

Formula 1

10-06-06

Formula 1.....	1
<u>0 Introduction.....</u>	<u>1</u>
<u>0.1 Brief history of Chinese Herbal formula books.....</u>	<u>1</u>
<u>0.2 Relationship of formulas to strategies.....</u>	<u>1</u>
<u>0.3 Eight Methods (Ba Fa) of Treatment Strategies.....</u>	<u>2</u>
<u>0.3.1 Sweating (Han(sweat) Fa(method)).....</u>	<u>2</u>
<u>0.3.2 Vomiting (Tu Fa).....</u>	<u>2</u>
<u>0.3.3 Draining Downward (Xia (lower) Fa(method)).....</u>	<u>3</u>
<u>0.3.4 Harmonizing (He Fa).....</u>	<u>3</u>
<u>0.3.5 Warming (Wen Fa).....</u>	<u>4</u>
<u>0.3.6 Clearing (qing fa).....</u>	<u>4</u>
<u>0.3.7 Reducing (xiao fa).....</u>	<u>5</u>
<u>0.3.8 Tonifying (bu fa).....</u>	<u>6</u>
<u>1 Chapter 1, Formulas that release the exterior.....</u>	<u>8</u>
<u>1.1 General.....</u>	<u>8</u>
<u>1.1.1 Actions.....</u>	<u>8</u>
<u>1.1.2 Applications.....</u>	<u>8</u>
<u>1.1.3 Sections.....</u>	<u>8</u>
<u>1.1.4 Annotations.....</u>	<u>8</u>
<u>1.2 Acrid and Warm Formulas That Release the Exterior (Wind Cold).....</u>	<u>9</u>
<u>1.2.1 Ma Huang Tang.....</u>	<u>9</u>

2nd week we'll do the review for the mid-term

We'll have a mid-term and a final in the class.

If you don't get at least a 90% on your exam, turn in your worksheet and you can get a better grade. This will help you review. If you have a homework sheet for each class, you can get your grade back to 90. this will force you to do the worksheet.

Worksheet:

- Right down chapter main pattern:
- Right down each formula (English, latin, and pinyin)

0 Introduction

0.1 Brief history of Chinese Herbal formula books.

- You don't need to memorize the history of the books. It's good for future knowledge. The books are difficult to read.

0.2 Relationship of formulas to strategies

- Theory leads to strategy leads to formulas leads to individual herbs (ingredients)
- The more you understand the physiologic condition, the more you understand how to use the herbs.

- Formula: comprised of medical substances , the particular configuration of which is dictated by the principles of the treatment strategy.

0.3 Eight Methods (Ba Fa) of Treatment Strategies

0.3.1 Sweating (Han(sweat) Fa(method))

- Induce sweating by stimulating and disseminating the Lung Qi, regulating and facilitating the interaction between the nutritive and protective qi., so that the pores open and pathogenic influences in the exterior or other superficial levels of the body can be released with the sweat.
- Application
 - Contraindicated in excessive external conditions...
 - Measles and similar rashes
 - Acute edema, more severe above the waist
 - Acute edema often related to kidney infection.
 - Make sure to encourage the patient to go to the doctor. You may not be able to stop the problem developing quickly enough.
 - Early-stages of pain and swelling from wind-damp
 - Skin disorders, with itching, caused by wind
 - Be careful with chronic skin conditions, especially with eczema. If you sweat with these, you can cause ulcerations. The patient won't like this. We understand that this is just heat coming out, but the patient won't want to see this.
 - Diseases which are working their way out from the interior
 - It matters how deep it is.
 - It can come out by "oozing", "hives" – cold rice rash, or rash.
 - If you "sweat" out cancer stagnation too much, you can injure the yin and cause the cancer to flare up early.
 - If you've got an acute situation, you can go 50% sweat and 50% dealing with pain.
- Strategies
 - Acrid and warming to release the exterior
 - Acrid and cooling to release the exterior
- Combination Strategies
 - Benefit the qi and release the exterior
 - Warm the yang and release the exterior
 - Nourish the yin and release the exterior
 - Drive out fluids and release the exterior
 - Either bowels or urination
 - Release the exterior and cool the interior

0.3.2 Vomiting (Tu Fa)

- CJ Sez: don't use this one in the USA.
- Study this by yourself.

