

# Herbal Formula Therapy

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# History of Chinese Herbal

- ❖ Wu shi Er Bing Feng (Prescription for fifty-two kinds of disease) - oldest documented herbal formula (estimated by archeologist 3<sup>rd</sup> century BC)
- ❖ Shen Nong Ben Cao Jing (Divide Husbandman Classic of Materi Medica) – by numerous authors (the earliest records of individual medicine, 2<sup>nd</sup> century BC)

# History of Chinese Herbal

- ❖ Huang Di Nei Jing (Yellow Emperor's Inner Classic) – compiled in 1<sup>st</sup> and 2<sup>nd</sup> century. By numerous authors. It contained some herbal formula and explanations. Huang Di Nei Jing (Yellow Emperor's Inner Classic). Suwen (Basic Questions) & Ling Shu (Magic Pivot). This is the fundamental of TCM, it talked about 5 elements, Zang fu, channel and collaterals, holistic medicine (human is micro universe within macro universe that closely related and inseparable)
- ❖ Shang Han Za Bing Lun (Discussion of Cold Induced disorder and Miscellaneous disease) by Zhang Zhong Jing of Eastern Han Dynasty. He is considered as father of traditional herbal medicine. Zang introduced the importance of theory, strategy, formula and the substances to achieve successful treatment

# 8 Treatment method (Ba fa) and formula

1. Han fa (Sweating)
2. Tu fa ( Vomitting)
3. Xia fa (Draining downward)
4. He fa (Harmonising)
5. Wen fa (Warming)
6. Qin fa (Clearing)
7. Qiao fa (Reducing)
8. Bu fa (Tonifyng)



1. Han fa (Sweating – by ventilating LU qi and regulating nutritive (ying) and defensive (wei) level
2. Tu fa ( Vomiting)- by inducing emesis to eliminate phlegm, stagnant food, or toxic materials from throat, chest and diaphragm
3. Xia fa (Draining downward)- by cleansing the Stomach, and intestine, induces defecation and eliminates pathogens
4. He fa (Harmonizing)-by regulating the complicated disease pattern of concurrence hot and cold pattern at both exterior and interior
5. Wen fa (Warming)-warming the interior to dispels cold, restored yang and unblocked channel
6. Qin fa (Clearing)- clearing up heat, purge fire and cold blood
7. Qiao fa (Reducing)-dissolve and disperses hardness and nodules to treat accumulation of various substances
8. Bu fa (Tonifyng)- nourishes, enriches, supplements the body

# Formula classification

- ❖ Qi Fang ( Seven types formula) in Huang Di Nei jing.  
Da (large), Xiao (small), huan (mild), ji (urgent), qi (odd numbered, ou (even numbers), and fu (composite)

# Neijing

- ❖ Da (big dosage and large number of ingredients) – to treat severe illness
- ❖ Xiao (small number of ingredients) –to treat mild disease
- ❖ Huan (mild) – to treat chronic disease, taken over long period of time
- ❖ Ji (urgent) – to treat acute disease discontinued after desire affect achieved
- ❖ Qi (odd numbered)- Wu ling san (5 ingredients)
- ❖ Ou (even numbered)- Si Jun Zi Tang (4 gentlemen decoction & Liu Wei Di Huang Wan ( 6 Ingredients pills with Rehmania)
- ❖ Fu (composite)-multiple formula to treat more complicated illness- Ba Zen tang (8 treasure decoction) composed from Si Jun Zi Tang (4 gentlemen Decoction) & Si Wu Tang (4 substance Decoction)

# Formula composition

- ❖ Jun yao (Chief herbs) – to treat key disease or symptoms – large dosage
- ❖ Chen yao (deputy herb)- 2 functions (1. to reinforce the effect of Jun yao. 2. To treat associated diseases or coexisting disease or symptoms)
- ❖ Zuo yao (assistant herbs)- 3 functions (1. to reinforce effect of jun yao or chen yao or treat secondary symptoms. 2. to counteracts toxicity and drastic effect of jun yao or chen yao. 3. has opposite effect but works in synergy with jun yao to treat serious and complex disease)
- ❖ Shi yao (envoy herbs)- 2 functions. (1. to act as channel guiding herbs to direct the herbs to affected channel. 2. to harmonize all herbs in the formula. Use only small dosage)



# Key

- ❖ Prescript according to patient condition and etiology of diseases
- ❖ Modify to address variation of diseases
- ❖ Dosage: large dosage for acute and severe condition, small dosage for chronic or mild conditions.
- ❖ Dosage form : can be given in decoction, powder, pills



## Herbal Formula for GASTRO-INTESTINAL Cancer

- ❖ Gastric Cancer, Rectal cancer, Colon cancer, Stomach cancer, or recurrence of cancer after surgery

Le Shi Shu (Delightful and Comfortable Decoction) –

- ❑ Wisteria (Zi teng liu) – Caulia Wisteria galla – 10 g
- ❑ Terminalia (He zi) – Fructus Terminalia chebula- 10 g
- ❑ Coix (Yi yi ren) – Semen Coix lacryma-jobi- 10 g
- ❑ Trapa (Ling jiao) – Fructus trape fuctus – 10 g

# Herbs and Actions

## ❖ Chief herb -

Wisteria – (to reduce inflammation and strengthening the stomach)

## ❖ Deputy herb

Terminalia- (to clear heat & toxin, strengthening the body)

Coix- (to eliminate dampness, reduce inflammation and pain, alleviate spasms and expel pus.

## ❖ Assistant herbs

Trapa – (to prevent bleeding and pacify the spirit)



# Coix

## ❖ Nature and Flavor

Mild cold in nature, bland and sweet in flavors

## ❖ Meridian entered

SP, ST, LU

## ❖ Actions

Promote body fluids retribution, expell dampness, invigorate spleen, stop diarhera, eliminate swelling and pain in limbs, clear heat and facilitate pus draining



healthy doses - WordPre...



Job's tears, Chinese pearl barley,  
Coix lacryma-jobi, adlay seed ...

# Ling Jiao

## ❖ Nature and Flavor

Cool in nature, sweet in flavors

## ❖ Meridian entered

SP & ST

## ❖ Actions

Strengthening the spleen, tonify the stomach, relieve polydipsia, remove toxicity



# Ling jiao







**SUN  TEN**

**Chinese Herbal Extracts**

**Dietary Supplement**

**樂適舒**

*Le Shi Shu*

**W.T.T.C.**

**960**

**100 CAPSULES; 500 MG EACH**

**For Professional Use Only**

Thank you