

中成藥指南

Red Peony® Granule Range for Children

CLINICAL GUIDE

PRACTITIONER USE ONLY

Updated August 2012

How to achieve outstanding results
for your **young** patients using prepared
Chinese Medicine.

Tony Reid



TONY REID

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Tony is a graduate of the Sydney Institute of Traditional Chinese Medicine and holds a master's degree in both Traditional Chinese Medicine (TCM) and Acupuncture from the University of Western Sydney. He has been actively involved in Chinese medicine as a practitioner, educator, lecturer, author and industry consultant since 1980.

Tony regularly attends clinical training in China and finds much inspiration there, deepening his understanding of TCM theory and practice. Many of his Chinese mentors are nationally renowned herbal physicians, who have made significant contributions to the ongoing development of TCM.

Tony has contributed articles to professional journals such as 'The Natural Therapist', 'NZRA Journal of TCM', 'The Lantern', 'The Journal of Chinese Medicine', the 'European Journal of Oriental Medicine' and 'The Chinese Medicine Times'.

In 1994 he wrote a highly regarded 'Correspondence Course in Chinese Herbal Medicine', which at the time was the only course of its kind to receive accreditation with the Australian Acupuncture and Chinese Medicine Association. There have been two editions since its inception and over three thousand practitioners and students have completed the course to date.

While writing he began to develop a glossary of TCM technical terms along with a set of principles to guide their selection. Several of his articles on this subject were published in peer reviewed journals, generating considerable controversy at the time. This work led to his participation in the final peer review of the 'WHO International Standard Terminologies on Traditional Medicine in the Western Pacific Region' (published 2007).

Tony conducts annual seminars and workshops throughout Australia, which are now available online. Also being made available online are his series of 'Clinical Focus' bulletins, which deals with effective treatment approaches to common health problems, using prepared Chinese herbal medicines.

Tony Reid is a co-founder of Sun Herbal, the leading supplier of prepared Chinese herbal medicines in Australasia where he holds the position of director of education, research and development.

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Note on Latin names of herbs

The ingredients are listed by Latin as well Pinyin names. Standardisation of nomenclature in TCM, including the Latin names of Chinese herbs, is a slow and painful process that is nowhere near complete. Although the standard for Latin names has been set by the excellent work of Bensky, Clavey, Stöger and Gambale ('Chinese Herbal Medicine Materia Medica, 3rd edition'), there are some discrepancies between this and the Chinese pharmacopoeia and also the Herbal Substances Australian Approved Names (AAN) list of the Australian Therapeutic Goods Administration (TGA). I have chosen to follow the AAN list because these are the Latin names that appear on the labels of all prepared Chinese herbal medicines within Australia. Recently (in 2012), the TGA has updated over 100 names on the AAN list. Thus, the 2012 revised edition of this manual contains many changes to the Latin names of the formula ingredients, e.g. 'Cullen corylifolium' now replaces 'Psoralea corylifolia'.

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Introduction

Children's Disorders in TCM

The physiology of infants and children differs significantly from that of adults. It follows then that the disorders from which they suffer are also different, both in the types of diseases as well as the ways in which disease factors manifest. There are seven main points of difference:

1. The child's digestive system is relatively weak. It is working at close to full capacity and can easily be overstrained
2. The child has a tendency to overheat and develop a high fever
3. The immune system is underdeveloped and this puts them more at risk of infections
4. Minor illnesses progress rapidly and may readily become serious
5. Children respond quickly to treatment and recover rapidly from illnesses
6. Children are easily affected by strong emotions
7. Children are strongly affected by the mother, so that the child may manifest the mother's disorders

These critical differences have been summarised by TCM pediatricians in the following ways:

In terms of their physiology:

- Delicate Zang-fu
- Immature physique and Qi
- Vigorous vitality
- Rapid growth and development

In terms of their pathology:

- The Spleen is often deficient
- The Yin is often deficient
- Easy onset of illness and rapid transformation
- Easy recovery due to clear and healthy visceral Qi
- The Liver easily develops interior Wind (i.e. convulsions)
- Treat the child by treating the mother

“The physiology of infants and children differs significantly from that of adults.”

Aetiology in Childhood disorders

The causes of disease in childhood are much the same as those in adults. However, because of the child's immaturity and state of dependency, there are additional considerations. These include:

- Increased susceptibility to external factors from the environment
- Chronic conditions that may have developed due to incomplete recovery from an illness
- Emotional factors, generally related to the home environment
- Food, e.g. feeding too little, too much, irregular feeding, unsuitable milk, too early weaning, weaning on unsuitable foods or food allergies
- Miscellaneous factors, including: overexertion, lack of sleep, lack of exercise, over-stimulation, poisons (including food additives) and heredity

Diagnosis of Children

Although it is beyond the scope of this manual to provide detailed information on pediatric diagnosis in TCM, a brief overview is provided below. For more detailed information, please see:

- Acupuncture in the Treatment of Children, third edition. Dr Julian Scott. Seattle: Eastland Press, 1999
- Essentials of Traditional Chinese Pediatrics. Cao Ji-ming et al. Beijing: Foreign Languages Press, 1996
- The English-Chinese Encyclopedia of Practical Traditional Chinese Medicine. Vol.13 Pediatrics, Qi Xiu-heng (Chief Editor). Beijing: Higher Education Press, 1990

In addition to the traditional four diagnostic methods (inspection, inquiry, auscultation and olfaction, palpation), there are several aspects that require more attention when dealing with children:

- Observation: mental state, facial expression, appearance, behaviour
- Examination of the orifices (including the tongue)
- Examination of the superficial vein of the index finger
- Examination of the skin
- Examination of the urine
- Examination of the stools

In most cases, information provided by a parent or guardian will provide essential data that could not otherwise be obtained.

Normal for Children (Different to Adults)

Finally, there are several things that should be borne in mind when collecting signs and symptoms that may help in the decision as to whether or not they have clinical significance. In children all of the following are normal signs, when comparing to adults:

1. The tongue is a deeper shade of red
2. The tongue coat is more substantial
3. The pulse is more rapid
4. The complexion is more red

Dosage Regimens

The dosage recommendations given for each formula are meant to be general guidelines only. In very severe cases or in children whose physical development is more advanced for their age the doses may be increased (up to two times); in very frail children, those with chronic diseases, or those who are underdeveloped for their age, the dose may be reduced. When adding ChinaMed capsules to any of the RedPeony formulas, the recommended doses are as follows:

For children ages 1 - 3 years:

1 capsule, 1 - 3 times daily

For children ages 4 - 7 years:

2 capsules, 2 - 3 times daily

For children ages 8 - 12 years:

3 capsules, 2 - 3 times daily

Addressing the Taste and Strength Issues

To say that herbal medicines are an acquired taste is something of an understatement; especially in the case of an infant or young child who is still exploring and getting used to the many and varied tastes and textures of the human diet. In fact, most children find many of the adult delicacies to be, in their words, 'disgusting!'

This leaves few options for parents and practitioners who seek to provide their children with quality herbal medicines: either add an enormous amount of refined sugar to make the mixture palatable or make the medicine so weak that it has neither unpleasant taste, nor clinical efficacy. Wishing to avoid the disadvantages of refined cane sugar, we have chosen to use Stevia extract as a sweetener. Stevia is approximately 200 times as sweet as

refined sugar, therefore it adds very little bulk to the granules so that both dosing and packaging can be kept minimal. However, because these granules are highly concentrated, there will always be an herbal taste. The degree of bitterness varies from formula to formula; the strongly Heat clearing ones are the most bitter, while the tonifying formulations are fairly sweet and 'earthy' tasting.

One nice thing about Stevia is that it leaves a sweet aftertaste, so that after getting the medicine down, the child is 'rewarded' with a more pleasant experience.

Tips to get your child's co-operation

1. Infants and children under 2 years

- a. Dissolve a little more than the recommended dose in the smallest possible amount of hot water. A small amount of additional sweetener may be added. Allow to cool.
- b. Fill a 200cc syringe and squirt an approximate dose into the back of the infant's mouth. This usually requires two adults: one to hold the child and keep the arms still and the other to administer the medicine. As some of the medicine will not reach its destination, a little more than required should be administered.

2. Young children

In an ideal situation, reasoning with the child and getting him or her onside is the best way to ensure compliance.

On a practical level

- put the granules directly in the mouth and quickly wash down with warm water or warm apple juice
- mix the granules with apple sauce or sugarless jam and follow with warm apple juice
- get the child to suck an ice cube for a minute to numb the tongue
- older children can use a straw and remember, when all else fails, a little bribery can work wonders!

KIDS COLD RELIEF RP401

Xiao Er Gan Mao Chong Ji 小兒感冒衝劑

TCM ACTIONS

Dispels Wind-Heat from the Exterior, clears Heat Toxin, resolves Phlegm and soothes the throat.

TCM SYNDROMES

Exterior Wind-Heat

INDICATIONS

Common cold, influenza, acute bronchitis.

SIGNS AND SYMPTOMS

Fever with mild or no chills

Nasal congestion, headache

Cough, sore and possibly also inflamed throat

Thirst, dry mouth

Red tongue with a thin coat that may be yellow

Floating and rapid pulse

INGREDIENTS

Each gram contains extract equivalent to dry:

Isatis tinctoria, root (<i>ban lan gen</i>)	883 mg
板藍根	
Scutellaria baicalensis, root (<i>huang qin</i>)	736 mg
黃芩	
Magnolia liliflora, flower bud (<i>xin yi hua</i>)	736 mg
辛夷花	
Chrysanthemum sinense, flower (<i>ju hua</i>)	588 mg
菊花	
Pogostemon cablin, herb (<i>guang huo xiang</i>)	588 mg
廣藿香	
Mentha haplocalyx, herb (<i>bo he</i>)	588 mg
薄荷	
Platycodon grandiflorus, root (<i>jie geng</i>)	441 mg
桔梗	
Fritillaria thunbergii, bulb (<i>zhe bei mu</i>)	441 mg
浙貝母	

DOSAGE AND COURSE OF TREATMENT

For children ages 2 – 3 years:

Take 4g per day in divided doses, e.g. 2 grams, twice daily.

