



The Three Treasures[®], Women's Treasure[®] and Little Treasures[®]

A handbook of the formulae created and
adapted from Traditional Chinese Medicine

CREATED BY GIOVANNI MACIOCIA[®]



Su Wen Press
www.three-treasures.com



Giovanni Maciocia® is an acupuncturist and medical herbalist who has been practising since 1973. He studied acupuncture at the International College of Oriental Medicine in England and at the Nanjing College of Traditional Chinese Medicine in China. A respected author and lecturer, he has skilfully adapted the traditional disciplines of Chinese medicine and greatly increased its profile in the West. Students and patients in Europe and America have benefited from his knowledge and clinical experience. The *Three Treasures*, *Women's Treasure* and *Little Treasures* are the culmination of his wide research and practice.

Giovanni Maciocia® is also the author of eight other books which have contributed greatly to the diffusion of Traditional Chinese Medicine in the West:

- Tongue Diagnosis in Chinese Medicine (1987), rev. (1995)
- The Foundations of Chinese Medicine (1989), rev. (2005)
- The Practice of Chinese Medicine (1994), rev. (2007)
- Obstetrics & Gynaecology in Chinese Medicine (1998)
- Diagnosis in Chinese Medicine (2003)
- The Channels of Acupuncture (2006)
- The Psyche in Chinese Medicine (2009)
- Clinical Pearls (2014)

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Foreword

This book has been compiled by Giovanni Maciocia® and its formulae are based on classical Chinese ones as well as the author's own experience. The book includes formulae aimed at treating various internal medical conditions, gynaecological conditions, some ophthalmological and dermatological conditions, as well as the side effects of chemotherapy and radiotherapy.

In his many years of clinical practice, Giovanni Maciocia® has flexibly applied the theory of Chinese medicine to the treatment of diseases in the West: he has adapted classical Chinese herbal formulae to fit clinical conditions in the West and he has devised new formulae to treat conditions that are not prevalent in China.

Good results have been achieved and such formulae have been well received by his patients. The book is intended to be a reference text for practitioners to help them understand Chinese herbal formulae and to assist their skill in selecting the right formula on the basis of identification of patterns.

This book and the formulae devised by Giovanni Maciocia® are to be welcomed as a significant contribution to the development and creative adaptation of Chinese medicine to Western conditions.

Professor Zhou Zhong Ying

**FORMER PRESIDENT, NANJING COLLEGE OF TRADITIONAL CHINESE MEDICINE
NANJING, JANUARY 1995**

The Three Treasures® Formulae

CLASSICAL FORMULAE FOR THE MODERN WORLD

Heaven has three Treasures: The Sun, the Moon and the Stars. Earth possesses three Treasures: Water, Fire and Soil. A human being is enlightened by three Treasures: Jing, Qi and Shen. Wise application of these Treasures liberates us to Eternity.

- Arouse Power** – Tonify Kidney-Yang and Heart-Qi, calm the Mind
- Bend Bamboo** – Nourish Liver-Blood and subdue Liver-Yang
- Benefit the Sinews** – Invigorate Blood, resolve Phlegm, expel Wind-Dampness, dry Dampness
- Break into a Smile** – Move Liver-Qi, tonify Spleen-Qi
- Breaking Clouds** – Tonify Spleen-Qi, move Qi
- Brighten the Eyes** – Nourish Liver-Blood and Kidney-Yin, benefit the eyes
- Bright Spirit** – Move Liver- and Heart-Qi, calm the Mind, resolve Phlegm
- Brocade Sinews** – Expel Wind-Damp, nourish Liver-Blood
- Buddha's Hand** – Moves Qi in the Middle Burner, resolves Dampness
- Calm the Shen** – Tonify Spleen-Qi and Heart-Blood, calm the Mind
- Central Mansion** – Tonify Spleen- and Stomach-Qi and -Yin, resolve Dampness
- Chemo-Support** – Tonify Qi, nourish Yin and cool Blood
- Children's Herbal Sentinel** – Tonify Qi, raise immunity and strengthen digestion
- Clear Channels** – Resolve Damp-Heat from joints
- Clear Lustre** – Clear Heat, resolve Dampness, expel Wind
- Clear Metal** – Clear Lung- and Stomach-Heat, clear Heat at Qi or Ying level
- Clear Qi** – Descend Lung-Qi, stop wheezing
- Clear the Root** – Drain Damp-Heat, tonify Qi, nourish Yin
- Clear the Soul** – Clear Phlegm-Heat, relax the chest
- Clear Yang** – Subdue Liver-Yang, extinguish Liver-Wind, resolve Phlegm
- Drain Fields** – Resolve Dampness
- Drain Fire** – Clear Liver- and Heart-Fire, resolve Damp-Heat, calm the Mind
- Ease the Muscles** – Clear Damp-Heat, harmonize the Centre
- Expel Toxic Heat** – Resolve Toxic Heat from the three Burners
- Expel Wind-Cold** – Release the Exterior, expel Wind-Cold
- Expel Wind-Heat** – Release the Exterior, expel Wind-Heat
- Freeing the Sun** – Pacify the Liver, move Qi, clear Liver-Heat, calm the Mind

- Glorious Sea** – Nourish Liver-Blood, resolve Dampness, cool Blood Heat and benefit the skin
- Harmonize the Centre** – Tonify Qi and Yin of Stomach and Spleen, resolve Phlegm
- Herbal Sentinel – Yang** – Tonify Lung-, Spleen- and Wei-Qi
- Herbal Sentinel – Yin** – Tonify Lung- and Wei-Qi, nourish Yin
- Invigorate the Root** – Expel Wind-Dampness, tonify Kidney-Yang
- Jade Screen** – Expel Wind, tonify Qi and benefit the nose
- Jade Spring** – Nourish Stomach-, Spleen- and Lung-Yin
- Limpid Sea** – Dry Dampness, resolve Phlegm
- Nourish the Root** – Nourish Kidney-Yin and Jing
- Nourish the Root and Clear Wind** – Expel Wind-Damp, nourish Kidney- and Liver-Yin
- Nourish the Soul** – Nourish Liver-, Kidney- and Heart-Yin, calm the Mind
- Open the Heart** – Move and regulate Qi in the chest, calm the Mind
- Peaceful Sunset** – Drain Liver-Fire, resolve Phlegm, invigorate Blood
- Prosperous Earth** – Tonify Spleen-Qi
- Radio-Support** – Tonify Qi, nourish Blood and Yin, move and cool Blood
- Red Stirring** – Move Qi- and Blood-stasis in the chest, calm the Mind
- Release Constraint** – Eliminate Qi stagnation, calm the Mind and lift the mood
- Root the Spirit** – Nourish Liver-Blood and Liver-Yin, calm the Mind
- Searching Soul** – Tonify Kidney-Yang, nourish Liver-Blood, strengthen Will-Power
- Separate Clear and Turbid** – Resolve Dampness, promote urination, tonify Qi
- Settling the Soul** – Drain Fire, open the Mind's orifices, calm the Mind
- Smooth Passage** – Tonify Spleen-Qi and regulate the Liver
- Soothe the Centre** – Strengthen Spleen-Qi and Stomach-Yin, resolve Dampness, move Qi
- Soothe the Shen** – Tonify Qi and Yin of Heart, Lungs and Liver, calm the Mind, lift mood
- Strengthen the Root** – Strengthen Kidney-Yang, Blood and Jing
- Tonify Qi and Ease the Muscles** – Tonify Qi, raise the Yang and resolve Dampness
- Water Passages** – Resolve Dampness and clear Heat from Bladder, tonify the Kidneys
- Welcome Fragrance** – Open the nose, clear Damp Heat, expel Wind

NOTE: Please note that the manual uses the pharmacological names of the herbs e.g. *Radix Rehmanniae* which is the correct method for medicinal herbs. The pharmacological names used are in line with Bensky D., & Stöger E. (2004) *Materia Medica* (3rd edition), Eastland Press, Seattle. The Latin names used on the labels may differ from country to country.

Introduction to the Three Treasures®

The *Three Treasures*® remedies can be classified into the following categories:

- Nourishing
- Nourishing and Clearing
- Clearing
- Calming the Mind
- Releasing the Exterior

It is important to understand whether a remedy tonifies the body's Qi, resolves pathogenic factors or does both. It is only by understanding this classification that we can make a rational choice of a remedy.

Nourishing remedies are chosen in Empty conditions; clearing remedies are chosen in Full conditions with pathogenic factors; nourishing and clearing remedies are selected when there is a combination of a Full and an Empty condition.

Within each category, each formula addresses the disharmony of a specific organ. However, the innovative aspect of the *Three Treasures*® line of products is that, rather than being generic formulae (with the exception of the two formulae treating side-effects of chemotherapy and radiotherapy), each one addresses a specific and clinically common condition within a particular organ's sphere. For example, there is no generic formula to nourish Qi and Blood (e.g. *Ba Zhen Tang Eight Precious Pill*), but there are specific formulae which affect Liver-Blood either by nourishing it or by combining its nourishing with some elimination for specific clinical situations.

These are:

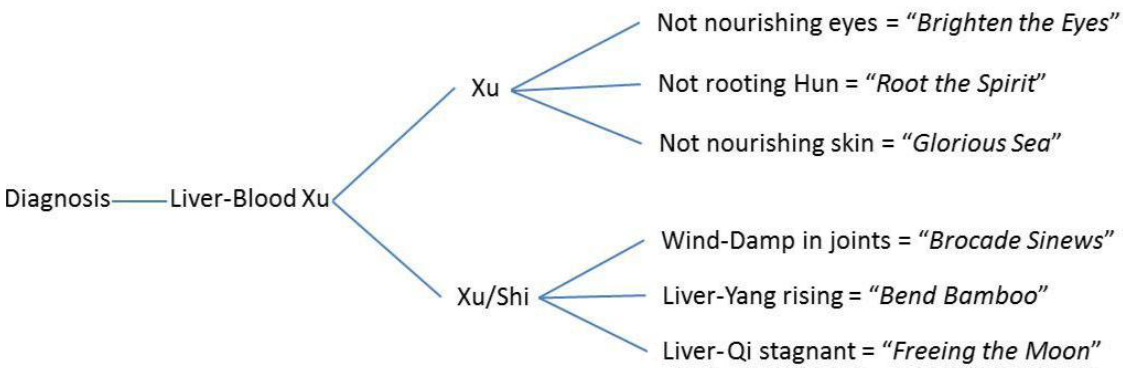
- Liver-Blood deficiency giving rise to Liver-Yang rising headaches (***Bend Bamboo***™)
- Deficient Liver-Blood not nourishing the eyes (***Brighten the Eyes***™)
- Deficient Liver-Blood not nourishing the sinews (***Brocade Sinews***™)
- Liver-Blood deficiency associated with Liver-Qi stagnation (***Freeing the Moon***®)
- Liver-Blood deficiency in chronic skin diseases (***Glorious Sea***™)
- Liver-Blood deficiency leading to insomnia (***Root the Spirit and Nourish the Soul***™)
- Liver-Blood deficiency resulting from radiotherapy (***Radio-Support***™).

Thus, the clinical application process for the *Three Treasures*® line is somewhat different from that for generic tonic formulae. It relies on the practitioner's making a fundamental differentiation between the need to tonify only, the need to clear only, or the need to tonify and clear simultaneously. We can represent the different diagnostic processes that lead to the choice of a formula (in this example for Liver-Blood deficiency) with Figures 1 and 2:

Figure 1.



Figure 2.

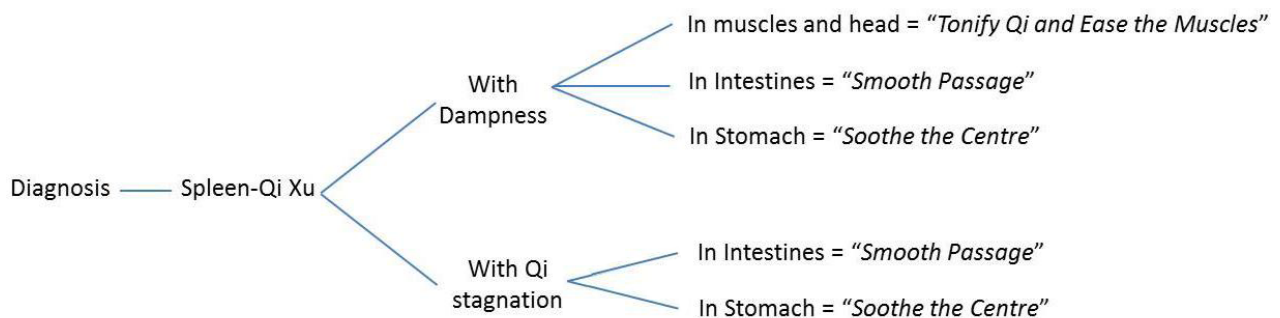


Similarly, Spleen-Qi deficiency hardly ever occurs on its own in chronic conditions as it is more frequently accompanied by Dampness, Damp-Heat or Qi Stagnation. Two more diagrams can illustrate the difference between a generic formula to tonify Spleen-Qi and the various *Three Treasures*® formulae to tonify Spleen-Qi. See Figures 3 and 4:

Figure 3.



Figure 4.



Overview of the Three Treasures® Formulae by Category

The following is a brief overview of each formula. For more detailed information and the clinical application of each, please consult the website www.three-treasures.com. Although each formula is intended for quite specific clinical situations (e.g. *Tonify Qi and Ease the Muscles* for chronic fatigue syndrome with Dampness in the muscles and Qi deficiency), its use need not be limited to those situations. In fact, each formula can be used for a very wide variety of conditions provided that they match the patterns envisaged for it.

Moreover, a mental-emotional pattern is provided for each formula. Provided the diagnosis of the prevailing pattern or patterns is correct, the treatment of specific clinical conditions is not contrary to the treatment of the whole person. For example, the formula *Welcome Fragrance*, which is designed for chronic sinusitis, can also be used to open the mind's orifices, helping the patient to discriminate between issues and to attain clarity of thought.

To facilitate the diagnosis and the correct choice of formula I have included at least one tongue picture for most formulae. It should be stressed that these photographs show only the most typical tongue conditions corresponding to the relevant formula, but they are by no means the only ones. In other words, if a patient's tongue does not look exactly as the photograph in this book, it does not necessarily mean that that particular formula is not applicable to that patient.

The following is an explanation of each formula by category:

Nourishing

The nourishing formulae tonify the vital substances of Qi, Yang, Blood or Yin and strengthen resistance to disease.

Nourish the Root™ is a variation of *Zuo Gui Wan Restoring the Left [Kidney] Pill*, a prescription to nourish Kidney-Yin. This was chosen as the main formula to nourish Kidney-Yin as, on the basis of clinical experience, it is better suited to Western patients than the more famous *Liu Wei Di Huang Wan Six-Ingredient Rehmannia Pill*.

Strengthen the Root™ is a variation of the *You Gui Wan Restoring the Right [Kidney] Pill*, a prescription to tonify Kidney-Yang. This was chosen in preference to *Jin Gui Shen Qi Wan Golden Chest Kidney-Qi Pill* as it provides a broader therapeutic range.

The two **Herbal Sentinel** formulae are designed to tonify the vital force and strengthen the immune system, thus raising resistance to disease. **Herbal Sentinel-Yang™** tonifies Yang and **Herbal Sentinel-Yin™** nourishes Yin. They are designed respectively for people of Yang or Yin constitution respectively.

The **Children's Herbal Sentinel™** remedy performs the same functions as the above but is specifically adapted for children, bearing in mind their unique physiological and pathological characteristics.

The formula **Brighten the Eyes™** is for a wide range of eye problems stemming from a deficiency of Liver-Blood and Kidneys; this is the most common pattern at the root of chronic eye problems in practice. With the appropriate pattern presentation, it may also be used for other symptoms centred on the head such as dizziness or headaches.

The remedy **Glorious Sea™** moistens and improves the lustre and texture of the skin for those who suffer from a deficiency of Liver-Blood and Kidneys. Again, this is the most common pathological background of chronic skin diseases. However, the formula can also be used in the absence of actual skin diseases to improve the skin: while on the one hand it increases the natural fluids in the skin, on the other it also removes excessive mucus from the skin.

The formula **Jade Spring™** nourishes Stomach, Spleen and Lung-Yin and is a variation of Sha Shen Mai Dong Tang "*Glehnia-Ophiopogon Decoction*". The condition of Stomach-Yin deficiency is quite common in Western clinical practice and is caused by irregular diet over many years. In particular, it is due to eating late at night, eating in a hurry or on the run, discussing business while eating, skipping meals, going straight back to work after eating, etc. The tongue shows this condition very clearly, being dry, without coating (or with rootless coating) in the centre, and with a midline or scattered Stomach cracks. Please note that "Spring" in the name of this remedy refers to a water spring rather than the season of Spring.

Arouse Power™ tonifies the Kidneys and harmonizes the Heart. It is a new formula designed specifically to harmonize Heart and Kidneys for sexual problems.

Breaking Clouds™ is a variation of Bu Zhong Yi Qi Tang *Tonifying the Centre and Benefitting Qi Decoction*. While it tonifies and raises Qi, it is designed to raise mood in depression.

The remedy **Brocade Sinews™** nourishes Liver-Blood and benefits the sinews so that it can be used for musculoskeletal problems deriving from Liver-Blood deficiency.

The formula **Central Mansion™** is a variation of Shen Ling Bai Zhu San *Ginseng-Poria-Atractylodes Powder* that tonifies Qi and Yin of Stomach and Spleen and resolves Dampness.

Harmonize the Centre™ is another variation of Shen Ling Bai Zhu San *Ginseng-Poria-Atractylodes Powder* that tonifies Qi and Yin of Stomach and Spleen and resolves Dampness but it also invigorates Blood and can treat Type II diabetes.

Prosperous Earth™ is a variation of Liu Jun Zi Tang *Six Gentlemen Decoction* that tonifies Spleen-Qi.

Nourishing and Clearing

The formulae in the nourishing and clearing category are designed to address some of the most common conditions encountered in clinical practice. The overwhelming majority of cases present a complex condition in which the body's Qi is deficient and a pathogenic factor obstructs the normal functioning of Qi and Blood and the flow of Qi in the channels.

In the early stages of a pathology, the condition of the patient is usually characterized by fullness of a pathogenic factor. If this factor is not expelled, it will obstruct the proper movement and transformation of Qi, eventually leading to a deficiency. As the pathogenic factor is still retained, the condition is characterized by both Fullness (of a pathogenic factor) and Emptiness (of the body's Qi).

This often starts a vicious cycle whereby the pathogenic factor continues to obstruct the movement and transformation of Qi, thus leading to a deficiency of the body's Qi, while this in turn contributes to the accumulation of the pathogenic factor; for example, Dampness obstructs the Spleen and this induces a deficiency of Spleen-Qi, which then leads to the formation of more Dampness.

How should we choose when to tonify/nourish only and when to nourish and clear simultaneously? Apart from the symptoms, the pulse and tongue are important gauges as to when to tonify and when to nourish and clear at the same time. If the pulse is predominantly deficient (such as weak, empty, fine, choppy, or minute) and the tongue does not have a thick coating (or has no coating at all), then it is probably advisable to tonify. If the pulse is of the full type (e.g. full, wiry, slippery, overflowing, tight) and the tongue is swollen and has a thick coating, it is probably advisable to clear pathogenic factors.

If the pulse is of the deficient type (e.g. fine) but also has a quality which indicates the presence of a pathogenic factor (e.g. slippery), it is probably advisable to tonify the body's Qi and clear the pathogenic factors simultaneously. Similarly, if the tongue shows some deficiency (e.g. pale), but is swollen and has a thick coating, to tonify and clear at the same time is desirable.

From the point of view of Western medicine, many of these formulae address complex Full/Empty patterns appearing in conditions such as chronic fatigue syndrome, chronic arthritis and migraine:

Bend Bamboo™ is a formula created to nourish Liver-Blood and simultaneously to subdue Liver-Yang rising. The condition of deficient Liver-Blood leading to the rising of Liver-Yang (with resulting headaches, migraine, dizziness, etc.) is extremely common in practice (especially in women) and one which is not addressed by existing patent remedies.

Clear the Roof™ is a formula aimed at treating chronic prostate problems such as prostatitis or prostatic hypertrophy. Its therapeutic aim is achieved by tonifying Qi, nourishing the Kidneys, draining Dampness, moving Blood, softening hardness, separating the clear from the turbid, and resolving Toxic Heat.

Freeing the Sun™ is a variation of the classic formula *Dan Zhi Xiao Yao San Moutan-Gardenia Free and Easy Wanderer Powder* which clears Liver-Heat deriving from Liver-Qi stagnation.

Invigorate the Root™ is a variation of the classic prescription *Du Huo Ji Sheng Tang Angelica pubescens-Loranthus Decoction* which tonifies Kidney-Yang and expels Wind-Dampness. *Invigorate the Root* treats chronic Bi syndrome from Kidney-Yang deficiency and Wind-Dampness in the joints.

Jade Screen™ is a formula specifically designed to treat the manifestations of allergic rhinitis. Although this formula contains the classical *Yu Ping Feng San Jade Windscreen Powder*, its main emphasis is not to tonify but to expel Wind and restore the diffusing of Lung-Qi to stop sneezing and nasal discharge. Apart from the herbs which expel Wind and target the nose, three herbs are included for their anti-allergy effect: *Dan Shen Radix Salviae miltiorrhizae*, *Wu Wei Zi Fructus Schisandrae* and *Wu Mei Fructus Mume*.

Nourish the Root and Clear Wind™ is another new formula created to address the common clinical situation of chronic retention of Wind and Dampness in the joints against a background of Kidney-Yin deficiency. The principle behind this formula is the same as that for *Brocade Sinews™* except that the condition addressed here is a deficiency of Kidney-Yin rather than Liver-Blood or Liver-Yin. This formula is especially suitable for chronic rheumatic problems in the elderly.

Smooth Passage™ is a new formula aimed at treating the so-called irritable bowel syndrome when it is caused by a disharmony of Spleen and Liver. Its main therapeutic aim is to tonify and move Qi and resolve Dampness in the Intestines.

Soothe the Centre™ is a variation of *Xiang Sha Liu Jun Zi Tang Aucklandia-Amomum Six Gentlemen Decoction*. The formula aims at dealing with one of the most common clinical conditions, i.e. deficiency of Spleen and Stomach Qi, some Stomach-Yin deficiency, retention of Dampness in the Middle Burner, and some stagnation of Qi.

Tonify Qi and Ease the Muscles™ is a variation of the ancient formula *Bu Zhong Yi Qi Tang Tonifying the Centre and Benefitting Qi Decoction*. This formula has been modified primarily to address the condition of Dampness that is seen so frequently in these cases.

Water Passages™ is a variation of the classic prescription *Zhi Bai Di Huang Wan Anemarrhena-Phellodendron-Rehmannia Pill* that nourishes Kidney-Yin and resolves Dampness from the Lower Burner. *Water Passages* treats chronic urinary infections occurring against as background of Kidney deficiency.

Clearing

The clearing formulae are used when the patient's condition is characterized primarily by the presence of a pathogenic factor. Even though there may be some deficiency, we may sometimes concentrate our attention on clearing pathogenic factors before tonifying the body's Qi; with herbal medicine (as opposed to acupuncture) this is often especially desirable.

Benefit the Sinews™ is a new remedy for chronic Bi syndrome with Dampness, Phlegm and Blood stasis.

Buddha's Hand™ is a formula that moves Qi in the Middle Burner, subdues rebellious Stomach-Qi and resolves Dampness.

Break into a Smile™ is a variation of the classic prescription Chai Hu Shu Gan Tang *Bupleurum Soothing the Liver Decoction* which moves Liver-Qi and eliminates stagnation.

Bright Spirit™ is a new remedy aimed at moving Qi and resolving Phlegm in the chest to alleviate emotional problems deriving from worry, sadness, grief or pensiveness.

Clear Channels™ is a new remedy for chronic Bi syndrome with Damp-Heat: this manifests with swelling, pain and redness of the small joints.

Clear Lustre™ is another new formula aimed at treating a wide range of skin problems. It cools Blood, resolves Dampness, expels Wind and clears Heat from the skin; the combination of these actions makes it suitable for different skin problems such as eczema, dermatitis, rosacea and acne.

Clear Qi™ is a variation of the classic prescription Su Zi Jiang Qi Tang *Perilla Making Qi Descend Decoction* to make Qi descend in chronic asthma.

Clear Yang™ is a variation of the classic prescription Ban Xia Bai Zhu Tian Ma Tang *Pinellia-Atractylodes-Gastrodia Decoction* which extinguishes Wind, resolves Phlegm and subdues Yang. *Clear Yang™* is aimed at treating chronic headaches and dizziness in the elderly deriving from a combination of Phlegm and Liver-Yang rising.

Drain Fields™ is a variation of Huo Po Xia Ling Tang *Agastache-Magnolia-Pinellia-Poria Decoction* which is used in exactly the same way as *Ease the Muscles™*, to which it may be preferred when there is Dampness without Heat.

Ease the Muscles™ is a well-tested variation of Lian Po Yin *Coptis-Magnolia Decoction*. This formula is extremely effective in eliminating Damp-Heat in chronic fatigue syndrome. It can be used in all cases when the condition is predominantly characterized by retention of Damp-Heat. The tiredness and exhaustion experienced by patients with chronic fatigue syndrome should not lead us to tonify automatically: if the tongue has a thick, sticky, yellow coating, the pulse is predominantly slippery and full, and the symptoms indicate pronounced retention of Damp-Heat (manifesting mainly as pronounced muscle ache), it is then safe to eliminate Damp-Heat before tonifying the body's Qi.

Ease the Muscles™ formula is ideally suited to do this, as it is aimed at resolving Dampness and clearing Heat from the muscles (muscle ache with feeling of heaviness), from the head (muzziness of the brain and impaired thinking) and from the Stomach and Spleen (epigastric fullness, nausea, thirst, sticky-bitter taste, poor appetite).

Expel Toxic Heat™ is a new remedy specifically aimed at treating Toxic Heat. Toxic Heat is a type of Heat that is particularly strong and it manifests with pain, swelling, redness and often pus. Swollen and purulent tonsils are an example of Toxic Heat and so are pustules.

Peaceful Sunset™ is a new formula aimed at clearing Liver-Fire, cooling and moving Blood, subduing Wind and resolving Phlegm-Heat. This remedy is specific for elderly people with symptoms of Liver-Fire, Blood Heat and stasis, internal Wind and Phlegm. This combination of factors is common in old people because there is a pathological interaction between Phlegm and stasis of Blood. Also, in old people, Phlegm-Heat is often associated with Liver-Fire and Liver-Wind, with the rising Fire and Wind carrying Phlegm with them. The tongue and pulse pictures of this condition are very typical: the tongue reddish-purple, swollen with a dry-sticky yellow coating, and the pulse full, slippery and wiry.

Red Stirring™ is a variation of the classic prescription Xue Fu Zhu Yu Tang *Blood-Mansion Eliminating Stasis Decoction* which moves Blood and eliminates stasis in the chest.

Separate Clear and Turbid™ is a variation of Bi Xie Fen Qing Yin *Dioscorea Separating the Clear Decoction*. Chronic "cystitis" is a very common occurrence in women. In very many cases, the main symptoms are frequent and urgent urination and discomfort which often occurs after micturition. Very often there is no pronounced burning on urination and urine culture does not show any bacterial infection. In most cases the urinary symptoms are due to deficient and sinking Spleen-Or and/or Kidney-Qi mimicking the symptoms of cystitis, although it is not true cystitis. This formula is a well-tested variation of Bi Xie Fen Qing Tang devised to address this situation.

Welcome Fragrance™ is a new formula which is aimed at treating chronic sinusitis, an extremely common condition in Western patients. The formula resolves Damp-Heat and Toxic Heat, expels Wind from the nose and sinuses and also tonifies Qi.

Calming the Mind

Calm the Shen™ is a variation of Gui Pi Tang *Tonifying the Spleen Decoction* which is used for anxiety and insomnia deriving from Blood deficiency.

Clear the Soul™ is a variation of Wen Dan Tang *Warming the Gall-Bladder Decoction*. This formula is aimed at treating emotional tension and anxiety occurring against a background of Phlegm obstructing the chest and therefore the Lungs and Heart. The key features of this formula, which has been proved to be clinically very effective, are emotional tension deriving from worry, grief or sadness affecting Lungs and Heart and causing a feeling of oppression of the chest, a swollen tongue with a stomach crack in the centre and a thick-sticky yellow coating, and a slippery pulse in the middle positions.

Nourish the Soul™ is a variation of the classic prescription Suan Zao Ren Tang *Ziziphus Decoction* that nourishes Liver- Yin and calms the Mind. *Nourish the Soul* treats anxiety and insomnia deriving from Liver-and Heart-Yin deficiency.

Open the Heart™ is a well-proven variation of Ban Xia Hou Po Tang *Pinellia-Magnolia Decoction*. It is aimed at dealing with emotional strain deriving from worry, frustration, or bottled-up anger, manifesting as a tightness of the chest or a feeling of obstruction in the throat. This formula is often cited as one to move Liver-Qi when, in fact, its clinical use is really to deal with stagnation of Qi in the chest deriving not so much from the Liver as from the Lungs and Heart.

Release Constraint™ is a variation of the classical prescription Yue Ju Wan *Ligusticum-Gardenia Pill*. *Release Constraint* is extremely effective in dealing with emotional strain and depression deriving from stagnation of Liver-Qi, especially in men.

Root the Spirit™ is a variation of the classic prescription Yin Mei Tang *Attracting Sleep Decoction*. It is aimed at treating mental restlessness, anxiety, vexation and insomnia deriving from a deficiency of Liver-Blood and/or Liver-Yin: this leads to the Hun being unrooted and the person feeling restless and aimless.

Searching Soul™ is a new formula that tonifies Qi, Yang and Blood and specifically Kidney-Yang and Liver-Blood in order to stimulate the "movement" of the Hun and relieve depression.

Settling the Soul™ is a variation of the classic prescription Long Dan Xie Gan Tang *Gentiana Draining the Liver Decoction* which drains Liver-Fire. This variation also resolves Phlegm and calms the Mind in situations of anxiety and insomnia.

Soothe the Shen™ is a new remedy that is a variation of the classic prescription Gan Mai Da Zao Tang *Glycyrrhiza-Triticum-Jujuba Decoction* which calms the Mind in conditions of Qi and/or Blood deficiency. I use it for depression and anxiety occurring against a background of Qi or Blood deficiency.

Releasing the Exterior

The formulae for releasing the Exterior are used only for acute invasions of Wind-Cold or Wind-Heat, i.e. common cold, earache, influenza, sore throat, etc.

Expel Wind-Heat™ is a variation of the classical prescription Yin Qiao San *Lonicera-Forsythia Powder*. This variation deals with the acute stage (Wei Level) of an invasion of Wind-Heat.

Expel Wind-Cold™ is a variation of the classical prescription Jing Fang Bai Du San *Schizonepeta-Saposhnikovia Releasing the Exterior Decoction*. This variation expels Wind-Cold and releases the Exterior; it deals in particular with the symptoms of runny nose, sneezing, stiff neck and shoulders, and headache.

Ringing Metal™ resolves Phlegm and clear Heat from the chest for situations of Phlegm-Heat deriving from an invasion of Wind.

Clear Metal™ resolves Phlegm, clears Heat and cools Blood for situations of Phlegm-Heat deriving from an invasion of Wind. Compared to the formula *Ringing Metal™* that is for the Qi Level of the 4 Levels, *Clear Metal™* can also treat the Ying Level.

Chemo-Support/Radio-Support

Chemo-Support™ is specifically aimed at treating the side-effects of chemotherapy by tonifying Qi, Blood and Yin and clearing Heat.

Radio-Support™ is aimed at treating the side-effects of radiotherapy by tonifying Qi and nourishing, moving and cooling Blood.

Three Treasures® Formulae with Classical Antecedents

The following is a list of the classical Chinese formulae in pinyin and English with the corresponding Three Treasures® formula.

As one can see, in some cases, there is more than one Three Treasures® formula for one Chinese formula. For example, there are two versions of the formula Bu Zhong Yi Qi Tang, i.e. Breaking Clouds™ for depression and Tonify Qi and Ease the Muscles™ for chronic fatigue syndrome.

Three Treasures® Formulae Index

Pin-Yin	Translation	Three Treasures Formula
Ban Xia Bai Zhu Tian Ma Tang	Pinellia-Atractylodes-Gastrodia Decoction	<i>Clear Yang</i>
Ban Xia Hou Po Tang	Pinellia-Magnolia Decoction	<i>Open The Heart</i>
Bi Xie Fen Qing Yin	Discorea Separating the Clear Decoction	<i>Separate Clear and Turbid</i>
Bu Zhong Yi Qi Tang	Tonifying the Centre and Benefiting Qi Decoction	<i>Breaking Clouds</i>
Bu Zhong Yi Qi Tang	Tonifying the Centre and Benefiting Qi Decoction	<i>Tonify Qi and Ease the Muscles</i>
Chai Hu Shu Gan Tang	Bupleurum Soothing the Liver Decoction	<i>Break Into a Smile</i>
Dan Zhi Xiao Yao San	Moutan-Gardenia Free and Easy Wanderer Powder	<i>Freeing the Sun</i>
Du Huo Ji Sheng Tang	Angelica pubescentis-Loranthus Decoction	<i>Invigorate the Root</i>
Er Chen Tang	Two Old Decoction	<i>Limpid Sea</i>
Ge Xia Zhu Yu Tang	Decoction for Eliminating Stasis below the Diaphragm	<i>Stir Field of Elixir</i>
Gui Pi Tang	Tonifying Spleen Decoction	<i>Calm the Shen</i>
Gui Zhi Tang	Cinnamon Twig Decoction	<i>Children's Herbal Sentinel</i>
Huo Po Xia Ling Tan	Agastache-Magnolia-Pinellia-Poria Decoction	<i>Drain Fields</i>
Jing Fang Bai Du San	Schizonepeta-Ledebouriella Releasing the Exterior Decoction	<i>Expel Wind-Cold</i>
Lian Po Yin	Coptis Magnolia Decoction	<i>Ease the Muscles</i>
Liu Jun Zi Tang	Six Gentlemen Decoction	<i>Prosperous Earth</i>
Long Dan Xie Gan Tang	Gentiana Draining the Liver Decoction	<i>Drain Fire</i>
Sha Shen Mai Dong Tang	Glehnia-Ophiopogon Decoction	<i>Jade Spring</i>
Shen Ling Bai Zhu San	Ginseng-Poria-Atractylodes Powder	<i>Central Mansion</i>
Su Zi Jiang Qi Tang	Perilla-Seed Descending Qi	<i>Clear Qi</i>

Pin-Yin	Translation	Three Treasures Formula
Suan Zao Ren Tang	Ziziphus Decoction	<i>Nourish the Soul</i>
Wen Dang Tang	Warming the Gall-Bladder Decoction	<i>Clear the Soul</i>
Xiang Sha Liu Jun Zi Tang	Saussurea-Amomum Six Gentlemen Decoction	<i>Soothe the Centre</i>
Xue Fu Zhu Yu Tang	Blood Mansion Eliminating Stasis Decoction	<i>Red Stirring</i>
Yi Yi Ren Tang	Semen Coicis Decoction	<i>Clear Channels</i>
Yin Mei Tang	Attracting Sleep Decoction	<i>Root the Spirit</i>
Yin Qiao San + Sang Ju Yin	Lonicera-Forsythia Powder + Mulberry Leaf and Chrysanthemum Decoction	<i>Expel Wind-Heat</i>
You Gui Wan	Restoring the Right (Kidney) Pill	<i>Strengthen the Root</i>
Yu Ping Feng San + Gui Zhi Tang	Jade Windscreen Powder + Cinnamon Twig Decoction	<i>Herbal Sentinel-Yang</i>
Yue Ju Wan	Ligusticum-Gardenia Pill	<i>Release Constraint</i>
Zhi Bai Di Huang Wan	Anemarrhena-Phellodendron-Rehmannia Pill	<i>Water Passages</i>
Zuo Gui Wan	Restoring the Left (Kidney) Pill	<i>Nourish the Root</i>

The following Table compares and contrasts the actions of the classical Chinese formulae with those of the Three Treasures® formulae.

Classical Chinese Formula and Actions	Three Treasures Formula and Actions	Main Differences
Ban Xia Bai Zhu Tian Ma Tang Resolve Phlegm, extinguish Liver-Wind	Clear Yang Resolve Phlegm, extinguish Liver-Wind, subdue Liver-Yang, tonify Kidney-Yang, nourish Liver-Blood, opens the Mind's orifices	Tonify Kidney-Yang, nourish Liver-Blood, open the Mind's orifices
Ban Xia Hou Po Tang Restore descending of Stomach- and Lung-Qi, resolve Qi-Phlegm	Open the Heart Restore descending of Stomach-, Lung- and Heart-Qi, resolve Qi- Phlegm	Stronger calming the Mind action, more for depression
Bi Xie Fen Qing Yin Promote the separation of clear from turbid in urinary passages, resolve Dampness	Separate Clear from Turbid Promote the separation of clear from turbid in urinary passages, resolve Dampness, tonify Qi, tonify Kidney- Yang	Tonify Qi, tonify Kidney-Yang, stop urinary pain
Bu Zhong Yi Qi Tang Tonify and raise Qi	Breaking Clouds Tonify and raise Qi, tonify Kidney-Yang, open the Mind's orifices	Tonify Kidney-Yang to strengthen Will-Power (Zhi), lift mood, treat depression

Classical Chinese Formula and Actions	Three Treasures Formula and Actions	Main Differences
Bu Zhong Yi Qi Tang Tonify and raise Qi	<i>Tonify Qi and Ease the Muscles</i> Tonify and raise Qi, resolve Dampness from the muscles	Resolves Dampness from the muscles, specific for chronic fatigue syndrome
Chai Hu Shu Gan Tang Move Liver-Qi, eliminate stagnation	<i>Break into a Smile</i> Move Liver-Qi, eliminate stagnation, stop pain, calm the Mind, tonify Qi and Yin of Stomach and Spleen	Calm the Mind, tonify Qi and Yin of Stomach and Spleen
Dan Zhi Xiao Yao San Move Liver-Qi, eliminate stagnation, nourish Liver-Blood, tonify Spleen-Qi, clear Liver-Heat	<i>Freeing the Sun</i> Move Liver-Qi, eliminate stagnation, nourish Liver-Blood, tonify Spleen-Qi, clear Liver-Heat	Stronger action in calming the Mind
Du Huo Ji Sheng Tang Expel Wind-Dampness from the lower part of the body, tonify Kidney-Yang	<i>Invigorate the Root</i> Expel Wind-Dampness from the lower part of the body, tonify Kidney-Yang, tonify Spleen-Qi, nourish Blood	Tonify Spleen-Qi, nourish Blood. Tonification of Kidney-Yang balanced by introduction of Yin tonics so that it can also be used for Painful Obstruction Syndrome occurring against a background of Kidney-Yin deficiency
Er Chen Tang Resolve Damp-Phlegm	<i>Limpid Sea</i> Resolve Phlegm in general (i.e. Phlegm associated with Dampness, Cold or Heat)	Modified to resolve Phlegm in general
Ge Xia Zhu Yu Tang Invigorate Blood in Lower Burner	<i>Stir Field of Elixir</i> Invigorate Blood and eliminate stasis in the Lower Burner, stop pain	Stronger action in invigorating Blood, stop pain in the Lower Burner and Uterus
Gui Pi Tang Tonify Spleen-Qi, nourish Liver-, Spleen- and Heart-Blood, calm the Mind	<i>Calm the Shen</i> Tonify Spleen-Qi, nourish Liver-, Spleen- and Heart-Blood, calm the Mind, open the Mind's orifices	More pronounced action in calming the Mind, open the Mind's orifices, both for anxiety and depression
Gui Zhi Tang Tonify Nutritive Qi, regulate Defensive Qi, release the Exterior, expel exterior Wind	<i>Children's Herbal Sentinel</i> Tonify Nutritive Qi, regulate Defensive Qi, release the Exterior, resolve Dampness	<ul style="list-style-type: none"> • Tonify Qi • Resolve Dampness • Promote digestion
Huo Po Xia Ling Tang Drain Dampness	<i>Drain Fields</i> Drain Dampness, resolve Dampness from the muscles, tonify Spleen-Qi	Resolve Dampness specifically from the muscles, tonify Spleen-Qi, treat chronic fatigue syndrome

Classical Chinese Formula and Actions	Three Treasures Formula and Actions	Main Differences
Jing Fang Bai Du San Release the Exterior, expel Wind-Cold	Expel Wind-Cold Release the Exterior, expel Wind-Cold	Same action but can treat exterior headache more than original formula
Lian Po Yin Drain Dampness, clear Heat	Ease the Muscles Drain Dampness, clear Heat, resolve Dampness from the muscles, mildly tonify SpleenQi	More pronounced action in resolving Dampness from the muscles, treats chronic fatigue syndrome
Liu Jun Zi Tang Tonify Spleen-Qi, mildly resolve Dampness	Prosperous Earth Tonify Spleen-Qi, resolve Dampness	Same actions
Long Dan Xie Gan Tang Drain Liver-Fire	Drain Fire Drain Liver- and Heart-Fire	Drain Heart-Fire
Sha Shen Mai Dong Tang Nourish Stomach- and Lung-Yin	Jade Spring Nourish Stomach-, Spleen- and Lung-Yin	Nourish Spleen-Yin
Shen Ling Bai Zhu San Tonify Qi and Yin of Stomach and Spleen, resolve Dampness	Central Mansion Tonify Qi and Yin of Stomach and Spleen, resolve Dampness,	More pronounced Yin nourishing action
Sun Zi Jiang Qi Tang Restore the descending of Lung-Qi, resolve Phlegm, tonify Kidney-Yang, strengthen the Kidney's grasping of Qi	Clear Qi Restore the descending of Lung-Qi, resolve Phlegm, tonify Kidney-Yang, strengthen the Kidney's grasping of Qi	<ul style="list-style-type: none"> • Stronger action in making Qi descend • Anti-allergy action
Suan Zao Ren Tang Nourish Liver-Yin, settle the Ethereal Soul, calm the Mind	Nourish the Soul Nourish Liver-Blood and Liver-Yin, settle the Hun, calm the Mind	<ul style="list-style-type: none"> • Stronger action in nourishing Yin • Stronger action in calming the Spirit • Stronger action in promoting sleep
Wen Dan Tang Resolve Phlegm, clear Lung- Heat	Clear the Soul Resolve Phlegm, clear Lung-Heat, settle the Po and Hun, calm the Mind	Stronger action in calming the Mind and settling the Corporeal and Ethereal Souls
Xiang Sha Liu Jun Zi Tang Tonify Spleen-Qi, resolve Dampness and move Qi in the Middle Burner	Soothe the Centre Tonify Spleen-Qi, resolve Dampness and move Qi in the Middle Burner, tonify Stomach-Qi and Stomach-Yin	Stronger action in moving Qi and resolving Dampness (in the Middle Burner)
Xue Fu Zhu Yu Tang Invigorate Blood and eliminate stasis in the Upper Burner	Red Stirring Invigorate Blood and eliminate stasis in the Upper Burner, calm the Mind, open the Mind's orifices	<ul style="list-style-type: none"> • Calms the Mind • Opens the Mind's orifices • Treat depression

Classical Chinese Formula and Actions	Three Treasures Formula and Actions	Main Differences
Yi Yi Ren Tang Resolve Dampness, expel Wind- Dampness from the Lower Burner, clear Heat	Clear Channels Resolve Dampness, expel Wind-Dampness from the Lower Burner, clear Heat, invigorate Blood	Invigorate Blood
Yin Mei Tang Nourish Liver-Yin, settle the Ethereal Soul	Root the Spirit Nourish Liver-Yin, settle the Hun, calm the Mind	Stronger action in calming the Mind and settling the Ethereal Soul
Yin Qiao San (plus Sang Ju Yin) Release the Exterior, expel Wind-Heat, restore the descending of Lung-Qi	Expel Wind-Heat Release the Exterior, expel Wind-Heat, restore the descending of Lung-Qi	Stronger action in treating acute cough from exterior Wind-Heat
You Gui Wan Tonify and warm Kidney-Yang	Strengthen the Root Tonify and warm Kidney-Yang, strengthen the Will-Power (Zhi)	Tonify Yuan Qi
Yu Ping Feng San Consolidate the Exterior, tonify Qi	Herbal Sentinel – Yang Consolidate the Exterior, tonify Qi, strengthen the Lung's and Kidney's Wei Qi systems	Strengthen the Lung's and Kidney's Defensive-Qi systems to treat the Root of allergic asthma and allergic rhinitis
Yue Ju Wan Move Liver-Qi, eliminate stagnation	Release Constraint Move Liver-Qi, eliminate stagnation, stimulate the movement of the Hun	Stronger action in stimulating the movement of the Ethereal Soul to relieve depression
Zhi Bai Di Huang Wan Nourish Kidney-Yin, resolve Damp-Heat from the Bladder	Water Passages Nourish Kidney-Yin, resolve Damp-Heat from the Bladder	<ul style="list-style-type: none"> • Stronger action in draining Damp-Heat from urinary passages • Tonify Qi • Balanced tonification of Kidney-Yin and Kidney-Yang
Zuo Gui Wan Nourish Kidney-Yin	Nourish the Root Nourish Kidney-Yin, moisten	Stronger moistening action

Three Treasures® Formulae without Classical Antecedents

The following is a list of the new remedies for which there is no classical antecedent.

