

Table of Contents

| | |
|---|-----------|
| Preface | XVII |
| Acknowledgement | XXI |
| Contributors | XXII |
| Using This Book | XXIV |
| Part I Overview | 1 |
| Biography of Huang Di | 2 |
| Section 1 Introduction | 5 |
| Section 2 History of Traditional Chinese Veterinary Medicine | 6 |
| Section 3 Tongue And Pulse Diagnosis | 6 |
| Section 4 Treatment | 8 |
| Section 5 Treatment Methods | 8 |
| Section 6 Classification of Chinese Herbs | 9 |
| Section 7 Classification of Formulas | 10 |
| Section 8 Composition of Formulas | 11 |
| Section 9 Dosages | 11 |
| Section 10 Dosage Forms | 12 |
| Section 11 Veterinary Dosing Guidelines | 13 |
| Part II Formula Monographs | 15 |
| Biography of Shen Nong | 16 |
| Chapter 1. Exterior-Releasing Formulas | 19 |
| Biography of Zhang Zhong-Jing | 20 |
| Section 1. Acrid and Warm Exterior-Releasing Formulas | 29 |
| <i>Gui Zhi Tang</i> (Cinnamon Twig Decoction) | 29 |
| <i>Gui Zhi Jia Ge Gen Tang</i> (Cinnamon Twig Decoction plus Kudzu) | 32 |
| <i>Gui Zhi Jia Shao Yao Tang</i> (Cinnamon Twig Decoction plus Peony) | 32 |
| <i>Ge Gen Tang</i> (Kudzu Decoction) | 35 |
| <i>Jiu Wei Qiang Huo Tang</i> (Nine-Herb Decoction with Notopterygium) | 39 |
| <i>Xing Su Yin</i> (Apricot Kernel and Perilla Leaf Decoction) | 42 |
| <i>Xiao Qing Long Tang</i> (Minor Bluegreen Dragon Decoction) | 44 |
| <i>She Gan Ma Huang Tang</i> (Belamcanda and Ephedra Decoction) | 49 |
| <i>Cang Er Zi San</i> (Xanthium Powder) | 52 |
| <i>Xin Yi San</i> (Magnolia Flower Powder) | 54 |
| <i>Xin Yi San</i> (Magnolia Flower Powder) | 55 |
| <i>Qing Bi Tang</i> (Clear the Nose Decoction) | 56 |
| Section 2. Acrid and Cold Exterior-Releasing Formulas | 59 |
| <i>Sang Ju Yin</i> (Mulberry Leaf and Chrysanthemum Decoction) | 59 |
| <i>Yin Qiao San</i> (Honeysuckle and Forsythia Powder) | 62 |
| <i>Ma Huang Xing Ren Gan Cao Shi Gao Tang</i> (Ephedra, Apricot Kernel, Licorice, and Gypsum Decoction) | 66 |
| <i>Ning Sou Wan</i> (Quiet the Cough Pill) | 71 |
| <i>Dun Sou San</i> (Long-Bout Cough Powder) | 73 |
| <i>Zhi Sou San</i> (Stop Coughing Powder) | 74 |
| <i>Jing Jie Lian Qiao Tang</i> (Schizonepeta and Forsythia Decoction) | 78 |
| Section 3. Supporting [the Upright] and Releasing [the Exterior] Formulas | 80 |
| <i>Bai Du San</i> (Overcome Pathogenic Influences Powder) | 80 |
| <i>Ren Shen Bai Du San</i> (Ginseng Powder to Overcome Pathogenic Influences) | 82 |
| <i>Shen Su Yin</i> (Ginseng and Perilla Leaf Decoction) | 83 |
| Exterior-Releasing Formulas (Summary) | 86 |

