

CLASSICAL TEXTS REFERENCE

with Formulas and Alternative Translations

Text in the book uses literal character-to-word translations for source texts. Alternative published translations are indicated by the following code letters:

- C&C:** *Chinese Herbal Formulas and Applications*, John K. Chen and Tina T. Chen, Art of Medicine Press, City of Industry, CA, 2009
- F&S:** *Formulas and Strategies* (Chinese Herbal Medicine Formulas & Strategies, 2nd Edition, Volker Scheid, Dan Bensky, Andrew Ellis and Randall Barolet, Eastland Press, Seattle, WA, 2009
- PMPH:** People's Medical Publishing House standardized translations

WESTERN HAN DYNASTY

xī hàn (西汉), 206 BCE – 23 CE

1 book, 4 herbs

Author: Unknown

Source: *Shén Nóng Běn Cǎo Jīng* (神农本草经), 300 BCE – 200 CE

Literal: “Shen Nong’s Materia Medica Classic”

C&C, F&S: “Divine Husbandman’s Classic of the Materia Medica”

PMPH: “Shen Nong’s Classic of the Materia Medica”

Herbs:

huáng qí (黄芪), Radix Astragali (Chapter 16A)

rén shēn (人参), Radix Ginseng (Chapter 16A)

dāng guī (当归), Radix Angelicae Sinensis (Chapter 16B)

líng zhī (灵芝), Ganoderma (Chapter 18B)

EASTERN HAN DYNASTY

dōng hàn (东汉), 25–220 CE

3 books, 27 formulas

Author: Huà Tuó (华佗)

Source: *Zhōng Zàng Jīng* (中藏经), 2nd c.

Literal: “Central Depository Classic”

C&C, F&S: “Treasury Classic”

PMPH: “Central Treasury Classic”

Formula: *wǔ pí yǐn* (五皮饮) (Chapter 12)

Author: Zhāng Zhòng-Jǐng (张仲景)

Source: *Shāng Hán Lùn* (伤寒论), 220

Literal: “Injury (by) Cold, Discussion”

PMPH: “Treatise on Cold Damage”

F&S: “Discussion of Cold Damage”

C&C: “Discussion of Cold-Induced Disorders”

Formulas:

gé gēn tāng (葛根汤) (Chapter 1A)

guì zhī tāng (桂枝汤) (Chapter 1A)

bái hǔ tāng (白虎汤) (Chapter 2B)

dāng guī sì nì tāng (当归四逆汤) (Chapter 4D)

sháo yào gān cǎo tāng (芍药甘草汤) (Chapter 5C)

xiǎo jiàn zhōng tāng (小建中汤) (Chapter 6B)

wū méi wán (乌梅丸) (Chapter 6D)

dà chéng qì tāng (大承气汤) (Chapter 6E)

má zǐ rén wán (麻子仁丸) (Chapter 6E)

xiǎo chéng qì tāng (小承气汤) (Chapter 7A)

chái hú jiā lóng gǔ mǔ lì tāng (柴胡加龙骨牡蛎汤) (Chapter 7B)

dà chái hú tāng (大柴胡汤) (Chapter 7C)

wǔ líng sǎn (五苓散) (Chapter 12)

zhēn wǔ tāng (真武汤) (Chapter 12)

zhì gān cǎo tāng (炙甘草汤) (Chapter 18A)

Author: Zhāng Zhòng-jǐng (张仲景)

Source: *Jīn Guì Yào Lüè* (金匮要略), 220

Literal: “Golden Cabinet Essential Summary”

C&C, F&S, PMPH: “Essentials from the Golden Cabinet”

Formulas:

dà huáng mǔ dān pí tāng (大黄牡丹皮汤) (Chapter 2A)

bàn xià hòu pò tāng (半夏厚朴汤) (Chapter 3C)

huáng qí guì zhī wǔ wù tāng (黄芪桂枝五物汤) (Chapter 4C)

jiāo ài tāng (胶艾汤) (Chapter 8A)

wēn jīng tāng (温经汤) (Chapter 8A)

dāng guī sháo yào sǎn (当归芍药散) (Chapter 8C)

guì zhī fú líng wán (桂枝茯苓丸) (Chapter 8C)

gān mài dà zǎo tāng (甘麦大枣汤) (Chapter 9)

suān zǎo rén tāng (酸枣仁汤) (Chapter 9)

fáng jǐ huáng qí tāng (防己黄芪汤) (Chapter 12)

jīn guì shèn qì wán (金匮肾气丸) (Chapter 17B)

SOUTHERN & NORTHERN DYNASTIES

nán běi cháo (南北朝) 386 – 589 CE

1 book, 1 formula

Author: Liú Juān-zǐ (刘涓子); Revised by Gōng Qìng-xuān (龚庆宣)

Source: *Liú Juān Zǐ Guǐ Yí Fāng* (刘涓子鬼遗方), 499

Literal: “Li Juan-Zi’s Ghost-Bequeathed Formulas”

F&S: “Formulas Bequeathed by the Unorthodox Genius Liu Juan-Zi”

PMPH: “Liu Juan-Zi’s Ghost-Bequeathed Formulas”

Formula: *nèi bǔ huáng qí tāng* (内补黄芪汤) (Chapter 18A)

TANG DYNASTY

táng (唐), 618–907 CE

4 books, 4 formulas, 1 herb

Author: Sūn Sī-Miǎo (孙思邈)

Source: *Qiān Jīn Yào Fāng* (千金要方), 652

Literal: “Thousand Gold (Pieces) Important Formulas”

C&C: “Thousand Ducat Prescriptions”

F&S, PMPH: “Important Formulas Worth a Thousand Gold Pieces”

aka:

Bèi Jí Qiān Jīn Yào Fāng (备急千金要方), 652

Literal: “Prepare (for) Emergency Thousand Gold (Pieces) Important Formulas”

C&C: “Thousands of Golden Prescriptions for Emergencies”

PMPH: “Important Formulas Worth a Thousand Gold Pieces for Emergency”

Formulas:

sū zǐ jiàng qì tāng (苏子降气汤) (Chapter 3C)

dú huó jì shēng tāng (独活寄生汤) (Chapter 4F)

Author: Rì Huá-Zǐ (日华子)

Source: *Rì Huá Zǐ Běn Cǎo* (日华子本草), 713

Literal: “Ri Hua-Zi’s Materia Medica”

C&C, F&S: “Materia Medica of Ri Hua-Zi”

PMPH: “Ri Hua-zi’s Materia Medica”

Herb: *hé shǒu wū* (何首乌), Radix Polygoni Multiflori (Chapter 16B)

Author: Wáng Tāo (王焘)

Source: *Wài Tái Mì Yào* (外台秘要), 752

Literal: “Outer Platform (Imperial Library) Secret Essentials”

C&C, F&S, PMPH: “Arcane Essentials from the Imperial Library”

Formula: *huáng lián jiě dú tāng* (黄连解毒汤) (Chapter 2A)

- Author:** Lìn Dào Rén (Lin the Daoist) (蒯道人)
- Source:** *Xiān Shòu Lǐ Shāng Xù Duàn Mì Fāng* (仙授理伤续断秘方), 846
Literal: “Immortal Instructs Management (of) Injuries (and) Repair (of) Fractures, Secret Formulas”
C&C: “Secret Recipes of Treating Wounds and Bone-Setting Taught by Celestials”
F&S: “Secret Formulas to Manage Trauma and Reconnect Fractures Received from an Immortal”
- Formula:** *sì wù tāng* (四物汤) (Chapter 16B)

NORTHERN SONG DYNASTY

běi sòng (北宋), 960–1127 CE
2 books, 17 formulas

- Author:** Zhōu Yìng (周应)
- Source:** *jiǎn yào jǐ zhòng fāng* (简要济众方), 1051
Literal: “Simple Important Aid Multitude Formulas”
F&S: “Concise Formulas to Aid the Multitudes”
- Formula:**
píng wèi sǎn (平胃散) (Chapter 6A)
- Author:** Imperial Medical Bureau (*tài yī jú*, 太医局);
revised by Chén Shī-Wén (陈师文)
- Source:** *Tài Píng Huì Mín Hé Jì Jú Fāng* (太平惠民和剂局方), 1078
Literal: “(Era of) Great Peace, Benefit People Harmonious Medicines, Office (of) Formulas”
C&C: “Imperial Grace Formulary of the Tai Ping Era”
F&S: “Formulary of the Pharmacy Service for Benefitting the People in the Taiping Era”
PMPH: “Beneficial Formulas from the Taiping Imperial Pharmacy”
- Formulas:**
chuān xiōng chá tiáo sǎn (川芎茶调散) (Chapter 1A)
liáng gé sǎn (凉膈散) (Chapter 2B)
è chén tāng (二陈汤) (Chapter 3C)
sū zǐ jiàng qì tāng (苏子降气汤), (Chapter 3C)
xiǎo huó luò dān (小活络丹) (Chapter 4D)
sì jūn zǐ tāng (四君子汤) (Chapter 6A)

píng wèi sǎn (平胃散) (Chapter 6A)
shēn líng bái zhú sǎn (参苓白朮散) (Chapter 6A)
fù zǐ lǐ zhōng wán (附子理中丸) (Chapter 6B)
huò xiāng zhèng qì sǎn (藿香正气散) (Chapter 6D)
huái jiǎo wán (槐角丸) (Chapter 6F)
xiāo yáo sǎn (逍遥散) (Chapter 7A)
bā zhèng sǎn (八正散) (Chapter 11B)
rén shēn yǎng róng tāng (人参养荣汤) (Chapter 15C)
sì wù tāng (四物汤) (Chapter 16B)
shí quán dà bǔ tāng (十全大补汤) (Chapter 18A)

SOUTHERN SONG DYNASTY

nán sòng (南宋), 1127–1279 CE

3 books, 3 formulas

Author: Liú Wán-Sù (刘完素)

Source: *Huáng Dì Sù Wèn Xuán Míng Lùn Fāng* (黄帝素问宣明论方), 1172
Literal: “Yellow Emperor’s Plain Questions Proclaimed Clear Discussion of Formulas”
C&C, F&S, PMPH: “Formulas from the Discussion Illuminating the Yellow Emperor’s Basic Questions”

Formula: *fáng fēng tōng shèng sǎn* (防风通圣散) (Chapter 2B)

Author: Wú Yàn-Kuí (吴彦夔)

Source: *Chuán Xìn Shì Yòng Fāng* (传信适用方), 1180
Literal: “Transmitted Suitable (and) Useable Formulas”
F&S: “Transmitted Trustworthy and Suitable Formulas”

Formula: *shí quán dà bǔ tāng* (十全大补汤) (Chapter 18A)

Author: Zhāng Cóng-Zhèng (张从正) aka Zhāng Zǐ-Hé (张子和)

Source: *Rú Mén Shì Qīn* (儒门事亲), 1228
Literal: “Confucians’ Duties (to their) Parents”
C&C, F&S, PMPH: “Confucians’ Duties to Their Parents”

Formula: *mù xiāng bīng láng wán* (木香槟榔丸) (Chapter 6E)

WESTERN XIA

(*xī xià*, 西夏) 1038–1227 CE

JIN DYNASTY

jīn (金), 1115–1234 CE

13 books, 22 formulas

Author: Kòu Zōng-Shì (寇宗奭)

