DISTURBED SHEN
(Insomnia, Anxiety, Palpitation)

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Classical formulas:
Bai Zi Yang Xin Tang  
Gan Mai Da Zao Tang  
Gui Pi Tang  
Suan Zao Ren Tang  
Tian Wang Bu Xin Dan

Modern Formulas:
An Mian Pian  
An Mian Wan  
An Shen Bu Xin Wan  
An Shui Wan  
Bu Nao Wan  
/Jian Nao Wan

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: **bāi 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”)

- **bāi zǐ rén** (柏子仁), Semen Platycladi/Biotae 25.8 % N
- **gǒu qì zǐ** (枸杞子), Fructus Lycii 19.4 AB
- **xuán shēn** (玄参), Radix Scrophulariae 12.9 DC
- **shù dì huáng** (熟地黄), Radix Rehmanniae Praep. 12.9 DC
- **mài mén dōng** (麦门冬), Radix Ophiopogonis 6.5 AD
- **dāng guì** (当归), Radix Angelicae Sinensis 6.5 AB
- **fú líng** (茯苓), Poria 6.4 FC
- **shí chāng pú** (石菖蒲), Rhizoma Acori Tatarinowii 6.4 M
- **gàn cǎo** (甘草), Radix Glycyrrhizae 3.2 AA
GUI PI WAN

Formula: *gui pi 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”)

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

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
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<td>bái zhú (白术), Rhizoma Atractyloides Macrocephalae</td>
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<td>fú lìng (茯苓), Poria</td>
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<td>FC</td>
</tr>
<tr>
<td>lóng yán ròu (龙眼肉), Arillus Longan</td>
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<td>N</td>
</tr>
<tr>
<td>yuàn zhī (远志), Radix Polygalae</td>
<td>14</td>
<td>N</td>
</tr>
<tr>
<td>dāng shēn (党参), Radix Codonopsis</td>
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<td>AA</td>
</tr>
<tr>
<td>huáng qí (黄芪), Radix Astragali</td>
<td>7</td>
<td>AA</td>
</tr>
<tr>
<td>suàn zǎo rén (酸枣仁), Semen Ziziphi Spinosae</td>
<td>7</td>
<td>N</td>
</tr>
<tr>
<td>dà zǎo (大枣), Fructus Jujubae</td>
<td>3</td>
<td>AA</td>
</tr>
<tr>
<td>gān cǎo (甘草), Radix Glycyrrhizae</td>
<td>3</td>
<td>AA</td>
</tr>
<tr>
<td>mù xiāng (木香), Radix Aucklandiae</td>
<td>3</td>
<td>G</td>
</tr>
</tbody>
</table>
SUAN ZAO REN TANG

Formula: suān zāo rěn tāng (酸枣仁汤), “Zizyphus Decoction”

Author: Zhāng Zhōng-Jǐng (张仲景)

Source: Jīn Guì Yào Lüè (金匮要略), 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”)
- suān zāo rěn (酸枣仁), Semen Ziziphi Spinosae 45.5 % N
- fú líng (茯苓), Poria 18.2 FC
- chuān xiōng (川芎), Rhizoma Ligustici Chuanxiong 18.2 K
- gān cǎo (甘草), Radix Glycyrrhizae 9.1 AA
- zhī mǔ (知母), Rhizoma Anemarrhenae 9.1 DA

Ingredients: (from Herbal Times “Suan Zao Ren Wan”)
- suān zāo rěn (酸枣仁), Semen Ziziphi Spinosae 38.5 % N
- fú líng (茯苓), Poria 23.0 FC
- chuān xiōng (川芎), Rhizoma Ligustici Chuanxiong 15.2 K
- zhī mǔ (知母), Rhizoma Anemarrhenae 15.2 DA
- gān cǎo (甘草), Radix Glycyrrhizae 8.0 AA

Ingredients: (from Plum Flower “Suan Zao Ren Tang”)
- suān zāo rěn (酸枣仁), Semen Ziziphi Spinosae 78.5 % N
- chuān xiōng (川芎), Rhizoma Ligustici Chuanxiong 6.1 K
- fú líng (茯苓), Poria 6.1 FC
- zhī mǔ (知母), Rhizoma Anemarrhenae 6.1 DA
- gān cǎo (甘草), Radix Glycyrrhizae 3.1 AA
TIAN WANG BU XIN DAN

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

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

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

also attributed to:  
薛己 (Xuē Jǐ) aka 薛新甫 (Xuē Xīn-Fǔ) aka 薛立斋 (Xuē Lì-Zhāi)

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

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”)

shú dì huáng (熟地黄), Radix Rehmanniae Praeparata  29.7 %  AB
dāng guī (当归), Radix Angelicae Sinensis  7.4  AB
wǔ wèi zǐ (五味子), Fructus Schisandraceae  7.4  L
suān zǎo rén (酸枣仁), Semen Ziziphi Spinosae  7.4  N
bǎi zǐ rén (柏子仁), Semen Platycladi  7.4  N
tiān mén dōng (天门冬), Radix Asparagi  7.4  AD
mài mén dōng (麦门冬), Radix Ophiopogonis  7.4  AD
xuán shēn (玄参), Radix Scrophulariae  7.4  DC
dān shēn (丹参), Radix/Rhizoma Salviae Miltiorrhizae  3.7  K
dāng shēn (党参), Radix Codonopsis  3.7  AA
fú ling (茯苓), Poria  3.7  FC
jié gēng (桔梗), Radix Platycodonis  3.7  CA
yuān zhī (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”)
- suān zăo rén (酸枣仁), Semen Ziziphi Spinosae  30 %  N
- yuān zhī (远志), Radix Polygalae  20  N
- fŭ lĭng (茯苓), Poria  15  FC
- zhī zĭ (栀子), Fructus Gardeniae  15  DA
- shēn qū (神曲), Massa Medicata Fermentata  15  H
- găn căo (甘草), Radix Glycyrrhizae  5  AA
**AN MIAN WAN**

**Formula:**  an mián wán (安眠丸), “Calm Sleep Pills”  
**Source:**  Modern patent medicine  
**Availability:**  AN MIAN WAN (HT)

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

<table>
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<th>Ingredient</th>
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<th>Code</th>
</tr>
</thead>
<tbody>
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<td>10.0 %</td>
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<td>shū dì huáng (熟地黄), Radix Rehmanniae Praep.</td>
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<tr>
<td>yuàn zhì (远志), Radix Polygalae</td>
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<td>N</td>
</tr>
<tr>
<td>jié gěng (桔梗), Radix Platycodonis</td>
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<td>CA</td>
</tr>
<tr>
<td>suān zǎo rén (酸枣仁), Semen Ziziphi Spinosae</td>
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<td>N</td>
</tr>
<tr>
<td>chén pí (陈皮), Pericarpium Citri Reticulatae</td>
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<td>G</td>
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<tr>
<td>dāng guì (当归), Radix Angelicae Sinensis</td>
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<td>AB</td>
</tr>
<tr>
<td>dāng shēn (党参), Radix Codonopsis</td>
<td>5.5</td>
<td>AA</td>
</tr>
<tr>
<td>gān cǎo (甘草), Radix Glycyrrhizae</td>
<td>5.5</td>
<td>AA</td>
</tr>
<tr>
<td>shān yào (山药), Rhizoma Dioscoreae</td>
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<td>AA</td>
</tr>
<tr>
<td>mài měn dòng (麦门冬), Radix Ophiopogonis</td>
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<td>AD</td>
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<tr>
<td>xuán shěn (玄参), Radix Scrophulariae</td>
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<tr>
<td>jiǔ jié chāng pú (九节菖蒲), Rhizoma Anemones Altaicae</td>
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<tr>
<td>wǔ wèi zǐ (五味子), Fructus Schisandrae</td>
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<td>L</td>
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</table>
AN SHEN BU XIN WAN