Table of Contents

| | |
|--|------------|
| Chapter 2. Downward Draining Formulas | 89 |
| Biography of Zhang Jing-Yue | 90 |
| Section 1. Cold Purgatives | 97 |
| <i>Da Cheng Qi Tang</i> (Major Order the Qi Decoction) | 97 |
| <i>Xiao Cheng Qi Tang</i> (Minor Order the Qi Decoction) | 102 |
| <i>Tiao Wei Cheng Qi Tang</i> (Regulate the Stomach and Order the Qi Decoction) | 105 |
| <i>Yi Zi Tang</i> (Yi Word Decoction) | 107 |
| Section 2. Moist Laxatives | 109 |
| <i>Ma Zi Ren Wan</i> (Hemp Seed Pill) | 109 |
| <i>Wu Ren Wan</i> (Five-Seed Pill) | 111 |
| <i>Run Chang Wan</i> (Moisten the Intestines Pill) | 112 |
| <i>Run Chang Wan</i> (Moisten the Intestines Pill) | 113 |
| Section 3: Purgative and Tonic Formula | 115 |
| <i>Zeng Ye Cheng Qi Tang</i> (Increase the Fluids and Order the Qi Decoction) | 115 |
| Downward Draining Formulas (Summary) | 118 |
| Chapter 3. Harmonizing Formulas | 121 |
| Biography of Wu You-Xing | 122 |
| Section 1. Shaoyang Harmonizing Formulas | 132 |
| <i>Xiao Chai Hu Tang</i> (Minor Bupleurum Decoction) | 132 |
| <i>Chai Hu Zhi Jie Tang</i> (Bupleurum, Bitter Orange, and Platycodon Decoction) | 139 |
| <i>Chai Hu Gui Zhi Tang</i> (Bupleurum and Cinnamon Twig Decoction) | 143 |
| <i>Chai Ling Tang</i> (Bupleurum and Poria Decoction) | 146 |
| <i>Hao Qin Qing Dan Tang</i> (Artemisia Annuum and Scutellaria Decoction to Clear the Gallbladder) | 150 |
| Section 2. Liver and Spleen Harmonizing Formulas | 153 |
| <i>Si Ni San</i> (Frigid Extremities Powder) | 153 |
| <i>Chai Hu Shu Gan San</i> (Bupleurum Powder to Spread the Liver) | 158 |
| <i>Shu Gan Tang</i> (Spread the Liver Decoction) | 161 |
| <i>Chai Hu Qing Gan Tang</i> (Bupleurum Decoction to Clear the Liver) | 163 |
| <i>Chai Hu Qing Gan Tang</i> (Bupleurum Decoction to Clear the Liver) | 165 |
| <i>Yi Gan San</i> (Restrain the Liver Powder) | 166 |
| <i>Xiao Yao San</i> (Rambling Powder) | 168 |
| <i>Hei Xiao Yao San</i> (Black Rambling Powder) | 172 |
| <i>Jia Wei Xiao Yao San</i> (Augmented Rambling Powder) | 174 |
| <i>Shi Wei Xiao Yao San</i> (Ten-Ingredient Rambling Powder) | 175 |
| <i>Tong Xie Yao Fang</i> (Important Formula for Painful Diarrhea) | 177 |
| Section 3. Intestines and Stomach Harmonizing Formulas | 181 |
| <i>Ban Xia Xie Xin Tang</i> (Pinellia Decoction to Drain the Epigastrium) | 181 |
| <i>Sheng Jiang Xie Xin Tang</i> (Fresh Ginger Decoction to Drain the Epigastrium) | 187 |
| <i>Gan Cao Xie Xin Tang</i> (Licorice Decoction to Drain the Epigastrium) | 189 |
| Harmonizing Formulas (Summary) | 191 |
| Chapter 4. Exterior- and Interior-Releasing Formulas | 195 |
| Biography of Liu Yuan-Su | 196 |
| Section 1. Exterior-Releasing and Interior-Attacking Formulas | 201 |
| <i>Da Chai Hu Tang</i> (Major Bupleurum Decoction) | 201 |
| <i>Fang Feng Tong Sheng San</i> (Saposhnikovia Powder that Sagely Unblocks) | 207 |

Table of Contents

| | |
|---|------------|
| Section 2. Exterior-Releasing and Interior-Clearing Formulas | 211 |
| <i>Ge Gen Huang Qin Huang Lian Tang</i> (Kudzu, Coptis, and Scutellaria Decoction) | 211 |
| <i>Shi Gao Tang</i> (Gypsum Decoction) | 215 |
| Section 3. Exterior-Releasing and Interior-Warming Formulas | 217 |
| <i>Wu Ji San</i> (Five-Accumulation Powder) | 217 |
| <i>Wu Ji San</i> (Five-Accumulation Powder) | 219 |
| <i>Chai Hu Gui Zhi Gan Jiang Tang</i> (Bupleurum, Cinnamon Twig, and Ginger Decoction) | 220 |
| Exterior- and Interior-Releasing Formulas (Summary) | 222 |
| Chapter 5. Heat-Clearing Formulas | 225 |
| Biography of Ye Gui | 226 |
| Section 1. Qi (Energy) Level-Clearing Formulas | 237 |
| <i>Bai Hu Tang</i> (White Tiger Decoction) | 237 |
| <i>Bai Hu Jia Gui Zhi Tang</i> (White Tiger plus Cinnamon Twig Decoction) | 239 |
| <i>Bai Hu Jia Ren Shen Tang</i> (White Tiger plus Ginseng Decoction) | 241 |
| <i>Zhu Ye Shi Gao Tang</i> (Bamboo Leaves and Gypsum Decoction) | 243 |
| Section 2. Ying (Nutritive) Level-Clearing and Blood-Cooling Formulas | 246 |
| <i>Qing Ying Tang</i> (Clear the Nutritive Level Decoction) | 246 |
| <i>Xi Jiao Di Huang Tang</i> (Rhinoceros Horn and Rehmannia Decoction) | 250 |
| Section 3. Qi (Energy) and Xue (Blood) Levels-Clearing Formula | 253 |
| <i>Qing Wen Bai Du Yin</i> (Clear Epidemics and Overcome Pathogenic Influences Decoction) | 253 |
| Section 4. Heat-Clearing and Toxin-Eliminating Formulas | 257 |
| <i>Huang Lian Jie Du Tang</i> (Coptis Decoction to Relieve Toxicity) | 257 |
| <i>Huang Lian Shang Qing Wan</i> (Coptis Pill to Clear the Upper) | 262 |
| <i>Pu Ji Xiao Du Yin</i> (Universal Benefit Decoction to Eliminate Toxin) | 264 |
| <i>San Huang Xie Xin Tang</i> (Three-Yellow Decoction to Sedate the Epigastrium) | 268 |
| Section 5. Zang Fu-Clearing Formulas | 272 |
| <i>Dao Chi San</i> (Guide Out the Red Powder) | 272 |
| <i>Qing Xin Lian Zi Yin</i> (Lotus Seed Decoction to Clear the Heart) | 275 |
| <i>Long Dan Xie Gan Tang</i> (Gentiana Decoction to Drain the Liver) | 277 |
| <i>Xi Gan Ming Mu San</i> (Wash the Liver and Brighten the Eyes Powder) | 283 |
| <i>Xie Bai San</i> (Drain the White Powder) | 285 |
| <i>Ting Li Da Zao Xie Fei Tang</i> (Descurainia and Jujube Decoction to Drain the Lung) | 287 |
| <i>Zuo Jin Wan</i> (Left Metal Pill) | 288 |
| <i>Qing Wei San</i> (Clear the Stomach Powder) | 291 |
| <i>Yu Nu Jian</i> (Jade Woman Decoction) | 294 |
| <i>Gan Lu Yin</i> (Sweet Dew Decoction) | 298 |
| <i>Shao Yao Tang</i> (Peony Decoction) | 300 |
| <i>Bai Tou Weng Tang</i> (Pulsatilla Decoction) | 303 |
| Section 6. Deficiency-Heat Clearing Formulas | 307 |
| <i>Qing Hao Bie Jia Tang</i> (Artemisia Annuua and Soft-Shelled Turtle Shell Decoction) | 307 |
| <i>Zi Yin Jiang Huo Tang</i> (Nourish Yin and Descend the Fire Decoction) | 311 |
| Heat-Clearing Formulas (Summary) | 313 |

