

“Qing Guan Yi Hao” & Herbal Treatments for Covid-19 in Taiwan

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Personal Experience

Director of Chung Hwa Chinese Medicine Society (2019---)

Director of Taiwan Clinical Chinese Medicine Association (2018-2021)

Deputy Secretary of Taiwan Clinical Chinese Medicine Association (2015-2018)

Today's Outlines

Introduction of Covid-19

To understand the Prevalence, Diagnosis, Virus Structure, Clinical Symptoms of Covid-19, and the Pathology of Long-Covid

What is Qing Guan Yi Hao

To demonstrate the recent research of Qing Guan Yi Hao and its Clinical Efficacy.

Herbal Drugs for various Symptoms

Introduce the other Herbal Drugs and Formulas we often use to treat Covid-19 or Flu like Symptoms.

Q & A

Please leave the Questions in the message, and I will answer them at the end of the lecture.

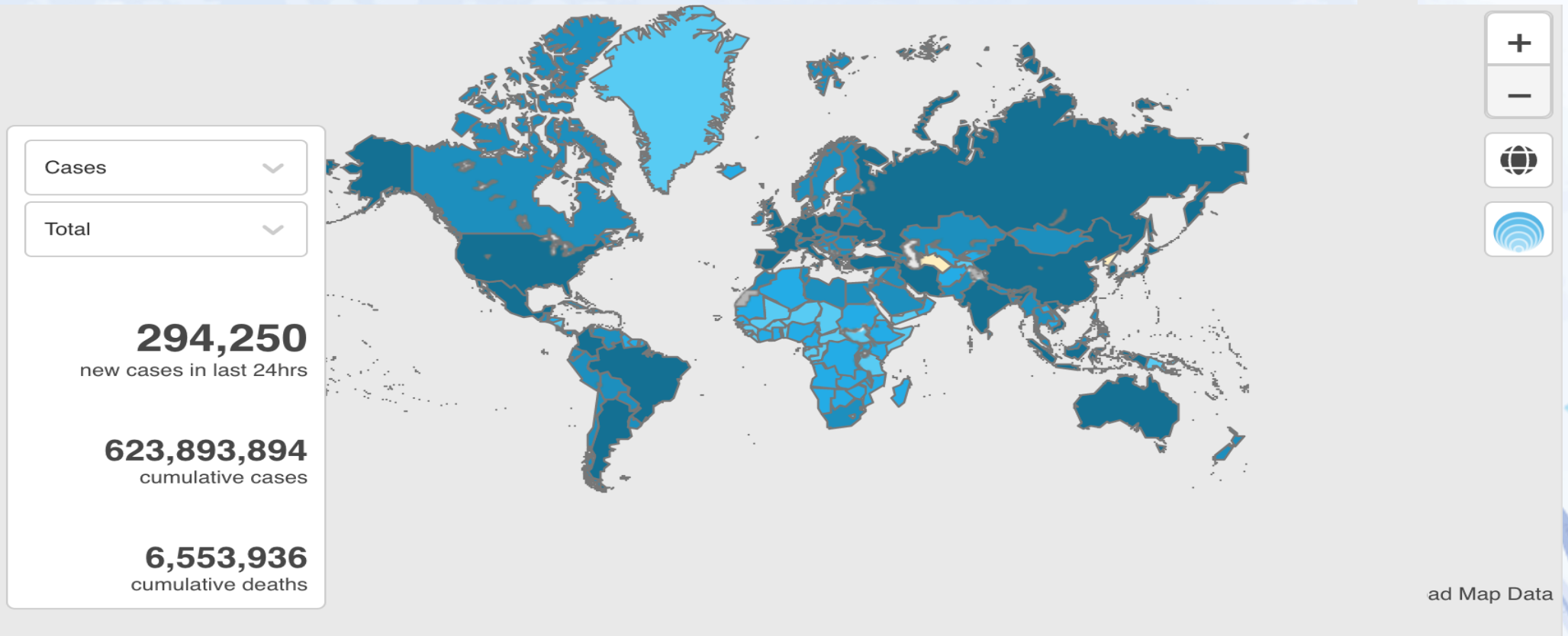
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Introduction of Covid-19

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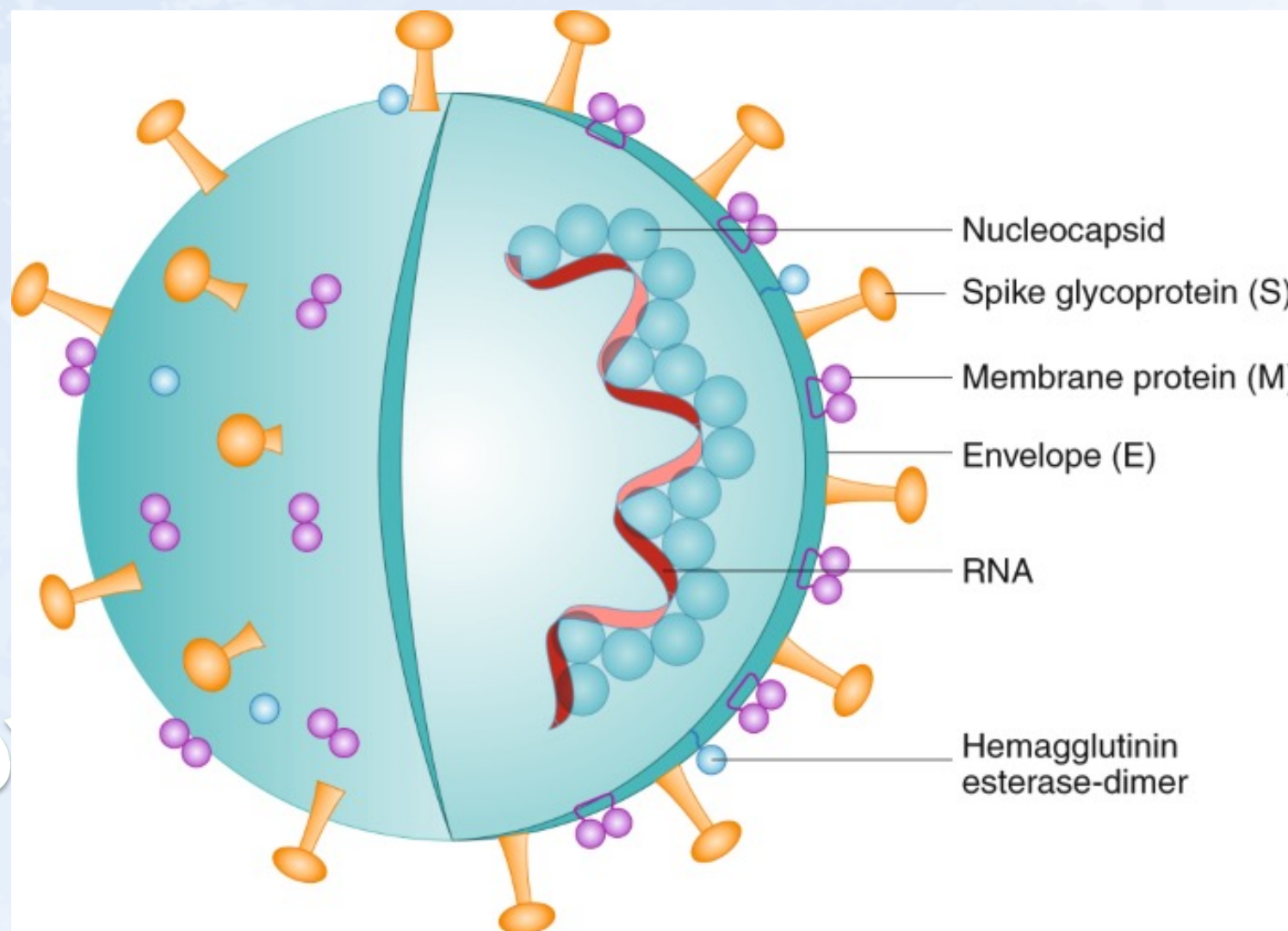


Covid-19 Pandemic



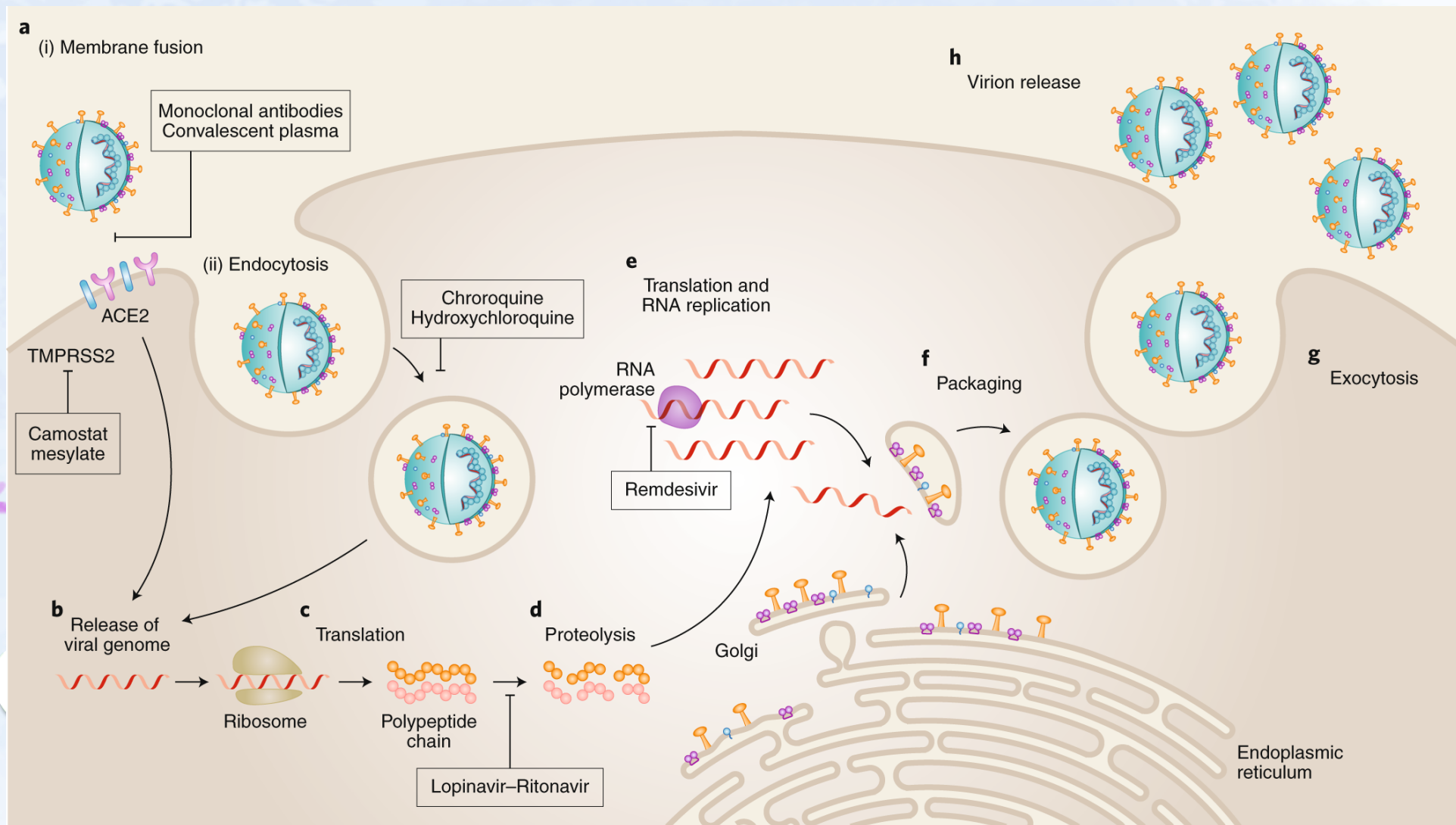
Globally, as of **6:24pm CEST, 21 October 2022**, there have been **623,893,894 confirmed cases** of COVID-19, including **6,553,936 deaths**, reported to WHO. As of **18 October 2022**, a total of **12,814,704,622 vaccine doses** have been administered.

Sars-CoV-2 Structure



Florindo, H.F., Kleiner, R., Vaskovich-Koubi, D. et al. Immune-mediated approaches against COVID-19. Nat. Nanotechnol. 15, 630–645 (2020). <https://doi.org/10.1038/s41565-020-0732-3>

Sars-CoV-2 Entry & Mechanism



Florindo, H.F., Kleiner, R., Vaskovich-Koubi, D. et al. Immune-mediated approaches against COVID-19. Nat. Nanotechnol. 15, 630–645 (2020). <https://doi.org/10.1038/s41565-020-0732-3>

Common Symptoms of Covid-19

SERIOUS COVID-19 SYMPTOMS REQUIRING IMMEDIATE MEDICAL CARE

- If you develop any of these symptoms, call your healthcare provider or health facility and seek medical care immediately.
- This is not an exhaustive list. These are the most common symptoms of serious illness, but you could get very sick with other symptoms – if you have any questions, call for help immediately.



Shortness of breath/
Difficulty breathing



Loss of speech or mobility or confusion



Chest pain

MOST COMMON SYMPTOMS



Fever



Cough



Tiredness



Loss of taste or smell

LESS COMMON SYMPTOMS



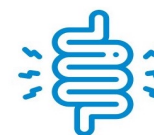
Sore throat



Headache



Aches & pains



Diarrhea



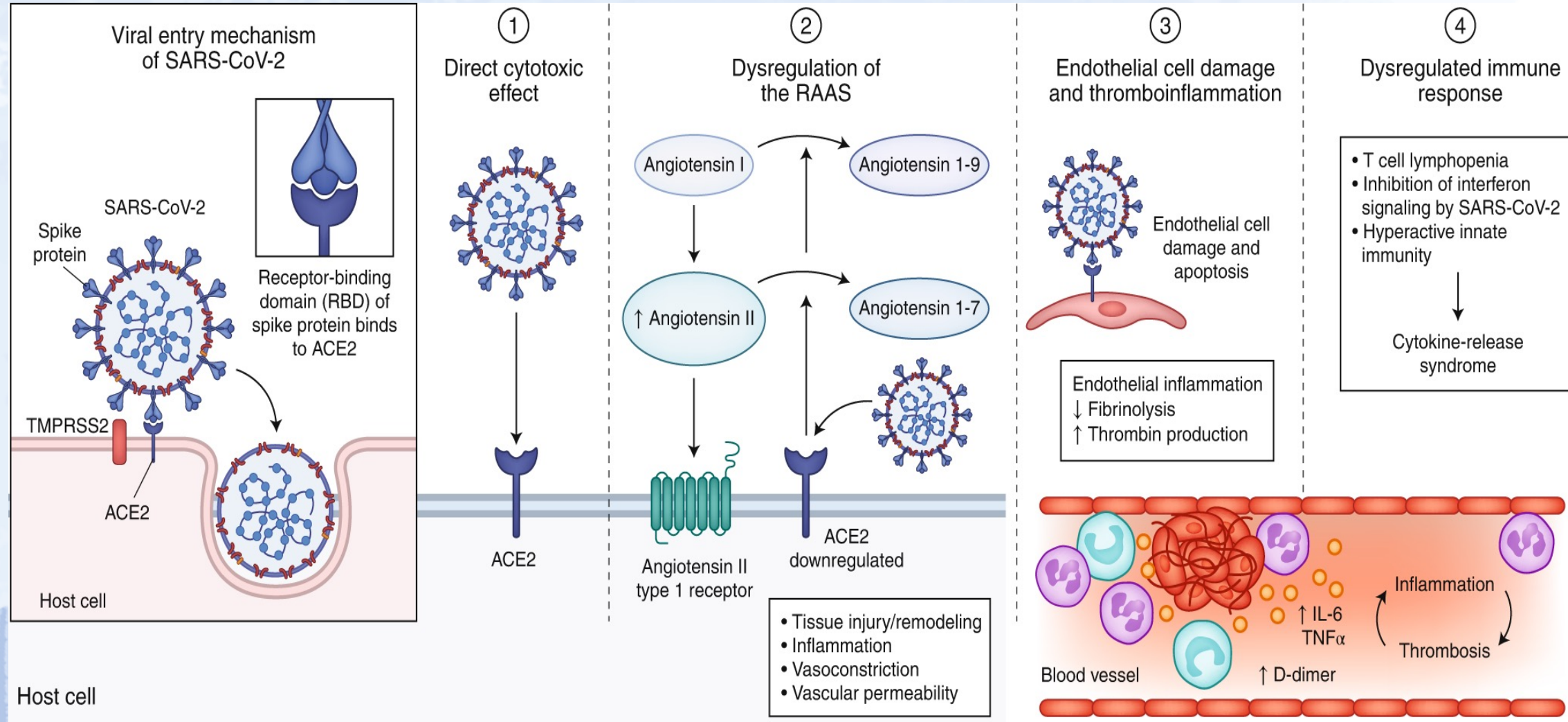
A rash on the skin or discolouration of fingers or toes



