



**Pan Canadian Formulas 2020**  
**Regulate Qi**

FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTIONS AND CONTRAINDICATIONS	INGREDIENTS
<b>Yue Ju Wan</b> <i>Escape Restraint Pill</i>	<b>Action:</b> Promotes Qi movement and releases constraint <b>Indication:</b> 5 Stagnations <b>S/S:</b> Focal distention and a stifling sensation in the chest and abdomen, fixed pain in the hypochondria, belching, vomiting, acid reflux, mild cough with copious sputum, reduced appetite, indigestion <b>T:</b> Can vary depending on the type of stagnation <b>P:</b> Can vary depending on the type of stagnation  <b>Cautions and contraindications:</b> <b>Contraindication:</b> Stagnation due to Deficiency	Chuan Xiong (C) Cang Zhu (C) Xiang Fu (D) Zhi Zi (A) Shen Qu (A)  Dosages are not noted
<b>Chai Hu Shu Gan San</b> <i>Bupleurum Powder to Dredge the Liver</i>	<b>Action:</b> Spreads Liver Qi, harmonizes Blood and alleviates pain <b>Indication:</b> Liver Qi Stagnation <b>S/S:</b> Flank pain, a stifling sensation in the chest causing one to heave deep sighs, suppressed emotions and feelings of frustration that easily give rise to anger, belching, abdominal distention and fullness, alternating fever and chills <b>T:</b> None noted <b>P:</b> Wiry  <b>Cautions and contraindications:</b> <b>Contraindication:</b> Long-term use or in patients with Liver Qi Stagnation-like pain due to Qi or Yin Deficiency	Chai Hu 6g (C) Xiang Fu 4.5g (D) Chuan Xiong 4.5g (D) Chao Zhi Ke 4.5g (A) Shao Yao 4.5g (A) Zhi Gan Cao 1.5g (A) Cu Chao Chen Pi 6g (A)
<b>Zhi Shi Xie Bai Gui Zhi Tang</b> <i>Unripe Bitter Orange, Chinese Garlic and Cinnamon Twig Decoction</i>	<b>Action:</b> Unblocks Yang, dissipates clumps, expels Phlegm and directs Qi downward <b>Indication:</b> Chest Painful Obstruction with severe Qi Stagnation, Yang Deficiency and Phlegm <b>S/S:</b> Fullness and pain in the chest or a stabbing pain that radiates from the chest to the back, wheezing, coughing, shortness of breath, focal distention in the chest that feels like a flow of Qi proceeding from the flanks to the area around the heart <b>T:</b> White, greasy coat <b>P:</b> Submerged, Wiry or Tight  <b>Cautions and contraindications:</b> Not for long-term use <b>Contraindication:</b> Chest pain due to Lung consumption or Phlegm Heat in the chest	Gua Lou 12g (C) Xie Bai 9g (C) Zhi Shi 12g (D) Hou Po 12g (D) Gui Zhi 3g (A)
<b>Gua Lou Xie Bai Bai Jiu Tang</b> <i>Trichosanthes Fruit, Chinese Garlic, and Wine Decoction</i>	<b>Action:</b> Unblocks Yang, promotes Qi movement and expels Phlegm <b>Indication:</b> Simple Chest Painful Obstruction with pain that radiates to the back <b>S/S:</b> Simple painful chest obstruction radiating to the upper back, wheezing, cough with copious sputum, shortness of breath <b>T:</b> Thick, greasy coat <b>P:</b> Submerged and Wiry or Tight  <b>Cautions and contraindications:</b> None noted	Gua Lou 12g Xie Bai 9-12g Bai Jiu 30-60ml  <b>No hierarchy noted</b>



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<p><b>Gua Lou Xie Bai Ban Xia Tang</b> <i>Trichosanthes Fruit, Chinese Garlic, and Pinellia Decoction</i></p>	<p><b>Action:</b> Unblocks Yang, dissipates clumps, expels Phlegm and directs Qi downward  <b>Indication:</b> Chest Painful Obstruction with severe pain and Phlegm  <b>S/S:</b> Painful obstruction of the chest where the pain is so severe that the patient is unable to lie down comfortably; severe pain radiating to the back, wheezing and cough  <b>T:</b> None noted  <b>P:</b> None noted  <b>Cautions and contraindications:</b> None noted</p>	<p>Gua Lou 12g  Xie Bai 9g  Zhi Ban Xia 9-12g  Bai Jiu 30-60ml</p> <p><b>No hierarchy noted</b></p>
