

## **TCM ANTI-VIRAL THERAPY**

**Using *Wen Bing* Theory in the  
Treatment of Modern Epidemics**

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### **1. OVERVIEW OF SARS EPIDEMIC, 2003**

**SARS is an acute respiratory illness with typical symptoms of fever, cough and difficult breathing.**

**By March 18, over 200 cases and 4 deaths had been reported in China and Hong Kong.**

**During a period of the following three weeks, the number of SARS cases soared to over 2,000, with about 75 deaths, triggering alarms worldwide.**

**By early April, there were nearly 1,000 new cases per week until mid-May while frantic steps were taken to inhibit its spread.**

**By May 2003, the World Health Organization cited 8,422 cumulative cases worldwide, most of them in China, Hong Kong, and Taiwan, with 916 deaths - 11% of those infected.**

**The disease disappeared by July.**

### **HONG KONG**

**The first outbreak of SARS occurred in the Prince of Wales Hospital on March 12, 2003; a total of 39 cases were reported.**

**Health care workers were one of the groups most affected in this epidemic.**

**By June 2003, 338 (19.5%) of the 1755 confirmed or suspected cases of SARS reported in Hong Kong had occurred in health care workers, with six health care workers dying of the disease.**

The Centre for Disease Control and Prevention in China has classified SARS as a disease related to Wen Bing (meaning “feverish disease” in TCM), based on the close resemblance between the two illnesses.

The Centre also advised health practitioners to refer to traditionally prescribed treatments and recommendations.

Xinhua News Agency, April 8, 2003:

“After a discussion with doctors from the Guangdong Provincial Hospital of Traditional Chinese Medicine, James Maguire from the WHO medical team said patients in the hospital using TCM have more rapidly recovered from the disease, able to bring down their fever and leave the hospital after 18 days.”

**2. CLASSICAL WEN BING THEORY**

**A. HISTORY**

Until the widespread introduction of antibiotics in the 1940s, Chinese medicine excelled at *shi bing* – seasonal disorders. These included the infectious diseases of colds, influenza, cholera & meningitis.

Treatment of infectious diseases is one of the most important disciplines of Chinese medicine.

The emergence of drug resistant microbes, plus pandemics such as SARS and Avian Flu, point to Chinese medicine as an effective treatment.

*Wen Bing* theory began in the 12th century, and is still being organized and deepened.

Jin Dynasty	1115-1234
Yuan Dynasty	1279-1368
Ming Dynasty	1368-1644
Qing Dynasty	1644-1911
Modern era	1911-present

*Wen Bing* replaced *Shang Han* etiology, “damage by cold”, with a new universe of pathogens and pathologies. The new theory had to account for diseases arriving from the Silk Road trade as well as contact with European, and included smallpox, diphtheria, tuberculosis, typhoid, typhus, etc.

Warm Diseases took into account climatic factors such as warmth, heat, damp-warmth and dryness, and also the new concepts of pestilential *qi* and epidemic *qi*.

Wen Bing contained many diverse opinions, which coalesced in the 19<sup>th</sup> century. Many of the doctor-writers were from warm-damp areas south of the Yangzi River.

In 1920s and 30s, compilation of textbooks were devoted to systematic study of warm diseases.

Since the 1980s, warm disease studies (*wen bing xue*) has been a core subject in TCM colleges.

*Recommended reading:*

Dr. Guohui Liu  
**WARM DISEASES, A CLINICAL GUIDE**  
 Eastland Press, 2001.

Jian Min Wen and Garry Seifert  
**WARM DISEASE THEORY**  
 Paradigm Publications, 2000

**b. ORGANIZATION OF WEN BING  
 (WARM DISEASES)**

**A. WARM-HEAT DISEASES**

**B. DAMP-HEAT DISEASES**

**A. WARM-HEAT DISEASES**

1. WIND-WARMTH	3. AUTUMN-DRYNESS
a) Wei Level	a) Wei Level
b) Qi Level	b) Qi Level
c) Ying Level	
2. SPRING-WARMTH	4. WARM-TOXIN
a) Wei and Qi Level	a) By Burner
b) Qi Level	b) Putrefying Throat
c) Ying or Blood Level	Granular Disorder

**B. DAMP-HEAT DISEASES**

1. SUMMERHEAT-WARMTH	e) Deteriorated Patterns of Damp-Heat
a) Summerheat-Warmth	
b) Summerheat & Dampness	d) Remnants of Dampness & Heat
2. DAMP-WARMTH	3. LURKING SUMMERHEAT
a) Dampness Predominant	a) Initial Onset
b) Equal Damp and Heat	b) Lurking Summerheat in the Qi Level
c) Damp-Warmth with Heat Predominant	c) Lurking Summerheat in Ying and Blood Levels

### WELL KNOWN WEN BING FORMULAS

Chen Shiwen, 1080    *liang ge san*  
 Chen Yan, 1174      *wen dan tang*  
 Li Ao, 1247          *sheng mai san*  
 Luo Tianyi, c. 1300    *pu ji xiao du yin tang*  
 Wang Menying, 1852   *gan lu xiao du pian*  
 Wu Jutang, 1798      *sang ju yin*  
 Wu Jutang, 1798      *yin qiao san*

Wu Jutong, 1798      *an gong niu huang tang*  
 Wu Jutong, 1798      *sha shen mai men dong tang*  
 Wu Jutong, 1798      *xuan bi tang*  
 Yu Chang, 1658      *qing zao jiu fei tang*  
 Zhang Zhongjing, 220   *bai hu tang*  
 Zhang Zhongjing      *zhen wu tang*  
 Zhong Zhongjing      *ma xing shi gan tang*

### 3. TREATMENT OF SARS, 2003 AND ITS POTENTIAL FOR AVIAN FLU

*Much of the following information comes from:*

SARS and Chinese Medicine: How The Chinese People and Institutions Responded with Herbs.

Subhuti Dharmananda, Ph.D.

Institute for Traditional Medicine, Portland, Oregon, May 2003.  
<http://www.itmonline.org/arts/sars.htm>

#### a. THE NATURE OF SARS

SARS demonstrated global havoc when its epidemic broke out worldwide, including mainland China, Taiwan, Hong Kong, Vietnam, Singapore, Macao, North American and Europe.

The first case was found in Foshan, Guangdong Province, China on November 16, 2002, but did not become highly contagious until March, 2003.

It was quickly understood that SARS is due to a coronavirus (named for the array of projections), and this one was genetically mapped following three weeks of day and night work by Canadian researchers.

SARS has been renamed Corona Virus Pneumonia (CVP), but the original term is still used.

Airborne droplets from SARS patients are the main transmission routes.

SARS was found to survive for two days on plastic at room temperature.

The virus is excreted in urine and feces and may remain in sewage for days; a major outbreak in a Hong Kong apartment complex was traced to a leaky sewage pipe.

#### **MORTALITY**

**In a total of in 8,422 cases, 916 SARS patients died. The overall mortality was about 11%.**

**In mainland China, a total of 5327 SARS patients occurred, and 349 of them died. The mortality was about 7%.**

**In Hong Kong, a total of 1755 SARS patients occurred, and 300 of them died. The mortality was about 17%.**

**In Taiwan, a total of 655 SARS patients occurred and 180 of them died. Mortality was 27%.**

**The fatality ratio was estimated to be less then:**

**1% in persons aged 24 years or younger**

**6% in persons aged 25 to 44 years**

**15% in persons aged 45 to 64 years.**

**It was greater than 50% in persons aged 65 years and older.**

#### **WESTERN MEDICAL TREATMENT FOR SARS**

**Western medical treatment included aliment therapy (IV sustenance support), respiratory auxiliary ventilation, anti-infection agents such as ribavirin, and glucocorticoid therapy.**

**There was no evidence to support the effectiveness of general or routine use of ribavirin and steroids, or to confirm the risks and benefits of Western medicine in the treatment of SARS.**

#### **SYMPTOMS**

**1) Influenza-like symptoms:**

- fever**
- chills**
- muscle pain**
- headache**
- “heavy feeling”**
- cough**
- fatigue**

**2) Other symptoms:**

- loss of appetite
- confusion
- dizziness
- rash
- sleeping problems
- night sweats
- nausea
- diarrhea

**DISEASE ORIGINS**

The origin of the disease is believed to be a virus in an animal or group of animals that was brought into Guangdong province of China and transmitted to a person or group of people, who then spread it to others.

A likely explanation for the origin of the current epidemic is that a wild animal from a remote forest was brought into a Guangdong meat market, and the virus was transmitted during handling.

**b. THE TCM RESPONSE TO SARS**

Based on the theory of Traditional Chinese Medicine, SARS can be divided as:

- Initial stage
- Acute stage
- Critical stage
- Recovery stage

**1) CLASSICAL WEN BING FORMULAS USED IN THE SARS EPIDEMIC**

Traditional Chinese doctors with WHO (World Health Organization) and government agencies recommended certain formulas based on classical Wen Bing categories:

**1) Initial Stage**

WIND-WARMTH, *Wei* Level  
 Px: *Yin Qiao San*  
*Sang Ju Yin*

WARM-TOXIN, Upper Burner  
 Px: *Pu Ji Xiao Du Yin*

SUMMERHEAT AND DAMPNES  
 Attacking Lung and *Wei* Level  
 Px: *Sang Ju Yin*

**2) Acute Stage –**

SPRING-WARMTH  
*Qi* Level, Excess Heat in Stomach  
 Px: *Bai Hu Tang*

SUMMERHEAT-WARMTH  
 Summerheat Attacking the Stomach  
 Px: *Bai Hu Tang*

DAMP-WARMTH, Heat Predominant,  
 Stagnation of *Qi* by Damp-Heat  
 Px: *Gan Lu Xiao Du Yin*

**3) Critical Stage****WIND-WARMTH***Ying Level, Yin Fire*Px: *Qing Ying Tang***SPRING-WARMTH***Ying or Blood Level, Heat Flaring*Px: *Qing Wen Bai Du Yin***2) MODERN FORMULAS USED  
IN THE SARS EPIDEMIC**

In order to provide formula recommendations to masses of people without access to experienced TCM doctors, the *Chinese Government Health Authority* recommended a number of herbal formulas to strengthen the immune system and fight early exposure to the virus.

**1) Early wind invasion with sore throat.****Phragmites Lu Gen****Lonicera Jin Yin Hua****Forsythia Lian Qiao****Cicada Chan Tui****Bombyx Jiang Chan****Mentha Bo He****Glycyrrhiza Gan Cao****2) General immune enhancement****Atractylodes Cang Zhu****Atractylodes Bai Zhu****Astragalus Huang Qi****Ledebouriella Fang Feng****Agastache Huo Xiang****Glehnia Sha Shen****Lonicera Jin Yin Hua****Dryopteris Guan Zhong****3) Early symptoms of flu with  
achiness and nausea.****Dryopteris Guan Zhong****Lonicera Jin Yin Hua****Forsythia Lian Qiao****Isatis Da Qing Ye****Perilla Zi Su Ye****Pueraria Ge Gen****Agastache Huo Xiang****Atractylodes Cang Zhu****Eupatorium Pei Lan****Pseudostellaria Tai Zi Shen****4) Health workers or relations in contact with  
someone with potential SARS:****Rhubarb Da Huang****Lonicera Jin Yin Hua****Bupleurum Chai Hu****Scutellaria Huang Qin****Isatis Ban Lan Gen****Dryopteris Guan Zhong****Atractylodes Cang Zhu****Coix Yi Yi Ren****Agastache Huo Xiang****Ledebouriella Fang Feng****Glycyrrhiza Gan Cao**

Other popular formulas included the following:

1) *Immune Enhancement:*

Ginseng *Ren Shen*  
 Tremella *Bai Mu Er*  
 Chrysanthemum *Ju Hua*  
 Andrographis *Chuan Xin Lian*

2) *Antiviral formulas:*

a)	b)
Isatis <i>Ban Lan Gen</i>	Isatis <i>Da Qing Ye</i>
Polygonum <i>Hu Zhang</i>	Isatis <i>Ban Lan Gen</i>
Dryopteris <i>Guan Zhong</i>	Dryopteris <i>Guan Zhong</i>

4) *Guanzhong Decoction: Immune enhancement with antiviral protection:*

Dryopteris *Guan Zhong*  
 Chrysanthemum *Ju Hua*  
 Perilla *Zi Su Ye*  
 Schizonepeta *Jing Jie*  
 Glycyrrhiza *Gan Cao*

5) "Preventative Anti-Influenza Tea"  
*Yufang Liuxing Ganmao Cha*

Isatis <i>Da Qing Ye</i>	10 g.
Chrysanthemum <i>Ju Hua</i>	10
Lonicera <i>Jin Yin Hua</i>	20
Forsythia <i>Lian Qiao</i>	12
Ilex <i>Gang Mei Gen</i>	20

Make into a decoction. Take one dose a day for 3 days.

*The University of Hong Kong, School of Chinese Medicine*, devised two herbal formulas for prevention of SARS. They reported that the clinical staff who have been taking these herbal teas for more than a month had not been infected.

1) *SARS prevention for general use:*

Isatis <i>Ban Lan Gen</i>	12 g.
Lonicera <i>Jin Yin Hua</i>	15
Forsythia <i>Lian Qiao</i>	15
Coix <i>Yi Yi Ren</i>	15
Pseudostellaria <i>Tai Zi Shen</i>	15
Atractylodes <i>Bai Zhu</i>	15
Glycyrrhiza <i>Gan Cao</i>	9

**2) SARS Prevention for Those of Weak Constitution with Dampness:**

Agastache <i>Huo Xiang</i>	15	Atractylodes <i>Bai Zhu</i>	15
Eupatorium <i>Pei Lan</i>	9	Coix <i>Yi Yi Ren</i>	18
Lonicera <i>Jin Yin Hua</i>	12	Pseudostellaria	
Forsythia <i>Lian Qiao</i>	12	<i>Tai Zi Shen</i>	18
Morus <i>Sang Ye</i>	15	Glycyrrhiza <i>Gan Cao</i>	9
Isatis <i>Ban Lan Gen</i>	9		

**THE CHINA NATIONAL ADMINISTRATION OF TRADITIONAL CHINESE MEDICINE**

The following Chinese herbal prescriptions were recommended to the Chinese population for preventing SARS.

**FORMULA 1**  
Benefit qi, remove damp, clear heat, resolve toxin

*Astragalus Huang Qi*  
*Patrinia Bai Jiang Cao*  
*Coix Yi Yi Ren*  
*Platycodon Jie Geng*  
*Glycyrrhiza Gan Cao*

**FORMULA 2**  
Clear heat, resolve toxins, resolve turbidity

*Houttuynia Yu Xing Cao*  
*Chrysanthemum Ye Ju Hua*  
*Artemesia Yin Chen Hao*  
*Eupatorium Pei Lan*  
*Amomum Cao Guo*

**FORMULA 3**  
Clear heat, dispel wind-chill, expel pathogens

*Phragmites Lu Gen*  
*Lonicera Jin Yin Hua*  
*Forsythia Lian Qiao*  
*Mentha Bo He*  
*Glycyrrhiza Gan Cao*

**FORMULA 4**  
Benefit qi, disperse pathogens, clean toxins, remove moisture

<i>Pseudostellaria</i>	<i>Pueraria Ge Gen</i>
<i>Tai Zi Shen</i>	<i>Perilla Zi Su Ye</i>
<i>Dryopteris Guan Zhong</i>	<i>Agastache Huo Xiang</i>
<i>Lonicera Jin Yin Hua</i>	<i>Atractylodes Cang Zhu</i>
<i>Isatis Da Qing Ye</i>	<i>Eupatorium Pei Lan</i>

**Department of Health, China**

*Transform phlegm, clear heat, dispel wind-heat, resolve pathogenic toxin, stop cough.*

Astragalus <i>Huang Qi</i>	12 g.
Ledebouriella <i>Fang Feng</i>	12
Pueraria <i>Ge Gen</i>	8
Fritillaria <i>Chuan Bei Mu</i>	8
Scutellaria <i>Huang Qin</i>	8
Moutan <i>Mu Dan Pi</i>	7
Isatis <i>Da Qing Ye</i>	12
Lonicera <i>Jin Yin Hua</i>	12
Curcuma <i>Yu Jin</i>	9
Dryopteris <i>Guan Zhong</i>	12

**Report A: A Herbal Formula for the Prevention of Transmission of SARS During the SARS Epidemic in Hong Kong Special Administrative Region — A Prospective Cohort Study.**

Leung PC, Lau TF, Cheng KF and Lam CWK

[http://whqlibdoc.who.int/publications/2004/9241546433\\_reportA.pdf](http://whqlibdoc.who.int/publications/2004/9241546433_reportA.pdf)

This is the first study to explore the possibility of using TCM to prevent SARS in a high-risk population (health care workers).

