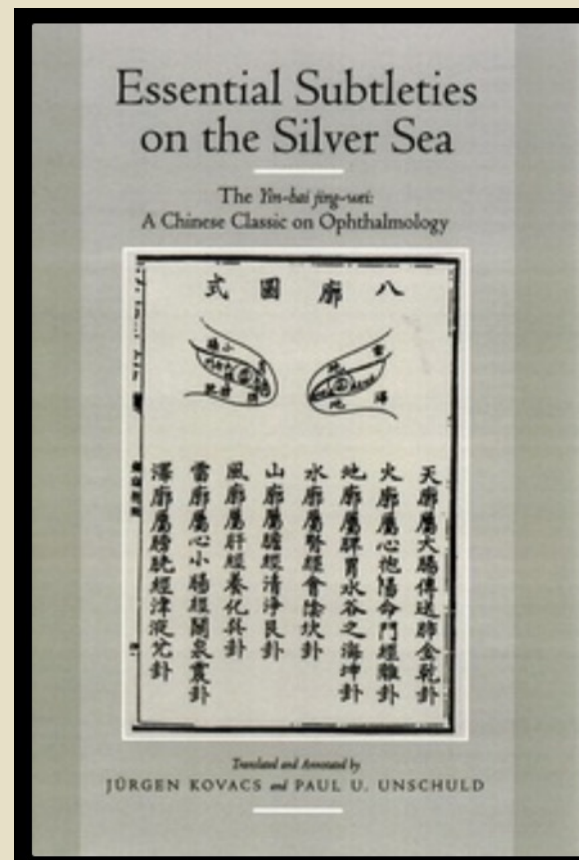




# DIAGNOSING AND TREATING STYES, CONJUNCTIVITIS AND BLACK EYES WITH EAM

Cara O. Frank, L.OM.

[zhōng yī yǎn kē xué]  
TCM ophthalmology; ophthalmology  
in Chinese medicine 中医眼科学



THE  
ENGLISH-CHINESE  
ENCYCLOPEDIA  
OF PRACTICAL  
TRADITIONAL  
CHINESE MEDICINE

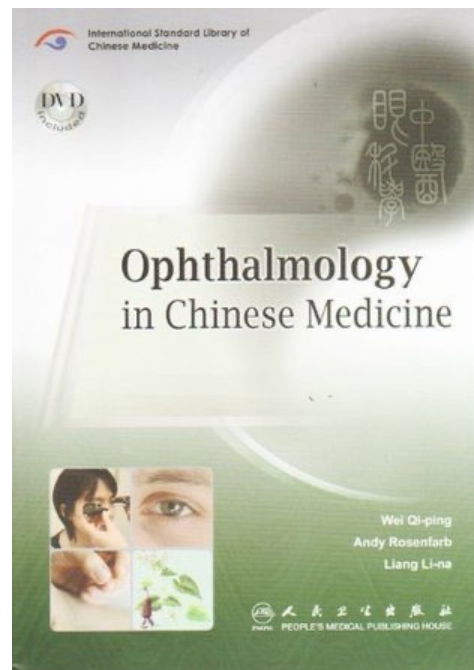
Higher Education Press  
Beijing, China

17

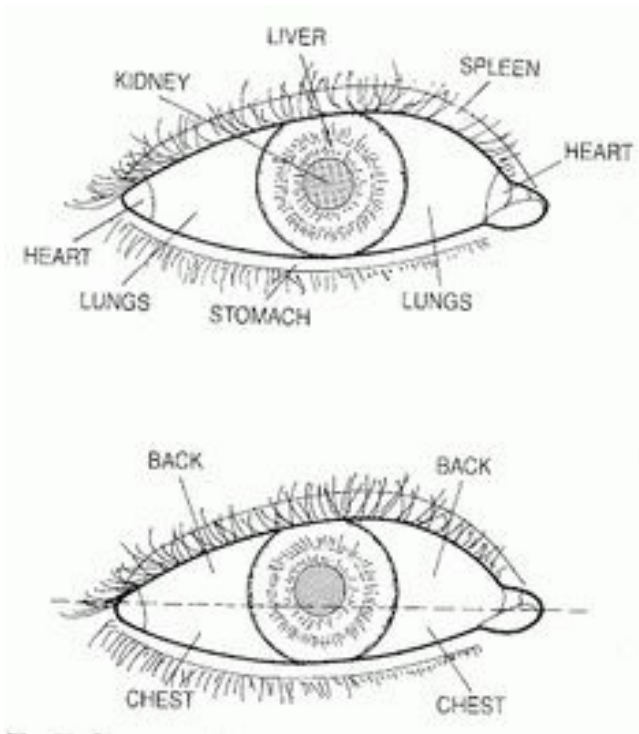
OPHTHALMOLOGY

眼科學

中國·北京  
高等教育出版社

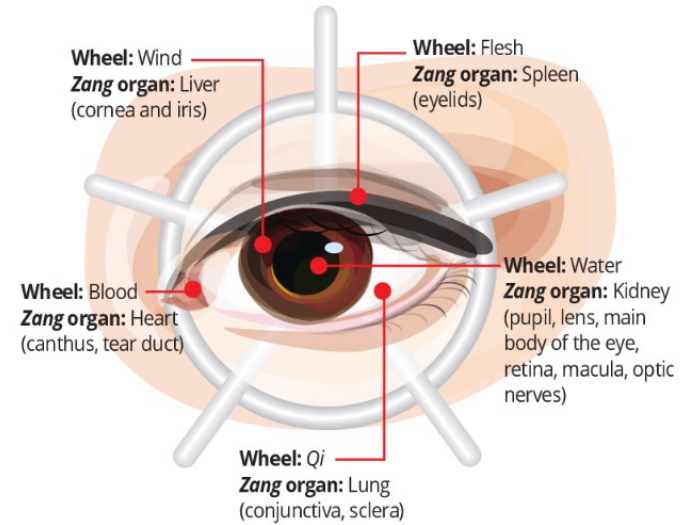


BOOKS  
AVAILABLE  
IN  
ENGLISH



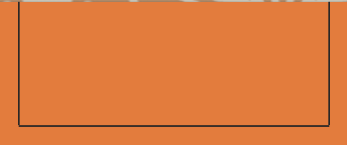
## Five wheels of the eye

Traditional Chinese medicine uses the five-wheel pattern differentiation to diagnose diseases of the eye.



# ANATOMY OF THE EYE





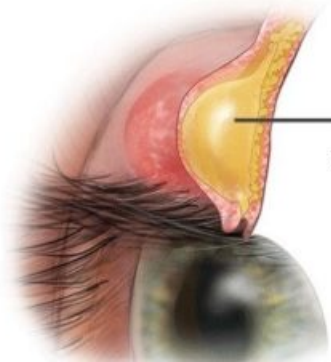
# HORDEOLA STYES

Copyright Cara O. Frank 2022

CHALAZION

VS

STYE



Blocked  
meibomian  
gland



Blocked oil  
gland on edge  
of the eyelid

Appearance

# What's the diff between Styes and Chalazia?

- A **hordeolum (or a stye)** is a localized inflammation and/or infection of the hair follicles of the eyelid or the meibomian glands.
- usually acute, can be recurrent.
- Can be painful with erythema and edematous.
- 90-95% of cases, *Staphylococcus aureus* is the cause.
- Treatment is mainly with warm compresses (four x day)
- incision to aid drainage is needed.
- Topical antibiotics for recurrent or actively draining hordeola. Ophthalmologic consultation is recommended if not improving in 2-3 days.
- <https://pediatriceducation.org/2010/07/05/whats-the-difference-between-a-stye-hordeolum-and-chalazion/>
- A chalazion is a swelling caused by blockage of sebaceous glands and formation of granulomas.
- It usually occurs in the meibomian glands in the tarsal plates, but also can occur in the sebaceous glands of Zeis.
- Is chronic and usually painless.
- Internal hordeola may lead to chalazia. Chalazia can become quite large and put pressure on the cornea and thereby cause visual changes.
- Chalazia usually are treated with warm compresses (4 times/day). Washing the eyelashes with a baby shampoo may also help with lid hygiene and improves control of seborrheic dermatitis if present.