Table of Contents

| | |
|--|------------|
| Chapter 6. Summer-Heat-Dispelling Formulas | 317 |
| Biography of Wu Tang | 318 |
| <i>Qing Luo Yin</i> (Clear the Collaterals Decoction) | 324 |
| <i>Xiang Ru San</i> (Mosla Powder) | 325 |
| <i>San Wu Xiang Ru Yin</i> (Mosla Three Decoction) | 327 |
| <i>Shi Wei Xiang Ru Yin</i> (Ten-Ingredient Decoction with Mosla) | 327 |
| <i>Xin Jia Xiang Ru Yin</i> (Newly-Augmented Mosla Decoction) | 329 |
| <i>Gui Ling Gan Lu Yin</i> (Cinnamon and Poria Sweet Dew Decoction) | 331 |
| <i>Qing Shu Yi Qi Tang</i> (Clear Summer-Heat and Augment the Qi Decoction) | 333 |
| <i>Qing Shu Yi Qi Tang</i> (Clear Summer-Heat and Augment the Qi Decoction) | 335 |
| Summer-Heat-Dispelling Formulas (Summary) | 336 |
| Chapter 7. Interior-Warming Formulas | 337 |
| Biography of Wang Shu-He | 338 |
| Section 1. Middle-Warming and Cold-Dispelling Formulas | 346 |
| <i>Li Zhong Wan</i> (Regulate the Middle Pill) | 346 |
| <i>Fu Zi Li Zhong Wan</i> (Prepared Aconite Pill to Regulate the Middle) | 350 |
| <i>Wu Zhu Yu Tang</i> (Evodia Decoction) | 353 |
| <i>Xiao Jian Zhong Tang</i> (Minor Construct the Middle Decoction) | 356 |
| <i>Dang Gui Jian Zhong Tang</i> (Tangkuei Decoction to Construct the Middle) | 359 |
| <i>Huang Qi Jian Zhong Tang</i> (Astragalus Decoction to Construct the Middle) | 361 |
| <i>Gui Qi Jian Zhong Tang</i> (Tangkuei and Astragalus Decoction to Construct the Middle) | 365 |
| <i>Da Jian Zhong Tang</i> (Major Construct the Middle Decoction) | 366 |
| Section 2. Yang-Resuscitating Formulas | 370 |
| <i>Si Ni Tang</i> (Frigid Extremities Decoction) | 370 |
| <i>Si Ni Jia Ren Shen Tang</i> (Frigid Extremities Decoction plus Ginseng) | 372 |
| <i>Shen Fu Tang</i> (Ginseng and Prepared Aconite Decoction) | 372 |
| Section 3. Channel-Warming and Cold-Dispersing Formulas | 374 |
| <i>Dang Gui Si Ni Tang</i> (Tangkuei Decoction for Frigid Extremities) | 374 |
| <i>Huang Qi Gui Zhi Wu Wu Tang</i> (Astragalus and Cinnamon Twig Five-Substance Decoction) | 378 |
| Interior-Warming Formulas (Summary) | 382 |
| Chapter 8. Tonic Formulas | 285 |
| Biography of Qian Yi | 386 |
| Section 1. Qi-Tonifying Formulas | 401 |
| <i>Si Jun Zi Tang</i> (Four-Gentlemen Decoction) | 401 |
| <i>Bao Yuan Tang</i> (Preserve the Basal Decoction) | 404 |
| <i>Liu Jun Zi Tang</i> (Six-Gentlemen Decoction) | 407 |
| <i>Xiang Sha Liu Jun Zi Tang</i> (Six-Gentlemen Decoction with Aucklandia and Amomum) | 411 |
| <i>Xiang Sha Liu Jun Zi Tang</i> (Six-Gentleman Decoction with Cyperus and Amomum) | 413 |
| <i>Xiang Sha Yang Wei Tang</i> (Nourish the Stomach Decoction with Aucklandia and Amomum) | 414 |
| <i>Shen Ling Bai Zhu San</i> (Ginseng, Poria, and Atractylodes Macrocephala Powder) | 416 |
| <i>Qi Pi Wan</i> (Guide the Spleen Pill) | 421 |
| <i>Bu Zhong Yi Qi Tang</i> (Tonify the Middle and Augment the Qi Decoction) | 423 |
| <i>Yi Qi Cong Ming Tang</i> (Augment the Qi and Increase Acuity Decoction) | 432 |
| <i>Sheng Mai San</i> (Generate the Pulse Powder) | 434 |
| <i>Ren Shen Ge Jie San</i> (Ginseng and Gecko Powder) | 438 |
| <i>Bu Fei Tang</i> (Tonify the Lung Decoction) | 441 |

