

Up-Date

ON HERBAL AND NUTRITIVE APPROACHES

TREATMENT OF THROAT AND VOICE DISORDERS WITH CHINESE MEDICINE

BACKGROUND

The throat is subject to a number of disorders including infections, hoarseness, vocal cord polyps and nodules, irritation (sometimes the result of gastric reflux and postnasal drip), and cancer. In Chinese medical texts, throat (Chinese: yan or hou) disorders are mentioned secondarily to other syndromes, such as common cold or a feverish disease, but are not a focus of specific discourse. Therefore, information about treatments for throat disorders must be culled from sparse sources, including medical reports from specialists and recommendations from texts devoted to modern medical specialties, such as otolaryngology, each providing some clues that may be useful in understanding the treatment principles.

There is a traditional Chinese herb formula that has become well-known in modern times for treating throat disorders as a result of Japanese research efforts: Pinellia and Magnolia Combination (Banxia Houpu Tang). It was presented in the *Jingui Laoyue* (1), a treatise composed at the end of the Han Dynasty (ca. 220 A.D.). The text addresses miscellaneous disorders, mostly those suffered by women. It includes this brief statement: "A woman who feels as if a piece of broiled meat is stuck in her throat should take Banxia Houpu Tang." This statement has been interpreted to mean that the woman is suffering from globus

hystericus, the feeling of a lump (globus) resulting from hysteria (a state of mind originally thought to be associated with the uterus). The Chinese later described the sensation as that of a plum pit caught in the throat. The plum commonly used in China and Japan, known by the local names wume and umeboshi respectively, has a small pit that can become lodged in the throat; it has rough edges that contribute to the sensation being described. The syndrome is called "plum pit qi" (meihe qi), indicating that bound-up qi feels like a plum pit. Its cause was attributed to the emotions coupled with stagnation of phlegm (20).

The applications of Pinellia and Magnolia Combination have been expanded to include both the sensation of a lump that is without obvious physical cause and several physical disorders, such as esophageal spasms or difficulty swallowing. Expanding the

applications of traditional formulas is a common procedure, based on the concept that the formulas address the basic pattern of symptoms and associated conditions (in this case, qi stagnation) and not necessarily the specific cause of the disorder as understood in modern terms. As a result, formulas designed for acute ailments that may have arisen from infections, climatic influences, or emotional disorders may be applied, for example, to the treatment of chronic diseases that are understood today to be related to metabolic, genetic, circulatory, or other disorders.

In Japan, where traditional formulas from the Han Dynasty form a large part of the modern prescription range (in what is called Kampo Medicine), Pinellia and Magnolia Combination is frequently prescribed for numerous throat disorders in both men and women, not just for plum pit qi. The book *Commonly Used Chinese Herb Formulas with Illustrations* (2) presents the Kampo indications for the formula, which include esophageal spasms and hoarseness due to the common cold. In two recent studies conducted in Japan, the formula was proclaimed beneficial in treating swallowing difficulty in the elderly. It was used to improve the swallowing reflex in those who suffered from aspiration pneumonia (3), stroke (19), and progression of Parkinson's disease (4). The mechanism of its action in these cases remains to be established.



PINELLIA & MAGNOLIA

COMBINATION AND THE THROAT

In modern Chinese texts, Pinellia and Magnolia Combination is classified with the qi regulating formulas, even though none of the herb ingredients are classified in the materia medica as having the primary property of being qi regulators. A typical presentation of its ingredients and quantities is (5):

Pinellia and Magnolia Combination

<i>Pinellia</i>	12 g
<i>Hoelen</i>	12 g
<i>Magnolia</i>	9 g
<i>Fresh ginger</i>	9 g
<i>Perilla</i>	6 g

From the traditional Chinese point of view, both magnolia bark and perilla leaf regulate the flow of qi (as secondary properties) and this is attributed to their fragrant components that have a dispersing effect. These herbs alleviate the neurotic and depressive syndromes that lead to plum pit qi. The qi regulating formulas in general, and the ingredient perilla leaf in particular, are recommended in China for treatment of depression and anxiety. In a recent laboratory evaluation, Pinellia and Magnolia Combination was reported to have antidepressant activities (6), confirming this application.

In a Japanese report on treatment of 45 patients with abnormal sensations in the throat (sense of pressure, swelling, or, in most cases, something stuck in the throat), relayed by Dr. Hong-yen Hsu (20), 21 of the patients of “weak” constitution were given Pinellia and Magnolia Combination, while 13 patients of “firm” constitution were given Bupleurum and Dragon Bone Combination (Chaihu Jia Longgu Muli Tang). A few patients received miscellaneous other formulas. Bupleurum and Dragon Bone Combination is categorized as a sedative formula and is commonly administered for neurotic disorders. It includes pinellia, hoelen, and ginger in common with Pinellia and Magnolia Combination.

Pinellia, hoelen, and ginger are the ingredients of another formula from the same original text: **Pinellia and Hoelen Combination** (Xiao Banxia Jia Fuling



Tang). This prescription is administered for a condition of phlegm-damp accumulation in the stomach, leading to tendency to have vomiting or gastric reflux. Reflux of stomach acid is one of the potential irritants to the throat; it can cause the sufferer to frequently try to clear the throat, even though there is nothing there to expectorate.