# Hordeola and Chalazia Terminology

针眼 styé *zhēn yǎn*

麦粒肿 Hordeolum Wheat  
Grain Swelling *Mài Lì Zhǒng*

胞生痰核 phlegm node in  
eyelid (chalazion)

*bāo shēng tán hé*



# General Patterns and Causative Factors

Wind Heat attacking  
the Eye

Heat in the Stomach  
and Spleen attaching  
the eye

Recurrence is  
common

Causative factors  
include poor eye  
hygiene, malnutrition,  
fatigue, or wasting  
and thirsting patterns.

due to retained heat  
or

retention of wind-  
heat due to deficiency  
of spleen qi and wei-  
defense qi.

|     |                    |     |                               |
|-----|--------------------|-----|-------------------------------|
| 金银花 | <i>jīn yín huā</i> | 30g | Flos Lonicerae Japonicae      |
| 连翘  | <i>lián qiào</i>   | 15g | Fructus Forsythiae            |
| 荆芥  | <i>jīng jiè</i>    | 9g  | Herba Schizonepetae           |
| 薄荷  | <i>bò he</i>       | 9g  | Herba Menthae                 |
| 桔梗  | <i>jié gěng</i>    | 9g  | Radix Platycodonis            |
| 牛蒡子 | <i>niú bàng zǐ</i> | 15g | Fructus Arctii                |
| 赤芍  | <i>chì sháo</i>    | 9g  | Radix Paeoniae Rubra          |
| 白芷  | <i>bái zhǐ</i>     | 6g  | Radix Angelicae Dahuricae     |
| 黄芩  | <i>huáng qín</i>   | 9g  | Radix Scutellariae            |
| 野菊花 | <i>yě jú huā</i>   | 9g  | Flos Chrysanthemi Indici      |
| 甘草  | <i>gān cǎo</i>     | 6g  | Radix et Rhizoma Glycyrrhizae |

## Wind Heat Attacking the Eye Modified *Yín Qiào Sǎn* (Lonicera and Forsythia Powder)

- Foreign body sensation in the eye.
- Photophobia
- Mild Pain, redness and swelling
- Poss. Low grade fever and headache
- Tx Pr: Dispel Wind, Clear Heat, Cool Blood

|     |                     |     |                          |
|-----|---------------------|-----|--------------------------|
| 木香  | <i>mu xiang</i>     | 6g  | Radix Aucklandiae        |
| 黃連  | <i>huang lian</i>   | 9g  | Rhizoma Coptidis         |
| 梔子  | <i>zhi zi</i>       | 9g  | Fructus Gardeniae        |
| 赤芍  | <i>chì sháo</i>     | 9g  | Radix Paeoniae Rubra     |
| 黃芩  | <i>huang qin</i>    | 9g  | Radix Scutellariae       |
| 白芷  | <i>bái zhǐ</i>      | 6g  | Radix Angelica Dahuricae |
| 乳香  | <i>rǔ xiāng</i>     | 6g  | Olibanum                 |
| 天花粉 | <i>tiān huā fěn</i> | 6g  | Radix Trichosanthis      |
| 薄荷  | <i>bo he</i>        | 9g  | Herba Mentha             |
| 玄參  | <i>xuán shēn</i>    | 6g  | Radix Scrophulariae      |
| 桔梗  | <i>jié gēng</i>     | 9g  | Radix Platycodi          |
| 連翹  | <i>lián qiào</i>    | 15g | Fructus Forsythiae       |
| 甘草  | <i>gan cao</i>      | 12g | Radix Glycyrrhizae       |
| 大黃  | <i>da huang</i>     | 6g  | Radix et Rhizoma Rhei    |

## Fire Toxin

Nèi shū huáng lián tāng

Modified Interior Expelling Coptis  
Decoction

- Severe. Swelling and redness. Mass is large and painful. Poss. pustulation.
- Tender lymph nodes around ear or neck.
- Headache, fever, thirst for cold. Dry stool.
- Red tongue, yellow coating.
- Tx Pr: clear heat, cool blood, dissipate masses

# Case Study

- Male, age 9. Initial Visit: September 15, 2008.
- **Chief Complaint:** Redness, swelling and tenderness of the upper right eyelid for 5 days.
- **History:** Approximately 1 year prior to treatment, the patient frequently experienced redness, swelling and pain in his right eye. The same symptoms appeared again 5 days prior to the first visit. Several hospitals diagnosed him with an external hordeolum of the right eye. During the previous year, the patient received three drainage surgeries after which the localized redness and swelling would gradually be reduced. The patient had frequent recurrences.
- **Signs and Symptoms:** Localized redness and swelling close to the margin of the upper right eyelid with palpable induration and tenderness with no pus formation. The patient was a picky eater with a poor appetite, dry mouth, pale complexion, hard stools and frequent colds. The tongue body was tender with a thin sticky yellowish coating; his pulse was thin and rapid.
- **Past History:** Frequent upper respiratory infections.



|     |                     |     |                                       |
|-----|---------------------|-----|---------------------------------------|
| 黄芪  | <i>huáng qí</i>     | 15g | Radix Astragali                       |
| 茯苓  | <i>fú líng</i>      | 10g | Poria                                 |
| 白术  | <i>bái zhú</i>      | 10g | Rhizoma Atractylodis<br>Macrocephalae |
| 陈皮  | <i>chén pí</i>      | 6g  | Pericarpium Citri Reticulatae         |
| 赤芍  | <i>chì sháo</i>     | 10g | Radix Paeoniae Rubra                  |
| 薏苡仁 | <i>yì yǐ rén</i>    | 20g | Semen Coicis                          |
| 桔梗  | <i>jié gěng</i>     | 10g | Radix Platycodonis                    |
| 皂角刺 | <i>zào jiǎo cì</i>  | 6g  | Spina Gleditsiae                      |
| 连翘  | <i>lián qiào</i>    | 15g | Fructus Forsythiae                    |
| 金银花 | <i>jīn yín huā</i>  | 15g | Flos Lonicerae Japonicae              |
| 蒲公英 | <i>pú gōng yīng</i> | 15g | Herba Taraxaci                        |
| 莱菔子 | <i>lái fú zǐ</i>    | 15g | Semen Raphani                         |

