



Pan Canadian Formulas 2020

Expel Wind

Expel External Wind

FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTION AND CONTRAINDICATIONS	INGREDIENTS
<p>Chuan Xiong Cha Tiao San <i>Chuanxiong Powder to Be Taken with Green Tea</i></p>	<p>Action: Disperses Wind and alleviates pain Indication: Headache due to Externally contracted Wind S/S: Headache in any part of the head, which may be accompanied by fever and chills, dizziness, nasal congestion T: Thin white coat P: Floating</p> <p>Cautions and contraindications: Use in small doses and cook no more than 1-3 minutes in powder form Contraindication: Headaches from Liver Yang Rising due to Liver and Kidney Deficiency or headaches due to Qi and Blood Deficiency</p>	<p>Bo He 240g (D) Chuan Xiong 120g (C) Bai Zhi 60g (C) Qiang Huo 60g (C) Xi Xin 30g (D) Jing Jie 120g (D) Fang Feng 45g (D) Zhi Gan Cao 60g (E) Green Tea (A)</p>
<p>Cang Er Zi San <i>Xanthium Powder</i></p>	<p>Action: Disperses Wind, alleviates pain and unblocks the nose Indication: External Wind pathogen obstructing the flow of Wei Qi S/S: Copious, purulent, and foul-smelling nasal discharge, nasal obstruction, dizziness, frontal headache T: Normal or thin, white or greasy, white coat P: None noted</p> <p>Cautions and contraindications: None noted</p>	<p>Cang Er Zi 7.5g (6-9g) (C) Xin Yi Hua 15g (3-6g) (C) Bai Zhi 30g (6-9g) (D) Bo He 1.5g (3-6g) (A)</p>
<p>Xiao Huo Luo Dan <i>Minor Invigorate the Collaterals Special Pill</i></p>	<p>Action: Disperses Wind, eliminates Damp, transforms Phlegm, invigorates Blood, unblocks the collaterals and alleviates pain Indication: Post Wind Stroke with Wind, Damp, Phlegm and Blood Stasis obstructing the channels and collaterals S/S: Chronic pain, weakness, and numbness (especially in the lower extremities) due to Wind Stroke. Also: Fixed or migrating pain in the bones and joints with reduced range of motion due to Wind Cold Damp painful obstruction. In both conditions, the symptoms are aggravated by cold Severe cases: Obstruction causes severe pain T: White, moist coat P: None noted</p> <p>Cautions and contraindications: Caution: For patients with a strong constitution only Contraindication: Yin Deficiency, or pregnancy</p>	<p>Zhi Cao Wu 180g (C) Zhi Chuan Wu 180g (C) Zhi Tian Nan Xing 180g (D) Mo Yao 66g (A) Ru Xiang 66g (A) Di Long 180g (A)</p>
<p>Qian Zheng San <i>Lead to Symmetry Powder</i></p>	<p>Action: Disperses Wind, transforms Phlegm and stops spasms Indication: Wind Stroke affecting only the face S/S: Sudden facial paralysis with deviation of the eyes and mouth and facial muscle twitch T: None noted P: None noted</p> <p>Cautions and contraindications: Not for long term use or use in large doses Contraindication: Pregnancy, or paralysis due to Liver Wind, or Qi Deficiency and Blood Stasis</p>	<p>Bai Fu Zi Equal amounts (6g) (C) Bai Jiang Can Equal amounts (6g) (D) Quan Xie Equal amounts (6g) (A)</p>



