Twenty Three Formulas For A Beginning Dispensatory

1. Ban Xia hou Po Tang (Pinellia and Magnolia bark combination)

Ban xia (Pinellia) C. 6-9 gms Pinellia ternata
Magnolia bark (Ho po) C. 6-9 gms Magnolia officinalis
Zi su ye (Perilla leaf) C. 6-9 gms Perillae frutescens
Fu ling (Poria) C. 912 gms Poria cocos
Sheng jiang (fresh ginger) C. 10-15 gms Zingiberis recens

Source: Jing Gui Yao Lue (Essentials from the Golden Cabinet by Zhang Zhong-Jin in the Eastern Han Dynasty)

Spleen vacuity with dampness and phlegm
For Mei he qi (Plum pit throat or globus hystericus. It begins with Liver qi stagnation caused by emotional disturbances. This interferes with qi flow between the Lung and Stomach. This results in an accumulation of stagnant fluids that eventually lead to phlegm obstruction which can interfaith various parts of the body, including the throat (something stuck) or the Lung (coughing and fullness of the chest and hypochondrium and Stomach (vomiting). It regulates the flow of stomach qi, disperses lumps and resolves phlegm. Also for hysteria, gastro-intestinal neurosis, esophagiospasm, chronic laryngitis, tracheitis.

Tongue: white, moist, slippery and greasy
Pulse: wiry/taut, wiry and slippery

Ban Xia (Pinellia) is the chief herb to dissolve and disperse phlegm and restore the descending function of the Stomach to relieve vomiting. Hou Po (Magnolia bark) moves Qi and helps Pinellia to clear phlegm obstruction and directs the reverse flow of the Lung and Stomach qi downward to relieve fullness, coughing and vomiting. Fu Ling helps to remove dampness through diuresis, fresh ginger disperses stagnation and harmonizes the Stomach to relieve vomiting. Aromatic perilla leaf regulates Lung qi and smooths Liver qi.

Variations:
- For more Phlegm and saliva add chen pi (citrus reticulate) and gan cao (licorice)
- When there is cough and shortness of breath add Bei mu (Bulbus fritillariae and Xing Ren (semen armeniacae)
- With fullness and distention in the chest and hypochondrium, add Mu xiang (radix aucklandiae), Qing pi ( pericarpium Citri reticula tae viridae), and Zhi Qiao (Fructus aurantii)
- If accompanied with dry mouth and throat, add Sha Shen (Radix glehniae), Mai Dong (Rx. Ophiopogonis),
- With hoarseness of voice add Xuan Shen (RX. Scrophulariae), Mai dong (RX. Ophiopogon), Jie Geng (rx. Platycodonis and Zi Wan (Rx. Et Rhz. Asteris) also known as Xiang Sheng Po Di San (Loud sound Resembling Broken flute Powder)
- For Phlegm add Er chen tang (Citrus and Pinellia)
- For food stagnation, combine with Liu he tang (Harmonize the Six Decoction).
- If there is depression combine with Yue Ju Wan (Escape Restraint Pill)
- With palpitations and insomnia combine with Gan Mai Da Zao Tang 9Licorice, Wheat and Jujube Combination.
• With severe Qi stagnation add Xiang fu (rhz. Cype) and Ju jin (RX. Curcumae; or Chai hu shu gan San (Bupleurum Spread Liver Qi powder)
• With hypochondria pain add Chuan lian zi (Fructus toosendan) and Yan hu Suo (RHZ corydalis).

