Patents for Exterior Syndromes

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General Introduction

• Exterior syndromes:

  Aversion to cold, fever, head and body pain, nasal congestion/nasal discharge, cough, sore throat; Sneezing; etc.
Modern: infection of the upper respiratory tract

Functions of the patents that release exterior

1. Inducing sweating: TCM theory, sweating is the important way to remove exterior syndrome.

   Mahuang, Guizhi, Shengjiang, fangfeng, zishu,Bohe-----sweat gland
   Sweating can also carry the virus entered into the blood out of the body.

How to Take those kinds of Patents successfully?
Functions

2. Clear Heat:
   Modern researches: obvious clear heat effect on the feverish animal model by Gui Zhi Tang, Sang Ju Yin, Yin Qiao San, and so on. As they can inducing sweating, and directly kill or rehabilitate the pathogens.

3. Anti-bacteria, and anti-virus actions

4. Anti-inflammation, and anti-allergies actions

5. Others
   like stop pain and cough; resolve phlegm, soothe asthma, release spasm and increase the immune functions.
Patents for Cold Type---Common Cold

- **Chuan Xiong Cha Tiao San**: Ligusticum w/ Tea Mix Pill
- **Ge Gen Tang**: Pueraria Decoction
- **Ma Huang Tang**: Ma Huang Decoction
- **Gui Zhi Tang**: Gui Zhi Decoction
- **Jing Fan Bai Du San** / “Release the exterior teapill”
- **Ren Shen Bai Du San** / “Ginshen defeat toxin powder pill”
Chuan Xiong Cha Tiao San

“Ligusticum [with Tea Mix Pill”

Ingredients

• **Chuan Xiong**: *Ligusticum* (16.3%) Can be considered chief d/t its moving nature, esp. of the head; Promote Blood circulation, expel w, Stop pain (esp. *Shaoyang/Jueyin headache*)
• **Qiang huo**: *Notopterygium* Expel W-C, stop pain (esp. *Taiyang headache*)
• **Bai zhi**: *Angelica* Expel W-C, stop pain (esp. *YM headache*)
• Jing Jie: *Schizonepeta* (16.3%); + Fang feng: Expel W
• Xi xin: *Asarum* Expel W-C, Stop pain, Scatters Cold
• Gan cao: *Licorice* Harmonize other herbs
• **Bo he**: *Mentha* (32.7%) Expel Wind

Functions

Expels wind and stops pain;
Clinical Applications
1. Acute or chronic Headache due to external pathogens (Wind)
2. Common Cold due to wind-cold (Flu)---acute upper respiratory tract infection
3. Neurovascular/ Tension Headache
4. Bell’s Palsy

Precautions
**Not** for headache due to Deficiency or Liver Yang rising upwards.

Packaging & Dosage
Minshan Brand; Lanzhou Foci Herb Factory
It meets Australian GMP Standards
Bottle of 200 pills, 8 pills Tid.

Notes:
*The dosage of Bo he is bigger than others?*
*Take the herbs with green or Blond Tea (Bitter-cold)?
Ge Gen Wan / “KUDZU TEAPILLS”

Ingredients

**Ge gen** Pueraria; **Ma huang** Ephedra (Some manufacturers remove *ma huang* from this formula)

**Gui zhi** Cinnamon; **Bai shao** W. peony

**Sheng jiang** Fr. Ginger; **Da zao** Jujube; **Gan cao** Licorice

- Gui Zhi Tang + ge gen (used to be called Gui zhi jia ge gen tang → exterior deficient syndrome w/ neck & shoulder **stiff pain**)
- Modernly, called Ge Gen Tang, which is presented w/ ma huang, therefore, no sweat

Functions

- Releases Exterior (W-C in Taiyang stage)
  - Dredge and open channels and collaterals; Stop Pains
Clinical Applications

1. Taiyang stage pathogenic W-C/ Stiff upper back or neck with headache (W-C – Sx: no or sl. sweating [depending on presence of ma huang in formula], no fever, chills, severe body aches – neck/shoulder pain w/ chills)

