

ESSENTIAL CHINESE FORMULAS
225 Classical and Modern Prescriptions
Organized by Clinical Category

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1. EXOGENOUS WIND DISORDERS

- 1A. EXOGENOUS WIND-COLD (Common Cold - Cold Type)
- 1B. PATHOGENIC WIND-HEAT (Common Cold - Mild Heat Type)
- 1C. NASAL AND EAR CONGESTION

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18A. COMBINATION TONICS

18B. SINGLE HERB TONICS

1. EXOGENOUS WIND DISORDERS**1A. EXOGENOUS WIND-COLD (Common Cold - Cold Type)*****Classical Formulas:***

Chuan Xiong Cha Tiao San	<i>chuān xiōng chá tiáo sǎn</i> (川芎茶调)
Ge Gen Tang	<i>gé gēn tāng</i> (葛根汤)
Gui Zhi Tang	<i>guì zhī tāng</i> (桂枝汤)
Jing Fang Bai Du San	<i>jīng fāng bài dú sǎn</i> (荆防败毒散)
Ren Shen Bai Du San	<i>rén shēn bài dú sǎn</i> (人参败毒散)

1B. PATHOGENIC WIND-HEAT (Common Cold – Mild Heat Type)***Classical Formulas:***

Chai Ge Jie Ji Tang	<i>chái gé jiě jī tāng</i> (柴葛解肌汤)
Sang Ju Yin	<i>sāng jú yǐn</i> (桑菊饮)
Yin Qiao San	<i>yín qiào sǎn</i> (银翘散)

1C. NASAL AND EAR CONGESTION

Classical Formulas:

Cang Er Zi San	<i>cāng ěr zǐ sǎn</i> (苍耳子散)
Xin Yi Wan	<i>xīn yí wán</i> (辛夷丸)

Modern Formulas:

Bi Min Gan Wan (Pe Min Kan)	<i>bí mǐn gǎn wán</i> (鼻敏感丸)
Bi Yan Pian	<i>bí yán piān</i> (鼻炎片)
Children's Ear Formula (GF)	

GROUP 2: FORMULAS THAT CLEAR HEAT

2A. HEAT-TOXINS & DAMP-HEAT TOXINS

(Viral and Bacterial Infections; Common Cold; Influenza)

Classical Formulas:

Da Huang Mu Dan Pi Tang	<i>dà huáng mǔ dān pí tāng</i> (大黄牡丹皮汤)
Huang Lian Jie Du Tang	<i>huáng lián jiě dú tāng</i> (黄连解毒汤)
Nei Xiao Luo Li Wan	<i>nèi xiāo luǒ lì wán</i> (内消瘰疬丸)
Pu Ji Xiao Du Yin	<i>pǔ jì xiāo dú yǐn</i> (普济消毒饮)
Wu Wei Xiao Du Yin	<i>wǔ wèi xiāo dú yǐn</i> (五味消毒饮)
Xi Gua Shuang (Watermelon Frost)	<i>xī guā shuāng</i> (西瓜霜)

Modern Formulas:

Chuan Xin Lian Wan	<i>chuān xīn lián wán</i> (穿心莲丸)
Gan Mao Ling	<i>gǎn mào líng</i> (感冒灵)
Zhong Gan Ling	<i>zhòng gǎn líng</i> (重感灵)

2B. FEVER AND STOMACH FIRE

Classical Formulas:

Bai Hu Tang	<i>bái hǔ tāng</i> (白虎汤)
Dao Chi San	<i>dǎo chì sǎn</i> (导赤散)
Fang Feng Tong Sheng San	<i>fáng fēng tōng shèng sǎn</i> (防风通圣散)
Liang Ge San	<i>liáng gé sǎn</i> (凉膈散)
Qing Wei San	<i>qīng wèi sǎn</i> (清胃散)

3: REPIRATORY DISORDERS

3A. LUNG HEAT OR FIRE (Painful Barking Cough)

Classical Formulas:

Qing Zao Jiu Fei Tang *qīng zào jiù fèi tāng* (清燥救肺汤)

Modern Formulas:

Huang Lian Shang Qing Wan *huáng lián shàng qīng wán* (黄连上清丸)

Li Fei Pian *lì fèi piān* (利肺片)

Qing Fei Yi Huo Pian *qīng fèi yì huǒ piān* (清肺火片)

3B. LUNG PHLEGM-HEAT (Acute Productive Cough)

