



Beyond Ben-Gay™ – Using Traditional Chinese Herbal Tinctures, Balms, & Liniments

©2008 By Dr. Harvey Kaltsas, A.P., Dipl. Ac. (NCCAOM)
A Four Hour Continuing Education Unit Course

When visiting a teaching hospital associated with the Shanghai College of Traditional Chinese Medicine in 1989, I was surprised that Chinese massage therapy was used in a way similar to acupuncture to treat all manner of diseases. The therapist first performed a differential diagnosis and then used various massage techniques (there are 32 different strokes) to treat the appropriate acupuncture points to effect a cure. [Unlike California, Florida, and other parts of these United States where the First Amendment says that “Congress shall make no law...abridging the freedom of speech,” in China, which has no Bill of Rights, practitioners are allowed to say that acupuncture and other forms of Traditional Chinese Medicine are capable of curing disease].

In conjunction with the various massage techniques, practitioners of Chinese massage employ many tinctures, balms, and liniments from the Chinese herbal pharmacopoeia, each with a specific purpose. It is the intention of this course to familiarize the student with many of them and to describe their nature, function, ingredients, and manufacturer.

Unless otherwise specifically noted, these are all for external use only. With all these products, avoid contact to the eyes. Various skin types might be sensitive to some or all of these products and develop rashes. Become aware of how your patients react to them, especially if you are going to recommend them to a patient for long term use at home.

Ching Wan Hung

Ching Wan Hung is the queen of Chinese herbal ointments for the treatment of 1st, 2nd, and 3rd degree burns throughout China. It clears heat, moves the blood stops pain and suppuration, promotes tissue regeneration, and transforms the flesh. This stuff really works, and I keep it at home in the kitchen for whenever I might get a burn from cooking.

Many years ago, in the mid 1980's, I made the mistake of using the carbonized smokeless moxa sticks, which are unfortunately still on the market and even being sold by Lhasa OMS. While treating one patient with indirect moxa on his back shu points, the moxa stick exploded and hurtled a glowing red hot ember onto my patient's back.

The reason why this occurred I learned thereafter is because sometimes a bit of water is trapped inside the carbonized stick during the manufacturing process, and when that moisture is exposed to heat, it vaporizes into an expanding gas which serves as a propellant to shoot the carbonized missile forward. The Chinese were always good at fireworks.

Anyways, without a moment's hesitation, I snatched the glowing moxa coal off my patient's back with the index finger and thumb of my left hand, searing my own flesh but minimizing the burn on my patient. I immediately applied **Ching Wan Hung** to my

patient and put a little Band-Aid over his afflicted area. He thought it was all part of the treatment and no burn mark, discomfort, or scarring ensued for him – and no major malpractice lawsuit befell me.

Parenthetically, I was once called as an expert witness in another case in which a patient's leg had been severely burned by an indirect moxa stick. The patient required a skin graft, and the practitioner and his liability carrier were responsible for \$50,000 in damages.

As for my own scorched fingers, I embalmed them in **Ching Wan Hung** and wrapped them in gauze. Within minutes the searing pain had stopped. I replaced both gauze and ointment every 24 hours, which is its preferred method of use when treating burns with **Ching Wan Hung**, and within a week my fingers were as good as new with no sign of scarring. This personal testimonial is representative of comments many of my patients have told me and is why **Ching Wan Hung** is considered a state national treasure in China.

It is also useful for the treatment of hemorrhoids, eczema (especially for children), psoriasis, bedsores, and boils.

Its only drawbacks are that it has a dark color which easily stains clothing and bed sheets and that it is not to be used during pregnancy on the lower abdomen or lumbar spine. Otherwise it is very safe.

Ching Wan Hung contains the following ingredients¹:

Lobelia <i>Ban Bian Lian</i>	27.5%
Myrrha <i>Mo Yao</i>	17.5
Angelica <i>Dang Gui</i>	12.0
Borneol <i>Bing Pian</i>	12.0
Sanguisorba <i>Di Yu</i>	8.5
Chaenomeles <i>Mu Gua</i>	8.5
Boswellia <i>Ru Xiang</i>	8.5
Carthamus <i>Hong Hua</i>	5.5
<i>plus oil base</i>	

It is made by Tientsin Drug Manufactory; Taijin

Eagle Brand Medicated Oil

Eagle Brand Medicated Oil is aromatic, clears nasal congestion, opens the orifices, and disperses wind. Dabbing a drop or two of this green menthol oil just below the nose works well to clear stuffy nostrils.

