

WILL MACLEAN WITH **KATHRYN TAYLOR (2000)** THE CLINICAL MANUAL OF **CHINESE HERBAL PATENT MEDICINES**. A GUIDE TO ETHICAL AND PURE PATENT MEDICINES. PANGOLIN PRESS. SYDNEY.

[ACUCENTRE EDITORIAL NOTE: In this .pdf file; Introduction & Patent Medicine Formats; Quality Considerations; Herbal Categories; Glossary of Chinese Medicine Terminology; Xiao Yao Wan. Note that with the exception of one example, Xiao Yao Wan, individual formulae are not presented or discussed here. Please refer to the text for complete and original content].

Introduction & Patent Medicine Formats

Patent medicines are medicines that are manufactured from raw herb materials into pills, powders or liquid extracts for ingestion, as well as plasters and linaments for external application. The Chinese have been making patent medicines for centuries, indeed some of the most well known and best loved medicines such as Liu Wei Di Huang Wan, and Gui Zhi Fu Ling Wan, were originally produced in patent form.

The scope and number of patent medicines produced are vast. There are literally hundreds of different medicines. Many, particularly the ones presented in this manual, are developed from famous proven prescriptions, and are produced (with minor variations) by many different factories. Others may be unique to a single producer, perhaps a secret family recipe handed down through generations, and upon which the family bases its livelihood.

Patent medicines offer many advantages to the modern practitioner. They are relatively cheap and easy to take, patient compliance tends to be high, they are easy to store and have a long shelf life. Many of the classic patent medicines have been for centuries on countless patients and have proved themselves to both effective and safe. New patent medicines are being produced on the basis of modern research findings, leading to an amalgamation of the best of science and tradition. Technology is being harnessed to improve the extraction ratios and stability of some modern formulae.

Patent Medicine Formats

Pills and Tablets (*wan* 丸, *pian* 片)

Pills and tablets come in a number of different sizes and forms. In all cases they are made of finely ground up herbs or concentrated extracts that are bound by pressure, or by the addition of honey, water or some other sticky medium. Upon ingestion, the ingredients are released in the intestine and absorbed slowly at a constant rate. Depending on the binding medium and the size of the pill, the absorption and metabolism rates can vary. For example, pills bound with a starch paste (usually rice or wheat flour) are absorbed more slowly than those bound with honey, and thus are used when a prolonged action is required. Pills are convenient for fast administration in acute disorders, but are best for chronic problems that require lengthy therapy. They are particularly suited for the long term

tonification required to build yin and blood. They are also the preferred method when a formula requires herbs unsuitable for decoction.

There are two common pill types featured in this book, the large traditional honey pill (also known as a bolus) that is usually sealed in a wax coated plastic ball, and the smaller pills coated in licorice powder.

Tablets are produced by squeezing herb powder under pressure to form a uniform disc that can be easily coated with sugar or an enteric coating. This is an advantage if the herbal ingredients are bitter or distasteful, or if the ingredients are destroyed in the acid environment of the stomach.

Powders (*san* 散)

Powders are finely ground herbs sifted through a uniform mesh. They can be taken directly, chased down with a liquid, or boiled and the resulting liquid taken as a draft. Powders are useful for long term administration in the treatment of chronic disorders. They can be applied externally for skin diseases. They can be blown into the nose or throat for local disorders, or to resuscitate patients from unconsciousness. Powdered herbs are good for local application and are the format of choice for children.

Granules (*chong ji* 冲剂)

Granules are made by decocting herbal ingredients until a thick concentrate is produced. A stabilising excipient is then added, usually a starch of some type (commonly corn starch), in sufficient quantity to form a thick paste. The ground dregs of the decoction, *Dioscorea opposita* root (shan yao) or *Poria cocos* (fu ling) may also be used. The resulting paste is fed through a heated drum sieve that instantly dries to uniform granules that can be reconstituted to decoction with hot water. The technology required to produce chong ji granules has recently improved and the quality of the product is now very high. Volatile elements are captured and reintroduced to the final product. Recent developments in low temperature processing (never more than 100°C) ensure that even highly sensitive components are not degraded.

A number of companies are producing individual herbs as chong ji. The big advantage is that individual formulae can be constructed from the components.

This format is quickly replacing traditional decoction in hospitals across China, and more formulae and individual herbs in chong ji appear in the over the counter market each year.

Liquid Extracts (*kou fu ye* 口服液)

Liquid extracts are a modern method that involves extraction and suspension of herbs in a liquid medium, usually sugar based. They are packaged in sterilised single dose vials. Good for children as the taste of the herbs is disguised. Liquid extracts are absorbed and utilised quickly.

Plasters, Syrups, Ointments (gao 膏)

Plasters are sheets of adhesive material with herbal extracts bound to the sticky surface. They are applied locally for bruising and sprain, pain and arthritic conditions. In general they warm the local area, invigorate local circulation and promote healing. Syrups are liquid extracts thickened with honey or sugar.

Liniments

Liniments are herbs or herbal oils extracted and suspended in an oil base for long action, or alcohol medium for fast absorption. They are used topically for pain or trauma. Liniments are similar to plasters in action.

Quality Considerations

Good Manufacturing Practice

Good Manufacturing Practice (GMP) is an internationally agreed upon set of principles and procedures which, when followed by manufacturers of medicines and medical devices, helps ensure that the products manufactured will have the required quality. The basic concept of GMP is that quality must be built into each batch of product during all stages of the manufacturing process. It involves quality control and checking at all stages of production, from selection of the herbs and testing for active ingredients, to extraction and binding methods, to packaging and labelling. GMP has become the standard against which all pharmaceutical practices are judged. We can be confident that the registered products available are of good quality as the Australian GMP standards are among the most stringent in the world. The majority of the patent medicines presented in this book are produced by GMP compliant companies.

