

Pediatrics: Treating the Most Common Respiratory and Digestive Disorders

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Lotus Institute of Integrative Medicine • April 2, 2011

PART 1

9:00-10:30	General Overview and Comments Prescribing herbs for young children
10:30-10:45	(Break)
10:45-11:30	Diarrhea, Vomiting, Canker Sores
11:30-11:40	(Break)
11:40-12:50	Constipation, Abdominal Pain
12:50-1:00	Questions
1:00-2:00 pm	(Lunch)
2:00-3:00	Common cold, sore throat, viral infections
3:00-3:30	Ear Infection, sinus disorders
3:30-3:40	(Break)
3:40-5:00	Cough
5:00-5:10	(Break)
5:10-5:40	Boosting the immune system
5:40-6:00	Pediatric Shoneishin

WHO'S GOT WHAT? See: <http://drjakefratkin.com/products/whos-got-what>

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INDEX OF COURSE HANDOUT NOTES

INSTRUCTIONS FOR ADMINISTERING CHILDREN HERBAL MEDICINES

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PART 2: PHYSIOLOGY AND ETIOLOGY IN TCM

PART 3: TREATMENT OF COMMON GASTROINTESTINAL DISORDERS

1. Diarrhea
2. Vomiting
3. Canker Sores
4. Constipation
5. Abdominal Pain

Gastrointestinal Herbal Formulas

PART 4: TREATMENT OF COMMON RESPIRATORY DISORDERS

1. Cold, flu and fever
2. Throat infections
3. Ear infections
4. Cough
5. Boosting the immune system

Respiratory Herbal Formulas

Sources from the Medical Classics

Bibliography and Recommended Reading

Codes for Herbal Categories

INSTRUCTIONS FOR ADMINISTERING CHILDREN HERBAL MEDICINES

You will be given Chinese herbs in a powder.

_____Method 1:

Take one-half to one teaspoon of powder. Add a small amount of boiling water, enough to make a dark liquid: not too watery, not thick or pasty. Strain through a metal mesh strainer. This should make 3 to 6 teaspoons of final liquid.

Give _____ ml/cc as a dosage. Give _____ teaspoon.

_____ Give by pediatric syringe.

_____ Give by teaspoon or in a cup to drink.

_____Method 2:

Mix dosage (1/4 to 1/5 tsp) of powder with apple sauce, yogurt, rice pudding, etc. Make sure that your child consumes all.

Give _____ teaspoon of powder.

Give every _____ hours, or _____ times per day.

_____ Until symptoms are one.

_____ Until bottle is empty.

Infants: 1-2 ml/cc

1 to 2 years: 2-3 ml/cc

2 to 3 years: 3-4 ml/cc

3 to 5 years: 4-5 ml/cc

Above 5 years: 6 ml/cc or one teaspoon

PART 1: PRESCRIBING HERBS FOR CHILDREN

a. Basic Concepts

1. Treatment Stops in the Middle Stage

- a. Children are sensitive. For herbs that are excessive in taste, temperature or activation, discontinue once condition begins to improve.
- b. Prolonged use of bitter or cold herbs can damage *yang qi*
- c. Prolonged use of spicy or hot herbs can injure *yin* fluid.
- d. Prolonged use of wind eliminating herbs can damage *qi* of the middle *jiao*
- e. Prolonged use of tonics can cause stagnation of stomach *qi*

2. Suitable Use of Herbs

- a. Decoction or pills ground into liquid is most easily absorbed
- b. Pills are suitable for children who can swallow them

3. Dosage for Children

- a. Duration of treatment is as short as possible.
- b. In decoction, children will only take small amounts, so give more frequently
- c. Dose for decoction can be strong, because of smaller amounts taken
- d. Use smaller percentages for spicy, hot, cold or bitter herbs
- e. Dosage if by decoction or pills:
 - 1. Newborns: 1/6 adult dosage
 - 2. Babies: 1/3 – ½
 - 3. Young children: ½ - 2/3
 - 4. School children – same as adults

b. Methods of Administration

- a. Oral administration of decoction, pills or powder
 - 1. Minimize total liquid amount
 - 2. In babies, fix head and hands, and apply to back of tongue. Baby will swallow naturally. Give in small amounts in intervals.
 - 3. Sugar or sweetener can be added for taste.
 - 4. Older children need patient explanation until they agree

5. Pills and tablets can be ground into a powder, mixed with sugar water
- b. Other methods: nasal, rectal and injection

PART 2:

PHYSIOLOGY AND PATHOGENIC ETIOLOGY OF INFANTS

a. Pre-natal

Nourished by *yuan-jing* of mother

b. Post-natal

Da qi plus *gu qi* » *zhen qi*.

