

IMMORTAL VALLEY FORMULA *XIAN GU FANG*

ORIGINS: *Modern formulations.*

YIN VALLEY FORMULA *YIN GU FANG*

Both **Immortal Valley Formula** (*Xian Gu Fang*) and **Yin Valley Formula** (*Yin Gu Fang*) are modern formulations which have their roots in a response to increased incidence over the last few decades of specific women's health issues. Cindy Micleu, M.T.C.M., L.Ac. developed these two formulas in 2008 based on research by Tai Lahans, L.Ac., M.T.C.M., M.Ed.

GENERAL SIGNS/SYMPTOMS

Both formulas were designed specifically to address the two most common underlying patterns of cervical dysplasia. But because Chinese herbal medicine emphasizes pattern treatment, both formulas have a broader range of application than merely treating cervical dysplasia. In general, both formulas target patterns of the lower burner/ reproductive system. Both formulas can be used for either men's issues or women's reproductive issues, provided the pattern is a match.

Immortal Valley Formula (*Xian Gu Fang*), can be used for any damp-heat pattern affecting the reproductive structures of the lower burner, including vaginitis, vaginal infections with yellow discharge, acute outbreak of genital herpes, cervicitis and PID (pelvic inflammatory disease) and cervical dysplasia. Men's health issues that fall under the pattern of damp-heat in the lower burner, such as prostatitis or urethritis, can also be treated with this formula.

Yin Valley Formula (*Yin Gu Fang*) treats lower burner / gynecological conditions with an underlying pattern of yin deficiency, heat, and dryness.

Both formulas are used for treating abnormal Pap smears, cervical dysplasia, a positive HPV test, vaginal itching or discomfort. They both resolve toxic heat and break up blood stasis. The main distinction is that **Immortal Valley Formula** (*Xian Gu Fang*) is superior for treating damp-heat patterns, which tend to appear in the earlier stages of cervical dysplasia and often manifest with vaginitis, cervicitis, or abnormal vaginal discharge. **Yin Valley Formula** (*Yin Gu Fang*), on the other hand, emphasizes support of the yin and is stronger for breaking up blood stasis and clearing toxin, making it ideal for moderate dysplasia and inflammation due to deficiency heat

CHINESE MEDICAL ACTIONS

Immortal Valley Formula

1. Discharges damp-heat from the lower burner
2. Soothes the liver, supplements spleen
3. Resolves heat-toxin
4. Breaks up blood stasis

Yin Valley Formula

1. Resolves heat-toxin in the lower burner
2. Breaks up blood stasis, cools the blood
3. Nourishes yin and fluids

IMMORTAL VALLEY FORMULA

FORMULA ACTIONS

- Discharges damp-heat from the lower burner
- Soothes the liver, supplements spleen
- Resolves heat-toxin
- Breaks up blood stasis

TONGUE

Pale, purple, or reddish body; may have red sides and yellow coat at the back.

PULSE

Slippery, maybe slightly rapid, often wiry

CONTRAINDICATIONS

Do not use during pregnancy.

DOSAGE

Standard dosage is 2 tablets, 3 times daily.

YIN VALLEY FORMULA

FORMULA ACTIONS

- Resolves heat-toxin in the lower burner
- Breaks up blood stasis, cools the blood
- Nourishes yin and fluids

TONGUE

Dry, cracked, or reddish tongue body.

PULSE

Thin or thready, rapid, weak in kidney position.

CONTRAINDICATIONS

Do not use during pregnancy.

DOSAGE

Standard dosage is 2 tablets, 3 times daily.