Contraindications: not suitable for Yin deficient patients

2. Biyan Pian or Bi Yan Pian
For wind Heat with phlegm (Chinese: 鼻炎片) is a common Chinese herbal pill produced by numerous different manufacturers. Some forms of Biyan Pian are sugar-coated. The core is typically brown. It is used in Traditional Chinese medicine to "dispel wind and remove toxic heat from the nose". It is slightly aromatic in odor and bitter in taste. Biyan Pian is most often used to treat acute and chronic sinusitis and allergic rhinitis. The ingredients of Biyan Pian vary from manufacturer to manufacturer, although most products are based on Cang Er Zi San (cang er zi - xanthium fruit, xin yi hua - magnolia flower, bai zhi - angelica dahurica root, and bo he - Chinese mint leaf and stem) and contain two or more ingredients from this formula. These four herbs "release the exterior", decongest the head, dry phlegm, and alleviate headache. In addition, many formulations include jie geng - platycodon root (a phlegm-resolving herb which guides the formula upward), zhi mu - anemarrhena rhizome (a heat clearing, fire reducing herb which soothes and moistens hot, irritated membranes), wu wei zi - schizandra fruit (an astringent herb which restrains excessive secretions), jing jie - schizonepeta flower and herb (a surface releasing herb which opens the nasal passages and alleviates itching), lian qiao - forsythia fruit (a heat-toxin eliminating herb which alleviates redness and swelling), and fang feng - ledebouriella root (a surface releasing herb which alleviates head pain and congestion). In 2011, Health Canada issued a recall of one particular brand of Biyan Pian, because of high levels of mercury. The levels were nearly ten times higher than the daily maximum set by Health Canada. Consumers are encouraged to choose brands that do batch testing for heavy metal contamination.

3. Bu zhong yi qi tang (Ginseng and Astragalus)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Huang qi (astragalus)</td>
<td>6-15</td>
</tr>
<tr>
<td>Ren shen (ginseng)</td>
<td>6-9</td>
</tr>
<tr>
<td>Bai Zhu (attractylodes)</td>
<td>9-12</td>
</tr>
<tr>
<td>Gan cao (licorice)</td>
<td>3-6</td>
</tr>
<tr>
<td>Dang gui (angelica)</td>
<td>6-9</td>
</tr>
<tr>
<td>Sheng ma (black cohosh)</td>
<td>3-6</td>
</tr>
<tr>
<td>Chai Hu (bupleurum)</td>
<td>6-9</td>
</tr>
<tr>
<td>Chen pi (citrus peel)</td>
<td>3-6</td>
</tr>
</tbody>
</table>

Astragalus membranicus
Panax ginseng
Atractylodes alba
Glycyrrhiza ur.
Angelica sinensis
Cimicifuga foetida
Bupleurum chinensis
Citrus reticulata

Supplement the Center & Boost the Qi
Actions: 1. to replenish vital energy, tonify spleen and stomach 2. Raise the yang
Tongue: light color and white coat
Pulse: feeble, thin and weak

4. Dan Zhi Xiao Yao San (Moutan &Gardenia Rambling Pills)

Mu Dan Pi (Cortex Moutan) - 102.3 mg;
Zhi Zi (Fructus Gardneiae) - 102.3 mg;
Chai Hu (Radix Bupleuri) - 102.3 mg;
Dang Gui (Radix Angelicae Sinensis) - 102.3 mg ;
Bai Shao (Radix Alba Paeoniae) - 102.3 mg ;
Bai Zhu (Rhizoma Atractylodis Macrocephalae) - 102.3 mg ;
Fu Ling (Poria) - 102.3 mg ;
Gan Cao (Radix Glycyrrhizae) - 33.9 mg

PATTERN DISCRIMINATION
A liver-spleen disharmony with depressive heat, especially depressive heat which has entered the blood aspect or division
Actions:
Harmonizes the liver and spleen, clears heat and resolves depression, clears heat from the blood aspect or division
INDICATIONS
Irregular menstruation, uterine bleeding, dysmenorrhea, abnormal vaginal discharge, breast distention, premenstrual syndrome (PMS), climacteric disorders, chronic hepatitis, pleurisy, chronic gastritis, peptic ulcer, insomnia, central retinitis, and psycho-emotional depression
SIGNS & SYMPTOMS OF LIVER DEPRESSION INCLUDE
* Irritability
* PMS
* Breast distention and pain
* Possible rib-side distention and pain
* A bowstring pulse
SIGNS & SYMPTOMS OF SPLEEN VACUITY INCLUDE
* Fatigue
* Lack of strength
* Possible lack of appetite
* Possible loose stools
* An enlarged tongue with teeth-marks on its edges and/or cracks in its center
SIGNS & SYMPTOMS OF DEPRESSIVE HEAT INCLUDE
* A dark red tongue with yellow fur
* Possible swelling and redness of the rims of the tongue
* A bitter taste in the mouth on arising
* A rapid pulse
SIGNS & SYMPTOMS OF HEAT ENTERING THE BLOOD ASPECT
* The above signs and symptoms of liver depression and depressive heat, plus
* Pathological bleeding
* Red, possibly dark skin rashes
* Vexation and agitation
FORMULA EXPLANATION
Within this formula, Dan Pi, and Zhi Zi, clear heat and resolve depression and especially clear heat from the blood aspect. Chai Hu, courses the liver and resolves depression. The combination of Dang Gui, and Bai Shao, nourishes the blood and emolliates the liver. Because Dang Gui is somewhat aromatic, it moves the qi, but because it is sweet, it also relaxes tension. Therefore, it is an essential medicinal for treating liver depression with blood vacuity. Bai Zhu, and Fu Ling, fortify the spleen and eliminate dampness. Zhi Gan Cao,
boosts the Qi and supplements the center as well as relaxes the liver’s tension. It is the assistant medicinal in this formula.
For Liver-Spleen disharmony w/blood vacuity and depressive heat

