Patents for Bi-syndrome

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Introduction to Bi Syndrome

• Pain due to blockage (Obstruction) qi and blood stagnation; Wind/cold/damp/heat

• Pain due to abnormal functional movement of Qi

• Pain due to deficiency
Pain due to Qi and blood Stagnation
Yun Nan Bai Yao/ “White Powder From Yun nan Province”

**Ingredients**
Tian Qi; other ingredients secret

**Functions**
• Ivigorates Blood and Stops bleeding

**Biomedical actions**
• Haemostatic, invigorate local circulation and eliminates stagnated blood, analgesic.

**Available brands:** Yunna Paiyao Factory (Yunnan)

**Precautions**
Not during pregnancy.
Avoid broad beans, fish, crustaceans, sour and cold foods while using it.
Clinical Applications

1. An important first aid remedy for bleeding regardless of aetiology. Used to arrest internal and external bleeding.
2. Gynecological conditions with Blood Yu or bleeding, including menorrhagia, dysmenorrhea, amenorrhea, fibroids and painful gynecological masses.
3. Suppurative skin infections like abscesses, boiled, carbuncles and ulcers, both acute and chronic non-healing.
4. Pre-surgical preparation to reduce scarring and improve postoperative recovery

Packaging & Dosage

2 capsules 4 times a day.

Children 2-5 y: half a capsule 4 times a day. 5-12 y: one capsule 4 times a day;

A capsule can be broken and the wound sprinkled with the powder, then held closed until bleeding ceases

For bleeding, take with water; for Blood yu take with a little alcohol.
The red pill is reserved for serious wounds and is used for patients about to go into shock.
Gu Zhe Cuo Shang San
“Fracture Pulvis”

**Ingredients**
Ye Zhu Gu; Tian Gua Zi; Hong Hua; Dang Gui; Da Huang; Xue Jie; Mo Yao; Ru Xiang; Tu Bie Chong

**Functions**
- Invigorate blood
- dispels blood stasis
- disperses swelling
- relieves pain
Clinical Applications
1. Traumatic injury with internal bruising and swelling
2. Applicable for sprains and fractures with swelling, especially in the early stages
3. Injuries causing serious bruising.

Precautions
Prohibited during pregnancy

Packaging & Dosage
Bottles of 50 capsules. Internally: take 7 capsules, TID (dosage can be increases to 9 capsules, if needed)
Externally: dissolve in rice wine (sake) or alcohol and apply on a gauze.

Available brands
Kiamusze Chinese Medical Works
Jin Gu Die Shang Wan
“ The Great Mender Teapills”

Ingredients
Xu duan; Su mu; Fang feng; San Qi; Gan cao; Mu tong; Chi shao; Yan hu suo; Gu sui bu; Ru xiang; Dang gui; Zhi shi; Moyao; Tu bie chong; Liu ji nu; Xue jie; Mudan pi; Jie geng; San leng; Tian gua zi; Jiang huang; Bai shao; Tao ren

Functions
• Invigorate Xue, Breaks Xue Stasis, Tonify Xue
• Stops bleeding
• Strengthen sinew & bones
• Dredges and opens ch and collaterals
• Relieves pain

Biomedical action
Analgesia, enhances circulation, promotes healing.
Clinical Applications
1) Internally or externally for acute bruising or swelling accompanying traumatic sprain, fracture or dislocation
2) Also: for torn or inflamed ligaments, w/ or w/o swelling.

Precautions
pregnancy

Packaging & Dosage
Internally: 8 pills Tid; (dosage can be increases to 12 pills if needed) until injury is improved
Externally: dissolve in rice wine (sake) or alcohol and apply on a gauze pad directly to injury.

