

## THREE TREASURES FORMULAE

This is dedicated to the comparison of the classical Chinese formulae with the Three Treasures formulae. This will help those practitioners who are familiar with the classical Chinese formulae to choose the appropriate, corresponding Three Treasures formula. The following is a list of the classical Chinese formulae in pinyin and English with the corresponding Three Treasures formula. As one can see, in some cases, there is more than one Three Treasures formula for one Chinese formula. For example, there are two versions of the formula Bu Zhong Yi Qi Tang, i.e. Breaking Clouds for depression and Tonify Qi and Ease the Muscles for chronic fatigue syndrome.

<b>3 Treasures Formulae Index</b>		
<b>Pin-Yin</b>	<b>Translation</b>	<b>Three Treasures Formula</b>
Ban Xia Bai Zhu Tian Ma Tang	Pinellia-Atractylodes-Gastrodia Decoction	Clear Yang
Ban Xia Hou Po Tang	Pinellia-Magnolia Decoction	Open The Heart
Bi Xie Fen Qing Yin	Discorea Separating the Clear Decoction	Separate Clear and Turbid
Bu Zhong Yi Qi Tang	Tonifying the Centre and Benefiting Qi Decoction	Breaking Clouds
Bu Zhong Yi Qi Tang	Tonifying the Centre and Benefiting Qi Decoction	Tonify Qi and Ease the Muscles
Chai Hu Shu Gan Tang	Bupleurum Soothing the Liver Decoction	Break Into a Smile
Dan Zhi Xiao Yao San	Moutan-Gardenia Free and Easy Wanderer Powder	Freeing the Sun
Du Huo Ji Sheng Tang	Angelica pubescentis-Loranthus Decoction	Invigorate the Root
Er Chen Tang	Two Old Decoction	Limpid Sea
Ge Xia Zhu Yu Tang	Decoction for Eliminating Stasis below the Diaphragm	Stir Field of Elixir
Gui Pi Tang	Tonifying Spleen Decoction	Calm the Shen
Gui Zhi Tang	Cinnamon Twig Decoction	Children's Herbal Sentinel
Huo Po Xia Ling Tan	Agastache-Magnolia-Pinellia-Poria Decoction	Drain Fields
Jing Fang Jie Biao Tang	Schizonepeta-Ledebouriella Releasing the Exterior Decoction	Expel Wind-Cold
Lian Po Yin	Coptis Magnolia Decoction	Ease the Muscles
Liu Jun Zi Tang	Six Gentlemen Decoction	Prosperous Earth
Long Dan Xie Gan Tang	Gentiana Draining the Liver Decoction	Drain Fire
Mu Xiang Shun Qi Wan	Aucklandia Subduing Qi Pill	Buddha's Hand
Sha Shen Mai Dong Tang	Glehnia-Ophiopogon Decoction	Jade Spring
Shen Ling Bai Zhu San	Ginseng-Poria-Atractylodes Powder	Central Mansion
Su Zi Jiang Qi Tang	Perilla-Seed Descending Qi	Decoction Clear Qi
Suan Zao Ren Tang	Ziziphus Decoction	Nourish the Soul
Wen Dang Tang	Warming the Gall-Bladder Decoction	Clear the Soul
Xiang Sha Liu Jun Zi Tang	Saussurea-Amomum Six Gentlemen Decoction	Soothe the Centre
Xue Fu Zhu Yu Tang	Blood Mansion Eliminating Stasis	Red Stirring

	Decoction	
Yi Yi Ren Tang	Semen Coicis Decoction	Clear Channels
Yin Mei Tang	Attracting Sleep Decoction	Root the Spirit
Yin Qiao San + Sang Ju Yin	Lonicera-Forsythia Powder + Mulberry Leaf and Chrysanthemum Decoction	Expel Wind-Heat
You Gui Wan	Restoring the Right (Kidney) Pill	Strengthen the Root
Yu Ping Feng San + Gui Zhi Tang	Jade Windscreen Powder + Cinnamon Twig Decoction	Herbal Sentinel-Yang
Yue Ju Wan	Ligusticum-Gardenia Pill	Release Constraint
Zhi Bo Di Huang Wan	Anemarrhena-Phellodendron-Rehmannia Pill	Water Passages
Zuo Gui Wan	Restoring the Left (Kidney) Pill	Nourish the Root

The following Table compares and contrasts the actions of the classical Chinese formulae with those of the Three Treasures formulae.

