

BU ZHONG YI QI TANG (*Supplement the Center & Boost the Qi Decoction*)

This formula comes from Li Dong-yuan's famous Yuan dynasty *Pi Wei Lun (Treatise on the Spleen & Stomach)* which was published in 1249 CE. Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx

<i>Huang Qi</i> (Radix Astragali)	15 parts
<i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae)	12 parts
<i>Dang Gui</i> (Radix Angelicae Sinensis)	9 parts
<i>Ren Shen</i> (Radix Ginseng)	9 parts
<i>Chen Pi</i> (Pericarpium Citri Reticulatae)	6 parts
<i>Sheng Ma</i> (Rhizoma Cimicifugae)	4.5 parts
<i>Chai Hu</i> (Radix Bupleuri)	3 parts
mix-fried <i>Gan Cao</i> (Radix Glycyrrhizae)	3 parts

FUNCTIONS

Fortifies the spleen and boosts the qi, upbears the clear and lifts the fallen

INDICATIONS

1) Spleen qi vacuity, 2) central qi downward falling, or 3) qi vacuity fever. Some of the many conditions this formula may be used to treat if its pattern presentation fits include debility after prolonged disease, common cold in a person with bodily vacuity, chronic bronchitis, prolapsed uterus, prolapsed rectum, chronic hemorrhoids, gastroptosis, hernia, chronic gonorrhoea, diarrhea, persistent malaria, habitual miscarriage, functional uterine bleeding and other hemorrhagic disorders, abnormal vaginal discharge, various postpartum problems, such as urinary incontinence, lochioschisis, and agalactia, chronic hepatitis, peritonitis, tuberculosis, neurasthenia, impotence, corneal ulcers, cerebral arteriosclerosis, pernicious anemia, leukopenia, chronic nephritis, and myasthenia gravis.

SIGNS & SYMPTOMS OF SPLEEN QI VACUITY INCLUDE:

- Fatigue
- Lack of strength
- Dizziness standing up
- Easy bruising
- Shortness of breath
- Possible lack of appetite
- Possible loose stools
- An enlarged tongue with teeth-marks on its edges and/or cracks in its center
- A forceless, possibly fine pulse

SIGNS & SYMPTOMS OF CENTRAL QI FALLING DOWNWARD INCLUDE:

The above, plus

- Prolapse of the stomach, rectum, uterus, bladder

SIGNS & SYMPTOMS OF QI VACUITY FEVER INCLUDE:

SIGNS AND SYMPTOMS OF SPLEEN QI VACUITY AS ABOVE, PLUS

- Fever

FORMULA EXPLANATION

Within this formula, *Huang Qi* is the sovereign. It boosts the qi. *Ren Shen*, *Bai Zhu*, and mix-fried *Gan Cao* fortify the spleen and boost the qi. They are the ministers. Together, they are able to supplement the center and boost the qi. *Chen Pi* is added to rectify the qi, while *Dang Gui* is added to supplement the blood. These two are the assistant medicinals. *Chai Hu* and *Sheng Ma* upbear and lift downfallen clear yang. Thus they are the messengers within this qi-supplementing 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 stovetop decoction, we believe this amount of our extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

MY PATIENT DOES PRESENT THE SIGNS AND SYMPTOMS OF:

Spleen qi vacuity	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Downward falling of the central qi	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Qi vacuity fever	<input type="checkbox"/> Yes	<input type="checkbox"/> No

(Patients only need to present one of these three.)

CHAI HU SHU GAN SAN (*Bupleurum Course the Liver Powder*)

This formula comes from Zhang Jie-bin (a.k.a. Zhang Jing-yue)'s Ming dynasty *Jing Yue Quan Shu* (*The Complete Writing of Jing Yue*) published in 1624 CE. Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx

<i>Chai Hu</i> (Radix Bupleuri)	9 parts
<i>Bai Shao</i> (Radix Paeoniae Albae)	9 parts
<i>Chuan Xiong</i> (Rhizoma Chuanxiong)	9 parts
<i>Xiang Fu</i> (Rhizoma Cyperi)	9 parts
<i>Zhi Ke</i> (Fructus Aurantii)	6 parts
<i>Gan Cao</i> (Radix Glycyrrhizae)	3 parts

FUNCTIONS

Courses and harmonizes the liver, resolves depression and rectifies the qi

INDICATIONS

Liver depression qi stagnation with or without blood vacuity manifesting as chest, stomach duct, breast, and/or rib-side distention and pain, premenstrual syndrome (PMS), and/or dysmenorrhea

SIGNS & SYMPTOMS OF LIVER DEPRESSION QI STAGNATION INCLUDE:

- Irritability
- Chest, stomach duct, breast, and/or rib-side distention and pain
- PMS
- A bowstring pulse

FORMULA EXPLANATION

Within this formula, *Chai Hu*, *Xiang Fu*, and *Zhi Ke* course the liver and rectify the qi. *Bai Shao* and *Chuan Xiong* supplement and nourish the blood, thus emoliating and harmonizing the liver. In addition, *Chuan Xiong* moves the qi within the blood and empirically is effective for stopping pain. *Gan Cao* harmonizes all the other medicinals in the formula. However, with *Bai Shao*, it also is famous for relaxing cramping and tension.

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 our extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

MAY PATIENT DOES PRESENT THE SIGNS AND SYMPTOMS OF:

Liver depression qi stagnation Yes No

DAN ZHI XIAO YAO SAN (Moutan & Gardenia Rambling Powder)

This formula is a modification of *Xiao Yao San* (Rambling Powder) from the *Tai Ping Hui Min He Ji Ju Fang* (*Tai Ping Imperial Grace Formulary*). As such, it comes from the late Qing dynasty *Nei Ke Zhai Yao* (*The Selected Essentials of Internal Medicine*) published in the mid 19th century. Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx

<i>Dan Pi</i> (Cortex Moutan)	9 parts
<i>Zhi Zi</i> (Fructus Gardneiae)	9 parts
<i>Chai Hu</i> (Radix Bupleuri)	9 parts
<i>Dang Gui</i> (Radix Angelicae Sinensis)	9 parts
<i>Bai Shao</i> (Radix Paeoniae Albae)	9 parts
<i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae)	9 parts
<i>Fu Ling</i> (Poria)	9 parts
<i>Gan Cao</i> (Radix Glycyrrhizae)	3 parts

FUNCTIONS

Harmonizes the liver and spleen, clears heat and resolves depression, clears heat from the blood aspect or division

INDICATIONS

A liver-spleen disharmony with depressive heat, especially depressive heat which has entered the blood aspect or division manifesting as irregular menstruation, uterine bleeding, dysmenorrhea, abnormal vaginal discharge, breast distention, premenstrual syndrome (PMS), climacteric disorders, chronic hepatitis, pleurisy, chronic gastritis, peptic ulcer, insomnia, central retinitis, and psycho-emotional depression

SIGNS & SYMPTOMS OF LIVER DEPRESSION INCLUDE:

- Irritability
- PMS
- Breast distention and pain
- Possible rib-side distention and pain
- A bowstring pulse

SIGNS & SYMPTOMS OF SPLEEN VACUITY INCLUDE:

- Fatigue
- Lack of strength
- Possible lack of appetite
- Possible loose stools
- An enlarged tongue with teeth-marks on its edges and/or cracks in its center

SIGNS & SYMPTOMS OF DEPRESSIVE HEAT INCLUDE:

- A dark red tongue with yellow fur
- Possible swelling and redness of the rims of the tongue
- A bitter taste in the mouth on arising
- A rapid pulse

SIGNS & SYMPTOMS OF HEAT ENTERING THE BLOOD ASPECT:

- The above signs and symptoms of liver depression and depressive heat, plus
- Pathological bleeding
- Red, possibly dark skin rashes
- Vexation and agitation

FORMULA EXPLANATION

Within this formula, *Dan Pi* and *Zhi Zi* clear heat and resolve depression and especially clear heat from the blood aspect. *Chai Hu* courses the liver and resolves depression. The combination of *Dang Gui* and *Bai Shao* nourishes the blood and emolliates the liver. Because *Dang Gui* is somewhat aromatic, it moves the qi, but because it is sweet, it also relaxes tension. Therefore, it is an essential medicinal for treating liver depression with blood vacuity. *Bai Zhu* and *Fu Ling* fortify the spleen and eliminate dampness. Mix-fried *Gan Cao* boosts the qi and supplements the center as well as relaxes the liver's tension. It is the assistant medicinal in this 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 stovetop decoction, we believe this amount of our extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

MAY PATIENT DOES PRESENT THE SIGNS AND SYMPTOMS OF:

- | | | |
|--------------------------------|------------------------------|-----------------------------|
| Liver depression qi stagnation | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Spleen qi vacuity | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Depressive heat | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

DU HUO JI SHENG TANG (*Angelica Pubescens* & *Taxillus* Decoction)

This formula is a slight modification of Sun Si-maio's famous formula of this name found in his Tang dynasty *Qian Jin Yao Fang* (*Essential Formulas [worth a] Thousand [Pieces of] Gold*) published in 652 CE. *Hua Jiao* (*Pericarpium Zanthoxyli*) has been substituted for *Xi Xin* (*Herba Asari*) since this latter ingredient contains the nephrotoxin aristolochic acid. Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx

<i>Sang Ji Sheng</i> (<i>Herba Taxilli</i>)	15 parts
<i>Shu Di</i> (cooked <i>Radix Rehmanniae</i>)	12 parts
<i>Fu Ling</i> (<i>Poria</i>)	12 parts
<i>Du Huo</i> (<i>Radix Angelicae Pubescentis</i>)	9 parts
<i>Qin Jiao</i> (<i>Radix Gentianae Macrophyllae</i>)	9 parts
<i>Fang Feng</i> (<i>Radix Saposhnikoviae</i>)	9 parts
<i>Du Zhong</i> (<i>Cortex Eucommiae</i>)	9 parts
<i>Niu Xi</i> (<i>Radix Achyranthis Bidentatae</i>)	9 parts
<i>Dang Gui</i> (<i>Radix Angelicae Sinensis</i>)	9 parts
<i>Bai Shao</i> (<i>Radix Paeoniae Albae</i>)	9 parts
<i>Ren Shen</i> (<i>Radix Ginseng</i>)	6 parts
<i>Chuan Xiong</i> (<i>Rhizoma Chuanxiong</i>)	6 parts
<i>Rou Gui</i> (<i>Cortex Cinnamomi</i>)	3 parts
<i>Gan Cao</i> (<i>Radix Glycyrrhizae</i>)	3 parts
<i>Hua Jiao</i> (<i>Pericarpium Zanthoxyli</i>)	3 parts

