

# CALE Herbal Formula Quick Reference

| CATEGORY             | SUBCATEGORY         | FORMULA                                                                                 | PATTERN                                                                                        |
|----------------------|---------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| RELEASE THE EXTERIOR | Wind-Cold           | <b>Gui Zhi Tang</b><br>Cinnamon Twig Decoction                                          | Exterior wind-cold deficient conditions                                                        |
|                      | Wind-Heat           | <b>Chai Ge Jie Ji Tang</b><br>Bupleurum and Kudzu Decoction to Release the Muscle Layer | Exterior wind-cold (Taiyang) transforming into interior heat (Yangming)                        |
|                      |                     | <b>Yin Qiao San</b><br>Honeysuckle and Forsythia Powder                                 | Exterior wind-heat with sore throat                                                            |
|                      |                     | <b>Sang Ju Yin</b><br>Mulberry Leaf and Chrysanthemum Decoction                         | Early stage wind-heat with cough or eye disorders                                              |
|                      | Interior Deficiency | <b>Ren Shen Bai Du San</b><br>Ginseng Powder to Overcome Pathogenic Influences          | Exterior wind-cold-dampness with preexisting qi deficiency                                     |
| CLEAR HEAT           | Qi Level            | <b>Bai Hu Tang</b><br>White Tiger Decoction                                             | Blazing heat in the Yangming channel or Qi level                                               |
|                      | Heat Toxicity       | <b>Huang Lian Jie Du Tang</b><br>Coptis Decoction to Relieve Toxicity                   | Heat toxicity in all three burners                                                             |
|                      |                     | <b>Xie Xin Tang</b><br>Drain the Epigastrium Decoction                                  | Excess damp-heat with interior clumping                                                        |
|                      | Organ Heat          | <b>Qing Wei San</b><br>Clear the Stomach Powder                                         | Heat in the Stomach causing toothache and bleeding gums                                        |
|                      |                     | <b>Long Dan Xie Gan Tang</b><br>Gentiana Decoction to Drain the Liver                   | Excess fire or damp-heat in the Liver and Gallbladder                                          |
|                      |                     | <b>Dao Chi San</b><br>Guide Out the Red Powder                                          | Heart heat pouring into the Small Intestine channel                                            |
|                      |                     | <b>Bai Tou Weng Tang</b><br>Pulsatilla Decoction                                        | Dysentery due to heat toxicity searing the Stomach and Intestines with more blood than pus     |
|                      | Deficiency Heat     | <b>Qing Hao Bie Jia Tang</b><br>Artemisia Annua and Soft-shelled Turtle Shell Decoction | Heat lurking in the yin aspects of the body occurring in the later stages of a febrile disease |