Table of Contents

| | |
|---|------------|
| Section 2. Blood-Tonifying Formulas | 443 |
| <i>Si Wu Tang</i> (Four-Substance Decoction) | 443 |
| <i>Tao Hong Si Wu Tang</i> (Four-Substance Decoction with Safflower and Peach Pit) | 447 |
| <i>Dang Gui Bu Xue Tang</i> (Tangkuei Decoction to Tonify the Blood) | 452 |
| <i>Gui Pi Tang</i> (Restore the Spleen Decoction) | 455 |
| <i>Zhi Gan Cao Tang</i> (Honey-Fried Licorice Decoction) | 459 |
| <i>Dang Gui Shao Yao San</i> (Tangkuei and Peony Powder) | 463 |
| <i>Shao Yao Gan Cao Tang</i> (Peony and Licorice Decoction) | 466 |
| Section 3. Qi- and Blood-Tonifying Formulas | 470 |
| <i>Ba Zhen Tang</i> (Eight-Treasure Decoction) | 470 |
| <i>Shi Quan Da Bu Tang</i> (All-Inclusive Great Tonifying Decoction) | 474 |
| <i>Ren Shen Yang Ying Tang</i> (Ginseng Decoction to Nourish the Nutritive Qi) | 480 |
| <i>Xiong Gui Tiao Xue Yin</i> (Cnidium and Tangkuei Decoction to Regulate Blood) | 484 |
| Section 4. Yin-Tonifying Formulas | 486 |
| <i>Liu Wei Di Huang Wan</i> (Six-Ingredient Pill with Rehmannia) | 486 |
| <i>Er Long Zuo Ci Wan</i> (Pill for Deafness that Is Kind to the Left [Kidney]) | 490 |
| <i>Zhi Bai Di Huang Wan</i> (Anemarrhena, Phellodendron, and Rehmannia Pill) | 494 |
| <i>Qi Ju Di Huang Wan</i> (Lycium Fruit, Chrysanthemum, and Rehmannia Pill) | 498 |
| <i>Mai Wei Di Huang Wan</i> (Ophiopogonis, Schisandra, and Rehmannia Pill) | 500 |
| <i>Zuo Gui Wan</i> (Restore the Left [Kidney] Pill) | 502 |
| <i>Zuo Gui Yin</i> (Restore the Left [Kidney] Decoction) | 504 |
| <i>Da Bu Yin Wan</i> (Great Tonify the Yin Pill) | 506 |
| <i>Hu Qian Wan</i> (Hidden Tiger Pill) | 509 |
| <i>Hu Qian Wan</i> (Hidden Tiger Pill) | 510 |
| <i>Er Zhi Wan</i> (Two-Ultimate Pill) | 512 |
| <i>Yi Guan Jian</i> (Linking Decoction) | 514 |
| <i>Ming Mu Di Huang Wan</i> (Improve Vision Pill with Rehmannia) | 518 |
| <i>Ming Mu Di Huang Wan</i> (Improve Vision Pill with Rehmannia) | 519 |
| <i>Shi Hu Ye Guang Wan</i> (Dendrobium Pill for Night Vision) | 521 |
| <i>Zi Yin Di Huang Wan</i> (Rehmannia Pill to Nourish Yin) | 523 |
| <i>Zi Shen Ming Mu Tang</i> (Nourish the Kidney to Brighten the Eyes Decoction) | 525 |
| <i>Zi Shen Tong Er Tang</i> (Nourish the Kidney to Unblock the Ears Decoction) | 527 |
| Section 5. Yang-Tonifying Formulas | 529 |
| <i>Jin Gui Shen Qi Wan</i> (Kidney Qi Pill from the Golden Cabinet) | 529 |
| <i>Ba Wei Di Huang Wan</i> (Eight-Ingredient Pill with Rehmannia) | 533 |
| <i>Ji Sheng Shen Qi Wan</i> (Kidney Qi Pill from Formulas that Aid the Living) | 536 |
| <i>You Gui Wan</i> (Restore the Right [Kidney] Pill) | 539 |
| <i>You Gui Yin</i> (Restore the Right [Kidney] Decoction) | 542 |
| <i>Huan Shao Dan</i> (Return to Youth Pill) | 543 |
| <i>Er Xian Tang</i> (Two-Immortal Decoction) | 546 |
| Section 6. Yin- and Yang-Tonifying Formulas | 549 |
| <i>Gui Lu Er Xian Jiao</i> (Tortoise Shell and Deer Antler Syrup) | 549 |
| <i>Qi Bao Mei Ran Dan</i> (Seven-Treasure Special Pill for Beautiful Whiskers) | 552 |
| <i>Di Huang Yin Zi</i> (Rehmannia Decoction) | 555 |
| Tonic Formulas (Summary) | 558 |
| Chapter 9. Shen-Calming Formulas | 565 |
| Biography of Bian Que | 566 |
| Section 1. Sedative Formulas that Calm the Shen (Spirit) | 574 |
| <i>Zhen Zhu Mu Wan</i> (Mother of Pearl Pill) | 574 |
| <i>Chai Hu Jia Long Gu Mu Li Tang</i> (Bupleurum plus Dragon Bone and Oyster Shell Decoction) | 576 |