Compliance with a specified GMP requirement is used by most countries as the basis for licensing manufacturers of medicinal products and medical devices. In Australia, the Therapeutic Goods Administration (TGA) oversees the regulation of the pharmaceutical (including herbal medicines) industry.

Overseas manufacturers of therapeutic goods supplied to Australia must provide evidence that the goods are manufactured to a standard of GMP equivalent to that expected of Australian manufacturers of the same goods. What this means in practice is that representatives of the TGA inspect and personally approve any factory that applies for GMP status.

Therapeutic Goods Administration (TGA) registration

The Australian Therapeutic Goods Administration (TGA) is a Division of the Federal Department of Health and Aged Care and is responsible for administering the provisions of the Therapeutic Goods Act. The TGA carries out a range of assessment and monitoring activities to ensure therapeutic goods available in Australia are of an acceptable standard. Quality control of herbal medicine products is determined in three main ways:

Pre-market assessment

Products assessed as having a higher level of risk (prescription medicines and some non-prescription medicines) are evaluated for quality, safety and efficacy. Once approved for marketing in Australia these products are included in the Australian Register of Therapeutic Goods as 'registered' products and are identified by an AUST R number.

Products assessed as being lower risk (many non-prescription medicines and most patent medicines) are assessed for quality and safety. Once approved for marketing in Australia, these products are included in the Australian Register of Therapeutic Goods as 'listed' products and are identified by an AUST L number.

In assessing the level of risk, factors such as the strength of a product, side effects, potential harm through prolonged use, toxicity and the seriousness of the medical condition for which the product is intended to be used, are all taken into account.

Licensing of manufacturers

Manufacturers of therapeutic goods must be licensed and their manufacturing practices must comply with principles of good manufacturing practice. The TGA inspects and approves factories that qualify for GMP status. The aim of licensing and standards is to protect public health by ensuring that medicines and medical devices meet definable standards of quality assurance and are manufactured in conditions that are clean and free of contaminants.

Post-marketing vigilance

Post marketing activities include investigating reports of problems and laboratory testing of products on the market to ensure compliance with the legislation.

Herbal Categories

To some extent the designation of a formula to one of the following categories is arbitrary, but this classification system none-the-less reflects clinical reality and patient circumstances to a considerable degree:

- Gynaecological (26 formulas)
- Digestive (27 formulas)
- Respiratory (24 formulas)
- Skin (12 formulas)
- Ear, Nose, Throat & Eyes (14 formulas)
- Paediatric (5 formulas)
- Tonics (21 formulas)
- Pain & Trauma (24 formulas)
- Mens Health (6 formulas)
- Shen/ Spirit (6 formulas)
- Infection & Inflammation (14 formulas)
- Circulatory (7 formulas)
- Wind & Yang, Miscellaneous (5 formulas)

Glossary of Chinese Medicine Terminology



Abdominal masses (ji ju)

Abdominal masses (ji ju) are masses and lumps that can be palpated in the abdomen. They are classified into two types, ji and ju masses. Ju masses (commonly known as qi masses) are soft, ill defined on palpation, may or may not be painful, and tend to be intermittent. When present they move around, or come and go depending on the emotional state of the patient. They are associated with the qi and disorders associated with qi stagnation.



Ju masses are generally mild functional disorders, that is, they are the result of functional changes in the tissues involved. They affect the fu organs, primarily the Stomach and Intestines.

Ji masses are obvious and firm, clearly defined, fixed in location and often painful. Ji masses (commonly known as Blood masses) are a deeper level of disharmony than ju masses, and are usually associated with chronic disease states involving the Blood and elements of Blood stagnation. They are associated with disorders of the zang organs. Ji masses are associated with structural change in tissues, for example, the proliferative growth of benign and malignant tumours, enlargement of organs or inflammatory masses like chronic appendicitis and diverticulitis.



Accumulation disorder (gan ji)

Accumulation disorder is a feeding disorder at the root of a large number of infant illnesses, and at its base is simply an inability of the delicate digestive system of the child to cope with the amount of food it is called on to process. When very small, infants are essentially feeding tubes dedicated to converting food into baby at an astonishing rate. Their digestive systems are working at capacity and are over-taxed very easily. Feeding too much food too quickly, or giving hard to digest foods (as in weaning to solids too early) can cause a backlog of partially digested materials that accumulate and ferment in the gut.



As a by-product of this accumulation, Phlegm is produced. Once Phlegm is present, a host of other pathologies may result. Phlegm can gum up the digestive process further causing gastrointestinal complaints. It can cause obstruction, pressure build up and the generation of heat and fever. It can accumulate in the lungs, ear or sinuses.

Many common (and some not so common) symptoms and disorders of infants, such as fevers, convulsions, epilepsy, sleep and feeding problems, colic, reflux, vomiting, diarrhoea and mucus congestion and its complication (glue ear, asthma, allergies), often have their roots in accumulation disorder.