- The body must be pretty strong to do this. You wouldn't want to use this with a chronic or deficiency problem.
- Perhaps a one time acute thing (kind of like ipecac)

0.3.3 Draining Downward (Xia (lower) Fa(method))

- Application
 - Constipation
 - Dried feces in the intestines
 - Hot accumulation
 - Hot food can cause this.
 - Contagious disease or heat based diseases can transfer to the bowels and cause accumulation (constipation). This will also lead to dried feces.
 - Cold accumulation
 - Cold pathogen. This is fairly rare.
 - Water Build up
 - Includes chronic or acute edema.
 - Turbid damp pathogen
 - More concentrated this becomes phlegm.
 - Blood buildup
 - Chronic blood stasis that builds up in the body or in the intestines.
 - Phlegm Build up
- Strategies
 - Purge heat accumulation
 - Warm the yang and guide out the accumulation
 - Moisten the intestines and unblock the bowels
 - Drive out excess water
- Combination strategies
 - Simultaneous purging and tonifying
 - You want to tonify because you need to give the power to push along with tonifying the yin to help lubrication.
 - Invigorate the blood and drain downward

0.3.4 Harmonizing (He Fa)

- Applications
 - Shao (lesser) yang (brightness) disorders
 - Means things are getting more yin – CJ sez.
 - Tai Yang Tai Yin
 - Shao Yang Shao Yin (heart is light heat, kidney is earth heat)
 - Yang Ming Jue yin
 - Malarial disorders
 - Depression
 - Carefully. Don't use this too long. If you are on medication it can be more hot so be careful not to damage the yin.

- You can combine western medication along with Chinese herbs.
- dysmenorrhea
- Epigastria focal distention (sensation of upper abdominal distention)
- Spleen and stomach disorder
- Liver and stomach disorder
- Liver and spleen disorder
- Exterior and interior disorder
- Strategy
 - Harmonize the shao (lesser) yang (brightness)
 - Vent the membrane source
 - Both the inner(digestive) and outer skin of the body.
 - Harmonize the liver and spleen
 - Regulate the stomach and intestines
- Combination strategies
 - Harmonize and release
 - Harmonize and purge

0.3.5 Warming (Wen Fa)

- Warms the interior and unblocks the channels to dispel cold from the interior or the channels, thereby restoring the functions of the yang qi.
 - Using this method can be very difficult
 - Long term could cause a serious situation.
 - American body styles may not respond as quickly to these types of formulas.
 - 7 elements
 - Soil – earth (heat is hiding in the earth) This heat makes everything grow. Soil color is yellow. Chinese body style can't handle the heat as well because they are yellow. It's a matter of constitution.
- Applications
 - Cold in the channels
 - Cold at tackling the middle jiao
 - Cold with devastated a yang
- Strategy
 - Warm the channels and disperse the cold
 - Warm the middle jiao and dispel cold
 - Restore and revive yang
- Combination strategies
 - Warm the yang and guide out accumulation
 - Warm and transform cold phlegm
 - Warm and transform water and dampness.

0.3.6 Clearing (qing fa)

- Clears heat and drains fire to eliminate heat, fire, and the toxicity from the body.

- Applications:
 - Interior heat
 - Heat in any organ
 - Either 12 or 14 if you are CJ
- Strategy
 - Clear heat from the qi level
 - Clear heat from the yin and blood levels
 - Clear heat from the organs
 - Clear heat and relieve toxicity
- Combination Strategies
 - Clear the heat and augment the fluids
 - Clear the heat and benefit the qi
 - Because the heat damages the fluid and yin in the body, it will also damage the qi. This is why internal excess heat can cause the extremities to be cold. This is internal heat with qi deficiency.
 - Clear heat and enrich the yin

