CLASS 20: QI AND BLOOD TONICS

1. QI TONICS • 2. BLOOD TONICS

3. QI AND BLOOD TONICS

1. QI TONICS

Single herb:

- *fēng wáng jiāng* (蜂王浆), Royal Jelly
- *huáng qì* (黄芪), Radix Astragali
- *rén shēn* (人参), Radix Ginseng
- *xī yáng shēn* (西洋参), Radix Panacis Quinquefolii

Two herb combination:

- *rén shēn fēng wáng jiāng* (人参蜂王浆)

Formulas:

- *yù píng fēng sān* (玉屏风散)
- *shēn qí wù wǔ wèi zǐ wán* (参芪五味子丸)

2. BLOOD TONICS

Single herb

- *dāng guī* (当归), Radix Angelicae Sinensis
- *hé shǒu wū* (何首乌), Radix Polygoni Multiflori

Formulas:

- *sì wù tāng* (四物汤)
- *dāng guī jīng* (当归精)
- *fù fāng dāng guī wán* (复方当归丸)
- *shǒu wū zhǐ* (首乌汁)
1. **QI TONICS**

**Single herb:**
- fēng wáng jiàng (蜂王浆), Royal Jelly
- huáng qì (黄芪), Radix Astragali (Astragalus)
- rén shēn (人参), Radix Ginseng (Chinese Ginseng)
- xī yáng shēn (西洋参), Radix Panacis Quinquefolii (American Ginseng)

**Two-herb combination:**
- rén shēn fēng wáng jiàng (人参蜂王浆)

**Classical Formulas:**
- yù píng fēng sān (玉屏风散)

**Modern Formulas:**
- shēn qì wú wèi zǐ wán (参芪五味子丸)

**General Discussion:**
- The Chinese word *qi* (气) describes a certain kind of bioenergy that circulates and infiltrates through the body via the acupuncture network.
- In Chinese medicine, various kinds of *qi* are described, including the *qi* of the acupuncture network and the *qi* of various organs.
- Most of the formulas in this category nourish spleen and lung *qi*, which are necessary to produce the healthy *qi* of the whole body (*zhèng qi*, 正气).
- One of the formulas (Shen Qì Wu Wèi Zǐ Wán) tonifies heart *qi*.
- The spleen and lung work to extract *qi* from the environment – from food and air.
The spleen channel has an upward direction, and its function is to extract qi and fluid from food in the small intestine and send it to the upper jiào.

- There it combines with qi from the air.
- Kidney qi (including constitutional yuán jīng, 原精) is also utilized, circulating upwards by the eight extraordinary channels, and acting as a catalyst to merge the three types of energy into zōng qi (宗气).

- Zōng qi circulates through the blood vessels and the acupuncture network.
- The heart is responsible for pumping the blood, while the lung pumps and circulates qi through the meridian sequence.
- In the acupuncture channels, the concentric aspect of zōng qi is called yīng qi (营气), which nourishes the internal organs and allows them to function normally.
- The more active centripetal energy emanating off the concentric yīng qi is called wèi qi (卫气), which infiltrates tissue and interstitial fluids surrounding the acupuncture channels and is responsible for cellular function and immune modulation.
- Deficiency of the spleen, lung or kidney can lead to deficiency of yīng qi and wèi qi.
- This interferes with organ function and immune response, and can account for generalized fatigue as well as act as the root cause of many illnesses.
- Deficiency of qi can also lead to deficiency of blood.

- The herbs and formulas in this category boost qi to treat spleen and lung deficiency.
- Symptoms of lung weakness include difficulty breathing, weak voice, spontaneous sweating, and susceptibility to allergies.
- Deficiency of spleen can cause poor digestion, loose stool and weak limbs.
- Deficiency of heart qi leads to fatigue, difficulty breathing, poor concentration and palpitations.

- Formulas that tonify qi for proper digestion can also be found in Class 9. Spleen Qi Deficiency and Spleen Yang Deficiency.
- Qi tonics tend to be warming, and are used cautiously in deficiency heat presentations.
**Single herb:**

**FENG WANG JIANG, ROYAL JELLY**

**Herb:**  
*fēng wáng jiāng* (蜂王浆), Royal Jelly

**Source:** Modern use

**Availability:**
- Capsules
- Liquid Vials

**Combination Products:**

- ASTRAGALUS ROYAL JELLY (PM)
- BIRDS’ NEST LINGZHI POLLEN ROYAL JELLY ORAL LIQUID (PM)
- CORDYCEPS ROYAL JELLY (PM)
- GINSENG ROYAL JELLY (PM)
- HUAHUANGBAO CHINESE POLLEN ROYAL JELLY (PM)
- NOTOGINSENG ROYAL JELLY (PM)
- PEKING LINGCHIH ROYAL JELLY (PM)
- RESHI & ROYAL JELLY EXTRACT (PM)

**Applications:**

- **Tonifies spleen qi, tonifies kidney qi, tonifies yín and wèi qì.**
- **Use** as a general tonic for *yín* and *wèi qì*, for preventing illness, recovering from illness, childbirth, or surgery, and enhancing the immune system.
- Use to improve appetite and to treat senility, poor sleep, dizziness, palpitation and fatigue.
- Helpful as a general tonic for wasting diseases such as chronic hepatitis, tuberculosis, AIDS, and declining health.

**Pulse:** Weak, soft

**Tongue:** Normal, or pale, swollen
Comments:

- Royal jelly is not listed in the traditional materia medica, but has become popular in China as a health and longevity tonic.
- It is a special food made from bee saliva, honey and pollen, and, when given to a common drone bee, allows it to become a queen, able to lay thousands of eggs in a single day.
- The queen bee, raised exclusively on royal jelly, lives sixteen times longer than the average bee.
- Royal jelly tonifies both spleen and kidney qi, and supporting both digestion and sexual function.
- It is used for malnutrition, infertility, low energy and to promote vitality and longevity.

Caution:

- May cause colic in nursing infants.

HUANG QI ASTRAGALUS

**Herb:** huáng qí (黄芪), Radix Astragali

**Source:** Shén Nóng Běn Cǎo Jīng (神农本草经), 2nd century

Literal: “Shen Nong’s Materia Medica Classic”

**Author:** Unknown

**Availability:**
- Liquid vials
- Powder capsules

**Applications:**

- Tonifies qi, raises yáng, tonifies wèi qi, secures the exterior, discharges pus, benefits the movement of urine.
- Use as a tonic for yīng wèi and wèi qi and to help build blood.
- Use to prevent illness, and to help recovery from chronic illness and childbirth.
- Applicable in fatigue, poor appetite, spontaneous sweating, slow healing wounds, prolapsed organs, frequent colds and deficiency edema.
• Useful during allergy season to fortify the qi. Useful to heal wounds and discharge accumulated pus.

