

Master Tung's Magic Points Advanced Class – Diseases and Point Combinations - Herbal Formulas

Key for formulas listed below:

Page numbers following the formulas refer to pages in the Handbook of Chinese Herbal Formulas by Him-che Yeung L.Ac., O.M.D., Ph.D. As most people will have the second edition, the first number reflects the second edition; the second number reflects the first edition.

HEADACHE

Headache - Chuan Xiong Shao Yao Gan Cao Tang

Meniere's Disease - Ban Xia Bai Zhu Tian Ma Tang pg. 39/ 41 + Er Chen Tang pg. 84/ 88, then use Lycii/Chrysanthemum to treat long term

EYE DISEASES

Eye Tic - Shao Yao Gan Cao Tang or Qian Zheng San pg. 171/ 166

Severe Nearsightedness - Che Qian Zi, Jue Ming Zi, Tu Si Zi + Dan Shen, Tao Ren, Hong Hua

Farsighted - Ling Gui Bai Zhu Tang (Fu Ling, Gui Zhi, Gan Cao, Bai Zhu) + seeds (Che Qian Zi, Jue Ming Zi, Tu Si Zi) + Yuan Zhi and Shi Chuan Pu

NOSE DISEASES

Itchy Allergies - Gui Zi Tong pg. 112/ 115 + Yu Ping Feng San pg. 294/ 280 with Cang Er Zi

EAR DISEASES

Tinnitus- Bu Zhong Yi Qi Tang pg. 49/ 51 + Ge Gen = Yi Qi Cong Ming Tong (Man Jing Zi, Ge Gen, Dang Shen, Sheng Ma)

MOUTH, TONGUE AND TEETH DISEASES

Mandible Pain - Du Huo Ji Sheng – remove Nui Xi, Du Zhong, add Jiang Huang, Ge Gen, Mu Gua (neck/tendons)

Deviated Mouth - Shan Feng Nu? (nourish) Chi San

FACIAL DISEASES

Facial Paralysis - Shao Yao Gan Cao Tang

Trigeminal Neuralgia - San Pien Tang

THROAT DISEASES

Fishbone stuck in throat - 10 Wai Ling Xian + 5 Shan Zha + vinegar

NECK DISEASES

Goiter - Hyperthyroid - use Xiao Yao San pg. 275/ 263 + Zhen Yi Tang pg. 298/ 288 + Tian Hua Fen, Zhi Mu, Xia Ku Cao, Mu Li

Hypothyroid - Zhen Wu Tang pg. 302/ 287, Shen Qi Mai Wei Di Huang, (Dang Shen, Huang Qi, Mai Men Dong, Wu Wei Zi), Zhi Gan Cao Tang pg. 305/291, Wen Yang Yao (herb?)

UPPER LIMB DISEASES

Index Finger and Trigger Finger - Tou Gu Cao 20 cun- each pkg. Boil three times, cook, let vapor rise, put finger over it

LOWER LIMB DISEASES

Sciatica - for stroke and sciatica Bu Yang Huan Wu Tang pg. 48/50, Du Huo Ji Sheng Tang, but Gui Zhi Tang pg.112/115 + Zhen Wu Tang pg. 302/ 287 is better for sciatica.

Foot Cramps and Leg Pain - Shao Yao Gan Cao Tang

Heel Pain - Liu Wei Di Huang Wan + 5-10 Wai Ling Xin, 10 Shu Di, 3-5 Chuan Nui Xi or regular Nui Xi

Foot Pain - Gout - Wu Ling San pg. 254/ 244 + Si Miao San pg. 86/90 + Tu Fu Ling, Bei Xie

HEART DISEASE

Tachycardia - Ku Shen add to Zhi Gan Cao Tang pg. 305/ 291

Myocarditis - Shen Fu Gu Li Tang pg. 204/ 199 (Dong Shen, Fu Zi, Long Gu , Mu Li) + Shen Mai San pg. 212/ 207 (Ren Shen, Mai Men Dong, Wu Wei Zi)

