

DISTURBED *SHEN*

(Insomnia, Anxiety, Palpitation)

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Classical formulas:

Bai Zi Yang Xin Tang	<i>bǎi zǐ yǎng xīn tāng</i> (柏子养心汤)
Gan Mai Da Zao Tang	<i>gān mài dà zǎo tāng</i> (甘麦大枣汤)
Gui Pi Tang	<i>guī pí tāng</i> (归脾汤)
Suan Zao Ren Tang	<i>suān zǎo rén tāng</i> (酸枣仁汤)
Tian Wang Bu Xin Dan	<i>tiān wáng bǔ xīn dān</i> (天王补心丹)

Modern Formulas:

An Mian Pian	<i>ān mián piàn</i> (安眠片)
An Mian Wan	<i>ān mián wán</i> (安眠丸)
An Shen Bu Xin Wan	<i>ān shén bǔ xīn wán</i> (安神补心丸)
An Shui Wan	<i>ān shuì wán</i> (安睡丸)
Bu Nao Wan	<i>bǔ nǎo wán</i> (补脑丸)
/Jian Nao Wan	<i>/ jiàn nǎo wán</i> (健脑丸)

The word *shén* (神) is often translated as “spirit”, and disturbed *shen* implies that the spirit is agitated, especially as it affects the mind and emotional stability. Symptoms and disorders include insomnia or restless sleep, anxiety, palpitation, tachycardia and heart arrhythmias, and in some cases manic behavior. Other symptoms include poor concentration, memory or forgetfulness.

Disturbed *shen* disorders are divided between those of deficiency and those of excess. Deficiency syndromes are more common and are of two types: deficiency of both *yin* and blood, and deficiency of both *qi* and *yang*. In deficiency of *yin* and blood, deficiency-heat may lead to redness in the tip of the tongue, or the tongue may be pale. The pulse is thin and may be slightly rapid. The condition is due to over mental activity, exhaustion of *jing*, or deficiency of kidney *yin*. Symptoms include irregular heartbeat, disturbed dream-filled sleep and poor memory. In extreme cases of heart *yin* deficiency, there may be night sweats, “five heart fever” (heat in the palms, soles and sternum) and nocturnal emission.

In deficiency of heart *yang* or *qi*, the tongue can be dark or pale with a white coat, and the pulse is weak, thin or sunken. Dark facial discoloration on the nose and cheeks may also appear, although this is concurrent with heart blood stagnation. Symptoms of *qi* and *yang* deficiency are aggravated by fatigue or excessive mental activity. Palpitations or arrhythmias are not uncommon, triggered by over-activity. Breathing can be labored. These conditions are also addressed with *qi* tonics (*Chapter 16A*) or *yang* tonics (*Chapter 17B*).

Excess disorders are less common, and are due to phlegm-fire or stagnation of *qi* and blood. Phlegm-fire conditions can be due to acute infections affecting the heart, or may have an endogenous etiology such as liver fire. Signs include a very red tongue with a strong, bounding, rapid pulse. If phlegm is present, the tongue has a yellow greasy coat and the pulse is also slippery. Symptoms include insomnia with anxiety, and in severe cases, fever with delirium, or manic behavior. Most of the formulas in this chapter do not address this condition, with the exception of *An Mian Pian*.

These formulas are not sedatives in the pharmaceutical sense. They do not cause drowsiness or impair mental or physical function and can be taken throughout the day. In cases of insomnia, however, it is often beneficial to take one of the doses before bed, and, if necessary, another dose in the middle of the night. Chronic insomnia due to deficiency is stubborn and requires prolonged treatment before noticeable effects are achieved.

The formulas are also useful for sharpening the mind - to improve memory and concentration. This can be done on an ongoing basis, or short term such as preparing for exams.