Available brands
Plum flower
Herbal Times
Shen Tong Zhu Yu Wan
“ The Great Invigorator Teapills”

**Ingredients**
Tao ren; Hong hua; Dang gui; Chuan xiong; Gan cao; Mo yao; Di long; Wu ling zhi; Qin jiao; Qiang huo; Chuan niu xi; Xiang fu

**Functions**
- Move Qi and Blood
- Break blood stasis
- Opens the channels and collaterals
- Relieve pain
Clinical Applications
1. Painful joint and limbs due to Qi and blood stagnation
2. Chronic deep pain in the limbs causing muscle aching, numbness and tingling
3. Modern use in arthritis, rheumatism and following trauma.

Precautions
Prohibited during pregnancy

Packaging & Dosage
Bottles of 200 pills, 8 pills TID

Available brands
Plum flower
Yan Hu Suo Zhi Tong Pian

“Corydalis Yanhusuo Analgesic Tablets”

Ingredients
Yan hu suo *Corydalis*; Bai zhi *Angelica*

These 2 herbs together act as an herbal aspirin and is useful in a variety of pain presentations

Functions
- Promote blood circulation, **Stop pain** (d/t Blood Yu)
- Move Qi, Relax smooth & striated muscle spasms
- Blood stasis in the uterus

Available brands
Plum flower Brand
Chongqing Chinese Medicine Facto
Clinical Applications

Regulate Xue: Pain d/t Xue stasis

1) Tx pain d/t Blood & Qi stagnation including dysmenorrhea, post-partum uterine pain and other gynecological disorders w/ pain; stomach ache, including gastric or duodenal ulcer; abdominal pain; hypochondriac pain which may be associated w/ Hepatitis or GB problems

2) Chest pain which may be associated w/ angina; pain d/t rheumatism or injury

Precautions

NOT in PREGNANCY.
Caution w/ patients w/ HT Qi Xu (bai zhi can cause Palpitations, insomnia, or anxiety)

Packaging & Dosage

For pain: 1-2 tablets TID
Pain due to
Wind/Cold
/dampness
/Heat
Guan Jie Yan Wan
Joint Inflammation Teapills”

**Ingredients** (plum flower)
Yi yi ren; Han fang ji; Cang zhu; Hai tong pi; Gui zhi; Xiang jia pi; Niu xi; Qin jiao; Wu zhu yu; Huang qin; Du huo; Sheng jiang

**Functions**
- Dispels wind
- Eliminate damp
- Opens the channels and collaterals
- Warms the channels and collateral
- Relieves pain
Clinical Applications

1. WIND-Damp Bi-syndrome: weak or aching lower back
2. Painful joints with swelling, especially the knees or feet
3. Modern use for sciatic pain, rheumatism, and lower limb arthritis.

Precautions
Prohibited during pregnancy

Packaging & Dosage
Bottles of 200 pills, 8 pills TID

Available brands
Plum flower
Changzhou Jian Ming Medical Works
Juan Bi Tang Wan
“remove painful-obstruction decoction pills”

Ingredients
Sang zhi; Gui zhi; Qiang huo; Du huo; Hai feng teng; Dang gui; Qin jiao; Chuan xiong; Mu xiang; Ru xiang; Zhi gan cao

Functions
• Dispels wind, Eliminate damp
• Invigorates blood
• Warms the channels and collaterals
• Relieve pain
Clinical Applications

1. Wind damp Bi syndromes characterized by painful joints, heaviness in the limbs and muscles or numbness.
2. Rheumatism, osteoarthritis and bursitis made worse in cold damp conditions.
3. Joint pain due to an old injury that is aggravated by cold and damp weather.

Precautions

Pregnancy

Packaging & Dosage
Bottles of 200 pills. 8 pills TID (can be increased to 12 pill TID if needed)

Available brands
Plum flower
Xuan Bi Tang Wan / “Xuan Bi Teapills”
“diffuse painful-obstruction decoction”

Ingredients
Yi yi ren; Han fang ji; Ku xing ren;
   Lian qiao; Zhi zi;
Niu xi; Cang zhu; Huang bai;
Jiang ban xia; Mu tong

Functions
- Dispels damp
- Clears heat
- Dredges and opens the channels and collaterals
- Relieves pain
Clinical Applications

1. Wind Damp Heat syndromes marked by red swollen joints, especially affecting the knees
2. Wei syndrome due to accumulation of damp and heat, with symptoms of heaviness, weakness, and flaccidity of the lower limbs, or numbness with slight welling in the lower limbs.
3. Useful for rheumatoid arthritis, and in painful joints due to rheumatic fever, gout or lupus.

