

FAMILIES OF REMEDIES

This newsletter will present the main "families" of remedies grouped according to condition treated in a tabular form for quick reference. The "families" of remedies considered will be those for the following conditions or patterns:

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|------------------------------|--------------------------|
| 1. Bi Syndrome | 5. Digestive problems |
| 2. Mental-emotional problems | 6. Deficiency conditions |
| 3. Headaches | 7. Eye Problems |
| 4. Phlegm | 8. Dampness |

1. BI SYNDROME

The main remedies for Bi Syndrome are (Table 1):

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|-----------------------------------|-----------------------|
| • Brocade Sinews | • Invigorate the Root |
| • Nourish the Root and Clear Wind | • Benefit the Sinews |
| • Clear Channels | |

The remedies are compared and contrasted in Table 1. Please note that all remedies will treat Wind-Dampness in the joints and this has been omitted from the Patterns to concentrate on highlighting the differences between the remedies.

Table 1. Remedies for Bi Syndrome.

	PATTERN	INDICATIONS	TONGUE/PULSE
BROCADE SINEWS	Liver-Blood deficiency	Chronic Bi, especially in women	Tongue: Pale Pulse: Choppy
NOURISH THE ROOT AND CLEAR WIND	Liver- and Kidney-Yin deficiency	Chronic Bi in the elderly	Tongue: without coating Pulse: Floating-Empty
CLEAR CHANNELS (Yi Yi Ren Tang)	Damp-Heat in the joints	Acute or sub-acute joint pain with swelling, ache and redness of joints	Tongue: sticky-yellow coating Pulse: Slippery
INVIGORATE THE ROOT (Du Huo Ji Sheng Tang)	Spleen- and Kidney-Yang deficiency	Chronic lower backache and knee-ache	Tongue: Pale Pulse: Weak-Deep
BENEFIT THE SINEWS	Phlegm and Blood stasis in joints	Chronic joint pain with swelling and joint deformities	Tongue: Swollen Pulse: Slippery

2. MENTAL-EMOTIONAL PROBLEMS

The main remedies for mental-emotional problems are (Table 2):

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|---|-------------------|
| • Release Constraint (Freeing Constraint) | • Freeing the Sun |
|---|-------------------|

- Clear the Soul
- Open the Heart
- Calm the Shen
- Root the Spirit
- Breaking Clouds
- Freeing the Moon

- Heavenly Empress
- Settling the Soul
- Nourish the Soul
- Searching Soul
- Bright Spirit

Table 2. Remedies for mental-emotional problems.

	PATTERN	INDICATIONS	TONGUE/PULSE
RELEASE CONSTRAINT (Yue Ju Wan)	Liver-Qi stagnation	Depression, irritability, moodiness	Tongue: slightly red sides Pulse: Wiry
CLEAR THE SOUL (Wen Dan Tang)	Phlegm-Heat in Lungs and Heart, Shen obstructed	Anxiety, worry, insomnia, feeling oppression in chest	Tongue: Swollen Pulse: Slippery
OPEN THE HEART (Ban Xia Hou Po Tang)	Heart-Qi stagnation	Anxiety, worry, insomnia, feeling oppression in chest	Tongue: no change Pulse: slightly Wiry on HE pulse
CALM THE SHEN (Gui Pi Tang)	Spleen-, Liver- and Heart-Blood deficiency	Anxiety, insomnia, depression	Tongue: Pale Pulse: Choppy
ROOT THE SPIRIT (Yin Mei Tang)	Liver-Yin deficiency, Hun unsettled	Insomnia	Tongue: no coating Pulse: Floating- Empty
BREAKING CLOUDS (Bu Zhong Yi Qi Tang)	Spleen- and Kidney- Qi deficiency	Depression	Tongue: Pale Pulse: Weak
FREEING THE MOON (Xiao Yao San)	Liver-Blood and Spleen-Qi deficiency, Liver-Qi stagnation	Depression, irritability, moodiness, pre- menstrual tension	Tongue: Pale or normal Pulse: Fine on right, slightly Wiry on left
FREEING THE SUN (Dan Zhi Xiao Yao San)	Liver-Qi stagnation turning into Heat	Irritability, moodiness, propensity to anger	Tongue: red on sides Pulse: Wiry
HEAVENLY EMPRESS (Tian Wang Bu Xin Dan)	Heart- and Kidney- Yin deficiency with Heart Empty Heat	Insomnia, anxiety, mental restlessness	Tongue: Red without coating Pulse: Floating- Empty, Rapid
SETTLING THE SOUL	Phlegm-Fire in Heart and Liver, Hun unsettled (from Shi), Shen obstructed	"Manic behaviour", active at night, anxiety, mental restlessness, talking a lot, laughing	Tongue: Red, Swollen, sticky- yellow coating Pulse: Slippery, Rapid
NOURISH THE SOUL (Suan Zao	Liver-, Kidney- and Heart-Yin deficiency,	Insomnia, mental restlessness, slight	Tongue: no coating Pulse: Floating-