Yang Collapse - Shen Fu Long Gu Mu Li Tang pg. 204/ 199 + Sheng Mai San pg. 212/207 or Zhen Wu Tang pg. 302/287 + Sheng Mai San

Irregular Heartbeat - Zhi Gan Cao Tang pg. 305/ 291

LIVER AND GALLBLADDER DISEASE

Gallstones - Da Chai Hu Tang pg. 57/ 61 + Jin Qian Cao and Ji Nei Jin
Also Si Ni San pg.225/ 216 + 3 Mu Xiang, 3 Jin Qian Cao, 3 Zhi Shi, 3 Ji Nei Jin, Da Huang. If jaundice, use 10 Yin Chen Ho, 1.5 Da Huang, 1-1.5 Gan Cao

LUNG DISEASES

Lung Diseases - Xiao Qing Long Tang pg. 273/ 261 and Xiao Chai Hu Tang pg. 266/ 255

Shi Gao and Jie Geng are very important herbs for the respiratory system

Bronchitis/Cough - Cold Phlegm- Xiao Qing Long Tang pg. 273/ 261, Phlegm Heat- Ma Xing Shi Gan Tang pg. 159/ 157

Lingering Cough - Zhi Sou San pg. 307/ 293 + Xian He Cao

Tuberculosis - Basic formula - Qing Hao Bie Jia Tang pg. 176/ 171 - to this add Qin Bu Dan (Huang Qin, Bai Bu, Dan Pi), with Di Gu Pi to nourish yin

Asthma - Xiao Qing Long Tang for wintertime asthma pg. 273/ 261 + 3 Hou Po and 3 Xing Ren. Hot Asthma - Ma Xing Shi Gan Tang pg. 159/ 157

SPLEEN AND STOMACH DISEASES

Stomach Ulcer - Huang Qi Jian Zheng pg 126/128 for cold ulcer
For hot type ulcer use Ban Xia Xie Xin Tang pg. 41/43 (Huang Lian, Huang Qin)

Summertime Stomach Upset - Ban Xia Xie Xin Tang pg. 41/ 43
Sheng Mai San pg. 212/207 - thirsty after heat disease

Vomiting - Most simple herb is ginger, 2nd is Ban Xia (Ban Xia Fu Ling Sheng Jiang)

Hiccups - Zuo Jin Wan pg. 316/ 302 (Huang Lian, Wu Zhu Yu) add Hai Piao Siao (cuttlebone)

Stomach Pain After Chemotherapy - Use Six Gentlemen (Xiang Sha Liu Jun Zi) pg. 264/ 150

Reflux - Zuo Jin Wan pg. 316/ 302

Poor Appetite - Xiang Sha Liu Jun Zi Tang pg. 264/ 253. Jiao Shan Shen – dry fry and boil, Shan Zha or Xiang Sha pg. 264/ 253 Shen Qu, Mai Ya.

KIDNEY AND URINARY DISEASES

Kidney Stone - For damp heat Ba Zheng San pg. 32/ 34 + Shi Wei San pg. 216/ 210 w/ 3 Golds (San Jin Tang) pg. 191/ 186

Dr. Young's Kidney Stone Formula: 9 Hua Shi, 3 Gan Cao, 12 Nui Xi, 9 Shi Wei, 15 Che Qian Zi, 12 Du Zhong. Also lots of cornsilk, drink all the time.

Edema - chronic use Zhen Wu Tang pg. 302/287, other possibilities: Gui Zhi Shao Yao Zhi Mu Tang pg. 111/ 114 + Zhen Wu Tang pg. 302/ 287, Shen Fu Tang pg. 204/ 199 + Ling Gui Zhu Gan Tang pg. 150/ 148

Urinary Tract Infection or Inflammation - Ba Zheng San pg. 32/ 34 and Long Dan Xie Gan Tang pg. 156/154 for acute UTI, or Ba Zheng San + Zhu Ling Tang pg. 310/ 296. For acute and chronic use Si Ni San pg. 225/216 + Jie Geng and Fu Ling.

