

## News Autumn 2014

Dear Practitioner,

Coming Soon! The brand new 6th Edition of *The Clinical Guide to Commonly Used Chinese Herbal Formulas!* This newly updated version of the Clinical Guide features indications lists for each formula as well as revised indexes. In 1990 we started with just one formula, our Chase Wind Penetrate Bone Formula (*Zhui Feng Tou Gu Wan*). The new 6th edition of the Clinical Guide includes all the newest formulas in our product line, bringing our current total to 126 Golden Flower formulas! Most of our products are convenient tablets, but we also offer eight liquid products for both children and adults.

We know that you will find the information in this fall newsletter interesting. There is a survey report from some practitioners on their use of our **Rabdosia Prostate Formula**, and Jake Fratkin, OMD contributed some commentary on 4 of our newest formulas. The herb *Corydalis Rhizoma* (*Yan Hu Suo*) in recent months has gotten a lot of positive media attention. Our elegant **Corydalis Formula** combines effectively with a number of formulas for a great synergistic effect; some ideas for combination are featured in this newsletter.

We greatly appreciate your business and support. We appreciate all of your communication—comments, suggestions, and feedback. We are committed to supporting the growth and acceptance of acupuncture and Chinese herbal medicine.

Sincerely,

John Scott, DOM and Lorena Monda, DOM

### FOUR NEW FORMULAS FROM GOLDEN FLOWER:

**Chai Hu Shu Gan Formula** (*Chai Hu Shu Gan San*)  
**Pu Ji Formula** (*Pu Ji Xiao Du Yin*)  
**Yin Transition Formula** (*Geng Nian An Wan*)  
**Agastache Tummy Syrup** (*Huo Xiang Zheng Qi Gao*)

BY JAKE PAUL FRATKIN, OMD, L.AC.

A little while back, I was asked by Golden Flower to look at their extensive formula repertoire and determine, based on my own clinical experience, where some gaps might be and to suggest formulas that could fill in these gaps. I felt there was an omission of a few key classical formulas that are used extensively in China, but can be very valuable in a modern practice over here. Golden Flower has now put these into place, and I would like to discuss them here in order to make their usefulness more available to you in your clinic.

### CHAI HU SHU GAN FORMULA (*Chai Hu Shu Gan San*)

I find this formula to be my go-to resource when treating patients with combined excess and deficiency patterns. This happens frequently in the clinic when a new patient arrives with a multitude of co-existing problems. For example, a 45 year old woman came to me with a main concern of weight loss, but her clinical history included the following: fatigue, insomnia (waking, with difficulty falling back asleep), abdominal distension and discomfort after eating, hair loss, and headache 2-3 times a week. Her menstrual history was problematic; a history of irregular periods, PMS, and menstrual cramps.

How do you approach a case like this? Do you chase every complaint in isolation? Do you think one *zang-fu* pattern can explain all of these manifestations? Actually, one pattern cannot explain all of these symptoms

and presentations. This case is very typical for new patients—that many patterns exist and overlap. In the simplest organization, we can divide underlying patterns as excess or deficiency. Excess, simply, can be understood as stagnation of qi, blood, dampness or phlegm. Deficiency will include qi, blood, yin or yang. Where do we start?

Our patient's main complaint is weight gain. Is this excess of phlegm and dampness, or is this deficiency of spleen qi and yang? She complains of fatigue. Is this due to deficiency of kidney qi, or stagnation of liver qi? For each of her complaints (e.g., insomnia, menstrual irregularity, etc.) a multitude of possible *zang-fu* patterns exist. Should we chase each complaint at the same time? The answer here, obviously, is no. We need to prioritize.

My experience is that if we prioritize deficiency, we will get into trouble. If there is any underlying stasis, tonification will only aggravate that stasis, and there will be either an aggravation of one or more of her complaints, or development of new discomfort. If there is stagnation of descending stomach qi, then tonification of spleen qi will only aggravate that stasis, leading to increased abdominal distension and bloating. If there is liver stasis, tonification of qi and blood without movement of qi and blood will aggravate her PMS. My conclusion is that in combined presentations of excess and deficiency, it is important to move qi and blood first, and my experience in chronic cases, is to do this for the first month of treatment.

This is where Golden Flower's modified **Chai Hu Shu Gan Formula** comes in. It moves stagnant liver qi and blood, which I consider to be the major way to clear the "roadblock," allowing such an accumulation of diverse symptoms. By choosing this formula for the first month of treatment, you will find that many other symptoms get better or even disappear a month later. Once qi and blood can flow properly, many *zang-fu* patterns self regulate.

Let's talk about the formula. *Chai Hu Shu Gan San* translates as "Bupleurum Soothe Liver Powder". The original formula was developed by Zhang Jie-bin (aka Zhang Jing-yue), and recorded in the *Jing Yue Quan Shu* ("Jing-Yue's Complete Writings") in 1624. Its OM actions are to soothe the liver, activate qi, invigorate blood, harmonize spleen and liver, and stop pain. The Golden Flower additions further regulate the liver by also clearing liver heat, tonifying liver blood, and boosting spleen qi.

The formula's application is to treat stagnation of liver qi and blood causing costal fullness, abdominal pain or distension, poor circulation, cold feet and hands, belching, nausea, gastritis, premenstrual syndrome, morning sickness, dysmenorrhea and hepatomegaly. It is also useful for depression and anxiety, and can be used adjunctively in cases of chronic hepatitis, mastitis, fibrocystic breasts and gallstone.

Pulses for this formula are usually wiry, if not the whole pulse, then at least in the left *guan* position (gallbladder-liver). In patients with combination excess-deficiency patterns, it is not unusual to see excess in the gallbladder and/or liver positions, with excess in the stomach position (right *guan*, superficial) and deficiency in the spleen (right *guan*, deep) and kidney positions (right and left *chi*). The tongue can be normal, or show a variety of conditions related to other patterns, such as wet or pale.

The formula was originally created to address hypochondriac pain and costal distension. In the modern clinic, it is excellent for excess patterns of liver qi and blood stasis affecting digestion and menstruation, as well as emotional disorders such as anxiety, depression and insomnia. It can be an effective formula for premenstrual syndrome.

