INFLAMMATION AND INFLAMMATORY CONDITIONS

Jake Paul Fratkin, OMD, L.Ac.
Pacific Symposium, October 2016

Inflammation is seen in acute and chronic trauma, but also plays an important role in skin diseases such as eczema and psoriasis, and autoimmune processes of rheumatoid arthritis, psoriatic arthritis and lupus. It is also a primary factor in heart disease and brain neuron degeneration causing dementia and certain psychiatric disorders. This workshop will address important Chinese herbs in the control of inflammation, and the application of specific modern Chinese herbal products.

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OVERVIEW OF INFLAMMATION

A. INFLAMMATION IN MODERN PHYSIOLOGY

1. Inflammation
   a. Due to acute trauma
   b. Due to free radical damage
      1. Environmental toxins
      2. Cellular breakdown in aging
   c. Pathogenic organisms (Lyme’s, etc)
   d. Autoimmune self-destruction
      1. Genetic predisposition combined with environmental triggers
         a. Environmental toxins
         b. Bacteria and viruses

2. The Inflammatory Cascade
   a. Inflammation starts with cytokine release
      1. Injury promotes release of cytokines IL-1, IL-6, TNF
         a. Secreted by endothelium, leucocytes, macrophages
         b. These rush to the site to initiate and direct repair, and
to call in healing agents
         c. Inflammation is the initiating mechanism
      2. Principal cytokine is interleukin 6 (IL-6)
         a. IL-6 is pro-inflammatory and initiates
inflammation/healing sequencing
      3. Once healing mechanisms are in place, cytokines like IL-10 shut
down IL-6
         a. In chronic pain, IL-10 can increase with sweating
exercise, 45-60 minutes a day
      4. As repair takes place, chemical endorphins reduce pain level
   b. Reasons why IF-6 will not shut down
      1. Inability of patient to rest and let injury repair itself
      2. Weakened adrenal function inhibits release of IF-10
         a. Adrenals weaken due to accumulated stressors
         b. IL-10 production decreases as we age
         c. Corresponds to weakened kidney yang
3. Inflammatory conditions
   a. Acute trauma
      1. Injury causes tissue damage
      2. Response is bruising, swelling, heat
      3. The body needs to repair the damage
   b. Dermatological conditions
      1. Initiated by triggers
         a. Allergens, especially food
         b. Viral
            1. Varicella (herpes) zoster
         c. Chemicals, heavy metals
         d. Burns, radiation
   c. Heart disease
      1. Inflammation triggers clot formation
      2. Inflammatory agents
         a. Free radical damage
            1. Diet
            2. Environmental toxins
            3. Heavy metals
         b. Elevated insulin
            1. Metabolic syndrome, Type 2 Diabetes
            2. Type 1 diabetes
               a. Insulin initiates inflammatory cascade
               b. Contributes to fat accumulation in heart and kidney
               c. Contributes to clot and atherosclerosis
         d. Neurological degeneration
            1. Free radical damage can initiate cytokine sequence
            2. Attacks neural sheath
   4. Foods that contribute to inflammation
      a. Saturated fats and bad oils
      b. High animal protein
      c. Glutens
5. Medical response
   a. Deadened the sensory nerve fibers
      1. Ice
      2. This actually slows down healing
   b. Anti-inflammatories
      1. Steroids
         a. Topical
         b. Internal
            1. Prednisone
      2. NSAIDs (non-steroidal anti-inflammatory drugs)
         a. Non-selective COX inhibitors

B. INFLAMMATION IN TRADITIONAL CHINESE MEDICINE
   1. All inflammation involves excess heat with stagnation of qi and blood
      a. Includes acute trauma, heart disease, inflammatory skin conditions
   2. Therapeutic strategy:
      a. Move qi
      b. Move blood
      c. Clear heat
      d. Remove dampness
   3. Use of Acupuncture
      a. Initiates healing cascade
         1. Pain is a signal to heal specific area
         2. Acupuncture informs the body that healing is underway
         3. Releases endorphins, a pain mediating chemical
            a. “Endogenous morphine”
      b. Acupuncture brings qi and blood to area while promoting removal of cellular debris
      c. Supportive therapies
         1. Repairs cell by stimulating mitochondria
         2. Reduces inflammation and swelling
            a. Promotes kidney to increase cortisol
            b. Cortisol promotes IL-10
            c. Partially the mechanism of steroids
         3. Low Level Laser Therapy (LLLT), infrared
            a. Apply 4 joules to damaged area
4. Microstim
   a. Alternate low and high frequencies
   b. $8 \text{ Hz} > 1000 \text{ Hz}$
   c. Through needles or pads
   d. Pantheon microstim
   e. Acutron

