Siler and Platycodon Formula (Fang Feng Tong Sheng San) originated in the Formulas from the Discussion Illuminating the Yellow Emperor’s Basic Questions (Huang Di Su Wen Xuan Ming Lun Fang), published in 1172 C.E. by Liu Wan-su. Liu is believed by some to have derived his inspiration for this formula from Liang Ge San (Cool the Diaphragm Powder) published earlier in the same century.

**General Signs/Symptoms**
Traditionally, this formula was chiefly prescribed when the patient exhibited simultaneous manifestations of both interior and exterior heat. These signs and symptoms are reviewed here:

<table>
<thead>
<tr>
<th>Signs of External Heat</th>
<th>Signs of Internal Heat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever and chills together, sinus and nasal symptoms, headache, sore throat, cough, slightly dark urine, slightly inhibited urine, slight thirst, mild sweating, red eyes, cough, and heat rash.</td>
<td>High fever, constipation, dark rough urination, bitter taste in mouth, glomus in chest or diaphragm, cough that produces pain in chest, dyspnea, rectal bleeding from heat, carbuncles, boils or suddenly appearing acne, clenched jaw, and generalized myalgia.</td>
</tr>
</tbody>
</table>

Liu Wan-su recommended use of this formula with all wind-heat disorders that were accompanied with specific heat signs like constipation, dark, rough urination, facial sores, red eyes, or when the presence of heat has generated wind, resulting in a clenched jaw or stiff tongue. Today, the formula is chiefly used to treat hot-type influenza, red sores such as boils, carbuncles, or acne, bleeding rectum (sometimes called “intestinal wind”), acute conjunctivitis, and as a general detoxifying formula.

**Traditional Actions**
1. Disperses heat from the exterior
2. Drains and purges heat-toxin from the interior
3. Eliminates wind
4. Drains dampness
5. Supports qi, nourishes blood
6. Unblocks bowels

**Ingredients**

<table>
<thead>
<tr>
<th>Pinyin</th>
<th>Latin</th>
<th>English</th>
<th>Percent of Formula</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gan Cao (guide)</td>
<td>Glycyrrhizae (radix)</td>
<td>Chinese Licorice Root</td>
<td>21%</td>
</tr>
<tr>
<td>Ze Xie (deputy)</td>
<td>Alismatis (rhizoma)</td>
<td>Asian Water Plantain Rhizome</td>
<td>12%</td>
</tr>
<tr>
<td>Jie Geng (deputy)</td>
<td>Platycodi (radix)</td>
<td>Platycodon Root, Balloon Flower Root</td>
<td>10%</td>
</tr>
<tr>
<td>Dong Kui Zi (deputy)</td>
<td>Malvae (semen)</td>
<td>Malva Seed, Whorled Mallow Fruit</td>
<td>10%</td>
</tr>
<tr>
<td>Huang Qin (deputy)</td>
<td>Scutellariae (radix)</td>
<td>Chinese Skullcap Root, Scutellaria, Scute</td>
<td>8%</td>
</tr>
<tr>
<td>Fang Feng (co-chief)</td>
<td>Saposhnikoviae (radix)</td>
<td>Siler Root</td>
<td>4%</td>
</tr>
<tr>
<td>(Jiu) Da Huang (co-chief)</td>
<td>Rhei (radix et rhizoma)</td>
<td>Chinese Rhubarb Root (wine-washed)</td>
<td>4%</td>
</tr>
<tr>
<td>Bo He (deputy)</td>
<td>Menthae haplocalysis (herba)</td>
<td>Chinese Mint</td>
<td>4%</td>
</tr>
<tr>
<td>Lian Qiao (deputy)</td>
<td>Forsythiae (fructus)</td>
<td>Forsythia fruit</td>
<td>4%</td>
</tr>
<tr>
<td>Jing Jie (deputy)</td>
<td>Schizonepetae (herba)</td>
<td>Schizonepeta</td>
<td>4%</td>
</tr>
<tr>
<td>Zhi Mu (deputy)</td>
<td>Anemarrhenae (rhizoma)</td>
<td>Anemarrhena Rhizome</td>
<td>4%</td>
</tr>
<tr>
<td>Chuan Xiong (assistant)</td>
<td>Chuanxiong (rhizoma)</td>
<td>Ligusticum Wallachii Rhizome</td>
<td>3%</td>
</tr>
<tr>
<td>Dang Gui (assistant)</td>
<td>Angelicae sinensis (radix)</td>
<td>Dong Quai, Tang Kuei Root</td>
<td>3%</td>
</tr>
<tr>
<td>Bai Shao (assistant)</td>
<td>Paoniae alba (radix)</td>
<td>Chinese White Peony Root</td>
<td>3%</td>
</tr>
<tr>
<td>Bai Zhu (assistant)</td>
<td>Atractylodis macrocephalae (rhizoma)</td>
<td>White Atractylodes Rhizome</td>
<td>2%</td>
</tr>
<tr>
<td>Shan Zhi Zi (deputy)</td>
<td>Gardeniae (fructus)</td>
<td>Gardenia Fruit</td>
<td>2%</td>
</tr>
<tr>
<td>Sheng Jiang (guide)</td>
<td>Zingiberis recens (rhizoma)</td>
<td>Fresh Ginger</td>
<td>2%</td>
</tr>
</tbody>
</table>

