TCM ANTI-VIRAL THERAPY
Using Wen Bing Theory in the Treatment of Modern Epidemics

Jake Paul Fratkin, OMD, L.Ac.

1. OVERVIEW OF SARS EPIDEMIC, 2003

SARS is an acute respiratory illness with typical symptoms of fever, cough and difficult breathing.

By March 18, over 200 cases and 4 deaths had been reported in China and Hong Kong.

During a period of the following three weeks, the number of SARS cases soared to over 2,000, with about 75 deaths, triggering alarms worldwide.

By early April, there were nearly 1,000 new cases per week until mid-May while frantic steps were taken to inhibit its spread.

By May 2003, the World Health Organization cited 8,422 cumulative cases worldwide, most of them in China, Hong Kong, and Taiwan, with 916 deaths - 11% of those infected.

The disease disappeared by July.

HONG KONG

The first outbreak of SARS occurred in the Prince of Wales Hospital on March 12, 2003; a total of 39 cases were reported.

Health care workers were one of the groups most affected in this epidemic.

By June 2003, 338 (19.5%) of the 1755 confirmed or suspected cases of SARS reported in Hong Kong had occurred in health care workers, with six health care workers dying of the disease.
The Centre for Disease Control and Prevention in China has classified SARS as a disease related to Wen Bing (meaning “feverish disease” in TCM), based on the close resemblance between the two illnesses.

The Centre also advised health practitioners to refer to traditionally prescribed treatments and recommendations.

Xinhua News Agency, April 8, 2003:

“After a discussion with doctors from the Guangdong Provincial Hospital of Traditional Chinese Medicine, James Maguire from the WHO medical team said patients in the hospital using TCM have more rapidly recovered from the disease, able to bring down their fever and leave the hospital after 18 days.”

2. CLASSICAL WEN BING THEORY

A. HISTORY

Until the widespread introduction of antibiotics in the 1940s, Chinese medicine excelled at shi bing – seasonal disorders. These included the infectious diseases of colds, influenza, cholera & meningitis.

Treatment of infectious diseases is one of the most important disciplines of Chinese medicine.

The emergence of drug resistant microbes, plus pandemics such as SARS and Avian Flu, point to Chinese medicine as an effective treatment.

Wen Bing theory began in the 12th century, and is still being organized and deepened.

<table>
<thead>
<tr>
<th>Dynasty</th>
<th>Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jin Dynasty</td>
<td>1115-1234</td>
</tr>
<tr>
<td>Yuan Dynasty</td>
<td>1279-1368</td>
</tr>
<tr>
<td>Ming Dynasty</td>
<td>1368-1644</td>
</tr>
<tr>
<td>Qing Dynasty</td>
<td>1644-1911</td>
</tr>
<tr>
<td>Modern era</td>
<td>1911-present</td>
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</tbody>
</table>

Wen Bing replaced Shang Han etiology, “damage by cold”, with a new universe of pathogens and pathologies. The new theory had to account for diseases arriving from the Silk Road trade as well as contact with European, and included smallpox, diphtheria, tuberculosis, typhoid, typhus, etc.
Wen Bing contained many diverse opinions, which coalesced in the 19th century. Many of the doctor-writers were from warm-damp areas south of the Yangzi River.

In 1920s and 30s, compilation of textbooks were devoted to systematic study of warm diseases.

Since the 1980s, warm disease studies (wen bing xue) has been a core subject in TCM colleges.

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**Recommended reading:**

Dr. Guohui Liu

WARM DISEASES, A CLINICAL GUIDE

Jian Min Wen and Garry Seifert

WARM DISEASE THEORY
Paradigm Publications, 2000

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**b. ORGANIZATION OF WEN BING**

(WARM DISEASES)

A. WARM-HEAT DISEASES
B. DAMP-HEAT DISEASES

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**A. WARM-HEAT DISEASES**

1. WIND-WARMTH
   a) Wei Level
   b) Qi Level
   c) Ying Level

2. SPRING-WARMTH
   a) Wei and Qi Level
   b) Qi Level
   c) Ying or Blood Level

3. AUTUMN-DRYNESS
   a) Wei Level
   b) Qi Level

4. WARM-TOXIN
   a) By Burner
   b) Putrefying Throat
   c) Granular Disorder

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**B. DAMP-HEAT DISEASES**

1. SUMMERHEAT-WARMTH
   a) Summerheat-Warmth
   b) Summerheat & Dampness

2. DAMP-WARMTH
   a) Dampness Predominant
   b) Equal Damp and Heat
   c) Damp-Warmth with Heat Predominant
   d) Remnants of Dampness & Heat
   e) Deteriorated Patterns of Damp-Heat

3. LURKING SUMMERHEAT
   a) Initial Onset
   b) Lurking Summerheat in the Qi Level
   c) Lurking Summerheat in Ying and Blood Levels
**WELL KNOWN WEN BING FORMULAS**

<table>
<thead>
<tr>
<th>Chen Shiwen, 1080</th>
<th>liang ge san</th>
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</thead>
<tbody>
<tr>
<td>Chen Yan, 1174</td>
<td>wen dan tang</td>
</tr>
<tr>
<td>Li Ao, 1247</td>
<td>sheng mai san</td>
</tr>
<tr>
<td>Luo Tianyi, c. 1300</td>
<td>pu ji xiao du yin tang</td>
</tr>
<tr>
<td>Wang Menying, 1852</td>
<td>gan lu xiao du pian</td>
</tr>
<tr>
<td>Wu Jutang, 1798</td>
<td>sang ju yin</td>
</tr>
<tr>
<td>Wu Jutang, 1798</td>
<td>yin qiao san</td>
</tr>
</tbody>
</table>

**3. TREATMENT OF SARS, 2003 AND ITS POTENTIAL FOR AVIAN FLU**

*Much of the following information comes from:*


Subhuti Dharmananda, Ph.D.
Institute for Traditional Medicine, Portland, Oregon, May 2003.

http://www.itmonline.org/arts/sars.htm

**a. THE NATURE OF SARS**

SARS demonstrated global havoc when its epidemic broke out worldwide, including mainland China, Taiwan, Hong Kong, Vietnam, Singapore, Macao, North American and Europe.