Name	Patterns	Indications
Arouse Power	Tonify Kidney-Yang, promote the descending of Heart-Qi, resolve Damp-Heat in the Lower Burner, calm the Mind.	Establish the communication between Heart and Kidneys in gynaecological problems and sexual problems of men and women
Bend Bamboo	Nourish Liver-Blood, subdue Liver-Yang	Headaches
Benefit the Sinews	Resolve Dampness, invigorate Blood, expel Wind-Dampness, resolve Phlegm	Chronic Painful Obstruction Syndrome (Bi Syndrome)
Brighten the Eyes	Nourish Liver-Blood, benefit the eyes, subdue Liver-Yang (secondary action)	Eye problems or chronic headaches from Liver-Blood deficiency
Bright Spirit	Liver- and Heart-Qi stagnation and Phlegm	Depression and anxiety
Brocade Sinews	Liver-Blood deficiency not nourishing the joints	Chronic Painful Obstruction Syndrome from Blood deficiency
Chemo-Support	Tonify Qi, nourish Blood and Yin, resolve Dampness, clear Heat, cool Blood	Side effects of chemotherapy
Clear Lustre	Expel Wind, clear Heat, cool Blood, resolve Dampness	Skin diseases from Blood-Heat and Damp-Heat
Clear Metal	Clear Heat, clear Heat at Qi and Nutritive Qi Level, resolve Phlegm	Qi or Ying level of an invasion of Wind-Heat
Clear the Root	Clear Heat, resolve Dampness from the Lower Burner, invigorate Blood, resolve Toxic Heat, tonify Qi and Yin	Prostate problems, chronic prostatitis, benign prostatic hyperplasia
Expel Toxic Heat	Resolve Toxic Heat	Bacterial or viral infections. Pustules, acute attack of genital herpes, acute tonsillitis with purulent tonsils, infected eczema, acne with large pustules, sinusitis with purulent nasal discharge.
Glorious Sea	Liver-Blood deficiency, Blood Heat, Dampness	Skin problems from Liver-Blood deficiency together with some Blood-Heat or Damp-Heat
Harmonize the Centre	Tonify Qi and Yin or Stomach and Spleen, resolve Dampness, resolve Phlegm in Middle Burner	Digestive problems, type II diabetes
Herbal Sentinel – Yin	Tonify Lung-Qi and Kidney-Yin, strengthen the Lung's and Kidney's Defensive-Qi system	Treat the Root of allergic asthma and allergic rhinitis in people with a tendency to Kidney-Yin deficiency

Name	Patterns	Indications
Jade Screen	Expel Wind, restore the diffusing of Lung-Qi	Treat the Manifestation in allergic rhinitis
Nourish the Root and Clear Wind	Nourish Kidney-Yin, expel Wind-Dampness	Chronic Painful Obstruction Syndrome Syndrome in the middle-aged and elderly with an underlying Kidney-Yin deficiency
Peaceful Sunset	Nourish Kidney-Yin, invigorate Blood, resolve Phlegm, clear Heat, cool Blood, extinguish interior Wind	Problems of the elderly
Radio-Support	Tonify Qi, nourish Blood, nourish Yin, invigorate Blood, cool Blood	Treat the side-effects of radiotherapy
Searching Soul	Tonify Kidney-Yang, nourish Liver Blood, stimulate the Ethereal Soul, strengthen Will-Power.	Depression
Settling the Soul	Drain Liver- and Heart-Fire, calm the Mind, open the Mind's orifices, settle the Ethereal Soul, resolve Phlegm	Anxiety, insomnia, manic behaviour
Smooth Passage	Tonify Spleen-Qi, pacify the Liver, move Qi in the Lower Burner, harmonize Liver and Spleen, resolve Dampness from the Intestines, move the stools, stop diarrhoea	Irritable bowel syndrome, abdominal distension and pain, alternation of constipation and loose stools
Welcome Fragrance	Expel Wind from the nose, resolve Dampness, resolve Toxic Heat, open the nose orifices, tonify Qi	Sinusitis, sinus congestion

Arouse Power™

Tu Si Zi *Semen Cuscutae*

Suo Yang *Herba Cynomorii*

Yin Yang Huo *Herba Epimidii*

Gou Qi Zi *Fructus Lycii*

Wu Wei Zi *Fructus Schisandrae*

Dan Shen *Radix Salviae miltiorrhizae*

Yuan Zhi *Radix Polygalae*

Lu Lu Tong *Fructus Liquidambaris*

Chuan Niu Xi *Radix Cyathulae*

Gui Zhi *Ramulus Cinnamomi cassiae*

Mu Dan Pi *Cortex Moutan*

Huang Bai *Cortex Phellodendri*

She Chuang Zi *Fructus Cnidii*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

In a Nutshell: Establish the communication between Heart and Kidneys in gynaecological problems and sexual problems of men and women.

Patterns: Kidney-Yang deficiency, Heart-Qi deficiency, Damp-Heat in the Lower Burner.

Actions: Tonify Kidney-Yang, tonify Heart-Qi, stimulate the descending of Heart-Qi, drain Damp-Heat, calm the Mind.

Indications: Impotence, premature ejaculation, decreased libido, decreased sexual function, insomnia, depression, backache, urinary difficulty, dizziness, tinnitus.

Tongue: Pale.

Pulse: Deep, weak.

Cautions and contraindications: This formula contains two quite hot Yang tonics (Suo Yang and Yin Yang Huo). One should therefore be certain that the patient is indeed suffering from Yang deficiency and a pale tongue is a necessary sign for its prescription. Contraindicated in pregnancy.



Normal colour, slightly red tip,
sticky-yellow coating on root
(Arouse Power)



Pale, HE-crack, sticky-yellow
coating on root
(Arouse Power)

Bend Bamboo™

Dang Gui *Radix Angelicae sinensis*

Chuan Xiong *Rhizoma Chuanxiong*

Shu Di Huang *Radix Rehmanniae preparata*

Sang Ji Sheng *Herba Taxilli*

Bai Shao *Radix Paeoniae alba*

Ju Hua *Flos Chrysanthemi*

Gou Teng *Ramulus Uncariae cum Uncis*

Man Jing Zi *Fructus Viticis*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

Bai Ji Li *Fructus Tribuli*

Gou Qi Zi *Fructus Lycii*

Fu Ling *Poria*

In a Nutshell: Chronic headaches from Liver-Yang rising occurring against a background of Liver-Blood deficiency especially in women.

Patterns: Liver-Blood deficiency, Liver-Yang rising.

Actions: Nourish Liver-Blood, subdue Liver-Yang, stop headaches.

Indications: Chronic headaches which occur sometimes along the Gall-Bladder channel and temples with a throbbing pain, and sometimes on the vertex with a dull ache, accompanied by nausea, dizziness and possibly vomiting. Other symptoms may include poor memory, tingling of limbs, blurred vision, dry hair and skin, scanty periods.

Tongue: Pale and thin.

Pulse: Choppy.



Pale
(Bend Bamboo)

Benefit the Sinews™

Tao Ren *Semen Persicae*

Hong Hua *Flos Carthami tinctorii*

Chuan Xiong *Rhizoma Chuanxiong*

Dang Gui *Radix Angelicae sinensis*

Ru Xiang *Olibanum*

Ban Xia *Rhizoma Pinelliae preparata*

Chen Pi *Pericarpium Citri reticulatae*

Gua Lou *Fructus Trichosanthis*

Xi Xian Cao *Herba Siegesbeckiae*

Hai Feng Teng *Caulis Piperis kadsurae*

Wei Ling Xian *Radix Clematidis*

Du Zhong *Cortex Eucommiae ulmoidis*

Gou Qi Zi *Fructus Lycii*

Cang Zhu *Rhizoma Atractylodis*

Huang Bai *Cortex Phellodendri*

Shen Qu *Massa medicata fermentata*

In a Nutshell: Chronic Bi syndrome with Phlegm, Dampness and Blood stasis in the joints and an underlying Kidney deficiency. Swollen joints, rigidity, severe pain, rheumatoid arthritis.

Patterns: Blood stasis, Phlegm and Dampness in the joints, Kidney deficiency.

Actions: Invigorate Blood, resolve Phlegm, expel Wind-Dampness, dry Dampness.

Indications: Chronic Painful Obstruction Syndrome, chronic joint pain with swelling of the joints and bone deformities, rigidity of joints, backache, dizziness, tinnitus, tiredness, lack of will-power, mental confusion, anxiety, mental restlessness.

Tongue: Pale, red or purple, swollen, sticky coating.

Pulse: Choppy, wiry or firm (from Blood stasis) or slippery (from Phlegm).

Cautions and contraindications: Although Benefit the Sinews™ contains some Kidney tonics its main focus is on clearing and for this reason it should not be prescribed for longer than 4-6 months, after which time it should be discontinued for one month. Acupuncturists can direct their attention to treating the Root (Ben) by tonifying the Kidneys and Liver. Contraindicated in pregnancy.

Allergen information: Contains gluten (Shen Qu - fermented flour)



Purple, Swollen body, sticky coating
(Benefit the Sinews)



Slightly Reddish-Purple, Swollen, sticky coating
(Benefit the Sinews)

Break into a Smile™

Chai Hu *Radix Bupleuri*

Bai Shao *Radix Paeoniae alba*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

Zhi Ke *Fructus Aurantii*

Chen Pi *Pericarpium Citri reticulatae*

Xiang Fu *Rhizoma Cyperi*

Chuan Xiong *Rhizoma Chuanxiong*

Dan Shen *Radix Salviae miltiorrhizae*

Tai Zi Shen *Radix Pseudostellariae*

Yan Hu Suo *Rhizoma Corydalis*

Suan Zao Ren *Semen Ziziphi spinosae*

Fu Ling *Poria*

In a Nutshell: Liver-Qi stagnation in the Middle and/or Lower Burner causing distension and pain. Digestive problems from Liver-Qi stagnation.

Patterns: Liver-Qi stagnation primarily, with secondary deficiency of Spleen-Qi and Stomach-Qi (stagnant Liver-Qi invading the Spleen and Stomach).

Actions: Regulate Qi, eliminate stagnation, pacify the Liver, stop pain.

Indications: Epigastric or abdominal distension and pain occurring against a background of emotional stress, flatulence, belching, irritability, depression.

Tongue: Could be almost normal or slightly red on the sides.

Pulse: Wiry.

Classical antecedent: Chai Hu Shu Gan Tang (*Bupleurum Soothing the Liver Decoction*).

Differences from classical antecedent: Invigorating Blood action, calming the Mind action, tonifying Qi and Yin of Stomach.

Cautions and contraindications: Herbs that move Qi are pungent and mostly hot and, in the long run, they may damage Yin. For this reason, the formula contains Tai Zi Shen to protect Stomach-Yin. However, if the patient needs to take this remedy for the long term it is advisable to stop it for a month every 4-5 months. Contraindicated in pregnancy.



Red sides
(Break into a Smile)



Red sides, yellow coating
(Break into a Smile)

Breaking Clouds™

Ren Shen *Radix Ginseng*

Huang Qi *Radix Astragali*

Yuan Zhi *Radix Polygalae*

Dang Gui *Radix Angelicae sinensis*

Sheng Ma *Rhizoma Cimicifugae*

Chai Hu *Radix Bupleuri*

Chen Pi *Pericarpium Citri reticulatae*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Shi Chang Pu *Rhizoma Acori tatarinowii*

Bai He *Bulbus Lili*

Qing Pi *Pericarpium Citri reticulatae viride*

Du Zhong *Cortex Eucommiae ulmoidis*

Wu Wei Zi *Fructus Schisandrae*

In a Nutshell: Depression from Qi deficiency (of Lungs, Spleen and Kidneys).

Patterns: Qi deficiency, sinking of Qi, Qi stagnation.

Actions: Tonify and lift Qi, move Qi, lift the Spirit, open the Mind's orifices.

Indications: Mental depression, tiredness, sadness, despondency, lack of will power, negativity, feelings of guilt, feelings of worthlessness, poor appetite, craving for sweets, loose stools, slight breathlessness, weak voice, pale complexion.

Tongue: Pale.

Pulse: Choppy, without "wave", short.

Classical antecedent: Bu Zhong Yi Qi Tang (*Tonifying the Centre and Benefiting Qi Decoction*).

Differences from classical antecedent: Tonifies Kidney-Yang, opens the Mind's orifices, lifts mood.

Cautions and contraindications: Contraindicated in asthma (because it lifts Qi).



Pale, Swollen, HE crack
(Breaking Clouds)



Slightly Pale, HE crack
(Breaking Clouds)

Brighten the Eyes™

Dang Gui *Radix Angelicae sinensis*

Shu Di Huang *Radix Rehmanniae preparata*

Chuan Xiong *Rhizoma Chuanxiong*

Bai Shao *Radix Paeoniae alba*

Gou Qi Zi *Fructus Lycii*

Tu Si Zi *Semen Cuscutae*

Nu Zhen Zi *Fructus Ligustri lucidi*

Ju Hua *Flos Chrysanthemi*

Man Jing Zi *Fructus Viticis*

Mi Meng Hua *Flos Buddleiae*

Bai Ji Li *Fructus Tribuli*

Shou Wu *Radix Polygoni multiflori preparata*

Hong Zao *Fructus Jujubae*

In a Nutshell: Eye problems and headaches deriving from Liver-Blood or Liver-Yin deficiency. Also dry hair from Liver-Blood or Liver-Yin deficiency.

Patterns: Deficient Liver-Blood and Kidneys not nourishing the eyes.

Actions: Nourish Liver-Blood and the Kidneys, brighten the eyes.

Indications: Dull headaches from Liver-Blood deficiency, especially if located around the eyes and eyebrows, blurred vision, floaters, gritty eyes, tired eyes, dry eyes, dizziness, tiredness, dull-pale complexion, scanty periods, depression, insomnia (difficulty in falling asleep), slight anxiety, tingling in the limbs, poor memory, lower backache, slight tinnitus, dry hair.

Tongue: Pale, especially on the sides, thin.

Pulse: Choppy or fine.

Cautions and contraindications: Many of the Blood-nourishing herbs may tend to weaken the Spleen and increase Dampness if used for several months without interruption. The formula should therefore either be used intermittently or combined with an acupuncture treatment aimed at tonifying the Spleen and resolving Dampness.

Timing of administration: Take after meals if used for eye problems.



Pale, dry
(Brighten the Eyes)



Pale, dry
(Brighten the Eyes)

Bright Spirit™

Zhu Ru *Caulis Bambusae in Taeniam*

Ban Xia *Rhizoma Pinelliae preparata*

Chen Pi *Pericarpium Citri reticulatae*

Fu Shen *Sclerotium Poriae paradicis*

Qing Pi *Pericarpium Citri reticulatae viride*

Shi Chang Pu *Rhizoma Acori tatarinowii*

Yuan Zhi *Radix Polygalae*

Xiang Fu *Rhizoma Cyperi*

He Huan Pi *Cortex Albiziae*

Mei Gui Hua *Flos Rosae rugosae*

Yu Jin *Radix Curcumae*

In a Nutshell: Qi stagnation and Phlegm causing depression.

Patterns: Liver- and Heart-Qi stagnation, Phlegm obstructing the Mind's orifices.

Actions: Move Liver- and Heart-Qi, calm the Mind, resolve Phlegm, open the Mind's orifices, stimulate the "coming and going" of the Ethereal Soul.

Indications: Depression, moodiness, indecision, a feeling of aimlessness, confusion about one's life dreams and goals, digestive disorders with distention and fullness, sighing, palpitations, a feeling of distention or oppression of the chest, a slight feeling of lump in the throat, sputum in the throat, slight shortness of breath, poor appetite, weak and cold limbs, slightly purple lips, pale complexion.

Tongue: Slightly pale-purple on the sides in the chest area, swollen, sticky coating.

Pulse: Wiry and very slightly overflowing on the left-front position or wiry-slippery.

Cautions and contraindications: Contraindicated in pregnancy.



Pale, Swollen
(Bright Spirit)



Swollen, slightly Purple, deep HE crack
(Bright Spirit)

Brocade Sinews™

Dang Shen *Radix Codonopsis*

Dang Gui *Radix Angelicae sinensis*

Chuan Xiong *Rhizoma Chuanxiong*

Bai Shao *Radix Paeoniae alba*

Shu Di Huang *Radix Rehmanniae preparata*

Gou Qi Zi *Fructus Lycii*

Sang Ji Sheng *Herba Taxilli*

Sang Zhi *Ramulus Mori*

Wei Ling Xian *Radix Clematidis*

Mu Gua *Fructus Chaenomelis*

Wu Jia Pi *Cortex Acanthopanax*

Xi Xian Cao *Herba Siegesbeckiae*

Ji Xue Teng *Caulis Spatholobi*

Fu Ling *Poria*

Yi Yi Ren *Semen Coicis*

Cang Zhu *Rhizoma Atractylodis*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

In a Nutshell: Bi Syndrome occurring against a background of Liver-Blood deficiency, especially in women.

Patterns: Chronic Wind-Damp Painful Obstruction (Bi) Syndrome with Liver-Blood and/or Liver-Yin deficiency.

Actions: Nourish Liver-Blood and Liver-Yin, benefit sinews, expel Wind-Dampness from the joints.

Indications: Chronic soreness and slight swelling of the joints, dizziness, numbness or tingling of limbs, poor memory, insomnia, dry skin and hair, dry eyes, blurred vision.

Tongue: Pale and thin if there is Liver-Blood deficiency or red and thin without coating if there is Liver-Yin deficiency.

Pulse: Choppy or fine, possibly only on the left side. In the case of Liver-Yin deficiency it could be empty at the deep level on the left side

Timing of administration: Take half an hour before meals.



Pale sides
(Brocade Sinews)



Pale, thin-white coating
(Brocade Sinews)

Buddha's Hand™

Bai Dou Kou *Fructus Amomi rotundus*

Ban Xia *Rhizoma Pinelliae preparatum*

Cang Zhu *Rhizoma Atractylodis*

Chen Pi *Pericarpium Citri reticulatae*

Fo Shou *Fructus Citri sarcodactylis*

Fu Ling *Poria*

Gan Cao *Radix Glycyrrhizae*

Gu Ya *Fructus Oryzae germinatus*

Hou Po *Cortex Magnoliae officinalis*

Lai Fu Zi *Semen Raphani*

Mu Xiang *Radix Aucklandiae*

Qing Pi *Pericarpium Citri reticulatae viride*

Shan Zha *Fructus Crataegi*

Shen Qu *Massa medicata fermentata*

Zhi Shi *Fructus Aurantii immaturus*

In a Nutshell: Helps reduce bloating and encourage a normal appetite.

Patterns: Qi stagnation in the Middle Burner, rebellious Stomach-Qi, Dampness in the Middle Burner.

Actions: Moves Qi in the Middle Burner, subdues rebellious Stomach-Qi, resolves Dampness.

Indications: Bad digestion, distension and/or epigastric pain, acid reflux, nausea, vomiting, belching, feeling of fullness in the epigastrium, sticky taste.

Tongue: Slightly red on the sides in the central section (Spleen area), sticky coating.

Pulse: Wiry on the right-guan position.

Cautions and contraindications: The formula contains pungent herbs which, in the long run, may injure Yin. If the patient needs to take the remedy in the long run, it is advisable to stop it for a month every 4-5 months. Contraindicated during pregnancy.

Classical antecedent: Mu Xiang Shun Qi Wan (*Aucklandia Pill to Subdue Qi*).

Allergen information: Contains gluten. (Shen Qu – fermented flour).

Calm the Shen™

Ren Shen *Radix Ginseng*

Huang Qi *Radix Astragali*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Dang Gui *Radix Angelicae sinensis*

Fu Shen *Sclerotium Poriae paradicis*

Suan Zao Ren *Semen Ziziphi spinosae*

Long Yan Rou *Arillus Longan*

Yuan Zhi *Radix Polygalae*

Mu Xiang *Radix Aucklandiae*

Hong Zao *Fructus Jujubae*

Bai Zi Ren *Semen Biotae*

He Huan Pi *Cortex Albiziae*

Shi Chang Pu *Rhizoma Acori tatarinowii*

Bai He *Bulbus Lillii*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

In a Nutshell: Calm the Mind and nourish the Heart when the patient is sad, depressed, anxious. Tonify Qi and Blood of Spleen, Liver and Heart. Ancillary action: stop uterine bleeding from Qi Xu.

Patterns: Spleen-Qi and Spleen-Blood deficiency, Heart-Qi and Heart-Blood deficiency.

Actions: Tonify Spleen-Qi and Spleen-Blood, tonify Heart-Qi and Heart-Blood, calm the Mind, open the Mind's orifices, stimulate the Spleen's holding of Blood.

Indications: Palpitations, insomnia, anxiety, poor memory, depression, dull-pale face which may also have a slight malar flush, a slight feeling of heat in the evening, poor appetite, loose stools, tiredness, weariness, constipation, despondency, weak limbs, scanty periods or very heavy periods which come early or trickle on for a long time with pale or fresh-red blood, blood in the stools or urine, petechiae.

Tongue: Pale, thin or swollen, depending on whether Blood or Qi deficiency predominates.

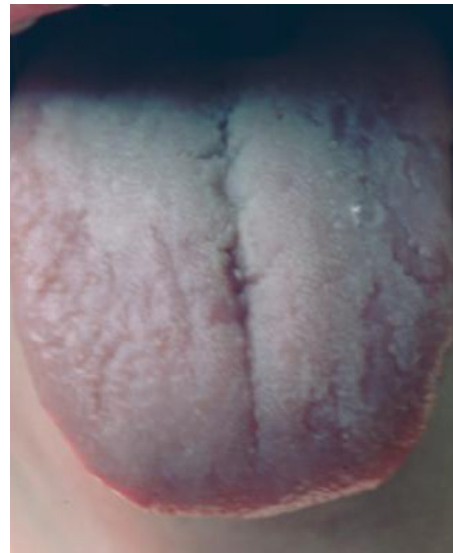
Pulse: Weak, choppy.

Classical antecedent: Gui Pi Tang (Restore the Spleen Decoction).

Differences from classical antecedent: More pronounced calming the Mind action and opens the Mind's orifices.



Pale, peeled, HE crack
(Calm the Shen)



Pale, HE crack
(Calm the Shen)



Pale, dry
(Calm the Shen)

Central Mansion™

Ren Shen *Radix Ginseng*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Fu Ling *Poria*

Bian Dou *Semen Dolichoris lablab*

Shan Yao *Rhizoma Dioscoreae*

Lian Zi *Semen Nelumbinis*

Sha Ren *Fructus Amomi*

Yi Yi Ren *Semen Coicis*

Jie Geng *Radix Platycodi*

Tai Zi Shen *Radix Pseudostellariae*

Yu Zhu *Rhizoma Polygonati odorati*

Xi Yang Shen *Radix Panacis quinquefolii*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

In a Nutshell: Qi and Yin deficiency of Stomach and Spleen. Digestive problems and especially chronic loose stools or diarrhoea.

Patterns: Spleen- and Stomach-Qi deficiency, Stomach- and Spleen-Yin deficiency, Dampness in the Middle Burner, Lung-Qi deficiency.

Actions: Tonify Stomach- and Spleen-Qi, nourish Stomach- and Spleen-Yin, tonify Lung-Qi, resolve Dampness, stop diarrhoea.

Indications: Loose stools, diarrhoea, poor appetite, poor digestion, a slight feeling of fullness and heaviness of the epigastrium, nausea, weakness of the limbs, epigastric pain, tiredness, late-onset diabetes, chronic cough with white-watery sputum, dull-pale complexion, thin body.

Tongue: Pale, slightly swollen, a sticky but rather thin coating, slightly rootless coating, coating too thin in the centre, central Stomach crack, scattered Stomach cracks, transversal Spleen cracks.

Pulse: Weak in general, slightly slippery; it may be floating-empty on the right middle position.

Classical antecedent: Shen Ling Bai Zhu San (Ginseng-Poria-Atractylodes Powder).

Differences from classical antecedent: More pronounced Yin-nourishing action.



Pale, partially without coating
(Central Mansion)



Pale, partially without coating, deep ST crack, dry
(Central Mansion)



Partially without coating , ST crack
(Central Mansion)



Pale sides, slightly red center partially without coating
(Central Mansion)

Chemo-Support™

Huang Qi *Radix Astragali*

Ren Shen *Radix Ginseng*

Ling Zhi *Ganoderma*

Xi Yang Shen *Radix Panacis quinquefolii*

Mu Dan Pi *Cortex Moutan*

Zhi Mu *Radix Anemarrhenae*

Fu Ling *Poria*

Chen Pi *Pericarpium Citri reticulatae*

Mai Men Dong *Radix Ophiopogonis*

Dang Gui *Radix Angelicae sinensis*

Ban Xia *Rhizoma Pinelliae preparata*

Lu Gen *Rhizoma Phragmitis*

Nu Zhen Zi *Fructus Ligustri lucidi*

Sha Ren *Fructus Amomi*

Huang Jing *Rhizoma Polygonati*

Gan Cao *Radix Glycyrrhizae uralensis*

In a Nutshell: Minimize side-effects of chemotherapy by tonifying Qi, nourishing Yin, clearing Heat, cooling Blood and resolving Dampness.

Patterns: Stomach- and Spleen-Qi deficiency, Stomach- and Lung-Yin deficiency, Kidney deficiency, Blood Heat, Dampness.

Actions: Tonify Qi, nourish Yin, cool Blood, resolve Dampness.

Indications: Side-effects of chemotherapy – tiredness, nausea, vomiting, loss of hair, decreased levels of white blood cells and/or platelets, bad digestion, diarrhoea, mouth ulcers.

Timing of administration: This formula should be taken every day throughout the chemotherapy course and can be started approximately two weeks before the beginning of the course and continued for two weeks after the end of the course. The recommended dosage is 9 tablets a day but this can be increased according to severity of side-effects.



Thick, black coating
(Chemo Support)



Red body, completely
without coating
(Chemo Support)



Red body, partially without
coating, thick coating
(Chemo-Support)

Children's Herbal Sentinel™

Gui Zhi *Ramulus Cinnamomi cassiae*

Bai Shao *Radix Paeoniae alba*

Sheng Jiang *Rhizoma Zingiberis recens*

Da Zao *Fructus Jujubae*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

Shen Qu *Massa medicata fermentata*

Lai Fu Zi *Semen Raphani*

Shan Zha *Fructus Crataegi*

Gu Ya *Fructus Oryzae germinatus*

Tai Zi Shen *Radix Pseudostellariae*

Huang Qi *Radix Astragali*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Fang Feng *Radix Saposhnikoviae*

Fu Ling *Poria*

Chen Pi *Pericarpium Citri reticulatae*

In a Nutshell: Strengthen children's resistance to exterior pathogenic factors.

Patterns: Deficiency of Qi, Dampness, food accumulation.

Actions: Tonify Qi, consolidate the Exterior, raise immunity, resolve Dampness and dissolve food accumulation.

Indications: Propensity to catching colds, hay fever, poor digestion, poor appetite, listlessness, constantly runny nose, recurrent slight abdominal pain.

Classical antecedent: Gui Zhi Tang (*Ramulus Cinnamomi Decoction*).

Differences from classical antecedent: Tonify Qi, promote digestion, resolve dampness.

Allergen information: Contains gluten (Shen Qu – fermented flour).



Pale, sticky coating
(Children's Herbal Sentinel)



Slightly Red, sticky-yellow coating
(Children's Herbal Sentinel)

Clear Channels™

Yi Yi Ren *Semen Coicis*

Cang Zhu *Rhizoma Atractylodis*

Qiang Huo *Rhizoma seu Radix Notopterygii*

Du Huo *Radix Angelicae pubescentis*

Fang Feng *Radix Saposhnikovia*

Gui Zhi *Ramulus Cinnamomi cassiae*

Dang Gui *Radix Angelicae sinensis*

Chuan Xiong *Rhizoma Chuanxiong*

Gan Cao *Radix Glycyrrhizae uralensis*

Hai Feng Teng *Caulis Piperis kadsurae*

Hai Tong Pi *Cortex Erythrinae*

Ru Xiang *Olibanum*

Ban Xia *Rhizoma Pinelliae preparata*

Huang Qin *Radix Scutellariae*

In a Nutshell: Drain Damp-Heat in Bi Syndrome from retention of Damp-Heat in the joints, invigorate Blood.

Patterns: Damp-Heat in the joints, Blood stasis.

Actions: Drain Dampness, expel Wind, clear Heat, benefit the joints, invigorate Blood.

Indications: Sub-acute Painful Obstruction Syndrome (Bi) from Damp-Heat, painful, swollen, hot and red joints, rheumatoid arthritis, gout.

Tongue: Swollen with sticky-yellow coating.

Pulse: Slippery, rapid.

Classical antecedent: Yi Yi Ren Tang (Semen Coicis Decoction).

Differences from classical antecedent: Invigorate Blood and eliminate Blood stasis.

Cautions and contraindications: Clear Channels aims to treat primarily the Manifestation (Biao) of Bi Syndrome and is not designed to be used for extended periods of time. If used for longer than 4-6 months a break of one month is advised. If acupuncture is used it can be directed primarily at treating the Root (Ben), i.e. nourishing Blood or strengthening the Kidneys and/or the Spleen (in addition to local points on the affected joints). Contraindicated in pregnancy.



Red sides, sticky-yellow coating
(Clear Channels)

Clear Lustre™

Shou Wu *Radix Polygoni multiflori preparata*

Dang Gui *Radix Angelicae sinensis*

Bai Xian Pi *Cortex Dictamni*

Fang Feng *Radix Saposhnikoviae*

Jing Jie *Herba Schizonepetae*

Ju Hua *Flos Chrysanthemi*

Ku Shen *Radix Sophorae flavescens*

Mu Dan Pi *Cortex Moutan*

Huang Qin *Radix Scutellariae*

Zhu Ye *Folium Phyllostachys nigrae*

Zhi Mu *Radix Anemarrhenae*

Gan Cao *Radix Glycyrrhizae uralensis*

In a Nutshell: Skin diseases from Wind, Dampness, Blood Heat. There must be some Blood Heat to prescribe this remedy and therefore the tongue must be red.

Patterns: Wind-Damp-Heat in the skin, Blood Heat.

Actions: Expel Wind, clear Heat, cool Blood, resolve Dampness.

Indications: Skin rashes, skin spots, eczema, dermatitis.

Tongue: Red, possibly red only in the front part, yellow coating.

Pulse: Slippery and possibly fine on one side.

Cautions and contraindications: This formula contains bitter-cold and pungent-cold herbs which, if used for a long time, can weaken the Spleen and Stomach. It is therefore recommended that this formula be used for no longer than 2-3 months at a time. Contraindicated in pregnancy.



Red, thick coating
(Clear Lustre)



Red, no coating
(Clear Lustre)

Clear Metal™

Huang Qin *Radix Scutellariae*

Huang Lian *Rhizoma Coptidis*

Jin Yin Hua *Flos Lonicerae japonicae*

Lian Qiao *Fructus Forsythiae*

Da Qing Ye *Folium Daqingye*

Ban Lan Gen *Radix Isatis seu Baphicacanthis*

Zhu Ye *Folium Phyllostachys nigrae*

Yu Xing Cao *Herba Houttuniae*

Chuan Bei Mu *Bulbus Fritillariae cirrhosae*

Zhi Mu *Radix Anemarrhaenae*

Sheng Di Huang *Radix Rehmanniae*

Bai He *Bulbus Lillii*

Mao Dong Qing *Radix Illicis pubescentis*

Mu Dan Pi *Cortex Moutan*

In a Nutshell: A strong remedy to clear Heat at the Qi or Ying/Blood level for the internal stage of influenza. It clears Lung- and Stomach-Heat and resolves Phlegm.

Actions: Release the Exterior, expel Wind-Heat, clear Heat at the Qi and Ying levels, benefit fluids.

Patterns: Invasion of Wind-Heat progressing rapidly into the Interior, with Lung-and Stomach-Heat. Location of Heat at the Qi and Ying level.

Indications: Influenza, fever, aversion to cold, headache, sore throat, body aches, cough, sputum, diarrhoea, abdominal pain, shortness of breath, pleuritic pain, bleeding from the nose and gums, respiratory distress, tachypnea, inspiratory crackles.

Tongue: Red with a thick-dry-dark-yellow coating.

Pulse: Rapid-overflowing. If the Heat has progressed to the Ying and/or Blood level, the tongue is red without coating and the pulse floating-empty and rapid.

Cautions and contraindications: This formula contains many bitter and cold herbs which, in the long run, may damage the Spleen. However, this is unlikely to happen as, by definition, this remedy is used only for a short time (acute chest infection).



Qi Level (Fire)
(Clear Metal)



Qi Level (Fire)
(Clear Metal)



YING/BLOOD Level
(Clear Metal)



YING/BLOOD Level
(Clear Metal)

Clear Qi™

Su Zi *Fructus Perillae*

Ban Xia *Rhizoma Pinelliae preparata*

Hou Po *Cortex Magnoliae officinalis*

Qian Hu *Radix Peucedani*

Rou Gui *Cortex Cinnamomi*

Dang Gui *Radix Angelicae sinensis*

Xuan Fu Hua *Flos Inulae*

Su Zi *Fructus Perillae*

Xing Ren *Semen Armeniacae*

Zi Wan *Radix Asteris*

Fang Feng *Radix Saposhnikoviae*

Sang Ye *Folium Mori*

Sang Bai Pi *Cortex Mori*

Wu Wei Zi *Fructus Schisandrae*

Dan Shen *Radix Salviae miltiorrhizae*

Huang Qin *Radix Scutellariae*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

In a Nutshell: Chronic asthma occurring against a background of Lung and Kidney deficiency. Restore the descending of Lung-Qi, resolve Phlegm, tonify the Kidneys.

Patterns: Lung-Qi not descending, Kidneys not grasping Qi.

Actions: Restore the descending of Lung-Qi, expel Wind, stop wheezing.

Indications: Cough, asthma, wheezing, breathlessness, a feeling of oppression of the chest, allergic asthma, seasonal allergic rhinitis with wheezing.

Tongue: Pale or normal-coloured.

Pulse: Weak.

Classical antecedent: Su Zi Jiang Qi Tang (*Perilla-Seed Making Qi Descend Decoction*).

Differences from classical antecedent: Stronger action in making Qi descend, anti-allergy action (for allergic asthma).

Cautions and contraindications: Contraindicated in pregnancy.



Bluish-Purple, swollen in LU area
(Clear Qi)



Pale-swollen in LU area
(Clear Qi)

Clear the Root™

Huang Qi *Radix Astragali*

Rou Gui *Cortex Cinnamomi*

Sheng Di Huang *Radix Rehmanniae*

Huang Bai *Cortex Phellodendri*

Tu Si Zi *Semen Cuscutae*

Yi Yi Ren *Semen Coicis*

Bi Xie *Rhizoma Dioscoreae hypoglauciae*

Wang Bu Liu Xing *Semen Vaccariae*

Mu Dan Pi *Cortex Moutan*

Shi Chang Pu *Rhizoma Acori tatarinowii*

Bai Hua She She Cao *Herba Hedyotidis diffusa*

Gan Cao *Radix Glycyrrhizae uralensis*

Lu Lu Tong *Fructus Liquidambaris*

Shi Wei *Folium Pyrosiae*

Hai Jin Sha *Spora Lygodii*

Kun Bu *Thallus Eckloniae*

In a Nutshell: Prostate problems from Damp-Heat, Blood stasis, Toxic Heat against a background of Qi and Yin deficiency. Prostate benign or malignant hypertrophy, chronic prostatitis.

Patterns: Qi and Yin deficiency, Damp-Heat in the Lower Burner, Blood stasis, Toxic Heat.

Actions: Tonify Qi, nourish Kidney-Yin, drain Damp-Heat, move Blood, separate the clear from the turbid, soften hardness, resolve Toxic Heat.

Indications: Chronic prostatitis, prostatic hypertrophy (benign or malignant), difficult urination, frequent scanty urination, nocturia, weak-stream urination, feeling of distension in the hypogastrium or perineum, tiredness, poor memory, dizziness, tinnitus.

Tongue: Red (possibly without coating), sticky-yellow coating on the root with red spots.

Pulse: Fine-rapid or floating-empty; the left rear position might feel slippery on rolling the finger proximally (this is the prostate position).

Cautions and contraindications: The formula contains fairly strong invigorating Blood and resolving Toxic Heat herbs (although in a very small dose) so it should not be used continuously for more than a few months at a time. However, with breaks of about a month in between it may be used over a long period and in small doses (say, 1-2 tablets per day) it can also be used for the prevention of prostate problems in men over 50. Contraindicated in pregnancy.

Timing of administration: Take before meals.



Red, thick-sticky coating on root with red spots, no coating in centre
(Clear the Root)



Red, Swollen, thick-sticky-yellow coating on root
(Clear the Root)

Clear the Soul™

Zhu Ru *Caulis Bambusae in Taeniam*

Zhi Shi *Fructus Aurantii immaturus*

Ban Xia *Rhizoma Pinelliae preparata*

Fu Ling *Poria*

Chen Pi *Pericarpium Citri reticulatae*

Hong Zao *Fructus Jujubae*

Gan Cao *Radix Glycyrrhizae uralensis*

He Huan Pi *Cortex Albiziae*

Yu Jin *Radix Curcumae*

Yuan Zhi *Radix Polygalae*

Shi Chang Pu *Rhizoma Acori tatarinowii*

Bai Zi Ren *Semen Biotae*

Dan Shen *Radix Salviae miltiorrhizae*

In a Nutshell: Two main uses.

- 1 Calm the Mind, settle the Po, soothe the Lungs (sadness, worry, grief, anxiety).
- 2 Resolve Phlegm-Heat from the Lungs, residual Phlegm-Heat in Lungs.

Patterns: Phlegm-Heat obstructing the chest and Mind, Lung-Qi not descending.

Actions: Resolves Phlegm-Heat, calms the Mind, opens the Orifices, relaxes the chest.

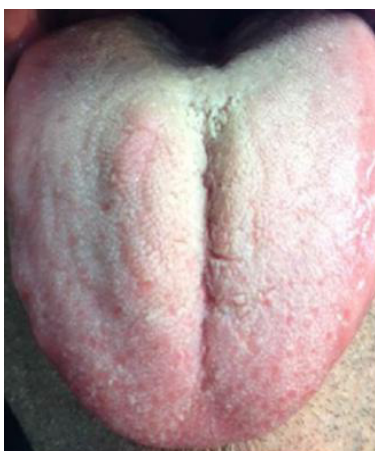
Indications: Anxiety, a feeling of oppression of the chest and epigastrium, palpitations, a bitter-sticky taste, sighing, feeling uneasy, phlegm in the chest, poor digestion, slight nausea, insomnia, dream-disturbed sleep, dull complexion, mental restlessness, depression, jumpiness, a flustered feeling in the heart region, vomiting, dizziness, pre-menstrual tension.

Tongue: Red or normal, swollen, sticky-yellow coating, Stomach crack or Stomach-Heart crack with rough yellow coating inside it. A combined Heart and Stomach crack on the tongue extends all the way to the tip, as a Heart crack would do, but it is wide and shallow in the centre, as a Stomach crack would be.

Pulse: Slippery, rapid. The Heart pulse may feel relatively overflowing.

Classical antecedent: Wen Dan Tang (Warming the Gall-Bladder Decoction).

Differences from classical antecedent: Stronger action in calming the Mind and settling the Po.



Swollen, HE crack
(Clear the Soul)



Swollen, HE crack, sticky coating
(Clear the Soul)

Clear Yang™

Ban Xia *Rhizoma Pinelliae preparata*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Fu Ling *Poria*

Chen Pi *Pericarpium Citri reticulatae*

Gan Cao *Radix Glycyrrhizae uralensis*

Hong Zao *Fructus Jujubae*

Gou Teng *Ramulus Uncariae cum Uncis*

Bai Ji Li *Fructus Tribuli*

Ju Hua *Flos Chrysanthemi*

Man Jing Zi *Fructus Viticis*

Dang Gui *Radix Angelicae sinensis*

Tu Si Zi *Semen Cuscutae*

Du Zhong *Cortex Eucommiae ulmoidis*

Gou Qi Zi *Fructus Lycii*

Yuan Zhi *Radix Polygalae*

Shi Chang Pu *Rhizoma Acori tatarinowii*

In a Nutshell: Chronic headaches from Liver-Yang rising and Phlegm occurring against a background of Kidney deficiency. Also chronic dizziness from the same causes.

Patterns: Liver-Yang rising, Phlegm clouding the head, Blood deficiency, Kidney-Yang deficiency.

Actions: Subdue Liver-Yang, extinguish Liver-Wind, resolve Phlegm, nourish Blood, tonify Kidney-Yang, tonify Spleen-Qi.

Indications: Headaches which may be throbbing or dull in nature, dizziness, a feeling of heaviness and muzziness of the head which is worse in the morning, catarrh, a feeling of oppression of the chest, nausea, a sticky taste, blurred vision, vomiting during migraine attacks, tics, high blood pressure.

Tongue: Pale or normal-coloured, swollen, sticky-white coating.

Pulse: Weak and slightly slippery.

Classical antecedent: Ban Xia Bai Zhu Tian Ma Tang (*Pinellia-Atractylodes-Gastrodia Decoction*).

Differences from classical antecedent: It tonifies the Kidneys and nourishes Blood (original formula does not), it opens the Mind's orifices to resolve Phlegm from the brain.

Timing of administration: Take after meals.



Slightly Pale, swollen, LU cracks
(Clear Yang)



Red sides, slightly swollen
(Clear Yang)

Drain Fields™

Huo Xiang *Herba Pogostemonis*

Ban Xia *Rhizoma Pinelliae preparata*

Fu Ling *Poria*

Xing Ren *Semen Armeniacae*

Yi Yi Ren *Semen Coicis*

Bai Dou Kou *Fructus Amomi rotundus*

Zhu Ling *Polyporus*

Dan Dou Chi *Semen Sojae preparatum*

Ze Xie *Rhizoma Alismatis*

Hou Po *Cortex Magnoliae officinalis*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

Huang Qi *Radix Astragali*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Sha Ren *Fructus Amomi*

Lu Gen *Rhizoma Phragmitis*

In a Nutshell: Resolve Dampness.

Patterns: Dampness in the Centre and muscles, and Spleen-Qi deficiency.

Actions: Resolve Dampness, tonify Qi.

Indications: Feeling of oppression in the epigastrium, muzziness of the head, lack of concentration, poor memory, feeling of heaviness, tiredness, aching muscles, a sticky taste, nausea, poor appetite, loose stools.

Tongue: Sticky-white coating.

Pulse: Slippery and weak.

Classical antecedent: *Huo Po Xia Ling Tang (Agastache-Magnolia-Pinellia-Poria Decoction)*.

Differences from classical antecedent: Stronger action in resolving Dampness from the space between skin and muscles with fragrant herbs (muscle ache), it mildly tonifies Qi (which original formula does not do).

NOTE: Although *Prosperous Earth* also treats Spleen-Qi deficiency and Dampness, *Drain Fields* should be used when the Dampness is primary to the Spleen deficiency and therefore the pulse is slippery and the tongue is swollen. If the Spleen deficiency is primary to the Dampness, then *Prosperous Earth* is appropriate.

Cautions and contraindications: Contraindicated in pregnancy.



Swollen, sticky-white coating
(Drain Fields)



Thick-sticky-greyish-white coating
(Drain Fields)

Drain Fire™

Long Dan Cao *Radix Gentianae*

Huang Qin *Radix Scutellariae*

Shan Zhi Zi *Fructus Gardeniae*

Ze Xie *Rhizoma Alismatis*

Che Qian Zi *Semen Plantaginis*

Sheng Di Huang *Radix Rehmanniae*

Dang Gui *Radix Angelicae sinensis*

Chai Hu *Radix Bupleuri*

Gan Cao *Radix Glycyrrhizae uralensis*

Suan Zao Ren *Semen Ziziphi spinosae*

Yuan Zhi *Radix Polygalae*

Ju Hua *Flos Chrysanthemi*

Gou Teng *Ramulus Uncariae cum Uncis*

Lian Zi Xin *Plumula Nelumbinis nuciferae*

In a Nutshell: Drain Liver- and Heart-Fire with bitter-cold herbs.

Patterns: Liver-Fire, Heart-Fire, Damp-Heat in Upper and Lower Burner.

Actions: Drain Liver-Fire, drain Heart-Fire, clear Heat, resolve Dampness, calm the Mind, settle the Ethereal Soul.

Indications: Headaches, irritability, propensity to outbursts of anger, red face, a bitter taste, tinnitus, dizziness, bloodshot eyes, thirst, constipation, dry stools, scanty-dark urine, nosebleeds, blood in urine or stools, a feeling of heat, anxiety, agitation, insomnia, dream-disturbed sleep, ear infection, tongue ulcers, cystitis with burning on micturition, urethritis, vaginitis, yellow vaginal discharge, heavy periods.

Tongue: Red with redder and swollen sides, red points on the sides and tip, yellow coating.

Pulse: Wiry and rapid.