4. Other
   a. Heat helps, cold inhibits
   b. Apply topical and internal herbs as soon as possible with acute trauma
HERBS THAT GO TO SPECIFIC LOCATIONS

1. UPPER PART OF BODY
   BA  Cinnamomum *Gui Zhi*  Neck, shoulder
   BA  Ledebouriella *Fang Feng*  Upper part of body
   BA  Notopterygium *Qiang Huo*  Neck, shoulder, back
   BB  Morus *Sang Zhi*  Shoulder, upper limbs
   BB  Pueraria *Ge Gen*  Neck, trapezius
   FA  Gentiana *Qin Jiao*  Upper limbs
   K  Curcuma *Jiang Huang*  Shoulder

2. LOWER PART OF BODY
   AB  Paeonia *Bai Shao*  Calves
   AC  Ciboitum *Gou Ji*  Lumbar region, particularly spine
   AD  Loranthus *Sang Ji Sheng*  Lumbar region, lower limbs, knees
   FA  Acanthopanax *Wu Jia Pi*  Lumbar region, lower limbs, knees
   FA  Angelica *Du Huo*  Lumbar region, lower limbs, knees
   FA  Chaenomeles *Mu Gua*  Lumbar region, knees, calves
   FB  Atractylodes *Cang Zhu*  Knees, foot
   FC  Stephania *Han Fang Ji*  Lower part of body, knees
   K  Achyranthes *Huai Niu Xi*  Lumbar region, lower limbs, knees
   K  Cyathula *Chuan Niu Xi*  Lumbar region, lower limbs, knees

3. DEEP LEVEL, INCL. BONES
   AC  Dipsacus *Xu Duan*  Tendons/bones, traumatic pain
   AC  Drynaria *Gu Sui Bu*  Bones/marrow, esp. fractures
   AD  Loranthus *Sang Ji Sheng*  Tendons/bones – weakness and atrophy
## HERBS COMMONLY USED IN INFLAMMATION AND PAIN

<table>
<thead>
<tr>
<th>DA/ Clear Heat and Drain Fire</th>
<th>K/ Invigorate Blood, Dissolve Stasis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anemarhenna <em>Zhi Mu</em></td>
<td>Carthamus <em>Hong Hua</em></td>
</tr>
<tr>
<td>Gardenia <em>Zhi Zi</em></td>
<td>Corydalis <em>Yan Hu Suo</em></td>
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<table>
<thead>
<tr>
<th>DB/ Clear Heat and Drain Dampness</th>
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<tr>
<td>Coptis <em>Huang Lian</em></td>
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<td>Phellodendron <em>Huang Bai</em></td>
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<tr>
<td>Scutellaria <em>Huang Qin</em></td>
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<tr>
<td>Rheum <em>Da Huang</em> (PA)</td>
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<table>
<thead>
<tr>
<th>DC/ Clear Heat and Cool Blood</th>
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<tbody>
<tr>
<td>Moutan <em>Mu Dan Pi</em></td>
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<tr>
<td>Rehmannia <em>Sheng Di Huang</em></td>
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<thead>
<tr>
<th>DD/ Clear Heat and Resolve Toxins</th>
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<tbody>
<tr>
<td>Forsythia <em>Lian Qiao</em></td>
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<tr>
<td>Lonicera <em>Jin Yin Hua</em></td>
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<table>
<thead>
<tr>
<th>J/ Stop Bleeding</th>
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<tbody>
<tr>
<td>Notoginseng <em>Tian Qi</em></td>
<td></td>
</tr>
<tr>
<td>Typha <em>Pu Huang</em></td>
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</tbody>
</table>