This formula is prescribed in Japan for the morning sickness of pregnancy that involves lack of appetite and vomiting (7). Its function, from the traditional viewpoint, is to clear the dampness and to lower the stomach qi that is pushing upward, rejecting food. This three-herb formula was later transformed into the most widely used of the prescriptions for phlegm-damp: Citrus and Pinellia Combination (Erchen Tang; with the addition of citrus and licorice, and sometimes including mume, the plum).

Citrus and Pinellia Combination

<i>Pinellia</i>	10 g
<i>Hoelen</i>	10 g
<i>Citrus</i>	8 g
<i>Fresh ginger</i>	6 g
<i>Licorice</i>	2 g

Throat polyps, from the Chinese view, are lumps in the throat that have a phlegm-damp quality (soft masses fit this broad category). The cause of the lumps is thought to be stagnation of the qi circulation, usually secondary to overuse of the throat. Hence, Pinellia and Magnolia Combination is also a potential treatment for that condition, though other treatments have been devised recently, as will be presented below. Throat nodules, somewhat

harder lumps that may occur as the result of overuse of the voice, are classified as blood stasis masses, and are thus treated not by Pinellia and Magnolia Combination, but by formulas that vitalize blood circulation and crack static blood.

THROAT HERBS

The herbs in Pinellia and Magnolia Combination treat a syndrome that can affect the throat, but the individual herbs are not depicted as being specific for throat disorders. By contrast, there are some herbs used by Chinese herbalists that have developed a reputation as being more specific for treating the throat area, as displayed in Table 1, relying on information from Oriental Materia Medica (8). These herbs may make up the foundation of formulas for throat disorders or may be added to formulas that are aimed at treating the syndrome that causes or includes a throat disorder. The herbs are listed in the table according to the Materia Medica category that they belong to, with four basic categories, plus miscellaneous others.

The large number of heat-clearing herbs in this listing is associated with their ability to inhibit infections that can cause sore and swollen throat. A few of the herbs, such as gypsum (a mineral), scrophularia, raw rehmannia, and phragmites, have a moisturizing and soothing effect for dry throat rather than an anti-infection action; these, and the three yin tonic herbs listed separately, are often used to treat chronic and recurrent sore throats that are thought to arise from yin-deficiency heat syndromes. Surface relieving herbs are usually administered for acute ailments, though mentha and arctium are also used for chronic throat irritation that may not be related to infections. Phlegm resolving herbs play a role in normalizing the throat surface, presumably smoothing the flow of mucus over the throat tissues and alleviating irritation.

TRADITIONAL FORMULAS

Some traditional formulas are indicated for treatment of sore throat, dry throat, or other throat disorders as one of several potential applications. Samples are:

Lonicera and Forsythia Formula (Yin Qiao San)

arctium, mentha, phragmites, platycodon, licorice
for: sore throat due to infection

Bupleurum and Rehmannia Comb. (Chaihu Qinggan Tang)

arctium, mentha, gardenia, platycodon, trichosanthes, licorice, raw rehmannia
for: chronic tonsillitis

Arctium Combination (Qingyan Lige Tang)

arctium, mentha, gardenia, scrophularia, platycodon, licorice
for: swollen, aching throat; laryngitis, tonsillitis

Forsythia and Rhubarb Formula (Liangge San)

mentha, gardenia, licorice
for: sore throat

Rehmannia and Lonicera Formula (Baidu San)

arctium, mentha, raw rehmannia, scrophularia, platycodon, trichosanthes root, gypsum, licorice
for: sore throat, laryngitis

Scute and Cimicifuga Combination (Puji Xiaodu Yin)

mentha, arctium, cimicifuga, isatis root, lashiosphaera, scrophularia, platycodon, licorice
for: sore throat

Gardenia and Mentha Combination (Qingliang Yin)

mentha, gardenia, raw rehmannia, platycodon, licorice
for: sore throat, tonsillitis, pharyngitis

Scrophularia and Ophiopogon Comb. (Zengye Tang)

scrophularia, raw rehmannia
for: dry throat

Platycodon and Fritillaria Comb. (Qingfei Tang)

gardenia, asparagus, platycodon, licorice
for: sore and itching throat, hoarseness

Gasping Formula (Xiangsheng Podi Wan)

mentha, platycodon, licorice, terminlia
for: hoarseness

Fritillaria and Trichosanthes Formula (Beimu Gualou San)

trichosanthes root, platycodon
for: dry throat

Platycodon Combination (Jiegeng Tang)

platycodon, licorice
for: tonsillitis

TABLE 1. Individual herbs noted for their effect on throat disorders.