**Formula:** Modified *Tuō Lǐ Xiāo Dú Sǎn*  
(Interior-Drawing and Toxin-Removing Powder)  
[托里消毒散]

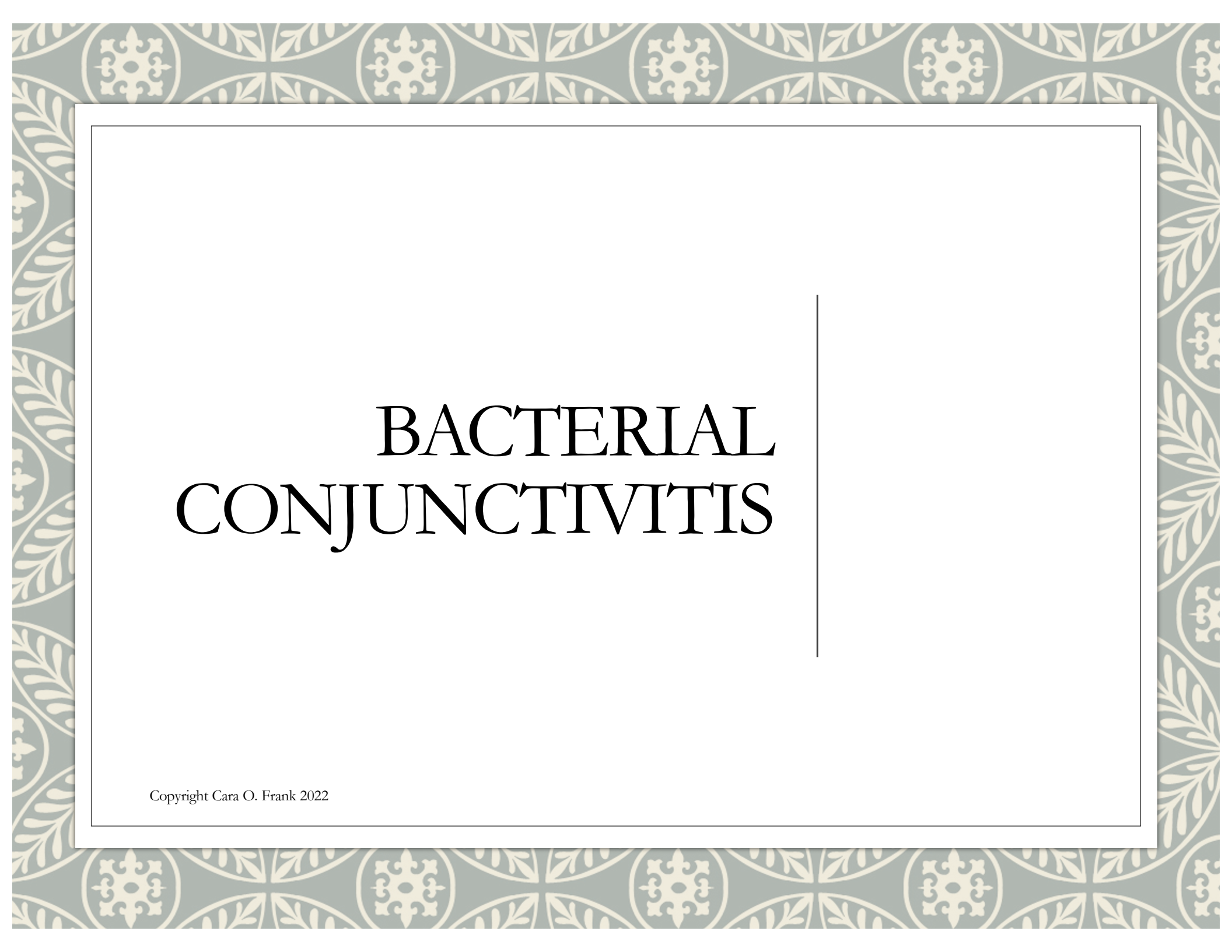
- *Huáng qí* tonifies the yang qi of the spleen and stomach to ascend and disperse pathogenic factors. It is combined with *bái zhú*, *fú líng*, *yì yǐ rén* and *gan cao* to supplement qi and strengthen the spleen.
- *Chén pí* regulates qi, clears obstruction and relieves qi stagnation.
- *Lái fú zǐ* regulates qi to resolve food stagnation.
- *Jié gěng* circulates the lung qi, opening and regulating the waterways. While nourishing Earth and generating Metal, it guides the effects of the other medicinals upward.
- *Chì sháo* cools the blood and dissipates redness.
- *Lián qiào*, *jīn yín huā* and *pú gōng yīng* clear heat and toxic fire to treat the superficial excessive manifestations, while also draining accumulated heat.

Follow up:  
**Formula:**  
 Modified *Shēn*  
*Líng Bái Zhú*  
*Sǎn* (Ginseng,  
 Poria and  
 Atractylodes  
 Macrocephalae  
 Powder)  
 [参苓白术散]

|     |                    |     |                                                       |
|-----|--------------------|-----|-------------------------------------------------------|
| 太子参 | <i>tài zǐ shēn</i> | 15g | Radix Pseudostellariae                                |
| 茯苓  | <i>fú líng</i>     | 10g | Poria                                                 |
| 白术  | <i>bái zhú</i>     | 10g | Rhizoma Atractylodis Macrocephalae                    |
| 山药  | <i>shān yào</i>    | 20g | Rhizoma Dioscoreae                                    |
| 陈皮  | <i>chén pí</i>     | 6g  | Pericarpium Citri Reticulatae                         |
| 扁豆  | <i>biǎn dòu</i>    | 15g | Semen Lablab Album                                    |
| 桔梗  | <i>jié gěng</i>    | 10g | Radix Platycodonis                                    |
| 炙甘草 | <i>zhì gān cǎo</i> | 5g  | Radix et Rhizoma Glycyrrhizae<br>Praeparata cum Melle |
| 薏苡仁 | <i>yì yǐ rén</i>   | 20g | Semen Coicis                                          |
| 防风  | <i>fáng fēng</i>   | 10g | Radix Saposhnikoviae                                  |
| 赤芍  | <i>chì sháo</i>    | 10g | Radix Paeoniae Rubra                                  |
| 连翘  | <i>lián qiào</i>   | 15g | Fructus Forsythiae                                    |

# Mini Case

- A patient presented with recurrent hordeola with limited redness and swelling of the right eyelid close to the lid margin.
- There was a small induration, a yellowish complexion and fatigue. The tongue was pale with a white and slightly sticky coating. The pulse was thin and rapid.
- *Liù Jūn Zǐ Tāng* (Six Gentlemen Decoction) plus *pú gōng yīng* and *zào jiǎo*



# BACTERIAL CONJUNCTIVITIS

---

Copyright Cara O. Frank 2022

- Contact lens wearers
- Common colds
- Sinusitis
- Immunodeficiency
- Exposure to STD's at birth

## Conjunctivitis Risk Factors



## 3 primary types/2 related types

- Acute
- Chronic
- Vernal keratoconjunctivitis
- Epidemic Hemorrhagic
- Phlyctenular keratoconjunctivitis



# Acute Contagious Conjunctivitis

Refers to inflammation of  
the conjunctiva by bacteria

Three stages: hyperacute,  
acute and chronic

Called Pink Eye

Usually caused by strep or  
staph infections

# Acute Contagious Conjunctivitis

Usually begins in one eye

Can spread to the other eye

Usually most severe on days 3-4

Can resolve within 1-2 weeks

Highly contagious and can become epidemic

Leading cause of school absences

- Affects all people, all ages, all races
- Densely populated areas, such as schools.
- Age is relevant in that practitioners should consider STD exposure
  - If suspected, then tactful, careful history should be taken to protect HIPPA privacy.
  - At this point- we refer out

epidemiology

- Mainly made visually
  - In the elderly: consider reduced host defenses
- If sexually active, might consider culture for STD's. Esp. if it's bilateral
- Establish history of exposure
- Determine if there are allergies

