

# Case Histories with Herbal Formulas Part 3

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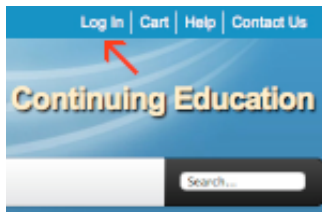
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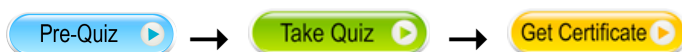


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## 1. Childhood asthma

A 3 year old boy came in to the clinic coughing and wheezing. He had a low grade fever. His tongue was red and his pulse was small, floating and rapid.

### DIAGNOSIS:

Wind heat attacks the Lung.

### TREATMENT PLAN:

Expel wind and stop asthma

### FORMULA:

Ma Xing Shi Gan Tang with Bo He instead of Ma Huang

Bo He	Mentha Haplocalyx	2g
Shi Gao	Gypsuma	12g

Bo He aromatically expels wind heat pathogens and opens the Lungs to stop asthma and irritation. Shi Gao cools and calms the Lung.

Gan Cao	Radix Glycyrrhizae Uralensis	1g
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Gan Cao harmonizes the herbal formula and restrains herbal function to keep their actions safe for a child.

### RESOLUTION:

After taking one bag for one day, the fever and asthma symptoms resolved.

## 2. Whooping cough

A 3 year old girl has whooping cough with sticky mucous. Occasionally, her cough is so forceful that she coughs blood or her nose bleeds. She has a red face and red ears. She has used both Western drugs and Eastern herbs with no effect.

### DIAGNOSIS:

Dry heat cough with sticky mucous

### TREATMENT PLAN:

Moisten dryness and smooth phlegm.

FORMULA:

No base formula

Chuan Bei Mu	Bulbus Fritillariae Cirrhosae	12g
Ce Bai Ye	Cacumen Biotae Orientalis	15g
Dao Zao	Fructus Zizyphi Jujubae	12g
Bing Tang	Rock Candy	30g

Chuan Bei Mu moistens the Lungs and throat to stop coughing. Ce Bai Ye cools the blood and stops bleeding. Bing Tang is sweet which moistens dryness and makes the formula easy to take. Da Zao harmonizes the acute symptoms and nourishes the Blood.

RESOLUTION:

After taking the formula for one day, her cough improved 30%. She continued to take the formula for six days. Her symptoms were completely resolved after this round of herbs.

### 3. Bronchitis

A 4 year old girl came in with a fever and cough. She was given a Western diagnosis of bronchitis and was given Western drugs and took Ma Xing Shi Gan Tang with no effect. Her symptoms are more severe at night. She is unable to breathe easily and her lips and nails have turned purple. She has excessive sweating and her face is pale. She is slow to respond to stimuli. Her tongue is dark red with a yellow tongue coating and her pulse is rapid and floating.

DIAGNOSIS:

Damp heat in the Lung

TREATMENT PLAN:

Clear damp heat and open the Lungs

FORMULA:

Ma Xing Shi Gan Tang modification

Previously a Chinese medicine doctor used Ma Huang Shi Gan Tang but only a few grams. Due to the severe tight lung, increase to:

Shi Gao	Gypsuma	30g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	9g

Shi Gao and Zhi Mu sedate fever and Yangming heat. Shi Gao is stronger at eliminating heat. Zhi Mu moistens dryness and cools heat in the Blood.

Ma Huang	Herba Ephedrae	9g
Xing Ren	Pruni Armeniacae, Semen	6g

Ma Huang and Xing Ren open Lung Qi to stop asthma. Ma Huang is quite strong at this function. Xing Ren assists the Ma Huang by opening the Lungs and moistening dryness.

Jin Yin Hua	Flos Lonicerae Japonicae	9g
Huang Qin	Radix Scutellariae Baicalensis	9g

Jin Yin Hua and Huang Qin clear heat toxins. Jin Yin Hua releases the surface and clears the throat & head of toxic heat. Huang Qin strongly eliminates damp heat in the Lung.

Ting Li Zi	Lepidii/Descurainiae Semem	6g
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Ting Li Zi strongly promotes urination to leach out damp heat in the Lung.

Gan Cao	Radix Glycyrrhizae Uralensis	3g
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Gan Cao harmonizes the ingredients of the formula.

#### RESOLUTION:

She was instructed to sip the herbal formula. Just 2 hours later, she was able to breathe easier and her lips and nails were no longer purple. She took four bags over sixteen hours and all her symptoms were reduced. She continued this regiment of four bags of tea for the following day. On the third day, she was allowed to reduce her dosage to just two bags. She completely recovered by the fourth day.