The first case was found in Foshan, Guangdong Province, China on November 16, 2002, but did not become highly contagious until March, 2003.

It was quickly understood that SARS is due to a coronavirus (named for the array of projections), and this one was genetically mapped following three weeks of day and night work by Canadian researchers.

SARS has been renamed Corona Virus Pneumonia (CVP), but the original term is still used.

Airborne droplets from SARS patients are the main transmission routes.

SARS was found to survive for two days on plastic at room temperature.

The virus is excreted in urine and feces and may remain in sewage for days; a major outbreak in a Hong Kong apartment complex was traced to a leaky sewage pipe.
MORTALITY
In a total of in 8,422 cases, 916 SARS patients died. The overall mortality was about 11%.
In mainland China, a total of 5327 SARS patients occurred, and 349 of them died. The mortality was about 7%.

In Hong Kong, a total of 1755 SARS patients occurred, and 300 of them died. The mortality was about 17%.

In Taiwan, a total of 655 SARS patients occurred and 180 of them died. Mortality was 27%.

The fatality ratio was estimated to be less then:
1% in persons aged 24 years or younger
6% in persons aged 25 to 44 years
15% in persons aged 45 to 64 years.

It was greater than 50% in persons aged 65 years and older.

WESTERN MEDICAL TREATMENT FOR SARS
Western medical treatment included aliment therapy (IV sustenance support), respiratory auxiliary ventilation, anti-infection agents such as ribavirin, and glucocorticoid therapy.

SYMPTOMS
1) Influenza-like symptoms:
   - fever
   - chills
   - muscle pain
   - headache
   - “heavy feeling”
   - cough
   - fatigue
2) Other symptoms:
- loss of appetite
- confusion
- dizziness
- rash
- sleeping problems
- night sweats
- nausea
- diarrhea

DISEASE ORIGINS
The origin of the disease is believed to be a virus in an animal or group of animals that was brought into Guangdong province of China and transmitted to a person or group of people, who then spread it to others.

A likely explanation for the origin of the current epidemic is that a wild animal from a remote forest was brought into a Guangdong meat market, and the virus was transmitted during handling.

b. THE TCM RESPONSE TO SARS

Based on the theory of Traditional Chinese Medicine, SARS can be divided as:

- Initial stage
- Acute stage
- Critical stage
- Recovery stage

1) CLASSICAL WEN BING FORMULAS USED IN THE SARS EPIDEMIC

Traditional Chinese doctors with WHO (World Health Organization) and government agencies recommended certain formulas based on classical Wen Bing categories:

1) Initial Stage

**WIND-WARMTH, Wei Level**
Px: Yin Qiao San
Sang Ju Yin

**WARM-TOXIN, Upper Burner**
Px: Pu Ji Xiao Du Yin

**SUMMERHEAT AND DAMPNESS**
Attacking Lung and Wei Level
Px: Sang Ju Yin

2) Acute Stage –

**SPRING-WARMTH**
QI Level, Excess Heat in Stomach
Px: Bai Hu Tang

**SUMMERHEAT-WARMTH**
Summerheat Attacking the Stomach
Px: Bai Hu Tang

**DAMP-WARMTH, Heat Predominant,**
Stagnation of QI by Damp-Heat
Px: Gan Lu Xiao Du Yin
2) MODERN FORMULAS USED IN THE SARS EPIDEMIC

In order to provide formula recommendations to masses of people without access to experienced TCM doctors, the Chinese Government Health Authority recommended a number of herbal formulas to strengthen the immune system and fight early exposure to the virus.

1) Early wind invasion with sore throat.
   Phragmites Lu Gen
   Lonicera Jin Yin Hua
   Forsythia Lian Qiao
   Cicada Chan Tui
   Bombyx Jiang Chan
   Mentha Bo He
   Glycyrrhiza Gan Cao

2) General immune enhancement
   Atractylodes Cang Zhu
   Atractylodes Bai Zhu
   Astragalus Huang Qi
   Ledebouriella Fang Feng
   Agastache Huo Xiang
   Glehnia Sha Shen
   Lonicera Jin Yin Hua
   Dryopteris Guan Zhong

3) Critical Stage

   WIND-WARMTH
   Ying Level, Yin Fire
   Px: Qing Ying Tang

   SPRING-WARMTH
   Ying or Blood Level, Heat Flaring
   Px: Qing Wen Bai Du Yin

4) Health workers or relations in contact with someone with potential SARS:
   Rhubarb Da Huang
   Lonicera Jin Yin Hua
   Bupleurum Chai Hu
   Scutellaria Huang Qin
   Isatis Ban Lan Gen
   Dryopteris Guan Zhong
   Atractylodes Cang Zhu
   Coix Yi Yi Ren
   Agastache Huo Xiang
   Ledebouriella Fang Feng
   Glycyrrhiza Gan Cao

