cnidium* (川芎, Chuan Xiong), *Processed White Peony* (炒白芍, Chao Bai Shao), *Licorice* (甘草, Gan Cao)
Indications: Irregular menstruation and dysmenorrhea.
Comments: Regulates *qi*, promotes blood circulation, and regulates menstruation.

Habitual Miscarriage 习惯性流产

Item #: Z095
Name: 滋肾育胎丸
Zi Shen Yu Tai Wan
Cuscuta & Morinda Combination
Ingredients: *Cuscuta* (菟丝子, Tu Si Zi), *Dipsacus* (续断, Xu Duan), *Morinda* (巴戟天, Ba Ji Tian), *Eucommia* (杜仲, Du Zhong), *Processed Rehmannia* (熟地黄, Shu Di Huang), *Antler Powder* (鹿角霜, Lu Jiao Shuang), *Lycium Fruit* (枸杞子, Gou Qi Zi), *Gelatin* (阿胶, E Jiao), *Codonopsis* (党参, Dang Shen), *Processed White Atractylodes* (炒白术, Chao Bai Zhu), *Jujube* (大枣, Da Zao), *Amomum Fruit* (砂仁, Sha Ren)
Indications: Habitual miscarriage manifested as a history of more than three miscarriages, due to deficiency of kidney.
Comments: This prescription was tested on laboratory animals and was shown to help the development of the fertilized egg into a viable fetus by promoting the blood circulation of the uterus and the ovaries. This nourishes the uterus and the ovaries as well as nourishing and developing the uterine lining and promoting the release of progesterone.

Hysteroptosis 子宫脱垂

Item #: S100
Name: 升降汤
Sheng Xian Tang
Bupleurum & Cimicifuga Combination
Ingredients: *Bupleurum* (柴胡, Chai Hu), *Cimicifuga* (升麻, Sheng Ma), *Processed Astragalus* (蜜黄芪, Mi Huang Qi), *Platycodon Root* (桔梗, Jie Gen), *Anemarrhena* (知母, Zhi Mu), *Ginseng* (人参, Ren Shen)
Indications: Collapse of *qi* with symptoms of prolapsed uterus.
Comments: This prescription is proven to be effective by Dr. Gong Qi Shu. In a study of 40 people, 32 patients totally recovered and 8 patients showed improvement. This prescription is suitable only for prolapsed uterus caused by weak *qi*.

Impotence 阳萎

Item #: Y005

Name: 阳起汤

Yang Qi Tang

Actinolite & Epimedium Combination

Ingredients: Actinolite (阳起石, Yang Qi Shi), Cnidium Fruit (蛇床子, She Chuang Zi), Epimedium (淫羊藿, Yin Yang Huo), Processed Polygala Root (炙远志, Zhi Yuan Zhi), Schizandra (五味子, Wu Wei Zi), Curculigo (天仙茅, Tian Xian Mao), Cinnamon Bark (肉桂, Rou Gui)

Indications: Impotence with the symptoms of pale complexion, dizziness, tinnitus, aching and weakness in the lower back and knees, cold hands and feet, pale tongue with white coating, and deep and thready pulse, due to deficiency of kidney yang.

Comments: This prescription is most effective for younger patients. It is not recommended for patients over 60. At Liao Yang Hospital of Fu Jian Hospital, Dr. Liu Yi Zhi treated 25 patients for this condition. After treatment, 18 improved and seven showed progress.

Lochiostasis 恶露过多

Item #: S090

Name: 生化汤

Sheng Hua Tang

Dang Gui & Ginger Combination

Ingredients: Chinese Angelica Root (当归, Dang Gui), Cnidium (川芎, Chuan Xiong), Persica (桃仁, Tao Ren), Processed Ginger (炮姜, Pao Jiang), Processed Licorice (炙甘草, Zhi Gan Cao)

Indications: Stagnation of blood manifested as lochiostasis, fibroids, blood stasis of the pelvis, and other syndromes of blood stasis, with the symptoms of retention of lochia after childbirth, pain in the lower abdomen with tenderness or with some mass in the sore region, dark purplish margin of the tongue and deep and uneven pulse.

Comments: Modern research has proven that this formula has the effects of contracting the uterus, regulating the functions of the uterus, dilating blood vessels, promoting blood circulation, absorbing internal hemorrhage and promoting secretion of mammary gland. This combination is indicated for a patient with postpartum pain in the lower abdomen with blood stasis. The patient who has the syndrome of blood heat with blood stasis is forbidden to use it.

Male Climacteric Syndrome 男性更年期综合症

Item #: N005

Name: 男更汤

Nan Geng Tang

Epimedium & Curculigo Combination

Ingredients: Curculigo (天仙茅, Tian Xian Mao), Epimedium (淫羊藿, Yin Yang Huo), Chinese Angelica Root (当归, Dang Gui), Morinda (巴戟天, Ba Ji Tian), Phellodendron (黄柏, Huang Bo), Anemarrhena (知母, Zhi Mu), Zizyphus (酸枣仁, Suan Zao Ren), Polygonum Stem (夜交藤, Ye Jiao Teng), Albizzia (合欢皮, He Huan Pi), Processed Tortoise Plastron (炙龟板, Zhi Gui Ban)

Indications: Male climacteric syndrome with the symptoms of anxiety, depression, melancholy, low sex drive, perspiration, fatigue, over-sensitivity to cold, and irritability, due to deficiency of kidney yin.

Comments: This is a safer therapy than hormone replacement and is without side effects. Dr. Yang Geng Sheng of Zi Xi People's Hospital, of Hebei province, treated 14 cases of male climacteric syndrome with this prescription; four improved markedly and nine showed progress.

Menopausal Syndrome 更年期综合症

Item #: G035

Name: 更年安

Geng Nian An

Rehmannia & Fleece-flower Combination

Ingredients: Processed Rehmannia (熟地黄, Shu Di Huang), Rehmannia (生地黄, Sheng Di Huang), Processed Fleece-flower Root (制何首乌, Zhi He Shou Wu), Alisma (泽泻, Ze Xie), Hoelen (茯苓, Fu Ling), Schizandra (五味子, Wu Wei Zi), Nacre (珍珠母, Zhen Zhu Mu), Polygonum Stem (夜交藤, Ye Jiao Teng), Scrophularia (玄参, Xuan Shen), Wheat (浮小麦, Fu Xiao Mai), Moutan (丹皮, Dan Pi), Wild Yam (山药, Shan Yao), Cornus (山茱萸, Shan Zhu Yu), Curculigo (天仙茅, Tian Xian Mao).

Indications: Deficiency of kidney *yin* and excessive liver *yang* manifested as female climacteric syndrome, marked by tidal fever, with sweating, vertigo, insomnia, dysphoria, irritability, fluctuation of blood pressure, etc.; also used to manage male climacteric syndrome.

Comments: Nourishes *yin* and clears away heat, relieves restlessness and tranquilizes the mind, regulates the equilibrium, improves health, and prolongs life. Contraindicated for patients with cold extremities and aversion to cold due to insufficiency of both the spleen *yang* and kidney *yang*.

Item #: Y050

Name: 益神宁

Yi Shen Ning

Bupleurum & Licorice Combination

Ingredients: *Bupleurum* (柴胡, Chai Hu), *Dragon Bone* (龙骨, Long Gu), *Oyster Shell* (牡蛎, Mu Li), *Rhubarb* (生大黄, Sheng Da Huang), *Astragalus* (黄芪, Huang Qi), *Cinnamon Twigs* (桂枝, Gui Zhi), *Soaked Pinellia* (法半夏, Fa Ban Xia), *Zizyphus* (酸枣仁, Suan Zao Ren), *Polygonum Stem* (夜交藤, Ye Jiao Teng), *Rehmannia* (生地黄, Sheng Di Huang), *Glehnia Root* (北沙参, Bei Sha Shen), *Processed Licorice* (炙甘草, Zhi Gan Cao)

Indications: Menopausal syndromes with the symptoms of anxiety, depression, melancholy, low sex drive, perspiration, fatigue, over-sensitivity to cold, and irritability, due to the **stagnation of liver *qi* and phlegm-fire**.

Comments: Dr. Zhang Qi used this treatment on 137 patients with menopausal syndromes with an effectiveness rate of 94%.

Morning Sickness 妊娠剧吐

Item #: H005

Name: 和胃调中汤

He Wei Tiao Zhong Tang

Amomum & Perilla Combination

Ingredients: *Amomum Fruit* (砂仁, Sha Ren), *Perilla Stalk* (苏梗, Su Geng), *Processed Pinellia* (姜半夏, Jiang Ban Xia), *Raw Ginger* (生姜, Sheng Jiang), *Processed White Atractylodes* (炒白术, Chao Bai Zhu), *Processed Membrane of Chicken Gizzard* (炙鸡内金, Ji Nei Jin), *Codonopsis* (党参, Dang Shen), *Hoelen* (茯苓, Fu Ling), *Processed Cyperus* (制香附, Xiang Fu), *Coptis* (黄连, Huang Lian), *Processed Citrus* (炒陈皮, Chen Pi)

Indications: **Incoordination of liver and stomach** with the symptoms of morning sickness with the symptoms of nausea, vomiting, lack of appetite, dizziness, fatigue, or constipation.

Comments: This prescription can stop vomiting by regulating the function of the digestive system, increase appetite, and help the body to achieve homeostasis. This prescription has the immediate effect of stopping vomiting.