## 4. Bronchitis with diarrhea

A 3 year boy came in having an asthma attack. His lips and nails were purple and he had diarrhea 10 times per day. He has a low grade fever. He was given the Western diagnosis of bronchitis

with diarrhea. Western drugs have had no effect on him. His tongue is purple and his pulse is floating and wiry.

DIAGNOSIS:

Damp heat in the Lung and Spleen

TREATMENT PLAN:

Open the Lung and eliminate damp heat in the Upper and Middle Jiao

FORMULA:

Ma Xing Shi Gan Tang and Ge Gen Huang Qin Huang Lian Tang modification

Shi Gao	Gypsuma	15g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	9g

Shi Gao and Zhi Mu sedate heat. Shi Gao is stronger at sedating Qi level heat. Zhi Mu moistens dryness and eliminates deficiency heat.

Ma Huang	Herba Ephedrae	9g
Xing Ren	Pruni Armeniacae, Semen	9g

Ma Huang and Xing Ren work as a pair to open the Lungs and stop asthma and cough. Ma Huang is stronger at releasing the surface. Xing Ren moistens dryness.

Huang Lian	Rhizoma Coptidis	3g
Huang Qin	Radix Scutellariae Baicalensis	6g

Huang Lian and Huang Qin clear damp heat toxins. Huang Lian stops diarrhea and clears excess Heart fire. Huang Qin eliminates damp heat in the Upper Jiao.

Ge Gen	Radix Puerariae	12g
Huo Xiang	Herba Agastaches Seu Pogostemi	9g
Sha Ren	Fructus Amomie	6g

The herbs in this group stop diarrhea. Ge Gen lifts Spleen Qi to stop diarrhea and relax muscles. Huo Xiang and Sha Ren aromatically dry dampness. Huo Xiang releases the surface to treat wind damp attack. Sha Ren regulates Qi.

Gan Cao	Radix Glycyrrhizae Uralensis	3g
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Gan Cao harmonizes the ingredients of the herbal formula.

RESOLUTION:

He took ten bags over the course of three days. He was instructed to sip the formula all day long. After 3 days, his symptoms completely resolved.

## 5. Childhood fever

A 1 year old boy came in with chills, fever and restlessness. His tongue had a red tip and his pulse was rapid and floating.

### DIAGNOSIS:

Wind heat common cold

### TREATMENT PLAN:

Release wind heat

### FORMULA:

Qing Hao (Herba Artemisia Annuae) bath

Qing Hao	Herba Artemisia Annuae	100 g (<3 years old)
		200-250 g (>3 years old)

### ADDITIONAL INSTRUCTIONS:

Add Qing Hao to boiling water and simmer for 1-2 minutes. Turn off heat and keep the decoction covered for 20 minutes. Use the Qing Hao solution to bathe the child until he breaks out into a mild sweat.

### RESOLUTION:

He had two baths in one day and his fever resolved.

## 6. Diarrhea due to Allergic Reaction to Breast Milk

A 2 month old boy is having severe diarrhea. He has already been in and out of the hospital 3 times over the course of three days. Drugs were used to stop the diarrhea with no effect. He has five to six bowel movements per day that looks like mud. He is only able to pass a small amount of stool each time. He is also vomiting, skinny, fatigued, and has a pale face. If the mother stops



breastfeeding, the diarrhea stops. His mother also has diarrhea and is fatigued since labor. Finger Diagnosis: his blood vessel in his index finger is pale red. His tongue is pale with a thin white coating.

DIAGNOSIS:

- Spleen Qi deficiency
- Ying and Wei disharmony

TREATMENT PLAN:

Strengthen the Spleen Qi and harmonize the Ying and Wei.

FORMULA:

Su Jun Zi Tang, Li Zhong Tang and Gui Zhi Tang modification

Ren Shen	Radix Ginseng	3g
Fu Ling	Sclerotium Poriae Cocco	15g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	12g
Gan Jiang	Rhizoma Zingiberis Officinalis	12g
Gan Cao	Radix Glycyrrhizae Uralensis	2g

Ren Shen strengthens the Spleen Qi. Fu Ling and Bai Zhu are commonly used as a pair. Fu Ling drains dampness and Bai Zhu dries dampness in the Middle Jiao. Gan Jiang is warm and dries. Gan Cao harmonizes the actions of the herbs in the formula.

