

Appendix 4

PRESCRIPTIONS

AI FU NUAN GONG WAN

Artemisia-Cyperus Warming the Uterus Pill

- **Ai Ye** *Folium Artemisiae argyi* 9 g
- **Wu Zhu Yu** *Fructus Evodiae* 4.5 g
- **Rou Gui** *Cortex Cinnamomi* 4.5 g
- **Xiang Fu** *Rhizoma Cyperi* 9 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Huang Qi** *Radix Astragali* 6 g
- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **Xu Duan** *Radix Dipsaci* 6 g

AN SHEN DING ZHI WAN

Calming the Mind and Settling the Spirit Pill

- **Ren Shen** *Radix Ginseng* 9 g
- **Fu Ling** *Poria* 12 g
- **Fu Shen** *Sclerotium Poriae paradidicis* 9 g
- **Long Chi** *Fossilia Dentis Mastodi* 15 g
- **Yuan Zhi** *Radix Polygalae* 6 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 8 g

AN SHEN DING ZHI WAN Variation (Chapter 14, Anxiety, Heart and Gall Bladder deficiency)

Calming the Mind and Settling the Spirit Pill Variation

- **Ren Shen** *Radix Ginseng* 9 g
- **Fu Ling** *Poria* 12 g
- **Fu Shen** *Sclerotium Poriae paradidicis* 9 g
- **Long Chi** *Fossilia Dentis Mastodi* 15 g
- **Yuan Zhi** *Radix Polygalae* 6 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 8 g
- **Ci Shi** *Magnetitum* 15 g
- **Ho Po** *Succinum* 9 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 6 g
- **Bai Zi Ren** *Semen Platycladi* 9 g

AN YING NIU HUANG WAN

Calming the Nutritive-Qi [Level] Calculus Bovis Pill

- **Niu Huang** *Calculus Bovis* 3 g
- **Yu Jin** *Radix Curcumae* 9 g
- **Shui Niu Jiao** *Cornu Bubali* 6 g
- **Huang Lian** *Rhizoma Coptidis* 6 g
- **Zhu Sha** *Cinnabaris* 1.5 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Xiong Huang** *Realgar* 0.15 g
- **Huang Qin** *Radix Scutellariae* 9 g
- **Zhen Zhu Mu** *Concha Margaritiferae usta* 12 g
- **Bing Pian** *Borneolum* 3 g
- **She Xiang** *Moschus* 1 g

NOTE: Please note that this formula contains many banned substances, i.e. Niu Huang, Zhu Sha, Bing Pian and She Xiang. They should be replaced by Shi Chang Pu *Rhizoma Acori tatarinowii*.

BA XIAN CHANG SHOU WAN

Eight Immortals Longevity Pill

- **Shu Di Huang** *Radix Rehmanniae preparata* 24 g
- **Shan Zhu Yu** *Fructus Corni* 12 g
- **Shan Yao** *Rhizoma Dioscoreae* 12 g
- **Ze Xie** *Rhizoma Alismatis* 9 g
- **Mu Dan Pi** *Cortex Moutan* 9 g
- **Fu Ling** *Poria* 9 g
- **Mai Men Dong** *Radix Ophiopogonis* 9 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g

BA ZHEN TANG

Eight Precious Decoction

- **Dang Gui** *Radix Angelicae sinensis* 10 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 5 g
- **Bai Shao** *Radix Paeoniae alba* 8 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 15 g

- **Ren Shen** *Radix Ginseng* 3 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 10 g
- **Fu Ling** *Poria* 8 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 5 g

BA ZHEN YI MU TANG*Eight Precious Leonurus Decoction*

- **Dang Gui** *Radix Angelicae sinensis* 10 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 5 g
- **Bai Shao** *Radix Paeoniae alba* 8 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 15 g
- **Ren Shen** *Radix Ginseng* 3 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 10 g
- **Fu Ling** *Poria* 8 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 5 g
- **Yi Mu Cao** *Herba Leonuri* 9 g

BA ZHENG TANG*Eight Upright Powder*

- **Bian Xu** *Herba Polygoni avicularis* 6 g
- **Che Qian Zi** *Semen Plantaginis* 9 g
- **Qu Mai** *Herba Dianthi* 6 g
- **Mu Tong** *Caulis Akebiae* 6 g
- **Hua Shi** *Talcum* 9 g
- **Da Huang** *Radix et Rhizoma Rhei* 6 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g

BAI DU TANG*Dissolving Toxin Decoction*

- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 6 g
- **Du Huo** *Radix Angelicae pubescentis* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Chai Hu** *Radix Bupleuri* 6 g
- **Qian Hu** *Radix Peucedani* 6 g
- **Zhi Ke** *Fructus Aurantii* 6 g
- **Jie Geng** *Radix Platycodi* 6 g
- **Fu Ling** *Poria* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Bo He** *Herba Menthae haplocalycis* 6 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 6 g

BAI HE DI HUANG TANG*Lilium-Rehmannia Decoction*

- **Bai He** *Bulbus Lilii* 9 g

- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

BAI HE GU JIN TANG*Lilium Consolidating Metal Decoction*

- **Bai He** *Bulbus Lilii* 15 g
- **Mai Men Dong** *Radix Ophiopogonis* 9 g
- **Xuan Shen** *Radix Scrophulariae* 9 g
- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 9 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Jie Geng** *Radix Platycodi* 6 g
- **Chuan Bei Mu** *Bulbus Fritillariae cirrhosae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

BAI HE GU JIN TANG Variation (Chapter 14, Anxiety, Lung- and Heart-Yin deficiency)*Lilium Consolidating Metal Decoction Variation*

- **Bai He** *Bulbus Lilii* 15 g
- **Mai Men Dong** *Radix Ophiopogonis* 9 g
- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Jie Geng** *Radix Platycodi* 6 g
- **Chuan Bei Mu** *Bulbus Fritillariae cirrhosae* 6 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 6 g
- **Bai Zi Ren** *Semen Platycladi* 6 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Zhi Mu** *Radix Anemarrhenae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

BAI HE ZHI MU TANG*Lilium-Anemarrhena Decoction*

- **Bai He** *Bulbus Lilii* 9 g
- **Zhi Mu** *Rhizoma Anemarrhenae* 6 g

BAI HU JIA CANG ZHU TANG*White Tiger Decoction plus Rhizoma Atractylodis*

- **Shi Gao** *Gypsum fibrosum* 30 g
- **Zhi Mu** *Rhizoma Anemarrhenae* 15 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 4.5 g
- **Geng Mi** *Semen Oryzae sativae* 9 g
- **Cang Zhu** *Rhizoma Atractylodis* 12 g

BAI HU JIA GUI ZHI TANG*White Tiger Ramulus Cinnamomi Decoction*

- **Shi Gao** *Gypsum fibrosum* 30 g
- **Zhi Mu** *Rhizoma Anemarrhenae* 9 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Geng Mi** *Semen Oryzae sativae* 6 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 5 g

BAI HU JIA SANG ZHI TANG*White Tiger Ramulus Mori Decoction*

- **Shi Gao** *Gypsum fibrosum* 30 g
- **Zhi Mu** *Rhizoma Anemarrhenae* 15 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 4.5 g
- **Geng Mi** *Semen Oryzae sativae* 9 g
- **Sang Zhi** *Ramulus Mori* 6 g

BAI HU TANG*White Tiger Decoction*

- **Shi Gao** *Gypsum fibrosum* 30 g
- **Zhi Mu** *Rhizoma Anemarrhenae* 15 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 4.5 g
- **Geng Mi** *Semen Oryzae sativae* 9 g

BAI SHAO GAN CAO TANG*Paeonia-Glycyrrhiza Decoction*

- **Bai Shao** *Radix Paeoniae albae* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g

BAI TOU WENG TANG*Pulsatilla Decoction*

- **Bai Tou Weng** *Radix Pulsatillae* 15 g
- **Huang Bo** *Cortex Phellodendri* 12 g
- **Huang Lian** *Rhizoma Coptidis* 4 g
- **Qin Pi** *Cortex Fraxini* 12 g

BAI ZI YANG XIN WAN*Platycladum Nourishing the Heart Pill*

- **Bai Zi Ren** *Semen Platycladi* 120 g
- **Fu Shen** *Sclerotium Poriae paradicis* 30 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 90 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 60 g
- **Dang Gui** *Radix Angelicae sinensis* 30 g
- **Xuan Shen** *Radix Scrophulariae* 60 g
- **Mai Men Dong** *Radix Ophiopogonis* 30 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 30 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 15 g

BAN XIA BAI ZHU TIAN MA TANG*Pinellia-Atractylodes-Gastrodia Decoction*

- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Tian Ma** *Rhizoma Gastrodiae* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 15 g
- **Fu Ling** *Poria* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 4 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 1 slice
- **Da Zao** *Fructus Jujubae* 2 dates

BAN XIA HOU PO TANG*Pinellia-Magnolia Decoction*

- **Ban Xia** *Rhizoma Pinelliae preparatum* 12 g
- **Hou Po** *Cortex Magnoliae officinalis* 9 g
- **Zi Su Ye** *Folium Perillae* 6 g
- **Fu Ling** *Poria* 12 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 9 g

BAN XIA SHU MI TANG*Pinellia-Sorghum Decoction*

- **Ban Xia** *Rhizoma Pinelliae preparatum* 10 g
- **Fu Ling** *Poria* 10 g
- **Shan Zha** *Fructus Crataegi* 6 g
- **Mai Ya** *Fructus Hordei germinatus* 6 g
- **Shen Qu** *Massa medicata fermentata* 6 g
- **Cang Zhu** *Rhizoma Atractylodis* 6 g
- **Shan Yao** *Rhizoma Dioscoreae* 6 g
- **Shu Mi** *Sorghum husks* 5 g

BAN XIA XIE XIN TANG*Pinellia Draining the Heart Decoction*

- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Huang Lian** *Rhizoma Coptidis* 3 g
- **Gan Jiang** *Rhizoma Zingiberis* 6 g
- **Dang Shen** *Radix Codonopsis* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Da Zao** *Fructus Jujubae* 3 g

BAN XIA XIE XIN TANG Variation (Chapter 24,
Epigastric pain, Stomach-Heat)

Pinellia Draining the Heart Decoction Variation

- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Huang Lian** *Rhizoma Coptidis* 3 g

- **Gan Jiang** *Rhizoma Zingiberis* 6 g
- **Dang Shen** *Radix Codonopsis* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Da Zao** *Fructus Jujubae* 3 g
- **Zhu Ru** *Caulis Bambusae in Taeniam* 6 g
- **Gua Lou** *Fructus Trichosanthis* 6 g
- **Lu Gen** *Rhizoma Phragmitis* 9 g

BAO HE WAN*Preserving and Harmonizing Pill*

- **Shan Zha** *Fructus Crataegi* 9 g
- **Shen Qu** *Massa medicata fermentata* 6 g
- **Lai Fu Zi** *Semen Raphani* 6 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Fu Ling** *Poria* 6 g
- **Lian Qiao** *Fructus Forsythiae* 6 g

BAO NAO NING JIAO NANG*Preserving the Brain's Tranquillity Capsule*

- **Dan Nan Xing** *Rhizoma Arisaematis preparatum* 6 g
- **Hu Po** *Succinum* 6 g
- **Fu Shen** *Sclerotium Poriae paradidicis* 6 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Dang Shen** *Radix Codonopsis* 6 g

BAO YIN JIAN*Protecting Yin Decoction*

- **Sheng Di Huang** *Radix Rehmanniae* 6 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Shan Yao** *Rhizoma Dioscoreae* 3 g
- **Xu Duan** *Radix Dipsaci* 3 g
- **Huang Qin** *Radix Scutellariae* 3 g
- **Huang Bo** *Cortex Phellodendri* 3 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

BAO YUAN TANG*Protecting the Original [Qi] Decoction*

- **Fu Zi** *Radix Aconiti lateralis preparata* 6 g
- **Rou Gui** *Cortex Cinnamomi* 3 g
- **Huang Qi** *Radix Astragali* 9 g
- **Dang Shen** *Radix Codonopsis* 9 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

BAO YUAN TONG BI TANG*Protecting the Origin and Penetrating Urinary Retention Decoction*

- **Huang Qi** *Radix Astragali* 100 g
- **Hua Shi** *Talcum* 30 g
- **Hu Po** *Succinum* 30 g

BEI MU GUA LOU SAN*Fritillaria-Trichosanthes Powder*

- **Chuan Bei Mu** *Bulbus Fritillariae cirrhosae* 5 g
- **Gua Lou** *Fructus Trichosanthis* 3 g
- **Tian Hua Fen** *Radix Trichosanthis* 2.5 g
- **Fu Ling** *Poria* 2.5 g
- **Chen Pi** *Pericarpium Citri reticulatae* 2.5 g
- **Jie Geng** *Radix Platycodi* 2.5 g

BEN TUN TANG*Running Piglet Decoction*

- **Gan Cao** *Radix Glycyrrhizae uralensis* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Ge Gen** *Radix Puerariae* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Chun Gen Bai Pi** *Cortex Ailanthi* 6 g

BEN TUN WAN*Running Piglet Pill*

- **Chuan Lian Zi** *Fructus Toosendan* 9 g
- **Fu Ling** *Poria* 6 g
- **Ju He** *Semen Citri reticulatae* 6 g
- **Li Zhi He** *Semen Litchi chinensis* 6 g
- **Xiao Hui Xiang** *Fructus Foeniculi* 4.5 g
- **Mu Xiang** *Radix Aucklandiae* 4.5 g

BI XIE FEN QING YIN*Dioscorea Separating the Clear Decoction*

- **Bi Xie** *Rhizoma Dioscoreae hypoglaucae* 12 g
- **Yi Zhi Ren** *Fructus Alpiniae oxyphyllae* 9 g
- **Wu Yao** *Radix Linderae* 9 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 9 g

BI XIE SHEN SHI TANG*Dioscorea Draining Dampness Decoction*

- **Bi Xie** *Rhizoma Dioscoreae hypoglaucae* 6 g
- **Yi Yi Ren** *Semen Coicis* 12 g

- **Huang Bo** *Cortex Phellodendri* 6 g
- **Fu Ling** *Poria* 6 g
- **Mu Dan Pi** *Cortex Moutan* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Hua Shi** *Talcum* 12 g
- **Mu Tong** *Caulis Akebiae* 3 g

BU FEI TANG

Tonifying the Lungs Decoction

- **Ren Shen** *Radix Ginseng* 9 g
- **Huang Qi** *Radix Astragali* 12 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 12 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Zi Wan** *Radix Asteris* 9 g
- **Sang Bai Pi** *Cortex Mori* 6 g

BU FEI TANG Variation (Chapter 14, Anxiety, Lung- and Heart-Qi deficiency)

Tonifying the Lungs Decoction Variation

- **Ren Shen** *Radix Ginseng* 9 g
- **Huang Qi** *Radix Astragali* 12 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 12 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Sang Bai Pi** *Cortex Mori* 6 g
- **Bai He** *Bulbus Lillii* 6 g
- **Bai Zi Ren** *Semen Platycladi* 6 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 6 g

BU GAN TANG

Tonifying the Liver Decoction

- **Shu Di Huang** *Radix Rehmanniae preparata* 12 g
- **Dang Gui** *Radix Angelicae sinensis* 10 g
- **Bai Shao** *Radix Paeoniae alba* 12 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 8 g
- **Mu Gua** *Fructus Chaenomelis* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 3 g

BU QI CONG MING TANG

Tonifying Qi and Clearing Hearing Decoction

- **Huang Qi** *Radix Astragali* 12 g
- **Ren Shen** *Radix Ginseng* 9 g
- **Sheng Ma** *Rhizoma Cimicifugae* 3 g
- **Ge Gen** *Radix Puerariae* 3 g
- **Man Jing Zi** *Fructus Viticis* 3 g

- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Huang Bo** *Cortex Phellodendri* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

BU QI CONG MING TANG Variation (Chapter 17, Tinnitus, Heart-Blood deficiency)

Tonifying Qi and Clearing Hearing Decoction Variation

- **Huang Qi** *Radix Astragali* 12 g
- **Ren Shen** *Radix Ginseng* 9 g
- **Sheng Ma** *Rhizoma Cimicifugae* 3 g
- **Ge Gen** *Radix Puerariae* 3 g
- **Man Jing Zi** *Fructus Viticis* 3 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Huang Bo** *Cortex Phellodendri* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 6 g
- **Long Yan Rou** *Arillus Longan* 6 g

BU QI YI SHEN TANG

Tonify Qi and Benefit the Kidneys Decoction

- **Dang Shen** *Radix Codonopsis* 30 g
- **Huang Qi** *Radix Astragali* 15 g
- **Fu Zi** *Radix Aconiti lateralis preparata* 10 g
- **Yin Yang Huo** *Herba Epimedii* 9 g
- **Chai Hu** *Radix Bupleuri* 6 g
- **Chi Shao** *Radix Paeoniae rubra* 12 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Yi Mu Cao** *Herba Leonuri* 9 g
- **Da Huang** *Radix et Rhizoma Rhei* 3 g
- **San Qi** *Radix Notoginseng* 3 g

BU QI YUN PI TANG

Tonify Qi and Promote the Spleen's Transformation Function Decoction

- **Ren Shen** *Radix Ginseng* 9 g
- **Huang Qi** *Radix Astragali* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Fu Ling** *Poria* 6 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Sha Ren** *Fructus Amomi* 4.5 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Da Zao** *Fructus Jujubae* 3 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices

BU SHEN JIAN XIN TANG

Tonifying the Kidneys and Strengthening the Heart Decoction

- **Shu Di Huang** Radix Rehmanniae preparata 9 g
- **Shou Wu** Radix Polygoni multiflori preparata 6 g
- **Gou Qi Zi** Fructus Lycii chinensis 6 g
- **Fu Zi** Radix Aconiti lateralis preparata 3 g
- **Rou Gui** Cortex Cinnamomi 3 g
- **Bu Gu Zhi** Fructus Psoraleae 6 g
- **Huang Qi** Radix Astragali 6 g
- **Dang Shen** Radix Codonopsis 6 g
- **Zhi Gan Cao** Radix Glycyrrhizae uralensis preparata 3 g

BU SUI DAN

Tonifying Marrow Pill

- **Du Zhong** Cortex Eucommiae ulmoidis 6 g
- **Bu Gu Zhi** Fructus Psoraleae 6 g
- **Lu Rong** Cornu Cervi pantotrichum 6 g
- **Wu Yao** Radix Linderiae 6 g
- **Hu Tao Rou** Semen Juglandis 6 g

BU SUI RONG NAO TANG

Tonifying the Marrow and Nourishing the Brain Decoction

- **Shu Di Huang** Radix Rehmanniae preparata 9 g
- **Dang Gui** Radix Angelicae sinensis 6 g
- **Bai Shao** Radix Paeoniae alba 9 g
- **Nu Zhen Zi** Fructus Ligustri lucidi 6 g
- **Gou Qi Zi** Fructus Lycii chinensis 6 g
- **Wu Wei Zi** Fructus Schisandrae 6 g
- **Sang Shen** Fructus Mori 6 g

BU TU ZAO SHI TANG

Tonifying the Earth and Drying Dampness Decoction

- **Bai Zhu** Rhizoma Atractylodis macrocephalae 9 g
- **Fu Ling** Poria 6 g
- **Shan Yao** Rhizoma Dioscoreae 6 g
- **Zhi Gan Cao** Radix Glycyrrhizae uralensis preparata 3 g
- **Qiang Huo** Rhizoma seu Radix Notopterygii 6 g
- **Fang Feng** Radix Saposhnikoviae 6 g
- **Qin Jiao** Radix Gentianae macrophyllae 6 g
- **Fang Ji** Radix Stephaniae tetrandrae 6 g
- **Cang Zhu** Rhizoma Atractylodis 6 g

BU XIN DAN

Tonifying the Heart Pill

- **Sheng Di Huang** Radix Rehmanniae 9 g
- **Wu Wei Zi** Fructus Schisandrae 6 g

- **Dang Gui** Radix Angelicae sinensis 6 g
- **Tian Men Dong** Radix Asparagi 6 g
- **Mai Men Dong** Radix Ophiopogonis 6 g
- **Bai Zi Ren** Semen Platycladi 6 g
- **Suan Zao Ren** Semen Ziziphi spinosae 6 g
- **Dang Shen** Radix Codonopsis 6 g
- **Xuan Shen** Radix Scrophulariae 6 g
- **Dan Shen** Radix Salviae miltiorrhizae 6 g
- **Fu Ling** Poria 6 g
- **Yuan Zhi** Radix Polygalae 6 g
- **Jie Geng** Radix Platycodi 3 g

BU XIN DAN Variation (Chapter 13, Depression, Heart and Spleen deficiency)

Tonifying the Heart Pill Variation

- **Sheng Di Huang** Radix Rehmanniae 9 g
- **Wu Wei Zi** Fructus Schisandrae 6 g
- **Dang Gui** Radix Angelicae sinensis 6 g
- **Tian Men Dong** Radix Asparagi 6 g
- **Mai Men Dong** Radix Ophiopogonis 6 g
- **Bai Zi Ren** Semen Platycladi 6 g
- **Suan Zao Ren** Semen Ziziphi spinosae 6 g
- **Dang Shen** Radix Codonopsis 6 g
- **Xuan Shen** Radix Scrophulariae 6 g
- **Dan Shen** Radix Salviae miltiorrhizae 6 g
- **Fu Ling** Poria 6 g
- **Yuan Zhi** Radix Polygalae 6 g
- **Jie Geng** Radix Platycodi 3 g
- **Shi Chang Pu** Rhizoma Acori tatarinowi 6 g
- **He Huan Pi** Cortex Albiziae 6 g

BU YANG HAI WU TANG

Tonify Yang and Restore the 5/10th Decoction

- **Huang Qi** Radix Astragali 18 g
- **Dang Gui (Wei)** Radix Angelicae sinensis (“tail” only) 6 g
- **Chuan Xiong** Rhizoma Chuanxiong 3 g
- **Tao Ren** Semen Persicae 3 g
- **Hong Hua** Flos Carthami tinctorii 3 g
- **Chi Shao** Radix Paeoniae rubra 4.5 g
- **Di Long** Pheretima 3 g

BU ZHONG YI QI TANG

Tonifying the Centre and Benefiting Qi Decoction

- **Huang Qi** Radix Astragali 12 g
- **Ren Shen** Radix Ginseng 9 g
- **Bai Zhu** Rhizoma Atractylodis macrocephalae 9 g

- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Sheng Ma** *Rhizoma Cimicifugae* 3 g
- **Chai Hu** *Radix Bupleuri* 3 g

BU ZHONG YI QI TANG Variation (Chapter 15, Insomnia, Somnolence, Spleen deficiency)
Tonifying the Centre and Benefiting Qi Decoction Variation

- **Huang Qi** *Radix Astragali* 12 g
- **Ren Shen** *Radix Ginseng* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Sheng Ma** *Rhizoma Cimicifugae* 3 g
- **Chai Hu** *Radix Bupleuri* 3 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Gan Jiang** *Rhizoma Zingiberis* 3 g

BU ZHONG YI QI TANG Variation (Chapter 27, Abdominal pain, Spleen-Qi deficient and sinking)
Tonifying the Centre and Benefiting Qi Decoction Variation

- **Huang Qi** *Radix Astragali* 12 g
- **Ren Shen** *Radix Ginseng* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Sheng Ma** *Rhizoma Cimicifugae* 3 g
- **Chai Hu** *Radix Bupleuri* 3 g
- **Mu Xiang** *Radix Aucklandiae* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g

BU ZHONG YI QI TANG Variation (Chapter 34, Interstitial cystitis, Spleen-Qi and Kidney-Yang deficiency with Yin Fire)
Tonifying the Centre and Benefiting Qi Decoction Variation

- **Huang Qi** *Radix Astragali* 12 g
- **Ren Shen** *Radix Ginseng* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Sheng Ma** *Rhizoma Cimicifugae* 3 g
- **Chai Hu** *Radix Bupleuri* 3 g
- **Huang Bo** *Cortex Phellodendri* 6 g
- **Zhi Mu** *Radix Anemarrhenae* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Qu Mai** *Herba Dianthi* 6 g

BU ZHONG YI QI TANG Variation (Chapter 37, Oedema, Chronic nephritis, Spleen- and Kidney-Yang deficiency)

Tonifying the Centre and Benefiting Qi Decoction Variation

- **Huang Qi** *Radix Astragali* 15 g
- **Dang Shen** *Radix Codonopsis* 15 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 15 g
- **Fu Ling** *Poria* 10 g
- **Shan Yao** *Rhizoma Dioscoreae* 15 g
- **Chai Hu** *Radix Bupleuri* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Lu Jiao** *Cornu Cervi* 10 g

BU ZHONG YI QI TANG Variation (Chapter 41, Chronic Fatigue Syndrome, Yin Fire)
Tonifying the Centre and Benefiting Qi Decoction Variation

- **Huang Qi** *Radix Astragali* 12 g
- **Ren Shen** *Radix Ginseng* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Sheng Ma** *Rhizoma Cimicifugae* 3 g
- **Chai Hu** *Radix Bupleuri* 3 g
- **Cang Zhu** *Rhizoma Atractylodis* 6 g
- **Fu Ling** *Poria* 9 g
- **Sha Ren** *Fructus Amomi* 4.5 g

BU ZHONG YI QI TANG Variation (Chapter 46, Bleeding, Bleeding in the stools, Stomach and Spleen deficiency)

Tonifying the Centre and Benefiting Qi Decoction Variation

- **Huang Qi** *Radix Astragali* 12 g
- **Ren Shen** *Radix Ginseng* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Sheng Ma** *Rhizoma Cimicifugae* 3 g
- **Chai Hu** *Radix Bupleuri* 3 g
- **Huai Hua** *Flos Sophorae* 6 g
- **Di Yu** *Radix Sanguisorbae* 6 g
- **Bao Jiang** *Rhizoma Zingiberis* (fried) 6 g

BU ZHONG YI QI TANG Variation (Chapter 46, Bleeding, Blood in the urine, Deficient Spleen not controlling Blood)

Tonifying the Centre and Benefiting Qi Decoction Variation

- **Huang Qi** *Radix Astragali* 12 g
- **Ren Shen** *Radix Ginseng* 9 g

- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Sheng Ma** *Rhizoma Cimicifugae* 3 g
- **Chai Hu** *Radix Bupleuri* 3 g
- **Xiao Ji** *Herba Cirisii* 6 g
- **San Qi** *Radix Notoginseng* 6 g

CANG BAI ER CHEN TANG

Grey and White Atractylodes Two Old Decoction

- **Cang Zhu** *Rhizoma Atractylodis* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Fu Ling** *Poria* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices

CANG BAI ER CHEN TANG Variation (Chapter 39, Lower backache, Sciatica, Cold Dampness invading the back channels)

Grey and White Atractylodes Two Old Decoction Variation

- **Cang Zhu** *Rhizoma Atractylodis* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Fu Ling** *Poria* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Du Huo** *Radix Angelicae pubescentis* 6 g

CANG ER BI DOU YAN FANG

Xanthium Sinusitis Formula

- **Cang Er Zi** *Fructus Xanthii* 9 g
- **Huang Qin** *Radix Scutellariae* 9 g
- **Pu Gong Ying** *Herba Taraxaci* 6 g
- **Ge Gen** *Radix Puerariae* 9 g
- **Jie Geng** *Radix Platycodi* 6 g
- **Bai Zhi** *Radix Angelicae dahuricae* 3 g
- **Che Qian Zi** *Semen Plantaginis* 9 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

CANG ER ZI SAN

Xanthium Powder

- **Cang Er Zi** *Fructus Xanthii* 7.5 g
- **Xin Yi Hua** *Flos Magnoliae* 15 g

- **Bai Zhi** *Radix Angelicae dahuricae* 30 g
- **Bo He** *Herba Menthae haplocalycis* 1.5 g

CANG FU DAO TAN WAN

Atractylodes Resolving Phlegm Pill

- **Cang Zhu** *Rhizoma Atractylodis* 6 g
- **Fu Zi** *Radix Aconiti lateralis preparata* 3 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Fu Ling** *Poria* 9 g
- **Dan Nan Xing** *Rhizoma Arisaematis preparatum* 6 g
- **Zhi Shi** *Fructus Aurantii immaturus* 6 g
- **Yi Yi Ren** *Semen Coicis* 12 g
- **Huang Bo** *Cortex Phellodendri* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

CANG ZHU BAI HU TANG

Atractylodes-White Tiger Decoction

- **Shi Gao** *Gypsum fibrosum* 30 g
- **Zhi Mu** *Rhizoma Anemarrhenae* 15 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 4.5 g
- **Geng Mi** *Semen Oryzae sativae* 9 g
- **Cang Zhu** *Rhizoma Atractylodis* 9 g

CHAI GE JIE JI TANG

Bupleurum-Pueraria Relaxing the Tendons Decoction

- **Ge Gen** *Radix Puerariae* 9 g
- **Chai Hu** *Radix Bupleuri* 6 g
- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 3 g
- **Bai Zhi** *Radix Angelicae dahuricae* 3 g
- **Huang Qin** *Radix Scutellariae baicalensis* 6 g
- **Shi Gao** *Gypsum fibrosum* 5 g
- **Jie Geng** *Radix Platycodi grandiflori* 3 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

CHAI HU SHU GAN TANG

Bupleurum Soothing the Liver Decoction

- **Chai Hu** *Radix Bupleuri* 6 g
- **Bai Shao** *Radix Paeoniae alba* 4.5 g
- **Zhi Ke** *Fructus Aurantii* 4.5 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 1.5 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 4.5 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 4.5 g

CHAI HU SHU GAN TANG Variation (Chapter 13, Depression, Liver-Qi stagnation)

Bupleurum Soothing the Liver Decoction Variation

- **Chai Hu** *Radix Bupleuri* 6 g
- **Bai Shao** *Radix Paeoniae alba* 4.5 g
- **Zhi Ke** *Fructus Aurantii* 4.5 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 1.5 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 4.5 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 4.5 g
- **Yu Jin** *Radix Curcumae* 6 g
- **Qing Pi** *Pericarpium Citri reticulatae viride* 6 g

CHAI HU SHU GAN TANG Variation (Chapter 26, Hypochondrial pain, Gall Bladder stones, Stagnation of Liver-Qi)

Bupleurum Soothing the Liver Decoction Variation

- **Chai Hu** *Radix Bupleuri* 6 g
- **Bai Shao** *Radix Paeoniae alba* 4.5 g
- **Zhi Ke** *Fructus Aurantii* 4.5 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 1.5 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 4.5 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 4.5 g
- **Jin Qian Cao** *Herba Desmodii styracifolii* 9 g
- **Hai Jin Sha** *Spora Lygodii japonici* 9 g

CHAI HU SHU GAN TANG Variation (Chapter 26, Hypochondrial pain, Stasis of Liver-Blood)

Bupleurum Soothing the Liver Decoction Variation

- **Chai Hu** *Radix Bupleuri* 6 g
- **Bai Shao** *Radix Paeoniae alba* 4.5 g
- **Zhi Ke** *Fructus Aurantii* 4.5 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 1.5 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 4.5 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 4.5 g
- **Yu Jin** *Tuber Curcumae* 6 g
- **Yan Hu Suo** *Rhizoma Corydalis* 6 g

CHAI HU SHU GAN TANG Variation (Chapter 40, Fibromyalgia, Qi stagnation, Blood stasis, Dampness)

Bupleurum Soothing the Liver Decoction Variation

- **Chai Hu** *Radix Bupleuri* 6 g
- **Bai Shao** *Radix Paeoniae alba* 4.5 g

- **Zhi Ke** *Fructus Aurantii* 4.5 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 1.5 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 4.5 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 4.5 g
- **Cang Zhu** *Rhizoma Atractylodis* 6 g
- **Fu Ling** *Poria* 6 g
- **Ji Xue Teng** *Caulis Spatholobi* 6 g
- **Sha Ren** *Fructus Amomi* 4.5 g
- **Yan Hu Suo** *Rhizoma Corydalis* 6 g

CHAI SHAO LONG MU TANG

Bupleurum-Paeonia-Mastodi Osis fossilia-Concha Ostreae Decoction

- **Chai Hu** *Radix Bupleuri* 6 g
- **Bai Shao** *Radix Paeoniae alba* 15 g
- **Long Gu** *Mastodi Osis fossilia* 18 g
- **Mu Li** *Concha Ostreae* 24 g
- **Yu Zhu** *Rhizoma Polygonati odorati* 15 g
- **Fu Ling** *Poria* 12 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Sang Shen Zi** *Fructus Mori* 20 g

CHEN XIANG JIANG QI SAN

Aquilaria Subduing Qi Powder

- **Chen Xiang** *Lignum Aquilariae resinatum* 3 g
- **Sha Ren** *Fructus Amomi* 4 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices

CHEN XIANG SAN

Aquilaria Powder

- **Chen Xiang** *Lignum Aquilariae resinatum* 9 g
- **Shi Wei** *Folium Pyrrosiae* 6 g
- **Hua Shi** *Talcum* 6 g
- **Dong Kui Zi** *Fructus Malvae* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Wang Bu Liu Xing** *Semen Vaccariae* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

CHEN XIANG SAN Variation (Chapter 34, Interstitial cystitis, Spleen-Qi and Kidney-Yang deficiency with Qi stagnation)

Aquilaria Powder Variation

- **Chen Xiang** *Lignum Aquilariae resinatum* 9 g
- **Shi Wei** *Folium Pyrrosiae* 6 g
- **Hua Shi** *Talcum* 6 g
- **Dong Kui Zi** *Fructus Malvae* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Wang Bu Liu Xing** *Semen Vaccariae* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Tu Si Zi** *Semen Cuscutae* 6 g
- **Xu Duan** *Radix Dipsaci* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g

CHEN XIANG SAN Variation (Chapter 34, Interstitial cystitis, Spleen-Qi and Kidney-Yang deficiency with Blood stasis)

Aquilaria Powder Variation

- **Chen Xiang** *Lignum Aquilariae resinatum* 9 g
- **Shi Wei** *Folium Pyrrosiae* 6 g
- **Hua Shi** *Talcum* 6 g
- **Dong Kui Zi** *Fructus Malvae* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Wang Bu Liu Xing** *Semen Vaccariae* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Tu Si Zi** *Semen Cuscutae* 6 g
- **Xu Duan** *Radix Dipsaci* 6 g
- **Yan Hu Suo** *Rhizoma Corydalis* 6 g

CHENG SHI BI XIE YIN

Dioscorea Decoction of the Cheng Clan

- **Bi Xie** *Rhizoma Dioscoreae hypoglaucae* 9 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g
- **Che Qian Zi** *Semen Plantaginis* 6 g
- **Huang Bo** *Cortex Phellodendri* 6 g
- **Fu Ling** *Poria* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Lian Zi** *Semen Nelumbinis* 6 g
- **Dan Shen** *Radix Salviae miltiorrhizae* 4.5 g

CHENG YANG LI LAO TANG

Assisting Yang and Regulating Exhaustion Decoction

- **Ren Shen** *Radix Ginseng* 9 g
- **Huang Qi** *Radix Astragali* 9 g
- **Wu Wei Zi** *Fructus Schisandrae* 4.5 g

- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 4.5 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Da Zao** *Fructus Jujubae* 3 dates

CHI XIAO DOU TANG

Phaseolus Decoction

- **Chi Xiao Dou** *Semen Phaseoli* 9 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Shang Lu** *Radix Phytolaccae* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Lian Qiao** *Fructus Forsythiae* 6 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Fang Ji** *Radix Stephaniae tetrandrae* 6 g
- **Zhu Ling** *Polyporus* 6 g
- **Sang Bai Pi** *Cortex Mori* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 g

CHU SHI WEI LING TANG

Eliminating Dampness Stomach “Ling” Decoction

- **Cang Zhu** *Rhizoma Atractylodis* 6 g
- **Hou Po** *Cortex Magnoliae officinalis* 4 g
- **Mu Tong** *Caulis Akebiae* 2 g
- **Zhu Ling** *Polyporus* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Hua Shi** *Talcum* 6 g
- **Yi Yi Ren** *Semen Coicis* 12 g
- **Shan Zhi Zi** *Fructus Gardeniae* 4 g

CHUAN BI TANG

Eliminating Painful Obstruction Syndrome Decoction

- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 6 g
- **Du Huo** *Radix Angelicae pubescentis* 6 g
- **Qin Jiao** *Radix Gentianae macrophyllae* 6 g
- **Hai Feng Teng** *Caulis Piperis kadsurae* 3 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 3 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 3 g
- **Ru Xiang** *Olibanum* 3 g
- **Mu Xiang** *Radix Aucklandiae* 3 g
- **Sang Zhi** *Ramulus Mori* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

CHUAN XIONG CHA TIAO SAN*Ligusticum-Green Tea Regulating Powder*

- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 6 g
- **Bai Zhi** *Radix Angelicae dahuricae* 6 g
- **Jing Jie** *Herba Schizonepetae* 6 g
- **Xi Xin** *Herba Asari* 3 g
- **Fang Feng** *Radix Saposhnikoviae* 6 g
- **Bo He** *Herba Menthae haplocalycis* 3 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Qing Cha (Green Tea)** *Folia Camelliae sinensis*

CHUN ZE TANG*Spring Pool Decoction*

- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Ren Shen** *Radix Ginseng* 9 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 4.5 g
- **Fu Ling** *Poria* 6 g
- **Zhu Ling** *Polyporus* 6 g
- **Ze Xie** *Rhizoma Alismatis* 9 g

CI ZHU WAN*Magnetitum-Cinnabar Pill*

- **Ci Shi** *Magnetitum* 6 g
- **Zhu Sha** *Cinnabaris* 3 g
- **Shen Qu** *Massa medicata fermentata* 9 g

DA BU YIN WAN*Great Tonifying Yin Pill*

- **Zhi Mu** *Radix Anemarrhenae* 9 g
- **Huang Bo** *Cortex Phellodendri* 9 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 12 g
- **Gui Ban** *Plastrum Testudinis* 9 g
- **Pigs' marrow** 20 g

DA BU YUAN JIAN*Great Tonifying the Original [Qi] Decoction*

- **Shu Di Huang** *Radix Rehmanniae preparata* 15 g
- **Shan Yao** *Rhizoma Dioscoreae* 12 g
- **Shan Zhu Yu** *Fructus Corni* 9 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 12 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Ren Shen** *Radix Ginseng* 12 g
- **Du Zhong** *Cortex Eucommiae ulmoidis* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g

DA CHAI HU TANG*Big Bupleurum Decoction*

- **Chai Hu** *Radix Bupleuri* 15 g
- **Huang Qin** *Radix Scutellariae* 9 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Da Huang** *Radix et Rhizoma Rhei* 6 g
- **Zhi Shi** *Fructus Aurantii immaturus* 9 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 15 g
- **Da Zao** *Fructus Jujubae* 5 dates

DA CHAI HU TANG Variation (Chapter 26, Hypochondrial pain, Gall Bladder stones, Damp-Heat in Liver and Gall Bladder)

Big Bupleurum Decoction Variation

- **Chai Hu** *Radix Bupleuri* 15 g
- **Huang Qin** *Radix Scutellariae* 9 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Da Huang** *Radix et Rhizoma Rhei* 6 g
- **Zhi Shi** *Fructus Aurantii immaturus* 9 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 15 g
- **Da Zao** *Fructus Jujubae* 5 dates
- **Jin Qian Cao** *Herba Lysimachiae/Desmodii* 9 g
- **Hai Jin Sha** *Spora Lygodii* 9 g

DA CHENG QI TANG*Great Conducting Qi Decoction*

- **Da Huang** *Radix et Rhizoma Rhei* 12 g
- **Mang Xiao** *Natrii Sulfas* 9 g
- **Hou Po** *Cortex Magnoliae officinalis* 15 g
- **Zhi Shi** *Fructus Aurantii immaturus* 12 g

DA CHENG QI TANG Variation (Chapter 27, Abdominal pain, Damp-Heat)

Great Conducting Qi Decoction Variation

- **Da Huang** *Radix et Rhizoma Rhei* 12 g
- **Mang Xiao** *Natrii Sulfas* 9 g
- **Hou Po** *Cortex Magnoliae officinalis* 15 g
- **Zhi Shi** *Fructus Aurantii immaturus* 12 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g

DA DING FENG ZHU*Great Extinguishing Wind Pearl*

- **Bai Shao** *Radix Paeoniae alba* 9 g
- **E Jiao** *Colla Corii Asini* 6 g
- **Gui Ban** *Plastrum Testudinis* 9 g

- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **Huo Ma Ren** *Semen Cannabis* 6 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Mu Li** *Concha Ostreae* 12 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Ji Zi Huang** Egg yolk 3 yolks
- **Bie Jia** *Carapax Trionycis* 9 g

DA DING FENG ZHU Variation (Chapter 42, Parkinson's disease, Liver- and Kidney-Yin deficiency)
Great Extinguishing Wind Pearl Variation

- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Gui Ban** *Plastrum Testudinis* 9 g
- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Bie Jia** *Carapax Trionycis* 9 g
- **Huai Niu Xi** *Radix Achyranthis bidentatae* 6 g
- **Sang Ji Sheng** *Herba Taxilli* 6 g
- **Du Zhong** *Cortex Eucommiae ulmoidis* 6 g
- **Gou Teng** *Ramulus cum Uncis Uncariae* 9 g

DA HUANG FU ZI TANG

Rheum-Aconitum Decoction

- **Da Huang** *Radix et Rhizoma Rhei* 9 g
- **Fu Zi** *Radix Aconiti lateralis preparata* 9 g
- **Xi Xin** *Herba Asari* 3 g

DA JIAN ZHONG TANG

Major Strengthening the Centre Decoction

- **Chuan Jiao** *Pericarpium Zanthoxyli* 3 g
- **Gan Jiang** *Rhizoma Zingiberis* 6 g
- **Ren Shen** *Radix Ginseng* 6 g
- **Yi Tang** *Maltosum* 6 g

DA QI QI TANG

Big Seven Qi Decoction

- **Qing Pi** *Pericarpium Citri reticulatae viride* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g
- **Jie Geng** *Radix Platycodi* 3 g
- **Huo Xiang** *Herba Pogostemonis* 6 g

- **Rou Gui** *Cortex Cinnamomi* 3 g
- **Yi Zhi Ren** *Fructus Alpiniae oxyphyllae* 6 g
- **San Leng** *Rhizoma Sparganii* 6 g
- **E Zhu** *Rhizoma Curcumae* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Da Zao** *Fructus Jujubae* 3 dates

DA QIN JIAO TANG

Great Gentiana macrophylla Decoction

- **Qin Jiao** *Radix Gentianae macrophyllae* 9 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 6 g
- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 3 g
- **Fang Feng** *Radix Saposhnikoviae* 3 g
- **Bai Zhi** *Radix Angelicae dahuricae* 3 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 3 g
- **Fu Ling** *Poria* 3 g
- **Shi Gao** *Gypsum fibrosum* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Du Huo** *Radix Angelicae pubescentis* 6 g
- **Huang Qin** *Radix Scutellariae* 3 g
- **Sheng Di Huang** *Radix Rehmanniae* 3 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 3 g
- **Xi Xin** *Herba Asari* 1.5 g