|                                   |                                   |
|                                   | 1. Invigorate Blood               |
|                                   |                                   |
| Carthamus *Hong Hua*              |                                   |
| Corydalis *Yan Hu Suo*            |                                   |
| Curcuma *Jiang Huang*             |                                   |
| Curcuma *Yu Jin*                  |                                   |
| Dalbergia *Jiang Xiang*           |                                   |
| Ligusticum *Chuan Xiong*          |                                   |
| Liquidambar *Lu Lu Tong*          |                                   |
| Milletia *Ji Xue Teng*            |                                   |
| Paeonia *Chi Shao*                |                                   |
| Salvia *Dan Shen*                 |                                   |

|                                   | 2. Dissolve Stasis                |
|                                   |                                   |
| Curcuma *Jiang Huang*             |                                   |
| Myrrh *Mo Yao*                    |                                   |
| Polygonum *Hu Zhang*              |                                   |
| Sanguis Draconis *Xue Jie*        |                                   |
| Sparganium *San Leng*             |                                   |
| Persica *Tao Ren*                 |                                   |
| Boswellia *Ru Xiang*              |                                   |
| Curcuma *E Zhu*                   |                                   |
Antioxidant Activity of 45 Chinese Herbs and the Relationship with their TCM Characteristics

Hui Liao, Linda K. Banbury, and David N. Leach

Measurement of Oxygen Radical Absorbance Capacity (ORAC) Assay (µmol TE/g)

<table>
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<tr>
<th>TOP 16:</th>
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<tbody>
<tr>
<td>Millettia Ji Xue Teng</td>
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<td>Sophora Ku Shen</td>
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<td>Nelumbo Lian Zi</td>
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<td>Lycopus Ze Lan</td>
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<td>Artemisia Ai Ye</td>
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<td>Biota Bai Zi Ren</td>
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<tr>
<td>Polygonum He Shou Wu</td>
<td>790</td>
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<tr>
<td>Drynaria Gu Sui Bu</td>
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<td>Paeonia Bai Shao</td>
<td>680</td>
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<td>Rubia Qian Cao Gen</td>
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<td>Gleditsea Zao Jiao</td>
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<thead>
<tr>
<th>OTHERS:</th>
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<tbody>
<tr>
<td>Cirsium Da Ji</td>
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<td>Carthamus Hong Hua</td>
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<tr>
<td>Zingiber Sheng Jiang</td>
<td>280</td>
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<td>Rheum Da Huang</td>
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<td>Sparganium San Leng</td>
<td>260</td>
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<tr>
<td>Vaccaria Wang Bu Liu Xing</td>
<td>200</td>
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<td>Curcuma Yu Jin</td>
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<tr>
<td>Ligusticum Chuan Xiong</td>
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<tr>
<td>Imperata Bai Mao Gen</td>
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</table>

Jake Paul Fratkin, OMD, L.Ac. • www.drjakefratkin.com
ANTI-INFLAMMATORY PRODUCTS USED IN FUNCTIONAL MEDICINE

CURCUMA JIANG HUANG

jiāng huáng (姜黄), Rhizoma Curcumae Longae

Original source text: Xīn Xiū Běn Cāo (新修本草) “Newly Revised Materia Medica”

Author: Sū Jing-Děng (蘇敬等), 657 CE

Properties: acrid, bitter, warm
Channels: spleen, liver
Common name: turmeric
Therapeutic actions:
  - Activates blood circulation, eminates blood stasis
  - Opens channels and collaterals to relieve pain
  - Reduces swelling
  - Contraindicated during pregnancy

MERIVA SR
Thorne

Curcumin Phytosome 500 mg
(Curcuma longa extract (root) / Phosphatidylcholine complex)
CUCUPLEX CR
Xymogen

Curcumin Phytosome 500 mg
BioPerine®, black pepper extract

COMBINATION PRODUCTS

WHITE WILLOW FORTE
Biogenesis

White willow bark extract (Salix alba) 1600 mg
Boswellia gum resin extract (Boswellia serrata) 200 mg
Bromelain 2400 GDU 200 mg
Turmeric root/rhizomes extract (Curcuma longa) 150 mg
Bioflavonoids (citrus) 100 mg
Ginger root extract (Zingiber officinale) 100 mg
Papain 100 mg
Rosemary leaf extract (Rosmarinus officinalis) 100 mg