It is not to be used on children.

¹ **Chinese Herbal Patent Medicines** by Jake Fratkin, p. 399, Shya Publications, Boulder, CO, 7/2001

It contains the following ingredients:

Menthol	28.5 %
Methyl Salicylate	18.6
Eucalyptus	0.75
Chlorophyll	1.15
Mineral Oil	36.15
Other Essential Oils	14.85

It is made by Wilhelm Hauffman & Co.; Singapore

Kwan Loong Medicated Oil

Kwan Loong Medicated Oil is aromatic, styptic, antiseptic, and analgesic. Used as a muscle rub, it is initially warm, then cool/cold. It disperses heat and swelling. Use it instead of ice for recent injuries. Do not use extensively on yang deficient persons, especially on the back. It can be used on rashes, cuts, or broken skin; however, make sure its purity has been maintained. It is used to treat and prevent insect bites of all kinds.

The label lists directions as follows: “for sprains, rheumatism, chest complaints, etc., give the effected [sic] part a hot fomentation with a soft towel and after drying apply the embrocation by hard rubbing. For sores, bruises, cuts, etc., apply a drop or two of the oil on a piece of cotton wool and put this on the wound. For all tooth-aches apply a drop on a piece of cotton wool and stuff the cavity. For fainting fits, apply on chest, back, and temple.”

It contains the following ingredients:

Menthol crystal	25%
Camphor powder	10
Chloroform B.P.	0.5
Oil Lavender Spike	7%
Methyl Salicylate	15
Eucalyptus Oil	10
White Oil	32.5

It is made by Jack Chia Industres Asia (Ltd.), Hong Kong

Po Sum On Medicated Oil

Invented in 1907, **Po Sum On Medicated Oil** is rheumatic, decongestant (applied just beneath the nostrils), and analgesic. It provides long-lasting warmth when massaged into muscles. It moves the blood and relieves cold stagnation in the tissues. Its intended use is for minor aches and pains of muscles and joints due to sprains, simple backaches, arthritis, strains, and bruises.

German doctors say that the smell of peppermint oil or *Bo He*, the main ingredient of Po Sum On, brings blood to the brain and makes the user more intelligent. Peppermint oil has been proven to create mental alertness and as such is commercially used as a stimulant by drivers who want to stay awake at night without resorting to caffeine.

The Institute of Food Technologists reports in its April 28, 2005 online newsletter that:

“Peppermint/Cinnamon Decrease Driving Frustration

“The scent of peppermint or cinnamon in your car might make your morning commute less frustrating and you more alert when behind the wheel. That's according to the results of a recent study led by Dr. Bryan Raudenbush, an associate professor of psychology at Wheeling Jesuit University in Wheeling, WV. According to the study drivers demonstrated decreased levels of frustration, anxiety and fatigue when exposed to peppermint and cinnamon scents. The study also revealed that drivers were more alert. The results of the study, Effects of Odor Administration on Driving Performance, Safety, Alertness, And Fatigue, were presented at the recent Association for Chemical Reception Sciences Conference in Sarasota, FL. The study builds on Raudenbush's past research, which indicated the odors of peppermint and cinnamon enhance motivation, performance, and alertness, decrease fatigue, and serve as central nervous system stimulants. "Given these results, it is reasonable to expect that the presentation of peppermint or cinnamon odor while driving may produce a more alert and conscientious driver, and minimize the fatigue associated with prolonged driving," says Raudenbush. In the present study, participants were monitored during stimulated driving under three odor conditions (peppermint, cinnamon, non-odor control). Odors were added to low flow oxygen (1.3L/min) via an oxygen concentrator and presented at the rate of 30 seconds every 15 minutes. Subjective measures of cognitive performance, wakefulness, mood, and workload were also assessed. "In general, prolonged driving led to increased anger, fatigue, and physical demand, and decreased vigor. However, fatigue ratings were decreased in the cinnamon condition. Both cinnamon and peppermint administration led to increased ratings of alertness in comparison to the no-odor control condition over the course of the driving scenario. Periodic administration of these odors over long term driving may prove beneficial in maintaining alertness and decreasing highway accidents and fatalities," says Raudenbush.”

