



Pan Canadian Formulas 2020
Treat Abscesses and Sores

Treat External Abscesses and Sores

FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTION AND CONTRAINDICATIONS	INGREDIENTS
<p>Xian Fang Huo Ming Yin <i>Immortals' Formula for Sustaining Life</i></p>	<p>Action: Clears Heat and resolves Fire Toxin, reduces swelling and promotes the discharge of pus, invigorates Blood and alleviates pain Indication: Fire Toxins or Phlegm Fire S/S: Early-stage sores and carbuncles with red, swollen, hot and painful skin lesions, usually with fever, mild chills and headache T: Thin coat (either white or slightly yellow) P: Rapid, Forceful</p> <p>Cautions and contraindications: Side effects: Nausea and vomiting or Spleen and Stomach Qi injury due to long-term use Caution: Modify in cases of Spleen Deficiency Contraindication: Pus-discharging carbuncles that become ulcerated or Yin sores</p>	<p>Jin Yin Hua 9g (C) Dang Gui Wei 6-12g (D) Chi Shao 3g (D) Ru Xiang 3g (D) Mo Yao 3g (D) Chen Pi 9g (D) Zhe Bei Mu 3g (A) Tian Hua Fen 3g (A) Fang Feng 3g (A) Bai Zhi 3g (A) Chuan Shan Jia 3g (E) Zao Jiao Ci 3g (E) Gan Cao 3g (E)</p>
<p>Wu Wei Xiao Du Yin <i>Five-Ingredient Drink to Eliminate Toxin</i></p>	<p>Action: Clears Heat, resolves Toxicity, cools Blood and reduces swelling Indication: Fire Toxins S/S: All types of boils and carbuncles with localized erythema, swelling, heat and pain with fever and chills; especially deep-rooted, hard lesions resembling nails or chestnuts T: Red + yellow coat P: Rapid</p> <p>Cautions and contraindications: Caution: Spleen Deficiency Contraindication: Yin-type boils</p>	<p>Jin Yin Hua 9g (C) Pu Gong Ying 3.6g (D) Zi Hua Di Ding 3.6g (D) Ye Ju Hua 3.6g (D) Tian Kui Zi 3.6g (D) Wine (E)</p>
<p>Si Miao Yong An Tang <i>Four-Valiant Decoction for Well-Being</i></p>	<p>Action: Clears Heat, resolves Toxicity, nourishes Yin, invigorates Blood and alleviates pain Indication: Sloughing ulcers due to Fire Toxin Obstruction causing Blood Stasis in the sinews and Blood vessels S/S: Ulcerated sores that do not heal on a limb that is dark red, slightly swollen, warm to the touch and extremely painful. May be a rotten smell to the lesion with copious discharge, fever and thirst T: Red P: Rapid</p> <p>Cautions and contraindications: Contraindication: Cold, Qi Deficiency or Blood Deficiency</p>	<p>Jin Yin Hua 90g (C) Xuan Shen 90g (D) Dang Gui 60g (A) Gan Cao 30g (E)</p>



FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTION AND CONTRAINDICATIONS	INGREDIENTS
<p>Yang He Tang <i>Balmy Tang Decoction</i></p>	<p>Action: Warms Yang, tonifies Blood, disperses Cold and unblocks areas of Stagnation Indication: Yin type flat abscess S/S: Swollen and painful knee joint with wasting of the muscles of the thigh and calf, localized and painful swellings without a head that blend into the surrounding tissue and do not affect the texture or color of the skin and which are not hot to the touch, there is no thirst T: Very pale P: Submerged, Thin and Forceless</p> <p>Cautions and contraindications: Caution: If the dosage of Ma Huang is too high, Deficiency will worsen and aggravate the condition. When modifying the formula, the ratio of Ma Huang to Shu Di Huang should be followed Contraindication: Yang-type localized swellings, Yin Deficiency or with swellings (even of the Yin type) that have ulcerated for a long time</p>	<p>Rou Gui 3g (C) Pao Jiang 1.5g (C) Shu Di Huang 30g (D) Lu Jiao Jiao 9g (D) Bai Jie Zi 6g (A) Ma Huang 1.5g (A) Gan Cao 3g (E)</p>
<p>Xi Huang Wan <i>Cattle Gallstone Pill</i></p>	<p>Action: Clears Heat, relieves toxicity, reduces abscesses, dissolves Phlegm, reduces nodules, cools and invigorates Blood, dispels Blood Stasis, calms pain and inhibits the growth of cancer cells Indication: Toxic Heat or Yang type abscesses and sores S/S: Yang-type abscesses and sores, high fever, skin infections and delirium. T: None noted P: None noted</p> <p>Cautions and contraindications: Not for long term use Contraindication: Qi, Yin and Blood Deficiencies, pregnancy or ulcers that have broken open with exudate</p>	<p>Niu Huang 0.9g She Xiang 4.5g Ru Xiang 30g Mo Yao 30g No hierarchy noted</p>
<p>Lian Qiao Bai Du San <i>Forsythia Powder to Overcome Pathogenic Influences</i></p>	<p>Action: Releases Wind Heat, clears Heat, eliminates Heat and Toxins Indication: Mumps S/S: Mumps T: None noted P: None noted</p> <p>Cautions and contraindications: None noted</p>	<p>Lian Qiao 9g Zhi Zi 9g Qiang Huo 8g Xuan Shen 12g Bo He 5g Fang Feng 5g Chai Hu 6g Jie Geng 5g Sheng Ma 5g Chuan Xiong 6g Dang Gui 8g Huang Qin 9g Bai Shao 10g Niu Bang Zi 6g No hierarchy noted</p>
<p>Niu Bang Jie Ji Tang <i>Arctium Decoction to Release the Muscle Layer</i></p>	<p>Action: Disperses Exterior Wind and clears Heat, cools Blood and reduces swelling Indication: Localized abscesses with swelling due to Exterior Wind Heat invasion S/S: Localized abscesses with redness, swelling and pain, toothache, chills and fever (fever more than chills), mild perspiration, thirst and yellow urine T: White or yellow coat P: Superficial, Rapid</p> <p>Cautions and contraindications: Caution: Yin or Body Fluid Deficiencies or cases without Excess Heat or Fire</p>	<p>Niu Bang Zi 10g Bo He 6g Jing Jie 6g Lian Qiao 10g Mu Dan Pi 10g Xia Ku Cao 12g Zhi Zi 10g Xuan Shen 10g Shi Hu 12g No hierarchy noted</p>