IMMORTAL VALLEY FORMULA INGREDIENTS

PINYIN	LATIN	ENGLISH	% OF FORMULA
<i>Bai Hua She She Cao</i>	Hedyotis Diffusae Herba	Hedyotis, Oldenlandia	12%
<i>Yi Yi Ren</i>	Coicis Semen	Job's Tears Seed, Chinese Pearl Barley, Coix	10%
<i>Tu Fu Ling</i>	Smilacis Glabrae Rhizoma	Chinese Smilax Rhizome	10%
<i>Jin Yin Hua</i>	Lonicerae Flos	Japanese Honeysuckle Flower	10%
<i>Shan Yao</i>	Dioscoreae Rhizoma	Chinese Yam	9%
<i>Bai Shao</i>	Paeoniae Radix, Alba	Chinese White Peony	9%
<i>Huang Bai</i>	Phellodendri Cortex	Phellodendron Bark	8%
<i>Zhu Ling</i>	Polyporus	Polyporus Sclerotium	8%
<i>Huai Niu Xi</i>	Achyranthis Bidentatae Radix	Achyranthes	7%
<i>Chong Lou</i>	Paridis Rhizoma	Paris Rhizome	7%
<i>E Zhu</i>	Curcumae Rhizoma	Zedoary Rhizome	5%
<i>Hong Teng</i>	Sargentodoxae Caulis	Sargentodoxa Caulis	5%

IMMORTAL VALLEY FORMULA GENERAL INDICATIONS / MODERN APPLICATIONS

- Abdominal distension, lower
- Cervical dysplasia
- Cervicitis
- Genital itching and swelling (with dampness)
- Herpes outbreaks, genital
- HPV
- Menstrual bleeding, abnormal
- Pelvic Inflammatory Disease
- Urethritis
- Uterine bleeding, dysfunctional
- Vaginal discharge, yellow, odorous
- Vaginitis
- Vulvar itching and pain
- Yeast infections

YIN VALLEY FORMULA INGREDIENTS

PINYIN	LATIN	ENGLISH	% OF FORMULA
<i>Long Kui</i>	Solani Nigri Herba	Black Solanum	12%
<i>Tai Zi Shen</i>	Pseudostellariae Radix	Pseudostellaria Root	11%
<i>Bai Hua She She Cao</i>	Hedyotis Diffusae Herba	Hedyotis, Oldenlandia	11%
<i>Mai Men Dong</i>	Ophiopogonis Radix	Ophiopogonis Tuber	10%
<i>Jin Yin Hua</i>	Lonicerae Flos	Japanese Honeysuckle Flower	10%
<i>Yu Zhu</i>	Polygonati Odorati Rhizoma	Aromatic Solomon's Seal	9%
<i>Huang Bai</i>	Phellodendri Cortex	Phellodendron Bark	9%
<i>Gou Qi Zi</i>	Lycii Fructus	Lycium Fruit, Chinese Wolfberry	9%
<i>Han Lian Cao</i>	Ecliptae Herba	Eclipta	8%
<i>Hong Teng</i>	Sargentodoxae Caulis	Sargentodoxa Caulis	6%
<i>E Zhu</i>	Curcumae Rhizoma	Zedoary Rhizome	5%

YIN VALLEY FORMULA GENERAL INDICATIONS / MODERN APPLICATIONS

- Back pain, lower
- Bleeding, post coital
- Cervical dysplasia
- Cervicitis
- Genital itching and swelling (without dampness)
- HPV
- Menstrual bleeding (bright red or brown in color)
- Menstrual cycle shortened with scanty bleeding
- Night sweats
- Ovulation, light bleeding during
- Restlessness
- Seminal emissions
- Sexual intercourse, pain with
- Urethritis
- Vaginal discharge (scanty, yellow, brownish, or blood streaked)
- Vaginal dryness or irritation
- Vaginitis

FORMULAE DISCUSSION

These two modern formulations, **Immortal Valley Formula** (*Xian Gu Fang*) and **Yin Valley Formula** (*Yin Gu Fang*), were designed to address two distinct patterns of cervical dysplasia as well as other indications associated with the same patterns. The chief distinctions between the two formulas can be encapsulated this way: **Immortal Valley Formula** (*Xian Gu Fang*) is more applicable when there is damp-heat and heat from excess, while **Yin Valley Formula** (*Yin Gu Fang*) is to be preferred when there is deficiency heat with scant or no dampness. Hence, any pelvic region indication with a damp-heat or excess heat pattern can be treated with **Immortal Valley Formula** (*Xian Gu Fang*) and any pelvic region indication with a pattern of yin deficiency or deficiency heat can be treated with **Yin Valley Formula** (*Yin Gu Fang*).