Although it may be used externally or freshen up the smell of a room or car, Po Sum On is not to be confused with pure peppermint oil from *Bo He* which is designed for internal consumption. Although in TCM Peppermint oil or *Bo He* is known to enter the lung and liver meridians and to treat common colds caused by wind heat, headache, and initial stages of measles, in the West it is most widely known for its help with all types of digestive problems. It has been found to help with irritable bowel syndrome. One drop mixed in carrier oil (grape seed or almond oil) and gently massaged into the abdomen will help relieve IBS, indigestion, flatulence and sickness. Po Sum On works in this external application as well.

In the 1960s the Japanese did a number of tests with Peppermint oil and found that if it was inhaled it worked on the digestive system quicker and more effectively than if it had been taken in a capsule.

It will ward off a migraine and if you use 1-2 drops of peppermint with 2-3 of lavender in a bowl of hot water and inhale, the lavender lifts the headache and the peppermint calms the sickness. Po Sum On also works well to treat headaches when applied on the skin to the acupuncture points Tai Yang, Stomach 8, and/or G.B. 20.

Po Sum On is not advised for children under two (2) or for pregnant women. Do not use on broken skin, on wounds, or if excessive irritation develops. This is another liniment which will stain clothing

It contains the following ingredients, percentages unknown:

Peppermint Oil <i>Bo He</i>	57.30%
Baikal Skullcap Root <i>Huang Qin</i>	0.58
Chinese Licorice <i>Gan Cao</i>	0.32
Cinnamon Oil <i>Gui Pi</i>	0.32
Dragon's Blood Resin <i>Xue Jie</i>	2.07
Tea Oil <i>Oleum Camelliae</i>	39.41

It is made by Po Sum On Medicine FTY. LTD. Hong Kong

Tieh Ta Yao Gin

Tieh Ta Yao Gin is a concentrated form of trauma relief and as such is frequently used by martial artists. It reduces swelling, is analgesic, can be applied to any type of trauma and even on broken skin. It moves the blood, tonifies the blood, resolves blood clots and stops bleeding. It is especially helpful for strengthening tendons and bones, and martial artists use it on their hands and elsewhere when they do percussive exercises to up build bone density and to improve tendon strength. It is excellent for acute injuries and even helps heal broken bones.

When treating wounds they should first be cleaned before applying **Tieh Ta Yao Gin**. It can be rubbed on during a t'ui na massage or applied onto gauze which is then changed 3-4 times a day. It can be taken internally for hemorrhage 1-3 teaspoons with water twice a day. It is not to be used during pregnancy, especially internally.

This is another liniment which will stain clothing.

Tieh Ta Yao Gin contains the following ingredients²:

Angelica Dang <i>Gui Wei</i>	16.5%
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² **Chinese Herbal Patent Medicines** by Jake Fratkin, p. 411, Shya Publications, Boulder, CO, 7/2001

Daemonorops <i>Xue Jie</i>	15.5
Carthamus <i>Hong Hua</i>	13.5
Notoginseng <i>Sheng Tian Qi</i>	12.5
Boswellia <i>Ru Xiang</i>	12.5
Myrrha <i>Mo Yao</i>	12.5
Aloe <i>Lu Hui</i>	12.5
Acacia <i>Er Cha</i>	4.5

It is made by United Pharmaceutical Manufactory; Foshan

Tiger Balm is recommended for temporary relief of minor aches and pains of muscles and joints associated with over-exertion, simple back ache, strains and sprains, and arthritis. It is an analgesic muscle rub, warm/cool in nature. It comes in two forms. Red is stronger, but I never use it since it stains clothes and sheets. White is milder and does not stain. Both are relatively mild, say in comparison to Po Sum On. The consistency and qualities of Tiger Balm makes it ideal for doing gwa-sha, cupping, and chest rubs for congestion. It's also useful to treat headache when applied on the skin to the acupuncture points Tai Yang, Stomach 8, and/or G.B. 20.

Red Tiger Balm contains the following ingredients:

Camphor	11%
Menthol	11%
Cajeput Oil	?
Clove Oil	?
Paraffin Petrolatum	?

White Tiger Balm contains the following ingredients:

Camphor	11%
Cajeput Oil	?
Cassia Oil	?
Clove Oil	?
Dementholized Mint Oil	?
Paraffin Petrolatum	?