Classical antecedent: Long Dan Xie Gan Tang (*Gentiana Draining the Liver Decoction*).

Differences from classical antecedent: Drain Heart-Fire and calm the Mind (which the original formula does not do), treat headaches.

Cautions and contraindications: This formula is for Fire and must therefore be used only when there are clear manifestations of Fire as indicated above. As long as the diagnosis of Liver-Fire is correct, there are no specific contraindications to the use of this formula. Obviously, this is not a tonifying formula and should therefore not be used for long periods of time. As it contains bitter cold herbs, long-term use of this formula may damage the Spleen. Therefore, if it is used on an ongoing basis it should be discontinued for 1 month every 4-5 months. Acupuncturists can pay attention to supporting the Spleen during the course of treatment with points such as Ren-12 Zhongwan, ST-36 Zusanli and BL-20 Pishu. Contraindicated in pregnancy.

Difference between Liver-Yang rising and Liver-Fire

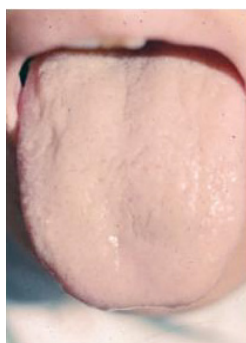
Liver-Yang Rising	Liver-Fire
<ul style="list-style-type: none"> • Not a true Shi pattern, just an imbalance between Yin and Yang with Yang rising excessively • Headaches • Dizziness • Tinnitus • Outbursts of anger • Irritability • Wiry pulse • Tongue depends on underlying cause. Could be pale if there is Liver-Blood Xu 	<ul style="list-style-type: none"> • A true Shi pattern, with genuine Fire • Headaches • Dizziness • Tinnitus • Outbursts of anger • Irritability • Wiry pulse • Tongue Red with redder sides and thick-yellow coating • Thirst • Bitter taste • Dry stools • Dark urine • Agitation • Possibly bleeding

Liver-Yang rising is an imbalance between Yin and Yang with rising rebellious Qi; not a true Shi condition. It is treated with herbs that subdue Qi (e.g. Mu Li, Shi Jue Ming, Zhen Zhu Mu) and herbs that extinguish Wind (e.g. Tian Ma, Gou Teng).

Liver-Fire is a totally Shi condition. Fire is drained by bitter-cold herbs which also move downwards (e.g. Da Huang, Huang Qin, Huang Lian, Huang Bo, Xia Ku Cao, Pu Gong Ying).

Symptoms: throbbing headache, dizziness, tinnitus, irritability, Wiry pulse.

Symptoms: thirst, agitation, red-burning eyes, bitter taste, nosebleed, dry stools, dark urine, Red tongue with yellow coating.



Liver-Yang rising



Liver-Heat



Liver-Fire



Liver and Gallbladder Damp-Heat

Liver-Heat and Liver-Fire share common characteristics. They both display a feeling of heat, thirst, red eyes, etc. Liver-Fire is characterized by a tongue that is deep-red and with a thick-dry-dark-yellow coating. Liver-Fire differs from Liver-Heat in four ways:

- 1 It is more intense (intense thirst, bitter taste).
- 2 It affects the Mind more (agitation, insomnia).
- 3 It may cause bleeding (vomiting of blood).
- 4 It dries more (dark urine and dry stools).

It is important to understand that *Drain Fire* is for Liver-Fire and Liver and Gall-Bladder Damp-Heat rather than Liver-Heat.

Ease the Muscles™

Huang Lian *Rhizoma Coptidis*

Hou Po *Cortex Magnoliae officinalis*

Shi Chang Pu *Rhizoma Acori tatarinowii*

Ban Xia *Rhizoma Pinelliae preparata*

Dan Dou Chi *Semen Sojae preparatum*

Shan Zhi Zi *Fructus Gardeniae*

Lu Gen *Rhizoma Phragmitis*

Huang Qi *Radix Astragali*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Sha Ren *Fructus Amomi*

Yi Yi Ren *Semen Coicis*

Huo Xiang *Herba Pogostemonis*

Fu Ling *Poria*

In a Nutshell: Resolve Damp-Heat from the Middle Burner and from the space between the skin and muscles.

Pattern: Damp-Heat lurking in the Interior.

Actions: Clear Heat, resolve Dampness, regulate Qi, harmonize the Centre.

Indications: Tiredness, a feeling of heaviness, muzziness of the head, lack of concentration, poor memory, ache in the muscles, muscle fatigue, feeling of heat, a feeling of oppression of the epigastrium, a sticky taste or bitter taste, poor appetite, loose stools.

Tongue: Red or slightly red with a sticky-yellow coating. Even if the tongue is not red, the presence of a sticky-yellow coating is an essential sign for the prescription of this formula.

Pulse: Slippery, possibly only on the right side.

Classical antecedent: Lian Po Yin (*Coptis-Magnolia Decoction*).

Differences from classical antecedent: Stronger action in eliminating Dampness from the space between the skin and muscles (muscle ache), mildly tonify Qi (only one herb).

NOTE: *Ease the Muscles* resolves Damp-Heat, *Drain Fields* resolves Dampness.

Cautions and contraindications: Contraindicated in pregnancy.



Red, sticky-yellow coating
(Ease the Muscles)

Expel Toxic Heat™

Ban Lan Gen *Radix Isatis seu Baphicacanthis*

Da Qing Ye *Folium Daqingye*

Huang Qi *Radix Astragali*

Ling Zhi *Ganoderma*

Huang Qin *Radix Scutellariae*

Huang Lian *Rhizoma Coptidis*

Huang Bai *Cortex Phellodendri*

Jin Yin Hua *Flos Lonicerae japonicae*

Zi Hua Di Ding *Herba Viola*

Mu Dan Pi *Cortex Moutan*

Xuan Shen *Radix Scrophylariae*

Gan Cao *Radix Glycyrrhizae uralensis*

In a Nutshell: Expel Toxic Heat in acute bacterial or viral infections.

Pattern: Toxic Heat in all three Burners.

Action: Resolve Toxic Heat from the three Burners.

Indications: Carbuncles, pustules, acute attack of herpes simplex or zoster, acute attack of genital herpes, acute tonsillitis with purulent tonsils, infected eczema, acute attack of acne with large pustules, acute attack of sinusitis with purulent nasal discharge.

Tongue: Red, red points, swollen, with thick-sticky-yellow coating.

Pulse: Rapid-overflowing or deep-firm-rapid.

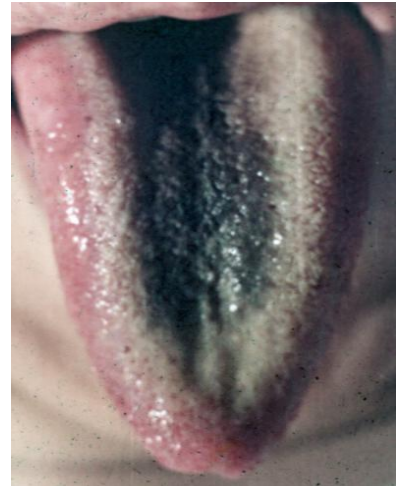
Cautions and contraindications: This formula contains bitter and cold herbs which in the long run can damage the Spleen. However, this is unlikely to happen providing it is given only for short periods of time while an infection exists. Contraindicated in pregnancy.



Red points all over, thick-sticky-dry coating
(Expel Toxic Heat)



Red, red points, no coating
(Expel Toxic Heat)



Red, thick sticky-black coating
(Expel Toxic Heat)

Expel Wind-Cold™

Jing Jie *Herba Schizonepetae*

Fang Feng *Radix Saposhnikoviae*

Zi Su Ye *Folium Perillae*

Qian Hu *Radix Peucedani*

Jie Geng *Radix Platycodi*

Bo He *Herba Menthae haplocalycis*

Bai Qian *Rhizoma Cynanchi stauntonii*

Bai Zhi *Radix Angelicae dahuricae*

Xin Yi Hua *Flos Magnoliae*

Chuan Xiong *Rhizoma Chuanxiong*

Ge Gen *Radix Puerariae*

Gan Cao *Radix Glycyrrhizae uralensis*

In a Nutshell: Expel Wind-Cold in acute invasions of Wind.

Pattern: Invasion of Wind-Cold, pathogenic factor on the Exterior.

Actions: Release the Exterior, expel Wind-Cold.

Indications: Runny nose, sneezing, aversion to cold, shivering, perhaps slight temperature, cough, body aches, headache, hay fever.

Tongue: No special tongue is associated with this remedy as an acute invasion of Wind-Cold may not reflect on the tongue at all.

Pulse: Floating.

Classical antecedent: Jing Fang Bai Du San (*Schizonepeta-Saposhnikovia Releasing the Exterior Decoction*).

Differences from classical antecedent: Treats acute headache from Wind-Cold.

Cautions and contraindications: The formula is only for acute invasions of Wind-Cold at the initial stage when the Wind-Cold is on the Exterior.

Timing of administration: Take after meals, ideally with a hot ginger infusion.

Invasion of Wind-Cold	Invasion of Wind-Heat
• Aversion to cold	• Aversion to cold
• Possibly fever	• Possibly fever
• Body hot to touch	• Body hot to touch
• Sneezing, runny nose	• Sore throat
• Body aches	• Body aches
• Occipital headache	• Headache all over
• Cough	• Cough
• Floating-Rapid pulse	• Floating-rapid pulse
	• Tongue with red sides

Expel Wind-Heat™

Bo He *Herba Menthae haplocalycis*

Dan Dou Chi *Semen Sojae preparatum*

Dan Zhu Ye *Herba Lophateri*

Jing Jie *Herba Schizonepetae*

Jin Yin Hua *Flos Lonicerae japonicae*

Lian Qiao *Fructus Forsythiae*

Jie Geng *Radix Platycodi*

Gan Cao *Radix Glycyrrhizae uralensis*

Niu Bang Zi *Fructus Arctii*

Fang Feng *Radix Saposhnikoviae*

Da Qing Ye *Folium Daqingye*

Ju Hua *Flos Chrysanthemi*

Xing Ren *Semen Armeniacae*

Huang Qin *Radix Scutellariae*

In a Nutshell: Expel Wind-Heat in acute invasions of Wind.

Pattern: Invasion of Wind-Heat at the Defensive-Qi level.

Actions: Release the Exterior, expel Wind-Heat.

Indications: Aversion to cold, shivering, fever, body aches, headache, slight thirst, cough, sneezing, runny nose with slightly yellow discharge, sore throat, swollen tonsils, swollen glands, mumps, colds, influenza, hay fever.

Tongue: Red on the sides or front part.

Pulse: Floating-rapid.

Classical antecedent: Yin Qiao San (*Lonicera-Forsythia Powder*) plus Sang Ju Yin (*Mulberry Leaf and Chrysanthemum Decoction*).

Differences from classical antecedent: Treats acute cough from Wind-Heat.

Cautions and contraindications: This formula is only for acute invasions of Wind-Heat at the initial stage when the Wind-Heat is on the Exterior. It is therefore contraindicated for any condition that is not exterior and not caused by Wind-Heat. It is usually used for only a few days. After this time, either the Wind-Heat will have been expelled completely and require no further treatment, or it will have progressed into the Interior, changing into interior Heat, in which case a different formula is needed.

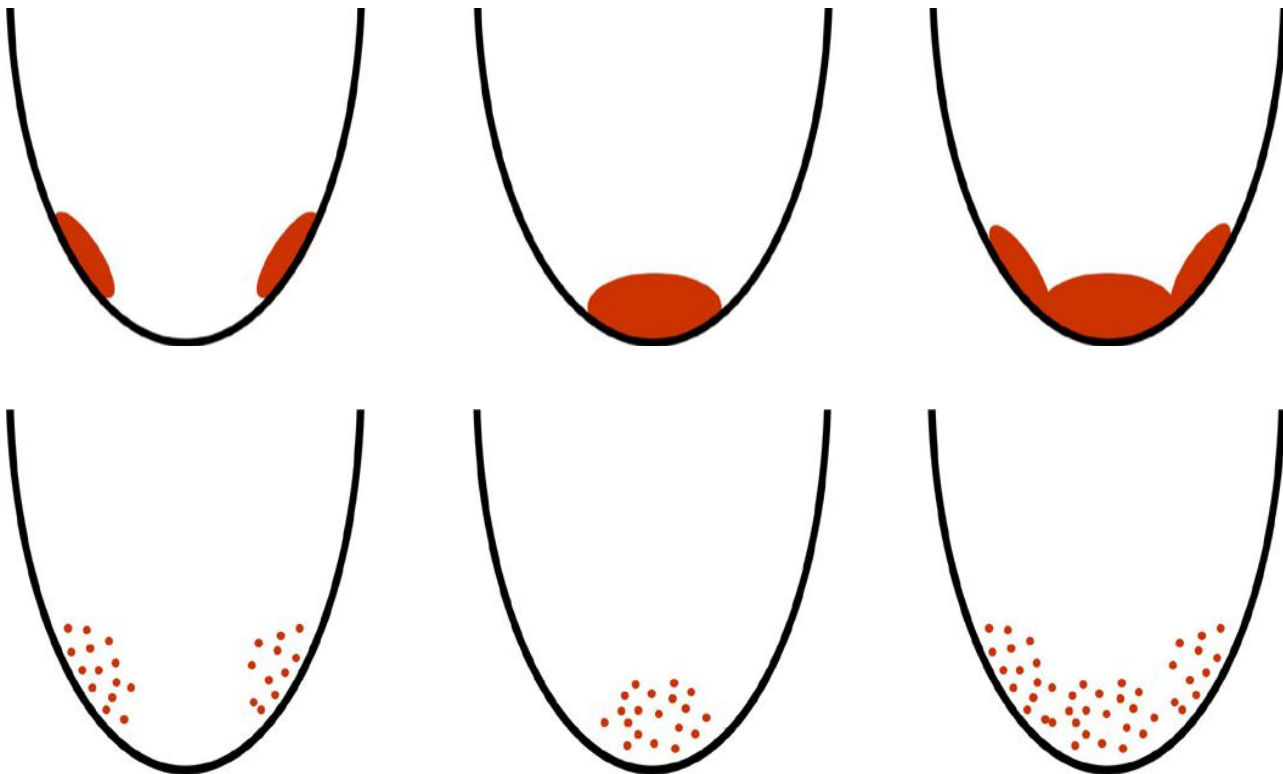
Timing of administration: Take after meals.



Red points in the front area
(Expel Wind-Heat)



Red points in the front area
(Expel Wind-Heat)



Wind-Heat Manifestation on Tongue
Red points (common in children)

Freeing the Sun™

Bo He *Herba Menthae haplocalycis*

Chai Hu *Radix Bupleuri*

Dang Gui *Radix Angelicae sinensis*

Bai Shao *Radix Paeoniae alba*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Fu Ling *Poria*

Shan Zhi Zi *Fructus Gardeniae*

Mu Dan Pi *Cortex Moutan*

Xiang Fu *Rhizoma Cyperi*

He Huan Pi *Cortex Albiziae*

Suan Zao Ren *Semen Ziziphi spinosae*

Gan Cao *Radix Glycyrrhizae uralensis*

Hong Zao *Fructus Jujubae*

In a Nutshell: Long-term Liver-Qi stagnation which has given rise to Heat.

Patterns: Liver-Qi stagnation, Liver-Heat (deriving from long-term Qi stagnation), Blood deficiency, Spleen-Qi deficiency.

Actions: Move Qi, pacify the Liver, nourish Blood, tonify Spleen-Qi, clear Liver-Heat, calm the Mind, and settle the Ethereal Soul.

Indications: Anxiety, worry, depression, hypochondrial, epigastric or abdominal distension, poor digestion, abdominal distension and pain, constipation, loose stools, alternation of constipation and loose stools, insomnia, dream-disturbed sleep, headaches, slight thirst, feeling of heat, slight bitter taste.

Tongue: Red sides.

Pulse: Wiry, rapid.

Classical antecedent: Dan Zhi Xiao Yao San (Moutan-Gardenia Free and Easy Wanderer Powder).

Differences from classical antecedent: Stronger action in calming the Mind and lifting mood.



Red sides, yellow coating
(Freeing the Sun)



Red, redder sides, dry-yellow coating
(Freeing the Sun)

Glorious Sea™

Dang Gui *Radix Angelicae sinensis*

Shou Wu *Radix Polygoni multiflori preparata*

Gou Qi Zi *Fructus Lycii*

Bai Xian Pi *Cortex Dictamni*

Mu Dan Pi *Cortex Moutan*

Huang Qin *Radix Scutellariae*

Tu Si Zi *Semen Cuscuta*

Sheng Di Huang *Radix Rehmanniae*

Ze Xie *Rhizoma Alismatis*

Fu Ling *Poria*

Gan Cao *Radix Glycyrrhizae uralensis*

In a Nutshell: Skin problems from Liver-Blood deficiency, some Dampness, some Blood Heat.

Patterns: Liver-Blood deficiency, Dampness in the skin, slight Blood Heat.

Actions: Nourish Liver-Blood, tonify the Kidneys, nourish the skin, resolve Dampness, cool Blood.

Indications: Sallow complexion without “shen”, dry skin, dry rashes, skin spots, itching, dry hair and nails.

Tongue: Pale, dry.

Pulse: Weak, choppy or fine.



Pale-dry
(Glorious Sea)

Harmonize the Centre™

Ren Shen *Radix Ginseng*

Huang Qi *Radix Astragali*

Xi Yang Shen *Radix Panacis quinquefolii*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Shan Yao *Rhizoma Dioscoreae*

Tian Hua Fen *Radix Trichosanthis*

Yu Zhu *Rhizoma Polygonati odorati*

Zhi Mu *Radix Anemarrhenae*

Fu Ling *Poria*

Ge Gen *Radix Puerariae*

Huang Jing *Rhizoma Polygonati*

Gou Qi Zi *Fructus Lycii*

Shan Zhu Yu *Fructus Corni*

Ban Xia *Rhizoma Pinelliae preparata*

Chen Pi *Pericarpium Citri reticulatae*

Cang Zhu *Rhizoma Atractylodis*

Dan Shen *Radix Salviae miltiorrhizae*

In a Nutshell: Tonify Spleen- and Stomach-Qi and Stomach Yin, resolve Dampness and Phlegm in the Middle Burner. Type II diabetes.

Patterns: Stomach- and Spleen-Qi deficiency, Stomach-Yin deficiency, Phlegm, Blood stasis.

Actions: Tonify Qi and Yin of Stomach and Spleen, resolve Phlegm, invigorate Blood.

Indications: Type II diabetes, poor appetite, poor digestion, obesity, epigastric distention and fullness, tiredness.

Tongue: With rootless coating, completely without coating or without coating in the centre, Stomach crack.

Pulse: Weak or floating-empty on the right-middle position.

Classical antecedent: Shen Ling Bai Zhu San (Ginseng-Poria-Atractylodes Powder).

Comparison between Central Mansion and Harmonize The Centre

	Central Mansion	Harmonize The Centre
Pattern	Deficiency of Qi and Yin of Stomach and Spleen, Dampness in the Middle Burner	Deficiency of Spleen-Qi and of Qi and Yin of Stomach, Phlegm, Blood stasis
Indications	Loose stools, diarrhoea	Type II diabetes, obesity
Tongue	Pale, sticky coating or rootless coating	Swollen body, rootless coating or no coating
Pulse	Weak, Soggy, Floating-Empty	Soggy, Slippery



Pale, partially peeled
(Harmonize the Centre)



Pale, partially peeled
ST-crack, SP-cracks
(Harmonize the Centre)



Pale sides, no coating, ST-crack
(Harmonize the Centre)



Pale, partially peeled
(Harmonize the Centre)

Herbal Sentinel-Yang™

Huang Qi *Radix Astragali*

Ren Shen *Radix Ginseng*

Ling Zhi *Ganoderma*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Fang Feng *Radix Saposhnikoviae*

Gui Zhi *Ramulus Cinnamomi cassiae*

Bai Shao *Radix Paeoniae alba*

Sheng Jiang *Rhizoma Zingiberis recens*

Da Zao *Fructus Jujubae*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

Tu Si Zi *Semen Cuscutae*

Du Zhong *Cortex Eucommiae ulmoidis*

Ba Ji Tian *Radix Morindae officinalis*

Wu Wei Zi *Fructus Schisandrae*

Fu Ling *Poria*

Huang Qin *Radix Scutellariae*

Yu Zhu *Rhizoma Polygonati odorati*

In a Nutshell: Tonify the Zheng Qi and strengthen the immune system in people with a constitutional Yang deficiency. Tonify Lungs, Spleen and Kidneys.

Patterns: Deficiency of Lung-, Spleen- and Kidney-Qi.

Actions: Tonify Lung- and Spleen-Qi, consolidate the Exterior, strengthen the Kidneys, bolster the Defensive-Qi.

Indications: Propensity to catching colds, tiredness, feeling cold, depression, frequent-pale urination, cold limbs, slight shortness of breath, poor appetite, loose stools, slight abdominal distension after eating, spontaneous sweating, weak voice, lower backache, low libido, allergic rhinitis, allergic asthma.

Tongue: Pale or slightly pale.

Pulse: Generally weak or empty. It may be weak only on the right side.

Classical antecedent: Yu Ping Feng San (*Jade Windscreen Powder*) plus Gui Zhi Tang (*Cinnamon Twig Decoction*).

Differences from classical antecedent: Tonifies Kidney-Yang.



Pale, wet, slightly swollen
(Herbal Sentinel-Yang)

Herbal Sentinel-Yin™

Huang Qi *Radix Astragali*

Xi Yang Shen *Radix Panacis quinquefolii*

Ling Zhi *Ganoderma*

Wu Wei Zi *Fructus Schisandrae*

Mai Men Dong *Radix Ophiopogonis*

Bei Sha Shen *Radix Glehniae*

Bai He *Bulbus Lillii*

Yu Zhu *Rhizoma Polygonati odorati*

Shu Di Huang *Radix Rehmanniae preparata*

Shan Zhu Yu *Fructus Corni*

Shan Yao *Rhizoma Dioscoreae*

Da Zao *Fructus Jujubae*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

Zhi Mu *Radix Anemarrhenae*

Fu Ling *Poria*

In a Nutshell: Tonify the Zheng Qi and strengthen the immune system in people with a constitutional Yin deficiency.

Patterns: Deficiency of Lung-, Spleen- and Kidney-Qi, deficiency of Yin.

Actions: Tonify Lung-Qi, strengthen the Kidneys, nourish Yin, consolidate the Exterior, bolster Defensive-Qi.

Indications: Propensity to catching colds, lower backache, night-sweating, feeling of heat in the evening, tiredness, poor appetite, weak voice, spontaneous sweating, dizziness, tinnitus, allergic rhinitis, allergic asthma.

Tongue: Red without coating or with rootless coating. It may be red only in the centre or front part. It may also be only slightly red with a rootless coating.

Pulse: Floating-empty or fine.

NOTE: This formula is for people either with a Yin deficiency or a constitutional tendency to Yin deficiency. The tongue could range from one with normal colour and a rootless coating to one that is red and completely without coating. If the tongue is pale, use *Herbal Sentinel – Yang*. If the tongue is normal and the patient has symptoms of constitutional Yin deficiency, use *Herbal Sentinel – Yin*.



Partially without coating = mild Yin deficiency
(Herbal Sentinel-Yin)



Deep red, completely without coating = severe Yin deficiency with Empty Heat
(Herbal Sentinel-Yin)

Invigorate the Root™

Du Huo *Radix Angelicae pubescentis*

Sang Ji Sheng *Herba Taxilli*

Fang Feng *Radix Saposhnikoviae*

Qin Jiao *Radix Gentianae macrophyllae*

Du Zhong *Cortex Eucommiae ulmoidis*

Huai Niu Xi *Radix Achyranthis bidentatae*

Gui Zhi *Ramulus Cinnamomi cassiae*

Dang Gui *Radix Angelicae sinensis*

Chuan Xiong *Rhizoma Chuanxiong*

Sheng Di Huang *Radix Rehmanniae*

Bai Shao *Radix Paeoniae alba*

Ren Shen *Radix Ginseng*

Fu Ling *Poria*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

Qiang Huo *Rhizoma seu Radix Notopterygii*

Hai Tong Pi *Cortex Erythrinae*

Wei Ling Xian *Radix Clematidis*

In a Nutshell: Chronic Bi Syndrome from Wind and Dampness in the channels occurring against a background of Kidney-Yang deficiency, Spleen-Qi deficiency and Blood deficiency.

Patterns: Wind-Dampness in the channels, Spleen-Qi deficiency, Blood deficiency, Kidney-Yang deficiency.

Actions: Expel Wind and resolve Dampness from the channels, tonify Kidney-Yang, tonify Spleen-Qi, nourish Blood.

Indications: This remedy is for Chronic Painful Obstruction Syndrome (Bi) from Wind and Dampness in the channels occurring against a background of Kidney-Yang deficiency, Spleen-Qi deficiency and Blood deficiency. The main symptoms and signs are chronic backache that is aggravated by exposure to cold and dampness and alleviated by the application of heat, pain in the joints with no swelling or slight swelling, knee-ache, dizziness, tinnitus, tiredness, feeling cold, frequent urination, pale urine, lack of will-power, a feeling of cold in the back and knees, weak knees, blurred vision, tingling of limbs, constipation, poor digestion.

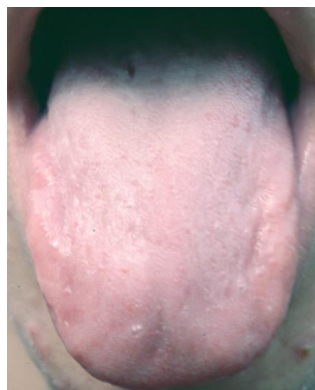
Tongue: Pale.

Pulse: Deep, weak.

Classical antecedent: Du Huo Ji Sheng Tang (*Angelica pubescentis-Loranthus Decoction*).

Differences from classical antecedent: Tonify Spleen-Qi, nourish Blood, balance the tonification of Yang with a Yin tonic.

Cautions and contraindications: Contraindicated in pregnancy.



Pale and swollen
(Invigorate the Root)

Jade Screen®

Xin Yi Hua *Flos Magnoliae*

Fang Feng *Radix Saposhnikoviae*

Huang Qi *Radix Astragali*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Bai Zhi *Radix Angelicae dahuricae*

Wu Mei *Fructus Mume*

Wu Wei Zi *Fructus Schisandrae*

Dan Shen *Radix Salviae miltiorrhizae*

Bo He *Herba Menthae haplocalycis*

Jing Jie *Herba Schizonepetae*

Huang Qin *Radix Scutellariae*

Gan Cao *Radix Glycyrrhizae uralensis*

Bai Qian *Rhizoma Cynanchi stauntonii*

Jie Geng *Radix Platycodi*

Gan Jiang *Rhizoma Zingiberis*

In a Nutshell: Allergic rhinitis. It treats only the manifestations of allergic rhinitis, not its cause. (*Herbal Sentinel* treats the cause of allergic rhinitis).

Patterns: Wind impairing the descending and diffusing of Lung-Qi in the nose.

Actions: Expel Wind, tonify Qi, strengthen Defensive-Qi, anti-allergy.

Indications: Allergic rhinitis, sneezing, runny nose with a clear-watery discharge, itchy eyes and nose, dull soreness on the forehead, blocked nose, hay fever, allergy to cats, dogs, horses, dust mites, dust, etc., chronic sinusitis (only when secondary to rhinitis).

No specific tongue or pulse are associated with Jade Screen as it is used for the symptoms (biao) of allergic rhinitis, irrespective of the tongue or pulse.

Cautions and contraindications: This formula contains some pungent herbs which may damage Yin and some bitter herbs that may weaken the Spleen if used over a long period of time. It should not therefore be used for longer than a few months at a stretch. Alternatively, if it is prescribed in conjunction with acupuncture treatment attention could be paid to tonifying the Spleen and nourishing Yin with acupuncture.

Timing of administration: Take after meals.

Jade Spring™

Bei Sha Shen *Radix Glehniae*

Mai Men Dong *Radix Ophiopogonis*

Yu Zhu *Rhizoma Polygonati odorati*

Gan Cao *Radix Glycyrrhizae uralensis*

Sang Ye *Folium Mori*

Bian Dou *Semen Dolichoris lablab*

Tian Hua Fen *Radix Trichosanthis*

Lu Gen *Rhizoma Phragmitis*

Tai Zi Shen *Radix Pseudostellariae*

Dang Shen *Radix Codonopsis*

Fu Ling *Poria*

Zhi Mu *Radix Anemarrhenae*

Shan Yao *Rhizoma Dioscoreae*

In a Nutshell: Deficiency of Yin of Lungs, Stomach and Spleen.

Patterns: Stomach-Yin deficiency, Spleen-Yin deficiency, Lung-Yin deficiency, Stomach Empty Heat.

Actions: Nourish Stomach-, Spleen- and Lung-Yin, clear Stomach Empty Heat.

Indications: Excessive hunger, dry mouth, desire to drink in small sips, dry lips, tiredness, mental restlessness, poor digestion, slight burning epigastric pain, mouth ulcers, dry stools, circumscribed skin rashes on the front of the leg, diabetes.

Tongue: Dry, either no coating or rootless coating in the centre, Stomach crack in the midline or scattered small cracks; it may be slightly red in the centre.

Pulse: Floating-empty on the right middle position.

Classical antecedent: Sha Shen Mai Dong Tang (*Glehnia-Ophiopogon Decoction*).

Differences from classical antecedent: Nourishes Spleen-Yin.

Cautions and contraindications: Yin tonics tend to be “sticky” and may injure the Spleen but this would happen only after long-term use (several months). If using acupuncture attention can be given to supporting the Spleen.



Stomach and Spleen cracks
(Jade Spring)



Stomach, Heart and Spleen cracks
(Jade Spring)



Stomach cracks
(Jade Spring)



Deep Spleen cracks
(Jade Spring)

NOTE: *Jade Spring* nourishes Stomach- and Spleen-Yin; *Central Mansion* tonifies Qi as well and also resolves Dampness.

Central Mansion – Jade Spring: a comparison

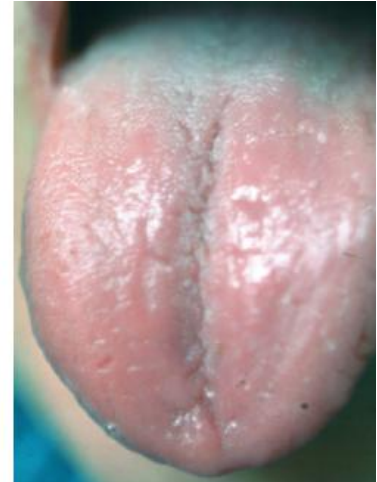
The first five tongues below indicate the use of *Central Mansion*; the last one, the use of *Jade Spring*.



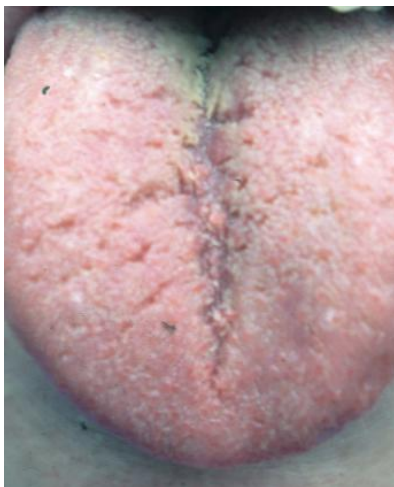
Central crack
(**Central Mansion**)



Patches without coating
(**Central Mansion**)



Centre without coating
(**Central Mansion**)



Scattered horizontal cracks,
midline central crack
(**Central Mansion**)



Vertical cracks
(**Central Mansion**)



Cracks, no coating
(**Jade Spring**)

Limpid Sea™

Ban Xia *Rhizoma Pinelliae preparata*

Fu Ling *Poria*

Chen Pi *Pericarpium Citri reticulatae*

Gan Cao *Radix Glycyrrhizae uralensis*

Hong Zao *Fructus Jujubae*

Wu Mei *Fructus Mume*

Zhu Ru *Caulis Bambusae in Taeniam*

Gua Lou *Fructus Trichosanthis*

Gan Jiang *Rhizoma Zingiberis*

In a Nutshell: Resolve Phlegm (Damp Phlegm, Phlegm-Heat and Cold Phlegm).

Patterns: Phlegm (Damp, Cold or Hot) in the Middle and Upper Burner.

Actions: Dry Dampness and resolve Phlegm.

Indications: Cough with abundant sputum, catarrh in the chest, nose or throat, white or yellow sputum, a feeling of oppression of the chest, nausea, vomiting, palpitations, dizziness, insomnia, lipomas.

Tongue: Pale, swollen with a sticky-white coating in case of Damp or Cold Phlegm, or red, swollen with a sticky-yellow coating in case of Hot Phlegm.

Pulse: Slippery and slow in case of Cold Phlegm, or slippery and rapid in case of Hot Phlegm.

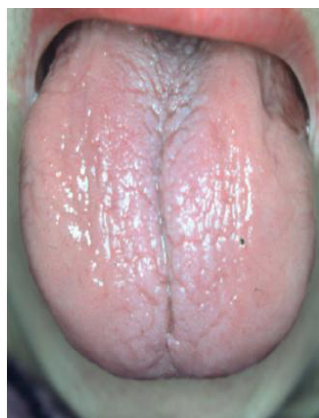
Classical antecedent: Er Chen Tang (Two Old Decoction).

Differences from classical antecedent: Resolves Phlegm-Heat and Cold Phlegm.

Cautions and contraindications: This formula is drying and should not be used if the patient suffers from even mild Yin deficiency. Since this formula treats only the Manifestation of Phlegm it is not suitable for long-term administration (more than a few months), and should be followed by the administration of a formula that tonifies the Spleen, such as Soothe the Centre™ to treat the Root. Alternatively, these two formulae may be used together. Acupuncturists could use this formula to treat the Manifestation of Phlegm and acupuncture to treat the Root by tonifying the Spleen with points such as ST-36 Zusanli, SP-3 Taibai, BL-20 Pishu and BL 21 Weishu.



Swollen, pale, teethmarks
(Limpid Sea)



Swollen, pale, no coating
(Limpid Sea)



Swollen Lung area
(Limpid Sea)

Nourish the Root™

Sheng Di Huang *Radix Rehmanniae*

Shan Yao *Rhizoma Dioscoreae*

Shan Zhu Yu *Fructus Corni*

Gou Qi Zi *Fructus Lycii chinensis*

Huai Niu Xi *Radix Achyranthis bidentatae*

Tu Si Zi *Semen Cuscutae*

Mai Men Dong *Radix Ophiopogonis*

Huang Jing *Rhizoma Polygonati*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

Ze Xie *Rhizoma Alismatis*

Tian Men Dong *Radix Asparagi*

Di Gu Pi *Cortex Lycii*

In a Nutshell: Nourish Kidney-Yin.

Patterns: Kidney-Yin deficiency.

Actions: Nourish Kidney-Yin and Jing, strengthen the will-power.

Indications: Dizziness, tinnitus, sore back and legs, night-sweating, dry mouth and throat in the evening, feeling of heat and vague anxiety in the evening, 5-palm heat (a feeling of heat in palms, chest and soles), thirst with desire to drink in small sips, exhaustion, depression, dry stools, lower backache, infertility, insomnia (waking up during the night), blurred vision, dry skin and hair, dryness of the vagina, dry eyes, thin body, scanty-dark urine.

Tongue: This could range from a nearly normal-coloured body (tending to red) with rootless coating to a red body without any coating at all, depending on the degree of Yin deficiency and Empty Heat. The less the coating, the deeper the Yin deficiency, and the redder the tongue body, the stronger the Empty Heat.

Pulse: Floating-empty, or weak on both rear positions and relatively overflowing on both front ones, or fine and rapid if there is pronounced Empty Heat.

Classical antecedent: Zuo Gui Wan (*Restoring the Left [Kidney] Pill*).

Differences from classical antecedent: Stronger moistening action. Rootless coating (mildest Yin Xu).

Cautions and contraindications: Yin-nourishing substances are cloying in nature and tend to weaken the Spleen and increase Dampness. If there is a Spleen deficiency and some Dampness together with the Kidney-Yin deficiency (which is quite common), do not use the formula continuously: take it for 3-4 months and then suspend its use for 1-2 months. Alternatively, if the patient is receiving acupuncture, the practitioner could treat the Kidney-Yin deficiency with this formula and concentrate on tonifying the Spleen and resolving Dampness with acupuncture.

Timing of administration: Take in the evening (or a higher dose in the evening), ideally with a little, slightly-salted, hot water.



Red, no coating
(Nourish the Root)



Normal colour, no coating
(Nourish the Root)



Red without coating
(Nourish the Root)

Nourish the Root and Clear Wind™

Shu Di Huang *Radix Rehmanniae preparata*

Sheng Di Huang *Radix Rehmanniae*

Yu Zhu *Rhizoma Polygonati odorati*

Bai Shao *Radix Paeoniae alba*

Mu Dan Pi *Cortex Moutan*

Zhi Mu *Radix Anemarrhenae*

Wu Jia Pi *Cortex Acanthopanax*

Mu Gua *Fructus Chaenomelis*

Sang Ji Sheng *Herba Taxilli*

Qin Jiao *Radix Gentianae macrophyllae*

Wei Ling Xian *Radix Clematidis*

Xi Xian Cao *Herba Siegesbeckiae*

Hai Feng Teng *Caulis Piperis kadsurae*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

In a Nutshell: Nourish Kidney- and Liver-Yin and expel Wind-Dampness from the joints. Bi Syndrome in the elderly.

Patterns: Chronic Wind-Damp Painful Obstruction (Bi) Syndrome occurring against a background of Kidney-Yin deficiency.

Actions: Nourish the Kidneys and Liver, strengthen bones and sinews, expel Wind-Dampness from the joints.

Indications: Lower backache, knee-ache, sciatica, ache in joints, dizziness, tinnitus, night-sweating, diminished sexual performance or desire, poor memory, blurred vision, dry eyes, dry skin.

Tongue: Red without coating or with a rootless coating.

Pulse: Weak on both rear positions or floating-empty.

Cautions and contraindications: There are no specific contraindications for this remedy except that Yin-nourishing herbs may weaken the Spleen if used long term. This side-effect can be counteracted by using acupuncture to support the Spleen.



Red, swollen, no coating
(Nourish the Root and Clear Wind)

Nourish the Soul™

Suan Zao Ren *Semen Ziziphi spinosae*

Bai Shao *Radix Paeoniae alba*

Wu Wei Zi *Fructus Schisandrae*

Fu Shen *Sclerotium Poriae paradicis*

Zhi Mu *Radix Anemarrhenae*

Chuan Xiong *Rhizoma Chuanxiong*

Sheng Di Huang *Radix Rehmanniae*

Mai Men Dong *Radix Ophiopogonis*

Yuan Zhi *Radix Polygalae*

Bai Zi Ren *Semen Biotae*

Gou Teng *Ramulus Uncariae cum Uncis*

Ye Jiao Teng *Caulis Polygoni multiflori*

Gan Cao *Radix Glycyrrhizae uralensis*

In a Nutshell: Restrain the coming and going of the Hun when there is Liver-Blood and Liver-Yin deficiency.

Patterns: Liver-, Kidney and Heart-Yin deficiency, Heart Empty Heat, Mind (Shen) and Ethereal Soul (Hun) unsettled.

Actions: Nourish Liver-, Kidney- and Heart-Yin, clear Empty Heat, calm the Mind, and settle the Ethereal Soul.

Indications: Insomnia, anxiety, mental restlessness, agitation, feeling fidgety, very slight hyperactive behaviour from Deficiency, night-sweating, dizziness, tinnitus, dry mouth at night, waking up at night with desire to sip water, palpitations.

Tongue: Red without coating or with rootless coating, dry, possibly Heart crack.

Pulse: Floating-empty or fine-rapid.

Classical antecedent: Suan Zao Ren Tang (*Ziziphus Decoction*).

Differences from classical antecedent: Stronger action in nourishing Yin, stronger action in calming the Spirit, stronger action in promoting sleep.

Timing of administration: It is preferable to take this remedy in the afternoon/evening.



Partially without coating
(Nourish the Soul)



Red, without coating, Heart crack
(Nourish the Soul)

Open the Heart™

Ban Xia *Rhizoma Pinelliae preparata*

Hou Po *Cortex Magnoliae officinalis*

Zi Su Ye *Folium Perillae*

Hong Zao *Fructus Jujubae*

Gan Cao *Radix Glycyrrhizae uralensis*

Chai Hu *Radix Bupleuri*

Bai He *Bulbus Lili*

Jie Geng *Radix Platycodi*

Qing Pi *Pericarpium Citri reticulatae viride*

He Huan Pi *Cortex Albiziae*

In a Nutshell: Heart- and Lung-Qi stagnation in the chest, anxiety, worry, sadness, grief.

Patterns: Stagnation of Lung- and Heart-Qi in the chest from emotional problems, such as sadness, worry or grief.

Actions: Moves Qi in the chest, stimulates the descending of Lung- and Heart-Qi, calms the Mind, settles the Corporeal Soul.

Indications: A feeling of tightness and oppression of the chest and epigastrium, slight breathlessness, sighing, anxiety, sadness, depression, irritability, pale complexion, slight chest pain, a feeling of a lump in the throat.

Tongue: Perhaps slightly red in the chest area (sides of its central section).

Pulse: Slightly wiry in general, especially on the Front position, but also weak and empty.

Classical antecedent: Ban Xia Hou Po Tang (*Pinellia-Magnolia Decoction*).

Differences from classical antecedent: Stronger calming-the-Mind action, more for depression.



Swollen in Lung area
(Open the Heart)



Purple, swollen in Lung area
(Open the Heart)

Comparison between Open The Heart and Bright Spirit

	Open The Heart	Bright Spirit
Pattern	LU- and HE-Qi stagnation in chest	LU-, HE- and LIV-Qi stagnation, Phlegm obstructing the Mind's orifices
Indications	Worry, anxiety, depression	Worry, anxiety, depression, mental confusion, very slight "manic behaviour"
Tongue	Slightly Red on the sides in chest area	Slightly Red on the sides in chest area, Swollen
Pulse	Very slightly Tight on both Cun or only right Cun	Slippery, very slightly Tight on both Cun or only right Cun

Peaceful Sunset™

Long Dan Cao *Radix Gentianae*

Gou Teng *Ramulus Uncariae cum Uncis*

Zhe Bei Mu *Bulbus Fritillariae thunbergii*

Zhu Ru *Caulis Bambusae in Taeniam*

Gua Lou *Fructus Trichosanthis*

Ban Xia *Rhizoma Pinelliae preparata*

Fu Ling *Poria*

Chen Pi *Pericarpium Citri reticulatae*

Ju Hua *Flos Chrysanthemi*

Mu Dan Pi *Cortex Moutan*

Chi Shao *Radix Paeoniae rubra*

Ye Jiao Teng *Caulis Polygoni multiflori*

Sheng Di Huang *Radix Rehmanniae*

Gan Cao *Radix Glycyrrhizae uralensis*

In a Nutshell: Complex pathology of the elderly with Liver-Fire, Phlegm, internal Wind, Blood Heat and Blood stasis.

Patterns: Liver-Fire, Liver-Wind, Blood-Heat, Liver Phlegm-Heat, Blood stasis.

Actions: Clear Liver-Fire, subdue Liver-Wind, resolve Phlegm, clear Heat, cool Blood, move Blood.

Indications: Insomnia, dizziness, tinnitus, trigeminal neuralgia, headaches, coughing up phlegm, constipation, thirst, chest pains, purpura, high blood pressure.

Tongue: Reddish-purple, stiff, dry-thick-sticky coating. It could also be moving or deviated.

Pulse: Full, slippery and wiry.

Cautions and contraindications: The formula contains bitter-cold herbs which, in the long run, may damage the Spleen. To prevent injury to the Spleen use of the formula should be suspended for one month every 4-5 months.



Reddish-Purple, Stiff, Deviated
(Peaceful Sunset)



Reddish-Purple, Swollen partially peeled
(Peaceful Sunset)

Prosperous Earth™

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Ren Shen *Radix Ginseng*

Huang Qi *Radix Astragali*

Shan Yao *Rhizoma Dioscoreae*

Fu Ling *Poria*

Chen Pi *Pericarpium Citri reticulatae*

Ban Xia *Rhizoma Pinelliae preparata*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

In a Nutshell: Tonify Spleen-Qi, resolve Dampness.

Patterns: Spleen-Qi and Lung-Qi deficiency, Dampness.

Actions: Tonify Spleen-Qi and Lung-Qi, resolve Dampness.

Indications: Poor digestion, tiredness, slight abdominal distension and fullness, poor appetite, craving for sweets, loose stools, desire to lie down, weak voice, propensity to catching colds, mild depression.

Tongue: Pale.

Pulse: Weak or empty.

Classical antecedent: Liu Jun Zi Tang (Six Gentlemen Decoction).

Differences from classical antecedent: Stronger Qi-tonic action.



