

Herbal Formulas II

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Chapter 17 Formulas that expel parasites

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Formulas that expel parasites

- The formulas in this chapter are used to expel parasites from the digestive tract.
- While individual formulas are used for different types of parasites, similarities in their presentations include intermittent periumbilical pain, the ability to eat even when there is pain, and a change in the complexion (usually wan, pale, or dark).
- There are often white spots in the malar region, nighttime grinding of teeth, indeterminate gnawing hunger, vomiting of clear fluids, a peeled tongue coating, and a pulse that abruptly changes from large to small.
- If the condition is treated improperly and persists long-term, the patient will become emaciated and listless, lose interest in eating, and develop poor vision and hearing, dry hair, and a large, distended abdomen.
- Infestation by parasites is a common cause of childhood nutritional impairment.

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Formulas that expel parasites

- Symptoms that are peculiar to specific parasites include itchy ears and nose and raised red and white spots on the inside of the lips for roundworms; itchy anus for pinworms; white segments of worms in the stools for tapeworms; and pica, an extremely wan complexion, and floating edema for hookworms;
- Before treatment begins, one should examine the stools to determine which parasites are present.
- Remember that, in general, these formulas are not as potent as their modern pharmaceutical counterparts. They are, however, less toxic and cause fewer side effects. As such, they are very useful for treating parasites in the digestive tract.

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Formulas that expel parasites

- Greasy and rich foods should be avoided during treatment for parasites.
- These formulas are most effective when taken on an empty ST.
- Many of the substances that expel parasites have toxic properties.
- The dosage should be carefully monitored, and the formulas always used with caution.
- If the dosage is too small, the formula will have no effect; if too large, toxic side effects will develop and the normal Qi will be injured.
- In any case, the formulas should be used with caution or avoided altogether in treating aged, weak, or pregnant patients.
- After the parasites have been successfully expelled, one should tonify the SP and ST, as these organs are usually weakened by the infestation.

Formulas that expel parasites

- Chapter 17 Formulas that expel parasites (1 type)
 - Wu Mei Wan (Mume Pill)

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Wu Mei Wan (Mume Pill)

乌梅丸

- **Source:** Discussion of Cold Damage (c. 220)
- **Actions:** Warms the organs, drains heat, calms roundworms, drains the Liver, and calms the ST;
- **Indications:**
 1. **Inversion from roundworms** (蛔厥, Hui Jue), which is characterized by **intermittent attacks of abdominal pain, a stifling sensation, irritability, and warmth in the chest and epigastrium accompanied by vomiting after eating, and cold hands and feet.** There may also be vomiting of roundworms.
 2. **Jue Yin pattern disorder**, which is characterized by **unquenchable thirst, Qi rushing upward toward the HT, pain and heat in the ST, hunger with no desire to eat or vomiting immediately after eating, and cold extremities.**
 3. **Chronic diarrhea or dysentery**, which is characterized by **incessant diarrhea, the discharge of small amounts of pus, and abdominal pain that responds favorably to pressure and the application of heat, borborgmus, and a red tongue with a white coating.**

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Wu Mei Wan (Mume Pill)

乌梅丸

• **Pathological analysis**

- Inversion from roundworms is caused by heat in the chest and epigastrium (ST), and cold in the organs (Intestines).
- The intermittent attacks of abdominal pain and vomiting after eating reflect the presence of cold in the organs and the migration of the worms from a cold to a warmer part of the body.
- The stifling sensation, irritability, and warmth in the chest and epigastrium reflect the presence of heat in the chest.
- The roundworm infestation causes inversion, manifesting as cold hands and feet, and sometimes as vomiting of roundworms.
- Roundworms have an aversion to cold and an attraction to warmth.
- Here they migrate from the intestines toward the chest, the movement of which causes the major symptoms.
- The root of this disorder is poor communication between the Yin and Yang, which renders the patient more susceptible to infestation, and in turn is aggravated by the presence of the roundworms.

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Wu Mei Wan (Mume Pill)

乌梅丸

- The manifestations of a Jue Yin disorder reflect the particular physiology of this patten.
- The Jue Yin represents the transformation of Yin into Yang within the body.
- The Liver is able to manage the distribution of Yang Qi because it stores the blood, and it is the blood that carries warmth and Yang Qi to all the organs in the body.
- If the blood is strong, it can control the innate powder of the Yang.
- Here, the relationship between the blood (Yin) and ministerial fire (Yang) becomes disordered by the penetration of wind-cold into the Jue Yin meridian.