DA QIN JIAO TANG Variation (Chapter 43, Wind-Stroke, Attack of channels alone, Hemiplegia)
Great Gentiana macrophylla Decoction Variation

- **Qin Jiao** *Radix Gentianae macrophyllae* 9 g
- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 6 g
- **Fang Feng** *Radix Saposhnikoviae* 6 g
- **Bai Zhi** *Radix Angelicae dahuricae* 4 g
- **Xi Xin** *Herba Asari* 1.5 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 4 g
- **Chi Shao Yao** *Radix Paeoniae rubra* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Fu Ling** *Poria* 6 g
- **Shi Gao** *Gypsum fibrosum* 15 g
- **Huang Qin** *Radix Scutellariae* 4 g
- **Bai Fu Zi** *Rhizoma Typhonii preparatum* 3 g
- **Quan Xie** *Buthus Martensi* 1.5 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

DA YUAN YIN*Extending the Membranes Decoction*

- **Bing Lang** *Semen Arecae* 6 g
- **Hou Po** *Cortex Magnoliae officinalis* 3 g
- **Cao Guo** *Fructus Tsaoko* 1.5 g
- **Zhi Mu** *Rhizoma Anemarrhenae* 3 g
- **Bai Shao** *Radix Paeoniae alba* 3 g
- **Huang Qin** *Radix Scutellariae* 3 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 1.5 g

DAI DI DANG TANG*Surrogate Keeping out Decoction*

- **Da Huang** *Radix et Rhizoma Rhei* 9 g
- **Mang Xiao** *Natrii Sulfas* 6 g
- **Tao Ren** *Semen Persicae* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Sheng Di Huang** *Radix Rehmanniae* 12 g
- **Shan Jia** *Squama Manitis* 6 g
- **Rou Gui** *Cortex Cinnamomi* 3 g

DAI GE SAN*Indigo-Concha Cyclinae Powder*

- **Qing Dai** *Indigo naturalis* 6 g
- **Hai Ge Ke** *Concha Meretricis seu Cyclinae* 9 g

DAN SHEN YIN*Salvia Decoction*

- **Dan Shen** *Radix Salviae miltiorrhizae* 30 g
- **Tan Xiang** *Lignum Santali albi* 5 g
- **Sha Ren** *Fructus Amomi* 5 g

DAN ZHI XIAO YAO SAN*Moutan-Gardenia Free and Easy Wanderer Powder*

- **Bo He** *Herba Menthae haplocalycis* 3 g
- **Chai Hu** *Radix Bupleuri* 9 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Bai Shao** *Radix Paeoniae alba* 12 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Fu Ling** *Poria* 15 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 6 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Mu Dan Pi** *Cortex Moutan* 6 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g

DANG GUI BU XUE TANG*Angelica Tonifying Blood Decoction*

- **Huang Qi** *Radix Astragali* 30 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g

DANG GUI LONG HUI WAN*Angelica-Gentiana-Aloe Pill*

- **Dang Gui** *Radix Angelicae sinensis* 30 g
- **Long Dan Cao** *Radix Gentianae* 15 g
- **Lu Hui** *Aloe* 15 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Huang Lian** *Rhizoma Coptidis* 4 g
- **Huang Bo** *Cortex Phellodendri* 6 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Da Huang** *Radix et Rhizoma Rhei* 9 g
- **Mu Xiang** *Radix Aucklandiae* 5 g
- **She Xiang** *Moschus* 1.5 g
- **Qing Dai** *Indigo naturalis* 6 g

DANG GUI NIAN TONG SAN*Angelica Picking Pain Powder*

- **Dang Gui** *Radix Angelicae sinensis* 3 g
- **Fang Feng** *Radix Saposhnikoviae* 3 g
- **Huang Qi** *Radix Astragali* 3 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 1.5 g
- **Huang Bo** *Cortex Phellodendri* 4.5 g
- **Xuan Shen** *Radix Scrophulariae* 4.5 g
- **Ren Shen** *Radix Ginseng* 4.5 g
- **Fu Ling** *Poria* 4.5 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 4.5 g
- **Cang Zhu** *Rhizoma Atractylodis* 4.5 g
- **Ge Gen** *Radix Puerariae* 4 g
- **Sheng Ma** *Rhizoma Cimicifugae* 4 g
- **Zhi Mu** *Radix Anemarrhenae* 4 g
- **Yin Chen Hao** *Herba Artemisiae scopariae* 4 g
- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 4 g

DANG GUI SHAO YAO SAN*Angelica-Paeonia Powder*

- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Bai Shao** *Radix Paeoniae alba* 48 g
- **Fu Ling** *Poria* 12 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 12 g
- **Ze Xie** *Rhizoma Alismatis* 24 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 9 g

DANG GUI SI NI TANG*Angelica Four Rebellious Decoction*

- **Dang Gui** *Radix Angelicae sinensis* 12 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 9 g
- **Xi Xin** *Herba Asari* 1.5 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 5 g
- **Da Zao** *Fructus Jujubae* 8 dates
- **Mu Tong** *Caulis Akebiae* 3 g

DAO CHI SAN*Eliminating Redness Powder*

- **Sheng Di Huang** *Radix Rehmanniae* 15 g
- **Mu Tong** *Caulis Akebiae* 3 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 6 g
- **Zhu Ye** *Folium Phyllostachys nigrae* 3 g

DAO TAN TANG*Conducting Phlegm Decoction*

- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Dan Nan Xing** *Rhizoma Arisaematis preparatum* 3 g
- **Zhi Shi** *Fructus Aurantii immaturus* 3 g
- **Fu Ling** *Poria* 3 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 2 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 g

DENG SHI JIA YI FANG*Master Deng's Thyroid Formula*

- **Huang Qi** *Radix Astragali* 30 g
- **Dang Shen** *Radix Codonopsis* 18 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 24 g
- **Dang Gui** *Radix Angelicae sinensis* 12 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Chai Hu** *Radix Bupleuri* 6 g
- **Sheng Ma** *Rhizoma Cimicifugae* 6 g
- **Ba Ji Tian** *Radix Morindae officinalis* 9 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 9 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g

DI HUANG YIN*Rehmannia Decoction*

- **Shu Di Huang** *Radix Rehmanniae preparata* 9 g
- **Shan Zhu Yu** *Fructus Corni* 6 g

- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Shi Hu** *Herba Dendrobii* 6 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Fu Zi** *Radix Aconiti lateralis preparata* 6 g
- **Rou Gui** *Cortex Cinnamomi* 3 g
- **Du Zhong** *Cortex Eucommiae ulmoidis* 6 g
- **Chuan Niu Xi** *Radix Cyathulae* 6 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g
- **Ge Gen** *Radix Puerariae* 6 g

DI HUANG YIN Variation (Chapter 43, Wind-stroke, Patterns in the sequelae stage, Yin deficiency with Empty Heat)

Rehmannia Decoction Variation

- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Shi Hu** *Herba Dendrobii* 6 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Yuan Zhi** *Radix Polygalae* 6 g
- **Xing Ren** *Semen Armeniacae* 6 g
- **Jie Geng** *Radix Platycodi* 3 g
- **Mu Hu Die** *Semen Oroxyli* 6 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 6 g
- **Nu Zhen Zi** *Fructus Ligustri lucidi* 6 g

DI LONG TANG*Pheretima Decoction*

- **Di Long** *Pheretima* 6 g
- **Shan Yao** *Rhizoma Dioscoreae* 6 g
- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Tu Si Zi** *Semen Cuscutae* 6 g
- **Tian Men Dong** *Radix Asparagi* 6 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 6 g
- **Gui Ban Jiao** *Colla Plastris Testudinis* 6 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 9 g
- **Mu Li** *Concha Ostreae* 12 g
- **Mu Dan Pi** *Cortex Moutan* 6 g

DI PO TANG*Earth Corporeal Soul Decoction*

- **Mai Men Dong** *Radix Ophiopogonis* 9 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Wu Wei Zi** *Fructus Schisandrae* 3 g
- **Xuan Shen** *Radix Scrophulariae* 9 g
- **Mu Li** *Concha Ostreae* 9 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

DI TAN TANG*Washing Away Phlegm Decoction*

- **Ban Xia** *Rhizoma Pinelliae preparatum* 8 g
- **Dan Nan Xing** *Rhizoma Arisaematis preparatum* 8 g
- **Zhu Ru** *Caulis Bambusae in Taeniam* 2 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Fu Ling** *Poria* 6 g
- **Zhi Shi** *Fructus Aurantii immaturus* 6 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 3 g
- **Ren Shen (Dang Shen)** *Radix Ginseng (Radix Codonopsis)* 3 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 2 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Da Zao** *Fructus Jujubae* 3 dates

DI YU SAN*Sanguisorba Powder*

- **Di Yu** *Radix Sanguisorbae* 9 g
- **Qian Cao Gen** *Radix Rubiae* 6 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Huang Lian** *Rhizoma Coptidis* 4.5 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Fu Ling** *Poria* 6 g

DIAN KUANG MENG XING TANG*Manic-depression Regaining Consciousness after a Dream Decoction*

- **Tao Ren** *Semen Persicae* 6 g
- **Chai Hu** *Radix Bupleuri* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 9 g
- **Mu Tong** *Caulis Akebiae trifoliatae* 3 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Da Fu Pi** *Pericarpium Arecae* 6 g
- **Qing Pi** *Pericarpium Citri reticulatae viride* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Sang Bai Pi** *Cortex Mori* 6 g
- **Su Zi** *Fructus Perillae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

DING CHUAN SAN*Stopping Breathlessness Powder*

- **Ren Shen** *Radix Ginseng (red)* 6 g
- **Ge Jie** *Gecko* 6 g
- **Bei Sha Shen** *Radix Glehniae* 6 g
- **Wu Wei Zi** *Fructus Schisandrae* 4 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g

- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Zi He Che** *Placenta Hominis* 9 g

DING CHUAN TANG*Stopping Breathlessness Decoction*

- **Ma Huang** *Herba Ephedrae* 9 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Sang Bai Pi** *Cortex Mori* 9 g
- **Xing Ren** *Semen Armeniacae* 9 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Kuan Dong Hua** *Flos Farfarae* 9 g
- **Su Zi** *Fructus Perillae* 6 g
- **Bai Guo** *Semen Ginkgo bilobae* 9 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

DING KUANG ZHU YU TANG*Calming Mania and Eliminating Stasis Decoction*

- **Dan Shen** *Radix Salviae milthiorrhizae* 9 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Tao Ren** *Semen Persicae* 6 g
- **Hong Hua** *Flos Carthami tinctorii* 6 g
- **Chai Hu** *Radix Bupleuri* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g
- **Yu Jin** *Radix Curcumae* 6 g
- **Hu Po** *Succinum* 6 g
- **Da Huang** *Radix et Rhizoma Rhei* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

DING XIAN WAN*Stopping Epilepsy Pill*

- **Tian Ma** *Rhizoma Gastrodiae* 9 g
- **Dan Nan Xing** *Rhizoma Arisaematis preparatum* 9 g
- **Quan Xie** *Scorpio* 1.5 g
- **Jiang Can** *Bombyx batryticatus* 4 g
- **Chuan Bei Mu** *Bulbus Fritillariae cirrhosae* 9 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Zhu Li** *Succus Bambusae* 10 ml
- **Fu Ling** *Poria* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4 g
- **Fu Shen** *Sclerotium Poria paradidicis* 6 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g
- **Yuan Zhi** *Radix Polygalae* 6 g
- **Dan Shen** *Radix Salviae multiorrhizae* 6 g
- **Deng Xin Cao** *Medulla Junci* 6 g
- **Hu Po** *Succinum* 6 g

- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices

DING XIANG TOU GE SAN*Caryophyllum Penetrating the Diaphragm Powder*

- **Ren Shen** *Radix Ginseng* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Mu Xiang** *Radix Aucklandiae* 3 g
- **Sha Ren** *Fructus Amomi* 4.5 g
- **Ding Xiang** *Flos Caryophylli* 4.5 g
- **Chen Xiang** *Lignum Aquilariae resinatum* 4.5 g
- **Shen Qu** *Massa medicata fermentata* 6 g
- **Mai Ya** *Fructus Hordei germinatus* 6 g

DING ZHEN WAN (also called MI FANG DING XIN WAN)*Secret Calming the Heart Pill**Stopping Tremor Pill*

- **Tian Ma** *Rhizoma Gastrodiae* 9 g
- **Qin Jiao** *Radix Gentianae macrophyllae* 6 g
- **Quan Xie** *Scorpio* 3 g
- **Xi Xin** *Herba Asari* 3 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 9 g
- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Fang Feng** *Radix Saposhnikoviae* 6 g
- **Jing Jie** *Herba Schizonepetae* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Wei Ling Xian** *Radix Clematidis* 6 g

DING ZHI WAN*Settling the Will-Power Pill*

- **Ren Shen** *Radix Ginseng* 9 g
- **Fu Ling** *Poria* 6 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g
- **Yuan Zhi** *Radix Polygalae* 6 g

DU HUO JI SHENG TANG*Angelica pubescens-Taxillus Decoction*

- **Du Huo** *Radix Angelicae pubescentis* 9 g
- **Xi Xin** *Herba Asari* 3 g
- **Fang Feng** *Radix Saposhnikoviae* 6 g
- **Qin Jiao** *Radix Gentianae macrophyllae* 6 g
- **Sang Ji Sheng** *Herba Taxilli* 6 g
- **Du Zhong** *Cortex Eucommiae ulmoidis* 6 g

- **Niu Xi** *Radix Achyranthis bidentatae* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Sheng Di Huang** *Radix Rehmanniae* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Ren Shen** *Radix Ginseng* 6 g
- **Fu Ling** *Poria* 6 g
- **Rou Gui** *Cortex Cinnamomi* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 6 g

E JIAO JI ZI HUANG TANG*Colla Corii Asini-Egg Yolk Decoction*

- **E Jiao** *Colla Corii Asini* 6 g
- **Ji Zi Huang** *Egg yolk* 2 yolks
- **Sheng Di Huang** *Radix Rehmanniae* 12 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 1.5 g
- **Gou Teng** *Ramulus Uncariae* 6 g
- **Shi Jue Ming** *Concha Haliotidis* 15 g
- **Mu Li** *Concha Ostreae* 12 g
- **Fu Shen** *Sclerotium Poriae paradicis* 12 g
- **Luo Shi Teng** *Caulis Trachelospermi jasminoides* 9 g

ER CHEN TANG*Two Old Decoction*

- **Ban Xia** *Rhizoma Pinelliae preparatum* 15 g
- **Chen Pi** *Pericarpium Citri reticulatae* 15 g
- **Fu Ling** *Poria* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 5 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 g
- **Wu Mei** *Fructus Pruni mume* 1 prune

ER CHEN TANG Variation (Chapter 13, Depression, Stomach and Spleen deficiency)*Two Old Decoction Variation*

- **Ban Xia** *Rhizoma Pinelliae preparatum* 15 g
- **Chen Pi** *Pericarpium Citri reticulatae* 15 g
- **Fu Ling** *Poria* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 5 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 g
- **Wu Mei** *Fructus Pruni Mume* 1 prune
- **Zi Su Geng** *Caulis Perillae* 4 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g
- **Huang Qi** *Radix Astragali* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g

- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Tian Ma** *Rhizoma Gastrodiae* 6 g
- **Yuan Zhi** *Radix Polygalae* 6 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g
- **Ye Jiao Teng** *Caulis Polygoni multiflori* 6 g

ER CHEN TANG Variation (Chapter 39, Lower back-ache, Sciatica, Cold Dampness invading the back channels)

Two Old Decoction Variation

- **Ban Xia** *Rhizoma Pinelliae preparatum* 15 g
- **Chen Pi** *Pericarpium Citri reticulatae* 15 g
- **Fu Ling** *Poria* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 5 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 g
- **Wu Mei** *Fructus Pruni mume* 1 prune
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Bi Xie** *Rhizoma Dioscoreae hypoglaucae* 6 g
- **Bai Jie Zi** *Semen Sinapis albae* 4.5 g
- **Zhu Li** *Succus Bambusae* 10 ml

ER JIANG WAN

Two Jiang Pill

- **Gao Liang Jiang** *Rhizoma Alpiniae officinarum* 6 g
- **Gan Jiang** *Rhizoma Zingiberis* 6 g

ER LONG ZUO CI WAN

Pill for Deafness that is Kind to the Left [Kidney]

- **Shu Di Huang** *Radix Rehmanniae preparata* 24 g
- **Shan Zhu Yu** *Fructus Corni* 12 g
- **Shan Yao** *Rhizoma Dioscoreae* 12 g
- **Ze Xie** *Rhizoma Alismatis* 9 g
- **Mu Dan Pi** *Cortex Moutan* 9 g
- **Fu Ling** *Poria* 9 g
- **Ci Shi** *Magnetitum* 24 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 9 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g

ER MA SI REN TANG

Two Hemp Four Seeds Decoction

- **Ma Huang** *Herba Ephedrae* 4.5 g
- **Ma Huang Gen** *Radix Ephedrae* 4.5 g
- **Tao Ren** *Semen Persicae* 9 g
- **Xing Ren** *Semen Armeniacae* 9 g
- **Sang Bai Ren** *Fructus Mori* 9 g
- **Yu Li Ren** *Semen Pruni* 9 g

ER MIAO SAN

Two Wonderful Powder

- **Huang Bo** *Cortex Phellodendri* 9 g
- **Cang Zhu** *Rhizoma Atractylodis* 9 g

ER MIAO SAN Variation (Chapter 44, Atrophy Syndrome, Damp-Heat and Chapter 45, Multiple sclerosis, Dampness in the channels)

Two Wonderful Powder Variation

- **Huang Bo** *Cortex Phellodendri* 9 g
- **Cang Zhu** *Rhizoma Atractylodis* 9 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Huai Niu Xi** *Radix Achyranthis bidentatae* 6 g
- **Fang Ji** *Radix Stephaniae tetrandrae* 6 g
- **Bi Xie** *Rhizoma Dioscoreae hypoglaucae* 6 g
- **Gui Ban** *Plastrum Testudinis* 6 g

ER SHEN SAN

- **Hai Jin Sha** *Spora Lygodii* 9 g
- **Hua Shi** *Talcum* 9 g

ER XIAN TANG

Two Immortals Decoction

- **Xian Mao** *Rhizoma Curculiginis* 6 g
- **Yin Yang Huo** *Herba Epimidii* 9 g
- **Ba Ji Tian** *Radix Morindae officinalis* 9 g
- **Huang Bo** *Cortex Phellodendri* 4.5 g
- **Zhi Mu** *Radix Anemarrhenae* 4.5 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g

ER YIN JIAN

Two Yin Decoction

- **Sheng Di Huang** *Radix Rehmanniae* 15 g
- **Mai Men Dong** *Radix Ophiopogonis* 12 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 9 g
- **Xuan Shen** *Radix Scrophulariae* 6 g
- **Huang Lian** *Rhizoma Coptidis* 3 g
- **Fu Ling** *Poria* 9 g
- **Mu Tong** *Caulis Akebiae trifoliatae* 3 g
- **Deng Xin Cao** *Medulla Junci* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

ER ZHI WAN

Two Solstices Pill

- **Nu Zhen Zi** *Fructus Ligustri lucidi* 12 g
- **Han Lian Cao** *Herba Ecliptae* 9 g

FANG FENG TANG*Saposhnikovia Decoction*

- **Fang Feng** *Radix Saposhnikoviae* 6 g
- **Ma Huang** *Herba Ephedrae* 3 g
- **Qin Jiao** *Radix Gentianae macrophyllae* 3 g
- **Xing Ren** *Semen Armeniaca* 3 g
- **Ge Gen** *Radix Puerariae* 3 g
- **Rou Gui** *Cortex Cinnamomi* 1.5 g
- **Fu Ling** *Poria* 3 g
- **Dang Gui** *Radix Angelicae sinensis* 3 g
- **Huang Qin** *Radix Scutellariae* 2 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 2 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Da Zao** *Fructus Jujubae* 3 dates

FANG JI FU LING TANG*Stephania-Poria Decoction*

- **Fang Ji** *Radix Stephaniae tetrandrae* 6 g
- **Fu Ling** *Poria* 9 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 6 g
- **Huang Qi** *Radix Astragali* 6 g

FANG JI HUANG QI TANG*Stephania-Astragalus Decoction*

- **Fang Ji** *Radix Stephaniae tetrandrae* 6 g
- **Huang Qi** *Radix Astragali* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 6 g
- **Da Zao** *Fructus Jujubae* 3 g

FU FANG JIA KANG GAO*Formula for Hyperthyroidism*

- **Huang Qi** *Radix Astragali* 6 g
- **Dang Shen** *Radix Codonopsis* 6 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Xia Ku Cao** *Spica Prunellae* 6 g
- **Sheng Di Huang** *Radix Rehmanniae* 6 g
- **Dan Shen** *Radix Salviae miltiorrhizae* 6 g
- **Mu Li** *Concha Ostreae* 9 g
- **Su Zi** *Fructus Perillae* 6 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g
- **Bai Jie Zi** *Semen Sinapis albae* 3 g

FU FANG XIA KU CAO TANG*Revised Prunella Decoction*

- **Xia Ku Cao** *Spica Prunellae* 10 g
- **Ju Hua** *Flos Chrysanthemi* 10 g
- **Shi Jue Ming** *Concha Haliotidis* 15 g
- **Gou Teng** *Ramulus cum Uncis Uncariae* 15 g

FU JIANG GUI ZHI TANG*Aconitum-Zingiber-Angelica-Cinnamomum Decoction*

- **Fu Zi** *Radix Aconiti lateralis preparata* 6 g
- **Gan Jiang** *Rhizoma Zingiberis* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 6 g

FU LING PI TANG*Poria Skin Decoction*

- **Fu Ling Pi** *Cutis Poriae* 15 g
- **Yi Yi Ren** *Semen Coicis* 15 g
- **Zhu Ling** *Polyporus* 9 g
- **Tong Cao** *Medulla Tetrapanacis* 9 g
- **Da Fu Pi** *Pericarpium Arecae* 9 g
- **Zhu Ye** *Folium Phyllostachys nigrae* 6 g

FU LING WAN*Poria Pill*

- **Fu Ling** *Poria* 9 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Zhi Ke** *Fructus Aurantii* 6 g
- **Mang Xiao** *Natrii Sulfas* 6 g
- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 6 g
- **Bai Jie Zi** *Semen Sinapis albae* 4.5 g
- **Cang Zhu** *Rhizoma Atractylodis* 6 g

FU MING SHENG HUO DAN*Assisting the Ming Men and Generating Fire Pill*

- **Ren Shen** *Radix Ginseng* 6 g
- **Ba Ji Tian** *Radix Morindae officinalis* 6 g
- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 6 g
- **Fu Zi** *Radix Aconiti lateralis preparata* 3 g
- **Rou Gui** *Cortex Cinnamomi* 3 g
- **Huang Qi** *Radix Astragali* 6 g
- **Lu Rong** *Cornu Cervi pantotrichum* 6 g
- **Long Gu** *Mastodi Osis fossilia* 9 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g

- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Rou Cong Rong** *Herba Cistanches* 6 g
- **Du Zhong** *Cortex Eucommiae ulmoidis* 6 g

FU YUAN HUO XUE TANG

Restoring the Source and Invigorating Blood Decoction

- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Tao Ren** *Semen Persicae* 9 g
- **Hong Hua** *Flos Carthami tinctorii* 6 g
- **Chuan Shan Jia** *Squama Manitis Pentadactylae* 6 g
- **(Zhi) Da Huang** (fried in wine) *Radix et Rhizoma Rhei* 30 g
- **Tian Hua Fen** *Radix Trichosanthis* 9 g
- **Chai Hu** *Radix Bupleuri* 15 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g

FU ZI LI ZHONG WAN

Aconitum Regulating the Centre Pill

- **Ren Shen** *Radix Ginseng* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Gan Jiang** *Rhizoma Zingiberis* 5 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g
- **Fu Zi** *Radix Aconiti lateralis preparata* 6 g

GAN CAO XIE XIN TANG

Glycyrrhiza Draining the Heart Decoction

- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Gan Jiang** *Rhizoma Zingiberis* 6 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Huang Lian** *Rhizoma Coptidis* 3 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 12 g
- **Da Zao** *Fructus Jujubae* 4 dates

GAN JIANG LING ZHU TANG

Glycyrrhiza-Zingiber-Poria-Atractylodes Decoction

- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g
- **Gan Jiang** *Rhizoma Zingiberis* 6 g
- **Fu Ling** *Poria* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g

GAN JIANG LING ZHU TANG Variation (Chapter 39, Lower backache, Sciatica, Cold Dampness invading the back channels)

Glycyrrhiza-Zingiber-Poria-Atractylodes Decoction Variation

- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g
- **Gan Jiang** *Rhizoma Zingiberis* 6 g
- **Fu Ling** *Poria* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 3 g
- **Niu Xi** *Radix Achyranthis bidentatae seu Cyathulae* 9 g
- **Du Zhong** *Cortex Eucommiae* 6 g
- **Sang Ji Sheng** *Ramus Loranthi* 6 g
- **Xu Duan** *Radix Dipsaci* 6 g

GAN LU XIAO DU DAN

Sweet Dew Dissolving Toxin Pill

- **Lian Qiao** *Fructus Forsythiae* 6 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Bo He** *Herba Menthae haplocalycis* 6 g
- **She Gan** *Rhizoma Belmacandae* 6 g
- **Chuan Bei Mu** *Bulbus Fritillariae cirrhosae* 12 g
- **Hua Shi** *Talcum* 9 g
- **Mu Tong** *Caulis Mutong* 3 g
- **Yin Chen Hao** *Herba Artemisiae scopariae* 6 g
- **Huo Xiang** *Herba Pogostemonis* 9 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g
- **Bai Dou Kou** *Fructus Amomi rotundus* 6 g

GAN MAI DA ZAO TANG

Glycyrrhiza-Triticum-Ziziphus Decoction

- **Fu Xiao Mai** *Fructus Triticis levis* 15 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 9 g
- **Da Zao** *Fructus Jujubae* 7 dates

GAO LIN TANG

Sticky Painful-Urination Syndrome Decoction

- **Shan Yao** *Rhizoma Dioscoreae* 12 g
- **Qian Shi** *Semen Euryales* 6 g
- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **Long Gu** *Mastodi Osis fossilia* 12 g
- **Mu Li** *Concha Ostreae* 12 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Dang Shen** *Radix Codonopsis* 6 g

GE GEN QIN LIAN TANG

Pueraria-Scutellaria-Coptis Decoction

- **Ge Gen** *Radix Puerariae* 9 g
- **Huang Qin** *Radix Scutellariae* 9 g

- **Huang Lian** *Rhizoma Coptidis* 4.5 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

GE XIA ZHU YU TANG*Eliminating Stasis below the Diaphragm Decoction*

- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 3 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Hong Hua** *Flos Carthami tinctorii* 9 g
- **Tao Ren** *Semen Persicae* 9 g
- **Wu Ling Zhi** *Excrementum Trogopteri* 9 g
- **Yan Hu Suo** *Rhizoma Corydalis* 3 g
- **Xiang Fu** *Rhizoma Cyperi* 3 g
- **Zhi Ke** *Fructus Aurantii* 5 g
- **Wu Yao** *Radix Linderae* 6 g
- **Mu Dan Pi** *Cortex Moutan* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 9 g

GE XIA ZHU YU TANG Variation (Chapter 22, Epigastric pain, Blood stasis in the Stomach)

Eliminating Stasis below the Diaphragm Decoction Variation

- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 3 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Mu Dan Pi** *Cortex Moutan* 6 g
- **Hong Hua** *Flos Carthami tinctorii* 9 g
- **Tao Ren** *Semen Persicae* 9 g
- **Wu Ling Zhi** *Excrementum Trogopteri* 9 g
- **Pu Huang** *Pollen Typhae* 6 g
- **Yan Hu Suo** *Rhizoma Corydalis* 3 g
- **Xiang Fu** *Rhizoma Cyperi* 3 g
- **Zhi Ke** *Fructus Aurantii* 5 g
- **Wu Yao** *Radix Linderae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 9 g

GE XIA ZHU YU TANG Variation (Chapter 46, Bleeding, Blood in the stools, Qi and Blood stagnation)

Eliminating Stasis below the Diaphragm Decoction Variation

- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 3 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Mu Dan Pi** *Cortex Moutan* 6 g
- **Hong Hua** *Flos Carthami tinctorii* 9 g
- **Tao Ren** *Semen Persicae* 9 g

- **Wu Ling Zhi** *Excrementum Trogopteri* 9 g
- **Pu Huang** *Pollen Typhae* 6 g
- **Yan Hu Suo** *Rhizoma Corydalis* 3 g
- **Xiang Fu** *Rhizoma Cyperi* 3 g
- **Zhi Ke** *Fructus Aurantii* 5 g
- **Wu Yao** *Radix Linderae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 9 g
- **San Qi** *Radix Notoginseng* 9 g
- **Xian He Cao** *Herba Agrimoniae* 6 g

GU BEN ZHI BENG TANG*Consolidating the Root and Stopping Menorrhagia Decoction*

- **Huang Qi** *Radix Astragali* 15 g
- **Ren Shen** *Radix Ginseng* 12 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 18 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 9 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Pao Jiang** *Rhizoma Zingiberis recens* (fried) 6 g

GUA LOU XIE BAI BAI JIU TANG*Trichosanthes-Allium-White Wine Decoction*

- **Gua Lou** *Fructus Trichosanthis* 12 g
- **Xie Bai** *Bulbus Allii macrostemi* 12 g
- **Bai Jiu** White rice wine 30 ml

GUA LOU XIE BAI BAN XIA TANG*Trichosanthes-Allium-Pinellia Decoction*

- **Gua Lou** *Fructus Trichosanthis* 12 g
- **Xie Bai** *Bulbus Allii macrostemi* 12 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 12 g
- **Bai Jiu** White rice wine 30 ml

GUI FU LI ZHONG TANG*Cinnamomum-Aconitum Regulating the Centre Decoction*

- **Gan Jiang** *Rhizoma Zingiberis* 9 g
- **Ren Shen** *Radix Ginseng* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Rou Gui** *Cortex Cinnamomi* 3 g
- **Fu Zi** *Radix Aconiti lateralis preparata* 6 g

GUI LU BU SHEN TANG*Plastrum Testudinis-Cornu Cervi Tonifying the Kidneys Decoction*

- **Lu Jiao Jiao** *Gelatinum Cornu Cervi* 9 g
- **Gui Ban Jiao** *Colla Plastrum Testudinis* 9 g

- **Gou Qi Zi** *Fructus Lycii chinensis* 6 g
- **Rou Cong Rong** *Herba Cistanches* 6 g
- **Huang Qi** *Radix Astragali* 9 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 6 g
- **Yin Yang Huo** *Herba Epimidii* 6 g
- **Yi Zhi Ren** *Fructus Alpiniae oxyphyllae* 6 g
- **Ba Ji Tian** *Radix Morindae officinalis* 6 g

GUI PI TANG

Tonifying the Spleen Decoction

- **Ren Shen** *Radix Ginseng* 6 g
- **Huang Qi** *Radix Astragali* 15 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 12 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Fu Shen** *Sclerotium Poriae paradicis* 9 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 9 g
- **Long Yan Rou** *Arillus Longan* 12 g
- **Yuan Zhi** *Radix Polygalae* 9 g
- **Mu Xiang** *Radix Aucklandiae* 3 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 4 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Hong Zao** *Fructus Jujubae* 5 dates

GUI PI TANG Variation (Chapter 14, Anxiety, Heart-Blood deficiency)

Tonifying the Spleen Decoction Variation

- **Ren Shen** *Radix Ginseng* 6 g
- **Huang Qi** *Radix Astragali* 15 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 12 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Fu Shen** *Sclerotium Poriae paradicis* 9 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 9 g
- **Long Yan Rou** *Arillus Longan* 12 g
- **Yuan Zhi** *Radix Polygalae* 9 g
- **Bai Zi Ren** *Semen Platycladi* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 4 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Hong Zao** *Fructus Jujubae* 5 dates

GUI PI TANG Variation (Chapter 37, Oedema, Yin oedema, Heart-Yang deficiency)

Tonifying the Spleen Decoction Variation

- **Ren Shen** *Radix Ginseng* 6 g
- **Huang Qi** *Radix Astragali* 15 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 12 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Fu Shen** *Sclerotium Poriae paradicis* 9 g

- **Suan Zao Ren** *Semen Ziziphi spinosae* 9 g
- **Long Yan Rou** *Arillus Longan* 12 g
- **Yuan Zhi** *Radix Polygalae* 9 g
- **Mu Xiang** *Radix Aucklandiae* 3 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 4 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Hong Zao** *Fructus Jujubae* 5 dates
- **Zhu Ling** *Polyporus* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Che Qian Zi** *Semen Plantaginis* 6 g

GUI PI TANG Variation (Chapter 46, Bleeding, Coughing blood, Lung- and Spleen-Qi deficient not holding Blood)

Tonifying the Spleen Decoction Variation

- **Ren Shen** *Radix Ginseng* 6 g
- **Huang Qi** *Radix Astragali* 15 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 12 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **E Jiao** *Colla Corii Asini* 6 g
- **Yuan Zhi** *Radix Polygalae* 6 g
- **Shou Wu** *Radix Polygoni multiflori preparata* 6 g
- **Xian He Cao** *Herba Agrimoniae* 6 g
- **Bai Ji** *Rhizoma Bletillae* 6 g
- **San Qi** *Radix Notoginseng* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 4 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Hong Zao** *Fructus Jujubae* 5 dates

GUI SHAO XI CAO TANG

Angelica-Paeonia-Siegesbeckia Decoction

- **Dang Gui** *Radix Angelicae sinensis* 15 g
- **Chi Shao** *Radix Paeoniae rubra* 15 g
- **Bai Shao** *Radix Paeoniae alba* 15 g
- **Xi Xian Cao** *Herba Siegesbeckiae* 30 g
- **Qin Jiao** *Radix Gentianae macrophyllae* 10 g
- **Wei Ling Xian** *Radix Clematidis* 15 g
- **Di Long** *Pheretima* 10 g
- **Fang Feng** *Radix Saposhnikoviae* 10 g
- **Sheng Di Huang** *Radix Rehmanniae* 30 g
- **Ru Xiang** *Olibanum* 6 g
- **Mo Yao** *Myrrha* 6 g
- **Sang Zhi** *Ramulus Mori* 15 g

GUI SHEN TANG

Restoring the Mind Decoction

- **Ren Shen** *Radix Ginseng* 15 g

- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 30 g
- **Ba Ji Tian** *Radix Morindae officinalis* 30 g
- **Fu Shen** *Sclerotium Poriae paradicis* 15 g
- **Zi He Che** *Placenta Hominis* 6 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Bai Jie Zi** *Semen Sinapis albae* 9 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 3 g
- **Zhu Sha** *Cinnabaris* 3 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Bai Zi Ren** *Semen Platycladi* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

GUI ZHI FU LING WAN*Cinnamomum-Poria* Pill

- **Gui Zhi** *Ramulus Cinnamomi cassiae* 9 g
- **Fu Ling** *Poria* 9 g
- **Chi Shao** *Radix Paeoniae rubra* 9 g
- **Mu Dan Pi** *Cortex Moutan* 9 g
- **Tao Ren** *Semen Persicae* 9 g

GUI ZHI FU ZI TANG*Cinnamomum-Aconitum* Decoction

- **Fu Zi** *Radix Aconiti lateralis preparata* 3 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Da Zao** *Fructus Jujubae* 3 dates

GUI ZHI GAN CAO LONG GU MU LI TANG*Cinnamomum-Glycyrrhiza-Mastodi Osis fossilia-Concha Ostreae* Decoction

- **Gui Zhi** *Ramulus Cinnamomi cassiae* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 18 g
- **Long Gu** *Mastodi Osis fossilia* 30 g
- **Mu Li** *Concha Ostreae* 30 g

GUI ZHI GAN CAO LONG GU MU LI TANG Variation (Chapter 14, Anxiety, Heart-Yang deficiency)*Cinnamomum-Glycyrrhiza-Mastodi Osis fossilia-Concha Ostreae* Decoction Variation

- **Gui Zhi** *Ramulus Cinnamomi cassiae* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 18 g
- **Long Gu** *Mastodi Osis fossilia* 30 g
- **Mu Li** *Concha Ostreae* 30 g

- **Rou Gui** *Cortex Cinnamomi* 3 g
- **Ren Shen** *Radix Ginseng* 9 g
- **Bai Zi Ren** *Semen Platycladi* 6 g

GUI ZHI JIA HOU PO XING ZI TANG*Cinnamomum* Decoction plus *Magnolia* and *Prunus*

- **Gui Zhi** *Ramulus Cinnamomi cassiae* 9 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 9 g
- **Da Zao** *Fructus Jujubae* 3 dates
- **Hou Po** *Cortex Magnoliae officinalis* 4 g
- **Xing Ren** *Semen Armeniacae* 6 g

GUI ZHI JIA LONG GU MU LI TANG*Cinnamomum-Mastodi Osis fossilia-Concha Ostreae* Decoction

- **Gui Zhi** *Ramulus Cinnamomi cassiae* 9 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 9 g
- **Da Zao** *Fructus Jujubae* 3 dates
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g
- **Long Gu** *Mastodi Osis fossilia* 18 g
- **Mu Li** *Concha Ostreae* 18 g

GUI ZHI REN SHEN TANG*Cinnamomum-Ginseng* Decoction

- **Gui Zhi** *Ramulus Cinnamomi cassiae* 12 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 12 g
- **Ren Shen** *Radix Ginseng* 15 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Gan Jiang** *Rhizoma Zingiberis* 9 g

GUI ZHI SHAO YAO ZHI MU TANG*Cinnamomum-Paeonia-Anemarrhena* Decoction

- **Gui Zhi** *Ramulus Cinnamomi cassiae* 12 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Zhi Mu** *Radix Anemarrhenae* 12 g
- **Ma Huang** *Herba Ephedrae* 6 g
- **Fu Zi** *Radix Aconiti lateralis preparata* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 15 g
- **Fang Feng** *Radix Saposhnikoviae* 12 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 15 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 6 g

GUI ZHI SHAO YAO ZHI MU TANG Variation
(Chapter 38, Painful Obstruction Syndrome, Rheu-
matoid arthritis, Wind-Cold-Dampness)

Cinnamomum-Paeonia-Anemarrhena Decoction Variation

- **Gui Zhi** *Ramulus Cinnamomi cassiae* 10 g
- **Bai Shao** *Radix Paeoniae alba* 10 g
- **Zhi Mu** *Radix Anemarrhenae* 10 g
- **Fu Zi** *Radix Aconiti lateralis preparata* 10 g
- **Fang Feng** *Radix Saposhnikoviae* 10 g
- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 10 g
- **Du Huo** *Radix Angelicae pubescentis* 10 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 15 g
- **Yi Yi Ren** *Semen Coicis* 30 g
- **Bai Jie Zi** *Semen Sinapis albae* 5 g
- **Xi Xin** *Herba Asari* 3 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 5 g

GUI ZHI SHENG JIANG ZHI SHI TANG

Cinnamomum-Zingiber-Aurantium Decoction

- **Gui Zhi** *Ramulus Cinnamomi cassiae* 9 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 6 g
- **Zhi Shi** *Fructus Aurantii immaturus* 6 g

GUI ZHI TANG

Ramulus Cinnamomi Decoction

- **Gui Zhi** *Ramulus Cinnamomi cassiae* 9 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 9 g
- **Da Zao** *Fructus Jujubae* 3 dates
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g

GUN TAN WAN

Chasing-away Phlegm Pill

- **Da Huang** *Radix et Rhizoma Rhei* 15 g
- **Mang Xiao** *Natrii Sulfas* 3 g
- **Huang Qin** *Radix Scutellariae* 15 g
- **Chen Xiang** *Lignum Aquilariae resinatum* 3 g

HAI YAO SAN

Sargassum-Dioscorea bulbifera Powder

- **Hai Zao** *Sargassum* 6 g
- **Huang Yao Zi** *Rhizoma Dioscoreae bulbiferae* 6 g

HAI ZAO YU HU TANG

Sargassum Jade Pot Decoction

- **Hai Zao** *Sargassum* 6 g

- **Kun Bu** *Thallus Eckloniae* 6 g
- **Hai Dai** *Thallus Laminariae* 6 g
- **Qing Pi** *Pericarpium Citri reticulatae viride* 3 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Zhe Bei Mu** *Bulbus Fritillariae thunbergii* 6 g
- **Lian Qiao** *Fructus Forsythiae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g

HAI ZAO YU HU TANG Variation by **Dr Zhou Guo Xiong** (Chapter 18, Goitre, Hyperthyroidism, review of modern Chinese literature)

Sargassum Jade Pot Decoction Variation

- **Hai Zao** *Sargassum* 6 g
- **Kun Bu** *Thallus Eckloniae* 6 g
- **Hai Dai** *Thallus Laminariae* 6 g
- **Qing Pi** *Pericarpium Citri reticulatae viride* 3 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Zhe Bei Mu** *Bulbus Fritillariae thunbergii* 6 g
- **Lian Qiao** *Fructus Forsythiae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Dan Shen** *Radix Salviae miltiorrhizae* 6 g
- **Ji Xue Teng** *Caulis Spatholobi* 6 g

HAN RE CUO ZA XING 3 HAO FANG

Cold-Heat Combination-Type No. 3 Formula

- **Tu Fu Ling** *Rhizoma Smilacis glabrae* 20 g
- **Yi Yi Ren** *Semen Coicis* 20 g
- **Huang Bo** *Cortex Phellodendri* 10 g
- **Fu Zi** *Radix Aconiti lateralis preparata* 10 g
- **Zhi Mu** *Radix Anemarrhenae* 10 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 10 g
- **Gan Jiang** *Rhizoma Zingiberis* 10 g
- **Bai Jie Zi** *Semen Sinapis albae* 10 g
- **Chuan Shan Jia** *Squama Manitis Pentadactylae* 10 g
- **Bai Shao** *Radix Paeoniae alba* 30 g
- **Huang Qi** *Radix Astragalii* 30 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 30 g
- **Tao Ren** *Semen Persicae* 30 g
- **Ji Xue Teng** *Caulis Spatholobi* 15 g
- **Sang Ji Sheng** *Herba Taxilli* 15 g
- **Huai Niu Xi** *Radix Achyranthis bidentatae* 15 g

HAO QIN QING DAN TANG

Artemisia apiacea-Scutellaria Clearing the Gall Bladder Decoction

- **Qing Hao** *Herba Artemisiae annuae* 6 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Zhu Ru** *Caulis Bambusae in Taeniam* 9 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 5 g
- **Chen Pi** *Pericarpium Citri reticulatae* 5 g
- **Zhi Ke** *Fructus Aurantii* 5 g
- **Fu Ling** *Poria* 9 g
- **Hua Shi** *Talcum* 3 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Qing Dai** *Indigo naturalis* 3 g

