

Huáng Lián Shàng Qīng Wán (Coptis Pill to Clear the Upper)

SUGGESTED ACUPUNCTURE TREATMENT

1. Points: *Dazhui* (GV 14), *Quchi* (LI 11), *Neiting* (ST 44), *Xingjian* (LR 2), *Fengchi* (GB 20), *Hegu* (LI 4), *Yingxiang* (LI 20), *Waiguan* (TH 5), *Chize* (LU 5), and *Sanyinjiao* (SP 6).
2. Technique: sedation and bleeding

Sedate *Quchi* (LI 11), *Neiting* (ST 44), *Xingjian* (LR 2), and bleed *Dazhui* (GV 14) and ear apex [*Erjian*] to clear *San Jiao* heat. Sedate *Fengchi* (GB 20), *Hegu* (LI 4), *Yingxiang* (LI 20), and *Waiguan* (TH 5) to ventilate heat and toxins to the exterior. *Chize* (LU 5) nourishes yin and dissipates nodules; *Sanyinjiao* (SP 6) invigorates the blood. *Jingming* and *Jingshu* are used for conjunctivitis and uveitis.

AUTHORS' COMMENTS

Huang Lian Shang Qing Wan is most effective to treat toxic heat (bacterial infections) affecting the upper *jiao* (eyes, ears, nose, throat and skin of the face and head). It can be combined with antibiotics for a synergistic effect. It is for short-term use only and once therapeutic results have been obtained it should be discontinued. It is particularly useful in the treatment of acute flare up of periodontal disease, cat bite abscess involving the head and face, gingivitis or stomatitis and upper respiratory tract infection with yellow ocular or nasal discharge in the cat. It may also be used in horses for flares of periodic ophthalmia and conjunctivitis as well as dermatologic conditions such as scratches, rain rot, and summer itch.

Pǔ Jì Xiāo Dú Yǐn (Universal Benefit Decoction to Eliminate Toxin)

普濟消毒飲 普濟消毒飲

Pinyin Name: *Pu Ji Xiao Du Yin*

Literal Name: Universal Benefit Decoction to Eliminate Toxin

Alternate Names: *Pu Chi Hsiao Tu Yin*, Universal Salvation Detoxifying Drink, Everyone's Detoxifying Decoction, Scute and Cimicifuga Combination

Original Source: *Dong Heng Shi Xiao Fang* (Tested and Effective Formulas by Dong Heng) by Dong Heng in 1266

COMPOSITION

<i>Huang Qin</i> (Radix Scutellariae), <i>chao</i> (dry-fried) with liquor	15g
<i>Huang Lian</i> (Rhizoma Coptidis), <i>chao</i> (dry-fried) with liquor	15g
<i>Niu Bang Zi</i> (Fructus Arctii)	3g
<i>Lian Qiao</i> (Fructus Forsythiae)	3g
<i>Bo He</i> (Herba Menthae)	3g
<i>Jiang Can</i> (Bombyx Batryticatus)	2.1g
<i>Xuan Shen</i> (Radix Scrophulariae)	6g
<i>Ma Bo</i> (Lasiosphaera seu Calvatia)	3g
<i>Ban Lan Gen</i> (Radix Isatidis)	3g
<i>Jie Geng</i> (Radix Platycodonis)	6g
<i>Gan Cao</i> (Radix et Rhizoma Glycyrrhizae)	6g
<i>Chen Pi</i> (Pericarpium Citri Reticulatae)	6g
<i>Sheng Ma</i> (Rhizoma Cimicifugae)	2.1g
<i>Chai Hu</i> (Radix Bupleuri)	6g
<i>Ren Shen</i> (Radix et Rhizoma Ginseng)	9g [3g]

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DOSAGE / PREPARATION / ADMINISTRATION

The source text states to grind the ingredients into powder, cook it in water, and take the warm decoction frequently in small amounts. It may also be formed into pills with honey, and dissolved under the tongue before swallowing. For patients with constipation, add *Da Huang* (Radix et Rhizoma Rhei). Today, this formula may be prepared as a decoction with the dose of *Ren Shen* (Radix et Rhizoma Ginseng) suggested in brackets. Note: One variation of this formula contains 6g of *Bo He* (Herba Menthae) and omits *Ren Shen* (Radix et Rhizoma Ginseng).

CHINESE THERAPEUTIC ACTIONS

1. Clears heat and eliminates toxins
2. Dispels wind and disperses pathogenic factors

CLINICAL MANIFESTATIONS

Wind, heat, and toxins in the upper *jiao* and head: redness, swelling and pain of the head and neck, red and swollen eyes, otitis media, purulent nasal discharge, fever, aversion to cold, a sore throat, thirst, a dry, red tongue, in severe cases a yellow tongue coating, and a rapid, forceful pulse.

