



Pan Canadian Formulas 2020 Downward Draining

Drain Downwards – Purge Heat

FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTION AND CONTRAINDICATIONS	INGREDIENTS
Da Cheng Qi Tang <i>Major Order the Qi Decoction</i>	<p>Action: Strongly purges Heat Accumulation in the Large Intestine Indications: Excess Heat in the Yangming organs, Heat clumping with circumfluence or Heat Inversion S/S: 1) Heat excess in the Yangming Organs (shi, zao, pi, man): Severe constipation and flatulence, focal distention and abdominal fullness, abdominal pain that increases upon pressure and tense and firm abdomen. Severe cases: tidal fevers, delirious speech and profuse sweating from the palms and soles T: Dry, yellow or dry, black coat with prickles P: Submerged, Excessive</p> <p>2) Heat clumping with circumfluence: Green, watery and foul-smelling diarrhea with the same abdominal signs and symptoms outlined above T: Dry body and coat P: Rapid and Slippery</p> <p>3) Internal Heat Excess with Heat Inversion: Fever, cold extremities, thirst, sweating from the head, constipation, scanty and dark urine, disorientation, delirious speech, cracked lips, tetany, mania T: Red P: Submerged, Excessive, Forceful</p> <p>Cautions and contraindications: Contraindication: Pathogens lingering in the protective level and exterior, hardness in the epigastric area, a flushed face, patients habitually eating only small amounts or stop eating as the disorder develops, frequent vomiting, a Slow pulse or spontaneous sweating and normal urination or pregnancy Formula may cause vomiting or severe diarrhea, use only if absolutely necessary with weak patients. Contraindicated during pregnancy</p>	Da Huang 12g (C) Mang Xiao 9-12g (D) Zhi Zhi Shi 5 pieces (12-15g) (A) Zhi Hou Po 24g (A)
Xiao Cheng Qi Tang <i>Minor Order the Qi Decoction</i>	<p>Action: Moderately purges Heat Accumulation in the Large Intestine Indication: Relatively mild Yangming Organ disorders S/S: Tidal fever, delirium, constipation, focal distention, abdominal fullness, abdominal pain that does not increase upon pressure (<i>shi, pi, man</i>). Also: Early -stage dysentery with rectal tenesmus, epigastric and abdominal distension and pain T: Old looking (dirty and dry) tongue + yellow coat P: Slippery, Rapid</p> <p>Cautions and contraindications: None Noted</p>	Jiu Xi Da Huang 12g (C) Zhi Hou Po 6g (A) Zhi Zhi Shi 3 pieces (6-9g) (A)
Tiao Wei Cheng Qi Tang <i>Regulate the Stomach and Order the Qi Decoction</i>	<p>Action: Mildly purges Heat Accumulation in the Large Intestine Indication: Mild constipation due to mild Yangming Organ Heat S/S: Mild constipation due to Yangming Heat without focal distention and abdominal fullness, but with irritability, fever, delirium (<i>shi, zao</i>). Also: nosebleed, swollen gums and throat and petechiae (subcutaneous bleeding) due to Heat in the Stomach and Intestines T: None noted P: Slippery, Rapid</p> <p>Cautions and contraindications: None Noted</p>	Da Huang 12g (C) Mang Xiao 9-12g (D) Gan Cao 6g (A)



Drain Downward – Moisten Intestines

FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTION AND CONTRAINDICATIONS	INGREDIENTS
<p>Ma Zi Ren Wan <i>Hemp Seed Pill</i></p>	<p>Action: Moistens the Intestines, drains Heat, promotes movement of Qi and unblocks bowels Indication: Spleen Bind, Heat Dryness blocking the Spleen's ability to transport Fluids S/S: Constipation with hard stool that is difficult to expel, normal to frequent urination T: Dry, yellow coat P: Submerged, Rapid or Floating, Choppy</p> <p>Cautions and contraindications: Caution: Modify before using for treatment of very weak patients or for constipation which is solely due to Blood Deficiency Contraindication: Pregnancy</p>	<p>Huo Ma Ren 500-600g (C) Xing Ren 250g (D) Shao Yao 250g (D) Zhi Zhi Shi 250g (A) Zhi Hou Po 250g (A) Da Huang 500g (A)</p>
<p>Ji Chuan Jian <i>Benefit the River Flow Decoction</i></p>	<p>Action: Warms the Kidneys, nourishes Blood, tonifies Essence, moistens the Intestine and unblocks bowels Indication: Constipation due to Kidney Deficiency S/S: Constipation, clear and copious urine, lower back pain and a cold sensation in the back T: None noted P: None noted</p> <p>Cautions and contraindications: None Noted</p>	<p>(Jiu) Rou Cong Rong 6-9g (C) Dang Gui 9-15g (D) Niu Xi 6g (D) Ze Xie 4.5g (A) Zhi Ke 3g (E) Sheng Ma 1.5-3g (E)</p>

Drain Downward – Warm and Purge

FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTION AND CONTRAINDICATIONS	INGREDIENTS
<p>Da Huang Fu Zi Tang <i>Rhubarb and Aconite Accessory Root Decoction</i></p>	<p>Action: Warms the Interior, disperses Cold, unblocks the bowels and resolves pain Indication: Cold and accumulation from stagnation clumping in the Interior S/S: Abdominal pain, constipation, hypochondriac pain, chills, low-grade fever, cold hands and feet T: White, greasy coat P: Submerged, Tight, Wiry</p> <p>Cautions and contraindications: Contraindications: Interior Heat Excess If after taking the patient experiences vomiting, increased chills, or a Thin pulse, then the condition is worsening, seek immediate attention</p>	<p>0 Fu Zi 3 pieces (9-12g) (C) Da Huang 9g (D) Xi Xin 6g (A)</p>
<p>Wen Pi Tang <i>Warm the Spleen Decoction</i></p>	<p>Action: Warms and tonifies Spleen Yang and purges Cold Indication: Spleen Cold from Yang Deficiency with accumulation impeding the Intestine S/S: Constipation or chronic red and white dysenteric disorders (both pus and blood in the stool) with abdominal pain, cold extremities T: White coat P: Submerged, Wiry</p> <p>Cautions and contraindications: Contraindication: Constipation due to Interior Heat with clumping and damage to Body Fluids</p>	<p>Da Huang 12g (C) Zhi Fu Zi 9g (C) Gan Jiang 6g (D) Ren Shen 6g (A) Gan Cao 6g (A)</p>