Classical Formulas:

Qing Qi Hua Tan Wan *qīng qì huà tán wán* (清气化痰丸)

Modern Formulas:

Ning Sou Wan *níng sòu wán* (宁嗽丸)

3C. LUNG PHLEGM-DAMP (Chronic Productive Cough)

Classical Formulas:

Ban Xia Hou Po Tang *bàn xià hòu pò tāng* (半夏厚朴汤)

Er Chen Tang *èr chén tāng* (二陈汤)

Su Zi Jiang Qi Tang *sū zǐ jiàng qì tāng* (苏子降气汤)

Xing Su San *xìng sū sǎn* (杏蘇丸)

Modern Formulas:

Chuan Ke Wan *chuǎn ké wán* (喘咳丸)

/ Qi Guan Yan Wan */ qì guǎn yán wán* (气管炎丸)

3D. COUGH SYRUPS

Modern Formulas:

Chuan Bei Pi Pa Lu (Fritillary Loquat Syrup)

chuān bèi pí pá lù (川贝枇杷露)

San She Dan Chuan Bei Ye *sān shé dǎn chuān bèi yè* (三蛇胆川贝液)

Xiao Ke Chuan (Hsiao Keh Chuan) *xiǎo ké chuǎn* (消咳喘) (Hsiao Keh Chuan)

3E. LUNG YIN DEFICIENCY (Dry NonProductive Cough)

Classical Formulas:

Ba Xian Chang Shou Wan	<i>bā xiān cháng shōu wán</i> (八仙长寿丸)
/ Mai Wei Di Huang Wan	<i>mài wèi dì huáng wán</i> (麦味地黄丸)
Bai He Gu Jin Tang	<i>bǎi hé gù jīn tāng</i> (百合固金汤)
Sha Shen Mai Men Dong Tang	<i>shā shēn mài mén dōng tāng</i> (沙参麦门冬汤)
Sheng Mai San	<i>shēng mài sǎn</i> (生脉散)

Modern Formulas:

Gu Ben Wan	<i>gù běn wán</i> (固本丸)
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3F. ASTHMA (Wheezing and Difficult Breathing)

Classical Formulas:

Bu Fei Tang	<i>bǔ fèi tāng</i> (补肺汤)
Ding Chuan Wan	<i>dìng chuǎn wán</i> (定喘丸)

Modern Formulas:

Ping Chuan Pian	<i>píng chuǎn piàn</i> (平喘片)
Ping Chuan Wan	<i>píng chuǎn wán</i> (平喘丸)

4. BI SYNDROME (Arthritis, Rheumatism, Back Pain)

4A. WIND-COLD-DAMP BI SYNDROME

Classical Formulas:

Juan Bi Tang – 1	<i>juān bì tāng</i> (蠲痹汤)
Juan Bi Tang – 2	<i>juān bì tāng</i> (蠲痹汤)
Shu Jing Huo Xue Tang	<i>shū jīng huó xuè tāng</i> (舒经活血汤)

Modern Formulas:

Guan Jie Yan Wan	<i>guān jié yán wán</i> (关节炎丸)
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4B. BLOOD STAGNATION BI SYNDROME

Classical Formulas:

Shen Tong Zhu Yu Tang *shēn tòng zhú yū tāng* (身痛逐瘀丸)

Modern Formulas:

Zhong Guo Tong Xue Wan (China Tung Hsueh Pills)
zhōng guó tōng xuè wán (中国通血丸)

4C. DEFICIENCY BI SYNDROME

Classical Formulas:

Bu Yang Huan Wu Tang *bǔ yáng huán wǔ tāng* (补阳还五丸)
Huang Qi Gui Zhi Wu Wu Tang *huáng qí guì zhī wǔ wù tāng* (黄芪桂枝五物)
San Bi Tang *sān bì tāng* (三痹汤)

Modern Formulas:

Fu Fang Shou Wu Wan (Shou Wu Wan Compound)
fù fāng shǒu wū wán (复方首乌丸)

4D. COLD BI SYNDROME

Classical Formulas:

Dang Gui Si Ni Tang *dāng guī sì nì tāng* (当归四逆汤)
Xiao Huo Luo Dan *xiǎo huó luò dān* (小活络丹)

4E. HEAT BI SYNDROME

Classical Formulas:

Si Miao Wan *sì miào wán* (四妙丸)
Xuan Bi Tang *xuān bì tāng* (宣痹汤)

