

PREMENSTRUAL SYNDROME, DYSMENORRHEA, MENOPAUSAL DISORDER

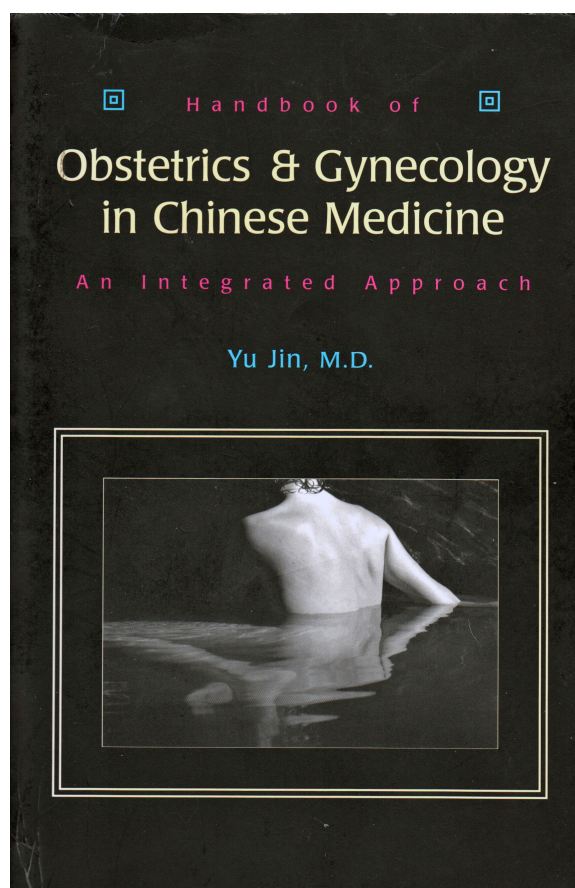
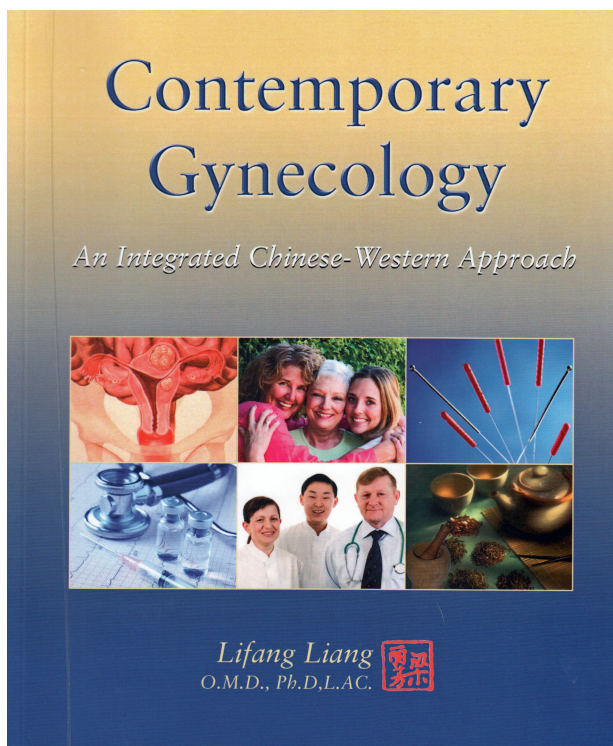
Jake Paul Fratkin, OMD, L.Ac.

Pacific Symposium, October 2016

Chinese herbal medicine is particularly effective with common gynecological complaints. In this first gynecology lecture, we will cover herbal products for premenstrual syndrome (PMS), dysmenorrhea, and menopausal disorders. Looking at liver and kidney patterns, we will review the well-known classical formulas, and pay particular attention to a number of successful modern formulas.

INDEX

Gynecological Conditions in Modern Biomedicine and TCM	p. 3
Premenstrual Syndrome	6
Dysmenorrhea	11
Menopausal Disorder	25
Further Resources	35
The Presenter	36
Code Letters and Index for the Herbal Categories	37
Code Letters of Herbal Companies	38



OVERVIEW OF GYNECOLOGICAL CONDITIONS

A. OVERVIEW OF THE MENSTRUAL CYCLE IN MODERN BIOMEDICINE

1. Puberty

- a. Can start at age 10 with pre-menses signs
- b. Breast budding, broadening of hips, pubic and underarm hair
- c. Body fat increases
- d. Menses usually starts at age 12 (between 11 and 13)
- e. By 14-16, body is reproductively mature
 1. Menses will start, and continue until menopause

2. Hormones involved

- a. Menses regulated by interaction of estrogen and progesterone
 1. Released from the ovaries
- b. Follicle-stimulating hormone (FSH) and luteinizing hormone (LH)
 1. Released by anterior pituitary gland
 2. In response to gonadotropin-releasing hormone (GnRH)
 - a. Released from hypothalamus

3. Three phases of menstrual cycle

a. Follicular phase

1. Begins on the first day of menses
 - a. This is the shedding of the endometrial lining
 - b. Counted as day one of the menstrual cycle
2. Bleeding lasts 3-7 days
3. Average blood loss is 35 ml
 - a. 10-80 ml considered normal
4. Hypothalamus secretes gonadotropin-releasing hormone (GnRH)
 - a. Released from influence of high progesterone
 - b. This stimulates pituitary to stimulate secretion of follicle-stimulating hormone (FSH)
 - c. Causes ovaries to recruit 3-20 candidate follicles for maturation

5. 1-2 follicles will go on to maturity
 - a. Follicle secretes estrogen in increasing amounts
 1. Stimulates uterine lining to thicken
 2. Stimulates production of cervical mucus
 - a. This facilitates entry of sperm into uterus

b. Ovulatory phase (event)

1. Follicle reaches maturity
2. Secretes estradiol (a form of estrogen) to trigger a spike in luteinizing hormone (LH) and follicle-stimulating hormone (FSH)
 - a. Called LH surge
 - b. Should occur around day 12
3. LH weakens wall of follicle so that mature egg can be released
 - a. Ovulation occurs 16-44 hours after onset of LH surge
 - b. Ovulation is usually day 13-14
 1. Pregnancy most likely 3 days before, and the day of, ovulation
 - c. If no fertilization, another menses should occur in 14 days
4. Egg swept into fallopian tube
 - a. Assisted by fimbria, a finger-like structure at entrance of fallopian tube
 - b. Fertilization occurs in fallopian tube
5. After ovulation, ruptured follicle closes

c. Luteal phase

1. After ovulation, the ruptured follicle turns into the corpus luteum (CL)
 - a. Levels of FSH drop
 - b. Creation of corpus luteum is facilitated by LH
 - c. Corpus luteum is a temporary structure that occurs following each ovulation
 - d. CL secretes increasing amounts of progesterone and estrogen
 1. Prepare the lining of the uterus for fertilized egg implantation