0.3.7 Reducing (xiao fa)

- Gradually reduces clumping or accumulation of qi stagnation, blood stasis, food stagnation, phlegm, etc
- Applications
 - Qi stagnation
 - Blood stagnation
 - Food stagnation
 - Phlegm
 - Parasites
 - Abscesses
 - Extreme heat stagnation
 - *All stagnation can lead to heat. Why does heat cause stagnation? Because life is about movement and circulation. Without movement this energy has to turn into heat.*
- Strategies
 - Eliminate food stagnation
 - Reduce accumulation
 - Transform phlegm
 - Eliminate childhood nutritional impairment
 - Can be from nutrition impairment or can be from over nutrition which can cause food stagnation.
 - Food stagnation with toxic heat.
 - You can see this at any age.
 - Kill parasites
 - Reduces sores and disperse abscesses
- Combination strategies
 - Reduce stagnation or deficiency of the body

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0.3.8 Tonifying (bu fa)

- Tonifies the weak or deficiencies of the body
- Applications
 - Deficiency of Qi, Blood, yin, or yang
 - Deficiency of any organ (the function)
 - This could be the organ tissue
- Strategies
 - Tonify the qi
 - Nourish the blood
 - Tonify the yang
 - Enrich the yin
- Combination Strategies
 - Tonify the qi, blood, yin, or yang and release the exterior
 - Support the normal and purge
 - Enrich the yin and moisten dryness
 - Tonify the qi and invigorate the blood
- *Why just these 8 treatment methods? Why not more to deal with all kinds of things?*
 - *It's related to the "I Ching" and the "Ba Gua"*
 - *Anything more complexity is too hard to handle. Everything you need to treat any problem can be held within these eight methodologies. You can fit any treatment into one of these 8 categories.*
- Composition of Formulas (these need to be memorized)
 - Composition
 - Chief, King, or principal
 - Could be the whole formula, could be several herbs
 - Deputy (minister and associate)
 - Assistant (adjutant)
 - Help assistant
 - Corrective assistant
 - Opposing assistant
 - If chief is heat, use cold; if chief is cold, use heat.
 - Envoy (guide, conductance, and messenger)
 - Focuses the action of the formula on a certain body part
 - Harmonizes and regulates the effect on the formula
 - Modifications of the formulas
 - Dosage
 - From Bensky
 - 16 liang = 1 jin = 500g or about one pound.
 - 1 liang = 31.25g
 - 1 qian = 3.125g
 - 1 fen = 0.3125g

- The following sentence may be in future tests. “We follow the convention used in our sources of rounding off these numbers so that 1 liang = 30g, 1 qian = 3g.”
 - The strength of the formula and even its indication may be altered.
- Ingredient modifications
 - Chief ingredient and the principle action of the formula do not change, only minor ingredients are added or subtracted for a specific condition, and the formula name does not change
 - Chief ingredient remains the same, but most of the other ingredients are changed so that the action of the formula changes.
 - Modification where alternation herb changes from a formula, results in the character and action of the formula being completely different.
- Form of administration modification
- Types of formulas
 - Decoction
 - Drunk as tea
 - Applied to skin as wash
 - The decoction lasts only a few days. (CJ suggests not more than 12 hours. Make sure to use a refrigerator for more than a 12 hours)
 - The method of preparation is in decoction manual of Chinese herbal medicine.
 - Powder
 - Can last for 1-2 years if cool and w/o moisture.
 - *Exposure to sunlight can reduce the function*
 - Pill, tablet, or capsule
 - Page 19 from Bensky
 - The ingredients are finely ground or pulverized, a liquid or other viscous medium is added and round pills are formed. In general, pills are absorbed slowly and in general over a long period of time. They are most commonly used for treating chronic disorder associated with deficiency, but can also be stored for quick use in treating acute disorders when there is little time to prepare the decoction or powder. The most common type pills are those made with honey, water, paste, or from the concentrate.
 - Extracts (tincture)
 - Not usually boiled, usually just added to water.
 - Soft extracts (gao ji) or syrups
 - Not common in the USA.
 - Common for children.
 - Herbal wine
 - Can be taken orally or externally.
 - This is historically for tonifying.
 - It has been for arthritis or for increased sexual function.
 - Granules
 - Very common today instead of the raw tea.

