

JAMES RAMHOLZ

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SHAOLIN  
& TAOIST

HERBAL TRAINING FORMULAS

*for Ch'i Kung, Meditation,  
the Internal Martial Arts  
& Longevity*

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# Shaolin & Taoist Herbal Training Formulas

*for Ch'i Kung, the Internal Martial Arts, Meditation & Longevity*

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## **Also by James Ramholz**

AUTHOR    *Chinese Herbal Science: An Expandable Chart Series*  
(Chicago Natural Health Clinic, 1984)

EDITOR    *Classical Moxibustion Skills in Contemporary Clinical Practice*  
by Sung Baek (Blue Poppy Press, 1990)

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# Preface

I would like to express my deep appreciation to all those persons whose advice and recommendations have been invaluable to the production of this book. But most of all, I would like to thank Sung Baek and David Mishlove, my teachers and friends. Without their help and encouragement none of this would have been possible.

This present volume collects herbal training formulas from a variety of sources, including traditional Shaolin and Taoist texts on meditation and the martial arts. This book focuses on tonification formulas because they are of particular interest to me.

I have translated what I found to be the most interesting formulas, enlarging upon or commenting on their original indications where appropriate. Certain formulas will already be familiar to acupuncturists and herbalists because they have been included in the standard medical collections used for hundreds of years; others are available here in English for the first time. I have also translated a selection of the Shaolin longevity formulas from the *Shaolin Si Mi Fang Ji Jin* which were not included in the English translation by Zhang Ting-liang and Bob Flaws.

# On Physiological Alchemy

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When our mind is in moderation, the *jing ch'i*—which is the source of life and its vitality—circulates harmoniously throughout the entire body. If the body is properly nourished by this circulation which protects all parts of the body, how can it become ill?

*Nei Ching*

In life, the energy of the body is produced through the processes of digestion and respiration. What is not required for daily usage is stored in the *Tantien* and the adrenal glands. The *Tantien* is an energetic organ or center located inside the abdomen a hand's span below the navel. Called *Hara* in Japanese, it is associated with the kidney organ energy and the general level of vitality in the body. During times of rigorous training, illness or stress, this reserve helps supplement and supports the increased demands placed upon the body. As the energy of the *Tantien* becomes more stable and substantial, health becomes stronger and more vibrant.

The Chinese contend that when the energy is full, yin and yang are in harmony, and the acupuncture meridians flow without obstruction, "There is no room for death." But this ideal level of well-being necessitates something beyond what ordinary diet and lifestyle can offer. Only a significantly strong vitality will prevent health problems. Toward this end, many people employ exercise, martial arts, meditation, yoga, *ch'i kung*, Tai Chi Chuan, etc., to enhance their health, enrich their lives, and to help foster their spiritual development.

When normal daily requirements and stresses are satisfied, the reserved vitality of the *Tantien* may be utilized in specialized methods of

training. In traditional Chinese terms, the Three Treasures (*San Bao*)—*ch'i*, *jing* and *shen*—are cultivated, refined and then recombined to generate stronger and more substantial energies.

Reference to the term Three Treasures is recorded by Chinese authors as early as the Later Han dynasty (about 27 A.D. to 97 A.D). Throughout Chinese culture and history, these three energies have been alluded to by various names. In Taoist religion, the Three Treasures are called the *San Hun* or Three Spiritual Energies. In the alchemical arts, they are often referred to as the “Three Herbs” or “Three Medicines.” The use of these terms is especially important to our topic as they directly relate meditation to physiological processes from the viewpoint of traditional Chinese medicine.

Physiologically, the Three Treasures are (respectively) the most refined vital, glandular and psycho-spiritual energies ordinarily produced by the body. In the broadest sense, they refer to the vital energy, physical body and mind. As essential agents for every aspect of health and life, all phenomena of the body reflect and are dependent upon them.

*Shen* has a broad range of meanings. In many ways it is very much like the word “spirit” in the English language. In Chinese philosophy, it also includes the ineffable part of our nature. In Taoist cosmology, the source of *shen* is *wu chi*, the universal undifferentiated state beyond the laws of duality which govern our physical existence. *Shen* is said to reside in the brain; it is connected to our energy circulation at this point, but is not a part of it. *Shen* not only refers to the mind and emotions but also influences them from a higher level. It forms a commanding relationship with the collective manifestation of mind, thinking and awareness. Sometimes used synonymously with consciousness, it is often depicted as the light or spirit which shines from a person’s eyes.

Often translated as air, breath, influence or energy, *ch'i* has a very wide range of meaning and usage. It is commonly used as a synonym for energy, where the *ch'i* of something is its efficacy, force, or ability to do work. In oriental philosophy, everything is composed of some order of *ch'i*; it has both substance and quality. It is often felt in martial arts, acupuncture therapy and meditation. In oriental medicine, the term refers to the energy which flows throughout the network of acupuncture meridians as well as to the ambient field of energy radiating from the body. In meditation and the internal martial arts, *ch'i* is that rarified energy circulating through the *Tantien* and the various pathways throughout the body.

When we breath, we take in and circulate the *ch'i* from the universe. When *ch'i* is stored in the *Tantien*, it is naturally crystalized into *jing*. Often

translated as “essence,” *jing* is the pure, intrinsic and unstructured physical vitality. It is the most yang material substance comprising our body and is naturally reconverted by the body into *ch'i* upon demand. It is usually associated with the glandular system in general and with sexual hormones in particular. It is considered by various authors to be the sperm itself as well as the active force inherent in the sperm. When the term is used in Chinese medicine as an adjective for another material—for example, *jing ch'i* or *jing shen*—it refers to the most active physical functions of those matters.

When referring to sexual energy during meditation, *jing* stored in the *Tantien* can have either an external or internal expression. When *jing* is transformed into its more material or physical form by excessive stimulation or by sexual excitement, it is said to be externalized; so it is usually either released during orgasm or converted into sperm production. When *jing* is transformed into *ch'i* and circulated through the body, it is said to be internalized. Periods of sexual abstinence are sometimes recommended in various systems of training because *jing* can intentionally be transformed into *ch'i* through meditation, and used to sustain *shen*.

In physiological alchemy, the body is the reaction vessel where the “Three Herbs” are blended and fixed into an Elixir, a substance whose property is said to be able to spiritually transform an individual. All elements—physical, energetic, psychological and spiritual—are synergistically involved in the development and maintenance of all the others.

Whoever wishes to nourish the *shen* must first nourish the *ch'i*, but in order to nourish the *ch'i* one must first nourish the brain and in order to nourish the brain one must first nourish the seminal essence (*jing*) and in order to nourish the *jing* one must first nourish the blood and in order to nourish the blood one must first nourish the saliva and in order to nourish the saliva one must first nourish the element Water.

Hsiu Chen Pi Chueh

*Esoteric Instructions for the Regeneration of the Primary Vitalities*

This creates a kind of alchemical Jacob's Ladder, a line of development utilizing these three energies as “steps.” Each stage of development is dependent upon the cultivation, purification and conversion of a fully

matured energy. This process of distillation and subsequent recombination is the basis of the *Nei Chia* or internal alchemical arts.

Keeping the *jing* full and complete protects the body and promotes longevity. When the mind is clear and calm, the *ch'i* becomes full and balanced. To fully develop *shen*, the mind and body must both be cultivated and harmonized; only then can one be said to 'return to the source' or attain Tao. Because these three energies are characterized as "Three Herbs", their cultivation and development is called the completion of the Inner Elixir (*nei tan*). According to *Liu I-ming*, an important commentator on the *I Ching* from the Taoist School of Complete Reality, all of spiritual alchemy involves only two tasks: to empty the mind and fill the belly.

*Jing* is motivated by *ch'i* and, in turn, reciprocally sustains it. The role of *shen* is to train, guide and control the *ch'i*. In turn, an imbalance of *ch'i*, either in the organs or meridians, can injure the *shen*. An uncultivated or capricious mind will misappropriate these energies to the service of some base emotion or aspect of personality. Negative emotions, a deleterious lifestyle, stress and illness, can interfere with any of their proper development and correct functioning. Together, the purified *ch'i*, *jing*, and *shen* comprise the three positive or yang souls. The seven emotions—joy, anger, grief, fear, love, hatred and desire—comprise the seven negative or yin souls.

While modern medicine only hints at this connection between gross matter and higher states in its psycho-pharmacology, the two thousand year old Chinese medical classic, the *Huangti Nei Ching*, describes five levels of man along this line of thinking. The degree to which one embodies the doctrines of yin and yang establishes his or her level on this alchemical Jacob's Ladder.

- Normal Man (*Buhn Ren*)
- Sage (*Hyun Ren*)
- Saint (*Sung Ren*)
- Perfected Man (*Jih Ren*)
- True Man (*Chen Ren*)

The Sage calculates the energy cycles in order to understand and harmonize with his environment. He studies the *I Ching* and other classics

to calculate the movements of the seasons and how to adapt his lifestyle, both physically and mentally.

The Saint is much further advanced in his understanding. He is emotionally balanced, exhibits moderation in movement and can be a leader in society. Distinguishing the essential factors of disease, emotions and human affairs, he is able to control desire and not express anger.

The Perfected Man is fully trained in the laws of Tao. He consciously harmonizes with the universe, can travel in space and time and usually stays alone in the mountains to work on himself. He is able to assimilate the universal energy to sustain and nurture his body so that he can live hundreds of years.

The True Man is someone in whom reality and consciousness have merged. Not only is he able to completely decipher the Tao, but also to fully embody it as a permanently enlightened being. Because his movements are totally in accord with the laws of yin and yang, he can take in and transmute the *jing ch'i* of the universe. Able to perfectly manifest a universal nature, he is unfettered by time and space. Purified through the reconciliation of opposites, his spirit and his body are transformed to be incorruptible by death. He lives on the earth with a youthful, if etherealized, body as a true son of Heaven.

### Internal and External Elixirs

As a system of thought, Taoism emerges already fully mature in the *Tao Te Ching*, its first and most profound text. After this text, everything written concerning Taoism has been elucidation, extrapolation or paraphrase. This immediate literary maturity suggests a long oral history and traditional practice. In fact, some authorities suggest that these types of texts were written down only as a last resort to stop the misinterpretation of the philosophy when the original source had been lost.

Taoist religion appears during the same period as the *Tao Te Ching*. It was a strong proponent of both external and internal alchemy. Elaborating upon the philosophy, Taoist religion included among its most prominent features a pursuit of physical immortality through breathing exercises, ritual, revealed scripture and monasticism. Its liturgy and theology share many common elements with Buddhism. In the collected Taoist scriptures, the *Tao Tsang*, are hundreds of separate works totaling more than 200,000 pages—most of which deal with meditation and longevity.

From antiquity, Chinese cosmology has recognized that all phenomena have arisen from Tao and manifest both yin and yang

attributes. The human body, like the world around it, is composed according to those same creative laws. It is a microcosm of the universe, expressing the same principles, movements of energy, and relationships. Traditional Oriental medicine is a natural as well as historical development of physiological alchemy. It is, I believe, the best foundation for our contemporary understanding of alchemy. Although individual systems of training employ different approaches, each, by necessity, must follow the guidelines of physiological alchemy.

From the broadest perspective, the guideline for alchemy is expressed in the Chinese dictum, *fu shih pi lien*: "Absorb for nourishment, enclose and recast." This is analogous to the European alchemical dictum of "resolve et congelae." Both maxims find their natural expression in the processes of growth and maintenance in the body. From this foundation, many corollary principles have evolved. The most consequential of these traditional rules remain:

1. Calm the heart and mind;  
do not outwardly express extremes of emotion.
2. Eradicate the four classic obstacles to health:  
liquor, sexual desire, riches and bad temper.
3. Observe proper dietary rules.
4. Take herbal medicines and elixirs.
5. Practice meditation.

These rules are intended to stop the loss of vitality, balance emotional stress and strengthen the *ch'i* and blood. Emotional states and diet have the broadest or most long-term influence over vital energy. The increased energy required by any type of training depends directly upon the vital energy manifested in the *ch'i* and blood. If either is insufficient, imbalanced, or impaired, training can be impeded or ineffectual. While herbal formulas can influence and add to this foundation, they cannot be expected to make up for what is missing in diet or emotional life.

An elixir is a substance believed to contain the essential nature of Tao and that by ingesting it one may achieve longevity or even become an Immortal. External Elixirs (*wei tan*) primarily work by strongly tonifying the vital energy and resolving any problems caused by deficiency of the *ch'i*, *jing* or blood. The term *wei tan* was already used in Chinese literature by 565 A.D. External Elixirs were fabled to be so powerful that immortality would be conferred from a single ingestion. Many herbs and

materials found in the Chinese pharmacopeia enjoyed a reputation as a panacea: Cinnabar, Gold, Jade, Pearl, Schizandre, Cinnamon, Astragalus, Mica, as well as very old roots of *Polygonum Multiflorum* and Ginseng.

Most famous among them was *Ling Chih*, the mushroom of immortality. This mushroom is often seen in icons of the Chinese God of Longevity. One emperor even sent an entourage to find the Isle of the Blest where the mushroom was reputed to grow in abundance. Whether they found it, we have no record—they did not return. Later, complex combinations of herbs and elaborately prepared formulas were also called Elixirs.

The highest purpose of the *wei tan* or External Elixir was to help develop the *nei tan* or Inner Elixir—variously called the Gold Pill, Red Pearl, Pearl of Immortality, Spiritual Embryo and a host of other names. These terms are the names given to a greatly developed higher nature. As a general rule, longevity is considered a prerequisite for the development of the Inner Elixir because the work is so consuming and arduous.

In European history, the search for alchemical gold and the Philosopher's Stone filled a similar rôle as the *nei tan*. Although discrimination between *nei tan* and *wei tan* is often obscured in alchemical literature and Chinese myth, they can be distinguished from each other by their original source—internal and external—which is evident in their names and natures.

Enlightenment is considered to be the perfection of the Inner Elixir (*nei tan*). Hui Ssu (517 A.D. to 577 A.D.), the great Chan Master of Southern Sacred Mountain, clarifies the roles of Internal and External Elixirs:

Thus by the aid of external elixirs, I shall be able to cultivate the elixir within. For in order to bring peace to others, I must first bring peace to myself. In order to undo the bonds of others, one must first undo one's own.

### **The Role of Herbal Formulas in Training**

Besides treating illness, herbal formulas, because of their supplemental and invigorating effects can be another and perhaps one of the better ways to relieve stress, build stronger vitality and promote longevity. Herbal formulas can accelerate and help complete training processes, as well as correct problems encountered during hard training. While acupuncture

balances the energy already present in the body by reappportioning its uneven distribution or correcting its impaired flow, herbs can *add* new energy to an already healthy body for increased functioning, strength and vitality. This is particularly important when the body has lost vital energy through stress, physical strain, poor diet, injury, loss of blood, excessive sweating, extremes of emotions or overindulgence in sex.

Herbs can directly aid with cultivating the vital energy, and indirectly help the mind with training the *ch'i*. They can improve metabolism, balance organs and acupuncture meridians, as well as prevent the loss of *jing* and *ch'i*. Herbs can help relax tense muscles, soothe nerves, calm extreme mental states, as well as speed up the healing of physical injuries. Herbal formulas can directly open acupuncture meridians and help circulate energy throughout the body.

The most important reason for using herbal formulas is to help compensate for problems arising during training. Any unusual physical condition or energetic imbalance may hinder or slow development. Simply taking an herbal formula without any real consideration of how it works in one's own body will only aggravate problems or further complicate any physical, emotional or energetic blockage or disorder. It should always be remembered that even vital energy may become perverse when out of balance.

It should be remembered from the beginning, though, that the use of herbal formulas is not a substitute nor short-cut for actual work. Real development can come only from balanced growth. Despite stories with respect to some legendary result of ingesting an herb or formula, it should never be thought that, in themselves, herbs constitute a method of development.