Pale
(Prosperous Earth)

Comparison of Prosperous Earth, Central Mansion, Jade Spring and Harmonize the Centre

	Prosperous Earth	Central Mansion	Jade Spring	Harmonize The Centre
Pattern	Spleen-Qi Xu	Spleen-Qi and Yin Xu, Stomach-Qi and Yin Xu, Dampness	Stomach-Yin Xu, some Empty Heat	Stomach-Yin Xu, Stomach- and Spleen-Qi Xu, Phlegm
Symptoms	Tiredness, poor appetite, loose stools	Tiredness, poor appetite, loose stools, slight epigastric pain, dry mouth, dry stools	Tiredness, poor appetite, dry stools, dry mouth, slight epigastric pain, feeling of heat	Tiredness, poor appetite, dry stools, dry mouth, slight epigastric pain, Type II diabetes
Pulse	Empty or Weak	Weak or Floating Empty	Floating-Empty	Floating-Empty
Tongue	Pale	Pale, dry, rootless coating	Normal or slightly red, no coating, ST cracks	Normal or pale, no coating or partially peeled, ST cracks



Pale, Swollen.
(Prosperous Earth)



Pale, partially peeled.
(Central Mansion)



Completely without coating except for small rootless patch in the centre
(Jade Spring)

NOTE: Central Mansion is in the “middle” of a continuum of a deficiency of Stomach-Qi, then Qi and Yin, then Yin. Therefore, Central Mansion is placed between Prosperous Earth (deficiency of Stomach-and Spleen-Qi) and Jade Spring (definite deficiency of Stomach-Yin, tongue completely without coating and possibly red).

Radio-Support™

Huang Qi *Radix Astragali*

Dang Gui *Radix Angelicae sinensis*

Hong Hua *Flos Carthami*

Dan Shen *Radix Salviae miltiorrhizae*

Shou Wu *Radix Polygoni multiflori preparata*

Gou Qi Zi *Fructus Lycii chinensis*

Wu Wei Zi *Fructus Schisandrae*

Nu Zhen Zi *Fructus Ligustri lucidi*

Zhi Mu *Radix Anemarrhenae*

Mu Dan Pi *Cortex Moutan*

Gan Cao *Radix Glycyrrhizae uralensis*

Sheng Di Huang *Radix Rehmanniae*

Chen Pi *Pericarpium Citri reticulatae*

Yu Zhu *Rhizoma Polygonati odorati*

In a Nutshell: Tonify Qi, nourish Blood, cool Blood, invigorate Blood to minimize side-effects of radiotherapy.

Patterns: Qi and Blood deficiency, Yin deficiency, Blood stasis, Blood-Heat.

Actions: Tonify Qi, nourish Blood, nourish Yin, move Blood, cool Blood.

Indications: Side-effects of radiotherapy – local necrosis, pain, inflammation, local exudation with a burning feeling.

There is no specific tongue or pulse associated with this remedy.

Timing of administration: Radio-Support™ should be taken every day during administration of radiotherapy and should be continued for about 4 weeks after the end of the radiotherapy course. Take at least 9 tablets a day.

Red Stirring™

Dang Gui *Radix Angelicae sinensis*

Sheng Di Huang *Radix Rehmanniae*

Chuan Xiong *Rhizoma Chuanxiong*

Chi Shao *Radix Paeoniae rubra*

Tao Ren *Semen Persicae*

Hong Hua *Flos Carthami*

Chai Hu *Radix Bupleuri*

Zhi Ke *Fructus Aurantii*

Huai Niu Xi *Radix Achyranthis bidentatae*

Jie Geng *Radix Platycodi*

Gan Cao *Radix Glycyrrhizae uralensis*

Dan Shen *Radix Salviae miltiorrhizae*

Yuan Zhi *Radix Polygalae*

Yu Jin *Radix Curcumae*

He Huan Pi *Cortex Albiziae*

In a Nutshell: Invigorate Blood in the Upper Burner, calm the Shen.

Patterns: Blood stasis in chest and Mind.

Actions: Move Blood, eliminate stasis, move Qi, stop pain, calm the Mind and open the Mind's orifices.

Indications: Chest pain which is fixed and stabbing or pricking in character, chronic stabbing headaches, a feeling of oppression and heat in the chest, palpitations, anxiety, agitation, insomnia, a feeling of anxiety at bedtime, irritability, mental confusion, depression.

Tongue: Purple, possibly only in the front part, or on the sides towards the front.

Pulse: Choppy, or wiry, or firm.

Classical antecedent: Xue Fu Zhu Yu Tang (*Blood Mansion Eliminating Stasis Decoction*).

Differences from classical antecedent: Calm the Mind, open the Mind's orifices and treat depression.

Cautions and contraindications: Contraindicated in pregnancy.



Bluish-purple in Lung area
(Red Stirring)



Reddish-purple in Lung area
(Red Stirring)



Reddish-purple, without coating
(Red Stirring)

Release Constraint™

Xiang Fu *Rhizoma Cyperi*

Chuan Xiong *Rhizoma Chuanxiong*

Cang Zhu *Rhizoma Atractylodis*

Shan Zhi Zi *Fructus Gardeniae*

Shen Qu *Massa medicata fermentata*

He Huan Pi *Cortex Albiziae*

Shi Chang Pu *Rhizoma Acori tatarinowii*

Gan Cao *Radix Glycyrrhizae uralensis*

Yuan Zhi *Radix Polygalae*

In a Nutshell: Move Qi and pacify the Liver to treat depression from Liver-Qi stagnation, stimulate the coming and going of the Hun.

Patterns: Stagnation of Liver-Qi.

Actions: Regulate Qi, eliminate stagnation, pacify the Liver, lift mental depression.

Indications: Mental depression, pent-up anger, resentment or frustration over a long period of time, emotional stress, tiredness (from stagnation rather than deficiency of Qi), a feeling of oppression of the chest or epigastrium, headaches, belching, sighing, slight feeling of nausea, slight feeling of breathlessness.

Tongue: Slightly red sides (Liver area).

Pulse: Wiry and full on both sides.

Classical antecedent: Yue Ju Wan (*Ligusticum-Gardenia Pill*).

Differences from classical antecedent: Slight modification to treat mental depression.

Cautions and contraindications: Contraindicated in pregnancy.

Allergen information: Contains gluten (Shen Qu – fermented flour)



Slightly Red sides and tip
(Release Constraint)

Comparison between Release Constraint and Freeing the Moon®

	Release Constraint	Freeing The Moon®
Pattern	Liver-Qi stagnation, disharmony of Liver and Stomach	Liver-Blood Xu, Spleen-Qi Xu, disharmony of Liver and Spleen
8 Principles	Full	Full-Empty
Pulse	All Wiry	Wiry but Fine or Wiry on the left and Choppy on the right
Aetiology	Only emotional	Emotional but also others (overwork, childbirth)
Emotional Aetiology	Anger, resentment, hatred	Frustration, irritability, less intense anger, worry, sadness
Location	Epigastrium	Breasts, epigastrium, abdomen
Mind	Unsettled and slightly obstructed	Unsettled and Weakened
Tongue	Red sides	Normal or even pale sides
Sex	More in men	More in women

Ringling Metal™

Ban Xia *Rhizoma Pinelliae Preparatum*

Chen Pi *Pericarpium Citri reticulatae*

Fu Ling *Poria*

Zhu Ru *Caulis Bambusae in Taeniam*

Huang Qin *Radix Scutellariae*

Xing Ren *Semen Armeniacae*

Gua Lou *Fructus Trichosanthis*

Zhi Shi *Fructus Aurantii immaturus*

Gan Cao *Radix Glycyrrhizae uralensis*

Sang Bai Pi *Cortex Mori*

Zi Wan *Radix Asteris*

In a Nutshell: Phlegm-Heat in the Lungs following an invasion of Wind.

Pattern: Phlegm-Heat in the Lungs.

Actions: Resolve Phlegm, clear Heat, restore the descending of Lung-Qi, stop cough.

Indications: Acute cough with expectoration of profuse, yellow sputum following an upper respiratory infection, a feeling of oppression of the chest, fever, thirst, insomnia, feeling of heat, red cheeks.

Tongue: Normal, red or red only in the front with a thick-sticky-yellow coating.

Pulse: Slippery, rapid.

Classical antecedent: Qing Qi Hua Tan Tang *Clearing Qi and Resolving Phlegm Decoction*.



Red, red points Lung area, sticky-yellow coating
(Ringling Metal)

Root the Spirit™

Bai Shao *Radix Paeoniae alba*

Dang Gui *Radix Angelicae sinensis*

Wu Wei Zi *Fructus Schisandrae*

Tu Si Zi *Semen Cuscutae*

Mai Men Dong *Radix Ophiopogonis*

Bai Zi Ren *Semen Biotae*

Suan Zao Ren *Semen Ziziphi spinosae*

Fu Shen *Sclerotium Poriae paradicis*

In a Nutshell: Nourish Liver-Blood and Liver-Yin to anchor the Ethereal Soul (Hun) and promote sleep.

Patterns: Liver-Blood deficiency, unsettled Ethereal Soul.

Actions: Nourish Liver-Blood and Liver-Yin, settle the Ethereal Soul, calm the Mind and promote sleep.

Indications: Insomnia (either difficulty in falling asleep or wakefulness during the night), dream-disturbed sleep. Other manifestations may include blurred vision, poor memory, tingling of limbs, and scanty periods.

Tongue: Pale in case of Liver-Blood deficiency, red-peeled in case of Liver-Yin deficiency, thin.

Pulse: Choppy (Liver-Blood deficiency) or floating-empty (Liver-Yin deficiency).

Classical antecedent: Yin Mei Tang (*Attracting Sleep Decoction*).

Differences from classical antecedent: Stronger action in calming the Mind and settling the Hun.



Normal colour, no coating, cracks
(Root the Spirit)



Red, no coating, cracks
(Root the Spirit)

Searching Soul™

Ren Shen *Radix Ginseng*

Huang Qi *Radix Astragali*

Dang Gui *Radix Angelicae sinensis*

Shou Wu *Radix Polygoni multiflori preparata*

Long Yan Rou *Arillus Longan*

Yuan Zhi *Radix Polygalae*

He Huan Pi *Cortex Albiziae*

Yu Jin *Radix Curcumae*

Mei Gui Hua *Flos Rosae rugosae*

Qing Pi *Pericarpium Citri reticulatae viride*

Du Zhong *Cortex Eucommiae ulmoidis*

Fo Shou *Fructus Citri sarcodactylis*

Xu Duan *Radix Dipsaci*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

Da Zao *Fructus Jujubae*

Fu Xiao Mai *Fructus Triticis levis*

In a Nutshell: Hun not coming and going enough, depression from Liver-Qi deficiency, Kidney-Yang deficiency and Liver-Qi stagnation.

Patterns: Kidney-Yang deficiency, Liver-Blood deficiency, Qi stagnation, Ethereal Soul not “going enough”.

Actions: Tonify Kidney-Yang, nourish Liver Blood, stimulate the Ethereal Soul, strengthen Will-Power.

Indications: Depression, lack of sense of direction, mental confusion, confusion about one's goals, relationship problems, dependence on other people, over-protectiveness, indecision, lack of will-power, sadness, timidity.

Tongue: Pale.

Pulse: Choppy or weak.

Allergen information: Contains gluten (Fu Xiao Mai – wheat)



Pale sides, Heart crack
(Searching Soul)



Pale, Heart crack
(Searching Soul)

Separate Clear and Turbid™

Bi Xie *Rhizoma Dioscoreae hypoglaucae*

Wu Yao *Radix Linderae*

Yi Zhi Ren *Fructus Alpiniae oxyphyllae*

Shi Chang Pu *Rhizoma Acori tatarinowii*

Fu Ling *Poria*

Gan Cao *Radix Glycyrrhizae uralensis*

Huang Qi *Radix Astragali*

Che Qian Zi *Semen Plantaginis*

Qu Mai *Herba Dianthi*

Bai Shao *Radix Paeoniae alba*

Ba Ji Tian *Radix Morindae officinalis*

In a Nutshell: Resolve Dampness from the urinary passages, promote urination.

Patterns: Dampness in the Bladder, Qi deficiency, "Fatigue Lin".

Actions: Tonify Qi, resolve Dampness, eliminate turbidity, open the water passages of the Lower Burner, tonify the Kidneys.

Indications: Chronic urinary difficulty (often wrongly labelled as "cystitis"), bouts of frequent-scanty urination, uncomfortable sensation in the hypogastrium but no burning on urination, urine slightly cloudy, slight incontinence of urine on coughing or jumping, tiredness, depression, lower backache, dizziness, feeling cold.

Tongue: Pale.

Pulse: Weak, especially on the right-rear position, possibly very slightly tight on the left rear position.

Classical antecedent: Bi Xie Fen Qing Yin (*Dioscorea Separating the Clear Decoction*).

Differences from classical antecedent: Stronger action in resolving Dampness, tonify Qi, tonify Kidney-Yang, stop pain.

Cautions and contraindications: Contraindicated in pregnancy.



Pale, sticky-yellow coating on root
(Separate Clear and Turbid)



Red sides, sticky-yellow coating on root
(Separate Clear and Turbid)

Settling the Soul™

Yuan Zhi *Radix Polygalae*

Shi Chang Pu *Rhizoma Acori tatarinowii*

Huang Qin *Radix Scutellariae*

Long Dan Cao *Radix Gentianae*

Zhu Ye *Folium Phyllostachys nigrae*

Suan Zao Ren *Semen Ziziphi spinosae*

Gua Lou *Fructus Trichosanthis*

Gou Teng *Ramulus Uncariae cum Uncis*

Lian Xin *Plumula Nelumbinis nuciferae*

Bai Shao *Radix Paeoniae alba*

Zhu Ru *Caulis Bambusae in Taeniam*

Chen Pi *Pericarpium Citri reticulatae*

Gan Cao *Radix Glycyrrhizae uralensis*

Yuan Zhi *Radix Polygalae tenuifoliae*

In a Nutshell: Restrain the coming and going of the Hun, slight “manic” behaviour from Liver- and Heart-Fire, Phlegm misting the Mind.

Patterns: Fire of the Heart and Liver agitating the Mind (Shen) and the Ethereal Soul (Hun), Phlegm misting the Mind.

Actions: Drain Fire, open the Mind's orifices, calm the Mind, settle the Ethereal Soul, resolve Phlegm.

Indications: Anxiety, insomnia, manic behaviour, staying up all night working, having many projects simultaneously, spending money, excessive excitement, going out a lot, incessant talking or laughing, singing.

Tongue: Red with redder tip and sides, swollen, sticky-yellow coating, central Heart crack with rough-dry-yellow-sticky coating inside it.

Pulse: Slippery, overflowing, rapid.

Cautions and contraindications: This formula contains bitter and cold herbs that may damage the Spleen when used continuously and it is recommended to discontinue use for one month every 4-5 months. Contraindicated in pregnancy.



Deep-red, redder sides,
thick-dry coating
(Settling the Soul)



Red, deep Heart crack with
yellow coating in it, swollen
(Settling the Soul)

Mild “Manic Behaviour” is mania in people who are not mentally ill

- Mental restlessness
- Hyperactivity
- Working and being active at night
- Spending a lot
- Having many projects simultaneously none of which comes to fruition
- Mental confusion
- Obsessive thoughts
- Laughing a lot
- Talking a lot
- Often artistic

(Mania can occur in many degrees of severity and there is a broad area of behaviours that, while not normal, do not constitute “mental illness”. In other words, in its milder forms, “mania” and “manic behaviour” are relatively common).

Comparison between Drain Fire and Settling the Soul

	DRAIN FIRE	SETTLING THE SOUL
Pattern	Pattern LIV- and HE-Fire (primarily LIV)	HE- and LIV-Fire (primarily HE), Phlegm obstructing the Mind's orifices
Indication	Headaches, irritability, agitation, eye problems	Anxiety, mental confusion, slightly, “manic” behaviour
Tongue	Red, redder sides	Red, redder sides and tip, Swollen, sticky yellow coating
Pulse	Wiry-Rapid	Wiry-Slippery-Rapid

Smooth Passage™

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Fu Ling *Poria*

Bai Shao *Radix Paeoniae alba*

Mu Xiang *Radix Aucklandiae*

Xiang Fu *Rhizoma Cyperi*

Zhi Ke *Fructus Aurantii*

Huang Bai *Cortex Phellodendri*

Ku Shen *Radix Sophorae flavescens*

Lian Zi *Semen Nelumbinis*

Bai Tou Weng *Radix Pulsatillae*

Shen Qu *Massa medicata fermentata*

In a Nutshell: Move Qi and resolve Dampness in the Lower Burner, tonify Spleen-Qi, Digestive problems of the Lower Burner, irritable bowel syndrome.

Patterns: Spleen and Liver not harmonized, Spleen-Qi deficiency, Liver-Qi stagnation, Dampness in Intestine.

Actions: Tonify Spleen-Qi, move Qi, pacify the Liver, harmonize Liver and Spleen, resolve Dampness from the Intestines, move the stools, stop diarrhoea.

Indications: Alternation of constipation and diarrhoea, abdominal pain, fullness and distension, stools at times like small pellets and at other times very loose, mucus in the stools, irritability, tiredness, poor appetite.

Tongue: Pale or normal-coloured, teethmarks, thin-sticky coating. If stagnation of Liver-Qi predominates, the sides could be slightly red.

Pulse: If deficiency of Spleen-Qi predominates, it will be weak; if stagnation of Liver-Qi predominates, it will be wiry. It may also be weak on the right and wiry on the left.

NOTE: *Smooth Passage* differs from *Break into a Smile* and *Soothe the Centre* in that it is directed at the Lower Burner and therefore the Intestines.

Allergen information: Contains gluten (Shen Qu - fermented flour)



Swollen sides (Spleen)
(Smooth Passage)



Red sides (Liver), yellow coating
(Smooth Passage)

Soothe the Centre™

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Dang Shen *Radix Codonopsis*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

Fu Ling *Poria*

Chen Pi *Pericarpium Citri reticulatae*

Ban Xia *Rhizoma Pinelliae preparata*

Sha Ren *Fructus Amomi*

Mu Xiang *Radix Aucklandiae*

Shan Yao *Rhizoma Dioscoreae*

Tai Zi Shen *Radix Pseudostellariae*

Bian Dou *Semen Dolichoris lablab*

Huo Xiang *Herba Pogostemonis*

Hou Po *Cortex Magnoliae officinalis*

Zi Su Ye *Folium Perillae*

Zhi Ke *Fructus Aurantii*

Shen Qu *Massa medicata fermentata*

In a Nutshell: Move Qi and resolve Dampness in the Middle Burner, tonify Spleen-Qi. Digestive problems from Qi stagnation and Dampness in the Middle Burner with Spleen-Qi deficiency.

Patterns: Stomach- and Spleen-Qi deficiency, Stomach-Yin deficiency, Dampness and stagnation of Qi in the Middle Burner.

Actions: Tonify Qi, strengthen the Spleen, nourish Stomach-Yin, resolve Dampness and move Qi in the Centre.

Indications: Poor appetite, tiredness, feeling of fullness, distension and pain of the epigastrium, poor digestion, weak limbs, loose stools, slightly dry mouth.

Tongue: Pale, teethmarks, sticky coating in the centre. If there is some Stomach-Yin deficiency, the coating might be slightly rootless in the centre; if there is chronic, severe Spleen-Qi deficiency, there might be small transversal cracks on the sides.

Pulse: Weak, especially on the right middle position.

Classical antecedent: Xiang Sha Liu Jun Zi Tang (*Aucklandia-Amomum Six Gentlemen Decoction*).

Differences from classical antecedent: Stronger action in moving Qi and resolving Dampness.

Allergen information: Contains gluten (Shen Qu – fermented flour)



Pale, swollen, teethmarks
(Soothe the Centre)



Pale, swollen
(Soothe the Centre)

Comparison of Break into a Smile, Smooth Passage and Soothe the Centre

	Break Into A Smile	Smooth Passage	Soothe The Centre
Pattern	Qi stagnation (Full-Shi)	Liver-Qi Stagnant invading Spleen and Intestines (LIV-Shi SP-Xu)	Stagnant Liver-Qi invading Stomach
Location	Middle and Lower Burner, Hypochondrium	Lower Burner	Middle Burner
Symptoms	Pain	Distension, Pain, Fullness	Distension, Pain, Fullness
Pulse	Wiry all over	Wiry on left or wiry on both "Chi" (3rd) pos.	Pulse Wiry on both "Guan" (2nd) pos.

Soothe the Shen™

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

Fu Xiao Mai *Fructus Triticis levis*

Da Zao *Fructus Jujubae*

Zhi Mu *Radix Anemarrhaenae*

Bai He *Bulbus Lili*

Dang Gui *Radix Angelicae sinensis*

Wu Wei Zi *Fructus Schisandrae*

He Huan Pi *Cortex Albiziae*

Yuan Zhi *Radix Polygalae*

Fo Shou *Fructus Citri sarcodactylis*

Suan Zao Ren *Semen Ziziphi spinosae*

In a Nutshell: Tonify Qi and nourish Yin of Heart, Lungs, Spleen and Liver for depression and anxiety. Worry, sadness, grief.

Patterns: Qi, Blood and/or Yin deficiency, Qi stagnation.

Actions: Tonifies Qi, nourishes Blood and Yin, moves Qi, opens the Mind's orifices.

Indications: Disorientation, melancholy, crying, inability to control oneself, restless sleep, night sweating, yawning, depression, sadness, mental confusion, poor memory, tiredness, poor appetite, scanty periods.

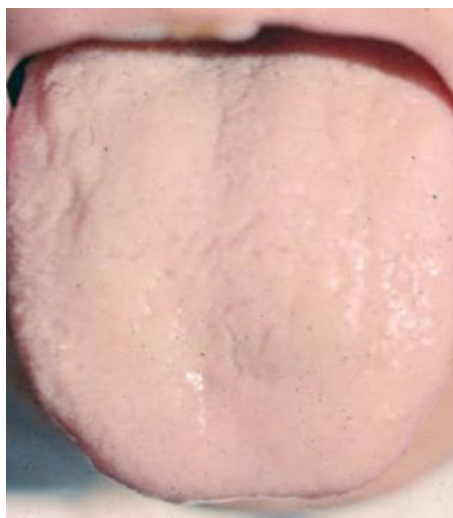
Tongue: Pale or normal. In case of Yin deficiency: lack of coating.

Pulse: Weak, choppy or floating-empty.

Classical antecedent: Gan Mai Da Zao Tang (*Glycyrrhiza-Triticum-Jujuba Decoction*) and Bai He Tang (*Lilium Decoction*)

Differences from classical antecedent: Stronger action in calming the Mind.

Allergen information: Contains gluten (Fu Xiao Mai – wheat)



Pale, dry (Blood Xu)
(Soothe the Shen)



Pale, no coating (Qi and Yin Xu)
(Soothe the Shen)

Strengthen the Root™

Shu Di Huang *Radix Rehmanniae preparata*

Shan Yao *Rhizoma Dioscoreae*

Shan Zhu Yu *Fructus Corni*

Gou Qi Zi *Fructus Lycii*

Ba Ji Tian *Radix Morindae officinalis*

Tu Si Zi *Semen Cuscutae*

Du Zhong *Cortex Eucommiae ulmoidis*

Dang Gui *Radix Angelicae sinensis*

Rou Gui *Cortex Cinnamomi*

Gui Zhi *Ramulus Cinnamomi cassiae*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

Ren Shen *Radix Ginseng*

Zhi Mu *Radix Anemarrhenae*

In a Nutshell: Tonify Kidney-Yang.

Patterns: Kidney-Yang deficiency, Fire of the Gate of Vitality declining, slight Blood deficiency. Fire of Ming Men not nourishing Earth, Cold in the Lower Burner.

Actions: Tonify and warm Kidney-Yang, stoke up the Fire of the Gate of Vitality, fill the Essence, nourish Blood, strengthen the Will-Power.

Indications: Chilliness, cold feet, cold limbs, lower backache, weak knees, dizziness, tinnitus, depression, exhaustion, impotence, premature ejaculation, tiredness after sex, lack of libido, infertility, loose stools, frequent-pale urination, slight incontinence of urine, oedema of ankles, overweight body, lack of drive and enthusiasm, shortness of breath.

Tongue: Pale, wet.

Pulse: Deep and weak, especially in the rear positions. It could also be slow.

Classical antecedent: You Gui Wan (*Restoring the Right [Kidney] Pill*).

Differences from classical antecedent: Tonify Qi and the Yuan Qi with Ren Shen.

Timing of administration: Take in the morning (or a higher dose in the morning), ideally with a little, slightly salted, hot water.



Pale, swollen
(Strengthen the Root)



Pale, swollen sides
(Strengthen the Root)

Tonify Qi and Ease the Muscles™

Huang Qi *Radix Astragali*

Ren Shen *Radix Ginseng*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

Dang Gui *Radix Angelicae sinensis*

Chen Pi *Pericarpium Citri reticulatae*

Sheng Ma *Rhizoma Cimicifugae*

Chai Hu *Radix Bupleuri*

Sha Ren *Fructus Amomi*

Huo Xiang *Herba Pogostemonis*

Yi Yi Ren *Semen Coicis*

Fu Ling *Poria*

In a Nutshell: Tonify Qi, tonify Yuan Qi, resolve Dampness. Tonify Zheng Qi in post-viral fatigue syndrome.

Patterns: Qi deficiency, residual Dampness in the muscles.

Actions: Tonify Lung- and Spleen-Qi, raise Yang, lift depression, resolve Dampness from the muscles.

Indications: Exhaustion, depression, dizziness, poor appetite, slight muscle ache and fatigue, poor memory and concentration, slight breathlessness, prolapse of uterus, stomach or bladder.

Tongue: Pale, teethmarks.

Pulse: Weak.

Classical antecedent: Bu Zhong Yi Qi Tang (*Tonifying the Centre and Benefiting Qi Decoction*).

Differences from classical antecedent: Stronger action in resolving Dampness from the muscles.



Pale, swollen, teethmarks
(Tonify Qi and Ease the Muscles)



Pale, swollen
(Tonify Qi and Ease the Muscles)

Water Passages™

Zhi Mu *Radix Anemarrhenae*

Huang Bai *Cortex Phellodendri*

Shu Di Huang *Radix Rehmanniae preparata*

Shan Yao *Rhizoma Dioscoreae*

Shan Zhu Yu *Fructus Corni*

Mu Dan Pi *Cortex Moutan*

Fu Ling *Poria*

Ze Xie *Rhizoma Alismatis*

Che Qian Zi *Semen Plantaginis*

Qu Mai *Herba Dianthi*

Bian Xu *Herba Polygoni avicularis*

Bi Xie *Rhizoma Dioscoreae hypoglaucae*

Yi Yi Ren *Semen Coicis*

Huang Qi *Radix Astragali*

Chai Hu *Radix Bupleuri*

Gan Cao *Radix Glycyrrhizae uralensis*

Bai Shao *Radix Paeoniae alba*

Tu Si Zi *Semen Cuscutae*

Ze Lan *Herba Lycopi*

In a Nutshell: Chronic urinary problems against a background of Dampness and Kidney deficiency.

Patterns: Damp-Heat in the Bladder, Kidney deficiency, sinking of Qi.

Actions: Resolve Dampness and clear Heat from the Bladder, tonify the Kidneys, lift Qi.

Indications: Frequency of urination, difficult urination, urgency of urination, burning on urination, hypogastric pain, backache, dizziness, tinnitus, tiredness, feeling of bearing down.

Tongue: Sticky-yellow coating on the root with red spots on the root.

Pulse: Weak on both rear positions.

Classical antecedent: Zhi Bai Di Huang Wan (*Anemarrhena-Phellodendron-Rehmannia Pill*).

Differences from classical antecedent: Stronger action in draining Damp-Heat from urinary passages, tonify Qi, more balanced tonification of Kidneys (Yin and Yang).

Cautions and contraindications: Contraindicated in pregnancy.



Red in the centre without coating, swollen, sticky-yellow coating on
(Water Passages)



Slightly red, sticky-yellow coating on the root with red spots
(Water Passages)

Welcome Fragrance™

Bo He *Herba Menthae haplocalycis*

Shi Chang Pu *Rhizoma Acori tatarinowii*

Xin Yi Hua *Flos Magnoliae*

Bai Zhi *Radix Angelicae dahuricae*

Jie Geng *Radix Platycodi*

Huang Qin *Radix Scutellariae*

Jin Yin Hua *Flos Lonicerae japonicae*

Yu Xing Cao *Herba Houttuniae*

Huo Xiang *Herba Pogostemonis*

Pu Gong Ying *Herba Taraxaci*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Huang Qi *Radix Astragali*

Gan Cao *Radix Glycyrrhizae uralensis*

In a Nutshell: Acute or chronic sinusitis or sinus congestion.

Patterns: Chronic Damp-Heat and Toxic Heat blocking the nose and sinuses with an underlying deficiency of Qi.

Actions: Expel Wind, clear Heat, resolve Toxic Heat, drain Dampness, open the nose orifices, tonify Qi.

Indications: Sinusitis, facial pain, nasal discharge which is yellow and thick or even purulent, blocked nose, loss of smell, frontal headache, tiredness.

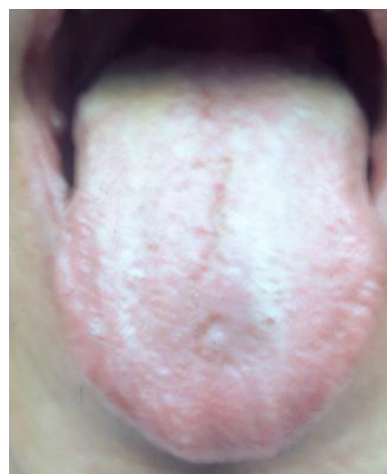
Tongue: Sticky-yellow coating.

Pulse: Slippery.

Cautions and contraindications: This formula contains some bitter-cold herbs to resolve Toxic Heat. Over a long period of time, these may have the tendency to weaken the Spleen and therefore the formula should not be used for more than 3-4 months at a time without a break. If it is used in conjunction with acupuncture treatment, this can be aimed at tonifying the Lungs and Spleen in order to treat the Root.



Sticky-yellow coating
(Welcome Fragrance)



Sticky-white coating
(Welcome Fragrance)

Women's Treasure® Formulae

Traditional formulae for the modern woman

Clear Empty Heat and Cool the Menses – Cool Blood, clear Empty Heat, stop bleeding

Clear the Moon – Resolve Phlegm, move Qi, calm the Mind

Clear the Palace – Resolve Damp Phlegm from the Uterus

Cool the Menses – Clear Heat, cool Blood, stop bleeding

Drain the Jade Valley – Drain Dampness, kill parasites

Drain Redness – Clear Heat, resolve Dampness, cool Blood, drain Liver-Fire

Ease the Journey – Yang – Tonify Kidney-Yang, nourish Kidney-Yin, clear Empty Heat

Ease the Journey – Yin – Nourish Kidney-Yin, tonify Kidney-Yang, clear Empty Heat

Female Treasure – Nourish Kidney- and Liver-Yin, subdue Liver-Yang

Free Flow – Pacify the Liver, move Qi

Free-Flowing Sea – Nourish Blood, tonify Kidney-Yang, move Qi, calm the Mind

Freeing Constraint – Pacify the Liver, move Qi and calm the Mind

Freeing the Moon – Pacify the Liver, move Qi, nourish Blood and calm the Mind

Growing Jade – Nourish Kidney-Yin and Kidney-Jing

Harmonizing the Moon – Invigorate Blood and dissolve masses

Heavenly Empress – Nourish Kidney and Heart-Yin, clear Heart Empty Heat

Invigorate Blood and Stem the Flow – Invigorate Blood and stop bleeding

Nourish Yin and Restrain the Flow – Nourish Kidney-Yin and stop bleeding

Penetrating Vessel – Strengthen Ren and Chong vessels, subdue rebellious Qi

Planting Seeds – Tonify Kidney-Yang, raise Spleen- and Kidney-Qi, nourish the Jing

Precious Sea – Nourish Blood, tonify Qi

Restrain the Flow – Tonify Qi and stop bleeding

Stir Field of Elixir – Invigorate Liver-Blood, eliminate stasis

Unicorn Pearl – Tonify Kidney-Yang, nourish Kidney-Jing

Warm the Mansion – Warm the Uterus, tonify Kidney-Yang, nourish Kidney-Jing

Warm the Menses – Expel Cold from the Uterus, warm Kidney-Yang

Women's Treasure

*The Spirit of the Valley never dies;
It is called the Feminine Principle.
The Gateway of the Feminine Principle
Is the Root of Heaven and Earth.
It is like a veil, barely seen;
Yet when you see it, it is inexhaustible.*

NOTE: Please note that the manual uses the pharmacological names of the herbs e.g. *Radix Rehmanniae* which is the correct method for medicinal herbs. The pharmacological names used are in line with Bensky D., & Stöger E. (2004) *Materia Medica* (3rd edition), Eastland Press, Seattle. The Latin names used on the labels may differ from country to country.

Women's Treasure® Formulae Classical Antecedents

Pin-Yin	Translation	Women's Treasure Formula
Bao Yin Jian	Protecting Yin Decoction	<i>Clear Empty Heat and Cool the Menses</i>
Wen Dan Tang	Warming the Gall-Bladder Decoction	<i>Clear the Moon</i>
Qi Gong Wan	Arousing the Uterus Pill	<i>Clear the Palace</i>
Qing Re Zhi Beng Tang	Clearing Heat and Stopping Menorrhagia Decoction	<i>Cool the Menses</i>
Bi Xie Shen Shi Tang	Dioscorea Draining Dampness Decoction	<i>Drain the Jade Valley</i>
Bi Xie Fen Qing Tang	Dioscorea Separating the Clear Decoction	<i>Drain the Jade Valley</i>
Si Miao San	Four Wonderful Powder	<i>Drain the Jade Valley</i>
Qing Re Tiao Xue Tang	Clearing Heat and Regulating Blood Decoction	<i>Drain Redness</i>
You Gui Wan	Restoring the Right [Kidney] Pill	<i>Ease the Journey – Yang</i>
Zuo Gui Wan	Restoring the Left [Kidney] Pill	<i>Ease the Journey – Yin</i>
Kun Bao Tang	Female Treasure Decoction	<i>Female Treasure</i>
Qi Ju Di Huang Wan	Chrysanthemum-Lycium Rehmannia Pill	<i>Female Treasure</i>
Xiao Yao San	Free and Easy Wanderer Powder	<i>Free Flow</i>
Gui Shao Di Huang Tang	Angelica-Paeonia-Rehmannia Decoction	<i>Free-Flowing Sea</i>
Yue Ju Wan	Chuanxiong-Gardenia Pill	<i>Freeing Constraint</i>
Xiao Yao San	Free and Easy Wanderer Powder	<i>Freeing the Moon</i>
Yang Jing Zhong Yu Tang	Nourishing the Essence and Growing Jade Decoction	<i>Growing Jade</i>
Fu Ling Wan	Poria Pill	<i>Harmonizing the Moon</i>
Tian Wang Bu Xin Tang	Heavenly Emperor Tonifying the Heart Decoction	<i>Heavenly Empress</i>
Tao Hong Si Wu Tang	Persica-Carthamus Four Substances Decoction	<i>Invigorate Blood and Stem the Flow</i>
Zuo Gui Wan	Restoring the Left [Kidney] Pill	<i>Nourish Yin and Restrain the Flow</i>
Er Zhi Wan	Two Solstices Pill	<i>Nourish Yin and Restrain the Flow</i>

Pin-Yin	Translation	Women's Treasure Formula
Liang Di Tang	Two "Di" Decoction	<i>Nourish Yin and Restrain the Flow</i>
Bu Shen Gu Chong Wan	Tonifying the Kidneys and Consolidating the Chong Mai Pill	<i>Planting Seeds</i>
Ba Zhen Tang	Eight Precious Decoction	<i>Precious Sea</i>
Gu Ben Zhi Beng Tang	Consolidating the Root and	<i>Restrain the Flow</i>
Yi Qi Gu Chong Tang	Benefiting Qi and Consolidating the Chong Mai Decoction (not Chong Mai)	<i>Restrain the Flow</i>
Ge Xia Zhu Yu Tang	Consolidating the Root and Stopping Flooding Decoction	<i>Stir Field of Elixir</i>
Yu Ling Zhu	Giving Birth to Unicorn Pearl	<i>Unicorn Pearl</i>
Ai Fu Nuan Gong Wan	Artemisia-Cyperus Warming the Uterus Pill	<i>Warm the Mansion</i>
Ju He Wan	Tangerine Seed Pill	<i>Warm the Mansion</i>
Wen Jing Tang	Warming the Menses Decoction	<i>Warm the Menses</i>
Dang Gui Jiang Zhong Tang	Angelica Strengthening the Centre Decoction	<i>Warm the Palace</i>

NOTE: Only the remedy *Penetrating Vessel* does not have a classical antecedent but it is based on the herbs recommended by Li Zhi Zhen to tonify the Chong Mai.

Clear Empty Heat and Cool the Menses™

Sheng Di Huang *Radix Rehmanniae*

Bai Shao *Radix Paeoniae alba*

Shan Yao *Rhizoma Dioscoreae*

Huang Qin *Radix Scutellariae*

Huang Bai *Cortex Phellodendri*

Xu Duan *Radix Dipsaci*

Han Lian Cao *Herba Ecliptae*

Qing Hao *Herba Artemisiae annuae*

Di Yu *Radix Sanguisorbae*

Qian Cao Gen *Radix Rubiae*

Zhi Mu *Rhizoma Anemarrhenae*

Ou Jie *Rhizomatis Nelumbinis nodus*

Gou Qi Zi *Fructus Lycii*

Huang Jing *Rhizoma Polygonati*

Wu Wei Zi *Fructus Schisandrae*

Xian He Cao *Herba Agrimoniae*

Ce Bai Ye *Cacumen Biotae*

Gan Cao *Radix Glycyrrhizae uralensis*

Mu Dan Pi *Cortex Moutan*

Shan Zhu Yu *Fructus Corni*

In a Nutshell: Cool Blood and clear Empty Heat to stop excessive menstrual bleeding.

Patterns: Blood Empty Heat, Yin deficiency.

Actions: Cool Blood, clear Empty Heat, nourish Yin, stop bleeding.

Indications: Heavy periods that may start with a flood or go on trickling for a long time after the proper period time, or both; bright-red or scarlet-red blood, mental restlessness, anxiety, insomnia, agitation, a feeling of heat in the afternoon or evening, night-sweating, malar flush, dry throat.

Tongue: Red without coating; it may be cracked.

Pulse: Floating-empty or fine-rapid.

Classical antecedent: Bao Yin Jian (*Protecting the Yin Decoction*).

Differences from Classical Antecedent: Stronger stopping-bleeding action.

Cautions and contraindications: Contraindicated in pregnancy.



Red, no coating
(Clear Empty Heat and Cool the Menses)

Clear the Moon™

Ban Xia *Rhizoma Pinelliae preparata*

Fu Ling *Poria*

Chen Pi *Pericarpium Citri reticulatae*

Zhu Ru *Caulis Bambusae in Taeniam*

Zhi Shi *Fructus Aurantii immaturus*

Gua Lou *Fructus Trichosanthis*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

Hong Zao *Fructus Jujubae*

Qing Pi *Pericarpium Citri reticulatae viride*

Mu Xiang *Radix Aucklandiae*

Xiang Fu *Rhizoma Cyperi*

He Huan Pi *Cortex Albiziae*

Yu Jin *Radix Curcumae*

Yuan Zhi *Radix Polygalae*

Shi Chang Pu *Rhizoma Acori tatarinowii*

Dan Shen *Radix Salviae miltiorrhizae*

Tong Cao *Medulla Tetrapanacis*

Suan Zao Ren *Semen Ziziphi spinosae*

Pu Gong Ying *Herba Taraxaci*

Xia Ku Cao *Spica Prunellae*

Bai He *Bulbus Lili*

In a Nutshell: Liver-Qi stagnation and Phlegm obstructing the breasts, premenstrual syndrome.

Patterns: Phlegm obstructing the chest, stagnation of Liver-Qi, some Toxic Heat.

Actions: Resolve Phlegm, open the Mind's orifices, pacify the Liver, move Qi, eliminate stagnation, resolve Toxic Heat, calm the Mind, settle the Ethereal Soul.

Indications: Premenstrual tension, irritability, anxiety, agitation, depression, crying, swollen, distended and painful breasts, abdominal distension, a feeling of oppression of the chest, slight breathlessness, a slight feeling of tightness of the chest, sighing, sadness, worry, catarrh, expectoration of sputum in the mornings, benign breast lumps, fibrocystic breast disease, fibroadenoma, sallow complexion.

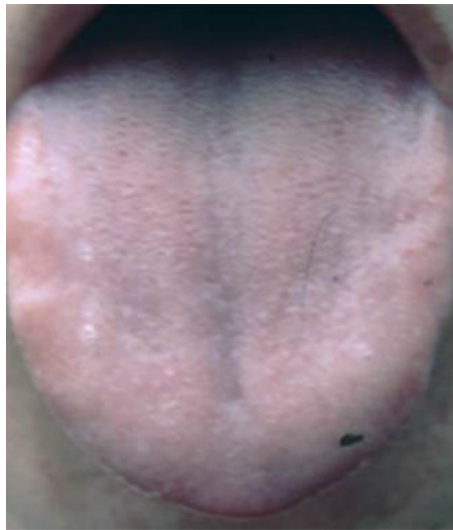
Tongue: Swollen, sticky coating. The tongue body may be red if there is Heat and it may have a sticky-yellow coating with red spots if there is Toxic Heat.

Pulse: Slippery.

Classical antecedent: Wen Dan Tang (*Warming the Gall-Bladder Decoction*).

Differences from Classical Antecedent: Stronger moving-Qi action, stronger calming-the-Mind action, resolve Toxic Heat from breast areas.

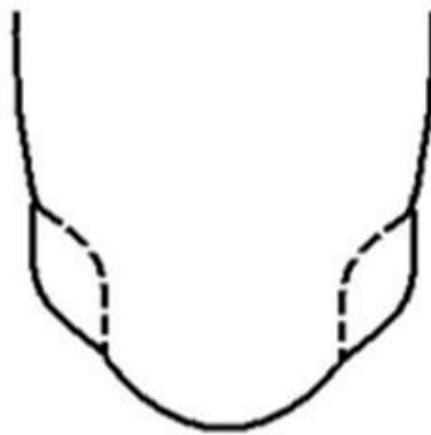
Cautions and contraindications: Contraindicated in pregnancy.



Slightly Bluish-purple, swollen both breast areas
(Clear the Moon)



Slightly Bluish-purple in left breast area (also without coating)
(Clear the Moon)



Breast Area

Clear the Palace™

Ban Xia *Rhizoma Pinelliae preparata*

Cang Zhu *Rhizoma Atractylodis*

Chen Pi *Pericarpium Citri reticulatae*

Fu Ling *Poria*

Xiang Fu *Rhizoma Cyperi*

Shen Qu *Massa Medicata fermentata*

Chuan Xiong *Rhizoma Chuanxiong*

Tu Si Zi *Semen Cuscutae*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Gan Cao *Radix Glycyrrhizae uralensis*

Ze Lan *Herba Lycopi*

Lu Lu Tong *Fructus Liquidambaris*

Huang Bai *Cortex Phellodendri*

Chuan Niu Xi *Radix Cyathulae*

Yi Yi Ren *Semen Coicis*

Shi Chang Pu *Rhizoma Acori tatarinowii*

In a Nutshell: Drain Damp Phlegm from the Uterus.

Pattern: Phlegm and Dampness obstructing the Uterus.

Actions: Resolve Phlegm, drain Dampness, invigorate Blood.

Indications: Infertility, excessive vaginal discharge, ovarian cysts, midcycle pain, obesity, polycystic ovary syndrome, a history of tubal inflammation, irregular periods, tiredness, a feeling of heaviness, sallow complexion, greasy skin.

Tongue: Swollen body, sticky coating.

Pulse: Slippery.

Classical antecedent: Qi Gong Wan (*Arousing the Uterus Pill*).

Differences from Classical Antecedent: Stronger action in resolving Dampness from the Uterus, invigorate Blood.

Cautions and contraindications: This formula contains several drying herbs the long-term use of which may injure Yin. It should therefore not be used for longer than a few months at a time. Alternatively, acupuncturists could pay particular attention to supporting the Yin by tonifying the Kidneys. This formula is contraindicated in pregnancy; therefore the patient should not take this formula while she is trying to get pregnant to avoid the possibility of taking the remedy when she is pregnant but does not yet know it.

Allergen information: Contains gluten (Shen Qu – fermented flour).



Swollen, sticky coating
(Clear the Palace)



Swollen, sticky coating
(Clear the Palace)

Cool the Menses™

Shan Zhi Zi *Fructus Gardeniae*

Huang Qin *Radix Scutellariae*

Huang Bai *Cortex Phellodendri*

Sheng Di Huang *Radix Rehmanniae*

Mu Dan Pi *Cortex Moutan*

Di Yu *Radix Sanguisorbae*

Xian He Cao *Herba Agrimoniae*

Ce Bai Ye *Cacumen Biotae*

Chun Gen Bai Pi *Cortex Ailanthi*

Huang Jing *Rhizoma Polygonati*

Bai Shao *Radix Paeoniae alba*

Qian Cao Gen *Radix Rubiae*

Pu Huang *Pollen Typhae*

Dang Gui *Radix Angelicae sinensis*

Long Dan Cao *Radix Gentianae*

Xu Duan *Radix Dipsaci*

In a Nutshell: Cool Blood to stop excessive menstrual bleeding.