Premenstrual Syndrome 经前期紧张综合症

Item #: F070

Name: 妇宁汤

Fu Ning Tang

Bupleurum & Mentha Combination

Ingredients: *Bupleurum* (柴胡, Chai Hu), *Mentha* (薄荷, Bo He), *Processed Dang Gui* (酒当归, Jiu Dang Gui), *Processed Aurantium Fruit* (炒枳壳, Chao Zhi Qiao), *Saussurea* (木香, Mu Xiang), *Moutan* (牡丹皮, Dan Pi), *Cynathulae* (川牛膝, Chuan Niu Xi), *Processed White Peony* (炒白芍, Chao Bai Shao), *Processed Cyperus* (制香附, Zhi Xiang Fu), *Curcuma Root* (郁金, Yu Jin), *Gardenia* (山栀, Shan Zhi), *Vaccaria* (王不留行, Wang Bu Liu Xing), *Orange Leaf* (桔叶, Ju Ye), *Liquidambar* (路路通, Lu Lu Tong), *Crataegus* (山楂, Shan Zha)

Indications: **Stagnation of liver *qi*** with the symptoms of premenstrual breast tenderness.

Comments: Dr. Wang Wen Zhu of Chinese Medical Hospital of Wu Han City, treated 74 patients with this prescription, and 50 recovered. It should be taken for ten to 15 days prior to the onset of the menstrual period. This prescription should be modified to be used for premenstrual syndromes beyond breast tenderness.

Item #: J070

Name: 解郁散

Jie Yu San

Bupleurum & Vaccaria Combination

Ingredients: *Squama Manitis* (穿山甲, Chuan Shan Jia), *Lycopus* (泽兰, Ze Lan), *Bupleurum* (柴胡, Chai Hu), *Vaccaria* (王不留行, Wang Bu Liu Xing), *Chinese Angelica Root* (当归, Dang Gui), *Cnidium* (川芎, Chuan Xiong), *Processed White Peony* (炒白芍, Chao Bai Shao), *Processed Cyperus* (制香附, Zhi Xiang Fu), *Processed Blue Citrus* (炒青皮, Chao Qing Pi)

Indications: **Stagnation of liver *qi*** with the symptoms of breast tenderness related to the menstrual cycle and emotional changes with the symptoms of swelling of breasts, localized pain that extends to the rib cage, breasts sore to the touch, lumps, or burning sensation.

Comments: According to a study by Dr. Shi Zhen Hua in China, this prescription has been proven to be effective and without side effects. Most people experience an effect after two weeks of treatment.

Item #: S155

Name: 舒经汤

Shu Jing Tang

Dang Gui & Ligustrum Combination

Ingredients: *Ligustrum* (女贞子, Nu Zhen Zi), *Processed Rehmannia* (熟地黄, Shu Di Huang), *Achyranthes* (牛膝, Niu Xi), *Dang Gui* (当归, Dang Gui), *Processed White Peony* (炒白芍, Chao Bai Shao), *Salvia* (丹参, Dan Shen), *Processed White Atractylodes* (炒白术, Chao Bai Zhu), *Hoelen* (茯苓, Fu Ling), *Processed Cyperus* (制香附, Zhi Xiang Fu), *Curcuma Root* (郁金, Yu Jin)

Indications: Premenstrual syndromes with the symptoms of irregular menstruation, premenstrual bloating, breast tenderness, headaches, insomnia, irritability, thirst with no desire for liquids, aching muscles, fatigue, dark colored tongue, and faint or taut pulse, due to stagnation of liver *qi* and deficiency of kidney.

Comments: This prescription should be used ten to 12 days before the menstrual period is due and until it is over. It should be taken for three menstrual cycles. Dr. Feng Jia Yang of Nan Jing College of TCM treated 117 patients with this formula, and 107 showed improvement. The effectiveness rate of this prescription is 91.5%.

Spermatorrhea 遗精

Item #: J080

Name: 金锁固精丸

Jin Suo Gu Jing Wan

Lotus Stamen Formula

Ingredients: *Astragalus Seed* (沙苑子, Sha Yuan Zi), *Euryale* (芡实, Qian Shi), *Lotus Stamen* (莲子芯, Lian Zi Xin), *Lotus Seed* (莲子, Lian Zi), *Processed Dragon Bone* (煅龙骨, Duan Long Gu), *Processed Oyster Shell* (煅牡蛎, Duan Mu Li)

Indications: Nocturnal emission, spermatorrhea, insomnia, and dreaminess due to neurasthenia manifested as unconsolidation of the essence gate due to deficiency of the kidney, with the symptoms of emission, spermatorrhea, lumbago, tinnitus, lassitude, pale tongue with white coating, and thready and feeble pulse.

Comments: This formula is contraindicated in patients with emission due to damp-heat or hyperactivity of pathogenic fire due to *yin* deficiency.

Threatened Miscarriage 先兆流产

Item #: A005

Name: 安胎合剂

An Tai He Ji

Cuscuta & Loranthus Combination

Ingredients: *Cuscuta* (菟丝子, Tu Si Zi), *Processed Rehmannia* (熟地黄, Shu Di Huang), *Codonopsis* (党参, Dang Shen), *Dioscorea* (山药, Shan Yao), *Processed White Atractylodes* (炒白术, Chao Bai Zhu), *Dipsacus* (续断, Xu Duan), *Loranthus* (桑寄生, Sang Ji Sheng), *Licorice* (甘草, Gan Cao), *Eucommia* (杜仲, Du Zhong), *Processed White Peony* (炒白芍, Chao Bai Shao), *Lycium Fruit* (枸杞子, Gou Qi Zi)

Indications: Threatened miscarriage with the symptoms of vaginal bleeding or spotting, minor cramps and heavy sensation in the lower abdomen, and frequency of urination, due to deficiency of kidney.

Comments: Scientific studies by the Jiang Xi College of Traditional Chinese Medicine have proven that this prescription prevents miscarriage in three ways: inhibiting contractions; motivating the pituitary gland and the ovaries to release the luteotropic hormone; and nourishing the uterus. This prescription has no side effects for the fetus, and it is suitable for all stages of threatened miscarriage.

Uterine Fibroids 子宫肌瘤

Item #: H015

Name: 化瘀散汤

Hua Yu San Zheng Tang

Salvia & Leonurus Combination

Ingredients: *Salvia* (丹参, Dan Shen), *Red Peony* (赤芍, Chi Shao), *Bulrush* (蒲黄, Pu Huang), *Pteropus* (五灵脂, Wu Ling Zhi), *Processed Cyperus* (制香附, Zhi Xiang Fu), *Mastic* (乳香, Ru Xiang), *Myrrh* (没药, Mo Yao), *Prunella* (夏枯草, Xia Ku Cao), *Leonurus* (益母草, Yi Mu Cao)

Indications: Fibroid tumors with the symptoms of irregular and heavy bleeding, spotting, and tumors seen in a sonogram reading, due to blood stasis.

Comments: After one month of treatment with this prescription, the patient should see her symptoms improve. After three months, the size of the tumors should decrease. The patient should continue treatment until the uterus has recovered.

Item #: X090

Name: 消瘤汤

Xiao Liu Tang

Dang Gui Tail Combination

Ingredients: *Dang Gui Tail* (当归尾, Dang Gui Wei), *Vaccaria* (王不留行, Wang Bu Liu Xing), *Squama Manitis* (川山甲, Chuan Shan Jia), *Persica* (桃仁, Tao Ren), *Zedoaria* (莪术, E Zhu), *Burreed Tuber* (三棱, San Leng), *Processed Cyperus* (制香附, Zhi Xiang Fu), *Prunella* (夏枯草, Xia Ku Cao), *Japanese Sea Tangle* (昆布, Kun Bu), *Coix* (薏苡仁, Yi Yi Ren), *Dipsacus* (续断, Xu Duan), *Cyathulae* (川牛膝, Chuan Niu Xi)

Indications: Uterine fibroids.

Comments: This prescription was designed and studied by Dr. Zhao Bi Yan in China and was proven to be effective in treating uterine fibroids. In a study of 63 women over 60 days of treatment, this prescription was shown to have an effectiveness rate of 96.8%. This prescription is not suitable for submucosal fibroids.

V. PEDIATRIC DISORDERS 儿科

Acute Bronchitis 急性支气管炎

Item #: M030
Name: 茅侧蝉衣汤
Mao Ce Chan Yi Tang
Imperata & Biota Tops Combination
Ingredients: *Imperata* (茅根, Mao Gen), *Biota Tops* (侧柏叶, Ce Bo Ye), *Sichuan Fritillary Bulb* (川贝母, Chuan Bei Mu), *Apricot Seed* (杏仁, Xing Ren), *Cicada* (蝉退, Chan Yi), *Perilla Leaf* (紫苏叶, Zi Su Ye), *Lonicera* (金银花, Jin Yin Hua), *Forsythia* (连翘, Lian Qiao), *Licorice* (甘草, Gan Cao)
Indications: Acute bronchitis with the symptoms of dry cough or cough with mucous, high fever, fatigue, lack of appetite, and vomiting, due to the invasion of the lung by wind and heat.
Comments: This prescription can also be used for general coughing.

Item #: X050
Name: 小儿肺宝
Xiao Er Fei Bao
Ginseng & Astragalus Combination
Ingredients: *Ginseng* (人参, Ren Shen), *Processed Astragalus* (蜜黄芪, Mi Huang Qi), *Hoelen* (茯苓, Fu Ling), *Processed White Atractylodes* (炒白术, Chao Bai Zhu), *Processed Membrane of Chicken Gizzard* (炙鸡内金, Zhi Ji Nei Jin), *Processed Tortoise Plastron* (炙鳖甲, Zhi Bie Jia), *Lycium Bark* (地骨皮, Di Gu Pi), *Glehnia Root* (北沙参, Bei Sha Shen), *Coltsfoot Flower* (款冬花, Dong Hua), *Ophiopogon Root* (麦冬, Mai Dong), *Arisaema Processed with Bile* (胆南星, Dan Nan Xing)
Indications: Infantile cough with wheezing, spontaneous perspiration and night sweat, lassitude, emaciation, pale complexion, and diarrhea with loose stool. It is also used for the treatment of persisting hepatitis, chronic bronchitis, pneumonia, and others.
Comments: Reinforces the spleen to benefit the lung, invigorates qi, arrests asthma, relieves cough, and resolves sputum.