## How Herbal Formulas Work

From a physiological point of view, three organ systems are of central importance in the regulation, production and storage of energy during training: (1) the brain and nervous system; (2) spleen and stomach; and (3) kidneys and hormonal glands. The tonification formulas chosen for this book concentrate on these three areas. Among the most common problems faced during training — but not limited to them — are the following:

- Insufficient vitality, blood or hormone levels

- Insufficient kidney yang or Life Gate (*Mingmen*) energy
- Ascending *ch'i* problems due to energetic imbalance
- Pressure or unusual sensations in the head
- Poor digestion or sluggish metabolism
- Stiffness, limited range of motion or aching of the limbs
- Nervousness, anxiousness or lack of concentration
- Anger, depression or extremes of emotions

In order to understand how an herbal formula works, we must first choose the individual herbs which will be important to the type of energies we want to develop; discover how they work in combination; and see how those combinations are designed to work with the body. It cannot be overemphasized enough that simply using an herbal formula as a type of “stimulant” will not bring any real progress in training. Only by correctly combining fire and water (yang and yin) will one truly progress. The foundation and goal of development is balance and harmony.

While it is an oversimplification to divide systems into internal and external, we can use this division to illuminate how these formulas are intended to be used. For our purposes here, internal systems are principally concerned with meditation or the unification of *ch'i* and *shen* (mind); while external systems are chiefly concerned with the expression of *ch'i* in the physical body.

More consequential for Shaolin practitioners are herbal formulas for hard physical training and injuries from fighting. They reflect the formidable and sometimes severe physical nature of their training. They include not only tonification herbs to replace lost vitality, but also herbs which are used to promote the circulation of *ch'i*, stop pain, resolve swelling, dispel blood stagnation and increase the range of motion of the limbs. Some of these internal formulas are so sophisticated and specialized that they are intended only for recovery from injuries to a single acupuncture point by *dim muk*, or “point-dotting” skills. Taoist formulas are usually more concerned with a deficiency of vital energy and its circulation.

### Other Books in English About Herbal Training Formulas

Chinese literature concerning the martial arts and meditation goes back many hundreds of years. Uncounted books have been circulated, both privately and publicly, cataloging the herbal formulas used in every

type of training. They reveal a wealth of herbal formulas and broad range of applications used by both Buddhist and Taoist monks alike. Many martial artists and meditation masters were often, by necessity, skilled herbalists and acupuncturists.

Although Chinese medicine includes many formulas which were originally developed by martial artists and meditators, very little concerning training formulas is available in the English language. Originally, many meditation and martial art masters developed formulas, but kept them secret, permitting their use only in their own training system. The difficulty of translation as well as the complexity of Chinese medical theory has compounded the problem of understanding what little is available in English. I am aware of only a few important titles in English at the time of this writing. The following three are the most important.

Yang Jwing-Ming has translated the *Yi Gin Ching* (Sinew Changing Classic) and *Shii Soei Ching* (Marrow Washing Classic) together under the title *Muscle/Tendon Changing and Marrow/Brain Washing Ch'i Kung: The Secret of Youth* (YMAA, 1989). It records both internal herbal formulas and external liniments used in classical training regimens. *The Tao of Sex* by Howard S. Levy and Akira Ishihara (Integral Publishing, revised third edition, 1989), while not a book on herbology per se, lists a number of herbal formulas for the enhancement of sexual energy which are used by Taoists in their Double Cultivation practices.

Zhang Ting-liang and Bob Flaws have undertaken the most extensive and ambitious effort to date by translating and publishing selections from the *Shaolin Si Mi Fang Ji Jin* under the title *Secret Shaolin Formulae for the Treatment of External Injury* (Blue Poppy Press, 1987). Their collection includes the widest range of liniments and internal formulas available in English. It is an important and invaluable aid to any serious practitioner of the martial arts.

# PREPARING HERBAL FORMULAS

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## Teas & Decoctions (*Tang*)

A cup of tea can easily be made from powdered herbs, honey pills or from pastes by simply adding hot water and steeping according to an individual's taste.

Medicinal strength decoctions are prepared by placing a packet of raw herbs (determined by a prescription) in a glass or ceramic pot with three cups of water. The mixture is boiled until one cup of remains; then the residue is squeezed to extract all the liquid. A prescription pack may be reused up to three times in one day; but should be stored in the refrigerator between boiling.

The typical regimen for using teas and decoctions is one cup three times a day. Tonic formulas may be used for thirty days or longer. Formulas containing sedation herbs should never be used more than three days, unless under the supervision of a health-care professional. Sedation herbs do not simply add vital energy to the body; instead they work by attacking perverse energies or blockages (e.g. wind, cold, heat, stagnation, dampness, hematoma, etc.). If no such problem exists, they will sedate the vital energy; hence the danger.

The chief advantage of taking formulas this way is that it is a quick and thorough method for extracting the potential of the formula. The main disadvantage is the time it can take for preparing and boiling the mixture. Even a small pack can be time-consuming to prepare. The quantity of herbs in a pack may be very large, necessitating a large container, more water and longer boiling time. Also, the cost for boiling a new pack each day can be prohibitive when expensive or high quality herbs are used.

## **Capsules (*San*)**

The simplest type of pill is made by filling gelatin capsules with the powdered formula. Many herb suppliers will grind the formula into a powder for you. Gelatin capsules are readily available from health food stores. Formulas prepared this way are easy to carry and take.

The formula should be ground into a fine powder so that every capsule will hold the correct proportion of each herb. Size “OO” capsules will hold about 1000 mg.

The typical dosage is two capsules three times daily, or two before and after training. The number of capsules may vary according to the formula and the individual's needs.

## **Paste (*Gao*)**

After grinding the formula into a fine powder, place it in a glass or ceramic bowl. Then mix in enough honey to make a thick paste, about the consistency of cake batter. This mixture should be kept in the refrigerator. One teaspoon is a typical dose for tonification formulas prepared in this way.

## **Pills (*Wan*)**

First prepare the formula as a paste. Then roll this mixture into small portions, between the size of a small bean or a date depending upon the dosage called for in the formula.

Lay the pills on a cookie sheet and place in the oven at the lowest heat setting. Remove and let cool when the honey has glazed over. Store in an air-tight container.

## **Liqueurs (*Jiu*)**

Using drinking alcohol as a base for formulas has always been very popular in the orient. An aged herbal liqueur extracts the essence and energy of the herbs and quickly passes it into the blood stream. One ounce, warmed like sake, is a standard dose.

A liter of liqueur can be a very economical way of preparing and taking more expensive herbs, like high quality Deer Horn and older Ginseng

roots. Typically, one to four ounces of herbs are added to one liter of vodka. In the Orient, strong rice wine is used. The herbs do not need to be powdered, but should be broken or cut into smaller pieces to expose more surface area.

Aging is the most important part of preparing liqueurs. As the formula ages, the flavors of the herbs blend and the energy becomes stronger. After aging one month, the liqueur is still immature, but old enough to begin testing. As the aging process continues, there are several intervals—at the three months, six months and one year—where the strength and the taste of the liqueur seem dramatically improved.

Aging three months should be the minimum length of time for use in serious training. The formula is much stronger then and the flavor of the herbs is more balanced and beginning to mature. Aging one year or more is ideal; the energy and taste of the formula is dramatically improved and fully matured. Like liniments, liqueurs will continue to improve with further aging.

After deciding on a favorite formula, it is a good idea to prepare several batches: one for immediate use and another intended for extended aging. To make stronger formulas, a larger amount of herbs may be used with just enough vodka needed to cover them.

If expense is a consideration, more vodka may be added again after half the original batch is used. This mixture will be diluted, but can be aged to bring out more of the formula's properties.

# Important Tonification Herbs

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*Functions,  
Indications,  
& Important  
Combinations*

*Niuxi* **Achyranthes bidentata**

---

**Energy** Balance and nontoxic

**Taste** Bitter and sour

**Meridian  
Induction** Liver and kidney

**Functions &  
Indications** \* Fresh: circulates blood, transforms stagnation, clears bruising  
\* Wine Roasted: strengthens liver and kidney, fortifies sinew and bone

**Typical  
Dosage** 4 grams to 12 grams; daily maximum of 20 grams

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### **Important Combinations**

1. with *Cervus nippon*:

Muscle and bone deficiency resulting in weak vertebrae and weakness of legs or stance; face swollen with dark color.

2. with *Eucommia ulmoides*:

Muscle and bone weakness in the lumbar region; sciatic nerve pain.

3. with *Rehmannia glutinosa*:

Yin and blood deficiency.

# Danggwi *Angelica sinensis*

---

**Energy** Warm, nontoxic

**Taste** Hot, sweet, slightly bitter

**Meridian  
Induction** Spleen, heart, liver

**Functions &  
Indications** \* Tonifies spleen and stomach, bones and muscles \* Relieves nervous tension \* Promotes muscle endurance and can be used for treatment of paralysis \* Can be used for all internal and external bleeding, external trauma on skin, internal scars and pain relief

**Typical  
Dosage** 8 to 20 grams;  
daily maximum of 20 grams

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## Important Combinations

1. with *Panax ginseng*:

Complete yin and yang tonification.

2. with *Cervus nippon*:

Tonify the *jing*, blood and fluids for problems associated with kidney deficiency, such as aches and pains in the lumbar and thighs; upper warmer dryness with lower warmer cold; turbid urine; dark facial color under the eyes; deafness; loss of consciousness.

3. with *Ligusticum chuanxiong*, *Rehmannia glutinosa* and *Paeonia lactiflora*:

*Renmo* (Conception Vessel) empty and not communicating; deficiency cold; menstrual pain.

4. with *Chrysanthemum*, *Rehmannia glutinosa* and *Lycium chinense*:

Dizziness and red, swollen and painful eyes due to kidney and yin deficiency or uprising of liver yang.

Huanggih **Astragalus membranaceus**

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**Energy** Slightly warm, nontoxic

**Taste** Sweet

**Meridian Induction** Lungs, spleen, kidney, large intestine, triple warmer

**Functions & Indications** \* Tonifies the *Wei Chi* \* Helps control excessive fire in the heart \* Controls skin pores function \* Supports the spleen, stomach and the lungs \* Strengthens bones and muscles \* Regulates sugar in the blood \* Promotes kidney energy \* Helps dry pus \* Used for pain relief.

**Typical Dosage** Fresh: 4 to 12 grams.  
Roasted with honey: 8 to 16 grams.  
Daily maximum of 40 grams.

**Contra-indications** \* Flu \* Tumor in the gastrointestinal tract \* Yin deficiency with fire rising or False Fire \* Pneumonia \* Excessive anger \* Upper body hot and the lower body cold \* Skin infections \* Stomach pain \* Very yang people \* *Chinemys reevesii* and Opium.

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### Important Combinations

1. with *Panax ginseng* and *Glycyrrhiza uralensis*:  
Strong tonification of the *Tantien*.

2. with *Angelica sinensis*:  
Tonification of the blood—especially after fighting or a transfusion.

3. with Cinnamon cassia:  
Excessive sweating due to yang energy deficiency during the performance of forms and general practise.

4. with *Paeonia lactiflora*, *Glycyrrhiza uralensis* and Cinnamon cassia:  
Similar to #3 but for stronger, continuous sweating.

5. with *Angelica sinensis* and *Glycyrrhiza uralensis*:  
Women's training problems; lower abdominal pain.

6. with processed *Aconite carmichaeli*:  
Yang deficiency weakness resulting in stiff limbs and continuous sweating; makes the Triple Warmer's energy flow.

**Energy** Warm, nontoxic

**Taste** Sweet, slightly salty

**Meridian Induction** Kidney, liver, heart, pericardium

**Functions & Indications** \* Yang energy to the kidney and fire energy to the body through the pericardium \* Strongly tonifies the *Mingmen* and *Tantien*  
\* Supports hormone secretion and tonifies the blood.

**Typical Dosage** 4 to 12 grams;  
daily maximum of 80 grams

**Contra-indications** \* Children under 18 \* Fever \* Common cold \* Already very healthy persons \* Ascending energy problems due to martial arts or meditation training \* False Fire.

### Additional Notes

Once Deer Horn loses its velvet and turns hard, it retains only 10% of its original strength because it no longer includes the deer's blood and hormones. The hard horn is usually processed into a gel whose function is to supplement the blood and hormones and is very yin in nature.

### Important Combinations

1. with *Panax ginseng*:

Strong vital energy tonification.

2. with *Eucommia ulmoides*, *Psoralea corylifolia*, *Cinnamon cassia*:

Lumbar pain due to kidney deficiency.

3. with *Chinemys reevesii*:

Tonify kidney fire and water, strengthen the communication between the heart and kidney.

4. with *Lycium chinense* and *Angelica sinensis*:

General tonification according to *Cervus nippon* indications, but milder.

5. with *Cuscuta chinensis*:

Tonify kidney water and *jing*.

*Shanchuyu* **Cornus officinalis**

---

**Energy** Mild, warm, nontoxic

**Taste** Sour

**Meridian  
Induction** Liver, kidney, heart

**Functions &  
Indications** \* For both yin and yang energies \* Yang energy to the kidney, *Tantien*, uterus \* Supports *Mingmen* and Triple Warmer \* Relieves nervous tension of reproductive nerves \* Premature ejaculation, erection problems, spermatoria \* Used for kidney deficiency backache and knee joint pains \* Warms liver; tonifies blood through the liver

**Typical  
Dosage** 4 to 20 grams;  
daily maximum of 40 grams

**Contra-  
indications** \* Common cold \* High fever with sweating \* False Fire syndrome \* Diarrhea \* Venereal Disease

---

**Important Combinations**

1. with *Panax ginseng* and *Angelica sinensis*:  
Tonify yin and yang energies.

2. with *Schizandre chinensis*:  
Tonify kidney and lung functions.

*Shanyao* **Dioscorea japonica**

---

**Energy** Warm, nontoxic

**Taste** Sweet

**Meridian Induction** Spleen, stomach, lung, kidney

**Functions & Indications** \* Invigorates the spleen and stomach \* Tonic, restorative, brightens the intellect \* Stimulates muscle and tendon flexibility and growth \* Helps calm mental state \* Supports yin energy of lung and yang energy of kidney \* Produces endocrine secretion \* Stimulates appetite \* Stops diarrhea \* Stimulates and cleanses mucus production

**Typical Dosage** 12 to 16 grams;  
daily maximum of 40 grams

**Contra-indications** \* Pork, green onion \* High Blood Pressure \* Iron \* Indigestion \* Constipation \* Fast pulse \* Damp-heat syndromes

---

### Important Combinations

1. with *Cervus nippon*:

Tonify the *jing* and blood; used for impotence, lumbar and knee weakness, infertility in women.

2. with *Lycium chinense*:

Tonify digestive functioning.

3. with *Rehmannia glutinosa*:

Tonify the spleen and kidney; stop spasm of the gastrointestinal tract and stop diarrhea.

4. with *Cornus officinalis* and *Schizandre chinensis*:

Tonify and increase flexibility of tendons.

*Haima* **Hippocampus coronatus**

---

**Energy** Warm, mild, nontoxic

**Taste** Sweet

**Meridian  
Induction** Kidney

**Functions &  
Indications** \* Tonifies vitality and sexual energy, brain; it has been used in Taoist formulas for development \* Promotes mental endurance and aggressiveness \* Used for abdominal and lumbar pain \* Skin, muscle and bone infections \* Its folkloric name is "Fallen baby of dragon"

**Typical  
Dosage** 4 to 20 grams

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**Important Combinations**

Seahorse (4 to 20 grams) may be added to most Panax ginseng, Morinda officinalis and Psoralea corylifolia tonification formulas for stronger effect.