**“Abstract.** Traditional Chinese medicine (TCM) has a long history of being used to treat respiratory ailments. Many clinicians in China have used TCM to treat SARS patients with favorable outcomes as the symptoms of SARS closely resemble those of wen bing (feverish disease). The use of TCM for the treatment of respiratory illnesses in China has shown promise in the prevention of SARS particularly among high-risk groups.”

“SARS attack rates on two groups of health care workers from 11 hospitals in Hong Kong, one using a herbal supplement for a 2-week period (n = 1063) and a control cohort comprising all health care workers who did not receive the supplement (n = 36 111), were compared.

Changes in quality of life and influenza-like symptoms of the herbal supplement users were examined at three time points.”

**“Results.** None of the health care workers who used the supplements subsequently contracted SARS as compared to 0.4% of the health care workers who did not use the supplements (p = 0.014).

Improvements in influenza-like symptoms and quality of life measurements were seen among users of the herbal supplements.”

The entire formula consisted of 12 herbs, combining herbs from *Sang Ju Yin* and *Yin Qiao San* with the addition of *Isatis Da Qing Ye*, *Scutellaria Huang Qin* and *Astragalus Huang Qi*.

Morus <i>Sang Ye</i>	Glycyrrhiza <i>Gan Cao</i>
Chrysanthemum <i>Ju Hua</i>	Phragmitis <i>Lu Gen</i>
Armeniaca <i>Xing Ren</i>	Astragalus <i>Huang Qi</i>
Forsythia <i>Lian Qiao</i>	Ledebouriella <i>Fang Feng</i>
Mentha <i>Bo He</i>	Isatis <i>Da Qing Ye</i>
Platycodon <i>Jie Geng</i>	Scutellaria <i>Huang Qin</i>

**Sang Ju Yin**

Origin: Wu Jutang, 1798

- √ *Morus Sang Ye*
- √ *Phragmites Lu Gen*
- √ *Prunus Armeniaca Xing Ren*
- √ *Forsythia Lian Qiao*
- √ *Chrysanthemum Ju Hua*
- √ *Mentha Bo He*
- √ *Platycodon Jie Geng*
- √ *Glycyrrhiza Gan Cao*

**Yin Qiao San**

Origin: Wu Jutang, 1798

- Lonicera Jin Yin Hua*
- (√) *Forsythia Lian Qiao*
- Arctium Niu Bang Zi*
- (√) *Platycodon Jie Geng*
- (√) *Mentha Bo He*
- Glycine Soja Dan Dou Chi*
- (√) *Glycyrrhiza Gan Cao*
- Lophatherum Dan Zhu Ye*
- Schizonepeta Jing Jie*

**RESULTS**

None of the 1063 research subjects who used the herbal supplement contracted SARS.

None of the 3160 health care workers who received the herbal supplement had contracted the virus, based on hospital admissions.

**INFLUENZA-LIKE SYMPTOMS  
AMONG THE HERBAL USERS**

“Subjects tended to have fewer symptoms on days 14 and 28 than on day 0. Continuous improvement from day 14 to day 28 occurred for the following symptoms:

Chills, cough, fatigue, headache and feelings of “heaviness”.

There was only slight improvement for rigors, muscle pain and feverishness on days 14 and 28.”

Following this research the following occurred:

“The chairman of the Administrative Committee Research Center of Hong Kong Chinese University recommended the manufacturing an initial batch of 40,000 packets of these powdered granules, to be consumed within 10 days.

The committee is planning to provide for medical personnel first and then subsequently made available to the people of Hong Kong in general.”

**GOVERNMENT RECOMMENDED  
PATENT MEDICINE COMBINATIONS**

- 1) *Sang Ju Yin plus Yu Ping Feng San*
- 2) *Huo Xiang Zheng Qi Pian plus Shuang Huang Lian*  
(*Lonicera, Scute and Forsythia*)
- 3) *Huo Xiang Zheng Qi Pian plus Bao He Wan*

**4. UTILIZED ANTIVIRAL HERBS**

**1) Classical:**

*Agastache Huo Xiang*  
*Artemisia Qing Hao*  
*Forsythia Lian Qiao*  
*Indigo Qing Dai*  
*Isatis Ban Lan Gen*  
*Isatis Da Qing Ye*  
*Lonicera Jin Yin Hua*  
*Taraxacum Pu Gong Ying*

**2) Modern:**

*Andrographis Chuan Xin Lian*  
*Belamcanda She Gan*  
*Coix Yi Yin Ren*  
*Dryopteris Guan Zhong*  
*Evodia San Cha Ku*  
*Helicteris Shan Zhi Ma*  
*Helicteris Xian Tao Cao*  
*Houttuynia Yu Xing Cao*

*Ilex Gang Mei Gen*  
*Ilex Jiu Bi Ying*  
*Ilex Mao Dong Qing*  
*Paris Qi Ye Yi Zhi Hua*  
*Paris Zao Xiu*  
*Patrinia Bai Jiang Cao*  
*Polygonum Cao He Che*  
*Polygonum Hu Zhang*  
*Verbana Ma Bian Cao*  
*Viola Zi Hua Di Ding*

**Most promising herbs for SARS:**

*Andrographis Chuan Xin Lian*  
*Coix Yi Yin Ren*  
*Dryopteris Guan Zhong*  
*Forsythia Lian Qiao*  
*Lonicera Jin Yin Hua*  
*Polygonum Hu Zhang*

**5. MODERN CHINESE HERBAL PRODUCTS WITH ANTI-VIRAL EFFECT**

**a. Chinese Patent Medicines**

**b. American Herbal Products**

**Bioessence:**  
 YIN QIAO JIE DU WAN

**Evergreen Combinations:**  
 LONICERA COMPLEX

**Chinese Classics**  
 ISATIS FORMULA  
 YIN QIAO FORMULA  
 ZHONG GAN LING FORMULA

**Golden Flower:**  
 GAN MAO LING FORMULA  
 VIOLA CLEAR FIRE FORM.  
 YIN CHIAO FORMULA  
 ZHONG GAN LING FORM.

**Bioessence:**  
 YIN QIAO JIE DU WAN

**Herbal Times**  
 GAN MAO LING WAN  
 PU JI XIAO DU WAN  
 YIN QIAO JIE DU WAN

**Chinese Classics**  
 ISATIS FORMULA  
 YIN QIAO FORMULA  
 ZHONG GAN LING FORMULA

**Health Concerns:**  
 ASTRA ISATIS  
 CLEAR HEAT  
 COLD AND FLU  
 COLD AWAY  
 ENHANCE  
 ISATIS GOLD  
 YIN CHAO JIN  
 YIN CHAO JR.

**Plum Flower:**  
 CHUAN XIN LIAN  
 FIVE FLAVOR TEAPILLS  
 GAN MAO LING  
 UNIVERSAL BENEFIT  
 YIN QIAO WAN  
 ZHONG GAN LING

**K'an:**  
 ANTIPHLOGISTIC FORM.  
 GAN MAO LING  
 INITIAL DEFENSE  
 YIN QIAO  
 ZHONG GAN LING

**Chinese Modular Solutions:**  
 PHLOGISTICLEAN  
 PURGE HEAT  
 WIND BREAKER

**Seven Forests:**  
 BELAMCANDA 15  
 BIDENS 6  
 FORSYTHIA 18  
 ILEX 15  
 ISATIS 6  
 PARIS 7  
 PATRINIA 7  
 SCROPHULARIA 12

**2A-2**

**CHUAN XIN LIAN**  
**ANTIPHLOGISTIC PILLS**  
 United Pharmaceutical Manufactory;  
 Guangzhou

*chuan xin lian kang yan pian*  
 "Andrographis Fight Inflammation Pills"

**Packing and Dosage:**  
 Bottles of 36 or 100 coated pills, each 1.3 g.  
 Take 2 to 3 pills, 3 x day.

<i>Andrographis Chuan Xin Lian</i>	50. %	DD
<i>Taraxacum Pu Gong Ying</i>	25	DD
<i>Isatis Ban Lan Gen</i>	25	DD

*Also Available as:*  
 Chuan Xin Lian (Plum Flower)  
 Antiphlogistic Formula (Kan)

**CHUAN XIN LIAN**  
**HERBA ANDROGRAPHIS**

**Category:** Clear Heat and Resolve Toxin  
**Flavor:** Bitter  
**Temperature:** Cold

**ACTIONS:**

1. Clears Heat, Resolves Toxins
2. Dries Dampness, Stops Diarrhea

**RESEARCH:**

1. Antibiotic against *Diplococcus pneumoniae*, B-hemolytic streptococcus and many viral microbes.
2. Immune enhancing effect
3. Anti-pyretic
4. Antiinflammatory
5. Increases phagocytic activity of white blood cells
6. Anti-snake venom

**CLINICAL STUDIES:**

1. Nasosinusitis and rhinitis
2. Upper respiratory tract infections
3. Leptospirosis

1B3-4

**GANMAOLING TABLETS**  
 United Pharmaceutical Manufactory;  
 Guangzhou

*gan mao ling pian*  
 “Common Cold Effective-Remedy Tablets”

*Packing and Dosage:*  
 Bottles of 36 or 100 tablets.  
 Take 5 to 6 tablets, every 3 hours as needed.

<i>Ilex Gang Mei Gen</i>	34.3 %	DD
<i>Evodia San Cha Ku</i>	21.7	DD
<i>Vitex Huang Jing Cao</i>	13.0	BB
<i>Chrysanthemum Ju Hua</i>	13.0	BB
<i>Isatis Ban Lan Gen</i>	13.0	DD
<i>Lonicera Jin Yin Hua</i>	4.8	DD
<i>Mentha Bo He Nao</i>	0.01	BB

**GANG MEI GEN**  
**RADIX ILICIS ASPRELLAE**

Category: Clear Heat and Resolve Toxin  
 Flavor: Bitter  
 Temperature: Cold

Folk medicine from Taiwan

**ACTIONS:**

1. Clears Heat, Resolves Toxins
2. Activates Blood Circulation and Opens Channels

**CLINICAL APPLICATIONS:**

1. Common cold
2. Pulmonary abscess and pneumonia
3. Gonorrhea

**SAN CHA KU**  
**RADIX EVODIAE PTELEAEFOLIAE**

Category: Clear Heat and Resolve Toxin  
 Flavor: Bitter  
 Temperature: Cool

Folk medicine from Taiwan

**ACTIONS:**

1. Clears Heat, Resolves Toxins
2. Dispels wind damp

**CLINICAL APPLICATIONS:**

1. Common cold
2. Cough
3. Pulmonary abscess and pneumonia
3. Arthralgia due to wind damp

1B3-9

**GAN MAO QING CAPSULES**

Bai Yun Shan Pharmaceutical General Factory;  
Guangzhou

*gan mao qing jiao nang*  
"Common Cold Clearing Capsules"

*Packing and Dosage:*  
Bottle of 30 capsules.  
Take 1 to 2 capsules, 3 x day.

Isatis <i>Ban Lan Gen</i>	24. %	DD
Ilex <i>Gang Mei Gen</i>	22	DD
Andrographis <i>Chuan Xin Lian</i>	17	DD
Lonicera <i>Jin Yin Hua</i>	16	DD
Helicteres <i>Shan Zhi Ma</i>	11	DD
Isatis <i>Da Qing Ye</i>	10	DD

1B3-12

**GAN MAO MIX HERBAL BEVERAGE**

Yulin Pharmaceutical Co.; Yulin

*gan mao zhi ke lu*  
"Common Cough Stop Cough Liquid"

*Packing and Dosage:*  
Bottles of 3.38 fl. oz, liquid.  
Take 1 teaspoon each time, as needed.

Sophora <i>Shan Dou Gen</i>	15. %	DD
Ilex <i>Jiu Bi Ying</i>	15	DD
Forsythia <i>Lian Qiao</i>	15	DD
Armeniaca <i>Xing Ren</i>	14	CC
Helicteres <i>Shan Zhi Ma</i>	12	DD
Pinellia <i>Ban Xia</i>	11	CA
Lonicera <i>Jin Yin Hua</i>	10	DD
Chrysanthemum <i>Ju Hua</i>	8	BB

**SHAN DOU GEN**

**RADIX SOPHORAE TONKINENSIS**

Category: Clear Heat and Resolve Toxin  
Flavor: Bitter  
Temperature: Cold

First mentioned: Ma Zhi, 973

**ACTIONS:**

1. Clears Heat, Resolves Toxins
2. Treats abscesses, carbuncles and tumors

**RESEARCH:**

1. Immune enhancer
2. Antiasthmatic effects
3. Anti-pyretic
4. Hepato-protective against carbon tetrahydrochloride
5. Antibacterial

**CLINICAL STUDIES:**

1. Sore throat
2. Acute hepatitis

**SHAN ZHI MA**  
**HERBA HELICTERIS**

Category: Clear Heat and Resolve Toxin  
 Flavor: Slightly Bitter  
 Temperature: Cool

Folk medicine herb from Fujian Province

**ACTIONS:**

1. Clears Heat, Resolves Toxins

**CLINICAL APPLICATIONS:**

1. Common cold and fever
2. Measles, mumps
3. Dysentery
4. Toxic ulcers

1B3-13

**GANMAO TUIRE CHONGJI**  
 No. 3 Traditional Chinese Pharmaceutical  
 Factory; Shanghai

*gan mao tui re chong ji*  
 “Common Cold Remove Heat  
 Instant (Crystal) Medicine”

*Packing and Dosage:*  
 Boxes of ten packets, each packet 18 g of herb.  
 Take one packet with boiling water, 3 x day.

Isatis <i>Da Qing Ye</i>	33.3 %	DD
Isatis <i>Ban Lan Gen</i>	33.3	DD
Forsythia <i>Lian Qiao</i>	16.7	DD
Polygonum <i>Cao He Che</i> *	16.7	DD

\* Same as Paris *Zao Xiu*

**ZAO XIU**  
**RHIZOMA PARIDIS**

Category: Clear Heat and Resolve Toxin  
 Flavor: Bitter  
 Temperature: Cool

First mentioned: *Shen Nong Ben Cao*  
 Also called: Qi Ye Yi Zhi Hua, Cao He Che

**ACTIONS:**

1. Clears Heat, Resolves Toxins
2. Reduces swelling and stops pain

**CLINICAL APPLICATIONS:**

1. Sores, abscesses
2. Tonsillitis
3. Snake bite

**RESEARCH:**

1. Antibacterial
2. Antitussive

2A-6

**PANLANKEN**

Guangzhou Qixing Pharmaceutical Co, Ltd.

*ban lan gen pian*  
 “Isatis Root Tablets”

*Packing and Dosage:*  
 Bottles of 100 tablets.  
 Take 3 tablets, 3 x day.