2. Increased estrogen
 - a. Inhibits hormones used in follicular phase - GnRH and FSH
 - b. Thickens the endometrial lining
3. Increased progesterone makes the lining rich with glycogen, mucus, etc
 - a. Release of progesterone increases body temperature by .5 – 1° F.
4. A fertilized egg will implant 6-12 days after ovulation
 - a. Embryo signals corpus luteum to secrete hormone human chorionic gonadotropin (HCG)
 - b. HCG stimulates corpus luteum (CL) to continue secreting progesterone
5. If no fertilization, there is no HCG hormone and CL will disintegrate
6. Progesterone and estrogen secretions diminish and uterine lining begins to shed
 - a. This shedding is the menstrual period
7. Once estrogen drops below a certain level, it signals hypothalamus to release GnRH
 - a. This causes pituitary to release more FSH to prepare a new egg for the next cycle

B. OVERVIEW OF TCM GYNECOLOGY

See separate document: *TCM Overview of Gynecological Presentations*

PREMENSTRUAL SYNDROME

A. OVERVIEW IN MODERN BIOMEDICINE

1. Premenstrual Syndrome

- a. 40% of women experience symptoms 1-14 days prior to onset of menses
- b. Symptoms
 1. Mood swings, irritability, depression, sadness, etc
 2. Changes in libido
 3. Breast distension
 4. Pain in pelvic region
 5. Headache
 6. Abdominal bloating or swelling
 7. Changes in stool (diarrhea or constipation)
 8. Insomnia
 9. Fatigue
 10. Poor concentration
- c. Treatment
 1. Mild
 - a. Dietary change and exercise 3-4 x week
 - b. High protein diet
 - c. Vitamin B6
 2. Severe
 - a. NSAIDs
 - b. Diuretics
 - c. Prolactin inhibitor (bromocriptine)
 - d. Testosterone agonist (Danazol)
 - e. Antianxiety medications
 - f. Progesterone
 - g. Birthcontrol pills

B. OVERVIEW IN TCM

1. Liver regulation key to treating PMS
 - a. Movement of *qi*
 - b. Movement of blood
 - c. Deficiency of spleen *qi*
 - d. Blood deficiency
 - e. *Yin* deficiency
 - f. Presence of heat
2. Premenstrual Syndrome
 - a. Liver stasis of *qi* and blood with heat
 - b. Formulas
 1. Liver stasis with heat
 - a. *Jia Wei Xiao Yao San*
 - b. Nuphar 14 (SF)
 - c. PMS Formula (Dr.J)

JIA WEI XIAO YAO SAN

Formula: *jiā wèi xiǎo yáo sǎn* (加味逍遥散)

“Added Ingredients Free Wanderer Powder”

Author: Xuē Jǐ (薛己) aka Xuē Xīn-Fǔ (薛新甫) aka Xuē Lì-Zhāi (薛立斋)

Source: *Nèi Kē Zhāi Yào* (内科摘要), circa

Literal: “Internal (Medicine) Department Selected Essentials”

Description: See *Essential Chinese Formulas*, p. 354

Availability:

AUGMENTED RAMBLING FORMULA (HS)

BUPLEURUM & PEONY FORMULA (CC, EG)

DAN ZHI XIAO YAO SAN (BP)

FREE & EASY WANDERER PLUS FORMULA/TEAPLLS (GF, PF)

JIA WEI XIAO YAO WAN (HT, PM, TL)

WOMAN'S BALANCE (HC)

* FREEING THE SUN (TT)

* JADE CALM (JW)

* RELAXED WANDERER (K)

JIA WEI XIAO YAO SAN

Ingredients: (from the standardized “Bupleurum & Peony Formula”)

<i>dāng guī</i> (当归), Radix Angelicae Sinensis	12.1 %	AB
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	12.1	AB
<i>fú líng</i> (茯苓), Poria	12.1	FC
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	12.1	AA
<i>chái hú</i> (柴胡), Radix Bupleuri	12.1	BB
<i>gān jiāng</i> (干姜), Rhizoma Zingiberis	12.1	E
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	7.6	DC
<i>zhī zǐ</i> (栀子), Fructus Gardeniae	7.6	DA
<i>zhì gān cǎo</i> (炙甘草), Radix Glycyrrhizae Praep	6.1	AA
<i>bò hé</i> (薄荷), Herba Menthae	6.1	BB

Ingredients: (from Herbal Times “Jia Wei Xiao Yao Wan”)

<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	16.7 %	DC
<i>zhī zǐ</i> (栀子), Fructus Gardeniae	16.7	DA
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	11.1	AB
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	11.2	AA
<i>chái hú</i> (柴胡), Radix Bupleuri	11.2	BB
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	11.2	AB
<i>fú líng</i> (茯苓), Poria	11.2	FC
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	7.8	AA
<i>bò hé</i> (薄荷), Herba Menthae	2.9	BB

NUPHAR 14

Seven Forests

Ingredients:

<i>chuān gǔ</i> (川骨), Nupharis, Rhizoma	12 %	J
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	8	DC
<i>chái hú</i> (柴胡), Radix Bupleuri	8	BB
<i>xiāng fù</i> (香附), Rhizoma Cyperi Zi	8	G
<i>dān shēn</i> (丹参), Radix/Rhiz. Salviae Miltiorrhizae	8	K
<i>bò hé</i> (薄荷), Herba Menthae	8	BB
<i>zhī zǐ</i> (栀子), Fructus Gardeniae	7	DA
<i>zhǐ shí</i> (枳实), Fructus Aurantii Immaturus	7	G
<i>huái niú xī</i> (怀牛膝), Radix Achyranthis Bidentatae	7	K
<i>shēng dì huáng</i> (生地黄), Radix Rehmanniae	6	DC
<i>chuān xiōng</i> (川芎), Rz Ligustici Chuanxiong	6	K
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	5	AB
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	5	AA
<i>shēng jiāng</i> (生姜), Rhizoma Zingiberis Recens	5	E

PREMENSTRUAL FORMULA

Dr. Jake Fratkin's Herbal Formulas

Ingredients:

<i>chái hú</i> (柴胡), Radix Bupleuri	10 g.	BB
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	10	AB
<i>wáng bù liú xíng</i> (王不留行), Semen Vaccariae	10	K
<i>xiāng fù</i> (香附), Rhizoma Cyperi	10	G
<i>yù jīn</i> (郁金), Radix Curcumae	10	K
<i>zhī zǐ</i> (栀子), Fructus Gardeniae	10	DA
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	8	AB
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	8	K
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	8	DC
<i>qīng pí</i> (青皮), Pericarpium Citri Retic. Viride	8	G
<i>xià kū cǎo</i> (夏枯草), Spica Prunellae	8	DA

