

Part V

APPENDICES



App. 1	Acupuncture Holes of the Extraordinary Vessels.....	377
App. 2	Extraordinary Vessel Herbal Formulas.....	381
App. 3	Single Medicinals Entering the Extraordinary Vessels.....	395
App. 4	Li Shi-Zhen's Synopsis of Extraordinary Vessel Pulses from <i>Pulse Studies of the Lakeside Master</i>	401
App. 5	Editions of <i>Exposition on the Eight Extraordinary Vessels</i>	403
App. 6	People and Texts Appearing in <i>Exposition on the Eight Extraordinary Vessels</i>	405

Extraordinary Vessel Herbal Formulas

Aconite and Cinnamon Twig Decoction (*wū tóu guì zhī tāng* 烏頭桂枝湯)

Cook 1 large piece of Aconiti Radix preparata (*zhì wū tóu*) in a small cup of honey down to half of the original amount, and then take the Aconiti Radix preparata (*zhì wū tóu*) out. Stir-fry with Cinnamomi Cortex (*ròu guì*), 3 *qián* 3 *fēn*; Paeoniae Radix alba (*bái sháo*), 3 *qián* 3 *fēn*. Divide the cooked herbs into 2 parts, and add to each part 3 pieces of ginger and 2 pieces of Jujube Fructus (*dà zǎo*) or Jujube Fructus (*hóng zǎo*) and boil them in the original honey. If you replace Aconiti Radix preparata (*zhì wū tóu*) with Aconiti Radix lateralis preparata (*zhì fù zǐ*), it is called Honey and Aconite Decoction (*mì fù tāng*).

Aconite and Gardenia Decoction (*wū tóu zhī zǐ tāng* 烏頭梔子湯)

Aconiti Radix (*chuān wū*) (tips); Gardeniae Fructus (*zhī zǐ*)

Angelica Root Decoction (*bái zhǐ tāng* 白芷湯)

Angelicae sinensis Radix (*dāng guī*), Forsythiae Fructus (*lián qiào*), 1.5 *qián* each; Notopterygii Rhizoma seu Radix (*qiāng huó*), Angelicae pubescentis Radix (*dú huó*), Saposhnikoviae Radix (*fáng fēng*), Alismatis Rhizoma (*zé xiè*), Cinnamomi Cortex (*ròu guì*), 1 *qián* each; Fangji Radix (*fáng jǐ*), Phellodendri Cortex (*huáng bǎi*), Rhei Radix et Rhizoma (*dà huáng*), Glycyrrhizae Radix (*gān cǎo*), 5 *fēn* each; Persicae Semen (*táo rén*), 9 pieces (retain tips). Decoct the herbs in a liquid composed of half water and half wine.

Angelica Root Pill (*bái zhǐ wán* 白芷丸)

Angelicae Dahuricae Radix (*bái zhǐ*), 2 *liǎng*, soaked in Raphani Radix (radish) juice. It is then dried, smashed, and mixed with honey into pills the size of a bullet. Take 1 pill a day.

Aristolochia Pill (*qīng mù xiāng wán* 青木香丸)

Pharbitidis Semen Atrum (*hēi chǒu*), 3 *liǎng* (tips only); Psoraleae Semen (*bǔ gǔ zhī*), 2 *liǎng*; Litseae Fructus (*bì chéng qiē*), 2 *liǎng*; Arecae Semen (*bīng láng*), 2 *liǎng*; Aristolochiae Radix (*qīng mù xiāng*) 1 *liǎng*.

Astragalus Decoction to Construct the Middle*(huáng qí jiàn zhōng tāng 黃耆健中湯)*

Maltosum (*yí táng*), 6-10 *qián*; Cinnamomi Ramulus (*guì zhī*), 3 *qián*; Paeoniae Radix (*sháo yào*), 2 *qián*; Glycyrrhizae Radix preparata (*zhì gān cǎo*), 2 *qián*; Zingiberis Rhizoma recens (*shēng jiāng*), 3 *qián*; Jujubae Fructus (*dà zǎo*), 12 pieces; Astragali Radix (*huáng qí*) 3 *qián*.

Aucklandia Powder (*mù xiāng sǎn 木香散*)

Aucklandiae Radix (*mù xiāng*), Citri reticulatae Pericarpium (*chén pí*), Zingiberis Rhizoma (*gān jiāng*), Alpiniae officinarum Rhizoma (*gāo liáng jiāng*), Chebulae Fructus (*hē zǐ*), Alpiniae katsumadai Semen (*cǎo dòu kòu*), Gardeniae Fructus (*zhī zǐ*), Chuanxiong Rhizoma (*chuān xiōng*), and Pharbitidis Semen (*qiān niú zǐ*).

Aucklandia and Toosendan Fruit Powder (*mù xiāng liàn zǐ sǎn 木香棟子散*)

Acori Rhizoma (*shí chàng pú*), Aristolochiae Radix (*qīng mù xiāng*), Litchi Semen (*lì zhī hé*), Dioscoreae Hypoglaucae Rhizoma (*bì xiè*), Toosendan Fructus (*chuān liàn zǐ*), 2 *qián* each. Add a small amount of Moschus (*shè xiāng*), Foeniculi Fructus (*huí xiāng*), and roasted salt.

Bamboo Leaf Decoction (*zhú yè tāng 竹葉湯*)

Bambusae Folium (*zhú yè*), 3 *liǎng*; Purariae Radix (*gé gēn*), 3 *liǎng*; Saposhnikoviae Radix (*fáng fēng*), Platycodonis Radix (*jié gěng*), Cinnamomi Ramulus (*guì zhī*), Ginseng Radix (*rén shēn*), Glycyrrhizae Radix (*gān cǎo*), 1 *liǎng* each.

Chuanxiong Powder to Be Taken with Green Tea*(chuān xiōng chá tiáo sǎn 川芎調茶散)*

Menthae haplocalycis Herba (*bò hé*), Ligustici Rhizoma (*chuān xiōng*), Schizonepetae Herba (*jīng jiè*), Notopterygii Rhizoma seu Radix (*qiāng huó*), Angelicae dahuricae Radix (*bái zhǐ*), Glycyrrhizae Radix (*gān cǎo*), Saposhnikoviae Radix (*fáng fēng*), Asari Radix et Rhizoma (*xì xīn*). Take 2 *qián* after meals with green tea.