Source: *Běn Cǎo Yǎn Yì* (本草衍义), 1116

Literal: “Materia Medica Extended Meanings”

C&C, F&S, PMPH: “Extension of the Materia Medica”

Formula:

sāng piāo xiāo sǎn (桑螵蛸散) (Chapter 11C)

Author: Anonymous, Song Imperial Court

Source: *Zhèng Hé Shèng Jì Zōng Lù* (政和圣济总录), 1117

Literal: “(Era of) Political Harmony, Sagely Assistance, Comprehensive Recording”

C&C: “Comprehensive Recording of Sage-Like Benefit from the Zheng He Era”

F&S: “Comprehensive Recording of Sagely Beneficence from the Zhenghe Era”

PMPH: “Comprehensive Recording of Divine Assistance from the Zhenghe Era”

Formula:

tiān tái wū yào sǎn (天台乌药散) (Chapter 7A)

Author: Qián Yǐ (钱乙)

Source: *Qián Shì Xiǎo Ér Yào Zhèng Zhí Jué* (钱氏小儿药证直), 1119

Literal: “Qian’s Children’s Medical Patterns, Straight Secrets”

PMPH: “Qian’s Key to Diagnosis and Treatment of Children’s Diseases”

as:

Xiǎo Ér Yào Zhèng Zhí Jué (小儿药证直), 1119

Literal: “Children’s Medical Patterns, Straight Secrets”

C&C: “Craft of Medicinal Treatment for Childhood Disease Patterns”

F&S: “Craft of Medicines and Patterns for Children”

PMPH: “Key to Diagnosis and Treatment of Children’s Diseases”

Formulas:

rén shēn bài dú sǎn (人参败毒散) (Chapter 1A)

dǎo chì sǎn (导赤散) (Chapter 2B)

liù wèi dì huáng wán (六味地黄丸) (Chapter 16A)

Author: Hóng Zūn (洪遵) *aka* Hóng Jǐng-Píng (洪景平)

Source: *Hóng Shì Jí Yàn Fang* (洪氏集验方), 1170

Literal: “Hong’s Collection (of) Examined Formulas”

C&C: “Time-Tested Formulas of Hong Family”

F&S: “Hong’s Collection of Experiential Formulas”

Formula: *huán shào dān* (还少丹) (Chapter 18A)

Author: Chén Yán (陈言) *aka* Chén Wú-Zé (陈无择)

Source: *Sān Yīn Jí Yī Bìng Zhèng Fāng Lùn* (三因极一病证方论), 1174

Literal: “Three Etiologies Unification (of) Illness, Patterns (and) Formulas Discussion”

C&C, F&S: “Discussion of Illnesses, Patterns, and Formulas Related to the Unification of the Three Etiologies”

PMPH: “Treatise on Diseases, Patterns, and Formulas Related to the Unification of the Three Etiologies”

Formula: *wēn dǎn tāng* (温胆汤) (Chapter 7C)

Author: Yáng Tán (杨倓)

Source: *Yáng Shì Jiā Cáng Fāng* (杨氏家藏方), 1178

Literal: “Yang Family Depository (of) Formulas”

C&C: “Collected Formulas of the Yang Family”

F&S: “Yang Family Formulas”

PMPH: “Secret Formulas of the Yang Family”

Formula: *juān bì tāng* (蠲痹汤) – 1 (Chapter 4A)

Author: Zhāng Yuán-Sù (张元素) *aka* Zhāng Jié-Gǔ (张洁古)

Source: *Yī Xué Qǐ Yuán* (医学启源), 1186

Literal: “Medical Studies Informed Origins”

PMPH: “Origins of Medicine”

F&S: “Expounding on the Origins of Medicine”

Formula: *dāng guī niān tòng tāng* (当归拈痛汤) (Chapter 4E)

Author: Chén Zì-Míng (陈自明)

Source: *Fù Rén Liáng Fāng* (妇人良方), 1237

Literal: “Women’s Fine Formulas”

C&C, F&S, PMPH: “Fine Formulas for Women”

Formulas:

sān bì tāng (三痹汤) (Chapter 4C)

liù jūn zǐ tāng (六君子汤) (Chapter 6A)

tiān wáng bǔ xīn dān (天王补心丹) (Chapter 9)

Author: Lǐ Gǎo (李杲) *aka* Lǐ Dōng-Yuán (李东垣)

Source: *Nèi Wài Shāng Biàn Huò Lùn* (内外伤辨惑论), 1247

Literal: “Internal External Injury, Clarify False-Notions Discussion”

C&C: “Clarifying Doubts about Injury from Internal and External Causes”

F&S, PMPH: “Clarifying Doubts about Damage from Internal and External Causes”

Formulas:

shēng mài sǎn (生脉散) (Chapter 3E)

liù jūn zǐ tāng (六君子汤) (Chapter 6A)

dāng guī bǔ xuè tāng (当归补血汤) (Chapter 15C)

Author: Lǐ Gǎo (李杲) *aka* Lǐ Dōng-Yuán (李东垣)

Source: *Pí Wèi Lùn* (脾胃论), 1249

Literal: “Spleen, Stomach Discussion”

C&C, F&S: “Discussion of the Spleen and Stomach”

PMPH: “Treatise on the Spleen and Stomach”

Formulas:

bǔ zhōng yì qì tāng (补中益气汤) (Chapter 6A)

rùn cháng wán (润肠丸) (Chapter 6D)

bàn xià bái zhú tiān má tāng (半夏白术天麻汤) –1 (Chapter 7B)

Author: Yáng Shì-Yíng (杨士瀛) *aka* Yáng Rén-Zhāi (杨仁斋)

