

HEALTH MAINTENANCE

PHARMACY ESSENTIALS


SUMMARY

A collection of formulas used to promote general health and wellness. Formulas for mood, sleep, and health support are represented here, and make a great addition to any herbal pharmacy!

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FORMULAS

Mental Support

XIAO YAO WAN - MOOD BALANCE

Pacifies the liver, spreads liver Qi, strengthens the spleen, nourishes the blood, and harmonizes the liver and spleen. Use with caution during pregnancy or for those with Qi stagnation.

AN SHEN DING ZHI WAN - PEACEFUL MIND

Calms the Shen and the mind, Strengthens Qi, alleviates fearfulness. Tonifies Qi and sedates Shen.

SUAN ZAO REN TANG - BETTER SLEEP

Nourishes blood and calms the mind, also clears heat and relieves vexation. Suan Zao Ren Tang is indicated for deficiency of liver-blood with internal deficiency in heat.

Aging and Vitality Support

LIU WEI DI HUANG WAN - FOUNTAIN OF YOUTH

Supplements and nourishes the liver and kidney. Liu Wei Di Huang Wan is indicated for liver-kidney yin deficiency marked by soreness of the waist and knees, dizziness, tinnitus, and deafness.

BU ZHONG YI QI TANG - VITALITY RESTORATION

Supplements the center and boosts Qi, raises yang and lifts the sunken. Indicated for two patterns - the first pattern is deficient or sunken spleen Qi, and the second is objective or subjective fever due to Qi deficiency marked by a feverish sensation.

HUAN SHAO DAN - MALE LONGEVITY

Assists with every fundamental element of male energy. Tonifies Spleen and Kidneys, nourishes the Heart, enriches the Yin, nourishes the Blood and Yang, augments Qi.

Women's Health

BA ZHEN TANG - WOMEN'S TREASURE

Boosts Qi and supplements Blood, intended for Qi balance and Blood deficiency.

Cold Support and Seasonal Relief

YIN QIAO SAN - SEASONAL CARE

Dispels pathogenic wind, clears heat, resolves toxins, benefits the throat, relieves thirst, diffuses lung Qi. The formula is designed for dealing with wind-heat attacks in the lungs, Wei stage wind-heat, dry heat and damp heat manifested as dry cough.

YU PING FENG SAN - JADE WINDSCREEN

Boosts Qi, consolidates the exterior, and arrests sweating. Yu Ping Feng San is indicated for patterns of spontaneous sweating due to exterior deficiency.



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