**Pulse:** Normal, or weak, soft  
**Tongue:** Normal, or pale, swollen

**Comments:**  
• *Huáng qì* is considered effective for enhancing the immune system by boosting *wèi qi*.  
• The actions of the herb allow qi to radiate out from the channels that activates the immune system in the lymphatics, the interstitial fluids and the blood.  
• It is available as glass vials combined with honey and water, taken with a small straw.  
• Because of its availability as a liquid, it is particularly useful as an immune tonic for young children recovering from illness, or preventing common cold or allergy.  
• It is also helpful during and following chemotherapy and radiation therapy, and to heal wounds and discharge pus.

**Further Reading:**  
Bensky et al, Materia Medica, p. 718  
Chen & Chen, Medical Herbology, p. 847
REN SHEN, CHINESE GINSENG

**Herb:**  rén shēn (人参), Radix Ginseng

**Source:**  Shén Nóng Běn Cǎo Jing (神农本草经), 2nd century

Literal: “Shen Nong’s Materia Medica Classic”

**Author:**  Unknown

**Availability:**
- Capsules
- Powder

**Applications:**
- **Tonifies spleen, lung and heart qi, tonifies yuan qi, tonifies qi and blood, generates fluid, calms shen.**
- Use as a general tonic for yīng qi, and to tonify lung, heart, and spleen.
- Use to enhance and improve digestive function, including poor appetite and loose stools, and to support deficient heart and lung qi causing palpitation, shortness of breath, insomnia, or fatigue with exertion.
- Other symptoms include spontaneous sweating, poor memory, insomnia, restlessness or anxiety, poor circulation, anemia, or poor sexual function.
- Use for recovery from illness, prostration, shock, surgery and childbirth and to enhance the immune system.

**Pulse:**  Normal, or weak, soft

**Tongue:**  Normal, or pale, swollen

**Comments:**
- **Rén shēn** is an excellent general qi tonic. In China, people over the age of 40 commonly use it to promote digestion or to nourish heart or lung qi. It is also used for recovery from surgery or childbirth.
- **Rén shēn** is not much benefit to kidney qi, and its reputation for enhancement of sexual function is not accurate. (For those formulas, see Class 22. Kidney Yáng and Jing Tonics.)
- Red ginseng has been heat-treated to make it more yáng and warming than white (natural) ginseng.
• As a yāng and qì tonic, it is more indicated for men then women, although women can use it when there is a clear deficiency of yāng or qì. For example, it is given during labor.

Caution:
• Discontinue during colds and flu, as rèn shèn tends to pull pathogenic factors into the interior.
• Do not use rèn shèn or rèn shèn formulas in cases of yīn deficiency with heat, or in real heat such as fever.
• Contraindicated for patients with hypertension. Discontinue if it causes headache, insomnia or palpitations.

Further Reading:
Bensky et al, Materia Medica, p. 710
Chen & Chen, Medical Herbology, p. 835

XI YANG SHEN, AMERICAN GINSENG

Herb: xi yāng shèn (西洋参), Radix Panacis Quinquefolii
Availability:
Capsules
Powder

Applications:
• *Tonifies qì, nourishes yīn, clears lung fire, generates fluid, relieves cough.*
• Use for deficiency of yīn and qì causing low voice or loss of voice, fatigue, dry cough, thirst, and irritability.
• Also used for lung fire with coughing up of blood. Use to replace qì and yīn during acute and chronic fever.

Pulse: Normal, or weak, soft, or thin or rapid
Tongue: Normal, or pale with a dry coat
Comments:

- American ginseng ắ́ ắ́ ắ́ is one of the few foreign herbs that have been absorbed into the Chinese materia medica.
- It provides a qi tonic that is cooling, and thereby useful for replenishing qi during fevers.
- The herb was sought after when tuberculosis, a disease that consumes lung qi and yin, proved to be a great plague during China’s nineteenth century.
- For similar reasons, it is appropriate in fever due to AIDS or other causes of protracted fever with deficiency of qi, including following radiation therapy.
- It can also be used as a general qi tonic, or when the warm Chinese ginseng is not tolerated.

Further Reading:
Bensky et al, Materia Medica, p. 820
Chen & Chen, Medical Herbology, p. 841

Two-herb combination:

GINSENG ROYAL JELLY

Formula: rén shēn fēng wàng jiāng (人参蜂浆)
Source: Chinese patent medicine
Availability:
Vials
Capsules
Ingredients:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Source</th>
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<tbody>
<tr>
<td>rén shēn (人参), Radix Ginseng</td>
<td>AA</td>
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<tr>
<td>fēng wàng jiāng (蜂王浆), Royal Jelly</td>
<td>AA</td>
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<tr>
<td>fēng mi (蜂蜜), Mel (honey)</td>
<td>PB</td>
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Applications:
- Tonifies spleen qi, tonifies lung qi, tonifies heart qi, tonifies yīng and wèi qi.
- Use as a general tonic for yīng and wèi qi, for preventing illness, recovering from illness, surgery and childbirth, and enhancing the immune system.
- Benefits digestive function and appetite. Use for fatigue, lassitude, low sexual energy, palpitation, and weak heart function.
- Can fight residual or chronic infection including chronic liver disease; also for anemia, and preventing degenerative effects of aging.

Pulse: Normal, or weak, soft

Tongue: Normal, or pale

Comments:
- This popular tonic combines rēn shēn with royal jelly (fēng wáng jiāng).
- It comes is a box of ten vials of liquid, with accompanying straws.
- Royal jelly is considered an excellent longevity tonic in China, and rēn shēn has long been valued as a general tonic for spleen, heart and lung qi (see above).
- Bee pollen fights infection and enhances the immune system, and is valuable when recovering from an illness.

