

Ancient Cha Herbal Formulas: Enhancing the 24 Effects, Part One

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The effects of *cha* herbal formulas are well-known and varied. In this three-part article, we will discuss 24 of the most well-known effects of *cha* herbal formulas including ingredients, dosage, how the formulas should be prepared, and functions.

Effects of *Cha* Herbal Formulas

1. Fight Fatigue (*Xiao Shui*) Effect

A. *Cha Chuan Xiong Cong Bai*

Herb	Pinyin
Camellia sinensis	<i>Cha</i>
Radix ligusticii W.	<i>Chuan Xiong</i>
White stalk of green onion	<i>Cong Bai</i>

Function: treats coma (according to TCM dictionaries).

2. Calm Spirit (*An Shen*) Effect

A. *Gan Jiang San*

Herb	Pinyin	Dosage
Dry ginger	<i>Gan Jian</i>	2.7 <i>qian</i> (8.1g)
Camellia sinensis	<i>Cha</i> (high grade)	1.7 <i>qian</i> (5.1g)

Function: Post-cholera symptoms of agitation, restlessness and fidgetiness according to the ancient Song dynasty text *Sheng Ji Zong Lu*.

B. Family Treasure Formula (*Zhou Yisheng Jia Bao Fang*)

Herb	Pinyin	Dosage
Camellia sinensis	<i>Cha</i> (winter pick, old growth, picked after first frost)	30g, powdered
Rice	<i>Sheng Ming Fan</i>	15g, powdered

Preparation: Make into pills; roll in *zhu sha* powder.

Dosage: 15g, decocted

Function: Treats depressive psychosis and epilepsy caused by anxiety, melancholy, impairing heart and spleen with stasis of phlegm/*qi*. Manifestations of depression, lack of expression, quietness, self-muttering, fantasizing, hallucinations, paraphasia.

C. *Zai Xuan Fang*

Herb	Pinyin	Dosage
Camellia sinensis	<i>Cha</i> (spring pick)	30g
Fructus gardeniaiae	<i>Zhi Zi</i>	30g

Preparation: Cook with water, concentrated in one cup. Try to vomit or cough after ingesting formula.

Function: Treats wind phlegm-caused diseases as above formula.

D. *Ru Zi Fang* formula from *Tea Classic* text (*Cha Jing*)

- bitter *cha*
- roots of green onion

Preparation: Decocted to treat infantile convulsion caused by unknown reasons (not fright, depression, etc.).

3. Clear Vision (*Ming Mu*) Effect

A subject well-written about in Chinese departments of ophthalmology. Four books alone discuss over 95 different formulas for this purpose. A few are listed.

A. *Bu Gan San* (drink with wax tea)

- wax tea (data is limited)

Function: Liver deficiency, sensitivity to light, excessive tearing.

B. *Huan Jing Wan* (return eyeball pill)

Preparation: Drink with green *cha*.

Function: Treats *lu feng nei zhang* condition, equating with acute angle-closure glaucoma.

C. *Hu Jing Wan*

Function: Treats congenital cataracts caused by kidney/spleen deficiency or excessive rest by pregnant women with wind toxin.

D. *Jiu Jing Wan*

Preparation: Take with green tea.

Function: Treats optic atrophy caused by kidney yin deficiency.

E. *Shi Jue Ming San* (abalone shell powder)

Preparation: Take with green tea.

Function: Treats cataracts.

F. *Zi Yin Di Huang Wan*

Preparation: Take with green tea.

Function: Treats blood deficiency, visual fatigue.

G. *La Cha Yin* (wax tea drink)

<u>Herb</u>	<u>Pinyin</u>	<u>Dosage</u>
Small bud green tea	<i>Ya Cha</i>	3g
Radix angelicae D.	<i>Bai Zhi</i>	3g
Radix aconite	<i>Fu Zi</i>	3g
Herba asari	<i>Xi Xin</i>	1.5g
Radix ledebouriellae	<i>Fang Feng</i>	1.5g
Herba agestaches	<i>Qiang Huo</i>	1.5g
Herba schizonepetae	<i>Jing Jie</i>	1.5g
Radix ligusticii W.	<i>Chuan Xiong</i>	1.5g

Preparation: Add a little salt to decoction.

Function: Treats broken blood vessels in eyes.

H. *Gan Shi*

<u>Herb</u>	<u>Pinyin</u>
Smithsonitum	<i>Gan Shi</i>

Rhizoma coptidis	<i>Huang Lien</i>
Camellia sinensis (early spring pick)	<i>Yue Chen Cha</i>

Preparation: Grind into super-fine powder. Use externally. (Do not use internally.)

Function: Treats infection of eyeball.

4. Clear Head (*Qing Tuo Mu*) Effect

A. *Yi Fang Di Lun*

<u>Herb</u>	<u>Pinyin</u>	<u>Dosage</u>
Rhizoma cimicifungae	<i>Sheng Ma</i>	18g
Radix rehmanniae G.	<i>Sheng Di</i>	15g
Camellia sinensis	<i>Cha</i> (green, early spring pick)	12g
Radix scutellariae	<i>Huang Qin</i>	3g
Rhizoma coptidis	<i>Huang Hien</i>	3g

Preparation: Decoct with water.

Function: Wind headaches on side and front of head.

B. *Qian Jin Yao Fang*

Preparation: Decoct one-half gallon *cha*.

Dose: two-thirds of half-gallon. Causes patient to vomit. Drink more, vomit, repeat until gallbladder bile (green) vomits up.

Function: Migraine headache caused by phlegm rising with *San Jiao qi* counter flow.

5. Stop Thirst (*Zhi Ke Sheng Jin*) Effect

A. *Long Jing Jue Hua Cha*

<u>Herb</u>	<u>Pinyin</u>	<u>Dosage</u>
Westlake Dragonwell green tea	<i>Cha</i> (green)	3g
Chrysanthemum	<i>Jue Hua</i>	3g
Rock candy sugar		No amount listed

Preparation: Steep as a tea, add sugar.

Function: Green tea promotes saliva, clears exopathic wind, heat and nourishes dryness.
Endopathic heat.

6. Clear Heat (*Qing Re*) Effect

A. *Shang Han Yuang Re Cong Shi Cha Fan*

B. *Fan Re Shi Gao Cha Fang*

C. *Fan Zao Bo He Cha Fang*

Above formulas contain the following herbs:

<u>Herb</u>	<u>Pinyin</u>
Green onion	<i>Cong Bai</i>
Soya (prepared)	<i>Dou Chi</i>
Platycodon	<i>Jing Ji</i>
Camellia sinensis	<i>Cha</i>
Ginger root	<i>Sheng Jiang</i>
Herba ephedra	<i>Ma Huang</i>
Fructus gardenia	<i>Zhi Zi</i>

7. Clear Summer Heat (*Xiao Shu*) Effect

All green teas are cooling, especially the Westlake Dragonwell variety of green tea, used as a single herb. Add flos chrysanthemum (*jua hua*) for enhancement.

8. Detox Poison (*Jie Du*) Effect

A. *Jian Bian Fan* (Simple and convenient form)

- Green tea (young pick), 6g
- White rice (*bai fan*), 6g

Preparation: Grind to powder. Drink in room-temperature water.

Function: Treats toxic heat carbuncles.

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