



**Pan Canadian Formulas 2020**  
**Regulate Blood**

FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTION AND CONTRAINDICATIONS	INGREDIENTS
<p align="center"><b>Tao He Cheng Qi Tang</b> <i>Peach Pit Decoction to Order the Qi</i></p>	<p><b>Action:</b> Drains Heat and breaks up Blood Stasis  <b>Indication:</b> Blood Stasis and Heat in the Lower Jiao  <b>S/S:</b> Acute lower abdominal pain, smooth urination, night fevers, delirious speech, irritability, restlessness and thirst Severe cases: Manic behavior            Women will usually experience dysmenorrhea or amenorrhea  <b>T:</b> None noted  <b>P:</b> Submerged, Full or Choppy</p> <p><b>Cautions and contraindications:</b>  <b>Caution:</b> Release the Exterior for cases with Exterior symptoms before using  <b>Contraindication:</b> Pregnancy</p>	<p>Tao Ren 50 pieces (12-15g) (C)            (Jiu Zhi) Da Huang 12g (C)            Gui Zhi 6g (D)            Mang Xiao [ add to strained decoction] 6g (A)            Zhi Gan Cao 6g (A) (E)</p>
<p align="center"><b>Xue Fu Zhu Yu Tang</b> <i>Drive Out Stasis from the Mansion of Blood Decoction</i></p>	<p><b>Action:</b> Invigorates Blood, dispels Blood Stasis, spreads Liver Qi and unblocks channels  <b>Indication:</b> Blood Stasis in the chest  <b>S/S:</b> Pain in the chest and hypochondria, chronic and stubborn headache with a fixed piercing quality, chronic and incessant hiccough, a choking sensation when drinking, dry heaves, depression or low spirits with a sensation of warmth in the chest, palpitations, insomnia, restless sleep, irritability, extreme mood swings, evening tidal fever or dark or purplish lips, complexion or sclera  <b>T:</b> Dark-red + dark spots on the sides of the tongue  <b>P:</b> Choppy or Wiry, Tight</p> <p><b>Cautions and contraindications:</b>  <b>Contraindication:</b> Pregnancy and cases with excess menstrual bleeding due to Deficiency, predisposition to bleeding or any active hemorrhagic disorder</p>	<p>Tao Ren 12g (C)            Hong Hua 9g (C)            Chuan Xiong 4.5g (C)            Dang Gui 9g (D)            Chi Shao 6g (D)            Chuan Niu Xi 9g (D)            Sheng Di Huang 9g (D)            Chai Hu 3g (A)            Jie Geng 4.5g (A)            Zhi Ke 6g (A)            Gan Cao 6g (E)</p>
<p align="center"><b>Tong Qiao Huo Xue Tang</b> <i>Unblock the Orifices and Invigorate the Blood Decoction</i></p>	<p><b>Action:</b> Invigorates Blood, dispels Blood Stasis and opens up orifices  <b>Indication:</b> Blood Stasis in the Upper Jiao  <b>S/S:</b> Headache and vertigo, chronic tinnitus, hair loss, dark purple complexion, darkness around the eyes and 'brandy' nose.            Also: Childhood nutritional impairment with progressive emaciation, abdominal distention, purplish discoloration of the sinews and tidal fever.            Chronic disorders due to internal Blood Stasis such as exhaustion of Blood in women and Deficiency from overwork in men  <b>T:</b> None noted  <b>P:</b> None noted</p> <p><b>Cautions and contraindications:</b> None noted</p>	<p>Chi Shao 3g            Chuan Xiong 3g            Tao Ren 9g            Hong Hua 9g            Cong Bai 3g            Da Zao 7 pieces            Sheng Jiang 9g            She Xiang [add with a small amount of white wine to the strained decoction] 0.15g</p> <p><b>No hierarchy noted</b></p>