Basal Body Temperature (BBT)

The Basal Body Temperature is a method of graphically representing a woman's hormonal cycle, and serves as an accurate diagnostic tool for detecting problems in either the follicular (yin) or luteal (yang) phase. During the yin phase (day 4-14) the chong and ren channels (the channels most closely

associated with reproduction) fill with Blood (analogous to the thickening endometrium), and fertile mucus develops (a physical manifestation of the growing yin). The BBT remains steady around 37°C. At midcycle the resting body temperature of a normally ovulating woman rises by about 0.4°C, signalling the beginning of the yang phase, and this elevation in temperature is maintained for 10-12 days, falling again with the onset of menstruation. Fertility relies upon sufficient yin and adequately maintained yang, and variations in the balance of these physiological elements may contribute to infertility and other menstrual disorders. Charting variations from the normal pattern enables a very focused diagnosis and clear response, and is particularly useful when no clear pattern emerges from the standard diagnostic methods.

痺
証

Bi Syndrome (bi zheng)

Bi syndrome is a class of disorders characterised by pain, stiffness, and paraesthesia of muscles and joints. It is usually due to an invasion of the channel system by pathogenic Wind, Cold, Damp and/or Heat. Bi syndrome is usually a chronic disorder, but may have occasional acute flare-ups. Bi literally means to obstruct or block and the term refers to the statement 'where there is obstruction there is pain'.

It may correspond to biomedical conditions characterised by chronic pain, such as osteo and rheumatoid arthritis, sciatica, infectious arthritis, cervical and lumbar spondylosis, ankylosing spondylitis, rheumatic fever, systemic lupus erythematosus and polymyositis.

血

Blood (xue)

Blood in Chinese medicine is a technical term describing the function and structure of the fluid that circulates with qi through the channel network.

While Blood shares many features in common with the biomedical understanding of blood, it has some unique characteristics. In addition to its general nutritive, lubricating and distributive function, Blood has a special relationship with certain parts of the body, especially the eyes (enabling clear vision), tendons, skin and hair. A variety of visual, neurological and skin diseases are associated with Blood problems. Blood also anchors qi, preventing it from 'floating' away. This is particularly important in relationship to the shen, the most rarefied form of qi, which relies on Blood for its foundation. Blood deficiency often causes shen disturbances.

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Blood stagnation

Blood stagnation refers to a continuum of states in which the movement of Blood is in some way impeded or slowed. Blood stagnation syndrome can range from poor or obstructed blood circulation, in which drainage or supply of blood is poor and the flow sluggish, to actual stasis, in which the blood circulation at some locus has ceased and a physical obstruction has formed further impeding circulation.

Blood stagnation may be localised or systemic, with a multitude of presentations depending on site and severity, and may be the result of a large variety of pathological processes. Trauma is a common cause of localised Blood stagnation, however stagnant qi, obstruction to circulation by external pathogens, insufficient motive force behind the circulation, emotional factors and surgery may all contribute.

In biomedical terms, Blood stagnation syndrome may be associated with a wide variety of disorders, in particular those associated with diseases of the hepatic and cardiovascular systems, as well as connective tissue disease, various sclerotic disorders and tumours.



Cold (han)

Cold in Chinese medicine is a technical term describing the physical response of the body to environmental cold or insufficient generation of body heat due to yang deficiency.

Cold has a tendency to 'freeze and constrict' - narrowing vessels and channel pathways, impeding the smooth circulation of qi and Blood. The typical features of a Cold pattern are generalised chilliness, cold areas on the body (i.e. extremities, lower abdomen and back), fairly severe localised pain that is significantly improved with heat and thin clear watery discharges.

Cyclical (menstrual) treatment

Cyclical treatment refers to various methods aimed at restoring the menstrual cycle to normality based on promoting the correct physiological event at the right time. For example, based on an average 28 day menstrual cycle, the main principle of treatment in the pre-ovulation phase (day 4-14) is to tonify qi and Blood, as after menstruation qi and Blood are relatively deficient. At ovulation day 14, the focus of treatment is on aiding the transformation of yin into yang. The normal post ovulation phase (day 15-28) is characterised by an abundance of yang, qi and Blood until menstruation begins around day 28, therefore the principle of treatment is to support yang, regulate qi and facilitate blood flow.



Dampness (shi)

Dampness in Chinese medicine is a technical term describing a pathological entity that results in a variety of gastrointestinal disorders, various swellings and discharges and a host of chronic and often difficult disease patterns.

Dampness has two origins; it can seep into the body from the environment or it can be manufactured internally by internal organ dysfunction. In either case, Dampness seeps into muscles and cavities obstructing the circulation of qi and Blood and clogging the channels with its wet, heavy, cloying nature.

External Damp is usually an acute disorder, similar to Summer-damp and is associated with humid or Damp environments (including damp housing). External Damp can also seep into the joints causing chronic pain. Internally generated Damp is the product of poor digestive function. The residue left from this digestive inefficiency is termed Damp and causes symptoms such as abdominal bloating, indigestion, flatulence, loss of appetite, nausea and a thick greasy tongue coat. Damp is rather heavy

and so tends to sink downwards, preferentially affecting the gastrointestinal system and the lower body. Discharges such as heavy leucorrhoea and diarrhoea are physical manifestations of Damp.

湿
热

Damp Heat (shi re)

Damp Heat is pathogenic entity with the cloying nature of Dampness intermingled with the inflammatory action of Heat. Damp Heat patterns are characterised by having symptoms of both Dampness (heaviness, thick tongue coat, swellings, lethargy) and Heat (redness, fever, inflammation). Damp Heat disorders are often associated with problems that cause offensive coloured discharges.

Damp Heat can invade from the environment, in which case the associated disorder is typically acute and seasonal, or it can be generated internally by internal organ dysfunction or by ingesting an excess of Damp Heat creating substances such as alcohol and rich fatty foods.

