



Pan Canadian Formulas 2020
Expel Damp

Expel Damp – Harmonize the Stomach

FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTION AND CONTRAINDICATIONS	INGREDIENTS
<p align="center">Ping Wei San <i>Calm the Stomach Powder</i></p>	<p>Action: Dries Damp, improves Spleen's transportive function, promotes Qi movement and harmonizes Stomach Indication: Spleen and Stomach Damp S/S: Distention and fullness in the epigastrium and abdomen, loss of taste and appetite, a heavy sensation in the limbs, loose stool or diarrhea, easily fatigued, increased desire to sleep, nausea and vomiting, belching, acid reflux T: Swollen + thick, white, greasy coat P: Moderate or Slippery</p> <p>Cautions and contraindications: Caution: Modify in cases with Yin and Blood Deficiency and caution during pregnancy</p>	<p>Chao Cang Zhu 120g (12-15g) (C) Jiang Chao Hou Po 90g (9-12g) (D) Chen Pi 60g (9-12g) (A) Zhi Gan Cao 30g (3-6g) (E) Sheng Jiang (not noted) (E) Da Zao (not noted) (E)</p>
<p align="center">Huo Xiang Zheng Qi Tang <i>Patchouli / Agastache Powder to Rectify the Qi</i></p>	<p>Action: Releases Exterior, transforms Damp, regulates Qi and harmonizes Middle Jiao Indication: External Wind Cold attack with underlying Internal Damp and Stagnation S/S: Fever and chills, headache, a sensation of fullness and stifling oppression in the chest, pain in the epigastrium and abdomen, nausea and vomiting, borborygmus, diarrhea and loss of taste Also: Sudden turmoil disease or malarial disease with above symptoms T: White, greasy coat P: Moderate, Soggy</p> <p>Cautions and contraindications: Caution: Modify in cases with Wind Heat or Yin Deficiency Fire</p>	<p>Huo Xiang 90g (12g) (C) Jiang Chao Hou Po 60g (9g) (D) Chen Pi 60g (9g) (D) Zi Su Ye 30g (6g) (D) Bai Zhi 30g (6g) (D) Zhi Ban Xia 60g (9g) (A) Da Fu Pi 30g (9g) (A) Bai Zhu 60g (12g) (A) Fu Ling 30g (9g) (A) Jie Geng 60g (9g) (A) Zhi Gan Cao 75g (3g) (E) Sheng Jiang 3-6g (E) Da Zao 1 piece (E)</p>