Isatis <i>Ban Lan Gen</i>	50.%	DD
Taraxacum <i>Pu Gong Ying</i>	25	DD
Viola <i>Zi Hua Di Ding</i>	25	DD

**ZI HUA DI DING**  
**HERBA VIOLA**

Category: Clear Heat and Resolve Toxin  
 Flavor: Bitter, Spicy  
 Temperature: Cold

First mentioned: Li Shi-Zhen, 1578

**ACTIONS:**

1. Clears Heat, Resolves Toxins

**RESEARCH:**

1. Antibacterial against numerous pathogenic bacteria, as well as *Candida albicans*
2. Antipyretic and antiinflammatory effects.

1B3-14

**ZHONG GAN LING**  
 Plum Flower Brand

*zhong gan ling*  
 “Heavy Cold Effective-Remedy”

*Packing and Dosage:*  
 Bottles of 100 tablets.  
 Take 4 to 6 tablets, 3 x day.

<i>Ilex Mao Dong Qing</i>	27.%	DD
<i>Pueraria Ge Gen</i>	27	BB
<i>Verbena Ma Bian Cao</i>	18	K
<i>Isatis Ban Lan Gen</i>	14	DD
<i>Artemesia Qing Hao</i>	7	DE
<i>Gypsum Shi Gao</i>	4	DA
<i>Notopterygium Qiang Huo</i>	3	BA

**MAO DONG QING**  
**RADIX ILICIS PUBESCENTIS**

Category: Clear Heat and Resolve Toxin  
Flavor: Bitter, Spicy  
Temperature: Cold

First mentioned:  
Guangxi Journal of Chinese Herbal Medicines

**ACTIONS:**

1. Activates Blood Circulation and Opens Channels
2. Clears Heat, Resolves Toxins

**RESEARCH:**

1. Increase blood circulation to coronary blood vessels
2. Antitussive
3. Antibacterial

2A-5

**GANMAO QINGJIAO NANG**  
(Manufacturer Unlisted)

*gan mao qing jiao nang*  
"Common Cold Clearing Capsules"

*Packing and Dosage:*  
Bottles of 30 capsules.  
Take 1 to 2 capsules, 3 x day.

<i>Isatis Ban Lan Gen</i>	29.6 %	DD
<i>Helicteres Shan Zhi Ma</i>	26.4	DD
<i>Andrographis Chuan Xin Lian</i>	24.6	DD
<i>Isatis Da Qing Ye</i>	19.4	DD

2A-10

**PITOSILING TABLETS**  
Gold Leaf Brand, Kwangchow Chinese  
Medicine Factory; Guangzhou

*te xiao bian tao xian yan ling*  
"Specially Effective  
Tonsil Gland Inflammation Effective-Remedy"

*Packing and Dosage:*  
Boxes of 100 tablets.  
Take 2 tablets, 3 to 4 x day.

**PITOSILING TABLETS**

<i>Andrographis Chuan Xin Lian</i>	75.%	DD
<i>Helicteres Xian Tao Cao</i>	25	DD

**ISATIS FORMULA**

## Chinese Classics

<i>Andrographis Chuan Xin Lian</i>	DD
<i>Isatis Da Qing Ye</i>	DD
<i>Arctium Niu Bang Gen</i>	DD
<i>Taraxacum Pu Gong Ying</i>	DD
<i>Prunella Xia Ku Cao</i>	DA
<i>Lithosperm Zi Cao</i>	DC
<i>Viola Zi Hua Di Ding</i>	DD

**VIOLA CLEAR FIRE FORMULA**

## Golden Flower

<i>Oldenlandia Bai Hua She</i>		<i>Citrus Chen Pi</i>	4.7	G
<i>She Cao</i>	15.7 %DD	<i>Lonicera Jin Yin Hua</i>	4.7	DD
<i>Houttuynia Yu Xing Cao</i>		<i>Forsythia Lian Qiao</i>	4.7	DD
	15.7 DD	<i>Usnea Song Lo</i>	4.3	
<i>Viola Zi Hua Di Ding</i>	11.8 DD	<i>Glycyrrhiza Gan Cao</i>	3.5	AA
<i>Isatis Da Qing Ye</i>	7.9 DD	<i>Coptis Huang Lian</i>	2.4	DB
<i>Isatis Ban Lan Gen</i>	7.9 DD	<i>Lithospermum Zi Cao</i>	2.4	DC
<i>Prunella Xia Ku Cao</i>	5.9 DA	<i>Hypericum Tian Ji Huang</i>	2.4	
<i>Andrographis Chuan Xin Lian</i>	5.9 DD			

**CLEAR HEAT - Health Concerns**

<i>Isatis Da Qing Ye</i>	DD
<i>Isatis Ban Lan Gen</i>	DD
<i>Oldenlandia Bai Hua She She Cao</i>	DD
<i>Lonicera Jin Yin Hua</i>	DD
<i>Prunella Xia Ku Cao</i>	DA
<i>Andrographis Chuan Xin Lian</i>	DD
<i>Laminaria Kun Bu</i>	CB
<i>Viola Zi Hua Di Ding</i>	DD
<i>Cordyceps Dong Chong Xia Cao</i>	AC
<i>Glycyrrhiza Gan Cao</i>	AA

**2A-1****WU WEI XIAO DU WAN****FIVE FLAVOR TEAPILLS**

## Plum Flower

*wu wei xiao du wan*  
"Five Flavor Disperse Toxin Pill"

*Origin: Wu Qian et al, 1742.*

<i>Lonicera Jin Yin Hua</i>	22.7 %	DD
<i>Chrysanthemum Ye Ju Hua</i>	22.7	BB
<i>Taraxacum Pu Gong Ying</i>	22.7	DD
<i>Viola Zi Hua Di Ding</i>	22.7	DD
<i>Begonia Zi Bei Tian Gui</i>	9.2	DD

<b>BIDENS 6</b>		
Seven Forests		
<i>Bidens Xian Feng Cao</i>	25. %	DD
<i>Polygonum Hu Zhang</i>	20	DB
<i>Viola Zi Hu Di Ding</i>	15	DD
<i>Isatis Ban Lan Gen</i>	15	DD
<i>Chrysanthemum Ju Hua</i>	15	BB
<i>Glycyrrhiza Gan Cao</i>	10	AA

<b>ISATIS 6</b>		
Seven Forest		
<i>Isatis Da Qing Ye</i>	25. %	DD
<i>Polygonum Hu Zhang</i>	15	DB
<i>Prunella Xia Ku Cao</i>	15	DA
<i>Oldenlandia</i>		
<i>Bai Hua She She Cao</i>	15	DD
<i>Andrographis Chuan Xin Lian</i>	15	DD
<i>Lonicera Jin Yin Hua</i>	15	DD

<b>PARIS 7</b>		
Seven Forest		
<i>Paris Zao Xiu</i>	20 %	DD
<i>Houttuynia Yu Xing Cao</i>	15	DD
<i>Scutellaria Ban Zhi Lian</i>	15	DD
<i>Oldenlandia Bai Hua She She Cao</i>	15	DD
<i>Isatis Da Qing Ye</i>	15	DD
<i>Sophora Shan Dou Gen</i>	10	DD
<i>Taraxacum Pu Gong Ying</i>	10	DD

<b>PATRINIA 7</b>		
Seven Forest		
<i>Patrinia Bai Jiang Cao</i>	20. %	DD
<i>Viola Zi Hua Di Ding</i>	18	DD
<i>Taraxacum Pu Gong Ying</i>	17	DD
<i>Lonicera Jin Yin Hua</i>	17	DD
<i>Isatis Da Qing Ye</i>	10	DD
<i>Chrysanthemum Ye Ju Hua</i>	10	BB
<i>Rhaponticum Lou Lu</i>	8	DD

**INFLUENZA**

In TCM called *Shi Xing Gan Mao*

An infectious disease of the respiratory tract, caused by a variety of influenza viruses.

- Strongly infectious
- Transmitted by droplets
- Can be isolated or in pandemics
- In all seasons but most prevalent in winter and spring

**DIAGNOSIS OF INFLUENZA**

Large number of patients with similar symptoms  
Fever, headache, myalgia

**CLINICAL FEATURES**

Onset is abrupt with toxic symptoms of chills, fever, headache myalgia, weakness.

Respiratory tract symptoms of stuffy or runny nose (rhinorrhea), sneezing. Cough once the fever subsides, with profuse sputum.

Sore or dry throat, usually mild

Sometimes digestive tract symptoms: nausea, vomiting, abdominal pain or diarrhea

Severe cases; high fever, chest pain, cough with bloody sputum, dyspnea, coma

### PHYSICAL EXAMINATION

- Acutely ill
- Pale with malar flush
- Congestion of conjunctiva and nasal-pharyngeal mucosa
- Secondary symptoms:  
Shortness of breath or difficulty in breathing.  
With stethoscope diffuse moist rales can be heard.

### LABORATORY

- Decreased leukocytes
- Decreased ratio of neutrophils to leukocytes
- Lymphocytes elevated.
- Possible to see virus on nasal mucus taken from close to nares.
- Blood test to confirm: hemagglutination inhibition test or complement fixation test.

### TYPES

#### 1. WIND COLD SYNDROME

- Signs and Symptoms:
- Severe aversion to cold
- Slight fever. No sweat
- Headache
- Pain in extremities
- Stuffy nose with discharge
- Cough with thin sputum

Tongue: Whitish coat

Pulse: floating and tight

Treatment principle: Relieve exterior with spicy warm herbs, open lungs, expel pathogenic cold.

### PRESCRIPTIONS:

- *Jing Jie Fang Feng Tang*
- *Shen Zhu San*

Also (Under COMMON COLD, Wind-Cold):

- *Ren Shen Bai Du San Wan*
- *Jing Fang Bai Du San*
- *Chai Ge Jie Ji Wan*

**WIND HEAT****Signs and Symptoms:**

- High fever, headache
- Sore throat
- Expectoration of yellow phlegm
- Thirst

T: red tongue, with thin coat

P: floating, rapid

**Treatment Principle:**

- Relieve exterior with cool pungent herbs
- Promote discharge function of lung
- Clear pathogenic heat

**PRESCRIPTIONS:**

- *Yin Qiao San, Modified*
- *Yin Ju Shi Xing Gan Mao Tang*
- *Lu Dou Ge Gen Tang*
- *Gong Ying Guan Zhong Tang*
- *Qing Re Fang*
- *Gan Mao He Ji*

**PATENT MEDICINES**

- *gan mao ling*
- *zhong gan ling*
- COLD AWAY (HC)
- ILEX 15 (SF)

**COMMON COLD**

- Very common
- Characterized by fever, aversion to cold, nasal obstruction, runny nose, sneezing, coughing, headache.
- More common in winter and spring with drastic changes in weather
- Complications with children – easily goes into cough.

- Pathogenic wind invades upper respiratory system when body resistance is low. This occurs with sudden climate change.
- Combines with cold in winter, heat in spring, and damp-heat in summer.
- Low body resistance due to:
  - Stress or irregular life style
  - Drenched in rain
  - Negligence to proper clothing in weather

- People with cough are also vulnerable
- Constitution; person with yang deficiency more vulnerable to wind-cold
- A person with *yin* deficiency more vulnerable to wind heat.
- Wind cold allows viruses to replicate, leading to wind heat.

- Stays in upper respiratory tract.
- Children more prone to fever. Can be severe. Lungs are delicate, and lung *qi* stagnates. Body fluid accumulates leading to phlegm
- Weak spleen with stagnant stomach *qi* > poor appetite, vomiting, diarrhea

### 1. INVASION OF WIND-COLD

*Clinical Manifestations:* Sudden onset, strong aversion to cold, slight fever, no perspiration, headache, aching joints and limbs, stuffy nose, runny nose, scratchy throat, mild cough with thin, white phlegm, without sensation of excessive thirst or preference for hot drinks.

Tongue: Thin, white, moist tongue coating.  
Pulse: Floating or tense.

### PRINCIPLES OF TREATMENT:

Relieve the exterior with warm pungent herbs.

### PRESCRIPTIONS:

- *Jing Fang Bai Du San*
- *Ren Shen Bai Du San Wan*
- *Xiao Qing Long Tang*
- *Ge Gen Wan*

### 2. INVASION OF WIND-HEAT

*Clinical Manifestations:* Slight aversion to cold, prominent fever, perspiration, headache, red eyes, cough with thick, yellow phlegm, dry or sore swollen throat, stuffy nose with turbid, yellow mucus, thirst.

Tongue: Thin, yellow coating.  
Pulse: Floating, rapid.

### PRINCIPLES OF TREATMENT:

Relieve the exterior with cool pungent medicines.

### PRESCRIPTIONS

- *Yin Qiao San*
- *Sang Ju Yin*
- *Fang Feng Tong Sheng Wan*
- *Chai Ge Jie Ji Tang*
- *Jing Jie Lian Qiao Tang*

**Other Patent Medicines**

- COLD AWAY (HC)
- GAN MAO CHONG JI
- *gan mao ling*
- GAN MAO LING (HT)
- ILEX 15 (SF)
- PURGE HEAT (CMS)
- WIND BREAKER (CMS)
- *zhong gan ling*

**COMMENTS**

- Herbs should be boiled gently and not decocted too long, and taken while still hot.
- Bundle up to induce perspiration, or drink hot water
- The major method of treatment for colds is to induce perspiration.

- Tonic medicines are contraindicated to completely dispel pathogens, but in cases of poor constitution, they may be added to the prescriptions.
- Appropriate modifications should be made according to whether the patient is chronically deficient in *qi* or *yin*.

**HEPATITIS C  
Prescriptions**

- |                              |                                   |
|------------------------------|-----------------------------------|
| • <i>Xiao Chai Hu Tang</i>   | • <i>Xiang Sha Liu Jun Zi Wan</i> |
| • <i>Xiao Yao San</i>        | • <i>Yi Hua Tang</i>              |
| • <i>Chai Hu Shu Gan</i>     | • <i>Xue Fu Zhu Yu Tang</i>       |
| • <i>Shu Gan Jie Yu Fang</i> | • <i>Xiao Yao Yi Guan Jian</i>    |
| • <i>Shen Ling Bai Zhu</i>   |                                   |
| • <i>Wei Ling Tang</i>       |                                   |

**Chinese Herbal Products**

- BUPLEURUM GARDENIA TABLETS (SF)
- ECLIPTA TABLETS (SF)
- ECLIPTEX (HC)
- GAN BIN ZHI BEN WAN (BE)
- HEPATOPLEX ONE (HC)
- HEPATOPLEX TWO (HC)
- LIVER C FORMULA (GF)
- LIVER DTX (EC)
- SALVIA/LIGUSTRUM TABLETS (SF)

**HERPES SIMPLEX**

- An acute herpetic dermatosis caused by herpes virus
- Local clustered vesicles
- Known as Heat Sore in TCM (*re chuang*)
- Triggered by fever, fatigue, stress or GI dysfunction

- Attacks where skin and mucus membranes are connected: lips, nostrils, external genitalia, eyes.
- Prodromal: local itching and burning, or pain,
- Soon forms vesicles in clusters
- The base is reddish. Liquid is slightly turbid
- Can result in exudation or scab
- Course is 1-2 weeks.

### DIFFERENTIATION

1) Clear heat and dampness from lung and stomach (if on lips or nose).

*Modified Xin Yi Qing Fei Yin*

2) Clear damp-heat from liver and gallbladder

*Long Dan Xie Gan Tang*

Herpes Simplex Formula

External: *Huang Bai San, Xing Huang San*

### HERPES ZOSTER

- Snake rash (*She Dan*)
- Acute, viral, inflammatory disease of the skin
- Named for red, blister-like lesions in bands resembling the shape of a snake
- The rash is usually present over the lumbar and costal regions, hence the name *chan yao huo dan* ("waist-entwining fire rash").
- Mainly affects older adults.

