

# DISTURBED *SHEN*

## (Insomnia, Anxiety, Palpitation)

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### **Classical formulas:**

Bai Zi Yang Xin Tang	<i>bǎi zǐ yǎng xīn tāng</i> (柏子养心汤)
Gan Mai Da Zao Tang	<i>gān mài dà zǎo tāng</i> (甘麦大枣汤)
Gui Pi Tang	<i>guī pí tāng</i> (归脾汤)
Suan Zao Ren Tang	<i>suān zǎo rén tāng</i> (酸枣仁汤)
Tian Wang Bu Xin Dan	<i>tiān wáng bǔ xīn dān</i> (天王补心丹)

### **Modern Formulas:**

An Mian Pian	<i>ān mián piàn</i> (安眠片)
An Mian Wan	<i>ān mián wán</i> (安眠丸)
An Shen Bu Xin Wan	<i>ān shén bǔ xīn wán</i> (安神补心丸)
An Shui Wan	<i>ān shuì wán</i> (安睡丸)
Bu Nao Wan	<i>bǔ nǎo wán</i> (补脑丸)
/Jian Nao Wan	<i>/ jiàn nǎo wán</i> (健脑丸)

The word *shén* (神) is often translated as “spirit”, and disturbed *shen* implies that the spirit is agitated, especially as it affects the mind and emotional stability. Symptoms and disorders include insomnia or restless sleep, anxiety, palpitation, tachycardia and heart arrhythmias, and in some cases manic behavior. Other symptoms include poor concentration, memory or forgetfulness.

Disturbed *shen* disorders are divided between those of deficiency and those of excess. Deficiency syndromes are more common and are of two types: deficiency of both *yin* and blood, and deficiency of both *qi* and *yang*. In deficiency of *yin* and blood, deficiency-heat may lead to redness in the tip of the tongue, or the tongue may be pale. The pulse is thin and may be slightly rapid. The condition is due to over mental activity, exhaustion of *jing*, or deficiency of kidney *yin*. Symptoms include irregular heartbeat, disturbed dream-filled sleep and poor memory. In extreme cases of heart *yin* deficiency, there may be night sweats, “five heart fever” (heat in the palms, soles and sternum) and nocturnal emission.

In deficiency of heart *yang* or *qi*, the tongue can be dark or pale with a white coat, and the pulse is weak, thin or sunken. Dark facial discoloration on the nose and cheeks may also appear, although this is concurrent with heart blood stagnation. Symptoms of *qi* and *yang* deficiency are aggravated by fatigue or excessive mental activity. Palpitations or arrhythmias are not uncommon, triggered by over-activity. Breathing can be labored. These conditions are also addressed with *qi* tonics (*Chapter 16A*) or *yang* tonics (*Chapter 17B*).

Excess disorders are less common, and are due to phlegm-fire or stagnation of *qi* and blood. Phlegm-fire conditions can be due to acute infections affecting the heart, or may have an endogenous etiology such as liver fire. Signs include a very red tongue with a strong, bounding, rapid pulse. If phlegm is present, the tongue has a yellow greasy coat and the pulse is also slippery. Symptoms include insomnia with anxiety, and in severe cases, fever with delirium, or manic behavior. Most of the formulas in this chapter do not address this condition, with the exception of *An Mian Pian*.

These formulas are not sedatives in the pharmaceutical sense. They do not cause drowsiness or impair mental or physical function and can be taken throughout the day. In cases of insomnia, however, it is often beneficial to take one of the doses before bed, and, if necessary, another dose in the middle of the night. Chronic insomnia due to deficiency is stubborn and requires prolonged treatment before noticeable effects are achieved.

The formulas are also useful for sharpening the mind - to improve memory and concentration. This can be done on an ongoing basis, or short term such as preparing for exams.

**QUICK REFERENCE:*****Disturbed shen due to deficiency of heart yin and blood***

Bai Zi Yang Xin Tang

Gan Mai Da Zao Tang

Tian Wang Bu Xin Dan

***Disturbed shen due to deficiency of yang and blood with phlegm***

Bu Nao Wan

***Disturbed shen due to deficiency of qi and blood***

Gui Pi Tang

Jian Nao Wan

***Disturbed shen due to deficiency of qi, blood and yin***

An Mian Wan

An Shui Wan

***Disturbed shen due deficiency heat***

Gan Mai Da Zao Tang

Suan Zao Ren Tang

***Disturbed shen due to phlegm-fire***

An Mian Pian

***Disturbed shen due to ascendant yang***

An Shen Bu Xin Wan

***Disturbed shen due blood stasis***Formulas in *Chapter 10: Blood Stasis and Phlegm*

**Classical Formulas:****BAI ZI YANG XIN TANG****Formula:** *bǎi zǐ yǎng xīn tāng* (柏子养心汤), “Biota Seed Nourish Heart Decoction”**Author:** Péng Yòng-Guāng (彭用光)**Source:** *Tǐ Rén Huì Biān* (体仁汇编), 1549

Literal: “Body Benevolent Collection-Compilation”

**Availability:**

BAI ZI YANG XIN WAN (MS, PM)

BAI ZI ZI XIN WAN (TL)

HEAVENLY HEART TEAPILLS (PF)

**Ingredients:** (from Minshan, Lanzhou Foci Herb Factory “Bai Zi Yang Xin Wan”; also, Plum Flower “Heavenly Heart Teapills”)

<i>bǎi zǐ rén</i> (柏子仁), Semen Platycladi/Biotae	25.8 %	N
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	19.4	AB
<i>xuán shēn</i> (玄参), Radix Scrophulariae	12.9	DC
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	12.9	DC
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	6.5	AD
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	6.5	AB
<i>fú líng</i> (茯苓), Poria	6.4	FC
<i>shí chāng pú</i> (石菖蒲), Rhizoma Acori Tatarinowii	6.4	M
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	3.2	AA

## GUI PI WAN

**Formula:** *guī pí tāng* (归脾汤), “Restore Spleen Pill”

**Author:** Yán Yòng-Hé (严用和)

**Source:** *Jì Shēng Fāng* (济生方), 1253

Literal: “Aid (the) Living Formulas”

**Availability:**

GATHER VITALITY (K)

GINSENG & LONGAN COMBINATION (EG)

GINSENG AND LONGAN FORMULA (CC, GF)

GUI PI TANG (BP, TZ)

GUI PI TEAPILLS (PF)

GUI PI WAN (GC, HT, MS, PiM, TL)

TONIFY SPLEEN (JD)

\* CALM THE SHEN (TT)

\* SHEN-GEM (HC)

**Ingredients:** (from the standardized “Ginseng & Longan Combination”)

<i>rén shēn</i> (人参), Radix Ginseng	9.7 %	AA
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	9.7	AA
<i>fú líng</i> (茯苓), Poria	9.7	FC
<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	9.7	N
<i>lóng yǎn ròu</i> (龙眼肉), Arillus Longan	9.7	AB
<i>huáng qí</i> (黄芪), Radix Astragali	9.7	AA
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	9.7	AB
<i>yuǎn zhì</i> (远志), Radix Polygalae	9.7	N
<i>shēng jiāng</i> (生姜), Rhizoma Zingiberis Recens	6.5	BA
<i>dà zǎo</i> (大枣), Fructus Jujubae	6.5	AA
<i>mù xiāng</i> (木香), Radix Aucklandiae	4.7	G
<i>zhì gān cǎo</i> (炙甘草), Radix Glycyrrhizae Praep	4.7	AA

## GUI PI WAN

### **Ingredients:** (from Herbal Times “Gui Pi Wan”)

<i>bái zhú</i> (白朮), Rhizoma Atractylodis Macrocephalae	14 %	AA
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	14	AB
<i>fú líng</i> (茯苓), Poria	14	FC
<i>lóng yǎn ròu</i> (龙眼肉), Arillus Longan	14	N
<i>yuǎn zhì</i> (远志), Radix Polygalae	14	N
<i>dǎng shēn</i> (党参), Radix Codonopsis	7	AA
<i>huáng qí</i> (黄芪), Radix Astragali	7	AA
<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	7	N
<i>dà zǎo</i> (大枣), Fructus Jujubae	3	AA
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	3	AA
<i>mù xiāng</i> (木香), Radix Aucklandiae	3	G

## SUAN ZAO REN TANG

**Formula:** *suān zǎo rén tāng* (酸枣仁汤), “Zizyphus Decoction”

**Author:** Zhāng Zhòng-Jǐng (张仲景)

**Source:** *Jīn Guì Yào Lǜ* (金匱要略), 220

Literal: “Golden Cabinet Essential Summary”

**Availability:**

SUAN ZAO REN TANG (BP, PF)

SUAN ZAO REN WAN (HT, PM, TL)

ZIZYPHUS COMBINATION (EG)

ZIZYPHUS FORMULA (CC, GF)

ZIZYPHUS SLEEP FORMULA (K)

\* NOURISH THE SOUL (TT)

\* TE XIAO ZAO REN AN MIAN PIAN

**Ingredients:** (from the standardized “Zizyphus Combination”)

<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	45.5 %	N
<i>fú líng</i> (茯苓), Poria	18.2	FC
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	18.2	K
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	9.1	AA
<i>zhī mǔ</i> (知母), Rhizoma Anemarrhenae	9.1	DA

**Ingredients:** (from Herbal Times “Suan Zao Ren Wan”)

<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	38.5 %	N
<i>fú líng</i> (茯苓), Poria	23.0	FC
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	15.2	K
<i>zhī mǔ</i> (知母), Rhizoma Anemarrhenae	15.2	DA
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	8.0	AA

**Ingredients:** (from Plum Flower “Suan Zao Ren Tang”)

<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	78.5 %	N
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	6.1	K
<i>fú líng</i> (茯苓), Poria	6.1	FC
<i>zhī mǔ</i> (知母), Rhizoma Anemarrhenae	6.1	DA
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	3.1	AA

## TIAN WANG BU XIN DAN

**Formula:** *tiān wáng bǔ xīn dān* (天王补心丹), “Heavenly Emperor Tonify Heart Elixir”

**Author:** Hóng Jī (洪基) *aka* Hóng Jiǔ-Yōu (洪九有)

**Source:** *Shè Shēng Mì Pōu* (摄生秘剖), 1638

Literal: “Sustaining Life Secrets, Explanation”

*also attributed to:*

**Author:** Xuē Jǐ (薛己) *aka* Xuē Xīn-Fǔ (薛新甫) *aka* Xuē Lì-Zhāi (薛立斋)

**Source:** *Jiào Zhù Fù Rén Liáng Fāng* (校注妇人良方), mid-16<sup>th</sup> c.

Literal: “Corrections Annotations Women’s Fine Formulas”

**Availability:**

CELESTIAL EMPEROR’S BLEND (K)

EMPEROR’S TEAPILLS (PF)

EMPEROR’S HEART YIN FORMULA (JD)

GINSENG & ZIZYPHUS FORMULA (CC, EG)

HEAVENLY EMPEROR’S FORMULA (GF)

TIAN WANG BU XIN DAN (BP, PiM, TZ)

TIAN WANG BU XIN WAN (GC, HT, JD, MS, TL)

**Ingredients:** (from Minshan “Tian Wang Bu Xin Wan”)

<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praeparata	29.7 %	AB
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	7.4	AB
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	7.4	L
<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosaes	7.4	N
<i>bǎi zǐ rén</i> (柏子仁), Semen Platycladi	7.4	N
<i>tiān mén dōng</i> (天门冬), Radix Asparagi	7.4	AD
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	7.4	AD
<i>xuán shēn</i> (玄参), Radix Scrophulariae	7.4	DC
<i>dān shēn</i> (丹参), Radix/Rhizoma Salviae Miltiorrhizae	3.7	K
<i>dǎng shēn</i> (党参), Radix Codonopsis	3.7	AA
<i>fú líng</i> (茯苓), Poria	3.7	FC
<i>jié gěng</i> (桔梗), Radix Platycodonis	3.7	CA
<i>yuǎn zhì</i> (远志), Radix Polygalae	3.7	N



**Modern Formulas:****AN MIAN PIAN****Formula:** *ān mián piàn* (安眠片), “Calm Sleep Tablets”**Source:** Modern patent medicine**Availability:**

AN MIAN PIAN (BP)

AN MIEN PIAN (PF)

AN MIEN PIEN (PM)

**Ingredients:** (from Plum Flower “An Mien Pian”)

<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	30 %	N
<i>yuǎn zhì</i> (远志), Radix Polygalae	20	N
<i>fú líng</i> (茯苓), Poria	15	FC
<i>zhī zǐ</i> (栀子), Fructus Gardeniae	15	DA
<i>shén qū</i> (神曲), Massa Medicata Fermentata	15	H
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	5	AA

## AN MIAN WAN

**Formula:** *ān mián wán* (安眠丸), “Calm Sleep Pills”

**Source:** Modern patent medicine

**Availability:**

AN MIAN WAN (HT)

**Ingredients:** (from Herbal Times “An Mian Wan”)

<i>bǎi zǐ rén</i> (柏子仁), Semen Platycladi/Biotae	10.0 %	N
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	10.0	AB
<i>yuǎn zhì</i> (远志), Radix Polygalae	10.0	N
<i>jié gěng</i> (桔梗), Radix Platycodonis	9.7	CA
<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	8.0	N
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	7.4	G
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	5.5	AB
<i>dǎng shēn</i> (党参), Radix Codonopsis	5.5	AA
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	5.5	AA
<i>shān yào</i> (山药), Rhizoma Dioscoreae	5.5	AA
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	5.5	AD
<i>xuán shēn</i> (玄参), Radix Scrophulariae	5.5	DC
<i>bái zhǐ</i> (白芷), Radix Angelicae Dahuricae	4.5	BB
<i>jiǔ jié chāng pú</i> (九节菖蒲), Rhizoma Anemones Altaicae	4.5	M
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	2.9	L

## AN SHEN BU XIN WAN

**Formula:** *ān shén bǔ xīn wán* (安神补心丸), “Calm Shen Tonify Heart Pill”

**Source:** Modern patent medicine

**Availability:**

AsU XIN WAN (GC, HT, MS, PM)

AN SHEN BU XIN TEAPILLS (PF)

SOOTHWELL (PM)

**Ingredients:** (from Minshan “An Shen Bu Xin Wan” and Plum Flower “An Shen Bu Shen Teapills”)

<i>zhēn zhū mǔ</i> (珍珠母), Concha Margaritiferae Usta	44.0 %	N
<i>yè jiāo téng</i> (夜交藤), Caulis Polygoni Multiflori	11.0	N
<i>nǚ zhēn zǐ</i> (女贞子), Fructus Ligustri Lucidi	8.8	AD
<i>dān shēn</i> (丹参), Radix/Rhizoma Salviae Miltiorrhizae	6.6	K
<i>hàn lián cǎo</i> (旱莲草), Herba Ecliptae	6.6	AD
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	6.6	AC
<i>hé huān pí</i> (合欢皮), Cortex Albiziae	6.6	N
<i>shēng dì huáng</i> (生地黄), Radix Rehmanniae	4.4	AB
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	3.3	L
<i>shí chāng pú</i> (石菖蒲), Rhizoma Acori Tatarinowii	2.2	M

**Ingredients:** (from Herbal Times “An Shen Bu Xin Wan”)

<i>dān shēn</i> (丹参), Radix/Rhizoma Salviae Miltiorrhizae	20 %	K
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	20	AC
<i>hàn lián cǎo</i> (旱莲草), Herba Ecliptae	15	AD
<i>shí chāng pú</i> (石菖蒲), Rhizoma Acori Tatarinowii	15	M
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	15	L
<i>zhēn zhū</i> (珍珠), Margarita	15	N

## AN SHUI WAN

**Formula:** *ān shuì wán* (安睡丸), “Peaceful Sleep Pills”

**Source:** Modern patent medicine

**Availability:**

AN SHUI TEAPILLS (PF)