Precautions

pregnancy

Packaging & Dosage

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

Available brands

Plum flower
Combination of Deficiency and Excess
Hua Tuo Zai Zao Wan
“Hua Tuo Restorative Pills”

**Ingredients**
Huai hua; Ren shen; Wu wei zi; Mai men dong; Qin jiao; Bai zhi; Dang gui; Chuan xiong; Gui zhi

**Functions**
- Tonify Qi and Yin and blood
- Invigorate blood, breaks bloods stasis
- Subdues yang
- Strengthens tendons and bone
- Dredges and opens the channels and collaterals
Clinical Applications

1. *Wei* syndromes due to stroke, including hemiplegia, aphasia, flaccid paralysis, coma, numbness or tingling.

2. Useful for wasting diseases (muscular dystrophy, multiple sclerosis), deficiency tremors (Parkinson’s), inflammation of the spinal cord (myelitis), rheumatism and arthritis, Bell’s palsy.

3. Narcolepsy, gradual weakening of the body due to aging, and as a preventative for hypertension.

Precautions

Pregnancy

Management of acute stroke should be supervised by qualified practitioners.

Packaging & Dosage

Box of 10 smaller boxes, each with a bottle with 8g of herbal pills. Take ½ bottle BID

Available brands

Guangzhou qixing pharmaceutical Co, Ltd
Bu Yang Huan Wu Tang Wan
“Tonify yang return five decoction ”

**Ingredients**
Huang Qi; Dang Gui; Chi Shao; Chuan Xiong; Tao Ren; Hong hua; Di Long

**Functions**
- enriches *qi*, promotes blood circulation, and dredges meridians. It is mainly used to treat apoplectic sequelae (stroke) and other conditions such as hemiplegia, eye and mouth distortion, stiffness in the tongue and aphasia, atrophy and paralysis of lower limbs, and frequent or uncontrollable urination.
- **Effect on myocardium; anticoagulation and anti-thrombosis; anti-inflammation and immunologic enhancement.**
- **Influence on microcirculation; Protective effect on cerebral ischemic injury; Repairing nerve injury**
Clinical Applications
Treatment of apoplectic sequelae (stroke), Cerebral thrombosis, cerebral trauma; cerebral accident; Hypotension; diabetes with periphery nervous lesion.

Precautions
Not in acute cases of cerebral hemorrhage, in cases of unconsciousness, or in stroke with excess in the pulse. Caution during pregnancy

packaging & Dosage
Bottles of 200 pills, 8 pills TID (increased to 12 pills if needed)

Available brands
Plum flower
Du Huo Ji Sheng Wan
Duhuo and Loranthis Pill

Ingredients
Dang gui; Chuan xiong; Shu di; Bai shao.
   Dang shen; Fu ling; Gan cao (bai zhu missing, ok to add)
Du huo; Qin jiao; Fang feng; Xi xin: bi w-c -d
Sang ji sheng: w-d + KI xu  Rou gui: warming
Du zhong; Niu xi: KI

Functions
• **Tonify KD, Qi and BLOOD**
• Dispel Wind-Cold-Damp
• **Classic patent, very commonly used**

• **DD: chronic bi w/ deficiency**
Clinical Applications
Chronic bi; KI xu; Qi & Blood xu; Low back pain, knee joint pain, low energy, dizziness joint bi pain; Bi due to deficiency
Wind-damp-cold (warmth is better) Body ache pain
Seniors; low back, etc; any type bi except heat type bi with inflammation
Not for blood stasis
For general osteoarthritis – not as strong as some other Bi syndrome formulas