VETERINARY CLINICAL APPLICATIONS

Feline and equine upper respiratory tract infection, puppy strangles, equine strangles, lymphadenitis, purulent nasosinusitis, otitis media, purulent inflammation and abscess

of the face and head, erysipelas, herpes, pyoderma of head and neck, and conjunctivitis.

EXPLANATION

Pu Ji Xiao Du Yin (Universal Benefit Decoction to Eliminate Toxins) treats conditions of wind, heat and toxins attacking the face and head. If the wind, heat, and toxins invade the head region, redness, swelling and pain of the face and head, swollen lymph nodes, sore throat, and thirst may result. Fever and aversion to cold suggest that the disease (wind-heat) is located at the exterior. The yellow tongue coating and rapid, forceful pulse suggest excess interior heat.

Huang Qin (Radix Scutellariae) and *Huang Lian* (Rhizoma Coptidis), the chief herbs of this formula, clear heat and eliminate toxins from the head. *Niu Bang Zi* (Fructus Arctii), *Lian Qiao* (Fructus Forsythiae), *Bo He* (Herba Menthae) and *Jiang Can* (Bombyx Batryticatus) disperse wind-heat accumulation in the head. *Xuan Shen* (Radix Scrophulariae), *Ma Bo* (Lasiosphaera seu Calvatia), and *Ban Lan Gen* (Radix Isatidis) clear heat and eliminate toxins. *Xuan Shen* (Radix Scrophulariae) also prevents the heat-clearing, damp-drying herbs from injuring yin. *Jie Geng* (Radix Platycodonis) and *Gan Cao* (Radix et Rhizoma Glycyrrhizae) synergistically relieve sore throat, thus helping the heat-clearing herbs. *Chen Pi*

Pu Ji Xiao Du Yin (Universal Benefit Decoction to Eliminate Toxin)

Diagnosis	Clinical Signs	Treatment	Herbs
Wind, heat and toxins in the upper <i>jiao</i> and head	<ul style="list-style-type: none"> • Fever and aversion to cold: exterior wind-heat • Redness, swelling and pain of the face and head, red and swollen eyes, swollen lymph nodes and a sore throat: wind, heat and toxins invade the head region • Thirst: heat consuming body fluids • Dry, red tongue and yellow tongue coating: presence of heat and toxins • Rapid, forceful pulse: excess condition 	<ul style="list-style-type: none"> • Clears heat and eliminates toxins • Dispels wind and disperses pathogenic factors 	<ul style="list-style-type: none"> • <i>Huang Qin</i> (Radix Scutellariae) and <i>Huang Lian</i> (Rhizoma Coptidis) clear heat and eliminate toxins from the head. • <i>Niu Bang Zi</i> (Fructus Arctii), <i>Lian Qiao</i> (Fructus Forsythiae), <i>Bo He</i> (Herba Menthae), and <i>Jiang Can</i> (Bombyx Batryticatus) disperse wind-heat accumulation from the head. • <i>Xuan Shen</i> (Radix Scrophulariae), <i>Ma Bo</i> (Lasiosphaera seu Calvatia), and <i>Ban Lan Gen</i> (Radix Isatidis) clear heat and eliminate toxins. • <i>Jie Geng</i> (Radix Platycodonis) and <i>Gan Cao</i> (Radix et Rhizoma Glycyrrhizae) synergistically relieve sore throat. • <i>Chen Pi</i> (Pericarpium Citri Reticulatae) regulates qi circulation to reduce swelling and inflammation. • <i>Sheng Ma</i> (Rhizoma Cimicifugae) and <i>Chai Hu</i> (Radix Bupleuri) guide the other herbs upward to the head region. • <i>Ren Shen</i> (Radix et Rhizoma Ginseng) tonifies qi, and prevents the bitter and cold heat-clearing herbs from damaging the body.

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(Pericarpium Citri Reticulatae) regulates qi circulation to reduce swelling and inflammation. *Sheng Ma* (Rhizoma Cimicifugae) and *Chai Hu* (Radix Bupleuri), in addition to dispersing wind-heat, guide the other herbs upward to the head region where the condition is most critical. Finally, *Ren Shen* (Radix et Rhizoma Ginseng) tonifies qi, and prevents the bitter and cold heat-clearing herbs from damaging the body. Note: *Ren Shen* (Radix et Rhizoma Ginseng) may be removed from the formula when prescribed for individuals without underlying deficiencies.