HE CHE DA ZAO WAN

Placenta Great Fortifying Pill

- **Zi He Che** *Placenta Hominis* 1 placenta
- **Shu Di Huang** *Radix Rehmanniae preparata* 60 g
- **Sheng Di Huang** *Radix Rehmanniae* 45 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 45 g
- **Tian Men Dong** *Radix Asparagi* 20 g
- **Wu Wei Zi** *Fructus Schisandrae* 20 g
- **Dang Gui** *Radix Angelicae sinensis* 20 g
- **Niu Xi** *Radix Achyranthis bidentatae* 20 g
- **Du Zhong** *Cortex Eucommiae ulmoidis* 30 g
- **Suo Yang** *Herba Cynomorii* 20 g
- **Rou Cong Rong** *Herba Cistanches* 20 g
- **Huang Bo** *Cortex Phellodendri* 20 g

HEI SHEN SAN

Black Shen Powder

- **Shu Di Huang** *Radix Rehmanniae preparata* 9 g
- **Dang Gui (Wei)** *Radix Angelicae sinensis* 6 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Hei Dou** *Semen Glycinis* 6 g
- **Pu Huang** *Pollen Typhae* 6 g

HU PO SI WU TANG

Succinum Four Substances Decoction

- **Hu Po** *Succinum* 6 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Tao Ren** *Semen Persicae* 6 g

- **Hong Hua** *Flos Carthami tinctorii* 6 g
- **Chuan Niu Xi** *Radix Cyathulae* 6 g
- **Dan Shen** *Radix Salviae miltiorrhizae* 6 g
- **Chuan Shan Jia** *Squama Manitis Pentadactylae* 6 g (replace with Zhe Bei Mu)
- **Rou Gui** *Cortex Cinnamomi* 3 g
- **Wang Bu Liu Xing** *Semen Vaccariae* 6 g

HU QIAN WAN

Hidden Tiger Pill

- **Hu Gu** *Os Tigris* 6 g
- **Suo Yang** *Herba Cynomorii* 4.5 g
- **Niu Xi** *Radix Achyranthis bidentatae* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Huang Bo** *Cortex Phellodendri* 15 g
- **Zhi Mu** *Rhizoma Anemarrhenae* 6 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 6 g
- **Gui Ban** *Plastrum Testudinis* 12 g
- **Bai Shao** *Radix Paeoniae alba* 6 g

HUA GAI SAN

Glorious Lid Decoction

- **Ma Huang** *Herba Ephedrae* 6 g
- **Xing Ren** *Semen Armeniacae* 9 g
- **Su Zi** *Fructus Perillae* 9 g
- **Sang Bai Pi** *Cortex Mori* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Fu Ling** *Poria* 9 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

HUA GAN JIAN

Transforming the Liver Decoction

- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Qing Pi** *Pericarpium Citri reticulatae viridae* 4 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Mu Dan Pi** *Cortex Moutan* 6 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Zhe Bei Mu** *Bulbus Fritillariae thunbergii* 6 g

HUA JI WAN

Resolving Blood Masses Pill

- **San Leng** *Rhizoma Sparganii* 6 g
- **E Zhu** *Rhizoma Curcumae* 6 g
- **Wu Ling Zhi** *Excrementum Trogloteri* 6 g
- **Su Mu** *Lignum Sappan* 4.5 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g
- **Bing Lang** *Semen Arecae* 6 g

- **Xiong Huang** *Realgar* 1.5 g
- **Wa Leng Zi** *Concha Arcae* 15 g
- **A Wei** *Herba Ferulae assafoetidae* 6 g
- **Hai Fu Shi** *Pumice* 15 g

HUA TAN WAN

Resolving Phlegm Pill

- **Tian Men Dong** *Radix Asparagi* 9 g
- **Gua Lou** *Fructus Trichosanthis* 6 g
- **Lian Qiao** *Fructus Forsythiae* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Hai Fu Shi** *Pumice* 9 g
- **Qing Dai** *Indigo naturalis* 6 g
- **Jie Geng** *Radix Platycodi* 3 g

HUA TAN WAN Variation (Chapter 46, Bleeding, Coughing blood, Liver-Fire invading Lungs)

Resolving Phlegm Pill Variation

- **Tian Men Dong** *Radix Asparagi* 9 g
- **Gua Lou** *Fructus Trichosanthis* 6 g
- **Lian Qiao** *Fructus Forsythiae* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Hai Fu Shi** *Pumice* 9 g
- **Qing Dai** *Indigo naturalis* 6 g
- **Ce Bai Ye** *Cacumen Platycladi* 6 g
- **Bai Mao Gen** *Rhizoma Imperatae* 6 g

HUANG LIAN E JIAO TANG

Coptis-Colla Corii Asini Decoction

- **Huang Lian** *Rhizoma Coptidis* 3 g
- **Huang Qin** *Radix Scutellariae* 9 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Ji Zi Huang** *Egg yolk* 2 yolks
- **E Jiao** *Colla Corii Asini* 9 g

HUANG LIAN JIE DU TANG

Coptis Resolving Toxin Decoction

- **Huang Lian** *Rhizoma Coptidis* 3 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Huang Bo** *Cortex Phellodendri* 6 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g

HUANG LIAN JIE DU TANG Variation (Chapter 31, Urinary Syndrome, Heat Urinary Syndrome)

Coptis Resolving Toxin Decoction Variation

- **Huang Lian** *Rhizoma Coptidis* 3 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Huang Bo** *Cortex Phellodendri* 6 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Bian Xu** *Herba Polygoni avicularis* 6 g
- **Qu Mai** *Herba Dianthi* 6 g
- **Hua Shi** *Talcum* 6 g

HUANG LIAN WEN DAN TANG

Coptis Warming the Gall Bladder Decoction

- **Huang Lian** *Rhizoma Coptidis* 4.5 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Fu Ling** *Poria* 5 g
- **Chen Pi** *Pericarpium Citri reticulatae* 9 g
- **Zhu Ru** *Caulis Bambusae in Taeniam* 6 g
- **Zhi Shi** *Fructus Aurantii immaturus* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 5 slices
- **Da Zao** *Fructus Jujubae* 1 date

HUANG QI JIAN ZHONG TANG

Astragalus Strengthening the Centre Decoction

- **Huang Qi** *Radix Astragali* 9 g
- **Bai Shao** *Radix Paeoniae alba* 18 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 10 g
- **Da Zao** *Fructus Jujubae* 12 dates
- **Yi Tang** *Maltosum* 30 g

HUANG QI TANG

Astragalus Decoction

- **Huang Qi** *Radix Astragali* 9 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g
- **Huo Ma Ren** *Semen Cannabis* 6 g
- **Feng Mi** *Mel* 1 teaspoonful

HUANG QI TANG Variation by **Dr Zhou Guo Xiong** (Chapter 18, Goitre, Hyperthyroidism, review of modern Chinese literature)

Astragalus Decoction Variation

- **Huang Qi** *Radix Astragali* 9 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g
- **Huo Ma Ren** *Semen Cannabis* 6 g
- **Feng Mi** *Mel* 1 teaspoonful
- **Dang Shen** *Radix Codonopsis* 6 g
- **Tian Hua Fen** *Radix Trichosanthis* 6 g

- **Sheng Di Huang** *Radix Rehmanniae* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Tian Men Dong** *Radix Asparagi* 6 g
- **Fu Shen** *Sclerotium Poriae paradidicis* 6 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

HUANG QI TAO HONG TANG

Astragalus-Persica-Carthamus Decoction

- **Huang Qi** *Radix Astragali* 15 g
- **Tao Ren** *Semen Persicae* 6 g
- **Hong Hua** *Flos Carthami tinctorii* 6 g

HUANG QIN QING FEI YIN

Scutellaria Clearing the Lungs Decoction

- **Huang Qin** *Radix Scutellariae* 9 g
- **Di Gu Pi** *Cortex Lycii* 6 g
- **Sang Bai Pi** *Cortex Mori* 6 g
- **Geng Mi** *Semen Oryzae sativae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

HUANG QIN TANG

Scutellaria Decoction

- **Huang Qin** *Radix Scutellariae* 9 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Da Zao** *Fructus Jujubae* 4 dates

HUANG TU TANG

Yellow Earth Decoction

- **Zao Xin Tu** *Terra Flava usta* 18 g
- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **E Jiao** *Colla Corii Asini* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 9 g
- **Fu Zi** *Radix Aconiti lateralis preparata* 9 g
- **Huang Qin** *Radix Scutellariae* 9 g

HUANG TU TANG Variation (Chapter 46, Bleeding, Bleeding in stools, Stomach and Spleen deficiency)
Yellow Earth Decoction Variation

- **E Jiao** *Colla Corii Asini* 10 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 10 g
- **Fu Zi** *Radix Aconiti lateralis preparata* 5 g
- **Dang Shen** *Radix Codonopsis* 15 g

- **Huang Qin** *Radix Scutellariae* 3 g
- **Huang Tu** *Terra Flava usta* 20 g
- **Sheng Di Huang** *Radix Rehmanniae* 6 g
- **Wu Zei Gu** *Endoconcha Sepiae* 10 g
- **San Qi** *Radix Notoginseng* 9 g
- **Bai Ji** *Rhizoma Bletillae* 6 g

HUO LUO XIAO LING DAN

Miraculously Effective Invigorating the Connecting Channels Pill

- **Dang Gui** *Radix Angelicae sinensis* 15 g
- **Dan Shen** *Radix Salviae miltiorrhizae* 15 g
- **Ru Xiang** *Olibanum* 15 g
- **Mo Yao** *Myrrha* 15 g

HUO LUO XIAO LING DAN Variation (Chapter 39, Lower backache, Qi and Blood stagnation)
Miraculously Effective Invigorating the Connecting Channels Pill Variation

- **Dang Gui** *Radix Angelicae sinensis* 15 g
- **Dan Shen** *Radix Salviae miltiorrhizae* 15 g
- **Ru Xiang** *Olibanum* 15 g
- **Mo Yao** *Myrrha* 15 g
- **Yan Huo Suo** *Rhizoma Corydalis* 6 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g

HUO PO XIA LING TANG

Pogostemon-Magnolia-Pinellia-Poria Decoction

- **Huo Xiang** *Herba Pogostemonis* 6 g
- **Bai Dou Kou** *Fructus Amomi rotundus* 2 g
- **Hou Po** *Cortex Magnoliae officinalis* 3 g
- **Fu Ling** *Poria* 9 g
- **Zhu Ling** *Polyporus* 4.5 g
- **Yi Yi Ren** *Semen Coicis* 12 g
- **Ze Xie** *Rhizoma Alismatis* 4.5 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 4.5 g
- **Dan Dou Chi** *Semen Sojae preparatum* 9 g
- **Xing Ren** *Semen Armeniacae* 9 g

HUO PO XIA LING TANG Variation (Chapter 40, Fibromyalgia, Dampness with underlying Spleen-Qi deficiency)
Pogostemon-Magnolia-Pinellia-Poria Decoction Variation

- **Huo Xiang** *Herba Pogostemonis* 6 g
- **Bai Dou Kou** *Fructus Amomi rotundus* 2 g
- **Hou Po** *Cortex Magnoliae officinalis* 3 g

- **Fu Ling** *Poria* 9 g
- **Yi Yi Ren** *Semen Coicis* 12 g
- **Ze Xie** *Rhizoma Alismatis* 4.5 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 4.5 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Ren Shen** *Radix Ginseng* 6 g
- **Pei Lan** *Herba Eupatorii* 4.5 g
- **Wei Ling Xian** *Radix Clematidis* 6 g

HUO PO XIA LING TANG Variation (Chapter 40, Fibromyalgia, Dampness, Qi stagnation and Spleen-Qi deficiency)

Pogostemon-Magnolia-Pinellia-Poria Decoction Variation

- **Huo Xiang** *Herba Pogostemonis* 6 g
- **Bai Dou Kou** *Fructus Amomi rotundus* 2 g
- **Hou Po** *Cortex Magnoliae officinalis* 3 g
- **Fu Ling** *Poria* 9 g
- **Yi Yi Ren** *Semen Coicis* 12 g
- **Ze Xie** *Rhizoma Alismatis* 4.5 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 4.5 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Ren Shen** *Radix Ginseng* 6 g
- **Pei Lan** *Herba Eupatorii* 4.5 g
- **Wei Ling Xian** *Radix Clematidis* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g
- **Mu Xiang** *Radix Aucklandiae* 4.5 g

HUO XIANG ZHENG QI SAN

Pogostemon Upright Qi Powder

- **Huo Xiang** *Herba Pogostemonis* 9 g
- **Zi Su Ye** *Folium Perillae frutescentis* 3 g
- **Bai Zhi** *Radix Angelicae dahuricae* 3 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Fu Ling** *Poria* 3 g
- **Hou Po** *Cortex Magnoliae officinalis* 6 g
- **Da Fu Pi** *Pericarpium Arecae* 3 g
- **Jie Geng** *Radix Platycodi* 6 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Da Zao** *Fructus Jujubae* 3 dates
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

HUO XUE TANG

Invigorating Blood Decoction

- **Chai Hu** *Radix Bupleuri* 6 g
- **Tian Hua Fen** *Radix Trichosanthis* 6 g

- **Dang Gui (Wei)** *Radix Angelicae sinensis* (tail) 9 g
- **Hong Hua** *Flos Carthami tinctorii* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Chuan Shan Jia** *Squama Manitis Pentadactylae* 6 g
- **Da Huang** *Radix et Rhizoma Rhei* 6 g
- **Tao Ren** *Semen Persicae* 6 g

HUO XUE TONG JING TANG

Invigorate Blood and Penetrate the Essence Decoction

- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **He Shou Wu** *Radix Polygoni multiflori preparata* 6 g
- **Yi Mu Cao** *Herba Leonuri* 6 g
- **Ji Xue Teng** *Caulis Spatholobi* 6 g
- **Chuan Niu Xi** *Radix Cyathulae* 6 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 6 g
- **Xue Jie** *Resina Demonoropis* 6 g
- **Pu Huang** *Pollen Typhae* 6 g
- **Tao Ren** *Semen Persicae* 6 g
- **Wang Bu Liu Xing** *Semen Vaccariae* 6 g

HUO XUE TONG JING TANG Variation (Chapter 35, Benign Prostatic Hyperplasia, Stasis of Essence)

Invigorate Blood and Penetrate the Essence Decoction Variation

- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Yi Mu Cao** *Herba Leonuri* 6 g
- **Ji Xue Teng** *Caulis Spatholobi* 6 g
- **Chuan Niu Xi** *Radix Cyathulae* 6 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 6 g
- **Xue Jie** *Resina Demonoropis* 6 g
- **Pu Huang** *Pollen Typhae* 6 g
- **Tao Ren** *Semen Persicae* 6 g
- **Wang Bu Liu Xing** *Semen Vaccariae* 6 g
- **Fu Ling** *Poria* 6 g
- **Huang Bo** *Cortex Phellodendri* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g

JI CHUAN JIAN

Benefit the River Decoction

- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Niu Xi** *Radix Achyranthis bidentatae* 6 g
- **Rou Cong Rong** *Herba Cistanches* 6 g
- **Ze Xie** *Rhizoma Alismatis* 4.5 g
- **Zhi Ke** *Fructus Aurantii* 3 g
- **Sheng Ma** *Rhizoma Cimicifugae* 1.5 g

Ji Chuan Jian Variation (Chapter 30, Constipation, Cold)*Benefit the River Decoction Variation*

- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Niu Xi** *Radix Achyranthis bidentatae* 6 g
- **Rou Cong Rong** *Herba Cistanches* 6 g
- **Ze Xie** *Rhizoma Alismatis* 4.5 g
- **Zhi Ke** *Fructus Aurantii* 3 g
- **Sheng Ma** *Rhizoma Cimicifugae* 1.5 g
- **Rou Gui** *Cortex Cinnamomi* 3 g

Ji Sheng Shen Qi Tang*Kidney-Qi Decoction from “Formulae to Aid the Living”*

- **Fu Zi** *Radix Aconiti lateralis preparata* 3 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 4 g
- **Gan Jiang** *Rhizoma Zingiberis* 4 g
- **Huang Qi** *Radix Astragali* 6 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 6 g
- **Sha Ren** *Fructus Amomi* 3 g
- **Yin Yang Huo** *Herba Epimedii* 6 g
- **Tu Si Zi** *Semen Cuscutae* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g

Jia Jian Yu Zhu Tang*Variation of Polygonatum Decoction*

- **Yu Zhu** *Rhizoma Polygonati odorati* 12 g
- **Dan Dou Chi** *Semen Sojae preparatum* 9 g
- **Cong Bai** *Bulbus Allii fistulosi* 15 g
- **Bo He** *Herba Menthae haplocalycis* 6 g
- **Jie Geng** *Radix Platycodi* 6 g
- **Bai Wei** *Radix Cynanchi atrati* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Da Zao** *Fructus Jujubae* 3 g

Jia Shi Jia Kang Fang*Master Shi's Formula for Hyperthyroidism*

- **Huang Yao Zi** *Rhizoma Dioscoreae bulbiferae* 6 g
- **Hai Zao** *Sargassum* 6 g
- **Kun Bu** *Thallus Eckloniae* 6 g
- **Hai Fu Shi** *Pumice* 6 g
- **Hai Ge Ke** *Concha Meretricis seu Cyclinae* 6 g
- **Mu Li** *Concha Ostreae* 9 g
- **Lou Lu** *Radix Rhapontici seu Echinops* 6 g
- **Mu Xiang** *Radix Aucklandiae* 3 g
- **San Leng** *Rhizoma Sparganii* 6 g
- **E Zhu** *Rhizoma Curcumae* 6 g

- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Da Huang** *Radix et Rhizoma Rhei* 6 g

Jia Wei Gua Lou Xie Bai Tang Variation (Chapter 21, Chest Painful Obstruction Syndrome, Turbid Phlegm in the Chest)*Trichosanthes-Allium Decoction Variation*

- **Gua Lou** *Fructus Trichosanthis* 15 g
- **Xie Bai** *Bulbus Allii macrostemi* 9 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Hong Hua** *Flos Carthami tinctorii* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Jiang Huang** *Rhizoma Curcumae longae* 6 g

Jia Wei Shi Zhu Tang*Augmented Aurantium-Atractylodes Decoction*

- **Zhi Shi** *Fructus Aurantii immaturus* 9 g
- **Mu Xiang** *Radix Aucklandiae* 6 g
- **Zi Su Geng** *Caulis Perillae* 9 g
- **Bing Lang** *Semen Arecae catechu* 9 g
- **Qing Pi** *Pericarpium Citri reticulatae viride* 4.5 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 3 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Fu Ling** *Poria* 9 g
- **Jie Geng** *Radix Platycodi* 3 g
- **Sheng Jiang Pi** *Rhizoma Zingiberis recens* (peel) 1.5 g

Jia Wei Si Jun Zi Tang Variation (Chapter 20, Tiredness, Spleen-Qi deficiency)*Four Gentlemen Decoction Variation*

- **Ren Shen** *Radix Ginseng* 9 g
- **Huang Qi** *Radix Astragali* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Fu Ling** *Poria* 6 g
- **Bian Dou** *Semen Dolichoris lablab* 6 g

Jia Wei Wu Lin San*Augmented Five Painful-Urination Syndrome Powder*

- **Fu Ling** *Poria* 12 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Chi Shao** *Radix Paeoniae rubra* 9 g
- **Shan Zhi Zi** *Fructus Gardeniae* 9 g

- **Sheng Di Huang** Radix Rehmanniae 12 g
- **Ze Xie** Rhizoma Alismatis 6 g
- **Che Qian Zi** Semen Plantaginis 9 g
- **Hua Shi** Talcum 9 g
- **Mu Tong** Caulis Akebiae 6 g

JIA WEI XIANG SU SAN

New Cyperus-Perilla Powder

- **Zi Su Ye** Folium Perillae 5 g
- **Jing Jie** Herba Schizonepetae 3 g
- **Fang Feng** Radix Saposhnikoviae 3 g
- **Qin Jiao** Radix Gentianae macrophyllae 3 g
- **Man Jing Zi** Fructus Viticis 3 g
- **Xiang Fu** Rhizoma Cyperi 4 g
- **Chuan Xiong** Rhizoma Chuanxiong 1.5 g
- **Chen Pi** Pericarpium Citri reticulatae 4 g
- **Gan Cao** Radix Glycyrrhizae uralensis 2.5 g

JIA WEI XIAO YAO SAN

Augmented Free and Easy Wanderer Powder

- **Bo He** Herba Menthae haplocalycis 3 g
- **Chai Hu** Radix Bupleuri 9 g
- **Dang Gui** Radix Angelicae sinensis 9 g
- **Bai Shao** Radix Paeoniae alba 12 g
- **Bai Zhu** Rhizoma Atractylodis macrocephalae 9 g
- **Fu Ling** Poria 15 g
- **Gan Cao** Radix Glycyrrhizae uralensis 6 g
- **Sheng Jiang** Rhizoma Zingiberis recens 3 slices
- **Mu Dan Pi** Cortex Moutan 6 g
- **Shan Zhi Zi** Fructus Gardeniae 6 g

JIAN LING TANG

Constructing Roof Tiles Decoction

- **Shan Yao** Rhizoma Dioscoreae 30 g
- **Huai Niu Xi** Radix Achyranthis bidentatae 30 g
- **Dai Zhe Shi** Haematitum 24 g
- **Long Gu** Mastodi Osis fossilia 18 g
- **Mu Li** Concha Ostreae 18 g
- **Sheng Di Huang** Radix Rehmanniae 18 g
- **Bai Shao** Radix Paeoniae alba 12 g
- **Bai Zi Ren** Semen Platycladi 12 g

JIE FAN YI XIN TANG

Calming Mental Restlessness and Benefiting the Heart Decoction

- **Ren Shen** Radix Ginseng 6 g
- **Huang Lian** Rhizoma Coptidis 3 g

- **Suan Zao Ren** Semen Ziziphi spinosae 9 g
- **Bai Zhu** Rhizoma Atractylodis macrocephalae 3 g
- **Fu Shen** Sclerotium Poriae paradicis 6 g
- **Xuan Shen** Radix Scrophulariae 15 g
- **Gan Cao** Radix Glycyrrhizae uralensis 3 g
- **Zhi Ke** Fructus Aurantii 0.5 g
- **Tian Hua Fen** Radix Trichosanthis 6 g

JIE YU DAN

Relaxing Speech Pill

- **Tian Ma** Rhizoma Gastrodiae 6 g
- **Quan Xie** Scorpio 1.5 g
- **Dan Nan Xing** Rhizoma Arisaematis preparatum 6 g
- **Bai Fu Zi** Rhizoma Thyphonii 3 g
- **Yuan Zhi** Radix Polygalae 6 g
- **Shi Chang Pu** Rhizoma Acori tatarinowii 6 g
- **Mu Xiang** Radix Aucklandiae 4 g
- **Qiang Huo** Radix seu Rhizoma Notopterygii 3 g

JIN GUI SHEN QI WAN

Golden Chest Kidney-Qi Pill

- **Fu Zi** Radix Aconiti lateralis preparata 3 g
- **Gui Zhi** Ramulus Cinnamomi cassiae 3 g
- **Shu Di Huang** Radix Rehmanniae preparata 24 g
- **Shan Zhu Yu** Fructus Corni 12 g
- **Shan Yao** Rhizoma Dioscoreae 12 g
- **Ze Xie** Rhizoma Alismatis 9 g
- **Mu Dan Pi** Cortex Moutan 9 g
- **Fu Ling** Poria 9 g

JIN GUI SHEN QI WAN Variation (Chapter 34, Interstitial cystitis, Spleen-Qi and Kidney-Yang deficiency with Dampness)

Golden Chest Kidney-Qi Pill Variation

- **Rou Gui** Cortex Cinnamomi 2 g
- **Gui Zhi** Ramulus Cinnamomi cassiae 3 g
- **Shu Di Huang** Radix Rehmanniae preparata 12 g
- **Shan Zhu Yu** Fructus Corni 6 g
- **Shan Yao** Rhizoma Dioscoreae 6 g
- **Ze Xie** Rhizoma Alismatis 9 g
- **Mu Dan Pi** Cortex Moutan 9 g
- **Fu Ling** Poria 9 g
- **Qu Mai** Herba Dianthi 6 g
- **Yi Yi Ren** Semen Coicis 12 g

JIN GUI SHEN QI WAN and WU ZI YAN ZONG WAN

Variation (Chapter 37, Oedema, Chronic nephritis, Spleen- and Kidney-Yang deficiency, Essence leaking)

Golden Chest Kidney-Qi Pill and Five-Seed Developing Ancestors Pill Variation

- **Sheng Di Huang** *Radix Rehmanniae* 12 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 12 g
- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Shan Yao** *Radix Dioscoreae* 12 g
- **Rou Gui** *Cortex Cinnamomi* 3 g
- **Huang Qi** *Radix Astragali* 12 g
- **Dang Shen** *Radix Codonopsis* 15 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Fu Ling** *Poria* 15 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 12 g
- **Tu Si Zi** *Semen Cuscutae* 15 g
- **Jin Ying Zi** *Fructus Rosae laevigatae* 9 g
- **Lu Jiao Shuang** *Cornu Cervi degelatinatum* 15 g

JIN LING ZI SAN

Toosendan Powder

- **Jin Ling Zi (Chuan Lian Zi)** *Fructus Toosendan* 30 g
- **Yan Hu Suo** *Rhizoma Corydalis* 30 g

JIN SUO GU JING WAN

Metal Lock Consolidating the Essence Pill

- **Sha Yuan Ji Li** *Semen Astragali complanati* 60 g
- **Qian Shi** *Semen Euryales ferocis* 60 g
- **Lian Xu** *Stamen Nelumbinis nuciferae* 60 g
- **Long Gu** *Os Draconis* 30 g
- **Mu Li** *Concha Ostreae* 30 g
- **Lian Zi** *Semen Nelumbinis nuciferae* 120 g

JING FANG JIE BIAO TANG

Schizonepeta-Saposhnikovia Releasing the Exterior Decoction

- **Jing Jie** *Herba Schizonepetae* 9 g
- **Fang Feng** *Radix Saposhnikoviae* 9 g
- **Zi Su Ye** *Folium Perillae* 6 g
- **Qian Hu** *Radix Peucedani* 9 g
- **Jie Geng** *Radix Platycodi* 6 g

JU HUA CHA TIAO SAN

Chrysanthemum-Green Tea Regulating Powder

- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 6 g
- **Bai Zhi** *Radix Angelicae dahuricae* 6 g
- **Jing Jie** *Herba Schizonepetae* 6 g

- **Xi Xin** *Herba Asari* 3 g
- **Fang Feng** *Radix Saposhnikoviae* 6 g
- **Bo He** *Herba Menthae haplocalycis* 3 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Qing Cha (Green Tea)** *Folia Camelliae sinensis*
- **Ju Hua** *Flos Chrysanthemi* 6 g
- **Jiang Can** *Bombyx batryticatus* 6 g

JUAN BI TANG

Eliminating Painful Obstruction Syndrome Decoction

- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 9 g
- **Jiang Huang** *Rhizoma Curcumaе longae* 6 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Huang Qi** *Radix Astragali* 6 g
- **Fang Feng** *Radix Saposhnikoviae* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

KAI YU YUE SHEN TANG

Opening Stagnation and Cheering the Mind Decoction

- **Chai Hu** *Radix Bupleuri* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 9 g
- **Qing Pi** *Pericarpium Citri reticulatae viride* 6 g
- **Dan Shen** *Radix Salviae miltiorrhizae* 6 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g
- **Yuan Zhi** *Radix Polygalae* 6 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Huang Lian** *Rhizoma Coptidis* 3 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 6 g
- **Fu Ling** *Poria* 6 g
- **He Huan Pi** *Cortex Albiziae* 6 g
- **Zhen Zhu Mu** *Concha Margaritiferae usta* 15 g

KUAN XIONG WAN

Opening the Chest Pill

- **Gao Liang Jiang** *Rhizoma Alpiniae officinarum* 6 g
- **Yan Hu Suo** *Rhizoma Corydalis* 6 g
- **Tan Xiang** *Lignum Santali albi* 6 g
- **Bi Ba** *Fructus Piperis longi* 6 g
- **Xi Xin** *Herba Asari* 1.5 g
- **Bing Pian** *Borneolum* 3 g

LAO REN LONG BI TANG*Urinary Retention Decoction for the Elderly*

- **Dang Shen** *Radix Codonopsis* 9 g
- **Huang Qi** *Radix Astragali* 12 g
- **Fu Ling** *Poria* 6 g
- **Lian Zi** *Semen Nelumbinis* 6 g
- **Bai Guo** *Semen Ginkgo* 4 g
- **Bi Xie** *Rhizoma Dioscoreae hypoglauca* 6 g
- **Che Qian Zi** *Semen Plantaginis* 6 g
- **Wang Bu Liu Xing** *Semen Vaccariae* 6 g
- **Wu Zhu Yu** *Fructus Evodiae* 3 g
- **Rou Gui** *Cortex Cinnamomi* 3 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

LEI SHI XIANG HUA ZHUO FANG*Fragrant Formula to Resolve Turbidity by the Master Lei*

- **Huo Xiang** *Herba Pogostemonis* 3 g
- **Pei Lan** *Herba Eupatorii* 3 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 4.5 g
- **Da Fu Pi** *Pericarpium Arecae* 3 g
- **Hou Po** *Cortex Magnoliae officinalis* 2 g
- **Bo He** *Herba Menthae haplocalycis* 3 g

LI ZHONG WAN*Regulating the Centre Pill*

- **Ren Shen** *Radix Ginseng* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Gan Jiang** *Rhizoma Zingiberis* 5 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g

LI ZHONG WAN Variation (Chapter 27, Abdominal pain, Spleen- and Kidney-Yang deficiency)

Regulating the Centre Pill Variation

- **Ren Shen** *Radix Ginseng* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Gan Jiang** *Rhizoma Zingiberis* 5 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g
- **Fu Ling** *Poria* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Mu Xiang** *Radix Aucklandiae* 3 g
- **Sha Ren** *Fructus Amomi* 3 g
- **Yin Yang Huo** *Herba Epimidii* 6 g

LIAN PO YIN*Coptis-Magnolia Decoction*

- **Huang Lian** *Rhizoma Coptidis* 3 g

- **Hou Po** *Cortex Magnoliae officinalis* 3 g
- **Shan Zhi Zi** *Fructus Gardeniae* 9 g
- **Dan Dou Chi** *Semen Sojae preparatum* 9 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 3 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 3 g
- **Lu Gen** *Rhizoma Phragmitis* 15 g

LIANG DI TANG*Two “Di” Decoction*

- **Sheng Di Huang** *Radix Rehmanniae* 18 g
- **Di Gu Pi** *Cortex Lycii* 9 g
- **Xuan Shen** *Radix Scrophulariae* 12 g
- **Mai Men Dong** *Radix Ophiopogonis* 9 g
- **Bai Shao** *Radix Paeoniae alba* 12 g
- **E Jiao** *Colla Corii Asini* 9 g

LIANG FU WAN*Alpinia-Cyperus Pill*

- **Gao Liang Jiang** *Rhizoma Alpiniae officinarum* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g

LIANG GE SAN*Cooling the Diaphragm Powder*

- **Da Huang** *Radix et Rhizoma Rhei* 600 g
- **Mang Xiao** *Mirabilitum* 600 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 600 g
- **Huang Qin** *Radix Scutellariae* 300 g
- **Shan Zhi Zi** *Fructus Gardeniae* 300 g
- **Lian Qiao** *Fructus Forsythiae* 1200 g
- **Bo He** *Herba Menthae haplocalycis* 300 g

LING GAN WU WEI JIA JIANG XIN BAN XIA XING REN TANG*Poria-Glycyrrhiza-Schisandra-Zingiber-Asarum-Pinellia-Armeniaca Decoction*

- **Fu Ling** *Poria* 9 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Gan Jiang** *Rhizoma Zingiberis* 3 g
- **Xi Xin** *Herba Asari* 3 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Xing Ren** *Semen Armeniacae* 6 g

LING GAN WU WEI JIANG XIN TANG*Poria-Glycyrrhiza-Schisandra-Zingiber-Asarum Decoction*

- **Fu Ling** *Poria* 12 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 9 g

- **Gan Jiang** *Rhizoma Zingiberis* 9 g
- **Xi Xin** *Herba Asari* 9 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g

LING GUI FU PING TANG*Poria-Cinnamomum-Spirodela Decoction*

- **Fu Ling** *Poria* 9 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 6 g
- **Fu Ping** *Herba Spirodela* 9 g
- **Xing Ren** *Semen Armeniacae* 9 g
- **Ze Xie** *Rhizoma Alismatis* 9 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

LING GUI ZHU GAN TANG*Poria-Cinnamomum-Atractylodes-Glycyrrhiza Decoction*

- **Fu Ling** *Poria* 12 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

LING GUI ZHU GAN TANG, LING GAN WU WEI JIANG XIN TANG and ZHEN WU TANG*Poria-Cinnamomum-Atractylodes-Glycyrrhiza Decoction, Poria-Glycyrrhiza-Schisandra-Zingiber-Asarum Decoction and True Warrior Decoction*

- **Fu Ling** *Poria* 12 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Gan Jiang** *Rhizoma Zingiberis* 9 g
- **Xi Xin** *Herba Asari* 9 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Fu Zi** *Radix Aconiti lateralis preparata* 10 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Dan Shen** *Radix Salviae miltiorrhizae* 6 g
- **Chuan Xiong** *Radix Chuanxiong* 6 g
- **Sang Bai Pi** *Cortex Mori* 6 g
- **Su Zi** *Fructus Perillae* 6 g

LING JIAO GOU TENG TANG*Cornu Saigae-Uncaria Decoction*

- **Ling Yang Jiao** *Cornu Saigae tataricae* 4.5 g
- **Gou Teng** *Ramulus cum Uncis Uncariae* 9 g

- **Sang Ye** *Folium Mori* 6 g
- **Ju Hua** *Flos Chrysanthemi* 9 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Sheng Di Huang** *Radix Rehmanniae* 15 g
- **Fu Shen** *Sclerotium Poriae paradicis* 9 g
- **Chuan Bei Mu** *Bulbus Fritillariae cirrhosae* 12 g
- **Zhu Ru** *Caulis Bambusae in Taeniam* 15 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 2.5 g

LING JIAO GOU TENG TANG Variation (Chapter 42, Parkinson's disease, Liver-Fire generating Wind)
Cornu Saigae-Uncaria Decoction Variation

- **Ling Yang Jiao** *Cornu Saigae tataricae* 4.5 g
- **Gou Teng** *Ramulus cum Uncis Uncariae* 9 g
- **Sang Ye** *Folium Mori* 6 g
- **Ju Hua** *Flos Chrysanthemi* 9 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Sheng Di Huang** *Radix Rehmanniae* 15 g
- **Fu Shen** *Sclerotium Poriae paradicis* 9 g
- **Chuan Bei Mu** *Bulbus Fritillariae cirrhosae* 12 g
- **Zhu Ru** *Caulis Bambusae in Taeniam* 15 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 2.5 g
- **Long Dan Cao** *Radix Gentianae* 6 g

LING JIAO GOU TENG TANG Variation (Chapter 43, Wind-Stroke, Attack of Internal Organs, Tense type)
Cornu Saigae-Uncaria Decoction Variation

- **Ling Yang Jiao** *Cornu Saigae tataricae* 4.5 g
- **Gou Teng** *Ramulus cum Uncis Uncariae* 9 g
- **Ju Hua** *Flos Chrysanthemi* 9 g
- **Xia Ku Cao** *Spica Prunellae* 6 g
- **Chan Tui** *Periostracum Cicadae* 6 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Gui Ban** *Plastrum Testudinis* 15 g
- **Shi Jue Ming** *Concha Haliotidis* 15 g
- **Sheng Di Huang** *Radix Rehmanniae* 15 g
- **Mu Dan Pi** *Cortex Moutan* 6 g
- **Chuan Bei Mu** *Bulbus Fritillariae cirrhosae* 12 g
- **Zhu Ru** *Caulis Bambusae in Taeniam* 15 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 2.5 g

LIU HE TANG*Six Harmonizing Decoction*

- **Ren Shen** *Radix Ginseng* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Sha Ren** *Fructus Amomi* 3 g
- **Huo Xiang** *Herba Pogostemonis* 6 g

- **Hou Po** *Cortex Magnoliae officinalis* 2.4 g
- **Fu Ling** *Poria* 6 g
- **Bian Dou** *Semen Dolichoris lablab* 6 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Xing Ren** *Semen Armeniacae* 6 g
- **Mu Gua** *Fructus Chaenomelis* 4.5 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 1.5 g

LIU JUN ZI TANG*Six Gentlemen Decoction*

- **Ren Shen** *Radix Ginseng* 10 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Fu Ling** *Poria* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 9 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 12 g

LIU JUN ZI TANG Variation (Chapter 15, Insomnia, Appendix - Somnolence, Spleen deficiency)

Six Gentlemen Decoction Variation

- **Ren Shen** *Radix Ginseng* 10 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Fu Ling** *Poria* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 9 g
- **Fa Ban Xia** *Rhizoma Pinelliae preparatum* 12 g
- **Mai Ya** *Fructus Hordei Vulgaris germinatus* 9 g
- **Shen Qu** *Massa Fermentata Medicinalis* 9 g
- **Shan Zha** *Fructus Crataegi* 6 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g

LIU JUN ZI TANG Variation (Chapter 40, Fibromyalgia, Dampness with Spleen-Qi deficiency)

Six Gentlemen Decoction Variation

- **Ren Shen** *Radix Ginseng* 10 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Fu Ling** *Poria* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 9 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 12 g
- **Cang Zhu** *Rhizoma Atractylodis* 6 g
- **Sha Ren** *Fructus Amomi* 4.5 g
- **Ze Xie** *Rhizoma Alismatis* 6 g

LIU MO TANG*Six Ground-Herbs Decoction*

- **Mu Xiang** *Radix Aucklandiae* 6 g
- **Wu Yao** *Radix Linderae* 6 g
- **Chen Xiang** *Lignum Aquilariae resinatum* 4.5 g
- **Da Huang** *Radix et Rhizoma Rhei* 6 g
- **Bing Lang** *Semen Arecae* 6 g
- **Zhi Shi** *Fructus Aurantii immaturus* 6 g

LIU WEI DI HUANG WAN*Six-Ingredient Rehmannia Pill*

- **Shu Di Huang** *Radix Rehmanniae preparata* 24 g
- **Shan Zhu Yu** *Fructus Corni* 12 g
- **Shan Yao** *Rhizoma Dioscoreae* 12 g
- **Ze Xie** *Rhizoma Alismatis* 9 g
- **Mu Dan Pi** *Cortex Moutan* 9 g
- **Fu Ling** *Poria* 9 g

LIU WEI DI HUANG WAN Variation (Chapter 15, Insomnia, Appendix – Poor memory, Kidney deficiency)
Six-Ingredient Rehmannia Pill Variation

- **Shu Di Huang** *Radix Rehmanniae preparata* 24 g
- **Shan Zhu Yu** *Fructus Corni* 12 g
- **Shan Yao** *Rhizoma Dioscoreae* 12 g
- **Ze Xie** *Rhizoma Alismatis* 9 g
- **Mu Dan Pi** *Cortex Moutan* 9 g
- **Fu Ling** *Poria* 9 g
- **Bai Shao** *Radix Paeoniae alba* 15 g
- **Chai Hu** *Radix Bupleuri* 1.5 g
- **Mai Men Dong** *Radix Ophiopogonis* 15 g
- **Wu Wei Zi** *Fructus Schisandrae* 3 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 15 g
- **Ju Hua** *Flos Chrysanthemi* 9 g

LIU WEI DI HUANG WAN Variation (Chapter 16, Patterns in mental-emotional problems, Heart- and Kidney-Yin deficiency with Empty Heat)

Six-Ingredient Rehmannia Pill Variation

- **Shu Di Huang** *Radix Rehmanniae preparata* 24 g
- **Shan Zhu Yu** *Fructus Corni* 12 g
- **Shan Yao** *Rhizoma Dioscoreae* 12 g
- **Ze Xie** *Rhizoma Alismatis* 9 g
- **Mu Dan Pi** *Cortex Moutan* 9 g
- **Fu Ling** *Poria* 9 g
- **Bai Shao** *Radix Paeoniae albae* 15 g
- **Chai Hu** *Radix Bupleuri* 1.5 g
- **Mai Men Dong** *Radix Ophiopogonis* 15 g
- **Wu Wei Zi** *Fructus Schisandrae* 3 g

- **Suan Zao Ren** *Semen Ziziphi spinosae* 15 g
- **Ju Hua** *Flos Chrysanthemi* 9 g

LIU WEI DI HUANG WAN Variation (Chapter 45, Multiple sclerosis, Liver and Kidney deficiency)
Six-Ingredient Rehmannia Pill Variation

- **Shu Di Huang** *Radix Rehmanniae preparata* 24 g
- **Shan Zhu Yu** *Fructus Corni* 12 g
- **Shan Yao** *Radix Dioscoreae* 12 g
- **Ze Xie** *Rhizoma Alismatis* 9 g
- **Mu Dan Pi** *Cortex Moutan* 9 g
- **Fu Ling** *Poria* 9 g
- **Du Huo** *Radix Angelicae pubescentis* 4 g
- **Sang Ji Sheng** *Ramus Loranthe* 6 g
- **Ji Xue Teng** *Caulis Spatholobi* 6 g
- **Wu Jia Pi** *Cortex Acanthopanax* 6 g
- **Du Zhong** *Cortex Eucommiae* 4.5 g

LONG DAN BI YUAN FANG

Gentiana "Nose Pool" Formula

- **Long Dan Cao** *Radix Gentianae* 6 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Xia Ku Cao** *Spica Prunellae* 6 g
- **Yu Xing Cao** *Herba Houttuyniae cordatae* 9 g
- **Ju Hua** *Flos Chrysanthemi* 6 g
- **Bai Zhi** *Radix Angelicae dahuricae* 6 g
- **Cang Er Zi** *Fructus Xanthii* 6 g
- **Huo Xiang** *Herba Pogostemonis* 4.5 g
- **Yi Yi Ren** *Semen Coicis* 15 g
- **Che Qian Zi** *Semen Plantaginis* 6 g
- **Jie Geng** *Radix Platycodi* 6 g

LONG DAN XIE GAN TANG

Gentiana Draining the Liver Decoction

- **Long Dan Cao** *Radix Gentianae* 6 g
- **Huang Qin** *Radix Scutellariae* 9 g
- **Shan Zhi Zi** *Fructus Gardeniae* 9 g
- **Ze Xie** *Rhizoma Alismatis* 9 g
- **Mu Tong** *Caulis Akebiae* 9 g
- **Che Qian Zi** *Semen Plantaginis* 9 g
- **Sheng Di Huang** *Radix Rehmanniae* 12 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Chai Hu** *Radix Bupleuri* 9 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

LONG DAN XIE GAN TANG Variation (Chapter 15, Insomnia, Liver-Fire)

Gentiana Draining the Liver Decoction Variation

- **Long Dan Cao** *Radix Gentianae* 6 g
- **Huang Qin** *Radix Scutellariae* 9 g
- **Shan Zhi Zi** *Fructus Gardeniae* 9 g
- **Ze Xie** *Rhizoma Alismatis* 9 g
- **Mu Tong** *Caulis Akebiae* 9 g
- **Che Qian Zi** *Semen Plantaginis* 9 g
- **Sheng Di Huang** *Radix Rehmanniae* 12 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Chai Hu** *Radix Bupleuri* 9 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Fu Shen** *Sclerotium Poriae paradicis* 6 g
- **Ye Jiao Teng** *Caulis Polygoni multiflori* 9 g
- **Long Chi** *Fossilia Dentis Mastodi* 15 g

