



**Pan Canadian Formulas 2020**  
**Dispel Phlegm**

**Dispel Phlegm – Dry Damp**

FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTION AND CONTRAINDICATIONS	INGREDIENTS
<b>Er Chen Tang</b> <i>Two-Aged [Herb] Decoction</i>	<p><b>Action:</b> Dries Damp, transforms Phlegm, regulates Qi and harmonizes Middle Jiao  <b>Indication:</b> Phlegm Damp due to Lung and Spleen Deficiency  <b>S/S:</b> Coughing with copious, white sputum that is easily expectorated, focal distention and a stifling sensation in the chest and diaphragm, palpitations, nausea or vomiting, dizziness  <b>T:</b> White, Moist or Greasy coat  <b>P:</b> Slippery</p> <p><b>Cautions and contraindications:</b>  <b>Contraindication:</b> Lung Yin Deficiency unless the formula is modified</p>	Zhi Ban Xia 15g (C) Ju Hong (Chen Pi) 15g (C) Fu Ling 9g (D) Zhi Gan Cao 4.5g (A) Sheng Jiang 7 pieces (E) Wu Mei 1 piece none noted
<b>Jin Shui Liu Jun Jian</b> <i>Six-Gentlemen of Metal and Water Decoction</i>	<p><b>Action:</b> Enriches and nourishes Lungs and Kidneys, dispels Damp and transform Phlegm  <b>Indication:</b> Lung and Kidney Yin Deficiency with Phlegm  <b>S/S:</b> Copious, white sputum that is difficult to expectorate, wheezing, and nausea. May have salty-tasting sputum or parched throat.  <b>Also:</b> Chronic bronchitis in the elderly  <b>T:</b> Peeled  <b>P:</b> None noted</p> <p><b>Cautions and contraindications:</b> None noted</p>	Zhi Ban Xia 6g (D) Chen Pi 4.5g none noted Fu Ling 6g none noted Zhi Gan Cao 3g none noted Dang Gui 6g none noted Shu Di Huang 9-15g (C)
<b>Dao Tan Tang</b> <i>Guide Out Phlegm Decoction</i>	<p><b>Action:</b> Dries Damp, clears Phlegm, promotes Qi movement and opens up constrained areas  <b>Indication:</b> Collapse due to Phlegm or Wind Phlegm  <b>S/S:</b> Fainting or vertigo with headache with a stifling sensation and focal distention in the chest and diaphragm, reduced appetite, distention and fullness in the hypochondria and flanks, restlessness when sitting or lying down, coughing and wheezing with copious sputum and difficulty breathing, thick and gummy nasal discharge and saliva  <b>T:</b> White, Greasy coat  <b>P:</b> Slippery</p> <p><b>Cautions and contraindications:</b>  <b>Contraindication:</b> Yin Deficiency, or Heat</p>	Zhi Ban Xia 12g (C) Ju Hong (Chen Pi) 3g (A) Fu Ling 3g (A) Zhi Shi 3g (A) Zhi Tian Nan Xing 3g (D)



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<p><b>Fu Ling Wan</b> <i>Poria Pill</i></p>	<p><b>Action:</b> Dries Damp, moves Qi, softens hardness and transforms Phlegm  <b>Indication:</b> Phlegm in the Middle Jiao obstructing the flow of Qi and Blood  <b>S/S:</b> Pain in both arms or shoulders with inability to lift the hands, often more pronounced on one side.  <b>Also:</b> Numbness in both hands, or superficial edema in all four extremities  <b>T:</b> White, Greasy coat  <b>P:</b> Submerged and Thin, or Wiry and Slippery</p> <p><b>Cautions and contraindications:</b> Discontinue once symptoms resolve  <b>Contraindication:</b> Weak constitutions</p>	<p>Fu Ling 6g (D)  Zhi Ke 3g (A)  Zhi Ban Xia 9g (C)  Mang Xiao 3g (A)</p>
<p><b>Wen Dan Tang</b> <i>Warm Gallbladder Decoction</i></p>	<p><b>Action:</b> Regulates Qi, transforms Phlegm, clears Gallbladder and harmonizes Stomach  <b>Indication:</b> Stomach and Gallbladder disharmony with Phlegm  <b>S/S:</b> Dizziness, vertigo, nausea or vomiting, insomnia, dream disturbed sleep with strange or unusual dreams, palpitations, anxiety, indeterminate gnawing hunger.  <b>Also:</b> Seizures with copious sputum, focal distention of the chest, bitter taste, slight thirst,  <b>T:</b> Greasy, Yellow coat  <b>P:</b> Rapid that is either Slippery or Wiry</p> <p><b>Cautions and contraindications:</b> None noted</p>	<p>Zhi Ban Xia 6g (C)  Zhu Ru 6g (D)  Zhi Shi 6g (A)  Chen Pi 9g (A)  Fu Ling 4.5g (A)  Zhi Gan Cao 3g (A)  Sheng Jiang 5 slices (E)  Da Zao 1 piece none noted</p>