Acute Parotitis 急性腮腺炎

Item #: P015
Name: 普济消毒饮
Pu Ji Xiao Du Yin
Coptis, Scrophularia & Forsythia Combination
See High Fever Pg. 34

Asthma 哮喘

Item #: Z060
Name: 治哮喘
Zhi Xiao Ling
Ma-Huang & Fritillaria Combination
See Bronchial Asthma Pg. 9

Item #: F080
Name: 扶正固本方
Fu Zheng Gu Ben Fang
Astragalus & Scute Combination
See Bronchial Asthma Pg. 8

Cough 咳嗽

Item #: J100
Name: 痉咳汤
Jing Ke Tang
Inula & Pinellia Combination
Ingredients: *Inula* (旋覆花, Xuan Fu Hua), *Soaked Pinellia* (法半夏, Fa Ban Xia), *Peucedanum* (前胡, Qian Hu), *Apricot Seed* (杏仁, Xing Ren), *Perilla Seed* (紫苏子, Zi Su Zi), *Processed Orange Peel* (炒陈皮, Chao Chen Pi), *Lumbricus* (地龙, Di Long), *Haematite* (代赭石, Dai Zhe Shi), *Licorice* (甘草, Gan Cao)

Indications: Whooping cough with the symptoms of fever, sore throat, fatigue, lack of appetite, vomiting, headaches, or swollen tonsils, due to wind-cold pathogens.
Comments: Dr. Zhang Chao Jing used this prescription to treat 153 patients. 104 patients recovered in 5-7 days, 46 recovered in 8-12 days, and 2 recovered in 13-14 days. For whooping cough associated with pneumonia, antibiotics should be used.

Enuresis 遗尿

Item #: S015
Name: 桑螵蛸散
Sang Piao Xiao San
Mantis Formula
See Frequent Urination Pg. 27

Indigestion 消化不良

Item #: X060
Name: 小儿消食丸
Xiao Er Xiao Shi Wan
Crataegus & Malt Combination
Ingredients: *Processed Membrane of Chicken Gizzard (炙鸡内金, Zhi Ji Nei Jin), Processed Crataegus (焦山楂, Jiao Shan Zha), Medicated Leaven (炒神曲, Chao Shen Qu), Processed Malt (炒麦芽, Chao Mai Ya), Areca Seed (槟榔, Bin Lang), Processed Orange Peel (炒陈皮, Chao Chen Pi)*
Indications: Incoordination between the spleen and the stomach, indigestion, poor appetite, abdominal distention, constipation, retention of food in the stomach, malnutrition, etc, due to phlegm-dampness in lung.
Comments: Strengthens the spleen, regulates the stomach, promotes digestion, and eliminates undigested food.

Item #: F015
Name: 肥儿乐
Fei Er Le
Crataegus & Atractylodes Combination
Ingredients: *Processed Crataegus (焦山楂, Jiao Shan Zha), Processed White Atractylodes (炒白术, Chao Bai Zhu), Processed Membrane of Chicken Gizzard (炙鸡内金, Zhi Ji Nei Jin)*
Indications: Stagnation of food with the symptoms of infantile indigestion with food retention, malnutrition due to parasitic infestation marked by dyspepsia, belching, acid regurgitation, vomiting, abdominal distention, and infantile malnutrition.
Comments: Strengthens the spleen, regulates the stomach, promotes digestion, and resolves undigested food.

Mononucleosis 传染性单核细胞增多症

Item #: Q045
Name: 清解养阴方
Qing Jie Yang Yin Fang
Isatis & Lycium Combination
Ingredients: *Isatis Root (板蓝根, Ban Lan Gen), Lycium Bark (地骨皮, Di Gu Pi), Dandelion (蒲公英, Pu Gong Ying), Viola (紫花地丁, Zi Hua Di Ding), Glehnia Root (北沙参, Bei Sha Shen), Rehmannia (生地黄, Sheng Di Huang), Scrophularia (玄参, Xuan Shen), Licorice (甘草, Gan Cao), Schizonepeta (荆芥, Jing Jie), Anemarrhena (知母, Zhi Mu)*
Indications: Mononucleosis with retention of pathogenic heat with the symptoms of high fever, sore throat, swollen lymph nodes, fatigue, headaches, lack of appetite, nausea, enlarged spleen in severe cases, skin rash, high white blood cell count.
Comments: Dr. Hai Zhong Yi from He Bei Cang Zhou Medical School treated 371 cases of mononucleosis with this prescription. After treatment, 95.6 % of the patients recovered. The average course of treatment is 13.5 days.

Tonsillitis 扁桃体炎

Item #: B090

Name: 扁炎汤

Bian Yan Tang

Isatis & Scrophularia Combination

Ingredients: *Lonicera Flower* (金银花, Jin Yin Hua), *Isatis Leaf* (大青叶, Da Qing Ye), *Scrophularia* (玄参, Xuan Shen), *Ophiopogon Root* (麦冬, Mai Dong), *Red Peony* (赤芍, Chi Shao), *Processed Scutellaria* (酒黄芩, Jiu Huang Qin), *Licorice* (甘草, Gan Cao)

Indications: Tonsillitis due to **invasion of wind-heat** with the symptoms of sore throat which worsens upon swallowing, difficulty swallowing and speaking in severe cases, chill, fever, headaches, aching muscles, lack of appetite, and high white blood cell count.

Comments: This prescription has antibiotic and antiviral functions and is commonly used for this condition. At Gong Non Bing Hospital in Beijing, Dr. Tian Ping Zhang studied 82 cases with tonsillitis. After two days of treatment, 19 patients recovered; after three days, 40 patients recovered; and the remaining 23 patients recovered after five days.

Item #: X045

Name: 消蛾饮

Xiao E Yin

Dandelion & Forsythia Combination

Ingredients: *Dandelion* (蒲公英, Pu Gong Ying), *Prunella* (夏枯草, Xia Ku Cao), *Forsythia* (连翘, Lian Qiao), *Isatis Root* (板兰根, Ban Lan Gen), *Peucedanum* (前胡, Qian Hu), *Platycodon* (桔梗, Jie Geng), *Processed Scutellaria* (酒黄芩, Jiu Huang Qin), *Licorice* (甘草, Gan Cao)

Indications: Acute tonsillitis due to the **invasion of wind-heat** with the symptoms of aching muscles, over-sensitivity to cold, high fever, headaches, lack of appetite, constipation, dry mouth, sore throat which worsens with talking or swallowing, or earache, tinnitus, and partial hearing impairment.

Comments: Dr. Zhang Chao Jing studied 308 cases treated with this prescription. Within three days, 288 of the patients had recovered. This prescription can reduce the fever very rapidly. It is not suitable for long term use and should be discontinued after symptoms abate. During treatment with this prescription, the patient should dress very warmly in order to prevent reoccurrence of symptoms.

Upper Respiratory Tract Infection 上呼吸道感染

Item #: S020

Name: 上感合剂

Shang Gan He Ji

Mentha & Schizonepeta Combination

Ingredients: *Mentha* (薄荷, Bo He), *Schizonepeta* (荆芥, Jing Jie), *Isatis Root* (板兰根, Ban Lan Gen), *Processed Scutellaria* (酒黄芩, Jiu Huang Qin), *Arctium* (牛蒡子, Niu Bang Zi), *Platycodon* (桔梗, Jie Geng), *Licorice* (甘草, Gan Cao)

Indications: Upper respiratory infection with the symptoms of runny or stuffy nose, sneeze, cough, sore throat, high fever, aching muscles, fatigue, or vomiting, or diarrhea, due to **invasion of wind-heat**.

Comments: This prescription is simple and effective. The fourth teaching hospital of Hebei Medical School has studied 120 cases using this treatment. All of the patients recovered after one to two days of treatment.

Item #: R005

Name: 热毒清

Re Du Qing

Lonicera & Phragmites Combination

Ingredients: *Lonicera Flower* (金银花, Jin Yin Hua), *Isatis Leaf* (大青叶, Da Qing Ye), *Schizonepeta* (荆芥, Jing Jie), *Mentha* (薄荷, Bo He), *Platycodon* (桔梗, Jie Geng), *Agastache* (藿香, Huo Xiang), *Medicated Leaven* (炒神曲, Chao Shen Qu), *Cicada* (蝉衣, Chan Yi), *Phragmites* (芦根, Lu Gen), *Licorice* (甘草, Gan Cao)

Indications: Upper respiratory infection and influenza with the symptoms of runny or stuffy nose, sneeze, cough, sore throat, high fever, aching muscles, fatigue, or vomiting, or diarrhea, due to **invasion of wind-heat**.

Comments: This prescription is effective and has no side effects. If the patient has a high fever, anti-pyretic medication is recommended in conjunction with this prescription.

Item #: X055

Name: 小儿免疫汤

Xiao Er Mian Yi Yin

Astragalus & Polygonatum Combination

Ingredients: *Codonopsis* (党参, Dang Shen), *Processed Astragalus* (蜜黄芪, MiHuang Qi), *Processed White Atractylodes* (炒白术, Chao Bai Zhu), *Processed Polygonatum Root* (制黄精, Zhi Huang Jing), *Salvia* (丹参, Dan Shen), *Glehnia Root* (北沙参, Bei Sha Shen), *Processed Rehmannia* (熟地黄, Shu Di Huang), *Schizandra* (五味子, Wu Wei Zi), *Epimedium* (淫羊藿, Yin Yang Huo)

Indications: Recurring upper respiratory tract infection with the symptoms of fever, cough, sore throat, colored mucous, lack of appetite, night sweat, emaciation, and pale complexion.

Comments: This prescription is effective for strengthening the immune system. After four weeks to six months of treatment, improvement in the immune system can be seen in T cell counts, PHA tests, and IgG, IgM, IgA, and CH50 tests.