5. **Du Huo Ji Sheng Wan** (Angelica Pubescens and Loranthus Pills) *(Active Herb – ‘Joints joy’)*

For wind-cold-damp

Rheumatoid and osteo-arthritis, chronic lower back pain, sciatica, sequelae of poliomyelitis, weather-related pain, soreness and weakness in tendons and joints.

Dispels Wind-Damp, Tonifies Liver and Kidneys, Tonifies Qi and Blood, Alleviates Pain

**Indications:**

Wind cold damp Bi-pain with an underlying deficiencies of the Liver and Kidneys and Qi and Blood presenting with chronic, aching pain and weakness in the low back, hips, knees and legs, heavy and painful sensations at fixed spots in the lower body, as well as coldness, stiffness, spasm, pain and possible numbness, difficulty walking, symptoms exacerbated in cold and damp weather, or during changes in the weather, accompanied by cold intolerance, tremors, dizziness, palpitations, shortness of breath, fatigue, pale complexion.

Tongue: pale
Pulse: thin, thready, weak, slow, deep

**Biomedical Applications:**

rheumatoid arthritis, osteoarthritis, sciatica, chronic lumbago, lumbar strain, osteoporosis, ankylosing spondylitis, lumbar vertebral disc herniation, degenerating joint disease, hemiplegia due to stroke, the sequelae of poliomyelitis

**Ingredients:**

Du Huo (Radix Angelicae Pubescentis)
Xi Xin (Herba cum Radice Asari)
Fang Feng (Radix Ledebouriellae Divaricatae)
Qin Jiao (Radix Gentianae Qinjiao)
Sang Ji Sheng (Ramulus Loranthi)
Du Zhong (Cortex Eucommiae Ulmoidis)
Huai Niu Xi (Radix Achyranthis Bidentatae)
Rou Gui (Cortex Cinnamomi Cassiae)
Dang Gui (Radix Angelicae Sinensis)
Chuan Xiong (Radix Ligustici Wallichii)
Shu Di Huang (Radix Rehmanniae Glutinosae Praeparata) Bai Shao Yao (Radix Paeoniae Lactiflorae)
Ren Shen (Radix Ginseng)
Fu Ling (Sclerotium Poriae Cocos)
Zhi Gan Cao (Radix Glycyrrhizae Uralensis)

**Cautions & Contraindications:**

Contraindicated during the early stages of acute illness such as cold and flu, or during an acute infection. Use with caution during pregnancy. Use with caution in conditions of excess or Yin deficient heat. Use with caution in cases of stagnation of phlegm or dampness.

6. **Er Xian Wan** (Two Immortals Pills)

Xian Mao(Curculigo): 6-15g
Yin Yang Huo (Epimedium): 9-15g
Ba Ji Tian (Morinda): 6-9g
Dang Gui (Angelica): 6-9g
Huang Bai (Phellodendron): 4-9g
Zhi Mu (Anemarrhena): 4-9g
Climacteric syndromes due to Yin and Yang deficiency; Kidney deficiency during menopause, hypertension. Irregular menstruation, dizziness, tinnitus, flaccidity of the muscles, feel cold, headache.
Tongue: pale
Pulse: thready and rapid
May be used for menopause, amenorrhea, hypertension, nephritis hypertension, pyonephritis, urinary tract infection.

Liver blood-kidney yin and yang vacuity with vacuity heat. Supplements the kidney and invigorates yang, nourishes the liver and clears heat, regulates the penetrating and conception vessels.