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|----------------|------------------------|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| DRAIN DOWNWARD | Heat Accumulation      | <b>Da Cheng Qi Tang</b><br>Major Order the Qi Decoction                          | Excess heat in the Yangming organs causing constipation and abdominal pain worse with pressure                                                           |
|                |                        | <b>Xiao Cheng Qi Tang</b><br>Minor Order the Qi Decoction                        | Moderate heat in the Yangming organs causing constipation with abdominal pain that does not increase with pressure                                       |
|                |                        | <b>Tiao Wei Cheng Qi Tang</b><br>Regulate the Stomach and Order the Qi Decoction | Mild heat in the Yangming organs causing constipation without abdominal pain                                                                             |
|                | Moisten Intestines     | <b>Ma Zi Ren Wan</b><br>Hemp Seed Pill                                           | Constipation due to heat-dryness blocking the movement of fluids in the Spleen (Spleen Bind)                                                             |
|                |                        | <b>Run Chang Wan</b><br>Moisten the Intestines Pill                              | Constipation due to yin deficiency with desiccated Intestines                                                                                            |
| HARMONIZE      | Shao Yang              | <b>Xiao Chai Hu Tang</b><br>Minor Bupleurum Decoction                            | Shaoyang syndrome with alternating fever and chills, bitter taste in the mouth, and nausea                                                               |
|                | Liver & Spleen         | <b>Si Ni San</b><br>Frigid Extremities Powder                                    | Cold limbs due to Liver qi stagnation with Liver overacting on Spleen                                                                                    |
|                |                        | <b>Xiao Yao San</b><br>Rambling Powder                                           | Liver qi stagnation with Spleen qi deficiency and blood deficiency                                                                                       |
|                | Stomach & Intestines   | <b>Ban Xia Xie Xin Tang</b><br>Pinellia Decoction to Drain the Epigastrium       | Epigastric focal distention due to clumping of heat and fluids                                                                                           |
| EXPEL DAMPNES  | Transform Dampness     | <b>Huo Xiang Zheng Qi San</b><br>Agastache Powder to Rectify the Qi              | Externally-contracted wind-cold with dampness stagnating in the middle burner                                                                            |
|                |                        | <b>Ping Wei San</b><br>Calm the Stomach Powder                                   | Dampness stagnating in the Spleen and Stomach                                                                                                            |
|                | Damp-Heat              | <b>Ba Zheng San</b><br>Eight-Herb Powder for Rectification                       | Lin syndrome due to damp-heat in the lower burner                                                                                                        |
|                | Promote Urination      | <b>Wu Ling San</b><br>Five-Ingredient Powder with Poria                          | Various patterns of water retention: water buildup (Taiyang Fu syndrome), edema due to Spleen deficiency, or retention of thin mucus in the lower burner |
|                |                        | <b>Wu Pi San</b><br>Five-Peel Powder                                             | Skin edema due to Spleen deficiency with dampness                                                                                                        |
|                |                        | <b>Zhu Ling Tang</b><br>Polyporus Decoction                                      | Urinary difficulty due to clumping of water and heat                                                                                                     |
|                | Warm & Transform Water | <b>Zhen Wu Tang</b><br>True Warrior Decoction                                    | Water retention due to Kidney and Spleen yang deficiency                                                                                                 |
|                | Wind-Dampness          | <b>Juan Bi Tang</b><br>Remove Painful Obstruction Decoction                      | Bi syndrome due to wind-cold-damp obstructing the free flow of qi                                                                                        |

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| TREAT DRYNESS      | Yin             | <b>Bai He Gu Jin Tang</b><br>Lily Bulb Decoction to Preserve the Metal | Lung dryness due to Lung and Kidney yin deficiency with heat from deficiency                                                |
|                    | Gently Moisten  | <b>Xing Su San</b><br>Apricot Kernel and Perilla Leaf Powder           | Externally-contracted cool-dryness                                                                                          |
|                    | Enrich Yin      | <b>Mai Men Dong Tang</b><br>Ophiopogonis Decoction                     | Heat from Stomach yin deficiency scorching the Lung yin                                                                     |
| WARM INTERIOR COLD | Warm the Middle | <b>Wu Zhu Yu Tang</b><br>Evodia Decoction                              | Vomiting due to deficiency cold of the Stomach (Yangming), Liver (Jueyin), or Kidney (Shaoyin)                              |
|                    |                 | <b>Da Jian Zhong Tang</b><br>Major Construct the Middle Decoction      | Severe abdominal pain that cannot tolerate pressure due to middle-burner yang deficiency with vigorous cold in the interior |
|                    |                 | <b>Xiao Jian Zhong Tang</b><br>Minor Construct the Middle Decoction    | Abdominal pain (better with warmth and pressure) due to deficiency cold in the middle burner                                |
|                    |                 | <b>Li Zhong Wan</b><br>Regulate the Middle Pill                        | Deficiency cold in the middle burner, aka Spleen/Stomach yang deficiency                                                    |
|                    | Rescue Yang     | <b>Si Ni Tang</b><br>Frigid Extremities Decoction                      | Cold extremities due to yang deficiency during a Shaoyin disorder or yang collapse                                          |