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<p><b>Ge Xia Zhu Yu Tang</b> <i>Drive Out Stasis Below the Diaphragm Decoction</i></p>	<p><b>Action:</b> Invigorates Blood, dispels Blood Stasis, promotes Qi movement and alleviates pain  <b>Indication:</b> Blood Stasis below the diaphragm with fixed palpable masses  <b>S/S:</b> Palpable abdominal masses with fixed pain or abdominal masses that are visible when lying down  Also: Chronic diarrhea and daybreak diarrhea; commonly used for amenorrhea and dysmenorrhea  <b>T:</b> None noted  <b>P:</b> None noted</p> <p><b>Cautions and contraindications:</b> None noted</p>	<p>Chao Wu Ling Zhi 9g  Dang Gui 9g  Chuan Xiong 6g  Tao Ren 9g  Mu Dan Pi 6g  Chi Shao 6g  Wu Yao 6-12g  Yan Hu Suo 3g  Gan Cao 9g  Xiang Fu 4.5g  Hong Hua 9g  Zhi Ke 4.5g</p> <p><b>No hierarchy noted</b></p>
<p><b>Shao Fu Zhu Yu Tang</b> <i>Drive Out Stasis from the Lower Abdomen Decoction</i></p>	<p><b>Action:</b> Invigorates Blood, dispels Blood Stasis, warms menses and alleviates pain  <b>Indication:</b> Dysmenorrhea due to Cold and Blood Stasis or general Cold and Blood Stasis in the Lower Jiao  <b>S/S:</b> Palpable masses that may or may not be painful or lower abdominal pain without palpable masses or lower abdominal distention or lower back pain and lower abdominal distention during menstruation or frequent menstruation (3 - 5 times per month) with dark or purple menstrual blood (usually with clots) or abnormal uterine bleeding with lower abdominal soreness and pain. Particularly indicated for Deficiency Cold leading to Blood Stasis, with symptoms such as aversion to cold, low or depressed mood, cold extremities and white discharges  <b>T:</b> Pale  <b>P:</b> None noted</p> <p><b>Cautions and contraindications:</b> None noted</p>	<p>Chao Xiao Hui Xiang 1.5g  Chao Gan Jiang 0.6g  Yan Hu Suo 3g  Dang Gui 9g  Chuan Xiong 3g  Mo Yao 3g  Rou Gui 3g  Chi Shao 6g  Pu Huang 9g  Chao Wu Ling Zhi 6g</p> <p><b>No hierarchy noted</b></p>
<p><b>Shen Tong Zhu Yu Tang</b> <i>Drive Out Stasis from a Painful Body Decoction</i></p>	<p><b>Action:</b> Invigorates Blood, promotes Qi, dispels Blood Stasis, unblocks collaterals and painful obstruction, alleviates pain  <b>Indication:</b> Painful Obstruction due to Qi and Blood Stagnation in the channels and collaterals  <b>S/S:</b> Shoulder pain, arm pain, lower back pain, leg pain or other chronic aches and pains of the body  <b>T:</b> None noted  <b>P:</b> None noted</p> <p><b>Cautions and contraindications:</b> None noted</p>	<p>Qin Jiao 3g  Chuan Xiong 6g  Tao Ren 9g  Hong Hua 9g  Gan Cao 6g  Qiang Huo 3g  Mo Yao 6g  Dang Gui 9g  Chao Wu Ling Zhi 6g  Xiang Fu 3g  Chuan Niu Xi 9g  Di Long 6g</p> <p><b>No hierarchy noted</b></p>