Source: *Rén Zhāi Zhí Zhǐ Fāng* (仁斋直指方), 1264

Literal: “Ren-Zhai’s Straight Indications Formula Discussion”

C&C: “Straight Directions of Benevolent Aid”

F&S: “Straight Direction from [Yang] Ren-Zhai”

PMPH: “[Yang] Ren-zhai’s Direct Guidance on Formulas”

Formula: *yù quán wán* (玉泉丸) (Chapter 15A)

Author: Lǐ Gǎo (李杲) aka Lǐ Dōng-Yuán (李东垣), edited by Luō Tān-Yì (罗天益)

Source: *Dōng Yuán Shì Xiào Fāng* (东垣试效方), 1266

Literal: “Dong-Yuan’s Tested, Effective Formulas”

F&S: “Dong-Yuan’s Tried and Tested Formulas”

PMPH: “[Li] Dong-yuan’s Proven Formulas”

also as:

Dōng Héng Shì Xiào Fāng (东恒试效方), 1266

Literal: “Dong-Heng’s Tested, Effective Formulas”

C&C: “Tested and Effective Formulas by Dong Heng”

Formula: *pǔ jì xiāo dú yǐn* (普济消毒饮) (Chapter 2A)

Author: Lǐ Gǎo (李杲) aka Lǐ Dōng-Yuán (李东垣)

Source: *Lán Shì Mì Cáng* (兰室秘藏), date unknown, published 1276

Literal: “Orchid Chamber’s Secrets Concealed”

C&C, F&S, PMPH: “Secrets from the Orchid Chamber”

Formula: *qīng wèi sǎn* (清胃散) (Chapter 2B)

YUAN DYNASTY

yuán (元), 1271–1368 CE

8 books, 11 formulas

Author: Anonymous

Source: *Mì Chuán Yǎn Kē Lóng Mù Lùn* (秘传眼科龙木论), 13th century

Literal: “Secret Transmission (on) Eye (Diseases), Long-Mu’s Discussion”

PMPH: “The Secret Transmission of Long-mu’s Ophthalmology”

Author: Yán Yòng-Hé (严用和)

Source: *Jì Shēng Fāng* (济生方), 1253

Literal: “Aid (the) Living Formulas”

C&C, F&S, PMPH: “Formulas to Aid the Living”

Formulas:

cāng ěr zǐ sǎn (苍耳子散) (Chapter 1C)

xīn yí wán (辛夷丸) (Chapter 1C)

guī pí tāng (归脾汤) (Chapter 9)

dāng guī yǐn zǐ (当归饮子) (Chapter 13A)

Author: Luó Tiān-Yì (羅天益)

Source: *Wèi Shēng Bǎo Jiàn* (卫生宝鉴), 1281

Literal: “Protect Life Precious Mirror”

C&C, F&S, PMPH: “Precious Mirror of Health”

Formula: *lóng dǎn xiè gān tāng* (龙胆泻肝汤)

Author: Wáng Hào-Gǔ (王好古)

Source: *Yī Lèi Yuán Róng* (医垒元戎), 1291

Literal: “Medical Ramparts Supreme Commanders”

F&S: “Supreme Commanders of the Medical Ramparts”

Formula: *táo hóng sì wù tāng* (桃红四物汤) (Chapter 8C)

Author: Lǐ Zhòng-Nán (李仲南)

Source: *Yǒng Lèi Qián Fāng* (永类钤方), 1331

Literal: “Eternal Categories Inscribed Formulas”

C&C: “Everlasting Categorization of Seal Formulas”

F&S: “Everlasting Categorization of Inscribed Formulas”

Formula: *bǔ fèi tāng* (补肺汤) (Chapter 3F)

Author: Wēi Yì-Lín (危亦林)

Source: *Shì Yī Dé Xiào Fāng* (世医得效方), 1345

Literal: “Generations (of) Physicians Obtained Effective Formulas”

C&C, F&S, PMPH: “Effective Formulas from Generations of Physicians”

Formulas:

wǔ rén wán (五仁丸) (Chapter 6E)

qǐ jú dì huáng wán (杞菊地黄丸) (Chapter 14)

Author: Gé Kě-Jiǔ (葛可久) aka Gé Qián-Sūn (葛乾孙)

Source: *Shí Yào Shén Shū* (十药神书), 1348

C&C: “Miraculous Book of Ten Remedies”

F&S: “Miraculous Book of Ten Remedies for Consumption”

PMPH: “Divine Book of Ten Medicinal Formulas”

as: *Láo Zhèng Shí Yào Shén Shū* (勞症十药神书), 1348
Literal: “Consumption Disease Ten Medicines Divine Book”
F&S: “Miraculous Book of Ten Remedies for Consumption”
PMPH: “Deficiency Taxation Divine Book of Ten Medicinal Formulas”
Formula: *shí huī sǎn* (十灰散) (Chapter 5D)

Author: Huá Shòu (滑寿)
Source: *Má Zhěn Quán Shū* (麻疹全书), circa 1350
Literal: “Measles Complete Treatise”
F&S: “Complete Treatise on Measles”
Formula: *qǐ jú dì huáng wán* (杞菊地黄丸) (Chapter 14)

MING DYNASTY

míng (明), 1368–1644 or 1662 CE
21 books, 36 formulas

Author: Táo Huá (陶华)
Source: *Shāng Hán Liù Shū* (伤寒六书), 1445
Literal: “Injury (by) Cold, Six Books”
C&C: “Six Texts on Cold-Induced Disorders”
F&S, PMPH: “Six Texts on Cold Damage”
Formula: *chái gé jiě jī tāng* (柴葛解肌汤) (Chapter 1B)

