



Pan Canadian Formulas 2020

Clear Heat

Clear Qi Level Heat

FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTION AND CONTRAINDICATIONS	INGREDIENTS
Bai Hu Tang <i>White Tiger Decoction</i>	<p>Action: Clears Qi level Heat, drains Stomach Fire, generates Fluids and alleviates thirst Indication: Blazing Heat in the Yangming (Shang Han Lun) or Qi level Heat (Wen Bing Lun) S/S: High fever with profuse sweating, aversion to heat, red face, severe thirst, irritability and labored breathing Severe: delirious speech Also: Headache, toothache, bleeding of the gums and nose T: Red + dry, yellow coat or dry white coat P: Flooding, Forceful or Slippery, Rapid</p> <p>Cautions and contraindications: Stop immediately if the patient develops signs of headache, stiffness of the neck, icy cold limbs, subjective sensations of cold or impairment of mental faculties Contraindication: 1) Fevers with a Floating, Wiry and Thin pulse or 2) Conditions with a Submerged but Strong pulse or 3) An absence of thirst or 4) An absence of sweat</p>	Shi Gao 48g (30-90g) (C) Zhi Mu 18g (9-15g) (D) Zhi Gan Cao 6g (3-6g) (A) (E) Jing Mi 9-15g (A) (E)
Zhu Ye Shi Gao Tang <i>Lophatherum and Gypsum Decoction</i>	<p>Action: Clears Heat, generates Fluids, tonifies Qi and harmonizes Stomach Indication: Qi Level Heat lingering in the Stomach and Lung injuring the Qi and Fluids S/S: Lingering fever (from a febrile disease) with vomiting, irritability, thirst, parched mouth, lips and throat, choking cough and stifling sensation in the chest. Some patients experience also restlessness and insomnia. Also used for Summer Heat injuring the Qi and Fluids T: Red + little coat P: Deficient, Rapid</p> <p>Cautions and contraindications: Contraindication: Do not use in cases of febrile disease where the Zheng Qi and Xie Qi are strong, fever is high or the Qi and Yin have not been injured</p>	Shi Gao 30g (C) Dan Zhu Ye 6-12g (D) Ren Shen 6g (D) Mai Men Dong 9-18g (D) Zhi Ban Xia 9g (A) Zhi Gan Cao 3-6g (E) Jing Mi 12-15g (E)



Clear Ying Level Heat and Cool Blood

FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTION AND CONTRAINDICATIONS	INGREDIENTS
<p>Qing Ying Tang <i>Clear the Nutritive-Level Decoction</i></p>	<p>Action: Clears Nutritive Level, relieves Fire Toxin, drains Heat and nourishes Yin Indication: Heat entering the Nutritive Level S/S: High fever that worsens at night, severe irritability, restlessness; some patients are thirsty, some delirious, some exhibit faint and indistinct erythema and purpura T: Dry, scarlet P: Thin, Rapid</p> <p>Cautions and contraindications: Contraindication: Cases of Damp with a white, slippery coat</p>	<p>Shui Niu Jiao 30-120g (C) Xuan Shen 9g (D) Sheng Di Huang 15g (D) Mai Men Dong 9g (D) Jin Yin Hua 9g (A) Lian Qiao 6g (A) Huang Lian 4.5g (A) Dan Zhu Ye 3g (A) Dan Shen 6g (A)</p>
<p>Xi Jiao Di Huang Tang <i>Rhinoceros Horn and Rehmannia Decoction</i></p>	<p>Action: Clears Heat, resolves Fire Toxicity, cools Blood, nourishes Yin, dispels Blood Stasis and stops bleeding Indication: Blood Level Heat S/S: Fever, various types of bleeding (including vomiting of blood, nosebleed, blood in the stool or urine, and rashes), black and tarry stools, abdominal distention and fullness, thirst with an inability to swallow. Some patients become delirious T: Scarlet with prickles P: Thin, Rapid Cautions and contraindications: Contraindication: Bleeding due to Yang Deficiency or Spleen and Stomach Deficiency</p>	<p>Shui Niu Jiao 30-120g (C) Sheng Di Huang 24g (D) Shao Yao 9g (A) Mu Dan Pi 6g (A)</p>
<p>Bao Yin Jian <i>Preserving Yin Decoction</i></p>	<p>Action: Cools Blood, clears Heat, astringes and tonifies Yin, strengthens Kidneys, regulates menstruation Indication: Blood Heat, Blood Deficiency with Heat S/S: Threatened miscarriage early in pregnancy, mild menorrhagia suddenly transforming into copious menorrhagia, clear light red and thick blood or the blood is bright red, general feeling of heat, thirst, evening fever, hot palms and soles, restlessness, insomnia, dark yellow urine T: Red + yellow coat P: Rapid and Overflowing or Thready and Rapid</p> <p>Cautions and contraindications: None noted</p>	<p>Sheng Di Huang 15-24g Shu Di Huang 12-15g Bai Shao 12-15g Shan Yao 12-15g Huang Qin 9-10g Huang Bai 9-10g Xu Duan 6-15g Gan Cao 3-6g <i>No hierarchy noted</i></p>



