

USING TONICS IN AGING PATIENTS

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Pacific Symposium, October 2016

Tonics can be overused, or underused. TCM practitioners often start treatment with tonics, which often sabotages the need to prioritize underlying excess conditions. However, tonics become important once excesses are treated, or when patients arrive with frank deficiencies of *qi*, blood, *yin* or *yang*, especially as they age. A number of modern formulas have emerged that boost the classical repertoire.

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QI TONICS

A. What is Qi?

1. The Chinese word *qì* (气) describes a bioenergy that circulates and infiltrates through the body via the acupuncture network
 - a. In Chinese medicine, various kinds of *qi* are described
 1. Includes the *qi* of the acupuncture network and the *qi* of various organs
2. *Zheng Qi*
 - a. Kidney, spleen and lung *qi* produce the healthy *qi* of the whole body: *zhèng qì* (正气)
 - b. The spleen and lung work to extract *qi* from the environment – from food and air
 - c. The spleen channel has an upward-moving direction, and its function is to extract *qi* and fluid from food in the small intestine and send it to the upper *jiao*
 - d. There it combines with *qi* from the air
 - e. Kidney *qi* (including constitutional *yuán jīng*, 原精) is also utilized
 1. Circulates through the eight extraordinary channel network
 2. Acts as a catalyst to merge the three types of energy into *zōng qì* (宗气)
3. *Zong qi*
 - a. Circulates through the blood vessels and the acupuncture network
 - b. The lung pumps and circulates *zong qi* through the meridian sequence
 1. Follows meridian sequence, starting with lung, and then circulating through LI, ST, SP, HT, SI, BL, KI, PC, TW, GB, LV and then LU, repeating sequence
 2. The heart is responsible for pumping the blood
 - c. The concentric aspect of *zong qi* is called *yíng qì* (营气) – “nutritive *qi*”
 1. Nourishes the internal organs and allows them to function normally

- d. The more active centripetal energy emanating off the concentric *ying qi* is called *wèi qì* (卫气) – “protective qi”
 - 1. Infiltrates tissue and interstitial fluids surrounding the acupuncture channels
 - 2. Responsible for cellular function and immune modulation

B. Pathologies of *Qi*

- 1. Deficiency of the spleen, lung or kidney can lead to deficiency of *ying qi* and *wei qi*
 - a. This interferes with organ function and immune response
 - b. Accounts for generalized fatigue
 - c. Acts as the root cause of many illnesses
 - d. Deficiency of *qi* can lead to deficiency of blood
- 2. Symptoms of deficiency of lung *qi*
 - a. Generalized weakness or fatigue
 - b. Difficulty breathing
 - c. Weak voice
 - d. Spontaneous sweating
 - e. Susceptibility to allergies
- 3. Deficiency of spleen *qi*
 - a. Fatigue, lethargy
 - b. Poor digestion
 - c. Epigastric or abdominal bloating
 - d. Loose stool
 - e. Weak limbs
- 4. Deficiency of heart *qi*
 - a. Fatigue
 - b. Difficulty breathing
 - c. Poor concentration
 - d. Palpitations or arrhythmia
- 5. Kidney *qi* (see below)

Chapter 16A. QI TONICS

Single herb:

- | | | |
|---|---------------------------------|---|
| + | Huang Qi (Astragalus) | <i>huáng qí</i> (黄芪), Radix Astragali |
| + | Ren Shen (Ginseng) | <i>rén shēn</i> (人参), Radix Ginseng |
| + | Xi Yang Shen (American Ginseng) | <i>xī yáng shēn</i> (西洋参), Radix Panacis Quinq. |
| + | Feng Wang Jiang (Royal Jelly) | <i>fēng wáng jiāng</i> (蜂王浆) |

Two herb combination:

- | | |
|---|--|
| + | Ren Shen Feng Wang Jiang (Ginseng Royal Jelly) |
| | <i>rén shēn fēng wáng jiāng</i> (人参蜂王浆) |

Three herb combination:

- | | | |
|---|------------------|--------------------------------|
| ✓ | Yu Ping Feng San | <i>yù píng fēng sǎn</i> (玉屏风散) |
|---|------------------|--------------------------------|

YU PING FENG SAN

Formula: *yù píng fēng sǎn* (玉屏风散), “Jade Screen (against the) Wind Powder”

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*, Fratkin, p. 516

Availability:

ASTRAGALUS & SILER FORMULA (EG)
 CHILDREN’S JADE DEFENSE (GF)
 IMMUNE PLUS (DR.J)
 JADE SCREEN FORMULA (CC, JD, PF, SF, TT)
 JADE WINDSCREEN FORMULA (GF, HS, K)
 YU PING FENG SAN/WAN (BP, HT, JD, TL, TZ)
 * ASTRA C (HC)

Ingredients: (from the standardized “Astragalus & Siler Formula”)

<i>huáng qí</i> (黄芪), Radix Astragali	60 %	AA
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	20	AA
<i>fáng fēng</i> (防风), Radix Saposhnikoviae/Ledebouriellae	20	BA

Chapter 6A. SPLEEN QI DEFICIENCY

Classical Formulas:

+	Bu Zhong Yi Qi Tang	<i>bǔ zhōng yì qì tāng</i> (补中益气汤)
+	[Jun Zi Tang Formulas]	<i>[jūn zǐ tāng</i> (君子汤) formulas]:
	Si Jun Zi Tang	<i>sì jūn zǐ tāng</i> (四君子汤)
	Liu Jun Zi Tang	<i>liù jūn zǐ tāng</i> (六君子汤)
	Xiang Sha Liu Jun Zi Tang	<i>xiāng shā liù jūn zǐ tāng</i> (香砂六君子汤)
	Ping Wei San	<i>píng wèi sǎn</i> (平胃散)
	Shen Ling Bai Zhu San	<i>shēn líng bái zhú sǎn</i> (参苓白术散)

Modern Formulas:

Shen Qi Wu Wu Wei Zi Wan	<i>shēn qí wu wǔ wèi zǐ wán</i> (参芪五味子丸)
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Chapter 6B. SPLEEN YANG DEFICIENCY

Classical Formulas:

+	Fu Zi Li Zhong Wan	<i>fù zǐ lǐ zhōng wán</i> (附子理中丸)
	Xiao Jian Zhong Tang	<i>xiǎo jiàn zhōng tāng</i> (小建中汤)

Modern Formulas:

Mu Xiang Shun Qi Wan	<i>mù xiāng shùn qì wán</i> (木香顺气丸)
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BLOOD TONICS