<p><b>Ban Xia Hou Po Tang</b> <i>Pinellia and Magnolia Bark Decoction</i></p>	<p><b>Action:</b> Promotes Qi movement, dissipates clumps, directs Rebellious Qi downward and transforms Phlegm  <b>Indication:</b> Plum-pit Qi  <b>S/S:</b> A feeling of something caught in the throat that can neither be swallowed nor ejected, a stifling sensation in the chest and hypochondria  Also: Coughing and vomiting  <b>T:</b> Moist or greasy, white coat  <b>P:</b> Wiry, Slow or Wiry, Slippery  <b>Cautions and contraindications:</b>  <b>Caution:</b> May injure Yin and Fluids  <b>Contraindication:</b> Flushed face, a bitter taste in the mouth and a red tongue with scanty coat or patients without constrained Qi and Phlegm</p>	<p>Zhi Ban Xia 9-12g (C)  Hou Po 9g (C)  Fu Ling 12g (D)  Zi Su Ye 6g (D)  Sheng Jiang 15g (A)</p>
<p><b>Hou Po Wen Zhong Tang</b> <i>Magnolia Bark Decoction for Warming the Middle</i></p>	<p><b>Action:</b> Promotes Qi movement, eliminates fullness, dries Damp and warms Middle Jiao  <b>Indication:</b> Damp Cold injuring the Spleen and Stomach  <b>S/S:</b> Epigastric and abdominal distention and fullness, loss of appetite, fatigue in the extremities, loose diarrhea. Also: abdominal pain, vomiting clear liquid  <b>T:</b> White, slippery coat  <b>P:</b> None noted  <b>Cautions and contraindications:</b>  <b>Contraindication:</b> Abdominal distention or pain together with Qi Deficiency or Stomach Yin Deficiency</p>	<p>Jiang Hou Po 30g (9-15g) (C)  Chen Pi 30g (9-15g) (C)  Cao Dou Kou 15g (6-9g) (D)  ) Mu Xiang 15g (6-9g) (A)  Gan Jiang 2.1g (1.5-6g) (A)  Fu Ling 15g (9-12g) (A)  Zhi Gan Cao 15g (3-9g) (A) (E)  Sheng Jiang 3 pieces (A) (E)</p>



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<p style="text-align: center;"><b>Liang Fu Wan</b> <i>Galangal and Cyperus Pill</i></p>	<p><b>Action:</b> Warms Middle Jiao, dispels Cold, promotes Qi movement and alleviates pain  <b>Indication:</b> Liver Qi Stagnation with Cold congealing in the Stomach  <b>S/S:</b> Epigastric pain that responds favorably to warmth, a stifling sensation in the chest, hypochondrial pain, painful menstruation  <b>T:</b> White coat  <b>P:</b> None noted</p> <p><b>Cautions and contraindications:</b>  <b>Contraindication:</b> Heat in the Liver and Stomach, cases with bleeding or during pregnancy</p>	<p><b>Cold and anger contributing equally</b>  Gao Liang Jiang (in wine)  Xiang Fu (in vinegar)</p> <p><b>External invasion of Cold in the Stomach</b>  Gao Liang Jiang (in wine)  6g  Xiang Fu (in vinegar) 3g</p> <p><b>Uncontrolled anger causing Liver Qi Stagnation</b>  Gao Liang Jiang (in wine)  3g  Xiang Fu (in vinegar) 9g</p> <p><b>Wash equal amounts of the first herb in wine and the second herb in vinegar</b></p>
