

INFLAMMATION AND INFLAMMATORY CONDITIONS

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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 Hz > 1000 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	<i>Cinnamomum Gui Zhi</i>	Neck, shoulder
BA	<i>Ledebouriella Fang Feng</i>	Upper part of body
BA	<i>Notopterygium Qiang Huo</i>	Neck, shoulder, back
BB	<i>Morus Sang Zhi</i>	Shoulder, upper limbs
BB	<i>Pueraria Ge Gen</i>	Neck, trapezius
FA	<i>Gentiana Qin Jiao</i>	Upper limbs
K	<i>Curcuma Jiang Huang</i>	Shoulder

2. LOWER PART OF BODY

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

3. DEEP LEVEL, INCL. BONES

AC	<i>Dipsacus Xu Duan</i>	Tendons/bones, traumatic pain
AC	<i>Drynaria Gu Sui Bu</i>	Bones/marrow, esp. fractures
AD	<i>Loranthus Sang Ji Sheng</i>	Tendons/bones – weakness and atrophy

HERBS COMMONLY USED IN INFLAMMATION AND PAIN

DA/ Clear Heat and Drain Fire

Anemarrhena *Zhi Mu*

Gardenia *Zhi Zi*

DB/ Clear Heat and Drain Dampness

Coptis *Huang Lian*

Phellodendron *Huang Bai*

Scutellaria *Huang Qin*

Rheum *Da Huang* (PA)

DC/ Clear Heat and Cool Blood

Moutan *Mu Dan Pi*

Rehmannia *Sheng Di Huang*

DD/ Clear Heat and Resolve Toxins

Forsythia *Lian Qiao*

Lonicera *Jin Yin Hua*

J/ Stop Bleeding

Notoginseng *Tian Qi*

Typha *Pu Huang*

K/ Invigorate Blood, Dissolve Stasis

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*

Millettia *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

Evid Based Complement Alternat Med. 2008 Dec; 5(4): 429–434.

Published online 2007 Jun 11. doi: [10.1093/ecam/nem054](https://doi.org/10.1093/ecam/nem054)

Measurement of Oxygen Radical Absorbance Capacity (ORAC) Assay ($\mu\text{mol TE/g}$)

TOP 16:	ORAC	
<i>Millettia Ji Xue Teng</i>	1990	K
<i>Sanguisorba Di Yu</i>	1940	J
<i>Agrimony Xian He Cao</i>	1440	J
<i>Artemisia Liu Ji Nu</i>	1400	K
<i>Salvia Dan Shen</i>	1320	K
<i>Sophora Ku Shen</i>	1300	K
<i>Nelumbo Lian Zi</i>	1300	L
<i>Crataegus Shan Zha</i>	1240	H
<i>Lycopus Ze Lan</i>	1220	K
<i>Artemisia Ai Ye</i>	1150	J
<i>Biota Bai Zi Ren</i>	940	N
<i>Polygonum He Shou Wu</i>	790	AB
<i>Drynaria Gu Sui Bu</i>	700	AC
<i>Paeonia Bai Shao</i>	680	AB
<i>Rubia Qian Cao Gen</i>	640	J
<i>Gleditsea Zao Jiao</i>	570	CA

OTHERS:

<i>Cirsium Da Ji</i>	400	J
<i>Carthamus Hong Hua</i>	370	K
<i>Zingiber Sheng Jiang</i>	280	BA
<i>Rheum Da Huang</i>	270	PA
<i>Sparganium San Leng</i>	260	K
<i>Vaccaria Wang Bu Liu Xing</i>	200	K
<i>Curcuma Yu Jin</i>	140	K
<i>Ligusticum Chuan Xiong</i>	130	K
<i>Imperata Bai Mao Gen</i>	130	J

