Patents for open orifices, Heart / Shen Disorders

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Closed syndrome

Heat close syndrome = heat toxin pouring into pericardium

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Cold close syndrome = congeals $\rightarrow$ phlegm blocking portals of the Heart

**Guan Xin Su He Wan** (Cardiovascular Styrax Pills)
An Gong Niu Huang Wan / Kang Re Niu Huang Wan

“Peaceful Palace Bovine Gallstone Pill” – “Three Treasures” → coldest

Ingredients

Niu huang ; Xi jiao; She xiang ; Huang lian; Huang qin; Zhi zi; Xiong huang;  Bing pian;  Yu jin; (jiang huang ); Zhu sha;  Zhen zhu;  Feng mi (honey)

Functions

Open Orifices: Clear Heat, Detox fire poison – tx high fever w/ loc, Heat closed syndrome

· Clear HT Heat, Detox
· Open HT orifices, Remove Phlegm-H accumulation
· Cools and invigorate xue, stops convulsions
Clinical Applications
1) **High fever** causing restlessness, manic delirium, spasm, convulsion, angina, LOC, or coma [Heat attacks PC]
   - Sx: T: red, y or w, greasy coating; P: rapid & full
2) Pediatric fevers w/ tremor, hallucination, spasms
3) **Emergency** for stroke or heart attack, high fever threatening heart failure
   Western dz: high fever w/ convulsion d/t encephalitis, meningitis, hepatitis, toxic shock (septicemia), etc.

Precautions
- PREGNANCY

Methods of taking it
1 pill, PO, 1-2 x day until Sx subside
*Serious cases: 1 pill, TID
*Children: <6 yrs – ½ pill; <2 yrs – 1/3 pill
* May be administered through nasogastric tube in cases of comatose patients
* If pulse is Xu, the pill should be taken w/ a decoction of Ren shen, Jin yin hua, and bo he
(Ju Fang) Zhi Bao Dan / “Greatest Treasure Special Pill”

**Ingredients**

*Xi jiao:* Rhino horn;  *Niu huang:* Cow gallstone;  *Dai mao:* Imbricatae  
*Bing pian:* Borneol;  *She xiang:* Musk;  *An xi xiang:* Benzoinum  
*Zhu sha:* Cinnabar;  *Hu po:* Amber;  *Xiong huang:* Realgar

**Functions**

- *Open orifices, Clear Heat* -open portals, eliminate turbid phlegm  
  *Phlegm and Inner Wind*
- Clears Heat, Opens orifices
- Transforms turbidity
- Relieves toxicity
Clinical Applications

1) Fever, irritability and restlessness, delirious speech, impaired consciousness to the point of coma

2) Phlegm! Copious sputum w/ labored and raspy breathing, spasms, seizures/convulsions, coma

T: red, deep-red w/ foul, greasy, yellow coat; P: slippery, rapid

Precautions

- PREGNANCY
- Yin Xu (a drying Rx)
Zi Xue Dan – “Three Treasures” “Purple Snow Crystals”

Ingredients
Shi gao: Gypsum; Han shui shi: Calcitum; Hua shi: Talcum; Xi jiao: Rhino horn; Ling yang jiao: Antelope horn; She xiang: Musk
Xuan shen: Scrophularia; Sheng ma: Cimicifugae; Mu xiang: Aucklandia; Chen xiang: Aquilaria; Ding xiang: Clove
Ci shi: Magnetite; Zhu sha: Cinnabar; Mang xiao: Mirabilitum; Xiao shi: Nitrum; Zhi gan cao: Licorice; Huang jin: Gold shavings

No longer use gold shavings or xi jiao

Functions
• Open Orifices, Clear Heat – spasm d/t high fever and endogenous Wind
  • Clear Heat, esp H in the PC
  • Reduce spasm – extinguish Wind
  • Calm Shen, anti convulsion
• Open orifices
• Detox (eliminate inflammation d/t infection)
• Unblocks bowels
• * Lengthy processing until herbs become a powder
Clinical Applications

