

Classical Pearls Herbal Formulas

CLINICAL REFERENCE GUIDE

HEINER FRUEHAUF



**HERON INSTITUTE
FOR LIFE SCIENCE**

A Not-for-Profit Organization

PO BOX 70 CORBETT, OREGON 97019



Classical Pearls Herbal Formulas

CLINICAL REFERENCE GUIDE

A manual for healthcare providers who use the Classical Pearls family of herbal products

HEINER FRUEHAUF, PHD, LAC

This volume is an educational resource created to assist healthcare providers in using the Classical Pearls Herbal Formulas product lines, and was conceived and designed at Heron Institute, a not-for-profit educational organization in Portland and Corbett, Oregon (US).

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Author's Preface

Chinese medicine has always been a way of thinking rather than a mere reservoir of techniques. Zhang Xichun (1860-1933), one of China's last scholar physicians steeped in the classical science of diagnosis and treatment, once said aptly: "Chinese Medicine is Philosophy!" The way we view the world determines how we walk within it—how we steward the natural bounty of this planet, how we cultivate our food, how we build our houses, and how we practice our medicine. While this book presents concrete details synthesized from 30 years of prescribing Chinese herbs for difficult diseases, it is also meant to be a celebration of nature and its inherent healing powers.

As a seasoned practitioner of Chinese herbal medicine, I can say without hesitation that this system really works. It can heal and save lives, including in situations when the repertoire of other approaches has become exhausted. The task of effectively applying this treasure trove of medical knowledge in a modern clinical environment, however, poses two major challenges: How can we decode ancient disease descriptions from 2,500 years of recorded case studies for the specific needs of our patients; for the most part modern city dwellers exposed to an unrelenting barrage of microwave radiation, antibiotic/demineralizing glyphosates, and other toxic influences that were introduced in massive quantities only 25 years ago? How can we, for instance, utilize the ancient approach to so-called Lily Disease (baihe bing) in a modern context? How can we, moreover, in the age of industrialized herb cultivation and extraction, preserve the vitality and potency of the medicinals we prescribe? After a lifetime of researching classical Chinese remedies, and after more than 12 years of designing and utilizing the Classical Pearls series of products, this Manual is intended to present my clinical experience in integrated form and provide answers to these questions.

From a repertory of thousands of remedies recorded by scholar physicians throughout the ages, the Manual collates 59 formulas that I have found essential for today's practice of Chinese herbal medicine. Formulas in the Legacy Series represent essential formula classics that have been modified for the needs of modern patients according to my own clinical experience and that of the various herbal lineages I have encountered. Formulas in the Heritage Series consist of unmodified classical remedies that were selected for their critical relevance in today's clinical environment. The Manual, more specifically, features a clinical monograph for every remedy. Each monograph contains detailed descriptions of defining symptom patterns (listed in order of importance), as well as a weighted listing of Western conditions that have been successfully treated (according to clinical trials performed in China). In addition, each monograph contains detailed guidelines and examples designed to help practitioners combine different remedies with each other.

Most importantly, all remedies represent the fruition of an effort to keep the efficacy of Chinese herbal medicine alive by ensuring the vitality and potency of its ingredients.

Happy prescribing!

HEINER FRUEHAUF, PhD, LAC



Classical Pearls Herbal Formulas

APPROACH
COMMITMENT
SOURCING
PREPARATION



To relieve the suffering
of one's time,
there is no greater path
than medicine.
Within it, nothing is more effective
than the prescription of herbs.

PHARMACEUTICAL PRESCRIPTIONS OF
THE BUREAU OF PUBLIC WELFARE DURING
THE TAIPING ERA

TAIPING HUIMIN HEJI JUFANG, 1107 ACE

A Simple Approach

Classical Pearls manages the sourcing, production and formulation of the highest quality ingredients into unique and potent formulations based on the classical medical texts, and fine-tuned to treat modern patients suffering from the complex diseases of our times.

Herbal medicine was once the most important modality to cure serious diseases. Today, the intricate alchemical principles and the experience based approach of traditional herbal science has become overshadowed by laboratory parameters—often to the detriment of clinical results. It is both the vision and mission of Classical Pearls to launch a return to the classical and clinic-based roots of Chinese herbal medicine.

Each of the patent herbal formulas is designed with these simple, classical principles of Chinese herbalism:

- ☯ Emphasis on the alchemical integrity of classical formulas
- ☯ Focus on the synergistic “fusion” effect of herb combining
- ☯ Integrating the deepest classical level of understanding organ network physiology
- ☯ Attention to inherent yin-yang balance in formula design
- ☯ Flexible, experience based modification approach that addresses the clinical problems of our day
- ☯ Preservation of effective herbal approaches that are in danger of getting lost
- ☯ Highest standards of ingredient purity
- ☯ Promotion of traditional alchemical growing techniques
- ☯ Utilization of modern production techniques for the specific purpose of holistic full-spectrum ingredient extraction



Committed to the Clinical Roots of Chinese Medicine

Classical Pearls is a part of an international movement that seeks to honor and restore the classical origins of Chinese medicine.

Chinese medicine is a highly sophisticated science and deeply spiritual art form. Chinese herbal formulation is based on simple foundational principles that are often ignored or misunderstood in the construct of modern TCM education. With Classical Pearls' formulas and the core educational concepts behind them, the goal is to preserve the true clinical power and efficacy of Chinese herbal medicine.

Each of the remedies incorporates principles of classical formula design synthesized from the ancient texts of Chinese medicine and a variety of classical lineage approaches. Based on over two decades of clinical experience, tightly structured classical formulas have been selected, combined or modified to specifically address the diseases of our time. It is the sincere hope of Classical Pearls that the study and use of the two series of products can help Oriental medicine practitioners increase their clinical efficacy and gain a better understanding of the time-honored principles of alchemical wisdom that are gradually being forgotten.

Classical Pearls' Formulas Have Evolved from the Classical Medical Texts

Each of Classical Pearls' unique formulas is consistent with the principles elucidated in the classical texts of Chinese medicine.

All formulas in the Legacy Series were designed by Heiner Fruehauf, PhD, LAc, according to ancient principles of herb combining laid out in classical medical texts and relevant clinical lineages that have emerged from them. With over three decades of experience researching and translating the classics, Dr. Fruehauf has fine-tuned each formula from a modern clinical perspective to treat patients suffering from the complex diseases of our time.

Purity, Quality, Potency

Classical Pearls formulas and single herbs are free of pharmaceuticals, preservatives, dyes, yeasts, and sugars.

In addition, all ingredients are independently tested in a US laboratory for heavy metals, pesticides, and microbes. Ingredients are tested three times during the manufacturing process for purity, identity, and the concentration of active ingredients. These rigorous testing procedures ensure the safety of all products – at the source in China before and after processing, and then again after entering the US. This regimen of stringent purity controls contributes to the high level of positive clinical outcomes practitioners should aspire to.

Patients who are treated for chronic and recalcitrant diseases often have allergies to ancillary substances such as heavy metals, dyes, yeasts, flow agents and preservatives. Besides the immune responses that these additives may generate in patients, they can potentially interfere with the proper action of herbs and supplements, thereby inhibiting potency and treatment results. As an alternative, minimal amounts of bentonite clay have been selected as an excipient for the formulas due to its hypoallergenic and therapeutic nature. Capsules are made of the purest vegetable matter – no gelatin is used. Sugars, yeasts, and starches made from rice, corn or potatoes are never used in the formulas.

Considering the uncertainty of materials being imported from China and other parts of the world, the goal of Classical Pearls is to maintain transparency in each step of the growing, harvesting, manufacturing, and testing processes for each of the raw herbs that make up their products. Classical Pearls is working on a system to make the safety and authenticity certificates for each product on the product detail pages of their website. You must have an account to view detailed information.



HUANGLIAN (COPTIS) FROM THE TERROIR SPECIFIC MOUNTAINS OF CHONGQING; NOTE THE "CHRYSANTHEMUM HEART" IN THE CENTER OF THE ROOT, AN INDICATOR OF GENUINE DIDAO BOTANICALS



Heiner Fruehauf

FOUNDER
Classical Pearls Herbal Formulas

Heiner Fruehauf, Ph.D., L.Ac. is the Founding Professor of the College of Classical Chinese Medicine at National University of Natural Medicine in Portland, Oregon, and the clinical director of the Hai Shan Center for Natural Healthcare. He is an experienced herbal practitioner who has specialized in the treatment of chronic and difficult diseases for two decades. He is also an international author/lecturer who stands at the forefront of a global movement aimed at restoring the clinical efficacy of Chinese medicine by deepening the understanding of its theoretical foundation. Classical Pearls represents the culmination of his clinical and scholarly experience, as well as the passing of an herbal legacy through him and the many master practitioners he encountered during a life-time of research in China and Japan.



Manufacturing: Setting a New Standard in Quality

Classical Pearls formulas and single herbs are free of pharmaceuticals, preservatives, dyes, yeasts, and added sugars.

Classical Pearls has gone to great lengths to research traditional growing (*didao*) and preparation (*paozhi*) methods of ingredients and formulas. In addition, every formula is manufactured in certified GMP facilities under rigorous standards – both in China and the United States. With great effort, Classical Pearls personally selects and inspects the facilities that process and manufacture the formulas and single herbs. While the term supply chain management is often used by businesses to describe design, planning, execution, control, and monitoring of supply chain activities with the objective of creating net value, Classical Pearls undertakes such a task in order to ensure a high standard of quality in all of the ingredients in their products. As much as possible, the company maintains oversight, control, and management of every step of the process – from growing, cultivation and processing, to formulation, manufacturing, testing, and distribution. In addition, the recyclable amber glass bottles are used to inhibit light damage to the ingredients in their formulas, and as much as possible, help avoid the use of petroleum plastics during the packaging process.



HERBAL PROCESSING EQUIPMENT AT A GMP EXTRACTION FACILITY IN CHINA

Potency

All herbs are processed according to the labor and cost intensive methods specified by the classics of Chinese medicine and relevant *paozhi* teachings of traditional family lineages.



DECOCTION TANKS FOR ACHIEVING 10:1 CONCENTRATION OF HERBS; GMP PROCESSING FACILITY IN CHINA

Generally, the full-spectrum powder extracts arrive at approximately a 10:1 concentration – a much higher level than herbs that have been pulverized from their whole state. Within this important step of extraction and concentration, great care is taken to preserve the full-spectrum base constituents of the crude herbs. The formulas are decocted by boiling all ingredients together, then are sent through a concentration and drying process. By considering the traditional principle of alchemical fusion, the resulting herbal powder extract is superior to processing each of the herbs individually and combining them once they are dried. For the delicate task of extracting and concentrating Chinese herbs with modern equipment while preserving its traditional full-spectrum character, Classical Pearls has partnered with Beijing Tongrentang—China’s oldest and most respected manufacturer of traditional patent remedies.

All formula and single herb extracts are encapsulated in the United States using state-of-the-art machines that ensure accuracy and consistency. The general practice of manufacturing tablet supplements often includes the compression of the ingredients under high pressure and the application of a coating material or the addition of other additives in order to force the ingredients to bind properly. By using an encapsulation process, the functional integrity of the concentrated extracts remains preserved in all products.

Sourcing and Preparation An Ingredients Driven Company

The quality and purity of the herbs is of the utmost importance to Classical Pearls. The potency of the formulas and single herbs - and the efficacy of your treatments - depend on this notion.



SMALL SCALE HERB FARM IN THE MOUNTAINS OF HUBEI

In the modern world, much of our daily lives have been contaminated by chemical processes, pesticides, pollution, foreign substances, and the presence of electromagnetic fields – the water we drink and swim in; the food, supplements and medications we ingest; the day-to-day life in which we exist.

The goal at Classical Pearls is to manage the sourcing of the crude herbs that make up these unique formulas. Classical Pearls has established relationships with farmers, growers, wild-crafters and distributors of crude herbs in China and other parts of South Asia who have been carefully vetted to ensure that the planting, growing and harvesting procedures are in accordance with classical principles. Soil quality and cultivation practices are monitored to meet the highest standards possible. In

addition, rigorous testing procedures are used during processing and manufacturing of the formulas and single herbs to ensure safety and efficacy.

In addition, much research has gone into the sourcing of the appropriate locale, proper growing and harvesting procedures, and the traditional processing (*paozhi*) of the herbs used in the Classical Pearls line of products. It is therefore one of the declared goals of Classical Pearls to maximize medicinal effectiveness by selecting materials that 1) stem from their traditionally specified growing regions, 2) have been grown and harvested in accordance with time-honored techniques, and 3) have undergone *paozhi* processing to increase their therapeutic potential.

Didao: Region-Specific Herb Harvesting (Terroir)

The term *didao yaocai* represents the concept of utilizing medicinal plants that incorporate the invisible forces of time and space, and is often referred to as the quality of “terroir”.

Specifically, the term *didao* refers to the ancient science of growing herbs in a specific place (*di*) and planting and harvesting them at a specific time (*dao*). Artisan productions of wine, coffee and chocolate are typical examples for terroir craftsmanship in the food sector.

One of the best examples of how *didao* considerations can define and enhance the medicinal properties of a plant is aconite. More than 2,000 years ago Chinese observers of the natural world specified that only the aconite tubers cultivated around the region of today’s Jiangyou in Sichuan are of medicinal grade and thus worthy of being manufactured into the highly valued herbs Fuzi, Tianxiang, and Chuanwu. To further utilize the energetics of time, Jiangyou farmers collect aconite seedlings from the surrounding hills and plant them in the valley soil next to the River Fu right after the winter



INSIDE A TENT THAT PROTECTS SANQI (PANAX NOTOGINSENG) FROM THE ELEMENTS



AN EXAMPLE OF *DIDAO*: A FIELD OF BAISHAO (WHITE PEONY) IN THE HERB'S TRADITIONAL GROWING REGION OF HANGZHOU, BEING ORGANICALLY PREPARED FOR THE GROWING SEASON AT ONE OF THE SMALL SCALE PARTNER FARMS OF CLASSICAL PEARLS

solstice, and then harvest the mature roots right just before the summer solstice. In this way, the prototypical yang tonic Fuzi absorbs only the energy of the expansive yang part of the year. Cultivated in this way, Jiangyou aconite roots grow to be three times as large as elsewhere in China and are considered to be safer and more potent at the same time. Since space is limited in Jiangyou County, and traditional methods of growing and processing the roots are labor intensive, 95% of Chinese aconite is nowadays produced in large scale plantations in Shaanxi, Yunnan, and other parts of Sichuan Province.

The time-honored art of recognizing the unique quality of a locale's soil and climate patterns is gradually becoming extinct, eclipsed by the economic and biochemical considerations of large-scale agriculture. This decline of *didao* appreciation and expertise parallels the disappearance of our planet's species, languages, and tribal cultures. Classical Pearls is committed to

supporting the ancient art of herbal alchemy by sourcing all of its ingredients from places where the conditions for the development of their medicinal properties are just right, and where they have been wild-crafted or cultivated for millennia by tribespeople or local peasants.

To facilitate the difficult task of sourcing the right medicinal materials in modern day China, Classical Pearls has engaged the expert support of several local consultants such as Dr. Ding Debin. Dr. Ding is an experienced Chinese medicine physician who shares the ideals of the Classical Pearls team. As an herb buyer for his own traditional pharmacy, he has navigated the complex waters of the modern Chinese herb market for more.

Paozhi: Precise Processing According to the Medical Classics

The art of using Chinese herbs for medicinal purposes is intimately connected to the process of collecting and cooking food.

Cooking can render certain food items safer for consumption, enhance flavor, and synthesize multiple ingredients into a coherent whole. Similarly, *paozhi*—the art of processing medicinal substances according to traditional specifications—is a vital component of the science of Chinese herbal alchemy.

Immersion or frying of an herb in a carrier substance—alcohol, vinegar, honey, brine, bran, or clay—can neutralize toxicity, change the energetic quality of an herb from cool to warm, direct its medicinal effect to a specific organ network, or simply awaken latent therapeutic potential. Soaking Danggui (*Angelica sinensis*) in alcohol, for instance, increases its blood moving effect; frying Sharen (*Amomum*) in high-quality salt can direct its action to the Kidney network.

Like so many other techniques spawned by the wisdom traditions of ancient China, genuine *paozhi* has become a dying craft. Up to the end of the 19th century, classical prescriptions used to differentiate processing instructions for most of their ingredients. Nowadays, most Chinese medicine physicians don't know how to prescribe processed herbs anymore; most pharmacies do not carry them, and most herb distributors cannot provide them. Even professional *paozhi* facilities tend to limit their services to procedures



HUANGJING (POLYGONATUM ROOT) BEING STEAMED NINE TIMES ACCORDING TO TRADITIONAL *PAOZHI* PROCEDURES SPECIFIED FOR THIS HERB

Classical Pearls

APPROACH, COMMITMENT, SOURCING, AND PREPARATION

outlined in the standardized materia medica of the People's Republic of China, and do not know how to execute most traditional *paozhi* instructions anymore.

Paozhi knowledge and expertise was passed on in family lineages for generations. Since the 1980s, the PRC government has heavily scientized and standardized all aspects of Chinese herbal medicine. Development decisions are made on the basis of laboratory analysis, resulting in a dismissal of most labor-intensive ways of traditional processing methods. What little remains is done by machines. As a result, genuine experts who hold lineage based *paozhi* knowledge as well as a visceral understanding of when, exactly, a medicinal substance needs to be removed from the fire have become exceedingly rare.

Classical Pearls is committed to support a revival of the ancient wisdom components of Chinese herbal science, and therefore partner with small family businesses that still maintain original *paozhi* knowledge and are able to execute the detailed traditional processing instructions. In addition, the company has engaged an expert adviser for the specific purpose of maximizing the therapeutic effect of each herb in a formula by suggesting the most appropriate *paozhi* modality. Dr. Hu Changjiang has been a professor and researcher of *paozhi* techniques for nearly four decades, and shared a friendship with Heiner Fruehauf since 1990. The Chinese government has recently recognized him as the designated lineage holder of China's SW school of herbal processing modalities.



TRADITIONAL FUZI STEAMING BASKETS; JIANGYOU, SICHUAN REGION, CHINA

Building Relationships Championing Directly Traded Ingredients

Knowing the source of the raw herbs that go into their formulas and maintaining relationships with the providers of their herbs is of great importance to Classical Pearls.



HEINER FRUEHAUF IN FRONT OF TREASURED OLD CINNAMON TREE WITH A HMONG VILLAGER; NORTH VIETNAM

Classical Pearls champions directly traded ingredients and supports farmers and herb distributors in China, Vietnam, and elsewhere in Asia who understand their mission of providing the highest quality medicinal ingredients.

While wild-crafted and organic herbs aren't consistently available from Chinese growers, Classical Pearls makes every effort to source them when possible. The company has set strict guidelines for its herb providers to minimize unsustainable and non-organic growing and harvesting methods.

Pesticides are not only toxic, but they interfere with herb potency and quality. Quality of soil is also important, which is why great importance is placed on establishing relationships with smaller farms and growing facilities.



Freshly harvested Beimu (Fritillaria) grown in a near wild conditions in the remote mountains of Hubei, China



Banxia (*Pinellia*) seedlings cultivated in a natural forest environment; Hubei Province, China

Classical Pearls Herbal Formulas

REFERENCE TOOLS



General Dosage Guidelines

CONSIDERATIONS FOR USING CLASSICAL PEARLS PRODUCTS

Classical Pearls General Dosage Guidelines

The assumption for this guide is that you are using encapsulated products consisting of 10:1 powder extracts made by decocting the crude herbs in each formula, then slow drying or, in formulas requiring greater degrees of density, spray-drying the liquid. Every capsule contains 0.5g of powder extract, which is the equivalent of 5g of decocted crude herbs, or 1g of 5:1 herbal granules. Taking the recommended daily amount of 3 capsules 2x/day is therefore similar to the process of decocting 30g of dried herbs and drinking the liquid in the course of one day. This amount is generally safe for long-term use, and does not require frequent formula adjustments.

If an effect similar to the short-term administration of a decocted daily pack of crude herbs is desired, higher dosages need to be prescribed. 6 capsules 3x/day, for instance, would supply the daily equivalent of a decoction made from 90g of dried crude herbs.

Acute Conditions

Acute conditions generally require higher dosages and more frequent administration of the remedy prescribed. Dosages should try to match the amounts used in the standard application of crude herb decoctions: 12-24 capsules per day (4-6 capsules 3-4 x/day), which are equivalent to 60-120g of decocted crude herbs per day.

In this process, different remedies can be combined to both buffer each other and achieve a more potent result. Perilla Pearls, for instance, are designed to address symptoms of sore throat and coughing. For a particular virulent case of sore throat (potentially including abscessed tonsils) it would be most beneficial to combine Perilla Pearls with Dragon Pearls, i.e. 3 Perilla Pearls plus 1 Dragon Pearl 3-5x/day. Or, for a bad case of the flu with pronounced symptoms of wind invasion, body pain, swollen glands, and diarrhea, 2 Perilla Pearls plus 3 Earth Pearls 3-4x/day would be recommended.

Chronic Conditions

The classical focus on the self-healing capabilities of the body makes these formulas uniquely suited for the long-term treatment of difficult and recalcitrant diseases. The design of all remedies features a careful balance of herbal effects addressing excess and deficiency, warming and cooling, and moistening and drying. If chosen appropriately and prescribed in the recommended dosages, most remedies exhibit a remarkable degree of alchemical stability and can be taken over extended periods of time (6 weeks to 6 months). During or after this time, sister remedies that are similar in design can be used to alternate and prevent remedy fatigue.



Classical Pearls Herbal Formulas are unique herbal formulations designed for the treatment of chronic diseases in modern-day practice. They represent the culmination of two decades of research by noted Chinese medicine scholar and herbalist, Heiner Fruehauf, Ph.D., L.Ac.

Each formula batch is tested in independent U.S. laboratories for heavy metals, pathogenic bacteria, and pesticide/herbicide residues.

All formulas are highly concentrated to a ratio of 10:1 or higher to minimize the number of capsules patients need to consume.

All formulas are produced in GMP (Good Manufacturing Practices) facilities in the United States and China.

TO LEARN MORE ABOUT TESTING FOR PURITY AND THE MANUFACTURING PROCESSES OF THE CLASSICAL PEARLS PRODUCT LINES, VISIT CLASSICALPEARLS.ORG

If higher dosages are desired (8-15 capsules per day), it is recommended to combine different remedies. For pronounced body pain in a fibromyalgia patient, for instance, one could consider prescribing a combination of 3 Lightning Pearls and 3 Bamboo Pearls 2x/day. If the same patient also complains about insomnia, one could even consider a combination of 3 different remedies, by using 3 Lightning Pearls and 3 Bamboo Pearls in the morning, and 3 Lightning Pearls and 3 Peace Pearls in the late afternoon or evening. In this way, prescriptions at higher dosage rates also have the potential of fitting the patient's needs for periods of 6-12 weeks.

Capsules

Treatment strategies that require the long-term administration of herbs, such as those addressing symptoms of Lyme Disease and other forms of "Gu" Syndrome, can be used longer by combining different remedies (and thereby not using more than 6 capsules of any single remedy per day). Remedy fatigue can be avoided by employing a regimen of 3-4 formulas with similar effects, and rotating at least one of them every 6 weeks. In order to optimize this process of alternating remedies, it is best to look at these remedies as formula families that can be used in modular fashion.

Children, Pregnant Women, and Breastfeeding Mothers

Lower dosages are generally recommended for children. Depending on age, body weight, and formula ingredients, the dosage range should be 1-3 capsules 1-2x/day for chronic pediatric cases, and 1-3 capsules 3-4x/day for acute cases. The same principle applies to pregnant or breastfeeding mothers. While it is true that what benefits the mother will benefit the child, it is generally best to exercise caution and prescribe child-like doses to a pregnant or breastfeeding woman. Exceptions are women whose symptoms worsen when the dosage is decreased—it is generally safe to assume that pregnant or breastfeeding women (and their children) who feel better on higher dosages will not be negatively affected by them.

CAUTION: USE HERBS CONSERVATIVELY DURING PREGNANCY OR WHILE NURSING. CONSULT EACH FORMULA FOR SPECIFIC PRECAUTIONS.

See also *Classical Pearls Pregnancy Recommendations* on page 32.



To learn more about Classical Pearls products and access educational materials, sign up for a free practitioner account, or to order products, visit classicalpearls.org

Modular Formula Families

CONSIDERATIONS FOR USING CLASSICAL PEARLS PRODUCTS

Classical Pearls Modular Formula Families

The Classical Pearls series of products is designed as a modular system for acute and chronic health problems. The modular approach provides practitioners with two major opportunities:

- 1) Formulas that are sufficiently different can (but don't have to) be combined to treat different aspects of a client's health problem. Perilla Pearls, for instance, has been designed to treat the common cold with symptoms of sore throat and coughing. For a more serious and painful infection of the throat, however, this remedy can be combined with Dragon Pearls. Another way of combining is to address a client's constitution with one remedy, like Cinnamon Pearls or Guizhi Tang for taiyang, or Ease Pearls or Xiao Chaihu Tang for shaoyang, while a second remedy can be added at a lower dose to specifically resolve individual symptom manifestations; i.e., Spirit Pearls for trauma or anxiety, or Amber Pearls for diarrhea.
- 2) Formulas that are sufficiently similar can be alternated to increase the safety and effectiveness of long-term herbal treatments. Chronically ill patients typically need to take herbs for a long period of time. In this process, the universal laws of healing require that the same therapeutic direction or "ballpark" (fang) is being addressed, while remedy fatigue needs to be avoided by making minor changes to the herbal approach. This was also Samuel Hahnemann's intention when he first outlined the laws of homeopathic therapy: he recommended using the same constitutional remedy, but at different potencies as time went by. This concept of alternating similar remedies is particularly important when chronic inflammatory agents are involved, which tend to adapt and thus decrease the effectiveness of a mono-pronged approach after a while. This principle is especially important in the long-term treatment of Gu syndrome, where recalcitrant and highly adaptable pathogens such as spirochetes are present. Therefore, an anti-Gu remedy like Lightning Pearls (designed for "brain Gu") should be alternated with remedies of similar design such as Thunder Pearls (designed for "digestive Gu"). Note that this alternation process can be executed in different ways. After 3 weeks of Lightning Pearls, for instance, the prescription can be switched to Thunder Pearls for 1 week; or, after taking Lightning Pearls for 5-6 days, the client can take Thunder Pearls for 1-2 days; etc.



Modular Formula Families

CONSIDERATIONS FOR USING CLASSICAL PEARLS PRODUCTS

A general rule of long-term herbal therapy is that the higher the prescribed dose is, the sooner the remedy needs to be modified. For instance, if 3 capsules taken 2x/day can safely be imbibed for 3 months, the same remedy taken at a rate of 6 capsules 2x/day may need to be changed to a similar “sister remedy” after 4-6 weeks.

When choosing remedies that can be used to alternate a prescription for long-term patients, the following points should be taken into consideration:

- (1) Similarity of ingredients (cinnamon family, aconite family, etc)
- (2) Overall cooling versus overall warming effect
- (3) Overall excess removing versus overall tonic effect
- (4) Similar action: i.e., calming, or descending, or astringing, or gynecological effect

NOTE THAT BOTH SIMILAR REMEDY AND ALTERNATION OPTIONS ARE MENTIONED FOR EACH REMEDY IN THIS MANUAL. THE ORDER IN WHICH OPTIONS ARE LISTED REFLECTS THEIR DEGREE OF SUITABILITY.

Formula Families at a Glance

Classical Pearls Formula Families at a Glance

Formulas are listed in alphabetical order, not order of importance.

OVERALL COOLING	
LEGACY SERIES	HERITAGE SERIES
Dragon Pearls	Dahuang Zhechong Wan
Perilla Pearls	Fengsui Dan
Release Pearls	Yin Qiao San

OVERALL WARMING	
LEGACY SERIES	HERITAGE SERIES
Amber Pearls	Banxia Houpo Tang
Balance Pearls	Bazhen Tang
Bamboo Pearls	Buzhong Yiqi Tang
Cinnamon Pearls	Guipi Tang
Counterflow Pearls	Guizhi Tang
Earth Pearls	Lizhong Wan
Evergreen Pearls	Qianyang Dan
Ginkgo Pearls	Shenxian Dushi Dan
Guanyin Pearls	Shuyu Wan
Heart Pearls	Wenjing Tang
Love Pearls	Wuling San
Moon Pearls	Wuyou San
Ox Bone Pearls	
Peace Pearls	
Vitality Pearls	
Water Pearls	

WARMING AND MOVING WITH CINNAMON	
LEGACY SERIES	HERITAGE SERIES
Bamboo Pearls	Guizhi Fuling Wan
Cinnamon Pearls	Guizhi Tang
Earth Pearls	Wenjing Tang
Evergreen Pearls	Wuling San
Mama Pearls	

WARMING AND CONSOLIDATING WITH ACONITE	
LEGACY SERIES	HERITAGE SERIES
Guanyin Pearls	Qianyang Dan
Heart Pearls	
Moon Pearls	
Peace Pearls	
Vitality Pearls	

WARMING AND CONSOLIDATING SPLEEN QI WITH CODONOPSIS AND GINGER	
LEGACY SERIES	HERITAGE SERIES
N/A	Lizhong Wan
	Shuyu Wan

LIFTING SPLEEN QI WITH ASTRAGALUS AND GINSENG	
LEGACY SERIES	HERITAGE SERIES
N/A	Buzhong Yiqi Tang
	Guipi Tang

WARMING AND CONSOLIDATING WITH FOOD GRADE HERBS	
LEGACY SERIES	HERITAGE SERIES
Amber Pearls	Shuyu Wan
Cinnamon Pearls	
Earth Pearls	
Love Pearls	

WARMING AND MOISTENING WITH REHMANNIA	
LEGACY SERIES	HERITAGE SERIES
Glacier Pearls	Jingui Shenqi Wan
Water Pearls	Shenxian Dushi Dan
Wind Pearls	

Formula Families at a Glance

WARMING AND DESCENDING WITH EVODIA

LEGACY SERIES	HERITAGE SERIES
Ginkgo Pearls	Wenjing Tang

DESCENDING AND/OR MOISTENING WITH PINELLIA AND/OR APRICOT SEED

LEGACY SERIES	HERITAGE SERIES
Balance Pearls	Banxia Houpo Tang
Counterflow Pearls	Banxia Xiexing Tang
Metal Pearls	Wendan Tang
Spirit Pearls	

WARMING, DETOXIFYING, MOVING, AND CONSOLIDATING WITH CINNAMON AND ACONITE

LEGACY SERIES	HERITAGE SERIES
Ocean Pearls	N/A
Serpent Pearls	
Sugar Pearls	
Tiger Pearls	

SIMULTANEOUSLY WARMING DEFICIENT YANG QI WHILE CLEARING TOXIC HEAT

LEGACY SERIES	HERITAGE SERIES
Ease Pearls	Banxia Xiexing Tang
Glacier Pearls	Chaihu Guizhi Ganjiang Tang
Golden Pearls	Chaihu Jia Longgu Muli Tang
Lightning Pearls	Fengsui Dan
Mama Pearls	Guizhi Fuling Wan
Metal Pearls	Wendan Tang
Ocean Pearls	Xiao Chaihu Tang
Serpent Pearls	
Sugar Pearls	
Thunder Pearls	
Tiger Pearls	
Wind Pearls	

MOVING WITH BUPLEURUM

LEGACY SERIES	HERITAGE SERIES
Ease Pearls	Chaihu Guizhi Ganjiang Tang
Release Pearls	Chaihu Jia Longgu Muli Tang
	Xiao Chaihu Tang

REGULATING THE BLOOD WITH TANG-KUEI

LEGACY SERIES	HERITAGE SERIES
Moon Pearls	Bazhen Tang
	Danggui San
	Danggui Shaoyao San
	Guipi Tang
	Wenjing Tang
	Wuyou San
	Xuefu Zhuyu Tang

TRANSFORM TOXIC STASIS WITH RHUBARB

LEGACY SERIES	HERITAGE SERIES
Tiger Pearls	Biejia Jian Wan
	Dahuang Zhechong Wan

DISSOLVE MASSES WITH TURTLE SHELL AND/OR FRITILLARIA

LEGACY SERIES	HERITAGE SERIES
Glacier Pearls	Biejia Jian Wan
Mama Pearls	
Ocean Pearls	

Primary Herb Constituents

Classical Pearls Primary Herb Constituents

Other formulas may contain these herbs in smaller amounts, but do not play a leading role in the direction of the formula. Formulas listed in alphabetical order, not order of importance.

FORMULAS WITH ACONITE	
LEGACY SERIES	HERITAGE SERIES
Bamboo Pearls (Chuanwu - smaller dose)	Qianyang Dan (Fuzi)
Dragon Pearls (Chuanwu - smaller dose)	
Guanyin Pearls (Fuzi)	
Heart Pearls (Fuzi)	
Moon Pearls (Fuzi)	
Ocean Pearls (Fuzi)	
Peace Pearls (Fuzi)	
Sugar Pearls (Fuzi)	
Tiger Pearls (Fuzi)	
Vitality Pearls (Fuzi)	
Serpent Pearls (Black Fuzi)	
Water Pearls (Fuzi - smaller dose)	

FORMULAS WITH PINELLIA	
LEGACY SERIES	HERITAGE SERIES
Balance Pearls	Banxia Houpo Tang
Counterflow Pearls	Banxia Xiexin Tang
Earth Pearls	Wendan Tang
Ease Pearls	
Metal Pearls	
Perilla Pearls	

FORMULAS WITH BUPLEURUM	
LEGACY SERIES	HERITAGE SERIES
Ease Pearls	Chaihu Guizhi Ganjiang Tang
Release Pearls	Chaihu Jia Longgu Muli Tang
	Xiao Chaihu Tang

FORMULAS WITH CINNAMON	
LEGACY SERIES	HERITAGE SERIES
Bamboo Pearls (Guizhi)	Chaihu Guizhi Ganjiang Tang (Guizhi)
Cinnamon Pearls (Guizhi)	Guizhi Fuling Wan (Guizhi)
Earth Pearls (Rougui)	Guizhi Tang (Guizhi)
Evergreen Pearls (Guizhi)	
Glacier Pearls (Guizhi)	
Golden Pearls (Guizhi)	
Mama Pearls (Guizhi)	
Ocean Pearls (Rougui)	
Ox Bone Pearls (Guizhi)	
Sugar Pearls (Rougui)	
Tiger Pearls (Guizhi)	
Serpent Pearls (Guizhi)	

FORMULAS WITH ACONITE AND CINNAMON	
LEGACY SERIES	HERITAGE SERIES
Bamboo Pearls (Chuanwu, Guizhi)	N/A
Ocean Pearls (Fuzi, Rougui)	
Serpent Pearls (Fuzi, Guizhi)	
Sugar Pearls (Fuzi, Rougui)	
Tiger Pearls (Fuzi, Guizhi)	
Water Pearls (Fuzi, Rougui)	

Classical Pearls Formula Constituents Legacy Series

Formula Constituent refers to the primary formulas that comprise the Legacy Series products; however, not all herbs from the prescription as described in the medical classics may be included. Formulas listed in alphabetical order, not order of importance.

FORMULA CONSTITUENT	LEGACY SERIES
Anmian Tang	Peace Pearls
Baihe Huashi San	Metal Pearls, Spirit Pearls
Baihe Zhimu Tang	Guanyin Pearls
Banxia Baizhu Tianma Tang	Balance Pearls
Banxia Houpo Tang	Ease Pearls
Buyang Huanwu Tang	Evergreen Pearls
Buwei Yaotai xue Fang	Amber Pearls
Cangerzi San	Wind Pearls
Chai Ge Jieji Tang	Release Pearls
Dai Ge San	Dragon Pearls
Danshen Yin	Counterflow Pearls, Ginkgo Pearls
Danggui Beimu Kushen Wan	Ocean Pearls
Danggui Sini Tang	Evergreen Pearls, Mama Pearls
Erxian Tang	Guanyin Pearls
Erzhi Wan	Guanyin Pearls
Fuzi Lizhong Tang	Heart Pearls, Moon Pearls, Sugar Pearls, Vitality Pearls
Guizhi Fuling Wan	Ocean Pearls
Guizhi Jia Gegen Tang	Golden Pearls
Guizhi Shaoyao Zhimu Tang	Bamboo Pearls
Guizhi Tang	Cinnamon Pearls
Huangqin Tang	Ease Pearls, Golden Pearls
Jisheng Shen Qi Wan	Water Pearls
Jiajian Su He Tang	Lightning Pearls, Thunder Pearls
Jiao Ai Tang	Moon Pearls
Ling Gui Zhu Gan Tang	Cinnamon Pearls, Earth Pearls

FORMULA CONSTITUENT	LEGACY SERIES
Mai Wei Dihuang Wan	Water Pearls
Maimendong Tang	Ease Pearls
Pingjia Tang	Metal Pearls
Qianyang Dan	Guanyin Pearls, Peace Pearls
Sanzi Yangqin Tang	Wind Pearls
She Jie Xing Chong Tang	Metal Pearls
Shenqi Wan	Water Pearls
Shengmai San	Heart Pearls, Sugar Pearls
Sini Tang	Dragon Pearls, Ocean Pearls
Suanzaoren Tang	Peace Pearls, Spirit Pearls
Suzi Lihou Tang	Perilla Pearls
Taohe Chengqi Tang	Ocean Pearls, Sugar Pearls, Tiger Pearls
Weijing Tang	Golden Pearls
Wenpi Tang	Tiger Pearls
Wuji San	Earth Pearls
Wumei Wan	Serpent Pearls
Wuzi Yanzong Wan	Water Pearls
Wuzhuyu Tang	Ginkgo Pearls
Xiao Chaihu Tang	Ease Pearls, Release Pearls
Xiao Xianxiong Tang	Perilla Pearls
Xiaoyao San	Ease Pearls
Xiexin Tang	Dragon Pearls
Xuanfu Daizhe Tang	Counterflow Pearls
Yanghe Tang	Glacier Pearls
Yanling Guben Dan	Water Pearls
Yiguan Jian	Counterflow Pearls
Yinchenhao Tang	Dragon Pearls
Zhenwu Tang	Heart Pearls



Fields near Hangzhou being prepared for the cultivation of Baishao (White Peony) with traditional fertilizing methods, similar to biodynamic techniques in Western farming

Classical Pearls Formula Categories General Support

Formulas listed in alphabetical order, not order of importance. Consult individual formulas for the order of importance of each General Support category.

ACUTE	
LEGACY SERIES	HERITAGE SERIES
Cinnamon Pearls	Banxia Xiexin Tang
Dragon Pearls	Chaihu Jia Longgu Muli Tang
Earth Pearls	Fengsui Dan
Ease Pearls	Guizhi Fuling Wan
Golden Pearls	Guizhi Tang
Lightning Pearls	Wendan Tang
Metal Pearls	Wuling San
Ox Bone Pearls	Wuyou San
Perilla Pearls	Xiao Chaihu Tang
Release Pearls	Xuefu Zhuyu Tang
Wind Pearls	Yin Qiao San

ANTI-MASS	
LEGACY SERIES	HERITAGE SERIES
Ginkgo Pearls	Biejia Jian Wan
Glacier Pearls	Chaihu Guizhi Ganjiang Tang
Mama Pearls	Dahuang Zhechong Wan
Metal Pearls	Guizhi Fuling Wan
Moon Pearls	Wendan Tang
Ocean Pearls	Xuefu Zhuyu Tang
Sugar Pearls	
Tiger Pearls	

BONE HEALTH	
LEGACY SERIES	HERITAGE SERIES
Guanyin Pearls	Guizhi Tang
Ox Bone Pearls	
Vitality Pearls	

CARDIOVASCULAR	
LEGACY SERIES	HERITAGE SERIES
Balance Pearls	Banxia Houpo Tang
Counterflow Pearls	Buzhong Yiqi Tang
Evergreen Pearls	Dahuang Zhechong Wan
Ginkgo Pearls	Danggui Shaoyao San
Heart Pearls	Guipi Tang
Metal Pearls	Guizhi Fuling Wan
Peace Pearls	Guizhi Tang
Serpent Pearls	Jingui Shenqi Wan
Water Pearls	Lizhong Wan
	Qianyang Dan
	Shengmai San
	Shuyu Wan
	Wendan Tang
	Wuling San
	Xuefu Zhuyu Tang

CHRONIC	
LEGACY SERIES	HERITAGE SERIES
Amber Pearls	Banxia Houpo Tang
Balance Pearls	Banxia Xiexin Tang
Bamboo Pearls	Bazhen Tang
Cinnamon Pearls	Biejia Jian Wan
Counterflow Pearls	Buzhong Yiqi Tang
Earth Pearls	Chaihu Guizhi Ganjiang Tang
Ease Pearls	Chaihu Jia Longgu Muli Tang
Evergreen Pearls	Dahuang Zhechong Wan
Ginkgo Pearls	Danggui San
Glacier Pearls	Danggui Shaoyao San
Guanyin Pearls	Fengsui Dan
Heart Pearls	Guipi Tang

Formula Categories

GENERAL SUPPORT

CHRONIC (CONT.)	
Lightning Pearls	Guizhi Fuling Wan
Love Pearls	Guizhi Tang
Mama Pearls	Jingui Shenqi Wan
Metal Pearls	Lizhong Wan
Moon Pearls	Qianyang Dan
Ocean Pearls	Shengmai San
Ox Bone Pearls	Shenxian Dushi Dan
Peace Pearls	Shuyu Wan
Serpent Pearls	Wendan Tang
Spirit Pearls	Wenjing Tang
Sugar Pearls	Wuling San
Thunder Pearls	Wuyou San
Tiger Pearls	Xiao Chaihu Tang
Vitality Pearls	Xuefu Zhuyu Tang
Water Pearls	
Wind Pearls	

COGNITIVE	
LEGACY SERIES	HERITAGE SERIES
Amber Pearls	Banxia Houpo Tang
Balance Pearls	Buzhong Yiqi Tang
Cinnamon Pearls	Chaihu Guizhi Ganjiang Tang
Earth Pearls	Chaihu Jia Longgu Muli Tang
Evergreen Pearls	Guizhi Tang
Gingko Pearls	Lizhong Wan
	Qianyang Dan
	Shenxian Dushi Dan
	Shuyu Wan
	Wenjing Tang
	Xiao Chaihu Tang

DIGESTIVE	
LEGACY SERIES	HERITAGE SERIES
Amber Pearls	Banxia Houpo Tang
Balance Pearls	Banxia Xiexin Tang
Cinnamon Pearls	Bazhen Tang
Counterflow Pearls	Buzhong Yiqi Tang
Earth Pearls	Chaihu Guizhi Ganjiang Tang
Ease Pearls	Chaihu Jia Longgu Muli Tang
Gingko Pearls	Danggui San
Release Pearls	Danggui Shaoyao San
Serpent Pearls	Fengsui Dan
Sugar Pearls	Guipi Tang
Thunder Pearls	Guizhi Tang
Tiger Pearls	Lizhong Wan
Vitality Pearls	Qianyang Dan
	Shuyu Wan
	Wendan Tang
	Wuling San
	Xiao Chaihu Tang
	Xuefu Zhuyu Tang

ENDOCRINE	
LEGACY SERIES	HERITAGE SERIES
Ease Pearls	Banxia Houpo Tang
Guanyin Pearls	Bazhen Tang
Love Pearls	Dahuang Zhechong Wan
Mama Pearls	Danggui San
Moon Pearls	Danggui Shaoyao San
Ocean Pearls	Fengsui Dan
Peace Pearls	Jingui Shenqi Wan
Spirit Pearls	Qianyang Dan
Vitality Pearls	Shengmai San
Water Pearls	Shenxian Dushi Dan
	Shuyu Wan
	Wenjing Tang
	Xiao Chaihu Tang

FERTILITY	
LEGACY SERIES	HERITAGE SERIES
Ease Pearls	Bazhen Tang
Guanyin Pearls	Buzhong Yiqi Tang
Moon Pearls	Danggui Shaoyao San
Vitality Pearls	Qianyang Dan
Water Pearls	Shenxian Dushi Dan
	Wenjing Tang
	Wuyou San

GU SYNDROME	
LEGACY SERIES	HERITAGE SERIES
Balance Pearls	Biejia Jian Wan
Dragon Pearls	Fengsui Dan
Earth Pearls	Qianyang Dan
Lightning Pearls	Yin Qiao San
Release Pearls	
Serpent Pearls	
Sugar Pearls	
Thunder Pearls	
Vitality Pearls	

IMMUNE	
LEGACY SERIES	HERITAGE SERIES
Amber Pearls	Banxia Houpo Tang
Bamboo Pearls	Biejia Jian Wan
Cinnamon Pearls	Buzhong Yiqi Tang
Dragon Pearls	Dahuang Zhechong Wan
Earth Pearls	Fengsui Dan
Glacier Pearls	Guipi Tang
Golden Pearls	Guizhi Tang
Lightning Pearls	Jingui Shenqi Wan
Metal Pearls	Shengmai San
Perilla Pearls	Shenxian Dushi Dan
Sugar Pearls	Shuyu Wan
Thunder Pearls	Wuling San

IMMUNE (CONT.)	
Vitality Pearls	Xiao Chaihu Tang
Water Pearls	Yin Qiao San
Wind Pearls	

MENOPAUSE	
LEGACY SERIES	HERITAGE SERIES
Guanyin Pearls	Banxia Houpo Tang
Moon Pearls	Bazhen Tang
	Danggui San
	Danggui Shaoyao San
	Fengsui Dan
	Guipi Tang
	Wenjing Tang

MENTAL-EMOTIONAL	
LEGACY SERIES	HERITAGE SERIES
Amber Pearls	Banxia Houpo Tang
Counterflow Pearls	Banxia Xiexin Tang
Dragon Pearls	Bazhen Tang
Earth Pearls	Chaihu Guizhi Ganjiang Tang
Ease Pearls	Chaihu Jia Longgu Muli Tang
Evergreen Pearls	Fengsui Dan
Ginkgo Pearls	Guipi Tang
Guanyin Pearls	Lizhong Wan
Lightning Pearls	Shengmai San
Peace Pearls	Wendan Tang
Release Pearls	Wenjing Tang
Serpent Pearls	Xiao Chaihu Tang
Spirit Pearls	Xuefu Zhuyu Tang

Formula Categories

GENERAL SUPPORT

METABOLIC

LEGACY SERIES	HERITAGE SERIES
Counterflow Pearls	Banxia Xiexin Tang
Earth Pearls	Chaihu Guizhi Ganjiang Tang
Ginkgo Pearls	Chaihu Jia Longgu Muli Tang
Heart Pearls	Jingui Shenqi Wan
Mama Pearls	Wendan Tang
Serpent Pearls	Wuling San
Sugar Pearls	Xiao Chaihu Tang
Tiger Pearls	Xuefu Zhuyu Tang

MUSCULOSKELETAL

LEGACY SERIES	HERITAGE SERIES
Bamboo Pearls	Buzhong Yiqi Tang
Cinnamon Pearls	Guizhi Tang
Evergreen Pearls	Jingui Shenqi Wan
Ocean Pearls	Qianyang Dan
Release Pearls	Shenxian Dushi Dan
	Shuyu Wan

NEUROLOGICAL

LEGACY SERIES	HERITAGE SERIES
Balance Pearls	Bazhen Tang
Bamboo Pearls	Chaihu Jia Longgu Muli Tang
Counterflow Pearls	Danggui Shaoyao San
Evergreen Pearls	Fengsui Dan
Ginkgo Pearls	Guipi Tang
Lightning Pearls	Qianyang Dan
Spirit Pearls	Shenxian Dushi Dan
Sugar Pearls	Wuling San
Thunder Pearls	Xuefu Zhuyu Tang
Water Pearls	

REPRODUCTIVE

LEGACY SERIES	HERITAGE SERIES
Guanyin Pearls	Biejia Jian Wan
Love Pearls	Dahuang Zhechong Wan
Mama Pearls	Danggui San
Moon Pearls	Danggui Shaoyao San
Ocean Pearls	Fengsui Dan
Water Pearls	Guizhi Fuling Wan
	Jingui Shenqi Wan
	Wenjing Tang
	Wuyou San

RESPIRATORY

LEGACY SERIES	HERITAGE SERIES
Amber Pearls	Banxia Houpo Tang
Balance Pearls	Banxia Xiexin Tang
Cinnamon Pearls	Buzhong Yiqi Tang
Dragon Pearls	Chaihu Guizhi Ganjiang Tang
Glacier Pearls	Guizhi Tang
Golden Pearls	Lizhong Wan
Heart Pearls	Shengmai San
Lightning Pearls	Shuyu Wan
Metal Pearls	Wendan Tang
Perilla Pearls	Xiao Chaihu Tang
Release Pearls	Yin Qiao San
Wind Pearls	

SKIN	
LEGACY SERIES	HERITAGE SERIES
Dragon Pearls	Banxia Xiexin Tang
Glacier Pearls	Bazhen Tang
Lightning Pearls	Dahuang Zhechong Wan
Metal Pearls	Danggui San
Serpent Pearls	Danggui Shaoyao San
Wind Pearls	Guipi Tang
	Guizhi Fuling Wan
	Guizhi Tang
	Jingui Shenqi Wan
	Shuyu Wan
	Wenjing Tang
	Wuling San
	Xiao Chaihu Tang
	Yin Qiao San

URINARY	
LEGACY SERIES	HERITAGE SERIES
Cinnamon Pearls	Buzhong Yiqi Tang
Dragon Pearls	Chaihu Guizhi Ganjiang Tang
Heart Pearls	Dahuang Zhechong Wan
Ocean Pearls	Danggui Shaoyao San
Water Pearls	Fengsui Dan
	Guizhi Tang
	Jingui Shenqi Wan
	Shuyu Wan
	Wuling San
	Xiao Chaihu Tang
	Yin Qiao San

WOMEN'S HEALTH	
LEGACY SERIES	HERITAGE SERIES
Earth Pearls	Bazhen Tang
Ease Pearls	Buzhong Yiqi Tang
Guanyin Pearls	Danggui San
Mama Pearls	Danggui Shaoyao San
Moon Pearls	Guipi Tang
Serpent Pearls	Guizhi Fuling Wan
	Lizhong Wan
	Shuyu Wan
	Wenjing Tang
	Wuyou San
	Xuefu Zhuyu Tang

Classical Pearls Pregnancy Recommendations

It is important to note that the safety of herbal intake during pregnancy cannot be guaranteed. However, Classical Pearls has created some general guidelines that can be helpful in considering whether to prescribe formulas during pregnancy.

While it is generally true that what benefits the mother will benefit the child, it is best to exercise caution and prescribe child-like doses to pregnant or breastfeeding women. Exceptions are women whose symptoms worsen when the dosage is decreased – it is generally safe to assume that pregnant or breastfeeding women (and their children) who feel better on higher dosages will not be negatively affected by them.



FORMULAS THAT IN GENERAL CAN BE CONSIDERED GENERALLY BENEFICIAL DURING PREGNANCY

LEGACY SERIES

Amber Pearls

HERITAGE SERIES

Danggui San
Danggui Shaoyao San
Wuyou San
Shuyu Wan



FORMULAS THAT SHOULD GENERALLY BE AVOIDED DURING PREGNANCY

ALL REMEDIES CONTAINING ACONITE (*except Water Pearls, which contains very small amounts*)

LEGACY SERIES

Bamboo Pearls
Dragon Pearls
Guanyin Pearls
Heart Pearls
Moon Pearls
Ocean Pearls
Peace Pearls
Serpent Pearls
Moon Pearls
Ocean Pearls
Peace Pearls
Serpent Pearls
Sugar Pearls
Tiger Pearls
Vitality Pearls

HERITAGE SERIES

Qianyang Dan

ALL REMEDIES THAT STRONGLY MOVE QI OR BLOOD

LEGACY SERIES

Evergreen Pearls
Mama Pearls
Metal Pearls
Release Pearls
Ocean Pearls
Ox Bone Pearls

HERITAGE SERIES

Biejia Jian Wan
Chaihu Guizhi Ganjiang Tang
Chaihu Jia Longgu Muli Tang
Dahuang Zhechong Wan
Xuefu Zhuyu Tang



FOR ALL OTHER FORMULAS, REGULAR PRECAUTIONS FOR PREGNANT AND BREASTFEEDING WOMEN APPLY. SUITABILITY OF PRESCRIPTIONS AND DOSAGE SHOULD ALWAYS BE DISCUSSED WITH A HEALTH CARE PROFESSIONAL TRAINED IN THE APPLICATION OF CHINESE HERBS.

Classical Pearls Animal Product Information

NON-VEGETARIAN FORMULAS (ANIMAL INGREDIENT)

LEGACY SERIES

Formula	Ingredient(s)
Bamboo Pearls	Dilong
Evergreen Pearls	Dilong
Gingko Pearls	Dilong, Zhenzhufen
Glacier Pearls	Dilong, Lufengfang, Dibiechong
Love Pearls	Yangshen, Niqui
Ocean Pearls	Biejia
Ox Bone Pearls	Niu Gugu, Pangxie, Dilong
Water Pearls	Sangpiaoxiao
Wind Pearls	Dilong

HERITAGE SERIES

Formula	Ingredient(s)
Biejia Jian Wan	Biejia, Shufu, Dibiechong, Lufengfang, Qianglang
Dahuang Zhechong Wan	Mengchong, Xuezhi, Dibiechong, Qicao

QUESTIONABLE ANIMAL PRODUCTS (MAY BE ACCEPTABLE)

LEGACY SERIES

Formula	Ingredient(s)
Counterflow Pearls	Zhenzhu Fen (pearl powder)
Dragon Pearls	Haigefen (clam shell)
Metal Pearls	Jiangcan (silkworm - only collected after a natural death)

HERITAGE SERIES

Formula	Ingredient(s)
Chaihu Guizhi Ganjiang Tang	Muli (oyster shell)
Chaihu Jia Longgu Muli Tang	Muli (oyster shell)
Qianyang Dan	Guiban (turtle shell)

VEGETARIAN FORMULAS

✦ contains trace amounts of honey from processing; products without this symbol are vegan

LEGACY SERIES

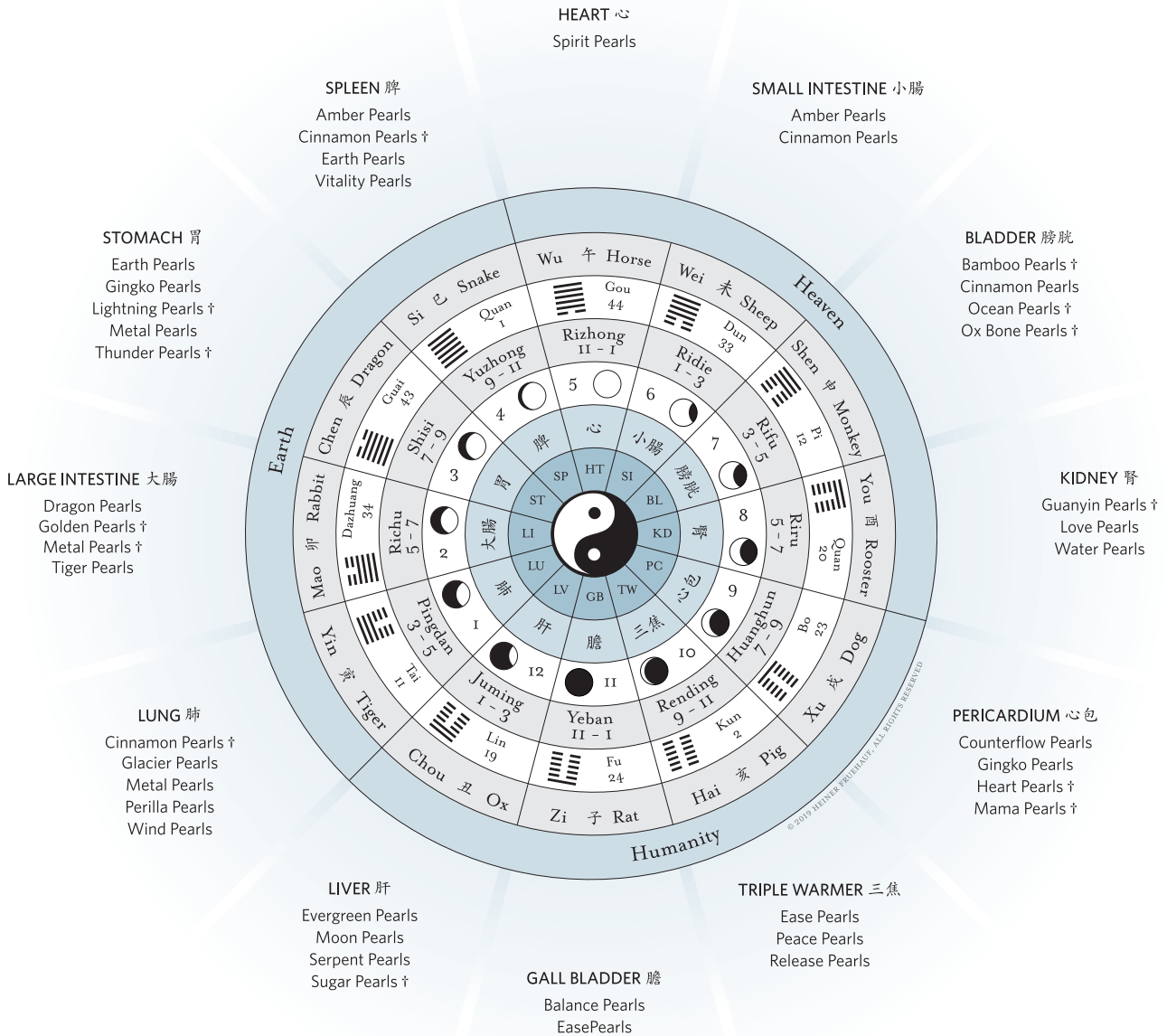
Amber Pearls	Moon Pearls ✦
Balance Pearls	Peace Pearls ✦
Cinnamon Pearls ✦	Perilla Pearls
Earth Pearls	Release Pearls
Ease Pearls	Serpent Pearls
Golden Pearls	Spirit Pearls
Guanyin Pearls ✦	Sugar Pearls
Heart Pearls ✦	Thunder Pearls
Lightning Pearls	Tiger Pearls ✦
Mama Pearls ✦	Vitality Pearls

HERITAGE SERIES

Banxia Houpo Tang	Lizhong Wan
Banxia Xiexin Tang ✦	Qianyang Dan
Bazhen Tang ✦	Shengmai San
Biejia Jian Wan	Shenxian Dushi Dan
Buzhong Yiqi Tang ✦	Shuyu Wan ✦
Danggui San	Wendan Tang ✦
Danggui Shaoyao San	Wenjing Tang ✦
Fengsui Dan ✦	Wuling San
Guipi Tang ✦	Wuyou San ✦
Guizhi Fuling Wan	Xiao Chaihu Tang ✦
Guizhi Tang ✦	Xuefu Zhuyu Tang
Jingui Shenqi Wan	Yin Qiao San

Classical Pearls Legacy Series Remedy Positions On the Alchemical Holomap of Chinese Medicine

Formulas listed in alphabetical order, not order of importance



Key

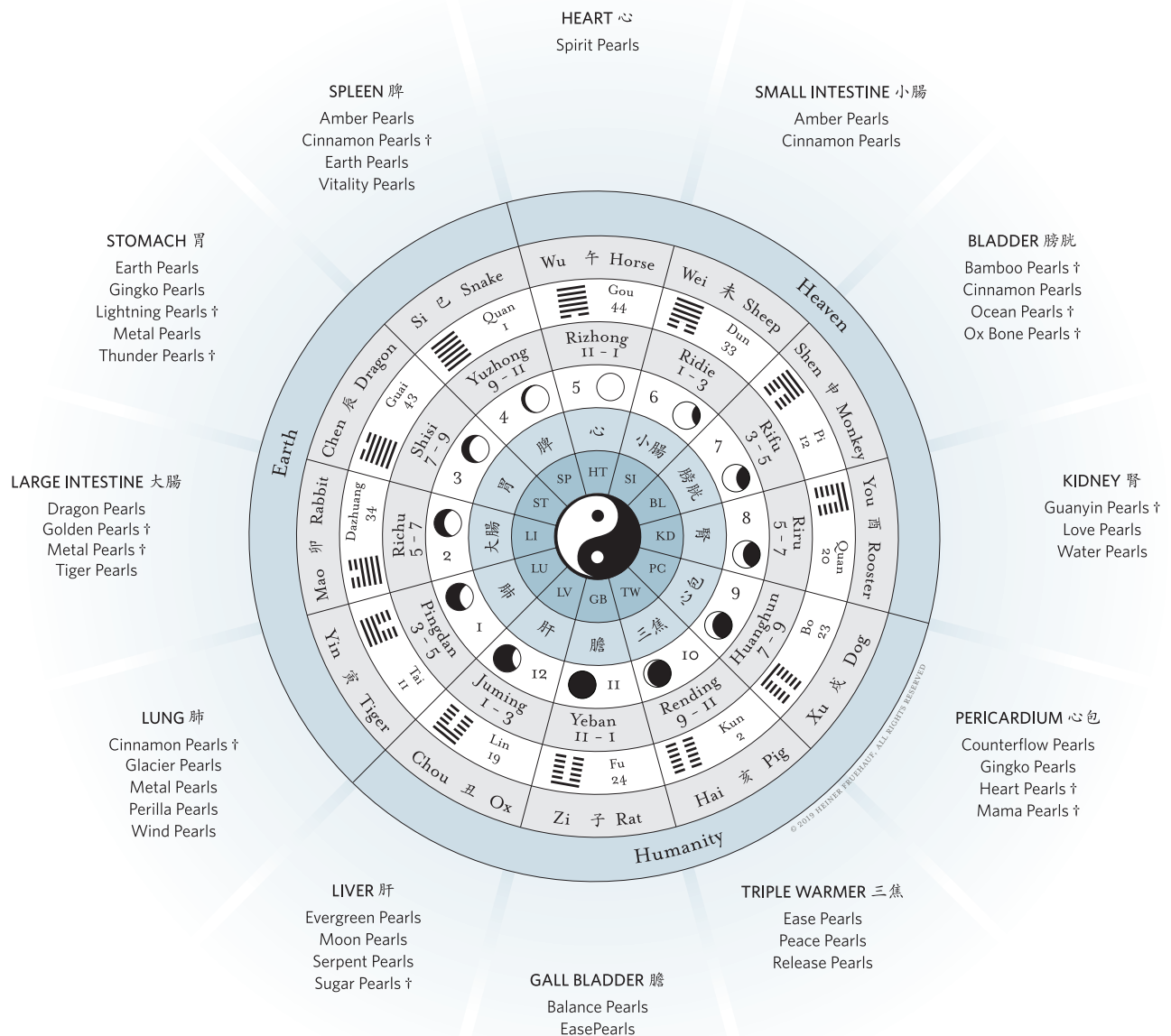
The dagger symbol (†) identifies those remedies that from a theoretical perspective do not represent the most typical approach regarding the treatment of a designated organ system, but should be considered for specific symptoms and applications.

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Classical Pearls Heritage Series Remedy Positions On the Alchemical Holomap of Chinese Medicine

Formulas listed in alphabetical order, not order of importance



Key

The dagger symbol (†) identifies those remedies that from a theoretical perspective do not represent the most typical approach regarding the treatment of a designated organ system, but should be considered for specific symptoms and applications.

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De-leafing of wildcrafted Jinyinhua (*Lonicera*);
Hunan Province, China



Classical Pearls Herbal Formulas

LEGACY SERIES OF REMEDIES

The Legacy Series is Classical Pearls' original line of essential herbal formulations designed for the treatment of difficult and recalcitrant diseases in modern times. All remedies are based on traditional formulas that have been modified according to the combined clinical experience of Dr. Heiner Fruehauf and his senior mentors in the fields of classical phytotherapy, traditional *paozhi* processing, internal medicine, and Daoist bone healing.

The intricate adaptations of the original formula prescriptions are based on the following considerations:

- ☯ Modified to classical convention in order to achieve “alchemical stability” for long-term chronic patients
- ☯ Modified to enhance clinical efficacy for difficult and recalcitrant disorders in modern clinical practice
- ☯ Modified to enhance overall safety of potent and strong-acting herbs

The design of each formula focuses on a yin-yang balance between hot/drying and cold/moisturizing herbs, and features inclusion of food grade herbs, altogether making remedies more gentle and suitable for long-term use.

The formulas have been modified and refined based on thirty years of clinical use by Dr. Heiner Fruehauf in his Chinese medicine practice, and have been produced by Classical Pearls since the founding of the company in 2008 in order to make them available to a broader audience of Chinese medicine practitioners and other holistic medical providers.

The Legacy Series is the foundation for Classical Pearls' system of treatment approaches to both common and complex diseases encountered in the 21st century, and enables holistic practitioners to treat most conditions encountered in contemporary Western practice by selecting a single remedy that best fits the overall disease/symptom pattern of the patient, or in combination with other Classical Pearls formulas, including remedies in the Heritage Series.

The modularity of the Legacy Series enables both beginners and seasoned practitioners to safely enhance the efficacy of their physical treatments such as acupuncture, massage, or chiropractic adjustment with superior quality Chinese herbal extracts that are comprehensively designed for the complex constitutional needs of today's patients.

Amber Pearls

Buwei Fang

補胃方

GENERAL SUPPORT

Chronic, Digestive, Immune, Cognitive, Mental-Emotional, Respiratory

ORGAN SYSTEMS

Spleen, Lung, Small Intestine

FORMULA FAMILY

Overall Warming; Warming and Consolidating with Food Grade Herbs

SIX STAGES

Taiyin

ABOUT AMBER PEARLS

Amber Pearls is a Ming dynasty prescription designed to stabilize Spleen function with bland food grade herbs. It is especially suitable for children with weak digestive function manifesting in poor appetite, picky eating habits, poor immune function and other signs of Spleen qi deficiency. For adults, it should be added to Earth Pearls or Vitality Pearls for conditions where the Spleen's ability to lift qi and contain fluids has become compromised, such as diarrhea or bleeding. In addition, this remedy can serve as a base remedy for the entire *taiyin* system, addressing chronic respiratory (Hand Taiyin Lung) weakness by gently tonifying the Foot Taiyin Spleen system and preventing the development of dampness and phlegm. Most importantly, Amber Pearls can be considered for brain chemistry problems and a wide variety of cognitive issues in children, because (1) earth can contain fire; (2) the Spleen channel feeds into the Heart; (3) several ingredients can stabilize and calm the Heart directly.



DOSAGE

INFANTS

Dissolve content of 1-2 capsules
1-2x/day

CHILDREN AND PREGNANT WOMEN

2-3 capsules 1-3x/day

ADULTS

3-6 capsules 2-3x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3 Earth Pearls plus
2 Amber Pearls 2x/day

THERAPEUTIC PRINCIPLES

- Tonify Spleen and lift up qi (primarily to boost function of *taiyin* partner network, Lung)
- Dry damp and astringe diarrhea
- Open the stomach to increase appetite

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Symptoms of *taiyin* Spleen qi deficiency: poor face color, poor appetite, picky eating habits, sugar cravings, poor digestion (especially tendency to diarrhea), weak extremities, difficulty gaining weight (or retention of water weight in cases of obesity)
- Symptoms of *taiyin* Lung qi deficiency: decreased immunity, frequent cold/flu, chronic respiratory issues (chronic cough/phlegm, chronic bronchitis, asthma)
- Symptoms of Spleen qi inability to keep body fluids/blood in the vessels in primarily qi deficient constitutions: phlegm/blood in stool, bed wetting or urinary incontinence, bleeding gums (including bleeding when brushing teeth), frequent bruising, abnormal increase or decrease of platelets due to auto-immune processes

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Pediatric diseases: failure to thrive, infantile malnutrition, poor appetite, chronic diarrhea; hypofunction of immune system, recurrent respiratory infections; recurrent asthma; iron deficiency anemia
- Chronic colitis, ulcerative colitis, Crohn's disease, IBS, superficial gastritis
- Reduce toxic side effects of chemotherapy on digestive tract and immune system

Amber Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For diarrhea and/or vomiting during acute flu	USE	Earth Pearls
For lowered immunity and residual cough after antibiotic therapy	USE	Cinnamon Pearls
For chronic diarrhea due to parasitic infection	USE	Thunder Pearls or Serpent Pearls
For poor appetite in obese individuals	COMBINE WITH	Earth Pearls
For IBS, Crohn's disease, or ulcerative colitis in yang deficient individuals	COMBINE WITH	Cinnamon Pearls
For Crohn's disease or ulcerative colitis in yin deficient individuals	COMBINE WITH	Water Pearls
For chronic digestive problems accompanied by pronounced cognitive issues or mental-emotional problems	COMBINE WITH	Ginkgo Pearls
For clients with digestive and cognitive issues accompanied by addiction to psycho-active drugs such as marijuana, opiates, benzodiazepines or pain killers	COMBINE WITH	Ginkgo Pearls
For IBS accompanied by side pain	COMBINE WITH	Ease Pearls
For allergic asthma	COMBINE WITH	Wind Pearls or Metal Pearls
For asthma patients using steroid inhalers	COMBINE WITH	Water Pearls
For anxiety and/or insomnia	COMBINE WITH	Peace Pearls or Spirit Pearls
For anxiety and palpitations (or "electric" sensation in chest region)	COMBINE WITH	Spirit Pearls or Counterflow Pearls
For brain chemistry imbalance (especially if accompanied by tics and/or seizures)	COMBINE WITH	Balance Pearls
For Spleen yang deficiency (especially in older individuals)	USE	Lizhong Wan
For Spleen qi deficiency with prolapse of organs	USE	Buzhong Yiqi Tang
For Spleen qi deficiency accompanied by chronic wind symptoms	USE	Shuyu Wan
For Spleen qi deficiency accompanied by symptoms of anxiety and/or bleeding (especially in women)	CONSIDER	Guipi Tang
For food allergies	COMBINE WITH	Guizhi Tang
For diarrhea	COMBINE WITH	Lizhong Wan, Shuyu Wan, Buzhong Yiqi Tang, Guizhi Tang, Banxia Xiexin Tang, or Wendan Tang

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Earth Pearls
Cinnamon Pearls
Balance Pearls
Counterflow Pearls
Spirit Pearls
Ease Pearls
Bamboo Pearls
Evergreen Pearls
Gingko Pearls
Vitality Pearls
Guanyin Pearls
Peace Pearls
Heart Pearls
Sugar Pearls
Thunder Pearls
Lightning Pearls
Love Pearls

HERITAGE SERIES

Guizhi Tang
Lizhong Wan
Shengmai San
Buzhong Yiqi Tang
Guipi Tang
Bazhen Tang
Banxia Xiexin Tang
Banxia Houpo Tang
Wendan Tang
Xiao Chaihu Tang
Wenjing Tang
Qianyang Dan
Fengsui Dan
Shenxian Dushi Dan

SIMILAR REMEDIES

ALSO DIOSCOREA BASED; ALTERNATION OPTIONS

LEGACY SERIES

N/A

HERITAGE SERIES

Shuyu Wan

FORMULA ARCHITECTURE

蓮子肉	Lianzirou	Lotus seed
白朮 (土炒)	Baizhu	Atractylodes, white; clay fried
芡實 (麩炒)	Qianshi	Euryale; bran fried
山藥 (米炒)	Shanyao	Dioscorea; rice fried
薏苡仁 (麩炒)	Yiyiren	Coix; bran fried
白扁豆 (清炒)	Baibiandou	Dolichos; dry fried
茯神	Fushen	Poria Fushen
陳皮 (清炒)	Chenpi	Citrus peel; dry fried
(西) 砂仁	(Xi) Sharen	Amomum, Myanmar
川椒 (炒)	Chuanjiao	Zanthoxylum; fried

Buwei Yaotai xue Fang

Ming dynasty food grade herbal tonic, especially for children

Contains most of the ingredients for the Song Dynasty remedy

Shen Ling Bai Zhu San

Balance Pearls

Tianma Shenmiao Wan

天麻神妙丸

GENERAL SUPPORT

Chronic, Neurological, Digestive, Gu Syndrome, Cardiovascular, Respiratory

ORGAN SYSTEMS

Liver, Stomach, Lung, Spleen

FORMULA FAMILY

Overall Warming; Descending and/or Moistening with Pinellia and/or Apricot Seed

SIX STAGES

Jueyin, Taiyin

ABOUT BALANCE PEARLS

The design of Balance Pearls is based on the popular 18th century formula Banxia Baizhu Tianma Tang, originally inspired by the Yuan dynasty scholar-physician Li Dongyuan who asserted that “headaches caused by phlegm must be addressed with Banxia, and dizziness must be approached with Tianma.” To this day, this remedy continues to be a common choice for treating disorders accompanied by symptoms of dizziness, headaches, tremors and seizures. The key herb is Tianma (*Gastrodia elata*), the tuber of a rare orchid traditionally highly valued in the folk medicine systems of Southwest China. Tianma contains precursors to levodopa and other chemical ingredients that modern pharmacology considers effective for the treatment of spasmodic disorders such as hypertension, Parkinson’s disease, epilepsy and tetanus. The Shen Nong’s Materia Medica (*Shen Nong bencao jing*), China’s earliest single herb primer, went even further by naming it Guiduyou (Controller of Demons) and classifying it as an anti-Gu herb with strong anti-inflammatory and life prolonging properties. While Banxia Baizhu Tianma Tang can be used for any chronic disorder involving phlegm and internal wind, Balance Pearls specifically aims to utilize the ancient neuroprotective and anti-inflammatory properties of this remedy. Multiple ingredients are added that make the formula suitable for the long-term treatment of neurological issues and brain chemistry disorders (i.e., Lyme disease and co-infections) with distinct symptoms of dizziness, disorientation, headaches, nausea and autoimmune complications.