7. Er chen wan (two aged ingredients – Citrus and Pinellia combination)
Ban Xia (Pinellia) 6-9g
Chen pi (citrus peel) 3-6g
Fu Ling (poria) 6-9g
Gan Cao (licorice) 3-6g
May also add Sheng jiang (fresh ginger) and Wu Mei (Mume, black plum) 3-6g of each
Dries phlegm and dampness, regulates I in the Middle Burner, transforms phlegm and dampness

Contraindications: yin deficiency
Actions:
Dries dampness and transforms phlegm, rectifies qi, harmonizes the center.
Pattern
Damp-Phlegm from the Spleen failing to properly transport the fluids.
Tongue
Swollen, tooth-marked tongue with a thick-greasy-white coating
Pulse
Slippery-Moderate-Deep pulse (Hua Huan Chen)

8. Gui pi tang (Ginseng and Longan Combination)
Ren shen (ginseng) 6-9g Panax ginseng
Huang qi (astragalus) 9-12 Astragalus membranicus
Dang gui (angelica) 6-9 Angelica sinensis
Long yan rou (longan berries) 9-12 Arillus longan
Bai Zhu (attractylodes) 6-9 Atractylodes macrocephalae
Mu Xiang (Saussurea) 3-6 Sussureae auklandia
Fu ling (Poria) 9-12 Poria cocos
Yuan zhi (Polygona) 6-9 Polygala tenuifolia
Suan zao ren (zizyphus seed) 9-12 Semen zizyphus spinosa
Zhi gan cao (bake licorice) 3-6 Glycyrrhiae ur.
Sheng jiang (fresh ginger) 1-3 Zingiberis recens
Da Zao (jujube dates) 3-5 pcs Zizyphus jujubae
Actions. 1. for Heart and Spleen deficiency. 2. Blood and qi deficiency. For palpitations, insomnia, forgetfulness, nightmares, fatigue, lack of appetite, shallow, pale face, uterine bleeding or menorrhagia.
Tongue: pale, plump with thin white coat
Pulse: thready and weak.
To increase blood tonification add prepared Rehmannia root; for more blood volume add donkey gelatin, Loranthus, polygonum multiflorum root.

9. **Jin kui shen qi wan or Ba wei di huang wan (Rehmannia Eight)**

Di huang (Rehmannia root) 10-15 Rehmannia glutinosa
Shan zhu yu (cornus berry) 10-20 Cornus officinalis
Shan yao (Dioscorea) 10-15 Dioscorea batata
Ze xie (Alisma) 10-15 Alisma plantago
Fu ling (Poria) 10-15 Poria cocos
Mu dan pi (Moutan bark) 10-15 Paeonia suffructicosa
Fu Zi (prepared aconite) 10-15 Aconitum carmichaeli
Rou gui (Cinnamon bark) 6-9 Cinnamomum cassia
Actions: 1. To replenish kidney yang. 2. Warm the lower part of the body.
Lumbago, coldness in lower part of the body, spasmodic pain in the lower abdomen, dysuria, frequent urination, nocturia, cough, asthma, low libido, impotence.
Tongue: whitish
Pulse: deep, slow and weak

10. **Liu wei di huang wan (Rehmannia Six Formula)**

Di huang (Rehmannia root) 10-15 Rehmannia glutinosa
Shan zhu yu (cornus berry) 10-20 Cornus officinalis
Shan yao (Dioscorea) 10-15 Dioscorea batata
Ze xie (Alisma) 10-15 Alisma plantago
Fu ling (Poria) 10-15 Poria cocos
Mu dan pi (Moutan bark) 10-15 Paeonia suffructicosa
Zhi Mu (Anemarrhena) 6-9
Huang Bai (Phellodendron) 6-9
Actions: 1. To nourish Kidney and Liver yin.
For dizziness, tinnitus, sore throat, tidal fever, nocturnal emission, night perspiration, heat sensation in the palms and soles, toothache, dry mouth.
Tongue: red with thin coat and dry
Pulse: Thready and rapid