1) Spasms from Inner Wind arising from heat
2) High fever affecting the HT/PC causing: unconsciousness, convulsions or delirium, and constipation
   - Sx: Heat signs from the onset, high-grade fever, no chills, thirst, constipation, darky urine, uneasiness or unconsciousness
3) Useful in fevers d/t blood poisoning, infection, abscesses
4) Emergency for fever threatening heart failure
5) Effective for high infantile fevers, including that d/t measles, encephalitis, meningitis, scarlet fever

Precautions
- Caution w/ diarrhea (can cause this)
- PREGNANCY

Methods of taking it

2 vials, BID

Infants: ½ tube, young children: 1 tube, 1-2 x day
Guan Xin Su He Wan
“Cardiovascular Styrax Pills”

**Ingredients**
Su he xiang; Bing pian; Tan xiang; Ru xiang; Mu hu die

*Fratkin 8A2-6(7)*

Su he xiang; Bing pian; Tan xiang; *Qing mu xiang*; Mo yao/Ruxiang

*Classic:*
Su he xiang; She xiang; Bing pian; An xi xiang; Mu xiang; Ding xiang; Bai zhu; Tan xiang; Xiang fu; He zi; Chen xiang; Bi ba; Ru xiang; Xi jiao

**Functions**

- *Open Orifices w/ warmth, HT Xue Stasis in the chest d/t Qi Yu w/ Cold* – emergency pill
- Open HT Orifices
- Move stagnation in the chest (aromatic herbs)
- Regulate Qi, Stop pain
Clinical Applications
1) Cold Closed/Collapse Disorder
2) Tx symptoms related to coronary heart/artery disease, heart attack d/t Qi Yu w/ Cold: chest fullness, chest pain or pressure, angina
3) Improve blood circulation in patients w/ cold in the extremities

Precautions
Qing Mu Xiang: contains aristolochic acid, which has a toxic effect on LV, KI and Adrenal gland.
- Not for heat!
- Do not use if CHD is caused by other disharmonies such as Xue stagnation w/ sharp, stabbing pain (use Fu Fang Dan Shen Pian)

Dosage
2 capsules, BID
Niu Huang Qing Xin Wan

“Cow Gallstone Clear Heart Pills”

Ingredients
Niu huang; Ling yang jiao; Dang gui; Chuan xiong; Gan cao; Bai shao; Xi jiao; Ren shen; Rou gui; Fang feng; E jiao; She xiang; Feng mi (honey). [Xin ren; Jie geng; Bai zhu]

Functions
• *HT Heat, Xue Heat*
• *Resolve the Phlegm and Extinguish Internal Wind*
• Clear Excess Heat from the Xue level
• Unblock portals – induce consciousness (mildly)
• Calm the patient

Less for opening portals as the 3 Treasures, or Wan Shi Niu Huang Qing Xin Wan
Clinical Applications
1) Heat in the Xue level; Heat in the HT; LIV Fire/HT Fire: delirium, mouth ulcers, high fever
2) Sequelae of stroke (arm, leg, facial paralysis, speech impairment, dizziness) – use w/in 3 days [use *Wan Shi Niu Huang Qin Xin Wan* during]
3) Helps calm a stroke patient who is agitated, w/ Heat signs: red face, easily angered, rapid P, etc.

