



SUN TEN

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NEWSLETTER

中医 Traditional Chinese Medicine



Master Fang Heqian's Way of Using Xiao Chai Hu Tang (Minor Bupleurum Combination)

Beijing Zhongyi Magazine, 2002, 21(2):74-76 [Excerpt]
Translated and condensed by Dagmar Riley

When hearing the words *Xiao Chai Hu Tang* one immediately thinks of *Shao Yang* [lesser Yang], *Shao Yang Bing* [lesser Yang disease] and the corresponding treatment strategy known as *He Jie Fa*, commonly translated as the "harmonising method".

The *Shang Han Lun* defines *Xiao Chai Hu Tang* Pattern in Line 96 as "When in cold damage that has lasted for five or six days or wind strike, there is alternation of heat effusion and aversion to cold, a sensation of fullness in the chest and rib-side, the patient is distant and uncommunicative and has no desire for food or drink, heart vexation and frequent retching, or vexation in the chest and no retching, or thirst, or pain in the abdomen, or hard glomus under the rib-side, or palpitations below the heart with inhibited urination, or absence of thirst with mild generalised heat, or cough; then *Xiao Chai Hu Tang* governs."¹

Master Fang Heqian points out that it is necessary to recall all aspects of the concept of *Shao Yang* in order to use the classical definition of *Xiao Chai Hu Tang* Pattern with flexibility and understanding in today's clinical practice.

The location of *Shao Yang* includes the gallbladder, the gallbladder channel, and the triple burner. The gallbladder stands in exterior-interior relationship with the liver. When the gallbladder's clearing and disinhibiting (secretion of bile) functions well, then liver Qi flows smoothly and the spleen-stomach works harmoniously. The foot *Shao Yang* gallbladder channel is located at the sides of the body and head.

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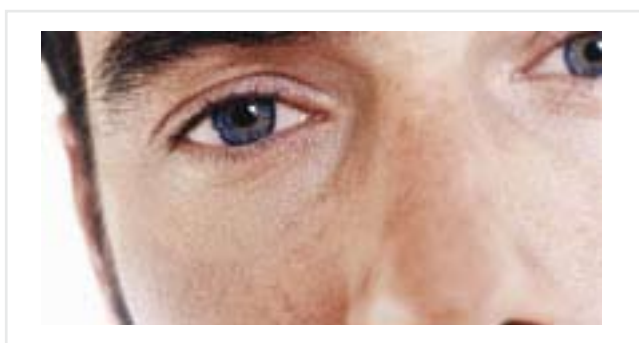
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Shao Yang channel is situated between *Tai Yang* channel on the exterior, and *Yang Ming* channel on the interior. The hand *Shao Yang* triple burner channel is the passageway for water-, fire- and Qi dynamic, and regulates Qi transformation (a concept similar to the body's metabolism). The physiological functions of *Shao Yang* are carried out by Yang Qi. The *Shao Yang* Yang Qi warms and stimulates the function of all bowels and viscera; it supports the free coursing of the body's Qi dynamic, co-ordinates exterior and interior, and regulates the emotions.

If the physiological functions of *Shao Yang* are disturbed, then the Shang Han Lun says in Line 263 "when *Shao Yang* is diseased, the person experiences a bitter taste in the mouth, dry throat, and dizzy vision."² When external evil passes into the *Shao Yang*, gallbladder fire flames upward, the pivot mechanism is disturbed, channel Qi does not flow smoothly, which in turn disturbs the spleen-stomach.

The *Chai Hu Tang* Pattern symptom "a sensation of fullness in the chest and rib-side" is brought about by *Shao Yang* channel Qi obstruction, "the patient is distant and uncommunicative and has no desire for food or drink" is due to the inhibited *Shao Yang* pivot mechanism, "heart vexation and frequent retching" is related to liver-gallbladder fire, with the fire invading the stomach causing retching, "a bitter taste in the mouth" is caused by liver-gallbladder fire, "dry throat" is due to fire flaming upward, "dizzy vision" is due to liver-gallbladder fire and the fact that the foot *Shao Yang* gallbladder channel starts at the outer canthus of the eye and the liver opens at the eyes.

Therefore, *Shao Yang Bing* can involve the gallbladder and its exterior-interior related organ, the liver, it can involve the gallbladder channel, and the triple burner (including heart and lung – upper burner, spleen-stomach - middle burner, liver and kidney - lower burner). Once the *Chai Hu Tang* Pattern symptoms are read in their proper context, they are easier to interpret and use in daily clinic.



"...when *Shao Yang* is diseased, the person experiences a bitter taste in the mouth, dry throat and dizzy vision."

Zhang Zhong Jing says in Line 101 of the Shang Han Lun: "When in cold damage wind strike there are Minor Bupleurum Decoction signs, only one sign means that this is the pattern, they do not all have to be present."³ This does not mean that with just any one of the symptoms appearing one can automatically treat with *Xiao Chai Hu Tang*, but rather that if the patient displays one of the classical symptoms mentioned in the *Shang Han Lun* and his other general symptoms and signs fit within the concept of *Shao Yang*, one does not have to wait for the other classical symptoms to appear but can immediately treat with *Xiao Chai Hu Tang*, as the clinical examples at the end of this article illustrate. To grasp the meaning of *Xiao Chai Hu Tang* Pattern means that one is given a method of analysing and treating certain disorders, however, one has to carefully adjust the formula according to the patient's symptoms and signs.