A. General

1. Blood nourishes every cell in the body, blood deficiency particularly affects the function of the brain, heart, liver, uterus and skin
2. TCM organization
 - a. The heart dominates the blood vessels
 - b. Liver stores the blood
 - c. Spleen controls the blood
 - d. Deficiency of blood can affect all three *zang-fu* organs
3. *Zang-Fu* production of blood
 - a. Spleen = *gu qi* and water
 - b. Lung = *da qi*
 - c. Kidney = *yuan-jing*
4. Blood deficiency
 - a. Includes that which can be measured by laboratory analysis, including low counts of red blood cells, white blood cells, platelets or hematocrit
 - b. Blood deficiency can exist even when lab tests appear normal
 1. Indicates weak blood vitality
 2. Devitalized red blood cells have the tendency to clump together
 - a. They cannot repel each other electromagnetically
 - b. Indicates weak blood vitality
 3. Indicates weak blood vitality
 4. Devitalized red blood cells have the tendency to clump together
 5. Interferes with ability to bind oxygen and carbon dioxide
 6. Indicates weak blood vitality
 - c. Includes that which can be measured by laboratory analysis, including low RBC, WBC, platelets
 - d. Blood deficiency can exist even when lab tests appear normal
 - e. Blood deficiency is evident following:
 1. Menses
 2. Childbirth
 3. Major surgery
 4. Hemorrhagic loss of blood due to trauma

5. Excessive uterine bleeding
6. Radiation or chemotherapy
7. Kidney dialysis

B. Blood deficiency in TCM

1. Signs and symptoms of blood deficiency are a more important indicator than blood counts
 - a. Thin or weak pulse
 - b. Pale tongue and lips
 - c. Pale conjunctiva in the eyes
 - d. Dry or itchy skin
 - e. Pale complexion
 - f. Dry hair or hair that falls out easily
 - g. Fatigue
 - h. Poor concentrate
 - i. Amenorrhea or irregular menses
 - j. Floaters in the eyes
 - k. Dry brittle finger nails
 - l. Low body temperature
2. Blood deficiency in the liver
 - a. Dry, brittle tendons found in stiffness and inflexibility associated with aging
3. Blood deficiency in the heart
 - a. Insomnia
 - b. Palpitation
 - c. Dizziness
 - d. Irregular heart beat
 - e. Poor memory and concentration
4. Blood deficiency in the intestines
 - a. Blood tonics are used to nourish and moisten the intestines in the treatment of constipation
5. Gynecological applications
 - a. In China, blood-tonifying formulas are popular to compensate for blood lost during menses

1. Also prevent dryness of the skin and hair loss
 2. Chinese women often take a blood tonic for the two weeks following the period
 - b. Problems of infertility often involve a blood deficiency, in addition to deficiency of kidney or stagnation of liver
6. Causes of blood deficiency
- a. Underlying deficiency of *qi*
 1. May be due to dysfunction of the spleen (digestive ability)
 2. Lung (including air pollution or smoking)
 3. Kidney
 - a. People on kidney dialysis, for example, show all the signs of blood deficiency
 - b. Hemophilia, a constitutional kidney deficiency in Chinese medicine, is also seen as a problem of blood deficiency, as are other platelet disorders

Chapter 16B. BLOOD TONICS

Single herb:

- | | | |
|---|------------|--|
| + | Dang Gui | <i>dāng guī</i> (当归), Radix Angelicae Sinensis |
| + | He Shou Wu | <i>hé shǒu wū</i> (何首乌), Radix Polygoni Multifl. |

Classical Formulas:

- | | | |
|---|---------------------|-------------------------|
| | Si Wu Tang | <i>sì wù tāng</i> (四物汤) |
| ✓ | Tao Hong Si Wu Tang | |

Modern Formulas:

- | | | |
|---|------------------------------|----------------------------|
| | Dang Gui Jing (Tang Kwe Gin) | <i>dāng guī jīng</i> (当归精) |
| + | Shou Wu Zhi | <i>shǒu wū zhī</i> (首乌汁) |

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-Gū (王好古)

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

Literal: “Medical Ramparts Supreme Commanders”

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

Availability:

AUGMENTED FOUR SUBSTANCES (K)

TANGKUEI FOUR, PERSICA, & CARTHAMUS COMBINATION (EG)

TAO HONG SI WU TANG/WAN (BP, PF, TL, TZ)

*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

COMBINED QI AND BLOOD TONICS

A. Applications for formulas that tonify both *qi* and blood

1. Following surgery, radiation, chemotherapy, extended illness
2. Gynecological diseases
 - a. Dysmenorrhea
 - b. Amenorrhea
 - c. Heavy menstrual periods
 - d. Menstrual spotting
 - e. Difficult labor or pregnancy, vaginal itching)
3. Heart and *shen* patterns
 - a. Depression
 - b. insomnia,
 - c. anxiety
4. Liver patterns
 - a. Dizziness
 - b. Tremors
5. Blood disorders
 - a. Subcutaneous bleeding
 - b. Nosebleed
6. Skin disorders
 - a. Wind rash,
 - b. Alopecia
 - c. Slow healing wounds
7. Eye disorders
 - a. Optic atrophy
 - b. Diminished vision
8. *Wei* syndrome
 - a. Tremors
 - b. Stroke sequelae
9. *Bi* syndrome
 - a. Deficiency joint and muscle pain

Chapter 16C. COMBINED QI AND BLOOD TONICS

Classical Formulas:

✓	<i>Ba Zhen Tang</i>	<i>bā zhēn tāng</i> (八珍汤)
	<i>Dang Gui Bu Xue Tang</i>	<i>dāng guī bǔ xuè tāng</i> (当归补血汤)
✓	<i>Ren Shen Yang Rong Tang</i>	<i>rén shēn yǎng róng tāng</i> (人参养荣汤)
	<i>/ Yang Ying Wan</i>	<i>/ yǎng yíng wán</i> (养营丸)

Modern Formulas:

<i>Ren Shen Shou Wu Wan</i>	<i>rén shēn shǒu wú wán</i> (人参首乌丸)
(Ginseng and Polygonum)	

BA ZHEN TANG

Formula: *bā zhēn tāng* (八珍汤), “Eight Treasures Decoction”

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

Source: *Zhèng Tǐ Lèi Yào* (正体类要), 1529

Literal: “Standardized Category Essentials”

Origin:

Formula: *shí quán dà bǔ tāng* (十全大补汤) (Chapter 18A)

Author: Wú Yàn-Kuí (吴彦夔)

Source: *Chuán Xìn Shì Yòng Fāng* (传信适用方), 1180

Literal: “Transmitted Suitable (and) Useable Formulas”

Description: See *Essential Chinese Formulas*, Fratkin, p. 538

Availability:

BA ZHEN TANG (BP, TZ)

BA ZHEN WAN (GC, HT, JD, PiM, TL)

EIGHT-TREASURES (HC)