Biomedical conditions that are frequently diagnosed as Damp Heat include acute hepatitis and cholecystitis, pelvic inflammatory disease, acute inflammatory arthritis, dysentery, cystitis and suppurative skin diseases.

痢
疾

Dysenteric disorder (ji li)

Dysenteric disorder refers to a variety of patterns characterised by acute or chronic diarrhoea with pus and/or blood in the stool. Dysenteric disorder overlaps with biomedical conditions such as amoebic and bacterial dysentery, as well as chronic disorders like ulcerative colitis and Crohn's disease.

虚
证

Deficient patterns (xu zheng)

Deficient patterns in Chinese medicine are those characterised by insufficiency of a normal physiological substrate (qi, Blood, yin or yang, body fluids), or hypofunction of an organ or metabolic system. Deficient patterns are usually chronic. In practice, deficient patterns are often complicated by some excess problem, for example, deficiency of Lung and wei qi (defensive qi) enables the penetration and lodgement of external pathogenic Wind in the body; deficiency of Liver Blood leads to a tendency to Liver qi stagnation.

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Excess patterns (shi zheng)

Excess patterns are characterised by the presence of a pathogen of some type in the body (Wind, Heat, Cold, Damp, Phlegm or Fire), or by a pathological accumulation of normal physiological substrates, i.e. qi and/or Blood, either systemically or at some locus. Excess patterns are often acute but may also be chronic. Excess patterns often have a degree of deficiency at their root, for example, Spleen qi deficiency easily gives rise to an accumulation of Dampness or Phlegm.

食
积

Food stagnation (shi ji)

An important and often overlooked aetiological component in a host of gastrointestinal and other disorders is food stagnation. Food stagnation patterns have traditionally been underrated in TCM textbooks, disregarded as a mechanical event related to a single episode of overeating. In reality food stagnation is usually far more insidious and patients can become conditioned to ignoring, or may not even be conscious of, the traditional symptoms-nausea and vomiting, bloating and discomfort, belching, bad breath and flatulence.

The eating patterns that give rise to it may be so ingrained that patients cease to be aware of symptoms, or the symptoms experienced are considered to be normal.

By habitually overloading the Spleen and Stomach and exceeding their capacity to process the food ingested, a cycle is begun that can have profound ramifications. Firstly, instead of being sent through the intestine the food lingers longer than it should, fermenting and rotting. The stagnation in the guts can produce Heat which can intensify this process of putrefaction. The Spleen and Stomach are weakened, further inhibiting their ability to perform their digestive tasks efficiently. The weakened Spleen produces Damp which in turn may be congealed into Phlegm by the Heat. The Phlegm or Phlegm Heat so produced can then go on to affect other systems, for example the cardiovascular (Phlegm stagnation in the chest causing chest pain), respiratory system (asthma and mucus congestion in the sinuses), neurological (some types of tremors, anxiety states, insomnia, vertigo, paralysis) and dermatological (cysts, various ulcerations, chronic sores and swellings). In addition, chronic Heat or Damp Heat can injure Intestinal yin and disrupt the integrity of the Intestinal lining. Phlegm accumulation may eventually evolve into Blood stagnation.

虫
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Gu syndrome (gu zheng)

Gu syndrome is a complex type of systemic infection involving a host with a weakened constitution in a pathological equilibrium with a lingering pathogen, either viral, amoebic, vermiform, bacterial or fungal. Gu pathogens have been likened to 'oil seeping into flour - they are everywhere and cannot be separated out'. Treatment of gu syndrome is lengthy, requiring months or even years.

Clinically, patients with this type of problem often appear to be clearly qi deficient, or qi deficient with accumulated Dampness, but they typically get worse with the standard tonic therapy. The symptoms are typical of Spleen disorder chronic diarrhoea or alternating bowel habits, abdominal bloating and pain, nausea, loss of appetite, ravenous hunger or odd food cravings, muscle soreness, heaviness or weakness, physical and mental exhaustion.



Heart (xin)

The organ system referred to as the Heart incorporates the circulatory system and certain aspects of the neurological system and higher consciousness.

Functional weakness of the Heart (qi or yang deficiency) causes circulatory problems and various types of arrhythmia. In addition, the Heart is closely associated with maintenance of the shen, and disturbances of Heart function may give rise to various disturbances of consciousness' including manic behaviour, anxiety, panic attacks, palpitations, depression and insomnia.



Hun

The hun is a subgroup of the shen thought to be located in the Liver system. Functionally, the hun is closely associated with certain aspects of the sleep wake cycle, resoluteness and determination and sensitivity to subtle elements of the human experience.

People with hun disturbances may experience things such as insomnia, prophetic dreams, sleepwalking, timidity and anxiety, and a kind of sensitive insight that may be described as 'extra sensory'.



Indeterminate gnawing hunger (cao za)

Indeterminate gnawing hunger is an uncomfortable sensation in the epigastric region that mimics hunger without the patient wanting to eat. Patients will often wake in the middle of the night with a nagging discomfort in the pit of their stomach, feeling that they need to eat something but not knowing what they want. Often associated with peptic ulcer disease or chronic gastritis.



Jiao

The trunk of the body is divided into three functional units or jiao, each with its own specific contents and physiological activity. The translation of the character is usually rendered as 'burning space' or 'heater' (as in the san jiao-triple heater).

What this implies is that dynamic physiological activity (including the generation and maintenance of body heat) occurs within these distinct units. The Heart and Lungs are located in the upper jiao (above the diaphragm) and as a unit are responsible for the motive force behind the circulation of qi and Blood. The Spleen and Stomach are located in the middle jiao, and the functional activity of digestion

and acquisition of qi (and thus the Spleen and Stomach) is often referred to as middle jiao qi. The Liver and Kidneys are situated (in a functional sense) in the lower jiao and are the foundation of the constitutional strength of the individual.