**Ingredients:** (from Plum Flower “An Shui Teapills”)

<i>yè jiāo téng</i> (夜交藤), <i>Caulis Polygoni Multiflori</i>	10.0 %	N
<i>fú xiǎo mài</i> (浮小麦), <i>Fructus Triticis Levis</i>	10.0	L
<i>yuǎn zhì</i> (远志), <i>Radix Polygalae</i>	8.0	N
<i>shú dì huáng</i> (熟地黄), <i>Radix Rehmanniae Praep.</i>	8.0	AB
<i>bǎi zǐ rén</i> (柏子仁), <i>Semen Platycladi/Biotae</i>	8.0	N
<i>suān zǎo rén</i> (酸枣仁), <i>Semen Ziziphi Spinosae</i>	6.0	N
<i>chén pí</i> (陈皮), <i>Pericarpium Citri Reticulatae</i>	6.0	G
<i>fú líng</i> (茯苓), <i>Poria</i>	4.5	FC
<i>dāng guī</i> (当归), <i>Radix Angelicae Sinensis</i>	4.5	AB
<i>shān yào</i> (山药), <i>Rhizoma Dioscoreae</i>	4.5	AA
<i>dǎng shēn</i> (党参), <i>Radix Codonopsis</i>	4.5	AA
<i>xuán shēn</i> (玄参), <i>Radix Scrophulariae</i>	4.5	DC
<i>mài mén dōng</i> (麦门冬), <i>Radix Ophiopogonis</i>	4.5	AD
<i>jié gěng</i> (桔梗), <i>Radix Platycodonis</i>	4.5	CA
<i>bái zhú</i> (白术), <i>Rhizoma Atractylodis Macrocephalae</i>	3.5	AA
<i>shí chāng pú</i> (石菖蒲), <i>Rhizoma Acori Tatarinowii</i>	3.5	M
<i>gān cǎo</i> (甘草), <i>Radix Glycyrrhizae</i>	3.5	AA
<i>wǔ wèi zǐ</i> (五味子), <i>Fructus Schisandrae</i>	2.0	L

## BU NAO WAN / JIAN NAO WAN

**Formula:** *bǔ nǎo wán* (补脑丸), “Tonify Brain Pill”

**Source:** Modern patent medicine

**Availability:**

Bu Nao Wan (HT, PiM, TL)

Bu Nao Pian (PF)

Cerebral Tonic Pill (PM)

Clear Mind (K)

Polygala Combo (PM)

**Formula:** *jiàn nǎo wán* (健脑丸), “Healthy Brain Pills”

**Source:** Modern patent medicine

**Availability:**

Healthy Brain Pills (PM)

**Ingredients:** (from Xian TCM Factory “Cerebral Tonic Pill / Polygala Combo”)

<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	20 %	L
<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	16	N
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	10	AB
<i>suǒ yáng</i> (锁阳), Herba Cynomorii	8	AC
<i>hú táo rén</i> (胡桃仁), Semen Juglans Regiae	8	AC
<i>gōu qǐ zǐ</i> (枸杞子), Fructus Lycii	8	AB
<i>bǎi zǐ rén</i> (柏子仁), Semen Platycladi/Biotae	6	N
<i>gōu téng</i> (钩藤), Ramulus Uncariae cum Uncis	4	O
<i>yuǎn zhì</i> (远志), Radix Polygalae	4	N
<i>tiān nán xīng</i> (天南星), Rhizoma Arisaematis	4	CA
<i>shí chāng pú</i> (石菖蒲), Rhizoma Acori Tatarinowii	4	M
<i>hǔ pò</i> (琥珀), Succinum	4	N
<i>lóng chǐ</i> (龙齿), Dens Draconis	4	N

The Plum Flower formula “*Bu Nao Pian*” follows the same formula, but substitutes *hé huān pí* (合欢皮, Cortex Albiziae) for *hǔ pò*, and *zhēn zhū* (珍珠, Margarita) for *lóng chǐ*.

**Ingredients:** (from Herbal Times “*Bu Nao Wan*”)

<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	18.0 %	N
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	12.0	AB
<i>hú táo rén</i> (胡桃仁), Semen Juglans Regiae	10.0	AC
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	10.0	L
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	7.0	AB
<i>shí chāng pú</i> (石菖蒲), Rhizoma Acori Tatarinowii	7.0	M
<i>yì zhì rén</i> (益智仁), Fructus Alpiniae Oxyphyllae	7.0	AC
<i>tiān má</i> (天麻), Rhizoma Gastrodiae	5.0	O
<i>tiān zhú huáng</i> (天竹黄), Concretio Silicea Bambusae	5.0	CB
<i>yuǎn zhì</i> (远志), Radix Polygalae	5.0	N
<i>bái zhǐ</i> (白芷), Radix Angelicae Dahuricae	3.5	BA
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	3.5	K

**Ingredients:** (from Qingdao Traditional Chinese Medicine Factory “Healthy Brain Pills”)

<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	22.5 %	N
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	15.0	AB
<i>shān yào</i> (山药), Rhizoma Dioscoreae	12.5	AA
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	9.0	AB
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	7.5	L
<i>yì zhì rén</i> (益智仁), Fructus Alpiniae Oxyphyllae	7.5	AC
<i>tiān zhú huáng</i> (天竹黄), Concretio Silicea Bambusae	5.2	CB
<i>jiǔ jié chāng pú</i> (九节菖蒲), Rhizoma Anemones Altaicae	5.2	M
<i>dān shēn</i> (丹参), Radix/Rhiz. Salviae Miltiorrhizae	5.2	K
<i>rén shēn</i> (人参), Radix Ginseng	5.2	AA
<i>bǎi zǐ rén</i> (柏子仁), Semen Platycladi/Biotae	5.2	N

**HEART ARRHYTHMIA**

AA	Ginseng <i>Ren Shen</i>	10.7 g.
AA	Glycyrrhiza <i>Zhi Gan Cao</i>	10.7
AB	Equus Asinum <i>E Jiao</i>	10.7
DA	Anemarrhena <i>Zhi Mu</i>	10.7
DB	Phellodendron <i>Huang Bai</i>	10.7
DC	Rehmannia <i>Sheng Di Huang</i>	14.4
K	Carthamus <i>Hong Hua</i>	10.7
K	Persica <i>Tao Ren</i>	10.7
K	Salvia <i>Dan Shen</i>	10.7

## FURTHER RESOURCES

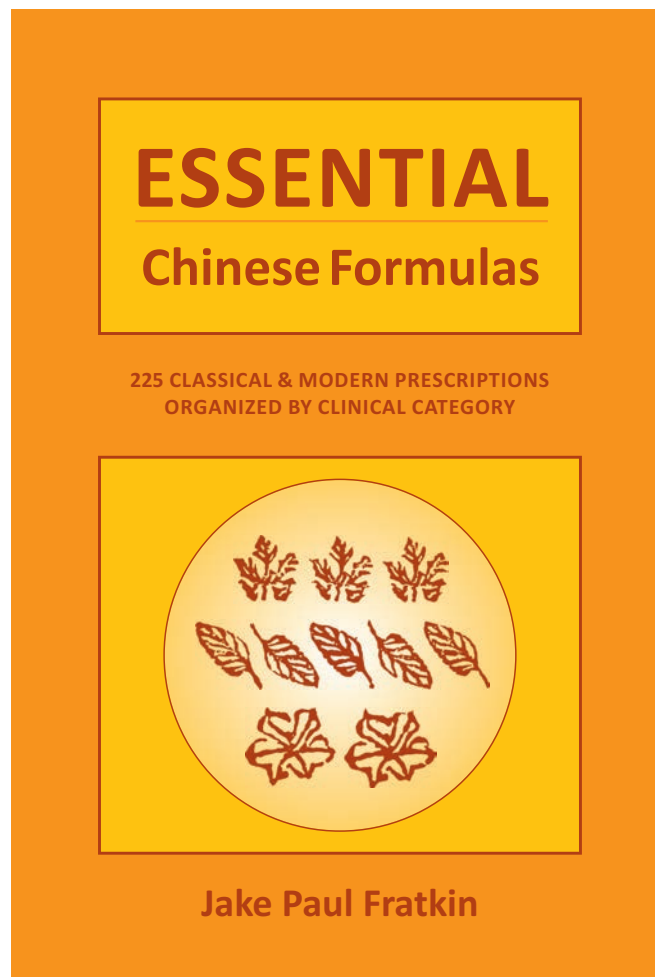
For a complete listing of herbal products by therapeutic category, see:

### “WHO’S GOT WHAT”

For free download, go to: [www.drjakefratkin.com/whos-got-what](http://www.drjakefratkin.com/whos-got-what)

### DR. JAKE FRATKIN’S HERBAL FORMULAS, BOOKS, WEBINARS, DVDS

See: [www.drjakefratkin.com/store/our-products/](http://www.drjakefratkin.com/store/our-products/)





***The presenter:***

**JAKE PAUL FRATKIN, OMD, L.Ac.** trained in Korean and Japanese acupuncture since 1975, and Chinese herbal medicine since 1982, and has studied and taught *qi gong* and Yang family *Taijiquan* since 1974. He is the recipient of *Acupuncturist of the Year*, 1999, by the AAAOM and Teacher of the Year, 2006, American Association of Teachers of Acupuncture and Oriental Medicine (AATAOM). Jake lives and practices in Boulder, Colorado.

Books by Jake Paul Fratkin:

*Case Studies in Autoimmune Disorders*. Zeng Shengping and Jake Fratkin, People's Medical Publishing House, 2014.

*Essential Chinese Formulas, 225 Classical and Modern Prescriptions Organized by Clinical Category*, Shya Publications, 2014.

*A Calligrapher's Yi Jing*, Xinshi Harrison Tu (calligraphy) and Jake Fratkin (translations), Shya Publications, 2004.

*Chinese Herbal Patent Medicines, The Clinical Desk Reference*, Shya Publications, 2001.

*Practical Therapeutics of Traditional Chinese Medicine*, Paradigm Publications, 1997. Wu Yan and Warren Fischer, edited and organized by Jake Fratkin.

*Chinese Herbal Patent Formulas*, Shya Publications, 1986

A collection of various articles on TCM can be found at:

<http://drjakefratkin.com/articles>

## CODE LETTERS OF HERBAL COMPANIES

BP	Blue Poppy
CC	Chinese Classics
CMS	Chinese Modular Solutions (Kn)
DrJ	Dr. Jake Fratkin's Herbal Formulas
EG	"Standardized" extract granules or capsules from Taiwan and China: Acuherb, E-Fong, Evergreen, Guang Ci Tang, Herbal Times, KPC, Legendary, Mintong, Nong's, Qualiherb, Sunten, etc.
EV	Evergreen
GC	Guang Ci Tang (Active Herb)
GF	Golden Flower
HC	Health Concerns
HS	Honso
HT	Herbal Times (Nuherbs)
K	Kan Herbals and Traditionals
KPC	Kaiser Pharmaceutical (Taiwan)
MS	Minshan (China)
PF	Plum Flower (Mayway)
PM	Patent Medicine (various manufacturers, China)
PX	Panaxea
SF	Seven Forest (Institute of Traditional Medicine)
TL	Tanglong (China)
WT	White Tiger (Institute of Traditional Medicine)

## CODE LETTERS FOR THE HERBAL CATEGORIES

AA	Tonify <i>Qi</i>	<i>bǔ qì</i> (补气)
AB	Tonify Blood	<i>bǔ xuè</i> (补血)
AC	Tonify <i>Yang</i>	<i>bǔ yáng</i> (补阳)
AD	Tonify <i>Yin</i>	<i>bǔ yīn</i> (补阴)
BA	Acrid-Warm Release Exterior	<i>xīn wēn jiě biǎo</i> (辛温解表)
BB	Acrid-Cool Release Exterior	<i>xīn liáng jiě biǎo</i> (辛凉解表)
CA	Dry Dampness, Dissolve Phlegm	<i>zào shī huà tán</i> (燥湿化痰)
CB	Clear Heat, Dissolve Phlegm	<i>qīng rè huà tán</i> (清热化痰)
CC	Relieve Cough, Panting	<i>zhǐ ké píng chuǎn</i> (止咳平喘)
DA	Clear Heat, Drain Fire	<i>qīng rè xiè huǒ</i> (清热泻火)
DB	Clear Heat, Drain Dampness	<i>qīng rè lì shī</i> (清热利湿)
DC	Clear Heat, Cool Blood	<i>qīng rè liáng xuè</i> (清热凉血)
DD	Clear Heat, Resolve Toxins	<i>qīng rè jiě dú</i> (清热解毒)
DE	Clear Heat, Nourish <i>Yin</i>	<i>qīng rè yǎng yīn</i> (清热养阴)
DF	Clear Heat, Resolve Summer-Heat	<i>qīng rè jiě shǔ</i> (清热解暑)
E	Warm Interior	<i>wēn lǐ</i> (温里)
FA	Dispel Wind, Overcome Dampness	<i>qū fēng shèng shī</i> (祛风胜湿)
FB	Dispel Dampness	<i>qū shī</i> (祛湿)
FC	Drain Dampness	<i>lì shī</i> (利湿)
G	Rectify <i>Qi</i>	<i>lǐ qì</i> (理气)
H	Remove Food-Stasis	<i>dǎo zhì</i> (导滞)
J	Stop Bleeding	<i>zhǐ xuè</i> (止血)
K	Invigorate Blood, Dissolve Stasis	<i>huó xuè huà yū</i> (活血化痰)
L	Consolidate, Astringe	<i>gù sè</i> (固涩)
M	Open Orifices	<i>kāi qiào</i> (开窍)
N	Tranquilize Heart, Calm <i>Shen</i>	<i>zhèn xīn ān shén</i> (镇心安神)
O	Extinguish Wind, Stop Tremors	<i>xī fēng zhǐ chōu</i> (熄风止抽)
PA	Purgatives	<i>xià fǎ</i> (下法)
PB	Moistening Purgatives	<i>rùn xià</i> (润下)
PC	Purgation by Expelling Water	<i>gōng xià zhú shuǐ</i> (攻下逐水)
Q	Kill Worms	<i>shā chóng</i> (杀虫)
R	External Application	<i>wài zhì fǎ</i> (外治法)

# INFLAMMATION AND INFLAMMATORY CONDITIONS

Jake Paul Fratkin, OMD, L.Ac.

Pacific Symposium, October 2016

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Inflammation is seen in acute and chronic trauma, but also plays an important role in skin diseases such as eczema and psoriasis, and autoimmune processes of rheumatoid arthritis, psoriatic arthritis and lupus. It is also a primary factor in heart disease and brain neuron degeneration causing dementia and certain psychiatric disorders. This workshop will address important Chinese herbs in the control of inflammation, and the application of specific modern Chinese herbal products.