NU KE BA ZHEN WAN (MS)

TANGKUEI & GINSENG EIGHT COMBINATION (EG)

WOMEN'S PRECIOUS (CC, PF)

WOMEN'S TREASURE (JD)

* BA ZHEN YI MU WAN (TL)

* WOMEN'S PRECIOUS (GF, K)

BA ZHEN TANG

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

<i>dāng guī</i> (当归), Radix Angelicae Sinensis	10.9 %	AB
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	10.9	K
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	10.9	AB
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	10.9	AB
<i>rén shēn</i> (人参), Radix Ginseng	10.9	AA
<i>fú líng</i> (茯苓), Poria	10.9	FC
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	10.9	AA
<i>shēng jiāng</i> (生姜), Rhizoma Zingiberis Recens	10.9	E
<i>dà zǎo</i> (大枣), Fructus Jujubae	7.3	AA
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	5.5	AA

Ingredients: (from Herbal Times “Ba Zhen Wan”)

<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	18.2 %	AB
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	18.2	AB
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	12.1	AB
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	12.1	AA
<i>dǎng shēn</i> (党参), Radix Codonopsis	12.1	AA
<i>fú líng</i> (茯苓), Poria	12.1	FC
<i>chuān xiōng</i> (川芎), Rhizoma Ligustici Chuanxiong	9.1	K
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	6.1	AA

REN SHEN YANG RONG TANG / YANG YING WAN

Formula: *rén shēn yǎng róng tāng* (人参养荣汤)

“Ginseng Nourish Luxuriant-Growth Decoction”

aka *yǎng yíng wán* (养营丸), “Nourish *Ying-Qi* Pills”

Author: Imperial Medical Bureau (*tài yī jú*, 太医局); revised by Chén Shī-Wén (陈师文)

Source: *Tài Píng Huì Mǐn Hé Jì Jú Fāng* (太平惠民和剂局方), 1078

Literal: “(Era of) Great Peace, Benefit People Harmonious Medicines, Office (of) Formulas”

Description: See *Essential Chinese Formulas*, Fratkin, p. 542

Availability:

Using the *Ren Shen Yang Rong Wan* formula:

GINSENG & REHMANNIA COMBINATION (EG)

GINSENG NOURISHING FORMULA (GF)

REN SHEN YANG RONG TANG (BP, TZ)

Using the *Yang Ying Wan* formula:

FU KE YANG RONG WAN (PM)

RENSHEN YANG YING WAN (PM)

YANG YING TEAPILLS (PF)

YANG YING WAN (MS, PM)

THE REN SHEN YANG RONG WAN FORMULA:

Ingredients: (from Blue Poppy “Ren Shen Yang Rong Tang”)

<i>bái sháo</i> (白芍), Radix Paeoniae Alba	23.7 %	AB
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	7.8	AB
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	7.8	G
<i>huáng qí</i> (黄芪), Radix Astragali	7.8	AA
<i>ròu guì</i> (肉桂), Cortex Cinnamomi	7.8	E
<i>rén shēn</i> (人参), Radix Ginseng	7.8	AA
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	7.8	AA
<i>zhì gān cǎo</i> (炙甘草), Radix Glycyrrhizae Praep.	7.8	AA
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	5.9	AB
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	5.9	L
<i>fú líng</i> (茯苓), Poria	5.9	FC
<i>yuǎn zhì</i> (远志), Radix Arillus Longanlae	4.0	N

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

<i>bái sháo</i> (白芍), Radix Paeoniae Alba	12.0 %	AB
<i>shēng jiāng</i> (生姜), Rhizoma Zingiberis Recens	9.0	BA
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	7.6	AA
<i>huáng qí</i> (黄芪), Radix Astragali	7.6	AA
<i>zhì gān cǎo</i> (炙甘草), Radix Glycyrrhizae Praep.	7.6	AA
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	7.6	G
<i>guì zhī</i> (桂枝), Ramulus Cinnamomi	7.6	E
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	7.6	AB
<i>rén shēn</i> (人参), Radix Ginseng	7.6	AA
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	6.1	L
<i>fú líng</i> (茯苓), Poria	6.1	FC
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	6.1	AB
<i>yuǎn zhì</i> (远志), Radix Polygalae	4.5	N
<i>dà zǎo</i> (大枣), Fructus Jujubae	3.0	AA

THE YANG YING WAN FORMULA:

Ingredients: (From Minshan “Yang Ying Wan” and Plum Flower “Yang Ying Teapills”)

<i>dǎng shēn</i> (党参), Radix Codonopsis	15.1 %	AA
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	7.6	AA
<i>huáng qí</i> (黄芪), Radix Astragali	7.6	AA
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	7.5	AA
<i>ròu guì</i> (肉桂), Cortex Cinnamomi	7.5	E
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	7.5	G
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	7.5	AB
<i>dà zǎo</i> (大枣), Fructus Jujubae	7.5	AA
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	7.5	AB
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	5.7	AB
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	5.7	L
<i>fú líng</i> (茯苓), Poria	5.7	FC
<i>yuǎn zhì</i> (远志), Radix Polygalae	3.8	N
<i>shēng jiāng</i> (生姜), Rhizoma Zingiberis Recens	3.8	BA

KIDNEY YANG AND JING TONICS

A. Kidney *yang*, *mingmen* fire, *jing*

1. Provides energy and heat source for the whole body
 - a. *Jing* is the essence of *yang*, and is stored in kidney, the extraordinary channels, and in bone marrow, which In TCM includes the brain
 - b. In modern physiology, kidney *yang* and *jing* empower the adrenal glands, testes and ovaries, as well as influence the entire endocrine system

B. Function

1. Kidney pumps *qi* and *yang* to the upper burner, affecting heart and lung
 - a. Kidney *yang* keeps the heart beating and keeps the blood warm
 1. If kidney *yang* is weak, the heart gets cold, leading to congestive heart failure
 - b. Kidney *yang* roots the lungs
 1. Allows the diaphragm to descend on inhalation
 2. Weakness can precipitate asthma
2. Provides the energy for digestive peristalsis
 - a. Warms and nurtures stomach fire and spleen *yang*
 1. Directly boosts hydrochloric acid, and thereby aiding digestive strength
 2. Deficiency can contribute to sluggish metabolism, constipation, and poor absorption of nutrients
 - b. Moves food through the digestive tract
 1. In extreme cases of *yang* deficiency, the intestines lose their contractile strength, causing diarrhea or cramping upon waking (“daybreak diarrhea”).