Treat Internal Abscesses and Sores

FORMULA NAME	ACTIONS / INDICATIONS / SYMPTOMS / CAUTION AND CONTRAINDICATIONS	INGREDIENTS
Wei Jing Tang <i>Reed Decoction</i>	<p>Action: Clears Heat from Lungs, transforms Phlegm, drives out Blood Stasis and discharges pus</p> <p>Indication: Lung abscess due to Wind Heat Toxins with Phlegm and Blood Stasis</p> <p>S/S: Cough with foul-smelling sputum (which may be streaked with blood), slight fever, mild chest pain and dry, scaly skin</p> <p>T: Red + greasy, yellow coat</p> <p>P: Slippery, Rapid</p> <p>Cautions and contraindications: Contraindication: Pregnancy</p>	Wei Jing 60g (C) Yi Yi Ren 30g (D) Dong Gua Zi 24g (D) Tao Ren 9g (A)
Da Huang Mu Dan Pi Tang Alternate name: Da Huang Mu Dan Tang <i>Rhubarb and Moutan Decoction</i>	<p>Action: Drains Heat, breaks up Blood Stasis, disperses clumping and reduces swelling</p> <p>Indication: Early stages of Intestinal abscess</p> <p>S/S: Lower abdominal distention and pain (usually on the right) that increases on pressure with rebound tenderness and guarding of the abdominal musculature. Also: Pain in the groin (resembling painful urinary dysfunction without urinary difficulty) that is relieved by flexing the hip and knee (usually on the right) and increases when extending the hip. May be a mass in the lower right quadrant of the abdomen and irregular, intermittent fever followed by chills and sweating</p> <p>T: Thin, yellow and greasy coat</p> <p>P: Slippery, Rapid</p> <p>Cautions and contraindications: Caution: Extreme caution if using with weak or elderly patients Contraindication: Necrotic appendicitis, appendicitis with peritonitis, appendicitis in infants, appendicitis during pregnancy or appendicitis due to parasites</p>	Da Huang 12g (cook with other herbs to boost blood-moving action) (C) Mang Xiao 9-12g (dissolve in strained decoction) (D) Mu Dan Pi 3g (D) Tao Ren 9-15g (A) Dong Gua Zi 15-30g (A)
Qing Chang Yin <i>Clear the Intestines Drink</i>	<p>Action: Drains Fire, enriches Yin, resolves Toxicity</p> <p>Indication: Early stages of Intestinal abscess with severe abdominal pain</p> <p>S/S: Early-stage Intestinal abscess with severe abdominal pain (usually on the right) that increases on pressure with rebound tenderness, pain in the groin relieved by flexing the hip and knee (usually on the right) and aggravated by extending the hip. Abdominal pain with chills and fever, aversion to wind, spontaneous sweating, dry mouth and dry, scaly skin</p> <p>T: Red with little moisture</p> <p>P: None noted</p> <p>Cautions and contraindications: Contraindication: Cases without damage to Yin and Blood or late-stage appendicitis without pronounced Heat</p>	Jin Yin Hua 90g (C) Gan Cao 9g (C) (E) Dang Gui 60g (D) Di Yu 30g (D) Xuan Shen 30g (A) Mai Men Dong 30g (A) Yi Yi Ren 15g (A) Huang Qin 6g (A)
Yi Yi Fu Zi Bai Jiang San <i>Coix, Aconite Accessory Root, and Patrinia Powder</i>	<p>Action: Expels pus, reduces abscesses, warms Yang and disperses clumping</p> <p>Indication: Intestinal abscesses with pus due to Cold Damp and Blood Stasis or Damp Heat leading to long-standing Blood Stasis</p> <p>S/S: Distention of the abdomen with scaly and dry skin, tightness and a mass-like appearance, but softness on palpation</p> <p>T: None noted</p> <p>P: Rapid despite the absence of fever</p> <p>Cautions and contraindications: Contraindication: High fever, a Flooding and Slippery pulse, severe abdominal pain and constipation</p>	Yi Yi Ren 24-30g (C) Bai Jiang Cao 15-18g (D) Zhi Fu Zi 6-9g (A)