3) Early symptoms of flu with achiness and nausea.
   Dryopteris Guan Zhong
   Lonicera Jin Yin Hua
   Forsythia Lian Qiao
   Isatis Da Qing Ye
   Perilla Zi Su Ye
   Pueraria Ge Gen
   Agastache Huo Xiang
   Atractylodes Cang Zhu
   Eupatorium Pei Lan
   Pseudostellaria Tai Zi Shen
Other popular formulas included the following:

1) **Immune Enhancement:**
   - Ginseng *Ren Shen*
   - Tremella *Bai Mu Er*
   - Chrysanthemum *Ju Hua*
   - Andrographis *Chuan Xin Lian*

2) **Antiviral formulas:**
   a) Isatis *Ban Lan Gen*  
      Polygonum *Hu Zhang*  
      Dryopteris *Guan Zhong*
   b) Isatis *Da Qing Ye*  
      Isatis *Ban Lan Gen*  
      Dryopteris *Guan Zhong*

4) **Guanzhong Decoction: Immune enhancement with antiviral protection:**
   - Dryopteris *Guan Zhong*
   - Chrysanthemum *Ju Hua*
   - Perilla *Zi Su Ye*
   - Schizonepeta *Jing Jie*
   - Glycyrrhiza *Gan Cao*

5) **“Preventative Anti-Influenza Tea”**
   **Yufang Liuxing Ganmao Cha**
   - Isatis *Da Qing Ye* 10 g.
   - Chrysanthemum *Ju Hua* 10 g.
   - Lonicera *Jin Yin Hua* 20 g.
   - Forsythia *Lian Qiao* 12 g.
   - Ilex *Gang Mei Gen* 20 g.

   Make into a decoction. Take one dose a day for 3 days.

The University of Hong Kong, School of Chinese Medicine, devised two herbal formulas for prevention of SARS. They reported that the clinical staff who have been taking these herbal teas for more than a month had not been infected.

1) **SARS prevention for general use:**
   - Isatis *Ban Lan Gen* 12 g.
   - Lonicera *Jin Yin Hua* 15 g.
   - Forsythia *Lian Qiao* 15 g.
   - Coix *Yi Yi Ren* 15 g.
   - Pseudostellaria *Tai Zi Shen* 15 g.
   - Atractylodes *Bai Zhu* 15 g.
   - Glycyrrhiza *Gan Cao* 9 g.
2) SARS Prevention for Those of Weak Constitution with Dampness:

Agastache Huo Xiang 15  Atractylodes Bai Zhu 15
Eupatorium Pei Lan 9  Coix Yi Yi Ren 18
Lonicera Jin Yin Hua 12  Pseudostellaria
Forsythia Lian Qiao 12  Tai Zi Shen 18
Morus Sang Ye 15  Glycyrrhiza Gan Cao 9
Isatis Ban Lan Gen 9

THE CHINA NATIONAL ADMINISTRATION OF TRADITIONAL CHINESE MEDICINE

The following Chinese herbal prescriptions were recommended to the Chinese population for preventing SARS.

FORMULA 1
Benefit qi, remove damp, clear heat, resolve toxin

Astragalus Huang Qi
Patrinia Bai Jiang Cao
Coix Yi Yi Ren
Platycodon Jie Geng
Glycyrrhiza Gan Cao

FORMULA 2
Clear heat, resolve toxins, resolve turbidity

Houttuynia Yu Xing Cao
Chrysanthemum Ye Ju Hua
Artemesia Yin Chen Hao
Eupatorium Pei Lan
Amomum Cao Guo

FORMULA 3
Clear heat, disperse wind-chill, expel pathogens

Phragmites Lu Gen
Lonicera Jin Yin Hua
Forsythia Lian Qiao
Mentha Bo He
Glycyrrhiza Gan Cao

FORMULA 4
Benefit qi, disperse pathogens, clean toxins, remove moisture

Pseudostellaria
Tai Zi Shen
Dryopteris Guan Zhong
Atractylodes Cang Zhu
Isatis Da Qing Ye

Pueraria Ge Gen
Perilla Zi Su Ye
Agsatache Huo Xiang
Eupatorium Pei Lan
**Department of Health, China**

Transform phlegm, clear heat, dispel wind-heat, resolve pathogenic toxin, stop cough.

- Astragalus Huang Qi 12 g.
- Ledebouriella Fang Feng 12
- Pueraria Ge Gen 8
- Fritillaria Chuan Bei Mu 8
- Scutellaria Huang Qin 8
- Moutan Mu Dan Pi 7
- Isatis Da Qing Ye 12
- Lonicera Jin Yin Hua 12
- Curcuma Yu Jin 9
- Dryopteris Guan Zhong 12

**Report A: A Herbal Formula for the Prevention of Transmission of SARS During the SARS Epidemic in Hong Kong Special Administrative Region — A Prospective Cohort Study.**

Leung PC, Lau TF, Cheng KF and Lam CWK


This is the first study to explore the possibility of using TCM to prevent SARS in a high-risk population (health care workers).

"Abstract. Traditional Chinese medicine (TCM) has a long history of being used to treat respiratory ailments. Many clinicians in China have used TCM to treat SARS patients with favorable outcomes as the symptoms of SARS closely resemble those of wen bing (feverish disease). The use of TCM for the treatment of respiratory illnesses in China has shown promise in the prevention of SARS particularly among high-risk groups."