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<p><b>Bu Yang Huan Wu Tang</b> <i>Tonify the Yang to Restore Five [-Tenths] Decoction</i></p>	<p><b>Action:</b> Tonifies Qi, invigorates Blood and unblocks channels  <b>Indication:</b> Wind Stroke due to Qi Deficiency and Blood Stasis  <b>S/S:</b> Sequelae of Wind Stroke including hemiplegia, paralysis and atrophy of the lower limbs, facial paralysis, slurred speech, drooling, dry stools, urinary frequency or incontinence  Also: Atrophy disorders with the same underlying mechanism  <b>T:</b> White coat  <b>P:</b> Moderate</p> <p><b>Cautions and contraindications:</b> Ensure the patient has regained clear consciousness with a normal body temperature, no hemorrhage and a Moderate pulse before using this formula  <b>Contraindication:</b> Immediately after a stroke due to cerebral hemorrhage. Avoid using until the cause of the stroke has been determined. Also avoid for patients with a Big and Forceful or Firm, Wiry and Forceful pulse, Yin Deficiency with Hot Blood or pregnancy</p>	<p>Huang Qi 120g (C)  Dang Gui 6g (D)  Chuan Xiong 3g (D)  Chi Shao 4.5g (D)  Tao Ren 3g (A)  Hong Hua 3g (A)  Di Long 3g (A)</p>
<p><b>Fu Yuan Huo Xue Tang</b> <i>Revive Health by Invigorating the Blood Decoction</i></p>	<p><b>Action:</b> Invigorates Blood, dispels Blood Stasis, spreads Liver Qi and unblocks channels  <b>Indication:</b> Bleeding due to physical trauma  <b>S/S:</b> Excruciating pain due to traumatic injury, especially in the chest, hypochondria or flanks  <b>T:</b> None noted  <b>P:</b> None noted</p> <p><b>Cautions and contraindications:</b> Switch formulas if this causes diarrhea without a complete cure  <b>Contraindication:</b> Pregnancy</p>	<p>Dang Gui 9g (C)  Tao Ren 50 pieces (9-15g) (C)  Hong Hua 6g (C)  Pao Shan Jia 6g (C)  Jiu Zhi Da Huang 30g (C)  Tian Hua Fen 9g (D) (A)  Chai Hu 15g (A)  Gan Cao 6g (E)</p>
<p><b>Qi Li San</b> <i>Seven-Thousandths of a Tael Powder</i></p>	<p><b>Action:</b> Invigorates Blood, dispels Blood Stasis, promotes Qi movement, reduces swelling and alleviates pain and bleeding  <b>Indication:</b> Trauma leading to Qi and Blood Stagnation  <b>S/S:</b> Bruising, swelling and pain accompanying traumatic injuries such as broken bones and torn sinews as well as bleeding due to lacerations  <b>T:</b> None noted  <b>P:</b> None noted</p> <p><b>Cautions and contraindications:</b>  <b>Contraindication:</b> Pregnancy</p>	<p>Xue Jie 30g (C)  Hong Hua 4.5g (D)  Ru Xiang 4.5g (A)  Mo Yao 4.5g (A)  She Xiang 0.36g (A)  Bing Pian 0.36g (A)  Er Cha 7.5g (A)  Shui Fei Zhu Sha 3.6g (A)</p>
<p><b>Wen Jing Tang</b> <i>Flow-Warming Decoction</i></p>	<p><b>Action:</b> Warms vessels, dispels Cold, nourishes Blood and dispels Blood Stasis  <b>Indication:</b> Deficiency Cold of the Chong and Ren with Blood Stasis  <b>S/S:</b> Mild, persistent uterine bleeding, irregular menstruation (either early or late), extended or continuous menstrual flow, bleeding between periods, pain, distention, cold in the lower abdomen, infertility, dry lips and mouth, low-grade fever at dusk, warm palms and soles  <b>T:</b> Purplish  <b>P:</b> Fine and Rough</p> <p><b>Cautions and contraindications:</b>  <b>Contraindicated:</b> Abdominal masses due to Blood Stasis from Excess</p>	<p>Wu Zhu Yu 9g (C)  Gui Zhi 6g (C)  Dang Gui 6g (D)  Chuan Xiong 6g (D)  Shao Yao 6g (D)  E Jiao 6g [dissolve in the strained decoction] (D)  Mai Men Dong 9g (D)  Mu Dan Pi 6g (A)  Ren Shen 6g (A)  Sheng Jiang 6g (A)  Zhi Ban Xia 6g (A)  Gan Cao 6g (A) (E)</p>