FUNCTIONS

Dispels wind, eliminates dampness, scatters cold, alleviates impediment and stops pain, boosts the liver and kidneys and supplements the qi and blood

INDICATIONS

Enduring wind damp cold impediment complicated by liver-kidney dual vacuity and qi and blood insufficiency manifesting as chronic rheumatoid arthritis (RA), osteoarthritis (OA), rheumatic sciatica, lumbar strain, lumbar intervertebral disc herniation, pain in the midline and back during pregnancy, hemiplegia due to stroke, and the sequelae of poliomyelitis

SIGNS & SYMPTOMS OF WIND DAMP COLD IMPEDIMENT INCLUDE:

Joint pain accompanied by possible swelling, heaviness, lack of redness or heat, and worsening on exposure to cold but ameliorating on exposure to heat

SIGNS & SYMPTOMS OF LIVER-KIDNEY DUAL VACUITY INCLUDE:

- Enduring low back pain
- Enduring knee pain
- Enduring joint pain
- Possible nocturia and/or polyuria

SIGNS & SYMPTOMS OF QI AND BLOOD VACUITY INCLUDE:

- Fatigue
- Lack of strength
- Pale nails, lips, facial complexion, or under-eyelids

- A pale, possibly enlarged tongue
- A fine, forceless pulse

FORMULA EXPLANATION

Within this formula, *Du Huo* is the sovereign. It tracks down and searches out hidden or deep-lying wind, scatters cold, and eliminates dampness from the lower burner and sinews and bones. *Hua Jiao* emits and scatters wind cold from the yin channels and sweeps away wind dampness from out of the sinews and bones, thus stopping pain. *Fang Feng* dispels wind evils and overcomes dampness. *Qin Jiao* eliminates wind dampness and relaxes the sinews. *Sang Ji Sheng*, *Du Zhong*, and *Niu Xi* dispel wind dampness while simultaneously supplementing the liver and kidneys. *Dang Gui*, *Chuan Xiong*, *Shu Di Huang*, and *Bai Shao* nourish the blood while simultaneously quickening the it. *Ren Shen* and *Fu Ling* supplement the qi and fortify the spleen. *Rou Gui* warms and frees the flow of the blood vessels, and *Gan Cao* regulates and harmonizes all these other medicinals. Thus this formula as a whole attacks and dispels evils at the same time as it supplements and supports the righteous.

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 our extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

MY PATIENTS DOES PRESENT THE SIGNS AND SYMPTOMS OF:

- | | | |
|---------------------------|------------------------------|-----------------------------|
| Wind cold damp impediment | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Liver-kidney dual vacuity | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Qi & blood vacuity | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

ER CHEN TANG (Two Aged [Ingredients] Decoction)

This formula comes from the *Tai Ping Hui Min He Ji Ju Fang* (*Tai Ping Imperial Grace Formulary*) published between 1078-1085 CE. Our version is a 10:1 powdered extract in 500mg gelatin capsules.

RX

<i>Fu Ling</i> (Poria)	12 parts
<i>Ban Xia</i> (Rhizoma Pinelliae)	9 parts
<i>Chen Pi</i> (Pericarpium Citri Reticulatae)	6 parts
<i>Sheng Jiang</i> (uncooked Rhizoma Zingiberis)	6 parts
<i>Gan Cao</i> (Radix Glycyrrhizae)	3 parts

FUNCTIONS

Dries dampness and transforms phlegm, rectifies the qi and harmonizes the center

INDICATIONS

Phlegm and dampness manifesting as chronic tracheitis, chronic bronchitis, pulmonary emphysema, goiter, chronic gastritis, peptic ulcer, eclampsia, hangover, gastroparesis, Meniere's disease, neurosis, etc.

SIGNS & SYMPTOMS OF PHLEGM INCLUDE:

- Profuse, white or clear phlegm
- The sound of phlegm in the throat
- Chest and diaphragm glomus and oppression
- Possible nausea and vomiting
- Palpable nodulations
- Slimy tongue fur
- A slippery pulse

SIGNS & SYMPTOMS OF DAMPNESS INCLUDE:

- Swelling and edema
- Bodily heaviness
- Possible nausea and vomiting
- An enlarged tongue with teeth-marks on its edges and possible slimy fur
- A fine, possibly slippery, or possibly soft pulse

FORMULA EXPLANATION

Within this formula, *Ban Xia* is the sovereign. It is acrid and warm and its nature is drying. It is able to dry dampness and transform phlegm as well as to downbear counterflow and harmonize the stomach and thus stop vomiting. *Chen Pi* is the minister. It rectifies the qi and dries dampness. It aids in normalizing the qi and dispersing phlegm. The assistants are *Fu Ling* and *Sheng Jiang*. *Fu Ling* fortifies the spleen and seeps dampness. Once dampness is removed, the spleen may become effulgent and phlegm can no longer be engendered. *Sheng Jiang* downbears counterflow and transforms rheum. It is also able to neutralize the toxins in *Ban Xia*. It also helps *Ban Xia* and *Chen Pi* move the qi and disperse phlegm. *Gan Cao* is the envoy or guide. It regulates and harmonizes all these other medicinals.

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 our extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

MY PATIENT DOES PRESENT THE SIGNS AND SYMPTOMS OF:

Dampness	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Phlegm	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Phlegm dampness	<input type="checkbox"/> Yes	<input type="checkbox"/> No

(The patient may present with any one of these. However, it is most effective when there is phlegm. If there is only dampness, one might choose some other formula based on other treatment principles, such as seeping dampness.)

GE XIA ZHU YU TANG *(Below the Diaphragm Dispel Stasis Decoction)*

This formula comes from Wang Qing-ren's Qing dynasty *Yi Lin Gai Cuo* (*Correcting the Errors in the Forest of Medicine*) published in 1830 CE. Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx

<i>Dang Gui</i> (Radix Angelicae Sinensis)	9 parts
<i>Chuan Xiong</i> (Rhizoma Chuanxiong)	9 parts
<i>Tao Ren</i> (Semen Persicae)	9 parts
<i>Hong Hua</i> (Flos Carthami)	9 parts
<i>Wu Ling Zhi</i> (Feces Troglodyteris)	9 parts
<i>Wu Yao</i> (Radix Linderae)	9 parts
<i>Chi Shao</i> (Radix Paeoniae Rubrae)	9 parts
<i>Dan Pi</i> (Cortex Moutan)	9 parts
<i>Yan Hu Suo</i> (Rhizoma Corydalis)	6 parts
<i>Xiang Fu</i> (Rhizoma Cyperi)	6 parts
<i>Zhi Ke</i> (Fructus Aurantii)	6 parts
<i>Gan Cao</i> (Radix Glycyrrhizae)	3 parts

FUNCTIONS

Quickens the blood and dispels stasis, moves the qi and stops pain

INDICATIONS

Qi stagnation and blood stasis primarily below the diaphragm (*i.e.*, in the epigastrium) manifesting as abdominal distention and pain, abdominal tumors, hepatomegaly, splenomegaly, dysmenorrhea, amenorrhea, irregular menstruation, hiatal hernia, etc.

SIGNS & SYMPTOMS OF QI STAGNATION INCLUDE:

- Abdominal, rib-side, and/or breast distention and pain
- Conglomerations and gatherings
- A bowstring pulse

SIGNS & SYMPTOMS OF BLOOD STASIS INCLUDE:

- Fixed, severe, and/or piercing pain
- Concretions and accumulations
- Externally visible engorged veins and venules (*e.g.*, varicosities and hemangiomas)
- Possible static spots or macules on the tongue
- Possible dark, purplish tongue
- Possible choppy, deep, slow, bowstring, bound, regularly intermittent, skipping, or absent pulse

FORMULA EXPLANATION

Within this formula, *Xiang Fu*, *Wu Yao*, and *Zhi Ke* move the qi and dispel stagnation, while *Dang Gui*, *Tao Ren*, *Chuan Xiong*, *Dan Pi*, *Chi Shao*, *Hong Hua*, *Wu Ling Zhi*, and *Yan Hu Suo* quicken the blood and dispel stasis. In addition, *Chuan Xiong* and *Yan Hu Suo* treat both the qi and the blood at the same time and both also are well known for their empirical ability to stop pain. *Dang Gui* also nourishes the blood so as to prevent damaging the blood by over-attacking and over-draining. *Chuan Xiong Gan Cao* regulates and harmonizes all the other ingredients 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 stovetop decoction, we believe this amount of our extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

MY PATIENT DOES PRESENT THE SIGNS AND SYMPTOMS OF:

Qi stagnation	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Blood stasis	<input type="checkbox"/> Yes	<input type="checkbox"/> No

(Patients should manifest both of these patterns simultaneously. This formula should not be used for qi stagnation without blood stasis.)