DYSMENORRHEA

A. OVERVIEW IN MODERN BIOMEDICINE

1. Uterine lining produces prostaglandins
 - a. Prostaglandins cause contraction of uterine muscles to shed lining built up during menstrual cycle
 - b. Strong contraction can lead to a negative loop
 1. Oxygen is cut off to uterine muscles
 2. This increases prostaglandin production
 3. Excessive prostaglandins can increase pain
 - c. Exacerbating the symptoms
 1. Anxiety, poor sleep
 2. Stress, diet, lack of exercise
2. Treatment
 - a. Prostaglandin synthetase inhibitors
 1. Ibuprofen, naproxen, mefenamic acid
 2. Decreases prostaglandin synthesis
 3. Best when started 24-48 hours before menses
 - b. Low dose estrogen-progesterone oral contraceptives
 1. Decreases thickness of uterine lining, producing less prostaglandins
 - c. Depo-Provera (long-lasting, 3 month injection)
 1. Side-effect: depletes calcium

B. OVERVIEW IN TCM

1. *Zang-fu* patterns and formulas
 - a. Blood stasis
 1. *Ge Xia Zhu Yu Tang*
 2. *Shao Fu Zhu Yu Tang*
 3. *Tong Jing Wan*
 4. Chong Release Formula (GF)
 5. Mense-Ease (EV)

- b. Liver stasis of *qi* and blood
 - 1. Due to heat
 - a. *Jia Wei Xiao Yao San*
 - 2. With blood deficiency
 - a. *Tao Hong Si Wu Tang*
 - 3. With *yin* deficiency
 - 4. With spleen *qi* deficiency
- c. Obstruction of cold and dampness
 - 1. *Shao Fu Zhu Yu Tang*
 - 2. *Dang Gui Shao Yao San*
 - 3. *Gui Zhi Fu Ling Wan*
- d. Descent of damp-heat
 - 1. Stasis-Transforming Formula (GF)
 - 2. Turtle Shell Formula (SF)
 - 3. Unlocking (HC)
- e. Blood cold – deficiency
- f. Deficiency of *qi* and blood

BLOOD STASIS PATTERNS

GE XIA ZHU YU TANG

Formula: *gé xià zhú yū tāng* (膈下逐瘀汤)

“Diaphragm, Below, Drive-Out Stasis Decoction”

Author: Wáng Qīng-Rèn (王清任)

Source: *Yī Lín Gǎi Cuò* (医林改错), 1830

Literal: “Physicians’ Circle, Correction (of) Errors”

Description: See *Essential Chinese Formulas*, p. 282

Availability:

GE XIA ZHU YU TANG (BP, PM)

STASIS IN THE LOWER CHAMBER TEAPILLS (PF)

TANGKUEI & CORYDALIS COMBINATION (EG)

* JADE DISPERSE 2 (JW)

Ingredients: (from Plum Flower’s “Stasis in the Lower Chamber Teapills”)

<i>dāng guī</i> (当归), Radix Angelicae Sinensis	11.5 %	AB
<i>táo rén</i> (桃仁), Semen Persicae	11.5	K
<i>hóng huā</i> (红花), Flos Carthami	11.4	K
<i>wū yào</i> (乌药), Radix Linderae	11.4	G
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	7.5	K
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	7.5	DC
<i>chì sháo</i> (赤芍), Radix Paeoniae Rubra	7.5	K
<i>xiāng fù</i> (香附), Rhizoma Cyperi	6.1	G
<i>zhǐ ké</i> (枳壳), Fructus Aurantii	6.1	G
<i>rǔ xiāng</i> (乳香), Olibanum/Boswelliae	5.8	K
<i>mò yào</i> (没药), Myrrha	5.7	K
<i>yán hú suǒ</i> (延胡索), Rhizoma Corydalis	4.0	K
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	4.0	AA

SHAO FU ZHU YU TANG

Formula: *shào fǔ zhú yū tāng* (少腹逐瘀汤)

“Lower Abdomen Drive-Out Stasis Decoction”

Author: Wáng Qīng-Rèn (王清任)

Source: *Yī Lín Gǎi Cuò* (医林改错), 1830

Literal: “Physicians’ Circle, Correction (of) Errors”

Description: See *Essential Chinese Formulas*, p. 364

Availability:

FENNEL SEED & CORYDALIS COMBINATION (EG)

CNIDIUM & BULRUSH COMBINATION (EG)

SHAO FU ZHU YU TANG (BP, TZ)

SHAO FU ZHU YU WAN (HT)

STASIS IN THE LOWER PALACE TEAPILLS (PF)

* LOWER PALACE TABLETS (SF)

Ingredients: (from the standardized “Fennel Seed & Corydalis Combination”)

<i>dāng guī</i> (当归), Radix Angelicae Sinensis	21.1 %	AB
<i>pú huáng</i> (蒲黄), Pollen Typhae	21.1	J
<i>chì sháo</i> (赤芍), Radix Paeoniae Rubra	14.1	K
<i>wǔ líng zhī</i> (五灵脂), Faeces Troglodyteris	14.1	K
<i>yán hú suǒ</i> (延胡索), Rhizoma Corydalis	7.0	K
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	7.0	K
<i>mò yào</i> (没药), Myrrha	7.0	K
<i>ròu guì</i> (肉桂), Cortex Cinnamomi	7.0	E
<i>gān jiāng</i> (干姜), Rhizoma Zingiberis	1.4	E
<i>xiǎo huí xiāng</i> (小茴香), Fructus Foeniculi	0.2	E

SHAO FU ZHU YU TANG

Ingredients: (from Herbal Times “Shao Fu Zhu Yu Wan”)

<i>chì sháo</i> (赤芍), Radix Paeoniae Rubra	13 %	K
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	13	AB
<i>pú huáng</i> (蒲黄), Pollen Typhae	13	J
<i>yán hú suǒ</i> (延胡索), Rhizoma Corydalis	13	K
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	8	K
<i>gān jiāng</i> (干姜), Rhizoma Zingiberis	8	E
<i>hóng huā</i> (红花), Flos Carthami	8	K
<i>mò yào</i> (没药), Myrrha	8	K
<i>ròu guì</i> (肉桂), Cortex Cinnamomi	8	E
<i>xiǎo huí xiāng</i> (小茴香), Fructus Foeniculi	8	E

TONG JING WAN

Formula: *tòng jīng wán* (痛经丸), “Painful Menstruation Pills”

Source: Modern patent medicine

Description: See *Essential Chinese Formulas*, p. 368

Availability:

CALM IN THE SEA OF LIFE TEAPILLS (PF)

TOJING WAN (PM)

TONG JING WAN (HT, PM, TL)

* CRAMP BARK PLUS (HC)

TONG JING WAN

Ingredients: (from Plum Flower “Calm in the Sea of Life”)