INFLAMMATONE
Designs for Health

Proprietary blend of Enzymes 222 mg
Turmeric root (Curcuma longa) 200 mg
Boswellia resin (Boswellia serrata) 200 mg
Ginger root (Zingiber officinale) 100 mg
Quercitin 75 mg
Rutin 75 mg
Rosemary aerial plant (Rosmarinus officinalis) 50 mg
Reservatrol root (Pogonum cuspidatum) 3 mg
REDUCING NEUROLOGICAL INFLAMMATION

CYST-REPLETE

CHK Nutrition

Two capsules contain:

- L-Cysteine: 1500 mg
- Folic acid: 133 mcg
- Selenium: 134 mcg

ALA MAX CR

Xymogen

Ingredient:

Controlled-Release Alpha-Lipoic Acid

“ALAmax CR has the ability to destroy free radicals in both the water-based and lipid-based portion of cells, making it the ideal whole-body antioxidant. In addition, ALAmax CR helps the body synthesize glutathione, the body’s own master detoxifier. ALAmax CR also “recharges” other important antioxidants, such as vitamins C and E, and CoQ10, giving them the ability to continue fighting free radicals for extended periods of time”
PROTECTING NEURON CELLULAR INTEGRITY

NEURO REPLETE

CHK Nutrition

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>L-Tyrosine</td>
<td>1500 mg</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>500 mg</td>
</tr>
<tr>
<td>L-Lysine</td>
<td>250 mg</td>
</tr>
<tr>
<td>5-Hydroxytryptophan</td>
<td>150 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>37.5 mg</td>
</tr>
<tr>
<td>Folic acid</td>
<td>200 mcg</td>
</tr>
<tr>
<td>Calcium</td>
<td>110 mg</td>
</tr>
</tbody>
</table>
MEMORACTIVE
Thorne

Two Capsules Contain:

- Acetyl-L-Carnitine 500 mg.
- Ginkgo Phytosome* (Ginkgo biloba (leaf)
  / Phosphatidylserine complex) 240 mg.
- Bacopa extract (leaf) (Bacopa monnieri) 100 mg.
- Phosphatidylserine Isolate 70 mg.
- Vinpocetine 10 mg.

NEUROACTIVES BRAIN SUSTAIN
Xymogen

Ingredients:

- Acetyl-L-Carnitine 400 mg
- N-Acetyl-Cysteine 150 mg
- Phosphatidylserine 100 mg
- Alpha Lipoic Acid 100 mg
- Coenzyme Q10 (as ubiquinone) 100 mg
- Glucoraphanin (from broccoli extract)
  (Brassica oleracea italica)(seed) 15 mg
TCM TREATMENTS IN CHRONIC INFLAMMATION

A. Formulas for Systemic Blood Stasis
   1. *Shen Tong Zhu Yu Tang*
   2. *Shu Jing Huo Xue Tang*

B. Formulas for Systemic Inflammation
   1. *Dang Gui Nian Tong Tang*
   2. *Si Miao Wan*
   3. *Xuan Bi Tang*
   4. Clerodendron 6 (SF)
   5. Curcuma Longa Formula (GF)
   6. Flex (Heat) (EV)
Formulas for Systemic Blood Stasis

**SHEN TONG ZHU YU TANG**

*Formula:*  
shēn tòng zhú yù tāng (身痛逐瘀丸), “Body Pain Expel 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. 140

*Availability:*  
- CNIDIUM & NOTOPTERYGIUM COMBINATION (EG)
- GREAT INVIGORATOR TEAPILLS (PF)
- LIGUSTICUM & NOTOPTERYGIUM COMBINATION (KP)
- MERIDIAN PASSAGE (K)
- SHEN TONG ZHU YU WAN (HT)
- * SAPPAN 12 (SF)

*Ingredients:* (from Herbal Times “Shen Tong Zhu Yu Wan” and Plum Flower “Great Invigorator Teapills”)

