



*Ancient formulae
for the modern child*

*A Pediatric Line formulated from
Traditional Chinese Medicine*

by

Giovanni Maciocia

www.three-treasures.com



THE LITTLE TREASURES

Giovanni Maciocia

Giovanni Maciocia is an acupuncturist and medical herbalist resident in England, where he has practised since 1973. He studied acupuncture at the International College of Oriental Medicine in England and at the Nanjing College of Traditional Chinese Medicine in China. A respected author and lecturer, he has skillfully adapted the traditional disciplines of Chinese medicine and greatly increased its profile in the West. Students and patients in Europe and America have benefited from his knowledge and clinical experience. *The Three Treasures* is the culmination of his wide research and practice.

Giovanni Maciocia is also the author of seven other books which have contributed greatly to the diffusion of Traditional Chinese Medicine in the West:

- Tongue Diagnosis in Chinese Medicine* (1987), rev. (1995)
- The Foundations of Chinese Medicine* (1989), rev. (2005)
- The Practice of Chinese Medicine* (1994), rev. (2007)
- Obstetrics & Gynaecology in Chinese Medicine* (1998)
- Diagnosis in Chinese Medicine* (2003)
- The Channels of Acupuncture* (2006)
- The Psyche in Chinese Medicine* (2009)

NOTE:

The remedies are presented in the form of granules that are easy to dispense ensuring maximum compliance and easily absorbed. Unique to this line, the remedies are completely free of any animal or mineral substance. Not only are there no toxic herbs but herbs with too strong an action have also been avoided. The remedies are also free from wheat, yeast or sugar of any kind.

- Completely vegetarian, no animal or mineral substances
- No toxic herbs
- Wheat-free
- Yeast-free
- Lactose-free
- Sugar-free
- Easy to dispense
- Easily absorbed
- No preservatives or artificial colourings

Published by:
Su Wen Press, 5 Buckingham House, Bois Lane, Chesham Bois,
Buckinghamshire HP6 6BN, United Kingdom

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ISBN 978-0-9536157-1-1

SU WEN PRESS

July 2010

Introduction

The Little Treasures is a new pediatric line formulated by Giovanni Maciocia. The remedies have been formulated according to traditional Chinese pediatric formulae integrated by Giovanni's 35-year clinical experience.

Composed of 12 remedies, the line addresses some of the most common children's complaints seen in a Western clinic. The remedies were formulated to keep into account children's distinctive aetiology and pathology.

The children's disorders addressed by *The Little Treasures* are:

- Upper respiratory infections
- Cough (two remedies)
- Asthma
- Abdominal Pain
- Eczema
- Poor sleep
- Attention deficit hyperactivity disorder
- Bedwetting
- Chronic sinus and throat congestion
- Chronic ear infections
- General weakness and tendency to catching colds

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Children's Characteristics in Chinese Medicine

Children are not just a 'small version' of adults. Children have specific characteristics which influence the aetiology and pathology of their life. In order to treat children successfully, it is very important to master the main characteristics of children's physiology and pathology.

The discussion will revolve around four topics:

1. Traditional characteristics of children

- Spleen often deficient
- Yin often deficient
- Zangfu are vulnerable
- Qi is easily deviated from its pathways
- Children fall ill easily and recover easily, pathological changes are rapid
- The Zangfu are 'clear' and 'with vitality', they recover easily
- The Liver is often diseased
- Children are prone to Heat
- Children's *Shen* is relatively immature

2. Constitutional types

- Five Elements constitutional types
 - Wood
 - Fire
 - Earth
 - Metal
 - Water
- Other constitutional types
 - Dry, Hot, Thin
 - Xu-Cold, Thin, Weak
 - Greasy, Fat Sluggish
 - Oedema, Dark
 - Weary, Wasting, Slack, Soft

3. The stages of childhood according

to *Po*, *Zhi*, *Hun*, *Shen* and *Yi*

- Po*
- Zhi*
- Hun*
- Shen*
- Yi*

4. Aetiology, pathology and treatment according to stages of childhood

- From birth to 2 (*Po*)
- 2 to 4 (*Zhi*)
- 4 to 6 (*Hun*)
- 6 to 11 (*Shen*)
- from 11 onwards (*Yi*)

1. Traditional Characteristics of Children

There are eight chief characteristics of children. These are:

- Spleen often deficient
- Yin often deficient
- Zangfu are vulnerable

- Qi is easily deviated from its pathways
- Children fall ill easily and recover easily, pathological changes are rapid
- The Zangfu are 'clear' and 'with vitality', they recover easily
- The Liver is often diseased
- Children are prone to Heat
- Children's *Shen* is relatively immature

I shall therefore discuss these characteristics one by one.

a) The Spleen is often deficient

This is a very important and common characteristic of children. All children are born with an immature digestive system which strengthens gradually over the course of their life. It is for this reason that children need to be fed purely milk in the first few months of life as milk is rich in nourishment and easy to digest. Even so, small babies have trouble coping even with just milk: as all who have children know, small babies' life revolves all around their digestive system. They get hungry and cry, they are fed and feel satisfied and then need to burp to let milk go down; they often regurgitate some milk that they cannot digest. Frequently in the course of breastfeeding they suck in air and get colic.

When treating a baby or child, we can therefore assume that the Spleen is weak and we can add herbs to tonify the Spleen to whatever formula we are using. The main herb would be Bai Zhu *Rhizoma Atractylodis macrocephalae*. Similarly, when giving an acupuncture treatment to a baby or child, I would nearly always use Ren-12 Zhongwan to tonify the Stomach and Spleen.

As a result of the Spleen's weakness, babies and children are very prone to Food Retention (or Accumulation). As the Spleen fails to transform and transport food essence properly, food accumulates in the Stomach causing bad digestion, feeling of fullness, sour regurgitation, belching. Again, when treating children, the younger they are, the more important it is to treat Food Retention with herbs that dissolve it, e.g. Shan Zha *Fructus Crataegi*, Shen Qu *Massa medicata fermentata*, Gu Ya *Fructus Oryzae germinatus*, Mai Ya *Fructus Hordei germinatus* or Lai Fu Zi *Semen Raphani*.

b) Yin is often deficient

Children suffer easily from Yin deficiency. However, the Yin deficiency children suffer from has a quite different aetiology than that in adults. In adults, Yin deficiency usually results from years of overwork and irregular diet. In children, Yin deficiency is either constitutional or it results from the burning of Yin by Heat in

the course of a febrile disease. In this latter context, children can develop Yin deficiency in a matter of days.

c) The Zangfu are vulnerable

'Vulnerability' of the Zangfu means that the internal organs of children are more delicate than those of adults. For this reason, for example, children are prone to coughs after invasions of external Wind: that is because the Lungs are 'tender' and delicate and are easily affected by Heat and Phlegm.

Another example of 'vulnerability' of the Zangfu is the Liver. Children are very prone to Liver disharmonies which may be Liver-Qi stagnation in digestive problems, Liver-Yang rising or Liver-Fire in irritability and insomnia, or Liver-Wind when they get convulsions in the course of a febrile disease.

d) Qi is easily deviated from its pathways

Connected to the vulnerability of the internal organs referred to above, children's Qi pathways are easily deranged. What does this mean? It means that, in children, the 'Qi Mechanism' is easily upset. The Qi Mechanism consists in the coordinated ascending, descending, entering and exiting of Qi in every organ and every part of the body.

It is for this reason, that children and babies so easily suffer from vomiting and regurgitation of food. For example, external invasion of Wind frequently upset the Qi pathways and the baby or child vomits: this does not usually happen in adults. This situation is so common that, in children, vomiting during invasions of external Wind should not necessarily be interpreted as a manifestation of the invasion of Wind in the Stomach.

e) Children fall ill easily and recover easily, pathological changes are rapid

Although the Zangfu of children are vulnerable (which means that children fall ill easily), they do recover more easily than those of adults. This is a very important trait in treatment as children react much more readily to treatment than adults do. This means that Chinese medicine can truly benefit children as it can treat childhood illness such as asthma, thus effectively preventing years of morbidity and medication use.

Another characteristic of children is that, in the course of an illness, pathological changes occur rapidly. For example, during the course of an infection, a child can go from the Wei to the Blood Level in a matter of days; also, during the

course of a febrile disease, children may develop Yin deficiency in a matter of days (and they can recover equally rapidly).

f) The Zangfu are 'clear' and 'with vitality', they recover easily

This point is related to the previous one. Although children's Zangfu are delicate, compared to those of adults, they are also 'clear'. This is due to the fact that they are not encumbered by years of pathology. For example, Phlegm in an adult is the result of a complex pathological process that is difficult to treat. In adults, Phlegm often encumbers the Lungs and is the cause of further pathology. This does not happen in children in whom the Zangfu are 'clear'. The 'clarity' of the Zangfu is another reason why children usually react to treatment promptly.

g) The Liver is often diseased

In children, a pathology of the Liver is common. However, this is in a different sense than in adults. In adults, Liver-Qi stagnation is a common pathology deriving usually from repressed anger. Children however, do not repress their emotions in the same way as adults do and Liver-Qi stagnation from repressed emotions is not common. However, that is not to say that Liver-Qi stagnation does not occur in children: it does and it derives more from a derangement of the Stomach and Spleen and Accumulation of Food rather than the suppression of emotions as it happens in adults.