<i>táo rén</i> (桃仁), Semen Persicae	12.7 %	K
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	12.7	AB
<i>dān shēn</i> (丹参), Radix/Rhiz. Salviae Miltiorrhizae	10.6	K
<i>pú huáng</i> (蒲黄), Pollen Typhae	10.6	J
<i>wū yào</i> (乌药), Radix Linderae	10.6	G
<i>yán hú suǒ</i> (延胡索), Rhizoma Corydalis	10.6	K
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	8.5	AB
<i>xiāng fù</i> (香附), Rhizoma Cyperi	8.4	G
<i>hóng huā</i> (红花), Flos Carthami	6.3	K
<i>tián qī</i> (田七), Radix/Rhizoma Notoginseng	5.3	J
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	3.7	K

Ingredients: (from Herbal Times “Tong Jing Wan”)

<i>yì mǔ cǎo</i> (益母草), Herba Leonuri	25.7 %	K
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	10.3	AB
<i>dān shēn</i> (丹参), Radix/Rhiz. Salviae Miltiorrhizae	7.7	K
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	7.7	AB
<i>shān zhā</i> (山楂), Fructus Crataegi	7.7	H
<i>xiāng fù</i> (香附), Rhizoma Cyperi	7.7	G
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	5.1	AB
<i>mù xiāng</i> (木香), Radix Aucklandiae	5.1	G
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	5.1	AC
<i>yán hú suǒ</i> (延胡索), Rhizoma Corydalis	5.1	K
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	3.8	K
<i>chōng wèi zǐ</i> (菟蔚子), Fructus Leonuri	2.6	K
<i>hóng huā</i> (红花), Flos Carthami	2.6	K
<i>páo jiāng</i> (炮姜), Rhizoma Zingiberis Praeparatum	1.3	E
<i>qīng pí</i> (青皮), Pericarpium Citri Reticulatae Viride	1.3	G
<i>ròu guì</i> (肉桂), Cortex Cinnamomi	1.3	E

MENSE-EASE

Evergreen

Ingredients:

<i>pú huáng</i> (蒲黄), Pollen Typhae	J
<i>wǔ líng zhī</i> (五灵脂), Faeces Troglodyter	K
<i>yán hú suǒ</i> (延胡索), Rhizoma Corydalis	K
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	DC
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	K
<i>chì sháo</i> (赤芍), Radix Paeoniae Rubra	K
<i>guì zhī</i> (桂枝), Ramulus Cinnamomi	BA
<i>táo rén</i> (桃仁), Semen Persicae	K
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	AB
<i>huái niú xī</i> (怀牛膝), Radix Achyranthis Bidentatae	K
<i>hóng huā</i> (红花), Flos Carthami	K
<i>wū yào</i> (乌药), Radix Linderae	G
<i>xiāng fù</i> (香附), Rhizoma Cyperi	G

BLOOD DEFICIENCY PATTERNS

TAO HONG SI WU TANG

Formula: *táo hóng sì wù tāng* (桃红四物汤)

“Persica, Carthamus Four Substance Decoction”

Author: Wú Qiān (吴谦)

Source: *Yī Zōng Jīn Jiàn* (医宗金鉴), 1742

Literal: “Medical Tradition Golden Mirror”

Also Attributed to:

Author: Wáng Hào-Gú (王好古)

Source: *Yī Lěi Yuán Róng* (医垒元戎), 1291

Literal: “Medical Ramparts Supreme Commanders”

Description: See *Essential Chinese Formulas*, p. 366

Availability:

AUGMENTED FOUR SUBSTANCES (K)

TANGKUEI FOUR, PERSICA, & CARTHAMUS COMBINATION (EG)

TAO HONG SI WU TANG (BP, TZ)

TAO HONG SI WU TANG TEAPILLS (PF)

TAO HONG SI WU TANG WAN (TL)

*INVIGORATE BLOOD & STEM FLOW (TT)

* JADE MOON FLOW (JW)

* JADE MOON PHASE 1 (JW)

Ingredients: (from the standardized “Tangkuei Four, Persica, & Carthamus Combination” and from Plum Flower “Tao Hong Si Wu Teapills”)

<i>dāng guī</i> (当归), Radix Angelicae Sinensis	20 %	AB
<i>táo rén</i> (桃仁), Semen Persicae	20	K
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	20	AB
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	20	AB
<i>hóng huā</i> (红花), Flos Carthami	10	K
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	10	K

CHONG RELEASE FORMULA

Golden Flower

To *Tao Hong Si Wu Tang*, it adds:

Ingredients:

<i>jī xuè téng</i> (鸡血藤), <i>Caulis Spatholobi/Millettiae</i>	15	K
<i>hé huān pí</i> (合欢皮), <i>Cortex Albiziae</i>	15	N
<i>dǎng shēn</i> (党参), <i>Radix Codonopsis</i>	12	AA
<i>bái zhú</i> (白术), <i>Rhizoma Atractylodis Macrocephalae</i>	12	AA
<i>chì sháo</i> (赤芍), <i>Radix Paeoniae Rubra</i>	10	K

INVIGORATE BLOOD AND STEM FLOW

Three Treasures

Author: Giovanni Maciocia

To *Tao Hong Si Wu Tang*, it adds:

<i>pú huáng</i> (蒲黄), <i>Pollen Typhae</i>	J
<i>tián qī</i> (田七), <i>Radix/Rhizoma Notoginseng</i>	J
<i>xiān hè cǎo</i> (仙鹤草), <i>Herba Agrimoniae</i>	J
<i>dān shēn</i> (丹参), <i>Radix/Rhiz. Salviae Miltiorrhizae</i>	K
<i>xiāng fù</i> (香附), <i>Rhizoma Cyperi</i>	G
<i>chì sháo</i> (赤芍), <i>Radix Paeoniae Rubra</i>	K
<i>mǔ dān pí</i> (牡丹皮), <i>Cortex Moutan</i>	DC
<i>shān zhū yú</i> (山茱萸), <i>Fructus Corni</i>	L
<i>qiàn cǎo gēn</i> (茜草根), <i>Radix/Rhizoma Rubiae</i>	J

OBSTRUCTION OF COLD AND DAMPNESS PATTERNS

DANG GUI SHAO YAO SAN

Formula: *dāng guī sháo yào sǎn* (当归芍药散),

“Dāng guī (当归), Radix Angelicae Sinensis, Paeonia Powder”

Author: Zhāng Zhòng-Jǐng (张仲景)

Source: *Jīn Guì Yào Lǜè* (金匮要略), 220

Literal: “Golden Cabinet Essential Summary”

Description: See *Essential Chinese Formulas*, p. 360

Availability:

DANG GUI AND PEONY FORMULA (HS)

DANG GUI SHAO YAO SAN (BP, TZ)

TANG KUEI & PEONY FORMULA (GF)

TANGKUEI & PEONY FORMULA (EG)

Ingredients: (from Golden Flower “Tang Kuei & Peony Formula”)

<i>bái sháo</i> (白芍), Radix Paeoniae Alba	25.0 %	AB
<i>zé xiè</i> (泽泻), Rhizoma Alismatis	16.7	FC
<i>fú líng</i> (茯苓), Poria	16.7	FC
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	16.7	AA
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	12.5	AB
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	12.4	AB