Caution:
- May cause colic in nursing infants.
- Discontinue during acute colds and flu, as rēn shēn tends to pull pathogenic factors into the interior.
Classical Formulas:

YU PING FENG SAN

**Formula:**  **yù píng fēng sǎn** (玉屏风散), “Jade Screen (against the) Wind Powder”

**Author:**  **Zhū Zhèn-Hēng** (朱震亨)  *aka*  **Zhū Dān-Xī** (朱丹溪)

**Source:**  **Dān Xī Xīn Fǎ** (丹溪心法), 1481

Literal: “Dan-Xī’s Heart Method” (eg, “Personal Insights”)

**Availability:**
- ASTRAGALUS & SILER FORMULA (EG)
- CHILDREN’S JADE DEFENSE (GF)
- JADE SCREEN (JD, TT)
- JADE SCREEN FORMULA (CC)
- JADE SCREEN TABLETS (SF)
- JADE SCREEN TEAPILLS (PF)
- JADE WINDSCREEN FORMULA (GF, HS)
- YU PING FENG SAN (BP, TZ)
- YU PING FENG WAN (HT, JD, TL)
  * ASTRA C (HC)
  * ASTRA C (HC)
  * JADE WINDSCREEN (K)

**Ingredients:** (from the standardized “Astragalus & Siler Formula”)

- **huáng qí** (芪), Radix Astragali  60 %  AA
- **bái zhú** (术), Rhizoma Atractylodis Macrocephalae  20  AA
- **fáng fēng** (防风), Radix Saposhnikoviae/Ledebouriellae  20  BA

**Applications:**

- **Replenishes qi, tonifies wèi qi, consolidates the exterior, stops sweating.**
- Use for deficiency of wèi qi causing spontaneous sweating or catching cold easily.
- Symptoms can include sensitivity to cold and wind, fatigue, pale or puffy complexion, low voice, and poor appetite.
- Use for pediatric cold, chronic hay fever allergies and chronic nasal discharge of white or
clear mucus.
• Used adjunctively in the treatment of chronic disease, including AIDS, tuberculosis, and weakened liver due to cirrhosis of hepatitis.
• Taken preventatively for the common cold and to boost immune responsiveness.

**Pulse:** Normal, or floating and soft

**Tongue:** Normal, or pale

**Comments:**
• This is a valuable formula for building a weakened immune system, especially when the symptoms include perspiring easily or sensitivity to wind or cold.
• It is valuable in pediatric conditions for chronic runny nose and as a qi tonic during hay fever allergies.
• A simple formula, it uses bái zhú to build and astringe yín qi, huáng qì to build wèi qì, and fáng fēng to disperse wèi qì to the surface.
• Most manufacturers follow the standardized formula, with 60% belonging to huáng qì.

**Further Reading:**
Bensky et al, p. 326
Chen & Chen, p. 773
Ellis, p. 392
Modern Formulas:

SHEN QI WU WEI ZI WAN

**Formula:**  
shēn qí wū wèi zǐ wán (参芪五味子丸)  
“Ginseng, Astragalus, Schisandra Pill”

**Author:** Modern patent medicine

**Availability:**  
ABUNDANT QI PLUS TEAPILLS (PF)  
SHEN QI WU WEI ZI WAN (MS)

**Ingredients:** (from Minshan “Shen Qi Wu Wei Zi Wan”)  
wū wèi zǐ (五味子), Fructus Schisandraceae  46.1 %  
huáng qí (黄芪), Radix Astragali  30.8  
dǎng shēn (党参), Radix Codonopsis  15.4  
suān zǎo rén (酸枣仁), Semen Ziziphi Spinosae  7.7

**Applications:**  
- **Tonifies heart and lung qi, astringes sweating, calms shen.**  
- Use for deficiency of heart or lung qi causing fatigue, shortness of breath following exertion, spontaneous sweating, palpitation, insomnia, low voice volume, lack of vitality.  
- Also for anxiety and restlessness due to qi deficiency.  
- Useful as a heart qi tonic and preventative in aging patients.  
- Can also be used as a lung qi tonic in chronic asthma and chronic cough.

**Pulse:** Normal, or thin, weak, soft

**Tongue:** Normal, or pale or swollen

**Comments:**  
- This formula addresses heart and shen problems due to deficiency of heart qi.  
- Due to the inclusion of suān zǎo rén, the formula targets the heart.  
- Otherwise, the three lead herbs could also benefit the spleen, lung, liver or kidney.
• *Wū wèi zǐ,* the main herb, has astringing properties that bring the formula into the interior.
• It is used to astringe spontaneous sweating, especially when enhanced by combining with the *qì* tonics *huáng qí* and *dăng shēn.*
• The formula is valuable for strengthening heart *qì* in the aging population.

**Other Products in this Category:**

*shen qì da bu wan*
- ABUNDANT QI TEAPILLS (PF)
- SHEN QI DA BU WAN (MS, TL)

*si jun zi wan* (see *Class 9. Spleen Qì Tonics*)
- FOUR GENTLEMEN FORMULA (HS)
- FOUR GENTLEMEN TEAPILLS (PF)
- MAJOR FOUR HERB COMBINATION (EG)
- SI JUN ZI TANG (BP, TZ)
- SI JUN ZI WAN (HT, TL)

**Other:**
- CORDYCEPS 3 (EV)
- FIVE MUSHROOM FORMULA (GF)
- FULL FORCE WITH ASTRAGALUS (HC)
- GINSENG ENDURANCE FORMULA (GF)
- LICORICE 25 (HC)
- POWER MUSHROOMS (HC)
- TONIFY QI (CMS)
- VIBRANT (EV)
2. BLOOD TONICS

*Single herb:*

*dāng guì* (当归), Radix Angelicae Sinensis

*hé shǒu wū* (何首乌), Radix Polygoni Multiflori

*Classical Formulas:*

*sì wù tāng* (四物汤)

*Modern Formulas:*

*dāng guì jīng* (当归精)

*fù fāng dāng guì wán* (复方当归丸)

*shǒu wū zhī* (首乌汁)

*General Discussion:*

- Products in this category nourish the blood.
- Blood nourishes every cell in the body, and blood deficiency directly affects the function of the brain, heart, liver and uterus.
- In TCM, the heart dominates the blood vessels, the liver stores the blood, and the spleen controls the blood.
- Deficiency can affect all of them.
- Blood deficiency includes that which can be measured by laboratory analysis, including low counts of red blood cells, white blood cells, platelets or hematocrit.
- Blood deficiency can exist even when lab tests appear normal, indicating a weak blood vitality. Devitalized red blood cells have the tendency to clump together, because they cannot repel each other electromagnetically.
- This also affects its ability to bind with oxygen and carbon dioxide.