Bupleurum

Shao Yang is between *Tai Yang* (exterior) and *Yang Ming* (interior). *Xiao Chai Hu Tang* is a formula addressing the pivot mechanism, meaning that one can use it in all cases where cold evil is not entirely at the surface any more but has not yet fully invaded the interior, even if not all classical symptoms are present. Master Fang Heqian says that *Xiao Chai Hu Tang* Pattern is a condition that only lasts for a very short time before starting to transform into cold or heat, or develop concurrent exterior or interior patterns. One hundred per cent half-exterior half-interior pattern, in which exterior evil fails to invade the interior but right Qi is not strong enough to expel evil, is rare. Therefore, *Xiao Chai Hu Tang* needs to be modified according to any occurring changes in the pattern. For example, if there is a concurrent exterior pattern one uses *Chai Hu Gui Zhi Tang* [Bupleurum & Cinnamon Combination], and in case of concurrent interior pattern *Da Chai Hu Tang* [Major Bupleurum Combination] is used, or if there is coexisting water-rheum one uses *Chai Hu Gui Zhi Gan Jiang Tang* [Bupleurum, Cinnamon & Ginger Combination].

Xiao Chai Hu Tang should be viewed as the representative formula of the *He Jie Fa* [harmonising method], and in clinical context should be used flexibly with the correct modifications. Master Fang Heqian explains that in his opinion, *He Jie Fa* does not mean “harmonising method” as it is commonly translated, because it is impossible to harmonise evil and right. He says that *He* stands for “supporting right Qi”, helping right Qi to fight evil, and *Jie* stands for resolving the exterior, expelling evil.

According to his motto “Follow the example of the methods of our forefathers, but don’t rigidly adhere to their formulae in an ever-changing clinical context”, Master Fang Heqian has devised his own modification of *Xiao Chai Hu Tang* which, with appropriate variations, he finds most useful in modern clinical situations. The formula consists of *Xiao Chai Hu Tang*, *Chai Hu* [Bupleurum], *Huang Qin* [Scute], *Ban Xia* [Pinellia], *Ren Shen* [Ginseng], *Da Zao* [Jujube], *Gan Cao* [Licorice], *Sheng Jiang* [Ginger], with Master Fang Heqian’s own addition of *Dang Gui* [Angelica sinensis], *Bai Shao* [White Peony], *Bai Zhu* [Atractylodes], *Bo He* [Mentha], *Su Geng* [Perilla frutescens], and *Xiang Fu* [Cyperus]. The formula nourishes blood and liver, fortifies the spleen and benefits Qi, courses the liver and treats Qi stagnation. Thus, the formula supports right Qi and dispels evil by supporting the right Qi of later heaven (spleen), and dispelling stagnating evil Qi.

Used with deep understanding and flexibility, *Xiao Chai Hu Tang* has a broad spectrum of clinical applications. For example, it can be used in cases of respiratory tract disorders resulting from external contraction, or gastrointestinal disorders resulting from internal damage. It can be used with liver and gallbladder disorders, or with urinary tract disorders, gynaecological disorders, mastopathy, etc. Below are some clinical examples using Master Fang Heqian’s modification of *Xiao Chai Hu Tang*.

Clinical Example One, Female 63 Years Old:

Frequent and painful urination, burning hot feeling when urinating and urinary urgency. Accompanying symptoms and signs: Distending pain in the smaller abdomen which is alleviated by passing wind. Aching pain in the lower back and rib-side. Red tongue, thin white coating. String-like moderate pulse.

Pattern Differentiation: Impaired coursing of the liver, with ensuing inhibition of water-damp.

“...*Xiao Chai Hu Tang* has a broad spectrum of clinical applications.... respiratory tract disorders, gastrointestinal disorders, liver and gallbladder disorders, or with urinary tract disorders, gynaecological disorders, mastopathy, etc..”

Prescription: Master Fang Heqian’s modification of *Xiao Chai Hu Tang*, plus *Che Qian Zi* [*Plantago*] 15 g, *Ze Xie* [*Alisma*] 10 g, *Wu Yao* [*Lindera*] 10 g, *Huai Niu Xi* [*Achyranthes*] 10 g, to course the liver and move Qi, clear heat, disinhibit water and free strangury. The patient was cured after taking six doses.

Explanation of Clinical Example One:

This particular patient suffered from a urinary bladder disorder that falls under the Traditional Chinese Medicine (TCM) category *Lin Zheng* or Strangury, and many Practitioners would have used something similar to *Ba Zheng San* [Dianthus Formula] in treatment. But if one differentiates the pattern with more eye for detail, one finds distending pain in the smaller abdomen which is alleviated by passing wind. The liver channel passes through the smaller abdomen; hence this pain is associated with impaired coursing of liver Qi. The prescribed formula courses the liver and rectifies Qi, fortifies the spleen and disinhibits dampness. Adding *Che Qian Zi* [*Plantago*] and *Ze Xie* [*Alisma*] clears and disinhibits damp heat in the lower burner. *Wu Yao* [*Lindera*] reinforces the coursing of liver Qi. *Huai Niu Xi* [*Achyranthes*] benefits the kidneys; since the patient is 63 years old her Strangury is best treated by supporting right and dispelling evil in order to protect right Qi. As the pattern differentiation was correct, the patient was cured quickly.