Kidneys (shen)

The organ system referred to as the Kidneys incorporates the genito-urinary system, the basis of fluid metabolism, the ability to reproduce, and the development and maintenance of the bones, central nervous system and ears.

The Kidneys are the foundation of constitutional health and are the storehouse for the body's yin and yang, and the inherited jing. Comparable to an individual's genetic template, Kidney jing (a dense form of Kidney qi, creating ova and sperm) is the blueprint that governs the potential for growth, development and sexual reproduction. The yang aspect of Kidney function underwrites all dynamic yang physiology, including fluid metabolism, digestion and circulation. The complement of yang, Kidney yin, maintains the integrity of the structural components upon which the yang acts and is the basis of the body's lubricating and moistening fluids, including fertile mucus, vaginal lubrication, prostatic fluid and synovial fluid. Kidney deficiency problems include those associated with the ageing process, disorders of fluid metabolism, energy weakness, some skeletal, neurological and aural disorders, loss of structural integrity (as in some atrophic disorders), infertility and congenital abnormalities.



Lin syndrome (lin zheng)

Lin syndrome (translated as painful urination syndrome) describes a variety of disorders characterised by pain associated with urination. The key feature in lin syndrome is pain, and it is the presence of pain that differentiates this group of disorders from other urinary disorders. Biomedically, painful urination syndrome includes such diseases as urinary tract infections, urinary calculi, pyelonephritis, tumours of the urogenital system, prostatic diseases, chyluria and albuminuria.

There are six classifications of lin syndrome.

Heat (or Damp Heat) lin syndrome is clinically the most common variety, and is characterised by being acute and by rather intense burning pain upon urination.

Stone (or sand) lin syndrome is characterised by the presence of urinary calculi or gravel, and, depending on the location of the stones, intense radiating pain and/or obstructed urination.

Qi lin syndrome is traditionally divided into two types, deficiency (of qi) and excess (qi stagnation).

The deficiency type is associated with Spleen qi deficiency and often follows recurrent Heat types that have not been treated or have been treated with antibiotics or excessively cold natured herbs. It is characterised by a dragging discomfort which is relieved by pressure, or a feeling of burning that improves with warmth and pressure. The excess type is characterised by discomfort around urination aggravated or initiated by stress and emotional upset.

Blood lin syndrome is painful urination with bleeding.

Cloudy (or turbid) lin syndrome is painful urination with cloudy or milky urine.

Exhaustion lin syndrome is chronic and recurrent, and is initiated or aggravated by sex, over-exertion and when fatigued. It is characterised by incomplete or dribbling urination, lumbar pain and weakness, and mild pain, which is often worse following urination.



Liver (gan)

The organ system referred to as the Liver incorporates the functions ascribed to the Liver, as well as the tissues and structures traversed by the channel pathways of the Liver and its partner, the Gallbladder.

These include the reproductive system, external genitals, flanks, breasts, throat and eyes. The Liver is responsible for the regular and uninterrupted distribution of qi and Blood around the body. It is the co-ordinator of the other organ systems, ensuring a steady supply of qi where and when it is needed. Failure of qi distribution leads to localised accumulations and obstructions. In pathological terms this results in hypertonicity of the affected tissues or structures with consequent decrease in perfusion and nutrition. The Liver is very susceptible to emotional turmoil and stress, and conversely, malfunction of the Liver can give rise to various emotional or psychological problems, most notably depression and mood swings.



Lungs (fei)

The organ system referred to as the Lungs incorporates the respiratory system, the skin and large intestine. The Lungs perform the function of respiration and as such are part of the energy generating system of the body (with the Spleen).

They are a fundamental component of the immune system. Healthy Lung function facilitates elimination of waste products. Weakness of the Lungs leads to various respiratory and energy problems, immune weakness, poor elimination, some skin disorders and problems of the large intestine.



Malarial Disorder (nue ji)

Malarial disorders are a collection of diseases characterised by alternating fever and chills or cyclical fever pattern. The diseases that fall into this category include true Plasmodium malaria, but also Dengue fever, Ross River fever and numerous fevers of the subtropic and tropical regions.



Masses and nodules

There are three main types of mass defined by Chinese medicine, qi, Phlegm and Blood stagnation. They may occur anywhere in the body.

Qi masses are intermittent, can vary in location, are quite soft upon palpation and will generally dissipate with prolonged pressure. They are usually associated with a functional disorders of an organ or tissue.

Phlegm masses do not move location, feel smooth, rubbery and round on palpation, and are usually not painful. Phlegm masses often occur in the neck, extremities and gynaecological system.

Blood masses are hard, fixed in location and feel very firm or irregular on palpation. They are often painful, especially when palpated. Blood masses can be associated with relatively benign lesions such as benign gynaecological tumours, chronic inflammatory masses like diverticulosis chronic salpingitis, ulcerative colitis, chronic appendicitis, and more sinister problems including malignant tumours.

Paradoxical pulse

The paradoxical pulse is so called because it is the opposite of the pulse expected for the pattern it reflects. The paradoxical pulse is a very clear indicator of Liver invading Spleen and Stomach patterns, where the expected pulse is an excess pulse (wiry, strong etc.) at the left middle position (Liver) and a deficient pulse (weak, thready, etc.) at the right middle position (Spleen/Stomach). The paradoxical pulse presents as a large bulge at the right middle position and a clear dip at the left middle position.



