

PHARMACOPOEIA OF CHINESE PHYTOTHERAPY

The current name of phytotherapy originates from a scientific or medical knowledge and can be dated back to origin of mankind.

From the very beginning on Earth, human beings soon learnt from herbs and plants around them. The majority of them, except some possible harmful or poisonous ones, had several medicinal effects when any of their parts were used: leaves, trunk, flowers and roots.

Evidence was found in remains from the first hominids, which are over 60.000 years old, already revealing the usage of herbs such as *marshmallow*.

Several utensils, which date back to 50.000 years ago, were also found In Peru and they had *coca* traces on them.

Some of the very first known written texts are about herbal medicine: Egyptian hieroglyphs over 6.000 years old report the use of curative plants, the Ebers papyrus, which is 20 metres long, was discovered in 1873 by the Egyptologist Georg Ebers and has been revealed as the first written document about phytotherapy dated to 2400 AD and it quotes:

“Here begins the book about the preparations of remedies to cure all parts of a human body”

Egyptian knowledge spread quickly around Mesopotamia and reached as far as Greece. Over 200 different medicinal plants were used in Babylon, the *belladonna* amongst others.

On the other side of the continent, Asian cultures paralleled. Chinese Emperor Shen Nung had described over 1000 medicinal plants in 3000 AD.

Our comments will be based on one of the main plants with capital incidence in Chinese formulas, the *Angélica Sinensis*.

The following summary is not at all everything there is to know about such a plant, but a brief report about its treatment techniques in different pathologies and how to be administered.

BIBLIOGRAPHICAL REVIEW ON THERAPEUTICAL USES OF DANG GUL.

(DONG QUAI)

- History:

Also known as *Chinese Angélica*, it has been used since the old times in Traditional Chinese Medicine in Korea and also in Japan.

Currently still used in Chinese formulas, and especially in women's health conditions, being called "female ginseng".

- Nature, flavour and relation with meridians:

Sweet, spicy and warm. Very important when toning Xue, consequently acting over the meridians of the: HEART, LIVER and SPLEEN.

- Function:

To tone the Xue and to stimulate blood circulation, it treats pain caused by extreme cold, and hydrates the intestines.

- Indications:

Lack of Xue.

Amenorrhoea.

Dysmenorrhoea

Menstruation delays

Gynecological ailments.

Postnatal recovery or problems.

Abdominal pain caused by coldness or insufficiency.

Pain caused by blood stasis.

Occasionally cardiovascular or hypertension conditions.

Migraine headaches

Arthralgia

Traumatism

Blisters, ulcers y abscess

Constipation produced by lack of Xue or by intestinal dehydration.

- **Application.:**

Trunk: In cases to tone Xue.

Tail: In cases of blood stasis.

Root: To tone blood circulation.

In cases where they are applied as tincture, its effects may be greater.

- **Contraindications:**

In cases of diarrhoea or whenever there is excess of humidity in the digestive system.

It is nor advised to take *Angélica Sinensis* in cases when there is Insufficient Yin (symptoms such as: fever, thirst, sweat, etc), neither in cases when being exposed to the sun or being under ultraviolet treatment, as it could produce photosensitivity.

There might be possible interactions with pharmaceutical products such as:

- Heparin.
- Ticlopidine.
- Warfarin.

People allergic to plants from the *Aplacea* or *Umbeliferacea* (anise, carrot, dill, celery, caraway, parsley, etc) families, should avoid consumption to prevent possible skin effects.

It is not advisable to take them either during pregnancy or breastfeeding, due to the possible hormonal qualities as well as anticoagulants/antiplatelets.

FORMULAS IN CHINESE PHARMACOPEA
CONTAINING ANGÉLICA SINENSIS.

- TO TONE XUE.

TAO HONG SI WU TANG.

Composition :

Rehmannia Glutinosa treated 6 gr (or 15 gr of dry
Rhemannia Glutinosa).