## Diagnosis

# Visual Diagnosis

Discharge will be more purulent than with viral conjunctivitis

Lids will appear mucousy, which can be white, green or yellow

Eyelids may be edematous

The pupil should respond normally

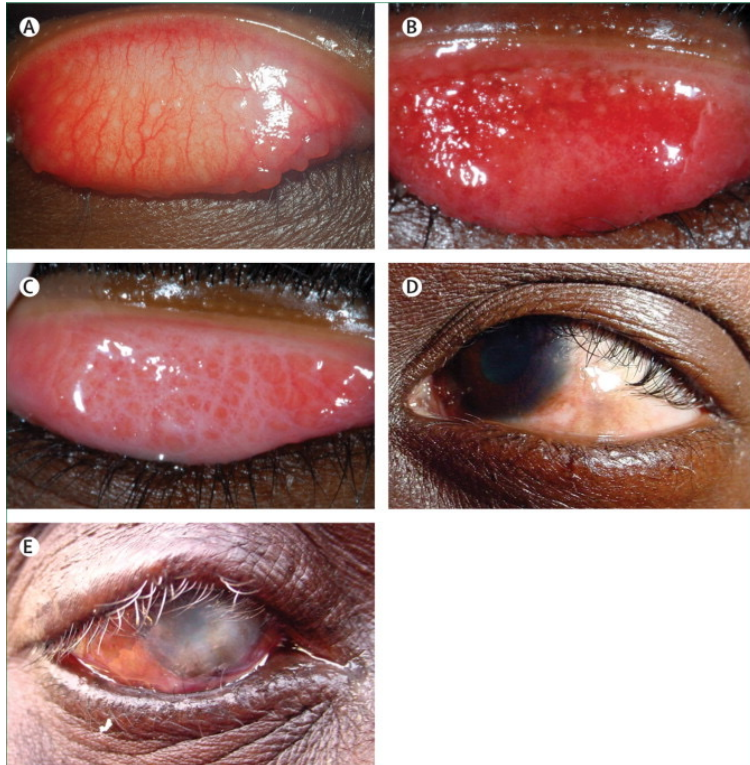
There should not be tearing



- Generally prognosis is excellent
- Antibiotic drops and ointments form the backbone of al treatments:
  - Trimethoprim with polymixin B
  - Gentamicin
  - Tobramycin
  - Neomycin
  - Ciprofloxacin
  - Ofloxacin
  - Gatifloxacin
  - Erythromycin

## Prognosis and Western medical treatment

# Prognosis and Western medical treatment



If the cornea can't be visualized, refer to western doctor

A serious complication of a Chlamydia infection is Trachoma:

- Trachoma is a **disease of the eye caused by infection with the bacterium *Chlamydia trachomatis***. It is a public health problem in 42 countries, and is responsible for the blindness or visual impairment of about 1.9 million people. Blindness from trachoma is irreversible.
- 椒疮 prickly-ash-like sore (trachoma)  
[jiāo chuāng]

- *Bào Fēng Kè Rè*
- 暴风客热
- Fulminant wind and invading fever

TCM  
Terminology

# Presentation and Cause

Abrupt onset,  
conjunctival redness,  
burning and itching,  
tearing, sticky discharge,  
and pain.

The eyelids and the  
conjunctiva are red and  
swollen.

# Presentation and Cause



All patterns center on Pathogenic wind and heat which contend with each other, stagnate in the lung, and then attack upward to affect the conjunctiva.



It is primarily caused by externally contracted wind-heat and/or constrained heat in the interior.

# Patterns and formulas

More Wind  
than Heat

- Modified *Yín Qiào Sǎn* (Lonicera and Forsythia Powder)

More Heat than  
Wind

- Modified *Xiè Fèi Yǐn* (Lung-Clearing Beverage)

Equal Wind  
and Heat

- Modified *Fáng Fēng Tōng Shèng Sǎn* (Ledebouriella Sage-Inspired Powder)



- Symptoms:
  - Prickly pain
  - Itching
  - Conjunctival congestion and edema
  - Headache
  - Aversion to wind
  - Stuffy nose
  - Red tongue, thin white coating
  - Floating rapid pulse
- Treatment Principle:
  - Dissipate wind, clear heat, reduce swelling and relieve pain

Wind  
Predominates  
over heat

# Modified Yin Qiao San

|     |                    |     |                                     |
|-----|--------------------|-----|-------------------------------------|
| 金银花 | <i>jīn yín huā</i> | 25g | Flos Lonicerae Japonicae            |
| 连翘  | <i>lián qiào</i>   | 25g | Fructus Forsythiae                  |
| 桔梗  | <i>jié gěng</i>    | 10g | Radix Platycodonis                  |
| 薄荷  | <i>bò he</i>       | 10g | Herba Menthae                       |
| 荆芥  | <i>jīng jiè</i>    | 10g | Herba Schizonepetae                 |
| 牛蒡子 | <i>niú bàng zǐ</i> | 15g | Fructus Arctii                      |
| 竹叶  | <i>zhú yè</i>      | 10g | Folium Phyllostachydis Henonis      |
| 芦根  | <i>lú gēn</i>      | 20g | Rhizoma Phragmitis                  |
| 牡丹皮 | <i>mǔ dān pí</i>   | 15g | Cortex Moutan                       |
| 赤芍  | <i>chì sháo</i>    | 15g | Radix Paeoniae Rubra                |
| 生甘草 | <i>gān cǎo</i>     | 5g  | Radix et Rhizoma Glycyrrhizae (raw) |

- Symptoms
  - Increased pain
  - Profuse sticky discharge
  - Hot tears
  - Red swollen eyelids
  - Red conjunctiva
  - Aversion to heat
  - Thirst with desire to drink
  - Dry stools and yellow urine
  - Red tongue with yellow coating
  - Rapid pulse
- Treatment Principle:
  - Clear heat, eliminate toxins, dissipate wind and relieve pain

Heat overacting  
on wind

# Modified *Xiè Fèi Yǐn* (Lung-Draining Beverage)

|     |                    |      |                               |
|-----|--------------------|------|-------------------------------|
| 石膏  | <i>shí gāo</i>     | 10 g | Gypsum Fibrosum               |
| 赤芍  | <i>chì sháo</i>    | 10 g | Radix Paeoniae Rubra          |
| 黄芩  | <i>huáng qín</i>   | 3 g  | Radix Scutellariae            |
| 桑白皮 | <i>sāng bái pí</i> | 10 g | Cortex Mori                   |
| 枳壳  | <i>zhǐ qiào</i>    | 10 g | Fructus Aurantii              |
| 木通  | <i>mù tōng</i>     | 10 g | Caulis Akebiae                |
| 连翘  | <i>lián qiào</i>   | 10 g | Fructus Forsythiae            |
| 荆芥  | <i>jīng jiè</i>    | 10 g | Herba Schizonepetae           |
| 防风  | <i>fáng fēng</i>   | 10 g | Radix Saposhnikoviae          |
| 栀子  | <i>zhī zǐ</i>      | 10 g | Fructus Arctii                |
| 白芷  | <i>bái zhǐ</i>     | 10 g | Radix Angelicae Dahuricae     |
| 羌活  | <i>qiāng huó</i>   | 10 g | Rhizoma et Radix Notopterygii |
| 甘草  | <i>gān cǎo</i>     | 3 g  | Radix et Rhizoma Glycyrrhizae |

- Marked conjunctival congestion and edema:

- *jié gěng* (Radix Platycodonis) 10g
- *tíng lì zǐ* (Semen Lepidii) 10g
- *shēng dì* (Radix Rehmanniae) 10g
- *mǔ dān pí* (Cortex Moutan) 10g

- Constipation:

- *dà huáng* (Radix et Rhizoma Rhei) 10g.