Ren Tang)	Hun unsettled (from Xu)	"manic behaviour"	Empty
SEARCHING SOUL	Liver-Blood, Liver-Qi, and Kidney-Yang deficiency, Hun not "going"	Depression	Tongue: Pale Pulse: Weak
BRIGHT SPIRIT	Phlegm and Qi stagnation in Lungs and Heat, Shen obstructed, Hun not "going"	Depression, confusion	Tongue: Swollen Pulse: Slippery

3. HEADACHES

The main remedies for chronic headaches are (Table 3):

- Bend Bamboo
- Brighten the Eyes
- Clear Yang

Of course there are very many other remedies that can treat headaches, but the above are the three remedies that are specifically for chronic headaches.

Table 3. Remedies for headaches.

	PATTERN	INDICATIONS	TONGUE/PULSE
BEND BAMBOO	Liver-Yang rising, Liver-Blood deficiency	Chronic headaches from Liver-Yang rising, dizziness, irritability	Tongue: Pale or normal Pulse: Fine and slightly Wiry
BRIGHTEN THE EYES	Liver-Blood deficiency	Chronic, dull headaches, blurred vision, dizziness	Tongue: Pale Pulse: Choppy
CLEAR YANG (Ban Xia Bai Zhu Tian Ma Tang)	Liver-Yang rising, Phlegm in head, Kidney deficiency	Chronic headaches from Liver-Yang rising and Phlegm, dizziness, muzziness	Tongue: Swollen Pulse: Slippery and Wiry

4. PHLEGM

The main remedies for Phlegm are (Table 4):

- Limpid Sea
- Clear the Soul
- Clear Yang
- Benefit Sinews
- Settling the Soul
- Harmonize the Centre
- Bright Spirit

Table 4. Remedies for Phlegm.

	PATTERN	INDICATIONS	TONGUE/PULSE
LIMPID SEA	Phlegm	Sputum in throat,	Tongue: Swollen

		feeling of oppression of the chest	Pulse: Slippery
CLEAR THE SOUL	Phlegm-Heat in Lungs and Heart	Sputum in throat, feeling of oppression of the chest, anxiety	Tongue: Swollen, sticky-yellow coating Pulse: Slippery
CLEAR YANG	Phlegm, Liver-Yang rising, Kidney deficiency	Sputum in throat, feeling of oppression of the chest, headaches	Tongue: Swollen Pulse: Slippery or Wiry
BENEFIT SINEWS	Phlegm in the joints	Sputum in throat, feeling of oppression of the chest, pain and deformity of joints	Tongue: Swollen Pulse: Slippery
SETTLING THE SOUL	Phlegm-Heat in Liver and Heart	Sputum in throat, feeling of oppression of the chest, insomnia, "manic behaviour"	Tongue: Red, Swollen Pulse: Slippery-Rapid
HARMONIZE THE CENTRE	Phlegm in the Stomach, Qi and Yin Xu of Stomach and Spleen, Blood stasis	Sputum in throat, feeling of oppression of the chest, digestive problems, Type-II diabetes	Tongue: Swollen Pulse: Slippery or Soggy
BRIGHT SPIRIT	Phlegm in Lungs and Heart, Qi stagnation	Sputum in throat, feeling of oppression of the chest, anxiety, depression	Tongue: Swollen Pulse: Slippery or Wiry