Ligusticum Chuanxiong 8 gr.

Paeonia Lactiflora toasted 10 gr.

Angélica Sinensis 12 gr.

Prunus persica 6 gr.

Carthamus Tinctorius 4 gr.

Directions:

Stasis and blood insufficiency, blood circulation problems,
edemas, cramps, cold sensation and algias in limbs, purple
tongue, filiform pulse.

Directions for use::

Boiled, 3 daily intakes.

GUI PI TANG.

Composition:

Atractylodes Macrocephala 30 gr.

Poria cum Ligno Hospite 30 gr.

Astragalus Menbranaceus 30 gr.

Euphoria Longan 30 gr.

Ziziphus Jujuba tostado peeled 30 gr.

Ginseng 15 gr.

Saussurea Lappa 15 gr.

Glycyrrhiza Uralensis prepared 8 gr.

Angélica Sinensis 3 gr.

Polygala Tenuifolia prepared with honey 3 gr.

Indications:

Heart and spleen failure.

Stress and worries affect the heart and the spleen causing insufficient Qi and Xue, throb, insomnia, overnight sweat,

Rush of heat, anorexia, fatigue, yellowish face, pale tongue with fine white film and filiform pulse.

Loss of blood in spleen melaena, metrorrhagia, advanced menstrual cycles with abundant flow and clear vaginal discharge.

Directions for use:

Prepare a herbal tea or in honey pills of 15grs. And take three times a day, one of them with boiling water and before any food intake.

- TO TONE Qi.

BU ZONG YI QI TANG.

Composition:

Astragalus Membranaceus 15-20 gr.

Clycyrrhiza Uralensis prepared 5 gr.

Ginseng 10 gr.

Angélica Sinensis oven dried with liquor or sundried 10 gr.

Citrus Reticulata Blanco (fructus maturus) 6 gr.

Rizoma Cimicifugae 3 gr.

Radix Bupleuri 3 gr.

Atractylodes Macrocephala 10 gr.

Indications:

Stomach and spleen failure, fever, overnight sweat, increased with physical effort, preference for warm beverages, short breath and superficial, asthenia, fatigue, pale face, liquid defecation, weak pulse, pale tongue with fine white coat.

Qi Insufficiency and failure, anal prolapse, chronic diarrhoea and Yang failure.

Directions for use:

Boiled in water or prepare pills, 10-15 gr. per intake or 2-3 times a day. Use warm water or ginger soup.

- DECREASE IN Qi.

SU ZI JIANG QI TANG.

Composition:

Perilla Frutescens 9 gr.

Pinellia Ternata 9 gr.

Angélica Sisensis 6 gr.

Glycyrrhiza Uralensis treated 6 gr.

Peucedanum Praeruptorum 6 gr.

Magnolia Officinalis 6 gr.

Cinnamomum Cassia (cortex) 3 gr.

Indications:

Acute attack in the upper part and insufficiency in the lower part, high concentration of Tan, cough, pant, short and superficial, sensation of fullness with pressure feeling around thorax and abdominal area, lumbar pain, lack of strength in feet, fatigue, oedema in body, white coating around tongue, slippery and viscous.

Directions for use:

Add to slices of raw ginger, one slice of Ziziphus Jujuba and 2 gr of Perilla Frutescens (folium), boil all these ingredients in water to make a tea.

- CIRCULATION STIMULATION AND BLOOD DRAINAGE

FU YUAN HUO XUE TANG.

Composition:

Bupleurum Chinensis 15 gr.

Radix Trichosanthes 9 gr.

Angélica Sinensis 9 gr.

Carthamus Tinctorius 6 gr.

Glycyrrhiza Uralensis 6 gr.

Manis Pentadactyla 6 gr.

Rheum Palmatum, soaked in liquor, 30 gr.

Prunus Persica, soaked in liquor, remove ends and make a paste 9 gr.

Indications:

Blood circulation stimulation, unblocks and activates the liver and the meridians, eliminates stasis and pain.

