



Pan Canadian Formulas 2020
Reduce Food Stagnation

Reduce Food Stagnation – Transform Stagnation

FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTION AND CONTRAINDICATIONS	INGREDIENTS
<p align="center">Bao He Wan <i>Preserve Harmony Pill</i></p>	<p>Action: Reduces Food Stagnation and harmonizes Stomach Indication: Food Stagnation S/S: Focal distention and fullness in the chest and epigastrium, abdominal distention with occasional pain, rotten-smelling belching, acid regurgitation, nausea and vomiting, aversion to food. Also: diarrhea T: Yellow, Greasy coat P: Slippery</p> <p>Cautions and contraindications: Contraindication: Spleen Deficiency unless modified</p>	Shan Zha 180g (9-15g) (C) Shen Qu 60g (9-12g) (D) Lai Fu Zi 30g (6-9g) (D) Zhi Ban Xia 90g (9-12g) (A) Chen Pi 30g (6-9g) (A) Fu Ling 90g (9-12g) (A) Lian Qiao 30g (3-6g) (A) Mai Ya Decoction (A)
<p align="center">Zhi Shi Dao Zhi Wan <i>Unripe Bitter Orange Pill to Guide Out Stagnation</i></p>	<p>Action: Reduces and guides out Stagnation and Accumulation, drains Heat and dispels Damp Indication: Food Stagnation leading to Damp Heat and obstruction in the Yangming organs S/S: Pain increasing with pressure, distention in the epigastrium and abdomen, dysenteric disorders or constipation (depending on the degree of obstruction), scanty, dark urine T: Red + Greasy or Slippery, Yellow coat P: Submerged, Forceful</p> <p>Cautions and contraindications: Contraindication: Dysenteric disorders without Qi Stagnation</p>	Chao Zhi Shi 15g (D) Da Huang 30g (C) Chao Shen Qu 15g (D) Fu Ling 9g (A) Huang Qin 9g (A) Huang Lian 9g (A) Bai Zhu 9g (A) Ze Xie 6g (A)
<p align="center">Mu Xiang Bing Lang Wan <i>Aucklandia and Betel Nut Pill</i></p>	<p>Action: Promotes Qi movement, guides out Stagnation, purges Accumulation and drains Heat Indication: Food Stagnation and dysenteric disorders S/S: 1) Food Stagnation: Focal and generalized distention, fullness, and pain in the epigastrium and abdomen with constipation 2) Dysenteric disorders: Red-and-white dysenteric diarrhea with tenesmus T: Yellow, Greasy coat P: Submerged and Excessive</p> <p>Cautions and contraindications: Contraindication: Deficiency cases</p>	Mu Xiang 30g (C) Bing Lang 30g (C) Da Huang 90g (D) Qian Niu Zi 120g (D) Qing Pi 30g (D) Chen Pi 30g (D) Chao Xiang Fu 120g (A) Chao E Zhu 30g (A) Fu Chao Zhi Ke 30g Huang Lian 30g (A) Huang Bai 90g (A) Sheng Jiang Decoction (E) or water decoction



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<p>Fei Er Wan <i>Fat Baby Pill</i></p>	<p>Action: Kills parasites, reduces Accumulation, strengthens Spleen and clears Heat Indication: Childhood nutritional impairment with parasites S/S: Parasitic infestations with intermittent attacks of abdominal pain, indigestion, emaciation, loose stools, feverishness, foul-smelling breath, a sallow complexion, and a large, distended abdomen T: None noted P: None noted</p> <p>Cautions and contraindications: Contraindication: Not to be used as a general tonic or everyday supplement</p>	<p>Chao Shen Qu 30g (A) Huang Lian 30g (D) (A) Wei Rou Dou Kou 15g (D) Shi Jun Zi 15g (C) Chao Mai Ya 15g (A) Bing Lang 12g (C) Mu Xiang 6g (A) Pig Gallbladder (E)</p>
<p>Xiao Ru Wan <i>Reduce Infantile Stagnation Pill</i></p>	<p>Action: Reduces infantile Stagnation and stops vomiting Indication: Infantile Stagnation S/S: Abdominal distention, vomiting, indigestion in infants, usually associated with problems in nursing T: None noted P: Submerged</p> <p>Cautions and contraindications: None noted</p>	<p>Chao Xiang Fu 60g Zhi Gan Cao 15g Chen Pi 15g Sha Ren 30g Chao Shen Qu 30g Chao Mai Ya 30g</p> <p>No hierarchy noted</p>



Reduce Food Stagnation – Tonify Deficiency

FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTION AND CONTRAINDICATIONS	INGREDIENTS
<p>Jian Pi Wan <i>Strengthen the Spleen Pill</i></p>	<p>Action: Strengthens Spleen, reduces Food Stagnation and stops diarrhea Indication: Spleen and Stomach Deficiency with Food Stagnation transforming into Heat S/S: Reduced appetite with difficulty in digestion, bloating and focal distention of the epigastrium and abdomen, loose and watery diarrhea T: Greasy, Slightly yellow coat P: Deficient, Frail</p> <p>Cautions and contraindications: Contraindication: Acute cases Food Stagnation from contaminated food or from overconsumption of food and drink</p>	<p>Chao Bai Zhu 75g (C) Fu Ling 60g (C) Ren Shen 45g (A) Shan Yao 30g (A) Wei Rou Dou Kou 30g (A) Shan Zha 30g (D) Chao Shen Qu 30g (D) Chao Mai Ya 30g (D) Mu Xiang 22.5g (A) Chen Pi 30g (A) Sha Ren 30g (A) Jiu Chao Huang Lian 22.5g (A) Gan Cao 22.5g (E)</p>
<p>Zhi Zhu Wan <i>Unripe Bitter Orange and Atractylodes Pill</i></p>	<p>Action: Tonifies Spleen and reduces focal distention Indication: Middle Jiao Deficiency with Food Stagnation S/S: Loss of appetite, focal distention in the epigastrium and abdomen T: White coat P: Deficient</p> <p>Cautions and contraindications: None noted</p>	<p>Bai Zhu 60g (12-18g) (C) Chao Zhi Shi 30g (6-9g) (D)</p>
<p>Zhi Shi Xiao Pi Wan <i>Unripe Bitter Orange Pill to Reduce Focal Distention</i></p>	<p>Action: Reduces focal distention, eliminates fullness, strengthens Spleen and harmonizes Stomach Indication: Spleen Qi Deficiency and Qi Stagnation with Heat and Cold clumping S/S: Focal distention and fullness in the upper epigastrium, lack of thirst or appetite, fatigue, and weakness. Also: Focal distention in the chest and abdomen, wan complexion, poor digestion, irregular bowel movements (sometimes loose, sometimes hard) T: Geasy coat, May be yellow in color P: Wiry at the right, middle position</p> <p>Cautions and contraindications: None noted</p>	<p>Zhi Shi 15g (C) Zhi Hou Po 12g (D) Huang Lian 15g (D) Zhi Ban Xia 9g (D) Ren Shen 9g (D) Bai Zhu 6g (A) Fu Ling 6g (A) Mai Ya 6g (A) Gan Jiang 6g (A) Zhi Gan Cao 6g (E)</p>