Cinnamon Twig Decoction (*guì zhī tāng 桂枝湯*)

Cinnamomi Ramulus (*guì zhī*), Paeoniae Radix alba (*bái sháo*), Glycyrrhizae Radix (*gān cǎo*), Zingiberis Rhizoma recens (*shēng jiāng*), Jujubae Fructus (*dà zǎo*).

Clove and Toosendan Fruit Pill (*dīng xiāng liàn shí wán 丁香棟實丸*)

Angelicae sinensis Radix (*dāng guī*), Aconiti Radix lateralis preparata (*zhì fù zǐ*), Toosendan Fructus (*chuān liàn zǐ*), Foeniculi Fructus (*xiǎo huí xiāng*), 1 *liǎng*

each. Grind all the ingredients and decoct in 3 *shēng* of good wine until the liquid has completely evaporated and only a powder remains. For each *liǎng* of the powder, mix in 2 *qián* of Caryophylli Flos (*dīng xiāng*) and Aucklandiae Radix (*mù xiāng*); whole Scorpio (*quán xiē*), 13 pieces; Corydalis Rhizoma (*yán hú suǒ*), 1 *liǎng*. Grind all the ingredients and mix them with the aforementioned powder. Make this preparation into pills with wine and take 100 pills on an empty stomach with wine.

Clove Powder for Spleen Accumulation (*dīng xiāng pí jī sǎn* 丁香脾積散)

Sparganii Rhizoma (*sān léng*), Zedoariae Rhizoma (*é zhú*), Citri reticulatae viride Pericarpium (*qīng pí*), Caryophylli Flos (*dīng xiāng*), Aucklandiae Radix (*mù xiāng*), Alpiniae officinarum Rhizoma (*gāo liáng jiāng*) (cooked in vinegar), Crotonis Semen Pulveratum (*bā dòu shuāng*), Gleditsiae Fructus (*zào jiá*), Ustarum fuligo herbarum (*bǎi cǎo shuāng*). Form into hemp seed-sized pills and take 20–30 pills with hot water.

Corydalis Powder (*yán hú suǒ sǎn* 延胡索散)

Corydalis Rhizoma (*yán hú suǒ*), Angelicae sinensis Radix (*dāng guī*), Typhae Pollen (*pú huáng*), Paeoniae Radix rubra (*chì sháo*), Cinnamomi Cortex Tubiformis (*róu guì*), 1 *qián* each; Curcumae longae Rhizoma (*jiāng huáng*), Aucklandiae Radix (*mù xiāng*), Olibanum (*rǔ xiāng*), Myrrha (*mò yào*), 7 *fēn* each; baked Glycyrrhizae Radix (*gān cǎo*), 5 *fēn*; Zingiberis Rhizoma (*gān jiāng*), 3 pieces.

Dampness Leeching Decoction (*shèn shī tāng* 滲濕湯)

Poria (*fú líng*), Polyporus (*zhū líng*), Atractylodis macrocephalae Rhizoma (*bái zhú*), Alismatis Rhizoma (*zé xiè*), Atractylodis Rhizoma (*cāng zhú*), Citri reticulatae Pericarpium (*chén pí*), Coptidis Rhizoma (*huáng lián*), Gardeniae Fructus (*zhī zǐ*), Gentianae macrophyllae Radix (*qín jiāo*), Stephaniae Radix (*fáng jǐ*), Puerariae Radix (*gé gēn*).

Frigid Extremities Decoction (*sì nì tāng* 四逆湯)

Glycyrrhizae Radix (*gān cǎo*), 2 *liǎng*; Zingiberis Rhizoma Exsiccatum (*gān jiāng*), 1.5 *liǎng*; Aconiti Tuber Lateralis (*fù zǐ*), 1 piece.

Eight-Substance Decoction (*bā wù tāng* 八物湯)

Ginseng Radix (*rén shēn*), Poria (*fú líng*), Atractylodis macrocephalae Rhizoma (*bái zhú*), Glycyrrhizae Radix (*gān cǎo*), Ligustici Rhizoma (*chuān xiōng*), Angelicae sinensis Radix (*dāng guī*), Paeoniae Radix alba (*bái sháo*), Remmaniae Radix Recens (*shēng dì huáng*).

Elixir to Seize Destiny (*duó mìng dān* 奪命丹)

Evodiae Fructus (*wú zhū yú*), 1 *jīn*. Divide into 4 equal parts. Soak 1 part in wine, 1 part in vinegar, 1 part in hot water, and 1 part in Infantis Urina (*tóng biàn*). Stir-fry everything together and add 2 *liǎng* of Alismatis Rhizoma (*zé xiè*). Form into pills, and take with salt water. This formula is also called Four Processed Evodiae Fructus Pill (*sì zhì zhū yú wán*).

Ephedra Decoction (*má huáng tāng* 麻黃湯)

Ephedrae Herba (*má huáng*), Cinnamomi Ramulus (*guì zhī*), Glycyrrhizae Radix (*gān cǎo*), Armeniacae Semen (*xìng rén*), Zingiberis Rhizoma (*gān jiāng*), Jujubae Fructus (*dà zǎo*).

Evodia Decoction (*wú zhū yú tāng* 吳茱萸湯)

Evodiae Fructus (*wú zhū yú*), Ginseng Radix (*rén shēn*), Zingiberis Rhizoma (*gān jiāng*), Jujubae Fructus (*dà zǎo*).

Evodiae Internal Mass-Dissolving Powder (*zhū yú nèi xiāo sǎn* 茱萸內消散)

Evodiae Fructus (*wú zhū yú*), soak 5 *qián* in half wine and half vinegar overnight and then bake; Corni Fructus (*shān zhū*); Baphicacantis Flos (*mǎ lán huā*), soak in vinegar and then bake; Toosendan Fructus (*chuān liàn ròu*); Cinnamomi Cortex (*ròu guì*); Pharbitidis Semen (*hēi chǒu*), (tips only); salt-stir-fried Foeniculi Fructus (*huí xiāng*); Corydalis Rhizoma (*yán hú suǒ*); Citri reticulatae viride Pericarpium (*qīng pí*), the white part removed; Sargassum (*hǎi zǎo*); Tribuli Fructus (*cì jí lí*); Persicae Semen (*táo rén*); Aucklandiae Radix (*mù xiāng*), 5 *qián* each.

Fast-Acting Powder (*sù xiào sǎn* 速效散)

Toosendan Fructus (*chuān liàn*), (stir-fry with 5 pieces of Crotonis Semen [*bā dòu*] and then remove the beans); salt-fried Foeniculi Fructus (*xiǎo huí xiāng*), honey-fried Psoraleae Fructus (*bǔ gǔ zhī*), 1 *liǎng* each. Take 1 *qián* each time with hot wine.