Cervical Dysplasia

(For a more thorough discussion of cervical dysplasia, see *Cervical Dysplasia* by Cindy Micleu, Herbal Medicine Press, 2008.)ⁱ

Depending of the stage, cervical dysplasia is considered a “precancerous” condition and therefore justifies our attention. In most cases of mild to moderate dysplasia, Chinese herbal medicine can be very effective at eliminating the condition. One of the reasons for this is due to the ability of certain anti-toxin herbs to destroy HPV.ⁱⁱ Modern medicine has identified the leading cause of cervical dysplasia to be chronic infection by the Human papillomavirus (HPV). There are over 100 types of HPV, but two of them, types 16 and 18, have been identified as the highest risk for developing into cervical dysplasia and for developing cervical cancer.

SYNERGY OF INGREDIENTS

In order to effectively resolve any pattern of cervical dysplasia as well as its precursors and possible complications, any formula must possess three primary actions. 1) It must invigorate blood/ dispel stasis; 2) it must clear heat and eliminate toxin; and 3) it must address the underlying pattern. Additionally, it is prudent to support the immune system with *fu zheng* strategies;ⁱⁱⁱ but this can be accomplished by including a supplementing formula and need not be part of the primary formula.

Several of the actions of these two formulas are shared, as well as five key ingredients. Both formulas contain oldenlandia (*bai hua she she cao*), Japanese honeysuckle flower (*jin yin hua*), phellodendron bark (*huang bai*), sargentodoxa (*hong teng*), and zedoary rhizome (*e zhu*). Together, these five substances perform the three basic actions required for treating cervical dysplasia. Oldenlandia (*bai hua she she cao*) has a strong anti-neoplastic synergy with herbs that break up blood stasis.^{iv} It is very strong to resolve fire toxin and expel dampness, so when combined with substances that break up blood stasis, oldenlandia (*bai hua she she cao*) can effectively reduce tumors or prevent them from forming out of abnormal cells.^v Japanese honeysuckle flower (*jin yin hua*) is another powerful anti-toxin herb with anti-neoplastic action.^{vi} It is described as a “sage-like herb for sores that have perforated.” Along with oldenlandia, it is one of the most commonly utilized substances in the material medica for cancer and precancer treatments. Compared to oldenlandia, Japanese honeysuckle flower is stronger to reduce swellings while oldenlandia is stronger to resolve fire toxin and toxic dampness. The third substance shared by both formulas is phellodendron bark (*huang bai*). Phellodendron bark directs the formulas to the pelvis and lower burner. It clears heat, dries dampness, resolves toxin, and prevents the ascension of deficiency fire from the kidneys. It has a mild astringent quality, which helps to protect the normal fluids. Sargentodoxa (*hong teng*) is the fourth substance common to these two formulas. In context of the three primary actions required in formulas that treat cervical neoplasm (described above) sargentodoxa (*hong teng*) is a bridging herb. Not only does it clear heat and cool blood, resolving toxin and reducing swellings, it also invigorates blood and disperses stasis. It is mildly antibacterial and anti-neoplastic. The fifth and final substance that occurs in both formulations is zedoary rhizome (*e zhu*). Zedoary rhizome is chief among this grouping of shared ingredients for breaking up blood stasis and other accumulations. Modern research has shown zedoary rhizome to be “an important herb in the treatment of solid cancers, particularly of the cervix.”^{vii}