» circulation and transformation of blood and fluid.

Importance of middle *jiao*.

Poor digestion »

- 1) Phlegm: runny stools, colic, colds, runny nose, earaches
- 2) Heat: fever, convulsions

Causes of poor digestion:

- 1) Over eating or over filling, including breast milk
- 2) Food
 - a) Too hot: depletes *yin*, allowing rising of liver *yang* or fire
 - b) Too cold: injures middle *jiao* fire
 - c) Unrefined: incomplete digestion » phlegm
 - d) Overcooked: depletes *qi* of food » phlegm
 - e) Undercooked: depletes stomach fire
 - f) Too many foods: phlegm
 - g) Cow's milk: phlegm
 - h) Sugar: phlegm, and over stimulates *shen*
- 3) All these cause production and accumulation of phlegm
- 4) The middle *jiao* borrows *yang* from the kidneys to separate pure from impure

Accumulation of phlegm » impaired lungs + deficient kidney

» Deficient *wei qi* » Susceptibility to exogenous invasion

c. CAUSES OF DISEASE IN INFANTS AND CHILDREN:

1. Exogenous pathogenic factors

Wind, Cold, Dryness, Heat, Summer-heat, Damp

2. Pathogenic factors not completely cleared

Phlegm: lungs, sinus

Lymph: tonsils, glands

Heat: mouth ulcers, diarrhea, constipation, insomnia, irritability

Vaccinations: chronic lymph congestion, eczema, skin eruptions, hyperactivity

3. Diet

Malnourishment

Too much food

Irregular feeding

Cow's milk

Early weaning, late weaning

Hot or cold energy foods

4. Lifestyle

Not enough fresh air and exercise

Not enough sleep

Over stimulation

Lack of routine and discipline

5. Constitutional factors

Before and during conception

Health of grandparents; health of mother; Health of father;

Attitude during conception

During Pregnancy

Uterine diseases, Uterine heat, Uterine poisons (including pharmaceuticals), Shock in utero, Birth trauma

After birth

Over anxiety, Lack of love from parents

PART 3. GASTROINTESTINAL DISORDERS

1. DIARRHEA or LOOSE, ERRATIC STOOLS

- a. Acute Wind-Cold
- b. Damp-Heat
- c. Food Retention
- d. Deficiency of Spleen *Qi*
- e. Deficiency of Spleen *Yang*

a. ACUTE WIND-COLD

huo xiang zheng qi san

AGASTACHE FORMULA

b. DAMP-HEAT

ge gen huang qin huang lian tang

PUERARIA, COPTIS & SCUTE COMBINATION

c. FOOD RETENTION

bao he wan

CITRUS & CRATAGEUS FORMULA

d. DEFICIENCY OF SPLEEN *QI*

shen ling bai zhu san

GINSENG & ATRACTYLODES FORMULA

GI TONIC (EVG)

[e. DEFICIENCY OF SPLEEN *YANG*]

fu zi li zhong wan

ACONITE, GINSENG & GINGER COMBINATION

huang qi jian zhong tan

ASTRAGALUS COMBINATION

2. VOMITING

- a. Disruption of Stomach by Exogenous Pathogenic Factors
- b. Obstruction by Food Stagnation
- c. Disruption of Stomach by Liver *Qi*
- d. Deficiency Cold of Spleen and Stomach

a. DISRUPTION OF STOMACH BY EXOGENOUS PATHOGENIC FACTORS

[huo xiang zheng qi san]

AGASTACHE FORMULA

b. OBSTRUCTION BY FOOD STAGNATION

[bao he wan]