Clear Heat and Resolve Toxicity

FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTION AND CONTRAINDICATIONS	INGREDIENTS
<p>Huang Lian Jie Du Tang <i>Coptis Decoction to Resolve Toxicity</i></p>	<p>Action: Drains Fire and resolves Toxicity Indication: Fire Toxin obstructing the San Jiao S/S: High fever, irritability, dry mouth and throat, incoherent speech, insomnia and dark urine Also: nosebleeds or vomiting of blood due to Heat Excess; carbuncles, deep-rooted boils, toxic swellings; dysenteric disorders or jaundice due to Damp Heat T: Red + yellow coat P: Rapid, Forceful</p> <p>Cautions and contraindications: For patients with a robust constitution with Excess conditions only. Not for long term use or for patients with Heat in the Ying or Blood levels</p>	<p>Huang Lian 9g (3-4.5g currently) (C) Huang Qin 6g (D) Huang Bai 6g (A) Zhi Zi 6-12g (A)</p>
<p>Pu Ji Xiao Du Yin <i>Universal Benefit Drink to Eliminate Toxin</i></p>	<p>Action: Clears Heat, eliminates Fire Toxin and disperses Wind Heat Indication: Acute, febrile disorder of the head due to seasonal epidemic Toxin associated with Wind Heat and Damp Phlegm S/S: Strong fever and chills, redness, swelling, and burning pain of the head and face, inability to open the eyes, dysfunction of the throat, dryness and thirst (note: this is called massive febrile disorder or Da Tou Wen) T: Red + powdery-white or yellow coat P: Floating, Rapid, Forceful</p> <p>Cautions and contraindications: Caution: Yin Deficiency</p>	<p>Huang Qin 15g (C) Huang Lian 15g (C) Ren Shen 9g None Noted Niu Bang Zi 3g (D) Lian Qiao 3g (D) Bo He 3g (D) Chao Jiang Can 2g (D) Xuan Shen 6g (D) Ma Bo 3g (D) Ban Lan Gen 3g (D) Jie Geng 6g (D) Gan Cao 6g (D) Ju Hong 6g (A) Chai Hu 6g (E) Sheng Ma 2g (E)</p>
<p>Liang Ge San <i>Cool the Diaphragm Powder</i></p>	<p>Action: Drains Fire and unblocks bowels by clearing Upper Jiao and draining Middle Jiao Indication: Formed or accumulated Heat in the Middle Jiao and unformed or blazing Heat in the Upper Jiao S/S: Sensation of heat and irritability in the chest and abdomen, delirious speech (in severe cases), thirst, flushed face and red lips, mouth and tongue sores, sore throat, swollen tongue, red eyes, nosebleed, constipation, and dark, scanty urine (note: weak purgative qualities. Also used for skin disorders) T: Red body or edges + dry, yellow or white coat P: Rapid, possibly Slippery</p> <p>Cautions and contraindications: Easily injures Middle Jiao Qi. Reduce or remove Da Huang and Mang Xiao once constipation clears or if there is mild abdominal pain, pus in the stools and fatigue Contraindication: Pregnancy and very weak patients</p>	<p>Lian Qiao 1,200g (18g) (C) Da Huang 600g (9g) (D) Mang Xiao 600g (9g) (D)</p> <p>Huang Qin 300g (4.5g) (D) Zhi Zi 300g (4.5g) (D)</p> <p>Bo He 300g (4.5g) (A) Gan Cao 600g (9g) (E) Grind the above ingredients into a powder and take 6-12g as a draft plus:</p> <p>Dan Zhu Ye (3g) (A) Feng Mi (small amount) (E)</p>