In my clinical practice, **Chai Hu Shu Gan Formula** is useful when a patient first comes to the clinic showing combined symptoms of excess and deficiency, because it clears underlying stagnation first. Due to its ability to move liver qi and blood, it facilitates detoxification of the liver and lymphatic system, and helps regulate blood sugar.

#### CHAI HU SHU GAN FORMULA

<i>Chai Hu</i> (Radix Bupleuri)	14.0 %
<i>Bai Shao</i> (Radix Paeoniae Alba)	11.7 %
<i>Xiang Fu</i> (Rhizoma Cyperi)	10.0 %
<i>Zhi Ke</i> (Fructus Aurantii)	10.0 %
<i>Yu Jin</i> (Radix Curcumae)	10.0 %
<i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae)	10.0 %
<i>Huang Qin</i> (Radix Scutellariae)	10.0 %
<i>Dang Gui</i> (Radix Angelicae Sinensis)	10.0 %
<i>Chuan Xiong</i> (Rhizoma Ligustici Chuanxiong)	8.3 %
<i>Gan Cao</i> (Radix Glycyrrhizae)	6.0 %

**Explanation of the Ingredients.** The formula is an elaboration of Zhang Zhong-jing's *Si Ni San* (220 CE), which contained *chai hu* (radix bupleuri) to move liver qi, *bai shao* (radix paeoniae alba) to move liver blood,

*zhi ke* (fructus aurantii) to descend stomach qi, and *gan cao* (radix glycyrrhizae) to boost spleen qi. In the Zhang Jing-yue's formula, a total of six herbs are used. *Xiang fu* (rhizoma cyperi) is added to reinforce the movement of qi, and *chuan xiong* (rhizoma ligustici chuanxiong) reinforces the movement of blood.

In Golden Flower's version, four important additions are made. *Yu jin* (radix curcumae) is a strong herb to move liver blood; when liver qi stasis is pronounced, movement of liver blood helps to dredge the liver more effectively. *Huang qin* (radix scutellariae) clears liver heat, a common presentation when liver stasis has been chronic. In addition, *bai zhu* (rhizoma atractylodis macrocephalae) tonifies spleen qi, and *dang gui* (radix angelicae sinensis) tonifies liver blood. These additions make this version of *Chai Hu Shu Gan San* the most effective liver regulator available, because not only does it address stasis of liver and blood, but also regulates liver-spleen, clears heat and tonifies blood.

Regulating the liver should be the first step in combined excess-deficiency patterns with new patients. After one month on the formula, reevaluate the patient according to predominant complaints, pulses, etc. As far as where to start on the second month, pay particular attention to their main complaint or complaints. There will probably still be both excess and deficient patterns showing, at which point both may be addressed.

### PU JI FORMULA (*Pu Ji Xiao Du Yin*)

This formula is the medicine of choice for bacterial sore throat, including strep throat and tonsillitis, and can be used for any presentation of sore throat with swollen glands. While this presentation is not all that common, this formula works as well as, if not better, than conventional antibiotics. It certainly works faster.

*Pu Ji Xiao Du Yin* was authored by Li Gao (also known as Li Dong-yuan) in his book *Dong Yuan Shi Xiao Fang* ("Dong-Yuan's Tested, Effective Formulas") in 1202. The name of the formula translates as "Universal Benefit Disperse Toxin Cool Decoction." The OM actions are: clears heat, resolves toxin, dispels pathogenic wind, cools the blood, moistens the throat. Clinically, the formula is used for acute sore throat or tonsillitis with fever, chills, thirst, headache, and swollen lymph nodes in the neck region. It is also for fever with difficulty swallowing, and is applicable for strep throat, mumps, tonsillitis and swollen glands due to infectious mononucleosis.

This is always an acute presentation. The pulses will be floating/superficial, rapid, and excess. The tongue will be red or a red tip, with a yellow coating. The throat is usually sore, and there is difficulty swallowing. Fever is not uncommon.

The original prescription included *jiang can* (bombyx batryticatus), which is omitted here. In this version of the formula, *bai jiang cao* (herba patriniae) and *mu dan pi* (cortex moutan) were added.

#### PU JI FORMULA

<i>Lian Qiao</i> (Fructus Forsythiae)	10.0 %
<i>Ban Lan Gen</i> (Radix Isatidis)	9.0 %
<i>Chai Hu</i> (Radix Bupleuri)	7.7 %
<i>Xuan Shen</i> (Radix Scrophulariae)	7.7 %
<i>Niu Bang Zi</i> (Fructus Arctii)	7.7 %
<i>Huang Qin</i> (Radix Scutellariae)	7.7 %
<i>Bai Jiang Cao</i> (Herba Patriniae)	7.7 %
<i>Jie Geng</i> (Radix Platycodonis)	7.2 %
<i>Ma Bo</i> (Lasiosphaera seu Calvatia)	7.2 %
<i>Huang Lian</i> (Rhizoma Coptidis)	6.0 %
<i>Sheng Ma</i> (Rhizoma Cimicifugae)	5.1 %
<i>Bo He</i> (Herba Menthae)	5.1 %
<i>Chen Pi</i> (Pericarpium Citri Reticulatae)	4.5 %
<i>Mu Dan Pi</i> (Cortex Moutan)	4.5 %
<i>Gan Cao</i> (Radix Glycyrrhizae)	2.9 %

Having both antiviral and antibacterial effects, this is one of the best formulas for strep throat, tonsillitis and swollen lymph glands in the neck. Historically, it was used during diphtheria epidemics and for treating mumps. Now, it is the medicine of choice in acute mononucleosis.