5. DIGESTIVE PROBLEMS

The main remedies for Phlegm are (Table 4):

- Soothe the Centre
- Prosperous Earth
- Central Mansion
- Drain Fields
- Ease the Muscles
- Smooth Passage
- Jade Spring
- Break into a Smile
- Buddha's Hand
- Harmonize the Centre

Table 5. Remedies for digestive problems.

	PATTERN	INDICATIONS	TONGUE/PULSE
SOOTHE THE CENTRE (Xiang Sha Liu Jun Zi Tang)	Spleen-Qi deficiency, Qi stagnation in Middle Burner, Dampness	Epigastric ache, distension and fullness, tiredness	Tongue: Pale, sticky coating Pulse: Soggy
PROSPEROUS EARTH (Liu Jun Zi Tang)	Spleen-Qi deficiency	Tiredness, poor appetite, loose stools	Tongue: Pale Pulse: Weak

CENTRAL MANSION (Shen Ling Bai Zhu Tang)	Qi and Yin deficiency of Stomach and Spleen, Dampness	Loose stools, diarrhoea, tiredness, poor appetite	Tongue: rootless coating Pulse: Soggy
DRAIN FIELDS (Huo Po Xia Ling Tang)	Dampness in Middle Burner	Epigastric fullness and ache	Tongue: sticky coating Pulse: Slippery
EASE THE MUSCLES (Lian Po Yin)	Damp-Heat in Middle Burner	Epigastric fullness and ache, thirst	Tongue: sticky-yellow coating Pulse: Slippery
SMOOTH PASSAGE	Spleen-Qi deficiency, Liver-Qi stagnation, Dampness in Intestines	Abdominal pain and distension, irritable bowel	Tongue: sticky coating Pulse: Soggy or Slippery or Wiry
JADE SPRING (Sha Shen Mai Dong Tang)	Stomach-, Spleen- and Lung-Yin deficiency	Slight epigastric ache, dry mouth desire to drink in small sips	Tongue: no coating Pulse: Floating-Empty
BREAK INTO A SMILE (Chai Hu Shu Gan Tang)	Liver-Qi stagnation in Lower Burner	Lower abdominal distension and pain	Tongue: slightly red sides Pulse: Wiry
BUDDHA'S HAND (Mu Xiang Shun Qi Wan)	Qi stagnation in Middle Burner, rebellious Stomach-Qi, Dampness	Belching, acid regurgitation, hiccup, nausea, vomiting, epigastric distension and fullness	Tongue: sticky coating Pulse: Wiry on right Guan (ST position)
HARMONIZE THE CENTRE	Qi and Yin deficiency of Stomach and Spleen, Phlegm in Stomach, Blood stasis	Poor digestion, obesity, Type-II diabetes	Tongue: no coating or rootless coating Pulse: Soggy or Slippery or Floating-Empty

6. DEFICIENCY CONDITIONS

YANG

The main remedies to tonify Yang are (Table 6.1):

- Strengthen the Root
- Unicorn Pearl
- Herbal Sentinel -Yang

Table 6.1 Remedies to tonify Yang.