DOSAGE

CHILDREN AND PREGNANT WOMEN

2-3 capsules 1-2x/day

ADULTS

3-6 capsules 2-3x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3 Balance Pearls + 2 Lightning Pearls 2x/day

THERAPEUTIC PRINCIPLES

- Dry damp and transform phlegm, build Spleen qi
- Pacify the Liver and extinguish wind
- Descend counterflow and connect Heart and Kidney
- Open Heart orifice, improve memory

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Liver wind symptoms, especially dizziness, nausea, headache
- All symptoms of cold damp/phlegm: stuffy chest, poor digestion, chronic cough; general sense of heaviness/sluggishness (especially in head region), brain fog; abnormal weight gain
- Fat tongue with white and greasy coating
- Pulse tends to exhibit slippery and/or wiry quality

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Vertigo (neurogenic vertigo, Meniere's syndrome, aural vertigo, hypertensive vertigo, positional vertigo)
- Headaches (especially in patients with viral or spirochetal conditions affecting the brain and other aspects of the nervous system)
- Hypertension
- Meniere's syndrome
- Lyme disease and other chronic degenerative diseases of the nervous system (especially when chronic symptoms of dizziness and/or headaches are involved)
- Parkinson's disease
- Dementia, Alzheimer's disease
- Chronic bronchitis, emphysema, pulmonary heart disease (and other conditions involving chronic phlegm production)
- Chronic fatigue syndrome; fibromyalgia

Balance Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For degenerative diseases of the nervous system due to <i>jueyin</i> blood cold and Blood stasis rather than phlegm issues (generally indicated by a deeper pulse)	USE	Evergreen Pearls
For hypertension accompanied by GERD and high cholesterol	USE	Counterflow Pearls
For depression and stuffiness in chest or cough without symptoms of dizziness	USE	Metal Pearls
For intense and acute headaches (i.e., an acute viral infection; or during an upflare of Lyme disease or other spirochetal infections of the nervous system)	USE	Release Pearls
For eating disorders involving vomiting	USE	Earth Pearls and/or Gingko Pearls
For acute phase of recurrent migraines	USE OR COMBINE WITH	Gingko Pearls
For Lyme disease patients	CONSIDER COMBINING WITH	Lightning Pearls
For chronic joint pain in fibromyalgia patients	COMBINE WITH	Lightning Pearls and/or Bamboo Pearls
For Meniere's syndrome	CONSIDER COMBINING WITH	Water Pearls
For chronic degenerative lung conditions	COMBINE WITH	Glacier Pearls
For damp heat conditions	COMBINE WITH A SMALL DOSAGE OF	Dragon Pearls
For the simultaneous presence of phlegm and Blood stasis	COMBINE WITH	Ox Bone Pearls
For chest obstruction with slippery pulse in Lung position on right hand	USE	Metal Pearls
For prostate hyperplasia	COMBINE WITH	Water Pearls
For signs of Blood stasis	COMBINE WITH	Xuefu Zhuyu Tang
For signs of flaring deficiency fire	CONSIDER COMBINING WITH	Qianyang Dan or Fengsui Dan

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Cinnamon Pearls
Evergreen Pearls
Bamboo Pearls
Earth Pearls
Amber Pearls
Water Pearls
Glacier Pearls
Spirit Pearls
Vitality Pearls
Heart Pearls
Sugar Pearls
Guanyin Pearls
Love Pearls
Lightning Pearls
Thunder Pearls

HERITAGE SERIES

Guizhi Tang
Chaihu Guizhi Ganjiang Tang
Xuefu Zhuyu Tang
Guizhi Fuling Wan
Dahuang Zhechong Wan
Danggui San
Bazhen Tang
Jingui Shenqi Wan
Qianyang Dan
Fengsui Dan
Biejia Jian Wan

SIMILAR REMEDIES

ALSO DIRECTING ENERGY DOWNWARD AND/OR INCORPORATING SOOTHING YIN HERBS; ALTERNATION OPTIONS

LEGACY SERIES

Metal Pearls
Counterflow Pearls
Gingko Pearls
Spirit Pearls

HERITAGE SERIES

Banxia Houpo Tang
Wendan Tang
Banxia Xiexin Tang

FORMULA ARCHITECTURE

(清) 半夏	(Qing) Banxia	Pinellia; alum cured	Banxia Baizhu Tianma Tang
白朮 (麸炒)	Baizhu	Atractylodes, white; bran fried	
天麻	Tianma	Gastrodia	
茯苓	Fuling	Poria Fushen	
陈皮 (清炒)	Chenpi	Citrus peel; dry fried	
生姜	Shengjiang	Ginger; fresh	
甘草 (枣花蜜炙)	Zhi Gancao	Licorice; jujube flower honey baked	
夏枯球	Xiakuqiu	Prunella	reverse counterflow in Lung and Liver
桔梗	Jiegeng	Platycodon	
杏仁 (炒)	Xingren	Apricot seed; fried	
地黄 (生)	Sheng Dihuang	Rehmannia; raw	balance drying quality of formula by moistening Lung and Kidney yin; control autoimmune reaction
天門冬	Tianmendong	Asparagus	
(南) 五味子	(Nan) Wuweizi	Schisandra	
遠志 (甘草制)	Yuanzhi	Polygala; licorice cured	calm shen, improve memory
灵芝	Lingzhi	Ganoderma	

Bamboo Pearls

Shenjin Guizhi Shaoyao Zhimu Tang

伸筋桂枝芍藥知母湯

GENERAL SUPPORT

Chronic, Musculoskeletal,
Immune, Neurological

FORMULA FAMILY

Overall Warming; Warming and
Moving with Cinnamon

ORGAN SYSTEMS

Bladder, Lung, Spleen

SIX STAGES

Taiyang, Taiyin

ABOUT BAMBOO PEARLS

Bamboo Pearls' design is based on the 2nd century remedy Guizhi Shaoyao Zhimu Tang, which first appeared in Zhang Zhongjing's classic for miscellaneous diseases, Essentials from the Golden Cabinet (*Jingui yaolüe*). It is still one of the best remedies to treat inflammation, swelling, pain, numbness and degeneration in the joints, sinews, and connective tissues. From a traditional perspective, the combination of cinnamon, ginger, medium dose aconite and other warming herbs opens congested channels and collaterals, dries damp, and expels wind; peony, especially in combination with cinnamon and aconite, emolliates sensations of pain, cramping, tingling and numbness; in combination with anemarrhena, the cooling herb peony can also eliminate localized heat congestion. From a modern perspective, the unusual combination of warming and cooling herbs is particularly suitable for joint pain that involves autoimmune components, such as rheumatoid arthritis, or wandering body pain in Lyme disease. The added herbs expand the traditionally more narrow range of usage to all kinds of chronic post-injury or post-exercise bone and joint pain, as well as back pain from bulging discs or bone spurs.



DOSAGE

CHILDREN AND PREGNANT WOMEN

2 capsules 1-2x/day

ADULTS

3-4 capsules 2-3x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3 Bamboo Pearls plus 2 Lightning
Pearls 2x/day

CAUTIONS

Use in small amounts only for
pregnant women or breastfeeding
mothers

THERAPEUTIC PRINCIPLES

- Alleviate pain by dispelling wind damp, warming the channels, diffusing stagnation, and opening blocked collaterals
- Calm the nervous system by nourishing yin and clearing localized auto-immune heat

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Chronic pain in joints and/or extremities
- Chronic pain associated with old fractures/injuries

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Arthritis, rheumatoid arthritis
- Frozen neck/shoulder
- Bulging or herniated discs
- Bone spurs
- Sciatica; heel pain
- Chronic stage of bone fracture (2 Month+) recovery, and tendon/ligament injuries

Bamboo Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For acute injuries to the bone, tendons, and connective tissue	USE	Ox Bone Pearls
For fractures that have not healed after 2 months	COMBINE WITH	Ox Bone Pearls
For chronic joint and/or connective tissue pain in fibromyalgia or Lyme disease patients	COMBINE WITH	Lightning Pearls
For circulatory conditions in extremities	ALTERNATE WITH	Cinnamon Pearls or Evergreen Pearls
For autoimmune disorders accompanied by pronounced symptoms of dryness	COMBINE WITH	Water Pearls
For arthritic pain accompanied by Liver and Kidney essence deficiency	USE OR COMBINE WITH	Shenxian Dushi Dan

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Ox Bone Pearls
Lightning Pearls
Thunder Pearls
Dragon Pearls
Metal Pearls
Balance Pearls
Counterflow Pearls
Spirit Pearls
Wind Pearls
Water Pearls
Love Pearls
Amber Pearls
Serpent Pearls
Guanyin Pearls
Vitality Pearls

HERITAGE SERIES

Danggui San
Bazhen Tang
Shenxian Dushi Dan
Xuefu Zhuyu Tang
Shengmai San
Banxia Houpo Tang
Wendan Tang
Qianyang Dan
Fengsui Dan
Dahuang Zhechong Wan

SIMILAR REMEDIES

ALSO CINNAMON BASED; ALTERNATION OPTIONS

LEGACY SERIES

Cinnamon Pearls
Earth Pearls
Evergreen Pearls
Golden Pearls

HERITAGE SERIES

Guizhi Tang
Wuling San
Shuyu Wan
Wenjing Tang
Chaihu Guizhi Ganjiang Tang

FORMULA ARCHITECTURE

桂枝 (尖)	Guizhi	Cinnamon Twig	Guizhi Shaoyao Zhimu Tang
白芍 (酒炒)	Baishao	Peony, white; wine fried	
知母 (麸炒)	Zhimu	Anemarrhena; bran fried	
川烏 (蒸制)	Chuanwu	Aconite mother root; steam processed	
生姜	Shengjiang	Ginger; fresh	
白朮 (麸炒)	Baizhu	Atractylodes, white; bran fried	
防風	Fangfeng	Siler	
甘草	Gancao	Licorice	
五加皮 (酒制)	Wujiapi	Acanthopanax; wine cured	eliminate wind damp, alleviate pain
桑寄生	Sangjisheng	Loranthus	
伸筋草	Shenjincao	Lycopodium	
地龍	Dilong	Lumbricus; earth removed	open blocked collaterals

Cinnamon Pearls

Taibai Tang

太白湯

GENERAL SUPPORT

Chronic, Acute, Digestive, Immune, Cognitive, Musculoskeletal, Respiratory, Urinary

ORGAN SYSTEMS

Small Intestine, Spleen, Lung, Bladder

FORMULA FAMILY

Overall Warming; Warming and Moving with Cinnamon; Warming and Consolidating with Food Grade Herbs

SIX STAGES

Taiyang, Taiyin

ABOUT CINNAMON PEARLS

The design of Cinnamon Pearls is based on the classical remedies Guizhi Tang (Cinnamon Decoction) and Ling Gui Zhu Gan Tang (Poria, Cinnamon Twig, Atractylodis Macrocephalae and Licorice Decoction), the first of which is the “leader of all formulas” in Zhang Zhongjing’s 2nd century herb primer, *Treatise on Disorders Caused by Cold (Shanghan lun)*. Together, they reflect the versatile “Guizhi Fa” (cinnamon method) approach of the Fire Spirit School of Chinese herbalism, and represent a base treatment for all types of chronic disorders involving congestion in the surface layers of the body, as well as decreased movement function in the Spleen, Lung, Heart, Liver, Small Intestine and Bladder networks. Cinnamon Pearls can therefore be considered a standard way to improve immunity by benefitting microcirculation in vital tissues and preventing fluid congestion and phlegm build-up. At the same time, this remedy is designed to control autoimmune reactions. The added herbs specifically underscore the strong anti-allergenic affect of cinnamon, and furthermore seek to enhance cognitive function by improving gut chemistry. Snake gourd and shepherd’s purse have long been forgotten by Chinese herbalists, but were once common food items associated with the power of the 4th lunar month and balanced Spleen function. They exhibit the unique benefit of cooling an acutely overheated Spleen in autoimmune conditions while not damaging the patient’s overall yang deficient constitution. Cinnamon Pearls is thus a prime remedy for a broad variety of chronic disorders involving a combination of low immunity and allergies. It is especially suitable for the treatment of food allergies and related cognitive dysfunction.



DOSAGE

INFANTS

dissolved content of 1 capsule
1-2x/day

CHILDREN AND PREGNANT WOMEN

2-3 capsules 1-3x/day

ADULTS

3-4 capsules 2-3x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3 Cinnamon Pearls plus
2 Amber Pearls 2x/day

THERAPEUTIC PRINCIPLES

- Benefit the *taiyin* (Spleen/Lung) and *taiyang* (Small Intestine/Bladder) organ networks by gently stimulating post-natal and pre-natal qi transformation: invigorate the “transformation and transportation” function of the middle burner (Spleen), heal mucous membranes and resolve lymphatic congestion (Lung), increase skin-level surface circulation (Bladder), and boost overall integrity of the intestinal wall (Small Intestine)
- Harmonize ying and wei in *taiyin* (“tuberculinic”) constitutional types (who tend to suffer from frequent respiratory infections and/or food allergies)
- Warm the center, move Spleen qi and transform cold damp with cinnamon (embodying the “Guizhi Fa” treatment principle of the Fire Spirit School of Chinese herbalism, especially suitable for individuals with damp/phlegm constitutions who do not respond well to ginseng and other tonic/stagnating herbs)
- Dispel chronic wind and guard against wind invasion
- Restore the up/down dynamics of the middle burner, eliminate food stagnation, relieve digestive discomfort and abdominal gas/bloating
- Transform chronic or residual damp, phlegm, and/or stagnating water in overall yang deficient constitutions
- Cool and contain potential over-reactions by a deficient and over-challenged spleen, containing and preventing auto-immune processes

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Symptoms of *taiyin* (Spleen and Lung) yang deficiency: fatigue, weak extremities, poor appetite, shortness of breath, low voice, pale face color, susceptibility to cold/flu
- Symptoms of qi counterflow: sensations of uprushing qi
- Symptoms indicating a disharmony of ying and wei in the *taiyang* layer: general sensitivity to cold and wind (especially in neck, shoulder, and upper back), decreased spinal integrity, increased permeability of body surface and intestinal boundaries (to pathogens and allergens), decreased immunity, overall tendency to respiratory and food allergies
- Symptoms of imbalanced digestion initiating brain chemistry imbalances and/or auto-immune processes: chronic digestive issues that are accompanied by fogginess, difficulty focusing, depression, restlessness, head/neck congestion; numbness in Small Intestine channel (i.e., arms falling asleep easily at night)
- Symptoms of cold phlegm and/or fluid retention: stuffy chest, poor digestion, chronic (productive) cough, bladder pressure/discomfort, edema, dizziness
- Symptoms of wind cold: late stage of acute cold/flu, especially in elderly and deficient patients; chronic aversion to drafts; allergic constitution
- Symptoms of Spleen qi inability to keep the blood in the vessels in primarily yang deficient constitutions: phlegm with traces of blood, blood in urine (without obvious burning sensations), bleeding gums (including bleeding when brushing teeth), frequent bruising, abnormal increase or decrease of platelets due to auto-immune processes
- Symptoms of liver yang deficiency: low energy, poor microcirculation, degenerative changes in liver tissue
- Pale tongue with tooth marks and white coating; potential for damp tongue coating with bald patches (“mapped coating”)

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Food allergies; irritable bowel syndrome; leaky gut syndrome
- Chronic bronchitis, emphysema, pulmonary heart disease, cystic fibrosis (and other conditions involving chronic phlegm production)
- Late stage of acute cold/flu (especially in elderly and yang deficient patients, or in patients who have taken multiple rounds of antibiotics)
- Chronic fatigue syndrome; fibromyalgia
- Chronic congestion and tension in shoulders, neck, and spine; scoliosis
- Tinnitus; ear congestion that gets worse with intake of allergenic foods; Meniere’s syndrome
- Auto-immune diseases affecting the digestive tract: Chronic colitis, celiac disease, ulcerative colitis, Crohn’s disease
- Auto-immune diseases affecting the respiratory and urinary systems: hay-fever, asthma, sarcoidosis, interstitial cystitis
- Chronic degenerative liver diseases: Hepatitis B, liver cirrhosis

Cinnamon Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For sinus or lung infection involving the production of yellow phlegm	USE	Golden Pearls
For common cold with symptoms of sore throat	USE	Perilla Pearls
For acute flu or food poisoning	USE	Earth Pearls
For digestive issues with tendency to diarrhea	COMBINE WITH	Amber Pearls
For eating disorders involving vomiting	COMBINE WITH	Gingko Pearls and/or Earth Pearls
For low thyroid values and/or osteoporosis	COMBINE WITH	Vitality Pearls
For menstrual cramps or uterine bleeding	USE OR COMBINE WITH	Moon Pearls
For scoliosis	COMBINE WITH	Ox Bone Pearls
For chronic joint pain in fibromyalgia patients	COMBINE WITH	Bamboo Pearls and/or Lightning Pearls
For circulatory conditions in the extremities	COMBINE WITH	Bamboo Pearls and/or Evergreen Pearls
For chronic degenerative lung conditions	COMBINE WITH	Glacier Pearls
For chronic degenerative liver conditions	COMBINE WITH	Sugar Pearls, Evergreen Pearls, or Mama Pearls
For airline travel	COMBINE WITH	Spirit Pearls
For ulcerative colitis, Crohn's disease, and asthma	CONSIDER ADDING	additional herbs that gently clear <i>yangming</i> heat and tonify Kidney yin
For cold/flu with clear <i>shaoyang</i> symptomology	USE	Xiao Chaihu Tang
For chronic diarrhea with clear <i>taiyin</i> symptomology	USE	Lizhong Wan
For diarrhea with obvious signs of other types of prolapse	USE	Buzhong Yiqi Tang
For gastroenteritis or ulcers accompanied by obvious epigastric distention	USE	Banxia Xiexin Tang
For lower abdominal pain in women	USE	Danggui Shaoyao San
For chronic cough or larynx irritation	COMBINE WITH	Banxia Houpo Tang
For asthma or other respiratory allergies	COMBINE WITH	Shengmai San
For palpitations	COMBINE WITH	Shengmai San
For night sweating	USE	Jingui Shenqi Wan
For chronic fatigue syndrome characterized by <i>taiyang/taiyin</i> weakness	USE	Shuyu Wan
For chronic lassitude accompanied by arthritic symptoms	USE OR COMBINE WITH	Shenxian Dushi Dan

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Amber Pearls
Metal Pearls
Balance Pearls
Counterflow Pearls
Spirit Pearls
Wind Pearls
Water Pearls
Glacier Pearls
Thunder Pearls
Lightning Pearls
Dragon Pearls
Serpent Pearls
Gingko Pearls
Ox Bone Pearls
Love Pearls

HERITAGE SERIES

Shengmai San
Banxia Houpo Tang
Wendan Tang
Danggui San
Qianyang Dan
Fengsui Dan
Shenxian Dushi Dan
Biejia Jian Wan
Dahuang Zhechong Wan

SIMILAR REMEDIES

ALSO CINNAMON BASED; ALTERNATION OPTIONS

LEGACY SERIES

Earth Pearls
Bamboo Pearls
Golden Pearls
Evergreen Pearls
Mama Pearls
Sugar Pearls
Ocean Pearls
Tiger Pearls

HERITAGE SERIES

Guizhi Tang
Shuyu Wan
Chaihu Guizhi Ganjiang Tang
Guizhi Fuling Wan
Wuling San

FORMULA ARCHITECTURE

桂枝 (尖)	Guizhi	Cinnamon twig	Guizhi Tang
白芍 (清炒)	Baishao	Peony, white; dry fried	
炮姜 (砂燙)	Paojiang	Ginger; sand roasted	
大棗	Dazao	Jujube	
甘草 (棗花蜜炙)	Zhi Gancao	Licorice; jujube flower honey baked	
茯神	Fushen	Poria Fushen	Fuling Guizhi Baizhu Gancao Tang (Ling Gui Zhu Gan Tang)
白朮 (土炒)	Baizhu	Atractylodes, white; clay fried	
王瓜	Wanggua	Snake gourd	prevent Earth from affecting Water, cool over-reaction of <i>taiyin</i> and <i>shaoyin</i> networks, control auto-immune processes
薺菜	Jicai	Shepherd's purse	
天門冬	Tianmendong	Asparagus	
(南) 五味子 (酒蒸)	Wuweizi	Schisandra; wine steamed	
石菖蒲 (米泔水制)	Shichangpu	Acorus; rice soup cured	dry Spleen/Lung dampness, open Heart orifice

Counterflow Pearls

Xuanfu Yiguan Jian

旋覆一貫煎

GENERAL SUPPORT

Chronic, Cardiovascular,
Metabolic, Mental-Emotional,
Neurological, Digestive

FORMULA FAMILY

Overall Warming; Descending
and/or Moistening with Pinellia
and/or Apricot Seed

ORGAN SYSTEMS

Heart, Pericardium, Stomach, Liver

SIX STAGES

Jueyin, Yangming

ABOUT COUNTERFLOW PEARLS

The design of Counterflow Pearls is based on the classical remedy Xuanfu Daizhe Tang (Inula and Hematite Decoction), which first appeared in Zhang Zhongjing's 2nd century herb primer, *Treatise on Disorders Caused by Cold (Shanghan lun)*. Similar to its better known sister remedy, Banxia Xiexin Tang, it can restore counterflow of Stomach qi that manifests as belching, hiccupping and acid reflux. Due to the particular affinity of inula flower to the Heart—the ancient herb text *The Decoction Classic (Tangye jing)* classified inula as a substance representing “fire within fire”—it is best suited to address the unique relationship of Heart and Stomach, which in cases of chronic reversal of Stomach qi can result in the more serious pathology of high blood pressure. The addition of the more recent remedies Yiguan Jian (Linking Decoction) and Danshen Yin (Salvia Drink) also makes it suitable for patients suffering from pain in the chest or solarplexus region. Together, the herbs in this formula represent one of the more moistening combinations in the Classical Pearl series, and can treat a wide variety of disorders that require the tonification of yin in the Stomach, Lung, Heart and/or Liver networks.



DOSAGE

INFANTS

dissolved content of 1 capsule
1-2x/day

CHILDREN AND PREGNANT WOMEN

2-3 capsules 1-2x/day

ADULTS

3-4 capsules 2-3x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

4 Counterflow Pearls in morning,
4 Sugar Pearls in evening
(for diabetes or high cholesterol)

THERAPEUTIC PRINCIPLES

- Reverse counterflow of qi in Stomach channel
- Nourish heart and liver yin, prevent upflaring of Heart and Liver yang
- Soften sclerotic tissues in stomach, liver, and heart

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Tendency to high blood pressure
- Acid reflux
- Elevated cholesterol levels
- Chronic belching and/or hiccups
- Digestive headaches (in yin deficient constitutional types)
- Chronic liver problems affecting digestive function
- Palpitations
- Volatile blood sugar
- Stomach pain/discomfort
- Vision problems

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Symptom complex of acid reflux (GERD), high blood pressure, elevated cholesterol
- Diabetes
- Brain chemistry disorders (including teenagers)
- Myocarditis, tachycardia
- Chronic hepatitis, liver cirrhosis
- Ulceration and/or sclerosis of stomach lining

Counterflow Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For reflux problems or stomach ulcers accompanied by pronounced abdominal pain or migraine headaches	USE OR COMBINE WITH	Gingko Pearls
For heart disease and/or vascular problems in elderly patients	USE OR COMBINE WITH	Heart Pearls
For chest obstruction with slippery pulse in Lung position on right hand	USE	Metal Pearls
For chest obstruction and/or high blood pressure accompanied by dizziness	USE	Balance Pearls
For palpitations triggered by trauma or PTSD	CONSIDER	Spirit Pearls
For acute viral myocarditis	COMBINE WITH	Lighting Pearls or Release Pearls
For diabetes	CONSIDER COMBINING WITH	Water Pearls
For prostate hyperplasia	COMBINE WITH	Water Pearls
For acute myocarditis	COMBINE WITH	Yin Qiao San or Xiao Chaihu Tang
For diabetes	CONSIDER COMBINING WITH	Jingui Shenqi Wan
For signs of Blood stasis	COMBINE WITH	Xuefu Zhuyu Tang
For signs of flaring deficiency fire	CONSIDER COMBINING WITH	Fengsui Dan

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Cinnamon Pearls
Earth Pearls
Evergreen Pearls
Bamboo Pearls
Amber Pearls
Water Pearls
Ease Pearls
Release Pearls
Heart Pearls
Sugar Pearls
Guanyin Pearls
Tiger Pearls
Love Pearls
Lightning Pearls
Thunder Pearls

HERITAGE SERIES

Guizhi Tang
Xiao Chaihu Tang
Chaihu Guizhi Ganjiang Tang
Chaihu Jia Longgu Muli Tang
Yin Qiao San
Xuefu Zhuyu Tang
Guizhi Fuling Wan
Dahuang Zhechong Wan
Wuling San
Danggui San
Jingui Shenqi Wan
Qianyang Dan
Fengsui Dan
Biejia Jian Wan

SIMILAR REMEDIES

ALSO DIRECTING ENERGY DOWNWARD AND/OR INCORPORATING SOOTHING YIN HERBS; ALTERNATION OPTIONS

LEGACY SERIES

Metal Pearls
Balance Pearls
Gingko Pearls
Spirit Pearls

HERITAGE SERIES

Banxia Houpo Tang
Wendan Tang
Banxia Xiexin Tang
Shengmai San

FORMULA ARCHITECTURE

旋覆花	Xuanfuhua	Inula	Xuanfu Daizhe Tang
黛赭石 (醋淬)	Daizheshi	Hematite; vinegar quenched	
半夏 (姜制)	Banxia	Pinellia; ginger cured	
生姜	Shengjiang	Ginger; fresh	
大枣	Dazao	Jujube	
北沙参	Beishashen	Glehnia	
甘草 (棗花蜜炙)	Zhi Gancao	Licorice; jujube flower honey baked	
枸杞子	Gouqizi	Lycium fruit	Yiguan Jian
麥門冬	Maimendong	Ophiopogon	
川煉子 (清炒)	Chuanlianzi	Melia; dry fried	
丹參 (酒炒)	Danshen	Salvia; wine fried	Danshen Yin
(西) 砂仁 (鹽炒)	(Xi) Sharen	Amomum, Myanmar; salt fried	
夏枯草	Xiakucao	Prunella	reverse counterflow of qi, neutralize reflux, balance blood pressure, calm spirit
何首烏 (黑豆制)	Heshouwu	Heshouwu; black bean cured	
珍珠 (豆腐制)	Zhenzhu	Pearl; tofu cured	

Dragon Pearls

Linglong Shagui Dan

靈龍殺鬼丹

GENERAL SUPPORT

Acute, Gu Syndrome, Immune, Respiratory, Skin, Mental-Emotional, Urinary

FORMULA FAMILY

Overall Cooling

ORGAN SYSTEMS

Triple Warmer, Large Intestine, Stomach

SIX STAGES

Shaoyang, Yangming

ABOUT DRAGON PEARLS

Dragon Pearls are designed to address a wide variety of acute inflammatory conditions—it is the closest Chinese herbal medicine can come in producing an “antibiotic” effect. Due to the adaptogenic quality of herbal materials, Dragon Pearls has broad spectrum potential to counteract bacteria, spirochetes, viruses, microplasma and fungal agents. It is common in modern TCM to use cold and bitter herbs to fight bacteria. While Dragon Pearls does indeed contain a strong selection of bitter substances, in the specific form of two 1,850 year old Treatise on Disorders Caused by Cold (*Shanghan lun*) remedies classified as clearing *yangming* heat (Xiexin Tang and Yinchenhao Tang), there are three additional features that make this remedy unique: (1) Its lead herbs are provided by the Qing dynasty remedy Dai Ge San (Indigo and Cyclina Powder), which contains cold and salty materials that make it particularly suitable for viruses, spirochetes, sexually transmitted disease agents and other pathogens of highly recalcitrant quality; (2) it employs the rare Daoist herb Guijianshu (Burning Bush; literally: The Arrow that Kills All Demons) for maximum and broad-spectrum anti-pathogenic effect; (3) it features the hot remedy Sini Tang (Frigid Extremities Decoction) to counterbalance the cold effect of the other herbs, prevent damage to the body’s vital forces, and put to use the strong anti-pathogenic effect of the Chuanwu subspecies of aconite. The dragon image is a reference to China’s ancient oracle bone script, where the term dragon stood for both “life-threatening invader” as well as “(restored) vitality.” Dragon Pearls are best used in combination with other formulas, and normally not suited for long-term consumption.



DOSAGE

INFANTS

Dissolve content of 1/2 capsule
2x/day

CHILDREN AND PREGNANT WOMEN

1-2 capsules 2x/day

ADULTS

1-2 capsules 3-4x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3 Perilla Pearls plus
1-2 Dragon Pearls 3-4x/day
(for severe sore throat)

THERAPEUTIC PRINCIPLES

- Clear toxic heat in acute cases of aggressive inflammation
- Transform damp heat and toxic phlegm
- Reduce fevers and cyclical spikes in temperature
- Alleviate pain by dispelling wind damp and opening blocked collaterals

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Acute pain in joints and/or connective tissue
- Stinging pain in urethra and/or lower back
- Fever
- Puss, skin lesions
- Jaundice

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Lyme disease (borreliosis) and other spirochetal infections
- Malaria, Dengue Fever and other infections by tropical pathogens
- Amoebic dysentery and other protozoan infections
- Infections by streptococci, staphylococci and other bacteria
- Pseudomonas (swimmer's ear fungus causing external ear infections) and other recalcitrant fungal infections
- Acute kidney infection (pyelonephritis); acute bladder infection
- Hepatitis A

Dragon Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For acute stages of Lyme disease or other infections of the nervous system	COMBINE WITH	Lightning Pearls
For acute stages of amoebic dysentery or other infections of the intestinal tract	COMBINE WITH	Thunder Pearls
For encephalitis, meningitis, rat lungworm infection or other acute infections of the brain	COMBINE WITH	Release Pearls
For acute stage of hepatitis (accompanied by jaundice)	COMBINE WITH	Ease Pearls
For acute strep. or staph. infections affecting the sinuses	COMBINE WITH	Golden Pearls
For acute strep. infections affecting the tonsils	COMBINE WITH	Perilla Pearls
For acute stages of inflammatory types of joint/muscle pain	COMBINE WITH	Bamboo Pearls
For acute ear infections	COMBINE WITH	Xiao Chaihu Tang
For acute viral infection	COMBINE WITH	Yin Qiao San
For acute skin eruptions with obvious heat signs and a long/wiry pulse on the right hand side	COMBINE WITH	Banxia Xie Xin Tang
For signs of phlegm	COMBINE WITH	Wendan Tang
For signs of Blood stasis	COMBINE WITH	Xuefu Zhuyu Tang

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Perilla Pearls
Golden Pearls
Ease Pearls
Release Pearls
Cinnamon Pearls
Bamboo Pearls
Earth Pearls
Water Pearls
Wind Pearls
Metal Pearls
Lightning Pearls
Thunder Pearls
Ocean Pearls

HERITAGE SERIES

Yin Qiao San
Xiao Chaihu Tang
Chaihu Jia Longgu Muli Tang
Guizhi Tang
Wendan Tang
Banxia Xiexin Tang
Xuefu Zhuyu Tang
Guizhi Fuling Wan
Dahuang Zhechong Wan
Jingui Shenqi Wan
Qianyang Dan
Biejia Jian Wan

SIMILAR REMEDIES

ALSO CLEARING HEAT WITH BITTER BERBERINE
CONTAINING HERBS; ALTERNATION OPTIONS

LEGACY SERIES

Serpent Pearls

HERITAGE SERIES

Fengsui Dan

FORMULA ARCHITECTURE

青黛	Qingdai	Indigo	Dai Ge San clear heat and toxins in blood
海蛤粉	Haigefen	Cyclina	
茵陳蒿	Yinchenhao	Capillaris	Yinchenhao Tang clear damp heat
梔子	Zhizi	Gardenia	
大黃 (酒蒸)	Dahuang	Rhubarb; wine steamed	
黃芩	Huangqin	Scutellaria	Xiexin Tang clear <i>yangming</i> heat
黃連	Huanglian	Coptis	
黃柏 (炒焦)	Huangbo	Phellodendron; fried until black	
川烏 (蒸制)	Chuanwu	Aconite; steam cured	Sini Tang soothe pain, open collaterals, balance cold effect of other herbs
生姜	Shengjiang	Ginger; fresh	
甘草	Gancao	Licorice	
鬼箭羽	Guijianyu	Euonymus	Daoist "anti-demon" herb (fights bacteria, viruses, spirochetes, parasites with its anti-Gu and blood moving effects)

Earth Pearls

Wuji San

五積散

GENERAL SUPPORT

Acute, Chronic, Digestive, Metabolic, Gu Syndrome, Immune, Mental-Emotional, Women's Health

ORGAN SYSTEMS

Stomach, Spleen, Lung, Small Intestine

FORMULA FAMILY

Overall Warming; Warming and Moving with Cinnamon; Warming and Consolidating with Food Grade Herbs

SIX STAGES

Taiyin

ABOUT EARTH PEARLS

The unique design of Earth Pearls reflects the 12th century formula Wuji San (Five Accumulations Powder) from the official Song dynasty pharmacopoeia, *Pharmaceutical Prescriptions of the Bureau of Public Welfare During the Taiping Era (Taiping huimin hejiju fang)*. It seeks to provide a comprehensive approach to all earth organ dysfunction, especially the typical situation of Spleen qi deficiency intertwined with dampness, which results in the common symptoms of poor digestion, poor immunity, fungal and parasite problems, as well as potential Blood deficiency issues. All Chinese herbal traditions tend to pivot around an earth centered approach to healing, attempting to restore the Spleen's ability to ascend, move, and transform on one side, and to invigorate the Stomach's ability to descend, contain, and excrete on the other. The lifting components of Earth Pearls (especially the minister ingredient, Platycodon) make it a prototypical *taiyin* remedy, strengthening the connection between the Spleen and Lung systems. Its drying components (primarily its imperial ingredient, Red Atractylodes) make it a prototypical remedy that transforms damp, prevents phlegm development, and expels wind. Due to its anti-wind properties, Wuji San was once regarded as the Song dynasty's main remedy for the flu. It can also be considered for chronic wind disturbances such as parasitic and fungal problems, or Lyme disease accompanied by chronic digestion issues. Its blood tonic ingredients, furthermore, can treat potential Blood deficiency sequelae that tend to follow long-standing qi problems, such as menstrual issues in Spleen deficient women.



DOSAGE

INFANTS

Dissolve content of 1-2 capsules
1-2x/day

CHILDREN AND PREGNANT WOMEN

2-3 capsules 2x/day

ADULTS

3-5 capsules 2-4x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3 Earth Pearls plus
2 Amber Pearls 2-3x/day
(for diarrhea)

THERAPEUTIC PRINCIPLES

- Warm the center, build Spleen qi and transform cold damp with food-grade herbs (especially suitable for individuals with damp/phlegm constitutions who do not respond well to ginseng and other overly tonic herbs)
- Remove “Five Accumulations” (wuji) that easily build up in the earth layer of the body: qi, Blood, damp, phlegm, and food
- Dispel wind and guard against wind invasion, especially in elderly patients or individuals with cold/deficient constitutions (during the Song and Ming dynasties, Wuji San used to be the primary remedy for influenza)
- Restore the up/down dynamics of the middle burner, eliminate food stagnation, relieve digestive discomfort and abdominal gas/bloating (ancient precursor of popular digestive patents such as Huoxiang Zhengqi San or Pill Curing)
- Dry chronic dampness and transform cold phlegm; expel excess water weight in overweight individuals
- Normalize hormonal system in qi-deficient women; regulate menses and prevent formation of uterine masses
- Expel all types of chronic wind damp afflicting the *taiyin* networks (Spleen and Lung), including bi syndrome in the arms, shoulders, and lower back

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- All symptoms of qi deficiency: fatigue, weak extremities, tendency to diarrhea, poor appetite, shortness of breath, low voice, pale face color, susceptibility to cold/flu
- All symptoms of cold damp: abnormal weight gain (especially after childbirth); general sense of heaviness/sluggishness, brain fog; chronic discharge
- All symptoms of cold phlegm: stuffy chest, poor digestion, chronic cough, dizziness
- All symptoms of wind cold: acute cold/flu, especially in elderly and deficient patients; chronic aversion to drafts
- All symptoms of wind damp: pain, weakness and/or numbness in neck, shoulders, arms, legs, and lower back
- Pale tongue with tooth marks and white coating
- All sensations of trapped qi and other signs of chronic digestive weakness, such as bloating, gas, abdominal discomfort, nausea and vomiting, undigested food in stool; tendency to diarrhea, but also constipation in people with low thyroid levels; bladder pressure/discomfort; recurrent caries
- Menstrual pain, irregular menses, bleeding/spotting, amenorrhea, abdominal masses

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Obesity
- Food sensitivities; irritable bowel syndrome; eating disorders
- Ulcerative colitis, Crohn’s disease
- Low thyroid values; anemia
- Dysmenorrhea, metrorrhagia, amenorrhea, leukorrhea
- Acute cold/flu (especially in elderly patients); food poisoning
- Chronic bronchitis, emphysema, pulmonary heart disease (and other conditions involving chronic phlegm production)
- Shoulder-Arm Syndrome; lumbago
- Chronic fatigue syndrome; fibromyalgia
- Meniere’s syndrome
- Airline travel (prevention of colds, food poisoning and jet lag)

Earth Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For common cold with symptoms of sore throat	USE	Perilla Pearls
For sinus or lung infection involving the production of yellow phlegm	USE	Golden Pearls
For food allergies	USE	Cinnamon Pearls
For low thyroid values and/or osteoporosis	USE OR COMBINE WITH	Vitality Pearls or Guanyin Pearls
For menstrual cramps, uterine bleeding and/or benign uterine masses	USE OR COMBINE WITH	Moon Pearls
For eating disorders involving vomiting	USE OR COMBINE WITH	Gingko Pearls
For chronic joint pain in fibromyalgia patients	USE OR COMBINE WITH	Bamboo Pearls and/or Lightning Pearls
For airline travel	COMBINE WITH	Lightning Pearls
For prevention and treatment of food poisoning and parasitic disease during travel	COMBINE WITH	Thunder Pearls
For candidiasis	COMBINE WITH	Thunder Pearls
For diarrhea	COMBINE WITH	Amber Pearls
For bladder irritation with autoimmune involvement	COMBINE WITH	Water Pearls
For ulcerative colitis or Crohn's disease	CONSIDER ADDING	herbs that gently clear <i>yangming</i> heat and tonify Kidney yin
For cold/flu with clear <i>shaoyang</i> symptomology	USE	Xiao Chaihu Tang
For cold/flu with clear <i>taiyang</i> symptomology	USE	Guizhi Tang
For chronic diarrhea caused by Spleen yang deficiency	USE	Lizhong Wan
For diarrhea with obvious signs of other types of prolapse	USE	Buzhong Yiqi Tang
For gastroenteritis or ulcers accompanied by obvious epigastric distention	USE	Banxia Xiexin Tang
For lower abdominal pain in women	USE	Danggui Shaoyao San
For chronic cough or larynx irritation	USE	Banxia Houpo Tang
For asthma or other respiratory allergies	COMBINE WITH	Shengmai San
For chronic fatigue syndrome characterized by <i>taiyang/taiyin</i> weakness and the presence of wind	USE	Shuyu Wan
For chronic lassitude accompanied by arthritic symptoms	USE OR COMBINE WITH	Shenxian Dushi Dan

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Amber Pearls
Metal Pearls
Counterflow Pearls
Spirit Pearls
Wind Pearls
Water Pearls
Glacier Pearls
Thunder Pearls
Lightning Pearls
Dragon Pearls
Serpent Pearls
Release Pearls
Gingko Pearls

HERITAGE SERIES

Xiao Chaihu Tang
Chaihu Guizhi Ganjiang Tang
Shengmai San
Danggui San
Fengsui Dan
Shenxian Dushi Dan
Xuefu Zhuyu Tang
Dahuang Zhechong Wan

SIMILAR REMEDIES

ALSO CINNAMON, GINGER AND/OR PINELLIA BASED;
ALTERNATION OPTIONS

LEGACY SERIES

Cinnamon Pearls
Bamboo Pearls
Golden Pearls
Balance Pearls

HERITAGE SERIES

Guizhi Tang
Shuyu Wan
Guizhi Fuling Wan
Wuling San
Lizhong Wan
Banxia Houpo Tang
Wendan Tang
Banxia Xiexin Tang

FORMULA ARCHITECTURE

蒼朮 (米泔水制)	Cangzhu	Atractylodes, red; rice soup cured
肉桂	Rougui	Cinnamon bark
茯苓	Fuling	Poria
甘草 (棗花蜜炙)	Gancao	Licorice; jujube flower honey baked
半夏 (法制)	Banxia	Pinellia; lime cured
陳皮 (清炒)	Chenpi	Citrus peel; dry fried
厚朴 (姜汁炒)	Houpo	Magnolia bark; ginger fried
乾姜	Ganjiang	Ginger; dried
桔梗	Jiegeng	Platycodon
枳殼 (麸炒)	Zhike	Aurantium; bran fried
白芍 (清炒)	Baishao	Peony, white; dry fried
川芎	Chuanxiong	Ligusticum
當歸	Danggui	Tang-kuei
防風 (清炒)	Fangfeng	Siler; dry fried
白芷	Baizhi	Angelica

Original Song dynasty remedy
Wuji San

containing:

Ling Gui Zhu Gan Tang, Jiegeng Banxia Tang, Erchen Tang, Pingwei San, Tongxie Yaofang

as well as principal ingredients of:

Guizhi Tang, Banxia Houpo Tang, Houpo Shengjiang Gancao Banxia Renshen Tang, Danggui Shaoyao San, Banxia Baizhu Tianma Tang, Bazhen Tang

Ease Pearls

Fufang Xiaoyao San

複方逍遙散

GENERAL SUPPORT

Chronic, Acute, Digestive, Endocrine, Mental-Emotional, Women's Health, Fertility

ORGAN SYSTEMS

Gallbladder, Liver, Spleen, Triple Warmer

FORMULA FAMILY

Simultaneously Warming Deficient Yang Qi while Clearing Toxic Heat; Moving with Bupleurum

SIX STAGES

Shaoyang

ABOUT EASE PEARLS

The comprehensive design of Ease Pearls is an attempt to combine the qi moving, detoxifying and anti-depressant benefits of the two most famous and effective Bupleurum formulas in Chinese medicine. It unites the 3rd century remedy Xiao Chaihu Tang (Minor Bupleurum Decoction) and the 12th century remedy Xiaoyao San (Ease Powder), and is further enhanced by the drying and descending effect of Banxia Houpo Tang (Pinellia and Magnolia Bark Decoction) and the moistening effect of Shengmai San (Generate the Pulse Powder). Both base remedies address congestion of the *shaoyang* system (Gallbladder and Triple Warmer), with a particular focus on treating and preventing all problems that can be classified as "wood over-controlling earth." In general, Ease Pearls can be used as a crucial base or add-on remedy whenever the use of bupleurum is required. It is particularly suitable for all pathologies that can be classified with the terms qi stagnation or *shaoyang* disorder—ranging from acute ear aches to chronic conditions such as menopausal depression, or hot and cold sensations in Lyme disease patients.



DOSAGE

INFANTS

Dissolve content of 1/2 capsule 2x/day

CHILDREN AND PREGNANT WOMEN

2 capsules 2-3x/day

ADULTS

3-4 capsules 2-3x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3 Ease Pearls plus 2 Lightning Pearls 2-3x/day (for acute ear ache, or temporal headache in Lyme disease patients)

THERAPEUTIC PRINCIPLES

- Alleviate depression, mood swings and digestive discomfort by harmonizing *shaoyang* and removing stagnation of qi/dampness
- Reverse pathological qi flow
- Tonify qi, yin and Blood

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Congestion in Liver/Gallbladder channels; *shaoyang* syndrome
- General sensation of physical and emotional stuckness; depression, mood swings
- Digestive discomfort (nausea; poor appetite; gas/bloating; diaphragm congestion; abdominal pain)
- Unclear head, clogged sensory orifices
- Tongue: with thin white (or slightly yellowish) coat, often no coating on sides
- Pulse: tendency for fine/wiry pulse on left side, soggy pulse on right side

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Cyclical depression/anxiety
- PMS; breast distention
- Menopause; hot flashes
- Plumpit Syndrome; Running Piglet Syndrome
- Nausea; low grade headache/migraine (especially if affecting temple or eye region)
- Eating disorders
- Intercostal neuralgia
- Chronic hepatitis (hepatitis B/C)
- (Shaoyang/spring-time) allergies affecting ears, eyes, and nose; lymphatic swelling
- Gas/bloating; IBS; mild cases of ulcerative colitis and Crohn's disease
- Infertility (in young males/females with sufficient hormone counts)

Ease Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For menopausal symptoms in yang/blood deficient individuals	USE	Guanyin Pearls
For allergies <i>taiyang</i> involvement	USE	Wind Pearls
For food allergies	CONSIDER	Cinnamon Pearls
For digestive symptoms due to parasites	COMBINE WITH	Thunder Pearls
For chronic headaches and lymphatic swelling caused by inflammation of the nervous system (i.e., Lyme disease)	USE	Release Pearls
For severe headaches and/or neck stiffness caused by acute inflammation of the nervous system (i.e., flare-up of Lyme disease)	USE	Release Pearls
For acute inflammation along <i>shaoyang</i> pathway (i.e., ear)	CONSIDER COMBINING	with a small amount of Dragon Pearls
For <i>shaoyang</i> cold/flu accompanied by sore throat and/or cough	COMBINE WITH	Perilla Pearls
For acute <i>shaoyang</i> infection (i.e., ear ache)	CONSIDER	Xiao Chaihu Tang
For <i>shaoyang</i> symptomology accompanied by constitutional Spleen weakness	USE	Chaihu Guizhi Ganjiang Tang
For mental disorders	USE OR COMBINE WITH	Wendan Tang
For severe mental disorders	CONSIDER	Chaihu Jia Longgu Muli Tang
For anxiety accompanied by chronic throat condition (i.e., globus sensation, pharyngeal neurosis, chronic pharyngitis)	USE	Banxia Houpo Tang
For enlarged liver and/or spleen or other signs of Blood stasis	COMBINE WITH	Biejia Jian Wan or Xuefu Zhuyu Tang

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Perilla Pearls
Lightning Pearls
Thunder Pearls
Dragon Pearls
Earth Pearls
Amber Pearls
Metal Pearls
Balance Pearls
Counterflow Pearls
Spirit Pearls
Wind Pearls
Water Pearls
Glacier Pearls

HERITAGE SERIES

Danggui Shaoyao San
Lizhong Wan
Fengsui Dan
Biejia Jian Wan
Dahuang Zhechong Wan
Guizhi Fuling Wan

SIMILAR REMEDIES

ALSO BUPLEURUM AND/OR PINELLIA BASED AND THUS AFFECTING THE SHAOYANG NETWORK AND RELATED METABOLIC, ENDOCRINE AND MENTAL FUNCTIONS; ALTERNATION OPTIONS

LEGACY SERIES

Release Pearls

HERITAGE SERIES

Xiao Chaihu Tang
Chaihu Guizhi Ganjiang Tang
Wendan Tang
Banxia Houpo Tang
Xuefu Zhuyu Tang

FORMULA ARCHITECTURE

柴胡	Chaihu	Bupleurum
半夏 (法制)	Banxia	Pinellia; lime cured
北沙参	Beishashen	Glehnia
黄芩	Huangqin	Scutellaria
大枣	Dazao	Jujube
生薑	Shengjiang	Ginger; fresh
白芍 (醋炙)	Baishao	Peony, white; vinegar treated
當歸 (酒炙)	Danggui	Tang-kuei; wine treated
紫蘇葉	Zisuye	Perilla leaf
白朮 (米泔水制)	Baizhu	Atractylodes, white; rice soup cured
伏神	Fushen	Fushen
厚朴 (姜制)	Houpo	Magnolia bark; ginger cured
麥門冬	Maimendong	Ophiopogon
甘草	Gancao	Licorice

Xiaoyao San, Xiao Chaihu Tang,
Banxia Houpo Tang, Maimendong Tang,
Huangqin Tang

Evergreen Pearls

Danggui Jiunao Tang

當歸就腦湯

GENERAL SUPPORT

Chronic, Cardiovascular, Cognitive, Neurological, Musculoskeletal, Mental-Emotional

FORMULA FAMILY

Overall Warming; Warming and Moving with Cinnamon

ORGAN SYSTEMS

Liver, Pericardium

SIX STAGES

Jueyin

ABOUT EVERGREEN PEARLS

The design of Evergreen Pearls is based on the deep reaching constitutional remedy, Danggui Sini Tang (Tang-kuei Decoction for Frigid Extremities). Danggui Sini Tang is the representative *jueyin* (Liver and Pericardium) remedy in Zhang Zhongjing's 3rd century formula classic, Treatise on Disorders Caused by Cold (*Shanghan lun*). The added herbs give Evergreen Pearls a particular focus on circulatory disorders in the extremities and degenerative changes in the head, neck and brain regions. From a traditional Chinese medicine perspective, older patients tend to exhibit symptoms of deficiency below and excess above—vital energy is not efficiently rising upward and outward anymore, and excess pathogens such as wind and phlegm and Blood stasis are not properly eliminated via downward momentum anymore. Evergreen Pearls aims at restoring this vital qi flow balance in the elderly, and can thus be considered as a primary remedy for degenerative brain diseases such as post-stroke recovery, Alzheimer's, Parkinson's, and Multiple Sclerosis.



DOSAGE

ADULTS

2-4 capsules 2-3x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3 Evergreen Pearls plus
2 Gingko Pearls 2x/day
(for pronounced headaches or tremors due to neurological causes)

THERAPEUTIC PRINCIPLES

- Increase microcirculation in the brain by opening *jueyin* channels and related cerebral collaterals
- Increase microcirculation in vascular system and extremities by warming and moving blood
- Calm tremors, spasms, and involuntary movements by tonifying blood and extinguishing internal wind
- Control blood pressure by reducing upflaring Liver yang and moistening Kidney yin

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Loss of memory, loss of cognitive function
- Loss of motor movement control; tremors, spasms
- Pain in extremities, atrophy of extremities
- General indicators of *jueyin* syndrome: cold hands and feet, pale/purplish tongue, lopsided pulse pattern (or deep and weak, or deep and wiry pulse)

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Parkinsons, MS, Alzheimer's and other degenerative brain disorders
- Stroke prevention and post-stroke paralysis
- Atherosclerosis
- Deep vein thrombosis; varicose veins
- Age-related tremors
- Peripheral neuropathy; Reynaud's syndrome; sciatica; frost bite

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For pronounced headaches, nausea, and dizziness	COMBINE WITH	Ginkgo Pearls
For brain tumors	USE OR COMBINE WITH	Ginkgo Pearls
For heart disease, atherosclerosis, and chronic phase of post-stroke recovery	USE OR COMBINE WITH	Heart Pearls
For diabetic neuropathy	COMBINE WITH	Sugar Pearls and/or Tiger Pearls
For high blood pressure, acid reflux, and elevated cholesterol	COMBINE WITH	Counterflow Pearls
For constipation	COMBINE WITH	Tiger Pearls
For arthritis and rheumatoid arthritis	USE	Bamboo Pearls
For varicoceles	USE	Ocean Pearls
For forgetfulness and lassitude caused by anemia	USE	Bazhen Tang
For Blood stasis (including cervical atherosclerosis) without cold signs	USE	Xuefu Zhuyu Tang
For memory loss accompanied by infirmity and stiff joints	USE OR COMBINE WITH	Shenxian Dushi Dan
For infertility, dysmenorrhea and abdominal pain in women	CONSIDER	Wenjing Tang and Danggui Shaoyao San

Evergreen Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Amber Pearls
Metal Pearls
Balance Pearls
Counterflow Pearls
Spirit Pearls
Wind Pearls
Water Pearls
Glacier Pearls
Lightning Pearls
Thunder Pearls
Serpent Pearls
Ginkgo Pearls
Ox Bone Pearls
Love Pearls
Guanyin Pearls
Peace Pearls
Heart Pearls

HERITAGE SERIES

Shenxian Dushi Dan
Shengmai San
Banxia Houpo Tang
Wendan Tang
Lizhong Wan
Qianyang Dan
Fengsui Dan
Jingui Shenqi Wan
Biejia Jian Wan
Dahuang Zhechong Wan

SIMILAR REMEDIES

ALSO CINNAMON AND/OR TANG-KUEI BASED;
ALTERNATION OPTIONS

LEGACY SERIES

Mama Pearls
Cinnamon Pearls
Bamboo Pearls
Earth Pearls
Sugar Pearls

HERITAGE SERIES

Guizhi Tang
Wenjing Tang
Shuyu Wan
Bazhen Tang
Xuefu Zhuyu Tang
Danggui Shaoyao San
Danggui San
Guizhi Fuling Wan
Wuling San

FORMULA ARCHITECTURE

(川) 當歸 (酒洗)	Danggui	Tang-kuei, Sichuan; wine rinsed	Danggui Sini Tang
桂枝 (尖)	Guizhi	Cinnamon twig	
白芍 (酒炒)	Baishao	Peony, white; wine fried	
通草	Tongcao	Tetrapanax	Buyang Huanwu Tang
大棗	Dazao	Jujube	
甘草	Gancao	Licorice	
黃耆	Huangqi	Astragalus	
地龍	Dilong	Earthworm; earth removed	
石菖蒲 (米泔水制)	Shichangpu	Acorus; rice soup cured	open Heart orifice, cross blood-brain barrier, increase microcirculation in brain and extremities
銀杏葉	Yinxingye	Ginkgo leaf	
雞血藤	Jixueteng	Millettia	
沒藥 (醋炒)	Moyao	Myrrh; vinegar fried	
鈎藤	Gouteng	Gambir	calm tremors, subdue upflaring yang, moisten yin, prevent auto-immune reactions
麥門冬	Maimendong	Ophiopogon	
天門冬	Tianmendong	Asparagus	



Traditional fertilization of an herb field with the mineral-rich ashes of Jicai (Shepherd's purse) and other organic materials

Ginkgo Pearls

Wuzhuyu Jiajian Tang
吳茱萸加減湯

GENERAL SUPPORT

Chronic, Cognitive, Neurological, Mental-Emotional, Digestive, Metabolic, Anti-Mass, Cardiovascular

FORMULA FAMILY

Overall Warming; Warming and Descending with Evodia

ORGAN SYSTEMS

Liver, Pericardium, Stomach

SIX STAGES

Jueyin, Yangming

ABOUT GINKGO PEARLS

The design of Ginkgo Pearls is based on the well-known but rarely used classical remedy, Wuzhuyu Tang (Evodia Decoction). Wuzhuyu Tang is a potent *jueyin* (Liver and Pericardium) warming remedy from Zhang Zhongjing's 3rd century formula primer, *Treatise on Disorders Caused by Cold (Shanghan lun)*. It also enters the *yangming* (Stomach and Large Intestine) channel systems. According to classical principles, it is the *jueyin* and *yangming* systems that govern microcirculation in the head area as well as brain chemistry. The function of *jueyin* is to lift up what needs to go up, while that of *yangming* is to descend what needs to go down. In the pathological pattern of Wuzhuyu Tang, both the Liver and Stomach are cold and "burned out," often due to extreme life-style choices such as the long-term use of drugs and pharmaceuticals, and cannot fulfill their respective functions. As a result, foamy substances rise up and clog the orifice to the Heart, and poor circulation in the brain as well as dysfunctional brain chemistry patterns take hold. Typical symptoms are nausea, headaches, chronic neurological symptoms, and addictive behavioral patterns. Typical patients tend to look ashen and suffer in agony. Due to its brain focus, Ginkgo Pearls can be considered to be a companion remedy to Evergreen Pearls, but is generally used for a shorter time and for more acute/intense symptoms, such as spasms in Parkinson's patients or narcotics addiction/withdrawal. The added herbs make this a signature remedy for stomach related brain disorders, from brain chemistry problems caused by Pericardium/Stomach axis pathology, to complications of brain cancer.



DOSAGE

CHILDREN AND PREGNANT WOMEN

1 capsule 2x/day

ADULTS

2-3 capsules 1-2x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3 Earth Pearls plus
2 Ginkgo Pearls 2x/day
(for brain chemistry disorders,
picky eating habits, and frequent
stomach pains)

THERAPEUTIC PRINCIPLES

- Harmonize *jueyin* channel networks and regulate brain chemistry via the connection of the digestion/brain axis
- Reverse counterflow of qi due to cold in liver and stomach channel networks; regenerate chronically compromised mucous membranes in stomach, esophagus, tongue/mouth, and naso-pharyngeal tract
- Traverse blood brain barrier, balance compromised brain chemistry and/or imbalances of cerebral glands, regenerate brain tissue
- Deliver anti-cancer and anti-pathogenic effect to the stomach/brain axis

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Nausea, vomiting; aversion to food
- Dizziness; brain fog, confusion
- Headaches, migraines
- Inexplicable sensations in brain/head region, often related to food intake
- Loss of smell or taste
- Stomach pain; acid reflux
- Obsessive compulsive behavior; “orthorexia” (obsession with correct eating)
- Sudden loss of appetite, anxiety, or palpitations after shock (especially heartbreak)
- Brain chemistry imbalance due to substance addiction
- Ashen face color, pale tongue body (may have no coating, or white coating, or yellowish coating)
- Overall weak pulse; “soggy pearl” sensation in Spleen/Stomach pulse position

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Nausea and dizziness in chemotherapy patients
- Nausea and/or dizziness in patients with brain tumors or brain chemistry imbalances; Cushing’s Syndrome
- Morning sickness (severe cases only)
- Migraine headaches
- Stomach and duodenal ulcers; chronic gastritis
- Degenerative changes (including cancer) in stomach/brain axis, such as stomach cancer, esophageal cancer, tongue cancer, naso-pharyngeal cancer, brain cancer
- Addictive cravings and/or withdrawal symptoms in patients suffering from opioid addiction or other substance dependency
- Degenerative brain disorders (MS, Parkinsons)
- Obsessive compulsive disorders and obsessive thought patterns (including in children), eating disorders

Ginkgo Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For Meniere's syndrome, aural vertigo, and hypertensive vertigo	CONSIDER	Balance Pearls
For moderate conditions of brain chemistry imbalance, especially if accompanied by dizziness	USE	Balance Pearls
For reflux problems or stomach ulcers with signs of yin deficiency (generally accompanied by high blood pressure and elevated cholesterol levels)	USE	Counterflow Pearls
For acute headaches (i.e., acute viral infection; or during an upflare of Lyme disease or other spirochetal infections of the nervous system)	USE	Release Pearls
For Lyme disease patients	CONSIDER COMBINING WITH	Lightning Pearls Pearls
For degenerative brain disorders (Multiple Sclerosis, Parkinsons)	COMBINE OR ALTERNATE WITH	Evergreen Pearls
For brain cancer	COMBINE OR ALTERNATE WITH	Mama Pearls
For morning sickness, use Ginkgo Pearls in low dosages only	USE AND COMBINE WITH	Ginkgo Pearls in low dosages only Earth Pearls
For counterflow symptoms accompanied by brain chemistry imbalance	ALSO CONSIDER	Wendan Tang
For brain cancer and other malignancies in the mouth, throat or stomach region	ALSO CONSIDER	Wendan Tang

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Evergreen Pearls
Cinnamon Pearls
Earth Pearls
Amber Pearls
Water Pearls
Glacier Pearls
Lightning Pearls
Thunder Pearls

HERITAGE SERIES

Guizhi Tang
Xuefu Zhuyu Tang
Guizhi Fuling Wan
Dahuang Zhechong Wan
Biejia Jian Wan
Danggui San
Jingui Shenqi Wan

SIMILAR REMEDIES

ALSO DIRECTING ENERGY DOWNWARD AND INCORPORATING SOOTHING YIN HERBS; ALTERNATION OPTIONS

LEGACY SERIES

Balance Pearls
Counterflow Pearls
Spirit Pearls
Metal Pearls

HERITAGE SERIES

Wendan Tang
Banxia Houpo Tang

FORMULA ARCHITECTURE

吳茱萸 (黃蓮水炒)	Wuzhuyu	Evodia; coptis fried	Wuzhuyu Tang
生姜	Shengjiang	Ginger; fresh	
大棗	Dazao	Jujube	
黨參	Dangshen	Codonopsis	
丹參	Danshen	Salvia	Danshen Yin
(西) 砂仁 (鹽炒)	(Xi) Sharen	Amomum, Myanmar; salt fried	
(紅) 百合	Baihe	Lily, red	calm spirit, open Heart orifice, guide formula to Stomach and brain
銀杏葉	Yinxingye	Ginkgo leaf	
石菖蒲 (米蒸)	Shichangpu	Acorus; rice steamed	
地龍	Dilong	Lumbricus	
珍珠粉	Zhenzhu Fen	Pearl powder	
貫重	Guanzhong	Dryopteris	balance overall warming effect of herbs, drain toxic heat from the marrow and brain, anti-cancer
龍膽草 (甘草制)	Longdancao	Gentiana; licorice cured	
大黃 (酒炒)	Dahuang	Rhubarb; wine fried	

Glacier Pearls

Yanghe Tang Jiawei

陽和湯加味

GENERAL SUPPORT

Chronic, Respiratory, Anti-Mass, Immune, Skin

ORGAN SYSTEMS

Lung, Kidney

SIX STAGES

Taiyin

FORMULA FAMILY

Warming and Moistening with Rehmannia; Simultaneously Warming Deficient Yang Qi while Clearing Toxic Heat; Dissolve Masses with Turtle Shell and/or Fritillaria

ABOUT GLACIER PEARLS

Glacier Pearls represents a constitutional support formula for smokers and persons with compromised lungs. Its design reflects a complex modification of the well-known remedy Yanghe Tang (Yang-Heartening Decoction), mentioned in the 18th century external medicine handbook Life-saving Manual of Diagnosis and Treatment of External Diseases (*Waikē zhengzhi quansheng ji*) for its capability of dissolving “yin tumors.” The added anti-toxin and anti-mass herbs make it particularly suitable for treating and preventing tumors and accumulations above the diaphragm, especially in the lungs and other areas with lymph and mucous membrane concentration.



DOSAGE

CHILDREN AND PREGNANT WOMEN

1 capsule 2x/day

ADULTS

3-5 capsules 1-3x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

4 Glacier Pearls plus
2 Metal Pearls 2-3x/day
for chronic toxic accumulations
in the lung, such as degenerative
fibrosis or tumors)

THERAPEUTIC PRINCIPLES

- For qi deficient constitutions producing chronic phlegm (in the form of sticky mucous or lump formation) leading to potentially malignant tumor development; primarily for smokers or former smokers

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Chronic cough, shortness of breath
- Degenerative respiratory disease with chronic phlegm
- Masses in the upper burner or skin layer

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Prevention of cancer development and lung degeneration in long-time smokers
- Silicosis, asbestosis, interstitial lung disease, pulmonary fibrosis, chronic obstructive pulmonary disease (COPD) and other degenerative lung conditions
- Support of conventional cancer therapy in patients with tumors in the upper part of the body, especially the lung, neck, and throat
- Support of conventional skin and colon cancer therapy
- Protection of tissues and mucous membranes during radiation and chemotherapy
- Prevention of further degeneration and symptom relief in patients with emphysema and chronic degenerative respiratory syndrome

Glacier Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For chronic degenerative lung conditions	CONSIDER COMBINING OR ALTERNATING WITH	Metal Pearls
For cancer of the lung, skin, esophagus, tongue, tonsils or parotid gland	COMBINE WITH	Metal Pearls
For nasopharyngeal cancer	COMBINE OR ALTERNATE WITH	Gingko Pearls
For breast cancer	COMBINE OR ALTERNATE WITH	Mama Pearls
For heat symptoms	COMBINE WITH	Dragon Pearls
For toxic skin rashes (i.e., herpes zoster)	COMBINE WITH	Lightning Pearls
For acute asthmatic wheezing	USE	Wind Pearls
For cancer of the esophagus, tongue, tonsils or parotid gland	ALSO CONSIDER	Wendan Tang
For obvious signs of Blood stasis	COMBINE WITH	Xuefu Zhuyu Tang UPPER PART OF THE BODY or Guizhi Fuling Wan LOWER PART OF THE BODY
For signs of "dry Blood"	USE OR COMBINE WITH	Dahuang Zhechong Wan
For signs of damp heat	COMBINE WITH	Fengsui Dan
For signs of Kidney yang deficiency	COMBINE WITH	Qianyang Dan
For edema	COMBINE WITH	Wuling San

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Metal Pearls
Ginkgo Pearls
Mama Pearls
Dragon Pearls
Lightning Pearls
Thunder Pearls

HERITAGE SERIES

Fengsui Dan
Qianyang Dan
Xuefu Zhuyu Tang
Guizhi Fuling Wan
Wuling San
Wendan Tang

SIMILAR REMEDIES

MOISTEN LUNG/KIDNEY YIN, DESCEND COUNTERFLOW QI AND
TRANSFORM TOXIC PHLEGM MASSES/LESIONS; ALTERNATION OPTIONS

LEGACY SERIES

Wind Pearls
Water Pearls
Counterflow Pearls

HERITAGE SERIES

Dahuang Zhechong Wan
Jingui Shenqi Wan

FORMULA ARCHITECTURE

熟地黄(酒蒸)	Shu Dihuang	Rehmannia; wine steamed	Yanghe Tang
生地黄	Sheng Dihuang	Rehmannia, raw	
白芥子	Baijiezi	Mustard seed	
桂枝(尖)	Guizhi	Cinnamon twig	
炮姜(砂燙)	Paojiang	Ginger; sand roasted	
甘草	Gancao	Licorice	
(浙)貝母	(Zhe) Beimu	Fritillaria	Dissolve masses
(全)栝蒌	Gualou (Quan)	Trichosanthes fruit	
魚腥草	Yuxingcao	Houttuynia	clear toxic heat (anti-cancer)
白花蛇舌草	Baihuasheshecao	Hedyotis	
地龍	Dilong	Earthworm	anti-abscess, anti-malignancy
露蜂房(蒸制)	Lufengfang	Hornet's nest; steam cured	
地鱉蟲(清炒)	Dibiechong	Eupolyphaga; dry fried	

Golden Pearls

Lu Gui Quwan Tang

蘆桂毆頑湯

GENERAL SUPPORT

Acute, Immune, Respiratory, Skin

ORGAN SYSTEMS

Lung, Stomach, Spleen, Small Intestine, Bladder

FORMULA FAMILY

Simultaneously Warming
Deficient Yang Qi while Clearing
Toxic Heat

SIX STAGES

Taiyang, Yangming

ABOUT GOLDEN PEARLS

The design of Golden Pearls represents a combination of the classical 2nd century remedy Guizhi Jia Gegen Tang (Cinnamon Twig Decoction plus Kudzu), from Zhang Zhongjing's herbal primer Treatise on Disorders Caused by Cold (*Shanghan lun*), and the effective anti-abscess formula Weijing Tang (Reed Decoction) from Sun Simiao's 7th century encyclopedia, Essential Formulas for Emergencies Worth a Thousand Pieces of Gold (*Qianjin yaofang*). It is designed to treat acute situations of puss development in confined spaces (sinuses, teeth, etc.) in constitutionally yang deficient individuals. This kind of person tends to be yang deficient and suffer from frequent infections, yet does not respond well to "antibiotic" cooling treatments. Guizhi Jia Gegen Tang can address the underlying microcirculation issues in yang deficient constitutions, while Weijing Tang and other added herbs gently address the acute heat phlegm situation.



DOSAGE

CHILDREN AND PREGNANT WOMEN

1 capsule 2-3x/day

ADULTS

3-5 capsules 1-3x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3-4 Golden Pearls plus
1 Dragon Pearls 3x/day
(for acute heat phlegm congestion
with pain in sinuses, teeth, or lung)

THERAPEUTIC PRINCIPLES

- Release *taiyang/yangming* and gently clear heat phlegm
- For weak and generally allergic constitutional types with respiratory infections involving colored phlegm

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Floating or tight pulse (weak volume)
- Frontal (sinus) headache, sore/sensitive neck
- Aversion to wind, tendency to feel cold
- Occluded phlegm in sinuses; yellow/green phlegm draining from nose and/or lungs
- Preventing worsening of infection (i.e., phlegm turning colored, cold going into chest) when suffering from cold with symptoms of runny nose/sneezing
- Any situation involving chronic puss in deficient individuals (teeth, skin)

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Sinus infections
- Bronchitis
- Allergies (due to inflamed mucous membranes) in late-stage cold situations
- Tooth aches, tooth abscesses
- Acne pustules and other suppurative skin conditions
- Acute phase of chronic urinary tract infections in weak *taiyang* constitutions

Golden Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For acute cold with intertwined wind-cold and wind-heat aspects, sore throat, and/or pronounced symptoms of coughing	USE	Perilla Pearls
For seasonal allergies (i.e., hay fever) or symptoms of wheezing	USE	Wind Pearls
For acute <i>shaoyang</i> viral infection accompanied by restlessness, insomnia and pain behind the eyes	USE	Release Pearls
For immune compromised constitutions without acute respiratory infection	USE	Cinnamon Pearls
For thick yellow/green phlegm	COMBINE WITH	Dragon Pearls
For stuffy sensation in the chest and/or swollen lymph glands	COMBINE WITH	Metal Pearls
For burning urination	COMBINE WITH	Dragon Pearls
For fungal infections in sinuses	COMBINE WITH	Thunder Pearls
For acute tooth/jaw pain following dental procedures	COMBINE WITH	Ox Bone Pearls
For chronic dental infections accompanied by jaw bone osteopenia	COMBINE WITH	Ox Bone Pearls
For diarrhea tendency	COMBINE WITH	Amber Pearls or Earth Pearls
For acute wind heat type of respiratory infection	USE	Yin Qiao San
For acute <i>shaoyang</i> type of respiratory infection	USE	Xiao Chaihu Tang
For signs of damp heat or upflaring deficiency heat	COMBINE WITH	Fengsui Dan
For signs of Blood stasis (i.e., fixed stabbing pain sensations)	COMBINE WITH	Xuefu Zhuyu Tang
For Lung qi deficiency (often indicated by shortness of breath) at tail end of acute respiratory infection	COMBINE WITH	Shengmai San

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Dragon Pearls
Metal Pearls
Balance Pearls
Wind Pearls
Water Pearls
Thunder Pearls
Ox Bone Pearls
Amber Pearls

HERITAGE SERIES

Shengmai San
Banxia Houpo Tang
Wendan Tang
Fengsui Dan
Xuefu Zhuyu Tang

SIMILAR REMEDIES

ALSO CINNAMON BASED AND/OR WIND DISPELLING AND PHLEGM TRANSFORMING; ALTERNATION OPTIONS

LEGACY SERIES

Cinnamon Pearls
Bamboo Pearls
Earth Pearls
Perilla Pearls
Wind Pearls
Release Pearls

HERITAGE SERIES

Guizhi Tang
Chaihu Guizhi Ganjiang Tang

FORMULA ARCHITECTURE

葛根	Gegen	Pueraria
桂枝(尖)	Guizhi	Cinnamon twig
赤芍	Chishao	Red Peony
白芍	Baishao	Peony, white; dry fried
炮姜(砂燙)	Paojiang	Ginger; sand roasted
甘草	Gancao	Licorice
(南)五味子	Wuweizi	Schisandra
黃芩(酒制)	Huangqin	Scutellaria; wine cured
蘆根	Lugen	Phragmites
冬瓜子	Dongguazi	Benincasa seed
薏苡仁(清炒)	Yiyiren	Coix; dry fried
桃仁	Taoren	Persica seed
桔梗	Jiegeng	Platycodon
絲瓜絡	Sigualuo	Luffa fiber

Guizhi Jia Gegen Tang,
Huangdan Tang

Weijing Tang

Open stubborn congestion
in nose and chest

Guanyin Pearls

Guanyin Qianyang Lu

觀音潛陽露

GENERAL SUPPORT

Chronic, Endocrine, Reproductive, Fertility, Menopause, Women's Health, Mental-Emotional, Bone Health

FORMULA FAMILY

Overall Warming; Warming and Consolidating with Aconite

ORGAN SYSTEMS

Kidney, Liver, Spleen, Lung

SIX STAGES

Shaoyin, Taiyin

ABOUT GUANYIN PEARLS

The design of Guanyin Pearls reflects a unique approach to a wide array of menopausal and post-menopausal issues. It combines the conventional yin tonic approach to hot flashes with the yang tonic Qianyang Dan (Submerge the Yang Pellet), a 19th century modification of the classical Fuzi Lizhong Tang (Rectify the Middle Decoction with Aconite) by the scholar-physician Zheng Qin'an, revered founder of the Fire Spirit School. Zheng Qin'an and his remaining disciples interpret hot-flashes and other signs of upward mobility in the elderly as a leaking of the Kidney battery, which requires a drawing back of the life force into the lower dantian. This downward anchoring effect is accomplished by combining aconite and amomum. In younger women, Guanyin Pearls can be used for fertility issues, but should be discontinued as soon as pregnancy has been achieved.



DOSAGE

ADULTS

3-5 capsules 2x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3 Guanyin Pearls plus
2 Ox Bone Pearls 2x/day
(for osteoporosis in post-menopausal women)

CAUTIONS

Not suitable for most children, teenagers, and pregnant or breastfeeding women.