Fenugreek Pill (*hú lú bā wán* 胡盧巴丸)

Pharbitidis Semen alba (*bái chǒu*), tips only, Foeniculi Fructus (*xiǎo huí xiāng*), 2 *liǎng* each; Aconiti Radix preparata (*zhì chuān wū*), Morindae officinalis Radix (*bā jǐ tiān*), Evodiae Fructus (*wú zhū yú*), 0.5 *liǎng* each; Nelumbinis Semen (*lián zǐ*), Foeni-graeci (*hú lú bā*), 1 *liǎng* each.

Four-Miracle Pill (*sì shēn wán* 四神丸)

Evodiae Fructus (*wú zhū yú*), 5 *qián* (soaked in a liquid of half wine and half vinegar and baked over slow fire); Litsea Fructus (*bì chéng qié*), 5 *qián*; Aristolochia Radix (*qīng mù xiāng*), 5 *qián*; Cyperi Rhizoma (*xiāng fù*), 1 *liǎng*. Form into pills with rice paste, and take with salt water.

Four-Ingredient Powder with Poria (*sì líng sǎn* 四苓散)

Poria (*fú líng*), Polyporus (*zhū líng*), *Atractylodis macrocephalae Rhizoma* (*bái zhú*), *Alismatis Rhizoma* (*zé xiè*).

Four-Part Sublime Toosendan Fruit Pill (*sì miào chuān liàn wán* 四妙川棟丸)

Toosendan Fructus (*chuān liàn zǐ*), 1 *jin*. Divide into 4 equal parts. Wrap the first part in 1 *hé* of bran (*fū pí* 麸皮) with 49 pieces of Mylabris (*bān máo*) and stir-fry until they become brown. Wrap the second part in 1 *hé* of gluten flour skin with 1 *liǎng* of *Morindae officinalis Radix* (*bā jǐ tiān*) and stir-fry [in the same manner]. Wrap the third part in 1 *hé* of gluten flour skin with 49 *Crotonis Semen* (*bā dòu*) and stir-fry in the same manner. Wrap the fourth part in 1 *hé* of gluten flour skin with 1 *liǎng* of salt and 1 *hé* of *Foeniculi Fructus* (*xiǎo huí xiāng*) and stir-fry them until they are brown. Remove only the Toosendan Fructus (*chuān liàn*) and add *Saussureae (seu Vladimiriae) Radix* (*mù xiāng*) and *Psoraleae Fructus* (*bǔ gǔ zhī*), 1 *liǎng* each. Form into pills with rice and wine and take 50 pills each time with salt water 3 times per day.

Four-Substance Decoction (*sì wù tāng* 四物湯)

Chuanxiong Rhizoma (*chuān xiōng*), *Angelicae sinensis Radix* (*dāng guī*), *Paeoniae Radix alba* (*bái sháo*), *Rehmannia Radix preparata* (*shú dì huáng*), 1 *qián* 2 *fēn* each.

Generate the Pulse Powder (*shēng mài sǎn* 生脈散)

Ginseng Radix (*rén shēn*), *Ophiopogonis Radix* (*mài mén dōng*), *Schisandrae Fructus* (*wǔ wèi zǐ*).

Gentiana Decoction to Drain the Liver (*lóng dǎn xiè gān tāng* 龍膽瀉肝湯)

Gentianae Radix (*lóng dǎn cǎo*), *Bupleuri Radix* (*chái hú*), *Alismatis Rhizoma* (*zé xiè*), 1 *qián* each; *Plantaginis Semen* (*chē qián zǐ*), *Akebiae Caulis* (*mù tōng*), *Poria Rubra* (*chì fú líng*), wine-washed *Ramanniae Radix Recens* (*shēng dì huáng*), *Angelicae sinensis Radix* (*dāng guī*), *Gardeniae Fructus* (*zhī zǐ*), *Scutellariae Radix* (*huáng qín*), *Glycyrrhizae Radix* (*gān cǎo*), 5 *fēn* each.

Harmonize the Middle and Augment the Qi Decoction (*tiáo zhōng yì qì tāng* 調中益氣湯)

Astragali Radix (*huáng qí*), 2 *qián*; *Ginseng Radix* (*rén shēn*), 1 *qián*; *Atractylodis Rhizoma* (*cāng zhú*), 1 *qián*; Honey-fried *Glycyrrhizae Radix* (*zhì gān cǎo*), 1 *qián*; *Citri reticulatae Pericarpium* (*chén pí*), 4 *fēn*; *Cimicifugae Rhizoma* (*shēng má*), 4 *fēn*; *Bupleuri Radix* (*chái hú*), 4 *fēn*; *Aucklandiae Radix* (*mù xiāng*), 2 *fēn*. Decoct in water and administer.

Kidney Fixity Decoction (*shèn zhuó tāng* 腎著湯)

Atractylodis macrocephalae Rhizoma (*bái zhú*), 2.5 *qián*; Zingiberis Rhizoma preparata (*páo jiāng*), Poria Rubra (*chì fú líng*), 0.5 *qián* each; honey-fried Glycyrrhizae Radix (*zhì gān cǎo*).

Kidney Powder (*yāo zi sǎn* 腰子散)

Stir-fry equal amounts of Pharbitidis Semen (*hēi chǒu*) (chop off tips). Mince 3 *qián* of pig's kidneys (*zhū yāo zi*) and also add Zanthoxyli Pericarpium (*huā jiāo*), 50 pieces, and Foeniculi Fructus (*xiǎo huí xiāng*), 100 pieces. Mix all the ingredients, and grind them into a fine mash. Then, wrap this preparation with wet paper, and hold it over fire until an aroma rises. Chew the resulting mixture with wine in the mouth, and swallow the juice on an empty stomach. This will remove toxic waste matter from the intestines.

Licorice and Ailanthus Decoction (*gān lǐ gēn tāng* 甘李根湯)

Pruni Salicinae Radicis Cortex (*lǐ gēn pí*), 5 *qián*; Cinnamomi Ramulus (*guì zhī*), 1.5 *qián*; Angelicae sinensis Radix (*dāng guī*), 1 *qián*; Paeoniae Radix alba (*bái sháo*), 1 *qián*; Poria (*fú líng*), 1 *qián*; Scutellariae Radix (*huáng qín*), 1 *qián*; Pinelliae Rhizoma preparatum (*zhì bàn xià*), 5 *fēn*; Glycyrrhizae Radix (*gān cǎo*), 5 *fēn*; Zingiberis Rhizoma Recens (*shēng jiāng*), 3 pieces.