For children ages 4 – 7 years:

Take 6g per day, e.g. 2g, 3 times daily.

For children ages 8 – 12 years:

Take 10g per day, e.g. 5g, twice daily.

To be taken at least half an hour before or after food, or as directed by your healthcare practitioner.

Continue for 2 – 3 days after symptoms have been relieved.

CAUTIONS AND CONTRAINDICATIONS

Contraindicated in patients taking non steroidal anti-inflammatory drugs (NSAIDS) or corticosteroids.

COMBINATIONS

To improve efficacy:

+ Kids Well Being (RP405)

Severe cough:

+ COUGH CLEAR Formula, 1-3 capsules per dose
(ChinaMed® Code: CM149)

+ ANTITOX Formula, 1-3 capsules per dose
(ChinaMed® Code: CM105)

Severe URTI child over 3 years:

+ COLD & FLU Formula, 1-3 capsules per dose
(ChinaMed® Code: CM133)

+ ANTITOX Formula 1-3, capsules per dose
(ChinaMed® Code: CM105)

Note: For small children unable to swallow capsules: twist open each capsule and add the contents to the Red Peony® granules in a cup. Dissolve in boiling water and stir until all granules are dissolved. Drink when cool.

COMMENTS
KIDS COLD RELIEF
RP401

小兒感冒衝劑



This is an empirically designed formula developed as a basic treatment for common cold or influenza in childhood. There are three important factors to consider in the children with acute URTI's. Firstly children readily develop Heat. Secondly, they readily develop Phlegm (due to the immature digestive system, which is generally working to full capacity) and the lungs tend to become congested fairly quickly during an episode of the common cold or 'flu. Thirdly the appetite and digestion are easily disrupted for the reasons already mentioned above (see Introduction). Therefore the treatment is directed not only towards dispelling Wind-Heat from the Exterior, but also includes clearing Heat and Toxin from the Lung as well as resolving Phlegm and promoting Stomach function.

The synergistic actions of the herbs are as follows:

- Isatis tinctoria, root (*ban lan gen*), Scutellaria baicalensis, root (*huang qin*), Chrysanthemum sinense, flower (*ju hua*), Mentha haplocalyx, herb (*bo he*): Release Exterior Wind-Heat, clear Heat Toxin.
- Magnolia liliflora, flower bud (*xin yi hua*), Pogostemon cablin, herb (*guang huo xiang*): release Exterior Wind-Cold
- Platycodon root (*jie geng*), Fritillaria thundbergii, bulb (*zhe bei mu*): resolve Phlegm-Heat in the Lung
- Pogostemon cablin, herb (*guang huo xiang*): Dries Damp and enlivens the function of the Stomach, relieves nausea and vomiting
- Magnolia liliflora, flower bud (*xin yi hua*), Scutellaria baicalensis, root (*huang qin*), Mentha haplocalyx, herb (*bo he*): Unblock the nasal passages

KIDS CHEST CLEAR RP402

Xiao Er Gu Ben Ke Chuan Chong Ji 小兒固本咳喘衝劑

TCM ACTIONS:

Tonifies the Kidney, tonifies the Qi and strengthens the Spleen and Lung, disseminates the Lung Qi and resolves Phlegm.

TCM SYNDROMES

Kidney Qi deficiency
Spleen Qi deficiency
Lung Qi deficiency
Phlegm-Heat obstruction of the Lung

INDICATIONS

Asthma, chronic bronchitis

SIGNS AND SYMPTOMS

Asthma episodes
Emaciation
Pale complexion
Poor appetite
Lethargy and muscular weakness
Cold extremities
Spontaneous sweating
Cough

INGREDIENTS

Each gram contains extract equivalent to dry:

Astragalus membranaceus, root (<i>huang qi</i>)	黃芪	536 mg
Codonopsis pilosula, root (<i>dang shen</i>)	黨參	358 mg
Atractylodes macrocephala, rhiz. (<i>bai zhu</i>)	白術	358 mg
Cullen corylifolium, seed (<i>bu gu zhi</i>)	補骨脂	358 mg
Cuscuta hygrophilae, seed (<i>tu si zi</i>)	菟絲子	357 mg
Rehmannia glutinosa, root (<i>shu di</i>)	熟地	357 mg
Schisandra chinensis, fruit (<i>wu wei zi</i>)	五味子	357 mg
Oryza sativa, sprout (<i>gu ya</i>)	谷芽	357 mg
Aster tataricus, root (<i>zi wan</i>)	紫菀	298 mg
Perilla frutescens, seed (<i>su zi</i>)	蘇子	298 mg
Scutellaria baicalensis, root (<i>huang qin</i>)	黃芩	298 mg
Fritillaria cirrhosa, bulb (<i>chuan bei mu</i>)	川貝母	298 mg
Peucedanum praeruptorum, root (<i>qian hu</i>)	前胡	298 mg
Pinellia ternata, tuber (<i>ban xia</i>)	半夏	298 mg
Glycyrrhiza uralensis, root (<i>gan cao</i>)	甘草	179 mg

DOSAGE AND COURSE OF TREATMENT

For children ages 2 – 3 years:

Take 4g per day in divided doses, e.g. 2 grams, twice daily.

For children ages 4 – 7 years:

Take 6g per day, e.g. 2g, 3 times daily.

For children ages 8 – 12 years:

Take 10g per day, e.g. 5g, twice daily.

To be taken at least half an hour before or after food, or as directed by your healthcare practitioner.

To be used during the acute as well as remission stages. For ongoing treatment.

CAUTIONS AND CONTRAINDICATIONS

None noted.

COMBINATIONS

Acute stage with severe dyspnea:

+ LUNG FUNCTION 1 Formula, 1-3 capsules per dose
(ChinaMed® Code: CM147)

Note: For small children unable to swallow capsules: twist open each capsule and add the contents to the Red Peony® granules in a cup. Dissolve in boiling water and stir until all granules are dissolved. Drink when cool.

COMMENTS
KIDS CHEST CLEAR
RP402

小兒固本咳喘衝劑



This formula has been designed as a general treatment for children with asthma. Thus it covers the commonly occurring deficiency syndromes that underlie the condition, i.e. Kidney, Spleen and Lung deficiency. In addition there are ingredients that resolve Phlegm, which is obstructing Lung function and causing the distressing symptoms of acute stage asthma. It is meant to be used in conjunction with Western medical treatment on an ongoing basis so that the underlying factors, i.e. constitutional weakness and retention of Phlegm in the Lung may be resolved over time, thus reducing the need to rely on pharmaceutical intervention.

The synergistic actions of the herbs are as follows:

- Astragalus membranaceus, root (*huang qi*), Codonopsis pilosula, root (*dang shen*), Atractylodes macrocephala, rhiz. (*bai zhu*), Schisandra chinensis, fruit (*wu wei zi*), Glycyrrhiza uralensis, root (*gan cao*): tonify the Spleen and Lung Qi.
- Cullen corylifolium, seed (*bu gu zhi*), Cuscuta hygrophilae, seed (*tu si zi*), Rehmannia glutinosa, root (*shu di*), Schisandra chinensis, fruit (*wu wei zi*): tonify the Kidney.
- Oryza sativa, sprout (*gu ya*): promoted digestion and tonifies the Stomach
- Aster tataricus, root (*zi wan*), Aster tataricus, root (*zi wan*), Perilla frutescens, seed (*su zi*), Scutellaria baicalensis, root (*huang qin*), Fritillaria cirrhosa, bulb (*chuan bei mu*), Peucedanum praeruptorum, root (*qian hu*), Pinellia ternata, tuber (*ban xia*): resolve Phlegm, clear Heat and disseminate the Lung Qi to alleviate dyspnea.

KIDS CALM AND EASY RP403

Xiao Er Ning Xin Shao Dong Chong Ji 小兒寧心少動衝劑

TCM ACTIONS:

Enriches the Yin, clears the Liver and calms the mind.

TCM SYNDROMES

Heart and Liver Yin deficiency

Liver Heat

INDICATIONS

Attention deficit hyperactivity disorder.

SIGNS AND SYMPTOMS

Inattention

Hyperactivity and impulsivity (e.g. talkative, uncontrollable anger, violent behavior, sleep disturbance)

Red complexion or red lips

Night sweating

Red tongue with a scanty or thin coat that may also be yellow

Pulse is thready and rapid, may also be floating

ACTIVE INGREDIENTS

Each gram contains extract equivalent to dry:

Triticum aestivum, fruit (<i>fu xiao mai</i>) 浮小麥	862 mg
Rehmannia glutinosa, root (<i>sheng di</i>) 生地	690 mg
Lilium brownii, bulb (<i>bai he</i>) 薄荷	690 mg
Scrophularia ningpoensis, root (<i>xuan shen</i>) 玄參	690 mg
Ophiopogon japonicus, tuber (<i>mai dong</i>) 麥冬	690 mg
Gardenia jasminoides, fruit (<i>shan zhi zi</i>) 山梔子	345 mg
Scutellaria baicalensis, root (<i>huang qin</i>) 黃芩	288 mg
Paeonia suffruticosa, stem bark (<i>mu dan pi</i>) 牡丹皮	288 mg
Chrysanthemum sinense, flower (<i>ju hua</i>) 菊花	288 mg
Glycyrrhiza uralensis (<i>gan cao</i>) 甘草	100 mg

DOSAGE AND COURSE OF TREATMENT

For children ages 2 – 3 years:

Take 4g per day in divided doses, e.g. 2 grams, twice daily.