"SARS attack rates on two groups of health care workers from 11 hospitals in Hong Kong, one using a herbal supplement for a 2-week period (n = 1063) and a control cohort comprising all health care workers who did not receive the supplement (n = 36 111), were compared.

Changes in quality of life and influenza-like symptoms of the herbal supplement users were examined at three time points."

"Results. None of the health care workers who used the supplements subsequently contracted SARS as compared to 0.4% of the health care workers who did not use the supplements (p = 0.014).

Improvements in influenza-like symptoms and quality of life measurements were seen among users of the herbal supplements."

The entire formula consisted of 12 herbs, combining herbs from Sang Ju Yin and Yin Qiao San with the addition of Isatis Da Qing Ye, Scutellaria Huang Qin and Astragalus Huang Qi.

- Morus Sang Ye
- Chrysanthemum Ju Hua
- Armeniaca Xing Ren
- Forsythia Lian Qiao
- Mentha Bo He
- Platycodon Jie Geng
- Glycyrrhiza Gan Cao
- Phragmites Lu Gen
- Astragalus Huang Qi
- Ledebouriella Fang Feng
- Isatis Da Qing Ye
- Scutellaria Huang Qin
### Sang Ju Yin
*Origin: Wu Jutang, 1798*

- Morus Sang Ye
- Phragmites Lu Gen
- Prunus Armeniaca Xing Ren
- Forsythia Lian Qiao
- Chrysanthemum Ju Hua
- Mentha Bo He
- Platycodon Jie Geng
- Glycyrrhiza Gan Cao

### Yin Qiao San
*Origin: Wu Jutang, 1798*

- Lonicera Jin Yin Hua
- Forsythia Lian Qiao
- Arctium Niu Bang Zi
- Platycodon Jie Geng
- Mentha Bo He
- Glycine Soja Dan Dou Chi
- Lophatherum Dan Zhu Ye
- Schizonepeta Jing Jie

### RESULTS

None of the 1063 research subjects who used the herbal supplement contracted SARS.

None of the 3160 health care workers who received the herbal supplement had contracted the virus, based on hospital admissions.

### INFLUENZA-LIKE SYMPTOMS AMONG THE HERBAL USERS

“Subjects tended to have fewer symptoms on days 14 and 28 than on day 0. Continuous improvement from day 14 to day 28 occurred for the following symptoms:

- Chills, cough, fatigue, headache and feelings of “heaviness”.
- There was only slight improvement for rigors, muscle pain and feverishness on days 14 and 28.”

### GOVERNMENT RECOMMENDED PATENT MEDICINE COMBINATIONS

1) *Sang Ju Yin plus Yu Ping Feng San*

2) *Huo Xiang Zheng Qi Pian plus Shuang Huang Lian*  
(Lonicera, Scute and Forsythia)

3) *Huo Xiang Zheng Qi Pian plus Bao He Wan*

Following this research the following occurred:

“The chairman of the Administrative Committee Research Center of Hong Kong Chinese University recommended the manufacturing an initial batch of 40,000 packets of these powdered granules, to be consumed within 10 days.

The committee is planning to provide for medical personnel first and then subsequently made available to the people of Hong Kong in general.”
4. UTILIZED ANTIVIRAL HERBS

1) Classical:
   - Agastache Huo Xiang
   - Artemisia Qing Hao
   - Forsythia Lian Qiao
   - Indigo Qing Dai
   - Isatis Ban Lan Gen
   - Isatis Da Qing Ye
   - Lonicera Jin Yin Hua
   - Taraxacum Pu Gong Ying

2) Modern:
   - Andrographis Chuan Xin Lian
   - Belamcanda She Gan
   - Coix Yi Yin Ren
   - Dryopteris Guan Zhong
   - Evodia San Cha Ku
   - Helicteris Shan Zhi Ma
   - Helicteris Xian Tao Cao
   - Houttuynia Yu Xing Cao

Ilex Gang Mei Gen
Ilex Jiu Bi Ying
Ilex Mao Dong Qing
Paris Qi Ye Yi Zhi Hua
Paris Zao Xiu
Patrinia Bai Jiang Cao
Polygonum Cao He Che
Polygonum Hu Zhang
Verbana Ma Bian Cao
Viola Zl Hua Di Ding

Most promising herbs for SARS:
   - Andrographis Chuan Xin Lian
   - Coix Yi Yin Ren
   - Dryopterus Guan Zhong
   - Forsythia Lian Qiao
   - Lonicera Jin Yin Hua
   - Polygonum Hu Zhang

5. MODERN CHINESE HERBAL PRODUCTS WITH ANTI-VIRAL EFFECT

a. Chinese Patent Medicines
b. American Herbal Products
Health Concerns:
ASTRA ISATIS
CLEAR HEAT
COLD AND FLU
COLD AWAY
ENHANCE
ISATIS GOLD
YIN CHAO JIN
YIN CHAO JR.

Plum Flower:
CHUAN XIN LIAN
FIVE FLAVOR TEAPILLS
GAN MAO LING
UNIVERSAL BENEFIT
YIN QIAO WAN
ZHONG GAN LING

K’an:
ANTIPHLOGISTIC FORM.
GAN MAO LING
INITIAL DEFENSE
YIN QIAO
ZHONG GAN LING

Chinese Modular Solutions:
PHLOGISTICLEAN
PURGE HEAT
WIND BREAKER

Seven Forests:
BELAMCANDA 15
BIDENS 6
FORSYTHIA 18
ILEX 15
ISATIS 6
PARIS 7
PATRINIA 7
SCROPHULARIA 12

CHUAN XIN LIAN
ANTIPHLOGISTIC PILLS
United Pharmaceutical Manufactory;
Guangzhou

chuan xin lian kang yan pian
“Andrographis Fight Inflammation Pills”

Packing and Dosage:
Bottles of 36 or 100 coated pills, each 1.3 g.
Take 2 to 3 pills, 3 x day.