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## OVERVIEW OF INFLAMMATION

### A. INFLAMMATION IN MODERN PHYSIOLOGY

1. Inflammation
  - a. Due to acute trauma
  - b. Due to free radical damage
    1. Environmental toxins
    2. Cellular breakdown in aging
  - c. Pathogenic organisms (Lyme's, etc)
  - d. Autoimmune self-destruction
    1. Genetic predisposition combined with environmental triggers
      - a. Environmental toxins
      - b. Bacteria and viruses
2. The Inflammatory Cascade
  - a. Inflammation starts with cytokine release
    1. Injury promotes release of cytokines IL-1, IL-6, TNF
      - a. Secreted by endothelium, leucocytes, macrophages
      - b. These rush to the site to initiate and direct repair, and to call in healing agents
      - c. Inflammation is the initiating mechanism
    2. Principal cytokine is interleukin 6 (IL-6)
      - a. IL-6 is pro-inflammatory and initiates inflammation/healing sequencing
    3. Once healing mechanisms are in place, cytokines like IL-10 shut down IL-6
      - a. In chronic pain, IL-10 can increase with sweating exercise, 45-60 minutes a day
    4. As repair takes place, chemical endorphins reduce pain level
  - b. Reasons why IF-6 will not shut down
    1. Inability of patient to rest and let injury repair itself
    2. Weakened adrenal function inhibits release of IF-10
      - a. Adrenals weaken due to accumulated stressors
      - b. IL-10 production decreases as we age
      - c. Corresponds to weakened kidney *yang*

3. Inflammatory conditions
  - a. Acute trauma
    1. Injury causes tissue damage
    2. Response is bruising, swelling, heat
    3. The body needs to repair the damage
  - b. Dermatological conditions
    1. Initiated by triggers
      - a. Allergens, especially food
      - b. Viral
        1. Varicella (herpes) zoster
      - c. Chemicals, heavy metals
      - d. Burns, radiation
  - c. Heart disease
    1. Inflammation triggers clot formation
    2. Inflammatory agents
      - a. Free radical damage
        1. Diet
        2. Environmental toxins
        3. Heavy metals
      - b. Elevated insulin
        1. Metabolic syndrome, Type 2 Diabetes
        2. Type 1 diabetes
          - a. Insulin initiates inflammatory cascade
          - b. Contributes to fat accumulation in heart and kidney
          - c. Contributes to clot and atherosclerosis
  - d. Neurological degeneration
    1. Free radical damage can initiate cytokine sequence
    2. Attacks neural sheath
4. Foods that contribute to inflammation
  - a. Saturated fats and bad oils
  - b. High animal protein
  - c. Glutens

5. Medical response
  - a. Deadened the sensory nerve fibers
    1. Ice
    2. This actually slows down healing
  - b. Anti-inflammatories
    1. Steroids
      - a. Topical
      - b. Internal
        1. Prednisone
    2. NSAIDs (non-steroidal anti-inflammatory drugs)
      - a. Non-selective COX inhibitors

## B. INFLAMMATION IN TRADITIONAL CHINESE MEDICINE

1. All inflammation involves excess heat with stagnation of *qi* and blood
  - a. Includes acute trauma, heart disease, inflammatory skin conditions
2. Therapeutic strategy:
  - a. Move *qi*
  - b. Move blood
  - c. Clear heat
  - d. Remove dampness
3. Use of Acupuncture
  - a. Initiates healing cascade
    1. Pain is a signal to heal specific area
    2. Acupuncture informs the body that healing is underway
    3. Releases endorphins, a pain mediating chemical
      - a. “Endogenous morphine”
  - b. Acupuncture brings *qi* and blood to area while promoting removal of cellular debris
  - c. Supportive therapies
    1. Repairs cell by stimulating mitochondria
    2. Reduces inflammation and swelling
      - a. Promotes kidney to increase cortisol
      - b. Cortisol promotes IL-10
      - c. Partially the mechanism of steroids
    3. Low Level Laser Therapy (LLLT), infrared
      - a. Apply 4 joules to damaged area

#### 4. Microstim

- a. Alternate low and high frequencies
- b. 8 Hz > 1000 Hz
- c. Through needles or pads
- d. Pantheon microstim
- e. Acutron

#### 4. Other

- a. Heat helps, cold inhibits
- b. Apply topical and internal herbs as soon as possible with acute trauma



## HERBS THAT GO TO SPECIFIC LOCATIONS

### 1. UPPER PART OF BODY

BA	<i>Cinnamomum Gui Zhi</i>	Neck, shoulder
BA	<i>Ledebouriella Fang Feng</i>	Upper part of body
BA	<i>Notopterygium Qiang Huo</i>	Neck, shoulder, back
BB	<i>Morus Sang Zhi</i>	Shoulder, upper limbs
BB	<i>Pueraria Ge Gen</i>	Neck, trapezius
FA	<i>Gentiana Qin Jiao</i>	Upper limbs
K	<i>Curcuma Jiang Huang</i>	Shoulder

### 2. LOWER PART OF BODY

AB	<i>Paeonia Bai Shao</i>	Calves
AC	<i>Ciboitum Gou Ji</i>	Lumbar region, particularly spine
AD	<i>Loranthus Sang Ji Sheng</i>	Lumbar region, lower limbs, knees
FA	<i>Acanthopanax Wu Jia Pi</i>	Lumbar region, lower limbs, knees
FA	<i>Angelica Du Huo</i>	Lumbar region, lower limbs, knees
FA	<i>Chaenomeles Mu Gua</i>	Lumbar region, knees, calves
FB	<i>Atractylodes Cang Zhu</i>	Knees, foot
FC	<i>Stephania Han Fang Ji</i>	Lower part of body, knees
K	<i>Achyranthes Huai Niu Xi</i>	Lumbar region, lower limbs, knees
K	<i>Cyathula Chuan Niu Xi</i>	Lumbar region, lower limbs, knees

### 3. DEEP LEVEL, INCL. BONES

AC	<i>Dipsacus Xu Duan</i>	Tendons/bones, traumatic pain
AC	<i>Drynaria Gu Sui Bu</i>	Bones/marrow, esp. fractures
AD	<i>Loranthus Sang Ji Sheng</i>	Tendons/bones – weakness and atrophy

## HERBS COMMONLY USED IN INFLAMMATION AND PAIN

DA/ Clear Heat and Drain Fire

Anemarrhena *Zhi Mu*

Gardenia *Zhi Zi*

DB/ Clear Heat and Drain Dampness

Coptis *Huang Lian*

Phellodendron *Huang Bai*

Scutellaria *Huang Qin*

Rheum *Da Huang* (PA)

DC/ Clear Heat and Cool Blood

Moutan *Mu Dan Pi*

Rehmannia *Sheng Di Huang*

DD/ Clear Heat and Resolve Toxins

Forsythia *Lian Qiao*

Lonicera *Jin Yin Hua*

J/ Stop Bleeding

Notoginseng *Tian Qi*

Typha *Pu Huang*

K/ Invigorate Blood, Dissolve Stasis

1. Invigorate Blood

Carthamus *Hong Hua*

Corydalis *Yan Hu Suo*

Curcuma *Jiang Huang*

Curcuma *Yu Jin*

Dalbergia *Jiang Xiang*

Ligusticum *Chuan Xiong*

Liquidambar *Lu Lu Tong*

Millettia *Ji Xue Teng*

Paeonia *Chi Shao*

Salvia *Dan Shen*

2. Dissolve Stasis

Curcuma *Jiang Huang*

Myrrh *Mo Yao*

Polygonum *Hu Zhang*

Sanguis Draconis *Xue Jie*

Sparganium *San Leng*

Persica *Tao Ren*

Boswellia *Ru Xiang*

Curcuma *E Zhu*

## Antioxidant Activity of 45 Chinese Herbs and the Relationship with their TCM Characteristics

Hui Liao, Linda K. Banbury, and David N. Leach

Evid Based Complement Alternat Med. 2008 Dec; 5(4): 429–434.

Published online 2007 Jun 11. doi: [10.1093/ecam/nem054](https://doi.org/10.1093/ecam/nem054)

Measurement of Oxygen Radical Absorbance Capacity (ORAC) Assay ( $\mu\text{mol TE/g}$ )

TOP 16:	<u>ORAC</u>	
<i>Millettia Ji Xue Teng</i>	1990	K
<i>Sanguisorba Di Yu</i>	1940	J
<i>Agrimony Xian He Cao</i>	1440	J
<i>Artemisia Liu Ji Nu</i>	1400	K
<i>Salvia Dan Shen</i>	1320	K
<i>Sophora Ku Shen</i>	1300	K
<i>Nelumbo Lian Zi</i>	1300	L
<i>Crataegus Shan Zha</i>	1240	H
<i>Lycopus Ze Lan</i>	1220	K
<i>Artemisia Ai Ye</i>	1150	J
<i>Biota Bai Zi Ren</i>	940	N
<i>Polygonum He Shou Wu</i>	790	AB
<i>Drynaria Gu Sui Bu</i>	700	AC
<i>Paeonia Bai Shao</i>	680	AB
<i>Rubia Qian Cao Gen</i>	640	J
<i>Gleditsea Zao Jiao</i>	570	CA
OTHERS:		
<i>Cirsium Da Ji</i>	400	J
<i>Carthamus Hong Hua</i>	370	K
<i>Zingiber Sheng Jiang</i>	280	BA
<i>Rheum Da Huang</i>	270	PA
<i>Sparganium San Leng</i>	260	K
<i>Vaccaria Wang Bu Liu Xing</i>	200	K
<i>Curcuma Yu Jin</i>	140	K
<i>Ligusticum Chuan Xiong</i>	130	K
<i>Imperata Bai Mao Gen</i>	130	J

<i>Corydalis Yan Hu Suo</i>	130	K
<i>Typha Pu Huang</i>	120	J
<i>Persica Tao Ren</i>	85	K
<i>Angelica Dang Gui</i>	78	AB
<i>Rehmannia Shu Di Huang</i>	77	AB
<i>Scrophularia Xuan Shen</i>	77	DC
<i>Notoginseng Tian Qi</i>	75	J
<i>Rehmannia Di Huang</i>	65	AB/DC
<i>Boswellia Ru Xiang</i>	49	K
<i>Cyathula Chuan Niu Xi</i>	43	K

## ANTI-INFLAMMATORY PRODUCTS USED IN FUNCTIONAL MEDICINE

### CURCUMA JIANG HUANG

*jiāng huáng* (姜黄), *Rhizoma Curcumae Longae*

*Original source text: Xin Xiū Běn Cǎo* (新修本草) “Newly Revised Materia Medica”

*Author:* Sū Jìng-Děng (蘇敬等), 657 CE

*Properties:* acrid, bitter, warm

*Channels:* spleen, liver

*Common name:* tumeric

*Therapeutic actions:*

Activates blood circulation, eliminates blood stasis

Opens channels and collaterals to relieve pain

Reduces swelling

Contraindicated during pregnancy

### MERIVA SR

Thorne

Curcumin Phytosome 500 mg

(*Curcuma longa* extract (root) / Phosphatidylcholine complex)

**CUCUPLEX CR****Xymogen**

Curcumin Phytosome	500 mg
BioPerine®, black pepper extract	

**COMBINATION PRODUCTS****WHITE WILLOW FORTE****Biogenesis**

White willow bark extract ( <i>Salix alba</i> )	1600 mg
Boswellia gum resin extract ( <i>Boswellia serrata</i> )	200 mg
Bromelain 2400 GDU	200 mg
Turmeric root/rhizomes extract ( <i>Curcuma longa</i> )	150 mg
Bioflavonoids (citrus)	100 mg
Ginger root extract ( <i>Zingiber officinale</i> )	100 mg
Papain	100 mg
Rosemary leaf extract ( <i>Rosmarinus officinalis</i> )	100 mg

**INFLAMMATONE**

## Designs for Health

Proprietary blend of Enzymes	222 mg
Tumeric root ( <i>Curcuma longa</i> )	200 mg
Boswellia resin ( <i>Boswellia serrata</i> )	200 mg
Ginger root ( <i>Zingiber officinale</i> )	100 mg
Quercitin	75 mg
Rutin	75 mg
Rosemary aerial plant ( <i>Rosmarinus officinalis</i> )	50 mg
Reservatrol root ( <i>Polygonum cuspidatum</i> )	3 mg

## REDUCING NEUROLOGICAL INFLAMMATION

### CYST-REPLETE

CHK Nutrition

Two capsules contain:

L-Cysteine	1500 mg
Folic acid	133 mcg
Selenium	134 mcg

### ALA MAX CR

Xymogen

***Ingredient:***

Controlled-Release Alpha-Lipoic Acid

“ALAmx CR has the ability to destroy free radicals in both the water-based and lipid-based portion of cells, making it the ideal whole-body antioxidant. In addition, ALAmx CR helps the body synthesize glutathione, the body’s own master detoxifier. ALAmx CR also “recharges” other important antioxidants, such as vitamins C and E, and CoQ10, giving them the ability to continue fighting free radicals for extended periods of time”

## PROTECTING NEURON CELLULAR INTEGRITY

### NEURO REPLETE

CHK Nutrition

L-Tyrosine	1 500 mg
Vitamin C	500 mg
L-Lysine	250 mg
5-Hydrotryptophan	150 mg
Vitamin B6	37.5 mg
Folic acid	200 mcg
Calcium	110 mg

## MEMORACTIVE

Thorne

Two Capsules Contain:

Acetyl-L-Carnitine	500 mg.
Ginkgo Phytosome* ( <i>Ginkgo biloba</i> (leaf) / Phosphatidylserine complex)	240 mg.
Bacopa extract (leaf) ( <i>Bacopa monnieri</i> )	100 mg.
Phosphatidylserine Isolate	70 mg.
Vinpocetine	10 mg.

## NEUROACTIVES BRAIN SUSTAIN

Xymogen

***Ingredients:***

Acetyl-L-Carnitine	400 mg
N-Acetyl-Cysteine	150 mg
Phosphatidylserine	100 mg
Alpha Lipoic Acid	100 mg
Coenzyme Q10 (as ubiquinone)	100 mg
Glucoraphanin (from broccoli extract) ( <i>Brassica oleracea italica</i> )(seed)	15 mg



## TCM TREATMENTS IN CHRONIC INFLAMMATION

### A. Formulas for Systemic Blood Stasis

1. *Shen Tong Zhu Yu Tang*
2. *Shu Jing Huo Xue Tang*

### B. Formulas for Systemic Inflammation

1. *Dang Gui Nian Tong Tang*
2. *Si Miao Wan*
3. *Xuan Bi Tang*
4. Clerodendron 6 (SF)
5. Curcuma Longa Formula (GF)
6. Flex (Heat) (EV)

## Formulas for Systemic Blood Stasis

### SHEN TONG ZHU YU TANG

**Formula:** *shēn tòng zhú yū tāng* (身痛逐瘀丸), “Body Pain Expel Stasis Decoction”

**Author:** Wáng Qīng-Rèn (王清任)

**Source:** *Yī Lín Gǎi Cuò* (医林改错), 1830

Literal: “Physicians’ Circle, Correction (of) Errors”

**Description:** See *Essential Chinese Formulas*, p. 140

**Availability:**

CNIDIUM & NOTOPTERYGIUM COMBINATION (EG)

GREAT INVIGORATOR TEAPILLS (PF)

LIGUSTICUM & NOTOPTERYGIUM COMBINATION (KP)

MERIDIAN PASSAGE (K)

SHEN TONG ZHU YU WAN (HT)

\* SAPPAN 12 (SF)

**Ingredients:** (from Herbal Times “Shen Tong Zhu Yu Wan” and Plum Flower “Great Invigorator Teapills”)

<i>dāng guī</i> (当归), Radix Angelicae Sinensis	12.0 %	AB
<i>táo rén</i> (桃仁), Semen Persicae	12.0	K
<i>chuān niú xī</i> (川牛膝), Radix Cyathulae	12.0	K
<i>hóng huā</i> (红花), Flos Carthami	12.0	K
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	8.0	AA
<i>dì lóng</i> (地龙), Pheretima/Lumbricus	8.0	O
<i>mò yào</i> (没药), Myrrha	8.0	K
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	8.0	K
<i>wǔ líng zhī</i> (五灵脂), Faeces Troglodyteri	8.0	K
<i>qiāng huó</i> (羌活), Radix Notopterygii	4.0	BA
<i>qín jiāo</i> (秦艽), Radix Gentianae Macrophyllae	4.0	FA
<i>xiāng fù</i> (香附), Rhizoma Cyperi	4.0	G

## SHU JING HUO XUE TANG

**Formula:** *shū jīng huó xuè tāng* (舒经活血汤)

“Dredge Channels, Invigorate Blood Decoction”

**Author:** Gōng Tíng-Xián (龚廷贤)

**Source:** *Wàn Bìng Huí Chūn* (万病回春), 1587

Literal: “Thousand Diseases Returned to Spring (eg, Restored to Life)”

**Description:** See *Essential Chinese Formulas*, p. 134

**Availability:**

CLEMATIS & STEPHANIA COMBINATION (EG)

COURSE AND QUICKEN FORMULA (GF)

MOBILITY 2 (HC)

SHU JING HUO XUE WAN (HT)

**Ingredients:** (from Herbal Times “Shu Jing Huo Xue Wan”)

<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	7.5 %	AA
<i>chì sháo</i> (赤芍), Radix Paeoniae Rubra	7.5	K
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	7.5	K
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	7.5	AB
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	7.5	AB
<i>fú líng</i> (茯苓), Poria	7.5	FC
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	5.7	G
<i>dú huó</i> (独活), Radix Angelicae Pubescentis	5.7	FA
<i>fáng fēng</i> (防风), Radix Saposhnikoviae/Ledebouriella	5.7	BA
<i>huái niú xī</i> (怀牛膝), Radix Achyranthis Bidentatae	5.7	K
<i>jī xuè téng</i> (鸡血藤), Caulis Spatholobi/Millettiae	5.7	K
<i>lóng dǎn cǎo</i> (龙胆草), Radix/Rhizoma Gentianae	5.7	DA
<i>qiāng huó</i> (羌活), Radix Notopterygii	5.7	BA
<i>shēng jiāng</i> (生姜), Rhizoma Zingiberis Recens	5.7	BA
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	5.6	AA
<i>bái zhǐ</i> (白芷), Radix Angelicae Dahuricae	3.8	BA

## Formulas for Systemic Inflammation

### DANG GUI NIAN TONG TANG

**Formula:** *dāng guī niān tòng tāng* (当归拈痛汤)

“Angelica *Dang Gui* Lift Pain Decoction”

**Author:** Zhāng Yuán-Sù (张元素) aka Zhāng Jié-Gǔ (张洁古)

**Source:** Yī Xué Qǐ Yuán (医学启源), 1186

Literal: “Medical Studies Informed Origins”

also referenced in:

**Author:** Lǐ Gǎo (李杲) aka Lǐ Dōng-Yuán (李东垣)

**Source:** Lán Shì Mì Cáng (兰室秘藏), date unknown, published 1276

Literal: “Orchid Chamber’s Secrets Concealed”

**Description:** See *Essential Chinese Formulas*, p. 162

**Availability:**

Dang Gui & Anemarrhena (BP, K)

Tangkuei & Anemarrhena Combination (EG)

**Ingredients:** (from Blue Poppy “Dang Gui & Anemarrhena”)

<i>dāng guī</i> (当归), Radix Angelicae Sinensis	7.2 %	AB
<i>dang shēn</i> (人参), Radix	7.2	AA
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	7.2	AA
<i>cāng zhú</i> (苍术), Rhizoma Atractylodis	7.2	FB
<i>zhū líng</i> (猪苓), Polyporus	7.2	FC
<i>zé xiè</i> (泽泻), Rhizoma Alismatis	7.2	FC
<i>zhī mǔ</i> (知母), Rhizoma Anemarrhenae	7.2	DA
<i>huáng qín</i> (黄芩), Radix Scutellariae	7.2	DB
<i>yīn chén hāo</i> (茵陈蒿), Herba Artemisiae Scopariae	7.2	FC
<i>kǔ shēn</i> (苦参), Radix Sophorae Flavescens	7.2	DB
<i>gé gēn</i> (葛根), Radix Puerariae Lobatae	7.2	BB
<i>qiāng huó</i> (羌活), Radix Notopterygii	7.2	BA
<i>fáng fēng</i> (防风), Radix Saposhnikovii/Ledebouriellae	7.2	BA
<i>shēng má</i> (升麻), Rhizoma Cimicifugae	3.8	BB
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	2.6	AA

## SI MIAO WAN

**Formula:** *sì miào wán* (四妙丸), “Four Wonderful (Ingredient) Pill”

**Author:** Zhāng Bǐng-Chéng (张秉成)

**Source:** *Chéng Fāng Biàn Dú* (成方便读), 1904

Literal: “Established Formulas Convenient Reader”

**Description:** See *Essential Chinese Formulas*, p. 164

**Availability:**

FOUR MARVEL FORMULA (GF)

FOUR MARVEL TEAPILLS (PF)

SI MIAO SAN/WAN (BP, HT)

**Ingredients:** (from Herbal Times’ “Si Miao Wan”)

<i>huáng bǎi</i> (黄柏), Cortex Phellodendri Chinensis	33 %	DB
<i>yì yǐ rén</i> (薏苡仁), Semen Coicis	33	FC
<i>cāng zhú</i> (苍术), Rhizoma Atractylodis	17	FB
<i>huái niú xī</i> (怀牛膝), Radix Achyranthis Bidentatae	17	K

**Historical Origins:**

**Formula:** *èr miào sǎn* (二妙散), “Two Wonderful (Ingredient) Pill”

**Author:** Zhū Zhèn-Hěng (朱震亨) aka Zhū Dān-Xī (朱丹溪)

**Source:** *Dān Xī Xīn Fǎ* (丹溪心法), 1481

Literal: “Dan-Xi’s Heart Method (eg, Personal Insights)”

**Formula:** *sān miào sǎn* (三妙散), “Three Wonderful (Ingredient) Pill”

**Author:** Yú Tuán (虞抟)

**Source:** *Yī Xué Zhèng Chuán* (医学正传), 1515

Literal: “Medical Studies Correct Transmission”

**Source:** *Fāng Shì Mài Zhèng Zhèng Zōng* (方氏脉症正宗), 1749

Literal: “Fang’s Pulse (and) Disease Orthodox Lineage”

## XUAN BI TANG

**Formula:** *xuān bì tāng* (宣痹汤), “Pacify Painful-Obstruction Decoction”

**Author:** Wú Táng (吴瑭) aka Wú Jū-Tōng (吴鞠通)

**Source:** *Wēn Bìng Tiáo Biàn* (温病条辨), 1798

Literal: “Warm Diseases Systematic Differentiation”

**Description:** See *Essential Chinese Formulas*, p. 166

**Availability:**

XUAN BI TEAPILLS (PF, PM)

**Ingredients:** (from Plum Flower’s “Xuan Bi Teapills”)

*	yì yǐ rén (薏苡仁), Semen Coicis	16.0 %	FB
	hàn fáng jǐ (汉防己), Radix Stephaniae Tetrandrae	12.3	FC
	kǔ xìng rén (苦杏仁), Semen Armeniacae Amarum	12.3	CC
	lián qiào (连翘), Fructus Forsythiae	10.1	DD
*	huái niú xī (怀牛膝), Radix Achyranthis Bidentatae	10.1	K
*	huáng bǎi (黄柏), Cortex Phellodendri Chinensis	10.1	DB
*	cāng zhú (苍术), Rhizoma Atractylodis	8.0	FB
	zhī zǐ (栀子), Fructus Gardeniae	8.0	DA
	jiāng bàn xià (姜半夏), Rhizoma Pinelliae Praep.	7.0	CA
	mù tōng (木通), Caulis Akebiae	6.1	FC

## CLERODENDRON 6

### Seven Forests

**Ingredients:**

Clerodendron <i>Chou Wu Tong</i>	25 %	FA
Siegesbekia <i>Xi Qian Cao</i>	15	FA
Coix <i>Yi Yi Ren</i>	15	FC
Lumbricus <i>Di Long</i>	15	O
Phellodendron <i>Huang Bai</i>	15	DB
Atractylodes <i>Cang Zhu</i>	15	FB

**CURCUMA LONGA FORMULA**  
**Golden Flower**

**Ingredients:**

<i>jiāng huáng</i> (姜黄), Rhizoma Curcumae Longae	16 %	K
<i>hǔ zhàng</i> (虎杖), Rhizoma Polygoni Cuspidati	14	K
<i>nǚ zhēn zǐ</i> (女贞子), Fructus Ligustri Lucidi	12	AD
<i>rǔ xiāng</i> (乳香), Olibanum/Boswelliae)	12	K
<i>huáng qín</i> (黄芩), Radix Scutellariae	10	DB
<i>xià kū cǎo</i> (夏枯草), Spica Prunellae	8	DA
<i>shēng jiāng</i> (生姜), Rhizoma Zingiberis Recens	8	BA
<i>guì zhī</i> (桂枝), Ramulus Cinnamomi	8	BA
<i>chá yè</i> (茶叶), Herba Camelliae	4	
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	3	G
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	3	AA
<i>huáng lián</i> (黄连), Rhizoma Coptidis	2	DB

## FLEX (HEAT)

### Evergreen

#### *Ingredients:*

<i>Atractylodes Cang Zhu</i>	FB
<i>Phellodendron Huang Bai</i>	DB
<i>Angelica Dang Gui Wei</i>	AB
<i>Notopterygium Qiang Huo</i>	BA
<i>Gypsum Shi Gao</i>	DA
<i>Anemarrhena Zhi Mu</i>	DA
<i>Angelica Du Huo</i>	FA
<i>Clematis Wei Ling Xian</i>	FA
<i>Stephania Han Fang Ji</i>	FC
<i>Coix Yi Yi Ren</i>	FC
<i>Trachelospermum Luo Shi Teng</i>	FC
<i>Lumbricus Di Long</i>	O
<i>Eupolyphaga Di Bie Chong</i>	K
<i>Zaocys Wu Shao She</i>	FA
<i>Morus Sang Zhi</i>	FA
<i>Acanthopanax Wu Jia Pi</i>	FA



## REGULATING LIVER DRUG TOXICITY

### A. IN FUNCTION MEDICINE

1. Glutathione
2. Cysteine
3. Alpha-lipoic Acid

### B. IN TCM

1. Regulate Liver

### CHAI HU SHU GAN FORMULA

#### Golden Flower

	<i>chái hú</i> (柴胡), Radix Bupleuri	14.0 %	BB
	<i>bái sháo</i> (白芍), Radix Paeoniae Alba	11.7	AB
	<i>xiāng fù</i> (香附), Rhizoma Cyperi	10.0	G
	<i>zhǐ ké</i> (枳壳), Fructus Aurantii	10.0	G
*	<i>yù jīn</i> (郁金), Radix Curcumae	10.0	K
*	<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	10.0	AA
*	<i>huáng qín</i> (黄芩), Radix Scutellariae	10.0	DB
*	<i>dāng guī</i> (当归), Radix Angelicae Sinensis	10.0	AB
	<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	8.3	K
	<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	6.0	AA

**LIVER DETOX FORMULA**  
**Dr. Jake Fratkin's Herbal Formulas**

AA	<i>bái zhú</i> (白术), Rhizoma Atractylodis Macro.	13.3
AB	<i>bái sháo</i> (白芍), Radix Paeoniae Alba	11.1 g.
AB	<i>dāng guī</i> (当归), Radix Angelicae Sinensis	13.3
AB	<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	8.9
AD	<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	11.1
DB	<i>huáng qín</i> (黄芩), Radix Scutellariae	13.3
G	<i>xiāng fù</i> (香附), Rhizoma Cyperi	11.1
K	<i>yù jīn</i> (郁金), Radix Curcumae	11.1
L	<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	9.0

## FURTHER RESOURCES

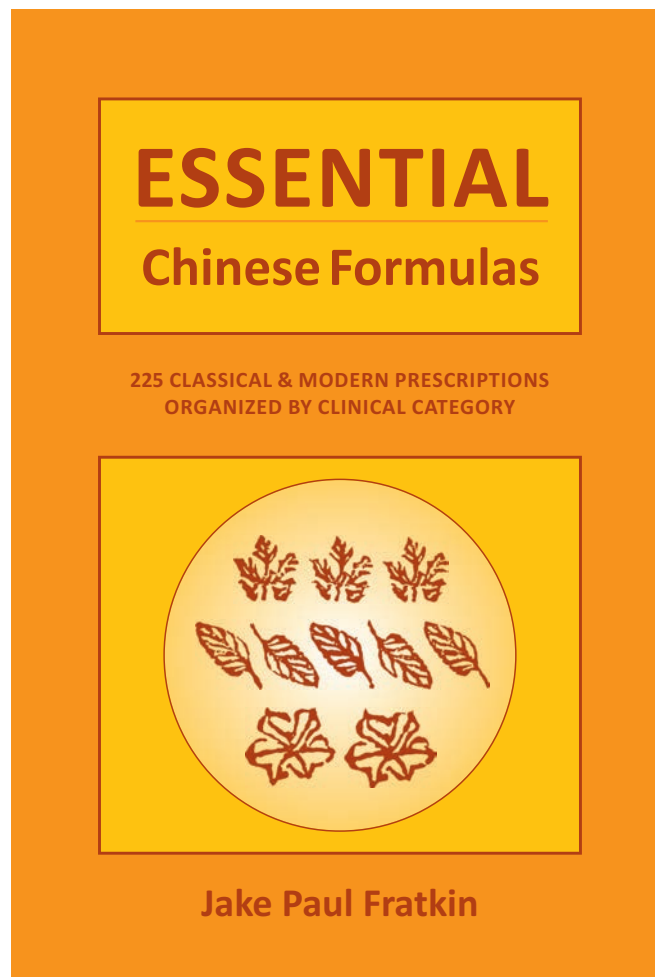
For a complete listing of herbal products by therapeutic category, see:

### “WHO’S GOT WHAT”

For free download, go to: [www.drjakefratkin.com/whos-got-what](http://www.drjakefratkin.com/whos-got-what)

### DR. JAKE FRATKIN’S HERBAL FORMULAS, BOOKS, WEBINARS, DVDS

See: [www.drjakefratkin.com/store/our-products/](http://www.drjakefratkin.com/store/our-products/)



***The presenter:***

**JAKE PAUL FRATKIN, OMD, L.Ac.** trained in Korean and Japanese acupuncture since 1975, and Chinese herbal medicine since 1982, and has studied and taught *qi gong* and Yang family *Taijiquan* since 1974. He is the recipient of *Acupuncturist of the Year*, 1999, by the AAAOM and Teacher of the Year, 2006, American Association of Teachers of Acupuncture and Oriental Medicine (AATAOM). Jake lives and practices in Boulder, Colorado.

Books by Jake Paul Fratkin:

*Case Studies in Autoimmune Disorders*. Zeng Shengping and Jake Fratkin, People's Medical Publishing House, 2014.

*Essential Chinese Formulas, 225 Classical and Modern Prescriptions Organized by Clinical Category*, Shya Publications, 2014.

*A Calligrapher's Yi Jing*, Xinshi Harrison Tu (calligraphy) and Jake Fratkin (translations), Shya Publications, 2004.

*Chinese Herbal Patent Medicines, The Clinical Desk Reference*, Shya Publications, 2001.

*Practical Therapeutics of Traditional Chinese Medicine*, Paradigm Publications, 1997. Wu Yan and Warren Fischer, edited and organized by Jake Fratkin.

*Chinese Herbal Patent Formulas*, Shya Publications, 1986

A collection of various articles on TCM can be found at:

<http://drjakefratkin.com/articles>

## CODE LETTERS OF HERBAL COMPANIES

BP	Blue Poppy
CC	Chinese Classics
CMS	Chinese Modular Solutions (Kan)
DrJ	Dr. Jake Fratkin's Herbal Formulas
EG	"Standardized" extract granules or capsules from Taiwan and China: Acuherb, E-Fong, Evergreen, Guang Ci Tang, Herbal Times, KPC, Legendary, Mintong, Nong's, Qualiherb, Sunten, etc.
EV	Evergreen
GC	Guang Ci Tang (Active Herb)
GF	Golden Flower
HC	Health Concerns
HS	Honso
HT	Herbal Times (Nuherbs)
K	Kan Herbals and Traditionals
KPC	Kaiser Pharmaceutical (Taiwan)
MS	Minshan (China)
PF	Plum Flower (Mayway)
PM	Patent Medicine (various manufacturers, China)
PX	Panaxea
SF	Seven Forest (Institute of Traditional Medicine)
TL	Tanglong (China)
WT	White Tiger (Institute of Traditional Medicine)

## CODE LETTERS FOR THE HERBAL CATEGORIES

AA	Tonify <i>Qi</i>	<i>bǔ qì</i> (补气)
AB	Tonify Blood	<i>bǔ xuè</i> (补血)
AC	Tonify <i>Yang</i>	<i>bǔ yáng</i> (补阳)
AD	Tonify <i>Yin</i>	<i>bǔ yīn</i> (补阴)
BA	Acrid-Warm Release Exterior	<i>xīn wēn jiě biǎo</i> (辛温解表)
BB	Acrid-Cool Release Exterior	<i>xīn liáng jiě biǎo</i> (辛凉解表)
CA	Dry Dampness, Dissolve Phlegm	<i>zào shī huà tán</i> (燥湿化痰)
CB	Clear Heat, Dissolve Phlegm	<i>qīng rè huà tán</i> (清热化痰)
CC	Relieve Cough, Panting	<i>zhǐ ké píng chuǎn</i> (止咳平喘)
DA	Clear Heat, Drain Fire	<i>qīng rè xiè huǒ</i> (清热泻火)
DB	Clear Heat, Drain Dampness	<i>qīng rè lì shī</i> (清热利湿)
DC	Clear Heat, Cool Blood	<i>qīng rè liáng xuè</i> (清热凉血)
DD	Clear Heat, Resolve Toxins	<i>qīng rè jiě dú</i> (清热解毒)
DE	Clear Heat, Nourish <i>Yin</i>	<i>qīng rè yǎng yīn</i> (清热养阴)
DF	Clear Heat, Resolve Summer-Heat	<i>qīng rè jiě shǔ</i> (清热解暑)
E	Warm Interior	<i>wēn lǐ</i> (温里)
FA	Dispel Wind, Overcome Dampness	<i>qū fēng shèng shī</i> (祛风胜湿)
FB	Dispel Dampness	<i>qū shī</i> (祛湿)
FC	Drain Dampness	<i>lì shī</i> (利湿)
G	Rectify <i>Qi</i>	<i>lǐ qì</i> (理气)
H	Remove Food-Stasis	<i>dǎo zhì</i> (导滞)
J	Stop Bleeding	<i>zhǐ xuè</i> (止血)
K	Invigorate Blood, Dissolve Stasis	<i>huó xuè huà yū</i> (活血化痰)
L	Consolidate, Astringe	<i>gù sè</i> (固涩)
M	Open Orifices	<i>kāi qiào</i> (开窍)
N	Tranquilize Heart, Calm <i>Shen</i>	<i>zhèn xīn ān shén</i> (镇心安神)
O	Extinguish Wind, Stop Tremors	<i>xī fēng zhǐ chōu</i> (熄风止抽)
PA	Purgatives	<i>xià fǎ</i> (下法)
PB	Moistening Purgatives	<i>rùn xià</i> (润下)
PC	Purgation by Expelling Water	<i>gōng xià zhú shuǐ</i> (攻下逐水)
Q	Kill Worms	<i>shā chóng</i> (杀虫)
R	External Application	<i>wài zhì fǎ</i> (外治法)

# USING TONICS IN AGING PATIENTS

Jake Paul Fratkin, OMD, L.Ac.