For children ages 4 – 7 years:

Take 6g per day, e.g. 2g, 3 times daily.

For children ages 8 – 12 years:

Take 10g per day, e.g. 5g, twice daily.

To be taken at least half an hour before or after food, or as directed by your healthcare practitioner.

Generally for intended long term use. May need to be used in combination with other formulas (see below)

CAUTIONS AND CONTRAINDICATIONS

Contains gluten.

COMBINATIONS

With Spleen Qi deficiency:

+ Kids Digestion Tonic (RP404)

With Phlegm-Heat:

+ CLEAR THE PHLEGM Formula, 1-3 capsules per dose
(ChinaMed® Code: CM180)

With pronounced Kidney Yin deficiency:

+ YIN TONIC Formula, 1-3 capsules per dose
(ChinaMed® Code: CM118)

Note: For small children unable to swallow capsules: twist open each capsule and add the contents to the Red Peony® granules in a cup. Dissolve in boiling water and stir until all granules are dissolved. Drink when cool.

COMMENTS
KIDS CALM AND EASY
RP403

小兒寧心少動衝劑



This formula has been developed to address the basic pathodynamics involved in ADHD in children. In TCM, this requires four basic syndromes to be addressed:

1. Heat excess
2. Phlegm-Heat (arising from Damp-Heat)
3. Kidney-Liver Yin deficiency with Yang hyperactivity
4. Spleen-Heart deficiency with floating Yang

Dietary factors underlie items 1 and 2; constitutional factors underlie item 3 and a mixture of environmental and constitutional factors underlie item 4.

Heat or Damp-Heat may develop in the middle Jiao (Spleen-Stomach) due to inappropriate diet. The Heat rises to the upper Jiao (i.e. Heart) to affect the Spirit; in cases with Damp-Heat, the effect of the Heat 'congeals' the Damp to form Phlegm which rises with the Heat to obstruct the mind and senses (the 'orifices' of the Heart).

Alternately, constitutional deficiency of Kidney Essence generally manifests in deficiency of Yin, which mainly affects the Kidney and Liver. This imbalance leads to unrestrained Yang Qi rising to disturb the Spirit in the upper Jiao (i.e. Yang hyperactivity).

As noted by Dr Julian Scott ('Acupuncture in the Treatment of Children', Third Edition), children with Spleen deficiency may manifest with hyperactivity in spite of the fact that they have little Qi. This is because they have learned to manipulate the emotional energy (i.e. the Qi) of the adults in their immediate environment, and thus 'feed' off the surplus (i.e. agitated) energy of the adults around them. In addition, Spleen deficiency leads to Heart deficiency (because of paucity of Blood production), thus further contributing to the innate instability of the child's Spirit. It follows from this that an important component of treatment involves education of the parents to stop allowing themselves to be manipulated.

Finally, one more thing should be noted. Exceptionally bright or gifted children may find conventional education to be lacking in stimulation and challenges appropriate to their abilities. These children may have been labeled with ADHD and put on drugs, when in fact they really need a more enlightened approach to their education and upbringing. Needless to say, such cases present a unique challenge to the therapist.

The synergistic actions of the herbs are as follows:

- Triticum aestivum, fruit (*fu xiao mai*), Lilium brownii, bulb (*bai he*): nourish the Heart and calm the Spirit.
- Rehmannia glutinosa, root (*sheng di*), Lilium brownii, bulb (*bai he*), Scrophularia ningpoensis, root (*xuan shen*), Ophiopogon japonicus, tuber (*mai dong*): Nourish the Kidney, Liver and Heart Yin
- Scutellaria baicalensis, root (*huang qin*), Paeonia suffruticosa, stem bark (*mu dan pi*), Chrysanthemum sinense, flower (*ju hua*): clear Liver Heat
- Glycyrrhiza uralensis (*gan cao*): tonifies the Spleen-Stomach, harmonizes the formula

KIDS DIGESTION TONIC RP404

Xiao Er Pi Wei Jian Yun Chong Ji 小兒脾胃健運衝劑

TCM ACTIONS:

Tonifies the Qi and strengthens the Spleen, regulates the Qi and harmonises the middle Jiao, reduces food accumulation.

TCM SYNDROMES

Spleen-Stomach Qi deficiency

Food stagnation in the Stomach and Intestines

INDICATIONS

Indigestion, general fatigue, chronic gastroenteritis, chronic ulcerative colitis, Crohn's disease, gastritis, malabsorption syndrome, malnutrition.

SIGNS AND SYMPTOMS

Poor appetite and digestion with: bloating after meals, belching, flatulence, acid reflux or nausea, loose stools

Distension and sense of fullness in the epigastrium or abdomen

Fatigue

Pain in the epigastrium or abdomen

Reluctance to speak

Pale tongue with a greasy white coat

Pulse is weak and also slippery or soft

ACTIVE INGREDIENTS

Each gram contains extract equivalent to dry:

Dioscorea oppositifolia, rhiz. (<i>huai shan yao</i>)	淮山藥	600 mg
Dolichos lablab, seed (<i>bian dou</i>)	扁豆	600 mg
Coix lachryma-jobi, seed (<i>yi yi ren</i>)	薏苡仁	600 mg
Crataegus pinnatifida, fruit (<i>shan zha</i>)	山楂	600 mg
Oryza sativa, sprout (<i>gu ya</i>)	谷芽	600 mg
Codonopsis pilosula, root (<i>dang shen</i>)	黨參	400 mg
Atractylodes macrocephala, rhiz. (<i>bai zhu</i>)	白術	400 mg
Poria cocos, fruit. body (<i>fu ling</i>)	茯苓	400 mg
Raphanus sativus, seed (<i>la fu zi</i>)	萊菔子	400 mg
Citrus reticulata, fruit peel (<i>chen pi</i>)	陳皮	200 mg
Citrus aurantium, fruit (<i>zhi ke</i>)	枳殼	200 mg

DOSAGE AND COURSE OF TREATMENT

For children ages 2 – 3 years:

Take 4g per day in divided doses, e.g. 2 grams, twice daily.

For children ages 4 – 7 years:

Take 6g per day, e.g. 2g, 3 times daily.

For children ages 8 – 12 years:

Take 10g per day, e.g. 5g, twice daily.

To be taken at least half an hour before or after food, or as directed by your healthcare practitioner.

Generally intended for long term use. May need to be used in combination with other formulas (see below)

CAUTIONS AND CONTRAINDICATIONS

None noted.

COMBINATIONS

With frequent upper respiratory infections:

+ Kids Defence (RP411)

or

+ DEFENCE PLUS Formula, 1-3 capsules per dose
(ChinaMed® Code: CM192)

Note: For small children unable to swallow capsules: twist open each capsule and add the contents to the Red Peony® granules in a cup. Dissolve in boiling water and stir until all granules are dissolved. Drink when cool.

COMMENTS
KIDS DIGESTION TONIC
RP404

小兒脾胃健運衝劑



This is based on a combination of two classic formulas: Jian Pi Wan ('Invigorate the Spleen Formula' a.k.a. Ginseng & Citrus Formula) and Shen Ling Bai Zhu San ('Ginseng, Poria and Atractylodes Formula' a.k.a. Ginseng & Atractylodes Formula). It has been developed to address one of the inherent imbalances of childhood: the fact that the Spleen is immature and generally working at close to full capacity.

In order to meet the demands of growth and development of neuromuscular skills, infants and children need to consume relatively large amounts of food. Added to this is the fact that all of the internal organ systems are immature and hence rather delicate. Thus the Spleen-Stomach can easily become overstrained, leading to Spleen Qi deficiency together with food accumulation.

This may set in train a series of pathological developments resulting in Heat, Damp, Damp-Heat, Phlegm, Qi stagnation and Qi counterflow. Therefore it is often said that digestive disturbance underlies many of the common childhood disorders, e.g. asthma, eczema, vomiting, diarrhea, recurrent upper respiratory infections.

This formula may be used in either of two ways. Firstly it may be used as a preventative treatment in a child showing signs of 'digestive overload', to strengthen and harmonise the digestive system. Secondly, it may be used as a follow up treatment for one of the disorders mentioned above, in order to strengthen the 'root of the acquired constitution' (i.e. the Spleen and Stomach) and provide a firm basis for the child's future growth and development.

The synergistic actions of the herbs are as follows:

- Codonopsis pilosula, root (*dang shen*), Atractylodes macrocephala, rhiz. (*bai zhu*), Poria cocos, fruit. body (*fu ling*), Dioscorea oppositifolia, rhiz. (*huai shan yao*), Dolichos lablab, seed (*bian dou*), Coix lachryma-jobi, seed (*yi yi ren*): tonify the Qi and strengthen the Spleen
- Atractylodes macrocephala, rhiz. (*bai zhu*), Poria cocos, fruit. body (*fu ling*), Dolichos lablab, seed (*bian dou*), Coix lachryma-jobi, seed (*yi yi ren*): Drain Damp
- Crataegus pinnatifida, fruit (*shan zha*), Oryza sativa, sprout (*gu ya*), Raphanus sativus, seed (*la fu zi*): reduce food stagnation (accumulation disorder) and promote digestion
- Citrus reticulata, fruit peel (*chen pi*), Poria cocos, fruit. body (*fu ling*), Citrus aurantium, fruit (*zhi ke*): regulate the Qi and harmonize the middle Jiao (i.e. Spleen and Stomach Qi movement)

KIDS WELL BEING RP405

Xiao Er Qi Xing Cha (Jia Wei) Chong Ji 小兒七星茶(加味)衝劑

TCM ACTIONS:

Tonifies the Qi, clears Heat, drains Damp, extinguishes Wind, promotes digestion and resolves food accumulation.

TCM SYNDROMES

Subclinical disharmony.

INDICATIONS

For periods of general discomfort, mild irritability, loss of appetite and sleep disturbance.