GUI PI TANG *(Restore the Spleen Decoction)*

This formula comes from Yan Hong-he's Song dynasty *Ji Sheng Fang (Formulas to Aid the Living)* published in 1253 CE. Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx

<i>Huang Qi</i> (Radix Astragali)	12 parts
<i>Long Yan Rou</i> (Arillus Longanae)	12 parts
<i>Fu Ling</i> (Poria)	12 parts
<i>Suan Zao Ren</i> (Semen Zizyphi Spinosae)	12 parts
<i>Ren Shen</i> (Radix Ginseng)	9 parts
<i>Dang Gui</i> (Radix Angelicae Sinensis)	9 parts
<i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae)	9 parts
<i>Yuan Zhi</i> (Radix Polygalae)	9 parts
<i>Da Zao</i> (Fructus Jujubae)	9 parts
<i>Mu Xiang</i> (Radix Aucklandiae)	6 parts
<i>Sheng Jiang</i> (uncooked Rhizoma Zingiberis)	6 parts
mix-fried <i>Gan Cao</i> (Radix Glycyrrhizae)	6 parts

FUNCTIONS

Boosts the qi and supplements the blood, fortifies the spleen and nourishes the heart

INDICATIONS

1) Heart-spleen dual vacuity, taxation damage of the heart and spleen, qi and blood insufficiency, 2) spleen not containing the blood manifesting as neurasthenia, gastric and duodenal ulcers, functional uterine bleeding, thrombocytopenic purpura, aplastic anemia, common anemia, chronic hemorrhagic disorders, menorrhagia, post-concussion syndrome, myasthenia gravis, congestive heart disease, supraventricular tachycardia, palpitations, cervicitis, uterine cancer, leukemia, insomnia, poor memory, genital itching, nocturnal emission, impotence, and chronic gonorrhea

SIGNS & SYMPTOMS OF HEART-SPLEEN DUAL VACUITY INCLUDE:

- Heart palpitations
- Impaired memory
- Insomnia
- Profuse dreams
- Fatigue
- Lack of strength
- Shortness of breath
- Spontaneous perspiration
- Night sweats
- Pale nails, lips, under-eyelids, facial complexion
- A pale, enlarged tongue

SIGNS & SYMPTOMS OF SPLEEN NOT CONTAINING THE BLOOD INCLUDE:

- Fatigue
- Lack of strength
- Easy bruising
- Orthostatic hypotension

- An enlarged tongue with teeth-marks on its edges and/or cracks in its center
- A fine, forceless pulse
- Pathological bleeding

FORMULA EXPLANATION

Within this formula, *Ren Shen*, *Huang Qi*, *Bai Zhu*, *Gan Cao*, *Sheng Jiang*, and *Da Zao* are all sweet and warm, supplement the spleen, and boost the qi. *Dang Gui* is sweet and acrid. It warms and nourishes the liver and engenders heart blood. *Fu Ling*, *Suan Zao Ren*, and *Long Yan Rou* are sweet and level or neutral in nature. They nourish the heart and quiet the spirit. *Yuan Zhi* joins and frees the flow between the heart and kidneys. It also stabilizes the mind and tranquilizes the heart. *Mu Xiang* rectifies the qi and arouses the spleen. This ingredient is added because qi-boosting, blood-supplementing formulas use enriching, slimy ingredients which may stagnate the qi and hinder the spleen and stomach's function of movement and transformation. In addition, if the spleen becomes vacuous and weak, it a) commonly also becomes encumbered by dampness and B) the liver becomes depressed or more depressed.

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 our extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

MY PATIENT DOES PRESENT THE SIGNS AND SYMPTOMS OF:

- | | | |
|---------------------------------|------------------------------|-----------------------------|
| Heart-spleen dual vacuity | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Spleen not containing the blood | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

(Patient does not have to manifest both patterns simultaneously.)

JIN GUI SHEN QI WAN **(Golden Cabinet Kidney Qi Pills)**

This formula comes from Zhang Zhong-jing's late Han dynasty *Jin Gui Yao Lue* (Essentials from the Golden Cabinet). Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx

<i>Shu Di</i> (cooked Radix Rehmanniae)	15 parts
<i>Shan Zhu Yu</i> (Fructus Corni)	12 parts
<i>Shan Yao</i> (Radix Dioscoreae)	12 parts
<i>Fu Ling</i> (Poria)	9 parts
<i>Ze Xie</i> (Rhizoma Alismatis)	9 parts
<i>Dan Pi</i> (Cortex Moutan)	9 parts
<i>Zhi Fu Zi</i> (Radix Lateralis Praeparatus Aconiti Carmichaeli)	6 parts
<i>Rou Gui</i> (Cortex Cinnamomi)	6 parts

FUNCTIONS

Warms and supplements kidney yang

INDICATIONS

1) Kidney yang vacuity, 2) kidney yin & yang dual vacuity manifesting as nephritis, nephrosclerosis, kidney stones, kidney tuberculosis, pyelitis, albuminuria, edema, cystitis, chronic urethritis, prostatic hypertrophy, urinary incontinence, diabetes, cerebral hemorrhage, arteriosclerosis, hypertension, hypotension, neurasthenia, spermatorrhea, impotence, lumbago, sciatica, beriberi, cataracts, glaucoma, decrease in eyesight, keratitis, eczema, senile pruritus, vaginal itching, urticaria, chronic gonorrhea, rectal prolapse, menopausal complaints, primary hyperaldosteronism, Addison's disease, hypothyroidism, postpartum urinary retention, arthritis, chronic bronchial asthma, etc.

SIGNS & SYMPTOMS OF KIDNEY YANG VACUITY INCLUDE:

- Low back and knee soreness and limpness
- Polyuria
- Nocturia
- Tinnitus
- Dizziness
- Decreased libido
- Cold hands and feet
- Fear of cold
- A bluish tongue with wet or dry fur
- A deep, slow, forceless pulse

SIGNS & SYMPTOMS OF KIDNEY YIN AND YANG DUAL VACUITY INCLUDE:

- All the preceding plus
- Night sweats
- Afternoon low-grade fever
- Heat in the five heart or centers
- Heart palpitations
- Vexation and agitation
- Insomnia
- A red tongue with scanty fur
- A fine, rapid pulse

FORMULA EXPLANATION

Within this formula, *Shu Di Huang* enriches and supplements kidney yin. *Shan Zhu Yu* and *Shan Yao* enrich and supplement the liver and spleen, thus assisting the enrichment and supplementation of yin within the kidneys. *Rou Gui* and *Zhi Fu Zi* warm and supplement yang within the kidneys. *Ze Xie* and *Fu Ling* disinhibit water and seep dampness. They also lead ministerial fire back down to its lower source. In addition, *Fu Ling* supplements the spleen, remembering that the former and latter heavens are mutually rooted. It also quiets the spirit. *Dan Pi* clears and drains ministerial fire should it flare upwards hyperactively. It also quickens the blood, and enduring diseases eventually reach the kidneys and typically are associated with blood stasis. Thus this combination of medicinals warms and supplements kidney yang, supplements at the same time as it drains, and supplements without being slimy and stagnating. It is also based on the notion of seeking yang within 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 stovetop decoction, we believe this amount of our extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

MY PATIENT DOES PRESENT THE SIGNS AND SYMPTOMS OF:

Kidney yang vacuity	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Kidney yin and yang dual vacuity	<input type="checkbox"/> Yes	<input type="checkbox"/> No

LIU JUN ZI TANG (Six Gentlemen Decoction)

This formula comes from Bi Li-zhai's Ming dynasty *Jiao Zhu Fu Ren Liang Fang (Revised Fine Formulas for Women)* published in the 16th century. Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx

<i>Ren Shen</i> (Radix Ginseng)	9 parts
<i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae)	9 parts
<i>Fu Ling</i> (Poria)	9 parts
<i>Ban Xia</i> (Rhizoma Pinelliae)	9 parts
<i>Chen Pi</i> (Pericarpium Citri Reticulatae)	6 parts
mix-fried <i>Gan Cao</i> (Radix Glycyrrhizae)	6 parts

FUNCTIONS

Fortifies the spleen and supplements the qi, transforms phlegm and eliminates dampness

INDICATIONS

Spleen qi vacuity with phlegm dampness manifesting as chronic gastritis, gastric and duodenal ulcer, gastrointestinal weakness and dysfunction, gastroptosis, irritable bowel syndrome, diabetes mellitus, anemia, vomiting, and diarrhea

SIGNS & SYMPTOMS OF SPLEEN QI VACUITY INCLUDE:

- Fatigue
- Lack of strength
- Dizziness standing up
- Easy bruising
- Shortness of breath
- Possible lack of appetite
- Possible loose stools
- An enlarged tongue with teeth-marks on its edges and/or cracks in its center
- A forceless, possibly fine pulse

SIGNS & SYMPTOMS OF PHLEGM DAMPNES INCLUDE:

- Profuse clear or white phlegm
- Possible swelling or edema
- Possible bodily heaviness
- Slimy tongue fur
- A slippery or soft pulse

FORMULA EXPLANATION

Within this formula, *Ren Shen* is the sovereign medicinal. It is sweet, warm, and greatly supplements the source or original qi. It also fortifies the spleen and nourishes the stomach. *Bai Zhu* is the minister. It is bitter, warm, and fortifies the spleen and dries dampness. The assistants are *Fu Ling*, *Ban Xia*, and *Chen Pi*. *Fu Ling* is sweet, bland, and seeps dampness and fortifies the spleen. Used together, *Fu Ling* and *Bai Zhu*'s ability to fortify the spleen and eliminate dampness are strengthened, thus promoting movement and transformation. *Ban Xia* is acrid, warm, slightly toxic, transforms phlegm and eliminates dampness, harmonizes the stomach and downbears counterflow. *Chen Pi* is acrid, bitter, and

warm, harmonizes the center and rectifies the qi, transforms phlegm and dries dampness. These two medicinals further strengthen the effects of *Fu Ling* and *Bai Zhu* in eliminating dampness as well as add the abilities of harmonizing the center and downbearing counterflow to this formula. The messenger or guide is mix-fried *Gan Cao*. It is sweet and warm and fortifies the spleen at the same time as it regulates the center.

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 our extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

MAY PATIENT DOES PRESENT THE SIGNS AND SYMPTOMS OF:

Spleen qi vacuity	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Phlegm dampness	<input type="checkbox"/> Yes	<input type="checkbox"/> No

LIU WEI DI HUANG WAN (Six Flavors Rehmannia Pills)

This formula comes from Qian Yi's famous Song dynasty pediatric text *Xiao Er Yao Zheng Zhi Jue* (*The Correct Execution of Pediatric Medicinals & Patterns*) published in 1119 CE. Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx

<i>Shu Di</i> (cooked Radix Rehmanniae)	15 parts
<i>Shan Zhu Yu</i> (Fructus Corni)	12 parts
<i>Shan Yao</i> (Radix Dioscoreae)	12 parts
<i>Fu Ling</i> (Poria)	9 parts
<i>Ze Xie</i> (Rhizoma Alismatis)	9 parts
<i>Dan Pi</i> (Cortex Moutan)	9 parts

FUNCTIONS

Enriches and supplements the liver and kidneys

INDICATIONS

Liver blood-kidney yin vacuity manifesting as retarded growth of children, low back pain, optic neuritis, central retinitis, optic nerve atrophy, pulmonary tuberculosis, diabetes, hyperthyroidism, Addison's disease, hypertension, neurasthenia, functional uterine bleeding, chronic urinary tract infection, chronic nephritis, chronic glomerulonephritis, nephroatrophy, deafness, impotence, nocturia, menopause, senility, etc.