Red or irritated eyes

Yeh

Other Symptoms of Covid-19



Gupta, A., Madhavan, M.V., Sehgal, K. et al. Extrapulmonary manifestations of COVID-19. Nat Med 26, 1017–1032 (2020). <https://doi.org/10.1038/s41591-020-0968-3>

Other Symptoms of Covid-19

Neurologic

Headaches
Dizziness
Encephalopathy
Guillain-Barré
Ageusia
Myalgia
Anosmia
Stroke

Renal

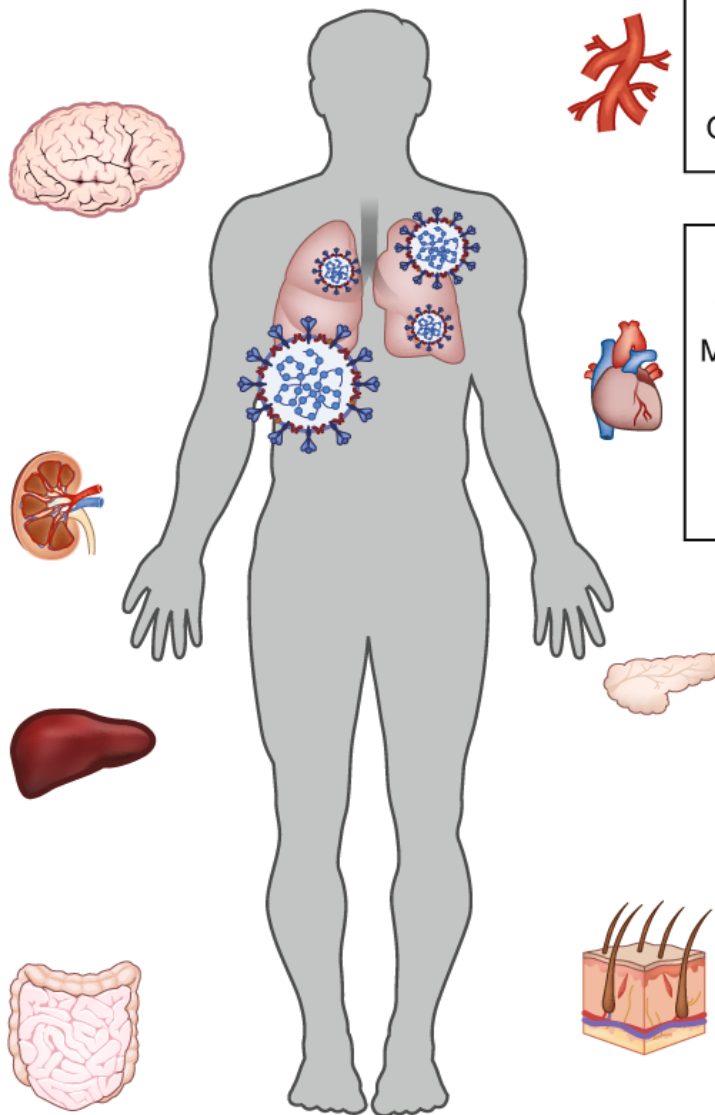
Acute kidney injury
Proteinuria
Hematuria

Hepatic

Elevated
aminotransferases
Elevated bilirubin

Gastrointestinal

Diarrhea
Nausea/vomiting
Abdominal pain
Anorexia



Thromboembolism

Deep vein thrombosis
Pulmonary embolism
Catheter-related thrombosis

Cardiac

Takotsubo cardiomyopathy
Myocardial injury/myocarditis
Cardiac arrhythmias
Cardiogenic shock
Myocardial ischemia
Acute cor pulmonale

Endocrine

Hyperglycemia
Diabetic ketoacidosis

Dermatological

Petechiae
Livedo reticularis
Erythematous rash
Urticaria
Vesicles
Pernio-like lesions

Gupta, A., Madhavan, M.V., Sehgal, K. et al. Extrapulmonary manifestations of COVID-19. Nat Med 26, 1017–1032 (2020).
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Medication for Covid-19

Direct-Acting Antivirals

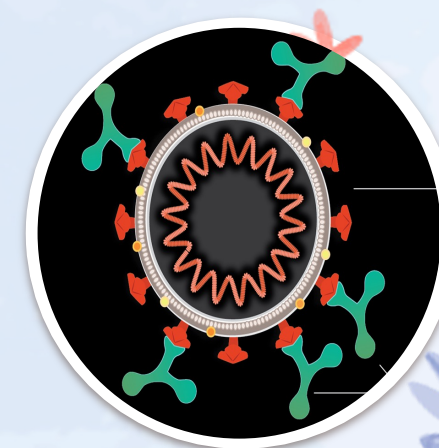
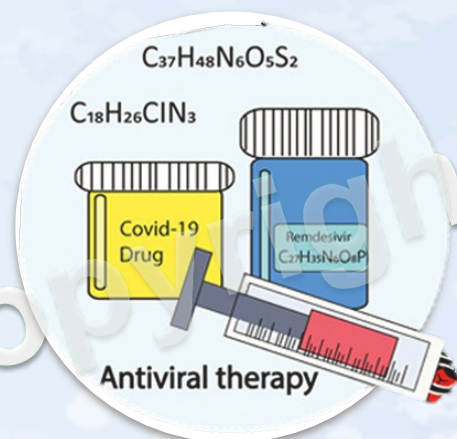
Host-Directed Therapies

target specific parts of the virus to stop it from multiplying in the body, helping to prevent severe illness and death.

help the immune system recognize and respond more effectively to the virus.

Antiviral Treatment

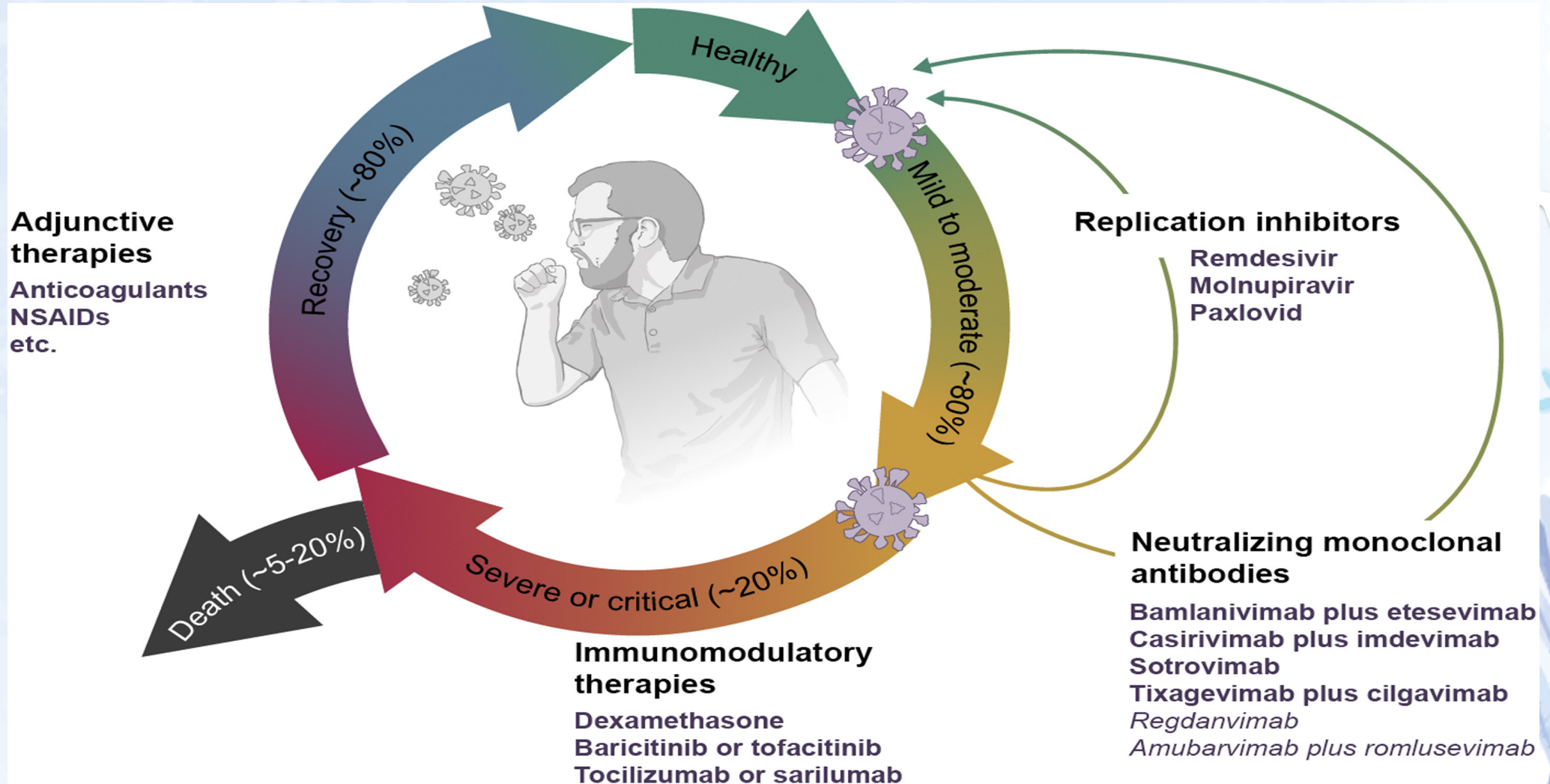
Monoclonal Antibodies



Mona Sadat Mirtaleb, Amir Hossein Mirtaleb, Hassan Nosrati, Jalal Heshmatnia, Reza Falak, Reza Zolfaghari Enameh, Potential therapeutic agents to COVID-19: An update review on antiviral therapy, immunotherapy, and cell therapy, Biomedicine & Pharmacotherapy, Volume 138, 2021, 111518, ISSN 0753-3322,

<https://www.nih.gov/news-events/news-releases/clinical-trials-mono-clonal-antibodies-prevent-covid-19-now-enrolling>

Multiple Therapies for Covid-19



- Time duration from Covid onset to medication influences the efficacy
- Price and administration policies make it hard to access by people widely
- Viral variants with mutations conferring resistance to direct-acting antivirals



Manmeet Singh, Emmie de Wit, Antiviral agents for the treatment of COVID-19: Progress and challenges, Cell Reports Medicine, Volume 3, Issue 3, 2022, 100549, ISSN 2666-3791,

- Ineffective in a large subset of patients
- Must be timed correctly to avoid negative effects on patient outcomes
- Unclear potency for post-acute COVID-19 syndrome (long COVID) arising from many different organ systems besides the lung



Manmeet Singh, Emmie de Wit, Antiviral agents for the treatment of COVID-19: Progress and challenges, Cell Reports Medicine, Volume 3, Issue 3, 2022, 100549, ISSN 2666-3791,

The Role of TCM Drugs in Combatting Covid-19



- According to TCM theory, this epidemic belongs to the category of “pestilence.”
- Two thousand years ago, TCM writings first documented the “Yi Bing 疫病” concept; an infective disease that differed from the common cold, with the capacity of easily becoming an epidemic.
- Much later, the Han Dynasty elaborated upon the dialectical relationship and treatment theory of exopathogenic wind-heat or wind-cold diseases.



Chinese herbal prescriptions for COVID-19 management: Special reference to Taiwan Chingguan Yihau (NRICM101), Su Yi-Chang, Huang Guan-Jhong, Lin Jaung-Geng, Front. Pharmacol., 05 October 2022 Sec. Ethnopharmacology
<https://doi.org/10.3389/fphar.2022.928106>



TCM Theories of Covid-19

- COVID-19 as an “epidemic disease” caused by an epidemic evil with dampness and heat---- “Li Qi 厲氣”
- Its pathogenesis is characterized as “Wind, Cold/ Heat Dampness, poison, stasis, deficiency,”



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Exopathogens of Covid-19

Wind

Fast Spread
Fever, Headache
Loss of Consciousness



Cold

Chills, Neck Tight, Congestion,
Loss of Taste & Smell
Clean Phlegm, Diarrhea
Chest Tightness



Dampness

Joint Pain, Fatigue, Heavy Head,
Swelling throat, Diarrhea
Phlegm, Discharges, Brain Fog



Heat

Sore Throat, Thirsty,
High Temperature,
Yellow Phlegm, Severe Cough
Erythematous Rashes, Insomnia

TCM Formulas for Covid-19

Name	Number of herbs	Composition	Original	Products	Research mode	Treatment properties	Reference
Qing-Fei-Pai-Du-Tang (QFPDT)	21	<i>Ephedra sinica</i> Stapf, <i>Glycyrrhiza uralensis</i> Fisch. ex DC., Apricot kernel L., Gypsum Fibrosum, Cinnamomum cassia Presl., <i>Alisma plantago-aquatica</i> subsp. orientale (Sam.) Sam., <i>Polyporus umbellatus</i> , <i>Atractylodes macrocephala</i> Koidz., Poria cocos (Schwein.) F.A. Wolf, <i>Bupleurum chinense</i> DC., <i>Scutellaria baicalensis</i> Georgi, <i>Pinellia ternata</i> (Thunb.) Makino, <i>Zingiber officinale</i> Roscoe, <i>Aster tataricus</i> L.f., <i>Tussilago farfara</i> L., <i>Iris domestica</i> (L.) Goldblatt & Mabb., <i>Asarum sieboldii</i> Miq., <i>Dioscorea polystachya</i> Turcz., <i>Citrus trifoliata</i> L., <i>Citrus aurantium</i> L., <i>Pogostemon cablin</i> (Blanco) Benth.	Ma Xing Shi Gan decoction, She Gan Ma Huang decoction (SGMH), Xiao Chai Hu, and Wu Ling San	OTC drug	Clinical trials, cell model	Antiviral, anti-inflammatory, antipyretic activity	Mehrbod et al. (2020), Zhong et al. (2020), Liu et al. (2021b)
Lianhuaqingwen Capsule (LHC)	13	<i>Forsythia suspensa</i> (Thunb.) Vahl, <i>Ephedra sinica</i> Stapf, <i>Lonicera japonica</i> Thunb., <i>Isatis tinctoria</i> subsp. tinctoria, <i>Mentha canadensis</i> L., <i>Dryopteris crassirhizoma</i> Nakai, <i>Rhodiola rosea</i> L., Gypsum Fibrosum, <i>Pogostemon cablin</i> (Blanco) Benth., <i>Rheum palmatum</i> L., <i>Houttuynia cordata</i> Thunb., <i>Glycyrrhiza uralensis</i> Fisch. ex DC.,	Maxing Shigan Tang and Yinqiao San	OTC drug	Clinical observation study, cell model	Antiviral, anti-inflammatory activity	Dong et al. (2014), Ding et al. (2017), Hu et al. (2021)
Taiwan Qingguan No. 1 (NRICM101)	10	<i>Prunus cibirica</i> I, <i>Scutellaria baicalensis</i> Georgi, <i>Houttuynia cordata</i> Thunb., <i>Morus alba</i> L., <i>Saposhnikovia divaricata</i> (Turcz. ex Ledeb.) Schischk., <i>Trichosanthes kirilowii</i> Maxim., <i>Isatis tinctoria</i> subsp. tinctoria, <i>Glycyrrhiza uralensis</i> Fisch. ex DC., <i>Magnolia officinalis</i> Rehder and E.H. Wilson, <i>Mentha canadensis</i> L., <i>Nepeta tenuifolia</i> Benth.	Jing Fangbaidu Powder	Prescription drug	Clinical observation study, cell model	Antiviral, anti-inflammatory activity	Tsai et al. (2021)

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02

What is Qing Guan Yi Hao



What is QING GUAN YI HAO_(NRICM101)?