# Tikupi *Lycium chinense*

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**Energy** Mild, nontoxic

**Taste** Sweet, bitter

**Meridian  
Induction** Kidney, liver, lungs

**Functions &  
Indications** \* Strengthens both yin and yang energies to support and tonify the vital and sexual energies \* Supports eyes, muscles, bones and hormones; aids in the recovery from fatigue \* Strengthens internal damage caused by stagnant, blocked, violent, or intermittent energy \* Tonifies the *Tantien*; as well as large intestine and small intestine functioning \* Increases metabolic function

**Typical  
Dosage** 4 to 20 grams;  
daily maximum of 20 grams

**Contra-  
indications** \* Used singularly over an extended period, it may damage the yang energy \* Excessive dampness \* High fever \* Poor digestion \* Arthritis \* Overweight people

---

## Important Combinations

1. with *Rehmannia glutinosa*:

Strengthen the *jing*, nourish the kidney yin; sedate False Fire, dizziness, lumbar and knee pain due to deficient kidney energy.

2. with *Chrysanthemum morifolium* and *Ophiopogon japonicus*:

Invigorate the kidney, nourish the *jing*, supplement the liver and clear the eyes.

3. with *Panax ginseng*:

Strong heart and kidney tonification.

Baiji **Morinda officinalis**

---

**Energy** Warm, nontoxic

**Taste** Slightly bitter, sweet, hot

**Meridian  
Induction** Liver and kidney

**Functions &  
Indications** \* Makes bones denser, thickens marrow \* Yang deficiency \* Low endurance \* Stimulates sexual vitality \* Backaches \* Supports brain functioning \* Tonifies *Mingmen* (Life Gate) energy and Minister Fire \* Helps produce hormone secretion \* Brings the Fire element to the Kidney \* Stroke (*Zhongfeng*) due to Kidney yang deficiency.

**Typical  
Dosage** 4 to 16 grams;  
daily maximum of 16 grams

**Contra-  
indications** \* Lack of Yin energy \* Excessive Pericardium energy \* Spleen and stomach deficiency \* Eye infections \* Constipation \* High Blood Pressure \* Deficient Water energy.

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**Note**

Used singularly, this herb will be only 10% effective. A complete formula will contain at least 20 herbs. The folk-loric name of this herb is "Tantien Storm."

**Important Combinations**

1. with *Lycium chinense* and *Psoralea corylifolia*:

Endurance in *Nei Gung*, sexual or yang energy deficiency; better erection.

2. with *Rehmannia glutinosa*, *Psoralea corylifolia* and *Angelica sinensis*:

Low vital energy or endurance; poor eyesight.

3. with *Chrysanthemum*, *Lycium chinense* and *Cistanche salsa*:

Lower Warmer insufficiency resulting in sinew and bone aching and deficiency cold.

4. with *Eucommia ulmoides*:

Kidney deficiency resulting in bone and sinew weakness of the lumbar and knee regions.

**Energy** Mild, nontoxic

**Taste** Slightly bitter, sour

**Meridian  
Induction** Lung, liver, spleen

**Functions &  
Indications** \* Supports all five organs—especially the kidney \* Supports the yin energy of the spleen and pancreas \* Supports blood and hormone production \* Strengthens the brain function and sexual vitality \* Eliminates dampness in the body and supports the bladder \* Resists excessive liver energy function through purification \* Contracts vessels and stops bleeding

**Typical  
Dosage** 8 to 24 grams;  
daily maximum of 120 grams

**Contra-  
indications** \* Any cold-based diseases (even cold diarrhea) \* High Blood Pressure \* Stomach spasms \* *Chinemys reevesii*, Green onion, garlic \* Persons who are cold and shaking without sweat (if there is sweating, it is not counter-indicated)

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### Important Combinations

1. with *Ligusticum chuanxiong*:  
Purify the liver.

2. with *Panax ginseng*:  
General vital energy.

3. with *Angelica sinensis*:  
General yin tonification.

4. with *Glycyrrhiza uralensis*:

Stomachache and to balance the twelve meridians.

5. with *Cervus nippon*, *Rehmannia* and *Angelica sinensis*:

Tonify the kidney, spleen, stomach, brain, *Tantien* and the vitality in general.

**Energy** Warm and nontoxic

**Taste** Sweet and slightly bitter

**Meridian  
Induction** Spleen and liver

**Functions &  
Indications** \* Greatly tonifies the *Yuan ch'i* (Original Energy) of the *Tantien* and supports any deficient organ as well as the blood and hormones in general \* It cleans the whole energy circulation and helps eliminate False Fire \* It is considered the closest herb in overall balance to man's own energy, so it has always been one of the most popular and important herbs for tonification.

**Typical  
Dosage** 4 to 12 grams;  
daily 20 grams

**Contra-  
indications** \* Lung infections, common cold, fever without sweating, pneumonia \* *Veratum Nigrum* \* iron and copper utensils \* headaches \* opium

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### Important Combinations

1. with *Cervus nippon*:

Strong tonification of the vital energy.

2. with *Rehmannia glutinosa*:

Tonification of the lungs and kidney.

3. with *Atractylodes macrocephala*:

Tonification of the spleen and stomach.

4. with processed *Aconite carmichaeli*:

True yang deficiency resulting in acute coughing, coldness of limbs, sweating and dizziness.

5. with *Panthera tigris*:

Strong yang energy tonification; sedates wind and damp.

6. with *Schizandre chinensis*:

Deficient lung energy, shortness of breath during and after training; physical shock.

7. with *Astragalus membranaceus*, *Paeonia lactiflora* and *Schizandre chinensis*:

Excessive sweating due to vital energy deficiency during training, sleeping or in normal room temperature; spermatoria; and general sexual vitality.

8. with *Paeonia lactiflora* and *Glycyrrhiza uralensis*:

Stomach spasms or aching caused by losing heat; nausea or vomiting from anemia.

# Hogol *Panthera tigris*

---

**Energy** Warm, nontoxic

**Taste** Bitter, sweet

**Meridian  
Induction** Liver and kidney

**Functions &  
Indications** \* Sedates perverse wind and damp energies \* Strengthens sinew and bone \* Used for wind and damp joint pain \* Strengthens lumbar and knees, stiff and weak limbs

**Typical  
Dosage** 4 grams to 20 grams;  
daily maximum of 20 grams

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## Important Combinations

1. with *Panax ginseng*:  
Tonify the yang energy, sedate dampness.
2. with *Angelica sinensis* and *Achyranthes bidentata*:  
Fortify the sinew and bone, nourish and circulate the blood.
3. with *Rehmannia glutinosa* and *Paeonia lactiflora*:  
Fortify the sinew and bone, mobilize stiff joints

Hoshuwu **Polygonum multiflorum**

---

**Energy** Slightly warm, nontoxic

**Taste** Sweet, bitter, astringent

**Meridian Induction** Liver, heart, kidney

**Functions & Indications** \* Invigorates the liver and kidney, nourishes the *jing* and blood and marrow; strengthen sinew and bone. \* Returns hair to original color.

**Typical Dosage** 4 grams to 25 grams;  
daily maximum of 25 grams

**Contra-indications** Deficient spleen, excessive phlegm, diabetes.

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### Important Combinations

1. with *Rubus chingii*, *Ligustrum chuanxiong* and *Eucommia ulmoides*:  
nourish the *jing* and blood, strengthen kidneys to prevent insomnia, tinnitus, palpitations, redness of the eyes, lumbar and knee pains, spermatoria and return hair to original color.
2. with *Cuscuta chinensis*, *Lycium chinense* and *Achyranthes bidentata*:  
liver and kidney deficiency, strengthen sinews and bone; numbness and stiffness in the limbs due to deficiency.
3. with *Panax ginseng* and *Angelica sinensis*:  
Tonify yin and yang, *ch'i* and blood.
4. with *Chinemys reevesii*, Dragon Bone and *Paeonia lactiflora*:  
Insufficient heart blood resulting in palpitations, insomnia; calms nerves.
5. with *Lycium chinense* and *Cornus officinalis*:  
Calms nerves; yang-type impotence.

*Buguzhi* **Psoralea corylifolia**

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**Energy** Very warm, nontoxic

**Taste** Hot, slightly bitter

**Meridian Induction** Spleen, kidney, pericardium

**Functions & Indications** \* Kidney tonifier \* Tonic to the genitals \* Adds fire energy to the body through the pericardium \* Tonifies the *Tantien* and *Mingmen* \* Used to develop *shen* or spiritual energy

**Typical Dosage** 8 to 12 grams

**Contra-indications** \* Yin deficiency with Fire rising or False Fire syndrome \* *Glycyrrhiza uralensis* \* Fever \* Constipation \* Eye infection \* Bleeding from the anus or urinary tract \* Low bone strength.

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### Important Combinations

1. with walnuts:

For fast *Tantien* energy.

2. with *Foeniculum vulgare*:

Kidney deficiency cold causing frequent urination.

3. with *Cuscuta chinensis*, *Cornus officinalis* and Walnuts:

Kidney yang deficiency, impotence, coldness in the lumbar and knee areas.

4. with *Lycium chinense*, *Rehmannia glutinosa*, *Schizandre chinensis* and *Panax ginseng*:

Tonify yin and yang energies; sedate perverse heat due to yin deficiency.

**Energy** Cold, nontoxic

**Taste** Sweet

**Meridian Induction** Kidney, liver, heart, small intestine

**Functions & Indications** \* Tonifies the blood's functioning through purification \* Tonifies both the small and large intestines \* Supports and tonifies kidney water \* Aids endocrine secretion \* Increases metabolism to speed up blood replacement \* Supports blood vessels

**Typical Dosage** 4 to 80 grams;  
daily maximum of 80 grams

**Contra-indications** \* Spleen deficiency \* Radish \* Poor digestion \* Iron or copper  
\* Stop use if diarrhea occurs during use

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## Important Combinations

1. with *Asparagus cochinchinensis*:

Insufficiency of heart blood, resulting in palpitations.

2. with *Ophiopogon japonicus*:

Insufficiency of kidney yin, resulting in heat in the upper warmer; continuous nose bleed.

3. with *Epimedium koreanum*:

Kidney yang deficiency resulting in impotence, infertility in women, sinew and bone aches and pains.

4. with *Ophiopogon japonicus* and *Cuscuta chinensis*:

Heart, kidney, *jing* and blood insufficiency resulting in palpitations.

5. with *Cuscuta chinensis*:

Hormones, kidney and liver insufficiency.

**Energy** Mild, warm, nontoxic

**Taste** Sour, sweet, slightly salty, astringent

**Meridian  
Induction** Liver, lung, kidney

**Functions &  
Indications** \* Tonifies yin and yang energies, as well as stops energy leaks  
\* Purifies the kidney and supports the *Mingmen* or kidney yang  
\* Tonifies the *Tantien* in men the uterus in women \* Speeds hormone production \* Closes pores when perverse energy tries to penetrate

**Typical  
Dosage** 4 to 20 grams;  
daily maximum of 80 grams

**Contra-  
indications** \* Fever without sweating \* False Fire \* Bad digestion \* Coughing due to common cold \* Excessive perverse energy in the liver meridian \* Asthma

---

### Important Combinations

1. with *Rehmannia glutinosa* and *Lycium chinense*:  
Hormone deficiency; metabolic speed problems.

2. with *Cuscuta chinensis*:

*Jing* and kidney yin deficiency resulting in dry throat, tinnitus, dizziness, lumbar and back pain, aching of thighs and knees.

3. with *Cistanche salsa*:

Tonify kidney yang energy and hormones.

# Chiang Zingiber officinale

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**Energy** Warm, nontoxic

**Taste** Hot

**Meridian Induction** Heart, spleen, stomach, lung, large intestine, kidney

**Functions & Indications** \* Sedates cold energy by tonifying hot energy indirectly \* Used in the treatment of vomiting, nausea, spasms, stomachache, backache

**Typical Dosage** 8 to 12 grams;  
daily maximum of 80 grams

**Contra-indications** \* High fever or body temperature \* Asthma, pneumonia, bleeding from the nose or anus, pain with fever \* Pregnancy

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## Important Combinations

1. with Schizandre chinensis:  
Lung energy tonification.

2. with Panax ginseng:  
Stomach energy tonification.

3. with Psoralea corylifolia and Schizandre chinensis:  
Tonify kidney and spleen and sedate perverse cold energy in those organs.

4. with Paeonia lactiflora and Dates:  
For nutritive function and to purify the twelve meridians.

5. with Cervus nippon:  
Jing and blood deficiency, palpitations, sweating, stiffness of the limbs, cold energy in the *Tantien*.

# Simple Herbal Formulas & Illustrative Combinations

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*The formulas in this section are fundamental and very effective. They can be used independently, as well as a guide to the study of larger and more elaborate preparations.*

*Each formula in this section is written in an amount sufficient for one pack to be prepared as a decoction. All herbs are mixed together in units of 4 grams (approximately one Chinese CHEN) unless otherwise indicated. The numbers can also be used as proportions for any quantity you wish to prepare.*

# Angelica Sinensis Formulas

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Angelica sinensis can be added to in equal amounts to any individual yang tonification herb to assist and balance its function.

## I.

Panax ginseng  
Angelica sinensis  
Astragalus membranaceus

Insufficiency of *ch'i* and blood, or Yin and Yang imbalanced.

## II.

Angelica sinensis  
Panax ginseng  
Zizyphus spinosa

Insomnia.

## III. *Four Materials Tea*

Angelica sinensis  
Rehmannia glutinosa  
Ligusticum chuanxiong  
Paeonia lactiflora

General blood and liver deficiency. Used for indigestion, menstrual pain and menstrual irregularity due to blood and liver deficiency.

## IV. *Women's Returning to Spring Pills*

Angelica sinensis	2.5
Poria cocos	
Citrus pericarpium	1.5
Atractylodes macrocephala	
Paeonia lactiflora	

Dioscorea japonica	
Eucommia ulmoides	1.0
Cuscuta chinensis	
Glycyrrhiza uralensis	2 Slices

Women's anemia due to insufficiency of *ch'i* and blood. It can be used as a general tonic for deficiency cases showing dizziness, palpitations, dysmenorrhea and insomnia.

# Astragalus Membraneceus Formulas

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## *I. Shaolin Returning to the Origin Pills*

Astragalus membranaceus  
Angelica sinensis

Tonification of blood—especially after fighting or a transfusion.

## *II.*

Astragalus membranaceus  
Cinnamon cassia

Excessive sweating due to yang energy deficiency during the performance of forms and general practice.

## *III.*

Astragalus membranaceus  
Paeonia lactiflora  
Cinnamon cassia  
Glycyrrhiza uralensis

Similar to II, but stronger. Used for continuous sweating.

## *IV.*

Astragalus membranaceus  
Angelica sinensis  
Cinnamon cassia

Women's training problems. Used for lower abdominal pain.

## V. Guarding the Origin

Astragalus membranaceus	2.0
Panax ginseng	
Glycyrrhiza uralensis	1.0

Tonifies the vital energy and increases metabolic speed. It can be used to tonify yang energy during the summer months, while sedating perverse heat in the lungs and heart. Used for skin and muscle damage, as well as bone bruise.

## VI. Upper and Lower Warmer Combination

Astragalus membranaceus	3.0
Rehmannia glutinosa	2.5
Ophiopogon japonicus	
Panax ginseng	2.1
Lycium chinense	1.0
Schizandre chinensis	

Invigorates the kidneys and lungs, supports *wei ch'i* or protective energy and helps the lungs send down *ch'i* to lower warmer. This formula is used for general vital energy deficiency, especially when showing excessive heat in lungs and feverishness in the palms due to weak kidney energy.