11. **Zhi Bai Di Huang Wan (Anemarrhena and Phellodendron Combination)**

Di huang (Rehmannia root) 10-15 Rehmannia glutinosa
Shan zhu yu (cornus berry) 10-20 Cornus officinalis
Shan yao (Dioscorea) 10-15 Dioscorea batata
Ze xie (Alisma) 10-15 Alisma plantago
Fu ling (Poria) 10-15 Poria cocos
Mu dan pi (Moutan bark) 10-15 Paeonia suffructicosa
Zhi Mu (Anemarrhena) 6-9
Huang Bai (Phellodendron) 6-9
12. **Liu Junza Tang (Six Major Ingredients)**

Ren shen (ginseng)  6-9  
Bai zhu (attractylodes)  6-9  
Fu ling (Poria)  6-9  
Can Cao (licorice)  3-6  
Ban xia (Pinellia)  6-9gms  
Chen pi (citrus peel)  3-6 gms

**Actions:** 1. to replenish vital energy, 2. relieves phlegm and dampness 3. tonifies the spleen and stomach

For low energy with chronic gastritis, duodenal ulcer, acid regurgitation and indigestion.

Tongue: pale, white with a greasy coating

Pulse: soft and weak

13. **Si jun zi tang (Four Major Ingredients or Four Noblemen)**

Ren shen (ginseng)  6-9  
Bai zhu (attractylodes)  6-9  
Fu ling (Poria)  6-9  
Can Cao (licorice)  3-6  

**Actions:** to replenish vital energy, 2. tonify the spleen and stomach

Tongue: white

Pulse: weak

For digestive weakness with damp phlegm add citrus peel and Pinellia

14. **Si wu tang (Dang Gui Four)**

Di huang (prepared Rehmannia) 10-15  
Dang Gui (angelica)  9-12  
Chuang xiong (ligusticum)  6-9  
Bai Shao yao (peony)  9-12

**Actions:** 1. to nourish and regulate the blood. 2. to regulate blood. For anemia, irregular menses, threatened abortion, post partum anemia

Tongue: light color

Pulse: thready, weak or thready and hesitant (choppy)

15. **Ba zhen tang (Eight Precious Herbs)**

The combination of number Four Major herbs and Dang Gui Four

**Actions:** to tonify qi and blood

Used for recovery from long sickness or childbirth and as a general all body tonic.

Tongue: light with a thin white coat

Pulse: thready and weak or gigantic and weak

For deficient qi, blood and yang add astragalus and cinnamon bark

16. **Suan Zao Ren (Zizyphus Combination)**

Suan zao ren (Zizyphus seed) 10-15g  
Fu ling (Poria) 9-12g  
Chuan Xiong (Ligusticum) 6-9g
Zhi mu (Anemarrhena) 6-9g
Gan Cao (licorice) 3-6g
Action
1. sedative,
2. Nourishes the blood in the liver
3. Clears heat in the liver
Indications: deficient liver blood, fidgetness, insomnia, excessive dreams, palpitations, dizziness, dry mouth and throat.
Tongue: red
Pulse: wiry, thready rapid
Uses: insomnia, neurasthenia

17. **Tian Wang Bu Xin Dan** *(Emperor’s Tea)*
Sheng di huang (raw rehmannia) 10-15g
Zuan shen (Scrophularia) 9-12g
Mai Men Dong (Ophiopogon) 9-12g
Tian men dong (wild asparagus root) 9-12 g
Dan shen (salvia) 9-12 g
Dang Gui (dang gui angelica) 6-9g
Fu ling (poria) 9-12g
Bai zi ren (Biota seed) 9-12g
Yuan zhi (Polygala root) 6-9g
Wu wei zi (Schizandra) 9-12g
Suan zao ren (wild jujube seed) 9-12 g
Jie geng (platycodon) 6-9g
Zhu sha (cinnabar) 1-3g (obsolete)
Ren Shen (ginseng) 6-9g

Functions:
Nourishes Yin and Blood, Tonifies the Heart, Calms the Shen, Clears Deficiency Heat
Action
1. nourishes yin of Heat and Kidney
2. Febrifugal
3. Sedative
Indications: for blood deficiency and deficiency of vital essence of the Heart and Kidney.
Symptoms: forgetfulness, insomnia, restlessness, fatigue, nocturnal emission, dry stool, oral suppurative infection.
Tongue: red with thin coat
Pulse: thready and rapid
Uses: neurasthenia, insomnia, hypertension, hyperthyroidism.
Contraindication:
For asthenia of the spleen and stomach, loose stools. Or stagnance of phlegm and dampness