SIGNS AND SYMPTOMS

Restlessness

Irritability

Poor sleep

Poor appetite and digestion

Susceptibility to respiratory infections

ACTIVE INGREDIENTS

Each gram contains extract equivalent to dry:

Lophatherum gracile, herb (<i>dan zhu ye</i>) 淡竹葉	715 mg
Gastrodia elata, rhiz. (<i>tian ma</i>) 天麻	715 mg
Triticum aestivum, fruit (<i>fu xiao mai</i>) 浮小麥	715 mg
Ziziphus jujuba, fruit (<i>da zao</i>) 大棗	715 mg
Juncus effusus, stem pith (<i>deng xin cao</i>) 燈芯草	595 mg
Hordeum vulgare, sprout (<i>mai ya</i>) 麥芽	595 mg
Crataegus pinnatifida, fruit (<i>shan zha</i>) 山楂	595 mg
Glycyrrhiza uralensis, root (<i>gan cao</i>) 甘草	357 mg

DOSAGE AND COURSE OF TREATMENT

For children ages 2 – 3 years:

Take 4g per day in divided doses, e.g. 2 grams, twice daily.

For children ages 4 – 7 years:

Take 6g per day, e.g. 2g, 3 times daily.

For children ages 8 – 12 years:

Take 10g per day, e.g. 5g, twice daily.

To be taken at least half an hour before or after food, or as directed by your healthcare practitioner.

Generally for short term use (1 – 3 weeks) as a gentle tonic and harmonizer.

CAUTIONS AND CONTRAINDICATIONS

Contains gluten.

COMBINATIONS

Increased susceptibility to respiratory infections:

+ Kids Defence (RP411)

May be used in combination with a variety of adult formulas, when indicated, in order to protect the Stomach from the relatively stronger actions of these formulas. Examples

+ ANTITOX Formula (ChinaMed® Code: CM105)

+ ANTI-INFLAMM. Formula (ChinaMed® Code: CM119)

+ COLD & FLU Formula (ChinaMed® Code: CM133)

+ COUGH CLEAR Formula (ChinaMed® Code: CM149)

Note: For small children unable to swallow capsules: twist open each capsule and add the contents to the Red Peony® granules in a cup. Dissolve in boiling water and stir until all granules are dissolved. Drink when cool.

COMMENTS
KIDS WELL BEING
RP405

小兒七星茶(加味)衝劑



This is a variant on Xiao Er Qi Xing Cha (Children's Seven Stars Formula), which is a commonly used general purpose children's formula. It is a very popular medicine, which most Chinese parents keep on hand to use when their children show mild signs of imbalance. It generally comes in the form of water soluble granules sweetened with refined sugar.

The Red Peony formula contains two additional ingredients to enhance its actions as well as using Stevia instead of sugar as a sweetener. It's primary use is in children who are not really ill, but are showing mild signs and symptoms of imbalance, such as loss of interest in food, irritability, restlessness and sleep disturbance. This may often be accompanied by an increased susceptibility to respiratory infections due to Qi deficiency affecting the Lung.

The synergistic actions of the herbs are as follows:

- Lophatherum gracile, herb (*dan zhu ye*), Juncus effusus, stem pith (*deng xin cao*): Clear Heat and drain Damp
- Gastrodia elata, rhiz. (*tian ma*): Extinguishes Wind
- Triticum aestivum, fruit (*fu xiao mai*), Ziziphus jujuba, fruit (*da zao*): Nourish the Heart and calm the Spirit
- Hordeum vulgare, sprout (*mai ya*), Crataegus pinnatifida, fruit (*shan zha*): Promote digestion and resolves food accumulation.
- Ziziphus jujuba, fruit (*da zao*), Glycyrrhiza uralensis, root (*gan cao*): tonify the Qi and strengthen the Spleen

KIDS RASH RELIEF RP406

Xiao Er Shi Zhen Qing Chong Ji 小兒濕疹清衝劑

TCM ACTIONS:

Clears Heat and eliminates Damp, clears Heat-Toxin and dispels Wind.

TCM SYNDROMES

Wind, Damp-Heat and Heat Toxin in the skin

INDICATIONS

Eczema, dermatitis

SIGNS AND SYMPTOMS

Itching and inflammation of the skin

Papules, vesicles and /or wheals

Exudation

Lesions may be discrete or generalised

Fever

Tongue is red, with a yellow coat that may also be dry

Pulse is rapid and may also be slippery, floating or full

ACTIVE INGREDIENTS

Each gram contains extract equivalent to dry:

Atractylodes lancea, rhiz. (<i>cang zhu</i>) 蒼術	566 mg
Sophora flavescens, root (<i>ku shen</i>) 苦參	566 mg
Dictamnus desycarpus, stem bark (<i>bai xian pi</i>) 白蘚皮	566 mg
Bassia scoparia, fruit (<i>di fu zi</i>) 地膚子	566 mg
Chrysanthemum indicum, flower (<i>ye ju hua</i>) 野菊花	566 mg
Smilax glabra, rhiz. (<i>tu fu ling</i>) 土茯苓	566 mg
Cynanchum stauntonii, root (<i>xu chang qing</i>) 徐長卿	566 mg
Glycine max, seed skin (<i>lu dou yi</i>) 綠豆衣	566 mg
Schizonepeta tenuifolia, herb top fl. (<i>jing jie</i>) 荆芥	427 mg

DOSAGE AND COURSE OF TREATMENT

For children ages 2 – 3 years:

Take 4g per day in divided doses, e.g. 2 grams, twice daily.

For children ages 4 – 7 years:

Take 6g per day, e.g. 2g, 3 times daily.

For children ages 8 – 12 years:

Take 10g per day, e.g. 5g, twice daily.

To be taken at least half an hour before or after food, or as directed by your healthcare practitioner.

Generally intended for short term use, 1 – 3 months.

CAUTIONS AND CONTRAINDICATIONS

Begin with a low dose and gradually increase it as the formula may cause gastric irritation.

COMBINATIONS

Rash due to allergy:

+ Kids Defence (RP411)

With pus or severe inflammation:

+ ANTI-INFLAMM. Formula, 1-3 capsules per dose
(ChinaMed® Code: CM119)

With poor digestion:

+ Kids Well Being (RP405)

or

+ DIGEST-AID Formula 1-3 capsules per dose
(ChinaMed® Code: CM102)

Note: For small children unable to swallow capsules: twist open each capsule and add the contents to the Red Peony® granules in a cup. Dissolve in boiling water and stir until all granules are dissolved. Drink when cool.

COMMENTS
KIDS RASH RELIEF
RP406

小兒濕疹清衝劑



Most TCM dermatology texts mention Damp-Heat and Wind as the major pathogens underlying acute eczema. Clinical experience has shown that there is generally also some degree of Heat Toxin as evidenced by the intensity of the acute stage symptoms, deep red or purple color around the vesicles and turbid fluid or pus within the vesicles. A better response is obtained when formulas for acute eczema contain herbs that clear Heat Toxin, e.g. Smilax rhizome (*tu fu ling*), Dictamnus stem bark (*bai xian pi*) and Chrysanthemum (Indicum) flower (*ye ju hua*).

This formula is based on the classic formula Xiao Feng San (Dangui & Arctium Formula) which has been modified to focus on an acute (rather than subacute) presentation.

As acute eczema is caused by virulent pathogens, the treatment requires the use of strongly acting herbal medicines. This may pose some problem for the child with any kind of digestive disturbance. In such cases, begin with a low dose and combine with one of the formulas mentioned above under 'Combinations'.

The synergistic actions of the herbs are as follows:

- Atractylodes rhizome (*cang zhu*), Sophora root (*ku shen*), Dictamnus bark (*bai xian pi*), Kochia fruit (*di fu zi*), Cynanchum stauntonii, root (*xu chang qing*): dispel Wind-Damp from the skin and alleviate itching.
- Chrysanthemum indicum, flower (*ye ju hua*), Schizonepeta herb top (*jing jie*): disperse Wind from the Exterior and alleviate itching.
- Chrysanthemum indicum, flower (*ye ju hua*), Smilax glabra, rhiz. (*tu fu ling*), Dictamnus desycarpus, stem bark (*bai xian pi*), Glycine max, seed skin (*lu dou yi*): Clear Heat Toxin from the skin and reduce swelling.

KIDS DRY NIGHTS RP408

Xiao Er Yi Niao Bu Shen Chong Ji 小兒遺尿補腎衝劑

TCM ACTIONS:

Tonifies the Kidney, astringes the Essence and tonifies the Qi to consolidate the Bladder.

TCM SYNDROMES

Kidney deficiency with insecurity of the Kidney Qi

INDICATIONS

Enuresis (bed wetting).

SIGNS AND SYMPTOMS

Involuntary discharge of urine during sleep (generally a large quantity)

Daytime polyuria

Pale or clear urine

Pale complexion

General weakness

Frequent upper respiratory infections

Intolerance to the cold

Cold extremities

Pale tongue with a thin white coat

Weak or soft pulse

ACTIVE INGREDIENTS

Each gram contains extract equivalent to dry:

Astragalus membranaceus, root (huang qi) 黃芪	845 mg
Rosa laevigata, fruit (jin ying zi) 金櫻子	634 mg
Cuscuta hygrophilae, seed (tu si zi) 菟絲子	634 mg
Dioscorea oppositifolia, root (huai shan yao) 淮山藥	634 mg
Rehmannia glutinosa, root (shu di) 熟地	634 mg
Rubus chingii, fruit (fu pen zi) 覆盆子	634 mg
Alpinia oxyphylla, fruit (yi zhi ren) 益智仁	423 mg
Schisandra chinensis, fruit (wu wei zi) 五味子	352 mg
Glycyrrhiza uralensis, root (gan cao) 甘草	211 mg

DOSAGE AND COURSE OF TREATMENT

For children ages 2 – 3 years:

Take 4g per day in divided doses, e.g. 2 grams, twice daily.