SIGNS & SYMPTOMS OF LIVER-KIDNEY YIN VACUITY INCLUDE:

- | | |
|--|--|
| <input type="checkbox"/> Low back and knee soreness and limpness | <input type="checkbox"/> Heat in the hands, feet, and/or heart |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Dry mouth and throat |
| <input type="checkbox"/> Tinnitus and/or deafness | <input type="checkbox"/> A red tongue with scanty fur |
| <input type="checkbox"/> Night sweats | <input type="checkbox"/> A fine, possibly rapid, possibly floating pulse |
| <input type="checkbox"/> Bone-steaming and tidal fevers | |

FORMULA EXPLANATION

Within this formula, *Shu Di* is the sovereign ingredient. It enriches kidney yin, boosts the essence, and fills the marrow. *Shan Zhu Yu* assists in warming and enriching the kidneys and boosting the liver. *Shan Yao* enriches the kidneys and supplements the spleen. These are the three yin-supplementing medicinals in this formula. They are called the "three supplementers." These are then combined with three draining or opening ingredients called the "three drainers." *Ze Xie* aids *Shu Di* by draining any exuberance of kidney fire and downbears turbidity. *Dan Pi* aids *Shan Zhu Yu* by draining liver fire. In addition, it quickens the blood and transforms stasis. Since this formula is so often used in the elderly and the chronically ill, an element of blood stasis is often found in cases for whom this formula is appropriate. *Fu Ling* assists *Shan Yao* by seeping spleen dampness. Further, *Fu Ling* and *Ze Xie* work together to eliminate dampness and disinhibit water. And finally, *Fu Ling* quiets the spirit.

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 our 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-kidney yin vacuity Yes No

LONG DAN XIE GAN TANG

(*Gentiana Drain the Liver Decoction*)

This formula comes from Wang An's early Qing dynasty *Yi Fang Ji Jie* (*Analytic Collection of Medical Formulas*) published in 1682 CE. Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx

<i>Sheng Di</i> (uncooked Radix Rehmanniae)	12 parts
<i>Huang Qin</i> (Radix Scutellariae)	9 parts
<i>Zhi Zi</i> (Fructus Gardeniae)	9 parts
<i>Ze Xie</i> (Rhizoma Alismatis)	9 parts
<i>Che Qian Zi</i> (Semen Plantaginis)	9 parts
<i>Dang Gui Wei</i> (Extremitas Radicis Angelicae Sinensis)	9 parts
<i>Chai Hu</i> (Radix Bupleuri)	9 parts
<i>Long Dan Cao</i> (Radix Gentianae)	6 parts
<i>Mu Tong</i> (Caulis Akebiae)	6 parts
<i>Gan Cao</i> (Radix Glycyrrhizae)	3 parts

FUNCTIONS

Drains liver-gallbladder replete heat, clears lower burner damp heat

INDICATIONS

1) Liver-gallbladder replete heat harassing above or 2) damp heat pouring downward manifesting as acute conjunctivitis, uveitis, corneal ulcers, acute glaucoma, central retinitis, acute otitis media, boils and carbuncles in the vestibular and external auditory canal, nasal furuncles, hypertension, acute icteric hepatitis, acute cholecystitis, herpes zoster, herpes genitalia, cold sores, acute pyelonephritis, acute cystitis, urethritis, acute pelvic inflammation, acute prostatitis, orchitis, epididymitis, vaginitis, abnormal vaginal discharge, vaginal itching, lymphadenitis of the groin, hyperthyroidism, migraine headache, eczema in general and scrotal eczema in particular, and intercostal neuralgia

SIGNS & SYMPTOMS OF LIVER-GALLBLADDER REplete HEAT HARASSING ABOVE INCLUDE:

- Headache
- Red eyes
- Rib-side pain
- A bitter taste in the mouth
- Sudden loss of hearing
- Swelling and pain of the ears
- A red tongue with yellow fur
- A rapid, forceful, bowstring pulse

SIGNS & SYMPTOMS OF DAMP HEAT POURING DOWNWARD INCLUDE:

- Genital swelling and/or itching
- Impotence
- Genital sweating
- Urinary strangury
- Turbid urine
- Abnormal vaginal discharge in women
- A red tongue with yellow fur
- A rapid, forceful, bowstring pulse

FORMULA EXPLANATION

Within this formula, *Long Dan Cao* is greatly bitter and greatly cold. It is the sovereign medicinal in this formula for both draining fire and eliminating dampness. It drains replete liver-gallbladder fire from the upper body, while it also precipitates and clears damp heat from the lower body. *Huang Qin* and *Zhi Zi* are the ministers within this formula. They also have the functions of draining fire with bitterness and cold and are combined with *Long Dan Cao* for that purpose. *Ze Xie*, *Mu Tong*, and *Che Qian Zi* clear heat and disinhibit dampness. Therefore, they assist in eliminating damp heat via the urinary tract. Because the liver stores the blood and heat within the liver channel can easily damage yin and blood, at the same time as using bitter cold ingredients to dry dampness, *Sheng Di* and *Dang Gui* are used as assistants to enrich yin and nourish the blood. *Gan Cao* regulates and harmonizes all the other medicinals. Therefore, within this formula there is supplementation within drainage and enrichment within disinhibition. This assists the downbearing of fire and the clearing of heat and the separation of clear from damp turbidity.

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 our extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

MY PATIENT PRESENT THE SIGNS AND SYMPTOMS OF:

Liver-gallbladder replete heat harassing above	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Damp heat pouring downward	<input type="checkbox"/> Yes	<input type="checkbox"/> No

(Patient should have one of the other of these patterns.)

PING WEI SAN

(Level the Stomach Powder)

This formula comes from the Song dynasty *Tai Ping Hui Min He Ji Ju Fang* (*Tai Ping Imperial Grace Formulary*) published between 1078-1085 CE. Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx

<i>Cang Zhu</i> (Rhizoma Atractylodis)	9 parts
<i>Hou Po</i> (Cortex Magnoliae)	9 parts
<i>Chen Pi</i> (Pericarpium Citri Reticulatae)	6 parts
<i>Sheng Jiang</i> (uncooked Rhizoma Zingiberis)	6 parts
<i>Da Zao</i> (Fructus Jujubae)	3 parts
<i>Gan Cao</i> (Radix Glycyrrhizae)	3 parts

FUNCTIONS

Dries dampness and transports the spleen, moves the qi and harmonizes the stomach

INDICATIONS

Damp stagnation of the spleen and stomach manifesting as acute and chronic gastritis, gastrectasis, gastric ulcer, peptic ulcer, indigestion, especially pediatric indigestion, gastric neurosis, obesity, chronic pancreatitis, and parasitic diseases

THE SIGNS AND SYMPTOMS OF SPLEEN-STOMACH DAMP STAGNATION INCLUDE:

- Epigastric and abdominal distention and fullness
- No thought of eating or drinking
- A bland feeling in the mouth and lack of taste
- Vomiting and nausea
- Acid eructation
- A heavy, encumbered feeling in the extremities
- Easy fatigue and a desire to lie down
- White, slimy or thick tongue fur
- A moderate (*i.e.*, relaxed or slightly slow) and/or possibly bowstring pulse

FORMULA EXPLANATION

Within this formula, *Cang Zhu* is the sovereign. It is bitter, warm, and drying in nature. It is used to eliminate dampness and transport the spleen. *Hou Po* is the minister. It moves the qi and transforms dampness, disperses distention and eliminates fullness. *Chen Pi* is the assistant. It rectifies the qi and transforms stagnation. *Gan Cao* is the messenger or guide. It is sweet and relaxing and harmonizes the stomach. It also regulates and harmonizes all the other medicinals. *Sheng Jiang* and *Da Zao* also regulate and harmonize the spleen and stomach. Therefore, the medicinals in this formula work together to transform damp turbidity, to regulate and disinhibit the qi mechanism or dynamic, to boost and fortify the spleen and stomach, and to harmonize and downbear the stomach qi.

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 our extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

MY PATIENT DOES PRESENT THE SIGNS AND SYMPTOMS OF:

Spleen-stomach damp stagnation Yes No

QI JU DI HUANG WAN (*Lycium & Chrysanthemum Rehmannia Pills*)

This formula comes from Dong Xi-yuan's Qing dynasty *Yi Ji Bao Jian* (*Precious Mirror of the Records of Medicine*) published in 1777 CE. Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx

<i>Shu Di</i> (cooked Radix Rehmanniae)	15 parts
<i>Shan Zhu Yu</i> (Fructus Corni)	12 parts
<i>Shan Yao</i> (Radix Dioscoreae)	12 parts
<i>Gou Qi Zi</i> (Fructus Lycii)	12 parts
<i>Ju Hua</i> (Flos Chrysanthemi)	9 parts
<i>Fu Ling</i> (Poria)	9 parts
<i>Ze Xie</i> (Rhizoma Alismatis)	9 parts
<i>Dan Pi</i> (Cortex Moutan)	9 parts

FUNCTIONS

Supplements the liver and kidneys and enriches blood and yin, clears heat and brightens the eyes

INDICATIONS

Liver-kidney yin vacuity with possible heat manifesting as especially all sorts of diminished visual acuity, photophobia, dry eyes, etc.

SIGNS & SYMPTOMS OF LIVER-KIDNEY YIN VACUITY INCLUDE:

- | | |
|--|--|
| <input type="checkbox"/> Low back and knee soreness and limpness | <input type="checkbox"/> Heat in the hands, feet, and/or heart |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Dry mouth and throat |
| <input type="checkbox"/> Tinnitus and/or deafness | <input type="checkbox"/> A red tongue with scanty fur |
| <input type="checkbox"/> Night sweats | <input type="checkbox"/> A fine, possibly rapid, possibly floating pulse |
| <input type="checkbox"/> Bone-steaming and tidal fevers | |

SIGNS & SYMPTOMS OF LIVER HEAT HARASSING THE EYES INCLUDE INCLUDE:

- Red eyes
- Dry eyes
- Astringent eyes

FORMULA EXPLANATIONS

Within this formula, *Gou Qi Zi*, *Ju Hua*, and *Shu Di* are the sovereign ingredients. *Gou Qi Zi* enriches kidney yin and nourishes liver blood, boost the essence and brightens the eyes. *Ju Hua* is sweet, bitter, and slightly cold. It dispels wind and clears heat, clear the liver and brightens the eyes. *Shu Di* enriches kidney yin, boosts the essence, and fills the marrow. *Shan Zhu Yu* assists in warming and enriching the kidneys and boosting the liver. *Shan Yao* enriches the kidneys and supplements the spleen. *Ze Xie* and *Fu Ling* help drain any exuberance of kidney fire by leading it into the yin (*i.e.*, urinary) tract. *Dan Pi* drains liver fire. It also quickens the blood and transforms stasis.