Phlegm (tan)

Phlegm in Chinese medicine is a technical term describing a pathological product resulting from the stagnation and congealing of body fluids or Dampness. There are two broad types of Phlegm, material (or substantial) and latent (or insubstantial).

Material Phlegm has physical form and can be observed in the thin or thick sputum of acute and chronic respiratory problems, the congesting mucus of sinus disease, and the rounded rubbery masses of various benign nodules, like lipomas and thyroid nodules. Latent Phlegm has no physical form, instead it is detected through the symptoms and constitutional pattern it produces. The symptoms of latent Phlegm are mostly associated with its inhibiting effect on the clear expression of the shen - disturbances of consciousness, anxiety states, insomnia, foggy headedness and palpitations - and its cloying effects on the circulation and distribution of yang, qi and Blood.



Qi

Qi is the functional component of Chinese physiology. Qi is required to perform the various tasks associated with life; gathering and harvesting food, transforming the qi of the raw materials into a form the human body can use, performing the daily maintenance tasks of respiration, protection from pathogens and generation of heat.

All the organ systems rely on a steady supply of qi in order to be able to perform their various functions. An inadequate supply of qi usually means that one or more systems is in a state of hypofunction.


Shan disorders (shan qi)

Shan disorders are a variety of conditions associated with pain and/or swelling of the lower abdomen and external genitals, particularly the testicles and scrotum. A number of biomedical conditions may be diagnosed as shan qi, including some types of inguinal or scrotal herniae, varicocele and hydrocele, tumours of the testicles, testicular torsion, orchitis, eczema and chronic inflammatory conditions with pain, such as chronic prostatitis. There are different classifications of shan qi.

Cold (han shan): characterised by coldness, shrinkage and firmness of the testicles.

Watery (shui shan): an accumulation of fluid in the scrotum (hydrocele), or swollen veins in the scrotum (varicocele), or eczema.

Qi (qi shan): distension and pain in the testicles, perineum and lower abdomen, with an obvious emotional component.

Foxy (hu shan): where a portion of the intestine is intermittently squeezed through an aperture or weakness in the abdominal wall, usually through the inguinal canal into the testicles. A type of hernia.

Hard (tui shan): a hard, solid mass with loss of testicular sensation.


Shen

Usually translated as 'spirit' or 'mind', the shen is at the most rarified end of the spectrum of qi. The most condensed is jing, in between are the various functional types of qi (zong qi, wei qi, zangfu, qi, etc.).

These three aspects of qi (jing, qi, shen) are termed the 'three treasures' and are the foundation of Chinese physiology and at the root of daoist meditation techniques. Indeed, it is the transformation of jing into shen that preoccupies some of the daoist and other esoteric schools of Chinese philosophical thought and practice.

The shen plays a key role in higher mental functions, including many of the intellectual and spiritual aspects of consciousness. In practical terms, the shen is most closely associated with our conscious awareness, and is essentially our ability to perceive, interact and communicate with our world clearly.

In addition, the shen and the Heart share an intimate and inter-dependent relationship (TCM describes the Heart as the residence of the shen). Shen pathology is associated with disturbances of consciousness and perception, sleep, higher mental function and some aspects of Heart function.

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病

Shao Yang syndrome (shao yang bing)

Shaoyang syndrome is a pattern of disharmony characterised by the residence of a pathogen in the second of the six levels, the shaoyang level. Six level theory, originally described in the magnificent Shang Han Lun (Treatise on Diseases with Fever, Han dynasty, circa 200AD) by one of the greatest physicians of history, Zhang Zhong Jing. Zhang, systematised the prevailing concepts of feverish diseases (the big killers of the time) into a series of stages through which a pathogen can penetrate. He designed diagnostic strategies and treatments which are still in use today. Zhang's achievement was far reaching - of the 100 or so formulae he describes, a significant number are still being used today, and are amongst the most popular and effective.

The shaoyang level is one of the six levels that a pathogen may pass through or lodge in as it penetrates the body's defensive systems. It is neither external (on the surface of the body) nor internal (affecting the internal organs), but instead represents a transitional zone where pathogens can hide and get locked away, sometimes for prolonged periods. From a clinical perspective, numerous common post acute and chronic (viral and bacterial) infections, as well as a host of hepatic and gastrointestinal disorders may manifest as shao yang syndrome.

脾

Spleen (pi)

In Chinese medicine the organ system referred to as the Spleen performs several fundamental processes that are critical to daily functional maintenance and metabolism. The Spleen is the basis of digestion, the harvesting of nutrients and the transformation of the raw materials of food into usable physiological qi.

The Spleen plays a crucial role in maintaining vascular integrity and preventing leakage of Blood from the circulatory system. It also maintains muscular tone and provides the complimentary force to counter the relentless pull of gravity. Spleen weakness can lead to a variety of digestive, metabolic and energy problems, bleeding disorders and prolapse of various structures.

暑
病

Summer-damp (shu bing)

Summer damp is an acute disorder primarily affecting the gastrointestinal system. It tends to be seasonal, most frequently occurring during the humid months of late summer or during periods of hot humid weather.

Summer damp is always an external environmental pathogen and is often epidemic, sweeping through offices and schools. It can linger or recur if not promptly or correctly resolved. The typical features are nausea and vomiting, urgent diarrhoea, muscle aches, foggy headedness and malaise.

