

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 19th 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* FirePx: *Qing Ying Tang***SPRING-WARMTH***Ying* or Blood Level, Heat FlaringPx: *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

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

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 |

BIDENS 6

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 |

ISATIS 6

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 |

PARIS 7

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 |

PATRINIA 7

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 |

INFLUENZAIn 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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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