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<p>San Ren Tang <i>Three-Seed Decoction</i></p>	<p>Action: Disseminates Qi, facilitates Qi mechanisms and clears Damp Heat Indication: Damp Warm disease or Summer Heat Warm disease in the Wei and Qi levels with Damp S/S: Headache, chills, afternoon fever, a heavy sensation in the body, generalized pain, a pale yellow complexion, a stifling sensation in the chest, loss of appetite, absence of thirst T: White coat P: Wiry, Thin and Soggy</p> <p>Cautions and contraindications: Contraindication: Cold damage, Yin Deficiency and internal clumping in the Intestines</p>	<p>Xing Ren 15g (C) Bai Dou Kou 6g (C) Yi Yi Ren 18g (C) Tong Cao 6g (D) Dan Zhu Ye 6g (D) Hua Shi 18g (D) Hou Po 6g (A) Zhi Ban Xia 9g (A)</p>
<p>Gan Lu Xiao Du Dan <i>Sweet Dew Special Pill to Eliminate Toxin</i></p>	<p>Action: Resolves Damp, transforms Turbidity, clears Heat and resolves Toxicity Indication: Damp Warmth at the Qi Level with equal parts of Damp and Heat S/S: Fever, achy limbs, lethargy, swollen throat, a stifling sensation in the chest, abdominal distention and dark, scanty urine Also: Vomiting, diarrhea, jaundice or unremitting fever T: White, greasy or yellow, dry coat P: Soggy, Rapid</p> <p>Cautions and contraindications: Contraindication: Underlying Yin Deficiency</p>	<p>Huang Qin 300g (12-15g) (C) Hua Shi 450g (18-21g) (C) Yin Chen 330g (24-30g) (C) Huo Xiang 120g (9-12g) (D) Shi Chang Pu 180g (4-6g) (D) Bai Dou Kou 120g (10-12g) (D) She Gan 120g (9-12g) (A) Chuan Bei Mu 150g (6-9g) (A) Mu Tong 150g (9-12g) (A) Lian Qiao 120g (12-15g) (A) Bo He 120g (6-9g) (E)</p>
<p>Lian Po Yin <i>Coptis and Magnolia Bark Drink</i></p>	<p>Action: Clears Heat, transforms Damp, regulates Qi and harmonizes Middle Jiao Indication: Sudden Turmoil disorder with Damp Heat S/S: Simultaneous vomiting and diarrhea, focal distention and a stifling sensation in the chest and epigastrium, irritability, restlessness and dark, scanty urine T: Yellow, greasy coat P: Slippery, Rapid</p> <p>Cautions and contraindications: Contraindication: Disorders due to Damp and Cold</p>	<p>Jiang Huang Lian 3g (C) Zhi Hou Po 6g (C) Zhi Zi 9g (D) Chao Dou Chi 9g (D) Shi Chang Pu 3g (D) Zhi Ban Xia 3g (D) Lu Gen 60g (A)</p>



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<p style="text-align: center;">Yin Chen Hao Tang <i>Virgate Wormwood Decoction</i></p>	<p>Action: Clears Heat, resolves Damp and reduces jaundice Indication: Yang Jaundice due to Damp Heat S/S: Whole-body jaundice with a color that resembles ‘fresh tangerine,’ slight abdominal distention, urinary difficulty, thirst (with the ability to take only sips), little or no sweating or sweating only from the head and stopping at the neck T: Yellow, greasy coat P: Slippery, Rapid</p> <p>Cautions and contraindications: Caution: Extreme caution during pregnancy Contraindication: Yin type jaundice or jaundice with Damp predominating, unless modified</p>	<p>Yin Chen 18g (C) Zhi Zi 9-12g (D) Da Huang 6g (A)</p>
<p style="text-align: center;">Ba Zheng San <i>Eight-Herb Powder for Rectification</i></p>	<p>Action: Clears Heat, drains Fire, promotes urination and unblocks painful urinary dribbling Indication: Damp Heat in the Urinary Bladder S/S: Dark, turbid, scanty, difficult and painful urination and a dry mouth and throat Severe cases: Urinary retention and lower abdominal distention and pain T: Yellow, greasy coat P: Slippery, Rapid</p> <p>Cautions and contraindications: Do not take long term as it may cause weakness, lightheadedness, palpitations and a loss of appetite Caution: Modify in cases with Deficiency Cold or during pregnancy</p>	<p>Qu Mai 6-12g (C) Bian Xu 6-12g (C) Mu Tong 3-6g (D) Hua Shi 12-30g (D) Che Qian Zi 9-15g (D) Zhi Zi 3-9g (A) Jiu Xi Da Huang 6-9g (A) Deng Xin Cao 3-6g (E) Zhi Gan Cao 3-9g (E)</p>
<p style="text-align: center;">Er Miao San <i>Two-Marvel Powder</i></p>	<p>Action: Clears Heat and dries Damp Indication: Damp Heat in the Lower Jiao leading to pain S/S: Disorders with scanty, yellow urine: 1) Pain in the lower back or extremities (especially the sinews or bones) 2) Weakness or atrophy of the lower extremities 3) Red, hot, swollen and painful feet or knees 4) Thick, yellow, foul-smelling vaginal discharge 5) Sores on the lower extremities due to Damp T: Yellow, greasy coat P: None noted</p> <p>Cautions and contraindications: Caution: Modify in cases with Lung Heat or Liver and Kidney Deficiency</p>	<p>Chao Huang Bai 9-12g (C) Zhi Cang Zhu 6-9g (D)</p>



