

*Ban Xia Xie Xin Tang*  
(Pinellia Drain the Heart Decoction)

This formula comes from *Zhang Zhong-jing's* late Han dynasty *Shan Han Lun (Treatise on Damage [due to] Cold)*. It is considered a modification of *Xiao Chai Hu Tang* (Minor Bupleurum Decoction). Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx:

*Ban Xia* (Rhizoma Pinelliae)  
*Dang Shen* (Radix Codonopsis)  
*Huang Qin* (Radix Scutellariae)  
*Da Zao* (Fructus Jujubae)  
*Gan Jiang* (dry Rhizoma Zingiberis)  
mix-fried *Gan Cao* (Radix Glycyrrhizae)  
*Huang Lian* (Rhizoma Coptidis)

Functions

Harmonizes the stomach and downbears counterflow, fortifies the spleen and supplements the qi, clears heat and eliminates dampness from the stomach and intestines, disperses glomus and eliminates distention

Indications

Damp heat in the stomach and intestines with a simultaneous spleen qi vacuity. Some of the many gastrointestinal conditions which may manifest this pattern include acute nausea, vomiting, and/or diarrhea, acute and chronic gastritis, irritable bowel syndrome, colitis, and Crohn's disease.

Signs & symptoms of damp heat in the stomach and intestines include:

Nausea and vomiting  
Diarrhea with foul-smelling stools  
Thick, slimy yellow tongue fur  
A rapid, slippery pulse

Signs & symptoms of spleen qi vacuity include:

Fatigue  
Lack of strength  
A swollen tongue with teeth-marks on its edges  
Possible cracks in the center of the tongue  
A forceless, possibly fine pulse

Formula explanation

Within this formula, *Ban Xia* and *Gan Jiang* harmonize the stomach and downbear counterflow as well as eliminate dampness. *Dang Shen*, *Gan Jiang*, *Da Zao*, and mix-fried *Gan Cao* fortify the spleen and supplement the qi. *Huang Qin* and *Huang Lian* clear heat and eliminate dampness from the stomach and intestines.

Dosage

Three capsules two times per day equal not less than 30 grams of bulk medicinals. However, because our extraction process is so much more efficient than stovetop decoction, we believe this amount of extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

May patient does present signs and symptoms of:

Damp heat in the stomach and intestines

Yes No

Spleen qi vacuity

Yes No

*Shen Tong Zhu Yu Tang*  
(Generalized Pain Dispel Stasis Decoction)

This formula comes from Wang Qing-ren's late Qing dynasty *Yi Lin Gai Cuo (Correcting the Errors in the Forest of Medicine)*. Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx:

*Tao Ren* (Semen Persicae)  
*Hong Hua* (Flos Carthami)  
*Dang Gui* (Radix Angelicae Sinensis)  
*Wu Ling Zhi* (Faeces Troglodyterii)  
*Xiang Fu* (Rhizoma Cyperi)  
*Chuan Niu Xi* (Radix Cyathulae)  
*Chuan Xiong* (Rhizoma Chuanxiong)  
*Qin Jiao* (Radix Gentianae Macrophyllae)  
*Qiang Huo* (Radix Et Rhizoma Notopterygii)  
*Di Long* (Pheretima)  
*Mo Yao* (Myrrha)  
*Gan Cao* (Radix Glycyrrhizae)

Functions

Quickens the blood and dispels stasis, moves the qi and opens the flow network vessels, frees the flow of impediment and stops pain

Indications

Enduring impediment conditions associated with blood stasis having entered the network vessels, such as chronic body and joint pain, rheumatoid arthritis, fibromyalgia syndrome, polymyositis/dermatomyositis, and ankylosing spondylitis

The signs & symptoms of blood stasis include:

Fixed, severe, and/or enduring pain which often is worse at night  
Visibly engorged veins or venules  
Black, brown, and/or purple discolorations  
A dark, purplish tongue and/or possible static speckles or macules

The signs & symptoms of qi stagnation include:

Frustration  
Irritability  
A bowstring pulse

The signs & symptoms of wind damp impediment include:

Joint pain

Formula explanation

Within this formula, *Tao Ren*, *Hong Hua*, *Dang Gui*, *Wu Ling Zhi*, *Chuan Xiong*, and *Chuan Niu Xi* quicken the blood and dispel stasis. *Qin Jiao* and *Qiang Huo* dispel wind and free the flow of impediment. *Di Long* and *Mo Yao* free the flow of the network vessels and stop pain. *Xiang Fu* moves the qi, remembering that, if the qi moves, the blood moves. *Gan Cao* harmonizes and regulates all the other medicinals in the formula. In addition, *Dang Gui* also nourishes the blood

to insure that the blood-quickening medicinals do not damage the blood in the process of attacking and quickening it.

Dosage

Three capsules two times per day equal not less than 30 grams of bulk medicinals. However, because our extraction process is so much more efficient than stovetop decoction, we believe this amount of extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

My patient does present the signs and symptoms of:

Blood stasis	Yes	No
Qi stagnation	Yes	No
Wind damp impediment	Yes	No

*Xiao Chai Hu Tang*  
(Minor Bupleurum Decoction)

This formula comes from *Zhang Zhong-jing's* late Han dynasty *Shan Han Lun (Treatise on Damage [due to] Cold)*. Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx:

*Chai Hu* (Radix Bupleuri)  
*Dang Shen* (Radix Codonopsis)  
*Ban Xia* (Rhizoma Pinelliae)  
*Huang Qin* (Radix Scutellariae)  
*Da Zao* (Fructus Jujubae)  
*Sheng Jiang* (uncooked Rhizoma Zingiberis)  
mix-fried *Gan Cao* (Radix Glycyrrhizae)