*Huang lian* (rhizoma coptidis) and *huang qin* (radix scutellariae) are the main herbs to clear heat-toxin, and are especially effective against pathogenic bacteria. Other herbs to treat heat-toxin include *ban lan gen* (radix isatidis) and *bai jiang cao* (herba patriniae), which combat pathogenic viruses. The synergistic combination of *chai hu* (radix bupleuri), *ma bo* (lasiosphaera seu calvatia) and *xuan shen* (radix scrophulariae) addresses swollen lymph glands and helps make sure the anti-heat-toxin effects reach deep into the lymphatic system. *Niu bang zi* (fructus arctii) is specific for wind-heat causing sore throat and, with *chai hu* (radix bupleuri) and *sheng ma* (rhizoma cimicifugae), guide the formula upwards to the neck and head.

**Pu Ji Formula** is used for acute presentations, and usually is required for at least three days. Once the



throat improves and swelling is relieved, the formula can be discontinued. Because several cold and cool herbs are used, prolonged use may cause stomach upset or loose stools. In this case, reducing the dosage or frequency can be employed if treatment is still required. In cases of acute mononucleosis, the formula should be continued until the glands have normalized.

## YIN TRANSITION FORMULA

### (Geng Nian An Wan)

Golden Flower offers several formulas that treat patterns causing menopausal disorder and their associated symptoms. **Rehmannia and Scrophularia Formula** (*Zhi Bai Di Huang Wan*) clears deficiency heat that causes hot flashes; **Bupleurum D Formula** (*Chai Hu Jia Mu Li Long Gu Tang*) is good for menopausal insomnia, anxiety, and headache due to ascendant liver yang; **Free and Easy Wanderer Plus** (*Jia Wei Xiao Yao San*), commonly used for PMS, treats menopausal irritability due to liver stasis with heat; **Two Immortals Formula** (*Er Xian Wan*) roots ascendant kidney yang to treat anxiety and elevated blood pressure; and **Heavenly Emperor's Formula** (*Tian Wang Bu Xin Dan*) nourishes heart yin and blood to settle the *shen* and benefit sleep.

The inclusion of a new formula is to address a very common presentation in menopausal disorder, namely sweats that accompany hot flashes. These sweats can happen day or night, but are most common during sleep. Our formula developed out of various *Geng Nian* patent medicines that are popular in China, which address day or night sweats as the main symptom.

The name *Geng Nian An Wan* translates as “menopause peaceful pills”. The OM indications are: tonify kidney yin, tonify blood, stop sweating. Pulses are thin and rapid, and the tongue has a distinct dull red, glossy appearance without a coat, or with geographic peeling.

**Yin Transition Formula** treats depletion of yin and blood causing day or night sweating. Yin energy should stay in the interior, in the main, and return deep into the interior at nighttime. If it is weak, it moves outwards towards the surface, pushing fluids through the skin as sweat. Occasionally there can be a complete bed-drenching episode; hot flashes or heat flushing into the face and chest usually accompanies it. Other symptoms may include fatigue, poor memory, dizziness, tinnitus, anxiety, and restless sleep. The formula

is used for menopausal disorder and other cases of deficiency fire where sweating is the predominant symptom, including tuberculosis, AIDS, spermatorrhea, and deficiency fever.

*Zhen zhu mu* (concha margaritiferae usta), which is mother-of-pearl, is the main ingredient to astringe sweating. *Huang bai* (cortex phellodendri chinensis), *huang qin* (radix scutellariae) and *xuan shen* (radix scrophulariae) are combined to clear real fire. Herbs that clear heat due to yin deficiency include *di gu pi* (cortex lycii) and *zhi mu* (rhizoma anemarrhenae). *sheng di huang* (radix rehmanniae), *gou qi zi* (fructus lycii) and *mai men dong* (radix ophiopogonis) nourish the yin, while *sheng di huang* also cools the blood. Finally, *wu wei zi* (fructus schisandrae) astringes the formula into the deeper aspects of the body.

### YIN TRANSITION FORMULA

<i>Zhen Zhu Mu</i> (Concha Margaritiferae Usta)	18.0 %
<i>Sheng Di Huang</i> (Radix Rehmanniae)	11.0 %
<i>Di Gu Pi</i> (Cortex Lycii)	9.0 %
<i>Yin Chen Hao</i> (Herba Artemisiae Scopariae)	9.0 %
<i>Xuan Shen</i> (Radix Scrophulariae)	7.0 %
<i>Xian Mao</i> (Rhizoma Curculiginis)	7.0 %
<i>Mai Men Dong</i> (Radix Ophiopogonis)	7.0 %
<i>Huang Bai</i> (Cortex Phellodendri Chinensis)	7.0 %
<i>Zhi Mu</i> (Rhizoma Anemarrhenae)	7.0 %
<i>Huang Qin</i> (Radix Scutellariae)	7.0 %
<i>Gou Qi Zi</i> (Fructus Lycii)	6.0 %
<i>Wu Wei Zi</i> (Fructus Schisandrae)	5.0 %

Because of the heat-clearing herbs, this formula is also appropriate for hot flashes without sweating. Hot flashes and sweating are uncomfortable for menopausal women, but not just for the inconvenience. Depleting one's yin through sweating puts a stress on the qi and blood as well, leading to fatigue or exhaustion, mental confusion, and poor sleep. This formula helps to replenish the yin, and effects should be obvious within a week or so.

## AGASTACHE TUMMY SYRUP

### (Huo Xiang Zheng Qi San)

This is the fifth pediatric syrup added to Golden Flower's children's line that I helped to create. The others were Children's Clear and Release Formula (for common cold), Children's Clear Lung Formula (for cough), Children's Ear Formula (for acute otitis media), and Children's Jade Defense Formula (to boost the immune system). All of the children's formulas come as

2 oz. liquid syrups, made with glycerin, and sweetened. If other formulas are needed, because Golden Flower tablets can be easily pulverized, they can be mixed with water or juice, strained, and squirted into the mouth with a pediatric syringe.

**Agastache Tummy Syrup** is the classical *Huo Xiang Zheng Qi San*, which is an excellent formula for acute vomiting, diarrhea, or loose stools. It was originally formulated for exogenous wind-cold with a concurrent stagnation of the middle *jiao*, causing headache, vomiting and diarrhea. Despite the preponderance of warming herbs, the formula was also used for acute pathogenic summer damp-heat and cholera. Modern application has it as the medicine of choice for food poisoning and “stomach flu”, often requiring only one or two doses. It can also be used for food stagnation due to over-eating. In infants especially, vomiting and diarrhea are commonly seen due to the inherently weak spleen qi of an infant. Over-feeding, especially, or giving phlegm-forming foods like pasteurized milk often lead to this presentation. In older children and adults, the condition is often due to the ingestion of an exogenous pathogen (viral or bacterial) through the food chain. Gastroenteritis is quite common today, although many people refer to it as stomach flu.