Corydalis <i>Yan Hu Suo</i>	130	K
Typha <i>Pu Huang</i>	120	J
Persica <i>Tao Ren</i>	85	K
Angelica <i>Dang Gui</i>	78	AB
Rehmannia <i>Shu Di Huang</i>	77	AB
Scrophularia <i>Xuan Shen</i>	77	DC
Notoginseng <i>Tian Qi</i>	75	J
Rehmannia <i>Di Huang</i>	65	AB/DC
Boswellia <i>Ru Xiang</i>	49	K
Cyathula <i>Chuan Niu Xi</i>	43	K

ANTI-INFLAMMATORY PRODUCTS USED IN FUNCTIONAL MEDICINE

CURCUMA *JIANG HUANG*

jiāng huáng (姜黄), Rhizoma Curcumae Longae

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

Author: Sū Jìng-Děng (蘇敬等), 657 CE

Properties: acrid, bitter, warm

Channels: spleen, liver

Common name: tumeric

Therapeutic actions:

Activates blood circulation, eliminates 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 (<i>Salix alba</i>)	1600 mg
Boswellia gum resin extract (<i>Boswellia serrata</i>)	200 mg
Bromelain 2400 GDU	200 mg
Turmeric root/rhizomes extract (<i>Curcuma longa</i>)	150 mg
Bioflavonoids (citrus)	100 mg
Ginger root extract (<i>Zingiber officinale</i>)	100 mg
Papain	100 mg
Rosemary leaf extract (<i>Rosmarinus officinalis</i>)	100 mg

INFLAMMATONE**Designs for Health**

Proprietary blend of Enzymes	222 mg
Tumeric root (<i>Curcuma longa</i>)	200 mg
Boswellia resin (<i>Boswellia serrata</i>)	200 mg
Ginger root (<i>Zingiber officinale</i>)	100 mg
Quercitin	75 mg
Rutin	75 mg
Rosemary aerial plant (<i>Rosmarinus officinalis</i>)	50 mg
Reservatrol root (<i>Polygonum cuspidatum</i>)	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

“ALAmox 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, ALAmox CR helps the body synthesize glutathione, the body’s own master detoxifier. ALAmox 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

L-Tyrosine	1500 mg
Vitamin C	500 mg
L-Lysine	250 mg
5-Hydrotryptophan	150 mg
Vitamin B6	37.5 mg
Folic acid	200 mcg
Calcium	110 mg

MEMORACTIVE

Thorne

Two Capsules Contain:

Acetyl-L-Carnitine	500 mg.
Ginkgo Phytosome* (<i>Ginkgo biloba</i> (leaf) / Phosphatidylserine complex)	240 mg.
Bacopa extract (leaf) (<i>Bacopa monnieri</i>)	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) (<i>Brassica oleracea italica</i>)(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 yū 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”)

<i>dāng guī</i> (当归), Radix Angelicae Sinensis	12.0 %	AB
<i>táo rén</i> (桃仁), Semen Persicae	12.0	K
<i>chuān niú xī</i> (川牛膝), Radix Cyathulae	12.0	K
<i>hóng huā</i> (红花), Flos Carthami	12.0	K
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	8.0	AA
<i>dì lóng</i> (地龙), Pheretima/Lumbricus	8.0	O
<i>mò yào</i> (没药), Myrrha	8.0	K
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	8.0	K
<i>wǔ líng zhī</i> (五灵脂), Faeces Troglodyteri	8.0	K
<i>qiāng huó</i> (羌活), Radix Notopterygii	4.0	BA
<i>qín jiāo</i> (秦艽), Radix Gentianae Macrophyllae	4.0	FA
<i>xiāng fù</i> (香附), Rhizoma Cyperi	4.0	G

SHU JING HUO XUE TANG

Formula: *shū jīng huó xuè tāng* (舒经活血汤)

“Dredge Channels, Invigorate Blood Decoction”

Author: Gōng Tíng-Xián (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”)