Author: Anonymous (probably Táo Huá, 陶华)
Source: *Shāng Hán Quán Shēng Jí* (伤寒全生集), 1445
Literal: “Injury (by) Cold, Complete Life Collection”
C&C: “All-New Collection of Cold Induced Disorders”
F&S: “Complete Compendium of Cold Damage”
Formula: *lián qiào bài dú piān* (连翘败毒片) (Chapter 13A)

Author: Zhū Zhèn-Hěng (朱震亨) aka Zhū Dān-Xī (朱丹溪)
Source: *Dān Xī Xīn Fǎ* (丹溪心法), 1481
Literal: “Dan-Xi’s Heart Method” (eg, “Personal Insights”)
C&C, PMPH: “Teachings of [Zhu] Dan-xi”
F&S: “Essential Teachings of [Zhu] Dan-Xi”

Formulas:

èr miào sǎn (二妙散) (Chapter 4E)
bǎo hé wán (保和丸) (Chapter 6C)
tòng xiè yào fāng (痛泻药方) (Chapter 6D)
dà bǔ yīn wán (大补阴丸) (Chapter 8E)
yù píng fēng sǎn (玉屏风散) (Chapter 16A)

Author: Yú Tuán (虞抟)

Source: *Yī Xué Zhèng Chuán* (医学正传), 1515

Literal: “Medical Studies Correct Transmission”

C&C: “True Lineage of Medicine”

F&S: “Correct Transmission of Medicine”

Formula: *sān miào sǎn* (三妙散) (Chapter 4E)

Author: Xuē Jǐ (薛己) *aka* Xuē Xīn-Fǔ (薛新甫) *aka* Xuē Lì-Zhāi (薛立斋)

Source: *Zhèng Tǐ Lèi Yào* (正体类要), 1529

Literal: “Standardized Category Essentials”

C&C: “Catalogued Essentials for Correcting the Body”

F&S: “Categorized Essentials for Normalizing the Structure”

PMPH: “Categorized Synopsis of the Whole”

Formula: *bā zhēn tāng* (八珍汤) (Chapter 15C)

Author: Xuē Jǐ (薛己) *aka* Xuē Xīn-Fǔ (薛新甫) *aka* Xuē Lì-Zhāi (薛立斋)

Source: *Nèi Kē Zhāi Yào* (内科摘要), circa 1530

Literal: “Internal (Medicine) Department Selected Essentials”

C&C, F&S, PMPH: “Summary of Internal Medicine”

Formula: *jiā wèi xiāo yáo sǎn* (加味逍遥散) (Chapter 8B)

Author: Xuē Jǐ (薛己) *aka* Xuē Xīn-Fǔ (薛新甫) *aka* Xuē Lì-Zhāi (薛立斋)

Source: *Jiào Zhù Fù Rén Liáng Fāng* (校注妇人良方), mid-16th c.

Literal: “Corrections (and) Annotations (to) Women’s Fine Formulas”

C&C: “Revised Fine Formulas for Women”

F&S: “Fine Formulas for Women with Annotations and Commentary”

PMPH: “Corrections and Annotations to Fine Formulas for Women”

Formulas:

sān bì tāng (三痹汤) (Chapter 4C)

liù jūn zǐ tāng (六君子汤) (Chapter 6A)

tiān wáng bǔ xīn dān (天王补心丹) (Chapter 9)

Author: Péng Yòng-Guāng (彭用光)

Source: *Tǐ Rén Huì Biān* (体仁汇编), 1549

Literal: “Body Benevolent Collection-Compilation”

C&C, F&S: “Compilation of Materials of Benevolence for the Body”

PMPH: “A Compilation of Benevolent Formulas”

Formula: *bǎi zǐ yǎng xīn tāng* (柏子养心汤) (Chapter 9)

Author: Zhāng Shí-Chè (张时彻)

Source: *Shè Shēng Zhòng Miào Fāng* (摄生众妙方), 1550

Literal: “Conserve Life Multitude (of) Marvelous Formulas”

C&C: “Marvelous Formulas for the Health of Multitudes”

F&S: “Multitude of Marvelous Formulas for Sustaining Life”

PMPH: “Numerous Miraculous Prescriptions for Health Cultivation”

Formulas:

jīng fáng bài dú sǎn (荆防败毒散) (Chapter 1A)

dìng chuǎn wán (定喘丸) (Chapter 3F)

Author: Zhōu Zhī-Gān (周之干) *aka* Zhōu Shèn-Zhāi (周慎斋)

Source: *Shèn Zhāi Yí Shū* (慎斋遗书), 1573

Literal: “Shen-Zhai’s Dying Testament”

F&S: “Writings for Posterity of (Zhou) Shen-Zhai”

Formula: *bǎi hé gù jīn tāng* (百合固金汤) (Chapter 3E)

Author: Lǐ Chān (李梴) *aka* Lǐ Tǐng (李挺) *aka* Lǐ Jiàn-Zhāi (李健齋)

Source: *Yī Xué Rù Mén* (医学入门), 1575

Literal: “Medical Studies Introduction”

C&C, F&S, PMPH: “Introduction to Medicine”

Formula: *wǔ zǐ yǎn zōng wán* (五子衍宗丸)

Author: Wú Kūn (吴昆)

Source: *Yī Fāng Kǎo* (医方考), 1584

Literal: “Medical Formula Investigations”

C&C, F&S, PMPH: “Investigations of Medical Formulas”

Formulas:

qīng qì huà tán wán (清气化痰丸) (Chapter 3B)

zhī bǎi dì huáng wán (知柏地黄丸) (Chapter 8E)

Author: Gōng Tíng-Xián (龚廷贤)

Source: *Wàn Bìng Huí Chūn* (万病回春), 1587

Literal: “Thousand Diseases Returned to Spring” (eg, “Restored to Health”)

C&C, F&S, PMPH: “Restoration of Health from the Myriad Diseases”