Andrographis Chuan Xin Lian 50. % DD
Taraxacum Pu Gong Ying 25 DD
Isatis Ban Lan Gen 25 DD

Also Available as:
Chuan Xin Lian (Plum Flower)
Antiphlogistic Formula (Kan)

2A-2

CHUAN XIN LIAN
HERBA ANDROGRAPHIS

Category: Clear Heat and Resolve Toxin
Flavor: Bitter
Temperature: Cold

ACTIONS:
1. Clears Heat, Resolves Toxins
2. Dries Dampness, Stops Diarrhea

RESEARCH:
1. Antibiotic against Diplococcus pneumoniae, B-hemolytic streptococcus and many viral microbes.
2. Immune enhancing effect
3. Anti-pyretic
4. Antiinflammatory
5. Increases phagocytic activity of white blood cells
6. Anti-snake venom
**CLINICAL STUDIES:**

1. Nasosinusitis and rhinitis
2. Upper respiratory tract infections
3. Leptospirosis

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**GANMAOLING TABLETS**

United Pharmaceutical Manufactory; Guangzhou

gan mao ling pian

“Common Cold Effective-Remedy Tablets”

**Packing and Dosage:**
Bottles of 36 or 100 tablets.
Take 5 to 6 tablets, every 3 hours as needed.

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<table>
<thead>
<tr>
<th>Ilex Gang Mei Gen</th>
<th>34.3 %</th>
<th>DD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evodia San Cha Ku</td>
<td>21.7</td>
<td>DD</td>
</tr>
<tr>
<td>Vitex Huang Jing Cao</td>
<td>13.0</td>
<td>BB</td>
</tr>
<tr>
<td>Chrysanthemum Ju Hua</td>
<td>13.0</td>
<td>BB</td>
</tr>
<tr>
<td>Isatis Ban Lan Gen</td>
<td>13.0</td>
<td>DD</td>
</tr>
<tr>
<td>Lonicera Jin Yin Hua</td>
<td>4.8</td>
<td>DD</td>
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<tr>
<td>Mentha Bo He Nao</td>
<td>0.01</td>
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</tbody>
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**GANG MEI GEN**

RADIX ILICIS ASPRELLAE

Category: Clear Heat and Resolve Toxin
Flavor: Bitter
Temperature: Cold

Folk medicine from Taiwan

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**SAN CHA KU**

RADIX EVODIAE PTELEAEFOLIAE

Category: Clear Heat and Resolve Toxin
Flavor: Bitter
Temperature: Cool

Folk medicine from Taiwan

**ACTIONS:**

1. Clears Heat, Resolves Toxins
2. Dispels wind damp

**CLINICAL APPLICATIONS:**

1. Common cold
2. Pulmonary abscess and pneumonia
3. Gonorrhea
CLINICAL APPLICATIONS:
1. Common cold
2. Cough
3. Pulmonary abscess and pneumonia
3. Arthralgia due to wind damp

1B3-9
GAN MAO QING CAPSULES
Bai Yun Shan Pharmaceutical General Factory; Guangzhou

“gan mao qing jiao nang
Common Cold Clearing Capsules”

Packing and Dosage:
Bottle of 30 capsules.
Take 1 to 2 capsules, 3 x day.

1B3-12
GAN MAO MIX HERBAL BEVERAGE
Yulin Pharmaceutical Co.; Yulin

“gan mao zhi ke lu
Common Cough Stop Cough Liquid”

Packing and Dosage:
Bottles of 3.38 fl. oz, liquid.
Take 1 teaspoon each time, as needed.

SHAN DOU GEN
RADIX SOPHORAE TONKINENSIS
Category: Clear Heat and Resolve Toxin
Flavor: Bitter
Temperature: Cold
First mentioned: Ma Zhi, 973

ACTIONS:
1. Clears Heat, Resolves Toxins
2. Treats abscesses, carbuncles and tumors
RESEARCH:
1. Immune enhancer
2. Antiasthmatic effects
3. Anti-pyretic
4. Hepato-protective against carbon tetrahydrochloride
5. Antibacterial

CLINICAL STUDIES:
1. Sore throat
2. Acute hepatitis

SHAN ZHI MA
HERBA HELICTERIS

Category: Clear Heat and Resolve Toxin
Flavor: Slightly Bitter
Temperature: Cool

Folk medicine herb from Fujian Province

ACTIONS:
1. Clears Heat, Resolves Toxins

1B3-13
GANMAO TUIRE CHONGJI
No. 3 Traditional Chinese Pharmaceutical Factory; Shanghai

"gan mao tui re chong ji"
“Common Cold Remove Heat Instant (Crystal) Medicine"

Packing and Dosage:
Boxes of ten packets, each packet 18 g of herb.
Take one packet with boiling water, 3 x day.