- Signs and symptoms of blood deficiency are a more important indicator than blood counts.
- They include thin or weak pulse, pale tongue and lips, pale conjunctiva in the eyes, dry or itchy skin, pale complexion, dry hair or hair that falls out easily, fatigue, poor concentration, amenorrhea or irregular menses, floaters in the eyes, dry brittle finger nails and low body temperature.
• Blood deficiency in the liver can also lead to dry, brittle tendons, and is found in stiffness and inflexibility associated with aging.

• Deficiency of heart blood can cause insomnia, palpitation, dizziness and irregular heart beat, as well as poor memory and concentration.

• Blood tonics are also used to nourish and moisten the intestines in the treatment of constipation.

• For these reasons, blood tonics are often employed to treat or prevent problems of aging.

• In China, blood-tonifying formulas are popular with women to compensate for blood loss during menses, and to prevent dryness of the skin and hair.

• Chinese women often take a blood tonic for the two weeks following the menses.

• Blood deficiency is also evident following childbirth, major surgery, hemorrhagic loss of blood due to trauma, and excessive uterine bleeding.

• They are also necessary following radiation therapy.

• Problems of infertility often involve a blood deficiency, in addition to deficiency of kidney or stagnation of liver.

• Causes of nontraumatic blood deficiency are often due to an underlying deficiency of qi, which in turn may be due to dysfunction of the spleen (digestive ability), lung (including air pollution or smoking) or kidney.

• People on kidney dialysis, for example, show all the signs of blood deficiency.

• Hemophilia, a constitutional kidney deficiency in Chinese medicine, is also seen as a problem of blood deficiency, as are other platelet disorders.

• Underlying conditions need to be addressed, and successful nourishment of the blood usually requires concurrent tonification of qi and yin.

• The products offered in this class may be used alone, or to reinforce other prescriptions.

• Alone, they may be cloying and stagnating in nature and affect the digestion. Caution is advised in terms of nausea, indigestion or loose stools.

• Caution is also advised during menses so as not to cause excessive bleeding.

• Also, patent medicines for blood tonification are often discontinued during early stages of exogenous wind invasions (colds and flu), as they tend to drive
pathogenic wind deeper into the body.

- Blood tonics specific to gynecological disorders can be found in Class 12: 
  *Gynecological Tonics.*

**Single Herb:**

**ANGELICA DANG GUI**

**Herb:**  
dāng guī (当归), Radix Angelicae Sinensis

**Source:**  
Shēn Nóng Bēn Cǎo Jīng (神农本草经), 2nd century  
Literal: “Shen Nong’s Materia Medica Classic”

**Author:**  
Unknown

**Availability:**

- ANGELICA DANG GUI CAPSULES (PF)
- DANG GUI EXTRACT WAN (HT)
- DANG GUI SU (PM)
- DANG GUI SU (PM)
- DANG GUI WAN (PM, TL)

**Applications:**

- *Nourishes and warms blood, invigorates blood, nourishes liver, moistens intestines, regulates menses.*
- Use for deficiency of blood, affecting vitality, menstruation and vision.
- Useful for poor memory, palpitations, dizziness, headache, tremor, dry hair, alopecia (hair falling out), dry skin, and cracked nails.
- Nourishes the liver and kidney to regulate menses, including irregular menses, amenorrhea, and scanty periods.
- Useful following postpartum bleeding.
- Also adjunctively to moisten dry intestines to treat constipation.
Comments:

- Dāng guī is valued by the Chinese for nourishing, moving and warming blood.
- It is used alone or in combination for various gynecological complaints, including regulation of female hormones, irregular menses, amenorrhea or spotting periods, infertility, and as a postpartum tonic.
- It is commonly taken after the period to enhance blood production and vitality. It is also used to repair damaged liver cells.
- Dāng guī is often combined with huáng qì (黄芪, Radix Astragali) to boost qì and blood.
- This becomes the formula Dang Gui Bu Xue Tang, which can be used to raise red and white blood cells during or following chemotherapy and radiation.

Caution:

- In general, discontinue or reduce dosage during menses, which can lead to a heavier flow.
- Dāng guī may lower prothrombin times when combined with blood thinners such as Coumadin.

Further Reading:

Bensky et al, Materia Medica, p. 748
Chen & Chen, Medical Herbology, p. 918
POLYGONUM HE SHOU WU

**Herb:**  hé shōu wū (何首乌), Radix Polygoni Multiflori

**Source:**  Rì Huá Zī Bèn Cǎo (日华子本草), 713

Literal: “Ri Hua-Zi’s Materia Medica”

**Author:**  Rì Huá-Zī (日华子)

**Availability:**

- Pills and capsules

**Applications:**

- **Nourishes blood, consolidates and strengthens jīn, benefits kidney, strengthens tendon and bone, moistens the intestines.**
- Use for chronic deficiencies of liver blood and yīn affecting vitality, fertility, menstruation, skin and hair, memory and vision.
- Counters liver fire due to deficiency, with accompanying symptoms of headache, eye pain, dizziness, and tinnitus.
- Benefits lower back and painful joints, stops spermatorrhea and vaginal discharge, treats constipation.
- Useful for dry hair, alopecia (hair falling out), dry skin, and cracked nails.
- Also used for blurred vision, numbness or tingling of the limbs, poor concentration and poor memory, restless sleep, fatigue or anxiety due to deficiency of blood and jīng.
- Also for leakage of sperm (spermatorrhea) and depletion from excessive sexual activity in males.
- Can be useful following radiation therapy.

**Comments:**

- **Hé shōu wū**, also called Fo-Ti, is valued by the Chinese for graying hair, dry skin and male sexual depletion.
- Similar in function to shù dì huáng (熟地黄, Radix Rehmanniae Praep.), it is less cloying and easier on the digestion, and can be used on a daily basis.
- Clinical research indicates its ability to reduce blood lipids and cholesterol, regulate blood glucose levels, and treat chronic malaria.
Further Reading:
Bensky et al, Materia Medica, p. 747
Chen & Chen, Medical Herbology, p. 927

Classical Formulas:

SI WU TANG

Formula:  sì wù tāng (四物汤), “Four Substance Decoction”
Author:  Lìn Dào Rén (Lin the Daoist) (簡道人)
Source:  Xiān Shòu Li Shàng Xù Duàn Mǐ Fāng (仙授理伤续断秘方), 846
Literal: “Immortal Instructs Management (of) Injuries (and) Repair (of) Fractures, Secret Formulas”

Availability:
FOUR SUBSTANCES (K)
FOUR SUBSTANCES FOR WOMEN TEAPILLS (PF)
FOUR-SUBSTANCE FORMULA (HS)
SI WU TANG (TZ)
SI WU TANG PIAN/WAN (GC)
SI WU WAN (HT, PM, TL)
TANGKUEI FOUR COMBINATION (EG)

