

# FORMULA

Formula	Herbs / Dosage	Indications / Functions
<b>Dang Gui San</b> (dang gui powder)	Dang Gui 4.00 Huang Qin 4.00 Bai Shao 4.00 Chuan Xiong 4.00 Bai Zhu 2.00	<ul style="list-style-type: none"> <li>• <b>Stops the bleeding, calms restless fetus, and nourishes the blood.</b> Miscarriages, unstable gestation, and postpartum problems.</li> </ul>
<b>C - tblood</b>		
<b>Dang Gui Shao Yao San</b> (tangkuei & peony powder)	Dang Gui 10g Bai Shao 30g Fu Ling 15g Bai Zhu 12g Ze Xie 10g Chuan Xiong 10g	<ul style="list-style-type: none"> <li>• <b>Nourishes Liver blood, tonifies the Spleen and Stomach.</b></li> <li>• <b>Spreads Liver Qi, resolves dampness.</b> Continuous cramping in the abdomen, urinary difficulty, edema, anemia, low back pain, fatigue, irregular menstruation, chronic nephritis. <i>Tongue:</i> pale, thin coat. <i>Pulse:</i> deep, weak.</li> </ul>
<b>C - harm</b>		
<b>Dang Gui Si Ni Tang</b> (tangkuei frigid extremity decoction)	Gui Zhi * 9g Dang Gui * 9g Bai Shao ** 9g Mu Tong 6g Xi Xin ** 6g Da Zao 25pcs Zhi Gan Cao 6g	<ul style="list-style-type: none"> <li>• <b>Warms the channels and expels cold.</b></li> <li>• <b>Nourishes the Blood, promotes circulation.</b> Cold and pale limbs, anemia, lower back pain. <i>Tongue:</i> pale body, thin, white coat. <i>Pulse:</i> deep, thin.</li> <li>• <b>Formula for Raynaud's disease.</b></li> </ul>
<b>B - wint</b>		
<b>Dao Chi San</b> (guide out red powder)	Sheng Di Huang* 15-30g Mu Tong 3-6g Dan Zhu Ye 3-6g Gan Cao 3-6g	<ul style="list-style-type: none"> <li>• <b>Clears Heart fire.</b></li> <li>• <b>Promotes urination.</b> Irritability, thirst, dark urination, red face, burning and painful urination, canker sores. <i>Tongue:</i> red body, dry coat. <i>Pulse:</i> rapid, slippery.</li> <li>• <b>Formula for canker sores and other heat signs in the Heart.</b> This formula drains heat from the Heart by way of the Small Intestine.</li> </ul>
<b>B - clht</b>		
<b>Dao Shui Fu Ling Tang</b> (hoelen atracylodes & areca combination)	Chi Fu Ling 4.80 Ze Xie 4.80 Bai Zhu 4.80 Mai Men Dong 4.80 Sang Bai Pi 1.60 Zi Su Ye 1.60 Da Fu Pi 1.20 Sha Ren 1.20 Mu Xiang 1.20 Deng Xin Cao 1.00 Bing Lang 1.60 Mu Gua 1.60 Chen Pi 1.20	<ul style="list-style-type: none"> <li>• <b>Dispels water and edema.</b></li> <li>• <b>Reduces swelling and distention.</b> Chronic nephritis, edema with asthma, ascites, and difficult urination. <i>Tongue:</i> white, thick, furry coat. <i>Pulse:</i> slow.</li> </ul>
<b>C - edamp</b>		
<b>Dao Tan Tang</b> (guide out phlegm decoction)	Ju Hong 10g Ban Xia 15g Fu Ling 12g Gan Cao 3g Zhi Shi 3-10g Dan Nan Xing 12g Sheng Jiang 10g	<ul style="list-style-type: none"> <li>• <b>Dries dampness, expels phlegm.</b> Obstructed phlegm, vertigo, headache, accumulation of congested fluids, stifling sensation and focal distention in the chest and diaphragm, reduced appetite, coughing and wheezing, copious sputum, difficult breathing, thick gummy nasal discharge. <i>Tongue:</i> white, greasy coat. <i>Pulse:</i> slippery, wiry.</li> </ul>
<b>C - rphlegm</b>		
<b>Di Dang Tang</b> (rhubarb & leech combination)	Tao Ren 2.00 Da Huang 10.00 Shui Zhi 10.00 Meng Chong 1.00	<ul style="list-style-type: none"> <li>• <b>Disperses stagnant blood.</b></li> <li>• <b>Activates and regulates blood.</b> Abnormal menses, dark stools, stagnant blood in the face, lips and tongue, amenorrhea, menstrual irregularity, uterine myoma, and amnesia due to anemia.</li> </ul>
<b>C - tblood</b>		