<table>
<thead>
<tr>
<th>Commodity</th>
<th>Quantity</th>
<th>Origin</th>
</tr>
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<tbody>
<tr>
<td>dàng guì (当归), Radix Angelicae Sinensis</td>
<td>12.0 %</td>
<td>AB</td>
</tr>
<tr>
<td>táo rèn (桃仁), Semen Persicae</td>
<td>12.0</td>
<td>K</td>
</tr>
<tr>
<td>chuān niú xī (川牛膝), Radix Cyathulae</td>
<td>12.0</td>
<td>K</td>
</tr>
<tr>
<td>hóng huā (红花), Flos Carthami</td>
<td>12.0</td>
<td>K</td>
</tr>
<tr>
<td>gān cǎo (甘草), Radix Glycyrrhizae</td>
<td>8.0</td>
<td>AA</td>
</tr>
<tr>
<td>dì lóng (地龙), Pheretima/Lumbricus</td>
<td>8.0</td>
<td>O</td>
</tr>
<tr>
<td>mò yào (没药), Myrrha</td>
<td>8.0</td>
<td>K</td>
</tr>
<tr>
<td>chuān xiōng (川芎), Rhizoma Ligustici Chuanxiong</td>
<td>8.0</td>
<td>K</td>
</tr>
<tr>
<td>wǔ lǐng zhī (五灵脂), Faeces Trogopterori</td>
<td>8.0</td>
<td>K</td>
</tr>
<tr>
<td>qiāng huò (羌活), Radix Notopterygi</td>
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<tr>
<td>qīn jiǎo (秦艽), Radix Gentianae Macrophyllae</td>
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<tr>
<td>xiāng fù (香附), Rhizoma Cyperi</td>
<td>4.0</td>
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</tbody>
</table>
SHU JING HUO XUE TANG

**Formula:** *shū jīng huó xuè tāng* (舒经活血汤)  
"Dredge Channels, Invigorate Blood Decoction"

**Author:** Gong Ting-Xian (龚廷贤)

**Source:** *Wàn Bìng Huí Chūn* (万病回春), 1587  
Literal: “Thousand Diseases Returned to Spring (eg, Restored to Life)"

**Description:** See *Essential Chinese Formulas*, p. 134

**Availability:**  
CLEMATIS & STEPHANIA COMBINATION (EG)  
COURSE AND QUICKEN FORMULA (GF)  
MOBILITY 2 (HC)  
SHU JING HUO XUE WAN (HT)

**Ingredients:** (from Herbal Times “Shu Jing Huo Xue Wan”)  
- *bái zhú* (白术), Rhizoma Atractylodis Macrocephalae 7.5 % AA  
- *chì sháo* (赤芍), Radix Paeoniae Rubra 7.5 K  
- *chuān xiōng* (川芎), Rhizoma Ligustici Chuanxiong 7.5 K  
- *dāng guī* (当归), Radix Angelicae Sinensis 7.5 AB  
- *shú dì huáng* (熟地黄), Radix Rehmanniae Praep. 7.5 AB  
- *fú líng* (茯苓), Poria 7.5 FC  
- *chén pí* (陈皮), Pericarpium Citri Reticulatae 5.7 G  
- *dú huó* (独活), Radix Angelicae Pubescentis 5.7 FA  
- *fáng fēng* (防风), Radix Saposhnikoviae/Ledebouriella 5.7 BA  
- *huái niú xī* (怀牛膝), Radix Achyranthis Bidentatae 5.7 K  
- *jì xuè téng* (鸡血藤), Caulis Spatholobi/Millettiae 5.7 K  
- *lóng dàn cāo* (龙胆草), Radix/Rhizoma Gentianae 5.7 DA  
- *qiāng huó* (羌活), Radix Notopterygii 5.7 BA  
- *shēng jiāng* (生姜), Rhizoma Zingiberis Recens 5.7 BA  
- *gān cāo* (甘草), Radix Glycyrrhizae 5.6 AA  
- *bái zhī* (白芷), Radix Angelicae Dahuricae 3.8 BA
Formulas for Systemic Inflammation