18. **Wu ling san** *(Poria Five Herbs Formula)*
Fu ling (Poria) 6-9g
Ze xie (Alisma ) 9-12
Zhu ling (Polyporus) 6-9g
Bai Zhu (Atractylodes) 6-9

Poria cocos
Alisma plantago
Polyporus umbellatus
Atractylodes alba
Gui Zhi (Cinnamon twig) 6-9 Cinnamomum cassia
Actions: 1. diuretic, 2 diaphoretic, 3 strengthens the Spleen by removing dampness
For edema, diarrhea, dysuria, cholera, vomiting, nephritic edema, acute gastritis, cardiac edema, gastrectasis, ascites due to liver cirrhosis, urinary retention, scrotal hydrocele, acute enteritis and diarrhea.
Tongue: white and slippery
Pulse: slippery, floating and rapid
With jaundice add capillaris.

19. Xiao chai hu tang (Minor Bupleurum)

<table>
<thead>
<tr>
<th>Herb</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chai Hu (Bupleurum)</td>
<td>12-15 gms</td>
</tr>
<tr>
<td>Huang Qin (scutellaria)</td>
<td>9-12 gms</td>
</tr>
<tr>
<td>Ban Xia (pinellia)</td>
<td>9-12 gms</td>
</tr>
<tr>
<td>Shen jiang (fresh ginger)</td>
<td>3-6 gms</td>
</tr>
<tr>
<td>Ren shen (ginseng)</td>
<td>6-9 gms</td>
</tr>
<tr>
<td>Gan Cao (licorice)</td>
<td>3-6 gms</td>
</tr>
<tr>
<td>Da Zao (jujube)</td>
<td>3-5 pc</td>
</tr>
</tbody>
</table>

Additional Herbs:
- Bupleurum Chinense
- Scutellaria baicalensis
- Pinellia ternate
- Zingiberis officinalis
- Glycyrrhiza uralensis
- Zizyphus jujuba

Actions: to mediate the febrile xiao yang channel and treat diseases that are a combination of internal, external, excess, deficiency, hot and cold.
Tongue: thin white coat
Pulse: wiry/taut

This is one of the most useful of all Chinese herb formulas because it simultaneously treats opposite symptoms and patterns. Formulas that do this are classified as harmonizing formulas because they harmonize Qi. Because most people don’t have simple diseases that are all cold, all hot, all excess, all deficient, all external or all internal they are particularly indicated for complex problems.

One may ask how or why can one combine herbs with opposite properties in the same formula? The reason is because each herb has a dominance on a particular organ or physiological system so that the energetic and therapeutic effects of a particular herb is focused on a particular physiological organ system.

So in the above formula Bupleurum and Scutellaria are cooling and detoxifying to the liver, while ginseng, jujube date and licorice are tonifying to the spleen-pancreas (metabolism), pinellia and ginger dries dampness in the lungs. Fresh ginger relieves the surface (diaphoretic) while ginseng, jujube dates tonify the center.

Thus the formula is indicated for chronic inflammatory symptoms with an underlying deficiency. It could be used for lingering coughs and recurring fevers that perhaps began with an external disease and was improperly treated and went deeper. It is also good for patients with chronic fatigue.

Bupleurum and scutellaria are powerful detoxifying agents for the liver and upper warmer (lungs and heart) and are given more strength to do their job by the addition of central qi (Spleen) tonics. Thus the formula can be used for most chronic inflammatory diseases such as chronic hepatitis for which it is widely used.
The addition of fresh ginger and pinellia makes the formula useful for phlegm and regulating fatty accumulations that may clog the circulatory system. This function may need augmenting with the addition of other herbs such as semen cassia tora and/or guggul to augment this function.

**Creating a Harmonizing Western herbal formula following the above principles**

With the increasing adoption of Chinese and other herbs from around the world the lines between what constitutes a Western herb as opposed to a Chinese herb are, without regret, increasingly blurred.