Licorice and Ginger Decoction (*gān cǎo gān jiāng tāng* 甘草干姜湯)

Glycyrrhizae Radix (*gān cǎo*), 4 *liǎng*; Zingiberis Rhizoma (*gān jiāng*), 2 *liǎng*.

Licorice Decoction to Drain the Epigastrium (*gān cǎo xiè xīn tāng* 甘草瀉心湯)

Glycyrrhizae Radix (*gān cǎo*), 4 *liǎng*; Scutellariae Radix (*huáng qín*), 3 *liǎng*; Zingiberis Rhizoma Exsiccatum (*gān jiāng*) 3 *liǎng*; Pinelliae Tuber (*bàn xià*), 0.5 *shēng*; Ziziphi Fructus (*dà zǎo*), 12 pieces (cracked open); Coptidis Rhizoma (*huáng lián*), 1 *liǎng*.

Licorice, Wheat, and Jujube Decoction (*gān mài dà zǎo tāng* 甘麥大棗湯)

Ligustici Rhizoma (*chuān xiōng*), Angelicae sinensis Radix (*dāng guī*), Paeoniae Radix alba (*bái sháo*), Rehmanniae Radix preparata (*shú dì huáng*), 1 *qián* 2 *fēn* each. In spring, double the amount of Ligustici Rhizoma (*chuān xiōng*); in summer, Paeoniae Radix alba (*bái sháo*); in fall, Rehmanniae Radix preparata (*shú dì huáng*); and in winter, Angelicae sinensis Radix (*dāng guī*). In spring, add Saposchnikoviae Radix (*fáng fēng*); in summer, Scutellariae Radix (*huáng qín*); in fall, Asparagi Radix (*tiān mén dōng*); and in winter, Cinnamomi Ramulus (*guì zhī*).

Litchee and Tangerine Pip Decoction (*lì zhī jú hé tāng* 荔枝橘核湯)

Pyri Succus (*lì zhī*), Citri reticulatae Semen (*jú hé*), Persicae Semen (*táo rén*), Glycyrrhizae Radix (*gān cǎo*), Poria (*fú líng*), Crataegi Fructus (*shān zhā*), Corydalis Rhizoma (*yán hú suǒ*).

Major Order the Qi Decoction (*dà chéng qì tāng* 大承氣湯)

Rhei Rhizoma (*dà huáng*), 4 *liǎng*; Magnoliae officinalis Cortex (*hòu pò*), 0.5 *jīn*;
Aurantii Fructus Immaturus (*zhǐ shí*), 5 pieces; Mirabilitum (*máng xiāo*), 3 pieces.

Major Tangerine Pip Decoction (*dà jú pí tāng* 大橘皮湯)

Citri reticulatae Pericarpium (*chén pí*), 3 *qián*; Bambusae Caulis in Taeniam (*zhú rú*), 2 *qián*; Ginseng Radix (*rén shēn*), 1 *qián*; Glycyrrhizae Radix (*gān cǎo*), 1 *qián*;
Zingiberis Rhizoma recens (*shēng jiāng*), 5 pieces; Jujubae Fructus (*dà zǎo*), 3 pieces.

Mantis Egg-Case Powder (*sāng piāo xiāo sǎn* 桑螵蛸散)

Mantis Ootheca (*sāng piāo xiāo*), 3 *qián*; Os Draconis (*lóng gǔ*), 4 *qián*; Ginseng Radix (*rén shēn*), 4 *qián*; Poria (*fú líng*), 3 *qián*; Acori Rhizoma (*shí chāng pú*), 2 *qián*; honey-fried Testudinis Plastrum (*guī bǎn*), 5 *qián*; Angelica Radix (*dāng guī*), 2 *qián*.

Master Shen's Mass-Dissolving Decoction (*Shěn shì sǎn jiǎ tāng* 沉氏散瘕湯)

Persicae Semen (*táo rén*), Aurantii Fructus immaturus (*zhǐ shí*), Gardeniae Fructus (*zhī zǐ*), Crataegus Fructus (*shān zhā*), Alisma Tuber (*zé xiè*), Akebiae Caulis (*mù tōng*), Poria Rubra (*chì fú líng*).

Master Yang's Musk Pill (*Yáng shì shè xiāng wán* 楊氏散瘕湯)

Moschus (*shè xiāng*), 1 *qián*; Aucklandiae Radix (*mù xiāng*), 1 *liǎng*; Piperis Fructus (*hú jiāo*), 1 *liǎng*; Scorpio (*quán xiē*), 4 *qián*; Croton tiglium (*bā dòu shuāng*), 4 *qián*. Roll the ingredients with steamed rice into pills the size of a hemp seed and then roll them in Cinnabaris powder (*zhū shā*). Take 5–7 pills per day with hot water. Without the Moschus (*shè xiāng*), this formula is known as Miraculous Preservation Pill (*shén bǎo wán*).

Melia Toosendan Powder #1 (*jīn líng zǐ sǎn* 金鈴子散)

Melia Fructus (*chuān liàn zǐ*), 10 pieces; Crotonis Fructus (*bā dòu ròu*), 30 pieces. Stir-fry together until they become nicely burned, and then remove the Crotonis Fructus (*bā dòu ròu*). Then add Foeniculi Fructus (*xiǎo huí xiāng*) and Aucklandiae Radix (*mù xiāng*), 1.5 *qián* each, and divide into 2 *qián* parts. Each part should be further cooked in a mixture of half wine and half water, and taken with a decoction of Allii fistulosi Bulbus (*cōng bái*).

Melia Toosendan Powder #2 (*jīn líng zǐ sǎn* 金鈴子散)

Melia Fructus (*chuān liàn zǐ*), Corydalys Rhizome (*yán hú sǔo*), 1 *liǎng* each.

Minor Bupleurum Decoction (*xiǎo chái hú tāng* 小柴胡湯)

Bupleuri Radix (*chái hú*), Scutellariae Radix (*huáng qín*), Ginseng Radix (*rén shēn*), Pinelliae Rhizoma preparatum (*zhì bàn xià*), Glycyrrhizae Radix (*gān cǎo*), Zingiberis Rhizoma recens (*shēng jiāng*), Aiziphi Fructus (*dà zǎo*).

Minor Order the Qi Decoction (*xiǎo chéng qì tāng* 小承氣湯)

Rhei Rhizoma (*dà huáng*), 4 *liǎng*; Magnolia Cortex (*hòu pò*), 2 *liǎng*; Aurantii Fructus Immaturus (*zhǐ shí*), 3 pieces.