Gui Zhi	Ramulus Cinnamomi Cassiae	3g
Ge Gen	Radix Puerariae	15g
Bai Shao	Radix Peoniae Lactiflorae	12g

Gui Zhi and Bai Shao harmonize the Ying and Wei to stop the baby's allergic reaction to his mother's milk. Gui Zhi warms the channel. Bai Shao stabilizes the surface and Yang. Ge Gen raises the Spleen Qi to stop diarrhea.

RESOLUTION:

The mother took three bags while continuing to breastfeed her son. She reported that his diarrhea had reduced by 60%. She continued taking the formula for five more bags. The mother became more energetic and the baby's diarrhea completely resolved.

## 7. Mumps (acute viral parotitis)

A 6 year old boy has chills, fever, and nausea. He also has red, swollen parotid glands that are painful to palpate and lack of appetite. His tongue has a red tip with a thin white coating and his pulse is floating and rapid.

DIAGNOSIS:

Wind damp heat toxin

TREATMENT PLAN:

Expel wind and clear damp heat toxin.

FORMULA:

Xiao Chai Hu Tang modification

Chai Hu	Radix Bupleuri	9g
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Chai Hu releases the surface and treats Shaoyang related disorders.

Huang Qin	Radix Scutellariae Baicalensis	9g
Ban Lan Gen	Radix Isatidis seu Baphicacanthi	12g
Jin Yin Hua	Flos Lonicerae Japonicae	9g
Lian Qiao	Fructus Forsythiae Suspensae	9g
Xia Ku Cao	Spica Prunellae vulgaris	9g

All the herbs in this group clear toxic heat. Huang Qin clears damp heat in the Upper Jiao and Gall Bladder. Ban Lan Gen clears heat toxins and viruses. Jin Yin Hua and Lian Qiao release the surface. Jin Yin Hua works on the surface and Lian Qiao dissolves hot phlegm nodules. Xia Ku Cao clears heat in the Shaoyang level and Liver and dissolves hot phlegm nodules.

Ban Xia	Pinelliae Rhizoma Preparatum	3g
Hai Zao	Herbs Sargassii	9g
Kun Bu	Thallus Algae	9g
Wa Leng Zi	Arcae Concha	9g

All the herbs in this group dissolve phlegm nodules. Ban Xia strongly dries phlegm. Hai Zao and Kun Bu are used for chronic nodules. Hai Zao is physically more dense and therefore goes to deeper layers to dissolve phlegm nodules. Kun Bu works on the surface and therefore has a faster effective action. Wa Leng Zi dissolves nodules and mildly promotes blood circulation.

Gan Cao	Radix Glycyrrhizae Uralensis	3g
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Gan Cao harmonizes the ingredients of the herbal formula.

RESOLUTION:

He took two bags for four days and his mumps completely disappeared.

## 8. Eye Pain due to Glaucoma

A 78 year old male patient has glaucoma with nausea and eye pain that is described as radiating to the brain. His eyes are red and he has used several different approaches with herbal medicine with no relief of symptoms. His tongue has a red tip with white coating and his pulse is floating.

### DIAGNOSIS:

External and internal wind and heat.

### TREATMENT PLAN:

Expel Upper Jiao wind and heat.

### FORMULA:

Jing Jie	Schizonepetae Herba,	12g
Chan Tui	Periosticum Cicadae	15g

Jing Jie releases the surface and expels external wind. Chan Tui mildly releases the surface and relieves red skin and eyes.

Gu Jing Cao	Eriocauli Flos	12g
Xia Ku Cao	Spica Prunellae vulgaris	12g

Gu Jing Cao and Xia Ku Cao are light weight and clear heat in the Upper Jiao. Gu Jing Cao clears tension and red from the eyes and mildly strengthens the Liver and Kidney. Xia Ku Cao dissolves tension in the eyes and clears Liver heat. Gu Jing Cao is known for brightening of the eyes including the treatment of wind-heat entering the Liver channel causing red, swollen eyes; floaters, and pterygium.

Jue Ming Zi	Semen Cassiae	12g
Huang Qin	Radix Scutellariae Baicalensis	12g

Jue Ming Zi and Huang Qin eliminate internal Liver heat. Jue Ming Zi descends Liver Yang and moistens dryness. Huang Qin eliminates Liver and Gallbladder damp heat.

Mu Gua	Radix Scutellariae Baicalensis	12g
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Mu Gua expels wind dampness causing pain in the eyes and harmonizes water balance and the stomach.

Gan Cao                      Radix Glycyrrhizae Uralensis                      3g

Gan Cao harmonizes the ingredients of the formula.

RESOLUTION:

After taking two bags for two days, his eye pain and headache resolved and did not return.