3. Kidney *yang* and *jing* affect urogenital function
 - a. It governs the ability to constrict the urethra
 1. Deficiency can lead to urinary dribbling or frequency
 2. *Yang* deficiency often contributes to swollen prostate
 3. Contributes to lower leg edema
 4. Controls erection and ejaculation
 - a. Deficiency leads to impotence or poor sexual function for men
 - b. In extreme cases, spontaneous leakage of semen without erection or ejaculation can occur (spermatorrhea)
 - c. For these reasons, *yang* and *jing* tonics are used to enhance male sexual performance
 5. Kidney *yang* warms the uterus
 - a. It can underlie cases of female infertility, amenorrhea and other menstrual issues
4. Weakness of kidney *yang* is often the cause of weak lumbar area, chronic back problems, vertebral stenosis, degeneration of spinal discs, and knee pain or degeneration
 - a. As kidney nourishes and controls the bone, osteoporosis is usually due to kidney deficiency (*yang*, *yin* and *jing*.)
5. Fifth, kidney *yang*, along with kidney *yin*, helps to regenerate marrow and create blood
 - a. Some cases of blood deficiency are due to kidney deficiency
 - b. Radiation depletes kidney *yang*, and tonification of *yang*, *yin* and blood is often required following radiation
 - c. *Yang*, *yin* and *jing* deficiencies can lead to dementia and other brain degenerative illnesses
 1. Brain is considered marrow

C. Kidney *yang* and *mingmen* strength is initially determined by one's constitution

1. As we age, we use up our supply of *yang* and *jing*
 - a. This leads to diminished organ function and becoming cold from poor circulation
 - b. Lowered warmth and fire can lead to blood stagnation
2. Many diseases of the aged are due to blood stagnation rooted in *yang* deficiency
3. *Yang* is depleted by age, prolonged illness, surgery, childbirth
4. It is quite common for Chinese, especially men, to take kidney *yang* tonics as they age

Chapter 17B. KIDNEY YANG AND JING TONICS

Classical Formulas:

✓	Jin Gui Shen Qi Wan / Ba Wei Di Huang Wan	<i>jīn guì shèn qì wán</i> (金匱腎氣丸) / <i>bā wèi dì huáng wán</i> (八味地黃丸)
	Wu Zi Yang Zong Wan	<i>wǔ zǐ yǎn zōng wán</i> (五子衍宗丸)
✓	You Gui Wan	<i>yòu guī wán</i> (右歸丸)

Modern Formulas:

	Cong Rong Bu Shen Wan	<i>cōng róng bǔ shèn wán</i> (苁蓉補腎丸)
✓	Ge Jie Bu Shen Wan / Ge Jie Da Bu Wan	<i>gé jiè bǔ shèn wán</i> (蛤蚧補腎丸) / <i>gé jiè dà bǔ wán</i> (蛤蚧大補丸)
	Gui Ling Ji (Kwei Ling Chi)	<i>guī líng jí</i> (龜齡集)
+	ADRENOPLEX (EV)	
✓	EPIMEDIUM 8 (SF)	
+	MAN'S TREASURE (SF)	
+	NOURISH ESSENCE FORMULA (GF)	
+	VITAL TREASURE FORMULA (GF)	
+	VITALITY FOR MEN (EV)	

JIN GUI SHEN QI WAN

Formula: *jīn guì shèn qì wán* (金匱腎氣丸), “Golden Cabinet Kidney Qi Pill”

aka: *shèn qì wán* (腎氣丸), “Kidney Qi Pill”

aka: *bā wèi dì huáng wán* (八味地黃丸), “Eight Flavor Rehmannia Pill”

Author: Zhāng Zhòng-Jǐng (張仲景)

Source: *Jīn Guì Yào Lǜè* (金匱要略), 220

Literal: “Golden Cabinet Essential Summary”

Description: See *Essential Chinese Formulas*, Fratkin, p. 560

Availability:

DYNAMIC WARRIOR (K)

GOLDEN BOOK HERBAL/ TEAPILLS (MS, PF, PM)

GOLDEN CABINET KIDNEY FORMULA (JD)

JIN GUI SHEN QI WAN (BP, HT, PiM, PM, TL, TZ)

KIDNEY QI FORMULA FROM THE GOLDEN CABINET (HS)

REHMANNIA 8 (HC)

REHMANNIA EIGHT FORMULA (EG, HS)

* ESSENTIAL YANG FORMULA (GF)

Ingredients: (from the standardized “Rehmannia Eight Formula”)

<i>shú dì huáng</i> (熟地黃), Radix Rehmanniae Praep.	29.7 %	AB
<i>shān yào</i> (山藥), Rhizoma Dioscoreae	14.8	AA
<i>shān zhū yú</i> (山茱萸), Fructus Corni	14.8	L
<i>fú líng</i> (茯苓), Poria	11.1	FC
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	11.1	DC
<i>zé xiè</i> (澤瀉), Rhizoma Alismatis	11.1	FC
<i>ròu guì</i> (肉桂), Cortex Cinnamomi	3.7	E
<i>zhì fù zǐ</i> (炙附子), Radix Aconiti Lateralis Praeparata	3.7	E

YOU GUI WAN

Formula: *yòu guī wán*, (右归丸), “Right Restoring Pills”

Author: Zhāng Jiè-Bīn (张介宾) *aka* Zhāng Jǐng-Yuè (张景岳)

Source: *Jǐng Yuè Quán Shū* (景岳全书), 1624

Literal: “Jing-Yue’s Complete Writings”

Description: See *Essential Chinese Formulas*, Frattkin, p. 564

Availability:

EUCOMMIA & REHMANNIA FORMULA (EG)

REPLENISH THE RIGHT (K)

YANOURISH REMEDY (PM)

YAO KWEI PILLS (PM)

YOU GUI WAN/ TEAPILLS (BP, GC, HT, PF, TZ)

* JADE MOON PHASE 4 (JW)

* STRENGTHEN THE ROOT (TT)

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

<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	18 %	AB
<i>shān yào</i> (山药), Rhizoma Dioscoreae	13	AA
<i>lù jiǎo jiāo</i> (鹿角胶), Colla Cornus Cervi	13	AC
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	9	AB
<i>dù zhòng</i> (杜仲), Cortex Eucommiae	9	AC
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	9	AB
<i>shān zhū yú</i> (山茱萸), Fructus Corni	9	L
<i>chǎo tù sī zǐ</i> (炒菟丝子), Semen Cuscutae, charred	9	AC
<i>zhì fù zǐ</i> (炙附子), Radix Aconiti Lateralis Praeparata	5	E
<i>ròu guì</i> (肉桂), Cortex Cinnamomi	5	E

GE JIE BU SHEN WAN / GE JIE DA BU WAN

Formula: *gé jiè bǔ shèn wán* (蛤蚧补肾丸), “Gecko Tonify Kidney Pill”

Source: Modern patent medicine

Description: See *Essential Chinese Formulas*, Fratkin, p. 567

Availability:

GEJIE BU SHING WAN (PM)

GEJIE NOURISHING KIDNEY PILL (PM)

Formula: *gé jiè dà bǔ wán* (蛤蚧大补丸); “Gecko Large Tonifying Pill”

Source: Modern patent medicine

Availability:

GEJIE DA BU WAN (PM)

GEKKO TONIC TEAPILLS (PF)

* GECKO-A (SF)

GE JIE BU SHEN WAN

Ingredients: (from Yulin Pharmaceutical Factory “Ge Jie Bu Shen Wan”)

<i>gé jiè</i> (蛤蚧), Gecko	27.7 %	AC
<i>yín yáng huò</i> (淫羊藿), Herba Epimedii	16.6	AC
<i>ròu cōng róng</i> (肉苁蓉), Herba Cistanches	14.4	AC
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	11.1	AA
<i>huáng qí</i> (黄芪), Radix Astragali	11.1	AA
<i>fú líng</i> (茯苓), Poria	7.8	FC
<i>rén shēn</i> (人参), Radix Ginseng	5.6	AA
<i>dōng chóng xià cǎo</i> (冬虫夏草), Cordyceps	5.6	AC

GE JIE DA BU WAN

Ingredients: (from Yulin Pharmaceutical Factory “Ge Jie Da Bu Wan”)

<i>gé jiè</i> (蛤蚧), Gecko	21.5 %	AC
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	6.8	AB
<i>huáng jīng</i> (黄精), Rhizoma Polygonati	5.7	AA
<i>shān yào</i> (山药), Rhizoma Dioscoreae	5.3	AA
<i>nǚ zhēn zǐ</i> (女贞子), Fructus Ligustri Lucidi	5.2	AD
<i>bā jǐ tiān</i> (巴戟天), Radix Morindae Officinalis	4.3	AC
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	4.3	AA
<i>dǎng shēn</i> (党参), Radix Codonopsis	4.3	AA
<i>dù zhòng</i> (杜仲), Cortex Eucommiae	4.3	AC
<i>huáng qí</i> (黄芪), Radix Astragali	4.3	AA
<i>fú líng</i> (茯苓), Poria	5.0	FC
<i>xù duàn</i> (续断), Radix Dipsaci	4.8	AC
<i>gǒu jǐ</i> (狗脊), Rhizoma Cibotii	4.8	AC
<i>mù guā</i> (木瓜), Fructus Chaenomeles	4.7	FA
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	4.1	AB
<i>gǔ suì bǔ</i> (骨碎补), Rhizoma Drynariae	4.0	AC
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	3.8	AB
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	2.8	AA

GE JIE BU SHEN WAN / GE JIE DA BU WAN

Ingredients: (from Plum Flower “Gecko Tonic Pills”)

<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	8.3 %	AB
<i>dù zhòng</i> (杜仲), Cortex Eucommiae	7.1	AC
<i>xù duàn</i> (续断), Radix Dipsaci	7.1	AC
<i>gǔ suī bǔ</i> (骨碎补), Rhizoma Drynariae	7.1	AC
<i>nǚ zhēn zǐ</i> (女贞子), Fructus Ligustri Lucidi	7.1	AD
<i>huáng jīng</i> (黄精), Rhizoma Polygonati	7.1	AA
<i>dǎng shēn</i> (党参), Radix Codonopsis	6.2	AA
<i>gé jiè</i> (蛤蚧), Gecko	5.9	AC
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	5.9	AB
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	5.9	AB
<i>huáng qí</i> (黄芪), Radix Astragali	5.9	AA
<i>fú líng</i> (茯苓), Poria	5.9	FC
<i>shān yào</i> (山药), Rhizoma Dioscoreae	5.9	AA
<i>bā jǐ tiān</i> (巴戟天), Radix Morindae Officinalis	4.4	AC
<i>mù guā</i> (木瓜), Fructus Chaenomeles	4.4	FA
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	2.9	AA
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	2.9	AA

EPIMEDIUM 8

Seven Forests

<i>yín yáng huò</i> (淫羊藿), Herba Epimedii	18 %	AC
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	18	AB
<i>shān yào</i> (山药), Rhizoma Dioscoreae	15	AA
<i>bǔ gǔ zhī</i> (补骨脂), Fructus Psoraleae	14	AC
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	14	AC
<i>fù zǐ</i> (附子), Radix Aconiti Lateralis Praeparata	9	E
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	9	AD
<i>chén pí</i> (陈皮), Pericarpium Citri Reticulatae	3	G

COMBINATION TONICS

A. General

1. Tonic herbs treat major systems of the body – *qi*, blood, *yin* and *yang*
 - a. They are commonly self-prescribed in China, especially as people pass the age of 40
 - b. The formulas address the effects of aging
 1. Fatigue
 2. Slowing down of metabolism
 3. Aching of joints or muscle
 4. Poor tendon flexibility
 5. Poor concentration or
 6. Loss of hair or skin tone
 - c. Some formulas may also address specific *zang-fu* organs, such as heart or lung
 - d. In addition to applications for aging, one also uses up reserves of *qi*, blood, *yin* and *yang* following childbirth, surgery, chemotherapy, radiation or prolonged illness
 - e. They are also used to enhance both male and female fertility, and to regulate the menses
2. Application
 - a. One can take systemic formulas on a regular basis to enhance vitality and longevity
 - b. They can be taken for a shorter course following illness or surgery
 - c. If formulas lead to restlessness, insomnia, overheating or abdominal bloating, reduce dosage or discontinue.
 - d. It is best to discontinue tonics during pathogenic wind events such as a common cold, as tonic herbs and formulas tend to pull pathogenic energy deeper into the body
3. Inappropriate use of tonics
 - a. TCM practitioners in North America like to give tonic formulas to patients anytime they complain of fatigue
 1. This is a mistake

- b. Tonic formulas are basically intended for people as they age past 50 years, or following a serious and prolonged illness, following major surgery, or following childbirth
- c. In other cases of fatigue, there is often an accompanying stagnation – either of *qi* or blood, or both.
 - 1. In those cases, priority should be given to clearing excess first. See:
 - 2. Chapter 4B. Blood Stagnation Bi Syndrome
 - 3. Chapter 6C. Food Stagnation
 - 4. Chapter 7A. Liver Stagnation
 - 5. Chapter 8C. Uterine Blood Stasis
 - 6. Chapter 10. Heart Blood Stasis.