LONG DAN XIE GAN TANG Variation by **Dr Chen Ze Lin** (Chapter 18, Goitre, Hyperthyroidism)
Gentiana Draining the Liver Decoction Variation

- **Long Dan Cao** *Radix Gentianae* 6 g
- **Huang Qin** *Radix Scutellariae* 9 g
- **Shan Zhi Zi** *Fructus Gardeniae* 9 g
- **Mu Tong** *Caulis Akebiae* 9 g
- **Sheng Di Huang** *Radix Rehmanniae* 12 g
- **Chai Hu** *Radix Bupleuri* 9 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Nu Zhen Zi** *Fructus Ligustri lucidi* 15 g
- **Gou Teng** *Ramulus cum Uncis Uncariae* 15 g
- **Shi Jue Ming** *Concha Haliotidis* 30 g

LONG DAN XIE GAN TANG Variation by **Dr Wang Bing Jun** (Chapter 36, Prostatitis, Damp Heat in Lower Burner)

Gentiana Draining the Liver Decoction Variation

- **Long Dan Cao** *Radix Gentianae* 6 g
- **Huang Qin** *Radix Scutellariae* 9 g
- **Shan Zhi Zi** *Fructus Gardeniae* 9 g
- **Bian Xu** *Herba Polygoni avicularis* 9 g
- **Mu Tong** *Caulis Akebiae* 9 g
- **Da Huang** *Radix et Rhizoma Rhei* 6 g
- **Tu Fu Ling** *Rhizoma Smilacis glabrae* 6 g
- **Chai Hu** *Radix Bupleuri* 9 g
- **Chuan Niu Xi** *Radix Cyathulae* 6 g
- **Ban Zhi Lian** *Herba Lobeliae chinensis* 6 g
- **Pu Gong Ying** *Herba Taraxaci* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

LU JIAO JIAO TANG

Gelatinum Cornu Cervi Decoction

- **Lu Jiao Jiao** *Gelatinum Cornu Cervi* 9 g

- **Lu Jiao Shuang** *Cornu Cervi degelatinatum* 6 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 12 g
- **Niu Xi** *Radix Achyranthis bidentatae* 6 g
- **Fu Ling** *Poria* 6 g
- **Tu Si Zi** *Semen Cuscutae* 6 g
- **Ren Shen** *Radix Ginseng* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Du Zhong** *Cortex Eucommiae ulmoidis* 6 g
- **Gui Ban** *Plastrum Testudinis* 12 g

MA HUANG FU ZI XI XIN TANG

Ephedra-Aconitum-Asarum Decoction

- **Ma Huang** *Herba Ephedrae* 6 g
- **Fu Zi** *Radix Aconiti lateralis preparata* 9 g
- **Xi Xin** *Herba Asari* 6 g

MA HUANG LIAN QIAO CHI XIAO DOU TANG

Ephedra-Forsythia-Phaseolus Decoction

- **Ma Huang** *Herba Ephedrae* 9 g
- **Xing Ren** *Semen Armeniacae* 6 g
- **Sang Bai Pi** *Cortex Mori* 6 g
- **Lian Qiao** *Fructus Forsythiae* 6 g
- **Chi Xiao Dou** *Semen Phaseoli* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Da Zao** *Fructus Jujubae* 3 dates

MA HUANG LIAN QIAO CHI XIAO DOU TANG

Variation (Chapter 38, Painful Obstruction Syndrome, Damp Painful Obstruction Syndrome)

Ephedra-Forsythia-Phaseolus Decoction Variation

- **Ma Huang** *Herba Ephedrae* 5 g
- **Lian Qiao** *Fructus Forsythiae suspensae* 15 g
- **Chi Xiao Dou** *Semen Phaseoli calcarati* 30 g
- **Fang Feng** *Radix Saposhnikoviae* 10 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 5 g
- **Chi Shao** *Radix Paeoniae rubra* 10 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Hai Feng Teng** *Caulis Piperis* 6 g
- **Qiang Huo** *Radix et Rhizoma Notopterygii* 15 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices

MA HUANG TANG

Ephedra Decoction

- **Ma Huang** *Herba Ephedrae* 6 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 4 g

- **Xing Ren** *Semen Armeniacae* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

MA HUANG YI ZHI TANG

Ephedra-Alpinia Decoction

- **Ma Huang** *Herba Ephedrae* 10 g
- **Yi Zhi Ren** *Fructus Alpiniae oxyphyllae* 10 g
- **Wu Wei Zi** *Fructus Schisandrae* 10 g

MA XING SHI GAN TANG

Ephedra-Armeniaca-Gypsum-Glycyrrhiza Decoction

- **Ma Huang** *Herba Ephedrae* 5 g
- **Xing Ren** *Semen Armeniacae* 9 g
- **Shi Gao** *Gypsum fibrosum* 18 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g

MA ZI REN WAN

Cannabis Pill

- **Huo Ma Ren** *Semen Cannabis* 9 g
- **Da Huang** *Radix et Rhizoma Rhei* 6 g
- **Xing Ren** *Semen Armeniacae* 4.5 g
- **Zhi Shi** *Fructus Aurantii immaturus* 6 g
- **Hou Po** *Cortex Magnoliae officinalis* 4.5 g
- **Bai Shao** *Radix Paeoniae alba* 4.5 g

MAI MEN DONG QING FEI YIN

Ophiopogon Clearing the Lungs Decoction

- **Mai Men Dong** *Radix Ophiopogonis* 9 g
- **Zi Wan** *Radix Asteris* 6 g
- **Huang Qi** *Radix Astragali* 6 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Ren Shen** *Radix Ginseng* 9 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g

MAI MEN DONG TANG

Ophiopogon Decoction

- **Mai Men Dong** *Radix Ophiopogonis* 60 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Ren Shen** *Radix Ginseng* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 4 g
- **Geng Mi** *Semen Oryzae sativae* 6 g
- **Da Zao** *Fructus Jujubae* 5 dates

MAI WEI DI HUANG WAN (BA XIAN CHANG SHOU WAN)

Ophiopogon-Schisandra-Rehmannia Pill (Eight Immortals Longevity Pill)

- **Shu Di Huang** Radix Rehmanniae preparata 24 g
- **Shan Zhu Yu** Fructus Corni 12 g
- **Shan Yao** Rhizoma Dioscoreae 12 g
- **Ze Xie** Rhizoma Alismatis 9 g
- **Mu Dan Pi** Cortex Moutan 9 g
- **Fu Ling** Poria 9 g
- **Mai Men Dong** Radix Ophiopogonis 6 g
- **Wu Wei Zi** Fructus Schisandrae 6 g

MU FANG JI TANG

Cocculus Decoction

- **Mu Fang Ji** Radix Cocculi 4.5 g
- **Tong Cao** Medulla Tetrapanacis 3 g
- **Yi Yi Ren** Semen Coicis 12 g
- **Gui Zhi** Ramulus Cinnamomi cassiae 3 g
- **Hua Shi** Talcum 15 g
- **Si Gua Luo** Fructus Retinervus Luffae 6 g
- **Sang Zhi** Ramulus Mori 9 g

MU FANG JI TANG Variation (Chapter 38, Painful Obstruction Syndrome, Rheumatoid arthritis, Wind-Dampness-Heat)

Cocculus Decoction Variation

- **Mu Gua** Fructus Chaenomelis 10 g
- **Mu Fang Ji** Radix Cocculi 15 g
- **Tong Cao** Medulla Tetrapanacis 10 g
- **Qin Jiao** Radix Gentianae macrophyllae 10 g
- **Gui Zhi** Ramulus Cinnamomi cassiae 10 g
- **Shi Gao** Gypsum fibrosum 30 g
- **Yi Yi Ren** Semen Coicis 30 g
- **Yin Hua Teng** Caulis Lonicerae 30 g
- **Hua Shi** Talcum 30 g
- **Bi Xie** Rhizoma Dioscoreae hypoglaucae 15 g
- **Gan Cao** Radix Glycyrrhizae uralensis 6 g

MU XIANG LIU QI YIN

Aucklandia Flowing Qi Decoction

- **Mu Xiang** Radix Aucklandiae 6 g
- **Ban Xia** Rhizoma Pinelliae preparatum 6 g
- **Chen Pi** Pericarpium Citri reticulatae 3 g
- **Hou Po** Cortex Magnoliae officinalis 4.5 g
- **Qing Pi** Pericarpium Citri reticulatae viride 3 g
- **Gan Cao** Radix Glycyrrhizae uralensis 3 g

- **Xiang Fu** Rhizoma Cyperi rotundi 6 g
- **Zi Su Ye** Folium Perillae frutescentis 3 g
- **Ren Shen** Radix Ginseng 6 g
- **Fu Ling** Poria 6 g
- **Mu Gua** Fructus Chaenomelis lagenariae 3 g
- **Shi Chang Pu** Rhizoma Acori tatarinowii 3 g
- **Bai Zhu** Rhizoma Atractylodis macrocephalae 4.5 g
- **Bai Zhi** Radix Angelicae dahuricae 3 g
- **Mai Men Dong** Radix Ophiopogonis 6 g
- **Cao Guo** Fructus Amomi Tsaoko 3 g
- **Rou Gui** Cortex Cinnamomi cassiae 1.5 g
- **E Zhu** Rhizoma Curcumae zedoariae 3 g
- **Da Fu Pi** Pericarpium Arecae catechu 3 g
- **Ding Xiang** Flos Caryophylli 3 g
- **Bing Lang** Semen Arecae catechu 3 g
- **Huo Xiang** Herba Pogostemonis 3 g
- **Mu Tong** Caulis Mutong 1.5 g

MU XIANG SHUN QI SAN

Aucklandia Rectifying Qi Powder

- **Mu Xiang** Radix Aucklandiae 6 g
- **Chen Pi** Pericarpium Citri reticulatae 3 g
- **Qing Pi** Pericarpium Citri reticulatae viride 6 g
- **Gan Cao** Radix Glycyrrhizae uralensis 3 g
- **Zhi Ke** Fructus Aurantii 6 g
- **Hou Po** Cortex Magnoliae officinalis 6 g
- **Wu Yao** Radix Linderiae 6 g
- **Xiang Fu** Rhizoma Cyperi 6 g
- **Cang Zhu** Rhizoma Atractylodis 6 g
- **Sha Ren** Fructus Amomi 6 g
- **Rou Gui** Cortex Cinnamomi 3 g
- **Chuan Xiong** Rhizoma Chuanxiong 6 g

MU XIANG ZHENG QI SAN

Aucklandia Upright Qi Powder

- **Mu Xiang** Radix Aucklandiae 6 g
- **Gan Jiang** Rhizoma Zingiberis 3 g
- **Zi Su Ye** Folium Perillae 6 g
- **Wu Yao** Radix Linderiae 6 g
- **Xiang Fu** Rhizoma Cyperi 6 g
- **Chen Pi** Pericarpium Citri reticulatae 3 g
- **Gao Liang Jiang** Rhizoma Alpiniae officinarum 3 g

NIAO LU PAI SHI TANG No. 1

Urination Passages Eliminating [Urinary] Calculi Decoction No. 1

- **Jin Qian Cao** Herba Lysimachiae/Desmodii 9 g
- **Hai Jin Sha** Spora Lygodii 6 g

- **Che Qian Zi** *Semen Plantaginis* 6 g
- **Mu Tong** *Caulis Akebiae trifoliatae* 3 g
- **Hua Shi** *Talcum* 6 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Wu Yao** *Radix Linderiae* 6 g
- **Chuan Lian Zi** *Fructus Toosendan* 3 g
- **Chuan Niu Xi** *Radix Cyathulae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

NIAO LU PAI SHI TANG No. 2

Urination Passages Eliminating [Urinary] Calculi Decoction No. 2

- **Jin Qian Cao** *Herba Lysimachiae/Desmodii* 9 g
- **Shi Wei** *Folium Pyrrosiae* 6 g
- **Che Qian Zi** *Semen Plantaginis* 6 g
- **Mu Tong** *Caulis Akebiae trifoliatae* 3 g
- **Qu Mai** *Herba Dianthi* 6 g
- **Bian Xu** *Herba Polygoni avicularis* 6 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Da Huang** *Radix et Rhizoma Rhei* 6 g
- **Hua Shi** *Talcum* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Chuan Niu Xi** *Radix Cyathulae* 6 g
- **Zhi Shi** *Fructus Aurantii immaturus* 6 g

PEI TU NUAN GAN TANG

Shore up Earth and Relax the Liver Decoction

- **Tai Zi Shen** *Radix Pseudostellariae* 10 g
- **Fu Ling** *Poria* 10 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 10 g
- **Shan Yao** *Rhizoma Dioscoreae* 10 g
- **Chen Pi** *Pericarpium Citri reticulatae* 10 g
- **Mu Gua** *Fructus Chaenomelis* 10 g
- **Wu Mei** *Fructus Mume* 10 g
- **Bai Shao** *Radix Paeoniae alba* 10 g

PI SHEN SHUANG BU TANG

Decoction Tonifying both Spleen and Kidneys

- **Dang Shen** *Radix Codonopsis* 12 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 12 g
- **Fu Ling** *Poria* 15 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g
- **Du Zhong** *Cortex Eucommiae ulmoidis* 9 g
- **Tu Si Zi** *Semen Cuscutae* 12 g
- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 12 g

PING BU ZHEN XIN DAN Variation (Chapter 14, Anxiety, Heart and Gall Bladder deficiency)
Calming and Tonifying the Heart Pill Variation

- **Ren Shen** *Radix Ginseng* 9 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Shan Yao** *Rhizoma Dioscoreae* 6 g
- **Sheng Di Huang** *Radix Rehmanniae* 6 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 9 g
- **Rou Gui** *Cortex Cinnamomi* 3 g
- **Yuan Zhi** *Radix Polygalae* 6 g
- **Long Gu** *Mastodi Osis fossilis* 9 g
- **Mu Li** *Concha Ostreae* 9 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 6 g
- **Fu Shen** *Sclerotium Poriae paradicis* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

PING WEI SAN

Balancing the Stomach Powder

- **Cang Zhu** *Rhizoma Atractylodis* 9 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Hou Po** *Cortex Magnoliae officinalis* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 g
- **Da Zao** *Fructus Jujubae* 3 dates

PING WEI SAN Variation (Chapter 15, Insomnia, Appendix 1, Somnolence, Dampness obstructing the Brain)

Balancing the Stomach Powder Variation

- **Cang Zhu** *Rhizoma Atractylodis lanceae* 9 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Hou Po** *Cortex Magnoliae officinalis* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 g
- **Da Zao** *Fructus Ziziphi jujubae* 3 dates
- **Huo Xiang** *Herba Pogostemonis* 4.5 g
- **Pei Lan** *Herba Eupatorii fortunei* 4.5 g
- **Yi Yi Ren** *Semen Coicis* 15 g

PING XIN WANG YOU TANG

Settling the Heart and Forgetting Worry Decoction

- **Ci Shi** *Magnetitum* 9 g
- **Qing Meng Shi** *Lapis Chloriti* 9 g

- **Zhi Shi** *Fructus Aurantii immaturus* 6 g
- **Huang Bo** *Cortex Phellodendri* 6 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Hou Po** *Cortex Magnoliae officinalis* 6 g
- **Fu Ling** *Poria* 6 g
- **Shen Qu** *Massa medicata fermentata* 6 g
- **Rou Gui** *Cortex Cinnamomi* 3 g
- **Zi Su Ye** *Folium Perillae* 6 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices

PING YING FU FANG

Formula to Dissolve Goitre

- **Xuan Shen** *Radix Scrophulariae* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Mu Dan Pi** *Cortex Moutan* 6 g
- **Sheng Di Huang** *Radix Rehmanniae* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Fu Ling** *Poria* 6 g
- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Mu Li** *Concha Ostreae* 9 g
- **Xia Ku Cao** *Spica Prunellae* 6 g
- **Zhe Bei Mu** *Bulbus Fritillariae thunbergii* 6 g
- **Wa Leng Zi** *Concha Arcae* 9 g
- **Qing Pi** *Pericarpium Citri reticulatae viride* 3 g
- **San Leng** *Rhizoma Sparganii* 6 g
- **E Zhu** *Rhizoma Curcumae* 6 g

PROSTATITIS FORMULA No. I by Dr Zhou An Fang (Chapter 36, Prostatitis, Modern Chinese Literature)

- **Huang Qi** *Radix Astragali* 20 g
- **Bai Hua She She Cao** *Herba Hedyotidis diffusae* 30 g
- **Pu Gong Ying** *Herba Taraxaci* 20 g
- **Tu Fu Ling** *Rhizoma Smilacis glabrae* 20 g
- **Da Huang** *Radix et Rhizoma Rhei* 10 g
- **Hu Zhang** *Rhizoma Polygoni cuspidati* 15 g
- **Bai Jiang Cao** *Herba Patriniae* 15 g
- **Huang Bo** *Cortex Phellodendri* 10 g
- **Bian Xu** *Herba Polygoni avicularis* 15 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 10 g

PROSTATITIS FORMULA No. II by Dr Zhou An Fang (Chapter 36, Prostatitis)

- **Huang Qi** *Radix Astragali* 20 g
- **Bai Hua She She Cao** *Herba Hedyotidis diffusae* 30 g
- **Pu Gong Ying** *Herba Taraxaci* 20 g
- **Tu Fu Ling** *Rhizoma Smilacis glabrae* 20 g

- **(Zhi) Da Huang** *Radix et Rhizoma Rhei* (prepared) 10 g
- **Hu Zhang** *Rhizoma Polygoni cuspidati* 15 g
- **Chi Shao** *Radix Paeoniae rubra* 20 g
- **Yan Hu Suo** *Rhizoma Corydalis* 20 g
- **Chuan Lian Zi** *Fructus Toosendan* 10 g
- **Wu Yao** *Radix Linderiae* 10 g

PU HUANG SAN

Typha Powder

- **Pu Huang** *Pollen Typhae* 9 g
- **Yu Jin** *Radix Curcumae* 6 g

PU HUANG SAN Variation (Chapter 46, Bleeding, Blood in the urine, Qi and Blood stagnation)

Typha Powder Variation

- **Pu Huang** *Pollen Typhae* 9 g
- **Yu Jin** *Radix Curcumae* 6 g
- **San Qi** *Radix Notoginseng* 6 g
- **Qian Cao Gen** *Radix Rubiae* 6 g
- **Hu Po** *Succinum* 6 g
- **Xiao Ji** *Herba Cirisii* 6 g

QI FU YIN

Seven Happiness Decoction

- **Ren Shen** *Radix Ginseng* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 9 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 6 g
- **Yuan Zhi** *Radix Polygalae* 6 g

QI GE SAN

Opening the Diaphragm Powder

- **Dan Shen** *Radix Salviae milthiorrizae* 6 g
- **Yu Jin** *Radix Curcumae* 6 g
- **Sha Ren** *Fructus Amomi* 4.5 g
- **Bei Sha Shen** *Radix Glehniae* 6 g
- **Chuan Bei Mu** *Bulbus Fritillariae cirrhosae* 6 g
- **Fu Ling** *Poria* 6 g
- **He Ye Di** *Calyx Nelumbinis nuciferae* 6 g
- **Chu Tou Kang** 6 g

QI JU DI HUANG WAN

Lycium-Chrysanthemum-Rehmannia Pill

- **Gou Qi Zi** *Fructus Lycii chinensis* 9 g

- **Ju Hua** *Flos Chrysanthemi* 6 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 24 g
- **Shan Zhu Yu** *Fructus Corni* 12 g
- **Shan Yao** *Rhizoma Dioscoreae* 12 g
- **Ze Xie** *Rhizoma Alismatis* 9 g
- **Mu Dan Pi** *Cortex Moutan* 9 g
- **Fu Ling** *Poria* 9 g

QI JU DI HUANG WAN Variation (Chapter 7, Sinusitis, Liver- and Kidney-Yin deficiency)
Lycium-Chrysanthemum-Rehmannia Pill Variation

- **Gou Qi Zi** *Fructus Lycii chinensis* 9 g
- **Ju Hua** *Flos Chrysanthemi* 6 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 24 g
- **Shan Zhu Yu** *Fructus Corni* 12 g
- **Shan Yao** *Rhizoma Dioscoreae* 12 g
- **Mu Dan Pi** *Cortex Moutan* 9 g
- **Fu Ling** *Poria* 9 g
- **Huai Niu Xi** *Radix Achyranthis bidentatae* 12 g
- **Han Lian Cao** *Herba Ecliptae* 12 g
- **Wu Wei Zi** *Fructus Schisandrae* 10 g
- **Yi Yi Ren** *Semen Coicis* 20 g
- **Che Qian Zi** *Semen Plantaginis* 10 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g
- **Cang Er Zi** *Fructus Xanthii* 10 g

QI QI TANG

Seven Qi Decoction

- **San Leng** *Rhizoma Sparganii stoloniferi* 6 g
- **E Zhu** *Rhizoma Curcumae* 6 g
- **Qing Pi** *Pericarpium Citri reticulatae viride* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Huo Xiang** *Herba Pogostemonis* 6 g
- **Jie Geng** *Radix Platycodi* 3 g
- **Rou Gui** *Cortex Cinnamomi* 3 g
- **Yi Zhi Ren** *Fructus Alpiniae oxypyllae* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

QI WEI DU QI TANG

Seven-Ingredient Capital Qi Decoction

- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 24 g
- **Shan Zhu Yu** *Fructus Corni* 12 g
- **Shan Yao** *Rhizoma Dioscoreae* 12 g
- **Ze Xie** *Rhizoma Alismatis* 9 g
- **Mu Dan Pi** *Cortex Moutan* 9 g
- **Fu Ling** *Poria* 9 g

QI WEI TIAO DA TANG

Seven-Ingredient Regulating and Relaxing Decoction

- **Xing Ren** *Semen Armeniacae* 12 g
- **Bai Ji Li** *Fructus Tribuli* 15 g
- **Xuan Shen** *Radix Scrophulariae* 15 g
- **Dan Shen** *Radix Salviae milthiorrizae* 15 g
- **Bing Lang** *Semen Arecae catechu* 6 g
- **Che Qian Zi** *Semen Plantaginis* 15 g
- **Hu Po** *Succinum* 1 g

QI YANG YU XIN DAN

Opening Yang and Pleasing the Heart Pill

- **Ren Shen** *Radix Ginseng* 6 g
- **Yuan Zhi** *Radix Polygalae* 6 g
- **Fu Shen** *Sclerotium Poriae paradicis* 6 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g
- **Sha Ren** *Fructus Amomi* 4.5 g
- **Chai Hu** *Radix Bupleuri* 4.5 g
- **Tu Si Zi** *Semen Cuscutae* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Shan Yao** *Rhizoma Dioscoreae* 6 g
- **Shen Qu** *Massa medicata fermentata* 6 g

QIAN GEN SAN

Rubia Powder

- **Qian Cao Gen** *Radix Rubiae* 9 g
- **Ce Bai Ye** *Cacumen Platycladi* 9 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Sheng Di Huang** *Radix Rehmanniae* 12 g
- **E Jiao** *Colla Corii Asini* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

QIAN JIN LONG DAN TANG Variation (Chapter 19, Hypertension, Liver-Fire)

Thousand Ducats Gentiana Decoction Variation

- **Long Dan Cao** *Radix Gentianae* 10 g
- **Gou Teng** *Ramulus cum Uncis Uncariae* 10 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Xia Ku Cao** *Spica Prunellae* 9 g
- **Gao Ben** *Rhizoma Ligustici* 9 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 3 g
- **Ci Shi** *Magnetitum* 20 g
- **Mu Li** *Concha Ostreae* 20 g

QIAN LIE XIAN YAN PIAN*Prostatitis Tablet*

- **Yu Xing Cao** *Herba Houttuniae* 6 g
- **Feng Wei Cao** *Herba Pteridis multifloetidae* 6 g
- **Tu Fu Ling** *Rhizoma Smilacis glabrae* 6 g
- **Pu Gong Ying** *Herba Taraxaci* 6 g
- **Zi Hua Di Ding** *Herba Violae* 6 g
- **Da Huang** *Radix et Rhizoma Rhei* 6 g
- **Ban Zhi Lian** *Herba Lobeliae chinensis* 6 g
- **Bai Hua She She Cao** *Herba Hedyotidis diffusa* 6 g
- **Long Dan Cao** *Radix Gentianae* 6 g
- **Ma Chi Xian** *Herba Portulacae* 6 g

QIAN ZHENG SAN*Pulling the Upright Powder*

- **Bai Fu Zi** *Rhizoma Thyphonii* 6 g
- **Jiang Can** *Bombyx batryticatus* 6 g
- **Quan Xie** *Scorpio* 1.5 g

QIANG HUO SHENG SHI TANG*Notopterygium Dispelling Dampness Decoction*

- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 6 g
- **Du Huo** *Radix Angelicae pubescentis* 6 g
- **Fang Feng** *Radix Saposhnikoviae* 6 g
- **Gao Ben** *Rhizoma Ligustici* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 3 g
- **Man Jing Zi** *Fructus Viticis* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

QIN JIAO SI WU TANG*Gentiana macrophylla Four Substances Decoction*

- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Sheng Di Huang** *Radix Rehmanniae* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Qin Jiao** *Radix Gentianae macrophyllae* 6 g
- **Yi Yi Ren** *Semen Coicis* 6 g
- **Can Sha** *Faeces Bombycis* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

QING DAI SAN*Indigo Powder*

- **Qing Dai** *Indigo naturalis* 9 g
- **Hai Ge Ke** *Concha Meretricis seu Cyclinae* 12 g

QING E WAN*Young Maid Pill*

- **Hu Tao Rou** *Semen Juglandis* 6 g
- **Bu Gu Zhi** *Fructus Psoraleae* 6 g
- **Du Zhong** *Cortex Eucommiae ulmoidis* 6 g

QING FEI YIN*Clearing the Lungs Decoction*

- **Huang Qin** *Radix Scutellariae* 9 g
- **Sang Bai Pi** *Cortex Mori* 9 g
- **Fu Ling** *Poria* 6 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Che Qian Zi** *Semen Plantaginis* 6 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Mu Tong** *Caulis Akebiae trifoliatae* 4.5 g

QING GAN LI SHI TANG*Clearing the Liver and Eliminating Dampness Decoction*

- **Huang Bo** *Cortex Phellodendri* 9 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Qu Mai** *Herba Dianthi* 6 g
- **Bian Xu** *Herba Polygoni avicularis* 6 g
- **Hua Shi** *Talcum* 6 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Che Qian Zi** *Semen Plantaginis* 6 g
- **Mu Tong** *Caulis Akebiae trifoliatae* 3 g
- **Chai Hu** *Radix Bupleuri* 6 g
- **Yin Chen Hao** *Herba Artemisiae scopariae* 6 g
- **She Chuang Zi** *Fructus Cnidii* 6 g
- **Wang Bu Liu Xing** *Semen Vaccariae* 6 g
- **Jin Qian Cao** *Herba Lysimachiae/Desmodii* 6 g

QING GAN LU HUI WAN*Clearing the Liver Aloe Pill*

- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Sheng Di Huang** *Radix Rehmanniae* 6 g
- **Qing Pi** *Pericarpium Citri reticulatae viride* 3 g
- **Lu Hui** *Aloe* 6 g
- **Kun Bu** *Thallus Eckloniae* 9 g
- **Hai Zao** *Sargassum* 9 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Huang Lian** *Rhizoma Coptidis* 3 g

QING GAN TOU DING TANG*Clearing the Liver and Penetrating the Crown (of the head) Decoction*

- **Ling Yang Jiao** *Cornu Saigae tataricae* 4.5 g
- **Shi Jue Ming** *Concha Haliotidis* 12 g
- **Chan Tui** *Periostracum Cicadae* 4.5 g
- **Sang Ye** *Folium Mori* 6 g
- **Bo He** *Herba Menthae haplocalycis* 3 g
- **Xia Ku Cao** *Spica Prunellae* 6 g
- **Mu Dan Pi** *Cortex Moutan* 4.5 g
- **Xuan Shen** *Radix Scrophulariae* 3 g
- **Jie Geng** *Radix Platycodi* 3 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g

QING JIN HUA TAN TANG

Clearing Metal and Resolving Phlegm Decoction

- **Huang Qin** *Radix Scutellariae* 9 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Zhi Mu** *Rhizoma Anemarrhenae* 6 g
- **Zhe Bei Mu** *Bulbus Fritillariae thunbergii* 6 g
- **Gua Lou** *Fructus Trichosanthis* 9 g
- **Sang Bai Pi** *Cortex Mori* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g
- **Fu Ling** *Poria* 6 g
- **Jie Geng** *Radix Platycodi* 4.5 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

QING JIN XIAO KE TANG

Clearing Metal and Stopping Cough Decoction

- **Jin Yin Hua** *Flos Lonicerae japonicae* 10 g
- **Chai Hu** *Radix Bupleuri* 10 g
- **Huang Qin** *Radix Scutellariae* 12 g
- **Shi Gao** *Gypsum fibrosum* 20 g
- **Da Huang** *Radix et Rhizoma Rhei* 6 g
- **Sang Bai Pi** *Cortex Mori* 12 g
- **Xing Ren** *Semen Armeniacae* 10 g
- **Jie Geng** *Radix Platycodi* 10 g
- **Ma Huang** (fried with honey) *Herba Ephedrae* 3 g
- **Lu Gen** *Rhizoma Phragmitis* 12 g
- **Mai Men Dong** *Radix Ophiopogonis* 10 g
- **Sheng Di Huang** *Radix Rehmanniae* 10 g
- **Ju Hua** *Flos Chrysanthemi* 10 g
- **Bo He** *Herba Menthae haplocalycis* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 6 g

QING QI HUA TAN TANG

Clearing Qi and Resolving Phlegm Decoction

- **Dan Nan Xing** *Rhizoma Arisaematis preparatum* 12 g

- **Gua Lou** *Fructus Trichosanthis* 9 g
- **Huang Qin** *Radix Scutellariae* 9 g
- **Zhi Shi** *Fructus Aurantii immaturus* 9 g
- **Chen Pi** *Pericarpium Citri reticulatae* 9 g
- **Fu Ling** *Poria* 9 g
- **Xing Ren** *Semen Armeniacae* 9 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 12 g

QING RE LI SHI TANG

Clearing Heat and Resolving Dampness Decoction

- **Bi Xie** *Rhizoma Dioscoreae hypoglaucae* 12 g
- **Qu Mai** *Herba Dianthi* 12 g
- **Shan Zhi Zi** *Fructus Gardeniae* (charred) 9 g
- **Huang Qin** *Radix Scutellariae* 9 g
- **Huang Lian** *Rhizoma Coptidis* 6 g
- **Zhi Mu** *Rhizoma Anemarrhenae* 9 g
- **Mu Dan Pi** *Cortex Moutan* 6 g
- **Ou Jie** *Rhizomatis Nelumbinis nodus* 15 g
- **Bai Mao Gen** *Rhizoma Imperatae* 30 g

QING RE SHEN SHI TANG

Clearing Heat and Draining Dampness Decoction

- **Huang Qin** *Radix Scutellariae* 3 g
- **Huang Bo** *Cortex Phellodendri* 3 g
- **Ku Shen** *Radix Sophorae flavescens* 3 g
- **Bai Xian Pi** *Cortex Dictamni* 3 g
- **Ban Lan Gen** *Radix Isatidis seu Baphicacanthis* 5 g
- **Sheng Di Huang** *Radix Rehmanniae* 5 g
- **Fu Ling** *Poria* 3 g
- **Hua Shi** *Talcum* 5 g
- **Zhu Ye** *Folium Phyllostachys nigrae* 3 g

QING RE TIAO XUE TANG

Clearing Heat and Regulating Blood Decoction

- **Mu Dan Pi** *Cortex Moutan* 6 g
- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **Huang Lian** *Rhizoma Coptidis* 4.5 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Hong Hua** *Flos Carthami tinctorii* 6 g
- **Tao Ren** *Semen Persicae* 6 g
- **E Zhu** *Rhizoma Curcumae* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g
- **Yan Hu Suo** *Rhizoma Corydalis* 6 g

QING RE ZHI BENG TANG*Clearing Heat and Stopping Flooding Decoction*

- **Shan Zhi Zi** *Fructus Gardeniae* 9 g
- **Huang Qin** *Radix Scutellariae* 9 g
- **Huang Bo** *Cortex Phellodendri* 6 g
- **Sheng Di Huang** *Radix Rehmanniae* 24 g
- **Mu Dan Pi** *Cortex Moutan* 9 g
- **Di Yu** *Radix Sanguisorbae* 12 g
- **Ce Bai Ye** *Cacumen Platycladi* 12 g
- **Chun Gen Bai Pi** *Cortex Ailanthi* 12 g
- **Gui Ban** *Plastrum Testudinis* 15 g
- **Bai Shao** *Radix Paeoniae alba* 24 g

QING WEI SAN*Clearing the Stomach Powder*

- **Huang Lian** *Rhizoma Coptidis* 5 g
- **Sheng Di Huang** *Radix Rehmanniae* 12 g
- **Mu Dan Pi** *Cortex Moutan* 9 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Sheng Ma** *Rhizoma Cimicifugae* 6 g

QING WEI SHENG JIN YIN*Clearing the Stomach and Generating Fluids Decoction*

- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **Mai Men Dong** *Radix Ophiopogonis* 9 g
- **Huang Lian** *Rhizoma Coptidis* 4.5 g
- **Shi Gao** *Gypsum Fibrosum* 9 g
- **Pu Gong Ying** *Herba Taraxaci* 6 g
- **Jin Yin Hua** *Flos Lonicerae japonicae* 6 g
- **Mu Dan Pi** *Cortex Moutan* 9 g
- **Yu Zhu** *Rhizoma Polygonati odorati* 6 g
- **Gu Ya** *Fructus Oryzae germinatus* 6 g
- **Liu Yi San** (*Hua Shi Talcum* and *Gan Cao Radix Glycyrrhizae uralensis*) 18 g

QING XIN LIAN ZI YIN*Clearing the Heart Semen Nelumbinis Decoction*

- **Huang Qi** *Radix Astragali* 9 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Lian Zi** *Semen Nelumbinis* 6 g
- **Fu Ling** *Poria* 6 g
- **Dang Shen** *Radix Codonopsis* 6 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Di Gu Pi** *Cortex Lycii* 6 g
- **Che Qian Zi** *Semen Plantaginis* 6 g

QING XIN ZHI YI TANG*Clearing the Heart and Stopping Leakage Decoction*

- **Huang Lian** *Rhizoma Coptidis* 4 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 4 g
- **Zhu Ye** *Folium Phyllostachys nigrae* 4 g
- **Lian Qiao** *Fructus Forsythiae* 8 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 8 g
- **Fu Ling** *Poria* 8 g
- **Yuan Zhi** *Radix Polygalae* 8 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 8 g
- **Chen Pi** *Pericarpium Citri reticulatae* 8 g
- **Dan Nan Xing** *Rhizoma Arisaematis preparatum* 8 g

QING YING TANG*Clearing Nutritive Qi Decoction*

- **Shui Niu Jiao** *Cornu Bubali* 9 g
- **Sheng Di Huang** *Radix Rehmanniae* 12 g
- **Xuan Shen** *Radix Scrophulariae* 9 g
- **Zhu Ye** *Folium Phyllostachys nigrae* 3 g
- **Mai Men Dong** *Radix Ophiopogonis* 9 g
- **Dan Shen** *Radix Salviae miltiorrhizae* 6 g
- **Huang Lian** *Rhizoma Coptidis* 5 g
- **Jin Yin Hua** *Flos Lonicerae* 9 g
- **Lian Qiao** *Fructus Forsythiae* 6 g

QING ZAO JIU FEI TANG*Clearing Dryness and Rescuing the Lungs Decoction*

- **Sang Ye** *Folium Mori* 9 g
- **Shi Gao** *Gypsum fibrosum* 7.5 g
- **Mai Men Dong** *Radix Ophiopogonis* 3.6 g
- **Ren Shen** *Radix Ginseng* 2 g
- **Hu Ma Ren (Hei Zhi Ma)** *Semen Sesami indicis* 3 g
- **E Jiao** *Colla Corii Asini* 2.4 g
- **Xing Ren** *Semen Armeniacae* 2 g
- **Pi Pa Ye** *Folium Eriobotryae* 3 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

QING ZAO JIU FEI TANG Variation (Chapter 46, Bleeding, Coughing blood, Wind-Dry Heat)*Clearing Dryness and Rescuing the Lungs Decoction Variation*

- **Sang Ye** *Folium Mori* 9 g
- **Shi Gao** *Gypsum fibrosum* 7.5 g
- **Mai Men Dong** *Radix Ophiopogonis* 3.6 g
- **Ren Shen** *Radix Ginseng* 2 g
- **Hu Ma Ren (Hei Zhi Ma)** *Semen Sesami indicis* 3 g
- **E Jiao** *Colla Corii Asini* 2.4 g
- **Xing Ren** *Semen Armeniacae* 2 g

- **Pi Pa Ye** *Folium Eriobotryae* 3 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Sheng Di Huang** *Radix Rehmanniae* 6 g
- **Ou Jie** *Rhizomatis Nelumbinis nodus* 6 g
- **Qian Cao Gen** *Radix Rubiae* 6 g

QING ZAO TANG

Clearing Dryness Decoction

- **Huang Qi** *Radix Astragali* 9 g
- **Cang Zhu** *Rhizoma Atractylodis* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Ren Shen** *Radix Ginseng* 9 g
- **Fu Ling** *Poria* 6 g
- **Sheng Ma** *Rhizoma Cimicifugae* 3 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Shen Qu** *Massa medicata fermentata* 6 g
- **Huang Bo** *Cortex Phellodendri* 6 g
- **Huang Lian** *Rhizoma Coptidis* 3 g
- **Zhu Ling** *Polyporus* 6 g
- **Chai Hu** *Radix Bupleuri* 3 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

REN SHEN BAI DU SAN

Ginseng Expelling Toxin Powder

- **Ren Shen** *Radix Ginseng* 9 g
- **Fu Ling** *Poria* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 3 g
- **Du Huo** *Radix Angelicae pubescentis* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Chai Hu** *Radix Bupleuri* 6 g
- **Bo He** *Herba Menthae haplocalycis* 3 g
- **Qian Hu** *Radix Peucedani* 9 g
- **Zhi Ke** *Fructus Aurantii* 6 g
- **Jie Geng** *Radix Platycodi* 4 g

REN SHEN GE JIE SAN

Ginseng-Gecko Powder

- **Ge Jie** *Gecko* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 9 g

- **Ren Shen** *Radix Ginseng* 6 g
- **Fu Ling** *Poria* 6 g
- **Chuan Bei Mu** *Bulbus Fritillariae cirrhosae* 6 g
- **Sang Bai Pi** *Cortex Mori* 6 g
- **Xing Ren** *Semen Armeniacae* 9 g
- **Zhi Mu** *Rhizoma Anemarrhenae* 6 g

REN SHEN HU TAO TANG

Ginseng-Juglans Decoction

- **Ren Shen** *Radix Ginseng* 4.5 g
- **Hu Tao Ren** *Semen Juglandis* 5 pieces
- **Sheng Jiang** *Rhizoma Zingiberis recens* 5 slices

REN SHEN YANG YING TANG

Ginseng Nourishing Nutritive Qi Decoction

- **Ren Shen** *Radix Ginseng* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Huang Qi** *Radix Astragali* 9 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Bai Shao** *Radix Paeoniae alba* 18 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 9 g
- **Rou Gui** *Cortex Cinnamomi* 9 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Yuan Zhi** *Radix Polygalae* 4.5 g
- **Fu Ling** *Poria* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g

REN SHEN YANG YING TANG Variation (Chapter 21, Chest Painful Obstruction Syndrome, Qi and Yin deficiency)

Ginseng Nourishing Nutritive Qi Decoction Variation

- **Ren Shen** *Radix Ginseng* 9 g
- **Mai Men Dong** *Radix Ophiopogonis* 9 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Fu Ling** *Poria* 6 g
- **Huang Qi** *Radix Astragali* 12 g
- **Shan Yao** *Rhizoma Dioscoreae* 9 g
- **Dan Shen** *Radix Salviae miltiorrhizae* 6 g
- **Hong Hua** *Flos Carthami tinctorii* 6 g

REN SHEN YANG YING TANG Variation (Chapter 25, Mouth ulcers, Stomach Deficient and Cold)
Ginseng Nourishing Nutritive Qi Decoction Variation

- **Ren Shen** *Radix Ginseng* 9 g
- **Bei Sha Shen** *Radix Glehniae* 9 g
- **Huang Qi** *Radix Astragali* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Jin Yin Hua** *Flos Lonicerae japonicae* 6 g
- **Yin Yang Huo** *Herba Epimidii* 6 g
- **Ju Hua** *Flos Chrysanthemi* 6 g
- **Dan Shen** *Radix Salviae miltiorrhizae* 6 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Rou Gui** *Cortex Cinnamomi* 3 g
- **Lu Jiao Shuang** *Cornu Cervi degelatinatum* 6 g

ROU FU BAO YUAN TANG

Cinnamomum-Aconitum Preserving the Source Decoction

- **Rou Gui** *Cortex Cinnamomi* 1.5 g
- **Fu Zi** *Radix Aconiti lateralis preparata* 3 g
- **Huang Qi** *Radix Astragali* 6 g
- **Ren Shen** *Radix Ginseng* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

RUN CHANG WAN (from “Pi Wei Lun”)

Moistening the Intestines Pill

- **Da Huang** *Radix et Rhizoma Rhei* 15 g
- **Dang Gui** *Radix Angelicae sinensis* 15 g
- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 15 g
- **Tao Ren** *Semen Persicae* 30 g
- **Huo Ma Ren** *Semen Cannabis* 37.5 g

RUN CHANG WAN (from “Sheng Shi Zun Sheng Shu”)

Moistening the Intestines Pill

- **Sheng Di Huang** *Radix Rehmanniae* 30 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Tao Ren** *Semen Persicae* 9 g
- **Huo Ma Ren** *Semen Cannabis* 15 g
- **Zhi Ke** *Fructus Aurantii* 9 g

RUN CHANG WAN Variation (Chapter 30, Constipation, Yang deficiency)

Moistening the Intestines Pill Variation

- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Sheng Di Huang** *Radix Rehmanniae* 12 g
- **Huo Ma Ren** *Semen Cannabis* 6 g
- **Tao Ren** *Semen Persicae* 4.5 g
- **Zhi Ke** *Fructus Aurantii* 6 g

SAN AO TANG

Three Break Decoction

- **Ma Huang** *Herba Ephedrae* 6 g
- **Xing Ren** *Semen Armeniacae* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

SAN CAO TANG

Three “Cao” Decoction

- **Xia Ku Cao** *Spica Prunellae* 12 g
- **Long Dan Cao** *Radix Gentianae* 6 g
- **Yi Mu Cao** *Herba Leonuri* 9 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 6 g