## 9. Central Retinitis

A 57 year old male has central retinitis. He is a surgeon and suddenly started seeing dark spots in the center of his vision. He has been using hormones and vitamins with little improvement. He has dry throat with sticky mucous, insomnia and dark yellow urination. His tongue has a red tip and dry yellow coating. His pulse is floating and full.

DIAGNOSIS:

- Heart fire
- Damp heat in the Small Intestine
- Liver Yin deficiency.

TREATMENT PLAN:

Eliminates Heart fire, cool Liver heat and nourish Liver Yin.

FORMULA:

Dao Chi San and Xie Bai San modification

Huang Qin	Radix Scutellariae Baicalensis	12g
Zhi Zi	Fructus Gardeniae Jasminoidis	12g
Sang Bai Pi	Mori Albae Radicis, Cortex	15g
Dan Zhu Ye	Herba Loaphatheri Gracilis	12g

Huang Qin clears damp heat in the Gallbladder and Liver. Zhi Zi clears San Jiao damp heat, cools Blood and eliminates irritability. Dan Zhu Ye promotes urination and clears heat to descend

Heart fire. Sang Bai Pi promotes urination and clears Upper Jiao heat to clear damp heat stagnation in the eyes and Heart.

Di Gu Pi	Cortex Lycii Radicis	12g
Gou Qi Zi	Fructus Lycii	15g

Di Gu Pi eliminates deficiency heat and steaming heat sensation in the eyes. Gou Qi Zi lubricates Liver blood and Yin.

Mu Tong	Fructus Lycii	9g
Huang Lian	Radix Scutellariae Baicalensis	3g

Mu Tong promotes urination to descend Heart fire outward from the Small Intestine. Huang Lian sedates excess Heart fire.

Chi Shao	Radix Paeoniae Rubrae	12g
Dan Shen	Radix Salviae Miltiorrhizae	12g
Mu Dan Pi	Cortex Moutan Radicis	12g

All the herbs in this group promote blood circulation. Chi Shao and Mu Dan Pi cool heat in the blood. Chi Shao is stronger at promoting blood circulation. Mu Dan Pi is stronger at cooling heat in the blood. Dan Shen promotes blood circulation in the small blood vessels.

Gan Cao	Radix Glycyrrhizae Uralensis	3g
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Gan Cao harmonizes the ingredients in the formula.

After taking fifteen bags for fifteen days and resting, he reported that he no longer has a dark spot in his vision. An appointment with an ophthalmologist confirmed that his eyes had healed.

## 10. Blood clot behind the eye

A 67 year old male suddenly lost vision in his right eye. He has been diagnosed with having a blood clot behind his eye and used Western drugs with no effect. This sudden vision loss is accompanied by a bitter taste in the mouth, dry throat and difficulty staying asleep. His tongue is red with a yellow coating and his pulse is wiry and rapid.

### DIAGNOSIS:

Liver and Gallbladder damp heat leading to Qi and Blood stagnation

TREATMENT PLAN:

Cool heat and promote blood circulation.

FORMULA:

Liu Wei Di Huang Wan and Wu Ling San modification

Mu Dan Pi	Cortex Moutan Radicis	12g
Chi Shao	Radix Paeoniae Rubrae	12g
Dan Shen	Radix Salviae Miltiorrhizae	12g

Mu Dan Pi and Chi Shao cool blood and promote blood circulation. Mu Dan Pi is stronger at cooling blood. Chi Shao is stronger at promoting blood circulation. Dan Shen promotes blood circulation in small blood vessels.

Shui Niu Jiao	Corni Bibali	15g
Sheng Di Huang	Radix Rehmanniae Galutinosae	30g

Sheng Di Huang and Shui Niu Jiao cool heat in the blood. Sheng Di Huang nourishes Blood and Jing. Shui Niu Jiao cools heat in the Ying and Xue level.

Huang Qin	Radix Scutellariae Baicalensis	15g
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Huang Qin eliminates damp heat in the Liver and Gallbladder and Upper Jiao.

Che Qian Zi	Semen Plantaginis	12g
Fu Ling	Sclerotium Poriae Cocco	15g
Ze Xie	Alismatis Rhizoma	12g

All the herbs in this group promote urination which drains excess conditions from the eye. Che Qian Zi clears Liver and Gallbladder damp heat. Fu Ling balances water in the body. Ze Xie sedates Kidney fire.

Gan Cao	Radix Glycyrrhizae Uralensis	3g
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Gan Cao harmonizes the ingredients of the formula.