It is made by Haw Par Healthcare LTD., Singapore

Wah Tor Oil

Wah Tor Oil stops bleeding and pain quickly. It comes with a guarantee (try collecting on that from the USA) to be effective within three minutes. It is used for cat wounds (those inflicted by a cat), burns, severe bleeding, traumatic swelling, rheumatism, convulsion, infantile abdominal pain, skin eruptions in babies, insect bites or bee stings, itchiness, gangrene, boils, toothache, earache, and ear discharge. Be certain and careful to maintain its purity when using it on broken skin. It is useful as an emollient in applying other oils. An emollient is a thick liquid that can have a soothing and moisturizing effect

when applied to the skin, making other oils less harsh or abrasive. When using **Wah Tor Oil**, do not bandage the skin tightly.

Wah Tor Oil contains the following ingredients:

Cassia Oil	8%
Eucalyptus Oil	8
Sassafras Oil	4.3
Methyl Salicylate	30
Camphor	10
Menthol	10
Borneol	10
Citronella Oil	10
Lavender Oil	12.7

It is made by Pan Chung Pat Wo Tong (Hong Kong) Ltd.

Wan Hua Oil

Wan Hua Oil is antiseptic, resolves pus, and is excellent for softening and removing hardened masses, especially after a traumatic injury. It is haemostatic, analgesic, anti-inflammatory, regenerates tissue, eliminates swelling and disperses stasis and relaxes tendons. It is effective in treating traumatic injuries, bleeding from cuts, and scalding. It is used for injuries from falls, hammer and wrench blows, for stanching bleeding, relieving pain, diminishing inflammation, engendering flesh, dispersing swelling, and dissipating stasis.

Because there is no alcohol in this formula, it can be applied to open wounds.³ Because it is used as an antiseptic to open wounds, be sure to maintain the purity of the bottle.

I have personally used it to with good results to dissolve sebaceous cysts and fatty tumors and to treat Dupuytren's contractions of the palmar fascia. For these cases I have the patients soak a gauze pad which has a waterproof backing with **Wan Hua Oil**. I instruct them to place it on the afflicted area, and leave it on overnight, usually for several weeks.

Probably owing greatly to the influence of its carthamus (*Hong Hua*), the **Wan Hua Oil** moves the blood and brakes up blood stasis. The other plant oils in it also serve to provide added lubrication. This is especially helpful when treating Dupuytren's contraction which occurs when the tendons in the palm stick to the tendon sheaths inside which they are supposed to slide smoothly. The **Wan Hua Oil** works to moisten these tendon sheaths, relieve the contractions, and allow the fingers to open and close without catching.

³ **Chinese Herbal Patent Medicines** by Jake Fratkin, p. 414, Shya Publications, Boulder, CO, 7/2001

Wan Hua Oil contains the following ingredients:

Fructus Gardeniae <i>Zhi Zi</i>	3.62%
Hylote Lepphir Verticillati	3.62%
Radix Clematidis <i>Wei Ling Xian</i>	5.43%
Radix Rumicis Japonica	5.43%
Radix Berchemiae Lineatae <i>Tie Bao Jin</i>	7.25%
Oleum Eucalypti <i>An Ye You</i>	5.43%
Flos Chimonanthi Praecocis <i>La Mei Hua</i>	5.43%
Oleum Terebinthinae	13.04%
Oleum Plant	21.78%
Flos Carthami <i>Hong Hua</i>	7.25%
Cortex Moutan <i>Mu Dan Pi</i>	1.81%
Rhizoma Sparganii <i>San Leng</i>	3.62%
Rhizoma Drynariae <i>Gu Sui Bu</i>	5.43%
Radix Ledebouriellae <i>Fang Feng</i>	5.43%
Cortex Gossampini	5.43%

Wan Hua Oil is made by Guangzhou Jing Xiu Tang Pharmaceutical Company Limited.

White Flower Embrocation

White Flower Embrocation like any embrocation is a medicinal liquid that is rubbed into the skin to relieve muscular stiffness and pain. It is aromatic, antiseptic, and analgesic. It is hot, rapid acting as a sudorific (something which causes or induces sweating) and as a carminative (something which induces the expulsion of gas from the stomach or intestines) and releases cold/wind and clears the surface. It's good to rub on sore muscles, the joints, and the lower back and for moving stuck blood after a traumatic injury. Rubbing it on the temples helps to clear headaches, although as with all liniments, be careful not to get it into the eyes.

My biggest complaint about White Flower Embrocation is that the bottom of the glass bottles often are not flat and thus they fall over when you try to stand them up, so I lay them down. That means you've got to be careful and tighten the tops well.