Clinical Example Two, Female 40 Years Old:

Suffering from a nodule in the thyroid. The patient has a feeling of distension and fullness in the throat. The nodule is painful to the touch. The patient is irritable, rash and impatient, her period appears at irregular intervals, the menstrual blood is scanty and dark. Red tongue with a thin yellow coating, the pulse is string-like and fine.

Prescription: Master Fang Heqian's modification of *Xiao Chai Hu Tang*, plus *Pu Gong Yin* [Dandelion] 15 g, *Niu Bang Zi* [Arctium] 10 g, *Mu Dan Pi* [Moutan] 10 g. After 40 doses, the nodule had disappeared and the throat felt free and back to normal.



Dandelion

Explanation of Clinical Example Two:

Thyroid nodules are often seen in young to middle-aged women and are related to the impaired movement, stagnation and accumulation of Qi, blood and phlegm. Long-term emotional instability and depression lead to stagnation of the Qi dynamic. Blood and Qi don't flow smoothly, and the spleen's function of transportation is impaired, which engenders dampness. Over time, dampness accumulates to form phlegm, phlegm and Qi bind together, and with stagnated Qi and blood form a nodule, in this case in the throat.



“Thyroid nodules are often seen in young to middle-aged women...”

To manage this disorder it is crucial to course the liver and strengthen the spleen, rectify Qi and transform phlegm, move blood stasis and disperse bind. The formula used treats liver and spleen. Once the liver is coursed then Qi and blood flow freely, and once the spleen is fortified then water transformation and transportation is normal. Dampness and phlegm won't be formed, Qi and blood flow freely, and the nodule disappears.

Clinical Example Three, 26 Year Old Male:

Has been suffering from constipation for over 10 years. He passes stool once every 3-5 days and has to strain. The stool has the shape of little pebbles. The condition is accompanied by abdominal- and rib-side distension. Every time he suffers emotional or mental stress, the period between passing stool is longer. These are typical symptoms of impaired coursing of liver Qi causing the spleen-stomach to lose its normal function of movement and transformation. The treatment strategy is to course the liver, strengthen the spleen and harmonise the stomach.

Prescription: Master Fang Heqian's modification of *Xiao Chai Hu Tang* plus *Jiao Shen Qu* [scorch-fried Medicated Leaven] 10 g. The patient took eight doses and passed stool once a day. The abdominal- and rib-side distension was alleviated. He took another eight doses, one every second day, to stabilise the result and make it easier to maintain harmonious emotions and a positive mental outlook.

The book “*Shang Han Lun Tang Zheng Lun Zhi*” by Li Qiugui and Li Wenduan mentions the following uses and modifications for *Xiao Chai Hu Tang*:

- **Common Cold, Upper Respiratory Tract Infection, Tonsillitis:** If the patient has heat effusion with one or more of the classical *Shao Yang / Xiao Chai Hu Tang* Pattern symptoms, one can use *Xia Chai Hu Tang*, either on its own or in combination with *Yin Qiao San* [Lonicera & Forsythia Formula] or *Sang Ju Yin* [Morus & Chrysanthemum Combination].

- **Cholecystitis, Gallstones:** If the patient presents with retching and heat effusion, then heat damages the stomach and stomach Qi counterflows upwards. In this case one can combine *Xiao Chai Hu Tang* with either *Er Chen Tang* [Citrus & Pinellia Combination] or *Wen Dan Tang* [Bamboo

& Hoelen Combination] to resolve liver and stomach stagnation, harmonise the stomach and stop retching.

- **Chronic Peptic Ulcer:** Symptoms include distension and fullness in the stomach duct, constant stomach duct pain, a pulling sensation in the rib-side, frequent belching, poor appetite, fatigue and lack of strength, all pointing to liver-gallbladder stagnation overwhelming the spleen-stomach. One can use *Xiao Chai Hu Tang* with *Si Jun Zi Tang* [Four Major Herb Combination] to supplement vacuity and benefit Qi, treating liver and stomach at the same time.

中医基础 TCM Principles

Articles appearing under the heading “TCM Principles” are suitable for graduates of the **Sun Ten Self Study Course** and carry footnotes referring to content explained in the course. The articles are ideal to review your studies and further your knowledge in a particular area of TCM.

The Power of Jade Screen Powder [Yu Ping Feng San – Saposhnikovia & Astragalus Formula]