Miraculously Effective Pill (*shén gōng wán* 神功丸)

Gecko Powder (*gé fěn*), 1 *liǎng*; Eriocaulonis Scapus et Flos (*gǔ jīng cǎo*), 1 *liǎng*; Phaseoli Aurei (*lù dòu pí*), 5 *qián*; Notopterigii Rhizoma (*qiāng húo*), 5 *qián*; Cicadae Peristracum (*chán tuì*), 5 *qián*.

Modified Bupleurum and Poria Decoction (*jiā jiǎn chái líng tāng* 加減柴苓湯)

Bupleuri Radix (*chái hú*), Alismatis Rhizoma (*zé xiè*), 1 *qián* each; Pinelliae Rhizoma preparatum (*zhì bàn xià*), Poria Rubra (*chì líng*), Polyporus (*zhū líng*), Atractylodis macrocephalae Rhizoma (*bái zhú*), Crataegi Fructus (*shān zhā*), Gardenia Fructus (*shān zhī*), Litchi Semen (*lì zhī hé*), 7 *fēn* each. If Litchi Semen (*lì zhī hé*) is unavailable, substitute with Citri reticulatae Semen (*jú hé*).

Modified Dragon Tiger Decoction (*jiā wèi lóng hǔ tāng* 加味龍虎湯)

Xanthii Fructus (*cāng zhú*), 1 *liǎng*; whole Scorpio (*quán xiē*), 3 *qián*; Aconiti kusnezoffii Radix preparata (*zhì cǎo wū*), Aconiti Radix lateralis preparata (*zhì fù zǐ*), 2 *qián* each; Gastrodiae Rhizoma (*tiān má*), 3 *qián*. Grind all the ingredients into a fine powder, and take 1 *qián* with a dipper of wine on an empty stomach.

Modified Heart-Penetrating Powder (*jiā wèi tōng xīn sǎn* 加味通心散)

Akebiae Caulis (*mù tōng*), Gardenia Fructus (*shān zhī*), Forsythiae Fructus (*lián qiào*), Scutellariae Radix (*huáng qín*), Glycyrrhizae Radix (*gān cǎo*), Akebia Dianthi Herba (*qú mài*), Aurantii Fructus (*zhǐ ké*), Angelica Sinensis Radicis Extemitas (*dāng guī wěi*), Persicae Semen (*táo rén*), Crataegi Fructus (*shān zhā*), and Toosendan Fructus (*chuān liàn zǐ*), 1 *qián* each; Junci Medulla (*dēng xīn*), 20 long stems; Plantaginis Herba (*chē qián cǎo*), 5 leaves.

Modified Tonify the Yin Pill (*jiā wèi bǔ yīn wán* 加味補陰丸)

Phellodendri Cortex (*huáng bǎi*), 4 *liǎng*; Anemarrhenae Rhizoma (*zhī mǔ*), 4 *liǎng*; Achyranthis bidentatae Radix (*niú xī*), 3 *liǎng*; Eucomiae Cortex (*dù zhòng*), 3 *liǎng*; Morindae officinalis Radix (*bā jǐ tiān*), 3 *liǎng*; Rehmanniae Radix (*shēng dì huáng*), 3 *liǎng*; Evodiae Fructus (*wú zhū yú*), 3 *liǎng*; Cistanches Herba (*ròu cōng róng*), 2 *liǎng*; Poria (*fú líng*), 2 *liǎng*; Lycii Fructus (*gǒu qǐ zǐ*), 2 *liǎng*;

Polygalae Radix (*yuǎn zhì*), 2 liǎng; Dioscoreae Rhizoma (*shān yào*), 2 liǎng; Cornu Cervi (*lù jiǎo*), 2 liǎng; Testudinis Plastrum (*guī bǎn*) 2 liǎng. [Grind and] roll all the ingredients into pills with honey, and take 80–90 pills a day with water.

Nourish the Nutritive Decoction (*yǎng yíng tāng* 養營湯)

Angelicae sinensis Radix (*dāng guī*), Paeoniae Radix Alba (*bái sháo*), Rehmanniae Radix Exsiccata seu Recens (*shēng dì huáng*), Rehmannia Radix Conquita (*shú dì huáng*), Poria Rubra (*chì fú líng*), Gardenia Fructus (*shān zhī rén*), Ophiopogonis Tuber (*mài mén dōng*), Citri Exocarpium (*chén pí*), 1 *qián* each; Ginseng Radix (*rén shēn*), Glycyrrhizae Radix (*gān cǎo*), 5 *fēn* each; Aiziphi Fructus (*dà zǎo*), 2 pieces; Mume Fructus (*wū méi*), 1 piece.

One Pinch of Gold Powder (*yī niē jīn sǎn* 一捏金散)

Corydalis Rhizoma (*yán hú suǒ*), Toosendan Fructus (*chuān liàn zǐ*), Scorpio (*quán xiē*), Foeniculi Fructus (*xiǎo huí xiāng*). Two *qián* taken with hot wine each time has miraculous effects.

Pain-Curing Pill (*juān tòng wán* 蠲痛丸)

Corydalis Rhizoma (*yán hú suǒ*), 1 liǎng; Toosendan Fructus (*chuān liàn zǐ*), 5 *qián*; Foeniculi Fructus (*xiǎo huí xiāng*), 5 *qián*; Phabitidis Semen alba (*qiān niú zǐ*), 2.5 *qián* (tips only); Angelicae sinensis Radix (*dāng guī*), 2.5 *qián*; Alpiniae officinarum Rhizoma (*gāo liáng jiāng*), 2.5 *qián*; Citri reticulatae viride Pericarpium (*qīng pí*), 2.5 *qián*; Aucklandiae Radix (*mù xiāng*), 2.5 *qián*; Linderae Radix (*wū yào*), (2.5 *qián*); Scorpio (*quán xiē*), 7 pieces. Grind all the ingredients, and make [them] into small pills with ginger juice. Take 30–50 pills with warm wine per day.

Patchouli/Agastache Powder to Rectify the Qi (*huò xiāng zhèng qì sǎn*

藿香正氣散)

Arecae Pericarpium (*dà fù pí*), Poria (*fú líng*), Angelicae dahuricae Radix (*bái zhǐ*), Citri reticulatae Pericarpium (*chén pí*), Pogostemonis/Agastaches Herba (*huò xiāng*), Platycodi Radix (*jié gěng*), Glycyrrhizae Radix (*gān cǎo*).