4F. BACK PAIN AND SCIATICA

Classical Formulas:

Du Huo Ji Sheng Tang *dú huó jì shēng tāng* (独活寄生汤)

Modern Formulas:

Kang Gu Zeng Sheng Wan *kàng gǔ zēng shēng wán* (抗骨增生丸)
Tian Qi Du Zhong Wan *tián qī dù zhòng wán* (田七杜仲丸)

Yao Tong Pian	<i>yāo tòng piàn</i> (腰痛片)
Zuo Gu Shen Jing Tong Wan	<i>zuò gǔ shén jīng tòng wán</i> (坐骨神经痛丸)

5. TRAUMA AND PAIN

5A. TRAUMATIC INJURY

Classical Formulas:

Huo Luo Xiao Ling Dan	<i>huó luò xiào líng dān</i> (活络效灵丹)
Qī Li San	<i>qī lí sǎn</i> (七厘散)

Modern Formulas:

Jin Gu Die Shang Wan	<i>jīn gǔ diē shāng wán</i> (筋骨跌伤丸)
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5B. TOPICAL APPLICATIONS FOR TRAUMATIC INJURY & BI SYNDROME

Modern Formulas:

Die Da Yao Jing (Tieh Ta Yao Gin)	<i>diē dǎ yào jīng</i> (跌打药精)
Die Da Zhi Tong Gao (Plaster for Bruise)	<i>diē dǎ zhǐ tòng gāo</i> (跌打止痛散膏)
Jing Wan Hong (Ching Wan Hung)	<i>jīng wàn hóng</i> (京万红)
Shang Shi Bao Zhen Gao	<i>shāng shī bǎo zhēn gāo</i> (伤湿宝珍膏)
/ Shang Shi Zhi Tong Gao	<i>shāng shī zhǐ tòng gāo</i> (伤湿止痛膏)
Yun Nan Bai Yao (Yunnan Paiyao)	<i>yún nán bái yào</i> (云南白药)
Zheng Gu Shui	<i>zhēng gǔ shuǐ</i> (正骨水)

5C. PAIN

Classical Formulas:

Shao Yao Gan Cao Tang	<i>sháo yào gān cǎo tāng</i> (芍药甘草丸)
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Modern Formulas:

Yan Hu Suo Zhi Tong Wan	<i>yán hú suǒ zhǐ tòng wán</i> (延胡索止痛丸)
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6. DIGESTIVE DISORDERS

6A. SPLEEN QI DEFICIENCY

Classical Formulas:

Bu Zhong Yi Qi Tang	<i>bǔ zhōng yì qì tāng</i> (补中益气汤)
[Jun Zi Tang Formulas]	<i>[jūn zǐ tāng</i> (君子汤) formulas]:
Si Jun Zi Tang	<i>sì jūn zǐ tāng</i> (四君子汤)
Liu Jun Zi Tang	<i>liù jūn zǐ tāng</i> (六君子汤)
Xiang Sha Liu Jun Zi Tang	<i>xiāng shā liù jūn zǐ tāng</i> (香砂六君子汤)
Ping Wei San	<i>píng wèi sǎn</i> (平胃散)
Shen Ling Bai Zhu San	<i>shēn líng bái zhú sǎn</i> (参苓白术散)

6B. SPLEEN YANG DEFICIENCY

Classical Formulas:

Fu Zi Li Zhong Wan	<i>fù zǐ lǐ zhōng wán</i> (附子理中丸)
Xiao Jian Zhong Tang	<i>xiǎo jiàn zhōng tāng</i> (小建中汤)

Modern Formulas:

Mu Xiang Shun Qi Wan	<i>mù xiāng shùn qì wán</i> (木香顺气丸)
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6C. FOOD STAGNATION (Indigestion)

Classical Formulas:

Bao He Wan	<i>bǎo hé wán</i> (保和丸)
Jian Pi Wan	<i>jiàn pí wán</i> (健脾丸)
Xiang Sha Yang Wei Tang	<i>xiāng shā yǎng wèi tāng</i> (香砂养胃汤)
Zi Sheng Wan	<i>zī shēng wán</i> (资生丸)

Modern Formulas:

Kang Ning Wan (Curing/Culing Pills)	<i>kāng níng wán</i> (康宁丸)
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6D. DAMP-TURBIDITY (Abdominal Cramping and Diarrhea)***Classical Formulas:***