By Dagmar Riley, based on texts of Dr. Hong-Yen Hsu

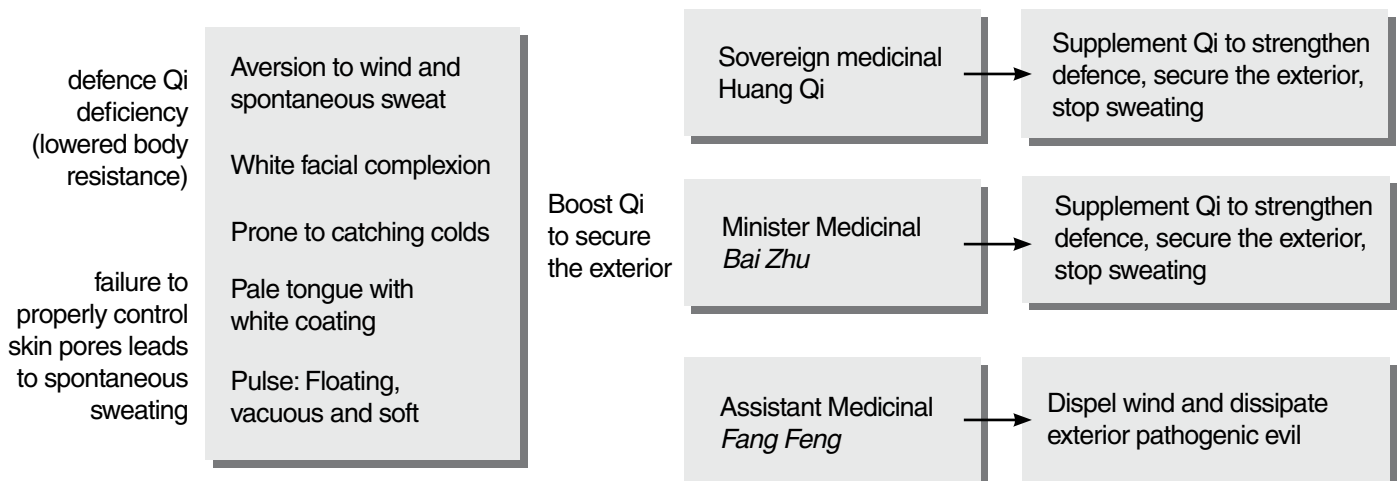
Yu Ping Feng San [Saposhnikovia & Astragalus Formula] means “Jade Screen Powder” in English, which quite accurately describes its function: To provide an impenetrable screen or barrier to invading pathogens.⁴ This is achieved by combining two methods: Supplementing defence Qi and resolving the exterior. The first method is to supplement a deficiency of Qi, in particular defence Qi.⁵ Defence Qi is in charge of protecting the body surface against the invasion of pathogens. *Huang Qi* [Astragalus] and *Bai Zhu* [Atractylodes] both supplement Qi. The second method, resolving the exterior, means to eliminate pathogenic factors that have already invaded the exterior with medicinals that make the patient sweat.⁶ In this case, *Fang Feng* [Saposhnikovia / Siler] is used as a warm-acrid sweat promoting medicinal.

Defence Qi protects the body surface against an invasion of pathogenic factors by regulating the pores of the skin.⁷ If defence Qi is deficient, the pores don't contract appropriately, making it easy for pathogens to invade and allowing sweat to leak out at inappropriate times. This is why *Yu Ping Feng San* treats both spontaneous / excessive sweating due to Qi vacuity, and recurrent infections, colds or seasonal allergies, e.g. allergic rhinitis. Supplementation of defence Qi also makes *Yu Ping Feng San* effective in managing the above conditions.

Yu Ping Feng San has an interesting combination of *Fang Feng* [Saposhnikovia / Siler], which resolves an invasion of the exterior by inducing sweating, with *Huang Qi* [Astragalus] and *Bai Zhu* [Atractylodes] which restrict sweating by boosting defence Qi. This seemingly contradictory combination of medicinals is necessary in situations where the patient's defence Qi needs tonifying but some pathogens still linger in the body: If we merely supplemented defence Qi, we would strengthen the defence-barrier to the outside, which would lock in any pathogens that had already invaded the surface. Using *Fang Feng* provides a channel for the body to get rid of these pathogens. If, on the other hand, only *Fang Feng* were used, the already weakened defence-barrier to the outside would be weakened even further, inducing too much sweating and thereby draining the patient.⁸

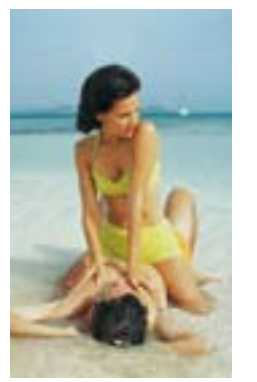
The titles of the medicinals ‘sovereign’, ‘minister’ and ‘assistant’ denote the role these medicinals play in the overall function of the formula. The ‘sovereign medicinal’ manages the main pattern; it indicates the main action of the formula. The ‘minister medicinal’ assists the sovereign medicinal in its action. The ‘assistant medicinal’ manages minor patterns or reduces possible side-effects, e.g. if the sovereign and minister are very drying, the assistant might reduce damage to Yin.

Mechanism of Action of Jade Screen Powder (Yu Ping Feng San - Saposhnikovia & Astragalus Formula)



The sovereign medicinal of this formula, *Huang Qi* [*Astragalus*], is an excellent medicinal to supplement defence Qi, secure the exterior and check sweating. Numerous modern studies also revealed the immunomodulating effects of *Huang Qi* [*Astragalus*], confirming its traditional function.

The minister medicinal of this formula, *Bai Zhu* [*Atractylodes*], is chiefly used to strengthen the spleen. Remember that the 'minister medicinal' *Bai Zhu* [*Atractylodes*] is supposed to assist the sovereign medicinal *Huang Qi* [*Astragalus*] in its action. How does strengthening the spleen assist the supplementation of Qi to strengthen defence, secure the exterior, stop sweating? The spleen has the function of absorbing nutrients from food and transforming these nutrients into Qi and blood.⁹ Hence it is said that "the spleen is the source of Qi and blood formation". A malfunctioning spleen will lead to Qi vacuity.