## VII.

Astragalus membranaceus	15.0
Panax ginseng	3.0
Zizyphus spinosa	
Atractylodes macrocephala	2.0
Angelica sinensis	
Paeonia lactiflora	
Cornus officinalis	
Dioscorea opposita	
Lycium Chinensis	
Psoralea Corylifolia	1.0
Juglans Regia	

Greatly invigorates the *yuan ch'i*, warms and nourishes the spleen and kidney, nourishes the blood, tranquilizes the nerves, subdues wind (*feng*).

# Deer Horn Formulas

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## I.

Cervus nippon (one to four ounces per liter of vodka)

Made as a liqueur, it can be used for tonification according to its general functions.

## II.

Lycium chinense  
Angelica sinensis

General tonification liqueur for women according to Cervus nippon functions, but milder.

## III. *Women's Deer Horn Health Wine*

Cervus nippon  
Equus asinus  
Angelica sinensis  
Rehmannia glutinosa  
Paeonia lactiflora

Strengthens the vitality in general and the uterus in particular. Used to help stop uterine bleeding when due to severe vital energy deficiency during pregnancy.

## IV. *White Dragon Pill*

Cervus nippon gel	2.0
Oyster shell	
Dragon bone	1.0

Activates the *jing* and fortifies the yang *ch'i*

# Cornus Officinalis Formulas

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## I.

Cornus officinalis  
Panax ginseng  
Angelica sinensis

Tonifies both yin and yang energies.

## II.

Cornus officinalis  
Schizandre chinensis

Tonification of the kidney and lung functions.

## III. *Women's Training Formula*

Rehmannia glutinosa  
Angelica sinensis  
Cornus officinalis  
Lycium chinense  
Panax ginseng  
Astragalus membranaceus

Tonification of the general vitality, yin energy and blood.

## IV.

Cornus officinalis  
Rehmannia glutinosa  
Panax ginseng  
Cinnamon cassia

Cools False Fire and tonifies the vital energy. Used for headache due to False Fire energy.

# Dioscorea Japonica Formulas

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Dioscorea Japonica may be mixed with any tonification herb to add its own energy or to assist another.

## I. Women's Dioscorea Japonica Honey Pills

White honey with royal jelly

Dioscorea japonica 1.0 to 5.0

Cervus nippon 1.0

Tonifies the *jing* and blood; warms the uterus. Used for lumbar and knee weakness as well as infertility in women.

## II.

Dioscorea japonica

Cornus officinalis

Schizandre chinensis

Tonify and increase the flexibility of the tendons.

## III.

Dioscorea japonica

Panax ginseng

Tonification of the middle *Sanjiao* (stomach, spleen, gall bladder and liver).

## IV.

Dioscorea japonica

Panax ginseng

Angelica sinensis

Paeonia lactiflora

Same as III but stronger.

# Panax Ginseng Formulas

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## *I. Winter Health Tea*

Fresh Ginger	1.5
Panax ginseng	1.0
Glycyrrhiza uralensis	
Dates	1 piece

This is a general health tea which warms and the strengthens vitality. Because it invigorates the lungs in particular, it can be used for chronic asthma, sore or dry throat. Add honey to taste.

## *II.*

Panax ginseng  
Schizandre chinensis

Shortness of breath during and after training. Used for physical shock.

## *III.*

Panax ginseng  
Cervus nippon

Very strong tonification of the vital yang energy.

## *IV.*

Panax ginseng  
Astragalus membranaceus  
Paeonia lactiflora  
Schizandre chinensis

Excessive sweating during the summer, while training, while sleeping, or in normal room temperature. Used for general sexual vitality and spermatoria.

V.

Panax ginseng  
Paeonia lactiflora  
Glycyrrhiza uralensis

Stomach spasms or pain caused by heat loss. Used for nausea or vomiting from anemia.

VI. *Recovering the Pulse Formula*

Panax ginseng  
Ophiopogon japonicus  
Schizandre chinensis

Loss of yang pulse. Used for extreme fatigue.

# Lycium Chinense Formulas

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## I.

Lycium chinense  
Rehmannia glutinosa

Eyesight problems due to kidney energy deficiency.

## II. *Fire and Water Combination*

Lycium chinense  
Panax ginseng

Strong heart and kidney tonification.

## III.

Lycium chinense  
Angelica sinensis  
Paeonia lactiflora

Yin energy tonification in general and the blood energy in particular.

## IV.

Lycium chinense	2.0
Rehmannia glutinosa	
Schizandre chinensis	1.0

Hormone deficiency. Used for metabolic speed problems.

# Morinda Officinalis Formulas

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## I. Heavenly Minister's Powder

Morinda officinalis  
Rehmannia glutinosa  
Psoralea corylifolia  
Angelica sinensis

Used for endurance, stamina, poor eyesight due to low vital energy.

## II. Tantien Storm

Morinda officinalis  
Cornus officinalis  
Dioscorea japonica  
Lycium chinense  
Psoralea corylifolia

Kidney yang or sexual energy. Used for endurance in *Nei Gung* and stronger erection.

## III. Earth Immortal Pills

Cistanche salsa	2.0
Chrysanthemum	1.0
Lycium chinense	
Morinda officinalis	

Insufficiency of vital energy in the *Tantien* and kidneys manifesting as deficiency heat in the liver—especially when resulting in sinew and bone aches and pains. Also used to brighten and strengthen weak eyes and clear dizziness.

## IV. Jade Immortal Tea

Cornus officinalis  
Schizandre chinensis

Cervus nippon  
Morinda officinalis  
Psoralea corylifolia  
Lycium chinense

Vital energy deficiency. Used for spermatoria, sexual problems due to yang energy deficiency, kidney backache and excessive sweating.

*V. Reverse Aging Pills*

Rehmannia glutinosa	1.7
Dioscorea japonica	1.4
Achyranthes bidentata	
Cornus officinalis	
Poria cocos	
Morinda officinalis	
Cistanche salsa	
Eucommia ulmoides	
Broussonetia papyrifera	
Schizandre chinensis	
Lycium chinense	1.0
Foeniculum vulgare	
Acorus gramineus	

Nourish the yin and fortify the yang; rejuvenate the heart and produce blood; strengthen the sinew and brighten the eyes. This is primarily a longevity formula.

# Paeonia Lactiflora Formulas

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I.

Paeonia lactiflora  
Panax ginseng  
Ophiopogon japonicus  
Rehmannia glutinosa  
Cinnamomum cassia

General weakness due to low vital energy.

II.

Paeonia lactiflora  
Ligusticum chuanxiong

Detoxify the liver through tonification.

III.

Paeonia lactiflora  
Panax ginseng

General vital energy.

IV.

Paeonia lactiflora  
Angelica sinensis

General yin tonification.

V.

Paeonia lactiflora

Dates  
Ginger

Detoxify the twelve major meridians. Used to warm the stomach and help ease digestion.

VI.

Paeonia lactiflora  
Glycyrrhiza uralensis

Balance the twelve major meridians. Used for abdominal pain.

VII.

Paeonia lactiflora  
Rehmannia glutinosa  
Angelica sinensis  
Cervus nippon

Tonify the general vitality to invigorate the kidneys, spleen, stomach, brain and *Tantien*.

VIII.

Paeonia lactiflora	5.0
Astragalus membranaceus	
Epimedium koreanum	
Panax ginseng	2.0
Angelica sinensis	
Cervus nippon	1.0

Strong *jing* formula.

# Polygonum Multiflorum Formulas

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I.

Polygonum multiflorum  
Lycium chinense  
Cynomorium  
Cornus officinalis

Calm the nerves. Used for yang impotence.

II. *Polygonum Multiflorum Liqueur*

Polygonum multiflorum  
Cervus nippon  
Eucommia ulmoides  
Angelica sinensis  
Lycium chinense  
Cornus officinalis  
Achyranthes bidentata

Greatly strengthens the sinew and bones, supplements the liver and kidneys. Used for numbness and stiffness of the limbs.

III. *Polygonum Multiflorum and Panax Ginseng Combination*

Polygonum multiflorum  
Panax ginseng

Strengthen the yin and yang energies.

IV. *Heaven and Man Formula*

Polygonum multiflorum	2.0
Poria cocos	1.0
Foeniculum vulgare	
Rehmannia glutinosa (raw)	

Rehmannia glutinosa (cooked)  
Panax ginseng  
Ophiopogon japonicus  
Asparagus cochinchinensis

Strengthen the yin energy of the heart and kidneys. Used for longevity—literally translated as “returning the hair to its original color”.

#### *V. Jade Peach*

Attractylodes macrocephala	2.0
Rehmannia glutinosa (cooked)	
Lycium chinense	1.0
Panax ginseng	
Polygonum multiflorum	
Morinda officinalis	

This is a simple longevity formula used to fortify the spleen, kidneys and liver; nourish the *jing* and blood; and return hair to its original color. It is especially helpful for deficiency conditions of the middle warmer manifesting as loss of appetite and dizziness. One reference also includes one unit of Ginseng in this formula.

#### *VI. Double Benevolence Paste*

Polygonum multiflorum	2.0
Ganoderma lucidum	
Walnut meat	1.0
Plantago	

Used to supplement and nourish the yin and yang, liver and kidneys. It cultivates both the *jing* and blood, as well as regulates the spleen and lungs in order to strengthen the gastrointestinal and respiratory systems. This formula’s name refers to its use of Polygonum multiflorum and Ganoderma lucidum as the main ingredients. Prepare this formula as a honey paste.

# Polygonum Multiflorum Formulas

---

I.

Polygonum multiflorum  
Lycium chinense  
Cynomorium  
Cornus officinalis

Calm the nerves. Used for yang impotence.

II. *Polygonum Multiflorum Liqueur*

Polygonum multiflorum  
Cervus nippon  
Eucommia ulmoides  
Angelica sinensis  
Lycium chinense  
Cornus officinalis  
Achyranthes bidentata

Greatly strengthens the sinew and bones, supplements the liver and kidneys. Used for numbness and stiffness of the limbs.

III. *Polygonum Multiflorum and Panax Ginseng Combination*

Polygonum multiflorum  
Panax ginseng

Strengthen the yin and yang energies.

IV. *Heaven and Man Formula*

Polygonum multiflorum	2.0
Poria cocos	1.0
Foeniculum vulgare	
Rehmannia glutinosa (raw)	

Rehmannia glutinosa (cooked)  
Panax ginseng  
Ophiopogon japonicus  
Asparagus cochinchinensis

Strengthen the yin energy of the heart and kidneys. Used for longevity—literally translated as “returning the hair to its original color”.

#### V. *Jade Peach*

Attractylodes macrocephala	2.0
Rehmannia glutinosa (cooked)	
Lycium chinense	1.0
Panax ginseng	
Polygonum multiflorum	
Morinda officinalis	

This is a simple longevity formula used to fortify the spleen, kidneys and liver; nourish the *jing* and blood; and return hair to its original color. It is especially helpful for deficiency conditions of the middle warmer manifesting as loss of appetite and dizziness. One reference also includes one unit of Ginseng in this formula.

#### VI. *Double Benevolence Paste*

Polygonum multiflorum	2.0
Ganoderma lucidum	
Walnut meat	1.0
Plantago	

Used to supplement and nourish the yin and yang, liver and kidneys. It cultivates both the *jing* and blood, as well as regulates the spleen and lungs in order to strengthen the gastrointestinal and respiratory systems. This formula’s name refers to its use of Polygonum multiflorum and Ganoderma lucidum as the main ingredients. Prepare this formula as a honey paste.

# Psoralea Corylifolia Formulas

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## I.

Psoralea corylifolia  
Foeniculum vulgare

Excessive urination due to cold energy entering kidneys.

## II.

Walnut meat	2.0
Psoralea corylifolia	1.0

Fast *Tantien* energy.

## III. *Jade Gate Powder*

Rehmannia glutinosa  
Panax ginseng  
Lycium chinense  
Psoralea corylifolia  
Schizandre chinensis

Vital energy deficiency. Used for spermatoria, sexual energy, kidney backache, excessive sweating, shortness of breath.

## IV.

Cornus officinalis  
Cuscuta chinensis  
Psoralea corylifolia  
Walnut meat

Kidney yang deficiency. Used for impotence, coldness in the lumbar and knees.

## V. Simple Nei Gung Training Formula

Rehmannia glutinosa  
Cornus officinalis  
Panax ginseng  
Walnut meat  
Psoralea corylifolia  
Schizandre chinensis

Tonifies both yin and yang to strengthen the lungs and kidney energy; help store and hold *ch'i* in *Tantien*.

## VI. Simple Herbal Regeneration Elixir

Angelica sinensis	4.0
Psoralea corylifolia	1.5
Cornus officinalis	1.0
Deer Musk	0.1

Supports the *yuan ch'i* or yang energy of the *Tantien*, activates the *jing* and fortifies the *shen* in order to promote the return to youth and longevity (the regeneration alluded to in the formula's name).

# Rehmannia Glutinosa Formulas

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Rehmannia Glutinosa may be added to any yang tonification herb to add its own energy and to assist the action of yang herb.

## I.

Rehmannia glutinosa  
Epimedium koreanum

Yang energy deficiency resulting in infertility in women, sinew and bone aches and pains.

## II. *Rehmannia Glutinosa and Cuscuta Chinensis Combination*

Rehmannia glutinosa  
Cuscuta chinensis

Tonifies hormones, liver and kidney energies.

## III.

Rehmannia glutinosa  
Polygonum multiflorum

Strong yin tonification.

## IV. *Insomnia Formula*

Rehmannia glutinosa	3.0
Ophiopogon japonicus	
Poria cocos	
Zizyphus spinosa	
Schizandre chinensis	10 pieces

Used to relax the nerves and for insomnia due to yin deficiency of the heart and kidneys.

# Panthera Tigris Formulas

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Formulate Panthera tigris formulas as liqueurs, pills or a honey paste: do not prepare as a tea or decoction.

*I.*

Panthera tigris  
Angelica sinensis  
Achyranthes bidentata

Fortify the sinew and bone, nourish and circulate the blood.

*II.*

Panthera tigris  
Oyster Shell

Forgetfulness or poor concentration.

*III.*

Panthera tigris  
Chaenomeles  
Paeonia lactiflora

Wind and deficiency cold of the joints, relax the sinew and muscles. Used for knee and lumbar aches and pains.

# Zingiber Formulas

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I.

Cervus nippon  
Ginger

*Jing* and blood tonification. Used for palpitations, sweating with heat, stiff limbs due to cold energy in the *Tantien*.

II.

Ginger  
Schizandre chinensis

Tonifies lung energy.

III.

Panax ginseng  
Ginger

Tonifies stomach energy.

IV.

Ginger  
Psoralea corylifolia  
Schizandre chinensis

Tonifies kidneys and spleen, as well as sedates cold (*han*) energy in those organs.

V.

Ginger

*Rehmannia glutinosa*

*Dioscorea japonica*

Tonify spleen and kidneys. Used for spasms of the gastrointestinal tract.

VI.

Raw Ginger 2.0

*Astragalus membranaceus* 1.0

*Panax ginseng*

*Cinnamomum cassia*

*Paeonia lactiflora*

Dates 2 pieces

Used for muscle stiffness and numbness due to cold and dampness.

# MAJOR FORMULAS

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*A Compendium of  
Traditional  
Training Formulas*

## • Generic, Product or Common Name

- *Chinese Name in Translation*
- 

- A description of energetic properties and/or disorders for which this formula is effective.

- **Contraindication**

Foods, other herbs, drugs, or physical conditions for when this formula should not be taken.

- **Contents**

The herbs in each formula are listed in amounts sufficient for an individual pack to be prepared as a decoction or, in the case of obviously larger quantities, the whole length of time or the term the formula should be taken. The herbs are listed in descending amounts.

