

| rb/Item | Plinyin |
|------------------------|-------------------|
| lnut | <i>He Tao</i> |
| <i>dix ligusticii</i> | <i>Chuan Xior</i> |
| erilla | <i>Zi Su (Ye)</i> |
| een tea (ring pick) | <i>Yu Gian Ch</i> |

BODYWORK

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

Brenton Harvey, LAc, CH; Hong Ji

Editor's note: The effects of *cha* herbal formulas are numerous and well-known. This three-part article discusses 24 of the most well-known effects of *cha* herbal formulas, including ingredients, dosage, preparation and functions. Each part will discuss eight effects from *cha* formulas. For a description of the first eight effects, please see [part one](#) of this article.

Effects of *Cha* Herbal Formulas

9. Digest Food (*Xiao Shi*) Effect

A. *Wu Hu Tang*

| Herb/Item | Pinyin |
|--|-------------------------|
| <i>Camellia sinensis</i> (Dragonwell tea variety) | <i>Long Jing Lu Cha</i> |
| <i>Fr. Iyeei</i> | <i>Go Qi Zi</i> |
| <i>Flos chrysanthemum</i> | <i>Jue Hua</i> |
| <i>Flos Ionicera Japonica</i> | <i>Jin Yin Hua</i> |
| <i>Fructus jujulbae</i> | <i>Da Zao</i> |
| <i>Radix dioscoreae O.</i> | <i>Shan Yao</i> |
| <i>Radix glycyrrhizae</i> | <i>Gan Cao</i> |
| Chinese <i>Panax ginseng</i> | <i>Ren Shen</i> |

Preparation: Cook herbs, add ginger root and raw sugar.

10. Sober Drunkenness (*Xiu Jiu*) Effect

| Herb/Item | Pinyin | Dosage |
|--------------------------------|-----------------|--------|
| Tea leaf | <i>Cha Ye</i> | 15g |
| Salt | <i>Qing Yan</i> | 3g |
| Refined sugar | <i>Yan Tan</i> | 9g |
| <i>Rhizoma sparganii</i> | <i>San Len</i> | 9g |
| <i>Sclerotium omphalia</i> | <i>Lei Wan</i> | 9g |

Preparation: Add rock sugar to taste. This beverage is served in bars and nightclubs in China at the end of the evening.

11. Break Down Oils and Fats (*Qu Fei Ni*) Effect

Pu erh cha is well-known through-out China and especially in Mongolia for aiding in the digestion of blood fat (cholesterol) that results from a diet high in meat.

12. Move Qi Down (*Xia Qi*) Effect

A. *Chuan Ya Bu Fang*

| Herb/Item | Dosage |
|----------------------------|--------|
| Hai Jin Sha | 30g |
| <i>La Cha (Oolong Cha)</i> | 15g |

Preparation: Dry-fry sugar and salt, and then add other herbs and grind into powder. Take 9 grams, powder draft.

Function: Treats intestinal parasites.

13. Move Water Down (*Li Shui*) Effect

A. *Hai Jin Sha San Fan*

| Herb/Item | Pinyin |
|-------------|---------------|
| Green onion | <i>Cong</i> |
| Wax tea | <i>La Cha</i> |

Preparation: Grind into powder; 9g per dose, decocted with *sheng jiang* and *gan cao*. Take as much as is needed until it causes patient to urinate.

Function: Treats inability to urinate, especially with bloating below the navel.

14. Evacuate Bowels (*Tong Bian*) Effect

A. *Guo Ji Zhong Fu Ren Fang*

| Herb | Dosage |
|----------------------|--------|
| High-grade green tea | 500g |

Preparation: Grind into powder. Take with green tea. Do not use with *da huang* (rx rhubarb).

Function: Relieves postpartum constipation.

15. Treat Dysentery (*Zhi Li*) Effect

For Damp Heat Toxic Invasion Type:

A. *Shi Liao Ben Cao Fang*

| Herb/Item | Pinyin |
|---------------------|--------------------|
| Sticky rice | <i>Nian Gao</i> |
| Spring pick tea | <i>Yu Chan Cha</i> |
| Rock sugar | <i>Bing Tang</i> |
| <i>Flos jasmine</i> | <i>Mo Hi Hua</i> |

Preparation: Dry-fry in *sheng jiang* juice. Grind into powder. Take in strong doses.

Function: Treats acute or chronic dysentery.

For Five-Colors Diarrhea:

B. *Ci Hui Xiao Bian Fang*

| Herb/Item | Pinyin |
|-------------------------------------|--------------------|
| Spring pick tea | <i>Yu Chen Cha</i> |
| <i>P. Citri reticulata</i> | <i>Chen Pi</i> |
| <i>Cacumen biota Orientalis</i> | <i>Bian Bai Ye</i> |
| <i>Fr. Pruni mume</i> | <i>We Mei</i> |
| <i>Fr. Jujubae</i> (with seed) | <i>Da Zao Ren</i> |

Preparation: Decoct the herbs together and drink.

Function: Quickly resolves acute dysentery with blood, pus, phlegm, etc.

For Chronic Dysentery:

C. Feng Lian Tang Mi Fang

| Herb/Item | Pinyin | Dosage |
|--------------------------|-------------------------|--------|
| <i>Camellia sinensis</i> | <i>Cha</i> (high-grade) | 30g |
| <i>B. batryticatus</i> | <i>Bai Zhiang Can</i> | 30g |

Preparation: Decoct in water. Take three times a day.

16. Break Down Phlegm (*Qu Tan*) Effect

A. *Rui Zu Tang Jing Yan Fang*



Preparation: Grind into powder and put into bowl. Add boiling water. Place lid on bowl. Drink before bed.

Function: Phlegm cough due to excess phlegm heat with inability to sleep.

JUNE 2006