### ETIOLOGY AND PATHOGENESIS

- Due to stagnation of fire in the liver channel simultaneously with latent damp-heat in the spleen channel.
- Invasion of exogenous fire toxins cause liver fire to flare up and damp-heat to vaporize, moving through collateral vessels and superficial tissues, and giving rise to blister-like skin lesions.

### 1. LIVER FIRE AND DAMP-HEAT

#### CLINICAL MANIFESTATIONS

- During the initial stages, the affected area presents bands of piercing, scorching pain and redness of the skin. Starts as itching or burning in affected area. Quick and abrupt onset.
- Accompanying symptoms include slight fever, fatigue, lack of strength, and poor appetite.

- With continued development, small vesicles develop. These vesicles quickly develop into blisters which appear in small groups arranged in bands
- In severe cases, petechiae or blood blisters may be appear

- Initially, the fluid in the blisters is clear, becoming more turbid after five to six days.
- The blisters dry up after about two weeks, leaving no scars once the crusts have fallen away.
- Blisters most often occur on one side of the body only, rarely crossing the vertical midline.

- The lumbar and costal regions are the most common sites of infection, although blistering may also occur on the face, neck, chest, abdomen, waist or lower limbs.
- In cases of blisters on the face or head, the condition is more severe and pain is much more acute.

- 2-3 weeks in acute phase
- Post acute > post-herpetic neuralgia

Tongue: Yellow coating.

Pulse: Rapid, wiry.

*Principles of Treatment:* Clear the liver, purge fire, clear damp-heat.

#### PRESCRIPTIONS

- *Long Dan Xie Gan Tang, modified*
- *Xiao Yao San, modified*
- *Yi Ren Chi Dou Tang*
- *Liang Xue Qing Gan Tang*
- *Yin Qiao San Huang Tang*
- *Da Qing Lian Qiao Tang*

#### Post-herpetic Neuralgia

- *Jin Ling Zi San Jia Wei Fang*

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PRACTICAL THERAPEUTICS OF TRADITIONAL CHINESE MEDICINES, Wu Yan, Warren Fischer, edited by Jake Paul Fratkin. Paradigm Publications, Brookline, 1997.

TRADITIONAL CHINESE TREATMENT FOR INFECTIOUS DISEASES, Hou Jinglun et al. Academy Press (Xue Yuan), Beijing, 1997.

WARM DISEASES, A CLINICAL GUIDE, Guohui Liu, Eastland Press, Seattle, 2001.

**CODES FOR THE HERB CATEGORIES**

AA TONIFY *QI*  
 AB TONIFY BLOOD  
 AC TONIFY (KIDNEY) *YANG*  
 AD TONIFY *YIN*

BA WARM-PUNGENT RELEASE EXTERIOR  
 BB COOL-PUNGENT RELEASE EXTERIOR

CA TRANSFORM PHLEGM-DAMP  
 CB TRANSFORM PHLEGM-HEAT  
 CC RELIEVE COUGH & ASTHMA

DA CLEAR HEAT AND DRAIN FIRE  
 DB CLEAR HEAT AND DRY DAMPNES  
 DC CLEAR HEAT AND COOL BLOOD  
 DD CLEAR HEAT AND RESOLVE TOXINS  
 DE CLEAR HEAT DUE TO *YIN* DEFICIENCY  
 DF CLEAR AND RELIEVE SUMMER HEAT

E WARM THE INTERIOR (*Spleen Yang*)

FA DISPEL WIND AND DAMPNES  
 FB TRANSFORM (SPLEEN) DAMPNES  
 FC DRAIN DAMPNES (Diuretics)

G REGULATE (STAGNANT) *QI*  
 H RELIEVE FOOD STASIS  
 J STOP BLEEDING  
 K INVIGORATE BLOOD AND BREAK BLOOD STASIS  
 L STABILIZE AND BIND (astringents)  
 M OPEN ORIFICES (SENSES)  
 N CALM *SHEN* (SPIRIT)  
 O EXTINGUISH (ENDOGENOUS) WIND AND STOP  
 TREMORS

PA PURGATIVES  
 PB LUBRICATING PURGATIVES  
 PC DIURETIC PURGATIVES

Q EXPEL PARASITES

R EXTERNAL APPLICATION

# TCM ANTI-VIRAL THERAPY

## USING WEN BING THEORY IN

### THE TREATMENT OF MODERN EPIDEMICS

Jake Paul Fratkin, OMD, L.Ac.

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Wen Bing Theory emerged in the 18th century as a new approach to treating severe epidemic diseases that were ravaging China at the time, including diphtheria, tuberculosis, smallpox and measles. It introduced a whole new methodology of dealing with virulent heat toxins. Since 1950, modern China has discovered numerous herbs that have significant anti-viral or anti-bacterial effect, many of which have found their way into modern hospital-researched formulas. When combined with Wen Bing Theory, these formulas offer a significant therapy for virulent viral diseases, including epidemic influenza.

This two-day workshop will discuss in detail the use of these new anti-viral herbs and their application in modern Chinese herbal formulas. We will begin by focusing on how the Chinese dealt with the SARS epidemic of 2003, and then explore its implications for the common cold, influenza, viral cough and avian flu. We will also look at Chinese herbal treatments for two other modern viral scourges: Hepatitis C and Herpes (simplex and zoster). The overview will be the application of classical *Wen Bing* theory into modern clinical practice.

**Biography:** Jake Paul Fratkin, OMD, L.Ac. is a respected teacher in Oriental medicine, lecturing on Chinese herbal medicine, Japanese acupuncture and medical *qi gong* for the last 25 years. He is the author of CHINESE HERBAL PATENT MEDICINES: THE CLINICAL DESK REFERENCE (2001), a work on 1280 available Chinese herbal patent medicines, and is the editor-organizer of Wu and Fischer's PRACTICAL THERAPEUTICS OF TRADITIONAL CHINESE MEDICINE (Paradigm , 1997). He was awarded ACUPUNCTURIST OF THE YEAR in 1999 (AAOM). Jake's education included one year hospital work in China, as well as three years in Chinese language, philosophy and history.

## SCHEDULE

### DAY ONE: SATURDAY

8:45-9:00	Registration
9:00-10:30	THE SARS EPIDEMIC, 2003
10:30-10:45	Break
10:45-12:30	THE SARS EPIDEMIC, 2003
12:30-2:00	Lunch
2:00-3:00	CLASSICAL AND MODERN ANTIVIRAL HERBS
3:00-3:30	CHINESE HERBAL PRODUCTS WITH ANTIVIRAL EFFECT
3:30-3:45	Break
3:30-4:15	CHINESE HERBAL PRODUCTS WITH ANTIVIRAL EFFECT
4:15-5:15	WEN BING ETIOLOGY AND PATHOGENESIS

### DAY TWO: SUNDAY

9:00-10:15	INFLUENZA
10:15-10:45	COMMON COLD
10:45-11:00	Break
10:45-12:30	COUGH
12:30-2:00	Lunch
2:00-3:15	HEPATITIS C
3:15-3:30	HERPES SIMPLEX
3:30-3:45	Break
3:45-4:30	HERPES ZOSTER
4:30-5:15	AVIAN FLU

## WEN BING: ETIOLOGY, ONSET AND PATHOGENESIS

From Chapter 3 of *Warm Diseases, A Clinical Guide*, Guohui Liu, Eastland Press, 2001.

### SUMMARY:

5 Warm-Heat Pathogens

All hot in nature

Injure *yin* and fluids

Can attack through skin or nose/mouth.

Main differentiation;

Damp heat diseases

Summer-heat-warmth

Damp warmth

Lurking summer-heat

Warm heat diseases

Types

Wind warmth

Spring warmth

Autumn dryness

Warm toxin

Characteristics

Acute symptoms except for lurking type.

Lurking type usually shows interior heat signs

TP: For newly contracted: release exterior, disperse pathogen

Lurking: Clear interior heat

### ETIOLOGY

6 external pathogens:

Wind, cold, summer-heat, dampness, dryness, fire

Also: Toxin, pestilential *qi*

Wen Bing result from one or a combination of these factors, with at least one being hot in nature.

Attacks quickly

Cause heat signs

Affect specific parts of body

Wind and dryness attack lungs and exterior

Dampness attacks spleen

Cold weakens kidney

## TYPES

### 1. WIND HEAT > WIND-WARMTH DISEASE (*Feng Wen Bing*)

#### a. Attacks lung and *wei qi* first

Inhibits lung's ability to project umbrella of *wei qi*

Leads to stagnation of *wei qi*

High fever, aversion to wind, cough, slight thirst

Red tipped tongue

A "fierce struggle" between *wei qi* and pathogenic wind-heat.

Slight injury to *yin*

#### b. Wind-heat transforms into fire and injures *yin*.

Transforms rapidly.

Injures lung and stomach

Dry cough, dry throat, dry nose

Strong thirst, red tongue, thin pulse

#### c. Wind-heat quickly advances to Pericardium

Pericarditis

Delirium, high fever, coma

Of all the warm diseases, this stage is the most dangerous

Can progress within 24 hours

### 2. SUMMERHEAT > SUMMERHEAT WARMTH

#### a. Etiology

Fire causes earth dampness to rise, leading to dampness.

Caused in heat, drinking cold liquids, or camping in damp mountains.

*Yang qi* floats to surface, diminishing it in interior.

People become more susceptible to cold food and drink.

Drinking cold beverages injures spleen *yang* more in summer than winter.

**b. Four characteristic features.**

1) Summerheat attacks Stomach and *qi* level first.

Fierce heat, rapid movement.

Attacks in combination with dampness.

Can be *yang* dominant and attack Stomach

Symptoms: Fever, sweating, thirst, flooding pulse

Or *yin* (dampness) dominant and attack Spleen

Slow. Starts in *wei qi* – cold, chills, heavy sensation

2) Summerheat can attack Pericardium directly.

Heat only, not damp.

Sunstroke.

Exposed to sun for too long, or heat source like a furnace.

3). Injures fluids and *yuan qi*.

Shortness of breath, fatigue, thirst, large pulse

superficial, frail at deep end.

4) External dampness accompanies Summerheat.

Heat descends, dampness steams upwards.

Poor appetite, abdominal distension, cramps, loose stools,  
greasy tongue coat.

Worse with cold drinks, ice cream.

**3. DAMP-HEAT CAUSES DAMP-WARMTH.**

**a. Develops slowly and has prolonged course.**

Characterized by stagnation and turbidity.

Gradual onset, gradually converts to heat.

No strong heat signs or thirst.

Soggy moderate pulse.

Can stay in *qi* level for a long time.

Can last weeks, months or years.

**b. Affects Stomach and Spleen.**

Heavy body in exterior

Abdominal distension. Nausea, loose stools

Greasy tongue coat

**c. Stagnates circulation of *qi*, blocks clear *yang* from reaching the head**

Esp middle burner and liver.

Heaviness in head

Nasal and ear congestion, hearing loss

If extreme, will descend and injure Kidneys.

Water retention, edema, loose stools, cold limbs

White moist tongue

**d. Combination of dampness and heat is difficult to treat.**

Dampness blocks the *qi*, causing it to stagnate.

**4. DRYNESS CAUSES AUTUMN-DRYNESS.**

Can be seen in any season.

Dry climate altitude, air-conditioning can cause.

Can have heat or cold signs.

Attacks Lungs.

Cough, sticky phlegm, dry nose and throat, hoarse voice.

Injures fluids of Lungs.

Immediately, versus wind-heat which dries more slowly.

**5. PESTILENTIAL *QI* AND WARM-TOXIN CAUSES WARM DISEASES.**

Pestilential *Qi* - *li qi*

First mentioned in Chapter 71 of Basic Questions (*Nei Jing*).

Highly infectious – occurs suddenly and progresses rapidly.

Causes epidemics.

TP: Use cool, acrid herbs or bitter cold herbs to clear heat and resolve toxins from *qi* and *ying* levels.

Warm-toxin different. Not equivalent to Pestilential *Qi*.

Usually not infectious/contagious.

Treatments may be the same.

*Du* has 3 meanings:

Toxic plant

Dermatological pattern, eg herpes zoster

A pathogen that can injure the body: *Du xie*

Can be externally generated:

Wind-heat, summer-heat, damp-heat, dry-heat, cold, dampness

Can be internally generated:

Heat, fire, blood stasis, phlegm-heat

These are usually secondary to external factors.

*Qi* is obstructed, heat generates, and *qi*

stagnates > heat, fire, phlegm and blood stasis.

Injures tissues, muscles, and organs.

When pathogenic toxin and heat mix > injures *yuan qi* and *yin*.

Can force blood out of vessels.

First appeared in 300 AD, reported by Ge Hong.

Due to external pathogen.

Acute fever, red painful sores or throat, swollen glands.

Wu Tang:

Any warm heat pathogen can transform into warm toxin.

Zhang Zhi-Wen (current): Warm toxin is not an independent pathogen. Results from extreme heat or accumulation of warm-heat pathogen.

TP: clear heat, drain fire, purge toxins. If necessary, cool blood and resolve toxin.

Yang Xuan (1750) recommended using 3 burner differentiation.

If in lung or pericardium, disperse and dissipate

If in middle, purge through stool.

If in lower, purge through stool or urine.

Yu Lin (1760) observed two presentations of combined warm heat

pathogen and toxin:

- 1) Confined and local –local swelling, redness, pain, ulceration.
  - a) Massive head disorder (*da tou wen*)
  - b) Putrefying throat-gland disorder (*lan hou sha*)
- 2) Spreads over entire body, affecting *qi* and blood.
 

High fever, eruptions, vomiting of blood, etc.

## ONSET AND PATHOGENESIS

### A. Factors Affecting Onset

1. Strength of individual's antipathogenic *qi*.
 

Constitution, lifestyle – eating, drink, sex, drugs, etc.

Can generate internal damp heat.
2. Severity of warm-heat pathogen
 

Can overcome a strong constitution
3. A change in weather
 

Reduces resistance of internal antipathogenic *qi*
4. Sociological factors – living standards, public sanitation, etc.

### B. Mechanism of Attack by Warm-Heat Pathogens

1. Pathogen to organ
  - a. Wind-Warmth and Autumn-Dryness attack lungs through respiration
  - b. Damp-Warmth attacks Stomach and Spleen through food.
2. Attack through skin
  - a. Wind, Cold, Warm-Heat
3. Attack through Nose and Mouth.
  - a. Esp warm-heat pathogens

### C. Onset of Warm Disease

1. Warm-heat pathogens create Warm Disease by 2 methods:
  - a. Initial attack by warm heat pathogen. No incubation.
    - 1) Attacks *wei qi*, fever, chills, headache, sl cough.
    - 2) Progresses from exterior to interior

3) TP: Disperse the warm-heat pathogen: wind-warmth, autumn-dryness, summerheat-warmth, warm-toxin, damp-warmth.

b. Lurking Warm Disease. Has incubation period.

1) Precipitated by cold or Summerheat.

2) Why does it “lurk”? It is held at bay by antipathogenic *qi*, which gradually weakens due to:

a) Excess sex

b) Cold getting trapped in Kidney

3) Does it emerge automatically? No. There is a secondary factor that induces it.

a) External factor: Wind-heat, Summerheat, dryness.

b) Internal: food, stress, emotions, sex, etc.

c. Difficult to tell if pathogen is new or lurking.

1) If there are signs of internal heat at onset, probably a lurking disease.

a) Exception: both summerheat-warmth and damp warmth can go to interior quickly.

2) Newly contracted Warm Disease due to:

Wind-warmth, autumn-dryness, damp-warmth, summerheat-warmth, warm-toxin

3) Lurking Warm Disease due to:

spring-warmth, lurking summerheat

4) Difficult to treat lurking disease unless it appears and comes to surface.

a) Depletes internal *yin*

b) Usually appears as internal heat, but can be initiated by external pathogen and also have signs of external pattern.

d. Lurking Disease Appears as Internal Heat

1) Body hot, irritability, restless, dark urine, macules, bleeding from nose, mouth, anus

2) Red tongue, yellow coating

3) Starts in interior, and moves to exterior. EG Measles.