## Modifications:

# Equal Wind and Heat

- Falls into an interior/ exterior excess pattern
  - Burning pain, Itching
  - Fever and aversion to cold
  - Photophobia
  - Conjunctival redness and edema
  - Hot tears
  - Thirst
  - Dark urine and dry stool
  - Red tongue white coating, Thready rapid pulse or wiry and thready
- Treatment Principle:
  - Clear Heat, remove toxins, dissipate wind and expel the pathogen



*Fáng Fēng Tōng*  
*Shèng Sǎn* (防  
 风通圣散,  
 Ledebouriella  
 Sage-Inspired  
 Powder)

|     |                     |     |                                         |
|-----|---------------------|-----|-----------------------------------------|
| 防风  | <i>fáng fēng</i>    | 15g | Radix Saposhnikoviae                    |
| 川芎  | <i>chuān xiōng</i>  | 15g | Rhizoma Chuanxiong                      |
| 大黄  | <i>dà huáng</i>     | 15g | Radix et Rhizoma Rhei                   |
| 赤芍  | <i>chì sháo</i>     | 15g | Radix Paeoniae Rubra (usually bai shao) |
| 连翘  | <i>lián qiào</i>    | 15g | Fructus Forsythiae                      |
| 麻黄  | <i>má huáng</i>     | 15g | Herba Ephedra e                         |
| 芒硝  | <i>máng xiāo</i>    | 15g | Natrii Sulfas                           |
| 薄荷  | <i>bò he</i>        | 15g | Herba Menthae                           |
| 当归  |                     | 15g |                                         |
|     | <i>dāng guī wěi</i> |     | Radix Angelicae Sinensis extremities    |
| 滑石  | <i>huá shí</i>      | 60g | Talcum                                  |
| 甘草  | <i>gān cǎo</i>      | 60g | Herba Schizonepetae                     |
| 炒栀子 | <i>chǎo zhī zǐ</i>  | 15g | dry-fried Fructus Gardeniae             |
| 白术  | <i>bái zhú</i>      | 15g | Rhizoma Atractylodis Macrocephalae      |
| 桔梗  | <i>jié gěng</i>     | 30g | Rhizoma Phragmitis                      |
| 石膏  | <i>shí gāo</i>      | 30g | Gypsum Fibrosum                         |
| 荆芥穗 | <i>jīng jiè suì</i> | 15g | Spica Schizonepetae                     |
| 黄芩  | <i>huáng qín</i>    | 30g | Radix Scutellariae                      |

- **Eye drops:**

- 0.5% bear bile eye drops, 6 times per day.
- Antibiotic eye drops

- **Eye wash methods:**

- Decoct *pú gōng yīng* (Herba Taraxaci) 30g, *yě jú huā* (Flos Chrysanthemi Indici) 30g and *huáng lián* (Rhizoma Coptidis) 10g and other heat-clearing and toxin-resolving herbs to fumigate and steam the affected eye, 2-3 times per day.

## External therapies

# Epidemic Hemorrhagic Conjunctivitis

Acute epidemic conjunctivitis

Pink Eye

The most common infectious  
eye disease in the United States

Affects everyone equally

# Epidemic Hemorrhagic Conjunctivitis

Usually presents bilaterally and affects both eyes within 24 hours

Usually the presentation is enough to make the diagnosis.

can be cultured for *staphylococcus epidermidis*, *streptococcus pyogenes*, or *streptococcus pneumoniae*, or STD's

# Epidemic Hemorrhagic Conjunctivitis

- comfort measures:
  - such as cold compresses
  - artificial tears
  - antibiotics.
  - It is extremely important to avoid contamination by careful and frequent hand washing.
  - The prognosis is good, but frequently reoccurs.

TCM:  
*Tiān xíng chì*  
*yǎn*  
(heaven-  
current red  
eye)

dry, burning, painful sensation in the affected eye

*copious tearing-watery, bit pus filled*

redness and swelling of the lid and the sclera with numerous millet-like sores in the palpebrae conjunctiva.

Later, blood spillage may spread to the entire sclera with a star nebula in the pupil.

There may be palpable nodules anterior to the ear or below the jaw.

occurs rapidly with a short incubation period and is highly contagious. It usually affects both eyes within 24 hrs. and is often epidemic, but with a good prognosis.



# Acute Contagious Conjunctivitis TCM Patterns and Formulas

## Early-stage epidemic pestilential qi invasion

- Modified *Qū Fēng Sǎn Rè Yǐn Zǐ* (Wind-Expelling and Heat-Dissipating Drink)

## Accumulated heat in the lung and stomach

- *Pǔ Jì Xiāo Dú Yǐn* (Universal Relief Toxin-Removing Beverage)

## Epidemic heat damaging collaterals:

- Modified *Xiè Fèi Yǐn* (Lung-Draining Beverage)

# Modified *Qū Fēng Sǎn Rè Yǐn Zǐ* (Wind-Expelling and Heat-Dissipating Drink)

|     |                    |                               |
|-----|--------------------|-------------------------------|
| 连翘  | <i>lián qiào</i>   | Fructus Forsythiae            |
| 金银花 | <i>jīn yín huā</i> | Flos Lonicerae Japonicae      |
| 牛蒡子 | <i>niú bàng zǐ</i> | Fructus Arctii                |
| 薄荷  | <i>bò he</i>       | Herba Menthae                 |
| 栀子  | <i>zhī zǐ</i>      | Fructus Gardeniae             |
| 羌活  | <i>qiāng huó</i>   | Rhizoma et Radix Notopterygii |
| 大黄  | <i>dà huáng</i>    | Radix et Rhizoma Rhei         |
| 赤芍  | <i>chì sháo</i>    | Radix Paeoniae Rubra          |
| 当归  | <i>dāng guī</i>    | Radix Angelicae Sinensis      |
| 川芎  | <i>chuān xiōng</i> | Rhizoma Chuanxiong            |
| 木贼  | <i>mù zéi</i>      | Herba Equiseti Hiemalis       |