**Formula:** ㄦn ㄕㄣ bㄨ ㄒㄧn ㄨㄢ (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”)

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

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

- dàn shèn (丹参), Radix/Rhizoma Salviae Miltiorrhizae 20 % K
- tù sī zǐ (菟丝子), Semen Cuscutae 20 AC
- hàn lián cǎo (旱莲草), Herba Ecliptae 15 AD
- shí chàng pǔ (石菖蒲), Rhizoma Acori Tatarinowii 15 M
- wǔ wèi zǐ (五味子), Fructus Schisandrae 15 L
- zhēn zhū (珍珠), Margarita 15 N
**AN SHUI WAN**

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

**Source:** Modern patent medicine

**Availability:**

AN SHUI TEAPILLS (PF)

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Notes</th>
</tr>
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<tbody>
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<td>10.0 %</td>
<td>N</td>
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<td>L</td>
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<td>yuán zhǐ (远志), Radix Polygalae</td>
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<td>N</td>
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<td>shú dì huáng (熟地黄), Radix Rehmanniae Praep.</td>
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<td>băi zǐ rén (柏子仁), Semen Platycladi/Biotae</td>
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<td>suăn zăo rén (酸枣仁), Semen Ziziphi Spinosae</td>
<td>6.0</td>
<td>N</td>
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<tr>
<td>chēn pí (陈皮), Pericarpium Citri Reticulatae</td>
<td>6.0</td>
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<tr>
<td>fú lĭng (茯苓), Poria</td>
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<td>dăng guī (当归), Radix Angelicae Sinensis</td>
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<td>shăn yăo (山药), Rhizoma Dioscoreae</td>
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<td>AA</td>
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<td>dăng shèn (党参), Radix Codonopsis</td>
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<td>AA</td>
</tr>
<tr>
<td>xuăn shèn (玄参), Radix Scrophulariae</td>
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<td>mài mén dōng (麦门冬), Radix Ophiopogonis</td>
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<td>jiĕ gēng (桔梗), Radix Platycodonis</td>
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<td>bái zhú (白术), Rhizoma Atractyloides Macrocephalae</td>
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<td>shĭ chăng pŭ (石菖蒲), Rhizoma Acori Tatarinowii</td>
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<td>găn cáo (甘草), Radix Glycyrrhizae</td>
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<td>wū wèi zĭ (五味子), Fructus Schisandrae</td>
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</tbody>
</table>
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”)

- **wǔ wèi zǐ** (五味子), Fructus Schisandraceae 20 % L
- **suān zǎo rén** (酸枣仁), Semen Ziziphi Spinosae 16 N
- **dāng guī** (当归), Radix Angelicae Sinensis 10 AB
- **suǒ yáng** (锁阳), Herba Cynomorii 8 AC
- **hú táo rén** (胡桃仁), Semen Juglans Regiae 8 AC
- **gōu qǐ zǐ** (枸杞子), Fructus Lycii 8 AB
- **bāi zǐ rén** (柏子仁), Semen Platycladi/Biotae 6 N
- **gōu téng** (钩藤), Ramulus Uncariae cum Uncis 4 O
- **yuǎn zhī** (远志), Radix Polygalae 4 N
- **tiān nán xīng** (天南星), Rhizoma Arisaematis 4 CA
- **shí chāng pǔ** (石菖蒲), Rhizoma Acori Tatarinowii 4 M
- **hǔ pò** (琥珀), Succinum 4 N
- **lǒng chí** (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 hū pò, and zhēn zhū (珍珠, Margarita) for lóng chī.

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Percentage</th>
<th>Type</th>
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<td>tiān zhú huáng (天竹黄), Concretio Silicea Bambusae</td>
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<td>yuǎn zhǐ (远志), Radix Polygalae</td>
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<td>chuān xiōng (川芎), Rhizoma Ligustici Chuanxiong</td>
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**Ingredients:** (from Qingdao Traditional Chinese Medicine Factory “Healthy Brain Pills”)

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HEART ARRHYTHMIA

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<td>Ginseng <em>Ren Shen</em></td>
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<td>AA</td>
<td>Glycyrrhiza <em>Zhi Gan Cao</em></td>
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</tr>
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<td>AB</td>
<td>Equus Asinum <em>E Jiao</em></td>
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<tr>
<td>DA</td>
<td>Anemarrhena <em>Zhi Mu</em></td>
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<td>DB</td>
<td>Phellodendron <em>Huang Bai</em></td>
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<tr>
<td>DC</td>
<td>Rehmannia <em>Sheng Di Huang</em></td>
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<td>K</td>
<td>Carthamus <em>Hong Hua</em></td>
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<td>Salvia <em>Dan Shen</em></td>
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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

DR. JAKE FRATKIN’S HERBAL FORMULAS,
BOOKS, WEBINARS, DVDS
See: www.drjakefratkin.com/store/our-products/

ESSENTIAL Chinese Formulas
225 CLASSICAL & MODERN PRESCRIPTIONS
ORGANIZED BY CLINICAL CATEGORY

Jake Paul Fratkin
The presenter:

Books by Jake Paul Fratkin:


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


A collection of various articles on TCM can be found at: http://drjakefratkin.com/articles
## CODE LETTERS OF HERBAL COMPANIES