Pattern: Blood Heat.

Actions: Cool Blood, stop bleeding.

Indications: Heavy menstrual bleeding that either starts suddenly with a flood or goes on trickling after the normal period time or both, bright-red or dark-red blood, mental restlessness, agitation, insomnia, thirst, a feeling of heat, flushed complexion, skin rashes; this patient may develop a red rash on her neck as she speaks.

Tongue: Red with red points on the sides, yellow coating.

Pulse: Overflowing, rapid.

Classical antecedent: Qing Re Zhi Beng Tang (*Clearing Heat and Arresting Flooding Decoction*)

Differences from Classical Antecedent: Stronger action in stopping bleeding (without causing stasis).

Cautions and contraindications: This formula contains cold herbs and should therefore be used only if the tongue is red. Acupuncturists can pay particular attention to supporting the Spleen during treatment.



Slightly red
(Cool the Menses)



Red, dry
(Cool the Menses)

Drain the Jade Valley™

Bi Xie *Rhizoma Dioscoreae hypoglaucae*

Yi Yi Ren *Semen Coicis*

Huang Bai *Cortex Phellodendri*

Fu Ling *Poria*

Mu Dan Pi *Cortex Moutan*

Ku Shen *Radix Sophorae flavescens*

Huang Qi *Radix Astragali*

She Chuang Zi *Fructus Cnidii*

Shi Chang Pu *Rhizoma Acori tatarinowii*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Tu Si Zi *Semen Cuscutae*

Bai Zhi *Radix Angelicae dahuricae*

Gan Cao *Radix Glycyrrhizae uralensis*

Shan Yao *Rhizoma Dioscoreae*

Che Qian Zi *Semen Plantaginis*

Cang Zhu *Rhizoma Atractylodis*

Chuan Niu Xi *Radix Cyathulae*

In a Nutshell: Drain Damp-Heat from the urinary and genital passages, chronic vaginal discharge.

Patterns: Dampness in the Lower Burner, Qi deficiency.

Actions: Drain Dampness, clear Heat, tonify Qi.

Indications: Candidiasis, vaginal itching and redness, excessive vaginal discharge, a feeling of heaviness in the lower abdomen, a feeling of bearing down, catarrh, tiredness, loose stools or constipation, itchy anus, mucus in stools, midcycle pain, ovarian cysts, dull complexion, greasy skin.

Tongue: Pale, red or normal, sticky coating on the root. The coating may also be sticky but rootless and peeled in small patches.

Pulse: Slippery, weak.

Classical antecedent: Bi Xie Shen Shi Tang (*Dioscorea Draining Dampness Decoction*), Bi Xie Fen Qing Tang (*Dioscorea Separating the Clear Decoction*) and Si Miao San (*Four Wonderful Powder*).

Differences from Classical Antecedent: Stronger draining Dampness action.

Cautions and contraindications: Contraindicated in pregnancy.



Sticky-yellow coating on the root
(Drain the Jade Valley)



Sticky-yellow coating on the root
(Drain the Jade Valley)

Drain Redness™

Mu Dan Pi *Cortex Moutan*

Sheng Di Huang *Radix Rehmanniae*

Huang Bai *Cortex Phellodendri*

Dang Gui *Radix Angelicae sinensis*

Bai Shao *Radix Paeoniae alba*

Chi Shao *Radix Paeoniae rubra*

Chuan Xiong *Rhizoma Chuanxiong*

Hong Hua *Flos Carthami*

Tao Ren *Semen Persicae*

Yan Hu Suo *Rhizoma Corydalis*

Yi Mu Cao *Herba Leonuri*

Che Qian Zi *Semen Plantaginis*

Long Dan Cao *Radix Gentianae*

In a Nutshell: Clear Heat and drain Dampness from the Uterus to stop painful periods.

Patterns: Blood Heat, Damp-Heat.

Actions: Cool Blood, clear Heat, drain Dampness, stop pain.

Indications: Painful periods, bright red or dark red blood without clots, heavy periods, a feeling of heat, thirst, mental restlessness, anxiety, insomnia, early periods, yellow vaginal discharge, a feeling of heaviness in the lower abdomen, mid-cycle pain, red complexion, bloodshot eyes.

Tongue: Red with a sticky-yellow coating on the root, red points on the sides and/or root.

Pulse: Slippery, rapid.

Classical antecedent: Qing Re Tiao Xue Tang (*Clearing Heat and Regulating Blood Decoction*).

Differences from Classical Antecedent: Stronger action in resolving Dampness.

Cautions and contraindications: Contraindicated in pregnancy.



Red, red points
(Drain Redness)

Ease the Journey® – Yang

Sheng Di Huang *Radix Rehmanniae*

Shan Yao *Rhizoma Dioscoreae*

Shan Zhu Yu *Fructus Corni*

Gou Qi Zi *Fructus Lycii*

Wu Wei Zi *Fructus Schisandrae*

Tu Si Zi *Semen Cuscutae*

Du Zhong *Cortex Eucommiae ulmoidis*

Dang Gui *Radix Angelicae sinensis*

Rou Gui *Cortex Cinnamomi*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

Zhi Mu *Radix Anemarrhenae*

Ba Ji Tian *Radix Morindae officinalis*

Qin Jiao *Radix Gentianae macrophyllae*

Di Gu Pi *Cortex Lycii*

In a Nutshell: Menopausal problems in women suffering from Kidney-Yang deficiency (Pale tongue).

Patterns: Kidney-Yang deficiency, Fire of the Gate of Vitality declining, slight Blood deficiency.

Actions: Tonify and warm Kidney-Yang, fill the Essence, nourish Blood, strengthen the Will-Power.

Indications: Hot flushes (flashes) with sweating, chilliness, cold feet, cold limbs, backache, dizziness, tinnitus, depression, exhaustion, loose stools, frequent pale urination, slight incontinence of urine, oedema of ankles.

Tongue: Pale, wet.

Pulse: Deep and weak, especially in the rear positions.

Classical antecedent: You Gui Wan (*Restoring the Right [Kidney] Pill*).

Differences from Classical Antecedent: Clear Empty Heat to treat menopausal problems.



Pale and Swollen
(Ease the Journey – Yang)

Ease the Journey® – Yin

Sheng Di Huang *Radix Rehmanniae*

Shan Yao *Rhizoma Dioscoreae*

Shan Zhu Yu *Fructus Corni*

Gou Qi Zi *Fructus Lycii*

Huai Niu Xi *Radix Achyranthis bidentatae*

Tu Si Zi *Semen Cuscutae*

Wu Wei Zi *Fructus Schisandrae*

Huang Jing *Rhizoma Polygonati*

Zhi Gan Cao *Radix Glycyrrhizae preparata*

Ze Xie *Rhizoma Alismatis*

Qin Jiao *Radix Gentianae macrophyllae*

Tian Men Dong *Radix Asparagi*

Mu Dan Pi *Cortex Moutan*

Di Gu Pi *Cortex Lycii*

Ba Ji Tian *Radix Morindae officinalis*

Suan Zao Ren *Semen Ziziphi spinosae*

In a Nutshell: Menopausal problems in women with Kidney-Yin deficiency.

Patterns: Kidney-Yin deficiency with Empty Heat.

Actions: Nourish Kidney-Yin and Essence, clear Empty Heat.

Indications: Hot flashes (flashes) and sweating, dizziness, tinnitus, sore back and legs, night-sweating, dry mouth and throat in the evening, feeling of heat and vague anxiety in the evening, thirst with desire to sip liquids, exhaustion, depression, dry stools, dry vagina.

Tongue: Various depending on the degree of Yin deficiency.

Pulse: Floating-empty, or weak on both rear positions and relatively overflowing on both front ones.

Classical antecedent: Zuo Gui Wan (*Restoring the Left [Kidney] Pill*).

Differences from Classical Antecedent: Stronger action in clearing Empty Heat.



Partially without coating
(Ease the Journey – Yin)



Normal colour, without coating
(Ease the Journey – Yin)



Red without coating, red points Lung area
(Ease the Journey – Yin)

The Tongue in Menopausal Problems

Tongues indicating yin xu:

- Rootless coating, normal colour
- Coating partially missing, normal colour
- Coating missing completely, normal colour
- Coating partially missing (in centre or front), red in centre or front
- Coating completely missing, red all over

Tongue indicating yang xu:

Pale body: In other words: In menopausal problems, tonify Kidney-Yang if the tongue is definitely Pale; if it is of a normal colour (or even more if it is as below), nourish Kidney-Yin.

Degrees of Yin Deficiency



1. Rootless coating



2. Normal colour, without coating



3. Slightly red in the centre, no coating



4. Red, no coating, scattered cracks

Female Treasure™

Sheng Di Huang *Radix Rehmanniae*

Tian Men Dong *Radix Asparagi*

Bai Shao *Radix Paeoniae alba*

Nu Zhen Zi *Fructus Ligustri lucidi*

Ju Hua *Flos Chrysanthemi*

Huang Qin *Radix Scutellariae*

Suan Zao Ren *Semen Ziziphi spinosae*

Wu Wei Zi *Fructus Schisandrae*

Gou Qi Zi *Fructus Lycii*

Shan Zhu Yu *Fructus Corni*

Shan Yao *Rhizoma Dioscoreae*

Ze Xie *Rhizoma Alismatis*

Mu Dan Pi *Cortex Moutan*

Fu Ling *Poria*

Huang Jing *Rhizoma Polygonati*

Qin Jiao *Radix Gentianae macrophyllae*

Di Gu Pi *Cortex Lycii*

Gu Ya *Fructus Oryzae germinatus*

In a Nutshell: Menopausal problems from Liver and Kidney-Yin Xu and Liver-Yang rising.

Patterns: Liver- and Kidney-Yin deficiency, Liver-Yang rising, Empty Heat.

Actions: Nourish Liver- and Kidney-Yin, subdue Liver-Yang, clear Empty Heat, calm the Mind, settle the Ethereal Soul.

Indications: Hot flushes (flashes), night sweating, a dry throat at night, dryness of the vagina, irritability, insomnia, a feeling of heat in the evening, dizziness, tinnitus, depression, headaches with a throbbing-character pain, backache, scanty-dark urine, itching, blurred vision, propensity to outbursts of anger, dry hair, malar flush.

Tongue: Red without coating, dry, cracked.

Pulse: Floating-empty, slightly wiry on the left.

Classical antecedent: Kun Bao Tang (*Female Treasure Decoction*) and Qi Ju Di Huang Wan (*Lycium-Chrysanthemum-Rehmannia Pill*).

Differences from Classical Antecedent: Stronger action in clearing Empty Heat.

Cautions and contraindications: This formula contains many Yin tonics which are cloying in nature and their long-term use may injure the Spleen. Thus, their use should be discontinued every few months. Alternatively, acupuncturists should pay attention to supporting the Spleen while this formula is administered.



Red, red sides
(Female Treasure)

Free Flow™

Bo He *Herba Menthae haplocalysis*

Chai Hu *Radix Bupleuri*

Dang Gui *Radix Angelicae sinensis*

Bai Shao *Radix Paeoniae alba*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Fu Ling *Poria*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

Zhi Ke *Fructus Aurantii*

Wu Yao *Radix Linderae*

Xiang Fu *Rhizoma Cyperi*

Yan Hu Suo *Rhizoma Corydalis*

Yi Mu Cao *Herba Leonori*

Mu Dan Pi *Cortex Moutan*

Shan Zhi Zi *Fructus Gardeniae*

Gou Qi Zi *Fructus Lycii*

In a Nutshell: Move Liver-Qi for painful periods.

Pattern: Stagnation of Qi.

Actions: Pacify the Liver, move Qi, eliminate stagnation, nourish Liver-Blood, stop pain.

Indications: Painful periods with pronounced abdominal distension. The pain may occur also a short time before the onset of the period. There may also be irritability, moodiness, depression, irregular cycle and possibly premenstrual tension, hypochondrial distension and pain and sighing.

Tongue: Normal-coloured or slightly red on the sides. It may also be pale, if there is pronounced Liver-Blood deficiency. The tongue body may be pale on the whole, but slightly red on the sides.

Pulse: Wiry on the left and weak or choppy on the right. The pulse may also be choppy on the whole and only very slightly wiry, if Liver-Blood deficiency is pronounced.

Classical antecedent: Dan Zhi Xiao Yao San (Moutan-Gardenia Free and Easy Wanderer Powder)

Differences from Classical Antecedent: Stopping pain action.

Cautions and contraindications: Contraindicated in pregnancy.



Red sides
(Free Flow)

Free-Flowing Sea™

Dang Gui *Radix Angelicae sinensis*

Chuan Xiong *Rhizoma Chuanxiong*

Bai Shao *Radix Paeoniae alba*

Shu Di Huang *Radix Rehmanniae preparata*

Shou Wu *Radix Polygoni multiflori preparata*

Shan Yao *Rhizoma Dioscoreae*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

Qing Pi *Pericarpium Citri reticulatae viride*

Chai Hu *Radix Bupleuri*

He Huan Pi *Cortex Albiziae*

Du Zhong *Cortex Eucommiae ulmoidis*

Tu Si Zi *Semen Cuscutae*

Fu Ling *Poria*

In a Nutshell: Move Liver-Qi, nourish Liver-Blood and tonify Kidney-Yang for premenstrual syndrome.

Patterns: Blood deficiency, Kidney-Yang deficiency, Liver-Qi stagnation.

Actions: Nourish Blood, tonify the Kidneys, pacify the Liver, move Qi, eliminate stagnation.

Indications: Moderate premenstrual tension, irritability, depression, tendency to crying, sadness, insomnia, blurred vision, tingling of limbs, dizziness, backache, frequent pale urination, dull pale complexion, late periods, irregular periods, scanty periods.

Tongue: Pale and thin or swollen, depending on whether Kidney-Yang or Blood deficiency predominates.

Pulse: Deep, weak, choppy.

Classical antecedent: Gui Shao Di Huang Tang (*Angelica-Paeonia-Rehmannia Decoction*).

Differences from Classical Antecedent: Stronger calming-the-Spirit action.

Cautions and contraindications: Contraindicated in pregnancy.



Pale
(Free Flowing Sea)

Freeing Constraint™

Xiang Fu *Rhizoma Cyperi*

Chuan Xiong *Rhizoma Chuanxiong*

Cang Zhu *Rhizoma Atractylodis*

Shan Zhi Zi *Fructus Gardeniae*

Shen Qu *Massa Medicata fermentata*

He Huan Pi *Cortex Albiziae*

Shi Chang Pu *Rhizoma Acori tatarinowii*

Qing Pi *Pericarpium Citri reticulatae viride*

Yuan Zhi *Radix Polygalae*

Yu Jin *Radix Curcumae*

Gan Cao *Radix Glycyrrhizae uralensis*

In a Nutshell: Move Liver-Qi, calm the Spirit for premenstrual syndrome.

Patterns: Primarily stagnation of Liver-Qi, possibly also stasis of Blood, retention of food, Dampness, Phlegm and stagnation of Heat. This formula was originally used for the six Stagnations (Qi, Blood, Food, Dampness, Phlegm and Heat), but it is now used primarily for stagnation of Qi.

Actions: Move Qi, eliminate stagnation, pacify the Liver, lift mental depression.

Indications: Premenstrual tension, irritability, propensity to outbursts of anger or repressed anger, shouting, mental depression, moodiness, gloomy thoughts, pent-up anger, resentment or frustration over a long period of time, irregular periods, painful periods with clotted blood, tiredness (from stagnation rather than deficiency of Qi), a feeling of oppression of the chest or epigastrium, headaches, belching, sighing, slight feeling of nausea, slight feeling of breathlessness, hypochondrial distension and pain.

Tongue: Slightly red sides (Liver area).

Pulse: Wiry and full on both sides.

Classical antecedent: Yue Ju Wan (*Ligusticum-Gardenia Pill*).

Differences from Classical Antecedent: Stronger calming-the-Spirit action, action on breasts (distension).

Cautions and contraindications: Contraindicated in pregnancy.

Allergen information: Contains gluten (Shen Qu – fermented flour).



Red sides
(Freeing Constraint)

Freeing the Moon®

Chai Hu *Radix Bupleuri*

Bo He *Herba Menthae haplocalysis*

Dang Gui *Radix Angelicae sinensis*

Bai Shao *Radix Paeoniae alba*

Dang Shen *Radix Codonopsis*

Fu Ling *Poria*

Gou Qi Zi *Fructus Lycii*

Shou Wu *Radix Polygoni multiflori preparata*

Qing Pi *Pericarpium Citri reticulatae viride*

He Huan Pi *Cortex Albiziae*

Yuan Zhi *Radix Polygalae*

Bai He *Bulbus Lili*

Ju Hua *Flos Chrysanthemi*

Gan Cao *Radix Glycyrrhizae uralensis*

Hong Zao *Fructus Jujubae*

In a Nutshell: Move Liver-Qi, nourish Liver-Blood, tonify Spleen-Qi for premenstrual syndrome.

Patterns: Liver-Qi stagnation, Liver-Blood deficiency, Spleen-Qi deficiency.

Actions: Pacify the Liver, move Qi, eliminate stagnation, nourish Liver-Blood, tonify Spleen-Qi, calm the Mind, settle the Ethereal Soul.

Indications: Premenstrual tension, irritability, depression, crying, clumsiness, poor memory, flying off the handle, distension of breasts, epigastrium and abdomen, tiredness, dizziness, insomnia, nausea, headache.

Tongue: Pale on the sides.

Pulse: Choppy or fine but also slightly wiry, perhaps only on the left side.

Classical antecedent: Xiao Yao San (*Free and Easy Wanderer Powder*).

Differences from Classical Antecedent: Stronger calming-the-Spirit action, stronger action in nourishing Liver-Blood.



Pale, very slightly Red sides (worse on right), thin
(Freeing the Moon)

Growing Jade™

Dang Gui *Radix Angelicae sinensis*

Bai Shao *Radix Paeoniae alba*

Shu Di Huang *Radix Rehmanniae preparata*

Shan Zhu Yu *Fructus Corni*

Nu Zhen Zi *Fructus Ligustri lucidi*

Han Lian Cao *Herba Ecliptae*

Sheng Di Huang *Radix Rehmanniae*

Gou Qi Zi *Fructus Lycii*

Yi Mu Cao *Herba Leonuri*

Shan Yao *Rhizoma Dioscoreae*

Ba Ji Tian *Radix Morindae officinalis*

Tu Si Zi *Semen Cusutae*

Huang Jing *Rhizoma Polygonati*

Fu Ling *Poria*

In a Nutshell: Nourish Kidney-Yin in gynaecological problems. Infertility.

Patterns: Kidney-Yin and Essence deficiency.

Actions: Nourish Kidney-Yin, nourish the Essence, strengthen the Directing and Penetrating vessels.

Indications: Infertility, a history of amenorrhoea or miscarriages, scanty periods, irregular periods, dizziness, tinnitus, a dry throat, a feeling of heat in the evening, backache, depression, slight anxiety, dry stools, dry hair, scanty-dark urine, night-sweating, malar flush.

Tongue: Red without coating.

Pulse: Floating-empty.

Classical antecedent: Yang Jing Zhong Yu Tang (*Nourishing the Essence and Growing Jade Decoction*).

Differences from Classical Antecedent: Balance Yin-nourishing with mild tonification of Kidney-Yang.

Cautions and contraindications: This formula contains many Yin tonics which, if used continuously for a long time, may injure the Spleen. Thus, this formula should be discontinued after a few months of continuous use. Alternatively, acupuncturists may pay more attention to supporting the Spleen during the administration of this formula.



Normal colour without coating
(Growing Jade)



Slightly red without coating
(Growing Jade)

Harmonizing the Moon™

Dang Gui *Radix Angelicae sinensis*

Chi Shao *Radix Paeoniae rubrae*

Shu Di Huang *Radix Rehmanniae preparata*

Chuan Xiong *Radix Chuanxiong*

Yan Hu Suo *Rhizoma Corydalis*

E Zhu *Rhizoma Curcumae*

San Leng *Rhizoma Sparganii stoloniferi*

Ze Lan *Herba Lycopi*

Gui Zhi *Ramulus Cinnamomi cassiae*

Fu Ling *Poria*

Mu Dan Pi *Cortex Moutan*

Lu Lu Tong *Fructus Liquidambaris*

Huang Bai *Cortex Phellodendri*

Yi Yi Ren *Semen Coicis*

Tu Si Zi *Semen Cuscutae*

Qian Cao Gen *Radix Rubiae*

San Qi *Radix Notoginseng*

In a Nutshell: Invigorate Blood, eliminate stasis and dissolve masses in gynaecological problems. Endometriosis.

Patterns: Blood stasis in the Lower Burner, Dampness in the Lower Burner, Kidney deficiency.

Actions: Invigorate Blood, dissolve masses, drain Dampness, tonify the Kidneys.

Indications: Abdominal masses, endometriosis, endometrial ovarian cysts, fibroids, painful periods, heavy periods.

Tongue: Purple sides.

Pulse: Wiry or choppy.

Classical antecedent: Gui Zhi Fu Ling Wan (*Cinnamomum – Poria Pill*)

Differences from Classical Antecedent: Stronger “breaking” Blood action, drain Dampness.

Cautions and contraindications: This remedy strongly invigorates Blood and dissolves masses. It treats only the Manifestation (Biao) and should therefore not be used without a break for longer than 6-7 months at a time. Its use can then be resumed after a break of 1-2 months. Acupuncture should be used in combination with this remedy to treat the Root, i.e. tonify the Kidneys and nourish Blood. Acupuncture would also be helpful in treating the Directing and Penetrating vessels (Ren and Chong Mai) with points on the abdomen such as KI-14 Siman, KI-13 Qixue, Ren-4 Guanyuan, ST-28 Shuidao, ST-29 Guilai and extra point Zigong (3 cun lateral from Ren-3 Zhongji). Contraindicated in pregnancy.



Bluish-purple sides
(Harmonizing the Moon)



Bluish-purple sides
(Harmonizing the Moon)

Heavenly Empress™

Sheng Di Huang *Radix Rehmanniae*

Xuan Shen *Radix Scrophulariae*

Mai Men Dong *Radix Ophiopogonis*

Tian Men Dong *Radix Asparagi*

Huang Jing *Rhizoma Polygonati*

Fu Ling *Poria*

Wu Wei Zi *Fructus Schisandrae*

Dang Gui *Radix Angelicae sinensis*

Dan Shen *Radix Salviae miltiorrhizae*

Bai Zi Ren *Semen Biotae*

Suan Zao Ren *Semen Ziziphi spinosae*

Yuan Zhi *Radix Polygalae*

Jie Geng *Radix Platycodi*

Qin Jiao *Radix Gentianae macrophyllae*

Di Gu Pi *Cortex Lycii*

Mu Dan Pi *Cortex Moutan*

Gou Qi Zi *Fructus Lycii*

In a Nutshell: Nourish Kidney- and Heart-Yin, clear Heart Empty Heat and calm the Shen in menopausal problems.

Patterns: Kidney- and Heart-Yin deficiency, Heart Empty Heat.

Actions: Nourish Kidney- and Heart-Yin, clear Heart Empty Heat, calm the Mind.

Indications: Hot flushes (flashes), sweating, night sweating, mental restlessness, anxiety, a feeling of heat in the evening, a dry throat, dryness of the vagina, insomnia, palpitations, dream-disturbed sleep, agitation, depression, tiredness, backache, dizziness, tinnitus, dry hair, malar flush.

Tongue: Red without coating, redder tip, dry, cracked, with a midline Heart crack.

Pulse: Floating-empty, overflowing on the left-front position.

Classical antecedent: Tian Wang Bu Xin Dan (*Heavenly Emperor Tonifying the Heart Pill*).

Differences from Classical Antecedent: Stronger action in clearing Empty Heat.

Cautions and contraindications: This formula contains many Yin tonics with a cloying nature and its long-term use may injure the Spleen. Thus, it should not be used for more than a few months at a time without a break unless supporting the Spleen with acupuncture.



Normal colour, no coating, dry, cracks
(Heavenly Empress)



Red, no coating
(Heavenly Empress)

Invigorate Blood and Stem the Flow™

Dang Gui *Radix Angelicae sinensis*

Chuan Xiong *Rhizoma Chuanxiong*

Sheng Di Huang *Radix Rehmanniae*

Bai Shao *Radix Paeoniae alba*

Tao Ren *Semen Persicae*

Hong Hua *Flos Carthami*

Pu Huang *Pollen Typhae*

Qian Cao Gen *Radix Rubiae*

San Qi *Radix Notoginseng*

Xian He Cao *Herba Agrimoniae*

Dan Shen *Radix Salviae miltiorrhizae*

Xiang Fu *Rhizoma Cyperi*

Chi Shao Yao *Radix Paeoniae rubra*

Mu Dan Pi *Cortex Moutan*

Shan Zhu Yu *Fructus Corni*

In a Nutshell: Invigorate Blood and stop bleeding in gynaecological problems.

Patterns: Blood stasis bleeding.

Actions: Invigorate Blood, eliminate stasis, stop bleeding.

Indications: Heavy periods with dark and clotted blood, painful periods with pain relieved after the onset of the period, irregular periods, periods stopping and starting, mental restlessness, agitation, irritability, abdominal pain, dark complexion.

Tongue: Purple.

Pulse: Wiry or choppy.

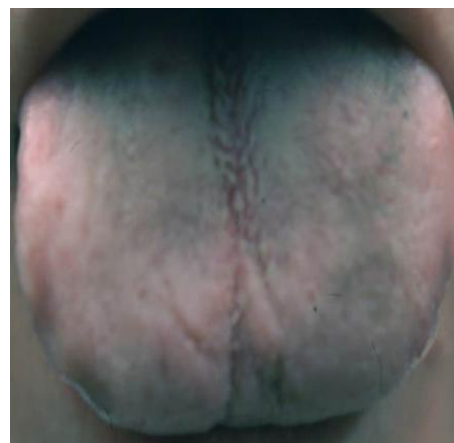
Classical antecedent: Tao Hong Si Wu Tang (*Persica-Carthamus Four Substances Decoction*).

Differences from Classical Antecedent: Stronger action in stopping bleeding.

Cautions and contraindications: Contraindicated in pregnancy.



Reddish-Purple
(Invigorate Blood and Stem the Flow)



Bluish-purple
(Invigorate Blood and Stem the Flow)

Nourish Yin and Restrain the Flow™

Sheng Di Huang *Radix Rehmanniae*

Shan Yao *Rhizoma Dioscoreae*

Shan Zhu Yu *Fructus Corni*

Gou Qi Zi *Fructus Lycii*

Tu Si Zi *Semen Cuscutae*

Huang Jing *Rhizoma Polygonati*

Bai Shao *Radix Paeoniae alba*

Xian He Cao *Herba Agrimoniae*

Ce Bai Ye *Cacumen Biotae*

Wu Wei Zi *Fructus Schisandrae*

Fu Ling *Poria*

Gu Ya *Fructus Oryzae germinatus*

In a Nutshell: Tonify Qi and Yin to stop excessive menstrual bleeding.

Patterns: Yin deficiency, Empty Heat.

Actions: Nourish Kidney-Yin, clear Empty Heat, stop bleeding.

Indications: Heavy menstrual bleeding during the period itself and not so much outside the normal period time, bright-red or scarlet-red blood, night-sweating, a dry throat at night, dizziness, tinnitus, backache, depression, a feeling of heat in the evening, malar flush, dry skin and hair.

Tongue: Red without coating or with rootless coating. It may also be without coating but normal-coloured if there is no Empty Heat.

Pulse: Floating-empty.

Classical antecedent: Zuo Gui Wan (*Restoring the Left [Kidney] Pill*), Er Zhi Wan (*Two Solstices Pill*), and Liang Di Tang (*Two "Di" Decoction*).

Differences from Classical Antecedent: Stronger action in stopping bleeding.



Normal colour, no coating, cracks
(Nourish Yin and Restrain the Flow)



Normal colour except slightly red on root, no coating, cracks
(Nourish Yin and Restrain the Flow)

Penetrating Vessel™

Shu Di Huang *Radix Rehmanniae preparata*

Bai Shao *Radix Paeoniae alba*

Dang Gui *Radix Angelicae sinensis*

Gou Qi Zi *Fructus Lycii*

Huang Jing *Rhizoma Polygonati*

Tu Si Zi *Semen Cuscutae*

Xiao Hui Xiang *Fructus Foeniculi*

Yan Hu Suo *Rhizoma Corydalis*

Xiang Fu *Rhizoma Cyperi*

He Huan Pi *Cortex Albiziae*

Ban Xia *Rhizoma Pinelliae preparata*

Dan Shen *Radix Salviae miltiorrhizae*

Hou Po *Cortex Magnoliae officinalis*

Zi Su Ye *Folium Perillae*

Gan Cao *Radix Glycyrrhizae uralensis*

Xing Ren *Semen Armeniacae*

In a Nutshell: Nourish Blood, tonify the Kidneys and subdue rebellious Qi of the Chong Mai.

Patterns: Rebellious Qi in the Penetrating Vessel, Kidney deficiency, Blood deficiency.

Actions: Subdue rebellious Qi, harmonize the Penetrating Vessel, tonify the Kidneys, nourish Blood, calm the Mind.

Indications: Hypogastric distension, lower abdominal pain, fullness and distension, umbilical fullness, epigastric fullness and distension, tightness of the chest, a feeling of oppression of the chest, hypochondrial distension, soreness and distension of the breasts, slight breathlessness, sighing, palpitations, a feeling of constriction in the throat, a dry mouth with no desire to drink, anxiety, agitation, worry, pale complexion, eyes without Shen (glitter) and slightly uncontrolled, cold feet, a panicky feeling, irregular periods, painful periods, premenstrual tension, a feeling of heat in the face, backache, tiredness, blurred vision and scanty periods.

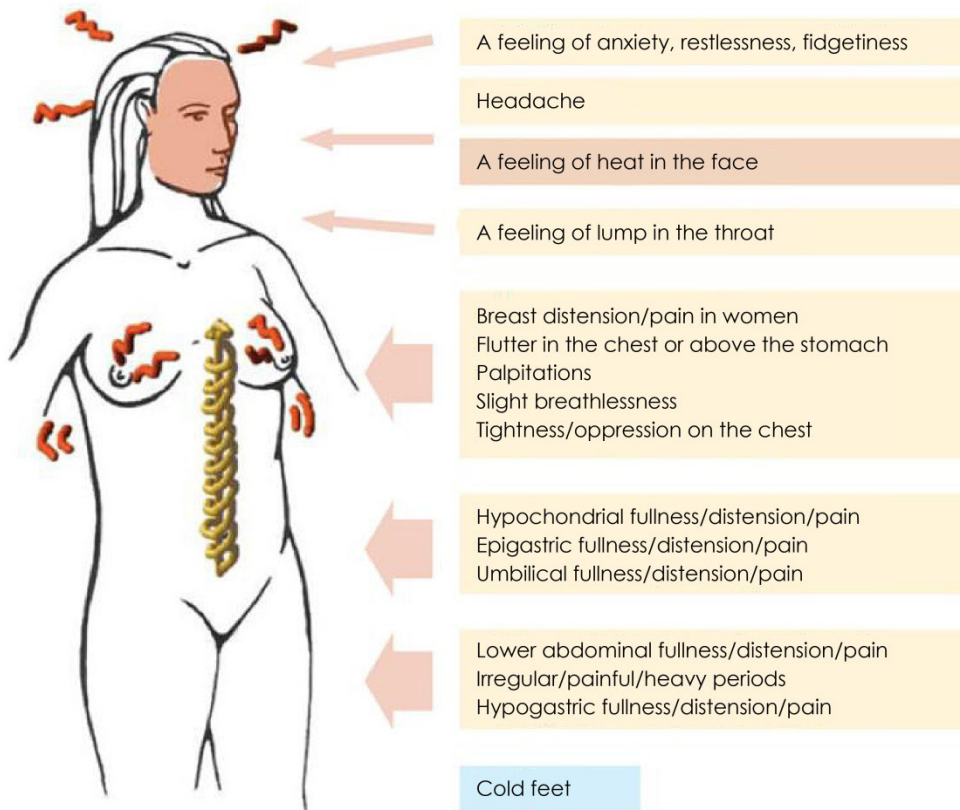
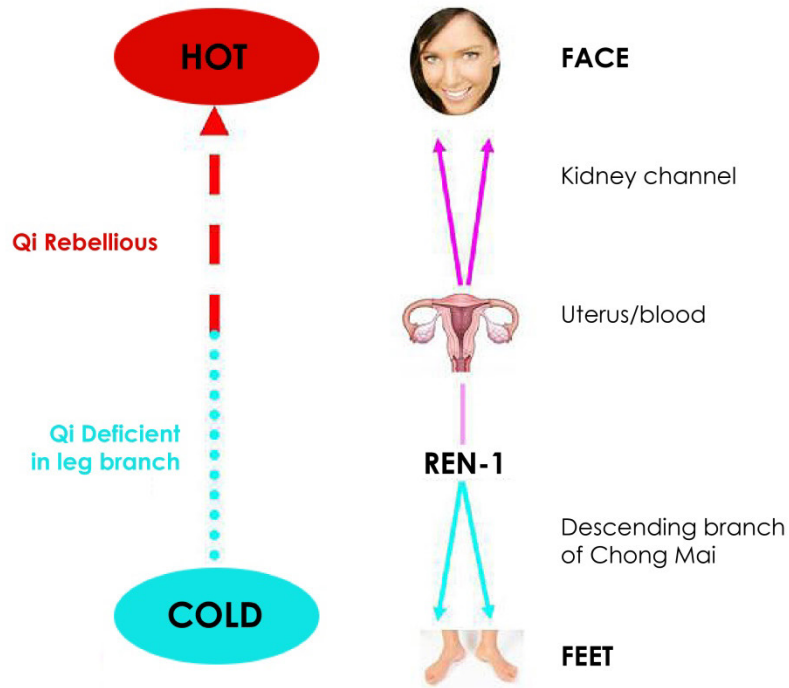
Tongue: Normal-coloured, pale or purple.

Pulse: Wiry or firm on all positions of the right.

Cautions and contraindications: Contraindicated in pregnancy.

NOTE: There are no specific tongues associated with this formula because rebellious Qi of the Chong Mai may occur against a background of either Blood deficiency, Kidney-Yang or Kidney-Yin deficiency, all of which would manifest differently on the tongue.

Rebellious Qi of Chong Mai



At least 3-4 symptoms at different levels are needed for a positive diagnosis of rebellious Qi in the Chong Mai

Planting Seeds™

Tu Si Zi *Semen Cuscutae*

Xu Duan *Radix Dipsaci*

Ba Ji Tian *Radix Morindae officinalis*

Du Zhong *Cortex Eucommiae ulmoidis*

Dang Gui *Radix Angelicae sinensis*

Shu Di Huang *Radix Rehmanniae preparata*

Gou Qi Zi *Fructus Lycii*

Ren Shen *Radix Ginseng*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Hong Zao *Fructus Jujubae*

Sha Ren *Fructus Amomi*

Sheng Ma *Rhizoma Cimicifugae*

Shan Yao *Rhizoma Dioscoreae*

Huang Qin *Radix Scutellariae*

In a Nutshell: Tonify and raise Spleen-Qi, tonify Kidney-Yang to prevent miscarriage (habitual miscarriage or threatened miscarriage).

Patterns: Kidney-Yang deficiency, Blood deficiency, Qi deficiency, Qi sinking.

Actions: Tonify and warm Kidney-Yang, nourish Blood, tonify and raise Qi.

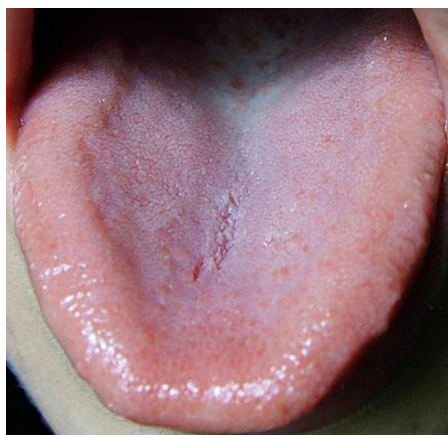
Indications: Recurrent miscarriage, a history of miscarriages and infertility, irregular periods, late cycle, scanty or heavy periods, backache, dizziness, tinnitus, feeling cold, depression, frequent pale urination, pale complexion, loose stools, poor appetite, a feeling of bearing down, tiredness, poor memory, tingling of limbs, insomnia, blurred vision.

Tongue: Pale.

Pulse: Deep, weak.

Classical antecedent: Bu Shen Gu Chong Wan (*Tonifying the Kidneys and Consolidating the Penetrating Vessel Pill*).

Differences from Classical Antecedent: Tonify Spleen-Qi.



Pale sides
(Planting Seeds)

Precious Sea™

Dang Gui *Radix Angelicae sinensis*

Shu Di Huang *Radix Rehmanniae preparata*

Bai Shao *Radix Paeoniae alba*

Chuan Xiong *Rhizoma Chuanxiong*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Ren Shen *Radix Ginseng*

Fu Ling *Poria*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

Dang Shen *Radix Codonopsis*

Huang Qi *Radix Astragali*

Yi Mu Cao *Herba Leonuri*

Xiang Fu *Rhizoma Cyperi*

Shou Wu *Radix Polygoni multiflori preparata*

Gou Qi Zi *Fructus Lycii*

Tu Si Zi *Semen Cuscutae*

Huang Jing *Rhizoma Polygonati*

Bai Zi Ren *Semen Biotae*

In a Nutshell: General Qi and Blood tonic in women.

Patterns: Qi and Blood deficiency, Kidney deficiency.

Actions: Tonify Qi, nourish Blood, tonify the Kidneys.

Indications: Tiredness, debility, weariness, depression, loose stools, poor appetite, blurred vision, tingling of limbs, insomnia, poor memory, dizziness, scanty periods or heavy periods, amenorrhoea, irregular periods, pale complexion, palpitations, backache, low libido, infertility.

Tongue: Pale.

Pulse: Choppy or weak.

Classical antecedent: Yi Mu Ba Zhen Tang (*Leonorus Eight Precious Decoction*).

Differences from Classical Antecedent: Tonify the Kidneys.



Pale and dry
(Precious Sea)

Restrain the Flow™

Huang Qi *Radix Astragali*

Ren Shen *Radix Ginseng*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Shu Di Huang *Radix Rehmanniae preparata*

Dang Gui *Radix Angelicae sinensis*

Xian He Cao *Herba Agrimoniae*

Ce Bai Ye *Cacumen Biotae*

Jing Jie *Herba Schizonepetae*

Xu Duan *Radix Dipsaci*

Tu Si Zi *Semen Cuscutae*

Sheng Ma *Rhizoma Cimicifugae*

Gan Cao *Radix Glycyrrhizae uralensis*

Shan Zhu Yu *Fructus Corni*

San Qi *Radix Notoginseng*

In a Nutshell: Tonify and raise Qi of Spleen and Kidneys to stop excessive menstrual bleeding.

Patterns: Qi deficiency, Spleen- and Kidney-Qi not holding Blood.

Actions: Tonify Qi to hold Blood.

Indications: Heavy periods that start with a flood and/or continue for a long time with a trickle, bright red and rather dilute blood, tiredness, depression, weariness, loose stools, poor appetite, backache, frequent pale urination, sweating, pale complexion.

Tongue: Pale.

Pulse: Weak.

Classical antecedent: Gu Ben Zhi Beng Tang (*Consolidating the Root and Stopping Flooding Decoction*) and Yi Qi Gu Chong Tang (*Benefiting Qi and Consolidating the Penetrating Vessel Decoction*).

Differences from Classical Antecedent: Stronger action in stopping bleeding.



Pale, sticky coating
(Restrain the Flow)



Pale
(Restrain the Flow)

Stir Field of Elixir™

Wu Yao *Radix Linderae*

Dang Gui *Radix Angelicae sinensis*

Chuan Xiong *Rhizoma Chuanxiong*

Tao Ren *Semen Persicae*

Mu Dan Pi *Cortex Moutan*

Chi Shao *Radix Paeoniae rubra*

Yan Hu Suo *Rhizoma Corydalis*

Gan Cao *Radix Glycyrrhizae uralensis*

Xiang Fu *Rhizoma Cyperi*

Hong Hua *Flos Carthami*

Zhi Ke *Fructus Aurantii*

Pu Huang *Pollen Typhae*

Dan Shen *Radix Salviae miltiorrhizae*

Bai Shao *Radix Paeoniae alba*

In a Nutshell: Invigorate Blood in the Uterus.

Pattern: Stasis of Blood in the Lower Burner.

Actions: Move Blood, eliminate stasis, dissolve lumps.

Indications: Lower abdominal pain which is fixed and stabbing in character, abdominal lumps, endometriosis, ovarian cysts, myomas, dysmenorrhoea from stagnant Blood, irregular periods, premenstrual pain, periods stopping and starting with dark, clotted blood, irritability, agitation, restlessness.

Tongue: Purple.

Pulse: Choppy, wiry or firm.

Classical antecedent: Ge Xia Zhu Yu Tang (*Decoction for Eliminating Stasis below the Diaphragm*).

Differences from Classical Antecedent: Stronger action in invigorating Blood.

Cautions and contraindications: This formula contains several fairly strong Blood-invigorating herbs and should therefore not be used for longer than 3-4 months at a time without interruption. Contraindicated in pregnancy.



Bluish-Purple sides (x2)
(Stir Field of Elixir)



Reddish-purple
(Stir Field of Elixir)

Unicorn Pearl™

Ren Shen *Radix Ginseng*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

Dang Gui *Radix Angelicae sinensis*

Shu Di Huang *Radix Rehmanniae preparata*

Tu Si Zi *Semen Cuscutae*

Du Zhong *Cortex Eucommiae ulmoidis*

Xu Duan *Radix Dipsaci*

Wu Wei Zi *Fructus Schisandrae*

Xiang Fu *Rhizoma Cyperi*

Ba Ji Tian *Radix Morindae officinalis*

Yi Mu Cao *Herba Leonuri*

Gou Qi Zi *Fructus Lycii*

Huang Jing *Rhizoma Polygonati*

Fu Ling *Poria*

In a Nutshell: Tonify Kidney-Yang in gynaecological problems. Infertility.

Patterns: Kidney-Yang deficiency, Jing deficiency.

Actions: Tonify and warm Kidney-Yang, nourish the Essence, strengthen the Governing, Directing and Penetrating vessels.

Indications: Infertility, backache, dizziness, tinnitus, feeling cold, a history of amenorrhoea or scanty periods, irregular periods, frequent pale urination, tiredness, depression, a history of miscarriages, pale complexion.

Tongue: Pale, wet.

Pulse: Deep, weak.

Classical antecedent: Yu Lin Zhu (*Giving Birth to Unicorn Pearl*).

Differences from Classical Antecedent: Balancing tonification of Yang with two Kidney-Yin tonics.



Pale and dry
(Unicorn Pearl)

Warm the Mansion™

Gui Zhi *Ramulus Cinnamomi cassiae*

Ai Ye *Folium Artemisiae argyi*

Wu Zhu Yu *Fructus Evodiae*

Rou Gui *Cortex Cinnamomi*

Wu Yao *Radix Linderae*

Dang Gui *Radix Angelicae sinensis*

Chuan Xiong *Rhizoma Chuanxiong*

Bai Shao *Radix Paeoniae alba*

Xu Duan *Radix Dipsaci*

Tu Si Zi *Semen Cuscutae*

Mu Dan Pi *Cortex Moutan*

Ba Ji Tian *Radix Morindae officinalis*

In a Nutshell: Tonify Kidney-Yang and expel Cold from the Uterus. Infertility.

Patterns: Cold in the Uterus, Kidney-Yang deficiency.

Actions: Expel Cold, warm the Uterus, tonify and warm Kidney-Yang.

Indications: Infertility, a history of dysmenorrhoea and late periods, irregular periods, amenorrhoea, feeling cold, backache, frequent pale urination, tiredness, loose stools, depression, white vaginal discharge, pale complexion.

Tongue: Pale, wet.

Pulse: Deep, weak, tight on the left-rear position.

Classical antecedent: Ai Fu Nuan Gong Wan (*Artemisia-Cyperus Warming the Uterus Pill*) and Ju He Wan (*Tangerine Seed Pill*).

Differences from Classical Antecedent: Stronger action in tonifying Kidney-Yang.



Pale, wet
(Warm the Mansion)

Warm the Menses™

Wu Zhu Yu *Fructus Evodiae*

Gui Zhi *Ramulus Cinnamomi cassiae*

Rou Gui *Cortex Cinnamomi*

Dang Gui *Radix Angelicae sinensis*

Chuan Xiong *Rhizoma Chuanxiong*

Bai Shao *Radix Paeoniae alba*

Dang Shen *Radix Codonopsis*

Mai Men Dong *Radix Ophiopogonis*

Shu Di Huang *Radix Rehmanniae preparata*

Mu Dan Pi *Cortex Moutan*

Ban Xia *Rhizoma Pinelliae preparata*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

Yan Hu Suo *Rhizoma Corydalis*

Wu Yao *Radix Linderae*

Yi Mu Cao *Herba Leonuri*

Du Zhong *Cortex Eucommiae ulmoidis*

In a Nutshell: Expel Cold from the Uterus, invigorate Blood, nourish Blood, tonify Kidney-Yang.