ZAO XIU
RHIZOMA PARIDIS

Category: Clear Heat and Resolve Toxin
Flavor: Bitter
Temperature: Cool

First mentioned: Shen Nong Ben Cao
Also called: Qi Ye Yi Zhi Hua, Cao He Che

ACTIONS:
1. Clears Heat, Resolves Toxins
2. Reduces swelling and stops pain
### CLINICAL APPLICATIONS:
1. Sores, abscesses
2. Tonsillitis
3. Snake bite

### RESEARCH:
1. Antibacterial
2. Antitussive

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### ZI HUA DI DING
**HERBA VIOLA**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Percentage</th>
</tr>
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<tbody>
<tr>
<td>Isatis Ban Lan Gen</td>
<td>50.0%</td>
</tr>
<tr>
<td>Taraxacum Pu Gong Ying</td>
<td>25.0%</td>
</tr>
<tr>
<td>Viola Zi Hua Di Ding</td>
<td>25.0%</td>
</tr>
</tbody>
</table>

**Category:** Clear Heat and Resolve Toxin  
**Flavor:** Bitter, Spicy  
**Temperature:** Cold  
**First mentioned:** Li Shi-Zhen, 1578

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### ACTIONS:
1. Clears Heat, Resolves Toxins

### RESEARCH:
1. Antibacterial against numerous pathogenic bacteria, as well as Candida albicans  
2. Antipyretic and antiinflammatory effects.

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### ZHONG GAN LING
**Plum Flower Brand**

**zhong gan ling**  
“Heavy Cold Effective-Remedy”

**Packing and Dosage:**  
Bottles of 100 tablets.  
Take 4 to 6 tablets, 3 x day.

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### PANLANKEN
**PANLANKEN**  
Guangzhou Qixing Pharmaceutical Co, Ltd.

*ban lan gen pian*  
*“Isatis Root Tablets”*

**Packing and Dosage:**  
Bottles of 100 tablets.  
Take 3 tablets, 3 x day.
**MAO DONG QING**

**RADIX ILICIS PUBESCENTIS**

**Category:** Clear Heat and Resolve Toxin  
**Flavor:** Bitter, Spicy  
**Temperature:** Cold  

First mentioned: Guangxi Journal of Chinese Herbal Medicines

**ACTIONS:**
1. Activates Blood Circulation and Opens Channels  
2. Clears Heat, Resolves Toxins

**RESEARCH:**
1. Increase blood circulation to coronary blood vessels  
2. Antitussive  
3. Antibacterial

---

**2A-5**

**GANMAO QINGJIAO NANG**  
(Manufacturer Unlisted)

*gan mao qing jiao nang*  
“Common Cold Clearing Capsules”

**Packing and Dosage:**  
Bottles of 30 capsules.  
Take 1 to 2 capsules, 3 x day.

---

**2A-10**

**PITOSILING TABLETS**  
Gold Leaf Brand, Kwangchow Chinese Medicine Factory; Guangzhou  
*te xiao bian tao xian yan ling*  
“Specially Effective Tonsil Gland Inflammation Effective-Remedy”

**Packing and Dosage:**  
Boxes of 100 tablets.  
Take 2 tablets, 3 to 4 x day.
PITOSILING TABLETS

Andrographis Chuan Xin Lian 75% DD
Heliceres Xian Tao Cao 25 DD

VIOLA CLEAR FIRE FORMULA
Golden Flower

Oldenlandia Bai Hua She 15.7% DD
She Cao
Houttuynia Yu Xing Cao 11.8 DD
Viola ZI HUA DI DING 7.9 DD
Isatis Da Qing Ye 7.9 DD
Isatis Ban Lan Gen 7.9 DD
Prunella Xia Ku Cao 5.9 DA
Andrographis Chuan Xin Lian 5.9 DD

CISATIS FORMULA
Chinese Classics

Andrographis Chuan Xin Lian DD
Isatis Da Qing Ye DD
Arctiun Niu Bang Gen DD
Taraxacum Pu Gong Ying DD
Prunella Xia Ku Cao DA
Lithosperm Zi Cao DC
Viola ZI HUA DI DING DD

CLEAR HEAT - Health Concerns

Isatis Da Qing Ye DD
Isatis Ban Lan Gen DD
Oldenlandia Bai Hua She She Cao DD
Lonicera Jin Yin Hua DD
Prunella Xia Ku Cao DA
Andrographis Chuan Xin Lian DD
Laminaria Kun Bu CB
Viola ZI HUA DI DING DD
Cordyceps Dong Chong Xia Cao AC
Glycyrrhiza Gan Cao AA

2A-1
WU WEI XIAO DU WAN
FIVE FLAVOR TEAPILLS
Plum Flower

wu wei xiao du wan
“Five Flavor Disperse Toxin Pill”
Origin: Wu Qian et al, 1742.

Lonicera Jin Yin Hua 22.7% DD
Chrysanthemum Ye Ju Hua 22.7 BB
Taraxacum Pu Gong Ying 22.7 DD
Viola ZI HUA DI DING 22.7 DD
Begonia Zi Bei Tian Gui 9.2 DD
**BIDENS 6**

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**INFLUENZA**

In TCM called *Shi Xing Gan Mao*

An infectious disease of the respiratory tract, caused by a variety of influenza viruses.

- Strongly infectious
- Transmitted by droplets
- Can be isolated or in pandemics
- In all seasons but most prevalent in winter and spring

**DIAGNOSIS OF INFLUENZA**

Large number of patients with similar symptoms

Fever, headache, myalgia

**CLINICAL FEATURES**

Onset is abrupt with toxic symptoms of chills, fever, headache myalgia, weakness.
Respiratory tract symptoms of stuffy or runny nose (rhinorrhea), sneezing. Cough once the fever subsides, with profuse sputum.