Ingredients: (from the standardized formula “Tangkuei Four Combination”)

- shú dì huáng (熟地黄), Radix Rehmanniae Praep.  25 %  AB
- dāng guī (当归), Radix Angelicae Sinensis  25  AB
- bái sháo (白芍), Radix Paeoniae Alba  25  AB
- chuān xiōng (川芎), Rhizoma Ligustici Chuanxiong  25  K

Ingredients: (from Herbal Times “Si Wu Wan”)

- shú dì huáng (熟地黄), Radix Rehmanniae Praep.  31.2 %  AB
- dāng guī (当归), Radix Angelicae Sinensis  25.0  AB
- bái sháo (白芍), Radix Paeoniae Alba  25.0  AB
- chuān xiōng (川芎), Rhizoma Ligustici Chuanxiong  18.8  K
Applications:

- **Nourishes and regulates blood, invigorates blood, regulates menses.**
- Use for deficiency of blood affecting vitality, menstruation, and vision.
- Useful for poor memory, palpitations, dizziness, headache, tremor, dry hair, alopecia (hair falling out), anemia, dry or pale skin, and cracked nails.
- Regulates liver and kidney to regulate menses, treating irregular menses, amenorrhea, and scanty periods.
- Use for postpartum fatigue, restless fetus syndrome and depression. Also adjunctively to moisten dry intestines to treat constipation.

**Pulse:** Thready or wiry-thin

**Tongue:** Pale

Comments:

- This is an important foundation formula for blood deficiency, combining four herbs that act synergistically.
- **Dāng guī** and **bái sháo** work together to build and circulate liver blood; **chuān xiōng** moves blood; and **shú dì huáng** builds blood while strengthening kidney **jīng**.
- The formula can be used alone or to reinforce other products.
- If there is underlying qi deficiency, it is important to combine with a qi tonic.
- When combined with **Si Jun Zi Tang** (Class 9: Spleen Qi Deficiency), it becomes **Ba Zhen Tang** (this class), a tonic formula for deficiency of qi and blood.
- **Si Wu Tang** is a popular postmenstrual and postpartum tonic for women.

Further Reading:

- Bensky et al, p. 333
- Chen & Chen, p. 562
- Ellis, p. 297
Modern Formulas:

DANG GUI JING

Formula:  dāng guī jīng (当归精), “Angelica Dang Gui Essence”

Source:  Modern patent medicine

Availability:  
- DANG GUI JING (PM)
- TANG KWEI GIN (PF, PM)
- TANKWE GIN (PM)

Ingredients:  (from Chung Lien Drug Works; Wuhan “TanKwe Gin”)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Form</th>
</tr>
</thead>
<tbody>
<tr>
<td>dāng guī (当归), Radix Angelicae Sinensis</td>
<td>69.0 %</td>
<td>AB</td>
</tr>
<tr>
<td>fǔ líng (茯苓), Poria</td>
<td>4.5</td>
<td>FC</td>
</tr>
<tr>
<td>ē jiào (阿胶), Colla Corii Asini</td>
<td>4.5</td>
<td>AB</td>
</tr>
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<td>bái shào (白芍), Radix Paeoniae Alba</td>
<td>4.5</td>
<td>AB</td>
</tr>
<tr>
<td>dāng shēn (党参), Radix Codonopsis</td>
<td>4.5</td>
<td>AA</td>
</tr>
<tr>
<td>huáng qí (黄芪), Radix Astragali</td>
<td>4.5</td>
<td>AA</td>
</tr>
<tr>
<td>shú di huáng (熟地黄), Radix Rehmanniae Praep.</td>
<td>4.5</td>
<td>AB</td>
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<tr>
<td>chuan xiong (川芎), Rhizoma Ligustici Chuanxiong</td>
<td>2.0</td>
<td>K</td>
</tr>
<tr>
<td>gǎn cǎo (甘草), Radix Glycyrrhizae</td>
<td>2.0</td>
<td>AA</td>
</tr>
</tbody>
</table>

Alcohol  
Sugar

Packing and Dosage:
- Bottles of 200 cc (7 fl. oz.). Take 1-2 teaspoons (5 cc), 1-3 x day.

Applications:
- *Nourishes blood, tonifies qì, regulates liver and kidney.*
- Use for deficiency of blood presenting with pale complexion, fatigue, cracked, brittle nails, dry skin and hair, blurring of vision and visual disturbances.
- Also for numbness or tingling of the limbs, lightheadedness, dizziness, palpitations, poor memory and concentration, bruising easily.
- Use for gynecological disorders including scanty, irregular menses or amenorrhea, post-menstrual fatigue, and infertility.
- Also for chronic non-healing ulcers and sores.
**Pulse:** Normal, or thready or wiry

**Tongue:** Normal, or pale

**Comments:**
- *Dang Gui Jing* is a popular liquid tonic for nourishing blood and regulating female hormones.
- It is mostly used as a gynecological tonic, particularly post-menses and post-partum.
- The formula can also be used for low blood lab values, and is beneficial following chemotherapy or radiation.
- It can be used for long periods of time.
- This formula reinforces *dāng guī* (69% of the formula) with the other blood tonics of *Si Wu Tang* (*bái sháo, shú di huáng* and *chuǎn xiōng*) as well as ē jiāo so that the blood tonics contribute 83% of the formula.
- Another 11% of the formula tonifies *qì* (*dāng shēn, huáng qì* and *gàn cǎo*), which is necessary to adequately build blood.
- The Plum Flower version is similar to the original Chung Lian formula, omitting ē jiāo.

**Caution:**
- Discontinue or reduce dosage during menses to avoid excessive bleeding.
- Also, discontinue during colds and flu, as tonics tend to drive pathogenic factors into the interior.