Prostate Enlargement - for elderly with deficient Kidney fire use Jin Gui Shen Qi Wan pg. 137/138. For qi and yin deficiency – Gui Zhi Fu Ling pg. 110/113 + Jin Gui Shen Qi + herbs to soften masses, like Xia Ku Cao, Kun Bu, Hai Zao, Mu Li. Excessive nocturia, use Liu Wei Di Huang.

Prostatitis - For damp heat use Si Ni San pg. 225/ 216 + Zhi Bai Di Huang or Long Dan Xie Gan + Bei Xie pg. 102. For pain radiating, use Chuan Lian Zi, Li Zhi He pg. 299/341, Yan Hu Suo + Bu Zhong Yi Qi pg. 49/51. Kidney Qi Deficiency – chronic white discharge, use Shen Qi Wan pg. 137/138 + Yi Mu Cao. Blood in the semen with radiating pain, use Huo Luo Xiao Ling Dan + Pu Huang and Wu Ling Zi or Gui Zhi Fu Ling + Ru Xiang, Mu Yao, Chuan Shan Jia Di Long.

Difficulty Urinating - Shen Qi Tang pg. 137/ 138 + Nui Xi, Che Qian Zi

Frequent Urination - Sang Piao Xiao, Long Gu, Mu Li

Turbid Urine - the most important herb is Chuan Nui Xi, always add this

Blood in the Urine - Xiao Ji Yin Zi pg. 270/ 258 or Zhu Ling Tang pg. 310/296

INTESTINAL DISEASES

Inflammation, Acute or Chronic - Huo Xiang Zheng Qi San pg. 128/ 130 or Ge Gen Huang Qin Huang Lian Tang pg. 100/ 104 or Bai Tou Wen Tang pg. 37/ 39

Food Poisoning - Huo Xiang Zheng Qi pg. 128/ 130

Inflammation - use Si Shen Wan pg. 227/ 218 or Shen Ling Bai Zhu Tang pg. 206/ 201 for chronic diarrhea. Li Zhong Wan pg. 146/ 144 for chronic/cold Sp Yang deficiency and Gui Fu Li Zhong for Kidney deficiency. Liver excess with Spleen defic. Use Tong Xie Yao Fang pg. 245/ 237 + Si Jun Zi Tang pg. 223/ 214. Cock's crow diarrhea - Fu Zi Li Zhong pg. 146/ 97 + Wu Wei Zi, Wu Zhu Yu to warm and astringe

Intestinal Bleeding - Huang Tu Tang pg. 127/ 129

Stomach Bleeding - Xie Xin Tang pg 277/ 265 + 1.5 Tien Chi and 3 Bai Ji. For chronic condition use Bu Zhong Yi Qi Tang pg. 49/ 51 + Bai Ji and She Gan pg. 417

Hemorrhoids - Yi Zhi Tang 5 Chai Hu, 3 Huang Qi, 6 Dang Gui, 1.5 Sheng Ma, 2 Gan Cao, 1 Da Huang. Amounts are represented in grams of powder.

Appendicitis - Da Huang Mu Dan Pi Tang pg. 61/ 65 or Yi Yi Fu Zi Bai Jiang Tang (pg. 518/ 573 in Handbook under Yi Yi Ren)

EXTERNAL GENITALIA DISEASES

Seminal Emission - Gui Zhi Jia Long Gu Mu Li Tong pg. 112/ 115

Impotence and Premature Ejaculation - Use Gui Zhi Long Gu Mu Li Tang pg.112/ 115, mild and smooth formula, good for both.

For premature ejac., also use Jin Suo Gu Jing (Golden Lock Tea pg. 138/ 139) + Zhi Bai Di Huang pg. 303/ 289. Chronic w/blood stasis, add Xue Fu Zhu Yu Tang pg. 281/ 269.