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<p><b>Ai Fu Nuan Gong Wan</b> <i>Mugwort and Cyperus Pill to Warm the Palace</i></p>	<p><b>Action:</b> Warms vessels, comforts Womb, nourishes and invigorates Blood  <b>Indication:</b> Cold in the Uterus  <b>S/S:</b> Thin vaginal discharge, a sallow and wan complexion, achy limbs, fatigue and lack of strength, reduced appetite, occasional abdominal pain and infertility  Also: Second- or third-trimester pregnancy with a cold, painful sensation in the lower abdomen, abdominal distention  <b>T:</b> Pale + white coat  <b>P:</b> None noted</p> <p><b>Cautions and contraindications:</b> None noted</p>	<p>Ai Ye 90g  Cu Chao Xiang Fu 180g  Wu Zhu Yu 60g  Chuan Xiong 60g  Jiu Chao Bai Shao 60g  Huang Qi 60g  Hua Jiao 60g  Xu Duan 45g  Jiu Chao Sheng Di Huang 30g  Rou Gui 15g  <b>No hierarchy noted</b></p>
<p><b>Sheng Hua Tang</b> <i>Generating and Transforming Decoction</i></p>	<p><b>Action:</b> Invigorates Blood, transforms and dispels Blood Stasis, warms menses and alleviates pain  <b>Indication:</b> Postpartum Blood and Qi Deficiency with Cold  <b>S/S:</b> Retention of lochia with cold and pain the lower abdomen  <b>T:</b> Pale, purple or pale with purple spots  <b>P:</b> Thin, Submerged and Choppy</p> <p><b>Cautions and contraindications:</b>  <b>Contraindication:</b> Blood Stasis due to Heat in the Blood, postpartum bleeding, pregnancy, bleeding diathesis or hemorrhagic disorder  <b>Caution:</b> Modify in cases of normal expulsion of lochia with only slight abdominal pain</p>	<p>Dang Gui 24g (C)  Chuan Xiong 9g (D)  Tao Ren 14 pieces (6-9g) (D)  Pao Jiang 1.5g (A)  Yellow Wine (A)  Zhi Gan Cao 1.5g (E)</p>
<p><b>Gui Zhi Fu Ling Wan</b> <i>Cinnamon Twig and Poria Pill</i></p>	<p><b>Action:</b> Invigorates Blood, transforms Blood Stasis and reduces fixed abdominal masses  <b>Indication:</b> Restless fetus disorder due to Blood Stasis  <b>S/S:</b> 1) Restless fetus disorder due to Blood Stasis: Mild, persistent uterine bleeding of purple or dark blood during pregnancy accompanied by abdominal pain that increases with pressure  2) Qi stagnation, Blood stasis, Dampness and Phlegm Obstruction: Immobile masses in the lower abdomen with pain and tenderness, abdominal spasms and tension, amenorrhea with abdominal distention and pain, dysmenorrhea and retention of the lochia  <b>T:</b> Dark with purple stasis spots  <b>P:</b> Submerged, Choppy</p> <p><b>Cautions and contraindications:</b>  <b>Caution:</b> Extreme caution during pregnancy or postpartum</p>	<p>Gui Zhi 9-12g (C)  Fu Ling 9-12g (C)  Shao Yao 9-15g (D)  Mu Dan Pi 9-12g (A)  Tao Ren 9-12g (A)  Feng Mi Appropriate amount (E)</p>
<p><b>Shi Xiao San</b> <i>Sudden Smile Powder</i></p>	<p><b>Action:</b> Invigorates Blood, dispels Blood Stasis, disperses accumulation and alleviates pain  <b>Indication:</b> Blood Stasis in the vessels of the Lower Jiao  <b>S/S:</b> Irregular menstruation, dysmenorrhea, retention of lochia, postpartum abdominal pain, acute and colicky pain in the lower abdomen, severe pain in the middle of the abdomen or epigastric pain  <b>T:</b> None noted  <b>P:</b> None noted</p> <p><b>Cautions and contraindications:</b>  <b>Caution:</b> Stomach Deficiency  <b>Contraindication:</b> Pregnancy</p>	<p>Wu Ling Zhi 6g  Pu Huang 6g  <b>No hierarchy noted</b></p>