CITRUS & CRATAEGUS FORMULA

[c. DISRUPTION OF STOMACH BY LIVER *Qi*]

ban xia hou po tan

PINELLIA & MAGNOLIA COMBINATION

[d. DEFICIENCY COLD OF SPLEEN AND STOMACH]

fu zi li zhong wan

ACONITE, GINSENG & GINGER COMBINATION

3. CANKER SORES

a. PROFUSION OF HEART AND SPLEEN HEAT

liang ge san

FORSYTHIA & RHUBARB FORMULA

qing wei san

COPTIS & REHMANNIA FORMULA

GUILIN WATERMELON FROST

4. CONSTIPATION

- a. Constipation Due to Heat
- b. Constipation Due to Stagnant *Qi*
- c. Constipation Due to Deficiency of *Qi*
- d. Constipation Due to Deficiency of Blood
- e. Constipation Due to Cold

a. CONSTIPATION DUE TO HEAT

ma zi ren wan

APRICOT SEED & LINUM FORMULA

run chang wan

LINUM & RHUBARB FORMULA

da cheng qi tan

MAJOR RHUBARB COMBINATION

GENTLE LAX (EXCESS) (EVG)

b. CONSTIPATION DUE TO DEFICIENCY OF *Qi*

GENTLE LAX (DEF) (EVG)

5. ABDOMINAL PAIN

- a. Stagnation of *Qi*
- b. Internal Obstruction by Pathogenic Cold
- c. Obstruction by Damp-Heat
- d. Deficiency of Spleen *Yang*
- e. Obstruction by Food Stagnation

a. STAGNATION OF LIVER AND STOMACH *Qi*

chai hu shu gan san

BUPLEURUM & CYPERUS COMBINATION

[b. INTERNAL OBSTRUCTION BY PATHOGENIC COLD]

huo xiang zheng qi san

AGASTACHE FORMULA

[c. OBSTRUCTION BY DAMP-HEAT]*da cheng qi tang*

MAJOR RHUBARB COMBINATION

d. DEFICIENCY OF SPLEEN YANG*huang qi jian zhong tang*

ASTRAGALUS COMBINATION

fu zi li zhong tang

ACONITE, GINSENG & GINGER COMBINATION

[e. OBSTRUCTION BY FOOD STAGNATION]*bao he wan*

CITRUS & CRATAEGUS FORMULA

THE FORMULAS

HUO XIANG ZHENG QI SAN

AGASTACHE FORMULA

huo xiang zheng qi san • “Agastache Correct the Qi Powder”

Origin: Chen Shi-Wen, 1080

<i>Huo Xiang</i> (Herba Pogostemonis)	10.0 %	FB
<i>Da Fu Pi</i> (Pericarpium Arecae)	10.0	G
<i>Zi Su Ye</i> (Folium Perillae)	10.0	BA
<i>Fu Ling</i> (Poria)	10.0	FC
<i>Bai Zhi</i> (Radix Angelicae Dahuricae)	10.0	BA
<i>Sheng Jiang</i> (Rz Zingiberis Recens)	10.0	BA
<i>Jie Geng</i> (Radix Platycodonis)	6.7	CA
<i>Bai Zhu</i> (Rhizoma Atractylodis Macro)	6.7	AA
<i>Ban Xia</i> (Rhizoma Pinelliae)	6.7	CA
<i>Chen Pi</i> (Pericarpium Citri Reticulatae)	6.7	G
<i>Hou Po</i> (Cortex Magnoliae Officinalis)	6.7	FB
<i>Zhi Gan Cao</i> (Rx/Rz Glycyrrhizae Prep)	3.3	AA
<i>Da Zao</i> (Fructus Jujubae)	3.3	AA

GE GEN HUANG QIN HUANG LIAN TANG

Pueraria, Coptis & Scute Combination

ge gen huang qin huang lian tang • “Pueraria, Scutellaria, Coptis Decoction”

Origin: Zhang Zhong-Jing, 220 (1)

<i>Ge Gen</i> (Radix Puerariae Lobatae)	50.0 %	BB
<i>Huang Qin</i> (Radix Scutellariae)	18.8	DB
<i>Huang Lian</i> (Rhizoma Coptidis)	18.8	DB
<i>Zhi Gan Cao</i> (Rx/Rz Glycyrrhizae Prep)	12.5	AA

BAO HE WAN

CITRUS & CRATAEGUS FORMULA

bao he wan • “Preserve Harmony Pills”