<p style="text-align: center;"><b>Jin Ling Zi San</b> <i>Melia Toosendan Powder</i></p>	<p><b>Action:</b> Spreads Liver Qi, drains Heat, invigorates Blood and alleviates pain  <b>Indication:</b> Liver constraint transforming Heat  <b>S/S:</b> Intermittent epigastric and hypochondrial pain, hernial pain or menstrual pain that is aggravated by the ingestion of hot food or beverage, accompanied by irritability; a bitter taste in the mouth  <b>T:</b> Red + yellow coat  <b>P:</b> Wiry or Rapid</p> <p><b>Cautions and contraindications:</b>  <b>Caution:</b> Pregnancy  <b>Contraindication:</b> Liver Qi constraint during Cold conditions</p>	<p>Chuan Lian Zi 30g (C)  Yan Hu Suo 30g (A) (E)</p>
<p style="text-align: center;"><b>Si Mo Tang</b> <i>Four Milled-Herb Decoction</i></p>	<p><b>Action:</b> Promotes Qi movement, directs Rebellious Qi downward, expands chest and dissipates clumping  <b>Indication:</b> Qi Excess in the Upper Jiao due to Qi Stagnation  <b>S/S:</b> Irritable, stifling sensation in the chest and diaphragm with labored breathing, wheezing, epigastric focal distention and fullness and loss of appetite due to excessive pensiveness, anger, worry and/or grief  <b>T:</b> White coat  <b>P:</b> Wiry</p> <p><b>Cautions and contraindications:</b> Not for long term use  <b>Contraindication:</b> Significant Deficiency of Normal Qi with fatigue and a Frail pulse</p>	<p>Wu Yao 6-9g (C)  Chen Xiang 3-6g (D)  Ren Shen 3-6g (A)  Bing Lang 9g (A)</p>



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<p><b>Liu Mo Tang</b> <i>Six Milled-Herb Decoction</i></p>	<p><b>Action:</b> Promotes Qi movement, directs Rebellious Qi downward, expands chest and dissipates clumping  <b>Indication:</b> Qi Excess in the Middle Jiao due to Qi Stagnation  <b>S/S:</b> Constipation, belching, abdominal distention and pain  <b>T:</b> None noted  <b>P:</b> None noted</p> <p><b>Cautions and contraindications:</b> None noted</p>	<p>Bing Lang 9g            Chen Xiang 3-6g            Wu Yao 6-9g            Mu Xiang not noted            Zhi Ke not noted            Da Huang not noted</p> <p><b>no hierarchy noted</b></p>
<p><b>Wu Mo Yin Zi</b> <i>Five Milled-Herb Decoction</i></p>	<p><b>Action:</b> Promotes Qi movement and directs Upward Rebellious Qi downward  <b>Indication:</b> Wandering pain or epigastric and abdominal pain due Qi Inversion  <b>S/S:</b> Severe epigastric and abdominal distention and pain or wandering pain in patients with robust health  <b>T:</b> None noted  <b>P:</b> None noted</p> <p><b>Cautions and contraindications:</b> None noted</p>	<p>Mu Xiang 6g            Chen Xiang 6g            Bing Lang 9g            Zhi Shi 9g            Wu Yao 9g</p> <p><b>No hierarchy noted</b></p>
<p><b>Tian Tai Wu Yao San</b> <i>Top-Quality Lindera Powder</i></p>	<p><b>Action:</b> Promotes Qi movement, spreads Liver Qi, scatters Cold and alleviates pain  <b>Indication:</b> Hernia due to Cold and Qi Stagnation  <b>S/S:</b> Lower abdominal pain radiating to the testicles, swollen or distended testicles. Also: Pain from cold Qi congealing and clumping in the lower abdomen, menstrual pain and mobile abdominal masses with the same etiology  <b>T:</b> Pale, white coat  <b>P:</b> Wiry or Submerged and Slow</p> <p><b>Cautions and contraindications:</b> Do not add tonifying herbs like Ren Shen or Huang Qi to this formula  <b>Contraindication:</b> Damp Heat</p>	<p>Wu Yao 15g (C)            Chao Xiao Hui Xiang 15g (D)            Chao Liang Jiang 15g (D)            Qing Pi 15g (D)            Mu Xiang 15g (D)            Bing Lang 2 pieces (12-15g) (A)            Chuan Lian Zi 10 pieces (12-15g) (A)            Ba Dou 70 pieces(15g) (A)</p>