Huo Xiang Zheng Qi San	<i>huò xiāng zhèng qì sǎn</i> (藿香正气散)
Tong Xie Yao Fang	<i>tòng xiè yào fāng</i> (痛泻药方)
Wu Mei Wan	<i>wū méi wán</i> (乌梅丸)

Modern Formulas:

Huang Lian Su Pian	<i>huáng lián sù piàn</i> (黄连素片)
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6E. CONSTIPATION***Classical Formulas:***

Da Cheng Qi Tang	<i>dà chéng qì tāng</i> (大承气汤)
Ma Zi Ren Wan	<i>má zǐ rén wán</i> (麻子仁丸)
Mu Xiang Bing Lang Wan	<i>mù xiāng bīng láng wán</i> (木香槟榔丸)
Run Chang Wan	<i>rùn cháng wán</i> (润肠丸)
Wu Ren Wan	<i>wǔ rén wán</i> (五仁丸)

6F. HEMORRHOID***Classical Formulas:***

Huai Jiao Wan (Fructus Sophora)	<i>huái jiǎo wán</i> (槐角丸)
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Modern Formulas:

Hua Zhi Ling (Fargelin)	<i>huà zhì líng</i> (化痔灵)
Zhi Bao	<i>zhì bǎo</i> (痔宝)

7. LIVER AND GALLBLADDER DISORDERS

7A. LIVER STAGNATION

Classical Formulas:

Chai Hu Shu Gan San	<i>chái hú shū gān sǎn</i> (柴胡疏肝散)
Ge Xia Zhu Yu Tang	<i>gé xià zhú yū tāng</i> (膈下逐瘀汤)
Tian Tai Wu Yao San	<i>tiān tái wū yào sǎn</i> (天台乌药散)
Xiao Chai Hu Tang	<i>xiǎo chái hú tāng</i> (小柴胡汤)
Xiao Yao San	<i>xiǎo yáo sǎn</i> (逍遥散)
Yi Guan Jian	<i>yī guàn jiān</i> (一贯煎)

Modern formulas:

Shu Gan Wan	<i>shū gān wán</i> (舒肝丸)
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7B. LIVER YANG AND ENDOGENOUS WIND

(Dizziness, Ear Ringing, Headache, Hypertension)

Classical Formulas:

Ban Xia Bai Zhu Tian Ma Tang	<i>bàn xià bái zhú tiān má tāng</i> (半夏白术天麻汤)
Chai Hu Jia Long Gu Mu Li Tang	<i>chái hú jiā lóng gǔ mǔ lì tāng</i> (柴胡加龙骨牡蛎汤)
Er Long Zuo Ci Wan	<i>ěr lóng zuǒ cí wán</i> (耳聋左慈丸)
Tian Ma Gou Teng Yin	<i>tiān má gōu téng yǐn</i> (天麻钩藤饮)
Zheng An Xi Feng Tang	<i>zhèn gān xī fēng tāng</i> (镇肝息风汤)

Modern Formulas:

Jiang Ya Wan	<i>jiàng yā wán</i> (降压丸)
/ Jiang Ping Wan	<i>/ jiàng píng wán</i> (降平丸)
Tian Ma Qu Feng Wan	<i>tiān má qū fēng bǔ wán</i> (天麻祛风补丸)
/ Tian Ma Wan	<i>/ tiān má wán</i> (天麻丸)

7C. LIVER-GALLBLADDERMM DAMP-HEAT AND FIRE

Classical Formulas:

Da Chai Hu Tang	<i>dà chái hú tāng</i> (大柴胡汤)
Long Dan Xie Gan Tang	<i>lóng dǎn xiè gān tāng</i> (龙胆泻肝汤)
Wen Dan Tang	<i>wēn dǎn tāng</i> (温胆汤)

Modern Formulas:

Ji Gu Cao Pian	<i>jī gǔ cǎo piàn</i> (鸡骨草片)
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7D. GALLSTONES AND GALLBLADDER CONGESTION

Modern Formulas:

<i>lì dǎn pái shí wán</i> (利胆排石丸)
<i>lǐ dǎn piàn</i> (理胆片)

8. GYNECOLOGICAL DISORDERS

8A. GYNECOLOGICAL TONICS

(Menstrual Disorders, Infertility, Pregnancy, Postpartum)

Classical Formulas:

Fu Ke Zhong Zi Wan	<i>fù kē zhōng zǐ wán</i> (妇科种子丸)
Jiao Ai Tang	<i>jiāo ài tāng</i> (胶艾汤)
Wen Jing Tang	<i>wēn jīng tāng</i> (温经汤)
Wu Ji Bai Feng Wan	<i>wū jī bái fèng wán</i> (乌鸡白凤丸)

Modern Formulas:

Bu Xue Tiao Jing Wan	<i>bǔ xuè tiáo jīng wán</i> (补血调经丸)
Yang Rong Tang	<i>yǎng róng tāng</i> (养荣汤)
Zhong Zi Wan	<i>zhōng zǐ wán</i> (种子丸)

8B. PREMENSTRUAL TENSION

Classical Formulas:

Jia Wei Xiao Yao San	<i>jiā wèi xiāo yáo sǎn</i> (加味逍遥散)
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8C. UTERINE BLOOD STASIS**(Menstrual Cramps, Uterine Fibroids, Ovarian Cysts, Endometriosis)*****Classical Formulas:***

Dang Gui Shao Yao San	<i>dāng guī sháo yào sǎn</i> (当归芍药散)
Gui Zhi Fu Ling Wan	<i>guì zhī fú líng wán</i> (桂枝茯苓丸)
Shao Fu Zhu Yu Tang	<i>shào fǔ zhú yū tāng</i> (少腹逐瘀汤)
Tao Hong Si Wu Tang	<i>táo hóng sì wù tāng</i> (桃红四物汤)

Modern Formulas:

Tong Jing Wan	<i>tòng jīng wán</i> (痛经丸)
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8D. VAGINAL DISCHARGE (Leukorrhea)***Classical Formulas:***

Qian Jin Zhi Dai Wan	<i>qiān jīn zhǐ dài wán</i> (千金止带丸)
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Modern Formulas:

Yu Dai Wan	<i>yù dài wán</i> (瘀带丸)
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8E. MENOPAUSAL DISORDER AND DEFICIENCY FIRE***Classical Formulas:***

Da Bu Yin Wan	<i>dà bǔ yīn wán</i> (大补阴丸)
Qing Gu San	<i>qīng gǔ sǎn</i> (清骨散)
Zhi Bai Di Huang Wan	<i>zhī bǎi dì huáng wán</i> (知柏地黄丸)

Modern Formulas:

Er Xian Tang	<i>èr xiān tāng</i> (二仙汤)
Geng Nian An Wan	<i>gēng nián ān wán</i> (更年期安丸)

9. DISTURBED SHEN

9. DISTURBED SHEN (Insomnia, Anxiety, Palpitation)

Classical Formulas:

Bai Zi Yang Xin Tang	<i>bǎi zǐ yǎng xīn tāng</i> (柏子养心汤)
Gan Mai Da Zao Tang	<i>gān mài dà zǎo tāng</i> (甘麦大枣汤)
Gui Pi Tang	<i>guī pí tāng</i> (归脾汤)
SUan Zao Ren Tang	<i>suān zǎo rén tāng</i> (酸枣仁汤)
Tian Wang Bu Xin Dan	<i>tiān wáng bǔ xīn dān</i> (天王补心丹)

Modern Formulas:

An Mian Pian	<i>ān mián piàn</i> (安眠片)
An Mian Wan	<i>ān mián wán</i> (安眠丸)
An Shui Wan	<i>ān shuì wán</i> (安睡丸)
An Shen Bu Xin Wan	<i>ān shén bǔ xīn wán</i> (安神补心丸)
Bu Nao Wan	<i>bǔ nǎo wán</i> (补脑丸)
/Jian Nao Wan	<i>/ jiàn nǎo wán</i> (健脑丸)

10. HEART BLOOD STASIS & ACCUMULATION OF HEART PHLEGM

10. HEART BLOOD STASIS AND ACCUMULATION OF HEART PHLEGM

(Chest Pain, Arterial Plaque, Hypercholesteremia)

Classical Formulas:

Dan Shen Yin	<i>dān shēn yǐn</i> (丹参饮)
Tong Qiao Huo Xue Tang	<i>tōng qiào huó xuè tāng</i> (通窍活血汤)
Xue Fu Zhu Yu Tang	<i>xuè fǔ zhú yū tāng</i> (血府逐瘀汤)

Modern Formulas:

Shan Zha Jiang Zhi Wan	<i>shān zhā jiàng zhī wán</i> (山楂降脂丸)
CHOLISMA (EV)	

11. UROGENITAL DISORDERS

11A. URINARY DISTURBANCE AND PROSTATE SWELLING

Classical Formulas:

Bi Xie Fen Qing Yin *bì xiè fēn qīng yǐn* (萆薢分清饮)

Modern Formulas:

Jie Jie Wan-1 (Kai Kit Pill) *jiě jiē wán* (解结丸)

11B. BLADDER OR PROSTATE INFECTION

Classical Formulas:

Ba Zheng San *bā zhèng sǎn* (八正散)

Modern Formulas:

Bi Xie Sheng Shi Wan *bì xiè shèng shī wán* (萆薢胜湿丸)

Jie Jie Wan-2 *jiě jiē wán* (解结丸)

Qian Lie Xian Wan *qián liè xiàn wán* (前列腺丸)

11C. SPERMATORRHEA AND URINARY INCONTINENCE

Classical Formulas:

Jin Suo Gu Jing Wan *jīn suǒ gù jīng wán* (金锁固精丸)

Sang Piao Xiao San *sāng piāo xiǎo sǎn* (桑螵蛸散)

11D. KIDNEY STONE

Modern Formulas:

Pai Shi Wan (Passwan) *pái shí wán* (排石丸)

12. WATER RETENTION AND EDEMA

12. WATER RETENTION AND EDEMA

Classical Formulas:

Fang Ji Huang Qi Tang	<i>fáng jǐ huáng qí tāng</i> (防己黄芪汤)
Wu Ling San	<i>wǔ líng sǎn</i> (五苓散)
Wu Pi Yin	<i>wǔ pí yǐn</i> (五皮饮)
Zhen Wu Tang	<i>zhēn wǔ tāng</i> (真武汤)

13. DERMATOLOGICAL DISORDERS

13A. SKIN RASHES (Acne, Eczema and Urticaria)

Classical Formulas:

Dang Gui Yin Zi	<i>dāng guī yǐn zǐ</i> (当归饮子)
Lian Qiao Bai Du Pian	<i>lián qiào bài dú piān</i> (连翘败独片)
Xiao Feng San	<i>xiāo fēng sǎn</i> (消风散)

Modern Formulas:

Hua She Jie Yang Wan	<i>huā shé jiě yǎng wán</i> (花蛇解痒丸)
Shen Zhu An Zhuang Wan	<i>zhēn zhū ān chuāng wán</i> (珍珠暗疮丸)

13B. HAIR LOSS (Alopecia)

Classical Formulas:

Qi Bao Mei Ran Dan	<i>qī bǎo měi rán dān</i> (七宝美髯丹)
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Modern Formulas:

Ban Tu Wan	<i>bān tū wán</i> (斑秃丸)
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14. EYE AND VISION DISORDERS

14. EYE AND VISION DISORDERS

Classical formulas:

Qi Ju Di Huang Wan *qǐ jú dì huáng wán* (杞菊地黄丸)

Modern formulas:

Ming Mu Di Huang Wan *míng mù dì huáng wán* (明目地黄丸)

Ming Mu Shang Wing Pian *míng mù shàng qīng piān* (明目上清片)

Nei Zhang Yan Ming Wan *nèi zhàng yǎn míng wán* (内障眼明丸)

15. MISCELLANEOUS DISORDERS

15A. WASTING-THIRST (Diabetes, Metabolic Syndrome)

Classical Formulas:

Yu Quan Wan *yù quán wán* (玉泉丸)

Modern Formulas:

Xiao Ke Wan *xiāo kě wán* (消渴丸)

15B. INTERNAL BLEEDING

Classical Formulas:

Shi Hui San *shí huī sǎn* (十灰散)

Modern Formulas:

Yun Nan Bai Yao Jiao Nang (Yunnan Pai Yao)
yún nán bái yào jiāo náng (云南白药胶囊)

16. QI AND BLOOD TONICS

16A. QI TONICS

Single herb:

Feng Wang Jiang (Royal Jelly)	<i>fēng wáng jiāng</i> (蜂王浆)
Huang Qi (Astragalus)	<i>huáng qí</i> (黄芪), Radix Astragali
Ren Shen (Ginseng)	<i>rén shēn</i> (人参), Radix Ginseng
Xi Yang Shen (American Ginseng)	<i>xī yáng shēn</i> (西洋参), Radix Panacis Quinquefolii

