ESSENTIAL CHINESE FORMULAS

225 Classical and Modern Prescriptions
Organized by Clinical Category

Chapter Index ii
Formula Index by Chapter iv

GROUP 1. EXOGENOUS WIND DISORDERS 2
GROUP 2: FORMULAS THAT CLEAR HEAT 33
GROUP 3: RESPIRATORY DISORDERS 69
GROUP 4. BI SYNDROME 129
GROUP 5. TRAUMA AND PAIN 181
GROUP 6. DIGESTIVE DISORDERS 208
GROUP 7. LIVER AND GALLBLADDER DISORDERS 276
GROUP 8. GYNECOLOGICAL DISORDERS 334
GROUP 9. DISTURBED SHEN 392
GROUP 10. HEART BLOOD STASIS AND HEART PHLEGM 418
GROUP 11. UROGENITAL DISORDERS 431
GROUP 12. WATER RETENTION AND EDEMA 457
GROUP 13. DERMATOLOGICAL DISORDERS 466
GROUP 14. EYE AND VISION DISORDERS 486
GROUP 15. MISCELLANEOUS DISORDERS 496
GROUP 16. QI AND BLOOD TONICS 508
GROUP 17. KIDNEY TONICS 548
GROUP 18. COMBINATION AND SINGLE HERB TONICS 574

Explanation of TCM Terms 598
The Six Stages and Six Divisions 600
Classical Text References, Alphabetically By Text 601
Classical Text References, Alphabetically By Author 604
Classical Text References with Formulas, by Date 606
Formula Index, Alphabetically 629
How To Dose Chinese Herbal Products 636
Bibliography and Recommended Reading 637
Biography of Author 639
Code Letters of Herbal Companies inside back cover
Code Letters of Herbal Categories inside back cover

Essential Chinese Formulas i
CHAPTER INDEX

GROUP 1: EXOGENOUS WIND DISORDERS
1A. Exogenous Wind-Cold (Common Cold – Cold Type) 2
1B. Pathogenic Wind-Heat (Common Cold – Mild Heat Type) 15
1C. Nasal and Ear Congestion 22

GROUP 2: FORMULAS THAT CLEAR HEAT
2A. Heat-Toxins & Damp-Heat Toxins 33
(Viral and Bacterial Infections; Severe Common Cold; Influenza)
2B. Fever and Stomach Fire 56

GROUP 3: RESPIRATORY DISORDERS
3A. Lung Heat or Fire (Barking Cough, Upper Jiao Inflammation) 69
3B. Lung Phlegm-Heat (Acute Productive Cough) 79
3C. Phlegm-Damp (Chronic Productive Cough) 85
3D. Cough Syrups 97
3E. Lung Yin Deficiency (Dry Nonproductive Cough) 102
3F. Wheezing and Difficult Breathing (Asthma) 114

GROUP 4: BI SYNDROME (Arthritis, Rheumatism, Back Pain)
4A. Wind-Cold-Damp Bi Syndrome 129
4B. Blood Stagnation Bi Syndrome 139
4C. Deficiency Bi Syndrome 145
4D. Cold Bi Syndrome 155
4E. Heat Bi Syndrome 161
4F. Back Pain and Sciatica 168

GROUP 5: TRAUMA AND PAIN
5A. Traumatic Injury 181
5B. Topical Applications for Traumatic Injury & Bi Syndrome 190
5C. Pain 204

GROUP 6: DIGESTIVE DISORDERS
6A. Spleen Qi Deficiency 208
6B. Spleen Yang Deficiency 224
6C. Food Stagnation (Indigestion) 232
6D. Damp-Turbidity (Abdominal Cramping and Diarrhea) 247
6E. Constipation 259
6F. Hemorrhoid 270

GROUP 7: LIVER AND GALLBLADDER DISORDERS
7A. Liver Stagnation 276
7B. Liver Yang and Endogenous Wind 298
(Dizziness, Ear Ringing, Headache, Hypertension)

Essential Chinese Formulas
7C. Liver-Gallbladder Damp-Heat and Fire 316
7D. Gallstones and Gallbladder Congestion 328

**GROUP 8: GYNECOLOGICAL DISORDERS**
8A. Gynecological Tonics 334
   (Amenorrhea, Infertility, Pregnancy, Postpartum)
8B. Premenstrual Tension 352
8C. Uterine Blood Stasis 358
   (Menstrual Cramps, Uterine Fibroids, Ovarian Cysts, Endometriosis)
8D. Vaginal Discharge (Leukorrhea) 373
8E. Menopausal Disorder and Deficiency Fire 378

**GROUP 9: DISTURBED SHEN** (Insomnia, Anxiety, Palpitation) 392

**GROUP 10: HEART BLOOD STASIS AND ACCUMULATION OF HEART PHLEGM**
   (Chest Pain, Headache, Arterial Plaque, Hypercholesteremia) 418

**GROUP 11: UROGENITAL DISORDERS**
11A. Urinary Disturbance and Prostate Swelling 431
11B. Bladder or Prostate Infection 437
11C. Spermatorrhea and Urinary Incontinence 447
11D. Kidney Stone 453

**GROUP 12: WATER RETENTION AND EDEMA** 457

**GROUP 13: DERMATOLOGICAL DISORDERS**
13A. Skin Rashes (Acne, Eczema, Urticaria) 466
13B. Hair Loss (Alopecia) 481

**GROUP 14: EYE AND VISION DISORDERS** 486

**GROUP 15: MISCELLANEOUS DISORDERS**
15A. Wasting-Thirst Disorder (Diabetes, Metabolic Syndrome) 496
15B. Internal Bleeding 503

**GROUP 16: QI AND BLOOD TONICS**
16A. *Qi* Tonics 508
16B. Blood Tonics 520
16C. Combined *Qi* and Blood Tonics 537

**GROUP 17: KIDNEY TONICS**
17A. Kidney *Yin* Tonics 548
17B. Kidney *Yang* and *Jing* Tonics 558

**GROUP 18: COMBINATION AND SINGLE HERB TONICS**
18A. Combination Tonics 574
18B. Single Herb Tonics 591