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<tr>
<td>CC</td>
<td>Chinese Classics</td>
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<tr>
<td>CMS</td>
<td>Chinese Modular Solutions (Kn)</td>
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<tr>
<td>DrJ</td>
<td>Dr. Jake Fratkin’s Herbal Formulas</td>
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<tr>
<td>EG</td>
<td>“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.</td>
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<tr>
<td>EV</td>
<td>Evergreen</td>
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<td>GC</td>
<td>Guang Ci Tang (Active Herb)</td>
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<td>GF</td>
<td>Golden Flower</td>
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<tr>
<td>HC</td>
<td>Health Concerns</td>
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<td>HS</td>
<td>Honso</td>
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<td>HT</td>
<td>Herbal Times (Nuherbs)</td>
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<td>K</td>
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<td>KPC</td>
<td>Kaiser Pharmaceutical (Taiwan)</td>
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<td>PF</td>
<td>Plum Flower (Mayway)</td>
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<td>PM</td>
<td>Patent Medicine (various manufacturers, China)</td>
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<td>Panaxea</td>
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<td>TL</td>
<td>Tanglong (China)</td>
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<td>WT</td>
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<td>Tonify Yin</td>
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<td>BA</td>
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<td>BB</td>
<td>Acrid–Cool Release Exterior</td>
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<td>CB</td>
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<tr>
<td>CC</td>
<td>Relieve Cough, Panting</td>
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<td>DA</td>
<td>Clear Heat, Drain Fire</td>
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<td>DB</td>
<td>Clear Heat, Drain Dampness</td>
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<td>DC</td>
<td>Clear Heat, Cool Blood</td>
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<tr>
<td>DD</td>
<td>Clear Heat, Resolve Toxins</td>
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<tr>
<td>DE</td>
<td>Clear Heat, Nourish Yin</td>
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<tr>
<td>DF</td>
<td>Clear Heat, Resolve Summer-Heat</td>
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<tr>
<td>E</td>
<td>Warm Interior</td>
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<tr>
<td>FA</td>
<td>Dispel Wind, Overcome Dampness</td>
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<tr>
<td>FB</td>
<td>Dispel Dampness</td>
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<td>FC</td>
<td>Drain Dampness</td>
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<td>G</td>
<td>Rectify Qi</td>
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<td>H</td>
<td>Remove Food-Stasis</td>
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<td>J</td>
<td>Stop Bleeding</td>
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<td>K</td>
<td>Invigorate Blood, Dissolve Stasis</td>
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<td>L</td>
<td>Consolidate, Astringe</td>
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<td>N</td>
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<td>O</td>
<td>Extinguish Wind, Stop Tremors</td>
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<td>Purgatives</td>
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<td>PB</td>
<td>Moistening Purgatives</td>
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<tr>
<td>PC</td>
<td>Purgation by Expelling Water</td>
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<tr>
<td>Q</td>
<td>Kill Worms</td>
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<tr>
<td>R</td>
<td>External Application</td>
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Jake Paul Fratkin, OMD, L.Ac.  •  www.drjakefratkin.com
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.

INDEX

Overview of inflammation p. 2
Commonly Used Herbs in Pain and Inflammation 6
Medicines Used in Functional Medicine 9
Neurological Inflammation 11
TCM Formulas in Chronic Inflammation 14
Regulating Liver Drug Toxicity 22

Further Resources 24
The Presenter 25
Code Letters and Index for the Herbal Categories 26
Code Letters of Herbal Companies 27
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 \textit{qi} and blood  
   a. Includes acute trauma, heart disease, inflammatory skin conditions  
2. Therapeutic strategy:  
   a. Move \textit{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 \textit{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  Cinnamomum Gui Zhi    Neck, shoulder
   BA  Ledebouriella Fang Feng     Upper part of body
   BA  Notopterygium Qiang Huo    Neck, shoulder, back
   BB  Morus Sang Zhi     Shoulder, upper limbs
   BB  Pueraria Ge Gen       Neck, trapezius
   FA  Gentiana Qin Jiao    Upper limbs
   K   Curcuma Jiang Huang  Shoulder

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

3. DEEP LEVEL, INCL. BONES
   AC  Dipsacus Xu Duan     Tendons/bones, traumatic pain
   AC  Drynaria Gu Sui Bu   Bones/marrow, esp. fractures
   AD  Loranthus Sang Ji Sheng  Tendons/bones – weakness and atrophy
# HERBS COMMONLY USED IN INFLAMMATION AND PAIN

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<tr>
<th>DA/ Clear Heat and Drain Fire</th>
<th>K/ Invigorate Blood, Dissolve Stasis</th>
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<tr>
<td>Anemarrhenna  <em>Zhi Mu</em></td>
<td>Carthamus  <em>Hong Hua</em></td>
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<tr>
<td>Gardenia  <em>Zhi Zi</em></td>
<td>Corydalis  <em>Yan Hu Suo</em></td>
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<tr>
<td>DB/ Clear Heat and Drain Dampness</td>
<td>Curcuma  <em>Jiang Huang</em></td>
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<tr>
<td>Coptis  <em>Huang Lian</em></td>
<td>Curcuma  <em>Yu Jin</em></td>
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<td>Phellodendron  <em>Huang Bai</em></td>
<td>Dalbergia  <em>Jiang Xiang</em></td>
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<td>Scutellaria  <em>Huang Qin</em></td>
<td>Ligusticum  <em>Chuan Xiong</em></td>
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<td>Rheum  <em>Da Huang</em> (PA)</td>
<td>Liquidambar  <em>Lu Lu Tong</em></td>
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<td>Millettia  <em>Ji Xue Teng</em></td>
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<td>Paeonia  <em>Chi Shao</em></td>
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<td>Salvia  <em>Dan Shen</em></td>
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<td>DC/ Clear Heat and Cool Blood</td>
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<td>Moutan  <em>Mu Dan Pi</em></td>
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<tr>
<td>Rehmannia  <em>Sheng Di Huang</em></td>
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<td>DD/ Clear Heat and Resolve Toxins</td>
<td>Curcuma  <em>Jiang Huang</em></td>
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<td>Forsythia  <em>Lian Qiao</em></td>
<td>Myrrh  <em>Mo Yao</em></td>
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<td>Lonicera  <em>Jin Yin Hua</em></td>
<td>Polygonum  <em>Hu Zhang</em></td>
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<td>Sanguis Draconis  <em>Xue Jie</em></td>
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<td>J/ Stop Bleeding</td>
<td>Sparganium  <em>San Leng</em></td>
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<td>Notoginseng  <em>Tian Qi</em></td>
<td>Persica  <em>Tao Ren</em></td>
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<td>Typha  <em>Pu Huang</em></td>
<td>Boswellia  <em>Ru Xiang</em></td>
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<td>Curcuma  <em>E Zhu</em></td>
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## Antioxidant Activity of 45 Chinese Herbs and the Relationship with their TCM Characteristics

Hui Liao, Linda K. Banbury, and David N. Leach  
Published online 2007 Jun 11. doi: [10.1093/ecam/nem054](http://dx.doi.org/10.1093/ecam/nem054)

Measurement of Oxygen Radical Absorbance Capacity (ORAC) Assay (µmol TE/g)

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<tr>
<td>Sanguisorba Di Yu</td>
<td>1940  J</td>
</tr>
<tr>
<td>Agrimony Xian He Cao</td>
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<td>Artemisia Liu Ji Nu</td>
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<td>Salvia Dan Shen</td>
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<tr>
<td>Sophora Ku Shen</td>
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<tr>
<td>Nelumbo Lian Zi</td>
<td>1300  L</td>
</tr>
<tr>
<td>Crataegus Shan Zha</td>
<td>1240  H</td>
</tr>
<tr>
<td>Lycopus Ze Lan</td>
<td>1220  K</td>
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<tr>
<td>Artemisia Ai Ye</td>
<td>1150  J</td>
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<tr>
<td>Biota Bai Zi Ren</td>
<td>940   N</td>
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<tr>
<td>Polygonum He Shou Wu</td>
<td>790   AB</td>
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<td>Drynaria Gu Sui Bu</td>
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<td>Rubia Qian Cao Gen</td>
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<td>Gleditsea Zao Jiao</td>
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<tr>
<td>Ligusticum Chuan Xiong</td>
<td>130   K</td>
</tr>
<tr>
<td>Imperata Bai Mao Gen</td>
<td>130   J</td>
</tr>
<tr>
<td>Plant Name</td>
<td>Quantity</td>
</tr>
<tr>
<td>----------------------------</td>
<td>----------</td>
</tr>
<tr>
<td>Corydalis Yan Hu Suo</td>
<td>130</td>
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<tr>
<td>Typha Pu Huang</td>
<td>120</td>
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<tr>
<td>Persica Tao Ren</td>
<td>85</td>
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<tr>
<td>Angelica Dang Gui</td>
<td>78</td>
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<tr>
<td>Rehmannia Shu Di Huang</td>
<td>77</td>
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<tr>
<td>Scrophularia Xuan Shen</td>
<td>77</td>
</tr>
<tr>
<td>Notoginseng Tian Qi</td>
<td>75</td>
</tr>
<tr>
<td>Rehmannia Di Huang</td>
<td>65</td>
</tr>
<tr>
<td>Boswellia Ru Xiang</td>
<td>49</td>
</tr>
<tr>
<td>Cyathula Chuan Niu Xi</td>
<td>43</td>
</tr>
</tbody>
</table>