Pacific Symposium, October 2016

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Tonics can be overused, or underused. TCM practitioners often start treatment with tonics, which often sabotages the need to prioritize underlying excess conditions. However, tonics become important once excesses are treated, or when patients arrive with frank deficiencies of *qi*, blood, *yin* or *yang*, especially as they age. A number of modern formulas have emerged that boost the classical repertoire.

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## QI TONICS

### A. What is Qi?

1. The Chinese word *qì* (气) describes a bioenergy that circulates and infiltrates through the body via the acupuncture network
  - a. In Chinese medicine, various kinds of *qi* are described
    1. Includes the *qi* of the acupuncture network and the *qi* of various organs
2. *Zheng Qi*
  - a. Kidney, spleen and lung *qi* produce the healthy *qi* of the whole body: *zhèng qì* (正气)
  - b. The spleen and lung work to extract *qi* from the environment – from food and air
  - c. The spleen channel has an upward-moving direction, and its function is to extract *qi* and fluid from food in the small intestine and send it to the upper *jiao*
  - d. There it combines with *qi* from the air
  - e. Kidney *qi* (including constitutional *yuán jīng*, 原精) is also utilized
    1. Circulates though the eight extraordinary channel network
    2. Acts as a catalyst to merge the three types of energy into *zōng qì* (宗气)
3. *Zong qi*
  - a. Circulates through the blood vessels and the acupuncture network
  - b. The lung pumps and circulates *zong qi* through the meridian sequence
    1. Follows meridian sequence, starting with lung, and then circulating through LI, ST, SP, HT, SI, BL, KI, PC, TW, GB, LV and then LU, repeating sequence
    2. The heart is responsible for pumping the blood
  - c. The concentric aspect of *zong qi* is called *yíng qì* (营气) – “nutritive *qi*”
    1. Nourishes the internal organs and allows them to function normally



- d. The more active centripetal energy emanating off the concentric *ying qi* is called *wèi qì* (卫气) – “protective qi”
  1. Infiltrates tissue and interstitial fluids surrounding the acupuncture channels
  2. Responsible for cellular function and immune modulation

## B. Pathologies of *Qi*

1. Deficiency of the spleen, lung or kidney can lead to deficiency of *ying qi* and *wei qi*
  - a. This interferes with organ function and immune response
  - b. Accounts for generalized fatigue
  - c. Acts as the root cause of many illnesses
  - d. Deficiency of *qi* can lead to deficiency of blood
2. Symptoms of deficiency of lung *qi*
  - a. Generalized weakness or fatigue
  - b. Difficulty breathing
  - c. Weak voice
  - d. Spontaneous sweating
  - e. Susceptibility to allergies
3. Deficiency of spleen *qi*
  - a. Fatigue, lethargy
  - b. Poor digestion
  - c. Epigastric or abdominal bloating
  - d. Loose stool
  - e. Weak limbs
4. Deficiency of heart *qi*
  - a. Fatigue
  - b. Difficulty breathing
  - c. Poor concentration
  - d. Palpitations or arrhythmia
5. Kidney *qi* (see below)

## Chapter 16A. QI TONICS

### **Single herb:**

- + Huang Qi (Astragalus)                      *huáng qí* (黄芪), Radix Astragali
- + Ren Shen (Ginseng)                      *rén shēn* (人參), Radix Ginseng
- + Xi Yang Shen (American Ginseng)      *xī yáng shēn* (西洋參), Radix Panacis Quinq.
- + Feng Wang Jiang (Royal Jelly)        *fēng wáng jiāng* (蜂王漿)

### **Two herb combination:**

- + Ren Shen Feng Wang Jiang (Ginseng Royal Jelly)  
*rén shēn fēng wáng jiāng* (人參蜂王漿)

### **Three herb combination:**

- ✓ Yu Ping Feng San                      *yù píng fēng sǎn* (玉屏風散)

## YU PING FENG SAN

**Formula:** *yù píng fēng sǎn* (玉屏風散), “Jade Screen (against the) Wind Powder”

**Author:** Zhū Zhèn-Hěng (朱震亨) aka Zhū Dān-Xī (朱丹溪)

**Source:** *Dān Xī Xīn Fǎ* (丹溪心法), 1481

Literal: “Dan-Xi’s Heart Method” (eg, “Personal Insights”)

**Description:** See *Essential Chinese Formulas*, Fratkin, p. 516

### **Availability:**

ASTRAGALUS & SILER FORMULA (EG)  
CHILDREN’S JADE DEFENSE (GF)  
IMMUNE PLUS (DR.J)  
JADE SCREEN FORMULA (CC, JD, PF, SF, TT)  
JADE WINDSCREEN FORMULA (GF, HS, K)  
YU PING FENG SAN/WAN (BP, HT, JD, TL, TZ)  
\* ASTRA C (HC)

**Ingredients:** (from the standardized “Astragalus & Siler Formula”)

<i>huáng qí</i> (黄芪), Radix Astragali	60 %	AA
<i>bái zhú</i> (白朮), Rhizoma Atractylodis Macrocephalae	20	AA
<i>fáng fēng</i> (防风), Radix Saposhnikoviae/Ledebouriellae	20	BA

## Chapter 6A. SPLEEN QI DEFICIENCY

### **Classical Formulas:**

+	Bu Zhong Yi Qi Tang	<i>bǔ zhōng yì qì tāng</i> (补中益气汤)
+	[Jun Zi Tang Formulas]	<i>[jūn zǐ tāng</i> (君子汤) formulas]:
	Si Jun Zi Tang	<i>sì jūn zǐ tāng</i> (四君子汤)
	Liu Jun Zi Tang	<i>liù jūn zǐ tāng</i> (六君子汤)
	Xiang Sha Liu Jun Zi Tang	<i>xiāng shā liù jūn zǐ tāng</i> (香砂六君子汤)
	Ping Wei San	<i>píng wèi sǎn</i> (平胃散)
	Shen Ling Bai Zhu San	<i>shēn líng bái zhú sǎn</i> (参苓白术散)

### **Modern Formulas:**

	Shen Qi Wu Wu Wei Zi Wan	<i>shēn qí wu wu wèi zǐ wán</i> (参芪五味子丸)
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## Chapter 6B. SPLEEN YANG DEFICIENCY

### **Classical Formulas:**

+	Fu Zi Li Zhong Wan	<i>fù zǐ lǐ zhōng wán</i> (附子理中丸)
	Xiao Jian Zhong Tang	<i>xiǎo jiàn zhōng tāng</i> (小建中汤)

### **Modern Formulas:**

	Mu Xiang Shun Qi Wan	<i>mù xiāng shùn qì wán</i> (木香顺气丸)
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## BLOOD TONICS

### A. General

1. Blood nourishes every cell in the body, blood deficiency particularly affects the function of the brain, heart, liver, uterus and skin
2. TCM organization
  - a. The heart dominates the blood vessels
  - b. Liver stores the blood
  - c. Spleen controls the blood
  - d. Deficiency of blood can affect all three *zang-fu* organs
3. *Zang-Fu* production of blood
  - a. Spleen = *gu qi* and water
  - b. Lung = *da qi*
  - c. Kidney = *yuan-jing*
4. Blood deficiency
  - a. Includes that which can be measured by laboratory analysis, including low counts of red blood cells, white blood cells, platelets or hematocrit
  - b. Blood deficiency can exist even when lab tests appear normal
    1. Indicates weak blood vitality
    2. Devitalized red blood cells have the tendency to clump together
      - a. They cannot repel each other electromagnetically
      - b. Indicates weak blood vitality
    3. Indicates weak blood vitality
    4. Devitalized red blood cells have the tendency to clump together
    5. Interferes with ability to bind oxygen and carbon dioxide
    6. Indicates weak blood vitality
  - c. Includes that which can be measured by laboratory analysis, including low RBC, WBC, platelets
  - d. Blood deficiency can exist even when lab tests appear normal
  - e. Blood deficiency is evident following:
    1. Menses
    2. Childbirth
    3. Major surgery
    4. Hemorrhagic loss of blood due to trauma

5. Excessive uterine bleeding
6. Radiation or chemotherapy
7. Kidney dialysis

## **B. Blood deficiency in TCM**

1. Signs and symptoms of blood deficiency are a more important indicator than blood counts
  - a. Thin or weak pulse
  - b. Pale tongue and lips
  - c. Pale conjunctiva in the eyes
  - d. Dry or itchy skin
  - e. Pale complexion
  - f. Dry hair or hair that falls out easily
  - g. Fatigue
  - h. Poor concentrate
  - i. Amenorrhea or irregular menses
  - j. Floaters in the eyes
  - k. Dry brittle finger nails
  - l. Low body temperature
2. Blood deficiency in the liver
  - a. Dry, brittle tendons found in stiffness and inflexibility associated with aging
3. Blood deficiency in the heart
  - a. Insomnia
  - b. Palpitation
  - c. Dizziness
  - d. Irregular heart beat
  - e. Poor memory and concentration
4. Blood deficiency in the intestines
  - a. Blood tonics are used to nourish and moisten the intestines in the treatment of constipation
5. Gynecological applications
  - a. In China, blood-tonifying formulas are popular to compensate for blood lost during menses

1. Also prevent dryness of the skin and hair loss
  2. Chinese women often take a blood tonic for the two weeks following the period
  - b. Problems of infertility often involve a blood deficiency, in addition to deficiency of kidney or stagnation of liver
6. Causes of blood deficiency
- a. Underlying deficiency of *qi*
    1. May be due to dysfunction of the spleen (digestive ability)
    2. Lung (including air pollution or smoking)
    3. Kidney
      - a. People on kidney dialysis, for example, show all the signs of blood deficiency
      - b. Hemophilia, a constitutional kidney deficiency in Chinese medicine, is also seen as a problem of blood deficiency, as are other platelet disorders

## Chapter 16B. BLOOD TONICS

### **Single herb:**

- |   |            |  |
|---|------------|--|
| + | Dang Gui   | <i>dāng guī</i> (当归), Radix Angelicae Sinensis   |
| + | He Shou Wu | <i>hé shǒu wū</i> (何首乌), Radix Polygoni Multifl. |

### **Classical Formulas:**

- |   |                     |                         |
|---|---------------------|-------------------------|
|   | Si Wu Tang          | <i>sì wù tāng</i> (四物汤) |
| ✓ | Tao Hong Si Wu Tang |                         |

### **Modern Formulas:**

- |   |                              |                            |
|---|------------------------------|----------------------------|
|   | Dang Gui Jing (Tang Kwe Gin) | <i>dāng guī jīng</i> (当归精) |
| + | Shou Wu Zhi                  | <i>shǒu wū zhī</i> (首乌汁)   |

## TAO HONG SI WU TANG

**Formula:** *táo hóng sì wù tāng* (桃红四物汤)

“Persica, Carthamus Four Substance Decoction”

**Author:** Wú Qiān (吴谦)

**Source:** *Yī Zōng Jīn Jiàn* (医宗金鉴), 1742

Literal: “Medical Tradition Golden Mirror”

*Also Attributed to:*

**Author:** Wáng Hào-Gù (王好古)

**Source:** *Yī Lěi Yuán Róng* (医垒元戎), 1291

Literal: “Medical Ramparts Supreme Commanders”

*Description:* See *Essential Chinese Formulas*, Fratkin, p. 366

**Availability:**

AUGMENTED FOUR SUBSTANCES (K)

TANGKUEI FOUR, PERSICA, & CARTHAMUS COMBINATION (EG)

TAO HONG SI WU TANG/WAN (BP, PF, TL, TZ)

\*INVIGORATE BLOOD & STEM FLOW (TT)

\* JADE MOON FLOW (JW)

\* JADE MOON PHASE 1 (JW)

**Ingredients:** (from the standardized “Tangkuei Four, Persica, & Carthamus Combination” and from Plum Flower “Tao Hong Si Wu Teapills”)

<i>dāng guī</i> (当归), Radix Angelicae Sinensis	20 %	AB
<i>táo rén</i> (桃仁), Semen Persicae	20	K
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	20	AB
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	20	AB
<i>hóng huā</i> (红花), Flos Carthami	10	K
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	10	K

## COMBINED QI AND BLOOD TONICS

### A. Applications for formulas that tonify both *qi* and blood

1. Following surgery, radiation, chemotherapy, extended illness
2. Gynecological diseases
  - a. Dysmenorrhea
  - b. Amenorrhea
  - c. Heavy menstrual periods
  - d. Menstrual spotting
  - e. Difficult labor or pregnancy, vaginal itching)
3. Heart and *shen* patterns
  - a. Depression
  - b. insomnia,
  - c. anxiety
4. Liver patterns
  - a. Dizziness
  - b. Tremors
5. Blood disorders
  - a. Subcutaneous bleeding
  - b. Nosebleed
6. Skin disorders
  - a. Wind rash,
  - b. Alopecia
  - c. Slow healing wounds
7. Eye disorders
  - a. Optic atrophy
  - b. Diminished vision
8. *Wei* syndrome
  - a. Tremors
  - b. Stroke sequelae
9. *Bi* syndrome
  - a. Deficiency joint and muscle pain



## Chapter 16C. COMBINED QI AND BLOOD TONICS

### **Classical Formulas:**

√	<i>Ba Zhen Tang</i>	<i>bā zhēn tāng</i> (八珍汤)
	<i>Dang Gui Bu Xue Tang</i>	<i>dāng guī bǔ xuè tāng</i> (当归补血汤)
√	<i>Ren Shen Yang Rong Tang</i>	<i>rén shēn yǎng róng tāng</i> (人参养荣汤)
	/ <i>Yang Ying Wan</i>	/ <i>yǎng yíng wán</i> (养营丸)

### **Modern Formulas:**

<i>Ren Shen Shou Wu Wan</i>	<i>rén shēn shǒu wū wán</i> (人参首乌丸)
(Ginseng and Polygonum)	

## BA ZHEN TANG

**Formula:** *bā zhēn tāng* (八珍汤), “Eight Treasures Decoction”

**Author:** Xuē Jǐ (薛己) aka Xuē Xīn-Fù (薛新甫) aka Xuē Lì-Zhāi (薛立斋)

**Source:** *Zhèng Tǐ Lèi Yào* (正体类要), 1529

Literal: “Standardized Category Essentials”

**Origin:**

**Formula:** *shí quán dà bǔ tāng* (十全大补汤) (Chapter 18A)

**Author:** Wú Yàn-Kuí (吴彦夔)

**Source:** *Chuán Xìn Shì Yòng Fāng* (传信适用方), 1180

Literal: “Transmitted Suitable (and) Useable Formulas”

**Description:** See *Essential Chinese Formulas*, Fratkin, p. 538

**Availability:**

BA ZHEN TANG (BP, TZ)

BA ZHEN WAN (GC, HT, JD, PiM, TL)

EIGHT-TREASURES (HC)

NU KE BA ZHEN WAN (MS)

TANGKUEI & GINSENG EIGHT COMBINATION (EG)

WOMEN’S PRECIOUS (CC, PF)

WOMEN’S TREASURE (JD)

\* BA ZHEN YI MU WAN (TL)

\* WOMEN’S PRECIOUS (GF, K)

## BA ZHEN TANG

**Ingredients:** (from the standardized “Tangkuei & Ginseng Eight Combination”)

<i>dāng guī</i> (当归), Radix Angelicae Sinensis	10.9 %	AB
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	10.9	K
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	10.9	AB
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	10.9	AB
<i>rén shēn</i> (人参), Radix Ginseng	10.9	AA
<i>fú líng</i> (茯苓), Poria	10.9	FC
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	10.9	AA
<i>shēng jiāng</i> (生姜), Rhizoma Zingiberis Recens	10.9	E
<i>dà zǎo</i> (大枣), Fructus Jujubae	7.3	AA
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	5.5	AA