Clear Heat Simultaneously from the Qi and Blood Level

FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTION AND CONTRAINDICATIONS	INGREDIENTS
<p style="text-align: center;">Qing Wen Bai Du Yin <i>Clear Epidemics and Overcome Toxicity Drink</i></p>	<p>Action: Clears Heat, resolves Toxicity, cools Blood and drains Fire Indication: Epidemic Warm Toxin pathogen with severe Fire in the Qi and Blood levels S/S: Intense fever, strong thirst, dry heaves, severe and stabbing headache and extreme irritability Severe cases: delirious speech, rashes and nosebleed, lips are dark and scorched T: Dark red P: Rapid, Submerged, Thin or Rapid, Floating, Large</p> <p>Cautions and contraindications: Contraindication: Yang Deficiency or Spleen and Stomach weakness</p>	<p>Shi Gao (S) 24-36g, (M) 60-120g, (L) 180-240g Sheng Di Huang (S) 6-12g, (M) 9-15g, (L) 18-30g Huang Lian (S) 3-4.5g, (M) 6-12g, (L) 12-18g Shui Niu Jiao 30-120g Zhi Zi 3-18g Jie Geng 1.5-12g Huang Qin 1.5-12g Zhi Mu 3-18g Chi Shao 3-18g Xuan Shen 3-18g Lian Qiao 3-18g Dan Zhu Ye 1.5-12g Gan Cao 1.5-12g Mu Dan Pi 3-18g</p> <p style="text-align: center;"><i>No hierarchy noted</i></p> <p>Dose size depends upon the pulse: Small (S): Floating, Large, Rapid Medium (M): in between S & L Large (L): Submerged, Thin and Rapid</p>