The name, *Huo Xiang Zheng Qi San*, translates as “Agastache Rectify Qi Powder.” It was contained in the *Tai Ping Hui Min He Ji Ju Fang*, a famous formula anthology organized by the Imperial Medical Bureau under the direction of Chen Shi-wen in 1070. The OM indications of the formula are: dispels pathogenic factors, resolves the exterior, clears summer heat and dispels damp, dispels turbidity, descends stomach qi, harmonizes the middle *jiao*, relieves diarrhea.

Classical applications of the formula are for early stage of wind-cold invasion where there is dampness or damp-turbidity in the interior. Symptoms include fever with chills, frontal headache, loose stools or diarrhea, epigastric or abdominal bloating, abdominal pain, and vomiting or nausea. The formula is applicable in acute gastroenteritis, food poisoning, and infections associated with “stomach flu.” Also useful for food stagnation, motion sickness, overeating and alcohol hangover.

I think many practitioners underuse this formula, looking for the classical cold-damp invasion, without thinking that the formula can also be used for exogenous heat-toxin such as food poisoning. Classical literature also cited the formula for wind invasion

### AGASTACHE TUMMY SYRUP

<i>Huo Xiang</i> (Herba Agastachis)	14.0 %
<i>Sheng Jiang</i> (Rhizoma Zingiberis Recens)	10.0 %
<i>Fu Ling</i> (Poria)	8.0 %
<i>Da Fu Pi</i> (Pericarpium Arecae)	8.0 %
<i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae)	8.0 %
<i>Jie Geng</i> (Radix Platycodonis)	8.0 %
<i>Jiang Chao Hou Po</i> (Cortex Magnoliae Officinalis)	8.0 %
<i>Chen Pi</i> (Pericarpium Citri Reticulatae)	8.0 %
<i>Zhi Ban Xia</i> (Rhizoma Atractylodis Macrocephalae)	8.0 %
<i>Zi Su Ye</i> (Folium Perillae)	6.0 %
<i>Bai Zhi</i> (Radix Angelicae Dahuri)	6.0 %
<i>Da Zao</i> (Fructus Jujube)	4.0 %
<i>Zhi Gan Cao</i> (Radix Glycyrrhizae Praep)	4.0 %

allowing a transformation of interior cold-dampness into damp-heat. This is the presentation with microbial toxin. In either case, we expect to see a pulse that is soggy, slippery or floating, and a tongue with either a white or yellow, greasy coat.

*Huo xiang* (herba agastachis), the principal herb, resolves turbid damp and harmonizes stomach and spleen. Even alone, it is very good for nausea and vomiting. The synergistic coupling with *da fu pi* (pericarpium arecae), *fu ling* (poria), *jiang chao hou po* (ginger-fried cortex magnoliae officinalis) and *zhi ban xia* (ginger-cured rhizoma atractylodis macrocephalae) helps to descend turbid and stagnant dampness in the stomach. While *zi su ye* (folium perillae) and *sheng jiang* (rhizoma zingiberis recens) dispel wind-cold, the synergistic combination of *zi su ye* (folium perillae) and *huo xiang* (herba agastachis), has been shown to fight communicable aerobic bacteria as well as viruses that trigger gastrointestinal illness. *Jie geng* (radix platycodonis), normally considered an herb that brings a formula to the lung, in this case aids the lungs in helping to descend fluids. The combination of *chen pi* (pericarpium citri reticulatae) and *ban xia* (rhizoma atractylodis macrocephalae) has the well-known effect of relieving nausea and descending stomach qi.

**Agastache Tummy Syrup** should be a welcome addition to parents with young children. It can be used for vomiting and nausea, including motion sickness. It’s my go-to formula for food poisoning and gastroenteritis, often working in one or two doses.

## RABDOSIA PROSTATE FORMULA SURVEY REPORT

Recently Golden Flower Chinese Herbs conducted a practitioner survey on **Rabdosia Prostate Formula** (*Dong Ling Cao Fang*). The survey was sent to practitioners who have used this formula with some regularity and frequency over the past several years. The goal of this survey was to gain a better understanding of how the formula is currently being used and its effectiveness in the clinical settings.

**Rabdosia Prostate Formula** (*Dong Ling Cao Fang*) is a modern formula that was developed in the last decade. The formula was originally designed with the intent to address prostate issues, specifically elevated Prostate Specific Antigen (PSA) counts. It was based on modern research of specific single herbs, as well as herbal formulations, which were found to effectively inhibit cancer cell growth. From a OM perspective, the formula clears heat and damp-heat, cools and invigorates blood, reduces swelling, and expels toxin.

### SUMMARY OF RESULTS

**Rabdosia Prostate Formula** (*Dong Ling Cao Fang*) is primarily used to treat prostate-related issues. As designed, many practitioners use the formula to help lower elevated PSA levels. However, it is interesting to note that in clinical practice this formula has become more commonly used for the treatment of benign prostatic hypertrophy (BPH), chronic prostatitis, and the management of related signs and symptoms.

Practitioners were asked about a common OM diagnosis when using this formula. The majority of practitioners stated that there is not a common diagnosis, tongue, or pulse among patients. Diagnoses included damp-heat, heat, phlegm-damp, and qi stagnation.

Most practitioners in our survey administer this formula alone. Several practitioners combine this formula with other formulas, but not one particular standard formula. Some of the formula combinations that were mentioned included: **Five Mushroom Formula** (*Wu Gu Fang*), **Gentiana Drain Fire Formula** (*Long Dan Xie Gan Tang*), **Four Marvel Formula** (*Si Miao San*), and **Stasis-Transforming Formula** (*Dan Shen Hua Yu Pian*). A few practitioners stated that they combine **Rabdosia Prostate Formula** (*Dong Ling Cao Fang*) with our **Prostate Formula** (*Qian Lie Xian Fang*). And a few others report that they combine this formula with nutritional supplements in order to support prostate health.