Directions for use:

Boiled and take in a tea.

BU YANG HUAN WU TANG.

Composition :

Astragalus Membranaceus crudo 120 gr.

Angélica Sinensis cola 6 gr.

Paeonia Veitchii 6 gr.

Pheretima Aspergilum 3 gr.

Ligusticum Chuanxiong 3 gr.

Carthamus Tinctorius 3 gr.

Prunus Persica 3 gr.

Indications:

Insufficiency of Qi and blood stasis, after-effects caused by a Vascular Brain Accident (* known in Spanish as A.V.C.), hemiplegia, unilateral facial dysmetria, stuttering, salivation, atrophía of lower members, polyuria, enuresis, urinary incontinence, white coating around tongue and slow pulse.

Formula to eliminate Wind from brain, it is essential to remove it to treat vascular brain accidents from meridians:

thrombosis, etc., as well as from other organs but very quickly to be done previous to the hemiplegia, otherwise results are hardly appreciated. It must be treated in parallel with acupuncture.

Directions for use:

Boiled in water, taken as a tea.

WEN JING TANG.

Composition:

Evodia Ruteacarpa 9 gr.

Angélica Sinensis, 9 gr.

Paeonia 6 gr.

Ligusticum Chuanxiong 6gr.

Ginseng, 6 gr.

Cinnamomum Cassia (ramulus) 6 gr.

Equus Asinus 9 gr.

Paeonia Suffruticosa 6 gr.

Jengibre , raw 6 gr.

Glycyrrhiza Uralensis 6 gr.

Pinellia Ternata 6 gr.

Ophiopogon Japonicus 9 gr.

Indications:

Cold sensation and lack of Chong Mai and Ren Mai, stasis and blood stagnation, irregular vaginal discharge and menstrual cycles, amenorrhoea, fever at dusk, heat sensation in palms and soles, dry mouth and lips, pressure at the iliac area, full sensation in abdomen. It also treats sterility.

Directions for use:

Boil in water and take as a tea.

- HAEMOSTASIS.

HUAI JIAO WAN.

Composition:

500 gr de Sophora Japonica (fructus toasted removing branches).

250 gr de Saposnikovia Divaricata

Angélica Sinensis.

Scutellaria Baicalensis.

Citrus Aurantium.

Indications:

Haemorrhage by intestinal wind, haemorrhoids (with or without haemorrhage), anal prolapse produced by wind and heat or humidity and heat.

Directions for use:

Grind all ingredients to obtain a powder, prepare pills of 9 gr. and take with warm water. It could also be boiled.

XIAO JI YIN ZI.

Composition:

Rhemannia Glutinosa 30 gr.

Cephalanoplos Segetum 15 gr.

Talcum 15 gr.

Aristolochia Manshuriensis 9 gr.

Typha Angustifolia, tostado 9 gr.

Nelumbo Nucifera 9 gr.

Lopatherum Gracile 9 gr.

Angélica Sinensis, soaked in liquor 6 gr.

Semen Pittospori 9 gr.

Glycyrrhiza Uralensis, treated 6 gr.

Indications:

Stasis of heat in lower Jiao inferior, which produces dysuria and bleeding. Polyuria, dark urine, miction or hematurya. Also for renal tuberculosis (urine and blood), red tongue and fast pulse.

Directions for use:

Boil in water and take in a tea.

JIAO AI TANG.

Composition:

Ligusticum Chuanxiong 6 gr.

Equus Asinus 9 gr.

Artemisia Argyi 9 gr.

Clycyrrhiza Uralensis 6 gr.

Angélica Sinensis 9 gr.

Paeonia 12 gr.

Rehmannia Glutinosa, dry 12 gr.

Indications:

Lack of Chong Mai and Ren Mai in women, metrorrhagia, hypermenorrhoea or intense haemorrhage after abortion, or haemorrhage and abdominal pain during pregnancy.