GUI ZHI FU LING WAN

Formula: *guì zhī fú líng wán* (桂枝茯苓丸), “Cinnamon Twig, Poria Pill”

Author: Zhāng Zhòng-Jǐng (张仲景)

Source: *Jīn Guì Yào Lǜè* (金匱要略), 220

Literal: “Golden Cabinet Essential Summary”

Description: See *Essential Chinese Formulas*, p. 362

Availability:

CINNAMON & HOELEN FORMULA (EG, HS)

CINNAMON & PORIA FORMULA (KP)

CINNAMON AND PORIA FORMULA (GF)

CINNAMON & PORIA TEAPILLS (PF)

GUI ZHI FU LING TANG (TZ)

GUI ZHI FU LING WAN (BP, HT, PM, TL)

* JADE CONTROL (JW)

* WOMEN'S CHAMBER (K)

Ingredients: (from the standardized “Cinnamon & Poria/Hoelen Formula”)

<i>guì zhī</i> (桂枝), <i>Ramulus Cinnamomi</i>	20 %	BA
<i>fú líng</i> (茯苓), <i>Poria</i>	20	FC
<i>chì sháo</i> (赤芍), <i>Radix Paeoniae Rubra</i>	20	K
<i>táo rén</i> (桃仁), <i>Semen Persicae</i>	20	K
<i>mǔ dān pí</i> (牡丹皮), <i>Cortex Moutan</i>	20	DC

Modern Formulas:***Menstrual cramps:***

MOON PEARLS (CP)

UPBEAR YANG LIFT THE MENSES (BP)

WOMEN'S RHYTHM (K)

Uterine Fibroid

RESOLVE-LOWER (EV)

SPARGANIUM 12 (SF)

STASIS-TRANSFORMING FORMULA (GF)

Ovarian Cysts

CINNAMON/REHMANNIA (SF)

PHLEGM-TRANSFORMING FORMULA (GF)

STASIS-TRANSFORMING FORMULA (GF)

Endometriosis

JADE MOON COOL (JW)

RESOLVE-EM (EV)

STASIS-TRANSFORMING FORMULA (GF)

TURTLE SHELL TABLETS (SF)

UNLOCKING FORMULA (HC)

DESCENT OF DAMP-HEAT PATTERNS

STASIS-TRANSFORMING FORMULA

Golden Flower

Ingredients:

<i>dān shēn</i> (丹参), Radix/Rhiz. Salviae Miltiorrhizae	10 %	K
<i>huáng qí</i> (黄芪), Radix Astragali	9	AA
<i>hóng téng</i> (红藤), Caulis Sargentodoxae	8	DD
<i>xiāng fù</i> (香附), Rhizoma Cyperi	8	G
<i>bài jiàng cǎo</i> (败酱草), Herba Patriniae	8	DD
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	8	AB
<i>mò yào</i> (没药), Myrrha	8	K
<i>sān léng</i> (三棱), Rhizoma Sparganii	8	K
<i>yù jīn</i> (郁金), Radix Curcumae	8	K
<i>xià kū cǎo</i> (夏枯草), Spica Prunellae	6	DA
<i>zào jiǎo cì</i> (皂角刺), Spina Gleditsiae	6	CA
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	4	K
<i>guì zhī</i> (桂枝), Ramulus Cinnamomi	3	E
<i>chái hú</i> (柴胡), Radix Bupleuri	3	BB
<i>shēng má</i> (升麻), Rhizoma Cimicifugae	3	BB

TURTLE SHELL TABLETS

Seven Forests

Ingredients:

<i>biē jiǎ</i> (鳖甲), Carapax Trionycis/Amydae	30 %	AD
<i>dà huáng</i> (大黄), Radix/Rhizoma Rhei	10	PA
<i>táo rén</i> (桃仁), Semen Persicae	10	K
<i>sān léng</i> (三棱), Rhizoma Sparganii	10	K
<i>pú huáng</i> (蒲黄), Pollen Typhae	10	J
<i>hǔ pò</i> (琥珀), Succinum	10	N
<i>chì sháo</i> (赤芍), Radix Paeoniae Rubra	10	K
<i>guì zhī</i> (桂枝), Ramulus Cinnamomi	10	BA

UNLOCKING FORMULA

Health Concerns

Author: Bob Flaws

Ingredients:

<i>bài jiàng cǎo</i> (败酱草), Herba Patriniae	DD
<i>dà xuè téng</i> (大血藤), Caulis Sargentodoxae	K
<i>chuān niú xī</i> (川牛膝), Radix Cyathulae	K
<i>chuān liàn zǐ</i> (川楝子), Fructus Meliae Toosendan	G
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	DC
<i>chì sháo</i> (赤芍), Radix Paeoniae Rubra	K
<i>fú líng</i> (茯苓), Poria	FC
<i>xiǎo huí xiāng</i> (小茴香), Fructus Foeniculi	E
<i>jú hé</i> (橘核), Semen Citri Reticulatae	G
<i>cāng zhú</i> (苍术), Rhizoma Atractylodis	FB
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macro.	AA
<i>huáng bǎi</i> (黄柏), Cortex Phellodendri Chin.	DB
<i>shēng má</i> (升麻), Rhizoma Cimicifugae	BB

MENOPAUSAL DISORDER

A. OVERVIEW IN MODERN BIOMEDICINE

1. Demographics and definitions
 - a. Absence of menstruation for one year
 - b. Average age: 41-55; median age is 51
 - c. Perimenopause
 1. Precedes menopause 2-5 years
 2. Hormone production begins to decrease
 3. Periods become irregular, heavy or scanty
 - d. Premature ovarian failure
 - a. Menopause before the age of 40
 - e. 65% of women will experience uncomfortable symptoms; 35% do not
2. Biological progression
 - a. As ovarian follicles diminish in number, ovaries shrink
 - b. No longer a response to gonadotropin releasing hormone (GnRH)
 1. Releases from hypothalamus
 2. Starts a metabolic sequence resulting in production of luteinizing hormone (LH) and follicle-stimulating hormone (FSH)
 3. Before menopause, a large release just before ovulation
 - c. Body stops producing estrogen
 - d. Progesterone levels drop
3. Symptoms of Menopausal Syndrome
 - a. Hot flashes, night sweats, sweating
 - b. Vaginal dryness
 - c. Frequent urination
 - d. Digestive changes (stool, bloating, etc)
 - e. Heart palpitations
 - f. Insomnia
 - g. Headaches
 - h. Thinning of skin
 - i. Weight gain
 - j. Osteoporosis
 - k. Irritability, anxiety, depression
 - l. Poor memory, inability to concentrate

4. Medical treatment
 - a. Hormone replacement therapy (HRT)
 1. Estrogen alone, or combinations of estrogen, progesterone and testosterone
 2. Synthetic hormones versus bio-identical hormones