<b>CLASSICAL CHINESE FORMULA AND ACTIONS</b>	<b>THREE TREASURES FORMULA AND ACTIONS</b>	<b>MAIN DIFFERENCES</b>
<b>Ban Xia Bai Zhu Tian Ma Tang</b> Resolve Phlegm, extinguish Liver-Wind	<b>Clear Yang</b> Resolve Phlegm, extinguish Liver-Wind, subdue Liver-Yang, tonify Kidney-Yang, nourish Liver-Blood, opens the Mind's orifices	Tonify Kidney-Yang, nourish Liver-Blood, open the Mind's orifices
<b>Ban Xia Hou Po Tang</b> Restore descending of Stomach- and Lung-Qi, resolve Qi-Phlegm	<b>Open the Heart</b> Restore descending of Stomach-, Lung- and Heart-Qi, resolve Qi-Phlegm	Stronger calming the Mind action, more for depression
<b>Bi Xie Fen Qing Yin</b> Promote the separation of clear from turbid in urinary passages, resolve Dampness	<b>Separate Clear from Turbid</b> Promote the separation of clear from turbid in urinary passages, resolve Dampness, tonify Qi, tonify Kidney-Yang	Tonify Qi, tonify Kidney- Yang, stop urinary pain
<b>Bu Zhong Yi Qi Tang</b> Tonify and raise Qi	<b>Breaking Clouds</b> Tonify and raise Qi, tonify Kidney-Yang, open the Mind's orifices	Tonify Kidney-Yang to strengthen Will-Power (Zhi), lift mood, treat depression
<b>Bu Zhong Yi Qi Tang</b> Tonify and raise Qi	<b>Tonify Qi and Ease the Muscles</b> Tonify and raise Qi, resolve Dampness from the muscles	Resolves dampness from the muscles, specific for chronic fatigue syndrome
<b>Chai Hu Shu Gan Tang</b> Move Liver-Qi, eliminate stagnation	<b>Break into a Smile</b> Move Liver-Qi, eliminate stagnation, stop pain, calm the Mind, tonify Qi and Yin of Stomach and Spleen	Calm the Mind, tonify Qi and Yin or Stomach and Spleen
<b>Dan Zhi Xiao Yao San</b> Move Liver-Qi, eliminate stagnation, nourish Liver- Blood, tonify Spleen-Qi, clear Liver-Heat	<b>Freeing the Sun</b> Move Liver-Qi, eliminate stagnation, nourish Liver-Blood, tonify Spleen-Qi, clear Liver-Heat	Stronger action in calming the Mind
<b>Du Huo Ji Sheng Tang</b> Expel Wind-Dampness from the lower part of the body, tonify Kidney-Yang	<b>Invigorate the Root</b> Expel Wind-Dampness from the lower part of the body, tonify Kidney-Yang, tonify Spleen-Qi, nourish Blood	Tonify Spleen-Qi, nourish Blood. Tonification of Kidney-Yang balanced by introduction of Yin tonics so that it can

