

Contents

| | | | |
|---|----|--|----|
| Dr. Shen's Formulas in Systems | 1 | Psoriasis | 41 |
| Cardiovascular Conditions | 1 | Spider Bites | 42 |
| Blue-green Color around the Mouth in Children | 1 | Ear, Nose, and Throat Conditions | 43 |
| Blue-green Color around the Mouth in Adults | 2 | Sore Throat, Acute with Fever | 43 |
| Circulatory System, Original Formula | 3 | Sore Throat, Chronic Laryngitis | 44 |
| Circulatory System, Additional Formula | 4 | Sore Throat, Constant | 44 |
| Heart Blood Deficiency ("Heart Weak") | 5 | Sore Throat, Sudden Laryngitis | 45 |
| Heart Closed | 7 | Tinnitus | 46 |
| Heart Enlarged | 8 | Endocrine Conditions | 47 |
| Heart Full, Original Formula | 8 | Diabetes | 47 |
| Heart Full, Formula from the late 1990s | 9 | Menopause, Nervous Tension | 48 |
| Heart Large | 10 | Menopause, Nervous Tension, and Weak Body | 49 |
| Heart Small, Original Formula | 11 | Thyroid Problems | 51 |
| Heart Small, Formula from the late 1990s | 12 | Gastrointestinal Disturbances | 52 |
| Heart Tight | 12 | Digestive System | 53 |
| Heart Vibration | 13 | Esophagus (from Weak Spleen) | 55 |
| Heart Weakness | 14 | Esophagus Tight | 56 |
| Hypertension | 15 | Organ System | 57 |
| Insomnia | 17 | Pain in the Stomach from Cold | 59 |
| Move Qi in the Chest | 20 | Formula II for Pain in the Stomach from Cold | 60 |
| Pain in the Chest, Abdomen, and Stomach Due to Lifting Too Much | 22 | Pain in the Stomach from Eating Too Much | 60 |
| Pain in the Chest, Heart Function Weak | 23 | Spleen Like Stomach | 61 |
| "Qi Wild" | 23 | Stomach Pain | 62 |
| Stopping Exercise Suddenly | 24 | Ulcers | 63 |
| Trauma and Shock | 27 | Genitourinary Conditions | 66 |
| Trauma to Heart, Phlegm, Heart Nervous | 33 | Male Infertility | 66 |
| Varicose Veins | 34 | Gynecologic Conditions | 68 |
| Whole Chest Stagnation | 35 | Amenorrhea from Tense Nervous System | 68 |
| "Yielding Hollow Full-overflowing" | 36 | Breast Qi and Blood Stagnation with Enlarged Lymph Nodes | 68 |
| Dental Conditions | 37 | Delayed Menses | 69 |
| Dental Work | 37 | Female Infertility | 70 |
| Dermatological Conditions | 38 | Miscarriage | 75 |
| Acne | 38 | Painful Periods | 79 |
| Adulthood Skin Problems | 39 | Pain after Period | 79 |
| Childhood Skin Problems | 40 | Pain before Period | 80 |
| Hives (Red Hot Rash) | 40 | | |