It is important that pregnant women avoid its use, especially below the navel and to the lumbar spine. It is hot so do not cover it with plastic, which would concentrate its heat and could cause blistering.

White Flower Embrocation contains the following ingredients:

Menthol Crystal	30%
Wintergreen Oil	40
Eucalyptus Oil	18
Camphor	6
Lavender Oil	6

The manufacturer is Hoe Hin Pak Fah Yeow Manufactory Limited; Hong Kong

Wong Lop Kong Medicated Oil

Wong Lop Kong Medicated Oil stops bleeding and is analgesic. It stops pain and numbs the area. It helps clear the surface, improves blood flow, resolves bruises, and removes swelling. It doesn't sting, disinfects, and is a cool liniment, especially as a soothing rub for joints and muscles of the elderly when they have rheumatism with hot conditions. It is also good for insect bites and to ward them off in the first place.

In the case of bleeding, apply **Wong Lop Kong Medicated Oil** to a gauze pad and affix it to the wound site. The pain and bleeding should stop quickly. (The manufacturer says "It never fails to satisfy you." If only all such commercial promises were true).

Wong Lop Kong Medicated Oil contains the following ingredients, percentages unknown:

Camphor Oil
Frankincense
Chuanxiong
Tea Oil
Myrrh
Danshen
Resin
Safflower
Dragon's Blood Resin
Peppermint
Angelica

It is made by the Wong Lop Kwong Medicine Co., Ltd.; Hong Kong.

Woodlock Medicated Oil

Woodlock Medicated Oil is an analgesic muscle rub, cool/warm in nature, used for rheumatism, sprains, headaches, sore muscles, and bruises. Do not use it on cuts or sensitive skin. Rub it into the affected area firmly with your fingers – but not too firmly. After 10 to 30 minutes use a piece of cotton soaked with **Woodlock Medicated Oil** and apply it to the affected area and let it soak in. Do this twice daily. Despite the flavoring oil contained therein, do not take this internally! The wintergreen oil in it makes it smells good. This reminds me of camping with the Boy Scouts, foraging for wild wintergreen, and making wintergreen tea over a campfire.

Woodlock Medicated Oil contains the following ingredients:

Oil of Turpentine	10%
Wintergreen Oil	26
Eucalyptus Oil	10
Camphor	7
Menthol	34
Chloroform	0.9
Flavoring Oil	12

It is made by the China Rheumatism and Bruise Clinic; Kowloon, Hong Kong.

Yunnan Pai Yao

Yunnan Pai Yao is a hemorrhagic powder. It stops bleeding externally or internally. This herbal powder is sold in capsule or bottle form and can be taken internally (except during pregnancy) as well as dusted on wounds externally. It is useful for even serious lacerations or for multiple traumatic injuries.

Women can take it after delivery to reduce post partum blood loss. It is useful for severe internal injuries when taken internally and for severe external injuries when dusted onto the wound. If a butterfly bandage is then applied to draw the wound tight, stitches often prove to be unnecessary.

It is considered by the People's Republic of China (PRC) to be another national treasure. In fact, its exact formula is a closely guarded state secret, because the Chinese military considers it to provide a secret advantage over enemies during wartime.

Indeed, the North Vietnamese say seriously that the reason they won the war over the Americans was because their wounded soldiers could treat their injuries with **Yunnan Pai Yao**. All North Vietnamese Regular Army troops and those fortunate Viet Cong carried it with them into battle in a little waterproof pouch.

A Vietnam veteran friend of mine told me the following which I believe to be true: **Yunnan Pai Yao** proved to be so effective that American troops on R and R (rest and recuperation) in Hong Kong would buy it - until the Chinese government got wind of their interest and forbade further sales.

Without question it is of great value in any first aid kit. Jake Fratkin speaks at length about its benefits: "In various clinical studies, it has been shown to reduce clotting time by 33% to 55%. The complete formula has never been revealed, but the main ingredient is known to be Notoginseng *Sheng Tian Qi*."⁴

⁴ **Chinese Herbal Patent Medicines** by Jake Fratkin, p. 400, Shya Publications, Boulder, CO, 7/2001

I have used it for years with great and wondrous effects. One of my patients is a famous treasure hunter who broke his wrist in a hurricane at sea. Upon arriving on land he had his wrist cast, and I prescribed **Yunnan Pai Yao** for him. Upon reexamination three weeks later, the doctor could find no sign of the break in his X-rays. Were it not for the cast, he would have thought that he'd X-rayed the wrong wrist. The doctor had never seen a faster healing process.