Functions

Harmonizes the constructive and defensive, the liver and spleen, liver and stomach, stomach and spleen, and stomach and intestines; also transforms phlegm and eliminates dampness

Indications

This is the classical formula for the shao yang aspect of level of externally contracted wind evils such as a common cold after several days with alternating fever and chills, dry throat, a bitter or sour taste in the mouth, irritability, fatigue, chest and ductal oppression and fullness, nausea and vomiting, and/or poor appetite. However, it may also be used for any chronic disease associated with a liver-spleen disharmony with heat in the lungs, liver-gallbladder, stomach, and/or intestines. Some diseases which commonly manifest this multi-pattern presentation include malaria, renal colic, cholecystitis, acute rheumatic fever, gastro-esophageal reflux disorder, irritable bowel syndrome, epidemic mumps, lymphadenitis, acute viral hepatitis, pulmonary tuberculosis, influenza, bronchitis, and postpartum fever.

Contraindications

Use with care in cases with headache and dizziness if taken long-term. Also use with care in cases of ascendant hyperactivity of liver yang, upward flaming of liver fire, or yin vacuity with internal heat.

Signs & symptoms of liver depression qi stagnation include:

Irritability  
A bowstring pulse  
Rib-side pain  
Sighing  
Chest oppression

Signs & symptoms of spleen qi vacuity include:

Fatigue  
Lack of strength  
A swollen tongue with teeth-marks on its edges  
Possible cracks in the center of the tongue  
A forceless, possibly fine pulse

Signs & symptoms of damp heat in the stomach and intestines include:

Nausea and vomiting  
Diarrhea with foul-smelling stools  
Thick, slimy yellow tongue fur  
A rapid, slippery pulse

Signs & symptoms of stomach heat include:  
A large appetite and rapid hungering  
Dry, bound, constipated stools  
Bad breath

Signs & symptoms of lung heat include:  
Yellow phlegm which may or may not be profuse

Signs & symptoms of liver-gallbladder damp heat include:  
Jaundice

#### Formula explanation

Within this formula, *Chai Hu* resolves the exterior and courses wind and/or courses the liver and rectifies the qi. *Huang Qi* clears heat and eliminates dampness. It clears heat from the lungs, liver-gallbladder, stomach, and intestines. *Dang Shen*, *Da Zao*, and mix-fried *Gan Cao* fortify the spleen and supplement the qi. *Ban Xia* and *Sheng Jiang* transform phlegm and eliminate dampness, harmonize the stomach and downbear counterflow. *Sheng Jiang* also resolves the exterior and courses wind, while *Sheng Jiang* and *Gan Cao* harmonize and regulate all the other medicinals in the formula.

#### Dosage

Three capsules two times per day equal not less than 30 grams of bulk medicinals. However, because our extraction process is so much more efficient than stove-top decoction, we believe this amount of extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

May patient does present the signs and symptoms of:

Shao yang aspect disease	Yes	No
Or		
Liver-spleen disharmony with heat	Yes	No
And/or		
Liver-stomach disharmony with heat	Yes	No
And/or		
Damp heat in the stomach and intestines	Yes	No

*Yi Guan Jian*  
(One Link Decoction)

This formula comes from Wei Zhi-xiu's Qing dynasty *Xu Ming Yi Lei An (Continuation of Famous Physicians' Organized Cases)*. Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx:

*Sheng Di* (uncooked Radix Rehmanniae)  
*Gou Qi Zi* (Fructus Lycii)  
*Sha Shen* (Radix Glehniae)  
*Mai Men Dong* (Radix Ophiopogonis)  
*Dang Gui* (Radix Angelicae Sinensis)  
*Chuan Lian Zi* (Fructus Toosendam)

Functions: Nourishes and enriches liver blood and kidney yin at the same time as it courses the liver and rectifies the qi

Indications: Liver blood-kidney yin vacuity with concomitant liver depression qi stagnation manifesting as chest and rib-side pain, stomach duct distention and fullness, dry, parched mouth and throat, acid regurgitation, chronic hepatitis, hepato- and/or splenomegaly, liver cirrhosis, menstrual irregularities, perimenopausal syndrome, etc.

Contraindications: This formula should not be used for distention and pain due to phlegm or dampness.

Signs & symptoms of liver blood vacuity include:

Pale skin, lips, inner eyelids, tongue  
Muscle cramps, especially at night  
Night-blindness  
Scanty menstruation  
Prematurely grey hair

Signs & symptoms of kidney yin vacuity include:

Low back and knee soreness and limpness  
Tinnitus  
Dizziness  
Frequent but scanty urination  
Nocturia  
A red tongue with scanty fur  
A fine pulse

Signs & symptoms of liver depression qi stagnation include:

Irritability  
A bowstring pulse  
Breast and/or rib-side distention and pain  
Menstrual irregularities

Formula explanation:

Within this formula, *Sheng Di*, *Gou Qi Zi*, and *Dang Gui* nourish liver blood and enrich kidney yin. *She Shen* and *Mai Men Dong* also enrich yin and engender fluids, remembering that blood and fluids share a common source and that blood and essence share a common source. *Chuan Lian Zi* courses the liver and rectifies the qi without plundering yin.

Dosage

Three capsules two times per day equal not less than 30 grams of bulk medicinals. However, because our extraction process is so much more efficient than stove-top decoction, we believe this amount of extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

My patient does present the signs and symptoms of:

Liver blood vacuity	Yes	No
Kidney yin vacuity	Yes	No
Liver depression qi stagnation	Yes	No