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|----------|-------------|-------------------------------------------------------------------------------|-------------------------------------------------------------------------|
| TONIFY   | Qi          | <b>Si Jun Zi Tang</b><br>Four-Gentlemen Decoction                             | Spleen qi deficiency                                                    |
|          |             | <b>Sheng Mai San</b><br>Generate the Pulse Powder                             | Lung qi and yin deficiency                                              |
|          |             | <b>Shen Ling Bai Zhu San</b><br>Ginseng, Poria, and White Atractylodes Powder | Spleen qi deficiency with dampness causing diarrhea                     |
|          |             | <b>Bu Zhong Yi Qi Tang</b><br>Tonify the Middle and Augment the Qi Decoction  | Spleen and Stomach qi deficiency with inability to raise the clear yang |
|          | Blood       | <b>Si Wu Tang</b><br>Four-Substance Decoction                                 | Generalized blood deficiency and blood stasis                           |
|          |             | <b>Dang Gui Bu Xue Tang</b><br>Tangkuei Decoction to Tonify the Blood         | Blood deficiency with heat due to floating yang                         |
|          | Qi & Blood  | <b>Shi Quan Da Bu Tang</b><br>All-Inclusive Great Tonifying Decoction         | Qi and blood deficiency with a tendency toward internal cold            |
|          |             | <b>Ba Zhen Tang</b><br>Eight-Treasure Decoction                               | Concurrent deficiency of both qi and blood                              |
|          |             | <b>Gui Pi Tang</b><br>Restore the Spleen Decoction                            | Spleen qi and Heart blood deficiency                                    |
|          | Yin         | <b>Zuo Gui Wan</b><br>Restore the Left [Kidney] Pill                          | Kidney yin deficiency with damage to the essence (more potent)          |
|          |             | <b>Liu Wei Di Huang Wan</b><br>Six-Ingredient Pill with Rehmannia             | Kidney and Liver yin deficiency                                         |
|          | Yang        | <b>Shen Qi Wan</b><br>Kidney Qi Pill from the Golden Cabinet                  | Kidney yang deficiency                                                  |
|          |             | <b>You Gui Wan</b><br>Restore the Right [Kidney] Pill                         | Kidney yang and essence deficiency (more potent)                        |

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|----------------------|--------------------|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| TREAT PHLEGM         | Damp-Phlegm        | <b>Er Chen Tang</b><br>Two-Cured Decoction                                                           | Phlegm-dampness in the Spleen or Lung                                                                                               |
|                      |                    | <b>Wen Dan Tang</b><br>Warm the Gallbladder Decoction                                                | Gallbladder and Stomach disharmony with phlegm-heat                                                                                 |
|                      | Phlegm-Heat        | <b>Qing Qi Hua Tan Wan</b><br>Clear the Qi and Transform Phlegm Pill                                 | Phlegm-heat in the Lung causing cough                                                                                               |
|                      | Dry-Phlegm         | <b>Bei Mu Gua Lou San</b><br>Fritillaria and Trichosanthes Fruit Powder                              | Dryness in the Lung injuring the fluids and causing phlegm                                                                          |
|                      | Phlegm & Wind      | <b>Ban Xia Bai Zhu Tian Ma Tang</b><br>Pinellia, Atractylodis Macrocephalae, and Gastrodia Decoction | Internal wind-phlegm rising upward causing dizziness and vertigo                                                                    |
|                      |                    | <b>Zhi Sou San</b><br>Stop Coughing Powder                                                           | Cough occurring as the sequela to externally-contracted wind-cold                                                                   |
| REGULATE THE QI      | Move Qi            | <b>Yue Ju Wan</b><br>Escape Restraint Pill                                                           | The six types of constraint due to qi, fire, blood, dampness, phlegm, and food                                                      |
|                      |                    | <b>Ban Xia Hou Po Tang</b><br>Pinellia and Magnolia Bark Decoction                                   | Plum pit qi due to Liver qi stagnation and phlegm-dampness                                                                          |
|                      | Direct Qi Downward | <b>Su Zi Jiang Qi Tang</b><br>Perilla Fruit Decoction for Directing Qi Downward                      | Coughing and wheezing due to congested fluids in the Lung (excess above) with Kidney yang deficiency (deficiency below)             |
|                      |                    | <b>Ju Pi Zhu Ru Tang</b><br>Tangerine Peel and Bamboo Shavings Decoction                             | Rebellious Stomach qi due to Stomach deficiency with heat from constraint                                                           |
| INVIGORATE THE BLOOD | Invigorate Blood   | <b>Gui Zhi Fu Ling Wan</b><br>Cinnamon Twig and Poria Pill                                           | Bleeding during pregnancy due to blood stasis                                                                                       |
|                      |                    | <b>Xue Fu Zhu Yu Tang</b><br>Drive Out Stasis in the Mansion of Blood Decoction                      | Blood stasis with qi stagnation in the area above the diaphragm                                                                     |
|                      |                    | <b>Sheng Hua Tang</b><br>Generating and Transforming Decoction                                       | Retention of lochia due to blood stasis and cold                                                                                    |
|                      |                    | <b>Tao He Cheng Qi Tang</b><br>Peach Pit Decoction to Order the Qi                                   | Blood buildup in the lower burner caused by the accumulation of blood stasis and heat                                               |
|                      |                    | <b>Dan Shen Yin</b><br>Salvia Drink                                                                  | Blood stasis and qi stagnation in the middle burner that causes abdominal or epigastric pain that may radiate upward into the chest |
|                      |                    | <b>Wen Jing Tang</b><br>Warm the Menses Decoction                                                    | Irregular menses due to deficiency and cold of the Ren and Chong vessels together with blood stasis                                 |