2. Acute infection disorders
Respiratory infection: Cold, Flu, Pneumonia. Gastroenteritis, Dysentery

2. Cervical Spondylopathy; bone-nerve-muscle disorders
3. Allergies: Hives/Urticaria; allergic rhinitis.

Precautions
Stop taking if excessive sweating occurs

Packaging & Dosage
Plum Flower Brand. D: 8-12 pills TID
Ma Huang Tang

1. External Wind-cold, headache and general body pain; No sweating with difficult breath
2. Asthma; Cough;
3. Bi-syndrome (cold-damp)

Gui Zhi Tang

1. Common-cold due to Wind-cold (Sweating; aversion to wind. P: weak, floating/floating slow pulse---exterior def.)
2. Abnormal Sweating disorders: spontaneous/night sweating; lots of sweating; yellow sweating
3. Skin disorders
4. Gynecology disorders
5. Bi-syndrome(wind-cold-damp)
6. Disharmony between Nutritive and defensive Qi
Jing Fan Bai Du San / “Release the exterior teapill”

**Ingredients**
Qiang huo; Du huo; Chai hu, Qian hu, Zhi Ke, Chuang xiong, Fu ling; Jie geng, Gan cao. Jing Jie+ Fang Feng;

**Functions**
- Releases Exterior Inducing sweating; Stop Pains

**Clinical Applications**
1. Taiyang stage pathogenic W-C-Damp/ (body soreness pain, no sweating with headache; nasal congestion with clear discharge
2. Hives (wind –cold invade the exterior---color is pale)
3. Swelling pain skin sores

**Packaging & Dosage**
Plum Flower Brand. D: 8-12 pills TID
Ren Shen Bai Du San /

“Ginshen defeat toxin powder pill”

Ingredients
Qiang huo, Du huo; Chai hu, Qian hu, Zhi Ke, Chuang xiong, Fu ling; Jie geng, Gan cao. Bo he Ren shen; Sheng jiang;

Functions
· Releases Exterior(W-C-D)  Inducing sweating;
   Tonify Qi;  Stop Pains

Clinical Applications
Common Cold with weak patients (Wind –Cold –Dampness)

Packaging & Dosage
Plum Flower Brand.  D: 8-12 pills  TID
Wind-heat

• Sang Ju Yin / Sang Ju Gan Mao Pian: Mulberry Leaf & Chrysanthemum Decoction
• Yin Qiao (Jie Du) Pian / Yin Qiao San: Lonicera & Forsythia Toxin-Vanquishing Tablets
• Gan Mao Dan: Common Cold Elixir
• Gan Mao Ling: Common Cold Effective Remedy Tablets
• Gan Mao Tui Re Chong Ji: Common Cold Remove H Instant Prep
• Xi Ling Jie Du Pian: Rhino & Antelope Horn Toxin-Resolving Tablets
• Zhong Gan Ling: Serious/Heavy Cold Formula
Sang Ju Yin Wan / Sang Ju Gan Mao Pian

“Mulberry Leaf & Chrysanthemum Decoction”

Ingredients

Sang ye: *Mulberry leaf* Expel W-H in LU, clear H


Functions

- Dispel Wind-heat
- Open stagnant LU Qi, stop **cough**
- Turning from Wei → Qi level
- Mild in heat clearing effect – good at regulating lungs
Clinical Applications
Seasonal W-H disorders – acute: Mild wind heat invasion with Cough (dry)
Sx: dry cough, if sputum – scanty yellow; sl thirst; T: thin w coat; P: floating, rapid
Modern: Flu, bronchitis, tonsillitis, pharyngitis, conjunctivitis (early stage)

Precautions
- Not for phlegm cough
- Use with EXCESS only; not for deficiency syndromes

Packaging & Dosage
4 tablets TID or every 4 hrs
8-12 pills/wan TID or every 4 hrs
- take w/ large quantity of fluids
Yin Qiao (Jie Du) Pian

“Lonicera & Forsythia Toxin-Vanquishing Tablets”

**Ingredients**
- **Jin yin hua**: Lonicera; **Dan zhu ye**: Danzhu; **Jing jie**: Schizonepeta. **Niu bang zi**: Niu Bangzi; **Dan dou chi**: Prepared soybean;
- **Lian qiao**: Forsythia; **Jie geng**: Platycodon
- **Bo he**: Peppermint; **Lu gen**: Phragmatis; **Gan cao**: Licorice