The Goal of Research and Development for NRICM101 Formula

1. Confirm the treatment and effect of Chinese herbal medicine.
2. In the case of an epidemic, the research can increase the effect of vaccination while vaccination takes place and best utilize the resources.
3. For emergency useable, provide this herbal formula (NRICM101) immediately.
4. For international relief-able to provide relief immediately.
5. For domestic useable to control the resources and materials.

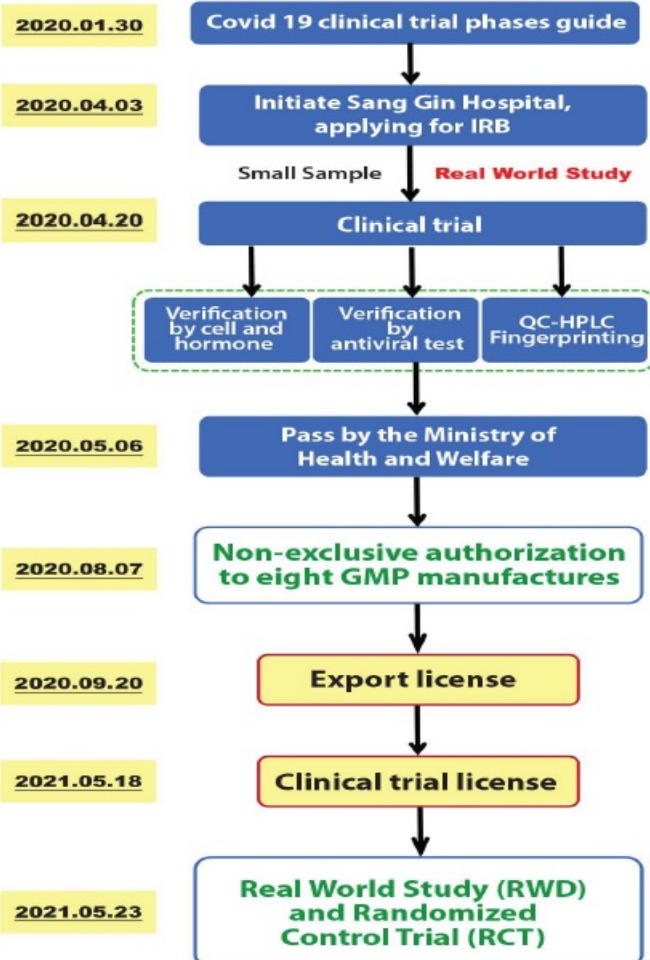
The Four Uses of NRICM101 Formula

1. NRICM101 has three functions:
 - a. Against virus (release exterior evils).
 - b. Immune system (clear heat and relieve toxicity).
 - c. Supportive care.
2. Clinical study abroad:
 - a. Exclude Ma Huang and Xi Xin in the formula for the countries with different regulations.
 - b. Supporting care.
3. Applying for IRB.
4. Targeting covid population.

NRICM101 Formula Combinations, Functions, and Indications

1. NRICM101 has ingredients: Yu Xing Cao, Ban Lan Gen, Jing Jie, Fang Feng, Huang Qin, Gua Lou, Bo He, Sang Ye, Hou Pu, and Gan Cao.
2. Functions: clear heat and resolve toxicity.
3. Indication: fever, sore throat, headache, muscle ache, cough and wheezing with copious sputum and difficult breathing.

Covid-19 Chinese Herbal Medicine Research Guideline Bed to Bench Research



NRICM101 Formula Clinical Trial

1. According to clinical trial data, Using NRICM101 to replace HCQ can reduce hospitalization time.
2. Clinical research discovers NRICM101 can reduce inflammation and stabilizes the function of the heart and lungs.
3. NRICM101 does not have observed adverse effect.

NRICM101 Formula Mechanism Research

1. NRICM101 can suppress the growth of the virus.
2. NRICM101 can deactivate Viral protein ACE2 Enzymatic activity.
3. NRICM101 can interrupt the binding of ACE2 protein and viral protein.
4. NRICM101 can suppress the release of IL-6 and TNF-alpha cell hormones.

Safety Information

Cautions & Contraindications:

Avoid spicy and greasy food. Consult your healthcare professional before using, especially if you are taking medication on a regular basis or under medical supervision. People with pre-existing conditions, including digestive, heart, and kidney disease or bleeding disorders should speak with a physician before taking this supplement.

Legal Disclaimer

- These statements have not been evaluated by the Food and Drug Administration.
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- Among 33 patients with confirmed COVID-19 admitted in two medical centers, 12 patients who were older, sicker, with more co-existing conditions and showing no improvement after 21 days of hospitalization were given NRICM101. They achieved 3 consecutive negative results within a median of 9 days and reported no adverse events.
- Research into NRICM101 has confirmed multiple benefits, such as preventing virus infection, blocking viral replication by the host cell, regulating the generated inflammatory storm, reducing lung damage or pulmonary fibrosis.



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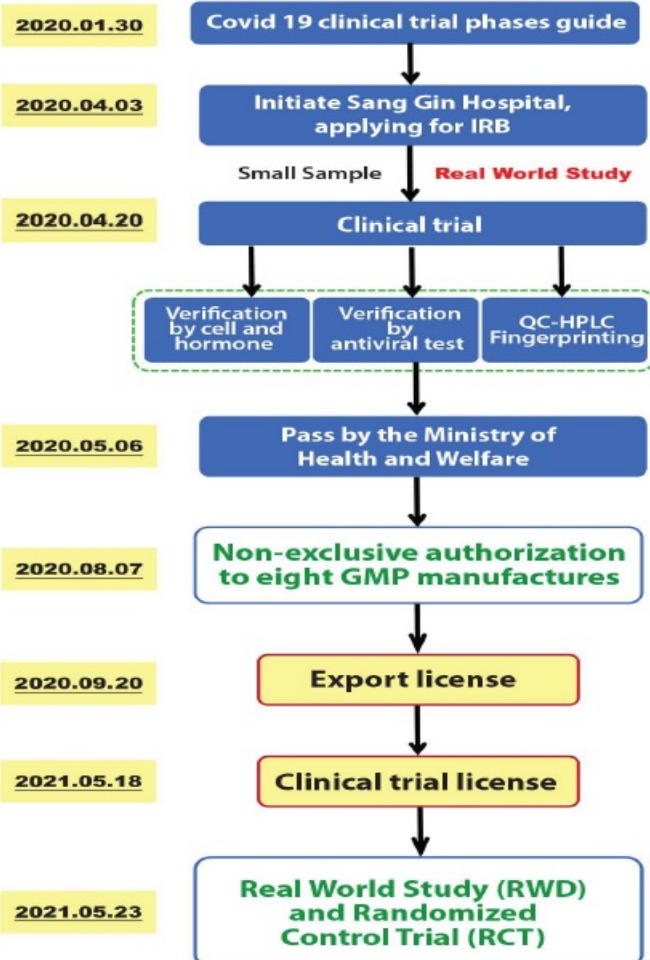
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Ingredients of Qing Guan Yi Hao



What is QING GUAN YI HAO (NRICM101)?



台灣清冠一號



NRICM101 Formula (Qing Guan Yi Hao)

The NRICM101 formula is a traditional Chinese herbal medicine that has been clinically tested and shown to be effective in clearing heat and resolving toxicity.

In Taiwan, this herbal formula has been used to relieve symptoms and complications from respiratory viral infections, including both COVID-19 and influenza.

Clinical study indicates NRICM101 formula reduces the pathogenesis of SARS-CoV-2 in anti-viral and anti-inflammatory assays, reducing the severity and duration of symptoms from COVID-19 infection.



Professional's Choice Since 1946



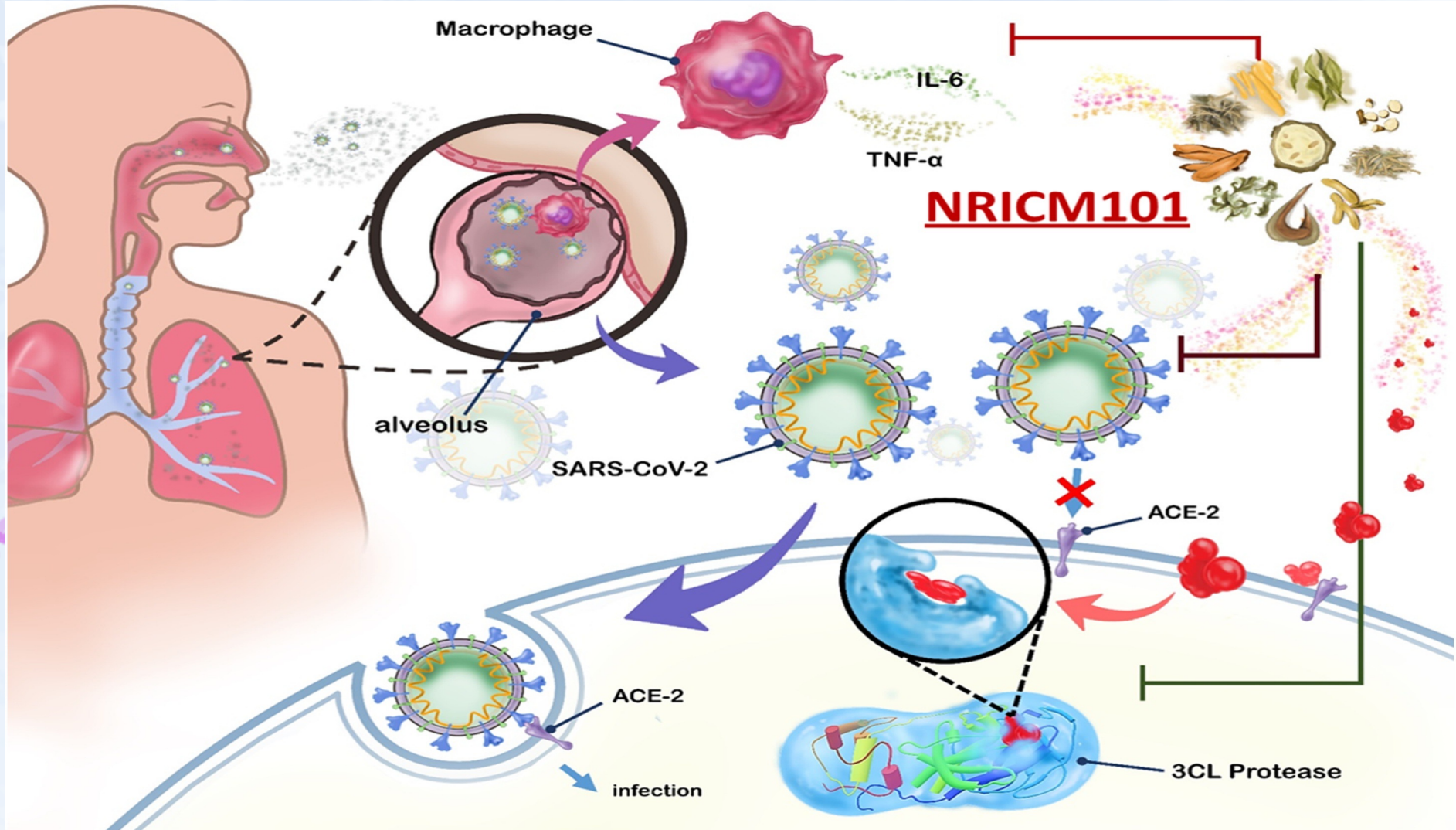
QualiHerb.com



Ingredients of Qing Guan Yi Hao

Chinese name	English/Latin name	Family	Species	Dosage (g)	Prescription functions
Huangqin	Scutellaria/ <i>Scutellaria baicalensis</i> Georgi	Lamiaceae	Scutellaria	18.8	Clears Shangjiao wind-heat, antibacterial and antiviral activities
Yuxingcao	Fishwort/ <i>Houttuynia cordata</i> Thunb.	Saururaceae	Houttuynia	18.8	Bactericidal antiviral cough
Gualou	Trichosanthes root/ <i>Trichosanthes kirilowii</i> Maxim.	Cucurbitaceae	Trichosanthes	18.8	Removes hot phlegm and clears lung heat to improve inflammation of the lungs
Banlangen	Radix isatidis/ <i>Isatis tinctoria</i> subsp. tinctoria	Cruciferous	Isatis	18.8	Antibacterial, antiviral effects and reduces the number of viruses
Houpo	Officinal Magnolia Bark/ <i>Magnolia officinalis</i> Rehder and E.H. Wilson	Magnoliaceae	Magnolia	11.3	Can widen and calm the breath
Bohe	Mint/ <i>Mentha canadensis</i> L.	Lamiaceae	Mentha	11.3	Relieves cough, resolves phlegm, clears wind and heat, and relieves muscle soreness
Jingjie	Fineleaf Schizonepeta Herb/ <i>Nepeta tenuifolia</i> Benth.	Lamiaceae	Schizonepeta	11.3	Dissipates wind-heat, eliminates muscle soreness and reduces fever
Sang Ye	Mulberry Leaf/ <i>Morus alba</i> L.	Moraceae Gaudich	Morus Linn	11.3	Enters the lung and liver meridian, clears wind and heat, moistens the lungs and relieves cough, clears the liver and improves eyesight
Fangfeng	Siler/ <i>Saposhnikovia divaricata</i> (Turcz. ex Ledeb.) Schischk.	Apiaceae	Saposhnikovia	7.5	Dissipates wind-heat, eliminates muscle soreness and reduces fever
Gan-cao	Licorice/ <i>Glycyrrhiza uralensis</i> Fisch. ex DC.	Leguminosae	Glycyrrhiza L.	7.5	Expels phlegm and relieves cough, clears heat and detoxifies, protects the stomach and intestines

Mechanism of NRICM 101



Tsai, K., Huang, Y., Liaw, C., Tsai, C., Chiou, C., Lin, C., Wei, W., Lin, S. J. S., Tseng, Y., Yeh, K., Lin, Y., Jan, J., Liang, J., Liao, C., Chiou, W., Kuo, Y., Lee, S., Lee, M., & Su, Y. (2021). A traditional Chinese medicine formula NRICM101 to target COVID-19 through multiple pathways: A bedside-to-bench study. *Biomedicine & Pharmacotherapy* 133, 111037. <https://doi.org/10.1016/j.biopha.2020.111037>

Conclusion

After a series of molecular and cellular level studies, the compound "Qing Guan Yi Hao" has been shown to have a multi-targeted mechanism of action, including:

- Inhibiting the binding between SARS-COV-2's spike proteins and ACE2 of host cell membranes. This works as a "vaccine-like effect".
- Inhibiting the activity of 3CL protease, blocking viral replication in cells.
- Inhibiting the cytokines TNF- α and IL-6 to regulate inflammatory cytokine storms in order to reduce lung damage and the risk of developing pulmonary fibrosis.



