



SUN TEN

November/December 2004

NEWSLETTER

研究 誠實 安全

SUN TEN – Leading the Way in Quality, Safety and Efficacy



Since 1946 Sun Ten has led the way in innovation and development of Traditional Chinese Medicines (TCM). Now with the release of nine new TCM Herbal Combinations, Sun Ten furthers its reputation for quality, safety and efficacy.

Complimenting the already extensive range of single herbs and combination herbal formulas these nine new TCM combinations combine the highest quality raw materials with state-of-the-art production techniques.

Now Available

1. Astragalus & Zizyphus Combination – Spirit Calming Formula
Yang Xin Tang
2. Bupleurum & Cyperus Formula – Qi Rectifying Formula
Chai Hu Shu Gan Tang
3. Chin-Chiu & Tu Huo Combination – Wind-Damp Dispelling Formula
San Bi Tang
4. Dang Gui & Anemarrhena Combination – Phlegm transforming water dis-inhibiting formula
Dang Gui Nian Tong Tang
5. Gentiana Combination – Heat Clearing Formula
Long Dan Xie Gan Tang
6. Ginseng & Ophiopogon – Qi supplementing formula
Sheng Mai San
7. Magnolia Flower Formula – Exterior resolving formula
Xin Yi San
8. Platycodon & Schizonepeta Formula – Anti-tussive lung calmative
Zhi Sou San
9. Saposhnikova & Astragalus Formula – Qi Supplementing Formula
Yu Ping Feng San



9 GREAT NEW PRODUCTS

FROM



SUN TEN



① ASTRAGALUS AND ZIZYPHUS COMBINATION YANG XIN TANG

1406

Formula Category: Spirit calming formula

Ingredients

Panax ginseng (root), Astragalus membranaceus baked (rhizome), Glycyrrhiza uralensis baked (root), Angelica polymorpha (root), Cnidium officinale (rhizome), Poria cocos (fruiting body), Poria cocos (fruiting body) (different Pin Yin name from above), Pinellia ternata (rhizome), Polygala sibirica (root), Zizyphus spinosa (root), Cinnamomum cassia (bark), Biota orientalis (seed), Schizandra chinensis (fruit), Zingiber officinale raw (rhizome), Ziziphus jujuba (fruit).

TCM Functions

Supplements blood and Qi, nourishes the heart, calms the shen (spirit).

Traditional Indication: Heart blood vacuity.

Palpitations, night sweats, insomnia, fever, anxiety, irritability.

② BUPLEURUM & CYPERUS FORMULA CHAI HU SHU GAN TANG

0918

Formula Category: Qi rectifying formula

Ingredients

Bupleurum falcatum (root), Cnidium officinale (rhizome), Citrus aurantium (fruit), Glycyrrhiza uralensis baked (root), Citrus reticulata (peel), Paeonia lactiflora (root), Cyperus rotundus (rhizome).

TCM Functions

Enhances the flow of liver Qi, quickens blood, alleviates pain.

Traditional Indication: Liver depression Qi stagnation

Symptoms aggravated by emotional upset or stress. Irregular menstruation, dysmenorrhoea, intercostal/hypochondriac pain, abdominal distension or pain, alternating fever and chills, alternating infrequent or loose stool.

Tongue: Thin white coating.

Pulse: Wiry.

③ CHIN-CHIU & TU HUO COMBINATION SAN BI TANG

0317

Formula Category: Wind-damp dispelling formula

Ingredients

Dipsacus asper (root), Eucommia ulmoides (bark), Ledebouriella seseloides (root), Cinnamomum cassia (bark), Asarum heterotropoides (whole plant), Panax ginseng (root), Poria cocos (fruiting body), Angelica polymorpha (root), Paeonia lactiflora (root), Astragalus membranaceus (rhizome), Achyranthes bidentata (root), Glycyrrhiza uralensis (root), Gentiana macrophylla (root),

Rehmannia glutinosa (root), Cnidium officinale (rhizome), Angelica pubescens (root), Zingiber officinale raw (rhizome), Ziziphus jujuba (fruit).

TCM Functions

Supplements Qi and blood, supplements the liver and kidneys, dispels wind-damp.

Traditional Indication: Wind-damp impediment inhibiting the normal flow of Qi and blood, with concurrent liver and kidney vacuity.

Helps relieve muscle spasm, joint and muscle pain.

4 DANG GUI & ANEMARRHENA COMBINATION
DANG GUI NIAN TONG TANG

1318

Formula Category: Phlegm transforming water disinhibiting formula

Ingredients

Angelica polymorpha (root), Notopterygium Forbesii (rhizome), Glycyrrhiza uralensis (root), Scutellaria baicalensis (root), Panax ginseng (root), Artemisia frigida (whole plant), Sophora angustifolia (root), Cimicifuga simplex (rhizome), Pueraria lobata (root), Atractylodes lancea (rhizome), Atractylodes japonica (rhizome), Alisma orientale (rhizome), Polyporus umbellatus (fruiting body), Ledebouriella seseloides (root), Anemarrhena asphodeloides (rhizome).

TCM Functions

Dispels wind, clears heat, dispels dampness, reduces swelling, relieves pain.