Thus, the saying 'the Liver is often diseased' refers more to the pathology of Liver-Wind that can develop relatively easily at the Blood level following an infection. Another Liver pathology children do suffer from is Liver-Fire which usually occurs in children who pertain to the Fire element constitutionally and who are also subject to stressful family situations.

h) Children are prone to Heat

This is an important and common characteristic of children. Compared to adults, they are more prone to Heat than to Cold. For example, teething in babies always manifests with symptoms of Heat (hence the red cheeks). When invaded by exterior Wind, children suffer much more frequently from Wind-Heat than from Wind-Cold. When suffering from a residual pathogenic factor this is usually always Heat, Damp-Heat or Phlegm-Heat.

i) Children's *Shen* is relatively immature

Although the *Shen* is formed at conception, at this time, it is an immature type of *Shen* which

(continued next page)

Children's Characteristics in Chinese Medicine (cont)

then matures over the following 6-7 years (see below). It is because of the immaturity of the *Shen* and resulting emotional lability that small children cry easily at the slightest incident and they also laugh easily. For example, we are all familiar with the situation when a toddler cries loudly because he or she fell and scraped his or her knee but they are easily distracted and we can make them laugh by doing something funny with their favourite teddy bear.

The immaturity of the *Shen* in children is *not* a pathology and it does not usually need any treatment. Indeed, the emotional lability of children is an asset as it means that children do not repress and hide their emotions as adults do.

2. Constitutional Types

There are two different classifications of children's constitutional types. I shall describe below the Five Elements constitutional types of children first. Constitutional types are useful to determine the prognosis and treatment of a child. The Element type of a child is particularly important when giving a preventive treatment.

a) Five Elements Types

i. Wood

Myopia from early age, headaches from early age, very tense child, sinewy body, Wiry pulse, enuresis (from Liver-Fire), restless sleep, twitching in sleep, screaming in sleep, hungry.

ii. Fire

Bluish tinge forehead (Fig.1), fearful, restless sleep, crying at night, Heart crack on tongue (Fig.2), tense child, body hot, red eyes, red cheeks (or opposite, cold hands, pale complexion). Tongue has red tip.



Fig.1 Bluish tinge on forehead

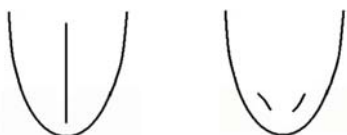


Fig.2 Heart crack

Fig.3 Lung cracks

iii. Earth

Flaccid muscles alongside the spine, digestive problems, vomiting, diarrhoea, sallow complexion, quiet child, thin body or fat body (if has Phlegm) when new-born, gets thinner after one month.

iv. Metal

White complexion, fearful, shy, prone to colds, whooping cough, asthma-eczema, thin chest, 'special Lung pulse', Lung crack on tongue (Fig.3). The special 'Lung pulse runs' medially from the Lung position towards the thumb (Fig.4).

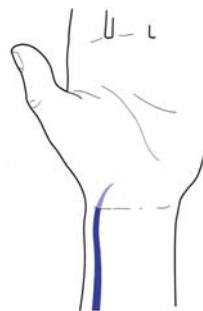


Fig.4 Special Lung pulse

v. Water

Nocturnal enuresis (from Kidney deficiency), child without energy, lassitude, no drive, thin body, may be developing slowly, asthma-eczema, headaches from early age, frequent urination, feeling cold.

b) Other Constitutional Types ¹

i. Dry, hot, thin

Thin body, dry skin, withered hair, dry mouth and nose, red, swollen throat, mouth or tongue ulcers, thirst, night sweating, hot palms, easy to get abscesses or carbuncles, four limbs contracted, scanty urine, dry stools, tongue Red, yellow coating or not enough coating.

Should have sweet-cool foods and herbs.

ii. Xu-cold, thin, weak

Thin body, thin limbs, cold hands and feet, dull-pale complexion, feeling cold, vomiting, diarrhoea, abdominal pain, pale urine, loose stools, crying easily, lazy, sweating easily, breathlessness, tongue Pale, pulse Deep, Fine.

Should have warm and sweet foods and herbs.

iii. Greasy, overweight, sluggish

Fat body, swollen under eyes, distended abdomen, greasy skin, skin spots, swollen face, poor digestion, loose stools, tongue Pale and Swollen, pulse Slippery.

Should have warm, drying foods and herbs.

iv. Oedema, dark complexion

Oedema body or face, dark under eyes, dark-withered skin, withered hair, weak muscles and tendons, slow speech, mental retardation, incontinence or urine, Tongue Red and Swollen with yellow-sticky coating, pulse Fine.

Must tonify and invigorate Blood, benefit the Kidneys and support Yang.

v. Weary, wasting, slack, soft

Thin body, weak limbs, no strength, yellow-sallow complexion, no strength in neck, flaccid muscles, weariness, slow speech, eyes without *shen*, feeling cold, loose stools, crying, abdominal distension.

Tonify the Spleen and Kidneys.

3. The Stages of Childhood According to *Po*, *Zhi*, *Hun*, *Shen* and *Yi*

The following is a classification of the stages of childhood that is not traditional but my own according to my clinical experience. According to this view, each stage of childhood is characterized by one of the 'Five Zhi', i.e. the *Po* (Corporeal Soul), *Zhi* (Will-Power or Memory), *Hun* (Ethereal Soul), *Shen* (Mind) and *Yi* (Intellect).

Of course, all of these mental-spiritual aspects of the Organs are present at the same time in every human being in all stages of life. However, they do not all mature at the same time. For example, at conception, there is only *Po* and *Shen*.

The Essence (*Jing*) is the origin and biological basis of the *Shen*. The 'Spiritual Axis' says in chapter 8: "Life comes about through the Essence; when the two Essences (of mother and father) unite, they form the *Shen*."² Zhang Jie Bin says: "The two Essences, one Yin, one Yang, unite to form life; the Essences of mother and father unite to form the *Shen*."³

Thus, the Pre-natal Essences of the mother and father combine to produce the *Shen* of a newly-conceived being. Thus, from the Chinese point of view, the *Shen*, albeit an immature type, is formed at conception. After birth, its Pre-natal Essence is stored in the Kidneys and it provides the biological foundation for the *Shen*. The life and *Shen* of a newly-born baby, however, also

depend on the nourishment from its own Post-natal Essence.

The *Po* is also formed at conception, in theory three days after conception resonating with the 3rd day of the waxing moon. The *Po* derives from the mother, while the *Hun* derives from the father. The *Po* is closely bound to the *Jing* (Essence) of the Kidneys: it is usually described as the 'entering and exiting of *Jing*'.

Being the closest to *Jing*, the *Po* is responsible for the first physiological processes after birth. Zhang Jie Bin says: "In the beginning of life ears, eyes and Heart perceive, hands and feet move and breathing starts: all this is due to the sharpness of the *Po*."⁴

It is said that in the first month of life especially, the baby is 'all *Po*'. As it resides in the Lungs, the *Po* is responsible for touch and skin sensations and it is nourished by the mother's *Po* through breast-feeding and touching. This explains the importance of touching in a baby's life: it not only establishes a bonding between mother and baby but it also physically nourishes the *Po* and therefore the Lungs.

Sleep scientist McKenna found that a sleeping mother and an infant share far more than a mattress. Their physiological rhythms in slumber exhibit mutual concordances and synchronicities that McKenna thinks are life-sustaining for the child. He says: "The temporal unfolding of particular sleep stages and awake periods of the mother and infant become entwined. On a minute-to-minute basis, throughout the night, much sensory communication is occurring between them."⁵ This is a clear confirmation of the connection between the mother's and the baby's *Po*.

a) *Po* (from birth to about 2)

As we have seen, the *Po* is formed at conception and it derives from the mother. It is also responsible for the most basic physiological processes in the life of a new-born baby such as touching, crying and breast-feeding.

In my opinion, the life of a baby from birth to about 2 is dominated by the *Po*. Of course, the *Shen* is also present but it is still an immature kind of *Shen*. During the first two years of life, the baby and, later, toddler, need the feeding and touch from the mother: during such activities, the mother's *Po* is actually nourishing the baby's *Po*.

b) *Zhi* (from 2 to 4)

From about 2 onwards, the toddler is beginning to form a concept of self as an autonomous individual, separate from his or her parents. As the *Shen* is still immature, the *Zhi* (Will-Power)

Children's Characteristics in Chinese Medicine (cont)

manifests itself with increased assertiveness and a tendency for the toddler to want to contradict his or her parents all the time (the 'terrible twos'). As every parent knows, the toddler will say 'no!' much more frequently than 'yes'!

c) Hun (from 4 to 6)

According to ancient beliefs, the *Hun* enters the body only after birth, in theory, three days after birth. It was 'imparted' by the father during a ceremony when the father gave the baby its name. Of course, we do not have to take this literally but these beliefs do show that the *Po* is Yin (compared to the *Hun*), it derives from the mother and is formed at conception; by contrast, the *Hun* is Yang in nature (compared to the *Po*), it derives from the father and is formed after birth. Also, the *Po* dies when the person dies and it returns to Earth; the *Hun* survives death and it returns to 'Heaven' (*Tian*).