# *Pǔ Jì Xiāo Dú Yǐn* (普济消毒饮, Universal Relief Toxin-Removing Beverage)

|     |                    |       |                               |
|-----|--------------------|-------|-------------------------------|
| 黄连  | <i>huáng lián</i>  | 15 g  | Rhizoma Coptidis              |
| 黄芩  | <i>huáng qín</i>   | 15 g  | Radix Scutellariae            |
| 陈皮  | <i>chén pí</i>     | 6 g   | Pericarpium Citri Reticulatae |
| 甘草  | <i>gān cǎo</i>     | 6 g   | Herba Schizonepetae           |
| 玄参  | <i>xuán shēn</i>   | 6 g   | Radix Scrophulariae           |
| 柴胡  | <i>chái hú</i>     | 6 g   | Radix Bupleuri                |
| 桔梗  | <i>jié gěng</i>    | 6 g   | Rhizoma Phragmitis            |
| 连翘  | <i>lián qiào</i>   | 3 g   | Fructus Forsythiae            |
| 板蓝根 | <i>bǎn lán gēn</i> | 3 g   | Radix Isatidis                |
| 马勃  | <i>mǎ bó</i>       | 3 g   | Lasiosphaera seu Calvatia     |
| 牛蒡子 | <i>niú bàng zǐ</i> | 3 g   | Fructus Arctii                |
| 薄荷  | <i>bò he</i>       | 3 g g | Herba Menthae                 |
| 僵蚕  | <i>jiāng cán</i>   | 2.1 g | Bombyx Batryticatus           |
| 升麻  | <i>shēng má</i>    | 2.1 g | Rhizoma Cimicifugae           |

- **Eye drops:** 0.2% Heartleaf Houttuynia Medicinal Eye Drops, 6 times per day, or once every hour for severe cases. It may also use antiviral eye drops combined with antibiotic eye drops.
- **Eye wash methods:** Decoct *dà qīng yè* (Folium Isatidis) 20g, *jīn yín huā* (Flos Lonicerae Japonicae) 15g, *pú gōng yīng* (Herba Taraxaci) 30g, *jú huā* (Flos Chrysanthemi) 15g and other heat-clearing and toxin-resolving herbs to fumigate and wash the affected eye, 2-3 times per day.

## External Therapy

# Modified *Xī Jiǎo Dì Huāng Tāng* (Rhinoceros Horn and Rehmannia Decoction) and *Yín Qiào Sǎn* (Lonicera and Forsythia Powder)

|     |                       |     |                                          |
|-----|-----------------------|-----|------------------------------------------|
| 水牛角 | <i>shuǐ niú jiǎo</i>  | 40g | Cornu Bubali (decocted first for 30 min) |
| 牡丹皮 | <i>mǔ dān pí</i>      | 15g | Cortex Moutan                            |
| 赤芍  | <i>chì sháo</i>       | 15g | Radix Paeoniae Rubra                     |
| 生地黄 | <i>shēng dì huáng</i> | 15g | Radix Rehmanniae                         |
| 紫草  | <i>zǐ cǎo</i>         | 5g  | Radix Arnebiae                           |
| 金银花 | <i>jīn yín huā</i>    | 25g | Flos Lonicerae Japonicae                 |
| 连翘  | <i>lián qiào</i>      | 25g | Fructus Forsythiae                       |
| 薄荷  | <i>bò he</i>          | 10g | Herba Menthae                            |
| 荆芥  | <i>jīng jiè</i>       | 10g | Herba Schizonepetae                      |
| 竹叶  | <i>zhú yè</i>         | 10g | Folium Phyllostachydis Henonis           |
| 芦根  | <i>lú gēn</i>         | 20g | Rhizoma Phragmitis                       |
| 生甘草 | <i>shēng gān cǎo</i>  | 5g  | Radix et Rhizoma Glycyrrhizae            |





# CHRONIC CONJUNCTIVITIS

Copyright Cara O. Frank 2022



- Conjunctivitis is typically an acute pattern;
- Infectious and allergic conjunctivitis can become chronic.
- Conditions that lead to chronic conjunctivitis include ectropion, entropion, blepharitis and chronic dacryocystitis, blepharitis and rosacea.
- Meibomitis
- Trachoma infection
- Usually treated with antibiotics

## Chronic Conjunctivitis



Chronic Conjunctivitis TCM  
*Bái sè zhèng* (white dry eye or  
white xerotic syndrome).

- It is characterized by mild redness or thin red veins in the sclera with dryness and discomfort.

- Causes:

- Incomplete treatment of fulminant wind with an invading fever
- part of the sequelae of acute contagious conjunctivitis where there is lingering heat hidden in the sclera
- Other factors include poor diet, excessive smoking or drinking alcohol and excessive consumption of spicy-hot food.

*bái sè zhèng*  
white dry eye  
or white xerotic  
syndrome

- Pathogenesis

- lifestyle habits cause damp-heat accumulation in the spleen and stomach with inhibited qi movement, resulting in pathogenic stagnation in the sclera.
- Other possible causative factors include a lack of nourishment to the eyes due to lung yin deficiency and fluid loss, liver and kidney deficiency or yin and blood deficiency resulting in a lack of fluid and tears, all of which result in malnourishment of the sclera.

*bái sè zhèng*  
white dry eye  
or white xerotic  
syndrome



# COMMON CLINICAL PATTERNS AND FORMULAS

## Lingering evil heat

- Modified *Sāng Bái Pí Tāng* (Mulberry Root Bark Decoction)

## Lung yin deficiency

- Modified *Yǎng Yīn Qīng Fèi Tāng* (Yin-Nourishing and Lung-Clearing Decoction)

## Spleen and stomach damp-heat

- Modified *Sān Rén Tāng* (Three Kernels Decoction)

## Liver and kidney yin deficiency

- Modified *Qǐ Jú Dì Huáng Wán* (Lycium Berry, Chrysanthemum and Rehmannia Pill)

# Lingering Evil Heat

**Formula:** Modified *Sāng Bái Pí Tāng* (Mulberry Root Bark Decoction)

|     |                       |     |                               |
|-----|-----------------------|-----|-------------------------------|
| 桑白皮 | <i>sāng bái pí</i>    | 10g | Cortex Mori                   |
| 玄参  | <i>xuán shēn</i>      | 15g | Radix Scrophulariae           |
| 地骨皮 | <i>dì gǔ pí</i>       | 10g | Cortex Lycii                  |
| 麦冬  | <i>mài dōng</i>       | 15g | Radix Ophiopogonis            |
| 黄芩  | <i>huáng qín</i>      | 10g | Radix Scutellariae            |
| 菊花  | <i>jú huā</i>         | 10g | Flos Chrysanthemi             |
| 生地黄 | <i>shēng dì huáng</i> | 15g | Radix Rehmanniae              |
| 桔梗  | <i>jié gěng</i>       | 6g  | Radix Platycodonis            |
| 茯苓  | <i>fú líng</i>        | 10g | Poria                         |
| 甘草  | <i>gān cǎo</i>        | 3g  | Radix et Rhizoma Glycyrrhizae |



# Lung Yin Deficiency

Modified *Yǎng Yīn Qīng Fèi Tāng* (Yin-Nourishing and Lung-Clearing Decoction).

|                     |     |                               |
|---------------------|-----|-------------------------------|
| <i>shēng dì</i>     | 生地  | Radix Rehmanniae              |
| <i>xuán shēn</i>    | 玄参  | Radix Scrophulariae           |
| <i>mǔ dān pí</i>    | 牡丹皮 | Cortex Moutan                 |
| <i>bái sháo</i>     | 白芍  | Radix Paeoniae Alba           |
| <i>mài mén dōng</i> | 麦门冬 | Radix Ophiopogonis            |
| <i>bò he</i>        | 薄荷  | Herba Menthae                 |
| <i>chuān bèi mǔ</i> | 川贝母 | Bulbus Fritillariae Cirrhosae |
| <i>gān cǎo</i>      | 甘草  | Radix et Rhizoma Glycyrrhizae |