热
毒

Toxic Heat (re du)

Toxic Heat refers to two types of disorder. The first is a severe localised accumulation of Heat or Damp Heat that reaches a level of intensity sufficient to destroy tissue and create pus. Abscesses and carbuncles, acute appendicitis or diverticulitis and suppurative tonsillitis are all examples of localised Toxic Heat disorders. Toxic Heat patterns may also be systemic, in which case they are observed in generalised malaise and nausea that accompanies serious infections like lymphangitis, lymphadenitis, bacteraemia and septicaemia.

温
病

Warm disease (wen bing)

Warm diseases are disorders caused by invasion of powerful external pathogens, usually occurring in epidemics and affecting the weak and strong alike. They superficially resemble simple Wind Heat patterns in the early stages, however unlike simple Wind Heat disorders, treatment is unreliable and the pathogen often swiftly penetrates deep into the body through the theoretical four levels into the deepest reaches of the body.

The four levels are the wei (corresponding to the surface, an external disorder), qi (involving the Lungs, chest, Stomach and Intestines), ying (or nutritive) and Blood. By the time a pathogen has entered the ying and Blood levels, the disorder is characterised by febrile rashes, disordered consciousness and convulsions. Warm diseases include conditions such as meningitis and encephalitis, febrile rashes, scarlet fever, measles and chicken pox and numerous tropical fevers.

痿
证

Wei syndrome (wei zheng)

Wei syndrome is a class of disorders characterised by wasting and weakness of the muscles of the extremities. There is usually no pain associated with the wasting. Disorders like multiple sclerosis, muscular dystrophy and polio may be diagnosed as wei syndrome.

风

Wind (feng)

Wind in Chinese medicine is a pathological entity that gives rise to disorders characterised by sudden onset, quickly changing and mobile symptoms and involuntary movements and spasms.

There are two types of Wind defined by Chinese medicine, external and internal. External Wind invades the body from the environment, usually in combination with Cold, Heat or Dampness, and is implicated in acute colds, influenza, gastric flu and some skin disorders. Internal wind is a more complex phenomena, being generated by pathological processes within the body. There are three common mechanisms that can create internal Wind, yin deficiency, Blood deficiency and extreme Heat.

Yin deficiency: The body's yin is the anchor that secures yang and provides a counterweight to its active and rising nature. At some critical point of deficiency, yin is unable to restrain Liver yang, which at a certain point of volatility and movement becomes Wind. This type of Wind can be sudden and catastrophic - it is the type of Wind that can cause severe dizziness, to the point of Wind stroke, leading to hemiplegia or death. It typically follows years of yin depletion.

Blood deficiency: This type of Wind is similar in aetiology to the yin deficiency in that the Wind is generated by failure of the Blood to anchor qi - when qi moves without the grounding control of Blood, a mild form of Wind is generated. Blood deficient Wind is more likely to cause mild rhythmic ties, tremors, fasciculations and spasms.

Extreme Heat: Because Heat and movement are closely related physiologically, at a certain level of intensity, internal Heat can generate sufficient movement to become Wind. This most frequently manifests as the convulsions of a high fever.



Wind Stroke (zhong feng)

The TCM classification of Wind stroke is closely analogous to the biomedically defined Cerebrovascular accident (CVA), although it also incorporates some non central nervous system conditions such as Bell's Palsy.

There are two main classifications of Wind Stroke:

Channel stroke: a mild type that only affects the channels and does not cause loss of consciousness. The main manifestations are facial paralysis, dysphasia and hemiplegia. The general prognosis is good, or at least better than when consciousness is lost.

Organ (Zang fu) stroke: a serious disorder thought to involve severe damage to the internal organs. This type causes loss of consciousness as well as hemiplegia, facial paralysis and dysphasia. This type frequently leads to permanent disability or death. Preventative treatment is strongly indicated for those at risk.



Yang

Yang is a technical term describing all the functional activity of the body's tissues and organ systems, and the energetic principle responsible for generation of body heat.

Insufficient yang leads to problems associated with severe hypofunction of tissues and organ systems and insufficient thermogenesis. Patients tend to be weak, sluggish and cold. Many disorders may be associated with insufficient yang, in particular reproductive problems, fluid and urinary disorders, circulatory and some endocrine disorders.

阳明病

Yang Ming syndrome (yang ming bing)

Yangming syndrome refers to a variety of disorders characterised by an accumulation of excess Heat (with or without other pathogens like Dampness or Phlegm) in the Stomach and Intestines. The main symptoms are fever, thirst, sweating and a large rapid pulse. If the yangming organ is involved there will be constipation. Yangming syndrome may begin as an acute invasion of Wind Cold or Heat that penetrates through the surface into the interior, or may occur due to Heat generated by some pathological process internally. In biomedical terms, yangming syndrome may correspond to disorders as diverse as meningitis, pneumonia, acute appendicitis, heat stroke and dysentery.

阴

Yin

Physiological yin is a technical term describing the structural components of the body upon which the yang acts and the cool moistening fluid components that contain, balance and cool the heat and activity of the yang elements.

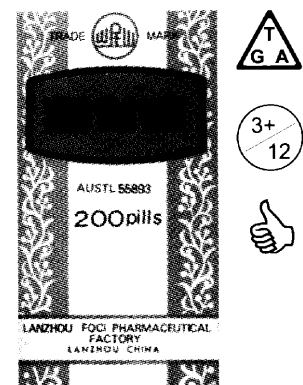
Many problems associated with weakness of yin involve a loss of structural integrity, actual atrophy or deterioration of tissues (i.e. chronic atrophic gastritis and glossitis), decrease in fluids or an increase in fluid viscosity. Yin deficiency also leads to overheating in much the same way as a car engine with insufficient water in the radiator tends to overheat. Yin deficient patients tend to be hot, dry, and agitated. Disorders that may have a component of yin deficiency include menopausal syndrome, sleep disturbances, chronic inflammatory states (for example cystitis, PID, prostatitis), hearing or visual weakness, some endocrine problems (diabetes, hyperthyroidism) and chronic respiratory disorders.