The *Hun* is described as the 'coming and going of the *Shen*' and it gives the *Shen* creativity, inspiration, projects, life dreams, aims, and also artistic inspiration. In my opinion, the *Hun* dominates a child's life from the age of about 4 to about 6. During this time of life, the child is immersed in a world of the *Hun*, a world of fantasy where inanimate objects (such as dolls or teddy bears) come to life, a world of searching, imagination, and also artistic expression. At this age, every child is an artist.

During this stage of life, it is normal for the *Hun* to prevail over the *Shen* because the *Shen* is relatively immature. In adults, if the *Hun* prevails over the *Shen* it gives rise to a somewhat manic behaviour.

It is for this reason that, in my opinion, it is so important to let the child express himself or herself in this world of the *Hun* and not try to force the *Shen* to mature too early (as it happens in countries where children start proper school at 4).

d) Shen (from 6 to 11)

From the age of about 6, the child begins to leave the world of *Hun* and the *Shen* becomes more mature. The child's imagination does no longer run wild as it did before and a more rational view takes hold. This is therefore the best time for a child to start proper school. Of course, the child does not leave the world of the *Hun* entirely but the movement of the *Hun* is somewhat more restrained by the *Shen*.

e) Yi (from 11 onwards)

It is only from about 11 onwards that the *Yi* starts to develop properly. The *Yi* is responsible

for thinking, rational thinking, focussing in study and concentrating.

4. Aetiology, Pathology and Treatment according to Stages of Childhood

I use also another classification of the stages of childhood according to the prevailing aetiology, pathology and treatment methods.

a) Infancy up to 2

During the early stage of life the baby's and toddler's life revolves entirely around nutrition and the digestive system. During this stage, the baby or toddler frequently suffers from Retention of Food and, for this reason, whatever I am treating, I always add some digestive herbs to the prescription. The main aetiology at this stage of life is accumulation of Food.

If the child has an atopic constitution, it is at this time that he or she will have atopic dermatitis.

b) 2 to 4

From 2 to about 4, the child is prone to invasions of external Wind also because he or she starts to mix with other toddlers. At this stage, the child frequently catches upper respiratory or ear infections. When children were not immunized, at this stage of life they caught exanthematous infections, i.e. infections manifesting with skin eruptions (e.g. measles, German measles, chicken pox).

From a Western perspective, these skin eruptions are a manifestation of a cell-mediated immunity: as the skin eruptions appear, it means that the body's cells are fighting the bacteria or virus. From a Chinese perspective, these skin eruptions make the immune system mature and they also expel any Toxic Heat that the child may still carry from its life in the womb.

Most children's problems at this stage of life are due either to acute invasions of Wind which should be actively treated, or to a residual pathogenic factor following repeated invasions of Wind. The formation of a residual pathogenic factor is discussed under the remedy *Resolve Phlegm*.

c) 4 to 7

In this stage of life, the Spleen becomes stronger and the child does not suffer so many digestive upsets as before (under normal circumstances). Invasions of external Wind are still common and so is the formation of residual pathogenic factors.

From a medical viewpoint, this is a 'golden' age of childhood because children have left behind

the two aetiological factors of external Wind and Food accumulation and, on the other hand, they have not yet entered the adult world characterized by emotional problems.

d) 7 to 12

From 7 to about 12 the digestive system has completely settled down and the Spleen is much stronger. Also, the immune system is developed and invasions of exterior Wind are no longer so common as they were before.

However, at this stage of life emotional stress becomes more manifest due to pressures at school or to family situations.

END NOTES:

1. Zhu Yong Fang, A Discussion on the Clinical Significance of Children Constitutional Types, in Journal of Traditional Chinese Medicine (*Zhong Yi Za Zhi*), China Academy of Traditional Chinese Medicine, Beijing, no.11, 1991, p.10.
2. 1981 Spiritual Axis (*Ling Shu Jing*), People's Health Publishing House, Beijing, p.23. First published c. 100 BC.
3. 1982 Classic of Categories (*Lei Jing*), People's Health Publishing House, Beijing, p. 49. The Classic of Categories was written by Zhang Jie Bin and first published in 1624.
4. Classic of Categories, p.63.
5. Lewis T, Amini F and Lannon R 2000. A General Theory of Love, Random House, New York, p.195.

Diagnosis of Children

The following is a brief summary of the salient points in children's diagnosis. For reasons of space, it is not possible to describe all aspects of the diagnostic process in children; I will therefore only highlight the main differences between adults and children in diagnosis.

1. Tongue Diagnosis

The main differences between adults and children in tongue diagnosis lie in the body colour and coating.

a) Tongue-Body Colour

Children are more prone to redness of the tongue body than adults are because, as we have seen above, they are more prone to Heat. In particular, children are more prone to red points. For example, it is unusual for an adult to develop red points in the front third of the tongue as a manifestation of invasions of exterior Wind-Heat: in children, such finding is common. Indeed, frequently such red points appear in children even before any symptom develops.

When a child's tongue is presented with red points all over, it usually indicates Stomach-Heat. However, although a redness of the tongue and red points are common in children, we should not think that the tongue is not often pale. Children do suffer from Cold too, especially in the Stomach and Intestines, and in such cases, the tongue is indeed pale.

b) Tongue Coating

In children, the tongue coating tends to be thicker than in adults. However, the opposite is also true, i.e. a geographic tongue (when the coating is missing in patches) is relatively common in children, with a higher incidence of it among atopic children (Fig.5).



Fig.5 Geographic tongue

(continued next page)

Diagnosis of Children (cont)

2. Pulse Diagnosis

a) Pulse Rate

The pulse rate is naturally faster in children, and the younger they are, the faster it is. The following table gives guideline values of pulse rate (beats per minute) according to the age of the child.

Age	Pulse Rate
Newborn baby	120-140
1-year old	110-120
4-year old	110
8-year old	90
14-year old	75-80

It is important to keep the above values in mind, lest we erroneously diagnose Heat in a child purely on the basis of the pulse rate.

b) Techniques for taking the Pulse

In my experience, the younger the child, the more difficult it is to take and to interpret the pulse. Indeed, in babies, I tend to disregard the pulse and diagnose mostly by other symptoms and signs.

Organ	Pathology	Symptoms	Complexion	Pulse	Notes
Liver	Qi stagnation, Cold	Recurrent abdominal pain	Greenish	Wiry	Full condition
Heart	Heat	Disturbed sleep, bad dreams, waking up crying at night	Red	Overflowing	Often due to pre-natal pathology
Spleen	Dampness	Poor digestion, feeling of fullness, poor appetite, weak muscles, listlessness	Yellow	Slippery	Deficient
Lungs	Phlegm	Cough, catarrh, sinus congestion	White	Floating or Slippery	Lung is tender organ
Kidneys	Cold, Deficiency	Failure to thrive in a baby, nocturnal enuresis	Dark	Deep	Deficient

END NOTE:

1. Guangdong College of Chinese Medicine 1964 Paediatrics in Chinese Medicine (*Zhong Yi Er Ke Xue*), Shanghai Science and Technology Press, Shanghai, p.25.

When taking the pulse of a baby or a young child, one naturally needs to make allowance for the shortness of the pulse positions and one needs to use only one finger to feel all three positions. This is done by keeping the finger on the pulse and rolling the finger distally and proximally to feel the three positions. As mentioned above, this is not easy and I tend to concentrate more on the general pulse quality rather than on individual pulse positions.

3. Symptoms

The following table from 'Paediatrics in Chinese Medicine' summarizes the main symptoms and pathology of each organ.¹ Please note that, in this Chinese book, the pathology under the Liver is one of internal Wind in the context of febrile diseases. This is something that we are unlikely to see in our daily practice. I have therefore replaced this pathology with the much more common one of Liver-Qi stagnation and Cold affecting the Intestines.

The Granules

The Little Treasures are presented in the form of concentrated granules. The concentration ratio is 6:1 on average which means that 1 gram of granules equals 6 grams of raw herb.

The Little Treasures' remedies are made in Taiwan by the most reputable herbal manufacturer there. The manufacturer's modern scientific processing methods and rigorous quality control set them apart from all other sources of Chinese herbs. Here are some of the reasons why these granules are widely considered to be the top of their field:

- The manufacturer is a GMP-licensed manufacturer and its products exceed GMP standards.
- The manufacturer is the only producer of concentrated granular extracts who is able to collect the volatile oils during the extraction process. The oils are reintroduced downstream in a closed system.
- The manufacturer uses the strictest herb selection and identification protocols available. Their ID protocol is in a constant state of upgrade.

How are *The Little Treasures'* Remedies Produced?