Precautions
Not for blood stasis & not heat type Bi
(for heat types: San miao san; Si miao san)

packaging & Dosage
8 pills 2-3x/day
Tian Qi Du Zhong Wan
“Notoginseng, Eucommia Pills”

Ingredients
San qi, Ru xiang; Wu wei zi;
Rou gui, Du zhong, Ginseng,
Sang ji sheng, Du huo

Functions & Applications
• Strengthen KI
• Dispel wind and eliminate damp
• Tonify Qi
• Remove stasis
• Stop pain
Clinical Applications
weak lower back due to underlying deficiency of KI qi and Yang. Symptoms include chronic weak lower back pain, weakness and pain of the waist and knees, and muscle stiffness.

Precautions
pregnancy

Packaging & Dosage
Bottles of 200 pills, 10 pills QID (4xday)

Available brands
Plum flower
Yao Tong Pian

“Lumbago Pills”

Ingredients
Du zhong; Xu duan; Niu xi: KI. Bu gu zhi: KI yang
Dang gui: nour. & move xue; Gou ji: spinal pain
Bai zhu: SP & resolve damp

Functions
• Strengthen KI (yang)
• Move blood
• Release pain
• DD: chronic low back weakness w/ KI xu & blood yu
Clinical Applications

“chronic muscular sprain”; weakness of bone & muscle; weakness with stagnation (not arthritis; not acute; not really bi) years of low back discomfort with weakness; too much sitting/standing

not effected by weather, more DT overuse/overstrain – can strengthen bones and tendons – for injuries with blood stasis with K xu

Also for KI xu & Bi: *Te Xiao Yao Tang Ling*: has herbs for w-d-c bi + KI tonic herbs

packaging & Dosage

1 honey pill or 6 pills  Tid
San Bi Tang
(three painful-obstruction decoction pills)

Ingredients
Xu duan, Du zhong, fang feng, Rou gui, Qin jiao, Du huo, Niu xi. Ren shen, huang qi, fuling, zhi gan cao. Dang gui, chuan xiong, sheng di, bai shao

Functions
• Move Blood
• Dispel wind, eliminates damp, cold
• Tonify Qi & Blood

Indication
• Wind –cold-damp Bi-syndromes with def. qi & blood
Strong Chui Fong Tou Ku Wan

**Ingredients**
Xu duan, Du zhong, fang feng, tian ma, Qin jiao, Wu jia pi, Niu xi.
   Rou gui, Mu gua, Bai zhi, Mu xiang, Chen xiang.
Ren shen, bai zhu, zhi gan cao.
Dang gui, chuan xiong, Ru xiang, mo yao, Tian qi.

**Functions**
- Move Qi & Blood
- Dispel wind-Damp-cold

**Indication**
- Wind –cold-damp Bi-syndromes
- Neuropathy or sciatic pain due to qi stagnation and cold accumulation

**Dosage**
6 pills bid. <15 years old: 3 pills bid
Neck Formula

**Ingredients**
Dang shen, huang qi. Dang gui, chuan xiong, Sheng di, bai shao, tao ren, hong hua, Ru xiang, mo yao, Dan shen, Wang bu liu xing, Ge gen, shi jue ming, hua rui shi, huang bai, wei ling xian, qin jiao, qiang huo, cang zhu, tu bie chong, Di long.

**Functions**
- Invigorate the Blood
- Dispel wind-Damp-cold
- Dredges the meridians, tonifies qi, alleviates pain

**Indication**
- Cervical spondylosis, chronic cervical subluxation, herniated spinal disks.
- Bone hyperplasia, Spinal inflammation.