<https://www.nricm.edu.tw/p/406-1000-6387,r51.php?Lang=zh-tw>

Cautions with Qing Guan Yi Hao

- It contains Huang Qin, Yu Xing Cao, Sang Ye and Bohe which belong to cold properties that may lead to Diarrhea in some patients with weak GI function. —————> add **Seng Jiang, Bai Zhu, Chan Zhu and Huo Xiang**.
- The Huang Qin in Qing Guan Yi Hao (or other formulas) has interaction with anti-viral drugs (Paxlovid), Patients should avoid having anti-viral medication at the same time.



<https://www.nricm.edu.tw/p/406-1000-6387,r51.php?Lang=zh-tw>

03

Herbal Drugs for Various Symptoms



It's Break Time !!



Symptoms of Covid-19

Wind

Fast Spread
Fever, Headache
Loss of Consciousness



Cold

Chills, **Neck Tightness,**
Congestion, Loss of Taste & Smell
Clean Phlegm, **Diarrhea**
Chest Tightness



Dampness






Joint Pain, Tiredness, Heavy Head,
Swelling throat, **Diarrhea**
Phlegm, Discharges, **Brain Fog**



Heat

Sore Throat, Thirsty,
High Temperature,
Yellow Phlegm, Severe **Cough**
Erythematous Rashes, Insomnia

Dietary Restrictions for Patients

-  Cold, Cool food and drinks in Temperature or Property (Raw food)
-  Sweet taste food (Honey, all Fruits) and beverages
-  Fried, Spicy, High Calories food and drinks
-  Rice as main carbohydrate with various cooked vegetables and some meat
-  Warm water (or Herbal Tea) or in Room Temperature if sore throat



Herbal Solution for Fever

The Fight between External Pathogen and Wei Qi



Gui Zhi Tang, Ma Huang Tang, Da Qing Long Tang,
Xiao Chai Hu Tang



Gui Zhi, Ma Huang, Sheng Jiang, Zi Su Ye, Jing Jie,
Chai Hu, Huang Qin, Shi Gao



Keep Body Warm until mild Sweat,
Have a Sheng Jiang Tea if no inflammation
Avoid Windy or Cold circumstances

Fever Gui Zhi Tang

Professional's Choice Since 1946



Ingredients

Gui Zhi (9g) Bai Shao (9g) Sheng Jiang (9g)
Da Zao (12pcs) Zhi Gan Cao (6g)

Actions

1. Induce sweating.
2. Release pathogens (Wind Cold) from muscle to surface layers.
3. Harmonize Ying and Wei Qi (so they reinforce each other)

Patterns

Exterior Cold From Deficiency (Attack By Wind)



Fever Ma Huang Tang

Professional's Choice Since 1946



Ingredients

Ma Huang (9g)
Gui Zhi (6g)
Xing Ren (6g)
Zhi Gan Cao (3g)

Actions

1) Chills Fever 2) no sweat
3), aversion to cold, cough/wheezing, asthma, backache, headache, muscle ache

Patterns

Exterior Cold Excess



Fever Da Qing Long Tang



Ingredients

Ma Huang (12g) Gui Zhi (4g) Xing Ren (6g) Shi Gao (12g)
Zhi Gan Cao (5g) Sheng Jiang (9g) Da Zao (3pcs)

Actions

1. Induce diaphoresis and release the exterior
2. Clear heat and relieve irritability

Patterns

Exterior Wind-Cold Syndrome With Interior Heat

Fever Gui Zhi

Taste

Sweet, spicy

Temperature

Warm

Actions

- 1) Release the exterior and harmonizes the Ying and Wei
- 2) Tonify heart yang;
- 3) Warms and frees the Yang;
- 4) Warm and frees the channels and disperse cold;

Fever Ma Huang

Taste

Spicy, slightly bitter

Temperature

Warm

Actions

- 1) Release exterior and disperse cold by inducing sweating, excess condition;
- 2) Circulates and down-bears Lung Qi to stop wheezing;
- 3) Promotes urination to reduce edema;

Fever Sheng Jiang

Taste

Spicy

Temperature

Slightly warm

Actions

- 1) Release the exterior and disperse wind cold;
- 2) Warm the middle and stop vomiting;
- 3) Warms the Lungs and stops coughing;
- 4) Resolves toxicity;



Fever Zi Su Ye

Taste

Spicy, aromatic

Temperature

Warm

Actions

- 1) Release the exterior and disperse cold;
- 2) Circulate Qi and harmonize the middle;
- 3) Detox food poisoning (fish);
- 4) Calms restless fetus;

Fever Jing Jie

Taste

Spicy

Temperature

Slightly warm

Actions

- 1) Release the exterior and dispels wind;
- 2) Stops rashes and itching;
- 3) Stops bleeding

Fever Chai Hu

Taste

Bitter, spicy

Temperature

Cool

Actions

- 1) Harmonizes the exterior and interior;
- 2) Soothes the Liver qi and relieves constraint;
- 3) Raises the Yang qi;

Fever Shi Gao

Taste

Sweet, spicy

Temperature

Very cold

Actions

- 1) Clears heat and drains fire;
- 2) Clears excess Lung heat;
- 3) Clears raging stomach fire;

Herbal Solution for Fatigue

The Insufficiency of Yin Blood or Wei Qi



Gui Zhi Tang, Gui Zhi Jia Fu Zi Tang,
Gui Zhi Gan Cao Tang, Ma Huang Fu Zi Xi Xin Tang



Gui Zhi, (Pao) Fu Zi, Zhi Gan Cao, Gang Jiang,
Ji Xue Teng , Dan Shen



Take Rest, Avoid Excessive Sweating,
Avoid Windy or Cold circumstances

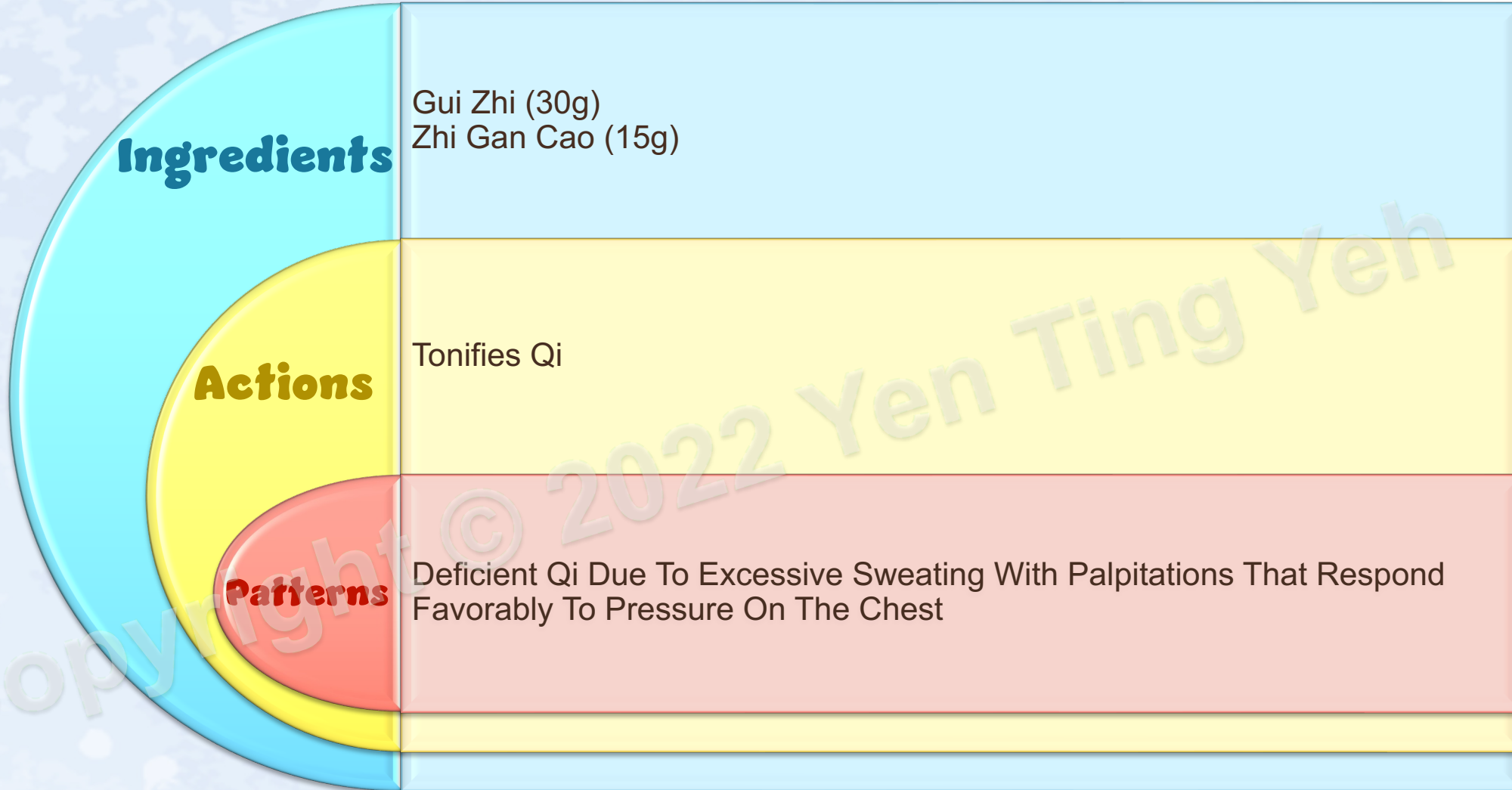
Fatigue

Gui Zhi Jia Fu Zi Tang



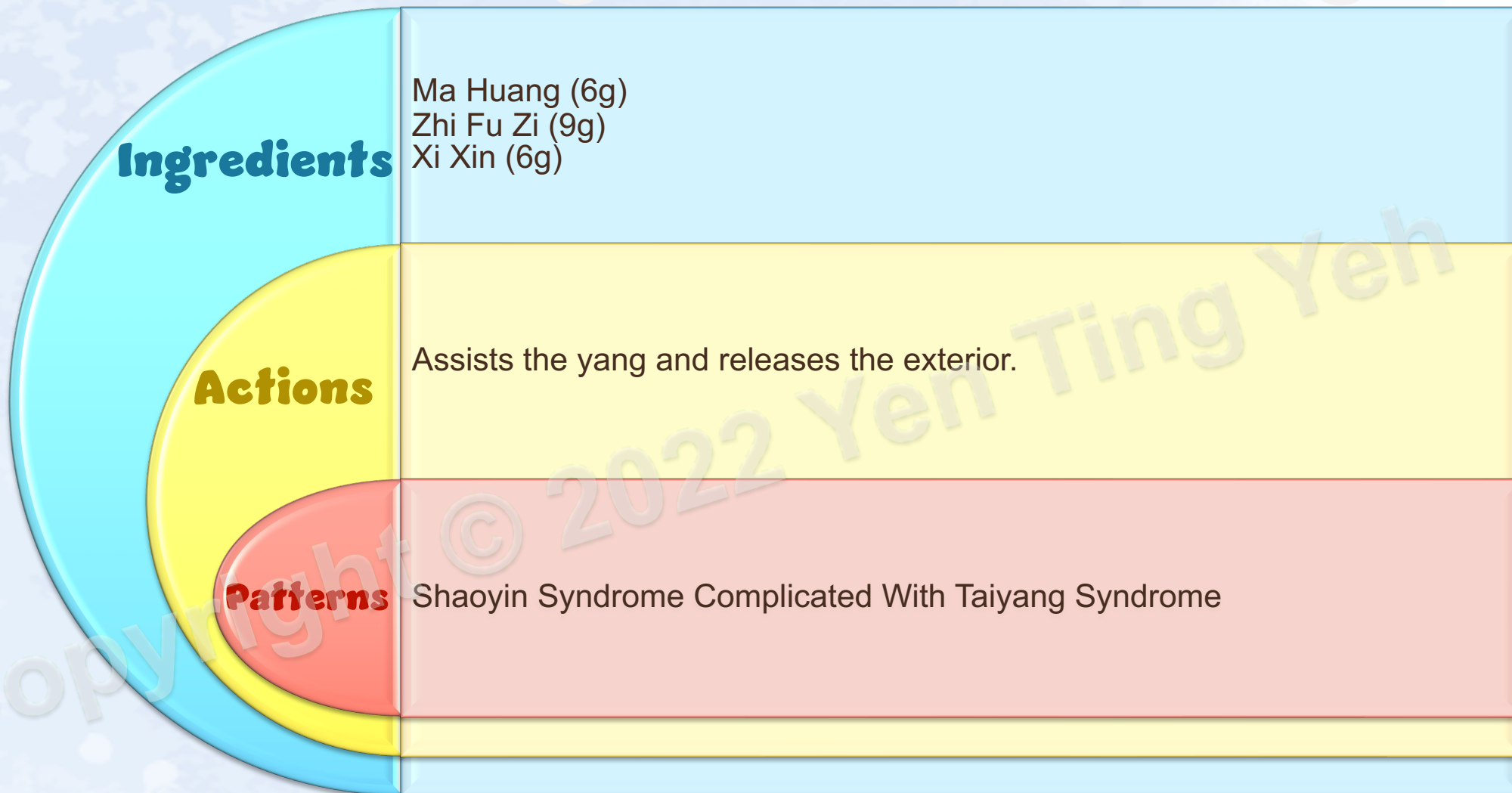
Fatigue

Gui Zhi Gan Cao Tang



Fatigue

Ma Huang Fu Zi Xi Xin Tang



Fatigue Pao Fui Zi

Taste

Spicy

Temperature

Hot, toxic

Actions

- 1) Revive devastated yang and rescues from rebellion;
- 2) Warms the fire and assists the yang;
- 3) Disperses cold, warms the channels, and alleviates pain;

Fatigue Zhi Gan Cao

Taste

Sweet

Temperature

Neutral

Actions

- 1) Tonifies Spleen, augments Qi;
- 2) Moistens lungs and stops coughing;
- 3) Clears heat, reduces toxicity;
- 4) Relieves spasm and alleviates pain;
- 5) Antidote for all variety of toxic herbs;

Fatigue Ji Xue Teng

Taste

Bitter, sweet

Temperature

Warm

Actions

- 1) Moves blood and tonifies the blood;
- 2) Invigorates the channels and soothes the sinews;

Fatigue Dan Shen

Taste

Bitter

Temperature

Slightly cold

Actions

- 1) Activates the blood and dispels stasis;
- 2) Clears heat and soothes irritability;
- 3) Cools the blood and reduces swelling of abscesses and sores;
- 4) Nourishes blood and calms the spirit;



QualiHerb Herbal Solution for Joint Pain/Myalgia

Tranquility of Nature and Science

Cold and Dampness accumulate in Joints.