1. **Raw materials** - only the finest and freshest herbs are bought. The raw herbs are then inspected for conformity and species verification by experienced botanists in Taiwan and USA.
2. **Extraction** - volatile oils are removed, to be introduced later on. All the herbs for a single remedy are then decocted *together*, rather than separately, thereby greatly strengthening the synergy of the herbs. This is done in a closed and controlled environment.
3. **Evaporation** - the collected volatile oils are reintroduced and the liquid extract is further concentrated
4. **Granulation** - this takes place in a completely enclosed chamber, protected against cross-contamination. The concentrate is sprayed on starch particles of the same herbs and is vacuum-dried at low temperature.
5. **Formulation** - the modified formulae, now in their dry granular form, are then bottled and sealed.

What Quality Controls (QC) are the Remedies Subject to after Processing?

Each batch of every product is subject to careful analysis to ensure a consistent and stable amount of active ingredients. QC is reflected in a final certificate, listing all relevant information and test results, which include the following:

- botanical name
- organoleptic properties
- standard test concerning solubility, stability, etc.
- Thin Layer Chromatography (TLC) to (re)confirm identity - by using a chemical fingerprint unique to each species.
- High Performance Liquid Chromatography (HPLC) measures potency by substantiating the presence of active ingredients.
- Standard tests for bacteria (e.g. salmonella, col-bacteria, total bacteria count), moulds and yeasts.
- Inductively Coupled Plasma-Mass Spectrometry (ICP-MS) analysis of heavy metal values. This state-of-the-art geophysical technology assures the absolute safety of the remedies, with reference to the limit values of the Japanese and the European pharmacopoeias. This system is sensitive to sub-parts per billion, compared to other systems which detect elements only in sub-parts per million.
- Gas Chromatography (GC) further ensures safety by testing for over 200 potentially harmful substances such as pesticides, herbicides and fungicides.
- Herbs susceptible to contamination by aflatoxins are tested separately.

Dosage

The question of dosage of herbal remedies is a complex one for which there are no hard and fast rules. In many cases, it is a matter of trial and error; patients often find their own correct level of dosage. One thing is certain: barring a few toxic herbs (which we do not use), the rules governing the range of dosage of herbal remedies are much looser than those of drugs.

For example, if we take four times the stated dose of most painkillers we might suffer toxic reactions, but this would not be the case with most herbs. Even for drugs however, the question of dosage is far from being as 'scientific' and accurate as we are led to believe. Reaction to a drug varies enormously and unpredictably between individuals as plasma concentrations commonly vary by a factor of 5 or more.

One of the criticisms often levelled at herbal remedies is that, because they are not standardised, there is no way of saying how much of the remedy's active constituents a patient is taking, and therefore no way of adjusting the dose accurately. There are two basic faults in this argument: first of all, with drugs too, finding the correct dosage is often a matter of trial and error due to individual variations in reaction; secondly, and most importantly, herbal remedies containing whole plants act in a physiological rather than chemical way, more like a food than a drug.

Thus, adjusting the dosage of individual active constituents is not necessary: it is precisely when active constituents are isolated that herbal remedies cause side-effects and adverse reactions in the same way as drugs. For example, *ephedrine* causes many more side-effects than Ma Huang *Herba Ephedrae*, glycyrrhizic acid causes many more side-effects (water and sodium retention) than Gan Cao *Radix Glycyrrhizae uralensis*, etc.

Furthermore, since herbal remedies are intrinsically safer than drugs (in spite of the barrage of contrary opinions that have been bandied in the past few years), the therapeutic range is far broader than for drugs. Indeed, the harmful dosage of herbs is so high that it would be impossible to ingest in one day. There are, in fact, reports of adverse reactions to herbal remedies in people who used them (unsuccessfully) in suicide attempts. The difference between the therapeutic range of drugs and herbal remedies can be illustrated in a diagram; Fig.1 shows herbal remedies on the left, drugs on the right.

Of course, there are toxic plants for which the dosage is crucial and the therapeutic range quite narrow (e.g. Lei Gong Teng *Radix Tripterigii wilfordii*, Huang Yao Zi *Semen Dioscoreae bulbiferae*, Ma Qian Zi *Semen Strychni nux-vomica*, etc.) but the *Three*

Treasures, *Women's Treasure* and *The Little Treasures* lines do not contain any of these toxic herbs.

Many factors influence dosage, i.e. the Full or Empty character of the condition, chronic versus acute, the state of the digestive system. I am going to discuss only the adaptation of the dosage according to the age of the patient. It should be stressed that all the mentioned factors need to be taken into account in every case.

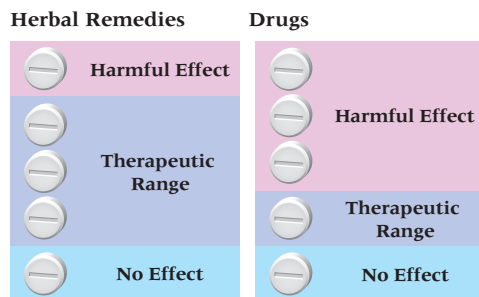


Fig.1. **Therapeutic Range**
Reproduced with permission from the British Medical Association 'Guide to Medicine and Drugs', Dorling Kindersley, London, 1991.

Modification of dosage according to age of the patient

Children need lower doses. A newborn baby should not be treated at all and it is preferable not to treat any baby under 6 months of age unless absolutely imperative. Infants and children up to 6 years old should have a third of a dose; children between 6 and 14 half a dose; after that, a full dose. With drugs, the dosage for children is now adjusted according to body surface rather than body weight. The average body-surface area of a 70-Kg human is about 1.8m². Thus, to calculate the dose for a child, the child's surface area is multiplied by the adult dose and divided by 1.8, giving the following table:

Age	Kg	Height cm	Body surface m ²	Percentage of adult dose
Newborn	3.4	50	0.23	12.5%
1 month	4.2	55	0.26	14.5%
3 months	5.6	59	0.32	18%
6 months	7.7	67	0.40	22%
1 year	10	76	0.47	25%
3 years	14	94	0.62	33%
5 years	18	108	0.73	40%
7 years	23	120	0.88	50%
12 years	37	148	1.25	75%
Adult	70	173	1.80	100%

As indicated above, babies under 6 months of age should not be treated at all and the above values are given only for reference.

The values of this table can be followed when prescribing herbal remedies too, although precision is less important here than for drugs. A simpler formula to calculate the dosage for children is as follows:

$$\frac{\text{Age x adult dose}}{\text{Age} + 12} = \text{child dose}$$

For example, if an adult dose is 6 grams per day, the dosage for a 6-year-old would be:

$$\frac{6 \times 6 \text{ grams}}{6+12} = 2 \text{ grams}$$

Dosage of *The Little Treasures* Remedies

The granules of *The Little Treasures* remedies are concentrated to the ration of 7:1. The recommended dosage varies according to age. The values below are broken down according to age group. Please note that the values below are only

broad guidelines: the actual dose may be higher or lower according to the condition.

If the recommended dose is three times a day, this does not necessarily need to be given three times a day. For example, if a child is prescribed 5 grams per day, he or she can take 3 grams in the morning and 2 grams in the afternoon.

There are optimum times for the administration of the remedies. First of all, it is best if they are taken away from food, i.e. at least 1/2 before or after food. The remedies that promote sleep or treat bedwetting are best administered in the afternoon and evening. The remedies that reach the Upper Burner (e.g. those for the sinuses, ears, tonsils and chest) are best given about 1 hour after food.

- 6 months to 1 year (do not use under 6 months): 0.5 gram once or twice a day
- 1-2 years: 1 gram once or twice a day
- 2-4 years: 2 grams once or twice a day
- 4-7 years: 2-3 grams once or twice a day
- 7-10 years: 3 grams two or three times a day

Breathe Easy

Su Zi Jiang Qi Tang *Perilla Restoring Descending of Qi Decoction*

Su Zi	<i>Fructus Perillae</i>
Sang Bai Pi	<i>Cortex Mori</i>
Xing Ren	<i>Semen Armeniacae</i>
Xuan Fu Hua	<i>Hua Flos Inulae</i>
Fang Feng	<i>Radix Saposhnikoviae</i>
Ban Xia	<i>Rhizoma Pinelliae preparatum</i>
Fu Ling	<i>Poria</i>
Chen Pi	<i>Pericarpium Citri reticulatae</i>
Hu Tao Rou	<i>Semen Juglandis</i>
Wu Wei Zi	<i>Fructus Schisandrae</i>
Gan Cao	<i>Radix Glycyrrhizae uralensis</i>
Da Zao	<i>Fructus Jujubae</i>

Action: Restore the descending of Lung-Qi, stop cough and asthma, expel Wind from the bronchi, tonify Kidney-Yang and the Kidney's Defensive-Qi portion.

Patterns: Lung-Qi not descending, Lung-Qi and Kidney-Yang deficiency.

Indications: Chronic allergic asthma, breathlessness, wheezing, history of eczema as a baby.

Explanation

This remedy is for allergic asthma in children. Allergic asthma associated with eczema in atopic children is due not to Phlegm (as the traditional view states) but to retention of Wind in the bronchi and a narrowing of the airways by Wind. The cause of this chronic retention of Wind in the bronchi occurs against a background of a deficiency of Lung-Qi and of the Wei-Qi system of the Kidneys.