Clear Organ Heat

FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTION AND CONTRAINDICATIONS	INGREDIENTS
<p>Ma Xing Shi Gan Tang <i>Ephedra, Apricot Kernel, Gypsum, and Licorice Decoction</i></p> <p><u>Lung Heat</u></p>	<p>Action: Facilitates flow of Lung Qi, clears Heat and calms wheezing by directing Rebellious Qi downward Indication: Heat trapped in the Lung obstructing the flow of Qi S/S: Fever with or without sweating, thirst, wheezing, coughing, labored breathing, nasal flaring and pain T: Yellow or white, thin coat P: Rapid, that can be Slippery or Floating</p> <p>Cautions and contraindications: Contraindication: Wheezing due to Cold or in cases of Zheng Qi Deficiency with a lingering pathogenic factor</p>	<p>Ma Huang 12g (C) Shi Gao 24g (C) Xing Ren 50 pieces (18g) (D) Zhi Gan Cao 6g (E)</p>
<p>Yue Bi Jia Zhu Tang <i>Maid servant from Yue's Decoction plus Atractylodes</i></p> <p><u>Lung Heat</u></p>	<p>Action: Induces sweating, disseminates Lung Qi and moves Water Indication: Wind Edema with edematous orbits S/S: Edematous orbits, generalized edema, sore and heavy limbs, reduced urination, fever and chills T: None noted P: Floating, Slippery or Submerged</p> <p>Cautions and contraindications: None Noted</p>	<p>Ma Huang 18g Shi Gao 48g Sheng Jiang 9g Gan Cao 6g Bai Zhu 12g Da Zao 15 pieces</p> <p>No hierarchy noted</p>
<p>Xie Bai San <i>Drain the White Powder</i></p> <p><u>Lung Heat</u></p>	<p>Action: Drains Heat from Lungs and calms wheezing Indication: Trapped Heat in the Lungs leading to Lung Qi Rebellious S/S: Coughing, wheezing and fever with skin that feels hot to the touch, all of which worsen in the late afternoon. Also: A dry mouth, little or difficult-to-expectorate sputum T: Red + yellow coat P: Thin, Rapid</p> <p>Cautions and contraindications: Modify to protect the Spleen Contraindication: Coughing and wheezing due to Wind Cold, Wind Heat or Damp Phlegm</p>	<p>Chao Sang Bai Pi 30g (C) Di Gu Pi 30g (D) Zhi Gan Cao 3g (A) Jing Mi 15-30g (A)</p>
<p>Ting Li Da Zao Xie Fei Tang <i>Lepidium/Descurainia and Jujube Decoction to Drain the Lung</i></p> <p><u>Lung Heat</u></p>	<p>Action: Drains Lungs, moves Fluids, drives out Phlegm and calms wheezing Indication: Lung abscess with Phlegm in the chest S/S: Lung abscess with Phlegm in the chest with coughing, wheezing and a sense of fullness and distention in the chest, superficial edema of the entire body (including the face and ears), nasal congestion with a clear discharge and a loss of taste and smell T: None noted P: None noted</p> <p>Cautions and contraindications: None Noted</p>	<p>Ting Li Zi 9-12g Da Zao 12 pieces</p> <p>No hierarchy noted</p>
<p>Dai Ge San <i>Natural Indigo and Cyclina Powder</i></p> <p><u>Lung Heat</u></p>	<p>Action: Drains hidden Heat from Lungs and calms wheezing Indication: Liver Fire scorching the Lungs or Lung Heat S/S: Coughing (high and clear sounding), wheezing, fever, skin that feels hot to the touch, symptoms worse in the late afternoon, dry mouth, little or difficult to expectorate sputum, burning pain in the chest and hypochondrium, yellow sputum, hemoptysis, impatience and irritability, dry and bitter taste in the mouth, conjunctival congestion, dizziness and possible constipation T: Red +yellow coat P: Thready and Rapid, possibly Wiry</p> <p>Cautions and contraindications: None Noted</p>	<p>Chao Sang Bai Pi 10g Di Gu Pi 10g Zhi Gan Cao 1g Geng Mi 8g Qing Dai 1g Hai Ge Ke 3g</p> <p>No hierarchy noted</p>