Qiang Huo Sheng Shi Tang, Gui Zhi Jia Fu Zi Tang,
Gan Cao Fu Zi Tang, Ma Huang Jia Zhu Tang



Qiang Huo, Du Huo, Fang Feng, Sheng Jiang, Qin Jiao,
Ji Xue Teng, Hong Hua, Ma Huang, Pao Fu Zi, Xi Xin



Keep Body Warm until mild Sweat,
Warm Compress on affected Joint, Take a Hot Bath
Avoid Windy or Cold circumstances

Professional's Choice Since 1946



QualiHerb.com

Qiang Huo Sheng Shi Tang

Ingredients

Qiang Huo (6g) Du Huo (6g)
Fang Feng (3g) Gao Ben (3g)
Chuan Xiong (3g) Man Jing Zi (2g)
Zhi Gan Cao (3g)

Actions

Dispel wind and eliminate dampness

Patterns

Wind-Dampness At The Exterior



Professional's Choice Since 1946



Myalgia Qiang Huo

Taste

Bitter, spicy, aromatic

Temperature

Warm

Actions

- 1) Releases exterior and disperses cold;
- 2) Penetrates painful obstructions - bi syndrome;
- 3) Guide qi to the greater yang channel and Governing vessel;

Myalgia Du Huo

Taste

Sweet, spicy

Temperature

Warm

Actions

- 1) Dispels wind and dampness and alleviates pain;
- 2) Releases the exterior;

Taste

Bitter, spicy

Temperature

Slightly cold

Actions

- 1) Dispels wind-dampness and soothes the sinews and collaterals;
- 2) Clears heat from deficiency;
- 3) Resolves dampness and reduces jaundice;
- 4) Moistens the Intestines and unblocks the bowels;

Myalgia Hong Hua

Taste

Spicy

Temperature

Warm

Actions

Activates the blood, dispels blood stasis, and unblocks the menses;

Myalgia Xi Xin

Taste

Spicy

Temperature

Warm

Actions

- 1) Release the exterior and disperse cold;
- 2) Warm the Lungs and transforms phlegm;
- 3) Expels wind and relieves pain;
- 4) Unblocking and facilitating the orifices;

Herbal Solution for Neck Tightness

Wind-Cold blocks Tai-Yang Meridian



Gui Zhi Jia Ge Gen Tang, Ge Gen Tang,
Shao Yao Gan Cao Tang



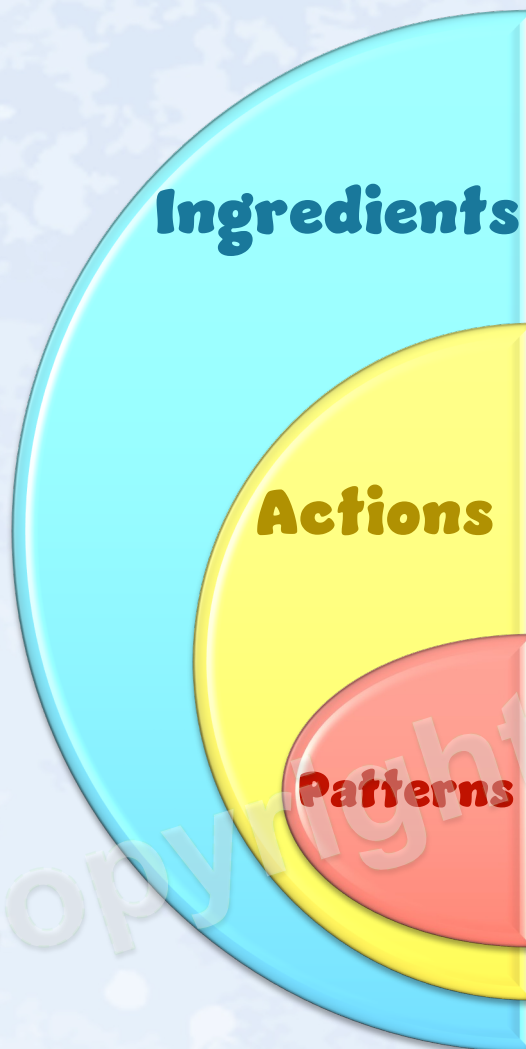
large amount of Ge Gen, Bai Shao, Ji Xue Teng,
Hong Hua, Qiang Huo, Fang Feng, Sheng Jiang



Keep Neck Warm until mild Sweat,
Warm Compress on the Neck. Massages or Stretches
Avoid Wind or Cold influencing Neck Area

Neck Tightness

Gui Zhi Jia Ge Gen Tang



Ingredients

Gui Zhi (9g) Bai Shao (9g)
Sheng Jiang (9g) Da Zao (12pcs)
Zhi Gan Cao (6g) Ge Gen (12g)

Actions

1. Releases the muscle layers
2. Moistens the sinews

Patterns

Stiff neck and upper back, sweating, sensitive to wind

Neck Tightness

Ge Gen Tang

Ingredients

Ge Gen (12g) Shao Yao (6g)
Ma Huang (9g) Da Zao (3pcs)
Gui Zhi (6g) Sheng Jiang (9g)
Zhi Gan Cao (6g)

Actions

1. Expel cold to surface
2. Open meridians (relax muscles)
3. Reduce Cold

Patterns

Chills and fever (mild-med), aversion to Cold, with stiff and rigid neck and upper back, headache, severe backache, joint pain, no sweating (no Qi Def.), acute watery diarrhea



Neck Tightness

Shao Yao Gan Cao Tang

Professional's Choice Since 1946



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Ingredients

Shao Yao (8g)
Zhi Gan Cao (3g)

Actions

1. Nourish Blood, soften Liver
2. Reduce pain

Patterns

Abdominal muscle cramps (PMS, etc), swimming cramps, any muscle cramps, irritability, slight chills

Neck Tightness Ge Gen

Taste

Sweet, spicy

Temperature

Cool

Actions

- 1) Releases exterior conditions and relaxes the muscles;
- 2) Nourishes fluids and stops thirst;
- 3) Raises the yang and stops diarrhea;
- 4) Vents rashes;
- 5) Lowers blood pressure;

Neck Tightness Bai Shao

Taste

Bitter, sour

Temperature

Mildly cold

Actions

- 1) Nourishes Blood, regulates menses;
- 2) Calms and curbs Liver Yang, stops pain;
- 3) Preserves the Yin and adjusts the nutritive and protective levels;
- 4) Softens Liver and alleviates pain;

Neck Tightness Fang Feng

Taste

Sweet, spicy

Temperature

Slightly warm

Actions

- 1) Release the exterior and dispels wind;
- 2) Expels wind, cold, and damp and relieves pain;
- 3) Dispels internal Liver wind and relieves muscle spasms;

Herbal Solution for Headache

Wind, Cold and Dampness affect Head Circulation



Qiang Huo Sheng Shi Tang, Chuan Xiong Cha Tiao San
Gui Zhi Jia Ge Gen Tang, Ge Gen Tang,



Chuan Xiong, Di Long, Qiang Huo, Gao Ben, Man Jing Zi,
Bai Zhi, Chang Er Zi, Fang Feng



Keep Head and Neck Warm,
Press Acupoints (LI 4, GB 20, GB 12, DU 20, BL 2)
Avoid Wind or Cold influencing Head and Neck Area

Headache

Chuan Xiong Cha Tiao San

Ingredients

Chuan Xiong (12g) Bai Zhi (6g)
Qiang Huo (6g) Xi Xin (3g)
Bo He (24g) Jing Jie (12g)
Fang Feng (4.5g) Gan Cao (6g)
Green Tea (g)

Actions

1. Expel Wind
2. Stop Headache

Patterns

Headache Due To Exogenous Wind



Professional's Choice Since 1946



Headache Chuan Xiong

Taste

Spicy

Temperature

Warm

Actions

- 1) Activates the blood and promotes the movement of qi and alleviates pain;
- 2) Dispels the wind and calms pain;

Headache Gao Ben

Taste

Spicy

Temperature

Warm

Actions

- 1) Release the exterior and disperses cold;
- 2) Dispels wind, cold, and damp, and relieves pain;

Headache Man Jing Zi

Taste

Bitter, spicy

Temperature

Cool

Actions

- 1) Disperses wind and clears heat;
- 2) Clears and benefits the eyes and head;
- 3) Drains damp and expels wind;

Headache Di Long

Taste

Salty

Temperature

Cold

Actions

- 1) Drains heat, relieves spasms;
- 2) Clears heat and frees the channels and collaterals;
- 3) Clears heat and suppresses wheezing;
- 4) Clears heat and promotes urination;
- 5) Treats hypertension associated with ascendant Liver yang patterns;

Headache Bai Zhi

Taste

Spicy

Temperature

Warm

Actions

- 1) Releases exterior, dispels wind, eliminates dampness, opens the nose, and calms pain;
- 2) Reduces swelling and expels pus;
- 3) Dispels dampness and alleviates discharge;

Headache Cang Er Zi

Taste

Bitter, sweet

Temperature

Warm, toxic

Actions

- 1) Disperses wind, dispels dampness and opens the nasal passages;
- 2) Dispel wind and dampness;
- 3) Expels exterior wind;



QualiHerb Herbal Solution for Congestion/ Loss of Smell

Tranquility of Nature and Science

Cold-Dampness causes Inferior Turbinate Hypertrophy



Xin Yi San, Ma Huang Fu Zhi Xi Xin Tang,
Chang Er San, Chuan Xiong Cha Tiao San



Gao Ben, Bai Zhi, Ma Huang, Gui Zhi, Sheng Jiang,
Xi Xin, Xin Yi, Chang Er Zi, E Bu Shi Cao, Shi Chang Pu



Keep Nose and Head Warm,
Press Acupoints (LI 4, EX-HN3, LI 20, BL 2)
Avoid Wind or Cold influencing Head Area

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Congestion Xin Yi San

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Ingredients

Xin Yi Hua (g) Xi Xin (g)
Gao Ben (g) Sheng Ma (g)
Bai Zhi (g) Chuan Xiong (g)
Mu Tong (g) Fang Feng (g)
Qiang Huo (g) Zhi Gan Cao (g)

Actions

1. Expel wind-damp-cold
2. Open Lung
3. Open sinus

Patterns

Lung Qi Deficiency With External Wind-Damp-Cold Attacking Lung Channel And Organ



Congestion

Cang Er Zi San

Ingredients

Cang Er Zi (7.5g)
Xin Yi Hua (15g)
Bai Zhi (30g)
Bo He (1.5g)

Actions

1. Disperse Wind
2. Unblock the Nose
3. Alleviate Pain

Patterns

Wind-Heat Attacking The Head



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Congestion Xin Yi Hua

Taste

Spicy

Temperature

Slightly warm

Actions

1) Expels wind-cold and unblocks nasal passages;

Congestion Shi Chang Pu

Taste

Spicy, bitter

Temperature

Warm, aromatic

Actions

- 1) Opens the orifices, dislodges phlegm, removes filth, and quiets the spirit;
- 2) Transforms turbid dampness, awakens the Spleen, and promotes movement of qi;
- 3) Promotes blood flow and reduces swelling;

Herbal Solution for Sore Throat

Wind-Heat Toxin or Heat transformed by Wind-Cold



Yin Qiao San, Pu Ji Xiao Du Yin, Qing Yan Li Ge Tang
Huang Lian Jie Du Tang, Qing Guan Yi Hao(Covi-Away)



Jie Geng, Ban Lan Gen, Da Qing Ye, Jin Yin Hua,
Lian Qiao, Tian Hua Fen, Xuan Shen, Sheng Di Huang



Avoid Sweet food or drinks
Avoid Cookies and Fried or Spicy food
Do Not Stay Up Late

Sore Throat

Yin Qiao San

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Ingredients

Jin Yin Hua (9-15g) Lian Qiao (9-15g)
Jie Geng (3-6g) Niu Bang Zi (9-12g)
Dan Dou Chi (3-6g) Bo He (3-6g)
Jing Jie (6-9g) Dan Zhu Ye (3-6g)
Lu Gen (15-30g) Gan Cao (3-6g)

Actions

1. Clear heat
2. Relieve surface
3. Reduce toxicity

Patterns

Protective Level Warm-Febrile Disease

Sore Throat

Pu Ji Xiao Du Yin

Ingredients

Huang Qin (15g) Huang Lian (15g)
Niu Bang Zi (3g) Lian Qiao (3g)
Bo He (3g) Bai Jiang Can (2g)
Xuan Shen (6g) Ma Bo (3g)
Ban Lan Gen (3g) Jie Geng (6g)
Gan Cao (6g) Ju Hong (6g)
Chai Hu (6g) Sheng Ma (2g)

Actions

1. Clear Heat
2. Eliminate fire toxin
3. Disperse Wind Heat

Patterns

Epidemic Toxin With Wind-Heat And Damp-Phlegm



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Sore Throat

Huang Lian Jie Du Tang

Ingredients

Huang Lian (9g)
Huang Qin (6g)
Huang Bai (6g)
Zhi Zi (6-12g)

Actions

1. Clear heat
2. Purge fire
3. Relieve toxicity

Patterns

High fever, irritability, incoherent speech, insomnia, dry throat/mouth, thirst, delirium, bruising in skin, pimples, boils, nosebleed, disturbed Shen. Bleeding in warm febrile disorders. Other excessive Heat-Toxicity syndromes (ie High fever, skin rashes, dysentery, jaundice or skin infections, severe tonsillitis, poison oak, sinus infection, amoebic dysentery, canker sores and burn wounds)



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Sore Throat Jie Geng

Taste

Bitter, spicy

Temperature

Neutral

Actions

- 1) Opens up and disseminates the Lung qi, transforms phlegm, benefits the throat;
- 2) Dispels pus;
- 3) Raises qi;

Sore Throat Ban Lan Gen

Taste

Bitter

Temperature

Cold

Actions

1) Drains heat, resolves toxins, cools the blood, and benefits the throat;

Sore Throat Da Qing Ye

Taste

Bitter, salty

Temperature

Very cold

Actions

- 1) Clears heat and relieves toxin;
- 2) Cools blood and eliminates maculae;

Sore Throat Tian Hua Fen

Taste

Bitter, sweet

Temperature

Cold

Actions

- 1) Drains heat and generate fluids;
- 2) Clears and drains Lung heat, transforms phlegm, and moistens Lung dryness;
- 3) Clears toxins and expels pus;

Sore Throat Xuan Shen

Taste

Bitter, sweet, salty

Temperature

Cold

Actions

- 1) Clears heat cools blood;
- 2) Nourish Yin;
- 3) Softens hardness and dissipates nodules;

Sore Throat Sheng Di Huang

Taste

Bitter, sweet

Temperature

Cold

Actions

- 1) Clears heat, cools blood;
- 2) Nourishes Yin and generates fluids;

Sore Throat Jin Yin Hua

Taste

Sweet

Temperature

Cold

Actions

- 1) Clears heat;
- 2) Disperses and expels wind-heat;
- 3) Clears damp-heat;

Sore Throat Lian Qiao

Taste

Bitter, slightly spicy

Temperature

Slightly cold

Actions

- 1) Clears heat and toxins;
- 2) Reduces abscesses and dissipates nodules;