QUICK REFERENCE:***Disturbed shen due to deficiency of heart yin and blood***

Bai Zi Yang Xin Tang

Gan Mai Da Zao Tang

Tian Wang Bu Xin Dan

Disturbed shen due to deficiency of yang and blood with phlegm

Bu Nao Wan

Disturbed shen due to deficiency of qi and blood

Gui Pi Tang

Jian Nao Wan

Disturbed shen due to deficiency of qi, blood and yin

An Mian Wan

An Shui Wan

Disturbed shen due deficiency heat

Gan Mai Da Zao Tang

Suan Zao Ren Tang

Disturbed shen due to phlegm-fire

An Mian Pian

Disturbed shen due to ascendant yang

An Shen Bu Xin Wan

Disturbed shen due blood stasisFormulas in *Chapter 10: Blood Stasis and Phlegm*

Classical Formulas:**BAI ZI YANG XIN TANG****Formula:** *bǎi zǐ yǎng xīn tāng* (柏子养心汤), “Biota Seed Nourish Heart Decoction”**Author:** Péng Yòng-Guāng (彭用光)**Source:** *Tǐ Rén Huì Biān* (体仁汇编), 1549

Literal: “Body Benevolent Collection-Compilation”

Availability:

BAI ZI YANG XIN WAN (MS, PM)

BAI ZI ZI XIN WAN (TL)

HEAVENLY HEART TEAPILLS (PF)

Ingredients: (from Minshan, Lanzhou Foci Herb Factory “Bai Zi Yang Xin Wan”; also, Plum Flower “Heavenly Heart Teapills”)

<i>bǎi zǐ rén</i> (柏子仁), Semen Platycladi/Biotae	25.8 %	N
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	19.4	AB
<i>xuán shēn</i> (玄参), Radix Scrophulariae	12.9	DC
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	12.9	DC
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	6.5	AD
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	6.5	AB
<i>fú líng</i> (茯苓), Poria	6.4	FC
<i>shí chāng pú</i> (石菖蒲), Rhizoma Acori Tatarinowii	6.4	M
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	3.2	AA

GUI PI WAN

Formula: *guī pí tāng* (归脾汤), “Restore Spleen Pill”

Author: Yán Yòng-Hé (严用和)

Source: *Jì Shēng Fāng* (济生方), 1253

Literal: “Aid (the) Living Formulas”

Availability:

GATHER VITALITY (K)

GINSENG & LONGAN COMBINATION (EG)

GINSENG AND LONGAN FORMULA (CC, GF)

GUI PI TANG (BP, TZ)

GUI PI TEAPILLS (PF)

GUI PI WAN (GC, HT, MS, PiM, TL)

TONIFY SPLEEN (JD)

* CALM THE SHEN (TT)

* SHEN-GEM (HC)

Ingredients: (from the standardized “Ginseng & Longan Combination”)

<i>rén shēn</i> (人参), Radix Ginseng	9.7 %	AA
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	9.7	AA
<i>fú líng</i> (茯苓), Poria	9.7	FC
<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	9.7	N
<i>lóng yǎn ròu</i> (龙眼肉), Arillus Longan	9.7	AB
<i>huáng qí</i> (黄芪), Radix Astragali	9.7	AA
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	9.7	AB
<i>yuǎn zhì</i> (远志), Radix Polygalae	9.7	N
<i>shēng jiāng</i> (生姜), Rhizoma Zingiberis Recens	6.5	BA
<i>dà zǎo</i> (大枣), Fructus Jujubae	6.5	AA
<i>mù xiāng</i> (木香), Radix Aucklandiae	4.7	G
<i>zhì gān cǎo</i> (炙甘草), Radix Glycyrrhizae Praep	4.7	AA

GUI PI WAN

Ingredients: (from Herbal Times “Gui Pi Wan”)

<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	14 %	AA
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	14	AB
<i>fú líng</i> (茯苓), Poria	14	FC
<i>lóng yǎn ròu</i> (龙眼肉), Arillus Longan	14	N
<i>yuǎn zhì</i> (远志), Radix Polygalae	14	N
<i>dǎng shēn</i> (党参), Radix Codonopsis	7	AA
<i>huáng qí</i> (黄芪), Radix Astragali	7	AA
<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	7	N
<i>dà zǎo</i> (大枣), Fructus Jujubae	3	AA
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	3	AA
<i>mù xiāng</i> (木香), Radix Aucklandiae	3	G