## Dispel Phlegm – Clear Heat

FORMULA NAME	Actions / Indications / Symptoms / Caution and Contraindications	INGREDIENTS
<p><b>Qing Qi Hua Tan Wan</b> <i>Clear the Qi and Transform Phlegm Pill</i></p>	<p>Action: Clears Heat, transforms Phlegm, directs Rebellious Qi downward and stops cough            Indication: Internal Phlegm Heat affecting the Spleen and Lung            S/S: Coughing of yellow, viscous sputum that is difficult to expectorate, focal distention and a feeling of fullness in the chest and diaphragm, nausea.            Severe cases: Difficulty breathing            T: Red + Greasy, Yellow coat. P: Slippery, Rapid            Cautions and contraindications: None noted</p>	<p>Dan Nan Xing 45g (C)            Zhi Ban Xia 45g (A)            Gua Lou Ren 30g (D)            Huang Qin 30g (D)            Chen Pi 30g (A)            Xing Ren 30g (A)            Zhi Shi 30g (A)            Fu Ling 30g (A)</p>
<p><b>Xiao Xian Xiong Tang</b> <i>Minor Decoction [for Pathogens] Stuck in the Chest</i></p>	<p>Action: Clears Heat, transforms Phlegm, expands the chest and dissipates clumps            Indication: Phlegm Heat in the Upper and Middle Jiaos            S/S: Focal distention (with or without nodules) in the chest and epigastrium that are painful when pressed, coughing up yellow and viscous sputum, constipation, a bitter taste            T: Yellow, Greasy coat. P: Slippery that is either Floating or Rapid            Cautions and contraindications:            Contraindication: Severe Spleen and Stomach Deficiency</p>	<p>Gua Lou [crush] 1 big fruit (24-30g) (C)            Huang Lian 3g (D)            Jiang Ban Xia 9-12g (A)</p>
<p><b>Gun Tan Wan</b> <i>Flushing Away Roiling Phlegm Pill</i></p>	<p>Action: Drains Fire and drives out Phlegm            Indication: Phlegm Fire            S/S: Insanity, palpitations with anxiety; or severe, continuous palpitations that can lead to coma; or coughing and wheezing with thick, viscous sputum; or focal distention and a stifling sensation in the chest and epigastrium; or dizziness, vertigo, and tinnitus. In every case there is constipation.            Also: Facial tics, insomnia or extremely strange dreams, sudden, deep pain in the joints that is difficult to describe, nodules in the neck, or a choking sensation. Insanity (dian kuang) marked by two patterns that may or may not alternate with each other. Withdrawal (dian) characterized by a blunted affect, a dull complexion, incoherent speech, disinterest in food and in severe cases, a blank stare. Mania (kuang) or manic behavior with restlessness, agitation, continuous shouting or singing, and sometimes violent behavior            T: Yellow, Thick, and Greasy coat            P: Slippery, Rapid, and Forceful            Cautions and contraindications:            Contraindication: Pregnancy, postpartum, weak individuals, or absence of Excess Heat and chronic, stubborn Phlegm</p>	<p>Duan Meng Shi 30g (C)            Jiu Xi Da Huang 240g (D)            Jiu Xi Huang Qin 240g (A)            Chen Xiang 15g (A)</p>
<p><b>Qing Jin Jiang Huo Tang</b> <i>Clear Metal and Lowering Fire Decoction variation</i></p>	<p>Action: None noted            Indication: Cough due to Phlegm Fire in the Lungs            S/S: Cough with productive yellow sputum during pregnancy, feeling of chest oppression.            T: Swollen + Sticky yellow coat            P: Slippery and Rapid            Cautions and contraindications: None noted</p>	<p>Huang Qin 6g            Xing Ren 4.5g            Chuan Bei Mu 6g            Jie Geng 3g            Qian Hu 6g            Gua Lou 6g            Chen Pi 3g            Fu Ling 6g            Ban Xia 6g            Shi Gao 9g            Zhi Ke 6g            Zhi Gan Cao 3g            Sheng Jiang 3 slices            Sang Ye none noted            Pi Pa Ye none noted  <b>No hierarchy or dosages noted</b></p>