# ANTI-INFLAMMATORY PRODUCTS USED IN FUNCTIONAL MEDICINE

## CURCUMA JIANG HUANG

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

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

*Author:*  
Sū Jing-Děng (苏敬等), 657 CE

*Properties:* acrid, bitter, warm

*Channels:* spleen, liver

*Common name:* tumeric

*Therapeutic actions:*
- Activates blood circulation, eminates 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 (Salix alba) 1600 mg
Boswellia gum resin extract (Boswellia serrata) 200 mg
Bromelain 2400 GDU 200 mg
Turmeric root/rhizomes extract (Curcuma longa) 150 mg
Bioflavonoids (citrus) 100 mg
Ginger root extract (Zingiber officinale) 100 mg
Papain 100 mg
Rosemary leaf extract (Rosmarinus officinalis) 100 mg

INFLAMMATONE
Designs for Health

Proprietary blend of Enzymes 222 mg
Turmeric root (Curcuma longa) 200 mg
Boswellia resin (Boswellia serrata) 200 mg
Ginger root (Zingiber officinale) 100 mg
Quercitin 75 mg
Rutin 75 mg
Rosemary aerial plant (Rosmarinus officinalis) 50 mg
Resveratrol root (Poygonum cuspidatum) 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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>L-Tyrosine</td>
<td>1500 mg</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>500 mg</td>
</tr>
<tr>
<td>L-Lysine</td>
<td>250 mg</td>
</tr>
<tr>
<td>5-Hydrotryptophan</td>
<td>150 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>37.5 mg</td>
</tr>
<tr>
<td>Folic acid</td>
<td>200 mcg</td>
</tr>
<tr>
<td>Calcium</td>
<td>110 mg</td>
</tr>
</tbody>
</table>
MEMORACTIVE
Thorne

Two Capsules Contain:

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

NEUROACTIVES BRAIN SUSTAIN
Xymogen

Ingredients:

- Acetyl-L-Carnitine 400 mg
- N-Acetyl-Cysteine 150 mg
- Phosphatidylerine 100 mg
- Alpha Lipoic Acid 100 mg
- Coenzyme Q10 (as ubiquinone) 100 mg
- Glucoraphanin (from broccoli extract) (Brassica oleracea italica)(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 yù 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”)

- dāng guì (当归), Radix Angelicae Sinensis 12.0 % AB
- táo rèn (桃仁), Semen Persicae 12.0 K
- chuān niú xī (川牛膝), Radix Cyathulae 12.0 K
- hóng huā (红花), Flos Carthami 12.0 K
- gān cǎo (甘草), Radix Glycyrrhizae 8.0 AA
- dì lóng (地龙), Pheretima/Lumbricus 8.0 O
- mò yào (没药), Myrrha 8.0 K
- chuān xiōng (川芎), Rhizoma Ligustici Chuanxiong 8.0 K
- wǔ líng zhī (五灵脂), Faeces Trogopterori 8.0 K
- qiāng huò (羌活), Radix Notopterygi 4.0 BA
- qín jiāo (秦艽), Radix Gentianae Macrophyllae 4.0 FA
- xiàng fù (香附), Rhizoma Cyperi 4.0 G
**SHU JING HUO XUE TANG**

*Formula:*  
*shù 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”)  
- *bái zhú* (白术), Rhizoma Atractylodis Macrocephalae  7.5 % AA  
- *chì sháo* (⾚芍), Radix Paeoniae Rubra  7.5 K  
- *chuān xiōng* (川芎), Rhizoma Ligustici Chuanxiong  7.5 K  
- *dāng guì* (当归), Radix Angelicae Sinensis  7.5 AB  
- *shú dì huáng* (熟地黄), Radix Rehmanniae Praep.  7.5 AB  
- *fú líng* (茯苓), Poria  7.5 FC  
- *chén pí* (陈皮), Pericarpium Citri Reticulatae  5.7 G  
- *dú huó* (独活), Radix Angelicae Pubescentis  5.7 FA  
- *fáng fēng* (防⻛), Radix Saposhnikoviae/Ledebouriella  5.7 BA  
- *huái niú xī* (怀牛膝), Radix Achyranthis Bidentatae  5.7 K  
- *jì xuè tèng* (鸡⾎藤), Caulis Spatholobi/Millettiae  5.7 K  
- *lóng dān cǎo* (龙胆草), Radix/Rhizoma Gentianae  5.7 DA  
- *qiāng huó* (羌活), Radix Notopterygii  5.7 BA  
- *shēng jiāng* (生姜), Rhizoma Zingiberis Recens  5.7 BA  
- *gǎn cǎo* (甘草), Radix Glycyrrhizae  5.6 AA  
- *bái zhǐ* (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-Sū (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 Gāo (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”)  

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Form</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>dāng guī</em> (当归), Radix Angelicae Sinensis</td>
<td>7.2 %</td>
<td>AB</td>
<td></td>
</tr>
<tr>
<td><em>dāng shēn</em> (人参), Radix</td>
<td>7.2</td>
<td>AA</td>
<td></td>
</tr>
<tr>
<td><em>bái zhú</em> (白术), Rhizoma Atractylodis Macrocephalae</td>
<td>7.2</td>
<td>AA</td>
<td></td>
</tr>
<tr>
<td><em>cāng zhú</em> (苍术), Rhizoma Atractylodis</td>
<td>7.2</td>
<td>FB</td>
<td></td>
</tr>
<tr>
<td><em>zhū líng</em> (猪苓), Polyporus</td>
<td>7.2</td>
<td>FC</td>
<td></td>
</tr>
<tr>
<td><em>zé xiè</em> (泽泻), Rhizoma Alismatis</td>
<td>7.2</td>
<td>FC</td>
<td></td>
</tr>
<tr>
<td><em>zhī mǔ</em> (知母), Rhizoma Anemarrhenae</td>
<td>7.2</td>
<td>DA</td>
<td></td>
</tr>
<tr>
<td><em>huáng qín</em> (黄芩), Radix Scutellariae</td>
<td>7.2</td>
<td>DB</td>
<td></td>
</tr>
<tr>
<td><em>yīn chén hào</em> (茵陈蒿), Herba Artemisiae Scopariae</td>
<td>7.2</td>
<td>FC</td>
<td></td>
</tr>
<tr>
<td><em>kǔ shēn</em> (苦参), Radix Sophorae Flavescentis</td>
<td>7.2</td>
<td>DB</td>
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</tr>
<tr>
<td><em>gé gēn</em> (葛根), Radix Puerariae Lobatae</td>
<td>7.2</td>
<td>BB</td>
<td></td>
</tr>
<tr>
<td><em>qiāng huó</em> (羌活), Radix Notopterygii</td>
<td>7.2</td>
<td>BA</td>
<td></td>
</tr>
<tr>
<td><em>fāng fēng</em> (防风), Radix Saposchnikov./Ledebouriellae</td>
<td>7.2</td>
<td>BA</td>
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<tr>
<td><em>shēng mā</em> (升麻), Rhizoma Cimicifugae</td>
<td>3.8</td>
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<tr>
<td><em>gān cǎo</em> (甘草), Radix Glycyrrhizae</td>
<td>2.6</td>
<td>AA</td>
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</tbody>
</table>
**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”)  
- *huáng băi* (黄柏), Cortex Phellodendri Chinensis  33 % DB  
- *yì yī rén* (薏苡仁), Semen Coicis  33 FC  
- *cāng zhú* (苍术), Rhizoma Atractylodis  17 FB  
- *huái niú xī* (怀牛膝), Radix Achyranthis Bidentatae  17 K