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<p>Yu Zhen San <i>True Jade Powder</i></p>	<p>Action: Dispels Wind, transforms Phlegm, relieves muscular tetany and alleviates pain Indication: Tetanus S/S: Stiffness and spasms of the jaw, closed mouth, lip spasms, deviation of the eyes, rigidity of the entire body to the point of opisthotonus. This is muscular tetany marked by a stiff and tense neck and jaw, spasms of the extremities, and possibly opisthotonus T: None noted P: Wiry, Tight Cautions and contraindications: Not for long-term use, and dosage should be carefully monitored due to toxic ingredients. Caution: Modify for severe hemorrhaging due to trauma focusing on tonifying Blood and relaxing the sinews Contraindication: Pregnancy, or advanced stage tetany</p>	<p>Bai Fu Zi not noted (C) Zhi Tian Nan Xing not noted (C) Qiang Huo not noted (D) Bai Zhi not noted (D) Fang Feng not noted (D) Tian Ma not noted (A)</p>
<p>Xiao Feng San <i>Eliminate Wind Powder from Orthodox Lineage</i></p>	<p>Action: Disperses Wind, eliminates Damp, clears Heat and cools Blood Indication: Wind Rash or Damp Rash due to Wind Heat or Wind Damp with a pre-existing Damp Heat condition S/S: Weepy, itchy, red skin lesions over a large part of the body T: Yellow or white coat P: Forceful, Floating, Rapid Cautions and contraindications: Contraindication: Qi or Blood Deficiency</p>	<p>Jing Jie 3g (C) Fang Feng 3g (C) Niu Bang Zi 3g (C) Chan Tui 3g (C) Cang Zhu 3g (D) Ku Shen 3g (D) Mu Tong 1.5g (D) Shi Gao 3g (D) Zhi Mu 3g (D) Sheng Di Huang 3g (A) Dang Gui 3g (A) Hei Zhi Ma 3g (A) Gan Cao 1.5g (E)</p>
<p>Dang Gui Yin Zi <i>Tangkuei Drink</i></p>	<p>Action: Nourishes Blood, moistens dryness, dispels Wind and alleviates itching Indication: Dermatological disorders due to Blood Deficiency with External Wind S/S: External Wind lodged in the body for a long time that has damaged Blood, or a Blood Deficient constitution contracting a Wind pathogen leading to itchiness that worsens at night. May have rash and flaking skin. Important for chronic itching skin disorders due to Blood Deficiency T: Pale, thin coat P: Thin, Wiry Cautions and contraindications: None noted</p>	<p>Dang Gui 30g Bai Shao 30g Chuan Xiong 30g Chao Ci Ji Li 30g Fang Feng 30g Sheng Di Huang 30g He Shou Wu 15g Jing Jie 30g Huang Qi 15g Zhi Gan Cao 15g No hierarchy noted</p>
<p>Da Qin Jiu Tang Alternate name: Da Qin Jiao Tang <i>Major Large Gentian Decoction</i></p>	<p>Action: Dispels Wind, clears Heat, circulates Qi, dredges channels, nourishes and invigorates Blood and harmonizes the Ying and Wei Indication: Early-stage and middle-stage Wind Stroke, Wind-Heat Bi, Wind-Predominant Bi S/S: 1) Whole body numbness, deviation of the mouth and eyes, numbness or tingling of the skin, dysphagia due to stiffness of the tongue, hemiplegia; paralysis, rigidity or spasms of the extremities; aversion to cold, fever, chills, aching joints, numbness and lack of sensation in the hands and feet, inability to walk, wandering joint pain 2) Common cold with the above symptoms T: Pink or red + white or thin yellow coat P: Superficial; Superficial and Wiry; Superficial and Tight; or Wiry and Thin Cautions and contraindications: Caution: Extreme caution in cases of Blood or Yin Deficiencies Contraindication: Coma, convulsions, or Internal Wind</p>	<p>Qin Jiao 4-90g Gan Cao 2-60g Chuan Xiong 2-60g Dang Gui 2-60g Bai Shao 2-60g Xi Xin 1-15g Qiang Huo 2-30g Fang Feng 2-30g Huang Qin 2-30g Shi Gao 4-60g Bai Zhi 2-60g Bai Zhu 2-30g Sheng Di Huang 2-30g Shu Di Huang 2-30g Fu Ling 2-30g Du Huo 2-60g No hierarchy noted</p>