**Ingredients:** (from Herbal Times “Ba Zhen Wan”)

<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	18.2 %	AB
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	18.2	AB
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	12.1	AB
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	12.1	AA
<i>dǎng shēn</i> (党参), Radix Codonopsis	12.1	AA
<i>fú líng</i> (茯苓), Poria	12.1	FC
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	9.1	K
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	6.1	AA

## REN SHEN YANG RONG TANG / YANG YING WAN

**Formula:** *rén shēn yǎng róng tāng* (人参养荣汤)

“Ginseng Nourish Luxuriant-Growth Decoction”

*aka* *yǎng yíng wán* (养营丸), “Nourish *Ying-Qi* Pills”

**Author:** Imperial Medical Bureau (*tài yī jú*, 太医局); revised by Chén Shī-Wén (陈师文)

**Source:** *Tài Píng Huì Mǐn Hé Jì Jú Fāng* (太平惠民和剂局方), 1078

Literal: “(Era of) Great Peace, Benefit People Harmonious Medicines, Office (of) Formulas”

**Description:** See *Essential Chinese Formulas*, Fratkin, p. 542

**Availability:**

Using the *Ren Shen Yang Rong Wan* formula:

GINSENG & REHMANNIA COMBINATION (EG)

GINSENG NOURISHING FORMULA (GF)

REN SHEN YANG RONG TANG (BP, TZ)

Using the *Yang Ying Wan* formula:

FU KE YANG RONG WAN (PM)

RENSHEN YANG YING WAN (PM)

YANG YING TEAPILLS (PF)

YANG YING WAN (MS, PM)

## THE REN SHEN YANG RONG WAN FORMULA:

### **Ingredients:** (from Blue Poppy “Ren Shen Yang Rong Tang”)

<i>bái sháo</i> (白芍), Radix Paeoniae Alba	23.7 %	AB
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	7.8	AB
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	7.8	G
<i>huáng qí</i> (黄芪), Radix Astragali	7.8	AA
<i>ròu guì</i> (肉桂), Cortex Cinnamomi	7.8	E
<i>rén shēn</i> (人参), Radix Ginseng	7.8	AA
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	7.8	AA
<i>zhì gān cǎo</i> (炙甘草), Radix Glycyrrhizae Praep.	7.8	AA
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	5.9	AB
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	5.9	L
<i>fú líng</i> (茯苓), Poria	5.9	FC
<i>yuǎn zhì</i> (远志), Radix Arillus Longanlae	4.0	N

### **Ingredients:** (from the standardized “Ginseng & Rehmannia Combination”)

<i>bái sháo</i> (白芍), Radix Paeoniae Alba	12.0 %	AB
<i>shēng jiāng</i> (生姜), Rhizoma Zingiberis Recens	9.0	BA
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	7.6	AA
<i>huáng qí</i> (黄芪), Radix Astragali	7.6	AA
<i>zhì gān cǎo</i> (炙甘草), Radix Glycyrrhizae Praep.	7.6	AA
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	7.6	G
<i>guì zhī</i> (桂枝), Ramulus Cinnamomi	7.6	E
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	7.6	AB
<i>rén shēn</i> (人参), Radix Ginseng	7.6	AA
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	6.1	L
<i>fú líng</i> (茯苓), Poria	6.1	FC
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	6.1	AB
<i>yuǎn zhì</i> (远志), Radix Polygalae	4.5	N
<i>dà zǎo</i> (大枣), Fructus Jujubae	3.0	AA

## THE YANG YING WAN FORMULA:

**Ingredients:** (From Minshan “Yang Ying Wan” and Plum Flower “Yang Ying Teapills”)

<i>dǎng shēn</i> (党参), Radix Codonopsis	15.1 %	AA
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	7.6	AA
<i>huáng qí</i> (黄芪), Radix Astragali	7.6	AA
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	7.5	AA
<i>ròu guì</i> (肉桂), Cortex Cinnamomi	7.5	E
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	7.5	G
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	7.5	AB
<i>dà zǎo</i> (大枣), Fructus Jujubae	7.5	AA
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	7.5	AB
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	5.7	AB
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	5.7	L
<i>fú líng</i> (茯苓), Poria	5.7	FC
<i>yuǎn zhì</i> (远志), Radix Polygalae	3.8	N
<i>shēng jiāng</i> (生姜), Rhizoma Zingiberis Recens	3.8	BA

## KIDNEY YANG AND JING TONICS

### A. Kidney *yang*, *mingmen* fire, *jing*

1. Provides energy and heat source for the whole body
  - a. *Jing* is the essence of *yang*, and is stored in kidney, the extraordinary channels, and in bone marrow, which In TCM includes the brain
  - b. In modern physiology, kidney *yang* and *jing* empower the adrenal glands, testes and ovaries, as well as influence the entire endocrine system

### B. Function

1. Kidney pumps *qi* and *yang* to the upper burner, affecting heart and lung
  - a. Kidney *yang* keeps the heart beating and keeps the blood warm
    1. If kidney *yang* is weak, the heart gets cold, leading to congestive heart failure
  - b. Kidney *yang* roots the lungs
    1. Allows the diaphragm to descend on inhalation
    2. Weakness can precipitate asthma
2. Provides the energy for digestive peristalsis
  - a. Warms and nurtures stomach fire and spleen *yang*
    1. Directly boosts hydrochloric acid, and thereby aiding digestive strength
    2. Deficiency can contribute to sluggish metabolism, constipation, and poor absorption of nutrients
  - b. Moves food through the digestive tract
    1. In extreme cases of *yang* deficiency, the intestines lose their contractile strength, causing diarrhea or cramping upon waking (“daybreak diarrhea”).

3. Kidney *yang* and *jing* affect urogenital function
  - a. It governs the ability to constrict the urethra
    1. Deficiency can lead to urinary dribbling or frequency
    2. *Yang* deficiency often contributes to swollen prostate
    3. Contributes to lower leg edema
    4. Controls erection and ejaculation
      - a. Deficiency leads to impotence or poor sexual function for men
      - b. In extreme cases, spontaneous leakage of semen without erection or ejaculation can occur (spermatorrhea)
      - c. For these reasons, *yang* and *jing* tonics are used to enhance male sexual performance
  5. Kidney *yang* warms the uterus
    - a. It can underlie cases of female infertility, amenorrhea and other menstrual issues
4. Weakness of kidney *yang* is often the cause of weak lumbar area, chronic back problems, vertebral stenosis, degeneration of spinal discs, and knee pain or degeneration
  - a. As kidney nourishes and controls the bone, osteoporosis is usually due to kidney deficiency (*yang, yin* and *jing*.)
5. Fifth, kidney *yang*, along with kidney *yin*, helps to regenerate marrow and create blood
  - a. Some cases of blood deficiency are due to kidney deficiency
  - b. Radiation depletes kidney *yang*, and tonification of *yang, yin* and blood is often required following radiation
  - c. *Yang, yin* and *jing* deficiencies can lead to dementia and other brain degenerative illnesses
    1. Brain is considered marrow

**C. Kidney *yang* and *mingmen* strength is initially determined by one's constitution**

1. As we age, we use up our supply of *yang* and *jing*
  - a. This leads to diminished organ function and becoming cold from poor circulation
  - b. Lowered warmth and fire can lead to blood stagnation
2. Many diseases of the aged are due to blood stagnation rooted in *yang* deficiency
3. *Yang* is depleted by age, prolonged illness, surgery, childbirth
4. It is quite common for Chinese, especially men, to take kidney *yang* tonics as they age

## Chapter 17B. KIDNEY YANG AND JING TONICS

***Classical Formulas:***

√	Jin Gui Shen Qi Wan / Ba Wei Di Huang Wan	<i>jīn guì shèn qì wán</i> (金匱腎氣丸) / <i>bā wèi dì huáng wán</i> (八味地黃丸)
	Wu Zi Yang Zong Wan	<i>wǔ zǐ yǎn zōng wán</i> (五子衍宗丸)
√	You Gui Wan	<i>yòu guī wán</i> (右歸丸)

***Modern Formulas:***

	Cong Rong Bu Shen Wan	<i>cōng róng bǔ shèn wán</i> (苁蓉補腎丸)
√	Ge Jie Bu Shen Wan / Ge Jie Da Bu Wan	<i>gé jiè bǔ shèn wán</i> (蛤蚧補腎丸) / <i>gé jiè dà bǔ wán</i> (蛤蚧大補丸)
	Gui Ling Ji (Kwei Ling Chi)	<i>guī líng jí</i> (龜齡集)
+	ADRENOPLEX (EV)	
√	EPIMEDIUM 8 (SF)	
+	MAN'S TREASURE (SF)	
+	NOURISH ESSENCE FORMULA (GF)	
+	VITAL TREASURE FORMULA (GF)	
+	VITALITY FOR MEN (EV)	



## JIN GUI SHEN QI WAN

**Formula:** *jīn guì shèn qì wán* (金匱腎氣丸), “Golden Cabinet Kidney Qi Pill”

**aka:** *shèn qì wán* (腎氣丸), “Kidney Qi Pill”

**aka:** *bā wèi dì huáng wán* (八味地黃丸), “Eight Flavor Rehmannia Pill”

**Author:** Zhāng Zhòng-Jǐng (張仲景)

**Source:** *Jīn Guì Yào Lǜ* (金匱要略), 220

Literal: “Golden Cabinet Essential Summary”

**Description:** See *Essential Chinese Formulas*, Fratkin, p. 560

**Availability:**

DYNAMIC WARRIOR (K)

GOLDEN BOOK HERBAL/ TEAPILLS (MS, PF, PM)

GOLDEN CABINET KIDNEY FORMULA (JD)

JIN GUI SHEN QI WAN (BP, HT, PiM, PM, TL, TZ)

KIDNEY QI FORMULA FROM THE GOLDEN CABINET (HS)

REHMANNIA 8 (HC)

REHMANNIA EIGHT FORMULA (EG, HS)

\* ESSENTIAL YANG FORMULA (GF)

**Ingredients:** (from the standardized “Rehmannia Eight Formula”)

<i>shú dì huáng</i> (熟地黃), Radix Rehmanniae Praep.	29.7 %	AB
<i>shān yào</i> (山藥), Rhizoma Dioscoreae	14.8	AA
<i>shān zhū yú</i> (山茱萸), Fructus Corni	14.8	L
<i>fú líng</i> (茯苓), Poria	11.1	FC
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	11.1	DC
<i>zé xiè</i> (澤瀉), Rhizoma Alismatis	11.1	FC
<i>ròu guì</i> (肉桂), Cortex Cinnamomi	3.7	E
<i>zhì fù zǐ</i> (炙附子), Radix Aconiti Lateralis Praeparata	3.7	E

## YOU GUI WAN

**Formula:** *yòu guī wán*, (右归丸), “Right Restoring Pills”

**Author:** Zhāng Jiè-Bīn (张介宾) *aka* Zhāng Jǐng-Yuè (张景岳)

**Source:** *Jǐng Yuè Quán Shū* (景岳全书), 1624

Literal: “Jing-Yue’s Complete Writings”

**Description:** See *Essential Chinese Formulas*, Fratkin, p. 564

**Availability:**

EUCOMMIA & REHMANNIA FORMULA (EG)

REPLENISH THE RIGHT (K)

YANOURISH REMEDY (PM)

YAO KWEI PILLS (PM)

YOU GUI WAN/ TEAPILLS (BP, GC, HT, PF, TZ)

\* JADE MOON PHASE 4 (JW)

\* STRENGTHEN THE ROOT (TT)

**Ingredients:** (from Herbal Times “You Gui Wan”)

<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	18 %	AB
<i>shān yào</i> (山药), Rhizoma Dioscoreae	13	AA
<i>lù jiǎo jiāo</i> (鹿角胶), Colla Cornus Cervi	13	AC
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	9	AB
<i>dù zhòng</i> (杜仲), Cortex Eucommiae	9	AC
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	9	AB
<i>shān zhū yú</i> (山茱萸), Fructus Corni	9	L
<i>chǎo tū sī zǐ</i> (炒菟丝子), Semen Cuscutae, charred	9	AC
<i>zhì fù zǐ</i> (炙附子), Radix Aconiti Lateralis Praeparata	5	E
<i>ròu guì</i> (肉桂), Cortex Cinnamomi	5	E

## GE JIE BU SHEN WAN / GE JIE DA BU WAN

**Formula:** *gé jiè bǔ shèn wán* (蛤蚧补肾丸), “Gecko Tonify Kidney Pill”

**Source:** Modern patent medicine

**Description:** See *Essential Chinese Formulas*, Fratkin, p. 567

**Availability:**

GEJIE BU SHING WAN (PM)

GEJIE NOURISHING KIDNEY PILL (PM)

**Formula:** *gé jiè dà bǔ wán* (蛤蚧大补丸); “Gecko Large Tonifying Pill”

**Source:** Modern patent medicine

**Availability:**

GEJIE DA BU WAN (PM)

GEKKO TONIC TEAPILLS (PF)

\* GECKO-A (SF)

## GE JIE BU SHEN WAN

**Ingredients:** (from Yulin Pharmaceutical Factory “Ge Jie Bu Shen Wan”)

<i>gé jiè</i> (蛤蚧), Gecko	27.7 %	AC
<i>yín yáng huò</i> (淫羊藿), Herba Epimedii	16.6	AC
<i>ròu cōng róng</i> (肉苁蓉), Herba Cistanches	14.4	AC
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	11.1	AA
<i>huáng qí</i> (黄芪), Radix Astragali	11.1	AA
<i>fú líng</i> (茯苓), Poria	7.8	FC
<i>rén shēn</i> (人参), Radix Ginseng	5.6	AA
<i>dōng chóng xià cǎo</i> (冬虫夏草), Cordyceps	5.6	AC

## GE JIE DA BU WAN

**Ingredients:** (from Yulin Pharmaceutical Factory “Ge Jie Da Bu Wan”)

<i>gé jiè</i> (蛤蚧), Gecko	21.5 %	AC
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	6.8	AB
<i>huáng jīng</i> (黄精), Rhizoma Polygonati	5.7	AA
<i>shān yào</i> (山药), Rhizoma Dioscoreae	5.3	AA
<i>nǚ zhēn zǐ</i> (女贞子), Fructus Ligustri Lucidi	5.2	AD
<i>bā jǐ tiān</i> (巴戟天), Radix Morindae Officinalis	4.3	AC
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	4.3	AA
<i>dǎng shēn</i> (党参), Radix Codonopsis	4.3	AA
<i>dù zhòng</i> (杜仲), Cortex Eucommiae	4.3	AC
<i>huáng qí</i> (黄芪), Radix Astragali	4.3	AA
<i>fú líng</i> (茯苓), Poria	5.0	FC
<i>xù duàn</i> (续断), Radix Dipsaci	4.8	AC
<i>gǒu jǐ</i> (狗脊), Rhizoma Cibotii	4.8	AC
<i>mù guā</i> (木瓜), Fructus Chaenomelis	4.7	FA
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	4.1	AB
<i>gǔ suì bǔ</i> (骨碎补), Rhizoma Drynariae	4.0	AC
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	3.8	AB
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	2.8	AA

## GE JIE BU SHEN WAN / GE JIE DA BU WAN

### **Ingredients:** (from Plum Flower “Gecko Tonic Pills”)

<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	8.3 %	AB
<i>dù zhòng</i> (杜仲), Cortex Eucommiae	7.1	AC
<i>xù duàn</i> (续断), Radix Dipsaci	7.1	AC
<i>gǔ suì bǔ</i> (骨碎补), Rhizoma Drynariae	7.1	AC
<i>nǚ zhēn zǐ</i> (女贞子), Fructus Ligustri Lucidi	7.1	AD
<i>huáng jīng</i> (黄精), Rhizoma Polygonati	7.1	AA
<i>dǎng shēn</i> (党参), Radix Codonopsis	6.2	AA
<i>gé jiè</i> (蛤蚧), Gecko	5.9	AC
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	5.9	AB
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	5.9	AB
<i>huáng qí</i> (黄芪), Radix Astragali	5.9	AA
<i>fú líng</i> (茯苓), Poria	5.9	FC
<i>shān yào</i> (山药), Rhizoma Dioscoreae	5.9	AA
<i>bā jǐ tiān</i> (巴戟天), Radix Morindae Officinalis	4.4	AC
<i>mù guā</i> (木瓜), Fructus Chaenomelis	4.4	FA
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	2.9	AA
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	2.9	AA