18A. COMBINATION TONICS

Classical Formulas:

✓	Huan Shao Dan	<i>huán shào dān</i> (还少丹)
	Shi Quan Da Bu Tang	<i>shí quán dà bǔ tāng</i> (十全大补汤)

Modern Formulas:

	Ren Shen Bu Wan (Ginseng Tonic Pills)	<i>rén shēn bǔ wán</i> (人参补丸)
	Ren Shen Lu Rong Wan (Ginseng Antler Pills)	<i>rén shēn lù róng wán</i> (人参鹿茸丸)
✓	ANTLER 8 (SF)	
✓	EMPEROR'S FORMULA (DrJ)	
✓	GINSENG ENDURANCE FORMULA (GF)	

HUAN SHAO DAN

Formula: *huán shào dān* (还少丹), “Restore Youth Elixir”

Author: Hóng Zūn (洪遵) aka Hóng Jǐng-Píng (洪景平)

Source: *Hóng Shì Jí Yàn Fang* (洪氏集验方), 1170

Literal: “Hong’s Collection (of) Examined Formulas”

Description: See *Essential Chinese Formulas*, Fratkin, p. 576

Availability:

HUAN SHAO WAN (HT, TL)

LYCIUM FORMULA (EG)

RETURN TO SPRING TEAPILLS (PF)

YOUTH AGAIN (PM)

Ingredients: (from Herbal Times “Huan Shao Wan”)

<i>dà zǎo</i> (大枣), Fructus Jujubae	9.1 %	AA
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	9.1	AB
<i>fú líng</i> (茯苓), Poria	9.1	FC
<i>shān yào</i> (山药), Rhizoma Dioscoreae	9.1	AA
<i>bā jǐ tiān</i> (巴戟天), Radix Morindae Officinalis	6.1	AC
<i>dù zhòng</i> (杜仲), Cortex Eucommiae	6.1	AC
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	6.1	AB
<i>huái niú xī</i> (怀牛膝), Radix Achyranthis Bidentatae	6.1	K
<i>huáng jīng</i> (黄精), Rhizoma Polygonati	6.1	AA
<i>shān zhū yú</i> (山茱萸), Fructus Corni	6.1	L
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	6.1	L
<i>xiǎo huí xiāng</i> (小茴香), Fructus Foeniculi	6.1	E
<i>zhǐ shí</i> (枳实), Fructus Aurantii Immaturus	6.1	G
<i>yuǎn zhì</i> (远志), Radix Polygalae	6.1	N
<i>shí chāng pú</i> (石菖蒲), Rhizoma Acori Tatarinowii	3.0	M

HUAN SHAO DAN

Ingredients: (from Plum Flower “Return To Spring Teapills”)

<i>dà zǎo</i> (大枣), Fructus Jujubae	22.3 %	AA
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	6.5	AB
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	6.5	AB
<i>bì xiè</i> (萆薢), Rhizoma Dioscoreae Hypoglaucae	6.5	FC
<i>fú líng</i> (茯苓), Poria	6.5	FC
<i>ròu cōng róng</i> (肉苁蓉), Herba Cistanches	6.5	AC
<i>xiǎo huí xiāng</i> (小茴香), Fructus Foeniculi	6.5	E
<i>bā jǐ tiān</i> (巴戟天), Radix Morindae Officinalis	6.5	AC
<i>dù zhòng</i> (杜仲), Cortex Eucommiae	6.5	AC
<i>huái niú xī</i> (怀牛膝), Radix Achyranthis Bidentatae	6.5	K
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	6.4	L
<i>shān zhū yú</i> (山茱萸), Fructus Corni	6.4	L
<i>chǔ shí zǐ</i> (楮实子), Fructus Broussonetiae	6.4	AD

ANTLER 8

Seven Forests

Ingredients:

<i>lù róng</i> (鹿茸), Cornu Cervi Pantotrichum	50 %	AC
<i>dān shēn</i> (丹参), Radix/Rhizoma Salviae Miltiorrhizae	10	K
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	10	AB
<i>huáng jīng</i> (黄精), Rhizoma Polygonati	9	AA
<i>rén shēn</i> (人参), Radix Ginseng	9	AA
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	8	AB
<i>yì zhì rén</i> (益智仁), Fructus Alpiniae Oxyphyllae	2	E
<i>shā rén</i> (砂仁), Fructus Amomi	2	FB

EMPEROR'S LONGEVITY FORMULA

Dr Jake Fratkin's Herbal Formulas

Ingredients:

<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	12 %	AB
<i>bǔ gǔ zhī</i> (补骨脂), Fructus Psoraleae	10	AC
<i>tiān mén dōng</i> (天门冬), Radix Asparagi	10	AD
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	9	AB
<i>bā jǐ tiān</i> (巴戟天), Radix Morindae Officinalis	9	AC
<i>suǒ yáng</i> (锁阳), Herba Cynomorii	9	AC
<i>yín yáng huò</i> (淫羊藿), Herba Epimedii	9	AC
<i>shā rén</i> (砂仁), Fructus Amomi	9	FB
<i>huái niú xī</i> (怀牛膝), Radix Achyranthis Bidentatae	9	K
<i>dǎng shēn</i> (党参), Radix Codonopsis	5	AA
<i>rén shēn</i> (人参), Radix Ginseng	5	AA
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	4	AA

GINSENG ENDURANCE FORMULA

Golden Flower

Ingredients:

<i>huáng qí</i> (黄芪), Radix Astragali	18 %	AA
<i>wǔ jiā shēn</i> (五加参), Radix Acanthopanax	16	AA
<i>hóng jǐng tiān</i> (红景天), Radix/Rhizoma Rhodiola	15	AA
<i>rén shēn</i> (人参), Radix Ginseng	9	AA
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	8	AB
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	7	L
<i>bái zhú</i> (白术), Rhizoma Atractylodis Macrocephalae	7	AA
<i>líng zhī</i> (灵芝), Ganoderma	7	AA
<i>fú líng</i> (茯苓), Poria	5	FC
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	4	AA
<i>dōng chóng xià cǎo</i> (冬虫夏草), Cordyceps	4	AC

KIDNEY YIN TONICS

A. Energetic Physiology

1. Kidney *yin* resides in the TCM energetic kidney
2. It is a purified moistening mist that is derived from fluid as it passes through the kidney
3. *Yin* is a cool liquid in distinction to blood, which is a warm liquid
4. Kidney *yin* is used to moisten and cool other *zang-fu* organs, particularly the liver, heart and lung
5. It moistens all of the mucosal membranes of the respiratory and digestive tract from the nose and throat to the anus, as well as eye and vagina
6. It also provides the liquid used inside the eye, in synovial joints, and in cerebral spinal fluid