Precautions
- PREGNANCY

Methods of taking it
1 (3 g) honey pill, PO BID

*Children* <1 yr: ½ honey pill, PO BID

Available brands
- Beijing Tung Ren Tang
- Tianjin
- Nanjing Tong Ren Tang Chinese Medicine Works
Wan Shi Niu Huang Qing Xin Wan
“Wan’s Cow Gallstone Heart-Clearing Pills”

Ingredients
Niu huang Cow gallstone;
Zhi zi Gardenia; Huang lian Coptidis; Huang qin Scutellaria;
Yu jin Curcuma/tumerice; Zhu sha Cinnabar

Functions
• Clear Heat, Open orifices
• Calms restlessness d/t Heat
• Restores consciousness where high fever has led to coma
• *Gentle Rx: not for serious or critical cases as the “3 treasures” are indicated for
  Not very cold, not much for phlegm, open portals but not as strongly as 3 Treasures
Clinical Applications
1. Exogenous Heat toxin attacking the Pericardium: unconsciousness, delirious speech, uneasiness w/ high fever
2. Western dz: Stroke in acute stage, encephalitis, cerebrospinal meningitis, infantile convulsions, serious pneumonia
3. High fever caused by infection, kidney failure leading to unconsciousness w/ fever, liver failure leading to unconsciousness w/ fever
4. Essential hypertension

Precautions
- PREGNANCY; - Yin depletion

Packaging & Dosage
1 honey pill, BID   Children: ½ pill, BID

Brand
Beijing Tung Ren Tang
Patents for Heart Disorders

- HT Blood Vessel Disorders
- HT spirit----- (Shen) disorder
Fu Fang Dan Shen Pian
“Compound Formula Salvia Tablets”

Ingredients
1. Dan shen Salvia: 100%
2. Dan shen Salvia; Bing pian Borneol
3. Dan shen Salvia San qi Pseudoginseng Bing pian Borneol
4. Dan shen; Tan xiang; Sha ren; (Gan cao)

Functions
• Promote blood circulation, Remove Xue Stasis
• Regulate Qi and Stop pain
Clinical Applications
1. Tx Blood Stasis in coronary heart dz – Sx: fixed, stabbing, strong sharp pain, possibly worse at night; heart palpitations may be present; T: dark purple; P: deep, choppy
2. Prevents blood clots, esp. from the heart – can take prophylactically
3. HT Blood Stasis leading to angina
4. Tx Blood Stasis in dysmenorr or amenorrhea; or bruises

Precautions
- Use w/ extreme care or not at all w/ anti-coagulant therapy.

Packaging & Dosage
2-4 tablets, TID or (8-12 pills)

Brand
Tai Zhou Pharmaceutical Factory
Shanghai Chinese Medicine Works (No. 3)
China National Chemicals I/E Corp.
Xue fu zhu yu tang / “blood mansion drive out stasis decoction”

**Ingredients**

Tao ren; hong hua; dang gui; sheng di; chuan xiong; chi shao; zhi ke; chai hu; Niu xi; Jie geng; gan cao

**Functions**

- Invigorate blood, breaks blood stasis
- dredges and opens channels and collaterals
- resolves chest oppression, opens orifices
- relieve pain
- soothe the liver
**Clinical Applications**

1. stagnation of qi and blood in UJ, including the chest, epigastrium, or head. Symptoms include chest or costal pain accompanied by restless sleep, palpitation, dizziness, irritability or depression.
2. chronic stabbing headache and oppression in the epigastrium causing belching, prolonged hiccoughs or a choking sensation.
3. congestive heart disease, angina, arrhythmia and head trauma, epigastirc constriction or reflux, stomach ulcer, and hypertension due to blood stagnation.
4. preventative against stroke.

**Precautions**

pregnancy

**Packaging & Dosage**

Bottles of 200 pills, 8 pills TID (can be increased to 12 pills if needed)

**Brand**

Plum flower       herbal times       Bio Essence
Shan zha jiang zhi Wan
“crataegus lower fat tablets”

**Ingredients**

Herbal times: *Shan zha; Shen qu; Mai ya; Tian qi*

Bio essence: *Shan zha; Dan shen; he shou wu; da huang; tian kui zi*

**Functions**

• Invigorate blood,
• soothes the liver,
• dispels phlegm and transforms turbidity;
• relieve chest oppression
**Clinical Applications**

1. Reduce heart phlegm with signs of elevated blood lipids and cholesterol. Symptoms include palpitations, arrhythmias, tachycardia, poor memory, angina, dizziness, headache, or numbness and tingling.