VI. FIVE SENSE ORGAN DISORDERS 五官科

Acute Pharyngitis 急性咽炎

Item #: Q060
Name: 清燥救肺汤
Qing Zao Jiu Fei Tang
 Mulberry Leaf & Ophiopogon Combination
 See *Acute Bronchitis* Pg.6

Item #: Y015
Name: 养阴清肺汤
Yang Yin Qing Fei Tang
 Rehmannia & Scrophularia Combination
 See *Acute Bronchitis* Pg.7

Allergies 敏感症

Item #: B070
Name: 鼻渊汤
Bi Qiu Tang
 Codonopsis & White Atractylodes Combination
Ingredients: Codonopsis (党参, Dang Shen), White Atractylodes (白术, Bai Zhu), Siler (防风, Fang Feng), Wild Ginger (细辛, Xi Xin), Schizonepeta (荆芥, Jing Jie), Wild Yam (山药, Shan Yao), Coix (薏苡仁, Yi Yi Ren), Cicada (蝉衣, Chan Yi), Platycodon (桔梗, Jie Geng), Astragalus (黄芪, Huang Qi), Terminalia (诃子, He Zi), Magnolia Flower (辛夷花, Xin Yi Hua), Mentha (薄荷, Bo He), Alisma (泽泻, Ze Xie), Schizandra (五味子, Wu Wei Zi), Licorice (甘草, Gan Cao)
Indications: Allergies with the symptoms of sneezing, runny nose, itching or watery eyes, congestion, nasal drip, cough, and headaches, manifested as deficiency of lung and kidney qi.
Comments: Suitable for both seasonal and year-round allergies, this formula treats the root of the illness by strengthening the spleen and lung. In a study by Dr. Wei Zi Zhang of the teaching hospital of Guang Xi College of TCM, 33 patients with allergies were treated with this formula. After the treatment, six patients experienced no recurrence of symptoms for the six months of the study and 23 patients experienced no recurrence for three months, at which time they had a second treatment.

Item #: Y100
Name: 玉屏风散
Yu Ping Feng San
 Jade Windscreen Formula
Ingredients: Siler (防风, Fang Feng), Processed Astragalus (蜜黄芪, Huang Qi (Mi)), Processed White Atractylodes (炒白术, Bai Zhu (Chao))
Indications: Hyperhidrosis, allergic rhinitis, chronic rhinitis, and susceptibility to the common cold manifested as superficial qi to protect the body against diseases, with the symptoms of spontaneous perspiration, excessive sweating, liability to wind pathogen, pale complexion, pale tongue with white coating, and feeble and soft pulse.
Comments: Modern research has proven that this formula has the effects of improving blood circulation and the nutrition of skin, regulating the functional activities of the sweat gland, and strengthening immunity. This formula is contraindicated in patients with night sweat due to interior heat caused by deficiency of yin.

Chronic Pharyngitis 慢性咽炎

Item #: B040
Name: 半夏厚朴汤
Ban Xia Hou Po Tang
 Pinellia & Magnolia Combination
Ingredients: Processed Pinellia (姜半夏, Jiang Ban Xia), Magnolia Bark (厚朴, Hou Po), Hoelen (茯苓, Fu Ling), Raw Ginger (生姜, Sheng Jiang), Perilla Leaf (紫苏叶, Zi Su Ye)
Indications: Pharyngoneurosis, pharyngitis, edema of *plica vocalis*, bronchitis, bronchial asthma, neurogenic vomiting, gastric neurosis, vomiting of pregnancy marked by a lump feeling in the throat or accompanied by fullness and distress in the chest, or cough or vomiting, white, moist or greasy coating of the tongue, and slippery or taut pulse, manifested as accumulation of phlegm dampness.

Comments: Clinically and experimentally, it is proven that this formula can expel phlegm, arrest cough, relieve spasm of smooth muscles of bronchus, regulate the function of the autonomic nerve, and remove edema. Because this combination is mainly composed of herbs which are bitter and pungent in flavor and warm and dry in nature, it is only indicated for stagnation of phlegm and *qi*, partially for the phlegm dampness. It is contraindicated in patients with a deficiency of *yin* or hyperactivity of pathogenic fire due to *yin* deficiency.

Item #: L030

Name: 利咽茶

Li Yan Cha

Platycodon Tea Formula

Ingredients: *Lonicera Flower* (金银花, Jin Yin Hua), *Chrysanthemum* (菊花, Ju Hua), *Platycodon* (桔梗, Jie Geng), *Ophiopogon Root* (麦冬, Mai Dong), *Scrophularia* (玄参, Xuan Shen), *Oroxylum Seed* (木胡蝶, Mu Hu Die), *Licorice* (甘草, Gan Cao), *Sterculia* (胖大海, Pang Da Hai)

Indications: Chronic pharyngitis manifested as congestion in the throat and the sensation of a lump stuck in the throat which worsens with stress and swallowing, due to **accumulation of phlegm dampness**.

Comments: This prescription is designed to reduce the inflammation of the pharynx. This preparation can be served as an herbal tea.

Item #: M025

Name: 麦门冬汤

Mai Men Dong Tang

Ophiopogon Combination

See Acute Bronchitis Pg.5

Item #: S180

Name: 苏梗消核汤

Su Geng Xiao He Tang

Perilla & Curcuma Root Combination

Ingredients: *Perilla Stalk* (苏梗, Su Geng), *Bupleurum* (柴胡, Chai Hu), *Curcuma Root* (郁金, Yu Jin), *Magnolia Bark* (厚朴, Hou Po), *Processed Blue Citrus* (炒青皮, Chao Qing Pi), *Processed Citrus* (炒陈皮, Chao Chen Pi), *Soaked Pinellia* (法半夏, Fa Ban Xia), *Myristica* (白豆蔻, Bai Dou Kou), *Melia* (川楝子, Chuan Lian Zi), *Corydalis Tuber* (元胡, Yuan Hu), *Saussurea* (木香, Mu Xiang), *Hoelen* (茯苓, Fu Ling)

Indications: Chronic pharyngitis manifested as congestion in the throat and the sensation of a lump stuck in the throat which worsens with stress and swallowing, due to the **accumulation of phlegm dampness**.

Comments: According to the Chinese theory, this condition is caused by phlegm and dampness and sluggish liver energy. This prescription is designed to regulate the liver energy and to dispel the inner dampness. After recovery, the patient should continue treatment for at least two more weeks in order to stabilize the result.

Item #: Y015

Name: 养阴清肺汤

Yang Yin Qing Fei Tang

Rehmannia & Scrophularia Combination

See Acute Bronchitis Pg. 7

Chronic Sinus Infection 慢性鼻窦炎

Item #: B080

Name: 鼻炎丸

Bi Yan Wan

Coix & Mentha Combination

Ingredients: *Coix* (薏苡仁, Yi Yi Ren), *Siler* (防风, Fang Feng), *Chaenomeles* (木瓜, Mu Gua), *Platycodon* (桔梗, Jie Geng), *Wild Ginger* (细辛, Xi Xin), *Mentha* (薄荷, Bo He), *Lonicera* (金银花, Jin Yin Hua), *Houttuynia* (鱼腥草, Yu Xing Cao), *Viola* (紫花地丁, Zi Hua Di Ding), *Dandelion* (蒲公英, Pu Gong Ying), *Red Peony* (赤芍, Chi Shao), *Cnidium* (川芎, Chuan Xiong), *Gleditsia Spine* (皂角刺, Zao Jiao Ci)

Indications: **Retention of pathogenic heat in the lung** manifested as chronic sinus infection with the symptoms of stuffy or runny nose, clear or colored mucous, headaches and nasal drip.

Comments: Hot and spicy foods should be avoided during treatment.

Item #: B085
Name: 鼻渊宁
Bi Yuan Ning
Belamcanda & Subprostrata Combination
Ingredients: *Belamcanda* (射干, She Gan), *Subprostrata* (山豆根, Shan Dou Gen), *Bupleurum* (柴胡, Chai Hu), *Magnolia Flower* (辛夷花, Xin Yi Hua), *Mentha* (薄荷, Bo He), *Gardenia* (梔子, Zhi Zi), *Wild Ginger* (细辛, Xi Xin), *Licorice* (甘草, Gan Cao), *Thlaspi* (败酱草, Bai Jiang Cao), *Angelica* (白芷, Bai Zhi)
Indications: Retention of pathogenic heat in the lungs manifested as chronic sinus infection with the symptoms of colored and foul smelling mucous, nasal drip, headaches, heavy and compressed sensation in the forehead, loss of sense of smell, constipation, and dark urine.
Comments: Treatment with this prescription should be continued even if symptoms improve until they are totally stabilized.

Conjunctivitis 结膜炎

Item #: M040
Name: 明目上清丸
Ming Mu Shang Qing Wan
Coptis & Chrysanthemum Combination
Ingredients: *Coptis* (黄连, Huang Lian), *Platycodon* (桔梗, Jie Geng), *Scrophularia* (玄参, Xuan Shen), *Processed Rhubarb* (熟大黄, Shu Da Huang), *Processed Aurantium Fruit* (炒枳壳, Chao Zhi Qiao), *Processed Citrus* (炒陈皮, Chao Chen Pi), *Chrysanthemum* (菊花, Ju Hua), *Processed Scutellaria* (酒黄芩, Jiu Huang Qin), *Gardenia* (梔子, Zhi Zi), *Red Peony* (赤芍, Chi Shao), *Tribulus* (白蒺藜, Bai Ji Li)
Indications: Flaming-up of liver fire manifested as epidemic hemorrhagic conjunctivitis, swelling and pain of the eyes, dizziness and tinnitus, dry stool, dark and yellowish urine.
Comments: Removes heat, expels wind, improves eyesight, and alleviates pain.