		be used also for Painful Obstruction Syndrome occurring against a background of Kidney-Yin deficiency
<b>Er Chen Tang</b> Resolve Damp-Phlegm	<b>Limpid Sea</b> Resolve Phlegm in general (i.e. Phlegm associated with Dampness, Cold or Heat)	Modified to resolve Phlegm in general
<b>Ge Xia Zhu Yu Tang</b> Invigorate Blood and eliminate stasis in the Lower Burner	<b>Stir Field of Elixir</b> Invigorate Blood and eliminate stasis in the Lower Burner, stop pain	Stronger action in invigorating Blood, stop pain in the Lower Burner and Uterus
<b>Gui Pi Tang</b> Tonify Spleen-Qi, nourish Liver-, Spleen- and Heart- Blood, calm the Mind	<b>Calm the Shen</b> Tonify Spleen-Qi, nourish Liver-, Spleen- and Heart-Blood, calm the Mind, open the Mind's orifices	More pronounced action in calming the Mind, open the Mind's orifices, both for anxiety and depression
<b>Gui Zhi Tang</b> Tonify Nutritive Qi, regulate Defensive Qi, release the Exterior, expel exterior Wind	<b>Children's Herbal Sentinel</b> Tonify Nutritive Qi, regulate Defensive Qi, release the Exterior, resolve Dampness	- Tonify Qi - Resolve Dampness - Promote digestion
<b>Huo Po Xia Ling Tang</b> Drain Dampness	<b>Drain Fields</b> Drain Dampness, resolve Dampness from the muscles, tonify Spleen-Qi	Resolve Dampness specifically from the muscles, tonify Spleen-Qi, treat chronic fatigue syndrome
<b>Jing Fang Jie Biao Tang</b> Release the Exterior, expel Wind-Cold	<b>Expel Wind-Cold</b> Release the Exterior, expel Wind-Cold	Same action but can treat exterior headache more than original formula
<b>Lian Po Yin</b> Drain Dampness, clear Heat	<b>Ease the Muscles</b> Drain Dampness, clear Heat, resolve Dampness from the muscles, mildly tonify Spleen-Qi	More pronounced action in resolving Dampness from the muscles, treats chronic fatigue syndrome
<b>Liu Jun Zi Tang</b> Tonify Spleen-Qi, mildly resolve Dampness	<b>Prosperous Earth</b> Tonify Spleen-Qi, resolve Dampness	Same actions
<b>Long Dan Xie Gan Tang</b> Drain Liver-Fire	<b>Drain Fire</b> Drain Liver - and Heart-Fire	Drain Heart-Fire
<b>Mu Xiang Shun Qi Wan</b> Restore the descending of Stomach-Qi	<b>Buddha's Hand</b> Restore the descending of Stomach-Qi, move Qi in the Middle Burner, resolve Dampness	More digestive herbs, more herbs to move Qi in the Middle Burner
<b>Sha Shen Mai Dong Tang</b> Nourish Stomach- and Lung- Yin	<b>Jade Spring</b> Nourish Stomach-, Spleen- and Lung-Yin	Nourish Spleen-Yin
<b>Shen Ling Bai Zhu San</b> Tonify Qi and Yin of Stomach and Spleen, resolve Dampness	<b>Central Mansion</b> Tonify Qi and Yin of Stomach and Spleen, resolve Dampness,	More pronounced Yinnourishing action
<b>Sun Zi Jiang Qi Tang</b> Restore the descending of Lung-Qi, resolve Phlegm, tonify Kidney-	<b>Clear Qi</b> Restore the descending of Lung-Qi, resolve Phlegm, tonify Kidney-Yang, strengthen the Kidney's grasping of Qi	- Stronger action in making Qi descend - Anti-allergy action