Table of Contents

| | |
|--|------------|
| Section 2. Nourishing Formulas that Calm the Shen (Spirit) | 582 |
| <i>Suan Zao Ren Tang</i> (Sour Jujube Decoction) | 582 |
| <i>Tian Wang Bu Xin Dan</i> (Emperor of Heaven's Special Pill to Tonify the Heart) | 585 |
| <i>Tian Wang Bu Xin Dan</i> (Emperor of Heaven's Special Pill to Tonify the Heart) | 588 |
| <i>Bai Zi Yang Xin Wan</i> (Biota Seed Pill to Nourish the Heart) | 588 |
| <i>Gan Mai Da Zao Tang</i> (Licorice, Wheat, and Jujube Decoction) | 590 |
| <i>Yang Xin Tang</i> (Nourish the Heart Decoction) | 593 |
| Shen-Calming Formulas (Summary) | 596 |
| Chapter 10. Orifice-Opening Formulas | 597 |
| Biography of Hua Tuo | 598 |
| Section 1. Cold Orifice-Opening Formulas | 604 |
| <i>An Gong Niu Huang Wan</i> (Calm the Palace Pill with Cattle Gallstone) | 604 |
| <i>Niu Huang Qing Xin Wan</i> (Cattle Gallstone Pill to Clear the Heart) | 606 |
| <i>Zhi Bao Dan</i> (Greatest Treasure Special Pill) | 608 |
| <i>Zi Xue</i> (Purple Snow) | 610 |
| Section 2. Warm Orifice-Opening Formulas | 613 |
| <i>Su He Xiang Wan</i> (Liquid StyraX Pill) | 613 |
| <i>Zi Jin Ding</i> (Purple Gold Special Pill) | 615 |
| Orifice-Opening Formulas (Summary) | 617 |
| Chapter 11. Astringent Formulas | 619 |
| Biography of Fu Shan | 620 |
| Section 1. Exterior-Stabilizing Formula to Stop Perspiration | 627 |
| <i>Yu Ping Feng San</i> (Jade Windscreen Powder) | 627 |
| Section 2. Lung-Restraining Formula to Relieve Cough | 631 |
| <i>Jiu Xian San</i> (Nine-Immortal Powder) | 631 |
| Section 3. Intestine-Binding Formula to Stop Leakage | 633 |
| <i>Si Shen Wan</i> (Four-Miracle Pill) | 633 |
| Section 4. Jing (Essence)-Stabilizing Formulas to Stop Leakage | 637 |
| <i>Jin Suo Gu Jing Wan</i> (Metal Lock Pill to Stabilize the Essence) | 637 |
| <i>Sang Piao Xiao San</i> (Mantis Egg-Case Powder) | 639 |
| <i>Suo Quan Wan</i> (Shut the Sluice Pill) | 642 |
| Section 5. Womb-Stabilizing Formulas to Stop Leakage | 645 |
| <i>Wan Dai Tang</i> (End Discharge Decoction) | 645 |
| <i>Ba Wei Dai Xia Fang</i> (Eight-Ingredient Formula for Leukorrhea) | 648 |
| Astringent Formulas (Summary) | 650 |
| Chapter 12. Qi-Regulating Formulas | 653 |
| Biography of Li Shi-Zhen | 654 |
| Section 1. Qi-Moving Formulas | 661 |
| <i>Yue Ju Wan</i> (Escape Restraint Pill) | 661 |
| <i>Ban Xia Hou Po Tang</i> (Pinellia and Magnolia Bark Decoction) | 664 |
| <i>Hou Po Wen Zhong Tang</i> (Magnolia Bark Decoction for Warming the Middle) | 667 |

Table of Contents

| | |
|---|------------|
| Section 2. Qi-Descending Formulas | 670 |
| <i>Su Zi Jiang Qi Tang</i> (Perilla Fruit Decoction for Directing Qi Downward) | 670 |
| <i>Ding Chuan Tang</i> (Arrest Wheezing Decoction) | 674 |
| <i>Ju Pi Zhu Ru Tang</i> (Tangerine Peel and Bamboo Shaving Decoction) | 677 |
| <i>Ju Pi Zhu Ru Tang</i> (Tangerine Peel and Bamboo Shaving Decoction) | 678 |
| Qi-Regulating Formulas (Summary) | 680 |
| Chapter 13. Blood-Regulating Formulas | 683 |
| Biography of Wang Qing-Ren | 684 |
| Section 1. Blood-Invigorating and Stasis-Removing Formulas | 694 |
| <i>Tao He Cheng Qi Tang</i> (Peach Pit Decoction to Order the Qi) | 694 |
| <i>Tong Qiao Huo Xue Tang</i> (Unblock the Orifices and Invigorate the Blood Decoction) | 698 |
| <i>Xue Fu Zhu Yu Tang</i> (Drive Out Stasis in the Mansion of Blood Decoction) | 700 |
| <i>Ge Xia Zhu Yu Tang</i> (Drive Out Blood Stasis Below the Diaphragm Decoction) | 706 |
| <i>Shao Fu Zhu Yu Tang</i> (Drive Out Blood Stasis in the Lower Abdomen Decoction) | 709 |
| <i>Shen Tong Zhu Yu Tang</i> (Drive Out Blood Stasis from a Painful Body Decoction) | 713 |
| <i>Fu Yuan Huo Xue Tang</i> (Revive Health by Invigorating the Blood Decoction) | 716 |
| <i>Zheng Gu Zi Jin Dan</i> (Purple and Gold Pill for Righteous Bones) | 720 |
| <i>Bu Yang Huan Wu Tang</i> (Tonify the Yang to Restore Five Decoction) | 722 |
| <i>Shi Xiao San</i> (Sudden Smile Powder) | 726 |
| <i>Huo Luo Xiao Ling Dan</i> (Fantastically Effective Pill to Invigorate the Collaterals) | 729 |
| <i>Dan Shen Yin</i> (Salvia Decoction), | 733 |
| <i>Wen Jing Tang</i> (Warm the Channels Decoction) | 735 |
| <i>Ai Fu Nuan Gong Wan</i> (Mugwort and Cyperus Pill for Warming the Womb) | 739 |
| <i>Sheng Hua Tang</i> (Generation and Transformation Decoction) | 741 |
| <i>Gui Zhi Fu Ling Wan</i> (Cinnamon Twig and Poria Pill) | 743 |
| <i>Zhe Chong Yin</i> (Break the Conflict Decoction) | 747 |
| <i>Bie Jia Jian Wan</i> (Soft-Shelled Turtle Shell Pill) | 749 |
| Section 2. Stop-Bleeding Formulas | 752 |
| <i>Shi Hui San</i> (Ten Partially-Charred Substances Powder) | 752 |
| <i>Si Sheng Wan</i> (Four-Fresh Pill) | 754 |
| <i>Huai Hua San</i> (Sophora Japonica Flower Powder) | 756 |
| <i>Xiao Ji Yin Zi</i> (Cirsium Decoction) | 758 |
| <i>Jiao Ai Tang</i> (Ass-Hide Gelatin and Mugwort Decoction) | 760 |
| Blood-Regulating Formulas (Summary) | 762 |
| Chapter 14. Wind-Expelling Formulas | 767 |
| Biography of Wang Tao | 768 |
| Section 1. External-Wind Releasing Formulas | 776 |
| <i>Xiao Feng San</i> (Eliminate Wind Powder) | 776 |
| <i>Dang Gui Yin Zi</i> (Tangkuei Decoction) | 779 |
| <i>Qian Zheng San</i> (Lead to Symmetry Powder) | 783 |
| <i>Zhi Jing San</i> (Stop Spasms Powder) | 785 |
| <i>Wu Yao Shun Qi San</i> (Lindera Powder to Smooth the Flow of Qi) | 786 |
| Section 2. Internal-Wind Extinguishing Formulas | 789 |
| <i>Gou Teng San</i> (Uncaria Powder) | 789 |
| <i>Zhen Gan Xi Feng Tang</i> (Sedate the Liver and Extinguish Wind Decoction) | 792 |
| <i>Jian Ling Tang</i> (Construct Roof Tiles Decoction) | 795 |
| <i>Tian Ma Gou Teng Yin</i> (Gastrodia and Uncaria Decoction) | 797 |
| <i>Da Ding Feng Zhu</i> (Major Arrest Wind Pearl) | 801 |
| Wind-Expelling Formulas (Summary) | 804 |