Damp heat use Er Miao San pg. 86/ 90 + Xiao Chai Hu Tong pg. 266/ 255. Liver stagnation use Xiao Yao San pg. 275/ 263 + Li Zhi He (pg. 299/ 341), Xiao Hui Xiang (pg. 260/ 297), Chuan Lian Zi.

GYNECOLOGICAL DISEASES

Blocked Fallopian Tubes - Use Tong Guan Tong (Open Tube Formula): 3 Tao Ren, 3 Hong Hua, 3 Chuan Xiong, 3 Dang Gui (this part is Si Wu Tang), add 2 Hui Xiang, 3 Lian Qiao, 3 Xiang Fu, 3 Chi Shao, 3 Dan Shen, 1.5 Zhi Gan Cao. This formula moves blood and disperses phlegm. Blood stagnation or phlegm blockage causing the tube to stick together, afterwards use Xiang Fu to regulate the chi. This formula is good for all sorts of

infertility. If you are not sure that the tube is blocked, first do this formula for 3-4 weeks, to move blood and disperse phlegm. The next month, tonify Kidney and Liver w/ You Gui Wan pg. 290/ 276 + Yu Ling Zhu? or 6-2-5 : 6 = Liu Wei Di Huang, 2 = Er Xian Tang (Two Gardeners pg. 91), 5 = Wu Zi Yen Zhong Tang (Five Seeds = Tu Si Zi, Fu Pen Zi, Che Qian Zi, Wu Wei Zi, Gou Qi Zi).

Uterine Tumor - Use Gui Zhi Fu Ling Tang pg.113/110 + Xiang Fu, Zhi Bei Mu, Mu Li (raw), Xuan Shen. Leukorrhea – use Wan Dai Tang (cooked Bai Zhu, Bai Shao and Dang Shen with Chi Shao, Chen Pi, Che Qian Zhi, Chai Hu, Jing Jie and Wai San). With chi deficiency use Bu Zhong Yi Qi Tang pg. 49/ 51 and/or Shen Ling Bai Zhu Tang pg. 206/ 201.

Vaginitis - For wash, use 3 Ku Shen and 5 Che Qian Zi.

Fibroids with Heavy Bleeding - Excessive bleeding, must have blockage. Move blood to stop bleeding. If severe, stop bleeding directly. Three ways to treat. 1) flooding – block the source, a. avalanche (heat) b. spotting (def.); 2) move stagnation; 3) tonify. For #1) moxa Lv1 and Sp1, w/ Ten Ashes Formula (Shi Hui San pg. 213/ 208) or Four Fresh Herbs (Si ShengWan pg. 228/ 219) then do #2) move stagnation w/ Gui Zhi Fu Ling pg. 110/113. #3) To tonify Kidney and stop bleeding, use Jiao Ai Tong (pg. 136/ 137). Can use Dang Gui Shao Yao Tang pg. 73/ 77, to move the blood, use pwd. to stop bleeding (raw herbs).

PARALYSIS DUE TO STROKE (WIND AND PHLEGM) DISEASES

Hemiplegia - use Bu Yang Huan Wu Tang pg. 48/ 50. Gradually increase the Huang Qi, use a lot if no high blood pressure, up to 4 oz. If HBP, use with Sang Ji Sheng and fried Du Zhong. Also, Di Huang Yin Zi +- (pg. 83), after above, use tonify Lv/K herbs, like Du Zhong and Niu Xi.

Coma - use An Gong Niu Huang Wan pg.29/ 31 (Bezoar Resurrection Pills), boil w/ water and give through feeding tube to bring to consciousness. First principal is to move blood and disperse phlegm. If no An Gong Niu Huang, use Er Chen Tang (phlegm) pg. 84/ 88 + Tien Chi/San Qi (blood). There are two main herbs to clear heat, disperse wind and clear water of chest and brain, Long Dan Cao and Ting Li Zi.