Herb Name (Common; Pinyin)	Indications Related to Throat	Herb Name (Common; Pinyin)	Indications Related to Throat
Surface Relieving Herbs		Yin Tonics	
chive (congbai)	sore throat	oldenlandia (baihuasheshcao)	laryngitis, tonsillitis
arctium (niubangzi)	sore throat	scutellaria (banzhilian)	sore throat
cicada (chantui)	aphonia, laryngitis	subprostrata (shandougen)	painful swelling in throat
cimicifuga (shengma)	sore throat	Phlegm Resolving and Antitussive Herbs	
eriocaulum (gujingcao)	laryngitis	adenophora (nanshashen)	dry and sore throat
mentha (bohe)	sore throat	asparagus (tianmendong)	dry throat
Heat Clearing Herbs		yu-chu (yuzhu)	dry throat
gardenia (shanzhizi)	esophagitis, tonsillitis	Miscellaneous Others	
gypsum (shigao)	dry throat	licorice (gancao)	sore throat
phragmites (lugen)	dry throat	silkworm (baijiangcao)	painful swelling in throat
rehmannia, raw (shengdi)	sore throat	terminalia (hezi)	aphonia due to prolonged cough
scrophularia (xuanshen)	swollen and sore throat		
gentiana (longdancao)	swollen and sore throat		
abrus (xiangsizigen)	swollen and sore throat		
andrographis (chuanxinlian)	tonsillitis		
isatis leaf (daqingye)	pharyngitis		
isatis root (banlangen)	swollen and sore throat		
belamcanda (shegan)	swollen and sore throat		
bidens (xianfengcao)	swollen and sore throat		
lashiosphaera (mabo)	pharyngitis, sore throat		

Schizonepeta and Forsythia Comb.

(Jingjie Lianqiao Tang)

mentha, gardenia, raw rehmannia, platycodon, licorice

for: tonsillitis

The herbs used most consistently in these 13 formulas are mentha (included 9 times), platycodon (11 times), and licorice (11 times).

SUMMARY AND CONCLUSION

A relatively small number of formulas, incorporating certain herbs repeatedly, are used to treat a range of common throat disorders of various origins. Of the three dozen herbs listed in Table 1 as being specifically described as effective for throat disorders, only about a dozen ingredients appear repeatedly in traditional and modern formulas that are specified as treating throat diseases, namely mentha, arctium, gardenia, gypsum, phragmites, raw rehmannia, scrophularia, trichosanthes root, platycodon, terminalia, and licorice. In addition, pinellia (an ingredient of Pinellia and Magnolia Combination) is found in some of the formulas, particularly those that resolve phlegm accumulation disorders. While Pinellia and Magnolia Combination is the only formula that has been subjected to several clinical evaluations, the other herbs mentioned here may be of substantial value.

In Western medicine, mentha (peppermint), in the form of its main active component, menthol, is an approved ingredient for over-the-counter sore throat lozenges and syrups. Licorice is well known worldwide for its throat soothing effects. The combination of menthol and licorice is made into a popular over-the-counter remedy for cough and sore throat (called Fisherman's Friend, produced in England).

Gardenia, raw rehmannia, and scrophularia all contain iridoid glycosides that may be responsible for anti-inflammatory actions that could affect the throat (as well as other parts of the body). Trichosanthes root, platycodon, and licorice all contain triterpenes that may smooth the flow of mucus and

reduce inflammation. The calcium compounds (oxides, sulfates and others) in gypsum and the fatty acids in arctium may soothe the throat by providing substances that aid the formation and flow of mucus. Thus, there are some promising therapies among the Chinese herbs and traditional formulas for improving throat conditions.



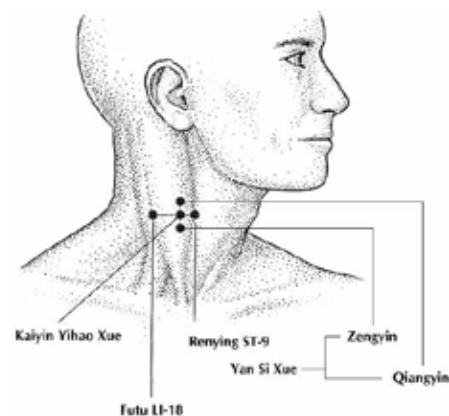
ACUPUNCTURE FOR THROAT DISORDERS

Just as there are herbs that are deemed to have specific therapeutic benefits for the throat area, certain acupuncture points are selected when the throat has been affected by some adverse influences. The principal points are local points, those that are on the neck, but there are certain distal points that are said to influence the throat because the meridians on which they are found pass through the throat or because they resolve factors that contribute to throat disease. Following is a review of recent medical reports on acupuncture for throat disorders; these treatments should only be performed by experienced acupuncturists.

Shen Canruo (11) promotes the use yansixue (= throat four points) that are located around the laryngeal protuberance (Adam's apple). They are not traditional acupuncture points, but they are located near the stomach meridian. These points are 2 cun lateral to the Adam's apple (the stomach meridian is 1.5 cun from the Adam's apple) and are the same as or near the extra points qiangyin (strong sound) and zengyin (increase sound), designated as head-neck extra points 25 and 26 respectively. Those extra points are indicated for aphasia due to diseases of the vocal cords, but are deemed useful for other throat and vocalization

disorders.

The yansixue points are needled with perpendicular insertion of the needles to a depth of about 0.5 to 1.2 cun, having the needles retained for 20-30 minutes, with manipulations (low frequency twirling) performed every 3-5 minutes. There are certain precautions to follow, including avoiding needling into the carotid artery (especially with the upper point). It is necessary to avoid excessive needle depth (causing facial reddening or coughing, in which case the needles need to be withdrawn far enough to eliminate these reactions) or excessively strong or fast manipulation (which can cause needle pain). In the article about Shen's application of this treatment, three cases are mentioned: dysphonia due to radiotherapy for cancer, paralysis of the vocal cord, and hoarseness due to overuse of the voice (number of daily treatments for these cases was 40, 15, and 1, respectively). In each case, yansixue points were needled along with some distal points, mainly the large intestine points quchi (LI-11) and hegu (LI-4), the lung point chize (LU-5), and the kidney point zhaohai (KI-6). The lung point lieque (LU-7) was also recommended as useful.