Expel Internal Wind

FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTION AND CONTRAINDICATIONS	INGREDIENTS
<p>San Jia Fu Mai Tang <i>Three-Shell Decoction to Restore the Pulse</i></p>	<p>Action: Nourishes Yin, restores pulse, clears Heat, anchors Yang and extinguishes Wind Indication: Heat pathogen with Heat lodged deep in the lower Jiao damages Yin, leading to Liver Yang rising with Heart Qi and Blood Deficiency S/S: Severe palpitations, Heart pain, fever, flushed face, hot palms and soles, dry throat, dizziness, tinnitus, spasms, quivering fingers, impaired consciousness, blackish teeth, and cracked lips T: Deep-red and dry or stiffness of the tongue P: Thin, Rapid, Irregular"</p> <p>Cautions and contraindications: Contraindication: Pregnancy unless Gui Ban and Bie Jia are removed Caution: Diarrhea due to Spleen Yang or Stomach Qi Deficiency</p>	<p>Zhi Gan Cao 18g (C) Sheng Di Huang 18g (D) Bai Shao 18g (D) Mai Men Dong 15g (A) Huo Ma Ren 9g (A) E Jiao 9g (A) Mu Li 15g (A) Bie Jia 24g (A) Gui Ban 30g (A)</p>
<p>Da Ding Feng Zhu <i>Major Arrest Wind Pearls</i></p>	<p>Action: Nourishes Yin and extinguishes Wind Indication: Heat pathogens or Fluid Depletion leading to Yin Deficiency stirring Wind S/S: Weariness, muscle spasms with alternating flexion and extension of the extremities, often the patient appears as if about to go into shock T: Deep-red + scanty or peeled coat P: Deficient or Frail</p> <p>Cautions and contraindications: Contraindication: Yin and Fluid Deficiency with vigorous Pathogenic Qi</p>	<p>Ji Zi Huang 2 yolks (C) E Jiao 9g (C) Bai Shao 18g (D) Zhi Gan Cao 12g (D) Wu Wei Zi 6g (D) Sheng Di Huang 18g (A) Mai Men Dong 18g (A) Huo Ma Ren 6g (A) Gui Ban 12g (A) Bie Jia 12g (A) Mu Li 12g (A)</p>
<p>E Jiao Ji Zi Huang Tang <i>Ass-Hide Gelatin and Egg Yolk Decoction</i></p>	<p>Action: Enriches Yin, nourishes Blood, softens Liver and extinguishes Wind Indication: Liver Wind due to Blood and Yin Deficiencies S/S: Rigid extremities, muscle spasms and twitches in the extremities, dry mouth, parched lips. Also: dizziness and vertigo T: Deep-red + scanty coat P: Thin, Rapid</p> <p>Cautions and contraindications: None noted</p>	<p>E Jiao 6g (C) Ji Zi Huang 2 yolks (C) Sheng Di Huang 12g (D) Bai Shao 9g (D) Zhi Gan Cao 1.8g (D) Gou Teng 6g (A) Shi Jue Ming 15g (A) Mu Li 12g (A) Fu Shen 12g (A) Luo Shi Teng 9g (E)</p>
<p>Ling Jiao Gou Teng Tang <i>Antelope Horn and Uncaria Decoction</i></p>	<p>Action: Cools Liver, extinguishes Wind, increases fluids and relaxes the sinews Indication: Liver Wind due to Excess Heat S/S: Persistent high fever, irritability, restlessness, dizziness, vertigo, twitching and spasms of the extremities Severe cases: Impaired or actual loss of consciousness T: Deep-red, dry, or burnt with prickles P: Wiry, Rapid</p> <p>Cautions and contraindications: Contraindication: Wind due to Internal Deficiency</p>	<p>Ling Yang Jiao 4.5g (C) Gou Teng 9g (C) Sang Ye 6g (D) Ju Hua 9g (D) Bai Shao 9g (A) Sheng Di Huang 15g (A) Chuan Bei Mu 12g (A) Zhu Ru 15g (A) Fu Shen 9g (A) Gan Cao 2.4g (E)</p>



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<p style="text-align: center;">Zhen Gan Xi Feng Tang <i>Sedate the Liver and Extinguish Wind Decoction</i></p>	<p>Action: Sedates Liver, extinguishes Wind, nourishes Yin and anchors Yang Indication: Wind Stroke with Liver Yang and Wind rising up to the head due to Liver and Kidney Yin Deficiency with Qi and Blood reversal S/S: Dizziness, vertigo, a feeling of distention in the eyes, tinnitus, feverish sensation in the head, headache, irritability, flushed face (as if intoxicated). Also: Frequent belching, progressive motor dysfunction of the body or development of facial asymmetry occurring over a period of a few hours to a few days, severe dizziness and vertigo, sudden loss of consciousness, mental confusion with moments of clarity and an inability to fully recover after loss of consciousness T: None noted P: Wiry, Long and Forceful</p> <p>Cautions and contraindications: Caution: Modify in cases of Spleen Qi Deficiency</p>	<p>Niu Xi 30g (C) Dai Zhe Shi 30g (D) Long Gu 15g (D) Mu Li 15g (D) Gui Ban 15g (A) Xuan Shen 15g (A) Tian Men Dong 15g (A) Bai Shao 15g (A) Yin Chen 6g (A) Chuan Lian Zi 6g (A) Mai Ya 6g (A) Gan Cao 4.5g (E)</p>
<p style="text-align: center;">Tian Ma Gou Teng Yin <i>Gastrodia and Uncaria Drink</i></p>	<p>Action: Calms Liver, extinguishes Wind, clears Heat, invigorates Blood, and tonifies the Liver and Kidneys Indication: Liver Wind due to Liver Yang Rising S/S: Headache, dizziness, vertigo, tinnitus, blurred vision, a sensation of heat rushing to the head, insomnia with dream disturbed sleep. Severe cases: Numbness, twitching and spasms in the extremities, or hemiplegia T: Red P: Wiry, Rapid</p> <p>Cautions and contraindications: Contraindication: Yin Deficiency</p>	<p>Tian Ma 9g (C) Gou Teng 12-15g (C) Shi Jue Ming 18-24g (D) Zhi Zi 9g (A) Huang Qin 9g (A) Yi Mu Cao 9-12g (A) Chuan Niu Xi 12g (A) Du Zhong 9-12g (A) Sang Ji Sheng 9-24g (A) Ye Jiao Teng 9-30g (A) Fu Shen 9-15g (A)</p>