When specifically treating elevated PSA levels, practitioners rated the effectiveness of this formula as follows: 47% stated the formula to be very effective,

33% stated the formula to be moderately effective, 20% stated the formula to be slightly effective and 0% stated the formula to be not effective.

Practitioners also rated the overall clinical effectiveness of **Rabdosia Prostate Formula** (*Dong Ling Cao Fang*). 60% viewed the formula as very effective, 33% viewed the formula as moderately effective, 7% viewed the formula as slightly effective, and 0% viewed the formula as ineffective. Practitioners also mentioned the improvement of physical signs and symptoms with quick improvement of urine stream quality being the most noted.



## COMBINING CORYDALIS FORMULA FOR DIFFERENT TYPES OF PAIN

Recently, there has been a surge of interest in the pain-relieving properties of corydalis (*yan hu suo*), largely due to it being featured by Dr. Oz on both his show and his blog. The recommendation made by Dr. Oz was that corydalis be taken on its own for best results. However, in Oriental Medicine it is rare that single herbs are prescribed to patients, and corydalis is no exception. Its analgesic properties can be used in combination with other formulas to increase pain relief and reach areas of the body that typically are not reached by corydalis (*yan hu suo*) alone. This herb can be used for almost any type of pain, especially when combined with the appropriate formula or individual herbs.

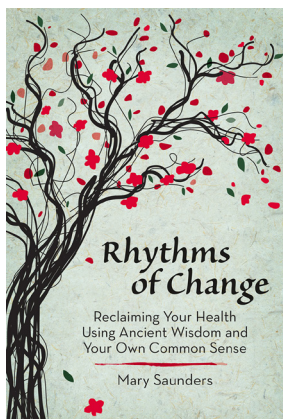
Corydalis (*yan hu suo*) is best known for its analgesic qualities and is one of the most commonly prescribed herbs to activate qi and blood circulation in order to relieve pain. More specifically this herb is used to move blood in the chest, abdomen, and limbs. This herb can be used for almost any type of pain, especially when combined with the appropriate formula or individual herbs.

Golden Flower's Corydalis Formula (*Shao Yao Gan Cao Jia Yan Hu Tang*) is a simple, but elegant formula combining corydalis (*yan hu suo*) with the classical formula *Shao Yao Gan Cao Tang* (Peony and Licorice Formula). It is highly effective on its own to treat spasmodic and cramping pain in the legs or abdomen, but because it is so adaptable, it is an excellent combining formula for treating many different types of pain. You can use this formula's strong analgesic and anti-spasmodic properties in combination with many formulas to increase the pain relief.



Type Of Pain	Combine Corydalis Formula With:
Abdominal, epigastric pain	Resolve the Middle Formula Minor Bupleurum Formula Buplerum and Cinnamon Formula Shu Gan Formula
Arrhythmia, chest pain	Baked Licorice Formula Blood Palace Formula
Chronic pain or fibromyalgia	Restorative Formula Ji Xue Formula Salvia Ten Formula
Flank pain	Chai Hu Shu Gan Formula
Headache	Head Relief Formula
Low back pain, knee pain	Course and Quicken Formula (excess) Du Huo and Lornathus Formula (deficiency)
Masses with pain	Stasis-Transforming Formula Phlegm-Transforming Formula
Menstrual pain	Chong Release Formula Tang Kuei and Salvia Formula
Neck pain	Neck Formula
Neurologic pain	Ji Xue Formula
Shoulder pain, tight	Neck Formula
Upper body pain, shoulder pain, arm pain	Juan Bi Formula

## RHYTHMS OF CHANGE: RECLAIMING YOUR HEALTH USING ANCIENT WISDOM AND YOUR OWN COMMON SENSE - BY MARY SAUNDERS



*Rhythms of Change* takes your patients on a journey that reveals the ancient wisdom of Oriental Medicine using language that makes this knowledge accessible to everyone. The book provides self-assessment tools and practical, proven guidelines to achieving better health and a deeper sense of well-being. Common sense protocols for addressing the physical issues typical of imbalance are included. This book is meant to support your patients. Give them the information to help improve their health and make your treatments more effective! Chapter topics include:


- Characteristics, issues, and inherent wisdom underlying each of the Five Phases.
- Guidelines for incorporating whole foods, exercise, mindful breathing, and rest.
- Self-assessment questions to help your patients understand where they are on the continuum of balance and imbalance.
- Discussions about blood sugar imbalances, insomnia, hormonal regulation for PMS and menopause, lowered immunity, and more.

Mary Saunders is a nationally certified acupuncturist and a licensed Doctor of Oriental Medicine in New Mexico. Co-founder of one of the first low-cost community acupuncture clinics in the country, she has more than 25 years of experience as a clinician and educator. She brings her knowledge of Oriental Medicine, psychology, nutrition, and spiritual practice to help her clients improve their lives.

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# THE NATURE OF THE *PO* AND LUNG PATTERN DISHARMONIES

By Jake Schmalzriedt, DOM

## *Po*, CORPOREAL SOUL

The *po* is part of the five *shen*, the five spiritual aspects of an individual: the *hun*, *po*, *yi*, *zhi*, and *shen*, that correspond with the liver, lung, spleen, kidney, and heart respectively. The *po* is related to the metal element and resides in the lungs. It is defined as the part of the soul that is connected to the body. This is in opposition to the *hun*, which is identified as the ethereal soul. Together, the *hun* and *po* are the two aspects of the soul, intertwined like yin and yang. The *hun* represents the yang and nonphysical aspect of the soul and the *po* represents the yin and physical aspect of the soul.