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

*Author:*  Zhū Zhèn-Héng (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 sān* (三妙散), “Three Wonderful (Ingredient) Pill”

*Author:*  Yú Tuán (虞抟)

*Source:*  *Yì 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 jī (汉防己), Radix Stephaniae Tetrandrae 12.3 FC
* kǔ xìng rén (苦杏仁), Semen Armeniacae Amarum 12.3 CC
* lián qiáo (连翘), Fructus Forsythiae 10.1 DD
* huái niú xī (怀牛膝), Radix Achyranthis Bidentatae 10.1 K
* huáng bāi (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 *Chou Wu Tong* 25 % FA
Siegesbekia *Xi Qian Cao* 15 FA
Coix *Yi Yi Ren* 15 FC
Lumbricus *Di Long* 15 O
Phellodendron *Huang Bai* 15 DB
Atractylodes *Cang Zhu* 15 FB
CURCUMA LONGA FORMULA
Golden Flower

**Ingredients:**

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

Ingredients:

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

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

Dr. Jake Fratkin’s Herbal Formulas

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>AA</td>
<td>bái zhú (白术), Rhizoma Atractyloides Macro.</td>
<td>13.3</td>
<td></td>
</tr>
<tr>
<td>AB</td>
<td>bái sháo (白芍), Radix Paeoniae Alba</td>
<td>11.1 g.</td>
<td></td>
</tr>
<tr>
<td>AB</td>
<td>dāng guí (当归), Radix Angelicae Sinensis</td>
<td>13.3</td>
<td></td>
</tr>
<tr>
<td>AB</td>
<td>gōu qī zǐ (枸杞子), Fructus Lycii</td>
<td>8.9</td>
<td></td>
</tr>
<tr>
<td>AD</td>
<td>mài mén dōng (麦门冬), Radix Ophiopogonis</td>
<td>11.1</td>
<td></td>
</tr>
<tr>
<td>DB</td>
<td>huáng qín (黄芩), Radix Scutellariae</td>
<td>13.3</td>
<td></td>
</tr>
<tr>
<td>G</td>
<td>xiāng fù (香附), Rhizoma Cyperi</td>
<td>11.1</td>
<td></td>
</tr>
<tr>
<td>K</td>
<td>yù jīn (郁金), Radix Curcumae</td>
<td>11.1</td>
<td></td>
</tr>
<tr>
<td>L</td>
<td>wǔ wèi zǐ (五味子), Fructus Schisandrae</td>
<td>9.0</td>
<td></td>
</tr>
</tbody>
</table>
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

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

See: www.drjakefratkin.com/store/our-products/

ESSENTIAL Chinese Formulas

225 CLASSICAL & MODERN PRESCRIPTIONS ORGANIZED BY CLINICAL CATEGORY

Jake Paul Fratkin
The presenter:

Books by Jake Paul Fratkin:


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


A collection of various articles on TCM can be found at:
http://drjakefratkin.com/articles
**CODE LETTERS OF HERBAL COMPANIES**

<table>
<thead>
<tr>
<th>Code</th>
<th>Company Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>BP</td>
<td>Blue Poppy</td>
</tr>
<tr>
<td>CC</td>
<td>Chinese Classics</td>
</tr>
<tr>
<td>CMS</td>
<td>Chinese Modular Solutions (Kan)</td>
</tr>
<tr>
<td>DrJ</td>
<td>Dr. Jake Fratkin’s Herbal Formulas</td>
</tr>
<tr>
<td>EG</td>
<td>“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.</td>
</tr>
<tr>
<td>EV</td>
<td>Evergreen</td>
</tr>
<tr>
<td>GC</td>
<td>Guang Ci Tang (Active Herb)</td>
</tr>
<tr>
<td>GF</td>
<td>Golden Flower</td>
</tr>
<tr>
<td>HC</td>
<td>Health Concerns</td>
</tr>
<tr>
<td>HS</td>
<td>Honso</td>
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<tr>
<td>HT</td>
<td>Herbal Times (Nuherbs)</td>
</tr>
<tr>
<td>K</td>
<td>Kan Herbals and Traditionals</td>
</tr>
<tr>
<td>KPC</td>
<td>Kaiser Pharmaceutical (Taiwan)</td>
</tr>
<tr>
<td>MS</td>
<td>Minshan (China)</td>
</tr>
<tr>
<td>PF</td>
<td>Plum Flower (Mayway)</td>
</tr>
<tr>
<td>PM</td>
<td>Patent Medicine (various manufacturers, China)</td>
</tr>
<tr>
<td>PX</td>
<td>Panaxea</td>
</tr>
<tr>
<td>SF</td>
<td>Seven Forest (Institute of Traditional Medicine)</td>
</tr>
<tr>
<td>TL</td>
<td>Tanglong (China)</td>
</tr>
<tr>
<td>WT</td>
<td>White Tiger (Institute of Traditional Medicine)</td>
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</table>
### CODE LETTERS FOR THE HERBAL CATEGORIES

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

INDEX

- \( Qi \) and Blood Tonics p. 2
- \( Yang \) and \( Jing \) Tonics 16
- Combination Tonics 24
- Kidney \( Yin \) tonics 29
- Heart tonics 34
- Lung Tonics 38
- Single Herb Tonics 40

Further Resources 41
The Presenter 42
Code Letters and Index for the Herbal Categories 43
Code Letters of Herbal Companies 44
QI TONICS

A. What is Qi?

1. The Chinese word qi (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 qi (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 qi (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 yīng qi (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 wèi qì
   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)  
  + Ren Shen (Ginseng)  
  + Xi Yang Shen (American Ginseng)  
  + Feng Wang Jiang (Royal Jelly)

Two herb combination:
+ Ren Shen Feng Wang Jiang (Ginseng Royal Jelly)

Three herb combination:
√ Yu Ping Feng San

YU PING FENG SAN

Formula: yù píng fēng sān (玉屏风散), “Jade Screen (against the) Wind Powder”

Author: Zhū Zhèn-Hēng (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”)
  huáng qì (黄芪), Radix Astragali  60 %  AA
  bái zhú (白术), Rhizoma Atractylodis Macrocephalae  20  AA
  fāng fēng (防风), Radix Saposhnikoviae/Ledebouriellae  20  BA
Chapter 6A. SPLEEN QI DEFICIENCY