Patterns: Stagnation of Cold in the Uterus, stasis of Blood, Blood deficiency, Kidney-Yang deficiency.

Actions: Expel Cold, warm the Uterus, invigorate Blood, eliminate stasis, nourish Blood, tonify and warm Kidney-Yang.

Indications: Very painful periods with pain of a spastic character that is alleviated by the application of heat (such as a hot-water bottle), red or dark menstrual blood with small, dark clots, late periods, irregular periods, infertility, bright-pale complexion, weariness, a pronounced feeling of cold that is aggravated during the period, tiredness, backache, frequent pale urination, occasionally a slight feeling of heat in the face and a dry mouth or lips.

Tongue: Pale, wet.

Pulse: Deep, tight, slow.

Classical antecedent: Wen Jing Tang (*Warming the Menses Decoction*).

Differences from Classical Antecedent: Tonify Kidney-Yang, invigorate Blood.

Cautions and contraindications: Contraindicated in pregnancy.



Pale
(Warm the Menses)

Warm the Palace™

Dang Gui *Radix Angelicae Sinensis*

Bai Shao *Radix Paeoniae Alba*

Gui Zhi *Ramulus Cinnamomi Cassiae*

Rou Gui *Cortex Cinnamomi*

Zhi Gan Cao *Radix Glycyrrhizae Uralensis Preparata*

Hong Zao *Fructus Jujubae*

Dang Shen *Radix Codonopsis*

Shou Wu *Radix Polygoni Multiflori Preparata*

Ba Ji Tian *Radix Morindae Officinalis*

Du Zhong *Cortex Eucommiae Ulmoidis*

Xu Duan *Radix Dipsaci*

Mu Xiang *Radix Aucklandiae*

Yan Hu Suo *Rhizoma Corydalis*

In a Nutshell: Tonify and warm Kidney-Yang, nourish Blood, stop Pain.

Patterns: Kidney-Yang deficiency, Blood deficiency.

Actions: Tonify and warm Kidney-Yang, nourish Blood, stop pain.

Indications: Painful periods, irregular periods, fatigue, lethargy, low libido, feeling cold.

Tongue: Pale.

Pulse: Deep and weak, especially in the rear positions. It could also be slow.

Classical antecedent: *Dang Gui Jian Zhong Tang* (Chinese Angelica Decoction to Fortify the Centre)

Differences from Classical Antecedent: Tonifies Kidney-Yang

Integration of Herbal Medicine with Acupuncture

For those who practise acupuncture the integration of this treatment modality with herbal formulae can broaden the scope of the therapeutic range and allow for greater flexibility. The first thing that should be stressed is that, whilst in a few cases a herbal formula fits the patient's disharmony well and can therefore address the whole condition, in most cases of chronic diseases, it is unrealistic to expect a herbal formula to address the whole constellation of patterns of disharmony.

The condition of most patients with chronic diseases will manifest with at least two patterns, and often more. For example, it would not be unusual for a patient to suffer from Liver-Blood deficiency, Liver-Qi stagnation, Liver-Yang rising, Spleen-Qi deficiency and Dampness in the Middle Burner. Although two or even three formulae can be used in combination, it is sometimes preferable to integrate acupuncture with a herbal remedy. One can therefore use a herbal formula to address a certain pattern of disharmony and acupuncture to treat another.

The integration of acupuncture with herbal formulae is advantageous because it allows us to use one formula only and also because it simplifies the acupuncture protocol. Furthermore, the integration of acupuncture and herbal remedies works particularly well if we are clear about the diagnosis, the differentiation between Root (Ben) and Manifestation (Biao) and the treatment principle.

Root (Ben) and Manifestation (Biao)

The Root is the disharmony that is the origin of the patient's symptoms and signs. The Manifestation is the complex of symptoms and signs stemming from the Root: the relationship between Root and Manifestation is very much like that between the root of a tree and its branches: the condition of the root (and the soil) determines the appearance of the branches. Treating the root of a tree improves the health of its branches: similarly, treating the Root of a disharmony automatically treats its Manifestation.

For example, if a patient suffers from shivers, acute occipital headache, a slight temperature, a stiff neck, a runny nose, sneezing and a Floating pulse, the Root is invasion of the Lung's Wei-Qi portion by Wind-Cold and all the symptoms are the Manifestation. It is not necessary to treat each individual symptom as treating the Root, i.e. expelling Wind-Cold and releasing the Exterior, will lead to the disappearance of the Manifestation.

If we are clear about the Root and Manifestation and the treatment principle to be adopted, we can then use acupuncture to treat the Root and a herbal remedy to treat the Manifestation or vice versa. For example, if a patient suffers from oedema of the ankles, with frequent-pale urination, backache, chilliness, a pale tongue and a deep-weak pulse, the oedema is the Manifestation and Kidney-Yang deficiency is the Root.

If we are clear as to what is the Root and what is the Manifestation among the various clinical manifestations, we could use *Strengthen the Root* to treat the Root, i.e. tonify

Kidney-Yang, and acupuncture to resolve oedema (with Ren-9 Shuifen, Ren-5 Shimen, SP-9 Yinlingquan, KI-7 Fuliū and BL-22 Sanjiaoshu). The opposite approach could also be taken, tonifying Kidney-Yang with acupuncture (with KI-7 Fuliū, KI-3 Taixi, BL-23 Shenshu, with moxa), and resolving oedema with a herbal remedy which may be Wu Ling San Five "Ling" Powder or the Three Treasures® remedy *Separate Clear and Turbid*.

Expelling pathogenic factors versus tonifying the body's Qi

The Full and Empty character of the condition is also important and we can use acupuncture to deal with the Full condition (expelling pathogenic factors) and a herbal formula to tonify the body Qi or vice versa.

When I use herbal medicine only in a complex Full-Empty condition, I usually prefer to deal with the Fullness and Emptiness separately and I often start by expelling pathogenic factors first. For example, in a case of Chronic Fatigue Syndrome with deficiency of Spleen-Qi and pronounced Dampness, I would most probably start with a formula that drains Dampness such as *Drain Fields* and I would not give a tonic formula: this approach is especially recommended ended if the tongue and pulse indicate a Full condition: in the example above, the tongue would be swollen and with a sticky coating and the pulse would be full and slippery.

I prefer this approach, i.e. expelling pathogenic factors first, because I feel that herbal tonics cannot work well when the body is encumbered by pathogenic factors, especially if these are Dampness or Phlegm. Obviously, the formula that expels pathogenic factors should be followed eventually by one that tonifies the body's Qi, in the above example *Tonify Qi and Ease the Muscles* to tonify Spleen-Qi.

Acupuncture works in a different way from herbal medicine as it does not introduce any substance in the body and has a more self-regulating and self-balancing effect: for example, if we needle Ren-12 Zhongwan, this will tonify the Spleen and resolve Dampness, whereas if we use Huang Lian *Rhizoma Coptidis* this will only dry Dampness and not tonify the Spleen. Indeed, if we used it for a long time, its bitter-cold energy might injure the Spleen.

Thus, because of this self-balancing character of acupuncture, we can often use a herbal formula to expel pathogenic factors and acupuncture to tonify the body's Qi. For example, if a patient suffers from stasis of Blood deriving from internal Cold and Yang deficiency, we could use *Stir Field of Elixir* to invigorate Blood and eliminate stasis and acupuncture to tonify Kidney-Yang and expel Cold (with Ren-6 Qihai, KI-3 Taixi, BL-23 Shenshu, with moxa); alternatively, we could use acupuncture to invigorate Blood (with SP-10 Xuehai, BL-17 Geshu and ST-29 Guilai) and the formula *Strengthen the Root* to tonify and warm Kidney-Yang.

Local problems

The use of a herbal formula often "frees" the acupuncture which can become simpler and more focused on a specific problem. For example, if a patient suffers from eczema that is very localized in a specific area, e.g. around the scalp, we can use a formula

such as *Clear Lustre* to cool Blood in general; by doing this, the acupuncture is freed from the necessity of clearing Heat and cooling Blood in general and can be more focused on the specific area affected with the use of local points. This also allows us to reduce the number of points used.

Another example could be that of a patient with eye problems deriving from Liver-Blood deficiency. By using a formula to nourish Blood such as *Brighten the Eyes*, the acupuncture can be focused on treating the local points around the eyes. Yet another example could be that of a patient suffering from Bi Syndrome of one joint only, occurring against a background of Liver-Blood deficiency; in such a case we could prescribe *Brocade Sinews* to nourish Liver-Blood and expel Wind-Damp and use acupuncture simply to treat the affected joint.

Acupuncture to counteract possible side-effects

This is an important use of acupuncture in conjunction with herbal formulae. If we need to use a herbal formula that might have undesirable side-effects, we can use acupuncture to counteract them. For example, if a patient suffers from pronounced Yin deficiency we would prescribe *Nourish the Root*: a pronounced Yin deficiency will necessarily take a long time to treat and if the patient also suffers from a Spleen deficiency (which is very likely) the cloying effect of the Yin tonics may injure the Spleen in the long run.

Thus, an acupuncturist can dedicate his or her attention to supporting the Spleen (with Ren-12 Zhongwan, ST-36 Zusanli and SP-6 Sanyinjiao) while the patient is taking the Yin tonic. Another example could be that of a patient needing a formula to tonify and warm Yang (such as *Strengthen the Root*): hot herbs may damage Yin when used for a long time. An acupuncturist can therefore use acupuncture to support the Yin, by tonifying Ren-4 Guanyuan, KI-6 Zhaohai and KI-3 Taixi.

Families of Three Treasures® Formulae

Bi Syndrome

Brocade Sinews: Chronic Bi from Liver-Blood Xu

Nourish the Root and Clear Wind: Chronic Bi in the elderly from Liver- and Kidney-Yin Xu

Clear Channels: Acute or subacute Bi from Damp-Heat (swollen, red and hot joints, rheumatoid arthritis)

Invigorate the Root: Chronic Bi of the lower back and legs against a background of Kidney-Yang deficiency

Benefit the Sinews: Chronic Bi with long-term retention of Phlegm in the joints and Blood stasis, joint deformities

Headaches

Excess	Deficiency
Liver-Yang rising: Brighten the Eyes, Bend Bamboo, Clear Yang	Qi deficiency: <i>Tonify Qi and Ease the Muscles, Breaking Clouds</i>
Liver-Fire: Drain Fire	Blood deficiency: <i>Brighten the Eyes, Calm the Shen</i>
Rebellious Qi: Penetrating Vessel	Yang deficiency: <i>Strengthen the Root</i>
Dampness: Drain Fields, Ease the Muscles, Welcome Fragrance	Yin deficiency: <i>Nourish the Root</i>
Phlegm: Limpid Sea, Clear the Soul	
Liver-Qi stagnation: Freeing the Moon, Break into a Smile, Release Constraint	
Blood stasis: Red Stirring	
External Wind: Expel Wind-Cold, Expel Wind Heat	

Pattern	Formula	Character
Liver-Yang rising	Clear Yang, Bend Bamboo, Brighten the Eyes	Throbbing, in the temples, at sides of the head or behind the eyes, dizziness
Liver-Fire	Drain Fire	Throbbing, intense, behind the eyes or temples
Rebellious Qi	Penetrating Vessel	Throbbing at top of the head
Dampness	Drain Fields, Ease the Muscles, Welcome Fragrance	Dull, on forehead
Phlegm	Limpid Sea, Clear the Soul	Dull, on forehead or all over head, muzziness, dizziness, blurred vision
Liver-Qi stagnation	<i>Freeing the Moon, Break into a Smile, Release Constraint</i>	Intense, all over head
Blood stasis	<i>Red Stirring</i>	Stabbing, fixed in one place
External Wind	<i>Expel Wind-Cold, Expel Wind-Heat</i>	Severe, moving
Qi deficiency	<i>Tonify Qi and Ease the Muscles, Breaking Clouds</i>	Dull, all over head
Blood deficiency	<i>Brighten the Eyes, Calm the Shen</i>	Dull, on top or behind eyes
Yang deficiency	<i>Strengthen the Root</i>	Dull, all over head
Yin deficiency	<i>Nourish the Root</i>	Dull, all over head, feeling of emptiness of the head

Digestive Remedies

Prosperous Earth: Spleen-Qi Xu

Central Mansion: Qi – Yin Xu of Stomach and Spleen, Dampness, Middle Burner

Jade Spring: Yin Xu of Stomach, Spleen and Lungs, Middle Burner

Harmonize the Centre: Spleen-Qi Xu, Stomach-Yin Xu, Phlegm, Blood stasis, Middle Burner

Soothe the Centre: Spleen-Qi Xu, Qi stagnation, Dampness, Middle Burner

Break into a Smile: Qi stagnation, primarily Lower Burner but also Middle Burner

Smooth Passage: Qi stagnation, Spleen-Qi Xu, Dampness, Lower Burner

Drain Fields: Dampness, Middle Burner

Ease the Muscles: Damp-Heat, Middle Burner

Digestive Diseases – Remedies According to Full or Empty

Formulae for Purely Full Conditions

Break into a Smile, Ease the Muscles, Drain Fields

Formulae for Mixed conditions where Fullness predominates

Smooth Passage

Formulae for Mixed conditions where Emptiness predominates

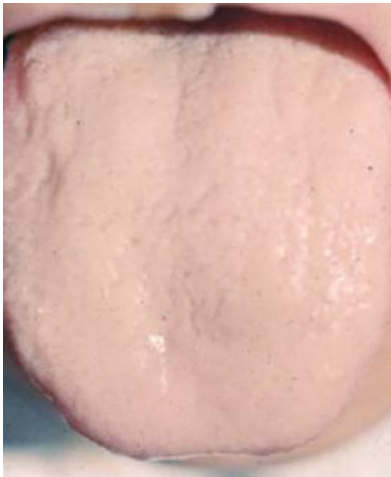
Prosperous Earth, Central Mansion, Ease the Muscles (Damp-Heat), and Harmonize the Centre (Blood Stasis)

Formulae for purely Empty conditions

Jade Spring

	Full	Full/Empty	Empty
Middle Burner	Drain Fields Dampness	Soothe The Centre Spleen-Qi Xu, Dampness, Qi stagnation Middle Burner	Prosperous Earth Spleen-Qi Xu
	Ease The Muscles Damp-Heat	Harmonize The Centre Spleen- and Stomach-Qi Xu, Stomach-Yin Xu	Central Mansion Stomach- and Spleen-Qi and -Yin Xu, Dampness
			Jade Spring Stomach- and Spleen-Yin Xu (Lung-Yin Xu)
Lower Burner	Break Into A Smile Liver-Qi stagnation	Smooth Passage Liver-Qi stagnation, Lower Burner, Spleen-Qi Xu, Dampness	

Middle Burner Digestive Remedies



Prosperous Earth



Central Mansion



Harmonize the Centre



Jade Spring



Soothe the Centre

Middle Burner Digestive Remedies – Dampness



Drain Fields



Ease the Muscles

Lower Burner Digestive Remedies



Break into a Smile



Smooth Passage

Progression from Spleen-Qi Xu to Stomach-Yin Xu



Pale = Spleen-Qi Xu



Pale, partially peeled = Spleen-Qi and -Yin Xu

Stomach-Qi and Yin Xu



Normal colour, no coating = Stomach-Yin Xu



Stomach-Qi and -Yin Xu

Families of Remedies – Mental-Emotional

- Full conditions
- Empty conditions

Release Constraint	Liver-Qi Stagnation, movement of the Hun restrained, depression
Clear the Soul	Phlegm-Heat in the Heart, anxiety, depression, Shen mildly obstructed
Calm the Shen	Heart-Blood deficiency, anxiety, depression
Open the Heart	Stagnation of Qi of the Lungs and Heart, anxiety, worry
Root the Spirit	Liver-Yin Xu, anxiety, insomnia
Breaking Clouds	Qi deficient and sinking, depression
Freeing the Sun	Liver-Qi stagnation with Heat, irritability, depression
Searching Soul	Deficiency of Qi and Blood of Liver, depression
Settling the Soul	Liver- and Heart-Fire, agitation, anxiety, "manic" behaviour
Nourish the Soul	Liver-Yin Xu, Hun unsettled, insomnia, vague mania, anxiety
Bright Spirit	Liver- and Heart-Qi stagnation, Phlegm obstructing the Shen
Soothe the Shen	Deficiency of Qi and Yin of Heart, Spleen, Liver, depression, anxiety

Asthma and Allergic Rhinitis

	BEN	BIAO
Asthma	<i>Herbal Sentinel</i>	<i>Clear Qi</i> (in case of Phlegm, add <i>Limpid Sea</i>)
Allergic Rhinitis	<i>Herbal Sentinel</i>	<i>Jade Screen</i>

Protocol for Asthma

Acute phase *Clear Qi*

Chronic Phase *Herbal Sentinel*

Protocol for Allergic Rhinitis

Perennial *Herbal Sentinel* (larger dose) and *Jade Screen* (smaller dose)

Seasonal *Herbal Sentinel* (in Autumn and Winter) plus *Jade Screen* (during season)

Dosage of Herbal Remedies

The question of dosage is a very complex one for which there are no hard and fast rules. In many cases, it is a matter of trial and error; patients often find their own "correct" level of dosage.

Many factors influence dosage, and I am going to discuss them one by one: it should be stressed that all the following factors need to be taken into account in every case. As a very general guideline, the dosage for the Three Treasures® and Women's Treasure® remedies is 1-3 tablets, 2-3 times a day, i.e. from 2 to 9 tablets a day. However, this dosage can be exceeded and, in a few cases, an even lower dose may be applicable.

The Full or Empty Character of the Condition

In Empty patterns the dosage can be lower than in Full patterns. Thus, for all the formulae that expel pathogenic factors, the dosage should be higher than for those that tonify the body's Qi. For example, if we are prescribing *Stir Field of Elixir* for abdominal pain from stasis of Blood with some abdominal masses (such as small fibroids), one might use 6 tablets a day or more. Vice versa, if one were treating a deficiency condition with *Brighten the Eyes*, then 2-3 tablets a day might be enough.

Chronic vs Acute Conditions

The distinction between chronic and acute conditions is an important one. In acute cases, the dosage should be higher. For example, if we are using *Expel Wind-Heat* for a severe invasion of Wind-Heat with fever, swollen tonsils, pronounced aches, etc., then the patient can take 12 or even more tablets in 24 hours. In contrast, there is no point in treating a chronic condition with a high dose, because it can change only slowly. Please note that some formulae used for chronic cases can be adapted to treat acute cases. For example, *Bend Bamboo* (for chronic headaches from *Liver-Yang* rising) can be used to treat acute migraine attacks by increasing the dosage substantially, i.e. 6-9 or even more a day.

Age of the Patient

Old people and children need lower doses. A newborn baby should not be treated at all and it is preferable not to treat any baby under 6 months of age unless absolutely imperative. Infants and children up to 6 years old should have a third of a dose; children between 6 and 14 half a dose; after that, a full dose. With drugs, the dosage for children is now adjusted according to body surface rather than body weight.

As indicated above, babies under 6 months of age should not be treated at all and the above values are given only for reference.

A simple formula to calculate the dosage for children is as follows:

$$\frac{\text{Age} \times \text{Dose}}{\text{Age} + 12}$$

For example, if an adult dose is 6 grams per day, the dosage for a 6-year-old would be:

$$\frac{6 \times 6}{6 + 12} = 2 \text{ grams}$$

The dosage should also be reduced in the elderly: approximately half a dose after 70 and a third of a dose after 80.

Condition and body-build of the Patient

The weaker the patient, the lower the dose. Thus, a frail old lady should have a lower dose than a large, corpulent man.

The condition itself

The dosage should be adjusted also according to the severity of symptoms. For example, the dosage of Chemo- and Radio-Support should be varied according to the severity of the adverse reactions to chemo- or radiotherapy. For example, an average dose for these remedies might be about 4-6 tablets a day, but if the adverse reactions to the therapy are severe this dosage can be increased.

The digestive system

The weaker the patient's digestive system, the lower the dose. This is a very important consideration: Western patients have weaker digestive systems than Chinese people and are easily upset by herbal tablets (more than by decoctions). If a patient experiences a digestive upset, make sure that he or she is taking the tablets after food and with hot water.

Pregnancy

It is prudent not to prescribe any formulae during the first three months of pregnancy. From the fourth month onwards, formulae can be prescribed, unless, of course, they are specifically forbidden in pregnancy. These are indicated on the next page. When prescribing formulae to women of child-bearing age, it is advisable to ask them whether they are actively trying to conceive: if they are, be sure not to prescribe one of the formulae that are contraindicated in pregnancy, lest the woman take the formulae during the first few weeks of pregnancy before she knows she is pregnant.

In conclusion: my advice is always to start with a relatively low dose (except, of course, in very clear-cut, acute, Full conditions), as the dose can always be increased, whereas the patient who has a poor reaction may give up the treatment altogether.

Some of the formulae produce best results if taken at specific times:

- *Strengthen the Root and Ease the Journey-Yang*: take a higher dose in the morning
- *Nourish the Root and Ease the Journey-Yin*: take a higher dose in the evening, and to maximize the effect take it with very slightly salted water
- *Soothe the Centre*: take half an hour before a meal
- *Brocade Sinews*: take a higher dose half an hour before breakfast
- *Clear the Soul and Root the Spirit*: take a higher dose in the evening
- *Expel Wind-Heat and Expel Wind-Cold*: take after meals, preferably with hot ginger water
- *Separate Clear and Turbid*: take before meals

If two or three different formulae are combined, it is advisable to reduce their individual dosage accordingly and take them at different times. I generally do not use more than three remedies at a time. For example, if one combines *Ease the Journey – Yin* with *Ease the Journey – Yang*, the former is best taken in the evening and the latter in the morning. In such cases, the dosage should be adjusted according to the therapeutic aim: for example, if deficiency of Yin predominates, the dosage of *Ease the Journey – Yin* should be double that of *Ease the Journey – Yang*.

Another example could be the combination of *Brighten the Eyes* to nourish Liver-Blood and *Freeing the Moon* to move Qi and pacify the Liver in premenstrual tension. If deficiency of Liver-Blood predominates, the dosage of *Brighten the Eyes* should be double that of *Freeing the Moon*, and vice versa if stagnation of Liver-Qi predominates. As for the time of administration, *Brighten the Eyes* could be taken in the morning and *Freeing the Moon* in the afternoon.

Finally, a word of warning about liver disease. If a patient is known to be infected with the hepatitis virus (A, B or C), particular care should be exercised by using a lower dosage than normal. In such cases, it is strongly advisable to ask the patient to undergo a liver-function test prior to starting herbal therapy so that herbs are not wrongly blamed for affecting the liver function negatively.

The tablets should generally be taken at least 1 hour before or after a meal preferably with hot water and definitely not with tea, coffee or fruit juices. They should not be taken at or within an hour of a meal because absorption of a compound may be reduced if it combines with a food molecule. If possible, the tablets should not be taken after 8-9 pm. It is preferable if the tablets are chewed before being swallowed: however, if the patient finds them distasteful, it is acceptable to swallow them. It is particularly desirable to chew the tablets that treat problems in the head such as *Welcome Fragrance*, *Jade Screen*, *Brighten the Eyes*, *Bend Bamboo*, *Expel Wind-Heat* and *Expel Wind-Cold*.

Tablets should not be taken at the same time as Western drugs: at least 1 hour should elapse between the two.

Herbal remedies versus drugs

Even for drugs, the question of dosage is far from being as scientific and accurate as we are led to believe. Reactions to a drug vary enormously and unpredictably between individuals as plasma concentrations commonly vary by a factor of 5 or more.

Since herbal remedies are safer than drugs, the therapeutic range is far broader than that of drugs. Indeed, the harmful dosage of herbs is so high that it would be impossible to ingest in one day. There are, in fact, reports of adverse reactions to herbal remedies in people who used them (unsuccessfully) in suicide attempts.

The difference between the therapeutic range of drugs and herbal remedies can be illustrated in a diagram; Figure 5 shows herbal remedies on the left, drugs on the right.

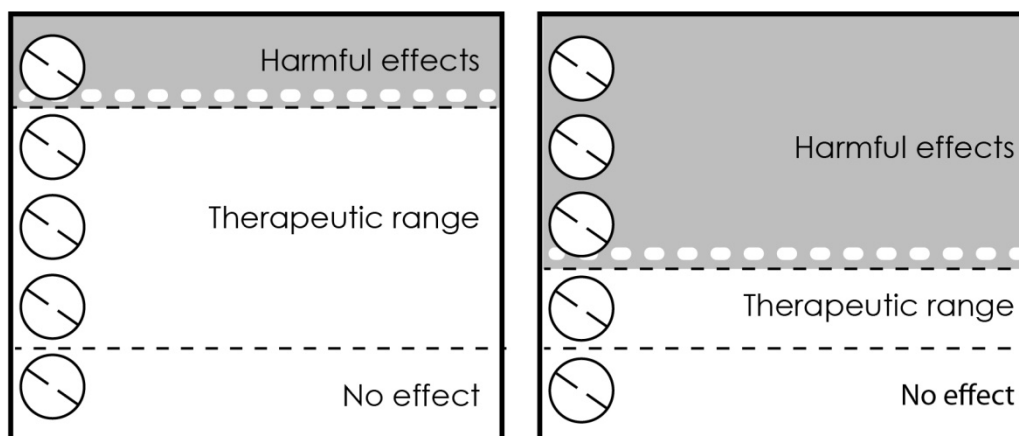


Figure 5. Therapeutic range of herbal remedies (left) and drugs (right). Reproduced with permission from the British Medical Association "A Guide to Medicines and Drugs", Dorling Kindersley, London, 1991.

Of course, there are toxic plants for which the dosage is crucial and the therapeutic range quite narrow (e.g. *Lei Gong Teng Radix Tripterigii wilfordii*, *Huang Yao Zi Semen Dioscoreae bulbiferae*, *Ma Qian Zi Semen Strychni* etc.) but the *Three Treasures*[®] and *Women's Treasure*[®] ranges do not contain any of these toxic herbs.

The *Three Treasures*[®] and *Women's Treasure*[®] formulae are intended for use only after consultation with a qualified practitioner of traditional Chinese medicine. Any questions regarding the use and dosage of the formulae should be referred to the practitioner.

Contraindicated in Pregnancy

Three Treasures	Women's Treasure
<ul style="list-style-type: none"> • Arouse Power • Benefit the Sinews • Break into a Smile • Bright Spirit • Clear Channels • Clear Lustre • Clear Qi • Clear the Root • Drain Fields • Drain Fire • Ease the Muscles • Expel Toxic Heat • Red Stirring • Release Constraint • Separate Clear and Turbid • Settling the Soul • Water Passages 	<ul style="list-style-type: none"> • Clear Empty Heat and Cool the Menses • Clear the Moon • Clear the Palace • Drain the Jade Valley • Drain Redness • Free Flow • Free Flowing Sea • Freeing Constraint • Harmonizing the Moon • Invigorate Blood and Stem the Flow • Penetrating Vessel • Stir Field of Elixir • Warm the Mansion • Warm the Menses

Three Treasures® Formulae According to Pattern

In order to facilitate the link between patterns and formulae, the following is a list of the formulae according to pattern:

Liver-Yin Deficiency

- *Brocade Sinews*
- *Nourish the Soul*
- *Root the Spirit*

Liver-Blood Deficiency

- *Bend Bamboo*
- *Brighten the Eyes*
- *Brocade Sinews*
- *Calm the Spirit*
- *Clear Lustre*
- *Freeing the Moon*
- *Glorious Sea*
- *Radio-Support*
- *Root the Spirit*
- *Searching Soul*

Liver-Qi Stagnation

- *Break into a Smile*
- *Bright Spirit*
- *Breaking Clouds*
- *Freeing the Sun*
- *Release Constraint*
- *Searching Soul*
- *Smooth Passage*

Liver-Yang Rising

- *Bend Bamboo*
- *Clear Yang*
- *Drain Fire*
- *Peaceful Sunset*

Liver-Fire or Liver Phlegm-Fire

- *Drain Fire*
- *Peaceful Sunset*
- *Settling the Soul*

Liver-Wind

- *Clear Yang*
- *Peaceful Sunset*

Liver and Spleen not Harmonized

- *Smooth Passage*

Heart-Blood Stasis

- *Red Stirring*

Heart-Qi Deficiency

- *Arouse Powder*

Heart-Qi Stagnation

- *Bright Spirit*
- *Open the Heart*

Heart Fire

- *Drain Fire*
- *Settling the Soul*

Heart-Blood Deficiency

- *Calm the Spirit*

Heart-Yin Deficiency

- *Nourish the Soul*

Heart Empty-Heat

- *Nourish the Soul*

Phlegm-Heat in Lungs and Heart

- *Clear the Soul*
- *Ringing Metal (Lungs only)*

Spleen-Qi Deficiency

- *Breaking Clouds*
- *Break into a Smile*
- *Calm the Shen*
- *Central Mansion*
- *Freeing the Sun*
- *Harmonize the Centre*
- *Herbal Sentinel – Yang*
- *Invigorate the Root*
- *Tonify Qi and Ease the Muscles*

Spleen-Yin Deficiency

- *Central Mansion*
- *Harmonize the Centre*

Lung-Qi Stagnation

- *Open the Heart*

Lung-Qi Deficiency

- *Central Mansion*
- *Children's Herbal Sentinel*
- *Herbal Sentinel – Yang*
- *Herbal Sentinel – Yin*
- *Jade Screen*
- *Prosperous Earth*
- *Tonify Qi and Ease the Muscles*

Lung-Yin Deficiency

- *Herbal-Sentinel – Yin*
- *Jade Spring*

Lung-Qi not Descending

- *Clear Qi*

Kidney-Yang Deficiency

- *Arouse Powder*
- *Children's Herbal Sentinel*
- *Herbal-Sentinel – Yang*
- *Invigorate the Root*
- *Searching Soul*

-
- *Strengthen the Root*
 - *Water Passages*

Kidney-Yin Deficiency

- *Brighten the Eyes*
- *Clear the Root*
- *Glorious Sea*
- *Herbal-Sentinel – Yin*
- *Nourish the Root*
- *Nourish the Root and Clear Wind*
- *Nourish the Soul*
- *Water Passages*

Fire of Ming Men Declining

- *Strengthen the Root*

Stomach-Qi deficiency

- *Central Mansion*
- *Chemo-Support*

Harmonize the Centre

- *Radio-Support*
- *Soothe the Centre*

Stomach-Yin Deficiency

- *Central Mansion*
- *Chemo-Support*
- *Harmonize the Centre*
- *Jade Spring*
- *Soothe the Centre*

Dampness in the Middle Burner

- *Central Mansion*
- *Drain Fields*
- *Ease the Muscles (Damp-Heat)*
- *Soothe the Centre*

Dampness in the Intestines

- *Smooth Passage*

Dampness in the Urinary System

- *Separate the Clear from the Turbid*

Dampness in the Muscles

- *Ease the Muscles (Damp-Heat)*
- *Tonify Qi and Ease the Muscles*

Dampness in the Head/Brain

- *Drain Fields*
- *Tonify Qi and Ease the Muscles*

Dampness in the Lower Burner/Genital System

- *Clear the Root*

Damp-Heat in the Lower Burner

- *Arouse Power*

Damp-Heat in the Bladder

- *Water Passages*

Dampness in the Sinuses

- *Welcome Fragrance (Damp-Heat)*

Wind-Damp-Heat in the Skin

- *Clear Lustre*

Wind-Dampness in the Joints

- *Brocade Sinews*
- *Nourish the Root and Clear Wind*

Damp-Heat in the Joints

- *Clear Channels*

Wind-Dampness in the Channels

- *Invigorate the Root*

Phlegm

- *Harmonize the Centre*
- *Limpid Sea*

Phlegm in the Head

- *Clear Yang*

Phlegm obstructing the Mind's Orifices

- *Bright Spirit*
- *Settling the Soul*

Phlegm and Dampness in the Joints

- *Benefit the sinews*

Blood Stasis

- *Benefit the Sinews*
- *Clear Channels*
- *Harmonize the Centre*
- *Radio-Support*

Stasis of Blood in the Lower Burner

- *Stir Field of Elixir*

Chronic Wind Invasion (allergy)

- *Clear Qi*
- *Jade Screen*

Toxic Heat in the Lower Burner

- *Clear the Root*

Toxic Heat in the Sinuses

- *Welcome Fragrance*

Toxic Heat

- *Expel Toxic Heat*

Blood-Heat in the Skin

- *Clear Lustre*

Three Treasures® Symptoms Index

Cross reference of symptoms and signs with formulae

Abdominal Distension

- *Break into a Smile*
- *Freeing the Sun*
- *Prosperous Earth*
- *Smooth Passage*
- *Soothe the Centre*

Abdominal Fullness

- *Smooth Passage*
- *Soothe the Centre*

Abdominal Lumps

- *Stir Field of Elixir*

Abdominal Pain

- *Children's Herbal Sentinel*
- *Smooth Passage*
- *Stir Field of Elixir*

Acne (acute attack of)

- *Expel Toxic-Heat*

Agitation

- *Drain Fire*
- *Nourish the Soul*
- *Red Stirring*
- *Stir Field of Elixir*

Allergic Asthma

- *Clear Qi*
- *Herbal Sentinel – Yang*
- *Herbal Sentinel – Yin*

Allergic Rhinitis

- *Children's Herbal Sentinel*
- *Clear Qi (rhinitis with wheezing)*
- *Expel Wind-Cold*
- *Herbal Sentinel – Yang*
- *Herbal Sentinel – Yin*
- *Jade Screen*

Anger (propensity to outburst of)

- *Drain Fire*

Anxiety

- *Benefit the Sinews*
- *Brighten the Eyes*
- *Calm the Shen*
- *Clear the Soul*
- *Drain Fire*
- *Freeing the Sun*
- *Nourish the Soul*
- *Open the Heart*
- *Red Stirring*
- *Settling the Soul*

Appetite (poor)

- *Breaking Clouds*
- *Bright Spirit*
- *Calm the Shen*
- *Central Mansion*
- *Children's Herbal Sentinel*
- *Drain Fields*
- *Ease the Muscles*
- *Harmonize the Centre*
- *Herbal Sentinel – Yang*
- *Herbal Sentinel – Yin*
- *Prosperous Earth*
- *Smooth Passage*
- *Soothe the Centre*
- *Tonify Qi and Ease the Muscles*

Backache (chronic)

- *Arouse Powder*
- *Benefit the Sinews*
- *Invigorate the Root*
- *Water Passages*

Bearing Down Sensation

- *Water Passages*

Belching

- *Break into a Smile*
- *Release Constraint*
- *Soothe the Centre*

Bitter Taste

- *Drain Fire*
- *Freeing the Sun*

Blood in Stools

- *Calm the Shen*
- *Drain Fire*

Blood in Urine

- *Calm the Shen*
- *Drain Fire*

Blood-Shot Eyes

- *Drain Fire*

Blurred Vision

- *Bend Bamboo*
- *Brighten the Eyes*
- *Brocade Sinews*
- *Clear Yang*
- *Invigorate the Root*
- *Nourish the Root*
- *Nourish the Root and Clear Wind*
- *Root the Spirit*

Breathlessness

- *Clear Qi*
- *Clear the Soul*
- *Open the Heart*
- *Release Constraint*

Carbuncles

- *Expel Toxic-Heat*

Catarrh

- *Clear Yang*
- *Limpid Sea*

Chest (feeling of oppression)

- *Bright Spirit*
- *Clear Qi*
- *Clear the Soul*
- *Clear Yang*
- *Limpid Sea*
- *Open the Heart*
- *Red Stirring*
- *Release Constraint*
- *Ringing Metal*

Chest Pain

- *Peaceful Sunset*
- *Red Stirring*

Cold Back and Knees

- *Invigorate the Root*

Cold Limbs

- *Bright Spirit*
- *Herbal Sentinel – Yang*
- *Strengthen the Root*

Colds (propensity to catch)

- *Children's Herbal Sentinel*
- *Herbal Sentinel – Yang*
- *Herbal Sentinel – Yin*
- *Prosperous Earth*

Common Cold

- *Expel Wind-Cold*
- *Expel Wind-Heat*

Constipation

- *Drain Fire*
- *Freeing the Sun*
- *Invigorate the Root*

Constipation/Diarrhoea (alternating)

- *Calm the Shen*
- *Peaceful Sunset*
- *Smooth Passage*

Cough (external)

- *Central Mansion*
- *Clear Qi*
- *Limpid Sea*
- *Ringing Metal*

Craving for Sweets

- *Breaking Clouds*
- *Prosperous Earth*

Depression

- *Arouse Powder*
- *Break into a Smile*
- *Breaking Clouds*
- *Brighten the Eyes*
- *Bright Spirit*
- *Calm the Shen*
- *Clear the Soul*
- *Freeing the Sun*
- *Herbal Sentinel – Yang*
- *Open the Heart*
- *Prosperous Earth*
- *Red Stirring*
- *Release Constraint*
- *Searching Soul*
- *Separate Clear and Turbid*
- *Strengthen the Root*
- *Tonify Qi and Ease the Muscles*

Dermatitis

- *Clear Lustre*

Desire to Lie Down

- *Prosperous Earth*

Despondence

- *Breaking Clouds*

Diabetes (late onset)

- *Central Mansion*
- *Harmonize the Centre*
- *Jade Spring*

Diarrhoea

- *Central Mansion*
- *Chemo-Support*

Digestion (poor)

- *Bright Spirit*
- *Central Mansion*
- *Chemo-Support*
- *Children's Herbal Sentinel*
- *Clear the Soul*
- *Freeing the Sun*
- *Harmonize the Centre*
- *Invigorate the Root*
- *Jade Spring*
- *Prosperous Earth*
- *Soothe the Centre*

Direction (lack of sense of)

- *Searching Soul*

Dizziness

- *Arouse Powder*
- *Bend Bamboo*
- *Benefit the Sinews*
- *Brighten the Eyes*
- *Brocade Sinews*

- *Clear the Root*
- *Clear the Soul*
- *Clear Yang*
- *Drain Fire*
- *Herbal Sentinel – Yin*
- *Invigorate the Root*
- *Limpid Sea*
- *Nourish the Root*
- *Nourish the Root and Clear Wind*
- *Nourish the Soul*
- *Peaceful Sunset*
- *Separate Clear and Turbid*
- *Strengthen the Root*
- *Tonify Qi and Ease the Muscles*
- *Water Passages*

Dream-disturbed Sleep

- *Clear the Soul*
- *Drain Fire*
- *Freeing the Sun*
- *Root the Spirit*

Dry Eyes

- *Brighten the Eyes*
- *Brocade Sinews*
- *Nourish the Root*
- *Nourish the Root and Clear Wind*

Dry Hair

- *Bend Bamboo*
- *Brighten the Eyes*
- *Brocade Sinews*

Dry Lips

- *Jade Spring*

Dry Mouth

- *Jade Spring*
- *Nourish the Root*
- *Nourish the Soul*
- *Soothe the Centre*

Dry Skin and Hair

- *Bend Bamboo*
- *Brocade Sinews*
- *Glorious Sea*
- *Nourish the Root*
- *Nourish the Root and Clear Wind*

Dry Stools

- *Central Mansion*
- *Drain Fire*
- *Jade Spring*
- *Nourish the Root*

Dysmenorrhoea

- *Stir Field of Elixir*

Ear Infection

- *Drain Fire*

Eczema

- *Clear Lustre*
- *Expel Toxic-Heat*

Endometriosis

- *Stir Field of Elixir*
- *Harmonizing the Moon*

Epigastric Fullness (feeling of)

- *Central Mansion*
- *Drain Fields*
- *Ease the Muscles*
- *Harmonize the Centre*
- *Soothe the Centre*

Epigastric Heaviness (feeling of)

- *Central Mansion*
- *Drain Fields*
- *Ease the Muscles*
- *Soothe the Centre*

Epigastric Oppression (feeling of)

- *Clear the Soul*
- *Drain Fields*
- *Ease the Muscles*
- *Release Constraint*

Epigastric Pain/Distension

- *Break into a Smile*
- *Central Mansion*
- *Freeing the Sun*
- *Harmonize the Centre*
- *Jade Spring*
- *Soothe the Centre*

Excitement (excessive)

- *Settling the Soul*

Face (pain)

- *Welcome Fragrance*

Feeling of Cold

- *Herbal Sentinel – Yang*
- *Invigorate the Root*
- *Separate Clear and Turbid*
- *Strengthen the Root*

Feeling of Heat

- *Calm the Shen*
- *Drain Fire*
- *Ease the Muscles*
- *Herbal Sentinel – Yin*
- *Nourish the Root*

Fever

- *Expel Wind-Cold*
- *Expel Wind-Heat*
- *Ringing Metal*

Five-Palm Heat

- *Nourish the Root*

Flatulence

- *Break into a Smile*

Gout

- *Clear Channels*

Hair loss

- *Chemo-Support*

Headaches

- *Bend Bamboo*
- *Brighten the Eyes*
- *Clear Yang*
- *Drain Fire*
- *Expel Wind-Cold*
- *Freeing the Sun*
- *Peaceful Sunset*
- *Release Constraint*
- *Red Stirring*
- *Welcome Fragrance*

Heaviness (feeling of)

- *Clear Yang*
- *Drain Fields*
- *Ease the Muscles*

Herpes – simplex, zoster or genital (acute attack of)

- *Expel Toxic-Heat*

Hyperactivity

- *Nourish the Soul*

Hypertension

- *Clear Yang*
- *Peaceful Sunset*

Hypogastric Distension

- *Clear the Root*
- *Freeing the Sun*
- *Separate Clear and Turbid*
- *Water Passages*

Impotence

- *Arouse Power*
- *Strengthen the Root*

Indecision

- *Bright Spirit*
- *Searching Soul*

Infertility

- *Nourish the Root*
- *Strengthen the Root*

Influenza

- *Expel Wind-Heat*

Insomnia

- *Arouse Power*
- *Brighten the Eyes*
- *Brocade Sinews*
- *Calm the Shen*
- *Clear the Soul*
- *Drain Fire*
- *Freeing the Sun*
- *Limpid Sea*
- *Nourish the Root*
- *Nourish the Soul*
- *Peaceful Sunset*
- *Red Stirring*
- *Ringing Metal*
- *Root the Spirit*
- *Settling the Soul*

Irritability

- *Break into a Smile*
- *Drain Fire*
- *Open the Heart*
- *Red Stirring*
- *Release Constraint*
- *Smooth Passage*
- *Stir Field of Elixir*

Itching

- *Glorious Sea*

Joint Pain

- *Benefit the Sinews*
- *Brocade Sinews*
- *Clear Channels*
- *Invigorate the Root*
- *Nourish the Root and Clear Wind*

Knee ache

- *Invigorate the Root*
- *Nourish the Root*
- *Nourish the Root and Clear Wind*
- *Strengthen the Root*

Libido (low)

- *Arouse Power*

Limbs (weakness of)

- *Central Mansion*

Loose Stools

- *Breaking Clouds*
- *Calm the Spirit*
- *Central Mansion*
- *Drain Fields*
- *Ease the Muscles*
- *Freeing the Sun*
- *Herbal Sentinel – Yang*
- *Prosperous Earth*
- *Soothe the Centre*
- *Strengthen the Root*

Lower Backache

- *Brighten the Eyes*
- *Herbal Sentinel – Yang*
- *Herbal Sentinel – Yin*
- *Nourish the Root*
- *Nourish the Root and Clear Wind*
- *Separate Clear and Turbid*
- *Strengthen the Root*

Manic Behaviour

- *Settling the Soul*

Memory (poor)

- *Bend Bamboo*
- *Brighten the Eyes*
- *Brocade Sinews*
- *Calm the Shen*
- *Clear the Root*
- *Drain Fields*
- *Ease the Muscles*
- *Nourish the Root and Clear Wind*
- *Root the Spirit*
- *Tonify Qi and Ease the Muscles*

Mental Confusion

- *Benefit the Sinews*
- *Red Stirring*
- *Searching Soul*

Mental Restlessness

- *Benefit the Sinews*
- *Clear the Soul*
- *Jade Spring*
- *Nourish the Soul*
- *Stir Field of Elixir*

Moodiness

- *Bright Spirit*

Mouth Ulcers

- *Jade Spring*

Mucus in Stools

- *Chemo-Support*
- *Smooth Passage*

Mumps

- *Expel Wind-Heat*

Muscle Ache

- *Drain Fields*
- *Ease the Muscles*
- *Tonify Qi and Ease the Muscles*

Muzziness (fuzziness) of the head

- *Clear Yang*
- *Drain Fields*
- *Ease the Muscles*

Myomas (fibroids)

- *Stir Field of Elixir*

Nausea/Vomiting

- *Bend Bamboo*
- *Central Mansion*
- *Chemo-Support*
- *Clear the Soul*
- *Clear Yang*
- *Drain Fields*
- *Limpid Sea*
- *Release Constraint*

Night-Sweating

- *Herbal Sentinel – Yin*
- *Nourish the Soul*
- *Nourish the Root*
- *Nourish the Root and Clear Wind*

Nosebleed

- *Drain Fire*

Nose (blocked)