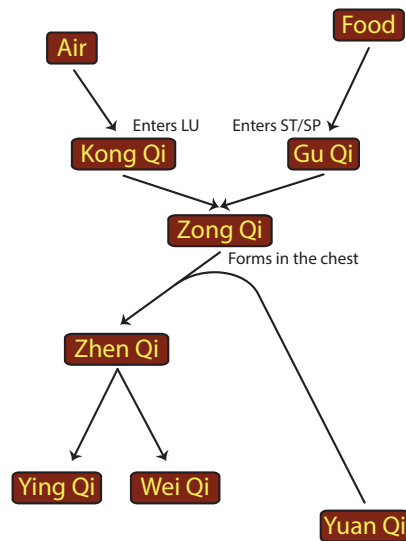
The *po* is also known as the corporeal soul, with a strong connection to the physical world and the body. It is closely linked to *jing*. The *Ling Shu* (The Spiritual Pivot) states “that which enters and exits with essence is called the corporeal soul.” The *po* arises from the mother at conception and stays with the body upon death. It is the organizational principle of life for the body, and, along with the *jing*, is responsible for the physical development during gestation, with the *po* providing the *jing* with movement and direction. The *po* is considered the life force of the body. As the *jing* diminishes with age, so does the *po*; and when death occurs, the *po* is “silenced.”

In the *Lei Jing* (The Classified Canon) Zhang Jie-Bin states “That the function of the corporeal soul is to enable the body to move and perform its function.” The *po* is responsible for the body’s basic regulatory activities and functions. While this encompasses all physiological functions, it can easily be viewed as autonomic functions, like respiration, heart rate, blood pressure, perspiration, digestion, etc. Being that the *po* is housed in the lung, breathing is considered the manifestation of *po*.

The *po* is also responsible for physical movement, coordination and balance, and has a strong connection with the senses. The *po* is especially associated with hearing, sight, smell, and touch; including pain. When the *po* is in balance, hearing, sight, and smell are sharp, and the tactile sense of touch is acute. The decline of the senses occurs as one ages. This is due to the decline of kidney *jing* as well as the decline of the *po*. The perception of physical pain and itching is defined by Zhang Jie-Bin in the *Lie Jing* (The Classified Canon). In it he states that “pain and itching are felt by it (the *po*).” This is evidence of the *po*’s close connection with the sensory receptors of the skin. Another example of this connection can be summed up by an excerpt from *The Psyche in Chinese Medicine* by Giovanni Maciocia: “The *po*, being closely related to the body, is the first to be affected when needles are inserted: the almost immediate feeling of relaxation following the insertion of needles is due to the unwinding of the *po*. Through it, the mind, *hun*, *yi*, *zhi* are all affected.”

The psychosocial aspect of the *po* is the individual. Psychological feelings are inward and private, and deep seated emotions that have not come to consciousness. The *po* is affected by all emotions, but especially worry, grief, and sadness. These emotions are associated with and stem from the individual’s inability to deal with loss, and thus manifesting as repressed grief and sadness.

The *po* is also known as the animal soul. This brings forth the idea of basic or primal instincts, and can be seen in the body’s basic physiological functioning that was discussed earlier. But it can also be discussed in relation to physical and material needs, by collecting and holding onto what is needed to survive while releasing objects that are of no benefit. This is discernment, a quality of the *po*, where instinct and judgment occur within and in relation to the surrounding world. Another trait of the animal soul is the ability to experience emotion and pain without dwelling upon that experience. This can be further defined by stating that the *po*’s ability to separate from and not attach importance or meaning to the pain optimizes the body’s functioning. The *po* is associated with a single lifetime and with it a connection to the experiences at that particular moment in space and time.



## DISHARMONIES OF THE *Po*

There is a close relationship between the *po*, the lung, and the skin; and as such, emotional issues, respiratory issues, and dermatological issues are the conditions that arise most with *po* involvement. These issues can arise individually or in conjunction with each other at the same time. They can also give rise to one another. An example of this would be how emotional disturbances can lead to skin outbreaks like eczema and how people who suffer from eczema can develop asthma. While it is important to see the interrelationship between these issues, when treating these disorders it is best to focus on the primary condition.

Disharmonies of the *po* usually present as either an over-contraction or over-expansion of the *po*, and as mentioned above, mainly manifest as emotional, respiratory, or skin disorders. An excessive inward or contractive movement of the *po* presents as a suppression of emotions. This suppression is often an unexpressed grief which constricts the *po* and most commonly manifests emotionally as depression and sadness. It can also be seen in a person who is withdrawn from life or relationships, stuck in negative repetitive behavior, has difficulty letting go, or seen with mental confusion or forgetfulness. It can manifest physically as breathing problems like dyspnea and wheezing, or as skin conditions like rashes or eczema. This contraction can also bring about qi stagnation,

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and over time can contribute to the formation of breast lumps.

As the *po* is naturally in a slightly contractive state, any expansion of the *po* is considered to be an excess. The uncontrolled outward expansion of the *po* can present emotionally as feelings of anxiousness, obsession, or excessive worry. Respiratory issues present as difficult breathing, wheezing, or cough. Dermatological issues that arise will present as intense itchy or painfully itchy rashes.

### Treatment

When deciding on an herbal treatment for the over-contraction of the *po*, it is important to use the signs and symptoms of *po* contraction in conjunction with an OM *zang-fu* diagnosis to confirm the correct formula. **Pinellia and Magnolia Bark Formula** (*Ban Xia Hou Po Tang*) and **Bupleurum and Tang Kuei Formula** (*Xiao Yao San*) can be effective for treating over-contraction of the *po*, and are especially good for emotional issues. **Pinellia and Magnolia Bark Formula** (*Ban Xia Hou Po Tang*) is a very important formula to restore proper qi flow. The formula brightens moods and emotional states, which can bring about a reversal of the excessive inward movement. It treats inward contraction and withdrawal from life seen as an inability to go out and undertake activities alone. **Bupleurum and Tang Kuei Formula** (*Xiao Yao San*) also addresses emotional issues manifesting as sudden mood changes that don't easily subside, often with a difficulty of letting go. There can be a sense or feeling that everything weighs heavily on the mind. And there is often a repetitive aspect to the emotional state. For skin conditions, Tangkuei and Arctium Formula (*Xiao Feng San*, KPC 2610) can be used by itself or added to **Bupleurum and Tang Kuei Formula** (*Xiao Yao San*). **Pinellia and Magnolia Bark Formula** (*Ban Xia Hou Po Tang*) may also be used for respiratory issues. Other good formulas to consider for respiratory issues are **Restore the Lung Formula** (*Bu Fei Tang*) or **Ling Zhi Lung Formula** (*Ling Zhi Fei Pian*). A good acupuncture treatment protocol for contraction of the *po* consists of LU 3, LU 7, PC 6, KI 3, LR 3, RN 17, and ST 36. LU 7 and LU 3 are the principal points to soothe and calm the *po*. While UB 42 is named the "*po* door", it is not commonly used to treat conditions of the *po* in modern times.