| | | | |
|---|-----|---|-----|
| Pain during Period | 81 | Pain in the Neck and Shoulder Due to Injury | 111 |
| Pain (Menstrual) for Just One Day | 82 | Pain in the Neck and Shoulder, Rheumatoid Arthritis in the Neck | 112 |
| Painful Periods, Periods Not On Time, Endometriosis | 82 | Pain in the Neck and Shoulder Due to Sleeping Wrong | 112 |
| Pregnancy ("Good for Pregnant Lady") | 83 | Pain in the Neck and Shoulder from Work, Positional | 113 |
| Reactions in Pregnancy | 84 | Scoliosis | 114 |
| Uterine Bleeding from Fibroids | 85 | Neurological Conditions | 115 |
| Uterine Bleeding from Sex During Period ... | 86 | Headache from Blood Deficiency | 115 |
| Uterine Bleeding from Weak Body Condition | 87 | Headache from an Old Injury | 116 |
| Uterine Bleeding from Working Too Hard ... | 87 | Headache, Migraine from Anemia | 117 |
| Uterine Fibroids from Tense Nervous System | 87 | Headache, Migraine from Internal Stress | 118 |
| Health Maintenance | 89 | Headache, Migraine from an Old Injury | 119 |
| Balance the Body | 89 | Headache, Migraine from Weakness | 120 |
| Clear Stagnant Qi, Damp and Food | 89 | Melancholia | 121 |
| Cold Prevention | 90 | Multiple Sclerosis | 122 |
| Sun Heat | 92 | Nervous System Tense, Original Formula ... | 123 |
| Hematologic Conditions | 93 | Nervous System Tense | 124 |
| Blood Deficiency | 93 | Nervous System Tense and <i>Yin</i> -deficient Heat | 125 |
| Blood Unclear | 94 | Nervous System Weak, Original Formula ... | 126 |
| Blood Heat | 96 | Nervous System Weak, Recent Formula ... | 126 |
| Blood Thick | 97 | Nervous System Weak | 127 |
| Chemicals in the Blood | 98 | Nervous System: Diarrhea from Nervous System | 129 |
| Poison | 100 | Muscle Nerve Pain, Herb Bath | 129 |
| Hepatic and Biliary Tract Conditions | 101 | Organ Nerves Tight (Pain) | 130 |
| Cirrhosis | 101 | Skin Nerves (Pain) | 131 |
| Hepatitis C | 102 | Schizophrenia | 131 |
| Hepatitis C, Building the Liver | 103 | Trigeminal Neuralgia | 133 |
| Liver Blood Deficiency | 103 | Oncologic Diseases | 135 |
| Infectious Diseases | 105 | Cancer, Early or Pre-cancer | 135 |
| Lyme Disease | 105 | Cancer of the Bladder, Prostate, Ovaries | 136 |
| Musculoskeletal Conditions | 106 | Cancer of the Bones | 137 |
| Arthritis, Bath | 106 | Cancer of the Breasts | 137 |
| Arthritis, Internal | 107 | Cancer of the Colon | 139 |
| Arthritis, Rheumatoid | 107 | Cancer of the Esophagus | 140 |
| Injury to Wrist or Ankle | 108 | Cancer of the Kidneys | 140 |
| Pain in the Back | 109 | Cancer of the Liver | 141 |
| Pain in the Low Back from Damaged Circulation Due to Injury | 109 | Cancer of the Lungs | 143 |
| Pain in the Low Back from Kidney Weakness | 109 | Cancer of the Lymphatic System | 143 |
| Pain in the Low Back from a Spinal Curve ... | 110 | Cancer of the Prostate | 144 |
| Pain in the Neck and Shoulder from Early Injury | 111 | Cancer of the Stomach | 144 |
| | | Chemotherapy | 145 |

| | | | |
|--|-----|---|-----|
| Chemotherapy with Diarrhea | 145 | Other Symptoms That May Occur with | |
| Leukemia | 146 | Pregnancy | 179 |
| Uterine Tumor | 147 | Childbirth | 181 |
| Ophthalmologic Conditions | 151 | Metroptosis or Prolapse of Uterus | 181 |
| Left Eye | 151 | Postnatal Care for Both the Mother and | |
| Right Eye | 152 | the Infant | 183 |
| Pediatric Conditions | 154 | Things a Young Mother Has to Observe | 183 |
| Respiratory Conditions | 155 | Nourishment | 183 |
| Allergies, Internal | 155 | Blood Deficiency | 184 |
| Allergies, Steam | 156 | Melancholia | 184 |
| Allergy and Chronic Fatigue | 156 | Breast-feeding | 184 |
| Asthma, Elderly Heart Condition | 158 | Mastitis | 185 |
| Asthma, Heart | 159 | Newborn Infants | 186 |
| Asthma, Herbal Inhaler | 160 | Infantile Jaundice | 187 |
| Asthma, Kidney | 161 | One Month after Birth | 187 |
| Asthma, Liver | 162 | From the First to the Sixth Month | 187 |
| Asthma, Spleen and Stomach | 163 | Infantile Nervous System Maladjustment | 187 |
| Asthma, True | 164 | Common Cold in a Child | 189 |
| Chronic Fatigue | 165 | Digestive System Troubles | 189 |
| Lungs Weak | 166 | Diarrhea | 192 |
| Sores of the Mouth, Temporary | 167 | Infantile Hernia | 192 |
| Sores of the Mouth, Constant | 167 | Diaper Rash | 192 |
| Sores of the Mouth, Virus/Canker Sores | 168 | Eczema | 193 |
| | | Night Sweats | 193 |
| | | Fainting | 193 |
| | | Cleaning Chemicals From the Body | 194 |
| Dr. Shen's Life Cycle Formulas | 169 | External Bruise at Birth | 194 |
| In Preparation for Conception | 171 | Heart Diseases | 195 |
| Sexual Intercourse | 171 | Childhood | 196 |
| Female Infertility/Sterility | 171 | Internal and External Bruises | 196 |
| Treatment of a Cold Womb | 172 | Diarrhea in Children | 198 |
| Treatment of a Warm Womb | 172 | Constipation | 198 |
| Treatment for Infertility Due to Deficiency | | Allergies | 199 |
| with Womb that is Slightly Too Warm | 173 | Asthma | 199 |
| Deficiency in the Womb | 173 | Measles and Chicken Pox | 202 |
| Miscarriage | 173 | Epidemic Parotitis or Mumps | 203 |
| Anxiety | 174 | Otitis Media | 204 |
| Male Infertility | 174 | Nettle Rash, Urticaria | 204 |
| Pregnancy and Childbirth | 176 | Tonsillitis | 204 |
| Diet | 176 | Adolescence | 207 |
| Sexual Intercourse | 176 | Dysmenorrhea | 207 |
| Blood Deficiency | 176 | Scanty Menstrual Flow | 208 |
| Reactions in Pregnancy | 177 | Menorrhagia | 209 |
| Preservation of the Fetus after Five Months | | Irregularity of Menstrual Cycle | 209 |
| of Pregnancy | 177 | Belated Menses | 210 |
| Lower Back and Sciatic Pain | 179 | Early Menses | 210 |

