**TOP 22 FORMULAS FOR PRACTITIONERS**

As registered acupuncturists, we sometimes struggle to choose the right Chinese herbal formula for our patients. The following short summary of the most commonly used formulas is supposed to help you identify the best suited herbal medicine for your patient. If your main modality is applying acupuncture and other related physical therapies, it’s best to support your patient in between treatments with herbal medicines.

You don’t have to be an expert in identifying the best formula, but you need to know what your Chinese medicine diagnosis is. Keep it simple, there is no need to have several syndromes or patterns identified as it always comes down to Qi, Blood, Yin, Yang, Heat, Cold, Excess, Deficiency, Interior or Exterior and perhaps a combination of those.

Choose one strategy, keep it simple and stick to it. Don’t try and address all symptoms but be thorough in identifying the pattern. This is the reason, why the list of signs which each formula is short. Be encouraged to choose herbs to support the patient constitutionally or in the situation of an acute external invasion or trauma, if so required. To identify the pattern, choose questions, palpation, tongue diagnosis, channel differentiation, zangfu or elements.

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### The following areas of imbalances are addressed:
- Qi deficiency which requires a Qi tonic
- Blood deficiency which requires a Blood tonic
- Liver Qi stagnation which require a moving Liver Qi formula
- Yin deficiency which requires building Yin Yang deficiency which requires a Yang tonic
- Disharmony between organs requires harmonising
- Internal wind which requires extinguishing wind and building Blood
- External wind which requires resolving the exterior
- Shen calming which requires calming and anchoring
- Blood stasis which requires Blood invigorating herbs
- Phlegm which requires transforming phlegm

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1. **Ba Zheng Tang (Eight treasure decoction)**
Formulas that tonify Qi and Blood deficiency
- Ren Shen  
- Bai Shao  
- Bai Zhu  
- Dang Gui  
- Fu Ling  
- Chuan Xiong  
- Zhi Gan Cao  
- Sheng Jiang  
- Shu Di Huang  
- Da Zao
**Signs:** Palpitations with anxiety, vertigo, dizziness, fatigue, dyspnoea, lack of + appetite, weak voice, pale complexion.

2. **Bu Zhong Yi Qi Tang (Tonify the Middle to Augment the Qi decoction)**
Formulas that tonify Spleen and stomach deficiency with inability to raise the clear
- Huang Qi  
- Dang Gui  
- Ren Shen  
- Chen Pi  
- Bai Zhu  
- Sheng Ma  
- Zhi Gan Cao  
- Chai Hu
**Signs:** Intermittent fever, spontaneous sweating, aversion to cold, dyspnoea, wanting warm beverages, weak extremities, sloppy (watery) stool or diarrhea with undigested food, fatigue, hernias, prolapse, vaginal discharge.

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3. **Chai Hu Shu Gan San (Bupleurum powder to dredge the liver decoction)**
Formulas that regulate the Qi: Frees liver Qi and harmonizes the flow
- Chen Pi  
- Shan Yao  
- Chai Hu  
- Zhi Gan Cao  
- Chuan Xiong  
- Xiang Fu  
- Zhi Ke
**Signs:** Flank pain, PMS, dysmenorrhea, irregular menses, irritability, depression, frequent sighing.

4. **Er Xian Tang (Two-Immortal decoction)**
Formulas that tonify: Warms kidney Yang, tonifies the essence and harmonise kidney Yin
- Xian Mao  
- Huang Bai  
- Yin Yang Huo  
- Zhi Mu  
- Bai Ji Tian  
- Dang Gui
**Signs:** Menopausal hot flushes, elevated blood pressure, sweating, nervousness, anxiety, fatigue, depression, irritability, insomnia, palpitations, dizziness, irregular menses, frequent urination.

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5. **Gu Pi Tang (Restore the spleen decoction)**
Formulas that tonify the Qi & Blood: tonifies the Qi and Blood, strengthens the spleen and nourishes the heart
- Ren Shen  
- Mu Xiang  
- Huang Qi  
- Zhi Gan Cao  
- Bai Zhu  
- Dang Gui  
- Fu Ling  
- Yuan Zhi  
- Suan Zao Ren  
- Sheng Jiang  
- Long Yan Ruo  
- Da Zao
**Signs:** Forgetfulness, palpitations, insomnia, nightmares, fear and phobias, lack of appetite, seclusive, fatigue, unrest, night sweats, early menses with lots of blood, extended menstruation with little blood, chronic bleeding.