THERAPEUTIC PRINCIPLES

- Alleviate deficiency flare-up of yang energy in menopausal women by restoring the Kidney's ability to store and safeguard yang qi
- Harmonize upward and downward energy movements in all three burners
- Replenish both yin and yang in the sources of pre-natal energy (Liver and Kidney)
- Nourish yin and yang in the sources of post-natal energy (Spleen and Lung)

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- All symptoms of menopause
- Infertility
- Pulse: weak (possibly big/floating in Kidney position on left hand)

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Hot flashes
- Anxiety/depression, emotional volatility, restless sleep
- Loss of energy; thyroid and adrenal imbalances
- Decrease in libido; thinning of vaginal tissues
- Hair loss, brittle nails, dry eyes, dry and wrinkling skin
- Osteopenia and osteoporosis

Guanyin Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For menopausal symptoms due to liver qi stagnation and/or obvious <i>shaoyang</i> problems	USE	Ease Pearls
For diabetes and other chronic metabolic conditions	USE	Sugar Pearls
For anxiety/insomnia	USE OR ALTERNATE WITH	Peace Pearls
For severe insomnia/anxiety or trauma	COMBINE WITH	Spirit Pearls
For dry eyes	COMBINE WITH	Water Pearls
For uterine fibroids or other benign uterine masses	USE	Moon Pearls
For breast cancer or uterine cancer	USE	Mama Pearls or Ocean Pearls
For decreased libido	COMBINE WITH	Love Pearls
For osteoporosis	COMBINE WITH	Ox Bone Pearls
For damp heat or obvious upflare of deficiency heat	COMBINE WITH	Fengsui Dan
For shortness of breath or other signs of Lung yin/qi deficiency	COMBINE WITH	Shengmai San
For chronic body pain	CONSIDER COMBINING WITH	Shenxian Dushi Dan

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Ox Bone Pearls
Love Pearls
Amber Pearls
Water Pearls
Spirit Pearls

HERITAGE SERIES

Shengmai San
Fengsui Dan
Shenxian Dushi Dan

SIMILAR REMEDIES

ALSO PROVIDE CONSTITUTIONAL SUPPORT FOR LIVER/KIDNEY DEFICIENCY OF BOTH YIN AND YANG IN MENOPAUSAL AND POST-MENOPAUSAL WOMEN, OR ALSO FEATURE FUZI AS THE LEAD HERB; ALTERNATION OPTIONS

LEGACY SERIES

Peace Pearls
Vitality Pearls
Moon Pearls
Sugar Pearls
Heart Pearls
Tiger Pearls

HERITAGE SERIES

Qianyang Dan
Wenjing Tang
Bazhen Tang
Jingui Shenqi Wan
Shuyu Wan
Guipi Tang

FORMULA ARCHITECTURE

附子 (竹刀削, 蒸制)	Fuzi	Aconite; peeled w/ bamboo knife, steam cured	Qianyang Dan <i>Submerge Yang Pellet</i> 19th century formula for all symptoms of flushing up due to inability to store yang
炮姜 (砂燙)	Paojiang	Ginger; sand roasted	
(西) 砂仁 (鹽炒)	Sharon	Amomum, Myanmar; salt fried	
五加參	Wujiashen	Siberian ginseng	
甘草 (棗花蜜炙)	Zhi Gancao	Licorice; jujube flower honey baked	Erzhi Wan
旱連草	Hanliancao	Eclipta	
女貞子 (酒蒸)	Nüzhenzi	Ligustrum; wine steamed	Erxian Tang
淫羊藿	Yinyanghuo	Epimedium	
仙茅 (酒制)	Xianmao	Curculigo; wine cured	
菟絲子 (酒炙)	Tusizi	Cuscuta; wine baked	Baihe Zhimu Tang
知母 (鹽炒)	Zhimu	Anemarrhena; salt fried	
百合	Baihe	Lily	

Heart Pearls

Shengmai Guxin Tang

生脈固心湯

GENERAL SUPPORT

Chronic, Cardiovascular, Metabolic, Urinary, Respiratory

FORMULA FAMILY

Overall Warming; Warming and Consolidating with Aconite

ORGAN SYSTEMS

Heart, Kidney, Liver, Lung

SIX STAGES

Shaoyin

ABOUT HEART PEARLS

The design of Heart Pearls reflects a constitutional approach to degenerative pathologies afflicting the deepest layer of the body, namely the *shaoyin* Heart/Kidney axis. It shores up the waning yang forces and resultant water accumulation issues with a combination of the classical remedies Zhenwu Tang (True Warrior Decoction) and Fuzi Lizhong Tang (Rectify the Middle Decoction with Aconite) from the 2nd century herbal primer, *Treatise on Disorders Caused by Cold (Shanghan lun)*. The overall drying effect of this approach is balanced by moistening the yin of Heart and Lung. In addition, blood moving herbs address congestion and degeneration.

THERAPEUTIC PRINCIPLES

- Enhance fluid metabolism and microcirculation by tonification of yang qi in Heart and Lung
- Moistens Heart, Lung, Liver, and Kidney yin
- Prevent cardiomyopathy, heart failure, kidney failure and other forms of core system degeneration by moving heart and liver blood and purging cellular toxicity



DOSAGE

ADULTS

3-5 capsules 2-3x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3-4 Heart Pearls plus
2 Water Pearls 2x/day
(for degenerative kidney disease)

CAUTIONS

Prescribe in small amounts only for patients who take blood thinning drugs.

Not suitable for most children, teenagers, and pregnant or breastfeeding women.

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Degeneration of heart and vascular system; chronic heart disease
- Degeneration of kidneys; chronic kidney disease

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Shortness of breath
- Edema (due to degeneration of heart and kidneys)
- High cholesterol levels
- Microcirculation issues
- Prevention of vascular degeneration and other age related problems

DIFFERENTIATION

IMPORTANT PRECAUTION: Prescribe in small amounts only for patients who take blood thinning drugs

Signs and Symptoms	Recommended Use	Augment / Alternative
For the symptom complex of high cholesterol, high blood pressure and acid reflux	USE	Counterflow Pearls
For pronounced blood sugar issues	USE	Sugar Pearls
	OR ALTERNATE WITH	Counterflow Pearls
For pronounced symptoms of chest oppression	USE OR COMBINE WITH	Metal Pearls
For pronounced dizziness	USE OR COMBINE WITH	Balance Pearls
For smokers	COMBINE WITH	Glacier Pearls
For pulmonary heart disease and COPD	CONSIDER COMBINING WITH	Glacier Pearls
For acute stage of inflammation of the heart or pericardial tissues	USE	Lightning Pearls
For chronic stage of heart or pericardial tissue inflammation	COMBINE WITH	Lightning Pearls
For pronounced signs of dryness	COMBINE WITH	Spirit Pearls or Water Pearls
For pronounced palpitations and/or anxiety insomnia	ALTERNATE WITH	Peace Pearls
	OR COMBINE WITH	Spirit Pearls
For menopausal problems	ALTERNATE WITH	Guanyin Pearls
For decreased libido	COMBINE WITH	Love Pearls
For diarrhea tendency	COMBINE WITH	Amber Pearls
For osteoporosis	COMBINE WITH	Ox Bone Pearls

Heart Pearls

DIFFERENTIATION (CONT.)

Signs and Symptoms	Recommended Use	Augment / Alternative
For chronic heart and kidney disease accompanied by obvious Kidney yin deficiency signs	USE	Senqi Wan
For palpitations and/or insomnia without structural heart pathology	USE	Guipi Tang
For edema	ALSO CONSIDER	Wuling San and Jingui Shenqi Wan
For pronounced shortness of breath	COMBINE WITH EXTRA	Shengmai San
For pronounced phlegm	USE OR COMBINE WITH	Wendan Tang
For damp heat or pronounced signs of upflaring deficiency heat	COMBINE WITH	Fengsui Dan
For pronounced signs of Blood stasis	COMBINE WITH	Xuefu Zhuyu Tang
For symptoms of “dry Blood”	COMBINE WITH	Dahuang Zhechong Wan
For chronic body pain	COMBINE WITH	Shenxian Dushi Dan

COMPANION REMEDIES

SUITABLE FOR COMBINING

SIMILAR REMEDIES

ALSO PROVIDE CONSTITUTIONAL SUPPORT FOR THE TAIYIN/SHAOYIN NETWORKS IN INDIVIDUALS WITH CHRONIC DEGENERATIVE HEART/KIDNEY DISEASE, AND/OR ALSO FEATURE FUZI AS THE LEAD HERB; ALTERNATION OPTIONS

LEGACY SERIES

Counterflow Pearls
Metal Pearls
Balance Pearls
Love Pearls
Spirit Pearls
Water Pearls
Amber Pearls
Ox Bone Pearls
Lightning Pearls
Glacier Pearls

HERITAGE SERIES

Shengmai San
Fengsui Dan
Xuefu Zhuyu Tang
Dahuang Zhechong Wan
Wendan Tang
Shenxian Dushi Dan

LEGACY SERIES

Peace Pearls
Sugar Pearls
Guanyin Pearls
Tiger Pearls

HERITAGE SERIES

Qianyang Dan
Lizhong Wan
Wuling San
Guipi Tang

FORMULA ARCHITECTURE

附子 (竹刀削, 蒸制)	Fuzi	Aconite; peeled w/ bamboo knife, steam cured	Zhenwu Tang, Fuzi Lizhong Tang
赤芍 (酒炒)	Chishao	Peony, red; wine fried	
生姜	Shengjiang	Ginger, fresh	
赤茯苓	(Chi) Fuling	Poria, red	
白朮 (米蒸)	Baizhu	Atractylodes, white; rice steamed	
三七	Sanqi	Pseudoginseng	
甘草 (枣花蜜炙)	Zhi Gancao	Licorice; jujube flower honey baked	
麥門冬	Maimendong	Ophiopogon	Shengmai San
五味子 (酒蒸)	Wuweizi	Schisandra; wine steamed	
丹參 (酒炒)	Danshen	Salvia; wine fried	reduce cholesterol, chest discomfort
何首烏 (黑豆蒸)	Heshouwu	Heshouwu; black bean steamed	
桃仁	Taoren	Persica seed	improve microcirculation, prevent cellular degeneration in vascular system, heart, liver, and kidneys
紅花	Honghua	Carthamus	
大黃 (酒炒)	Dahuang	Rhubarb; wine fried	

Lightning Pearls

Su He Tang Jiawei II

蘇荷湯加味 II

GENERAL SUPPORT

Chronic, Acute, Gu Syndrome, Mental-Emotional, Neurological, Immune, Respiratory, Skin, Reproductive

FORMULA FAMILY

Simultaneously Warming Deficient Yang Qi while Clearing Toxic Heat

ORGAN SYSTEMS

Lung, Spleen, Stomach

SIX STAGES

Taiyang, Yangming, Taiyin

ABOUT LIGHTNING PEARLS

The design of Lightning Pearls reflects a unique approach to the difficult and recalcitrant problem of chronic inflammatory disease. It is based on the Qing dynasty remedy Jiajian Su He Tang (Perilla and Mint Decoction Modified), and represents a time-honored solution for the important clinical phenomenon of “Brain Gu Syndrome”: treatment resistant diseases caused by viral and spirochetal infections of the nervous system (such as chronic herpes, Lyme disease, babesiosis, bartonellosis, ehrlichiosis, and rickettsia). Lightning Pearls aims to not only counteract pathogens, but also to treat terrain issues associated with various deficiencies in the patient’s qi, yin, and Blood. Lightning Pearls can be considered to be a more constitutional and long-term version of the Fever School’s flagship remedy Yin Qiao San (Honeysuckle and Forsythia Powder), and is thus also suitable to treat swollen glands in individuals afflicted by the common cold, or for preventing infection during air travel.

THERAPEUTIC PRINCIPLES

- Nourish terrain and soothe nervous system in patients with “Brain Gu Syndrome” using anti-microbial tonic herbs; kill viruses, spirochetes, protozoan parasites and other microbes invading the brain; reduce inflammation in the nervous system; increase micro-circulation in the brain; reduce pain



DOSAGE

INFANTS

Dissolve content of 1 capsule 2x/day

CHILDREN AND PREGNANT WOMEN

2-3 capsules 1-3x/day

ADULTS

3-6 capsules 2-3x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3 Lightning Pearls plus 2 Bamboo Pearls 2-3x/day (for Lyme disease with pronounced body pain or rheumatoid complications)

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Chronic debilitating joint and muscle pain (cyclical)
- Permanent state of exhaustion
- Chronic flu-like symptoms
- Chronic headaches (cyclical), brain fog
- Restlessness, anxiety, insomnia; sensation of “possession” (“I want my life back”)
- Grimy and stubborn tongue coating; weak (yet occasionally aggravated or tight) pulse

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Lyme disease (borreliosis), babesiosis, bartonellosis, Rocky Mountain fever
- Malaria, Dengue fever
- Chronic coxsackie virus, meningitis, encephalitis; rabies, listeriosis
- Herpes, shingles, CMV
- Chronic/recalcitrant skin problems that worsen with stress
- Fibromyalgia, chronic fatigue syndrome
- Chronic viral malaise after prolonged cold/bronchitis (incl. viral myocarditis)
- For prevention during journeys to tropical (malaria) areas, or after tick bites

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For protozoan parasites and/or chronic fungal infection of the digestive system	USE	Thunder Pearls
For worms and flukes	USE	Serpent Pearls
For acute sore throat or bronchitis	COMBINE WITH	Perilla Pearls
For pronounced heat symptoms	COMBINE WITH	Dragon Pearls
For concurrent parasitism in digestive tract, or recalcitrant diarrhea, or difficult skin conditions involving intertwined heat and cold symptoms	COMBINE WITH	Serpent Pearls
For acute headache (most typically behind the eye), stiff neck and nausea in patients with chronic infections of the nervous system	COMBINE WITH	Release Pearls
For rat lungworm disease	COMBINE WITH	Release Pearls
For <i>shaoyang</i> involvement	COMBINE WITH	Earth Pearls
For frequent headaches, dizziness, fasciculations, seizures, or hallucinations	COMBINE WITH	Balance Pearls or Gingko Pearls
For OCD	COMBINE WITH	Balance Pearls or Gingko Pearls
For thick tongue coating and/or diarrhea tendency	COMBINE WITH	Earth Pearls
For food allergies	COMBINE WITH	Cinnamon Pearls
For hay fever and tendency to other respiratory allergies (including mould)	COMBINE WITH	Wind Pearls or Golden Pearls
For palpitations or “electric” sensations in chest region (i.e., myocarditis caused by Coxsackie virus, borrelia, bartonella, etc)	COMBINE WITH	Counterflow Pearls or Spirit Pearls
For chest oppression	COMBINE WITH	Metal Pearls

Lightning Pearls

DIFFERENTIATION (CONT.)

Signs and Symptoms	Recommended Use	Augment / Alternative
For rheumatoid arthritis, Lupus, or other types of autoimmune body pain	COMBINE WITH	Bamboo Pearls
For chronic Lyme disease with signs of degenerative changes in the brain (i.e., Parkinsons, Multiple Sclerosis)	COMBINE WITH	Evergreen Pearls
For venereal disease	COMBINE WITH	Ocean Pearls
For prevention of Lyme disease after acute tick bite, or acute coxsackie virus infection	USE	Yin Qiao San FOR BULL'S EYE RASH, COMBINE YIN QIAO SAN WITH DRAGON PEARLS
For low immunity and frequent contraction of <i>taiyang</i> type colds	COMBINE WITH	Guizhi Tang
For acute <i>shaoyang</i> symptoms (wiry/fine pulse on the left wrist, nausea, alternating hot/cold sensations, etc)	COMBINE WITH	Xiao Chaihu Tang
For acute manic episodes or psychotic breaks accompanied by constipation	COMBINE WITH	Chaihu Jia Longgu Muli Tang
For constitutional Spleen qi deficiency accompanied by symptoms of Liver qi stagnation	COMBINE WITH	Chaihu Guizhi Ganjiang Tang
For phlegm constitution	COMBINE WITH	Wendan Tang
For chronic skin conditions accompanied by signs of Stomach heat	COMBINE WITH	Banxia Xiexin Tang
For signs of plumpit syndrome	COMBINE WITH	Banxia Houpo Tang
For signs of damp heat or upflaring deficiency heat	COMBINE WITH	Fengsui Dan
For counterflow symptoms due to Kidney yang deficiency	COMBINE WITH	Qianyang Dan
For shortness of breath	COMBINE WITH	Shengmai San
For autoimmune involvement of the skin or mucous membranes (and need for quasi-steroidal herbal intervention)	COMBINE WITH	Jingui Shenqi Wan
For chronic body pain in elderly patients	COMBINE WITH	Shenxian Dushi Dan
For signs of Blood stasis	COMBINE WITH	Xuefu Zhuyu Tang or Guizhi Fuling Wan
For pain due to acute outbreak of genital herpes	COMBINE WITH	Xuefu Zhuyu Tang, Guizhi Fuling Wan, or Dahuang Zhechong Wan
For signs of "dry Blood"	COMBINE WITH	Dahuang Zhechong Wan
For enlarged liver or spleen	COMBINE WITH	Biejia Jian Wan
For chronic menstrual issues	COMBINE WITH	Wenjing Tang or Danggui Shaoyao San
For first trimester of pregnancy	COMBINE WITH	Danggui San
For Blood deficiency (including scaly skin issues related to Blood deficiency)	COMBINE WITH	Danggui San

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Dragon Pearls
Serpent Pearls
Bamboo Pearls
Cinnamon Pearls
Evergreen Pearls
Earth Pearls
Ease Pearls
Release Pearls
Balance Pearls
Counterflow Pearls
Metal Pearls
Spirit Pearls
Vitality Pearls
Sugar Pearls
Ocean Pearls
Tiger Pearls
Peace Pearls
Wind Pearls

HERITAGE SERIES

Guizhi Tang
Xiao Chaihu Tang
Chaihu Jia Longgu Muli Tang
Chaihu Guizhi Ganjiang Tang
Wendan Tang
Banxia Xiexin Tang
Banxia Houpo Tang
Fengsui Dan
Qianyang Dan
Shengmai San
Jingui Shenqi Wan
Shenxian Dushi Dan
Xuefu Zhuyu Tang
Guizhi Fuling Wan
Dahuang Zhechong Wan
Biejia Jian Wan
Wenjing Tang
Danggui Shaoyao San
Danggui San

SIMILAR REMEDIES

ALSO DISPEL WIND, DAMPNES AND GU TOXINS;
ALTERNATION OPTIONS

LEGACY SERIES

Thunder Pearls
IN CERTAIN CIRCUMSTANCES,
THE FOLLOWING CAN ALSO BE
CONSIDERED AS ALTERNATION
OPTIONS
Serpent Pearls
Ease Pearls
Release Pearls
Bamboo Pearls

HERITAGE SERIES

IN CERTAIN CIRCUMSTANCES, THE
FOLLOWING CAN ALSO BE CONSIDERED
AS ALTERNATION OPTIONS
Biejia Jian Wan

FORMULA ARCHITECTURE

白芷	Baizhi	Angelica
金銀花	Jinyinhua	Lonicera
連翹	Lianqiao	Forsythia
(川)當歸(酒炙)	Danggui	Tang-kuei, Sichuan; wine baked
川芎	Chuanxiong	Ligusticum
五加皮	Wujiapi	Acanthopanax
(紅)百合	(Hong) Baihe	Lily
青蒿	Qinghao	Wormwood
鬱金	Yujin	Curcuma
澤蘭	Zelan	Lycopus
玄參	Xuanshen	Scrophularia
土茯苓	Tufuling	Smilax
石菖蒲	Shichangpu	Acorus; steamed over rice
續斷	Xuduan	Dipsacus
銀杏葉	Yinxingye	Ginkgo leaf

Jiajian Su He Tang

resolve inflammation in the brain
and nervous system

Love Pearls

Yangshen Fuyang Dan

羊腎扶陽丹

GENERAL SUPPORT

Chronic, Reproductive, Endocrine

FORMULA FAMILY

Overall Warming; Warming and Consolidating with Food Grade Herbs

ORGAN SYSTEMS

Kidney, Pericardium

SIX STAGES

Shaoyin, Jueyin

ABOUT LOVE PEARLS

Love Pearls is a unique alchemical formula based on Daoist folk remedies and Sun Simiao's Thousand Ducat Formulas (*Qian Jin Fang*). It is primarily indicated for decreased sexual function in middle-aged to elderly men and women. Love Pearls can also be used as a general food tonic for flagging endocrine function, i.e. symptoms of weak thyroid function and osteoporosis.



DOSAGE

ADULTS

2-5 capsules 1-2x/day

TYPICAL (ADULT) COMBINATION

USAGE EXAMPLE

3-4 Guanyin Pearls plus
2 Love Pearls 2x/day

(for post-menopausal issues: hot flashes, thinning of vaginal walls, decreased libido)

CAUTIONS

Not suitable for children, men with prostate cancer, or women with ovarian cancer.

THERAPEUTIC PRINCIPLES

- Invigorate flagging yang
- Tonify essence of Kidney and Liver; strengthen hormonal vitality and calm nerves

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Decreasing sexual function in middle-aged or elderly men and women
- Decreased sexual drive in menopausal or elderly men and women
- Atrophy of sexual tissues
- Other symptoms of essence deficiency in old age

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Impotence, erectile dysfunction
- Premature ejaculation (primarily in elderly men)
- Reduced libido, libido impairment
- Osteoporosis
- Hypothyroidism, low testosterone levels
- Alternative option to conventional hormone replacement therapy

Love Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For peri-menopausal women	COMBINE WITH	Moon Pearls
For post-menopausal women	COMBINE WITH	Guanyin Pearls
For osteoporosis and hypothyroidism	COMBINE WITH	Vitality Pearls
For heart or blood vessel disorders	COMBINE WITH	Heart Pearls
For high blood pressure and chronic neurological issues	COMBINE WITH	Balance Pearls
For high blood pressure and blood sugar imbalance	COMBINE WITH	Counterflow Pearls or Sugar Pearls
For elderly patients with anxiety	COMBINE WITH	Peace Pearls
For younger patients with anxiety and/or trauma	COMBINE WITH	Spirit Pearls
For hyperplasia of the prostate or other signs of Kidney qi deficiency	COMBINE WITH	Water Pearls
For diarrhea tendency or other signs of Spleen qi deficiency	COMBINE WITH	Amber Pearls
For chest oppression and/or depression	COMBINE WITH	Metal Pearls
For signs of frequent urinary tract infections after inter intercourse or other signs of Kidney qi deficiency	COMBINE WITH	Jingui Shenqi Wan
For shortness of breath or other signs of Lung qi deficiency	COMBINE WITH	Shengmai San
For signs of Kidney yang deficiency accompanied by counterflow	COMBINE WITH	Qianyang Dan
For signs of damp heat or upflaring deficiency heat	COMBINE WITH	Fengsui Dan
For signs of Blood stasis	COMBINE WITH	Xuefu Zhuyu Tang or Guizhi Fuling Wan
For chronic fatigue and body pain	COMBINE WITH	Shenxian Dushi Dan
For chronic fatigue in Spleen qi deficient patients	COMBINE WITH	Shuyu Wan
For chronic abdominal pain	COMBINE WITH	Danggui Shaoyao San
For chronic menstrual pain	COMBINE WITH	Wenjing Tang
For anemia or other signs of Blood deficiency	COMBINE WITH	Bazhen Tang
For anxiety	ALSO CONSIDER COMBINING WITH	Guipi Tang
For prolapse symptoms	COMBINE WITH	Buzhong Yiqi Tang

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Guanyin Pearls
Moon Pearls
Vitality Pearls
Heart Pearls
Sugar Pearls
Peace Pearls
Water Pearls
Spirit Pearls
Amber Pearls
Counterflow Pearls
Balance Pearls
Metal Pearls

HERITAGE SERIES

Jingui Shenqi Wan
Shengmai San
Qianyang Dan
Shenxian Dushi Dan
Shuyu Wan
Bazhen Tang
Danggui Shaoyao San
Wenjing Tang
Guipi Tang
Buzhong Yiqi Tang
Fengsui Dan
Guizhi Fuling Wan
Xuefu Zhuyu Tang

SIMILAR REMEDIES

NOT APPLICABLE

LEGACY SERIES

N/A

HERITAGE SERIES

N/A

FORMULA ARCHITECTURE

羊外腎	Yangshen	Goat kidney and testes
泥鰍	Niqiu	Dojo loach
五味子 (酒蒸)	Wuweizi	Schisandra; wine steamed
兔絲子 (酒蒸)	Tusizi	Cuscuta; wine steamed
淫羊藿	Yinyanghuo	Epimedium
(紅) 葡萄皮/籽	Putao Pi/Zi	Grape skin and seeds

alchemical formula based on Daoist folk remedies and Sun Simiao's *Thousand Ducat Formulas*

Mama Pearls

Danggui Sini Tang Jiawei

當歸四逆湯加味

GENERAL SUPPORT

Chronic, Anti-Mass, Endocrine, Reproductive, Women's Health, Metabolic

FORMULA FAMILY

Warming and Moving with Cinnamon; Simultaneously Warming Deficient Yang Qi while Clearing Toxic Heat; Dissolve Masses with Turtle Shell and/or Fritillaria

ORGAN SYSTEMS

Pericardium, Liver

SIX STAGES

Jueyin

ABOUT MAMA PEARLS

Mama Pearls is a remedy that is primarily designed for breast health. It reflects the therapeutic insight that breast accumulations are most often a manifestation of pathological changes in the *jueyin* Pericardium system, which requires the use of the representative *jueyin* remedy Danggui Sini Tang (Tang-kuei Decoction for Frigid Extremities). The base remedy is complemented by herbs that increase microcirculation, reduce masses, and have a direct anti-toxin and anti-cancer effect. Other areas of the body that are holographically related to the *jueyin* system and can potentially benefit from this formula are the brain, the uterus/ovaries, and the Liver.



DOSAGE

PREGNANT AND BREASTFEEDING WOMEN

2 capsules 2x/day

ADULTS

3-5 capsules 1-2x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

4 Mama Pearls plus 2 Metal Pearls 2x/day (for breast cancer)

THERAPEUTIC PRINCIPLES

- Move, warm, and nourish *jueyin* Pericardium/Liver network
- Break down accumulations formed by Blood stasis and toxic phlegm in hormonally compromised individuals

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Masses and accumulations, especially in middle-aged females
- Deep (occasionally weak/soggy) pulse; pale (occasionally dusky) tongue body
- Weak constitution; cold hands and feet
- Deep state of physical, mental, and emotional exhaustion
- History of menstrual problems; history of “heartbreak”

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Gynecological cancers (breast cancer, ovarian cancer, uterine cancer, cervical cancer)
- Liver cancer, liver cirrhosis
- Brain tumors
- Prevention of malignant development of breast fibroids
- Ease side-effects of chemotherapy and/or radiation

Mama Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For chronic <i>jueyin</i> issues in elderly patients without malignancies	USE	Evergreen Pearls
For breast cysts/fibroids accompanied by <i>shaoyang</i> (rather than <i>jueyin</i>) symptomology	USE	Ease Pearls or Metal Pearls
For breast cancer	COMBINE WITH	Metal Pearls or Glacier Pearls
For brain cancer	COMBINE WITH	Gingko Pearls or Balance Pearls
For lung metastasis	ALSO CONSIDER OR ALTERNATE WITH	Glacier Pearls
For ovarian and uterine cancers	ALSO CONSIDER OR ALTERNATE WITH	Ocean Pearls
For malignancies accompanied by chronic metabolic issues	ALSO CONSIDER	Sugar Pearls
For night sweats	COMBINE WITH	Water Pearls or Spirit
For bleeding caused by uterine fibroids	USE	Moon Pearls
For <i>jueyin</i> cold pathology without malignancies (especially when involving menstrual or abdominal pain)	USE	Wenjing Tang
For signs of Blood stasis without <i>jueyin</i> cold symptoms	USE	Xuefu Zhuyu Tang
For toxic congestion in pelvic region	ALSO CONSIDER	Guizhi Fuling Wan
For signs of phlegm	COMBINE WITH	Wendan Tang
For “plumpit syndrome”	COMBINE WITH	Banxia Houpo Tang
For signs of “dry Blood”	USE OR COMBINE WITH	Dahuang Zhechong Wan
For cancers of the digestive tract (stomach, pancreas, liver, colon) with clear <i>shaoyang</i> symptoms	USE	Xiao Chaihu Tang, Chaihu Guizhi Ganjiang Tang, or Chaihu Jia Longgu Muli Tang
For gynecological cancers without signs of <i>jueyin</i> pathology	USE	Biejia Jian Wan
For additional “mass softening” effect in gynecological cancers, or for concurrent Lyme disease	COMBINE WITH	Biejia Jian Wan
For enlarged liver/spleen or liver cirrhosis	USE OR COMBINE WITH	Biejia Jian Wan
For edema	COMBINE WITH	Wuling San
For shortness of breath	COMBINE WITH	Shengmai San
For pronounced signs of yin deficiency	COMBINE WITH	Jingui Shenqi Wan
For obvious signs of Spleen qi deficiency	COMBINE WITH	Lizhong Wan
For signs of damp heat or upflaring deficiency heat	COMBINE WITH	Fengsui Dan

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Metal Pearls
Glacier Pearls
Gingko Pearls
Balance Pearls
Ox Bone Pearls
Water Pearls
Spirit Pearls
Amber Pearls
Earth Pearls
Dragon Pearls
Lightning Pearls
Thunder Pearls

HERITAGE SERIES

Wendan Tang
Biejia Jian Wan
Dahuang Zhechong Wan
Shengmai San
Jingui Shenqi Wan
Fengsui Dan
Lizhong Wan
Banxia Houpo Tang
Wuling San

SIMILAR REMEDIES

ALSO COUNTERACT JUEYIN TUMORS WITH CINNAMON AND/OR BLOOD MOVERS; ALTERNATION OPTIONS

LEGACY SERIES

Evergreen Pearls
Cinnamon Pearls
Bamboo Pearls
Ocean Pearls
Sugar Pearls
Serpent Pearls

HERITAGE SERIES

Guizhi Fuling Wan
Dahuang Zhechong Wan
Biejia Jian Wan
Xuefu Zhuyu Tang
Wenjing Tang
Chaihu Guizhi Ganjiang Tang

FORMULA ARCHITECTURE

當歸尾 (酒炙)	Danggui (Wei)	Tang-kuei root tail; wine baked	Danggui Sini Tang	
桂枝 (尖)	Guizhi	Cinnamon twig		
赤芍 (清炒)	Chishao	Peony, red; dry fried		
白芍 (清炒)	Baishao	Peony, white; dry fried		
大棗	Dazao	Jujube		
通草	Tongcao	Tetrapanax		
甘草	Gancao	Licorice		
桃仁	Taoren	Persica seed		break up Blood stasis
紅花	Honghua	Carthamus flower		
虎杖	Huzhang	Polygonum		clear toxic heat (anti-cancer)
夏枯草	Xiakucao	Prunella		
(浙) 貝母	(Zhe) Beimu	Fritillaria	reduce masses and toxic phlegm	
(全) 栝蒌	Gualou (Quan)	Trichosanthes fruit		

Metal Pearls

Lijin Tang

利金湯

GENERAL SUPPORT

Chronic, Acute, Respiratory,
Immune, Skin, Cardiovascular,
Anti-Mass

ORGAN SYSTEMS

Lung, Large Intestine, Stomach,
Gallbladder

FORMULA FAMILY

Descending and/or Moistening
with Pinellia and/or Apricot Seed;
Overall Cooling, Simultaneously
Warming Deficient Yang Qi while
Clearing Toxic Heat

SIX STAGES

Taiyang, Yangming

ABOUT METAL PEARLS

The formulation of Metal Pearls is based on the case histories of the Northern Chinese master physician Dr. Wu Sheng'an, whose approach to difficult and recalcitrant diseases reflects the lineages of the imperial court physician Zhu Mulin and the middle and upper burner teachings of the 18th century clinician Huang Kunzai. This unique herb combination represents a primary way to regulate symptoms of stuck qi by reversing physical and emotional counterflow via the Lung and *yangming* networks, transforming phlegm, and nourishing Lung yin.



DOSAGE

INFANTS

Dissolved content of 1 capsule
1-2x/day

CHILDREN AND PREGNANT WOMEN

2-3 capsules 1-2x/day

ADULTS

3-4 capsules 2-3x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3 Metal Pearls plus 2 Ease Pearls
2x/day (for general detoxification
and anti-depression treatment by
stimulating qi flow of Lung and
Liver)

CAUTIONS

Avoid using during pregnancy (or
use only in small amounts)

THERAPEUTIC PRINCIPLES

- Disinhibit downward momentum of the Lung/Large Intestine and related organ networks; clear physical and/or emotional stagnation in head, throat and chest areas; clear skin
- Transform phlegm in the Gallbladder/Stomach, encourage downward draining function of all fu organs
- Promote the flow of qi and Blood by disinhibiting the “vessel opening” function of the Lung
- Regulate qi and fluid metabolism in upper and middle burners
- Alleviate lymphatic congestion by clearing fluid stagnation
- Resolve toxic accumulation, prevent degeneration in lymphatic and vascular systems
- Nourish Lung yin, calm shen, ease emotional stress

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Acute and chronic counterflow symptoms in the metal organ systems, i.e. chest and throat congestion, cough, wheezing, shortness of breath; constipation; skin conditions; chronic inflammation in the head and sensory orifices
- Inhibited ability of the Lung to execute its function of “opening the 100 vessels,” manifesting as symptoms reflecting sluggish flow of qi, Blood, and fluids: i.e., swollen lymph glands, chest pain, vascular calcifications and other forms of blood vessel obstruction
- Inhibited ability of the Lung to execute its function of being “the upper source of water,” manifesting as symptoms of disrupted fluid metabolism: i.e. inhibited urination, edema
- Symptoms indicating disharmony between Liver/Gallbladder and Stomach: i.e., bloating, blood sugar instability, heart burn
- Toxic accumulations in lymph and vascular systems: i.e., plaque formation, malignant lesions
- Emotional symptoms of counterflow and stagnation: sensation of being stuck and overwhelmed, indecisiveness, grief/sadness, frequent sighing
- Slippery pulse in Lung position (right cun)

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Acute respiratory conditions: sore throat, bronchitis
- Chronic respiratory conditions: chronic bronchitis, emphysema, pneumonia, asthma; diseases involving scarring and degeneration of lung tissue
- Chronic and recalcitrant skin conditions
- Lymphatic pathology
- Thyroid pathology
- Circulatory system pathology: chest pain, irregular heart beat, arterial obstructions, varicose veins
- Digestive system pathology involving diaphragm area congestion: acid reflux, ulcer; pancreatitis; chronic hepatitis
- Mental-emotional pathology: depression, anxiety

Metal Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For sinus infection involving the production of yellow phlegm	USE	Golden Pearls
For common cold with symptoms of sore throat	USE	Perilla Pearls
For lung conditions involving toxic heat phlegm	COMBINE WITH	Dragon Pearls
For chronic respiratory conditions involving yang deficiency	USE OR COMBINE WITH	Cinnamon Pearls
For wheezing	COMBINE WITH	Water Pearls
For general detox treatment “flushing” the lymph and liver	COMBINE WITH	Ease Pearls
For acid reflux, high cholesterol, and/or high blood pressure	USE OR COMBINE WITH	Counterflow Pearls
For chronic hepatitis	COMBINE WITH	Ease Pearls or Sugar Pearls
For chronic degenerative liver conditions	USE OR COMBINE WITH	Evergreen Pearls, Mama Pearls, Sugar Pearls, or Ease Pearls
For thyroid conditions accompanied by signs of yang deficiency	COMBINE WITH	Vitality Pearls
For thyroid conditions accompanied by signs of stagnant heat and yin deficiency	COMBINE WITH	Ease Pearls
For swollen lymph glands or other expressions of chronic phlegm accompanied by <i>shaoyang</i> head or neck pain	COMBINE WITH	Release Pearls
For uterine myomas or cysts	USE OR COMBINE WITH	Moon Pearls
For malignant tumors in the lower burner	USE OR COMBINE WITH	Ocean Pearls
For lymphatic congestion in the breast area (including breast cancer)	COMBINE WITH	Mama Pearls
For chronic degenerative Lung conditions (including lung cancer)	USE OR COMBINE WITH	Glacier Pearls
For intestinal parasites	USE OR COMBINE WITH	Thunder Pearls
For chronic joint pain in fibromyalgia patients	COMBINE WITH	Bamboo Pearls and/or Lightning Pearls
For circulatory conditions in the extremities	COMBINE WITH	Bamboo Pearls and/or Evergreen Pearls
For skin conditions involving wind and toxicity	COMBINE WITH	Lightning Pearls

DIFFERENTIATION (CONT.)

Signs and Symptoms	Recommended Use	Augment / Alternative
For constipation	USE OR COMBINE WITH	Tiger Pearls
To maximize oxygenation, promote blood flow, and prevent infection during airline travel	COMBINE WITH	Lightning Pearls, Cinnamon Pearls, or Earth Pearls
For prevalence of digestive (counterflow) symptoms	USE	Wendan Tang
For “plumpit syndrome”	USE	Banxia Houpo Tang
For acute outbreak of chicken pox, measles or other epidemic disease involving skin lesions	COMBINE WITH	Yin Qiao San
For obvious <i>taiyang</i> symptoms	COMBINE WITH	Guizhi Tang
For obvious <i>shaoyang</i> symptoms	COMBINE WITH	Xiao Chaihu Tang or Chaihu Guizhi Ganjiang Tang
For obvious signs of Blood stasis	CONSIDER COMBINING WITH	Xuefu Zhuyu Tang, Guizhi Fuling Wan, or Dahuang Zhechong Wan
For signs of flaring deficiency fire	CONSIDER COMBINING WITH	Fengsui Dan

Metal Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Cinnamon Pearls
Bamboo Pearls
Earth Pearls
Ease Pearls
Release Pearls
Lightning Pearls
Thunder Pearls
Wind Pearls
Water Pearls
Glacier Pearls
Spirit Pearls
Tiger Pearls
Heart Pearls
Sugar Pearls

HERITAGE SERIES

Guizhi Tang
Xiao Chaihu Tang
Chaihu Guizhi Ganjiang Tang
Xuefu Zhuyu Tang
Guizhi Fuling Wan
Dahuang Zhechong Wan
Yin Qiao San

SIMILAR REMEDIES

ALSO DIRECTING ENERGY DOWNWARD; ALTERNATION OPTIONS

LEGACY SERIES

Counterflow Pearls
Balance Pearls

HERITAGE SERIES

Wendan Tang
Banxia Houpo Tang
Banxia Xiexin Tang

FORMULA ARCHITECTURE

射干
桔梗
杏仁 (清炒)
僵蚕 (姜制麸炒)

Shegan
Jiegeng
Xingren
Jiangcan

Belamcanda
Platycodon
Apricot seed; dry fried
Bombyx batryticatus; ginger cured
and bran fried

She Jie Xing Chong Tang
Imperial Court lineage formula

(法) 半夏
茯苓
陈皮
黄芩 (清炒)
白芍 (土炒)

Banxia (Fa)
Fuling
Chenpi
Huangqin
Baishao

Pinellia; lime cured
Poria
Citrus peel
Scutellaria; dry fried
Peony, white; clay fried

Pingjia Tang
Erchen Tang modification;
Imperial Court lineage formula

百合
滑石

Baihe
Huashi

Lily bulb
Talcum

Baihe Huashi San



Freshly harvested Banxia (*Pinellia*) tubers grown in near-wild forest environment; Hubei, China

Moon Pearls

Jiao Ai Lizhong Tang
膠艾理中湯

GENERAL SUPPORT

Chronic, Women's Health, Reproductive, Fertility, Menopause, Endocrine, Anti-Mass

ORGAN SYSTEMS

Kidney, Liver, Spleen

FORMULA FAMILY

Overall Warming; Warming and Consolidating with Aconite; Regulating the Blood with Tang-Kuei

SIX STAGES

Shaoyin, Taiyin

ABOUT MOON PEARLS

Moon Pearls is a remedy specifically designed for regulating female physiology in women of all ages, with a particular focus on normalizing menstrual flow. It combines the classical 2nd century remedies Fuzi Lizhong Tang (Rectify the Middle Decoction with Aconite) and Jiao Ai Tang (Ass-Hide Gelatin and Mugwort Decoction), reflecting the fact that most female disorders originate from pathological changes in the archetypal mother organs Spleen and Liver. Herbs that move Blood and simultaneously control bleeding are added, making Moon Pearls a suitable remedy for uterine fibroids and ovarian cysts. On a more constitutional level, Moon Pearls can regulate the endocrine system in peri-menopausal situations.

THERAPEUTIC PRINCIPLES

- Break down abdominal masses by resolving pelvic congestion
- Move Blood and transform cold damp; regulate menstrual timing and blood flow
- Tonify Spleen/Kidney yang and Liver Blood



DOSAGE

ADULTS

3-4 capsules 2x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3 Moon Pearls plus
2-3 Thunder Pearls 2x/day
(for menstrual/uterine issues
accompanied by yeast or
trichomonads)

CAUTIONS

Not suitable for most children, teenagers, and pregnant or breastfeeding women.

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Menstrual problems in yang/Blood deficient individuals
- Benign abdominal masses, especially in females

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Irregular menstruation, painful menstruation; chronic spotting, heavy bleeding
- Uterine fibroids; ovarian cysts; cervical dysplasia; endometriosis
- Leukorrhea
- Amenorrhea
- Anemia

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For menopausal women with obvious signs of liver qi stagnation	USE	Ease Pearls
For malignant tumors in the breasts, uterus, or ovaries	USE	Mama Pearls
For cervical dysplasia	COMBINE WITH	Mama Pearls
For stronger blood moving effect	COMBINE WITH	Ox Bone Pearls
For malignant abdominal masses	USE	Ocean Pearls
For damp cold leucorrhea	COMBINE WITH	Earth Pearls
	AND/OR ALTERNATE WITH	Vitality Pearls
For abdominal pain in women (including dysmenorrhea) without presence of abdominal masses	USE	Danggui Shaoyao San or Wenjing Tang
For dysmenorrhea with symptoms of obvious clotting and fixed/ stabbing pain	CONSIDER	Xuefu Zhuyu Tang
For abdominal growths/masses in women with excess constitutions, or for malignant tumors	USE	Guizhi Fuling Wan, Dahuang Zhechong Wan, Biejia Jian Wan, or Xuefu Zhuyu Tang
For anemia	COMBINE WITH	Shuyu Wan
	OR CONSIDER	Bazhen Tang
For damp heat leucorrhea	COMBINE WITH	Fengsui Dan
For pronounced dryness symptoms and/or shortness of breath	COMBINE WITH	Shengmai San

Moon Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Amber Pearls
Love Pearls
Ox Bone Pearls
Mama Pearls
Earth Pearls

HERITAGE SERIES

Shuyu Wan
Fengsui Dan
Shengmai San

SIMILAR REMEDIES

ALSO ELIMINATE PELVIC CONGESTION IN WOMEN;
ALTERNATION OPTIONS

LEGACY SERIES

Ocean Pearls
Sugar Pearls
Heart Pearls

HERITAGE SERIES

Danggui Shaoyao San
Danggui San
Wenjing Tang
Bazhen Tang
Biejia Jian Wan
Guizhi Fuling Wan
Xuefu Zhuyu Tang
Dahuang Zhechong Wan

FORMULA ARCHITECTURE

附子 (竹刀削, 蒸制)	Fuzi	Aconite; peeled w/ bamboo knife, steam cured	Fuzi Lizhong Tang
炮姜 (砂烫)	Paojiang	Ginger; sand roasted	
白朮 (米蒸)	Baizhu	Atractylodes, white; rice steamed	
三七	Sanqi	Pseudoginseng	
甘草 (枣花蜜炙)	Zhi Gancao	Licorice; jujube flower honey baked	
艾葉 (醋艾炭)	Aiye (Tan)	Artemisia; charcoaled w/ vinegar	Jiao Ai Tang
地黃 (炭)	Dihuang (Tan)	Rehmannia; charcoaled	
當歸尾	Danggui (Wei)	Tang-kuei tail	
白芍	Baishao	Peony, white	
川芎 (酒制)	Chuanxiong	Ligusticum; wine cured	
茜草	Qiancao	Rubia	transform abdominal stasis, control bleeding
三棱 (醋炒)	Sanleng	Sparganium; vinegar fried	
莪朮 (醋炒)	Ezhu	Zedoaria; vinegar fried	



Traditional method of processing Fuzi (Aconite) by hand-peeling the root tuber with a bamboo knife; Jiangyou, China

Ocean Pearls

Xiaokuai Guizong Wan

消塊歸宗丸

GENERAL SUPPORT

Chronic, Anti-Mass, Reproductive, Urinary, Endocrine

ORGAN SYSTEMS

Kidney, Bladder, Liver

SIX STAGES

Shaoyin, Jueyin

FORMULA FAMILY

Warming, Detoxifying, Moving and Consolidating with Cinnamon and Aconite; Simultaneously Warming Deficient Yang Qi while Clearing Toxic Heat; Dissolve Masses with Turtle Shell and/or Fritillaria

ABOUT OCEAN PEARLS

Ocean Pearls is a remedy for toxic conditions in the lower burner, such as venereal disease, abnormal cervical changes due to HPV, and prostate and ovarian cancers. Its complex design is based on the classical 2nd century remedies Guizhi Fuling Wan (Cinnamon Twig and Poria Pill) and Taohe Chengqi Tang (Peach Pit Decoction to Order the Qi), which purge stagnating blood, fluids, and toxins from the pelvic region. To make the formula more suitable for long-term use, and to employ the dantian anchoring effect of aconite, the *shaoyin* remedy Sini Tang (Frigid Extremities Decoction) is also included. Other herbs are added to prevent or dissolve masses and accumulations.

THERAPEUTIC PRINCIPLES

- Transform Blood stasis in lower burner
- Soften and disperse masses and accumulations in pelvic region
- Resolve toxic lesions in urino-genital tract
- Invigorate mingmen fire to boost vitality and immune status of the body's lower regions



DOSAGE

ADULTS

3-6 capsules 2-3x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3 Ocean Pearls plus
2 Dragon Pearls 2-3 x/day
(for acute stage of chronic
recurrent urinary tract infections)

CAUTIONS

Not suitable for most children and pregnant or breastfeeding women

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Masses and accumulations in abdomen and pelvic region
- Varicose veins
- Infections in genital regions

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Ovarian cysts, kidney cysts
- Prostate cancer; ovarian cancer, cervical cancer; kidney cancer, bladder cancer
- Varicoceles; epididimitis
- Human Papilloma Virus (HPV), gonorrhea, genital herpes

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For uterine myomas	USE OR COMBINE WITH	Moon Pearls
For acute venereal infection	COMBINE WITH	Dragon Pearls
For genital herpes	COMBINE WITH	Lightning Pearls
For ovarian cancer	ALTERNATE WITH	Mama Pearls
For benign prostatic hyperplasia	USE OR COMBINE WITH	Water Pearls
For pronounced damp heat symptoms	COMBINE WITH	Fengsui Dan
For edema	COMBINE WITH	Wuling San
For signs of "dry Blood"	COMBINE WITH	Dahuang Zhechong Wan
For yin deficiency symptoms	COMBINE WITH	Shengmai San or Jingui Shenqi Wan
For malignant abdominal masses	ALSO CONSIDER	Guizhi Fuling Wan, Dahuang Zhechong Wan, Biejia Jian Wan, or Xuefu Zhuyu Tang

Ocean Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

SIMILAR REMEDIES

ALSO ELIMINATE PELVIC CONGESTION AND TOXIC ABDOMINAL MASSES; ALTERNATION OPTIONS

LEGACY SERIES

Lightning Pearls
Dragon Pearls
Metal Pearls
Water Pearls
Glacier Pearls

HERITAGE SERIES

Wuling San
Fengsui Dan
Dahuang Zhechong Wan
Shengmai San
Jingui Shenqi Wan

LEGACY SERIES

Moon Pearls
Mama Pearls
Sugar Pearls
Tiger Pearls
Heart Pearls

HERITAGE SERIES

Guizhi Fuling Wan
Dahuang Zhechong Wan
Biejia Jian Wan
Xuefu Zhuyu Tang

FORMULA ARCHITECTURE

(越南)肉桂	Rougui	Cinnamon bark, Vietnam	Guizhi Fuling Wan, Taohu Chengqi Tang
赤芍	Chisaho	Peony, red	
赤茯苓(蒸)	(Chi) Fuling	Poria, red; steamed	
牡丹皮	Mudanpi	Moutan	
桃仁	Taoren	Persica seed	
大黄(酒浸)	Dahuang	Rhubarb; wine cured	
附子(竹刀削, 蒸制)	Fuzi	Aconite; peeled w/ bamboo knife, steam cured	Sini Tang
生姜	Shengjiang	Ginger, fresh	
甘草	Gancao	Licorice	
當歸尾(酒洗)	Danggui	Tang-kuei tail; wine soaked	Danggui Beimu Kushen Wan
浙貝母	(Zhe) Beimu	Fritillaria	
苦參(糯米炒)	Kushen	Sophora root; sticky rice fried	
虎杖	Huzhang	Polygonum	soften pelvic masses, anti-virus, anti-cancer
鱉甲(醋炙)	Biejia	Tortoise shell; vinegar baked	



Stacks of drying Rougui (Cinnamon bark) at the China-Vietnam border

Ox Bone Pearls

Guzhe Neifu Fang

骨折内服方

GENERAL SUPPORT

Acute, Chronic, Bone Health,
Musculoskeletal

FORMULA FAMILY

Overall Warming

ORGAN SYSTEMS

Kidney

SIX STAGES

Shaoyin

ABOUT OX BONE PEARLS

Ox Bone Pearls is a Daoist trauma remedy specifically designed for moving blood and reducing swelling and pain. The special characteristic of this complex formula, in comparison to other trauma remedies such as Yunnan Baiyao (White Medicine from Yunnan), is the prominent use of ox bone and crab shell. In combination with other herbs, these ingredients can dramatically stimulate the mineralization and uptake of bone. Therefore, Ox Bone Pearls can also be used for bone demineralization issues such as osteoporosis.

THERAPEUTIC PRINCIPLES

- Move blood, reduce swelling and pain, resolve trauma from external injuries
- Promote bone healing by increasing mineral uptake and formation of bone web



DOSAGE

INFANTS

Dissolve contents of 1/2-1 capsule
2x/day

CHILDREN AND PREGNANT WOMEN

2 capsules 2x/day

ADULTS

3-6 capsules 2-3x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3 Ox Bone Pearls plus
3 Bamboo Pearls 2x/day
(for post-fracture pain and arthritic
changes, generally manifesting
6+ weeks after a fracture)

CAUTIONS

Not suitable in high amounts for
pregnant women

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- External injuries
- Arthritic pain, degenerating cartilage
- Malabsorption of calcium and other minerals into the bones

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- External injuries involving bone fractures
- Other types of external injuries
- Post-operative trauma (including dental procedures)
- Osteopenia, osteoporosis

Ox Bone Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For degenerative bone and joint issues due to arthritis	COMBINE WITH	Bamboo Pearls or Shenxian Dushi Dan
For tooth or jaw pain following dental procedures	COMBINE WITH	Golden Pearls
For acute Blood stagnation without bone/joint involvement	USE	Xuefu Zhuyu Tang

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Bamboo Pearls
 Golden Pearls
 Cinnamon Pearls
 Evergreen Pearls
 Mama Pearls
 Guanyin Pearls
 Vitality Pearls
 Heart Pearls
 Moon Pearls
 Sugar Pearls
 Peace Pearls
 Tiger Pearls
 Ocean Pearls
 Water Pearls
 Glacier Pearls
 Spirit Pearls
 Earth Pearls
 Amber Pearls
 Love Pearls
 Counterflow Pearls
 Balance Pearls
 Metal Pearls
 Ease Pearls
 Lightning Pearls
 Thunder Pearls
 Dragon Pearls

HERITAGE SERIES

Shenxian Dushi Dan
 Jingui Shenqi Wan
 Shengmai San
 Qianyang Dan
 Shuyu Wan
 Bazhen Tang
 Danggui Shaoyao San
 Wenjing Tang
 Guipi Tang
 Buzhong Yiqi Tang
 Fongsui Dan
 Wendan Tang
 Banxia Houpo Tang
 Xiao Chaihu Tang
 Chaihu Guizhi Ganjiang Tang

SIMILAR REMEDIES

MOVE BLOOD; ALTERNATION OPTIONS WITHOUT BONE COMPONENT

LEGACY SERIES

N/A

HERITAGE SERIES

Xuefu Zhuyu Tang
 Guizhi Fuling Wan
 Dahuang Zhechong Wan

FORMULA ARCHITECTURE

AN ALCHEMICAL THREE-FORMULA COMBINATION

1) DECOCTION

(川) 當歸 (酒洗)	Danggui	Tang-kuei, Sichuan; wine rinsed	move blood, reduce swelling and pain, resolve trauma
川芎	Chuanxiong	Ligusticum	
沒藥 (醋制)	Moyao	Myrrh; vinegar cured	
紅花	Honghua	Carthamus	
桂枝 (尖)	Guizhi	Cinnamon twig	
三七	Sanqi	Pseudoginseng	
龍骨 (煨制)	Longgu	Dragon bone; calcined	
地龍	Dilong	Lumbricus	
淫羊藿 (羊油炙)	Yinyanghuo	Epimedium; lamb fat fried	
枸杞子 (酒浸)	Gouqizi	Lycium fruit; wine soaked	
(雲) 木香	(Yun) Muxiang	Saussurea	
甘草	Gancao	Licorice	

2) SLOW-COOK DECOCTION

骨碎補	Gusuibu	Drynaria	increase mineral uptake
牛股骨	Niu Gugu	Ox bone	

Bone is selected from the front shoulder bone of ox; ox or buffalo or yak must be grass-fed, and live in a wild, non-toxic environment; bone is crushed, and then slow cooked with herb for 12 hours.

3) FINE POWDER PREPARATION

螃蟹殼	Pangxie	River crab shell	increase mineral uptake
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Crabs are selected from a clean stream that is not polluted with pesticides, nitrates, and acid rain.

Peace Pearls

Suanzao Qianyang Dan

酸棗潛陽丹

GENERAL SUPPORT

Chronic, Endocrine, Mental-Emotional, Cardiovascular

FORMULA FAMILY

Overall Warming; Warming and Consolidating with Aconite

ORGAN SYSTEMS

Heart, Pericardium, Kidney

SIX STAGES

Shaoyin

ABOUT PEACE PEARLS

The design of Peace Pearls reflects a unique approach to the common problems of anxiety and insomnia. It combines the conventional yin tonic approach to insomnia—in this case Zhang Zhongjing's classical 2nd century remedy Suanzaoren Tang (Sour Jujube Decoction)—with the yang tonic Qianyang Dan (Submerge the Yang Pellet), a 19th century modification of the classical Fuzi Lizhong Tang (Rectify the Middle Decoction with Aconite) by the scholar-physician Zheng Qin'an, revered founder of the Fire Spirit School. Zheng Qin'an and his remaining disciples interpret insomnia and other signs of upward mobility as a leaking of the Kidney battery, which requires a drawing back of the life force into the lower dantian. This downward anchoring effect is accomplished by combining aconite and amomum.



DOSAGE

ADULTS

3-6 capsules 1-2x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3 Lightning Pearls plus
2 Peace Pearls 2x/day
(for anxiety/insomnia symptoms
in Lyme disease patients)

CAUTIONS

Not suitable for most children, teenagers, and pregnant or breastfeeding women

THERAPEUTIC PRINCIPLES

- Soothe the Heart by reversing upward qi flow and fortifying the Kidney's ability to store yang and ground the *shaoyin* network
- Calm shen by nourishing Heart Blood and removing phlegm from the Heart orifice
- Eliminate restlessness by clearing localized heat from the Heart

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Anxiety
- Insomnia
- Palpitations
- Pulse: weak (possibly big/floating in Kidney position on left hand)

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Anxiety, insomnia, and palpitations due to chronic adrenal stress and/or central nervous system imbalance (especially in elderly and middle-aged patients)

Peace Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For depression/anxiety accompanied by obvious <i>shaoyang</i> or Liver qi stagnation symptoms	USE	Ease Pearls
For anxiety/insomnia during menopause	USE OR ALTERNATE WITH	Guanyin Pearls
For anxiety/insomnia without Kidney yang deficiency symptoms (mostly younger patients)	USE	Spirit Pearls
For anxiety/insomnia in children	USE	Counterflow Pearls, Spirit Pearls, or Amber Pearls
For trauma	CONSIDER	Spirit Pearls
For anxiety/insomnia associated with high blood pressure and/or blood sugar issues	USE OR COMBINE WITH	Counterflow Pearls
For dizziness	USE OR ALTERNATE WITH	Balance Pearls
For diabetes in elderly patients	ALTERNATE WITH	Sugar Pearls
For short-term insomnia during acute <i>shaoyang</i> syndrome	USE	Release Pearls
For anxiety/insomnia caused by nervous system inflammation (i.e., Lyme disease)	COMBINE WITH	Lightning Pearls or Serpent Pearls
For anxiety/insomnia caused by intestinal parasites	COMBINE WITH	Serpent Pearls or Thunder Pearls
For pronounced night sweats	COMBINE WITH	Water Pearls
For diarrhea tendency	COMBINE WITH	Amber Pearls
For decreased libido in middle-aged or elderly patients	COMBINE WITH	Love Pearls
For acute insomnia accompanied by <i>shaoyang</i> symptoms	USE	Xiao Chaihu Tang
For acute insomnia during manic episodes	USE	Chaihu Jia Longgu Muli Tang
For anxiety/insomnia in Spleen qi and Blood deficient patients	CONSIDER	Guipi Tang
For anxiety/insomnia caused by Kidney yin deficiency	USE	Jingui Shenqi Wan
For anxiety accompanied by chronic menstrual issues	USE OR ALTERNATE WITH	Wenjing Tang
For anxiety in Alzheimer patients	ALTERNATE WITH	Evergreen Pearls (Evergreen in AM, Peace in PM)
For anxiety/insomnia and depression	ALTERNATE WITH	Metal Pearls (Metal in AM, Peace in PM)
For shortness of breath	COMBINE WITH	Shengmai San
For upflaring deficiency heat	COMBINE WITH	Fengsui Dan
For chronic body pain or osteoporosis	COMBINE WITH	Shenxian Dushi Dan

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Amber Pearls
Water Pearls
Love Pearls
Lightning Pearls
Thunder Pearls
Serpent Pearls

HERITAGE SERIES

Shengmai San
Fengsui Dan
Shenxian Dushi Dan

SIMILAR REMEDIES

ALSO CALM/DESCEND UPFLARING QI IN DEFICIENT PATIENTS
SUFFERING FROM ANXIETY/INSOMNIA; ALTERNATION OPTIONS

LEGACY SERIES

Guanyin Pearls
Sugar Pearls
Spirit Pearls
Counterflow Pearls
Metal Pearls
Balance Pearls
Evergreen Pearls

HERITAGE SERIES

Qianyang Dan
Wendan Tang
Jingui Shenqi Wan
Wenjing Tang
Guipi Tang
Shuyu Wan

FORMULA ARCHITECTURE

附子 (竹刀削, 蒸制)	Fuzi	Aconite; peeled with bamboo knife, steam cured
炮姜 (砂燙)	Paojiang	Ginger; sand roasted
(西) 砂仁 (鹽炒)	Sharen	Amomum, Myanmar; salt fried
北沙參	Beishashen	Glehnia
甘草 (棗花蜜炙)	Zhi Gancao	Licorice; jujube honey flower baked
酸棗仁 (清炒)	Suanzaoren	Zizyphus; dry fried
知母 (鹽炒)	Zhimu	Anemarrhena; salt fried
川芎 (清炒)	Chuanxiong	Ligusticum; dry fried
茯神	Fushen	Poria Fushen
當歸	Danggui	Tang-kuei
苦參	Kushen	Sophora root
夜交藤	Yejiateng	Polygonum vine

Qianyang Dan

Submerge Yang Pellet
19th century formula for all symptoms of flushing up due to inability to store yang

Suanzaoren Tang

Anmian Tang

20th century remedy for insomnia

Perilla Pearls

Suzi Lihou Tang

蘇子利喉湯

GENERAL SUPPORT

Acute, Respiratory, Immune

FORMULA FAMILY

Overall Cooling

ORGAN SYSTEMS

Lung

SIX STAGES

Taiyang

ABOUT PERILLA PEARLS

Perilla Pearls is designed to treat symptoms of sore throat and cough that often accompany the common cold. It is based on Suzi Lihou Tang (Perilla Disinhibit the Throat Decoction), an 18th century remedy with the therapeutic advantage that it is suitable for both the wind heat and wind cold varieties of the cold/flu. It is enhanced by the classical 2nd century heat phlegm formula, Xiao Xianxiong Tang (Minor Sinking into the Chest Decoction), which ensures that even later stages of the common cold (such as bronchitis) can be treated successfully.

THERAPEUTIC PRINCIPLES

- Release the surface safely and effectively in acute upper respiratory infections with combined symptoms of wind cold and wind heat invasion
- Transform heat phlegm, descend uprising qi, soothe swelling



DOSAGE

INFANTS

Dissolve content of 1 capsule
2x/day

CHILDREN AND PREGNANT WOMEN

2 capsules 2-3x/day

ADULTS

3-4 capsules 3-4x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3 Perilla Pearls plus
1 Dragon Pearls 3-4x/day
(for severe throat or bronchial
inflammation)

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Cough, sore throat, swollen glands
- General feeling of malaise
- Heavy sensation in chest (feeling that phlegm is stuck behind sternum)

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Common cold
- Sore throat
- Bronchitis

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For sinus infections and copious amounts of colored phlegm in yang deficient individuals	USE	Golden Pearls
For acute bronchitis or sore throat in weak <i>taiyang</i> constitutions	CONSIDER USING	Golden Pearls
For seasonal allergies (i.e., hay fever) and/or symptoms of wheezing	USE OR COMBINE WITH	Wind Pearls
For viral cold characterized by <i>shaoyang</i> symptomology, restlessness and pain behind the eyes	USE	Release Pearls
For swollen lymph glands, sensitive throat and residual cough at tail end of acute respiratory infection (when symptoms of external wind and internal heat phlegm are not present anymore)	USE	Metal Pearls
For expectoration of thick yellow phlegm or symptoms of burning/suppurative throat conditions	COMBINE WITH	Dragon Pearls
For strong viral involvement (i.e., concurrent outbreak of herpes lesions)	COMBINE WITH	Lightning Pearls
For thick white tongue coating	COMBINE WITH	Ease Pearls
For fungal involvement	COMBINE WITH	Thunder Pearls
For viral epidemics in children characterized by skin eruptions (i.e., chickenpox or measles)	USE	Yin Qiao San
For acute cold characterized by clear <i>shaoyang</i> symptoms and absence of heat phlegm	USE	Xiao Chaihu Tang
For acute cough or sore throat accompanied by <i>shaoyang</i> symptoms (i.e., ear ache, nausea, or alternating hot/cold sensations)	COMBINE WITH	Xiao Chaihu Tang
For signs of damp heat or upflaring heat symptoms	COMBINE WITH	Fengsui Dan
For acute cough or sore throat in elderly patients with yang deficiency (causing inability to efficiently dispel external wind)	COMBINE WITH	Qianyang Dan
For autoimmune at tail end of acute respiratory infection (often indicated by shortness of breath)	COMBINE WITH	Shengmai San
For asthmatic wheezing during acute bronchitis episodes	COMBINE WITH	Shengmai San or Jingui Shenqi Wan

Perilla Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Dragon Pearls
Lightning Pearls
Thunder Pearls
Earth Pearls
Wind Pearls
Water Pearls

HERITAGE SERIES

Xiao Chaihu Tang
Shengmai San
Jingui Shenqi Wan
Fengsui Dan
Qianyang Dan

SIMILAR REMEDIES

ALSO DISPEL EXTERNAL WIND AND/OR TRANSFORM HEAT PHLEGM;
ALTERNATION OPTIONS

LEGACY SERIES

Golden Pearls
Wind Pearls
Release Pearls
Metal Pearls

HERITAGE SERIES

Xiao Chaihu Tang
Chaihu Guizhi Ganjiang Tang
Wendan Tang
Banxia Xiexin Tang

FORMULA ARCHITECTURE

紫蘇子 (清炒)
前胡
杏仁 (燻去皮)
桔梗
(浙) 貝母
玄參
薄荷
連翹
甘草

Zisuzi
Qianhu
Xingren
Jiegeng
(Zhe) Beimu
Xuanshen
Bohe
Lianqiao
Gancao

Perilla seed; dry fried
Peucedanum
Apricot seed; blanched, skin removed
Platycodon
Fritillaria
Scrophularia
Mentha
Forsythia
Licorice

Suzi Lihou Tang

瓜蒌 (實)
(法) 半夏
黃芩 (酒炒)

Gualou (Shi)
Banxia
Huangqin

Trichosanthes fruit
Pinellia; lime cured
Scutellaria; wine fried

Xiao Xianxiong Tang



Medicinal grade organic Shanyao (Dioscorea) from its traditional terroir; Huai Region of Henan Province, China

Release Pearls

Chai Ge Jieji Tang Jiajian

柴葛解肌湯加減

GENERAL SUPPORT

Acute, Respiratory, Gu Syndrome, Musculoskeletal, Digestive, Mental-Emotional

FORMULA FAMILY

Overall Cooling; Moving With Bupleurum

ORGAN SYSTEMS

Triple Warmer, Stomach, Small Intestine

SIX STAGES

Shaoyang, Yangming, Taiyang

ABOUT RELEASE PEARLS

Release Pearls is based on the design of Chai Ge Jieji Tang (Bupleurum and Kudzu Decoction to Release the Muscle Layer), which first appeared in the 15th century medical source book *Six Texts on Disorders Caused by Cold* (*Shanghan liushu*). The unorthodox design of the original formula features a clinically highly effective combination of wind dispersing herbs that simultaneously enter all three yang channels—*shaoyang*, *yangming* and *taiyang*. For the last five centuries, the remedy has been used to treat aggressive epidemic infections such as influenza or encephalitis/meningitis, especially when symptoms of headaches and/or neck stiffness are present. Since climate change has precipitated an expansion of bizarre tropical diseases such as the Zika virus and the rat lungworm into the Northern hemisphere, viral or spirochetal infections of the brain have become more common in the US and Europe. Release Pearls intends to provide options for these types of acute disorders when Western epidemiology has little to offer. By combining the original remedy with herbs used in the treatment of Gu syndrome, moreover, Release Pearls can also be used in the treatment of individuals who frequently develop severe headaches; i.e., headaches in a Lyme disease patient suffering from an acute cold.



DOSAGE

INFANTS

Dissolve content of 1/2 capsule
2x/day

CHILDREN AND PREGNANT WOMEN

2 capsules 2-3x/day

ADULTS

3-4 capsules 2-5x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3 Release Pearls plus 2 Lightning Pearls 2-3x/day (for acutely stiff neck and headache in chronic Lyme disease patient with obvious *shaoyang* symptomology)

THERAPEUTIC PRINCIPLES

- Alleviate acute head and neck pain by relieving muscle tension, dispersing wind and cooling heat
- Reverse pathological qi flow
- Moisten Heart and Kidney yin to control autoimmune reactions

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- General signs of wind cold affliction with rapid proliferation of heat signs (decreasing aversion to cold, gradually increasing fever, no sweat, dry nose and throat, restlessness and insomnia); external pathogenic influence afflicting all three yang channel systems (*taiyang, shaoyang, yangming*)
- Body pain, especially in head and neck region (headaches generally accompanied by pain behind and around the eyes)
- Acute flare-up of chronic “brain Gu” syndrome (especially if accompanied by pain in head and neck region, nausea/poor appetite and emotional distress)
- Sudden loss of vision, aversion to light
- Sudden loss of hearing, ringing in the ears
- Tongue with thin yellow coating
- Pulse floating and tight, potentially surging

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Cold flu with high fever; epidemic influenza
- Acute upper respiratory infections
- Acute infections affecting the nervous system, i.e. Coxsackie virus, West Nile virus, Zika virus; Lyme disease and co-infections (*borrelia, babesia, bartonella, ehrlichia, anaplasma*); Salmonella
- Wind heat toothache
- Tinnitus

Release Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For fibromyalgia, rheumatoid arthritis or other chronic conditions characterized by body pain	USE	Bamboo Pearls
For chronic migraine headaches	USE	Gingko Pearls or Balance Pearls
For tooth ache in patients with <i>taiyang</i> constitution	USE	Golden Pearls
For chronic <i>shaoyang</i> symptoms	USE	Ease Pearls
For acute infections accompanied by pronounced heat symptoms	COMBINE WITH	Dragon Pearls
For chronic headaches and lymphatic swelling caused by inflammation of the nervous system (i.e., Lyme disease)	CONSIDER COMBINING WITH	Lightning Pearls
For skin eruptions	COMBINE WITH	Lightning Pearls
For pronounced dizziness	USE OR COMBINE WITH	Balance Pearls
For seizures or fasciculations	USE OR COMBINE WITH	Balance Pearls
For thick tongue coating	COMBINE WITH	Earth Pearls
For diarrhea	COMBINE WITH	Earth Pearls or Thunder Pearls
For cough, stuffiness in the chest and/or sore throat	COMBINE WITH	Metal Pearls
For palpitations or irregular heart beat	COMBINE WITH	Counterflow Pearls or Spirit Pearls
For pronounced <i>shaoyang</i> symptoms (i.e., ear ache)	USE OR COMBINE WITH	Xiao Chaihu Tang
For constipation and pronounced mental symptoms	USE	Chaihu Jia Longgu Muli Tang
For <i>shaoyang</i> symptom complex with Spleen qi deficiency signs	USE	Chaihu Guizhi Ganjiang Tang
For signs of acute wind heat invasion	USE OR COMBINE WITH	Yin Qiao San

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Dragon Pearls
Lightning Pearls
Thunder Pearls
Metal Pearls
Balance Pearls
Counterflow Pearls
Earth Pearls
Spirit Pearls
Water Pearls

HERITAGE SERIES

N/A

SIMILAR REMEDIES

ALSO BUPLEURUM BASED AND THUS AFFECTING THE SHAOYANG NETWORK AND RELATED METABOLIC, ENDOCRINE AND MENTAL FUNCTIONS; ALTERNATION OPTIONS

LEGACY SERIES

Ease Pearls

HERITAGE SERIES

Xiao Chaihu Tang
Chaihu Guizhi Ganjiang Tang

FORMULA ARCHITECTURE

柴胡	Chaihu	Bupleurum
葛根	Gegen	Pueraria
白芷	Baizhu	Angelica
羌活	Qianghuo	Notopterygium
桔梗	Jiegeng	Platycodon
黄芩	Huangqin	Scutellaria
白芍	Baishao	Peony, white
(生)地黄	Sheng Dihuang	Rehmannia, raw
生姜	Shengjiang	Ginger, fresh
甘草	Gancao	Licorice
丹参	Danshen	Salvia
天门冬	Tianmendong	Asparagus
青蒿	Qinghao	Wormwood
徐长卿	Xuchangqing	Cynanchum
白豆蔻	Baidoukou	Cardamon
钩藤	Gouteng	Gambir

Chai Ge Jieji Tang

increase microcirculation in head region; control autoimmune reactions by moistening Heart and Kidney yin

reverse counterflow; resolve Gu toxins

Serpent Pearls

Jiajian Wumei Wan

加減烏梅丸

GENERAL SUPPORT

Chronic, Digestive, Metabolic, Gu Syndrome, Mental-Emotional, Skin, Cardiovascular, Women's Health

FORMULA FAMILY

Warming, Detoxifying, Moving, and Consolidating with Cinnamon and Aconite; Simultaneously Warming Deficient Yang Qi while Clearing Toxic Heat

ORGAN SYSTEMS

Liver, Pericardium, Stomach

SIX STAGES

Jueyin

ABOUT SERPENT PEARLS

Serpent Pearls is a modification of the classical remedy Wumei Wan, one of the representative *jueyin* remedies in the 2nd century formula compendium, *Treatise on Disorders Caused by Cold (Shanghan lun)*. Jueyin syndrome is the last and most complex of the six conformations outlined in the classic, generally featuring chronic, obstinate, and complex disorders characterized by multiple organ involvement as well as intertwined heat and cold symptoms. Wumei Wan therefore contains all five flavors of the herbal spectrum, and combines both extremely hot/pungent and extremely cold/bitter herbs. While many different types of chronic disease processes can be treated via the *jueyin* approach, this formula has traditionally been used most often for the treatment of parasites, especially roundworm and fluke infection causing abdominal pain and abnormal bowel movements. In recent times, the remedy's use has been expanded to treat a wide variety of chronic disorders, such as food allergies, Crohn's disease, gastric and duodenal ulcers, GERD, diabetes, degenerative processes involving the liver, and digestive and mental-emotional distress in patients suffering from spirochetal infections (such as malaria, babesia or Lyme disease).