Formulas:

shū jīng huó xuè tāng (舒经活血汤) (Chapter 4A)

xiāng shā yǎng wèi tāng (香砂养胃汤) (Chapter 6C)

shū gān tāng (疏肝汤) (Chapter 7A) – older version

Author: Lǐ Shí-Zhēn (李时珍) *aka* Lǐ Dōng-Bì (李东壁)

Source: *Běn Cǎo Gāng Mù* (本草纲目), 1578 or 1590

Literal: “Materia Medica Guiding Outline”

C&C: “Materia Medica”

F&S: “Comprehensive Outline of the Materia Medica”

PMPH: “The Grand Compendium of Materia Medica”

Formula: *qī bǎo měi rán dān* (七宝美髯丹) (Chapter 13B)

Author: Wáng Kěn-Tāng (王肯堂)

Source: *Zhèng Zhì Zhǔn Shéng* (证治准绳), 1602

Literal: “Pattern Treatment Standards”

C&C: “Standards of Patterns and Treatment”

F&S: “Indispensable Tools for Pattern Treatment”

PMPH: “Standards for Diagnosis and Treatment”

Formula: *qīng gǔ sǎn* (清骨散) (Chapter 8E)

Author: Miào Xī-Yōng (繆希雍)

Source: *Xiān Xǐng Zhāi Yī Xué Guǎng Bǐ Jì* (先醒斋医学广笔记), 1613

Literal: “First Awakened Studio Medical Studies Extensive Short Notes”

C&C: “Wide Ranging Medical Notes from the First-Awakened Studio”

F&S: “Extensive Notes on Medicine [from the First-Awakened Studio]”

PMPH: “Extensive Notes on Medicine from Xian Xing Studio”

Formula: *zī shēng wán* (资生丸) (Chapter 6C)

Author: Gōng Tíng-Xián (龚廷贤)

Source: *Shòu Shì Bǎo Yuán* (寿世保元), 1615

Literal: “Long Life Protect (the) Source”

C&C, F&S: “Achieving Longevity by Guarding the Source”

PMPH: “Prolonging Life and Preserving the Origin”

Formulas:

bā xiān cháng shòu wán (八仙长寿丸) (Chapter 3E)

mài wèi dì huáng wán (麦味地黄丸) (Chapter 3E)

wū jī bái fèng wán (乌鸡白凤丸) (Chapter 8A)

Author: Chén Shí-Gōng (陈实功)

Source: *Wài Kē Zhèng Zōng* (外科正宗), 1617

Literal: “External Medicine True Lineage”

C&C: “True Lineage of External Medicine”

F&S, PMPH: “Orthodox Lineage of External Medicine”

Formula: *xiāo fēng sǎn* (消风散) (Chapter 13A)

Author: Wǔ Zhī-Wàng (武之望) aka Shū Qīng (叔卿)

Source: *Jì Yīn Gāng Mù* (济阴纲目), 1620

Literal: “Benefit Yin (Women) General Outline”

C&C: “Materia Medica to Aid Yin”

F&S: “Comprehensive Outline on Benefiting Yin”

PMPH: “A Compendium of Female Disorders”

Formula: *qiān jīn zhǐ dài wán* (千金止带丸) (Chapter 8D)

Author: Zhāng Jiè-Bīn (张介宾) *aka* Zhāng Jǐng-Yuè (张景岳)
Source: *Jǐng Yuè Quán Shū* (景岳全书), 1624
Literal: “Jing-Yue’s Complete Writings”
C&C: “Collected Treatises of [Zhang] Jing-Yue”
F&S: “Collected Treatises of [Zhang] Jing-Yue - 1624”
PMPH: “The Complete Works of [Zhang] Jing-yue”

Formulas:

tòng xiè yào fāng (痛泻药方) (Chapter 6D)
chái hú shū gān sǎn (Chapter 7A)
zuǒ guī wán (左归丸) (Chapter 16A)
yòu guī wán (右归丸) (Chapter 17B)

Author: Hóng Jī (洪基) *aka* Hóng Jiǔ-Yǒu (洪九有)
Source: *Shè Shēng Mì Pōu* (摄生秘剖), 1638
Literal: “Sustaining Life Secrets, Explanation”
C&C: “Secrets Investigations into Obtaining Health”
F&S: “Dissecting the Secrets of Sustaining Life”
PMPH: “Penetrating the Secrets of Health Cultivation”

Formula: *tiān wáng bǔ xīn dān* (天王补心丹)

QING DYNASTY

qīng (清) 1644–1911 CE
18 books, 35 formulas

Author: Fù Rén-Yǔ (傅仁宇)
Source: *Fù Shì Yǎn Kē Shěn Shì Yáo Hán* (傅氏眼科审视瑶函), 1644
Literal: “Master Fu’s Ophthalmology Examination Inspection (of the Jade Case)”
PMPH: “A Close Examination of the Precious Classic [on Ophthalmology]”

also as:

Shěn Shì Yáo Hán (审视瑶函), 1642
Literal: “Examination Inspection (of the) Jade Case”
C&C: “Scrutiny of the Priceless Jade Case”
F&S: “Scrutiny of the Precious Jade Case”

Author: Yù Chāng (喻昌) aka Yù Jiā-Yán (喻嘉言)

Source: *Yī Mén Fǎ Lǚ* (医门法律), 1658

Literal: “Physicians’ Door (to) Methods (and) Rules”,
C&C, F&S, PMPH: “Precepts for Physicians”

Formula: *qīng zào jiù fèi wán* (清燥救肺丸) (Chapter 3A)

Author: Luō Měi (罗美)

Source: *Míng Yī Fāng Lùn* (名医方论), 1675

Literal: “Famous Physicians’ Formulas Discussion”