Herbal Solution for Dry Cough

Cold-Dampness causes Post-Nasal Drip Triggering Throat



Ma Huang Tang, Xing Su San, Jing Fang Bai Du San,
Xin Yi Qing Fei Yin, Sang Ju Yin, Qing Zao Jiu Fei Tang



Jie Geng, Xi Xin, She Gan, Xing Ren, Mai Men Don
Tian Hua Fen, Qian Hu, Pi Pa Ye, Zhi Ke, Kuan Dong Hua



Avoid Cold, Raw and Sweet taste food or Drinks
Avoid Windy or Cold circumstances

Dry Cough Xing Su San

Professional's Choice Since 1946



Ingredients

Zi Su Ye (6-12g) Qian Hu (6-12g)
Xing Ren (6-12g) Jie Geng (6-12g)
Zhi Ke (6-12g) Chen Pi (6-12g)
Zhi Ban Xia (6-12g) Fu Ling (6-12g)
Sheng Jiang (6-12g) Da Zao (2-5pcs)
Gan Cao (6-12g)

Actions

1. Expel Wind
2. Moisten dryness
3. Expel Wind from the channels

Patterns

Slight headaches, chills, no sweating, cough, clear sputum, stuffy nose, dry throat



Dry Cough

Jing Fang Bai Du San

Professional's Choice Since 1946



Ingredients

Qiang Huo, Du Huo
Fu Ling, Chuan Xiong
Chai Hu, Qian Hu
Jie Geng, Gan Cao
Zhi Qiao, Fang Feng
Jing Jie

Actions

Induces sweat
Releases the Exterior
Dispels Wind
Alleviates pain*

Patterns

Wind Cold Dampness Toxins
Wind Cold Dampness Invade Skin or Interior



Dry Cough

Xin Yi Qing Fei Yin

Ingredients

Xin Yi Hua (1.8g) Sheng Ma (0.9g)
Pi Pa Ye (3 leaves) Huang Qin (3g)
Zhi Zi (3g) Shi Gao (3g)
Zhi Mu (3g) Bai He (3g)
Mai Men Dong (3g) Gan Cao (1.5g)

Actions

1. Clear heat from the Lungs
2. Disperse stagnation and unblock nasal obstruction

Patterns

Failure of Lungs to disseminate the qi along with accumulation of Lung heat



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Dry Cough Sang Ju Yin

Professional's Choice Since 1946



Ingredients

Sang Ye (7.5g) Ju Hua (3g)
Bo He (3g) Jie Geng (6g)
Xing Ren (6g) Lian Qiao (4.5g)
Lu Gen (6g) Sheng Gan Cao (3g)

Actions

1. Expel wind
2. Clear heat
3. Open Lung
4. Stop cough

Patterns

Early, Superficial State Of A Warm-Febrile Disease



Dry Cough

Qing Zao Jiu Fei Tang



Ingredients

Sang Ye (9g) Shi Gao (7.5g)
Xing Ren (2g) Mai Men Dong (3.6g)
E Jiao (2.4g) Hei Zhi Ma (3g)
Pi Pa Ye (3g) Ren Shen (2g)
Gan Cao (3g)

Actions

1. Clear heat
2. moisten dryness
3. supports Lungs

Patterns

Dryness Attacking The Lungs

Dry Cough She Gan

Taste

Bitter

Temperature

Cold

Actions

- 1) Clears heat, resolves toxicity, and improves the condition of the throat;
- 2) Transforms phlegm and clears the Lungs;

Dry Cough Xing Ren

Taste

Bitter

Temperature

Slightly warm, slightly toxic

Actions

- 1) Stops coughing, calms wheezing;
- 2) Moistens Intestines, unblocks bowels;

Dry Cough Mai Men Dong

Taste

Sweet, slightly bitter

Temperature

Slightly cold

Actions

- 1) Moistens Lungs and nourishes the yin;
- 2) Augments the Stomach yin and generates fluids;
- 3) Moistens the Intestines;
- 4) Clears the Heart and eliminates irritability;

Dry Cough Qian Hu

Taste

Bitter, spicy

Temperature

Slightly cold

Actions

- 1) Directs qi downward and dispels phlegm;
- 2) Disperses and scatters wind-heat;

Dry Cough Pi Pa Ye

Taste

Bitter

Temperature

Neutral

Actions

- 1) Transforms phlegm, clears Lung heat, redirects Lung qi downward;
- 2) Harmonizes Stomach, clears Stomach heat, redirects Stomach qi downward;

Dry Cough Kuan Dong Hua

Taste

Spicy

Temperature

Warm

Actions

1) Moistens Lungs, directs qi downward, suppresses coughs, and transforms phlegm;

Herbal Solution for Wet Cough

The Cold Phlegm or Hot Phlegm accumulate in Lung



Xiao Qing Long Tang, She Gan Ma Huang Tang,
Ling Gan Jiang Wei Xin Xia Ren Tang, Ma Xing Gan Shi Tang,
Ding Chuan Tang, Xiao Xian Xiong Tang, Jie Geng Tang,
Qing Guan Yi Hao (Covi-Away)



Large amount of Jie Geng, Ban Xia, She Gan, Zi Wan,
Bei Mu, Gua Lou Shi (Ren), Lai Fu Zi, Ting Li Zi, Yu Xing Cao
Sang Bai Pi, Huang Qin, Zhi Ke, Ma Huang



Avoid Cold, Raw and Sweet taste food or Drinks
Avoid Fried or Spicy food, Avoid Alcohols

Wet Cough

Xiao Qing Long Tang

Ingredients

Ma Huang (9g) Gui Zhi (9g)
Gan Jiang (9g) Xi Xin (9g)
Wu Wei Zi (9g) Bai Shao (9g)
Zhi Ban Xia (9g) Zhi Gan Cao (9g)

Actions

1. Release the exterior
2. Transform congested fluids
3. Warm the Lungs
4. Direct rebellious Qi downward.

Patterns

Exterior Wind-Cold With Congested Fluids



Wet Cough

Jie Geng Tang

Professional's Choice Since 1946



Ingredients

Jie Geng (3g)
Gan Cao (6g)

Actions

1. Eliminates phlegm and pus
2. Clears deficiency fire and toxins

Patterns

Phlegm Stagnation In The Chest With Deficiency Fire Rising.



Wet Cough

She Gan Ma Huang Tang

Ingredients

Ma Huang (12g) She Gan (9g)
Xi Xin (9g) Sheng Jiang (12g)
Zhi Ban Xia (9g) Zi Wan (9g)
Kuan Dong Hua (9g) Da Zao (3g)
Wu Wei Zi (3g)

Actions

1. Ventilate the Lung and dispel phlegm
2. Direct Lung qi downward and stop coughing

Patterns

Phlegm Retention With Reversed Flow Of Lung Qi



Wet Cough

Líng Gān Jiāng Wèi Xīn Xià Rén Tāng

Ingredients

Fu Ling, Ban Xia
Ku Xing Ren, Gan Cao
Qian Jiang, Xi Xin
Wu Wei Zi

Actions

Face and extremities edema, coughing with phlegm, discomfort in the chest, shortness of breath, palpitation with vertigo

Patterns

warm the lung, resolve cold



Professional's Choice Since 1946



Wet Cough

Ma Xing Gan Shi Tang

Ingredients

Ma Huang (12g)
Shi Gao (48g)
Xing Ren (18g)
Zhi Gan Cao (6g)

Actions

1. Eliminate external wind cold
2. Open Lung
3. Relieve surface
4. Clear heat
5. Reduce asthma and cough

Patterns

Heat Lodged In The Lungs



Professional's Choice Since 1946



Wet Cough

Ding Chuan Tang

Ingredients

Bai Guo (9g) Ma Huang (9g)
Zi Su Zi (6g) Kuan Dong Hua (9g)
Xing Ren (9g) Zhi Ban Xia (9g)
Sang Bai Pi (9g) Huang Qin (6g)
Gan Cao (3g)

Actions

1. Open Lung
2. Eliminate exterior wind cold
3. Descend Lung Qi
4. Reduce phlegm
5. Reduce cough and asthma

Patterns

Exterior Wind Cold With Interior Lu Heat (Phlegm Heat Congestion)



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Wet Cough

Xiao Xian Xiong Tang

Ingredients

Gua Lou (30g)
Huang Lian (6g)
Zhi Ban Xia (12g)

Actions

1. Clear Heat
2. transform hot Phlegm
3. open chest
4. reduce nodules

Patterns

Phelgm Heat Accumulating In Chest



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Wet Cough Ban Xia

Taste

Spicy

Temperature

Warm, toxic

Actions

- 1) Dries dampness, transforms phlegm and causes rebellious Qi to descend;
- 2) Directs rebellious qi downward, stops vomiting;
- 3) Dissipates nodules and reduces clumps;

Wet Cough Bei Mu

Taste

Bitter, sweet

Temperature

Slightly cold

Actions

- 1) Moisten the Lungs, transforms phlegm and stop cough;
- 2) Clears heat, dissipates nodules, relieves toxins;

Wet Cough Zi Wan

Taste

Spicy, bitter

Temperature

Slightly warm

Actions

1) Relieves coughing, and expels phlegm;

Wet Cough Gua Lou

Taste

Sweet

Temperature

Cold

Actions

- 1) Moisten the Lungs and transforms phlegm-heat;
- 2) Expands the chest and dissipates nodules;
- 3) Eliminates pus and dissipates nodules;

Wet Cough Lai Fu Zi

Taste

Spicy, sweet

Temperature

Neutral

Actions

- 1) Disperses food stagnation and eliminates distention;
- 2) Descends qi and reduce phlegm;

Wet Cough Ting Li Zi

Taste

Spicy, bitter

Temperature

Very cold

Actions

- 1) Drains the Lung, reduce phlegm and calms wheezing;
- 2) Moves water, and reduces edema;

Wet Cough Yu Xing Cao

Taste

Spicy

Temperature

Cool

Actions

- 1) Clears heat and toxin, reduces swellings and abscesses;
- 2) Drains damp-heat and promotes urination;

Wet Cough Sang Bai Pi

Taste

Sweet

Temperature

Cold

Actions

- 1) Drains heat from Lungs, stops cough, and calms wheezing;
- 2) Promotes urination, and reduces edema;
- 3) Used for hypertension;

Wet Cough Huang Qin

Taste

Bitter

Temperature

Cold

Actions

- 1) Clears heat and dries dampness;
- 2) Clears heat and eliminates toxins;
- 3) Clears heat and stops bleeding;
- 4) Clears heat and quiets the fetus;
- 5) Subdues ascendant Liver yang;

QualiHerb Herbal Solution for Chest Tightness

Tranquility of Nature and Science

The Qi or Blood Stagnates in the Upper (Middle) Jiao



Gua Lou Xie Bai Bai Jiu Tang , Xue Fu Zhu Yu Tang,
Xiao Xian Xiong Tang, Da Chai Hu Tang, Ping We San



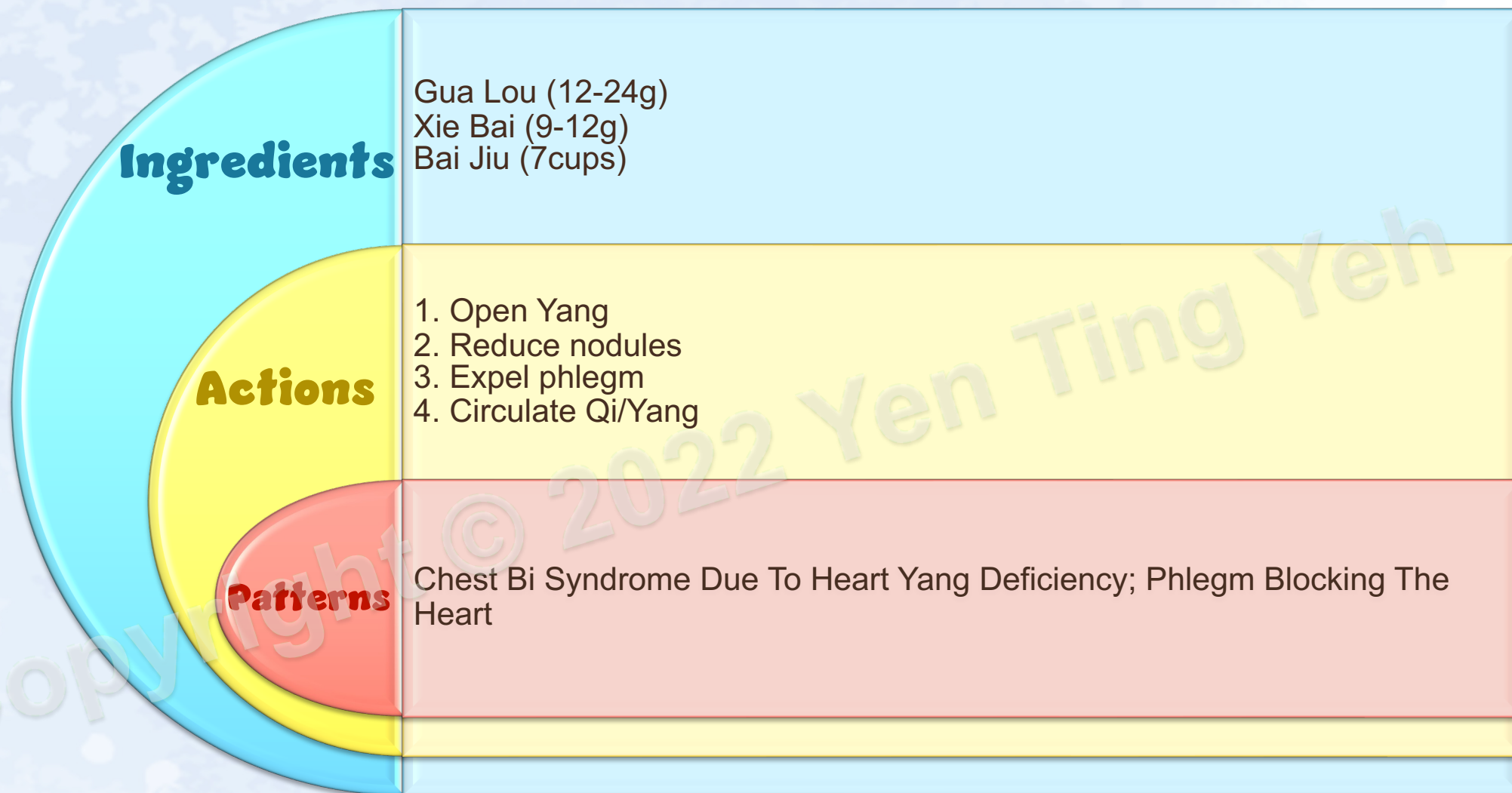
Gui Zhi, Xie Bai, Chuan Xiong, Hong Hua, Chai Hu,
Yu Jin, Gua Lou Shi, Zhu Ru, Bei Mu, Hou Po, Zhi Shi



Avoid Cold Food and Drinks, Avoid Indigestible Food
Keep Warm, Avoid Cold circumstances

Chest Tightness

Gua Lou Xie Bai Bai Jiu Tang



Chest Tightness

Xue Fu Zhu Yu Tang

Ingredients

Tao Ren, Hong Hua
Chuan Xiong, Chi Shao
Dang Gui, Sheng Di Huang
Niu Xi, Chai Hu
Jie Geng, Zhi Ke
Gan Cao