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Wu Mei Wan (Mume Pill)

乌梅丸

- The cold inhibits the Yin and agitates the Yang, leading to their separation.
- The ensuing pattern, often referred to as “cold below, heat above” (下寒上热, Xia Han Shang Re), is characterized by the upward-rushing of hot ministerial fire (Yang) via the Penetrating vessel and ST into the chest and Pericardium on the one hand, and by cold in the Yin and Yang organs because they are no longer supplied by the now pathological Yang Qi.
- This manifests as cold extremities, incessant diarrhea, and abdominal pain that is relieved by warmth.
- Chronic diarrhea or dysentery with the discharge of small amounts of pus, abdominal pain that responds favorably to pressure and the application of heat, and a red tongue with a white coating also reflect the simultaneous presence of heat and cold that is characteristic of Jue Yin disorders.

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乌梅丸

- Cold results in the inability of Yang to transform Yin, hence diarrhea, abdominal pain relieved by warmth, and white tongue coating.
- The presence of pathogenic heat becomes visible in the discharge of pus, and in the red tongue coating.
- In contemporary Chinese medicine textbooks, which focus on organ-based pattern differentiation, the pathology addressed by this formula is commonly referred to as “Liver heat attacking the ST with SP deficiency and cold in the Intestines” (肝热犯胃, 脾虚肠寒 Gan Re Fan Wei, Pi Xu Chang Han).

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Wu Mei Wan (Mume Pill)

乌梅丸

- **Composition**

- **Chief**

- Wu Mei (Mume Fructus) 300 pcs (480g) 24-30g

- **Deputy**

- Hua Jiao (Zanthoxyli Pericarpium) 12g (120g) 1.5-3g
- Xi Xin (Asari Herba) 18g (180g) 1.5-3g
- Huang Lian (Coptidis Rhizoma) 48g (480g) 9-12g
- Huang Bai (Phellodendri Cortex) 18g (180g) 6-9g

- **Assistant**

- Gan Jiang (Zingiberis Rhizoma) 30g (300g) 6-9g
- Zhi Fu Zi (Aconiti Radix lateralis preparata) 18g (180g) 3-6g
- Gui Zhi (Cinnamomi Ramulus) 18g (180g) 3-6g
- Ren Shen (Ginseng Radix) 18g (180g) (6-9g)
- Dang Gui (Angelicae sinensis Radix) 12g (120g) 3-9g

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乌梅丸

- **Analysis of Formula**

- To treat a pattern characterized by the simultaneous presence of pathogenic heat and cold, this formula employs a complex strategy of directing heat downward with bitter, cooling herbs, opening the obstruction from Yin cold with acrid, warming herbs, and calming the roundworms, irritability, and disorder with sour herbs.

- The chief

- Wu Mei, a very sour substance that is quite effective in calming roundworms. Used with a very high dosage, Wu Mei thus treats all of the major manifestations, but also guides the entire formula into the Jue Yin. Moreover, by resonating with the sourness preferred by Liver wood, it is able to contain the warming and cooling properties of the formula.

- The deputy

- Hua Jiao and Xi Xin, acrid and warming in nature. The expel parasites and warm the organs.
- Huang Lian and Huang Bai, are cooling and bitter in nature and make the worms move downward.

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Wu Mei Wan (Mume Pill)

乌梅丸

– The assistant

- Gan Jiang, Zhi Fu Zi, and Gui Zhi, warm the interior and are very useful in dispersing internal cold.
- Gui Zhi and Xi Xin facilitate the flow of Yang Qi and thereby help scatter the cold.
- Ren Shen and Dang Gui tonify the Qi and nourish the blood to prevent further injury to the normal Qi.

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乌梅丸

• **Key Point of diagnosis**

- Intermittent attacks of abdominal pain, vomiting after eating, and cold hands and feet. There may also be vomiting of roundworms.

• **Caution and contraindication**

- This formula is contraindicated for explosive diarrhea or damp-heat dysenteric disorders.