Table of Contents

| | |
|--|------------|
| Chapter 15. Dryness-Relieving Formulas | 807 |
| Biography of Tao Hong-Jing | 808 |
| Section 1. Dispersing and Moistening Formulas | 815 |
| <i>Xing Su San</i> (Apricot Kernel and Perilla Leaf Powder) | 815 |
| <i>Sang Xing Tang</i> (Mulberry Leaf and Apricot Kernel Decoction) | 818 |
| <i>Qing Zao Jiu Fei Tang</i> (Eliminate Dryness and Rescue the Lung Decoction) | 820 |
| Section 2. Nourishing and Moistening Formulas | 824 |
| <i>Bai He Gu Jin Tang</i> (Lily Bulb Decoction to Preserve the Metal) | 824 |
| <i>Mai Men Dong Tang</i> (Ophiopogonis Decoction) | 828 |
| <i>Sha Shen Mai Dong Tang</i> (Glehnia and Ophiopogonis Decoction) | 832 |
| <i>Yu Ye Tang</i> (Jade Fluid Decoction) | 835 |
| <i>Yu Quan Wan</i> (Jade Spring Pill) | 838 |
| <i>Zeng Ye Tang</i> (Increase the Fluids Decoction) | 841 |
| Dryness-Relieving Formulas (Summary) | 845 |
| Chapter 16. Damp-Dispelling Formulas | 847 |
| Biography of Wang Ken-Tang | 848 |
| Section 1. Damp-Drying and Stomach-Harmonizing Formulas | 858 |
| <i>Ping Wei San</i> (Calm the Stomach Powder) | 858 |
| <i>Xiang Sha Ping Wei San</i> (Cyperus and Amomum Powder to Calm the Stomach) | 861 |
| <i>Bu Huan Jin Zheng Qi San</i> (Rectify the Qi Powder Worth More than Gold) | 864 |
| <i>Fu Ling Yin</i> (Poria Decoction) | 866 |
| <i>Huo Xiang Zheng Qi San</i> (Agastache Powder to Rectify the Qi) | 868 |
| <i>Liu He Tang</i> (Harmonize the Six Decoction) | 871 |
| Section 2. Heat-Clearing and Damp-Dispelling Formulas | 874 |
| <i>Yin Chen Hao Tang</i> (Artemisia Scoparia Decoction) | 874 |
| <i>Yin Chen Wu Ling San</i> (Artemisia Scoparia and Five-Ingredient Powder with Poria) | 878 |
| <i>San Ren Tang</i> (Three-Nut Decoction) | 880 |
| <i>Gan Lu Xiao Du Dan</i> (Sweet Dew Special Pill to Eliminate Toxins) | 883 |
| <i>Ba Zheng San</i> (Eight-Herb Powder for Rectification) | 886 |
| <i>San Jin Pai Shi Tang</i> (Three Gold Decoction to Expel Stone) | 888 |
| <i>Wu Lin San</i> (Five-Ingredient Powder for Painful Urinary Dysfunction) | 890 |
| Section 3. Water-Regulating and Damp-Resolving Formulas | 892 |
| <i>Wu Ling San</i> (Five-Ingredient Powder with Poria) | 892 |
| <i>Wei Ling Tang</i> (Calm the Stomach and Poria Decoction) | 896 |
| <i>Zhu Ling Tang</i> (Polyporus Decoction) | 898 |
| <i>Wu Pi San</i> (Five-Peel Powder) | 901 |
| <i>Wu Pi San</i> (Five-Peel Powder) | 902 |
| <i>Jiu Wei Bing Lang Jia Wu Fu Tang</i> (Areca Nine Decoction plus Evodia and Poria) | 904 |
| <i>Fen Xiao Tang</i> (Separate and Reduce Decoction) | 906 |
| <i>Dao Shui Fu Ling Tang</i> (Poria Decoction to Drain Water) | 908 |
| Section 4. Warm Formulas that Dissolve Dampness | 911 |
| <i>Ling Gui Zhu Gan Tang</i> (Poria, Cinnamon Twig, Atractylodes Macrocephala, and Licorice Decoction) | 911 |
| <i>Zhen Wu Tang</i> (True Warrior Decoction) | 914 |
| <i>Shi Pi San</i> (Bolster the Spleen Powder) | 917 |
| Damp-Dispelling Formulas (Summary) | 919 |