Directions for use:

Boil and filter, adding some liquor. Drink it while warm.

- REGULATION OF LIVER AND SPLEEN.

XIAO YAO SAN.

Composition:

Bupleurum Chinense, remove shoot 3 gr.
Angélica Sinensis, remove shoot and slightly toasted.
Paeonia Lactiflora.
Atractylodes Macrocephala.
Poria Cocos peeled.
Glycyrrhiza Uralensis 1,5 gr (any of them)

Indications:

Blood insufficiency and hepatic obstruction which cause pain, cold and hot feeling, headaches, vertigo, dried mouth and throat, asthenia, anorexia, menstrual disorder, chest congestion, weak pulse.

Directions for use:

Make a tea or take in a pill, 6 a 9 gr, per intake, twice a day.

DAN ZHI XIAO YAO WAN.

Composition:

Bupleurum Chinense 15 gr.
Paeonia Lactiflora 15 gr.
Angélica Sinensis 15 gr.
Gardenia Jasminoides 6 gr.
Mentha Haplocalyx 6 gr.
Poria Cocos 15 gr.
Atractylodes Macrocephala 15 gr.
Paeonia Suffructicosa, 10 gr.
Glycyrrhiza Uralensis 8 gr.

Indications:

Blocked hepatic Qi, tones the digestive system and regulates blood.

Directions for use:

In tablets.

- HEAT DISPERSION IN ORGANS.

LONG DAN XIE GAN TANG.

Genciana Scabra, toasted with added liquor, 6 gr.

Scutellaria Baicalensis, toasted 9 gr.

Gardenia Jasminoides, toasted with added liquor, 9 gr.

Arisma Orientale 12 gr.

Aristolochia Mashuriensis 9 gr.

Plantago Asiática Semen 9 gr.

Angélica Sinensis (washed with liquor) 3 gr.

Rehmania Glutinosa (toasted with added liquor) 9 gr.

Bupleurum Chinense 6 gr.

Glycyrrhiza Uralensis raw, 6 gr.

Indications:

Superior aggression of acute fire to the liver and biliary vesicle, headache, red conjunctiva, costal pain, bitter taste in mouth, hypoacusis caused by a cold or other causes, ear inflammation, decrease in humidity and heat, inflammation and itch in genital area, atrophy of muscle tendons, sweat, cloudy urine, vaginal discharge caused by humidity and heat, leucorrhea caused by humid heat, hypertension and dizziness, and also for acne in irritable teenagers who drink large quantities of alcohol.

Directions for use:

Prepare in a tea, taking it as needed by the patient. It could also be taken in pills of 6 to 9grs., twice a day with warm water.

QING WEI SAN.

Composition:

Rehmannia Glutinosa 12 gr.

Angélica Sinensis 6 gr.

Paeonia Suffruticosa 9 gr.

Coptis Chinenses 3-5 gr.

Cimifuga Heracleifolia 6gr.

Indications:

Accumulated heat and burning sensation in stomach, toothache spreading over the head and increasing pain with heat and feeling relief with cold feeling, warm cheeks, gum ulceration or bleeding, painful lips, tongue or cheeks, or halitosis, mouth and tongue dehydration, red tongue with yellow coat, “slippery” and fast pulse.

By adding: *Rehmannia Palmatum*, it produces an excellent remedy for acute constipation.

Directions for use:

Boiled , take as a tea.

- HEAT DISPERSION DUE TO LACK OF YIN.

DANG GUI LIU HUANG TANG.

Composition:

Angélica Sinensis.

Rhemannia Glutinosa.

Scutellaria Baicalensis,

Phellodendron Amurense.

Coptis Chinensis. (all in the same doses).

Astragalus Membranaceus (doble dose).

Indications:

Fire caused by lack of Yin, fever, overnight sweat, red face, anxiety, worries, dried mouth and lips, dried defecation, yellow urine, red tongue and fast pulse.

Directions for use:

Boiled and take in a tea.