Yang, strengthen the Kidney's grasping of Qi		
<b>Suan Zao Ren Tang</b> Nourish Liver-Yin, settle the Ethereal Soul, calm the Mind	<b>Nourish the Soul</b> Nourish Liver-Blood and Liver-Yin, settle the Ethereal Soul, calm the Mind	- Stronger action in nourishing Yin - Stronger action in calming the Spirit - Stronger action in promoting sleep
<b>Wen Dan Tang</b> Resolve Phlegm, clear Lung- Heat	<b>Clear the Soul</b> Resolve Phlegm, clear Lung-Heat, settle the Corporeal and Ethereal Souls, calm the Mind	Stronger action in calming the Mind and settling the Corporeal and Ethereal Souls
<b>Xiang Sha Liu Jun Zi Tang</b> Tonify Spleen-Qi, resolve Dampness and move Qi in the Middle Burner	<b>Soothe the Centre</b> Tonify Spleen-Qi, resolve Dampness and move Qi in the Middle Burner, tonify Stomach-Qi and Stomach-Yin	Stronger action in moving Qi and resolving Dampness (in the Middle Burner)
<b>Xue Fu Zhu Yu Tang</b> Invigorate Blood and eliminate stasis in the Upper Burner	<b>Red Stirring</b> Invigorate Blood and eliminate stasis in the Upper Burner, calm the Mind, open the Mind's orifices	- Calms the Mind - Opens the Mind's orifices - Treat depression
<b>Yi Yi Ren Tang</b> Resolve Dampness, expel Wind-Dampness from the Lower Burner, clear Heat	<b>Clear Channels</b> Resolve Dampness, expel Wind-Dampness from the Lower Burner, clear Heat, invigorate Blood	- Invigorate Blood
<b>Yin Mei Tang</b> Nourish Liver -Yin, settle the Ethereal Soul	<b>Root the Spirit</b> Nourish Liver-Yin, settle the Ethereal Soul, calm the Mind	Stronger action in calming the Mind and settling the Ethereal Soul
<b>Yin Qiao San (plus Sang Ju Yin)</b> Release the Exterior, expel Wind-Heat, restore the descending of Lung-Qi	<b>Expel Wind-Heat</b> Release the Exterior, expel Wind-Heat, restore the descending of Lung-Qi	Stronger action in treating acute cough from exterior Wind-Heat
<b>You Gui Wan</b> Tonify and warm Kidney-Yang	<b>Strengthen the Root</b> Tonify and warm Kidney-Yang, strengthen the Will-Power (Zhi)	Tonify Yuan Qi
<b>Yu Ping Feng San</b> Consolidate the Exterior, tonify Qi	<b>Herbal Sentinel - Yang</b> Consolidate the Exterior, tonify Qi, strengthen the Lung's and Kidney's Defensive Qi systems	Strengthen the Lung's and Kidney's Defensive-Qi systems to treat the Root of allergic asthma and allergic rhinitis
<b>Yue Ju Wan</b> Move Liver-Qi, eliminate stagnation	<b>Release Constraint</b> Move Liver-Qi, eliminate stagnation, stimulate the movement of the Ethereal Soul	Stronger action in stimulating the movement of the Ethereal Soul to relieve depression
<b>Zhi Bo Di Huang Wan</b> Nourish Kidney-Yin, resolve Damp-Heat from the Bladder	<b>Water Passages</b> Nourish Kidney-Yin, resolve Damp-Heat from the Bladder	- Stronger action in draining Damp-Heat from urinary passages -Tonify Qi - Balanced tonification of Kidney-Yin and Kidney-Yang
<b>Zuo Gui Wan</b> Nourish Kidney-Yin	<b>Nourish the Root</b> Nourish Kidney-Yin, moisten.	Stronger moistening action

## REMEDIES WITHOUT CLASSICAL ANTECEDENT

The following is a list of the new remedies for which there is no classical antecedent.

