

PREVENTION – CHEN TCM / PHARMACOLOGIC BREAKDOWN HERBS

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| Astragalus membranaceus | Huang qi | Dry root atragalus |
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John Chen p. 850

Properties: sweet, sl warm

Channels: Spleen, Lung

Functions: Tonifies qi and raises yang, tonifies wei qi & consolidates exterior

Pharmacological effects:

Immunostimulant: increases white blood cells and multinuclear leukocytes and enhances production of IgM in mice

Hematopoietic: increase production and maturity of blood cells from bone marrow

Metabolic: been shown to increase basal metabolic rates and cAMP in mice

Hepatoprotective: commonly used to treat various types of chronic hepatitis, significant hepatoprotective effects.

Antibiotic: Been shown to inhibit the ability of *Bacillus dysenteriae*, *Diplococcus pneumoniae* and *Staphylococcus aureus*.

Clinical Studies and Research:

Prevention of common colds and influenza

Prevention of pulmonary tract infection

Prevention of upper respiratory tract infection in children

Rhinitis

Prevention of asthma and cough

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| Atractylodis macrocephala | Bai zhu | Dry rhizome |
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John Chen p. 856

Properties: bitter, sweet, warm

Channels: Spleen, Stomach

Functions: Tonifies Qi, Strengthens Spleen, dries dampness, stops spontaneous perspiration

Pharmacological effects:

Adaptogenic

PREVENTION – CHEN TCM / PHARMACOLOGIC BREAKDOWN HERBS

Immunostimulant

Clinical Studies: NA

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| Saposhnikovia divaricate (Ledebouriella) | Feng feng |
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John Chen p. 51

Properties: acrid, sweet, sl warm

Channels: Urinary Bladder, Liver, Spleen

Functions: Dispels Wind and Releases the exterior, Dispel wind, cold, and dampness and relieves pain

Pharmacological Effects:

Antipyretic

Antibiotic

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| Ganoderma lucidum | Ling zhi | Dry fruiting body |
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John Chen p. 770

Properties: sweet, neutral

Channels: Heart, Liver, Lung

Functions: Nourishes the Heart and calms the spirit, Stops cough and arrests wheezing, Tonifies qi and nourishes blood

Pharmacological effects:

Antineoplastic

Cardiovascular

Antibiotic

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| Schisandra chinensis | Wu wei zi | Dry fruit |
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John Chen p. 985

Properties: sour, warm

Channels: Kidney, Lung, Heart

Functions: Contains the leakage of Lung qi, arrests cough, nourishes the Kidney, Generates body fluids inhibits sweating, Binds Kidney Essence, tranquilizes Heart, calms spirit

Pharmacological Effects:

CNS stimulant

Respiratory

Immunostimulant

Antibiotic

DONE

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| Lonicera japonica | Jin Yin Hua | Dry Flower | 12 |
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John Chen p. 171

Properties: sweet, cold

Channels: Lung, Stomach, Large Intestine

Functions: Clears heat, eliminated toxins, treats diarrhea

Pharmacological effects:

Antibiotic: demonstrated a broad spectrum of inhibitory actions against Staphylococcus aureus, B-?Hemolytic streptococcus, E. coli, Bacillus dysenteriae, Vibrio cholerae, Salmonella typhi, Diplococcus pneumoniae, Diplococcus meningitidis, Pseudomonas aeruginosa and Mycobacterium tuberculosis. Chlorogenic acid and isochlorogenic acid have the strongest antibiotic effects.

Anti-inflammatory and antipyretic: demonstrated marked anti-inflammatory and antipyretic effects in mice and rabbits.

Clinical Studies and Research:

Common colds and influenza: Yin Qiao San treated 1,150 patients with “excellent” results.

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| Perillae Folium | Zi Su Yi | Dry fruit | 9 |
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John Chen p. 43

Properties: acrid, warm

Channels: Lung, Spleen

Functions: Release exterior and dispels cold, Regulates qi and expands chest, harmonizes the middle jiao, alleviates nausea and vomiting, alleviates seafood poison

Pharmacological effects: Antipyretic and diaphoretic: decoction dilates peripheral blood vessels and stimulates perspiration. Mild antipyretic effects in rabbits.

Respiratory: Has been shown to promote bronchodilation and relieve bronchospasm. Also reduces secretion from bronchiole.

Antibiotic: Been shown to inhibit activity of Staphylococcus aureus.

Gastrointestinal: The perilla ketones stimulates the GI tract by increasing stomach acid secretion and intestinal peristalsis in rats.

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| Platycodon grandifloron | Jie geng | Dry root | 9 |
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John Chen p.696

Properties: bitter, acrid, neutral

Channels: Lung

Functions: Ventilates the Lung, dispels phlegm, and benefits the throat, dispels pus, raises qi to help diarrhea.

Pharmacological effects:

Expectorant and antitussive: marked expectorant effect in anesthetized dogs and cats.

Anti-inflammatory: associated with suppressed sensitivity for allergic reaction and decreased capillary permeability.

Gastrointestinal: beneficial in treatment of stomach and duodenal ulcers.

Others: It has analgesic, antihyperlipidemic, sedative, and antipyretic effects.

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| Citrus reticulata | Chen pi | Dry immature peel | 9 |
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John Chen p. 479

Properties: acrid, bitter, warm

Channels: Lung, Spleen

Functions: Regulates qi and adjusts Middle Jiao, Regulates Spleen and Stomach qi, Dries Dampness, Dissolves phlegm, Relieves Cough

Pharmacologic effects:

Injection been shown to stimulate contraction of smooth muscle and to increase intestinal peristalsis.

Antiasthmatic: herbal decoction been shown to dilate the bronchi in rabbits.