	PATTERN	INDICATIONS	TONGUE/PULSE
STRENGTHEN THE ROOT (You)	Kidney-Yang deficiency	Backache, dizziness, frequent urination,	Tongue: Pale Pulse: Weak-Deep

Gui Wan)		tiredness, cold feeling	
UNICORN PEARL (Yu Lin Zhu)	Kidney-Yang deficiency, Liver-Blood deficiency	Backache, dizziness, frequent urination, tiredness, cold feeling, more for women	Tongue: Pale Pulse: Weak-Deep
HERBAL SENTINEL - YANG	Kidney- and Lung-Yang deficiency	Propensity to colds, allergic rhinitis or asthma, tiredness, cold feeling	Tongue: Pale Pulse: Weak-Deep

YIN

The main remedies to nourish Yin are (Table 6.2):

- Nourish the Root
- Growing Jade
- Herbal Sentinel - Yin
- Jade Spring
- Root the Spirit
- Nourish the Soul
- Heavenly Empress

Table 6.2 Remedies to tonify Yin.

	PATTERN	INDICATIONS	TONGUE/PULSE
NOURISH THE ROOT (Zuo Gui Wan)	Kidney-Yin deficiency	Lower backache, dizziness, tinnitus, dry throat, feeling of heat	Tongue: without coating Pulse: Floating- Empty
GROWING JADE (Yang Jing Zhong Yu Tang)	Liver- and Kidney-Yin deficiency	Lower backache, dizziness, tinnitus, dry throat, feeling of heat, more for women	Tongue: without coating Pulse: Floating- Empty
HERBAL SENTINEL - YIN	Lung- and Kidney-Yin deficiency	Lower backache, dizziness, tinnitus, dry throat, feeling of heat, propensity to cold, allergic rhinitis, allergic asthma	Tongue: without coating Pulse: Floating- Empty
JADE SPRING	Lung-, Stomach- and Spleen-Yin deficiency	Dry throat, dry mouth with desire to sip, dry stools, dry cough	Tongue: without coating, ST crack Pulse: Floating- Empty
ROOT THE SPIRIT	Liver-Yin deficiency, Hun unsettled	Insomnia	Tongue: without coating Pulse: Floating- Empty
NOURISH THE SOUL	Liver-, Kidney- and Heart-Yin deficiency, Hun unsettled (from Xu)	Insomnia, mental restlessness, slight "manic" behaviour	Tongue: without coating Pulse: Floating- Empty

HEAVENLY EMPRESS	Heart- and Kidney- Yin deficiency with Heart Empty Heat	Insomnia, anxiety, mental restlessness	Tongue: without coating Pulse: Floating- Empty
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QI

The main remedies to tonify Qi are (Table 6.3)

- Prosperous Earth
- Central Mansion

Table 6.3 Remedies to tonify Qi.

	PATTERN	INDICATIONS	TONGUE/PULSE
PROSPEROUS EARTH	Spleen-Qi deficiency	Tiredness, desire to lie down, dislike to speak, loose stools	Tongue: Pale Pulse: Weak
CENTRAL MANSION	Qi and Yin deficiency of Stomach and Spleen, Dampness	Tiredness, diarrhoea, desire to lie down, dislike to speak	Tongue: Pale Pulse: Soggy

BLOOD

The main remedies to nourish Blood are (Table 6.4):

- Precious Sea
- Brighten The Eyes
- Brocade Sinews
- Calm The Shen
- Glorious Sea

Table 6.4 Remedies to nourish Blood.

	PATTERN	INDICATIONS	TONGUE/PULSE
PRECIOUS SEA	Liver-Blood and Spleen-Blood deficiency	Tiredness, blurred vision, dizziness, numbness, scanty periods	Tongue: Pale Pulse: Choppy
BRIGHTEN THE EYES	Liver-Blood deficiency	Blurred vision, dizziness, dry eyes, diminished vision	Tongue: Pale Pulse: Choppy
BROCADE SINEWS	Liver-Blood deficiency	Joint ache, better with rest	Tongue: Pale Pulse: Choppy
CALM THE SHEN	Liver-, Spleen- and Heart-Blood deficiency	Insomnia, anxiety, depression	Tongue: Pale Pulse: Choppy
GLORIOUS SEA	Liver-Blood deficiency	Chronic skin problem, dry skin	Tongue: Pale Pulse: Choppy

7. EYE PROBLEMS

The main remedies for eye problems are (Table 7):

- Brighten the Eyes
- Drain Fire

• Bend Bamboo

• Nourish Root

Table 7. Remedies for Eye Problems.

