



## Pan Canadian Formulas 2020 Harmonizing Formulas

FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTION AND CONTRAINDICATIONS	INGREDIENTS
<b>Xiao Chai Hu Tang</b> <i>Minor Bupleurum Decoction</i>	<p><b>Action:</b> Harmonizes and releases Shaoyang disorders</p> <p><b>Indication:</b> Cold pathogen constraining the Shaoyang and impeding its ability to ascend the clear and descend the turbid</p> <p><b>S/S:</b> Alternating fever and chills, dry throat, bitter taste in the mouth, dizziness, irritability, sensation of fullness in the chest and hypochondria (often experienced as difficulty in taking deep breaths) heartburn, nausea, vomiting, being downcast with no desire to eat. Also: palpitations, coughing, or urinary dysfunction</p> <p><b>T:</b> Thin white coat</p> <p><b>P:</b> Wiry</p> <p><b>Cautions and contraindications:</b> Long term use may cause side effects of headaches, dizziness and bleeding gums. These can be mitigated if formula is prepared following instructions in the source text. Patients with weak Zheng Qi may experience fever and chills with this formula as it vents the Shaoyang via the Taiyang</p> <p><b>Caution:</b> Liver Yang Rising, hypertension, vomiting of Blood due to Yin Deficiency</p> <p><b>Contraindication:</b> Excess above and Deficiency below, Liver Fire or bleeding gums unless considerably modified</p>	Chai Hu 24g (C) Huang Qin 9g (D) Zhi Ban Xia 24g (A) Sheng Jiang 9g (A) Ren Shen 9g (A) Zhi Gan Cao 9g (A) Da Zao 12 pieces (A)
<b>Si Ni San</b> <i>Frigid Extremities Powder</i>	<p><b>Action:</b> Vents pathogenic Qi, releases Stagnation, spreads the Liver Qi and regulates the Spleen</p> <p><b>Indication:</b> Hot type Qi Stagnation causing cold fingers and toes and a warm body</p> <p><b>S/S: 1) Yang- or hot-type inversion:</b> cold fingers and toes while the body and head are warm. Also: A sensation of irritability and fullness in the chest and epigastrium, cough, urinary difficulty, abdominal pain and severe diarrhea</p> <p><b>T:</b> Red + yellow coat</p> <p><b>P:</b> Wiry</p> <p><b>2) Liver Qi Stagnation overacting on Spleen:</b> hypochondriac pain and distention (sometimes with epigastric or abdominal pain and fullness). Also: Vomiting, constipation, diarrhea, lack of appetite, and a bitter taste in the mouth</p> <p><b>T:</b> Not noted</p> <p><b>P:</b> Forceful, Wiry</p> <p><b>Cautions and contraindications:</b></p> <p><b>Contraindication:</b> Qi Stagnation due to Yin Deficiency with hypochondriac, epigastrium, and abdomen pain</p>	Chai Hu 9-12g (C) Chao Zhi Shi 9-12g (D) Bai Shao 12-24g (A) Zhi Gan Cao 6-9g (E)
<b>Xiao Yao San</b> <i>Rambling Powder</i>	<p><b>Action:</b> Spreads the Liver Qi, strengthens the Spleen, and nourishes Blood</p> <p><b>Indication:</b> Liver Qi Stagnation with underlying Spleen Qi and Blood Deficiencies</p> <p><b>S/S:</b> Hypochondriac pain (usually spasmodic), headache, vertigo, bitter taste, dry mouth and throat, fatigue, reduced appetite. Also: Alternating fever and chills, and irregular menstruation or distended breasts</p> <p><b>T:</b> Pale red</p> <p><b>P:</b> Wiry, Deficient</p> <p><b>Cautions and contraindications:</b></p> <p><b>Contraindication:</b> Deficiency disorders</p>	Chai Hu 30g (9g) (C) Chao Dang Gui 30g (9g) (D) Bai Shao 30g (9g) (D) Bai Zhu 30g (9g) (A) Fu Ling 30g (9g) (A) Zhi Gan Cao 15g (4.5g) (A) Wei Jiang 6g (E) Bo He 3g (E)