Another patient of mine, HIV positive with thrombocytopenia purpura, had a platelet count of less than five (5), when in an adult, a normal count is about 150,000 to 450,000 platelets per microliter ($\times 10^{-6}$ /Liter) of blood. Platelets are essential for clotting the blood and without adequate numbers of platelets, patients can easily bleed to death. Yes, this patient's platelet count was five(!), but he maintained a normal quality of life for a couple of years simply by taking **Yunnan Pai Yao** internally on a regular basis.

Then he won a major architectural award for which he was honored at the White House, and he then flew to Europe to receive another award. Upon arriving in Holland, the sudden change in cabin pressure upon the aircraft's descent provoked a major nosebleed for him, one which he could not stop. Fortunately he remembered that he had a package of **Yunnan Pai Yao** in his luggage. Upon retrieving it, he rushed into a restroom, nose dripping with blood and began to snort **Yunnan Pai Yao** like a coke fiend. Within moments his bleeding stopped, and he was able to resume the rest of his life.

I have used this remedy with so many patients, both internally and externally, for so many injuries that I've lost count. It also helps with prolonged menstrual bleeding, ulcers, and hemorrhoids.

Yunnan Pai Yao contains the following known ingredient:

Notoginseng *Sheng Tian Qi*

All other ingredients are secret

It is made by Yunnan Baiyao Group Co. Ltd.; Kunming

Zheng Gu Shui

Zheng Gu Shui is another classic tincture. It is very hot and must not be covered once applied. It is deeply penetrating and is used for fractures and damage to dense connective tissues. It "breaks blood stasis, moves qi, stops bleeding, disperses swelling strengthens tendons and bone, dredges and opens channels and collaterals, relieves pain."⁵

⁵ **Chinese Herbal Patent Medicines** by Jake Fratkin, p. 413, Shya Publications, Boulder, CO, 7/2001

It is highly toxic and should be used sparingly. It can easily irritate sensitive skin. Martial artists also use this to increase bone density in their hands, applying it before engaging in repetitive percussive exercises to create, almost literally, fists of stone. We're talking here about repeatedly slapping the hand into a bean bag filled with lead buckshot or brass BB's. DO NOT apply Zheng Gu Shui to cuts, abrasions, or sensitive skin. Do not use during pregnancy.

It is definitely not for internal use. Do not use during pregnancy, especially to the lower abdominal and lumbar areas.

Zheng Gu Shui contains the following ingredients:

Notoginseng <i>Sheng Tian Qi</i>	25%
Tigilium <i>Wu Ma Xun Cheng</i>	18
Croton <i>Ji Gu Xiang</i>	15
Angelica <i>Bai Zhi</i>	13
Flemingia <i>Quan Jin Ba</i>	12
Inula <i>Da Ling Wang</i>	12
Mentha <i>Bo He Nao</i>	3
Camphora <i>Zhang Nao</i>	2

It is made by Yulin Drug Manufactory; Guangxi

Musk Chilli Plaster

Musk Chilli Plaster is analgesic and warming. It has a time release action to stimulate blood flow. It's used to combat wind cold, damp bi syndrome, thus is useful for rheumatism and neuralgias of that type denoted by pain and stiffness.

This can irritate the skin and should be removed promptly if itching develops. It should not be covered with plastic as that would trap the significant heat which the capsicum and aconite in the formula generates. Do not apply it over broken skin or to open wounds. For these various reasons I use it only sparingly.

Musk Chilli Plaster contains the following ingredients:

Capsicum <i>La Jiao</i>	18.6%
Foeiculum <i>Hong Hui Xiang</i>	18.6
Camphora <i>Zhang Nao</i>	18.6
Liquidambar <i>Lu Lu Tong</i>	17.4
Ilex <i>Dong Xing You</i>	16.8
Aconite <i>Chuan Wu</i>	9.3
Moschus <i>She Xiang</i>	0.6

Musk Chilli Plaster is made at the Chinese Chemical Industry I/E Co.; Zhejiang

Wu Yang Brand Plaster for Bruise and Analgesic

Wu Yang Brand Plaster for Bruise and Analgesic is analgesic. Its warm/cool effect clears the surface and promotes blood flow. It penetrates into the subcutaneous tissue to stimulate circulation and create an analgesic effect. It helps to cure inflamed muscles and to promote healing of bone fractures. It is used for bruises, fractures, sprains, swelling and pains, poor circulation of blood, injuries and wounds, rheumatic arthritis, neuralgia, and weak limbs.