- *Jade Screen*
- *Welcome Fragrance*

Obesity

- *Harmonize the Centre*

Oedema of Ankles

- *Strengthen the Root*

Ovarian Cysts

- *Stir Field of Elixir*

Pale Complexion

- *Breaking Clouds*
- *Brighten the Eyes*
- *Bright Spirit (dull)*
- *Central Mansion (dull)*
- *Clear the Soul (dull)*

Palpitations

- *Bright Spirit*
- *Calm the Shen*
- *Clear the Soul*
- *Limpid Sea*
- *Nourish the Soul*
- *Red Stirring*

Periods (blood clotted)

- *Stir Field of Elixir*

Periods (heavy)

- *Calm the Shen*
- *Drain Fire*

Periods (irregular)

- *Stir Field of Elixir*

Periods (scanty)

- *Bend Bamboo*
- *Brighten the Eyes*
- *Calm the Spirit*
- *Root the Spirit*

Periods (stopping and starting)

- *Stir Field of Elixir*

Petechiae

- *Calm the Shen*

Phlegm on Chest

- *Clear the Soul*
- *Limpid Sea*
- *Peaceful Sunset*
- *Ringing Metal*

Premature Ejaculation

- *Arouse Powder*
- *Strengthen the Root*

Premenstrual Tension

- *Clear the Soul*

Prostatitis/Prostate Hypertrophy

- *Clear the Root*

Purple Lips

- *Bright Spirit*

Purpura

- *Peaceful Sunset*

Pustules

- *Expel Toxic-Heat*

Relationship Problems

- *Searching Soul*

Rheumatoid Arthritis

- *Clear Channels*
- *Benefit the Sinews*

Rigidity of the Joints

- *Benefit the Sinews*

Runny Nose

- *Children's Herbal Sentinel*
- *Expel Wind-Cold*
- *Jade Screen*
- *Welcome Fragrance*
- *Expel Wind-Heat*

Sadness

- *Breaking Clouds*
- *Open the Heart*
- *Searching Soul*

Shivering (and fever)

- *Expel Wind-Cold*
- *Expel Wind-Heat*

Shortness of Breath

- *Bright Spirit*
- *Strengthen the Root*

Sighing

- *Bright Spirit*
- *Clear the Soul*
- *Open the Heart*
- *Release Constraint*

Sinusitis

- *Expel Toxic-Heat*
- *Jade Screen*
- *Welcome Fragrance*

Skin Spots

- *Clear Lustre*
- *Glorious Sea*

Skin Rash

- *Clear Lustre*
- *Glorious Sea*
- *Jade Spring*

Smell (loss of sense of)

- *Welcome Fragrance*

Sneezing

- *Expel Wind-Cold*
- *Expel Wind-Heat*
- *Jade Screen*

Sore Throat

- *Expel Wind-Heat*

Sputum (in throat)

- *Bright Spirit*

Sweating

- *Herbal Sentinel – Yang*
- *Herbal Sentinel – Yin*

Talking (incessant)

- *Settling the Soul*

Taste (bitter)

- *Clear the Soul*
- *Ease the Muscles*

Taste (sticky)

- *Clear the Soul*
- *Clear Yang*
- *Drain Fields*
- *Ease the Muscles*

Thirst

- *Drain Fire*
- *Freeing the Sun*
- *Peaceful Sunset*
- *Ringing Metal*

Thirst (with desire to drink in small sips)

- *Jade Spring*
- *Nourish the Root*

Throat (feeling of lump in)

- *Bright Spirit*
- *Open the Heart*

Tics

- *Clear Yang*

Timidity

- *Searching Soul*

Tingling Limbs

- *Bend Bamboo*
- *Brighten the Eyes*
- *Brocade Sinews*
- *Invigorate the Root*
- *Root the Spirit*

Tinnitus

- *Arouse Powder*
- *Benefit the Sinews*
- *Brighten the Eyes*
- *Clear the Root*
- *Drain Fire*
- *Herbal Sentinel – Yin*
- *Invigorate the Root*
- *Nourish the Root*
- *Nourish the Root and Clear Wind*
- *Nourish the Soul*
- *Peaceful Sunset*
- *Strengthen the Root*
- *Water Passages*

Tiredness

- *Benefit the Sinews*
- *Breaking Clouds*
- *Brighten the Eyes*
- *Calm the Shen*
- *Central Mansion*
- *Chemo-Support*
- *Children's Herbal Sentinel*
- *Clear the Root*
- *Drain Fields*
- *Ease the Muscles*
- *Harmonize the Centre*

- *Herbal Sentinel – Yang*
- *Herbal Sentinel – Yin*
- *Invigorate the Root*
- *Jade Spring*
- *Nourish the Root*
- *Prosperous Earth*
- *Release Constraint*
- *Separate Clear and Turbid*
- *Smooth Passage*
- *Soothe the Centre*
- *Strengthen the Root*
- *Tonify Qi and Ease the Muscles*
- *Water Passages*
- *Welcome Fragrance*

Tongue Ulcers

- *Drain Fire*

Tonsils (swollen-inflamed)

- *Expel Toxic-Heat*
- *Expel Wind-Heat*

Trigeminal Neuralgia

- *Peaceful Sunset*
- *Clear Yang*

Urination (burning on)

- *Drain Fire*
- *Water Passages*

Urination (difficult)

- *Arouse Powder*
- *Clear the Root*
- *Separate Clear and Turbid*
- *Water Passages*

Urination (frequent-pale)

- *Herbal Sentinel-Yang*
- *Invigorate the Root*
- *Strengthen the Root*

Urination (frequent-scanty)

- *Clear the Root*
- *Separate Clear and Turbid*

Urination (scanty-dark)

- *Drain Fire*
- *Nourish the Root*

Urination (weak stream)

- *Clear the Root*

Urine (blood in)

- *Drain Fire*

Urine (cloudy)

- *Separate Clear and Turbid*

Urinary Incontinence

- *Separate Clear and Turbid*

Vomiting

- *Chemo-Support*
- *Clear the Soul*
- *Clear Yang*
- *Limpid Sea*

Weak Knees

- *Invigorate the Root*

Weak Voice

- *Breaking Clouds*
- *Herbal Sentinel – Yang*
- *Herbal Sentinel – Yin*

Wheezing

- *Clear Qi*
- *Prosperous Earth*

Willpower (lack of)

- *Breaking Clouds*
- *Invigorate the Root*
- *Searching Soul*
- *Strengthen the Root*
- *Nourish the Root*

Women's Treasure® Formulae and the Four Phases

Phase 1	Phase 2	Phase 3	Phase 4
<ul style="list-style-type: none"> • Maximum of Yang (at onset) • Yang decreases rapidly • Qi and Blood moving downwards • Activity centred on central abdomen (<i>Xiao Fu</i>) • Transformation from Yang to Yin • Under influence of Heart for discharge of menstrual blood • Treatment principle: invigorate Blood (stop bleeding as well if period is heavy) 	<ul style="list-style-type: none"> • Blood and Yin relatively empty • Yin beginning to grow • Crossroads of Yin and Yang • Important phase to establish good menstrual cycle • Treatment principle: nourish Blood, tonify the Kidneys 	<ul style="list-style-type: none"> • Chong, Ren and Du in full activity to promote ovulation • Yang beginning to rise • Yin at its maximum • Transparent secretion • Beginning of upward movement of Qi and Blood, often with Heat • Physiological activity in lateral abdomen (<i>Shao Fu</i>) • Treatment principle: tonify the Kidneys, strengthen Chong and Ren, tonify the Spleen, resolve Dampness 	<ul style="list-style-type: none"> • Yang rising rapidly and approaching maximum • Qi moves • Yang gives warmth to Uterus to eliminate Yin pathogenic factors (Blood stasis, Cold, Phlegm) • Treatment principle: move Qi, warm the Uterus, invigorate Blood

Comparison between Ease the Journey – Yin, Female Treasure and Heavenly Empress

	Ease The Journey-Yin	Female Treasure	Heavenly Empress
Pattern	Liver- and Kidney-Yin Xu	Liver- and Kidney-Yin Xu with Liver-Yang rising	Kidney and Heart-Yin Xu, Heart Empty Heat
Symptoms	Hot flushes, night sweating, dizziness, tinnitus, backache	Same plus: headaches, irritability	Same plus: poor memory, insomnia, anxiety, palpitations
Tongue	Without coating, Red if there is Empty Heat	Without coating, Red if there is Empty Heat, redder sides	Without coating, Red, redder tip
Pulse	Floating-Empty	Floating-Empty, very slightly Wiry on the left	Floating-Empty, relatively Overflowing on Heart position

Women's Treasure® Formulae According to Pattern

Liver-Qi Stagnation

- Clear the Moon
- Free Flow
- Free-Flowing Sea
- Freeing Constraint
- Freeing the Moon

Liver-Blood Deficiency

- Free Flow
- Free-Flowing Sea
- Freeing the moon
- Planting Seeds
- Penetrating Vessel
- Precious Sea
- Warm the Menses
- Warm the Palace

Liver-Yin Deficiency

- Female Treasure

Liver-Yang Rising

- Female Treasure

Liver-Blood Stasis

- Invigorate Blood and Stem the Flow
- Stir Field of Elixir
- Warm the Menses

Liver-Blood Heat

- Cool the Menses
- Drain Redness

Liver Damp-Heat

- Drain the Jade Valley
- Drain Redness

Heart-Yin Deficiency

- Heavenly Empress

Heart Empty Heat

- Heavenly Empress

Spleen-Qi Deficiency

- Drain the Jade Valley
- Freeing the Moon
- Planting Seeds
- Precious Sea
- Restrain the Flow

Kidney-Yang Deficiency

- Ease the Journey – Yang
- Free-flowing Sea
- Planting Seeds
- Unicorn Pearl
- Warm the Mansion
- Warm the Menses
- Warm the Palace

Kidney-Yin Deficiency

- Clear Empty-Heat and Cool the Menses
- Ease the Journey – Yin
- Female Treasures
- Growing Jade
- Heavenly Empress
- Nourish Yin and Restrain the Flow

Kidney-Essence Deficiency

- Growing Jade
- Unicorn Pearl

Kidney-Qi Deficiency

- Restrain the Flow

Blood Empty Heat

- Clear Empty Heat and Cool the Menses

Dampness in the Uterus

- Clear the Palace
- Drain the Jade Valley
- Harmonizing the Moon

Phlegm in the Breasts

- Clear the Moon

Phlegm in the Uterus

- Clear the Palace

Blood Stasis in Uterus

- Harmonizing the Moon

Cold in the Uterus

- Warm the Menses
- Warm the Mansion

Rebellious Qi of the Penetrating Vessel

- Penetrating Vessel

Toxic Heat

- Clear the Moon

Women's Treasure® Symptoms Index

Cross Reference of Formulae and Symptoms

Abdominal Distension

- Clear the Moon
- Free Flow
- Penetrating Vessel

Abdominal Lumps

- Stir Field of Elixir
- Harmonizing the Moon

Abdominal Pain

- Freeing the Moon
- Invigorate Blood and Stem the Flow
- Penetrating Vessel
- Stir Field of Elixir

Agitation

- Clear the Moon
- Clear Empty-Heat and Cool the Menses
- Cool the Menses
- Heavenly Empress
- Invigorate Blood and Stem the Flow
- Penetrating Vessel
- Stir Field of Elixir

Amenorrhoea

- Growing Jade
- Precious Sea
- Stir Field of Elixir
- Unicorn Pearl
- Warm the Mansion

Anger (propensity to outbursts of)

- Female Treasure
- Freeing Constraint
- Freeing the Moon

Anus, Itchy

- Drain the Jade Valley

Anxiety

- Clear Empty-Heat and Cool the Menses
- Clear the Moon
- Drain Redness
- Growing Jade
- Heavenly Empress
- Penetrating Vessel

Backache (lower)

- Ease the Journey – Yang
- Ease the Journey – Yin
- Female Treasure
- Free-Flowing Sea
- Growing Jade
- Heavenly Empress
- Nourish Yin and Restrain the Flow
- Penetrating Vessel
- Planting Seeds
- Precious Sea
- Restrain the Flow
- Unicorn Pearl
- Warm the Mansion
- Warm the Menses
- Warm the Palace

Belching

- Freeing Constraint

Blurred Vision

- Female Treasure
- Free-Flowing Sea
- Penetrating Vessel
- Planting Seeds
- Precious Sea

Breast Distension

- Clear the Moon
- Free Flow
- Freeing the Moon
- Penetrating Vessel

Breast Lumps (benign)

- Clear the Moon

Breathlessness

- Clear the Moon
- Freeing Constraint
- Penetrating Vessel

Candidiasis

- Drain the Jade Valley

Catarrh

- Clear the Moon
- Drain the Jade Valley

Chest (tightness of)

- Clear the Moon
- Penetrating Vessel

Clumsiness

- Freeing the Moon

Cold Feet

- Ease the Journey – Yang
- Planting Seeds
- Unicorn Pearl
- Warm the Mansion

Constipation

- Drain the Jade Valley
- Warm the Palace

Crying

- Clear the Moon
- Free-Flowing Sea
- Freeing the Moon

Dark Complexion

- Invigorate Blood and Stem the Flow
- Stir Field of Elixir

Depression

- Clear the Moon
- Ease the Journey – Yang
- Ease the Journey – Yin
- Female Treasure
- Free Flow
- Free-Flowing Sea
- Freeing Constraint
- Freeing the Moon
- Growing Jade
- Heavenly Empress
- Nourish Yin and Restrain the Flow
- Planting Seeds
- Precious Sea
- Restrain the Flow
- Unicorn Pearl
- Warm the Mansion
- Warm the Palace

Dizziness

- Ease the Journey – Yang
- Ease the Journey – Yin
- Female Treasure
- Free-Flowing Sea
- Freeing the Moon
- Growing Jade
- Heavenly Empress
- Nourish Yin and Restrain the Flow
- Planting Seeds
- Precious Sea
- Unicorn Pearl

Dream-Disturbed Sleep

- Heavenly Empress

Dry Hair

- Brighten the Eyes
- Brocade Sinews
- Nourish the Root
- Nourish the Root and Clear Wind

Dry Skin

- Female Treasure
- Nourish Yin and Restrain the Flow

Dry Stools

- Ease the Journey – Yin
- Growing Jade

Dry Throat

- Clear Empty-Heat and Cool the Menses
- Ease the Journey – Yin
- Female Treasure
- Growing Jade
- Heavenly Empress
- Nourish Yin and Restrain the Flow

Dry Vagina

- Ease the Journey – Yin
- Female Treasure
- Heavenly Empress

Early Periods

- Drain Redness

Endometriosis

- Stir Field of Elixir
- Harmonizing the Moon

Epigastric Fullness and Distension

- Penetrating Vessel

Eyes, Bloodshot

- Drain the Redness

Fibroids (Myoma)

- Harmonizing the Moon
- Stir Field of Elixir

Greasy Skin

- Clear the Palace
- Drain the Jade Valley

Habitual Miscarriage

- Planting Seeds

Headache

- Female Treasure
- Freeing Constraint
- Freeing the Moon

Heat (feeling of) in the Afternoon

- Clear Empty-Heat and Cool the Menses
- Ease the Journey – Yin
- Female Treasure
- Growing Jade
- Heavenly Empress
- Nourish Yin and Restrain the Flow

Heaviness (feeling of) in Lower Abdomen

- Clear the Palace
- Drain Redness
- Drain the Jade Valley

Heavy Periods

- Clear Empty-Heat and Cool the Menses
- Cool the Menses
- Drain Redness
- Harmonizing the Moon
- Invigorate Blood and Stem the Flow
- Nourish Yin and Restrain the Flow
- Planting Seeds
- Precious Sea
- Restrain the Flow

Hot Flushes (Flashes)

- Ease the Journey – Yang
- Ease the Journey – Yin
- Female Treasure
- Heavenly Empress

Hypochondrial Distension or Pain

- Free Flow
- Freeing Constraint
- Penetrating Vessel

Hypogastric Distension

- Penetrating Vessel

Infertility

- Clear the Palace
- Growing Jade
- Planting Seeds
- Precious Sea
- Stir Field of Elixir
- Unicorn Pearl
- Warm the Mansion
- Warm the Menses

Insomnia

- Clear Empty-Heat and Cool the Menses
- Cool the Menses
- Drain Redness
- Female Treasure
- Free-Flowing Sea
- Freeing the Moon
- Heavenly Empress
- Planting Seeds
- Precious Sea

Irregular Periods

- Clear the Palace
- Free Flow
- Free-Flowing Sea
- Freeing Constraint

- Freeing the Moon
- Growing Jade
- Invigorate Blood and Stem the Flow
- Penetrating Vessel
- Planting Seeds
- Precious Sea
- Stir Field of Elixir
- Unicorn Pearl
- Warm the Mansion
- Warm the Menses
- Warm the Palace

Irritability

- Clear the Moon
- Female Treasure
- Free Flow
- Free-Flowing Sea
- Freeing Constraint
- Freeing the Moon
- Invigorate Blood and Stem the Flow
- Stir Field of Elixir

Itching

- Female Treasure

Late Periods

- Free-Flowing Sea
- Planting Seeds
- Warm the Mansion
- Warm the Menses
- Warm the Palace

Libido, Low

- Ease the Journey – Yang
- Precious Sea
- Unicorn Pearl

Loose Stools

- Drain the Jade Valley
- Ease the Journey – Yang

- Precious Sea
- Restrain the Flow
- Warm the Mansion

Malar Flush

- Clear Empty-Heat and Cool the Menses
- Female Treasure
- Growing Jade
- Heavenly Empress
- Nourish Yin and Restrain the Flow

Menopausal Symptoms

- Ease the Journey – Yin
- Ease the Journey – Yang
- Female Treasure
- Heavenly Empress

Mental Restlessness

- Stir Field of Elixir
- Drain Redness
- Cool the Menses
- Clear Empty-Heat and Cool the Menses
- Invigorate Blood and Stem the Flow
- Heavenly Empress

Mid-Cycle Pain

- Clear the Palace
- Drain Redness
- Drain the Jade Valley

Miscarriages, History Of

- Growing Jade
- Planting Seeds
- Unicorn Pearl

Miscarriages, Recurrent

- Planting Seeds

Moodiness

- Freeing Constraint

Mucus in Stools

- Drain the Jade Valley

Nausea

- Freeing Constraint
- Freeing the Moon

Night-Sweating

- Clear Empty-Heat and Cool the Menses
- Ease the Journey – Yin
- Female Treasure
- Growing Jade
- Heavenly Empress
- Nourish Yin and Restrain the Flow

Obesity

- Clear the Palace

Oedema of Ankles

- Ease the Journey – Yang

Oppression in the Chest, Feeling Of

- Clear the Moon
- Freeing Constraint
- Penetrating Vessel

Ovarian Cysts

- Clear the Palace
- Drain the Jade Valley
- Harmonizing the Moon
- Stir Field of Elixir

Painful Periods

- Drain Redness
- Free Flow
- Freeing Constraint
- Freeing the Moon
- Harmonizing the Moon
- Invigorate Blood and Stem the Flow
- Penetrating Vessel

-
- Stir Field of Elixir
 - Warm the Mansion
 - Warm the Menses
 - Warm the Palace

Pale Complexion

- Free-Flowing Sea
- Precious Sea
- Restrain the Flow
- Unicorn Pearl
- Warm the Mansion
- Warm the Menses
- Warm the Palace

Palpitations

- Heavenly Empress
- Penetrating Vessel
- Precious Sea

Panicky Feeling

- Penetrating Vessel

Poor Appetite

- Planting Seeds
- Precious Sea
- Restrain the Flow

Poor Memory

- Freeing the Moon
- Planting Seeds
- Precious Sea

Premenstrual Tension

- Clear the Moon
- Free Flow
- Free-Flowing Sea
- Freeing Constraint
- Freeing the Moon
- Penetrating Vessel

Red Complexion

- Cool the Menses
- Drain Redness

Sadness

- Clear the Moon
- Breaking Clouds

Sallow Complexion

- Clear the Moon
- Clear the Palace

Salpingitis, History Of

- Clear the Palace

Scanty Periods

- Free-Flowing Sea
- Growing Jade
- Penetrating Vessel
- Planting Seeds
- Precious Sea
- Unicorn Pearl

Sighing

- Clear the Soul
- Free Flow
- Open the Heart
- Release Constraint

Skin Rashes

- Cool the Menses

Sweating

- Heavenly Empress
- Restrain the Flow

Thirst

- Drain Redness
- Cool the Menses

Throat, Feeling of Constriction

- Penetrating Vessel

Tightness of the Chest, Feeling Of

- Clear the Moon

Tingling Limbs

- Free-Flowing Sea
- Planting Seeds
- Precious Sea

Tinnitus

- Ease the Journey – Yang
- Ease the Journey – Yin
- Female Treasure
- Growing Jade
- Heavenly Empress
- Nourish Yin and Restrain the Flow
- Planting Seeds
- Unicorn Pearl

Tiredness

- Clear the Palace
- Drain the Jade Valley
- Ease the Journey – Yang
- Ease the Journey – Yin
- Freeing Constraint
- Freeing the Moon
- Heavenly Empress
- Penetrating Vessel
- Planting Seeds
- Precious Sea
- Restrain the Flow
- Unicorn Pearl
- Warm the Mansion
- Warm the Menses
- Warm the Palace

Umbilical Fullness

- Penetrating Vessel

Urination, Frequent-Pale

- Ease the Journey – Yang
- Free-Flowing Sea
- Restrain the Flow
- Unicorn Pearl
- Warm the Mansion
- Warm the Menses
- Warm the Palace

Urine, Scanty-Dark

- Female Treasure
- Growing Jade
- Heavenly Empress

Vaginal Discharge (White)

- Clear the Palace
- Drain the Jade Valley
- Warm the Mansion

Vaginal Discharge (Yellow)

- Clear the Palace
- Drain Redness
- Drain the Jade Valley

Vaginal Itching

- Drain the Jade Valley

Vaginal Irritation

- Drain the Jade Valley

The Little Treasures

Introduction

The Little Treasures is a new pediatric line formulated by Giovanni Maciocia. The remedies have been formulated according to traditional Chinese pediatric formulae integrated by Giovanni's 35-year clinical experience.



Composed of 12 remedies, the line addresses some of the most common children's complaints seen in a Western clinic. The remedies were formulated to keep into account children's distinctive aetiology and pathology.

The children's disorders addressed by *The Little Treasures* are:

- Upper respiratory infections
- Cough (two remedies)
- Asthma
- Abdominal Pain
- Eczema
- Poor sleep
- Attention deficit hyperactivity disorder
- Bedwetting
- Chronic sinus and throat congestion
- Chronic ear infections
- General weakness and tendency to catching colds

NOTE: The remedies are presented in the form of granules that are easy to dispense ensuring maximum compliance and easily absorbed. Unique to this line, the remedies are completely free of any animal or mineral substance. Not only are there no toxic herbs but herbs with too strong an action have also been avoided. The remedies are also free from wheat, yeast or sugar of any kind.

- Completely vegetarian, no animal or mineral substances
- No toxic herbs
- Wheat-free
- Yeast-free
- Lactose-free
- Sugar-free
- Easy to dispense
- Easily absorbed
- No preservatives or artificial colourings

Ancient Remedies for the Modern Child

I hope that this new pediatric line will add a fresh clinical string to the practitioners' bow. The remedies were formulated according to ancient Chinese doctors' view of the physiology and pathology of children. Chinese medicine has provided an invaluable clinical treasure-house for the treatment of children that, while rooted in the past, it meets the clinical needs of modern children. I have observed many times in practice how Chinese medicine can spare children years of suffering by treating conditions such as asthma early in life: I am therefore excited to provide practitioners with this new clinical tool.



Giovanni Maciocia

The Little Treasures Remedies

- Breathe Easy
- Chest Release
- Clear Radiance
- Dry Sleep
- Ear Release
- Little Sentinel
- Lucid Mind
- Resolve Phlegm
- Silent Night
- Sino Relief
- Throat Soothe
- Tummy Soothe



Children's Characteristics in Chinese Medicine

Children are not just a 'small version' of adults. Children have specific characteristics which influence the aetiology and pathology of their life. In order to treat children successfully, it is very important to master the main characteristics of children's physiology and pathology.

The discussion will revolve around four topics:

1 Traditional characteristics of children

- a Spleen often deficient
- b Yin often deficient
- c Zangfu are vulnerable
- d Qi is easily deviated from its pathways
- e Children fall ill easily and recover easily, pathological changes are rapid
- f The Zangfu are 'clear' and 'with vitality', they recover easily
- g The Liver is often diseased
- h Children are prone to Heat
- i Children's *Shen* is relatively immature

2 Constitutional types

- a Live Elements constitutional types
 - i Wood
 - ii Fire
 - iii Earth
 - iv Metal
 - v Water
- b Other constitutional types
 - i Dry, Hot, Thin
 - ii Xu-Cold, Thin, Weak
 - iii Greasy, Eat Sluggish
 - iv Oedema, Dark
 - v Weary, Wasting, Slack, Soft

3 The stages of childhood according to *Po*, *Zhi*, *Hun*, *Shen* and *Yi*

- a *Po*
- b *Zhi*
- c *Hun*
- d *Shen*
- e *Yi*

4 Aetiology, pathology and treatment according to stages of childhood

- a From birth to 2 (*Po*)
- b 2 to 4 (*Zhi*)
- c 4 to 6 (*Hun*)
- d 6 to 11 (*Shen*)
- e from 11 onwards (*Yi*)

1 Traditional Characteristics of Children

There are eight chief characteristics of children. These are:

- a Spleen often deficient
- b Yin often deficient
- c Zangfu are vulnerable
- d Qi is easily deviated from its pathways
- e Children fall ill easily and recover easily, pathological changes are rapid
- f The Zangfu are 'clear' and 'with vitality', they recover easily
- g The Liver is often diseased
- h Children are prone to Heat
- i Children's Shen is relatively immature

I shall therefore discuss these characteristics one by one.

a The Spleen is often deficient

This is a very important and common characteristic of children. All children are born with an immature digestive system which strengthens gradually over the course of their life. It is for this reason that children need to be fed purely milk in the first few months of life as milk is rich in nourishment and easy to digest. Even so, small babies have trouble coping even with just milk: as all who have children know, small babies' life revolves all around their digestive system. They get hungry and cry, they are fed and feel satisfied and then need to burp to let milk go down; they often regurgitate some milk that they cannot digest. Frequently in the course of breastfeeding they suck in air and get colic.

When treating a baby or child, we can therefore assume that the Spleen is weak and we can add herbs to tonify the Spleen to whatever formula we are using. The main herb would be Bai Zhu *Rhizoma Atractylodis macrocephalae*. Similarly, when giving an acupuncture treatment to a baby or child, I would nearly always use Ren-12 Zhongwan to tonify the Stomach and Spleen.

As a result of the Spleen's weakness, babies and children are very prone to Food Retention (or Accumulation). As the Spleen fails to transform and transport food essence properly, food accumulates in the Stomach causing bad digestion, feeling of fullness, sour regurgitation, belching. Again, when treating children, the younger they are, the more important it is to treat Food Retention with herbs that dissolve it, e.g. Shan Zha *Fructus Crataegi*, Shen Qu *Massa*

medicata feimentata, Gu Ya Fructus Oryzae gaminatus, Mai Ya Fructus Hordei gaminatus or Lai Eu Zi Semen Raphani.

b Yin is often deficient

Children suffer easily from Yin deficiency. However, the Yin deficiency children suffer from has a quite different aetiology than that in adults. In adults, Yin deficiency usually results from years of overwork and irregular diet. In children, Yin deficiency is either constitutional or it results from the burning of Yin by Heat in the course of a febrile disease. In this latter context, children can develop Yin deficiency in a matter of days.

c The Zangfu are vulnerable

“Vulnerability” of the Zangfu means that the internal organs of children are more delicate than those of adults. For this reason, for example, children are prone to coughs after invasions of external Wind: that is because the Lungs are “tender” and delicate and are easily affected by Heat and Phlegm.

Another example of “vulnerability” of the Zangfu is the Liver. Children are very prone to Liver disharmonies which may be Liver-Qi stagnation in digestive problems, Liver-Yang rising or Liver- Fire in irritability and insomnia, or Liver-Wind when they get convulsions in the course of a febrile disease.

d Qi is easily deviated from its pathways

Connected to the vulnerability of the internal organs referred to above, children’s Qi pathways are easily deranged. What does this mean? It means that, in children, the “Qi Mechanism” is easily upset. The Qi Mechanism consists in the coordinated ascending, descending, entering and exiting of Qi in every organ and every part of the body.

It is for this reason, that children and babies so easily suffer from vomiting and regurgitation of food. For example, external invasion of Wind frequently upset the Qi pathways and the baby or child vomits: this does not usually happen in adults. This situation is so common that, in children, vomiting during invasions of external Wind should not necessarily be interpreted as a manifestation of the invasion of Wind in the Stomach.

e Children fall ill easily and recover easily, pathological changes are rapid

Although the Zangfu of children are vulnerable (which means that children fall ill easily), they do recover more easily than those of adults. This is a very important trait in treatment as children react much more readily to treatment than adults do. This means that Chinese medicine can truly benefit children as it can treat childhood illness such as asthma, thus effectively preventing years of morbidity and medication use.

Another characteristic of children is that, in the course of an illness, pathological changes occur rapidly. For example, during the course of an infection, a child can go from the Wei to the Blood Level in a matter of days; also, during the

course of a febrile disease, children may develop Yin deficiency in a matter of days (and they can recover equally rapidly).

f The Zangfu are 'clear' and 'with vitality', they recover easily

This point is related to the previous one. Although children's Zangfu are delicate, compared to those of adults, they are also "clear". This is due to the fact that they are not encumbered by years of pathology. For example, Phlegm in an adult is the result of a complex pathological process that is difficult to treat. In adults, Phlegm often encumbers the Lungs and is the cause of further pathology. This does not happen in children in whom the Zangfu are "clear". The "clarity" of the Zangfu is another reason why children usually react to treatment promptly.

g The Liver is often diseased

In children, a pathology of the Liver is common. However, this is in a different sense than in adults. In adults, Liver-Qi stagnation is a common pathology deriving usually from repressed anger. Children however, do not repress their emotions in the same way as adults do and Liver-Qi stagnation from repressed emotions is not common. However, that is not to say that Liver-Qi stagnation does not occur in children: it does and it derives more from a derangement of the Stomach and Spleen and Accumulation of Food rather from the suppression of emotions as it happens in adults. Thus, the saying "the Liver is often diseased" refers more to the pathology of Liver-Wind that can develop relatively easily at the Blood level following an infection. Another Liver pathology children do suffer from is Liver-Pire which usually occurs in children who pertain to the Pire element constitutionally and who are also subject to stressful family situations.

h Children are prone to Heat

This is an important and common characteristic of children. Compared to adults, they are more prone to Heat than to Cold. For example, teething in babies always manifests with symptoms of Heat (hence the red cheeks).

When invaded by exterior Wind, children suffer much more frequently from Wind-Heat than from Wind-Cold. When suffering from a residual pathogenic factor this is usually always Heat, Damp-Heat or Phlegm-Heat.

i Children's Shen is relatively immature

Although the *Shen* is formed at conception, at this time, it is an immature type of *Shen* which then matures over the following 6-7 years (see below). It is because of the immaturity of the *Shen* and resulting emotional lability that small children cry easily at the slightest incident and they also laugh easily. For example, we are all familiar with the situation when a toddler cries loudly because he or she fell and scraped his or her knee but they are easily distracted and we can make them laugh by doing something funny with their favourite teddy bear.

The immaturity of the *Shen* in children is *not* a pathology and it does not usually need any treatment. Indeed, the emotional lability of children is an asset as it means that children do not repress and hide their emotions as adults do.

2 Constitutional Types

There are two different classifications of children's constitutional types. I shall describe below the Five Elements constitutional types of children first. Constitutional types are useful to determine the prognosis and treatment of a child. The Element type of a child is particularly important when giving a preventive treatment.

a Five Elements Types

i Wood

Myopia from early age, headaches from early age, very tense child, sinewy body, Wiry pulse, enuresis (from Liver-Fire), restless sleep, twitching in sleep, screaming in sleep, hungry.

ii Fire

Bluish tinge forehead (Fig. 6), fearful, restless sleep, crying at night, Heart crack on tongue (Fig. 7), tense child, body hot, red eyes, red cheeks (or opposite, cold hands, pale complexion). Tongue has red tip.



Figure 6. Bluish tinge on forehead

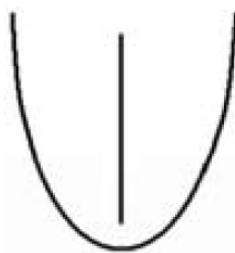


Figure 7 Heart crack

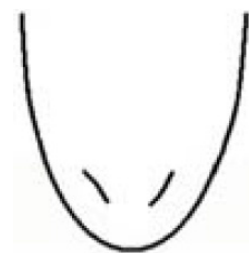


Figure 8 Lung cracks

iii Earth

Flaccid muscles alongside the spine, digestive problems, vomiting, diarrhoea, sallow complexion, quiet child, thin body or fat body (if has Phlegm) when new-born, gets thinner after one month.

iv Metal

White complexion, fearful, shy, prone to colds, whooping cough, asthma-eczema, thin chest, 'special Lung pulse', Lung crack on tongue (Fig.8). The special 'Lung pulse runs' medially from the Lung position towards the thumb (Fig.9).

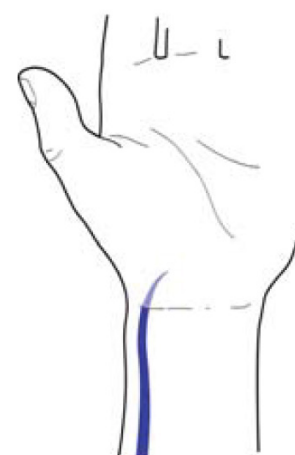


Figure 9 Special Lung pulse

v Water

Nocturnal enuresis (from Kidney deficiency), child without energy, lassitude, no drive, thin body, may

be developing slowly, asthma- eczema, headaches from early age, frequent urination, feeling cold.

b Other Constitutional Types ¹

i Dry, hot, thin

Thin body, dry skin, withered hair, dry mouth and nose, red, swollen throat, mouth or tongue ulcers, thirst, night sweating, hot palms, easy to get abscesses or carbuncles, four limbs contracted, scanty urine, dry stools, tongue Red, yellow coating or not enough coating.

Should have sweet-cool foods and herbs.

ii Xu-cold, thin, weak

Thin body, thin limbs, cold hands and feet, dull-pale complexion, feeling cold, vomiting, diarrhoea, abdominal pain, pale urine, loose stools, crying easily, lazy, sweating easily, breathlessness, tongue Pale, pulse Deep, Fine.

Should have warm and sweet foods and herbs.

iii Greasy, overweight, sluggish

Pat body, swollen under eyes, distended abdomen, greasy skin, skin spots, swollen face, poor digestion, loose stools, tongue Pale and Swollen, pulse Slippery.

Should have warm, drying foods and herbs.

iv Oedema, dark complexion

Oedema body or face, dark under eyes, dark- withered skin, withered hair, weak muscles and tendons, slow speech, mental retardation, incontinence or urine, Tongue Red and Swollen with yellow-sticky coating, pulse Pine.

Must tonify and invigorate Blood, benefit the Kidneys and support Yang.

v Weary, wasting, slack, soft

Thin body, weak limbs, no strength, yellow- sallow complexion, no strength in neck, flaccid muscles, weariness, slow speech, eyes without *shen*, feeling cold, loose stools, crying, abdominal distension. Tonify the Spleen and Kidneys.

3 The Stages of Childhood According to Po, Zhi, Hun, Shen and Yi

The following is a classification of the stages of childhood that is not traditional but my own according to my clinical experience. According to this view, each stage of childhood is characterized by one of the 'Five Zhi', i.e. the *Po* (Corporeal Soul), *Zhi* (Will-Power or Memory), *Hun* (Ethereal Soul), *Shen* (Mind) and *Yi* (Intellect).

Of course, all of these mental-spiritual aspects of the Organs are present at the same time in every human being in all stages of life.

However, they do not all mature at the same time. For example, at conception, there is only *Po* and *Shen*.

The Essence (*Jing*) is the origin and biological basis of the *Shen*. The 'Spiritual Axis' says in chapter 8: "Life comes about through the Essence; when the two Essences (of mother and father) unite, they form the *Shen*." ² Zhang Jie Bin says: "The two Essences, one Yin, one Yang, unite to form life; the Essences of mother and father unite to form the *Shen*." ³

Thus, the Pre-natal Essences of the mother and father combine to produce the *Shen* of a newly- conceived being. Thus, from the Chinese point of view, the *Shen*, albeit an immature type, is formed at conception. After birth, its Pre-natal Essence is stored in the Kidneys and it provides the biological foundation for the *Shen*. The life and *Shen* of a newly-born baby, however, also depend on the nourishment from its own Postnatal Essence.

The *Po* is also formed at conception, in theory three days after conception resonating with the 3rd day of the waxing moon. The *Po* derives from the mother, while the *Hun* derives from the father. The *Po* is closely bound to the *Jing* (Essence) of the Kidneys: it is usually described as the 'entering and exiting of *Jing*'.

Being the closest to *Jing*, the *Po* is responsible for the first physiological processes after birth. Zhang Jie Bin says: "In the beginning of life ears, eyes and Heart perceive, hands and feet move and breathing starts: all this is due to the sharpness of the *Po*." ⁴

It is said that in the first month of life especially, the baby is 'all *Po*'. As it resides in the Lungs, the *Po* is responsible for touch and skin sensations and it is nourished by the mother's *Po* through breast-feeding and touching. This explains the importance of touching in a baby's life: it not only establishes a bonding between mother and baby but it also physically nourishes the *Po* and therefore the Lungs.

Sleep scientist McKenna found that a sleeping mother and an infant share far more than a mattress. Their physiological rhythms in slumber exhibit mutual concordances and synchronicities that McKenna thinks are life-sustaining for the child. He says: "The temporal unfolding of particular sleep stages and awake periods of the mother and infant become entwined. On a minute-to- minute basis, throughout the night, much sensory communication is occurring between them."⁵ This is a clear confirmation of the connection between the mother's and the baby's *Po*.

a Po (from birth to about 2)

As we have seen, the *Po* is formed at conception and it derives from the mother. It is also responsible for the most basic physiological processes in the life of a new-born baby such as touching, crying and breast-feeding.

In my opinion, the life of a baby from birth to about 2 is dominated by the *Po*. Of course, the *Shen* is also present but it is still an immature kind of *Shen*. During the first two years of life, the baby and, later, toddler, need the feeding and touch from the mother: during such activities, the mother's *Po* is actually nourishing the baby's *Po*.

b Zhi (from 2 to 4)

From about 2 onwards, the toddler is beginning to form a concept of self as an autonomous individual, separate from his or her parents. As the *Shen* is still immature, the *Zhi* (Will-Power) manifests itself with increased assertiveness and a tendency for the toddler to want to contradict his or her parents all the time (the 'terrible twos'). As every parent knows, the toddler will say 'no!' much more frequently than 'yes'!

c Hun (from 4 to 6)

According to ancient beliefs, the *Hun* enters the body only after birth, in theory, three days after birth. It was 'imparted' by the father during a ceremony when the father gave the baby its name. Of course, we do not have to take this literally but these beliefs do show that the *Po* is Yin (compared to the *Hun*), it derives from the mother and is formed at conception; by contrast, the *Hun* is Yang in nature (compared to the *Po*), it derives from the father and is formed after birth. Also, the *Po* dies when the person dies and it returns to Earth; the *Hun* survives death and it returns to 'Heaven' (*Tian*).

The *Hun* is described as the 'coming and going of the *Shen*' and it gives the *Shen* creativity, inspiration, projects, life dreams, aims, and also artistic inspiration. In my opinion, the *Hun* dominates a child's life from the age of about 4 to about 6. During this time of life, the child is immersed in a world of the *Hun*, a world of fantasy where inanimate objects (such as dolls or teddy bears) come to life, a world of searching, imagination, and also artistic expression. At this age, every child is an artist. During this stage of life, it is normal for the *Hun* to prevail over the *Shen* because the *Shen* is relatively immature. In adults, if the *Hun* prevails over the *Shen* it gives rise to a somewhat manic behaviour.

It is for this reason that, in my opinion, it is so important to let the child express himself or herself in this world of the *Hun* and not try to force the *Shen* to mature too early (as it happens in countries where children start proper school at 4).

d Shen (from 6 to 11)

From the age of about 6, the child begins to leave the world of *Hun* and the *Shen* becomes more mature. The child's imagination does no longer run wild as it did before and a more rational view takes hold. This is therefore the best time for a child to start proper school. Of course, the child does not leave the world of the *Hun* entirely but the movement of the *Hun* is somewhat more restrained by the *Shen*.

e Yi (from 11 onwards)

It is only from about 11 onwards that the *Yi* starts to develop properly. The *Yi* is responsible for thinking, rational thinking, focussing in study and concentrating.

4 Aetiology, Pathology and Treatment according to Stages of Childhood

I use also another classification of the stages of childhood according to the prevailing aetiology, pathology and treatment methods.

a Infancy up to 2

During the early stage of life the baby's and toddler's life revolves entirely around nutrition and the digestive system. During this stage, the baby or toddler frequently suffers from Retention of Pood and, for this reason, whatever I am treating, I always add some digestive herbs to the prescription. The main aetiology at this stage of life is accumulation of Pood.

If the child has an atopic constitution, it is at this time that he or she will have atopic dermatitis.

b 2 to 4

From 2 to about 4, the child is prone to invasions of external Wind also because he or she starts to mix with other toddlers. At this stage, the child frequently catches upper respiratory or ear infections. When children were not immunized, at this stage of life they caught exanthematous infections, i.e. infections manifesting with skin eruptions (e.g. measles, German measles, chicken pox).

From a Western perspective, these skin eruptions are a manifestation of a cell-mediated immunity: as the skin eruptions appear, it means that the body's cells are fighting the bacteria or virus. From a Chinese perspective, these skin eruptions make the immune system mature and they also expel any Toxic Heat that the child may still carry from its life in the womb.

Most children's problems at this stage of life are due either to acute invasions of Wind which should be actively treated, or to a residual pathogenic factor following repeated invasions of Wind. The formation of a residual pathogenic factor is discussed under the remedy *Resolve Phlegm*.

c 4 to 7

In this stage of life, the Spleen becomes stronger and the child does not suffer so many digestive upsets as before (under normal circumstances). Invasions of external Wind are still common and so is the formation of residual pathogenic factors.

From a medical viewpoint, this is a 'golden' age of childhood because children have left behind the two aetiological factors of external Wind and Pood accumulation and, on the other hand, they have not yet entered the adult world characterized by emotional problems.

d 7 to 12

From 7 to about 12 the digestive system has completely settled down and the Spleen is much stronger. Also, the immune system is developed and invasions of exterior Wind are no longer so common as they were before.

However, at this stage of life emotional stress becomes more manifest due to pressures at school or to family situations.

End Notes

- 1 Zhu Yong Eang, A Discussion on the Clinical Significance of Children Constitutional Types, in Journal of Traditional Chinese Medicine (*Zhong Yi Za Zhi*), China Academy of Traditional Chinese Medicine, Beijing, no. 11, 1991, p.10.
- 2 1981 *Spiritual Axis (Ling Shu Jing)*, People's Health Publishing House, Beijing, p.23. First published c. 100 BC.
- 3 1982 *Classic of Categories (Lei Jing)*, People's Health Publishing House, Beijing, p. 49. The *Classic of Categories* was written by Zhang Jie Bin and first published in 1624.
- 4 *Classic of Categories*, p.63.
- 5 Lewis T, Amini F and Lannon R 2000. *A General Theory of Love*, Random House, New York, p.195.

Diagnosis of Children

The following is a brief summary of the salient points in children's diagnosis. For reasons of space, it is not possible to describe all aspects of the diagnostic process in children; I will therefore only highlight the main differences between adults and children in diagnosis.

1 Tongue Diagnosis

The main differences between adults and children in tongue diagnosis lie in the body colour and coating.

a Tongue-Body Colour

Children are more prone to redness of the tongue body than adults are because, as we have seen above, they are more prone to Heat. In particular, children are more prone to red points. For example, it is unusual for an adult to develop red points in the front third of the tongue as a manifestation of invasions of exterior Wind-Heat: in children, such finding is common. Indeed, frequently such red points appear in children even before any symptom develops.

When a child's tongue is presented with red points all over, it usually indicates Stomach- Heat. However, although a redness of the tongue and red points are common in children, we should not think that the tongue is not often pale. Children do suffer from Cold too, especially in the Stomach and Intestines, and in such cases, the tongue is indeed pale.

b Tongue Coating

In children, the tongue coating tends to be thicker than in adults. However, the opposite is also true, i.e. a geographic tongue (when the coating is missing in patches) is relatively common in children, with a higher incidence of it among atopic children (Fig.5).



Figure 10 Geographic tongue

2 Pulse Diagnosis

a Pulse Rate

The pulse rate is naturally faster in children, and the younger they are, the faster it is. The following table gives guideline values of pulse rate (beats per minute) according to the age of the child.