*Sample formula listing:*

Panax ginseng	1.2 units each for this and all herbs listed below
Rehmannia glutinosa	
Atractylodes macrocephala	
Poria cocos	
Glycyrrhiza uralensis	
Angelica sinensis	
Ligusticum chuanxiong	
Paeonia lactiflora	
Astragalus membranaceus	1.0 units each for this and all herbs listed below
Cinnamomum cassia	
Paeonia suffruticosa	0.7 units each for this and all herbs listed below
Alisma orientalis	

# Yang Ch'i Tea

*Four Gentleman*

---

This formula consists of Ginseng and several other herbs which increase the vital yang energy of the body, the *wei ch'i* or flow of energy through the meridians, as well as circulation of energy through the *Tantien*.

Yang energy is light, radiating and hot. It functions primarily through the meridians; thereby supporting and controlling the activity of the organs and areas of the body through which it flows. The purpose of Yang energy tonification is to benefit and support the Origin of Life. The enhanced functioning and increased energy of the organs indirectly creates new Yin energy and physical structure.

According to Oriental medical theory, yang energy strengthens the body's ability to withstand harsh environmental conditions such as wind, extremes of heat and cold, excessive stress, etc.

## **Contraindication**

Chronic indigestion, fever, common cold, pneumonia or any respiratory problems.

## **Contents**

Panax ginseng	2.0
Attractylodes macrocephala	
Poria cocos	
Glycyrrhiza uralensis	1.0

# Yin Ch'i Tea

*Six Tastes Rehmannia Glutinosa Pills*

---

Commonly called “Six Tastes Rehmannia Tea,” this formula has been used since the very beginning of Oriental herbalism to tonify the yin energy, fluids, blood and hormones. This basic formula has been extensively modified many times throughout medical history.

Yin is the source of true yang in the body. Hormones or the glandular energy are categorized as yang of yin or the fire of water. A common problem during training is that the hormone level can quickly drop very low in younger practitioners, causing various kinds of energy imbalances and physical problems. This formula helps bring down heat in the Triple Warmer and suppresses rising liver yang by strengthening the hormones and kidney water energy.

Yin energy deficiency can manifest as symptoms of general debility, low bone strength, lumbar weakness or pain, headache, sensations of heat in the palms, flushed complexion, tinnitus, deafness, red eyes, poor digestion, or weakness of the legs and knees. Yin energy not only strengthens the body by supplementing the material substance and metabolism of the body, but also invigorates the digestive system and the muscles.

## **Contraindication**

Radishes, garlic, chicken and excessive tiredness.

## **Contents**

Rehmannia glutinosa	2.6
Cornus officinalis	1.75
Dioscorea japonica	
Lycium chinense	
Paeonia suffruticosa	1.0
Poria cocos	
Alisma orientalis	

## *Formula Modification*

For weak legs and knee “cracking,” add one unit each of *Plantago asiatica* and *Achyranthes bidentata*. This formula is known as “Gold Relics Pill.”

# Tai Chi Tea

*Ten Complete Perfect Tonifiers*

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This is one of the oldest formulas in Oriental medicine for general vitality. It is often considered the standard prescription for the tonification of both the *ch'i* and blood. It is especially useful in promoting endurance and aid in quick recovery after strenuous exercise or prolonged illness.

This formula is expanded from the classic “Eight Materials Pills” by the addition of *Astragalus membranaceus* and *Cinnamomum cassia*. It is traditionally called “Ten Complete Great Invigorating Herbs Tea”—the perfect formula. Slightly more yang in nature, it balances and harmonizes the energy of the Triple Burner; supporting the circulation of the *ch'i* and tonifying the blood.

This formula has a wide range of applications in Chinese medicine. It can be used for any deficiency symptom or chronic disease, except those which show symptoms of excessiveness.

## **Contraindication**

Fever, common cold or any lung disorder.

## **Contents**

Panax ginseng	2.0
Atractylodes macrocephala	
Poria cocos	
Glycyrrhiza uralensis	
Rehmannia glutinosa	
Ligusticum chuanxiong	
Angelica sinensis	
Paeonia lactiflora	
Cinnamomum cassia	1.0
Astragalus membranaceus	

# Ho Shou Wu Pills

*Polygonum Multiflorum Pills*

---

The major herb of this formula, *Polygonum multiflorum*, is popular for several reasons: nourishing the sinews and muscles, as well as longevity (literally translated in this context as “returning hair to its original color”). According to popular lore, it is said that a very large root will not only return youth but also grow new teeth. This formula strengthens the muscles, marrow and sinew by tonifying the *ch'i*, blood and the energy circulation of the Triple Warmer.

This is a special modification of the Tai Chi Tea formula and can be used for many of the same types of imbalances; it particularly helps cool excessive heat in the muscles during hard work outs. Because it closely follows the functioning of *Polygonum multiflorum*, anyone interested in this herb should consider using this formula.

## Contents

<i>Polygonum multiflorum</i>	2.5
<i>Astragalus membranaceus</i>	2.0
<i>Rehmannia glutinosa</i>	
<i>Panax ginseng</i>	1.0
<i>Atractylodes macrocephala</i>	
<i>Angelica sinensis</i>	
<i>Poria cocos</i>	
<i>Paeonia lactiflora</i>	
<i>Ligusticum chuanxiong</i>	
<i>Cinnamomum cassia</i>	
<i>Glycyrrhiza uralensis</i> (baked)	

# Ginseng & Deer Horn Pills

*Dragon Herd*

---

This formula greatly benefits the internal organs by building and circulating energy. It strongly invigorates the *Tantien* and *Mingmen* (Life Gate) as well as benefits the *ch'i*, *jing*, nerves and blood. It can be useful for any kind of training and is especially suited for building and storing *Tantien* energy. This formula brings down False Fire energy by rejuvenating both the yin and yang energy of the water element.

This formula is very hot energetically and will add a great deal of heat to the body because of its combination of Deer Horn, Ginseng and processed Aconite *carmichaeli*. This formula is suited for only for older practitioners or persons with extremely low vital energy and deficiency cold in the lower *Sanjiao*—especially when showing cold hands and feet. Besides being a powerful tonifier of vital energy, it is traditionally used by the Chinese to treat nonspecific problems characteristic of severe debility and low vitality—such as general weakness, fatigue, apathy, anemia, absentmindedness, lack of will, nocturnal emission, spermatoria, as well as weak muscles in the lumbar and legs.

This formula should be prepared as a honey pill or paste. Deer Musk is optional and may be omitted due to its expense. Aconite *carmichaeli* should be omitted from this formula during spring, summer or warm weather, by anyone younger than forty years old, or by persons with problems caused by heat or ascending energy. Deer Horn gel may be substituted in these conditions.

## Contraindication

Fever, common cold, rising perverse energy problems, any lung disorder, younger practitioners, overweight persons.

## Contents

Cervus nippon	6.0
Cornus officinalis	
Panax ginseng	
Rehmannia glutinosa	
Angelica sinensis	
Cinnamomum cassia	2.0
Schizandre chinensis	1.5
Aquilaria agallocha	1.0
Deer Musk	0.1

# Yuan Ch'i Elixir

*Maximum Tonification of the Original Ch'i*

---

This formula strongly invigorates the *Tantien*, *jing*, *shen*, blood and *ch'i*. It mixes the fire and water energies of the body and provides extra *ch'i* to the lower warmer to strengthen the lumbar and knees.

## Contents

Rehmannia glutinosa	6.0
Panax ginseng	4.0
Dioscorea japonica	2.0
Cornus officinalis	
Angelica sinensis	
Lycium chinense	
Zizyphus spinosa	
Eucommia ulmoides	
Glycyrrhiza uralensis	1.0

# Huang Ti's Choice

## *Double Harmonization Tea*

---

Reputed to be the favorite herbal preparation of Huang Ti, the Yellow Emperor, this formula has used for centuries as a general health tea to promote balance and longevity. As its original name suggests, it supplements and balances both the *ch'i* and blood. It tonifies all the internal organs; providing extra yang energy to the lungs and extra yin energy to the kidneys. Although difficult to find in Chinese *pentasos*, this formula is very popular in Korea and can be found at many Korean grocery stores.

Used for any kind of deficiency problems, Huang Ti's Choice is particularly suited for exhaustion due to overwork, immoderation in food or sex and general debility after an illness. It may be taken for extended periods of time because of its mild and balanced nature.

### Contents

Paeonia lactiflora	5.0
Astragalus membranaceus	2.0
Ligusticum chuanxiong	
Angelica sinensis	
Rehmannia glutinosa	
Cinnamomum cassia	1.0
Glycyrrhiza uralensis	
Ginger	
Dates	

# Ginseng Pills

---

This is one of the best Ginseng formulas available and is well suited for long-term use. It stimulates yang energy and protects all the major acupuncture points from external perverse energy. It is reported that Taoist monks used this formula to protect their acupuncture points during meditation. It strongly tonifies the Triple Warmer and the circulation of energy.

## **Contraindication**

Fever, common cold, rising perverse energy problems, any lung disorder, younger practitioners, overweight persons and severe yin deficient persons.

## **Contents**

Panax ginseng	1.7
Rehmannia glutinosa	
Atractylodes macrocephala	
Poria cocos	
Glycyrrhiza uralensis	
Angelica sinensis	
Ligusticum chuanxiong	
Paeonia lactiflora	
Astragalus membranaceus	1.45
Cinnamomum cassia	
Paeonia suffruticosa	1.0
Cornus officinalis	
Dioscorea japonica	
Alisma orientalis	

# SPECIALIZED TRAINING FORMULAS

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*Tonification Formulas  
for Specific Training Problems*

# Bone Break Pills

---

This formula is used during the convalescence of broken bones and injured joints. Once the swelling and bruising have been resolved, the limbs may still be stiff, aching or weak. This formula provides the extra measure of energy needed to speed up and complete recovery.

It strengthens the liver and kidneys and promotes the circulation of energy and blood through the joints and bone.

## **Contraindication**

Pregnancy.

## **Contents**

Dipsacus japonicus	3.0
Rehmannia glutinosa	1.5
Angelica sinensis	
Achyranthes bidentata	
Acanthopanax gracilistylus	
Eucommia ulmoides	
Cornus officinalis	1.2
Paeonia lactiflora	
Poria cocos	
Citrus pericarpium	1.0

# Tiger Stance Pills

---

This formula is beneficial for improving stance work by strengthening the muscles and sinew in the waist, knees and legs. It is particularly useful for experts who perform in low stances or practice meditation in standing postures. It may also be used by anyone who has weak lumbar, legs or knees and wants to strengthen them.

It is traditionally used for yin energy, kidney water deficiency, or any kind of energy deficiency causing stiffness or sinew and bone weakness.

## Contraindication

Low yin energy, low hormone energy, common cold, raw food and poor digestion.

## Contents

Panthera tigris	8.0
Cornus officinalis	6.5
Achyranthes bidentata	
Poria cocos	
Cynomoria songaricum	
Angelica sinensis	
Eucommia ulmoides	
Dioscorea japonica	
Panax ginseng	
Lycium chinense	
Cuscuta chinensis	
Rubus chingii	
Phellodendron	2.0
Paeonia lactiflora	
Citrus pericarpium	
Paeonia suffruticosa	1.5
Morus alba	
Rehmannia glutinosa	1.0
In Autumn and Winter, add Dry Ginger	1.0

# Ling Chih Longevity Elixir

---

Ling Chih is one of the most prized and precious medicinal plants in China because of its invaluable and wide-ranging qualities. This combination of Ling Chih and other herbs helps strengthen the heart, the nervous system and the immune system. It increases vitality, promotes the function of mental activity, circulates the blood, invigorates the sinew and bones and dispels fatigue.

## Contents

Ganoderma lucidum  
Rehmannia glutinosa  
Panax ginseng  
Lycium chinense  
Psoralea corylifolia  
Achyranthes bidentata  
Cistanche salsa  
Morinda officinalis  
Rubus chingii  
Dioscorea japonica  
Biota orientalis  
Walnut meat  
Chrysanthemum morifolium  
Cuscuta chinensis  
Poria cocos  
Cinnamomum cassia  
Schizandre chinensis

# Golden Phoenix Liqueur

---

This formula was used for Taoist sexual yoga meditations. It was designed to support and enhance the kidney yin and yang functions. It strongly tonifies the *jing* or sexual energy and *Tantien*, as well as strengthens the muscles and bones and clears the *shen*.

In traditional Oriental medical theory, longevity, mental clarity and sexual vitality are rooted in the *Mingmen* or Life Gate energy. To get the maximum benefit from this formula, the user should abstain from sex and all forms of sexual stimulation for two weeks while meditating.

## Contents

*Add to one liter of vodka, brandy or gin.*

Rehmannia glutinosa (raw)	2.0
Rehmannia glutinosa (processed)	
Angelica sinensis	
Ophiopogon japonicus	
Lycium chinense	
Epimedium koreanum	
Amomum villosum	1.0

# Hua T'o Ginseng Pills

*Hua T'o Deficiency, Stress & Loss of Jing Formula*

---

Hua T'o was one of the legendary physicians of Chinese antiquity. He is most widely recognized as having developed the earliest *ch'i kung* exercises and Taoist gymnastic techniques which were important precursors to Tai Chi Chuan and other internal martial arts. Equally as important are his developments of anaesthesia and sophisticated surgical procedures approximately nineteen hundred years ago.

This is perhaps one of the most interesting Ginseng formulas available. The portions of the herbs included in this formula tailor the ginseng's energy, making it especially useful for deficiency, stress, loss of *jing* and similar problems caused by exhaustion.

## Contents

Ginseng	30.0
Alisma orientalis	2.5
Cinnamomum cassia	1.5
Oyster shell	
Astragalus hoangtchy	
Phellodendron amurense	
Asarum heterotropoides	
Sophora flavescens	
Ophiopogon japonicus	2.0
Rehmannia glutinosa	
Dried ginger	
Cuscuta chinensis	1.0

# Eight Immortals

---

Eight Immortals is a very cold formula energetically. It strongly tonifies the yin energy, bones, marrow and *Tantien*. It helps condense and circulate the *ch'i* deep in the physical structure.

This formula should be made either as a honey pill or liqueur, but not as a tea or decoction.

## Contraindication

Low yin or yang energy, low hormone energy, common cold, raw food and poor digestion.

## Contents

Angelica sinensis	6.0
Chinemys reevesii	
Phellodendron amurense	
Anemarrhena asphodeloides	
Biota orientalis	
Cornus officinalis	
Achyranthes bidentata	3.0
Polygonum multiflorum	1.0

# Tiger Bone/Ginseng Liqueur

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This formula was devised by the Taoist physician, Shie Jien Pao and was one of the secret liqueurs of Taoist martial artists. Because it strongly increases the *wei ch'i* or protective energy, it serves to safeguard the body from all forms of external and internal shock. It can also be used for strengthening the internal organs, increasing muscular endurance and improving the bone structure. It should be only used during winter due to its strong yang character.

A deficiency of yang energy can manifest as general weakness of the body, stiff limbs, excessive sweating and diminished stamina. Tiger Bone is strongly recommended for yang energy restoration as well as used to strengthen the bones and sinew by reducing wind and dampness. By combining Tiger Bone with aged Ginseng, the potency for yang energy is strongly intensified.

Rarely is genuine Tiger Bone used anymore because of the danger of extinction and its cost. Customarily white stallion bone or ox bone is substituted.

## **Contraindication**

Excessive internal heat, rising fire problems due to meditation or yin deficiency, pregnancy.  
important

## **Contents**

*Add to one liter of vodka, brandy or gin.*

Panax ginseng	10.0
Panthera tigris	

# Joint Fatigue Formula

---

During training, the joints can easily become fatigued, sore and stiff due to stress and overwork. This is an internal formula which helps ease the muscular stiffness and helps recover the range of motion of the limbs by adding an extra measure of vital energy. It circulates the *ch'i* and the blood through the joints, as well as opens the meridians and blood vessels in the muscles.