Two herb combination:

Ren Shen Feng Wang Jiang (Ginseng Royal Jelly)	<i>rén shēn fēng wáng jiāng</i> (人参蜂王浆)
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Classical Formulas:

Yu Ping Feng San	<i>yù píng fēng sǎn</i> (玉屏风散)
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Modern Formulas:

Shen Qi Wu Wu Wei Zi Wan	<i>shēn qí wu wǔ wèi zǐ wán</i> (参芪五味子丸)
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16B. BLOOD TONICS

Single herb:

Dang Gui	<i>dāng guī</i> (当归), Radix Angelicae Sinensis
He Shou Wu	<i>hé shǒu wū</i> (何首乌), Radix Polygoni Multifl.

Classical Formulas:

Si Wu Tang	<i>sì wù tāng</i> (四物汤)
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Modern Formulas:

Dang Gui Jing (Tang Kwe Gin)	<i>dāng guī jīng</i> (当归精)
Fu Fang Dang Gui Wan	<i>fù fāng dāng guī wán</i> (复方当归丸)
Shou Wu Zhi	<i>shǒu wū zhī</i> (首乌汁)

16C. QI AND BLOOD TONICS

Classical Formulas:

Ba Zhen Tang	<i>bā zhēn tāng</i> (八珍汤)
Dang Gui Bu Xue Tang	<i>dāng guī bǔ xuè tāng</i> (当归补血汤)
Ren Shen Yang Rong Tang	<i>rén shēn yǎng róng tāng</i> (人参养荣汤)
/ Yang Ying Wan	/ <i>yǎng yíng wán</i> (养营丸)

Modern Formulas:

Ren Shen Shou Wu Wan (Ginseng and Polygonum)	<i>rén shēn shǒu wū wán</i> (人参首乌丸)
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17. KIDNEY TONICS

17A. KIDNEY YIN TONICS

Classical Formulas:

Liu Wei Di Huang Wan	<i>liù wèi dì huáng wán</i> (六味地黄丸)
Zuo Gui Wan	<i>zuǒ guī wán</i> (左归丸)

17B. KIDNEY YANG AND JING TONICS

Classical Formulas:

Jin Gui Shen Qi Wan	<i>jīn guì shèn qì wán</i> (金匱肾气丸)
/ Ba Wei Di Huang Wan	/ <i>bā wèi dì huáng wán</i> (八味地黄丸)
Wu Zi Yang Zong Wan	<i>wǔ zǐ yǎn zōng wán</i> (五子衍宗丸)
You Gui Wan	<i>yòu guī wán</i> (右归丸)

Modern Formulas:

Cong Rong Bu Shen Wan	<i>cōng róng bǔ shèn wán</i> (苁蓉补肾丸)
Ge Jie Bu Shen Wan	<i>gé jiè bǔ shèn wán</i> (蛤蚧补肾丸)
/ Ge Jie Da Bu Wan	/ <i>gé jiè dà bǔ wán</i> (蛤蚧大补丸)
Gui Ling Ji (Kwei Ling Chi)	<i>guī líng jí</i> (龟龄集)

18. COMBINATION AND SINGLE HERB TONICS

18A. COMBINATION TONICS

Classical Formulas:

Huan Shao Dan	<i>huán shào dān</i> (还少丹)
Shi Quan Da Bu Tang	<i>shí quán dà bǔ tāng</i> (十全大补汤)
Zhi Gan Cao Tang	<i>zhì gān cǎo tāng</i> (炙甘草汤)

Modern Formulas:

Du Zhong Bu Tian Wan	<i>dù zhòng bǔ tiān wán</i> (杜仲补天丸)
Ren Shen Bu Wan (Ginseng Tonic Pills)	<i>rén shēn bǔ wán</i> (人参补丸)
Ren Shen Lu Rong Wan (Ginseng Antler Pills)	<i>rén shēn lù róng wán</i> (人参鹿茸丸)

18B. SINGLE HERB TONICS

Ci Wu Jia (Siberian Ginseng)	<i>cì wǔ jiā</i> (刺五加), Radix/Rhizoma Acanthopanax
Dong Chong Xia Cao (Cordyceps)	<i>dōng chóng xià cǎo</i> (冬虫夏草), Cordyceps
Ling Zhi (Ganoderma)	<i>líng zhī</i> (灵芝), Ganoderma