Inner Ear Infection 中耳炎

Item #: F030
Name: 风聋方
Feng Long Fang (1)
Alisma & Plantain Combination
Ingredients: *Lonicera* (金银花, Jin Yin Hua), *Forsythia* (连翘, Lian Qiao), *Processed Scutellaria* (酒黄芩, Jiu Huang Qin), *Chrysanthemum* (菊花, Ju Hua), *Arctium* (牛蒡子, Niu Bang Zi), *Magnolia Flower* (辛夷花, Xin Yi Hua), *Alisma* (泽泻, Ze Xie), *Plantain Seed* (车前子, Che Qian Zi), *Grassleaved Sweetflag Rhizome* (石菖蒲, Shi Chang Pu), *Bupleurum* (柴胡, Chai Hu)
Indications: Invasion of wind and heat manifested as an inner ear infection with the symptoms of clogged sensation in affected ear, hearing impairment which worsens upon standing up, tinnitus with constant low pitched ringing, and earache.
Comments: This prescription is suitable for the wind-heat type of inner ear infection, usually combined with fever. Dr. Zhang Qing from Long Hua teaching hospital of the Shan Hai College of Chinese Traditional Medicine

Item #: F035
Name: 风聋方
Feng Long Fang (2)
Siler & Plantain Combination
Ingredients: *Schizonepeta* (荆芥, Jing Jie), *Siler* (防风, Fang Feng), *Notopterygium Root* (羌活, Qiang Huo), *Wild Ginger* (细辛, Xi Xin), *Hoelen* (茯苓, Fu Ling), *Plantain Seed* (车前子, Che Qian Zi), *Xanthium* (苍耳子, Cang Er Zi), *Agastache* (藿香, Huo Xiang), *Cinnamon Twigs* (桂枝, Gui Zhi), *Grassleaved Sweetflag Rhizome* (石菖蒲, Shi Chang Pu)
Indications: Invasion of wind and dampness manifested as an inner ear infection with the symptoms of clogged sensation in affected ear, hearing impairment which worsens upon standing up, tinnitus with constant low pitched ringing, and earache.
Comments: This prescription is suitable for the wind-cold type of inner ear infection, usually combined with common cold symptoms.

Meniere's Syndrome 耳源性眩晕

Item #: D095

Name: 定眩汤

Ding Xuan Tang

Pinellia & Gastrodia Combination

Ingredients: Soaked Pinellia (法半夏, Fa Ban Xia), Gastrodia (天麻, Tian Ma), White Atractylodes (白术, Bai Zhu), White Tribulus (白蒺藜, Bai Ji Li), Processed Bamboo Shavings (姜竹茹, Jiang Zhu Ru), Hoelen Spirit (茯神, Fu Shen), Orange Peel (橘红, Ju Hong), Alisma (泽泻, Ze Xie), Dragon Bone (龙骨, Long Gu)

Indications: Meniere's syndrome with the symptoms of sudden dizziness, vertigo, spinning sensation, nausea, vomiting, pale complexion, perspiration, low blood pressure, tinnitus, partial hearing impairment, tightness or congestion in the chest, and lack of appetite, due to the accumulation of phlegm-dampness.

Comments: This prescription has been clinically and experimentally proven to be especially effective in treating Meniere's syndrome due to inner dampness.

Item #: Z065

Name: 止眩除晕汤

Zhi Xuan Chu Yun Tang

Pinellia & Plantain Combination

Ingredients: Soaked Pinellia (法半夏, Fa Ban Xia), Plantain Seed (车前子, Che Qian Zi), Oyster Shell (牡蛎, Mu Li), Cinnamon Twigs (桂枝, Gui Zhi), Alisma (泽泻, Ze Xie), Processed Citrus (炒陈皮, Chao Chen Pi), Cyathulae (川牛膝, Chuan Niu Xi), Raw Ginger (生姜, Sheng Jiang), White Atractylodes (白术, Bai Zhu), Salvia (丹参, Dan Shen), Hoelen (茯苓, Fu Ling), Amber (琥珀, Hu Po)

Indications: Meniere's syndrome, manifested as the accumulation of phlegm-dampness with the symptoms of sudden dizziness, vertigo, spinning sensation, nausea, vomiting, pale complexion, perspiration, low blood pressure, tinnitus, and partial hearing impairment.

Comments: This prescription has the function of a diuretic, removes blood stasis, improves the inner ear circulation, and tranquilizes the mind. Dr. Wang Zhong Min from Jiang Su Gu Lou Hospital treated 64 patients with this prescription for an average of seven days and experienced a 100% recovery rate.

Mouth Ulcers 口腔溃疡

Item #: D075

Name: 导赤散

Dao Chi San

Rehmannia & Akebia Formula

See Acute Urinary Tract Infection Pg. 25

Item #: K030

Name: 口炎宁

Kou Yan Ning

Gypsum & Anemarrhena Combination

Ingredients: Gypsum (生石膏, Sheng Shi Gao), Anemarrhena (知母, Zhi Mu), Aristolochiae (关木通, Guan Mu Tong), Lophatherum (竹叶, Zhu Ye), Isatis Root (板蓝根, Ban Lan Gen), Scrophularia (玄参, Xuan Shen), Sweet Wormwood (青蒿, Qing Hao), Phragmites (芦根, Lu Gen), Licorice (甘草, Gan Cao)

Indications: Chronic mouth ulcers, manifested as flaming up of internal fire with the symptoms of ulceration of the lip, tongue, or inside of mouth, burning sensation, fever, swollen lymph nodes, thirst with desire for cold water, dark urine, constipation, irritability, red tongue without coating, and rapid pulse.

Comments: Laboratory studies show that this prescription has antibiotic and anti-viral effects, can strengthen immunity, and reduces anaphylactic reaction.

Item #: S025

Name: 上清丸

Shang Qing Wan

Chrysanthemum & Mentha Combination

See Constipation Pg. 18

Periodontal Disease 牙周病

Item #: Q050

Name: 清胃散

Qing Wei San

Coptis & Rehmannia Formula

Ingredients: *Rehmannia* (生地黄, Sheng Di Huang), *Chinese Angelica Root* (当归, Dang Gui), *Moutan* (牡丹皮, Mu Dan Pi), *Coptis* (黄连, Huang Lian), *Cimicifuga* (升麻, Sheng Ma)

Indications: Periodontitis, gastritis, gingival pustular swelling, glossitis and gastritis **indicative of stomach-heat** with the symptoms of headache radiated by toothache, feverish cheeks, aversion to heat with desire for cold, ulceration and bleeding in the gum, or swelling and soreness of the tongue, lips and cheeks, or hot and foul breath, dryness of the mouth and tongue, reddened tongue with yellow coating and slippery, strong and rapid pulse.

Comments: Research has proven that this formula is effective in helping the body resist bacteria, subduing inflammation, arresting bleeding, reducing fever, tranquilizing the mind, relieving pain, and promoting blood circulation. It is not suitable for patients with toothache of the wind-cold type or toothache caused by hyperactivity of fire due to a *yin* deficiency.

Item #: Y020

Name: 养阴消炎汤

Yang Yin Xiao Yan Tang

Dendrobium & Asparagus Combination

Ingredients: *Dendrobium* (石斛, Shi Hu), *Asparagus* (天冬, Tian Dong), *Scrophularia* (玄参, Xuan Shen), *Lophatherum* (竹叶, Zhu Ye), *Isatis Root* (板兰根, Ban Lan Gen), *Rehmannia* (生地黄, Sheng Di Huang), *Aristolochiae* (关木通, Guan Mu Tong), *Licorice* (甘草, Gan Cao)

Indications: Periodontal disease, manifested as the **deficiency of yin, and flaming up of fire in the stomach** with the symptoms of swollen, bleeding, receding gums, halitosis, oozing gums, difficulty and pain in chewing, loss of teeth in severe cases.

Comments: According to the type of periodontal disease, symptoms will differ, however, this prescription is designed for the weak *yin* and excessive inner heat type of the disease.

Item #: Y095

Name: 玉女煎

Yu Nu Jian

Rehmannia & Gypsum Combination

Ingredients: *Gypsum* (石膏, Shi Gao), *Processed Rehmannia* (熟地黄, Shu Di Huang), *Ophiopogon Root* (麦冬, Mai Dong), *Anemarrhena* (知母, Zhi Mu), *Cyathulae* (川牛膝, Chuan Niu Xi)

Indications: Periodontitis, purulent swelling of the gums, acute gastritis, glossitis, chronic gastritis, indicating syndromes of **stomach-heat and yin deficiency** with the symptoms of headache, toothache, odontocsis, dysphoria with thirst, and a dry and reddened tongue with dry yellow coating.

Comments: Modern studies have revealed that this combination can relieve inflammation, allay fever, tranquilize the mind, nourish the body, and consolidate the constitution. This formula is not advisable for patients with loose stool.

Poor Vision 视力减退

Item #: M035

Name: 明目地黄丸

Ming Mu Di Huang Wan

Rehmannia & Lycium Fruit Combination

Ingredients: *Processed Rehmannia* (熟地黄, Shu Di Huang), *Cornus* (山茱萸, Shan Zhu Yu), *Moutan* (牡丹皮, Mu Dan Pi), *Dioscorea* (山药, Shan Yao), *Hoelen* (茯苓, Fu Ling), *Alisma* (泽泻, Ze Xie), *Lycium Fruit* (枸杞子, Gou Qi Zi), *Chrysanthemum* (菊花, Ju Hua), *Chinese Angelica Root* (当归, Dang Gui), *White Tribulus* (白蒺藜, Bai Ji Li), *Halotis* (石决明, Shi Jue Ming), *White Peony* (白芍, Bai Shao)

Indications: **Deficiency of the liver yin and kidney yin**, manifested as xenophthalmia, photophobia, blurred vision, epiphora induced by wind, and night blindness; indicated for central retinitis, optic neuritis, vitreous opacity, and others.

Comments: Nourishes the kidney and liver to improve eyesight.