## Contents

Astragalus membranaceus	1.4
Atractylodes macrocephala	
Poria cocos	
Cistanche salsa	
Angelica sinensis	
Achyranthes bidentata	
Epimedium koreanum	
Panthera tigris gel	
Cibotium barometz	
Glycyrrhiza uralensis	1.0

# Two Immortals Wine

---

In Taoist philosophy, the tortoise and the deer are icons of longevity and vitality. Two Immortals Elixir nourishes the *jing* and marrow, greatly invigorating and filling the *Tantien*. It rejuvenates the kidney vitality and is especially useful for aching and soreness in the waist and knees due to deficient energy. This is one of the most potent energy-building herbal wines. It is recommended that you set this liqueur aside for at least four months to age to let its flavors mellow and blend.

The original formula is very yang and creates a great deal of energetic heat in the body due to the combination of Deer Horn and Ginseng. It is solely intended for yang deficient practitioners. It strongly invigorates the *jing*, *ch'i*, blood and marrow.

The modified formula is much more yin due to the use of Deer Horn Gel instead of raw Deer Horn. The added combination of Astragalus membraneceus and Angelica sinensis is famous for blood production. This modified formula supports and nourishes the yang energy by sustaining the source of true yang energy: the water element. It can be used during training when the exercises or meditations produce strong vital heat or yang energy. The modified formula can also be used in situations where someone suffers from recurrent problems due to unbalanced ascending energy. It is more supportive of the blood, sinew and muscle, whereas the original is more supportive of the energy and the meridian flow.

In men, the modified formula nourishes, supplements, strengthens and fortifies general health and well-being. Supporting and nourishing the yin energy and the marrow, it is especially useful in treating spermatorrhea due to deficiency syndromes. In women, the modified formula helps regulate menstruation, supplementing the yin energy, blood and fluids. It is particularly useful in treatment of red or white leukorrhea when caused by deficiency.

## *Original Formula*

Cervus nippon	1-10
Chinemys reevesii	1-5
Lycium chinense	1-2
Panax ginseng	1

## *Modified Formula*

Cervus nippon gel	60
Chinemys reevesii gel	
Lycium chinense	5
Angelica sinensis	3
Astragalus membraneceus	
Panax ginseng	

*Add either formula to one liter of vodka, sake or brandy.*

# Shaolin Temple Tiger Fighting Elixir

*Internal Formula to Fortify the Inner Spirit and Fight Like a Tiger*

---

This Shaolin Temple formula was intended for use *only* during advanced training. Its combination of Deer Horn and Ginseng helps make it a strong formula for vital yang energy, but it is not intended to solely tonify the vitality. This formula is designed to strengthen and distribute the vital energy throughout the entire body, calm the nervous system, as well as promote the circulation of blood and open the acupuncture meridians.

Its combination of herbs strengthens the muscles, sinews and joints, as well as circulates the energy through the *Tantien*. It opens and relaxes the sinews and muscles to prevent energy blocks or musculoskeletal problems. It is intended for use in specialized areas of practice where the strength of the arms and the legs is a major factor, such as extensive stance work, holding heavy jars, unusual types of weight training, practicing with weighted weapons and Iron Mountain *ch'i kung* Training.

As a traditional formula, it was used by the Shaolin monks when great strength and flexibility were required. It was fabled to make one powerful enough to fight tigers or like a tiger; hence the name. Cinnabar and several types of Aconite *carmichaeli* were originally included in the original formula but should not be used by any practitioner without extensive experience in herbology and specialized advanced training in martial arts.

## Contents

Poria cocos	4.0
Achyranthes bidentata	
Chaenomeles lagenaria	
Cistanche salsa	
Morinda officinalis	
Eucommia ulmoides	
Ophiopogon japonicus	
Asparagus cochinchinensis	
Zizyphus spinosa	
Amomum villosum	
Cnidium monnieri	
Astragalus complanatus	
Saussurea Lappa	2.0
Polygala tenuifolia	
Panax ginseng	1.0
Cervus nippon	

# Jade Pillow Liqueur

*Zizyphus Spinosa Seed Liqueur*

---

This formula tonifies the yin of the heart and kidneys and reinforces the energy communication between these two organs. It is beneficial for the lack of energy due to nervous exhaustion, stress or fatigue when resulting in symptoms of insomnia, amnesia, nightmares, rapid heart palpitations and night sweats.

One source adds one to ten parts of Ginseng.

## **Contents**

*Add to one liter of vodka, brandy or gin.*

Zizyphus spinosa (prepared)	40.0
Poria cocos	10.0
Ligusticum chuanxiong	6.0
Anemarrhena asphodeloides	1.0
Glycyrrhiza uralensis	

# Fire & Water Combination

*Nourish the Water Element to Fortify Yang*

---

This formula nourishes and tonifies the kidney water energy and fortifies the *shen*. It tonifies the *jing*, *Tantien* and *Mingmen* to support the five organs and promote longevity. It can also help suppress excessive liver energy by tonification of the water element.

It can be used for insufficiency of yang energy and general weakness, especially when showing lumbar pain, tinnitus and weakness of the marrow or entire body.

## Contents

Rehmannia glutinosa (processed)  
Astragalus membranaceus  
Cornus officinalis  
Lycium chinense  
Achyranthes bidentata  
Panax ginseng  
Panthera tigris  
Eucommia ulmoides  
Dipsaucus japonicus  
Poria cocos  
Zizyphus spinosa seeds (roasted)  
Cinnamomum cassia  
Schizandre chinensis  
Placenta (optional)                      whole one

# Winter Training Wine

---

This wine is an expanded version of the “Tiger Bone/Ginseng Wine” formula. It is designed to warm and circulate the energy and blood in the muscle channels (*Lo*) in order to eliminate wind, cold and damp perverse energies. It stops aches and pains in the muscles and joints and eases the stiffness and weakness of the limbs.

Many *Panthera tigris* formulas are designed for rheumatism, neuralgia, stiffness and other similar problems which Oriental medicine attributes to wind, damp and cold energies obstructing the functioning of the joints.

## **Contraindication**

Pregnancy, common cold and raw food.

## **Contents**

*Add to one liter of vodka, brandy or gin.*

*Panthera tigris*

*Cervus nippon*

*Panax ginseng*

*Acanthopanax gracilistylus*

*Angelica sinensis*

*Lycium chinense*

*Achyranthes bidentata*

*Eucommia ulmoides*

*Chaenomeles sinensis*

# Shaolin Temple Longevity Formulas

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SELECTIONS FROM  
*Shaolin Si Mi Fang Ji Jin*  
(The Time-Honored Compendium of  
Shaolin Temple Secret Formulas)  
—Recorded & Arranged  
by the Buddhist Monk De Qian

# Recovery Formula

*Recuperation Formula for Strengthening and Supplementing*

---

Used by Shaolin monks to build energy, stamina and to speed recovery after an injury. It benefits the blood and invigorates the *ch'i*, fortifying the kidneys and bones. It can also be used for general deficiency problems and general inactivity, especially when the facial color is pale, the person exhibits nervousness, has aching or weakness in the lumbar, knees or thighs. This formula is similar to the "Gold Relics Pills."

## Contents

Rehmannia glutinosa	2.5
Astragalus membranaceus	
Angelica sinensis	
Plantago asiatica	2.25
Zizyphus spinosa	
Achyranthes bidentata	1.5
Ligusticum chuanxiong	1.0
Cinnamomum cassia	1 piece

# Superior Tonification Formula

*Shaolin Great Energizing Formula*

---

This is a Shaolin version of *Tai Chi Tea* and can be used as a general tonic according to similar indications. This formula is more yin in nature. It can be used to tonify the spleen, kidneys and yin energy. The use of both the red and white types of *Paeonia lactiflora* indicate this formula is primarily used for the yin, blood and energy circulation.

## Contents

Rehmannia glutinosa	3.4
Astragalus membranaceus	
Panax ginseng	1.6
Atractylodes macrocephala	
Angelica sinensis	
Paeonia lactiflora (red)	1.0
Paeonia lactiflora (white)	
Poria cocos	
Glycyrrhiza uralensis	
Dates	1 piece

# Shaolin Longevity Elixir

---

This formula greatly strengthens the blood and the *ch'i*, regulates the yin and yang and vigorously tonifies and nourishes all the internal organs. As a longevity formula, it is intended to alleviate any weakness of the body and used to strengthen the lumbar and kidneys. By strongly building *jing* and clearing the upper *Sanjiao* of heat, it is said to return white hair to its original color, benefit the mind and brighten the eyes.

This is an exceptional example of classical Shaolin longevity formulas. It includes not only a broad base of tonification herbs, but also herbs which facilitate the building and circulation of the *ch'i* and blood in order to help resolve any energy stagnation problems caused during heavy training.

## **Contraindication**

Any type of internal perverse heat condition. Pork, garlic, onions, beans, pepper and fish.

## Contents

Hemerocallis lilioasphodelus	10.0	Gentiana macrophylla	
Raphanus sativus		Polygala tenuifolia	
Salvia miltiorhiza		Cuscuta chinensis	
Astragalus hoangtchy		Eclipta alba	
Glycine soja		Allium tuberosum	
Gypsum		Prunus persica	
Astragalus complanatus	5.0	Juglans regia	
Euphoria longan		Platycodon grandiflorum	
Cornus officinalis		Paeonia lactiflora	
Lycium chinense	4.0	Coptis chinensis	
Ganoderma lucidum		Ophiopogon japonicus	
Viscum coloratum		Panax ginseng	2.0
Atractylodes macrocephala		Ostera gigas	
Achyranthes bidentata		Stegodon orientalis	
Fritillaria cirrhosa		Carthamus tinctorii	
Lonicera japonica		Panax pseudo-ginseng	
Nelumbo nucifera		Morinda officinalis	
Dendrobium nobile		Dipsacus japonicus	
Millettia reticulata	3.3	Cinnamomum cassia	
Gardenia jasminoides		Prunus armeniaca	
Polygonum multiflorum	3.0	Manis pentadactyla	
Human Placenta		Acorus gramineus	
Rehmannia glutinosa (raw)		Sparganium stoloniferum	
Cassia obtusifolia		Curcuma zedoaria	
Celosia argentea		Ligusticum monnieri	
Chrysanthemum morifolium		Pheretima aspergillum	
Asparagus cochinchinensis		Marsdenia griffithii	
Poria cocos		Schizandre chinensis	
Cistanche salsa		Donkey penis (optional)	1.0
Cynomorium		Deer penis (optional)	
Eclipta alba		Cervus nippon	
Plantago asiatica			
Biota orientalis			
Zizyphus Jujuba			
Hibiscus syriacus			
Lilium brownii			
Eucommia ulmoides			
Cibotium barometz			
Zaocys dhumnades			

# Ginseng Paste Formula

*Shaolin High Mountain Ginseng Paste*

---

This formula supplements the kidneys, invigorates the *ch'i* and nourishes the blood in order to benefit the liver and brighten the eyes. It can be used in a variety of cases showing liver yin deficiency which results in heart palpitations, dryness of the lips and mouth, weakness of the four limbs or loss of appetite. It also benefits such kidney deficiency problems as lumbar pain, dizziness, tinnitus and weakened mental faculties.

## Contraindication

Any type of internal perverse heat condition. Pork, garlic, onions, beans, pepper and fish.

## Contents

Rehmannia glutinosa	3.8
Cornus officinalis	
Lycium chinense	
Euphoria longan	
Crataegus cuneata	
Hordeum vulgare	
Paeonia lactiflora	2.9
Panax ginseng	
Anemarrhena asphodeloides	
Polygonum multiflorum	
Asparagus cochinchinensis	
Atractylodes macrocephala	
Equus asinus	
Phyllostachys nigra	1.9
Zizyphus jujuba	1.6
Biota orientalis	
Polygonatum odoratum	1.125
Astragalus hoangtchy	1.0

# General Blood Formula

*Shaolin Blood Strengthening Decoction*

---

This formula is used in conditions of blood and yin deficiency, shortness of breath, dizziness with red eyes and weakness of the four limbs.

## Contents

Rehmannia glutinosa	10.0
Angelica sinensis	5.0
Panax ginseng	
Atractylodes macrocephala	2.0
Glycyrrhiza uralensis	1.0
Dates	1 pieces
Sugar (optional)	10.0

# General Heart Formula

*Shaolin Heart Strengthening Decoction*

---

Heart organ deficiency showing restlessness, agitated movement of the limbs and frequent dreaming.

## Contents

Pig's heart	Whole one
Angelica sinensis	10.0
Rehmannia glutinosa (raw)	
Zizyphus jujuba	4.0
Biota orientalis	
Dates	1 piece

# Yin & Blood Formula

*Shaolin Displaying Vigor Pills*

---

Invigorate the blood and nourish the yin and hormones.

## Contents

Rehmannia glutinosa (raw)	5.0
Polygonum multiflorum (wine prepared)	
Cuscuta chinensis	
Angelica sinensis	
Eclipta alba	
Crataegus cuneata	2.0
Citrus pericarpium	1.0

# Darkening the Hair Pills

*Shaolin Black Pills*

---

The Chinese name of the formula is *Wu Fa Wan*. *Wu* means “black” and *Fa*, “expressing.” The name is a pun on both the purpose of the formula (returning the hair to its original black color) and several of the ingredients (black sesame and black beans).

It will invigorate the blood and nourish the yin. It is used for prematurely graying hair due to blood deficiency.

## Contents

Polygonum multiflorum	30.0
Black beans	
Angelica sinensis	15.0
Paeonia lactiflora	
Ligustrum lucidum	
Dendrobium nobile	12.0
Black sesame	
Lycium chinense	
Gastrodia elata	
Condonopsis pilosula	9.0
Asparagus cochinchinensis	
Ophiopogon japonicus	
Anemarrhena asphodeloides	6.0
Paeonia suffruticosa	

# Glossary

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*Important Terms*

*and*

*Names*

Ch'i Kung	[also Ki Gung or Qi Gung] A general term for meditative exercises which use breathing and movement to promote energy development, martial art skills, or health and vitality. Literally, the term means "energy work" or "breathing skills." There are a wide variety of styles of Ch'i Kung—sometimes using specific acupuncture meridians, muscle groups, body parts, or particular types of energy circulations. Some styles imitate the movement and character of animals, while others use patterns of movement to promote the vital energy's circulation and development. The term is sometimes distinguished from Nei Gung, which is primarily concerned with energy circulations done without movement or during sitting meditation.
Cold ( <i>Han</i> )	See "Perverse Energies."
Dampness ( <i>Shi</i> )	See "Perverse Energies."
False Fire	Symptoms of heat, light fever or flushing due not to any infection or inflammation but to comparatively low yin, kidney or water energy. When yin energy is low it cannot hold down or attract yang, resulting in its rising upward and giving the appearance of excessiveness.
Fire ( <i>Huo</i> )	See "Perverse Energies."
Five Elements	[also Five Transformations or Five Phases] A system of five primary actions, archetypes, or elements which expresses all levels of the manifested and unmanifested universe. Holding a similar role as the Periodic Table of Elements in western science, the Chinese elements are Fire, Earth, Metal, Water and Wood. All the rules of creation, interaction and destruction are incorporated in this theory.
Diagnosis	There are many methods of diagnosis—pulses, eye, tongue, body coloring, etc. Eight Confirmations Theory, which is often used in this book, is considered to be a fundamental perspective of the body and its energy. These eight divisions are composed of four complementary pairs: yin and yang, superficial and interior, cold and hot, deficient and excessive.