<p><b>Huo Luo Xiao Ling Dan</b> <i>Fantastically Effective Pill to Invigorate the Collaterals</i></p>	<p><b>Action:</b> Invigorates Blood, dispels Blood Stasis, unblocks collaterals and alleviates pain  <b>Indication:</b> Qi and Blood Stagnation in the channels  <b>S/S:</b> Pain in the Heart, stomach, abdomen, back, leg or arm, bruising and swelling due to traumatic injury, rheumatic pain, fixed abdominal masses, internal or external ulceration  <b>T:</b> Dark tongue or stasis spots  <b>P:</b> Wiry or Rough</p> <p><b>Cautions and contraindications:</b>  <b>Contraindication:</b> Pregnancy</p>	<p>Dang Gui 15g (C)  Dan Shen 15g (none noted)  Ru Xiang 15g (none noted)  Mo Yao 15g (none noted)  Warm Wine (E)</p>



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<p><b>Dan Shen Yin</b> <i>Salvia Drink</i></p>	<p><b>Action:</b> Invigorates Blood, dispels Blood Stasis, promotes Qi movement and alleviates pain  <b>Indication:</b> Blood and Qi Stagnation in the Middle Jiao  <b>S/S:</b> Abdominal or epigastric pain that may radiate upward accompanied by signs and symptoms of Blood stasis and Qi stagnation. May also be used for dysmenorrhea and flank pain associated with this pattern of disharmony  <b>T:</b> None noted  <b>P:</b> None noted</p> <p><b>Cautions and contraindications:</b>  <b>Contraindication:</b> Pregnancy and in cases with bleeding diathesis or active hemorrhagic disorders</p>	<p>Dan Shen 30g (C)  Tan Xiang 3g (D)  Sha Ren 3g (A)</p>
<p><b>Da Huang Zhe Chong Wan</b> <i>Rhubarb and Ground Beetle Pill</i></p>	<p><b>Action:</b> Breaks up and dispels Blood Stasis and generates new Blood  <b>Indication:</b> Damage to the circulation of Jing and Wei Qi in the channels with Blood Stasis (5 Consumptions)  <b>S/S:</b> Emaciation, abdominal fullness, loss of appetite, rough, dry and scaly skin, a dull and dark appearance of the eyes, amenorrhea and tidal fever  <b>T:</b> None noted  <b>P:</b> None noted</p> <p><b>Cautions and contraindications:</b>  <b>Contraindication:</b> Pregnancy</p>	<p>Shu Da Huang 300g (C)  Tu Bie Chong 30g (C)  Tao Ren 60g (D)  Gan Qi 30g (D)  Qi Cao 60g (D)  Shui Zhi 60g (D)  Meng Chong 60g (D)  Huang Qin 60g (A)  Xing Ren 60g (A)  Sheng Di Huang 300g (A)  Shao Yao 120g (A)  Gan Cao 90g (E)</p>
<p><b>Bie Jia Jian Wan</b> <i>Soft-Shelled Turtle Shell Pill</i></p>	<p><b>Action:</b> Activates Qi and Blood circulation, dispels Damp and Phlegm, softens hardness and resolves masses  <b>Indication:</b> Qi and Yang Deficiency, Qi and Blood Stagnation with Phlegm and Damp accumulation causing abdominal masses  <b>S/S:</b> Malaria with splenomegaly (enlarged spleen), chronic malaria, hypochondriac distention, immobile masses in the hypochondrium, abdominal pain, muscle wasting, decreased food intake, alternating fever and chills, and amenorrhea, abdominal masses occurring in the abdomen,  hypochondrium  <b>T:</b> None noted  <b>P:</b> None noted</p> <p><b>Cautions and contraindications:</b>  <b>Caution:</b> Zheng Qi Deficiency</p>	<p>Zhi Bie Jia 90g  Da Huang 22.5g  Mang Xiao 90g  Ao Tu Bie Chong 37g  Ao Qiang Lang 45g  Ao Shu Fu 22.5g  Chai Hu 45g  Huang Qin 22.5g  Bai Shao 37g  Hou Po 22.5g  Pao She Gan 22.5g  Ting Li Zi 7.5g  Ban Xia 7.5g  Gan Jiang 22.5g  Gui Zhi 22.5g  Ren Shen 7.5g  E Jiao 22.5g  Tao Ren 15g  Mu Dan Pi 37g  Ling Xiao Hua 22.5g  Zhi Feng Fang 30g  Qu Mai 22.5g  Shi Wei 22.5g</p> <p><b>No hierarchy noted</b></p>