Table of Contents

| | |
|--|-------------|
| Chapter 17. Wind-Damp Dispelling Formulas | 923 |
| Biography of Sun Si-Miao | 924 |
| Section 1. Wind-Damp Dispelling Formulas | 931 |
| <i>Qiang Huo Sheng Shi Tang</i> (Notopterygium Decoction to Overcome Dampness) | 931 |
| <i>Juan Bi Tang</i> (Remove Painful Obstruction Decoction) | 934 |
| <i>Du Huo Ji Sheng Tang</i> (Angelica Pubescens and Taxillus Decoction) | 937 |
| <i>San Bi Tang</i> (Three-Painful Obstruction Decoction) | 942 |
| <i>Shu Jing Huo Xue Tang</i> (Relax the Channels and Invigorate the Blood Decoction) | 944 |
| <i>Yi Yi Ren Tang</i> (Coicis Decoction) | 947 |
| <i>Shang Zhong Xia Tong Yong Tong Feng Wan</i> (Upper, Middle, and Lower General Use Pill for Wind-Pain) | 949 |
| Section 2. Damp-Cold Dispelling Formulas | 951 |
| <i>Xiao Huo Luo Dan</i> (Minor Invigorate the Collaterals Special Pill) | 951 |
| <i>Da Fang Feng Tang</i> (Major Saposhnikovia Decoction) | 955 |
| Section 3. Damp-Heat Dispelling Formulas | 958 |
| <i>Gui Zhi Shao Yao Zhi Mu Tang</i> (Cinnamon Twig, Peony, and Anemarrhena Decoction) | 961 |
| <i>Er Miao San</i> (Two-Marvel Powder) | 963 |
| <i>San Miao Wan</i> (Three-Marvel Pill) | 963 |
| <i>Si Miao Wan</i> (Four-Marvel Pill) | 965 |
| <i>Dang Gui Nian Tong Tang</i> (Tangkuei Decoction to Lift the Pain) | 965 |
| Section 4. Damp-Phlegm Dispelling Formula | 968 |
| <i>Er Zhu Tang</i> (Two-Atractylodes Decoction) | 968 |
| Wind-Damp Dispelling Formulas (Summary) | 970 |
| Chapter 18. Phlegm-Dispelling Formulas | 973 |
| Biography of Zhu Zhen-Heng | 974 |
| Section 1. Damp-Drying and Phlegm-Dissolving Formulas | 982 |
| <i>Er Chen Tang</i> (Two-Cured Decoction) | 982 |
| <i>Dao Tan Tang</i> (Guide Out Phlegm Decoction) | 984 |
| <i>Di Tan Tang</i> (Scour Phlegm Decoction) | 985 |
| <i>Wen Dan Tang</i> (Warm the Gallbladder Decoction) | 986 |
| <i>Fu Ling Wan</i> (Poria Pill) | 989 |
| Section 2. Heat-Clearing and Phlegm-Dissolving Formulas | 992 |
| <i>Qing Qi Hua Tan Wan</i> (Clear the Qi and Transform Phlegm Pill) | 992 |
| <i>Qing Fei Yin</i> (Clear the Lung Drink) | 994 |
| <i>Qing Fei Tang</i> (Clear the Lung Decoction) | 997 |
| <i>Qing Fei Tang</i> (Clear the Lung Decoction) | 999 |
| <i>Zi Wan Tang</i> (Aster Decoction) | 1000 |
| <i>Jie Geng Tang</i> (Platycodon Decoction) | 1002 |
| <i>Ren Shen Xie Fei Tang</i> (Ginseng Decoction to Sedate the Lung) | 1004 |
| Section 3. Dryness-Moistening and Phlegm-Dissolving Formula | 1006 |
| <i>Bei Mu Gua Lou San</i> (Fritillaria and Trichosanthes Fruit Powder) | 1006 |
| Section 4. Warm Formulas that Dissolve Cold Phlegm | 1008 |
| <i>Ling Gan Wu Wei Jiang Xin Tang</i> (Poria, Licorice, Schisandra, Ginger, and Asarum Decoction) | 1008 |
| <i>San Zi Yang Qin Tang</i> (Three-Seed Decoction to Nourish One's Parents) | 1010 |