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**Formula Actions**
- Disperses heat from the exterior
- Drains and purges heat and toxin from the interior
- Eliminates wind
- Drains dampness
- Supports qi and nourishes blood
- Unblocks bowels

**Tongue**
Red tip with yellow coating.

**Pulse**
Rapid and flooding, or rapid and wiry, or rapid and rolling.

**Contraindications / Cautions**
This formula contains a small percentage of substances with purgative action and should be used with caution when the patient has loose stools. The classical version of this formula is a little harsher than the one under present discussion. The classical version is indicated only for short-term use in acute conditions. The present formulation can be used for acute conditions or moderate-length courses of treatment when the patient is strong. Extended/long-term use (more than 8 weeks) is contraindicated. Do not use in the absence of excess heat. Do not use to treat deficiency. **DO NOT USE DURING PREGNANCY.**

**Dosage**
For acute conditions, such as febrile influenza, adults should take 3-4 tablets every 3-4 hours and continue this dosage until the fever has been dropped for at least 24 hours. For applications not involving acute febrile disease, and for sequella of febrile disease (beginning about 24 hours after the fever has broken), the adult dose is 2-3 tablets, 2-3 times per day.

**General Indications / Modern Applications**
- Acne
- Bitter taste in mouth
- Bleeding, rectal
- Boils and carbuncles
- Bronchitis, acute
- Cholesterol, high
- Common cold, w/ high fever
- Conjunctivitis, acute
- Constipation
- Cough
- Erysipelas
- Eyes, red and painful
- Fever
- Glomus in chest or diaphragm
- Hearing loss, acute from wind-heat invasion
- Hemorrhoids
- Hyperlipidemia
- Hives
- Itching
- Infection, viral
- Influenza
- Jaw, tightness in
- Mastitis
- Menopausal symptoms
- Obesity
- Rash, wind-heat
- Sinus infections, with fever
- Skin rashes, hot
- Sores, red, hot
- Styes
- Throat, sore
- Tinnitus, acute from wind-heat invasion

**Synergy of Ingredients**
Every ingredient in Siler and Platycodon Formula (Fang Feng Tong Shen San) is part of an ingenious strategy to eliminate trapped heat. Its creator, Liu Wan-su, was visionary in his time (the 12th century) by being the first to perceive trapped heat as a major pathogenic factor. His insights were deepened by his understanding that when heat is trapped in the body, it can be difficult to disentangle. He devised strategies that utilized these insights to efficiently eliminate trapped heat. Together the substances in Siler and Platycodon Formula (Fang Feng Tong Shen San) drain and purge heat from the interior, release the exterior and vent heat outward, drain dampness that can inhibit urination or prevent heat from moving out, and eliminate wind that either results from damage to the blood from heat, or wind that is trapped in the epithelial tissue (skin, intestines, bladder). In addition, because use of this formula indicates that the pathogenic factors have caused some damage to qi and fluids, and recognizing that some of the other substances in the formula can consume yin and qi, assistant substances are added to protect the qi and blood.

The version of Siler and Platycodon Formula (Fang Feng Tong Shen San) under discussion in this paper is a carefully re-crafted modification of the original. The original formulation contained ephedra (ma huang), which is currently a banned substance in the USA. Ephedra (ma huang) constituted only about 3-4% of the original formula and has been eliminated. This omission has been compensated for by more than doubling the percentage of platycodon (jie geng). Platycodon (jie geng) is one of the most powerful
substances in the *materia medica* for disseminating lung qi and ascending other herbs to act upon the upper part of the body. It is one of the main substances for unbinding the throat from pain, toxin, and phlegm. Platycodon (*jie geng*) enhances the effects of herbs like scutellaria (*huang qin*), mentha (*bo he*), and forsythia (*lian qiao*) to eliminate toxin and heat from the upper warmer and throat.