Peach of Immortality and Scallion Decoction (*pán cōng tāng* 蟠蔥湯)

Atractylodis Rhizoma (*cāng zhú*), 1 *qián*; Glycyrrhizae Radix (*gān cǎo*), 1 *qián*; Sparganii Rhizoma (*sān léng*), 7 *fēn*; Curcumae Rhizoma (*é zhú*), 7 *fēn*; Poria (*fú líng*), 7 *fēn*; Citri reticulatae viride Pericarpium (*qīng pí*), 7 *fēn*; Caryophylli Cortex (*dīng xiāng pí*), 5 *fēn*; Amomi Fructus (*shā rén*), 5 *fēn*; Arecae Semen (*bīng láng*), 5 *fēn*; Corydalis Rhizoma (*yán hú suǒ*), 3 *fēn*; Cinnamomi Cortex (*ròu guì*), 3 *fēn*; Zingiberis Rhizoma (*gān jiāng*), 3 *fēn*. Grind all the ingredients, and cook them with a stalk of scallion.

Pinellia Decoction (*bàn xià tāng* 半夏湯)

Boil 8 *shēng* of water drawn from a long stream down to 5 *shēng*, and purify it over a fire of reeds. When the water boils, add 1 *shēng* of sorgham rice and 5 *hé* of Pinelliae Rhizoma preparatum (*zhì bàn xià*). Cook it down to 1.5 *shēng* while scooping off the impurities. Remove the dregs and drink 1 small cupful of the decoction for 3 days, increasing the amount every day, depending on the condition. In acute cases, the patient should lie down after drinking the decoction until perspiration occurs. In chronic cases, drink it only 3 times.

Plum Root Bark Decoction (*lǐ gēn pí tāng* 李根皮湯)

Pruni Saliciae Radicis Cortex (*lǐ gēn pí*), 5 *qián*; Cinnamomi Ramulus (*guì zhī*), 1.5 *qián*; Angelicae sinensis Radix (*dāng guī*), 1 *qián*; Paeoniae Radix alba (*bái sháo*), 1 *qián*; Poria (*fú líng*), 1 *qián*; Scutellariae Radix (*huáng qín*), 1 *qián*; Pinelliae Rhizoma preparatum (*zhì bàn xià*), 5 *fēn*; Glycyrrhizae Radix (*gān cǎo*), 5 *fēn*; Zingiberis Rhizoma recens (*shēng jiāng*), 3 pieces.

Poria and Schizandra Decoction (*fú líng wǔ wèi zǐ tāng* 茯苓五味子湯)

Poria (*fú líng*), 2 *qián*; Schisandrae Fructus (*wǔ wèi zǐ*), 2 *qián*; Cinnamomi Cortex (*ròu guì*), 1 *qián*; Glycyrrhizae Radix (*gān cǎo*), 1 *qián*.

Poria Drink (*fú líng yǐn* 茯苓飲)

Poria (*fú líng*), 3 *liǎng*; Ginseng Radix (*rén shēn*), 2 *liǎng*; Atractylodis Ovatae Rhizoma (*bái zhú*), 3 *liǎng*; Aurantii Fructus Immaturus (*zhǐ shí*), 2 *liǎng*; Citri Exocarpium (*jú pí*), 1 *liǎng*; Zingiberis Rhizoma Recens (*shēng jiāng*), 4 *liǎng*.

Powder of the Divine Sage that Replaces the Needle (*shén shèng dài zhēn sǎn* 神聖代針散)

Olibanum (*rǔ xiāng*), Myrrha (*mò yào*), Angelicae sinensis Radix (*dāng guī*), Angelicae dahuricae Radix (*bái zhǐ*), Ligustici Rhizoma (*chuāng xiōng*), processed Scutellariae Radix (*huáng qín*), 1 *qián* each. Grind all the ingredients, and take 1 *fēn*. In severe cases, one may take 5 *fēn*.

Pubescent Angelicae Decoction (*dú huó tāng* 獨活湯)

Angelicae sinensis Radix (*dāng guī*), Forsythiae Fructus (*lián qiào*), 1.5 *qián* each; Notopterygii Rhizoma seu Radix (*qiāng huó*), Angelicae pubescentis Radix (*dú huó*), Saposhnikoviae Radix (*fáng fēng*), Alismatis Rhizoma (*zé xiè*), Cinnamomi Cortex (*ròu guì*), 1 *qián* each; Stephaniae Radix (*fáng jǐ*), Phellodendri Cortex (*huáng bǎi*), Rhei Radix et Rhizoma (*dà huáng*), Glycyrrhizae Radix (*gān cǎo*), 5 *fēn* each; Persicae Semen (*táo rén*), 9 pieces (retain the tips). Decoct the herbs in a liquid composed of half water and half wine.

Qi Bulging Drink (*qì shàn yǐn* 氣疝飲)

Coptidis Rhizoma (*huáng lián*), soak 2 *qián* in a decoction of Evodiae Fructus (*wú zhū yú*); Ginseng Radix (*rén shēn*), Angelicae Dahuricae Radix (*bái zhǐ*), 1 *qián* each; Paeoniae Radix alba (*bái sháo*), Citri reticulatae Pericarpium (*chén pí*), 7 *fēn* each; Glycyrrhizae Radix (*gān cǎo*), 3 *fēn*; Zingiberis Rhizoma recens (*shēng jiāng*), 3 pieces.

Raise the Yang Decoction (*shēng yǎng tāng* 升陽湯)

Ephedrae Herba (*má huáng*), Saposhnikoviae Radix (*fáng fēng*), Atractylodis Rhizoma (*cāng zhú*), Glycyrrhizae Radix preparata (*zhì gān cǎo*).

Raise the Yang and Drain Heat Decoction (*shēng yáng xiè rè tāng* 升陽瀉熱湯)

Bupleuri Radix (*chái hú*), Citri reticulatae Pericarpium (*chén pí*), Cimicifugae Rhizoma (*shēng má*), Poria Rubra (*chì fú líng*), Aurantii Fructus (*zhǐ ké*), Cyperi Rhizoma (*xiāng fù*), Glycyrrhizae Radix (*gān cǎo*), Paeoniae Radix alba (*bái sháo*).

Regulate the Middle Decoction (*lǐ zhōng tāng* 理中湯)

Ginseng Radix (*rén shēn*), Atractylodis macrocephalae Rhizoma (*bái zhú*), Glycyrrhizae Radix (*gān cǎo*), Zingiberis Rhizoma (*gān jiāng*).