**Dosage**
3-4 tablets tid.
| **Gou Pi Gao**
| **dog skin plaster**
| traditional formulation; not used anymore (couldn't get menthol & camphor to stay fresh) p. 113 |
| **Shang Shi Zhi Tong Gao**
| p.114 |

| Plasters assist locally for internal formulas |
| Herbs tend to aromatic; remove stasis; anti-inflammatory |
| burning of chili pepper releases pain |
| Local/external use |
| Dispel Wind-Cold-Damp (especially for COLD Bi) |
| Move Blood |
| Relax Tendons |

| **Traumatic injury; arthritis; muscle pain/ sprains; joint pain** |
| **Main ingredients of commonly used:** |
| menthol (bo he) & camphor (zhang nao) |
| **Arthritis: acute attack** |
| apply plaster ~ 24º at a time (warm plaster to activate and properties and increase absorption) |
| Especially good for Cold-Bi |
| **Injury: moves blood, activate collaterals** |
| **Muscle pain** |
| Aromatic, remove stasis, open blood vessels, anti-inflammatory |

| **tian ma; xi xin; ru xiang; mo yao; xue jie; er cha; chuan shan jia; ding xiang; du zhong; níu xi; dang gui** |

| **yun xiang qin gao; bo he nao; bing pian; zhang nao; dong qing yu; fu fang din xiang liu qin gao (16 herbal extracts)** |

<p>| <strong>D:</strong> best if allow time between applications, such as 8 hrs on 8 hrs off; or just use at night and leave off in day, etc. |
| <strong>C:</strong> pregnancy; sensitive skins; allergies; broken skin |</p>
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<th>Description</th>
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<td>Die Da Zhi Tong Gao</td>
<td>Plasters assist locally for internal formulas</td>
<td>Traumatic injury; arthritis; muscle pain/sprains; joint pain</td>
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<tr>
<td>Shang Shi zhi tong Gao</td>
<td>Herbs tend to aromatic; remove stasis; anti-inflammatory</td>
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<tr>
<td>White flower oil</td>
<td>Strong smell, penetrating</td>
<td>Bi syndrome; muscle pain; trauma; early stage of boils; mosquito bites (esp. white flower oil)</td>
<td></td>
</tr>
<tr>
<td>Zheng gu shui</td>
<td>Lots of alcohol, not for open skin</td>
<td></td>
<td>C: if have open wounds</td>
</tr>
</tbody>
</table>
Xiao Huo Luo Dan/ “minor collateral unblocking pill”

Ingredients
Chuan wu; Cao wu (fu zi) 42%; Dan nan xing: damp-phlegm. Di long: dredge collaterals (also LV wind); Ru xiang; Mo yao: strong pain release: trauma, acute

Functions
• Dispel w-c-d
• Release pain
• Move blood
• Dredge Collaterals classic, very commonly used
• W-D-C Bi w/ qi & xue yu
Clinical Applications

Joint pain due to W-D-COLD accumulation (esp. cold); qi & blood yu; pure cold Bi syndrome: aching & local stasis; cold sensation; very strong pain

- Sport & traumatic injuries
- Not for hot, swollen joints

Precautions

- pregnancy
- heat or yin xu

Packaging & Dosage

6 pills 2-3x/day: toxic: do not increase dosage
Qi Li San / “Seven Pinches Powder”

**Ingredients**
- Xue jie *Dragon blood*;
- Hong hua *Safflower*;
- Ru xiang *Frankincense*;
- Mo yao *Myrrh*;
- She xiang *Musk*;
- Bing pian *Borneol*;
- Zhu sha *Cinnabar*;
- Er cha *Acacia seu uncaria*