SAN FENG CHU SHI TANG

Scattering Wind and Eliminating Dampness Decoction

- **Huang Bo** *Cortex Phellodendri* 6 g
- **Cang Zhu** *Rhizoma Atractylodis* 6 g
- **Fang Feng** *Radix Saposhnikoviae* 6 g
- **Xi Xian Cao** *Herba Siegesbeckiae* 4 g
- **Cang Er Zi** *Fructus Xanthii* 4 g
- **Fu Ping** *Herba Spirodela* 4 g
- **Bai Xian Pi** *Cortex Dictamni* 6 g
- **She Chuang Zi** *Fructus Cnidii* 4 g

SAN JIA FU MAI TANG

Three Carapaces Restoring the Pulse Decoction

- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 18 g
- **Sheng Di Huang** *Radix Rehmanniae* 18 g
- **Bai Shao** *Radix Paeoniae alba* 18 g
- **Mai Men Dong** *Radix Ophiopogonis* 15 g
- **Huo Ma Ren** *Semen Cannabis* 9 g
- **E Jiao** *Colla Corii Asini* 9 g
- **Mu Li** *Concha Ostreae* 15 g
- **Bie Jia** *Carapax Amydae sinensis* 24 g
- **Gui Ban** *Plastrum Testudinis* 30 g

SAN JIN PAI SHI TANG

Three “Jin” Eliminating [Urinary] Calculi Decoction

- **Jin Qian Cao** *Herba Lysymachiae seu Desmodii* 15 g
- **Hai Jin Sha** *Spora Lygodii* 9 g
- **Ji Nei Jin** *Endothelium Corneum Gigeriae Galli* 6 g
- **Dong Kui Zi** *Fructus Malvae* 6 g
- **Shi Wei** *Folium Pyrrosiae* 6 g
- **Qu Mai** *Herba Dianthi* 6 g

SAN JIN PAI SHI TANG Variation (Chapter 31, Urinary Syndrome, Sticky Urinary Syndrome)
Three “Jin” Eliminating [Urinary] Calculi Decoction Variation

- **Jin Qian Cao** *Herba Lysymachiae seu Desmodii* 15 g
- **Hai Jin Sha** *Spora Lygodii* 9 g
- **Ji Nei Jin** *Endothelium Corneum Gigeriae Galli* 6 g
- **Dong Kui Zi** *Fructus Malvae* 6 g
- **Shi Wei** *Folium Pyrrosiae* 6 g
- **Qu Mai** *Herba Dianthi* 6 g
- **Che Qian Zi** *Semen Plantaginis* 6 g
- **Tong Tian Cao** *Herba Helecharis dulcis* 6 g
- **Liu Yi San** (*Hua Shi Talcum* and *Gan Cao Radix Glycyrrhizae uralensis*) 18 g

SAN MIAO SAN

Three Wonderful Powder

- **Cang Zhu** *Rhizoma Atractylodis* 15 g
- **Huang Bo** *Cortex Phellodendri* 12 g
- **Niu Xi** *Radix Achyranthis bidentatae* 6 g

SAN ZI YANG QIN TANG

Three-Seed Nourishing the Parents Decoction

- **Su Zi** *Fructus Perillae* 9 g
- **Bai Jie Zi** *Semen Sinapis albae* 6 g
- **Lai Fu Zi** *Semen Raphani* 9 g

SANG BAI PI TANG

Cortex Mori Decoction

- **Sang Bai Pi** *Cortex Mori* 9 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Huang Lian** *Rhizoma Coptidis* 3 g
- **Shan Zhi Zi** *Fructus Gardeniae* 4 g
- **Chuan Bei Mu** *Bulbus Fritillariae cirrhosae* 4 g
- **Xing Ren** *Semen Armeniacae* 6 g
- **Su Zi** *Fructus Perillae* 6 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g

SANG JU YIN

Morus-Chrysanthemum Decoction

- **Sang Ye** *Folium Mori* 6 g
- **Ju Hua** *Flos Chrysanthemi* 3 g
- **Bo He** *Herba Menthae haplocalycis* 3 g
- **Xing Ren** *Semen Armeniacae* 6 g
- **Jie Geng** *Radix Platycodi* 6 g
- **Lian Qiao** *Fructus Forsythiae* 6 g
- **Lu Gen** *Rhizoma Phragmitis* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

SANG JU YIN Variation (Chapter 8, Cough, Invasion of Wind-Heat)

Morus-Chrysanthemum Decoction Variation

- **Sang Ye** *Folium Mori* 6 g
- **Ju Hua** *Flos Chrysanthemi* 3 g
- **Bo He** *Herba Menthae haplocalycis* 3 g
- **Xing Ren** *Semen Armeniacae* 6 g
- **Jie Geng** *Radix Platycodi* 6 g
- **Lian Qiao** *Fructus Forsythiae* 6 g
- **Niu Bang Zi** *Fructus Arctii* 6 g
- **Qian Hu** *Radix Peucedani* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

SANG PIAO XIAO SAN

Ootheca Mantidis Pill

- **Sang Piao Xiao** *Ootheca Mantidis* 9 g
- **Long Gu** *Mastodi Oosis fossilia* 15 g
- **Gui Ban** *Plastrum Testudinis* 15 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Ren Shen** *Radix Ginseng* 9 g
- **Fu Shen** *Sclerotium Poriae paradicis* 6 g
- **Yuan Zhi** *Radix Polygalae* 6 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g

SANG XING TANG

Morus-Prunus Decoction

- **Sang Ye** *Folium Mori* 9 g
- **Xing Ren** *Semen Armeniacae* 9 g
- **Dan Dou Chi** *Semen Sojae preparatum* 9 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Zhe Bei Mu** *Bulbus Fritillariae thunbergii* 6 g
- **Nan Sha Shen** *Radix Adenophorae* 6 g
- **Li Pi** *Pericarpium Fructi Pyri* 6 g

SHA SHEN MAI DONG TANG

Glehnia-Ophiopogon Decoction

- **Bei Sha Shen** *Radix Glehniae* 9 g
- **Mai Men Dong** *Radix Ophiopogonis* 9 g
- **Yu Zhu** *Rhizoma Polygonati odorati* 6 g
- **Tian Hua Fen** *Radix Trichosanthis* 4.5 g
- **Sang Ye** *Folium Mori* 4.5 g
- **Bian Dou** *Semen Dolichoris lablab* 4.5 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

SHAO FU ZHU YU TANG

Lower Abdomen Eliminating Stasis Decoction

- **Xiao Hui Xiang** *Fructus Foeniculi* 6 g

- **Gan Jiang** *Rhizoma Zingiberis* 2 g
- **Rou Gui** *Cortex Cinnamomi* 1.5 g
- **Yan Hu Suo** *Rhizoma Corydalis* 6 g
- **Mo Yao** *Myrrha* 6 g
- **Pu Huang** *Pollen Typhae* 6 g
- **Wu Ling Zhi** *Excrementum Trogopteri* 4.5 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 4.5 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g

SHAO FU ZHU YU TANG Variation (Chapter 46, Bleeding, Blood in the urine, Qi and Blood stagnation)
Lower Abdomen Eliminating Stasis Decoction Variation

- **Xiao Hui Xiang** *Fructus Foeniculi* 6 g
- **Gan Jiang** *Rhizoma Zingiberis* 2 g
- **Rou Gui** *Cortex Cinnamomi* 1.5 g
- **Yan Hu Suo** *Rhizoma Corydalis* 6 g
- **Mo Yao** *Myrrha* 6 g
- **Pu Huang** *Pollen Typhae* 6 g
- **Wu Ling Zhi** *Excrementum Trogopteri* 4.5 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 4.5 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **San Qi** *Radix Notoginseng* 6 g
- **Qian Cao Gen** *Radix Rubiae* 6 g

SHAO YAO GAN CAO TANG JIA WEI
Augmented Paeonia-Glycyrrhiza Decoction

- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 9 g
- **Huang Jing** *Rhizoma Polygonati* 6 g
- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Wu Wei Zi** *Fructus Schisandrae* 4.5 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 6 g

SHAO YAO TANG
Paeonia Decoction

- **Bai Shao** *Radix Paeoniae alba* 20 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 5 g
- **Huang Lian** *Rhizoma Coptidis* 5 g
- **Huang Qin** *Radix Scutellariae* 9 g
- **Da Huang** *Radix et Rhizoma Rhei* 9 g
- **Mu Xiang** *Radix Aucklandiae* 5 g
- **Bing Lang** *Semen Arecae* 5 g
- **Rou Gui** *Cortex Cinnamomi* 2 g

SHE GAN MA HUANG TANG
Belamcanda-Ephedra Decoction

- **She Gan** *Rhizoma Belamcandae* 6 g
- **Ma Huang** *Herba Ephedrae* 9 g
- **Gan Jiang** *Rhizoma Zingiberis* 3 g
- **Xi Xin** *Herba Asari* 3 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Zi Wan** *Radix Asteris* 6 g
- **Kuan Dong Hua** *Flos Farfarae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Wu Wei Zi** *Fructus Schisandrae* 3 g
- **Da Zao** *Fructus Jujubae* 3 dates

SHEN FU TANG
Ginseng-Aconitum Decoction

- **Ren Shen** *Radix Ginseng* 9 g
- **Fu Zi** *Radix Aconiti lateralis preparata* 6 g

SHEN GE SAN
Ginseng-Gecko Powder

- **Ren Shen** *Radix Ginseng* 12 g
- **Ge Jie** *Gecko* 12 g

SHEN LING BAI ZHU SAN
Ginseng-Poria-Atractylodes Powder

- **Ren Shen** *Radix Ginseng* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Fu Ling** *Poria* 12 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g
- **Bian Dou** *Semen Dolichoris lablab* 12 g
- **Shan Yao** *Rhizoma Dioscoreae* 12 g
- **Lian Zi** *Semen Nelumbinis* 12 g
- **Sha Ren** *Fructus Amomi* 4.5 g
- **Yi Yi Ren** *Semen Coicis* 10 g
- **Jie Geng** *Radix Platycodi* 6 g

SHEN QI DI HUANG TANG
Pseudostellaria-Astragalus-Rehmannia Decoction

- **Tai Zi Shen** *Radix Pseudostellariae* 9 g
- **Huang Qi** *Radix Astragali* 9 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 24 g
- **Shan Zhu Yu** *Fructus Corni* 12 g
- **Shan Yao** *Rhizoma Dioscoreae* 12 g
- **Ze Xie** *Rhizoma Alismatis* 9 g
- **Mu Dan Pi** *Cortex Moutan* 9 g
- **Fu Ling** *Poria* 9 g

SHEN QI DI HUANG TANG Variation by **Dr Liu Hong Wei** (Chapter 19, Hypertension)
Pseudostellaria-Astragalus-Rehmannia Decoction Variation

- **Tai Zi Shen** *Radix Pseudostellariae* 9 g
- **Huang Qi** *Radix Astragali* 9 g
- **Sheng Di Huang** *Radix Rehmanniae* 12 g
- **Shan Yao** *Rhizoma Dioscoreae* 12 g
- **Ze Xie** *Rhizoma Alismatis* 9 g
- **Fu Ling** *Poria* 9 g
- **Sang Ji Sheng** *Herba Taxilli* 6 g
- **Chuan Niu Xi** *Radix Cyathulae* 6 g
- **Yi Mu Cao** *Herba Leonuri* 6 g
- **Shi Wei** *Folium Pyrrosiae* 6 g
- **Dan Shen** *Radix Salviae miltiorrhizae* 6 g
- **Che Qian Zi** *Semen Plantaginis* 6 g
- **Sang Ye** *Folium Mori* 6 g
- **Tian Ma** *Rhizoma Gastrodiae* 6 g

SHEN QI WAN

Kidney-Qi Pill

- **Fu Zi** *Radix Aconiti lateralis preparata* 3 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 3 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 24 g
- **Shan Zhu Yu** *Fructus Corni* 12 g
- **Shan Yao** *Rhizoma Dioscoreae* 12 g
- **Ze Xie** *Rhizoma Alismatis* 9 g
- **Mu Dan Pi** *Cortex Moutan* 9 g
- **Fu Ling** *Poria* 9 g
- **Chuan Niu Xi** *Radix Cyathulae* 6 g
- **Che Qian Zi** *Semen Plantaginis* 6 g

SHEN SHI TANG

Draining Dampness Decoction

- **Cang Zhu** *Rhizoma Atractylodis* 6 g
- **Fu Ling** *Poria* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Gan Jiang** *Rhizoma Zingiberis* 4.5 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g
- **Ding Xiang** *Flos Caryophylli* 6 g

SHEN SHI TANG Variation (Chapter 39, Lower backache, Invasion of Cold and Dampness)
Draining Dampness Decoction Variation

- **Cang Zhu** *Rhizoma Atractylodis* 6 g
- **Fu Ling** *Poria* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g

- **Gan Jiang** *Rhizoma Zingiberis* 4.5 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g
- **Ding Xiang** *Flos Caryophylli* 6 g
- **Ma Huang** *Herba Ephedrae* 3 g
- **Bai Zhi** *Radix Angelicae dahuricae* 6 g
- **Rou Gui** *Cortex Cinnamomi* 3 g

SHEN SU YIN

Ginseng-Perilla Decoction

- **Ren Shen** *Radix Ginseng* 9 g
- **Zi Su Ye** *Folium Perillae* 3 g
- **Ge Gen** *Radix Puerariae* 9 g
- **Qian Hu** *Radix Peucedani* 3 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Fu Ling** *Poria* 9 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Zhi Ke** *Fructus Aurantii* 6 g
- **Jie Geng** *Radix Platycodi* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 g
- **Da Zao** *Fructus Jujubae* 4 dates

SHEN TONG ZHU YU TANG

Body-Pain Eliminating Stasis Decoction

- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Tao Ren** *Semen Persicae* 9 g
- **Hong Hua** *Flos Carthami tinctorii* 9 g
- **Mo Yao** *Myrrha* 6 g
- **Wu Ling Zhi** *Excrementum Troglodyteri* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 3 g
- **Chuan Niu Xi** *Radix Cyathulae* 9 g
- **Di Long** *Pheretima* 6 g
- **Qin Jiao** *Radix Gentianae macrophyllae* 3 g
- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 3 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

SHEN TONG ZHU YU TANG Variation (Chapter 39, Lower backache, Sciatica, stagnation of Qi and Blood)
Body-Pain Eliminating Stagnation Decoction Variation

- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Chuan Xiong** *Radix Chuanxiong* 6 g
- **Tao Ren** *Semen Persicae* 9 g
- **Hong Hua** *Flos Carthami tinctorii* 9 g
- **Mo Yao** *Myrrha* 6 g
- **Wu Ling Zhi** *Excrementum Troglodyteri* 6 g

- **Xiang Fu** *Rhizoma Cyperi* 3 g
- **Niu Xi** *Radix Achyranthis bidentatae seu Cyathulae* 9 g
- **Di Long** *Pheretima Aspergillum* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

SHEN ZHAO TANG*Kidney Warming Decoction*

- **Gui Zhi** *Ramulus Cinnamomi cassiae* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Fu Ling** *Poria* 9 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Ze Xie** *Rhizoma Alismatis* 9 g
- **Huai Niu Xi** *Radix Achyranthis bidentatae* 6 g
- **Gan Jiang** *Rhizoma Zingiberis* 3 g
- **Du Zhong** *Cortex Eucommiae ulmoidis* 9 g

SHENG JIN SAN*Victorious Metal Powder*

- **Gui Zhi** *Ramulus Cinnamomi cassiae* 6 g
- **Yan Hu Suo** *Rhizoma Corydalis* 9 g
- **Wu Ling Zhi** *Excrementum Troglodyteri* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g

SHENG MAI SAN*Generating the Pulse Powder*

- **Ren Shen** *Radix Ginseng* 9 g
- **Mai Men Dong** *Radix Ophiopogonis* 9 g
- **Wu Wei Zi** *Fructus Schisandrae* 3 g

SHENG TIE LUO YIN*Frusta Ferri Decoction*

- **Sheng Tie Luo** *Frusta Ferri* 60 g
- **Dan Nan Xing** *Rhizoma Arisaematis preparatum* 9 g
- **Zhe Bei Mu** *Bulbus Fritillariae thunbergii* 9 g
- **Xuan Shen** *Radix Scrophulariae* 9 g
- **Tian Men Dong** *Radix Asparagi* 9 g
- **Mai Men Dong** *Radix Ophiopogonis* 9 g
- **Lian Qiao** *Fructus Forsythiae* 9 g
- **Dan Shen** *Radix Salviae miltiorrhizae* 12 g
- **Fu Ling** *Poria* 12 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g
- **Yuan Zhi** *Radix Polygalae* 6 g
- **Zhu Sha** *Cinnabaris* 1.8 g

SHENG YANG YI WEI TANG*Raising Yang and Benefiting the Stomach Decoction*

- **Huang Qi** *Radix Astragali* 9 g
- **Ren Shen** *Radix Ginseng* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Du Huo** *Radix Angelicae pubescentis* 6 g
- **Fang Feng** *Radix Saposhnikoviae* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Fu Ling** *Poria* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Chai Hu** *Radix Bupleuri* 3 g
- **Huang Lian** *Rhizoma Coptidis* 3 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 6 g
- **Da Zao** *Fructus Jujubae* 6 g

SHENG YU TANG*Sage-like Healing Decoction*

- **Ren Shen** *Radix Ginseng* 12 g
- **Huang Qi** *Radix Astragali* 18 g
- **Dang Gui** *Radix Angelicae sinensis* 15 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 8 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 18 g
- **Bai Shao** *Radix Paeoniae alba* 12 g

SHI BU WAN*Ten Tonifications Pill*

- **Fu Zi** *Radix Aconiti lateralis preparata* 3 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 3 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 24 g
- **Shan Zhu Yu** *Fructus Corni officinalis* 12 g
- **Shan Yao** *Radix Dioscoreae oppositae* 12 g
- **Ze Xie** *Rhizoma Alismatis orientalis* 9 g
- **Mu Dan Pi** *Cortex Moutan radidis* 9 g
- **Fu Ling** *Poria* 9 g
- **Lu Rong** *Cornu Cervi parvum* 6 g
- **Wu Wei Zi** *Fructus Schisandrae chinensis* 6 g

SHI PI YIN*Strengthening the Spleen Decoction*

- **Fu Zi** *Radix Aconiti lateralis preparata* 6 g
- **Gan Jiang** *Rhizoma Zingiberis* 6 g
- **Fu Ling** *Poria* 6 g
- **Mu Gua** *Fructus Chaenomelis* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Hou Po** *Cortex Magnoliae officinalis* 6 g
- **Mu Xiang** *Radix Aucklandiae* 6 g

- **Da Fu Pi** *Pericarpium Arecae* 6 g
- **Cao Guo** *Fructus Tsaoko* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

SHI QUAN DA BU TANG

Ten Complete Great Tonification Decoction

- **Ba Zhen Tang** *Eight Precious Decoction* plus
- **Huang Qi** *Radix Astragali* 8 g
- **Rou Gui** *Cortex Cinnamomi* 4 g

SHI QUAN DA BU TANG Variation (Chapter 18, Goitre, Hypothyroidism, Qi and Blood deficiency)
Ten Complete Great Tonification Decoction Variation

- **Dang Shen** *Radix Codonopsis* 10 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Fu Ling** *Poria* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Huang Qi** *Radix Astragali* 6 g
- **Rou Gui** *Cortex Cinnamomi* 3 g
- **Dan Shen** *Radix Salviae miltiorrhizae* 6 g
- **Sha Ren** *Fructus Amomi* 6 g
- **Shan Yao** *Rhizoma Dioscoreae* 6 g

SHI WEI SAN

Pyrrosia Powder

- **Shi Wei** *Folium Pyrrosiae* 9 g
- **Dong Kui Zi** *Fructus Malvae* 6 g
- **Qu Mai** *Herba Dianthi* 6 g
- **Che Qian Zi** *Semen Plantaginis* 6 g
- **Hua Shi** *Talcum* 6 g

SHI WEI WEN DAN TANG

Ten-Ingredient Warming the Gall Bladder Decoction

- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Fu Ling** *Poria* 4.5 g
- **Zhi Shi** *Fructus Aurantii immaturus* 6 g
- **Ren Shen** *Radix Ginseng* 3 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 9 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 3 g
- **Yuan Zhi** *Radix Polygalae* 3 g

- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 1.5 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 5 slices
- **Hong Zao** *Fructus Jujubae* one date

SHI WEI WEN DAN TANG Variation (Chapter 13, Depression, Qi stagnation with Phlegm)
Ten-Ingredient Warming the Gall Bladder Decoction Variation

- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Fu Ling** *Poria* 9 g
- **Zhi Ke** *Fructus Aurantii* 6 g
- **Qian Hu** *Radix Peucedani* 6 g
- **Zhu Ru** *Caulis Bambusae in Taeniam* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Yuan Zhi** *Radix Polygalae* 6 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g
- **Yu Jin** *Radix Curcumae* 6 g
- **Gua Lou** *Fructus Trichosanthis* 6 g
- **Dan Nan Xing** *Rhizoma Arisaematis preparatum* 6 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **He Huan Pi** *Cortex Albiziae* 6 g

SHI XIAO SAN

Breaking into a Smile Powder

- **Pu Huang** *Pollen Typhae* 9 g
- **Wu Ling Zhi** *Excrementum Troglodyteri* 9 g

SHI YU TANG

Dampness Stagnation Decoction

- **Cang Zhu** *Rhizoma Atractylodis* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 3 g
- **Du Huo** *Radix Angelicae pubescentis* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Hou Po** *Cortex Magnoliae officinalis* 6 g
- **Fu Ling** *Poria* 6 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

SHI YU TANG

Food Stagnation Decoction

- **Cang Zhu** *Rhizoma Atractylodis* 9 g
- **Hou Po** *Cortex Magnoliae officinalis* 6 g

- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Shen Qu** *Massa medicata fermentata* 6 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Zhi Ke** *Fructus Aurantii* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g
- **Shan Ren** *Fructus Amomi* 3 g

SHOU NIAN SAN*Hand Picking Powder*

- **Yan Hu Suo** *Rhizoma Corydalis* 9 g
- **Wu Ling Zhi** *Excrementum Troglodyteri* 6 g
- **Cao Guo** *Fructus Tsaoko* 6 g
- **Mo Yao** *Myrrha* 6 g

SHOU NIAN WAN*Hand Picking Pill*

- **Wu Ling Zhi** *Excrementum Troglodyteri* 6 g
- **E Zhu** *Rhizoma Curcumae* 6 g
- **Mu Xiang** *Radix Aucklandiae* 3 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g

SHU GAN SAN JIE FANG*Soothe the Liver Disperse Stagnation Formula*

- **Chai Hu** *Radix Bupleuri* 6 g
- **Dan Shen** *Radix Salviae miltiorrhizae* 6 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Chuan Niu Xi** *Radix Cyathulae* 6 g
- **Mu Li** *Concha Ostreae* 9 g
- **Xuan Shen** *Radix Scrophulariae* 6 g
- **Zhe Bei Mu** *Bulbus Fritillariae thunbergii* 6 g
- **Xia Ku Cao** *Spica Prunellae* 6 g
- **Hai Zao** *Herba Sargassi* 6 g
- **Kun Bu** *Thallus Eckloniae* 6 g
- **Hai Fu Shi** *Pumice* 6 g

SHU GAN TIAO XUE TANG*Soothing the Liver and Regulating Blood Decoction*

- **Chai Hu** *Radix Bupleuri* 10 g
- **Xiang Fu** *Rhizoma Cyperi* 10 g
- **Yu Jin** *Radix Curcumae* 10 g
- **Su Geng** *Caulis Perillae* 10 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 10 g
- **Dang Gui** *Radix Angelicae sinensis* 10 g

- **Bai Shao** *Radix Paeoniae alba* 10 g
- **Bo He** *Herba Menthae haplocalycis* 6 g

SHU JIN TANG*Relaxing the Sinews Decoction*

- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 6 g
- **Hai Tong Pi** *Cortex Erythrinae* 6 g
- **Jiang Huang** *Rhizoma Curcumae longae* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g

SHU ZAO YIN ZI*Dredging and Digging Decoction*

- **Shang Lu** *Radix Phytolaccae* 6 g
- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 6 g
- **Qin Jiao** *Radix Gentianae macrophyllae* 6 g
- **Da Fu Pi** *Pericarpium Arecae* 6 g
- **Fu Ling Pi** *Cutis Poriae* 6 g
- **Sheng Jiang Pi** *Cortex Rhizomae Zingiberis recens* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Mu Tong** *Caulis Akebiae* 3 g
- **Jiao Mu** *Semen Zanthoxyli* 1.5 g
- **Chi Xiao Dou** *Semen Phaseoli* 6 g
- **Bing Lang** *Semen Arecae* 6 g

SHUANG HU TONG GUAN WAN*Double "Hu" Opening the Tubes Pill*

- **Hu Po** *Succinum* 1 g
- **Hu Zhang** *Rhizoma Polygoni cuspidati* 1 g
- **Da Huang** *Radix et Rhizoma Rhei* 1 g
- **Dang Gui (Wei)** *Radix Angelicae sinensis (tails)* 1 g
- **Tao Ren** *Semen Persicae* 1 g
- **Shi Wei** *Folium Pyrrosiae* 1 g
- **Hai Jin Sha** *Spora Lygodii* 1.5 g
- **Tu Bie Chong** *Eupolyphaga seu Steleophaga* 2 g

SHUI NIU JIAO DI HUANG TANG*Cornu Bubali-Rehmannia Decoction*

- **Shui Niu Jiao** *Cornu Bubali* 30 g
- **Sheng Di Huang** *Radix Rehmanniae* 30 g
- **Chi Shao** *Radix Paeoniae rubra* 12 g
- **Mu Dan Pi** *Cortex Moutan* 9 g

SHUI NIU JIAO SAN*Cornu Bubali Decoction*

- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **Shui Niu Jiao** *Cornu Bubali* 12 g
- **Xuan Shen** *Radix Scrophulariae* 6 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Fang Ji** *Radix Stephaniae tetrandrae* 6 g
- **Jiang Huang** *Rhizoma Curcumae longae* 6 g
- **Qin Jiao** *Radix Gentianae macrophyllae* 6 g
- **Hai Tong Pi** *Cortex Erythrinae* 3 g

SHUN QI DAO TAN TANG*Rectifying Qi and Resolving Phlegm Decoction*

- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Fu Ling** *Poria* 3 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 1.5 g
- **Dan Nan Xing** *Rhizoma Arisaematis preparatum* 6 g
- **Mu Xiang** *Radix Aucklandiae* 3 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g
- **Zhi Shi** *Fructus Aurantii immaturus* 6 g

SHUN QI DAO TAN TANG Variation (Chapter 13, Depression, Qi stagnation with Phlegm)

Rectifying Qi and Resolving Phlegm Decoction Variation

- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Fu Ling** *Poria* 3 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 1.5 g
- **Dan Nan Xing** *Rhizoma Arisaematis preparatum* 6 g
- **Mu Xiang** *Radix Aucklandiae* 3 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g
- **Zhi Shi** *Fructus Aurantii immaturus* 6 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g
- **Yuan Zhi** *Radix Polygalae* 9 g

SI HAI JIE YU TANG Variation by **Dr Chen Ze Lin** (Chapter 18, Goitre, Hyperthyroidism, review of modern Chinese literature)

Four Seas Eliminating Stagnation Decoction Variation

- **Chai Hu** *Radix Bupleuri* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 9 g
- **Zhi Ke** *Fructus Aurantii* 9 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Kun Bu** *Thallus Eckloniae* 6 g
- **Hai Zao** *Sargassum* 6 g
- **Hai Piao Xiao** *Endoconcha Sepiae* 6 g

- **Hai Ge Ke** *Concha Meretricis seu Cyclinae* 9 g
- **E Zhu** *Rhizoma Curcumae* 9 g
- **Mu Li** *Concha Ostreae* 30 g
- **Zhe Bei Mu** *Bulbus Fritillariae thunbergii* 9 g

SI HAI SHU YU WAN*Four Seas Soothe Stagnation Pill*

- **Mu Xiang** *Radix Aucklandiae* 3 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Kun Bu** *Thallus Eckloniae* 6 g
- **Hai Dai** *Thallus Laminariae* 6 g
- **Hai Zao** *Sargassum* 6 g
- **Hai Piao Xiao** *Endoconcha Sepiae* 6 g
- **Hai Ge Ke** *Concha Meretricis seu Cyclinae* 9 g

SI JIN PAI SHI TANG*Four "Jin" Discharging Stones Decoction*

- **Jin Qian Cao** *Herba Lysimachiae/Desmodii* 9 g
- **Ji Nei Jin** *Endothelium Corneum Gigeriae Galli* 9 g
- **Hai Jin Sha** *Spora Lygodii* 9 g
- **Yu Jin** *Radix Curcumae* 6 g
- **Zhi Ke** *Fructus Aurantii* 6 g
- **Qing Pi** *Pericarpium Citri reticulatae viride* 4.5 g
- **San Leng** *Rhizoma Sparganii stoloniferi* 6 g
- **E Zhu** *Rhizoma Curcumae* 6 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Huang Qi** *Radix Astragali* 6 g
- **Chai Hu** *Radix Bupleuri* 4.5 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Mu Xiang** *Radix Aucklandiae* 3 g

SI JUN ZI TANG*Four Gentlemen Decoction*

- **Ren Shen** *Radix Ginseng* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Fu Ling** *Poria* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

SI JUN ZI TANG Variation (Chapter 20, Tiredness, Heart-Qi deficiency)

Four Gentlemen Decoction Variation

- **Ren Shen** *Radix Ginseng* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Fu Ling** *Poria* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Wu Wei Zi** *Fructus Schisandrae chinensis* 4.5 g

SI MIAO SAN*Four Wonderful Powder*

- **Cang Zhu** *Rhizoma Atractylodis* 6 g
- **Huang Bo** *Cortex Phellodendri* 9 g
- **Niu Xi** *Radix Achyranthis bidentatae* 6 g
- **Yi Yi Ren** *Semen Coicis* 9 g

SI MIAO SAN Variation (Chapter 39, Lower backache, Sciatica, Damp Heat invading the back channels)

Four Wonderful Powder Variation

- **Cang Zhu** *Rhizoma Atractylodis* 9 g
- **Huang Bo** *Cortex Phellodendri* 9 g
- **Niu Xi** *Radix Achyranthis bidentatae seu Cyathulae* 9 g
- **Yi Yi Ren** *Semen Coicis* 9 g
- **Wei Ling Xian** *Radix Clematidis* 6 g
- **Hai Tong Pi** *Cortex Erythrinae* 6 g

SI MIAO SAN Variation (Chapter 45, Multiple sclerosis, Damp-Phlegm with Spleen deficiency)

Four Wonderful Powder Variation

- **Cang Zhu** *Rhizoma Atractylodis* 6 g
- **Huang Bo** *Cortex Phellodendri* 9 g
- **Niu Xi** *Radix Achyranthis bidentatae seu Cyathulae* 6 g
- **Yi Yi Ren** *Semen Coicis* 9 g
- **Bi Xie** *Rhizoma Dioscoreae hypoglaucae* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Du Huo** *Radix Angelicae pubescentis* 6 g

SI MO TANG*Four Milled-Herb Decoction*

- **Ren Shen** *Radix Ginseng* 3 g
- **Bing Lang** *Semen Arecae catechu* 9 g
- **Chen Xiang** *Lignum Aquilariae* 3 g
- **Wu Yao** *Radix Linderae strychnifoliae* 9 g

SI MO TANG Variation (Chapter 27, Abdominal pain, stagnation of Qi with Dampness)

Four Milled-Herb Decoction Variation

- **Ren Shen** *Radix Ginseng* 3 g
- **Bing Lang** *Semen Arecae catechu* 9 g
- **Chen Xiang** *Lignum Aquilariae* 3 g
- **Wu Yao** *Radix Linderae strychnifoliae* 9 g
- **Zhi Shi** *Fructus Aurantii immaturus* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g

- **Fu Ling** *Poria* 6 g
- **Sha Ren** *Fructus Amomi* 6 g

SI MO TANG Variation (Chapter 27, Abdominal pain, Qi stagnation, Dampness, Qi deficiency)

Four Milled-Herb Decoction Variation

- **Ren Shen** *Radix Ginseng* 3 g
- **Bing Lang** *Semen Arecae catechu* 9 g
- **Chen Xiang** *Lignum Aquilariae* 3 g
- **Wu Yao** *Radix Linderae strychnifoliae* 9 g
- **Zhi Shi** *Fructus Aurantii immaturus* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Fu Ling** *Poria* 6 g
- **Sha Ren** *Fructus Amomi* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g

SI NI SAN*Four Rebellious Powder*

- **Chai Hu** *Radix Bupleuri* 6 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Zhi Shi** *Fructus Aurantii immaturus* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g

SI NI TANG*Four Rebellious Decoction*

- **Fu Zi** *Radix Aconiti lateralis preparata* 6 g
- **Gan Jiang** *Rhizoma Zingiberis* 4.5 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g

SI QI TANG*Four Seasons Decoction for the Seven Emotions*

- **Hou Po** *Cortex Magnoliae officinalis* 9 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Fu Ling** *Poria* 12 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 15 g
- **Zi Su Ye** *Folium Perillae* 6 g
- **Da Zao** *Fructus Jujubae* 5 dates

SI SHEN WAN*Four Spirits Pill*

- **Bai Dou Kou** *Fructus Amomi rotundus* 6 g
- **Bu Gu Zhi** *Fructus Psoraleae* 12 g

- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Wu Zhu Yu** *Fructus Evodiae* 3 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Hong Zao** *Fructus Jujubae* 3 dates

SI TENG ER LONG TANG

Four Vines Two Dragons Decoction

- **Qing Feng Teng** *Caulis Sinomenii* 50 g
- **Hai Feng Teng** *Caulis Piperis kadsurae* 50 g
- **Ji Xue Teng** *Caulis Spatholobi* 50 g
- **Tian Xian Teng** *Caulis Aristolochiae debilis* 50 g
- **Shan Long** *Radix Gentianae* 25 g
- **Di Long** *Pheretima* 25 g

NOTE: please note that we are not allowed to use any species of *Aristolochia* and therefore Tian Xian Teng should be omitted and replaced with Hai Tong Pi *Cortex Erythrinae*.

SI WEI HUI YANG YIN

Four Ingredients Rescuing Yang Decoction

- **Ren Shen** *Radix Ginseng* 9 g
- **Fu Zi** *Radix Aconiti lateralis preparata* 6 g
- **Gan Jiang** *Rhizoma Zingiberis* 4.5 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

SI WU TANG

Four Substances Decoction

- **Shu Di Huang** *Radix Rehmanniae preparata* 12 g
- **Dang Gui** *Radix Angelicae sinensis* 10 g
- **Bai Shao** *Radix Paeoniae alba* 12 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 8 g

SI WU TANG Variation (Chapter 40, Fibromyalgia, Dampness and Liver-Blood deficiency)

Four Substances Decoction Variation

- **Shu Di Huang** *Radix Rehmanniae preparata* 12 g
- **Dang Gui** *Radix Angelicae sinensis* 10 g
- **Bai Shao** *Radix Paeoniae alba* 12 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 8 g
- **Cang Zhu** *Rhizoma Atractylodis* 6 g
- **Sha Ren** *Fructus Amomi* 4.5 g
- **Sang Ji Sheng** *Herba Taxilli* 6 g
- **Wei Ling Xian** *Radix Clematidis* 6 g
- **Fu Ling** *Poria* 6 g

SU HE XIANG WAN

Styrax Pill

- **Su He Xiang** *Styrax* 30 g
- **She Xiang** *Moschus* 60 g
- **Bing Pian** *Borneolum* 30 g
- **An Xi Xiang** *Benzoinum* 60 g
- **Mu Xiang** *Radix Aucklandiae* 60 g
- **Tan Xiang** *Lignum Santali albi* 60 g
- **Chen Xiang** *Lignum Aquilariae resinatum* 60 g
- **Ru Xiang** *Olibanum* 30 g
- **Ding Xiang** *Flos Caryophylli* 60 g
- **Xiang Fu** *Rhizoma Cyperi* 60 g
- **Bi Ba** *Fructus Piperis longi* 60 g
- **Shui Niu Jiao** *Cornu Bubali* 60 g
- **Zhu Sha** *Cinnabaris* 60 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 60 g
- **He Zi** *Fructus Chebulae* 60 g

SU ZI JIANG QI TANG

Perilla Seed Lowering Qi Decoction

- **Su Zi** *Fructus Perillae* 9 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Hou Po** *Cortex Magnoliae officinalis* 6 g
- **Qian Hu** *Radix Peucedani* 6 g
- **Rou Gui** *Cortex Cinnamomi* 3 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 2 slices
- **Zi Su Ye** *Folium Perillae* 5 leaves
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g
- **Da Zao** *Fructus Jujubae* 1 date

SUAN ZAO REN TANG

Ziziphus Decoction

- **Suan Zao Ren** *Semen Ziziphi spinosae* 18 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Fu Ling** *Poria* 12 g
- **Zhi Mu** *Rhizoma Anemarrhenae* 9 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

SUO QUAN WAN

Contracting the Spring Pill

- **Yi Zhi Ren** *Fructus Alpiniae oxyphyllae* 9 g
- **Wu Yao** *Radix Linderae* 6 g
- **Shan Yao** *Rhizoma Dioscoreae* 9 g

TAN YU TANG*Phlegm Stagnation Decoction*

- **Su Zi** *Fructus Perillae* 9 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Qian Hu** *Radix Peucedani* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Chen Xiang** *Lignum Aquilariae resinatum* 6 g
- **Gua Lou** *Fructus Trichosanthis* 9 g
- **Dan Nan Xing** *Rhizoma Arisaematis preparatum* 6 g
- **Zhi Shi** *Fructus Aurantii immaturus* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g
- **Hua Shi** *Talcum* 6 g

TAO HE CHENG QI TANG*Persica Conducting Qi Decoction*

- **Tao Ren** *Semen Persicae* 12 g
- **Da Huang** *Radix et Rhizoma Rhei* 12 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 6 g
- **Mang Xiao** *Natrii Sulfas* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g

TAO HONG SI WU TANG*Persica-Carthamus Four Substances Decoction*

- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 12 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Tao Ren** *Semen Persicae* 6 g
- **Hong Hua** *Flos Carthami tinctorii* 6 g

TAO HONG SI WU TANG Variation (Chapter 21, Chest Painful Obstruction Syndrome, Heart-Blood stasis)

Persica-Carthamus Four Substances Decoction Variation

- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 12 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Chuan Xiong** *Radix Chuanxiong* 6 g
- **Hong Hua** *Flos Carthami tinctorii* 6 g
- **Tao Ren** *Semen Persicae* 6 g
- **Huang Lian** *Rhizoma Coptidis* 3 g
- **Dan Nan Xing** *Rhizoma Arisaematis preparatum* 6 g
- **Zhu Ru** *Caulis Bambusae in Taeniam* 6 g
- **San Qi** *Radix Notoginseng* 3 g
- **Dan Shen** *Radix Salviae miltiorrhizae* 9 g
- **Jiang Huang** *Rhizoma Curcumae longae* 3 g

TAO HONG YIN*Persica-Carthamus Decoction*

- **Tao Ren** *Semen Persicae* 6 g
- **Hong Hua** *Flos Carthami tinctorii* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Dang Gui (Wei)** *Radix Angelicae sinensis* (“tail” only) 6 g
- **Wei Ling Xian** *Radix Clematidis* 6 g

TAO HONG YIN Variation (Chapter 38, Painful Obstruction Syndrome, Chronic Painful Obstruction Syndrome, stasis of Blood in joints)

Persica-Carthamus Decoction Variation

- **Tao Ren** *Semen Persicae* 6 g
- **Hong Hua** *Flos Carthami tinctorii* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Dang Gui (Wei)** *Radix Angelicae sinensis* (“tail” only) 6 g
- **Wei Ling Xian** *Radix Clematidis chinensis* 6 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Dan Nan Xing** *Rhizoma Arisaematis preparata* 6 g

TAO REN HONG HUA JIAN*Persica-Carthamus Decoction*

- **Tao Ren** *Semen Persicae* 6 g
- **Hong Hua** *Flos Carthami tinctorii* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 9 g
- **Yan Hu Suo** *Rhizoma Corydalis* 6 g
- **Gua Lou** *Fructus Trichosanthis* 6 g
- **Qing Pi** *Pericarpium Citri reticulatae viride* 6 g
- **Tan Xiang** *Lignum Santali albi* 3 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Long Chi** *Fossilia Dentis Mastodi* 9 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 6 g

TIAN MA GOU TENG YIN*Gastrodia-Uncaria Decoction*

- **Tian Ma** *Rhizoma Gastrodiae* 9 g
- **Gou Teng** *Ramulus cum Uncis Uncariae* 9 g
- **Shi Jue Ming** *Concha Haliotidis* 6 g
- **Sang Ji Sheng** *Herba Taxilli* 9 g
- **Du Zhong** *Cortex Eucommiae ulmoidis* 9 g
- **Chuan Niu Xi** *Radix Cyathulae* 9 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Huang Qin** *Radix Scutellariae* 9 g
- **Yi Mu Cao** *Herba Leonuri* 9 g
- **Ye Jiao Teng** *Caulis Polygoni multiflori* 9 g
- **Fu Shen** *Sclerotium Poriae paradicis* 6 g

TIAN MA GOU TENG YIN Variation (Chapter 19, Hypertension, Liver-Wind)

Gastrodia-Uncaria Decoction Variation

- **Xuan Shen** *Radix Scrophulariae* 30 g
- **Mu Dan Pi** *Cortex Moutan* 15 g
- **Huai Niu Xi** *Radix Achyranthis bidentatae* 50 g
- **Huang Bo** *Cortex Phellodendri* 15 g
- **Gou Teng** *Ramulus cum Uncis Uncariae* 50 g
- **Di Long** *Pheretima* 30 g
- **Ze Xie** *Rhizoma Alismatis* 30 g
- **Sang Ji Sheng** *Herba Taxilli* 50 g
- **Shan Zha** *Fructus Crataegi* 15 g

TIAN MA SHOU WU TANG

Gastrodia-Polygonum Decoction

- **Tian Ma** *Rhizoma Gastrodiae* 9 g
- **Shou Wu** *Radix Polygoni multiflori preparata* 9 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 6 g
- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Du Zhong** *Cortex Eucommiae ulmoidis* 6 g
- **Sang Ji Sheng** *Herba Taxilli* 6 g
- **Huai Niu Xi** *Radix Achyranthis bidentatae* 6 g
- **Yi Mu Cao** *Herba Leonuri* 6 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 6 g

TIAN TAI WU YAO SAN

Lindera strychnifolia Powder

- **Tian Tai Wu Yao** *Semen Linderae strychnifolia* 3 g
- **Mu Xiang** *Radix Aucklandiae* 6 g
- **Xiao Hui Xiang** *Fructus Foeniculi* 6 g
- **Qing Pi** *Pericarpium Citri reticulatae viride* 6 g
- **Gao Liang Jiang** *Rhizoma Alpiniae officinarum* 6 g
- **Bing Lang** *Semen Arecae catechu* 6 g
- **Chuan Lian Zi** *Fructus Toosendan* 3 g
- **Ba Dou** *Semen Croton Tiglii* 0.1 g

Note: Ba Dou is toxic and should be removed from the formula. Occasionally the defatted form, *Crotonis Frutucus pulveratum*, is used at a dosage of 0.3g.