SUAN ZAO REN TANG

Formula: *suān zǎo rén tāng* (酸枣仁汤), “Zizyphus Decoction”

Author: Zhāng Zhòng-Jǐng (张仲景)

Source: *Jīn Guì Yào Lǜ* (金匱要略), 220

Literal: “Golden Cabinet Essential Summary”

Availability:

SUAN ZAO REN TANG (BP, PF)

SUAN ZAO REN WAN (HT, PM, TL)

ZIZYPHUS COMBINATION (EG)

ZIZYPHUS FORMULA (CC, GF)

ZIZYPHUS SLEEP FORMULA (K)

* NOURISH THE SOUL (TT)

* TE XIAO ZAO REN AN MIAN PIAN

Ingredients: (from the standardized “Zizyphus Combination”)

<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	45.5 %	N
<i>fú líng</i> (茯苓), Poria	18.2	FC
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	18.2	K
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	9.1	AA
<i>zhī mǔ</i> (知母), Rhizoma Anemarrhenae	9.1	DA

Ingredients: (from Herbal Times “Suan Zao Ren Wan”)

<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	38.5 %	N
<i>fú líng</i> (茯苓), Poria	23.0	FC
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	15.2	K
<i>zhī mǔ</i> (知母), Rhizoma Anemarrhenae	15.2	DA
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	8.0	AA

Ingredients: (from Plum Flower “Suan Zao Ren Tang”)

<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	78.5 %	N
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	6.1	K
<i>fú líng</i> (茯苓), Poria	6.1	FC
<i>zhī mǔ</i> (知母), Rhizoma Anemarrhenae	6.1	DA
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	3.1	AA

TIAN WANG BU XIN DAN

Formula: *tiān wáng bǔ xīn dān* (天王补心丹), “Heavenly Emperor Tonify Heart Elixir”

Author: Hóng Jī (洪基) *aka* Hóng Jiǔ-Yōu (洪九有)

Source: *Shè Shēng Mì Pōu* (摄生秘剖), 1638

Literal: “Sustaining Life Secrets, Explanation”

also attributed to:

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

Source: *Jiào Zhù Fù Rén Liáng Fāng* (校注妇人良方), mid-16th c.

Literal: “Corrections Annotations Women’s Fine Formulas”

Availability:

CELESTIAL EMPEROR’S BLEND (K)

EMPEROR’S TEAPILLS (PF)

EMPEROR’S HEART YIN FORMULA (JD)

GINSENG & ZIZYPHUS FORMULA (CC, EG)

HEAVENLY EMPEROR’S FORMULA (GF)

TIAN WANG BU XIN DAN (BP, PiM, TZ)

TIAN WANG BU XIN WAN (GC, HT, JD, MS, TL)

Ingredients: (from Minshan “Tian Wang Bu Xin Wan”)

<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praeparata	29.7 %	AB
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	7.4	AB
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	7.4	L
<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	7.4	N
<i>bǎi zǐ rén</i> (柏子仁), Semen Platycladi	7.4	N
<i>tiān mén dōng</i> (天门冬), Radix Asparagi	7.4	AD
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	7.4	AD
<i>xuán shēn</i> (玄参), Radix Scrophulariae	7.4	DC
<i>dān shēn</i> (丹参), Radix/Rhizoma Salviae Miltiorrhizae	3.7	K
<i>dǎng shēn</i> (党参), Radix Codonopsis	3.7	AA
<i>fú líng</i> (茯苓), Poria	3.7	FC
<i>jié gěng</i> (桔梗), Radix Platycodonis	3.7	CA
<i>yuǎn zhì</i> (远志), Radix Polygalae	3.7	N