Actions

1. Invigorate Blood
2. Expel Blood stasis
3. Move Qi
4. Stop pain

Patterns

Blood Stagnation In Chest And Constrained Liver Qi



Professional's Choice Since 1946



Chest Tightness

Dai Chai Hu Tang

Professional's Choice Since 1946



QualiHerb.com



Ingredients

Chai Hu (24g) Huang Qin (9g)
Da Huang (6g) Zhi Shi (6-9g)
Bai Shao (9g) Zhi Ban Xia (24g)
Sheng Jiang (15g) Da Zao (12pcs)

Actions

1. Harmonize shaoyang syndrome
2. Purge interior heat in yangming syndrome

Patterns

Shaoyang And Yangming Syndromes

Chest Tightness

Ping Wei San

Professional's Choice Since 1946



Ingredients

Cang Zhu (15g)
Hou Po (9g)
Chen Pi (9g)
Zhi Gan Cao (3g)
Sheng Jiang (2pcs)
Da Zao (2pcs)

Actions

1. Benefit Spleen Qi
2. Dry dampness
3. Move Qi
4. Harmonize the Stomach

Patterns

Damp Cold Stagnating In The Spleen And Stomach (Middle Jiao)



Chest Tightness Gui Zhi

Taste

Sweet, spicy

Temperature

Warm

Actions

- 1) Release the exterior and harmonizes the Ying and Wei
- 2) Tonify heart yang;
- 3) Warms and frees the Yang;
- 4) Warm and frees the channels and disperse cold;

Chest Tightness Xie Bai

Taste

Spicy, bitter

Temperature

Warm

Actions

- 1) Unblock the yang and disperses turbid phlegm;
- 2) Directs the qi downwards and reduces stagnation;

Chest Tightness Yu Jin

Taste

Spicy, bitter

Temperature

Cold

Actions

- 1) Invigorates the blood and stops pain while promoting the movement of qi and resolving constraint;
- 2) Clears heat and cools the blood;
- 3) Clears the Heart and opens the orifices;
- 4) Benefits the Gallbladder and reduces jaundice;

Chest Tightness Zhu Ru

Taste

Sweet

Temperature

Slightly cold

Actions

- 1) Clears and transforms phlegm-heat;
- 2) Clears heat and stops vomiting;

Chest Tightness Hou Po

Taste

Bitter, spicy

Temperature

Warm

Actions

- 1) Moves qi and resolves stagnation;
- 2) Warms the center, transforms phlegm and descends rebellious Qi;
- 3) Directs qi downward, dissolves phlegm, and calms wheezing;

Chest Tightness Zhi Shi

Taste

Bitter, spicy

Temperature

Slightly cold

Actions

- 1) Breaks up stagnant qi and reduces accumulation;
- 2) Transforms phlegm and expels focal distention;
- 3) Also used with qi-tonifying herbs for gastriectasis, gastroptosis, rectal prolapse, or uterine prolapse. Recently used to raise blood pressure.

The Spleen & Stomach Qi stagnation



Ping Wei San, Xiang Sha Liu Jun Zi Tang, Yue Ju Wan
Si Ni San, Chai Hu Shu Gan Tang, Xiao (Da) Chai Hu Tang,



Mu Xiang, Sha Ren, Shen Qu, Lai Fu Zi , Zhi Ke,
Zhi Shi, Da Huang, Zhu Ru, Chai Hu,



Avoid Indigestible Food, Better eat Rice
Avoid Drinking and Eating too much at once

Upset Stomach

Xiang Sha Liu Jun Zi Tang

Ingredients

Ren Shen (3g) , Bai Zhu (6g)
Fu Ling (6g) , Zhi Gan Cao (2.1g)
Chen Pi (2.4g) , Zhi Ban Xia (3g)
Sha Ren (2.4g) , Mu Xiang (2.1g)
Sheng Jiang (6g)

Actions

1. Strengthen the Spleen
2. Harmonize the Stomach
3. Regulate the Qi
4. Alleviate pain

Patterns

Digestive Disorders Due To Spleen Qi Deficiency, And Phlegm Or Dampness Accompanied By Cold



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Upset Stomach

Yue Ju Wan

Professional's Choice Since 1946



Ingredients

Cang Zhu (6-12g)
Chuan Xiong (6-12g)
Xiang Fu (6-12g)
Zhi Zi (6-12g)
Shen Qu (6-12g)

Actions

1. Promote the movement of Qi and relieve constraint

Patterns

Stagnation Of Blood, Dampness, Heat, Food And Qi



Palpitation Si Ni San

Professional's Choice Since 1946



Ingredients

Chai Hu (9-12g)
Zhi Shi (9-12g)
Bai Shao (12-24g)
Zhi Gan Cao (6-9g)

Actions

1. Move Qi
2. Smooth/spread Liver Qi
3. Benefit Spleen
4. Release constraint/heat

Patterns

Cold fingers and toes (body, chest warm) sometimes with irritability, Palpitation, fullness in chest and epigastrium. Vomiting and diarrhea, abdomen pain at navel area w/tenesmus. Maybe plum-pit throat. Fever, bitter taste in mouth.



Upset Stomach

Chai Hu Shu Gan San

Ingredients

Chai Hu (6g) , Xiang Fu (4.5g)
Chen Pi (6g) , Zhi Ke (4.5g)
Bai Shao (4.5g) , Chuan Xiong (4.5g)
Zhi Gan Cao (1.5g)

Actions

1. Regulate the Liver and promote qi circulation
2. Harmonize the blood and relieve pain

Patterns

Liver Qi Stagnation



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Upset Stomach

Xiao Chai Hu Tang

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Ingredients

Chai Hu (12g) , Huang Qin (9g)
Zhi Ban Xia (9g) , Ren Shen (6g)
Zhi Gan Cao (5g) , Sheng Jiang (9g)
Da Zao (4g)

Actions

1. Harmonize Shao Yang
2. Relieve Shao Yang disorder

Patterns

Shao Yang Disharmony (1/2 Interior, 1/2 Exterior)



Upset Stomach Mu Xiang

Taste

Spicy, bitter

Temperature

Warm

Actions

- 1) Promotes the movement of qi and stops pain;
- 2) Adjusts and regulates stagnant qi in the Intestines;
- 3) Strengthens the Spleen and prevents stagnation;

Upset Stomach Sha Ren

Taste

Spicy

Temperature

Warm, aromatic

Actions

- 1) Promotes the movement of qi, transform dampness, and strengthens the Spleen;
- 2) Warms the middle and stops diarrhea;
- 3) Calms the fetus;
- 4) Also used in herbal prescriptions with tonifying herbs to prevent them from causing stagnation;

Upset Stomach Da Huang

Taste

Bitter

Temperature

Cold

Actions

- 1) Drains heat and purges accumulations downward;
- 2) Purges fire;
- 3) Clears heat, dries dampness, and promotes urination;
- 4) Cools the blood;
- 5) Invigorates blood circulation and removes blood stasis;
- 6) Clears heat and reduces fire toxins.

Herbal Solution for Diarrhea

Cold-Dampness affects Middle Jiao



Li Zhong Tang, Huo Xiang Zheng Qi San,
Shen Ling Bai Zhu San, Si Ni Tang, Ge Gen Qin Lian Tang



Huo Xiang, Bai Zhu, Fu Ling, Qian Shi,
Chai Hu, Gan Jiang, Huang Lian



Avoid Cold, Raw and Sweet taste food or Drinks
Avoid Indigestible Food, Better eat Rice

Diarrhea Li Zong Tang

Professional's Choice Since 1946



Ingredients

Gan Jiang
Ren Shen
Bai Zhu
Zhi Gan Cao

Actions

1. Warm the Middle Jiao
2. Expel cold
3. Tonify the Spleen (Yang) and Stomach

Patterns

Middle Jiao Coldness From Deficiency



Huo Xiang Zheng Qi San

Ingredients

Huo Xiang (9g) , Zi Su Ye (3g)
Bai Zhi (3g) , Chen Pi (6g)
Zhi Ban Xia (6g) , Bai Zhu (6g)
Hou Po (6g) , Da Fu Pi (3g)
Fu Ling (3g) , Jie Geng (6g)
Sheng Jiang (3g) , Zhi Gan Cao (2g) , Da Zao (7.5g)

Actions

1. Relieve surface
2. Move Qi
3. Harmonize Stomach
4. Transform damp

Patterns

External Wind-Cold And Internal Damp (Upper And Middle Jiao)



Diarrhea

Shen Ling Bai Zhu San

Ingredients

Ren Shen (10g) , Bai Zhu (9g)
Fu Ling (9g) , Zhi Gan Cao (6g)
Shan Yao (10g) , Bai Bian Dou (7.5g)
Lian Zi (5g) , Yi Yi Ren (5g)
Sha Ren (5g) , Jie Geng (5g)

Actions

1. Benefit Spleen
2. Tonify Qi
3. Drain damp
4. Stop diarrhea

Patterns

Spleen Qi Deficiency With Internally-Generated Dampness



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Diarrhea Si Ni Tang

Professional's Choice Since 1946



Ingredients

Zhi Fu Zi (6-9g)
Gan Jiang (4.5g)
Zhi Gan Cao (6g)

Actions

1. Tonify Kidney Yang
2. Warm Middle Jiao.

Patterns

Extremely Cold Extremities Due To Yang Deficiency



Diarrhea

Ge Gen Qin Lian Tang

Ingredients

Ge Gen (24g)
Huang Qin (9g)
Huang Lian (9g)
Zhi Gan Cao (6g)

Actions

1. Release the exterior
2. Clear interior heat

Patterns

Wind-Cold At The Exterior With Heat Invading The Interior



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Diarrhea Huo Xiang

Taste

Spicy

Temperature

Slightly warm

Actions

- 1) Dispels dampness and releases the exterior;
- 2) Harmonizes the middle burner and stops nausea and vomiting;
- 3) Treats dermatosis;

Diarrhea Bai Zhu

Taste

Bitter, sweet

Temperature

Warm

Actions

- 1) Supplements the Spleen and tonifies qi;
- 2) Dries dampness and promotes water metabolism;
- 3) Stops sweating;
- 4) Quiets the fetus;

Diarrhea Gan Jiang

Taste

Spicy

Temperature

Hot

Actions

- 1) Warms the center and expels cold;
- 2) Restores Yang and dispels interior cold;
- 3) Warms the Lungs and transforms phelgm;
- 4) Warms the channels and stops bleeding;

Diarrhea Qian Shi

Taste

Astringent, sweet

Temperature

Neutral

Actions

- 1) Strengthens the Spleen and stops diarrhea;
- 2) Stabilizes the Kidney and retains the essence;
- 3) Expels dampness and stops discharge;

Diarrhea Huang Lian

Taste

Bitter

Temperature

Cold

Actions

- 1) Clears heat and dries dampness;
- 2) Sedates fire and clears fire toxins;
- 3) Clears heat and stops bleeding;
- 4) Clears toxins topically;

Herbal Solution for Brain Fog

Wind, Cold and Dampness affect Head Circulation



Qiang Huo Sheng Shi Tang, Ban Xia Bai Zhu Tian Ma Tang, Yi Qi Cong Ming Tang, Ma Huang Fu Zhi Xi Xin Tang



Gao Ben, Shi Chang Pu, Tian Ma, Chuan Xiong, Di Long
Hong Hua, Ma Huang, Sheng Jiang, Xi Xin, Pao Fu Zhi



Avoid Cold Food and Drinks, Avoid Indigestible Food
Avoid Alcohols, Better eat Rice
Avoid Wind or Cold influencing Head and Neck Area

Brain Fog

Ban Xia Bai Zhu Tang Ma Tang

Ingredients

Zhi Ban Xia (9g) , Tian Ma (6g)
Bai Zhu (15g) , Fu Ling (6g)
Ju Hong (6g) , Sheng Jiang (1pc)
Da Zao (2pcs) , Zhi Gan Cao (4g)

Actions

1. Strengthen Spleen
2. Dry damp
3. Transform Phlegm
4. Extinguish Wind
5. Pacify Liver

Patterns

Headache And Dizziness Caused By Internal Wind And Phlegm Due To Spleen Qi Deficiency And Accumulation Of Damp-Phlegm And Liver Qi Stagnation



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Yi Qi Cong Ming Tang

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Ingredients

Ren Shen (15g) , Huang Qi (15g)
Ge Gen (9g) , Sheng Ma (9g)
Man Jing Zi (4.5g) , Bai Shao (3g)
Huang Bo (3g) , Zhi Gan Cao (15g)

Actions

1. Tonifies qi and blood
2. Lifts yang qi and benefits the eyes and ears

Patterns

Long-Term Middle Jiao Qi Deficiency With Visual And Aural Disturbances



Brain Fog Tian Ma

Taste

Sweet

Temperature

Neutral

Actions

- 1) Headache, dizziness, childhood convulsion, epilepsy, tonic-clonic spasms, opisthotonos, tetany, and windstroke;
- 2) Headache, dizziness, and migraine headaches from wind-phlegm patterns; wind-stroke with hemiplegia, dizziness, and numbness in the extremities;
- 3) Wind-damp painful obstruction with pain and numbness of the lowerback and extremities;

Herbal Solution for Insomnia

Imbalance of Qi and Blood after sickness



Gui Pi Tang, Suan Zao Ren Tang, Jia Wei Xiao Yao San,
Chai Hu Jia Long Gu Mu Li Tang, Wen Dan Tang,
Chang Er San, Chuan Xiong Cha Tiao San, Ding Chuan Tang



Gou Teng, He Huan Pi, Zhi Zi, Huang Qin, Huang Lian,
Suan Zao Ren, Bai Zi Ren, Yuan Zhi, Shi Chang Pu
Gao Ben, Chang Er Zi, Xin Yi, Jing Jie, Long Gu, Mu Li



Avoid Cold Food and Drinks, Avoid Caffeine
Press Acupoints (GB 20, GB 12, DU 24, EX-HN1)
Avoid light-Emitting Electronic Devices before Bedtime

Insomnia Gui Pi Tang

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Ingredients

Ren Shen (3-6g) , Huang Qi (9-12g)
Bai Zhu (9-12g) , Zhi Gan Cao (3-6g)
Dang Gui (3-6g) , Long Yan Rou (3-6g)
Suan Zao Ren (9-12g) , Fu Ling (9-12g)
Yuan Zhi (3-6g) , Mu Xiang (3-6g)
Sheng Jiang (5pcs) , Da Zao (1pc)

Actions

1. Tonify Spleen Qi and nourish the Spleen
2. Benefit Blood
3. Strengthen the Spleen and nourish Heart Blood

Patterns

Spleen Qi Deficiency And Heart Blood Deficiency, Chronic Bleeding Due To Spleen Qi Deficiency



Insomnia

Jia Wei Xiao Yao San

Ingredients

Chai Hu (9g) , Dang Gui (9g)
Shao Yao (9g) , Bai Zhu (9g)
Fu Ling (9g) , Zhi Gan Cao (3g)
Pao Jiang (3g) , Bo He (3g)
Mu Dan Pi (9g) , Zhi Zi (9g)

Actions

1. Smooth Liver Qi
2. Rectify Qi
3. Tonify Spleen
4. Eliminate damp
5. Nourish Blood
6. Clear heat
7. Resolve depression

Patterns

Liver Qi Congestion With Blood Deficiency Causing Heat/Fire



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Insomnia Wen Dan Tang

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Ingredients

Zhi Ban Xia (6g) , Zhu Ru (6g)
Zhi Shi (6g) , Chen Pi (9g)
Fu Ling (5g) , Sheng Jiang (5pcs)
Da Zao (1pcs) , Gan Cao (3g)