# Spleen and Stomach Damp-Heat

## *Sān Rén Tāng* (三仁汤, Three Kernels Decoction)

|     |                     |        |                                |
|-----|---------------------|--------|--------------------------------|
| b   | <i>xìng rén</i>     | 15 g   | Semen Armeniacae Amarum        |
| 滑石  | <i>huá shí</i>      | 18 g g | Talcum                         |
| 白通草 | <i>bái tōng cǎo</i> | 6 g    | Medulla Tetrapanacis           |
| 白豆蔻 | <i>bái dòu kòu</i>  | 6 g    | Fructus Amomi Kravanh          |
| 竹叶  | <i>zhú yè</i>       | 6 g    | Folium Phyllostachydis Henonis |
| 厚朴  | <i>hòu pò</i>       | 6 g    | Cortex Magnoliae Officinalis   |
| 薏苡仁 | <i>yì yǐ rén</i>    | 18 g   | Semen Coicis                   |
| 半夏  | <i>bàn xià</i>      | 15 g   | Rhizoma Pinelliae              |

Liver and Kidney Yin deficiency  
*Qǐ Jú Dì Huáng Wán* (杞菊地黄丸, Lycium Berry, Chrysanthemum  
and Rehmannia

|     |                     |                             |
|-----|---------------------|-----------------------------|
| 熟地黄 | <i>shú dì huáng</i> | Radix Rehmanniae Praeparata |
| 山茱萸 | <i>shān zhū yú</i>  | Fructus Corni               |
| 干山药 | <i>gān shān yào</i> | Rhizoma Dioscoreae          |
| 泽泻  | <i>zé xiè</i>       | Rhizoma Alismatis           |
| 茯苓  | <i>fú líng</i>      | Poria                       |
| 牡丹皮 | <i>mǔ dān pí</i>    | Cortex Moutan               |
| 枸杞子 | <i>gǒu qǐ zǐ</i>    | Fructus Lycii               |
| 菊花  | <i>jú huā</i>       | Flos Chrysanthemi           |

# Vernal Keratoconjunctivitis

## seasonal conjunctivitis or spring catarrh

intense itching eyes

large cobblestone papillae

brown or dull red jelly-like thickening bulbar conjunctiva



# VCK Western Medicine

- Try to identify and avoid the allergens that cause symptoms.
- Topical corticosteroid (0.1% Dexamethasone Eye Drop),
- Angiotonics (0.1% Epinephrine or 1% Efedrina) is helpful to alleviate itching and redness.
- Ketorolac Tromethamine 0.5%, or Emedastine Difumarate 0.05%, or Nedocromil sodium 2% can reduce the symptoms markedly.
- For severe patients, Chlorphenamine, Astemizole, antihistaminic's or Glucocorticoid

## External contraction of wind-heat

- Modified *Xiāo Fēng Sǎn* (Wind-Dispersing Powder)

## Damp-heat

- Modified *Chú Shī Tāng* (Dampness Eliminating Decoction)

## Blood deficiency generating wind

- Modified *Sì Wù Tāng* (Four Substances Decoction)

## Spleen deficiency with dampness

- Modified *Shēn Líng Bái Zhú Sǎn* (Ginseng, Poria and Atractylodes Macrocephalae Powder)

Vernal  
Kerato-  
conjunctivitis

*shí fù mù yǎng*

时复目痒

seasonal eye  
itching



# Modified *Xiāo Fēng Sǎn* (Wind dispersing powder, 消风散)

|     |                      |      |                                                    |
|-----|----------------------|------|----------------------------------------------------|
| 荆芥穗 | <i>jīng jiè suì</i>  | 10 g | Spica Schizonepetae                                |
| 羌活  | <i>qiāng huó</i>     | 10 g | Rhizoma et Radix Notopterygii                      |
| 防风  | <i>fáng fēng</i>     | 10 g | Radix Saposhnikoviae                               |
| 川芎  | <i>chuān xiōng</i>   | 10 g | Rhizoma Chuanxiong                                 |
| 白僵蚕 | <i>bái jiāng cán</i> | 10 g | Bombyx Batryticatus                                |
| 蝉蜕  | <i>chán tuì</i>      | 10 g | Periostracum Cicadae                               |
| 茯苓  | <i>fú líng</i>       | 10 g | Poria                                              |
| 陈皮  | <i>chén pí</i>       | 10 g | Pericarpium Citri Reticulatae                      |
| 厚朴  | <i>hòu pò</i>        | 10 g | Cortex Magnoliae Officinalis                       |
| 炙甘草 | <i>zhì gān cǎo</i>   | 3 g  | Radix et Rhizoma Glycyrrhizae Praeparata cum Melle |
| 藿香叶 | <i>huò xiāng yè</i>  | 10 g | Herba Agastachis                                   |

*Chú Shī Tāng*  
(Dampness-  
Eliminating  
Decoction)  
除湿汤

|     |                    |      |                               |
|-----|--------------------|------|-------------------------------|
| 连翘  | <i>lián qiào</i>   | 10 g | Fructus Forsythiae            |
| 滑石  | <i>huá shí</i>     | 10 g | Talcum                        |
| 车前子 | <i>chē qián zǐ</i> | 10 g | Semen Plantaginis             |
| 枳壳  | <i>zhǐ qiào</i>    | 10 g | Fructus Aurantii              |
| 黄连  | <i>huáng lián</i>  | 10 g | Rhizoma Coptidis              |
| 黄芩  | <i>huáng qín</i>   | 10 g | Radix Scutellariae            |
| 木通  | <i>mù tōng</i>     | 10 g | Caulis Akebiae                |
| 甘草  | <i>gān cǎo</i>     | 10 g | Herba Schizonepetae           |
| 陈皮  | <i>chén pí</i>     | 10 g | Pericarpium Citri Reticulatae |
| 荆芥  | <i>jīng jiè</i>    | 10 g | Herba Schizonepetae           |
| 茯苓  | <i>fú líng</i>     | 10 g | Poria                         |
| 防风  | <i>fáng fēng</i>   | 10 g | Radix Saposhnikoviae          |

# Modified *Sì Wù Tāng* (四物汤, four substance decoction)

|     |                      |      |                             |
|-----|----------------------|------|-----------------------------|
| 当归  | <i>dāng guī</i>      | 10 g | Radix Angelicae Sinensis    |
| 川芎  | <i>chuān xiōng</i>   | 10 g | Rhizoma Chuanxiong          |
| 白芍  | <i>bái sháo</i>      | 10 g | Radix Paeoniae Alba         |
| 熟地黄 | <i>shú dì huáng</i>  | 10 g | Radix Rehmanniae Praeparata |
| 白僵蚕 | <i>bái jiāng cán</i> | 10 g | Bombyx Batryticatus         |
| 白蒺藜 | <i>bái jí lí</i>     | 10 g | Fructus Tribuli             |
| 荆芥  | <i>jīng jiè</i>      | 6 g  | Herba Schizonepetae         |
| 防风  | <i>fáng fēng</i>     | 6 g  | Radix Saposhnikoviae        |