6. **Jia Wei Xiao Yao San (Augmented Rambling powder)**
Formulas that harmonise: Strengthens the spleen, courses the Qi, nourishes Blood and clears heat
- Dang Gui  
- Mu Dan Pi  
- Bai Shao  
- Zhi Zi  
- Fu Ling  
- Zhi Gan Cao  
- Bai Zhu  
- Sheng Jiang  
- Chai Hu  
- Bo He
**Signs:** Irritability, unrest, night sweats, spontaneous sweating, headaches, dry and red eyes, dry mouth, palpitations, painful and difficult urination, abdominal pain, heaviness in lower abdomen, irregular or heavy menstruation, uterine bleeding.
7. Xiao Yao Tang (Rambling powder)
Formulas that harmonise: Strengthens the spleen, courses the Qi, nourishes Blood
Chai Hu    Bai Zhu
Dang Gui   Fu Ling
Bai Shao   Sheng Jiang
Zhi Gan Cao Bo He

Signs: Irritability, PMS, headaches, dizziness, bitter taste in mouth, fatigue, loss of appetite, irregular menses, flank pain, breast tenderness.

8. Liu Wei Di Huang Tang (Six ingredient pill with Rehmannia)
Formulas that nourish and tonify the Yin: enriches Yin and nourishes the kidney
Shu Di Huang Fu Ling
Shan Zhu Yu Mu Dan Pi,
Shan Yao Ze Xie

Signs: Lumbar pain, dizziness, vertigo, tinnitus, night sweats, spermatorrhea, vaginal discharge, 5 centre heat, dry mouth, headaches.

9. Sheng Mai San (Generate the Pulse powder)
Formulas that tonify: Augments the Qi, generates fluids and stops excessive sweating
Ren Shen
Mai Men Dong
Wu Wei Zi

Signs: Chronic cough with little or difficult expectoration, dyspnoea, spontaneous sweating, dry mouth.

10. Shi Quan Da Bu Tang (All-inclusive great tonifying decoction)
Formulas that tonify: Warms and tonifies Qi and Blood
Ren Shen    Dang Gui    Da Zao
Bai Zhu     Chuan Xiong  Bai Shao
Fu Ling     Rou Gui     Shu Di Huang
Zhi Gan Cao Huang Qi  Sheng Jiang

Signs: Cold extremities, dizziness, fatigue, dyspnoea, palpitations, lack of appetite, cough, spermatorrhea, weakness of lower extremities, delayed wound healing.

11. Si Jun Zi Tang (Four gentlemen decoction)
Formulas that tonify the Qi: tonifies the Qi and strengthens the spleen
Ren Shen    Fu Ling
Bai Zhu     Zhi Gan Cao

Signs: Weak voice, lack of appetite, sloppy stools, weak extremities.

12. Si Wu Tang (Four substance decoction)
Formulas that tonify the Blood: Tonifies the Blood and regulates the liver
Shu Di Huang Dang Gui
Bai Shao    Chuan Xiong

Signs: Woman’s health imbalances (period, pregnancy, post-partum), injuries, chronic skin conditions.
13. **Tian Ma Gou Teng Yin (Gastrodia and Uncaria Drink)**
Formulas that pacify and extinguish internal wind: Calms the liver, extinguishes wind, clears heat, invigorates the Blood and tonifies liver and kidneys

- **Tian Ma**
- **Gou Teng**
- **She Jiue Ming**
- **Zhi Zi**
- **Huang Qin**
- **Yi Mu Cao**
- **Chuan Niu Xi**
- **Du Zhong**
- **Song Ji Sheng**
- **Ye Jiao Teng**
- **Fu Shen**

Signs: Headaches, vertigo, dizziness, tinnitus, insomnia, night mares, heat that rises to the head, elevated blood pressure, hemiplegia, deviation of the mouth or eyes, paralysis, convulsions.

14. **Tian Wang Bu Xin Dan (Emperors of Heaven’s special pill to tonify the heart)**
Formulas that nourish the heart (Blood and Yin) and calm the spirit: Enriches the Yin, nourishes the Blood, clears heat and calms the spirit

- **Sheng Di Huang**
- **Ren Shen**
- **Tian Men Dong**
- **Mai Men Dong**
- **Xuan Shen**
- **Dan Shen**
- **Fu Ling**
- **Yuan Zhi**
- **Dang Gui**
- **Wu Wei Zi**
- **Bei Zi Ren**
- **Suan Zao Ren**
- **Jie Geng**
- **Shi Chang Pu**

Signs: Forgetfulness, lack of concentration, insomnia, restless sleep, fatigue, exhaustion, irritability, palpitations, anxiety, dry stool, mouth ulcers, spermatorrhea, night sweats.