Although the remedy tonifies the Lungs and Kidneys, its main thrust is to expel Wind from the bronchi and restore the descending of Lung-Qi to alleviate asthma. Therefore, the remedy treats primarily the Manifestation (*Biao*) of the condition of asthma, not the Root (*Ben*).

I would recommend treating the Root of this condition with acupuncture by reinforcing points such as LU-7 Lieque, LU-9 Taiyuan, BL-13 Feishu, Du-12 Shenzhu, Ren-4 Guanyuan and BL-23 Shenshu.

Caution and contraindications

There are no particular cautions and contraindications associated with this remedy.

Classical antecedent

Su Zi Jiang Qi Tang *Perilla Restoring Descending of Qi Decoction*.

Chest Release

Qing Qi Hua Tan Tang *Clearing Qi and Resolving Phlegm Decoction*

Chen Pi	<i>Pericarpium Citri reticulatae</i>
Fu Ling	<i>Poria</i>
Qian Hu	<i>Radix Peucedani</i>
Huang Qin	<i>Radix Scutellariae</i>
Pi Pa Ye	<i>Folium Eriobotryae</i>
Xing Ren	<i>Semen Armeniacae</i>
Gua Lou	<i>Fructus Trichosanthis</i>
Sang Bai Pi	<i>Cortex Mori</i>
Zi Wan	<i>Radix Asteris</i>
Zhi Shi	<i>Fructus Aurantii immaturus</i>
Da Qing Ye	<i>Folium Isatidis seu Baphicacanthi</i>
Gu Ya	<i>Fructus Oryzae sativae germinatus</i>
Da Zao	<i>Fructus Jujubae</i>
Gan Cao	<i>Radix Glycyrrhizae uralensis</i>

Action: Clear Lung-Heat, resolve Phlegm, restore the descending of Lung-Qi, stop cough.

Patterns: Phlegm-Heat in the Lungs.

Indications: Productive cough following an invasion of Wind (i.e. a common cold, influenza or an ear infection), yellow sputum, catarrh, thirst, restlessness, disturbed sleep, poor appetite.

Tongue: sticky-yellow coating; possibly red or red in the front third (Lung area).

Pulse: Slippery-Rapid.

Explanation

This remedy is for an acute productive cough following an upper respiratory infection. This cough usually manifests with Phlegm-Heat. It is important to understand that this remedy is for the Qi Level within the context of the 4 Levels. At the Wei Level, the pathogenic factor is on the Exterior and the main symptoms are the simultaneous subjective feeling of cold (called 'aversion to cold') and objective hot feeling of the forehead to touch. Once the aversion to cold goes and the child feels hot, then the pathogenic factor has penetrated into the Qi Level and it is in the Interior.

This remedy therefore treats Phlegm-Heat in the Lungs at the Qi Level. By definition, this remedy is usually used only for a few weeks after which, either the Phlegm-Heat has been cleared, or, if not, a different remedy might be called for. This is often *Resolve Phlegm*.

Caution and contraindications

Obviously the herbs contained in this remedy are cold in energy and therefore they potentially injure the Spleen. However, this remedy treats only an acute cough and it therefore would be taken for a few weeks at the most, during which time it is unlikely to damage the Spleen.

Classical antecedent

Qing Qi Hua Tan Tang *Clearing Qi and Resolving Phlegm Decoction*.

Clear Radiance

Chu Shi Wei Ling Tang *Eliminating Dampness Stomach 'Ling' Decoction*

Fu Ling	<i>Poria</i>
Zhu Ling	<i>Sclerotium Polypori umbellati</i>
Yi Yi Ren	<i>Semen Coicis lachryma jobi</i>
Fang Feng	<i>Radix Saposhnikoviae</i>
Ku Shen	<i>Radix Sophorae flavescens</i>
Mu Dan Pi	<i>Cortex Moutan</i>
Cang Zhu	<i>Rhizoma Atractylodis</i>
Ze Xie	<i>Rhizoma Alismatis</i>
Hua Shi	<i>Talcum</i>
Huang Qin	<i>Radix Scutellariae</i>
Bai Xian Pi	<i>Cortex Dictami</i>
Lian Zi Xin	<i>Plumula Nelumbinis nuciferae</i>
Da Zao	<i>Fructus Jujubae</i>
Gu Ya	<i>Fructus Oryzae sativae germinatus</i>
Tu Si Zi	<i>Semen Cuscutae</i>
Gan Cao	<i>Radix Glycyrrhizae</i>

Action: Resolve Dampness, clear Heat, expel Wind from the skin.

Patterns: Damp-Heat and Wind in the skin.

Indications: Chronic eczema from Damp-Heat, non-eczematous dermatitis with red papules, skin eruptions with vesicles, itching, disturbed sleep.

Tongue: sticky-yellow coating.

Pulse: Slippery-Rapid.

Explanation

This remedy is for atopic eczema that usually starts very early in life, in the first few months of a baby's life. In my opinion, atopic eczema is due to retention of Wind and Damp-Heat in the skin and it occurs against a background of a deficiency of the Wei-Qi systems of the Lungs and Kidneys. Damp-Heat is the most common pathogenic factor present in atopic eczema in babies and small children.

(continued next page)

Clear Radiance (cont)

In eczema, a distinction is made according to the type of skin manifestations. Dry, red papules indicate Heat; skin lesions that ooze a fluid indicate Dampness; widespread red papules that move around and are very itchy indicate Wind. However, all Chinese dermatologists agree that, in eczema, there is always Dampness even if the skin does not ooze: the characteristic puffiness of the skin in eczema by itself denotes Dampness.

The remedy is aimed primarily at resolving Damp-Heat and eliminating Wind from the skin and it therefore treats primarily the Manifestation (*Biao*) of this condition. However, it does contain Bei Sha Shen *Radix Glehniae* and Tu Si Zi *Semen Cuscutae* to treat the Root (*Ben*), i.e. the deficiency of the Wei systems of Lungs and Kidneys

Caution and contraindications

This remedy has a cooling effect and it may therefore potentially injure the Spleen. However, this is only likely to occur if the remedy is given for a long time (e.g. over 6 months).

Classical antecedent

Chu Shi Wei Ling Tang *Eliminating Dampness Stomach 'Ling' Decoction*.

Dry Sleep

Bu Zhong Yi Qi Tang *Tonifying the Centre and Benefiting Qi Decoction and Suo Quan Wan Contracting the Source Pill*

Huang Qi	<i>Radix Astragali</i>
Bai Zhu	<i>Rhizoma Atractylodis macrocephalae</i>
Chen Pi	<i>Pericarpium Citri reticulatae</i>
Sheng Ma	<i>Rhizoma Cimicifugae</i>
Chai Hu	<i>Radix Bupleuri</i>
Shan Yao	<i>Radix Dioscoreae</i>
Sha Yuan Zi	<i>Semen Astragali complanati</i>
Qian Shi	<i>Semen Euryalis</i>
Wu Wei Zi	<i>Fructus Schisandrae</i>
Tu Si Zi	<i>Semen Cuscutae</i>
Fu Pen Zi	<i>Fructus Rubi</i>
Shan Zhi Zi	<i>Fructus Gardeniae</i>
Che Qian Zi	<i>Semen Plantaginis</i>
Suan Zao Ren	<i>Semen Ziziphi spinosae</i>
Zhi Gan Cao	<i>Radix Glycyrrhizae preparata</i>
Da Zao	<i>Fructus Jujubae</i>

Action: Tonify and lift Qi of the Spleen and Kidneys, astringe, calm the Mind.

Patterns: Deficiency and sinking of Spleen- and Kidney-Qi.

Indications: Nocturnal enuresis, slightly weak and quiet child, possibly short-sighted, poor appetite, tiredness.

Tongue: Pale.

Pulse: Weak.

Explanation

This remedy treats nocturnal enuresis by tonifying and lifting Spleen- and Kidney-Qi. It secondarily also clears Heat as this may be a secondary factor in this condition.

Caution and contraindications

There are no particular cautions and contraindications associated with this remedy.

Classical antecedent

Bu Zhong Yi Qi Tang *Tonifying the Centre and Benefiting Qi Decoction and Suo Quan Wan Contracting the Source Pill*.

Ear Release

Feng Long Fang *Wind-Deafness Formula*

Jin Yin Hua	<i>Flos Lonicerae japonicae</i>
Lian Qiao	<i>Fructus Forsythiae</i>
Huang Qin	<i>Radix Scutellariae</i>
Che Qian Zi	<i>Semen Plantaginis</i>
Shi Chang Pu	<i>Rhizoma Acori tatarinowii</i>
Chai Hu	<i>Radix Bupleuri</i>
Shan Zhi Zi	<i>Fructus Gardeniae</i>
Dan Dou Chi	<i>Semen Sojae preparatum</i>
Pu Gong Ying	<i>Herba Taraxaci</i>
Chen Pi	<i>Pericarpium Citri reticulatae</i>
Fu Ling	<i>Poria</i>
Shan Zha	<i>Fructus Crataegi</i>
Gu Ya	<i>Fructus Oryzae germinatus</i>
Gan Cao	<i>Radix Glycyrrhizae</i>
Da Zao	<i>Fructus Jujubae</i>

Action: Clear Heat and resolve Dampness from the ears.