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<p><b>Shi Hui San</b> <i>Ten Partially-Charred Substances Powder</i></p>	<p><b>Action:</b> Cools Blood, stops bleeding, clears Heat and drains Fire  <b>Indication:</b> Bleeding due to Excess Fire in the Middle and Upper Jiao  <b>S/S:</b> Nosebleed or vomiting, spitting or coughing up of bright red blood. These symptoms usually occur as acute bleeding disorders with sudden onset  <b>T:</b> Red  <b>P:</b> Rapid</p> <p><b>Cautions and contraindications:</b> Advance preparation required and patient must lie quietly during treatment. Discontinue as soon as the bleeding stops  <b>Severe cases:</b> Combine biomedical and Chinese treatments</p>	<p>Da Ji 9g (C)  Xiao Ji 15g (C)  He Ye 9g (D)  Ce Bai Ye 9g (D)  Bai Mao Gen 30g (D)  Qian Cao Gen 12g (D)  Zong Lu Pi 6g (D)  Zhi Zi 12g (A)  Da Huang 9g (A)  Mu Dan Pi 9g (A)</p>
<p><b>Si Sheng Wan</b> <i>Four-Fresh Pill</i></p>	<p><b>Action:</b> Cools Blood and stops bleeding  <b>Indication:</b> Blood Heat in the Upper Jiao  <b>S/S:</b> Coughing, spitting or vomiting blood or nosebleed, especially bright-red blood, dry mouth and throat  <b>T:</b> Red or deep-red  <b>P:</b> Wiry, Rapid or Forceful, Wiry and Rapid</p> <p><b>Cautions and contraindications:</b> Use for acute conditions only and stop once bleeding has stopped. Prolonged use increases chances of Blood Stasis</p>	<p>Sheng Ce Bai Ye 12g (C)  Xian Di Huang 15-24g (D)  Sheng He Ye 9-12g (A)  Sheng Ai Ye 6-9g (A)</p>
<p><b>Ke Xue Fang</b> <i>Coughing of Blood Formula</i></p>	<p><b>Action:</b> Clears Fire, transforms Phlegm, preserves Lungs, stops cough and bleeding  <b>Indication:</b> Liver Fire attacking the Lungs  <b>S/S:</b> Coughing of blood-streaked sputum, thick sputum that is difficult to expectorate, bitter taste, irritability and easily-provoked anger, constipation, red cheeks  <b>T:</b> Red + yellow coat  <b>P:</b> Wiry, Rapid</p> <p><b>Cautions and contraindications:</b>  <b>Contraindication:</b> Spleen Deficiency or Lung and Kidney Yin Deficiency</p>	<p>Qing Dai 6-9g (C)  Zhi Zi 9g (C)  Gua Lou Ren 9g (D)  Fu Hai Shi 9g (D)  He Zi 6-9g (A) (E)</p>
<p><b>Xiao Ji Yin Zi</b> <i>Small Thistle Drink</i></p>	<p><b>Action:</b> Cools Blood, stops bleeding, promotes urination and unblocks painful urinary dribbling  <b>Indication:</b> Excess Heat in the Lower Jiao causing painful, bloody urinary dribbling  <b>S/S:</b> Painful bloody urinary dribbling (with blood in the urine and urinary frequency, urgency, burning and pain) or simple blood in the urine with thirst and irritability. Blood in the urine from this process may also occur without pain  <b>T:</b> Red + thin, yellow coat  <b>P:</b> Rapid, Forceful</p> <p><b>Cautions and contraindications:</b>  <b>Contraindication:</b> Pregnancy, chronic conditions or urinary dribbling due to Deficiency of Normal Qi</p>	<p>Xiao Ji 9-15g (C)  Ou Jie 9-15g (D)  Chao Pu Huang 9-15g (D)  Sheng Di Huang 9-18g (D)  Hua Shi 9-15g (A)  Mu Tong 9-15g (A)  Dan Zhu Ye 9-15g (A)  Zhi Zi 9-15g (A)  Dang Gui 9-15g (A)  Zhi Gan Cao 9-15g (E)</p>