DOSAGE

My patient does present the signs and symptoms of:

- | | | |
|-------------------------------|------------------------------|-----------------------------|
| Liver-kidney yin vacuity | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Liver heat harassing the eyes | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

RUN CHANG WAN (Moisten the Intestines Pills)

This formula is from Shen Jin-ao Qing dynasty *Shen Shi Zun Sheng Shu* (Master Shen's Book Venerating Life) published in 1773 CE. Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx

<i>Huo Ma Ren</i> (Semen Cannabis)	15 parts
<i>Sheng Di</i> (uncooked Radix Rehmanniae)	12 parts
<i>Tao Ren</i> (Semen Persicae)	9 parts
<i>Xing Ren</i> (Semen Armeniacae)	9 parts
<i>Dang Gui</i> (Radix Angelicae Sinensis)	9 parts
<i>Zhi Ke</i> (Fructus Aurantii)	6 parts

FUNCTIONS

Moistens the intestines and frees the flow of the stools

INDICATIONS

Intestinal dryness manifesting as constipation

SIGNS & SYMPTOMS OF INTESTINAL DRYNESS INCLUDE:

- Constipation
- Lusterless skin
- Pale nails
- Dry mouth and thirst
- A dry tongue
- A fine pulse

FORMULA EXPLANATION

Within this formula, *Huo Ma Ren*, *Tao Ren*, and *Xing Ren* moisten the intestines and free the flow of the stools. *Dang Gui* nourishes the blood, moistens the intestines, and frees the flow of the stools. *Sheng Di* enriches yin and nourishes the blood, while *Zhi Ke* moves the qi.

DOSAGE

MY PATIENT DOES PRESENT THE SIGNS AND SYMPTOMS OF:

Intestinal dryness Yes No

SHAO FU ZHU YU TANG (Lower Abdomen Dispel Stasis Decoction)

This formula comes from Wang Qing-ren's *Yi Lin Gai Cuo* (Correcting the Errors in the Forest of Medicine) published in 1830 CE. Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx

<i>Dang Gui</i> (Radix Angelicae Sinensis)	9 parts
<i>Chuan Xiong</i> (Rhizoma Chuanxiong)	9 parts
<i>Chi Shao</i> (Radix Paeoniae Rubrae)	9 parts
<i>Wu Ling Zhi</i> (Feces Trogopteroni)	9 parts
<i>Pu Huang</i> (Pollen Typhae)	9 parts
<i>Yan Hu Suo</i> (Rhizoma Corydalis)	9 parts
<i>Xiao Hui Xiang</i> (Fructus Foeniculi)	9 parts
<i>Mo Yao</i> (Myrrhae)	6 parts
<i>Gan Jiang</i> (dried Rhizoma Zingiberis)	6 parts
<i>Rou Gui</i> (Cortex Cinnamomi)	3 parts

FUNCTIONS

Quickens the blood and dispels stasis, warm the channels and stops pain

INDICATIONS

Lower abdominal blood stasis manifesting as dysmenorrhea, irregular menstruation, low back pain, uterine bleeding, etc.

SIGNS & SYMPTOMS OF LOWER ABDOMINAL BLOOD STASIS INCLUDE:

- Painful menstruation
- Uterine bleeding
- Low back pain
- Possible purple tongue, static spots, or static macules
- Possible choppy, bowstring, slow, deep, bound, regularly intermittent, skipping, or absent pulse

FORMULA EXPLANATION

Within this formula, *Dang Gui*, *Chuan Xiong*, *Chi Shao*, *Wu Ling Zhi*, *Pu Huang*, *Yan Hu Suo*, and *Mo Yao* quicken the blood and dispel stasis. *Xiao Hui Xiang* moves the qi, especially in the lower abdomen. *Gan Jiang* and *Rou Gui* scatter cold and warm the channels.

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 our extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

MAY PATIENT DOES PRESENT THE SIGNS AND SYMPTOMS OF:

Lower abdominal blood stasis Yes No

SHAO YAO GAN CAO TANG

(*Peony & Licorice 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

<i>Bai Shao</i> (Radix Paeoniae Albae)	15 parts
mix-fried <i>Gan Cao</i> (Radix Glycyrrhizae)	6 parts

FUNCTIONS

Supplements the blood and emolliates the liver, relaxes urgency (or cramping) and stops pain

INDICATIONS

Liver blood vacuity manifesting as irritability, abdominal and low back pain, sciatica, spasms of the calf muscles, 50-years shoulder, pancreatitis, dysuria, bronchial asthma, spasmodic cough, hemorrhoidal pain, bladder pain, toothache, beriberi, etc.

SIGNS & SYMPTOMS OF LIVER BLOOD VACUITY INCLUDE:

- Irritability
- Abdominal pain
- Spasms of the calf muscles
- A pale tongue
- A fine, bowstring pulse

FORMULA EXPLANATION

Within this formula, *Bai Shao* nourishes the blood and enriches yin, emolliates the liver and stops pain. Mix-fried *Gan Cao* supplements the qi. Together, these two medicinals harmonize the liver and spleen and nourish the sinews. This formula is typically added to other formulas when there is spasm of the sinews and/or abdominal pain.

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 our extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

MY PATIENTS DOES PRESENT THE SIGNS AND SYMPTOMS OF:

Liver blood vacuity Yes No

SHEN LING BAI ZHU SAN

(Ginseng, Poria & Atractylodes Powder)

This formula comes from the Song Dynasty *Tai Ping Hui Men He Hi Ju Fang* (*Tai Ping Imperial Grace Formulary*). Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx

<i>Yi Yi Ren</i> (Semen Coicis)	24 parts
<i>Lian Zi</i> (Semen Nelumbinis)	15 parts
<i>Shan Yao</i> (Radix Dioscoreae)	12 parts
<i>Bai Bian Dou</i> (Semen Dolichoris)	12 parts
<i>Fu Ling</i> (Poria)	12 parts
<i>Ren Shen</i> (Radix Ginseng)	9 parts
<i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae)	9 parts
<i>Jie Geng</i> (Radix Platycodi)	6 parts
mix-fried <i>Gan Cao</i> (Radix Glycyrrhizae)	6 parts
<i>Sha Ren</i> (Fructus Amomi)	4.5 parts

FUNCTIONS

Fortifies the spleen and supplements the qi, seeps dampness and stops diarrhea

INDICATIONS

Spleen qi vacuity with dampness diarrhea and loose stools

SIGNS & SYMPTOMS OF SPLEEN VACUITY WITH DAMPNESS INCLUDE:

- Fatigue
- Lack of strength
- Loose stools or diarrhea
- Possible nausea and vomiting
- Lack of appetite
- An enlarge tongue with teeth-marks on its edges and/or cracks in its center
- A fine or soft pulse

FORMULA EXPLANATION

Within this formula, *Ren Shen*, *Bai Zhu*, *Fu Ling*, and mix-fried *Gan Cao*, the ingredients in *Si Jun Zi Tang* (Four Gentlemen Decoction), are the sovereign medicinals which fortify the spleen and supplement the qi. The ministers in this formula are *Shan Yao*, *Yi Yi Ren*, *Bai Bian Dou*, and *Lian Zi* which supplement the spleen, seep dampness, and stop diarrhea. *Sha Ren* dries dampness and rectifies the qi, while *Jie Geng* upbears the clear. These two medicinals are the assistants.

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 our extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

MY PATIENT DOES PRESENT THE SIGNS AND SYMPTOMS OF:

Spleen qi vacuity with dampness

Yes

No

SHI QUAN DA BU TANG

(Ten [Ingredients] Completely [and] Greatly Supplementing Decoction)

This formula comes from the Song Dynasty *Tai Ping Hui Men He Hi Ju Fang* (*Tai Ping Imperial Grace Formulary*). Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx

<i>Huang Qi</i> (Radix Astragali)	12 parts
<i>Shu Di</i> (cooked Radix Rehmanniae)	12 parts
<i>Ren Shen</i> (Radix Ginseng)	9 parts
<i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae)	9 parts
<i>Fu Ling</i> (Poria)	9 parts
<i>Dang Gui</i> (Radix Angelicae Sinensis)	9 parts
<i>Bai Shao</i> (Radix Paeoniae Albae)	9 parts
<i>Da Zao</i> (Fructus Jujubae)	9 parts
<i>Chuan Xiong</i> (Rhizoma Chuanxiong)	6 parts
mix-fried <i>Gan Cao</i> (Radix Glycyrrhizae)	6 parts
<i>Sheng Jiang</i> (uncooked Rhizoma Zingiberis)	6 parts
<i>Rou Gui</i> (Cortex Cinnamomi)	3 parts

FUNCTIONS

Supplements the qi and nourishes the blood

INDICATIONS

Qi and blood vacuity manifesting as debility after illness, childbirth, and surgery, anemia, leukemia, menopausal syndrome, beriberi, poliomyelitis, skin ailments, auricular ailments, etc.

SIGNS & SYMPTOMS OF QI VACUITY INCLUDE:

- | | |
|---|--|
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> A forceless pulse |
| <input type="checkbox"/> Lack of strength | <input type="checkbox"/> Easy bruising |
| <input type="checkbox"/> Orthostatic hypotension | <input type="checkbox"/> Lack of appetite |
| <input type="checkbox"/> An enlarged tongue with teeth-marks on its edges and/or cracks in its center | |

SIGNS & SYMPTOMS OF BLOOD VACUITY INCLUDE:

- | | |
|--|--|
| <input type="checkbox"/> A pale facial complexion | <input type="checkbox"/> Sinew cramps |
| <input type="checkbox"/> Pale lips, nails, and under-eyelids | <input type="checkbox"/> A pale tongue |
| <input type="checkbox"/> Heart palpitations | <input type="checkbox"/> A fine pulse |
| <input type="checkbox"/> Night blindness | |

FORMULA EXPLANATION

Within this formula, *Huang Qi*, *Ren Shen*, *Bai Zhu*, *Fu Ling*, mix-fried *Gan Cao*, *Sheng Jiang*, and *Da Zao* fortify the spleen and supplement the qi, while *Shu Di*, *Dang Gui*, *Bai Shao*, and *Chuan Xiong* nourish the blood. *Rou Gui* warms the channels and scatters cold. However, in this formula, it strengthens and promotes the supplementation of the spleen, the latter heaven root of the engenderment and transformation of the qi and blood.