Modern Formulas:**AN MIAN PIAN****Formula:** *ān mián piàn* (安眠片), “Calm Sleep Tablets”**Source:** Modern patent medicine**Availability:**

AN MIAN PIAN (BP)

AN MIEN PIAN (PF)

AN MIEN PIEN (PM)

Ingredients: (from Plum Flower “An Mien Pian”)

<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	30 %	N
<i>yuǎn zhì</i> (远志), Radix Polygalae	20	N
<i>fú líng</i> (茯苓), Poria	15	FC
<i>zhī zǐ</i> (栀子), Fructus Gardeniae	15	DA
<i>shén qū</i> (神曲), Massa Medicata Fermentata	15	H
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	5	AA

AN MIAN WAN

Formula: *ān mián wán* (安眠丸), “Calm Sleep Pills”

Source: Modern patent medicine

Availability:

AN MIAN WAN (HT)

Ingredients: (from Herbal Times “An Mian Wan”)

<i>bǎi zǐ rén</i> (柏子仁), Semen Platycladi/Biotae	10.0 %	N
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	10.0	AB
<i>yuǎn zhì</i> (远志), Radix Polygalae	10.0	N
<i>jié gěng</i> (桔梗), Radix Platycodonis	9.7	CA
<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	8.0	N
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	7.4	G
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	5.5	AB
<i>dǎng shēn</i> (党参), Radix Codonopsis	5.5	AA
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	5.5	AA
<i>shān yào</i> (山药), Rhizoma Dioscoreae	5.5	AA
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	5.5	AD
<i>xuán shēn</i> (玄参), Radix Scrophulariae	5.5	DC
<i>bái zhǐ</i> (白芷), Radix Angelicae Dahuricae	4.5	BB
<i>jiǔ jié chāng pú</i> (九节菖蒲), Rhizoma Anemones Altaicae	4.5	M
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	2.9	L

AN SHEN BU XIN WAN

Formula: *ān shén bǔ xīn wán* (安神补心丸), “Calm Shen Tonify Heart Pill”

Source: Modern patent medicine

Availability:

AsU XIN WAN (GC, HT, MS, PM)

AN SHEN BU XIN TEAPILLS (PF)

SOOTHWELL (PM)

Ingredients: (from Minshan “An Shen Bu Xin Wan” and Plum Flower “An Shen Bu Shen Teapills”)

<i>zhēn zhū mǔ</i> (珍珠母), Concha Margaritiferae Usta	44.0 %	N
<i>yè jiāo téng</i> (夜交藤), Caulis Polygoni Multiflori	11.0	N
<i>nǚ zhēn zǐ</i> (女贞子), Fructus Ligustri Lucidi	8.8	AD
<i>dān shēn</i> (丹参), Radix/Rhizoma Salviae Miltiorrhizae	6.6	K
<i>hàn lián cǎo</i> (旱莲草), Herba Ecliptae	6.6	AD
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	6.6	AC
<i>hé huān pí</i> (合欢皮), Cortex Albiziae	6.6	N
<i>shēng dì huáng</i> (生地黄), Radix Rehmanniae	4.4	AB
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	3.3	L
<i>shí chāng pú</i> (石菖蒲), Rhizoma Acori Tatarinowii	2.2	M

Ingredients: (from Herbal Times “An Shen Bu Xin Wan”)

<i>dān shēn</i> (丹参), Radix/Rhizoma Salviae Miltiorrhizae	20 %	K
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	20	AC
<i>hàn lián cǎo</i> (旱莲草), Herba Ecliptae	15	AD
<i>shí chāng pú</i> (石菖蒲), Rhizoma Acori Tatarinowii	15	M
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	15	L
<i>zhēn zhū</i> (珍珠), Margarita	15	N

AN SHUI WAN

Formula: ān shuì wán (安睡丸), “Peaceful Sleep Pills”

Source: Modern patent medicine

Availability:

AN SHUI TEAPILLS (PF)