**Functions**
- Promote blood circulation, Remove Xue Stagnation
- Decrease swelling, Stop pain

**Precautions**
- PREGNANCY

**Available brands**
Beijing Tung Jen Tang
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| **Feng Shi Xiao Tong Wan** w-d pain relief tabs (tientsin drug manufactory) | • Dispel W-C-D (w-c-d blocks blood)  
• Release Pain  
• Move Blood (w-c-d blocks blood causing pain) (no heat signs) | more for KI strengthening  
more to strengthen bones and tonify KI  
DD: more for KI xu | xi xian xao;  
chou wu tong;  
hu gu; lu jin (deer ligament);  
hong hua; mu gua; qiang huo | D: 10 pills bid after meals |
| **Feng Shi Pian** wind-damp tabs | Pure bi w/o xu aspect - very strong pain relief | Chronic, joint pain alleviate w/heat (more cold than damp); chronic disease with acute attacks of cold type Qi xu + Xue yu  
Severe pain: acute wind-Cold-Damp  
1) very strong pain release: toxic, watch dosage closely  
2) use to cut down steroid usage (esp with rheumatoid arthritis)  
3) for pure w-c-d Bi syndrome without xu OR can combine with tonification herbs and use for xu | ma huang; gui zhi; fang feng;  
du huo; quan xie; ma qian zi (toxic .3-.9 gms /day); du zhong; niu xi; gan cao | D: 2 tablets once a day  
observe dosage  
patients  
pregnancy or hypersensitive patients  
observe dosage |
Clinical Applications

Regulate Xue: Traumatic injuries/pain
1) Tx sports injuries and other traumatic injuries/pain, including open wounds, broken bones, and soft tissue injuries: sprains, strains, swellings, and bruises (Treats traumatic injury, stops bleeding, helps healing)
2) Tx skin infections: carbuncles, sores; ulcers w/o or w/ infection; 1st or 2nd degree burns; herpes zoster
3) Modernly, Tx coronary heart dz and myocarditis – this Rx is able to disperse Xue Yu, Open orifices and stop pain
4) Tx severe liver region pain d/t Xue Stagnation in chronic Hepatitis

Packaging & Dosage

External:
Make a paste w/ Qi Li San & white wine – apply to affected area and cover.
For open wounds, sprinkle powder over the open wound, and cover

Internal: Take 0.2 to 0.9 g w/ warm water or wine, 1-3 x day
Ba Ji Yin Yang wan / “Morinda Yin Yang Pills ”

**Ingredients**
Ba ji tian; Yin yang huo; Gou ji; Xu duan; Lian zi; Shan zhu yu; Jin ying zi; Gou ji zi; Du zhong; Dang gui; Shu di huang; Bai shao; Shan yao;

**Functions**
• Tonify KI yang
• Nourish KI yin
• Dispels wind and eliminate dampness
• Tonifies blood
• Astringent jing
Clinical Applications
1. KI def. Bi syndrome affecting lower back and legs and causing slow gait, stiff knees, weak lower back, and painful joints and tendons.
2. chronic lumbago, sciatica, numbness in the limbs, arthritis and rheumatism.
3. general deficiency of KI causing male sexual dysfunction, female infertility, and urinary disturbance.

Precautions
pregnancy

Packaging & Dosage
Bottles of 200 pills, 8 pills TID. (increase to 12 pills if needed)

Available brands
Plum flower Brand
Du Zhong Hu Gu Wan

Eucommiae & Tiger Bone Pills

Ingredients

Qi & blood: Ren shen; Bai zhu; Dang gui; Chuan xiong; Ji xue teng: San qi: move blood

KI: Du zhong (strengthen bones); Yin yang huo

Bi: hu gu (strengthen bones); mu gua; wu shao she; lu lu tong (dredge); cang zhu (drying); xun gu feng (dispel); wei ling xian; shi nan teng; sang zhi (dredge w-d-c)

Functions

• Strengthen KI & bone and tendons
• Move Blood
• Dispel w-d-c
• Tonify Qi & Blood
• DD: chronic bi DT KI xu & xue yu; c-d blocking meridians
Clinical Applications

Bi syndrome DT cold-damp; cold bi stiffness; joint pain; lumbago; joint stiffness; fatigue; feeling of cold in limbs
KI & xue xu: low back/knee weakness; KI yang xu w/impotence; qi & xue xu Sx
Chronic Bi synd – not as strong for pain or discomfort
Arthritis: Elderly with osteoporosis (KD & Bone)
less bi and more KI xu

Precautions

pregnancy

packaging & Dosage
8-12 pills, Tid