Sore or dry throat, usually mild

Sometimes digestive tract symptoms: nausea, vomiting, abdominal pain or diarrhea

Severe cases; high fever, chest pain, cough with bloody sputum, dyspnea, coma

**PHYSICAL EXAMINATION**

- Acutely ill
- Pale with malar flush
- Congestion of conjunctiva and nasal-pharyngeal mucosa
- Secondary symptoms: Shortness of breath or difficulty in breathing. With stethoscope diffuse moist rales can be heard.

**LABORATORY**

- Decreased leukocytes
- Decreased ratio of neutrophils to leukocytes
- Lymphocytes elevated.
- Possible to see virus on nasal mucus taken from close to nares.
- Blood test to confirm: hemagglutination inhibition test or complement fixation test.

**TYPES**

1. WIND COLD SYNDROME
   - Signs and Symptoms:
     - Severe aversion to cold
     - Slight fever. No sweat
     - Headache
     - Pain in extremities
     - Stuffy nose with discharge
     - Cough with thin sputum

**PRESCRIPTIONS:**

- Jing Jie Fang Feng Tang
- Shen Zhu San

Also (Under COMMON COLD, Wind-Cold):

- Ren Shen Bai Du San Wan
- Jing Fang Bai Du San
- Chai Ge Jie Ji Wan

Tongue: Whitish coat

Pulse: floating and tight

Treatment principle: Relieve exterior with spicy warm herbs, open lungs, expel pathogenic cold.
WIND HEAT

Signs and Symptoms:
• High fever, headache
• Sore throat
• Expectoration of yellow phlegm
• Thirst

T: red tongue, with thin coat
P: floating, rapid

Treatment Principle:
• Relieve exterior with cool pungent herbs
• Promote discharge function of lung
• Clear pathogenic heat

PRESCRIPTIONS:
• Yin Qiao San, Modified
• Yin Ju Shi Xing Gan Mao Tang
• Lu Dou Ge Gen Tang
• Gong Ying Guan Zhong Tang
• Qing Re Fang
• Gan Mao He Ji

PATENT MEDICINES
• gan mao ling
• zhong gan ling
• COLD AWAY (HC)
• ILEX 15 (SF)

COMMON COLD
• Very common
• Characterized by fever, aversion to cold, nasal obstruction, runny nose, sneezing, coughing, headache.
• More common in winter and spring with drastic changes in weather
• Complications with children – easily goes into cough.

• Pathogenic wind invades upper respiratory system when body resistance is low. This occurs with sudden climate change.
• Combines with cold in winter, heat in spring, and damp-heat in summer.
• Low body resistance due to:
  Stress or irregular life style
  Drenched in rain
  Negligence to proper clothing in weather
• People with cough are also vulnerable
• Constitution; person with yang deficiency more vulnerable to wind-cold
• A person with yin deficiency more vulnerable to wind heat.
• Wind cold allows viruses to replicate, leading to wind heat.
• Stays in upper respiratory tract.
• Children more prone to fever. Can be severe. Lungs are delicate, and lung qi stagnates. Body fluid accumulates leading to phlegm
• Weak spleen with stagnant stomach qi > poor appetite, vomiting, diarrhea

1. INVASION OF WIND-COLD

Clinical Manifestations: Sudden onset, strong aversion to cold, slight fever, no perspiration, headache, aching joints and limbs, stuffy nose, runny nose, scratchy throat, mild cough with thin, white phlegm, without sensation of excessive thirst or preference for hot drinks.

Tongue: Thin, white, moist tongue coating.
Pulse: Floating or tense.

PRINCIPLES OF TREATMENT:
Relieve the exterior with warm pungent herbs.

PRESCRIPTIONS:
• Jing Fang Bai Du San
• Ren Shen Bai Du San Wan
• Xiao Qing Long Tang
• Ge Gen Wan

2. INVASION OF WIND-HEAT

Clinical Manifestations: Slight aversion to cold, prominent fever, perspiration, headache, red eyes, cough with thick, yellow phlegm, dry or sore swollen throat, stuffy nose with turbid, yellow mucus, thirst.

Tongue: Thin, yellow coating.
Pulse: Floating, rapid.

PRINCIPLES OF TREATMENT:
Relieve the exterior with cool pungent medicines.

PRESCRIPTIONS
• Yin Qiao San
• Sang Ju Yin
• Fang Feng Tong Sheng Wan
• Chai Ge Jie Ji Tang
• Jing Jie Lian Qiao Tang
Other Patent Medicines

- COLD AWAY (HC)
- GAN MAO CHONG JI
- gan mao ling
- GAN MAO LING (HT)
- ILEX 15 (SF)
- PURGE HEAT (CMS)
- WIND BREAKER (CMS)
- zhong gan ling

Comments

- Herbs should be boiled gently and not decocted too long, and taken while still hot.
- Bundle up to induce perspiration, or drink hot water
- The major method of treatment for colds is to induce perspiration.

• Tonic medicines are contraindicated to completely dispel pathogens, but in cases of poor constitution, they may be added to the prescriptions.

• Appropriate modifications should be made according to whether the patient is chronically deficient in qi or yin.