Origin: Zhu Dan-Xi, 1481

<i>Shan Zha</i> (Fructus Crataegi)	40.0 %	H
<i>Ban Xia</i> (Rhizoma Pinelliae)	13.3	CA
<i>Shen Qu</i> (Massa Fermentata)	13.3	H
<i>Fu Ling</i> (Poria)	13.3	FC
<i>Lian Qiao</i> (Fructus Forsythiae)	6.7	DD
<i>Lai Fu Zi</i> (Semen Raphani)	6.7	H
<i>Chen Pi</i> (Pericarpium Citri Reticulatae)	6.7	G

SHEN LING BAI ZHU PIAN

GINSENG & ATRACTYLODES FORMULA

shen ling bai zhu pian • “Ginseng, Poria, Atractylodes Tablets”

Origin: Wang Ang, 1642

<i>Bai Zhu</i> (Rhizoma Atractylodis Macro)	12.1 %	AA
<i>Ren Shen</i> (Rx/Rz Ginseng)	12.1	AA
<i>Shan Yao</i> (Rhizoma Dioscoreae)	12.1	AA
<i>Fu Ling</i> (Poria)	12.1	FC
<i>Gan Cao</i> (Rx/Rz Glycyrrhizae)	12.1	AA
<i>Bai Bian Dou</i> (Semen Lablab Album)	9.3	DF
<i>Lian Zi</i> (Semen Nelumbinis)	6.0	L
<i>Yi Yi Ren</i> (Semen Coicis)	6.0	FC
<i>Sha Ren</i> (Fructus Amomi)	6.0	FB
<i>Jie Geng</i> (Radix Platycodonis)	6.0	CA
<i>Da Zao</i> (Fructus Jujubae)	6.0	AA

GI TONIC

Evergreen

<i>Fu Ling</i> (Poria)	FC
<i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae)	AA
<i>Gan Cao</i> (Rx/Rz Glycyrrhizae)	AA
<i>Ren Shen</i> (Rx/Rz Ginseng)	AA
<i>Shan Yao</i> (Rhizoma Dioscoreae)	AA
<i>Bai Bian Dou</i> (Semen Lablab Album)	DF
<i>Zhi Huang Qi</i> (Radix Astragali Praeparata)	AA
<i>Lian Zi</i> (Semen Nelumbinis)	L
<i>Sha Ren</i> (Fructus Amomi)	FB
<i>Yi Yi Ren</i> (Semen Coicis)	FC
<i>Jie Geng</i> (Radix Platycodonis)	CA

LIANG GE SAN

FORSYTHIA & RHUBARB FORMULA

liang ge san • “Cool Diaphragm Powder”

Origin: Chen Shi-Wen, 1080

<i>Lian Qiao</i> (Fructus Forsythiae)	28.6 %	DD
<i>Da Huang</i> (Rx/Rz Rhei)	14.3	PA
<i>Gan Cao</i> (Rx/Rz Glycyrrhizae)	14.3	AA
<i>Mang Xiao</i> (Natrii Sulfas)	14.3	PA
<i>Zhi Zi</i> (Fructus Gardeniae)	7.1	DA
<i>Huang Qin</i> (Radix Scutellariae)	7.1	DB
<i>Bo He</i> (Herba Menthae)	7.1	BB
<i>Dan Zhu Ye</i> (Herba Lophatheri)	7.1	DA

QING WEI SAN

COPTIS & REHMANNIA FORMULA

qing wei san • “Clear Stomach Powder”

Origin: Li Gao, 1336

<i>Sheng Ma</i> (Rhizoma Cimicifugae)	41.7 %	BB
<i>Mu Dan Pi</i> (Cortex Moutan)	20.8	DC
<i>Sheng Di Huang</i> (Radix Rehmanniae)	12.5	DC
<i>Dang Gui</i> (Radix Angelicae Sinensis)	12.5	AB
<i>Huang Lian</i> (Rhizoma Coptidis)	12.5	DB

GUILIN WATERMELON FROST

fu fang xi gua shuang • “Medicinal Compound Watermelon Frost”

Origin: Gu Shi-Cheng, 17th century.