VETERINARY MODIFICATIONS

- If the heat and toxins are severe, and for animals who are unresponsive to antibiotic drugs or have a stubborn infection, add one or more of the following: *Feng Wei Cao* (Herba Pteris), *Zi Hua Di Ding* (Herba Violae), *Hu Yao Huang* (Herba Leucas Mollissimae), *Da Ding Huang* (Caulis Euonymi), *Jin Yin Hua* (Flos Lonicerae Japonicae) and/or *Pu Gong Ying* (Herba Taraxaci).
- If there are more exterior symptoms, remove *Huang Qin* (Radix Scutellariae) and add *Jing Jie* (Herba Schizonepetae), *Fang Feng* (Radix Saposhnikoviae), *Chan Tui* (Periostracum Cicadae) and *Sang Ye* (Folium Mori).
- If the interior heat is severe, remove *Chai Hu* (Radix Bupleuri) and *Bo He* (Herba Menthae), and add *Jin Yin Hua* (Flos Lonicerae Japonicae) and *Qing Dai* (Indigo Naturalis), or *Shi Gao* (Gypsum Fibrosum) and *Huang Bo* (Cortex Phellodendri Chinensis).
- For nodules that are hard and difficult to reduce in size, add *Mu Dan Pi* (Cortex Moutan), *Bei Mu* (Bulbus Fritillariae), *Chi Shao* (Radix Paeoniae Rubra), *Si Gua Luo* (Retinervus Luffae Fructus) and *Xia Ku Cao* (Spica Prunellae).

CAUTIONS / CONTRAINDICATIONS

- *Pu Ji Xiao Du Yin* should be used with caution in patients with deficiencies of yin or body fluids, because this formula is bitter, cold, acrid and dispersing in nature.
- Avoid foods that are cold, raw or greasy while taking this formula.¹

PHARMACOLOGICAL EFFECTS

Antibiotic: Numerous herbs in *Pu Ji Xiao Du Yin* have shown marked *in vitro* and *in vivo* antibacterial and antiviral effects.²

HUMAN CLINICAL STUDIES AND RESEARCH

1. **Epidemic hemorrhagic fever:** Administration of *Pu Ji Xiao Du Yin* was associated with improving the condition of 435 patients with epidemic hemorrhagic fever. The formula was described to be effective in reducing fever, preventing

shock, relieving dysuria and anuria, and improving the overall treatment outcome.³

2. **Infectious parotitis:** Modified *Pu Ji Xiao Du Yin* was used successfully in treating 90 children with infectious parotitis (21 cases were diagnosed as wind-heat and 69 as accumulation of heat and toxins). According to the study, the average time was 2.8 days for the reduction of fever (ranging from 1-8 days) and 3.7 days for swelling of the parotid glands (ranging from 2-9 days).⁴ Another study reported good results using modified *Pu Ji Xiao Du Yin* to treat all 100 patients (64 males and 36 females) with infectious parotitis. The study reported that more than 77% of patients had complete recovery within 4 days. The herbal treatment reduced the average duration of illness by 3-5 days.⁵
3. **Respiratory tract infection:** Modified *Pu Ji Xiao Du Yin* was used as an herbal decoction one time daily to treat 35 children with respiratory tract infections and high fever (>39°C / 102.2°F). Within 96 hours, 30 out of 35 patients experienced reduction of fever and other symptoms. The rate of effectiveness was 85.7%. The herbal formula contained *Huang Qin* (Radix Scutellariae), *Huang Lian* (Rhizoma Coptidis), *Ban Lan Gen* (Radix Isatidis), *Lian Qiao* (Fructus Forsythiae), *Sheng Ma* (Rhizoma Cimicifugae), *Ma Bo* (Lasiosphaera seu Calvatia), *Jie Geng* (Radix Platycodonis), *Xuan Shen* (Radix Scrophulariae), *Bo He* (Herba Menthae), *Niu Bang Zi* (Fructus Arctii), *Jiang Can* (Bombyx Batryticatus), *Chai Hu* (Radix Bupleuri), *Chen Pi* (Pericarpium Citri Reticulatae) and *Gan Cao* (Radix et Rhizoma Glycyrrhizae).⁶
4. **Myocarditis:** Modified *Pu Ji Xiao Du Yin* was used to treat 48 patients with acute viral myocarditis characterized by chest pain, tachypnea, feeling of oppression in the chest, palpitations, fever, headache, cough, sore throat, abdominal pain and diarrhea. The herbal decoction was administered one time daily for 15 days per course of treatment. The study reported that out of 48 patients, 16 had complete recovery, 28 showed marked improvement, and 4 showed no change.⁷
5. **Tonsillitis:** Use of modified *Pu Ji Xiao Du Yin* in decoction successfully treated acute suppurative tonsillitis. The herbal formula contained the following ingredients: *Jin Yin Hua* (Flos Lonicerae Japonicae) 15g, *Lian Qiao* (Fructus Forsythiae) 9g, *Ge Gen* (Radix Puerariae Lobatae) 9g, *Ban Lan Gen* (Radix Isatidis) 12g, *Shan Dou Gen* (Radix et Rhizoma Sophorae Tonkinensis) 9g, *Ma Bo* (Lasiosphaera seu Calvatia) 9g, *Jie Geng* (Radix Platycodonis) 9g, *Xuan Shen* (Radix Scrophulariae) 12g, *Shi Gao* (Gypsum Fibrosum) 30g, *Zhu Ye* (Herba Phyllostachys) 9g, and *Gan Cao* (Radix et Rhizoma Glycyrrhizae) 3g. The dosage was one pack of herbs daily for children 6 years of age or younger, and 3 packs of herbs in two days for children 7 years or