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<p><b>Hao Qin Qing Dan Tang</b> <i>Sweet Wormwood and Scutellaria Decoction to Clear the Gallbladder</i></p>	<p><b>Action:</b> Clears Gallbladder Heat, harmonizes the Stomach Qi, and transforms Phlegm  <b>Indication:</b> Damp Heat and turbid Phlegm in the Shaoyang channels constraining the Protective and Nutritive Qi  <b>S/S:</b> Mild chills alternating with pronounced fever, a bitter taste in the mouth, a stifling sensation in the chest, spitting up bitter or sour fluids (or vomiting yellow, brackish fluids, or, in severe cases, dry heaves), thirst with or without a desire to drink, distention and pain in the chest and hypochondria  <b>T:</b> Red + thick, greasy coat usually white (but can be yellow or a combination of the two)  <b>P:</b> Rapid while being Slippery on the right and Wiry on the left</p> <p><b>Cautions and contraindications:</b>  <b>Contraindication:</b> Phlegm Damp due to Yang Deficiency</p>	<p>Qing Hao 4.5-6g (C)  Huang Qin 4.5-9g (C)  Zhu Ru 9g (D)  Zhi Ke 4.5g (D)  Chen Pi 4.5g (D)  Zhi Ban Xia 4.5g (D)  Chi Fu Ling 9g (A)  Bi Yu San 9g (A)  <b>Add powder:</b>  Hua Shi 6 parts (A)  Gan Cao 1 part (A)  Qing Dai 1 part (A)</p>
<p><b>Dan Zhi Xiao Yao San</b> <b>Alternate Name:</b> Jia Wei Xiao Yao San <i>Augmented Rambling Powder</i></p>	<p><b>Action:</b> Spreads the Liver Qi, strengthens the Spleen, nourishes Blood, and clears Heat  <b>Indication:</b> Liver Qi Stagnation with Spleen Deficiency transforming Heat  <b>S/S:</b> Irritability, short temper with possible tidal fever and sweating, red eyes, dry mouth, palpitations, lower abdominal pressure, difficult, painful urination, and increased menstrual flow or uterine bleeding, facial flushing or flushing of the ear lobes. , Children: mouth ulcers or swelling and distention of the breasts and nipples. Also: Itching or ulcers due to the Deficiency Heat  <b>T:</b> None noted  <b>P:</b> None noted</p> <p><b>Cautions and contraindications:</b> None Noted</p>	<p>Dang Gui 3g  Shao Yao 3g  Fu Ling 3g  Chao Bai Zhu 3g  Chai Hu 3g  Mu Dan Pi 1.5g  Chao Zhi Zi 1.5g  Zhi Gan Cao 1.5g  Sheng Jiang small amount  Bo He small amount  <b>No hierarchy noted</b></p>
<p><b>Tong Xie Yao Fang</b> <i>Important Formula for Painful Diarrhea</i></p>	<p><b>Action:</b> Tonifies the Spleen, softens the Liver, expels Dampness, and stops diarrhea  <b>Indication:</b> Spleen Deficiency with an overacting Liver leading to painful diarrhea  <b>S/S:</b> Recurrent problems of borborygmus, abdominal pain, diarrhea with pain (which starts with the urge to defecate and subsides after completion)  <b>T:</b> Thin, white coat  <b>P:</b> Wiry, Moderate or Wiry, Thin</p> <p><b>Cautions and contraindications:</b>  <b>Contraindication:</b> Diarrhea due to Food Stagnation with pain relieved after a bowel movement, undigested food, smelly stools, borborygmus and foul-smelling gas</p>	<p>Chao Bai Zhu 90g (9-12g) (C)  Chao Bai Shao 60g (6-24g) (C)  Chao Chen Pi 45g (4.5-9g) (D)  Fang Feng 30-60g (3-6g) (A) (E)</p>
<p><b>Ban Xia Xie Xin Tang</b> <i>Pinellia Decoction to Drain the Epigastrium</i></p>	<p><b>Action:</b> Harmonizes the Stomach, directs rebellious Qi downward, disperses clumping, and eliminates focal distention  <b>Indication:</b> Improper purging of Cold Pathogen in the Shaoyang with underlying Spleen and Stomach Deficiency  <b>S/S:</b> Epigastric focal distention, fullness and tightness with very slight or no pain, dry heaves or frank vomiting, borborygmus with diarrhea, reduced appetite  <b>T:</b> Red tip + thin, yellow and greasy coat  <b>P:</b> Wiry, Rapid</p> <p><b>Cautions and contraindications:</b> Not an effective formula for focal distention caused by Qi Stagnation or Food Stagnation</p>	<p>Zhi Ban Xia 9-12g (D)  Gan Jiang 9g (D)  Huang Qin 9g (D)  Huang Lian 3g (C)  Ren Shen 9g (A)  Da Zao 12 pieces (A)  Zhi Gan Cao 9g (E)</p>