**Functions**
- Expel Wind-Heat (in spring/summer)
- Tx early stage (wei) of seasonal febrile diseases
  - *Sore throat, swollen lymph, toxic heat*
- Major Formula for treating Wind-Heat (w/ pungent, cold herbs)
Clinical Applications

Take at first sign of “tickle in the throat”----**Acute Sore Throat**

Wei-Stage syndrome
- Sx: fever (or not), possible aversion to W, headache, thirst, cough, sore throat; T: red w/ white or yellowish coat; P: floating, rapid

Acute Upper respiratory infection: common cold, flu, acute bronchitis, pneumonia, pharyngitis, tonsillitis

Acute itchy red skin disorders and the rash

Wind-heat eye disorders. Others like otitis media, parotitis,

**Precautions**

Yin Xu (not for chronic sore throat d/t Yin Xu)

**Packaging & Dosage**

**ACUTE:** 1 vial, TID (double the regular dose)

*Adults:* 3-5 coated tabs (2-4 uncoated),
2-3 x day w/ warm water

*Powder:* 10 g, TID

*If no relief by the 2nd day, stop taking it – it won’t work*
Gan Mao Dan / Kan Mao Tan

“Common Cold Elixir”

Ingredients
Lian qiao: Forsythia  Lu gen: Phragmites  Jie geng: Platydocon  Bo he: Mentha
Jin yin hua: Lonicera  Jing jie: Schizonepeta  Dan dou chi
Sang ye: Mulberry leaf  Zi wan: Aster
Bai mao gen: Imperata  Chi shao: W. peony  Zhi zi: Gardenia  Chen pi: Orange peel

Functions
- Treats Wind-Heat (w/ pungent, cold herbs):
- Common cold → Phlegm → LU, digestive
- Expel Wind-heat, Reduce fever
- Stop cough, relieve chest congestion
- Combination of * Yin Qiao San + Sang Ju Yin f(x)s & stronger
Clinical Applications
1. Early stage common cold or flu
   - Sx: sore throat, low fever, cough (before phlegm),
     dryness w/ bleeding of nose/throat, headache,
     fatigue
2. Heat toxins in the skin, causing rash or hives
   Also in measles, chicken pox, influenza, tonsillitis, ear
   pain, sinus infection

Precautions
Common cold before accumulation of phlegm – most suited for
   cases with heat
Cooler than Gan Mao Ling

Packaging & Dosage
20 pills, BID
Gan Mao Ling

“Common Cold Effective-Remedy Tablets”

Ingredients
- Gang mei gen: *Ilex*  San cha ku: *Evodia*
- Ye ju hua: *Chrysanthemum*  Huang jing cao: *Vitex*
- Ban lan gen: *Isatis*  Jin yin hua: *Lonicera*
- Bo he nao: *Mentha*

Functions
Treats Wind-Heat: Preventative, Anti-viral
- Clears W-H, resolves toxins
- Relieves cough
- Opens nasal passages, brightens eyes
Clinical Applications

1. Tangyang & Shaoyang stages of pathogenic wind
   - Sx: flu, alternate fever/chills, headache, sore throat, red eyes, stiffness of up back & neck, nasal discharge, general aching, swollen lymph glands

2. Ear infection, sinus infection, viral pneumonia

3. Can be a preventative when exposed to flu or common cold

Precautions

- Prolonged use may cause ST upset or loose stools (d/t cold/cool herbs)
- Do not give to very cold or shivering patients

Packaging & Dosage

3-5 pian/tablets, TID
8-12 wan/pills, TID
Gan Mao Tui Re Chong Ji
“Comon cold Remove Heat Instant Medicine”

**Ingredients**
Da qing ye (33.3%) Ban lan gen(33.3%); Xuanshen; Lian qiao: Forsythia;

**Functions**
Dispels Wind-heat; Resolves toxins (reduces inflammation); anti-viral

**Clinical Applications**
Reduce fever due to W-H: Taiyang stages of common cold or flu
- Sx: fever, severe sore throat, headache, swollen glands, yellow nasal discharge
Strong antimicrobial effect: carbuncles, sore throat, acute tonsillitis, mumps, measles, chicken pox; skin infection. (Acute URTI)
Reduces high bp d/t fever

**Precautions**
- Not for W-C
- Prolong use may cause ST upset or loose stools
- Do not give to very cold or shivering patients