B. TCM OVERVIEW

1. Menopausal syndrome
 - a. Kidney patterns
 1. Kidney *yin* deficiency
 2. Kidney *yang* deficiency
 3. Kidney *qi* deficiency
 - b. Liver stasis of *qi* and blood
 1. Treat like PMS/Irregular menses

Classical Formulas:

Da Bu Yin Wan

dà bǔ yīn wán (大补阴丸)

Qing Gu San

qīng gǔ sǎn (清骨散)

Zhi Bai Di Huang Wan

zhī bǎi dì huáng wán (知柏地黄丸)

Modern Formulas:

Er Xian Tang

èr xiān tāng (二仙汤)

Geng Nian An Wan

gēng nián ān wán (更年安丸)

Tortoise Shell Tablets (SF)

Other Products in this Category:

Modern Formulas:

ANEMARRHENA TABLETS (SF)

BALANCE-HEAT (EV)

CHANGE AND ENRICH (BP)

FEMALE COMFORT (K)

GRACEFUL TRANSITION (K)

RESTORATIVE TABLETS (SF)

Classical formulas:**DA BU YIN WAN****Formula:** *dà bǔ yīn wán* (大补阴丸), “Great Tonify Yin Pill”**Author:** Zhū Zhèn-Hěng (朱震亨) *aka* Zhū Dān-Xī (朱丹溪)**Source:** *Dān Xī Xīn Fǎ* (丹溪心法), 1481

Literal: “Dan-Xi’s Heart Method (eg, Personal Insights)”

Description: See *Essential Chinese Formulas*, p. 380**Availability:**

ABUNDANT YIN TEAPILLS (PF)

DA BU YIN WAN (BP, HT, MS, PM)

GREAT YIN (HC)

REHMANNIA & TESTUDINIS COMBINATION (EG)

Ingredients: (from the standardized “Rehmannia & Testudinis Combination”)

<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	30 %	AB
<i>guī bǎn</i> (龟板), Plastrum Testudinis/Chinemys	30	AD
<i>huáng bǎi</i> (黄柏), Cortex Phellodendri Chinensis	20	DB
<i>zhī mǔ</i> (知母), Rhizoma Anemarrhenae	20	DA

Ingredients: (from Herbal Times “Da Bu Yin Wan”)

<i>guī bǎn</i> (龟板), Plastrum Testudinis/Chinemys	20 %	AD
<i>huáng bǎi</i> (黄柏), Cortex Phellodendri Chinensis	20	DB
<i>zhī mǔ</i> (知母), Rhizoma Anemarrhenae	20	DA
<i>shēng dì huáng</i> (生地黄), Radix Rehmanniae	20	DC
<i>zhū suǐ</i> (猪髓), Medulla Porci	20	

QING GU WAN

Formula: *qīng gǔ sǎn* (清骨散), “Clear Bones Powder”

Author: Wáng Kěn-Tāng (王肯堂)

Source: *Zhèng Zhì Zhǔn Shéng* (证治准绳), 1602

Literal: “Pattern Treatment Standards”

Description: See *Essential Chinese Formulas*, p. 382

Availability:

COOL BONES TEAPILLS (PF)

Ingredients: (from Plum Flower “Cool Bone Teapills”)

<i>yín chái hú</i> (银柴胡), Radix Stellariae	18.4 %	DE
<i>zhī mǔ</i> (知母), Rhizoma Anemarrhenae	12.6	DA
<i>hú huáng lián</i> (胡黄连), Rhizoma Picrorhizae	12.6	DB
<i>dì gǔ pí</i> (地骨皮), Cortex Lycii	12.5	DE
<i>qīng hāo</i> (青蒿), Herba Artemisiae Annuae	12.5	DE
<i>qín jiāo</i> (秦艽), Radix Gentianae Macrophyllae	12.5	FA
<i>biē jiǎ</i> (鳖甲), Carapax Trionycis/Amydae	12.5	AD
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	6.4	AA

ZHI BAI DI HUANG WAN

Formula: *zhī bǎi dì huáng wán* (知柏地黄丸)

“Anemarrhena, Phellodendron Rehmannia Pill”

Author: Wú Qiān (吴谦)

Source: *Yī Zōng Jīn Jiàn* (医宗金鉴), 1742

Literal: “Medical Tradition Golden Mirror”

also attributed to:

Author: Wú Kūn (吴昆)

Source: *Yī Fāng Kǎo* (医方考), 1584

Literal: “Medical Formulas Investigations”

Description: See *Essential Chinese Formulas*, p. 384

Availability:

ANEMARRHENA, PHELLODENDRON & REHMANNIA FORMULA (EG)

ANEM-PHELLO & REHMANNIA (CC)

EIGHT FLAVOR REHMANNIA TEAPILLS (PF)

MENOPAUSE/KIDNEY YIN (JD)

NOURISH (EV)

TEMPER FIRE (K)

ZHI BAI DI HUANG WAN (BP, HT, MS, PiM, PM, TL, TZ)

* REHMANNIA AND SCROPHULARIA FORMULA (GF)

* WATER PASSAGES (TT)

Ingredients: (from the standardized “Anemarrhena, Phellodendron & Rehmannia Formula”)

<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	27.7 %	AB
<i>shān zhū yú</i> (山茱萸), Fructus Corni	13.8	L
<i>shān yào</i> (山药), Rhizoma Dioscoreae	13.8	AA
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	10.3	DC
<i>zé xiè</i> (泽泻), Rhizoma Alismatis	10.3	FC
<i>fú líng</i> (茯苓), Poria	10.3	FC
<i>zhī mǔ</i> (知母), Rhizoma Anemarrhenae	6.9	DA
<i>huáng bǎi</i> (黄柏), Cortex Phellodendri Chinensis	6.9	DB

Modern Formulas:**ER XIAN TANG****Formula:** èr xiān tāng (二仙汤), “Two Immortals Decoction”**Author:** Zhāng Bó-Nè (张伯讷)**Source:** Zhōng Yī Fāng Jì Lín Chuáng Shǒu Cè (中医方剂临床手册), 1950s

Literal: “Chinese Medicine Formulas Dosing Clinical Manual”

Description: See *Essential Chinese Formulas*, p. 386**Availability:**

CURCULIGO & EPIMEDIUM COMBINATION (EG)

ER XIAN TANG/WAN (BP, HT, TL, TZ)

TWO IMMORTALS FORMULA/TEAPILLS (CC, K, PF)

* DR.SHEN'S TWO IMMORTALS (DS)

* HALIOTIS 10 (SF)

* SUPPLEMENT YIN (BP)

* THREE IMMORTALS (HC)

* TWO IMMORTALS FORMULA (GF)

Ingredients: (from Herbal Times “Er Xian Wan”)