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 our extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

MY PATIENTS DOES PRESENT THE SIGNS AND SYMPTOMS OF:

- | | | |
|---------------|------------------------------|-----------------------------|
| Qi vacuity | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Blood vacuity | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

SI JUN ZI TANG (Four Gentlemen Decoction)

This formula comes from the Song Dynasty *Tai Ping Hui Men He Hi Ju Fang* (*Tai Ping Imperial Grace Formulary*). Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx

<i>Ren Shen</i> (Radix Ginseng)	9 parts
<i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae)	9 parts
<i>Fu Ling</i> (Poria)	9 parts
mix-fried <i>Gan Cao</i> (Radix Glycyrrhizae)	6 parts

FUNCTIONS

Fortifies the spleen and supplements the qi

INDICATIONS

Spleen qi vacuity manifesting as gastrointestinal weakness, indigestion, chronic gastritis, anemia, nausea and vomiting, diarrhea, etc.

SIGNS & SYMPTOMS OF SPLEEN QI VACUITY INCLUDE:

- Fatigue
- Lack of strength
- Dizziness standing up
- Easy bruising
- Shortness of breath
- Possible lack of appetite
- Possible loose stools
- An enlarged tongue with teeth-marks on its edges and/or cracks in its center
- A forceless, possibly fine pulse

FORMULA EXPLANATION

Ren Shen is the sovereign medicinal in this formula. It is sweet, warm, and greatly supplements the source or original qi. It also fortifies the spleen and nourishes the stomach. *Bai Zhu* is the minister. It is bitter, warm, and fortifies the spleen and dries dampness. The assistant is *Fu Ling* which is sweet and bland, seeps dampness and fortifies the spleen. Used together, *Fu Ling* and *Bai Zhu*'s ability to fortify the spleen and eliminate dampness are strengthened, thus promoting movement and transformation. The messenger or guide in this formula is mix-fried *Gan Cao*. It is sweet, warm, and regulates the center.

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 our extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

MY PATIENTS DOES PRESENT THE SIGNS AND SYMPTOMS OF:

Spleen qi vacuity Yes No

SI WU TANG (Four Materials Decoction)

This formula comes from the Song Dynasty *Tai Ping Hui Men He Hi Ju Fang* (*Tai Ping Imperial Grace Formulary*). Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx

<i>Shu Di</i> (cooked Radix Rehmanniae)	12 parts
<i>Dang Gui</i> (Radix Angelicae Sinensis)	9 parts
<i>Bai Shao</i> (Radix Paeoniae Albae)	9 parts
<i>Chuan Xiong</i> (Rhizoma Chuanxiong)	6 parts

FUNCTIONS

Supplements and regulates the blood

INDICATIONS

Blood vacuity manifesting as dysmenorrhea, irregular menstruation, uterine bleeding, anemia due to various causes, threatened miscarriage, abdominal pain during pregnancy, postpartum weakness, scanty lactation, dry skin, constipation, neurovascular headache, etc.

SIGNS & SYMPTOMS OF BLOOD VACUITY INCLUDE:

- A pale facial complexion
- Pale lips, nails, and under-eyelids
- Heart palpitations
- Night blindness
- Sinew cramps
- A pale tongue
- A fine pulse

FORMULA EXPLANATION

Dang Gui both supplements and quickens the blood. *Shu Di* supplements the blood and enriches yin. These two are the sovereign ingredients in this formula. *Chuan Xiong* enters the blood aspect or division where it rectifies the qi within the blood. *Bai Shao* restrains yin and nourishes the blood. Thus all the ingredients in this formula are categorized as blood aspect medicinals.

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 our 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 vacuity Yes No

TAO HONG SI WU TANG (*Persica & Carthamus Four Materials Decoction*)

This formula comes from the Qing dynasty *Yi Zong Jin Jian (Golden Mirror of Ancestral Medicine)* edited by Wu Qian and published in 1742 CE. Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx

<i>Sheng Di</i> (uncooked Radix Rehmanniae)	12 parts
<i>Tao Ren</i> (Semen Persicae)	9 parts
<i>Hong Hua</i> (Flos Carthami)	9 parts
<i>Dang Gui</i> (Radix Angelicae Sinensis)	9 parts
<i>Chi Shao</i> (Radix Paeoniae Rubrae)	9 parts
<i>Chuan Xiong</i> (Rhizoma Chuanxiong)	6 parts

FUNCTIONS

Quickens the blood, transforms stasis, and regulates menstruation

INDICATION

Blood stasis manifesting as irregular menstruation, dysmenorrhea, uterine myomas, abdominal masses, etc.

SIGNS & SYMPTOMS OF BLOOD STASIS INCLUDE:

- Fixed, severe, and/or piercing pain
- Pain which is worse in the evening
- Pain which is better after expulsion of clots
- Dark, purple blood
- Dark, purple and/or engorged veins
- Dark, purple tongue or static spots or macules on the tongue
- A choppy, bowstring, deep, slow, bound, regularly intermittent, skipping, or absent pulse

FORMULA EXPLANATION

Within this formula, all six of the ingredients quicken the blood and transform stasis. In addition, *Dang Gui*, *Sheng Di*, and *Hong Hua* nourish the blood while *Tao Ren* engenders fluids, thus preventing attacking and draining from damaging the righteous and also taking into account that blood stasis and blood vacuity mutually engender each other.

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 our extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

MY PATIENTS DOES PRESENT THE SIGNS AND SYMPTOMS OF:

Blood stasis Yes No

TIAN MA GOU TENG YIN (*Gastrodia & Uncaria Beverage*)

This formula comes from the *Za BingZheng Zhi Xin Yi (Newly Significant Miscellaneous diseases Proven Treatment)*, author and date unknown. It has been slightly modified by replacing the endangered species *Tian Ma* (Rhizoma Gastrodiae) with *Tian Ma Mi Huan Jun* (Armillaria) which is grown commercially and has the same functions and indications. Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx

<i>Tian Ma Mi Huan Jun</i> (Armillaria)	15 parts
<i>Gou Teng</i> (Ramulus Uncariae Cum Uncis)	15 parts
<i>Ye Jiao Teng</i> (Caulis Polygoni Multiflori)	15 parts
<i>Shi Jue Ming</i> (Concha Haliotidis)	12 parts
<i>Sang Ji Sheng</i> (Herba Taxilli)	12 parts
<i>Du Zhong</i> (Cortex Eucommiae)	9 parts
<i>Chuan Niu Xi</i> (Radix Cyathulae)	9 parts
<i>Zhi Zi</i> (Fructus Gardeniae)	9 parts
<i>Huang Qin</i> (Radix Scutellariae)	9 parts
<i>Fu Ling</i> (Poria)	9 parts
<i>Yi Mu Cao</i> (Herba Leonuri)	9 parts

FUNCTIONS

Levels the liver and extinguishes wind, clears heat and quickens the blood, and supplements and boosts the liver and kidneys

INDICATIONS

1) Ascendant liver yang hyperactivity or 2) liver wind harassing above manifesting as cerebrovascular disease, transitory ischemic attacks, hemiplegia, essential hypertension, renal hypertension, hypertensive encephalopathy, aphasia, apraxia, epilepsy, puerperal eclampsia, trigeminal neuralgia, and neurosis

SIGNS & SYMPTOMS OF ASCENDANT LIVER YANG HYPERACTIVITY:

- Red face
- Red eyes
- Pounding headache
- Dizziness
- Tinnitus
- A red tongue with yellow fur or swollen, possibly red tongue rims
- A bowstring, rapid pulse

SIGNS & SYMPTOMS OF LIVER WIND HARASSING ABOVE:

- Headache
- Dizziness and vertigo
- Nervous tics
- Spasms and contractions
- A bowstring, possibly fine and/or rapid pulse

FORMULA EXPLANATION

Within this formula, *Tian Ma Mi Huan Jun*, *Gou Teng*, and *Shi Jue Ming* level the liver and extinguish wind. They are the sovereign medicinals. *Zhi Zi* and *Huang Qin* clear heat and drain fire. Therefore, they assist in keeping liver channel heat from ascending upward. These are the minister medicinals. *Yi Mu Cao* quickens the blood and disinhibits water. *Chuan Niu Xi* conducts the blood and moves it downward and well as quickens the blood and dispels stasis. The combination of *Du Zhong* and *Sang Ji Sheng* supplement and boost the liver and kidneys. *Ye Jiao Teng* and *Fu Ling* quiet the spirit and calm the mind. These are the assistant and messenger medicinals.

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 our extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

MY PATIENT DOES PRESENT THE SIGNS AND SYMPTOMS OF:

Ascendant liver yang hyperactivity	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Liver wind harassing above	<input type="checkbox"/> Yes	<input type="checkbox"/> No

(Patients may have either of these patterns.)

TIAN WANG BU XIN DAN (Heavenly Emperor Supplement the Heart Elixir)

This formula comes from Hong Jiu-yu's early Qing dynasty *She Sheng Mi Pou* (*Secret Investigations into Obtaining Life [i.e., Health]*) published in 1638 CE. It has been slightly modified by replacing *Zhu Sha* (Cinnabaris), which is banned by the U.S. FDA, with *Hu Po* (Succinum). Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx

<i>Sheng Di</i> (uncooked Radix Rehmanniae)	12 parts
<i>Mai Men Dong</i> (Tuber Ophiopogonis)	12 parts
<i>Tian Men Dong</i> (Tuber Asparagis)	12 parts
<i>Suan Zao Ren</i> (Semen Zizyphi Spinosa)	12 parts
<i>Bai Zi Ren</i> (Semen Platycladi)	12 parts
<i>Ren Shen</i> (Radix Ginseng)	9 parts
<i>Xuan Shen</i> (Radix Scrophulariae)	9 parts
<i>Dan Shen</i> (Radix Salviae Miltiorrhizae)	9 parts
<i>Dang Gui</i> (Radix Angelicae Sinensis)	9 parts
<i>Yuan Zhi</i> (Radix Polygalae)	9 parts
<i>Wu Wei Zi</i> (Fructus Schisandrae)	9 parts
<i>Fu Shen</i> (Sclerotium Pararadicis Poriae)	9 parts
<i>Jie Geng</i> (Radix Platycodi)	6 parts
<i>Hu Po</i> (Succinum)	3 parts

FUNCTIONS

Supplements the heart and kidneys, boosts the qi and enriches yin, quiets the spirit and calms the mind

INDICATIONS

Heart qi and yin vacuity manifesting as insomnia, various psychiatric disorders, perimenopausal and menopausal syndrome, etc.