Traditional Indication: Dampness and heat giving rise to painful swollen joints, eczema or dermatitis on the lower limbs

Tongue: Greasy yellow coating.
Pulse: Slippery and rapid.

6 GINSENG AND OPHIOPOGON
SHENG MAI SAN

0525

Formula Category: Qi supplementing formula

Ingredients

Panax ginseng (root), Ophiopogon japonicus (tuber), Schizandra chinensis (fruit).

TCM Functions

Supplements Qi, nourishes yin, reduces profuse perspiration, and stimulates pulse.

Traditional Indication: Heat injuring vital Qi causes yin deficiency and lack of body fluids

Profuse sweating, thirst, fatigue, palpitations, dry mouth and tongue. Indicated in cases of vacuity of both Qi and yin especially of the lungs.
Tongue: Pale red tongue with dry thin coating.
Pulse: Weak and vacuous pulse.

8 PLATYCODON & SCHIZONEPETA FORMULA
ZHI SOU SAN

0401

Formula Category: Anti-tussive lung calmative

Ingredients

Platycodon grandiflorum (root), Schizonepeta tenuifolia (whole plant), Aster tataricus (root), Stemona sessifolia (root), Cynanchum stauntonii (rhizome), Glycyrrhiza uralensis (root), Citrus reticulata (peel).

TCM Functions

Relieves coughing and transforms phlegm, dispels wind and relieves exterior symptoms.

Traditional Indication: Cough due to exterior pathogens (wind attacking the lungs)

Cough with or without slight chills and fever, sputum that is difficult to expectorate, itchy throat, may have headaches.
Tongue: Thin white coating.
Pulse: Floating and moderate.

5 GENTIANA COMBINATION
LONG DAN XIE GAN TANG

1607

Formula Category: Heat clearing formula

Ingredients

Gentiana scabra (root), Scutellaria baicalensis (root), Gardenia florida (fruit), Alisma orientale (rhizome), Clematis armandii (whole plant), Plantago asiatica (seed), Angelica polymorpha (root), Rehmannia glutinosa (root), Bupleurum falcatum (root), Glycyrrhiza uralensis (root).

TCM Functions

Drains repletion heat from the liver and gallbladder, drains damp-heat from the lower jiao.

Traditional Indication: Repletion heat in the liver and gallbladder, damp heat in the lower jiao

Headache, irritability, dizziness, blood-shot eyes, bitter taste in the mouth. May experience difficult and painful urination and leukorrhea.
Women may have a shortened menstrual cycle.
Tongue: Red tongue with yellow coating.
Pulse: Wiry, rapid and strong pulse.

7 MAGNOLIA FLOWER FORMULA
XIN YI SAN

0705

Formula Category: Exterior resolving formula

Ingredients

Magnolia salicifolia (flower), Angelica dahurica (root), Cimicifuga simplex (rhizome), Ligusticum sinense (rhizome), Ledebouriella seseloides (root), Cnidium officinale (rhizome), Asarum heterotropoides (whole plant), Clematis armandii, Glycyrrhiza uralensis (root).

TCM Functions

Dispels wind-cold, unblocks the nasal passages and alleviates sinus pain.

Traditional Indication

Nasal congestion, copious nasal discharge, coryza, loss of sense of smell, may have frontal headache.

9 SAPOSHNIKOVIA AND ASTRAGALUS FORMULA
YU PING FENG SAN

0520

Formula Category: Qi supplementing formula

Ingredients

Astragalus membranaceus (rhizome), Ledebouriella seseloides (root), Atractylodes japonica (rhizome).

TCM Functions

Supplements Qi, secures the exterior, stops sweating.

Traditional Indication: Vacuity of lung Qi and defence Qi (wei Qi)

Susceptibility to wind pathogens and a pale complexion, aversion to drafts / sensitivity to wind, recurrent colds, spontaneous perspiration, excessive sweating.
Tongue: Pale with a white coating.
Pulse: Floating, vacuous and soft.

A Master's Class in Shang Han Lun Formula Modification

* 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 Dr. Chang's second nature 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.

"A true master is he who can create infinite variations of the theme, thus skillfully responding to any given situation." Dr. Chang is such a master.

In this seminar, Dr. Chang will share his method of modifying Shang Han Lun formulas for maximum effects in the management of contemporary clinical scenarios.

Dr. Chang's method, based on the Shang Han Lun, clarifies and refines the process of accurately discriminating the patterns in the most difficult diseases and multipattern presentations, and modifying the classic formulas to meet these forever changing clinical challenges.

Dates and Venues

Sydney

Date: Saturday, 5th February 2005

Venue: TBA

Brisbane

Date: Sunday, 6th February 2005

Venue: TBA

Perth

Date: Wednesday, 9th February 2005

Venue: TBA

Melbourne

Date: Saturday, 12th February 2005

Venue: TBA

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

Although effective for a wide range of conditions, Dr. Chang will focus his variation of Shang Han formulas on the following conditions

1. Hypertension
2. Obesity
3. Dementia
4. Depression / anxiety

Dr. Chang will discuss TCM causes, mechanisms and treatment strategy using multi-pattern presentations in real patients treated in his practice in Taipei.

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