TIAN WANG BU XIN DAN

Heavenly Emperor Tonifying the Heart Pill

- **Sheng Di Huang** *Radix Rehmanniae* 6 g
- **Xuan Shen** *Radix Scrophulariae* 6 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Tian Men Dong** *Radix Asparagi* 6 g

- **Ren Shen** *Radix Ginseng* 6 g
- **Fu Ling** *Poria* 9 g
- **Wu Wei Zi** *Fructus Schisandrae* 4 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Dan Shen** *Radix Salviae miltiorrhizae* 6 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 6 g
- **Bai Zi Ren** *Semen Platycladi* 6 g
- **Yuan Zhi** *Radix Polygalae* 6 g
- **Jie Geng** *Radix Platycodi* 3 g

TIAO GAN TANG

Regulating the Liver Decoction

- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Shan Yao** *Rhizoma Dioscoreae* 12 g
- **E Jiao** *Colla Corii Asini* 9 g
- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Ba Ji Tian** *Radix Morindae officinalis* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

TIAO WEI CHENG QI TANG

Regulating the Stomach Conducting Qi Decoction

- **Da Huang** *Radix et Rhizoma Rhei* 12 g
- **Mang Xiao** *Natrii Sulfas* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g

TIAO YING LIAN GAN YIN

Regulating Nutritive Qi and Restraining the Liver Decoction

- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **E Jiao** *Colla Corii Asini* 6 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 6 g
- **Wu Wei Zi** *Fructus Schisandrae* 3 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 3 g
- **Fu Ling** *Poria* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4 g
- **Mu Xiang** *Radix Aucklandiae* 3 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Da Zao** *Fructus Jujubae* 3 dates

TING LI DA ZAO TANG

Descurainia seu Lepidius-Jujuba Decoction

- **Ting Li Zi** *Semen Descurainiae seu Lepidii* 6 g
- **Da Zao** *Fructus Jujubae* 6 dates

TING LI DA ZAO TANG Variation (Chapter 37, Oedema, Yang oedema, Damp Heat)
Descurainia seu Lepidius-Jujuba Decoction Variation

- **Ting Li Zi** *Semen Descurainiae seu Lepidii* 6 g
- **Da Zao** *Fructus Jujubae* 6 dates
- **Xing Ren** *Semen Armeniacae* 6 g
- **Mu Tong** *Caulis Akebiae trifoliatae* 3 g
- **Fang Ji** *Radix Stephaniae tetrandrae* 6 g
- **Fu Ling** *Poria* 6 g
- **Zhu Ling** *Polyporus* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 6 g

TONG BI FANG

Aching Painful Obstruction Syndrome Formula

- **Cang Zhu** *Rhizoma Atractylodis* 10 g
- **Fang Feng** *Radix Saposhnikoviae* 10 g
- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 10 g
- **Bai Zhi** *Radix Angelicae dahuricae* 10 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 10 g
- **Tao Ren** *Semen Persicae* 10 g
- **Hong Hua** *Flos Carthami tinctorii* 10 g
- **Huang Bo** *Cortex Phellodendri* 6 g
- **Dan Nan Xing** *Rhizoma Arisaematis preparatum* 10 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 20 g
- **Wei Ling Xian** *Radix Clematidis* 20 g
- **Wu Shao She** *Zaocys* 20 g
- **Ba Ji Tian** *Radix Morindae officinalis* 20 g
- **Yin Yang Huo** *Herba Epimidii* 20 g

TONG FU ZHI LONG TANG

Penetrating the Yang Organs and Treating Urinary Retention Decoction

- **Da Huang** *Radix et Rhizoma Rhei* 30 g
- **Tian Hua Fen** *Radix Trichosanthis* 12 g
- **Mang Xiao** *Natrii Sulfas* 12 g
- **Lian Qiao** *Fructus Forsythiae* 12 g
- **Zhi Shi** *Fructus Aurantii immaturus* 9 g
- **Shan Zhi Zi** *Fructus Gardeniae* 9 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 9 g
- **Huang Lian** *Rhizoma Coptidis* 9 g
- **Lai Fu Zi** *Semen Raphani* 24 g
- **Lu Dou** *Semen Phaseoli radiati* 45 g

TONG GUAN WAN

Opening the Gate Pill

- **Huang Bo** *Cortex Phellodendri* 30 g

- **Zhi Mu** *Rhizoma Anemarrhenae* 30 g
- **Rou Gui** *Cortex Cinnamomi* 1.5 g

TONG LING SAN

Akebia-Poria Powder

- **Mu Tong** *Caulis Akebiae trifoliatae* 3 g
- **Fu Ling** *Poria* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Zhu Ling** *Polyporus* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Che Qian Zi** *Semen Plantaginis* 6 g
- **Yin Chen Hao** *Herba Artemisiae scopariae* 3 g
- **Qu Mai** *Herba Dianthi* 6 g

TONG MAI SI NI TANG

Penetrating the Blood Vessels Four Rebellious Decoction

- **Fu Zi** *Radix Aconiti lateralis preparata* 15 g
- **Gan Jiang** *Rhizoma Zingiberis* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g

TONG QIAO HUO XUE TANG

Opening the Orifices and Invigorating Blood Decoction

- **Chi Shao** *Radix Paeoniae rubra* 3 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 3 g
- **Tao Ren** *Semen Persicae* 9 g
- **Hong Hua** *Flos Carthami tinctorii* 9 g
- **She Xiang** *Moschus* 15 g
- **Cong Bai** *Bulbus Allii fistulosi* 3 g
- **Hong Zao** *Fructus Jujubae* 7 red dates
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Rice Wine**

TONG QIAO HUO XUE TANG Variation (Chapter 42, Parkinson's disease, Qi and Blood stagnation, stasis in the Blood Connecting channels)

Opening the Orifices and Invigorating Blood Decoction Variation

- **Chi Shao** *Radix Paeoniae rubra* 3 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 3 g
- **Tao Ren** *Semen Persicae* 9 g
- **Hong Hua** *Flos Carthami tinctorii* 9 g
- **Cong Bai** *Bulbus Allii fistulosi* 3 g
- **Hong Zao** *Fructus Jujubae* 7 red dates
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Chai Hu** *Radix Bupleuri* 6 g
- **Tian Ma** *Rhizoma Gastrodiae* 6 g

- **Di Long** *Pheretima* 6 g
- **Wu Gong** *Scolopendra* 6 g
- **Rice Wine**

TONG XIE YAO FANG

Painful Diarrhoea Formula

- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g
- **Fang Feng** *Radix Saposhnikoviae* 6 g

TONG XUAN LI FEI TANG

Penetrating, Diffusing and Regulating the Lungs Decoction

- **Zi Su Ye** *Folium Perillae* 6 g
- **Ma Huang** *Herba Ephedrae* 6 g
- **Xing Ren** *Semen Armeniacae* 6 g
- **Zhi Ke** *Fructus Aurantii* 6 g
- **Jie Geng** *Radix Platycodi* 4 g
- **Qian Hu** *Radix Peucedani* 4 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Fu Ling** *Poria* 6 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Huang Qin** *Radix Scutellariae* 3 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

TONG YOU TANG

Penetrating the Deep Decoction

- **Sheng Di Huang** *Radix Rehmanniae* 12 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 12 g
- **Dang Gui** *Radix Angelicae sinensis* 12 g
- **Tao Ren** *Semen Persicae* 4.5 g
- **Hong Hua** *Flos Carthami tinctorii* 4.5 g
- **Sheng Ma** *Rhizoma Cimicifugae* 3 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

TU SI ZI WAN

Cuscuta Pill

- **Tu Si Zi** *Semen Cuscutae* 9 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Lu Rong** *Cornu Cervi pantotrichum* 6 g
- **Rou Gui** *Cortex Cinnamomi* 3 g
- **Fu Zi** *Radix Aconiti lateralis preparata* 6 g
- **Shi Hu** *Herba Dendrobii* 6 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 6 g
- **Fu Ling** *Poria* 9 g
- **Huai Niu Xi** *Radix Achyranthis bidentatae* 6 g
- **Xu Duan** *Radix Dipsaci* 6 g

- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Rou Cong Rong** *Herba Cistanches* 6 g
- **Fang Feng** *Radix Saposhnikoviae* 4 g
- **Du Zhong** *Cortex Eucommiae ulmoidis* 6 g
- **Bu Gu Zhi** *Fructus Psoraleae* 6 g
- **Chen Xiang** *Lignum Aquilariae resinatum* 3 g
- **Ba Ji Tian** *Radix Morindae officinalis* 6 g
- **Xiao Hui Xiang** *Fructus Foeniculi* 4 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Sang Piao Xiao** *Ootheca Mantidis* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Fu Pen Zi** *Fructus Rubi* 6 g

WAI TAI FU LING YIN

Poria Decoction from the "Secret Prescriptions of the Frontier Official"

- **Dang Shen** *Radix Codonopsis* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.4 g
- **Fu Ling** *Poria* 9 g
- **Zhi Shi** *Fructus Aurantii immaturus* 6 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 g

WANG BU LIU XING TANG

Vaccaria Decoction

- **Wang Bu Liu Xing** *Semen Vaccariae* 9 g
- **Gan Sui** *Radix Kansui* 3 g
- **Tian Kui Zi** *Radix Semiaquilgiae* 6 g
- **Che Qian Zi** *Semen Plantaginis* 6 g
- **Mu Tong** *Caulis Akebiae trifoliatae* 3 g
- **Hua Shi** *Talcum* 9 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 4.5 g
- **Pu Huang** *Pollen Typhae* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g

WEI LING TANG

Stomach Poria-Polyporus Decoction

- **Cang Zhu** *Rhizoma Atractylodis* 6 g
- **Hou Po** *Cortex Magnoliae officinalis* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Fu Ling** *Poria* 6 g
- **Zhu Ling** *Polyporus* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 3 g

WEI LING TANG Variation (Chapter 29, Diarrhoea, Cold Dampness)

Stomach Poria-Polyporus Decoction Variation

- **Cang Zhu** *Rhizoma Atractylodis* 6 g
- **Hou Po** *Cortex Magnoliae officinalis* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Fu Ling** *Poria* 6 g
- **Zhu Ling** *Polyporus* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 3 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 6 g
- **Huo Xiang** *Herba Pogostemonis* 6 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Bai Dou Kou** *Fructus Amomi rotundus* 6 g

WEN DAN TANG

Warming the Gall Bladder Decoction

- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Fu Ling** *Poria* 5 g
- **Chen Pi** *Pericarpium Citri reticulatae* 9 g
- **Zhu Ru** *Caulis Bambusae in Taeniam* 6 g
- **Zhi Shi** *Fructus Aurantii immaturus* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 5 slices
- **Da Zao** *Fructus Jujubae* 1 date

WEN FEI HUA YU TANG

Warming the Lungs and Eliminating Stasis Decoction

- **Huang Qi** *Radix Astragali* 30 g
- **Dong Chong Xia Cao** *Cordyceps* 10 g
- **Xi Xin** *Herba Asari* 3 g
- **Bai Zhi** *Radix Angelicae dahuricae* 12 g
- **Fang Feng** *Radix Saposhnikoviae* 12 g
- **Xin Yi Hua** *Flos Magnoliae* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 15 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 12 g
- **Tao Ren** *Semen Persicae* 10 g
- **Hong Hua** *Flos Carthami tinctorii* 10 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

WEN FEI ZHI LIU DAN

Warming the Lungs and Stopping Discharge Pill

- **Dang Shen** *Radix Codonopsis* 20 g
- **Jing Jie** *Herba Schizonepetae* 10 g
- **Xi Xin** *Herba Asari* 3 g

- **He Zi** *Fructus Chebulae* 10 g
- **Yu Nao Gu** *Pseudosciaena crocea* 10 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 6 g

WEN JING TANG

Warm the Menses Decoction

- **Wu Zhu Yu** *Fructus Evodiae* 9 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 9 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 4.5 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Dang Shen** *Radix Codonopsis* 12 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **E Jiao** *Colla Corii Asini* 9 g
- **Mu Dan Pi** *Cortex Moutan* 4.5 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

WEN PI TANG

Warming the Spleen Decoction

- **Da Huang** *Radix et Rhizoma Rhei* 9 g
- **Fu Zi** *Radix Aconiti lateralis preparata* 6 g
- **Gan Jiang** *Rhizoma Zingiberis* 4.5 g
- **Ren Shen** *Radix Ginseng* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

WU BI SHAN YAO WAN

Incomparable Dioscorea Pill

- **Shan Yao** *Rhizoma Dioscoreae* 15 g
- **Rou Cong Rong** *Herba Cistanches* 9 g
- **Tu Si Zi** *Semen Cuscutae* 9 g
- **Ba Ji Tian** *Radix Morindae officinalis* 6 g
- **Du Zhong** *Cortex Eucommiae ulmoidis* 6 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 9 g
- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Huai Niu Xi** *Radix Achyranthis bidentatae* 6 g
- **Wu Wei Zi** *Fructus Schisandrae* 4.5 g
- **Chi Shi Zhi** *Halloysitum rubrum* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Fu Shen** *Sclerotium Poriae paradicis* 6 g

WU FU MA XIN GUI JIANG TANG

Aconitum-Ephedra-Asarum-Cinnamomum-Zingiber Decoction

- **Wu Tou** *Radix Aconiti carmichaeli* 3 g

- **Fu Zi** *Radix Aconiti lateralis preparata* 1.5 g
- **Ma Huang** *Herba Ephedrae* 3 g
- **Xi Xin** *Herba Asari* 1.5 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 3 g
- **Gan Jiang** *Rhizoma Zingiberis* 1.5 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 2 g

WU GE KUAN ZHONG SAN

Five-Diaphragm Relaxing the Centre Powder

- **Bai Dou Kou** *Fructus Amomi rotundus* 1.5 g
- **Hou Po** *Cortex Magnoliae officinalis* 9 g
- **Sha Ren** *Fructus Amomi* 4.5 g
- **Mu Xiang** *Radix Aucklandiae* 3 g
- **Xiang Fu** *Rhizoma Cyperi* 9 g
- **Qing Pi** *Pericarpium Citri reticulatae viride* 4.5 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g
- **Ding Xiang** *Flos Caryophylli* 3 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices

WU HU TANG

Five Tigers Decoction

- **Ma Huang** *Herba Ephedrae* 2.1 g
- **Shi Gao** *Gypsum fibrosum* 4.5 g
- **Xing Ren** *Semen Pruni armeniaca* 3 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 1.2 g
- **Sheng Jiang** *Rhizoma Zingiberis officinalis recens* 3 slices
- **Da Zao** *Fructus Ziziphi jujubae* 1 date
- **Xi Cha** Fine green tea 2.4 g

WU JI SAN

Five Accumulations Powder

- **Ma Huang** *Herba Ephedrae* 4 g
- **Bai Zhi** *Radix Angelicae dahuricae* 3 g
- **Cong Bai** *Bulbus Allii fistulosi* 4 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Cang Zhu** *Rhizoma Atractylodis* 12 g
- **Hou Po** *Cortex Magnoliae officinalis* 3 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 3 g
- **Fu Ling** *Poria* 3 g
- **Jie Geng** *Radix Platycodi* 6 g
- **Zhi Ke** *Fructus Aurantii* 4 g
- **Gan Jiang** *Rhizoma Zingiberis* 2 g
- **Rou Gui** *Cortex Cinnamomi* 2 g
- **Dang Gui** *Radix Angelicae sinensis* 3 g

- **Bai Shao** *Radix Paeoniae alba* 3 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 3 g

WU LIN SAN

Five-Ingredient Urinary Syndrome Powder

- **Fu Ling** *Poria* 9 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

WU LING SAN

Five "Ling" Powder

- **Fu Ling** *Poria* 6 g
- **Zhu Ling** *Polyporus* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 6 g

WU LING SAN Variation (Chapter 37, Oedema, Acute nephritis, Dampness)

Five "Ling" Powder Variation

- **Fu Ling** *Poria* 6 g
- **Zhu Ling** *Polyporus* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 6 g
- **Dang Shen** *Radix Codonopsis* 6 g
- **Huang Qi** *Radix Astragali* 9 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 4.5 g
- **Yi Mu Cao** *Herba Leonuri* 4.5 g

WU MO YIN ZI

Five Powders Decoction

- **Chen Xiang** *Lignum Aquilariae resinatum* 6 g
- **Mu Xiang** *Radix Aucklandiae* 3 g
- **Bing Lang** *Semen Arecae* 6 g
- **Wu Yao** *Radix Linderae* 6 g
- **Zhi Shi** *Fructus Aurantii immaturus* 6 g
- **White Wine**
- **Bai He** *Bulbus Lillii* 6 g
- **He Huan Pi** *Cortex Albiziae* 6 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 6 g
- **Yuan Zhi** *Radix Polygalae* 6 g

WU PI SAN

Five Peels Powder

- **Sheng Jiang Pi** *Cortex Rhizomae Zingiberis recens* 9 g

- **Sang Bai Pi** *Cortex Mori* 9 g
- **Chen Pi** *Pericarpium Citri reticulatae* 9 g
- **Da Fu Pi** *Pericarpium Arecae* 9 g
- **Fu Ling Pi** *Cutis Poriae* 9 g

WU PI YIN*Five Peels Decoction*

- **Sheng Jiang Pi** *Cortex Rhizomae Zingiberis recens* 9 g
- **Di Gu Pi** *Cortex Lycii* 9 g
- **Wu Jia Pi** *Cortex Acanthopanax* 6 g
- **Da Fu Pi** *Pericarpium Arecae* 9 g
- **Fu Ling Pi** *Cutis Poriae* 9 g

WU REN WAN*Five Seeds Pill*

- **Tao Ren** *Semen Persicae* 6 g
- **Xing Ren** *Semen Armeniacae* 6 g
- **Bai Zi Ren** *Semen Platycladi* 6 g
- **Song Zi Ren** *Semen Pini tabulaeformis* 6 g
- **Yu Li Ren** *Semen Pruni* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g

WU TOU TANG*Aconitum Decoction*

- **Wu Tou** *Radix Aconiti* 3 g
- **Ma Huang** *Herba Ephedrae* 3 g
- **Bai Shao** *Radix Paoniae alba* 3 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Huang Qi** *Radix Astragali* 3 g

WU WEI XIAO DU YIN*Five-Ingredient Dissolving Toxin Decoction*

- **Jin Yin Hua** *Flos Lonicerae* 9 g
- **Pu Gong Ying** *Herba Taraxaci* 3.5 g
- **Zi Hua Di Ding** *Herba Violae* 3.5 g
- **Ju Hua** *Flos Chrysanthemi* 3.5 g
- **Zi Bei Tian Kui** *Herba Begoniae fimbriatipulatae* 3.5 g

WU WEI ZI TANG*Schisandra Decoction*

- **Wu Wei Zi** *Fructus Schisandrae* 9 g
- **Huang Qi** *Radix Astragali* 6 g
- **Ren Shen** *Radix Ginseng* 9 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

WU WEI ZI TANG Variation (Chapter 14, Anxiety, Heart and Gall Bladder deficiency)
Schisandra Decoction Variation

- **Wu Wei Zi** *Fructus Schisandrae* 9 g
- **Huang Qi** *Radix Astragali* 6 g
- **Ren Shen** *Radix Ginseng* 9 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Yu Zhu** *Rhizoma Polygonati odorati* 6 g
- **Bei Sha Shen** *Radix Glehniae* 6 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 6 g
- **Bai Zi Ren** *Semen Platycladi* 6 g
- **He Huan Pi** *Cortex Albiziae* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

WU ZHI AN ZHONG YIN*Five Juices Calming the Centre Decoction*

- **Li Ye** Pear juice
- **Ou Ye** Lotus juice
- **Cows' milk**
- **Sheng Jiang Ye** Ginger juice
- **Jiu Ye** Garlic juice

WU ZHU YU TANG*Evodia Decoction*

- **Wu Zhu Yu** *Fructus Evodiae* 3 g
- **Ren Shen** *Radix Ginseng* 6 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 18 g
- **Da Zao** *Fructus Jujubae* 4 dates

WU ZI YAN ZONG WAN*Five-Seed Developing Ancestors Pill*

- **Tu Si Zi** *Semen Cuscutae* 12 g
- **Wu Wei Zi** *Fructus Schisandrae* 3 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 6 g
- **Fu Pen Zi** *Fructus Rubi* 6 g
- **Che Qian Zi** *Semen Plantaginis* 3 g

XI JIAO SAN*Cornu Bisontis Decoction*

- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **Xi Jiao** *Cornu Bisontis* 12g (replaced by Shui Niu Jiao *Cornu Bufali*)
- **Xuan Shen** *Radix Scrophulariae ningpoensis* 6 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Fang Ji** *Radix Stephaniae tetrandrae* 6 g
- **Jiang Huang** *Rhizoma Curcumae longae* 6 g

- **Qin Jiao** *Radix Gentianae macrophyllae* 6 g
- **Hai Tong Pi** *Cortex Erythrinae variegatae* 3 g

XIANG LIAN WAN

Aucklandia-Coptis Pill

- **Huang Lian** *Rhizoma Coptidis* 6 g
- **Mu Xiang** *Radix Aucklandiae* 13 g

XIANG SHA LIU JUN ZI TANG

Aucklandia-Amomum Six Gentlemen Decoction

- **Ren Shen** *Radix Ginseng* 10 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Fu Ling** *Poria* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 12 g
- **Mu Xiang** *Radix Aucklandiae* 6 g
- **Sha Ren** *Fructus Amomi* 6 g

XIANG SHA LIU JUN ZI TANG Variation (Chapter 27, Abdominal pain, Spleen-Qi deficiency with Dampness)

Aucklandia-Amomum Six Gentlemen Decoction Variation

- **Ren Shen** *Radix Ginseng* 10 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Fu Ling** *Poria* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 12 g
- **Mu Xiang** *Radix Aucklandiae* 6 g
- **Sha Ren** *Fructus Amomi* 6 g
- **Zhi Ke** *Fructus Aurantii* 6 g
- **Shan Zha** *Fructus Crataegi* 6 g

XIANG SHA LIU JUN ZI TANG Variation (Chapter 28, Abdominal masses, Retention of Food and Phlegm)

Aucklandia-Amomum Six Gentlemen Decoction Variation

- **Ren Shen** *Radix Ginseng* 10 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Fu Ling** *Poria* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 12 g

- **Mu Xiang** *Radix Aucklandiae* 6 g
- **Sha Ren** *Fructus Amomi* 6 g
- **Xiang Fu** *Rhizoma Cyperi rotundi* 6 g
- **Zhe Bei Mu** *Bulbus Fritillariae thunbergii* 6 g

XIANG SHA LIU JUN ZI TANG Variation (Chapter 40, Fibromyalgia, Dampness, Qi stagnation and Spleen-Qi deficiency)

Aucklandia-Amomum Six Gentlemen Decoction Variation

- **Ren Shen** *Radix Ginseng* 10 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Fu Ling** *Poria* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 12 g
- **Mu Xiang** *Radix Aucklandiae* 6 g
- **Sha Ren** *Fructus Amomi* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 4.5 g
- **Yi Yi Ren** *Semen Coicis* 12 g
- **Cang Zhu** *Rhizoma Atractylodis* 6 g
- **Shan Yao** *Rhizoma Dioscoreae* 6 g

XIANG SHA PING WEI SAN

Aucklandia-Amomum Regulating the Stomach Powder

- **Cang Zhu** *Rhizoma Atractylodis lanceae* 12 g
- **Hou Po** *Cortex Magnoliae officinalis* 9 g
- **Chen Pi** *Pericarpium Citri reticulatae* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Mu Xiang** *Radix Aucklandiae* 6 g
- **Sha Ren** *Fructus seu Semen Amomi* 6 g

XIANG SHA ZHI ZHU WAN

Aucklandia-Amomum-Citrus-Atractylodes Pill

- **Mu Xiang** *Radix Aucklandiae* 4.5 g
- **Sha Ren** *Fructus Amomi* 4.5 g
- **Zhi Shi** *Fructus Aurantii immaturus* 4.5 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Bo He** *Herba Menthae haplocalycis* 3 g

XIANG SU SAN

Cyperus-Perilla Powder

- **Xiang Fu** *Rhizoma Cyperi* 9 g
- **Zi Su Ye** *Folium Perillae* 6 g

- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

XIAO BAN XIA TANG*Small Pinellia Decoction*

- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 6 g

XIAO CHAI HU TANG*Small Bupleurum Decoction*

- **Chai Hu** *Radix Bupleuri* 12 g
- **Huang Qin** *Radix Scutellariae* 9 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Ren Shen** *Radix Ginseng* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 5 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 9 g
- **Da Zao** *Fructus Jujubae* 4 dates

XIAO FENG CHONG JI*Clearing Wind Decoction*

- **Jing Jie** *Herba Schizonepetae* 6 g
- **Chan Tui** *Periostracum Cicadae* 6 g
- **Niu Bang Zi** *Fructus Arctii* 4 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Hei Zhi Ma** *Semen Sesami nigrum* 6 g
- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **Ku Shen** *Radix Sophorae flavescens* 6 g
- **Cang Zhu** *Rhizoma Atractylodis* 4 g
- **Mu Tong** *Caulis Akebiae* 2 g
- **Zhi Mu** *Rhizoma Anemarrhenae* 4 g
- **Shi Gao** *Gypsum fibrosum* 12 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

XIAO FENG SAN*Clearing Wind Powder*

- **Jing Jie** *Herba Schizonepetae* 3 g
- **Fang Feng** *Radix Saposchnikoviae* 3 g
- **Chan Tui** *Periostracum Cicadae* 3 g
- **Niu Bang Zi** *Fructus Arctii* 3 g
- **Ku Shen** *Radix Sophorae flavescens* 3 g
- **Mu Tong** *Caulis Akebiae* 1.5 g
- **Cang Zhu** *Rhizoma Atractylodis* 3 g
- **Sheng Di Huang** *Radix Rehmanniae* 5 g
- **Shi Gao** *Gypsum fibrosum* 10 g
- **Zhi Mu** *Rhizoma Anemarrhenae* 3 g
- **Dang Gui** *Radix Angelicae sinensis* 3 g

- **Hei Zhi Ma** *Semen Sesami nigrum* 3 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

XIAO HUO LUO DAN*Small Enlivening the Connecting Channels Pill*

- **Wu Tou** *Radix Aconiti* 6 g
- **Di Long** *Pheretima* 6 g
- **Tian Nan Xing** *Rhizoma Arisaematis* 6 g
- **Ru Xiang** *Olibanum* 6 g
- **Mo Yao** *Myrrha* 6 g

XIAO JI YIN ZI*Ciridium Decoction*

- **Xiao Ji** *Herba Cirisii* 30 g
- **Ou Jie** *Rhizomatis Nelumbinis nodus* 6g
- **Pu Huang** *Pollen Typhae* 9 g
- **Hua Shi** *Talcum* 15 g
- **Mu Tong** *Caulis Akebiae* 9 g
- **Zhu Ye** *Folium Phyllostachys nigrae* 9 g
- **Shan Zhi Zi** *Fructus Gardeniae* 9 g
- **Sheng Di Huang** *Radix Rehmanniae* 30 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 6 g

XIAO JI YIN ZI Variation (Chapter 37, Oedema, Acute nephritis, Toxic Heat)*Ciridium Decoction Variation*

- **Xiao Ji** *Herba Cirisii* 30 g
- **Ou Jie** *Rhizomatis Nelumbinis nodus* 6g
- **Pu Huang** *Pollen Typhae* 9 g
- **Hua Shi** *Talcum* 15 g
- **Mu Tong** *Caulis Akebiae* 9 g
- **Zhu Ye** *Folium Phyllostachys nigrae* 9 g
- **Huang Bo** *Cortex Phellodendri* 6 g
- **Lian Qiao** *Fructus Forsythiae* 6 g
- **Chi Xiao Dou** *Semen Phaseoli* 6 g
- **Bai Mao Gen** *Rhizoma Imperatae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 6 g

XIAO JIAN ZHONG TANG*Minor Strengthening the Centre Decoction*

- **Yi Tang** *Maltosum* 30 g
- **Bai Shao** *Radix Paeoniae alba* 18 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 9 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 10 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g
- **Da Zao** *Fructus Jujubae* 12 dates

XIAO QING LONG TANG*Small Green Dragon Decoction*

- **Ma Huang** *Herba Ephedrae* 9 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 6 g
- **Xi Xin** *Herba Asari* 3 g
- **Gan Jiang** *Rhizoma Zingiberis* 3 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Wu Wei Zi** *Fructus Schisandrae* 3 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 6 g

XIAO XIAN XIONG TANG*Small Sinking [Qi of the] Chest Decoction*

- **Huang Lian** *Rhizoma Coptidis* 6 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 12 g
- **Gua Lou** *Fructus Trichosanthis* 30 g

XIAO XU TANG*Small Addition Decoction*

- **Ma Huang** *Herba Ephedrae* 9 g
- **Fang Ji** *Radix Stephaniae tetrandrae* 6 g
- **Ren Shen** *Radix Ginseng* 6 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Xing Ren** *Semen Armeniacae* 6 g
- **Fu Zi** *Radix Aconiti lateralis preparata* 6 g
- **Fang Feng** *Radix Saposhnikoviae* 6 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 g

XIAO YAO SAN*Free and Easy Wanderer Powder*

- **Bo He** *Herba Menthae haplocalycis* 3 g
- **Chai Hu** *Radix Bupleuri* 9 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Bai Shao** *Radix Paeoniae alba* 12 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Fu Ling** *Poria* 15 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 6 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices

XIAO YAO SAN Variation (Chapter 47, Erectile dysfunction, Liver-Qi stagnation)

Free and Easy Wanderer Powder Variation

- **Chai Hu** *Radix Bupleuri* 9 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Bai Shao** *Radix Paeoniae alba* 12 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Fu Ling** *Poria* 15 g
- **Zhi Ke** *Fructus Aurantii* 6 g
- **Yu Jin** *Radix Curcumae* 6 g
- **Qing Pi** *Pericarpium Citri reticulatae viride* 4.5 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g
- **Chuan Lian Zi** *Fructus Toosendan* 3 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 6 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices

XIAO YAO JIANG YA TANG*Free and Easy Wanderer Lowering the [Blood] Pressure Decoction*

- **Mu Dan Pi** *Cortex Moutan* 12 g
- **Shan Zhi Zi** *Fructus Gardeniae* 12 g
- **Huang Qin** *Radix Scutellariae* 12 g
- **Ju Hua** *Flos Chrysanthemi* 12 g
- **Chai Hu** *Radix Bupleuri* 6 g
- **Bai Shao** *Radix Paeoniae alba* 30 g
- **Fu Ling** *Poria* 15 g
- **Gou Teng** *Ramulus cum Uncis Uncariae* 15 g
- **Xia Ku Cao** *Spica Prunellae* 15 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Bo He** *Herba Menthae haplocalycis* 3 g

XIE BAI SAN*Draining Whiteness Powder*

- **Di Gu Pi** *Cortex Lycii* 9 g
- **Sang Bai Pi** *Cortex Mori* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Geng Mi** *Semen Oryzae sativae* 6 g

XIE GAN AN SHEN WAN*Draining the Liver and Calming the Mind Pill*

- **Long Dan Cao** *Radix Gentianae* 9 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Bai Ji Li** *Fructus Tribuli* 4 g
- **Shi Jue Ming** *Concha Haliotidis* 12 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Che Qian Zi** *Semen Plantaginis* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g

- **Zhen Zhu Mu** *Concha Margaritiferae usta* 12 g
- **Long Gu** *Mastodi Osis fossilia* 12 g
- **Mu Li** *Concha Ostreae* 12 g
- **Fu Shen** *Sclerotium Poriae paradicis* 6 g
- **Yuan Zhi** *Radix Polygalae* 6 g
- **Bai Zi Ren** *Semen Platycladi* 6 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

XIE HUANG SAN

Draining Yellowness Powder

- **Shi Gao** *Gypsum fibrosum* 15 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Fang Feng** *Radix Saposhnikoviae* 12 g
- **Huo Xiang** *Herba Pogostemonis* 21 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 9 g

XIE XIN TANG

Draining the Heart Decoction

- **Da Huang** *Radix et Rhizoma Rhei* 9 g
- **Huang Lian** *Rhizoma Coptidis* 6 g
- **Huang Qin** *Radix Scutellariae* 9 g

XIN YI QING FEI YIN

Magnolia Clearing the Lungs Decoction

- **Xin Yi Hua** *Flos Magnoliae* 9 g
- **Huang Qin** *Radix Scutellariae* 9 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Shi Gao** *Gypsum fibrosum* 12 g
- **Zhi Mu** *Rhizoma Anemarrhenae* 6 g
- **Jin Yin Hua** *Flos Lonicerae* 6 g
- **Yu Xing Cao** *Herba Houttuniae* 6 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g

XING SU SAN

Armeniaca-Perilla Powder

- **Xing Ren** *Semen Armeniacae* 9 g
- **Zi Su Ye** *Folium Perillae* 6 g
- **Jie Geng** *Radix Platycodi* 4.5 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Fu Ling** *Poria* 6 g
- **Zhi Ke** *Fructus Aurantii* 6 g
- **Qian Hu** *Radix Peucedani* 6 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Da Zao** *Fructus Jujubae* 3 dates

XING SU SAN Variation (Chapter 8, Cough, Invasion of Wind-Cold)

Armeniaca-Perilla Powder Variation

- **Xing Ren** *Semen Armeniacae* 9 g
- **Zi Su Ye** *Folium Perillae* 6 g
- **Jing Jie** *Herba Schizonepetae* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Fu Ling** *Poria* 6 g
- **Qian Hu** *Radix Peucedani* 6 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Da Zao** *Fructus Jujubae* 3 dates

XU SHI ZHI JIAN FANG

Master Xu's Formula for Hypothyroidism

- **Mu Li** *Concha Ostreae* 30 g
- **Dang Shen** *Radix Codonopsis* 12 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 12 g
- **Niu Xi** *Radix Achyranthis bidentatae* 12 g
- **Bai Shao** *Radix Paeoniae alba* 12 g
- **Mu Gua** *Fructus Chaenomelis* 12 g
- **Fu Ling** *Poria* 12 g
- **Yu Jin** *Radix Curcumae* 12 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Hong Hua** *Flos Carthami tinctorii* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

XUAN BI TANG

Clearing Painful Obstruction Syndrome Decoction

- **Fang Ji** *Radix Stephaniae tetrandrae* 6 g
- **Can Sha** *Faeces Bombycis* 6 g
- **Xing Ren** *Semen Armeniacae* 3 g
- **Hua Shi** *Talcum* 12 g
- **Lian Qiao** *Fructus Forsythiae* 6 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Yi Yi Ren** *Semen Coicis* 6 g
- **Chi Xiao Dou** *Semen Phaseoli* 6 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g

XUAN FU DAI ZHE TANG

Inula-Haematitum Decoction

- **Xuan Fu Hua** *Flos Inulae* 9 g
- **Dai Zhe Shi** *Haematitum* 9 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 6 g

- **Ren Shen** *Radix Ginseng* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Da Zao** *Fructus Jujubae* 4 dates

XUAN FU HUA TANG

Inula Decoction

- **Xuan Fu Hua** *Flos Inulae* 9 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g
- **Su Geng** *Radix Perillae frutescentis* 6 g
- **Yu Jin** *Radix Curcumae* 6 g
- **Zhi Ke** *Fructus Aurantii* 6 g
- **Si Gua Luo** *Fructus Luffae retinervis* 6 g

XUAN LING SAN

Black “Ling” Powder

- **Wu Ling Zhi** *Excrementum Trogopteri* 6 g
- **Yan Hu Suo** *Rhizoma Corydalis* 9 g
- **E Zhu** *Rhizoma Curcumae* 6 g
- **Gao Liang Jiang** *Rhizoma Alpiniae officinarum* 4.5 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g

XUAN ZHI TANG

Diffusing the Will-Power Decoction

- **Fu Ling** *Poria* 6 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 6 g
- **Yuan Zhi** *Radix Polygalae* 6 g
- **Chai Hu** *Radix Bupleuri* 4.5 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Ren Shen** *Radix Ginseng* 6 g
- **Shan Yao** *Rhizoma Dioscoreae* 6 g
- **Ba Ji Tian** *Radix Morindae officinalis* 6 g

XUE FU ZHU YU TANG

Blood Mansion Eliminating Stasis Decoction

- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 5 g
- **Tao Ren** *Semen Persicae* 12 g
- **Hong Hua** *Flos Carthami tinctorii* 9 g
- **Chai Hu** *Radix Bupleuri* 3 g
- **Zhi Ke** *Fructus Aurantii* 6 g
- **Huai Niu Xi** *Radix Achyranthis bidentatae* 9 g

- **Jie Geng** *Radix Platycodi* 5 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

XUE FU ZHU YU TANG Variation (Chapter 15, Insomnia, Heart-Blood stasis)

Blood Mansion Eliminating Stasis Decoction Variation

- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 5 g
- **Tao Ren** *Semen Persicae* 12 g
- **Hong Hua** *Flos Carthami tinctorii* 9 g
- **Chai Hu** *Radix Bupleuri* 3 g
- **Zhi Ke** *Fructus Aurantii* 6 g
- **Niu Xi** *Radix Achyranthis bidentatae* 9 g
- **Jie Geng** *Radix Platycodi* 5 g
- **Ye Jiao Teng** *Caulis Polygoni multiflori* 9 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

XUE YU TANG

Blood Stagnation Decoction

- **Xiang Fu** *Rhizoma Cyperi* 9 g
- **Mu Dan Pi** *Cortex Moutan* 9 g
- **Su Mu** *Lignum Sappan* 6 g
- **Shan Zha** *Fructus Crataegi* 6 g
- **Tao Ren** *Semen Persicae* 6 g
- **Shen Qu** *Massa medicata fermentata* 6 g
- **Chuan Shan Jia** *Squama Manitis Pentadactylae* 6 g
- **Chen Xiang** *Lignum Aquilariae resinatum* 6 g
- **Tong Cao** *Medulla Tetrapanacis* 3 g
- **Mai Ya** *Fructus Hordei germinatus* 6 g

YANG WEI TANG

Nourishing the Stomach Decoction

- **Bei Sha Shen** *Radix Glehniae* 9 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Yu Zhu** *Rhizoma Polygonati odorati* 6 g
- **Bian Dou** *Semen Dolichoris lablab* 6 g
- **Sang Ye** *Folium Mori* 4 g
- **Shi Hu** *Herba Dendrobii* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

YANG XIN DING ZHI TANG

Nourishing the Heart and Settling the Spirit Decoction

- **Tai Zi Shen** *Radix Pseudostellariae* 10 g

- **Fu Ling** *Poria* 10 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 10 g
- **Yuan Zhi** *Radix Polygalae* 10 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 10 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 5 g
- **Fu Xiao Mai** *Fructus Triticis levis* 15 g
- **Da Zao** *Fructus Jujubae* 5 dates
- **Chuan Xiong** *Rhizoma Chuanxiong* 10 g
- **Long Gu** *Mastodi Osis fossilia* 10 g
- **Yan Hu Suo** *Rhizoma Corydalis* 10 g

YANG XIN JIAN PI TANG

Nourishing the Heart and Strengthening the Spleen Decoction

- **Huang Qi** *Radix Astragali* 6 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 6 g
- **Bai Zi Ren** *Semen Platycladi* 6 g
- **Ye Jiao Teng** *Caulis Polygoni multiflori* 6 g
- **He Huan Pi** *Cortex Albiziae* 6 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Long Gu** *Mastodi Osis fossilia* 9 g
- **Mu Li** *Concha Ostreae* 9 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 4 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g
- **Yuan Zhi** *Radix Polygalae* 6 g

YANG XIN TANG (I)

Nourishing the Heart Decoction

- **Ren Shen** *Radix Ginseng* 6 g
- **Huang Qi** *Radix Astragali* 9 g
- **Fu Ling** *Poria* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 4.5 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 4.5 g
- **Wu Wei Zi** *Fructus Schisandrae* 4.5 g
- **Bai Zi Ren** *Semen Platycladi* 6 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 4.5 g
- **Yuan Zhi** *Radix Polygalae* 6 g
- **Rou Gui** *Cortex Cinnamomi* 1.5 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 4.5 g

YANG XIN TANG (II)

Nourishing the Heart Decoction

- **Huang Qi** *Radix Astragali* 6 g
- **Ren Shen** *Radix Ginseng* 6 g

- **Bai Zi Ren** *Semen Platycladi* 9 g
- **Fu Shen** *Sclerotium Poriae paradicis* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 3 g
- **Yuan Zhi** *Radix Polygalae* 6 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 1 slice

YANG XUE DING FENG TANG

Nourishing Blood and Clearing Wind Decoction

- **Sheng Di Huang** *Radix Rehmanniae* 12 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 4 g
- **Tian Men Dong** *Radix Asparagi* 6 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Jiang Can** *Bombyx batryticatus* 3 g
- **Shou Wu** *Radix Polygoni multiflori preparata* 9 g
- **Shan Zhi Zi** *Fructus Gardeniae* 4 g
- **Mu Dan Pi** *Cortex Moutan* 4 g

YANG XUE QU FENG TANG

Nourishing Blood and Expelling Wind Decoction

- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 6 g
- **Qin Jiao** *Radix Gentianae macrophyllae* 6 g
- **Fang Feng** *Radix Saposhnikoviae* 6 g
- **Du Huo** *Radix Angelicae pubescentis* 6 g
- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 6 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 6 g
- **Song Jie** *Lignum Pini Nodi* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g

YANG YIN LI LAO TANG

Nourishing Yin and Regulating Exhaustion Decoction

- **Ren Shen** *Radix Ginseng* 12 g
- **Mai Men Dong** *Radix Ophiopogonis* 9 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **Gui Ban** *Plastrum Testudinis* 6 g
- **Nu Zhen Zi** *Fructus Ligustri lucidi* 6 g
- **Yi Yi Ren** *Semen Coicis* 9 g

- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Mu Dan Pi** *Cortex Moutan* 6 g
- **Lian Zi** *Semen Nelumbinis* 6 g
- **Bai He** *Bulbus Lilii* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

YE SHI YANG WEI TANG

Master Ye's Nourishing the Stomach Decoction

- **Bei Sha Shen** *Radix Glehniae* 9 g
- **Yu Zhu** *Rhizoma Polygonati odorati* 9 g
- **Bian Dou** *Semen Dolichoris lablab* 6 g
- **Mai Men Dong** *Radix Ophiopogonis* 9 g
- **Sang Ye** *Folium Mori* 6 g

YI DU YANG YUAN TANG

Benefiting the Governing Vessel and Nourishing the Original Qi Decoction

- **Gui Ban** *Plastrum Testudinis* 15 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 9 g
- **Rou Cong Rong** *Herba Cistanches* 9 g
- **Bu Gu Zhi** *Fructus Psoraleae* 6 g
- **Lu Jiao Jiao** *Gelatinum Cornu Cervi* 3 g
- **Wu Wei Zi** *Fructus Schisandrae* 3 g
- **Zhi Mu** *Rhizoma Anemarrhenae* 3 g
- **Huang Bo** *Cortex Phellodendri* 3 g