Defence Qi is formed by the spleen as part of the Qi formation, and then transported to the exterior where it is under the control of the lungs.¹⁰ The spleen tends to be impaired by dampness, and, conversely, an impaired spleen will generate dampness because it fails to move and transform fluids properly.¹¹ *Bai Zhu* [*Atractylodes*] also protects the spleen by drying dampness. According to modern studies, *Bai Zhu* [*Atractylodes*] "significantly increases gastric and intestinal secretions and accelerates peristalsis."¹²

The assistant medicinal *Fang Feng* [*Saposhnikovia/Siler*] is the most commonly used sweat promoting medicinal, and as such addresses the possible concurrent pattern of pathogenic factors that have already invaded

the exterior.¹³ According to Jiao, "*Fang Feng* is also combined with *Huang Qi* [*Astragalus*] to strengthen the effect of the latter."¹⁴

Yu Ping Feng San traditionally fits into the management category of "supporting right and dispelling evil", managing conditions in which the invading pathogenic factors are subsiding but still not completely diminished.¹⁵ *Huang Qi* [*Astragalus*] and *Bai Zhu* [*Atractylodes*] supplement defence Qi (support right Qi) and *Fang Feng* provides a channel for defence Qi to get rid of these lingering pathogens (dispelling evil) by opening the pores and making the patient sweat.

relevant research

Modulatory Effect of Astragalus membranaceus on Th1/Th2 Cytokine in Patients with Herpes Simplex Keratitis

Mao SP, Cheng KL, Zhou YF.
Zhongguo Zhong Xi Yi Jie He Za Zhi. 2004 Feb;24(2):121-3.

This research concluded that *Astragalus membranaceus* can modulate the imbalance state of Th1 / Th2 in Herpes Simplex Keratitis patients and improve their immune function disturbance, a significant discovery for the treatment of Herpes Simplex Keratitis.



Astragalus



Atractylodes (Rhizome)

"Adults often suffer from concurrent yin vacuity due to stress, drug abuse (including caffeine and nicotine) and late nights..."

relevant research

Recent research shows that *Yu Ping Feng San* regulates immune functions. The formula seems to both strengthen the body's ability to cope with infections and alleviate allergic reactions:

Preventive and Curative Effects of *Yu Ping Feng San* (Traditional Chinese Medicine Formula) on Allergic Rhinitis Induced with Japanese Cedar Pollens in Guinea Pigs

Biol Pharm Bull. 2004 Apr;27(4):554-8
Makino T, Ito Y, Sasaki SY, Fujimura Y, Kano Y.
Department of Kampo Medicinal Science, Hokkaido College of Pharmacy, 7-1 Katsuraoka, Otaru 047-0264, Japan. makino@hokuyakudai.ac.jp

Yu Ping Feng San is a Traditional Chinese Medicine herbal formula that consolidates the superficial resistance to protect from invasion by external pathogenic influences. The study evaluated the preventive and curative effects of *Yu Ping Feng San* on allergic rhinitis induced by Japanese cedar pollens in Guinea pigs, since the pollen can be considered one of external pathogens indicated by *Yu Ping Feng San*. Guinea pigs were administered *Yu Ping Feng San* once a day for two weeks in the period of sensitisation to evaluate its preventive effect, or for two weeks from the second to the fourth week of pollen inhalation, once pollinosis had begun, to evaluate its curative effect on allergic rhinitis. *Yu Ping Feng San* significantly suppressed the frequency of sneezing induced by pollens and tended to reduce nose-scratching behaviour after ceasing its administration in both designs of medicinal treatment. Tranilast, which is an anti-allergic drug that was used as a positive control, could not suppress these rhinitic symptoms.



In modern times, *Yu Ping Feng San* has generated interest for its capacity to strengthen the immune system and as a preventative method for allergies, colds and flus. *Bai Zhu* [*Atractylodes*] dries dampness and fortifies the spleen, hence the formula is most suitable for patients experiencing damp syndromes and a weak spleen. As children below the age of six years old tend to have an immature, weak digestive system, which in TCM translates into a weak spleen (spleen vacuity), *Yu Ping Feng San* is ideal for children suffering from frequent infections and allergies. Adults, who due to stress, drug abuse (including caffeine and nicotine) and late nights often suffer from concurrent yin vacuity, can combine *Yu Ping Feng San* with *Sheng Mai San* [Ginseng, Ophiopogon & Schizandra Formula] to boost their immune system and to help manage seasonal allergies. In cases of chronic allergic rhinitis, *Yu Ping Feng San* can be combined with *Xin Yi San* [Magnolia Combination] or *Cang Er Zi San* [Xanthium Formula].

relevant research

Effect of a Variation of *Yu Ping Feng San* on T-Lymphocyte Subsets in Patients with Senile Chronic Bronchitis in Acute Onset Stage

Zhongguo Zhong Xi Yi Jie He Za Zhi. 2004 Feb;24(2):109-11
Huang HQ, Lu F, Lu SY.
Second Affiliated Hospital of Fujian TCM College, Fuzhou 350003.

OBJECTIVE: To explore the effect of a variation of *Yu Ping Feng San* on T-lymphocyte subsets in patients with senile chronic bronchitis in acute onset stage.

METHODS: Patients were divided into two groups according to the randomised controlled principle, with 44 patients in the treated group and 40 in the control group. The conventional Western medicinal therapy was given to both groups, but the treated group was also administered an additional variation of *Yu Ping Feng San*. The therapeutic course for the treated group was 14 days. Changes of CD3, CD4, CD8 and their ratio were observed.

RESULTS: Increased CD3, CD4 and CD4 / CD8 and decreased CD8 ($P < 0.01$) were significantly seen in the treated group after treatment, but the control group showed no change. Besides, comparison of the total effective rate in the two groups also showed significant difference.