This plaster saved my honeymoon after I broke two ribs skiing and was also of great solace after a car accident when I suffered from two herniated lumbar discs.

My elderly patients love it and contact me from all over the world to get more. They swear by it to treat their aches and pains. Fortunately it is mild enough so that it usually does not provoke skin rashes. However, some patients with sensitive skin do get rashes so be observant the first few times you or they apply it, I tell patients to leave it on for four to six hours at first to see if redness develops. If not, I tell them to wear it overnight. Otherwise they'll be the center of attention where ever they go in the daytime as it does smell distinctly like Christmas.

For some reason, cats are quite puzzled and put off by the smell of this plaster. I think it is because they sense the pulverized fossilized mastodon bone within the formula, and this must trigger their innate, prehistoric fears of getting stepped on by woolly mammoths.

One great feature of this plaster is that you can cut it to size; another is that it is often self-adhering, depending upon to which body part you affix it.

Wu Yang Brand Plaster for Bruise and Analgesic contains the following ingredients:

Fossilized Osis Mastodi	10.42%
Eupolyphoasinesis Walker	10.42
Sanguis Draconis	4.17
Catechu	6.25
Myrrha	6.25
Rhizoma Drynariae	4.17
Rhizomi Dipsaci	4.17
Flos Carthami	9.17
Rhizomi Rhei	8.33
Herba Taraxaci	8.33
Mentholum	20.00
Methyl Salicylas	8.32

Wu Yang Brand Plaster for Bruise and Analgesic is made at the United Pharmaceutical Manufactory; Kwangchow, China

Laryngitis Pills

Laryngitis Pills are anti-inflammatory, antibiotic, and fever-reducing. They can be taken internally to reduce fever, but in this context they can be dissolved into a paste with a little bit of water or vinegar and applied externally to wasp stings or serious inflammations. They are mentioned here more for historical interest as these pills are illegal for use in California⁶ because they contain toad venom, considered a toxin when taken internally. Also these pills contain bear gall bladder and musk deer gland. These are endangered wildlife, and California probably doesn't take too kindly to their demise for this use either.

However, the herbs highlighted in bold in the formula below are legal and would probably be of great benefit when applied singly or in combination to wasp and bee stings or insect bites. If they don't work, the enzyme bromelain in **Adolph's Meat Tenderizer** denatures the protein in the venom of insect stings and does a very good job of reducing pain and swelling.

In the case of someone deathly allergic to bites, in the absence of epinephrine, Adolph's Meat Tenderizer mixed with water or vinegar and applied immediately as a paste to the site of the bite can be a lifesaver when used in an emergency.

Laryngitis Pills contain the following ingredients:

Borax <i>Peng Sha</i>	30%
Coptis <i>Huang Lian</i>	28
<i>Bubali Shui Niu Jiao</i>	10
<i>Bufonis Chan Su</i>	10
Margarita <i>Zhen Zhu</i>	7
<i>Ursi Xiong Dan</i>	7
<i>Bovis Niu Huang</i>	5
<i>Moschus She Xiang</i>	3

Laryngitis Pills are made at the Szechuan Provincial Pharmaceutical Factory; Chengdu.

Sources of Supply for Tinctures, Balms, & Liniments

<u>Acu-Market</u>	<u>Blue Poppy Enterprises</u>	<u>Mayway Corporation</u>
3547 High Ridge Road, Boynton Beach, Florida 33426 (866) 440-7703; Fax (561) 547-5468	5441 Western Ave, #2, Boulder, CO 80301 (303)447-8372 ; (800) 487-9296; Fax (303)245-8362	1338 Mandela parkway, Oakland, CA 94607 (800) 262-9929; (510) 208-3113; fax: (800) 909-2828; sales@mayway.com

⁶ **Chinese Herbal Patent Medicines** by Jake Fratkin, p. 126, Shya Publications, Boulder, CO, 7/2001

There are quite a number (14) of other Topical Applications for Bi Syndrome discussed in Jake Fratkin's invaluable tome, **Chinese Herbal Patent Medicines**, starting on page 370. Jake also describes 18 Topical Applications for Traumatic Injury in the same book, starting on page 398. I couldn't imagine practicing without it as a handy reference and highly recommend it.