A similar example of use of local points is needling kaiyin yihao xue (= open the voice, acupuncture point number one). This point is recommended by Xie Qiang (12, 22), a specialist in eye-ear-nose-throat (ENT) disorders. It is located 0.5 cun lateral to renying (ST-9), hence 2 cun lateral to the Adam's apple, and close by qiangyin. Needling is towards the aryepiglottic plica. The yansixue and kaiyin yihao points are located along the margin of a band of cartilage, referred to as the thyroid

cartilage. As an adjunctive point for treatment of vocal cord nodules, hegu (LI-4) was also needled and an herb formula was administered orally while another herb formula was prepared hot and used as a source of vapors to be breathed in through the mouth (see Appendix for formula details).

The use of a local point to promote circulation through the throat area is illustrated also by treatment of a type of plum-pit qi syndrome, referred to by the author as hysteric aphonia (in this, case, the person is unable to speak, as the apparent result of emotional factors). Dr. Shen Xiaolei (13) reported on use of acupuncture to treat this disorder, relying mainly on futu (LI-18), a point on the neck located lateral to renying (ST-9), but 3 cun from the Adam's apple, at the posterior margin of the sternocleidomastoid muscle. Secondary points used in the treatments were jingqu (LU-8) and xingjian (LV-2) for cases of qi stagnation dominant, or taiyuan LU-9 and zusanli (ST-36) for cases of qi deficiency dominant.

In the treatment of bulbar and pseudobulbar palsy, a disorder of the throat functions (speech, swallowing) that occurs because of a stroke or injury to the brain, a local point recommended is tiantu (CV-22), located at the base of the neck. The traditional functions of this point are described as (18): "facilitates and regulates movement of lung qi, cools the throat, and clears the voice." The authors of a report on treating the disorder, describe their selection of points this way (14):

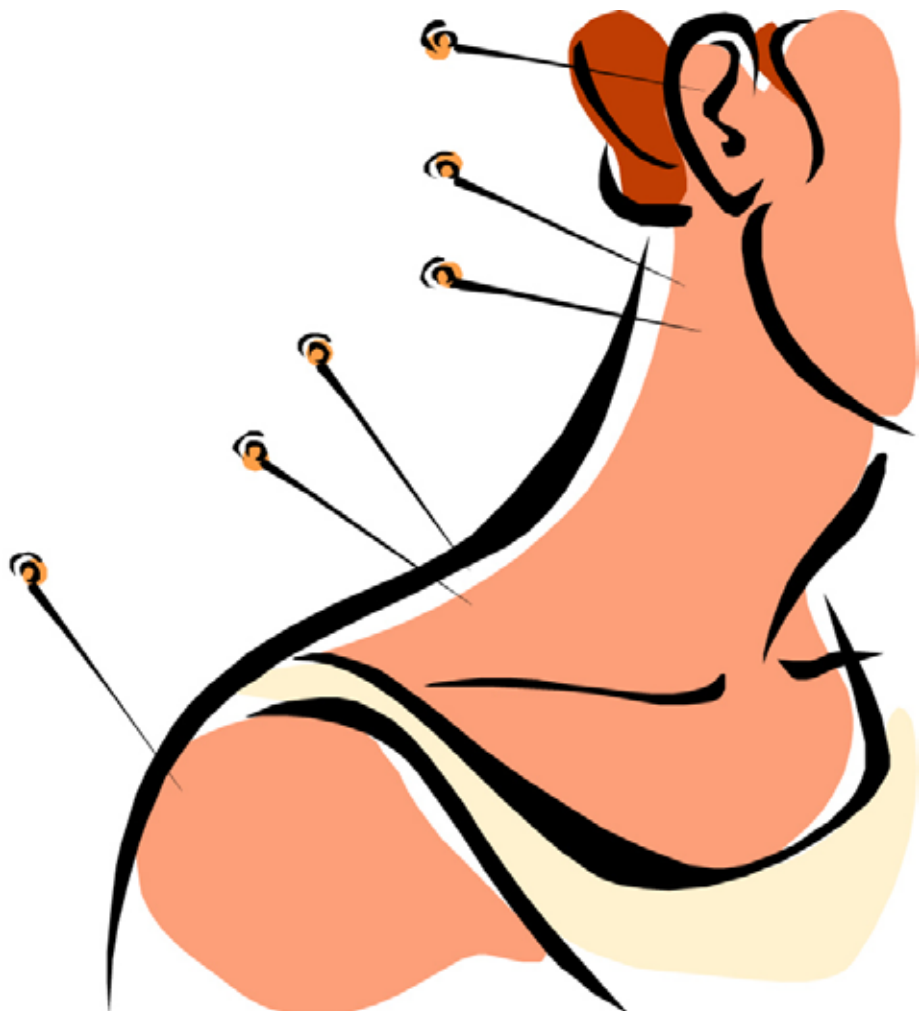
TCM hold that the pathogenesis [of bulbar palsy] is stagnation of wind, phlegm, qi, and blood which obstructs the channels and collaterals, giving rise to unsmooth circulation of qi in the lung channel, and resulting in such symptoms as dysphonia, cough, choke, and vomiting on drinking and eating...Acupuncture at tiantu (CV-22) may eliminate the obstruction and improve local circulation of qi and blood; the reducing maneuver used will instantly open the laryngeal orifice and eliminate stagnation of phlegm and blood; and hence taintu point is