CONCLUSION: Cellular immune function disturbance exists in patients with senile chronic bronchitis in acute onset stage, the variation of *Yu Ping Feng San* could enhance the efficacy by way of modulating cellular immune function.

“...*Yu Ping Feng San* has generated interest for its capacity to strengthen the immune system and for the management of allergies, colds and flus.”

Yu Ping Feng San supports right and dispels evil at the same time, and is suitable in the stages of recovery, in chronic conditions or as prevention. It is not suitable in the acute stage of infectious diseases with strong evil repletion. In these cases one needs to treat with a suitable formula that dispels evil, which can be found in the category “exterior resolving formulas”, and resume with *Yu Ping Feng San* in recovery.¹⁶

中西医结合 Integrated Traditional and Western Medicine

Pharmacological Action of Heat-Clearing & Toxin-Resolving Medicinals

By Dr. Yang Man, Inner Mongolia Autonomous Region Hospital, Beijing Zhongyi Magazine, 2001, 20(1):44-48 [Excerpt], translated and condensed by Dagmar Riley

Anti-inflammatory Action

Inflammation is the main cause of internal heat pattern. Both heat-clearing singles and formulas suppress the inflammation response to various degrees.

Research regarding the anti-inflammatory mechanism of heat-clearing medicinals has shown that *Chuan Xin Lian* [*Andrographis paniculate*] and *Qin Pi* [*Cortex fraxini*] can markedly stimulate the hypophysis – adrenal system function; and *Huang Qin* [*Scute*], *Zi Cao* [*Lithospermum erythrorhizon*] and *Yu Xing Cao* [*Houttuynia*] inhibit the formation of various products of the cyclo-oxygenase and lipoxygenase pathway. Shikonin, the naphthoquinone pigments present in the root tissues of *Zi Cao* [*Lithospermum erythrorhizon*], inhibit the synthesis of leukotriene B4 (LTB4).



“Both heat-clearing singles and formulas suppress the inflammation response to various degrees.”

Da Qing Ye [*Isatis Leaf*], *Ban Lan Gen* [*Isatis Root*], *Jin Yin Hua* [*Lonicera*], *Lian Qiao* [*Forsythia*], *Huang Lian* [*Coptis*], and *Huang Qin* [*Scute*] suppressed experimental inflammation caused by agents such as carrageenan, dimethylbenzene, egg white, croton oil, dextran and methanol. Furthermore, heat clearing formulae such as *Huang Lian Jie Du Tang* [*Coptis* & *Scute* Combination] has proven effective in inflammation due to infection with *Staphylococcus aureus*.

An injectable combination of *Jin Yin Hua* [*Lonicera*], *Lian Qiao* [*Forsythia*], *Zi Hua Di Ding* [*Viola*], *Pu Gong Ying* [*Dandelion*] called *Qing Jie Zhu She Ji* [清热解毒注射剂] is effective in experimental peritonitis brought about by *Escherichia coli*. Because of the reliable anti-inflammatory property of heat-clearing TCM medicinals, these medicinals have recently been included as the main ingredients in newly developed anti-inflammatory formulae.

Combinations of the Chinese medicinals *Pu Gong Ying* [*Dandelion*], *Di Yu* [*Poterium sanguisorba*] and *Da Huang* [*Rhubarb*] as chief formula ingredients have proven to effectively alleviate pain, stop bleeding, counteract inflammation, and promote healing. Research conducted by Hong Wen et. al., in *Xin Zhong Yi* (New Chinese Medicine) 1997;29(7): 26, proved that a formula using *Pu Gong Ying* [*Dandelion*], *Di Yu* [*Poterium sanguisorba*] and *Da Huang* [*Rhubarb*] made into a suppository had excellent results when used in conditions such as mixed haemorrhoid, internal haemorrhoid bleeding, anal cryptitis, perianal abscess, anal fistula, rectitis, or after an operation in the anal-intestinal region.



“Combinations of the Chinese medicinals *Pu Gong Ying* [*Dandelion*], *Di Yu* [*Poterium sanguisorba*] and *Da Huang* [*Rhubarb*] as chief formula ingredients have proven to effectively alleviate pain, stop bleeding, counteract inflammation, and promote healing.”

relevant research

Suppression of Neuropeptides' mRNA Expression by Huang Lian Jie Du Tang [Coptis & Scute Combination] in a Rat Model of Peripheral Inflammation

Dai Y, Miki K, Fukuoka T, Tokunaga A, Tachibana T, Kondo E, Noguchi K.

Department of Anatomy and Neuroscience, Hyogo College of Medicine, Nishinomiya, Japan.

This study examined the anti-inflammatory effect of *Huang Lian Jie Du Tang* on paw oedema, thermal hyperalgesia and the mRNA increase of neuropeptides in spinal dorsal horn and hypothalamic neurons using a rat model of peripheral inflammation and hyperalgesia. The obtained data demonstrated that *Huang Lian Jie Du Tang* has an anti-inflammatory effect and produces changes in mRNA expression in dorsal horn and hypothalamic neurons. For the first time it was shown that a TCM can affect the excitability of neurons through an anti-inflammatory action.

A formula using *Jin Yin Hua* [*Lonicera*], *Lian Qiao* [*Forsythia*], and *Bai Jiang Cao* [*Herba patriniae*] as main ingredients achieved a success rate of 91.3% in the management of acute pelvic inflammatory disease.