### Dispel Phlegm – Disperse Clumping

FORMULA NAME	Actions / Indications / Symptoms / Caution and Contraindications	INGREDIENTS
<p><b>Hai Zao Yu Hu Tang</b> <i>Sargassum Decoction for the Jade Flask</i></p>	<p><b>Action:</b> Transforms Phlegm, softens hard masses, reduces and dissipates goiter  <b>Indication:</b> Goiter  <b>S/S:</b> Masses in the center of the neck that are rock-like in hardness, immobile, cause no change in the color of the skin, and do not ulcerate.  <b>Qi goiter:</b> Swellings that change in size and come and go.  <b>Flesh goiter:</b> Swellings with no change in the color of the skin, pain or ulceration.  <b>Qi Stagnation, Blood Stasis and Phlegm goiter:</b> Rock-hard masses  <b>T:</b> Thin, Greasy coat  <b>P:</b> Wiry and Slippery</p> <p><b>Cautions and contraindications:</b>  <b>Contraindication:</b> If the swelling has ulcerated or in cases with significant Deficiency</p>	<p>Hai Zao 3g (9g) (C)            Kun Bu 3g (9g) (C)            Hai Dai 1.5g (9g)            Zhe Bei Mu 3g (9g) (D)            Zhi Ban Xia 3g (9g) (A)            Du Huo 3g (9g) (A)            Chuan Xiong 3g (6g) (A)            Dang Gui 3g (9g) (A)            Qing Pi 3g (6g) (A)            Chen Pi 3g (4.5g) (A)            Lian Qiao 3g (9g) (A)            Gan Cao 3g (AE)</p>

### Dispel Phlegm – Moistens Dryness

FORMULA NAME	Actions / Indications / Symptoms / Caution and Contraindications	INGREDIENTS
<p><b>Bei Mu Gua Lou San</b> <i>Fritillaria and Trichosanthes Fruit Powder</i></p>	<p><b>Action:</b> Moistens Lungs, clears Heat, regulates Qi and transforms Phlegm  <b>Indication:</b> Dryness in the Lungs leading to Phlegm  <b>S/S:</b> Cough with deep-seated sputum that is difficult to expectorate, wheezing, a dry and sore throat  <b>T:</b> Red, dry + White coat  <b>P:</b> Rapid and Thin but Strong or Slippery</p> <p><b>Cautions and contraindications:</b>  <b>Contraindication:</b> Yin Deficiency cough</p>	<p>(Chuan) Bei Mu 4.5g (C)            Gua Lou 3g (D)            Tian Hua Fen 2.4g (A)            Fu Ling 2.4g (A)            Ju Hong 2.4g (A)            Jie Geng 2.4g (A)</p>



## Dispel Phlegm – Warm

FORMULA NAME	Actions / Indications / Symptoms / Caution and Contraindications	INGREDIENTS
<p><b>Ling Gan Wu Wei Jiang Xin Tang</b> <i>Poria, Licorice, Schisandra, Ginger, and Asarum Decoction</i></p>	<p><b>Action:</b> Warms Lungs and transforms congested fluids  <b>Indication:</b> Yang Deficiency with Yin Rising leading to Cold, thin mucus  <b>S/S:</b> Coughing with profuse sputum that is thin, watery, and white with a feeling of discomfort in the chest and diaphragm  <b>T:</b> White, Slippery coat  <b>P:</b> Wiry, Slippery</p> <p><b>Cautions and contraindications:</b> None noted</p>	<p>Fu Ling 12g (A)            Gan Cao 9g (E)            Gan Jiang 9g (C)            Xi Xin 9g (D)            Wu Wei Zi 6-12g (A)</p>
<p><b>Leng Xiao Wan</b> <i>Cold Asthma Pill</i></p>	<p><b>Action:</b> Disperses Cold and flushes out Phlegm  <b>Indication:</b> Cold Contraction and Phlegm causing asthma and coughing  <b>S/S:</b> For cold contracted via the back with asthma and coughing, clumping and accumulation of stubborn phlegm, focal distention and fullness of the chest and diaphragm, and inability to breathe when lying down  <b>T:</b> None noted  <b>P:</b> None noted</p> <p><b>Cautions and contraindications:</b> None noted</p>	<p>Ma Huang 30g            Zhi Chuan Wu 30g            Xi Xin 30g            Chuan Jiao 30g            Bai Fan 30g            Zhu Ya Zao 30g            Ban Xia 30g            Tian Nan Xing 30g            Xing Ren 30g            Gan Cao 30g            Zi Wan 60g            Kuan Dong Hua 60g</p> <p><b>No hierarchy noted</b></p>
<p><b>San Zi Yang Qin Tang</b> <i>Three-Seed Decoction to Nourish One's Parents</i></p>	<p><b>Action:</b> Directs Qi downward, transforms Phlegm and reduces harbored food  <b>Indication:</b> Phlegm in the Lungs with Qi Stagnation  <b>S/S:</b> Coughing and wheezing, copious sputum, focal distention in the chest, loss of appetite, digestive difficulties  <b>T:</b> White, Greasy coat  <b>P:</b> Slippery</p> <p><b>Cautions and contraindications:</b> None noted</p>	<p>Bai Jie Zi 6-9g            Zi Su Zi 6-9g            Lai Fu Zi 6-9g</p> <p><b>No hierarchy noted</b></p>