Breathing and meditation exercises that bring awareness to the inward movement of breath can be a beneficial treatment therapy. Meditation links breathing with the *po*, and this practice calms the *po*. Inhaling to retain nourishment and exhaling what is no longer useful is at the essence of the *po*.

For herbal formulas that treat the outward expansion of the *po*, again it is important to confirm the formula with an Oriental Medicine diagnosis. **Peaceful Spirit Formula** (*Yang Xin Ning Shen Wan*) is a good formula for emotional disorders due to the expansion of the *po*. For skin conditions, combine **Heavenly Emperor's Formula** (*Tian Wang Bu Xin Dan*) with Tangkuei and Arctium Formula (*Xiao Feng San*, KPC 2610). For respiratory issues, further refinement of a pattern according to OM theory is necessary, but a formula like **Ling Zhi Lung Formula** (*Ling Zhi Fei Pian*) may be appropriate. A good acupuncture treatment protocol for the

expansion of the *po* consists of LU 5, LU 7, PC 7, SJ 6, and RN 17.

### THE LUNG

The lung is the main organ addressed when conditions occur that affect respiration or exterior invasions like colds or allergies. Many of the basic concepts, theories, and functions that we use today for the lung date back to the *Huang Di Nei Jing Su Wen* and the *Nan Jing*. The concepts are discussed below.

### The Lung Rules Qi

The lung rules the qi. It is responsible for respiration and for the production of true qi or *zhen* qi. The understanding of how the lung governs respiration is similar to that of Western Medicine where the lung inhales oxygen and exhales carbon dioxide. In Chinese Medicine, it is viewed as the lung bringing in the clean air, the pure qi, which is exchanged for the turbid air, the impure qi, and expelled. When the lung is in balance, respiration is smooth and regular. If the lung is deficient, respiration becomes impaired resulting in difficult breathing, shortness of breath, and wheezing.

The *Su Wen* states that "true qi is the product of that which is received from heaven combined with food qi, and which makes the body full." The classical physiology of lung qi states that the lung takes the food qi, or *gu* qi, provided by the spleen and stomach and combines it with pure air qi or *kong* qi in the chest cavity to form gathering qi or *zong* qi. *Zong* qi regulates the passive movements of the lung and heart. The *zong* qi, with the help of *yuan* qi from the kidney, is transformed into true qi or *zhen* qi. The *zhen* qi circulates throughout the body in the form of defensive qi or *wei* qi, which protects and warms the exterior, but also circulates as nutritive qi, or *ying* qi, to nourish the internal organs. With this physiological picture it is easy to recognize how all the types of qi are ruled by the lung.

### Dispersion and Descending Functions of the Lung

The lung is responsible for descending and dispersing qi and body fluids throughout the body in order to nourish and moisten the organs, meridians, muscles, skin, and hair. The lung is known as the "lid of the yin organs" since it resides in the upper burner, located above all other yin organs in the body. Because of its placement there is a natural descending action. Nutrients that have entered the stomach are separated, the pure qi goes to the spleen and then up to the lungs to be disseminated and circulated throughout the body. The lung descends qi down to the kidney where the kidney stores the qi. Failure of the lung to descend the qi or the kidney to grasp and anchor the qi can result in rebellious qi, which impairs respiration, resulting in cough, wheeze, and shortness of breath. If the lung fails to descend nutrients, they can congeal, causing phlegm accumulation, which manifests as cough, wheezing, difficult breathing, and tight chest. These two functions, dispersion and descent, act together and each effect the other. An example of this would be when the lung qi fails to disperse to the exterior, a wind invasion can attack the lungs, this in turn can inhibit the descending function, resulting in cough and asthma.

## THE METAL PHASE

Organ	Lung, large intestine
Sense	Smell
Sense Organ	Nose
Tissue	Skin and body hair
Emotions when balanced	Discernment, strength, sustainability
Emotions when excess	Rigid, order
Emotions when deficient	Sadness, grief
Vocal quality	Sobbing
Flavor	Pungent, spicy
Odor	Putrid, raw, rotten
Body fluid	Nasal mucous
Pathogen	Dryness
Color	White
Season	Fall
Development stage	Harvest, retirement
Direction	West
Position	Right
Body position	Laying down
Numbers	4,9
Office	Architect, organizer
Duty	Creating order
Virtue	Vitality
Pysche	Po, corporeal soul

### The Lung Regulates Water Passages

The lung has two ways in which it moves water throughout the body: descent and dissemination. The lung is known as the “upper source of water” or “origin of water.” Its descending function carries water to the kidney, which then goes on to the urinary bladder to be discharged from the body. This prevents accumulation of water in the body. If this function is inhibited, edema and urinary retention can occur. The second way the lung regulates water passages is through its disseminating function: circulating the water as a vapor throughout, lubricating the body, especially to the skin and pores, where it is used to moisten the skin, then excreted as sweat. If the lung is deficient and the disseminating function becomes impaired, then excessive or spontaneous sweating can occur.

### The Lung Dominates the Exterior and Wei Qi

The lung is called the “tender organ” or “delicate organ.” It is the only yin organ with direct contact to the outside and is therefore extremely vulnerable to attack by external pathogenic influences. The lung governs the skin and body hair by dispersing nutrients, qi, and body fluids to the body’s surface. This is done through the lung’s disseminating function, which enters the space between skin and muscles known as the *cou li*. This is considered the energetic level where *wei qi* circulates, warms, and protects the body, which in turn moistens the skin and regulates the opening and closing of pores. External pathogenic influences attack

and penetrate this layer first. When balanced, these influences cannot penetrate. If the lung is deficient and fails to spread the *wei qi*, external invasions and inability to control sweating will result.