---

**FU FANG DANG GUI WAN**

**Formula:** *fù fāng dāng guǐ wàn* (复方当归丸), “Compound Angelica Dang Gui Pill”

**Author:** Modern patent medicine

**Availability:**
- ANGELICA COMPOUND WAN (HT)
- ANGELICA DANG GUI PILLS (MS)
- DONG QUAI TABLET (PM)
Ingredients: (from Herbal Times “Angelica Compound Wan”)

- **dāng guī (当归)**, Radix Angelicae Sinensis 70% AB
- **chuān xiōng (川芎)**, Rhizoma Ligustici Chuanxiong 10 K
- **bái zhú (白术)**, Rhizoma Atractylodis Macrocephalae 10 AA
- **dà zăo (大枣)**, Fructus Jujubae 10 AA

Applications:

- **Nourishes blood, tonifies qì, nourishes the liver, regulates menses, moistens intestines.**
- Use for deficiency of blood, affecting vitality, menstruation, and vision. Useful for poor memory, palpitations, dizziness, headache, tremor, dry hair, alopecia, dry skin and cracked nails.
- Nourishes the liver and kidney to regulate menses, treating irregular menses, amenorrhea, and scanty periods.
- Use for postpartum fatigue, restless fetus syndrome (threatened miscarriage) and depression due to deficiency.
- Also used adjunctively to moisten intestines to treat constipation, especially in the elderly.

Pulse: Normal, or thready or wiry

Tongue: Normal, or pale

Comments:

- This formula consists of 70% **dāng guī** with 10% to move blood (**chuān xiōng**) and 20% to tonify **qì** (**bái zhú** and **dà zăo**).
- It is a good tonic for building blood as well as helpful in regulating female hormones.
- It is a popular post-menstrual and postpartum tonic for women, and can be used following chemotherapy or radiation.
SHOU WU ZHI

Formula:  

\textit{shòu wù zhī} (首乌汁), “Polygonum He Shou Wu Juice”

Source:  

Modern patent medicine

Availability:  

SHOU WU CHIH (PM)  
SHOU WU ESSENCE (PF)

Ingredients:  

(from United Pharmaceutical Manufactory; Guangzhou “Shou Wu Chih”)  

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<tr>
<th>Ingredient</th>
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<th>Unit</th>
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</thead>
<tbody>
<tr>
<td>hé shòu wù (何首乌), Radix Polygoni Multiflori</td>
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</tr>
<tr>
<td>dāng guì (当归), Radix Angelicae Sinensis</td>
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<td>AB</td>
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<tr>
<td>huáng jīng (黄精), Rhizoma Polygonati</td>
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<td>AA</td>
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<tr>
<td>shēng dì huáng (生地黄), Radix Rehmanniae</td>
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<tr>
<td>chūn xiōng (川芎), Rhizoma Ligustici Chuanxiong</td>
<td>10.0</td>
<td>K</td>
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<td>dǐng xiāng (丁香), Flos Caryophylli</td>
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<tr>
<td>jū hé (橘核), Semen Citri Reticulatae</td>
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<td>G</td>
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<td>Sugar</td>
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<td></td>
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<tr>
<td>Distilled water</td>
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</table>

Ingredients:  

(from Plum Flower “Shou Wu Essence”)  

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<tr>
<th>Ingredient</th>
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</thead>
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<tr>
<td>jīn yíng zǐ (金樱子), Fructus Rosae Laevigatae</td>
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<td>hé shòu wù (何首乌), Radix Polygoni Multiflori</td>
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<td>huáng jīng (黄精), Rhizoma Polygonati</td>
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<tr>
<td>tù sī zǐ (菟丝子), Semen Cuscutae</td>
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</tr>
<tr>
<td>bǔ gǔ zhī (补骨脂), Fructus Psoraleae</td>
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<td>AC</td>
</tr>
<tr>
<td>dāng guì (当归), Radix Angelicae Sinensis</td>
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<td>AB</td>
</tr>
<tr>
<td>chén pí (陈皮), Pericarpium Citri Reticulatae</td>
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<td>G</td>
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<tr>
<td>Sugar</td>
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<td>Distilled water</td>
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</table>
**Packing and Dosage:**
- Bottles of 200 cc (7 fl. oz.) or 500 cc (16 fl. oz)
- Take 1-3 teaspoons (5 cc), 1-3 x day.

**Applications:**
- **Tonifies blood, invigorates blood, moves qi, nourishes liver and benefits kidney, nourishes jīng and yáng.**
  - Use for chronic deficiencies of blood and jīng, including those due to heavy menses, childbirth, or aging.
  - Symptoms may include infertility, poor male sexual function, amenorrhea or irregular menses, dry hair and skin, thinning hair, cracked fingernails, poor memory and fatigue.
  - Useful in alopecia (hair falling out), male sexual depletion, and stiff tendons.
  - Also as a post menstrual tonic, and to increase female fertility, and as a general geriatric tonic.
  - Can be used following radiation therapy.

**Pulse:** Normal, or thready or wiry-thin

**Tongue:** Normal, or pale

**Comments:**
- This is an excellent tonic for blood and jīng, available in liquid form.
- Both versions listed here contain hé shòu wū, dāng guì and huáng jīng.
- The product from United Pharmaceutical devotes 70% of the formula to these 3 herbs.
- Hē shòu wū tonifies kidney and liver, and promotes both liver blood and kidney jīng.
- Dāng guì supports liver blood, and huáng jīng supports kidney jīng.

- The formula can be used as a general blood tonic, and is particularly good for enhancing male sexual function and female fertility.
- It is also used a variety of gynecological conditions due to blood deficiency; for men, it can be used for fatigue and depletion following sexual activity.
- Plum Flower does not list the ingredient percentages. Its lead herb is jīn yīng zǐ, an astringent used to arrest spermatorrhea in men, and for deficiency leukorrhea in women.
- It also contains tù sī zǐ and bǔ gū zhī, herbs that further enhance tonification of kidney yáng and jīng.
Other Formulas Appropriate for this Category:

Formulas in Class 12: Gynecological Tonics

\begin{itemize}
  \item \textit{bù xuè tiáo jìng tàng} (补血调经汤)
  \item \textit{jiāo ài tàng} (胶艾汤)
  \item \textit{wèn jìng tàng} (温经汤)
  \item \textit{wù jì bái fèng wán} (乌鸡白凤丸)
  \item \textit{zhòng zǐ wán} (种子丸)
\end{itemize}

Formulas in Class 13:

\begin{itemize}
  \item \textit{táo hóng sì wù tàng} (桃花四物汤)
\end{itemize}

Formulas in Class 19:

\begin{itemize}
  \item \textit{qī bǎo měi rán dàn} (七宝美髯丹)
  \item \textit{bān tū wán} (斑秃丸)
\end{itemize}

Other formulas in this class:

\begin{itemize}
  \item \textit{bā zhēn tàng} (八珍汤)
  \item \textit{dāng guī bù xuè tàng} (当归补血汤)
\end{itemize}