DOSAGE

CHILDREN AND PREGNANT WOMEN

1-2 capsules 2x/day

ADULTS

2-4 capsules 2-3x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3-4 Serpent Pearls 3x/day for one week, then 4 Thunder Pearls 2x/day for one week, then repeat this regimen (up to 4 times) (for worm/fluke removal)

CAUTIONS

Avoid using during pregnancy (or use only in small amounts)

THERAPEUTIC PRINCIPLES

- Eliminate parasites, especially intestinal worms and flukes
- Harmonize *jueyin* pathology by simultaneously addressing excess heat and deficiency cold
- Warm the organs, purge the Liver and calm the Stomach
- Ease abdominal cramping and pain
- Resolve chronic diarrhea

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- History of travel to exotic regions and/or parasitic infection
- Chronic abdominal distress: cyclical bouts of abdominal cramping, epigastric/abdominal pain, bloating, indigestion, obstinate hiccups, nausea, diarrhea, blood and/or mucous in the stool
- Sensitivity to allergenic foods; little desire to eat when hungry
- Skinny constitution, body weakness, cold hands and feet, but potential heat symptoms in the upper part of the body
- Blood sugar dysregulation; thirst
- Skin problems
- Headaches; dizziness, ringing in the ears
- Emotional distress: anxiety, insomnia, vivid dreaming

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Intestinal parasitism: ascariasis (roundworms), ankylostomiasis (hookworms), strongyloidiasis, liver flukes, sheep flukes, amoebic dysentery, schistosomiasis, cholecystic flagellosis, helicobacter pylori
- Chronic digestive disorders: Chronic gastritis, gastric and duodenal ulcers, intestinal colic, GERD; ulcerative colitis, Crohn's disease; pancreatitis; chronic cholecystitis, chronic hepatitis
- Diabetes
- Hypertension; heart block, low pulse rate
- Chronic sub-acute inflammation of the nervous system, especially when accompanied by gastrointestinal symptoms: chronic Lyme disease, chronic malaria, post-meningitis/encephalitis syndrome
- Mental-emotional pathology: depression, anxiety, insomnia, neurosis, functional disturbance of vegetative nervous system; angioneurotic headache, neurasthenic headache
- Allergic purpura and other skin conditions (especially when accompanied by stomach pain)
- Gynecological disorders accompanied by heat/cold intertwinement (i.e., dry throat, irritability, yellow urine, dry stool, abdominal pain, hunger without desire to eat, cold hands and feet): menopausal syndrome, dysmenorrhea, pelvic inflammation, metrorrhagia, infertility, morning sickness

Serpent Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For intestinal parasites	ALTERNATE WITH	Thunder Pearls
For spirochetal infections or other inflammatory conditions of the nervous system	ALTERNATE WITH	Lightning Pearls
For chronic diarrhea due to Spleen qi deficiency	USE OR A COMBINATION OF	Amber Pearls Earth Pearls and Amber Pearls
For chronic headaches, fasciculations or seizures	COMBINE WITH	Balance Pearls or Ginkgo Pearls
For acid reflux, high cholesterol, and/or high blood pressure	USE OR COMBINE WITH	Counterflow Pearls or Ginkgo Pearls
For chronic hepatitis	COMBINE WITH	Ease Pearls, Counterflow Pearls, or Sugar Pearls
For chronic degenerative liver conditions	USE OR COMBINE WITH	Evergreen Pearls, Mama Pearls, Sugar Pearls, Ease Pearls, or Water Pearls
For chronic joint pain in fibromyalgia patients	COMBINE WITH	Bamboo Pearls and/or Lightning Pearls
For circulatory conditions in the extremities	COMBINE WITH	Bamboo Pearls and/or Evergreen Pearls
For skin conditions involving wind and toxicity	COMBINE WITH	Lightning Pearls
For menopausal conditions	COMBINE WITH	Moon Pearls or Guanyin Pearls
For constipation	USE OR COMBINE WITH	Tiger Pearls
For diabetes	USE IN COMBINATION WITH	Counterflow Pearls or Water Pearls
For "pi" syndrome (most often gastric ulcers with symptoms of epigastric discomfort)	USE	Banxia Xiexin Tang
For low immunity and frequent contraction of <i>taiyang</i> type colds	COMBINE WITH	Guizhi Tang
For manic episodes or psychotic breaks accompanied by constipation	CONSIDER COMBINING	Chaihu Jia Longgu Muli Tang
For constitutional Spleen qi deficiency accompanied by symptoms of Liver qi stagnation	COMBINE WITH	Chaihu Guizhi Ganjiang Tang
For signs of upflaring deficiency heat in yang deficient individuals	COMBINE WITH	Qianyang Dan
For pronounced signs of damp heat and upflaring deficiency heat	COMBINE WITH	Fengsui Dan
For autoimmune complications in the skin or mucous membranes (and need for quasi-steroidal herbal intervention)	COMBINE WITH	Jingui Shenqi Wan

DIFFERENTIATION (CONT.)

Signs and Symptoms	Recommended Use	Augment / Alternative
For chronic body pain in elderly patients	COMBINE WITH	Shenxian Dushi Dan
For signs of Blood stasis	COMBINE WITH	Xuefu Zhuyu Tang or Guizhi Fuling Wan
For signs of "dry Blood"	COMBINE WITH	Dahuang Zhechong Wan
For enlarged liver or spleen	COMBINE WITH	Biejia Jian Wan
For chronic menstrual issues	COMBINE WITH	Wenjing Tang or Danggui Shaoyao San
For Blood deficiency (including scaly skin issues related to Blood deficiency)	COMBINE WITH	Danggui San

COMPANION REMEDIES

SUITABLE FOR COMBINING

SIMILAR REMEDIES

ALSO DISPEL DAMPNESS AND GU TOXINS;
ALTERNATION OPTIONS

LEGACY SERIES

Cinnamon Pearls
Evergreen Pearls
Balance Pearls
Counterflow Pearls
Metal Pearls
Spirit Pearls
Wind Pearls

HERITAGE SERIES

Guizhi Tang
Chaihu Jia Longgu Muli Tang
Chaihu Guizhi Ganjiang Tang
Fengsui Dan
Qianyang Dan
Jingui Shenqi Wan
Shenxian Dushi Dan
Xuefu Zhuyu Tang
Guizhi Fuling Wan
Dahuang Zhechong Wan
Biejia Jian Wan
Wenjing Tang
Danggui Shaoyao San
Danggui San

LEGACY SERIES

Dragon Pearls
Thunder Pearls
Lightning Pearls
Sugar Pearls
Tiger Pearls

HERITAGE SERIES

Banxia Xiexin Tang

FORMULA ARCHITECTURE

烏梅	Wumei	Mume	Wumei Wan
黃連	Huanglian	Coptis	
黃柏	Huangbai	Phellodendron	
桂枝 (尖)	Guizhi	Cinnamon twig	
乾姜	Ganjiang	Ginger; dry	
高良姜	Gaoliangjiang	Galanga	
(制) 附子(黑)	Fuzi (Zhi)	Fuzi, black; processed	
北沙參	Beishashen	Glehnia	
當歸尾	Dangguiwei	Tang-kuei tail	
蜀椒 (炒)	Shujiao	Zanthoxylum; fried	
榧子	Feizi	Torreya grande seed	increase anti-parasitic effect
鬱金	Yujin	Curcuma	

Wumei Wan

increase anti-parasitic effect

Spirit Pearls

Anshen Yin

安神飲

GENERAL SUPPORT

Chronic, Mental-Emotional, Neurological, Endocrine

FORMULA FAMILY

Descending and Moistening with Pinellia and/or Apricot Seed

ORGAN SYSTEMS

Heart, Lung, Pericardium

SIX STAGES

Jueyin, Yangming

ABOUT SPIRIT PEARLS

Based on the *Shanghan lun* formulas Suanzaoren Tang (Suanzaoren has been replaced by Lingzhi in this most recent release) and Baihe Huashi San as well as the clinical case histories of the Northern Chinese master physician Dr. Wu Sheng'an, whose approach to difficult and recalcitrant diseases reflects the lineages of the imperial court physician Zhu Mulin and the middle and upper burner teachings of the 18th century clinician Huang Kunzai. This unique herb combination calms shen and neutralizes anxiety/trauma by stabilizing the yin of the Heart and Lung, opening the orifice of the Heart, and reversing energetic counterflow affecting the chest and head region.

THERAPEUTIC PRINCIPLES

- Settle the shen and po spirits; reconnect to the light of consciousness (*tong shenming*)
- Soothe the heart and lungs by reversing upward qi flow; calm the spirit by nourishing Heart Blood and Lung yin
- Ease physical and emotional stress in head and chest areas; regulate brain chemistry and acute states of endocrine imbalance
- Open the orifice of the Heart by removing phlegm in the upper burner (utilizing herbs that have a specific affinity to the functioning of spirit, heart, and brain)
- Promote the proper flow of qi and Blood by disinhibiting the "vessel opening" function of the Lung



DOSAGE

CHILDREN AND PREGNANT WOMEN

2 capsules 2x/day

ADULTS

3-5 capsules 1-2x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3-4 Spirit Pearls 1x/day plus
2-3 Gingko Pearls 1x/day
(for symptoms of acute mental/emotional distress involving drug addiction or substance abuse)

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Acute states of panic, feeling “out of sorts”
- History of trauma
- Heartbreak
- Anxiety
- Insomnia
- Palpitations
- Physical counterflow symptoms: chest and throat congestion, hyperventilating, shortness of breath
- Emotional counterflow symptoms: sensation of being stuck and overwhelmed, grief/sadness, indecisiveness, frequent sighing, hallucinations

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Amber Pearls
Earth Pearls
Cinnamon Pearls
Bamboo Pearls
Evergreen Pearls
Ease Pearls
Release Pearls
Metal Pearls
Counterflow Pearls
Balance Pearls
Gingko Pearls
Lightning Pearls
Thunder Pearls
Serpent Pearls
Tiger Pearls
Sugar Pearls
Heart Pearls
Guanyin Pearls
Vitality Pearls

HERITAGE SERIES

Wendan Tang
Banxia Houpo Tang
Banxia Xiexin Tang
Guizhi Tang
Lizhong Wan
Qianyang Dan
Fengsui Dan
Xiao Chaihu Tang
Chaihu Guizhi Ganjiang Tang
Xuefu Zhuyu Tang
Guizhi Fuling Wan
Dahuang Zhechong Wan
Biejia Jian Wan

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Mental-emotional pathology: anxiety, depression, hysteria, possession, psychotic states
- Insomnia, palpitations, stress
- Obsessive compulsive disorder (OCD)
- Autism

SIMILAR REMEDIES

ALSO CALM ADRENALS BY TONIFYING HEART/LUNG YIN AND RESTORE DOWNWARD ENERGY FLOW; ALTERNATION OPTIONS

LEGACY SERIES

Peace Pearls
Counterflow Pearls
Gingko Pearls
Metal Pearls

HERITAGE SERIES

Guipi Tang
Jingui Shenqi Wan
Wenjing Tang

Spirit Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For anxiety/insomnia involving signs of yang deficiency	USE	Peace Pearls
For acute heartbreak or psychotic break	CONSIDER COMBINING WITH	Gingko Pearls
For symptoms of acute mental/emotional distress involving drug addiction or substance abuse	USE OR COMBINE WITH	Gingko Pearls
For anxiety/insomnia in patients with chronic nervous system inflammation (i.e., Lyme disease)	COMBINE WITH	Lightning Pearls
For anxiety/insomnia or psychosis in patients with chronic parasitic inflammation in the digestive tract	COMBINE WITH	Thunder Pearls or Serpent Pearls
For anxiety/insomnia and/or depression accompanied by obvious symptoms of chest congestion	COMBINE WITH	Metal Pearls
For pronounced anxiety/insomnia in elderly patients with dementia or Parkinsons	COMBINE WITH	Evergreen Pearls
For depression/anxiety accompanied by obvious <i>shaoyang</i> or liver qi stagnation symptoms	USE OR COMBINE WITH	Ease Pearls
For anxiety/insomnia accompanied by acid reflux, high cholesterol, and/or high blood pressure	USE OR COMBINE WITH	Counterflow Pearls
For anxiety/insomnia accompanied by dizziness, tremors or tics	COMBINE WITH	Balance Pearls
For anxiety/insomnia, palpitations or OCD in children with a clear connection between digestive issues and imbalanced brain chemistry	USE OR COMBINE WITH	Earth Pearls, Cinnamon Pearls or Counterflow Pearls
For anxiety/insomnia in peri-menopausal patients	COMBINE WITH	Moon Pearls
For anxiety/insomnia in post-menopausal patients	USE	Guanyin Pearls and Peace Pearls
	OR COMBINE WITH	Guanyin Pearls
For anxiety/insomnia in thyroid conditions accompanied by signs of yang deficiency	COMBINE WITH	Vitality Pearls
For anxiety/insomnia in thyroid conditions accompanied by signs of stagnant heat	COMBINE WITH	Ease Pearls and/or Metal Pearls
For anxiety/insomnia in elderly patients with degenerative heart disease	USE	Heart Pearls and Peace Pearls
	OR COMBINE WITH	Heart Pearls
For obsessive compulsive disorder	COMBINE WITH	Gingko Pearls
For autism in children	COMBINE WITH	Earth Pearls, Amber Pearls, Gingko Pearls, or Thunder/Lightning Pearls

DIFFERENTIATION (CONT.)

Signs and Symptoms	Recommended Use	Augment / Alternative
For symptoms of jet lag	COMBINE WITH	Earth Pearls or Vitality Pearls
For excess types of psychosis characterized by Liver qi stagnation	USE	Chaihu Jia Longgu Muli Tang
For anxiety/insomnia due to Heart Blood deficiency	ALSO CONSIDER	Guipi Tang
For mental-emotional symptoms in patients with gynecological diseases	ALSO CONSIDER	Wenjing Tang
For anxiety/insomnia due to heat phlegm in the Gallbladder	USE	Wendan Tang
For anxiety/insomnia in patients with chronic hepatitis and/or long/wiry pulse on the right wrist	USE	Banxia Xiexin Tang
For plum pit syndrome	USE OR COMBINE WITH	Banxia Houpo Tang
For anxiety/insomnia due to Kidney qi/yin deficiency	USE	Jingui Shenqi Wan
For anxiety/insomnia due to Lung qi/yin deficiency (often characterized by shortness of breath)	ALSO CONSIDER	Shengmai San
For anxiety/insomnia accompanied by <i>taiyin</i> symptoms	COMBINE WITH	Lizhong Wan or Guizhi Tang
For anxiety/insomnia accompanied by <i>shaoyang</i> symptoms	COMBINE WITH	Xiao Chaihu Tang
For anxiety/insomnia accompanied by a combination of <i>taiyin</i> and <i>shaoyang</i> symptoms	COMBINE WITH	Chaihu Guizhi Ganjiang Tang
For anxiety/insomnia or trauma due to deficient and upflaring Kidney yang	COMBINE WITH	Qianyang Dan
For anxiety/insomnia due to upflaring deficiency heat from the Kidney	COMBINE WITH	Fengsui Dan
For anxiety/insomnia or trauma with signs of Blood stasis	COMBINE WITH	Xuefu Zhuyu Tang or Guizhi Fuling Wan
For anxiety/insomnia with signs of "dry Blood"	COMBINE WITH	Dahuang Zhechong Wan
For anxiety/insomnia in chronic parasitic infections causing enlarged liver or spleen	COMBINE WITH	Biejia Jian Wan

Spirit Pearls

FORMULA ARCHITECTURE

靈芝	Lingzhi	Ganoderma	Suanzaoren Tang modification (minus Suanzaoren in recent version)
川芎 (酒炒)	Chuanxiong	Ligusticum; wine fried	
茯神	Fushen	Poria Fushen	
夜交藤	Yejiateng	Polygonum vine	
(紅) 百合 (蜜炙)	Baihe	Lily, red; honey baked	Baihe Huashi San
滑石	Huashi	Talcum	
(西) 砂仁	Sharen	Amomum, Myanmar	reverse counterflow in upper burner
杏仁	Xingren	Apricot seed	
桃仁 (清炒)	Taoren	Persica seed; dry fried	
石菖蒲 (米泔水制)	Shichangpu	Acorus; rice steamed	calm spirit; open heart orifice
遠志 (甘草制)	Yuanzhi	Polygala; licorice cured	
云實 (蒸制)	Yunshi	Caesalpinia; steam cured	
馬躉草	Madengcao	Camptosorus	



Wildcrafted Shichangpu (*Acorus gramineus*); Hubei, China

Sugar Pearls

Jueming Hema Tang

決明苜麻湯

GENERAL SUPPORT

Chronic, Metabolic, Digestive, Immune, Neurological, Gu Syndrome, Anti-Mass

FORMULA FAMILY

Moving and Consolidating with Cinnamon and Aconite; Simultaneously Warming Deficient Yang Qi while Clearing Toxic Heat, Warming, Detoxifying

ORGAN SYSTEMS

Liver, Spleen, Stomach, Pericardium

SIX STAGES

Jueyin, Taiyin, Yangming

ABOUT SUGAR PEARLS

Sugar Pearls is designed to treat entrenched metabolic issues such as diabetes, but also milder conditions of sugar dysregulation. It is also suitable to treat chronic conditions of the Liver and eyes. From a clinical perspective, diabetes and pre-diabetic conditions are complex and involve pathological changes in many different organ systems. Spleen yang collapse is addressed by the classical remedy Fuzi Lizhong Wan (Rectify the Middle Pill with Aconite), while Stomach and Lung yin depletion are moistened with the well-known 13th century formula Shengmai San (Generate the Pulse Powder). In addition, stagnant heat in the Liver and Small Intestine axis is purged with a variety of herbs that have long been employed by Chinese folk herbalists for the treatment of diabetes. Laportea, a Chinese nettle species, represents a rare Daoist folk remedy that can treat various forms of dysglycemia. Finally, blood moving herbs enhance microcirculation and prevent tissue degeneration.



DOSAGE

ADULTS

3-4 capsules 2-3x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3 Sugar Pearls plus
2 Water Pearls 2x/day
(for chronic degenerative eye disorders)

CAUTIONS

Not suitable for most children and pregnant or breastfeeding women

THERAPEUTIC PRINCIPLES

- Stabilize blood sugar levels, reduce cellular toxicity, improve microcirculation, and prevent cellular degeneration by tonifying Spleen/Stomach qi, clearing Liver heat, moving Blood and nourishing yin

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Symptoms of blood sugar imbalance: spaciness, fatigue, mood changes, PMS, sugar craving, headaches, difficulty focusing the eyes, tremors, temperamental outbursts, depression, excessive sweating, hot flashes, palpitations, cold extremities, abdominal pain, panic attacks
- Weight gain, especially around the midsection
- Elevated blood pressure
- Elevated eye pressure, degenerative eye changes
- Elevated cholesterol and triglycerides
- Increased deposits of plaque in the arterial walls; neuropathy
- Immune suppression
- Insulin resistance

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Pre-diabetes, diabetes (type II), and other sugar diseases
- Syndrome X
- Glaucoma
- Chronic hepatitis
- Digestive and metabolic toxicity in chronic Lyme and Epstein infection patients

Sugar Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For diabetes	ALSO CONSIDER OR COMBINE WITH	Counterflow Pearls
For acid reflux and high blood pressure	USE OR COMBINE WITH	Counterflow Pearls
For Lyme disease or EBV	COMBINE WITH	Lightning Pearls
For digestive parasites	COMBINE WITH	Thunder Pearls or Serpent Pearls
For chronic hepatitis or degenerative eye changes accompanied by yin deficiency symptoms (i.e., dry eyes)	COMBINE WITH	Water Pearls
For constipation	ALTERNATE WITH	Tiger Pearls
For hypoglycemia	ALTERNATE WITH	Vitality Pearls
For neuropathy and memory issues	COMBINE WITH	Evergreen Pearls
For anxiety/insomnia or trauma	COMBINE WITH	Spirit Pearls
For decreased libido	COMBINE WITH	Love Pearls
For diarrhea tendency	COMBINE WITH	Amber Pearls
For constipation	ALTERNATE WITH	Tiger Pearls
For blood sugar issues accompanied by high blood pressure or acid reflux	ALSO CONSIDER	Wendan Tang
For chronic hepatitis with symptoms of Blood stasis	COMBINE WITH	Xuefu Zhuyu Tang
For liver toxicity with signs of “dry Blood”	COMBINE WITH	Dahuang Zhechong Wan
For enlarged liver or spleen	COMBINE WITH	Biejia Jian Wan
For pronounced damp heat symptoms, or for signs of upflaring deficiency heat	COMBINE WITH	Fengsui Dan
For edema	COMBINE WITH	Wuling San or Jingui Shenqi Wan

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Counterflow Pearls
Metal Pearls
Dragon Pearls
Thunder Pearls
Serpent Pearls
Lightning Pearls
Water Pearls
Glacier Pearls
Spirit Pearls
Evergreen Pearls
Love Pearls
Amber Pearls

HERITAGE SERIES

Fengsui Dan
Xuefu Zhuyu Tang
Dahuang Zhechong Wan
Biejia Jian Wan
Wuling San
Jingui Shenqi Wan

SIMILAR REMEDIES

ALSO ELIMINATE TOXIC STASIS IN THE MIDDLE AND LOWER BURNER;
ALTERNATION OPTIONS

LEGACY SERIES

Tiger Pearls
Ocean Pearls
Heart Pearls
Mama Pearls

HERITAGE SERIES

Guizhi Fuling Wan
Dahuang Zhechong Wan

FORMULA ARCHITECTURE

附子 (竹刀削, 蒸制)	Fuzi	Aconite; peeled w/ bamboo knife, steam cured	Fuzi Lizhong Tang
西洋參	Xiyangshen	American ginseng	
炮姜 (砂燙)	Paojiang	Ginger; sand roasted	
白朮 (米蒸)	Baizhu	Atractylodes, white; rice steamed	
甘草	Gancao	Licorice	
麥門冬	Maimendong	Ophiopogon	Shengmai San
五味子 (酒蒸)	Wuweizi	Schisandra; wine steamed	
(越南) 肉桂	Rougui	Cinnamon bark, Vietnam	Taohe Chengqi Tang
桃仁 (清炒)	Taoren	Persica seed; dry fried	
決明子	Juemingzi	Cassia seed	
虎杖	Huzhang	Polygonatum	
梔子 (清炒)	Zhizi	Gardenia; dry fried	
丹參	Danshen	Salvia	
靈芝	Lingzhi	Ganoderma	stabilize blood sugar level
紅線麻	Hongxianma	Laportea	

Thunder Pearls

Su He Tang Jiawei I

蘇荷湯加味 I

GENERAL SUPPORT

Chronic, Gu Syndrome, Digestive, Immune, Neurological

FORMULA FAMILY

Simultaneously Warming Deficient Yang Qi While Simultaneously Clearing Toxic Heat

ORGAN SYSTEMS

Stomach, Large Intestine, Small Intestine, Spleen

SIX STAGES

Yangming, Taiyang

ABOUT THUNDER PEARLS

The design of Thunder Pearls reflects a unique approach to the difficult and recalcitrant problem of chronic parasitic infection in the digestive tract. It is based on the Qing dynasty remedy Jiajian Su He Tang (Perilla and Mint Decoction Modified), and represents a time-honored solution for the important clinical phenomenon of “Digestive Gu Syndrome”. Thunder Pearls aims to treat terrain issues associated with various deficiencies in the patient’s qi, yin, and Blood. Due to its complex design, it can be used for a wide variety of disorders that involve chronic inflammation.

THERAPEUTIC PRINCIPLES

- Nourish terrain and soothe digestive system in patients with “digestive Gu syndrome” using anti-microbial tonic herbs
- Kill parasites, bacteria, and fungi
- Harmonize stagnation and inflammation in the digestive tract
- Reduce abdominal pain and discomfort
- Regulate bowel movement



DOSAGE

INFANTS

1 capsule 2x/day

CHILDREN AND PREGNANT WOMEN

2 capsules 2-3x/day

ADULTS

3-6 capsules 2-3x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3 Thunder Pearls plus
2 Earth Pearls 2-3x/day
(for chronic yeast conditions in the digestive tract)

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Chronic abdominal discomfort after travel to Asia, Africa, or South America
- Chronic gas/bloating; alternating diarrhea/constipation; strangely formed bowel movement
- Chronic feeling of exhaustion and lack of reserves
- Frontal headaches (typically food related), blurry vision, food allergies, brain fog
- Restlessness, anxiety/depression; insomnia; vivid dreaming, nightmares
- Sensation of “possession” (“I want my life back”)
- Grimy tongue coating; weak (yet occasionally wiry/tight on right hand) pulse

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Dragon Pearls
Serpent Pearls
Cinnamon Pearls
Evergreen Pearls
Earth Pearls
Ease Pearls
Release Pearls
Balance Pearls
Counterflow Pearls
Metal Pearls
Spirit Pearls
Vitality Pearls
Sugar Pearls
Ocean Pearls
Tiger Pearls
Peace Pearls
Wind Pearls

HERITAGE SERIES

Guizhi Tang
Xiao Chaihu Tang
Chaihu Jia Longgu Muli Tang
Chaihu Guizhi Ganjiang Tang
Banxia Xiexin Tang
Fengsui Dan
Qianyang Dan
Jingui Shenqi Wan
Shenxian Dushi Dan
Xuefu Zhuyu Tang
Guizhi Fuling Wan
Dahuang Zhechong Wan
Biejia Jian Wan
Wenjing Tang
Danggui Shaoyao San
Danggui San

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Protozoan infections (amoeba, giardia, blastocystis, toxoplasma)
- Fungal infections (candida, aspergillus, mucor racemosus)
- Bacterial infections (enterococcus, e-coli, salmonella, klebsiella)
- Fibromyalgia, chronic fatigue syndrome; IBS, chronic colitis

SIMILAR REMEDIES

ALSO DISPEL WIND, DAMPNESS AND GU TOXINS; ALTERNATION OPTIONS

LEGACY SERIES

Lightning Pearls

IN CERTAIN CIRCUMSTANCES, THE FOLLOWING CAN ALSO BE CONSIDERED AS ALTERNATION OPTIONS:
Serpent Pearls
Ease Pearls

HERITAGE SERIES

N/A

Thunder Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For spirochetes and/or chronic viral infection of the nervous system	USE	Lightning Pearls
For worms and flukes	USE OR COMBINE WITH	Serpent Pearls
For acute sore throat or bronchitis	COMBINE WITH	Perilla Pearls
For fungal infection in sinuses	COMBINE WITH	Golden Pearls
For pronounced heat symptoms	COMBINE WITH	Dragon Pearls
For <i>shaoyang</i> involvement	COMBINE WITH	Ease Pearls
For frequent headaches and/or dizziness	COMBINE WITH	Balance Pearls
For OCD	COMBINE WITH	Balance Pearls
For constipation in Spleen qi deficient patients	COMBINE WITH	Tiger Pearls
For thick tongue coating and/or diarrhea tendency	COMBINE WITH	Earth Pearls
For anti-parasite regimen in areas with endemic parasitism	COMBINE WITH	Earth Pearls
For food allergies	COMBINE WITH	Cinnamon Pearls
For hay fever and tendency to other respiratory allergies (including mold)	COMBINE WITH	Wind Pearls or Golden Pearls
For palpitations	COMBINE WITH	Counterflow Pearls or Spirit Pearls
For chest oppression	COMBINE WITH	Metal Pearls
For low immunity and frequent contraction of <i>taiyang</i> type colds	COMBINE WITH	Guizhi Tang
For acute <i>shaoyang</i> symptoms (wiry/fine pulse on the left wrist, nausea, alternating hot/cold sensations, etc)	COMBINE WITH	Xiao Chaihu Tang
For acute manic episodes or psychotic breaks accompanied by constipation	COMBINE WITH	Chaihu Jia Longgu Muli Tang
For constitutional Spleen qi deficiency accompanied by symptoms of Liver qi stagnation	COMBINE WITH	Chaihu Guizhi Ganjiang Tang
For signs of damp heat or upflaring deficiency heat	COMBINE WITH	Fengsui Dan
For autoimmune involvement of the skin or mucous membranes (and need for quasi-steroidal herbal intervention)	COMBINE WITH	Jingui Shenqi Wan
For chronic body pain in elderly patients	COMBINE WITH	Shenxian Dushi Dan
For signs of Blood stasis	COMBINE WITH	Xuefu Zhuyu Tang or Guizhi Fuling Wan
For signs of "dry Blood"	COMBINE WITH	Dahuang Zhechong Wan
For enlarged liver or spleen	COMBINE WITH	Biejia Jian Wan

DIFFERENTIATION (CONT.)

Signs and Symptoms	Recommended Use	Augment / Alternative
For chronic menstrual issues	COMBINE WITH	Wenjing Tang or Danggui Shaoyao San
For first trimester of pregnancy	COMBINE WITH	Danggui San
For Blood deficiency (including scaly skin issues related to Blood deficiency)	COMBINE WITH	Danggui San

FORMULA ARCHITECTURE

金銀花	Jinyinhua	Lonicera	Jiajian Su He Tang	
紫蘇葉	Zisuye	Perilla leaf		
白芷	Baizhi	Angelica		
(川) 當歸	Danggui	Tang-kuei, Sichuan		
川芎	Chuanxiong	Lingusticum		
黃耆	Huangqi	Astragalus		
甘草	Gancao	Licorice		
百合	Baihe	Lily bulb		
黃精 (酒蒸)	Huangjing	Polygonatum, wine steamed		
三棱	Sanleng	Sparganium		
莪朮	Ezhu	Zedoaria		
丁香	Dingxiang	Clove		
苦參	Kushen	Sophora root		reduce inflammation in digestive system
蛇床子 (清炒)	Shechuangzi	Cnidium fruit; dry fried		
貫眾	Guanzhong	Dryopteris		
白扁豆 (清炒)	Baibiandou	Dolichos; dry fried		

Tiger Pearls

Taohe Wenpi Tang

桃核温脾汤

GENERAL SUPPORT

Chronic, Digestive, Metabolic,
Anti-Mass

ORGAN SYSTEMS

Kidney, Large Intestine, Spleen,
Stomach

FORMULA FAMILY

Warming and Consolidating with
Aconite; Simultaneously Warming
Deficient Yang Qi while Clearing
Toxic Heat; Transform Toxic Stasis
with Rhubarb

SIX STAGES

Taiyin, Tangming, Shaoyin

ABOUT TIGER PEARLS

Tiger Pearls are designed to offer a constitutional approach to chronic constipation in middle-aged and elderly patients. Generally, TCM doctrine regards constipation issues as a combination of *yangming* heat and metal dryness, requiring purgative action with cooling and moistening ingredients, i.e. Maziren Wan (Hemp Seed Pill). However, most patients suffering from chronic constipation tend to be elderly, thyroid deficient, and exhibit poor bowel motility. Tiger Pearls employ Sun Simiao's 7th century remedy Wenpi Tang (Warm the Spleen Decoction) to "restart" the system, by embedding the purgative power of rhubarb in an environment of herbs that gently warm the Spleen and the Kidney. The 2nd century remedy Taohe Chengqi Tang (Peach Pit Decoction to Order the Qi) increases blood circulation in the intestinal walls, ensures elimination of cellular waste, and prevents degenerative processes. Due to the powerfully detoxifying combination of aconite and rhubarb, Tiger Pearls can also be used for colon cancer, as well as for kidney failure and high creatinine levels.



DOSAGE

ADULTS

3-4 capsules 2x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3 Tiger Pearls plus
2 Water Pearls 2x/day
(for chronic constipation with
pronounced symptoms of dryness)

CAUTIONS

Not suitable for most children and
pregnant or breastfeeding women

THERAPEUTIC PRINCIPLES

- Resolve habitual constipation and deep-seated cellular toxicity in overall deficient individuals by clearing *yangming* networks (Stomach/Large Intestine) and boosting Spleen/Kidney functions; normalize bowel movements by balancing thyroid levels
- Curb auto-immune reactions by reducing toxic load

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Constipation; or alternating diarrhea and constipation
- Cold and congested feeling in lower abdomen
- Undigested food in stool

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Chronic constipation
- Primary remedy for degenerative diseases where purging of toxicity from the cellular matrix is required: kidney failure, diabetes, cancer (especially colon cancer and deficiency based bone marrow cancers like multiple myeloma), etc.
- Irritable bowel syndrome, leaky gut syndrome; ulcerative colitis, Crohn's disease
- Anemia, pernicious anemia, aplastic anemia

Tiger Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For constipation with primary signs of qi stagnation	USE	Metal Pearls
For constipation caused by parasitic disease	COMBINE WITH	Thunder Pearls or Serpent Pearls
For constipation in chronic Lyme disease patients	ALTERNATE WITH	Sugar Pearls
For diabetes	USE OR ALTERNATE WITH	Sugar Pearls
For glomerulonephritis and kidney failure	ALTERNATE WITH AND CONSIDER COMBINING WITH	Ocean Pearls Water Pearls
For bladder cancer	USE OR ALTERNATE WITH	Ocean Pearls
For lung cancer, throat/tongue cancer, esophageal cancer, and colon cancer	COMBINE WITH	Glacier Pearls
For low thyroid values and/or osteoporosis	ALTERNATE WITH	Vitality Pearls or Guanyin Pearls
For pernicious anemia	ALTERNATE WITH	Vitality Pearls
For aplastic anemia	COMBINE WITH	Love Pearls
For leukemia	CONSIDER USING	Dragon Pearls or Ease Pearls
For anxiety/insomnia	COMBINE WITH	Spirit Pearls
For constipation with <i>shaoyang</i> involvement and predominance of mental symptoms	USE	Chaihu Jia Longgu Muli Tang
For malignancies of the digestive tract (i.e., cancer of the colon, stomach, small intestine, pancreas, gallbladder ducts)	ALSO CONSIDER	Xiao Chaihu Tang, Chaihu Jia Longgu Muli Tang, and Chaihu Guizhi Ganjiang Tang
For malignancies in the middle and lower burner regions	CONSIDER COMBINING WITH	Dahuang Zhechong Wan or Biejia Jian Wan
For pronounced damp heat symptoms, or for signs of upflaring deficiency heat	COMBINE WITH	Fengsui Dan
For edema	COMBINE WITH	Wuling San or Jingui Shenqi Wan

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Metal Pearls
Dragon Pearls
Thunder Pearls
Serpent Pearls
Lightning Pearls
Water Pearls
Glacier Pearls
Mama Pearls
Spirit Pearls
Love Pearls

HERITAGE SERIES

Fengsui Dan
Dahuang Zhechong Wan
Biejia Jian Wan
Shengmai San
Jingui Shenqi Wan

SIMILAR REMEDIES

ALSO ELIMINATE TOXIC STASIS IN THE MIDDLE AND LOWER BURNER;
ALTERNATION OPTIONS

LEGACY SERIES

Sugar Pearls
Ocean Pearls

HERITAGE SERIES

Guizhi Fuling Wan
Dahuang Zhechong Wan

FORMULA ARCHITECTURE

附子 (竹刀削, 蒸制)	Fuzi	Aconite; peeled with bamboo knife, steam cured	Wenpi Tang
刺五加	Ciwujia	Eleuthero	
乾姜	Ganjiang	Ginger; dried	
大黃	Dahuang	Rhubarb	
桂枝 (尖)	Guizhi	Cinnamon twig	Taohe Chengqi Tang
赤芍	Chishao	Peony, red	
芒硝 (蘿蔔制)	Mangxiao	Mirabilitum; radish cured	
桃仁 (清炒)	Taoren	Persica seed; dry fried	
甘草 (棗花蜜炙)	Zhi Gancao	Licorice; jujube flower honey baked	
何首烏 (黑豆制)	Heshouwu	Heshouwu; black bean cured	moisten Large Intestine, Kidney, Liver; balance drying herbs

Vitality Pearls

Jianyang Dan

建陽丹

GENERAL SUPPORT

Chronic, Digestive, Immune, Endocrine, Fertility, Gu Syndrome, Bone Health

FORMULA FAMILY

Overall Warming; Warming and Consolidating with Aconite

ORGAN SYSTEMS

Kidney, Lung, Spleen

SIX STAGES

Shaoyin, Taiyin

ABOUT VITALITY PEARLS

The design of Vitality Pearls reveals a most general tonic for the Spleen, Lung and Kidney systems. The classical formula Fuzi Lizhong Wan (Rectify the Middle Pill with Aconite) is perhaps the most typical remedy to restore the yang forces in chronically debilitated patients. As a built-in safety mechanism, Vitality Pearls buffers the exclusive warming properties of Lizhong Wan by including a minimal amount of the bitter/cold herb coptis, while balancing its drying properties with ingredients that moisten the yin of Lung and Stomach. Epimedium and psoralea are added to further strengthen the yang tonic effect, and further serve as guiding herbs to the bone layer. Vitality Pearls, therefore, is not only a most suitable way to achieve the final “recharging” goal in the treatment of chronic debilitating diseases, but represents a constitutional remedy for the common patient type presenting with chronically weak digestion, food allergies, thyroid issues and osteoporosis. In addition, Vitality Pearls represents the most straightforward way to prescribe the restorative herb aconite within the Classical Pearl series, and may even be used from the very beginning in the treatment of yang deficient “Gu syndrome” (Lyme disease, etc.) patients.



DOSAGE

ADULTS

3-4 capsules 2x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3 Vitality Pearls plus
2 Amber Pearls 2x/day
(for chronic diarrhea)

CAUTIONS

Not suitable for most children and pregnant or breastfeeding women

THERAPEUTIC PRINCIPLES

- Tonify yang qi in post-natal (*taiyin*) and pre-natal (*shaoyin*) organ systems
- Strengthen bones and prevent osteoporosis; balance endocrine system (esp. thyroid) and stabilize blood sugar
- Eliminate residual parasites, stabilize vitality of terrain (needed at tail end of treatment plan for most patients recovering from chronic illness)

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Weak *taiyin* constitution in middle-aged or elderly patients
- Fatigue (often accompanied by inner restlessness)
- General state of yang deficiency after/during recovery from chronic disease
- Prior history of parasite/yeast infections
- Gas/bloating

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Second and third stage of Gu Syndrome (chronic parasitism) treatment
- Osteoporosis
- Chronic digestive weakness; food allergies; mouth ulcers
- Blood sugar imbalances
- Hypothyroidism

Vitality Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For earlier stages of Digestive Gu (digestive parasitism) treatment	USE OR COMBINE WITH	Thunder Pearls
For earlier stages of Brain Gu (nervous system inflammation) treatment	USE OR COMBINE WITH	Lightning Pearls
For endocrine imbalances due to menopause	USE OR ALTERNATE WITH	Guanyin Pearls
For obvious anxiety and/or insomnia	USE	Peace Pearls
For heart disease	USE	Heart Pearls
For constipation	USE	Tiger Pearls
For pronounced sugar metabolism issues	USE	Sugar Pearls
For food allergies	ALSO CONSIDER	Cinnamon Pearls
For chronic bruising/bleeding leading to anemia	USE	Moon Pearls
For constitutional <i>taiyin</i> issues accompanied by thick tongue coating	USE OR COMBINE WITH	Earth Pearls
For chronic weakness in bones, tendons, and connective tissue due to history of injuries, or signs of osteopenia/osteoporosis	COMBINE WITH	Ox Bone Pearls
For chronic diarrhea	COMBINE WITH	Amber Pearls
For decreased libido	COMBINE WITH	Love Pearls
For pronounced dryness symptoms	COMBINE WITH	Water Pearls
For <i>taiyin</i> constitutional issues in younger individuals (without need for Fuzi)	USE	Lizhong Wan
For <i>taiyin</i> constitution with signs of organ prolapse	USE	Buzhong Yiqi Tang
For (anemia related) dizziness and palpitations	USE	Guipi Tang
For <i>taiyin</i> constitution accompanied by pronounced symptoms of chronic fatigue	USE OR ALTERNATE WITH	Shuyu Dan
For chronic lassitude accompanied by body pain	USE OR COMBINE	Shenxian Dushi Dan
For signs of damp heat or upflare of deficient heat	COMBINE WITH	Fengsui Dan

COMPANION REMEDIES

SUITABLE FOR COMBINING

SIMILAR REMEDIES

ALSO PROVIDE CONSTITUTIONAL SUPPORT FOR THE TAIYIN NETWORKS IN CHRONICALLY FATIGUED INDIVIDUALS, AND/OR ALSO FEATURE FUZI AS THE LEAD HERB; ALTERNATION OPTIONS

LEGACY SERIES

Amber Pearls
 Love Pearls
 Ox Bone Pearls
 Thunder Pearls
 Lightning Pearls
 Serpent Pearls
 Earth Pearls
 Water Pearls
 Spirit Pearls
 Glacier Pearls
 Wind Pearls

HERITAGE SERIES

Shengmai San
 Fengsui Dan
 Shenxian Dushi Dan

LEGACY SERIES

Guanyin Pearls
 Heart Pearls
 Moon Pearls
 Peace Pearls
 Sugar Pearls
 Tiger Pearls
 Earth Pearls
 Amber Pearls

HERITAGE SERIES

Qianyang Dan
 Lizhong Wan
 Shuyu Wan
 Buzhong Yiqi Tang
 Guipi Tang

FORMULA ARCHITECTURE

附子 (竹刀削, 蒸制)	Fuzi	Aconite; peeled with bamboo knife, steam processed	 Fuzi Lizhong Tang
乾姜	Ganjiang	Ginger; dried	
白朮 (米蒸)	Baizhu	Atractylodes, white; rice steamed	
五加參	Ciwujia	Eleuthero	
甘草	Gancao	Licorice	
百合	Baihe	Lily bulb	anti-parasite/yeast; calm nervous system
黃精 (蒸)	Huangjing	Polygonatum root; steamed	
淫羊藿	Yinyanghuo	Epimedium; spikes removed	strengthen bones
補骨脂 (鹽)	Buguzhi	Psoralea; soaked in salt water	
黃連 (醋炒)	Huanglian	Coptis; vinegar fried	balance formula temperature; clear localized Stomach heat

Water Pearls

Yanling Guben Dan

延齡固本丹

GENERAL SUPPORT

Chronic, Reproductive, Urinary, Immune, Endocrine, Fertility, Cardiovascular, Neurological

FORMULA FAMILY

Overall Warming; Warming and Moistening with Rehmannia

ORGAN SYSTEMS

Bladder, Kidney, Liver, Lung, Spleen

SIX STAGES

Shaoyin, Taiyin

ABOUT WATER PEARLS

Water Pearls complements Classical Pearl's trademark aconite approach to chronic Spleen/Kidney weakness with a rehmannia based remedy. Its design is based on the 17th century Daoist remedy Yanling Guben Dan (Extend Life and Fortify the Source Pellet), a food grade tonic that represents an extension of the classical 2nd century formula Shenqi Wan (Kidney Qi Pill). It is overall more moistening than the constitutional Kidney tonics that feature aconite as their chief ingredient. Water Pearls are suitable for chronic Kidney deficiency issues and overall anti-aging effect, especially symptoms associated with prostate hypertrophy.



DOSAGE

ADULTS

3-5 capsules 2x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

3-4 Water Pearls plus
2 Amber Pearls 2x/day
(for urinary incontinence in the elderly)

CAUTIONS

Not suitable for most children and pregnant women

THERAPEUTIC PRINCIPLES

- Tonify qi of Kidney, Liver, and Lung
- Tonify and astringe prenatal essence
- Warm the Kidney and disinhibit stagnating water
- Invigorate sluggish qi and blood circulation in pelvic region

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Signs of deficiency of Kidney essence: lumbar pain, weak knees and legs, pain in the soles of the feet or heels, shortness of breath, premature graying of hair and/or hair loss, ringing in the ears, dry eyes, dark and shrunken gums and/or teeth loss
- Signs of water stagnation due to cold (inhibited/dribbling urination, nocturia, edema, phlegm, weakness/discomfort below the umbilicus, cold feeling in the lower part of the body)

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Benign prostate hyperplasia (BPH)
- Impotence, infertility, spermatorrhea, premature ejaculation
- Chronic nephritis, nephritic syndrome, nephrogenic edema, chronic urinary tract infections, nocturia
- Tinnitus, gradual hearing loss
- Cataracts, glaucoma, presbyopia
- High blood pressure, hyperlipidemia, arteriosclerosis
- Diabetes
- Autoimmune diseases: bronchial asthma, ulcerative colitis
- Neurogenic pain: diabetic neuropathy, sciatica, lumbago
- Side effects of prednisone therapy

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Love Pearls
Amber Pearls
Dragon Pearls
Lightning Pearls
Thunder Pearls
Sugar Pearls
Counterflow Pearls
Metal Pearls

HERITAGE SERIES

Guizhi Fuling Wan
Wuling San
Fengsui Dan
Qianyang Dan

SIMILAR REMEDIES

ALSO TONIFY KIDNEY YIN WITH REHMANNIA AND/OR DISSOLVE PELVIC CONGESTION; ALTERNATION OPTIONS

LEGACY SERIES

Wind Pearls
Glacier Pearls
Ocean Pearls
Moon Pearls
Guanyin Pearls

HERITAGE SERIES

Jingui Shenqi Wan
Shengmai San
Bazhen Tang
Danggui Shaoyao San
Wenjing Tang
Dahuang Zhechong Wan
Biejia Jian Wan

Water Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For diarrhea and/or bloating	USE	<i>taiyin</i> remedies such as Amber Pearls, Earth Pearls, and Vitality Pearls
For prostate cancer	USE	Ocean Pearls
For the symptom complex of high blood pressure, acid reflux, high cholesterol, and sensitive blood sugar	USE OR COMBINE WITH	Counterflow Pearls
For diabetes	USE OR COMBINE WITH	Sugar Pearls or Counterflow Pearls
For ulcerative colitis	COMBINE WITH	Amber Pearls
For acute urinary tract infections in Kidney qi deficient individuals	COMBINE WITH	Dragon Pearls
For obvious yang deficiency and/or <i>shaoyin</i> syndrome	USE	Heart Pearls, Vitality Pearls, Guanyin Pearls (women), or Peace Pearls
For hypothyroidism in menopausal and post-menopausal women	USE	Guanyin Pearls
For allergic rhinitis	USE	Wind Pearls
For pulmonary fibrosis and other degenerative lung conditions	USE	Glacier Pearls
For chronic degenerative liver conditions	ALSO CONSIDER	Evergreen Pearls, Mama Pearls, Sugar Pearls, and Counterflow Pearls
For skin diseases	ALSO CONSIDER	Metal Pearls and Lightning Pearls
For decreased libido	COMBINE WITH	Love Pearls
For chronic nephritis and chronic urinary tract infections	USE	Jingui Shenqi Wan
For recurrent mouth ulcers	USE	Jingui Shenqi Wan
For Kidney yang deficiency	USE	Qianyang Dan
For upflaring Kidney deficiency symptoms causing disconnection of Heart and Kidney	USE OR COMBINE WITH	Fengsui Dan
For general state of exhaustion accompanied by primary signs of Spleen qi deficiency and prolapse	USE	Buzhong Yiqi Tang
For general state of exhaustion accompanied by primary signs of Spleen qi deficiency and chronic wind	USE	Shuyu Wan
For general state of exhaustion accompanied by obvious signs of Blood deficiency	USE	Guipi Tang or Bazhen Tang
For signs of water accumulation in the lower part of the body	USE OR COMBINE WITH	Wuling San

DIFFERENTIATION (CONT.)

Signs and Symptoms	Recommended Use	Augment / Alternative
For obvious signs of Blood stasis	USE OR COMBINE WITH	Guizhi Fuling Wan
For general state of exhaustion accompanied by signs of "dry Blood"	USE OR COMBINE WITH	Dahuang Zhechong Wan
For skin or eye diseases accompanied by obvious signs of Blood deficiency	CONSIDER	Danggui Shaoyao San, Danggui San or Bazhen Tang

FORMULA ARCHITECTURE

生地黃	Sheng Dihuang	Rehmannia, raw	<p>Yanling Guben Dan (Ming dynasty essence tonic)</p> <p>Shenqi Wan, Jisheng Shenqi Wan, Mai Wei Dihuang Wan, Wuzi Yanzong Wan</p> <p>astringe prenatal essence, consolidate lower back, enhance pelvic circulation</p>
熟地黃 (酒蒸)	Shu Dihuang	Rehmannia; wine steamed	
山藥 (麸炒)	Shanyao	Dioscorea; bran fried	
山茱萸 (酒蒸)	Shanzhuyu	Cornus; wine steamed	
茯神	Fushen	Poria Fushen	
澤瀉	Zexie	Alisma	
附子 (竹刀削, 蒸制)	Fuzi	Aconite; peeled w/ bamboo knife, steam cured)	
(越南) 肉桂	Rougui	Cinnamon bark, Vietnam	
(淮) 牛膝	Niuxi (Huai)	Achyranthes	
車前子 (鹽炒)	Cheqianzi	Plantago seed; salt fried	
麥門冬	Maimendong	Ophiopogon	
五味子 (鹽炙)	Wuweizi	Schisandra; salt baked	
枸杞子	Gouqizi	Lycium fruit	
菟絲子 (酒炙)	Tusizi	Cuscuta; wine baked	
覆盆子	Fupenzi	Rubus	
桑螵蛸	Sangpiaoxiao	Mantis ootheca	
桑寄生	Sangjisheng	Loranthus	
三棱 (醋炒)	Sangleng	Sparganium; vinegar fried	
莪朮 (醋炒)	Ezhu	Scirpus; vinegar fried	

Wind Pearls

Jiemin Tang

解敏湯

GENERAL SUPPORT

Acute, Chronic, Immune,
Respiratory, Skin

ORGAN SYSTEMS

Kidney, Lung, Spleen

FORMULA FAMILY

Warming and Moistening with
Rehmannia; Simultaneously
Warming Deficient Yang Qi while
Clearing Toxic Heat

SIX STAGES

Taiyang, Taiyin

ABOUT WIND PEARLS

Wind Pearls is intended for the treatment of respiratory allergies, such as allergic rhinitis and allergic asthma. Its complex design is based on the popular remedy for nasal afflictions, Cangerzi San (Xanthium Powder). Cangerzi San has a strong wind expelling and orifice opening effect. The 16th century asthma formula Sanzi Yangqin Tang (Three-Seed Decoction to Nourish One's Parents) descends and transforms phlegm, and a host of moistening ingredients soothe chronically inflamed mucous membranes by consolidating the yin of Lung and Kidney. Dandelion resolves stagnant heat and hidden toxicity, and lumbricus opens congested collaterals. Together, this combination represents a comprehensive approach to autoimmune conditions afflicting the mucous membranes of the respiratory tract.



DOSAGE

INFANTS

Dissolve content of 1/2 - 1 capsule
1-2x/day

INFANTS

1-2 capsules 2x/day

ADULTS

2-4 capsules 2-3x/day

TYPICAL (ADULT) COMBINATION USAGE EXAMPLE

2 Wind Pearls plus
2 Perilla Pearls 2-3x/day
(for allergic mucous membrane
irritation after prolonged lung
inflammation and coughing)

THERAPEUTIC PRINCIPLES

- Disperse wind, transform phlegm, open the nose and chest
- Harmonize auto-immune over-reactions by consolidating the Spleen, Lung and Kidney

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Stuffed nose, runny nose, sneezing
- Watery and itchy eyes
- Red and itchy skin
- Wheezing/coughing; sensation of raw/inflamed mucous membranes
- Floating, possibly rapid pulse (maybe slippery/soggy in Lung or Kidney positions)
- Tongue may display mapped coating

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Allergic rhinitis
- Allergic asthma
- Allergic skin and mucous membrane reaction

Wind Pearls

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For acute sinus infection, production of colored phlegm, and seasonal allergies with pronounced surface symptoms and/or food allergies	USE	Golden Pearls
For acute cold with intertwined wind-cold and wind-heat aspects, sore throat, and/or pronounced symptoms of coughing	USE	Perilla Pearls
For chronic degenerative lung and skin conditions	USE	Glacier Pearls
For obvious heat symptoms	COMBINE WITH	Dragon Pearls
For allergic skin rashes	COMBINE WITH	Lightning Pearls
For obvious signs of dampness	COMBINE WITH	Earth Pearls
For signs of damp heat or upflaring deficiency heat	COMBINE WITH	Fengsui Dan
For signs of Blood stasis	COMBINE WITH	Xuefu Zhuyu Tang

COMPANION REMEDIES

SUITABLE FOR COMBINING

LEGACY SERIES

Dragon Pearls
Lightning Pearls
Thunder Pearls
Earth Pearls
Serpent Pearls

HERITAGE SERIES

Fengsui Dan
Qianyang Dan
Xuefu Zhuyu Tang

SIMILAR REMEDIES

ALSO MOISTEN LUNG/KIDNEY YIN, DESCEND COUNTERFLOW QI AND TRANSFORM PHLEGM; ALTERNATION OPTIONS

LEGACY SERIES

Glacier Pearls
Water Pearls
Metal Pearls
Counterflow Pearls

HERITAGE SERIES

Jingui Shenqi Wan
Shengmai San

FORMULA ARCHITECTURE

芫夷花 (清炒) 蒼耳子 (清炒) 白芷 薄荷	Xinyinhua Cangerzi Baizhi Bohe	Magnolia flower; dry fried Xanthium; dry fried Angelica Mentha	Cangerzi San
紫蘇子 (清炒) 白芥子 (清炒) 萊菔子 (清炒)	Zisuzi Baijiezi Laifuzi (Chao)	Perilla seed; dry fried Mustard seed; dry fried Raphanus; dry fried	Sanzi Yangqin Tang
麥門冬 (南) 五味子 天門冬 生地黃	Maimendong Wuweizi Tiamendong Sheng Dihuang	Ophiopogon Schisandra Asparagus Rehmannia; raw	nourish yin of Lung and Kidney
(浙) 貝母 蒲公英	(Zhe) Beimu Pugongying	Fritillaria Dandelion	transform heat phlegm
地龍	Dilong	Lumbricus	open collateral congestion



Stacked Rougui (Cinnamon Bark) from 20-30 year old trees
in Hekou, Yunnan Province, China



Classical Pearls Herbal Formulas

HERITAGE SERIES OF REMEDIES

The Heritage Series is a more recent addition to Classical Pearls' line of herbal products. It contrasts as well as complements the Legacy Series by featuring the following characteristics:

- ☯ Spotlights traditional formulas with particular relevance for modern clinical practice in unmodified form
- ☯ Utilizes classical ingredient amounts as they were specified in relevant source texts (based on comprehensive research in the most recent historical and archeological discoveries in the field of Chinese pharmacology)
- ☯ Presents a selection of rare classical prescriptions that due to the complexity of their design and the rarity or preciousness of their ingredients are not produced in high quality form anymore

The Heritage Series represents both a stand-alone line for internal medicine practitioners who prefer the use of unmodified classical remedies comprised of the highest quality ingredients, as well as a long-awaited addition to the remedies in the Legacy Series. Like the Legacy remedies, Heritage formulas can be used singly or in combination with other Pearls, including those in the Legacy Series.

The Heritage Series is an ongoing project and the line will continue to expand and evolve. The reason why certain pertinent classical remedies are not included thus far, such as Guizhi Shaoyao Zhimu Tang or Danggui Sini Tang, is because they are already available in slightly modified form in the Legacy Series.



Banxia Houpo Tang Pinellia and Magnolia Bark Decoction

半夏厚朴湯

GENERAL SUPPORT

Chronic, Mental-Emotional, Endocrine, Cognitive, Respiratory, Immune, Digestive, Menopause

ORGAN SYSTEMS

Stomach, Lung, Heart

FORMULA FAMILY

Overall Warming, Descending and/or Moistening with Pinellia and/or Apricot Seed

SIX STAGES

Taiyin, Yangming



ABOUT BANXIA HOUPU TANG

Banxia Houpo Tang first appeared 1,850 years ago in Zhang Zhongjing's classic formula compendium, Essentials from the Golden Cabinet (*Jingui yaolue*). Listed in the "Chapter on Miscellaneous Gynecological Disorders", the remedy stands out by way of its highly specific indication "for women who feel as if there is a lump of roasted meat stuck in their throat." This condition is now most often referred to as "plum-pit syndrome" (*meihe qi*), characterized by chronic discomfort in the throat region that is typically aggravated by emotional distress, i.e. anxiety, depression or OCD. As one of the representative remedies in the pinellia family of herbs, Banxia Houpo Tang is a safe and efficient way to address a broad variety of counterflow issues afflicting the respiratory system, the digestive system, the nervous system, the endocrine system and the cardiovascular system. Common diagnostic markers for these variegated afflictions are non-specific throat discomfort and symptoms of emotional distress.

THERAPEUTIC PRINCIPLES

- Restore downward momentum of Stomach and Lung qi; clear both physical and emotional stagnation in head, throat and chest areas
- Disperse stagnant qi and accumulation, especially in the throat, thyroid, chest and solarplexus region
- Dry Spleen damp, transform phlegm, regulate fluid metabolism

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Subjective sensation of something being stuck in the throat (“can’t swallow it, can’t spit it out”), or dry itching or piercing pain in the throat
- Mental symptoms (nervousness, anxiety, depression, insomnia)
- Stuffy feeling in chest and epigastric region
- Digestive symptoms (bloating, gurgling sounds, poor appetite, belching, nausea, acid reflux)
- Possibly localized swelling, coughing, dizziness
- Overall sunken and weak pulse (potentially slippery in Lung or Spleen/Stomach positions)
- Tendency for tongue to be swollen, with moist white coating

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Chronic throat conditions: globus sensation, pharyngeal neurosis (laryngopharyngeal paresthesia and hyperaesthesia), chronic pharyngitis, polyp or edema of vocal cord
- Anxiety neurosis, hysteria, depression, eating disorder, OCD, schizophrenia
- Gastric neurosis, gastritis, functional dyspepsia, gastroparesis syndrome, esophageal spasms, reflux esophagitis
- Metabolic syndrome, premenstrual syndrome, menopausal syndrome
- Chronic respiratory conditions: chronic bronchitis, tonsillitis, allergic asthma
- Thyroid pathology (hyperthyroidism, Hashimoto’s, thyroid nodules)
- Cardiovascular pathology: Stuffy sensation in chest region, ischemic heart disease
- Vertigo, car sickness, morning sickness
- Edema of scrotum

Banxia Houpo Tang

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For counterflow digestive symptoms accompanied by obvious heat signs	USE	Banxia Xiexin Tang or Wendan Tang
For mental-emotional symptoms accompanied by heat signs	USE	Wendan Tang
For counterflow symptoms with signs of false Kidney fire	USE	Fengsui Dan
For counterflow symptoms with signs of Kidney yang deficiency	USE	Qianyang Dan
For anxiety or insomnia accompanied by obvious symptoms of qi and Blood deficiency	USE	Guipi Tang
For obvious <i>shaoyang</i> symptoms	USE OR COMBINE WITH	Xiao Chaihu Tang or Chaihu Guizhi Ganjiang Tang
For throat discomfort in pregnant women	COMBINE WITH	Danggui San
For obvious signs of Spleen qi deficiency	COMBINE WITH	Lizhong Wan
For obvious signs of qi and Blood deficiency	COMBINE WITH	Bazhen Tang
For signs of qi and Blood deficiency accompanied by chronic wind symptoms	COMBINE WITH	Shuyu Wan
For individuals with constitutional <i>taiyang</i> symptoms (i.e., sensitivity to drafts, runny nose after eating)	COMBINE WITH	Guizhi Tang
For shortness of breath or palpitations	COMBINE WITH	Shengmai San
For asthmatic wheezing and long-term use of steroid inhalers	COMBINE WITH	Jingui Shenqi Wan
For acute common cold with symptoms of sore throat	USE	Perilla Pearls
For residual phlegm in post-cold situations	USE	Metal Pearls
For acid reflux, high cholesterol, and/or high blood pressure	USE	Counterflow Pearls
For general detox treatment “flushing” the lymph and liver	USE	Ease Pearls
For menopausal symptoms in yang/blood deficient individuals	USE	Guanyin Pearls
For thyroid conditions accompanied by signs of stagnant heat and yin deficiency	CONSIDER	Ease Pearls
For respiratory conditions involving toxic heat phlegm (i.e., suppurative tonsillitis)	COMBINE WITH	Dragon Pearls
For chronic respiratory conditions involving yang deficiency	USE OR COMBINE WITH	Cinnamon Pearls
For chronic diarrhea	COMBINE WITH	Amber Pearls
For wheezing	COMBINE WITH	Water Pearls
For chronic degenerative liver conditions	USE OR COMBINE WITH	Evergreen Pearls, Mama Pearls, Sugar Pearls, or Ease Pearls

DIFFERENTIATION (CONT.)

Signs and Symptoms	Recommended Use	Augment / Alternative
For hypothyroid conditions (generally characterized by signs of yang deficiency)	COMBINE WITH	Vitality Pearls
For lymphatic congestion in the breast area (including breast cancer)	COMBINE WITH	Mama Pearls
For chronic degenerative lung conditions (including lung cancer)	USE OR COMBINE WITH	Glacier Pearls
For intestinal parasites	USE OR COMBINE WITH	Thunder Pearls
For chronic lymphatic swelling caused by inflammation of the nervous system (i.e., Lyme disease)	USE OR COMBINE WITH	Lightning Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

SIMILAR REMEDIES

ALSO REVERSING QI COUNTERFLOW WITH PINELLIA;
ALTERNATION OPTIONS

HERITAGE SERIES

Shengmai San
Jinqi Shenqi Wan
Fengsui Dan
Guizhi Tang
Chaihu Guizhi Ganjiang Tang
Xuefu Zhuyu Tang
Danggui San
Danggui Shaoyao San
Lizhong Wan
Shuyu Wan
Guipi Tang
Shenxian Dushi Dan

LEGACY SERIES

Dragon Pearls
Lightning Pearls
Thunder Pearls
Amber Pearls
Spirit Pearls
Wind Pearls
Water Pearls
Glacier Pearls
Love Pearls
Ox Bone Pearls

HERITAGE SERIES

Wendan Tang
Banxia Xiexin Tang
Xiao Chaihu Tang
Chaihu Jia Longgu Muli Tang

LEGACY SERIES

Metal Pearls
Balance Pearls
Counterflow Pearls
Ease Pearls

FORMULA ARCHITECTURE

半夏 (法制)	Banxia	Pinellia; lime cured	37.27%
厚朴 (薑制)	Houpo	Magnolia bark; ginger treated	13.44%
茯苓	Fuling	Poria	17.93%
紫苏叶	Zisuye	Perilla leaf	8.96%
生薑	Shengjiang	Ginger, fresh	22.40%

Banxia Xiexin Tang

Pinellia Decoction to Drain the Epigastrium

半夏瀉心湯

GENERAL SUPPORT

Chronic, Acute, Digestive, Skin, Mental-Emotional, Metabolic, Respiratory

ORGAN SYSTEMS

Stomach, Liver, Spleen

FORMULA FAMILY

Simultaneously Warming Deficient Yang Qi while Clearing Toxic Heat

SIX STAGES

Taiyin, Yangming



ABOUT BANXIA XIEXIN TANG

Banxia Xiexin Tang is a classical remedy that already featured prominently in China's 2nd century formula textbook, *The Treatise on Disorders Caused by Cold (Shanghan lun)*. Along with the very similar Xiao Chaihu Tang, it is one of the representative prescriptions of the so-called harmonizing method of Chinese herbal therapy. In contrast to the more horizontally oriented Xiao Chaihu Tang (regulating Liver and Spleen functions), however, this remedy primarily affects the vertical *yangming* axis by harmonizing what is generally referred to as "a hot Stomach and cold Intestines". In particular, Banxia Xiexin Tang has traditionally been considered as the main remedy for "pi syndrome", a condition characterized by a subjective feeling of fullness and discomfort in the epigastric region. The "Heart purging" action in the formula's name refers to the effect of clearing Stomach heat and regulating the downward flow of Stomach qi. Stomach heat can also manifest in neurological "Heart" symptoms such as restlessness or insomnia, while true heart dysfunction can be heralded by the onset of stomach pain. The formula has thus emerged as one of the main remedies for a wide variety of inflammatory syndromes and ulcers of the stomach, duodenum, liver and intestines characterized by non-specific pressure sensations in the epigastric region, which are potentially also accompanied by mental-emotional symptoms such as insomnia. Chinese medical historians have therefore hailed Banxia Xiexin Tang as an ancient equivalent to the modern discovery and treatment of the ulcer inducing bacteria *Helicobacter pylori*. The relatively small amount of coptis plays a key role in the design of this formula, since it enters both the Heart and Stomach networks.

THERAPEUTIC PRINCIPLES

- Clear Stomach heat and warm intestinal cold
- Dry Spleen damp and restore the vital energy of the middle burner
- Restore proper ascending and descending function of digestive qi

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- “Pi” (subjective sensation of pressure/discomfort in the epigastric region)
- Digestive counterflow symptoms (retching, vomiting, excessive burping, heartburn)
- Gurgling sounds in the abdomen
- Loose stools, or alternating loose and hard stools (tendency for bowel movements to be hard/impacted at the tip and soft/slushy toward the end)
- Frequent hunger sensations, but inability to eat much
- Yellow urine (especially when fluid intake is limited)
- Skin eruptions
- Insomnia, vivid dreaming
- Teeth grinding
- Long and wiry pulse (extending through all three positions), especially on right side
- Reddish color on sides and/or tip of tongue, white or yellowish tongue coating (possibly greasy, but never thick)

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Acute gastroenteritis accompanied by nausea/vomiting and/or sulfurous burps
- Chronic gastritis, chronic gastric and duodenal ulcers, gastric outlet obstruction
- Hiatal esophagism, gastroesophageal reflux disease
- Chronic hepatitis, early stage of liver cirrhosis
- Chronic cholecystitis
- Red or pustulating acne
- Recurrent mouth ulcers
- Sleep disorders (insomnia, narcolepsy)
- Bronchitis, sinusitis
- Neurogenic headache, vertigo

Banxia Xiexin Tang

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For “plum-pit syndrome”	USE OR ALTERNATE WITH	Banxia Houpo Tang
For obvious mental symptoms	USE	Wendan Tang
For counterflow symptoms with signs of false Kidney fire	USE	Fengsui Dan
For obvious <i>shaoyang</i> symptoms	USE	Xiao Chaihu Tang
For epigastric discomfort with <i>shaoyang</i> involvement and damage of both fluids and yang qi	USE	Chaihu Guizhi Ganjiang Tang
For signs of Blood stasis (i.e., liver cirrhosis)	COMBINE WITH	Xuefu Zhuyu Tang or Dahuang Zhechong Wan
For enlarged liver or spleen	COMBINE WITH	Biejia Jian Wan
For mapped tongue coating	COMBINE WITH	Shengmai San
For digestive discomfort accompanied by depression	USE	Ease Pearls
For acute food poisoning or flu symptoms (especially in children, or with thick white tongue coating)	USE	Earth Pearls
For pronounced food allergies	USE	Cinnamon Pearls
For reflux pathology accompanied by hyperlipidemia and/or high blood pressure	USE	Counterflow Pearls
For chronic diarrhea	USE OR COMBINE WITH	Amber Pearls
For skin conditions with obvious heat signs	COMBINE WITH	Dragon Pearls
For chronic degenerative liver conditions	ALSO CONSIDER	Evergreen Pearls, Mama Pearls, Sugar Pearls, Ease Pearls, or Serpent Pearls
For intestinal parasites	USE OR COMBINE WITH	Thunder Pearls
For liver area discomfort due to the presence of worms or flukes	USE	Serpent Pearls
For chronic concurrent inflammation of the nervous system (i.e., Lyme disease)	USE OR COMBINE WITH	Lightning Pearls
For bronchitis	CONSIDER	Metal Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

HERITAGE SERIES

Shengmai San
Xuefu Zhuyu Tang
Dahuang Zhechong Wan
Biejia Jian Wan
Danggui San
Jingui Shenqi Wan

LEGACY SERIES

Dragon Pearls
Lightning Pearls
Thunder Pearls
Amber Pearls
Spirit Pearls
Wind Pearls
Water Pearls
Glacier Pearls

SIMILAR REMEDIES

ALSO REVERSING QI COUNTERFLOW WITH PINELLIA AND REGULATING INTERACTION OF LIVER AND SPLEEN/STOMACH; ALTERNATION OPTIONS

HERITAGE SERIES

Wendan Tang
Banxia Houpo Tang
Xiao Chaihu Tang
Chaihu Jia Longgu Muli Tang
Fengsui Dan

LEGACY SERIES

Counterflow Pearls
Metal Pearls
Balance Pearls
Ease Pearls
Gingko Pearls

FORMULA ARCHITECTURE

半夏 (法制)	Banxia	Pinellia; lime cured	20.31%
黄芩 (酒洗)	Huangqin	Scutellaria; wine treated	14.64%
黄连 (薑制)	Huanglian	Coptis; ginger fried	4.88%
乾薑	Ganjiang	Ginger, dried	14.64%
大枣	Dazao	Jujube	16.25%
黨參 (米炒)	Dangshen	Codonopsis; rice fried	14.64%
甘草 (棗花蜜炙)	Zhi Gancao	Licorice; jujube flower honey baked	14.64%

Bazhen Tang

Eight Treasure Decoction

八珍湯

GENERAL SUPPORT

Chronic, Women's Health, Endocrine, Menopause, Fertility, Digestive, Mental-Emotional, Neurological, Skin

ORGAN SYSTEMS

Liver, Spleen, Heart

FORMULA FAMILY

Overall Warming, Regulating the Blood with Tang-Kuei

SIX STAGES

Jueyin, Taiyin



ABOUT BAZHEN TANG

Bazhen Tang is one of the quintessential tonics of Chinese herbal medicine. First recorded in its present form during the 14th century, this formula combines the representative qi tonic Si Junzi Tang (Four Gentlemen Decoction) with the archetypal blood tonic, Siwu Tang (Four Substance Decoction). Its design reflects the vital Chinese medicine concept that the body's Spleen qi is the generative force behind the formation of Liver Blood. This remedy is most often prescribed for women, especially when symptoms of anemia are involved. One standard application of Bazhen Tang, for example, is recovery in post-partum situations. Since the Spleen is responsible for the formation and maintenance of healthy connective tissue, and Liver Blood is needed for the nourishment of skin, nails and hair, this remedy is also one of the most popular beauty tonics in Asian civilizations. Due to the importance of the Spleen and the Liver for a multitude of physiological functions, Bazhen Tang can also be used to address a variety of other issues, such as insomnia or the elimination of scar tissue.

THERAPEUTIC PRINCIPLES

- Tonify Liver and Heart Blood
- Build the Spleen, enhance fluid metabolism
- Nourish skin, connective tissue, hair and nails

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Low energy, desire to sleep all the time, preference to lay down
- Poor appetite, cold extremities, weakness in extremities, frequent yawning, aversion to raw and cold foods/drinks, easily bleeding gums
- Dry and loose skin, “liver spots”, gray hair, brittle nails, early appearance of facial wrinkles, sagging tissue (especially in face, breasts and abdominal wall), slow wound healing
- Scanty menstruation with pale colored blood, dizziness, blurry vision
- Forgetfulness, aversion to busy public places and “making conversation”, tendency to think and worry a lot, insomnia, vivid dreaming, startles easily, potential for sensations of irregular heart beat
- Frequent sighing, low motivation; emotional volatility (especially at premenstrual time), tendency to be friendly toward outsiders, but easily expressing anger or frustration towards family members (often followed by feelings of regret)
- Low libido, inability to achieve orgasm
- Tendency toward constipation, or incomplete or irregular or unshapely bowel movements
- Pale and fat tongue with tooth-marks
- Weak and submerged pulse

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Anemia, low WBC count, low blood pressure, headache, dizziness
- Dysmenorrhea, amenorrhea, habitual abortion
- Gastric ulcers
- Heart disease, palpitations, arrhythmia
- Anxiety, insomnia, menopausal syndrome
- Neuropathy, atrophy of optic nerve, night blindness
- Low milk production after childbirth
- Chloasma, freckles, urticaria

Bazhen Tang

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For pregnancy disorders	USE	Danggui San or Danggui Shaoyao San
For abdominal pain in women	USE	Danggui Shaoyao San
For abdominal pain or dysmenorrhea with pronounced cold symptoms	USE	Wenjing Tang
For weak constitution characterized by Spleen qi deficiency and chronic wind symptoms	USE	Shuyu Wan
For anxiety or insomnia caused by deficiency of Spleen and Heart	USE	Guipi Tang
For anemia with pathological menstrual spotting	CONSIDER	Guipi Tang
For primary signs of Spleen qi deficiency and Spleen damp	USE	Lizhong Wan
For prolapse of organs due to Spleen qi deficiency	USE	Buzhong Yiqi Tang
For Spleen qi deficiency symptoms accompanied by bitter taste in mouth	USE	Chaihu Guizhi Ganjiang Tang
For chronic fatigue accompanied by joint pain	USE OR COMBINE WITH	Shenxian Dushi Dan
For obvious signs of Blood stasis	USE OR COMBINE WITH	Xuefu Zhuyu Tang
For acne or eczema	USE	Danggui San (minor signs of Stomach heat) or Banxia Xiexin Tang (more obvious signs of Stomach heat)
For overall dryness with predominant signs of Kidney qi deficiency	USE	Jingui Shenqi Wan
For shortness of breath	COMBINE WITH	Shengmai San
For imbalance between Liver and Spleen accompanied by signs of stagnant heat and/or depression	USE	Ease Pearls
For signs of Blood stasis in individuals with obvious <i>jueyin</i> symptoms, (i.e., individuals with heart or liver disease)	USE	Evergreen Pearls
For menstrual spotting or metrorrhagia accompanied by signs of Spleen deficiency and/or obvious cold symptoms	USE	Moon Pearls
For post-menopausal syndrome	USE	Guanyin Pearls
For anxiety or insomnia due to PTSD	USE OR COMBINE WITH	Spirit Pearls
For insomnia in elderly individuals (generally accompanied by symptoms of deficiency of both yin and yang)	USE OR COMBINE WITH	Peace Pearls
For osteoporosis	COMBINE WITH	Ox Bone Pearls
For diarrhea tendency	COMBINE WITH	Amber Pearls
For low libido	COMBINE WITH	Love Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

HERITAGE SERIES

Shengmai San
Banxia Houpo Tang
Wendan Tang
Qianyang Dan
Fengsui Dan
Xuefu Zhuyu Tang
Shenxian Dushi Dan

LEGACY SERIES

Amber Pearls
Love Pearls
Metal Pearls
Balance Pearls
Spirit Pearls
Wind Pearls
Thunder Pearls
Lightning Pearls
Dragon Pearls
Serpent Pearls
Ox Bone Pearls

SIMILAR REMEDIES

ALSO TONIFY SPLEEN QI AND LIVER BLOOD;
ALTERNATION OPTIONS

HERITAGE SERIES

Danggui Shaoyao San
Danggui San
Wenjing Tang
Shuyu Wan
Guiji Tang
Buzhong Yiqi Tang
Lizhong Wan
Jingui Shenqi Wan

LEGACY SERIES

Moon Pearls
Vitality Pearls
Guanyin Pearls
Heart Pearls
Peace Pearls
Evergreen Pearls
Water Pearls
Counterflow Pearls

FORMULA ARCHITECTURE

黨參	Dangshen	Codonopsis	13.33%
茯苓	Fuling	Poria	13.33%
白朮 (麸炒)	Baizhu	Atractylodes, white; bran fried	13.33%
甘草 (棗花蜜炙)	Zhi Gancao	Licorice; jujube flower honey baked	6.69%
熟地黃 (酒蒸)	Shu Dihuang	Rehmannia; wine steamed	13.33%
(川) 當歸 (酒制)	Danggui	Tang-kuei, Sichuan; wine treated	13.33%
白芍	Baishao	Peony, white	13.33%
川芎	Chuanxiong	Ligusticum	13.33%

Biejia Jian Wan

Decocted Turtle Shell Pill

鳖甲煎丸

GENERAL SUPPORT

Chronic, Anti-Mass, Gu Syndrome, Immune, Reproductive

ORGAN SYSTEMS

Liver, Triple Warmer

FORMULA FAMILY

Transform Toxic Stasis with Rhubarb, Dissolve Masses with Turtle Shell and/or Fritillaria

SIX STAGES

Jueyin, Shaoyang



ABOUT BIEJIA JIAN WAN

Biejia Jian Wan has 23 ingredients, making this prescription the most complex classical formula on record. It was first mentioned 1,850 years ago in the malaria chapter of Zhang Zhongjing's formula primer for complex disorders, *Essentials from the Golden Cabinet (Jingui yaolüe)*. The Chinese term for malaria (nüe) literally translates as “miserable torture disease” and technically encompasses a wide variety of infections assailing the nervous system, including common Western pathogens such as borellia (Lyme disease), tick-borne encephalitis, babesia, bartonella, Rocky Mountain spotted fever, leptospirosis, chikungunya, the Epstein-Barr virus, and the Zika virus. More specifically, Biejia Jian Wan was originally designed to treat a typical complication of these types of diseases, namely enlargement of the spleen and/or liver following long-standing infection.