SIGNS & SYMPTOMS OF HEART QI VACUITY INCLUDE:

- Fatigue
- Shortness of breath
- Impaired memory
- Inability to think or concentrate

SIGNS & SYMPTOMS OF HEART YIN VACUITY INCLUDE:

- Insomnia
- Heart palpitations
- Vexation and agitation
- Night sweats
- A red tongue with scanty fur
- A fine, rapid pulse

FORMULA EXPLANATION

Within this formula, *Sheng Di* is the sovereign medicinal which nourishes yin and clears heat. In addition, it enriches kidney yin and supplements the blood. *Dan Shen* and *Dang Gui* nourish the heart and either prevent the engenderment of stasis or transform any stasis that may exist. *Bai Zi Ren*, *Yuan Zhi*,

Fu Shen, and *Ren Shen* all supplement heart yin or qi and quiet the spirit. *Yuan Zhi* also promotes the interaction of the heart and kidneys. These are the ministerial ingredients. *Tian Men Dong*, *Mai Men Dong*, and *Wu Wei Zi* nourish yin and engender fluids. *Xuan Shen* engenders fluids and clears vacuity heat. These are the assistant ingredients. *Jie Geng* acts as the guide leading these medicinals to the chest and heart, while *Hu Po* settles, stills, and quiets the spirit.

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 our extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

MY PATIENT DOES PRESENT THE SIGNS AND SYMPTOMS OF:

Heart qi vacuity	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Heart yin vacuity	<input type="checkbox"/> Yes	<input type="checkbox"/> No

WU LING SAN (Five [Ingredients] Poria Powder)

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

Fu Ling (Poria)	12 parts
Zhu Ling (Polyporus)	12 parts
Ze Xie (Rhizoma Alismatis)	9 parts
Bai Zhu (Rhizoma Atractylodis Macrocephalae)	9 parts
Gui Zhi (Ramulus Cinnamomi)	6 parts

FUNCTIONS

Disinhibits water and seeps dampness, warms yang and transforms the qi

INDICATIONS

1) Exterior pattern with interior stoppage of water dampness, 2) water dampness collected internally, or 3) phlegm rheum manifesting as chronic nephritic edema, acute and chronic nephritis, chronic renal failure, acute gastritis, cardiac edema from congestive heart failure, gastroparesis, gastrectasis, ascites due to liver cirrhosis, infectious hepatitis, urinary retention, scrotal hydrocele, acute gastroenteritis with diarrhea, Meniere's disease, genitourinary tract infections, neurogenic bladder syndrome, etc.

SIGNS AND SYMPTOMS OF EXTERIOR PATTERN WITH INTERIOR STOPPAGE OF WATER DAMPNES INCLUDE:

- Headache
- Fever
- Vexatious thirst with a desire to drink but vomiting upon entering of water into the stomach
- Inhibited urination
- White tongue fur
- A floating pulse

SIGNS & SYMPTOMS OF WATER DAMPNES COLLECTED INTERNALLY INCLUDE:

- Edema
- Diarrhea
- Inhibited urination
- Cholera-like vomiting and diarrhea conditions

SIGNS & SYMPTOMS OF PHLEGM RHEUM INCLUDE:

- Throbbing palpitation below the umbilicus
- Vomiting of frothy saliva
- Vertigo
- Shortness of breath and coughing

FORMULA EXPLANATION

Within this formula, *Ze Xie* is the sovereign medicinal. It is sweet, bland, and seeping, while its nature is cold. It out-thrusts the bladder, disinhibits water, and seeps dampness. The minister medicinals are *Fu Ling* and *Zhu Ling* which also blandly seep. They help strengthen the disinhibition of water. *Bai*

Zhu is then added to these in order to fortify and supplement the spleen qi and move and transform water dampness. *Gui Zhi* is the assistant medicine which is a single medicinal with two uses. First, externally, it resolves the tai yang on the exterior. Secondly, it aids the bladder qi internally. When these five medicinals are combined together, water is moved and qi is transformed, the exterior is relieved and the spleen is fortified.

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 our extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

MY PATIENT DOES PRESENT THE SIGNS AND SYMPTOMS OF:

An exterior pattern with interior stoppage of water dampness	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Water dampness collected internally	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Phlegm rheum	<input type="checkbox"/> Yes	<input type="checkbox"/> No

(Patient only needs to present one of these three patterns.)

XIAO YAO SAN

(Rambling Powder)

This formula comes from the Song Dynasty *Tai Ping Hui Men He Hi Ju Fang* (*Tai Ping Imperial Grace Formulary*). Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx

<i>Chai Hu</i> (Radix Bupleuri)	9 parts
<i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae)	9 parts
<i>Fu Ling</i> (Poria)	9 parts
<i>Dang Gui</i> (Radix Angelicae Sinensis)	9 parts
<i>Bai Shao</i> (Radix Paeoniae Albae)	9 parts
<i>Sheng Jiang</i> (uncooked Rhizoma Zingiberis)	6 parts
<i>Bo He</i> (Herba Menthae Haplocalycis)	6 parts
mix-fried <i>Gan Cao</i> (Radix Glycyrrhizae)	3 parts

FUNCTIONS

Courses the liver and resolves depression, fortifies the spleen and supplements the qi, nourishes the blood and eliminates dampness

INDICATIONS

Liver depression-spleen vacuity with blood vacuity and possible dampness manifesting as irregular menstruation, uterine bleeding, abnormal vaginal discharge, breast distention, premenstrual tension, climacteric disorders, chronic hepatitis, pleurisy, chronic gastritis, peptic ulcer, neurosis, anemia, insomnia, optic nerve atrophy, central retinitis, depression, etc.

SIGNS & SYMPTOMS OF LIVER DEPRESSION INCLUDE:

- Irritability
- Breast and/or rib-side depression
- PMS
- Sighing
- A normal or darkish tongue with thin, white fur
- A bowstring pulse

SIGNS & SYMPTOMS OF SPLEEN QI VACUITY INCLUDE:

- Fatigue
- Lack of strength
- Possible lack of appetite
- Possible loose stools or diarrhea
- Easy bruising
- Orthostatic hypotension
- An enlarged tongue with teeth-marks on its edges and/or cracks in its center

SIGNS & SYMPTOMS OF BLOOD VACUITY INCLUDE:

- A pale facial complexion
- Scanty or delayed menstruation of amenorrhea
- Pale nails, lips, under-eyelids
- Brittle nails
- Dry skin and hair
- Night-blindness
- A pale tongue
- A fine pulse

SIGNS & SYMPTOMS OF DAMPNES INCLUDE:

- Swelling or edema
- Bodily heaviness

FORMULA EXPLANATION

Within this formula, *Chai Hu* courses the liver and resolves depression. The combination of *Dang Gui* and *Bai Shao* nourishes the blood and emolliates the liver. Because *Dang Gui* is somewhat aromatic, it moves the qi, but because it is sweet, it also relaxes tension, urgency, or cramping. Therefore, it is an essential medicinal for treating liver depression with blood vacuity. *Bai Zhu* and *Fu Ling* fortify the spleen and eliminate dampness, thus promoting movement and transformation and, ultimately, the source of engenderment of the qi and blood. *Bai Zhu* aromatically dries dampness, while *Fu Ling* blandly seeps it. Mix-fried *Gan Cao* boosts the qi and supplements the center as well as relaxes the liver's tension. It is the assistant medicinal in this formula. The two envoys or guides in this formula are *Sheng Jiang* and *Bo He*. *Sheng Jiang* harmonizes the center and eliminates dampness. *Bo He*, when used in small amounts, assists *Chai Hu*'s scattering and resolution of liver depression.

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 our 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 depression qi stagnation | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Spleen qi vacuity | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Blood vacuity | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Dampness | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

(The last two patterns are no absolutely necessary to prescribe this formula.)

XUE FU ZHU YU TANG

(Blood Mansion Dispel Stasis)

This formula comes from Wang Qing-ren's Qing dynasty *Yi Lin Gai Cuo* (Correcting the Errors in the Forest of Medicine) published in 1830 CE. Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx

<i>Sheng Di</i> (uncooked Radix Rehmanniae)	15 parts
<i>Tao Ren</i> (Semen Persicae)	12 parts
<i>Hong Hua</i> (Flos Carthami)	9 parts
<i>Dang Gui</i> (Radix Angelicae Sinensis)	9 parts
<i>Chuan Xiong</i> (Rhizoma Chuanxiong)	9 parts
<i>Chi Shao</i> (Radix Paeoniae Rubrae)	9 parts
<i>Chuan Niu Xi</i> (Radix Cyathulae)	9 parts
<i>Chai Hu</i> (Radix Bupleuri)	6 parts
<i>Jie Geng</i> (Radix Platycodi)	6 parts
<i>Zhi Ke</i> (Fructus Aurantii)	6 parts
<i>Gan Cao</i> (Radix Glycyrrhizae)	3 parts

FUNCTIONS

Quickens the blood and dispels stasis, courses the liver and frees the flow of the channels

INDICATIONS

Blood stasis resulting in chest impediment manifesting as various cardiovascular disorders, such as coronary artery disease (CAD), angina pectoris, and rheumatic heart disease, chondrocostritis, external injury to the chest, and various psychiatric disorders, such as mood disorders, sleep disorders, postconcussion syndrome, etc.