F&S: “Discussion of Famous Physicians’ Formulas Past and Present”

PMPH: “Discussion on Famous Physicians’ Formulas”

aka:

Gǔ Jīn Míng Fāng (古今名方), 1675

Literal: “Ancient, Modern Famous Formulas”

C&C: “Famous Classic and Contemporary Formulas”

Formula: *xiāng shā liù jūn zǐ tāng* (香砂六君子汤) (Chapter 6A)

Author: Wāng Áng (汪昂)

Source: *Yī Fāng Jí Jiě* (医方集解), 1682

Literal: “Medical Formulas Collected, Explained”

C&C: “Analytic Collection of Medical Formulas”

F&S, PMPH: “Medical Formulas Collected and Analyzed”

Formulas:

jiàn pí wán (健脾丸) (Chapter 6C)

lóng dǎn xiè gān tāng (龙胆泻肝汤) (Chapter 7C)

bì xiè fēn qīng yǐn (萹薹分清饮) (Chapter 11A)

jīn suǒ gù jīng wán (金锁固精丸) (Chapter 11C)

Author: Chéng Guó-Péng (程国彭)

Source: *Yī Xué Xīn Wù* (医学心悟), 1732

Literal: “Medical Studies Mind Awakening (eg, Insights)”

C&C: “Medical Revelations”

F&S: “Awakening of the Mind in Medical Studies”

PMPH: “Easy Access to Medicine”

Formulas:

juān bì tāng (蠲痹汤) – 2 (Chapter 4A)

bàn xià bái zhú tiān má tāng (半夏白术天麻汤) -2 (Chapter 7B)

Author: Wú Qiān (吴谦)

Source: *Yī Zōng Jīn Jiàn* (医宗金鉴), 1742

Literal: “Medical Tradition Golden Mirror”

C&C, F&S, PMPH: “Golden Mirror of the Medical Tradition”

Formulas:

wǔ wèi xiāo dú yǐn (五味消毒饮) (Chapter 2A)

táo hóng sì wù tāng (桃红四物汤) (Chapter 8C)

zhī bǎi dì huáng wán (知柏地黄丸) (Chapter 8E)

dān shēn yǐn (丹参饮) (Chapter 10)

Author: Fāng Zhào-Quán (方肇权)

Source: *Fāng Shì Mài Zhèng Zhèng Zōng* (方氏脉症正宗), 1749

Literal: “Fang’s Pulse (and) Disease Orthodox Lineage”

F&S, PMPH: “Fang’s Orthodox Lineage of Pulse and Symptoms”

Formula: *sān miào sǎn* (三妙散) (Chapter 4E)

Author: Wú Yí-Luò (吴仪洛) *aka* Wú Zūn-Chéng (吴遵程)

Source: *Běn Cǎo Cóng Xīn* (本草从新), 1751

Literal: “Materia Medica From (the) New”

C&C, F&S, PMPH: “Thoroughly Revised Materia Medica”

Herbs:

xī yáng shēn (西洋参), *Radix Panacis Quinquefolii* (Chapter 16A)

dōng chóng xià cǎo (冬虫夏草), *Cordyceps* (Chapter 18B)

Author: Gù Shì-Chéng (顾世澄)

Source: *Yáng Yī Dà Quán* (疡医大全), 1760

Literal: “Sores Medicine Great Compendium”

F&S: “Great Compendium of Medicine for Sores”

Formulas:

nèi xiāo luǒ lì wán (内消瘰疬丸) (Chapter 2A)

xī guā shuāng (西瓜霜) (Chapter 2A)

Author: Xiāng Tiān-Ruì (项天瑞)

Source: *Tóng Shòu Lù* (同寿录), 1762

Literal: “Common Longevity Records”

F&S: “Collection for the Common Pursuit of Longevity”

Formula: *fù kē zhǒng zǐ wán* (妇科种子丸) (Chapter 8A)

Author: Wèi Zhī-Xiù (魏之琇)

Source: *Xù Míng Yī Lèi Àn* (续名医类案), 1770

Literal: “Continuation (of) Famous Doctors’ Categorized Cases”

C&C, F&S: “Continuation of Famous Physicians’ Cases Organized by Categories”

PMPH: “Supplement to ‘Classified Case Records of Famous Physicians’”

Formula: *yī guàn jiān* (一贯煎) (Chapter 7A)

Author: Shěn Jīn-Ào (沈金鳌)

Source: *Shěn Shì Zūn Shēng Shū* (沈氏尊生书), 1773

Literal: “Shen Shi’s Venerate Life Books”

PMPH: “Shen’s Books on Respecting Life”

F&S: “Shen’s Book for Revering Life”

Formula: *yù quán wán* (玉泉丸) (Chapter 15A)

Author: Dài Tiān-Zhāng (戴天章)

Source: *Guǎng Wēn Yì Lùn* (广瘟疫论), 1774

Literal: “Widespread Warm Epidemic Discussion”

C&C, F&S: “Discussion of Widespread Warm Epidemics”

PMPH: “Treatise on Widespread Warm Pestilence”

Formula: *ěr lóng zuǒ cí wán* (耳聋左慈丸) (Chapter 7B)

Author: Wú Táng (吴瑭) aka Wú Jū-Tōng (吴鞠通)

Source: *Wēn Bìng Tiáo Biàn* (温病条辨), 1798

Literal: “Warm Diseases Systematic Differentiation”

C&C, PMPH: “Systematic Differentiation of Warm Diseases”

F&S: “Systematic Differentiation of Warm Pathogen Diseases – 1798”

Formulas:

sāng jú yǐn (桑菊饮) (Chapter 1B)

yín qiào sǎn (银翘散) (Chapter 1B)

xìng sū sǎn (杏苏丸) (Chapter 3C)

shā shēn mài dōng tāng (沙参麦冬汤) (Chapter 3E)

xuān bì tāng (宣痹汤) (Chapter 4E)