| | | | |
|--|------------|---|-----|
| Frequent Menses | 211 | Apoplexy (Stroke) | 246 |
| Hyperthyroidism | 212 | Cervical Vertebra Nerve Ache | 249 |
| Hypothyroidism | 213 | Inflammation at Shoulder Joints, Arthritis | 250 |
| Rheumatic Fever | 214 | Schizophrenia | 250 |
| Acne | 215 | Hepatitis | 251 |
| Roundworm Disease | 216 | Gallstones | 253 |
| Infection of the Eye | 216 | Urethra Stone | 254 |
| Melancholia | 216 | Lupus Erythematosus | 255 |
| Nocturnal Emission | 217 | Psoriasis | 258 |
| Adulthood | 219 | Itching as a Disease in Old Age | 260 |
| Colitis | 219 | Herpes Zoster (Shingles) | 260 |
| Enteritis | 220 | Alopecia Areata (Losing of Hair in Patches) | 261 |
| Gastric Ulcers, Gastric Bleeding | 221 | | |
| Blood Deficiency | 224 | | |
| Varicose Veins | 224 | | |
| Common Cold in Adults | 224 | | |
| Asthma | 225 | | |
| Sustained Fatigue | 226 | | |
| Migraine | 226 | | |
| Vaginal Discharge | 227 | | |
| Vaginal Itching | 228 | | |
| Middle and Old Age | 229 | | |
| High Cholesterol | 229 | | |
| Heart Diseases | 229 | | |
| Diseases of the Heart Valves and Leakage of the Heart | 229 | | |
| Arteriosclerosis | 230 | | |
| The Maladjustment of Cardiac Nerves and a Nervous Heart | 230 | | |
| Hypertension | 231 | | |
| Edema | 231 | | |
| Diabetes | 233 | | |
| Rheumatoid Arthritis | 233 | | |
| Insomnia | 236 | | |
| Prostate Glands | 236 | | |
| Impotence, Premature Ejaculation | 237 | | |
| Early Menopause | 238 | | |
| Menopause Syndrome (Climacteric) | 238 | | |
| Breast Tumor | 239 | | |
| Ovarian Cyst | 240 | | |
| Uterine Tumor | 241 | | |
| Glaucoma, Cataract | 243 | | |
| Deafness in Old Age | 243 | | |
| Dull-witted Old Age, Dementia | 244 | | |
| Old Age Health Care, Chinese Medicated Jelly Herbs | 245 | | |
| Appendix 1: Additions to Dr. Shen's Life Cycle Formulas | 263 | | |
| Formulas for Specific Conditions | 263 | | |
| Maladjustment of Heart Nerves | 263 | | |
| Neuralgia Among the Ribs on Both Sides | 263 | | |
| Numbness | 264 | | |
| Paralysis | 265 | | |
| Prone to Sudden Rage | 266 | | |
| Prone to Inappropriate Laughter | 266 | | |
| Qi-deficiency Constipation | 267 | | |
| Sweating | 267 | | |
| Tendency to Get Alarmed | 268 | | |
| Tendency to be Sad | 269 | | |
| Trembling | 269 | | |
| Formulas for Specific Organs | 271 | | |
| Heart Blood Deficiency | 271 | | |
| Heart Qi Deficiency | 271 | | |
| Kidney Yin Deficiency | 272 | | |
| Kidney Yang Deficiency | 273 | | |
| Liver Yin Deficiency | 274 | | |
| Lung Qi Deficiency | 275 | | |
| Lung Yin Deficiency | 275 | | |
| Spleen Qi Deficiency | 276 | | |
| Spleen Yin Deficiency | 277 | | |
| Appendix 2: Pulse Legend | 279 | | |
| References | 280 | | |
| Indexes | 281 | | |
| General Index | 281 | | |
| Pin Yin Pharmaceutical Index | 287 | | |