He shou wu formulas

\begin{itemize}
  \item DR.SHEN’S SHOU WU PILL (DS)
  \item HE SHOU WU CAPSULES (PF)
  \item He Shou Wu TABLETS (GF)
  \item NOURISH HAIR (JD)
  \item SHOU WU CHIH (PM)
  \item SHOU WU ESSENCE (PM)
  \item SHOU WU FORMULA (CC)
  \item SHOU WU PIAN (PF)
  \item SHOU WU WAN (HT)
  \item * SHOU WU TABLETS (SF)
\end{itemize}
tián qì (田七), Radix/Rhizoma Notoginseng
  PSEUDOGINSENG CAPSULES (COOKED) (HT)
  STEAMED TIENCHI CAPSULES (PF)
  TIEN-CHI GINSENG TABLETS (PM)

Other:
  ANGELICA RESTORATIVE FORMULA (K)
  DANG GUI PIAN/WAN – HEMOVIGOR (GC)
  MARROW PLUS (HC)
  MILLETTIA 9 (SF)
  tang kUEi AND salvia FORMULA (GF)
  TANG-KUEI 18 (SF)
  TONIFY BLOOD (CMS)
  WOMAN’S HAIR FORMULA (DrJ)
3. QI AND BLOOD TONICS

Classical Formulas:

bā zhēn tāng (八珍汤)
dāng guī bǔ xuè tāng (当归补血汤)

General Discussion:

- Formulas that tonify both qi and blood are used in China following surgery, radiation chemotherapy, childbirth, or prolonged illness.
- A number of TCM diseases or zàng fù syndromes include a qi and blood deficiency as one of their differentiations; in these cases formulas from this class can be combined with other formulas.
- These include gynecological diseases - dysmenorrhea, amenorrhea, heavy menstrual periods menstrual spotting, difficult labor or pregnancy, vaginal itching.
- Heart and shén patterns - depression, insomnia, anxiety
- Liver patterns - dizziness, tremors
- Blood disorders - subcutaneous bleeding, nosebleed
- Skin disorders - wind rash, alopecia, slow healing wounds
- Eye disorders - optic atrophy, diminished vision
- Wèi syndrome - tremors, post-stroke
- Bì syndrome - deficiency joint and muscle pain

- The formulas in this class typically combine herbs that tonify qi with herbs that nourish blood, adding in other herbs to move qi or blood so as to prevent cloying.
- Nourishing blood usually is more successful when qi is tonified at the same time.

- A more detailed description of qi tonics can be found in the introductions to Class 9: Spleen Qi Deficiency.

- Formulas that tonify qi and blood use warming herbs.
- Caution is advised in heat conditions and deficiency of yīn.
- Also, it is recommended that tonics not be used during early stages of colds and flu, as they tend to drive pathogenic factors deeper into the body.
BA ZHEN TANG

**Formula:** bā zhēn tāng (八珍汤), “Eight Treasures Decoction”  
**Author:** Xuē Jǐ (薛己) aka Xuē Xīn-Fǔ (薛新甫) aka Xuē Li-Zhài (薛立斋)  
**Source:** Zhèng Tǐ Lèi Yào (正体类要), 1529  
Literal: “Straight Standardized Category Essentials”

**Origin:**
**Formula:** shí quán dà bǔ tāng (十全大补汤) (Class 22)  
**Author:** Wú Yàn-Kuí (吴彦夔)  
**Source:** Chuán Xīn Shì Yòng Fāng (传信适用方), 1180  
Literal: “Transmitted Suitable (and) Useable Formulas”

**Availability:**
- BA ZHEN TANG (BP, TZ)  
- BA ZHEN WAN (GC, HT, JD, PiM, TL)  
- DR. SHEN’S WOMEN’S PRECIOUS PILL (DS)  
- EIGHT-TREASURES (HC)  
- NU KE BA ZHEN WAN (MS)  
- TANGKUEI & GINSENG EIGHT COMBINATION (EG)  
- WOMEN’S PRECIOUS FORMULA (CC)  
- WOMEN’S PRECIOUS TEAPILLS (PF)  
- WOMEN’S TREASURE (JD)  
* BA ZHEN YI MU WAN (TL)  
* TANG-KUEI TABLETS (SF)  
* WOMEN’S PRECIOUS (K)  
* WOMEN’S PRECIOUS FORMULA (GF)
**Ingredients:** (from the standardized “Tangkuei & Ginseng Eight Combination”)

- **dāng guì** (当归), Radix Angelicae Sinensis 10.9 % AB
- **chuān xiōng** (川芎), Rhizoma Ligustici Chuanxiong 10.9 K
- **bái shāo** (白芍), Radix Paeoniae Alba 10.9 AB
- **shú dì huáng** (熟地黄), Radix Rehmanniae Praep. 10.9 AB
- **rén shēn** (人参), Radix Ginseng 10.9 AA
- **fǔ líng** (茯苓), Poria 10.9 FC
- **bái zhú** (白术), Rhizoma Atractylodis Macrocephalae 10.9 AA
- **shēng jiāng** (生姜), Rhizoma Zingiberis Recens 10.9 E
- **dà zǎo** (大枣), Fructus Jujubae 7.3 AA
- **gān cāo** (甘草), Radix Glycyrrhizae 5.5 AA

**Ingredients:** (from herbal Times “Ba Zhen Wan”)

- **shú dì huáng** (熟地黄), Radix Rehmanniae Praep. 18.2 % AB
- **dāng guì** (当归), Radix Angelicae Sinensis 18.2 AB
- **bái shāo** (白芍), Radix Paeoniae Alba 12.1 AB
- **bái zhú** (白术), Rhizoma Atractylodis Macrocephalae 12.1 AA
- **dāng shēn** (党参), Radix Codonopsis 12.1 AA
- **fǔ líng** (茯苓), Poria 12.1 FC
- **chuān xiōng** (川芎), Rhizoma Ligustici Chuanxiong 9.1 K
- **gān cāo** (甘草), Radix Glycyrrhizae 6.1 AA

**Applications:**

- **Nourishes blood, tonifies qi.**
- Use for deficiency of qi and blood causing fatigue, dry hair and skin, pale complexion, cracked nails, dizziness, poor memory or concentration.
- Use for the menstrual disorders of amenorrhea, scanty or irregular periods or following heavy periods.
- Also, anemia, dizziness, heart palpitations, optic atrophy and slow healing of wounds when due to deficiency of qi and blood.
- Use following childbirth, surgery, radiation and prolonged illness.
**Pulse:** Thready and weak

**Tongue:** Pale with thin white coat

**Comments:**
- *Ba Zhen Wan* is a popular in China to tonify blood following menses, surgery or radiation, or as a general tonic.
- The prescription combines two foundation formulas, each with four herbs.
- The first is *Si Jun Zì Tang* (Class 9), which tonifies qi with *rén shēn / dăng shēn*, *fú líng*, *bái zhū* and *gān cáo*.
- The second is *Si Wu Tang* (above) to nourish blood, using *dăng guǐ*, *bái sháo*, *shú di huáng* and *chuān xiōng*.
- The herbs *gān jiāng* and *dà zǎo* are often added to the formula to boost qi and warm the stomach.
- The author, Xue Ji, may have been inspired by the formula *Shì Quán Dā Bu Wan*, created in 1180 (see Class 22).
- Xue Ji is the author of the formula for premenstrual tension, *Jià Wèi Xiāo Yào Sān* (Class 13).