For children ages 4 – 7 years:

Take 6g per day, e.g. 2g, 3 times daily.

For children ages 8 – 12 years:

Take 10g per day, e.g. 5g, twice daily.

To be taken at least half an hour before or after food, or as directed by your healthcare practitioner.

Generally for long term use (at least 3 months).

CAUTIONS AND CONTRAINDICATIONS

None noted.

COMBINATIONS

With pronounced deficiency (select one or more of the following):

+ Kids Digestion Tonic (RP404)

+ Kids Defence (RP411)

+ DEFENCE PLUS Formula, 1-3 capsules per dose, for older children (ChinaMed® Code: CM192)

+ ENERGY TONIC Formula, 1-3 capsules per dose, for older children (ChinaMed® Code: CM139)

Note: For small children unable to swallow capsules: twist open each capsule and add the contents to the Red Peony® granules in a cup. Dissolve in boiling water and stir until all granules are dissolved. Drink when cool.

COMMENTS
KIDS DRY NIGHTS
RP408

小兒遺尿補腎衝劑



There are essentially two different causes of enuresis in children: deficiency and excess. Deficiency syndromes involve the Kidney and possibly also the Spleen and Lung. Excess syndromes are due to Damp-Heat and are more correctly classified under infections of the urinary tract, rather than functional disorders.

As the Kidney Qi controls the storage and release of urine by the Bladder, the basic cause of enuresis is Kidney Qi deficiency with failure of its securing or consolidating function. On top of this there may also be Spleen and/or Lung Qi deficiency with poor metabolism of Fluids in general and the specific tendency to enuresis when there is a respiratory infection.

As this formula primarily addresses Kidney deficiency, it should be combined with another suitable formula (as indicated above under 'Combinations'), in cases with marked Spleen and/or Lung deficiency.

The synergistic actions of the herbs are as follows:

- Cuscuta hygrophilae, seed (*tu si zi*), Dioscorea oppositifolia, root (*huai shan yao*), Rehmannia glutinosa, root (*shu di*), Alpinia oxyphylla, fruit (*yi zhi ren*): tonify the Kidney Qi
- Rubus chingii, fruit (*fu pen zi*), Rosa laevigata, fruit (*jin ying zi*), Alpinia oxyphylla, fruit (*yi zhi ren*), Schisandra chinensis, fruit (*wu wei zi*): promote the astringing action of the Kidney Qi to consolidate the Bladder
- Astragalus membranaceus, root (*huang qi*), Alpinia oxyphylla, fruit (*yi zhi ren*), Dioscorea oppositifolia, root (*huai shan yao*), Glycyrrhiza uralensis, root (*gan cao*): tonify the Spleen and Lung Qi

KIDS EAR CLEAR RP409

Xiao Er Zhong Er Yan Qing Chong Ji 小兒中耳炎清衝劑

TCM ACTIONS:

Clear Heat and relieves Toxicity, disperses Wind-Heat.

TCM SYNDROMES

Invasion by Wind-Heat

Development of Heat Toxin

INDICATIONS

Acute otitis media (middle ear infection).

SIGNS AND SYMPTOMS

- Abnormal otoscopic findings of the tympanic membrane (e.g. opacity, bulging, erythema, effusion)
- Rapid pulse
- The tongue may be red with a yellow coat

INFANTS AND TODDLERS:

- Tugging or scratching at the ear
- Some hearing loss
- Crying, irritability
- Fever
- Vomiting, loss of appetite
- Ear discharge (otorrhea)
- Cough, runny nose
- Diarrhea

YOUNG CHILDREN, ADOLESCENTS:

- Ear pain (otalgia)
- Feeling of pressure
- Some hearing loss
- Headache
- Dizziness, loss of balance
- Nausea, vomiting, loss of appetite
- Ear discharge (otorrhea)
- Fever
- Cough, runny nose
- Diarrhea

ACTIVE INGREDIENTS

Each gram contains extract equivalent to dry:

Prunella vulgaris, herb top fl. & fruit. (<i>xia ku cao</i>) 夏枯草	750 mg
Taraxacum mongolicum, herb (<i>pu gong ying</i>) 蒲公英	750 mg
Lonicera japonica, flower (<i>jin yin hua</i>) 金銀花	750 mg
Mentha haplocalyx, herb (<i>bo he</i>) 薄荷	500 mg
Gardenia jasminoides, fruit (<i>shan zhi zi</i>) 山梔子	500 mg
Xanthium sibiricum, fruit (<i>cang er zi</i>) 蒼耳子	500 mg
Schizonepeta tenuifolia, herb top fl. (<i>jing jie</i>) 荆芥	417 mg
Chrysanthemum indicum, flower (<i>ye ju hua</i>) 野菊花	417 mg
Glycyrrhiza uralensis, root (<i>gan cao</i>) 甘草	417 mg

DOSAGE AND COURSE OF TREATMENT

For children ages 2 – 3 years:

Take 4g per day in divided doses, e.g. 2 grams, twice daily.

For children ages 4 – 7 years:

Take 6g per day, e.g. 2g, 3 times daily.

For children ages 8 – 12 years:

Take 10g per day, e.g. 5g, twice daily.

To be taken at least half an hour before or after food, or as directed by your healthcare practitioner.

For short term use only.

CAUTIONS AND CONTRAINDICATIONS

Caution with very high dosages (it is not recommended to use more than double the dosages outlined above).

COMBINATIONS

Suppurative otitis media:

+ SKIN DETOX Formula 1- 3 capsules per dose
(ChinaMed® Code: CM125)

Digestive weakness:

+ DIGEST-AID Formula 1-3 capsules per dose
(ChinaMed® Code: CM102)

Note: For small children unable to swallow capsules: twist open each capsule and add the contents to the Red Peony® granules in a cup. Dissolve in boiling water and stir until all granules are dissolved. Drink when cool.

COMMENTS
KIDS EAR CLEAR
RP409

小兒中耳炎清衝劑



Middle ear infections in children are quite common in Western countries, but not so common in China (particularly the chronic type, which is quite rare). This is most likely due to differences in diet as well as the overly frequent use of antibiotics in the West. In TCM there are two types of causes of this condition: internally generated and externally contracted. Dietary factors, such as excessive consumption of dairy (especially pasteurized) foods, deep fried foods, refined carbohydrates etc. may lead to the development of Heat or Damp-Heat in the middle Jiao (i.e. Spleen-Stomach).

These pathogens are able to reach the ear via the San Jiao and Gallbladder channels. An attack is generally triggered by the invasion of exogenous pathogens, e.g. Wind, Cold or Heat, and rapidly develops into Heat and Heat Toxin, possibly together with the internally generated pathogens. The accumulated pathogens cause stagnation of the local Qi and Blood, with a concomitant reduction of the Wei Qi. As the Wei Qi is diminished, further Heat Toxin accumulates. This localised accumulation of pathogens causes pain and redness of the ear canal. The problem is compounded for infants, because the ear canal is not anatomically shaped to allow good drainage until about the second year of life.

It should be noted that the frequent administration of antibiotics to children is perhaps the single most important factor involved in impairing a child's immune system and general health. Thus the use of Chinese herbal medicines provides an effective alternative for common pediatric infections, avoiding the long term health risks associated with the indiscriminate use of antibiotics. We should also be aware that middle ear infections are mostly self-limiting and that approximately 90% of cases will resolve without treatment, leaving no residual damage.

This formula combines herbs with strong antibacterial and antiviral actions, which act synergistically to resolve the infection, reduce inflammation and lower the fever. As the formula is quite cooling, additional support for the child's digestive system may be required in some cases.

The synergistic actions of the herbs are as follows:

- Prunella vulgaris, herb top fl. & fruit. (*xia ku cao*), Taraxacum mongolicum, herb (*pu gong ying*), Lonicera japonica, flower (*jin yin hua*), Chrysanthemum indicum, flower (*ye ju hua*): clear Heat Toxin
- Prunella vulgaris, herb top fl. & fruit. (*xia ku cao*), Prunella vulgaris, herb top fl. & fruit. (*xia ku cao*): clear Heat and disperse accumulated pathogens
- Lonicera japonica, flower (*jin yin hua*), Mentha haplocalyx, herb (*bo he*), Schizonepeta tenuifolia, herb top fl. (*jing jie*), Xanthium sibiricum, fruit (*cang er zi*), Chrysanthemum indicum, flower (*ye ju hua*): release the Exterior and dispel Wind, Heat, Cold and Damp
- Gardenia jasminoides, fruit (*shan zhi zi*): drains Heat and soothes irritability

KIDS COUGH RELIEF RP410

Xiao Er Bai Bu Zhi Ke Chong Ji

小兒百部止咳衝劑

TCM ACTIONS

Clears Phlegm-Heat from the Lung, disseminates the Lung Qi and redirects it downwards to alleviate cough, moistens and nourishes the Lung Yin

TCM SYNDROMES

Phlegm-Heat obstruction of the Lung

INDICATIONS

Cough due to Phlegm-Heat in the Lung

SIGNS AND SYMPTOMS

Productive cough with thick yellow sputum that is difficult to expectorate

Thirst, dry mouth

Sensations of heat, sweating

Chest pain on coughing

Tongue is red with a yellow coat

Pulse is full, rapid and slippery

INGREDIENTS

Each gram contains extract equivalent to dry:

Stemona sessilifolia, root (<i>bai bu</i>) 百部	646 mg
Ophiopogon japonicus, tuber (<i>mai dong</i>) 麥冬	488 mg
Scutellaria baicalensis, root (<i>huang qin</i>) 黃芩	488 mg
Morus alba, root bark (<i>sang bai pi</i>) 桑白皮	488 mg
Anemarrhena asphodeloides, rhiz. (<i>zhi mu</i>) 知母	488 mg
Pinellia ternata, tuber (<i>ban xia</i>) 半夏	488 mg
Fritillaria thundbergii, bulb (<i>zhe bei mu</i>) 浙貝母	488 mg
Platycodon grandiflorus, root (<i>jie geng</i>) 桔梗	325 mg
Citrus reticulata, fruit pericarp (<i>chen pi</i>) 陳皮	325 mg
Citrus aurantium, fruit (<i>zhi ke</i>) 枳殼	325 mg
Prunus armeniaca, seed (<i>xing ren</i>) 杏仁	244 mg
Glycyrrhiza uralensis, root (<i>gan cao</i>) 甘草	244 mg

DOSAGE AND COURSE OF TREATMENT

For children ages 2 – 3 years:

Take 4g per day in divided doses, e.g. 2 grams, twice daily.