DANG GUI NIAN TONG TANG

**Formula:** dăng guǐ niǎn tòng tāng (当归拈痛汤)
“Angelica Dang Gui Lift Pain Decoction”

**Author:** Zhāng Yuán-Sū (张元素) aka Zhāng Jié-Gǔ (张洁古)

**Source:** Yī Xué Qī Yuán (医学启源), 1186
Literal: “Medical Studies Informed Origins”

*also referenced in:*

**Author:** Lǐ Gǎo (李杲) aka Lǐ Dōng-Yuán (李东垣)

**Source:** Lán Shì Mì Cáng (兰室秘藏), date unknown, published 1276
Literal: “Orchid Chamber’s Secrets Concealed”

**Description:** See Essential Chinese Formulas, p. 162

**Availability:**
Dang Gui & Anemarrhena (BP, K)
Tangkuei & Anemarrhena Combination (EG)

**Ingredients:** (from Blue Poppy “Dang Gui & Anemarrhena”)
\[
\begin{align*}
\text{dăng guǐ (当归), Radix Angelicae Sinensis} & \quad 7.2 \% \quad \text{AB} \\
\text{dăng shēn (人参), Radix} & \quad 7.2 \quad \text{AA} \\
\text{bái zhú (白术), Rhizoma Atractylodis Macrocephalae} & \quad 7.2 \quad \text{AA} \\
\text{cāng zhú (苍术), Rhizoma Atractylodis} & \quad 7.2 \quad \text{FB} \\
\text{zhù lìng (猪苓), Polyporus} & \quad 7.2 \quad \text{FC} \\
\text{zé xiè (泽泻), Rhizoma Alismatis} & \quad 7.2 \quad \text{FC} \\
\text{zhī mù (知母), Rhizoma Anemarrhenae} & \quad 7.2 \quad \text{DA} \\
\text{huáng qín (黄芩), Radix Scutellariae} & \quad 7.2 \quad \text{DB} \\
\text{yīn chén hāo (茵陈蒿), Herba Artemisiae Scopariae} & \quad 7.2 \quad \text{FC} \\
\text{kū shēn (苦参), Radix Sophorae Flavescentis} & \quad 7.2 \quad \text{DB} \\
\text{gé gēn (葛根), Radix Puerariae Lobatae} & \quad 7.2 \quad \text{BB} \\
\text{qiāng huó (羌活), Radix Notopterygii} & \quad 7.2 \quad \text{BA} \\
\text{fáng fēng (防风), Radix Saposhnikov./Ledebouriellae} & \quad 7.2 \quad \text{BA} \\
\text{shēng má (升麻), Rhizoma Cimicifugae} & \quad 3.8 \quad \text{BB} \\
\text{gān cǎo (甘草), Radix Glycyrrhizae} & \quad 2.6 \quad \text{AA}
\end{align*}
\]
SI MIAO WAN

**Formula:** *sì miào wán* (四妙丸), “Four Wonderful (Ingredient) Pill”  
**Author:** Zhāng Bǐng-Chéng (张秉成)  
**Source:** *Chéng Fāng Biàn Dú* (成方便读), 1904  
Literal: “Established Formulas Convenient Reader”  
**Description:** See *Essential Chinese Formulas*, p. 164  
**Availability:**  
- FOUR MARVEL FORMULA (GF)  
- FOUR MARVEL TEAPILLS (PF)  
- SI MIAO SAN/WAN (BP, HT)

**Ingredients:** (from Herbal Times’ “Si Miao Wan”)  
- *huáng bāi* (黄柏), Cortex Phellodendri Chinensis 33 % DB  
- *yì yǐ rén* (薏苡仁), Semen Coicis 33 FC  
- *cāng zhú* (苍术), Rhizoma Atractylodiscis 17 FB  
- *huái niú xī* (怀牛膝), Radix Achyranthis Bidentatae 17 K

**Historical Origins:**  
**Formula:** *èr miào sān* (二妙散), “Two Wonderful (Ingredient) Pill”  
**Author:** Zhū Zhèn-Hēng (朱震亨) aka Zhū Dān-Xī (朱丹溪)  
**Source:** *Dān Xī Xīn Fǎ* (丹溪心法), 1481  
Literal: “Dan-Xī’s Heart Method (eg, Personal Insights)”

**Formula:** *sān miào sān* (三妙散), “Three Wonderful (Ingredient) Pill”  
**Author:** Yú Tuán (虞抟)  
**Source:** *Yī Xué Zhèng Chuán* (医学正传), 1515  
Literal: “Medical Studies Correct Transmission”