**Packaging & Dosage**
Take 1 packet of crystals in warm water, TID
For fever: 2 packets, QID
Xi Ling Jie Du Pian
“Rhinocerus & Antelope Horn Toxin-Resolving Tablets”

Ingredients
  •  Shui niu jiao (instead of xi jiao): Rhino horn;  Ling yang jiao: Antelope horn
  •  Lian qiao: Forsythia;  Dan dou chi: Prepared soybean Niu bang zi;  Bo he: Mentha
    Jing jie: Schizonepeta  Jin yin hua: Lonicera;  Dan zhu ye: Lophatherum  Gan cao: Licorice  Bing pian: Borneol

Functions
  W-H, Detox, anti-inflammatory, throat

  Qi → Xue level heat: good for adults w/ ↑ fever
  Expel Wind-Heat
  Detoxify

  *Modification of Yin Qiao San w/ xi jiao, ling yang jiao, Bing pian.
Clinical Applications
Qi level Heat → Xue level Heat: begins to affect HT, not so much for bleeding…
Common cold or flu from virus: fever w/o chills
Tx upper body affected by W-H
- Sx: high fever, sore throat (red tonsil gland)
Measles in children, but only after a quantity of very red rash; w/ fever

Precautions
More severe disorders: not typically included in initial formulary

Packaging & Dosage
4 tablets every 4 hours
Take before a meal if the patient has a flu
In severe cases: take 6-8 pills every 4 hours
Zhong Gan Ling / Heavy Cold effective-Remedy

**Ingredients**
Mao dong qing(27%); Ban lan gen; Ma bian cao; Shi gao; Qing hao. Qiang huo; Ge gen(27%).

**Functions**

*Exogenous conditions: exterior & interior (TY + YM)*

- Expel Wind-Heat
- **Clear Heat**, reduce inflammation
- Cools Blood
- Moistens throat
Clinical Applications
YM/Qi level heat, anti-inflammatory, anti-toxin
Flu, severe common cold – burning inside
- Sx: high fever, headache, soreness, pain in the limbs, throat pain, cough, swollen lymph, thirsty (all sx of heat in UJ)
- May have slight chills
Pathogens beginning to go into Shaoyang stage w/ aching neck/shoulders, ↑ fever

Precautions
- Do not use if strong chills are present
- Prolonged use may cause ST upset of loose stools

Meizhou brand includes mercury, aminopyrine, dipyrrone

Packaging & Dosage
Plum Flower Brand: 4-6 tablets, TID
Frequency can be increased to every 3 hours as needed
Children: 1-3 tablets, TID
Summer-heat

- **Wu Shi Cha**: “Noon Time Tea”
- **Huo Xiang Zheng Qi Wan(Ye)**: Agastache Correct The Qi Pills
- **Shen Qu Cha**: Masa Fermentata Tea
- **Curin(g) Wan/ Kang Ning Wan**: Healthy Peaceful Pill
Wu Shi Cha / “Noon Time Tea”

Ingredients
• Chai hu: Bupleurum  
  Zi su ye: Perilla leaf  
  Jie geng: Platycodon; Qian hu;  
  Fang feng: Ledebouriella; Qiang huo: Notopterygium; Bai zhi: Angelica rt  
• Cang zhu: Blk atractylodis; Huo xiang: Pbatchouli;  
• Zhi shi; Huo po: Magnolia bark; Chen pi: Orange peel  
• Mai ya; Shan zha: Hawthorne; Shen qu: Masa fermentae  
• Gan cao: Licorice  

Hong cha: Black tea

Functions
• Expel Wind-Cold affecting the middle  
• Disperse food mass, strengthen ST  
• D-C affecting SP; Cold invading LI
Clinical Applications
1. W-C syndrome – flu, common cold (Gastrointestinal type)
- Sx: chills, fever, headache, stuffy nose, fullness in chest, stomach distension d/t food mass, diarrhea, vomiting
2. Acute gastroenteritis
3. Travellers Diarrhea

Precautions
Not for heat conditions or food yu turning into heat

Packaging & Dosage
2 blocks, 1-2 x day [each block = 9 g]
soak blocks in 8 oz. hot water
* Induce sweat by covering patient in blanket
Huo Xiang Zheng Qi Wan