Formula

Coix (*yi yi ren*) leaches out dampness without being overly drying, eliminates pathogenic dampness from the flesh and organs, dispels swellings, and mildly tonifies the spleen qi. The function of leaching out dampness is important because accumulations in the pelvis, when dispersed, need a route out of the body. Coix assists the other toxin-resolving herbs and treats damp-heat. Another herb in **Immortal Valley Formula** (*Xian Gu Fang*) from the same category as coix (*yi yi ren*) is polyporus (*zhu ling*). Polyporus is one of the strongest substances to promote urination and leach out dampness. Of the two substances in **Immortal Valley Formula** (*Xian Gu Fang*) that are from the clear heat category, smilax (*tu fu ling*) has the additional ability to move out damp-heat. In fact, it has the reputation of being able to “scour the collaterals” in order to eliminate damp-heat that is lurking in places that are hard for other substances to reach. Like the two dampness-leaching herbs, smilax (*tu fu ling*) guides dampness out through the urine. It assists phellodendron bark (*huang bai*) in preventing the ascension of fire, and it assists the anti-toxin herbs in breaking up toxic accumulations. The other substance from the clear heat category is paris rhizome (*chong lou*). Paris combines with the honeysuckle (*jin yin hua*) and the oldenlandia (*bai hua she she cao*) to eliminate toxin and reduce swellings. It is used to treat cancer, tumors, and precancerous conditions because of its ability to enter into swellings, break them up, and guide out the heat. Its ability to resolve toxin is considered even greater than honeysuckle (*jin yin hua*).^{viii} Achyranthis root (*huai niu xi*) is primarily a blood-regulating herb. It stands out from the other possible choices in the same category because it can also promote urination to leach out dampness, drain heat in the lower burner, and its blood-invigorating action has a downward direction, making it a frequently used herb for tumors in the lower burner.

Two herbs remain; both are from the tonifying category. Dioscorea rhizome (*shan yao*) tonifies the spleen qi and the yin and qi of the kidneys. It protects the yin from all these drying and leaching substances and helps support the *zheng* (upright) qi. When combined with herbs that target the

lower burner, such as phellodendron (*huang bai*), it strengthens the lower burner to eliminate damp-heat. White peony root (*bai shao*) supplements and cools the blood, protects the yin, and benefits the menses.

Remaining Ingredients of Yin Valley Formula

Black nightshade (*long kui*) is an antineoplastic herb which is utilized here to prevent any spreading of the neoplasm.^{ix} It invigorates blood flow, resolves toxin, reduces swellings, has an affinity for the cervix and a downward action. In modern China, it is a frequently used substance for treating many types of cancer. Its usefulness for treating gynecological cancers and precancerous conditions was well known even by the 11th Century. The *Ben Cao Tu Jing* (*Illustrated Classic of the Materia Medica*), published in 1061, stated that *long kui* treated “gynecological bad blood.” “Bad blood” is blood that has become toxic and feeds toxic swellings. Because **Yin Valley Formula** (*Yin Gu Fang*) treats a primarily yin deficient underlying pattern, the remaining ingredients all belong to the tonification category. Pseudostellaria root (*tai zi shen*) supplements both qi and yin. It can tonify the primal qi (similarly to ginseng / *ren shen*) and generate fluids. Traditionally, eclipta (*han lian cao*) nourishes the yin of the liver and kidneys, and also cools blood and can stop bleeding. Modern applications include it in formulas to treat dampness in the pelvis and perineum. Solomon’s seal (*yu zhu*) is a popular herb for supplementing yin and generating fluids because it can do so without injuring the spleen or interfering with expulsion of pathogens. Ophiopigon (*mai men dong*) is very moistening, supplementing yin, generating fluids, and cooling heat. Along with Solomon’s seal (*yu zhu*), it helps to moisten the bowel to prevent or rectify constipation. The importance of this latter action can be testified to by the contemporary practice among cancer patients of frequent enemas, often coffee-based: the body must keep its exit routes open to prevent further accumulation of toxin. Finally, there is lycium fruit (*gou qi zi*). Lycium fruit not only supplements the yin, it also nourishes liver blood and helps the body generate and access *jing* (essence).

MODERN APPLICATIONS

Immortal Valley Formula (*Xian Gu Fang*) treats a

variety of lower burner / OBGYN conditions due to damp-heat and toxic damp-heat.