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<p>Dao Chi San <i>Guide Out the Red Powder</i></p> <p><u>Heart Heat</u></p>	<p>Action: Clears Heart and promotes urination Indication: Small Intestine Heat (Heart Heat transferred through the Small Intestine) S/S: Irritability with a sensation of heat in the chest, thirst with a desire to drink cold beverages, a red face, possible sores around the mouth Also: Dark, scanty, rough and painful urination or even clearly visible blood in the urine T: Red P: Rapid</p> <p>Cautions and contraindications: Caution: Spleen and Stomach Deficiency</p>	<p>Mu Tong 3-6g (C) Sheng Di Huang 3-6g (D) Dan Zhu Ye 3-6g (A) Gan Cao Shao 3-6g (E)</p>
<p>Xie Huang San <i>Drain the Yellow Powder</i></p> <p><u>Stomach Heat</u></p>	<p>Action: Clear residual Heat from the Spleen and Stomach Indication: Lurking Fire in the Spleen S/S: Mouth ulcers, bad breath, thirst, frequent hunger and dry mouth and lips. Also: Tongue thrusting in children T: Red P: Rapid</p> <p>Cautions and contraindications: Contraindication: Stomach Yin Deficiency or Congenital Qi Deficiency leading to a condition of tongue thrusting</p>	<p>Shi Gao 15g (C) Zhi Zi 3g (C) Chao Fang Feng 120g (D) Huo Xiang Ye 21g (D) Gan Cao 90g (A) (E) Feng Mi (appropriate amount) (A) (E)</p>
<p>Qing Wei San <i>Clear the Stomach Powder</i></p> <p><u>Stomach Heat</u></p>	<p>Action: Drains Stomach Fire, cools Blood and nourishes Yin Indication: Heat accumulation in the Stomach S/S: Toothache (esp. pain that extends to the head), facial swelling, fever, bad breath, dry mouth Also: gum bleeding and gum sores, swollen, painful tongue, lips or jaw; pain that is better w/ cold, worse with heat T: Red + little coat P: Slippery, Large, Rapid</p> <p>Cautions and contraindications: Contraindication: Toothaches caused by Wind Cold or tooth and gum problems due to Kidney Deficiency</p>	<p>Huang Lian 1.8g (3-6g) (C) Sheng Ma 3g (3-6g) (D) (E) Mu Dan Pi 1.5g (6-9g) (A) Sheng Di Huang 0.9g (6-12g) (A) Dang Gui Shen 0.9g (6-12g) (A)</p>
<p>Yu Nu Jian <i>Jade Woman Decoction</i></p> <p><u>Stomach Heat</u></p>	<p>Action: Drains Heat from Stomach and nourishes Yin Indication: Kidney Yin Deficiency with Stomach Fire S/S: Toothache, loose teeth, bleeding gums, frontal headache, irritability and fever, thirst with a desire to drink cold beverages T: Dry, red + yellow coat P: Floating, Slippery, Deficient and Large</p> <p>Cautions and contraindications: Contraindication: Do not use if there is diarrhea</p>	<p>Shi Gao 6-15g (C) Shu Di Huang 9-30g (C) Zhi Mu 4.5-6g (D) Mai Men Dong 6g (D) Niu Xi 4.5g (E)</p>
<p>Long Dan Xie Gan Tang <i>Gentian Decoction to Drain the Liver</i></p> <p><u>Liver Heat</u></p>	<p>Action: Drains Fire from Liver and Gall Bladder, clears and drains Lower Jiao Damp Heat Indication: Excess Heat in the Liver and Gall Bladder channels S/S: Pain in the hypochondria, headache, dizziness, red and sore eyes, hearing loss, swelling in the ears, bitter taste, irritability, short temper Also: Difficult and painful urination with a sensation of heat in the urethra, swollen and pruritic external genitalia or foul-smelling leukorrhea. In women, the menstrual cycle will be shortened and the menstrual blood will be reddish-purple in color T: Red + yellow coat P: Wiry, Rapid, Forceful</p> <p>Cautions and contraindications: Do not take long term or in large doses. May cause injury to the Fluids or cause Spleen Deficiency</p>	<p>Long Dan Cao 3-9g (C) Chao Huang Qin 6-12g (D) Zhi Zi 6-12g (D) Chai Hu 3-9g (D) Mu Tong 3-6g (A) Che Qian Zi 9-15g (A) Ze Xie 6-12g (A) Sheng Di Huang 9-15g (A) Jiu Xi Dang Gui 3-12g (A) Gan Cao 3-6g (E)</p>