Over time, the formula evolved to treat all kinds of swellings, enlargements, and masses, especially in the abdomen. While frequently prescribed in patent medicine form in China, true medicinal grade ingredients for this alchemical formula are hard to find. The inclusion of Biejia Jian Wan in the Classical Pearls series of traditional remedies is a commitment to reproduce this rare but effective remedy as close as possible to the original source text, and make it available to the growing number of practitioners who specialize in the treatment of difficult and recalcitrant diseases with Chinese herbs.

NOTE

The traditional ingredient Ejiao (donkey hide gelatin) has been replaced with Shu Dihuang Tan (carbonized, cooked rehmannia). This substitution preserves a threatened natural resource.

THERAPEUTIC PRINCIPLES

- Move stagnating qi and Blood, regulate up/down qi dynamics in disorders involving chronic stasis
- Eliminate dampness and transform phlegm, drive out recalcitrant pathogens
- Soften masses and disperse accumulations, prevent fibrosis and metastasis

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Development of abdominal masses (including, but not limited to, those caused by chronic parasitic infection), abdominal pain/discomfort
- Emaciated appearance, poor appetite
- Occasional waves of hot/cold sensations
- Cessation of menses
- Dark and potentially fat tongue, possibly with purplish discolorations
- Choppy pulse

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Splenomegaly due to malaria, leishmaniasis, schistosomiasis, etc.
- Chronic active hepatitis, hepatitis B, liver cirrhosis, liver fibrosis, ascites due to liver cirrhosis, fatty liver, alcoholic liver, hepatosplenomegaly due to advanced schistosomiasis, liver cancer, hepatic hemangioma
- Stomach cancer, pancreatic cancer, lung cancer
- Ovarian cysts, uterine myoma, breast cysts and fibromas, gynecological cancers
- Angina pectoris, hyperlipidemia
- Leukemia

Biejia Jian Wan

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For abdominal tumors	ALSO CONSIDER	Dahuang Zhechong Wan or Guizhi Fuling Wan
For enlarged liver or spleen	ALSO CONSIDER	Chaihu Guizhi Ganjiang Tang
For signs of Blood stasis in head region	USE	Xuefu Zhuyu Tang
For abdominal pain in women accompanied by signs of Blood deficiency	USE	Danggui Shaoyao San
For abdominal pain in women accompanied by signs of cold and deficient Blood	USE	Wenjing Tang
For Blood stasis caused by external injuries	USE	Ox Bone Pearls
For breast cancer or other growths in breast tissue	USE	Mama Pearls
For prostate cancer or ovarian cancer	USE	Ocean Pearls
For colon cancer with symptoms of constipation	USE	Tiger Pearls
For chronic degenerative liver conditions	ALSO CONSIDER	Evergreen Pearls, Mama Pearls, Sugar Pearls, and Counterflow Pearls
For residual parasitic infection	COMBINE WITH	Thunder Pearls, Lightning Pearls, or Serpent Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

HERITAGE SERIES

Guizhi Tang
Xiao Chaihu Tang
Chaihu Jia Longgu Muli Tang
Chaihu Guizhi Ganjiang Tang
Wendan Tang
Banxia Xiexin Tang

LEGACY SERIES

Cinnamon Pearls
Ocean Pearls
Tiger Pearls
Sugar Pearls
Mama Pearls
Gingko Pearls
Ease Pearls
Release Pearls
Metal Pearls
Lightning Pearls
Thunder Pearls
Dragon Pearls
Serpent Pearls

SIMILAR REMEDIES

ALSO TRANSFORM BLOOD AND/OR SOFTEN MASSES; ALTERNATION OPTIONS

HERITAGE SERIES

Dahuang Zhechong Wan
Xuefu Zhuyu Tang
Guizhi Fuling Wan
Wenjing Tang

LEGACY SERIES

Ocean Pearls
Glacier Pearls
Tiger Pearls
Sugar Pearls
Mama Pearls
Evergreen Pearls
Ox Bone Pearls

FORMULA ARCHITECTURE

鳖甲 (制胶)	Biejia	Soft-shelled turtle shell; gelatinized	13.04%
射干 (煨制)	Shegan	Belamcanda; calcined	3.26%
黄芩	Huangqin	Scutellaria	3.26%
柴胡 (醋炙)	Chaihu	Bupleurum; vinegar-baked	6.52%
鼠妇 (焙至焦黄)	Shufu	Armadillidium; roasted	3.26%
乾薑	Ganjiang	Ginger, dried	3.26%
大黄	Dahuang	Rhubarb	3.26%
白芍 (醋炙)	Baishao	Peony, white; vinegar-baked	5.43%
桂枝 (尖)	Guizhi	Cinnamon twig	3.26%
葶藶子 (炒黄)	Tinglizi	Lepidium seed; fried	1.09%
石葶	Shiwei	Pyrosia leaf	3.26%
厚朴 (薑制)	Houpo	Magnolia bark; ginger treated	3.26%
牡丹皮	Mudanpi	Moutan	5.43%
瞿麥	Qumai	Dianthus	2.17%
紫葳	Ziwei	Campsis	3.26%
半夏 (薑制)	Banxia	Pinellia; ginger cured	1.09%
黨參	Dangshen	Codonopsis	1.09%
地鳖虫 (炒)	Dibiechong	Eupolyphaga; fried	5.43%
熟地黄 (炭)	Shu Dihuang	Rehmannia; wine treated and carbonized	3.26%
露蜂房 (烘烤)	Lufengfang	Hornet's nest; fire-dried	4.35%
赤硝 (蘿蔔制, 水飛)	Chixiao	Niter, red; radish cured, powderized in water	13.04%
蛭螂 (焙至焦黄)	Qianglang	Catharsius; roasted	6.52%
桃仁 (燂去皮)	Taoren	Persica seed; blanched, skin removed	2.17%

Buzhong Yiqi Tang

Tonify the Middle and Augment the Qi Decoction

補中益氣湯

GENERAL SUPPORT

Chronic, Digestive, Immune, Respiratory, Cognitive, Fertility, Women's Health, Musculoskeletal, Cardiovascular, Urinary

ORGAN SYSTEMS

Spleen

FORMULA FAMILY

Overall Warming, Lifting Spleen Qi with Astragalus and Ginseng

SIX STAGES

Taiyin



ABOUT BUZHONG YIQI TANG

Buzhong Yiqi Tang first appeared in Li Dongyuan's influential 13th century work, *A Treatise on the Spleen and Stomach (Pi wei lun)*. It is a unique variation of the quintessential Spleen qi tonic, Si Junzi Tang (Four Gentlemen Decoction), and featured as the core prescription of Li's monograph on the pivotal function of the middle burner for the maintenance of physical and mental health. Buzhong Yiqi Tang prominently features astragalus, thereby emphasizing the "yang ascending" function of the Spleen. While most often associated with the prolapse of anatomical organs, the formula is also prescribed for all kinds of disorders involving the Spleen's inability to "raise the clear", such as low energy, dimming of the sensory organs, diarrhea or enuresis. Since another important function of Spleen qi is to contain Blood and fluids, this formula has also become a perennial TCM favorite for cases of chronic bleeding or sweating. Furthermore, Buzhong Yiqi Tang was traditionally regarded as a recovery tonic in the aftermath of childbirth or severe illness, as well as a chicken-soup-like immune stimulant for yang deficient individuals who respond poorly to diaphoretics in cold/flu situations. In addition, many contemporary Chinese and Japanese hospitals prescribing the remedy after surgery in order to speed up wound healing and prevent the development of anemia. Another modern usage of this formula is routine application during radiotherapy and chemotherapy, particularly for individuals with weak digestive systems. Modern researchers, moreover, tend to highlight the adaptogenic qualities of this formula and have declared it suitable for a variety of Spleen imbalances that may include opposite symptom pictures, such as low blood pressure and high blood pressure, insomnia and constant fatigue, or diarrhea and constipation. Please note, however, that Li Dongyuan himself emphasized that Buzhong Yiqi Tang is contraindicated for cases with obvious signs of dampness (i.e., greasy white tongue coating). For similar reasons, consider that this formula was first conceived during the Mongol invasion of China when entire provinces were under siege and Spleen qi damage due to starvation was a dominant pathology. Chronic patients in modern times tend to exhibit much greater degrees of excess than the predominant state of qi collapse addressed by this formula.

THERAPEUTIC PRINCIPLES

- Tonify the center and boost qi
- Ascend yang and lift prolapse

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- General signs of Spleen qi deficiency (tired body and weak extremities, limited physical reserves, pale face color, absence of shen in the eyes, shallow breathing, low voice, disinclination to talk, frequent respiratory infections, loose stools or diarrhea, poor appetite, preference for warm fluids, etc.)
- General signs of prolapse due to qi deficiency (prolapse of stomach, anus, uterus; chronic diarrhea; foggy head in morning that disappears after moving around for a while; etc.)
- General signs of failure to contain Blood or fluids due to qi deficiency (tendency to bruise easily, gastrointestinal or uterine bleeding, dribbling urine, involuntary seminal emissions, sweating, etc.)
- Fever due to qi deficiency (low grade fever or heat sensations in the morning, heat sensations tied to physical or mental exhaustion that disappear after resting for a while)
- Pale tongue with thin white coating
- Pulse appears to be surging, but turns out to be soft and deficient upon deeper palpation

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Prolapse of stomach (or other internal organ tissues), prolapse of gastric mucosa, prolapse of anus, hernia, cystocele
- Low blood pressure, low WBC count, anemia
- Anemia and slow-healing wounds in post-operative situations
- Chronic fatigue syndrome, acute exhaustion after mental or physical exertion (including athletic burnout)
- Chronic low-grade fever, post-partum fever, inhibited eruption of papules, acute high fever and sweating accompanied by deficient pulse, epidemic influenza, chronic colds that do not respond to standard treatment
- Chronic gastro-enteritis, chronic colitis, chronic dysentery, atrophic gastritis, gastric and duodenal ulcers, duodenal stasis, gastric neurosis, volvulus of stomach, recurrent mouth ulcers, chronic hepatitis
- Digestive symptoms induced by radiation or chemotherapy (especially enteritis and rectitis)
- Autumn diarrhea in small children, ileus or intussusception in small children
- Habitual constipation (especially in elderly patients)
- Upper respiratory problems in elderly or immune compromised patients
- Acute urine retention (particularly in post-partum situations or after severe illness), urinary incontinence, cloudy urine, acute nephritis, stones in the urinary tract
- Low sperm count, low motility of sperm
- Myasthenia gravis, flaccidity syndrome
- Dysmenorrhea, PMS, menopausal syndrome, metrorrhagia, leucorrhea, habitual abortion, polyhydramnios, vaginal pain, bleeding in post-partum situations (including abortion and cesarian)
- Arrhythmia
- Vertigo, tinnitus or headache due to concussion or atherosclerosis

Buzhong Yiqi Tang

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For weak immune system characterized by obvious aversion to cold	USE	Guizhi Tang
For weak Spleen constitution characterized by chronic fatigue and wind symptoms	USE	Shuyu Wan
For chronic diarrhea or other digestive syndromes accompanied by obvious cold signs	USE	Lizhong Wan
For Spleen qi deficiency symptoms accompanied by anxiety or insomnia	USE	Guipi Tang
For Spleen qi deficiency symptoms accompanied by bitter taste in mouth	USE	Chaihu Guizhi Ganjiang Tang
For pregnancy disorders	USE	Danggui San or Danggui Shaoyao San
For abdominal pain (especially in female patients)	USE	Danggui Shaoyao San
For abdominal pain or dysmenorrhea with pronounced cold symptoms	USE	Wenjing Tang
For post-partum recovery	USE	Bazhen Tang
For imbalance between Liver and Spleen accompanied by signs of stagnant heat and/or depression	USE	Ease Pearls
For diarrhea with thick or greasy tongue coating	USE	Earth Pearls
For acute flu, food poisoning and/or diarrhea in children	USE	Earth Pearls
For chronic diarrhea	COMBINE WITH	Amber Pearls
For chronic diarrhea in children	USE	Amber Pearls
	OR A COMBINATION OF	Earth Pearls and Amber Pearls
For Spleen qi deficiency with obvious cold symptoms	USE	Vitality Pearls
For food allergies	USE	Cinnamon Pearls
For digestive problems due to parasites	USE OR COMBINE WITH	Thunder Pearls
For chronic fatigue symptoms due to nervous system inflammation	USE OR COMBINE WITH	Lightning Pearls
For signs of qi and Blood deficiency in elderly individuals with obvious <i>jueyin</i> symptoms	USE	Evergreen Pearls
For menstrual spotting or metrorrhagia accompanied by signs of Spleen cold	CONSIDER	Moon Pearls
For post-menopausal syndrome	USE	Guanyin Pearls
For vertigo or tinnitus caused by chronic nervous system inflammation or high blood pressure	USE	Balance Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

HERITAGE SERIES

Shengmai San
Banxia Houpo Tang
Wendan Tang
Danggui San
Qianyang Dan
Fengsui Dan
Shenxian Dushi Dan

LEGACY SERIES

Amber Pearls
Love Pearls
Metal Pearls
Balance Pearls
Spirit Pearls
Wind Pearls
Thunder Pearls
Lightning Pearls
Dragon Pearls
Ox Bone Pearls

SIMILAR REMEDIES

ALSO GINSENG/CODONOPSIS BASED AND/OR LIFT SPLEEN QI;
ALTERNATION OPTIONS

HERITAGE SERIES

Lizhong Wan
Guipi Tang
Bazhen Tang
Guizhi Tang
Shuyu Wan

LEGACY SERIES

Earth Pearls
Cinnamon Pearls
Amber Pearls
Heart Pearls
Sugar Pearls
Moon Pearls
Guanyin Pearls

FORMULA ARCHITECTURE

人參	Renshen	Ginseng	10.17%
黃芪 (蜜炙)	Huangqi	Astragalus; honey-baked	33.90%
白朮 (麩炒)	Baizhu	Atractylodes, white; bran fried	10.17%
(秦) 當歸 (酒洗)	Danggui	Tang-kuei, Gansu; wine rinsed	6.78%
陳皮	Chenpi	Citrus peel	8.47%
升麻	Shengma	Cimicifuga	6.78%
柴胡	Chaihu	Bupleurum	6.78%
甘草 (棗花蜜炙)	Zhi Gancao	Licorice; jujube flower honey baked	16.95%

Chaihu Guizhi Ganjiang Tang

Bupleurum, Cinnamon Twig,
and Ginger Decoction

柴胡桂枝乾薑湯

GENERAL SUPPORT

Chronic, Digestive, Metabolic, Anti-Mass, Respiratory, Mental-Emotional, Cognitive, Urinary

FORMULA FAMILY

Simultaneously Warming Deficient Yang Qi while Clearing Toxic Heat, Moving with Bupleurum

ORGAN SYSTEMS

Liver, Gallbladder, Spleen

SIX STAGES

Shaoyang, Taiyang



ABOUT CHAIHU GUIZHI GANJIANG TANG

Chaihu Guizhi Ganjiang is a 1,850 year-old formula that first appeared in Zhang Zhongjing's classical formula primer, *Treatise on Disorders Caused by Cold (Shanghan lun)*. In China, it is used to a much lesser degree than its two parent formulas, Xiao Chaihu Tang and Guizhi Tang. In Japan, however, it is considered to be an important item in the national pharmacopeia and prescribed for a wide variety of disorders. Japanese physicians emphasize that Chaihu Guizhi Ganjiang Tang is primarily indicated for patients with weak constitutions. More specifically, it can be said that this formula is suitable for *shaoyang* conditions complicated by damage to both body fluids and yang qi.

THERAPEUTIC PRINCIPLES

- Harmonize *shaoyang* layer
- Realign (hot) Gallbladder and (cold) Spleen
- Warm yang qi and generate fluids

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Shaoyang symptom complex with Spleen qi deficiency signs (bitter or toxic taste in mouth, bloating, diarrhea)
- Dry mouth, thirst, scanty urination, sweating (potentially in head area only)
- Restlessness, depression
- Intercostal or subcostal distention, potentially numbness in extremities
- Wiry pulse
- Pale tongue with white tongue coating

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Hepatitis, gallstones, enlarged liver and/or spleen
- Gastric ulcer, hyperhydrochloria, gastroatonia, anal fistula
- Diabetes
- Cold/flu, sinusitis, ear infection
- Bronchitis, pneumonia, pleurisy, pulmonary tuberculosis, purpuratubercular peritonitis
- Cardiac neurosis, palpitations, insomnia, neuralgia, neuroparalysis, psychoneurosis, epilepsy
- Perimenopausal syndrome
- Nephritis, pyelonephritis

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For cold/flu or ear ache with clear <i>shaoyang</i> symptomology	USE	Xiao Chaihu Tang
For cold/flu with clear <i>taiyang</i> symptomology	USE	Guizhi Tang
For gastroenteritis or ulcers with obvious epigastric distention	USE	Banxia Xiexin Tang
For gallbladder issues without <i>shaoyang</i> symptoms	USE	Wendan Tang
For <i>taiyin</i> type chronic diarrhea without <i>shaoyang</i> indications	USE	Lizhong Wan
For diarrhea with obvious signs of other types of prolapse	USE	Buzhong Yiqi Tang
For mental disorders	ALSO CONSIDER	Wendan Tang
For severe mental disorders	CONSIDER	Chaihu Jia Longgu Muli Tang
For restlessness or insomnia accompanied by obvious symptoms of qi and Blood deficiency	USE	Guipi Tang
For myocarditis	COMBINE WITH	Shengmai San
For enlarged liver and/or spleen or other signs of Blood stasis	COMBINE WITH	Biejia Jian Wan or Xuefu Zhuyu Tang
For nephritis	CONSIDER COMBINING WITH	Jingui Shenqi Wan
For depression or PMS	CONSIDER COMBINING WITH	Ease Pearls
For acute <i>shaoyang</i> affliction characterized by headache, eye pain, stiff neck, malaise and restlessness	USE	Release Pearls
For acute food poisoning or flu symptoms without clear <i>shaoyang</i> symptomology	USE	Earth Pearls
For food allergies without clear <i>shaoyang</i> symptomology	USE	Cinnamon Pearls
For bronchitis	ADD	Metal Pearls
For myocarditis	ADD	Counterflow Pearls
For chronic diarrhea	ADD	Amber Pearls
For chronic degenerative liver conditions	ALTERNATE WITH OR CONSIDER COMBINING WITH	Ease Pearls, Evergreen Pearls, Mama Pearls, or Sugar Pearls Counterflow Pearls
For intestinal parasites	USE OR COMBINE WITH	Thunder Pearls
For severe insomnia or PTSD	ADD	Spirit Pearls
For chronic concurrent inflammation of the nervous system (i.e., Lyme disease or Coxsackie virus)	USE OR COMBINE WITH	Lightning Pearls
For nephritis	USE OR COMBINE WITH	Water Pearls
For diabetes	CONSIDER COMBINING WITH	Counterflow Pearls or Water Pearls

Chaihu Guizhi Ganjiang Tang

HERITAGE SERIES

Chaihu Guizhi Ganjiang Tang

COMPANION REMEDIES

SUITABLE FOR COMBINING

SIMILAR REMEDIES

ALSO BUPLEURUM OR CINNAMON BASED AND THUS AFFECTING THE TAIYANG/SHAOYANG NETWORKS AND RELATED METABOLIC, ENDOCRINE AND MENTAL FUNCTIONS; ALTERNATION OPTIONS

HERITAGE SERIES

Shengmai San
Fengsui Dan
Qianyang Dan
Jingui Shenqi Wan
Xuefu Zhuyu Tang
Danggui Shaoyao San
Biejia Jian Wan
Dahuang Zhechong Wan
Guizhi Fuling Wan
Banxia Houpo Tang
Banxia Xiexin Tang
Wendan Tang

LEGACY SERIES

Perilla Pearls
Lightning Pearls
Thunder Pearls
Dragon Pearls
Earth Pearls
Amber Pearls
Metal Pearls
Balance Pearls
Counterflow Pearls
Spirit Pearls
Wind Pearls
Water Pearls
Glacier Pearls

HERITAGE SERIES

Xiao Chaihu Tang
Chaihu Jia Longgu Muli Tang
Guizhi Tang

LEGACY SERIES

Ease Pearls
Cinnamon Pearls

FORMULA ARCHITECTURE

柴胡	Chaihu	Bupleurum	33.33%
黄芩	Huangqin	Scutellaria	12.50%
桂枝 (尖)	Guizhi	Cinnamon twig	12.50%
乾薑	Ganjiang	Ginger, dried	8.33%
天花粉	Tianhuafen	Trichosanthes root	16.67%
牡蠣 (煅制)	Muli	Oyster shell; calcined	8.33%
甘草 (棗花蜜炙)	Zhi Gancao	Licorice; jujube flower honey baked	8.33%



"Horseshoe" Dahuang (Rhubarb root) cultivated in near wild conditions at 10,000 feet by an herbal cooperative on the Yunnan plateau; Yunnan Province, China

Chaihu Jia Longgu Muli Tang

Bupleurum plus Dragon Bone
and Oyster Shell Decoction

柴胡加龍骨牡蠣湯

GENERAL SUPPORT

Chronic, Acute, Cognitive, Mental-Emotional, Neurological, Digestive, Metabolic

ORGAN SYSTEMS

Gallbladder, Liver

FORMULA FAMILY

Simultaneously Warming Deficient Yang Qi while Clearing Toxic Heat, Moving with Bupleurum

SIX STAGES

Shaoyang, Taiyang



ABOUT CHAIHU JIA LONGGU MULI TANG

Chaihu Jia Longgu Muli Tang was first introduced 1,850 years ago in Zhang Zhongjing's classical prescription manual, *Discourse on Disorders Caused by Cold (Shanghan lun)*. It represents a famous modification of the more common Xiao Chaihu Tang, with a specific focus on severe mental and neurological disorders such as manic depression, bipolar disorder, schizophrenia, and epilepsy. Since the original prescription includes lead, a potent sedating agent yet nowadays also recognized as a toxic heavy metal, this formula is rarely used in China anymore. In Japan, however, a non-lead version of Chaihu Jia Longgu Muli Tang approved by the Ministry of Health is prescribed very frequently. The Classical Pearls version of this formula employs the exact traditional dosage ratios of all ingredients, but naturally follows the Japanese model and does not include lead. Due to the broad clinical range covered by the bupleurum family of formulas, this remedy can be used to treat a wide variety of (generally more severe) digestive and brain chemistry disorders.

THERAPEUTIC PRINCIPLES

- Relieve depression by coursing Liver qi and discharging phlegm
- Clear heat and purge fire pathogens
- Harmonize yin and yang, anchor and consolidate shen

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Stuffy feeling in chest, heavy and sinking feeling in body
- Emotional volatility, depression, manic behavior or tendency to be easily startled, insomnia, frequent nightmares, palpitations, possibly utterance of nonsensical gibberish
- Digestive issues (bitter taste in mouth, constipation, subcostal pressure sensation, bloating)
- Inhibited urination
- Wiry and rapid pulse, possibly deep and forceful
- Reddish tongue color, with no coating or yellowish coating (especially toward back of tongue)

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Depression, manic depression, bipolar syndrome, schizophrenia
- Neurotic insomnia, sleepwalking
- Epilepsy, vertigo, headache, tinnitus
- Intercostal neuralgia, neuropathy, lip twitching
- Gastric ulcer
- Chronic hepatitis
- Cardiac neurosis
- Chronic fatigue syndrome
- Drug withdrawal syndrome (nicotine, caffeine, benzodiazepines, narcotics, etc.)
- Spermatorrhea, erectile dysfunction
- Hair loss

Chaihu Jia Longgu Muli Tang

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For mental emotional symptoms related to the menstrual cycle or in post-partum situations	USE	Xiao Chaihu Tang
For <i>shaoyang</i> pathology without constipation	CONSIDER	Xiao Chaihu Tang
For mental or neurological symptoms in obese individuals	CONSIDER	Wendan Tang
For mental emotional symptoms accompanied by stuckness sensation in throat (“plumpit syndrome”)	CONSIDER	Banxia Xiexin Tang
For sensation of epigastric pressure and discomfort (“pi syndrome”)	CONSIDER	Banxia Xiexin Tang
For epigastric discomfort with <i>shaoyang</i> involvement and obvious damage to both fluids and yang qi	USE	Chaihu Guizhi Ganjiang Tang
For anxiety or insomnia accompanied by obvious symptoms of qi and Blood deficiency	USE	Guipi Tang
For mental disorders accompanied by obvious signs of Blood stasis	USE OR COMBINE WITH	Xuefu Zhuyu Tang or Dahuang Zhechong Wan
For enlarged liver or spleen	COMBINE WITH	Biejia Jian Wan
For shortness of breath	COMBINE WITH	Shengmai San
For vertigo, headaches, tinnitus, seizures or brain chemistry issues in Spleen deficient individuals without heat symptoms	USE	Balance Pearls (if pronounced symptoms of nausea/vomiting are present, use Gingko Pearls)
For drug withdrawal syndrome accompanied by <i>jueyin</i> (rather than <i>shaoyang</i>) symptoms	USE	Gingko Pearls
For palpitations accompanied by hyperlipidemia and/or high blood pressure	USE	Counterflow Pearls
For myocarditis	COMBINE WITH	Counterflow Pearls
For chronic insomnia or PTSD	COMBINE WITH	Spirit Pearls
For bronchitis	COMBINE WITH	Metal Pearls
For severe heat signs	COMBINE WITH	Dragon Pearls
For chronic degenerative liver conditions	USE OR CONSIDER	Evergreen Pearls, Mama Pearls, Sugar Pearls, or Ease Pearls
For intestinal parasites	USE OR COMBINE WITH	Thunder Pearls
For chronic concurrent inflammation of the nervous system (i.e., Lyme disease or Cocksackie virus)	USE OR COMBINE WITH	Lightning Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

SIMILAR REMEDIES

ALSO BUPLEURUM AND/OR PINELLIA BASED AND THUS CLEARING SHAOYANG QI/HEAT STAGNATION AND REGULATING RELATED METABOLIC, ENDOCRINE AND MENTAL FUNCTIONS; ALTERNATION OPTIONS

HERITAGE SERIES

Shengmai San
Fengsui Dan
Qianyang Dan
Jingui Shenqi Wan
Xuefu Zhuyu Tang
Danggui San
Biejia Jian Wan
Dahuang Zhechong Wan
Guizhi Fuling Wan
Wuling San

LEGACY SERIES

Perilla Pearls
Lightning Pearls
Thunder Pearls
Dragon Pearls
Serpent Pearls
Earth Pearls
Amber Pearls
Spirit Pearls
Metal Pearls
Wind Pearls
Water Pearls
Glacier Pearls
Ox Bone Pearls

HERITAGE SERIES

Chaihu Guizhi Ganjiang Tang
Xiao Chaihu Tang
Biejia Jian Wan
Banxia Xiexin Tang
Wendan Tang

LEGACY SERIES

Ease Pearls
Release Pearls

FORMULA ARCHITECTURE

柴胡	Chaihu	Bupleurum	19.64%
黄芩	Huangqin	Scutellaria	7.36%
半夏 (法制)	Banxia	Pinellia; lime cured	10.21%
党参	Dangshen	Codonopsis	7.36%
生薑	Shengjiang	Ginger, fresh	7.36%
桂枝 (尖)	Guizhi	Cinnamon twig	7.36%
茯苓	Fuling	Poria	7.36%
龍骨 (煨制)	Longgu	Dragon bone; calcined	7.36%
牡蠣 (煨制)	Muli	Oyster shell; calcined	7.36%
大黃	Dahuang	Rhubarb	9.82%
大棗	Dazao	Jujube	8.81%

Dahuang Zhechong Wan

Rhubarb and Eupolyphaga Pill

大黃廩蟲丸

GENERAL SUPPORT

Chronic, Anti-Mass, Cardiovascular, Endocrine, Reproductive, Immune, Skin, Urinary

ORGAN SYSTEMS

Pericardium, Kidney, Large Intestine

FORMULA FAMILY

Overall Cooling, Transform Toxic Stasis with Rhubarb

SIX STAGES

Jueyin, Shaoyin, Yangming



ABOUT DAHUANG ZHECHONG WAN

Dahuang Zhechong Wan was first mentioned 1,850 years in Zhang Zhongjing's classical formula primer for complex disorders, Essentials from the Golden Cabinet (*Jingui yaolüe*). More specifically, it appears as the last remedy in the important chapter on Deficiency Taxation and Blood Obstruction Disorders, alongside the well-known formulas Shenqi Wan (Kidney Qi Pill) and Suanzaoren Tang (Sour Jujube Decoction). The formula design is famous for its combination of "Blood cracking" medicinal insects (primarily classified as salty in the traditional material medica) and a variety of bitter roots and seeds with a heat clearing and moisturizing effect. Together, this highly unusual combination of herbs is designed to cool and moisturize the Heart and Kidney while reversing longstanding and potentially life-threatening microcirculation issues referred to as "dry Blood" obstruction (*ganxue*). While frequently prescribed in patent medicine form in China, true medicinal grade ingredients for this formula are hard to find, and scholars still argue about the proper ratio of certain key herbs in the remedy, especially rhubarb and leech. The inclusion of Dahuang Zhechong Wan in the Classical Pearls series of traditional remedies is a commitment to reproduce this rare but effective remedy as close as possible to the original source text, and make it available to the growing number of practitioners who specialize in the treatment of difficult and recalcitrant diseases with Chinese herbs.

THERAPEUTIC PRINCIPLES

- Descend Heart fire and clear deficiency heat, nourish Heart and Kidney yin
- Crack stagnating blood and nourish the collaterals, dissolve abdominal accumulations
- Reverse severe taxation syndrome by restoring Spleen and Kidney function

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Skinny and deficient constitution, general exhaustion due to unhealthy lifestyle (i.e., overeating, starvation, excessive alcohol consumption, unhealthy sexual habits, emotional stress, damage to circulation of life essences in the channel and collateral systems)
- Signs of “dry Blood” (i.e., dry, dark and scaly skin patches, dark shadow around eye sockets, murky eyes with dim shen, inhibited menstruation, low grade fever or heat sensations that worsen in the evening)
- Abdominal fullness with no thirst or appetite
- Dark or reddish tongue with little or no coating, potentially with purplish discolorations
- Choppy pulse, potentially sunken and slow, or big and floating

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Chronic active hepatitis, hepatitis B, liver cirrhosis, liver fibrosis, ascites due to liver cirrhosis, bilirubinemia in patients with viral hepatitis, enlarged spleen, chronic cholecystitis
- Hypertension, angina pectoris, premature ventricular contraction (PVC), cerebral thrombosis, thrombocytosis, peripheral artery disease in diabetics, severe varicosities
- Aplastic anemia, chronic myeloid leukemia (CML), chronic myeloproliferative disorder
- Abdominal tumors and masses (liver cancer, pancreatic cancer, cervical cancer, uterine myoma, etc.)
- Amenorrhea, reduction of bleeding time in medical abortion
- Hyperplasia of breast tissue
- Kidney failure
- Recalcitrant skin diseases (including Kaposi’s sarcoma, psoriasis, intractable acne, chloasma)

Dahuang Zhechong Wan

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For enlarged liver and/or spleen or fatty liver	ALSO CONSIDER	Biejia Jian Wan
For Blood stasis in the lower part of the body without signs of “taxation fatigue” and “dry Blood”	USE	Guizhi Fuling Wan
For signs of Blood stasis in the upper part of the body	CONSIDER	Xuefu Zhuyu Tang
For abdominal pain in women accompanied by signs of Blood deficiency	USE	Danggui Shaoyao San
For abdominal pain in women accompanied by signs of cold and deficient Blood	USE	Wenjing Tang
For signs of water accumulation (rather than Blood stasis) in the lower part of the body	USE	Wuling San
For obvious signs of Spleen qi deficiency (i.e., frequent bruising in individuals with deficient constitutions)	COMBINE WITH	Lizhong Wan
For kidney or prostate disorders accompanied by signs of essence deficiency	USE	Jingui Shenqi Wan
For Blood stasis caused by external injuries	USE	Ox Bone Pearls
For signs of Blood stasis in individuals with obvious <i>jueyin</i> symptoms, (i.e., individuals with chronic cardiovascular or liver disease)	USE	Evergreen Pearls
For breast cancer or other growths in breast tissue	USE	Mama Pearls
For prostate cancer or ovarian cancer	USE	Ocean Pearls
For colon cancer with symptoms of constipation	USE	Tiger Pearls
For chronic degenerative liver conditions	ALSO CONSIDER	Evergreen Pearls, Mama Pearls, Sugar Pearls, and Counterflow Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

HERITAGE SERIES

Guizhi Tang
Xiao Chaihu Tang
Chaihu Jia Longgu Muli Tang
Chaihu Guizhi Ganjiang Tang
Wendan Tang
Banxia Xiexin Tang
Banxia Houpo Tang
Lizhong Wan

LEGACY SERIES

Cinnamon Pearls
Bamboo Pearls
Ocean Pearls
Tiger Pearls
Sugar Pearls
Ease Pearls
Release Pearls
Metal Pearls
Counterflow Pearls
Balance Pearls
Gingko Pearls
Glacier Pearls
Lightning Pearls
Thunder Pearls
Dragon Pearls
Serpent Pearls

SIMILAR REMEDIES

ALSO TRANSFORM BLOOD AND/OR HEAT STASIS AND/OR MOISTEN THE YIN OF HEART/KIDNEY; ALTERNATION OPTIONS

HERITAGE SERIES

Xuefu Zhuyu Tang
Guizhi Fuling Wan
Danggui San
Danggui Shaoyao San
Wenjing Tang
Bazhen Tang
Biejia Jian Wan
Jingui Shenqi Wan
Fengsui Dan

LEGACY SERIES

Tiger Pearls
Ox Bone Pearls
Moon Pearls
Heart Pearls
Spirit Pearls
Dragon Pearls

FORMULA ARCHITECTURE

大黄 (酒蒸)	Dahuang	Rhubarb; wine steamed	4.36%
黄芩	Huangqin	Scutellaria	3.50%
甘草 (棗花蜜炙)	Zhi Gancao	Licorice; jujube flower honey baked	5.34%
桃仁	Taoren	Persica seed	14.32%
杏仁	Xingren	Apricot seed	14.32%
白芍	Baishao	Peony, white	7.00%
生地黄	Sheng Dihuang	Rehmannia, raw	17.48%
乾漆 (炒)	Ganqi	Lacca; fried	1.75%
蛇蟲 (炒)	Mengchong	Tabanus; fried	1.79%
水蛭 (炒)	Shuizhi	Leech; fried	17.10%
鱗蝮 (炒)	Qicao	Holotrichia; fried	9.34%
地鱉蟲 (炒)	Dibiechong	Eupolyphaga; fried	3.80%

Danggui San

Tang-kuei Powder

當歸散

GENERAL SUPPORT

Chronic, Women's Health,
Reproductive, Endocrine, Menopause,
Digestive, Skin

ORGAN SYSTEMS

Liver, Spleen

FORMULA FAMILY

Regulating the Blood with Tang-Kuei

SIX STAGES

Jueyin, Taiyin



ABOUT DANGGUI SAN

Like the better-known Danggui Shaoyao San, this formula first appeared 1,850 years ago as part of the pregnancy chapter in Zhang Zhongjing's classic formula compendium on complex disorders, Essentials from the Golden Cabinet (*Jingui yaolüe*). It is one of several remedies in Zhang's textbook that combines the three Blood tonic herbs tang-kuei, peony, and ligusticum, making it another classical precursor to the universal Blood tonic Siwu Tang (Four Substance Decoction). On the other hand, it is the source for the following statement by the influential 14th century scholar-physician Zhu Danxi, which distinguishes the unique design of Danggui San clearly from other Blood tonics: "Huangqin and Baizhu are truly miraculous herbs for the health of a growing fetus; Huangqin is generally considered a cold substance unsuitable for pregnancy, when it is actually especially important at this time to clear heat and cool the Blood—only when Blood does not move erratically and thereby cause bleeding can it properly nourish the fetus." Different from the more pathology-oriented Danggui Shaoyao San, therefore, Danggui San was recommended by Zhang Zhongjing as a daily preventative dietetic "that should be routinely imbibed during pregnancy." While overshadowed by other remedies in the modern era, this formula continues to be the best preventative measure Chinese medicine has to offer during the first trimester of pregnancy. In addition, its simple and alchemically stable design makes Danggui San suitable for a host of other imbalances involving the Spleen, the Stomach and the Liver.

THERAPEUTIC PRINCIPLES

- Nourish the Blood and emolliate the Liver
- Build the Spleen and enhance fluid metabolism
- Clear stomach heat (especially: clear "fetal heat" to prevent miscarriage)

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Pregnancy, especially first trimester (possibly history of miscarriage)

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Lower abdominal pain (particularly during pregnancy), threatened abortion, habitual abortion, abnormal fetal position, toxemia during pregnancy
- Anemia
- Menopausal syndrome
- Prolapse of stomach, prolapse of anus, gastric ulcers, chronic appendicitis, celiac disease, chronic cholecystitis, chronic hepatitis
- Chloasma, cystic acne, eczema, warts, freckles, urticaria
- Functional disturbance of vegetative nervous system; nervousness, anxiety, neurasthenia, hysteria, psychoneurosis

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For abdominal pain during first trimester of pregnancy	CONSIDER	Danggui Shaoyao San
For anemia	CONSIDER	Bazhen Tang
For standard post-partum recovery care	USE	Bazhen Tang
For female disorders characterized by cold and deficiency of Blood	USE	Wenjing Tang
For female disorders characterized by Spleen qi deficiency and wind	USE	Shuyu Wan
For anxiety or insomnia caused by qi and Blood deficiency but without the presence of Stomach heat	USE	Guipi Tang
For prolapse of organs due to Spleen qi deficiency	USE	Buzhong Yiqi Tang
For morning sickness during first trimester of pregnancy	CONSIDER COMBING WITH	Wendan Tang or Banxia Houpo Tang
For menstrual spotting or metrorrhagia accompanied by signs of Spleen deficiency	USE	Moon Pearls (only if patient is not pregnant)
For anxiety or insomnia due to PTSD	USE OR COMBINE WITH	Spirit Pearls
For insomnia in elderly individuals (generally accompanied by symptoms of deficiency of both yin and yang)	USE OR COMBINE WITH	Peace Pearls

Danggui San

HERITAGE SERIES

Danggui San

COMPANION REMEDIES

SUITABLE FOR COMBINING

HERITAGE SERIES

Shengmai San
Wendan Tang
Banxia Houpo Tang
Fengsui Dan
Jingui Shenqi Wan
Shenxian Dushi Dan

LEGACY SERIES

Amber Pearls
Spirit Pearls
Water Pearls
Lightning Pearls
Thunder Pearls

SIMILAR REMEDIES

ALSO CONSOLIDATE SPLEEN QI AND BUILD LIVER BLOOD; ALTERNATION OPTIONS

HERITAGE SERIES

Danggui Shaoyao San
Bazhen Tang
Wenjing Tang
Shuyu Wan
Buzhong Yiqi Tang
Lizhong Wan

LEGACY SERIES

N/A

FORMULA ARCHITECTURE

(秦) 當歸 (酒洗)	Danggui	Tang-kuei, Gansu; wine rinsed	22.22%
白芍	Baishao	Peony, white	22.22%
川芎	Chuanxiong	Ligusticum	22.22%
白朮 (土炒)	Baizhu	Atractylodes, white; clay fried	11.11%
黃芩	Huangqin	Scutellaria	22.22%



Rare species of Sichuan Danggui (Tang-kuei) grown in near wild conditions in the remote hills of Hubei Province, China

Danggui Shaoyao San

Tang-kuei and Peony Powder

當歸芍藥散

GENERAL SUPPORT

Chronic, Women's Health, Reproductive, Fertility, Endocrine, Menopause, Digestive, Cardiovascular, Urinary, Skin, Neurological

ORGAN SYSTEMS

Liver, Pericardium, Spleen

FORMULA FAMILY

Regulating the Blood with Tang-Kuei

SIX STAGES

Jueyin, Taiyin



ABOUT DANGGUI SHAOYAO SAN

Danggui Shaoyao San first appeared 1,850 years ago as part of the chapter about pregnancy ailments in Zhang Zhongjing's classic formula compendium on complex disorders, *Essentials from the Golden Cabinet (Jingui yaolue)*. It is one of several remedies in Zhang's clinical textbook that combines the three Blood tonic herbs tang-kuei, peony, and ligusticum. Danggui Shaoyao San can thus be regarded as the best known classical precursor to the universal Blood tonic Siwu Tang (Four Substance Decoction), a stock item in most Asian pharmacies and food markets for the last millennium. Today, Danggui Shaoyao San is still popular among Oriental medicine practitioners who specialize in traditional gynecology and obstetrics, especially in Japan. Renowned for its overall safety and ability to "stabilize the fetus", this remedy is often prescribed as a preventative therapy to ensure a healthy pregnancy and smooth labor. For the same reasons, Danggui Shaoyao San is often prescribed to increase fertility in female patients who exhibit symptoms of Blood deficiency and/or fluid accumulation. However, the simple yet concise design of this remedy also makes it suitable to treat a wide variety of deficiency related disorders that are not gender specific. The extremely high amount of peony in the original formula design—more than five times as much as tang-kuei—predestinates it for the treatment of disorders involving pain in the lower abdomen.

THERAPEUTIC PRINCIPLES

- Nourish the Blood and emolliate the Liver
- Build the Spleen and enhance fluid metabolism
- Move the Blood and transform stasis

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Spleen deficient constitution (presenting with cold abdomen/waist and feet)
- General signs of Blood deficiency (fatigue, pale face, dry skin, palpitations, insomnia, etc.) and mild degree of Blood stasis (abdominal pain, particularly during deep abdominal palpation)
- General signs of water accumulation (sensation of heaviness in the head, dizziness, headache, frequent and profuse urination or inhibited urination, gurgling sounds in epigastric region, bloating or edema, frozen shoulder, etc.)
- Pale tongue with white coating
- Weak or sunken pulse

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Anemia
- Irregular menstruation, dysmenorrhea, leucorrhea, dysfunctional uterine bleeding, menorrhagea, amenorrhea
- Infertility, lower abdominal pain (particularly during pregnancy), threatened abortion, habitual abortion, abnormal fetal position, toxemia during pregnancy, moderate hypertension during pregnancy, erythroblastosis fetalis, prevention of difficult labor, post-partum vaginal bleeding, lochiorrhoea
- Menopausal syndrome
- Pelvic inflammation, salpingitis, cervicitis, chronic annexitis, ovarian cysts, uterine myoma, prolapse of uterus
- Epididymitis, testicular hydrocele, varicocele, prostatic hyperplasia, chronic prostatitis
- Prolapse of stomach, prolapse of anus, gastric ulcers, chronic appendicitis, celiac disease, intestinal obstruction, chronic cholecystitis, chronic active hepatitis, cirrhotic ascites
- High blood pressure, low blood pressure, arteriosclerosis (especially in women), heart disease (including valvular heart disease, angina pectoris, and edema in congestive heart failure), cerebral thrombosis, thrombophlebitis
- Prolapse of kidneys, chronic nephritis, chronic urocystitis, urinary stones accompanied by infection, edema in kidney disease
- Meniere's disease, post-traumatic vertigo
- Cystic acne, warts, freckles, chloasma, eczema, urticaria, frost bite
- Functional disturbance of vegetative nervous system; nervousness, anxiety, neurasthenia, hysteria, psychoneurosis
- Neuropathy, neuritis, sciatica, rheumatic pain, gout, paralysis, involuntary movement disorder (chorea)

Danggui Shaoyao San

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For standard preventative therapy during first trimester of pregnancy	USE	Danggui San
For threatened abortion or habitual abortion	CONSIDER	Danggui San
For standard post-partum recovery care	USE	Bazhen Tang
For anemia	CONSIDER	Bazhen Tang
For abdominal pain, dysmenorrhea or infertility accompanied by obvious signs of cold	USE	Wenjing Tang
For anxiety or insomnia caused by qi and Blood deficiency but without stagnation of Blood or fluids	USE	Guipi Tang
For primary signs of Spleen qi deficiency and Spleen damp	USE	Lizhong Wan
For prolapse of organs due to Spleen qi deficiency	USE	Buzhong Yiqi Tang
For qi and Blood deficiency accompanied by chronic wind symptoms	USE	Shuyu Wan
For malignant masses in the lower part of the body (primarily due to Blood stasis)	USE OR COMBINE WITH	Guizhi Fuling Wan, Dahuang Zhechong Wan or Biejia Jian Wan
For imbalance between Liver and Spleen accompanied by signs of stagnant heat and/or depression	USE	Ease Pearls
For signs of Blood stasis in individuals with obvious <i>jueyin</i> symptoms, (i.e., individuals with heart or liver disease)	USE	Evergreen Pearls
For menstrual spotting or metrorrhagia accompanied by signs of Spleen deficiency	USE	Moon Pearls
For anxiety or insomnia due to PTSD	USE OR COMBINE WITH	Spirit Pearls
For insomnia in elderly individuals (generally accompanied by symptoms of deficiency of both yin and yang)	USE OR COMBINE WITH	Peace Pearls
For headaches, high blood pressure, vertigo or neurological symptoms in individuals with primary pathology of phlegm (rather than Blood deficiency and stasis)	USE OR COMBINE WITH	Balance Pearls
For chronic degenerative liver conditions	USE OR CONSIDER	Evergreen Pearls, Mama Pearls, or Sugar Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

HERITAGE SERIES

Guizhi Fuling Wan
 Dahuang Zhechong Wan
 Biejia Jian Wan
 Shengmai San
 Wendan Tang
 Banxia Houpo Tang
 Fongsui Dan
 Jingui Shenqi Wan
 Shexian Dushi Dan

LEGACY SERIES

Amber Pearls
 Balance Pearls
 Spirit Pearls
 Water Pearls
 Lightning Pearls
 Thunder Pearls
 Dragon Pearls
 Serpent Pearls

SIMILAR REMEDIES

ALSO REDUCE ABDOMINAL PAIN BY REGULATING METABOLISM OF LIVER BLOOD AND TAIYIN FLUIDS; ALTERNATION OPTIONS

HERITAGE SERIES

Danggui San
 Wenjing Tang
 Bazhen Tang
 Shuyu Wan
 Guizhi Tang
 Guizhi Fuling Wan

LEGACY SERIES

Earth Pearls
 Cinnamon Pearls
 Evergreen Pearls
 Mama Pearls
 Moon Pearls

FORMULA ARCHITECTURE

(秦) 當歸 (酒洗)	Danggui	Tang-kuei, Gansu; wine rinsed	6.98%
白芍 (炒)	Baishao	Peony, white; fried	37.21%
川芎 (酒炒)	Chuanxiong	Ligusticum; wine fried	18.60%
澤瀉	Zexie	Alisma	18.60%
茯苓	Fuling	Poria	9.30%
白朮 (麸炒)	Baizhu	Atractylodes, white; bran fried	9.30%

Fengsui Dan

Consolidate the Essence Pellet

封髓丹

GENERAL SUPPORT

Chronic, Acute, Endocrine, Immune, Mental-Emotional, Reproductive, Urinary, Digestive, Menopause, Neurological, Gu Syndrome

FORMULA FAMILY

Overall Cooling

ORGAN SYSTEMS

Kidney

SIX STAGES

Shaoyin



ABOUT FENG SUI DAN

The unique design of Fengsui Dan was first recorded in the 13th century pharmacological encyclopedia, Prescriptions from the Imperial Apothecary (*Yuyao Yuan Fang*). The popularity of the remedy in certain contemporary herbal circles, however, is mostly due to the influence of the Qing dynasty scholar-physician Zheng Qin'an, who featured Fengsui Dan prominently in his treatise True Transmission of the Fundamental Principles of Medicine (*Yili Zhenchuan*). Since the late 19th century, the formula has thus become known as one of the core remedies of the Sichuan Fire Spirit School of Chinese Herbal Medicine (Huoshen Pai) that traces its lineage back to Zheng—a medical philosopher who emphasized the pivotal importance of the body's yang qi. Along with Qianyang Dan (Submerge the Yang Pellet), another landmark remedy recorded in the same work, this formula focuses primarily on restoring the downward momentum of physiological yang qi. But rather than utilizing the down-drawing capacity of the hot and pungent root aconite, the design of Fengsui Dan features large amounts of the cold and bitter bark phellodendron bark. The unusually prominent role of phellodendron bark in this formula stems from its Daoist reputation of containing the essence of the "Three Functional Realms" (sancai), namely Heaven, Earth and Humanity and the associated therapeutic effect on all three burning spaces of the body—by virtue of having a natural affinity to the Heart via its bitter flavor, to the Kidney via its cold temperature, and to the Spleen via its yellow color. The remedy, moreover, uniquely highlights phellodendron bark's sub-function of "firming up the Kidney and consolidating essence". By pairing this herb with the distinctly downward momentum of a rare variety of wild-crafted cardamon (Xi Sharen, *Amomum villosum*), Fengsui Dan can be used as a base formula for a wide range of pathologies caused by "disconnection of Fire and Water". While Zheng Qin'an himself described the clinical indications for this formula in very similar fashion to those of Qianyang Dan, it should be noted that the ingredients in Fengsui Dan are distinctly cooler in nature. Appropriate prescription of this formula, therefore, requires obvious signs of false heat in the upper part of the body. The typical Qianyang Dan patient, in contrast, exhibits more cold and yang deficiency symptoms in the lower part of the body. In order to avoid confusion and harness the unique benefits of both approaches, the Yunnan branch of the Fire Spirit School often combines both remedies in the form of Qianyang Fengsui Dan (Submerge Yang and Consolidate Essence Pellet).

THERAPEUTIC PRINCIPLES

- Descend deficiency heat by reversing flare-up of the body's original "Dragon Fire" (longhuo, a Fire Spirit School term for flaring Kidney yang), reconnect Fire and Water by harmonizing the up/down dynamics of Heart and Kidney
- Restore the Kidney's function of drawing qi into the lower dantian, consolidate essence

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Signs of flaring of deficient source yang (i.e., toothache, cough, wheezing, facial swelling, throat obstruction, ear swelling or itching, red eyes, stuffy nose, red or swollen lips, mouth ulcers, bad breath, urinary incontinence, nocturnal emissions, premature ejaculation, uncontrollable sensations of sexual arousal, night sweats, restlessness, insomnia)
- Signs of Spleen and Kidney yang deficiency (i.e., general state of exhaustion, frequently tired and sleepy but unable to fall asleep, listless spirit, shortness of breath, chronic phlegm production, brain fog, memory loss, poor appetite, aversion to cold, low back pain, inhibited or painful urination)
- Pale tongue with white or yellowish coating (especially in back of tongue)
- Sunken and fine pulse, or floating and empty (especially in Kidney positions)

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Recurrent mouth ulcers, periodontitis, chronic tonsillitis, chronic pharyngitis, laryngitis, dry rhinitis, post-nasal drip, conjunctivitis
- Hyperthyroidism, Hashimoto's
- Chronic fatigue syndrome
- Systemic lupus erythematosus, psoriasis, scleroderma, Behcet's syndrome, Sjögren's syndrome, allergic purpura
- Anxiety, insomnia, depression, memory loss
- Persistent genital arousal disorder, spermatorrhea, premature ejaculation, lumbago
- Urinary tract infections, nephrotic syndrome
- Diabetes, diabetic ketoacidosis
- Irritable bowel syndrome (IBS), constipation, hemorrhoids
- Angina pectoris, cardiac neurosis, premature ventricular contractions (PVC)
- Menopausal syndrome, leucorrhea, atrophic vaginitis
- Neurogenic pain, peripheral neuritis, facial neuritis, trigeminal neuralgia
- Cerebral atrophy, Alzheimer's, Parkinson's
- Headache, vertigo, hypertension
- Side effects of antibiotic or steroid therapy

Fengsui Dan

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For pronounced Kidney yang deficiency symptoms with accumulation of dampness or phlegm	USE	Qianyang Dan
For Kidney qi deficiency	USE	Jingui Shenqi Wan
For degenerative conditions in elderly patients (i.e., Alzheimer's)	USE OR COMBINE WITH	Qianyang Dan
For scleroderma	COMBINE WITH	Qianyang Dan
For Herxheimer reactions in hypersensitive individuals with chronic nervous system inflammation (i.e., Lyme disease)	COMBINE WITH	Qianyang Dan
For shortness of breath or irregular heart beat	COMBINE WITH	Shengmai San
For tapering off steroids	COMBINE WITH	Jingui Shenqi Wan
For excess fire conditions	USE	Dragon Pearls
For anxiety or insomnia in elderly patients	USE	Peace Pearls
For anxiety or insomnia induced by post-traumatic stress	USE	Spirit Pearls
For hot flashes in menopausal and post-menopausal women	USE	Guanyin Pearls
For general state of exhaustion with primary signs of Spleen qi deficiency/dampness	USE	Vitality Pearls
For diabetes II or other blood sugar issues in elderly patients	USE	Sugar Pearls
For diabetes II or other blood sugar issues in younger or middle-aged patients	USE	Counterflow Pearls
For blood sugar issues accompanied by liver quadrant pain	USE	Serpent Pearls
For high blood pressure	USE OR COMBINE WITH	Counterflow Pearls
For degenerative brain conditions due to sluggish microcirculation	USE OR COMBINE WITH	Evergreen Pearls
For irregular heart beat, palpitations or anxiety	COMBINE WITH	Counterflow Pearls
For pulmonary heart disease	COMBINE WITH	Counterflow Pearls or Metal Pearls
For respiratory symptoms	COMBINE WITH	Metal Pearls
For diarrhea	COMBINE WITH	Amber Pearls
For allergic rhinitis	USE	Wind Pearls
For IBS or food allergies	USE OR COMBINE WITH	Cinnamon Pearls
For dizziness or neurological symptoms	ADD	Balance Pearls
For chronic inflammation of the nervous system	ADD	Lightning Pearls
For premature ejaculation or spermatorrhea	CONSIDER USING OR ADDING	Water Pearls
For inhibited urination due to benign prostatic hyperplasia	CONSIDER	Water Pearls
For low testosterone and/or low libido	COMBINE WITH	Love Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

HERITAGE SERIES

Qianyang Dan
 Jingui Shenqi Wan
 Yin Qiao San
 Xiao Chaihu Tang
 Chaihu Jia Longgu Muli Tang
 Chaihu Guizhi Ganjiang Tang
 Guizhi Tang
 Wuling San
 Guizhi Fuling Wan
 Xuefu Zhuyu Tang
 Dahuang Zhechong Wan
 Biejia Jian Wan
 Wendan Tang
 Banxia Xiexin Tang
 Banxia Houpo Tang
 Lizhong Wan
 Bazhen Tang
 Danggui San
 Danggui Shaoyao San
 Wenjing Tang
 Shuyu Wan
 Shenxian Dushi Dan

LEGACY SERIES

Golden Pearls
 Cinnamon Pearls
 Bamboo Pearls
 Ease Pearls
 Release Pearls
 Earth Pearls
 Water Pearls
 Wind Pearls
 Glacier Pearls
 Metal Pearls
 Counterflow Pearls
 Balance Pearls
 Lightning Pearls
 Thunder Pearls
 Sugar Pearls
 Tiger Pearls
 Ocean Pearls
 Guanyin Pearls
 Peace Pearls
 Vitality Pearls
 Heart Pearls
 Moon Pearls

SIMILAR REMEDIES

ALSO CLEARING HEAT WITH YELLOW/BITTER HERBS AND
 CONSOLIDATING UPFLARING KIDNEY QI; ALTERNATION OPTIONS

HERITAGE SERIES

N/A

LEGACY SERIES

Dragon Pearls
 Serpent Pearls

FORMULA ARCHITECTURE

黄檗 (鹽制)	Huangbo	Phellodendron bark; salt treated	50.00%
(西) 砂仁	(Xi) Sharen	Amomum, Myanmar	35.00%
甘草 (枣花蜜炙)	Zhi Gancao	Licorice; jujube flower honey baked	15.00%

Guipi Tang

Restore the Spleen Decoction

歸脾湯

GENERAL SUPPORT

Chronic, Women's Health, Mental-Emotional, Immune, Menopause, Digestive, Cardiovascular, Neurological, Skin

ORGAN SYSTEMS

Spleen, Heart

FORMULA FAMILY

Overall Warming, Lifting Spleen Qi with Astragalus and Ginseng, Regulating the Blood with Tang-Kuei

SIX STAGES

Taiyin



ABOUT GUIPI TANG

Guipi Tang first appeared in the 13th century compendium, *Formulas to Aid the Living (Jisheng Fang)*, but it took another 3-4 centuries before eminent Ming and Qing dynasty physicians comprehensively defined its symptom complex and realized its broad clinical potential. The formula's design is based on the close relationship between the Spleen and the Heart, both organ systems that are involved in the metabolism of Blood and mental activity. More specifically, the primary pathology addressed by Guipi Tang is mental exhaustion due to over-thinking or excessive worry, which in turn will negatively affect the Spleen network and its multifaceted functions. The Spleen is supposed to be the main sustainer of the Heart, both as the central granary that distributes post-natal qi to all other organs and as the channel network that directly feeds into the Heart according to the order of meridian circulation in Chinese medicine. A weak Spleen, therefore, cannot properly nourish the Heart, and both Heart shen and Blood will be compromised as a result. Primary symptoms of this situation are anxiety, insomnia, and potentially bruising or bleeding. The traditional picture of the representative patient was the poor, exhausted student with an overwhelming workload and constant worries on his mind. Today, the formula has become a favorite TCM formula for a wide range of chronic diseases that involve a combination of low energy and neurotic symptoms.

THERAPEUTIC PRINCIPLES

- Tonify Spleen qi and keep the blood in the vessels
- Nourish Heart Blood and stabilize shen

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- General signs of Spleen qi deficiency (i.e., pale face color, weak extremities, low voice and shallow breathing, poor appetite, loose stools, chronic lassitude)
- General signs of Heart Blood deficiency (i.e., insomnia, palpitations, poor memory, excessive worry, night sweats, dizziness, deficiency heat symptoms)
- Bruising or bleeding (subcutaneous bleeding, blood in stool, uterine bleeding)
- Pale tongue with thin white coating
- Fine pulse

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Iron-deficiency anemia, leucopenia (including in post-chemotherapy situations), anemia of chronic kidney disease, hematopoietic system damage (i.e., blood cell and platelet reduction due to chronic benzene poisoning, aplastic anemia)
- Vaginal bleeding and blood spotting between periods, dysfunctional uterine bleeding (only if low blood amount and pale in color), bleeding due to gastric or duodenal ulcer, thrombocytopenic purpura (ITP), chronic nose bleeds in children
- Immune system weakness
- Neurasthenia, anxiety, insomnia, anorexia, schizophrenia
- Chronic diarrhea, gastric and duodenal ulcers, chronic atrophic gastritis
- Heart disease, arrhythmia
- Vertigo (including dizziness in Meniere's disease, anemia, vertebral artery ischemia, and hypertension), neurogenic headache
- Premature ejaculation
- Hair loss, pruritus, urticaria
- Asthenopia (eyestrain), Eustachian tube dysfunction, tongue burning
- Polyneuritis
- Hodgkin's disease

Guipi Tang

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For vaginal bleeding during pregnancy	USE	Danggui San or Danggui Shaoyao San
For abdominal pain in women	USE	Danggui Shaoyao San or Wenjing Tang
For general state of exhaustion characterized by qi and Blood deficiency and signs of chronic wind	USE	Shuyu Wan
For anxiety or insomnia accompanied by <i>shaoyang</i> symptoms	USE	Xiao Chaihu Tang
For diarrhea characterized by primary signs of Spleen qi deficiency and Spleen damp	USE	Lizhong Wan
For diarrhea accompanied by obvious signs of Stomach heat and potentially nausea	USE	Banxia Xiexin Tang
For prolapse of organs due to Spleen qi deficiency	USE	Buzhong Yiqi Tang
For Spleen qi deficiency symptoms accompanied by bitter taste in mouth	USE	Chaihu Guizhi Ganjiang Tang
For bleeding accompanied by obvious signs of Blood stasis	USE	Xuefu Zhuyu Tang
For signs of Kidney qi deficiency	USE	Jingui Shenqi Wan
For imbalance between Liver and Spleen accompanied by signs of emotional volatility, depression, stagnant heat, or wiry pulse	USE	Ease Pearls
For chronic diarrhea	COMBINE WITH	Amber Pearls
For diarrhea and anxiety in children	USE	Amber Pearls
For diarrhea with thick tongue coating	USE	Earth Pearls
For chronic diarrhea with primary signs of Spleen cold and damp	USE	Vitality
For menstrual spotting or metrorrhagia accompanied by signs of Spleen deficiency	USE	Moon Pearls
For post-menopausal syndrome	USE	Guanyin Pearls
For anxiety or insomnia due to PTSD	USE	Spirit Pearls
For insomnia in elderly individuals (generally accompanied by symptoms of deficiency of both yin and yang)	USE	Peace Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

HERITAGE SERIES

Shengmai San
Banxia Houpo Tang
Wendan Tang
Danggui San
Danggui Shaoyao San
Qianyang Dan
Fengsui Dan
Shenxian Dushi Dan

LEGACY SERIES

Amber Pearls
Love Pearls
Metal Pearls
Balance Pearls
Spirit Pearls
Wind Pearls
Thunder Pearls
Lightning Pearls
Dragon Pearls
Ox Bone Pearls

SIMILAR REMEDIES

ALSO CONSOLIDATE SPLEEN QI AND CALM THE HEART; ALTERNATION OPTIONS

HERITAGE SERIES

Bazhen Tang
Wenjing Tang
Shuyu Wan
Buzhong Yiqi Tang
Lizhong Wan

LEGACY SERIES

Spirit Pearls
Peace Pearls
Vitality Pearls
Moon Pearls
Guanyin Pearls
Heart Pearls
Sugar Pearls
Counterflow Pearls
Ginkgo Pearls

FORMULA ARCHITECTURE

人參	Renshen	Ginseng	10.56%
黃芪(蜜炙)	Huangqi	Astragalus; honey-baked	10.56%
茯苓	Fuling	Poria	10.56%
白朮(麩炒)	Baizhu	Atractylodes, white; bran fried	10.56%
酸棗仁(清炒)	Suanzaoren	Zizyphus; fried	10.56%
龍眼肉	Longyanrou	Long'an fruit	10.56%
(秦)當歸	Danggui	Tang-kuei, Gansu	10.56%
遠志(甘草制)	Yuanzhi	Polygala; licorice cured	10.56%
木香	Muxiang	Saussurea	5.28%
生薑	Shengjiang	Ginger, fresh	3.52%
大棗	Dazao	Jujube	3.52%
甘草(棗花蜜炙)	Zhi Gancao	Licorice; jujube flower honey baked	3.20%

Guizhi Fuling Wan

Cinnamon Twig and Poria Pill

桂枝茯苓丸

GENERAL SUPPORT

Chronic, Acute, Anti-Mass,
Reproductive, Women's Health,
Cardiovascular, Skin

ORGAN SYSTEMS

Kidney, Bladder, Pericardium

FORMULA FAMILY

Warming and Moving with Cinnamon,
Simultaneously Warming Deficient
Yang Qi while Clearing Toxic Heat

SIX STAGES

Taiyang, Jueyin



ABOUT GUIZHI FULING WAN

Guizhi Fuling Wan was first mentioned 1,850 years ago as part of the chapter on pregnancy disorders in Zhang Zhongjing's formula compendium, *Essentials from the Golden Cabinet (Jingui yaolüe)*. It is a classical manifestation of the uniquely relevant Chinese medicine concept of breaking up and removing Blood stasis. The formula is concisely designed and exhibits the trademark symmetry of most classical prescriptions. In the words of a historical commentator, "Guizhi Fuling Wan contains one yang herb (cinnamon twig), one yin herb (peony), one qi herb (poria), and one Blood herb (moutan)", plus one foot soldier (persica) to directly address the formula's primary etiology of masses and accumulations in the abdomen. It should be noted that in low doses the Blood moving effect of the formula is very moderate and therefore safe for constitutionally weak tumor patients and pregnant mothers, whom the remedy was first designed for. The original administration of the remedy in the form of honey pills reflects the traditional belief that tumors, which tend to develop over long periods of time, are best dissolved gradually. Modern research has verified that Blood moving substances prescribed in high doses can potentially promote metastasis in cancer patients. In high dose decoction form, the formula was traditionally known as Duoming Tang (Life Saving Decoction) or Cuisheng Tang (Induce Labor Decoction), and prescribed for the purpose of expelling dead fetal or placental tissue from the womb in life-threatening childbirth situations. Today, Guizhi Fuling Wan is primarily used for the treatment of cysts, fibroids and tumors in the renal and reproductive systems of both men and women.

THERAPEUTIC PRINCIPLES

- Move Blood and transform stasis
- Gently break down tumors in the lower abdomen

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Presence of abdominal masses (painful when palpated)
- Abdominal bloating and/or pain (particularly if sensitive to pressure and located on lower left side)
- Painful menses (dark colored menstrual blood with clots)
- Potential signs of qi counterflow (dizziness, headache, flushed complexion)
- Pale tongue with white coating, potentially with purplish discolorations
- Tight and choppy pulse, or potentially sunken and slow

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Ovarian cysts, polycystic ovarian syndrome, uterine myoma, uterine polyp, cervical dysplasia, extra-uterine pregnancy, placental residue in post-partum situations, hyperplasia of the breast
- Chronic pelvic inflammation, annexitis, cervical erosion, hydrosalpinx
- Dysfunctional uterine bleeding, vaginal bleeding during pregnancy (only if clearly linked to Blood stasis), vaginal bleeding in the aftermath of incomplete abortion or medical abortion, lochiorrhea
- Dysmenorrhea (particularly in cases with irregular menses, lower abdominal pain which increases upon palpation, and premenstrual restlessness), endometriosis
- Infertility (if caused by the presence of uterine myoma or blockage of fallopian tube or the aftermath of an abortion), habitual abortion (only if accompanied by obvious signs of Blood stasis)
- Varicoceles, testicular masses or swelling, chronic prostatitis, hyperplasia of prostate, stones in the lower section of the ureter
- Cardiovascular disease (including arteriosclerosis, hypertension, hyperlipidemia, angina pectoris, asymptomatic myocardial ischemia, asymptomatic cerebral infarction)
- External injuries, acute lumbar sprain
- Skin diseases (including purpura, dermatitis, eczema, acne, frost bite, gangrene, moles, warts)
- Eye disorders (including stye, eyelid inflammation, eyeground bleeding)
- Broad variety of diseases accompanied by signs of Blood stasis, especially in the lower abdomen (chronic hepatitis, hepatic cyst, hyperplasia of prostate, testicular masses or swelling, deep vein thrombosis of the lower extremities, chronic nephritis, bronchial asthma, bed wetting, neurosis, restlessness, depression, epilepsy)

Guizhi Fuling Wan

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For abdominal masses and tumors	ALSO CONSIDER	Dahuang Zhechong Wan
For enlarged liver and/or spleen or fatty liver	USE	Biejia Jian Wan
For signs of Blood stasis in the upper part of the body	USE	Xuefu Zhuyu Tang
For abdominal pain in women accompanied by signs of Blood deficiency	USE	Danggui Shaoyao San
For abdominal pain in women accompanied by signs of cold and deficiency Blood	USE	Wenjing Tang
For standard prenatal care	USE	Danggui San
For standard postpartum care	USE	Bazhen Tang
For signs of water accumulation (rather than Blood stasis) in the lower part of the body	USE	Wuling San
For obvious signs of Spleen qi deficiency (i.e., frequent bruising in individuals with deficient constitutions)	COMBINE WITH	Lizhong Wan
For kidney or prostate disorders accompanied by signs of essence deficiency	USE	Jingui Shenqi Wan
For acute flare up of genital herpes	COMBINE WITH	Yin Qiao San
For conditions characterized by symptoms of qi stagnation (rather than Blood stasis)	USE	Ease Pearls or Metal Pearls
For external injuries	USE	Ox Bone Pearls
For signs of Blood stasis in individuals with obvious <i>jueyin</i> symptoms, (i.e., individuals with chronic cardiovascular or liver disease)	USE	Evergreen Pearls
For benign prostatic hyperplasia	USE OR COMBINE WITH	Water Pearls
For prostate cancer or ovarian cancer	USE OF CONSIDER	Ocean Pearls
For colon cancer with symptoms of constipation	USE	Tiger Pearls
For the long-term treatment of HPV or other STD	COMBINE WITH	Lightning Pearls
For chronic degenerative liver conditions	ALSO CONSIDER	Evergreen Pearls, Mama Pearls, Sugar Pearls, and Counterflow Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

HERITAGE SERIES

Biejia Jian Wan
 Wuling San
 Xiao Chaihu Tang
 Chaihu Jia Longgu Muli Tang
 Chaihu Guizhi Ganjiang Tang
 Wendan Tang
 Banxia Houpo Tang
 Fongsui Dan
 Qianyang Dan
 Lizhong Wan
 Jingui Shenqi Wan
 Shengmai San
 Shenxian Dushi Dan

LEGACY SERIES

Ease Pearls
 Metal Pearls
 Counterflow Pearls
 Spirit Pearls
 Glacier Pearls
 Lightning Pearls
 Thunder Pearls
 Serpent Pearls
 Dragon Pearls

SIMILAR REMEDIES

ALSO MOVE BLOOD AND TRANSFORM STASIS;
 ALTERNATION OPTIONS

HERITAGE SERIES

Xuefu Zhuyu Tang
 Dahuang Zhechong Wan
 Danggui San
 Danggui Shaoyao San
 Wenjing Tang
 Bazhen Tang
 Guizhi Tang

LEGACY SERIES

Cinnamon Pearls
 Bamboo Pearls
 Ocean Pearls
 Sugar Pearls
 Tiger Pearls
 Ox Bone Pearls
 Moon Pearls
 Heart Pearls
 Evergreen Pearls
 Mama Pearls

FORMULA ARCHITECTURE

桂枝 (尖)	Guizhi	Cinnamon twig	20.00%
茯苓	Fuling	Poria	20.00%
赤芍	Chishao	Peony, red	20.00%
牡丹皮	Mudanpi	Moutan	20.00%
桃仁 (燂去皮, 清炒)	Taoren	Persica seed; blanched, skin removed, fried	20.00%

Guizhi Tang

Cinnamon Twig Decoction

桂枝湯

GENERAL SUPPORT

Chronic, Acute, Immune, Digestive, Respiratory, Skin, Urinary, Cognitive, Cardiovascular, Musculoskeletal, Bone Health

ORGAN SYSTEMS

Small Intestine, Bladder, Lung

FORMULA FAMILY

Overall Warming, Warming and Moving with Cinnamon

SIX STAGES

Taiyang, Taiyin



ABOUT GUIZHI TANG

Guizhi Tang is the cardinal formula in China's first prescription manual, *Treatise on Disorders Caused by Cold (Shanghan lun)*, and is therefore regarded as the "mother of all classical remedies". Some sources assert that it originated long before the 2nd century when it was first mentioned in Zhang Zhongjing's formula classic. Almost exclusively based on common foods and spices, the design of Guizhi Tang is a good example for the dietary origins of Chinese herbal therapy. Despite its concise design, the formula is extremely versatile, since it can boost microcirculation and immune function at the surface (Lung, skin, protective layer) and the interior (Spleen, Liver, nutritive layer) at the same time. From a clinical research perspective, the formula exhibits pronounced adaptogenic effects. It can stimulate sweating in cold/flu patients, but also inhibit excessive sweating in cases of spontaneous sweating; it can ameliorate diarrhea symptoms, but also relieve constipation in Spleen deficient patients. In general, it is the safest and most cost-effective for the tonification, harmonization and circulation of yin and yang. In the herbal lineage of the Sichuan Fire Spirit School, Guizhi Tang is the foundation for one of two major treatment methods: Guizhi Fa (Cinnamon Method), the Fire Spirit principal Zheng Qin'an's premier modality to move yang. While still mentioned in contemporary TCM herbalism as the standard remedy for *taiyang* wind invasion syndrome (the wind cold type of acute external pathology), the formula is best taken preventatively to avoid getting sick after a day of hard work in fall or winter. Guizhi Tang's real forte in a modern clinical setting, moreover, is the recovery of chronic internal disorders associated with debilitated Small Intestine function, i.e. food allergies, SIBO (small intestine bacterial overgrowth) and subsequent low immunity (most typically accompanied by an aversion to drafts and cold temperatures). The ancient food remedy Guizhi Tang thus represents an effective systemic approach to intestinal and urinary tract dysbiosis—instead of using expensive and artificially produced probiotics, this formula sustainably increases microcirculation in the villae of the small intestine and thus changes the overall terrain for the growth of healthy bacteria over time.