2. Weight loss.

**Precautions**

pregnancy

**Packaging & Dosage**

Herbal times: Bottles of 200 pills, 8 pills TID

Bio Essence: bottles of 200 pills, 6 to 8 pills, BID-TID (can be increased to 11 pills, if needed)

**Brand:** Herbal times                      Bio Essence
Suan Zao Ren Tang Wan

“Zizyphus decoction Pill”

**Ingredients** (plum flower)
Suan zao ren 78.5%
Fu ling
Zhi mu
Chuan xiong
Gan cao
Feng mi (Honey)

**Functions**
- Nourish HT Blood;
- Calm shen, Release restlessness
- Clear Xu heat
- Invigorates blood

- **XU condition:**
  - HT/LV Blood xu
Clinical Applications
1. Disturbed Shen causing insomnia, restlessness, palpitation, night sweats, anxiety, or vivid dreams
2. For poor concentration, clouded mind, or mental fatigue.
3. Use in deficiency presentations
4. Useful in menopausal disorder, tuberculosis, and AIDS.

HT/LV blood xu; LV yin xu; shen disturbance; insomnia DT HT yin/xue xu
This is more for insomnia & Blood Def. than Tian wang bu xin tang which is more for yin xu

Packaging & Dosage
Bottles of 50 tablets. 2-3 TID (dosage can be increased up to 5 tablets, if needed)- better to take at night

Brand
Plum flower; herbal times; Sing-Kyn drug house (guangzhou)
Shui de an/ “sleep obtained peace”

Ingredients
Suan zao ren; bai zi ren; yuan zhi;
zhi mu; dan shen; sang shen;
bai zhu; zhi gan cao; fu ling;
ren shen; mai men dong; wu wei zi;

Functions
• Tonifies QI, nourishes HT yin, clears heat,
• settles the HT, calms Shen
**Clinical Applications**
1. Deficiency patterns (HT Qi & Yin Def.) of disturbed Shen causing insomnia, restlessness, palpitation, anxiety, vivid uncomfortable dreaming, or mental fatigue.
2. Anxiety disorders, panic attacks and depression.

**Packaging & Dosage**
Boxes of 12 capsules. 1 to 3 capsules before bedtime.

**Brand**
United pharmaceutical factory
**Tian Wang Bu Xin Wan / “Heavenly Emperor’s Pill”**

**Ingredients** (plum flower)
- **Sheng di** (Rehmannia; Tian men dong; Mai men dong);
- **Xuan shen** (Scrophularia; Dang shen; Dan shen);
- **Fu ling** (Poria; Yuan zhi; Dang gui; Angelica);
- **Wu wei zi** (Schisandra; Bai zi ren; Biota);
- **Suan zao ren** (Zizyphus; Jie geng; Platycodon)

**Functions**
- Nourish HT & KI Yin
- Generate Body fluid
- Calm Shen
- Cool blood by moistening
- XU condition: HT/KI yin xu; less irritable
Clinical Applications
Insomnia, anxiety (esp. when presentation of anxiety is combined w/ ADD, Bipolar, etc.)
HT & KI yin xu; yin xu heat; disturbed shen; more insomnia; less irritability; hot at night; dry mouth/ throat esp at night; dream disturbed sleep; generate BF; yin. If more heat & irritability, can add huang lian or long gu

Precautions
. Be care for patients with SP def. Or with more damp-phlegm in the body.

Packaging & Dosage
Bottles of 200 pills or 1000 pills. 8 tid (can be increased to 12 pills if needed)

Brand
Plum flower
Herbal times
Lanzhou Foci Pharmaceutical manufactory
Bio essence
Tanglong brand
Bai Zi Yang Xin Wan/ “Biota Seed HT nourish”

Ingredients
Bai zi ren; Dang shen; huang qi. Dang gui, Chuan xiong, Fu ling, Yuan zhi, Suan Zao ren; Wu wei zi, Ban xia, Gan cao; Rou gui.