Anti-inflammatory: intraperitoneal administration of Chen Pi has been shown ability to decrease permeability of the blood vessels and reduce inflammation in mice with inflammatory or allergy.

Clinical Studies:

Chronic Bronchitis: patients with chronic bronchitis characterized by severe coughing at night were treated with herbal decoction with good success.

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| Magnolia denudata Desr.(M liliflora) | Xin yi hua | Dry flower | 9 |
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John Chen p. 65

Properties: acrid, warm

Channels: Lung, Stomach

Functions: Dispels, wing-cold, opens nasal passages.

Pharmacological effects:

Topical application of essential oil has been associated with reduction of mucous secretion, reduction of inflammation and relief of nasal obstruction.

Analgesic: in lab experiments administration of alcohol extracts and of water extracts showed comparable analgesic effects in mice.

Antibiotic: decoction has an inhibitory effect on dermatomycoses, and some species of streptococcus, and staphylococcus.

Clinical Studies:

Sinusitis: In one study treated with herbal formula of xin yi hua had a marked effectiveness when given once daily.

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| Fructus Xanthii Siberici | Cang er zi (chao, yes) | Dry fruit, roasted | 9 |
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John Chen p. 62

Properties: bitter, acrid, warm

Channels: Lung, Liver

Functions: Opens nasal passages and relieves pain, Dispels wind and dampness

Pharmacological effects:

Antitussive: decoction of this herb has been shown to suppress coughing.

Clinical Studies and Research:

Chronic Sinusitis: 207 patients with chronic sinusitis were treated with topical application of cang er zi with satisfactory results.

Chronic tracheitis one report says 275 patients with this were treated with preparation of this herb with high rate of effectiveness.

INVASION – CHEN TCM / PHARMACOLOGIC BREAKDOWN OF HERBS

Acute bacterial dysentery: Decoction of this herb given 3-4x daily was effective in treating patients with acute bacterial dysentery. Most patients responded in 2-8 days.

Acute local inflammation: An herbal paste made from water extract of this herb was used to treat 152 patients with acute localized inflammations.

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| Isatis Root | Ban lan gen | Woad Root |
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John Chen p. 210

Properties: bitter, cold

Channels: Heart, Stomach

Functions: Clears Heat, Eliminate Toxins, Cools Blood, Benefits the Throat

Pharmacological effects: Antibiotic, Immunostimulant, Antiplatelet

Clinical Studies and Research: Upper Respiratory Tract Infection: Study with 46 patients with acute tonsillitis were treated with an herbal formula containing ban lan gen as the chief herb. Complete recovery in 40 patients and moderate recovery in 6.

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| Schizonepeta tenuifolia | Jing jie | Dry Bud or Stem |
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John Chen p. 49

Properties: acrid, sl warm

Channels: Lungs, Liver

Functions: releases Exterior, Dispels Wind, Dispels Wind and Relieves Muscle Spasm, Vents rashes and alleviates itching.

Pharmacological effects: antipyretic and diaphoretic, antibiotic, hemostatic, Analgesic, respiratory: essential oil of Jing Jie exerts bronchodilating actions to relieve broncho spasms, treating wheezing and dyspnea.

Clinical Studies and Research: NA

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| Morus Alba | Sang ye | Dry Leaf |
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John Chen p. 74

Properties: bitter, sweet, cold

Channels: Lung, Liver

Functions: Dispels, Wind-Heat, Clears Lung and moistens dryness, calms Liver and Brightens eyes, cools Blood and stops bleeding.

Pharmacological effects: Antibiotic: bactericidal action against *Staphylococcus aureus*, *B-Hemolytic streptococcus*, *Bacillus diphtheriae*, *E Coli* and others.

metabolic

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| Menthaa haplocalycis | Bo he | Dry herb |
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John Chen p. 68

Properties: acrid, cool

Channels: Lung, Liver

Functions: Releases the Exterior and dispels Wind-Heat, Clears the Head and Brightens the eyes, and benefits the throat, vents rashes, soothes liver qi, disperses turbid qi from the abdomen

Pharmacological effects: Dermatologic, antipyretic, diaphoretic and anti-inflammatory effects

Clinical Studies and Research: Fever: one report 73 patients with high fevers due to infection were treated successfully with an herbal formula with bo he in it. 92.76% effective rate with 13 patients showing complete recovery in 24 hours. Given 4 to 8 times daily as needed.

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| Vitex rotundifolia or V trifolia | Man jing zi | Dry fruit |
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John Chen p. 77

Properties: acrid, bitter, cool

Channels: Liver Stomach, Urinary Bladder

Functions: Dispel Wind-Heat, do so in Liver Channel and brighten eyes. Relieve pain

Pharmacological effects: Antibiotic, antipyretic, analgesic, sedative effects

Clinical Studies and Research: Allergic Sinusitis; one report stated 35 patients with allergic rhinitis treated with topical solution with 20% man jing zi, 3-5 drops of solution directly into nostrils short term treatment effective for most patients.

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| Chrysanthemum Morifolium | Ye ju hua | Dry flower |
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John Chen p. 181

Properties: bitter, acrid, cool

Channels: Lung, Liver

Functions: Clears Heat, Eliminates Toxins

Pharmacological effects: Cardiovascular (in a cat via intravenous administration), Antiplatelet, Antihypertensive, Antibiotic – both antiviral and antibacterial functions against micro-organism such as *Bacillus dysenteriae*, *leptospira*, *influenza virus*, *herpes virus and dermatophytes*.

Antitussive: decoction of this herb has been shown to suppress coughing.

Clinical Studies and Research: Common Colds and influenza: one report patients with common colds or flu were treatment with oral administration of ye ju hua with good results. Best for those with fever, aversion to cold and headache, less effective when cough involved.