



**Pan Canadian Formulas 2020**  
**Release Exterior-Interior Excess**

FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTION AND CONTRAINDICATIONS	INGREDIENTS
<p align="center"><b>Da Chai Hu Tang</b>  <i>Major Bupleurum Decoction</i></p> <p align="center"><u>Release Exterior and Purge Interior</u></p>	<p><b>Action:</b> Harmonizes and releases Shaoyang, drains internal clumping due to Heat  <b>Indication:</b> Concurrent Shaoyang and Yangming syndromes (Heat Excess in the Stomach and Gallbladder)  <b>S/S: 1)</b> Alternating fever and chills, fullness in the chest and hypochondria with or without pain, bitter taste in the mouth, nausea, continuous vomiting, hard focal distention or fullness and pain in the epigastrium, burning diarrhea or no bowel movements, melancholy, slight irritability.  <b>T:</b> Yellow coat  <b>P:</b> Wiry, Forceful</p> <p><b>2) Liver and Gallbladder Fire:</b> Headache, tinnitus, diminished hearing and vision, red eyes, manic behavior or palpitations with anxiety with epigastric fullness and pain, a bitter taste in the mouth, red tongue with yellow coat and a fast, wiry pulse</p> <p><b>3) Wheezing</b> due an obstruction of the epigastric area and flanks</p> <p><b>4) All types of fever</b> if there is also tension and fullness in the flanks and epigastrium aggravated by pressure and a rather acute and accelerated disease process.</p> <p><b>Cautions and contraindications:</b> None noted</p>	<p>Chai Hu 24g (C)            Da Huang 6g (C)            Zhi Zhi Shi 6-9g (D)            Huang Qin 9g (D)            Shao Yao 9g (A)            Zhi Ban Xia 24g (A)            Sheng Jiang 15g (E)            Da Zao 12 pieces (E)</p>
<p align="center"><b>Fang Feng Tong Sheng San</b>  <i>Saposhnikovia Powder that Slightly Unblocks</i></p> <p align="center"><u>Release Exterior and Purge Interior</u></p>	<p><b>Action:</b> Disperses Wind, releases Exterior, drains Heat and unblocks the bowels  <b>Indication:</b> Heat excess in the interior and exterior from Wind Heat with or without pre-existing internal Heat Accumulation  <b>S/S:</b> Strong fever and chills, light-headedness, dizziness, red and sore eyes, difficulty in swallowing, nasal congestion with thick and sticky nasal discharge and saliva, a bitter taste in the mouth, dry mouth, focal distention with a stifling sensation in the chest and diaphragm, constipation, urination that is dark and rough. Also, for carbuncles, skin rashes, manic behavior, intestinal wind and heat rash.</p> <p><b>T:</b> Yellow, greasy coat  <b>P:</b> Flooding, Rapid or Wiry, Slippery</p> <p><b>Cautions and contraindications:</b> None noted</p>	<p>Fang Feng 15g (C)            Ma Huang 15g (C)            (Jiu) Da Huang 15g (C)            Mang Xiao 15g (C)            Jing Jie 15g (D)            Bo He 15g (D)            Zhi Zi 15g (D)            Hua Shi 90g (D)            Shi Gao 30g (D)            Lian Qiao 15g (D)            Huang Qin 30g (D)            Jie Geng 30g (D)            Chuan Xiong 15g (A)            Dang Gui 15g (A)            Bai Shao 15g (A)            Bai Zhu 15g (A)            Gan Cao 60g (E)            Sheng Jiang 3 pieces (E)</p>



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<p><b>Ge Gen Huang Qin Huang Lian Tang</b>  <b>Alternate name: Ge Gen Huang Lian Huang Qin Tang</b>  <i>Kudzu, Scutellaria, and Coptis Decoction</i></p> <p><u>Release Exterior and Clear the Interior</u></p>	<p><b>Action:</b> Releases Exterior and drains Internal Heat  <b>Indication:</b> Wind Cold with Internal Heat blazing  <b>S/S:</b> Fever, sweating, thirst, dysenteric diarrhea with especially foul-smelling stools, burning sensation around the anus, a sensation of irritability and heat in the chest and epigastrium, possible wheezing. In women: menstrual irregularities and painful menstruation  <b>T:</b> Red + yellow coat  <b>P:</b> Rapid</p> <p><b>Cautions and contraindications:</b>  <b>Contraindication:</b> Dysenteric disorders without fever and Submerged, Slow pulse</p>	<p>Ge Gen 15-24g (C)  Huang Lian 6g (D)  Huang Qin 9g (A)  Zhi Gan Cao 6g (E)</p>
<p><b>Wu Ji San</b>  <i>Five-Accumulation Powder</i></p> <p><u>Release the Exterior and Warm the Interior</u></p>	<p><b>Action:</b> Releases Exterior, Warms Interior, smoothens Qi flow, transforms Phlegm, invigorates Blood and reduces accumulation  <b>Indication:</b> Concurrent Wind Cold with internal Cold leading to Five Accumulations (Phlegm, Damp, Cold, Qi and Blood)  <b>S/S:</b> Fever and chills without sweating, headache, body aches, stiff neck and back, a sensation of fullness in the chest and abdomen, nausea and aversion to food, vomiting, abdominal pain and cold, diarrhea with borborygmus. In women, cold-type epigastric and abdominal pain or menstrual irregularity  <b>T:</b> White and greasy coat  <b>P:</b> Submerged, Wiry or Floating, Slow</p> <p><b>Cautions and contraindications:</b>  <b>Contraindication:</b> Damp Heat or Yin Deficiency</p>	<p>Ma Huang 180g (1.5-4.5g) (C)  Bai Zhi 90g (1.5-4.5g) (C)  Gan Jiang 120g (1.5-4.5g) (C)  Rou Gui 90g (1.5-4.5g) (C)  <b>Damp and Qi</b>  Cang Zhu 600g (3-9g)  Hou Po 120g (1.5-4.5g)  <b>Phlegm</b>  Chen Pi 180g (3-9g)  Zhi Ban Xia 90g (3-9g)  Fu Ling 90g (3-9g)  <b>Qi and Phlegm</b>  Jie Geng 600g (3-9g)  Zhi Ke 180g (1.5-4.5g)  <b>Blood</b>  Dang Gui 90g (1.5-4.5g)  Bai Shao 90g (1.5-4.5g)  Chuan Xiong 90g (1.5-4.5g)  <b>Envoy</b>  Gan Cao 90g (1.5-4.5g)</p>