HPV Infection

Human papillomavirus (HPV) is the most common sexually transmitted infection, with over 100 different types mainly affecting the genital region, but can also affect the throat and mouth. Most people with HPV are asymptomatic and only diagnosed by a Pap smear. Usually, the body's immune system can clear HPV naturally within a couple of years. If the infection persists, it can develop into genital warts or precancerous lesions, which can lead to cervical cancer, depending on the type of HPV. **Immortal Valley Formula** (*Xian Gu Fang*) can treat HPV when the main presenting pattern according to traditional Chinese medicine is damp-heat in the lower burner. While HPV is usually asymptomatic, patients may often present with itching, sticky or clumpy discharge, along with general damp-heat signs and symptoms. The pulse will be slippery and rapid and the tongue will be red with a yellow greasy coat. If patients present with yin deficiency, **Yin Valley Formula** (*Yin Gu Fang*) is a more suitable formula.

Cervical Dysplasia

Cervical dysplasia is defined as abnormal changes of the cells on the surface of the cervix characterized by abnormal cell shapes and disorganized cell layers. It is most often caused by Human papillomavirus (HPV). Cervical dysplasia is curable and often eliminated by the body's own immune system, but severe dysplasia can lead to cervical cancer if the condition is not treated. Cervical dysplasia frequently has no signs and symptoms. Regular screenings are important for early diagnosis. Due to the lack of signs and symptoms, Chinese medicine diagnosis in the early stage can be difficult to diagnosis, but there are several patterns to look for. **Immortal Valley Formula** (*Xian Gu Fang*) is used when the main diagnostic pattern is lower burner damp-heat. Signs and symptoms of cervical dysplasia due to lower burner damp heat in the early stage present as vaginal discharge, vaginal itching pain and burning sensation, heavy sensation in the perineum, low back pain, red tongue with yellow greasy coat in the rear, slippery and rapid pulse. Late stage cervical dysplasia due to lower burner damp heat can present as foul smelling, thick,

sticky vaginal discharge, low back pain, bleeding after sex or abnormal bleeding, red tongue with yellow greasy coat, slippery rapid pulse. If cervical dysplasia presents as liver and kidney yin deficiency, or liver channel toxic-heat patterns, use **Yin Valley Formula** (*Yin Gu Fang*).

Vaginal Discharge

Immortal Valley Formula (*Xian Gu Fang*) can treat vaginal discharge due to lower burner damp-heat. This will present as thick profuse leukorrhea, yellow (red) in color, sticky, foul smell. The pulse will be slippery and rapid or wiry and rapid. The tongue will be red with a yellow, greasy coat.

Vaginal Itching

Immortal Valley Formula (*Xian Gu Fang*) can be used for vaginal itching, irritation, and swelling (including vaginitis and cervicitis) due to lower burner damp-heat. Signs and symptoms will include intense vaginal itching, pain, yellow leukorrhea with a foul smell, red tongue with yellow greasy coat, rapid slippery pulse. It is important to accompany this formula with an external wash to aid in recovery. If patients present with liver and kidney yin deficiency pattern, choose **Yin Valley Formula** (*Yin Gu Fang*).

Vaginitis

There are several main types of vaginitis. **Immortal Valley Formula** (*Xian Gu Fang*) can be used to treat trichomonas vaginitis, candida vaginitis, and bacterial vaginosis. Trichomonas vaginitis is a very common and curable sexually transmitted disease. It is an anaerobic, flagellated protozoan found in the lower genital tract. The signs and symptoms include genital itching with burning redness and soreness, frothy or foamy yellow (green) vaginal discharge, and discomfort with intercourse. Candida vaginitis is a common condition caused by an overgrowth of the yeast organism candida albicans. It presents as genital itching with redness and burning irritation, with white or yellow vaginal discharge, and discomfort with intercourse. Bacterial vaginosis is another common condition which results from an overgrowth of normal bacterian in the vagina. It can present with no signs and symptoms, but when present, can mimic that of candida vaginitis or trichomonas vaginitis. The vaginal discharge will be white, grey, or yellow with a fishy smell often worse after sex. For these

cases you want to clear damp-heat and heat-toxin in the lower burner with **Immortal Valley Formula** (*Xian Gu Fang*). If patients present with senile vaginitis, use **Yin Valley Formula** (*Yin Gu Fang*).