## Dispel Phlegm – Extinguish Wind

FORMULA NAME	Actions / Indications / Symptoms / Caution and Contraindications	INGREDIENTS
<p><b>Ban Xia Bai Zhu Tian Ma Tang</b> <i>Pinellia, White Atractylodes, and Gastrodia Decoction</i></p>	<p><b>Action:</b> Strengthens Spleen, dispels Damp, transforms Phlegm and extinguishes Wind  <b>Indication:</b> Wind Phlegm  <b>S/S:</b> Dizziness or vertigo (possibly severe), headache, stifling sensation in the chest, nausea or vomiting, copious sputum  <b>T:</b> White, Greasy coat  <b>P:</b> Wiry, Slippery</p> <p><b>Cautions and contraindications:</b>  <b>Contraindication:</b> Vertigo from either Liver Yang Rising, or Blood Deficiency</p>	<p>Zhi Ban Xia 4.5g (C)  Tian Ma 3g (C)  Bai Zhu 9g (D)  Ju Hong (Chen Pi) 3g (A)  Fu Ling 3g (A)  Sheng Jiang 1 slice (E)  Da Zao 2 pieces (E)  Gan Cao 1.5g (E)</p>
<p><b>Ding Xian Wan</b> <i>Arrest Seizures Pill</i></p>	<p><b>Action:</b> Scours out Phlegm, opens sensory orifices, clears Heat and extinguishes Wind  <b>Indication:</b> Seizure disorder due to Phlegm and Wind  <b>S/S:</b> Sudden loss or clouding of consciousness together with falling down, upward-rolling of the eyes, deviation of the mouth, spitting up of mucus with a loud, raspy sound  <b>Severe cases:</b> Tonic-clonic convulsions, sudden shrieking, or incontinence of stool or urine  <b>T:</b> White and Greasy coat  <b>P:</b> Usually Wiry and Slippery</p> <p><b>Cautions and contraindications:</b> Long term use for seizures may be required. Because it is draining it is required to alternate it with tonifying formulas like He Che Wan  <b>Caution:</b> Modify for seizures due to Liver Fire with Phlegm Heat, Liver and Kidney Yin Deficiency, or Spleen and Stomach Deficiency. If Zheng Qi is weak add 9g of Ren Shen to the formula</p>	<p>Tian Ma 30g (A)  Chuan Bei Mu 30g (A)  Zhi Ban Xia 30g (A)  Fu Ling 30g (A)  Fu Shen 30g (A)  Dan Nan Xing 15g (D)  Shi Chang Pu 15g (A)  Quan Xie 15g (A)  Bai Jiang Can 15g (A)  Hu Po 15g (A)  Deng Xin Cao 15g  Chen Pi 21g (A)  Yuan Zhi 21g (A)  Dan Shen 60g (A)  Mai Men Dong 60g (A)  Zhu Sha [refine with water] 9g (A)</p> <p>Grind ingredients into a powder, form into pills, then decoct with:  Gan Cao (E)  Zhu Li (C)  glass of Ginger Juice (Jiang Zhi) (A)</p>
<p><b>Zhi Sou San</b> <i>Stop Coughing Powder</i></p>	<p><b>Action:</b> Stops cough, transforms Phlegm, disperses Exterior and disseminates Lung Qi  <b>Indication:</b> Sequela due to External Wind Cold  <b>S/S:</b> Coughing with or without slight chills and fever, an itchy throat, Phlegm that is difficult to expectorate  <b>T:</b> Thin, White coat  <b>P:</b> Moderate, Floating</p> <p><b>Cautions and contraindications:</b>  <b>Caution:</b> Modify in cases of cough due to Lung Heat  <b>Contraindication:</b> Cough due to Yin Deficiency</p>	<p>Zi Wan 960g (C)  Bai Qian 960g (D)  Bai Bu 960g (C)  Jie Geng 960g (D)  Chen Pi 480g (A)  Jing Jie 960g (A)  Gan Cao 360g (E)</p>