Deficiency	The Chinese character for deficiency ( <i>xu</i> ) can also be translated as empty, void, apparent, or unreal. Its opposite is excessive ( <i>shi</i> ) which refers to a certain quality as being in greater abundance than normal or safe.
Excessive	See “Deficiency.”
Heat ( <i>Re</i> )	See “Perverse Energies.”
Insufficiency	Refers to any quantity which is very low and, therefore, unable to fulfill its intended function adequately.
<i>Jing</i>	[also <i>Ching</i> ] The essence or fundamental substance which maintains the body’s function. <i>Jing</i> is the most yang material substance produced by the body and may be converted to <i>ch’i</i> naturally by the body or intentionally during meditation. As unstructured potential energy, this term refers to the semen in particular, as well as the chemical and energetic aspects of the reproductive energy in general.
Hui Ssu	(517 A.D. to 577 A.D.) Chan Buddhist and meditation master from South Sacred Mountain. He was the teacher of Chen Te An who, as Chih I, who is said to be the actual founder the Tien Thai School of Buddhism.
Insufficiency	See “Deficiency.”
<i>Ko Hung</i>	Also known as Shen T’u P’an, <i>Ko Hung</i> was a famous scholar, Taoist philosopher and alchemist who lived during the Han and Ching dynasties. The <i>Nei P’ien</i> , which was written before he was thirty-seven years old, is described in his autobiography as being about “gods and immortals, prescriptions and medicines, ghosts and marvels, transformations, the maintenance of life, extension of years, exorcising evils and banishing misfortune.” A translation of this text is available by James R. Ware.
<i>Nei Ching</i>	The medical classic attributed to Huang Ti, the Yellow Emperor of antiquity.
Perverse	There are six basic disease-causing energy movements in the Chinese schemata: wind, heat, fire, cold, dryness and dampness. They often refer to environmental influences but can also be caused by internal factors. Following a different perspective, they can also be thought of as a distortion or a disharmony in the vital energy.

Ch'i	[also <i>ki</i> or <i>qi</i> ] Often translated as “breath,” this term has a far wider range of meaning and use. In oriental medical theory, the term refers to the rarified energy absorbed during breathing that flows in the acupuncture meridians. In meditation, it is the energy separated from the air and drawn into the <i>Tantien</i> . It is also used as a common synonym for energy, where the <i>ch'i</i> of something is its vitality, efficacy, force or ability to do work.
Sanjiao	[Triple Warmer or Triple Burner] This concept specifically refers to the function of the Central Nervous System and, in general, to the organization of the body as a whole—the coordination of the respiratory, digestive and elimination functions. The Triple Warmer is divided into an upper, middle and lower section respective to these general three functions.
Shen	The closest concept in English is “spirit,” hence the spiritual or most refined psychological aspect of human beings and sometimes considered the ineffable aspect of human nature. It is sometimes associated with the heart or brain and rules over all other psychological components in a determinative way.
Tantien	Called the <i>Hara</i> in Japanese, it is an “energetic organ” located one handspan below the navel and about two inches inside the abdomen. It is used by the body as a reservoir and crucible for cultivation of the <i>ch'i</i> . It is closely associated with the kidney organ energy and the women’s uterus. <i>Tantien</i> is also the nick-name for several points on the lower abdomen along the <i>Renmo</i> (midline acupuncture meridian) or the Conception Vessel. Acupuncture point #4 on the meridian, <i>Guanyuan</i> , has a direct connect to the <i>Tantien</i> and is frequently used as a focus in meditation.
Tao Te Ching	Classic text of Taoism attributed to Lao Tzu.
Tao Tsang	Encyclopedic collection of Taoist writings.
Tonification	The process of adding more energy or material substance to a system, organ or acupuncture point; usually used in reference to deficient conditions.
Warmer	See “Triple Warmer.”
Wind ( <i>Feng</i> )	See “Perverse Energies.”

# Chinese Herb Index

*Arranged According to their Classical Energies*

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## RELIEVE THE SURFACE

### *Break Up Wind & Cold*

Allium fistulosum  
Angelica dahuria  
Asarum forbesii  
Asarum heterotropoides  
Centipeda minima  
Cinnamomum cassia  
Elsholtzia loeseneri  
Ephedra sinica  
Eriocanlon sieboldianum  
Ligusticum sinensis  
Magnolia liliflora  
Notopterygium incisum  
Perilla frutescens  
Saposhnikovia divaricata  
Schizonepeta tennifolia  
Tamarix chinensis  
Xanthium sibiricum  
Zingiber officinale

### *Break Up Wind & Heat*

Bupleurum chinensis  
Chrysanthemum morifolium  
Cimicifuga heracleifolia  
Cryptotympana atrata  
Glycine max  
Mentha haplocalyx  
Morus alba  
Pueraria lobata  
Spirodela polyrrhiza  
Vitex negundo  
Vitex rotundifolia (Cercis chinense)

## DISPERSE HEAT

### *Purge Excessive Fire*

Anemarrhena asphodeloides  
Commelina communis  
Gadenia jasminoides  
Gypsum  
Lophantherum gracile  
Nelumbo nucifera (Heart)  
Phragmites communis  
Trichosanthes kirilowii

### *Dry Dampness*

Berberis julianae  
Coptis chinensis  
Gentiana scabra  
Mahonia bealei  
Phellodendron amurense  
Scutellaria baicalensis  
Sophora flavescens  
Thalictrum foliolosum

### *Cool the Blood*

Bubalus bubalis  
Cynanchum atratum  
Lithospermum erythrorhizon  
Paeonia suffruticosa  
Paeonia veitchii  
Rehmannia glutinosa  
Rhinoceros sondaicus  
Scrophularia ningpoensis

### *Clear Deficiency Heat*

Lycium chinensis  
Picrorhiza scropulariiflora

*Stellaris gypsophiloides*

*Remove Toxins & Relieve Heat Disorders*

*Añdrographis paniculata*

*Dryopteris crassirhizoma*

*Forsythia suspensa*

*Isatis tinctoria*

*Lonicera japonica*

*Paris polyphylla*

*Relieve Sores & Swelling Caused by Toxins*

*Ampelopsis japonica*

*Chrysanthemum indicum*

*Dictamnus dasycarpus*

*Fagopyrum cymosum*

*Houttuynia cordata*

*Ilex chinensis*

*Patrinia heterophylla*

*Patrinia scabiosaefolia*

*Polygonum perforiatum*

*Rhaponticum uniflorum*

*Sargentodoxa cuneata*

*Saxifraga stolonifera*

*Senecio scandens*

*Smilax glabra*

*Taraxacum mongolicum*

*Viola yedoensis*

*Dysentery*

*Acalyphy australis*

*Fraximus rhynchophylla*

*Portulaca oleracea*

*Potentilla chinensis*

*Potentilla discolor*

*Pteris multifida*

*Pulsatilla chinensis*

*Relieve Sore, Swollen & Painful Throat*

*Androsace umbellata*

*Ardisia crenata*

*Ardisia crispa*

*Belamcanda chinensis*

*Calvatia gigantea*

*Menispermum dahuricum*

*Physalis alkekengi*

*Rohdea japonica*

*Sophora subprostrata*

*Tinospora capillipes*

*Brighten the Eyes*

*Buddleia officinalis*

*Cassia obtusifolia*

*Celosia argentea*

*Equisetum hiemale*

*Prunella vulgaris*

*Malaria*

*Artemisia apiacea*

*Brucea javanica*

*Carpesium abrotanoides*

*Dichroa febrifuga*

*Hydrangea macophylla*

*Rhus chinensis*

*Verbena officinalis*

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**TRANSFORM MUCUS,  
STOP COUGHING, ASTHMA**

*Warm & Transform Cold Mucus*

*Aconitum coreanum*

*Arisaema consanguineum*

*Arisaema heterophyllum*

*Brassica alba*

*Cynanchum stauntoni*

*Gleditsia sinensis*

*Inula japonica*

*Pinellia ternata*

*Typhonium giganteum*

## *Disperse & Transform Heat & Mucus*

Ajuga decumbens  
Arca granosa  
Aristolochia contorta  
Bambusa textilis  
Chlorite-schist  
Costazia aculeata  
Eriobotrya Japonica  
Fritillaria Cirrhosa  
Laminaria japonica  
Meretrix meretrix  
Pencedanum praeuptorum  
Phyllostachys nigra  
Platycondon grandiflorum  
Ranunculus ternatus  
Rorippa montana  
Sargassum pallidum  
Trichosanthes kirilowii

## *Stop Coughing & Asthma*

Asparagus filicinus  
Aster tartaricus  
Descurainia sophia  
Elaeaguns gonyanthes  
Elaeaguns pungens  
Gomphrena globosa  
Ligularia fischeri  
Morus alba  
Perilla frutescens  
Prunus armeniaca  
Rhododendron simsii  
Stemona japonica  
Tussilago farfara

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## **AROMATICS TO TRANSFORM DAMPNES**

Acorus calamus  
Acorus gramineus  
Alpinia katsumadai  
Amomum cardamomum  
Amomum tsao-ko

Amomum villosum  
Atractylodes lancea  
Pogostemon cablin  
Zupatorium fortunei

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## **DIGESTIVE**

Crataegus cuneata  
Cynanchum auriculatum  
Gallus gallus  
Hordeum vulgare  
Oryza sativa  
Paederia scandens  
Raphanus sativus  
*Shen Shu* (fermented product)

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## **TRANSFORM ENERGY**

Allium macrostemon  
Aquilaria allocha  
Areca cathecu  
Citrus aurantium  
Citrus medica  
Citrus reticulata  
Citrus wilsoni  
Cyperus rotundus  
Diospyros kaki  
Lindera strychiuifolia  
Litchi chinensis  
Magnolia officinalis  
Santalum album  
Saussurea lappa

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## **ELIMINATION**

*Purgatives*  
Aloe Vera  
Cassia augustifolia  
Mirabilite

Rheum palmatum

### *Laxatives*

Apis cerana

Cannabis sativa

Linum usitatissimum

Prunus humilis

### *Strong Cathartics*

Croton tiglium

Daphne genkwa

Euphorbia kansui

Ipomoea hederacea

Knoxia valerianoides

Phytolacca esculenta

Sapinum sebiferum

### *Expel Parasites*

Agrimonia pilosa

Areca catecha

Curcubita moschata

Melia azedarach

Melia toosendan

Omphalia lapialia

Quisqualis indica

Torreya grandis

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## OPEN ORIFICES

Bufo bufo gargarizans

Cinnamomum camphora

Dryobalanops aromatica

Liquidambar orientalis

Moschus moschiferus

Styrax benzoin

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## WARM THE INTERIOR

Aconitum carmichaeli

Alpinia galanga

Alpinia officinarum

Cinnamomum cassia

Evodia rutacarpa

Foeniculum vulgare

Litsea pungens

Piper cubeba

Piper longum

Piper nigrum

Syzygium aromaticum

Zanthoxylum bungeanum

Zinigiber officinale

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## BALANCE LIVER

### *Stop Wind*

Bombyx mori

Bos Taurus domesticus

Buthus martensi

Gastrodia elata

Naemorehedus goral

Pheretima asiatica

Saiga tartarica

Scolorpendra subspinipes mutilans

Unicaria rhynchophylla

### *Suppress Yang*

Apocynum venetum

Haliotis diversicolor

Hematite

Hyriopsis cumingii

Magnetite

Ostera gigas

Paeonia lactiflora

Stegodon orientalis

Tribulus terrestris

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## TRANQUILIZE

Albizzia julibrissin

Amber

Biota orientalis  
Cinnabar  
Ganoderma lucidum  
Polygala japonica  
Polygala tenuifolia  
Polygonum multiflorum  
Zizyphus jujuba

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## CONTROL WATER

### *Reduce Swelling*

Alisma plantago-aquatica  
Benincasa hispida  
Coix lachrymajobi  
Euphorbia helioscopia  
Grifolia umbellata  
Gryllotalpa unispina  
Lobelia radicans  
Phaseolus calcaratus  
Poria cocos  
Sambucus javanica  
Zea mays

### *Promote Urine Formation*

Akebia trifoliata  
Dianthus superbus  
Dioscorea officinalis  
Kochia scoparia  
Lygodium japonicum  
Malva verticillata  
Plantago asiatica  
Polygonum ariculare  
Pyrosia sheareri  
Saururus chinensis  
Talc  
Tetrapanax papyiferus

### *Filter Dampness*

Artemisia capillaris  
Hydrocotyle sibthorpioides  
Hypericum japonicum

Lysimachia christinae  
Polygonum cuspidatum  
Sedum sarmentosum  
Siphonostegia chinensis

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## SEDATE WIND-DAMPNESS

### *Numbness & Pain*

Aristolochia mollissima  
Bombyx mori  
Clematis chinensis  
Erythrina variegata  
Gentiana macrophylla  
Pinus tabulaeformis  
Similax china  
Stephania tetrandra

### *Relax Muscles & Circulate Low Channels*

Agkistrodon acutus  
Chaenomeles lagenaria  
Clerodendron trichotomum  
Dioscorea nipponica  
Erodium stephanianum  
Liquidambar taiwaniana  
Luffa cylindrica  
Lycopodium clavatum  
Morus alba  
Piper kadsura  
Siegesbeckia orientalis  
Trachelospermum jasminoides  
Zaocys dhumnades

### *Strengthen Sinew & Bone*

Acanthopanax gracilistylus  
Cibotium barometz  
Dipsacus japonicus  
Drynaria fortunei  
Heaera nepalensis  
Panthera tigris

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**HEMOSTATIC**

*Coagulant*

Agrimonia pilosa  
Arachis hypogaea  
Bletilla striata  
Callicarpa pedunculata  
Celosia cristata  
Loropetalum chinensis  
Macaca mulatta  
Nelumbo nucifera  
Panthera pardus  
Trachycarpus fortunei

*Cool Blood, Stop Bleeding*

Biota orientalis  
Boehmeria nivea  
Capsella bursa-pastoris  
Cephalanoplos segetum  
Cirsium japonicum  
Imperata cylindrica  
Sanguisorba officinalis  
Sophora japonica

*Transform Stagnation,  
Resolve Bruises, Stop Bleeding*

Gymura segetum  
Ophicalcite  
Panax pseudo-ginseng  
Rubia cordifolia  
Rubus par vifolius  
Sedum aizoon  
Typha augustifolia

*Warm Channels & Stop Bleeding*

Artemisia argyi  
Dalbergia odorifera

*Circulate Blood & Stop Bleeding*

Achyranthes bidentata  
Boswellia carterii  
Caesalpinia sappan  
Carthamus tinctorius  
Commiphora myrrha  
Crocus sativus  
Curcuma aromatica  
Curcuma longa  
Daemonorops draco  
Enpolyphaga sinensis  
Hypericum sampsonii  
Ilex pubescens  
Leonurus heterophyllus  
Ligusticum wallichii  
Lycopus lucidus  
Manis penta-dactyla  
Pistacia lentiscus  
Prunus persia  
Pyrite  
Rosa chinensis  
Salvia miltiorrhiza  
Sparganium stoloniferum  
Tabanus bivittatus  
Trogopterus xanthipes  
Vaccaria pyramidata  
Whitmania pigra

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**TUMORS & SWELLING**

Actinidia arguta  
Camptotheca acuminata  
Catharanthus roseus  
Crotalaria sessiliflora  
Curcuma zedoria  
Dioscorea bulbifera  
Duchesnea indica  
Iphigenia indica  
Mylabris phalerata  
Oldenlandia diffusa  
Pontilla kleiniana  
Sarcandra glabra

Scutellaria barbata  
Semiaquilegia adoxoides  
Solanum lyratum  
Solanum nigrum  
Strychnos nux-vomica  
Vespa mandarinia

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## ANAESTHESIA & PAIN RELIEF

Aconitum brachypodum  
Aconitum carmichaeli  
Alangium chinensis  
Corydalis decumbens  
Corydalis yanhusuo  
Cynanchum paniculatum  
Daphne giraldii  
Datura metel  
Hemsleya amabilis  
Hyoscyamus niger  
Rhododendron molle  
Zanthoxylum nitidum