SIGNS & SYMPTOMS OF BLOOD STASIS IN THE CHEST INCLUDE:

- Engorged, tortuous sublingual veins
- Visible venous engorgement and varicosities
- A dark, purplish tongue or static spots or macules on the tongue
- A bowstring, choppy, deep, slow, bound, regularly intermittent, skipping, or absent pulse
- Severe, fixed, piercing chest pain
- Chest distention and oppression
- Heart palpitations

FORMULA EXPLANATION

Within this formula, *Tao Ren*, *Hong Hua*, and *Chuan Xiong* are the sovereigns for quickening the blood and dispelling stasis in the upper burner. *Dang Gui* and *Chi Shao* are two of the ministers which quicken the blood and dispel stasis from the lower part of the body, while *Chuan Niu Xi* is the third minister which leads the blood to move downward and thus not become static in the chest. *Sheng Di* is a blood quickening and movement assistant which, when combined with *Dang Gui*, also prevents damage to the righteous. This is because both *Dang Gui* and *Sheng Di* both supplement as well as drain. *Chai Hu*, *Jie Geng*, and *Zhi Ke* are the qi-rectifying assistants which course the liver and upbear clear yang to the region of the chest to better stir or move the blood. The guide or messenger medicinal is *Gan Cao* which regulates and harmonizes 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 stovetop decoction, we believe this amount of our 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 in the chest Yes No

YOU GUI YIN

(Right-restoring Beverage)

This formula comes from Zhang Jie-bin (a.k.a. Zhang Jing-yue)'s early Qing dynasty *Jing Yue Quan Shu* (*The Collected Writings of Jing Yue*) published in 1624 CE. Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx

<i>Shu Di</i> (cooked Radix Rehmanniae)	18 parts
<i>Shan Zhu Yu</i> (Fructus Corni)	15 parts
<i>Shan Yao</i> (Radix Dioscoreae)	12 parts
<i>Du Zhong</i> (Cortex Eucommiae)	9 parts
<i>Gou Qi Zi</i> (Fructus Lycii)	9 parts
mix-fried <i>Gan Cao</i> (Radix Glycyrrhizae)	6 parts
<i>Rou Gui</i> (Cortex Cinnamomi)	6 parts
<i>Zhi Fu Zi</i> (Radix Lateralis Praeparatus Aconiti Carmichaeli)	6 parts

FUNCTIONS

Warms the kidneys and fosters essence

INDICATIONS

Kidney yang vacuity manifesting as diabetes insipidus, diabetes mellitus, chronic nephritis, chronic bronchitis, urinary retention, etc.

SIGNS & SYMPTOMS OF KIDNEY YANG VACUITY INCLUDE:

- | | |
|--|--|
| <input type="checkbox"/> Low back and knee soreness and limpness | <input type="checkbox"/> Decreased libido |
| <input type="checkbox"/> Polyuria | <input type="checkbox"/> Cold hands and feet |
| <input type="checkbox"/> Nocturia | <input type="checkbox"/> Fear of cold |
| <input type="checkbox"/> Tinnitus | <input type="checkbox"/> A bluish tongue with wet or dry fur |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> A deep, slow, forceless pulse |

FORMULA EXPLANATION

Within this formula, *Shu Di* is the sovereign medicinal which supplements the kidneys, enriches yin, and fosters essence. Its ministers are *Shan Yao*, *Shan Zhu Yu*, and *Gou Qi Zi* which also supplement the kidneys and enrich yin. *Shan Yao* also supplements the spleen qi, while *Shan Zhu Yu* also supplements the liver and kidney yang. *Du Zhong*, *Rou Gui*, and *Zhi Fu Zi* are the assistants which supplement the kidneys and invigorate and warm yang. Mix-fried *Gan Cao* regulates and harmonizes all the other medicinals in the formula as well as assists *Shan Yao* in supplementing the spleen. Therefore, the ingredients in this formula take into account the interdependence of former and latter heavens and also “seek yang within the midst of yin.” Unlike *Jin Gui Shen Qi Wan*, this formula does not include any draining medicinals. All its ingredients are supplementing and warming.

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 our extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

MY PATIENT DOES PRESENT THE SIGNS AND SYMPTOMS OF:

Kidney yang vacuity

Yes

No

ZHI BAI DI HUANG WAN (Anemarrhena & Phellodendron Rehmannia Pills)

This formula comes from Qin Jing-ming's Qing dynasty *Zheng Yin Mai Zhi (Patterns, Causes, Pulses & Treatments)* published in 1702 CE. Our version is a 10:1 powdered extract in 500mg gelatin capsules.

RX

<i>Shu Di</i> (cooked Radix Rehmanniae)	15 parts	<i>Shan Yao</i> (Radix Dioscoreae)	9 parts
<i>Shan Zhu Yu</i> (Fructus Corni)	12 parts	<i>Fu Ling</i> (Poria)	9 parts
<i>Zhi Mu</i> (Rhizoma Anemarrhenae)	9 parts	<i>Ze Xie</i> (Rhizoma Alismatis)	9 parts
<i>Huang Bai</i> (Cortex Phellodendri)	9 parts	<i>Dan Pi</i> (Cortex Moutan)	9 parts

FUNCTIONS

Supplements the kidneys and enriches yin, clears heat and rains fire

INDICATIONS

Kidney yin vacuity with internal heat manifesting as diabetes mellitus, chronic nephritis, chronic urinary tract infections, chronic leukorrhea, perimenopausal and menopausal syndrome, chronic prostatitis, benign prostatic hypertrophy, gingivitis, tinnitus, etc.

SIGNS & SYMPTOMS OF KIDNEYS YIN VACUITY INCLUDE:

- | | |
|--|--|
| <input type="checkbox"/> Low back and knee soreness and limpness | <input type="checkbox"/> Heat in the hands, feet, and/or heart |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Dry mouth and throat |
| <input type="checkbox"/> Tinnitus and/or deafness | <input type="checkbox"/> A red tongue with scanty fur |
| <input type="checkbox"/> Night sweats | <input type="checkbox"/> A fine, possibly rapid, possibly floating pulse |
| <input type="checkbox"/> Bone-steaming and tidal fevers | |

SIGNS & SYMPTOMS OF INTERNAL HEAT INCLUDE:

- | | |
|--|--|
| <input type="checkbox"/> A redder tongue | <input type="checkbox"/> Swollen, inflamed gums |
| <input type="checkbox"/> A faster, possibly surging pulse | <input type="checkbox"/> Scanty, dark yellow, possibly burning urination |
| <input type="checkbox"/> More severe night sweats, bone-steaming and tidal fever, and heat in the five hearts or centers | |

FORMULA EXPLANATION

Within this formula, *Shu Di* is the sovereign ingredient. It enriches kidney yin, boosts the essence, and fills the marrow. *Shan Zhu Yu* assists in warming and enriching the kidneys and boosting the liver. *Shan Yao* enriches the kidneys and supplements the spleen. *Ze Xie* and *Fu Ling* lead yang down into the yin tract (*i.e.*, into the urinary tract), thus leading ministerial fire back down to its lower source. *Dan Pi* drains liver fire and cools the blood. In addition, it quickens the blood and transforms stasis. *Zhi Mu* supplements yin and drains fire, while *Huang Bai* clears heat and eliminates dampness. Some Chinese authors also say that the combination of these two medicinals also leads ministerial fire back down to its lower source.

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 our extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

MY PATIENT DOES PRESENT THE SIGNS AND SYMPTOMS OF:

- | | | |
|--------------------|------------------------------|-----------------------------|
| Kidney yin vacuity | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Internal heat | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

(Patients should manifest more severe, more prominent signs of heat than when using *Liu Wei Di Huang Wan*.)

ZUO GUI YIN (Left-restoring Beverage)

This formula comes from Zhang Jie-bin (a.k.a. Zhang Jing-yue)'s early Qing dynasty *Jing Yue Quan Shu* (*The Collected Writings of Jing Yue*) published in 1624 CE. Our version is a 10:1 powdered extract in 500mg gelatin capsules.

Rx

<i>Shu Di</i> (cooked Radix Rehmanniae)	24 parts
<i>Gou Qi Zi</i> (Fructus Lycii)	15 parts
<i>Shan Zhu Yu</i> (Fructus Corni)	12 parts
<i>Shan Yao</i> (Radix Dioscoreae)	12 parts
<i>Fu Ling</i> (Poria)	9 parts
mix-fried <i>Gan Cao</i> (Radix Glycyrrhizae)	6 parts

FUNCTIONS

Supplements the kidneys and enriches yin

INDICATIONS

Kidney yin vacuity manifesting as diabetes mellitus, optic neuritis, central retinitis, optic nerve atrophy, pulmonary tuberculosis, hyperthyroidism, Addison's disease, hypertension, neurasthenia, functional uterine bleeding, chronic urinary tract infection, chronic nephritis, chronic glomerulonephritis, nephroatrophy, deafness, impotence, nocturia, menopause, senility, etc.

SIGNS & SYMPTOMS OF KIDNEY YIN VACUITY INCLUDE:

- | | |
|--|--|
| <input type="checkbox"/> Low back and knee soreness and limpness | <input type="checkbox"/> A fine, possibly rapid, possibly floating pulse |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> A red tongue with scanty fur |
| <input type="checkbox"/> Tinnitus and/or deafness | <input type="checkbox"/> Dry mouth and throat |
| <input type="checkbox"/> Night sweats | <input type="checkbox"/> Heat in the hands, feet, and/or heart |
| <input type="checkbox"/> Bone-steaming and tidal fevers | |

FORMULA EXPLANATION

Within this formula, *Shu Di* is the sovereign medicinal which supplements the kidneys, enriches yin, and fosters essence. Its ministers are *Shan Yao*, *Shan Zhu Yu*, and *Gou Qi Zi* which also supplement the kidneys and enrich yin. *Shan Yao* also supplements the spleen qi, while *Shan Zhu Yu* and *Gou Qi Zi* also supplement the liver. *Fu Ling* fortifies the spleen and seeps dampness. Mix-fried *Gan Cao* regulates and harmonizes all the other medicinals in the formula as well as assists *Shan Yao* and *Fu Ling* in supplementing the spleen. Therefore, this formula takes into account the interdependent relationship between the former and latter heavens. Unlike *Liu Wei Di Huang Wan*, this formula is essentially entirely supplementing and supporting in nature.

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 our extract is actually more like the equivalent of 45-60 grams of bulk-dispensed herbs.

MY PATIENT DOES PRESENT THE SIGNS AND SYMPTOMS OF:

Kidney yin vacuity

Yes

No