- Herbal extracts are mixed with a binding medium, dried and powdered to produce a semi-soluble product that could be reconstituted in hot water before **ingestion**.
- Injection
 - Perhaps in China, not here.
- Liniment
 - These are liquid Oil-based herbs for external use

1 Chapter 1, Formulas that release the exterior

1.1 General

1.1.1 Actions

- Induces sweating to relieve the exterior
 - Bodies tend to want to push things out to the exterior. If we didn't try to release the exterior, we would be working against our body's natural tendency.
- Disperses pathogenic factors from the muscle layer
- Promotes the measles or skin disorder

1.1.2 Applications

- Wind heat or wind-cold syndrome

1.1.3 Sections

- Acrid and warm formulas that release the exterior (cold)
- Acrid and cool formulas that release the exterior (warm)
- Formulas that release the exterior with interior deficiency (yin, qi, or yang is common)
- Formulas that release the exterior – interior excess (often heat)

1.1.4 Annotations

- 15-20 minute decoction to avoid evaporation of volatile oils (some can may be shorter)
- Avoids excessive sweating and discontinue immediately when symptoms improve
- Herbal tea should be taken warm
- Sweating method (han fa) release the exterior is included in TCM strategy
- Light sweat is the best.
- Release exterior formulas can not be used long term.
- Avoid wind & cold after taking herbal formulas.
 - After you take the formula, cover up and go to sleep. Don't go out, even if you feel better.
- Avoid taking cold, greasy, hard foods
- When the body is sweating, do not take away the covers, change the clothes, or take a shower until you feel cold. Don't move, add more layers to warm you up and dry you out, then you can change.

- For early stage, you can take it every two hours up to a maximum of four times a day.
- For prevent cold, best way is take one of each warm and cold formula. (Together)
 - In the 20th century, there are a lot of viruses flying around all of the time. They are just waiting for the immune system to go down. When we catch a cold, it brings the defense system down. These other pathogens are just waiting for a chance to get in.
 - The sooner you start to treat yourself the quicker you will get better.
 - The quicker you take care of the problem, the less likely a deeper pathogen will or can flare up.
 - You can avoid a severe situation by keeping away a cold.
 - Why sneezing? When you get a cold, the cold seals off the skin, there's no where else for the qi to go out, so you sneeze today.

1.2 **Acrid and Warm Formulas That Release the Exterior (Wind Cold)**

1.2.1 **Ma Huang Tang**

Do not use in Illinois

Source: Shang Han Lun (Discussion of Cold-induced disorders)

Elements:

Chief		Ma Huang	Strongly induces sweating, disperse wind-cold, dissipates lung qi, arrests wheezing and reduces edema
Deputy		Gui Zhi	Harmonizes ying and wei qi, relieves the exterior
Assistant		Xing ren	Directs the rebellious lung qi downward, relieves cough and wheezing.
Envoy		Zhi Gan Cao	Moderates the actions of ma huang and the formula

1.2.1.1 **Actions**

- Induces sweating disperse the exterior, opens lung qi, and arrests cough and wheezing

1.2.1.2 **Clinical Applications**

- **Exterior wind-cold (excessive exterior syndrome):** No sweating, fevers, chills, headache, body aches and pains, cough or wheezing
- **Pulse:** floating and tight
- **Tongue:** Thin white coat
- **A:** Skin disorder (rashes/eruption) or allergic rhinitis
- **B:** Superficial edema with wind-cold excessive syndrome
 - Be careful with edema situations.

Memorize the major patterns and formulas along with major variations

1.2.1.3 **Pathogenesis:**

- The wei area is cold, it can freeze the defensive and stagnates the ying area.

1.2.1.4 Annotations

- This formula's focus is to stimulate sweating. It should not be used for weak body or yin and body fluid deficiency.
- Due to ma huang, the formula should be used with caution for hypertensive patients.
- This decoction should be taken warm and the patient may bundle up to help induce sweating, once sweating occurs, stop administering the formula
- (The most the formula should be take for is two days)