Antiviral Action

Both *in-vitro* experiments and clinical practice have proven that many heat-clearing toxin-resolving medicinals and their use as principal ingredients in formulas inhibit many kinds of viruses.

Examples - Singles:

Influenza Virus: *Jin Yin Hua* [*Lonicera*], *Lian Qiao* [*Forsythia*], *Huang Qin* [*Scute*], *Mu Dan Pi* [*Moutan*], *Chi Shao* [*Red Peony*], *Da Qing Ye* [*Isatis Leaf*], *Ban lan Gen* [*Isatis Root*], *Yu Xing Cao* [*Houttuynia*], *Di Gu Pi* [*Lycium Bark*], *Zi Cao* [*Lithospermum erythrorhizon*], *Ye Ju Hua* [*Wild Chrysanthemum*], *She Gan* [*Belamacanda*], *Qing Hao Su* [*Artemisinin*] have a marked inhibitory effect on the Asian influenza virus type-A.

Herpes Simplex Virus: *Pu Gong Ying* [*Dandelion*], *Bai Jiang Cao* [*Herba patriniae*], *Xia Ku Cao* [*Prunella*], *Chi Shao* [*Red Peony*], *Jin Yin Hua* [*Lonicera*] suppress the herpes simplex virus.

Hepatitis B Virus (HBV): *Xia Ku Cao* [*Prunella*], *Zhi Zi* [*Gardenia*], *Ban Zhi Lian* [*Scutellaria barbata*] are effective in the control of the hepatitis B virus.

relevant research

Shikonin (A Component of the Chinese Herbal Medicine Zicao) Inhibits Chemokine Receptor Function and Suppresses Human Immunodeficiency Virus Type-1

Chen X, Yang L, Zhang N, Turpin JA, Buckheit RW, Osterling C, Oppenheim JJ, Howard OM. Basic Research Program, SAIC-Frederick, Inc, National Cancer Institute-Frederick, Frederick, Maryland 21702-1201, USA.

Shikonin is a major component of *Zi Cao* (*Lithospermum erythrorhizon*), a Chinese herbal medicine with various biological activities, including inhibition of human immunodeficiency virus (HIV) type-1 (HIV-1). G protein-coupled chemokine receptors are used by HIV-1 as co-receptors to enter the host cells.

This study assessed the effects of Shikonin on chemokine receptor function and HIV-1 replication. The results showed that, at nanomolar concentrations, Shikonin inhibited monocyte chemotaxis and calcium flux in response to a variety of CC chemokines (CCL2 [monocyte chemoattractant protein 1], CCL3 [macrophage inflammatory protein 1-alpha], and CCL5 [regulated upon activation, normal T-cell expressed and secreted protein]), the CXC chemokine (CXCL12 [stromal cell-derived factor 1-alpha]), and classic chemoattractants (formylmethionyl-leucine-phenylalanine and complement fraction C5a). Shikonin down-regulated surface expression of CCR5, a primary HIV-1 co-receptor, on macrophages to a greater degree than the other receptors (CCR1, CCR2, CXCR4, and the formyl peptide receptor) did. CCR5 mRNA expression was also down-regulated by the compound.

Additionally, Shikonin inhibited the replication of a multi-drug-resistant strain and paediatric clinical isolates of HIV in human peripheral blood mononuclear cells, with 50% inhibitory concentrations (IC(50)s) ranging from 96 to 366 nM. Shikonin also effectively inhibited the replication of the HIV Ba-L isolate in monocytes / macrophages, with an IC(50) of 470 nM. Our results suggest that the anti-HIV and anti-inflammatory activities of Shikonin may be related to its interference with chemokine receptor expression and function. Therefore, Shikonin, as a naturally occurring, low-molecular-weight pan-chemokine receptor inhibitor, constitutes a basis for the development of novel anti-HIV therapeutic agents.



AIDSVirus (HIV): *Zi Cao* [*Lithospermum erythrorhizon*], *Zi Hua Di Ding* [*Viola*], *Huang Lian* [*Coptis*], *Chuan Xin Lian* [*Herba andrographis*], *Jin Yin Hua* [*Lonicera*], *Xia Ku Cao* [*Prunella*] inhibit HIV. *Huang Qin* [*Scute*] strongly inhibits HIV reverse transcriptase.

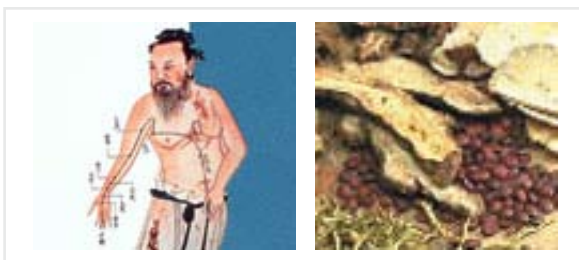
Da Qing Ye [*Isatis Leaf*] inhibits parotiditis virus; *Chi Shao* [Red Peony] suppresses parainfluenza virus and enterovirus.



“...Chi Shao [Red Peony] suppresses parainfluenza virus and enterovirus.”

Examples – Formulas:

An injectable formula “*Qing Kai Ling* 清开灵” with *Huang Qin* [*Scute*], *Shuang Hua* [*Lonicera japonica*], *Zhi Zi* [*Gardenia*] and *Ban Lan Gen* [*Isatis Root*] as its chief ingredients counteracts the upper respiratory tract infection virus, the EB (Epstein-Barr) virus, and Coxsackie virus group A Type 1-6,8,10 and 22. The formula has the dual function of counteracting both viral and bacterial infections. Use of *Qing Kai Ling* injection in viral respiratory tract infection does not only quickly and effectively lower fever, but also improves all other symptoms, especially in patients that do not respond well to antibiotics.