For children ages 4 – 7 years:

Take 6g per day, e.g. 2g, 3 times daily.

For children ages 8 – 12 years:

Take 10g per day, e.g. 5g, twice daily.

To be taken at least half an hour before or after food, or as directed by your healthcare practitioner.

Course of treatment: 1 – 2 weeks

CAUTIONS AND CONTRAINDICATIONS

Do not increase dosage more than double that recommended above.

COMBINATIONS

Severe condition in older child:

+ COUGH CLEAR 2 Formula 1-3 capsules per dose
(ChinaMed® Code: CM154)

Note: For small children unable to swallow capsules: twist open each capsule and add the contents to the Red Peony® granules in a cup. Dissolve in boiling water and stir until all granules are dissolved. Drink when cool.

COMMENTS
KIDS COUGH RELIEF
RP410

小兒百部止咳衝劑



This is a modern empirical formula developed in order to treat acute bronchitis in children. It is based on the classical formula Qing Qi Hua Tan Wan (Citrus & Arisaema Formula) from the 'Investigations of Medical Formulas' (*yi fang kao*), by Wu Kun, 1584.

This condition often occurs during the course of the common cold where Phlegm-Heat has developed in the Lung as a consequence of invasion by exogenous Wind-Heat or Wind-Cold (which transforms into Heat).

The synergistic actions of the herbs are as follows:

- Stemona root (*bai bu*), Ophiopogon tuber (*mai dong*), Anemarrhena rhizome (*zhi mu*): moisten the Lung and nourish the Lung Yin to alleviate cough
- Scutellaria root (*huang qin*), Morus root bark (*sang bai pi*), Fritillaria bulb (*zhe bei mu*), Platycodon root (*jie geng*), Pinellia tuber (*ban xia*): clear Phlegm-Heat from the Lung
- Prunus seed (*xing ren*), Citrus fruit (*zhi ke*), Citrus fruit pericarp (*chen pi*), Pinellia tuber (*ban xia*): dispel Phlegm from the Lung, disseminate the Lung Qi and redirect it downward to alleviate cough.
- Pinellia tuber (*ban xia*), Citrus fruit pericarp (*chen pi*): promote Spleen function to assist in resolving Phlegm
- Glycyrrhiza root (*gan cao*): harmonizes the formula

KIDS DEFENCE RP411

Xiao Er Yu Ping Feng Chong Ji 小兒玉屏風衝劑

TCM ACTIONS

Tonifies the Qi, strengthens the Lung and the Spleen, stabilises the Exterior, and stop sweating.

TCM SYNDROMES

Insecurity of the Exterior due to Lung and Spleen Qi deficiency

INDICATIONS

Recurrent upper respiratory tract infections, allergic rhinitis, maintenance therapy for asthma and chronic bronchitis, recurrent otitis media.

SIGNS AND SYMPTOMS

Recurrent upper respiratory tract or middle ear infections

Fatigue

Pale or puffy complexion

Aversion to cold drafts

Hyperhidrosis

Muscular weakness

Tongue is pale with a thin white coat

Pulse is weak or soft pulse and may also be floating

INGREDIENTS

Each gram contains extract equivalent to dry:

Astragalus membranaceus, root (<i>huang qi</i>) 黃芪	1,000 mg
Codonopsis pilosula, root (<i>dang shen</i>) 黨參	1,000 mg
Atractylodes macrocephala, rhiz. (<i>bai zhu</i>) 白術	1,000 mg
Dioscorea oppositifolia, rhiz. (<i>shan yao</i>) 山藥	1,000 mg
Citrus reticulata, fruit pericarp (<i>chen pi</i>) 陳皮	500 mg
Saposhnikovia divaricata, root (<i>fang feng</i>) 防風	500 mg

DOSAGE AND COURSE OF TREATMENT

For children ages 2 – 3 years:

Take 4g per day in divided doses, e.g. 2 grams, twice daily.

For children ages 4 – 7 years:

Take 6g per day, e.g. 2g, 3 times daily.

For children ages 8 – 12 years:

Take 10g per day, e.g. 5g, twice daily.

To be taken at least half an hour before or after food, or as directed by your healthcare practitioner.

Course of treatment: 2 – 4 months

CAUTIONS AND CONTRAINDICATIONS

Not to be taken during an acute infection.

COMBINATIONS

Asthma, bronchitis remission stage:

+ Kids Chest Clear (RP402)

or

+ LUNG FUNCTION 2 Formula 1-3 capsules per dose
(ChinaMed® Code: CM143)

Hayfever (allergic rhinitis)

+ HAYFEVER Formula 1-3 capsules per dose
(ChinaMed® Code: CM103)

Poor digestion:

+ Kids Digestion Tonic (RP404)

Sinusitis (chronic or recurrent):

+ CHRONIC SINUS Formula 1-3 capsules per dose
(ChinaMed® Code: CM111)

Note: For small children unable to swallow capsules: twist open each capsule and add the contents to the Red Peony® granules in a cup. Dissolve in boiling water and stir until all granules are dissolved. Drink when cool.

COMMENTS
KIDS DEFENCE
RP411

小兒玉屏風衝劑



This is an empirical formula that is based on Yu Ping Feng San (Jade Screen Formula) from the 'Effective Prescriptions from Generations of Physicians' (*shi yi de xiao fang*) by Wei Yi-lin, 1345. It is designed to support general well-being in children with Qi deficiency and instability of the Exterior and thus strengthening the immune system in children who are susceptible to recurrent infections. Note that in addition to tonifying herbs, it contains Citrus peel, which acts as a carminative and digestive in order to assist in the absorption of the other ingredients, which tend to be rich and 'greasy'.

The synergistic actions of the herbs are as follows:

- Astragalus root (*huang qi*), Codonopsis root (*dang shen*), Atractylodes rhizome (*bai zhu*), Dioscorea rhizome (*shan yao*): tonify the Qi, strengthen the Lung and Spleen
- Citrus fruit pericarp (*chen pi*): regulates the Qi and promotes digestion
- Ledebouriella root (*fang feng*): promotes the ascending movement of the Qi, directs the actions of the formula to the Exterior and the Lung.

Appendix

Further Information on ADD

According to the DSM IV, ADHD is diagnosed when either the criteria for a) inattention or b) the criteria for hyperactivity/impulsivity are met.

a) Inattention: At least 6 of the 9 symptoms of inattention listed below must have persisted for at least 6 months to a degree that is maladaptive and inconsistent with the patient's developmental level.

1. Often does not give close attention to details or makes careless mistakes in schoolwork, work, or other activities
2. Often has difficulty sustaining attention in tasks or play activities
3. Often does not seem to listen when spoken to directly
4. Often does not follow through with instructions and does not finish schoolwork, chores, or duties in the workplace (not because of oppositional behavior or failure to understand instructions)
5. Often has difficulties with organizing tasks and activities
6. Often avoids, dislikes, or is reluctant to engage in homework that requires sustained mental effort
7. Often loses things necessary for tasks or activities (eg, school assignments, pencils, books, tools, toys)
8. Often is easily distracted by extraneous stimuli
9. Often is forgetful in daily activities

b) Hyperactivity/impulsivity: At least 6 of the 9 symptoms of hyperactivity and impulsivity listed below have persisted for at least 6 months to a degree that is maladaptive and inconsistent with the patient's developmental level.

1. Often fidgets with hands or feet or squirms in seat
2. Often leaves seat in classroom or in other situations in which remaining seated is expected
3. Often runs around or climbs excessively in situations in which this behavior is inappropriate (adolescents or adults may be limited to subjective feelings of restlessness)
4. Often has difficulty playing or engaging in leisure activities quietly
5. Often on the go or often acts as if driven by a motor
6. Often talks excessively
7. Often blurts out answers to questions before questions are completed
8. Often has difficulty waiting turns
9. Often interrupts or intrudes on others (eg, butts into conversations or games)

c) The onset occurs no later than the age of 7 years.

d) Symptoms must be present in 2 or more situations (eg, school, work, home).

e) The disturbance causes clinically significant distress or impairment in social, academic, or occupational function.

f) Behavior does not occur exclusively during the course of pervasive developmental disorder, premenstrual dysphoric disorder, schizophrenia, or other psychotic disorder. No mood, anxiety dissociative, or personality disorder accounts for the behavior.

Glossary of Technical Terms

1. TCM THEORIES AND CONCEPTS

Blood (*xue*)

The original concept of the Blood in TCM is the Yin counterpart to the physiologically active (i.e. Yang) Qi. As such, it has a tempering action on the Qi and supports the aspects of physiological function relating to relaxing, softening, nurturing, and being receptive. The Blood flows around the body in its own network of vessels as well as circulating together with the Qi in the Channels. The Qi creates and moves the Blood, and also keeps it contained within its vessels; while the Blood nourishes the organs that produce and regulate the Qi.

The Blood supplies nutrients and circulates throughout the body to nourish and promote the functional activities of the various tissues and organs. It provides the material basis for building and maintaining the structure of the body. It also has a moistening function that keeps the tissues from drying out due to the body's heat and activity. It provides the foundation for normal mental and emotional functioning and is most closely related to the Heart and the Liver.