Wang Meng-*Ying* describes treatment:

a) Moves from *ying* to *qi* level.

Pulse: soggy, or wiry, or sl rapid.

TP: Clear heat from *ying*

b) Once in *qi* level:

Tongue gets a coating

TP: Clear heat from *qi* level.

c) If unable to emerge:

Internal heat, red tongue, weak pulse, cold limbs

TP: Clear internal heat strongly

Gradually, a thick, turbid yellow tongue will appear.

e. Other differences

1) Lurking disease, when emerging, is more severe than newly contracted disease.

Course is longer. Harder to treat.

2) TP for lurking disease: clear internal heat.

3) TP for newly contracted disease: disperse warm-heat  
pathogen

4) Summation: see chart p. 68.

5) “No matter where the warm-heat pathogen resides, on the exterior or in the interior, the practitioner must bring it out, because it is a ‘guest evil’ (*ke xie*) that does not belong in the body.”

# TCM ANTI-VIRAL THERAPY

## USING WEN BING THEORY IN

### THE TREATMENT OF MODERN EPIDEMICS

Jake Paul Fratkin, OMD, L.Ac.

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## INFLUENZA

### 1) Wind-Cold

#### Formula #1:

#### JING JIE FANG FENG TANG

Schizonepeta <i>Jing Jie</i>	10 g.	BA
Ledebouriella <i>Fang Feng</i>	10	BA
Notopterygium <i>Qiang Huo</i>	10	BA
Bupleurum <i>Chai Hu</i>	10	BB
Peucedanum <i>Qian Hu</i>	10	CB
Perilla <i>Zi Su Ye</i>	10	BA
Platycodon <i>Jie Geng</i>	10	CA
Zingiberis <i>Sheng Jiang</i>	3 pcs.	BA

#### **Modifications:**

Severe headache

Angelica <i>Bai Zhi</i>	BA
Ligusticum <i>Chuan Xiong</i> or	K
Ligusticum <i>Gao Ben</i>	BA

High fever

Bupleurum <i>Chai Hu</i>	BB
Mentha <i>Bo He</i>	BB

To reinforce dispersing the exterior of wind and damp:

Angelica <i>Bai Zhi</i>	BA
Notopterygium <i>Qiang Huo</i> , increase dosage:	BA

Sweating

Pueraria <i>Ge Gen</i>	BB
Ephedra <i>Ma Huang</i>	BA

Chest oppression

*Aurantium Zhi Ke*

G

*Platycodon Jie Geng*

CA

**Formula #2:**

**SHEN ZHU SAN**

*Atractylodes Cang Zhu*

50 g.

FB

*Ligusticum Gao Ben*

30

BA

*Angelica Bai Zhi*

30

BA

*Asarum Xi Xin*

30

BA

*Notopterygium Qiang Huo*

30

BA

*Glycyrrhiza Zhi Gan Cao*

30

AA

*Grind into powder. Take 9 g. Add:*

*Zingiberis Sheng Jiang*

3 slices

BA

*Allium Cong Bai*

3 g.

BA

Add to 150 ml of water. Decoct to 100 ml and drink.

## 2) INFLUENZA, WIND-HEAT

### Formula #1:

### YIN QIAO SAN, MODIFIED

*Origin:* Wu Jutang, 1798.

Lonicera <i>Jin Yin Hua</i>		DD
Forsythia <i>Lian Qiao</i>		DD
Arctium <i>Niu Bang Zi</i>		BB
Platycodon <i>Jie Geng</i>		CA
Mentha <i>Bo He</i>		BB
Glycine Soja <i>Dan Dou Chi</i>		BB
Glycyrrhiza <i>Gan Cao</i>		AA
Lophatherum <i>Dan Zhu Ye</i>		DA
Schizonepeta <i>Jing Jie</i>		BA
<i>Plus:</i>		
Isatis <i>Ban Lan Gen</i>		DD
Pueraria <i>Ge Gen</i>		BB
Morus <i>Sang Ye</i>		BB
Chrysanthemum <i>Ju Hua</i>		BB

### **Modifications:**

High fever

Gypsum <i>Shi Gao</i>	30	DA
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Severe cough

Fritillaria <i>Chuan Bei Mu</i>	10	CB
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Severe sore throat

Sophora <i>Ku Shen</i>	10	DB
------------------------	----	----

Scrophularia <i>Xuan Shen</i>	10	DC
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Thirst

Trichosanthes <i>Tian Hua Fen</i>	10	AD
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Pueraria <i>Ge Gen</i>	10	BB
------------------------	----	----

Alternating fever and chills

Bupleurum <i>Chai Hu</i>	12	BB
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Scutellaria <i>Huang Qin</i>	12	DB
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Nausea

Pinellia <i>Ban Xia</i>	12	CA
-------------------------	----	----

Chest oppression

	<i>Aurantium Zhi Ke</i>	10	G
	<i>Platycodon Jie Geng</i>	10	CA
Lung fire			
	<i>Belamcanda Shi Gan</i>	12	DD
	<i>Scutellaria Huang Qin</i>	10	DB
	<i>Gardenia Zhi Zi</i>	10	DA
Weak patients with profuse sweating			
	<i>Astragalus Huang Qi</i>	15	AA
Summer damp-heat			
	<i>Elsholtzia Xiang Ru</i>	10	DF
<i>Or add:</i>	<i>Huo Xiang Zheng Qi Tang</i>		

## INFLUENZA FORMULAS FROM PROFESSOR LIANG SONGMING

School of Chinese Medicine, The Chinese University of Hong Kong

### 1. YIN JU SHI XING GAN MAO TANG

**Disperse wind-heat, clear heat and resolve toxicity.** It is used mainly for the prevention of influenza or for patients with early stage symptoms of flu.

	<i>Lonicera Jin Yin Hua</i>	15 g.	DD
	<i>Chrysanthemum Ye Ju Hua</i>	15	BB
	<i>Isatis Ban Lan Gen</i>	30	DD
	<i>Phragmites Lu Gen</i>	24	DA
	<i>Taraxacum Pu Gong Ying</i>	15	DD
	<i>Glycyrrhiza Gan Cao</i>	6	AA

### 2. LU DOU GE GEN TANG

**Clear heat and resolve toxicity, alleviate thirst by generating body fluids.** Mainly for the prevention of influenza.

	<i>Isatis Ban Lan Gen</i>	15 g.	DD
	<i>Pueraria Ge Gen</i>	30	BB
	<i>Phaseolus Lu Dou</i>	30	DF

### 3. GONG YING GUAN ZHONG TANG

Clear heat and resolve toxicity; it is indicated for influenza patients with high fever.

<i>Isatis Ban Lan Gen</i>	30 g.	DD
<i>Isatis Da Qing Ye</i>	30	DD
<i>Taraxacum Pu Gong Ying</i>	30	DD
<i>Dryopteris Guan Zhong</i>	15	O

Influenza with high fever:

#### QING RE FANG

<i>Artemisia Qing Hao</i>	30 g.	DE
<i>Taraxacum Pu Gong Ying</i>	15	DD
<i>Isatis Ban Lan Gen</i>	15	DD
<i>Chrysanthemum Ju Hua</i>	15	BB
<i>Lonicera Jin Yin Hua</i>	15	DD
<i>Lophatherum Dan Zhu Ye</i>	10	DA
<i>Glycine Soja Dan Dou Chi</i>	10	BB

Promote qi, relieve toxins

#### GAN MAO HE JI

<i>Phragmites Lu Gen</i>	40 g.	DA
<i>Isatis Ban Lan Gen</i>	20-30	DD
<i>Taraxacum Pu Gong Ying</i>	30	DD
<i>Polygonum Hu Zhang</i>	15	DD
<i>Scutellaria Huang Qin</i>	15	DB
<i>Forsythia Lian Qiao</i>	12	DD
<i>Platycodon Jie Geng</i>	12	CA
<i>Lonicera Jin Yin Hua</i>	10	DD
<i>Astragalus Huang Qi</i>	10	AA
<i>Glycyrrhiza Gan Cao</i>	6	AA

**CHINESE HERBAL PRODUCTS:***gan mao ling*

GAN MAO LING (K)

GAN MAO LING (PF/1B3-3)

GAN MAO LING FORMULA (GF)

*zhong gan ling*

ZHONG GAN LING (K)

ZHONG GAN LING FORMULA (GF)

ZHONG GAN LING (PF/1B3-14)

1B3-4

**GANMAOLING TABLETS**

United Pharmaceutical Manufactory; Guangzhou

*gan mao ling pian* • “Common Cold Effective-Remedy Tablets”

<i>Ilex Gang Mei Gen</i>	34.3 %	DD
<i>Evodia San Cha Ku</i>	21.7	DD
<i>Vitex Huang Jing Cao</i>	13.0	BB
<i>Chrysanthemum Ju Hua</i>	13.0	BB
<i>Isatis Ban Lan Gen</i>	13.0	DD
<i>Lonicera Jin Yin Hua</i>	4.8	DD
<i>Mentha Bo He Nao</i>	0.01	BB

1B3-14

**ZHONG GAN LING****Plum Flower Brand***zhong gan ling* • “Heavy Cold Effective-Remedy”

<i>Ilex Mao Dong Qing</i>	27 %	DD
<i>Pueraria Ge Gen</i>	27	BB
<i>Verbena Ma Bian Cao</i>	18	K
<i>Isatis Ban Lan Gen</i>	14	DD
<i>Artemesia Qing Hao</i>	7	DE
<i>Gypsum Shi Gao</i>	4	DA
<i>Notopterygium Qiang Huo</i>	3	BA

## COLD AWAY

### Health Concerns

*Isatis Ban Lan Gen/Da Qing Ye*  
*Lonicera Jin Yin Hua*  
*Andrographis Chuan Xin Lian*  
*Forsythia Lian Qiao*  
*Scutellaria Huang Qin*  
*Platycodon Jie Geng*  
*Chrysanthemum Ye Ju Hua*  
*Citrus Chen Pi*  
*Angelica Bai Zhi*  
*Magnolia Xin Yi*  
*Xanthium Cang Er Zi*  
*Glycyrrhiza Gan Cao*

## ILEX 15

### Seven Forest

<i>Ilex Mao Dong Qing</i>	14 %	DD
<i>Lonicera Jin Yin Hua</i>	9	DD
<i>Forsythia Lian Qiao</i>	7	DD
<i>Isatis Ban Lan Gen</i>	7	DD
<i>Mentha Bo He</i>	7	BB
<i>Chrysanthemum Ju Hua</i>	7	BB
<i>Ardisia Zhu Sha Gen</i>	7	
<i>Platycodon Jie Geng</i>	7	CA
<i>Phragmites Lu Gen</i>	6	DA
<i>Schizonepeta Jing Jie</i>	6	BA
<i>Ledebouriella Fang Feng</i>	5	BA
<i>Notopterygium Qiang Huo</i>	5	BA
<i>Zingiberis Gan Jiang</i>	5	E
<i>Evodia Wu Zhu Yu</i>	4	E
<i>Glycyrrhiza Gan Cao</i>	4	AA

## COMMON COLD

### 1) Wind-Cold

#### JING FANG BAI DU SAN

*Origin:* Quan Li, 1119, and later Zhang Shiche, 1550 and Gong Tingxian, 1587.

Ledebouriella <i>Fang Feng</i>	8.5 %
Schizonepeta <i>Jing Jie</i>	8.5
Notopterygium <i>Qiang Huo</i>	8.5
Angelica <i>Du Huo</i>	8.5
Bupleurum <i>Chai Hu</i>	8.5
Peucedanum <i>Qian Hu</i>	8.5
Platycodon <i>Jie Geng</i>	8.5
Aurantium <i>Zhi Ke</i>	8.5
Ligusticum <i>Chuan Xiong</i>	8.5
Poria <i>Fu Ling</i>	8.5
Zingiberis <i>Sheng Jiang</i>	8.5
Glycyrrhiza <i>Gan Cao</i>	4.0
Mentha <i>Bo He</i>	2.5

**In cases where exterior cold is predominant,** the prescription is modified to reinforce the cold dispersing actions. Add:

Ephedra <i>Ma Huang</i>	6 g.
Cinnamomum <i>Gui Zhi</i>	4.5 g.

#### Available As:

DISPEL INVASION (K)  
 RELEASE THE EXTERIOR TEAPILLS (PF/1A-6)  
 SCHIZONEPETA & SILER FORMULA (EG)

#### REN SHEN BAI DU SAN WAN

“Ginseng Defeat Toxin Powder Pills”

*Origin:* Chen Shiwen et al, 1080 and later, Quan Li, 1119.

Notopterygium <i>Qiang Huo</i>	10 %	BA
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<i>Angelica Du Huo</i>	10	FA
<i>Ligusticum Chuan Xiong</i>	10	K
<i>Bupleurum Chai Hu</i>	10	BB
<i>Peucedanum Qian Hu</i>	10	CA
<i>Poria Fu Ling</i>	10	FC
<i>Citrus Aurantium Zhi Ke</i>	10	G
<i>Platycodon Jie Geng</i>	10	CA
<i>Mentha Bo He</i>	5	BB
<i>Ginseng Ren Shen</i>	5	AA
<i>Glycyrrhiza Gan Cao</i>	5	AA
<i>Zingiberis Sheng Jiang</i>	5	BA

Available as:

- GINSENG AND MINT FORMULA (EG)
- GINSENG & MENTHA FORMULA (EG)
- RESILIENT WARRIOR TEAPILLS (PF) PM 1A-7

**XIAO QING LONG TANG**  
**MINOR BLUE DRAGON COMBINATION**

*Taiwan Extract Granule*

**Origin:** Zhang Zhongjing, 220.

Pinellia <i>Ban Xia</i>	14.8 %	CA
Ephedra <i>Ma Huang</i>	14.8	BA
Paeonia <i>Bai Shao</i>	14.8	AB
Zingiberis <i>Gan Jiang</i>	14.8	E
Glycyrrhiza <i>Zhi Gan Cao</i>	14.8	AA
Cinnamomum <i>Gui Zhi</i>	14.8	BA
Schisandra <i>Wu Wei Zi</i>	5.6	L
Asarum <i>Xi Xin</i>	5.6	BA

Also Available As:

BLUE EARTH DRAGON (SF) \*  
 BLUE GREEN LUNG CLEARING FORMULA (K)  
 MINOR BLUE DRAGON (HC)  
 MINOR BLUE DRAGON TEAPILLS (PF/1A-5)  
 MINOR BLUEGREEN DRAGON COMBINATION (EG)  
 MINOR BLUEGREEN DRAGON FORMULA (GF)

1A-8

**GE GEN WAN**

**KUDZU TEAPILLS**

Plum Flower Brand

*ge gen wan* • “Pueraria Pills”

**Origin:** Zhang Zhongjing, 220.

Pueraria <i>Ge Gen</i>	23.1 %	BB
Ephedra <i>Ma Huang</i>	17.3	BA
Zingiberis <i>Sheng Jiang</i>	17.3	BA
Cinnamomum <i>Gui Zhi</i>	11.5	BA
Paeonia <i>Bai Shao</i>	11.5	AB
Glycyrrhiza <i>Gan Cao</i>	11.5	AA
Zizyphus <i>Jujube Da Zao</i>	7.8	AA

Also Available As:

KUDZU RELEASING FORMULA (K)

PUERARIA COMBINATION (EG)

PUERARIA FORMULA (GF)

## 2. INVASION OF WIND-HEAT

### YIN QIAO SAN

"Lonicera and Forsythia Powder"