THERAPEUTIC PRINCIPLES

- Harmonize protective (wei) and nutritive (ying) qi
- Warm channels and collaterals
- “Release the surface” by increasing microcirculation in both the *taiyang* Bladder and *taiyang* Small Intestine networks

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Taiyang symptom complex in individuals with deficient constitutions and general signs of low immunity (fever with aversion to cold in acute cold/flu situations)
- Skinny and pale constitutional type, general aversion to drafts and cold temperatures, sensitive to pain (including injections and acupuncture)
- Spontaneous sweating, low tolerance for sustained physical exertion
- Stuffy nose
- Food allergies
- Floating and moderate pulse
- Pale red tongue with thin white coating

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Cold/flu, sinusitis, allergic rhinitis, air conditioning disease, irritable larynx
- Stomach pain, food allergies, irritable bowel syndrome (IBS), small intestine bacterial overgrowth (SIBO), anorexia, gastritis, digestive ulcers, chronic appendicitis
- Localized sweating
- Low grade fevers (especially chronic)
- Skin disorders characterized by lack of obvious redness or swelling (allergic skin reactions, eczema, urticaria, dermatitis, frost bite)
- External injuries (including luxations, fractures, peripheral nerve injury, acute muscle sprain, hemiplegia)
- Cervical spondylosis, bursitis or peri-arthritis of shoulder, chronic lumbar strain, scoliosis, intercostal neuralgia
- Morning sickness, post-partum fevers
- Palpitations, vertigo, paroxysmal tachycardia (especially in patients with low blood pressure)
- Nocturnal emissions, premature ejaculation
- Chronic renal failure
- Chronic fatigue syndrome, menopausal syndrome

Guizhi Tang

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For cold/flu with clear <i>shaoyang</i> symptomology	USE	Xiao Chaihu Tang
For concurrent presence of <i>taiyang</i> and <i>shaoyang</i> symptoms	COMBINE WITH OR CONSIDER	Xiao Chaihu Tang Chaihu Guizhi Ganjiang Tang
For chronic diarrhea with clear <i>taiyin</i> symptomology	USE	Lizhong Wan
For diarrhea with obvious signs of other types of prolapse	USE	Buzhong Yiqi Tang
For gastroenteritis or ulcers accompanied by obvious epigastric distention	USE	Banxia Xiexin Tang
For lower abdominal pain in women	USE	Danggui Shaoyao San
For chronic cough or larynx irritation	COMBINE WITH	Banxia Houpo Tang
For asthma or other respiratory allergies	COMBINE WITH	Shengmai San
For palpitations	COMBINE WITH	Shengmai San
For night sweating	USE	Jingui Shenqi Wan
For chronic fatigue syndrome characterized by <i>taiyang/taiyin</i> weakness	USE	Shuyu Wan
For chronic lassitude accompanied by arthritic symptoms	USE OR COMBINE WITH	Shenxian Dushi Dan
For external injuries or other indications of Blood stasis	ADD	Xuefu Zhuyu Tang
For acute food poisoning or flu symptoms	USE OR CONSIDER	Earth Pearls
For food allergies or other signs of chronic autoimmune involvement	USE	Cinnamon Pearls
For rheumatoid arthritis, pronounced arthritic pain or chronic spinal issues with autoimmune involvement	USE	Bamboo Pearls
For chronic cough or throat irritation	ADD	Metal Pearls
For chronic diarrhea	ADD	Amber Pearls
For myocarditis	ADD	Counterflow Pearls
For cervical spondylosis, bursitis or peri-arthritis of shoulder, chronic lumbar strain, scoliosis, or osteoporosis	ADD	Ox Bone Pearls
For external injuries	ADD	Ox Bone Pearls
For intestinal parasites	USE OR COMBINE WITH	Thunder Pearls
For chronic concurrent inflammation of the nervous system (i.e., Lyme disease or Coxsackie virus)	USE OR COMBINE WITH	Lightning Pearls
For volatile blood sugar in younger or middle aged individuals	CONSIDER COMBINING WITH	Counterflow Pearls or Water Pearls
For volatile blood sugar in older individuals	USE	Sugar Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

HERITAGE SERIES

Shengmai San
Xiao Chaihu Tang
Banxia Houpo Tang
Wendan Tang
Danggui San
Qianyang Dan
Fengsui Dan
Shenxian Dushi Dan
Biejia Jian Wan
Dahuang Zhechong Wan

LEGACY SERIES

Amber Pearls
Metal Pearls
Balance Pearls
Counterflow Pearls
Spirit Pearls
Wind Pearls
Water Pearls
Glacier Pearls
Thunder Pearls
Lightning Pearls
Dragon Pearls
Serpent Pearls
Gingko Pearls
Ox Bone Pearls
Love Pearls

SIMILAR REMEDIES

ALSO CINNAMON BASED; ALTERNATION OPTIONS

HERITAGE SERIES

Shuyu Wan
Chaihu Guizhi Ganjiang Tang
Guizhi Fuling Wan
Wuling San

LEGACY SERIES

Cinnamon Pearls
Earth Pearls
Bamboo Pearls
Golden Pearls
Evergreen Pearls
Mama Pearls
Sugar Pearls
Ocean Pearls
Tiger Pearls

FORMULA ARCHITECTURE

桂枝 (尖)	Guizhi	Cinnamon twig	20.94%
白芍	Baishao	Peony, white	20.94%
生薑	Shengjiang	Ginger, fresh	20.94%
大棗	Dazao	Jujube	23.22%
甘草 (棗花蜜炙)	Zhi Gancao	Licorice; jujube flower honey baked	13.96%

Jingui Shenqi Wan

HERITAGE SERIES

Jingui Shenqi Wan

Kidney Qi Pills from the Golden Cabinet

金櫃腎氣丸

GENERAL SUPPORT

Chronic, Endocrine, Urinary, Reproductive, Immune, Cardiovascular, Metabolic, Musculoskeletal, Skin

FORMULA FAMILY

Warming and Moistening with Rehmannia

ORGAN SYSTEMS

Kidney

SIX STAGES

Shaoyin



ABOUT JINGUI SHENQI WAN

Shenqi Wan was first mentioned 1,850 years ago in five different chapters of Zhang Zhongjing's classical formula primer for complex disorders, *Essentials from the Golden Cabinet (Jingui yaolüe)*. It is often cited as a prime example for the precise and symmetrical design of classical prescriptions: 3 herbs are intended to tonify the body's physical essences, namely the yin of Kidney, Spleen and Liver; while 3 herbs prevent pathological yin excess (stagnating water, phlegm, and Blood heat) in the same organ systems. Two pungent ingredients, namely cinnamon and aconite in comparatively small amounts, strengthen functional energy by warming mingmen fire and prevent the rather sticky yin herbs from becoming an undue burden to the digestive system. In this manner, Shenqi Wan not only addresses issues of deficiency and excess in the core organs of the middle and lower burners, but fortifies both the original yin and yang. While the formula's derivative Liuwei Dihuang Wan (Six Ingredient Pill with Rehmannia) is widely regarded as the representative remedy for tonification of Kidney yin, Shenqi Wan specifically tonifies Kidney qi—the fundamental force behind life's rhythms of growing, aging and sexual maturity, which is produced by the constant interaction of the Kidney's original yin and original yang. While Shenqi Wan and its variant Liuwei Dihuang Wan tend to be overprescribed in modern Chinese herbalism (chronic exhaustion disorders in contemporary patients tend to primarily involve Spleen and Liver imbalances), the remedy constitutes one of the fundamental paths for addressing chronic Kidney issues and thus covers a wide range of pathologies. The name Jingui Shenqi Wan underscores that the remedy was prepared in the classical way, using raw rehmannia and cinnamon twig (rather than the later variation of cooked rehmannia and cinnamon bark).

THERAPEUTIC PRINCIPLES

- Tonify Kidney qi
- Enhance water metabolism

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Signs of Kidney essence deficiency (low back pain, weak legs, pain in the soles of the feet or heels, shortness of breath, tinnitus, premature graying of hair or hair loss, dark and shrunken gums and/or loss of teeth)
- Signs of water stagnation due to cold (inhibited urination, edema, phlegm, weakness/discomfort in area below umbilicus, cold feeling in the lower part of the body)
- Fat and pale tongue with a thin or moderately thick (but never dry) white coating
- Sunken and fine pulse, possibly big in Kidney position on left hand

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Geriatric conditions (including hyperlipidemia, hypertension, arteriosclerosis, post-stroke syndrome)
- Chronic nephritis, nephritic syndrome, nephrogenic edema, chronic urinary tract infection, recurrent urinary tract infection after sexual activity, urethral syndrome, kidney stones, urinary incontinence, nocturia, bed wetting
- Diabetes (type II), diabetic bladder disease, diabetic kidney disease
- Hyperplasia of the prostate, chronic prostatitis, impotence, sterility, low sperm count, spermatorrhea, premature ejaculation, gynecomastia in men
- Heart disease, pulmonary heart disease, congestive heart failure, chronic arrhythmia, atrial fibrillation, atrioventricular block, angina pectoris
- Bronchial asthma, chronic bronchitis, emphysema, allergic rhinitis
- Superficial gastritis, gastroptosis, gastric and duodenal ulcers, gastrointestinal neurosis, chronic functional diarrhea, irritable bowel syndrome (IBS), chronic colitis, constipation
- Autoimmune hepatitis, hepatitis B
- Hypothyroidism, menopausal syndrome, atrophic vaginitis
- Eye diseases (including cataracts, presbyopia, glaucoma, central serous chorioretinopathy)
- Neurogenic pain (including diabetic neuropathy, MS, sciatica), lumbago, lumbar disc herniation, bursitis, osteoporosis, bone tuberculosis, ankylosing spondylitis, gout
- Allergic skin diseases, urticaria
- Recurrent mouth ulcers
- Side effects of prednisone therapy, including severe insomnia

Jingui Shenqi Wan

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For Kidney yang deficiency	USE	Qianyang Dan
For false fire Kidney symptoms causing disconnection of Heart and Kidney	USE OR COMBINE WITH	Fengsui Dan
For signs of Kidney essence deficiency accompanied by chronic body pain/stiffness	USE	Shenxian Dushi Dan
For asthma or irregular heart beat	COMBINE WITH	Shengmai San
For edema or other types of water accumulation without obvious signs of Kidney essence deficiency	USE	Wuling San
For general state of exhaustion accompanied by primary signs of Spleen qi deficiency and Spleen damp	USE	Lizhong Wan
For general state of exhaustion accompanied by primary signs of Spleen qi deficiency and prolapse	USE	Buzhong Yiqi Tang
For general state of exhaustion accompanied by primary signs of Spleen qi deficiency and chronic wind	USE	Shuyu Wan
For general state of exhaustion accompanied by obvious signs of Blood deficiency	USE	Guipi Tang or Bazhen Tang
For general state of exhaustion accompanied by obvious signs of Blood stasis or "dry Blood"	USE	Dahuang Zhechong Wan
For skin or eye diseases accompanied by obvious signs of Blood deficiency	CONSIDER	Danggui Shaoyao San, Danggui San or Bazhen Tang
For impotence, infertility, or premature ejaculation	USE	Water Pearls
For degenerative eye diseases	USE	Water Pearls
For inhibited urination due to benign prostatic hyperplasia	ALSO CONSIDER	Counterflow Pearls and Sugar Pearls
For low testosterone and/or low libido	CONSIDER	Water Pearls
For inhibited urination in patients with prostate or uterine cancer	COMBINE WITH	Love Pearls
For high blood pressure	USE	Ocean Pearls
For pulmonary heart disease	ALSO CONSIDER	Counterflow Pearls
For heart failure	COMBINE WITH	Counterflow Pearls or Metal Pearls
For general state of exhaustion with primary signs of Spleen qi deficiency	CONSIDER	Heart Pearls
For general state of exhaustion with primary signs of Spleen qi deficiency	USE	Vitality Pearls
For hypothyroidism in menopausal and post-menopausal women	USE	Guanyin Pearls
For allergic rhinitis	USE	Wind Pearls

DIFFERENTIATION (CONT)

Signs and Symptoms	Recommended Use	Augment / Alternative
For pulmonary fibrosis and other degenerative lung conditions	USE	Glacier Pearls
For chronic degenerative liver conditions	ALSO CONSIDER	Evergreen Pearls, Mama Pearls, Sugar Pearls, and Counterflow Pearls
For skin diseases	ALSO CONSIDER	Metal Pearls and Lightning Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

SIMILAR REMEDIES

ALSO CONSOLIDATE KIDNEY QI WITH REHMANNIA;
ALTERNATION OPTIONS

HERITAGE SERIES

Shengmai San
Fengsui Dan
Qianyang Dan
Guizhi Tang
Guizhi Fuling Wan
Wuling San
Xiao Chaihu Tang
Chaihu Guizhi Ganjiang Tang
Dahuang Zhechong Wan
Biejia Jian Wan
Danggui San
Banxia Xiexin Tang
Wendan Tang
Banxia Houpo Tang
Yin Qiao San

LEGACY SERIES

Love Pearls
Amber Pearls
Cinnamon Pearls
Bamboo Pearls
Evergreen Pearls
Sugar Pearls
Guanyin Pearls
Heart Pearls
Balance Pearls
Metal Pearls
Counterflow Pearls
Ease Pearls
Lightning Pearls
Thunder Pearls
Serpent Pearls
Dragon Pearls

HERITAGE SERIES

Shenxian Dushi Dan
Shuyu Wan

LEGACY SERIES

Water Pearls
Wind Pearls
Glacier Pearls

FORMULA ARCHITECTURE

生地黄	Sheng Dihuang	Rehmannia, raw	29.63%
山藥	Shanyao	Dioscorea	14.81%
山茱萸 (酒蒸)	Shanzhuyu	Cornus; wine treated	14.81%
澤瀉	Zexie	Alisma	11.11%
茯苓	Fuling	Poria	11.11%
牡丹皮	Mudanpi	Moutan	11.11%
桂枝 (尖)	Guizhi	Cinnamon twig	3.70%
附子 (竹刀削, 蒸制)	Fuzi	Aconite; peeled w/ bamboo knife, steam cured	3.70%

Lizhong Wan

Regulate the Middle Pill

理中丸

GENERAL SUPPORT

Chronic, Digestive, Respiratory, Cardiovascular, Cognitive, Mental-Emotional, Women's Health

ORGAN SYSTEMS

Spleen, Heart

FORMULA FAMILY

Overall Warming, Warming and Consolidating Spleen Qi with Codonopsis and Ginger

SIX STAGES

Taiyin



ABOUT LIZHONG WAN

Lizhong Wan was first mentioned 1,850 years ago in Zhang Zhongjing's classic herbal compendia, *Treatise on Disorders Caused by Cold (Shanghan lun)* and *Essentials from the Golden Cabinet (Jingui yaolüe)*. Therein, it is featured as the representative formula for *taiyin* (Spleen cold) syndrome and chest obstruction. As such, it has remained the representative remedy to treat chronic stomach pain, diarrhea, and other disorders related to gastro-intestinal "cold." It can be regarded as the herbal equivalent to the moxabustion of the acupuncture point Zusanli (Stomach 36). Led by the chief herb, dry ginger, Lizhong Wan exhibits very warming properties that are sometimes further enhanced through the addition of aconite. Different from the dispersing effect of fresh ginger or cinnamon, dry ginger is said to warm the middle burner organs Spleen and Stomach by "staying put" in the central region of the body. This quality makes the formula particularly effective for cold related stomach pain, poor appetite, diarrhea and other symptoms of Spleen yang deficiency. If prescribed inappropriately, however, the herb may cause mild side effects such as a dry mouth and tongue. For this reason, later generations exchanged the pungent dry ginger for the bland poria and created Si Junzi Tang (Four Gentlemen Decoction). As a foundational prescription for many yang deficiency disorders, Lizhong Wan exemplifies the versatility of the traditional system of symptom differentiation. According to Chinese diagnostics, the Spleen yang is in charge of a multitude of physical functions, including the maintenance of body temperature, qi metabolism, protection from external pathogens, facilitation of physical movement, and containment of fluids within the body. In example, the formula can thus be effective for a symptom complex involving the combination of chronic diarrhea and nose bleeding—two problems that appear completely unrelated from the perspective of Western medicine, but are both regarded as fluid leakage caused by Spleen yang deficiency in the Chinese diagnostic system.

THERAPEUTIC PRINCIPLES

- Warm the center and dispel cold
- Tonify middle burner qi and regenerate the drying function of the Spleen

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- General signs of Spleen yang deficiency (general state of fatigue, cold extremities, pale face color, weak connective tissue and muscle tonus, shortness of breath)
- No thirst, possibly aversion to drinking fluids, or chronic production of clear sputum
- Stomach or chest discomfort that improves when the area is warmed or pressure is applied, abdominal distention, possibly diarrhea or vomiting or hiccups
- Chronic bleeding, particularly of the gums or nose (typically characterized by small amounts of pale colored blood, often apparent during tooth brushing), tendency to bruise easily
- Palpitations, restlessness, insomnia
- Weak, sunken and slow pulse; most likely “boggy” in middle pulse position of right hand
- Pale tongue, with white and moist coating

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Gastrointestinal infection, chronic bacillary dysentery, chronic colitis, clear cell colitis, collagenous colitis, candida infection, irritable bowel syndrome (IBS), anorexia, bulimia
- Gastric and duodenal ulcers, atrophic gastritis, superficial gastritis, chronic cholecystitis
- Recalcitrant hiccup
- Chronic mouth ulcers, stomatitis, thrush
- Blood in sputum or feces due to ulcerations, nose bleeding, dysfunctional uterine bleeding, idiopathic thrombocytopenic purpura (ITP)
- Chronic cough
- Hypertension, vertigo, headache (only if accompanied by obvious signs of Spleen yang deficiency)
- Chronic infantile convulsions
- Palpitations, angina pectoris
- Leucorrhea, chronic pelvic inflammatory disease, frequent urination

Lizhong Wan

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For diarrhea with clear <i>taiyang</i> symptomology	USE	Guizhi Tang
For diarrhea with clear <i>shaoyang</i> symptomology	USE	Xiao Chaihu Tang
For diarrhea accompanied by other types of prolapse	USE	Buzhong Yiqi Tang
For diarrhea or stomach pain accompanied by obvious epigastric distention and long and wiry pulse on the right hand side	USE	Banxia Xiexin Tang
For lower abdominal pain in women	USE	Danggui Shaoyao San
For chronic cough, larynx irritation, or hiccupping	COMBINE WITH	Banxia Houpo Tang
For shortness of breath or palpitations	COMBINE WITH	Shengmai San
For chronic fatigue syndrome characterized by <i>taiyang/taiyin</i> weakness and chronic wind symptoms	USE	Shuyu Wan
For anemia due to qi and Blood deficiency	USE	Bazhen Tang
For diarrhea accompanied by anxiety/insomnia and/or symptoms of bleeding or bruising	ALSO CONSIDER	Guipi Tang
For mental symptoms	CONSIDER COMBINING WITH	Wendan Tang
For acute food poisoning or flu symptoms	USE	Earth Pearls
For thick white tongue coating	USE OR COMBINE WITH	Earth Pearls
For food allergies or other signs of chronic autoimmune involvement	USE	Cinnamon Pearls
For chronic Spleen yang deficiency in elderly patients	USE	Vitality Pearls
For chronic cough or throat irritation	COMBINE WITH	Metal Pearls
For chronic diarrhea	COMBINE WITH	Amber Pearls
For intestinal parasites (including chronic fungal overgrowth)	COMBINE WITH	Thunder Pearls
For myocarditis, palpitations, high blood pressure, or blood sugar volatility	COMBINE WITH	Counterflow Pearls
For heart disease or heart failure in the elderly	USE	Heart Pearls
For dysfunctional uterine bleeding	USE	Moon Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

HERITAGE SERIES

Shengmai San
Banxia Houpo Tang
Wendan Tang
Danggui San
Qianyang Dan
Fengsui Dan
Shenxian Dushi Dan
Xuefu Zhuyu Tang
Jingui Shenqi Wan

LEGACY SERIES

Amber Pearls
Love Pearls
Counterflow Pearls
Metal Pearls
Spirit Pearls
Wind Pearls
Water Pearls
Thunder Pearls
Lightning Pearls
Dragon Pearls
Serpent Pearls
Ox Bone Pearls

SIMILAR REMEDIES

ALSO GINSENG/CODONOPSIS BASED AND/OR LIFT SPLEEN QI;
ALTERNATION OPTIONS

HERITAGE SERIES

Buzhong Yiqi Tang
Guipi Tang
Bazhen Tang
Shuyu Wan
Guizhi Tang

LEGACY SERIES

Earth Pearls
Amber Pearls
Cinnamon Pearls
Heart Pearls
Moon Pearls

FORMULA ARCHITECTURE

黨參	Dangshen	Codonopsis	25.00%
乾薑	Ganjiang	Ginger, dried	25.00%
白朮 (麸炒)	Baizhu	Atractylodes, white; bran fried	25.00%
甘草 (棗花蜜炙)	Zhi Gancao	Licorice; jujube flower honey baked	25.00%

Qianyang Dan

Submerge the Yang Pellet

潛陽丹

GENERAL SUPPORT

Chronic, Neurological, Endocrine, Fertility, Cognitive, Cardiovascular, Digestive, Musculoskeletal, Gu Syndrome

FORMULA FAMILY

Overall Warming, Warming and Consolidating with Aconite

ORGAN SYSTEMS

Kidney, Heart, Spleen, Triple Warmer

SIX STAGES

Shaoyin, Taiyin



ABOUT QIANYANG DAN

The unique design of Qianyang Dan appeared relatively recently in the 19th century scholar-physician Zheng Qin'an's book, *True Transmission of the Fundamental Principles of Medicine (Yili zhenchuan)*. Due to the recent popularity of the Sichuan Fire Spirit School of Chinese Herbal Medicine (Huoshen Pai), however, the formula has become the standard bearer of the lineage's "Aconite Method" (*sini fa*). In contrast to the more moving and dispersing "Cinnamon Method" (*guizhi fa*) adapted from the classical *Guizhi Tang* (Cinnamon Decoction), the Aconite Method not only vitalizes Spleen and Kidney yang, but enhances the down-drawing capacity of the cardinal herb *Fuzi* by pairing it with *Xi Sharen*, a rare type of wild cardamon that is now mostly found in Myanmar, Laos and Vietnam. In the original Qianyang Dan recipe, a small amount of turtle plastron is added for the highly specific purpose of opening the Conception Vessel (*renmai*), the pathway where the Kidney's downward drawing function manifests itself. A relatively high amount of licorice, moreover, fortifies the center and neutralizes the potential intensity of aconite.

All schools of Chinese medicine agree on the concept that the Kidney network functions as a type of "storage battery" for prenatal energy. Contemporary approaches to Kidney deficiency disorders, however, have strongly favored the tonification of Kidney yin by prescribing *rehmannia* based remedies such as *Liuwei Dihuang Wan* (Six Ingredient Pill with *Rehmannia*). The design of Qianyang Dan emphasizes the fact that failure of the Kidney system to act as an "oceanic receptacle" for the body's descending *qi* processes (*naqi*)—typically leading to the flaring of false heat (as in insomnia or menopausal hot flashes)—can be just as often the result of (Kidney) yang deficiency as of (Kidney) yin deficiency. This formula thus fills an important clinical void for chronic Kidney problems caused by yang deficiency and dampness, a situation for which the prescription of the sticky yin herb *rehmannia* is contraindicated. Qianyang Dan can thus be regarded as a constitutional base formula for chronic cold-damp disorders characterized by the principal etiology of Kidney yang deficiency accompanied by false heat and/or phlegm symptoms in the upper part of the body. In order distinguish the suitability of the Qianyang Dan approach from flare-up symptoms that are due to yin deficiency or true fire, however, it is important to confirm the patient's yang deficient constitution via the tongue and pulse.

THERAPEUTIC PRINCIPLES

- Tonify original yang and restore the Kidney's function of drawing prenatal qi into the lower dantian
- Restore Spleen yang and dry cold damp in the middle burner

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Signs of Spleen and Kidney yang deficiency (i.e., pale or dark face color, aversion to cold temperatures, cold hands and feet, general state of exhaustion, sensation of heavy and achy body that worsens on rainy days, tired and sleepy during the day, listless spirit, aversion to socializing and talking, shortness of breath, chronic phlegm production, brain fog, memory loss, poor appetite, low back pain, frequent or inhibited or painful urination, dark and atrophied gums, history of frequent use of antibiotics)
- Signs of flaring of deficient source yang (i.e., heat sensations in upper part of body and cold signs in lower part of body, poor balance or ungrounded sensation when eyes are closed, headache, restless or stuffy sensations in chest region, insomnia, puffy face and/or lips, itchy or swollen ears, bad breath, sensitive or bleeding gums/teeth, recurrent mouth ulcers, chronic hoarseness or discomfort in throat, cough, dry mouth or thirst without desire to drink much, maculation of skin, hemorrhoids, spermatorrhea, premenstrual night sweats)
- Pale tongue with moist white or yellowish coating
- Sunken and fine pulse, or floating and empty (especially in Kidney positions)

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Geriatric conditions (including hypertension, arteriosclerosis, Alzheimer's)
- Chronic fatigue syndrome
- Infertility, impotence, spermatorrhea
- Chronic bronchitis, emphysema, bronchial asthma
- Heart disease, pulmonary heart disease
- Irritable bowel syndrome (IBS)
- Hypothyroidism, menopausal syndrome, leucorrhea, atrophic vaginitis
- Neurogenic pain, lumbago, lumbar disc herniation, bursitis, osteoporosis
- Recurrent mouth ulcers
- Anxiety, insomnia
- Side effects of antibiotic therapy
- Herxheimer reactions in hypersensitive Lyme patients with yang deficiency symptoms

Qianyang Dan

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For prominent signs of false Kidney fire causing disconnection of Heart and Kidney	USE OR COMBINE WITH	Fengsui Dan
For Kidney qi/yin deficiency	USE	Jingui Shenqi Wan
For shortness of breath or irregular heart beat	COMBINE WITH	Shengmai San
For edema or other types of water accumulation	USE OR COMBINE WITH	Wuling San
For general state of exhaustion accompanied by primary signs of Spleen qi deficiency and dampness (especially in children or pregnant women or other situations where the prescription of aconite should be restricted)	USE	Lizhong Wan
For Kidney essence deficiency accompanied by chronic body pain	USE OR COMBINE WITH	Shenxian Dushi Dan
For anxiety or insomnia	USE	Peace Pearls
For hypothyroidism and/or hot flashes in menopausal and post-menopausal women	USE	Guanyin Pearls
For infertility in women	USE	Guanyin Pearls
	ALSO CONSIDER	Water Pearls
For general state of exhaustion with primary signs of Spleen qi deficiency	USE	Vitality Pearls
For heart failure	USE	Heart Pearls
For diabetes II or other blood sugar issues in elderly patients	USE	Sugar Pearls
For degenerative eye diseases	USE	Water Pearls
	ALSO CONSIDER	Counterflow Pearls and Sugar Pearls
For high blood pressure	CONSIDER USING OR COMBINING	Counterflow Pearls
For irregular heart beat, palpitations or anxiety	COMBINE WITH	Counterflow Pearls
For pulmonary heart disease	COMBINE WITH	Counterflow Pearls
For counterflow symptoms requiring treatment of both the upper and lower sources of water (typically indicated by a slippery pulse in the Lung position on the right hand and a floating and empty pulse in the Kidney position on the left hand)	COMBINE WITH	Metal Pearls
For respiratory symptoms	COMBINE WITH	Metal Pearls
For chronic diarrhea	COMBINE WITH	Amber Pearls
For dizziness or neurological symptoms	COMBINE WITH	Balance Pearls

DIFFERENTIATION (CONT.)

Signs and Symptoms	Recommended Use	Augment / Alternative
For impotence, infertility, or premature ejaculation	CONSIDER USING OR COMBINING WITH	Water Pearls
For inhibited urination due to benign prostatic hyperplasia	CONSIDER	Water Pearls
For low testosterone and/or low libido	COMBINE WITH	Love Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

HERITAGE SERIES

Fengsui Dan
Shengmai San
Lizhong Wan
Guizhi Tang
Xiao Chaihu Tang
Chaihu Guizhi Ganjiang Tang
Shenxian Dushi Dan
Xuefu Zhuyu Tang
Wenjing Tang
Danggui Shaoyao San
Dahuang Zhechong Wan
Biejia Jian Wan

LEGACY SERIES

Amber Pearls
Love Pearls
Ox Bone Pearls
Spirit Pearls
Metal Pearls
Cinnamon Pearls
Ease Pearls
Lightning Pearls
Thunder Pearls
Serpent Pearls
Dragon Pearls

SIMILAR REMEDIES

ALSO FEATURE ACONITE AS THE LEAD HERB AND/OR AIM TO RETURN COUNTERFLOWING KIDNEY QI TO THE LOWER DANTIAN; ALTERNATION OPTIONS

HERITAGE SERIES

Jingui Shenqi Wan
Fengsui Dan
Shenxian Dushi Dan

LEGACY SERIES

Guanyin Pearls
Peace Pearls
Vitality Pearls
Ocean Pearls
Moon Pearls
Sugar Pearls
Heart Pearls
Tiger Pearls
Water Pearls

FORMULA ARCHITECTURE

附子 (竹刀削, 蒸制)	Fuzi	Aconite; peeled w/ bamboo knife, steam cured	32.00%
(西) 砂仁 (薑汁炒)	(Xi) Sharen	Amomum, Myanmar; ginger fried	40.00%
龜板 (砂炒醋淬)	Guiban	Turtle shell; sand fried, vinegar treated	8.00%
甘草 (枣花蜜炙)	Zhi Gancao	Licorice; jujube flower honey baked	20.00%

Shengmai San

Generate the Pulse Powder

生脈散

GENERAL SUPPORT

Chronic, Respiratory, Immune,
Cardiovascular, Mental-Emotional,
Endocrine

ORGAN SYSTEMS

Lung, Heart

FORMULA FAMILY

N/A

SIX STAGES

Taiyin, Yangming



ABOUT SHENGMAI SAN

Shengmai San first appeared in the 12th century textbook *Teachings About the Source Principles of Medicine (Yixue qiyuan)* by the eminent scholar-physician Zhang Yuansu. Popularized by the quintessential representatives of the Yin Fire School, Zhu Danxi and Li Dongyuan, this formula has since evolved to become the representative remedy for the concurrent tonification of qi and yin. Judging by the sheer number of modern patent medicine versions, Shengmai San can be regarded as one of China's most popular and extensively researched remedies. It covers a wide range of situations involving the loss of (yin) fluid and (qi) energy; for instance, in the form of Gatorade-like exercise drinks for athletes, or the emergency room usage of Shengmai San IV-fluids after sudden blood loss. From a modern perspective, the ingredients of Shengmai San can all be considered "superfood" items of the Chinese materia medica. Sun Simiao, the 7th century sage-physician and paragon of longevity, reportedly consumed Schisandra tea every day during the summer months. In modern clinical practice, Shengmai San is most suitable for chronic disorders of the Heart and/or Lung, especially when patients exhibit symptoms of shortness of breath and/or irregular heart beat. As a yin tonic mini-formula that is much easier to digest than remedies containing sticky herbs like rehmannia, Shengmai San also makes a suitable addition to remedies that may be too warming or too drying by themselves.

THERAPEUTIC PRINCIPLES

- Regenerate qi and fluids (especially of the Heart and Lung networks)
- Astringe yin and stop sweating

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Sensation of general exhaustion accompanied by shortness of breath, spontaneous sweating (especially in the summer), night sweating, thirst, dry mouth, flushed cheeks, palpitations or irregular heartbeat
- Constitutionally weak Lung network, manifesting in chronic dry cough and/or shallow breathing, shortness of breath when exercising or climbing stairs
- Pale red tongue with thin white/dry coating or no coating
- Fine and empty pulse, or empty and rapid, or large and without root

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Disorders involving low energy due to deficiency of qi and yin (i.e., fatigue and sweating during summer, heat stroke, exhaustion during or after childbirth, exhaustion after vigorous exercise, etc.)
- Pulmonary tuberculosis, pulmonary heart disease, chronic bronchitis, silicosis
- Arrhythmia, angina pectoris, low blood pressure (including high altitude hypotension), high blood pressure, acute myocardial infarction, cardiogenic shock, congestive heart failure, myocarditis, rheumatic heart disease
- Hemorrhagic shock, toxic shock syndrome
- Neurasthenia, nervous exhaustion, insomnia
- Infectious mononucleosis, encephalitis B
- Diabetes
- Menopausal insomnia
- Other disorders involving signs of qi and yin deficiency (i.e., iron deficiency anemia, recurrent mouth ulcers, hyperhidrosis, etc.)

Shengmai San

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For heart or lung problems accompanied by Kidney qi deficiency symptoms	COMBINE WITH	Jingui Shenqi Wan
For Heart pathology characterized by Kidney yang deficiency symptoms	USE OR COMBINE WITH	Qianyang Dan
For weak immune system characterized by aversion to cold temperatures	USE OR COMBINE WITH	Guizhi Tang
For primary Spleen qi deficiency symptoms accompanied by anxiety, insomnia, or palpitations	USE OR COMBINE WITH	Guipi Tang
For general exhaustion accompanied by prolapse symptoms	USE	Buzhong Yiqi Tang
For cardiac pathologies involving signs of phlegm or dampness	USE OR COMBINE WITH	Wendan Tang
For acute myocarditis	COMBINE WITH	Yin Qiao San or Wendan Tang
For signs of Blood stasis	COMBINE WITH	Xuefu Zhuyu Tang
For combination of high blood pressure, high cholesterol and acid reflux	USE	Counterflow Pearls
For post-trauma situations	USE	Spirit Pearls
For allergic wheezing	USE	Wind Pearls
For weak Spleen qi in children	USE	Amber Pearls (or a combination of Earth Pearls and Amber Pearls)
For fibrotic lung diseases or shortness of breath in lung cancer patients	USE	Glacier Pearls
For heart disease with sensation of chest pressure	USE OR COMBINE WITH	Metal Pearls
For high blood pressure with dizziness and indications of phlegm pathology	USE OR COMBINE WITH	Balance Pearls
For weak immunity and food allergies	USE OR COMBINE WITH	Cinnamon Pearls
For chronic insomnia	CONSIDER	Spirit Pearls or Peace Pearls
For angina pectoris or other types of heart disease	CONSIDER	Heart Pearls
For diabetes	CONSIDER	Counterflow Pearls, Water Pearls, and Sugar Pearls
For heart palpitations in chronic fatigue syndromes caused by nervous system inflammation	COMBINE WITH	Lightning Pearls
For shortness of breath accompanied by thick or greasy tongue coating (i.e., in situation of altitude sickness)	COMBINE WITH	Earth Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

HERITAGE SERIES

Guizhi Tang
Lizhong Wan
Xiao Chaihu Tang
Chaihu Guizhi Ganjiang Tang
Chaihu Jia Longgu Muli Tang
Jingui Shenqi Wan
Banxia Houpo Tang
Wendan Tang
Banxia Xiexin Tang
Guipi Tang
Buzhong Yiqi Tang
Xuefu Zhuyu Tang
Guizhi Fuling Wan
Wuling San
Danggui San
Qianyang Dan
Fengsui Dan
Yin Qiao San
Shenxian Dushi Dan

LEGACY SERIES

Cinnamon Pearls
Earth Pearls
Evergreen Pearls
Bamboo Pearls
Amber Pearls
Water Pearls
Ease Pearls
Sugar Pearls
Guanyin Pearls
Tiger Pearls
Love Pearls
Dragon Pearls

SIMILAR REMEDIES

ALSO TONIFY QI OF LUNG/HEART WITH SOOTHING YIN HERBS;
ALTERNATION OPTIONS

HERITAGE SERIES

Shuyu Wan
Bazhen Tang
Wenjing Tang

LEGACY SERIES

Spirit Pearls
Counterflow Pearls
Metal Pearls
Heart Pearls

FORMULA ARCHITECTURE

人參	Renshen	Ginseng, white	33.33%
麥門冬	Maimendong	Ophiopogon	44.44%
五味子	Wuweizi	Schisandra	22.22%

Shenxian Dushi Dan

Immortality and Enlightenment Pellet

神仙度世丹

GENERAL SUPPORT

Chronic, Cognitive, Neurological,
Musculoskeletal, Immune, Endocrine,
Fertility

FORMULA FAMILY

Overall Warming, Warming and
Moistening with Rehmannia

ORGAN SYSTEMS

Kidney, Bladder, Liver, Heart

SIX STAGES

Shaoyin, Jueyin



ABOUT SHENXIAN DUSHI DAN

The design of this remedy was first recorded by Gao Lian, a 16th century poet and medical scholar who was an ardent proponent of the Daoist arts of nourishing life. Gao's book, *Eight Pieces on Observing the Fundamental Principles of Life (Zunsheng bajian)*, is still regarded as a comprehensive source of traditional lifestyle information by Chinese physicians today. Most of the remedies in this valuable collection, however, have since become forgotten. The reissue of Shenxian Dushi Dan, which appears to be particularly useful for chronic issues in modern times, is part of the Classical Pearls commitment to revitalize some of the Daoist features of Chinese herbal medicine. More specifically, it represents the combination of two very similar remedies recorded in Gao's chapter on "Esoteric Alchemical Remedies", namely Dushi Dan (Enlightenment Pellet) and Shenxian Bulao Wan (Longevity Pellet of the Immortals). Shenxian Dushi Dan is a long-term recovery remedy for chronic fatigue patients that according to the source text can be taken in small amounts for 1-2 years.

THERAPEUTIC PRINCIPLES

- Calm shen, consolidate the hun and po spirits
- Strengthen surface protection by nourishing the ying and wei layers
- Regulate qi dynamics of the 5 zang networks, harmonize the 6 fu networks
- Open up energy flow in all channels and collaterals, eliminate fatigue and exhaustion
- Dispel hidden pathogens and chronic Gu poisons
- Increase memory and wisdom, restore original hair color
- Nourish essence, brighten facial expression, moisten skin and connective tissue
- Sharpen perception of the sensory organs, restore strength of the extremities
- Increase quality of life, extend life span

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Signs of premature aging (i.e., premature graying of hair, facial wrinkling)
- Signs of depressed body functions (poor appetite, weak extremities, hormonal deficiencies, stiff joints and connective tissue, memory loss, decrease of sensory acuity)
- Signs of chronic infection (i.e., joint pain/swelling, roving pain sensations, achy joints, infirmity, chronic fatigue, bedridden)
- Slow and deficient pulse
- Pale (potentially quivering) tongue with thin white (potentially foamy) coating

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Chronic fatigue syndrome (Epstein-Barr Virus, Lyme disease, fluoroquinolone antibiotics toxicity, etc.)
- Polyarthritis, rheumatoid arthritis
- Scleroderma, lupus
- Dementia, Alzheimer's

Shenxian Dushi Dan

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For chronic fatigue accompanied by chronic wind symptoms in the <i>taiyin</i> networks	USE	Shuyu Wan
For symptoms of qi and Blood deficiency without signs of chronic inflammation	USE	Bazhen Tang
For primary signs of Kidney qi deficiency in individuals with strong digestion	USE	Jingui Shenqi Wan
For primary signs of Kidney yang deficiency	USE	Qianyang Dan
For general state of exhaustion accompanied by primary signs of Spleen qi deficiency and Spleen damp	USE	Lizhong Wan
For general state of exhaustion accompanied by primary signs of Spleen qi deficiency and prolapse	USE	Buzhong Yiqi Tang
For general state of exhaustion without chronic wind symptoms but accompanied by bleeding	USE	Guipi Tang
For general state of exhaustion accompanied by obvious signs of Blood stasis or "dry Blood"	USE	Dahuang Zhechong Wan
For acute flare-up of body pain, neck pain or headache in chronic fatigue patients	CONSIDER	Release Pearls
For arthritis or rheumatoid arthritis	CONSIDER OR COMBINE WITH	Bamboo Pearls
For osteoporosis	COMBINE WITH	Ox Bone Pearls
For low testosterone and/or low libido	COMBINE WITH	Love Pearls
For general state of exhaustion with primary signs of Spleen qi deficiency (without obvious signs of wind)	USE	Vitality Pearls
For chronic diarrhea	COMBINE WITH	Amber Pearls
For combination of fatigue, cold sensations and food allergies	ALSO CONSIDER	Cinnamon Pearls
For fatigue due to hypothyroidism in menopausal and post-menopausal women	ALSO CONSIDER	Guanyin Pearls
For fatigue and blood sugar issues in elderly patients	ALSO CONSIDER	Sugar Pearls
For heart failure	CONSIDER	Heart Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

HERITAGE SERIES

Danggui San
Bazhen Tang
Xuefu Zhuyu Tang
Shengmai San
Banxia Houpo Tang
Wendan Tang
Qianyang Dan
Fengsui Dan
Biejia Jian Wan

LEGACY SERIES

Ox Bone Pearls
Lightning Pearls
Thunder Pearls
Dragon Pearls
Serpent Pearls
Metal Pearls
Balance Pearls
Counterflow Pearls
Spirit Pearls
Love Pearls
Amber Pearls
Sugar Pearls
Heart Pearls
Guanyin Pearls
Vitality Pearls
Tiger Pearls

SIMILAR REMEDIES

ALSO TONIFY QI AND/OR BLOOD AND/OR ELIMINATE CHRONIC WIND PATHOGENS; ALTERNATION OPTIONS

HERITAGE SERIES

Shuyu Wan
Jingui Shenqi Wan
Wenjing Tang

LEGACY SERIES

Bamboo Pearls
Evergreen Pearls
Cinnamon Pearls
Wind Pearls
Water Pearls

FORMULA ARCHITECTURE

枸杞子 (酒浸)	Gouqizi	Lycium fruit; wine treated	5.88%
菊花	Juhua	Chrysanthemum	5.88%
遠志 (甘草制)	Yuanzhi	Polygala; licorice cured	5.88%
車前子 (清炒)	Cheqianzi	Plantago seed; fried	5.88%
生地黄	Sheng Dihuang	Rehmannia; raw	5.88%
巴戟天 (酒煮)	Bajitian	Morinda; wine treated	5.88%
覆盆子 (鹽炙)	Fupenzi	Rubus; salt treated	5.88%
白朮	Baizhu	Atractylodes, white	5.88%
肉苁蓉 (酒浸)	Roucongong	Cistanche; wine treated	5.88%
石菖蒲 (米泔水制)	Shichangpu	Acorus; rice soup treated	5.88%
菟絲子 (酒煮)	Tusizi	Cuscuta; wine treated	5.88%
(川) 牛膝 (酒浸)	(Chuan) Niuxi	Cyathula; wine treated	5.88%
杜仲 (鹽炙)	Duzhong	Eucommia; salt treated	5.88%
續斷	Xuduan	Dipsacus	5.88%
何首烏 (黑豆汁制)	Heshouwu	Heshouwu; black soy bean treated	5.88%
地谷皮	Digupi	Lycium root bark	5.88%
(川) 當歸	Danggui	Tang-kuei, Sichuan	5.88%

Shuyu Wan

Dioscorea Pill

薯蕷丸

GENERAL SUPPORT

Chronic, Immune, Endocrine, Musculoskeletal, Digestive, Cognitive, Respiratory, Cardiovascular, Urinary, Women's Health, Skin

ORGAN SYSTEMS

Spleen, Stomach, Liver, Pericardium

FORMULA FAMILY

Overall Warming, Warming and Consolidating Spleen Qi with Codonopsis and Ginger, Warming and Consolidating with Food Grade Herbs

SIX STAGES

Taiyin, Jueyin



ABOUT SHUYU WAN

Shuyu Wan was first mentioned 1,850 years ago as part of the important chapter on Deficiency Taxation in Zhang Zhongjing's classical formula primer for complex disorders, *Essentials from the Golden Cabinet (Jingui yaolüe)*. With 21 ingredients, almost all of them categorized as "top level herbs" in *The Divine Husbandman's Classic of Materia Medica (Shennong bencao jing)*, it is one of the most complex classical formulas on record. Although the remedy is not listed anymore in most modern formula textbooks, it should be regarded as the origin of the extremely relevant method of "enhancing immunity while eliminating external pathogens" (fuzheng quxie). Many chronic disorders characterized by the threefold combination of immune weakness (deficiency), chronic inflammation and/or autoimmune reactions (wind) and stagnation (qi/Blood stasis) can be treated with this prescription. The *Jingui* itself, reiterating the *Yellow Emperor's Classic of Medicine (Huangdi neijing)* stance on the detrimental influence of wind pathogens, lists Shuyu Wan as the mother remedy "for all types of disorders caused by the combination of various deficiencies induced by poor lifestyle, chronic wind and stuckness of qi". The elaborate formula contains within it several other remedies, all of which are better known nowadays than Shuyu Wan itself; most notably Guizhi Tang (Cinnamon Decoction), Zhi Gancao Tang (Baked Licorice Decoction) and Bazhen Tang (Eight Treasure Decoction). As the formula's title proclaims, the most prominent feature of Shuyu Wan is the lead herb Shuyu, now called dioscorea. Shuyu literally translates as "Giant Tuber that Cures Everything" or "Gigantic Root that Nourishes Reserves". It is perhaps the blandest of all Chinese herbs. As a result, it has become a treasured food grade qi tonic in everyday Chinese cooking and is regarded as a safe and effective tonic for children suffering from weak digestion. Modern research has shown that Shanyao is rich in vitamins, polysaccharides, amino acids, calcium, copper, zinc and other trace minerals—a natural equivalent to a modern multi-nutrient supplement formula. In addition, Shanyao is valued as a cosmetic herb that can moisturize the skin and provide structure and firmness to the connective tissue. Since 40% of the remedy is composed of the bland and sweet food ingredients dioscorea, jujube dates, and licorice, it can be used as a base remedy for all Spleen qi deficiency disorders accompanied by the related pathologies of wind, damp and stagnation. Due to its complex design, however, Shuyu Wan is not limited to the treatment of digestive system issues. It is just as often prescribed for chronic disorders of the respiratory system, the circulatory system, and the urinary system. Clinical case studies have particularly emphasized the beneficial effect of the remedy in the recovery from chemotherapy and/or radiation. Shuyu Wan, moreover, exhibits a high degree of alchemical stability and deliberately balances the herbal functions of heating and cooling, moistening and drying, and consolidating and dispersing. The formula is therefore exceptionally suitable for chronic disorders that require long-term treatment and a gentle/gradual approach to tonification.

NOTE

The traditional ingredient Ejiao (donkey hide gelatin) has been replaced with Shu Dihuang Tan (carbonized, cooked rehmannia). This substitution preserves a threatened natural resource and makes it acceptable for vegetarians.

THERAPEUTIC PRINCIPLES

- Tonify qi and Blood and reverse chronic exhaustion
- Eliminate deep-seated wind pathogens
- Move stagnation and harmonize up-down qi dynamics

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Signs of deficiency taxation (xulao; chronic state of exhaustion due to poor lifestyle habits), i.e. poor diet, excessive worry, stress, overwork, history of excessive antibiotic use, etc.
- Signs of chronic wind pathogens (fengbing), i.e. low immunity leading to frequent respiratory infections, sudden eruption of intense emotions, dizziness, blurry vision, palpitations, roving pain sensations, achy joints (especially in upper and lower back), abdominal tightness
- Signs of qi related pathology (qibing), i.e. shortness of breath, cough, wheezing, poor appetite, diarrhea tendency, restlessness, poor sleep quality, depression or general lack of joy, vivid dreaming or frequent nightmares
- Deficient/skinny constitution, pale face color, dry lips, sensation of heaviness in body, listlessness, desire to sleep all the time, puffy face, night sweats, chronic low grade fevers or heat sensations, foamy urine
- Empty and deficient pulse, possibly with floating quality
- Pale tongue with thin white coating

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Anemia, low WBC count
- Prevention of cold, prevention of respiratory allergies (i.e., allergic rhinitis in children)
- Chronic fatigue syndrome, muscular atrophy, weak connective tissue, failure to thrive and gain weight, AIDS, cancer (especially recovery from side effects of chemotherapy and/or radiation)
- Habit cough in children, bronchial asthma, tuberculosis, emphysema
- Duodenal ulcers
- Diabetes
- Pulmonary heart disease, chronic heart failure, post-stroke recovery
- Proteinuria, chronic nephritis, chronic kidney failure
- Chronic infections in immune-compromised patients, i.e. hepatitis B patients
- Liver cirrhosis, low WBC count after Interferon therapy in Hepatitis C patients
- Chronic urticaria
- Scanty menstruation, post-partum low back pain
- Cataracts in elderly patients
- Depression, schizophrenia
- Vertigo, dementia, Alzheimer's

Shuyu Wan

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For sensation of feeling acutely run down or temporarily vulnerable to cold invasion	USE	Guizhi Tang
For symptoms of qi and Blood deficiency without signs of wind pathogens	USE	Bazhen Tang
For signs of Kidney qi deficiency in individuals with strong digestion	USE	Jingui Shenqi Wan
For signs of Kidney yang deficiency	USE	Qianyang Dan
For false fire Kidney symptoms causing disconnection of Heart and Kidney	USE	Fengsui Dan
For general state of exhaustion accompanied by primary signs of Spleen qi deficiency and Spleen damp	USE	Lizhong Wan
For general state of exhaustion accompanied by primary signs of Spleen qi deficiency and prolapse	USE	Buzhong Yiqi Tang
For general state of exhaustion without signs of wind but accompanied by bleeding and/or anxiety	USE	Guipi Tang
For general state of exhaustion accompanied by obvious signs of Blood stasis or “dry Blood”	USE	Dahuang Zhechong Wan
For general state of exhaustion with primary signs of Spleen qi deficiency (without obvious signs of wind)	USE	Vitality Pearls
For combination of fatigue, cold sensations and food allergies	ALSO CONSIDER	Cinnamon Pearls
For acute sinus infection	USE	Golden Pearls
For fatigue with arthritic symptoms	USE	Bamboo Pearls
For acute allergic rhinitis	USE	Wind Pearls
For depression with pressure feeling in chest	USE	Metal Pearls
For depression due to Liver qi stagnation	USE	Ease Pearls
For low testosterone and/or low libido	COMBINE WITH	Love Pearls
For fatigue due to hypothyroidism in menopausal and post-menopausal women	ALSO CONSIDER	Guanyin Pearls
For fatigue and blood sugar issues in elderly patients	ALSO CONSIDER	Sugar Pearls
For heart failure	CONSIDER	Heart Pearls
For pulmonary fibrosis and other degenerative lung conditions	USE	Glacier Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

HERITAGE SERIES

Qiyang Dan
Fengsui Dan
Xuefu Zhuyu Tang
Dahuang Zhechong Wan
Biejia Jian Wan
Qiyang Dan
Fengsui Dan

LEGACY SERIES

Love Pearls
Metal Pearls
Balance Pearls
Lightning Pearls
Thunder Pearls
Dragon Pearls
Serpent Pearls
Ox Bone Pearls

SIMILAR REMEDIES

ALSO TONIFY QI AND/OR BLOOD AND/OR ELIMINATE CHRONIC WIND PATHOGENS; ALTERNATION OPTIONS

HERITAGE SERIES

Guizhi Tang
Bazhen Tang
Shenxian Dushi Dan
Guipi Tang
Buzhong Yiqi Tang
Lizhong Wan
Danggui Shaoyao San
Shengmai San
Jingui Shenqi Wan

LEGACY SERIES

Cinnamon Pearls
Bamboo Pearls
Earth Pearls
Amber Pearls
Wind Pearls
Water Pearls

FORMULA ARCHITECTURE

山藥	Shanyao	Dioscorea	10.24%
(川) 當歸	Danggui	Tang-kuei, Sichuan	3.40%
桂枝 (尖)	Guizhi	Cinnamon twig	3.40%
神曲 (麩炒)	Shenqu	Massa fermentata; bran fried	3.40%
生地黃	Sheng Dihuang	Rehmannia, raw	3.40%
豆黃卷	Douhuangjuan	Soybean sprouts	3.40%
甘草 (棗花蜜炙)	Zhi Gancao	Licorice; jujube flower honey baked	9.55%
黨參	Dangshen	Codonopsis	2.39%
川芎	Chuanxiong	Ligusticum	2.05%
白芍	Baishao	Peony, white	2.05%
白朮 (麩炒)	Baizhu	Atractylodes, white; bran fried	2.05%
麥門冬	Maimendong	Ophiopogon	2.05%
杏仁 (清炒)	Xingren	Apricot seed; fried	2.05%
柴胡	Chaihu	Bupleurum	1.70%
桔梗 (蜜炙)	Jiegeng	Platycodon; honey-baked	1.70%
茯苓	Fuling	Poria	1.70%
熟地黃 (炭)	Shu Dihuang	Rehmannia; wine steamed and carbonized	2.40%
乾薑	Ganjiang	Ginger, dried	1.03%
白薇	Bailian	Ampelopsis	0.70%
防風	Fangfeng	Saposhnikovia	2.05%
大棗	Dazao	Jujube	39.30%

Wendan Tang

Warm the Gallbladder Decoction

溫膽湯

GENERAL SUPPORT

Chronic, Acute, Digestive, Metabolic, Respiratory, Cardiovascular, Mental-Emotional, Anti-Mass

ORGAN SYSTEMS

Gallbladder, Stomach, Heart

FORMULA FAMILY

Descending and/or Moistening with Pinellia and/or Apricot Seed, Simultaneously Warming Deficient Yang Qi while Clearing Toxic Heat

SIX STAGES

Taiyin, Yangming, Shaoyang



ABOUT WENDAN TANG

Wendan Tang represents one of the most common Chinese remedies for phlegm disorders. The earliest version of this prescription was recorded in Sun Simiao's influential 7th century medical primer, *Essential Formulas for Emergencies Worth a Thousand Pieces of Gold (Qianjin yaofang)*. Originally presented as a remedy for digestive weakness in post-febrile situations, Wendan Tang is now most often used for all kinds of metabolic excess conditions, such as an acute hangover, chronically high cholesterol, or various types of tumors. While best known as a common prescription for many digestive tract conditions, the tendency of phlegm pathology to "obscure the orifice of the heart" has also evolved its reputation as one of the best-known psychoactive remedies in the Chinese formulary. It can therefore be considered a suitable base remedy for digestive issues involving brain chemistry imbalances such as anxiety, depression, or ADHD. As one of the representative remedies in the pinellia family of herbs, Wendan Tang is a safe and efficient way to address a broad variety of counterflow issues afflicting the digestive system, the respiratory system, the cardiovascular system, and the nervous system. Common diagnostic markers for these variegated afflictions are counterflow-related digestive symptoms paired with potential indications of toxic heat and signs of mental-emotional imbalance.

THERAPEUTIC PRINCIPLES

- Restore downward momentum of Gallbladder and Stomach qi; clear both physical and emotional stagnation in chest, solar plexus and head/throat regions
- Disperse stagnant qi and accumulation of toxic phlegm, especially in the chest and diaphragm regions, disinhibit the Heart orifice

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Digestive counterflow symptoms (poor appetite, belching, nausea, acid reflux, halitosis, unpleasant taste in mouth, frequent regurgitation of phlegm, coughing, dizziness or lightheadedness, headache)
- Stuffy feeling in chest and epigastric region
- Mental symptoms (nervousness, restlessness, tendency to startle easily, insomnia, vivid dreaming, confusion, disorientation, indecisiveness)
- Possibly localized swelling or formation of structural lumps
- Thin and soggy pulse, potentially slippery or slightly rapid
- Tendency for tongue to be fat and reddish, with yellowish coating

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Acute food and alcohol poisoning
- Chronic liver/gallbladder issues (cholecystitis, hepatitis, hyperlipidemia)
- Digestive issues (acute and chronic gastritis, duodenitis, pancreatitis, functional dyspepsia)
- Chronic respiratory issues (chronic bronchitis, whooping cough, tonsillitis)
- Chronic throat conditions (globus sensation, chronic pharyngitis)
- Thyroid pathology (hyperthyroidism, Hashimoto's, thyroid nodules)
- Cardiovascular pathology (stuffy sensation in chest region, palpitations, ischemic heart disease)
- Mental emotional imbalances (anxiety, hysteria, insomnia, depression, eating disorder, OCD, ADHD, autism, schizophrenia, epilepsy and other seizure disorders)
- Vertigo, car sickness, morning sickness, tinnitus
- Lumps and malignant structural changes in upper part of body (i.e., esophageal cancer, tongue cancer, parotid cancer, tonsil cancer, thyroid cancer, stomach cancer, pancreatic cancer)

Wendan Tang

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For “plum-pit syndrome”	USE OR ALTERNATE WITH	Banxia Houpo Tang
For counterflow symptoms with signs of false Kidney fire	USE	Fengsui Dan
For anxiety or insomnia accompanied by obvious symptoms of qi and Blood deficiency	USE	Guipi Tang
For anxiety or insomnia accompanied by obvious symptoms of Kidney yang deficiency	USE	Qianyang Dan
For obvious <i>shaoyang</i> symptoms	USE OR COMBINE WITH	Xiao Chaihu Tang
For <i>shaoyang</i> symptoms in Spleen qi deficient patients	USE	Chaihu Guizhi Ganjiang Tang
For morning sickness in pregnant women	COMBINE WITH	Danggui San
For obvious signs of Spleen qi deficiency	COMBINE WITH	Lizhong Wan
For shortness of breath or palpitations	COMBINE WITH	Shengmai San
For asthmatic wheezing and long-term use of steroid inhalers	COMBINE WITH	Jingui Shenqi Wan
For tumors in the lower part of the body	USE OR COMBINE WITH	Dahuang Zhechong Wan or Biejia Jian Wan
For acute food or alcohol poisoning	ALSO CONSIDER	Earth Pearls
For pronounced symptoms of dizziness or tinnitus	USE	Balance Pearls
For severe brain chemistry disorder	USE OR ALTERNATE WITH	Balance Pearls or Gingko Pearls
For chronic seizure disorders	USE OR ALTERNATE WITH	Balance Pearls or Gingko Pearls
For the symptom trio of acid reflux, high cholesterol, and/or high blood pressure	USE	Counterflow Pearls
For conditions primarily characterized by symptoms of Liver qi stagnation (i.e., stuck sensation in the side of the ribs)	USE	Ease Pearls
For depression characterized by symptoms of Lung qi stagnation (i.e., slippery pulse in Lung position)	USE OR ALTERNATE WITH	Metal Pearls
For respiratory conditions involving toxic heat phlegm (i.e., suppurative tonsillitis)	COMBINE WITH OR CONSIDER	Dragon Pearls Metal Pearls
For wheezing	COMBINE WITH	Water Pearls
For chronic degenerative liver conditions	USE OR COMBINE WITH	Evergreen Pearls, Mama Pearls, Sugar Pearls, or Ease Pearls

DIFFERENTIATION (CONT.)

Signs and Symptoms	Recommended Use	Augment / Alternative
For hypothyroid conditions (generally characterized by signs of yang deficiency)	COMBINE WITH	Vitality Pearls
For lymphatic congestion in the breast area (including breast cancer)	COMBINE WITH	Mama Pearls
For chronic degenerative lung conditions (including lung cancer)	USE OR COMBINE WITH	Glacier Pearls
For intestinal parasites	USE OR COMBINE WITH	Thunder Pearls
For chronic lymphatic swelling caused by inflammation of the nervous system (i.e., Lyme disease)	USE OR COMBINE WITH	Lightning Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

SIMILAR REMEDIES

ALSO REVERSING QI COUNTERFLOW WITH PINELLIA AND REGULATING INTERACTION OF LIVER AND SPLEEN/STOMACH; ALTERNATION OPTIONS

HERITAGE SERIES

Shengmai San
Jinqi Shenqi Wan
Xuefu Zhuyu Tang
Guizhi Fuling Wan
Dahuang Zhechong Wan
Biejia Jian Wan
Danggui San
Fengsui Dan
Yin Qiao San
Shenxian Dushi Dan

LEGACY SERIES

Dragon Pearls
Lightning Pearls
Thunder Pearls
Amber Pearls
Spirit Pearls
Mama Pearls
Evergreen Pearls
Wind Pearls
Water Pearls
Glacier Pearls

HERITAGE SERIES

Banxia Xiexin Tang
Banxia Houpo Tang
Xiao Chaihu Tang
Chaihu Jia Longgu Muli Tang

LEGACY SERIES

Metal Pearls
Balance Pearls
Counterflow Pearls
Ease Pearls
Ginkgo Pearls

FORMULA ARCHITECTURE

竹茹	Zhuru	Bamboo shavings	16.80%
半夏(法制)	Banxia	Pinellia; lime cured	16.80%
茯苓	Fuling	Poria	12.50%
陳皮	Chenpi	Citrus peel	25.20%
枳實(麸炒)	Zhishi	Immature bitter orange peel; bran fried	16.80%
生薑	Shengjiang	Ginger, fresh	2.60%
大棗	Dazao	Jujube	0.80%
甘草(棗花蜜炙)	Zhi Gancao	Licorice; jujube flower honey baked	8.40%

Wenjing Tang

Warm the Menses Decoction

溫經湯

GENERAL SUPPORT

Chronic, Women's Health, Reproductive, Fertility, Menopause, Endocrine, Mental-Emotional, Cognitive, Skin

FORMULA FAMILY

Overall Warming, Warming and Moving with Cinnamon, Warming and Descending with Evodia, Regulating the Blood with Tang-Kuei

ORGAN SYSTEMS

Liver, Pericardium, Stomach

SIX STAGES

Jueyin, Yangming

ABOUT WENJING TANG

Wenjing Tang first appeared 1,850 years ago in Zhang Zhongjing's classic formula compendium on complex disorders, Essentials from the Golden Cabinet (*Jingui yaolüe*). It represents a combination of Danggui Shaoyao San and Maimendong Tang with a distinct slant toward cold constitutions. Due to its relative complexity, this remedy is used only rarely in modern China. In Japan, however, Wenjing Tang is still an extremely popular prescription for a wide array of gynecological problems. Main diagnostic markers are a cold and deficient constitution accompanied by signs of Blood stasis.

THERAPEUTIC PRINCIPLES

- Warm the channels (especially those traversing the abdomen) and disperse cold
- Nourish Blood and remove Blood stasis
- Clear stagnant heat, nourish yin deficiency and lubricate dryness



NOTE

The traditional ingredient Ejiao (donkey hide gelatin) has been replaced with Shu Dihuang Tan (carbonized, cooked rehmannia). This substitution preserves a threatened natural resource and makes it acceptable for vegetarians.

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- General signs of cold constitution and exhaustion of qi and Blood (especially in women), i.e. cold waist, abdominal pain, inability to become pregnant
- Lower abdominal bloating or discomfort
- Dry lips, heat sensations in palms and/or lower part of body, possibly low-grade fever in evening, or other symptoms of deficiency fire
- Nausea, coughing
- Mental-emotional symptoms
- Pale tongue, with little or no coating
- Fine and weak pulse

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Irregular menstruation, dysmenorrhea, amenorrhea, functional uterine bleeding (characterized by mild but persistent vaginal bleeding, extended or continuous menstrual flow, bleeding between periods), adenomyosis, endometriosis, leucorrhea
- Habitual abortion, infertility
- Uterine dysplasia, pelvic congestion syndrome, chronic pelvic inflammation, senile vaginitis, vulvar itching, oophoritic cyst, uterine myoma
- Menopausal syndrome, PMS
- Schizophrenia (particularly if accompanied by dry mouth and lips, hot palms, abdominal distention/pain)
- Frost bite, corns and calluses, hyperkeratosis, dry eczema (pronounced sensation of dryness, possibly heat sensations), freckles, chloasma, acne
- Chronic sinusitis (particularly if accompanied by headache and hot/dry palms)

Wenjing Tang

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For dysmenorrhea or other forms of abdominal pain in women	ALSO CONSIDER	Danggui Shaoyao San
For habitual abortion	ALSO CONSIDER	Danggui San and Danggui Shaoyao San
For standard post-partum recovery care	USE	Bazhen Tang
For anemia	CONSIDER	Bazhen Tang
For malignant masses in the lower part of the body	USE	Guizhi Fuling Wan or Dahuang Zhechong Wan
For signs of Blood stasis in individuals with obvious <i>jueyin</i> symptoms (i.e., individuals with heart or liver disease)	CONSIDER	Evergreen Pearls
For functional uterine bleeding accompanied by signs of Spleen deficiency	USE	Moon Pearls
For mental-emotional symptoms due to PTSD	USE OR COMBINE WITH	Spirit Pearls
For headaches, nausea, or vertigo in individuals with primary pathology of phlegm (rather than Blood deficiency and stasis)	USE OR COMBINE WITH	Balance Pearls
For schizophrenia or other brain chemistry imbalances accompanied by nausea	ALSO CONSIDER	Gingko Pearls and Balance Pearls
For malignant masses in the lower part of the body (specifically ovaries, kidneys, or prostate)	USE	Ocean Pearls
For chronic degenerative liver conditions	USE OR CONSIDER	Evergreen Pearls, Mama Pearls, or Sugar Pearls
For low libido	COMBINE WITH	Love Pearls
For osteoporosis	COMBINE WITH	Ox Bone Pearls
For diarrhea tendency	COMBINE WITH	Amber Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

HERITAGE SERIES

Dahuang Zhechong Wan
Biejia Jian Wan
Qianyang Dan
Fengsui Dan
Shenxian Dushi Dan

LEGACY SERIES

Amber Pearls
Love Pearls
Metal Pearls
Balance Pearls
Spirit Pearls
Lightning Pearls
Thunder Pearls
Dragon Pearls
Serpent Pearls
Earth Pearls
Ox Bone Pearls

SIMILAR REMEDIES

ALSO WARM THE CHANNELS AND REGULATE BLOOD PATHOLOGY IN GYNECOLOGICAL DISORDERS; ALTERNATION OPTIONS

HERITAGE SERIES

Danggui Shaoyao San
Danggui San
Bazhen Tang
Shuyu Wan
Guizhi Tang
Guizhi Fuling Wan
Xuefu Zhuyu Tang
Jingui Shenqi Wan
Shengmai San
Guipi Tang

LEGACY SERIES

Moon Pearls
Heart Pearls
Peace Pearls
Cinnamon Pearls
Evergreen Pearls
Mama Pearls
Bamboo Pearls
Water Pearls
Spirit Pearls
Counterflow Pearls
Ginkgo Pearls

INGREDIENTS

吳茱萸 (甘草制)	Wuzhuyu	Evodia; licorice cured	9.06%
桂枝 (尖)	Guizhi	Cinnamon twig	6.06%
(川) 當歸 (酒制)	Danggui	Tang-kuei, Sichuan; wine treated	6.06%
白芍 (炒)	Baishao	Peony, white; fried	6.06%
川芎	Chuanxiong	Ligusticum	6.06%
地黃 (炭)	Sheng Dihuang	Rehmannia; carbonized	6.06%
麥門冬	Maimendong	Ophiopogon	23.80%
牡丹皮	Mudanpi	Moutan	6.06%
黨參	Dangshen	Codonopsis	6.06%
生薑	Shengjiang	Ginger, fresh	6.06%
半夏 (薑制)	Banxia	Pinellia; ginger cured	12.60%
甘草 (棗花蜜炙)	Zhi Gancao	Licorice; jujube flower honey baked	6.06%

Wuling San

Five Ingredient Powder with Poria

五苓散

GENERAL SUPPORT

Chronic, Acute, Urinary, Digestive, Metabolic, Immune, Neurological, Cardiovascular, Skin

ORGAN SYSTEMS

Bladder, Lung, Spleen

FORMULA FAMILY

Overall Warming, Warming and Moving with Cinnamon

SIX STAGES

Taiyang, Taiyin



ABOUT WULING SAN

Wuling San was first mentioned 1,850 years ago in Zhang Zhongjing's quintessential prescription manual, *Treatise on Disorders Caused by Cold and Miscellaneous Diseases (Shanghan zhabing lun)*. The famous formula classic lists Wuling San for a variety of disorders in as many as nine different locations. The remedy has since maintained its status as one of the representative formulas for the stimulation of water metabolism, particularly in the herbal tradition of Japanese Kanpo medicine. Since the symptom of inhibited urination appears to be the major indication for Wuling San related pathology, it has become regarded as a type of classical diuretic. In the light of modern clinical studies, however, it has become evident that this remedy is often effective when other diuretic approaches have failed, or when patients exhibit fluid problems of a symptomatically opposite nature, i.e. polyuria. More than being just a diuretic in the biomedical sense, therefore, Wuling San constitutes a sustainable approach to harmonizing the three organ networks that are primarily in charge of the body's water metabolism, namely the Kidney/Bladder, the Spleen and the Lung.

THERAPEUTIC PRINCIPLES

- Aid transformation of (pre-natal) qi and enhance water metabolism

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Signs of water stagnation/accumulation (inhibited urination or frequent and profuse urination, thirst accompanied by restlessness, gurgling sounds in epigastric region, potentially diarrhea)
- Signs of water counterflow (vomiting of water, sweating, dizziness)
- Signs of water pathogens assailing the Lung (cough, production of profuse amounts of foamy saliva)
- Signs of water assailing the surface (general sensation of heaviness, edema, particularly in the lower part of the body)
- Fat tongue with tooth marks and white coating
- Floating pulse

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Common cold accompanied by signs of water stagnation
- Urine retention (including post-partum situations), acute and chronic pyelonephritis, acute cystitis, stones in the urinary tract (especially suitable for patients suffering from recurrent kidney or bladder infections with a history of frequent antibiotic usage)
- Edema and water retention (including idiopathic edema, hepatic edema, cardiac edema, pleural effusion, tubercular hydrothorax, pericardial effusion, joint effusion, ascites due to liver cirrhosis or liver cancer, hydronephrosis, hydrocele, scrotal edema, polyhydramnios, hydrocephalus, cerebral edema, Meniere's disease)
- Vomiting (including sea sickness and car sickness, alcohol poisoning, Meniere's disease, intracranial hypertension, side effects of antibiotics)
- Diarrhea (acute gastroenteritis, epidemic diarrhea, acute gastritis, acute colitis, acute indigestion, infantile diarrhea, antibiotic-associated diarrhea)
- Headache and vertigo (in individuals with obvious signs of water rheum, i.e. pale or yellowish face color, tendency to puffiness, unformed bowel movements, fat tongue with tooth marks, thirsty but unable to drink much, etc.), including PMS headache, vascular headache, neuropathic headache, fluid retention headache, tension headache, migraine, trigeminal neuralgia, increased intracranial pressure headache, hypertension headache
- Acute and chronic hepatitis, liver damage due to alcoholism, fatty liver, elevated triglycerides, cholestasis in children, iatrogenic disease (toxic stress induced by pharmaceuticals), acute hangover
- Eye diseases (including glaucoma, central choroido-retinitis, central disk-shaped retinopathy, inflammation of optic disk, chronic uveitis, scleritis, dacryocystitis, palpebral eczema, palpebral edema, papilledema, pseudomyopia, nocturnal myopia)
- Skin diseases (including blisters, warts, chronic urticaria, xanthoma, seborrheic dermatitis, erythema multiforme, intractable eczema, vesicular eczema, herpes zoster, chickenpox)
- Heart failure, pulmonary heart disease
- Hyperhidrosis
- Multiple myeloma
- Leukorrhea, toxemia during pregnancy, amenorrhea (only if clearly linked to cold damp)
- Obesity (including weight gain in breast cancer patients taking estrogen suppression medication), diabetes
- Epilepsy (if attacks are accompanied by profuse discharge of foamy sputum)
- Premature graying of hair or hair loss after chemotherapy

Wuling San

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For primary signs of Spleen qi deficiency and Spleen damp	USE	Lizhong Wan
For water accumulation accompanied by signs of Kidney essence deficiency	USE	Jingui Shenqi Wan
For glomerulonephritis	USE	Jingui Shenqi Wan
For signs of Blood stasis	USE	Guizhi Fuling Wan
For liver disorders accompanied by bitter taste in mouth	USE OR COMBINE WITH	Xiao Chaihu Tang, Chaihu Guizhi Ganjiang Tang, or Wendan Tang
For liver protection and detox during and after chemotherapy and radiotherapy	COMBINE WITH	Xiao Chaihu Tang
For skin diseases with signs of <i>yangming</i> heat	USE	Banxia Xiexin Tang
For skin diseases with signs of Blood deficiency	USE	Danggui Shaoyao San, Danggui San, or Bazhen Tang
For liver cirrhosis with ascites	COMBINE WITH	Biejia Jian Wan or Dahuang Zhechong Wan
For inhibited urination due to benign prostatic hyperplasia	USE	Water Pearls
For inhibited urination in patients with prostate cancer or ovarian cancer	USE	Ocean Pearls
For <i>taiyang</i> constitution with obvious wind symptoms (aversion to drafts, food allergies, IBS, arthritis)	USE	Cinnamon Pearls or Bamboo Pearls
For sinus infection with discharge of colored phlegm	USE	Golden Pearls
For vertigo, headache, high blood pressure, epilepsy or other neurological symptoms	USE OR COMBINE WITH	Balance Pearls
For acute hangover	USE OR COMBINE WITH	Earth Pearls
For pulmonary heart disease	COMBINE WITH	Counterflow Pearls
For heart failure	CONSIDER	Heart Pearls
For chronic degenerative liver conditions	ALSO CONSIDER	Evergreen Pearls, Mama Pearls, Sugar Pearls, and Counterflow Pearls
For degenerative eye diseases	ALSO CONSIDER	Counterflow Pearls, Sugar Pearls, and Water Pearls
For skin diseases	ALSO CONSIDER	Metal Pearls, Lightning Pearls, and Dragon Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

HERITAGE SERIES

Biejia Jian Wan
Guizhi Fuling Wan
Xuefu Zhuyu Tang
Danggui San
Xiao Chaihu Tang
Chaihu Jia Longgu Muli Tang
Wendan Tang
Banxia Houpo Tang
Fengsui Dan
Qianyang Dan
Lizhong Wan
Jingui Shenqi Wan
Shengmai San
Shenxian Dushi Dan

LEGACY SERIES

Ease Pearls
Metal Pearls
Counterflow Pearls
Spirit Pearls
Glacier Pearls
Lightning Pearls
Thunder Pearls
Dragon Pearls
Serpent Pearls
Ox Bone Pearls
Love Pearls
Amber Pearls

SIMILAR REMEDIES

ALSO WARM THE BLADDER WITH CINNAMON TO BENEFIT FLUID METABOLISM; ALTERNATION OPTIONS

HERITAGE SERIES

Guizhi Fuling Wan
Guizhi Tang
Chaihu Guizhi Ganjiang Tang
Jingui Shenqi Wan
Wenjing Tang

LEGACY SERIES

Cinnamon Pearls
Bamboo Pearls
Ocean Pearls
Sugar Pearls
Evergreen Pearls
Mama Pearls
Water Pearls

FORMULA ARCHITECTURE

桂枝 (尖)	Guizhi	Cinnamon twig	12.50%
茯苓	Fuling	Poria	18.75%
白朮	Baizhu	Atractylodes, white	18.75%
澤瀉	Zexie	Alisma	31.25%
豬苓	Zhuling	Polyporus	18.75%

Wuyou San

No Worries Powder

無憂散

GENERAL SUPPORT

Acute, Chronic, Women's Health,
Reproductive, Fertility

FORMULA FAMILY

Overall Warming

ORGAN SYSTEMS

Kidney, Bladder, Liver

SIX STAGES

Taiyang, Jueyin



ABOUT WUYOU SAN

The unique design of Wuyou San was first mentioned more than 400 years ago in the Ming dynasty revision of an earlier medical textbook, An Expanded Edition of 'Formulas and Discussions to Amend Omissions in the Neijing' (*Zengbu neijing shiyi fang lun*). The formula's universal reputation as the main remedy for the prevention of difficult childbirth and facilitation of smooth labor, however, originated with the Qing dynasty obstetrician Fu Qingzhu. He featured the formula under the name Baochan Wuyou San (Safeguard Labor and Eliminate Worries Powder) in his quintessential work on female disorders published in 1831, Fu Qingzhu's Gynecology With Additions (*Fu Qingzhu nüke buji*). Since then, 19th and 20th century medical scholars have credited Wuyou San with the "saving of tens of thousands of lives". While in the age of hospital births and surgical interventions this formula has become all but forgotten, Wuyou San can still be considered a prime tool for the facilitation of natural childbirth, especially in the case of first-time mothers who wish to avoid C-section or other emergency procedures.