Classical Formulas:
+ Bu Zhong Yi Qi Tang  
+ [Jun Zi Tang Formulas]
  - Si Jun Zi Tang
  - Liu Jun Zi Tang
  - Xiang Sha Liu Jun Zi Tang
+ Ping Wei San
+ Shen Ling Bai Zhu San

Modern Formulas:
- Shen Qi Wu Wu Wei Zi Wan

Chapter 6B. SPLEEN YANG DEFICIENCY

Classical Formulas:
+ Fu Zi Li Zhong Wan
+ Xiao Jian Zhong Tang

Modern Formulas:
- Mu Xiang Shun Qi Wan
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  
+ He Shou Wu  

Classical Formulas:
- Si Wu Tang

Modern Formulas:
+ Dang Gui Jing (Tang Kwe Gin)
+ Shou Wu Zhi
TAO HONG SI WU TANG

Formula: táo hóng si 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-Gǔ (王好古)

Source: Yī Lèi 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”)

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<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Size</th>
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<td>dàng guì (当归), Radix Angelicae Sinensis</td>
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<td>AB</td>
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<td>táo rén (桃仁), Semen Persicae</td>
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<td>K</td>
</tr>
<tr>
<td>bái sháo (白芍), Radix Paeoniae Alba</td>
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<td>AB</td>
</tr>
<tr>
<td>shú dì huáng (熟地黄), Radix Rehmanniae Praep.</td>
<td>20</td>
<td>AB</td>
</tr>
<tr>
<td>hóng huà (红花), Flos Carthami</td>
<td>10</td>
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<td>chuān xiōng (川芎), Rhizoma Ligustici Chuanxiong</td>
<td>10</td>
<td>K</td>
</tr>
</tbody>
</table>
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:

√ Ba Zhen Tang  
 Dang Gui Bu Xue Tang  

√ Ren Shen Yang Rong Tang  
 / Yang Ying Wan

Modern Formulas:

Ren Shen Shou Wu Wan  
(Ginseng and Polygonum)

BA ZHEN TANG

Formula:  bā zhēn tāng (八珍汤), “Eight Treasures Decoction”
Author:  Xuě Jǐ (薛己) aka Xuē Xin-Fū (薛新甫) aka Xuē Li-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 Yān-Kuí (吴彦夔)
Source:  Chuán Xīn Shí 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”)

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

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

- **shú dì huáng** (熟地黄), Radix Rehmanniae Praep. 18.2 % AB
- **dāng guī** (当归), Radix Angelicae Sinensis 18.2 AB
- **bái sháo** (白芍), Radix Paeoniae Alba 12.1 AB
- **bái zhú** (白术), Rhizoma Atractylodis Macrocephalae 12.1 AA
- **dǎng shēn** (党参), Radix Codonopsis 12.1 AA
- **fú líng** (茯苓), Poria 12.1 FC
- **chuān xiōng** (川芎), Rhizoma Ligustici Chuanxiong 9.1 K
- **gān cǎo** (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 yāng yíng wán (养营丸), “Nourish Ying-Qi Pills”

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

Source: Tài Píng Huì Mín 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”)

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<td>G</td>
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<td>huáng qí (黄芪), Radix Astragali</td>
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<td>AA</td>
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<td>ròu guì (肉桂), Cortex Cinnamomi</td>
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**Ingredients:** (from the standardized “Ginseng & Rehmannia Combination”)

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<tbody>
<tr>
<td>bái sháo (白芍), Radix Paeoniae Alba</td>
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</tr>
<tr>
<td>shèng jiāng (生姜), Rhizoma Zingiberis Recens</td>
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</tr>
<tr>
<td>bái zhú (白术), Rhizoma Atractylodis Macrocephalæ</td>
<td>7.6</td>
<td>AA</td>
</tr>
<tr>
<td>huáng qí (黄芪), Radix Astragali</td>
<td>7.6</td>
<td>AA</td>
</tr>
<tr>
<td>zhì gàn cǎo (炙甘草), Radix Glycyrrhizae Praep.</td>
<td>7.6</td>
<td>AA</td>
</tr>
<tr>
<td>chén pí (陈皮), Pericarpium Citri Reticulatae</td>
<td>7.6</td>
<td>G</td>
</tr>
<tr>
<td>guì zhī (桂枝), Ramulus Cinnamomī</td>
<td>7.6</td>
<td>E</td>
</tr>
<tr>
<td>dāng guī (当归), Radix Angelicae Sinensis</td>
<td>7.6</td>
<td>AB</td>
</tr>
<tr>
<td>rén shèn (人参), Radix Ginseng</td>
<td>7.6</td>
<td>AA</td>
</tr>
<tr>
<td>wǔ wèi zǐ (五味子), Fructus Schisandraceae</td>
<td>6.1</td>
<td>L</td>
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<tr>
<td>fú líng (茯苓), Poria</td>
<td>6.1</td>
<td>FC</td>
</tr>
<tr>
<td>shù dì huáng (熟地黄), Radix Rehmanniae Praep.</td>
<td>6.1</td>
<td>AB</td>
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<tr>
<td>yuǎn zhì (远志), Radix Polygalæ</td>
<td>4.5</td>
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</tr>
<tr>
<td>dà zǎo (大枣), Fructus Jujubæ</td>
<td>3.0</td>
<td>AA</td>
</tr>
</tbody>
</table>
THE YANG YING WAN FORMULA:

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

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

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 jīn guì shèn qì wán (金匮肾气丸)
  / Ba Wei Di Huang Wan bā wèi dì huāng wán (八味地黄丸)
  Wu Zi Yang Zong Wan wǔ zǐ yǎn zōng wán (五子衍宗丸)
√ You Gui Wan yòu guī wán (右归丸)

Modern Formulas:

Cong Rong Bu Shen Wan cōng róng bù shèn wán (苁蓉补肾丸)
√ Ge Jie Bu Shen Wan gē jiè bù shèn wán (蛤蚧补肾丸)
  / Ge Jie Da Bu Wan gē jiè dà bù wán (蛤蚧大补丸)
Gui Ling Ji (Kwei Ling Chi) guī líng jì (龟龄集)
+ 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* (金匮肾气丸), “Golden Cabinet Kidney Qi Pill”  
aka: *shèn qì wán* (肾气丸), “Kidney Qi Pill”  
aka: *bā wèi dì huáng wán* (八味地黄丸), “Eight Flavor Rehmannia Pill”  

**Author:** Zhāng Zhòng-Jǐng (张仲景)  
**Source:** *Jīn Guì Yào Lüè* (金匮要略), 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”)  
- *shú dì huáng* (熟地黄), Radix Rehmanniae Praep. 29.7 %  
- *shān yào* (山药), Rhizoma Dioscoreae 14.8  
- *shān zhū yú* (山茱萸), Fructus Corni 14.8  
- *fú líng* (茯苓), Poria 11.1  
- *mù dān pí* (牡丹皮), Cortex Moutan 11.1  
- *zé xiè* (泽泻), Rhizoma Alismatis 11.1  
- *ròu gui* (肉桂), Cortex Cinnamomi 3.7  
- *zhì fù zǐ* (炙附子), Radix Aconiti Lateralis Praeparata 3.7
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:** Jīng 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”)