• **Modifications**

- In the absence of cold symptoms: — Zhi Fu Zi; Gui Zhi;
- If the normal Qi is not yet deficient: — Ren Shen; Dang Gui;
- For severe abdominal pain: + Chuan Lian Zi; Mu Xiang;
- For constipation: + Bing Lang; Zhi Shi;
- For severe vomiting: + Wu Zhu Yu; Zhi Ban Xia;
- For chronic, unremitting dysenteric diarrhea: — Huang Bai; Ren Shen; substitute Rou Gui for Gui Zhi;
- For roundworms in the bile duct: + Shi Jun Zi; Ku Lian Gen Pi;
- For chronic dysentery: + Mu Xiang; Bai Shao;

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乌梅丸

- **Clinic use**

- Parasitic infestations including ascariasis, biliary ascariasis, and hookworm;
- Digestive diseases marked by diarrhea including chronic bacillary dysentery, ulcerative colitis, and irritable bowel syndrome;
- Other digestive diseases including cholelithiasis, cholecystitis, peptic ulcers, functional gastric disorders, and neurogenic vomiting;
- EENT diseases including keratitis, corneal ulcers, glaucoma, aphthous ulcers, chronic suppurative otitis media, and Meniere's disease.
- Gynecological disorders including morning sickness, chronic pelvic inflammatory disease, dysfunctional uterine bleeding, and primary dysmenorrhea.
- Hypertension, neurogenic headache, the sequelae of meningitis or encephalitis, autonomic dystonia, hysterical psychosis, vertigo, sick sinus syndrome, asthma, pneumonia, diabetes, as well as recalcitrant hiccups or insomnia.

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乌梅丸

- **Vs. Li Zhong Wan (Regulate the Middle Pill) and Si Ni Tang (Frigid Extremities Decoction)**

- These are the three main formulas for treating cold from deficiency in the interior according to the six stages system of pattern differentiation outline in Shan Han Lun; The core symptoms of cold from deficiency shared by all these patterns are aversion to cold, abdominal pain, loose stools or diarrhea, and vomiting. The one ingredient shared by all three formulas is Gan Jiang, which suggests that warming the Middle Jiao is central to treating these patterns.

Wu Mei Wan (Mume Pill)

乌梅丸

- Given that Zhi Fu Zi is often added to Li Zhong Wan, this then becomes the second ingredient present in all three formulas. This adds the function of unblocking and dispersion of lower Jiao Yang Qi to facilitate a more complete warming action throughout the interior.
- The difference among the three formulas is **the place/function to which they direct this Yang Qi**, a difference that is mediated by the addition of the other ingredients in each formula.

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乌梅丸

- It follows that, while false heat due to floating Yang may be present in patterns treated by both Li Zhong Wan and Si Ni Tang, the heat in Wu Mei Wan patterns is excessive in nature.
- In clinical practice, one of the primary markers for the use of Wu Mei Wan is that the false heat from floating Yang tends to be continuous.
- This is because true cold in the interior is constant and simply pushes the remaining Yang to the exterior.
- In Jue Yin patterns, on the other hand, cold and heat tend to alternate.
- This is similar to Shao Yang patterns, with the difference being that in those patterns, cold is merely a sign of constraint, while in Jue Yin patterns, it is due to deficiency and is thus accompanied by symptoms listed above.

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乌梅丸

- Li Zhong Wan adds Bai Zhu, Ren Shen, and Zhi Gan Cao to warm the middle Jiao, strengthen the SP, and dry dampness.
- It is the formula of choice for cold-dampness obstructing the middle Jiao Yang.
- Si Ni San uses a relatively high dosage of Zhi Fu Zi and Zhi Gan Cao to strongly support diffusion of the the Yang Qi throughout the body, while moderating any potential side effects.
- Wu Mei Wan adds acrid, warming herbs such as Hua Jiao and Xi Xin, bitter, cooling herbs such as Huang Lian and Huang Bai, and Wu Mei and Dang Gui, which together guide the entire formula into the Jue Yin meridian, to treat patterns characterized by heat above and cold below. 23

Formulas that expel parasites

- Chapter 17 Formulas that expel parasites (1 type)
 - Wu Mei Wan (Mume Pill)

Study guideline

- 1. Wu Mei Wan's indications;
- 2. The difference between Wu Mei Wan, Li Zhong Wan and Si Ni Tang;