## EPIMEDIUM 8

### Seven Forests

<i>yín yáng huò</i> (淫羊藿), Herba Epimedii	18 %	AC
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	18	AB
<i>shān yào</i> (山药), Rhizoma Dioscoreae	15	AA
<i>bǔ gǔ zhī</i> (补骨脂), Fructus Psoraleae	14	AC
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	14	AC
<i>fù zǐ</i> (附子), Radix Aconiti Lateralis Praeparata	9	E
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	9	AD
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	3	G

## COMBINATION TONICS

### A. General

1. Tonic herbs treat major systems of the body – *qi*, blood, *yin* and *yang*
  - a. They are commonly self-prescribed in China, especially as people pass the age of 40
  - b. The formulas address the effects of aging
    1. Fatigue
    2. Slowing down of metabolism
    3. Aching of joints or muscle
    4. Poor tendon flexibility
    5. Poor concentration or
    6. Loss of hair or skin tone
  - c. Some formulas may also address specific *zang-fu* organs, such as heart or lung
  - d. In addition to applications for aging, one also uses up reserves of *qi*, blood, *yin* and *yang* following childbirth, surgery, chemotherapy, radiation or prolonged illness
  - e. They are also used to enhance both male and female fertility, and to regulate the menses
2. Application
  - a. One can take systemic formulas on a regular basis to enhance vitality and longevity
  - b. They can be taken for a shorter course following illness or surgery
  - c. If formulas lead to restlessness, insomnia, overheating or abdominal bloating, reduce dosage or discontinue.
  - d. It is best to discontinue tonics during pathogenic wind events such as a common cold, as tonic herbs and formulas tend to pull pathogenic energy deeper into the body
3. Inappropriate use of tonics
  - a. TCM practitioners in North America like to give tonic formulas to patients anytime they complain of fatigue
    1. This is a mistake

- b. Tonic formulas are basically intended for people as they age past 50 years, or following a serious and prolonged illness, following major surgery, or following childbirth
- c. In other cases of fatigue, there is often and accompanying stagnation – either of *qi* or blood, or both.
  - 1. In those cases, priority should be given to clearing excess first. See:
  - 2. Chapter 4B. Blood Stagnation Bi Syndrome
  - 3. Chapter 6C. Food Stagnation
  - 4. Chapter 7A. Liver Stagnation
  - 5. Chapter 8C. Uterine Blood Stasis
  - 6. Chapter 10. Heart Blood Stasis.

## 18A. COMBINATION TONICS

### ***Classical Formulas:***

- ✓ Huan Shao Dan *huán shào dān* (还少丹)
- Shi Quan Da Bu Tang *shí quán dà bǔ tāng* (十全大补汤)

### ***Modern Formulas:***

- Ren Shen Bu Wan (Ginseng Tonic Pills)  
*rén shēn bǔ wán* (人参补丸)
- Ren Shen Lu Rong Wan (Ginseng Antler Pills)  
*rén shēn lù róng wán* (人参鹿茸丸)
- ✓ ANTLER 8 (SF)
- ✓ EMPEROR'S FORMULA (DrJ)
- ✓ GINSENG ENDURANCE FORMULA (GF)

## HUAN SHAO DAN

**Formula:** *huán shào dān* (还少丹), “Restore Youth Elixir”

**Author:** Hóng Zūn (洪遵) aka Hóng Jǐng-Píng (洪景平)

**Source:** *Hóng Shì Jí Yàn Fang* (洪氏集验方), 1170

Literal: “Hong’s Collection (of) Examined Formulas”

**Description:** See *Essential Chinese Formulas*, Fratkin, p. 576

**Availability:**

HUAN SHAO WAN (HT, TL)

LYCIUM FORMULA (EG)

RETURN TO SPRING TEAPILLS (PF)

YOUTH AGAIN (PM)

**Ingredients:** (from Herbal Times “Huan Shao Wan”)

<i>dà zǎo</i> (大枣), Fructus Jujubae	9.1 %	AA
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	9.1	AB
<i>fú líng</i> (茯苓), Poria	9.1	FC
<i>shān yào</i> (山药), Rhizoma Dioscoreae	9.1	AA
<i>bā jǐ tiān</i> (巴戟天), Radix Morindae Officinalis	6.1	AC
<i>dù zhòng</i> (杜仲), Cortex Eucommiae	6.1	AC
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	6.1	AB
<i>huái niú xī</i> (怀牛膝), Radix Achyranthis Bidentatae	6.1	K
<i>huáng jīng</i> (黄精), Rhizoma Polygonati	6.1	AA
<i>shān zhū yú</i> (山茱萸), Fructus Corni	6.1	L
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	6.1	L
<i>xiǎo huí xiāng</i> (小茴香), Fructus Foeniculi	6.1	E
<i>zhǐ shí</i> (枳实), Fructus Aurantii Immaturus	6.1	G
<i>yuǎn zhì</i> (远志), Radix Polygalae	6.1	N
<i>shí chāng pú</i> (石菖蒲), Rhizoma Acori Tatarinowii	3.0	M



## HUAN SHAO DAN

### **Ingredients:** (from Plum Flower “Return To Spring Teapills”)

<i>dà zǎo</i> (大枣), Fructus Jujubae	22.3 %	AA
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	6.5	AB
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	6.5	AB
<i>bì xiè</i> (萆薢), Rhizoma Dioscoreae Hypoglaucae	6.5	FC
<i>fú líng</i> (茯苓), Poria	6.5	FC
<i>ròu cōng róng</i> (肉苁蓉), Herba Cistanches	6.5	AC
<i>xiǎo huí xiāng</i> (小茴香), Fructus Foeniculi	6.5	E
<i>bā jǐ tiān</i> (巴戟天), Radix Morindae Officinalis	6.5	AC
<i>dù zhòng</i> (杜仲), Cortex Eucommiae	6.5	AC
<i>huái niú xī</i> (怀牛膝), Radix Achyranthis Bidentatae	6.5	K
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	6.4	L
<i>shān zhū yú</i> (山茱萸), Fructus Corni	6.4	L
<i>chǔ shí zǐ</i> (楮实子), Fructus Broussonetiae	6.4	AD

## ANTLER 8

### Seven Forests

### **Ingredients:**

<i>lù róng</i> (鹿茸), Cornu Cervi Pantotrichum	50 %	AC
<i>dān shēn</i> (丹参), Radix/Rhizoma Salviae Miltiorrhizae	10	K
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	10	AB
<i>huáng jīng</i> (黄精), Rhizoma Polygonati	9	AA
<i>rén shēn</i> (人参), Radix Ginseng	9	AA
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	8	AB
<i>yì zhì rén</i> (益智仁), Fructus Alpiniae Oxyphyllae	2	E
<i>shā rén</i> (砂仁), Fructus Amomi	2	FB

**EMPEROR'S LONGEVITY FORMULA**  
**Dr Jake Fratkin's Herbal Formulas**

*Ingredients:*

<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	12 %	AB
<i>bǔ gǔ zhī</i> (补骨脂), Fructus Psoraleae	10	AC
<i>tiān mén dōng</i> (天门冬), Radix Asparagi	10	AD
<i>gōu qǐ zǐ</i> (枸杞子), Fructus Lycii	9	AB
<i>bā jǐ tiān</i> (巴戟天), Radix Morindae Officinalis	9	AC
<i>suǒ yáng</i> (锁阳), Herba Cynomorii	9	AC
<i>yín yáng huò</i> (淫羊藿), Herba Epimedii	9	AC
<i>shā rén</i> (砂仁), Fructus Amomi	9	FB
<i>huái niú xī</i> (怀牛膝), Radix Achyranthis Bidentatae	9	K
<i>dǎng shēn</i> (党参), Radix Codonopsis	5	AA
<i>rén shēn</i> (人参), Radix Ginseng	5	AA
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	4	AA

**GINSENG ENDURANCE FORMULA**  
**Golden Flower**

*Ingredients:*

<i>huáng qí</i> (黄芪), Radix Astragali	18 %	AA
<i>wǔ jiā shēn</i> (五加参), Radix Acanthopanax	16	AA
<i>hóng jǐng tiān</i> (红景天), Radix/Rhizoma Rhodiola	15	AA
<i>rén shēn</i> (人参), Radix Ginseng	9	AA
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	8	AB
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	7	L
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	7	AA
<i>líng zhī</i> (灵芝), Ganoderma	7	AA
<i>fú líng</i> (茯苓), Poria	5	FC
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	4	AA
<i>dōng chóng xià cǎo</i> (冬虫夏草), Cordyceps	4	AC

## KIDNEY YIN TONICS

### A. Energetic Physiology

1. Kidney *yin* resides in the TCM energetic kidney
2. It is a purified moistening mist that is derived from fluid as it passes through the kidney
3. *Yin* is a cool liquid in distinction to blood, which is a warm liquid
4. Kidney *yin* is used to moisten and cool other *zang-fu* organs, particularly the liver, heart and lung
5. It moistens all of the mucosal membranes of the respiratory and digestive tract from the nose and throat to the anus, as well as eye and vagina
6. It also provides the liquid used inside the eye, in synovial joints, and in cerebral spinal fluid

## B. Causes

1. *Yin* can be deficient constitutionally, or diminish with age
2. It can also be consumed by exposure to heat, with prolonged stress or over-study, chronic disease, and overconsumption of spicy food
3. An overactive sex life, or giving birth many times, can exhaust kidney *yin*
4. Other contributors:
  - a. Use of pharmaceutical drugs can deplete *yin*
    1. Side effects of dry mouth, dizziness, or palpitation
  - b. Electric magnetic fields, such as clock radios, photocopiers, fluorescent lights, and hybrid cars can also deplete *yin*
5. Chinese medicine historically focused on deficiencies of kidney *yang*
  - a. Due to pervasive cold and damp or physically hard work
  - b. Ironically, modern Western societies are more afflicted by *yin* deficiencies, due to drugs and electromagnetic fields

## C. In Pathology

1. Chronic deficiencies of *yin* of the liver, heart, stomach or lung are rooted in a deficiency of kidney *yin*
  - a. Sometimes, tonification of kidney *yin* is sufficient to correct a disorder
  - b. Other times, concurrent tonification of kidney *yin* as well as liver, heart or lung *yin* are required
2. Deficiency of *yin* is responsible for abnormal dryness, manifesting as dry eyes, nose, throat, mouth or vagina
  - a. Dry skin and hair on the other hand is due to blood deficiency
3. It can also exhibit as deficiency heat
  - a. Deficiency fever
  - b. Menopausal hot flashing or night sweats
4. Other symptoms
  - a. Dizziness, ear ringing, weak lumbar area, weak knees, impotence or reduced sexual drive, spermatorrhea, poor eyesight, anxiety, palpitations and insomnia

5. Diseases and symptoms due to kidney *yin* deficiency
  - a. Diabetes
  - b. Chronic kidney disease
  - c. Menstrual disorders
  - d. Hyperthyroidism
  - e. Chronic hepatitis
  - f. Some cases of hypertension
6. It is not uncommon to have concurrent deficiencies of *yin* and blood, or even both *yin* and *yang*
7. Kidney *yin* tonics may be helpful in treating modern stress disorders with symptoms of restlessness, anxiety and insomnia
  - a. They help reduce elevated cortisol levels found in adrenal stress presentations.

## Chapter 17A. KIDNEY YIN TONICS

### ***Classical Formulas:***

- |   |                      |                                     |
|---|----------------------|-------------------------------------|
| ✓ | Liu Wei Di Huang Wan | <i>liù wèi dì huáng wán</i> (六味地黄丸) |
| ✓ | Zuo Gui Wan          | <i>zuǒ guī wán</i> (左归丸)            |

## LIU WEI DI HUANG WAN

**Formula:** *liù wèi dì huáng wán* (六味地黄丸), “Six Flavor Rehmannia Pill”

**Author:** Qián Yǐ (钱乙)

**Source:** *Qián Shì Xiǎo Ēr Yào Zhèng Zhí Jué* (钱氏小儿药证直), 1119

Literal: “Qian’s Key (to) Children’s Medicines (and) Patterns, Straight Secrets”

*Origin:*

**Formula:** *jīn guì shèn qì wán* (金匱肾气丸), “Golden Cabinet Kidney Qi Pill”

**Author:** Zhāng Zhòng-Jǐng (张仲景)

**Source:** *Jīn Guì Yào Lüè* (金匱要略), 220

Literal: “Golden Cabinet Essential Summary”

**Description:** See *Essential Chinese Formulas*, Fratkin, p. 550

**Availability:**

LIU WEI DI HUANG WAN (BP, HT, JD, MS, PiM, PM, TL)

REHMANNIA 6 FORMULA (CC)

REHMANNIA SIX FORMULA (EG, GF)

SIX FLAVOR REHMANNIA (PM)

SIX FLAVOR TEAPILLS (JD, MS, PF)

\* JADE MOON PHASE 2 (JW)

\* NINE FLAVOR TEA (HC)

\* QUIET CONTEMPLATIVE (K)

**Ingredients:** (from the standardized “Rehmannia Six Formula”)

<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	32 %	AB
<i>shān zhū yú</i> (山茱萸), Fructus Corni	16	L
<i>shān yào</i> (山药), Rhizoma Dioscoreae	16	AA
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	12	DC
<i>fú líng</i> (茯苓), Poria	12	FC
<i>zé xiè</i> (泽泻), Rhizoma Alismatis	12	FC

## ZUO GUI WAN

**Formula:** *zuǒ guī wán* (左归丸), “Left Restore Pill”

**Author:** Zhāng Jiè-Bīn (张介宾) *aka* Zhāng Jǐng-Yuè (张景岳)

**Source:** *Jǐng Yuè Quán Shū* (景岳全书), 1624

Literal: “Jing-Yue’s Complete Writings”

**Description:** See *Essential Chinese Formulas*, Fratkin, p. 554

**Availability:**

CYATHULA & REHMANNIA FORMULA (EG)

LEFT-SIDE REPLENISHING TEAPILLS (PF)

REPLENISH THE LEFT (K)

ZHO KWEI PILLS (PM)

ZUO GUI WAN/YIN (BP, HT, PM, TL, TZ)

\* TRUE YIN FORMULA (GF)

**Ingredients:** (from Herbal Times “Zuo Gui Wan”)

<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	26 %	AB
<i>shān yào</i> (山药), Rhizoma Dioscoreae	11	AA
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	11	AB
<i>shān zhū yú</i> (山茱萸), Fructus Corni	11	L
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	11	AC
<i>lù jiǎo jiāo</i> (鹿角胶), Colla Cornus Cervi	11	AC
<i>guī bǎn jiāo</i> (龟板胶), Plastrum Testudinis/Chinemys	11	AD
<i>chuān niú xī</i> (川牛膝), Radix Cyathulae	8	K

**Ingredients:** (from Kwangchow Pharmaceceutical “Zho Kwei Pills”)

<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	20 %	AB
<i>fú líng</i> (茯苓), Poria	16	FC
<i>shān zhū yú</i> (山茱萸), Fructus Corni	15	L
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	15	AB
<i>shān yào</i> (山药), Rhizoma Dioscoreae	15	AA
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	10	AC
<i>huái niú xī</i> (怀牛膝), Radix Achyranthis Bidentatae	8	K

## HEART TONICS (Chapter 9. DISTURBED *SHEN*)

### *Classical formulas:*

Bai Zi Yang Xin Tang	<i>bǎi zǐ yǎng xīn tāng</i> (柏子养心汤)
Gan Mai Da Zao Tang	<i>gān mài dà zǎo tāng</i> (甘麦大枣汤)
√ Gui Pi Tang	<i>guī pí tāng</i> (归脾汤)
Suan Zao Ren Tang	<i>suān zǎo rén tāng</i> (酸枣仁汤)
√ Tian Wang Bu Xin Dan	<i>tiān wáng bǔ xīn dān</i> (天王补心丹)
Zhi Gan Cao Tang	

### *Modern Formulas:*

An Mian Pian	<i>ān mián piàn</i> (安眠片)
An Mian Wan	<i>ān mián wán</i> (安眠丸)
An Shen Bu Xin Wan	<i>ān shén bǔ xīn wán</i> (安神补心丸)
An Shui Wan	<i>ān shuì wán</i> (安睡丸)
+ Bu Nao Wan	<i>bǔ nǎo wán</i> (补脑丸)
/Jian Nao Wan	/ <i>jiàn nǎo wán</i> (健脑丸)