The following formula details are presented as one example of the information available on some 190 other formulae in this book.

逍遥丸

XIAO YAO WAN

(Hsiao Yao Wan) Lanzhou Foci Pharmaceutical Factory
(Gansu), 'Free and Easy Wanderer Pills', 'Rambling Pills'.
Xiao Yao Wan is packaged in bottles of 200 pills.



TCM actions

Softens the Liver and regulates qi, nourishes Blood, strengthens the Spleen, harmonises the Liver and Spleen.

Biomedical actions

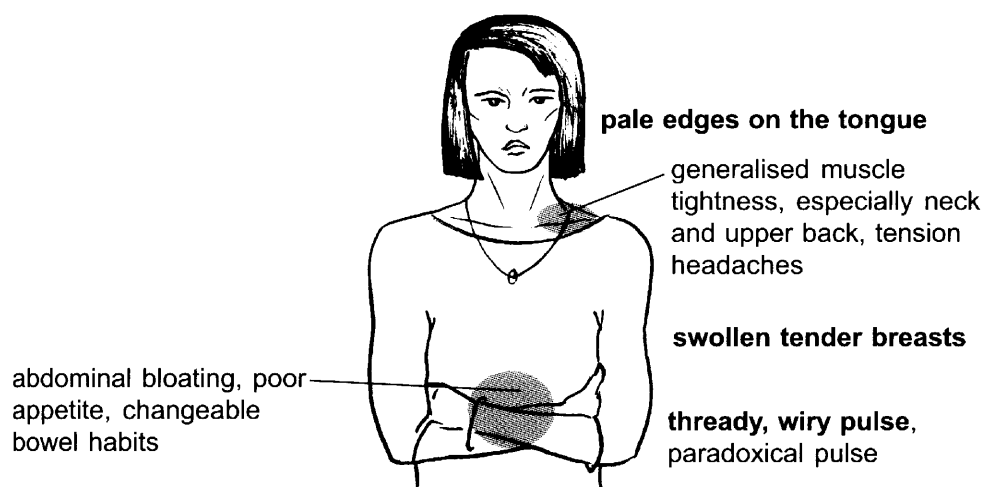
Regulates the hormones that influence the menstrual cycle, emmenagogue, relieves depression and emotional stress.

INDICATIONS

- The formula of choice for Liver qi stagnation patterns with Spleen qi and Liver Blood deficiency, and one of the most well balanced and popular of all Chinese herbal formulae. The pattern it treats - the response of the body to stress and emotional turmoil - is at the basis of many acute and chronic patterns of disharmony.
- An important formula for all menstrual disorders with an emotional component. Specifically used for irregular menstruation, late periods, premenstrual syndrome, breast tenderness or lumps, fibrocystic breast disease, premenstrual irritability, headaches, depression, constipation and insomnia, dysmenorrhoea and chronic pelvic inflammatory disease.
- For the effects of stress on the body in general, and in particular on the gastrointestinal system.
- In addition to the gynaecological conditions noted above, with the appropriate identifying features this formula can be used to treat irritable bowel syndrome, chronic gastritis, peptic ulcers, chronic tension in the gastrointestinal system, chronic hepatitis, the early stages of liver cirrhosis, anaemia, neurasthenia, depression, tension headaches and migraines, chronic neck and upper back pain and globus hystericus ('plum stone' throat).

Pattern Identifying Features

- **Symptoms worse with stress or emotional upset,**
- **premenstrual syndrome,**
- variable energy levels,
- vague non-specific aches and pains,
- irritability, depression, mood swings, generally uptight.



Composition (each pill contains powdered):

(chai hu, bupleurum) <i>Bupleurum falcatum</i>	27mg
(dang gui) <i>Angelica sinensis</i>	27mg
(bai shao, white peony) <i>Paeonia alba</i>	27mg
(bai zhu, atractylodes) <i>Atractylodes macrocephala</i>	27mg
(fu ling, hoelen) <i>Poria cocos</i>	27mg
(sheng jiang, ginger) <i>Zingiber officinalis</i>	27mg
(gan cao, licorice) <i>Glycyrrhiza uralensis</i>	21mg
(bo he, mint) <i>Mentha haplocalycis</i>	5mg

Combinations

- As part of a cyclical treatment (menstrual see glossary) with a qi and Blood tonic like Ba Zhen Wan or Gui Pi Wan, from the end of the period to midcycle to nourish Blood and yin, then Xiao Yao Wan from midcycle to menstruation.
- With Hai Zao Wan for breast cysts and thyroid nodules.
- With Nei Xiao Luo Li Wan for qi (and Blood) stagnation type ovarian cysts or endometriosis.

Dosage and method of administration

8-12 pills three times daily on an empty stomach. The dose may be spread out, or two lots of 12-18 pills may be taken, morning and evening. In severe cases or the early stages of treatment (the first few weeks), a 50% increase in dose may be used, then reduced as the treatment takes effect.

Cautions and contraindications

Contraindicated during the early phase of acute illness such as colds and flus. Very occasionally a sensitive patient may experience mild nausea or loose stools in the early days of treatment. This can be alleviated by reducing the dose or by adding a few pills of Xiang Sha Liu Jun Wan.