Lonicera <i>Jin Yin Hua</i>	9 g.	DD
Forsythia <i>Lian Qiao</i>	9	DD
Soja Glycine <i>Dan Dou Chi</i>	5	BB
Arctium <i>Niu Bang Zi</i>	9	BB
Mentha <i>Bo He</i>	6 (abbrev.)	BB
Schizonepeta <i>Jing Jie Sui</i>	5 (abbrev.)	BA
Platycodon <i>Jie Geng</i>	6	CA
Glycyrrhiza <i>Gan Cao</i>	5	AA
Phragmites <i>Lu Gen</i>	9	DA
Bambusa <i>Zhu Ye</i>	5	CB

#### MODIFICATIONS

Severe headache:

Morus <i>Sang Ye</i>	9	BB
Chrysanthemum <i>Ju Hua</i>	9	BB

Cough with excessive phlegm,:

Fritillaria <i>Zhe Bei Mu</i>	9	CB
Peucedanum <i>Qian Hu</i>	9	CB
Armeniaca <i>Xing Ren</i>	9 (abbrev.)	CC

For coughing with thick, yellow mucus:

Scutellaria <i>Huang Qin</i>	9	DB
Anemarrhena <i>Zhi Mu</i>	9	DA
Trichosanthes <i>Gua Lou Pi</i>	9	CB

For red, sore, swollen throat:

Smilax <i>Tu Niu Xi</i>	12	DD
Scrophularia <i>Xuan Shen</i>	9	DC

With epidemic heat toxin:

Isatis <i>Da Qing Ye</i>	12	DD
Taraxacum <i>Pu Gong Yin</i>	9	DD

With wind-heat producing dryness which dehydrates body fluids:

Glehnia <i>Sha Shen</i>	12	AD
Trichosanthes <i>Tian Hua Fen</i>	12	AD
Pear skin <i>Li Pi</i>	6	

*yin qiao san*

INITIAL DEFENSE (K) \*  
 LONICERA COMPLEX (EC) \*  
 YIN CHIAO (PF/1B2-2)  
 YIN CHIAO FORMULA (GF)  
 YIN CHIAO JIN (HC)  
 YIN CHIAO JUNIOR (HC)  
 YIN QIAO (K)  
 YIN QIAO JIE DU PIAN (PMF)  
 YIN QIAO JIE DU WAN (MS)  
 YIN QIAO JIE DU WAN (HONEY SUCKLE DETOX PILL) (BE/1B2-7)  
 YIN QIAO JIE DU WAN (HT/1B2-4)

## SANG CHU YIN PIEN

Tianjin Drug Manufactory; Tianjin

*sang ju yin pian* • "Morus, Chrysanthemum Decoction Tablets"

Morus <i>Sang Ye</i>	19.9 %	BB
Platycodon <i>Jie Geng</i>	15.9	CA
Prunus <i>Armeniaca Xing Ren</i>	15.9	CC
Phragmites <i>Lu Gen</i>	15.9	DA
Forsythia <i>Lian Qiao</i>	11.9	DD
Chrysanthemum <i>Ju Hua</i>	7.9	BB
Mentha <i>Bo He</i>	6.3	BA
Glycyrrhiza <i>Gan Cao</i>	6.3	AA

Also Available As:

CLEAR WIND-HEAT TEAPILLS (PF/1B1-4)  
 MORUS & CHRYSANTHEMUM COMBINATION (EG)

SANG JU YIN WAN (HT/1B1-5)

1B1-9

**FANG FENG TONG SHENG WAN****Ledebouriella Sagely Unblocks Teapills**

Plum Flower Brand

*fang feng tong sheng wan* • "Ledebouriella Opened (by the) Sage Decoction"*Origin:* Liu Wansu, 1172.

Forsythia <i>Lian Qiao</i>	12.0 %	DD
Ledebouriella <i>Fang Feng</i>	9.5	BA
Schizonepeta <i>Jing Jie</i>	9.5	BA
Mirabilite <i>Mang Xiao</i>	9.5	PB
Gardenia <i>Zhi Zi</i>	9.5	DA
Scutellaria <i>Huang Qin</i>	9.5	DB
Angelica <i>Dang Gui</i>	9.5	AB
Ligusticum <i>Chuan Xiong</i>	6.3	K
Atractylodes <i>Bai Zhu</i>	6.3	AA
Platycodon <i>Jie Geng</i>	6.3	CA
Glycyrrhiza <i>Gan Cao</i>	5.7	AA
Rheum <i>Jiu Zheng Da Huang</i>	3.2	PA
Mentha <i>Bo He</i>	3.2	

*Also Available As:*

SILER &amp; PLATYCODON FORMULA (EG)

**CHAI GE JIE JI WAN**

Herbal Times Brand

*chai ge jie ji wan* • "Bupleurum, Pueraria Resolve Muscle Pills"*Origin:* Tao Hua, 1445.

Pueraria <i>Ge Gen</i>	20 %	BB
Bupleurum <i>Chai Hu</i>	16	BB
Angelica <i>Bai Zhi</i>	11	BA

<i>Paeonia Bai Shao</i>	11	AB
<i>Scutellaria Huang Qin</i>	11	DB
<i>Notopterygium Qiang Huo</i>	11	BA
<i>Zizyphus Jujube Da Zao</i>	5	AA
<i>Zingiberis Sheng Jiang</i>	5	BA
<i>Glycyrrhiza Gan Cao</i>	5	AA
<i>Platycodon Jie Geng</i>	5	CA

Also Available As:

BUPLEURUM & PUERARIA COMBINATION (EG)

### JING JIE LIAN QIAO TANG Schizonepeta & Forsythia Combination

Taiwan Extract Granule

<i>Schizonepeta Jing Jie</i>	7.8 %	BA
<i>Forsythia Lian Qiao</i>	7.8	DD
<i>Ledebouriella Fang Feng</i>	7.8	BA
<i>Angelica Dang Gui</i>	7.8	AB
<i>Ligusticum Chuan Xiong</i>	7.8	K
<i>Paeonia Bai Shao</i>	7.8	AB
<i>Bupleurum Chai Hu</i>	7.8	BB
<i>Scutellaria Huang Qin</i>	7.8	DB
<i>Aurantium Zhi Ke</i>	7.8	G
<i>Gardenia Zhi Zi</i>	7.8	DA
<i>Angelica Bai Zhi</i>	7.8	BA
<i>Platycodon Jie Geng</i>	7.8	CA
<i>Glycyrrhiza Gan Cao</i>	6.4	AA

### WIND-HEAT - FOLK REMEDY

<i>Morus Sang Ye</i>	BB
<i>Isatis Ban Lan Gen or Da Qing Ye</i>	DD
<i>Chrysanthemum Ju Hua</i>	<u>BB</u>



1B1-1

**GAN MAO LING WAN**

Herbal Times Brand

*gan mao ling wan* • "Common Cold Effective-Remedy Pills"

<i>Pueraria Ge Gen</i>	20 %	BB
<i>Isatis Da Qing Ye</i>	14	DD
<i>Mentha Bo He</i>	11	BB
<i>Chrysanthemum Ju Hua</i>	10	BB
<i>Armeniaca Xing Ren</i>	10	CC
<i>Forsythia Lian Qiao</i>	10	DD
<i>Platycodon Jie Geng</i>	10	CA
<i>Peucedanum Qian Hu</i>	10	CA
<i>Glycyrrhiza Gan Cao</i>	5	AA

**OTHER PATENT MEDICINES***gan mao ling*(See *Influenza, Wind-Heat*)

GAN MAO LING (K)

GAN MAO LING (PF/1B3-3)

GAN MAO LING FORMULA (GF)

*zhong gan ling*(See *Influenza, Wind-Heat*)

ZHONG GAN LING (K)

ZHONG GAN LING FORMULA (GF)

ZHONG GAN LING (PF/1B3-14)

CHRYSANTHEMUM 9 (SF)

COLD AWAY (HC)

GAN MAO CHONG JI

FORSYTHIA 18 (SF)

ILEX 15 (SF)

LONICERA COMPLEX (EC)

PURGE HEAT (CMS)

WIND BREAKER (CMS)

## **VIRAL COUGH**

### **1) WIND-HEAT**

*sang ju yin*

(See WIND-HEAT COMMON COLD, Above)

CLEAR WIND-HEAT TEAPILLS (PF/1B1-4)

MORUS & CHRYSANTHEMUM COMBINATION (EG)

SANG JU YIN WAN (HT/1B1-5)

### **2) LUNG FIRE (Painful Barking Cough)**

*huang lian shang qing pian*

HUANG LIAN SHANG QING WAN (BE/2B2-5)

HUANG LIEN SHANG CHING PIEN (PF/2B2-3)

COPTIS, PHELLODENDRON & MINT FORMULA (EG)

2B2-5

**HUANG LIAN SHANG QING WAN**  
**(CLEAR UPPER FIRE PILL)**

Bio Essence Brand

*huang lian shang qing wan* • “Coptis Upper Clearing Pills”

Gardenia <i>Zhi Zi</i>	12.8 %	DA
Forsythia <i>Lian Qiao</i>	12.8	DD
Schizonepeta <i>Jing Jie</i>	12.8	BA
Scrophularia <i>Xuan Shen</i>	12.8	DC
Scutellaria <i>Huang Qin</i>	12.8	DB
Chrysanthemum <i>Ju Hua</i>	12.8	BB
Mentha <i>Bo He</i>	12.8	BB
Rheum <i>Da Huang</i>	6.4	PA
Coptis <i>Huang Lian</i>	3.9	DB

*qing fei yi huo pian*

CHING FEI YI HUO TABLETS (PF/3B-2)

QING FEI CLEARING FORMULA (K)

*qing zao jiu fei wan*

QING ZAO JIU FEI WAN (HT/3B-6)

ERIOBOTRYA &amp; OPHIOPOGON COMBINATION (EG)

3B-6

**QING ZAO JIU FEI WAN****Herbal Times***qing zao jiu fei wan* • “Clear Dryness, Restore Lung Pills”**Origin:** Yu Chang, 1658.

Gypsum <i>Shi Gao</i>	19.1 %	DA
Ophiopogon <i>Mai Men Dong</i>	11.5	AD
Eriobotrya <i>Pi Pa Ye</i>	11.5	CC
Ginseng <i>Ren Shen</i>	11.5	AA
Equus Asinum <i>E Jiao</i>	11.5	AB
Morus <i>Sang Ye</i>	11.5	BB
Armeniaca <i>Xing Ren</i>	7.8	CC
Glycyrrhiza <i>Gan Cao</i>	7.8	AA
Linum <i>Hu Ma Ren</i>	7.8	PB

**BELAMCANDA 15****Seven Forest**

Belamcanda <i>She Gan</i>	8%	DD
Houttuynia <i>Yu Xing Cao</i>	8	DD
Selaginella <i>Shi Shang Bai</i>	8	K
Phragmites <i>Lu Gen</i>	7	DA
Armeniaca <i>Xing Ren</i>	7	CC
Morus <i>Sang Ye</i>	7	BB
Bambusa <i>Zhu Li</i>	7	CB
Platycodon <i>Jie Geng</i>	7	CA
Stemona <i>Bai Bu</i>	7	CC
Ophiopogon <i>Mai Men Dong</i>	6	AD
Fritillaria <i>Zhe Bei Mu</i>	6	CB
Arctium <i>Niu Bang Zi</i>	6	BB
Cynanchum <i>Bai Qian</i>	6	CA
Zingiberis <i>Gan Jiang</i>	5	E
Glycyrrhiza <i>Gan Cao</i>	5	AA

### 3) LUNG PHLEGM HEAT (Acute Productive Cough)

*qing qi hua tan wan*

CLEAN AIR TEAPILLS (PF/3C1-3)  
 PINELLIA & SCUTE FORMULA (EG)  
 PINELLIA PHLEGM DISPERSING FORMULA (K)  
 PINELLIA ROOT TEAPILLS (MS/3C1-1)  
 QING QI HUA TAN WAN (BE/3C1-5)  
 QING QI HUA TAN WAN (HT/3C1-4)

#### QING QI HUA TAN WAN

Herbal Times (3C1-4 )

*qing qi hua tan wan* • “Clear Qi, Transform Phlegm Pills”

*Origin:* Wu Kun, 1584, and later, Zhang Jiebin, 1624.

Pinellia <i>Ban Xia</i>	15 %	CA
Arisaema <i>Dan Nan Xing</i>	15	CB
Scutellaria <i>Huang Qin</i>	10	DB
Trichosanthes <i>Gua Lou Ren</i>	10	CB
Citrus <i>Chen Pi</i>	10	G
Zingiberis <i>Sheng Jiang</i>	10	BA
Armeniaca <i>Xing Ren</i>	10	CC
Poria <i>Fu Ling</i>	10	FC
Citrus Aurantium <i>Zhi Shi</i>	10	G

*ning sou wan*

FRITILLARIA & PLATYCODON FORMULA (EG)  
 QUIET COUGH TEAPILLS (PF/3C1-7)

#### NING SOU WAN

##### Fritillaria & Platycodon Formula

Taiwan Extract Granule

Platycodon <i>Jie Geng</i>	10.5 %	CA
Dendrobium <i>Shi Hu</i>	10.5	AD
Pinellia <i>Ban Xia</i>	10.5	CA

<i>Fritillaria Zhe Bei Mu</i>	10.5	CB
<i>Perilla Su Zi</i>	10.5	CC
<i>Poria Fu Ling</i>	10.5	FC
<i>Mentha Bo He</i>	7.9	BB
<i>Prunus Armeniaca Xing Ren</i>	7.9	CC
<i>Morus Sang Bai Pi</i>	7.9	CC
<i>Citrus Ju Hong</i> 5.3	G	
<i>Oryza Gu Ya</i>	5.3	H
<i>Glycyrrhiza Gan Cao</i>	2.7	AA

## TRICHOSANTHES FRUIT TABLETS

### Seven Forest

<i>Trichosanthes Gua Lou</i> 32 %	CB	
<i>Fritillaria Chuan Bei Mu</i> 16	CB	
<i>Platycodon Jie Geng</i>	12	CA
<i>Scutellaria Huang Qin</i>	12	DB
<i>Polygala Yuan Zhi</i>	10	N
<i>Citrus Chen Pi</i>	10	G
<i>Glycyrrhiza Gan Cao</i>	8	AA

### Other Chinese Herbal Products:

CHEST RELIEF (PEDIATRIC FORMULA) (CMS)  
DISPEL COUGH (K)  
HARMONIZE HEART & LUNG (CMS)  
HARMONIZE LUNG & LIVER (CMS)  
HSIAO KEH CHUAN (PM/3C1-14)  
PINELLIA XPT (EC)  
RESPITROL-HEAT (EC)  
RHODIOLA 8 (SF)  
TRICHOSANTHES FRUIT TABLETS (SF)

## COUGH SYRUPS

FRITILLARIA AND PINELLIA SYRUP (GF)  
LOQUAT & FRITILLARY EXTRACT (PM/3F-3)

YANG YIN CHING FEI TANG JIANG (PM/3F-1)

HSIAO KEH CHUAN: SPECIAL MEDICINE (PM/3F-12)

3F-1

### YANG YIN CHING FEI TANG JIANG

Tientsin Drug Manufactory; Tianjin

*yang yin qing fei tang jiang* • “Support Yin, Clear Lung Decoction Thick-Syrup”

*Origin:* Zheng Meirun, 1838.

