

More on Wu Shi Cha

Brenton Harvey, LAc, CH; Hong Ji

Thank you for your responses to the recent article (October 2009) on *Wu Shi Cha*. To answer some of the questions you sent us, we have provided some more specific information we researched in our numerous books about the history of *cha* (tea) in China.

Wu Shi Cha is a common patent pill/extract that varies in formulation, depending upon the manufacturer, and labeled under different formula names. *Wu Shi Cha* has several distinct characteristics. *Hong cha* (red/black tea) is the main herb in the formula. The formula is complex and consists of many herbs, as seen in the table. It is aromatic, tonifies and warms the spleen, resolves dampness, and spreads and regulates *qi* (*wei qi* in particular). Noontime is the best time of day to cook the herbs for the tea. This is why the name translates as Noontime Tea Extract. *Wu Shi Cha* was originally found in historical TCM texts, more than 500 years ago.

Ingredients For *Wu Shi Cha*

Black atractylodes	<i>cang zhu</i>	300g	P. citri reticulae	<i>chen pi</i>	300g
Rx. bupleuri	<i>chai hu</i>	300g	Fr. forsythia	<i>lian qiao</i>	300g
White atractylodes	<i>bai zhi</i>	300g	Fr. citri immaturus	<i>zhi shi</i>	300g
Fr. crataegi	<i>shan zha rou</i>	300g	Rz. notopterygii	<i>qiang huo</i>	300g
Rx. peucedani	<i>qian hu</i>	300g	Rx. ledebouriellae	<i>fang feng</i>	300g
H. agastaches	<i>huo xiang</i>	300g	Rx. glycyrrhizae	<i>gan cao</i>	300g
Massa fermentata	<i>shen qu</i>	300g	Rx. ligustici	<i>chuan xiong</i>	300g
Ct. magnoliae	<i>hou po</i>	450g	Rx. platycodi g.	<i>jie geng</i>	450g
Fr. hordei vulgaris	<i>mai ya</i>	450g	Folium perillae	<i>su ye</i>	450g
Red tea	<i>hong cha</i>	10,000g	Fresh ginger	<i>sheng jiang</i>	2,500g
White flower	<i>mian fen</i>	3,250g			

Preparation: Extract juice from the fresh ginger (*sheng jiang*) and set aside. Dry out herbs in the sun or dry fry in a wok. Grind herbs into a powder. Add in *sheng jiang* juice and white flower (*mian fen*) and mix. This makes 15g pills.

Dosage: One to two pills cooked with water. Drink warm. Wrap blanket around patient to induce sweating. If the decoction is drunk at a cool temperature, it will have less effect.

Function: Disperses wind cold. It is gentle to stomach and aids in digestion. Treats common cold and flu, head and body aches. Resolves internal damp cold blockage, unblocks stuck food masses, cold disorder transforming into heat, stifling sensation in chest, nausea, lack of appetite, fatigue and more.

It is amazing that the longer I live in China, the more I learn about what I originally thought was the simple subject of tea.

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