Patterns: Chronic, residual Damp-Heat in the ears.

Indications: Chronic ear ache, 'glue ear', slight deafness, irritability, thirst, poor appetite, disturbed sleep, propensity to new ear infections.

Tongue: sticky-yellow coating.

Pulse: Slippery.

Little Sentinel

Ba Zhen Tang *Eight Precious Decoction*

Huang Qi	<i>Radix Astragalii</i>
Bai Zhu	<i>Rhizoma Atractylodis macrocephalae</i>
Dang Gui	<i>Radix Angelicae sinensis</i>
Shu Di Huang	<i>Radix Rehmanniae preparata</i>
Tu Si Zi	<i>Semen Cuscutae</i>
Shan Yao	<i>Rhizoma Dioscoreae</i>
Tai Zi Shen	<i>Radix Pseudostellariae</i>
Huang Jing	<i>Rhizoma Polygonati</i>
Wu Wei Zi	<i>Fructus Schisandrae</i>
Chen Pi	<i>Pericarpium Citri reticulatae</i>
Fu Ling	<i>Poria</i>
Shan Zha	<i>Fructus Crataegi</i>
Zhi Gan Cao	<i>Radix Glycyrrhizae praeparata</i>
Da Zao	<i>Fructus Jujubae</i>

Action: Tonify Qi of Lungs, Spleen and Kidneys.

Patterns: Lung-, Spleen- and Kidney-Qi deficiency.

Indications: Propensity to catching colds or ear infections, weak and quiet child, frequent urination, poor appetite, tiredness.

Tongue: Pale.

Pulse: Weak.

Explanation

This remedy treats residual Damp-Heat in the ears. Residual pathogenic factors are very common in children and are responsible for a wide variety of problems: the formation of residual pathogenic factors was discussed under the remedy *Resolve Phlegm*. Acute ear infections are common in children and they frequently leave the child with a residual Damp-Heat in the ears: this is more likely to happen when antibiotics are used. The presence of residual Damp-Heat predisposes the child to further acute ear infections, thus setting a vicious circle.

Caution and contraindications

This remedy has a cooling effect and it may therefore potentially injure the Spleen. However, this is only likely to occur if the remedy is given for a long time.

Classical antecedent

Feng Long Fang *Wind-Deafness Formula*.

Explanation

This remedy is a general tonic for children suffering from a deficiency of the Lungs, Spleen and Kidneys. This remedy can be given to strengthen the immune system in a child who is prone to acute upper respiratory infections. This remedy can also be given to a child after treating him or her successfully for asthma.

Caution and contraindications

There are no particular cautions or contraindications to the use of this remedy.

Classical antecedent

Ba Zhen Tang *Eight Precious Decoction*.

Lucid Mind

Suan Zao Ren Tang *Ziziphus Decoction*

Suan Zao Ren	<i>Semen Ziziphi spinosae</i>
Bai Shao	<i>Radix Paeoniae alba</i>
Chuan Xiong	<i>Rhizoma Chuanxiong</i>
Sheng Di Huang	<i>Radix Rehmanniae</i>
Fu Shen	<i>Sclerotium Poriae paradicis</i>
Gou Teng	<i>Ramulus Uncariae</i>
Huang Qi	<i>Radix Astragalii</i>
Bai Zi Ren	<i>Semen Platycladi</i>
Zhi Gan Cao	<i>Radix Glycyrrhizae uralensis preparata</i>
Da Zao	<i>Fructus Jujubae</i>
Fu Xiao Mai	<i>Fructus Triticis levis</i>
Ban Xia	<i>Rhizoma Pinelliae preparatum</i>
Chen Pi	<i>Pericarpium Citri reticulatae</i>
Gua Lou	<i>Fructus Trichosanthis</i>

Action: Nourish Liver-Yin and Liver-Blood, nourish Heart-Blood, subdue Liver-Yang, calm the Mind, settle the Ethereal Soul (*Hun*), tonify the Intellect (*Yi*), strengthen the Mind (*Shen*).

Patterns: Liver-Blood and Liver-Yin deficiency, Heart-Blood deficiency, Liver-Yang rising.

Indications: Attention deficit hyperactivity disorder (ADHD) in children, inattention, hyperactivity, impulsiveness, poor concentration, always 'on the go', constantly in motion, dashing around touching or playing with whatever is in sight, talking incessantly, inability to sit still at dinner or during a school lesson or a story, running around the room, touching everything, fidgeting incessantly, inability to focus, getting bored with a task after only a few minutes.

Tongue: possibly without coating.

Pulse: Rapid, Floating-Empty.

Explanation

In my opinion, the pathology of ADD revolves around the Heart, Liver and Spleen and their respective emotional-mental-spiritual faculties, i.e. the Mind (*Shen*), the Ethereal Soul (*Hun*) and the Intellect (*Yi*).

In general, we can say that both ADD and ADHD are characterized by a pathology of the both the Intellect (*Yi*) and Ethereal Soul (*Hun*). However, in ADD there is prevalence of an Intellect (*Yi*) pathology, while in ADHD there is more a pathology of Ethereal Soul (*Hun*). The Mind (*Shen*) is involved both in ADD and ADHD (Fig.1).

The Mind is responsible for thinking, memory, emotional life, cognition, intelligence, wisdom and ideas. Therefore, it is obvious that the Mind is involved in the pathology of ADD and ADHD, but especially the former. In this disorder, the Mind is weakened and thinking, memory and concentration are all affected.

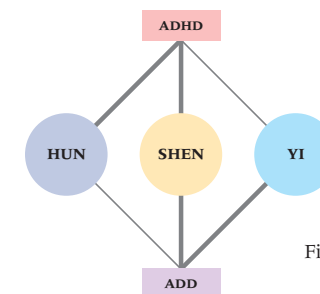


Fig.1

I believe the Ethereal Soul (*Hun*) plays a pivotal role in the pathology of ADD and ADHD (especially the latter). The Ethereal Soul is responsible for ideas, plans, projects, inspiration, creativity. The Ethereal Soul is constantly searching and 'moving' and I believe that in ADD and ADHD (and especially the latter), there is an excess of such 'movement' of the Ethereal Soul. Children and adults suffering from this disorder find it difficult to focus and concentrate on one thing at the time because the Ethereal Soul's movement is excessive.

Crucial to this pathology is the relationship between the Mind and the Ethereal Soul: in ADD and ADHD, the movement of the Ethereal Soul is excessive and the Mind does not perform adequately its function of control and integration.

Therefore, the excessive movement of the Ethereal Soul causes the impulsive, restless and chaotic behaviour in ADHD. Interestingly, the Ethereal Soul is responsible for artistic inspiration and children suffering from ADHD are often artistic.

The Intellect (*Yi*) of the Spleen is responsible for focussing, concentration and the ability to apply oneself to a job in hand, all qualities which are lacking in those suffering from ADD or ADHD (especially the former). Thus, a pathology of the Intellect (and therefore of the Spleen) is a definite feature of the pathology of ADD.

Please note that the Intellect is affected not only by a deficiency of the Spleen but also by Full conditions such as Dampness and/or Phlegm obstructing the Spleen (and therefore the Intellect).

As always in pathology, a disorder may manifest with Full or Empty conditions.

A Heart deficiency is nearly always present in ADD and ADHD. Heart-Heat may especially cause ADHD but this is often combined with a deficiency of the Heart. This deficiency may involve Qi, Blood or Yin. Please note that Heart-Heat also stimulates the excessive movement of the Ethereal Soul.

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Lucid Mind (cont)

Obstruction of the Heart by Phlegm (with or without Heat) may also be present in ADD; if there is Heat, then this condition is more likely to cause ADHD (Fig.2).

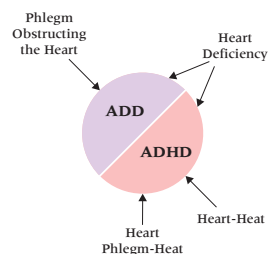


Fig.2

The movement of the Ethereal Soul (*Hun*) may be excessive either because of a deficiency of Liver-Blood and/or Liver-Yin or because of Heat or Fire in the Liver. In ADHD, there is more likely to be Heat or Fire (Fig.3).

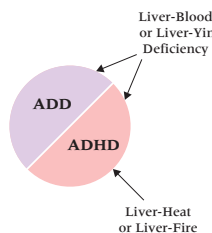


Fig.3

The ADHD patient with Liver-Fire is confrontational and particularly difficult. A deficiency of the Spleen (usually of Qi or Yang) weakens the Intellect and is a feature of ADD. However, the thinking, focussing and concentration of the Intellect may also be impaired by Dampness and/or Phlegm affecting the Spleen (Fig.4).