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<p>Zuo Jin Wan <i>Left Metal Pill</i></p> <p><u>Liver Heat</u></p>	<p>Action: Clears Liver Heat, directs Rebellious Qi downward and stops vomiting Indication: Liver Heat causing Liver overacting on Stomach S/S: Hypochondriac pain, indeterminate gnawing hunger, epigastric focal distention, vomiting, acid reflux, belching, bitter taste in the mouth, dry mouth. Also for hernia disorders T: Red + yellow coat P: Wiry, Rapid</p> <p>Cautions and contraindications: Contraindication: Acid reflux due to Stomach Cold from Deficiency</p>	<p>Huang Lian 180g (15-18g) (C) Wu Zhu Yu 15-30g (2-3g) (D)</p>
<p>Bai Tou Weng Tang <i>Pulsatilla Decoction</i></p> <p><u>Large Intestine Heat</u></p>	<p>Action: Clears Heat, resolves Toxicity, cools Blood and alleviates dysenteric disorders Indication: Dysenteric disorders due to Heat Toxins searing the Stomach and Intestines S/S: Abdominal pain, tenesmus, a burning sensation around the anus, diarrhea containing more blood than pus, thirst T: Red + yellow coat P: Wiry, Rapid</p> <p>Cautions and contraindications: Do not use long term Contraindication: Spleen Yang Deficiency</p>	<p>Bai Tou Weng 6g (12-18g) (C) Huang Lian 9g (6-9g) (D) Huang Bai 9g (9-12g) (D) Qin Pi 9g (9-12g) (A)</p>
<p>Shao Yao Tang <i>Peony Decoction</i></p> <p><u>Large Intestine Heat</u></p>	<p>Action: Regulates and harmonizes Qi and Blood, clears Heat, dries Dampness and resolves Toxicity Indication: Dysenteric disorders due to Damp Heat in the Large Intestine S/S: Abdominal pain, tenesmus, difficult defecation, diarrhea with equal amounts of pus and blood, burning sensation around the anus, scanty and dark urine T: Greasy, slightly yellow coat P: Rapid</p> <p>Cautions and contraindications: Contraindication: Early stage of a pattern with Exterior symptoms, chronic dysenteric disorders due to Deficiency Cold</p>	<p>Huang Lian 15g (6-9g) (C) Huang Qin 15g (9-12g) (C) Da Huang 9g (6-9g) (D) Shao Yao 30g (15-20g) (D) Dang Gui 15g (6-9g) (D) Rou Gui 7.5g (1.5-3g) (A) Mu Xiang 6g (4.5g) (A) Bing Lang 6g (4.5g) (A) Zhi Gan Cao 6g (4.5g) (E)</p>