Heart Arrhythmia



## GUI PI WAN

**Formula:** *guī pí tāng* (归脾汤), “Restore Spleen Pill”

**Author:** Yán Yòng-Hé (严用和)

**Source:** *Jì Shēng Fāng* (济生方), 1253

Literal: “Aid (the) Living Formulas”

**Description:** See *Essential Chinese Formulas*, Fratkin, p. 400

**Availability:**

GATHER VITALITY (K)

GINSENG & LONGAN (EG)

GINSENG AND LONGAN COMBINATION /FORMULA (CC, EG, GF)

GUI PI WAN/TEAPILLS (BP, GC, HT, MS, PiM, PF, TL, TZ)

TONIFY SPLEEN (JD)

\* CALM THE SHEN (TT)

\* SHEN-GEM (HC)

**Ingredients:** (from the standardized “Ginseng & Longan Combination”)

<i>rén shēn</i> (人参), Radix Ginseng	9.7 %	AA
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	9.7	AA
<i>fú líng</i> (茯苓), Poria	9.7	FC
<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	9.7	N
<i>lóng yǎn ròu</i> (龙眼肉), Arillus Longan	9.7	AB
<i>huáng qí</i> (黄芪), Radix Astragali	9.7	AA
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	9.7	AB
<i>yuǎn zhì</i> (远志), Radix Polygalae	9.7	N
<i>shēng jiāng</i> (生姜), Rhizoma Zingiberis Recens	6.5	BA
<i>dà zǎo</i> (大枣), Fructus Jujubae	6.5	AA
<i>mù xiāng</i> (木香), Radix Aucklandiae	4.7	G
<i>zhì gān cǎo</i> (炙甘草), Radix Glycyrrhizae Praep	4.7	AA

## TIAN WANG BU XIN DAN

**Formula:** *tiān wáng bǔ xīn dān* (天王补心丹), “Heavenly Emperor Tonify Heart Elixir”

**Author:** Hóng Jī (洪基) *aka* Hóng Jiǔ-Yōu (洪九有)

**Source:** *Shè Shēng Mì Pōu* (摄生秘剖), 1638

Literal: “Sustaining Life Secrets, Explanation”

*also attributed to:*

**Author:** Xuē Jǐ (薛己) *aka* Xuē Xīn-Fǔ (薛新甫) *aka* Xuē Lì-Zhāi (薛立斋)

**Source:** *Jiào Zhù Fù Rén Liáng Fāng* (校注妇人良方), mid-16<sup>th</sup> c.

Literal: “Corrections Annotations Women’s Fine Formulas”

**Description:** See *Essential Chinese Formulas*, Fratkin, p. 404

**Availability:**

CELESTIAL EMPEROR’S BLEND (K)

EMPEROR’S TEAPILLS (PF)

EMPEROR’S HEART YIN FORMULA (JD)

GINSENG & ZIZYPHUS FORMULA (CC, EG)

HEAVENLY EMPEROR’S FORMULA (GF)

TIAN WANG BU XIN DAN/WAN (BP, GC, HT, JD, MS, PiM, TL, TZ)

**Ingredients:** (from Minshan “Tian Wang Bu Xin Wan”)

<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praeparata	29.7 %	AB
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	7.4	AB
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	7.4	L
<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	7.4	N
<i>bǎi zǐ rén</i> (柏子仁), Semen Platycladi/Biotae	7.4	N
<i>tiān mén dōng</i> (天门冬), Radix Asparagi	7.4	AD
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	7.4	AD
<i>xuán shēn</i> (玄参), Radix Scrophulariae	7.4	DC
<i>dān shēn</i> (丹参), Radix/Rhizoma Salviae Miltiorrhizae	3.7	K
<i>dǎng shēn</i> (党参), Radix Codonopsis	3.7	AA
<i>fú líng</i> (茯苓), Poria	3.7	FC
<i>jié gěng</i> (桔梗), Radix Platycodonis	3.7	CA
<i>yuǎn zhì</i> (远志), Radix Polygalae	3.7	N

**HEART ARRHYTHMIA**

AA	Ginseng <i>Ren Shen</i>	10.7 g.
AA	Glycyrrhiza <i>Zhi Gan Cao</i>	10.7
AB	Equus Asinum <i>E Jiao</i>	10.7
DA	Anemarrhena <i>Zhi Mu</i>	10.7
DB	Phellodendron <i>Huang Bai</i>	10.7
DC	Rehmannia <i>Sheng Di Huang</i>	14.4
K	Carthamus <i>Hong Hua</i>	10.7
K	Persica <i>Tao Ren</i>	10.7
K	Salvia <i>Dan Shen</i>	10.7

## LUNG TONICS

### BU FEI TANG

**Formula:** *bǔ fèi tāng* (补肺汤), “Tonify Lung Decoction”

**Author:** Lǐ Zhòng-Nán (李仲南)

**Source:** *Yǒng Lèi Qián Fāng* (永类铃方), 1331

Literal: “Eternal Categories Inscribed Formulas”

**Description:** See *Essential Chinese Formulas*, Fratkin, p. 116

**Availability:**

BU FEI TEAPILLS (PF)

GINSENG & ASTER COMBINATION (EG)

\* RESTORE THE LUNG FORMULA (GF)

**Ingredients:** (from Plum Flower “Bu Fei Teapills”)

<i>huáng qí</i> (黄芪), Radix Astragali	28.5 %	AA
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	28.5	AB
<i>sāng bái pí</i> (桑白皮), Cortex Mori	13.9	CC
<i>zǐ wǎn</i> (紫菀), Radix/Rhizoma Asteris	11.0	CC
<i>míng dǎng shēn</i> (明党参), Radix Changii	8.0	CB
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	6.9	L
<i>rén shēn</i> (人参), Radix Ginseng	3.2	AA

## BAI HE GU JIN TANG

**Formula:** *bǎi hé gù jīn tāng* (百合固金汤), “Lilium Secure Metal Decoction”

**Author:** Wāng Áng (汪昂)

**Source:** *Yī Fāng Jí Jiě* (医方集解), 1682

Literal: “Medical Formulas Collected, Explained”

*Also attributed to:*

**Author:** Zhōu Zhī-Gān (周之干) *aka* Zhōu Shèn-Zhāi (周慎斋)

**Source:** *Shèn Zhāi Yí Shū* (慎斋遗书), 1573

Literal: “Shen-Zhai’s Dying Testament”

**Description:** See *Essential Chinese Formulas*, Fratkin, p. 106

**Availability:**

BAI HE GU JIN WAN/TANG (BP , PM, TL)

LILY PRESERVE METAL FORMULA (GF)

LILY BULB FORMULA (HC)

LILY COMBINATION (EG)

LILIUM TEAPILLS (MS, PF)

**Ingredients:** (from the standardized “Lily Combination”)

<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	23.0 %	AB
<i>shēng dì huáng</i> (生地黄), Radix Rehmanniae	15.3	DC
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	11.5	AD
<i>bǎi hé</i> (百合), Bulbus Lilii	7.6	AD
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	7.6	AB
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	7.6	AB
<i>zhè bèi mǔ</i> (浙贝母), Bulbus Fritillariae Thunbergii	7.6	CB
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	7.6	AA
<i>xuán shēn</i> (玄参), Radix Scrophulariae	6.1	DC
<i>jié gěng</i> (桔梗), Radix Platycodonis	6.1	CA

## SHENG MAI SAN

**Formula:** *shēng mài sǎn* (生脉散), “Enliven (the) Pulse Powder”

**Author:** Lǐ Gǎo (李杲) aka Lǐ Dōng-Yuán (李东垣)

**Source:** *Nèi Wài Shāng Biàn Huò Lùn* (内外伤辨惑论), 1247

Literal: “Internal External Injury, Clarify False-Notions Discussion”

**Description:** See *Essential Chinese Formulas*, Fratkin, p. 110

**Availability:**

GINSENG & OPHIOPOGON FORMULA (EG)

GREAT PULSE TEAPILLS (PF)

SHENG MAI SAN/FORMULA (BP, GF)

**Ingredients:** (from Golden Flower “Sheng Mai Formula”)

<i>rén shēn</i> (人参), Radix Ginseng	37.5 %	AA
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	37.5	AD
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	25.0	L

**Ingredients:** (from Plum Flower “Great Pulse Teapills”)

<i>dǎng shēn</i> (党参), Radix Codonopsis	50.2 %	AA
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	33.3	AD
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	16.5	L

## Chapter 18B. SINGLE HERB TONICS

+	Ci Wu Jia (Siberian Ginseng)	<i>cì wǔ jiā</i> (刺五加), Radix Acanthopanax
+	Dong Chong Xia Cao (Cordyceps)	<i>dōng chóng xià cǎo</i> (冬虫夏草), Cordyceps
+	Ling Zhi (Ganoderma)	<i>líng zhī</i> (灵芝), Ganoderma

## FURTHER RESOURCES

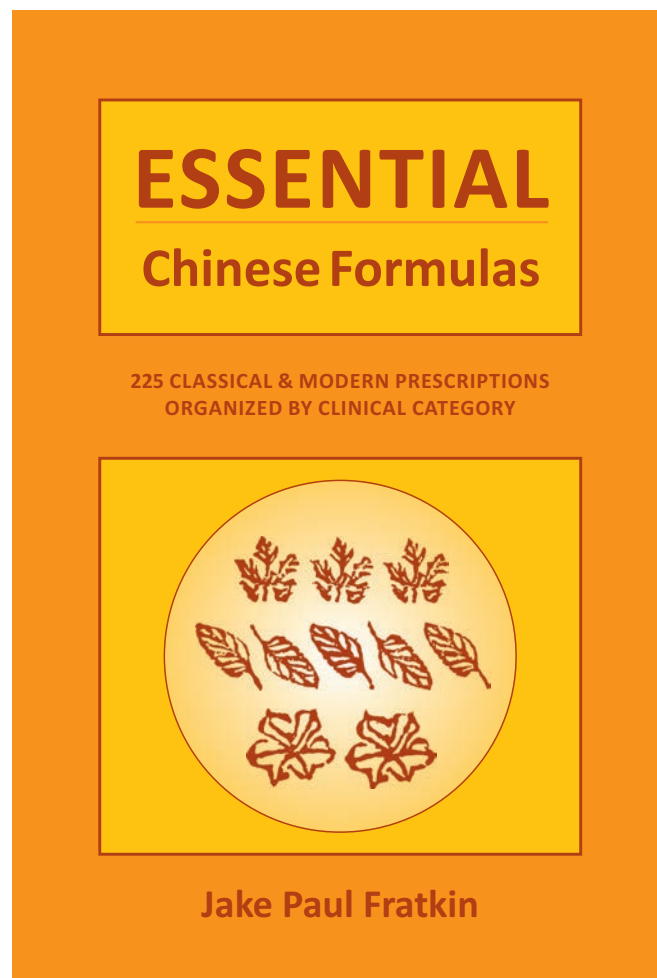
For a complete listing of herbal products by therapeutic category, see:

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See: [www.drjakefratkin.com/store/our-products/](http://www.drjakefratkin.com/store/our-products/)



***The presenter:***

**JAKE PAUL FRATKIN, OMD, L.Ac.** trained in Korean and Japanese acupuncture since 1975, and Chinese herbal medicine since 1982, and has studied and taught *qi gong* and Yang family *Taijiquan* since 1974. He is the recipient of *Acupuncturist of the Year*, 1999, by the AAAOM and Teacher of the Year, 2006, American Association of Teachers of Acupuncture and Oriental Medicine (AATAOM). Jake lives and practices in Boulder, Colorado.

Books by Jake Paul Fratkin:

*Case Studies in Autoimmune Disorders*. Zeng Shengping and Jake Fratkin, People's Medical Publishing House, 2014.

*Essential Chinese Formulas, 225 Classical and Modern Prescriptions Organized by Clinical Category*, Shya Publications, 2014.

*A Calligrapher's Yi Jing*, Xinshi Harrison Tu (calligraphy) and Jake Fratkin (translations), Shya Publications, 2004.

*Chinese Herbal Patent Medicines, The Clinical Desk Reference*, Shya Publications, 2001.

*Practical Therapeutics of Traditional Chinese Medicine*, Paradigm Publications, 1997. Wu Yan and Warren Fischer, edited and organized by Jake Fratkin.

*Chinese Herbal Patent Formulas*, Shya Publications, 1986

A collection of various articles on TCM can be found at:

<http://drjakefratkin.com/articles>



## CODE LETTERS OF HERBAL COMPANIES

BP	Blue Poppy
CC	Chinese Classics
CMS	Chinese Modular Solutions (Kn)
DrJ	Dr. Jake Fratkin's Herbal Formulas
EG	"Standardized" extract granules or capsules from Taiwan and China: Acuherb, E-Fong, Evergreen, Guang Ci Tang, Herbal Times, KPC, Legendary, Mintong, Nong's, Qualiherb, Sunten, etc.
EV	Evergreen
GC	Guang Ci Tang (Active Herb)
GF	Golden Flower
HC	Health Concerns
HS	Honso
HT	Herbal Times (Nuherbs)
K	Kan Herbals and Traditionals
KPC	Kaiser Pharmaceutical (Taiwan)
MS	Minshan (China)
PF	Plum Flower (Mayway)
PM	Patent Medicine (various manufacturers, China)
PX	Panaxea
SF	Seven Forest (Institute of Traditional Medicine)
TL	Tanglong (China)
WT	White Tiger (Institute of Traditional Medicine)

## CODE LETTERS FOR THE HERBAL CATEGORIES

AA	Tonify <i>Qi</i>	<i>bǔ qì</i> (补气)
AB	Tonify Blood	<i>bǔ xuè</i> (补血)
AC	Tonify <i>Yang</i>	<i>bǔ yáng</i> (补阳)
AD	Tonify <i>Yin</i>	<i>bǔ yīn</i> (补阴)
BA	Acrid-Warm Release Exterior	<i>xīn wēn jiě biǎo</i> (辛温解表)
BB	Acrid-Cool Release Exterior	<i>xīn liáng jiě biǎo</i> (辛凉解表)
CA	Dry Dampness, Dissolve Phlegm	<i>zào shī huà tán</i> (燥湿化痰)
CB	Clear Heat, Dissolve Phlegm	<i>qīng rè huà tán</i> (清热化痰)
CC	Relieve Cough, Panting	<i>zhǐ ké píng chuǎn</i> (止咳平喘)
DA	Clear Heat, Drain Fire	<i>qīng rè xiè huǒ</i> (清热泻火)
DB	Clear Heat, Drain Dampness	<i>qīng rè lì shī</i> (清热利湿)
DC	Clear Heat, Cool Blood	<i>qīng rè liáng xuè</i> (清热凉血)
DD	Clear Heat, Resolve Toxins	<i>qīng rè jiě dú</i> (清热解毒)
DE	Clear Heat, Nourish <i>Yin</i>	<i>qīng rè yǎng yīn</i> (清热养阴)
DF	Clear Heat, Resolve Summer-Heat	<i>qīng rè jiě shǔ</i> (清热解暑)
E	Warm Interior	<i>wēn lǐ</i> (温里)
FA	Dispel Wind, Overcome Dampness	<i>qū fēng shèng shī</i> (祛风胜湿)
FB	Dispel Dampness	<i>qū shī</i> (祛湿)
FC	Drain Dampness	<i>lì shī</i> (利湿)
G	Rectify <i>Qi</i>	<i>lǐ qì</i> (理气)
H	Remove Food-Stasis	<i>dǎo zhì</i> (导滞)
J	Stop Bleeding	<i>zhǐ xuè</i> (止血)
K	Invigorate Blood, Dissolve Stasis	<i>huó xuè huà yū</i> (活血化痰)
L	Consolidate, Astringe	<i>gù sè</i> (固涩)
M	Open Orifices	<i>kāi qiào</i> (开窍)
N	Tranquilize Heart, Calm <i>Shen</i>	<i>zhèn xīn ān shén</i> (镇心安神)
O	Extinguish Wind, Stop Tremors	<i>xī fēng zhǐ chōu</i> (熄风止抽)
PA	Purgatives	<i>xià fǎ</i> (下法)
PB	Moistening Purgatives	<i>rùn xià</i> (润下)
PC	Purgation by Expelling Water	<i>gōng xià zhú shuǐ</i> (攻下逐水)
Q	Kill Worms	<i>shā chóng</i> (杀虫)
R	External Application	<i>wài zhì fǎ</i> (外治法)