<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	7.5 %	AA
<i>chì sháo</i> (赤芍), Radix Paeoniae Rubra	7.5	K
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	7.5	K
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	7.5	AB
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	7.5	AB
<i>fú líng</i> (茯苓), Poria	7.5	FC
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	5.7	G
<i>dú huó</i> (独活), Radix Angelicae Pubescentis	5.7	FA
<i>fáng fēng</i> (防风), Radix Saposhnikoviae/Ledebouriella	5.7	BA
<i>huái niú xī</i> (怀牛膝), Radix Achyranthis Bidentatae	5.7	K
<i>jī xuè téng</i> (鸡血藤), Caulis Spatholobi/Millettiae	5.7	K
<i>lóng dǎn cǎo</i> (龙胆草), Radix/Rhizoma Gentianae	5.7	DA
<i>qiāng huó</i> (羌活), Radix Notopterygii	5.7	BA
<i>shēng jiāng</i> (生姜), Rhizoma Zingiberis Recens	5.7	BA
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	5.6	AA
<i>bái zhǐ</i> (白芷), Radix Angelicae Dahuricae	3.8	BA

Formulas for Systemic Inflammation

DANG GUI NIAN TONG TANG

Formula: *dāng guī niān tòng tāng* (当归拈痛汤)

“Angelica Dang Gui Lift Pain Decoction”

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

Source: Yī Xué Qǐ 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”)

<i>dāng guī</i> (当归), Radix Angelicae Sinensis	7.2 %	AB
<i>dang shēn</i> (人参), Radix	7.2	AA
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	7.2	AA
<i>cāng zhú</i> (苍术), Rhizoma Atractylodis	7.2	FB
<i>zhū líng</i> (猪苓), Polyporus	7.2	FC
<i>zé xiè</i> (泽泻), Rhizoma Alismatis	7.2	FC
<i>zhī mǔ</i> (知母), Rhizoma Anemarrhenae	7.2	DA
<i>huáng qín</i> (黄芩), Radix Scutellariae	7.2	DB
<i>yīn chén hāo</i> (茵陈蒿), Herba Artemisiae Scopariae	7.2	FC
<i>kǔ shēn</i> (苦参), Radix Sophorae Flavescentis	7.2	DB
<i>gé gēn</i> (葛根), Radix Puerariae Lobatae	7.2	BB
<i>qiāng huó</i> (羌活), Radix Notopterygii	7.2	BA
<i>fáng fēng</i> (防风), Radix Saposhnikov./Ledebouriellae	7.2	BA
<i>shēng má</i> (升麻), Rhizoma Cimicifugae	3.8	BB
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	2.6	AA

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”)

<i>huáng bǎi</i> (黄柏), Cortex Phellodendri Chinensis	33 %	DB
<i>yì yǐ rén</i> (薏苡仁), Semen Coicis	33	FC
<i>cāng zhú</i> (苍术), Rhizoma Atractylodis	17	FB
<i>huái niú xī</i> (怀牛膝), Radix Achyranthis Bidentatae	17	K

Historical Origins:

Formula: *èr miào sǎn* (二妙散), “Two Wonderful (Ingredient) 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)”

Formula: *sān miào sǎn* (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”)

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

CLERODENDRON 6

Seven Forests

Ingredients:

<i>Clerodendron Chou Wu Tong</i>	25 %	FA
<i>Siegesbekia Xi Qian Cao</i>	15	FA
<i>Coix Yi Yi Ren</i>	15	FC
<i>Lumbricus Di Long</i>	15	O
<i>Phellodendron Huang Bai</i>	15	DB
<i>Atractylodes Cang Zhu</i>	15	FB

CURCUMA LONGA FORMULA

Golden Flower

Ingredients:

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

FLEX (HEAT)

Evergreen

Ingredients:

<i>Atractylodes Cang Zhu</i>	FB
<i>Phellodendron Huang Bai</i>	DB
<i>Angelica Dang Gui Wei</i>	AB
<i>Notopterygium Qiang Huo</i>	BA
<i>Gypsum Shi Gao</i>	DA
<i>Anemarrhena Zhi Mu</i>	DA
<i>Angelica Du Huo</i>	FA
<i>Clematis Wei Ling Xian</i>	FA
<i>Stephania Han Fang Ji</i>	FC
<i>Coix Yi Yi Ren</i>	FC
<i>Trachelospermum Luo Shi Teng</i>	FC
<i>Lumbricus Di Long</i>	O
<i>Eupolyphaga Di Bie Chong</i>	K
<i>Zaocys Wu Shao She</i>	FA
<i>Morus Sang Zhi</i>	FA
<i>Acanthopanax Wu Jia Pi</i>	FA