located at an important position, the needle should not be retained. Lieque (LU-7) is one of the eight confluence points, communicating at the throat and middle part of the gastric cavity with the conception channel. The yinqiao channel originates from zhaohai [KI-6, another one of the eight confluence points; located at the ankle] and runs directly to the throat. Acupuncture at the latter two points in combination can treat diseases of the throat, lung, diaphragm, and chest. Reinforcing maneuver should be adopted and performed for supplementing qi, nourishing yin, soothing the chest, promoting the action of the diaphragm, and dredging the laryngeal orifice.

For polyps and nodules of the vocal cord, the local acupuncture points renying (ST-9), suitu (ST-10), tiantu (CV-22) and lianquan (CV-23) are recommended in the book *Traditional Chinese Treatment of Otolaryngologic Diseases* (21). Distal points recommended include fenglong (ST-40), a point on the leg that is used for phlegm accumulation disorders, zhaohai (KI-

6), specifically indicated for treatment of throat disorders, and hegu (LI-4), used to clear heat and swelling in the neck and head areas.

A local point on the back of the neck, opposite the Adam's apple, has also been used to treat vocal cord ailments, including congestion, edema, nodules, hypertrophy, early polyps, and inadequate muscular tonicity (15). Chen Peifang, working at the Shanghai Conservatory of Music, treated the yangsheng (raise the voice) point in 110 cases of voice ailments, the largest group (41 of the performers) having hypertrophic protuberances as the cause of the disorder. The point is located 1 to 1.5 cun lateral (about 1-1.2 cun for women and 1.2 to 1.5 cun for men, since men have broader necks) to the interspinal space between C6 and C7. To access the point, the person sits with head bent forward about 25 degrees. The needle is inserted to a depth dependent on the thickness of musculature of the neck, generally 1.5 cun for women and 2 cun for men.



The needle is twisted and rotated in small amplitude movements to get the typical acupuncture needle sensation (deqi) but not to produce excessive pain or tenderness in the neck muscles. The needle is retained for 20 minutes, and six daily sessions is a course of treatment. Some improvements are expected within the first six sessions. It is recommended that at least six sessions be utilized, even if a marked improvement occurs more quickly, to assure continued relief afterward.

Needling therapy in the neck area often makes the patient nervous (23), so it is recommended to limit the number of throat points needled at one time and to have the patient lie down if nervous to prevent possible fainting. Pillows can be used to make sure the head and neck are in the proper position, and patients should be advised about the nature of the expected needling sensations for points on the meridians. For example, at futu (LI-18), typical sensations are tingling and numbness transmitted from the neck to the shoulder and forearm; sensation of electrical shock passing from the neck through the shoulder and arm to the thumb and index finger; and sensation of distension radiating from the neck into the chest. In addition, all of these feelings may be transmitted from the site of needling to the Adam's apple. For persons who do not like the acupuncture therapy, massage therapy may be substituted, so long as the practitioner is experienced in this method.

Gu Lide, at the Department of Laryngology of Artists Hospital of Shanghai, pointed out that laryngeal massage had been used at their hospital since about 1960 in treating singers (24). In the treatment of incomplete closure of the glottis, which causes disruption of singing quality, he described the following massage technique and its potential effects:

The patient lies supine with a pillow under the shoulders so that the neck is well extended and the head slightly inclined backward. The doctor uses one finger massage and up and down kneading to massage the bilateral renying (ST-9) and shuitu

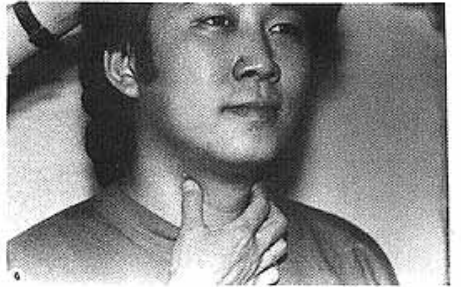
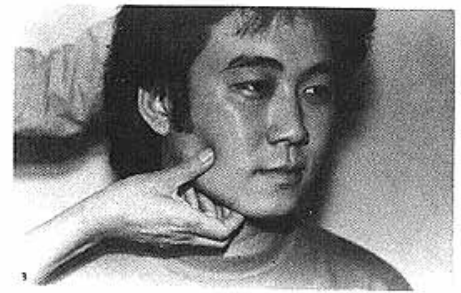
(ST-10) points upward and down for 10-15 minutes. The patient is then asked to sit upright while the doctor, using both hands, employs one finger massage on both sides of the fengchi points (GB-20) for 3-5 minutes. The same method is used to massage fengfu (GV-16) and yamen (GV-15) points for another 3-5 minutes. Finally, the fengchi point is massaged and the sternocleidomastoideus muscles of both sides are kneaded up and down for 2-3 minutes....Massage may relax spasm, promote blood circulation, enhance metabolism, relieve fatigue, increase mucus secretion, lubricate the vocal cords, and invigorate the elasticity and mobility of muscles and ligaments. It gives patients a feeling of well being, relaxes the laryngeal muscles, improves the voice quality, and eases phonation.