RESOLUTION:

He took six bags for six days. His eye exam showed that he has no more new bleeding and the old bleeding has improved by 30%. His tongue was less red and his pulse was soft instead of wiry. Shui Niu Jiao, Ze Xie and Che Qian Zi were taken out of the formula and 15g of San Qi

and 12g of Xian He Cao were added. He continued to take this modified formula for twenty days and the blood clot improved by 70% but his tongue was still dry and red and his pulse was small and rapid.

SECOND DIAGNOSIS:

- Liver Yin deficiency
- Qi and blood stagnation.

TREATMENT PLAN:

Lubricate Yin and promote blood circulation.

FORMULA:

Sha Shen Mai Men Dong Tang and Liu Wei Di Huang Wan modification

Sha Ren	Radix Adenophorae seu Glehniae	15g
Mai Men Dong	Tuber Ophiopogonis Japonici	12g

These two herbs lubricate Yin and moisten dryness. Sha Shen is more dense which goes deeper to moisten dryness. Mai Men Dong sedates Heart fire.

Sheng Di Huang	Radix Rehmanniae Galutinosae	15g
Mu Dan Pi	Cortex Moutan Radicis	12g

Sheng Di Huang and Mu Dan Pi cool heat in the Blood. Sheng Di Huang nourishes Yin, Blood and Jing. Mu Dan Pi promotes blood circulation.

Dan Shen	Radix Salviae Miltiorrhizae	12g
Chi Shao	Radix Paeoniae Rubrae	12g
Dang Gui	Radix Angelicae Sinensis	3g

All the herbs in this group promote blood circulation. Dan Shen promotes blood circulation in the small vessels. Chi Shao cools heat in the blood. Dang Gui is warm and nourishes the blood.

San Qi	Radix Notoginseang	15g
Xian He Cao	Herba Agrimony Pilosae	15g

San Qi and Xian He Cao stop bleeding. San Qi promotes blood circulation. Xian He Cao is astringent to stop bleeding.

Huang Qin	Radix Scutellariae Baicalensis	12g
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Huang Qi clears damp heat in the Liver, Gallbladder and Upper Jiao.

Gan Cao                      Radix Glycyrrhizae Uralensis                      3g

Gan Cao harmonizes the ingredients of the formula.

RESOLUTION:

He took twenty bags for twenty days which completely dissolved the blood clot behind the eye and returned his vision to normal.



**Enrichment Exercises (answers on next page)**

1. Gen Gen (Radix Puerariae)...
  - a. relaxes the muscles
  - b. stops diarrhea
  - c. Both A and B
  
2. For the treatment of wind-heat common cold, Qing Hao (Herba Artemisia Annuae) can be used in which way for children?
  - a. bathe in a Qing Hao solution until the child breaks a mild sweat
  - b. put three drops of Qing Hao in the ears
  - c. Neither A nor B
  
3. What is consistent with a child suffering from an allergic reaction to breast milk resulting in chronic diarrhea and fatigue?
  - a. pale face
  - b. blood vessel on the index finger is pale red
  - c. Spleen Qi deficiency
  - d. Ying and Wei disharmony
  - e. All of the Above
  
4. Acute viral parotitis...
  - a. is commonly referred to as the mumps
  - b. results in chills, fever and nausea
  - c. involves swelling of the parotid glands
  - d. is a wind-damp-heat-toxin disorder
  - e. All of the Above
  
5. Central retinitis...
  - a. Is not treatable with Chinese medicine
  - b. manifests in the patient seeing dark spots in the center of the vision
  - c. involves Liver Yin deficiency and may involve Liver Heat
  - d. None of the Above
  - e. Both B and C

**Answers:**

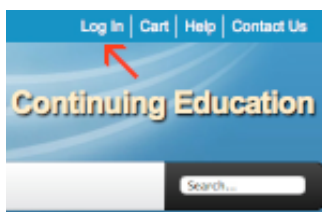
1. Gen Gen (Radix Puerariae)...
  - a. relaxes the muscles
  - b. stops diarrhea
  - c. Both A and BAnswer: C
  
2. For the treatment of wind-heat common cold, Qing Hao (Herba Artemisia Annuae) can be used in which way for children?
  - a. bathe in a Qing Hao solution until the child breaks a mild sweat
  - b. put three drops of Qing Hao in the ears
  - c. Neither A nor BAnswer: A
  
3. What is consistent with a child suffering from an allergic reaction to breast milk resulting in chronic diarrhea and fatigue?
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  - b. blood vessel on the index finger is pale red
  - c. Spleen Qi deficiency
  - d. Ying and Wei disharmony
  - e. All of the AboveAnswer: E
  
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  - d. None of the Above
  - e. Both B and CAnswer: E

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