B. Causes

1. *Yin* can be deficient constitutionally, or diminish with age
2. It can also be consumed by exposure to heat, with prolonged stress or over-study, chronic disease, and overconsumption of spicy food
3. An overactive sex life, or giving birth many times, can exhaust kidney *yin*
4. Other contributors:
 - a. Use of pharmaceutical drugs can deplete *yin*
 1. Side effects of dry mouth, dizziness, or palpitation
 - b. Electric magnetic fields, such as clock radios, photocopiers, fluorescent lights, and hybrid cars can also deplete *yin*
5. Chinese medicine historically focused on deficiencies of kidney *yang*
 - a. Due to pervasive cold and damp or physically hard work
 - b. Ironically, modern Western societies are more afflicted by *yin* deficiencies, due to drugs and electromagnetic fields

C. In Pathology

1. Chronic deficiencies of *yin* of the liver, heart, stomach or lung are rooted in a deficiency of kidney *yin*
 - a. Sometimes, tonification of kidney *yin* is sufficient to correct a disorder
 - b. Other times, concurrent tonification of kidney *yin* as well as liver, heart or lung *yin* are required
2. Deficiency of *yin* is responsible for abnormal dryness, manifesting as dry eyes, nose, throat, mouth or vagina
 - a. Dry skin and hair on the other hand is due to blood deficiency
3. It can also exhibit as deficiency heat
 - a. Deficiency fever
 - b. Menopausal hot flashing or night sweats
4. Other symptoms
 - a. Dizziness, ear ringing, weak lumbar area, weak knees, impotence or reduced sexual drive, spermatorrhea, poor eyesight, anxiety, palpitations and insomnia

5. Diseases and symptoms due to kidney *yin* deficiency
 - a. Diabetes
 - b. Chronic kidney disease
 - c. Menstrual disorders
 - d. Hyperthyroidism
 - e. Chronic hepatitis
 - f. Some cases of hypertension
6. It is not uncommon to have concurrent deficiencies of *yin* and blood, or even both *yin* and *yang*
7. Kidney *yin* tonics may be helpful in treating modern stress disorders with symptoms of restlessness, anxiety and insomnia
 - a. They help reduce elevated cortisol levels found in adrenal stress presentations.

Chapter 17A. KIDNEY YIN TONICS

Classical Formulas:

- | | | |
|---|----------------------|-------------------------------------|
| ✓ | Liu Wei Di Huang Wan | <i>liù wèi dì huáng wán</i> (六味地黄丸) |
| ✓ | Zuo Gui Wan | <i>zuǒ guī wán</i> (左归丸) |

LIU WEI DI HUANG WAN

Formula: *liù wèi dì huáng wán* (六味地黄丸), “Six Flavor Rehmannia Pill”

Author: Qián Yǐ (钱乙)

Source: *Qián Shì Xiǎo Ēr Yào Zhèng Zhí Jué* (钱氏小儿药证直), 1119

Literal: “Qian’s Key (to) Children’s Medicines (and) Patterns, Straight Secrets”

Origin:

Formula: *jīn guì shèn qì wán* (金匮肾气丸), “Golden Cabinet Kidney Qi Pill”

Author: Zhāng Zhòng-Jǐng (张仲景)

Source: *Jīn Guì Yào Lüè* (金匮要略), 220

Literal: “Golden Cabinet Essential Summary”

Description: See *Essential Chinese Formulas*, Fratkin, p. 550

Availability:

LIU WEI DI HUANG WAN (BP, HT, JD, MS, PiM, PM, TL)

REHMANNIA 6 FORMULA (CC)

REHMANNIA SIX FORMULA (EG, GF)

SIX FLAVOR REHMANNIA (PM)

SIX FLAVOR TEAPILLS (JD, MS, PF)

* JADE MOON PHASE 2 (JW)

* NINE FLAVOR TEA (HC)

* QUIET CONTEMPLATIVE (K)

Ingredients: (from the standardized “Rehmannia Six Formula”)

<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	32 %	AB
<i>shān zhū yú</i> (山茱萸), Fructus Corni	16	L
<i>shān yào</i> (山药), Rhizoma Dioscoreae	16	AA
<i>mǔ dān pí</i> (牡丹皮), Cortex Moutan	12	DC
<i>fú líng</i> (茯苓), Poria	12	FC
<i>zé xiè</i> (泽泻), Rhizoma Alismatis	12	FC

ZUO GUI WAN

Formula: *zuǒ guī wán* (左归丸), “Left Restore Pill”

Author: Zhāng Jiè-Bīn (张介宾) *aka* Zhāng Jǐng-Yuè (张景岳)

Source: *Jǐng Yuè Quán Shū* (景岳全书), 1624

Literal: “Jing-Yue’s Complete Writings”

Description: See *Essential Chinese Formulas*, Fratkin, p. 554

Availability:

CYATHULA & REHMANNIA FORMULA (EG)

LEFT-SIDE REPLENISHING TEAPILLS (PF)

REPLENISH THE LEFT (K)

ZHO KWEI PILLS (PM)

ZUO GUI WAN/YIN (BP, HT, PM, TL, TZ)

* TRUE YIN FORMULA (GF)

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

<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	26 %	AB
<i>shān yào</i> (山药), Rhizoma Dioscoreae	11	AA
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	11	AB
<i>shān zhū yú</i> (山茱萸), Fructus Corni	11	L
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	11	AC
<i>lù jiǎo jiāo</i> (鹿角胶), Colla Cornus Cervi	11	AC
<i>guī bǎn jiāo</i> (龟板胶), Plastrum Testudinis/Chinemys	11	AD
<i>chuān niú xī</i> (川牛膝), Radix Cyathulae	8	K

Ingredients: (from Kwangchow Pharmaceceutical “Zho Kwei Pills”)

<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	20 %	AB
<i>fú líng</i> (茯苓), Poria	16	FC
<i>shān zhū yú</i> (山茱萸), Fructus Corni	15	L
<i>gǒu qǐ zǐ</i> (枸杞子), Fructus Lycii	15	AB
<i>shān yào</i> (山药), Rhizoma Dioscoreae	15	AA
<i>tù sī zǐ</i> (菟丝子), Semen Cuscutae	10	AC
<i>huái niú xī</i> (怀牛膝), Radix Achyranthis Bidentatae	8	K

HEART TONICS

(Chapter 9. DISTURBED *SHEN*)

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)
	Zhi Gan Cao Tang	

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)

Heart Arrhythmia

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”

Description: See *Essential Chinese Formulas*, Fratkin, p. 400

Availability:

GATHER VITALITY (K)

GINSENG & LONGAN (EG)

GINSENG AND LONGAN COMBINATION /FORMULA (CC, EG, GF)

GUI PI WAN/TEAPILLS (BP, GC, HT, MS, PiM, PF, TL, TZ)

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

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 Pǒu* (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”

Description: See *Essential Chinese Formulas*, Fratkin, p. 404

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/WAN (BP, GC, HT, JD, MS, PiM, TL, TZ)

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/Biotae	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