<i>Xi Gua Shuang</i> (Fructus Citrulli Vulgaris)	50 %	DB
<i>Chuan Bei Mu</i> (Bulbus Fritillariae Cirrhosae)	15	CB
<i>Mei Pian</i> (Resina Borneolum)	10	R
<i>Shan Dou Gen</i> (Rx Sophorae Subprostratae)	5	DD
<i>She Gan</i> (Rhizoma Belamcandae)	5	DD
<i>Qing Dai</i> (Indigo Pulverata Levis)	5	DD
<i>Gan Cao</i> (Rx/Rz Glycyrrhizae)	5	AA
<i>Bo He Nao</i> (Resina Menthae)	5	BB

Packing and Dosage: Spray bottles of 3 g. Apply 1 to 2 squirts, 3 x day.

MA ZI REN WAN
APRICOT SEED & LINUM FORMULA
ma zi ren wan • “Cannabis Seed Pills”

Origin: Zhang Zhong-Jing, 220 (2)

<i>Huo Ma Ren</i> (Fructus Cannabis)	31.3 %	PB
<i>Bai Shao</i> (Radix Paeoniae Alba)	18.8	AB
<i>Da Huang</i> (Rx/Rz Rhei)	12.5	PA
<i>Zhi Shi</i> (Fructus Aurantii Immaturus)	12.5	G
<i>Hou Po</i> (Cortex Magnoliae Officinalis)	12.5	FB
<i>Ku Xing Ren</i> (Semen Armeniacae Am)	12.5	CC

RUN CHANG WAN
LINUM & RHUBARB FORMULA (EVG)
run chang wan • "Moisten Intestines Pill"

Origin: Shen Jin-Ao, 1773.

<i>Dang Gui</i> (Radix Angelicae Sinensis)	9.4 %	AB
<i>Shu Di Huang</i> (Radix Rehmanniae Prep)	9.4	AB
<i>Sheng Di Huang</i> (Radix Rehmanniae)	9.4	DC
<i>Huo Ma Ren</i> (Fructus Cannabis)	9.4	PB
<i>Tao Ren</i> (Semen Persicae)	9.4	K
<i>Ku Xing Ren</i> (Semen Armeniacae Am)	9.4	CC
<i>Zhi Shi</i> (Fructus Aurantii Immaturus)	9.4	G
<i>Huang Qin</i> (Radix Scutellariae)	9.4	DB
<i>Hou Po</i> (Cortex Magnoliae Officinalis)	9.4	FB
<i>Da Huang</i> (Rx/Rz Rhei)	9.4	PA
<i>Gan Cao</i> (Rx/Rz Glycyrrhizae)	5.7	AA

DA CHENG QI TANG

MAJOR RHUBARB COMBINATION

da cheng qi tang • “Large Intestine Decoction”

Origin: Zhang Zhong-Jing, 220 (1)

<i>Hou Po</i> (Cortex Magnoliae Officinalis)	48.5 %	FB
<i>Da Huang</i> (Rx/Rz Rhei)	24.2	PA
<i>Mang Xiao</i> (Natrii Sulfas)	18.2	PA
<i>Zhi Shi</i> (Fructus Aurantii Immaturus)	9.1	G

GENTLE LAX (EXCESS)

EVERGREEN

<i>Da Huang</i> (Rx/Rz Rhei)	PA
<i>Hou Po</i> (Cortex Magnoliae Officinalis)	FB
<i>Fan Xie Ye</i> (Folium Sennae)	PA
<i>Zhi Shi</i> (Fructus Aurantii Immaturus)	G
<i>Mang Xiao</i> (Natrii Sulfas)	PA
<i>Tao Ren</i> (Semen Persicae)	K
<i>Bai Shao</i> (Radix Paeoniae Alba)	AB

GENTLE LAX (DEFICIENT) EVERGREEN

<i>Hou Po</i> (Cortex Magnoliae Officinalis)	FB
<i>Jue Ming Zi</i> (Semen Cassiae)	DA
<i>Tao Ren</i> (Semen Persicae)	K
<i>Ku Xing Ren</i> (Semen Armeniacae Amarum)	CC
<i>Yu Li Ren</i> (Semen Pruni)	PB
<i>Zhi Shi</i> (Fructus Aurantii Immaturus)	G
<i>Bai Zi Ren</i> (Semen Biotae)	CA
<i>Da Huang</i> (Rx/Rz Rhei)	PA
<i>Mai Dong</i> (Radix Ophiopogonis)	AD
<i>Xuan Shen</i> (Radix Scrophulariae)	DC
<i>Bai Shao</i> (Radix Paeoniae Alba)	AB
<i>Dang Gui Wei</i> (Ext/Rx Angelicae Sinensis)	AB
<i>He Shou Wu</i> (Radix Polygoni Multiflori)	AB