15. **Wen Jing Tang (Flow warming decoction)**
Formulas that invigorate the Blood and dispel Blood stasis: Warms the vessels, dispels cold, nourishes the Blood, and dispels Blood stasis

- **Wu Zhu Yu**
- **Gui Zhi**
- **Dang Gui**
- **Chuan Xiong**
- **Bai Shao**
- **Mai Men Dong**
- **Mu Dan Pi**
- **Ren Shen**
- **Gan Cao**
- **Sheng Jiang**
- **Ban Xia**

Signs: Irregular menses, extended or continuous menses, break through bleeding, scanty dark menses, PMS, tightness and cold in lower abdomen, infertility, dry lips, dry mouth. 5 centre heat.

16. **Xiao Feng San (Eliminate wind powder from orthodox lineage)**
Formulas that expel wind: Dispels wind, eliminates dampness, clears heat and cools blood.

- **Jing Jie**
- **Fang Feng**
- **Niu Bang Zi**
- **Chan Tui**
- **Cang Zhu**
- **Ku Shen**
- **Chuan Mu Tong**
- **Shi Gao**
- **Zhi Mu**
- **Sheng Di Huang**
- **Dang Gui**
- **Hei Zhi Ma**
- **Gan Cao**

Signs: Red itchy widely spread and damp skin lesions.
17. Xue Fu Zhu Yu Tang (Drive out stasis from the mansion of blood decoction)
Formulas that regulate the Blood: invigorates the Blood, dispels Blood stasis, spreads the Qi of the liver and unblocks the channels
Tao Ren  Hong Hua
Dang Gui  Chuan Xiong
Chi Shao  Niu Xi (Huei)
Chai Hu  Jie Geng
Zhi Ke  Sheng Di Huang
Gan Cao

Signs: Chronic and fixed pain, insomnia, irritability, mood swings, discoloured lips

18. You Gui Wan (Restore the right kidney pill)
Formulas that tonify: warms and Tonifies the kidney Yang, replenishes the essence, and tonifies the Blood
Rou Gui  Lu Jiao Shuang
Shu Di Huang  Shan Zhu Yu
Shan Yao  Gou Qi Zi
Tu Si Zi  Du Zhong
Dang Gui

Signs: Cold extremities, fatigue, weak/aching low back, knees, waist, aversion to cold, loose stools, impotence, infertility, low libido, low or abnormal sperm count, incontinence, frequent and dis inhibited urination.

19. Yu Ping Fen San (Jade windscreen powder)
Formulas that tonify: Augments the Qi, stabilizes the exterior and stops sweating
Huang Qi  Bai Zhu
Fang Feng

Signs: Susceptible to colds, spontaneous sweating, aversion to wind, fatigue.

20. Zuo Gui Wan (Restore the left kidney pill)
Formulas that tonify: Nourishes the Yin, enriches the kidney, fills the essence and augments the marrow
Shu Di Huang  Shan Yao
Gou Qi Zi  Shan Zhu Yu
Chuan Niu Xi  Tu Si Zi
Gui Ban  Lu Jiao Shuang

Signs: Infertility, low libido, impotence, low or abnormal sperm count, irregular menstruation, vaginal dryness.

21. Qing Qi Hua Tan Wan (Clear the Qi and transform phlegm pill)
Formulas that dispel phlegm: clears heat, transforms phlegm, directs rebellious Qi downward and stops coughing
Dan Nan Xing  Ban Xia  Gua Lou Ren
Huang Qin  Chen Pi  Xing Ren
Zhi Shi  Fu Ling

Signs: Generalised body and joint aches, numbness of extremities, headaches, cough with yellow sticky expectorant, dyspnoea, cold sensation in middle or upper back, oedema, generalised swelling.

22. Yin Qiao San (Honeysuckle and forsythia powder)
Formulas that release the exterior: disperses wind-heat, clears heat and resolves toxicity
Jin Yin Hua  Lian Qiao  Jie Geng
Niu Bang Zi  Bo He Dan  Dou Chi
Jing Je  Dan Zhu Ye  Lu Gen
Gan Cao

Signs: Fever and lightly shivering, little or no sweating, headaches, thirst, cough, sore throat.
Liquid Extracts - When ordering you will find most well-known formulas which are completely customizable or you can make your own formula from scratch. Our liquids are not to be confused with tinctures, containing a lot less alcohol – under 5% making them far more palatable. Bottle sizes available: 50ml, 100ml, 200ml, 500ml sizes available. Refer to the dashboard for prices.

Granules - Use a formula or create from scratch! The amount you wish is completely up to you. I have put some rough estimates for dosage below based on the standard 3g, 3 X daily. Dosage is also customizable once you chose if herbs are for adult/child/animal you can change the dosage text. Granules available at any amount. Refer to the dashboard for prices.

We also provide practitioners with a wide range of customised creams. If you would like our cream list please or have any further questions regarding our top 22 formulas please contact us!

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