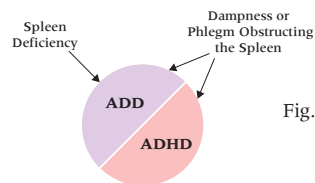


Fig.4

Phlegm in the Brain is a common factor in ADD and ADHD. Remember that Phlegm may accompany both Full or Empty patterns: for example, Liver- and Heart-Fire with Phlegm or Spleen- and Heart-Blood deficiency with Phlegm. The remedy *Sino-Relief* resolves Phlegm.

Caution and contraindications

There are no specific cautions or contraindications to this remedy.

Classical antecedent

Suan Zao Ren Tang *Ziziphus Decoction*.

Resolve Phlegm

Wen Dan Tang *Warming the Gall-Bladder Decoction*

Ban Xia	<i>Rhizoma Pinelliae preparatum</i>
Fu Ling	<i>Poria</i>
Chen Pi	<i>Pericarpium Citri reticulatae</i>
Zhu Ru	<i>Caulis Bambusae in Taeniam</i>
Zhi Shi	<i>Fructus Aurantii immaturus</i>
Gua Lou	<i>Fructus Trichosanthis</i>
Zi Wan	<i>Radix Asteris</i>
Pi Pa Ye	<i>Folium Eriobotryae</i>
Chuan Bei Mu	<i>Bulbus Fritillariae cirrhosae</i>
Xing Ren	<i>Semen Armeniacae</i>
Tai Zi Shen	<i>Radix Pseudostellariae</i>
Shan Zha	<i>Fructus Crataegi</i>
Gan Cao	<i>Radix Glycyrrhizae</i>
Da Zao	<i>Fructus Jujubae</i>

Action: Clear Lung-Heat, resolve Phlegm, restore the descending of Lung-Qi, stop cough.

Patterns: Residual Phlegm-Heat in the Lungs following an invasion of Wind (e.g. an acute upper respiratory infection).

Indications: Productive cough that persists for weeks or months after an upper respiratory infection, yellow sputum, a feeling of oppression of the chest, poor appetite, irritability in younger children, disturbed sleep, catarrh.

Tongue: red in the front third (Lung area), sticky-yellow coating.

Pulse: Slippery-Rapid

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Resolve Phlegm (cont)

Explanation

This clinical situation is caused by the retention of a residual pathogenic factor in the Lungs in the form of Phlegm-Heat. A residual pathogenic factor is formed usually at the Qi Level of an upper respiratory infection. This is the level following the Exterior stage of an invasion of Wind. An invasion of Wind at the Exterior level is characterized by the simultaneous presence of a subjective feeling of cold ('aversion to cold') and an objective feeling of heat of the forehead to the touch (or an actual fever).

If the pathogenic factor penetrates into the Interior, this usually is the Qi Level (in serious infections it may be the Ying level). At this level, the child usually recovers. He or she develops a productive cough and, with proper treatment, the Phlegm is eventually resolved and the child recovers.

In many cases however, the child *appears* to recover but a residual Phlegm stays in the Lungs, usually combined with Heat. This is due to various factors such as a weak constitution of the child, improper care, improper diet during the infection, and the use of antibiotics.

In fact, antibiotics frequently favour the formation of a residual pathogenic factor in the form of Phlegm. This is because they eliminate the bacteria, but they do not clear Heat or resolve Phlegm: they therefore give the parents the impression that the child is better (the fever abates) while, in fact, a residual Phlegm is settling in the Lungs.

Dr JFH Shen used to compare the action of antibiotics to shooting a burglar. Suppose we hear a noise from a burglar entering our house during the night. In this analogy, the 'burglar' is the exterior pathogenic factor. We have two options: we may get up, make some noise and induce the burglar to leave (hopefully). This is the way of acting of Chinese medicine when it expels pathogenic factors, i.e. they are expelled without leaving a trace. The second option would be to arm ourselves, confront the burglar and shoot him: this also solves the problem of preventing a theft but we are left with a dead burglar in the house and we may face the law ourselves. This is the way of acting of antibiotics: they 'shoot' the bacteria (the burglar) but they leave a pathogenic factor behind (the dead burglar).

Antibiotics tend to favour the formation of Phlegm because they injure Stomach-Qi and Stomach-Yin: we can see this observing the effects of antibiotics on the tongue. They frequently (not always) caused the coating to fall off in patches: this indicates that they have injured Stomach-Qi and Stomach-Yin. The tongue goes back to normal after a few weeks. Thus, when I see a child with a

geographic tongue (i.e. with the coating missing in patches), I always ask whether they are on antibiotics or have been on them recently (within a few weeks).

The formation of a residual pathogenic factor is very common in children, especially when antibiotics are used for an upper respiratory infection. A residual pathogenic factor may be retained in the lungs, sinuses, ears and throat: in this case, it is in the Lungs and it gives rise to a cough that persists for weeks or months.

The residual pathogenic factor also predisposes the child to further upper respiratory infections and if he or she is given antibiotics again, these will only reinforce the residual pathogenic factor giving rise to a vicious circle and an aggravation of the situation. In many cases, the child will then be (wrongly, in my opinion) diagnosed with 'asthma' and given bronchodilators and inhaled steroids. This is a great pity as it will condemn the child to years of inhaled steroid use for something that is not really 'asthma' but simply an obstruction of the lung's airways by phlegm. Chinese medicine is very effective in these cases and it may save the child from years of inhaled steroids use.

Caution and contraindications

This remedy has a cooling effect and it may therefore potentially injure the Spleen. However, this is only likely to occur if the remedy is given for a long time (e.g. longer than 6 months).

Classical antecedent

Wen Dan Tang *Warming the Gall-Bladder Decoction*.

Silent Night

Suan Zao Ren Tang *Ziziphus Decoction*

Sheng Di Huang	<i>Radix Rehmanniae</i>
Dang Gui	<i>Radix Angelicae sinensis</i>
Bai Shao	<i>Radix Paeoniae alba</i>
Suan Zao Ren	<i>Semen Ziziphi spinosae</i>
Ye Jiao Teng	<i>Caulis Polygoni multiflori</i>
Deng Xin Cao	<i>Medulla Junci</i>
Huang Lian	<i>Rhizoma Coptidis</i>
Shan Zhi Zi	<i>Fructus Gardeniae</i>
Lian Zi Xin	<i>Plumula Nelumbinis nuciferae</i>
Gan Cao	<i>Radix Glycyrrhizae</i>
Da Zao	<i>Fructus Jujubae</i>

Action: Nourish Liver- and Kidney-Yin, clear Heart-Heat and Liver-Heat, calm the Mind, settle the Ethereal Soul (*Hun*).

Patterns: Liver- and Kidney-Yin deficiency, Heart-Heat, Liver-Heat.

Indications: Disturbed sleep, difficulty in falling asleep, waking up during the night, crying at night in small children and babies, scary dreams.

Tongue: without coating. Red if there Heat.

Pulse: Floating-Empty.

Explanation

This remedy promotes sleep by nourishing Liver-Yin and Heart-Blood. Liver-Yin and Heart-Blood house the Ethereal Soul (*Hun*) and the Mind (*Shen*). Both of these are responsible for the amount or quality of sleep we get.

The amount and quality of sleep depend of course on the state of the Mind (*Shen*). The Mind is rooted in the Heart and specifically in Heart-Blood and Heart-Yin. If the Heart is healthy and the Blood abundant, the Mind is properly rooted and sleep will be sound. If the Heart is deficient or if it is agitated by pathogenic factors such as Fire, the Mind is not properly rooted and sleep will be affected.

As always in Chinese medicine, there is an interrelationship between body and Mind. On the one hand, a deficiency of Blood or a pathogenic factor such as Fire may affect the Mind; on the other hand, emotional stress affecting the Mind may cause a disharmony of the Internal Organs.

If the disharmony of the Internal Organs, whether it is due to a Deficiency or an Excess, affects Blood and Essence, this affects the Mind. Since the Essence and Qi are the root of the Mind (the ‘Three Treasures’), the Mind then has no residence and insomnia may result. The ‘Simple Questions’ in chapter 46 says: “When a person lies down and cannot sleep, [it means] the Yin organs are injured [so that] the Essence has no residence and is not quiet and the person cannot sleep.”¹

As far as sleep is concerned, the Mind is not the only mental-spiritual faculty involved. The Ethereal Soul (*Hun*) also plays an important role in the physiology and pathology of sleep and the length and quality of sleep are related to its state. In particular, the Ethereal Soul controls dreaming and therefore dream-disturbed sleep is often due to a disharmony of the Ethereal Soul.

If the Ethereal Soul is well rooted in the Liver (Liver-Blood or Liver-Yin), sleep is normal, sound and without too many dreams. If Liver-Yin or Liver-Blood is deficient, the Ethereal Soul is deprived of its residence and wanders off at night, causing a restless sleep with many tiring dreams. Tang Zong Hai says: “At night during sleep the Ethereal Soul returns to the Liver; if the Ethereal Soul is not peaceful there are a lot of dreams.”²

Another organ and mental-spiritual aspect influencing sleep are the Kidneys and the Will-Power (*Zhi*). I translate *Zhi* as ‘Will-Power’ but *Zhi* encompasses also other aspects of the psyche. The *Zhi* is the root of the Mind (*Shen*) and it controls memory and sleep. Thus, when the Kidneys and the *Zhi* are deficient, the person may sleep badly, in particular he or she may wake up frequently during the night.