Tonsillitis 扁桃体炎

Item #: B090
Name: 扁炎汤
Bian Yan Tang
Isatis & Scrophularia Combination
See Tonsillitis Pg. 54

Item #: Y015
Name: 养阴清肺汤
Yang Yin Qing Fei Tang
Rehmannia & Scrophularia Combination
See Acute Bronchitis Pg. 7

Toothache 牙痛

Item #: H035
Name: 黄连上清丸
Huang Lian Shang Qing Wan
Coptis, Phellodendron, & Mentha Combination
See Constipation Pg.18

Item #: X005
Name: 细辛碎补汤
Xi Xin Sui Bu Tang
Wild Ginger & Drynaria Combination

Ingredients: *Wild Ginger* (细辛, Xi Xin), *Drynaria* (骨碎补, Gu Sui Bu), *White Tribulus* (白蒺藜, Bai Ji Li), *Forsythia* (连翘, Lian Qiao), *Schizonepeta* (荆芥, Jing Jie), *Mentha* (薄荷, Bo He), *Arctium* (牛蒡子, Niu Bang Zi), *Gleditsia Spine* (皂角刺, Zao Jiao Ci), *Cimicifuga* (升麻, Sheng Ma), *Moutan* (牡丹皮, Mu Dan Pi)

Indications: Toothache with sensitivity to heat, cold, sweet and sour.

Comments: This prescription is suitable for toothache due to excessive inner heat or toothache due to inner heat caused by deficiency of yin. Dr. Peng Kai Ying treated 100 patients with toothache with this prescription. For 100% of the patients in the study, the pain stopped after one to four days of treatment.

VII. ORTHOPEDIC DISORDERS 骨 伤 科

Bone Spurs 骨 刺

Item #: K015
Name: 抗骨质增生方
Kang Gu Zhi Zeng Sheng Fang
Rehmannia & Drynaria Combination
Ingredients: *Processed Rehmannia* (熟地黄, Shu Di Huang), *Cistanche* (肉苁蓉, Rou Cong Rong), *Pyrola* (鹿衔草, Lu Xian Cao), *Drynaria* (骨碎补, Gu Sui Bu), *Epimedium* (淫羊藿, Yin Yang Huo), *Milettia* (鸡血藤, Ji Xue Teng), *Processed Raphanus* (炒莱菔子, Chao Lai Fu Zi)
Indications: Degenerative spondylitis.
Comments: Laboratory research shows that this prescription has an antiinflammatory effect, reduces pain, and inhibits bones degeneration. In a study of 1000 cases of degenerative spondylitis, Dr. Liu Bo Ling from Chang Chun Chinese Medical School found that with treatment with this prescription over the course of one to six months, only 51 or 5.1% of the patients showed no improvement.

Cervical Spondylopathy 颈 椎 病

Item #: J105
Name: 颈椎病方
Jing Zhui Bing Fang
Rehmannia & Dang Gui Combination
Ingredients: *Processed Rehmannia* (熟地黄, Shu Di Huang), *Salvia* (丹参, Dan Shen), *Mulberry Twigs* (桑枝, Sang Zhi), *Germinated Barley* (生麦芽, Sheng Mai Ya), *Dang Gui Tail* (当归尾, Dang Gui Wei), *Pyrola* (鹿衔草, Lu Xian Cao), *Drynaria* (骨碎补, Gu Sui Bu), *Cistanche* (肉苁蓉, Rou Cong Rong), *Bulrush* (蒲黄, Pu Huang), *Milettia* (鸡血藤, Ji Xue Teng), *Cicada* (蝉衣, Chan Yi)
Indications: Cervical spondylopathy with the symptoms of spasmodic neck and shoulder pain which worsens with coughing or movement of the neck, occasional dizziness, tinnitus, earache, numbness and/or burning sensation in the hand and forearm, and weak grip; or headaches, vertigo, nausea, tinnitus, partial hearing impairment, and poor vision; or tight, numb, or weak legs with difficulty walking, paralysis in severe cases, urinary retention, and difficulty swallowing.
Comments: In a study by Dr. He Rei, 66 out of 68 patients treated with this prescription recovered. This prescription is designed to strengthen the liver and kidney energy, to nourish the blood and energy channels, and to reduce pain. It is a combination prescription to treat the causes of the condition as well as the symptoms.

Chronic Lumbago 慢 性 腰 痛

Item #: D100
Name: 独活寄生汤
Du Huo Ji Sheng Tang
Tuhuo & Loranthus Combination
See Arthritis Pg. 30
Item #: W060
Name: 五圣止痛方
Wu Sheng Zhi Tong Fang
Eucommia & Atractylodes Combination
Ingredients: *White Atractylodes* (白术, Bai Zhu), *Eucommia* (杜仲, Du Zhong), *Siler* (防风, Fang Feng), *Chinese Angelica Root* (当归, Dang Gui), *Squama Manitis* (穿山甲, Chuan Shan Jia)
Indications: Chronic back pain that reacts to changes in the weather or strain of the back.
Comments: This is a very effective prescription for chronic back pain. It is recommended to take 30cc of wine with each dose, twice a day.

Painful Heels 足跟痛

Item #: Z100

Name: 足跟痛方

Zu Gen Tong Fang

Eucommia & Cyathulae Combination

Ingredients: *Processed Rehmannia* (熟地黄, Shu Di Huang), *Milettia* (鸡血藤, Ji Xue Teng), *Cistanche* (肉苁蓉, Rou Cong Rong), *Cyathulae* (川牛膝, Chuan Niu Xi), *White Peony* (白芍, Bai Shao), *Astragalus* (黄芪, Huang Qi), *Eucommia* (杜仲, Du Zhong), *Chinese Angelica Root* (当归, Dang Gui), *Epimedium* (淫羊藿, Yin Yang Huo), *Carthamus* (红花, Hong Hua), *Drynaria* (骨碎补, Gu Sui Bu), *Saussurea* (木香, Mu Xiang)

Indications: Heel pain, usually occurring in one foot, that is worse in morning with first steps or after walking long distances. An x-ray can usually help with the diagnosis of this condition.

Comments: Most cases of this type of heel pain are caused by weak kidney and blood stasis. This prescription is effective in treating these cases because it is designed to strengthen the kidney energy, remove blood stasis and improve blood circulation.

Sciatica 坐骨神经痛

Item #: D100

Name: 独活寄生汤

Du Huo Ji Sheng Tang

Tuhuo & Loranthus Combination

See Arthritis Pg. 30

Item #: H020

Name: 缓急阳和汤

Huan Ji Yang He Tang

Cinnamon & Chaenomeles Combination

Ingredients: *Cinnamon Twigs* (桂枝, Gui Zhi), *Ma-Huang* (麻黄, Ma Huang), *Chaenomeles* (木瓜, Mu Gua), *Chinese Angelica Root* (当归, Dang Gui), *Cyathulae* (川牛膝, Chuan Niu Xi), *White Peony* (白芍, Bai Shao), *White Mustard Seed* (白芥子, Bai Jie Zi), *Licorice* (甘草, Gan Cao), *Processed Sichuan Aconite Root* (制川乌, Zhi Chuan Wu), *Processed Wild Aconite Root* (制草乌, Zhi Cao Wu), *Processed Fleece-flower Root* (制何首乌, Zhi He Shou Wu), *Processed Rehmannia* (熟地黄, Shu Di Huang), *Antler* (Gelatin) (鹿角胶, Lu Jiao Jiao).

Indications: Sciatica, manifested as **weak-cold type** with constant or spasmodic severe pain in the lower back, sometimes radiating into one or both legs, worsening at night and after standing or sitting for an extended period of time, upon sneezing or coughing, and during elimination.

Comments: This prescription is suitable for cases of chronic sciatica pain wherein the patients constantly feels cold, and in which the pain worsens in cold or damp weather.

Item #: Q025

Name: 羌活胜湿汤

Qiang Huo Sheng Shi Tang

Notopterygium Combination

See Arthritis Pg. 30

Item #: Z105

Name: 坐骨神经方

Zuo Gu Shen Jing Fang

Arisaema & Angelica Combination

Ingredients: *Processed Arisaema* (制南星, Zhi Nan Xing), *Angelica* (白芷, Bai Zhi), *Phellodendron* (黄柏, Huang Bo), *Cnidium* (川芎, Chuan Xiong), *Carthamus* (红花, Hong Hua), *Notopterygium Root* (羌活, Qiang Huo), *Clematis* (威灵仙, Wei Ling Xian), *Atractylodes* (苍术, Cang Zhu), *Persica* (桃仁, Tao Ren), *Cocculus* (木防己, Mu Fang Ji), *Corydalis Tuber* (元胡, Yuan Hu), *Pubescent Angelica Root* (独活, Du Huo), *Gentiana Root* (龙胆草, Long Dan Cao), *Medicated Leaven* (炒神曲, Chao Shen Qu), *Cinnamon Twigs* (桂枝, Gui Zhi), *Mastic* (乳香, Ru Xiang), *Myrrh* (没药, Mo Yao), *Processed White Peony* (炒白芍, Chao Bai Shao)

Indications: Sciatica, manifested as **damp-wind in channel** with constant or spasmodic severe pain in the lower back, sometimes radiating into one or both legs, worsening at night and after standing or sitting for an extended period of time, upon sneezing or coughing, and during elimination.

Comments: In a study of 53 sciatica cases treated with this prescription, Dr. Li Zhi Fang of the 533 Hospital found that over an average seven days of treatment, 38 patients recovered, 13 showed improvement, and only two patients did not respond to the treatment.