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## TONIFICATION

### *General Vitality*

Astragalus hoangtchy  
Atractylodes macrocephala  
Codonopsis pilosula  
Dioscorea opposita  
Dolichos lablab  
Glycyrrhiza uralensis  
Gossypium hirsutum  
Panax ginseng  
Pseudostellaria heterophylla  
Schizandre chinensis  
Ziziphus jujuba

### *Yang Ch'i*

Aspongonpus chinensis  
Astragalus complanatus

Canis familiaris  
Cervus nippon (Gelatin)  
Cervus nippon (Hard Horn)  
Cervus nippon (Remnants)  
Cervus nippon (Velvet Horn)  
Cistanche salsa  
Cnidium monnieri  
Cordyceps sinensis  
Cornus officinalis  
Curculigo orchioides  
Cuscuta chinensis  
Cynomorium songaricum  
Epimedium koreanum  
Eucommia ulmoides  
Gekko gekko  
Hippocampus kelloggi  
Juglans regia  
Morinda officinalis  
Placenta (human)  
Psorlea corylifolia  
Solenognathus hardwickii  
Trigonella foenum-graecum

### *Blood*

Angelica sinensis  
Broussonetia papyrifera  
Ephadra sinica  
Equus asinus  
Euphoria longan  
Lycium chinensis  
Milletia reticulata  
Morus alba  
Polygonum multiflorum  
Rehmannia glutinosa

### *Yin Ch'i*

Adenophora tetraphylla  
Amyda sinensis  
Asparagus cochinchinensis  
Changium smyrnioides  
Chinemys reevesii  
Dendrobium nobile  
Eclipta alba

Glehnia littoralis  
Ligustrum lucidum  
Lilium brownii  
Ophiopogon japonicus  
Polygonatum odoratum  
Polygonatum sibiricum

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**ASTRINGING**

*Sweat*

Ephedra sinica  
Oryza sativa  
Triticum aestivum

*Diarrhea*

Ailanthus altissima  
Alunite  
Hallyosite  
Myristica fragrans  
Papaver somniferum  
Prunus mume  
Punica granatum  
Rhus chinensis  
Terminala chebula

*Jing*

Alpinia oxyphylla  
Euryale ferox  
Ginkgo biloba  
Nelumbo nucifera  
Paratenodera sinensis  
Rosa laevigata  
Rubus idaeopsis  
Sepiella maindroni

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**USED EXTERNALLY**

Arsenolite  
Borax  
Calcaria  
Cinnabar  
Hibiscus Syriacus  
Hydnocarpus Anthelmintica  
Lead Carbonate  
Lead Carbonate  
Minium  
Realgar  
Smithsonite  
Sulphur

# Formula Calligraphy

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# Angelica Sinensis Formulas

I.

黃 當 人  
芪 歸 參

II.

冬 人 當  
仁 參 歸

## III. Four Materials Tea

白 川 熟 當  
芍 芎 地 歸

## IV. Women's Returning to Spring Pills

甘 羌 杜 山 白 白 陳 白 當  
草 活 仲 藥 芍 朮 皮 芷 歸  
二 各 各 各 各 各 各 各  
分 各 一 一 一 一 一 一  
分 分 分 分 分 分 分 分

# Astragalus Membraneceus Formulas

## I. Shaolin Returning to the Origin Pills

## II.

## III.

## IV.

## V. Guarding the Origin

## VI. Upper and Lower Warmer Combination

VII.

胡桃肉	补骨脂	枸杞子	山药	山茱萸	白芍	当归	白朮	杏仁	人参	黄芩
各二钱		各二钱				各二钱			一两半	

# Deer Horn Formulas

---

I.

鹿  
茸

II.

當 枸 鹿  
歸 杞 茸  
子

III. Women's Deer Horn Health Wine

白 熟 當 阿 鹿  
芍 地 歸 膠 茸

IV. White Dragon Pill

龍 牡 鹿  
骨 蛎 茸  
一 各  
二 一

# Cornus Officinalis Formulas

I.

山 人 山  
歸 芥 英  
子 黃

II.

山 五  
英 味  
黃 子

III. Women's Training Formula

黃 人 柯 山 當 熟  
芪 芥 杞 英 歸 地  
子 黃 坤

IV.

肉 人 熟 山  
桂 芥 地 英  
黃

# Dioscorea Japonica Formulas

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I. Women's *Dioscorea japonica* Honey Pills

鹿 山  
茸 药  
一 一  
子 五  
子

II.

石 山 山  
味 女 女  
子 笑 药  
子 黄

III.

人 山  
参 药  
一 一  
子 子

IV.

白 女 人 山  
芍 经 参 女  
药 断 一 药  
一 子 子

# Panax Ginseng Formulas

## I. Winter Health Tea

鹿茸 人参 生薑 甘草

## II.

五味子 人参

## III.

鹿茸 人参

## IV.

五味子 白芍药 黄芩 人参

## V.

甘草 白芍药 人参

## VI. Recovering the Pulse Formula

五味子 麦冬 人参

# Lycium Chinense Formulas

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I.

熟 枸  
地 杞  
子

II. Fire and Water Combination

枸 人  
杞 齐  
子

III.

白 膏 枸  
芍 归 杞  
芍 归 子

IV.

互 熟 枸  
味 地 杞  
子 子

各  
子 子

# Morinda Officinalis Formulas

## I. Heavenly Minister's Powder

當歸 熟地 巴戟 天  
 歸 骨 地 戟 天  
 脂

## II. Tiantien Storm

補骨脂 山茱萸 山茱萸 巴戟天  
 骨 杞 子 藥 萸 萸 戟 天  
 脂 子 萸 萸 天

## III. Earth Immortal Pills

巴戟 天 各一錢  
 補骨脂 各一錢  
 菊花 白茯苓 各一錢

## IV. Jade Immortal Tea

山茱萸 五味子 鹿茸 巴戟天 補骨脂 柯杞子

## V. Reverse Aging Pills

石菖蒲 小茴香 柯杞子 五味子 楮實子 杜仲 肉苁蓉 巴戟天 白茯苓 山茱萸 牛膝 山藥 熟地  
 各一錢 各一錢 四分 七分

# Paeonia Lactiflora Formulas

I.

白熟 麦 人 白  
桂地 麦 芍  
          门 芍

II.

小 白  
芍 芍

III.

人 白  
芍 芍

IV.

白 白  
归 芍

V.

生 枣 白  
姜 芍

VI.

甘 白  
草 芍

VII.

鹿 当 熟 白  
茸 归 地 芍

VIII.

鹿 当 人 淫 黄 白  
茸 归 芍 苁 芪 芍  
          { 各二钱 }  
          { 各五钱 }

# Polygonum Multiflorum Formulas

I.

山 锁 枸 何  
 茛 阻 杞 首  
 菡 芩 子 乌

II. Polygonum Multiflorum Liqueur

牛 山 枸 雷 杜 鹿 何  
 膝 茛 杞 歸 冲 茸 首  
 黄 莫 子 子 子 乌

III.

人 何  
 参 首  
 乌

IV. Heaven and Man Formula

天 麦 人 熟 生 小 自 何  
 门 门 参 地 地 茴 茯 首  
 香 苓 乌  
 各 二 钱

V. Jade Peach

巴 何 人 枸 熟 自  
 戟 首 参 杞 地 朮  
 天 乌 子 子 各 二 钱

VI. Double Benevolence Paste

牛 胡 是 何  
 蒺 桃 芝 首  
 子 白 乌  
 各 二 钱

# Psoralea Corylifolia Formulas

I.

小 补  
茴 骨  
香 脂

II.

补 胡  
骨 桃  
脂 肉

III. Jade Gate Powder

五 补 枸 人 熟  
味 骨 杞 参 地  
子 脂 子 子

IV.

胡 补 菟 山  
桃 骨 丝 芙  
肉 脂 子 莫

V. Simple Nei Gung Training Formula

五 补 胡 人 山 熟  
味 骨 桃 参 芙 地  
子 脂 肉 子 莫

VI. Simple Herbal Regeneration Elixir

麝 山 补 雷  
香 芙 骨 因  
一 天 脂 附  
分 子 一 子  
半

# Rehmannia Glutinosa Formulas

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I.

淫 熟  
 羊 地  
 藿  
 藿

II. Rehmannia glutinosa and Cuscuta chinensis Combination

菟 熟  
 丝 地  
 子

III.

何 熟  
 首 地  
 多

IV. Insomnia Formula

五 枣 白 麦 熟  
 味 仁 茯 芩 地  
 子 苓 苓  
 五 苓  
 分 苓  
 子

# Panthera Tigris Formulas

---

I.

牛 當 虎  
膝 歸 骨

II.

牡 虎  
蛎 骨

III.

白 木 虎  
芍 瓜 骨

# Zingiber Formulas

---

I.

生 鹿  
姜 茸

II.

生 五  
姜 味子

III.

生 人  
姜 参

IV.

五 补 生  
味子 骨脂 姜

V.

山 熟 生  
药 地 姜

VI.

白 白 人 黄 生  
芍 肉 参 芪 姜  
各 二  
分 一 钱

Yang Ch'i Tea

甘	白	白	人
草	茯苓	朮	苓
	苓		
一	各		
分	二		
	分		

Yin Ch'i Tea

澤	白	牡	枸	山	山	熟
瀉	茯苓	牡丹	杞	藥	萸	地
湯	苓	皮	子		黃	
各			各			二
一			一			分
分			分			六
						分

Tai Chi Tea

黄	肉	白	朮	川	熟	甘	白	白	人
芪	桂	芍	归	芎	地	草	茯苓	朮	参
各一钱		各二钱							

Ho Shou Wu Pills

甘	肉	川	白	白	朮	白	人	熟	黄	何
草	桂	芎	芍	茯苓	归	朮	参	地	芪	首
各一钱								各二钱	二钱	

Ginseng & Deer Horn Pills

鹿茸	山茱萸	人參	熟地	當歸	肉桂	五味子	沉香
	└──────────┘						
			各六分				
					二分	一分半	一分

Yuan Ch'i Elixir

熟地	人參	山藥	山茱萸	當歸	枸杞子	杏仁	杜仲	甘草
			└──────────┘					
						各二分		
六分	四分							一分

Huang Ti's Choice

白 芍	黃 芪	川 芎	當 歸	熟 地	肉 桂	甘 草	麥 冬
}			}			}	
五	二	二	二	二	二	二	二
分	分	分	分	分	分	分	分

Ginseng Pills

澤 瀉	山 藥	山 慈 黃	杜 丹 皮	肉 桂	黃 芪	白 芍	川 芎	當 歸	甘 草	白 茯苓	白 朮	熟 地	人 參
}			}			}							
各			各			各							
一			一			一							
分			分			分							
分			分			分							

Bone Break Pills

陈皮	白茯苓	白芍	山茱萸	杜冲	五加皮	牛膝	当归	熟地	续断
	各一分		各二分				三分		

Tiger Stance Pills

黄芩	复盆子	羌活	枸杞子	人参	山约	杜冲	当归	锁阳	白茯苓	牛膝	山茱萸	虎骨
...	...	...	...	...	...	...	...	...	...	...	...	八分
熟地	桑白皮	牡丹皮	陈皮	白芍	各六分							
一分	一分半		各二分									

Ling Chih Longevity Elixir

... 菊 花 胡 桃 肉 山 药 复 盆 子 柏 子 仁 巴 戟 天 肉 苁 蓉 牛 膝 补 骨 脂 枸 杞 子 人 参 熟 地 灵 芝  
 菟 丝 子 白 茯苓 白 桂 子 五 味 子

Golden Phoenix Liqueur

广 砂 仁 一 斤  
 淫 羊 藿 各 二 斤  
 枸 杞 子  
 麦 冬 门 冬  
 高 丽 参  
 熟 地 生 地

# Hua T'o Ginseng Pills

菟 絲 子	乾 薑	乾 地 黃	麥 門 冬 心	苦 杏	細 辛	黃 柏	黃 芪	牡 蠣	桂 心	澤 瀉	人 參
一 斤	各 二 斤			各 一 斤 半				一 斤 半	二 兩		

# Eight Immortals

何 首 烏	牛 膝	山 茱 萸	柏 子 仁	知 母	黃 柏	龟 板	當 歸
一 斤	二 斤	各 六 斤					

Tiger Bone/Ginseng Liqueur

人 虎  
 参 骨  
 各 两

Joint Fatigue Formula

甘草 狗脊 虎骨胶 淫羊藿 牛膝 骨碎补 肉苁蓉 白茯苓 白朮 黄芪  
 一钱 各一钱四分

Two Immortals Wine

人	桐	龟	鹿
参	杞	板	茸
	子	一	一
	子	五	十
一	二	二	二
斤	斤	斤	斤

Shaolin Temple Tiger Fighting Elixir

鹿	人	远	柏	蛇	广	枣	天	麦	杜	巴	肉	牛	白
茸	参	志	香	床	砂	仁	门	门	冲	戟	苁	膝	茯
			藜	子	仁					天	蓉		苓
各		各		各									
一		二		四									
斤		斤		斤									

# Jade Pillow Liqueur

甘草 知母 川芎 杏仁  
各一兩 各一兩 各一兩 各一兩

# Fire & Water Combination

五味子 肉桂 杏仁 茯苓 續斷 杜仲 虎骨 人參 牛膝 枸杞子 山茱萸 黃芪 熟地

# Winter Training Wine

木瓜 杜仲 牛膝 枸杞子 當歸 五加皮 人參 鹿茸 虎骨

Recovery Formula

肉桂	川芎	牛膝	枣仁	车前子	青歸	黄芩	熟地
一枚	一钱	一钱	各二钱五分		各二钱五分		

Superior Tonification Formula

枣一枚	甘草	白茯苓	赤芍	白芍	青歸	白朮	人参	黄芩	熟地
	各一钱				各一钱六分			各三钱四分	

Shaolin Longevity Elixir

白朮	牛膝	桑寄生	灵芝	枸杞果	龙眼肉	沙苑子	山萸肉	丹参	宝川茶	黑豆	生石膏	绵黄芪	黄花菜根
各四钱				各五钱				各一两					

革决明	锁阳	天门冬	白茯苓	紫河车	大地	何首乌	鸡血藤	木槿子	川贝母	金银花	连翘	金石斛
...	各三钱				各二钱五分			各四钱				

青椰子  
 白甘菊  
 白茯苓  
 女贞子  
 车前子  
 柏子仁  
 杏仁  
 木槿花  
 百合  
 杜冲  
 桐芥  
 白花蛇  
 韭菜子  
 麦门...

各三子

远志  
 莲子肉  
 菟丝子  
 大秦羌  
 墨旱莲  
 三棱片  
 莪朮  
 桃白  
 桃仁  
 桔梗  
 松子仁  
 白芍  
 川黄莲...

各三子

人个  
 红花  
 卷耳  
 巴戟  
 龙骨  
 川断  
 桂枝  
 杏仁  
 穿山甲  
 牡蛎  
 石菖蒲  
 蛇床子  
 地龙  
 大白  
 五味子...

各三子

鹿茸  
 鹿角  
 驴胶

各一子

Ginseng Paste Formula

...	冬 仁	白 朮	天 門 冬	萊 菔 子	知 母	人 參	白 芍	右 眼 白	山 楮 實	大 麥 芽	桐 杞 子	山 茱 萸	熟 地
	一 斤 六 分	各 二 斤 九 分						各 一 斤	各 三 斤	一 斤 二 分	一 斤 六 分	一 斤 九 分	二 斤 九 分

General Blood Formula

冬 一 枚	甘 草	白 朮	人 參	當 歸	熟 地
	一 斤	二 斤	各 五 斤		一 兩