Caution and contraindications

There are no particular cautions or contraindications associated with this remedy.

Classical antecedent

Suan Zao Ren Tang *Ziziphus Decoction*.

NOTE 1:

1979 The Yellow Emperor’s Classic of Internal Medicine-Simple Questions (*Huang Di Nei Jing Su Wen*), People’s Health Publishing House, Beijing, p.256. First published c. 100 BC.

NOTE 2:

Tang Zong Hai 1892 The Essence of the Convergence between Chinese and Western Medicine (*Zhong Xi Hui Tong Yi Jing Jing Yi*), cited in Wang Ke Qin 1988 Theory of the Mind in Chinese Medicine (*Zhong Yi Shen Zhu Xue Shuo*), Ancient Chinese Medical Texts Publishing House, p.36.

Sino Relief

Jin Yin Hua	<i>Flos Lonicerae japonicae</i>
Lian Qiao	<i>Fructus Forsythiae</i>
Jie Geng	<i>Radix Platycodi</i>
Huang Qin	<i>Radix Scutellariae</i>
Ma Bo	<i>Fructificatio Lasiosphaerae seu Calvatiae</i>
Sheng Ma	<i>Rhizoma Cimicifugae</i>
Shan Dou Gen	<i>Radix Sophorae subprostratae</i>
Pang Da Hai	<i>Semen Sterculiae scaphigeriae</i>
Chen Pi	<i>Pericarpium Citri reticulatae</i>
Fu Ling	<i>Poria</i>
Shan Zha	<i>Fructus Crataegi</i>
Gu Ya	<i>Fructus Oryzae germinatus</i>
Tai Zi Shen	<i>Radix Pseudostellariae</i>
Gan Cao	<i>Radix Glycyrrhizae</i>
Da Zao	<i>Fructus Jujubae</i>

Action: Clear Heat and resolve Dampness from the sinuses, throat, adenoids and tonsils.

Patterns: Residual Damp-Heat in the head (sinuses, throat, adenoids and tonsils), Damp-Heat in Stomach channel.

Indications: Catarrh, nasal voice, swollen adenoids, swollen and inflamed pharynx, swollen tonsils, restlessness, markedly poor appetite, disturbed sleep.

Tongue: sticky coating.

Pulse: Slippery.

Throat Soothe

Yin Qiao San *Lonicera-Forsythia Powder*

Da Qing Ye	<i>Folium Isatidis seu Baphicacanthi</i>
Jin Yin Hua	<i>Flos Lonicerae japonicae</i>
Lian Qiao	<i>Fructus Forsythiae</i>
Jing Jie	<i>Herba Schizonepetae</i>
Bo He	<i>Herba Menthae haplocalycis</i>
Fang Feng	<i>Radix Saposhnikoviae</i>
Chai Hu	<i>Radix Bupleuri</i>
Sang Ye	<i>Folium Mori</i>
Shan Dou Gen	<i>Radix Sophorae subprostratae</i>
Huang Qin	<i>Radix Scutellariae</i>
Niu Bang Zi	<i>Fructus Arctii</i>
Jie Geng	<i>Radix Platycodi</i>
Gan Cao	<i>Radix Glycyrrhizae</i>
Da Zao	<i>Fructus Jujubae</i>

Action: Release the Exterior, expel Wind-Heat, benefit the throat.

Patterns: Invasion of external Wind-Heat at the Wei Level.

Explanation

This condition is caused by retention of residual Damp-Heat in the head following an upper respiratory infection. This is a very common occurrence in children, often aggravated by the use of antibiotics for an upper respiratory infection. The formation of a residual factor was discussed under the remedy *Resolve Phlegm*.

The retention of Damp-Heat in the head will make the child somewhat listless and cause a typically nasal voice. Dampness in the head and in the Stomach channel will also severely affect appetite so that the child lacks appetite and picks at the food.

Caution and contraindications

This remedy has a cooling effect and it may therefore potentially injure the Spleen. However, this is only likely to occur if the remedy is given for a long time.

Classical antecedent

Qing Yan Tang *Clearing the Throat Decoction* and Li Yan Cha *Benefiting the Throat Tea*.

Indications: Aversion to cold, shivers, fever (or forehead hot to the touch), sore throat, swollen throat, swollen tonsils.

Tongue: red sides (between the centre and the tip) and/or red front third. In severe cases, the tongue may have red points in these areas. The dosage can be adjusted according to the degree of redness of these areas and to the presence of red points: the redder these areas and the more red points there are, the higher the dose.

Pulse: Floating-Rapid. It may be Floating only on the Lung position.

Explanation

This corresponds to an acute upper respiratory infection with pharyngitis and tonsillitis; it will also help otitis media (ear infection).

It should be understood clearly that this remedy is purely for the Exterior stage of an invasion of exterior Wind, i.e. when the pathogenic factor is on the Exterior. The crucial symptoms and signs of this

Throat Soothe

situation are the simultaneous presence of shivers (or a subjective feeling of cold with an acute onset) and an objective feeling of heat of the forehead to touch (or an actual fever).

The subjective feeling of cold is due to the obstruction of the Wei Qi in the space between skin and muscles: as the Wei Qi warms the muscles, when it is obstructed, the patient feels cold. The fever, or objective feeling of heat of the forehead to the touch, reflects the fight between the pathogenic factor and Wei Qi. Please note that, contrary to popular perception, the fever (or objective feeling of heat) is not due to the fact that it is Wind-Heat, as Wind-Cold also manifests with this sign.

Caution and contraindications

All the herbs in this remedy are cold in nature and they may therefore injure the Spleen with prolonged use. However, this will not happen as the remedy is given only for a short time by definition. As the remedy is specific for the Wei Level of an invasion of exterior Wind-Heat, the remedy is given only for a few days: after that, either the child has expelled the Wind and recovered or the pathogenic factor has penetrated into the Interior in which case the child will need a different remedy.

Classical antecedent

Yin Qiao San *Lonicera-Forsythia Powder*.

Tummy Soothe

Bao He Wan Preserving and Harmonizing Pill

Xiang Fu	<i>Rhizoma Cyperi rotundi</i>
Sha Ren	<i>Fructus seu Semen Amomi</i>
Shan Zha	<i>Fructus Crataegi</i>
Lai Fu Zi	<i>Semen Raphani</i>
Gu Ya	<i>Fructus Oryzae germinatus</i>
Zhi Ke	<i>Fructus Aurantii</i>
Ban Xia	<i>Rhizoma Pinelliae preparatum</i>
Chen Pi	<i>Pericarpium Citri reticulatae</i>
Fu Ling	<i>Poria</i>
Tai Zi Shen	<i>Radix Pseudostellariae</i>
Zhi Gan Cao	<i>Radix Glycyrrhizae preparata</i>

Action: Move Qi, dissolve Food accumulation.

Patterns: Liver-Qi stagnation, Qi stagnation in the Intestines, Retention of Food.

Indications: Abdominal pain and distension, colic in infants, constipation, irritability.

Tongue: possibly red on the sides.

Pulse: Wiry.

Explanation

As discussed in the introduction, the Spleen and the digestive system in general are weak in newborn babies and they remain weak for at least 3-4 years. Under normal circumstances, the Spleen and the digestive system get gradually stronger as the child grows so that, by the time the child is about 7, the Spleen is much stronger. It follows therefore that small children are very prone to digestive problems and especially Retention of Food (called Accumulation in Chinese pediatrics), Qi stagnation and Cold in the Spleen and Intestines.

I stressed above 'under normal circumstances': in modern children these seldom occur. There are common factors which in modern children cause the digestive system not to become as strong as it should as the child grows. The most common aetiological factors are weaning too early, excessive consumption of cold foods (ice-cold drinks, ice cream, etc.), excessive consumption of greasy foods (chips or fries, etc.) and exposure to external cold through inadequate clothing.

The remedy *Tummy Soothe* is a variation of the well-known Bao He Wan *Preserving and Harmonizing Pill* which resolve Food accumulation. It has been modified with addition of herbs to move Qi and resolve Dampness.

Caution and contraindications

There are no particular cautions and contraindications associated with this remedy.

Classical antecedent

Bao He Wan *Preserving and Harmonizing Pill*.

Ancient Remedies for the Modern Child

I hope that this new pediatric line will add a fresh clinical string to the practitioners' bow. The remedies were formulated according to ancient Chinese doctors' view of the physiology and pathology of children. Chinese medicine has provided an invaluable clinical treasure-house for the treatment of children that, while rooted in the past, it meets the clinical needs of modern children. I have observed many times in practice how Chinese medicine can spare children years of suffering by treating conditions such as asthma early in life: I am therefore excited to provide practitioners with this new clinical tool.

Giovanni Maciocia



The Little Treasures Remedies

- Breathe Easy
- Chest Release
- Clear Radiance
- Dry Sleep
- Ear Release
- Little Sentinel
- Lucid Mind
- Resolve Phlegm
- Silent Night
- Sino Relief
- Throat Soothe
- Tummy Soothe





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