### The Lung Governs Channels and Blood Vessels

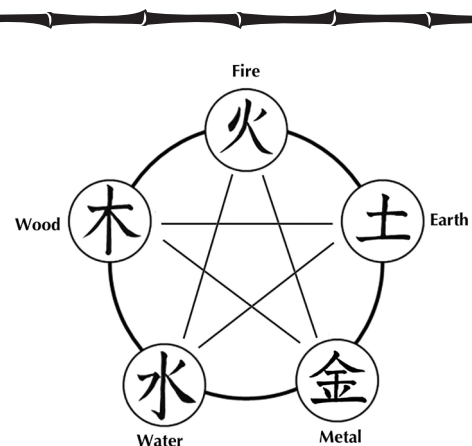
Lung and heart are mutually linked for proper functioning. Lung governs qi in the meridians as well as the qi that moves the blood in the vessels; the heart governs blood, which nourishes the qi. When the organs are harmonious, there is good blood circulation. If the lung is deficient, the lung qi will be unable to move the blood, resulting in poor circulation, which manifests as cold extremities, especially the hands.

### The Lung Opens to the Nose and Connects with the Throat

The lung is the only *zang* organ with direct connection with the outside. When the lung is in balance, the sense of smell is acute and fragrances can be clearly distinguished. The contact with the exterior makes the lung susceptible to external pathogenic invasions and when these invasions occur, it affects the nose and manifests as nasal congestion and discharge. The throat is governed by the lung and again can be easily affected by external influences causing sore throat and loss of voice.

### The Lung Connects with the Large Intestine

The lung has a meridian connection with the large intestine. This is a yin/yang, internal/external pairing. The lung provides the movement behind the large intestine’s primary function: to discard waste. Constipation may be due to qi deficiency, resulting in an inability to provide movement. It may also be due to dryness, associated with the lung’s inability to moisten and regulate water passages.



As *po* manifests, *jing* appears.  
 Because of *jing*, *hun* manifests.  
*Hun* causes the birth of *shen*,  
 because of *shen*,  
 consciousness comes forth,  
 because of consciousness, the *po* is brought forth again.  
*Hun* and *po*, yang and yin, and five phases are endless  
 cycles, only the achieved can escape it.  
 ~ Master Hu



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### LUNG PATTERN DISHARMONIES

Lung Patterns	Manifestations	Tongue	Pulse	Acupuncture	Herbal Formula
Wind-cold attack	Cold, chills, fever, whole body aches, nasal congestion	Thin, white coat	Floating, tight	GB 20, LU 7, LI 4, DU 14, UB 12, UB 13	<b>Cinnamon Twig Formula</b> ( <i>Gui Zhi Tang</i> )
Wind-heat attack	Sore throat, fever, chills, sweating, yellow sputum	Thin, yellow coat	Floating, rapid	LI 11, LI 4, SJ 5, DU 14, GB 20, UB 12	<b>Yin Chiao Formula</b> ( <i>Yin Qiao San</i> )
Lung heat	Cough usually w/thick, yellow sputum, scanty, dark urine, constipation, chest tightness or pain	Red with thin, yellow coat	Rapid	LU 10, LU 5, DU 14, UB 13, LI 4, RN 17	<b>Mulberry and Lycium Formula</b> ( <i>Xie Bai San</i> ) or <b>Viola Clear Fire Formula</b> ( <i>Di Ding Qing Huo Pian</i> )
Lung dryness	Dry cough w/little sputum, dry skin, mouth and nose	Red, dry, yellow coat	Thin, rapid	LU 9, SP 6, LU 5, KI 6, LI 11, LI 4, DU 14	<b>Lily Preserve Metal Formula</b> ( <i>Bai He Gu Jin Tang</i> )
Lung qi deficiency	Aversion to wind, shortness of breath, spontaneous sweating	Pale with a thin, white coat	Weak	UB 13, UB 43, LU 7, LU 9, ST 36, SP 6	<b>Restore the Lung Formula</b> ( <i>Bu Fei Tang</i> )
Lung yin deficiency	Hoarse voice, night sweats, insomnia, dry cough with scanty or blood tinged sputum	Red with little or no coat, cracks	Thin, rapid	LU 9, LU 5, UB 13, UB 43, SP 6, KI 3, KI 6	<b>Lily Preserve Metal Formula</b> ( <i>Bai He Gu Jin Tang</i> ) or <b>Eight Immortals Formula</b> ( <i>Ba Xian Chang Shou Wan</i> )
Multi-Organ Patterns	Manifestations	Tongue	Pulse	Acupuncture	Herbal Formula
Lung / kidney yin deficiency	Chronic cough with little sputum, dry mouth and throat, low back pain, night sweats, hot flashes, afternoon fever, constipation	Red tongue with little or no coat	Thin, rapid	LU 9, LU 5, KI 3, KI 6, SP 6	<b>Eight Immortals Formula</b> ( <i>Ba Xian Chang Shou Wan</i> )
Lung / spleen qi deficiency	Weak voice, weak cough with sputum, shortness of breath, wheezing, poor appetite, abdominal distention, fatigue	Pale tongue with thin, white coat	Weak	UB 13, SP 3, SP 6, LU 9, ST 36, UB 20	<b>Six Gentlemen Formula</b> ( <i>Liu Jun Zi Tang</i> ) or <b>Ginseng and Astragalus Formula</b> ( <i>Bu Zhong Yi Qi Tang</i> )
Lung / heart qi deficiency	Weak voice, weak cough, shortness of breath, dyspnea, palpitations, chest tightness or discomfort	Pale	Weak	HT 7, LU 9, UB 13, UB 15, PC 6, CV 17	<b>Baked Licorice Formula</b> ( <i>Zhi Gan Cao Tang</i> )

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