<p><b>Ju He Wan</b> <i>Tangerine Seed Pill</i></p>	<p><b>Action:</b> Promotes Qi movement, alleviates pain, softens hardness and dissipates clumps  <b>Indication:</b> Bulging disorder due to Damp Cold in the Liver Channel  <b>S/S:</b> Unilateral testicular swelling with colicky pain reaching to the umbilicus or a rock-like hardness and swelling of the scrotum or oozing of a yellow fluid from the scrotum. Severe case: Abscess and ulceration  <b>T:</b> None noted  <b>P:</b> None noted</p> <p><b>Cautions and contraindications:</b> If the swellings have ulcerated, appropriate topical applications must also be used  <b>Contraindication:</b> Soft scrotal or other swellings</p>	<p>Ju He 30g (C)            Chao Chuan Lian Zi 30g (D)            Mu Xiang 15g (D)            Chao Tao Ren 30g (D)            Chao Yan Hu Suo 15g (D)            Rou Gui 15g (A) (E)            Mu Tong 15g (A) (E)            Jiang Chao Hou Po 15g (A) (E)            Chao Zhi Shi 15g (A) (E)            Hai Zao 30g (A) (E)            Kun Bu 30g (A) (E)            Hai Dai 30g (A) (E)</p>



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<p><b>Nuan Gan Jian</b> <i>Warm the Liver Decoction</i></p>	<p><b>Action:</b> Warms Liver and Kidneys, promotes Qi movement and alleviates pain  <b>Indication:</b> Cold bulging disorder with underlying Liver Deficiency  <b>S/S:</b> Lower abdominal pain that is sharp, localized and is aggravated by the local application of cold  Also: Swelling, distention and pain of the scrotum  <b>T:</b> Pale (especially on the sides and root)  <b>P:</b> Submerged, Tight</p> <p><b>Cautions and contraindications:</b>  <b>Contraindicated:</b> Heat, redness, swelling and pain of the scrotum due to Damp Heat in the Lower Jiao</p>	<p>Xiao Hui Xiang 6g (C)  Rou Gui 3g (C)  Chen Xiang 3g (D)  Wu Yao 6g (D)  Dang Gui 6g (D)  Gou Qi Zi 9g (D)  Fu Ling 6g (A)  Sheng Jiang 3-5 slices (E)</p>
<p><b>Su Zi Jiang Qi Tang</b> <i>Perilla Fruit Decoction for Directing Qi Downward</i></p>	<p><b>Action:</b> Directs rebellious Qi downward, stops wheezing and coughing and warms and transforms Phlegm Cold  <b>Indication:</b> Kidney's not grasping Qi leading to asthma  <b>S/S:</b> Coughing and wheezing with watery, copious sputum, stifling sensation in the chest and diaphragm, shortness of breath with labored inhalation and smooth exhalation.  <b>Also:</b> Pain and weakness of the lower back and legs, edema of the extremities and fatigue  <b>T:</b> White coat that is either slippery or greasy  <b>P:</b> None noted</p> <p><b>Cautions and contraindications:</b>  <b>Contraindication:</b> Lung and Kidney Deficiency without external pathogenic factors or for wheezing and a productive cough due to Lung Heat</p>	<p>Zi Su Zi 75g (9-12g) (C)  Zhi Ban Xia 75g (6-9g) (D)  Hou Po 30g (3-6g) (D)  Chen Pi 45g (6-9g) (A)  Qian Hu 30g (6-9g) (A)  Rou Gui 45g (1.5-3g) (A)  Dang Gui 45g (6-9g) (A)  Sheng Jiang 2 slices (E)  Da Zao 3 pieces (E)  Gan Cao 60g (3-4.5g) (E)  Zi Su Ye 5 leaves (E)</p> <p><b>Note:</b> Zi Su Ye is used as a substitution for Chen Pi</p>