<i>xiān máo</i> (仙茅), Rhizoma Curculiginis	23 %	AC
<i>yín yáng huò</i> (淫羊藿), Herba Epimedii	23	AC
<i>bā jǐ tiān</i> (巴戟天), Radix Morindae Officinalis	14	AC
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	14	AB
<i>huáng bǎi</i> (黄柏), Cortex Phellodendri Chinensis	13	DB
<i>zhī mǔ</i> (知母), Rhizoma Anemarrhenae	13	DA

Golden Flower’s “Two Immortals Formula” adds:

<i>dān shēn</i> (丹参), Radix/Rhiz. Salviae Miltiorrhizae	K
<i>hé shǒu wū</i> (何首乌), Radix Polygoni Multiflori	AB
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	DC
<i>ròu cōng róng</i> (肉苁蓉), Herba Cistanches	AC
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	AC
<i>fú líng</i> (茯苓), Poria	FC

Health Concerns' **"Three Immortals"** adds:

<i>hàn lián cǎo</i> (旱莲草), Herba Ecliptae	AD
<i>nǚ zhēn zǐ</i> (女贞子), Fructus Ligustri Lucidi	AD
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	DC
<i>dì gǔ pí</i> (地骨皮), Cortex Lycii	DE
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	AA
<i>dà zǎo</i> (大枣), Fructus Jujubae	AA

Seven Forests' **"Haliotis 10"** adds:

<i>shí jué míng</i> (石决明), Concha Haliotidis	O
<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	N
<i>dì gǔ pí</i> (地骨皮), Cortex Lycii	DE
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	AB

GENG NIAN AN WAN

Formula: *gēng nián ān wán* (更年安丸), “Menopause Peaceful Pills”

Source: Modern patent medicine

Description: See *Essential Chinese Formulas*, p. 388

Availability:

GENG NIAN AN (MENOPAUSE COMFORT PILLS) (TZ)

GENG NIAN AN WAN (HT, PM)

GENG NIAN AN WAN (MENOPAUSE COMFORT PILL) (TL)

Ingredients: (from TCM Zone/Honso “Geng Nian An - Menopause Comfort”)

<i>zhēn zhū mǔ</i> (珍珠母), Concha Margaritiferae Usta	15.6 %	N
<i>cí shí</i> (磁石), Magnetitum	15.6	N
<i>yè jiāo téng</i> (夜交藤), Caulis Polygoni Multiflori	7.8	N
<i>fú xiǎo mài</i> (浮小麦), Fructus Triticis Levis	7.8	L
<i>shēng dì huáng</i> (生地黄), Radix Rehmanniae	5.2	DC
<i>hé shǒu wū</i> (何首乌), Radix Polygoni Multiflori	5.2	AB
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	5.2	AD
<i>zé xiè</i> (泽泻), Rhizoma Alismatis	5.2	FC
<i>xuán shēn</i> (玄参), Radix Scrophulariae	5.2	DC
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	5.2	AB
<i>xiān máo</i> (仙茅), Rhizoma Curculiginis	5.2	AC
<i>gōu téng</i> (钩藤), Ramulus Uncariae cum Uncis	5.2	O
<i>fú líng</i> (茯苓), Poria	5.2	FC
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	3.2	L
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	3.2	DC

GENG NIAN AN WAN

Ingredients: (from Herbal Times “Geng Nian An Wan”)

<i>fú líng</i> (茯苓), Poria	9.2 %	FC
<i>fú xiǎo mài</i> (浮小麦), Fructus Tritici Levis	9.2	L
<i>shān yào</i> (山药), Rhizoma Dioscoreae	9.2	AA
<i>hé shǒu wū</i> (何首乌), Radix Polygoni Multiflori	9.2	N
<i>yè jiāo téng</i> (夜交藤), Caulis Polygoni Multiflori	9.2	N
<i>xiān máo</i> (仙茅), Rhizoma Curculiginis	9.2	AC
<i>zhēn zhū mǔ</i> (珍珠母), Concha Margaritiferae Usta	9.2	N
<i>shēng dì huáng</i> (生地黄), Radix Rehmanniae	4.6	DC
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	4.6	AB
<i>zhì gān cǎo</i> (炙甘草), Radix Glycyrrhizae Praep.	4.6	AA
<i>shān zhū yú</i> (山茱萸), Fructus Corni	4.6	L
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	4.6	L
<i>xuán shēn</i> (玄参), Radix Scrophulariae	4.6	DC
<i>zé xiè</i> (泽泻), Rhizoma Alismatis	4.6	FC
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	3.1	DC

Ingredients: (from Tanglong “Geng Nian An Wan - Menopause Comfort”)

<i>zhēn zhū mǔ</i> (珍珠母), Concha Margaritiferae Usta	19.9 %	N
<i>fú xiǎo mài</i> (浮小麦), Fructus Tritici Levis	19.9	L
<i>fú líng</i> (茯苓), Poria	9.9	FC
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	9.9	L
<i>hé shǒu wū</i> (何首乌), Radix Polygoni Multiflori	9.9	AB
<i>xuán shēn</i> (玄参), Radix Scrophulariae	6.6	DC
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	6.6	AB
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	6.6	AB
<i>zé xiè</i> (泽泻), Rhizoma Alismatis	6.6	FC
<i>lú huì</i> (芦荟), Aloe	4.0	PA

TORTOISE SHELL TABLETS

Seven Forests

Ingredients:

<i>guī bǎn</i> (龟板), Plastrum Testudinis/Chinemys	20 %	AD
<i>huáng bǎi</i> (黄柏), Cortex Phellodendri Chin.	15	DB
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	12	AB
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	12	AD
<i>lóng chǐ</i> (龙齿), Dens Draconis	9	N
<i>zhī mǔ</i> (知母), Rhizoma Anemarrhenae	8	DA
<i>suǒ yáng</i> (锁阳), Herba Cynomorii	8	AC
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	8	AB
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	6	G
<i>gān jiāng</i> (干姜), Rhizoma Zingiberis	2	E