THERAPEUTIC PRINCIPLES

- Nourish qi and Blood during the last trimester of pregnancy
- Consolidate chongmai and renmai, regulate qi dynamics of mother and unborn child
- Gently open up *taiyang* Bladder channel (back) and birth canal, regulate physiological uterus movement, reduce cramping and pain

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Last trimester of pregnancy
- Onset of labor
- Signs of obstructed labor or other forms of difficult childbirth

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Prevention of prolonged labour and difficult childbirth
- Abnormally positioned baby
- Obstructed labor (i.e., shoulder dystocia, stillbirth), induction of regular contractions during labor, induction of labor in women past their due date
- Threatened abortion or premature birth (especially if triggered by common cold or external injury during 2nd or 3rd trimester of pregnancy)
- Various prenatal pathologies (i.e., abnormal liver function during pregnancy, inhibited urination during pregnancy, preeclampsia, prenatal depression, idiopathic jaundice of pregnancy)
- Infertility due to follicular dysplasia
- Acute labor-like pain (i.e., acute kidney stone attack; acute epigastric pain, especially in cases with Spleen dampness and Liver qi stagnation)

TYPICAL USAGE

FOR STANDARD PREPARATION OF SMOOTH CHILDBIRTH

(especially for first-time mothers)

- 3 capsules 2x/day (for just one day), approximately at the beginning of week 27 of pregnancy
- 3 capsules 2x/day (for just one day), approximately at the beginning of week 29 of pregnancy
- 3 capsules 2x/day (for just one day), approximately at the beginning of week 31 of pregnancy
- 3 capsules 2x/day (for just one day), approximately at the beginning of week 33 of pregnancy
- 3 capsules 2x/day (for just one day), approximately in the middle of week 34 of pregnancy
- 3 capsules 2x/day (for just one day), approximately at the beginning of week 36 of pregnancy
- 3 capsules 2x/day (for just one day), approximately in the middle of week 38 of pregnancy
- 6 capsules all at once, at the time that labor begins in earnest (i.e., water breaks, etc.)
- 6 capsules all at once, if labor goes on for longer than 7 hours

FOR SIGNS OF MISCARRIAGE OR EARLY ONSET OF LABOR DURING THE 3RD TRIMESTER OF PREGNANCY

(especially if triggered by common cold, external injury or emotional stress during 3rd trimester of pregnancy)

- 6 capsules all at once; if symptoms of abdominal pain, vaginal bleeding etc. continue, take one more dose of 6 capsules 3-6 hours later

FOR ABNORMAL POSITION OF BABY DURING THE 3RD TRIMESTER

- 3 capsules 2x/day for 1-2 days, or until position is restored to normal

Wuyou San

COMPANION REMEDIES

HERITAGE SERIES

N/A

LEGACY SERIES

N/A

SIMILAR REMEDIES

HERITAGE SERIES

N/A

LEGACY SERIES

N/A

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For standard preventative therapy during first trimester of pregnancy	USE	Danggui San
For threatened abortion or habitual abortion during first trimester of pregnancy	USE	Danggui San or Danggui Shaoyao San
For abdominal pain or cramping during first two trimesters of pregnancy	CONSIDER	Danggui Shaoyao San
For standard post-partum recovery care	USE	Bazhen Tang
For infertility accompanied by abdominal pain and/or dysmenorrhea with obvious signs of cold	USE	Wenjing Tang

FORMULA ARCHITECTURE

(秦) 當歸 (酒洗)	Danggui	Tang-kuei, Gansu; wine rinsed	13.27%
白芍 (酒炒)	Baishao	Peony, white; wine fried	9.73%
川芎	Chuanxiong	Ligusticum	11.50%
黃芪 (蜜炙)	Huangqi	Astragalus; honey-baked	7.08%
厚朴 (薑汁炒)	Houpo	Magnolia bark; ginger fried	6.19%
荊芥穗 (清炒)	Jingjie	Schizonepeta; fried	7.08%
羌活	Qianghuo	Notopterygium	4.42%
艾葉 (醋炒)	Aiye	Artemisia; vinegar fried	4.42%
枳殼 (麸炒)	Zhike	Aurantium zhike; bran fried	5.31%
浙貝母	Zhibeimu	Fritillaria	8.85%
菟絲子 (酒煮)	Tusizi	Cuscuta; wine treated	13.27%
甘草 (棗花蜜炙)	Zhi Gancao	Licorice; jujube flower honey baked	4.42%
生薑	Shengjiang	Ginger, fresh	4.42%



Debarking Houpo (Magnolia) branches;
Hubei Province, China

Xiao Chaihu Tang Minor Bupleurum Decoction

小柴胡湯

GENERAL SUPPORT

Acute, Chronic, Respiratory,
Digestive, Metabolic, Immune,
Mental-Emotional, Cognitive, Urinary,
Endocrine, Skin

ORGAN SYSTEMS

Triple Warmer, Gallbladder, Stomach,
Spleen

FORMULA FAMILY

Simultaneously Warming Deficient
Yang Qi while Clearing Toxic Heat,
Moving with Bupleurum

SIX STAGES

Shaoyang



ABOUT XIAO CHAIHU TANG

Xiao Chaihu Tang has traditionally been regarded as the representative formula of the so-called harmonizing method of herbal therapy. It was first introduced 1,850 years ago as the most important remedy for *shaoyang* pathologies in Zhang Zhongjing's classical prescription manual, Discourse on Disorders Caused by Cold (*Shanghan lun*). Due to its wide range of clinical applicability, Xiao Chaihu Tang has since evolved to become one of the most frequently prescribed Chinese formulas of all time. Since the *shaoyang* layer is defined as the space in between surface and interior, and since the Triple Warmer and Gallbladder networks govern the circulation of qi and fluids throughout the entire body, the range of pathologies associated with this formula is extremely broad. For the same reason, the formula can be used to treat acute diseases such as the common cold as well as chronic diseases such as leukemia. Typically, symptoms occur along the Gallbladder channel on the side of the body, and at pivotal "in between" locations such as the throat, the subcostal plane, or the inguinal region. Although the popularity of this formula relates in part to its reputation as a safe and "harmless" remedy, many scholar physicians have warned throughout the ages that Xiao Chaihu Tang should only be prescribed when clear indications for *shaoyang* pathology in general and the distinctly defined symptoms for this remedy in particular are evident. Zhang Zhongjing himself, however, did point out that "not all of the defining symptoms have to be there at the same time, one of them will suffice."

THERAPEUTIC PRINCIPLES

- Release *shaoyang* layer
- Harmonize surface and interior
- Realign Liver and Spleen
- Restore proper ascending and descending function of digestive qi

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Shaoyang symptom complex (bitter or toxic taste in mouth, dry or sore throat, blurry vision or dizziness)
- Digestive counterflow symptoms (nausea, vomiting, poor appetite)
- Alternating hot and cold sensations
- Discomfort in side areas of the body (side headache, ear ache, intercostal or subcostal distention, etc)
- Swollen or tender lymph glands
- Restlessness
- Depression
- Cyclical onset of symptoms
- Fine and wiry pulse (palpable in middle depth position), especially on left side
- Thin white tongue coating

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Cold/flu, sinusitis, tonsillitis, ear infection
- Headaches
- Mumps, testitis, mastitis
- Bronchitis, pleurisy, intercostal neuralgia, respiratory allergies (especially in spring), myocarditis
- Chronic low grade fevers (including post-partum and post-OP fevers)
- Chronic viral diseases (herpes, AIDS, EBV, etc.), lymphadenitis
- Food poisoning, acute pancreatitis, food allergies, diarrhea, ulcers
- Bile-regurgitational gastritis, acute and chronic cholecystitis, chronic cholangitis,
- Viral hepatitis, chronic active hepatitis, liver cirrhosis
- Acute and chronic nephritis, pyelonephritis, recurrent urinary tract infections
- Malaria
- Epilepsy, vestibular neuritis
- Nervousness, irritability, depression, insomnia and other mental disorders (especially if there is a relation to the female menstrual cycle)
- Pre-menstrual syndrome
- Leukemia, lymphoma, parotid cancer, tonsil cancer
- Pain related disorders, narcotic analgesic withdrawal syndrome
- Hyperthyroidism
- Hypertension, vertigo, Meniere's disease, tinnitus
- Dermatitis, eczema, urticaria, acne

Xiao Chaihu Tang

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For wind heat sore throat without clear <i>shaoyang</i> symptomology	USE	Yin Qiao San
For acute gastroenteritis with sulfurous burps and diarrhea	USE	Banxia Xiexin Tang
For “pi syndrome”	USE	Banxia Xiexin Tang
For “plum-pit syndrome”	USE OR COMBINE WITH	Banxia Houpo Tang
For Gallbladder issues without clear <i>shaoyang</i> symptomology	USE	Wendan Tang
For severe mental disorders	USE	Chaihu Jia Longgu Muli Tang
For epigastric discomfort with <i>shaoyang</i> involvement and damage of both fluids and yang qi	USE	Chaihu Guizhi Ganjiang Tang
For anxiety or insomnia accompanied by obvious symptoms of qi and Blood deficiency	USE	Guipi Tang
For concurrent signs of yin deficiency (i.e., mapped tongue coating or dry throat)	COMBINE WITH	Shengmai San
For signs of Blood stasis	COMBINE WITH	Xuefu Zhuyu Tang or Dahuang Zhechong Wan
For fatty liver or abdominal masses	COMBINE WITH	Biejia Jian Wan
For damp heat or signs of upflaring deficiency heat	COMBINE WITH	Fengsui Dan
For sore throat and cough without clear indications of <i>shaoyang</i> or wind heat symptomology	USE	Perilla Pearls
For severe sore throat with signs of <i>shaoyang</i> pathology and heat phlegm	COMBINE WITH	Perilla Pearls
For viral or spirochetal infection with fever and severe headache (often accompanied by neck and eye pain)	USE	Release Pearls
For acute food poisoning or flu symptoms without clear <i>shaoyang</i> symptomology	USE	Earth Pearls
For food allergies without clear <i>shaoyang</i> symptomology	USE	Cinnamon Pearls
For reflux pathology accompanied by hyperlipidemia and/or high blood pressure	USE	Counterflow Pearls
For acute earaches, tonsillitis or mumps with obvious heat signs	ADD	Dragon Pearls
For bronchitis or skin problems	COMBINE WITH	Metal Pearls
For respiratory allergies in springtime	COMBINE WITH	Wind Pearls
For myocarditis	COMBINE WITH	Counterflow Pearls
For diarrhea	COMBINE WITH	Amber Pearls
For <i>shaoyang</i> pathology accompanied by obvious heat signs	COMBINE WITH	Dragon Pearls
For thick white tongue coating	COMBINE WITH	Earth Pearls

DIFFERENTIATION (CONT.)

Signs and Symptoms	Recommended Use	Augment / Alternative
For chronic degenerative liver conditions	USE OR CONSIDER	Evergreen Pearls, Mama Pearls, Sugar Pearls, Ease Pearls, or Serpent Pearls
For intestinal parasites	USE OR COMBINE	Thunder Pearls
For severe insomnia or PTSD	COMBINE WITH	Spirit Pearls
For chronic concurrent inflammation of the nervous system (i.e., Lyme disease or Coxsackie virus)	USE OR COMBINE WITH	Lightning Pearls
For acute leukemia with obvious heat signs	COMBINE WITH	Dragon Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

SIMILAR REMEDIES

ALSO BUPLEURUM AND/OR PINELLIA BASED AND THUS AFFECTING THE SHAOYANG NETWORK AND RELATED METABOLIC, ENDOCRINE AND MENTAL FUNCTIONS; ALTERNATION OPTIONS

HERITAGE SERIES

Shengmai San
Fengsui Dan
Qianyang Dan
Xuefu Zhuyu Tang
Danggui Shaoyao San
Biejia Jian Wan
Dahuang Zhechong Wan
Guizhi Fuling Wan
Banxia Houpo Tang

LEGACY SERIES

Perilla Pearls
Dragon Pearls
Lightning Pearls
Thunder Pearls
Earth Pearls
Amber Pearls
Metal Pearls
Balance Pearls
Counterflow Pearls
Spirit Pearls
Wind Pearls
Water Pearls
Glacier Pearls

HERITAGE SERIES

Chaihu Guizhi Ganjiang Tang
Chaihu Jia Longgu Muli Tang
Banxia Xiexin Tang
Wendan Tang

LEGACY SERIES

Ease Pearls
Release Pearls

FORMULA ARCHITECTURE

柴胡	Chaihu	Bupleurum	29.11%
黄芩	Huangqin	Scutellaria	10.91%
半夏 (法制)	Banxia	Pinellia; lime cured	15.14%
党参	Dangshen	Codonopsis	10.91%
生薑	Shengjiang	Ginger, fresh	10.91%
大枣	Dazao	Jujube	12.11%
甘草 (棗花蜜炙)	Zhi Gancao	Licorice; jujube flower honey baked	10.91%

Xuefu Zhuyu Tang

Drive Out Stasis in the Mansion of Blood Decoction

血府逐瘀湯

GENERAL SUPPORT

Chronic, Acute, Cardiovascular, Neurological, Mental-Emotional, Metabolic, Women's Health, Anti-Mass

ORGAN SYSTEMS

Liver, Pericardium

FORMULA FAMILY

Regulating the Blood with Tang-Kuei

SIX STAGES

Jueyin



ABOUT XUEFU ZHUYU TANG

Xuefu Zhuyu Tang is a relatively modern remedy that evolved out of the 19th century reform movement within Chinese medicine. It first appeared in Wang Qingren's medical treatise, *Correcting the Mistakes of Former Medical Books (Yilin gaicuo)*. Wang was a local government official who boldly used his position to perform autopsies on murder victims and executed criminals. The apparent discrepancies between his structural discoveries and the ancient functional definition of the organ systems compelled him to "rewrite" the fundamentals of Chinese medicine. Although Wang has since become notorious for his misconceptions about the energy-oriented nature of Chinese medicine, the clinical value of his formulas has made him a highly esteemed medical pioneer. In the process of his crudely performed autopsies, Wang often found congealed blood pooling above the diaphragm. Ignorant that this phenomenon was the result of unsophisticated incision techniques, he labeled this area the "Mansion of Blood" (xuefu) and assumed that blood easily stagnates here. Xuefu Zhuyu Tang was specifically designed to remove stasis from this region. Although the creation of this formula was originally inspired by a gross anatomical fallacy, it has since proven effective for a wide range of common modern ailments and has become the primary choice for the TCM pathology of Blood stasis anywhere in the body. It is often prescribed, for instance, for cardiovascular conditions where Western medicine treatment would resort to blood-thinning drugs. While the traditional concept of Blood moving therapy (huoxue huayu) is considerably different from blood thinning, caution should be used in prescribing this remedy in addition to blood thinners. Like other Blood moving formulas, Xuefu Zhuyu Tang is contraindicated during pregnancy.

THERAPEUTIC PRINCIPLES

- Vitalize Blood and dispel stasis
- Move qi and control pain
- Regulate the upward and downward momentum of the body's energy flow dynamic

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- Chronic pain of a fixed and piercing nature (especially in chest or head regions)
- Uncomfortable sensation in chest region
- Mental symptoms (restlessness, insomnia, vivid dreaming, etc.)
- Heat sensations (especially at night)
- Tongue color tends to be darker with purple spots on top or on sides, or signs of stasis in veins underneath the tongue
- Fine and choppy pulse

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- Headache (particularly neurogenic headaches, but also migraines and headaches caused by high blood pressure, arteriosclerosis, cerebrovascular spasms, concussion, or trigeminal neuralgia), head injury, concussion
- Chest pain (angina pectoris in individuals with coronary heart disease, sick sinus syndrome, pulmonary heart disease, rheumatic heart disease, silicosis)
- Costal chondritis, intercostal neuralgia, rib injury, soft tissue injury in chest region
- High blood pressure, hyperlipidemia, arrhythmia, valvular heart disease, subarachnoid hemorrhage
- Persisting hiccups, neurogenic vomiting
- Gastritis, cholecystitis, pleuritis, intestinal adhesions, chronic hepatitis, liver cirrhosis, enlarged liver and/or spleen
- Dysmenorrhea (if accompanied by dark menstrual flow with obvious clotting, abdominal pain radiating to the back, breast distention), amenorrhea, metrorrhagia, extra-uterine pregnancy, infertility (if caused by obstruction of fallopian tube, endometritis, or retroversion of uterus), persistent bleeding after induced or spontaneous abortion, post-partum body pain, menopausal syndrome, fibrocystic breast disease
- Insomnia, sleep walking, hysteria, epilepsy, schizophrenia, functional disturbance of vegetative nervous system, sexual neurosis, neuroparalysis, vascular dementia, psychopathy due to cerebral arteriosclerosis, post-stroke depression
- Localized sweating in chest area, spontaneous sweating or night sweats that do not respond to standard treatment
- Sudden hair loss, alopecia areata
- Disseminated intravascular coagulation (DIC)
- Masses and tumors
- Chronic brucellosis, fevers caused by Blood stasis
- Chronic pharyngitis, eye background bleeding, obstinate platycoria, retinal periphlebitis, retinal venous thrombosis
- Wide variety of disorders accompanied by signs of Blood stasis (i.e., polyarteritis nodosa, thrombophlebitis, hematoma caused by chronic granulocytic leukemia, obstructive hydrocephalus; chronic fatigue syndrome; diabetic nephropathy; chloasma; neurogenic deafness; voice loss due to trauma, bed wetting, apnea in infants and children, etc.)

Xuefu Zhuyu Tang

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For signs of Blood stasis accompanied by signs of “dry Blood”	USE	Dahuang Zhechong Wan
For Blood stasis in the lower part of the body	USE	Guizhi Fuling Wan or Dahuang Zhechong Wan
For masses in the lower part of the body	USE	Guizhi Fuling Wan, Dahuang Zhechong Wan or Biejia Jian Wan
For enlarged liver or spleen	USE OR COMBINE WITH	Biejia Jian Wan
For anxiety or insomnia accompanied by obvious symptoms of qi and Blood deficiency	USE	Guipi Tang
For anxiety or insomnia accompanied by obvious symptoms of Kidney yang deficiency	USE	Qianyang Dan
For obvious <i>shaoyang</i> symptoms	USE OR COMBINE WITH	Xiao Chaihu Tang, Chaihu Guizhi Ganjiang Tang or Chaihu Jia Longgu Muli Tang
For obvious signs of Spleen qi deficiency (i.e., frequent bruising in individuals with deficient constitutions)	COMBINE WITH	Lizhong Wan
For abdominal pain in women	USE OR CONSIDER	Danggui Shaoyao San
For pregnant women	USE	Danggui San
For asthmatic wheezing and long-term use of steroid inhalers	COMBINE WITH	Shengmai San or Jingui Shenqi Wan
For nausea or other signs of phlegm (including mental disorders involving phlegm obstruction of the Heart orifice)	COMBINE WITH	Wendan Tang
For the symptom trio of acid reflux, high cholesterol, and/or high blood pressure	USE	Counterflow Pearls
For signs of Blood stasis in individuals with obvious <i>jueyin</i> symptoms, (i.e., individuals with heart or liver disease)	USE	Evergreen Pearls
For breast cancer or other chronic mammary pathologies with <i>jueyin</i> symptoms	USE	Mama Pearls
For lymphatic congestion in the breast region	USE	Metal Pearls
For menstrual spotting or metrorrhagia accompanied by signs of Spleen deficiency	USE	Moon Pearls
For broken bones or other incidents of external trauma	USE	Ox Bone Pearls
For long-term effects of emotional trauma or PTSD	USE OR COMBINE WITH	Spirit Pearls
For insomnia in elderly individuals (generally accompanied by symptoms of deficiency of both yin and yang)	USE OR COMBINE WITH	Peace Pearls

DIFFERENTIATION (CONT.)

Signs and Symptoms	Recommended Use	Augment / Alternative
For headaches or high blood pressure or neurological symptoms in individuals with primary pathology of phlegm (rather than Blood stasis)	USE OR COMBINE WITH	Balance Pearls
For conditions primarily characterized by symptoms of Liver qi stagnation (rather than Blood stasis)	USE	Ease Pearls
For depression in individuals suffering from post-stroke or other vascular pathologies accompanied by symptoms of Lung qi stagnation (i.e., slippery pulse in Lung position)	USE OR COMBINE WITH	Metal Pearls
For asthmatic wheezing	COMBINE WITH	Metal Pearls, Counterflow Pearls, or Water Pearls
For chronic degenerative liver conditions	USE OR COMBINE WITH	Evergreen Pearls, Mama Pearls, Sugar Pearls, or Ease Pearls
For chronic degenerative Lung conditions (i.e., pulmonary heart disease, COPD, lung cancer)	USE OR COMBINE WITH	Glacier Pearls
For chronic lymphatic swelling caused by inflammation of the nervous system (i.e., Lyme disease)	USE OR COMBINE WITH	Lightning Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

HERITAGE SERIES

Biejia Jian Wan
Shengmai San
Jingui Shenqi Wan
Wendan Tang
Banxia Houpo Tang
Xiao Chaihu Tang
Chaihu Jia Longgu Muli Tang
Chaihu Guizhi Ganjiang Tang
Guizhi Tang
Lizhong Wan
Fengsui Dan
Qianyang Dan
Shenxian Dushi Dan
Yin Qiao San

LEGACY SERIES

Cinnamon Pearls
Bamboo Pearls
Metal Pearls
Counterflow Pearls
Balance Pearls
Spirit Pearls
Water Pearls
Wind Pearls
Glacier Pearls
Lightning Pearls
Thunder Pearls
Dragon Pearls
Serpent Pearls
Release Pearls
Amber Pearls
Love Pearls

SIMILAR REMEDIES

ALSO MOVE BLOOD AND TRANSFORM STASIS;
ALTERNATION OPTIONS

HERITAGE SERIES

Guizhi Fuling Wan
Dahuang Zhechong Wan
Danggui Shaoyao San
Danggui San
Wenjing Tang
Bazhen Tang

LEGACY SERIES

Ox Bone Pearls
Ease Pearls
Moon Pearls
Heart Pearls
Evergreen Pearls
Mama Pearls

Xuefu Zhuyu Tang

FORMULA ARCHITECTURE

桃仁 (燂去皮)	Taoren	Persica seed; blanched, skin removed	15.38%
紅花	Honghua	Carthamus	11.54%
(川) 當歸 (酒炒)	Danggui	Tang-kuai, Sichuan; wine fried	11.54%
生地黄	Sheng Dihuang	Rehmannia	11.54%
川芎	Chuanxiong	Ligusticum	5.77%
赤芍 (酒制)	Chishao	Peony, red; wine treated	7.69%
(懷) 牛膝 (酒制)	(Huai) Niuxi	Achyranthes; wine treated	11.54%
桔梗	Jiegeng	Platycodon	5.77%
柴胡 (醋炒)	Chaihu	Bupleurum; vinegar fried	3.85%
枳殼 (麸炒)	Zhike	Aurantium zhike; bran fried	7.69%
甘草	Gancao	Licorice	7.69%



Medicinal grade Shu Dihuang (wine steamed rehmannia) with "chrysanthemum heart" signature, a mark of terroir authenticity; Huai Region of Henan Province, China

Yin Qiao San

Honeysuckle and Forsythia Powder

銀翹散

GENERAL SUPPORT

Acute, Respiratory, Immune, Urinary, Skin, Gu Syndrome

FORMULA FAMILY

Overall Cooling

ORGAN SYSTEMS

Lung, Bladder

SIX STAGES

Taiyang



ABOUT YIN QIAO SAN

The original design of the famous remedy Yin Qiao San goes back to the Ming dynasty physician Ye Tianshi. It took until the year 1798, however, for this formula to be standardized and presented as an emblematic prescription of the Fever School in Wu Jutong's epidemiology handbook, *Systematic Differentiation of Warm Diseases (Wenbing tiaobian)*. In the form of various patent medicines such as Yin-Chiao Tablets or Airborne, Yin Qiao San has become a standard home remedy for acute upper respiratory infections in China, South-East Asia and certain regions of the United States. Since the advent of antibiotics the formula's status has sharply declined in China. However, due to the ineffectiveness of antibiotics in cases of viral infection and a general trend toward natural healing methods, Yin Qiao San is still one of the most frequently prescribed remedies in TCM clinics around the world.

Three vital points should be noted for the appropriate use of Yin Qiao San: 1) There should be obvious signs of wind heat. If a patient exhibits primary symptoms of wind cold (i.e., fever with strong aversion to cold temperatures), this formula should not be prescribed. 2) Yin Qiao San should not be prescribed (at least not without modification) for patients with a thick tongue coating or other obvious signs of dampness. 3) The volatile aromatic components of the herbs need to be captured in the extraction for the remedy to be effective.

THERAPEUTIC PRINCIPLES

- Release the exterior with acrid and cooling herbs
- Clear heat and eliminate toxicity

INDICATIONS

TYPICAL SYMPTOM PATTERNS

- General signs of wind heat (fever with only slight/occasional aversion to wind or cold)
- Little sweat or inhibited sweating
- Thirsty, sore throat, possibly cough
- Headache
- Floating, possibly rapid pulse
- Thin white or yellow tongue coating, tongue tip or sides of tongue possibly reddish in color

TYPICAL APPLICATIONS

EXAMPLES OF DISEASES THAT MAY BE ACCOMPANIED BY RELEVANT SIGNS AND SYMPTOMS

- (Wind heat type of) cold/flu, epidemic influenza, fever due to viral infection
- Acute bronchitis, pneumonia in children, lobar pneumonia, whooping cough, laryngitis, suppurative tonsillitis, allergic rhinitis, pollen allergy
- Encephalitis B, leptospirosis, dengue fever, epidemic hemorrhagic fever, scarlet fever, typhoid fever
- Mumps
- Early stage of measles, rubella, chickenpox, acute herpes outbreaks
- Painful summer heat rash and other types of wind-heat type rashes, drug induced dermatitis, boils, toxic erythema, roseola, acute urticaria, acute flare-up of psoriasis, eczema in children, idiopathic thrombocytopenic purpura in children, herpetic stomatitis in children, conjunctivitis
- Acute pyelonephritis
- Acute post-partum endometritis caused by hemolytic streptococcus

Yin Qiao San

DIFFERENTIATION

Signs and Symptoms	Recommended Use	Augment / Alternative
For sore throat, earache or mumps with clear <i>shaoyang</i> symptomology	USE	Xiao Chaihu Tang
For beginning stages of wind cold type of cold/flu (i.e., feeling run down and about to “come down with something” in the wintertime)	USE	Guizhi Tang
For irregular heartbeat	COMBINE WITH	Shengmai San
For symptoms of phlegm	COMBINE WITH	Wendan Tang
For shingles or other types of herpes outbreak	COMBINE WITH	Fengsui Dan
For acute respiratory infection with undifferentiated symptom picture (unclear if wind heat or wind cold)	USE	Perilla Pearls
For acute respiratory infection accompanied by cough and expectoration of yellow phlegm	USE	Perilla Pearls
For viral or spirochetal infection with fever and severe headache (often accompanied by neck and eye pain)	USE	Release Pearls
For sinus infection in individuals with wind cold symptoms or overall deficient constitution	USE	Golden Pearls
For acute food poisoning or flu symptoms without clear wind heat symptomology	USE	Earth Pearls
For acute earaches, tonsillitis or mumps with severe heat signs	ADD	Dragon Pearls
For bronchitis	COMBINE WITH	Metal Pearls
For myocarditis	COMBINE WITH	Counterflow Pearls
For acute flare-up of chronic nervous system inflammation (i.e., herpes)	USE OR COMBIMNE WITH	Lightning Pearls

COMPANION REMEDIES

SUITABLE FOR COMBINING

HERITAGE SERIES

Xiao Chaihu Tang
Shengmai San
Jingui Shenqi Wan
Fengsui Dan
Qianyang Dan

LEGACY SERIES

Dragon Pearls
Lightning Pearls
Thunder Pearls
Serpent Pearls
Release Pearls
Ease Pearls
Earth Pearls
Metal Pearls
Counterflow Pearls
Balance Pearls
Wind Pearls
Water Pearls

SIMILAR REMEDIES

ALSO DISPEL ACUTE EXTERNAL WIND; ALTERNATION OPTIONS

HERITAGE SERIES

N/A

LEGACY SERIES

Perilla Pearls
Release Pearls
Golden Pearls

FORMULA ARCHITECTURE

金銀花	Jinyinhua	Honeysuckle	15.15%
連翹	Lianqiao	Forsythia	15.15%
桔梗	Jiegeng	Platycodon	9.09%
薄荷	Bohe	Mint	9.09%
竹葉	Zhuye	Bamboo leaf	6.06%
荊芥穗	Jingjie	Schizonepeta	6.06%
淡豆豉 (桑蒿制)	Dandouchi	Fermented soybean; mulberry leaf and artemisia treated	7.58%
牛蒡子 (清炒)	Niubangzi	Arctium; fried	9.09%
甘草 (梢)	Gancao	Licorice, twig tips	7.58%
蘆根	Lugen	Phragmites	15.15%



Inspecting mountain grown Xuanshen (*Scrophularia*) in the Guizhou region; China

Classical Pearls Herbal Formulas

APPENDIX



Formula Applications Index

LISTED IN ORDER OF IMPORTANCE

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A

Acid reflux (GERD); symptom complex of [Counterflow⁵⁴, Metal¹⁰⁸, Ginkgo⁷⁶, Balance⁴⁴, Earth⁶⁴, Ease⁶⁸, Serpent¹³⁸; Wendan Tang²⁵⁴, Banxia Xiexin Tang¹⁷⁸, Banxia Houpo Tang¹⁷⁴, Xiao Chaihu Tang²⁷⁰, Chaihu Guizhi Ganjiang Tang¹⁹⁴]

Acne pustules and other suppurative skin conditions [Golden⁸², Metal¹⁰⁶, Perilla¹²⁸, Lightning⁹⁴, Earth⁶², Wind¹⁶⁶; Banxia Xiexin Tang¹⁷⁶, Wendan Tang²⁵², Xiao Chaihu Tang²⁶⁸, Danggui San²⁰⁴, Danggui Shaoyao San²⁰⁸, Wenjing Tang²⁵⁶, Guizhi Fuling Wan²²⁰, Dahuang Zhechong Wan²⁰⁰]

ADHD [Balance⁴², Counterflow⁵⁴, Earth⁶², Amber³⁸; Wendan Tang²⁵², Fengsui Dan²¹²]

Adrenal imbalances; menopausal [Peace¹²⁴, Spirit¹⁴⁰, Love⁹⁸, Heart⁹⁰, Guanyin⁸⁶, Moon¹¹²; Jingui Shenqi Wan²²⁸, Shuyu Wan²⁴⁸]

AIDS/HIV [Lightning⁹⁴, Ease⁶⁶, Release¹³², Dragon⁵⁸; Xiao Chaihu Tang²⁶⁸, Shuyu Wan²⁴⁸, Biejia Jian Wan¹⁸⁴, Dahuang Zhechong Wan²⁰⁰, Qianyang Dan²³⁶, Fengsui Dan²¹²]

Airline travel (prevention of colds, food poisoning and jet lag) [Earth⁶², Lightning⁹⁴, Thunder¹⁵⁰, Perilla¹²⁸; Yin Qiao San²⁷⁸]

Alcohol poisoning [Earth⁶², Ease⁶⁶, Balance⁴²; Wuling San²⁶⁰]

Alcoholic liver [Biejia Jian Wan¹⁸⁴]

Alopecia [Evergreen⁷⁰, Mama¹⁰²; Xuefu Zhuyu Tang²⁷²]

Allergic asthma [Wind¹⁶⁶, Cinnamon⁵⁰, Metal¹⁰⁶, Earth⁶², Golden⁸², Ease⁶⁶; Guizhi Tang²²⁴, Xiao Chaihu Tang²⁶⁸, Banxia Houpo Tang¹⁷², Shengmai San²⁴⁰, Jingui Shenqi Wan²²⁸]

Allergic purpura [Cinnamon⁵⁰, Dragon⁵⁸; Fengsui Dan²¹², Guizhi Fuling Wan²²⁰]

Allergic rhinitis [Wind¹⁶⁶, Cinnamon⁵⁰, Golden⁸²; Guizhi Tang²²⁴, Shuyu Wan²⁴⁸, Xiao Chaihu Tang²⁶⁸, Yin Qiao San²⁷⁸, Shengmai San²⁴⁰]

Allergic skin and mucous membrane reactions [Wind¹⁶⁶, Golden⁸²; Yin Qiao San²⁷⁸, Banxia Xiexin Tang¹⁷⁶, Wuyou San²⁶⁴, Wenjing Tang²⁵⁶]

Allergies (due to inflamed mucous membranes) in late-stage cold situations [Golden⁸², Cinnamon⁵⁰, Wind¹⁶⁶, Metal¹⁰⁶, Ease⁶⁶; Guizhi Tang²²⁴, Xiao Chaihu Tang²⁶⁸, Shengmai San²⁴⁰]

Allergies affecting ears, eyes, and nose; spring-time [Ease⁶⁶, Wind¹⁶⁶, Cinnamon⁵⁰, Golden⁸²; Xiao Chaihu Tang²⁶⁸, Guizhi Tang²²⁴, Yin Qiao San²⁷⁸, Shengmai San²⁴⁰]

Allergies; food [Cinnamon⁵⁰, Earth⁶², Amber³⁸, Metal¹⁰⁶; Guizhi Tang²²⁴, Xiao Chaihu Tang²⁶⁸, Chaihu Guizhi Ganjiang Tang¹⁹², Shuyu Wan²⁴⁸, Wendan Tang²⁵², Wenjing Tang²⁵⁶, Danggui Shaoyao San²⁰⁸]

Alzheimer's [Evergreen⁷⁰, Ginkgo⁷⁴, Balance⁴², Counterflow⁵⁴, Metal¹⁰⁶, Earth⁶², Vitality¹⁵⁸, Love⁹⁸, Water¹⁶², Spirit¹⁴⁰, Heart⁹⁰, Peace¹²⁴, Guanyin⁸⁶, Sugar¹⁴⁶; Wendan Tang²⁵², Xuefu Zhuyu Tang²⁷², Wenjing Tang²⁵⁶, Shuyu Wan²⁴⁸, Shenxian Dushi Dan²⁴⁴, Bazhen Tang¹⁸⁰, Jingui Shenqi Wan²²⁸, Qianyang Dan²³⁶, Fengsui Dan²¹²]

Amenorrhea [Moon¹¹², Evergreen⁷⁰; Wenjing Tang²⁵⁶, Shuyu Wan²⁴⁸, Bazhen Tang¹⁸⁰, Danggui Shaoyao San²⁰⁸, Xuefu Zhuyu Tang²⁷², Dahuang Zhechong Wan²⁰⁰, Wuling San²⁶⁰]

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Amoebic dysentery [Thunder¹⁵⁰, Dragon⁵⁸, Serpent¹³⁶, Earth⁶²; Banxia Xiexin Tang¹⁷⁶]

Amyotrophic lateral sclerosis (ALS); possibilities for treatment approaches [Evergreen⁷⁰, Balance⁴², Gingko⁷⁴, Lightning⁹⁴, Earth⁶², Bamboo⁴⁶, Cinnamon⁵⁰, Heart⁹⁰, Water¹⁶², Serpent¹³⁶, Shuyu Wan²⁴⁸, Buzhong Yiqi Tang¹⁸⁸, Shengmai San²⁴⁰, Jingui Shenqi Wan²²⁸, Qianyang Dan²³⁶, Fengsui Dan²¹², Shenxian Dushi Dan²⁴⁴, Dahuang Zhechong Wan²⁰⁰, Biejia Jian Wan¹⁸⁴]

Anal Fistula [Metal¹⁰⁶, Ease⁶⁶, Tiger¹⁵⁴, Serpent¹³⁶, Dragon⁵⁸, Thunder¹⁵⁰; Chaihu Guizhi Ganjiang Tang¹⁹², Dahuang Zhechong Wan²⁰⁰]

Anemia [Earth⁶², Moon¹¹², Evergreen⁷⁰, Amber³⁸, Water¹⁶²; Bazhen Tang¹⁸⁰, Danggui Shaoyao San²⁰⁸, Shuyu Wan²⁴⁸, Guipi Tang²¹⁶, Buzhong Yiqi Tang¹⁸⁸, Wenjing Tang²⁵⁶, Shengmai San²⁴⁰]

Anemia; pernicious [Vitality¹⁵⁸, Tiger¹⁵⁴; Dahuang Zhechong Wan²⁰⁰]

Anemia; aplastic [Tiger¹⁵⁴, Sugar¹⁴⁶; Dahuang Zhechong Wan²⁰⁰, Guipi Tang²¹⁶]

Angina pectoris [Counterflow⁵⁴, Heart⁹⁰, Evergreen⁷⁰; Xuefu Zhuyu Tang²⁷², Wendan Tang²⁵², Lizhong Wan²³², Shengmai San²⁴⁰, Fengsui Dan²¹², Dahuang Zhechong Wan²⁰⁰, Biejia Jian Wan¹⁸⁴]

Antibiotics; side effects [Earth⁶², Cinnamon⁵⁰, Amber³⁸, Thunder¹⁵⁰; Guizhi Tang²²⁴, Wuling San²⁶⁰, Qianyang Dan²³⁶, Fengsui Dan²¹²]

Anxiety [Spirit¹⁴⁰, Peace¹²⁴, Counterflow⁵⁴; Bazhen Tang¹⁸⁰, Danggui San²⁰⁴, Danggui Shaoyao San²⁰⁸, Guipi Tang²¹⁶]

Anxiety/Depression; cyclical [Peace¹²⁴, Spirit¹⁴⁰, Metal¹⁰⁶, Ease⁶⁶, Vitality¹⁵⁸, Earth⁶², Gingko⁷⁴, Serpent¹³⁶; Xiao Chaihu Tang²⁶⁸, Chaihu Guizhi Ganjiang Tang¹⁹², Guizhi Jia Longgu Muli Tang, Banxia Houpo Tang¹⁷², Wendan Tang²⁵², Xuefu Zhuyu Tang²⁷², Biejia Jian Wan¹⁸⁴]

Anxiety/Depression; pre-menopausal [Peace¹²⁴, Moon¹¹², Metal¹⁰⁶, Counterflow⁵⁴, Spirit¹⁴⁰, Ease⁶⁶; Guipi Tang²¹⁶, Wenjing Tang²⁵⁶, Fengsui Dan²¹², Qianyang Dan²³⁶]

Anxiety/Depression; post-menopausal [Guanyin⁸⁶, Vitality¹⁵⁸, Peace¹²⁴, Sugar¹⁴⁶, Spirit^{138,140}, Earth⁶²; Qianyang Dan²³⁶, Jingui Shenqi Wan²²⁸]

Anxiety; due to chronic adrenal stress and/or central nervous system imbalance⁴² [Spirit^{138,140}, Peace¹²⁴; Shuyu Wan²⁴⁸, Jingui Shenqi Wan²²⁸, Guipi Tang²¹⁶, Bazhen Tang¹⁸⁰, Shenxian Dushi Dan²⁴⁴]

Appendicitis; chronic [Cinnamon⁵⁰, Earth⁶², Ease⁶⁶, Thunder¹⁵⁰, Serpent¹³⁶, Dragon⁵⁸; Guizhi Tang²²⁴, Chaihu Guizhi Ganjiang Tang¹⁹², Danggui San²⁰⁴, Danggui Shaoyao San²⁰⁸]

Appetite; poor [Amber³⁸, Cinnamon⁵⁰, Earth⁶², Ease⁶⁶, Gingko⁷⁴; Guizhi Tang²²⁴, Lizhong Wan²³², Buzhong Yiqi Tang¹⁸⁸, Guipi Tang²¹⁶, Bazhen Tang¹⁸⁰, Xiao Chaihu Tang²⁶⁸, Guizhi Tang²²⁴, Chaihu Guizhi Ganjiang Tang¹⁹², Shuyu Wan²⁴⁸]

Arrhythmia [Counterflow⁵⁴, Water¹⁶², Heart⁹⁰, Evergreen⁷⁰; Shengmai San²⁴⁰, Shuyu Wan²⁴⁸, Jingui Shenqi Wan²²⁸, Bazhen Tang¹⁸⁰, Guipi Tang²¹⁶, Buzhong Yiqi Tang¹⁸⁸, Xuefu Zhuyu Tang²⁷²]

Arteriosclerosis [Evergreen⁷⁰, Heart⁹⁰, Sugar¹⁴⁶, Gingko⁷⁴, Counterflow⁵⁴, Metal¹⁰⁶, Balance⁴², Water¹⁶²; Xuefu Zhuyu Tang²⁷², Danggui Shaoyao San²⁰⁸, Guizhi Fuling Wan²²⁰, Jingui Shenqi Wan²²⁸, Qianyang Dan²³⁶]

Arthritis; rheumatoid arthritis [Bamboo⁴⁶, Cinnamon⁵⁰, Evergreen⁷⁰, Ox Bone¹²⁰, Lightning⁹⁴, Dragon⁵⁸; Shenxian Dushi Dan²⁴⁴, Danggui Shaoyao San²⁰⁸]

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Asthma; allergic [Wind¹⁶⁶, Cinnamon⁵⁰, Metal¹⁰⁶, Earth⁶², Golden⁸²; Banxia Houpo Tang¹⁷², Wendan Tang²⁵², Shengmai San²⁴⁰, Jingui Shenqi Wan²²⁸, Xuefu Zhuyu Tang²⁷², Guizhi Fuling Wan²²⁰]

Asthma; bronchial [Water¹⁶², Metal¹⁰⁶, Counterflow⁵⁴, Amber³⁸; Shengmai San²⁴⁰, Jingui Shenqi Wan²²⁸, Shuyu Wan²⁴⁸, Qianyang Dan²³⁶]

Atherosclerosis [Counterflow⁵⁴, Metal¹⁰⁶, Balance⁴², Evergreen⁷⁰, Heart⁹⁰, Sugar¹⁴⁶; Buzhong Yiqi Tang¹⁸⁸, Xuefu Zhuyu Tang²⁷²]

Atrophy; muscular [Cinnamon⁵⁰, Evergreen⁷⁰; Shuyu Wan²⁴⁸]

Atrophy; optic nerve [Evergreen⁷⁰; Bazhen Tang¹⁸⁰, Xuefu Zhuyu Tang²⁷², Shenxian Dushi Dan²⁴⁴]

Autism [Balance⁴², Counterflow⁵⁴, Metal¹⁰⁶, Earth⁶², Cinnamon⁵⁰, Amber³⁸; Wendan Tang²⁵²]

B

Babesiosis, Bartonellosis [Lightning⁹⁴, Thunder¹⁵⁰, Dragon⁵⁸, Serpent¹³⁶, Release¹³², Ease⁶⁶, Bamboo⁴²; Biejia Jian Wan¹⁸⁴, Shenxian Dushi Dan²⁴⁴]

Bacterial infections [Dragon⁵⁸, Golden⁸², Perilla¹²⁸, Lightning⁹⁴; Yin Qiao San²⁷⁸, Fengsui Dan²¹²]

Beceht's syndrome [Dragon⁵⁸, Lightning⁹⁴; Fengsui Dan²¹², Banxia Xiexin Tang¹⁷⁶]

Bacterial infections; intestinal [Thunder¹⁵⁰, Lightning⁹⁴, Dragon⁵⁸, Serpent¹³⁶, Earth⁶², Cinnamon⁵⁰, Amber³⁸; Guizhi Tang²²⁴, Xiao Chaihu Tang²⁶⁸, Banxia Xiexin Tang¹⁷⁶, Wendan Tang²⁵²]

Benign prostate hyperplasia (BPH) [Water¹⁶², Ocean¹¹⁶; Jingui Shenqi Wan²²⁸]

Bipolar syndrome [Ease⁶⁶, Counterflow⁵⁴, Spirit¹⁴⁰; Chaihu Jia Longgu Muli Tang¹⁹⁶, Wendan Tang²⁵², Xuefu Zhuyu Tang²⁷²]

Bladder infections; acute [Dragon⁵⁸, Ocean¹¹⁶, Cinnamon⁵⁰, Earth⁶²; Fengsui Dan²¹², Wuling San²⁶⁰, Guizhi Fuling Wan²²⁰, Jingui Shenqi Wan²²⁸]

Blood pressure; high [Counterflow⁵⁴, Metal¹⁰⁶, Balance⁴², Evergreen⁷⁰, Heart⁹⁰, Water¹⁶², Serpent¹³⁶; Fengsui Dan²¹², Guizhi Fuling Wan²²⁰, Xuefu Zhuyu Tang²⁷², Dahuang Zhechong Wan²⁰⁰, Wendan Tang²⁵², Xiao Chaihu Tang²⁶⁸, Jingui Shenqi Wan²²⁸, Shengmai San²⁴⁰, Lizhong Wan²³², Qianyang Dan²³⁶]

Blood pressure; low [Cinnamon⁵⁰, Evergreen⁷⁰; Guizhi Tang²²⁴, Buzhong Yiqi Tang¹⁸⁸, Bazhen Tang¹⁸⁰, Danggui Shaoyao San²⁰⁸, Shengmai San²⁴⁰, Shuyu Wan²⁴⁸]

Blood stasis; general [Ox Bone¹²⁰, Evergreen⁷⁰, Heart⁹⁰; Xuefu Zhuyu Tang²⁷², Guizhi Fuling Wan²²⁰, Dahuang Zhechong Wan²⁰⁰]

Blood Sugar¹⁴⁶ imbalances [Sugar¹⁴⁶, Counterflow⁵⁴, Metal¹⁰⁶, Balance⁴², Serpent¹³⁶, Cinnamon⁵⁰, Evergreen⁷⁰, Amber³⁸, Water¹⁶², Vitality¹⁵⁸; Guizhi Tang²²⁴, Lizhong Wan²³², Banxia Houpo Tang¹⁷², Buzhong Yiqi Tang¹⁸⁸, Wenjing Tang²⁵⁶, Jingui Shenqi Wan²²⁸, Shengmai San²⁴⁰, Fengsui Dan²¹², Qianyang Dan²³⁶]

Bone fractures; acute stage (zero to six weeks) [Ox Bone¹²⁰]

Bone fracture; chronic stage (longer than six weeks) [Bamboo⁴⁶, Ox Bone¹²⁰, Shenxian Dushi Dan²⁴⁴]

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Bone spurs [Bamboo⁴⁶, Ox Bone¹²⁰, Earth⁶², Cinnamon⁵⁰; Guizhi Tang²²⁴, Xuefu Zhuyu Tang²⁷², Shuyu Wan²⁴⁸, Shenxian Dushi Dan²⁴⁴]

Brain disorders; degenerative (MS, Parkinson's, etc.) [Evergreen⁷⁰, Gingko⁷⁴, Balance⁴², Spirit¹⁴⁰, Lightning⁹⁴, Sugar¹⁴⁶; Xuefu Zhuyu Tang²⁷², Wenjing Tang²⁵⁶, Wendan Tang²⁵², Dahuang Zhechong Wan²⁰⁰]

Breath; shortness of [Counterflow⁵⁴, Metal¹⁰⁶, Water¹⁶², Cinnamon⁵⁰, Earth⁶², Amber³⁸, Vitality¹⁵⁸, Heart⁹⁰; Shengmai San²⁴⁰, Jingui Shenqi Wan²²⁸, Lizhong Wan²³², Guizhi Tang²²⁴]

Brittle nails; menopausal [Guanyin⁸⁶, Moon¹¹², Evergreen⁷⁰; Bazhen Tang¹⁸⁰, Danggui Shaoyao San²⁰⁸, Wenjing Tang²⁵⁶, Shuyu Wan²⁴⁸]

Bronchitis; acute [Perilla¹²⁸, Golden⁸², Metal¹⁰⁶, Dragon⁵⁸, Ease⁶⁶; Xiao Chaihu Tang²⁶⁸, Banxia Xiexin Tang¹⁷⁶, Wendan Tang²⁵², Yin Qiao San²⁷⁸]

Bronchitis; chronic [Earth⁶², Cinnamon⁵⁰, Metal¹⁰⁶, Balance⁴², Golden⁸², Glacier⁷⁸, Amber³⁸, Water¹⁶²; Shengmai San²⁴⁰, Jingui Shenqi Wan²²⁸, Qianyang Dan²³⁶, Banxia Houpo Tang¹⁷², Wendan Tang²⁵², Chaihu Guizhi Ganjiang Tang¹⁹²]

Bulging discs [Bamboo⁴⁶, Ox Bone¹²⁰, Evergreen⁷⁰, Water¹⁶²; Jingui Shenqi Wan²²⁸, Qianyang Dan²³⁶, Shenxian Dushi Dan²⁴⁴, Guizhi Tang²²⁴, Guizhi Fuling Wan²²⁰, Xuefu Zhuyu Tang²⁷²]

C

Cancer; bladder [Ocean¹¹⁶; Guizhi Fuling Wan²²⁰, Wuling San²⁶⁰, Dahuang Zhechong Wan²⁰⁰, Biejia Jian Wan¹⁸⁴]

Cancer; brain [Gingko⁷⁴, Evergreen⁷⁰, Mama¹⁰², Balance⁴², Metal¹⁰⁶, Glacier⁷⁸; Wendan Tang²⁵², Dahuang Zhechong Wan²⁰⁰, Biejia Jian Wan¹⁸⁴, Xuefu Zhuyu Tang²⁷²]

Cancer; breast [Mama¹⁰², Metal¹⁰⁶, Glacier⁷⁸; Guizhi Fuling Wan²²⁰, Biejia Jian Wan¹⁸⁴]

Cancer; cervical [Ocean¹¹⁶, Moon¹¹², Mama¹⁰², Metal¹⁰⁶, Lightning⁹⁴; Guizhi Fuling Wan²²⁰, Dahuang Zhechong Wan²⁰⁰, Biejia Jian Wan¹⁸⁴]

Cancer; esophageal, throat, nasopharyngeal [Metal¹⁰⁶, Gingko⁷⁴; Wendan Tang²⁵²]

Cancer; Heart⁹⁰ [Mama¹⁰², Glacier⁷⁸, Metal¹⁰⁶; Xuefu Zhuyu Tang²⁷², Wendan Tang²⁵², Biejia Jian Wan¹⁸⁴]

Cancer; liver [Mama¹⁰², Sugar¹⁴⁶, Tiger¹⁵⁴, Ocean¹¹⁶, Glacier⁷⁸, Metal¹⁰⁶; Biejia Jian Wan¹⁸⁴, Dahuang Zhechong Wan²⁰⁰]

Cancer; lung [Glacier⁷⁸, Metal¹⁰⁶; Dahuang Zhechong Wan²⁰⁰, Biejia Jian Wan¹⁸⁴]

Cancer; kidney [Ocean¹¹⁶; Guizhi Fuling Wan²²⁰, Dahuang Zhechong Wan²⁰⁰, Biejia Jian Wan¹⁸⁴]

Cancer; ovarian [Ocean¹¹⁶, Mama¹⁰², Tiger¹⁵⁴, Sugar¹⁴⁶, Glacier⁷⁸; Guizhi Fuling Wan²²⁰, Dahuang Zhechong Wan²⁰⁰, Biejia Jian Wan¹⁸⁴]

Cancer; pancreatic [Ease⁶⁶, Counterflow⁵⁴, Metal¹⁰⁶, Mama¹⁰², Evergreen⁷⁰, Sugar¹⁴⁶; Xiao Chaihu Tang²⁶⁸, Wendan Tang²⁵², Biejia Jian Wan¹⁸⁴]

Cancer; prostate [Ocean¹¹⁶, Metal¹⁰⁶, Tiger¹⁵⁴, Sugar¹⁴⁶; Guizhi Fuling Wan²²⁰, Dahuang Zhechong Wan²⁰⁰, Biejia Jian Wan¹⁸⁴]

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Cancer; protection of tissues and mucous membranes during radiation and chemotherapy [Glacier⁷⁸, Water¹⁶², Counterflow⁵⁴, Metal¹⁰⁶, Heart⁹⁰; Buzhong Yiqi Tang¹⁸⁸, Shengmai San²⁴⁰, Bazhen Tang¹⁸⁰, Jingui Shenqi Wan²²⁸]

Cancer; support of conventional skin and colon therapy [Glacier⁷⁸, Metal¹⁰⁶, Tiger¹⁵⁴; Dahuang Zhechong Wan²⁰⁰]

Cancer; female (breast cancer, ovarian cancer) [Mama¹⁰², Ocean¹¹⁶, Metal¹⁰⁶; Xuefu Zhuyu Tang²⁷², Wendan Tang²⁵², Biejia Jian Wan¹⁸⁴, Dahuang Zhechong Wan²⁰⁰]

Cancer; stomach [Gingko⁷⁴, Metal¹⁰⁶, Counterflow⁵⁴, Amber³⁸; Wendan Tang²⁵², Biejia Jian Wan¹⁸⁴]

Cancer; tumors in the upper part of the body, especially the lung, neck, tongue and throat [Metal¹⁰⁶ Glacier⁷⁸; Wendan Tang²⁵², Banxia Xiexin Tang¹⁷⁶, Xuefu Zhuyu Tang²⁷², Dahuang Zhechong Wan²⁰⁰]

Cancer; uterine [Ocean¹¹⁶, Moon¹¹², Mama¹⁰², Metal¹⁰⁶; Guizhi Fuling Wan²²⁰, Dahuang Zhechong Wan²⁰⁰, Biejia Jian Wan¹⁸⁴, Wenjing Tang²⁵⁶]

Car sickness [Balance⁴², Cinnamon⁵⁰, Earth⁶²; Banxia Houpo Tang¹⁷², Wendan Tang²⁵², Wuling San²⁶⁰]

Cataracts [Water¹⁶², Sugar¹⁴⁶, Counterflow⁵⁴; Jingui Shenqi Wan²²⁸, Shenxian Dushi Dan²⁴⁴, Shuyu Wan²⁴⁸]

Cervical dysplasia [Moon¹¹², Ocean¹¹⁶, Mama¹⁰², Metal¹⁰⁶, Lightning⁹⁴, Dragon⁵⁸, Serpent¹³⁶; Guizhi Fuling Wan²²⁰, Dahuang Zhechong Wan²⁰⁰]

Celiac disease [Cinnamon⁵⁰, Amber³⁸, Earth⁶², Sugar¹⁴⁶, Serpent¹³⁶, Thunder¹⁵⁰; Guizhi Tang²²⁴, Danggui Shaoyao San²⁰⁸, Danggui San²⁰⁴]

Chemotherapy; side-effects of [Ease⁶⁶, Counterflow⁵⁴, Metal¹⁰⁶, Glacier⁷⁸, Water¹⁶², Heart⁹⁰, Evergreen⁷⁰, Mama¹⁰², Gingko⁷⁴, Spirit¹⁴⁰, Tiger¹⁵⁴; Shengmai San²⁴⁰, Bazhen Tang¹⁸⁰, Danggui San²⁰⁴, Buzhong Yiqi Tang¹⁸⁸, Shuyu Wan²⁴⁸, Wenjing Tang²⁵⁶, Jingui Shenqi Wan²²⁸, Wendan Tang²⁵²]

Chickenpox [Lightning⁹⁴, Perilla¹²⁸, Dragon⁵⁸; Yin Qiao San²⁷⁸, Wuling San²⁶⁰]

Cholecystitis; chronic [Ease⁶⁶, Metal¹⁰⁶; Wendan Tang²⁵², Xiao Chaihu Tang²⁶⁸, Banxia Xiexin Tang¹⁷⁶, Danggui San²⁰⁴, Danggui Shaoyao San²⁰⁸, Xuefu Zhuyu Tang²⁷², Dahuang Zhechong Wan²⁰⁰, Lizhong Wan²³²]

Cholesterol; elevated [Counterflow⁵⁴, Sugar¹⁴⁶, Heart⁹⁰, Evergreen⁷⁰, Metal¹⁰⁶, Water¹⁶²; Wendan Tang²⁵², Xuefu Zhuyu Tang²⁷², Guizhi Fuling Wan²²⁰, Biejia Jian Wan¹⁸⁴]

Chorea [Balance⁴², Evergreen⁷⁰; Danggui Shaoyao San²⁰⁸, Xuefu Zhuyu Tang²⁷², Wendan Tang²⁵²]

Chloasma [Evergreen⁷⁰; Danggui San²⁰⁴, Danggui Shaoyao San²⁰⁸, Wenjing Tang²⁵⁶, Xuefu Zhuyu Tang²⁷², Dahuang Zhechong Wan²⁰⁰, Buzhong Yiqi Tang¹⁸⁸]

Chronic fatigue syndrome [Lightning⁹⁴, Thunder¹⁵⁰, Serpent¹³⁶, Earth⁶², Cinnamon⁵⁰, Vitality¹⁵⁸, Bamboo⁴²; Shuyu Wan²⁴⁸, Guizhi Tang²²⁴, Shenxian Dushi Dan²⁴⁴, Qianyang Dan²³⁶, Fongsui Dan²¹², Buzhong Yiqi Tang¹⁸⁸, Chaihu Jia Longgu Muli Tang¹⁹⁶]

Cirrhotic ascites [Tiger¹⁵⁴, Ocean¹¹⁶; Danggui Shaoyao San²⁰⁸, Dahuang Zhechong Wan²⁰⁰, Biejia Jian Wan¹⁸⁴]

CMV [Lightning⁹⁴, Dragon⁵⁸, Ease⁶⁶; Yin Qiao San²⁷⁸, Xiao Chaihu Tang²⁶⁸]

Cold/Flu (especially in elderly patients) [Earth⁶², Cinnamon⁵⁰, Golden⁸², Perilla¹²⁸, Wind¹⁶⁶, Ease⁶⁶; Guizhi Tang²²⁴, Xiao Chaihu Tang²⁶⁸, Yin Qiao San²⁷⁸, Shengmai San²⁴⁰]

[] = formulas listed in order of importance with page numbers referenced

Cold; common [Perilla¹²⁸, Golden⁸², Earth⁶², Wind¹⁶⁶, Lightning⁹⁴, Thunder¹⁵⁰, Release¹³², Ease⁶⁶; Yin Qiao San²⁷⁸, Guizhi Tang²²⁴, Xiao Chaihu Tang²⁶⁸, Chaihu Guizhi Ganjiang Tang¹⁹²]

Colitis; chronic [Amber³⁸, Cinnamon⁵⁰, Wind¹⁶⁶, Earth⁶², Thunder¹⁵⁰, Serpent¹³⁶, Ease⁶⁶, Metal¹⁰⁶, Tiger¹⁵⁴, Water¹⁶²; Lizhong Wan²³², Buzhong Yiqi Tang¹⁸⁸, Banxia Xiexin Tang¹⁷⁶, Wendan Tang²⁵², Shuyu Wan²⁴⁸, Danggui San²⁰⁴, Danggui Shaoyao San²⁰⁸]

Concussion [Ox Bone¹²⁰, Evergreen⁷⁰, Balance⁴²; Xuefu Zhuyu Tang²⁷²]

Congestive Heart⁹⁰ Failure [Heart⁹⁰, Counterflow⁵⁴, Water¹⁶²; Shengmai San²⁴⁰, Jingui Shenqi Wan²²⁸, Qianyang Dan²³⁶]

Conjunctivitis (“pink eye”) [Lightning⁹⁴, Perilla¹²⁸, Wind¹⁶⁶, Ease⁶⁶; Yin Qiao San²⁷⁸, Xiao Chaihu Tang²⁶⁸, Fengsui Dan²¹²]

Constipation; chronic [Tiger¹⁵⁴, Metal¹⁰⁶, Ease⁶⁶, Sugar¹⁴⁶, Earth⁶²; Xiao Chaihu Tang²⁶⁸, Chaihu Jia Longgu Muli Tang¹⁹⁶, Dahuang Zhechong Wan²⁰⁰, Buzhong Yiqi Tang¹⁸⁸, Fengsui Dan²¹²]

Cough; acute [Perilla¹²⁸, Golden⁸², Metal¹⁰⁶, Dragon⁵⁸; Yin Qiao San²⁷⁸, Xiao Chaihu Tang²⁶⁸]

Cough; chronic [Metal¹⁰⁶, Counterflow⁵⁴, Balance⁴², Cinnamon⁵⁰; Wendan Tang²⁵², Banxia Xiexin Tang¹⁷⁶, Banxia Houpo Tang¹⁷², Lizhong Wan²³²]

Crohn’s disease [Amber³⁸, Cinnamon⁵⁰, Earth⁶², Wind¹⁶⁶, Thunder¹⁵⁰, Serpent¹³⁶, Ease⁶⁶, Metal¹⁰⁶, Tiger¹⁵⁴, Vitality¹⁵⁸; Lizhong Wan²³², Shuyu Wan²⁴⁸, Danggui Shaoyao San²⁰⁸, Wendan Tang²⁵², Jingui Shenqi Wan²²⁸]

Cushing’s Syndrome [Gingko⁷⁴, Balance⁴², Evergreen⁷⁰; Jingui Shenqi Wan²²⁸]

Cystic fibrosis [Metal¹⁰⁶, Cinnamon⁵⁰, Glacier⁷⁸, Counterflow⁵⁴, Balance⁴²; Wendan Tang²⁵², Shengmai San²⁴⁰, Jingui Shenqi Wan²²⁸]

Cystitis [Ocean¹¹⁶, Dragon⁵⁸, Water¹⁶²; Wuling San²⁶⁰, Danggui Shaoyao San²⁰⁸, Fengsui Dan²¹², Xiao Chaihu Tang²⁶⁸, Jingui Shenqi Wan²²⁸]

Cysts; breast [Ease⁶⁶, Mama¹⁰², Metal¹⁰⁶, Earth⁶²; Xuefu Zhuyu Tang²⁷², Chaihu Guizhi Ganjiang Tang¹⁹², Wendan Tang²⁵², Biejia Jian Wan¹⁸⁴]

Cysts; kidney [Ocean¹¹⁶, Water¹⁶², Cinnamon⁵⁰, Earth⁶²; Guizhi Fuling Wan²²⁰]

Cysts; ovarian [Ocean¹¹⁶, Moon¹¹²; Guizhi Fuling Wan²²⁰, Wuling San²⁶⁰, Fengsui Dan²¹², Biejia Jian Wan¹⁸⁴]

D

Deep vein thrombosis [Evergreen⁷⁰, Heart⁹⁰, Metal¹⁰⁶; Xuefu Zhuyu Tang²⁷², Guizhi Fuling Wan²²⁰, Dahuang Zhechong Wan²⁰⁰]

Dengue Fever and other infections by tropical pathogens [Lightning⁹⁴, Thunder¹⁵⁰, Release¹³², Dragon⁵⁸; Yin Qiao San²⁷⁸, Xiao Chaihu Tang²⁶⁸, Biejia Jian Wan¹⁸⁴]

Depression/Anxiety; cyclical [Ease⁶⁶, Metal¹⁰⁶, Spirit¹⁴⁰, Earth⁶², Balance⁴², Gingko⁷⁴, Peace¹²⁴, Serpent¹³⁶; Banxia Houpo Tang¹⁷², Xiao Chaihu Tang²⁶⁸, Chaihu Guizhi Ganjiang Tang¹⁹², Chaihu Jia Longgu Muli Tang¹⁹⁶, Xuefu Zhuyu Tang²⁷², Shuyu Wan²⁴⁸, Biejia Jian Wan¹⁸⁴]

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Dermatitis/eczema [Metal¹⁰⁶, Lightning⁹⁴, Serpent¹³⁶, Cinnamon⁵⁰, Ease⁶⁶, Ox Bone¹²⁰, Dragon⁵⁸; Banxia Xiexin Tang¹⁷⁶, Xiao Chaihu Tang²⁶⁸, Danggui San²⁰⁴, Danggui Shaoyao San²⁰⁸, Wenjing Tang²⁵⁶, Guizhi Tang²²⁴, Guizhi Fuling Wan²²⁰, Wuling San²⁶⁰, Yin Qiao San²⁷⁸]

Diabetes (type II), pre-diabetes, and other "sugar diseases" [Sugar¹⁴⁶, Counterflow⁵⁴, Heart⁹⁰, Tiger¹⁵⁴, Water¹⁶², Earth⁶², Cinnamon⁵⁰, Metal¹⁰⁶, Serpent¹³⁶; Shuyu Wan²⁴⁸, Fengsui Dan²¹², Shengmai San²⁴⁰, Jingui Shenqi Wan²²⁸, Chaihu Guizhi Ganjiang Tang¹⁹², Wuling San²⁶⁰]

Diabetes; peripheral artery disease [Heart⁹⁰, Tiger¹⁵⁴, Sugar¹⁴⁶, Evergreen⁷⁰, Mama¹⁰²; Dahuang Zhechong Wan²⁰⁰, Xuefu Zhuyu Tang²⁷²]

Diarrhea; acute [Earth⁶², Ease⁶⁶, Thunder¹⁵⁰; Banxia Xiexin Tang¹⁷⁶, Xiao Chaihu Tang²⁶⁸]

Diarrhea; chronic [Amber³⁸, Earth⁶², Vitality¹⁵⁸, Serpent¹³⁶, Thunder¹⁵⁰, Balance⁴²; Lihong Wan, Buzhong Yiqi Tang¹⁸⁸, Guipi Tang²¹⁶, Qianyang Dan²³⁶]

Digestive weakness; chronic [Amber³⁸, Earth⁶², Vitality¹⁵⁸, Cinnamon⁵⁰, Counterflow⁵⁴, Ease⁶⁶; Lihong Wan²³², Guizhi Tang²²⁴, Shuyu Wan²⁴⁸]

Dizziness/vertigo [Balance⁴², Ginkgo⁷⁴, Counterflow⁵⁴, Metal¹⁰⁶, Ease⁶⁶, Cinnamon⁵⁰, Evergreen⁷⁰; Banxia Houpo Tang¹⁷², Wendan Tang²⁵², Xiao Chaihu Tang²⁶⁸, Chaihu Jia Longgu Muli Tang¹⁹⁶, Banxia Xiexin Tang¹⁷⁶, Fengsui Dan²¹², Danggui Shaoyao San²⁰⁸, Shuyu Wan²⁴⁸, Guipi Tang²¹⁶, Bazhen Tang¹⁸⁰, Buzhong Yiqi Tang¹⁸⁸]

Dry eyes; menopausal [Moon¹¹², Guanyin⁸⁶, Sugar¹⁴⁶, Water¹⁶², Counterflow⁵⁴; Jingui Shenqi Wan²²⁸, Shengmai San²⁴⁰, Shenxian Dushi Dan²⁴⁴]

Dysentery; chronic [Earth⁶², Vitality¹⁵⁸, Amber³⁸, Serpent¹³⁶, Thunder¹⁵⁰; Lihong Wan²³², Buzhong Yiqi Tang¹⁸⁸]

Dyspepsia [Counterflow⁵⁴, Metal¹⁰⁶, Balance⁴², Ease⁶⁶, Ginkgo⁷⁴, Cinnamon⁵⁰, Earth⁶²; Banxia Houpo Tang¹⁷², Wendan Tang²⁵², Banxia Xiexin Tang¹⁷⁶, Xiao Chaihu Tang²⁶⁸, Chaihu Guizhi Ganjiang Tang¹⁹², Fengsui Dan²¹², Qianyang Dan²³⁶]

E

Eating disorders [Ginkgo⁷⁴, Balance⁴², Counterflow⁵⁴, Earth⁶², Cinnamon⁵⁰, Ease⁶⁶, Metal¹⁰⁶, Spirit¹⁴⁰, Serpent¹³⁶; Guizhi Tang²²⁴, Xiao Chaihu Tang²⁶⁸, Chaihu Guizhi Ganjiang Tang¹⁹², Banxia Houpo Tang¹⁷², Wendan Tang²⁵², Guipi Tang²¹⁶]

Ear Congestion [Cinnamon⁵⁰, Ease⁶⁶, Earth⁶², Perilla¹²⁸, Metal¹⁰⁶, Spirit¹⁴⁰; Xiao Chaihu Tang²⁶⁸, Guizhi Tang²²⁴, Chaihu Guizhi Ganjiang Tang¹⁹², Wuling San²⁶⁰]

Ear infection [Release¹³², Ease⁶⁶, Dragon⁵⁸; Xiao Chaihu Tang²⁶⁸, Chaihu Guizhi Ganjiang Tang¹⁹², Fengsui Dan²¹²]

Eczema/dermatitis [Metal¹⁰⁶, Lightning⁹⁴, Serpent¹³⁶, Cinnamon⁵⁰, Ox Bone¹²⁰, Dragon⁵⁸; Banxia Xiexin Tang¹⁷⁶, Xiao Chaihu Tang²⁶⁸, Danggui San²⁰⁴, Danggui Shaoyao San²⁰⁸, Wenjing Tang²⁵⁶, Guizhi Tang²²⁴, Guizhi Fuling Wan²²⁰, Wuling San²⁶⁰, Yin Qiao San²⁷⁸]

Edema [Heart⁹⁰, Earth⁶², Cinnamon⁵⁰, Water¹⁶², Metal¹⁰⁶; Wuling San²⁶⁰, Danggui Shaoyao San²⁰⁸, Jingui Shenqi Wan²²⁸]

Emotional volatility; menopausal [Moon¹¹², Guanyin⁸⁶, Vitality¹⁵⁸, Earth⁶², Ease⁶⁶, Metal¹⁰⁶; Bazhen Tang¹⁸⁰, Wenjing Tang²⁵⁶, Shuyu Wan²⁴⁸, Jingui Shenqi Wan²²⁸, Fengsui Dan²¹²]

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Emphysema; prevention of further degeneration and symptom relief [Cinnamon⁵⁰, Earth⁶², Glacier⁷⁸, Vitality¹⁵⁸, Metal¹⁰⁶, Counterflow⁵⁴; Wendan Tang²⁵², Lizhong Wan²³², Shuyu Wan²⁴⁸, Shengmai San²⁴⁰, Jingui Shenqi Wan²²⁸, Qianyang Dan²³⁶]

Encephalitis [Release¹³², Lightning⁹⁴, Dragon⁵⁸, Ease⁶⁶, Serpent¹³⁶, Gingko⁷⁴, Balance⁴²; Yin Qiao San²⁷⁸, Xiao Chaihu Tang²⁶⁸, Biejia Jian Wan¹⁸⁴, Shengmai San²⁴⁰]

Endometriosis [Moon¹¹², Evergreen⁷⁰, Mama¹⁰², Ocean¹¹⁶, Gingko⁷⁴; Guizhi Fuling Wan²²⁰, Danggui Shaoyao San²⁰⁸, Xuefu Zhuyu Tang²⁷², Wenjing Tang²⁵⁶, Dahuang Zhechong Wan²⁰⁰]

Epididymitis [Ocean¹¹⁶, Golden⁸², Earth⁶², Mama¹⁰², Serpent¹³⁶; Danggui Shaoyao San²⁰⁸, Guizhi Fuling Wan²²⁰, Fengsui Dan²¹²]

Epilepsy/seizures [Balance⁴², Gingko⁷⁴, Spirit¹⁴⁰, Counterflow⁵⁴, Metal¹⁰⁶, Lightning⁹⁴, Release¹³², Ease⁶⁶, Earth⁶², Evergreen⁷⁰, Serpent¹³⁶; Wendan Tang²⁵², Chaihu Jia Longgu Muli Tang¹⁹⁶, Xiao Chaihu Tang²⁶⁸, Chaihu Guizhi Ganjiang Tang¹⁹², Xuefu Zhuyu Tang²⁷², Guizhi Fuling Wan²²⁰, Wuling San²⁶⁰, Fengsui Dan²¹², Yin Qiao San²⁷⁸]

Epstein Barr Virus (EBV) [Lightning⁹⁴, Ease⁶⁶, Cinnamon⁵⁰, Bamboo⁴⁶, Evergreen⁷⁰; Biejia Jian Wan¹⁸⁴, Shuyu Wan²⁴⁸, Xiao Chaihu Tang²⁶⁸]

Esophageal spasms [Counterflow⁵⁴, Balance⁴², Metal¹⁰⁶; Banxia Houpo Tang¹⁷², Wendan Tang²⁵²]

Erectile dysfunction [Love⁹⁸, Heart⁹⁰, Vitality¹⁵⁸, Peace¹²⁴, Water¹⁶², Spirit¹⁴⁰; Shenxian Dushi Dan²⁴⁴, Jingui Shenqi Wan²²⁸, Shuyu Wan²⁴⁸, Chaihu Jia Longgu Muli Tang¹⁹⁶]