Actions

1. Move Qi
2. Transform Phlegm
3. Clear Gallbladder heat
4. Harmonize Stomach

Patterns

Gall Bladder And Stomach Disharmony With Phlegm Heat



Insomnia Suan Zao Ren Tang

Professional's Choice Since 1946



Ingredients

Suan Zao Ren (15-18g)
Fu Ling (6g)
Chuan Xiong (6g)
Zhi Mu (6g)
Gan Cao (3g)

Actions

1. Nourish Blood
2. calm Spirit
3. Clear heat
4. relieve irritability

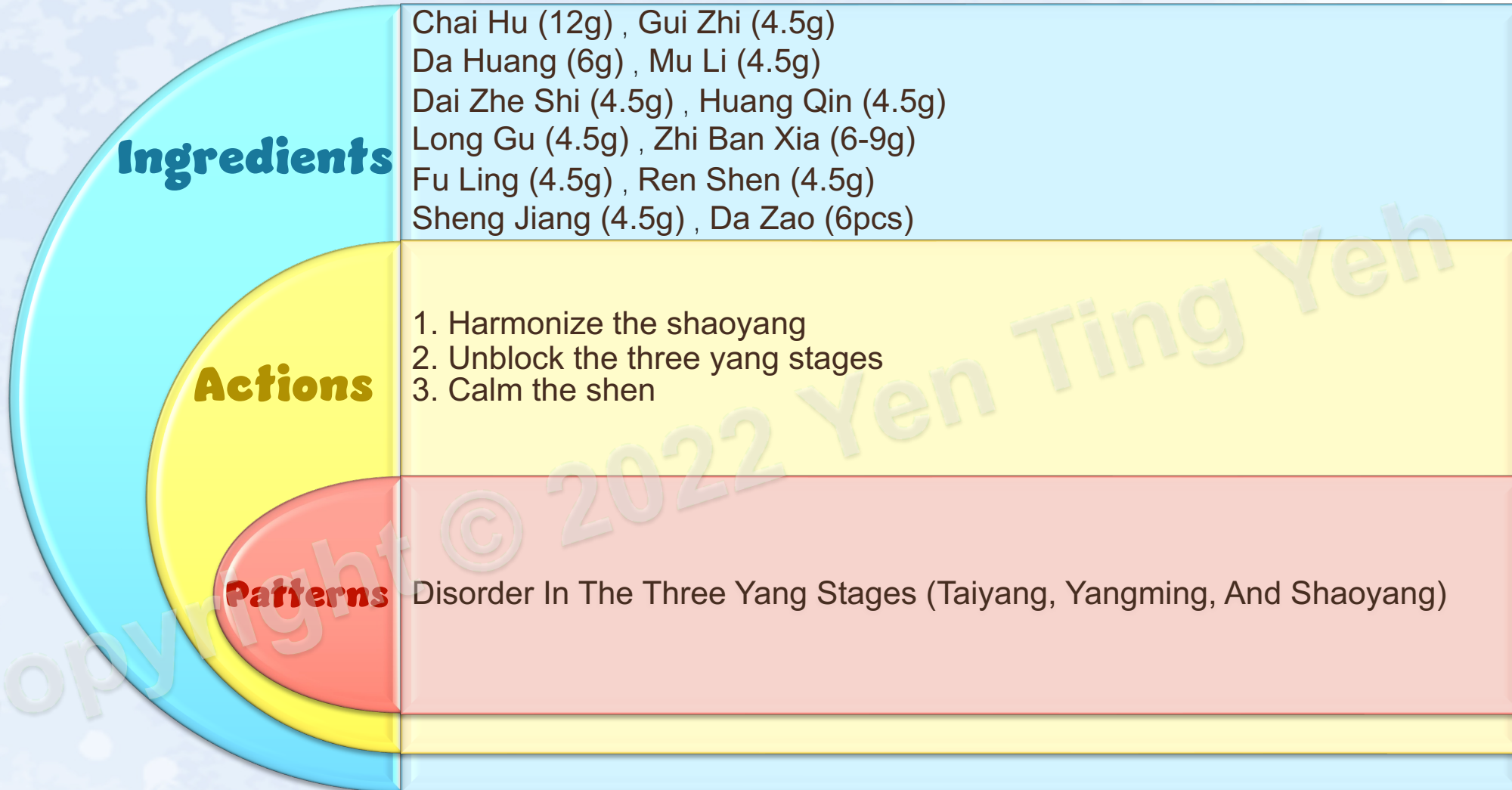
Patterns

Heart And Liver Blood Deficiency With Deficiency Heat



Insomnia

Chai Hu Jia Long Gu Mu Li Tang



Insomnia Gou Teng

Taste

Sweet

Temperature

Slightly cold

Actions

- 1) Extinguishes wind and alleviates spasms;
- 2) Clears Liver heat and subdues the yang;
- 3) Relieves the exterior;

Insomnia He Huan Pi

Taste

Sweet

Temperature

Neutral

Actions

- 1) Calms the spirit and relieves constraint;
- 2) Invigorate the blood, stops pain;
- 3) Disperses swellings and reduces abscesses;

Insomnia Suan Zao Ren

Taste

Sweet, sour

Temperature

Neutral

Actions

- 1) Nourish the Heart yin, augments the Liver blood, and quiets the spirit;
- 2) Prevents abnormal sweating;

Insomnia Bai Zi Ren

Taste

Sweet

Temperature

Neutral

Actions

- 1) Nourishes the Heart and quiets the spirit;
- 2) Moistens the Intestines and opens the bowels;
- 3) Stops sweating;

Upset Stomach Long Gu

Taste

Sweet, astringent

Temperature

Neutral

Actions

- 1) Settles fright and calms the spirit;
- 2) Calms the Liver and anchors rising yang;
- 3) Prevents leakage of fluids and secures essence;

Upset Stomach Mu Li

Taste

Salty, astringent

Temperature

Cool

Actions

- 1) Heavily settles and calms the spirit;
- 2) Benefits the yin and anchors the floating yang;
- 3) Prevents leakage of fluid;
- 4) Softens hardness and dissipates nodules;
- 5) Absolves acidity and stops pain;

Herbal Solution for General Weakness

The Insufficiency of Qi or Blood after sickness



Ma Huang Fu Zhi Xi Xin Tang, (Dang Gui) Si Ni Tang,
Bu Zhong Yi Qi Tang, Ba Zhen Tang



Ren Shen, Fu Zhi, Gang Jiang, Zhi Gan Cao, Gui Zhi,
Bai Zhu, Dang Shen, Dang Gui, Dan Shen



Avoid Cold Food and Drinks, Avoid Indigestible Food
Better eat Rice, Keep Body Warm
Avoid Windy or Cold circumstances

Bu Zhong Yi Qi Tang

Ingredients

Huang Qi (8-20q) , Ren Shen (10g)
Bai Zhu (10g) , Zhi Gan Cao (5g)
Dang Gui (10g) , Chen Pi (6g)
Sheng Ma (.5q) , Chai Hu (.5q)

Actions

1. Tonify Middle Jiao
2. Benefit Qi
2. Raise the sunken Qi

Patterns

Sunken Spleen Qi With Possible Organ Prolapse, Cannot Control Blood



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Weakness

Dang Gui Si Ni Tang

Ingredients

Dang Gui (9g) , Bai Shao (9g)
Gui Zhi (9g) , Xi Xin (6g)
Da Zao (25pcs) , Zhi Gan Cao (6g)
Mu Tong (6g)

Actions

1. Warm channels, disperse cold
2. Nourish Blood
3. Unblock vessels

Patterns

Blood Deficiency Causing Cold Extremities



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Weakness Ba Zhen Tang

Professional's Choice Since 1946



Ingredients

Ren Shen (6-9g) , Shu Di Huang (15-18g)
Bai Zhu (9-12g) , Fu Ling (12-15g)
Dang Gui (12-15g) , Bai Shao (12-15g)
Zhi Gan Cao (3-6g) , Chuan Xiong (6-9g)

Actions

1. Tonify both Qi and Blood

Patterns

Spleen Qi And Liver Blood Deficiency



Weakness Ren Shen

Taste

Sweet, slightly bitter

Temperature

Slightly warm

Actions

- 1) Powerfully tonifies the primal qi;
- 2) Strengthens the Spleen and tonifies the Stomach;
- 3) Tonifies the Lungs and augments the qi;
- 4) Generates fluids and stops thirst;
- 5) Benefits the Heart qi and calms the spirit;
- 6) Miscellaneous adjunctive effect;

Weakness Dang Shen

Taste

Sweet

Temperature

Neutral

Actions

- 1) Strengthens the middle jiao and reinforces the qi;
- 2) Tonifies the Lungs;
- 3) Also used with herbs that release the exterior or drains downward when the presentation includes significant qi deficiency;

Weakness Dang Gui

Taste

Sweet, spicy

Temperature

Warm

Actions

- 1) Tonifies blood and regulates menstruation;
- 2) Invigorates blood circulation and disperses cold;
- 3) Moistens the Intestines and unblocks the bowels;
- 4) Reduces swelling of abscesses and sores, generates flesh and calms pain;

Herbal Solution for Urticaria

Wind-Dampness (Cold/ Heat) Affect Yin Qi & Wei Qi



Gui Zhi Ma Huang Ge Ban Tang, Xiao Fen San
Ma Huang Lian Qiao Chi Xiao Do Tang



Ma Huang, Jing Jie, Yi Yi Ren, Tu Fu Ling, Jin Yin Hua
Mu Dan Pi, Sheng Di Huang, Bai Xian Pi, Ku Shen Gen



Avoid Cold, Raw and Sweet taste food or Drinks
Avoid Fried or Spicy food, No Alcohol
Do Not Stay Up Late

Urticaria Xiao Feng San

Professional's Choice Since 1946



Ingredients

Jing Jie (3g) , Fang Feng (3g)
Niu Bang Zi (3g) , Chan Tui (3g)
Cang Zhu (3g) , Ku Shen (3g)
Mu Tong (1.5g) , Shi Gao (3g)
Zhi Mu (3g) , Sheng Di Huang (3g)
Dang Gui (3g) , Hei Zhi Ma (3g) , Sheng Gan Cao (1.5g)

Actions

1. Dispel external Wind
2. Clear Heat
3. Dry damp
4. Nourish Blood

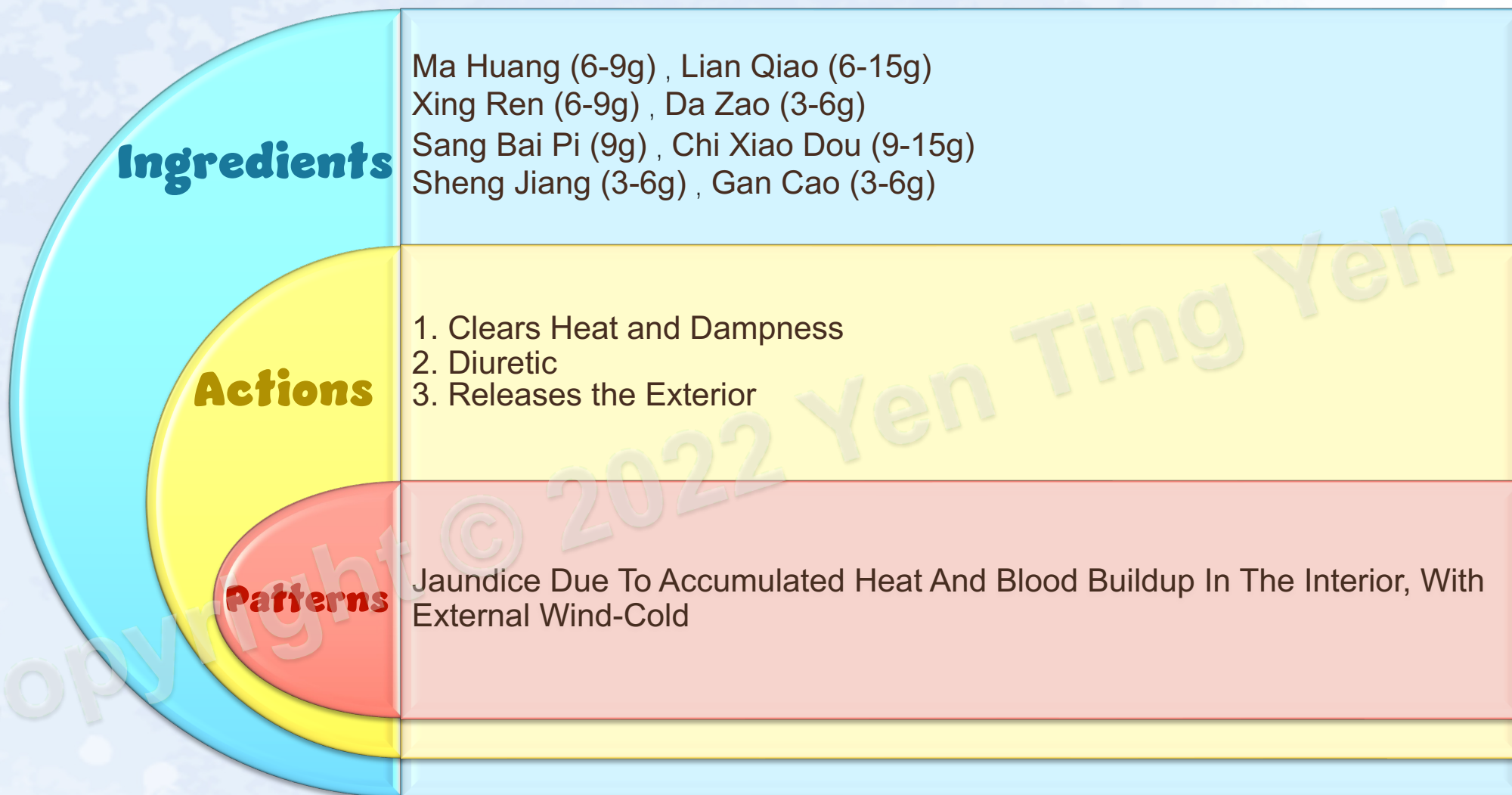
Patterns

Wind-Heat/Wind-Damp Invading The Skin/Body



Urticaria

Ma Huang Lian Ciao Chi Xiao Dou Tang



Urticaria Yi Yi Ren

Taste

Sweet, bland

Temperature

Slightly cold

Actions

- 1) Facilitates the resolution of dampness and strengthens the Spleen;
- 2) Facilitates the resolution of dampness and eliminates painful obstruction;
- 3) Clears heat and expels pus;
- 4) Clears damp-heat;

Urticaria Tu Fu Ling

Taste

Sweet, bland

Temperature

Neutral

Actions

- 1) Resolves toxicity and eliminates dampness;
- 2) Clears damp-heat from the skin;

Urticaria Mu Dan Pi

Taste

Bitter, spicy

Temperature

Slightly cold

Actions

- 1) Clears heat and cools blood;
- 2) Clears fire from deficiency;
- 3) Invigorates the blood and dispels blood stasis;
- 4) Clears ascending Liver fire;
- 5) Drains pus and reduces swelling;

Urticaria Bai Xian Pi

Taste

Bitter

Temperature

Cold

Actions

- 1) Clears heat, resolves toxins, expels wind, and dries dampness;
- 2) Clears damp-heat, alleviates itching;

Urticaria Ku Shen Gen

Taste

Bitter

Temperature

Cold

Actions

- 1) Clears heat and dries dampness;
- 2) Disperse wind, kills parasites, and stops itching;
- 3) Promotes urination;

Thanks!

Do you have any questions?

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