NAME	PATTERNS	INDICATIONS
<b>Arouse Power</b>	Tonify Kidney-Yang, promote the descending of Heart-Qi, resolve Damp-Heat in the Lower Burner, calm the Mind.	Establish the communication between Heart and Kidneys in gynaecological problems and sexual problems of men and women
<b>Bend Bamboo</b>	Nourish Liver-Blood, subdue Liver-Yang	Headaches
<b>Benefit the Sinews</b>	Resolve Dampness, invigorate Blood, expel Wind-Dampness, resolve Phlegm	Chronic Painful Obstruction Syndrome (Bi) Syndrome
<b>Brighten the Eyes</b>	Nourish Liver-Blood, benefit the eyes, subdue Liver-Yang (secondary action)	Eye problems or chronic headaches from Liver-Blood deficiency
<b>Bright Spirit</b>	Liver- and Heart-Qi stagnation and Phlegm	Depression and anxiety
<b>Brocade Sinews</b>	Liver-Blood deficiency not nourishing the joints	Chronic Painful Obstruction Syndrome Syndrome from Blood deficiency
<b>Chemo-Support</b>	Tonify Qi, nourish Blood and Yin, resolve Dampness, clear Heat, cool Blood	Side effects of chemotherapy
<b>Clear Lustre</b>	Expel Wind, clear Heat, cool Blood, resolve Dampness	Skin diseases from Blood-Heat and Damp-Heat
<b>Clear Metal</b>	Clear Heat, clear Heat at Qi and Nutritive Qi Level, resolve Phlegm	Qi or Ying level of an invasion of Wind-Heat
<b>Clear the Root</b>	Clear Heat, resolve Dampness from the Lower Burner, invigorate Blood, resolve Toxic Heat, tonify Qi and Yin	Prostate problems, chronic prostatitis, benign prostatic hyperplasia
<b>Expel Toxic Heat</b>	Resolve Toxic Heat	Bacterial or viral infections. Pustules, acute attack of genital herpes, acute tonsillitis with purulent tonsils, infected eczema, acne with large pustules, sinusitis with purulent nasal discharge.
<b>Glorious Sea</b>	Liver-Blood deficiency, Blood Heat, Dampness	Skin problems from Liver-Blood deficiency together with some Blood-Heat or Damp-Heat
<b>Harmonize the Centre</b>	Tonify Qi and Yin or Stomach and Spleen, resolve Dampness, resolve Phlegm in Middle Burner	Digestive problems, type II diabetes
<b>Herbal Sentinel - Yin</b>	Tonify Lung-Qi and Kidney-Yin, strengthen the Lung's and Kidney's Defensive-Qi system	Treat the Root of allergic asthma and allergic rhinitis in people with a tendency to Kidney-Yin deficiency
<b>Jade Screen</b>	Expel Wind, restore the diffusing of	Treat the Manifestation in

	Lung-Qi	allergic rhinitis
<b>Nourish the Root and clear Wind</b>	Nourish Kidney-Yin, expel Wind-Dampness	Chronic Painful Obstruction Syndrome Syndrome in the middleages and elderly with an underlying Kidney-Yin deficiency
<b>Peaceful Sunset</b>	Nourish Kidney-Yin, invigorate Blood, resolve Phlegm, clear Heat, cool Blood, extinguish interior Wind	Problems of the elderly
<b>Radio-Support</b>	Tonify Qi, nourish Blood, nourish Yin, invigorate Blood, cool Blood	Treat the side-effects of radiotherapy
<b>Searching Soul</b>	Tonify Kidney-Yang, nourish Liver Blood, stimulate the Ethereal Soul, strengthen Will-Power.	Depression
<b>Settling the Soul</b>	Drain Liver- and Heart-Fire, calm the Mind, open the Mind's orifices, settle the Ethereal Soul, resolve Phlegm	Anxiety, insomnia, manic behaviour
<b>Smooth Passage</b>	Tonify Spleen-Qi, pacify the Liver, move Qi in the Lower Burner, harmonize Liver and Spleen, resolve Dampness from the Intestines, move the stools, stop diarrhoea	Irritable bowel syndrome, abdominal distension and pain, alternation of constipation and loose stools
<b>Welcome Fragrance</b>	Expel Wind from the nose, resolve Dampness, resolve Toxic Heat, open the nose orifices, tonify Qi	Sinusitis, sinus congestion

## YOUR CASE HISTORIES WANTED

Many practitioners are using the Three Treasures remedies all over the world. Your clinical experience is valuable: please share it with fellow practitioners. I appeal to all the Three Treasures customers to send in your case histories with the clinical results obtained by using the remedies. These can be brief, with the age and sex of the patients, brief description of the main presenting problems, remedy used and clinical results.

I am particularly interested in the clinical results from Chemo-Support as the opportunity has arisen for a clinical trial on this remedy. The very first stage of a clinical trial is the collection of anecdotal evidence on the clinical results obtained with the use of Chemo-Support to counteract the side-effects of chemotherapy.

As a reward for sending your case histories, I will send a CD with some of my Powerpoint presentations on the diagnosis and treatment of various conditions to every practitioner who sends in three case histories.

**- Giovanni Maciocia**

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