**Source:** *Fāng Shì Mài Zhèng Zhèng Zōng* (方氏脉症正宗), 1749  
Literal: “Fang’s Pulse (and) Disease Orthodox Lineage”
XUAN BI TANG

**Formula:** xuān bì tāng (宣痹汤), “Pacify Painful-Obstruction Decoction”

**Author:** Wú Táng (吴瑭) aka Wú Jū-Tōng (吴鞠通)

**Source:** Wēn Bìng Tiáo Biàn (温病条辨), 1798

  Literal: “Warm Diseases Systematic Differentiation”

**Description:** See Essential Chinese Formulas, p. 166

**Availability:**
XUAN BI TEAPILLS (PF, PM)

**Ingredients:** (from Plum Flower’s “Xuan Bi Teapills”)

*  yì yǐ rén (薏苡仁), Semen Coicis  16.0% FB
  hàn fáng jǐ (汉防己), Radix Stephaniae Tetrandrae  12.3% FC
  kǔ xìng rén (苦杏仁), Semen Armeniacae Amaranum  12.3% CC
  lián qiáo (连翘), Fructus Forsythiae  10.1% DD
*  huái niú xī (怀牛膝), Radix Achyranthis Bidentatae  10.1% K
*  huáng bǎi (黄柏), Cortex Phellodendri Chinensis  10.1% DB
*  cāng zhú (苍术), Rhizoma Atractylodis  8.0% FB
  zhǐ zi (栀子), Fructus Gardeniae  8.0% DA
  jiāng bàn xià (姜半夏), Rhizoma Pinelliae Praep.  7.0% CA
  mù tōng (木通), Caulis Akebiae  6.1% FC

CLERODENDRON 6
Seven Forests

**Ingredients:**

  Clerodendron Chou Wu Tong  25% FA
  Siegesbekia Xi Qian Cao  15% FA
  Coix Yi Yi Ren  15% FC
  Lumbricus Di Long  15% O
  Phellodendron Huang Bai  15% DB
  Atractylodes Cang Zhu  15% FB
CURCUMA LONGA FORMULA
Golden Flower

Ingredients:

- *jiāng huáng* (姜黄), Rhizoma Curcumae Longae 16 %
- *hǔ zhàng* (虎杖), Rhizoma Polygoni Cuspidati 14 %
- *nǚ zhēn zǐ* (女贞子), Fructus Ligustri Lucidi 12 %
- *rǔ xiāng* (乳香), Olibanum/Boswelliae 12 %
- *huáng qín* (黄芩), Radix Scutellariae 10 %
- *xià kū cǎo* (夏枯草), Spica Prunellae 8 %
- *shēng jiāng* (生姜), Rhizoma Zingiberis Recens 8 %
- *guì zhī* (桂枝), Ramulus Cinnamomi 8 %
- *chá yè* (茶叶), Herba Camelliae 4 %
- *chén pí* (陈皮), Pericarpium Citri Reticulatae 3 %
- *gàn cǎo* (甘草), Radix Glycyrrhizae 3 %
- *huáng lián* (黄连), Rhizoma Coptidis 2 %
FLEX (HEAT)
Evergreen

**Ingredients:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Code</th>
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<tbody>
<tr>
<td>Atractylodes Cang Zhu</td>
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<td>Phellodendron Huang Bai</td>
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<tr>
<td>Angelica Dang Gui Wei</td>
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<td>Notopterygium Qiång Huo</td>
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<tr>
<td>Gypsum Shi Gao</td>
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<tr>
<td>Anemarrhena Zhi Mu</td>
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<tr>
<td>Angelica Du Huo</td>
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<tr>
<td>Clematis Wei Ling Xian</td>
<td>FA</td>
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<tr>
<td>Stephania Han Fang Ji</td>
<td>FC</td>
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<tr>
<td>Coix Yi Yi Ren</td>
<td>FC</td>
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<td>Trachelospermum Luo Shi Teng</td>
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<td>Lumbricus Di Long</td>
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<td>Eupolyphaga Di Bie Chong</td>
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<tr>
<td>Zaocys Wu Shao She</td>
<td>FA</td>
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<tr>
<td>Morus Sang Zhi</td>
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<tr>
<td>Acanthopanax Wu Jia Pi</td>
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REGULATING LIVER DRUG TOXICITY