Soft Tissue Injury 软组织挫伤

Item #: F075

Name: 复元活血汤

Fu Yuan Huo Xue Tang

Dang Gui & Persica Combination

Ingredients: *Processed Rhubarb* (熟大黄, Shu Da Huang), *Bupleurum* (柴胡, Chai Hu), *Chinese Angelica Root* (当归, Dang Gui), *Persica* (桃仁, Tao Ren), *Carthamus* (红花, Hong Hua), *Squama Manitis* (穿山甲, Chuan Shan Jia), *Tricosanthes Root* (天花粉, Tian Hua Fen), *Licorice* (甘草, Gan Cao)

Indications: Traumatic swelling pain, intercostal neuralgia, costal chondritis marked by accumulation of blood stasis, and blood stasis in the hypochondriac region due to traumatic injury characterized by hypochondriac pain.

Comments: Modern research has confirmed that this combination has the effects of promoting blood circulation to expel blood stasis, relieving inflammation and swelling, tranquilizing the mind, alleviating pain, and regulating the function of the autonomic nerve. Patients who are very weak physically should be treated with this formula very carefully. It is contraindicated for pregnancy.

Item #: S145

Name: 舒活汤

Shu Huo Tang

Bupleurum & Carthamus Combination

Ingredients: *Bupleurum* (柴胡, Chai Hu), *Carthamus* (红花, Hong Hua), *Red Peony* (赤芍, Chi Shao), *Persica* (桃仁, Tao Ren), *Calamus Gum* (血竭, Xue Jie), *Licorice* (甘草, Gan Cao), *Squama Manitis* (穿山甲, Chuan Shan Jia), *Tricosanthes Root* (天花粉, Tian Hua Fen), *Rhubarb* (大黄, Da Huang), *Mastic* (乳香, Ru Xiang), *Myrrh* (没药, Mo Yao), *Gleditsia Spine* (皂角刺, Zao Jiao Ci)

Indications: Soft tissue injury, manifested as accumulation of blood-stasis, with the symptoms of swelling, bruising, and pain.

Comments: This prescription is suitable for the early stage of soft tissue injury with no open wound. At Kai Xian Peoples Hospital, in Si Chuan province, Dr. Sun Ming treated 32 patients with the early stages of soft tissue injury with this prescription. 100% of the patients recovered.

VIII. HEALTH MAINTENANCE TONIC HERBS 滋补强身

- Item #:** B010
Name: 八珍汤
Ba Zhen Tang
Eight Treasures
Ingredients: *Chinese Angelica Root* (当归, Dang Gui), *Processed Rehmannia* (熟地黄, Shu Di Huang), *Processed White Peony* (炒白芍, Chao Bai Shao), *Cnidium* (川芎, Chuan Xiong), *Codonopsis* (党参, Dang Shen), *White Atractylodes* (白术, Bai Zhu), *Hoelen* (茯苓, Fu Ling), *Processed Licorice* (炙甘草, Zhi Gan Cao), *Raw Ginger* (生姜, Sheng Jiang), *Jujube* (大枣, Da Zao)
Indications: Weakness during recovery from illness, anemia, irregular menstruation, or irregular bleeding caused by **weak qi and blood** with the symptoms of pale complexion, fatigue, lack of appetite, thirst, and nausea.
Comments: This preparation is a combination of the *Four Major Herbs Combination* and the *Dang Gui Four Combination*. It is suitable for deficiency of *qi* and blood, and it is a common prescription used for weakness.
- Item #:** B105
Name: 补肾健身汤
Bu Shen Jian Shen Tang
Ligustrum Combination
See Fatigue Pg. 32
- Item #:** L060
Name: 六味地黄丸
Liu Wei Di Huang Wan
Rehmannia Six Formula
Ingredients: *Processed Rehmannia* (熟地黄, Shu Di Huang), *Cornus* (山茱萸, Shan Zhu Yu), *Dioscorea* (山药, Shan Yao), *Alisma* (泽泻, Ze Xie), *Hoelen* (茯苓, Fu Ling), *Moutan* (牡丹皮, Mu Dan Pi)
Indications: Syndromes of **deficiency of vital essence of the liver and kidney** such as vegetative nerve functional disturbance, hypertension, arteriosclerosis, diabetes, chronic nephritis, hyperthyroidism, pulmonary tuberculosis, chronic urinary infection, bronchial asthma, amenorrhea, or scanty menstruation with the symptoms of weakness and soreness of waist and knees, vertigo, tinnitus, deafness, night sweat, emission, or hectic fever, feverish sensation in the palms and soles, dry mouth and throat, red tongue with little coating, and thready and rapid pulse.
Comments: Clinically and experimentally, this formula has been proven to have the effects of nourishing the body and consolidating the constitution, inhibiting hypercatabolism, reducing excitement of the brain, adjusting endocrine function and vegetative nerve, lowering blood pressure and blood sugar, inducing diuresis, improving the function of the kidney, improving the epithelial hyperplasia of the esophagus, and preventing cancer. Since the tonic herbs in this formula are greasy in nature, it should be administered carefully to patients with weakened function of the spleen.
- Item #:** Q030
Name: 青春宝
Qing Chun Bao
Ginseng & Ophiopogon Root Combination
Ingredients: *Ginseng* (人参, Ren Shen), *Ophiopogon Root* (麦冬, Mai Dong)
Indications: General debility in advanced age, body deficiency following recovery from illness.
Comments: Replenishes *qi* and nourishes blood, reinforces *yin* and promotes the production of body fluid, strengthens the constitution, and delays senility. Avoid eating fresh radishes when taking this combination.
- Item #:** R025
Name: 人参养荣汤
Ren Shen Yang Rong Tang
Ginseng Nutri Combination
Ingredients: *Ginseng* (人参, Ren Shen), *Astragalus* (黄芪, Huang Qi), *Processed White Atractylodes* (炒白术, Chao Bai Zhu), *Hoelen* (茯苓, Fu Ling), *Processed Rehmannia* (熟地黄, Shu Di Huang), *Chinese Angelica Root* (当归, Dang Gui), *Processed White Peony* (炒白芍, Chao Bai Shao), *Cinnamon Bark* (肉桂, Rou Gui), *Schizandra* (五味子, Wu Wei Zi), *Processed Polygala Root* (炙远志, Zhi Yuan Zhi), *Citrus* (炒陈皮, Chen Pi), *Processed Licorice* (炙甘草, Zhi Gan Cao)
Indications: Mental fatigue and tiredness, poor appetite, loose stool, palpitation due to fright, amnesia, emaciation, spontaneous perspiration and night sweat, trichomadesis and sallow complexion.
Comments: Invigorates *qi* and blood, tranquilizes the mind and promotes mentality.

- Item #:** S065
Name: 参芪散
Shen Qi San
Ginseng & Astragalus Modified Combination
Ingredients: *Ginseng* (人 参 , Ren Shen), *Acanthopanax Root* (刺 五 加 , Ci Wu Jia), *Processed Astragalus* (蜜 黄 芪 , Mi Huang Qi), *Salvia* (丹 参 , Dan Shen), *Red Peony* (赤 芍 , Chi Shao), *Cinnamon Twigs* (桂 枝 , Gui Zhi)
Indications: Headache, dizziness, numbness of limbs, difficulty in walking, hemiplegia, flaccidity, and others caused by blood stasis due to *qi* deficiency.
Comments: Promotes blood circulation to remove blood stasis, replenishes *qi* and restores pulse, benefits intelligence, and tranquilizes the mind.
- Item #:** S070
Name: 参杞汤
Shen Qi Tang
Codonopsis & Lycium Fruit Combination
Ingredients: *Codonopsis* (党 参 , Dang Shen), *Ophiopogon Root* (麦 冬 , Mai Dong), *Lycium Fruit* (枸 杞 子 , Gou Qi Zi)
Indications: Weakness, dizziness, dim eyesight, soreness in the waist, seminal emission, fatigue, and hypodynamia.
Comments: Moistens the lung, promotes the production of body fluid, strengthens the spleen and stomach, and nourishes the liver and kidney.
- Item #:** J075
Name: 金 肾气丸
Jin Gui Shen Qi Wan
Rehmannia Eight Combination
Ingredients: *Rehmannia* (生 地 黄 , Sheng Di Huang), *Dioscorea* (山 药 , Shan Yao), *Cornus* (山 茱 萸 , Shan Zhu Yu), *Alisma* (泽 泻 , Ze Xie), *Hoelen* (茯 苓 , Fu Ling), *Moutan* (牡 丹 皮 , Mu Dan Pi), *Cinnamon Twigs* (桂 枝 , Gui Zhi), *Processed Aconite* (制 附 子 , Zhi Fu Zi)
Indications: Syndrome of insufficiency of the kidney *yang* occurring in chronic nephritis, diabetes, vegetative nerve disturbance, senile dementia, primary stage of prostatic hyperplasia, infertility, urinary dysfunction, amenorrhea and other chronic disorders, with the symptoms of lassitude in the loins, legs, and feet, cold feeling in the lower part of the body, stiffness in the lower abdomen, dysuria or polyuria, bulgy and pale tongue, feeble pulse or deep and faint pulse.
Comments: Modern research has proven that this formula has the effects of improving the hypophysis-adrenocortical function, promoting blood circulation, tranquilizing the mind, lowering blood pressure, strengthening kidney function, and protecting the liver. It is not advisable to administer this formula to patients with hyperactivity of fire due to *yin* deficiency and impairment of body fluid due to dryness-heat.
- Item #:** S095
Name: 生脉散
Sheng Mai San
Ginseng & Ophiopogon Formula
See Fatigue Pg 32
- Item #:** S115
Name: 十全大补汤
Shi Quan Da Bu Tang
Ginseng & Dang Gui Ten Combination
Ingredients: *Ginseng* (人 参 , Ren Shen), *Processed White Atractylodes* (炒 白 术 , Chao Bai Zhu), *Hoelen* (茯 苓 , Fu Ling), *Licorice* (甘 草 , Gan Cao), *Chinese Angelica Root* (当 归 , Dang Gui), *Cnidium* (川 芎 , Chuan Xiong), *Processed White Peony* (炒 白 芍 , Chao Bai Shao), *Processed Rehmannia* (熟 地 黄 , Shu Di Huang), *Astragalus* (黄 芪 , Huang Qi), *Cinnamon Bark* (肉 桂 , Rou Gui)
Indications: Deficiency of both *qi* and blood with the symptoms of sallow complexion, shortness of breath, palpitation, dizziness, spontaneous perspiration, mental fatigue, lassitude of the extremities, and profuse menstruation.
Comments: Warms and nourishes *qi* and blood. It also serves as a supporting preparation to detoxicating herbs in the treatment of non-healing of ulcers due to deficiency of *qi* and blood.
- Item #:** S175
Name: 四物汤
Si Wu Tang
Dang Gui Four Combination
See Fatigue Pg. 33

Item #: Y035
Name: 益脑复健丸
Yi Nao Fu Jian Wan
Notoginseng & Carthamus Combination
Ingredients: *Notoginseng* (三七, San Qi), *Carthamus* (红花, Hong Hua), *Cnidium* (川芎, Chuan Xiong)
Indications: Acute cerebral embolism and cerebral thrombosis with the symptoms of facial paralysis, hemiplegia, involuntary drooling, retraction of the tongue, and difficulty in speaking.
Comments: Nourishes the brain and invigorates the vitality, relaxes the channels and collaterals, promotes blood circulation to remove blood stasis, and eliminates phlegm.