Talc (*hua shi*) is another substance omitted from the original. It is not banned, but it is problematic because it is difficult to mine talc without contamination from asbestos. Therefore, talc (*hua shi*) was replaced with malva seed (*dong kui zi*) and alismatis rhizome (*ze xie*). The actions of malva seed (*dong kui zi*) are very similar to talc (*hua shi*). Both unblock urination and drain dampness, but malva seed (*dong kui zi*) additionally can reduce swellings and assists bowel movements. The latter action, that of assisting bowel movements makes it ideal for inclusion in this modified version of Liu Wan-su’s formula, because mirabilium (*mang xiao*), a salt used for softening stool, has also been omitted. Malva seed (*dong kui zi*), being more gentle than mirabilium (*mang xiao*) helps make the formula safer for extended use. Alismatis rhizome (*ze xie*) is a sweet, cold, bland substance commonly used for draining dampness and damp-heat from the body through the urine. It unblocks the urine and assists the malva seed (*dong kui zi*) in replacing the actions of the talc (*hua shi*) in the present formulation.

The other mineral substance from the original formula, gypsum (*shi gao*), has also been eliminated in order to make the formula safer for moderate-length courses of treatment, as when clearing out/purging environmental toxin. Gypsum (*shi gao*) possesses a strong cooling action and is best used for acute *yangming*-stage heat disorders. It is classified as a “very cold” substance, and is therefore recommended only for short-term use, since “very cold” and heavy substances such as gypsum (*shi gao*) can easily damage the stomach qi when used too long. Also, it must be used with great caution when purgatives, such as Chinese rhubarb (*da huang*) are part of the formula. Purgatives can draw the cold influence of gypsum (*shi gao*) deeper into the interior, where it can become problematic. Anemarrhena rhizome (*zhi mu*) has replaced the gypsum (*shi gao*) in the present formulation. Not quite as cold nor as heavy as gypsum (*shi gao*), anemarrhena rhizome (*zhi mu*) can drain heat from all three warmers by virtue of entering the lung, stomach, and kidney channels. Anemarrhena rhizome (*zhi mu*) has the additional benefits of enriching the yin, generating fluids, and draining the spleen by driving water downward. Enriching yin protects the body from strong heat clearing. All of these actions are essential to this formula.

Though only at 4% each, the chief substances of the formula are siler (*fang feng*) and Chinese rhubarb (*da huang*). In the original formulation, the two substances constituting the highest percentage were licorice root (*gan cao*) and talc (*hua shi*). The replacement for the talc has been explained, and these substances remain a major part of the formula. Licorice root (*gan cao*) has also retained its prominence. The justification for high percentages of these two substances, which are not the formula’s chiefs, is interesting. Liu Wan-su believed that once heat had become bound in the interior, that dampness would usually form and interfere with heat-clearing. He believed that this dampness must be addressed and that the pathways of expulsion need to be cleared. (See “Formula Discussion” below.) He therefore recommended the inclusion of purgative and damp-draining/unblocking substances. In the present formulation, Chinese rhubarb (*da huang*) is the main purgative, while, as stated above, malva seed (*dong kui zi*) and alismatis rhizome (*ze xie*) replace talc (*hua shi*), with the malva seed (*dong kui zi*) also assisting the Chinese rhubarb (*da huang*) as a mild purgative.