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San Miao Wan <i>Three-Marvel Pill</i>	Action: Clears Heat and dries Damp Indication: Damp Heat in the Lower Jiao with numb or burning feet S/S: Damp Heat lodged in the Lower Jiao with numbness or burning pain in the feet Also: Weakness in the lower back and extremities T: None noted P: None noted Cautions and contraindications: None noted	Jiu Chao Huang Bai 120g Cang Zhu 180g Niu Xi 60g No hierarchy noted
Si Miao Wan <i>Four-Marvel Pill</i>	Action: Clears Heat and resolves Damp Indication: Atrophy disorder due to Damp Heat in the Lower Jiao with severe numbness, weakness, painful and swollen feet S/S: Atrophy disorder with severe numbness and weakness in the lower extremities with painful and swollen feet T: None noted P: None noted Cautions and contraindications: None noted	Huang Bai 240g Yi Yi Ren 240g Cang Zhu 240g Niu Xi 240g No hierarchy noted
Zhong Man Fen Xiao Wan <i>Separate and Reduce Fullness in the Middle Pill</i>	Action: Strengthens Spleen, regulates Qi, drains Heat and resolves Damp Indication: Abdominal distention due to Damp Heat S/S: Abdominal distention, firmness with a sensation of fullness and bursting pain in the epigastrium and abdomen, irritability, fever, a bitter taste in the mouth, dark yellow urine, constipation or foul-smelling diarrhea T: Yellow, greasy coat P: Wiry, Rapid Cautions and contraindications: Caution: Modify in cases with Cold	Remove Middle Jiao Obstruction Jiang Chao Hou Po 30g Chao Zhi Shi 15g Jiang Huang 3g Drain Stagnation from the Middle Jiao Chao Huang Qin 36g Chao Huang Lian 15g Gan Jiang 6g Zhi Ban Xia 15g Chao Zhi Mu 12g Drain Damp via the urine Ze Xie 9g Zhu Ling 3g Fu Ling 6g Tonify Spleen Qi (along with Fu Ling) Bai Zhu 3g Ren Shen 3g Zhi Gan Cao 3g Regulate Qi and revive Spleen Chen Pi 9g Sha Ren 6g
Zhi Dai Tang <i>Discharge Stopping Decoction</i>	Action: Resolves Damp, clears Heat and stops discharge Indication: Damp Heat vaginal discharge S/S: Profuse, yellow, sticky discharge which may be white but like a bean curd, with foul odor, vulvar itch, scanty dark urine, chest tightness, sticky mouth, reduced appetite and vague pains in the lower abdomen T: Red + yellow and greasy or thick and yellow coat P: Soft and mildly Rapid Cautions and contraindications: None noted	Zhu Ling 6-20g Fu Ling 6-30g Che Qian Zi 3-15g Ze Xie 6-15g Yin Chen 15g Chi Shao 6-12g Mu Dan Pi 6-12g Huang Bai 3-12g Zhi Zi 3-12g Niu Xi 3-10g No hierarchy noted