Eustachian tube dysfunction [Cinnamon⁵⁰, Earth⁶², Ease⁶⁶; Guizhi Tang²²⁴, Guipi Tang²¹⁶, Buzhong Yiqi Tang¹⁸⁸, Banxia Houpo Tang¹⁷²]

Exhaustion; mental or physical [Vitality¹⁵⁸, Guanyin⁸⁶, Moon¹¹², Heart⁹⁰, Sugar¹⁴⁶, Evergreen⁷⁰, Water¹⁶²; Shuyu Wan²⁴⁸, Buzhong Yiqi Tang¹⁸⁸, Guipi Tang²¹⁶, Bazhen Tang¹⁸⁰, Jingui Shenqi Wan²²⁸, Shenxian Dushi Dan²⁴⁴, Qianyang Dan²³⁶]

Exercise recovery [Bamboo⁴⁶, Evergreen⁷⁰, Ox Bone¹²⁰; Shenxian Dushi Dan²⁴⁴]

Eye disorders; chronic [Sugar¹⁴⁶, Evergreen⁷⁰, Counterflow⁵⁴, Water¹⁶²; Wuling San²⁶⁰, Buzhong Yiqi Tang¹⁸⁸, Guipi Tang²¹⁶, Jingui Shenqi Wan²²⁸, Shengmai San²⁴⁰, Xuefu Zhuyu Tang²⁷², Fengsui Dan²¹²]

F

Fatty liver [Mama¹⁰², Counterflow⁵⁴, Sugar¹⁴⁶, Water¹⁶²; Wendan Tang²⁵², Biejia Jian Wan¹⁸⁴]

Fever; caused by Blood stasis [Xuefu Zhuyu Tang²⁷²]

Fever; chronic low-grade or post-partum [Ease⁶⁶, Lightning⁹⁴; Buzhong Yiqi Tang¹⁸⁸, Guizhi Tang²²⁴, Shuyu Wan²⁴⁸, Xiao Chaihu Tang²⁶⁸, Biejia Jian Wan¹⁸⁴]

Fever; acute viral [Release¹³², Perilla¹²⁸, Lightning⁹⁴, Dragon⁵⁸; Yin Qiao San²⁷⁸, Xiao Chaihu Tang²⁶⁸]

Fibroids; uterine [Moon¹¹², Mama¹⁰², Ocean¹¹⁶; Guizhi Fuling Wan²²⁰, Dahuang Zhechong Wan²⁰⁰, Danggui Shaoyao San²⁰⁸, Wenjing Tang²⁵⁶, Biejia Jian Wan¹⁸⁴]

Fibroids, breast; prevention of malignant development of [Mama¹⁰², Ease⁶⁶, Metal¹⁰⁶; Xuefu Zhuyu Tang²⁷², Chaihu Guizhi Ganjiang Tang¹⁹²]

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Fibromyalgia [Lightning⁹⁴, Bamboo⁴⁶, Earth⁶², Cinnamon⁵⁰, Thunder¹⁵⁰; Shuyu Wan²⁴⁸, Shenxian Dushi Dan²⁴⁴]

Food allergies/sensitivities [Cinnamon⁵⁰, Vitality¹⁵⁸, Earth⁶², Metal¹⁰⁶, Wind¹⁶⁶, Amber³⁸, Thunder¹⁵⁰, Serpent¹³⁶; Guizhi Tang²²⁴, Xiao Chaihu Tang²⁶⁸, Chaihu Guizhi Ganjiang Tang¹⁹², Shuyu Wan²⁴⁸, Wendan Tang²⁵², Danggui Shaoyao San²⁰⁸]

Food poisoning [Earth⁶², Thunder¹⁵⁰, Cinnamon⁵⁰, Serpent¹³⁶, Dragon⁵⁸; Guizhi Tang²²⁴, Wendan Tang²⁵², Xiao Chaihu Tang²⁶⁸, Banxia Xiexin Tang¹⁷⁶]

Frost bite [Evergreen⁷⁰, Ox Bone¹²⁰; Guizhi Tang²²⁴, Wenjing Tang²⁵⁶, Guizhi Fuling Wan²²⁰, Danggui Shaoyao San²⁰⁸]

Frozen neck/shoulder [Bamboo⁴⁶, Cinnamon⁵⁰, Evergreen⁷⁰, Ox Bone¹²⁰; Guizhi Tang²²⁴, Chaihu Guizhi Ganjiang Tang¹⁹², Bazhen Tang¹⁸⁰, Buzhong Yiqi Tang¹⁸⁸, Shenxian Dushi Dan²⁴⁴]

Fungal infections (candida etc.) [Thunder¹⁵⁰, Earth⁶², Vitality¹⁵⁸, Ease⁶⁶, Cinnamon⁵⁰, Serpent¹³⁶, Dragon⁵⁸; Lizhong Wan²³², Shuyu Wan²⁴⁸, Danggui Shaoyao San²⁰⁸, Fengsui Dan²¹², Qianyang Dan²³⁶]

G

Gallstones [Ease⁶⁶, Dragon⁵⁸; Chaihu Guizhi Ganjiang Tang¹⁹², Chaihu Jia Longgu Muli Tang¹⁹⁶, Xiao Chaihu Tang²⁶⁸, Wuyou San²⁶⁴]

Gas/Bloating [Ease⁶⁶, Earth⁶², Metal¹⁰⁶, Balance⁴², Vitality¹⁵⁸, Sugar¹⁴⁶, Cinnamon⁵⁰, Thunder¹⁵⁰, Serpent¹³⁶; Banxia Houpo Tang¹⁷², Lizhong Wan²³²]

Gastritis; chronic [Gingko⁷⁴, Counterflow⁵⁴, Earth⁶², Cinnamon⁵⁰, Amber³⁸, Vitality¹⁵⁸, Serpent¹³⁶; Guizhi Tang²²⁴, Banxia Houpo Tang¹⁷², Wendan Tang²⁵², Xiao Chaihu Tang²⁶⁸, Lizhong Wan²³², Buzhong Yiqi Tang¹⁸⁸, Guipi Tang²¹⁶, Banxia Xiexin Tang¹⁷⁶, Xuefu Zhuyu Tang²⁷²]

Gastroenteritis; acute (accompanied by nausea/vomiting and/or sulfurous burps) [Earth⁶², Thunder¹⁵⁰, Ease⁶⁶; Banxia Xiexin Tang¹⁷⁶]

Gastroenteritis; chronic [Earth⁶², Thunder¹⁵⁰, Vitality¹⁵⁸, Amber³⁸, Gingko⁷⁴; Lizhong Wan²³², Buzhong Yiqi Tang¹⁸⁸]

Gastroparesis [Counterflow⁵⁴, Balance⁴², Metal¹⁰⁶; Banxia Houpo Tang¹⁷², Wendan Tang²⁵²]

GERD (acid reflux); symptom complex of [Counterflow⁵⁴, Metal¹⁰⁶, Gingko⁷⁴, Balance⁴², Earth⁶², Ease⁶⁶, Serpent¹³⁶; Wendan Tang²⁵², Banxia Xiexin Tang¹⁷⁶, Banxia Houpo Tang¹⁷², Xiao Chaihu Tang²⁶⁸, Chaihu Guizhi Ganjiang Tang¹⁹²]

Glaucoma [Water¹⁶², Sugar¹⁴⁶, Counterflow⁵⁴, Metal¹⁰⁶; Wuling San²⁶⁰, Jingui Shenqi Wan²²⁸]

Gonorrhea [Ocean¹¹⁶, Dragon⁵⁸, Lightning⁹⁴, Serpent¹³⁶; Fengsui Dan²¹²]

Gout [Evergreen⁷⁰; Danggui Shaoyao San²⁰⁸, Jingui Shenqi Wan²²⁸]

Gu Syndrome (chronic parasitism); 1st and 2nd stage of treatment [Thunder¹⁵⁰, Lightning⁹⁴, Dragon⁵⁸, Earth⁶², Bamboo⁴⁶, Ease⁶⁶, Release¹³², Serpent¹³⁶; Yin Qiao San²⁷⁸, Xiao Chaihu Tang²⁶⁸, Chaihu Guizhi Ganjiang Tang¹⁹², Biejia Jian Wan¹⁸⁴, Fengsui Dan²¹², Banxia Xiexin Tang¹⁷⁶]

Gu Syndrome (chronic parasitism); 2nd and 3rd stage of treatment [Balance⁴², Gingko⁷⁴, Vitality¹⁵⁸, Earth⁶², Cinnamon⁵⁰, Evergreen⁷⁰, Tiger¹⁵⁴, Sugar¹⁴⁶, Peace¹²⁴, Thunder¹⁵⁰, Lightning⁹⁴, Serpent¹³⁶; Shuyu Wan²⁴⁸, Shenxian Dushi Dan²⁴⁴, Biejia Jian Wan¹⁸⁴, Qianyang Dan²³⁶]

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H

Habitual/recurrent abortion [Danggui Shaoyao San²⁰⁸, Danggui San²⁰⁴, Wenjing Tang²⁵⁶, Bazhen Tang¹⁸⁰, Buzhong Yiqi Tang¹⁸⁸, Guizhi Fuling Wan²²⁰]

Hair loss; menopausal [Guanyin⁸⁶, Moon¹¹², Evergreen⁷⁰, Vitality¹⁵⁸, Water¹⁶²; Bazhen Tang¹⁸⁰, Buzhong Yiqi Tang¹⁸⁸, Guipi Tang²¹⁶, Jingui Shenqi Wan²²⁸, Shenxian Dushi Dan²⁴⁴, Chaihu Jia Longgu Muli Tang¹⁹⁶]

Hay fever [Wind¹⁶⁶, Cinnamon⁵⁰, Ease⁶⁶, Golden⁸²; Guizhi Tang²²⁴, Xiao Chaihu Tang²⁶⁸, Shuyu Wan²⁴⁸, Yin Qiao San²⁷⁸, Shengmai San²⁴⁰]

Headache/migraine [Gingko⁷⁴, Ease⁶⁶, Release¹³², Balance⁴², Earth⁶², Golden⁸², Evergreen⁷⁰; Xiao Chaihu Tang²⁶⁸, Chaihu Jia Longgu Muli Tang¹⁹⁶, Chaihu Guizhi Ganjiang Tang¹⁹², Banxia Xiexin Tang¹⁷⁶, Xuefu Zhuyu Tang²⁷², Bazhen Tang¹⁸⁰, Lizhong Wan²³², Buzhong Yiqi Tang¹⁸⁸, Guipi Tang²¹⁶, Fengsui Dan²¹², Wuling San²⁶⁰]

Hearing loss [Water¹⁶², Heart⁹⁰, Cinnamon⁵⁰, Evergreen⁷⁰, Spirit¹⁴⁰, Love⁹⁸, Balance⁴²; Shuyu Wan²⁴⁸, Buzhong Yiqi Tang¹⁸⁸, Shenxian Dushi Dan²⁴⁴, Jingui Shenqi Wan²²⁸]

Heart⁹⁰ disease [Heart⁹⁰, Counterflow⁵⁴, Metal¹⁰⁶, Balance⁴²; Xuefu Zhuyu Tang²⁷², Danggui Shaoyao San²⁰⁸, Wendan Tang²⁵², Banxia Houpo Tang¹⁷², Bazhen Tang¹⁸⁰, Shuyu Wan²⁴⁸, Guipi Tang²¹⁶, Shengmai San²⁴⁰, Jingui Shenqi Wan²²⁸, Qianyang Dan²³⁶]

Heel pain [Bamboo⁴⁶, Cinnamon⁵⁰, Earth⁶², Ox Bone¹²⁰; Guizhi Tang²²⁴, Jingui Shenqi Wan²²⁸, Qianyang Dan²³⁶]

Hemangioma; hepatic [Biejia Jian Wan¹⁸⁴]

Hemorrhoids [Ease⁶⁶, Metal¹⁰⁶, Tiger¹⁵⁴, Serpent¹³⁶; Chaihu Guizhi Ganjiang Tang¹⁹², Fengsui Dan²¹²]

Hepatitis; acute (hepatitis A) [Ease⁶⁶, Dragon⁵⁸; Xiao Chaihu Tang²⁶⁸, Chaihu Jia Longgu Muli Tang¹⁹⁶, Chaihu Guizhi Ganjiang Tang¹⁹², Fengsui Dan²¹²]

Hepatitis; chronic (hepatitis B/C) [Ease⁶⁶, Counterflow⁵⁴, Metal¹⁰⁶, Mama¹⁰², Sugar¹⁴⁶, Cinnamon⁵⁰, Water¹⁶², Serpent¹³⁶; Banxia Xiexin Tang¹⁷⁶, Wendan Tang²⁵², Chaihu Guizhi Ganjiang Tang¹⁹², Chaihu Jia Longgu Muli Tang¹⁹⁶, Biejia Jian Wan¹⁸⁴, Dahuang Zhechong Wan²⁰⁰, Xuefu Zhuyu Tang²⁷², Guizhi Fuling Wan²²⁰, Wuling San²⁶⁰, Danggui Shaoyao San²⁰⁸, Danggui San²⁰⁴, Shuyu Wan²⁴⁸, Buzhong Yiqi Tang¹⁸⁸, Jingui Shenqi Wan²²⁸, Fengsui Dan²¹²]

Hepatosplenomegaly [Ease⁶⁶, Metal¹⁰⁶, Mama¹⁰², Cinnamon⁵⁰; Biejia Jian Wan¹⁸⁴, Dahuang Zhechong Wan²⁰⁰, Chaihu Guizhi Ganjiang Tang¹⁹², Xuefu Zhuyu Tang²⁷²]

Hernia [Cinnamon⁵⁰; Guizhi Tang²²⁴, Buzhong Yiqi Tang¹⁸⁸]

Herniated discs [Bamboo⁴⁶, Ox Bone¹²⁰, Evergreen⁷⁰; Guizhi Tang²²⁴, Guizhi Fuling Wan²²⁰, Shenxian Dushi Dan²⁴⁴, Jingui Shenqi Wan²²⁸, Qianyang Dan²³⁶]

Herpes; simplex and zoster [Lightning⁹⁴, Perilla¹²⁸, Dragon⁵⁸, Serpent¹³⁶; Yin Qiao San²⁷⁸, Banxia Xiexin Tang¹⁷⁶, Xuefu Zhuyu Tang²⁷², Dahuang Zhechong Wan²⁰⁰, Wuling San²⁶⁰]

Herpes; genital [Ocean¹¹⁶, Lightning⁹⁴, Dragon⁵⁸, Sugar¹⁴⁶; Yin Qiao San²⁷⁸, Guizhi Fuling Wan²²⁰, Fengsui Dan²¹²]

Hiccups [Counterflow⁵⁴, Balance⁴²; Banxia Houpo Tang¹⁷², Lizhong Wan²³², Xuefu Zhuyu Tang²⁷²]

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Hodgkin's disease [Metal¹⁰⁶, Ease⁶⁶, Release¹³², Dragon⁵⁸, Perilla¹²⁸, Glacier⁷⁸; Wendan Tang²⁵², Xiao Chaihu Tang²⁶⁸, Biejia Jian Wan¹⁸⁴, Guipi Tang²¹⁶]

Hormone replacement; alternative options [Love⁹⁸, Guanyin⁸⁶, Moon¹¹², Vitality¹⁵⁸; Bazhen Tang¹⁸⁰, Wenjing Tang²⁵⁶, Danggui Shaoyao San²⁰⁸]

Hot flashes; menopausal [Guanyin⁸⁶, Moon¹¹², Vitality¹⁵⁸, Peace¹²⁴, Ease⁶⁶, Metal¹⁰⁶, Love⁹⁸; Fengsui Dan²¹², Qianyang Dan²³⁶, Danggui Shaoyao San²⁰⁸, Wenjing Tang²⁵⁶, Jingui Shenqi Wan²²⁸]

Human Papilloma Virus (HPV) [Ocean¹¹⁶, Dragon⁵⁸, Lightning⁹⁴, Metal¹⁰⁶, Sugar¹⁴⁶, Serpent¹³⁶; Guizhi Fuling Wan²²⁰, Fengsui Dan²¹²]

Huntington's disease [Balance⁴², Evergreen⁷⁰; Danggui Shaoyao San²⁰⁸, Xuefu Zhuyu Tang²⁷², Wendan Tang²⁵²]

Hyperlipidemia [Counterflow⁵⁴, Metal¹⁰⁶, Water¹⁶², Sugar¹⁴⁶, Heart⁹⁰; Wendan Tang²⁵², Xuefu Zhuyu Tang²⁷², Guizhi Fuling Wan²²⁰, Biejia Jian Wan¹⁸⁴]

Hyperthyroidism [Ease⁶⁶, Metal¹⁰⁶, Counterflow⁵⁴; Wendan Tang²⁵², Banxia Houpo Tang¹⁷², Xiao Chaihu Tang²⁶⁸, Fengsui Dan²¹²]

Hypothyroidism [Vitality¹⁵⁸, Guanyin⁸⁶, Moon¹¹², Love⁹⁸, Earth⁶², Counterflow⁵⁴, Water¹⁶²; Lizhong Wan²³², Buzhong Yiqi Tang¹⁸⁸, Bazhen Tang¹⁸⁰, Shuyu Wan²⁴⁸, Jingui Shenqi Wan²²⁸, Shenxian Dushi Dan²⁴⁴]

Immune system; weak [Cinnamon⁵⁰, Vitality¹⁵⁸, Earth⁶², Amber³⁸; Guizhi Tang²²⁴, Shuyu Wan²⁴⁸, Guipi Tang²¹⁶, Buzhong Yiqi Tang¹⁸⁸]

Impotence [Love⁹⁸, Water¹⁶², Heart⁹⁰, Vitality¹⁵⁸, Sugar¹⁴⁶, Spirit¹⁴⁰; Shenxian Dushi Dan²⁴⁴, Jingui Shenqi Wan²²⁸, Chaihu Jia Longgu Muli Tang¹⁹⁶]

Incontinence; urinary [Water¹⁶², Amber³⁸; Jingui Shenqi Wan²²⁸, Buzhong Yiqi Tang¹⁸⁸, Qianyang Dan²³⁶, Fengsui Dan²¹²]

Infertility (in males/females with signs of deficiency) [Water¹⁶², Guanyin⁸⁶, Moon¹¹², Vitality¹⁵⁸, Love⁹⁸, Amber³⁸; Qianyang Dan²³⁶, Buzhong Yiqi Tang¹⁸⁸, Wenjing Tang²⁵⁶, Danggui Shaoyao San²⁰⁸, Jingui Shenqi Wan²²⁸]

Infertility (in young males/females with sufficient hormone counts) [Ease⁶⁶, Earth⁶², Cinnamon⁵⁰; Wuyou San²⁶⁴, Xuefu Zhuyu Tang²⁷², Guizhi Fuling Wan²²⁰]

Influenza; epidemic [Earth⁶², Release¹³², Perilla¹²⁸, Ease⁶⁶, Lightning⁹⁴; Yin Qiao San²⁷⁸, Xiao Chaihu Tang²⁶⁸, Buzhong Yiqi Tang¹⁸⁸]

Injuries; external, including fractures [Ox Bone¹²⁰, Bamboo⁴²; Guizhi Tang²²⁴, Xuefu Zhuyu Tang²⁷², Guizhi Fuling Wan²²⁰]

Insomnia [Spirit¹⁴⁰, Peace¹²⁴, Vitality¹⁵⁸, Ease⁶⁶, Metal¹⁰⁶, Sugar¹⁴⁶, Serpent¹³⁶, Amber³⁸; Guipi Tang²¹⁶, Bazhen Tang¹⁸⁰, Wendan Tang²⁵², Banxia Xiexin Tang¹⁷⁶, Xiao Chaihu Tang²⁶⁸, Chaihu Jia Longgu Muli Tang¹⁹⁶, Chaihu Guizhi Ganjiang Tang¹⁹², Xuefu Zhuyu Tang²⁷², Fengsui Dan²¹², Qianyang Dan²³⁶, Fengsui Dan²¹², Jingui Shenqi Wan²²⁸, Shengmai San²⁴⁰]

Intercostal neuralgia [Ease⁶⁶, Cinnamon⁵⁰, Metal¹⁰⁶; Guizhi Tang²²⁴, Xiao Chaihu Tang²⁶⁸, Chaihu Guizhi Ganjiang Tang¹⁹², Chaihu Jia Longgu Muli Tang¹⁹⁶, Xuefu Zhuyu Tang²⁷²]

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Interstitial cystitis [Cinnamon⁵⁰, Earth⁶², Ocean¹¹⁶, Sugar¹⁴⁶, Ginkgo⁷⁴, Dragon⁵⁸, Spirit¹⁴⁰, Water¹⁶², Metal¹⁰⁶; Danggui Shaoyao San²⁰⁸, Jingui Shenqi Wan²²⁸, Fengsui Dan²¹², Qianyang Dan²³⁶]

Irritable bowel syndrome (IBS) [Thunder¹⁵⁰, Amber³⁸, Cinnamon⁵⁰, Earth⁶², Ease⁶⁶, Tiger¹⁵⁴, Serpent¹³⁶, Metal¹⁰⁶; Guizhi Tang²²⁴, Xiao Chaihu Tang²⁶⁸, Chaihu Guizhi Ganjiang Tang¹⁹², Shuyu Wan²⁴⁸, Wendan Tang²⁵², Banxia Houpo Tang¹⁷², Danggui Shaoyao San²⁰⁸, Lizhong Wan²³², Buzhong Yiqi Tang¹⁸⁸, Fengsui Dan²¹², Qianyang Dan²³⁶, Jingui Shenqi Wan²²⁸]

K

Kidney failure [Tiger¹⁵⁴, Sugar¹⁴⁶, Ocean¹¹⁶, Heart⁹⁰, Water¹⁶², Counterflow⁵⁴, Metal¹⁰⁶, Earth⁶²; Dahuang Zhechong Wan²⁰⁰, Shuyu Wan²⁴⁸, Jingui Shenqi Wan²²⁸, Qianyang Dan²³⁶, Fengsui Dan²¹², Wendan Tang²⁵², Banxia Xiexin Tang¹⁷⁶, Wuling San²⁶⁰, Guizhi Fuling Wan²²⁰, Xuefu Zhuyu Tang²⁷², Danggui Shaoyao San²⁰⁸, Buzhong Yiqi Tang¹⁸⁸, Shenxian Dushi Dan²⁴⁴, Guizhi Tang²²⁴]

Kidney infections; acute (pyelonephritis) [Dragon⁵⁸, Ocean¹¹⁶, Ease⁶⁶, Lightning⁹⁴; Yin Qiao San²⁷⁸, Fengsui Dan²¹², Wuling San²⁶⁰, Xiao Chaihu Tang²⁶⁸, Chaihu Guizhi Ganjiang Tang¹⁹², Buzhong Yiqi Tang¹⁸⁸]

Kidney infections; chronic (glomerulonephritis) [Water¹⁶², Ocean¹¹⁶, Cinnamon⁵⁰, Heart⁹⁰, Earth⁶², Sugar¹⁴⁶; Jingui Shenqi Wan²²⁸, Shengmai San²⁴⁰, Fengsui Dan²¹²]

Kidney stone; acute [Wuyou San²⁶⁴, Guizhi Fuling Wan²²⁰, Wuling San²⁶⁰]

Kidney stones; chronic [Water¹⁶², Cinnamon⁵⁰, Ocean¹¹⁶; Danggui Shaoyao San²⁰⁸, Jingui Shenqi Wan²²⁸, Wuling San²⁶⁰, Guizhi Fuling Wan²²⁰, Buzhong Yiqi Tang¹⁸⁸]

L

Leaky gut syndrome [Cinnamon⁵⁰, Earth⁶², Thunder¹⁵⁰, Amber³⁸, Vitality¹⁵⁸, Tiger¹⁵⁴, Serpent¹³⁶; Guizhi Tang²²⁴, Shuyu Wan²⁴⁸, Danggui Shaoyao San²⁰⁸]

Leucorrhea [Earth⁶², Moon¹¹², Cinnamon⁵⁰, Amber³⁸, Dragon⁵⁸; Danggui Shaoyao San²⁰⁸, Wenjing Tang²⁵⁶, Wuling San²⁶⁰, Lizhong Wan²³², Fengsui Dan²¹², Qianyang Dan²³⁶, Buzhong Yiqi Tang¹⁸⁸]

Leukemia [Dragon⁵⁸, Ease⁶⁶; Xiao Chaihu Tang²⁶⁸, Xuefu Zhuyu Tang²⁷², Dahuang Zhechong Wan²⁰⁰, Biejia Jian Wan¹⁸⁴]

Libido, reduction in; female [Love⁹⁸, Guanyin⁸⁶, Moon¹¹², Vitality¹⁵⁸, Heart⁹⁰, Sugar¹⁴⁶, Spirit¹⁴⁰, Water¹⁶²; Bazhen Tang¹⁸⁰, Wenjing Tang²⁵⁶, Shenxian Dushi Dan²⁴⁴, Shuyu Wan²⁴⁸, Jingui Shenqi Wan²²⁸]

Libido, reduction in; male [Love⁹⁸, Vitality¹⁵⁸, Heart⁹⁰, Sugar¹⁴⁶, Water¹⁶², Spirit¹⁴⁰; Qianyang Dan²³⁶, Shenxian Dushi Dan²⁴⁴, Shuyu Wan²⁴⁸, Jingui Shenqi Wan²²⁸]

Listeriosis [Lightning⁹⁴, Thunder¹⁵⁰, Release¹³², Dragon⁵⁸, Serpent¹³⁶; Xiao Chaihu Tang²⁶⁸, Biejia Jian Wan¹⁸⁴]

Liver cirrhosis/fibrosis [Ease⁶⁶, Earth⁶², Mama¹⁰², Evergreen⁷⁰, Ocean¹¹⁶, Counterflow⁵⁴, Metal¹⁰⁶, Cinnamon⁵⁰; Biejia Jian Wan¹⁸⁴, Shuyu Wan²⁴⁸, Xuefu Zhuyu Tang²⁷², Banxia Xiexin Tang¹⁷⁶, Xiao Chaihu Tang²⁶⁸, Wuling San²⁶⁰, Dahuang Zhechong Wan²⁰⁰]

Loss of energy, menopausal [Moon¹¹², Guanyin⁸⁶, Vitality¹⁵⁸, Sugar¹⁴⁶, Water¹⁶², Earth⁶²; Bazhen Tang¹⁸⁰, Wenjing Tang²⁵⁶, Danggui Shaoyao San²⁰⁸, Shuyu Wan²⁴⁸, Jingui Shenqi Wan²²⁸, Buzhong Yiqi Tang¹⁸⁸]

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Low breast milk supply [Bazhen Tang¹⁸⁰]

Lumbago [Bamboo⁴⁶, Ox Bone¹²⁰, Evergreen⁷⁰, Earth⁶², Water¹⁶²; Shenxian Dushi Dan²⁴⁴, Jingui Shenqi Wan²²⁸, Guizhi Tang²²⁴, Qianyang Dan²³⁶, Fengsui Dan²¹²]

Lupus; systemic (SLE) [Bamboo⁴⁶, Lightning⁹⁴, Serpent¹³⁶, Dragon⁵⁸, Cinnamon⁵⁰, Evergreen⁷⁰; Shenxian Dushi Dan²⁴⁴, Jingui Shenqi Wan²²⁸, Fengsui Dan²¹², Qianyang Dan²³⁶, Shengmai San²⁴⁰, Xuefu Zhuyu Tang²⁷², Dahuang Zhechong Wan²⁰⁰, Biejia Jian Wan¹⁸⁴]

Lyme disease (borreliosis) [Lightning⁹⁴, Thunder¹⁵⁰, Dragon⁵⁸, Serpent¹³⁶, Release¹³², Bamboo⁴⁶, Earth⁶²; Yin Qiao San²⁷⁸, Xiao Chaihu Tang²⁶⁸, Biejia Jian Wan¹⁸⁴, Shenxian Dushi Dan²⁴⁴]

Lyme disease (borreliosis), complications caused by chronic infection [Lightning⁹⁴, Release¹³², Ease⁶⁶, Serpent¹³⁶, Bamboo⁴⁶, Evergreen⁷⁰, Cinnamon⁵⁰, Vitality¹⁵⁸, Sugar¹⁴⁶, Peace¹²⁴, Tiger¹⁵⁴, Guanyin⁸⁶, Balance⁴², Metal¹⁰⁶, Spirit¹⁴⁰; Guizhi Tang²²⁴, Xiao Chaihu Tang²⁶⁸, Chaihu Guizhi Ganjiang Tang¹⁹², Wendan Tang²⁵², Biejia Jian Wan¹⁸⁴, Fengsui Dan²¹², Qianyang Dan²³⁶, Jingui Shenqi Wan²²⁸]

Lymphatic swelling [Perilla¹²⁸, Metal¹⁰⁶, Release¹³², Ease⁶⁶, Dragon⁵⁸, Lightning⁹⁴, Thunder¹⁵⁰, Cinnamon⁵⁰; Xiao Chaihu Tang²⁶⁸, Wendan Tang²⁵², Yin Qiao San²⁷⁸, Biejia Jian Wan¹⁸⁴, Shuyu Wan²⁴⁸]

Lymphoma [Metal¹⁰⁶, Ease⁶⁶, Release¹³², Dragon⁵⁸, Perilla¹²⁸, Glacier⁷⁸; Wendan Tang²⁵², Xiao Chaihu Tang²⁶⁸, Biejia Jian Wan¹⁸⁴]

M

Malaria [Release¹³², Lightning⁹⁴, Dragon⁵⁸, Serpent¹³⁶; Xiao Chaihu Tang²⁶⁸, Yin Qiao San²⁷⁸, Biejia Jian Wan¹⁸⁴]

Malaria; prevention during journeys to tropical areas [Lightning⁹⁴ plus Ease⁶⁶; Yin Qiao San²⁷⁸]

Manic depression [Balance⁴², Metal¹⁰⁶, Ease⁶⁶; Chaihu Jia Longgu Muli Tang¹⁹⁶]

Measles [Lightning⁹⁴, Perilla¹²⁸, Release¹³²; Yin Qiao San²⁷⁸]

Memory loss [Evergreen⁷⁰, Cinnamon⁵⁰, Counterflow⁵⁴, Balance⁴², Heart⁹⁰, Guanyin⁸⁶, Sugar¹⁴⁶, Water¹⁶², Love⁹⁸; Guipi Tang²¹⁶, Shuyu Wan²⁴⁸, Jingui Shenqi Wan²²⁸, Qianyang Dan²³⁶, Fengsui Dan²¹², Shenxian Dushi Dan²⁴⁴]

Meniere's syndrome [Cinnamon⁵⁰, Earth⁶², Evergreen⁷⁰, Balance⁴², Metal¹⁰⁶, Ease⁶⁶, Water¹⁶², Spirit¹⁴⁰; Xiao Chaihu Tang²⁶⁸, Wuling San²⁶⁰, Danggui Shaoyao San²⁰⁸, Guipi Tang²¹⁶]

Meningitis [Release¹³², Lightning⁹⁴, Dragon⁵⁸; Yin Qiao San²⁷⁸, Xiao Chaihu Tang²⁶⁸]

Menopause, Hot Flashes [Ease⁶⁶, Guanyin⁸⁶, Moon¹¹², Metal¹⁰⁶, Counterflow⁵⁴, Spirit¹⁴⁰, Water¹⁶²; Bazhen Tang¹⁸⁰, Qianyang Dan²³⁶, Fengsui Dan²¹², Jingui Shenqi Wan²²⁸, Wenjing Tang²⁵⁶]

Menopause; all symptoms of [Moon¹¹², Guanyin⁸⁶, Peace¹²⁴, Vitality¹⁵⁸, Love⁹⁸, Counterflow⁵⁴, Evergreen⁷⁰, Ease⁶⁶, Serpent¹³⁶; Bazhen Tang¹⁸⁰, Danggui Shaoyao San²⁰⁸, Danggui San²⁰⁴, Qianyang Dan²³⁶, Fengsui Dan²¹², Jingui Shenqi Wan²²⁸, Wenjing Tang²⁵⁶, Xuefu Zhuyu Tang²⁷², Banxia Houpo Tang¹⁷², Buzhong Yiqi Tang¹⁸⁸]

Menstruation; absence of (amenorrhea) [Moon¹¹², Evergreen⁷⁰; Wenjing Tang²⁵⁶, Shuyu Wan²⁴⁸, Danggui Shaoyao San²⁰⁸, Bazhen Tang¹⁸⁰, Xuefu Zhuyu Tang²⁷², Dahuang Zhechong Wan²⁰⁰, Wuling San²⁶⁰]

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Menstruation; chronic spotting [Moon¹¹², Earth⁶², Amber³⁸; Danggui Shaoyao San²⁰⁸, Bazhen Tang¹⁸⁰, Shuyu Wan²⁴⁸, Wenjing Tang²⁵⁶, Guipi Tang²¹⁶]

Menstruation; heavy bleeding (menorrhagia) [Moon¹¹², Earth⁶², Amber³⁸, Serpent¹³⁶; Bazhen Tang¹⁸⁰, Danggui Shaoyao San²⁰⁸, Buzhong Yiqi Tang¹⁸⁸, Guipi Tang²¹⁶, Xuefu Zhuyu Tang²⁷²]

Menstruation; irregular (metrorrhagia) [Moon¹¹², Evergreen⁷⁰, Ease⁶⁶, Earth⁶²; Danggui Shaoyao San²⁰⁸, Wenjing Tang²⁵⁶, Xuefu Zhuyu Tang²⁷², Bazhen Tang¹⁸⁰, Buzhong Yiqi Tang¹⁸⁸, Guipi Tang²¹⁶]

Menstruation; painful (dysmenorrhea) [Moon¹¹², Earth⁶², Metal¹⁰⁶, Ease⁶⁶, Serpent¹³⁶; Danggui Shaoyao San²⁰⁸, Wenjing Tang²⁵⁶, Bazhen Tang¹⁸⁰, Guizhi Fuling Wan²²⁰, Xuefu Zhuyu Tang²⁷², Buzhong Yiqi Tang¹⁸⁸, Wuyou San²⁶⁴]

Menstruation; scanty [Moon¹¹²; Wenjing Tang²⁵⁶, Danggui Shaoyao San²⁰⁸, Shuyu Wan²⁴⁸]

Metabolic syndrome [Ease⁶⁶, Metal¹⁰⁶, Earth⁶², Balance⁴², Counterflow⁵⁴, Sugar¹⁴⁶; Wendan Tang²⁵², Banxia Houpo Tang¹⁷², Chaihu Guizhi Ganjiang Tang¹⁹², Qianyang Dan²³⁶, Fengsui Dan²¹²]

Microcirculation issues [Heart⁹⁰, Evergreen⁷⁰, Metal¹⁰⁶, Cinnamon⁵⁰, Ocean¹¹⁶; Xuefu Zhuyu Tang²⁷², Guizhi Fuling Wan²²⁰, Guizhi Tang²²⁴, Dahuang Zhechong Wan²⁰⁰]

Miscarriage; acute [Danggui San²⁰⁴, Danggui Shaoyao San²⁰⁸, Wuyou San²⁶⁴]

Miscarriages; frequent (prevention of) [Danggui Shaoyao San²⁰⁸, Danggui San²⁰⁴, Wenjing Tang²⁵⁶, Bazhen Tang¹⁸⁰, Buzhong Yiqi Tang¹⁸⁸, Guizhi Fuling Wan²²⁰]

Morning sickness [Earth⁶², Cinnamon⁵⁰, Gingko⁷⁴, Amber³⁸, Serpent¹³⁶; Guizhi Tang²²⁴, Banxia Houpo Tang¹⁷², Wendan Tang²⁵²]

Multiple sclerosis (MS) [Evergreen⁷⁰, Lightning⁹⁴, Gingko⁷⁴, Balance⁴², Cinnamon⁵⁰, Counterflow⁵⁴, Metal¹⁰⁶, Heart⁹⁰, Spirit¹⁴⁰, Water¹⁶²; Guizhi Tang²²⁴, Xuefu Zhuyu Tang²⁷², Jingui Shenqi Wan²²⁸, Shengmai San²⁴⁰, Biejia Jian Wan¹⁸⁴]

Myasthenia gravis (MG); possibilities for treatment approaches [Evergreen⁷⁰, Balance⁴², Gingko⁷⁴, Earth⁶², Bamboo⁴⁶, Cinnamon⁵⁰, Heart⁹⁰, Water¹⁶², Serpent¹³⁶; Buzhong Yiqi Tang¹⁸⁸, Shuyu Wan²⁴⁸, Shengmai San²⁴⁰, Jingui Shenqi Wan²²⁸, Qianyang Dan²³⁶, Fengsui Dan²¹², Shenxian Dushi Dan²⁴⁴, Dahuang Zhechong Wan²⁰⁰, Biejia Jian Wan¹⁸⁴]

Myeloma; multiple [Ocean¹¹⁶, Tiger¹⁵⁴, Glacier⁷⁸, Metal¹⁰⁶, Dragon⁵⁸; Wuling San²⁶⁰, Biejia Jian Wan¹⁸⁴]

Myocarditis; viral [Perilla¹²⁸, Lightning⁹⁴, Release¹³², Ease⁶⁶, Metal¹⁰⁶, Counterflow⁵⁴, Dragon⁵⁸, Golden⁸², Water¹⁶², Spirit¹⁴⁰, Gingko⁷⁴; Yin Qiao San²⁷⁸, Xiao Chaihu Tang²⁶⁸, Chaihu Guizhi Ganjiang Tang¹⁹², Shengmai San²⁴⁰]

N

Narcolepsy [Balance⁴², Cinnamon⁵⁰, Evergreen⁷⁰; Banxia Xiexin Tang¹⁷⁶, Wendan Tang²⁵², Guizhi Tang²²⁴, Xuefu Zhuyu Tang²⁷²]

Nausea and dizziness in chemotherapy patients [Gingko⁷⁴, Balance⁴², Counterflow⁵⁴, Metal¹⁰⁶, Earth⁶², Heart⁹⁰; Wendan Tang²⁵², Xiao Chaihu Tang²⁶⁸, Wuling San²⁶⁰, Guipi Tang²¹⁶]

Nausea and/or dizziness in patients with brain tumors or brain chemistry imbalances [Gingko⁷⁴, Balance⁴², Metal¹⁰⁶; Wendan Tang²⁵²]

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Nausea [Ease⁶⁶, Earth⁶², Ginkgo⁷⁴, Balance⁴², Cinnamon⁵⁰, Release¹³², Serpent¹³⁶; Xiao Chaihu Tang²⁶⁸, Wendan Tang²⁵², Banxia Xiexin Tang¹⁷⁶, Banxia Houpo Tang¹⁷², Wenjing Tang²⁵⁶, Guipi Tang²¹⁶]

Nephritis [Ease⁶⁶, Cinnamon⁵⁰, Water¹⁶²; Yin Qiao San²⁷⁸, Xiao Chaihu Tang²⁶⁸, Chaihu Guizhi Ganjiang Tang¹⁹², Wuling San²⁶⁰, Guizhi Fuling Wan²²⁰, Danggui Shaoyao San²⁰⁸, Shuyu Wan²⁴⁸, Buzhong Yiqi Tang¹⁸⁸, Jingui Shenqi Wan²²⁸, Fengsui Dan²¹²]

Neuropathy; diabetic [Water¹⁶², Sugar¹⁴⁶, Evergreen⁷⁰, Cinnamon⁵⁰, Bamboo⁴⁶, Earth⁶², Counterflow⁵⁴, Serpent¹³⁶; Jingui Shenqi Wan²²⁸, Danggui Shaoyao San²⁰⁸, Xuefu Zhuyu Tang²⁷²]

Neuropathy; peripheral [Evergreen⁷⁰, Bamboo⁴⁶, Cinnamon⁵⁰, Water¹⁶²; Bazhen Tang¹⁸⁰, Danggui Shaoyao San²⁰⁸, Xuefu Zhuyu Tang²⁷², Chaihu Jia Longgu Muli Tang¹⁹⁶, Jingui Shenqi Wan²²⁸, Fengsui Dan²¹²]

Night blindness [Bazhen Tang¹⁸⁰]

Night sweats [Water¹⁶², Guanyin⁸⁶, Moon¹¹², Counterflow⁵⁴, Lightning⁹⁴; Shuyu Wan²⁴⁸, Guipi Tang²¹⁶, Shengmai San²⁴⁰, Jingui Shenqi Wan²²⁸, Fengsui Dan²¹², Qianyang Dan²³⁶, Xuefu Zhuyu Tang²⁷²]

Nocturia [Water¹⁶², Ocean¹¹⁶, Amber³⁸, Spirit¹⁴⁰, Love⁹⁸; Jingui Shenqi Wan²²⁸, Danggui Shaoyao San²⁰⁸]

Nocturnal emissions and spermatorrhea [Guizhi Tang²²⁴, Chaihu Jia Longgu Muli Tang¹⁹⁶, Jingui Shenqi Wan²²⁸, Fengsui Dan²¹², Qianyang Dan²³⁶]

Nose bleeds; chronic [Earth⁶², Amber³⁸, Vitality¹⁵⁸; Guipi Tang²¹⁶, Lizhong Wan²³², Qianyang Dan²³⁶, Fengsui Dan²¹²]

O

Obesity [Earth⁶², Sugar¹⁴⁶, Heart⁹⁰, Vitality¹⁵⁸, Balance⁴², Metal¹⁰⁶; Wuling San²⁶⁰, Danggui Shaoyao San²⁰⁸, Wendan Tang²⁵², Qianyang Dan²³⁶]

Obsessive compulsive disorders (OCD) [Balance⁴², Ginkgo⁷⁴, Earth⁶², Ease⁶⁶, Lightning⁹⁴, Cinnamon⁵⁰, Metal¹⁰⁶, Spirit¹⁴⁰, Serpent¹³⁶; Banxia Houpo Tang¹⁷², Wendan Tang²⁵², Xiao Chaihu Tang²⁶⁸, Chaihu Jia Longgu Muli Tang¹⁹⁶, Xuefu Zhuyu Tang²⁷², Guipi Tang²¹⁶]

Osteoporosis [Ox Bone¹²⁰, Guanyin⁸⁶, Vitality¹⁵⁸, Love⁹⁸, Bamboo⁴⁶, Evergreen⁷⁰, Cinnamon⁵⁰; Shenxian Dushi Dan²⁴⁴, Qianyang Dan²³⁶]

P

Palpitations; due to chronic adrenal stress and/or central nervous system imbalance⁴² [Spirit¹⁴⁰, Counterflow⁵⁴, Metal¹⁰⁶, Ease⁶⁶, Peace¹²⁴, Heart⁹⁰, Vitality¹⁵⁸, Ginkgo⁷⁴, Amber³⁸, Earth⁶²; Shuyu Wan²⁴⁸, Banxia Houpo Tang¹⁷², Wendan Tang²⁵², Banxia Xiexin Tang¹⁷⁶, Lizhong Wan²³², Guizhi Tang²²⁴, Chaihu Guizhi Ganjiang Tang¹⁹², Chaihu Jia Longgu Muli Tang¹⁹⁶, Shengmai San²⁴⁰, Jingui Shenqi Wan²²⁸, Guipi Tang²¹⁶, Bazhen Tang¹⁸⁰]

Paralysis [Evergreen⁷⁰; Danggui Shaoyao San²⁰⁸, Xuefu Zhuyu Tang²⁷²]

Parkinson's [Evergreen⁷⁰, Balance⁴², Ginkgo⁷⁴, Cinnamon⁵⁰, Heart⁹⁰, Spirit¹⁴⁰, Metal¹⁰⁶, Counterflow⁵⁴, Shuyu Wan²⁴⁸, Jingui Shenqi Wan²²⁸, Fengsui Dan²¹², Qianyang Dan²³⁶, Wenjing Tang²⁵⁶, Xuefu Zhuyu Tang²⁷²]

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Pediatric diseases; acute [Earth⁶², Perilla¹²⁸, Golden⁸², Lightning⁹⁴, Thunder¹⁵⁰, Wind¹⁶⁶, Ease⁶⁶, Release¹³², Dragon⁵⁸, Amber³⁸; Yin Qiao San²⁷⁸, Xiao Chaihu Tang²⁶⁸]

Pediatric diseases; chronic [Amber³⁸, Earth⁶², Cinnamon⁵⁰, Counterflow⁵⁴, Balance⁴², Lightning⁹⁴, Thunder¹⁵⁰, Wind¹⁶⁶, Serpent¹³⁶; Guizhi Tang²²⁴, Xiao Chaihu Tang²⁶⁸, Wendan Tang²⁵², Banxia Houpo Tang¹⁷², Shengmai San²⁴⁰, Jingui Shenqi Wan²²⁸]

Pelvic inflammation [Ocean¹¹⁶; Guizhi Fuling Wan²²⁰, Danggui Shaoyao San²⁰⁸, Wenjing Tang²⁵⁶, Lizhong Wan²³², Fengsui Dan²¹²]

Peritonitis [Perilla¹²⁸, Ease⁶⁶, Metal¹⁰⁶, Cinnamon⁵⁰, Lightning⁹⁴; Chaihu Guizhi Ganjiang Tang¹⁹²]

Pharyngitis [Metal¹⁰⁶, Ease⁶⁶; Banxia Houpo Tang¹⁷²]

Pleurisy [Ease⁶⁶; Xiao Chaihu Tang²⁶⁸, Chaihu Guizhi Ganjiang Tang¹⁹²]

Plumpit Syndrome [Ease⁶⁶, Metal¹⁰⁶, Counterflow⁵⁴, Balance⁴², Earth⁶², Cinnamon⁵⁰; Banxia Houpo Tang¹⁷², Wendan Tang²⁵², Banxia Xiexin Tang¹⁷⁶]

PMS; breast distention [Ease⁶⁶, Earth⁶², Metal¹⁰⁶; Xiao Chaihu Tang²⁶⁸, Chaihu Guizhi Ganjiang Tang¹⁹², Xuefu Zhuyu Tang²⁷²]

Pneumonia [Perilla¹²⁸, Lightning⁹⁴, Golden⁸², Dragon⁵⁸, Metal¹⁰⁶, Ease⁶⁶, Release¹³², Cinnamon⁵⁰; Yin Qiao San²⁷⁸, Xiao Chaihu Tang²⁶⁸, Chaihu Guizhi Ganjiang Tang¹⁹², Wendan Tang²⁵²]

Post operative; slow healing wounds [Ox Bone¹²⁰; Buzhong Yiqi Tang¹⁸⁸]

Post-partum; bleeding [Buzhong Yiqi Tang¹⁸⁸, Danggui Shaoyao San²⁰⁸, Xuefu Zhuyu Tang²⁷²]

Post-partum; fever [Guizhi Tang²²⁴, Buzhong Yiqi Tang¹⁸⁸]

Post-partum; lochiorrhea [Danggui Shaoyao San²⁰⁸, Guizhi Fuling Wan²²⁰]

Post-partum; low back pain [Shuyu Wan²⁴⁸]

Post-partum care; general [Bazhen Tang¹⁸⁰]

Prednisone therapy; side effects [Water¹⁶², Wind¹⁶⁶, Vitality¹⁵⁸, Spirit¹⁴⁰; Fengsui Dan²¹², Jingui Shenqi Wan²²⁸, Qianyang Dan²³⁶]

Pregnancy; abnormal fetal position [Danggui San²⁰⁴, Danggui Shaoyao San²⁰⁸, Wuyou San²⁶⁴]

Pregnancy; ectopic [Guizhi Fuling Wan²²⁰, Xuefu Zhuyu Tang²⁷²]

Pregnancy; general preparation for labor [Wuyou San²⁶⁴]

Pregnancy; moderate hypertension [Danggui Shaoyao San²⁰⁸]

Pregnancy; morning sickness [Guizhi Tang²²⁴, Danggui San²⁰⁴]

Pregnancy; lower abdominal pain [Danggui San²⁰⁴, Danggui Shaoyao San²⁰⁸]

Pregnancy; threatened miscarriage [Danggui San²⁰⁴, Danggui Shaoyao San²⁰⁸, Wuyou San²⁶⁴]

Pregnancy; toxemia [Danggui San²⁰⁴, Danggui Shaoyao San²⁰⁸, Wuling San²⁶⁰]

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Premature ejaculation (primarily in elderly men) [Love⁹⁸, Water¹⁶², Heart⁹⁰, Vitality¹⁵⁸, Amber³⁸, Spirit¹⁴⁰; Jingui Shenqi Wan²²⁸, Fengsui Dan²¹², Guizhi Tang²²⁴, Guipi Tang²¹⁶, Shenxian Dushi Dan²⁴⁴]

Premature ventricular contractions (PVC) [Counterflow⁵⁴, Spirit¹⁴⁰, Metal¹⁰⁶; Shengmai San²⁴⁰, Shuyu Wan²⁴⁸, Fengsui Dan²¹², Dahuang Zhechong Wan²⁰⁰]

Presbyopia [Water¹⁶², Spirit¹⁴⁰, Sugar¹⁴⁶, Heart⁹⁰, Guanyin⁸⁶, Evergreen⁷⁰, Counterflow⁵⁴, Metal¹⁰⁶; Jingui Shenqi Wan²²⁸, Shuyu Wan²⁴⁸, Shenxian Dushi Dan²⁴⁴, Xuefu Zhuyu Tang²⁷², Bazhen Tang¹⁸⁰]

Prolapse; anus, bladder, gastric mucosa, stomach, uterus, kidneys [Evergreen⁷⁰; Buzhong Yiqi Tang¹⁸⁸, Danggui Shaoyao San²⁰⁸, Danggui San²⁰⁴]

Prostate; hyperplasia [Water¹⁶²; Danggui Shaoyao San²⁰⁸, Jingui Shenqi Wan²²⁸, Guizhi Fuling Wan²²⁰]

Prostatitis; chronic [Ocean¹¹⁶, Cinnamon⁵⁰, Metal¹⁰⁶, Dragon⁵⁸; Guizhi Fuling Wan²²⁰, Danggui Shaoyao San²⁰⁸, Jingui Shenqi Wan²²⁸, Fengsui Dan²¹², Qianyang Dan²³⁶]

Protozoan infections (amoeba, giardia, blastocystis, toxoplasma) [Thunder¹⁵⁰, Lightning⁹⁴, Serpent¹³⁶, Dragon⁵⁸, Earth⁶², Ease⁶⁶; Banxia Xiexin Tang¹⁷⁶]

Pruritus [Earth⁶², Thunder¹⁵⁰, Cinnamon⁵⁰, Serpent¹³⁶, Dragon⁵⁸; Guizhi Tang²²⁴, Lizhong Wan²³², Guipi Tang²¹⁶, Fengsui Dan²¹²]

Psoriasis [Metal¹⁰⁶, Lightning⁹⁴, Serpent¹³⁶; Dahuang Zhechong Wan²⁰⁰, Fengsui Dan²¹², Yin Qiao San²⁷⁸]

Pulmonary Heart⁹⁰ disease [Balance⁴², Metal¹⁰⁶, Counterflow⁵⁴, Earth⁶², Heart⁹⁰, Cinnamon⁵⁰, Vitality¹⁵⁸, Glacier⁷⁸, Water¹⁶²; Shengmai San²⁴⁰, Xuefu Zhuyu Tang²⁷², Wuling San²⁶⁰, Jingui Shenqi Wan²²⁸, Qianyang Dan²³⁶, Fengsui Dan²¹², Shuyu Wan²⁴⁸]

R

Rabies [Release¹³², Lightning⁹⁴, Thunder¹⁵⁰, Dragon⁵⁸; Yin Qiao San²⁷⁸, Xiao Chaihu Tang²⁶⁸]

Radiation [Cinnamon⁵⁰, Water¹⁶², Glacier⁷⁸; Guizhi Tang²²⁴, Jingui Shenqi Wan²²⁸]

Rat Lung Worm Disease [Release¹³², Serpent¹³⁶, Lightning⁹⁴, Balance⁴²; Biejia Jian Wan¹⁸⁴, Yin Qiao San²⁷⁸]

Respiratory syndrome; chronic degenerative [Glacier⁷⁸, Cinnamon⁵⁰, Metal¹⁰⁶, Counterflow⁵⁴, Balance⁴², Vitality¹⁵⁸, Amber³⁸; Shengmai San²⁴⁰, Jingui Shenqi Wan²²⁸, Shuyu Wan²⁴⁸, Buzhong Yiqi Tang¹⁸⁸, Wendan Tang²⁵², Wuling San²⁶⁰]

Rhinitis, allergic [Wind¹⁶⁶, Cinnamon⁵⁰; Guizhi Tang²²⁴, Yin Qiao San²⁷⁸, Shuyu Wan²⁴⁸, Jingui Shenqi Wan²²⁸]

Rocky Mountain fever [Lightning⁹⁴, Thunder¹⁵⁰, Release¹³², Dragon⁵⁸, Serpent¹³⁶; Yin Qiao San²⁷⁸, Xiao Chaihu Tang²⁶⁸]

Running Piglet Syndrome [Ease⁶⁶, Cinnamon⁵⁰, Metal¹⁰⁶, Counterflow⁵⁴, Balance⁴², Earth⁶², Guanyin⁸⁶, Ocean¹¹⁶; Banxia Houpo Tang¹⁷², Wendan Tang²⁵², Wenjing Tang²⁵⁶, Guizhi Tang²²⁴, Wuling San²⁶⁰, Jingui Shenqi Wan²²⁸]

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S

Sarcoidosis [Cinnamon⁵⁰, Glacier⁷⁸, Metal¹⁰⁶, Counterflow⁵⁴, Balance⁴², Earth⁶²; Wendan Tang²⁵², Banxia Houpo Tang¹⁷², Shuyu Wan²⁴⁸, Shengmai San²⁴⁰, Jingui Shenqi Wan²²⁸, Biejia Jian Wan¹⁸⁴]

Schizophrenia [Ease⁶⁶, Gingko⁷⁴, Balance⁴², Spirit¹⁴⁰, Lightning⁹⁴; Chaihu Jia Longgu Muli Tang¹⁹⁶, Xuefu Zhuyu Tang²⁷², Wendan Tang²⁵², Banxia Houpo Tang¹⁷², Wenjing Tang²⁵⁶, Guipi Tang²¹⁶]

Sciatica [Bamboo⁴⁶, Evergreen⁷⁰, Ox Bone¹²⁰, Water¹⁶²; Danggui Shaoyao San²⁰⁸, Shenxian Dushi Dan²⁴⁴, Jingui Shenqi Wan²²⁸]

Scleroderma [Bamboo⁴⁶, Glacier⁷⁸, Wind¹⁶⁶, Evergreen⁷⁰, Cinnamon⁵⁰, Gingko⁷⁴, Peace¹²⁴; Fengsui Dan²¹², Shuyu Wan²⁴⁸, Shenxian Dushi Dan²⁴⁴]

Scoliosis [Cinnamon⁵⁰, Earth⁶², Bamboo⁴⁶, Ox Bone¹²⁰; Guizhi Tang²²⁴, Shenxian Dushi Dan²⁴⁴]

Seizures/epilepsy [Balance⁴², Gingko⁷⁴, Spirit¹⁴⁰, Counterflow⁵⁴, Metal¹⁰⁶, Lightning⁹⁴, Release¹³², Ease⁶⁶, Earth⁶², Evergreen⁷⁰, Serpent¹³⁶; Wendan Tang²⁵², Chaihu Jia Longgu Muli Tang¹⁹⁶, Xiao Chaihu Tang²⁶⁸, Chaihu Guizhi Ganjiang Tang¹⁹², Xuefu Zhuyu Tang²⁷², Guizhi Fuling Wan²²⁰, Wuling San²⁶⁰, Fengsui Dan²¹², Yin Qiao San²⁷⁸]

Shingles [Lightning⁹⁴, Dragon⁵⁸, Release¹³², Spirit¹⁴⁰, Peace¹²⁴, Serpent¹³⁶, Ox Bone¹²⁰, Ease⁶⁶, Earth⁶²; Yin Qiao San²⁷⁸, Banxia Xiexin Tang¹⁷⁶, Fengsui Dan²¹², Wuling San²⁶⁰, Xuefu Zhuyu Tang²⁷²]

Shortness of breath [Heart⁹⁰, Vitality¹⁵⁸, Cinnamon⁵⁰, Earth⁶², Counterflow⁵⁴, Metal¹⁰⁶, Spirit¹⁴⁰, Water¹⁶², Glacier⁷⁸, Wind¹⁶⁶; Shengmai San²⁴⁰, Shuyu Wan²⁴⁸, Fengsui Dan²¹², Qianyang Dan²³⁶, Jingui Shenqi Wan²²⁸]

Shoulder-Arm Syndrome [Bamboo⁴⁶, Evergreen⁷⁰, Cinnamon⁵⁰, Earth⁶², Ox Bone¹²⁰; Guizhi Tang²²⁴, Shenxian Dushi Dan²⁴⁴, Danggui Shaoyao San²⁰⁸, Wenjing Tang²⁵⁶, Bazhen Tang¹⁸⁰, Xuefu Zhuyu Tang²⁷²]

Sinus infections [Golden⁸², Dragon⁵⁸, Wind¹⁶⁶, Release¹³², Lightning⁹⁴; Guizhi Tang²²⁴, Xiao Chaihu Tang²⁶⁸, Chaihu Guizhi Ganjiang Tang¹⁹², Banxia Xiexin Tang¹⁷⁶, Shuyu Wan²⁴⁸, Wenjing Tang²⁵⁶]

Sjögren's syndrome [Bamboo⁴⁶, Cinnamon⁵⁰, Water¹⁶²; Shengmai San²⁴⁰, Jingui Shenqi Wan²²⁸, Fengsui Dan²¹²]

Skin problems; chronic/recalcitrant [Lightning⁹⁴, Metal¹⁰⁶, Thunder¹⁵⁰, Earth⁶², Cinnamon⁵⁰, Counterflow⁵⁴, Serpent¹³⁶, Dragon⁵⁸; Guizhi Tang²²⁴, Banxia Xiexin Tang¹⁷⁶, Xiao Chaihu Tang²⁶⁸, Fengsui Dan²¹², Danggui Shaoyao San²⁰⁸, Guizhi Fuling Wan²²⁰, Dahuang Zhechong Wan²⁰⁰, Xuefu Zhuyu Tang²⁷², Wenjing Tang²⁵⁶, Shuyu Wan²⁴⁸, Jingui Shenqi Wan²²⁸, Wuling San²⁶⁰]

Skin; dry and wrinkling, menopausal [Guanyin⁸⁶, Moon¹¹², Vitality¹⁵⁸, Heart⁹⁰, Water¹⁶², Cinnamon⁵⁰; Bazhen Tang¹⁸⁰, Danggui Shaoyao San²⁰⁸, Wenjing Tang²⁵⁶, Shuyu Wan²⁴⁸, Shengmai San²⁴⁰, Jingui Shenqi Wan²²⁸]

Sleep, restless, menopausal [Guanyin⁸⁶, Peace¹²⁴, Spirit¹⁴⁰, Vitality¹⁵⁸, Moon¹¹², Sugar¹⁴⁶, Serpent¹³⁶; Guipi Tang²¹⁶, Banxia Houpo Tang¹⁷², Wendan Tang²⁵², Fengsui Dan²¹², Danggui Shaoyao San²⁰⁸, Wenjing Tang²⁵⁶, Buzhong Yiqi Tang¹⁸⁸, Qianyang Dan²³⁶, Jingui Shenqi Wan²²⁸, Shengmai San²⁴⁰]

Sleep walking [Ease⁶⁶, Balance⁴², Spirit¹⁴⁰, Amber³⁸; Chaihu Jia Longgu Muli Tang¹⁹⁶, Xuefu Zhuyu Tang²⁷²]

Sore throat [Perilla¹²⁸, Dragon⁵⁸, Ease⁶⁶, Release¹³², Metal¹⁰⁶, Golden⁸²; Yin Qiao San²⁷⁸, Xiao Chaihu Tang²⁶⁸, Banxia Houpo Tang¹⁷², Wendan Tang²⁵², Fengsui Dan²¹²]

Sperm; low count [Water¹⁶², Love⁹⁸; Buzhong Yiqi Tang¹⁸⁸, Jingui Shenqi Wan²²⁸, Qianyang Dan²³⁶]

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Sperm; low motility [Ease⁶⁶; Chaihu Guizhi Ganjiang Tang¹⁹², Buzhong Yiqi Tang¹⁸⁸]

Spermatorrhea [Water¹⁶², Amber³⁸, Spirit¹⁴⁰, Cinnamon⁵⁰; Fengsui Dan²¹², Guizhi Tang²²⁴, Chaihu Jia Longgu Muli Tang¹⁹⁶, Jingui Shenqi Wan²²⁸, Qianyang Dan²³⁶, Shenxian Dushi Dan²⁴⁴]

Spirochetal infections [Lightning⁹⁴, Release¹³², Thunder¹⁵⁰, Dragon⁵⁸, Ease⁶⁶, Earth⁶²; Yin Qiao San²⁷⁸, Xiao Chaihu Tang²⁶⁸, Biejia Jian Wan¹⁸⁴]

Splenomegaly [Ease⁶⁶, Lightning⁹⁴, Thunder¹⁵⁰, Serpent¹³⁶, Earth⁶²; Xiao Chaihu Tang²⁶⁸, Biejia Jian Wan¹⁸⁴, Dahuang Zhechong Wan²⁰⁰]

Staphylococci infections [Golden⁸², Dragon⁵⁸, Metal¹⁰⁶]

Steroid therapy; side effects [Water¹⁶², Wind¹⁶⁶, Cinnamon⁵⁰, Earth⁶², Vitality¹⁵⁸, Spirit¹⁴⁰, Metal¹⁰⁶; Fengsui Dan²¹², Jingui Shenqi Wan²²⁸, Qianyang Dan²³⁶]

Stomach and duodenal ulcers [Ginkgo⁷⁴, Counterflow⁵⁴, Metal¹⁰⁶, Ease⁶⁶, Earth⁶², Cinnamon⁵⁰, Serpent¹³⁶, Vitality¹⁵⁸; Banxia Xiexin Tang¹⁷⁶, Wendan Tang²⁵², Banxia Houpo Tang¹⁷², Chaihu Guizhi Ganjiang Tang¹⁹², Chaihu Jia Longgu Muli Tang¹⁹⁶, Xiao Chaihu Tang²⁶⁸, Guizhi Tang²²⁴, Bazhen Tang¹⁸⁰, Lizhong Wan²³², Shuyu Wan²⁴⁸, Buzhong Yiqi Tang¹⁸⁸, Guipi Tang²¹⁶, Fengsui Dan²¹², Qianyang Dan²³⁶, Danggui San²⁰⁴, Danggui Shaoyao San²⁰⁸, Shengmai San²⁴⁰, Jingui Shenqi Wan²²⁸]

Streptococci infections [Perilla¹²⁸, Dragon⁵⁸, Release¹³², Ease⁶⁶, Metal¹⁰⁶, Golden⁸², Lightning⁹⁴; Yin Qiao San²⁷⁸, Xiao Chaihu Tang²⁶⁸]

Stroke prevention and post-stroke paralysis [Evergreen⁷⁰, Heart⁹⁰, Counterflow⁵⁴, Balance⁴²; Shuyu Wan²⁴⁸, Jingui Shenqi Wan²²⁸, Xuefu Zhuyu Tang²⁷², Shenxian Dushi Dan²⁴⁴]

Sugar¹⁴⁶ imbalances [Sugar¹⁴⁶, Counterflow⁵⁴, Heart⁹⁰, Water¹⁶², Earth⁶², Cinnamon⁵⁰, Metal¹⁰⁶, Serpent¹³⁶; Shuyu Wan²⁴⁸, Shengmai San²⁴⁰, Jingui Shenqi Wan²²⁸, Fengsui Dan²¹²]

Sweating; spontaneous and localized [Cinnamon⁵⁰; Guizhi Tang²²⁴]

Syndrome X [Sugar¹⁴⁶, Counterflow⁵⁴, Heart⁹⁰, Earth⁶², Cinnamon⁵⁰, Vitality¹⁵⁸; Shuyu Wan²⁴⁸]

T

Tendon/ligament injuries [Ox Bone¹²⁰, Bamboo⁴²; Guizhi Tang²²⁴, Xuefu Zhuyu Tang²⁷², Shenxian Dushi Dan²⁴⁴]

Testicular hydrocele/varicocele [Ocean¹¹⁶; Danggui Shaoyao San²⁰⁸, Guizhi Fuling Wan²²⁰, Wuling San²⁶⁰]

Thinning of vaginal tissues; menopausal [Guanyin⁸⁶, Love⁹⁸, Water¹⁶²; Bazhen Tang¹⁸⁰, Wenjing Tang²⁵⁶, Danggui Shaoyao San²⁰⁸, Jingui Shenqi Wan²²⁸, Qianyang Dan²³⁶]

Thrombophlebitis [Xuefu Zhuyu Tang²⁷², Danggui Shaoyao San²⁰⁸]

Thrombosis; cerebral [Evergreen⁷⁰; Xuefu Zhuyu Tang²⁷², Danggui Shaoyao San²⁰⁸, Guizhi Fuling Wan²²⁰, Dahuang Zhechong Wan²⁰⁰]

Thyroid imbalances; menopausal [Vitality¹⁵⁸, Guanyin⁸⁶, Moon¹¹², Water¹⁶², Love⁹⁸, Counterflow⁵⁴; Shuyu Wan²⁴⁸, Jingui Shenqi Wan²²⁸, Banxia Houpo Tang¹⁷²]

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Thyroid; hyper-function [Ease⁶⁶, Metal¹⁰⁶, Counterflow⁵⁴; Banxia Houpo Tang¹⁷², Wendan Tang²⁵², Xiao Chaihu Tang²⁶⁸, Fengsui Dan²¹²]

Thyroid; hypo-function [Vitality¹⁵⁸, Guanyin⁸⁶, Earth⁶², Love⁹⁸; Buzhong Yiqi Tang¹⁸⁸, Lizhong Wan²³², Shuyu Wan²⁴⁸, Qianyang Dan²³⁶, Jingui Shenqi Wan²²⁸, Shenxian Dushi Dan²⁴⁴]

Thyroid; nodules [Metal¹⁰⁶; Banxia Houpo Tang¹⁷², Wendan Tang²⁵²]

Tick bites; acute phase after the bite [Lightning⁹⁴, Release¹³², Dragon⁵⁸, Earth⁶²; Yin Qiao San²⁷⁸, Xiao Chaihu Tang²⁶⁸, Fengsui Dan²¹²]

Tinnitus [Cinnamon⁵⁰, Evergreen⁷⁰, Water¹⁶², Spirit¹⁴⁰, Balance⁴², Ease⁶⁶; Guizhi Tang²²⁴, Chaihu Jia Longgu Muli Tang¹⁹⁶, Xiao Chaihu Tang²⁶⁸, Wendan Tang²⁵², Fengsui Dan²¹², Qianyang Dan²³⁶, Jingui Shenqi Wan²²⁸, Shuyu Wan²⁴⁸, Buzhong Yiqi Tang¹⁸⁸]

Tonsillitis [Perilla¹²⁸, Ease⁶⁶, Dragon⁵⁸, Lightning⁹⁴, Metal¹⁰⁶; Yin Qiao San²⁷⁸, Xiao Chaihu Tang²⁶⁸, Banxia Houpo Tang¹⁷²]

Tooth aches and tooth abscesses [Golden⁸², Dragon⁵⁸, Ox Bone¹²⁰; Guizhi Tang²²⁴, Fengsui Dan²¹², Banxia Xiexin Tang¹⁷⁶]

Tremors; age-related [Evergreen⁷⁰, Balance⁴², Gingko⁷⁴, Water¹⁶², Spirit¹⁴⁰; Shuyu Wan²⁴⁸, Wenjing Tang²⁵⁶, Xuefu Zhuyu Tang²⁷², Jingui Shenqi Wan²²⁸]

Trigeminal neuralgia [Cinnamon⁵⁰, Lightning⁹⁴, Dragon⁵⁸; Xuefu Zhuyu Tang²⁷², Wuling San²⁶⁰, Fengsui Dan²¹²]

Tuberculosis; pulmonary [Ease⁶⁶, Cinnamon⁵⁰, Metal¹⁰⁶, Counterflow⁵⁴, Glacier⁷⁸, Water¹⁶²; Chaihu Guizhi Ganjiang Tang¹⁹², Shengmai San²⁴⁰, Shuyu Wan²⁴⁸]

Typhoid fever [Thunder¹⁵⁰, Lightning⁹⁴, Dragon⁵⁸, Earth⁶², Ease⁶⁶; Yin Qiao San²⁷⁸]

U

Ulcer; mouth (in Spleen deficient patients) [Cinnamon⁵⁰, Golden⁸², Vitality¹⁵⁸, Earth⁶², Amber³⁸, Metal¹⁰⁶; Guizhi Tang²²⁴, Lizhong Wan²³², Shuyu Wan²⁴⁸, Buzhong Yiqi Tang¹⁸⁸, Shengmai San²⁴⁰, Banxia Xiexin Tang¹⁷⁶, Fengsui Dan²¹², Qianyang Dan²³⁶]

Ulcerative colitis [Amber³⁸, Cinnamon⁵⁰, Earth⁶², Thunder¹⁵⁰, Serpent¹³⁶, Wind¹⁶⁶, Water¹⁶², Glacier⁷⁸; Shuyu Wan²⁴⁸, Lizhong Wan²³², Buzhong Yiqi Tang¹⁸⁸, Jingui Shenqi Wan²²⁸]

Ulcerative colitis; accompanied by constipation [Tiger¹⁵⁴]

Ulcerative colitis; triggered by stress [Ease⁶⁶, Cinnamon⁵⁰, Metal¹⁰⁶, Spirit¹⁴⁰; Xiao Chaihu Tang²⁶⁸, Guizhi Tang²²⁴, Wendan Tang²⁵², Shengmai San²⁴⁰]

Urinary tract infections [Ocean¹¹⁶, Dragon⁵⁸, Water¹⁶²; Wuling San²⁶⁰, Danggui Shaoyao San²⁰⁸, Fengsui Dan²¹², Xiao Chaihu Tang²⁶⁸, Jingui Shenqi Wan²²⁸]

Urination; frequent [Cinnamon⁵⁰, Earth⁶², Vitality¹⁵⁸, Water¹⁶²; Lizhong Wan²³², Wuling San²⁶⁰, Jingui Shenqi Wan²²⁸, Qianyang Dan²³⁶]

Urticaria [Lightning⁹⁴, Cinnamon⁵⁰, Ease⁶⁶; Danggui San²⁰⁴, Danggui Shaoyao San²⁰⁸, Bazhen Tang¹⁸⁰, Guipi Tang²¹⁶, Guizhi Tang²²⁴, Shuyu Wan²⁴⁸, Wuling San²⁶⁰, Xiao Chaihu Tang²⁶⁸, Yin Qiao San²⁷⁸]

Formula Applications Index

LISTED IN ORDER OF IMPORTANCE

[] = formulas listed in order of importance with page numbers referenced

V

Vaginitis; atrophic [Water¹⁶², Jingui Shenqi Wan²²⁸, Qianyang Dan²³⁶, Fengsui Dan²¹²]

Varicoceles [Cinnamon⁵⁰, Ocean¹¹⁶, Evergreen⁷⁰, Metal¹⁰⁶, Water¹⁶²; Guizhi Fuling Wan²²⁰, Danggui Shaoyao San²⁰⁸, Xuefu Zhuyu Tang²⁷², Dahuang Zhechong Wan²⁰⁰, Jingui Shenqi Wan²²⁸]

Varicose veins [Evergreen⁷⁰, Cinnamon⁵⁰, Heart⁹⁰, Sugar¹⁴⁶, Metal¹⁰⁶; Guizhi Tang²²⁴, Guizhi Fuling Wan²²⁰, Xuefu Zhuyu Tang²⁷², Dahuang Zhechong Wan²⁰⁰]

Vascular degeneration; prevention of, and other age related problems [Heart⁹⁰, Evergreen⁷⁰, Water¹⁶², Sugar¹⁴⁶, Metal¹⁰⁶, Counterflow⁵⁴; Shuyu Wan²⁴⁸, Xuefu Zhuyu Tang²⁷², Guizhi Fuling Wan²²⁰, Jingui Shenqi Wan²²⁸]

Vertigo/dizziness [Balance⁴², Ginkgo⁷⁴, Counterflow⁵⁴, Metal¹⁰⁶, Cinnamon⁵⁰, Evergreen⁷⁰; Banxia Houpo Tang¹⁷², Wendan Tang²⁵², Xiao Chaihu Tang²⁶⁸, Chaihu Jia Longgu Muli Tang¹⁹⁶, Banxia Xiexin Tang¹⁷⁶, Fengsui Dan²¹², Danggui Shaoyao San²⁰⁸, Shuyu Wan²⁴⁸, Guipi Tang²¹⁶, Bazhen Tang¹⁸⁰, Buzhong Yiqi Tang¹⁸⁸]

Virus; acute and chronic [Lightning⁹⁴, Thunder¹⁵⁰, Dragon⁵⁸, Serpent¹³⁶, Ease⁶⁶, Metal¹⁰⁶, Ocean¹¹⁶; Yin Qiao San²⁷⁸, Xiao Chaihu Tang²⁶⁸, Chaihu Guizhi Ganjiang Tang¹⁹², Wendan Tang²⁵², Shuyu Wan²⁴⁸, Biejia Jian Wan¹⁸⁴]

W

White blood cell count; low [Vitality¹⁵⁸, Amber³⁸, Earth⁶²; Shuyu Wan²⁴⁸, Bazhen Tang¹⁸⁰, Buzhong Yiqi Tang¹⁸⁸, Guipi Tang²¹⁶, Lizhong Wan²³²]

Withdrawal symptoms from nicotine, caffeine, benzodiazepines, narcotics, etc. [Ginkgo⁷⁴, Ease⁶⁶; Chaihu Jia Longgu Muli Tang¹⁹⁶]

Whooping cough [Perilla¹²⁸, Metal¹⁰⁶, Dragon⁵⁸, Lightning⁹⁴, Ease⁶⁶; Yin Qiao San²⁷⁸, Shengmai San²⁴⁰]

Additional Resources and Opportunities for Study



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