Licorice root (*gan cao*) is listed as a “guide” herb in this formula, but it also has the role of assistant. Because *Siler* and *Platycodon Formula* (*Fang Feng Tong Shen San*) releases heat and dampness via disparate routes, utilizing multiple channels and directions, licorice root’s ability to enter all 12 primary channels is required to “guide” the formula to all these channels and through all these routes. As assistant, licorice root (*gan cao*) protects the spleen from damage by the harsh actions of some of the other substances in the formula. Its sweetness supplements qi and harmonizes the actions of the other herbs. Licorice root (*gan cao*) has been found to combine most effectively with other substances in the formula for powerful, focused actions. Combined with
white peony (bai shao), the two make the formula: Shao Yao Gan Cao Tang, used to stop cramping muscle pain and reduce spasms. Combined with platycodon (jie geng), the formula Jie Geng Tang is created. Jie Geng Tang is a highly effective formula for treating a painfully blocked throat (throat bi). It is frequently used to moderate the cold from both gypsum (shi gao) and anemarrhena (zhi mu). When combined with anemarrhena (zhi mu), licorice root (gan cao) is thought to bring out the fluid-generating properties of this herb. Both licorice (gan cao) and siler (fang feng) have an affinity for the flesh. Licorice (gan cao) nourishes the flesh through its supplementation of the spleen and is used to resolve fire toxin and repair sores that will not heal. Siler (fang feng) expels wind that is trapped in the flesh and can be used to expel wind rashes and resolve boils in their initial stages of formation. For wind-heat and toxin expressing in the flesh, these two herbs support one another’s actions, especially when schizonepeta (jing jie) is also part of the formula.

Of the remaining ingredients, three are deputies, three are assistants, and one is an second guide herb. Mentha leaf (bo he) and forsythia fruit (lian qiao) serve as deputies. Forsythia (lian qiao) becomes a major substance in the Wen Bing School (School of Warm Disease) in the late 1600s. It is especially effective at clearing and venting heat from the upper warmer and throat, but also benefits the gallbladder. It has a strong action to clear heart fire and does so by 1) venting it out of the chest and throat and 2) by draining it through the urine. Forsythia (lian qiao) is considered a “sagely” herb for toxic swellings/sores and a great benefit to the throat. All heart fire is considered to be internal, but heat that is trapped in the throat and in the skin can be external. It is by virtue of eliminating heat in the skin, throat, and heart that forsythia (lian qiao) is said to eliminate both internal and external heat. It would be justified to regard this substance as one of the chiefs, though it is not common to do so.

Gardenia (zhi zi) is a deputy for clearing internal heat. It is famous for being able to clear heat from all three warmers through the urine. The final deputy, mentha leaf (bo he), is a powerful substance for releasing the exterior and cooling the upper part of the body. It is frequently combined with schizonepeta (jing jie) and forsythia (lian qiao) to treat wind-heat invasions, especially when sore throat is present. It is an essential part of the strategy to release exterior heat along with siler (fang feng), schizonepeta (jing jie), ginger (sheng jiang), and to a lesser degree, forsythia (lian qiao).

Two of the remaining assistant substances, ligusticum (chuan xiong) and angelica (dang gui), along with the already mentioned peony (bai shao), help protect the blood. Strong blood facilitates the expulsion of wind. This formula treats external wind, but it also addresses wind residing in the blood. By nourishing and invigorating the blood with these assistants, wind is eliminated and toxic sores and rashes are more speedily resolved.

The inclusion of the assistant herb, atractylodes (bai zhu), is a direct strategy to rescue the spleen from dampness on the one hand, and protect it from the damaging properties of the heat-clearing substances on the other.

The final substance in Siler and Platycodon Formula (Fang Feng Tong Shen San) is the “guide” ginger root (sheng jiang). In Liu’s formulation, the rest of the formula was ground together into a powder and taken with ginger, which was separate. Ginger (sheng jiang) can release the exterior; it also protects the middle warmer and harmonizes, like licorice (gan cao). It helps the body to tolerate the rest of the formula and to “take it in” (absorb it). This is especially important when the course of treatment is more than a few days or when the digestion is weak.

**Formula Discussion**

Liu Wan-su envisioned a broader application of his formula than simply treating hot-type influenza. He was the chief proponent for treating epidemic febrile disease with cold herbs, preceding the influential Wen Bing School by some 500 years. (In fact, the Wen Bing School greatly revered Liu and his work.) But his approach to treating epidemic disease was really just a branch off of his core theories. His thinking departed from the Shang Han Lun school of thought on externally-contracted diseases. He contended that it was heat, not cold, that was the primary pathogenic factor. He believed that all ex-
cesses in the body eventually produce or transform into heat and he emphasized strategies that could clear heat from the body. As part of his strategy he would make sure that the heat had an exit route.

Siler and Platycodon Formula (Fang Feng Tong Shen San), because it is clearing both deep-lying and superficial heat, includes substances that unblock all of the major pathways out of the body: it vents the upper body and releases the skin layer, it unblocks the bowel, and disinhibits urination.