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older. The herbs were cooked in water to obtain 150 mL of decoction, and taken in two to three equally-divided doses. Of 57 patients with acute suppurative tonsillitis, 88% had normal body temperature within 3 days along with resolution of other signs and symptoms.⁸

- 6. Conjunctivitis:** One study reported good results using *Pu Ji Xiao Du Yin* to treat acute conjunctivitis in 164 patients (306 affected eyes). The herbal formula contained *Huang Qin* (Radix Scutellariae), *Huang Lian* (Rhizoma Coptidis), *Chen Pi* (Pericarpium Citri Reticulatae), *Xuan Shen* (Radix Scrophulariae), *Chai Hu* (Radix Bupleuri), *Lian Qiao* (Fructus Forsythiae), *Ban Lan Gen* (Radix Isatidis), *Ma Bo* (Lasiosphaera seu Calvatia), *Niu Bang Zi* (Fructus Arctii), *Bo He* (Herba Menthae), *Jiang Can* (Bombyx Batryticatus), and *Sheng Ma* (Rhizoma Cimicifugae). *Chi Shao* (Radix Paeoniae Rubra) and *Chuan Xiong* (Rhizoma Chuanxiong) were added for early-stage conjunctivitis, and *Di Huang* (Radix Rehmanniae) and *Mu Dan Pi* (Cortex Moutan) were added for ocular bleeding. The herbs were given in decoction form daily. The study reported 98.7% effectiveness among 164 patients, with an average of 2.5 days to recovery.⁹
- 7. Erysipelas:** One study reported 94.2% effectiveness in treating 52 patients with erysipelas with 2 weeks to 3 years of history of illness. The herbs were decocted, and their residue was applied topically to the affected area. Of 52 cases, the study reported complete recovery in 41 cases, improvement in 8 cases, and no effect in 3 cases.¹⁰

SUGGESTED ACUPUNCTURE TREATMENT

- Points: *Waiguan* (TH 5), *Hegu* (LI 4), *Chize* (LU 5), *Yifeng* (TH 17), and *Jiache* (ST 6). For serious or acute conditions: add *Erheliao* (TH 22), *Guanchong* (TH 1), *Quchi* (LI 11), and *Shaoshang* (LU 11).
- Technique: sedation.

Combine *Waiguan* (TH 5) and *Hegu* (LI 4) to dispel exterior heat and to clear interior heat. *Chize* (LU 5) clears excess Lung heat and will treat sore throat. *Yifeng* (TH 17) and *Jiache* (ST 6) sedate and disperse stagnant heat in the head. *Erheliao* (TH 22), *Waiguan* (TH 5), and *Guanchong* (TH 1) help clear heat, open the channels and collaterals, and reduce swelling. *Quchi* (LI 11), *Hegu* (LI 4), and *Shaoshang* (LU 11) clear heat and eliminate toxins.

Clinically, animals may show different clinical signs. For those who have high fever, add *Dazhui* (GV 14) and all twelve *jing* (well) points; for dementia and semi-unconsciousness, add *Renzhong* (GV 26); for headache, add *Xiaxi* (GB 43) and *Pishu* (BL 20); and for pain and swelling of the scrotum, add *Ququan* (LR 8) and *Taichong* (LR 3).

