

Herbal Applications

(Eczema, Dermatitis, Eye Vision)

Eczema and Dermatitis Formula

Sheng di huang, chi shao yao, mu dan pi, xuan shen, dan shen, huang qin, lian qiao, jin yin hua, chan tui, di fu zi, huang bai, ku shen, zhi zi, bai xian pi, cang zhu, bai zhu,

Cautions: while using the formula, the patient should stop smoking, stop drinking, no coffee, avoid spicy food such as chili pepper, sea food, lamb, beef, onion, Chinese chives, reduce sweet food such as mango, litchi, pineapple, etc. The patient should also get enough sleep and reduce mental and physical stress.

Herbs for Improving Vision

There are many herbs used to treat eye illness and improve vision, here are the classification according to TCM syndromes:

1. Wind-heat: red eyes, teary eye

Bai Ji Li, Bo He, Man Jing Zi, Mu Zei

2. Wind-heat of liver meridian: redness, swelling and pain of eyes, teary eyes, blurred vision, fear of light

Chan Tui, Mu Zei, Gu Jing Cao, Qin Pi, Xiong Dan

3. Liver meridian wind-heat or liver meridian fire: redness, swelling and pain of eyes, teary eyes

Ju Hua, Ye Ju Hua, Sang Ye, Jue Ming Zi, Cong Wei Zi (Seed of Yi Mu Cao)

4. Liver fire flare-up: redness, swelling and pain of eyes, painful eyeball, fear of light, blurred vision, teary eyes, dark vision

Xia Ku Cao, Qing Xiang Zi, Mi Meng Hua, Che Qian Zi

5. Liver yang preponderance or liver fire: redness, swelling and pain of eyes, fear of light, blurred vision, with dizziness, headache, tinnitus

Shi Jue Ming, Zhen Zhu Mu, Bai Ji Li, Zi Bei Chi, Zhen Zhu, Ling Yang Jiao

6. Liver and Kidney Yin deficiency: blurred vision, darkness

Gou Qi Zi, Nu Zhen zi, Tu Si Zi, Shu Di Huang, Sha Yuan Zi, Ci Shi, Shi Hu, Fu Pen Zi

Formula Bi Yuan Qing in the treatment of **chronic rhinitis**

xi xin 5g, bai zhi 10g, xin yi hua 10g, cang er zi 10g, bo he 10g, huo xiang 10g, shi cang pu 10g, sheng ma 10g, chuan xiong 10g, zhi zi 10g, huang qin 10g, shi gao 15g

Formula for eye itching:

sheng di huang 30g, jin yin hua 15g, chi shao 15g, dang gui 10g, tao ren 10g, bai ji li 10g, bai xian pi 10g, di fu zi 10g, hong hua 5g

Jian Pi Gu Chang Tang in the treatment of **chronic colitis:**

dang shen 15g, huang qi 15g, burnt Shan zha 15g, qin pi 10g, Pao Jiang 10g, mu xiang 6g, huang lian 6g, Ke zi 6g, wu mei 6g, zhi gan cao 6g

Herbs for hand and foot tinea

internal use:

Wan Fu Mei Zang Tang:

huang qi 30g, yi yi ren 30g, di fu zi 30g, bai xian pi 30g, sheng di huang 20g, dang gui 15g, ku shen 15g, hou pu 15g, chuan shan jia 10g, chen pi 10g, fang feng 10g, can zhu 10g, gan cao 5g. one dose a day, for 15 days.

topical use:

she chuang zi 30g, bai xian pi 30g, di fu zi 30g, bai bu 20g, ku shen 20g, shi liu pi 20g, hua jiao 20g, huang bai 20g, fang feng 15g, ding xiang 6g
add 2,000ml of water, cook until 1,000ml of fluid left. soak for 15 minutes when the decoction still warm. soak twice a day. the decoction can be used repeatedly after boil it again.

Herbs for the treatment of chronic non-bacterial prostatitis

Qian Lie Kang Fu Tang:

che qian zi 15g, tu si zi 15g, jin ying zi 15g, fu pen zi 15g, wang bu liu xing 15g, chuan niu xi 6g, gan cao 6g, zhu ling 6g, mu tong 6g, fu ling 9g, bai hua she she cao 30g, chuan shan jia 10g, wu yao 12g.
one dose a day.

Pai shi Tang for urinary stones:

jin qian cao 30g, hai jin sha 30g, hua shi 30g, bai mao gen 30g, ji nei jin 15g, niu xi 15g, shi wei 15g, che qian zi 15g, wang bu liu xing 15g, bian xu 15g, qu mai 15g, mu tong 6g, chen xiang 5g