These treatments were given in courses of six sessions each, with patients receiving from 2 to 18 courses of therapy. The author cautions that: "laryngeal massage should be performed briskly, gently, yet powerfully and persistently, but never roughly....If a patient shows no apparent improvement after one or two courses of massage [e.g., 6-12 sessions], it is advisable to consider combining massage with other therapeutic measures or shifting over to other therapy."

Chen Peifang also described the use of massage therapy for the voice ailments (17). The massage includes local treatments in the front and back of the neck, and whole body treatments, but especially massage of the arms near the points that have been recommended for acupuncture therapy, such as the large intestine points quchi (LI-11) and hegu (LI-4) and the lung points chize (LU-5) and yuji (LU-10). He emphasized the following:

Massage is useful in cases of extra- or intra-laryngeal muscular spasm due to excessive or improper use of the vocal cords.

Voice-care massage before going on to the stage promotes flexibility of the laryngeal muscles and coordination of antagonistic muscles necessary for good singing effects. Massage after the performance relieves fatigue of the



SUMMARY OF ACUPUNCTURE THERAPIES

Acupuncture therapies involve needling the neck to promote circulation of qi and blood in the immediate region. Some "extra points" have been selected for this purpose, mostly located 2 cun on either side of the Adam's apple (see Figure 1). The treatments are administered daily or every other day for chronic disorders, and effects of a single treatment or a series of just five or six treatments may be notable. Secondary points are mainly hegu (LI-4), lung points on the forearm arm and hand (LU-5 through LU-11), and the leg points zhaohai (KI-6) and fenglong (ST-40). Massage therapy can also be used as an aid to treating and preventing vocal disorders, particularly those suffered by performers who use their voices for singing or acting (see Figure 2). Massage therapy can sometimes be administered under circumstances where acupuncture is not practical, so that the person with vocal disorders has several opportunities to get regular effective therapy.

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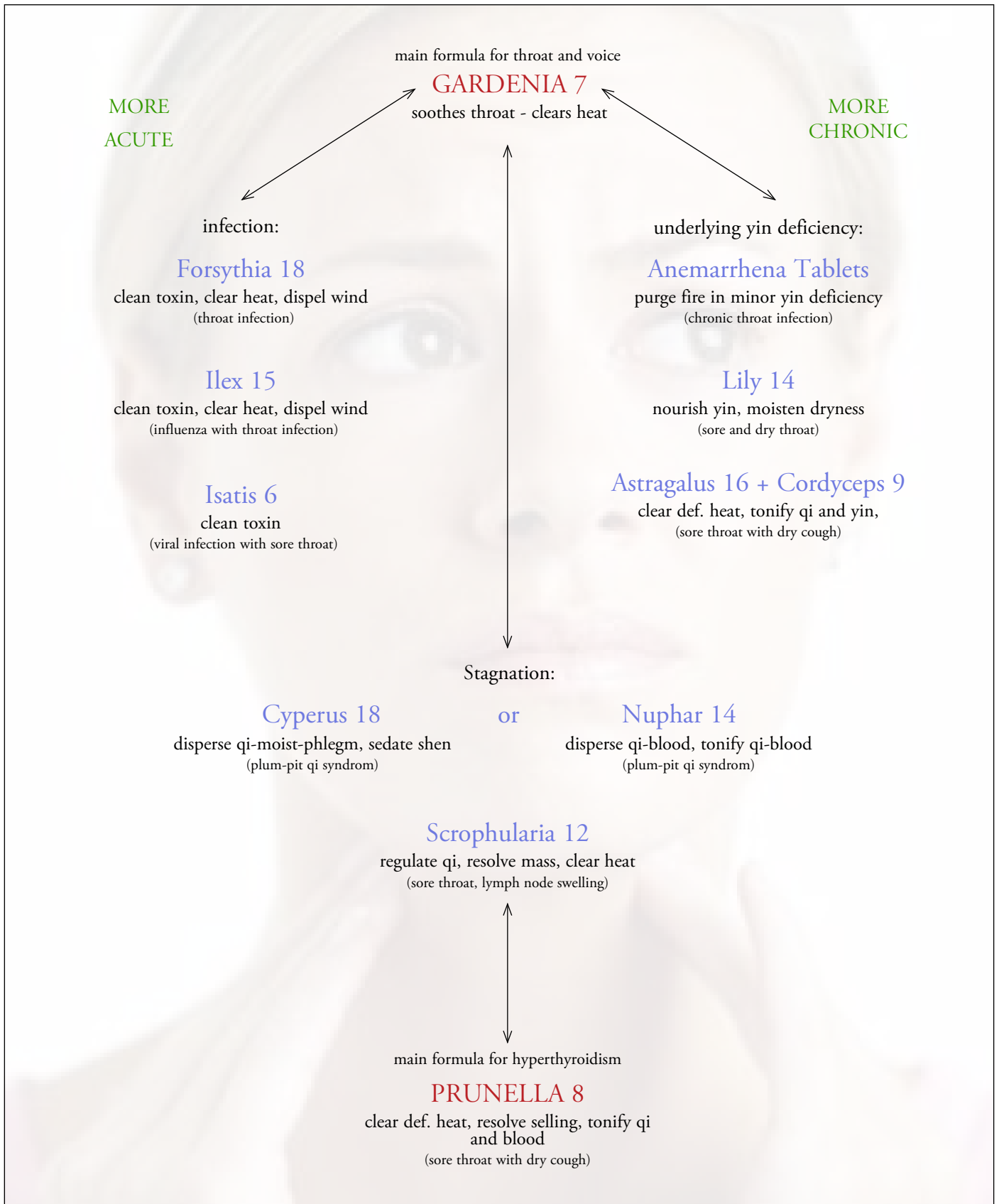
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Article by:
Subhuti Dharmananda
Institute for Traditional Medicine