- TONE OF YIN.

YI GUAN JIAN.

Composition:

Adenophora Tetraphylla 10 gr.

Ophiopogon Japonicus 10 gr.

Angélica Sinensis 10 gr.

Rehmannia Glutinosa 30 gr.

Lycium Barbarum 12 gr.

Melia Toosendan 5 gr.

Indications:

Lack of Yin in the heart and liver, blood dehydration and stagnant Qi. Pain in thorax area, also gastric and costal pains, bitter and sour regurgitation, dried mouth and throat, red tongue, lack of liquids, filiform pulse or weak, hernia, etc.

Directions for use:

Boiled and take in a warm tea.

- TONE OF YIN-YANG.

LONG DAN WAN.

Composition:

Allium Tuberosum 60 gr.

Angélica Sinensis 30 gr.

Cononopsis Pilosula 240 gr.

Glycyrrhiza Uralensis 60 gr.

Scolopendra Subspinides Mutilans 30 gr.

Rhemannia Glutinosa treated 300 gr.

Indications:

Lack of Yang or Yin in liver, lack of basal substance and blood stasis. Lack of libido, anorgasmia, impotence and frigidity, uncompleted erection or lack of it, lack of vulvovaginal lubrication, delayed ejaculation or lack of it, lumbago, aquiparous, rejection to cold, asthenia, anorexia, pale face and tongue, occasional purple stains, white film and slow pulse.

Directions for use:

Take in tablets.

- IMPORTANT SEDATION.

ZHU SHA AN SHEN WAN.

Composition:

Cinnabar 15 gr.

Coptis Chinensis 18 gr.

Glycyrrhiza Uralensis 16 gr.

Rhemannia Glutinosa, 8 gr.

Angélica Sinensis, 8 gr.

Indications:

Excess of fire in the heart, lack of Xue Yin, psychic disorders, insomnia, sleeping disorders caused by sensation of having several dreams, throb, nausea, discomfort in the thorax area, red tongue, filiform pulse and fast.

Directions for use::

Prepare in pills (from 6 to 9 gr per intake), to be taken in boiling water before sleeping or in a tea by adding powdered Cinnabar.

- LIGHT SEDATION.

TIAN WANG BU XIN DAN.

Composition:

Ginseng.

Salvia Miltiorrhiza toasted.

Scrophularia Ningpoensis toasted.

Poria Cocos peeled.

Schisandra Chinensis baked.

Polygala Tenuifolia toasted.

Platycodon Grandiflorum, (15gr. Of any of them)

Angélica Sinensis.

Asparagus Cochinchinensis.

Ophiopogon Japonicus.

Biota Orientales

Ziziphus Jujuba, 60 gr. of these substances.

Indications:

Yin and Xue exhaustion, anxiety, insomnia, throb, asthenia, spermatorrhoea while sleeping, dried defecations, ulcers in the mouth and tongue, red tongue lacking protector film, filiform and fast pulse.

Directions for use:

Reduce to obtain a fine powder and prepare small pills with honey.

- PURGING AND TONIC TREATMENT.

XIN JIA HUANG LONG TANG.

Composition:

Rehmannia Glutinosa finely cut 15 gr.

Glycyrrhiza Uralensis raw 6 gr.

Ginseng, prepared on its own 4,5 gr.

Rheum Palmatum raw 9 gr.

Mirabilite 3 gr.

Scrophularia Ningpoensis 15 gr.

Ophiopogon Japonicus 15 gr.

Angélica Sinensis 4,5 gr.

Holoturias 2 pieces. (units)

Ginger juice, 6 teaspoonfuls.

Indications;

Internal cumulative heat, lack of Qi and Yin, constipation, feeling full and hard abdomen, asthenia, weak breath, dried mouth and throat, chapped lips and dried tongue, with yellowish film, dry or black and chapped.