<p><b>Huai Hua San</b> <i>Sophora Japonica Flower Powder</i></p>	<p><b>Action:</b> Cools Intestines, stops bleeding, disperses Wind and promotes Qi movement  <b>Indication:</b> Wind Heat trapped internally or Damp Heat in the Yangming Organs  <b>S/S:</b> Bright-red bleeding from the rectum during defecation that typically precedes (but may also follow) the passage of stool, blood in the stools, hemorrhoids with either bright-red or dark-red bleeding  <b>T:</b> Red  <b>P:</b> Wiry, Rapid or Soggy, Rapid</p> <p><b>Cautions and contraindications:</b> Not for long term use  <b>Caution:</b> Middle Jiao Deficiency Cold</p>	<p>Chao Huai Hua 12g (C)  Chao Bai Ye 12g (D)  Jing Jie Sui 6g (D)  Fu Chao Zhi Ke 6-9g (A)</p>



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<p><b>Huang Tu Tang</b> <i>Yellow Earth Decoction</i></p>	<p><b>Action:</b> Warms Yang, strengthens Spleen, nourishes Blood and stops bleeding  <b>Indication:</b> Spleen Yang Deficiency with Spleen failing to control Blood  <b>S/S:</b> Blood in the stool, vomiting or spitting up blood, nosebleeds or abnormal uterine bleeding of dark or pale blood, cold extremities, a wan complexion, general fatigue, a lack of taste and no particular thirst  <b>T:</b> Pale + white coat  <b>P:</b> Submerged, Thin and Forceless</p> <p><b>Cautions and contraindications:</b>  <b>Contraindication:</b> Bleeding from Excess Heat. Do no use if external pathogens are present</p>	<p>Zao Xin Tu 18g (C)            Bai Zhu 9g (D)            Zhi Fu Zi 9g (D)            Sheng Di Huang 9g (A)            E Jiao 9g (A)            Huang Qin 9g (A)            Gan Cao 9g (E)            Bao Fu Zi 9g (not noted)</p>
<p><b>Yue Ying Jian</b> <i>Restrain Blood Decoction</i></p>	<p><b>Action:</b> Clears Heat, Cools Blood, stops bleeding  <b>Indication:</b> Bloody stools due to Excess Heat  <b>S/S:</b> Hematochezia due to Excess Heat  <b>T:</b> None noted  <b>P:</b> None noted</p> <p><b>Cautions and contraindications:</b> None noted</p>	<p>Sheng Di Huang 12-15g            Shao Yao 9g            Gan Cao 3-6g            Xu Duan 9g            Di Yu 9-15g            Huang Qin 9-15g            Huai Hua 9-15g            Jing Jie 9g            (Wu Mei)</p> <p><b>Note:</b> Some sources include Wu Mei while others did not. Some sources said Chi Shao while others said Bai Shao</p> <p><b>No hierarchy noted</b></p>
<p><b>Jiao Ai Tang</b> <i>Ass-Hide Gelatin and Mugwort Decoction</i></p>	<p><b>Action:</b> Nourishes Blood, stops bleeding, regulates menstruation and calms fetus  <b>Indication:</b> Deficiency and damage to the Chong and Ren channels  <b>S/S:</b> Abdominal pain with uterine bleeding, excessive menstruation, menstruation with constant spotting, postpartum bleeding or bleeding during pregnancy. The blood is pale and thin without clots and is accompanied by weakness and soreness of the lower back and a dull complexion  <b>T:</b> Pale + thin, white coat  <b>P:</b> Thin, Frail</p> <p><b>Cautions and contraindications:</b>  <b>Contraindication:</b> Abnormal uterine bleeding due to Heat</p>	<p>E Jiao [dissolve in strained decoction] 6g (C)            Ai Ye 9g (C)            Sheng Di Huang 12g (D)            Dang Gui 9g (D)            Chuan Xiong 6g (D)            Bai Shao Yao 12g (D)            Gan Cao 6g (A)            Rice Wine (E)</p>