Liu believed strongly in looking for signs of dampness, because he believed that heat cannot be cleared if water is not flowing properly. The difference between “water” and “body fluids” is movement. When we talk about body fluids, we are talking about sufficient clear, thin moisture to provide nourishment to tissues. When we talk about “water” we are talking about the same jin fluid, but instead of its nourishing capacity, we are referring to its ability to course and conduct. In pathology, water “stagnates” or is “blocked;” its associated territories are called “pathways.” Body fluids, on the other hand, are “damaged,” “consumed,” or “insufficient;” their associated territories are tissues. Pathogenic heat can damage body fluids and cause water to stagnate. Body fluids need to be preserved or replenished; water pathways need to be unblocked.

Water is both cooling and conductive. Without sufficient water, heat that is trapped in the interior has no medium for its exit. Dampness is water that has become turbid either by exposure to pathogenic heat or by growing stale from insufficient movement. Our bodies solicit water as a response to heat—an attempt to put the fire out or keep it from spreading—once the water contacts heat, if the heat overpowers the water, it will be cooked into dampness and dampness can create stagnation. In Liu’s thinking, dampness is a common factor in conditions where excess heat is present. Frequently, the water needs to be unblocked and the dampness drained out to successfully clear the heat. Failure to address the dampness may result in incomplete clearing of the heat, often merely transforming it from a blaze to a smolder. The heat may also simply be relocated: heat in the lungs often becomes heat in the throat; heat in the stomach often becomes intestinal heat.

Liu saw Siler and Platycodon Formula (Fang Feng Tong Shen San) as a basic strategy for releasing trapped heat from the body by releasing heat from the chest, bowels, and external terrain, and by draining out the dampness where heat may be trapped. He also felt it was important to protect the spleen qi and blood as well as replenish body fluids, all of which can become damaged or consumed when there is excess heat. The last few centuries have born out Liu’s broad vision for this formula more fully.

In the modern era, Siler and Platycodon Formula (Fang Feng Tong Shen San) is used frequently to treat a wide variety of conditions that involve pathogenic heat or toxin trapped in the interior with signs of heat in the exterior. Some common applications include food poisoning with sweating, chills, and fever, removal of environmental toxins from the body, inflammation with constipation and/or a tendency to develop boils, bronchitis, arteriosclerosis, chronic acne, hot-type dermatitis, sinus inflammation with accompanying constipation or dark urination, hemorrhoids, summer heat, and wind-heat itching.

**Modern Applications**

Besides a number of traditional applications, such as hot-type influenza, boils, conjunctivitis, and more, modern research has conducted studies for the application of Siler and Platycodon Formula (Fang Feng Tong Shen San) in the following areas:

**Headaches and Migraines**

In a study conducted in 1977, 27 patients with persistent headaches were treated with Siler and Platycodon Formula (Fang Feng Tong Shen San). 19 reported complete recovery with no recurrence after 6 months. Another 5 showed marked improvement with reduced intensity and frequency.

In a 1989 study using Siler and Platycodon Formula (Fang Feng Tong Shen San) to treat migraines, 80% of the participants reported lower intensity and lower frequency of symptoms.

**Itching**

In a 1992 study, 40 elderly patients with itching were treated with Siler and Platycodon Formula (Fang Feng Tong Shen San). All of the participants were diagnosed with wind-heat pattern itching. 35 out of the 40 reported complete relief.
Menopausal Symptoms
A Taiwanese clinical study, that included 3,432 women, ages 39-70 years, documented treatments for menopausal symptoms with 20 possible TCM formulas. These women were treated based on their TCM diagnosis. Several different formulas and single herb modifications were administered for 1-3 weeks, at a variable dosage of 1-4 times daily. Siler and Platycodon Formula (Fang Feng Tong Sheng San) was the fourth most often prescribed formula. iv

Obesity and Reduced Cholesterol
A study for treatment of simple obesity conducted in Japan in 2005 showed a reduction in liver lipids contributing to fatty liver, total cholesterol, and triglycerides as a result of simultaneous administration of Siler and Platycodon Formula (Fang Feng Tong Sheng San) and colestimide. There was also a reduction of body mass (weight loss). No undesirable side effects were reported. v

Another Japanese study, published in 2001, found that Fang Feng Tong Sheng San (Siler and Platycodon Formula) was very effective in suppressing fat accumulation and body weight gain in mice that had ovariectomy-induced obesity. The results of the study indicate that weight control may have been achieved by enhancement of the thermogenesis of brown adipose tissue, stimulated by administration of Siler and Platycodon Formula (Fang Feng Tong Sheng San). vi