Ingredients: (from Plum Flower “An Shui Teapills”)

yè jiāo téng (夜交藤), Caulis Polygoni Multiflori	10.0 %	N
fú xiǎo mài (浮小麦), Fructus Triticis Levis	10.0	L
yuǎn zhì (远志), Radix Polygalae	8.0	N
shú dì huáng (熟地黄), Radix Rehmanniae Praep.	8.0	AB
bǎi zǐ rén (柏子仁), Semen Platycladi/Biotae	8.0	N
suān zǎo rén (酸枣仁), Semen Ziziphi Spinosa	6.0	N
chén pí (陈皮), Pericarpium Citri Reticulatae	6.0	G
fú líng (茯苓), Poria	4.5	FC
dāng guī (当归), Radix Angelicae Sinensis	4.5	AB
shān yào (山药), Rhizoma Dioscoreae	4.5	AA
dǎng shēn (党参), Radix Codonopsis	4.5	AA
xuán shēn (玄参), Radix Scrophulariae	4.5	DC
mài mén dōng (麦门冬), Radix Ophiopogonis	4.5	AD
jié gěng (桔梗), Radix Platycodonis	4.5	CA
bái zhú (白术), Rhizoma Atractylodis Macrocephalae	3.5	AA
shí chāng pú (石菖蒲), Rhizoma Acori Tatarinowii	3.5	M
gān cǎo (甘草), Radix Glycyrrhizae	3.5	AA
wǔ wèi zǐ (五味子), Fructus Schisandrae	2.0	L

BU NAO WAN / JIAN NAO WAN

Formula: *bǔ nǎo wán* (补脑丸), “Tonify Brain Pill”

Source: Modern patent medicine

Availability:

Bu Nao Wan (HT, PiM, TL)

Bu Nao Pian (PF)

Cerebral Tonic Pill (PM)

Clear Mind (K)

Polygala Combo (PM)

Formula: *jiàn nǎo wán* (健脑丸), “Healthy Brain Pills”

Source: Modern patent medicine

Availability:

Healthy Brain Pills (PM)

Ingredients: (from Xian TCM Factory “Cerebral Tonic Pill / Polygala Combo”)

<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	20 %	L
<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	16	N
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	10	AB
<i>suǒ yáng</i> (锁阳), Herba Cynomorii	8	AC
<i>hú táo rén</i> (胡桃仁), Semen Juglans Regiae	8	AC
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	8	AB
<i>bǎi zǐ rén</i> (柏子仁), Semen Platycladi/Biotae	6	N
<i>gōu téng</i> (钩藤), Ramulus Uncariae cum Uncis	4	O
<i>yuǎn zhì</i> (远志), Radix Polygalae	4	N
<i>tiān nán xīng</i> (天南星), Rhizoma Arisaematis	4	CA
<i>shí chāng pú</i> (石菖蒲), Rhizoma Acori Tatarinowii	4	M
<i>hǔ pò</i> (琥珀), Succinum	4	N
<i>lóng chǐ</i> (龙齿), Dens Draconis	4	N

The Plum Flower formula “*Bu Nao Pian*” follows the same formula, but substitutes *hé huān pí* (合欢皮, Cortex Albiziae) for *hǔ pò*, and *zhēn zhū* (珍珠, Margarita) for *lóng chǐ*.

Ingredients: (from Herbal Times “*Bu Nao Wan*”)

<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	18.0 %	N
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	12.0	AB
<i>hú táo rén</i> (胡桃仁), Semen Juglans Regiae	10.0	AC
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	10.0	L
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	7.0	AB
<i>shí chāng pú</i> (石菖蒲), Rhizoma Acori Tatarinowii	7.0	M
<i>yì zhì rén</i> (益智仁), Fructus Alpiniae Oxyphyllae	7.0	AC
<i>tiān má</i> (天麻), Rhizoma Gastrodiae	5.0	O
<i>tiān zhú huáng</i> (天竹黄), Concretio Silicea Bambusae	5.0	CB
<i>yuǎn zhì</i> (远志), Radix Polygalae	5.0	N
<i>bái zhǐ</i> (白芷), Radix Angelicae Dahuricae	3.5	BA
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	3.5	K