However following is a possible formula that incorporates many of the principles of Chinese Minor Bupleurum using other herbs. Please understand that I do not believe that any herb is really a substitute for another, however given this here goes:

<table>
<thead>
<tr>
<th>Oregon grape</th>
<th>12 grams</th>
<th>Berberis aquifolium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dandelion root</td>
<td>9</td>
<td>Taraxacum officinalis</td>
</tr>
<tr>
<td>Red root (ceanothus)</td>
<td>9</td>
<td>Ceanothus americanus</td>
</tr>
<tr>
<td>Fresh ginger</td>
<td>4</td>
<td>Zingiberis recens</td>
</tr>
<tr>
<td>American ginseng</td>
<td>9</td>
<td>Panax quinquefolium</td>
</tr>
<tr>
<td>Honey</td>
<td>1 tsp</td>
<td>Livistona chinensis (?)</td>
</tr>
<tr>
<td>Dates</td>
<td>3 to 5 pcs</td>
<td></td>
</tr>
</tbody>
</table>

From the above, we have created one possibility for a harmonizing formula that is well balanced. Trying to strictly use different herbs than the Chinese Minor Bupleurum created some compromises which ultimately I don’t think are optimal. Most important of which is the absence of licorice in the second formula. One could use jack in the pulpit in place of pinellia. Both herbs are toxic in their raw state however, North American Jack in the Pulpit root has very similar properties to pinellia and both are in the same araceae plant family and both are similarly used in Chinese herbal medicine. Dried Jack in the Pulpit (*Arisaema triphyllum*) however neutralizes the toxic calcium oxalate in the fresh plant. Perhaps frying the dried root in fresh ginger juice as is done with pinellia and the Chinese species will further neutralize any residual toxicity. Interestingly enough the Native Americans also used this herb for coughs and excess mucus.

**20. Da Chai hu Tang (Major Bupleurum)**

<table>
<thead>
<tr>
<th>Chai Hu (Bupleurum)</th>
<th>9-12 gms</th>
<th>Bupleurum chinense</th>
</tr>
</thead>
<tbody>
<tr>
<td>Huang Qin (scutellaria)</td>
<td>9-12 gms</td>
<td>scutellaria baicalensis</td>
</tr>
<tr>
<td>Zhi shi (bitter orange)</td>
<td>6-9 gms.</td>
<td>citrus aurantium</td>
</tr>
<tr>
<td>Ban Xia (pinellia)</td>
<td>6-9 gms</td>
<td>Pinellia ternata</td>
</tr>
<tr>
<td>Bai Shao (white peony)</td>
<td>6-9 gms</td>
<td>paonia officinale</td>
</tr>
<tr>
<td>Sheng jiang (fresh ginger)</td>
<td>3-6 gms</td>
<td>Zingiberis officinalis</td>
</tr>
<tr>
<td>Da Tao (jujube)</td>
<td>3-5 pc</td>
<td>zizyphus jujube</td>
</tr>
</tbody>
</table>

Actions: 1. to mediate the xiao yang channel  
2. to purge internal heat  

For excess internal heat conditions with external coldness and internal deficiency  
Tongue: yellow coat
Pulse: wiry/taut, forceful

21. **Xiao yao san (Bupleurum and Dang Gui Formula) (Free and easy wanderer)**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chai hu (bupleurum)</td>
<td>6-9</td>
<td>Bupleurum falcatum</td>
</tr>
<tr>
<td>Dan gui (angelica)</td>
<td>6-9</td>
<td>Angelica sinensis</td>
</tr>
<tr>
<td>Bai Shao (white peony)</td>
<td>9-12</td>
<td>Paeonia lactiflora</td>
</tr>
<tr>
<td>Fuling (poria)</td>
<td>9-15</td>
<td>Poria cocos</td>
</tr>
<tr>
<td>Bo he (mint)</td>
<td>1-3</td>
<td>Mentha hypocalyx</td>
</tr>
<tr>
<td>Sheng jiang (fresh ginger)</td>
<td>1-3</td>
<td>Zingiberis recens</td>
</tr>
<tr>
<td>Zhi gan cao (baked licorice)</td>
<td>3-6</td>
<td>Glycyrrhiza ur.</td>
</tr>
</tbody>
</table>

Actions: 1. to regulate liver and spleen 2. to replenish blood. For stagnant liver qi, depression, anemia, costal pain, dry mouth and throat, lassitude, loss of appetite, irregular menstruation, breast distension, alternate chills and fever.