Functions
XU condition: HT qi & xue xu. Calm Shen not much irritability

Clinical Applications
1. Disturbed Shen due to deficiency of HT Qi & Blood, causing insomnia, restlessness, palpitation, night sweats, anxiety, or vivid dreams.
2. For poor concentration, clouded mind, short breath, or mental fatigue.
3. Use in deficiency presentations

Gui Pi Tang for SP qi xu w/ HT xue xu. This for HT qi xu + HT /LV xue xu

Packaging & Dosage
Bottles of 200 pills, 8-12 TID

Brand
Minshan brand; Tanglong brand; Lanchow Foci pharmaceutical factory
Bu nao wan / “Tonify brain pill”

Ingredients (plum flower)
Wu wei zi; suan zao ren, dang gui; rou cong rong; hu tao ren; gou qi zi; bai zi ren; tian ma; yuan zhi; tian nan xing; shi chang pu; hu po; long chi

Functions
• Nourish HT blood
• Tonify KI
• Resolve Phlegm stagnation
• Subdue Yang & Calm Shen
Clinical Applications
1. Phlegm /yang rising; deficiency of blood / yin affecting memory, concentration and alertness.
2. also be used for insomnia, restlessness, palpitation, anxiety, or vivid dreams.

Precautions
Not long time using, as it has heavy minerals & seeds

Packaging & Dosage
Bottles of 100 tablets, 4-6 tablets TID.

Brand
Plum flower; Xian Traditional Chinese Factory
An mian pian

Ingredients (plum flower)
Suan zao ren; yuan zhi; zhi zi; shen qu; fu ling; gan cao

Functions
• Clear heat; settles the heart; calms shen

Clinical Applications
1. Disturbed Shen causing insomnia, restlessness, palpitation, anxiety, or vivid dreams, and mental fatigue
2. Anxiety disorders, panic attacks and depression.

Packaging & Dosage
Bottles of 60 tablets, 3-4 tablets TID. (dosage can be increased to 6 tablets if needed)

Brand
Plum flower;
China National Native Produce and Animal-by-Products I/E Corp;
Herbal times
An Shen Bu Nao Pian
“Brain supplement”

**Ingredients** (Tanglong brand)
Yu zhu; Nu zhen zi; dang gui; he shou wu; han lian cao; suan zao ren; he huan pi; fu ling; yuan zhi; sang ye

**Functions**
- Nourish HT, tonify blood; Tonify KI Essence
- Resolve stagnation; Calm shen

**Clinical Applications**
KI essence & HT xu
KI essence = brain/ sea of marrow; insomnia + poor memory; difficulty to focus; study
1. Def. KI essence & blood and yin affecting memory, concentration and alertness.
2. For insomnia, restlessness, palpitation, anxiety, or vivid dreams.

**Packaging & Dosage**
Bottles of 200 pills, 8 pills TID (can increased to 11 pills, if needed).

**Brand**
Tanglong brand
**An shen yang xin cha / “calm shen nourish HT tea”**

**Ingredients**

Fu ling; He shou wu; Chao mi (oryza); Dan shen; Hong zao; Yuan zhi; Sang ye.

**Functions**

- Subdues yang, nourishes yin and blood;
- benefits the KI,
- resolves stagnation,
- settles HT, calms Shen

**Clinical Applications**

1. Anxiety and nervousness due to stress
2. Disturbed Shen causing insomnia, restlessness, palpitation, anxiety, vivid uncomfortable dreaming or mental fatigue.

**Packaging & Dosage**

Boxes of 30 tea bags, 1 tea bag TID (add boiling water)

**Brand** Plum flower