Cervicitis

Cervicitis is a common form of cervical disease. It is an inflammation of the cervix due to infection. There are two forms: acute and chronic. Acute cervicitis signs and symptoms are yellow-grey discharge, pain during urination and intercourse, low fever, low back pain, itchy vulva. Chronic cervicitis does not have any noticeable signs and symptoms and is only detected by a routine gynecological exam. In Chinese medicine, cervicitis is usually diagnosed as lower burner damp-heat, lower burner toxic-heat, or spleen deficiency with damp. **Immortal Valley Formula** (*Xian Gu Fang*) is an appropriate formula for lower burner damp-heat.

Mid-cycle Bleeding

Bleeding between periods due to damp-heat can be treated with **Immortal Valley Formula** (*Xian Gu Fang*). Signs and symptoms will be scanty or heavy mid-cycle bleeding, sticky blood with no clots, lower abdomen pain, accompanied with yellow leukorrhea, foul smell, red tongue with yellow greasy coat, and a rapid slippery pulse. If a yin deficiency pattern presents, use **Yin Valley Formula** (*Yin Gu Fang*) instead.

Male Genitourinary

Immortal Valley Formula (*Xian Gu Fang*) can treat a variety of male genitourinary disorders due to lower burner damp-heat, like genital itching, and seminal emissions. Genital itching will present as an intense itching with irritation and swelling, red tongue with yellow greasy coat, and a rapid slippery pulse. This formula is also excellent for treating frequent involuntary seminal emissions due to lower burner damp-heat. If seminal emissions are due to yin deficiency, use **Yin Valley Formula** (*Yin Gu Fang*).

FORMULA COMPARISONS

Immortal Valley Formula (*Xian Gu Fang*), **Four Marvel Formula** (*Si Miao Wan*), and **Gentiana Drain Fire Formula** (*Long Dan Xie Gan Tang*) all can treat damp-heat in the lower burner. **Immortal Valley Formula** (*Xian Gu Fang*) also has the added function to clear heat-toxin as well as soothing the liver and moving blood, though not its main function. The herbs in **Immortal Valley Formula** (*Xian Gu Fang*) focus on the lower burner and have effect on cervical and vaginal tissue as well as having anti-neoplastic and antiviral properties.

USEFUL COMBINATIONS

For help with clearing severe damp-heat	Combine with Gentiana Drain Fire Formula
For severe heat or fire	Combine with Coptis Relieve Toxicity Formula
To augment the <i>zheng</i> (upright) qi for <i>fu zheng</i> therapeutic strategy.	Combine with Astragalus & Ligustrum Formula

ENDNOTES

- ⁱ See Cindy Micleu's paper, *Cervical Dysplasia*, Herbal Medicine Press, 2008.
- ⁱⁱ Zhang Ming-xing, Li Gui-ling, Research Summary of Mechanisms of Chinese Herbal Medicine Against Human Cervical Neoplasms, *China Journal of Traditional Chinese Medicine and Pharmacy* (03), 2013.
- ⁱⁱⁱ Fu zheng therapy is used in China as an adjuvant therapy for cancer and an immuno-deficient treatment. Its strategy is to supplement the body's innate abilities to fight off EPFs and IPFs with tonifying substances.
- ^{iv} Chen, Jing-chao, et al., *Research Progress of Pharmacological Functions of Oldenlandia diffusa*, Guangxi Traditional Chinese Medical University, 2007.
- ^v Zhang, Pei-ying, et al., Study of Intervention by Traditional Chinese Medicine for Cervical Precancerous Lesion Infected by High-risk HPV, *Liaoning Journal of Traditional Chinese Medicine*, 2010.
- ^{vi} Ibid, Zhang Ming-xing.
- ^{vii} Bensky, et al., *Chinese Herbal Medicine Materia Medica*, 3rd ed., 2004, p. 631, .
- ^{viii} Jiao Shu-de, *Ten Lectures on the Use of Medicinals*. Taos, NM: Paradigm Publications, 2003.
- ^{ix} Han Wei-feng, Qiu Baoguo's experience in Treating Consumptive Syndromes after Radio-Chemotherapies, *Journal of Traditional Chinese Medicine*, June 2008.

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