A. IN FUNCTION MEDICINE
   1. Glutathione
   2. Cysteine
   3. Alpha-lipoic Acid

B. IN TCM
   1. Regulate Liver

CHAI HU SHU GAN FORMULA
Golden Flower

chái hú (柴胡), Radix Bupleuri 14.0 % BB
bái sháo (白芍), Radix Paeoniae Alba 11.7 AB
xiāng fù (香附), Rhizoma Cyperi 10.0 G
zhī kē (枳壳), Fructus Aurantii 10.0 G
* yù jīn (郁金), Radix Curcumae 10.0 K
* bái zhú (白术), Rhizoma Atractyloides Macrocephalae 10.0 AA
* huáng qín (黄芩), Radix Scutellariae 10.0 DB
* dāng guì (当归), Radix Angelicae Sinensis 10.0 AB
chuān xiōng (川芎), Rhizoma Ligustici Chuanxiong 8.3 K
gán cǎo (甘草), Radix Glycyrrhizae 6.0 AA
# LIVER DETOX FORMULA

**Dr. Jake Fratkin’s Herbal Formulas**

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Herb</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>AA</td>
<td>bái zhú (白术), Rhizoma Atractyloides Macro.</td>
<td>13.3</td>
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<tr>
<td>AB</td>
<td>bái sháo (白芍), Radix Paeoniae Alba</td>
<td>11.1 g.</td>
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<tr>
<td>AB</td>
<td>dāng guī (当归), Radix Angelicae Sinensis</td>
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<tr>
<td>AB</td>
<td>gōu qī zi (枸杞子), Fructus Lycii</td>
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<td>AD</td>
<td>mài mén dōng (麥門冬), Radix Ophiopogonis</td>
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<td>G</td>
<td>xiāng fù (香附), Rhizoma Cyperi</td>
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<tr>
<td>K</td>
<td>yù jīn (郁金), Radix Curcumae</td>
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<tr>
<td>L</td>
<td>wǔ wèi zǐ (五味子), Fructus Schisandrae</td>
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</table>
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:

Books by Jake Paul Fratkin:


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


A collection of various articles on TCM can be found at:
http://drjakefratkin.com/articles
## CODE LETTERS OF HERBAL COMPANIES

<table>
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<tr>
<th>Code</th>
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<td>BP</td>
<td>Blue Poppy</td>
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<tr>
<td>CC</td>
<td>Chinese Classics</td>
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<tr>
<td>CMS</td>
<td>Chinese Modular Solutions (Kan)</td>
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<td>DrJ</td>
<td>Dr. Jake Fratkin’s Herbal Formulas</td>
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<tr>
<td>EG</td>
<td>“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.</td>
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<td>EV</td>
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<td>GC</td>
<td>Guang Ci Tang (Active Herb)</td>
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<td>GF</td>
<td>Golden Flower</td>
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<tr>
<td>HC</td>
<td>Health Concerns</td>
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<td>HT</td>
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<td>Kaiser Pharmaceutical (Taiwan)</td>
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<td>MS</td>
<td>Minshan (China)</td>
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<td>PF</td>
<td>Plum Flower (Mayway)</td>
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<td>PM</td>
<td>Patent Medicine (various manufacturers, China)</td>
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<td>Panaxea</td>
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<td>Clear Heat, Nourish Yin</td>
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<td>DF</td>
<td>Clear Heat, Resolve Summer-Heat</td>
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<td>FA</td>
<td>Dispel Wind, Overcome Dampness</td>
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<tr>
<td>FB</td>
<td>Dispel Dampness</td>
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<td>FC</td>
<td>Drain Dampness</td>
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<td>G</td>
<td>Rectify Qi</td>
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<td>H</td>
<td>Remove Food-Stasis</td>
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<td>J</td>
<td>Stop Bleeding</td>
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<td>K</td>
<td>Invigorate Blood, Dissolve Stasis</td>
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<td>L</td>
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<td>M</td>
<td>Open Orifices</td>
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<td>N</td>
<td>Tranquilize Heart, Calm Shen</td>
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