Ingredients: (from Qingdao Traditional Chinese Medicine Factory “Healthy Brain Pills”)

<i>suān zǎo rén</i> (酸枣仁), Semen Ziziphi Spinosae	22.5 %	N
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	15.0	AB
<i>shān yào</i> (山药), Rhizoma Dioscoreae	12.5	AA
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	9.0	AB
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	7.5	L
<i>yì zhì rén</i> (益智仁), Fructus Alpiniae Oxyphyllae	7.5	AC
<i>tiān zhú huáng</i> (天竹黄), Concretio Silicea Bambusae	5.2	CB
<i>jiǔ jié chāng pú</i> (九节菖蒲), Rhizoma Anemones Altaicae	5.2	M
<i>dān shēn</i> (丹参), Radix/Rhiz. Salviae Miltiorrhizae	5.2	K
<i>rén shēn</i> (人参), Radix Ginseng	5.2	AA
<i>bǎi zǐ rén</i> (柏子仁), Semen Platycladi/Biotae	5.2	N

HEART ARRHYTHMIA

AA	Ginseng <i>Ren Shen</i>	10.7 g.
AA	Glycyrrhiza <i>Zhi Gan Cao</i>	10.7
AB	Equus Asinum <i>E Jiao</i>	10.7
DA	Anemarrhena <i>Zhi Mu</i>	10.7
DB	Phellodendron <i>Huang Bai</i>	10.7
DC	Rehmannia <i>Sheng Di Huang</i>	14.4
K	Carthamus <i>Hong Hua</i>	10.7
K	Persica <i>Tao Ren</i>	10.7
K	Salvia <i>Dan Shen</i>	10.7

FURTHER RESOURCES

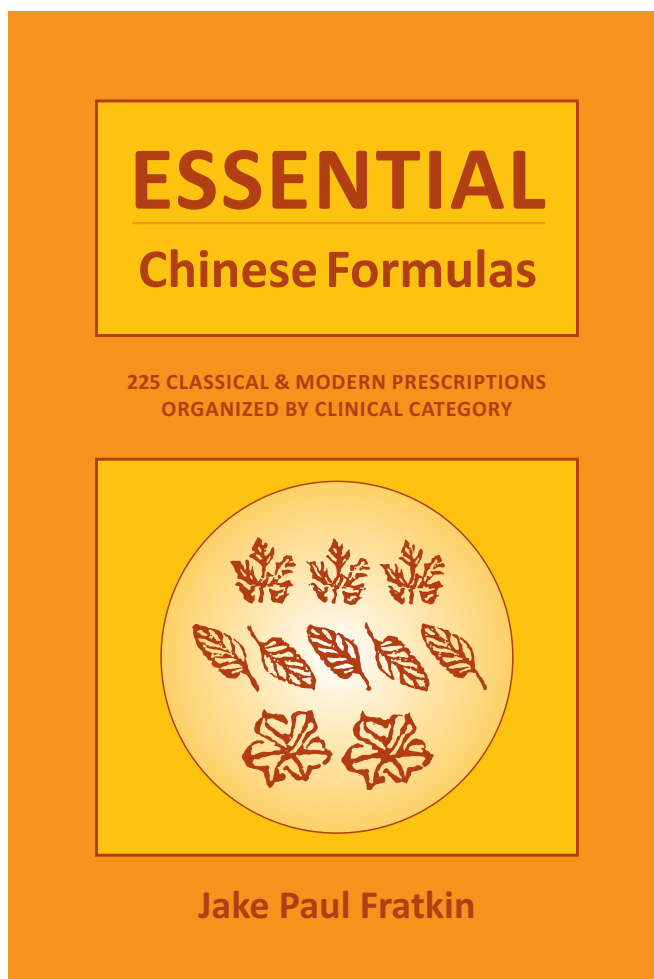
For a complete listing of herbal products by therapeutic category, see:

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

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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)