	PATTERN	INDICATIONS	TONGUE/PULSE
BRIGHTEN THE EYES	Liver-Blood deficiency	Blurred vision, dry eyes, diminished vision, diminished night vision, dizziness	Tongue: Pale Pulse: Choppy
BEND BAMBOO	Liver-Blood deficiency, Liver-Yang rising	Blurred vision, dry eyes, diminished vision, diminished night vision, red eyes, dizziness, headache	Tongue: Pale or normal Pulse: Wiry or Fine-Wiry
DRAIN FIRE	Liver-Fire	Dry eyes, red eyes, swollen eyelids, painful eyes	Tongue: Red, redder on sides, yellow coating Pulse: Wiry-Rapid
NOURISH THE ROOT	Liver- and Kidney-Yin deficiency	Dry eyes, blurred vision, diminished vision, diminished night vision, dizziness tinnitus	Tongue: without coating Pulse: Floating-Empty

8. DAMPNESS

The main remedies for Dampness are (Table 8):

- Ease the Muscles
- Drain Fields
- Soothe the Centre
- Buddha's Hand
- Central Mansion
- Smooth Passage
- Separate Clear and Turbid
- Clear the Root
- Water Passages
- Welcome Fragrance

Table 8. Remedies for Dampness.

	PATTERN	INDICATIONS	TONGUE/PULSE
EASE THE MUSCLES	Damp-Heat in Stomach and Spleen and in muscles	Epigastric fullness, nausea, thirst, sticky taste, muscle ache	Tongue: thick sticky-yellow coating Pulse: Slippery
DRAIN FIELDS	Dampness in Stomach and Spleen and in muscles	Epigastric fullness, muscle ache, sticky taste	Tongue: thick sticky-white coating Pulse: Slippery
SOOTHE THE CENTRE	Dampness in Stomach and Spleen, Spleen-Qi deficiency, Qi stagnation	Epigastric fullness and distension, poor digestion, tiredness	Tongue: sticky coating, teethmarks, Pale Pulse: Soggy

BUDDHA'S HAND	Rebellious Stomach-Qi, Qi stagnation, Dampness in Stomach and Spleen	Belching, epigastric fullness, nausea	Tongue: sticky coating Pulse: Slippery or Wiry on Stomach position
CENTRAL MANSION	Qi and Yin deficiency of Stomach and Spleen, Dampness Middle Burner	Poor digestion, diarrhoea, tiredness	Tongue: Pale, rootless coating or sticky coating Pulse: Soggy
SMOOTH PASSAGE	Dampness and Qi stagnation Lower Burner, Spleen-Qi deficiency	Alternation of constipation and loose stools, abdominal distension and fullness	Tongue: may have red sides, sticky coating Pulse: Slippery or Wiry
SEPARATE CLEAR AND TURBID	Dampness in the Bladder	Urinary difficulty, frequent urination	Tongue: sticky coating on root Pulse: Slippery on Chi position left
CLEAR THE ROOT	Dampness in Lower Burner, Blood stasis	Prostate hypertrophy, urinary difficulty	Tongue: sticky coating on root with red spots Pulse: Slippery
WATER PASSAGES	Dampness in the Bladder, Kidney deficiency	Chronic urinary difficulty and frequency, lower backache, dizziness, tinnitus	Tongue: without coating in centre, sticky coating on root Pulse: Weak, slightly Slippery on left chi position
WELCOME FRAGRANCE	Dampness in nose and sinuses	Sinusitis, thick- yellow-bloody nasal discharge, ache face and forehead	Tongue: sticky coating Pulse: Slippery