- shù dì huáng (熟地黄), Radix Rehmanniae Praep. 18 % AB
- shān yào (山药), Rhizoma Dioscoreae 13 AA
- lù jiǎo jiǎo (鹿角胶), Colla Cornus Cervi 13 AC
- dāng guī (当归), Radix Angelicae Sinensis 9 AB
- dù zhòng (杜仲), Cortex Eucommiae 9 AC
- gòu qǐ zǐ (枸杞子), Fructus Lycii 9 AB
- shān zhū yú (山茱萸), Fructus Corni 9 L
- chāo tù sī zǐ (炒菟丝子), Semen Cuscutae, charred 9 AC
- zhì fù zǐ (炙附子), Radix Aconiti Lateralis Praeparata 5 E
- ròu guī (肉桂), Cortex Cinnamomi 5 E
GE JIE BU SHEN WAN / GE JIE DA BU WAN

Formula: gé jiè bù 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”)
gejìe (蛤蚧), Gecko 27.7 % AC
yín yáng huò (淫羊藿), Herba Epimedii 16.6 AC
ròu cóng róng (肉苁蓉), Herba Cistanches 14.4 AC
bái zhú (白术), Rhizoma Atractylodis Macrocephalae 11.1 AA
huáng qí (黄芪), Radix Astragali 11.1 AA
fú líng (茯苓), Poria 7.8 FC
rén shēn (人参), Radix Ginseng 5.6 AA
dōng chóng xià cǎo (冬虫夏草), Cordyceps 5.6 AC
**GE JIE DA BU WAN**

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

<table>
<thead>
<tr>
<th>Ingredient (Chinese)</th>
<th>English Translation</th>
<th>Quantity</th>
<th>Grade</th>
</tr>
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<td>Radix Rehmanniae Praep.</td>
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<td>Rhizoma Polygonati</td>
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<td>AA</td>
</tr>
<tr>
<td>shān yào (山药)</td>
<td>Rhizoma Dioscoreae</td>
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<tr>
<td>nǚ zhēn zǐ (女贞子)</td>
<td>Fructus Ligustri Lucidi</td>
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<tr>
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<td>Radix Morindae Officinalis</td>
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</tr>
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<td>dāng shēn (党参)</td>
<td>Radix Codonopsis</td>
<td>4.3</td>
<td>AA</td>
</tr>
<tr>
<td>dù zhòng (杜仲)</td>
<td>Cortex Eucommiae</td>
<td>4.3</td>
<td>AC</td>
</tr>
<tr>
<td>huāng qí (黄芪)</td>
<td>Radix Astragali</td>
<td>4.3</td>
<td>AA</td>
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<tr>
<td>fú líng (茯苓)</td>
<td>Poria</td>
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<td>xù duàn (续断)</td>
<td>Radix Dipsaci</td>
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<td>gōu jǐ (狗脊)</td>
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<tr>
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<td>Fructus Chaenomelis</td>
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<tr>
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<td>Fructus Lycii</td>
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<tr>
<td>gǔ suī bǔ (骨碎补)</td>
<td>Rhizoma Drynariae</td>
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</tr>
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<td>dāng guì (当归)</td>
<td>Radix Angelicae Sinensis</td>
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<td>AB</td>
</tr>
<tr>
<td>gān cǎo (甘草)</td>
<td>Radix Glycyrrhizae</td>
<td>2.8</td>
<td>AA</td>
</tr>
</tbody>
</table>
GE JIE BU SHEN WAN / GE JIE DA BU WAN

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

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

EPIMEDIUM 8

Seven Forests

- *yín yáng huò* (淫羊藿), Herba Epimedii 18 % AC
- *shū dì huáng* (熟地黄), Radix Rehmanniae Praep. 18 AB
- *shān yào* (山药), Rhizoma Dioscoreae 15 AA
- *bū gū zhǐ* (补骨脂), Fructus Psoraleae 14 AC
- *tù sī zǐ* (菟丝子), Semen Cuscutae 14 AC
- *fū zǐ* (附子), Radix Aconiti Lateralis Praeparata 9 E
- *mài měn dōng* (麦门冬), Radix Ophiopogonis 9 AD
- *chén pí* (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

18A. COMBINATION TONICS

Classical Formulas:
✓ Huan Shao Dan  
   Shi Quan Da Bu Tang

Modern Formulas:
Ren Shen Bu Wan (Ginseng Tonic Pills)  
Ren Shen Lu Rong Wan (Ginseng Antler Pills)

✓ 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”)

- *dà zǎo* (大枣), Fructus Jujubae 9.1 % AA
- *shú di huáng* (熟地黃), Radix Rehmanniae Praep. 9.1 AB
- *fú líng* (茯苓), Poria 9.1 FC
- *shān yào* (山药), Rhizoma Dioscoreae 9.1 AA
- *bā jì tiān* (巴戟天), Radix Morindaes Officinalis 6.1 AC
- *dù zhòng* (杜仲), Cortex Eucommiae 6.1 AC
- *gǒu qǐ zǐ* (枸杞子), Fructus Lycii 6.1 AB
- *huái niú xiī* (怀牛膝), Radix Achyranthis Bidentatae 6.1 K
- *huáng jīng* (黄精), Rhizoma Polygonati 6.1 AA
- *shān zhǔ yú* (山茱萸), Fructus Corni 6.1 L
- *wǔ wèi zǐ* (五味子), Fructus Schisandrae 6.1 L
- *xiǎo huì xiāng* (小茴香), Fructus Foeniculi 6.1 E
- *zhī shí* (枳实), Fructus Aurantii Immaturus 6.1 G
- *yuān zhì* (远志), Radix Polygalae 6.1 N
- *shí chāng pǔ* (石菖蒲), Rhizoma Acori Tatarinowii 3.0 M
HUAN SHAO DAN

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

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

ANTLER 8
Seven Forests

Ingredients:

- **lù róng** (鹿茸), Cornu Cervi Pantotrichum 50 % AC
- **dān shēn** (丹参), Radix/Rhizoma Salviae Miltiorrhizae 10 K
- **shú dì huáng** (熟地黄), Radix Rehmanniae Praep. 10 AB
- **huáng jīng** (黄精), Rhizoma Polygonati 9 AA
- **rén shēn** (人参), Radix Ginseng 9 AA
- **dāng guī** (当归), Radix Angelicae Sinensis 8 AB
- **yì zhì rén** (益智仁), Fructus Alpiniae Oxyphyllae 2 E
- **shā rén** (砂仁), Fructus Amomi 2 FB
EMPEROR’S LONGEVITY FORMULA
Dr Jake Fratkin’s Herbal Formulas

Ingredients:

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

GINSENG ENDURANCE FORMULA
Golden Flower

Ingredients:

- huáng qí (黄芪), Radix Astragali 18 % AA
- wǔ jiā shēn (五加参), Radix Acanthopanacis 16 AA
- hóng jīng tiān (红景天), Radix/Rhizoma Rhodiolae 15 AA
- rén shēn (人参), Radix Ginseng 9 AA
- dāng guì (当归), Radix Angelicae Sinensis 8 AB
- wǔ wèi zǐ (五味子), Fructus Schisandraceae 7 L
- bái zhú (白术), Rhizoma Atractyloides Macrocephalae 7 AA
- lǐng zhī (灵芝), Ganoderma 7 AA
- fú líng (茯苓), Poria 5 FC
- gān cāo (甘草), Radix Glycyrrhizae 4 AA
- dōng chóng xià cǎo (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  
  liù wèi dì huáng wán (六味地黄丸)
- √ Zuo Gui Wan  
  zuǒ guī wán (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 Ėr 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* (金匮肾⽓丸), “Golden Cabinet Kidney Qi Pill”

**Author:** Zhāng Zhòng-Jǐng (张仲景)

**Source:** *Jīn Guì Yào Lüè* (⾦匮要略), 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”)

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

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

**Author:** Zhāng Jiè-Bīn (张介宾) aka Zhāng Jīng-Yù (张景岳)

**Source:** Jing 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”)

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

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

- shú dì huáng (熟地黄), Radix Rehmanniae Praep. 20 % AB
- fú líng (茯苓), Poria 16 FC
- shān zhū yú (山茱萸), Fructus Corni 15 L
- gōu qí zi (枸杞子), Fructus Lycii 15 AB
- shān yào (山药), Rhizoma Dioscoreae 15 AA
- tù sī zi (菟丝子), Semen Cuscutae 10 AC
- huái niú xī (怀牛膝), Radix Achyranthis Bidentatae 8 K
HEART TONICS
(Chapter 9. DISTURBED SHEN)

Classical formulas:
- Bai Zi Yang Xin Tang  
- Gan Mai Da Zao Tang  
- Gui Pi Tang  
- Suan Zao Ren Tang  
- Tian Wang Bu Xin Dan  
- Zhi Gan Cao Tang  

Modern Formulas:
- An Mian Pian  
- An Mian Wan  
- An Shen Bu Xin Wan  
- An Shui Wan  
- Bu Nao Wan  
- Jian Nao Wan  

Heart Arrythmia
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”)

- *rén shēn* (人参), Radix Ginseng 9.7 % AA
- *bái zhú* (白术), Rhizoma Atractyloides Macrocephalae 9.7 AA
- *fū líng* (茯苓), Poria 9.7 FC
- *suān zǎo rěn* (酸枣仁), Semen Ziziphi Spinosae 9.7 N
- *lóng yǎn ròu* (龙眼肉), Arillus Longan 9.7 AB
- *huáng qí* (黄芪), Radix Astragali 9.7 AA
- *dāng guī* (当归), Radix Angelicae Sinensis 9.7 AB
- *yuán zhī* (远志), Radix Polygalae 9.7 N
- *shēng jiāng* (生姜), Rhizoma Zingiberis Recens 6.5 BA
- *dà zǎo* (大枣), Fructus Jujubae 6.5 AA
- *mù xiāng* (木香), Radix Aucklandiae 4.7 G
- *zhì gàn cǎo* (炙甘草), Radix Glycyrrhiza 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-Yòu (洪九有)

**Source:**  Shè Shēng Mí 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 Li-Zhāi (薛立斋)

**Source:**  Jiào Zhù Fù Rén Liáng Fāng (校注妇人良方), mid-16th 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”)

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

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<td>Ginseng <em>Ren Shen</em></td>
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<td>AA</td>
<td>Glycyrrhiza <em>Zhi Gan Cao</em></td>
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<td>AB</td>
<td>Equus Asinum <em>E Jiao</em></td>
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<td>DA</td>
<td>Anemarrhena <em>Zhi Mu</em></td>
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<td>DB</td>
<td>Phellodendron <em>Huang Bai</em></td>
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<td>Rehmannia <em>Sheng Di Huang</em></td>
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<td>Carthamus <em>Hong Hua</em></td>
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<td>Persica <em>Tao Ren</em></td>
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<td>K</td>
<td>Salvia <em>Dan Shen</em></td>
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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 (永类钤方), 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”)

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<tr>
<th>Ingredient</th>
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<th>Grade</th>
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<td>huāng qí (黄芪), Radix Astragali</td>
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<td>shú dì huáng (熟地黄), Radix Rehmanniae Praep.</td>
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<td>AB</td>
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<td>sāng bái pí (桑白皮), Cortex Mori</td>
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<td>zǐ wăn (紫菀), Radix/Rhizoma Asteris</td>
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<td>míng dāng shēn (明党参), Radix Changii</td>
<td>8.0</td>
<td>CB</td>
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<td>wǔ wèi zī (五味子), Fructus Schisandrae</td>
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<td>rén shēn (人参), Radix Ginseng</td>
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BAI HE GU JIN TANG

Formula: bái 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 Shēn-Zhāi (周慎斋)

Source: Shēn 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”)

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

**Formula:** shēng mái sān (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”)

- rén shēn (人参), Radix Ginseng 37.5 % AA
- mài mén dōng (麦门冬), Radix Ophiopogonis 37.5 AD
- wū wèi zǐ (五味子), Fructus Schisandrae 25.0 L

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

- dăng shēn (党参), Radix Codonopsis 50.2 % AA
- mài mén dōng (麦门冬), Radix Ophiopogonis 33.3 AD
- wū wèi zǐ (五味子), Fructus Schisandrae 16.5 L

Chapter 18B. SINGLE HERB TONICS

1. Ci Wu Jia (Siberian Ginseng) cì wū jiā (刺五加), Radix Acanthopanacis
2. Dong Chong Xia Cao (Cordyceps) dòng chóng xià cāo (冬虫夏草), Cordyceps
3. Ling Zhi (Ganoderma) líng zhī (灵芝), Ganoderma
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

DR. JAKE FRATKIN’S HERBAL FORMULAS, BOOKS, WEBINARS, DVDS
See: www.drjakefratkin.com/store/our-products/

ESSENTIAL Chinese Formulas
225 CLASSICAL & MODERN PRESCRIPTIONS ORGANIZED BY CLINICAL CATEGORY

Jake Paul Fratkin
The presenter:

Books by Jake Paul Fratkin:


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


A collection of various articles on TCM can be found at:
http://drjakefratkin.com/articles
## CODE LETTERS OF HERBAL COMPANIES

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<tr>
<th>Code</th>
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<td>BP</td>
<td>Blue Poppy</td>
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<tr>
<td>CC</td>
<td>Chinese Classics</td>
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<tr>
<td>CMS</td>
<td>Chinese Modular Solutions (Kn)</td>
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<td>DrJ</td>
<td>Dr. Jake Fratkin’s Herbal Formulas</td>
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<tr>
<td>EG</td>
<td>“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.</td>
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<td>Guang Ci Tang (Active Herb)</td>
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<td>GF</td>
<td>Golden Flower</td>
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<td>HT</td>
<td>Herbal Times (Nuherbs)</td>
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<td>Kan Herbals and Traditionals</td>
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<td>Kaiser Pharmaceutical (Taiwan)</td>
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<td>Minshan (China)</td>
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<td>PF</td>
<td>Plum Flower (Mayway)</td>
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<td>Patent Medicine (various manufacturers, China)</td>
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<td>Panacea</td>
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<td>Seven Forest (Institute of Traditional Medicine)</td>
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### CODE LETTERS FOR THE HERBAL CATEGORIES

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