Obesity and Metabolic Syndrome
A Japanese study completed in 2005 studied 81 obese women who had been diagnosed with impaired glucose tolerance (IGT). The results of the study showed that the administration of Bofu-tsusho-san (Siler and Platycodon Formula/Fang Feng Tong Sheng San) produced a significant weight and body fat reduction, as well as inches lost in the waist and hips as measured before and after the 24-week trial. In addition to weight loss, decreases in total cholesterol, triglycerides and specifically LDL (“bad”) cholesterol were noted. The HDL (“good”) cholesterol value increased in the group treated with Bofu-tsusho-san. vii

High triglycerides (hypertriglyceridemia)
A study conducted and published in Japan in 2001 was designed to study the effects of a Kampo herbal formula on body fat accumulation and elevated triglyceride levels due to a high fructose diet. An experimental group of female rats were fed a high fructose diet that had been proven to raise triglyceride levels and cause weight gain. This study concluded that rats who had been fed a fructose-loaded diet, did not gain weight or experience elevated triglyceride levels when fed Bofu-tsusho-san (Siler and Platycodon Formula/Fang Feng Tong Sheng San). The formula was shown to inhibit triglyceride synthesis in the liver, enhance lipolysis in adipocytes, and enhance thermogenesis of brown adipose tissue, which prevented a rise in triglyceride levels and body fat accumulation. viii

Constipation
A study, conducted by the National Health Insurance Research Institute in Taiwan to determine the most commonly prescribed herbal medicine for constipation, gathered information on over 150,000 patients. A combination of Siler and Platycodon Formula (Fang Feng Tong Sheng San) and Ma Zi Ren Wan, with added da huang, was found to be the most common 3-herbal prescription. ix

Formula Comparisons
Siler and Platycodon Formula and Yin Chiao Formula
Both of these formulas can treat exterior wind-heat symptoms and toxic heat symptoms affecting the head, eyes, and skin. Yin Chiao Formula (Yin Qiao San) specifically treats early-stage wind-heat invasion when the primary symptom are mild sore throat, red eyes, wind-heat skin inflammation, headache, or conjunctivitis, in the early stage of onset. When a wind-heat invasion has penetrated the exterior and caused interior yangming heat symptoms such as constipation and heat in the blood level with skin eruptions, and is not completely resolved on the exterior, then the use of Siler and Platycodon Formula (Fang Feng Tong Sheng San) is a more appropriate treatment.

Siler and Platycodon Formula and Zhong Gan Ling Formula
These two formulas can treat similar wind-heat and toxic-heat symptoms, including swollen lymph glands, conjunctivitis, severe cold and hot-type influenza. If additional interior heat symptoms are present such as constipation and blood-level heat, combined with unresolved exterior wind-heat symptoms then Siler and Platycodon Formula (Fang Feng Tong
Siler and Platycodon Formula and Coptis Relieve Toxicity Formula

These two formulas treat some of the same interior yangming and blood level symptoms such as boils, carbuncles, hives, heat rash, sties, and swollen glands. Coptis Relieve Toxicity Formula (Huang Lian Jie Du Pian) also targets shaoyang symptoms, particularly those caused by liver and gallbladder heat, as well as yangming and blood level heat symptoms. The symptoms addressed by this formula could involve any of the three burners or all three burners. Generally the heat is much more severe. Coptis Relieve Toxicity (Huang Lian Jie Du Pian) does not address any external wind-heat symptoms because the heat pathogen has already become completely internalized to the shaoyang and yangming levels.

**USEFUL COMBINATIONS**

Siler and Platycodon Formula (Fang Feng Tong Sheng San) usually does not need to be combined, since it addresses so many aspects of trapped heat. However, emphasis may be made for certain clinical manifestations:

<table>
<thead>
<tr>
<th>Situation</th>
<th>Formula Combination</th>
</tr>
</thead>
<tbody>
<tr>
<td>For influenza when phlegm in lungs is severe</td>
<td>Use with Fritillaria and Pinellia Formula.</td>
</tr>
<tr>
<td>For long term use to protect the yin from damage</td>
<td>Use Siler and Platycodon with Nourish Essence Formula in a 2:1 ratio.</td>
</tr>
</tbody>
</table>

**Endnotes**

REFERENCES