Age	Pulse Rate
Newborn baby	120-140
1-year old	110-120
4-year old	110
8-year old	90
14-year old	75-80

It is important to keep the above values in mind, lest we erroneously diagnose Heat in a child purely on the basis of the pulse rate.

b Techniques for taking the Pulse

In my experience, the younger the child, the more difficult it is to take and to interpret the pulse. Indeed, in babies, I tend to disregard the pulse and diagnose mostly by other symptoms and signs.

When taking the pulse of a baby or a young child, one naturally needs to make allowance for the shortness of the pulse positions and one needs to use only one finger to feel all three positions. This is done by keeping the finger on the pulse and rolling the finger distally and proximally to feel the three positions. As mentioned above, this is not easy and I tend to concentrate more on the general pulse quality rather than on individual pulse positions.

3 Symptoms

The following table from 'Paediatrics in Chinese Medicine' summarizes the main symptoms and pathology of each organ.¹ Please note that, in this Chinese book, the pathology under the Liver is one of internal Wind in the context of febrile diseases. This is something that we are unlikely to see in our daily practice. I have therefore replaced this pathology with the much more common one of Liver-Qi stagnation and Cold affecting the Intestines.

Organ	Pathology	Symptoms	Complexion	Pulse	Notes
Liver	Qi stagnation, Cold	Recurrent abdominal pain	Greenish	Wiry	Full condition
Heart	Heat	Disturbed sleep, bad dreams, wakin up crying at night	Red	Overflowing	Often due to pre-natal pathology
Spleen	Dampness	Poor digestion, feeling of fullness, poor appetite, weak muscles, listlessness	Yellow	Slippery	Deficient
Lungs	Phlegm	Cough, catarrh, sinus congestion	White	Floating or Slippery	Lung is tender organ
Kidneys	Cold, Deficiency	Failure to thrive in a baby, nocturnal enuresis	Dark	Deep	Deficient

End Notes

- 1 Guangdong College of Chinese Medicine 1964 Paediatrics in Chinese Medicine (*Zhong YiErKe Xue*), Shanghai Science and Technology Press, Shanghai, p.25.

Dosage of Little Treasures

The question of dosage of herbal remedies is a complex one for which there are no hard and fast rules. In many cases, it is a matter of trial and error; patients often find their own correct level of dosage. One thing is certain: barring a few toxic herbs (which we do not use), the rules governing the range of dosage of herbal remedies are much looser than those of drugs.

For example, if we take four times the stated dose of most painkillers we might suffer toxic reactions, but this would not be the case with most herbs. Even for drugs however, the question of dosage is far from being as 'scientific' and accurate as we are led to believe. Reaction to a drug varies enormously and unpredictably between individuals as plasma concentrations commonly vary by a factor of 5 or more.

One of the criticisms often levelled at herbal remedies is that, because they are not standardised, there is no way of saying how much of the remedy's active constituents a patient is taking, and therefore no way of adjusting the dose accurately. There are two basic faults in this argument: first of all, with drugs too, finding the correct dosage is often a matter of trial and error due to individual variations in reaction; secondly, and most importantly, herbal remedies containing whole plants act in a physiological rather than chemical way, more like a food than a drug.

Thus, adjusting the dosage of individual active constituents is not necessary: it is precisely when active constituents are isolated that herbal remedies cause side-effects and adverse reactions in the same way as drugs. For example, *ephedrine* causes many more side-effects than *Ma Huang Herba Ephedrae*, *glycyrrhizic acid* causes many more side-effects (water and sodium retention) than *Gan Cao Radix Glycyrrhizae uralensis*, etc.

Furthermore, since herbal remedies are intrinsically safer than drugs (in spite of the barrage of contrary opinions that have been bandied in the past few years), the therapeutic range is far broader than for drugs. Indeed, the harmful dosage of herbs is so high that it would be impossible to ingest in one day. There are, in fact, reports of adverse reactions to herbal remedies in people who used them (unsuccessfully) in suicide attempts. The difference between the therapeutic range of drugs and herbal remedies can be illustrated in a diagram; Fig. 11 shows herbal remedies on the left, drugs on the right.

Of course, there are toxic plants for which the dosage is crucial and the therapeutic range quite narrow (e.g. *Lei Gong Teng Radix Tripterigii wilfordii*, *Huang Yao Zi Semen Dioscoreae bulbiferae*, *Ma Qian Zi Semen Strychni nux-vomica*, etc.) but the *Three Treasures*, *Women's Treasure* and *The Little Treasures* lines do not contain any of these toxic herbs. Many factors influence dosage, i.e. the full or empty character of the condition, chronic versus acute, the state of the digestive system. I am going to discuss only the adaptation of the dosage according to the age of the patient. It should be stressed that all the mentioned factors need to be taken into account in every case.

Herbal Remedies

Drugs

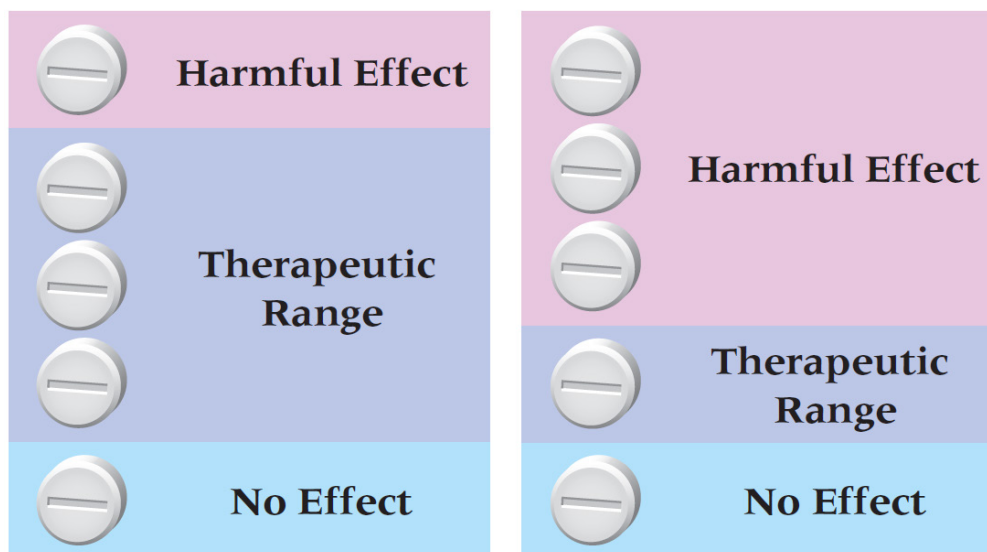


Figure 11 Therapeutic Range. Reproduced with permission from the British Medical Association 'Guide to Medicine and Drugs', Dorling Kindersley, London, 1991.

Modification of dosage according to age of the patient

Children need lower doses. A newborn baby should not be treated at all and it is preferable not to treat any baby under 6 months of age unless absolutely imperative. Infants and children up to 6 years old should have a third of a dose; children between 6 and 14 half a dose; after that, a full dose. With drugs, the dosage for children is now adjusted according to body surface rather than body weight. The average body-surface area of a 70-Kg human is about 1.8m². Thus, to calculate the dose for a child, the child's surface area is multiplied by the adult dose and divided by 1.8, giving the following table:

Age	Kg	Height cm	Body surface m ²	Percentage of adult dose
Newborn	3.4	50	0.23	12.5%
1 month	4.2	55	0.26	14.5%
3 months	5.6	59	0.32	18%
6 months	7.7	67	0.40	22%
1 year	10	76	0.47	25%
3 years	14	94	0.62	33%
5 years	18	108	0.73	40%
7 years	23	120	0.88	50%
12 years	37	148	1.25	75%
Adult	70	173	1.80	100%

As indicated on the page before, babies under 6 months of age should not be treated at all and the above values are given only for reference.

The values of this table can be followed when prescribing herbal remedies too, although precision is less important here than for drugs. A simpler formula to calculate the dosage for children is as follows:

A simple formula to calculate the dosage for children is as follows:

$$\frac{\text{Age x Dose}}{\text{Age + 12}}$$

For example, if an adult dose is 6 grams per day, the dosage for a 6-year-old would be:

$$\frac{6 \times 6}{6 + 12} = 2 \text{ grams}$$

Dosage of *The Little Treasures Remedies*

The granules of *The Little Treasures* remedies are concentrated to the ration of 7:1. The recommended dosage varies according to age. The values below are broken down according to age group. Please note that the values below are only broad guidelines: the actual dose may be higher or lower according to the condition.

If the recommended dose is three times a day, this does not necessarily need to be given three times a day. For example, if a child is prescribed 5 grams per day, he or she can take 3 grams in the morning and 2 grams in the afternoon.

There are optimum times for the administration of the remedies. First of all, it is best if they are taken away from food, i.e. at least 1/2 before or after food. The remedies that promote sleep or treat bedwetting are best administered in the afternoon and evening. The remedies that reach the Upper Burner (e.g. those for the sinuses, ears, tonsils and chest) are best given about 1 hour after food.

- 6 months to 1 year (do not use under 6 months): 0.5 gram once or twice a day
- 1-2 years: 1 gram once or twice a day
- 2-4 years: 2 grams once or twice a day
- 4-7 years: 2-3 grams once or twice a day
- 7-10 years: 3 grams two or three times a day

Breathe Easy

Su Zi Jiang Qi Tang *Perilla Restoring Descending of Qi Decoction*

Su Zi Fructus Perillae

Sang Bai Pi Cortex Mori

Xing Ren Semen Armeniacae

Xuan Fu Hua Hua Flos Inulae

Fang Feng Radix Saposhnikoviae

Ban Xia Rhizoma Pinelliae preparatum

Fu Ling Poria

Chen Pi Pericarpium Citri reticulatae

Hu Tao Rou Semen Juglandis

Wu Wei Zi Fructus Schisandrae

Gan Cao Radix Glycyrrhizae uralensis

Da Zao Fructus Jujubae

Action: Restore the descending of Lung-Qi, stop cough and asthma, expel Wind from the bronchi, tonify Kidney-Yang and the Kidney's Defensive-Qi portion.

Patterns: Lung-Qi not descending, Lung-Qi and Kidney-Yang deficiency.

Indications: Chronic allergic asthma, breathlessness, wheezing, history of eczema as a baby.

Explanation

This remedy is for allergic asthma in children. Allergic asthma associated with eczema in atopic children is due not to Phlegm (as the traditional view states) but to retention of Wind in the bronchi and a narrowing of the airways by Wind. The cause of this chronic retention of Wind in the bronchi occurs against a background of a deficiency of Lung-Qi and of the Wei-Qi system of the Kidneys. Although the remedy tonifies the Lungs and Kidneys, its main thrust is to expel Wind from the bronchi and restore the descending of Lung-Qi to alleviate asthma. Therefore, the remedy treats primarily the Manifestion (*Biao*) of the condition of asthma, not the Root (*Ben*).

I would recommend treating the Root of this condition with acupuncture by reinforcing points such as LU-7 Lieque, LU-9 Taiyuan, BL-13 Feishu, Du-12 Shen-zhu, Ren-4 Guanyuan and BL-23 Shenshu.

Caution and contraindications

There are no particular cautions and contraindications associated with this remedy.

Classical antecedent

Su Zi Jiang Qi Tang *Perilla Restoring Descending of Qi Decoction*.

Chest Release

Qing Qi Hua Tan Tang *Clearing Qi and Resolving Phlegm Decoction*

Chen Pi Pericarpium Citri reticulatae

Fu Ling Poria

Qian Hu Radix Peucedani

Huang Qin Radix Scutellariae

Pi Pa Ye Folium Eriobotryae

Xing Ren Semen Armeniacae

Gua Lou Fructus Trichosanthis

Sang Bai Pi Cortex Mori

Zi Wan Radix Asteris

Zhi Shi Fructus Aurantii immaturus

Da Qing Ye Folium Isatidis seu Baphicacanthi

Gu Ya Fructus Oryzae sativae germinatus

Da Zao Fructus Jujubae

Gan Cao Radix Glycyrrhizae uralensis

Action: Clear Lung-Heat, resolve Phlegm, restore the descending of Lung-Qi, stop cough.

Patterns: Phlegm-Heat in the Lungs.

Indications: Productive cough following an invasion of Wind (i.e. a common cold, influenza or an ear infection), yellow sputum, catarrh, thirst, restlessness, disturbed sleep, poor appetite.

Tongue: Sticky-yellow coating, possibly red or red in the front third (Lung area).

Pulse: Slippery-Rapid.

Explanation

This remedy is for an acute productive cough following an upper respiratory infection. This cough usually manifests with Phlegm-Heat. It is important to understand that this remedy is for the Qi Level within the context of the 4 Levels. At the Wei Level, the pathogenic factor is on the Exterior and the main symptoms are the simultaneous subjective feeling of cold (called 'aversion to cold') and objective hot feeling of the forehead to touch. Once the aversion to cold goes and the child feels hot, then the pathogenic factor has penetrated into the Qi Level and it is in the Interior.

This remedy therefore treats Phlegm-Heat in the Lungs at the Qi Level. By definition, this remedy is usually used only for a few weeks after which, either the Phlegm-Heat has been cleared, or, if not, a different remedy might be called for. This is often *Resolve Phlegm*.

Caution and contraindications

Obviously the herbs contained in this remedy are cold in energy and therefore they potentially injure the Spleen. However, this remedy treats only an acute cough and it therefore would be taken for a few weeks at the most, during which time it is unlikely to damage the Spleen.

Classical antecedent

Qing Qi Hua Tan Tang *Clearing Qi and Resolving Phlegm Decoction*.

Clear Radiance

Chu Shi Wei Ling Tang *Eliminating Dampness Stomach 'Ling' Decoction*

Fu Ling Poria

Zhu Ling Sclerotium Polypori umbellati

Yi Yi Ren Semen Coicis lachryma jobi

Fang Feng Radix Saposhnikoviae

Ku Shen Radix Sophorae flavescentis

Mu Dan Pi Cortex Moutan

Cang Zhu Rhizoma Atractylodis

Ze Xie Rhizoma Alismatis

Hua Shi Talcum

Huang Qin Radix Scutellariae

Bai Xian Pi Cortex Dictami

Lian Zi Xin Plumula Nelumbinis nuciferae

Da Zao Fructus Jujubae

Gu Ya Fructus Oryzae sativae germinatus

Tu Si Zi Semen Cuscutae

Gan Cao Radix Glycyrrhizae

Action: Resolve Dampness, clear Heat, expel Wind from the skin.

Patterns: Damp-Heat and Wind in the skin.

Indications: Chronic eczema from Damp-Heat, non-eczematous dermatitis with red papules, skin eruptions with vesicles, itching, disturbed sleep. Tongue: sticky-yellow coating.

Pulse: Slippery-Rapid.

Explanation

This remedy is for atopic eczema that usually starts very early in life, in the first few months of a baby's life. In my opinion, atopic eczema is due to retention of Wind and Damp-Heat in the skin and it occurs against a background of a deficiency of the Wei-Qi systems of the Lungs and Kidneys. Damp-Heat is the most common pathogenic factor present in atopic eczema in babies and small children. In eczema, a distinction is made according to the type of skin manifestations. Dry, red papules indicate Heat; skin lesions that ooze a fluid indicate Dampness: widespread red papules that move around and are very itchy indicate Wind. However, all Chinese dermatologists agree that, in eczema, there is always Dampness even if the skin does not ooze: the characteristic puffiness of the skin in eczema by itself denotes Dampness.

The remedy is aimed primarily at resolving Damp-Heat and eliminating Wind from the skin and it therefore treats primarily the Manifestation (*Biao*) of this condition. However, it does contain *Bei Sha Shen Radix Glehniae* and *Tu Si Zi Semen Cuscutae* to treat the Root (*Ben*), i.e. the deficiency of the Wei systems of Lungs and Kidneys

Caution and contraindications

This remedy has a cooling effect and it may therefore potentially injure the Spleen. However, this is only likely to occur if the remedy is given for a long time (e.g. over 6 months).

Classical antecedent

Chu Shi Wei Ling Tang *Eliminating Dampness Stomach 'Ling' Decoction*.

Dry Sleep

Bu Zhong Yi Qi Tang *Tonifying the Centre and Benefiting Qi Decoction* and **Suo Quan Wan** *Contracting the Source Pill*

Huang Qi Radix Astragali

Bai Zhu Rhizoma Atractylodis macrocephalae

Chen Pi Pericarpium Citri reticulatae

Sheng Ma Rhizoma Cimicifugae

Chai Hu Radix Bupleuri

Shan Yao Radix Dioscoreae

Sha Yuan Zi Semen Astragali complanati

Qian Shi Semen Euryalis

Wu Wei Zi Fructus Schisandrae

Tu Si Zi Semen Cuscutae

Fu Pen Zi Fructus Rubi

Shan Zhi Zi Fructus Gardeniae

Che Qian Zi Semen Plantaginis

Suan Zao Ren Semen Ziziphi spinosae

Zhi Gan Cao Radix Glycyrrhizae preparata

Da Zao Fructus Jujubae

Action: Tonify and lift Qi of the Spleen and Kidneys, astringe, calm the Mind.

Patterns: Deficiency and sinking of Spleen- and Kidney-Qi.

Indications: Nocturnal enuresis, slightly weak and quiet child, possibly short-sighted, poor appetite, tiredness.

Tongue: Pale.

Pulse: Weak.

Explanation

This remedy treats nocturnal enuresis by tonifying and lifting Spleen- and Kidney-Qi. It secondarily also clears Heat as this may be a secondary factor in this condition.

Caution and contraindications

There are no particular cautions and contraindications associated with this remedy.

Classical antecedent

Bu Zhong Yi Qi Tang *Tonifying the Centre and Benefiting Qi Decoction* and Suo Quan Wan *Contracting the Source Pill*.

Ear Release

Feng Long Fang *Wind-Deafness Formula*

Jin Yin Hua Flos Lonicerae japonicae

Lian Qiao Fructus Forsythiae

Huang Qin Radix Scutellariae

Che Qian Zi Semen Plantaginis

Shi Chang Pu Rhizoma Acori tatarinowii

Chai Hu Radix Bupleuri

Shan Zhi Zi Fructus Gardeniae

Dan Dou Chi Semen Sojae preparatum

Pu Gong Ying Herba Taraxaci

Chen Pi Pericarpium Citri reticulatae

Fu Ling Poria

Shan Zha Fructus Crataegi

Gu Ya Fructus Oryzae germinatus

Gan Cao Radix Glycyrrhizae

Da Zao Fructus Jujubae

Action: Clear Heat and resolve Dampness from the ears.

Patterns: Chronic, residual Damp-Heat in the ears.

Indications: Chronic ear ache, 'glue ear', slight deafness, irritability, thirst, poor appetite, disturbed sleep, propensity to new ear infections.

Tongue: Sticky-yellow coating.

Pulse: Slippery.

Explanation

This remedy treats residual Damp-Heat in the ears. Residual pathogenic factors are very common in children and are responsible for a wide variety of problems: the formation of residual pathogenic factors was discussed under the remedy *Resolve Phlegm*. Acute ear infections are common in children and they frequently leave the child with a residual Damp-Heat in the ears: this is more likely to happen when antibiotics are used. The presence of residual Damp-Heat predisposes the child to further acute ear infections, thus setting a vicious circle.

Caution and contraindications

This remedy has a cooling effect and it may therefore potentially injure the Spleen. However, this is only likely to occur if the remedy is given for a long time.

Classical antecedent

Feng Long Fang *Wind-Deafness Formula*.

Little Sentinel

Ba Zhen Tang *Eight Precious Decoction*

Huang Qi Radix Astragali

Bai Zhu Rhizoma Atractylodis macrocephalae

Dang Gui Radix Angelicae sinensis

Shu Di Huang Radix Rehmanniae preparata

Tu Si Zi Semen Cuscutae

Shan Yao Rhizoma Dioscoreae

Tai Zi Shen Radix Pseudostellariae

Huang Jing Rhizoma Polygonati

Wu Wei Zi Fructus Schisandrae

Chen Pi Pericarpium Citri reticulatae

Fu Ling Poria

Shan Zha Fructus Crataegi

Zhi Gan Cao Radix Glycyrrhizae praeparata

Da Zao Fructus Jujubae

Action: Tonify Qi of Lungs, Spleen and Kidneys.

Patterns: Lung-, Spleen- and Kidney-Qi deficiency.

Indications: Propensity to catching colds or ear infections, weak and quiet child, frequent urination, poor appetite, tiredness.

Tongue: Pale.

Pulse: Weak.

Explanation

This remedy is a general tonic for children suffering from a deficiency of the Lungs, Spleen and Kidneys. This remedy can be given to strengthen the immune system in a child who is prone to acute upper respiratory infections. This remedy can also be given to a child after treating him or her successfully for asthma.

Caution and contraindications

There are no particular cautions or contraindications to the use of this remedy.

Classical antecedent

Lucid Mind

Suan Zao Ren *Semen Ziziphi spinosae*

Bai Shao *Radix Paeoniae alba*

Chuan Xiong *Rhizoma Chuanxiong*

Sheng Di Huang *Radix Rehmanniae*

Fu Shen *Sclerotium Poriae paradadicis*

Gou Teng *Ramulus Uncariae*

Huang Qi *Radix Astragali*

Bai Zi Ren *Semen Platycladi*

Da Zao *Fructus Jujubae*

Fu Xiao *Mai Fructus Triticis levis*

Ban Xia *Rhizoma Pinelliae preparatum*

Chen Pi *Pericarpium Citri reticulatae*

Gua Lou *Fructus Trichosanthis*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

Action: Nourish Liver-Yin and Liver-Blood, nourish Heart-Blood, subdue Liver-Yang, calm the Mind, settle the Ethereal Soul (*Hun*), tonify the Intellect (*Yi*), strengthen the Mind (*Shen*).

Patterns: Liver-Blood and Liver-Yin deficiency, Heart-Blood deficiency, Liver-Yang rising.

Indications: Attention deficit hyperactivity disorder (ADHD) in children, inattention, hyperactivity, impulsiveness, poor concentration, always 'on the go', constantly in motion, dashing around touching or playing with whatever is in sight, talking incessantly, inability to sit still at dinner or during a school lesson or a story, running around the room, touching everything, fidgeting incessantly, inability to focus, getting bored with a task after only a few minutes.

Tongue: Possibly without coating.

Pulse: Rapid, Floating-Empty.

Explanation

In my opinion, the pathology of ADD revolves around the Heart, Liver and Spleen and their respective emotional-mental-spiritual faculties, i.e. the Mind (*Shen*), the Ethereal Soul (*Hun*) and the Intellect (*Yi*).

In general, we can say that both ADD and ADHD are characterized by a pathology of the both the Intellect (*Yi*) and Ethereal Soul (*Hun*). However, in ADD there is prevalence of an Intellect (*Yi*) pathology, while in ADHD there is more a pathology of Ethereal Soul (*Hun*). The Mind (*Shen*) is involved both in ADD and ADHD (Fig. 12).

The Mind is responsible for thinking, memory, emotional life, cognition, intelligence, wisdom and ideas. Therefore, it is obvious that the Mind is involved in the pathology of ADD and ADHD, but especially the former. In this disorder, the Mind is weakened and thinking, memory and concentration are all affected.

I believe the Ethereal Soul (*Hun*) plays a pivotal role in the pathology of ADD and ADHD (especially the latter). The Ethereal Soul is responsible for ideas, plans, projects, inspiration,

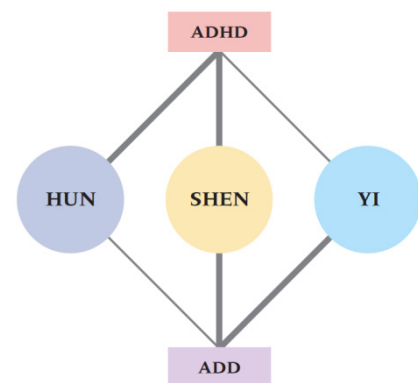


Figure 12

creativity. The Ethereal Soul is constantly searching and 'moving' and I believe that in ADD and ADHD (and especially the latter), there is an excess of such 'movement' of the Ethereal Soul. Children and adults suffering from this disorder find it difficult to focus and concentrate on one thing at the time because the Ethereal Soul's movement is excessive.

Crucial to this pathology is the relationship between the Mind and the Ethereal Soul: in ADD and ADHD, the movement of the Ethereal Soul is excessive and the Mind does not perform adequately its function of control and integration. Therefore, the excessive movement of the Ethereal Soul causes the impulsive, restless and chaotic behaviour in ADHD. Interestingly, the Ethereal Soul is responsible for artistic inspiration and children suffering from ADHD are often artistic.

The Intellect (*Yi*) of the Spleen is responsible for focussing, concentration and the ability to apply oneself to a job in hand, all qualities which are lacking in those suffering from ADD or ADHD (especially the former). Thus, a pathology of the Intellect (and therefore of the Spleen) is a definite feature of the pathology of ADD.

Please note that the Intellect is affected not only by a deficiency of the Spleen but also by Full conditions such as Dampness and/or Phlegm obstructing the Spleen (and therefore the Intellect). As always in pathology, a disorder may manifest with Full or Empty conditions.

A Heart deficiency is nearly always present in ADD and ADHD. Heart-Heat may especially cause ADHD but this is often combined with a deficiency of the Heart. This deficiency may involve Qi, Blood or Yin. Please note that Heart-Heat also stimulates the excessive movement of the Ethereal Soul.

Obstruction of the Heart by Phlegm (with or without Heat) may also be present in ADD; if there is Heat, then this condition is more likely to cause ADHD (Fig. 13).

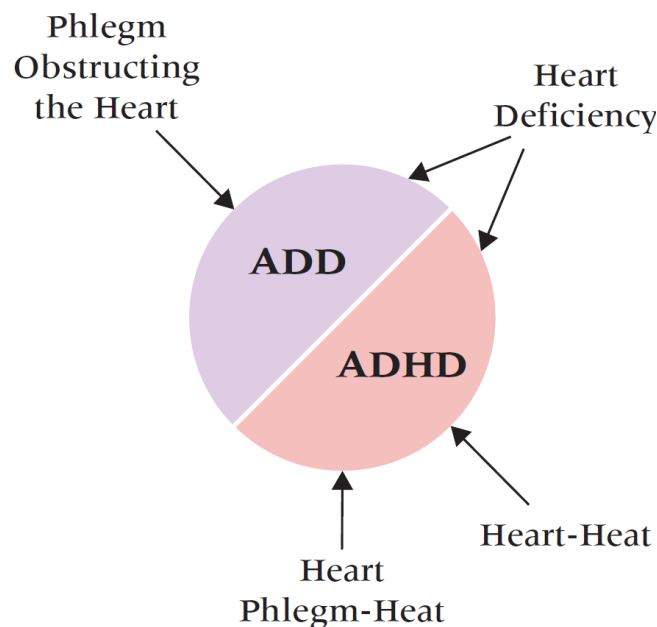


Figure 13

The movement of the Ethereal Soul (*Hun*) may be excessive either because of a deficiency of Liver- Blood and/or Liver-Yin or because of Heat or Tiredness in the Liver. In ADHD, there is more likely to be Heat or Fire (Fig. 14).

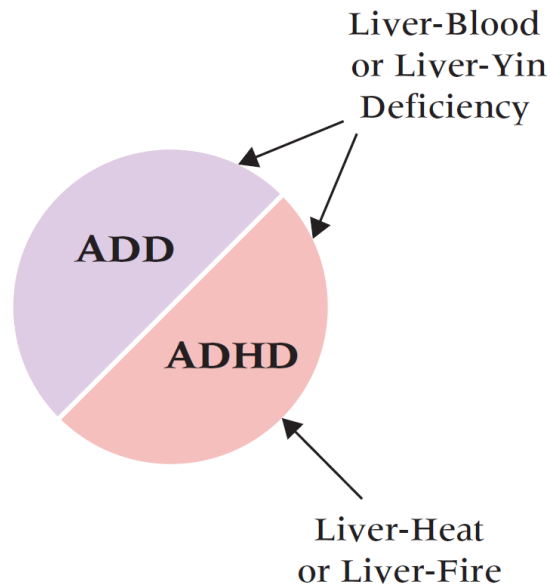


Figure 14

The ADHD patient with Liver-Fire is confrontational and particularly difficult. A deficiency of the Spleen (usually of Qi or Yang) weakens the Intellect and is a feature of ADD. However, the thinking, focussing and concentration of the Intellect may also be impaired by Dampness and/or Phlegm affecting the Spleen (Fig.15).

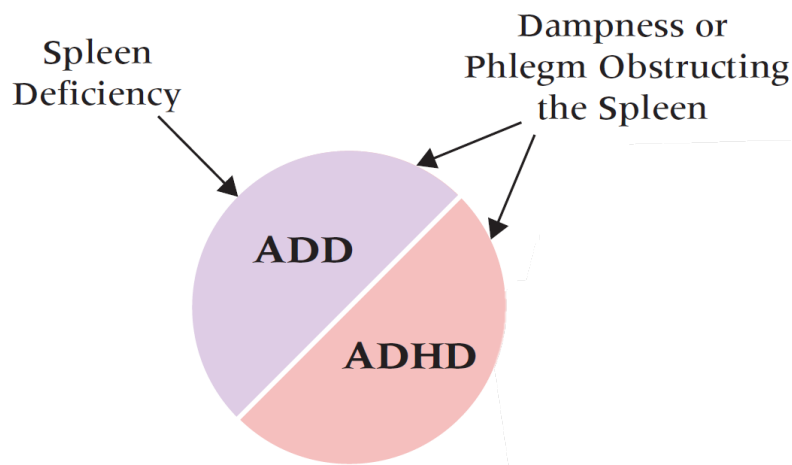


Figure 15

Phlegm in the Brain is a common factor in ADD and ADHD. Remember that Phlegm may accompany both Full or Empty patterns: for example, Liver- and Heart-Fire with Phlegm or Spleen- and Heart-Blood deficiency with Phlegm. The remedy *Sino-Relief* resolves Phlegm.

Caution and contraindications

There are no specific cautions or contraindications to this remedy.

Classical antecedent

Suan Zao Ren Tang Ziziphus Decoction.

Resolve Phlegm

Wen Dan Tang *Warming the Gall-Bladder Decoction*

Ban Xia Rhizoma Pinelliae preparatum

Fu Ling Poria

Chen Pi Pericarpium Citri reticulatae

Zhu Ru Caulis Bambusae in Taeniam

Zhi Shi Fructus Aurantii immaturus

Gua Lou Fructus Trichosanthis

Zi Wan Radix Asteris

Pi Pa Ye Folium Eriobotryae

Chuan Bei Mu Bulbus Fritillariae cirrhosae

Xing Ren Semen Armeniacae

Tai Zi Shen Radix Pseudostellariae

Shan Zha Fructus Crataegi

Gan Cao Radix Glycyrrhizae

Da Zao Fructus Jujubae

Action: Clear Lung-Heat, resolve Phlegm, restore the descending of Lung-Qi, stop cough.

Patterns: Residual Phlegm-Heat in the Lungs following an invasion of Wind (e.g. an acute upper respiratory infection).

Indications: Indications: Productive cough that persists for weeks or months after an upper respiratory infection, yellow sputum, a feeling of oppression of the chest, poor appetite, irritability in younger children, disturbed sleep, catarrh.

Tongue: Red in the front third (Lung area), sticky- yellow coating.

Pulse: Slippery-Rapid.

Explanation

This clinical situation is caused by the retention of a residual pathogenic factor in the Lungs in the form of Phlegm-Heat. A residual pathogenic factor is formed usually at the Qi Level of an upper respiratory infection. This is the level following the Exterior stage of an invasion of Wind. An invasion of Wind at the Exterior level is characterized by the simultaneous presence of a subjective feeling of cold ('aversion to cold') and an objective feeling of heat of the forehead to the touch (or an actual fever).

If the pathogenic factor penetrates into the Interior, this usually is the Qi Level (in serious infections it may be the Ying level). At this level, the child usually recovers. He or she develops a productive cough and, with proper treatment, the Phlegm is eventually resolved and the child recovers.

In many cases however, the child *appears* to recover but a residual Phlegm stays in the Lungs, usually combined with Heat. This is due to various factors such as a weak constitution of the child, improper care, improper diet during the infection, and the use of antibiotics.

In fact, antibiotics frequently favour the formation of a residual pathogenic factor in the form of Phlegm. This is because they eliminate the bacteria, but they do not clear Heat or resolve Phlegm: they therefore give the parents the impression that the child is better (the fever abates) while, in fact, a residual Phlegm is settling in the Lungs.

Dr JFH Shen used to compare the action of antibiotics to shooting a burglar. Suppose we hear a noise from a burglar entering our house during the night. In this analogy, the 'burglar' is the

exterior pathogenic factor. We have two options: we may get up, make some noise and induce the burglar to leave (hopefully). This is the way of acting of Chinese medicine when it expels pathogenic factors, i.e. they are expelled without leaving a trace. The second option would be to arm ourselves, confront the burglar and shoot him: this also solves the problem of preventing a theft but we are left with a dead burglar in the house and we may face the law ourselves. This is the way of acting of antibiotics: they 'shoot' the bacteria (the burglar) but they leave a pathogenic factor behind (the dead burglar).

Antibiotics tend to favour the formation of Phlegm because they injure Stomach-Qi and Stomach-Yin: we can see this observing the effects of antibiotics on the tongue. They frequently (not always) caused the coating to fall off in patches: this indicates that they have injured Stomach-Qi and Stomach-Yin. The tongue goes back to normal after a few weeks. Thus, when I see a child with a geographic tongue (i.e. with the coating missing in patches), I always ask whether they are on antibiotics or have been on them recently (within a few weeks).

The formation of a residual pathogenic factor is very common in children, especially when antibiotics are used for an upper respiratory infection. A residual pathogenic factor may be retained in the lungs, sinuses, ears and throat: in this case, it is in the Lungs and it gives rise to a cough that persists for weeks or months.

The residual pathogenic factor also predisposes the child to further upper respiratory infections and if he or she is given antibiotics again, these will only reinforce the residual pathogenic factor giving rise to a vicious circle and an aggravation of the situation. In many cases, the child will then be (wrongly, in my opinion) diagnosed with 'asthma' and given bronchodilators and inhaled steroids.

This is a great pity as it will condemn the child to years of inhaled steroid use for something that is not really 'asthma' but simply an obstruction of the lung's airways by phlegm. Chinese medicine is very effective in these cases and it may save the child from years of inhaled steroids use.

Caution and contraindications

This remedy has a cooling effect and it may therefore potentially injure the Spleen. However, this is only likely to occur if the remedy is given for a long time (e.g. longer than 6 months).

Classical antecedent

Wen Dan Tang *Wanning the Gall-Bladder Decoction*.

Silent Night

Suan Zao Ren Tang *Ziziphus Decoction*

Sheng Di Huang Radix Rehmanniae

Dang Gui Radix Angelicae sinensis

Bai Shao Radix Paeoniae alba

Suan Zao Ren Semen Ziziphi spinosae

Ye Jiao Teng Caulis Polygoni multiflori

Deng Xin Cao Medulla Junci

Huang Lian Rhizoma Coptidis

Shan Zhi Zi Fructus Gardeniae

Lian Zi Xin Plumula Nelumbinis nuciferae

Gan Cao Radix Glycyrrhizae

Da Zao Fructus Jujubae

Action: Nourish Liver- and Kidney-Yin, clear Heart-Heat and Liver-Heat, calm the Mind, settle the Ethereal Soul (*Hun*).

Patterns: Liver- and Kidney-Yin deficiency, Heart- Heat, Liver-Heat.

Indications: Disturbed sleep, difficulty in falling asleep, waking up during the night, crying at night in small children and babies, scary dreams.

Tongue: Without coating. Red if there Heat.

Pulse: Floating-Empty.

Explanation

This remedy promotes sleep by nourishing Liver- Yin and Heart-Blood. Liver-Yin and Heart-Blood house the Ethereal Soul (*Hun*) and the Mind (*Shen*). Both of these are responsible for the amount or quality of sleep we get.

The amount and quality of sleep depend of course on the state of the Mind (*Shen*). The Mind is rooted in the Heart and specifically in Heart-Blood and Heart-Yin. If the Heart is healthy and the Blood abundant, the Mind is properly rooted and sleep will be sound. If the Heart is deficient or if it is agitated by pathogenic factors such as Fire, the Mind is not properly rooted and sleep will be affected.

As always in Chinese medicine, there is an interrelationship between body and Mind. On the one hand, a deficiency of Blood or a pathogenic factor such as Fire may affect the Mind; on the other hand, emotional stress affecting the Mind may cause a disharmony of the Internal Organs.

If the disharmony of the Internal Organs, whether it is due to a Deficiency or an Excess, affects Blood and Essence, this affects the Mind. Since the Essence and Qi are the root of the Mind (the Three Treasures'), the Mind then has no residence and insomnia may result. The 'Simple Questions' in chapter 46 says: "When a person lies down and cannot sleep, [it means] the Yin organs are injured [so that] the Essence has no residence and is not quiet and the person cannot sleep."¹

As far as sleep is concerned, the Mind is not the only mental-spiritual faculty involved. The Ethereal Soul (*Hun*) also plays an important role in the physiology and pathology of sleep and the length and quality of sleep are related to its state. In particular, the Ethereal Soul controls dreaming and therefore dream-disturbed sleep is often due to a disharmony of the Ethereal Soul.

If the Ethereal Soul is well rooted in the Liver (Liver-Blood or Liver-Yin), sleep is normal, sound and without too many dreams. If Liver-Yin or Liver-Blood is deficient, the Ethereal Soul is deprived of its residence and wanders off at night, causing a restless sleep with many tiring dreams. Tang Zong Hai says: "At night during sleep the Ethereal Soul returns to the Liver; if the Ethereal Soul is not peaceful there are a lot of dreams."² Another organ and mental-spiritual aspect influencing sleep are the Kidneys and the Will- Power (*Zhi*). I translate *Zhi* as 'Will-Power' but *Zhi* encompasses also other aspects of the psyche. The *Zhi* is the root of the Mind (*Shen*) and it controls memory and sleep. Thus, when the Kidneys and the *Zhi* are deficient, the person may sleep badly, in particular he or she may wake up frequently during the night.

Caution and contraindications

There are no particular cautions or contraindications associated with this remedy.

Classical antecedent

Suan Zao Ren Tang *Ziziphus* Decoction.

Notes

- 1 1979 The Yellow Emperor's Classic of Internal Medicine- Simple Questions (*Huang Di Nei Jing Su Wen*), People's Health Publishing House, Beijing, p.256. First published c. 100 BC.
- 2 Tang Zong Hai 1892 The Essence of the Convergence between Chinese and Western Medicine (*Zhong Xi Hui Tong Yi Jing Jing Yi*), cited in Wang Ke Qin 1988 Theory of the Mind in Chinese Medicine (*Zhong Y Shen ZhuXue Shuo*), Ancient Chinese Medical Texts Publishing House, p.36.

Sino Relief

Jin Yin Hua Flos *Lonicerae japonicae*

Lian Qiao Fructus Forsythiae

Jie Geng Radix Platycodi

Huang Qin Radix Scutellariae

Ma Bo Fructificatio Lasiosphaerae seu Calvatiae

Sheng Ma Rhizoma Cimicifugae

Shan Dou Gen Radix Sophorae subprostratae

Pang Da Hai Semen Sterculiae scaphigerae

Chen Pi Pericarpium Citri reticulatae

Fu Ling Poria

Shan Zha Fructus Crataegi

Gu Ya Fructus Oryzae germinatus

Tai Zi Shen Radix Pseudostellariae

Gan Cao Radix Glycyrrhizae

Da Zao Fructus Jujubae

Action: Clear Heat and resolve Dampness from the sinuses, throat, adenoids and tonsils.

Patterns: Residual Damp-Heat in the head (sinuses, throat, adenoids and tonsils), Damp-Heat in Stomach channel.

Indications: Catarrh, nasal voice, swollen adenoids, swollen and inflamed pharynx, swollen tonsils, restlessness, markedly poor appetite, disturbed sleep.

Tongue: Sticky coating.

Pulse: Slippery.

Explanation

This condition is caused by retention of residual Damp-Heat in the head following an upper respiratory infection. This is a very common occurrence in children, often aggravated by the use of antibiotics for an upper respiratory infection.

The formation of a residual factor was discussed under the remedy *Resolve Phlegm*.

The retention of Damp-Heat in the head will make the child somewhat listless and cause a typically nasal voice. Dampness in the head and in the Stomach channel will also severely affect appetite so that the child lacks appetite and picks at the food.

Caution and contraindications

This remedy has a cooling effect and it may therefore potentially injure the Spleen. However, this is only likely to occur if the remedy is given for a long time.

Classical antecedent

Qing Yan Tang *Clearing the Throat Decoction* and Li Yan Cha *Benefiting the Throat Tea*.

Throat Soothe

Yin Qiao San *Lonicera-Forsythia Powder*

Da Qing Ye Folium Isatidis seu Baphicacanthi

Jin Yin Hua Flos Lonicerae japonicae

Lian Qiao Fructus Forsythiae

Jing Jie Herba Schizonepetae

Bo He Herba Menthae haplocalycis

Fang Feng Radix Saposhnikoviae

Chai Hu Radix Bupleuri

Sang Ye Folium Mori

Shan Dou Gen Radix Sophorae subprostratae

Huang Qin Radix Scutellariae

Niu Bang Zi Fructus Arctii

Jie Geng Radix Platycodi

Gan Cao Radix Glycyrrhizae

Da Zao Fructus Jujubae

Action: Release the Exterior, expel Wind-Heat, benefit the throat.

Patterns: Invasion of external Wind-Heat at the Wei Level.

Indications: Aversion to cold, shivers, fever (or forehead hot to the touch), sore throat, swollen throat, swollen tonsils.

Tongue: Red sides (between the centre and the tip) and/or red front third. In severe cases, the tongue may have red points in these areas. The dosage can be adjusted according to the degree of redness of these areas and to the presence of red points: the redder these areas and the more red points there are, the higher the dose.

Pulse: Floating-Rapid. It may be Floating only on the Lung position.

Explanation

This corresponds to an acute upper respiratory infection with pharyngitis and tonsillitis; it will also help otitis media (ear infection).

It should be understood clearly that this remedy is purely for the Exterior stage of an invasion of exterior Wind, i.e. when the pathogenic factor is on the Exterior. The crucial symptoms and signs of this situation are the simultaneous presence of shivers (or a subjective feeling of cold with an acute onset) and an objective feeling of heat of the forehead to touch (or an actual fever).

The subjective feeling of cold is due to the obstruction of the Wei Qi in the space between skin and muscles: as the Wei Qi warms the muscles, when it is obstructed, the patient feels cold. The fever, or objective feeling of heat of the forehead to the touch, reflects the fight between the pathogenic factor and Wei Qi. Please note that, contrary to popular perception, the fever (or objective feeling of heat) is **not** due to the fact that it is Wind-Heat, as Wind-Cold also manifests with this sign.

Caution and contraindications

All the herbs in this remedy are cold in nature and they may therefore injure the Spleen with prolonged use. However, this will not happen as the remedy is given only for a short time by definition. As the remedy is specific for the Wei Level of an invasion of exterior Wind-Heat, the remedy is given only for a few days: after that, either the child has expelled the Wind and

recovered or the pathogenic factor has penetrated into the Interior in which case the child will need a different remedy.

Classical antecedent

Yin Qiao San *Lonicera-Forsythia Powder*.

Tummy Soothe

Bao He Wan *Preserving and Harmonizing Pill*

Xiang Fu Rhizoma Cyperi rotundi

Sha Ren Fructus seu Semen Amomi

Shan Zha Fructus Crataegi

Lai Fu Zi Semen Raphani

Gu Ya Fructus Oryzae germinatus

Zhi Ke Fructus Aurantii

Ban Xia Rhizoma Pinelliae preparatum

Chen Pi Pericarpium Citri reticulatae

Fu Ling Poria

Tai Zi Shen Radix Pseudostellariae

Zhi Gan Cao Radix Glycyrrhizae preparata

Action: Move Qi, dissolve Food accumulation.

Patterns: Liver-Qi stagnation, Qi stagnation in the Intestines, Retention of Food.

Indications: Abdominal pain and distension, colic in infants, constipation, irritability.

Tongue: Tongue: possibly red on the sides.

Pulse: Wiry.

Explanation

As discussed in the introduction, the Spleen and the digestive system in general are weak in newborn babies and they remain weak for at least 3-4 years. Under normal circumstances, the Spleen and the digestive system get gradually stronger as the child grows so that, by the time the child is about 7, the Spleen is much stronger. It follows therefore that small children are very prone to digestive problems and especially Retention of Food (called Accumulation in Chinese pediatrics), Qi stagnation and Cold in the Spleen and Intestines.

I stressed above 'under normal circumstances': in modern children these seldom occur. There are common factors which in modern children cause the digestive system not to become as strong as it should as the child grows. The most common aetiological factors are weaning too early, excessive consumption of cold foods (ice-cold drinks, ice cream, etc.), excessive consumption of greasy foods (chips or fries, etc.) and exposure to external cold through inadequate clothing.

The remedy *Tummy Soothe* is a variation of the well-known *Bao He Wan Preserving and Harmonizing Pill* which resolve Food accumulation. It has been modified with addition of herbs to move Qi and resolve Dampness.

Caution and contraindications

There are no particular cautions and contraindications associated with this remedy.

Classical antecedent

Bao He Wan Preserving and Harmonizing Pill.