Cold (*han*)

A pathogen (*xie*), which may be exogenous or endogenous, characterised by loss of body warmth, lowered resistance to disease (i.e. impairment of the defensive Qi), impaired fluid metabolism and digestion of food, impeded flow of Qi and Blood, contraction and stiffening of muscles and joints etc. It is also used to denote a class of syndromes that are characterised by Cold, which may be either excess or deficiency types.

Damp (*shi*)

Damp is a pathogen that may be exogenous or endogenous, which has the following qualities: it is heavy and turbid; viscous and lingering; goes downward; damages the Yang Qi and the movement of Qi (i.e. it interferes with normal movement of food, fluids and bodily mobility). Also referred to as: 'dampness', 'wetness', 'moist' and 'humor'.

Damp-Heat (*shi re*)

This is a combination of two pathogens: Damp and Heat, which gives rise to the clinical features of both, and thus may exhibit some contradictory signs and symptoms: red tongue (or pale and red tongue)

with yellow or white greasy and/or thick coat, low fever or subjective sense of heat (especially in afternoon), cold extremities, pale or sallowness (not red), mental dullness (no irritability), dry mouth but little desire to drink, poor appetite, bloating, heavy sensation of head and body, scanty and dark urination, nausea or vomiting, variable pulse: slippery, wiry, rapid, moderate, surging, thready.

Damp-Phlegm, Phlegm-Damp (*shi tan, tan shi*)

Phlegm has the tendency to combine with other pathogens, generally the ones that led to its production. Damp-Phlegm (or Phlegm-Damp) arises as a further development of Damp, in which the retained Damp congeals, due to the influence of time, stagnation and Heat, to form Phlegm. Some degree of Damp still remains. Also referred to as: 'phlegm-damp retention', 'accumulation of phlegm-damp' and 'stagnation of phlegm-damp'. (see also: Phlegm)

Defensive Qi (*wei qi*)

This is the most superficial form of Qi in the body. It is formed through the combined action of the Kidney Yang Qi and the Lung Qi, is continually replenished by the Qi from the Spleen, and is dependent on the Lung to be disseminated throughout the body. It is a form of Yang Qi that is 'bold and fierce' and 'fast moving'. It is not confined to the Channels and Vessels, but pervades the whole of the body including the Exterior as well as the Zang-fu organs. It warms the organs, moistens the skin and controls the opening and closing of the pores. It defends the Exterior against attack by exogenous pathogens and hence represents the body's first line of defense. Also referred to as: 'protective qi'.

Endogenous (*nei sheng zhi, nei*)

This is used in reference to things originating from inside the body. It is used in two ways: specifically in reference to a pathogen (i.e. an endogenous pathogen) or in a general sense of disease causation (i.e. due to endogenous factors). Also referred to as: 'internal' or 'interior'.

Essence (*jing*) ; essential Qi (*jing qi*)

In the narrow sense, essence refers to the tissues and fluids that are associated with reproduction (i.e. part of the Kidney Essence). In the broad sense, essence refers to the Qi, Blood and Body Fluids

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as well as the nutritive substances extracted from the daily diet. The latter (i.e. essences in the broad sense) are referred to collectively as essential Qi (*jing qi*). See also: Kidney Essence, health Qi.

Excess (*shi*)

This refers to a syndrome in which:

- a) An exogenous pathogen attacks the body
 - b) There is over-activity of a body function
 - c) There is a build up of pathogens internally
- Excess syndromes are characterised by strong, heavy movements, irritability, coarse, heavy respiration, strong pain aggravated by pressure and touch, red face, thick tongue coat, and a strong pulse (full, wiry or slippery). Treatment is by reducing, clearing, draining, purging, unblocking, etc. Also referred to as: 'repletion', 'fullness', 'sthenia'. See also: six Excesses

Exogenous (*wai*)

Originating outside of the body. The term describes the different types of pathogenic influences present in the human environment, which affect the body and may cause disease. Also referred to as: 'exterior', or 'external'.

Exterior (*biao*)

The outer part of the body as opposed to the Interior. It includes the skin, pores, striae, body hair, skeletal muscles, and upper respiratory tract. Also referred to as: 'superficies', or 'superficial portion' (of the body).

External contraction (*wai gan*)

This refers to diseases that are due to exogenous pathogens, in contradistinction to Internal Injury (*nei shang*) due to endogenous pathogens or lifestyle factors leading to deficiency syndromes.

Fire (*huo*)

This term is used in two ways:

- a) In physiology, Fire is a form of Yang Qi and is a vital force, e.g. monarch Fire (from the Heart), ministerial Fire (from the Kidney), and lesser Fire.
- b) In pathology, Fire denotes one of the six pathogens (Cold, Heat, Wind, Damp, Dry, Fire and Summer-Heat). It may also refer to a pathological transformation of the Yang Qi, which is seen in conditions of functional hyperactivity. It has the following characteristics: Heats and dries; flares

upwards; consumes the Qi and the Body Fluids; may produce Interior Wind; may 'accelerate' the Blood; may cause carbuncles; irritates the mind and the Heart

Fire Toxin (*hou du*)

See Heat Toxin

Heat (*re*)

This term is used in two ways:

- a) To denote a specific pathogen with the following characteristics: hot and active; consumes the Qi and the Body Fluids; rises upwards; is often accompanied by Damp
- b) To describe the nature of a disease as applied in the eight principle approach to syndrome differentiation (e.g. a disease is classified as Hot as opposed to Cold). In its broadest sense, Heat denotes any manifestation of disease characterised by a rise in temperature (e.g. fever, localised palpable heat, subjective sensations of heat, rapid pulse, red tongue, etc.)

Heat Toxin (*re du*)

Both Heat Toxin and Fire Toxin arise due to the further development of pathogenic Heat in which toxic products arise, Fire Toxin being the more severe variant.

The accumulation of this pathogenic complex results in suppuration (i.e. formation of pus) or a sudden worsening in a patient's condition with high fever, general malaise, lethargy, apathy or agitation. These clinical syndromes exhibit many of the characteristic features of Heat, and are generally seen in cases where exogenous or endogenous Heat has persisted for some time without being resolved.

In cases where the Heat has become localised, the ensuing pathological changes may give rise to Heat Toxin, producing suppuration. In cases where the Heat is more generalised, as in the critical stages of a febrile illness, the pathogen may develop into Fire as well as produce Toxin, giving rise to Fire Toxin, leading to severe malaise.

Interior (*nei, li*)

This refers to the inner part of the body, as opposed to the Exterior (q.v.) or outer part of the body. It consists of the Zang-fu (internal organs) and

associated tissues except for skin, hair and skeletal muscles. In the sixchannel syndrome differentiation of Cold diseases, Interior refers to the Bright Yang and the three Yin channels.

Kidney Essence (*shen jing, jing*)

The Kidney Essence is a relatively more condensed type of Qi that is stored in the Kidney. There is an inherited portion, derived from the parents and an acquired portion that is produced from the daily nourishment. The Kidney Essence has two components: the reproductive Essence and the nutritive Essence.

The reproductive Essence consists of the tissues and fluid secretions that are related to reproduction: the ova and vaginal secretions in females, and the sperm and seminal fluid in males. The Kidney Essence thus controls sexual maturation, fertility and the capacity to reproduce. The nutritive Essence controls the normal cycle of growth and development, maturation, decline and senescence.

The Kidney Essence provides the basis of the Kidney Yin, Yang and Qi, which are the basis for the Yin, Yang and Qi of the whole body. It controls the ageing process, nourishes the brain and spinal cord and determines the constitutional strength and resistance to disease. Also referred to as: 'essential qi of the Kidney', 'Kidney jing', 'Kidney jing-essence'.

Pathogen (*xie, xie qi*)

The Chinese term, xie means 'evil' or 'crooked'. However, in a medical context it refers to any harmful, disease causing influence that opposes the health Qi (q.v.). Some examples are Wind, Cold, static Blood and Phlegm. Also referred to as: 'pathogenic factors', 'pathogenic influences', 'evil', 'evil qi'.

Phlegm (*tan*)

A pathogen that develops due to the retention of endogenous Water or Damp, which arises due to impairment of Body Fluid metabolism (primarily involving the Lung, Spleen and Kidney). The Water-Damp is then transformed into Phlegm due to the influence of time, Heat, stagnation or Dryness.

Phlegm is of two types: external Phlegm (*wai tan*) and internal Phlegm (these are often described as 'substantial' or 'visible' Phlegm and 'insubstantial'

or 'invisible' Phlegm). External Phlegm manifests as sputum or excessive mucous, which may be seen in various respiratory and digestive disorders. Internal Phlegm does not manifest signs of excessive mucous or sputum and may have a variety of different clinical features. Symptoms of external Phlegm include copious thin white sputum, oppressive sensation in the chest, nausea or vomiting, cough, dyspnea, a greasy or slimy tongue coat and a slippery pulse.

Phlegm-Damp (*tan shi, shi tan*)

See Damp-Phlegm

Qi (*qi*)

Qi in the broad sense refers to all of the functional vitalities within the body that maintain normal health and resist disease. Thus, the Qi (in the narrow sense), Blood, Body Fluids, tissues and organs are all forms of Qi. When considered in the narrow sense, Qi refers to the vital energy. There are two aspects to this idea: one is the functional activity and driving action for physiological functions, and the other is the rarefied and refined type of substance that circulates throughout the body, providing nourishment. There are various forms of Qi: defensive Qi (*wei qi*), channel Qi (*jing qi*), pectoral Qi (*zong qi*), original Qi (*yuan qi*) and nutritive Qi (*ying qi*).