Expel Damp – Promote Urine

FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTION AND CONTRAINDICATIONS	INGREDIENTS
<p>Wu Ling San <i>Five-Ingredient Powder with Poria</i></p>	<p>Action: Promotes urination, drains Damp, strengthens Spleen, warms Yang and promotes transforming functions of Qi Indication: Water and Damp Accumulation in the Interior due to Exterior Invasion affecting the Urinary Bladder, Spleen or Lung S/S: 1) Taiyang disorder: Headache, fever, irritability, strong thirst but with vomiting immediately after drinking, urinary difficulty T: White coat P: Floating 2) Spleen Deficiency - Earth failing to transport Water: Edema, a generalized sensation of heaviness, diarrhea, urinary difficulty and possibly vomiting and diarrhea due to sudden turmoil disorder 3) Retention of thin mucus in the Lower Jiao: Throbbing pulsations just below the umbilicus, vomiting frothy saliva, vertigo, shortness of breath and coughing Cautions and contraindications: Overdose symptoms: Dizziness, vertigo, a bland taste and reduced appetite Caution: Limit the dose and duration for Spleen or Kidney Qi Deficiency. In cases of Deficiency combine with formulas that tonify the Spleen and Stomach Qi. Modify in cases with Yin Deficiency and urinary difficulty Contraindication: Thirst due to Excess Heat or Yin Deficiency</p>	<p>Ze Xie 15g (C) Fu Ling 9g (D) Zhu Ling 9g (D) Bai Zhu 9g (A) Gui Zhi 6g (A) (E)</p>
<p>Wei Ling Tang <i>Calm the Stomach and Poria Decoction</i></p>	<p>Action: Dispels Cold Damp and harmonizes Middle Jiao Indication: Cold Dampness encumbering the Spleen S/S: 1) Watery diarrhea with frequent watery stools 2) Edema more pronounced in the lower extremities 3) Focal distention in the epigastrium and abdomen, reduced appetite and semi-liquid stools due to Damp obstructing the Middle Jiao 4) Heaviness of the extremities due to Damp obstructing the body's exterior T: Pale, white coat P: Relaxed Cautions and contraindications: None noted</p>	<p>Ze Xie 15g Fu Ling 9g Zhu Ling 9g Bai Zhu 9g Gui Zhi 6g Chao Cang Zhu) 120g (12-15g) Jiang Chao Hou Po 90g (9-12g) Chen Pi 60g (9-12g) Zhi Gan Cao 30g (3-6g) (Combine Wu Ling San and Ping Wei San) No hierarchy noted</p>
<p>Zhu Ling Tang <i>Polyporus Decoction</i></p>	<p>Action: Promotes urination, clears Heat and nourishes Yin Indication: Cold disease in the Yangming or Shaoyin transforming into Heat S/S: Urinary difficulty, fever and thirst with desire to drink. Also: Diarrhea, cough, nausea, irritability or insomnia T: None noted P: None noted Cautions and contraindications: Contraindication: Abundant Heat and severely damaged Yin Fluids or pronounced Damp</p>	<p>Zhu Ling 3g (C) Fu Ling 3g (D) Ze Xie 3g (D) Hua Shi 3g (A) E Jiao 3g none noted</p>
<p>Wu Pi Yin <i>Five- Peel Drink</i></p>	<p>Action: Clears Deficiency Heat, reduces edema, regulates Qi and strengthens the Kidney Indication: Edema constraining Kidney Qi and generating Heat S/S: Patterns where edema constrains the Kidney Qi and generates Heat T: None noted P: None noted Cautions and contraindications: None noted</p>	<p>Wu Jia Pi 15g Sheng Jiang Pi 6g Fu Ling Pi 15g Di Gu Pi 9g Da Fu Pi 15g No hierarchy noted</p>