Clinical data has proven that *Shuang Huang Lian Fen Zhen Ji* [双黄连粉针剂], with *Huang Qin* [*Scute*], *Shuang Hua* [*Lonicera japonica*] and *Lian Qiao* [*Forsythia*] as chief ingredients has strong antiviral actions. In the treatment of shingles, the formula markedly increases T-helper lymphocytes, thereby stimulating and strengthening cellular immunity and achieving an antiviral function.

Antibacterial Action

Active ingredients of heat-clearing toxin-resolving medicinals with anti bacterial properties include: Berberine, baicalein, Chlorogenic acid, luteolin, aesculetin, shikonin, matrine and andrographolide.

Gram-Positive / Gram-Negative Bacteria:

Jin Yin Hua [*Lonicera*], *Lian Qiao* [*Forsythia*], *Huang Lian* [*Coptis*], *Huang Qin* [*Scute*], *Da Qing Ye* [*Isatis Leaf*], *Ban Lan Gen* [*Isatis Root*], *Yu Xing Cao* [*Houttuynia*] and *Ku Shen* [*Sophora Root*] all inhibit both gram-positive bacteria (e.g. *Staphylococcus aureus*, *Diplococcus pneumoniae*, *Hemolytic streptococcus*) and gram-negative bacteria (e.g. *Escherichia coli*, *Proteus*, *Dysentery bacilli*, *Salmonella typhi*, *Meningococcus*).

relevant research

Anti-Bacteroides Fragilis Substance from Da Huang [Rhubarb]

Cyong J, Matsumoto T, Arakawa K, Kiyohara H, Yamada H, Otsuka Y.

Oriental Medicine Research Center, Kitasato Institute, Tokyo, Japan.

This research found *Da Huang* [Rhubarb (*Rheum officinale*)] to have significant antibacterial activity against *Bacteroides fragilis*, a major anaerobic micro-organism in the intestinal flora of humans, and the purified active substance was identified as rhein.



“*Huang Lian* [*Coptis*], *Huang Qin* [*Scute*], *Da Qing Ye* [*Isatis Leaf*], *Ban Lan Gen* [*Isatis Root*], *Yu Xing Cao* [*Houttuynia*] and *Ku Shen* [*Sophora Root*] all inhibit both gram-positive bacteria...”



The formula (Qing Kai Ling) has the dual function of counteracting both viral and bacterial infections.

Diplococcus gonorrhoeae:

Huang Lian [Coptis], Qin Pi [Cortex fraxini], Jin Yin Hua [Lonicera], Zhi Mu [Anemarrhena], Huang Qin [Scute], Huang Bai [Phellodendron], Huang Lian Jie Du Tang [Coptis & Scute Combination] and Long Dan Xie Gan Tang [Gentiana Combination] strongly suppress Diplococcus gonorrhoeae.

Campylobacter jejuni:

Huang Lian [Coptis], Huang Qin [Scute], Qin Pi [Cortex fraxini].

Dermatophyte:

Huang Lian [Coptis], Huang Bai [Phellodendron], Huang Qin [Scute], Jin Yin Hua [Lonicera], Lian Qiao [Forsythia], Ku Shen [Sophora Root] and Zhi Zi [Gardenia] possess strong inhibitory functions.

Heat-clearing toxin-resolving formulae all possess a broad spectrum antibacterial function and tend to achieve even more accurate clinical results than the singles.



Shuang Huang Lian Fen Zhen Ji [双黄连粉针剂], with Huang Qin [Scute], Shuang Hua [Lonicera japonica] and Lian Qiao [Forsythia] as chief ingredients has strong antiviral actions.

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TCM for Western Diseases

* Translated by Dr Greta Young



Dr Chang Pu Tao

- Past Professor of the Chinese Medicine College
- Permanent Director of Taipei TCM Doctors Union
- Permanent Board Member for China Traditional Medicine Research and Development Council

Teaching has become second nature to Dr. Chang after more than 45 years of practicing Chinese Medicine. He teaches every moment during his usual 18-hour days in his highly successful practice in Taipei, where he personally treats hundreds of patients each day.

Students accompany Dr. Chang all day, struggling to keep up with his speed when writing down his dictations of formulas during consultations, and staying behind to listen to his explanations of the cases of the day after dinner.

In spite of his extremely busy schedule, Dr. Chang also finds the time to further educate qualified TCM doctors in regular seminars in Taiwan and abroad, serving in several important government TCM committees, as well as writing and publishing books.

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Venue: Mercure Sydney Airport
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Brisbane

Date: Sunday, 6th February 2005
Venue: Carlton Crest Hotel Brisbane
King George Square, Brisbane QLD 4001

Perth

Date: Wednesday, 9th February 2005
Venue: Sheraton Perth Hotel
207 Adelaide Terrace, Perth WA 6000

Melbourne

Date: Saturday, 12th February 2005
Venue: Novotel Melbourne on Collins
270 Collins Street, Melbourne VIC 3000

Session Times

Registration from 2:30 – 3:00 pm
Session One from 3:00 – 4:30 pm
Break from 4:30 – 5:00 pm
Session Two from 5:00 – 6:30 pm
Dinner will be served from 6:30 – 7:30 pm

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