Dr.Young gives a Heat/Phlegm formula w/o a name for it:

3 Ban Xia
3 Chen Pi
3 Fu Ling
1 Zhi Gan Cao
3 Long Dan Cao
3 Zhu Ru
3 San Qi (add after)
3-4 Ge Gen
3 Shi Chang Pu

3 Ting Li Zi

Paralyzed Body - use Di Huang Yin Zi (pg. 79/ 83)

Stiff Tongue - same as above

Parkinson's Disease - use Ling Yang Gou Teng Tang (pg. 151/ 149) or herbs like: Tian Ma, Gou Teng, Gui Ban, Mu Li, Bei Jia.

MISCELLANEOUS DISEASES

Hypertension - Systolic=Heart, Diastolic=Kidney. Relating to Heart, think about Ju Hua, GouTeng, Shi Jue Ming -abalone, Huang Qi, Chuan Nui Xi. Relating to Kidney = Ze Xie. Without edema – Liu Wei Di Huang pg.152/154 + Wei Ling Xian, Du Zhong, Cang Zhu, Suan Zao Ren, etc. With edema – Zhen Wu Tang pg. 302/ 287. Ju Hua + Sang Ye tea. Take high Calcium/Magnesium. Garlic, Mu Erh.

Cholesterol - to reduce, eat more sour like vinegar and garlic. Use Chi Shao, Shan Zha, Dan Shan, Ze Xie, Jue Ming Zi (pg.288/330). Walk 30 minutes every day. Blk Mu Erh (Blk Wood Ear Fungus) moves blood, clears stagnation. White Wood Ear tonifies Kid. and Chi. Japanese eat lots of seaweed, thin and low cholesterol. Wu Mei plums, lemon juice – sour. Stay away from sweets and seafood, also organ meats and egg yolk.

Insomnia - Chronic - 5 yrs. or more leads to stagnation, Si Ni San pg. 225/ 216 + Tao Hong Si Wu Tang pg. 229/220. Lv chi stagn? Lv/Kid Yin Def? Ht Yin Def? Qi/Bld Def?

Diabetes - Use Shen Qi Mai Wei Di Huang Tong = Six Flavor + 10 Dang Shen, 10 Huang Qi, Mai Men Dong, Wu Wei Zi, to benefit chi and tonify yin. Dang Shen and Huang Qi, tonify chi. Can also add Tian Hua Fen, Zhi Mu and Xuan Shen especially if thirsty. (White Tiger) Bai Hu Tang pg. 36/ 38, good for thirst also Zhen Yi Tong pg. 298/ 288, increases fluid after fever, constipation after febrile diseases, due to Yin Deficiency. Mai Wei Di Huang = Six Flavor + Tonify Kidney Yin (Zhen Yi Tang pg. 298/ 288 -- Xuan Shen, Sheng Di Huang, Mai Men Dong, Wu Wei Zi) plus Dang Shen and Huang Qi to tonify Chi, if thirsty add Ting Hua Fen, Zhi Mu, add Cang Zhu, Ge Gen, Xuan Shen, Dang Shen for a steady effect.

For non-healing ulcerations on feet use Dan Shen, Chuan Niu Xi.

Eyes bleeding, use Qi Ju Di Huang w/ Sheng Di Huang not Shu Di, add San Qi and Dan Shen. Eat pumpkin, bitter melon, sour – lemon/vinegar, raw garlic.

Diabetic Neuropathy - use scorpion/centipede, moves and extinguishes draft. Di Long and Wu Gong (cent.) for numbness, Jiang Can, Chuan Xie for pain.

Uremia leading to Dialysis - Kidney failure, use Dong Cong Xia Cao 6-9gm daily then 2X's per week. 80% Qi/Yin Def. use Shen Qi Mai Wei Di Huang, (Dang Shen, Huang Qi, Mai Men Dong, Wu Wei Zi). 20% Sp/K.
For Sp/K Yang Def. use Zhen Wu Tang pg. 302/287. Navel w/salt, ginger, moxa, see No Urine pg.14, after Prostatitis.