Expel Damp – Clear Wind

FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTION AND CONTRAINDICATIONS	INGREDIENTS
Fang Ji Huang Qi Tang <i>Stephania and Astragalus Decoction</i>	Action: Tonifies Qi, dispels Wind, strengthens Spleen, promotes urination and reduces edema Indication: Wind Dampness or Wind Edema S/S: Sweating, a heavy sensation in the body, superficial edema, urinary difficulty T: Pale + white coat P: Floating Cautions and contraindications: Taking this formula leads to slight sweating. Discontinue if there is a strong sweat Contraindication: Excess type edema with nausea, abdominal distention, loose stools or other Stomach and Intestinal symptoms. Also: Water Damp constraining the Wei Qi in the Exterior with an absence of sweating, even if there is a Superficial pulse and aversion to Wind	Huang Qi 3.8g (15g) (C) Han Fang Ji 3g (12g) (C) Bai Zhu 2.3g (9g) (D) Zhi Gan Cao 1.5g (6g) (A) Sheng Jiang 4 pieces (3g) (E) Da Zao 1 piece (2 pieces) (E)
Juan Bi Tang <i>Remove Painful Obstruction Decoction</i>	Action: Tonifies and harmonizes Ying and Wei, dispels Wind and eliminates Damp Indication: Painful Bi with Qi and Blood Deficiency S/S: A generalized sensation of heaviness in the body, stiffness in the neck, shoulder and upper back, numbness in the extremities, difficulty in moving T: White coat P: Moderate Cautions and contraindications: Contraindication: Wind Damp Heat Painful Obstruction	Qiang Huo 45g (C) Fang Feng 45g (C) Jiu Xi Dang Gui 45g (D) Mi Zhi Huang Qi 45g (D) Bai Shao Yao 45g (D) Jiang Huang 45g (A) Zhi Gan Cao 15g (E) Sheng Jiang 5 pieces (E) Da Zao 3 pieces (E)
Du Huo Ji Sheng Tang <i>Pubescent Angelica and Taxillus Decoction</i>	Action: Expels Wind Damp, disperses painful obstruction and tonifies Deficiency Indication: Painful Bi with Liver and Kidney Deficiency S/S: Heavy and painful sensations at fixed locations in the lower back and lower extremities with weakness and stiffness or hypertonicity and immobility, aversion to cold and attraction to warmth, palpitations, shortness of breath Also: Paresthesia or numbness T: Pale + white coat P: Thin, Weak, Slow Cautions and contraindications: Contraindication: Strong Excess conditions or Damp Heat	Du Huo 9g (C) Xi Xin 6g (D) Fang Feng 6g (D) Qin Jiao 6g (D) Sang Ji Sheng 6g (A) Du Zhong 6g (A) Niu Xi 6g (A) (E) Rou Gui 6g (A) Dang Gui 6g (A) Chuan Xiong 6g (A) Sheng Di Huang 6g (A) Bai Shao 6g (A) Ren Shen 6g (A) Fu Ling 6g (A) Gan Cao 6g (E)
Yi Yi Ren Tang <i>Coicis Decoction from Enlightened Physicians</i>	Action: Disperses swelling in the Exterior and treats dry Blood in the Interior Indication: Swelling and pain in the joints with fever S/S: Numbness and pain of the extremities, joint swelling and pain especially of the hands and feet, joints that are heavy, numb or stiff, swollen or painful; fever, heaviness or coldness of the body, dizziness, fatigue, a pale complexion, preference for warmth or skin cornification T: Pale + thick, white or greasy, white coat P: Thready and Slippery Cautions and contraindications: None noted	Ma Huang 6g Dang Gui 9g Cang Zhu 9g Yi Yi Ren 24g Gui Zhi 6g Bai Shao 9g Zhi Gan Cao 3g No hierarchy noted