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

	<i>chái hú</i> (柴胡), Radix Bupleuri	14.0 %	BB
	<i>bái sháo</i> (白芍), Radix Paeoniae Alba	11.7	AB
	<i>xiāng fù</i> (香附), Rhizoma Cyperi	10.0	G
	<i>zhǐ ké</i> (枳壳), Fructus Aurantii	10.0	G
*	<i>yù jīn</i> (郁金), Radix Curcumae	10.0	K
*	<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	10.0	AA
*	<i>huáng qín</i> (黄芩), Radix Scutellariae	10.0	DB
*	<i>dāng guī</i> (当归), Radix Angelicae Sinensis	10.0	AB
	<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	8.3	K
	<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	6.0	AA

LIVER DETOX FORMULA
Dr. Jake Fratkin's Herbal Formulas

AA	<i>bái zhú</i> (白术), Rhizoma Atractylodis Macro.	13.3
AB	<i>bái sháo</i> (白芍), Radix Paeoniae Alba	11.1 g.
AB	<i>dāng guī</i> (当归), Radix Angelicae Sinensis	13.3
AB	<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	8.9
AD	<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	11.1
DB	<i>huáng qín</i> (黄芩), Radix Scutellariae	13.3
G	<i>xiāng fù</i> (香附), Rhizoma Cyperi	11.1
K	<i>yù jīn</i> (郁金), Radix Curcumae	11.1
L	<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	9.0

FURTHER RESOURCES

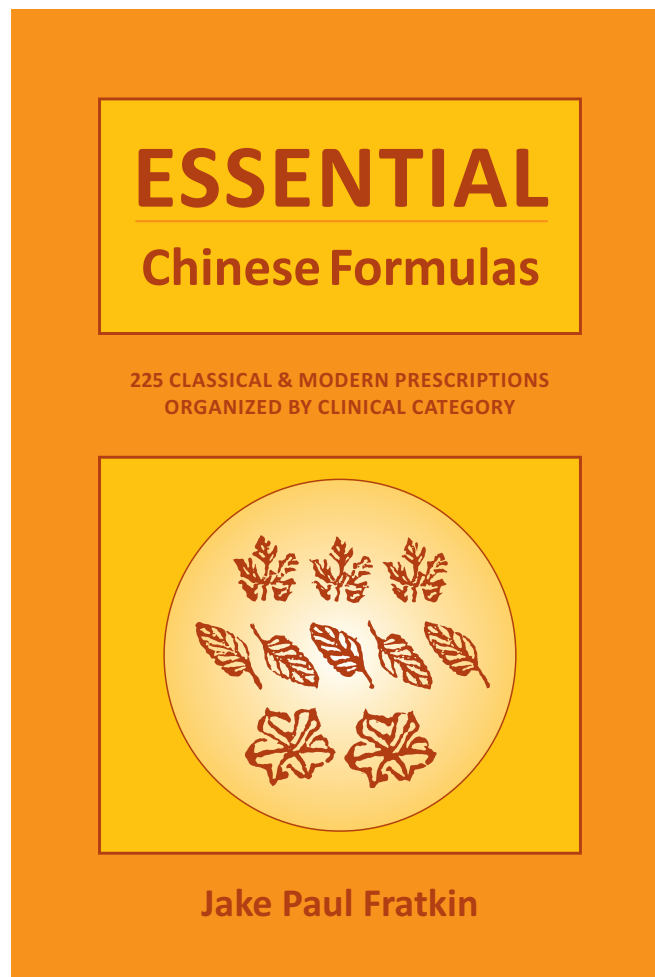
For a complete listing of herbal products by therapeutic category, see:

“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 (Kan)
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)