Epilepsy - Chai Hu Long Gu Mu Li Tang

Lipoma - Formula to regulate chi, disperse phlegm w/ Xiang Fu + Bai Jie Zi (white mustard seed).

Varicose Veins - formula for moving blood and dispersing phlegm. Gui Zhi Fu Ling Wan pg. 110/ 113 + Fang Ji Huang Qi Tang pg. 90/ 94 or Si Miao San pg.90/ 86

Arteriosclerosis - Fu Ling Yang Hu Tang.

Blood Diseases - Mu Tou, Mu Liu (66.06, .07), Three Yellows. Use Huang Qi Jian Zhong Tang pg. 126/ 128 + Liu Wei + Xian He Cao, if bleeding.

Teeth Grinding - phlegm and heat issue. Use Gan Cao Xie Xin Tang pg. 96/100, or Ban Xia Xie Xin Tang (pg. 41/ 43).

Psoriasis - Boil eucalyptus leaves and wash skin. Chinese chives leaves also good, smelly rub on skin. Dr. Young's skin formula:

Yin Qiao Liang Xue Tong

3 Jin Yin Hua
3 Sheng Di
3 Mu Dan Pi
2 Lian Qiao
1 Gan Cao
3 Chi Shao
3 Huang Qin
3 Cang Er Zi
3 Chan Tui

Can be used for all kinds of skin problems, and Lupus. Children use 2 qian instead of 3, if not treated properly, kids may suffer 10 yrs. Besides using herbs, also stay off carpets, avoid milk, and wear only cotton clothing. For psoriasis, add 5 Di Fu Zi and 5 Bai Xin Pi.

Acne - Use previous formula, add 3 Sang Bai Pi and 3 Pi Pa Yip, and take out Chan Tui and Cang Er Zi (for itching). If acne has a discharge, add phlegm herbs – Chen Pi and Fu Ling.

After Menopause - Wen Jing Tong pg. 252/ 242 is made up from 5 formulas. Gui Zhi Tang, Mai Men Dong Tong, Jiao E Tang, Si Wu Tong, Wu Zhu Yu Tong.

Shingles - Long Dan Xie Gan Tong pg. 156/ 154 + San Shen Er Miao San pg. 86/ 90
Ext: Dr. Young – use xiong huang (realgar pg. 555) mixed w/ vinegar or wine,
M.L. – Mix equal parts pwd. of xiong huang w/ liu huang (sulfur pg. 351) with sesame oil, make a paste, apply externally, cover with gauze. This formula takes the burn and itch away.

Notes: If it includes the roots of the nerves, take 0.5cun scorpion pg 385/435, 3X's daily, swallow in capsules. If severe pain, use centipede pg. 466/522 and Yan Hu Suo. Xi Xin pg.485/539 – if damaged by cold. Scorpion 1.5 – 2 cun and centipede 1-2 pieces, are very effective in stopping pain, good for severe sciatica or trigeminal neuralgia. Not used for stomach pain, use Shao Yao (10-20c.) Gan Cao (3c) Tong.

Pain - Scorpion 1.5 – 2 cun and centipede 1-2 pieces, are very effective in stopping pain, good for severe sciatica or trigeminal neuralgia. Not used for stomach pain, use Shao Yao (10-20c.) Gan Cao (3c) Tong.

Hyperactive Kids - Six Flavor + Xiao Chai Hu Tong pg. 266/ 255

Notes: may be a phlegm issue, add, Yuan Zhi and Shi Chang Pu – to calm, and open orifices.

Retarded children - use a similar approach: Six Flavor + Bai He, to open the mind lotus root to make happy. If hypoactive – warm the yang, if hyperactive – tonify yin.

Lupus– Mai Wei Di Huang Wan – Mai Men Dong, Wu Wei Zi, Sheng Di, Chi Shao

Mouth Ulcers - Dao Chi San pg. 80 – tip of tongue. Liu Wei Di Huang pg. 154 – for the sides.