YI GUAN JIAN

One Linking Decoction

- **Bei Sha Shen** *Radix Glehniae* 10 g
- **Mai Men Dong** *Radix Ophiopogonis* 10 g
- **Dang Gui** *Radix Angelicae sinensis* 10 g
- **Sheng Di Huang** *Radix Rehmanniae* 30 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 12 g
- **Chuan Lian Zi** *Fructus Toosendan* 5 g

YI HUO SAN HAN TANG

Benefiting Fire and Scattering Cold Decoction

- **Rou Gui** *Cortex Cinnamomi* 3 g
- **Gan Jiang** *Rhizoma Zingiberis* 6 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 6 g
- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 6 g
- **Cang Zhu** *Rhizoma Atractylodis* 6 g
- **Qin Jiao** *Radix Gentianae macrophyllae* 6 g
- **Fang Feng** *Radix Saposhnikoviae* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

YI LU KANG JIAO NANG

Relieving Depression and Worry Capsule

- **Chen Xiang** *Lignum Aquilariae resinatum* 6 g
- **Mu Xiang** *Radix Aucklandiae* 6 g
- **Fo Shou** *Fructus Citri sarcodactylis* 6 g
- **Shan Yao** *Rhizoma Dioscoreae* 6 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g
- **Niu Huang** *Calculus Bovis* 3 g
- **Zhu Sha** *Cinnabaris* 2 g
- **Hu Po** *Succinum* 6 g
- **Yu Jin** *Radix Curcumae* 6 g
- **Chai Hu** *Radix Bupleuri* 3 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 6 g
- **Yuan Zhi** *Radix Polygalae* 6 g

YI REN ZHU YE SAN

Coix-Phyllostachys Powder

- **Yi Yi Ren** *Semen Coicis* 18 g
- **Zhu Ye** *Folium Phyllostachys nigrae* 6 g
- **Lian Qiao** *Fructus Forsythiae* 6 g
- **Hua Shi** *Talcum* 6 g
- **Tong Cao** *Medulla Tetrapanacis* 6 g
- **Fu Ling** *Poria* 6 g

YI SHEN JUAN BI TANG

Benefiting the Kidneys and Eliminating Painful Obstruction Syndrome

- **Sheng Di Huang** *Radix Rehmanniae* 6 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Yin Yang Huo** *Herba Epimidii* 6 g
- **Rou Cong Rong** *Herba Cistanches* 6 g
- **Ba Ji Tian** *Radix Morindae officinalis* 6 g
- **Lu Xian Cao** *Herba Pyrolae* 6 g
- **Rou Cong Rong** *Herba Cistanches* 6 g
- **Ji Xue Teng** *Caulis Spatholobi* 6 g
- **Xu Chang Qing** *Radix Cynachi paniculati* 6 g
- **Lao Guan Cao** *Herba Erodii/Gerani* 6 g
- **Quan Xie** *Scorpio* 3 g
- **Wu Gong** *Scolopendra* 6 g
- **Jiang Can** *Bombyx batryticatus* 6 g
- **Wu Shao She** *Zaocys* 6 g
- **Di Long** *Pheretima* 6 g
- **Di Bie Chong** *Eupolyphaga seu Steleophaga* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

YI SHEN TONG MAI TANG

Benefit the Kidneys-Penstrate the Blood Vessels Decoction

- **Hong Shen** *Ginseng* 6 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 10 g
- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Fu Ling** *Poria* 15 g
- **Dang Gui** *Radix Angelicae sinensis* 12 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Hong Hua** *Flos Carthami tinctorii* 6 g
- **Ze Lan** *Herba Lycopi* 6 g
- **Wang Bu Liu Xing** *Semen Vaccariae* 15 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 12 g
- **Dan Shen** *Radix Salviae miltiorrhizae* 12 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 6 g

YI WEI TANG*Benefiting the Stomach Decoction*

- **Bei Sha Shen** *Radix Glehniae* 9 g
- **Mai Men Dong** *Radix Ophiopogonis* 9 g
- **Sheng Di Huang** *Radix Rehmanniae* 12 g
- **Yu Zhu** *Rhizoma Polygonati odorati* 6 g
- **Bing Tang** Brown sugar 3 g

YI YI REN TANG*Coix Decoction*

- **Yi Yi Ren** *Semen Coicis* 6 g
- **Cang Zhu** *Rhizoma Atractylodis* 6 g
- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 3 g
- **Du Huo** *Radix Angelicae pubescentis* 6 g
- **Fang Feng** *Radix Saposhnikoviae* 6 g
- **Wu Tou** *Radix Aconiti carmichaeli* 1.5 g
- **Ma Huang** *Herba Ephedrae* 3 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 3 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 3 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

YI YIN JIAN*One Yin Decoction*

- **Sheng Di Huang** *Radix Rehmanniae* 6 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 9 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Huai Niu Xi** *Radix Achyranthis bidentatae* 4.5 g
- **Dan Shen** *Radix Salviae miltiorrhizae* 6 g

YIN CHEN HAO TANG*Artemisia capillaris Decoction*

- **Yin Chen Hao** *Herba Artemisiae scopariae* 30 g

- **Shan Zhi Zi** *Fructus Gardeniae* 15 g
- **Da Huang** *Radix et Rhizoma Rhei* 9 g

YIN CHEN WU LING SAN*Artemisia scopariae Five Ling Powder*

- **Yin Chen Hao** *Herba Artemisiae scopariae* 10 g
- **Wu Ling San** *Five Ling Powder* 5 g

YIN MEI TANG*Attracting Sleep Decoction*

- **Bai Shao** *Radix Paeoniae alba* 30 g
- **Dang Gui** *Radix Angelicae sinensis* 15 g
- **Long Chi** *Fossilia Dentis Mastodi* 6 g
- **Tu Si Zi** *Semen Cuscutae* 9 g
- **Mai Men Dong** *Radix Ophiopogonis* 15 g
- **Bai Zi Ren** *Semen Platycladi* 6 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 9 g
- **Fu Shen** *Sclerotium Poriae paradicis* 9 g

YIN QIAO SAN*Lonicera-Forsythia Powder*

- **Jin Yin Hua** *Flos Lonicerae* 9 g
- **Lian Qiao** *Fructus Forsythiae* 9 g
- **Jie Geng** *Radix Platycodi* 6 g
- **Niu Bang Zi** *Fructus Arctii* 9 g
- **Bo He** *Herba Menthae haplocalycis* 6 g
- **Jing Jie** *Herba Schizonepetae* 5 g
- **Zhu Ye** *Folium Phyllostachys nigrae* 4 g
- **Dan Dou Chi** *Semen Sojae preparatum* 5 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 5 g

YOU GUI WAN*Restoring the Right [Kidney] Pill*

- **Fu Zi** *Radix Aconiti lateralis preparata* 3 g
- **Rou Gui** *Cortex Cinnamomi* 3 g
- **Du Zhong** *Cortex Eucommiae ulmoidis* 6 g
- **Shan Zhu Yu** *Fructus Corni* 4.5 g
- **Tu Si Zi** *Semen Cuscutae* 6 g
- **Lu Jiao Jiao** *Gelatinum Cornu Cervi* 6 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 12 g
- **Shan Yao** *Rhizoma Dioscoreae* 6 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 4.5 g

YOU GUI YIN*Restoring the Right [Kidney] Decoction*

- **Shu Di Huang** *Radix Rehmanniae preparata* 15 g

- **Shan Zhu Yu** *Fructus Corni* 3 g
- **Shan Yao** *Rhizoma Dioscoreae* 6 g
- **Du Zhong** *Cortex Eucommiae ulmoidis* 6 g
- **Rou Gui** *Cortex Cinnamomi* 3 g
- **Fu Zi** *Radix Aconiti lateralis preparata* 3 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

YOU GUI YIN Variation (Chapter 18, Goitre, Hypothyroidism, Liver- and Kidney-Yin deficiency)
Restoring the Right [Kidney] Decoction Variation

- **Shu Di Huang** *Radix Rehmanniae preparata* 6 g
- **Shan Yao** *Rhizoma Dioscoreae* 6 g
- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 6 g
- **Tu Si Zi** *Semen Cuscutae* 6 g
- **Lu Jiao Jiao** *Gelatinum Cornu Cervi* 6 g
- **Huang Qi** *Radix Astragali* 6 g
- **Dan Shen** *Radix Salviae miltiorrhizae* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Ju Hua** *Flos Chrysanthemi* 6 g
- **Chai Hu** *Radix Bupleuri* 3 g

YU NU JIAN

Jade Woman Decoction

- **Shi Gao** *Gypsum fibrosum* 30 g
- **Zhi Mu** *Rhizoma Anemarrhenae* 4.5 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 9 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Niu Xi** *Radix Achyranthis bidentatae* 4.5 g

YU PING FENG SAN

Jade Wind Screen Powder

- **Huang Qi** *Radix Astragali* 30 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 60 g
- **Fang Feng** *Radix Saposhnikoviae* 30 g

YU YIN QIAN YANG TANG

Generating Yin and Hiding Yang Decoction

- **Gou Qi Zi** *Fructus Lycii chinensis* 9 g
- **Ju Hua** *Flos Chrysanthemi* 6 g
- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Mu Dan Pi** *Cortex Moutan* 6 g

- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Che Qian Zi** *Semen Plantaginis* 6 g
- **Chuan Niu Xi** *Radix Cyathulae* 6 g
- **Gou Teng** *Ramulus cum Uncis Uncariae* 6 g

YU YIN SAN JIE TANG

Nourish Yin and Scatter Nodules Decoction

- **Bei Sha Shen** *Radix Glehniae* 6 g
- **Tian Men Dong** *Radix Asparagi* 6 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Sheng Di Huang** *Radix Rehmanniae* 6 g
- **Tian Hua Fen** *Radix Trichosanthis* 6 g
- **Kun Bu** *Thallus Eckloniae* 6 g
- **Hai Zao** *Sargassum* 6 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Zhe Bei Mu** *Bulbus Fritillariae thunbergii* 6 g

YUAN CHENG SI WU TANG

Origin Success Four Substances Decoction

- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Sheng Di Huang** *Radix Rehmanniae* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Tao Ren** *Semen Persicae* 6 g
- **Hong Hua** *Flos Carthami tinctorii* 6 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 6 g
- **Su Mu** *Lignum Sappan* 6 g
- **Ru Xiang** *Olibanum* 6 g
- **Mo Yao** *Myrrha* 6 g
- **Yan Hu Suo** *Rhizoma Corydalis* 6 g

YUE BI JIA ZHU TANG

Overstepping Maidservant Decoction plus Atractylodes

- **Ma Huang** *Herba Ephedrae* 9 g
- **Shi Gao** *Gypsum fibrosum* 18 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 9 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 5 g
- **Da Zao** *Fructus Jujubae* 5 dates
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g

YUE HUA WAN

Moon Glory Pill

- **Tian Men Dong** *Radix Asparagi* 6 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 6 g
- **Sheng Di Huang** *Radix Rehmanniae* 6 g
- **Shan Yao** *Rhizoma Dioscoreae* 6 g

- **Bai Bu** *Radix Stemonae* 6 g
- **Bei Sha Shen** *Radix Glehniae* 6 g
- **Chuan Bei Mu** *Bulbus Fritillariae cirrhosae* 6 g
- **Fu Ling** *Poria* 6 g
- **E Jiao** *Colla Corii Asini* 6 g
- **San Qi** *Radix Notoginseng* 6 g
- **Ju Hua** *Flos Chrysanthemi* 6 g
- **Sang Ye** *Folium Mori* 6 g

YUE JU WAN*Gardenia-Chuanxiong Pill*

- **Cang Zhu** *Rhizoma Atractylodis* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Shen Qu** *Massa medicata fermentata* 6 g

ZAI ZAO SAN*Renewal Powder*

- **Dang Shen** *Radix Codonopsis* 12 g
- **Huang Qi** *Radix Astragali* 15 g
- **Fu Zi** *Radix Aconiti lateralis preparata* 6 g
- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 6 g
- **Fang Feng** *Radix Saposhnikoviae* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Xi Xin** *Herba Asari* 3 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 6 g
- **Da Zao** *Fructus Jujubae* 3 dates

ZAN YU TANG*Supporting Fertility Decoction*

- **Shu Di Huang** *Radix Rehmanniae preparata* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 6 g
- **Du Zhong** *Cortex Eucommiae ulmoidis* 6 g
- **Xian Mao** *Rhizoma Curculiginis* 6 g
- **Xian Ling Pi** *Herba Epimidii* 6 g
- **Ba Ji Tian** *Radix Morindae officinalis* 6 g
- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Rou Cong Rong** *Herba Cistanches* 6 g
- **She Chuang Zi** *Fructus Cnidii* 4.5 g
- **Rou Gui** *Cortex Cinnamomi* 3 g
- **Jiu Cai Zi** *Semen Allii tuberosi* 6 g

ZANG LIAN TANG*Viscus-Coptis Decoction*

- **Zhu Da Chang** Pig's intestine
- **Huang Lian** *Rhizoma Coptidis* 6 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Huai Hua** *Flos Sophorae* 6 g
- **E Jiao** *Colla Corii Asini* 6 g
- **Huai Shi** *Fructus Sophorae* 6 g
- **Di Yu** *Radix Sanguisorbae* 6 g
- **Jing Jie** *Herba Schizonepetae* 6 g
- **Sheng Di Huang** *Radix Rehmanniae* 6 g

ZE XIE JIANG YA TANG*Alisma Lowering [Blood] Pressure Decoction*

- **Ze Xie** *Rhizoma Alismatis* 50 g
- **Yi Mu Cao** *Herba Leonuri* 9 g
- **Che Qian Zi** *Semen Plantaginis* 9 g
- **Xia Ku Cao** *Spica Prunellae* 6 g
- **Shi Jue Ming** *Concha Haliotidis* 9 g
- **Gou Teng** *Ramulus cum Uncis Uncariae* 9 g
- **Sang Ji Sheng** *Herba Taxilli* 6 g
- **Mu Dan Pi** *Cortex Moutan* 9 g
- **Ju Hua** *Flos Chrysanthemi* 6 g

ZENG YE TANG*Increasing Fluids Decoction*

- **Xuan Shen** *Radix Scrophulariae* 18 g
- **Mai Men Dong** *Radix Ophiopogonis* 12 g
- **Sheng Di Huang** *Radix Rehmanniae* 12 g

ZHANG SHI JIA JIAN FANG*Master Zhang's Hypothyroidism Formula*

- **Fu Zi** *Radix Aconiti lateralis preparata* 6 g
- **Gan Jiang** *Rhizoma Zingiberis* 3 g
- **Rou Gui** *Cortex Cinnamomi* 2.1 g
- **Dang Shen** *Radix Codonopsis* 15 g
- **Fu Ling** *Poria* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

ZHEN GAN XI FENG TANG*Pacifying the Liver and Extinguishing Wind Decoction*

- **Huai Niu Xi** *Radix Achyrantis bidentatae* 15 g
- **Dai Zhe Shi** *Haematitum* 15 g

- **Long Gu** *Mastodi Osis fossilia* 12 g
- **Mu Li** *Concha Ostreae* 12 g
- **Gui Ban** *Plastrum Testudinis* 12 g
- **Xuan Shen** *Radix Scrophulariae* 12 g
- **Tian Men Dong** *Radix Asparagi* 12 g
- **Bai Shao** *Radix Paeoniae alba* 12 g
- **Yin Chen Hao** *Herba Artemisiae scopariae* 6 g
- **Chuan Lian Zi** *Fructus Toosendan* 6 g
- **Mai Ya** *Fructus Hordei germinatus* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 6 g

ZHEN REN YANG ZANG TANG

Sage Nourishing the Yin Organs Decoction

- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Ren Shen** *Radix Ginseng* 9 g
- **Bai Dou Kou** *Fructus Amomi rotundus* 6 g
- **He Zi** *Fructus Chebulae* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Rou Gui** *Cortex Cinnamomi* 3 g
- **Mu Xiang** *Radix Aucklandiae* 6 g
- **Ying Su Ke** *Semen Papaveris somniferi* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

ZHEN WU TANG

True Warrior Decoction

- **Fu Zi** *Radix Aconiti lateralis preparata* 10 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 12 g
- **Fu Ling** *Poria* 15 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices

ZHEN WU TANG Variation (Chapter 3, Breathlessness, Lung- and Kidney-Yang deficiency, Fluids overflowing to Heart and Lungs)

True Warrior Decoction Variation

- **Fu Zi** *Radix Aconiti lateralis preparata* 10 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 12 g
- **Fu Ling** *Poria* 15 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 6 g
- **Huang Qi** *Radix Astragali* 12 g
- **Fang Ji** *Radix Stephaniae tetrandrae* 9 g
- **Xing Ren** *Semen Armeniacae* 6 g

ZHEN WU TANG Variation (Chapter 37, Oedema, Yin oedema, Heart-Yang deficiency)

True Warrior Decoction Variation

- **Fu Zi** *Radix Aconiti lateralis preparata* 10 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 12 g
- **Fu Ling** *Poria* 15 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Ting Li Zi** *Semen Descurainiae seu Lepidii* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Ren Shen** *Radix Ginseng* 6 g
- **Zhu Ling** *Polyporus* 6 g

ZHEN WU TANG Variation (Chapter 37, Oedema, Chronic nephritis, Spleen- and Kidney-Yang deficiency, Water overflowing)

True Warrior Decoction Variation

- **Fu Zi** *Radix Aconiti preparata* 10 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 12 g
- **Fu Ling** *Poria* 15 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 3 slices
- **Ze Xie** *Rhizoma Alismatis* 12 g
- **Dong Gua Pi** *Cortex Fructi Benincasae hispidae* 12 g
- **Yu Mi Xu** *Stylus Zeae mays* 30 g

ZHEN ZHONG DAN

Bedside Pill

- **Gui Ban** *Plastrum Testudinis* 10 g
- **Long Gu** *Mastodi Osis fossilia* 10 g
- **Yuan Zhi** *Radix Polygalae* 10 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 10 g

ZHEN ZHU MU WAN

Concha Margaritiferae Pill

- **Zhen Zhu Mu** *Concha Margaritiferae usta* 30 g
- **Long Chi** *Fossilia Dentis Mastodi* 18 g
- **Chen Xiang** *Lignum Aquilariae resinatum* 3 g
- **Zhu Sha** *Cinnabaris* 1.5 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 12 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Ren Shen** *Radix Ginseng* 6 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 6 g
- **Bai Zi Ren** *Semen Platycladi* 6 g
- **Fu Shen** *Sclerotium Poriae paradicis* 6 g
- **Shui Niu Jiao** *Cornu Bubali* 6 g

ZHEN ZHU MU WAN Variation (Chapter 19, Hypertension, Liver-Yang rising)

Concha Margaritiferae Pill Variation

- **Zhen Zhu Mu** *Concha Margaritiferae usta* 30 g
- **Mu Li** *Concha Ostreae* 15 g
- **Sheng Di Huang** *Radix Rehmanniae* 12 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 6 g
- **Bai Zi Ren** *Semen Platycladi* 6 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 12 g

ZHEN ZHU MU WAN Variation (Chapter 21, Chest Painful Obstruction Syndrome, Liver-Fire harassing the Heart in the chest)

Concha Margaritiferae Pill Variation

- **Zhen Zhu Mu** *Concha Margaritiferae usta* 30 g
- **Long Chi** *Fossilia Dentis Mastodi* 18 g
- **Chen Xiang** *Lignum Aquilariae resinatum* 3 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 12 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 6 g
- **Bai Zi Ren** *Semen Platycladi* 6 g
- **Fu Shen** *Sclerotium Poriae paradicis* 6 g
- **Long Dan Cao** *Radix Gentianae* 6 g
- **Chai Hu** *Radix Bupleuri* 3 g
- **Ling Yang Jiao** *Cornu Saigae tataricae* 6 g
- **Zhi Ke** *Fructus Aurantii* 6 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g

ZHENG QI TIAN XIANG SAN

Upright Qi Heavenly Fragrance Powder

- **Xiang Fu** *Rhizoma Cyperi* 6 g
- **Wu Yao** *Radix Linderae* 6 g
- **Gan Jiang** *Rhizoma Zingiberis* 3 g
- **Zi Su Ye** *Folium Perillae* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g

ZHENG YANG LI LAO TANG

Rescuing Yang and Regulating Exhaustion Decoction

- **Ren Shen** *Radix Ginseng* 9 g
- **Huang Qi** *Radix Astragali* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Rou Gui** *Cortex Cinnamomi* 3 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g

- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g

ZHENG YANG LI LAO TANG Variation (Chapter 46, Bleeding, Coughing blood, Lung- and Spleen-Qi deficient not holding Blood)

Rescuing Yang and Regulating Exhaustion Decoction Variation

- **Ren Shen** *Radix Ginseng* 9 g
- **Huang Qi** *Radix Astragali* 9 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g
- **Rou Gui** *Cortex Cinnamomi* 3 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g
- **Bai Ji** *Rhizoma Bletillae* 6 g
- **San Qi** *Radix Notoginseng* 6 g
- **Xian He Cao** *Herba Agrimoniae* 6 g

ZHENG YIN LI LAO TANG

Rescuing Yin and Regulating Exhaustion Decoction

- **Ren Shen** *Radix Ginseng* 9 g
- **Mai Men Dong** *Radix Ophiopogonis* 9 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Sheng Di Huang** *Radix Rehmanniae* 6 g
- **Mu Dan Pi** *Cortex Moutan* 9 g
- **Yi Yi Ren** *Semen Coicis* 15 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g

ZHENG YIN LI LAO TANG Variation (Chapter 46, Bleeding, Coughing of Blood, Lung-Yin deficiency with Empty Heat)

Rescuing Yin and Regulating Exhaustion Decoction Variation

- **Ren Shen** *Radix Ginseng* 9 g
- **Mai Men Dong** *Radix Ophiopogonis* 9 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Sheng Di Huang** *Radix Rehmanniae* 6 g
- **Mu Dan Pi** *Cortex Moutan* 9 g
- **Yi Yi Ren** *Semen Coicis* 15 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g

- **Xian He Cao** *Herba Agrimoniae* 6 g
- **Bai Ji** *Rhizoma Bletillae* 6 g
- **E Jiao** *Colla Corii Asini* 6 g

ZHI BO DI HUANG WAN (or ZHI BO BA WEI WAN)*Anemarrhena-Phellodendron-Rehmannia Pill**(Anemarrhena-Phellodendron Eight-Ingredient Pill)*

- **Shu Di Huang** *Radix Rehmanniae preparata* 24 g
- **Shan Zhu Yu** *Fructus Corni* 12 g
- **Shan Yao** *Rhizoma Dioscoreae* 12 g
- **Ze Xie** *Rhizoma Alismatis* 9 g
- **Fu Ling** *Poria* 9 g
- **Mu Dan Pi** *Cortex Moutan* 9 g
- **Zhi Mu** *Rhizoma Anemarrhenae* 9 g
- **Huang Bo** *Cortex Phellodendri* 9 g

ZHI BO DI HUANG WAN (or ZHI BO BA WEI WAN)

Variation (Chapter 34, Interstitial cystitis, Kidney-Yin deficiency with Empty Heat)

*Anemarrhena-Phellodendron-Rehmannia Pill Variation**(Anemarrhena-Phellodendron Eight-Ingredient Pill**Variation)*

- **Shu Di Huang** *Radix Rehmanniae preparata* 12 g
- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Shan Yao** *Rhizoma Dioscoreae* 6 g
- **Ze Xie** *Rhizoma Alismatis* 9 g
- **Fu Ling** *Poria* 9 g
- **Mu Dan Pi** *Cortex Moutan* 9 g
- **Zhi Mu** *Rhizoma Anemarrhenae* 9 g
- **Huang Bo** *Cortex Phellodendri* 9 g
- **Shi Wei** *Folium Pyrrosiae* 6 g
- **Bian Xu** *Herba Polygoni avicularis* 6 g

ZHI BO DI HUANG WAN (or ZHI BO BA WEI WAN)

Variation (Chapter 35, Benign Prostatic Hyperplasia, Liver- and Kidney-Yin deficiency)

*Anemarrhena-Phellodendron-Rehmannia Pill Variation**(Anemarrhena-Phellodendron Eight-Ingredient Pill**Variation)*

- **Sheng Di Huang** *Radix Rehmanniae* 12 g
- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Shan Yao** *Rhizoma Dioscoreae* 6 g
- **Ze Xie** *Rhizoma Alismatis* 9 g
- **Fu Ling** *Poria* 9 g
- **Mu Dan Pi** *Cortex Moutan* 9 g
- **Zhi Mu** *Rhizoma Anemarrhenae* 9 g

- **Huang Bo** *Cortex Phellodendri* 9 g
- **Yi Yi Ren** *Semen Coicis* 15 g
- **Shi Wei** *Folium Pyrrosiae* 9 g

ZHI BO YANG WEI TANG*Anemarrhena-Phellodendron Nourishing the Stomach**Decoction*

- **Zhi Mu** *Rhizoma Anemarrhenae* 6 g
- **Huang Bo** *Cortex Phellodendri* 6 g
- **Mu Dan Pi** *Cortex Moutan* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Shi Hu** *Herba Dendrobii* 6 g
- **Yu Zhu** *Rhizoma Polygonati odorati* 6 g
- **Shan Yao** *Rhizoma Dioscoreae* 6 g
- **Fu Ling** *Poria* 6 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Hai Zao** *Sargassum* 6 g
- **Kun Bu** *Thallus Eckloniae* 6 g
- **Sheng Di Huang** *Radix Rehmanniae* 6 g
- **Dan Shen** *Radix Salviae miltiorrhizae* 6 g
- **Huang Yao Zi** *Rhizoma Dioscoreae bulbiferae* 6 g

ZHI GAN CAO TANG*Glycyrrhiza Decoction*

- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 12 g
- **Ren Shen** *Radix Ginseng* 6 g
- **Da Zao** *Fructus Jujubae* 10 dates
- **Sheng Di Huang** *Radix Rehmanniae* 30 g
- **Mai Men Dong** *Radix Ophiopogonis* 10 g
- **E Jiao** *Colla Corii Asini* 6 g
- **Hu Ma Ren** *Semen Sesami indici* 10 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 9 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 9 g
- **Qing Jiu** Rice wine 10 ml (added at the end)

ZHI SHI DAO ZHI WAN*Aurantium Eliminating Stagnation Pill*

- **Da Huang** *Radix et Rhizoma Rhei* 15 g
- **Zhi Shi** *Fructus Aurantii immaturus* 12 g
- **Huang Lian** *Rhizoma Coptidis* 6 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Fu Ling** *Poria* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Shen Qu** *Massa medicata fermentata* 12 g

ZHI SHI LIN FANG*Formula to Treat Stone Urinary Syndrome*

- **Shu Di Huang** *Radix Rehmanniae preparata* 9 g
- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Yi Yi Ren** *Semen Coicis* 18 g
- **Che Qian Zi** *Semen Plantaginis* 6 g
- **Qian Shi** *Semen Euryales* 6 g
- **Fu Ling** *Poria* 6 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Qing Yan** Salt 3g
- **Gu Sui Bu** *Rhizoma Gusuibu* 6 g
- **Rou Gui** *Cortex Cinnamomi* 3 g

ZHI SHI XIE BAI GUI ZHI TANG*Aurantium-Allium-Cinnamomum Decoction*

- **Zhi Shi** *Fructus Aurantii immaturus* 12 g
- **Xie Bai** *Bulbus Allii macrostemi* 9 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 6 g
- **Gua Lou** *Fructus Trichosanthis* 12 g
- **Hou Po** *Cortex Magnoliae officinalis* 12 g

ZHI SHI ZHI ZI TANG*Aurantium-Gardenia Decoction*

- **Zhi Shi** *Fructus Aurantii immaturus* 6 g
- **Shan Zhi Zi** *Fructus Gardeniae* 9 g
- **Dan Dou Chi** *Semen Sojae preparatum* 9 g

ZHI SOU SAN*Stopping Cough Powder*

- **Jing Jie** *Herba Schizonepetae* 6 g
- **Jie Geng** *Radix Platycodi* 4.5 g
- **Bai Qian** *Radix et Rhizoma Cynanchii stautoni* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Bai Bu** *Radix Stemonae* 6 g
- **Zi Wan** *Radix Asteris* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

ZHI ZI CHI TANG*Gardenia-Soja Decoction*

- **Shan Zhi Zi** *Fructus Gardeniae* 9 g
- **Dan Dou Chi** *Semen Sojae preparatum* 9 g

ZHI ZI QING GAN TANG*Gardenia Clearing the Liver Decoction*

- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Chai Hu** *Radix Bupleuri* 3 g

- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Fu Ling** *Poria* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Mu Dan Pi** *Cortex Moutan* 6 g

ZHONG MAN FEN XIAO YIN*Dissolving Fullness in the Centre Decoction*

- **Hou Po** *Cortex Magnoliae officinalis* 9 g
- **Zhi Shi** *Fructus Aurantii immaturus* 6 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Huang Lian** *Rhizoma Coptidis* 3 g
- **Zhi Mu** *Radix Anemarrhenae* 6 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Ren Shen** *Radix Ginseng* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g
- **Fu Ling** *Poria* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Sha Ren** *Fructus Amomi* 4.5 g
- **Gan Jiang** *Rhizoma Zingiberis* 3 g
- **Jiang Huang** *Rhizoma Curcumae longae* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g

ZHU LING TANG*Polyporus Decoction*

- **Zhu Ling** *Polyporus* 9 g
- **Fu Ling** *Poria* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **E Jiao** *Colla Corii Asini* 6 g
- **Hua Shi** *Talcum* 6 g

ZHU SHA AN SHEN WAN*Cinnabar Calming the Mind Pill*

- **Huang Lian** *Rhizoma Coptidis* 3 g
- **Sheng Di Huang** *Radix Rehmanniae* 12 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Fu Ling** *Poria* 6 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 6 g
- **Zhu Sha** *Cinnabaris* 3 g
- **Yuan Zhi** *Radix Polygalae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

ZHU YE SHI GAO TANG*Phyllostachys Gypsum Decoction*

- **Zhu Ye** *Folium Phyllostachys nigrae* 15 g

- **Shi Gao** *Gypsum fibrosum* 30 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Mai Men Dong** *Radix Ophiopogonis* 15 g
- **Ren Shen** *Radix Ginseng* 5 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g
- **Geng Mi** *Semen Oryzae sativae* 15 g

ZHUANG HUO DAN

Strengthening Fire Pill

- **Ren Shen** *Radix Ginseng* 6 g
- **Ba Ji Tian** *Radix Morindae officinalis* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 6 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 6 g
- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Rou Cong Rong** *Herba Cistanches* 6 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 6 g
- **Fu Zi** *Radix Aconiti lateralis preparata* 3 g
- **Rou Gui** *Cortex Cinnamomi* 3 g
- **Fu Ling** *Poria* 6 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 6 g
- **Bai Zi Ren** *Semen Platycladi* 6 g
- **Shan Yao** *Rhizoma Dioscoreae* 6 g
- **Huang Bo** *Cortex Phellodendri* 6 g
- **Long Gu** *Mastodi Osis fossilia* 9 g

ZI SHUI QING GAN YIN

Nourishing Water and Clearing the Liver Decoction

- **Sheng Di Huang** *Radix Rehmanniae* 6 g
- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Shan Yao** *Rhizoma Dioscoreae* 6 g
- **Fu Ling** *Poria* 6 g
- **Mu Dan Pi** *Cortex Moutan* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Chai Hu** *Radix Bupleuri* 6 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 6 g

ZI SHUI QING GAN YIN Variation by **Dr Lu Cheng Ren** (Chapter 18, Hyperthyroidism, review of modern Chinese literature)

Nourishing Water and Clearing the Liver Decoction Variation

- **Sheng Di Huang** *Radix Rehmanniae* 6 g
- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Shan Yao** *Rhizoma Dioscoreae* 6 g

- **Fu Ling** *Poria* 6 g
- **Mu Dan Pi** *Cortex Moutan* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Chai Hu** *Radix Bupleuri* 6 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Qing Pi** *Pericarpium Citri reticulatae viride* 6 g
- **Mu Li** *Concha Ostreae* 9 g
- **Ye Jiao Teng** *Caulis Polygoni multiflori* 6 g

ZI XUE DAN

Purple Snow Pill

- **Shi Gao** *Gypsum fibrosum* 1500 g
- **Han Shui Shi** *Calcitum* 1500 g
- **Hua Shi** *Talcum* 1500 g
- **Shui Niu Jiao** *Cornu Bubali* 150 g
- **Ling Yang Jiao** *Cornu Saigae tataricae* 150 g
- **She Xiang** *Moschus* 37.5 g
- **Xuan Shen** *Radix Scrophulariae* 500 g
- **Ci Shi** *Magnetitum* 1500 g
- **Sheng Ma** *Rhizoma Cimicifugae* 500 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 240 g
- **Qing Mu Xiang** *Radix Aristolochiae Qingmuxiang* 150 g
- **Chen Xiang** *Lignum Aquilariae resinatum* 150 g
- **Ding Xiang** *Flos Caryophilli* 30 g
- **Zhu Sha** *Cinnabaris* 90 g
- **Mang Xiao** *Natrii Sulfas* 5000 g
- **Xiao Shi** *Niter* 96 g
- **Huang Jin** *Gold* 3000 g

Note: This formula contains many banned substances, i.e. She Xiang, Qing Mu Xiang, Zhu Sha, Xiao Shi and Huang Jin. It is listed here purely out of historical interest as one of the formulae for the Blood Level in the context of the Four Levels.

ZI YIN DA BU WAN

Nourishing Yin Great Tonification Pill

- **Shu Di Huang** *Radix Rehmanniae preparata* 9 g
- **Shan Yao** *Rhizoma Dioscoreae* 6 g
- **Huai Niu Xi** *Radix Achyranthis bidentatae* 6 g
- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Du Zhong** *Cortex Eucommiae ulmoidis* 6 g
- **Fu Ling** *Poria* 6 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 9 g
- **Da Zao** *Fructus Jujubae* 6 g

ZUO GUI WAN*Restoring the Left [Kidney] Pill*

- **Shu Di Huang** *Radix Rehmanniae preparata* 15 g
- **Shan Yao** *Rhizoma Dioscoreae* 9 g
- **Shan Zhu Yu** *Fructus Corni* 9 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 9 g
- **Chuan Niu Xi** *Radix Cyathulae* 6 g
- **Tu Si Zi** *Semen Cuscutae* 9 g
- **Lu Jiao** *Cornu Cervi* 9 g
- **Gui Ban Jiao** *Colla Plastris Testudinis* 9 g

ZUO GUI WAN Variation (Chapter 40, Fibromyalgia, Dampness with Liver- and Kidney-Yin deficiency)

Restoring the Left [Kidney] Pill Variation

- **Shu Di Huang** *Radix Rehmanniae preparata* 15 g
- **Shan Yao** *Rhizoma Dioscoreae* 9 g
- **Shan Zhu Yu** *Fructus Corni* 9 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 9 g
- **Chuan Niu Xi** *Radix Cyathulae* 6 g
- **Tu Si Zi** *Semen Cuscutae* 9 g
- **Lu Jiao** *Cornu Cervi* 9 g
- **Gui Ban Jiao** *Colla Plastris Testudinis* 9 g
- **Cang Zhu** *Rhizoma Atractylodis* 6 g
- **Sha Ren** *Fructus Amomi* 4.5 g
- **Wei Ling Xian** *Radix Clematidis* 6 g

ZUO GUI YIN*Restore the Left [Kidney] Decoction*

- **Shu Di Huang** *Radix Rehmanniae preparata* 12 g
- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 6 g
- **Shan Yao** *Rhizoma Dioscoreae* 6 g
- **Fu Ling** *Poria* 6 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

ZUO JIN WAN*Left Metal Pill*

- **Huang Lian** *Rhizoma Coptidis* 15 g
- **Wu Zhu Yu** *Fructus Evodiae* 2 g

EMPIRICAL PRESCRIPTIONS

EMPIRICAL PRESCRIPTION by **Dr Dong Jian Hua** (Chapter 3, Breathlessness, Lung- and Kidney-Yin deficiency)

- **Dong Chong Xia Cao** *Cordyceps* 5 g
- **Sheng Di Huang** *Radix Rehmanniae* 12 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 12 g
- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Zi Shi Ying** *Fluoritum* 15 g
- **Chen Xiang** *Lignum Aquilariae* 0.9 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Xing Ren** *Semen Armeniacae* 6 g
- **Sha Ren** *Fructus Amomi* 3 g

EMPIRICAL PRESCRIPTION (Chapter 5, Asthma, Liver-Fire insulting the Lungs)

- **Ma Huang** *Herba Ephedrae* 3 g
- **Zi Wan** *Radix Asteris tatarici* 9 g
- **Pi Pa Ye** *Folium Eriobotryae japonicae* 9 g
- **Zhe Bei Mu** *Bulbus Fritillariae thunbergii* 9 g
- **Xing Ren** *Semen Armeniacae* 6 g
- **Qian Hu** *Radix Peucedani* 9 g
- **Sang Bai Pi** *Cortex Mori* 6 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 4.5 g
- **Yu Jin** *Tuber Curcumae* 6 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Lian Qiao** *Fructus Forsythiae* 6 g

EMPIRICAL PRESCRIPTION No. 1 (Chapter 7, Sinusitis, Wind-Heat)

- **He Ye** *Folium Nelumbinis nuciferae* 6 g
- **Niu Bang Zi** *Fructus Arctii* 6 g
- **Bo He** *Herba Menthae* 6 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g
- **Shi Gao** *Gypsum fibrosum* 12 g
- **Lian Qiao** *Fructus Forsythiae* 6 g
- **Xuan Shen** *Radix Scrophulariae* 4.5 g
- **Jie Geng** *Radix Platycodi* 4.5 g
- **Xin Yi Hua** *Flos Magnoliae* 4.5 g

EMPIRICAL PRESCRIPTION No. 2 (Chapter 7, Sinusitis, Wind-Heat)

- **Xin Yi Hua** *Flos Magnoliae* 9 g
- **Bai Zhi** *Radix Angelicae dahuricae* 9 g
- **Chai Hu** *Radix Bupleuri* 6 g
- **Jing Jie** *Herba Schizonepetae* 4.5 g
- **Bo He** *Herba Menthae* 6 g
- **Jie Geng** *Radix Platycodi* 6 g
- **Ma Huang** *Herba Ephedrae* 6 g
- **Huang Qin** *Radix Scutellariae* 6 g

- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Long Dan Cao** *Radix Gentianae* 6 g
- **Yu Xing Cao** *Herba Houttuniae* 9 g
- **Jin Yin Hua** *Flos Lonicerae japonicae* 9 g
- **Gua Lou** *Semen Trichosanthis* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 4.5 g

EMPIRICAL PRESCRIPTION by **Dr Zhao Fen**
(Chapter 18, Goitre, Hyperthyroidism, Liver-Qi stagnation)

- **Chai Hu** *Radix Bupleuri* 6 g
- **Huang Qin** *Radix Scutellariae* 9 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 6 g
- **Dang Shen** *Radix Codonopsis* 15 g
- **Zi Su Geng** *Caulis Perillae* 6 g
- **Hou Po** *Cortex Magnoliae officinalis* 9 g
- **Lai Fu Zi** *Semen Raphani* 9 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Yu Jin** *Radix Curcumae* 9 g
- **Ku Ding Cha** *Herba Ilicis cornutae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

EMPIRICAL PRESCRIPTION by **Dr Zhao Fen**
(Chapter 18, Goitre, Hyperthyroidism, Heat in Liver, Heart and Stomach, Phlegm-Heat in the Liver)

- **Zhen Zhu Mu** *Concha Margaritiferae usta* 60 g
- **Gou Teng** *Ramulus cum Uncis Uncariae* 9 g
- **Jiang Can** *Bombyx batryticatus* 9 g
- **Shan Zhi Zi** *Fructus Gardeniae* 9 g
- **Huang Qin** *Radix Scutellariae* 9 g
- **Xia Ku Cao** *Spica Prunellae* 12 g
- **Zhu Ru** *Caulis Bambusae in Taeniam* 15 g
- **Dan Shen** *Radix Salviae miltiorrhizae* 15 g
- **Chi Shao** *Radix Paeoniae rubra* 9 g
- **Ye Jiao Teng** *Caulis Polygoni multiflori* 15 g
- **Bi Yu San** 24 g (Hua Shi, Gan Cao, Qing Dai)

EMPIRICAL PRESCRIPTION by **Dr Zhu Ceng Bo**
(Chapter 18, Goitre, Hyperthyroidism, Heat in Liver, Heart and Stomach, Phlegm-Heat in the Liver)

- **Xuan Shen** *Radix Scrophulariae* 9 g
- **Mai Men Dong** *Radix Ophiopogonis* 9 g
- **Shi Gao** *Gypsum fibrosum* 20 g
- **Xia Ku Cao** *Spica Prunellae* 6 g
- **Wu Mei** *Fructus Mume* 6 g
- **Bai Zi Ren** *Semen Platycladi* 9 g
- **Shan Zhi Zi** *Fructus Gardeniae* 6 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

EMPIRICAL PRESCRIPTION by **Dr Zhao Fen**
(Chapter 18, Goitre, Hyperthyroidism, Liver- and Kidney-Yin deficiency with Empty Heat)

- **Tai Zi Shen** *Radix Pseudostellariae* 15 g
- **Mai Men Dong** *Radix Ophiopogonis* 15 g
- **Wu Wei Zi** *Fructus Schisandrae* 9 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 15 g
- **Shou Wu** *Radix Polygoni multiflori preparata* 15 g
- **Shan Yao** *Rhizoma Dioscoreae* 15 g
- **Zhen Zhu Mu** *Concha Margaritiferae usta* 30 g
- **Yu Zhu** *Rhizoma Polygonati odorati* 15 g
- **Bai Wei** *Radix Cynanchi atrati* 9 g
- **Chi Shao** *Radix Paeoniae rubra* 9 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 5 g

EMPIRICAL PRESCRIPTION by **Dr Zhu Ceng Bo**
(Chapter 18, Goitre, Hyperthyroidism, Liver- and Kidney-Yin deficiency with Empty Heat)

- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Gui Ban** *Plastrum Testudinis* 9 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Shan Yao** *Rhizoma Dioscoreae* 6 g
- **Shi Hu** *Herba Dendrobii* 6 g
- **Bei Sha Shen** *Radix Glehniae* 6 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 6 g
- **Long Yan Rou** *Arillus Longan* 6 g
- **Huang Jing** *Rhizoma Polygonati* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

EMPIRICAL PRESCRIPTION by **Dr Wang Zhu Bie**
(Chapter 18, Goitre, Hyperthyroidism, Liver- and Kidney-Yin deficiency with Empty Heat)

- **Sheng Di Huang** *Radix Rehmanniae* 30 g
- **Xuan Shen** *Radix Scrophulariae* 12 g
- **Gou Teng** *Ramulus cum Uncis Uncariae* 15 g
- **Shi Jue Ming** *Concha Haliotidis* 30 g
- **Tian Kui Zi** *Radix Semiaquilegiae* 10 g
- **Fo Shou** *Fructus Citri sarcodactylis* 6 g
- **Bei Sha Shen** *Radix Glehniae* 15 g
- **Zhe Bei Mu** *Bulbus Fritillariae thunbergii* 10 g