FURTHER RESOURCES

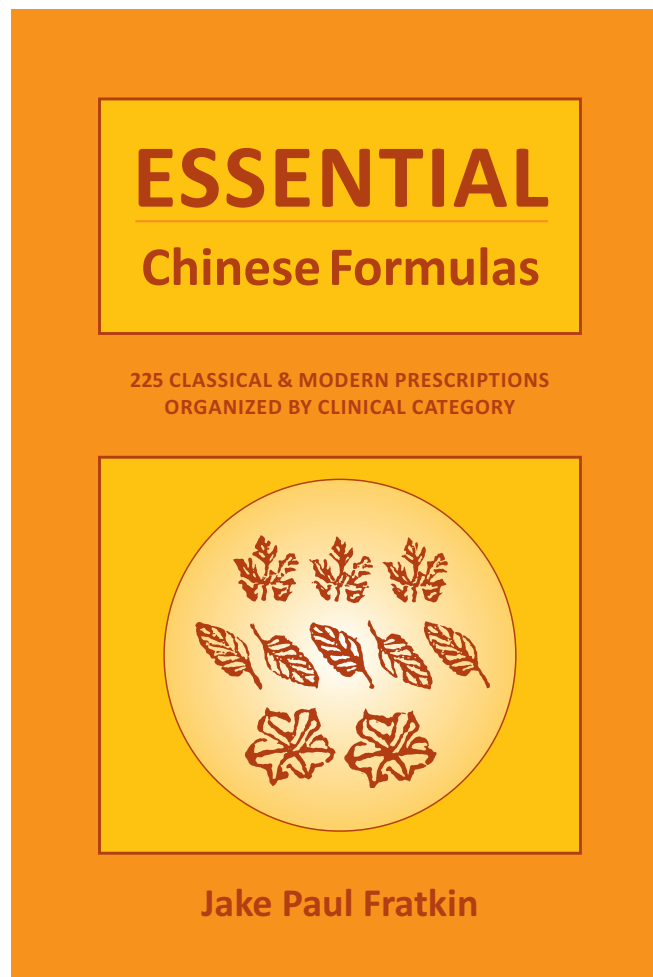
For a complete listing of herbal products by therapeutic category, see:

“WHO’S GOT WHAT”

For free download, go to: www.drjakefratkin.com/whos-got-what

DR. JAKE FRATKIN’S HERBAL FORMULAS, BOOKS, WEBINARS, DVDS

See: www.drjakefratkin.com/store/our-products/



The presenter:

JAKE PAUL FRATKIN, OMD, L.Ac. trained in Korean and Japanese acupuncture since 1975, and Chinese herbal medicine since 1982, and has studied and taught *qi gong* and Yang family *Taijiquan* since 1974. He is the recipient of *Acupuncturist of the Year*, 1999, by the AAAOM and Teacher of the Year, 2006, American Association of Teachers of Acupuncture and Oriental Medicine (AATAOM). Jake lives and practices in Boulder, Colorado.

Books by Jake Paul Fratkin:

Case Studies in Autoimmune Disorders. Zeng Shengping and Jake Fratkin, People's Medical Publishing House, 2014.

Essential Chinese Formulas, 225 Classical and Modern Prescriptions Organized by Clinical Category, Shya Publications, 2014.

A Calligrapher's Yi Jing, Xinshi Harrison Tu (calligraphy) and Jake Fratkin (translations), Shya Publications, 2004.

Chinese Herbal Patent Medicines, The Clinical Desk Reference, Shya Publications, 2001.

Practical Therapeutics of Traditional Chinese Medicine, Paradigm Publications, 1997. Wu Yan and Warren Fischer, edited and organized by Jake Fratkin.

Chinese Herbal Patent Formulas, Shya Publications, 1986

A collection of various articles on TCM can be found at:

<http://drjakefratkin.com/articles>

CODE LETTERS OF HERBAL COMPANIES

BP	Blue Poppy
CC	Chinese Classics
CMS	Chinese Modular Solutions (Kn)
DrJ	Dr. Jake Fratkin's Herbal Formulas
EG	"Standardized" extract granules or capsules from Taiwan and China: Acuherb, E-Fong, Evergreen, Guang Ci Tang, Herbal Times, KPC, Legendary, Mintong, Nong's, Qualiherb, Sunten, etc.
EV	Evergreen
GC	Guang Ci Tang (Active Herb)
GF	Golden Flower
HC	Health Concerns
HS	Honso
HT	Herbal Times (Nuherbs)
K	Kan Herbals and Traditionals
KPC	Kaiser Pharmaceutical (Taiwan)
MS	Minshan (China)
PF	Plum Flower (Mayway)
PM	Patent Medicine (various manufacturers, China)
PX	Panaxea
SF	Seven Forest (Institute of Traditional Medicine)
TL	Tanglong (China)
WT	White Tiger (Institute of Traditional Medicine)

CODE LETTERS FOR THE HERBAL CATEGORIES

AA	Tonify <i>Qi</i>	<i>bǔ qì</i> (补气)
AB	Tonify Blood	<i>bǔ xuè</i> (补血)
AC	Tonify <i>Yang</i>	<i>bǔ yáng</i> (补阳)
AD	Tonify <i>Yin</i>	<i>bǔ yīn</i> (补阴)
BA	Acrid-Warm Release Exterior	<i>xīn wēn jiě biǎo</i> (辛温解表)
BB	Acrid-Cool Release Exterior	<i>xīn liáng jiě biǎo</i> (辛凉解表)
CA	Dry Dampness, Dissolve Phlegm	<i>zào shī huà tán</i> (燥湿化痰)
CB	Clear Heat, Dissolve Phlegm	<i>qīng rè huà tán</i> (清热化痰)
CC	Relieve Cough, Panting	<i>zhǐ ké píng chuǎn</i> (止咳平喘)
DA	Clear Heat, Drain Fire	<i>qīng rè xiè huǒ</i> (清热泻火)
DB	Clear Heat, Drain Dampness	<i>qīng rè lì shī</i> (清热利湿)
DC	Clear Heat, Cool Blood	<i>qīng rè liáng xuè</i> (清热凉血)
DD	Clear Heat, Resolve Toxins	<i>qīng rè jiě dú</i> (清热解毒)
DE	Clear Heat, Nourish <i>Yin</i>	<i>qīng rè yǎng yīn</i> (清热养阴)
DF	Clear Heat, Resolve Summer-Heat	<i>qīng rè jiě shǔ</i> (清热解暑)
E	Warm Interior	<i>wēn lǐ</i> (温里)
FA	Dispel Wind, Overcome Dampness	<i>qū fēng shèng shī</i> (祛风胜湿)
FB	Dispel Dampness	<i>qū shī</i> (祛湿)
FC	Drain Dampness	<i>lì shī</i> (利湿)
G	Rectify <i>Qi</i>	<i>lǐ qì</i> (理气)
H	Remove Food-Stasis	<i>dǎo zhì</i> (导滞)
J	Stop Bleeding	<i>zhǐ xuè</i> (止血)
K	Invigorate Blood, Dissolve Stasis	<i>huó xuè huà yū</i> (活血化瘀)
L	Consolidate, Astringe	<i>gù sè</i> (固涩)
M	Open Orifices	<i>kāi qiào</i> (开窍)
N	Tranquilize Heart, Calm <i>Shen</i>	<i>zhèn xīn ān shén</i> (镇心安神)
O	Extinguish Wind, Stop Tremors	<i>xī fēng zhǐ chōu</i> (熄风止抽)
PA	Purgatives	<i>xià fǎ</i> (下法)
PB	Moistening Purgatives	<i>rùn xià</i> (润下)
PC	Purgation by Expelling Water	<i>gōng xià zhú shuǐ</i> (攻下逐水)
Q	Kill Worms	<i>shā chóng</i> (杀虫)
R	External Application	<i>wài zhì fǎ</i> (外治法)