Also, Bob Flaws of Blue Poppy Enterprises, Inc. offers 22 different liniments and ointments for sale at his Blue Poppy online store. These are well thought out formulae made of the highest quality herbs, relatively inexpensive, easy to order, and they deserve your consideration. He used to offer a number of other Shaolin Secret Herbal Formulas which are not listed on his website but may be available upon inquiry.

I've taken the liberty to copy representative descriptions of two of Bob Flaws' formulae from his Blue Poppy website to give the reader a sense of the clarity he brings to this work and the quality of his products. This is an unsolicited and unpaid testimonial.

Green Willow Liniment

Green Willow Liniment is used as an adjunctive therapy in the treatment of wind, damp, cold impediment pain of the joints, sinews, and bones, and for static blood without signs of heat; warming the channels and moving the qi, quickening the blood and freeing the flow of the network vessels, and strengthening the sinews and bones.

Green Willow is excellent for rheumatic complaints; old, non-healing, closed traumatic injuries after all swelling, redness and heat have disappeared.

Instructions: Apply liberally to affected area three to five times a day. For external use only. Discontinue if there is irritation. Keep out of reach of children.

Ingredients: Isopropyl Alcohol, Carthamus, Aconitum, Angelica Sinensis, Persica, Zingiber, Glycyrrhiza, Rheus, Pyritum, Strychnos, Cinnamomum, Aucklandia, & Myrrha.

PsoriaQuell Ointment

This formula is for the topical treatment of dry, scaly psoriasis. It is based on Qing Liang Gao (Clearing & Cooling Ointment) found in A Collection of Zhao Bing-nan's Clinical Experiences as described in Li Lin's Treatment of Psoriasis with Traditional Chinese Medicine. It has then been modified by Bob Flaws based on his own personal clinical experience and research.

Ingredients: Rx, Radix Angelicae Sinensis (Dang Gui), Radix Lithospermi Seu Arnebiae (Zi Cao), Radix Et Rhizoma Rhei (Da Huang), Succus Herbae Aloes (Lu Hui Zhi), Borneolum (Bing Pian), In a base of: Pure vegetable oil, castor oil, beeswax, and vitamins A, D & E, Contains no coal or pine tars and no steroids.

Functions: Nourishes and quickens the blood, moistens dryness and clears heat

Indications: Blood heat pattern psoriasis with dry, red lesions & silvery scales

Instructions: Apply to the affected area 1-3 times per day

Formula rationale: Dang Gui nourishes and quickens the blood. It is the ruling medicinal in this formula. Zi Cao, Da Huang, and Lu Hui Zhi clear heat and cool the blood. Zi Cao also resolves the toxins typically associated with psoriasis and is a famous, topically applied Chinese dermatological medicinal. Lu Hui Zhi has been shown to be particularly effective for combating dermatological inflammation and for penetrating the barrier of the skin. Randomized, double-blind trials involving the topical application of Aloe Vera (Succus Herbae Aloes, Lu Hui Zhi) to psoriasis lesions have shown a cure rate of 83% after 12 months compared to a 7% cure rate for the placebo and no relapses.(Footnote 1) Bing Pian is a common ingredient in Chinese dermatological treatments in general and in psoriasis treatments in particular. When applied topically, it clears heat and scatters nodulation, stops itching and engenders new flesh. Castor oil (Oleum Semen Ricini Communis, Bi Ma You) disperses swelling and resolves toxins, moistens dryness and quickens the blood when applied externally. It is used for the external treatment of psoriasis in both Chinese dermatology and Western naturopathy. Vitamins A, D, and E are all also commonly used for the treatment of this recalcitrant skin condition.

Contraindications: Do not use in cases of wet, suppurating, progressive psoriasis.

About Psoriasis

Psoriasis is a non-contagious, chronic skin disease of unknown etiology. Although its Western medical cause is not known, most researchers agree it is an immune-mediated disorder that has a strong genetic component. It is estimated that 4% of the U.S. population or more than seven million Americans suffer from psoriasis. The incidence of psoriasis rises to 28% if one parent has this condition and to 68% if both parents suffer from psoriasis. Although the condition may occur at any age, most patients do not show signs till their 20s, with an average age at diagnosis of 28. Somewhere between 150,000-260,000 new cases of psoriasis are diagnosed per year in the U.S.”