Restore the Origin, Free the Qi Powder (*fù yuán tōng qì sǎn* 復元通氣散)

Phabtidis Semen alba (*qiān niú zǐ*), 2 *liǎng* (tips only); Foeniculi Fructus (*xiǎo huí xiāng*), Manitis Squama (*chuān shān jiǎ*), 0.5 *liǎng* each; Citri reticulatae Pericarpium (*chén pí*), the white part removed, Corydalis Rhizoma (*yán hú suǒ*), baked Glycyrrhizae Radix (*zhì gān cǎo*), 5 *fēn* each.

Restore the Pulse Decoction (*fù mài tāng* 復脈湯)/Honey-Fried Licorice Decoction (*zhì gān cǎo tāng* 炙甘草湯)

Honey-fried Glycyrrhiza Radix (*zhì gān cǎo*), 4 *liǎng*; Ginseng Radix (*rén shēn*), 2 *liǎng*; Cinnamomi Ramulus Cassiae (*guì zī*), 3 *liǎng*; Rehmannia Radix Recens (*shēng dì huáng*), 1 *jīn*; Opiopogonis Tuber (*mài mén dōng*), 3 *liǎng*; Asini Corii Gelatinum (*ē jiāo*), 2 *liǎng*; Cannabis Semen (*huó má rén*), 3 *liǎng*; Zingibeis Rhizoma Recens (*shēng jiāng*), 3 *liǎng*; Ziziphi Fructus (*dà zǎo*), 30 pieces.

Root-Invigorating Elixir (*zhuàng běn dān* 壯本丹)

Eucommiae Cortex (*dù zhòng*), in wine, salted, Psoraleae Semen (*bǔ gǔ zhī*), Roeniculi Fructus (*huí xiāng*), 1 *liǎng* each; Cistanches Herba (*ròu cōng róng*), in wine, Morindae Radix (*bā jǐ tiān*), in wine, Halitum (*qīng yán*), 5 *qián* each. Grind all the ingredients and stuff 5 *qián* of herbs into 2 pieces of pork loin. Bind them tightly with thread, and wrap them with paper. Roast them [until they are] well done. Take with wine.

Saposhnikovia, White Atractylodes, and Oyster Shell Decoction (*fáng fēng bái zhú mǔ lì tāng* 防風白朮牡蠣湯)

Saposhnikovia (*fáng fēng*), Atractylodes macrocephalae Rhizoma (*bái zhú*), Ostreae Concha (*mǔ lì*). Take 2 *qián* of this powder with wine or rice water, 2–3 times a day.

Secretly Transmitted Evodiae Fructus Powder to Dissolve Internal Accumulation (*mì chuán wú zhū nèi xiāo sǎn* 秘傳吳茱萸內消散)

Evodiae Fructus (*wú zhū yú*), soak 5 *qián* in half wine and half vinegar overnight and bake it; Corni Fructus (*shān zhū yú*); Kalimeridia Flos (*mǎ lán huā*), soak in vinegar and then bake; Toosendan Fructus (*chuān liàn zǐ*); Cinnamomi Cortex (*ròu guì*); Pharbitidis Semen Atrum (*hēi chǒu*), tips only; salt-stir-fried Foeniculi Fructus (*xiǎo huí xiāng*); Corydalis Rhizoma (*yán hú suǒ*); Citri reticulatae viride Pericarpium (*qīng pí*), with the white part removed; Sargassum (*hǎi zǎo*), Tribuli Fructus (*cì jí lí*), Persicae Semen (*táo rén*), Aucklandiae Radix (*mù xiāng*), 5 *qián* each. Next remove the Toosendan Fructus (*chuān liàn zǐ*) [from each part], and add 1 *liǎng* of Foeniculi Fructus (*xiǎo huí xiāng*) and Psoraleae Fructus (*bǔ gǔ zhī*) into each [part]. [Grind all four parts together and] make them into pills with wine. Take 50 pills with salt water 3 times per day.

Secretly Transmitted Formula for Leukorrhea (*mì chuán dài xià fāng* 秘傳帶下方)

Celosiae Argenteae Semen (*qīng xiāng zǐ*), Cuscutae Semen (*tù sī zǐ*), Gossypii hirsuti Semen (*mián huā zǐ*).¹

Six Flavor Pill [with Rehmannia] (*liù wèi dì huáng wán* 六味地黃丸)

Rehmanniae Radix (*shú dì huáng*), 16 *liǎng*; Corni Fructus (*shān zhū yú*), 8 *liǎng*; Dioscoreae Radix (*shān yào*), 8 *liǎng*; Poria (*fú líng*), 4 *liǎng*; Moutan Radicis Cortex (*mǔ dān pí*), 8 *liǎng*; Alismatis Tuber (*zé xiè*), 8 *liǎng*.

Spider Powder (*zhī zhū sǎn* 蜘蛛散)

Spider, 14 pieces, lightly stir-fried; Cinnamomi Cortex (*ròu guì*), 5 *fēn*.

Styrax Pill (*sū hé wán* 蘇和丸)

Atractylodes Macrocephalia (*bái zhú*), 2 *liǎng*; Aucklandiae Radix (*qīng mù xiāng*), 2 *liǎng*; Rhinocerotis Cornu (*xī jiǎo*), 2 *liǎng*; Cyperi Rhizoma (*xiāng fù zǐ*), 2 *liǎng*; Cinnabaris (*zhū shā*), 2 *liǎng*; Chebui Fructus (*kē zǐ*), 2 *liǎng*; Santali Lignum (*tán xiāng*), 2 *liǎng*; Benzoinum (*ān xī xiāng*), 2 *liǎng*; Aquilariae Lignum (*chén xiāng*), 2 *liǎng*; Moschus (*shè xiāng*), 2 *liǎng*; Caryophylli Flos (*dīng xiāng*), 2 *liǎng*; Borneolum (*bīng piàn*), 1 *liǎng*; Olibanum (*rǔ xiāng*), 1 *liǎng*; Styrax Liquidus (*sū hé xiāng*), 1 *liǎng*.

1. The source text calls this medicinal 棉子肉 (*mián zǐ ròu*). Our best guess is that it is Gossypii hirsuti Semen (*mián huā zǐ* 棉花子).

Sudden Smile Powder (*shī xiào sǎn* 失笑散)

Trogopteron seu Pteromydis Excrementum (*wǔ líng zhī*), 2 *qián*; Typhae Pollen (*pú huáng*), 2 *qián*.