AUTHORS' COMMENTS

Pu Ji Xiao Du Yin is one of the best general herbal antibiotic formulas to treat infectious diseases (bacterial and viral infections). The name *Pu Ji Xiao Du Yin* literally means "Universal Benefit Decoction to Eliminate Toxins," which implies that this formula treats everyone [universal benefit] with infectious diseases [heat and toxins]. This formula is bitter, cold, acrid and dispersing in nature. It is contraindicated in yang-deficient patients, and should be used with herbs or formulas that harmonize the middle *jiao* in weak and debilitated animals with weak Spleen-Stomach function. This is the formula of choice to treat "puppy strangles," also known as juvenile cellulitis or juvenile pyoderma, which occurs from unknown causes in pups as young as one month of age to four months. This disease has several different presentations. It can present with an acute onset of small pimple-type lesions of the face, head and neck similar to classic pyoderma, whereas in other cases it develops as an abrupt, painful swelling of the eyelids, lips, ears, face, muzzle and ventral chin. In some cases, the swelling is so severe that the skin may crack and ooze serum. The lymph nodes of the head and neck typically become extremely swollen and painful, in particular the submandibular lymph nodes, which may drain to the skin surface. The eyelids may be swollen with yellow discharge, and the skin around the muzzle, under the chin and in the ears may ulcerate and develop draining sores. The disease is thought to be due to an immune system imbalance, as it is largely unresponsive to antibiotics, and is primarily treated with immunosuppressive doses of steroidal drugs. The clinical signs of puppy strangles correspond very well to the Chinese medicine pattern for which the formula *Pu Ji Xiao Du Yin* is well suited. Juvenile animals normally have immature Spleen function and will require the concurrent use of herbs or formulas which support the middle *jiao* during administration of this formula, or diarrhea will occur. The formula *Liu Jun Zi Tang* (Six-Gentlemen Decoction) or *Jian Pi Wan* (Strengthen the Spleen Pill) can be used, depending on the individual case. The average time for treatment is 10-14 days. The treatment of this disease with Chinese herbs is preferred over steroidal therapy, which, if administered at such a young age, can weaken or damage the immune system and the internal organs, and set the stage for future disharmony.

In horses, this formula is very useful to treat many different manifestations of upper respiratory disease. In treating a condition like *Streptococcus equi* (equine strangles), it is prudent to make sure abscesses are opened and draining before beginning treatment to prevent bastard strangles and interior abscesses from developing. Often, horses will

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continue to have submandibular lymph node swelling and pain, mucopurulent discharge from the nose, and cough even after treatment is completed. These cases will have toxins lodged in the throat, and are usually unresponsive to conventional medications. *Pu Ji Xiao Du Yin* is an excellent formula in both the acute and post-acute stage of disease and can lead to faster recovery from upper respiratory infection of both bacterial and viral origin.

References

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Sān Huáng Xiè Xīn Tāng (Three-Yellow Decoction to Sedate the Epigastrium)

三黃瀉心湯
三黃泻心汤

Pinyin Name: *San Huang Xie Xin Tang*

Literal Name: Three-Yellow Decoction to Sedate the Epigastrium

Alternate Names: *Xie Xin Tang* (Drain the Epigastrium Decoction), *San Huang Hsieh Hsin Tang*, Three-Huang Heart-Draining Decoction, Coptis and Rhubarb Combination

Original Source: *Jin Gui Yao Lue* (Essentials from the Golden Cabinet) by Zhang Zhong-Jing in the Eastern Han Dynasty

COMPOSITION

<i>Huang Qin</i> (Radix Scutellariae)	3g [9g]
<i>Huang Lian</i> (Rhizoma Coptidis)	3g
<i>Da Huang</i> (Radix et Rhizoma Rhei)	6g

DOSAGE / PREPARATION / ADMINISTRATION

The source text states to cook the ingredients in 3 cups [600 mL] of water and reduce it to 1 cup [200 mL]. Take the warm, strained decoction immediately. Today, use the dose of *Huang Qin* (Radix Scutellariae) suggested in brackets.

CHINESE THERAPEUTIC ACTIONS

Purges fire and dries dampness

CLINICAL MANIFESTATIONS

Damp-heat in all three *jiaos*: hemoptysis, epistaxis, jaundice, irritability and restlessness, red eyes, swelling and pain of the eyes, tongue and mouth ulcerations, external abscesses and sores, and constipation.

VETERINARY CLINICAL APPLICATIONS

1. Bleeding disorders (hemoptysis, epistaxis, hemorrhoidal bleeding, intestinal bleeding, gastrointestinal bleeding, hematuria, uterine bleeding, subcutaneous bleeding).