**Caution:**
- Discontinue during colds and flu, as tonics tend to drive pathogenic factors into the interior.

**Further Reading:**
- Bensky et al, p. 346
- Chen & Chen, p. 604
- Ellis, p. 9
DANG GUI BU XUE TANG

Formula: dāng guī bū xuè tāng (当归补血汤)

“Angelica Dang Gui Tonify Blood Decoction”

Author: Lǐ Gǎo (李杲) aka Lǐ Dōng-Yuán (李东垣)

Source: Nèi Wài Shāng Biàn Huò Lùn (内外伤辨惑论), 1247

Literal: “Internal External Injury, Clarify False-Notions Discussion”

Availability:
- DANG GUI BU XUE TANG (EG, TZ)
- DANG GUI BU XUE WAN (PM)
- TANGKUEI & ASTRAGALUS COMBINATION (EG)

Ingredients: (from the standardized “Tangkuei & Astragalus Combination”)

- huáng qí (黃芪), Radix Astragali 83.3 % AA
- dāng guī (当归), Radix Angelicae Sinensis 16.7 % AB

Ingredients: (from Lanzhou Traditional Herbs/KGS “Dang Gui Bu Xue Wan”)

- huáng qí (黃芪), Radix Astragali 71.1 % AA
- dāng guī (当归), Radix Angelicae Sinensis 28.8 % AB

Applications:

- Tonifies qì, nourishes blood, consolidates the exterior.
- Use to replenish qì and blood following fever, excessive blood flow during menses, or blood loss due to surgery, trauma or postpartum.
- Also to heal sores and wounds, deficiency bì patterns causing weakness and flaccidity, scanty menses or amenorrhea, irregular periods, and to build wèi qì to protect against cold and allergy.

Pulse: Weak or soft or thin

Tongue: Pale or swollen or moist
Comments:
- This two-herb formula understands that the key to build blood is to build qi, according to the TCM axiom “visible blood originates from invisible qi”.
- Here, the qi tonic huáng qí comprises the lion’s share of the formula, with a smaller amount of the blood tonic dāng guī.
- It was originally created to treat low-grade fever due to exhaustion, whose underlying etiology was blood deficiency, and in this regard it is useful for postpartum fever.
- In modern times, it is used to replenish blood following trauma, surgery, childbirth, heavy menses, and radiation/chemotherapy.
- It is also good for healing wounds and sores.

Further Reading:
Bensky et al, p. 338  
Chen & Chen, p. 580  
Ellis, p. 67

Other Formulas Appropriate for this Category:

Class 17. Shén Disorders  
guǐ pí tāng (归脾汤)

Class 22. Combination Tonics  

ren shèn yǎng róng tāng (人参养荣汤)  
shí quán dà bǔ tāng (十全大补汤)

Other:
ren shen shou wu  
GINSENG WITH POLYGONUM MULTIFLORIUM CAPSULES (PM)  
RENSHEN SHOU WU JING (PM)

THYRO-FORTE (EV)
<table>
<thead>
<tr>
<th>Code</th>
<th>Company</th>
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<tbody>
<tr>
<td>BP</td>
<td>Blue Poppy</td>
</tr>
<tr>
<td>CC</td>
<td>Chinese Classics</td>
</tr>
<tr>
<td>EG</td>
<td>“Standardized” extract granules or capsules from Taiwan and China (Acuherb, E-Fong, Evergreen, Guang Ci Tang, Herbal Times, KPC, Mintong, Nong’s, Qualiherb, Sunten, etc)</td>
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<td>Kan Herbals and Traditionals</td>
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<td>Patent Medicine (various manufacturers, China)</td>
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<td>Seven Forest (Institute of Traditional Medicine)</td>
</tr>
<tr>
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<td>TL</td>
<td>Tanglong (China)</td>
</tr>
<tr>
<td>TT</td>
<td>Three Treasures</td>
</tr>
</tbody>
</table>
For a Complete Listing of Herbal Products by Therapeutic Category, See:

“WHO'S GOT WHAT”

Have a free look, or Download for $10.95
www.drjakefratkin.com/products/whos-got-what

FURTHER READING:

Bensky et al  
*Chinese Herbal Medicine, Formulas & Strategies,*  
*2nd Edition*, Volker Scheid, Dan Bensky, Andrew Ellis and Randall Barolet,  
Eastland Press, Seattle, WA, 2009

Chen & Chen  
*Chinese Herbal Formulas and Applications,* John K. Chen and Tina T. Chen,  
Art of Medicine Press, City of Industry, CA, 2009

Ellis  
*Notes From South Mountain,* Andrew Ellis, Thin Moon Publishing, Berkeley, CA, 2003
CODE LETTERS FOR THE HERBAL CATEGORIES

AA  TONIFY QI
AB  TONIFY BLOOD
AC  TONIFY (KIDNEY) YANG
AD  TONIFY YIN

BA  WARM-PUNGENT RELEASE EXTERIOR
BB  COOL-PUNGENT RELEASE EXTERIOR

CA  TRANSFORM PHLEGM-DAMP
CB  TRANSFORM PHLEGM-HEAT
CC  RELIEVE COUGH & ASTHMA

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

E  WARM THE INTERIOR (SPLEEN YANG)

FA  DISPEL WIND AND DAMPNESS
FB  TRANSFORM (SPLEEN) DAMPNESS
FC  DRAIN DAMPNESS (DIURETICS)

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

PA  PURGATIVES
PB  LUBRICATING PURGATIVES
PC  DIURETIC PURGATIVES

Q  EXPEL PARASITES
R  EXTERNAL APPLICATION