Tangerine Pip Pill (*jú hé wán* 橘核丸)

Stir-fried Citri reticulatae Semen (*jú hé*), wine-stir-fried Sargassum (*hǎi zǎo*), wine-stir-fried Eckloniae Thallus (*kūn bù*), wine-stir-fried Zosteriae Marinae Herba (*hǎi dài*), rice-powder-stir-fried Persicae Semen (*táo rén*), stir-fried Nelumbinis Semen (*lián zǐ*), 1 *liǎng* each; wine-stir-fried Corydalis Tuber (*yán hú suǒ*). Stir-fry equal amounts of Pharbitidis Semen Atrum (*hēi chǒu*), Phabitidis Semen alba (*bái chǒu*), and Phabitidis Semen (*qiān niú zǐ*) (chop off tips). Mince 3 *qián* of pig's kidneys (*zhū yāo zǐ*), and add Zanthoxyli Pericarpium (*huā jiāo*), 50 pieces, and Foeniculi Fructus (*xiǎo huí xiāng*), 100 pieces. Mix all the ingredients, and grind them into a fine mash, then wrap this preparation with wet paper and hold it over a fire until its aroma rises. Chew the remaining mixture with wine.

Tangerine Pip Powder (*jú hé sǎn* 橘核散)

Citri Semen reticulatae (*jú hé*), 1.5 *qián*; Persicae Semen (*táo rén*), 15 pieces; Gardeniae Fructus (*zhī zǐ*), 1 *qián*; Aconiti Radix preparata (*zhì chuān wū*), Evodiae Fructus (*wú zhū yú*), 5 *fēn* each.

Tangkuei and Mutton Decoction (*dāng guī yáng ròu tāng* 當歸羊肉湯)

Mutton (*yáng ròu*), 1 *jīn*; Zingiberis Rhizoma recens (*shēng jiāng*), 5 *liǎng*; Angelicae sinensis Radix (*dāng guī*), 2 *liǎng*.

Tangkuei Decoction for Frigid Extremities (*dāng guī sì nì tāng* 當歸四逆湯)

Angelicae sinensis Radix (*dāng guī*), 1.2 *qián*; Aconiti Radix lateralis preparata (*zhì fù zǐ*), Cinnamomi Cortex (*ròu guì*), Foeniculi Fructus (*xiǎo huí xiāng*), 1 *qián* each; Paeoniae Radix alba (*bái sháo*), Bupleuri Radix (*chái hú*), 9 *fēn* each; Corydalis Rhizoma (*yán hú suǒ*), Toosendan Fructus (*chuān liàn zǐ*), Poria (*fú líng*), 7 *fēn* each.

Tonify the Middle to Augment the Qi Decoction (*bǔ zhòng yì qì tāng*

補中益氣湯)

Astragali Radix (*huáng qí*), Ginseng Radix (*rén shēn*), Angelicae sinensis Radix (*dāng guī*), Atractylodis macrocephalae Rhizoma (*bái zhú*), Citri reticulatae Pericarpium (*chén pí*), Glycyrrhizae Radix (*gān cǎo*), Cimicifugae Rhizoma (*shēng má*), Bupleuri Radix (*chái hú*).

Top-Quality Lindera Powder (*tiān tái wū yào sǎn* 天台烏藥散)

Toosendan Fructus (*chuān liàn zǐ*), 10 pieces; Crotonis Semen (*bā dòu*), 14 pieces. Cook them with flour until they get nicely brown. Remove Crotonis Semen (*bā dòu*) and then add Linderae Radix (*wū yào*), Aucklandiae Radix (*mù xiāng*), Foeniculi Fructus (*xiǎo huí xiāng*), Zingiberis Rhizoma (*gān jiāng*); Citri reticulatae viride Pericarpium (*qīng pí*), 5 *qián* each, and Arecae Semen (*bīng láng*), 3 *qián*. Take 1 *qián* of the powdered herbs with wine. For a severe case, take it with stir-fried ginger and hot wine.

Two-Aged [Herb] Decoction (*èr chén tāng* 二陳湯)

Poria (*fú líng*), 3 *liǎng*; Citri reticulatae Pericarpium (*chén pí*), 5 *liǎng*; Pinelliae Rhizoma preparatum (*zhì bàn xià*), 5 *liǎng*; Glycyrrhizae Radix (*gān cǎo*), 1.5 *liǎng*.

Two-Fragrance Pill (*èr xiāng wán* 二香丸)

Aucklandiae Radix (*mù xiāng*) 3 *liǎng*; Cyperi Rhizoma (*xiāng fù zǐ*), 3 *liǎng*; Crataegi Fructus (*shān zhā*), 2 *liǎng*; Cinnamomi Cortex (*ròu guì*), 2 *liǎng*; Sparganii Rhizoma (*sān léng*), 1 *liǎng*; vinegar-fried; Curcuma Rhizoma (*é zhú*), 1 *liǎng*; vinegar-fried Arisaematis Rhizoma preparatum (*zhì tiān nán xīng*), 1 *liǎng*; Coptidis Rhizoma (*huáng lián*), 1 *liǎng* [stir-fried with Evodiae Fructus (*wú zhū yú*)]; Raphani Semen (*luó bo zǐ*), 5 *qián*; Citri reticulatae Semen (*jú hé*), 5 *qián*; Persicae Semen (*táo rén*), 5 *qián*; and Gardineae Fructus (*zī zǐ*), 5 *qián* each. Make them into pills with ginger paste.

Unripe Bitter Orange and Atractylodes Pill (*zhǐ zhú wán* 枳術丸)

Aurantii Fructus immaturus (*zhǐ shí*), 80 *qián*; Atractylodes Macrocephelae (*bái zhú*), 160 *qián*.

Various Fragrant Herbs Drink (*jù xiāng yǐn zi* 聚香飲子)

Olibanum (*rǔ xiāng*), Aquilariae Lignum resinatum (*chén xiāng*), Santali albi Lignum (*tán xiāng*), Aucklandiae Radix (*mù xiāng*), Pogostemonis/Agastaches Herba (*huò xiāng*), 8 *fēn* each; Curcumae longae Rhizoma (*jiāng huáng*), Linderae Radix (*wū yào*), Platycodi Radix (*jié gěng*), Cinnamomi Cortex (*ròu guì*), Glycyrrhizae Radix (*gān cǎo*), Corydalis Rhizoma (*yán hú suǒ*), 4 *fēn* each; Zingiberis Rhizoma recens (*shēng jiāng*), 3 pieces; Jujubae Fructus (*dà zǎo*), 2 pieces.