

More on Wu Shi Cha

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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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