Author: Chén Niàn-Zǔ *aka* Chén Xiū-Yuán (陈念祖 / 陈修园)

Source: *Shí Fāng Gē Kuò* (时方歌括), 1801

Literal: “Contemporary Formulas (as a) Song Collection”

C&C: “Collected Songs About Contemporary Formulas”

F&S: “Compendium of Songs on Modern Formulas”

PMPH: “Summary Verses of Post-Classical Formulas”

Formula: *dān shēn yǐn* (丹参饮) (Chapter 10)

Author: Wáng Qīng-Rèn (王清任)

Source: *Yī Lín Gǎi Cuò* (医林改错), 1830

Literal: “Physicians’ Circle, Correction (of) Errors”

C&C, F&S: “Correction Of Errors Among Physicians”

PMPH: “Correction of Errors in Medical Works”

Formulas:

shēn tòng zhú yū tāng (身痛逐瘀丸) (Chapter 4B)

bǔ yáng huán wǔ tāng (补阳还五汤) (Chapter 4C)

shào fǔ zhú yū tāng (少腹逐瘀汤) (Chapter 8C)

gé xià zhú yū tāng (膈下逐瘀汤) (Chapter 7A)

tōng qiào huó xuè tāng (通窍活血汤) (Chapter 10)

xuè fǔ zhú yū tāng (血府逐瘀汤) (Chapter 10)

Author: Xiè Yuán-Qìng (谢元庆)

Source: *Liáng Fāng Jí Yè* (良方集腋), 1842

Literal: “Fine Formulas Collection Small”

C&C, F&S: “Small Collection of Fine Formulas”

PMPH: “A Collection of Fine Formulas from Various Sources”

Formula: *qī lí sǎn* (七厘散) (Chapter 5A)

Author: Zhāng Bǐng-Chéng (张秉成)

Source: *Chéng Fāng Biàn Dú* (成方便读), 1904

Literal: “Established Formulas Convenient Reader”

C&C, F&S: “Convenient Reader of Established Formulas”

PMPH: “Convenient Reader on Established Formulas”

Formula: *sì miào wán* (四妙丸) (Chapter 4E)

NATIONALIST REPUBLIC OF CHINA

zhōng guó mín zú zhǔ yì gòng hé guó (中国民族主义共和国), 1911-1949

1 book, 2 formulas

Author: Zhāng Xī-Chún (张锡纯)

Source: *Yī Xué Zhōng Zhōng Cān Xī Lù* (医学衷中参西录), 1918-1934

Literal: “Medical Studies Heartfelt (towards) Chinese, Respecting Western, Records”

C&C: “Records of Heart-Felt Experiences in Medicine with Reference to the West”

F&S: “Essays on Medicine Esteeming the Chinese and Respecting the Western – 1918-1934”

PMPH: “Records of Chinese Medicine with Reference to Western Medicine”

Formulas:

huó luò xiào líng dān (活络效灵丹) (Chapter 5A)

zhèn gān xī fēng tāng (镇肝息风汤) (Chapter 7B)

PEOPLE'S REPUBLIC OF CHINA

zhōng huá rén mín gòng hé guó (中华人民共和国), 1949-present

5 books, 5 formulas

Author: Zhāng Bó-Nè (张伯讷)

Source: *Zhōng Yī Fāng Jì Lín Chuáng Shǒu Cè* (中医方剂临床手册), 1950s

Literal: “Chinese Medicine Formulas Dosing Clinical Manual”

C&C: “Clinical Handbook of Chinese Herbal Formulas”

F&S: “Clinical Handbook of Chinese Medical Formulas (1950s)”

Formula: *èr xiān tāng* (二仙汤) (Chapter 8E)

Author: Hú Guāng-Cí (胡光慈)

Source: *Zá Bìng Zhèng Zhì Xīn Yì* (杂病证治新义), 1958

Literal: “Miscellaneous Disorders Patterns (and) Treatment New Significance”

C&C: “New Significance of Patterns and Treatment in Miscellaneous Diseases”

F&S: “Deriving New Treatments for Patterns of Miscellaneous Disorders”

Formula: *tiān má gōu téng yǐn* (天麻钩藤饮) (Chapter 7B)

Author: Chinese Medicine Research Institute of China Academy of TCM
(中国中医研究院中医研究所)

Source: *Quán Guó Zhōng Yào Chéng Yào Chù Fāng Jí* (全国中药成药处方集), 1962

Literal: “Nation-wide Chinese Medicine Manufactured Medicine Medical Prescription Collection”

C&C: “National Collection of Chinese Herbal Prepared Medicines”

F&S: “Nationwide Collection of TCM Patent Formulas”

Formula: *huáng lián shàng qīng wán* (黄连上清丸) (Chapter 3A)

Author: Chinese Herbal Medicine Committee, Ministry of the Interior

Source: *Zhōng Guó Guó Yào Gù Yǒu Chéng Fāng Xuǎn Jí* (中国国药故有成方选集), 1967

Literal: “China’s Chinese Medicine Administration Selected Formulas Anthology”

C&C: “A Selection of Traditional Prescriptions of Chinese Medicine”

Formula: *níng sòu wán* (宁嗽丸) (Chapter 3B)

Author: Anonymous

Source: *Zhōng Huā Rén Mín Gònghéguó Yào Diǎn* (中华人民共和国药典), 2005

Literal: “People’s Republic of China (Herbal) Medicine Dictionary”

C&C: “Chinese Herbal Pharmacopoeia by People’s Republic of China”

Formula: *míng mù dì huáng wán* (明目地黄丸) (Chapter 14)