Clear Deficiency Heat

FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTION AND CONTRAINDICATIONS	INGREDIENTS
<p>Qing Hao Bie Jia Tang <i>Sweet Wormwood and Soft-Shelled Turtle Shell Decoction</i></p>	<p>Action: Nourishes Yin and vents Heat Indication: Late stage Warm Heat pathogen that depleted Yin and Fluids or Hidden Heat in Yin aspect of the body S/S: Night fever and morning coolness with no sweating as the fever recedes, emaciation w/ no loss of appetite (Note: used for advanced stages of various infectious diseases) T: Red + little coat P: Fine, Rapid</p> <p>Cautions and contraindications: Contraindication: Warm Heat pathogen that is still at the Qi level or in cases of spasms and convulsions</p>	<p>Bie Jia 15g (C) Qing Hao [add near end] 6g (C) Sheng Di Huang 12g (D) Zhi Mu 6g (D) Mu Dan Pi 9g (A)</p>
<p>Qing Gu San <i>Cool the Bones Powder</i></p>	<p>Action: Clears Heat from Deficiency and alleviates Steaming Bone Disorder Indication: Steaming Bone Disorder due to Liver and Kidney Yin Deficiency S/S: Afternoon tidal fever or unremitting chronic low-grade fever, sensation of heat in the bones but the flesh is not warm to the touch, irritability, insomnia, emaciation, lethargy, red lips, dark-red cheeks, night sweats, thirst, dry throat T: Red + little coat P: Thin, Rapid</p> <p>Cautions and contraindications: None Noted</p>	<p>Yin Chai Hu 4.5g (C) Zhi Mu 3g (D) Hu Huang Lian 3g (D) Di Gu Pi 3g (D) Qing Hao 3g (A) Qin Jiao 3g (A) Cu Chao Bie Jia 3g (A) Gan Cao 1.5g (E)</p>
<p>Qing Jing San <i>Clear the Menses Powder</i></p>	<p>Action: Clears Heat, cools Blood Indication: Early periods due to Deficiency Heat S/S: Early periods with profuse, thick, and dark-red or purplish-red flow, irritability and a stifling sensation in the epigastrium and abdomen, a red face, dry mouth, yellow urine and constipation T: Red + yellow coat P: Slippery, Rapid</p> <p>Cautions and contraindications: None Noted</p>	<p>Mu Dan Pi 6g Bai Shao 6g Shu Di Huang 6g Di Gu Pi 15g Qing Hao 6g Fu Ling 3g Huang Bai 1.5g</p> <p>No hierarchy noted</p>
<p>Qin Jiao Bie Jia San <i>Large Gentian and Soft-Shelled Turtle Shell Powder</i></p>	<p>Action: Builds Yin, nourishes Blood, clears Deficiency Heat and reduces Steaming Bone Disorder Indication: Wind consumption diseases caused by underlying Yin Deficiency with an External Wind Disorder that has not been properly cleared S/S: Night sweats, emaciation, red lips and cheeks, afternoon fevers, coughing with sticky yellow sputum or blood-streaked sputum, heat in the five centers, steaming bone fever, exhaustion T: Red + little coat P: Faint, Rapid</p> <p>Cautions and contraindications: Contraindication: Serious exhaustion of Yin Fluids or if Wind is obstructing the Exterior</p>	<p>Zhi Bie Jia 30g (C) Qin Jiao 15g (C) Di Gu Pi 30g (D) Chai Hu 30g (D) Dang Gui 15g (A) Zhi Mu 15g (A) Qing Hao five leaves Wu Mei one piece</p>



Clear Deficiency Heat

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<p>Dang Gui Liu Huang Tang <i>Tangkuei and Six-Yellow Decoction</i></p>	<p>Action: Nourishes Yin, drains Fire Heat, stabilizes Exterior and stops sweating Indication: Nights sweats due to Yin and Blood Deficiency creating Deficiency Fire Blazing S/S: Fever, night sweats, red face, dry mouth and parched lips, irritability, dry stools, dark and scanty urine T: Red + dry tongue P: Rapid</p> <p>Cautions and contraindications: Caution: Middle Jiao Deficiency</p>	<p>Dang Gui 6-9g (C) Sheng Di Huang 9-15g (C) Shu Di Huang 9-15g (C) Huang Lian 3-6g (D) Huang Qin 6-12g (D) Huang Bai 6-12g (D) Huang Qi 12-24g (A)</p>
<p>Liang Di Tang <i>Rehmannia and Lycii Radicis Decoction</i></p>	<p>Action: Nourishes Blood and Kidney Yin, clears Deficiency Heat, cools Blood and stops bleeding Indication: Deficiency Heat in the Blood, Kidney Yin Deficiency with Empty Fire Blazing S/S: Early menstruation (short cycle), discharge of a small amount of thick, bright red blood, heavy menstrual flow, mid-cycle bleeding (spotting), bloody vaginal discharge, discharge begins with scanty light-colored blood, dizziness, blurred vision, hectic fever, flaccidity of the lower limbs, flushed cheeks, sore throat, tinnitus, heartburn, thirst, five sole heat, night sweats, lack of skin luster T: Red or crimson, little or no coat P: Thready, Rapid or Deep, Small, Weak</p> <p>Cautions and contraindications: None noted</p>	<p>Sheng Di Huang 30g Di Gu Pi 9g Xuan Shen 15g Mai Men Dong 9g Bai Shao 15g E Jiao 12g</p> <p>No hierarchy noted</p>