Chinese Herbal Products

- BUPLEURUM GARDENIA TABLETS (SF)
- ECLIPTA TABLETS (SF)
- ECLIPTEX (HC)
- GAN BIN ZHI BEN WAN (BE)
- HEPATOPLEX ONE (HC)
- HEPATOPLEX TWO (HC)
- LIVER C FORMULA (GF)
- LIVER DTX (EC)
- SALVIA/LIGUSTRUM TABLETS (SF)

Hepatitis C Prescriptions

- Xiao Chai Hu Tang
- Xiao Yao San
- Chai Hu Shu Gan
- Shu Gan Jie Yu Fang
- Shen Ling Bai Zhu
- Wei Ling Tang
- Xiang Sha Liu Jun Zi Wan
- Yi Hua Tang
- Xue Fu Zhu Yu Tang
- Xiao Yao Yi Guan Jian

Herpes Simplex

- An acute herpetic dermatosis caused by herpes virus
- Local clustered vesicles
- Known as Heat Sore in TCM (re chuang)
- Triggered by fever, fatigue, stress or GI dysfunction
Attacks where skin and mucus membranes are connected: lips, nostrils, external genitalia, eyes.
Prodromal: local itching and burning, or pain,
Soon forms vesicles in clusters
The base is reddish. Liquid is slightly turbid
Can result in exudation or scab
Course is 1-2 weeks.

DIFFERENTIATION
1) Clear heat and dampness from lung and stomach (if on lips or nose).
   Modified Xin Yi Qing Fei Yin
2) Clear damp-heat from liver and gallbladder
   Long Dan Xie Gan Tang
   Herpes Simplex Formula

External: Huang Bai, Xing Huang San

HERPES ZOSTER
Snake rash (She Dan)
Acute, viral, inflammatory disease of the skin
Named for red, blister-like lesions in bands resembling the shape of a snake
The rash is usually present over the lumbar and costal regions, hence the name chan yao huo dan ("waist-entwining fire rash").
Mainly affects older adults.

ETIOLOGY AND PATHOGENESIS
Due to stagnation of fire in the liver channel simultaneously with latent damp-heat in the spleen channel.
Invasion of exogenous fire toxins cause liver fire to flare up and damp-heat to vaporize, moving through collateral vessels and superficial tissues, and giving rise to blister-like skin lesions.

1. LIVER FIRE AND DAMP-HEAT

CLINICAL MANIFESTATIONS
During the initial stages, the affected area presents bands of piercing, scorching pain and redness of the skin. Starts as itching or burning in affected area. Quick and abrupt onset.
Accompanying symptoms include slight fever, fatigue, lack of strength, and poor appetite.

With continued development, small vesicles develop. These vesicles quickly develop into blisters which appear in small groups arranged in bands.
In severe cases, petechiae or blood blisters may be appear.
• Initially, the fluid in the blisters is clear, becoming more turbid after five to six days.

• The blisters dry up after about two weeks, leaving no scars once the crusts have fallen away.

• Blisters most often occur on one side of the body only, rarely crossing the vertical midline.

• The lumbar and costal regions are the most common sites of infection, although blistering may also occur on the face, neck, chest, abdomen, waist or lower limbs.

• In cases of blisters on the face or head, the condition is more severe and pain is much more acute.

• 2-3 weeks in acute phase
• Post acute > post-herpetic neuralgia

Tongue: Yellow coating.
Pulse: Rapid, wiry.

Principles of Treatment: Clear the liver, purge fire, clear damp-heat.

PRESCRIPTIONS

• Long Dan Xie Gan Tang, modified
• Xiao Yao San, modified
• Yi Ren Chi Dou Tang
• Liang Xue Qing Gan Tang
• Yin Qiao San Huang Tang
• Da Qing Lian Qiao Tang

Post-herpetic Neuralgia
• Jin Ling Zi San Jia Wei Fang

BIBLIOGRAPHY

COMPLETE EXTERNAL THERAPIES OF CHINESE DRUGS, Xu Xiangcai et al. Foreign Language Press,


CODES FOR THE HERB CATEGORIES

AA  TONIFY QI
AB  TONIFY BLOOD
AC  TONIFY (KIDNEY) YANG
AD  TONIFY YIN
BA  WARM-PUNGENT RELEASE EXTERIOR
BB  COOL-PUNGENT RELEASE EXTERIOR
CA  TRANSFORM PHLEGM-DAMP
CB  TRANSFORM PHLEGM-HEAT
CC  RELIEVE COUGH & ASTHMA

DA  CLEAR HEAT AND DRAIN FIRE
DB  CLEAR HEAT AND DRY DAMPNESS
DC  CLEAR HEAT AND COOL BLOOD
DD  CLEAR HEAT AND RESOLVE TOXINS
DE  CLEAR HEAT DUE TO YIN DEFICIENCY
DF  CLEAR AND RELIEVE SUMMER HEAT

E  WARM THE INTERIOR (Spleen Yang)
FA  DISPEL WIND AND DAMPNESS
FB  TRANSFORM (Spleen) DAMPNESS
FC  DRAIN DAMPNESS (Diuretics)

G  REGULATE (STAGNANT) QI
H  RELIEVE FOOD STASIS
J  STOP BLEEDING
K  INVIGORATE BLOOD AND BREAK BLOOD STASIS
L  STABILIZE AND BIND (astringents)
M  OPEN ORIFICES (Senses)
N  CALM SHEN (SPIRIT)
O  EXTINGUISH (ENDOGENOUS) WIND AND STOP TREMORS

PA  PURGATIVES
PB  LUBRICATING PURGATIVES
PC  DIURETIC PURGATIVES
Q  EXPEL PARASITES
R  EXTERNAL APPLICATION