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

LUNG TONICS

BU FEI TANG

Formula: *bǔ fèi tāng* (补肺汤), “Tonify Lung Decoction”

Author: Lǐ Zhòng-Nán (李仲南)

Source: *Yǒng Lèi Qián Fāng* (永类铃方), 1331

Literal: “Eternal Categories Inscribed Formulas”

Description: See *Essential Chinese Formulas*, Fratkin, p. 116

Availability:

BU FEI TEAPILLS (PF)

GINSENG & ASTER COMBINATION (EG)

* RESTORE THE LUNG FORMULA (GF)

Ingredients: (from Plum Flower “Bu Fei Teapills”)

<i>huáng qí</i> (黄芪), Radix Astragali	28.5 %	AA
<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	28.5	AB
<i>sāng bái pí</i> (桑白皮), Cortex Mori	13.9	CC
<i>zǐ wǎn</i> (紫菀), Radix/Rhizoma Asteris	11.0	CC
<i>míng dǎng shēn</i> (明党参), Radix Changii	8.0	CB
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	6.9	L
<i>rén shēn</i> (人参), Radix Ginseng	3.2	AA

BAI HE GU JIN TANG

Formula: *bǎi hé gù jīn tāng* (百合固金汤), “Lilium Secure Metal Decoction”

Author: Wāng Áng (汪昂)

Source: *Yī Fāng Jí Jiě* (医方集解), 1682

Literal: “Medical Formulas Collected, Explained”

Also attributed to:

Author: Zhōu Zhī-Gān (周之干) *aka* Zhōu Shèn-Zhāi (周慎斋)

Source: *Shèn Zhāi Yí Shū* (慎斋遗书), 1573

Literal: “Shen-Zhai’s Dying Testament”

Description: See *Essential Chinese Formulas*, Fratkin, p. 106

Availability:

BAI HE GU JIN WAN/TANG (BP, PM, TL)

LILY PRESERVE METAL FORMULA (GF)

LILY BULB FORMULA (HC)

LILY COMBINATION (EG)

LILIUM TEAPILLS (MS, PF)

Ingredients: (from the standardized “Lily Combination”)

<i>shú dì huáng</i> (熟地黄), Radix Rehmanniae Praep.	23.0 %	AB
<i>shēng dì huáng</i> (生地黄), Radix Rehmanniae	15.3	DC
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	11.5	AD
<i>bǎi hé</i> (百合), Bulbus Lilii	7.6	AD
<i>bái sháo</i> (白芍), Radix Paeoniae Alba	7.6	AB
<i>dāng guī</i> (当归), Radix Angelicae Sinensis	7.6	AB
<i>zhè bèi mǔ</i> (浙贝母), Bulbus Fritillariae Thunbergii	7.6	CB
<i>gān cǎo</i> (甘草), Radix Glycyrrhizae	7.6	AA
<i>xuán shēn</i> (玄参), Radix Scrophulariae	6.1	DC
<i>jié gěng</i> (桔梗), Radix Platycodonis	6.1	CA

SHENG MAI SAN

Formula: *shēng mài sǎn* (生脉散), “Enliven (the) Pulse Powder”

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

Source: *Nèi Wài Shāng Biàn Huò Lùn* (内外伤辨惑论), 1247

Literal: “Internal External Injury, Clarify False-Notions Discussion”

Description: See *Essential Chinese Formulas*, Frattin, p. 110

Availability:

GINSENG & OPHIOPOGON FORMULA (EG)

GREAT PULSE TEAPILLS (PF)

SHENG MAI SAN/FORMULA (BP, GF)

Ingredients: (from Golden Flower “Sheng Mai Formula”)

<i>rén shēn</i> (人参), Radix Ginseng	37.5 %	AA
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	37.5	AD
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	25.0	L

Ingredients: (from Plum Flower “Great Pulse Teapills”)

<i>dǎng shēn</i> (党参), Radix Codonopsis	50.2 %	AA
<i>mài mén dōng</i> (麦门冬), Radix Ophiopogonis	33.3	AD
<i>wǔ wèi zǐ</i> (五味子), Fructus Schisandrae	16.5	L

Chapter 18B. SINGLE HERB TONICS

+	Ci Wu Jia (Siberian Ginseng)	<i>cì wǔ jiā</i> (刺五加), Radix Acanthopanax
+	Dong Chong Xia Cao (Cordyceps)	<i>dōng chóng xià cǎo</i> (冬虫夏草), Cordyceps
+	Ling Zhi (Ganoderma)	<i>líng zhī</i> (灵芝), Ganoderma

FURTHER RESOURCES

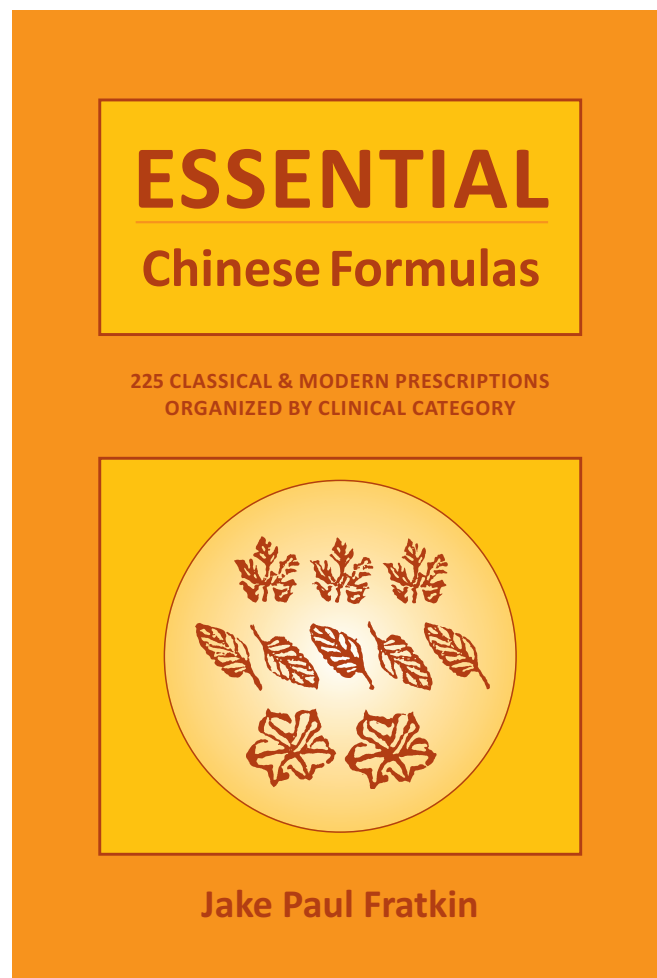
For a complete listing of herbal products by therapeutic category, see:

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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.

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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)