

Figure 26—TCM Formulas for Excess Conditions

Formula	Tongue	Pulse	TCM Condition	Major Indications
Stress Relief (STR-C)	Red tip	Wiry and rapid	Derangement of the mind	Irritability, restlessness, insomnia, dizziness, stress, anxiety, panic attacks, heart palpitations, mania, muscle tension, nervous disorders
HY-C	Red with scant coating, dry	Rapid and thin	Deficient yin	Dry skin, dry mouth, constant thirst, frequent urination, burning sensations in hands and feet, night sweats, hyperinsulinemia
Mood Elevator (AD-C)	Red tip with yellow coating	Wiry and rolling or slippery	Stagnant or sagging qi	Depression, hypersensitivity, feeling of fullness in the head, tightness or pain in the chest, headaches, prolapsed organs, nightmares and restless dreams
VS-C	Light red or normal with thin, yellow coat; red bumps	Rapid and wiry or thin	Weak qi with external heat due to wind-heat or heat evil	Chronic, low grade viral and bacterial infections (herpes, shingles, fever, etc.)
IF-C	Red or normal with thin, yellow coat	Rapid and floating	Excess fire due to wind-heat or heat evil	Inflammation, bleeding gums, sore throats, earaches, fever with chills, acute viral or bacterial infection
Kidney Activator (K-C)	Swollen with scalloped edges, damp	Wiry, rolling or slippery, and weak	Retention of water due to deficient yang and stagnant qi	Edema, PMS with water retention, burning urination, bladder infections, backache, sluggish energy in the afternoon, scanty or clear urine
Liver Balance (LIV-C)	Dark red, purplish	Wiry or tense	Constricted liver qi	Anger, frustration, depression, abdominal pain, menstrual pain and irregularities, headaches
Anti-Gas Formula (AG-C)	Swollen with heavy white or yellow coating	Wiry and rolling or slippery	Damp spleen (stomach)	Bloating, loss of appetite, foul belching, acid reflux, loss of appetite, bad breath
Breathe Activator (AL-C)	Thick white coating	Rolling or slippery	Damp phlegm in lungs	Congestion or fluid retention in chest, cough, asthma, bronchitis, swollen lymph nodes