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|------------------------|------------------------------|--------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| STOP BLEEDING          | Stop Bleeding                | <b>Jiao Ai Tang</b><br>Ass-Hide Gelatin and Mugwort Decoction                  | Uterine bleeding due to deficiency of the Ren and Chong with a tendency toward cold                                              |
|                        |                              | <b>Huai Hua San</b><br>Sophora Japonica Flower Powder                          | Rectal bleeding due to wind-heat or damp-heat in the Stomach and Intestines                                                      |
| CALM THE SPIRIT        | Nourish the Heart            | <b>Huang Lian E Jiao Tang</b><br>Coptis and Ass-Hide Gelatin Decoction         | Excess heat and blood deficiency in the Heart (Shaoyin)                                                                          |
|                        |                              | <b>Gan Mai Da Zao Tang</b><br>Licorice, Wheat, and Jujube Decoction            | Restless organ disorder due to qi and yin deficiency of the Heart and Spleen                                                     |
|                        |                              | <b>Suan Zao Ren Tang</b><br>Sour Jujube Decoction                              | Liver blood deficiency with heat from constraint                                                                                 |
| EXPEL WIND             | External Wind                | <b>Xiao Feng San</b><br>Eliminate Wind Powder                                  | Itchiness and rash due to wind-heat or wind-dampness with pre-existing damp-heat                                                 |
|                        |                              | <b>Xiao Huo Luo Dan</b><br>Minor Invigorate the Collaterals Special Pill       | Obstruction of the channels and collaterals by wind-cold-damp pathogens, blood stasis, and phlegm following wind-stroke          |
|                        | Internal Wind                | <b>Tian Ma Gou Teng Yin</b><br>Gastrodia and Uncaria Decoction                 | Liver yang rising leading to internal stirring of Liver wind                                                                     |
|                        |                              | <b>Zhen Gan Xi Feng Tang</b><br>Sedate the Liver and Extinguish Wind Decoction | Wind-type stroke caused by excessive upward-gushing of qi that, in turn, leads to congestion of blood in the brain               |
| REDUCE FOOD STAGNATION | Food Accumulation            | <b>Bao He Wan</b><br>Preserve Harmony Pill                                     | Food stagnation                                                                                                                  |
| STABILIZE AND BIND     | Deficiency Heat              | <b>Dang Gui Liu Huang Tang</b><br>Tangkuei and Six-Yellow Decoction            | Night sweats due to interior heat with underlying blood and yin deficiency                                                       |
|                        | Qi                           | <b>Yu Ping Feng San</b><br>Jade Windscreen Powder                              | Deficiency of Wei qi causing spontaneous sweating and recurrent colds                                                            |
|                        | Bind Intestines              | <b>Si Shen Wan</b><br>Four-Miracle Pill                                        | Early morning diarrhea due to Spleen and Kidney yang deficiency                                                                  |
|                        | Secure Essence               | <b>Jin Suo Gu Jing Wan</b><br>Metal Lock Pill to Stabilize the Essence         | Spermatorrhea due to Kidney deficiency                                                                                           |
|                        | Uterine Bleeding & Discharge | <b>Wan Dai Tang</b><br>End Discharge Decoction                                 | Leukorrhea due to Spleen deficiency with dampness and Liver qi constraint                                                        |
|                        |                              | <b>Gu Jing Wan</b><br>Stabilize the Menses Pill                                | Uterine bleeding (flooding and spotting) due to heat entering the Ren and Chong caused by Liver qi constraint and yin deficiency |