Tongue: Pale and red
Pulse: wiry, taut and feeble

For PMS, menopausal imbalances, chronic hepatitis, emotional mood swings, irregular menstruation, stopped menstruation, painful, distended breasts.
A variation that adds Zhi Zi (Gardenia fruit is also used to clear liver heat.

22. **Xue Fu Zhu Wan (Blood Mansion Pill)**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tao ren (Persica)</td>
<td>9-12g</td>
<td></td>
</tr>
<tr>
<td>Hong hua (Carthamus)</td>
<td>6-9g</td>
<td></td>
</tr>
<tr>
<td>Dang Gui (Chinese angelica)</td>
<td>6-9g</td>
<td></td>
</tr>
<tr>
<td>Chuan Xiong (Ligusticum)</td>
<td>3-6g</td>
<td></td>
</tr>
<tr>
<td>Chi shao yao (red peony)</td>
<td>6-9g</td>
<td></td>
</tr>
<tr>
<td>Chuan niu xi (cyathula)</td>
<td>6-9g</td>
<td></td>
</tr>
<tr>
<td>Chai hu (bupleurum)</td>
<td>3-6g</td>
<td></td>
</tr>
<tr>
<td>Zhi ke (Bitter orange)</td>
<td>6-9g</td>
<td></td>
</tr>
<tr>
<td>Sheng di huang (raw rehmannia)</td>
<td>6-9g</td>
<td></td>
</tr>
<tr>
<td>Gan Cao (Licorice)</td>
<td>3-6g</td>
<td></td>
</tr>
</tbody>
</table>

1. Invigorates blood circulation and removes stasis
2. Promotes circulation of qi and relieves pain.

For pain in the head, chest, caused by blood stasis, poor circulation.

Symptoms
Chronic head and/or chest pains caused by blood stasis or poor circulation. Chronic hiccup, irritability, insomnia, emotional upset, increased body temperature, especially in the afternoon.

Application:
Coronary heart disease, angina, rheumatic heart disease, cartilage costalgia functional neurosis, post-concussion-stroke syndrome, external injury in the chest.
For hard lumps add curcuma (yu jin) and Dan shen (salvia root)

23. **Yin Chiao (Lonicera and Forsythia formula)**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jin yin hua (honesuckle)</td>
<td>9-12</td>
<td>Lonicera japonica</td>
</tr>
<tr>
<td>Lian qiao (Forsythia fruit)</td>
<td>9-12</td>
<td>Forsythia suspense</td>
</tr>
<tr>
<td>Niu bang zi (arctium seed)</td>
<td>6-9</td>
<td>Arctium lappa</td>
</tr>
<tr>
<td>Bo he (mint)</td>
<td>3-6</td>
<td>Mentha hypocalyx</td>
</tr>
<tr>
<td>Chinese Name</td>
<td>Quantity</td>
<td>Latin Name</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>----------</td>
<td>-------------------------------------</td>
</tr>
<tr>
<td>Jing jie sui (Schizeonepeta spike)</td>
<td>3-6</td>
<td>Schizonepetae tenuifolia</td>
</tr>
<tr>
<td>Dan dou chi (prepared soya bean)</td>
<td>9-15</td>
<td>Sojae praepartatum</td>
</tr>
<tr>
<td>Jie geng (Platycodon)</td>
<td>6-9</td>
<td>Platycodon grandiflorum</td>
</tr>
<tr>
<td>Dan Zhu ye (Bamboo leaf)</td>
<td>3-6</td>
<td>Lophatherum gracilis</td>
</tr>
<tr>
<td>Lu gen (Phragmites)</td>
<td>6-9</td>
<td>Phragmites communis</td>
</tr>
<tr>
<td>Gan cao (licorice)</td>
<td>3-6</td>
<td>Glycyrrhiza ur.</td>
</tr>
</tbody>
</table>

**Actions:**
1. To dispel wind heat
2. To eliminate internal heat and toxin.

**Tongue:** Tip color is red with thin white or yellow coating
**Pulse:** floating and rapid

For flu, colds, sore throat, thirst, cough, difficulty sweating.
**Tongue:** tip color is red with a thin white or yellow coat
**Pulse:** floating and rapid.

For measles, influenza, acute tonsillitis, epidemic encephalitis B, parotiditis.
For severe heat and toxins add isatis leaf and isatis root (antivirals).
For thirst add trichosanthes.
For sore throat add achryanthes, isatis root and lasiophaeera