Qi movement, Qi dynamic (*qi ji*)

This is a term that refers to the normal directional flow of the Qi and is used in the context of specific organs, e.g. the Spleen and Stomach have an ascending movement and a descending movement, respectively. There are four different types of Qi movement: ascending (*sheng*), descending (*jiang*), exiting (*chu*) and exiting (*ru*). Also referred to as: 'qi mechanism', 'functional activities of the qi'.

Spirit (*jing shen*)

This refers to the animating principle that gives life to a person. It is the force behind both consciousness and the vegetative activities of physical life. In TCM the spirit, together with the mind and consciousness, has a material base, in that it is nourished primarily by the Blood and the Kidney Essence. A person's spirit is expressed in the exercise of self awareness and self control that is directed towards a moral ideal.

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Toxin (*du*)

See Heat Toxin

Triple Jiao (*san jiao*)

This is a collective term for the upper Jiao, middle Jiao and lower Jiao. There are several different ways of looking at this concept in TCM and there has been much controversy about the nature of the Triple Jiao over the centuries. It is essentially a group of functions without a physical organ. It is concerned with the normal functioning of the pathways of Fluid and food metabolism. Another common way of looking at the Triple Jiao is from the point of view of three divisions of the body, the organs in each division being functionally related to each other. The upper Jiao includes the head and chest, the Heart and the Lungs. The middle Jiao includes the Stomach and the Spleen. The lower Jiao includes the Liver, Kidney and Bladder. Also referred to as: 'triple burner', 'triple energiser', 'three heaters' and 'triple heater'.

Warm diseases (*wen re bing*)

These are a class of infectious diseases caused by the invasion of exogenous Warm or Heat pathogens, characterised by acute onset, Heat signs in the early stages and the tendency for the Body Fluids to be injured. There are often accompanying pathogens, e.g. Wind or Damp. Diagnosis and treatment is concerned with locating the pathogen(s) at the particular level of penetration. Warm diseases are analysed according to the four aspects: the Defense aspect (*wei fen*), the Qi aspect (*qi fen*), the Nutrient aspect (*ying fen*) and the Blood aspect (*xue fen*), each of which is at a successively deeper level. Also referred to as: 'warmfebrile diseases', 'epidemic febrile diseases' or 'seasonal febrile diseases'.

Wind (*feng*)

This is one of the six pathogens (Cold, Heat, Wind, Damp, Dry, Fire and Summer-Heat). It may arise from exogenous or endogenous causes. It is characterised by: upward and outgoing movement; rapid change; constant movement; associates itself with other pathogens; and 'swaying' (i.e. tremors, tics etc.), in the case of Interior Wind.

2. DIAGNOSIS

Aversion to cold (*wu han*)

Aversion to cold refers to a sensation of cold that cannot be relieved by warmth. It is generally accompanied by fever or a subjective sensation of heat. This is seen in Exterior syndromes. Also referred to as: 'chills'.

Aversion to wind (*wu feng*)

This refers to a strong dislike of the wind and is generally seen in Exterior syndromes.

Blood stasis (*xue zhi*)

Impairment or sluggishness of Blood movement. The actual meaning is the same as the more general term 'Blood stagnation' (see 'stagnation', above); however it is used in the specific context of diagnosis and treatment. Etiological factors include Qi stagnation, Qi deficiency, Cold, Heat, trauma, surgery and giving birth. The clinical features are pain, which is sharp, localised, and constant; masses or swellings that are fixed, hard and immobile; abnormal bleeding, dark complexion, dark or purple tongue or tongue with spots, choppy or wiry pulse. This condition is usually treated with Blood activating and stasis resolving herbs. Also referred to as: 'blood stagnation'.

Congest, congestion (*yong*)

The blocking effect of pathogens, especially those affecting the Lung and its normal Qi movement.

Counterflow (*qi ni*)

The abnormal directional flow of Qi, eg. counterflow ascent of the Stomach Qi. Also referred to as: 'rebellious (*qi*)' or 'adverse flow (of the qi)'.

Deficiency (*xu*)

Weakness or insufficiency. A deficiency syndrome arises when the body has insufficient energy to sustain normal functioning and to resist the attack of external pathogens. There may be deficiency of the Qi, Blood, Body Fluids, Kidney Essence and the functional activities of the Yin or Yang aspects of the internal organs. Deficiency syndromes are characterised by: weak movements, tiredness and fatigability, shortness of breath, dull pain alleviated by pressure, an inactive or passive appearance, a pale tongue with a thin coat, and a weak pulse.

These syndromes are treated by tonification. Also referred to as: 'vacuity', 'insufficiency', 'emptiness', 'asthenia'.

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- To denote a specific pathogen
- to describe the nature of a disease as applied in the eight principle approach to syndrome differentiation (e.g. a disease is classified as Hot as opposed to Cold)

In its broadest sense, Heat denotes any manifestation of disease characterised by a rise in body temperature (e.g. fever, localised palpable heat, subjective sensations of heat, rapid pulse, red tongue, etc.)

Hyperactive Yang, Yang hyperactivity (*yang kang*)

This refers to the increased activity of Yang, which may be generalised in cases with overall Yin deficiency (i.e. Kidney Yin deficiency, or deficiency of the Essence, Blood and Body Fluids), or localised in cases with Liver Yin deficiency leading to Liver Yang hyperactivity.

Liver Qi constraint, Liver constraint (*gan qi bu shu, gan qi yu jie, gan yu*)

The 'spreading' function of the Liver Qi governs the smooth and even flow of the Qi throughout the body, maintaining the normal directional flow of the Qi in each of the organs. This may readily be disrupted by any emotional strain such as prolonged anger or stress. When the Liver Qi becomes stagnant it has a tendency to counterflow: globus hystericus may occur when the Liver Qi counterflows upwards; epigastric pain, nausea, vomiting, and loss of appetite may result when the Liver Qi invades the Stomach, disrupting normal Qi movement in the Middle Jiao. Liver Qi constraint may, in turn, lead to Blood stagnation. Menstrual disorders, neurosis, gallbladder diseases (WSM), enlargement of the liver (WSM), enlargement of the spleen (WSM) and indigestion are often related to Liver Qi constraint. Also referred to as: 'binding depression of the liver qi', 'liver qi depression', 'liver qi constraint'.

Phlegm-Fluid (*tan yin*)

The localised accumulation of pathological fluids due to a disruption of fluid metabolism. It commonly occurs in the Lung (giving rise to productive cough with clear thin sputum, wheezing, oppressive sensation in the chest, sensation of bodily heaviness, etc.); or in the Stomach and Intestines (manifesting as splashing sounds in the epigastrium, watery vomitus, palpitations, shortness of breath, etc.). Also referred to as: 'thin mucus', 'phlegm-rheum'.

Qi counterflow (*qi ni*)

See: counterflow.

Stagnation (*zhi, yu*)

Sluggish or impeded movement, mainly used when describing the condition of the Qi and Blood, or in reference to the passage of the contents of the gastrointestinal tract. Also referred to as: 'congeal', 'congealed'; and also 'constraint' or 'depression' when used in connection with the Liver Qi.

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3. TREATMENT

Blood activating (*huo xue*)

Stimulating the movement the Blood through the Channels, Collaterals and Vessels. This is the therapeutic method used to treat Blood Stasis. Also referred to as: 'quicken' or 'invigorate' (the Blood).

Calm the Liver and extinguish Wind (*ping gan xi feng*)

This is a treatment method for interior Wind that has arisen due to Liver Yin deficiency and hyperactivity of the Liver Yang. The symptoms and signs include: a) Liver Yang: headache, irritability, red face (also red ears and eyes), tinnitus, insomnia, low back pain, weak legs, wiry pulse. b) Interior Wind: dizziness, tremor, tic, numbness, convulsions, paralysis. See also: subdue the Liver. Also referred to as: 'level the Liver and extinguish Wind'

Calm the Spirit (*an shen, or ping shen*)

To tranquillize the mind and emotions, promote sound sleep and clarity of thinking, alleviate emotional volatility. This is a method of treatment for disturbances of the mind and emotions, using tonifying methods (which are mainly directed towards the Yin and Blood of the Heart and Liver), often combined with the use of heavy substances (i.e. minerals or shells) to settle the mind and allay excitement.

Regulate the Qi (*li qi, tiao qi*)

This is a method of treating Qi stagnation and Qi counterflow with herbs that move the Qi (and, if required, herbs that correct the abnormal direction of Qi flow) in order to restore the normal flow. Also referred to as: 'rectify the Qi'.

Release the Exterior (*jie biao*)

This refers to the treatment method of expelling pathogens from the Exterior, e.g. release Exterior Wind-Cold. Also referred to as: 'resolve the Exterior' or 'induce diaphoresis'.

Relieve Toxicity (*jie du*)

This is a treatment method that aims to eliminate Heat Toxin or Fire Toxin (q.v.) from the body. It is generally used in conjunction with clearing Heat or purging Fire in acute infectious diseases and pyogenic inflammations. Also referred to as: 'resolve toxicity', 'eliminate toxin', 'detoxify', or 'detoxification'.

Tonify, tonification (*bu, bu yi*)

This term refers to the method of treating deficiency syndromes, particularly of the Qi and the Yang. In acupuncture, the preferred translation of this term is 'reinforce' as this English term corresponds most closely with the intended meaning. In herbal therapy, the class of herbs and formulas used for this purpose are generally referred to as 'tonics'. Thus 'tonify' and tonification, which are related words, are the most suitable. In general herbal medicines activate bodily processes, rather than directly replacing that which is lacking (such as vitamin supplements, blood transfusions etc.). Therefore the terms 'supplement' and 'supplementation' are not really appropriate. In Chinese as well as in modern translations of TCM texts there are many synonyms for this specific treatment method: invigorate, strengthen, replenish, fortify, or augment. However, it is usually much less confusing to simply use the main term. See also: replenish, regenerate.

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