<i>Rehmannia Sheng Di Huang</i>	26.3 %	DC
<i>Scrophularia Xuan Shen</i>	21.0	DC
<i>Ophiopogon Mai Men Dong</i>	15.8	AD
<i>Moutan Mu Dan Pi</i>	10.5	DC
<i>Fritillaria Chuan Bei Mu</i>	10.5	CB
<i>Paeonia Bai Shao</i>	10.5	AB
<i>Glycyrrhiza Gan Cao</i>	5.3	AA
<i>Menthol Bo He Nao</i>	0.1	BB

3F-12

### HSIAO KEH CHUAN: SPECIAL MEDICINE FOR BRONCHITIS

Harbin Second Chinese Medicine Factory; Harbin

*xiao ke chuan zhuan zhi qi guan yan*

“Disperse Cough, Asthma Specific Treat Bronchitis”

<i>Rhododendron Man Shan Hong</i>	100 %	CB
<i>Sugar</i>		
<i>Distilled water</i>		

*Also available in capsule form.*

## THROAT

CHUAN XIN LIAN

COMPOUND WATERMELON FROST

*pu ji xiao du yin wan*

PU JI XIAO DU WAN (HT/1B3-1)

SCUTE & CIMICIFUGA COMBINATION (EG)  
UNIVERSAL BENEFIT TEAPILLS (PF/1B3-2)  
SCROPHULARIA 12 (SF)

2B3-2

**COMPOUND WATERMELON FROST**

Guilin Chinese Medicine Factory; Guangxi

*fu fang xi gua shuang* • “Medicinal Compound Watermelon Frost”

*Origin:* Gu Shicheng, 17th century.

<i>Citrullus Xi Gua Shuang</i>	50 %	DB
<i>Fritillaria Chuan Bei Mu</i>	15	CB
<i>Borneol Mei Pian</i>	10	R
<i>Sophora Shan Dou Gen</i>	5	DD
<i>Belamcanda She Gan</i>	5	DD
<i>Indigo Qing Dai</i>	5	DD
<i>Glycyrrhiza Gan Cao</i>	5	AA
<i>Menthol Bo He Nao</i>	5	BB

1B3-1

**PU JI XIAO DU WAN**

Herbal Times Brand

*pu ji xiao du yin wan* • “Universal Benefit Disperse Toxin Cool-Decoction Pills”*Origin:* Luo Tianyi, Yuan Dynasty (1271-1368).

<i>Forsythia Lian Qiao</i>	11.4 %	DD
<i>Platycodon Jie Geng</i>	8.6	CA
<i>Bupleurum Chai Hu</i>	8.6	BB
<i>Isatis Ban Lan Gen</i>	8.6	DD
<i>Lasiosphaera Ma Bo</i>	8.6	DD
<i>Scrophularia Xuan Shen</i>	8.6	DC
<i>Arctium Niu Bang Zi</i>	8.6	BB
<i>Scutellaria Huang Qin</i>	8.6	DB
<i>Cimicifuga Sheng Ma</i>	5.7	BB
<i>Citrus Chen Pi</i>	5.7	G
<i>Mentha Bo He</i>	5.7	BB
<i>Coptis Huang Lian</i>	5.7	DB
<i>Glycyrrhiza Gan Cao</i>	2.8	AA
<i>Bombyx Jiang Can</i>	2.8	O

**HEPATITIS C****1) Stagnation of Liver Qi****Formula #1:****XIAO CHAI HU TANG WAN**

Minshan Brand, Lanzhou Foci Herb Factory; Lanzhou

*xiao chai hu tang wan* • “Minor Bupleurum Decoction Pills”

Origin: Zhang Zhongjing, 220.

Bupleurum <i>Chai Hu</i>	28 %	BB
Pinellia <i>Ban Xia</i>	14	CA
Codonopsis <i>Dang Shen</i>	14	AA
Scutellaria <i>Huang Qin</i>	14	DB
Zizyphus Jujube <i>Da Zao</i>	14	AA
Glycyrrhiza <i>Gan Cao</i>	9	AA
Zingiberis <i>Sheng Jiang</i>	7	BA

Custom:

Bupleurum <i>Chai Hu</i>	12 g.	BB
Pinellia <i>Ban Xia</i>	9	CA
Ginseng <i>Ren Shen</i>	6	AA
Scutellaria <i>Huang Qin</i>	9	DB
Zizyphus Jujube <i>Da Zao</i>	4	AA
Glycyrrhiza <i>Gan Cao</i>	5	AA
Zingiberis <i>Sheng Jiang</i>	9	BA

**Modifications:**

Restlessness without nausea

Omit:	Pinellia <i>Ban Xia</i>		
Increase	Ginseng <i>Ren Shen</i>	9	AA
Add:	Trichosanthes <i>Gua Lou</i>	12	CA

Abdominal pain

Omit	Scutellaria <i>Huang Qin</i>		DB
Add:	Paeonia <i>Bai Shao</i>	9	AB

Hypochondriac distension

Omit:	Zizyphus Jujube <i>Da Zao</i>		
Add:	Ostrea <i>Mu Li</i>	12	N

Palpitation

Omit:	Scutellaria <i>Huang Qin</i>		
Add:	Poria <i>Fu Ling</i>	12	FC

*xiao chai hu tang wan*

CALM (EC) \*

MINOR BUPLEURUM COMBINATION (EG)  
 MINOR BUPLEURUM FORMULA (GF)  
 MINOR BUPLEURUM FORMULATION (K)  
 XIAO CHAI HU TANG WAN (BE/7A2-4)  
 XIAO CHAI HU TANG WAN (HT/7A2-2)  
 XIAO CHAI HU TANG WAN (MS/7A2-1)

**FORMULA #2:**

7A2-11

**CHAI HU SHU GAN WAN**

Herbal Times

*chai hu shu gan wan* • “Bupleurum Dredge Liver Pill”*Origin:* Zhang Jiebing, 1624.

Bupleurum <i>Chai Hu</i>	25 %	BB
Cyperus <i>Xiang Fu</i>	19	G
Citrus Aurantium <i>Zhi Shi</i>	19	G
Paeonia <i>Bai Shao</i>	19	AB
Ligusticum <i>Chuan Xiong</i>	12	K
Glycyrrhiza <i>Gan Cao</i>	6	AA

*Available As:*

BUPLEURUM & CYPERUS COMBINATION (EG)  
 BUPLEURUM SOOTHE-LIVER TEAPILLS (PF/7A2-10)  
 CHAI HU SHU GAN WAN (HT/7A2-11)

**2) Stagnation of Liver Qi with Deficiency of Blood****XIAO YAO WAN**

Minshan Brand, Lanzhou Foci Herb Factory; Lanzhou

*xiao yao wan* • “Free and Relaxed Pills”*Origin:* Chen Shiwen, et al, 1080.

Bupleurum <i>Chai Hu</i>	14.3 %	BB
Angelica <i>Dang Gui</i>	14.3	AB

<i>Atractylodes Bai Zhu</i>	14.3	AA
<i>Paeonia Bai Shao</i>	14.3	AB
<i>Poria Fu Ling</i>	14.3	FC
<i>Zingiberis Sheng Jiang</i>	14.3	E
<i>Glycyrrhiza Gan Cao</i>	11.3	AA
<i>Mentha Bo He</i>	2.9	BB

### 3) Stagnation of liver qi affecting spleen

Distension of chest or hypochondria, nausea, poor appetite, low fever, tense pulse, thin white tongue coat.

#### SHU GAN JIE YU FANG

<i>Taraxacum Pu Gong Ying</i>	15 g.	DD
<i>Angelica Dang Gui</i>	10	AB
<i>Paeonia Bai Shao</i>	10	AB
<i>Ligusticum Chuan Xiong</i>	10	K
<i>Bupleurum Chai Hu</i>	10	BB
<i>Curcuma Yu Jin</i>	10	K
<i>Corydalis Yan Hus Suo</i>	10	K
<i>Melia Chuan Lian Zi</i>	10	G
<i>Citrus Ju He</i>	10	G
<i>Leonurus Yi Mu Cao</i>	10	K
<i>Citrus Aurantium Zhi Ke</i>	8	G

#### Patent Medicine:

SHU GAN WAN

### 4) Deficiency of spleen qi

5A2-13

#### SHEN LING BAI ZHU PIAN

Plum Flower Brand

*shen ling bai zhu pian* • “Ginseng, Poria, Atractylodes Tablets”

*Origin:* Chen Shiwen, et al, 1080. Modified by Wang Ang, 1682.

<i>Codonopsis Dang Shen</i>	15 %	AA
<i>Poria Fu Ling</i>	15	FC

<i>Atractylodes Bai Zhu</i>	15	AA
<i>Dioscorea Shan Yao</i>	15	AA
<i>Coix Yi Yi Ren</i>	9	FC
<i>Dolichoris Bai Bian Dou</i>	9	DF
<i>Nelumbo Lian Zi</i>	6	L
<i>Platycodon Jie Geng</i>	6	CA
<i>Amomum Sha Ren</i>	3	FB
<i>Citrus Chen Pi</i>	3	G

Available As:

SHEN LING (HC)

SHEN LING BAI ZHU PIAN (PF/5A2-13)

SHEN LING BAI ZHU WAN (ABSORPTION & DIGESTION PILL) (BE/5A2-15)

SHEN LING BAI ZHU WAN (HT/5A2-14)

SHEN LING SPLEEN SUPPORT (K)

### 5) Deficiency of spleen qi with accumulation of damp

Vomiting, diarrhea, strong nausea, distension of chest or abdomen

Frequent urination

### WEI LING TANG

<i>Atractylodes Cang Zhu</i>	10 g.	FB
<i>Poria Fu Ling</i>	10	FC
<i>Alisma Ze Xie</i>	10	FC
<i>Polyporus Zhu Ling</i>	10	FC
<i>Magnolia Hou Po</i>	10	FB
<i>Glycyrrhiza Gan Cao</i>	6	AA
<i>Cinnamomum Gui Zhi</i>	5	BA

## 6) Deficiency of spleen qi with some damp

Dizzy, weak, poor appetite, distension or discomfort in epigastrium, loose stools,  
Pale tongue with slightly gray coat weak and thin pulse

5A1-5

### XIANG SHA LIU JUN ZI WAN

Herbal Times Brand

*xiang sha liu jun zi wan* • “Aucklandia, Amomum, Six Gentlemen Pill”

*Origin:* Wang Ang, 1682 and Zhang Luxuan, 1695.

<i>Poria Fu Ling</i>	21.5 %	FC
<i>Atractylodes Bai Zhu</i>	21.5	AA
<i>Pinellia Ban Xia</i>	10.8	CA
<i>Codonopsis Dang Shen</i>	10.8	AA
<i>Amomum Sha Ren</i>	8.6	FB
<i>Citrus Chen Pi</i>	8.6	G
<i>Glycyrrhiza Gan Cao</i>	7.5	AA
<i>Aucklandia Mu Xiang</i>	7.5	G
<i>Zizyphus Jujube Da Zao</i>	2.1	AA
<i>Zingiberis Sheng Jiang</i>	1.1	BA

Also Available As:

APLOTAXIS-AMOMUM PILLS - XIANG SHA LIU JUN WAN (MS/5A1-7)

PROSPEROUS FARMER (K) \*

SAUSSUREA & CARDAMON COMBINATION (EG)

SIX GENTLEMEN PLUS TEAPILLS (PF/5A1-6)

## 7) Stagnation of qi and blood

### YI HUA TANG

<i>Astragalus Huang Qi</i>	30 g.	AA
<i>Salvia Dan Shen</i>	25	K
<i>Angelica Dang Gui</i>	15	AB
<i>Carthamus Hong Hua</i>	15	K
<i>Ginseng Ren Shen</i>	15	AA
<i>Atractylodes Bai Zhu</i>	15	AA
<i>Chimneys Gui Ban</i>	15	AD
<i>Polygonatum Huang Jing</i>	15	AA
<i>Curcuma Yu Jin</i>	12	K
<i>Glycyrrhiza Gan Cao</i>	6	AA

With signs of damp-heat, add:

<i>Bupleurum Chai Hu</i>	BB
<i>Gentiana Long Dan Cao</i>	DA
<i>Scutellaria Huang Qin</i>	DB

With deficiency of *yin* and blood add:

<i>Rehmannia Shu Di Huang</i>	DC
<i>Lycium Gou Qi Zi</i>	AB
<i>Polygonum He Shou Wu</i>	AB

### PATENT MEDICINES:

Combine

*Si Jun Zi Tang* with *Xue Fu Zhu Yu Tang*

8A1-1

**XUE FU ZHU YU TANG WAN**  
**Stasis in the Mansion of Blood**

Plum Flower Brand

*xue fu zhu yu tang* • “Blood Mansion Drive Out Stasis Decoction”*Origin:* Wang Qingren, 1830.

<i>Persica Tao Ren</i>	16 %	K
<i>Carthamus Hong Hua</i>	12	K
<i>Angelica Dang Gui</i>	12	AB
<i>Rehmannia Sheng Di Huang</i>	12	DC
<i>Achyranthes Niu Xi</i>	12	K
<i>Paeonia Chi Shao</i>	8	K
<i>Aurantium Zhi Ke</i>	8	G
<i>Ligusticum Chuan Xiong</i>	6	K
<i>Platycodon Jie Geng</i>	6	CA
<i>Bupleurum Chai Hu</i>	4	BB
<i>Glycyrrhiza Gan Cao</i>	4	AA

***Yin* deficiency type:*****Xiao Yao Yi Guan Jian*****(Combine *Xiao Yao San* with *Yi Guan Jin*)**

7A1-1

**YI GUAN JIAN WAN**  
**Linking Decoction Teapills**

Plum Flower Brand

*yi guan jian wan*

“Single Linking Water-Decoction Pill”

*Origin:* Wei Zhixiu, 1770.

Rehmannia <i>Sheng Di Huang</i>	38 %	DC
Lycium <i>Gou Qi Zi</i>	17	AB
Glehnia <i>Bei Sha Shen</i>	13	AD
Ophiopogon <i>Mai Men Dong</i>	13	AD
Angelica <i>Dang Gui</i>	13	AB
Melia <i>Chuan Lian Zi</i>	6	G

**Complete formula:****XIAO YAO YI GUAN JIAN**

Rehmannia <i>Sheng Di Huang</i>	12 g.	DC
Atractylodes <i>Bai Zhu</i>	9	AA
Bupleurum <i>Chai Hu</i>	9	BB
Alisma <i>Ze Xie</i>	9	FC*
Lycium <i>Gou Qi Zi</i>	9	AB
Melia <i>Chuan Lian Zi</i>	9	G
Ophiopogon <i>Mai Men Dong</i>	9	AD
Paeonia <i>Bai Shao</i>	9	AB
Poria <i>Fu Ling</i>	9	FC
Moutan <i>Mu Dan Pi</i>	9	DC*
Gardenia <i>Zhi Zi</i>	9	DA*
Paeonia <i>Chi Shao</i>	9	K*
Angelica <i>Dang Gui</i>	6	AB
Citrus <i>Qing Pi</i>	4.5	G*
Citrus <i>Chen Pi</i>	4.5	G*
Glycyrrhiza <i>Gan Cao</i>	4.,5	AA

## Remove:

Mentha <i>Bo He</i>	BB
Zingiberis <i>Sheng Jiang</i>	BA
Glehnia <i>Bei Sha Shen</i>	AD

*yi guan jian*

GRACIOUS POWER (K)

LINKING DECOCTION TEAPILLS (PF/ 7A1-1)

LINKING FORMULA (EG)

**CHINESE HERBAL PRODUCTS FOR HEPATITIS C:**

BUPLEURUM GARDENIA TABLETS (SF)  
 ECLIPTA TABLETS (SF)  
 ECLIPTEX (HC)  
 GAN BIN ZHI BEN WAN (HEPATI-CARE PILL) (BE/7C2-1)  
 HEPATOPLEX ONE (HC)  
 HEPATOPLEX TWO (HC)  
 LIVER C FORMULA (GF)  
 LIVER DTX (EC)  
 SALVIA/LIGUSTRUM TABLETS (SF)