Directions for use:

Boil all the above substances in 8 glasses of water to obtain 3 glasses of the tea. Take the first glass of tea with half of the Ginseng tea previously prepared and add 2 teaspoonfuls of ginger juice. After taking, if it produces meteorism or intestinal noises, it will mean that stimulation to excrete. If the patient does not excrete after a couple of hours, another glass of tea can be taken. If the patient has still not defecated after 24 hours, a third glass of the tea will be taken. If only one glass is sufficient to defecate it will be acceptable to have one of the recipes of **Yi Wei Tang**.

- ANTIDIARRHOEAL ASTRINGENCY .

ZHEN REN YANG ZANG TANG.

Composition:

Ginseng 6 gr.

Angélica Sinensis 9 gr.

Atractylodes Macrocephala 12 gr.

Myristica Fragnans, 12 gr.

Cinamomum Cassia (cortex) 3 gr.

Glycyrrhiza Uralensis prepared 6 gr.

Paeonia Lactiflora 15 gr.

Saussurea Lappa 9 gr.

Terminalia Chebula, remove bone 12 gr.

Pericarpium Papaveris prepared with honey 20 gr.

Indications:

Chronic diarrhoea, cold and spleen and liver failure, anal incontinence, abdominal pain relieved by heat and pressure, liquid defecation with bleeding, blood and mucus excretions, urgent defecations and tenesmus, abdominal pain, tiredness and anorexia.

Directions for use:

In boiling water and have as a herbal tea.

- BASAL SUBSTANCE CONSERVATION AND MAINTENANCE.

SANG PIAO XIAO SAN.

Composition:

Paratenodera Sinensis.

Polygala Tenuifolia.

Acorus Gramineas.

Os Draconis.

Poria Cum Ligno Hospite.

Ginseng.

Angélica Sinensis.

Chinemus Reevesii prepared with vinegar. 30 gr. any of them

Indications:

Heart and liver failure, polyuria, “rice” alike colour urine, confusing feelings, anorexia, enuresis and spermatorrhoea.

Directions for use:

Grind and dissolve 6 gr. of Codonopsis Pilosula in the tea preparation and drink it before going to bed. Otherwise, boil all substances and take them in a tea.

- DISPERSION OF EXTERNAL WIND.

DA QIN JIAO TANG.

Composition:

Gentiana Macrophylla 90 gr.
Glycyrrhiza Uralensis 60 gr.
Ligusticum Chuanxiong 60 gr.
Angélica Sinensis 60 gr.
Paeonia Lactiflora 60 gr.
Asarum Heterotropoides 15 gr.
Notopterygium Incisum 30 gr.
Saposhnikovia Divaricata 30 gr.
Scutellaria Baicalensis 30 gr.
Gypsum Fibrosum 60 gr.
Angélica Dahurica 30 gr.
Atractylodes Macrocephala 30 gr.
Rehmannia Glutinosa 30 gr.
Poria Cocos Blanco 30 gr.
Angélica Pubescens 60 gr.

Indications:

Initial phase of wind aggression to the meridians. Unilateral facial dysmetria, lingual rigidity (which does not able speech), inability to move hands and feet, located wind in any meridian.

Direction for use:

Grind and boil 30 gr. of the powder, filter and drink in tea. It could also be prepared in a tea and drunk.

XIAO FENG SAN.

Composition:

Angélica Sinensis.

Rehmania Glutinosa.

Saposhnikovia Divaricata.

Cryptotympana Atrata.

Anemarrhena Asphodeloides.

Sophora Flavescens.

Schizonepeta Tenuifolia.

Atractylodes Lancea.

Arcticum Lappa.

Gypsum Fibrosum. 3 gr. of any of them

Glyzyrrhiza Aralensis.

Aristolochia Manshuriensis. 1,5 gr of any of the two.

Indications:

Measles, eczema, rashes or red spots over the body, itch, exudation, white or yellowish film around tongue, fast pulse.

Directions for use:

Boil and drink the tea in the morning, before any food intake.



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