<p><b>Ding Chuan Tang</b> <i>Arrest Wheezing Decoction</i></p>	<p><b>Action:</b> Disseminates and redirects Lung Qi, stops wheezing, clears Heat and transforms Phlegm  <b>Indication:</b> Wheezing due to Wind Cold on the Exterior with internal Phlegm Heat  <b>S/S:</b> Coughing and wheezing with copious, thick and yellow sputum, labored breathing, with possible simultaneous fever and chills  <b>T:</b> Greasy, yellow coat  <b>P:</b> Slippery, Rapid</p> <p><b>Cautions and contraindications:</b>  <b>Contraindication:</b> Wind Cold with no sweat and internal Phlegm Heat or chronic asthma with Qi Deficiency and a Frail pulse</p>	<p>Ma Huang 9g (C)  Chao Bai Guo 21 pieces (9g) (C)  Zhi Sang Bai Pi 9g (D)  Chao Huang Qin 4.5g (D)  Xing Ren 4.5g (A)  Zi Su Zi 6g (A)  Zhi Ban Xia 9g (A)  Kuan Dong Hua 9g (A)  Gan Cao 3g (E)</p>
<p><b>Xuan Fu Dai Zhe Tang</b> <i>Inula and Hematite Decoction</i></p>	<p><b>Action:</b> Directs Rebellious Qi downward, transforms Phlegm, tonifies Qi and harmonizes Stomach  <b>Indication:</b> Stomach Qi Deficiency with Phlegm Turbid obstruction  <b>S/S:</b> Unremitting belching, hiccup, regurgitation, nausea or vomiting, hard epigastric focal distention  <b>T:</b> White, slippery coat  <b>P:</b> Wiry, Deficient</p> <p><b>Cautions and contraindications:</b> None noted</p>	<p>Xuan Fu Hua 9g (C)  Dai Zhe Shi 3g (9-15g) (D)  Zhi Ban Xia 9g (A)  Sheng Jiang 15g (6-9g) (A)  Ren Shen 6g (A)  Zhi Gan Cao 9g (3-6g) (A)  Da Zao 12 pieces (4 pieces) (A)</p>



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<p style="text-align: center;"><b>Ju Pi Zhu Ru Tang</b> <i>Tangerine Peel and Bamboo Shavings Decoction</i></p>	<p><b>Action:</b> Directs Rebellious Qi downward, stops hiccup, tonifies Qi and clears Heat  <b>Indication:</b> Rebellious Qi due to Stomach Deficiency with Qi Stagnation  <b>S/S:</b> Hiccough, nausea, dry heaves or retching. Also: Vomiting resulting from debility after prolonged illness or Heat from Stomach Deficiency  <b>T:</b> Tender, red  <b>P:</b> Deficient, Rapid</p> <p>Tongue and pulse are given as diagnostic indicators, they do not have to be present for this formula to be used</p> <p><b>Cautions and contraindications:</b>  <b>Contraindication:</b> Heat from Excess or Cold from Deficiency</p>	<p>Chen Pi 9-12g (C)  Zhu Ru 9-12g (C)  Ren Shen 3g (D)  Sheng Jiang 18g (6-9g) (D)  Gan Cao 15g (3-6g) (A) (E)  Da Zao 30 pieces (5g) (A)</p>
<p style="text-align: center;"><b>Ding Xiang Shi Di Tang</b> <i>Clove and Persimmon Calyx Decoction</i></p>	<p><b>Action:</b> Tonifies Qi, warms Middle Jiao, directs Rebellious Qi downward and stops hiccup  <b>Indication:</b> Stomach Deficiency Cold leading to Stomach Qi Rebellion  <b>S/S:</b> Hiccough, belching or vomiting with a stifling sensation in the epigastrium, focal distention of the chest  <b>T:</b> Pale + white coat  <b>P:</b> Submerged, Slow</p> <p><b>Cautions and contraindications:</b> None noted</p>	<p>Ding Xiang 3-6g (C)  Shi Di 6-9g (C)  Sheng Jiang 6-9g (D)  Ren Shen 3-6g (A)</p>
<p style="text-align: center;"><b>Gan Jiang Ren Shen Ban Xia Wan</b> <i>Ginger, Ginseng, and Pinellia Pill</i></p>	<p><b>Action:</b> Warms and tonifies the Middle Jiao, directs Rebellious Qi downward and stops vomiting  <b>S/S:</b> Vomiting due to pregnancy or Spleen and Stomach Deficiency Cold in patients with Phlegm and thin mucus, especially for morning sickness  <b>T:</b> None noted  <b>P:</b> None noted</p> <p><b>Cautions and contraindications:</b> None noted</p>	<p>Gan Jiang 3g  Ren Shen 3g  Zhi Ban Xia 6g</p> <p><b>No hierarchy noted</b></p>