EMPIRICAL PRESCRIPTION by **Dr Ren Duan Xue**
(Chapter 18, Goitre, Hyperthyroidism, Phlegm-Heat in the Liver)

- **Sheng Di Huang** *Radix Rehmanniae* 15 g
- **Bai Shao** *Radix Paeoniae alba* 15 g
- **Huang Yao Zi** *Rhizoma Dioscoreae bulbiferae* 10 g
- **Tian Zhu Huang** *Concretio Silicea Bambusae* 10 g
- **Bai Ji Li** *Fructus Tribuli* 25 g
- **Chen Xiang** *Lignum Aquilariae resinatum* 15 g
- **Xiang Fu** *Rhizoma Cyperi* 10 g
- **Lian Zi Xin** *Plumula Nelumbinis nuciferae* 15 g
- **Zhen Zhu Mu** *Concha Margaritiferae usta* 15 g

EMPIRICAL PRESCRIPTION by **Dr Zhu Ceng Bo**
(Chapter 18, Goitre, Hyperthyroidism, Liver-Qi stagnation turning into Fire)

- **Shan Yao** *Rhizoma Dioscoreae* 6 g
- **Zhi Mu** *Rhizoma Anemarrhenae* 6 g
- **Xuan Shen** *Radix Scrophulariae* 6 g
- **Yu Jin** *Radix Curcumae* 6 g
- **Chuan Lian Zi** *Fructus Toosendan* 6 g
- **Tian Hua Fen** *Radix Trichosanthis* 6 g
- **Fu Ling** *Poria* 6 g
- **Nu Zhen Zi** *Fructus Ligustri lucidi* 6 g
- **Bei Sha Shen** *Radix Glehniae* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g
- **Shi Gao** *Gypsum fibrosum* 9 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

EMPIRICAL PRESCRIPTION (XIAO YING ZHI KANG TANG) by **Dr Zhang Zhen Ru** (Chapter 18, Goitre, Hyperthyroidism)

Dissolving Goitre and Reducing Hyperthyroidism Decoction

- **Sheng Di Huang** *Radix Rehmanniae* 6 g
- **Xuan Shen** *Radix Scrophulariae* 6 g
- **Mai Men Dong** *Radix Ophiopogonis* 6 g
- **Kun Bu** *Thallus Eckloniae* 9 g
- **Hai Zao** *Sargassum* 9 g
- **Huang Yao Zi** *Rhizoma Dioscoreae bulbiferae* 6 g
- **Hai Piao Xiao** *Endoconcha Sepiae* 9 g
- **Hai Fu Shi** *Pumice* 9 g
- **Yu Jin** *Radix Curcumae* 6 g
- **Mu Li** *Concha Ostreae* 9 g
- **Zhe Bei Mu** *Bulbus Fritillariae thunbergii* 6 g
- **Gui Ban** *Plastrum Testudinis* 6 g

EMPIRICAL PRESCRIPTION by **Dr Xu Feng Gong**
(Chapter 18, Goitre, Hyperthyroidism)

- **Kun Bu** *Thallus Eckloniae* 9 g
- **Hai Zao** *Sargassum* 9 g

- **Xuan Shen** *Radix Scrophulariae* 6 g
- **Fu Ling** *Poria* 6 g
- **He Huan Pi** *Cortex Albiziae* 6 g
- **Hai Fu Shi** *Pumice* 9 g
- **Xia Ku Cao** *Spica Prunellae* 6 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 6 g
- **Yuan Zhi** *Radix Polygalae* 6 g
- **Zhe Bei Mu** *Bulbus Fritillariae thunbergii* 6 g
- **Ju Hua** *Flos Chrysanthemi* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 3 g
- **Mu Li** *Concha Ostreae* 9 g

EMPIRICAL PRESCRIPTION by **Dr Xu Qing Cheng** (Chapter 18, Goitre, Hyperthyroidism)

- **Tai Zi Shen** *Radix Pseudostellariae* 30 g
- **Mai Men Dong** *Radix Ophiopogonis* 12 g
- **Wu Wei Zi** *Fructus Schisandrae* 10 g
- **Bai Shao** *Radix Paeoniae alba* 15 g
- **Sheng Di Huang** *Radix Rehmanniae* 20 g
- **Suan Zao Ren** *Semen Ziziphi spinosae* 12 g
- **Hai Ge Ke** *Concha Meretricis seu Cyclinae* 10 g
- **Mu Li** *Concha Ostreae* 30 g
- **Zhe Bei Mu** *Bulbus Fritillariae thunbergii* 10 g
- **Xia Ku Cao** *Spica Prunellae* 30 g
- **Hai Zao** *Sargassum* 10 g
- **Kun Bu** *Thallus Eckloniae* 10 g

EMPIRICAL PRESCRIPTION by **Dr Xia Shao Nong**
(Chapter 18, Goitre, Hyperthyroidism)

- **Huang Qi** *Radix Astragali* 30-45 g
- **Bai Shao** *Radix Paeoniae alba* 12 g
- **Sheng Di Huang** *Radix Rehmanniae* 15 g
- **Xiang Fu** *Rhizoma Cyperi* 12 g
- **Xia Ku Cao** *Spica Prunellae* 30 g
- **Shou Wu** *Radix Polygoni multiflori preparata* 20 g

EMPIRICAL PRESCRIPTION by **Dr Lu Fang**
(Chapter 19, Hypertension, Liver-Fire)

- **Shi Jue Ming** *Concha Haliotidis* 50 g
- **Huang Qin** *Radix Scutellariae* 15 g
- **Shan Zhi Zi** *Fructus Gardeniae* 15 g
- **Ju Hua** *Flos Chrysanthemi* 15 g
- **Chai Hu** *Radix Bupleuri* 15 g
- **Di Long** *Pheretima* 30 g
- **Xia Ku Cao** *Spica Prunellae* 15 g
- **Gou Teng** *Ramulus cum Uncis Uncariae* 50 g
- **Mu Dan Pi** *Cortex Moutan* 25 g

EMPIRICAL PRESCRIPTION by **Dr Lu Fang**
(Chapter 19, Hypertension, Phlegm)

- **Tian Ma** *Rhizoma Gastrodiae* 15 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 15 g
- **Yuan Zhi** *Radix Polygalae* 15 g
- **Gua Lou** *Fructus Trichosanthis* 50 g
- **Ju Hua** *Flos Chrysanthemi* 30 g
- **Gou Teng** *Ramulus cum Uncis Uncariae* 50 g
- **Kun Bu** *Thallus Eckloniae* 15 g
- **Xia Ku Cao** *Spica Prunellae* 25 g

EMPIRICAL PRESCRIPTION by **Dr Lu Fang**
(Chapter 19, Hypertension, Blood stasis)

- **Dan Shen** *Radix Salviae milthiorrizae* 50 g
- **Yi Mu Cao** *Herba Leonuri* 50 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 50 g
- **Huai Hua** *Flos Sophorae* 50 g
- **Hong Hua** *Flos Carthami tinctorii* 15 g
- **Ji Xue Teng** *Caulis Spatholobi* 25 g
- **Shan Zha** *Fructus Crataegi* 15 g

EMPIRICAL PRESCRIPTION by **Dr Lu Fang**
(Chapter 19, Hypertension, Liver- and Kidney-Yin deficiency)

- **He Shou Wu** *Radix Polygoni multiflori preparata* 25 g
- **Xuan Shen** *Radix Scrophulariae* 50 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 25 g
- **Sang Ji Sheng** *Herba Taxilli* 25 g
- **Wu Wei Zi** *Fructus Schisandrae* 15 g
- **Jue Ming Zi** *Semen Cassiae* 50 g
- **Di Gu Pi** *Cortex Lycii* 25 g
- **Qing Xiang Zi** *Semen Celosiae* 15 g

EMPIRICAL PRESCRIPTION by **Dr Lu Fang**
(Chapter 19, Hypertension, Qi and Yin deficiency)

- **Dang Shen** *Radix Codonopsis* 15 g
- **Ren Shen** *Radix Ginseng* 10 g
- **Huang Qi** *Radix Astragali* 50 g
- **Du Zhong** *Cortex Eucommiae ulmoidis* 30 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 15 g
- **Bai Shao** *Radix Paeoniae alba* 50 g
- **Wu Wei Zi** *Fructus Schisandrae* 10 g
- **He Shou Wu** *Radix Polygoni multiflori preparata* 25 g

EMPIRICAL PRESCRIPTION by **Dr Lu Fang**
(Chapter 19, Hypertension, Spleen- and Kidney-Yang deficiency)

- **Dang Shen** *Radix Codonopsis* 20 g
- **Cang Zhu** *Rhizoma Atractylodis* 25 g
- **Tian Ma** *Rhizoma Gastrodiae* 15 g
- **Xian Mao** *Rhizoma Curculiginis* 25 g
- **Yin Yang Huo** *Herba Epimidii* 25 g
- **Ba Ji Tian** *Radix Morindae officinalis* 25 g
- **Tu Si Zi** *Semen Cuscutae* 25 g
- **Ge Gen** *Radix Puerariae* 50 g

EMPIRICAL PRESCRIPTION by **Dr Chai Rui Ji**
(Chapter 19, Hypertension, Liver-Fire)

- **Long Dan Cao** *Radix Gentianae* 6 g
- **Ju Hua** *Flos Chrysanthemi* 9 g
- **Gou Teng** *Ramulus cum Uncis Uncariae* 12 g
- **Zhu Ru** *Caulis Bambusae in Taeniam* 15 g
- **Di Long** *Pheretima* 9 g
- **Sheng Di Huang** *Radix Rehmanniae* 15 g
- **Jue Ming Zi** *Semen Cassiae* 15 g
- **Shan Zhi Zi** *Fructus Gardeniae* 9 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Xuan Shen** *Radix Scrophulariae* 9 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 6 g

EMPIRICAL PRESCRIPTION by **Dr Chai Rui Ji**
(Chapter 19, Hypertension, Liver-Wind)

- **Zhen Zhu Mu** *Concha Margaritiferae usta* 24 g
- **Shi Jue Ming** *Concha Haliotidis* 24 g
- **Bai Shao** *Radix Paeoniae alba* 15 g
- **Xia Ku Cao** *Spica Prunellae* 15 g
- **Tian Ma** *Rhizoma Gastrodiae* 6 g
- **Gou Teng** *Ramulus cum Uncis Uncariae* 12 g
- **Ci Shi** *Magnetitum* 15 g
- **Mu Li** *Concha Ostreae* 15 g
- **Gui Ban** *Plastrum Testudinis* 15 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 6 g

EMPIRICAL PRESCRIPTION by **Dr Chai Rui Ji**
(Chapter 19, Hypertension, Kidney- and Liver-Yin deficiency)

- **Shou Wu** *Radix Polygoni multiflori preparata* 18 g
- **Nu Zhen Zi** *Fructus Ligustri lucidi* 9 g
- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **Ju Hua** *Flos Chrysanthemi* 9 g
- **Han Lian Cao** *Herba Ecliptae* 9 g

- **Sang Ji Sheng** *Herba Taxilli* 9 g
- **Huai Niu Xi** *Radix Achyranthis bidentatae* 9 g
- **Zhen Zhu Mu** *Concha Margatiriferae usta* 15 g
- **Gui Ban** *Plastrum Testudinis* 9 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 9 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

EMPIRICAL PRESCRIPTION by **Dr Chai Rui Ji**
(Chapter 19, Hypertension, Kidney- and Liver-Yin deficiency and Kidney-Yang deficiency)

- **Shu Di Huang** *Radix Rehmanniae preparata* 15 g
- **Shan Zhu Yu** *Fructus Corni* 6 g
- **Xian Ling Pi** *Herba Epimidii* 9 g
- **Du Zhong** *Cortex Eucommiae ulmoidis* 9 g
- **Sang Ji Sheng** *Herba Taxilli* 9 g
- **Ba Ji Tian** *Radix Morindae officinalis* 9 g
- **Huai Niu Xi** *Radix Achyranthis bidentatae* 9 g
- **Gui Ban** *Plastrum Testudinis* 12 g
- **Zhen Zhu Mu** *Concha Margatiriferae usta* 15 g
- **Zhi Gan Cao** *Radix Glycyrrhizae uralensis preparata* 3 g

EMPIRICAL PRESCRIPTION by **Dr Fu Ren Jie**
(Chapter 19, Hypertension, Liver-Yang rising)

- **Tian Ma** *Rhizoma Gastrodiae* 9 g
- **Gou Teng** *Ramulus cum Uncis Uncariae* 6 g
- **Ju Hua** *Flos Chrysanthemi* 6 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Shi Jue Ming** *Concha Haliotidis* 9 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Man Jing Zi** *Fructus Viticis* 6 g
- **Long Dan Cao** *Radix Gentianae* 6 g
- **Xuan Shen** *Radix Scrophulariae* 6 g

EMPIRICAL PRESCRIPTION by **Dr Fu Ren Jie**
(Chapter 19, Hypertension, Liver- and Kidney-Yin deficiency)

- **Sheng Di Huang** *Radix Rehmanniae* 6 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 6 g
- **Ju Hua** *Flos Chrysanthemi* 6 g
- **Luo Bu Ma** *Rhizoma Apocyni veneti* 6 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 6 g
- **Shou Wu** *Radix Polygoni multiflori preparata* 6 g
- **Bai Ji Li** *Fructus Tribuli* 6 g
- **Shan Zha** *Fructus Crataegi* 6 g
- **Nu Zhen Zi** *Fructus Ligustri lucidi* 6 g
- **Han Lian Cao** *Herba Ecliptae* 6 g
- **Gu Ya** *Fructus Oryzae germinatus* 6 g

EMPIRICAL PRESCRIPTION by **Dr Fu Ren Jie**
(Chapter 19, Hypertension, Phlegm)

- **Huang Qi** *Radix Astragali* 60 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Fu Ling** *Poria* 6 g
- **Jiang Can** *Bombyx batryticatus* 6 g
- **Shan Zha** *Fructus Crataegi* 6 g
- **Ju Hua** *Flos Chrysanthemi* 6 g
- **Yin Yang Huo** *Herba Epimidii* 6 g
- **Xi Xian Cao** *Herba Siegesbeckiae* 6 g
- **Lu Ti Cao** *Herba Pyrolae* 6 g

EMPIRICAL PRESCRIPTION by **Dr Fu Ren Jie**
(Chapter 19, Hypertension, Qi and Yin Deficiency)

- **Dang Shen** *Radix Codonopsis* 9 g
- **Huang Qi** *Radix Astragali* 9 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Dan Shen** *Radix Salviae miltiorrhizae* 6 g
- **Yin Yang Huo** *Herba Epimidii* 6 g
- **Nu Zhen Zi** *Fructus Ligustri lucidi* 6 g
- **Han Lian Cao** *Herba Ecliptae* 6 g
- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Gu Ya** *Fructus Oryzae germinatus* 6 g

EMPIRICAL PRESCRIPTION by **Dr Lu Fang**
(Chapter 19, Hypertension, Blood stasis)

- **Dan Shen** *Radix Salviae miltiorrhizae* 50 g
- **Yi Mu Cao** *Herba Leonuri* 50 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 50 g
- **Mei Gui Hua** *Flos Rosae rugosae* 50 g
- **Hong Hua** *Flos Carthami tinctorii* 15 g
- **Ji Xue Teng** *Caulis Spatholobi* 25 g
- **Shan Zha** *Fructus Crataegi* 15 g

EMPIRICAL PRESCRIPTION by **Dr Lu Fang**
(Chapter 19, Hypertension, Liver- and Kidney-Yin deficiency)

- **Shou Wu** *Radix Polygoni multiflori preparata* 25 g
- **Xuan Shen** *Radix Scrophulariae* 50 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 25 g
- **Sang Ji Sheng** *Herba Taxilli* 25 g
- **Wu Wei Zi** *Fructus Schisandrae* 15 g
- **Shi Jue Ming** *Concha Haliotidis* 50 g
- **Di Gu Pi** *Cortex Lycii* 25 g
- **Qing Xiang Zi** *Semen Celosiae* 15 g

EMPIRICAL PRESCRIPTION by **Dr Lu Fang**
(Chapter 19, Hypertension, Qi and Yin deficiency)

- **Dang Shen** *Radix Codonopsis* 15 g
- **Ren Shen** *Radix Ginseng* 10 g
- **Huang Qi** *Radix Astragali* 50 g
- **Du Zhong** *Cortex Eucommiae ulmoidis* 30 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 15 g
- **Bai Shao** *Radix Paeoniae alba* 50 g
- **Wu Wei Zi** *Fructus Schisandrae* 10 g
- **Shou Wu** *Radix Polygoni multiflori preparata* 50 g

EMPIRICAL PRESCRIPTION by **Dr Lu Fang**
(Chapter 19, Hypertension, Spleen and Kidney-Yang deficiency)

- **Dang Shen** *Radix Codonopsis* 25 g
- **Cang Zhu** *Rhizoma Atractylodis* 20 g
- **Tian Ma** *Rhizoma Gastrodiae* 15 g
- **Xian Mao** *Rhizoma Curculiginis* 25 g
- **Yin Yang Huo** *Herba Epimidii* 25 g
- **Ba Ji Tian** *Radix Morindae officinalis* 25 g
- **Tu Si Zi** *Semen Cuscutae* 25 g
- **Ge Gen** *Radix Puerariae* 50 g

EMPIRICAL PRESCRIPTION by **Dr Wang Zhi Xian**
(Chapter 19, Hypertension, Liver-Wind)

- **Bai Shao** *Radix Paeoniae alba* 20 g
- **Zhen Zhu Mu** *Concha Margatiriferae usta* 10 g
- **Xia Ku Cao** *Spica Prunellae* 20 g
- **Tian Ma** *Rhizoma Gastrodiae* 10 g
- **Gou Teng** *Ramulus cum Uncis Uncariae* 20 g
- **Mu Dan Pi** *Cortex Moutan* 10 g
- **Ju Hua** *Flos Chrysanthemi* 20 g
- **Chong Wei Zi** *Semen Leonuri* 10 g
- **Di Long** *Pheretima* 15 g
- **Chuan Niu Xi** *Radix Cyathulae* 20 g
- **Bai Ji Li** *Fructus Tribuli* 10 g

EMPIRICAL PRESCRIPTION (Chapter 26, Hypochondrial pain, Gall Bladder stones, Damp Heat in Liver and Gall Bladder)

- **Jin Qian Cao** *Herba Lysimachiae/Desmodii* 30 g
- **Yin Chen Hao** *Herba Artemisiae scopariae* 15 g
- **Yu Jin** *Tuber Curcumae* 15 g
- **Zhi Ke** *Fructus Aurantii* 9 g
- **Mu Xiang** *Radix Aucklandiae* 9 g
- **Da Huang** *Radix et Rhizoma Rhei* 9 g

EMPIRICAL PRESCRIPTION (Chapter 35, Benign Prostatic Hyperplasia, Kidney- and Spleen-Yang deficiency)

- **Huang Qi** *Radix Astragali* 6 g
- **Dang Shen** *Radix Codonopsis* 6 g
- **Shan Yao** *Rhizoma Dioscoreae* 6 g
- **Xu Duan** *Radix Dipsaci* 6 g
- **Sang Ji Sheng** *Herba Taxilli* 6 g
- **Fu Ling** *Poria* 6 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Mu Dan Pi** *Cortex Moutan* 6 g
- **Wu Yao** *Radix Linderae* 6 g
- **Fu Pen Zi** *Fructus Rubi* 6 g
- **Huang Bo** *Cortex Phellodendri* 6 g

EMPIRICAL PRESCRIPTION (Chapter 36, Prostatitis, Damp Heat in the Lower Burner)

- **Wang Bu Liu Xing** *Semen Vaccariae* 6 g
- **Huang Bo** *Cortex Phellodendri* 6 g
- **Bai Jiang Cao** *Herba Patriniae* 6 g
- **Pu Gong Ying** *Herba Taraxaci* 6 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Yan Hu Suo** *Rhizoma Corydalis* 6 g
- **Mu Dan Pi** *Cortex Moutan* 6 g
- **Chuan Shan Jia** *Squama Manitis Pentadactylae* 6 g
- **Mu Xiang** *Radix Aucklandiae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

EMPIRICAL PRESCRIPTION by **Dr Liu Chun Ying**
(Chapter 36, Prostatitis, Damp Heat with Toxic Heat in Lower Burner)

- **Bai Jiang Cao** *Herba Patriniae* 15 g
- **Hu Zhang** *Rhizoma Polygoni cuspidati* 10 g
- **Chi Shao** *Radix Paeoniae rubra* 20 g
- **Wang Bu Liu Xing** *Semen Vaccariae* 10 g
- **Yi Yi Ren** *Semen Coicis* 30 g
- **Bi Xie** *Rhizoma Dioscoreae hypoglauca* 15 g
- **Huang Bo** *Cortex Phellodendri* 10 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 10 g
- **Shi Wei** *Folium Pyrrosiae* 10 g
- **Mu Tong** *Caulis Akebiae trifoliatae* 10 g
- **Pu Gong Ying** *Herba Taraxaci* 15 g

EMPIRICAL PRESCRIPTION by **Dr Liu Chun Ying**
(Chapter 36, Prostatitis, Qi stagnation, Blood and Essence stasis and Blood Connecting channels stasis)

- **Dang Gui** *Radix Angelicae sinensis* 10 g
- **Dan Shen** *Radix Salviae milthiorrizae* 20 g
- **Wang Bu Liu Xing** *Semen Vaccariae* 10 g
- **Chi Shao** *Radix Paeoniae rubra* 15 g
- **Chai Hu** *Radix Bupleuri* 5 g
- **Yan Hu Suo** *Rhizoma Corydalis* 10 g
- **Chuan Lian Zi** *Fructus Toosendan* 10 g
- **Bai Jiang Cao** *Herba Patriniae* 15 g
- **Xiang Fu** *Rhizoma Cyperi* 10 g

EMPIRICAL PRESCRIPTION by **Dr Liu You Fang**
(Chapter 36, Prostatitis, Qi stagnation, Blood and Essence stasis and Blood Connecting channels stasis)

- **Dan Shen** *Radix Salviae milthiorrizae* 9 g
- **Hong Hua** *Flos Carthami tinctorii* 6 g
- **Qing Pi** *Pericarpium Citri reticulatae viride* 6 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g
- **Mu Xiang** *Radix Aucklandiae* 6 g
- **Chuan Lian Zi** *Fructus Toosendan* 3 g

EMPIRICAL PRESCRIPTION by **Dr Mai Guo Jian**
(Chapter 36, Prostatitis, Qi stagnation, Blood and Essence stasis and Blood Connecting channels stasis)

- **Tao Ren** *Semen Persicae* 6 g
- **Ze Lan** *Herba Lycopi* 6 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Dan Shen** *Radix Salviae milthiorrizae* 6 g
- **Wang Bu Liu Xing** *Semen Vaccariae* 6 g
- **Bai Jiang Cao** *Herba Patriniae* 6 g
- **Chuan Lian Zi** *Fructus Toosendan* 3 g
- **Ru Xiang** *Olibanum* 6 g
- **Pu Gong Ying** *Herba Taraxaci* 6 g

EMPIRICAL PRESCRIPTION by **Dr Wang Bing Jun**
(Chapter 36, Prostatitis, Qi stagnation, Blood and Essence stasis and Blood Connecting channels stasis)

- **Wang Bu Liu Xing** *Semen Vaccariae* 9 g
- **Xiang Fu** *Rhizoma Cyperi* 6 g
- **Chuan Lian Zi** *Fructus Toosendan* 3 g
- **San Leng** *Rhizoma Sparganii stoloniferi* 6 g
- **E Zhu** *Rhizoma Curcumae* 6 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Mu Dan Pi** *Cortex Moutan* 6 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Hong Hua** *Flos Carthami tinctorii* 6 g
- **Dan Shen** *Radix Salviae milthiorrizae* 6 g
- **Huang Bo** *Cortex Phellodendri* 6 g
- **Chuan Shan Jia** *Squama Manitis Pentadactylae* 6 g

EMPIRICAL PRESCRIPTION by **Dr Liu Chun Ying**
(Chapter 36, Prostatitis, Kidney-Qi deficiency with Dampness)

- **Bi Xie** *Rhizoma Dioscoreae hypoglaucis* 15 g
- **Yi Yi Ren** *Semen Coicis* 30 g
- **Fu Ling** *Poria* 10 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 10 g
- **Yi Zhi Ren** *Fructus Alpiniae oxyphyllae* 10 g
- **Wu Yao** *Radix Linderiae* 10 g
- **Cang Zhu** *Rhizoma Atractylodis* 15 g
- **Tu Si Zi** *Semen Cuscutae* 15 g

EMPIRICAL PRESCRIPTION (Chapter 36, Prostatitis, Kidney-Qi deficiency with Dampness)

- **Bi Xie** *Rhizoma Dioscoreae hypoglaucis* 6 g
- **Tu Si Zi** *Semen Cuscutae* 10 g
- **Huai Niu Xi** *Radix Achyranthis bidentatae* 6 g
- **Fu Ling** *Poria* 15 g
- **Ze Xie** *Rhizoma Alismatis* 15 g
- **Che Qian Zi** *Semen Plantaginis* 10 g
- **Wu Yao** *Radix Linderiae* 10 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g
- **Ma Pian Cao** *Herba Verbenae* 6 g
- **Sha Yuan Zi** *Semen Astragali* 10 g
- **Yi Zhi Ren** *Fructus Alpiniae oxyphyllae* 10 g
- **Shan Yao** *Rhizoma Dioscoreae* 10 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 5 g

EMPIRICAL PRESCRIPTION by **Dr Lin Jun Yu**
(Chapter 36, Prostatitis, Kidney-Qi deficiency with Dampness)

- **Bi Xie** *Rhizoma Dioscoreae hypoglaucis* 9 g
- **Tu Si Zi** *Semen Cuscutae* 9 g
- **Sha Yuan Zi** *Semen Astragali complanati* 6 g
- **Shan Yao** *Rhizoma Dioscoreae* 9 g
- **Fu Ling** *Poria* 6 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g
- **Huang Bo** *Cortex Phellodendri* 6 g
- **Qian Shi** *Semen Euryales* 6 g
- **Che Qian Zi** *Semen Plantaginis* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

EMPIRICAL PRESCRIPTION by **Dr Liu Chun Ying**
(Chapter 36, Prostatitis, Kidney-Yang and Liver-Blood deficiency)

- **Chai Hu** *Radix Bupleuri* 5 g
- **Dang Gui** *Radix Angelicae sinensis* 10 g

- **Bai Shao** *Radix Paeoniae alba* 10 g
- **Wu Gong** *Scolopendra* 3 pieces
- **Gan Cao** *Radix Glycyrrhizae uralensis* 10 g
- **Yin Yang Huo** *Herba Epimidii* 10 g
- **Tu Si Zi** *Semen Cuscutae* 15 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 10 g
- **Ba Ji Tian** *Radix Morindae officinalis* 10 g
- **Zi Wei Hua** *Flos Campsis* 6 g
- **Dang Shen** *Radix Codonopsis* 20 g

EMPIRICAL PRESCRIPTION by Dr Liu Chun Ying
(Chapter 36, Prostatitis, Kidney-Yin deficiency)

- **Shu Di Huang** *Radix Rehmanniae preparata* 10 g
- **Shan Zhu Yu** *Fructus Corni* 10 g
- **Mu Dan Pi** *Cortex Moutan* 10 g
- **Fu Ling** *Poria* 10 g
- **Ze Xie** *Rhizoma Alismatis* 10 g
- **Bi Xie** *Rhizoma Dioscoreae hypoglauca* 10 g
- **Huang Bo** *Cortex Phellodendri* 10 g
- **Lian Zi Xin** *Plumula Nelumbinis* 10 g
- **Nu Zhen Zi** *Fructus Ligustri lucidi* 10 g
- **Wang Bu Liu Xing** *Semen Vaccariae* 10 g

EMPIRICAL PRESCRIPTION by Dr Wang Bing Jun
(Chapter 36, Prostatitis, Kidney-Yin deficiency)

- **Sheng Di Huang** *Radix Rehmanniae* 9 g
- **Nu Zhen Zi** *Fructus Ligustri lucidi* 6 g
- **Gou Qi Zi** *Fructus Lycii chinensis* 9 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Tu Si Zi** *Semen Cuscutae* 6 g
- **Chuan Lian Zi** *Fructus Toosendan* 3 g
- **Huang Bo** *Cortex Phellodendri* 6 g
- **Zhi Mu** *Radix Anemarrhenae* 6 g
- **Mu Dan Pi** *Cortex Moutan* 6 g

EMPIRICAL PRESCRIPTION by Dr Zhu Yong Jian
(Chapter 36, Prostatitis, Damp Heat and turbidity in the Lower Burner, Deficiency of Kidney-Essence)

- **Tu Si Zi** *Semen Cuscutae* 10 g
- **Sha Yuan Zi** *Semen Astragali complanati* 10 g
- **Yi Zhi Ren** *Fructus Alpiniae oxypyllae* 6 g
- **Shan Yao** *Rhizoma Dioscoreae* 6 g
- **Bi Xie** *Rhizoma Dioscoreae hypoglauca* 9 g
- **Fu Ling** *Poria* 9 g
- **Ze Xie** *Rhizoma Alismatis* 6 g
- **Che Qian Zi** *Semen Plantaginis* 6 g
- **Huai Niu Xi** *Radix Achyranthis bidentatae* 6 g

- **Wu Yao** *Radix Linderiae* 6 g
- **Shi Chang Pu** *Rhizoma Acori tatarinowii* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 3 g

EMPIRICAL PRESCRIPTION by Dr Mai Guo Jian
(Chapter 36, Prostatitis, Heart and Kidney deficiency)

- **Tao Ren** *Semen Persicae* 6 g
- **Ze Lan** *Herba Lycopi* 6 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Dan Shen** *Radix Salviae milthiorrhizae* 6 g
- **Wang Bu Liu Xing** *Semen Vaccariae* 6 g
- **Chuan Lian Zi** *Fructus Toosendan* 3 g
- **Yuan Zhi** *Radix Polygalae* 6 g
- **Long Gu** *Mastodi Osis fossilis* 12 g
- **Mu Li** *Concha Ostreae* 12 g
- **Wu Wei Zi** *Fructus Schisandrae* 6 g
- **Tu Si Zi** *Semen Cuscutae* 9 g
- **Zhi Mu** *Radix Anemarrhenae* 6 g

EMPIRICAL PRESCRIPTION by Prof Zhou Zhong Ying
(Chapter 37, Oedema, Acute nephritis, Invasion of external Wind-Water)

- **Fu Ping** *Herba Spirodelae* 9 g
- **Fang Feng** *Radix Saposhnikoviae* 9 g
- **Zi Su Ye** *Folium Perillae* 6 g
- **Ma Huang** *Herba Ephedrae* 9 g
- **Xing Ren** *Semen Armeniacae* 6 g
- **Sheng Jiang Pi** *Cortex Rhizomae Zingiberis recens* 6 g

EMPIRICAL PRESCRIPTION by Prof Zhou Zhong Ying
(Chapter 37, Oedema, Acute nephritis, Toxic Heat)

- **Ma Huang** *Herba Ephedrae* 3 g
- **Lian Qiao** *Fructus Forsythiae* 9 g
- **Huang Bo** *Cortex Phellodendri* 9 g
- **Jin Yin Hua** *Flos Lonicerae japonicae* 9 g
- **Zi Hua Di Ding** *Herba Violae cum radice* 9 g
- **Pu Gong Ying** *Herba Taraxaci* 9 g
- **Yi Yi Ren** *Semen Coicis* 15 g
- **Chi Xiao Dou** *Semen Phaseoli* 9 g

EMPIRICAL PRESCRIPTION (Chapter 37, Oedema, Chronic nephritis, Spleen- and Kidney-Yang deficiency, Yin rebelling upwards)

- **Fu Zi** *Radix Aconiti lateralis preparata* 9 g
- **Dang Shen** *Radix Codonopsis* 15 g
- **Fu Ling** *Poria* 15 g

- **Chen Pi** *Pericarpium Citri reticulatae* 6 g
- **Hou Po** *Cortex Magnoliae officinalis* 3 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Da Huang** *Radix et Rhizoma Rhei* 9 g
- **Sheng Jiang** *Rhizoma Zingiberis recens* 9 g

EMPIRICAL PRESCRIPTION by **Dr Jiao Shu De**
(Chapter 38, Painful Obstruction Syndrome, Wind Painful Obstruction Syndrome)

- **Gui Zhi** *Ramulus Cinnamomi cassiae* 9 g
- **Fu Zi** *Radix Aconiti lateralis preparata* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 9 g
- **Du Huo** *Radix Angelicae pubescentis* 9 g
- **Wei Ling Xian** *Radix Clematidis chinensis* 10 g
- **Fang Ji** *Radix Stephaniae tetrandrae* 9 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 5 g

EMPIRICAL PRESCRIPTION (1) by **Dr Jiao Shu De**
(Chapter 38, Painful Obstruction Syndrome, Heat Painful Obstruction Syndrome)

- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Yi Yi Ren** *Semen Coicis* 12 g
- **Ku Shen** *Radix Sophorae flavescens* 6 g
- **Hua Shi** *Talcum* 12 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Huang Qin** *Radix Scutellariae baicalensis* 9 g
- **Lian Qiao** *Fructus Forsythiae suspensae* 6 g
- **Fang Feng** *Radix Saposhnikoviae* 9 g
- **Qin Jiao** *Radix Gentianae macrophyllae* 6 g
- **Hai Tong Pi** *Cortex Erythrinae variegatae* 9 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 6 g

EMPIRICAL PRESCRIPTION (2) by **Dr Jiao Shu De**
(Chapter 38, Painful Obstruction Syndrome, Heat Painful Obstruction Syndrome)

- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Sheng Di Huang** *Radix Rehmanniae* 12 g
- **Zhi Mu** *Rhizoma Anemarrhenae* 6 g
- **Huang Qin** *Radix Scutellariae* 6 g
- **Lian Qiao** *Fructus Forsythiae* 6 g
- **Yi Yi Ren** *Semen Coicis* 12 g
- **Ku Shen** *Radix Sophorae flavescens* 6 g
- **Hua Shi** *Talcum* 9 g
- **Ban Xia** *Rhizoma Pinelliae preparatum* 9 g
- **Fang Ji** *Radix Stephaniae tetrandrae* 6 g
- **Fang Feng** *Radix Saposhnikoviae* 6 g

- **Hai Tong Pi** *Cortex Erythrinae variegatae* 6 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 6 g

EMPIRICAL PRESCRIPTION by **Dr Jiao Shu De**
(Chapter 38, Painful Obstruction Syndrome, Chronic Painful Obstruction Syndrome, Qi-Blood deficiency and Liver-Kidney deficiency)

- **Xu Duan** *Radix Dipsaci* 6 g
- **Bu Gu Zhi** *Fructus Psoraleae corylifoliae* 6 g
- **Gu Sui Bu** *Rhizoma Gusuibu* 6 g
- **Yin Yang Huo** *Herba Epimedii* 6 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 4 g
- **Fang Feng** *Radix Saposhnikoviae* 6 g
- **Ma Huang** *Herba Ephedrae* 3 g
- **Du Huo** *Radix Angelicae pubescentis* 6 g
- **Wei Ling Xian** *Radix Clematidis chinensis* 9 g
- **Kuan Jin Teng** *Ramus Tinosporae sinensis* 9 g
- **Song Jie** *Lignum Pini Nodi* 6 g
- **Zhi Mu** *Rhizoma Anemarrhenae* 6 g
- **Cang Zhu** *Rhizoma Atractylodis* 6 g
- **Niu Xi** *Radix Achyranthis bidentatae seu Cyathulae* 6 g
- **Shan Jia** *Squama Manitis Pentadactylae* 6 g
- **Chi Shao** *Radix Paeoniae rubra* 6 g
- **Bai Shao** *Radix Paeoniae alba* 9 g

EMPIRICAL PRESCRIPTION by **Zhu Dan Xi**
(1281–1358) (Chapter 38, Painful Obstruction Syndrome, Chronic Painful Obstruction Syndrome, Qi-Blood Deficiency and Liver-Kidney deficiency)

- **Cang Zhu** *Rhizoma Atractylodis* 6 g
- **Huang Bo** *Cortex Phellodendri* 6 g
- **Fang Ji** *Radix Stephaniae tetrandrae* 6 g
- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 6 g
- **Wei Ling Xian** *Radix Clematidis* 9 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 4 g
- **Bai Zhi** *Radix Angelicae dahuricae* 6 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Tao Ren** *Semen Persicae* 6 g
- **Hong Hua** *Flos Carthami tinctorii* 6 g
- **Dan Nan Xing** *Rhizoma Arisaematis preparata* 6 g
- **Long Dan Cao** *Radix Gentianae scabrae* 6 g
- **Shen Qu** *Massa Fermentata Medicinalis* 9 g

EMPIRICAL PRESCRIPTION (Chapter 38, Painful Obstruction Syndrome, Sinews-Bones Painful Obstruction Syndrome, Beginning Stage, Cold Type)

- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Cang Zhu** *Rhizoma Atractylodis* 9 g

- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 9 g
- **Du Huo** *Radix Angelicae pubescentis* 9 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 4.5 g
- **Fu Zi** *Radix Aconiti lateralis preparata* 6 g
- **Fang Feng** *Radix Saposhnikoviae* 6 g

EMPIRICAL PRESCRIPTION (Chapter 38, Painful Obstruction Syndrome, Sinews-Bones Painful Obstruction Syndrome, Beginning Stage, Heat Type)

- **Shi Gao** *Gypsum Fibrosum* 30 g
- **Zhi Mu** *Radix Anemarrhenae* 9 g
- **Huang Qin** *Radix Scutellariae* 9 g
- **Yi Yi Ren** *Semen Coicis* 15 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 9 g
- **Fang Ji** *Radix Stephaniae tetrandrae* 9 g
- **Yin Chen Hao** *Herba Artemisiae scopariae* 9 g
- **Luo Shi Teng** *Caulis Trachelospermi jasminoidis* 9 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g

EMPIRICAL PRESCRIPTION (Chapter 38, Painful Obstruction Syndrome, Sinews-Bones Painful Obstruction Syndrome, Middle Stage)

- **Dang Shen** *Radix Codonopsis* 9 g
- **Huang Qi** *Radix Astragali* 9 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Chuan Xiong** *Rhizoma Chuanxiong* 6 g
- **Bai Zhu** *Rhizoma Atractylodis macrocephalae* 9 g
- **Qin Jiao** *Radix Gentianae macrophyllae* 9 g
- **Di Long** *Pheretima* 9 g
- **Lao Guan Cao** *Herba Geranii wilfordii* 12 g
- **Feng Fang** *Nidus Vespaee* 6 g
- **Xu Duan** *Radix Dipsaci* 6 g
- **Chuan Niu Xi** *Radix Cyathulae* 9 g
- **Hong Zao** *Fructus Jujubae* 3 dates

EMPIRICAL PRESCRIPTION (Chapter 38, Painful Obstruction Syndrome, Sinews-Bones Painful Obstruction Syndrome, Late Stage)

- **Shu Di Huang** *Radix Rehmanniae preparata* 30 g
- **Gou Ji** *Rhizoma Cibotii barometz* 15 g
- **Huai Niu Xi** *Radix Achyranthis bidentatae* 9 g
- **Bai Shao** *Radix Paeoniae alba* 9 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 4.5 g
- **Xi Xin** *Herba Asari* 3 g
- **Cang Zhu** *Rhizoma Atractylodis* 9 g
- **Yi Yi Ren** *Semen Coicis* 15 g
- **Luo Shi Teng** *Caulis Trachelospermi jasminoidis* 15 g

- **Can Sha** *Faeces Bombycis* 6 g
- **Wu Gong** *Scolopendra* 1 piece

EMPIRICAL PRESCRIPTION by **Dr Lu Fang** (Chapter 38, Painful Obstruction Syndrome, Rheumatoid arthritis, Damp Heat)

- **Yi Yi Ren** *Semen Coicis* 50 g
- **Chi Shao** *Radix Paeoniae rubra* 25 g
- **Cang Zhu** *Rhizoma Atractylodis* 25 g
- **Gui Zhi** *Ramulus Cinnamomi cassiae* 25 g
- **Fu Ling** *Poria* 50 g
- **Qiang Huo** *Rhizoma seu Radix Notopterygii* 25 g

EMPIRICAL PRESCRIPTION by **Dr Lu Fang** (Chapter 38, Painful Obstruction Syndrome, Rheumatoid arthritis, Cold Dampness)

- **Fu Zi** *Radix Aconiti lateralis preparata* 15 g
- **(Zhi) Ma Huang** *Herba Ephedrae* 15 g (prepared)
- **Chi Shao** *Radix Paeoniae rubra* 50 g
- **Huang Qi** *Radix Astragali* 50 g
- **Gan Cao** *Radix Glycyrrhizae uralensis* 15 g

EMPIRICAL PRESCRIPTION (Chapter 42, Parkinson's disease, Qi and Blood deficiency)

- **Huang Qi** *Radix Astragali* 9 g
- **Dang Shen** *Radix Codonopsis* 6 g
- **Dang Gui** *Radix Angelicae sinensis* 9 g
- **Bai Shao** *Radix Paeoniae alba* 6 g
- **Ji Xue Teng** *Caulis Spatholobi* 6 g
- **Tian Ma** *Rhizoma Gastrodiae* 9 g
- **Gou Teng** *Ramulus Uncariae* 6 g
- **Zhen Zhu Mu** *Concha margaritiferae* 12 g
- **Ling Yang Jiao** *Cornu Antelopis* 4.5 g
- **Dan Shen** *Radix Salviae miltiorrhizae* 4 g

EMPIRICAL PRESCRIPTION (Chapter 42, Parkinson's disease, Phlegm-Heat agitating Wind)

- **Gua Lou** *Fructus Trichosanthis* 9 g
- **Dan Nan Xing** *Rhizoma Arisaematis preparatum* 6 g
- **Zhu Li** *Succus Bambusae* 6 g
- **Gou Teng** *Ramulus Uncariae* 6 g
- **Tian Ma** *Rhizoma Gastrodiae* 6 g
- **Ling Yang Jiao** *Cornu Antelopis* 4.5 g
- **Zhen Zhu Mu** *Concha margaritiferae* 12 g
- **Dan Shen** *Radix Salviae miltiorrhizae* 4.5 g
- **Chi Shao** *Radix Paeoniae rubra* 4 g

EMPIRICAL PRESCRIPTION (Chapter 42, Parkinson's disease, Liver- and Kidney-Yin deficiency)

- **Sheng Di Huang** *Radix Rehmanniae* 12 g
- **Shu Di Huang** *Radix Rehmanniae preparata* 12 g
- **Shou Wu** *Radix Polygoni multiflori preparata* 9 g
- **Xuan Shen** *Radix Scrophulariae* 6 g
- **Gou Teng** *Ramulus Uncariae* 6 g
- **Bai Ji Li** *Fructus Tribuli* 6 g
- **Ling Yang Jiao** *Cornu Antelopis* 4.5 g
- **Mu Li** *Concha Ostreae* 15 g
- **Dan Shen** *Radix Salviae miltiorrhizae* 4.5 g
- **Chi Shao** *Radix Paeoniae rubra* 4.5 g
- **Du Zhong** *Cortex Eucommiae* 6 g