**LIVER C FORMULA**

Golden Flower

<i>Astragalus Huang Qi</i>	8 %	AA
<i>Ganoderma Ling Zhi</i>	9	AA
<i>Lycium Gou Qi Zi</i>	8	AB
<i>Polygonum He Shou Wu</i>	7	AB
<i>Bupleurum Chai Hu</i>	8	BB
<i>Gardenia Zhi Zi</i>	8	DA
<i>Oldenlandia Bai Hua She She Cao</i>	8	DD
<i>Artemisia Yin Chen Hao</i>	8	DE
<i>Melia Chuan Lian Zi</i>	7	G
<i>Curcuma Yu Jin</i>	7	K
<i>Paeonia Chi Shao</i>	8	K
<i>Salvia Dan Shen</i>	8	K
<i>Schisandra Wu Wei Zi</i>	6	L

**ECLIPTA TABLETS**

Seven Forest

<i>Eclipta Han Lian Cao</i>	14 %	AD
<i>Ligustrum Nü Zhen Zi</i>	7	AD
<i>Lycium Gou Qi Zi</i>	7	AB
<i>Artemesia Yin Chen Hao</i>	7	FC
<i>Bupleurum Chai Hu</i>	7	BB

Salvia <i>Dan Shen</i>	7	K
Curcuma <i>Yu Jin</i>	7	K
Polygonum <i>Hu Zhang</i>	7	DB
Scutellaria <i>Ban Zhi Lian</i>	7	DB
Imperata <i>Bai Mao Gen</i>	7	J
Poria <i>Fu Ling</i>	6	FC
Atractylodes <i>Bai Zhu</i>	6	AA
Hordeum <i>Mai Ya</i>	6	H
Glycyrrhiza <i>Gan Cao</i>	5	AA

### ECLIPTEX

#### Health Concerns

Eclipta <i>Han Lian Cao</i>		AD
Sylibum (Milk Thistle)		
Curcuma <i>Yu Jin</i>		K
Salvia <i>Dan Shen</i>		K
Lycium <i>Gou Qi Zi</i>		AB
Ligustrum <i>Nu Zhen Zi</i>		AD
Bupleurum <i>Chai Hu</i>		BB
Schisandra <i>Wu Wei Zi</i>		L
Notoginseng <i>Tian Qi</i>		J
Angelica <i>Dang Gui</i>		AB
Plantago <i>Che Qian Zi</i>		FC
Glycyrrhiza <i>Gan Cao</i>		AA

7C2-1

### GAN BIN ZHI BEN WAN (HEPATI-CARE PILL)

Bio Essence Brand

*gan bing zhi ben wan* • “Liver Illness Control (the) Root Pills”

Salvia <i>Dan Shen</i>	12 %	K
Desmodium <i>Jin Qian Cao</i>	12	FC
Artemisia <i>Yin Chen Hao</i>	12	FC
Astragalus <i>Huang Qi</i>	9	AA

Polygonum <i>He Shou Wu</i>	6	AB
Paeonia <i>Chi Shao</i>	6	K
Curcuma <i>Yu Jin</i>	6	K
Polygonum <i>Hu Zhang</i>	6	DB
Oldenlandia <i>Bai Hua She She Cao</i>	6	DD
Scutellaria <i>Ban Zhi Lian</i>	5	DB
Scutellaria <i>Huang Qin</i>	5	DB
Rhodiola <i>Hong Jing Tian</i>	5	
Glycyrrhiza <i>Gan Cao</i>	5	AA
Citrus <i>Qing Pi</i>	5	G

## HERPES SIMPLEX

### MODIFIED XIN YI QING FEI YIN

Gypsum <i>Shi Gao</i>	15	DA
Coix <i>Yi Yi Ren</i>	15	FC
Magnolia <i>Xin Yi Hua</i>	9	BA
Scutellaria <i>Huang Qin</i>	9	DB
Gardenia <i>Zhi Zi</i>	9	DA
Eriobotrya <i>Pi Pa Ye</i>	9	CC
Anemarrhena <i>Zhi Mu</i>	9	DA
Lilium <i>Bai He</i>	9	AD
Armenica <i>Xing Ren</i>	9	CC
Amomum <i>Sha Ren</i>	9	FB
Glycyrrhiza <i>Gan Cao</i>	6	AA

7C1-1

### LONGDAN XIEGAN WAN

Minshan Brand, Lanzhou Foci Herb Factory; Lanzhou

*long dan xie gan wan* • “Gentiana Drain Liver Pills”

*Origin:* Li Ao (Li Dong Yuan) 1336, and later, Wang Ang, 1682 and Wu Qian et al, 1742.

Gentiana <i>Long Dan Cao</i>	14.3 %	DB
Bupleurum <i>Chai Hu</i>	14.3	BB
Alisma <i>Ze Xie</i>	14.3	FC
Rehmannia <i>Shu Di Huang</i>	14.3	AB
Scutellaria <i>Huang Qin</i>	7.1	DB
Gardenia <i>Zhi Zi</i>	7.1	DA
Akebia <i>Mu Tong</i>	7.1	FC
Plantago <i>Che Qian Zi</i>	7.1	FC
Angelica <i>Dang Gui</i>	7.1	AB
Glycyrrhiza <i>Gan Cao</i>	7.1	AA

### HERPES SIMPLEX FORMULA

Jake Paul Fratkin, OMD

Rehmannia <i>Sheng Di Huang</i>	13 g.	DC
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Jake Paul Fratkin, OMD, L.Ac.

<i>Astragalus Huang Qi</i>	12	AA
<i>Isatis Ban Lang Gen</i>	9	DD
<i>Angelica Dang Gui</i>	8	AB
<i>Phellodendron Huang Bai</i>	8	DB
<i>Sophora Ku Shen</i>	8	DB
<i>Plantago Che Qian Zi</i>	8	FC
<i>Paeonia Bai Shao</i>	7	AB
<i>Bupleurum Chai Hu</i>	7	BB
<i>Scutellaria Huang Qin</i>	7	DB
<i>Alisma Ze Xie</i>	7	FC
<i>Glycyrrhiza Gan Cao</i>	6	AA

## EXTERNAL TREATMENTS:

### 1) HUANG BAI SAN

Origin: Hospital of Shandong College of TCM

<i>Phellodendron Huang Bai</i>	30 g.	DB
<i>Coptis Huang Lian</i>	3	DB
<i>Aloe Lu Hui</i>	6	PA
<i>Atractylodes Cang Zhu</i>	9	FB
<i>Talcum Hua Shi</i>	9	FB
<i>Borneol Bing Pian</i>	.6	O

Powder, and mix with sesame oil and apply. Or decoct and apply with wash cloth.

### 2) XING HUANG SAN

<i>Houttuynia Yu Xing Cao</i>	DD
<i>Phellodendron Huang Bai</i>	DB
<i>Sanguisorba Di Yu</i>	J
<i>Portulaca Ma Chi Xian</i>	DD

Equal parts, decoct and apply

Or powder, and mix with sesame oil and apply.



# HERPES ZOSTER

## LONG DAN XIE GAN TANG, MODIFIED

“Gentiana Purge Liver Decoction”

<i>Alisma Ze Xie</i>	12 g.	FC
<i>Gentiana Long Dan Cao</i>	6	DB
<i>Scutellaria Huang Qin</i>	9	DB
<i>Gardenia Zhi Zi</i>	9	DA
<i>Akebia Mu Tong</i>	9	FC
<i>Plantago Che Qian Zi</i>	9 (wrapped)	FC
<i>Rehmannia Sheng Di Huang</i>	9	DC
<i>Bupleurum Chai Hu</i>	6	BB
<i>Glycyrrhiza Gan Cao</i>	6	AA
<i>Angelica Dang Gui</i>	3	AB
plus:		
<i>Lonicera Jin Yin Hua</i>	15	DD
<i>Forsythia Lian Qiao</i>	15	DD
<i>Paeonia Chi Shao</i>	9	K
<i>Corydalis Yan Hu Suo</i>	9	K

### Modifications

Rash occurring on the lumbar and costal regions, add:

<i>Isatis Ban Lang Gen</i>	9	DD
<i>Paris Zao Xiu</i>	6	DD
<i>Lithosperm Zi Cao</i>	6	DC

Rash occurring on the face, add:

<i>Arctium Niu Bang Zi</i>	9	BB
<i>Chrysanthemum Ye Ju Hua</i>	9	BB

Rash occurring on the abdomen and lower limbs, add:

<i>Atractylodes Cang Zhu</i>	9	FB
<i>Phellodendron Huang Bai</i>	9	DB

**In cases where pain is not alleviated with disappearance of the rash,** treatment is directed to soothe the liver, regulate *qi*, invigorate blood, and relieve pain. Use:

### **XIAO YAO SAN**

“Free and Relaxed Powder”

<i>Paeonia Bai Shao</i>	12 g.	AB
<i>Bupleurum Chai Hu</i>	9	BB
<i>Angelica Dang Gui</i>	9	AB
<i>Atractylodes Bai Zhu</i>	9	AA
<i>Poria Fu Ling</i>	9	FC
<i>Glycyrrhiza Zhi Gan Cao</i>	6	AA
<i>Mentha Bo He</i>	3 (abbrev.)	BB
<i>Zingiberis Sheng Jiang</i>	3 g.	BA
plus:		
<i>Margarita Zhen Zhu Mu</i>	15 (extended)	N
<i>Magnetite Ci Shi</i>	15 (extended)	N
<i>Salvia Dan Shen</i>	12	K
<i>Corydalis Yan Huo Suo</i>	9	K

### **OTHER FORMULAS**

#### **Acute phase:**

1. Overabundance of heat, early stage.  
Erythema with clusters of eruptions.  
Pain, burning, and itching  
T: red  
P: taut and rapid

### **LIANG XUE QING GAN TANG**

<i>Rehmannia Sheng Di Huang</i>	15 g.	DC
<i>Paeonia Chi Shao</i>	15	K
<i>Forsythia Lian Qiao</i>	15	DD
<i>Lonicera Jin Yin Hua</i>	15	DD
<i>Moutan Mu Dan Pi</i>	12	DC
<i>Bupleurum Chai Hu</i>	9	BB
<i>Ligusticum Chuan Xiong</i>	9	K

Scutellaria <i>Huang Qin</i>	9	DB
Gardenia <i>Zhi Zi</i>	9	DA
Gentiana <i>Long Dan Cao</i>	9	DB
Lithospermum <i>Zi Cao</i>	9	DC
Citrus <i>Qing Pi</i>	9	G
Glycyrrhiza <i>Gan Cao</i>	6	AA

**MODIFICATIONS:**

Severe pain

Carthamus <i>Hong Hua</i>	K
Persica <i>Tao Ren</i>	K

Itching

Dictamnus <i>Bai Xian Pi</i>	DD
Ledebouriella <i>Fang Feng</i>	BA

**For erosion of the vesicles:****YI REN CHI DOU TANG**

Coix <i>Yi Yi Ren</i>	15 g.	FC
Phaseolus <i>Lu Dou</i>	15	DF
Poria <i>Fu Ling</i>	12	FC
Lonicera <i>Jin Yin Hua</i>	12	DD
Kochia <i>Di Fu Zi</i>	12	FC
Rehmannia <i>Sheng Di Huang</i>	9	DC
Plantago <i>Che Qian Zi</i>	9	FC
Paeonia <i>Chi Shao</i>	9	K
Portulaca <i>Ma Chi Xian</i>	9	DD
Glycyrrhiza <i>Gan Cao</i>	6	AA

**For severe exudation:**

Lophantherum <i>Dan Zhu Ye</i>	10	DA
Eupatorium <i>Pei Lan</i>	10	FB

**To heal ulcerations**

Astragalus <i>Huang Qi</i>	15	AA
Codonopsis <i>Dang Shen</i>	10	AA

Dioscorea *Shan Yao* 30 AA

**Severe damp heat with pathogenic fire:**

### YIN QIAO SAN HUANG TANG

Magnetite <i>Ci Shi</i>	30 g.	N
Hematite <i>Dai Zhe Shi</i>	30	N
Lonicera <i>Jin Yin Hua</i>	15	DD
Lithospermum <i>Zi Cao</i>	15	DC
Isatis <i>Ban Lan Gen</i>	15	DD
Scutellaria <i>Huang Qin</i>	10	DB
Moutan <i>Mu Dan Pi</i>	10	DC
Phellodendron <i>Huang Bai</i>	10	DB
Coptis <i>Huang Lian</i>	3	DB

**Pathogenic fire in the blood**

Burning pain, constipation, red tongue, tense rapid pulse:

### DA QING LIAN QIAO TANG

Rehmannia <i>Sheng Di Huang</i>	12-15 g.	DC
Forsythia <i>Lian Qiao</i>	12	DD
Lonicera <i>Jin Yin Hua</i>	12	DD
Isatis <i>Ban Lan Gen</i>	9	DD
Scutellaria <i>Huang Qin</i>	9	DB
Dryopteris <i>Guan Zhong</i>	9	O
Portulaca <i>Ma Chi Xian</i>	6	DD
Moutan <i>Mu Dan Pi</i>	6	DC
Paeonia <i>Chi Shao</i>	6	K

## POST-HERPETIC NEURALGIA

**Stagnation of qi and blood:**

## JIN LING ZI SAN JIA WEI FANG

<i>Paeonia Bai Shao</i>	12 g.	AB
<i>Angelica Dang Gui</i>	12	AB
<i>Luffa Si Gua Luo</i>	10	K
<i>Melia Chuan Lian Zi</i>	9	G
<i>Zedoaria E Zhu</i>	9	K
<i>Lithospermum Zi Cao</i>	9	DD
<i>Corydalis Yan Hu Suo</i>	6-9	K
<i>Bupleurum Chai Hu</i>	6	BB
<i>Citrus Qing Pi</i>	6	G
<i>Carthamus Hong Hua</i>	6	K
<i>Trichosanthes Gua Lou</i>	6	CB
<i>Glycyrrhiza Gan Cao</i>	4	AA

Severe pain, choose from:

<i>Ostrea Mu Li</i>		N
<i>Magnetite Ci Shi</i>		N
<i>Margaritifera Zhen Zhu Mu</i>		N
<i>Boswellia Ru Xiang</i>		K
<i>Curcuma Yu Jin</i>		K
<i>Angelica Bai Zhi</i>		BA

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## CODES FOR THE HERB CATEGORIES

AA	TONIFY <i>QI</i>
AB	TONIFY BLOOD
AC	TONIFY (KIDNEY) <i>YANG</i>
AD	TONIFY <i>YIN</i>
BA	WARM-PUNGENT RELEASE EXTERIOR
BB	COOL-PUNGENT RELEASE EXTERIOR
CA	TRANSFORM PHLEGM-DAMP
CB	TRANSFORM PHLEGM-HEAT
CC	RELIEVE COUGH & ASTHMA
DA	CLEAR HEAT AND DRAIN FIRE
DB	CLEAR HEAT AND DRY DAMPNESS
DC	CLEAR HEAT AND COOL BLOOD
DD	CLEAR HEAT AND RESOLVE TOXINS
DE	CLEAR HEAT DUE TO <i>YIN</i> DEFICIENCY
DF	CLEAR AND RELIEVE SUMMER HEAT
E	WARM THE INTERIOR (SPLEEN <i>YANG</i> )
FA	DISPEL WIND AND DAMPNESS
FB	TRANSFORM (SPLEEN) DAMPNESS
FC	DRAIN DAMPNESS (DIURETICS)
G	REGULATE (STAGNANT) <i>QI</i>
H	RELIEVE FOOD STASIS
J	STOP BLEEDING
K	INVIGORATE BLOOD AND BREAK BLOOD STASIS
L	STABILIZE AND BIND (ASTRINGENTS)
M	OPEN ORIFICES (SENSES)
N	CALM <i>SHEN</i> (SPIRIT)
O	EXTINGUISH (ENDOGENOUS) WIND AND STOP TREMORS
PA	PURGATIVES
PB	LUBRICATING PURGATIVES
PC	DIURETIC PURGATIVES
Q	EXPEL PARASITES
R	EXTERNAL APPLICATION