OVERVIEW OF THROAT ORIENTED SEVEN FORESTS FORMULAS



NUPHAR 14

Menstrual cycle disorders

The menstrual cycle is driven by a change in the levels of the sex hormones. Based on the symptoms expressed by woman who suffer from cycle-related disorders, it can be said that the impact of the hormone changes is to alter the functions of the Liver, which is, in turn, a regulator of the Blood.

For example, menstrual cycle disorders usually involve one or more of the syndromes of Liver Qi stagnation, Blood deficiency, Blood stasis, Blood heat, and bleeding.

One of the most famous treatments for cycle related disorders is Bupleurum & Tang Kuei Formula, it contains bupleurum and mentha for regulating the Liver Qi, and tang-kuei and peony for nourishing and circulating the Blood. In addition, it has atractylodes and hoelen to protect the Stomach and Spleen from the adverse effects of Liver Qi disorders. While the prescription does not contain herbs for Blood heat, the commonly used modified version, Bupleurum & Peony Formula, has the added ingredients gardenia and moutan that will eliminate heat. Moutan also assists blood circulation.

Western practitioners have often commented that despite its usefulness, Bupleurum & Tang kuei Formula often produces adverse reactions which are believed to be associated with the presense of underlying (latent) heat that is not addressed by the formula. Bupleurum & Peony Formula apparently produces fewer problems, though it has been reported to produce loose stool in some individuals probably due to the increasing cooling effect and the slight purgative action of gardenia.

Adding the herb salvia, a cooling blood vitalizing herb, is also reported to

NUPHAR 14

<i>Nuphar</i>	<i>Moutan</i>
<i>Bupleurum</i>	<i>Cyperus</i>
<i>Salvia</i>	<i>Mentha</i>
<i>Gardenia</i>	<i>Chih-shih</i>
<i>Achyranthes</i>	<i>Rehmannia</i>
<i>Cnidium</i>	<i>Peony</i>
<i>Licorice</i>	<i>Ginger</i>

enhance the effectiveness of the bupleurum-based preparations. In Chinese clinical work, salvia has proven successful in treating skin eruptions, liver diseases, and circulatory diseases.

Nuphar 14 is based on the Bupleurum and Peony formula, adjusted for woman who experience even greater problems with underlying heat syndrome. The primary adjustment in this direction is the addition of raw rehmannia and salvia, and an increase in the proportion of moutan.

An immediate concern of many practitioners, when cooling herbs are added to a formula, is that the Stomach and Spleen might be weakened. For this reason, nuphar is added. Nuphar is the root of a plant similar to lotus, and this ingredient is sometimes replaced by the lotus seed when nuphar is unavailable. The property of nuphar is to nourish and strengthen the Spleen, while providing a calming effect. In ancient times, it was said to be especially suitable for treating anger and nervousness in woman.

Another important formula for regulating the Liver is Bupleurum & Cyperus Combination. The prescription is used for abdominal aching, formation of lumps, and menstrual irregularity. It contains bupleurum, cyperus, chih-shih, and blue citrus for regulating Qi, and cnidium and peony for regulating Blood. Cyperus, chih-chih, and cnidium used in this prescription have been included also in Nuphar 14. The unique herb of Nuphar 14 is achyranthes which nourishes the Liver Blood and vitalizes circulation. Its inclusion makes the formula more useful for the treatment of abdominal pain, tightness of the ligaments and tendons, and delayed menstruation.



ALBIZZIA 9

Depression

Depression is deemed a serious problem, not only for the mental suffering that occurs and to which the term is applied, but also for the potential physical problems that may eventually arise. Western doctors treat depression mainly by providing sedatives, thus recognizing that the condition involves an excess of energy in the nervous system.

According to C.S.Cheung and his colleagues, 'depressive entity' goes along with insomnia and deficiency exhaustion under the general heading of neurasthenia (literally, not enough usable nervous energy). Neurasthenia, in turn is due to 'extreme exertion, fatigue, and extreme mental tension damaging the heart and the spleen.' The authors further explain that excitation of the cerebral cortex rules in the day time and inhibition rules at night, thus providing energy and directed activity during the day and restful sleep at night, further: 'Overexertion of cerebral activity, intense emotional fluctuation and irreconcilable inner thoughts will damage the normal routine of the higher nervous centers and will weaken the internal inhibition. The excitation process will be relatively increased, causing easy exhaustion. That is why the neurasthenic patient does not usually sleep well in the night and has a lack of adequate energy for work in the day.'