“Agastache Correct the Qi Pills”

Ingredients

Huo xiang: Agastache
Bai zhi: Angelica
Jie geng: Platycodon;
Zi su ye: Perilla leaf
Huo po: Magnolia bark;
Ban xia: Pinellia
Fu ling: Poria
Sheng jiang: Fr ginger
Chen pi: Orange peel
Zhi gan cao: Licorice
Da zao: Jujube
Da fu pi: Betel husk;
Bai zhu: Atractylodes

Functions

Wind-Cold in the Summer,

• Expel W-C,
• Eliminate *Damp turbidity (nausea, vomiting)*
• Regulate Qi in the MJ
Clinical Applications

W-C plus Dampness and MJ Yu (esp. in the Summer w/ high humidity and damp)
- Sx: fever, chills, headache, distension in MJ, abdominal pain, nausea, vomiting, diarrhea w/ borborygmus & gas; T: white, greasy -----Summer Flu

Tx gastric disorders caused by seasonal Dampness: Dampness Sx > W-C Sx
- diarrhea; may have fever, vomiting & little/no appetite

Acute gastroenteritis, Food Poisoning, stomach flu;----Travelers Diarrhea
Useful for acute food stagnation, motion sickness, overeating, alcohol hangover

Precautions

- Do not use if no signs of Dampness more signs of H (dry mouth, thirst, yellow T coat, fever w/o chills)

Packaging & Dosage

Pills: 8-10 pills, BID /TID
Tablets: 4-8 tablets, TID

Huo xiang + zi su ye → synergistically work against aerobic bacteria such as salmonella
Shen Qu Cha / “Masa Fermentata Tea”

Ingredients
Shen qu; Qing hao; Huang qin; Xiang ru; Qiang huo; Du huo; Hou po; Qing pi; Cao guo; Mu gua; Jie geng; Shan yao; Fu ling; Gan cao

Functions
• Resolve MJ Yu – food yu       Expel Wind-Cold       Regulate ST/SP
• *Neutral, tending towards warm

Clinical Applications
W-C during the summer w/ high humidity
- Sx: fever & sl chills, heaviness and achy, poor appetite, abdominal distension, n, v, diarrhea
“Shui tu bu fu” = digestive problems d/t poor adjustment to traveling or moving
- Sx: poor appetite, wt loss, nausea, poor digestion, diarrhea
Nausea, vomiting d/t drunken hangover

Packaging & Dosage
simmer 1 block of dried herb in 8 oz of water until reduced to 6 oz, strain. Drink lukewarm, BID
If patient has chills, use 3 g sheng jiang (chopped), and cook w/ herb block
Children: ↓ dose
Curin(g) Wan/ Kang Ning Wan
Healthy Peaceful Pill

Ingredients
Tian ma Gastrodia; Bai zhi Angelica; Ju hua Chrysanthemum
Ge gen Pueraria; Bo he Mentha; Tian hua fen Trichosanthis
Cang zhu Blk atractylodis; Yi yi ren Coix seed; Fu ling Poria
Huo xiang Agastache; Shen qu Massa fermentata
Mu xiang Aucklandia; Huo po Magnolia bark; Ju hong/chen pi Orange peel;

Functions
· Regulate the MJ, improve digestion; **Dispels Dampness**
· Dispels food stasis, stems counterflow ascent of ST Qi
· Relieves pain
· Expel Wind-Cold during the Summertime
* Gentle formula
  – curin wan is less for pain
Clinical Applications

*Resolve MJ Yu: Digestive Disorders: Food Yu*

1) **Resolve MJ Yu**: lower in digestive tract → constipation, diarrhea (d/t traveling), unsanitary conditions

2) **Acute Sx of food stagnation**, including epigastric or abdominal bloating, cramps, frontal headache, belching, hiccough, nausea
   - Sx: poor digestion or appetite, distension, pain or hyperacidity in the epigastrium, poorly formed stools

3) Useful in morning sickness, motion sickness, hyperacidity, overeating, or to alleviate hangover
   Helpful in ST flu & food poisoning (early stage)

Precautions

Be careful using it during pregnancy

Packaging & Dosage

Plum Flower brand. Meets the Australia GMP

Bottle of 30 capsules, 2-3 capsules TID