CHAI HU SHU GAN WAN

BUPLEURUM & CYPERUS COMBINATION

chai hu shu gan wan • “Bupleurum Dredge Liver Pill”

Origin: Wang Ken-Tang, 1602

<i>Chai Hu</i> (Radix Bupleuri)	19.0 %	BB
<i>Chen Pi</i> (Pericarpium Citri Reticulatae)	19.0	G
<i>Chuan Xiong</i> (Rhizoma Chuanxiong)	14.3	K
<i>Bai Shao</i> (Radix Paeoniae Alba)	14.3	AB
<i>Zhi Qiao</i> (Fructus Aurantii)	14.3	G
<i>Xiang Fu</i> (Rhizoma Cyperi)	14.3	G
<i>Zhi Gan Cao</i> (Rx/Rz Glycyrrhizae Prep)	4.8	AA

HUANG QI JIAN ZHONG TANG

ASTRAGALUS COMBINATION

huang qi jian zhong tang • “Astragalus Construct the Middle Decoction”

Origin: Zhang Zhong-Jing, 220 (2)

<i>Bai Shao</i> (Radix Paeoniae Alba)	31.0 %	AB
<i>Gui Zhi</i> (Ramulus Cinnamomi)	15.5	BA
<i>Sheng Jiang</i> (Rz Zingiberis Recens)	15.5	BA
<i>Da Zao</i> (Fructus Jujubae)	15.5	AA
<i>Zhi Gan Cao</i> (Rx/Rz Glycyrrhizae Prep)	10.3	AA
<i>Huang Qi</i> (Radix Astragali)	8.6	AA
<i>Yi Tang</i> (Maltosum)	3.4	

FU ZI LI ZHONG TANG

ACONITE GINSENG & GINGER COMBINATION

fu zi li zhong tang • “Aconite Benefit the Center Decoction”

Origin: Chen Shi-Wen, 1080

<i>Bai Zhu</i> (Rhizoma Atractylodis Macro)	20 %	AA
<i>Ren Shen</i> (Rx/Rz Ginseng)	20	AA
<i>Gan Jiang</i> (Rhizoma Zingiberis)	20	BA
<i>Zhi Gan Cao</i> (Rx/Rz Glycyrrhizae Prep)	20	AA
<i>Fu Zi</i> (Radix Aconiti Lateralis Prep)	20	E

CODES FOR THE HERB CATEGORIES

AA	TONIFY <i>QI</i>
AB	TONIFY BLOOD
AC	TONIFY (KIDNEY) <i>YANG</i>
AD	TONIFY <i>YIN</i>
BA	WARM-PUNGENT RELEASE EXTERIOR
BB	COOL-PUNGENT RELEASE EXTERIOR
CA	TRANSFORM PHLEGM-DAMP
CB	TRANSFORM PHLEGM-HEAT
CC	RELIEVE COUGH & ASTHMA
DA	CLEAR HEAT AND DRAIN FIRE
DB	CLEAR HEAT AND DRY DAMPNESS
DC	CLEAR HEAT AND COOL BLOOD
DD	CLEAR HEAT AND RESOLVE TOXINS
DE	CLEAR HEAT DUE TO <i>YIN</i> DEFICIENCY
DF	CLEAR AND RELIEVE SUMMER HEAT
E	WARM THE INTERIOR (SPLEEN <i>YANG</i>)
FA	DISPEL WIND AND DAMPNESS
FB	TRANSFORM (SPLEEN) DAMPNESS
FC	DRAIN DAMPNESS (DIURETICS)
G	REGULATE (STAGNANT) <i>QI</i>
H	RELIEVE FOOD STASIS
J	STOP BLEEDING
K	INVIGORATE BLOOD AND BREAK BLOOD STASIS
L	STABILIZE AND BIND (ASTRINGENTS)
M	OPEN ORIFICES (SENSES)
N	CALM <i>SHEN</i> (SPIRIT)
O	EXTINGUISH (ENDOGENOUS) WIND AND STOP TREMORS
PA	PURGATIVES
PB	LUBRICATING PURGATIVES
PC	DIURETIC PURGATIVES
Q	EXPEL PARASITES
R	EXTERNAL APPLICATION