Thus, the Chinese medical view is also that there is an increase in the excitation process leading ultimately to a decline in available energy during the day. This calls for sedative action, but because the problem arises following damage to the spleen and heart, these two organ systems must also be nourished to fully resolve the problem. A combination of tonics and sedatives is thus the standard therapy.

Albizzia 9 is an example of a depression-relieving formula that focuses mainly on tonifying the heart and relaxing the agitated liver. Calming formulas that also tonify the spleen

ALBIZZIA 9	
<i>Albizzia</i>	<i>Polygala</i>
<i>Uncaria</i>	<i>Curcuma</i>
<i>Salvia</i>	<i>Peony</i>
<i>Polygonum stem</i>	<i>Tribulus</i>
<i>Biota</i>	

include *Zizyphus* 18, *Salvia/Amber Tablets*, and *Cyperus* 18. The selection for Albizzia 9 reflects experience of herbalists working with 'folk remedies' rather than formulas that are part of the academic tradition. Such remedies usually have a small number of ingredients. Albizzia and biota are among the most common remedies for treating depression.

Traditional Chinese medical theory considers that spiritual and mental activities are related to both

the heart and the liver: the heart harbors the spirit (shen) and the liver shelters the soul (po). In modern times, we recognize that many health problems, physical and mental, arise from abnormalities of the liver. In the case of depression, liver yang may agitate the heart and thus reinforce the problem of depression with insomnia. Liver Qi stagnation may prevent restoration of normal heart function by interfering with the harmonious interaction of the internal organs. *Uncaria* and *tribulus* are sedative herbs that are used to calm liver yang, and *curcuma* is a qi and blood regulating herb that will gently normalize the circulation of qi; *tribulus* also disperses stagnated liver qi. *Peony*, which 'softens the liver' to promote normal circulation of qi and blood, and *salvia*, which nourishes the heart and vitalizes blood, further aid the formula in resolving liver-heart related problems.

Depression, especially if it has been a persistent problem, is rarely resolved by use of herbs or drugs alone. However, the herbal therapies can provide for a physical background in which resolution of the depressive condition can provide for a physical background in which resolution of the condition can be worked through. Unlike most of the modern drugs, the herb formulas for depression are non-addicting; they usually have a nourishing quality and may have secondary benefits, such as promoting blood circulation.

ALBIZZIA



COPTIS RHIZOME

RHIZOMA COPTIDIS - HUANG LIAN

Long ago, there was a famous Chinese practitioner in Ba Shan named Jiang who had a garden filled with hundreds of medicinal herbs. When Dr. Jiang was away to practice medicine in other villages, he hired a young worker named Huang to take care of the garden during his absence.

One morning in January, Huang found a plant with greenish white flowers near the mountain paths. Amazed by the fact that the plant could survive on such harsh weather, he moved this plant into the herbal garden for cultivation.

One day, Dr. Jiang's daughter, Ru Ru, became sick all of the sudden for no reason. Her symptoms include fever, vomiting, and diarrhea, and was unconscious after two to three days. Since Dr. Jiang was away, Ru Ru's mother consulted several doctors for treatment. However, instead of seeing improvements on the symptoms, Ru Ru's conditions worsened, and the doctors believed that this illness was very likely to cost her life.



Huang was also very worried. He then recalled the plant he found with greenish white flowers and cooked some of it with water. Miraculously, Ru Ru's symptoms were relieved after taking the plant, and was completely recovered after taking it for two more times.

When knowing this incident after his return, Dr. Jiang suspected that this plant had the ability to clear heat and remove toxins. He then performed several studies to confirm the property of the plant, and named this plant Huang Lian after the worker. In order to express his gratitude to Huang on saving her daughter's life, Dr. Jiang also betrothed Ru Ru to Huang.

Coptidis Rhizome is the rhizome of *Coptis chinensis* Franch. Its properties are bitter and cold. It enters through the heart, large intestine, liver, and stomach.

Actions & Indications:

- Drains fire and relieves toxicity.
- Clears heat and drains dampness.
- Clears heart fire.
- Clears heat and stops bleeding.
- Drains stomach fire.
- Clears heat topically.
- Caution & Contradiction

Contraindicated in cases of yin deficiency, nausea or vomiting due to Stomach cold from deficiency, and diarrhea due to Spleen or Kidney deficiency.

Long term use is discouraged as it can injure the Spleen and Stomach.

The original article is from Brion Research Institute, translated by Sun Ten



IMPORTANT REMINDER: There is no clinical evidence that the specific formulas mentioned above provide any protection from or effective treatment for influenza (or related disorders). The information about these formulas is given here to illustrate the types of ingredients that practitioners of Chinese herbalism (such practitioners are usually licensed acupuncturists) might give to their patients, including the dosage, the timing in relation to beginning of influenza symptoms, and the duration of use (a nutritional supplement comprised of vitamins and minerals is also mentioned). Such practitioners might recommend these specific formulas or many others that have a similar design. Several articles are referenced in the above description as a resource to learn more about certain of the ingredients and about related formulas described in the Chinese herbal literature.