Expel Damp - Warm

FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTION AND CONTRAINDICATIONS	INGREDIENTS
<p>Bi Xie Fen Qing Yin <i>Tokoro Drink to Separate the Clear</i></p>	<p>Action: Warms Kidneys, promotes the resolution of Damp, separates out Clear and transforms Turbid Indication: Cloudy painful urinary dribbling due to Yang Deficiency in the Lower Jiao S/S: Urinary frequency with cloudy, dense, milky (resembling rice water) or greasy urine T: None noted P: None noted</p> <p>Cautions and contraindications: Contraindication: Damp Heat in the Bladder leading to cloudy painful urinary dribbling with milky, turbid urine</p>	<p>Bi Xie 9-12g (C) Yi Zhi Ren 9g (D) Wu Yao 9g (A) Shi Chang Pu 9g (A)</p>
<p>Zhen Wu Tang <i>True Warrior Decoction</i></p>	<p>Action: Warms Yang and promotes urination Indication: Kidney and/or Spleen Yang Deficiency with retention of pathological Water or External Wind Cold S/S: 1) Kidney Yang Deficiency or Spleen and Kidney Yang Deficiency: Abdominal pain that is aggravated by Cold, urinary difficulty and deep aching and heaviness in the extremities. Also: Generalized edema, loose stools, dizziness, a heavy sensation in the head, palpitations, coughing and vomiting T: Pale or dark and swollen with toothmarks + white, slippery coat P: Submerged, Thin and Forceless 2) Externally contracted Wind Cold (Taiyang): Sweating that does not reduce the fever, palpitations in the epigastrium, dizziness, generalized twitching, the patient is feeling unstable on their feet as if they were about to fall T: White, slippery coat P: Submerged, Thin and Forceless</p> <p>Cautions and contraindications: None noted</p>	<p>Bao Fu Zi 9g (C) Bai Zhu 6g (D) Fu Ling 9g (D) Sheng Jiang 9g (A) Bai Shao Yao 9g (A)</p>
<p>Qiang Huo Sheng Shi Tang <i>Notopterygium Decoction to Overcome Dampness</i></p>	<p>Action: Expels Wind and Damp Indication: Wind Damp Bi Painful Obstruction S/S: A heavy and painful head, a generalized sensation of heaviness, back pain or generalized pain, stiffness of the neck, difficulty in rotating or bending the trunk, mild fever, chills T: White coat P: Floating</p> <p>Cautions and contraindications: Caution: Constitutional Yin Deficiency or Heat conditions</p>	<p>Qiang Huo 3g (C) Du Huo 3g (C) Gao Ben 1.5g (D) Fang Feng 1.5g (D) Chuan Xiong 1.5g (A) Man Jing Zi 0.9g (A) Zhi Gan Cao 1.5g (E)</p> <p>Note: Usually prepared as a decoction with 2-3 times the specified dosage of each ingredient</p>



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<p style="text-align: center;">Ling Gui Zhu Gan Tang <i>Poria, Cinnamon Twig, Atractylodes, and Licorice Decoction</i></p>	<p>Action: Warms and transforms Phlegm and thin mucus, strengthens Spleen and resolves Damp Indication: Spleen Yang Deficiency leading to thin mucus in the epigastrium S/S: Coughing up clear and watery sputum, fullness in the chest and hypochondria, palpitations, shortness of breath, dizziness or vertigo T: Pale and swollen + white and slippery or greasy coat P: Slippery and Wiry or Soggy</p> <p>Cautions and contraindications: Contraindication: Thin mucus due to Damp Heat or Yin Deficiency with Liver Yang Rising</p>	<p>Fu Ling 12g (C) Gui Zhi 9g (D) Bai Zhu 6g (A) Zhi Gan Cao 6g (E)</p>
<p style="text-align: center;">Shi Pi Yin <i>Bolster the Spleen Drink</i></p>	<p>Action: Warms Yang, strengthens Spleen, moves Qi and promotes urination Indication: Yin Edema due to Spleen and Kidney Yang Deficiency S/S: Generalized edema that is more severe below the waist, cold extremities, chest and abdominal fullness and distention, a heavy sensation in the body, loss of appetite, absence of thirst, scanty urine and semiliquid, unformed stools T: Thick, greasy coat P: Submerged, Slow or Submerged, Thin</p> <p>Cautions and contraindications: Contraindication: Yang edema</p>	<p>Bao Fu Zi 30g (6g) (C) Pao Jiang 30g (6g) (C) Fu Ling 30g (6g) (D) Bai Zhu 30g (6g) (D) Mu Gua 30g (6g) (A) Jiang Chao Hou Po 30g (6g) (A) Mu Xiang 30g (6g) (A) Da Fu Pi (Bing Lang) 30g (6g) (A) Cao Guo 30g (6g) (A) Zhi Gan Cao 15g (3g) (E) Sheng Jiang 5 slices (E) Da Zao 1 piece (E)</p>