Table of Contents

| | |
|---|-------------|
| Section 5. Wind-Expelling and Phlegm-Dissolving Formulas | 1013 |
| <i>Ban Xia Bai Zhu Tian Ma Tang</i> (Pinellia, Atractylodes Macrocephala, and Gastrodia Decoction) | 1013 |
| <i>Ban Xia Bai Zhu Tian Ma Tang</i> (Pinellia, Atractylodes Macrocephala, and Gastrodia Decoction) | 1015 |
| <i>Ding Xian Wan</i> (Arrest Seizures Pill) | 1017 |
| Phlegm-Dispelling Formulas (Summary) | 1020 |
| Chapter 19. Reducing, Guiding, and Dissolving Formulas | 1023 |
| Biography of Li Gao | 1024 |
| Section 1. Reducing, Guiding, and Dissolving Formulas that Treat Food Stagnation | 1030 |
| <i>Bao He Wan</i> (Preserve Harmony Pill) | 1030 |
| <i>Zhi Shi Dao Zhi Wan</i> (Immature Bitter Orange Pill to Guide Out Stagnation) | 1033 |
| <i>Mu Xiang Bing Lang Wan</i> (Aucklandia and Betel Nut Pill) | 1036 |
| <i>Jian Pi Wan</i> (Strengthen the Spleen Pill) | 1038 |
| Section 2. Reducing, Guiding, and Dissolving Formula that Relieves Distention | 1041 |
| <i>Zhi Shi Xiao Pi Wan</i> (Immature Bitter Orange Pill to Reduce Focal Distention) | 1041 |
| Reducing, Guiding, and Dissolving Formulas (Summary) | 1045 |
| Chapter 20. Antiparasitic Formulas | 1047 |
| Biography of Ge Hong | 1048 |
| <i>Wu Mei Wan</i> (Mume Pill) | 1054 |
| <i>Fei Er Wan</i> (Fat Child Pill) | 1058 |
| <i>Bu Dai Wan</i> (Cloth Sack Pill) | 1060 |
| <i>Hua Chong Wan</i> (Dissolve Parasites Pill) | 1062 |
| Antiparasitic Formulas (Summary) | 1064 |
| Chapter 21. Emetic Formulas | 1065 |
| Biography of Zhang Cong-Zheng | 1066 |
| <i>Gua Di San</i> (Melon Pedicle Powder) | 1071 |
| <i>Jiu Ji Xi Xian San</i> (Urgent Powder to Dilute Saliva) | 1073 |
| <i>Yan Tang Tan Tu Fang</i> (Salt Decoction to Induce Vomiting) | 1074 |
| Emetic Formulas (Summary) | 1075 |
| Chapter 22. Formulas that Treat Abscesses and Sores | 1077 |
| Biography of Gong Ting-Xian | 1078 |
| Section 1. External Abscesses and Sores | 1086 |
| <i>Xian Fang Huo Ming Yin</i> (Sublime Formula for Sustaining Life) | 1086 |
| <i>Zhen Ren Huo Ming Yin</i> (True Man's Decoction to Revitalize Life) | 1090 |
| <i>Lian Qiao Bai Du San</i> (Forsythia Powder to Overcome Pathogenic Influences) | 1091 |
| <i>Jing Fang Bai Du San</i> (Schizonepeta and Saposhnikovia Powder to Overcome Pathogenic Influences) | 1092 |
| <i>Jing Fang Bai Du San</i> (Schizonepeta and Saposhnikovia Powder to Overcome Pathogenic Influences) | 1094 |
| <i>Jing Fang Bai Du San</i> (Schizonepeta and Saposhnikovia Powder to Overcome Pathogenic Influences) | 1094 |
| <i>Wu Wei Xiao Du Yin</i> (Five-Ingredient Decoction to Eliminate Toxins) | 1096 |
| <i>Si Miao Yong An Tang</i> (Four-Valiant Decoction for Well-Being) | 1100 |
| <i>Zi Cao Gen Mu Li Tang</i> (Arnebia and Oyster Shell Decoction) | 1103 |
| <i>Hai Zao Yu Hu Tang</i> (Sargassum Decoction for the Jade Flask) | 1105 |
| <i>Xiao Luo Wan</i> (Reduce Scrofula Pill) | 1108 |
| <i>San Zhong Kui Jian Tang</i> (Disperse the Swelling and Break the Hardness Decoction) | 1110 |

Table of Contents

| | |
|--|-------------|
| <i>Shi Liu Wei Liu Qi Yin</i> (Sixteen-Ingredient Decoction to Flow Qi) | 1113 |
| <i>Pai Nong San</i> (Drain the Pus Powder) | 1115 |
| <i>Tuo Li Xiao Du Yin</i> (Drain the Interior and Detoxify Decoction) | 1116 |
| <i>Tuo Li Xiao Du Yin</i> (Drain the Interior and Detoxify Decoction) | 1118 |
| <i>Yang He Tang</i> (Yang-Heartening Decoction) | 1119 |
| Section 2. Internal Abscesses and Sores | 1122 |
| <i>Wei Jing Tang</i> (Reed Decoction) | 1122 |
| <i>Da Huang Mu Dan Tang</i> (Rhubarb and Moutan Decoction) | 1124 |
| Formulas that Treat Abscesses and Sores (Summary) | 1127 |
| Part III Additional Resources | 1129 |
| Biography of Wu Shang-Xian | 1130 |
| Appendix 1 Formulas Offering Beneficial Effects to Support Pregnancy | 1133 |
| Appendix 2 Formulas Offering Beneficial Effects for Post-parturition Care | 1134 |
| Appendix 3 Cautions / Contraindications for the Use of Formulas During Pregnancy | 1135 |
| Appendix 4 Dosing Guidelines | 1137 |
| Appendix 5 Weights and Measures: Chinese, British and Metric Systems | 1139 |
| Appendix 6 Convention on International Trade in Endangered Species (CITES) | 1141 |
| Appendix 7 Cross-reference of Single Herb Names | 1142 |
| Appendix 8 Cross-reference of Herbal Formula Names | 1164 |
| Appendix 9 Tables of Famous Doctors | 1181 |
| Bibliography of Historical Texts | 1185 |
| Bibliography of Contemporary References | 1193 |
| Glossary | 1205 |
| Index | 1229 |
| About the Authors | 1250 |