Item #: Z110
Name: 左归丸
Zuo Gui Wan
Kidney Yin Tonic
Ingredients: *Processed Rehmannia* (熟地黄, Shu Di Huang), *Dioscorea* (山药, Shan Yao), *Lycium Fruit* (枸杞子, Gou Qi Zi), *Cornus* (山茱萸, Shan Zhu Yu), *Achyranthes* (牛膝, Niu Xi), *Cuscuta* (菟丝子, Tu Si Zi), *Antler* (鹿角片, Lu Jiao Pian), *Tortoise Shell* (炙龟板, Gui Ban (Zhi))
Indications: Syndrome of deficiency in genuine yin occurring in cases of debilitated constitution due to advanced age, chronic disorders, recovery stage of febrile diseases, and others, with the symptoms of vertigo, lassitude in the loins and legs, seminal emission or spermatorrhea, spontaneous perspiration, night sweat, dry mouth and throat, thirst with desire for drinks, smooth tongue with little coating, and thready or rapid pulse.
Comments: Prolonged use of this tonic is liable to obstruct the function of the spleen and stomach; for this reason, it is advisable to add into the formula tangerine peel, amomum fruit or other herbs so as to regulate the flow of *qi* to enliven the spleen and to avoid any disturbance with tonification.

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Q060	Qing Zao Jiu Fei Tang 清燥救肺汤	6,56
Q070	Qu Yu Tong Mai Tang 祛瘀通脉汤	28
R005	Re Du Qing 热毒清	54
R015	Ren Shen Gui Pi Tang 人参归脾汤	11,32,45
R020	Ren Shen Jian Pi Wan 人参健脾丸	23
R025	Ren Shen Yang Rong Tang 人参养荣汤	65
S005	San Cha Fang 三叉方	28
S010	Sang Ju Yin 桑菊饮	6
S015	Sang Piao Xiao San 桑螵蛸散	27,53
S020	Shang Gan He Ji 上感合剂	54
S025	Shang Qing Wan 上清丸	18,59
S050	Shen Kang Ning 肾康宁	26
S055	Shen Ling Bai Zhu San 参苓白术散	17,23
S060	Shen Qi Bu Xue Tang 参芪补血汤	37
S065	Shen Qi San 参芪散	66
S070	Shen Qi Tang 参杞汤	66
S080	Sheng Bai Wan 升白丸	37
S085	Sheng Fa Tang 生发汤	41
S090	Sheng Hua Tang 生化汤	48
S095	Sheng Mai San 生脉散	32,66
S100	Sheng Xian Tang 升陷汤	47
S110	Shi Lin Tong 石淋通	43
S115	Shi Quan Da Bu Tang 十全大补汤	66
S122	Shi Zhen Fang 湿疹方	32,40
S125	Shou Wu Yang Xue Tang 首乌养血汤	40
S130	Shu Gan He Wei Wan 舒肝和胃丸	24
S135	Shu Gan Li Dan Tang 疏肝利胆汤	16
S140	Shu Gan Yin 舒肝饮	21
S145	Shu Huo Tang 舒活汤	64
S155	Shu Jing Tang 舒经汤	50
S160	Si Jun Zi Tang 四君子汤	23,33
S162	Si Miao Yong An Tang 四妙勇安汤	44
S165	Si Ni San 四逆散	21
S170	Si Ni Tang 四逆汤	16,21
S175	Si Wu Tang 四物汤	33,66
S180	Su Geng Xiao He Tang 苏梗消核汤	57
S185	Su Zi Jiang Qi Tang 苏子降气汤	8
S190	Suan Zao Ren Tang 酸枣仁汤	36
T015	Tian Jin Gan Mao San 天津感冒散	3
T020	Tian Ma Wan 天麻丸	28
T022	Tian Ma Gou Teng Yin 天麻钩藤饮	11
T025	Tian Wang Bu Xin Dan 天王补心丹	36
T027	Tiao Jing Fang 调经方	45
T040	Tong Mai Yang Xin Wan 通脉养心丸	10
T045	Tong Xuan Li Fei Wan 通宣理肺丸	6
T050	Tou Tong Jian 头痛煎剂	33
T055	Tu Fu Ling Yi Mi Jian 土茯苓薏米汤	27
T060	Tuo Min Fang 脱敏方	8
W005	Wan Dai Tang 完带汤	46
W010	Wei Kang Ling 胃康灵	14,20
W020	Wen Dan Tang 温胆汤	14

W025	Wen Jing Tong Luo Tang 温经通络汤	31
W035	Wu Ji Wan 戊己丸	24
W045	Wu Ling San 五苓散	12,26
W060	Wu Sheng Zhi Tong Fang 五圣止痛汤	62
W070	Wu Zhu Yu Tang 吴茱萸汤	14,20
X005	Xi Xin Sui Bu Tang 细辛补汤	61
X010	Xiang Lian Wan 香连丸	15,19
X015	Xiang Sha Liu Jun Zi Tang 香砂六君子汤	14,20
X025	Xiang Sha Yang Wei Wan 香砂养胃丸	15
X035	Xiao Chai Hu Tang 小柴胡汤	17
X045	Xiao E Yin 消蛾饮	54
X050	Xiao Er Fei Bao 小儿肺宝	52
X055	Xiao Er Mian Yi Yin 小儿免疫汤	55
X060	Xiao Er Xiao Shi Wan 小儿消食丸	53
X065	Xiao He Tang 消核汤	43
X070	Xiao Huo Luo Dan 小活络丹	31
X075	Xiao Jian Zhong Tang 小建中汤	20
X090	Xiao Liu Tang 消瘤汤	51
X095	Xiao Qing Long Tang 小青龙汤	7
X105	Xiao Yao Wan 逍遥丸	22,31,45
X115	Xie Bai San 泻白散	6
X120	Xin Xue Ning 心血宁	10
X130	Xing Su San 杏苏散	3,6
X135	Xuan Yun Ning 弦晕宁	39
X140	Xue Fu Kang 血复康	29
X145	Xue Fu Zhu Yu Tang 血府逐瘀汤	10,28
X150	Xun Ma Zhen Fang 麻疹方	41
Y005	Yang Qi Tang 阳起汤	48
Y010	Yang Xue Dang Gui Jing 养血当归精	45
Y015	Yang Yin Qing Fei Tang 养阴清肺汤	7,56,57,61
Y020	Yang Yin Xiao Yan Tang 养阴消炎汤	60
Y030	Yi Ji Zhi Xie Tang 抑激止泻汤	23
Y035	Yi Nao Fu Jian Wan 益脑复健丸	67
Y040	Yi Qi Gu Chong Tang 益气固冲汤	46
Y050	Yi Shen Ning 益神宁	49
Y060	Yin Chen Hao Tang 茵陈蒿汤	17,22
Y070	Yin Qiao Jie Du Wan 银翘解毒丸	3
Y075	Yin Qiao San 银翘散	4,34
Y090	Yu Lin Fang 毓麟方	46
Y095	Yu Nu Jian 玉女煎	60
Y100	Yu Ping Feng San 玉屏风散	56
Y105	Yu Quan Wan 玉泉丸	31
Y110	Yuan Hu Zhi Teng Yin 元胡止痛饮	25
Y120	Yue Ju Wan 越鞠丸	15,17,20
Z005	Zai Zhong Sheng Xue Yin 再障生血饮	29
Z020	Zhen Wu Tang 真武汤	26,27
Z025	Zhen Xin An Shen Tang 镇心安神汤	36
Z035	Zhi Bo Zi Shen Tang 知柏滋肾汤	42
Z040	Zhi Gan Cao Tang 炙甘草汤	9
Z045	Zhi Ke Pi Ba Tang 止渴枇杷汤	7
Z047	Zhi Shi Dao Zhi Wan 枳实导滞丸	12,23
Z050	Zhi Sou San 止嗽散	4
Z055	Zhi Tong Fang 止痛方	33
Z060	Zhi Xiao Ling 治哮喘灵	9,52
Z065	Zhi Xuan Chu Yun Tang 止眩除晕汤	59
Z070	Zhu Ling Tang 猪苓汤	13,26
Z080	Zhu Yang Fang 助阳方	35
Z085	Zhu Ye Shi Gao Tang 竹叶石膏汤	35
Z095	Zi Shen Yu Tai Wan 滋肾育胎丸	47
Z100	Zu Gen Teng Fang 足跟痛方	63
Z105	Zuo Gu Shen Jing Fang 坐骨神经痛方	63
Z110	Zuo Gui Wan 左归丸	67
Z120	Zuo Jin Wan 左金丸	25



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