# Modified *Shēn Líng Bái Zhú Sǎn*/Ginseng, Poria and Atractylodes Macrocephalae Powder

|     |                     |      |                                                  |
|-----|---------------------|------|--------------------------------------------------|
| 党参  | <i>dǎng shēn</i>    | 10 g | Radix Codonopsis                                 |
| 炒白术 | <i>Chǎo bái zhú</i> | 15 g | Rhizoma Atractylodis<br>Macrocephalae (prepared) |
| 茯苓  | <i>fú líng</i>      | 10 g | Poria                                            |
| 炙甘草 | <i>gān cǎo</i>      | 6 g  | Herba Schizonepetae                              |
| 山药  | <i>shān yào</i>     | 10 g | Rhizoma Dioscoreae                               |
| 桔梗  | <i>jié gěng</i>     | 10 g | Radix Platycodonis                               |
| 白扁豆 | <i>bái biǎn dòu</i> | 10 g | Semen Lablab Album                               |
| 莲子肉 | <i>lián zǐ ròu</i>  | 10 g | Semen Nelumbinis                                 |
| 薏苡仁 | <i>yì yǐ rén</i>    | 10 g | Semen Coicis                                     |
| 陈皮  | <i>chén pí</i>      | 10 g | Pericarpium Citri Reticulatae                    |

Modified *Bǔ Zhōng Yì Qì Tāng* (Center-Supplementing and Qi-Boosting Decoction)

|     |                      |     |                                       |
|-----|----------------------|-----|---------------------------------------|
| 党参  | <i>dǎng shēn</i>     | 15g | Radix Codonopsis                      |
| 黄芪  | <i>huáng qí</i>      | 15g | Radix Astragali                       |
| 白术  | <i>bái zhú</i>       | 10g | Rhizoma Atractylodis<br>Macrocephalae |
| 柴胡  | <i>chái hú</i>       | 6g  | Radix Bupleuri                        |
| 当归  | <i>dāng guī</i>      | 6g  | Radix Angelicae Sinensis              |
| 陈皮  | <i>chén pí</i>       | 6g  | Pericarpium Citri Reticulatae         |
| 苦参  | <i>kǔ shēn</i>       | 6g  | Radix Sophorae Flavescentis           |
| 蛇床子 | <i>shé chuáng zǐ</i> | 6g  | Fructus Cnidii                        |
| 白鲜皮 | <i>bái xiān pí</i>   | 10g | Cortex Dictamni                       |
| 地肤子 | <i>dì fū zǐ</i>      | 10g | Fructus Kochiae                       |
| 升麻  | <i>shēng má</i>      | 6g  | Rhizoma Cimicifugae                   |
| 甘草  | <i>gān cǎo</i>       | 3g  | Radix et Rhizoma Glycyrrhizae         |

- **Chinese Patent Drugs**

- *Chuān Xīn Lián Tablets* (穿心莲片, Herba Andrographis Tablets), 1-2 tablets , three times a day, applicable to pattern of externally contracted wind-heat.
- *Shuāng Huáng Lián Oral Drink* (双黄连口服液, Flos Lonicerae Japonicae and Rhizoma Coptidis Oral Drink), 30 ml , three times a day.

## Patent Medicine



# Blunt Trauma to the eyeball

- 外伤目络证  
traumatic injury  
to the eye collateral
- [wài shāng mù luò  
zhèng]



# Ocular contusion

a non-perforated wound resulting from trauma with a blunt object.

Most cases of black eyes are merely a cosmetic concern.

This condition usually results from trauma by a ball, fist, wooden stick, leather, stone or metal shards.

Other causes include:

- high liquid pressure and gas,
- head trauma causing injury
- contusion that may injure the eyeball.

# Complications

If the globe is traumatized there can be more serious complications including:

hemorrhage in the chamber,

lens dislocation,

retinal hemorrhage, edema or detachment,

laceration of the iris, cataract formation and late-onset glaucoma.<sup>1</sup>

## Basic Care for uncomplicated cases:

first treat with ice compresses to reduce swelling,

later with warm packs to assist in the absorption of blood.

Patients are advised to rest with the head elevated. Prognosis is dependent on the extent of trauma and the location of the injury.

From  
Essentials  
from the  
Silver Sea  
(*Yín Hǎi Jīng*  
*Wēi*, 银海精  
微)

it is serious when there is injury to the wind wheel (the cornea), and the water wheel (the pupil) becomes unclear.



We can extrapolate the passage to mean that eye contusions are serious when the cornea is abraded or lacerated.



first disperse blood stasis and then, if there is pain, to administer of *Mò Yào Sǎn* (Myrrh Powder). The ingredients are *mò yào*, *máng xiāo* (Natrii Sulfas) and *dà huáng*.

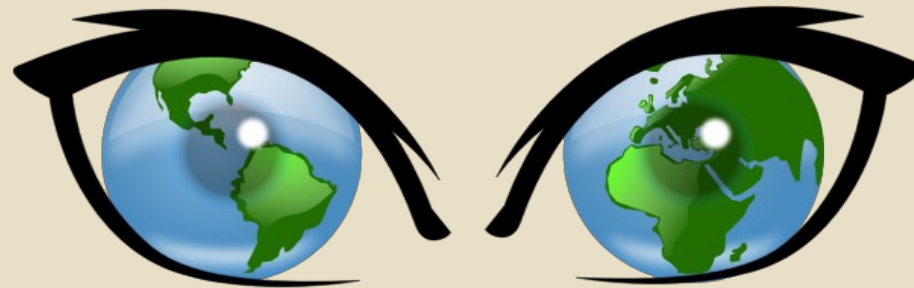
# TCM Main Etiology

blunt trauma to the  
eyeball injures the qi and  
blood

damaging the eye tissue  
and causing damage to  
the collaterals with blood  
spillage, blood stasis and  
qi stagnation.



# Patterns: only two



## Pattern Differentiation

Many channels travel through the eye as well as the deep and minute channels inside the lens, qi and blood can infiltrate the entire eye.

Trauma from a foreign object, damages qi, blood, tissues and collaterals that causes blood spillage.

depending on the location of trauma  
There will be different clinical manifestations:

- diagnosis should be based on the location of bleeding.

# Case study from my book

---

Male, age 40. Initial Visit: February 25<sup>th</sup>, 2009. Patient was hospitalized on the same day.

---

**Chief Complaint:** Pain, photophobia and tearing in the left eye along with decreased vision for one hour.

---

**History:** One hour prior to treatment the patient suffered a trauma to the left eye with a badminton ball, causing him to develop symptoms of photophobia, pain, tearing and decreased vision. Friends accompanied the patient directly to the hospital.

---

**Signs and Symptoms:** Photophobia, pain, tearing and blurred vision in the left eye.

---

**Past History:** The patient had no history of contagious disease, other internal organ conditions, use of medicine or food allergies.

A close-up photograph of a human eye, showing the iris, pupil, and eyelashes. The eye is looking slightly to the left. The image is positioned on the left side of the slide, partially overlapping the text area.

# Ophthalmologic Examination:

- The eye examination showed visual acuity of the right eye at 1.0 and the left eye at 0.3. No abnormalities were detected in the right eye on the external part of the eyeball or the fundus. The left eyelid was swollen with a dusty discoloration at the posterior wall of the cornea with kp (+) and Tyn (+). There was bleeding with a bright red color covering half of the anterior chamber leaving the rest unclear. Ultrasound of the eye revealed slight cloudiness inside the vitreum with no retina detachment.
- Physical Exam normal

# General Triage Strategy from *Yín Hǎi Jīng Wēi*

01

first control  
bleeding,

02

invigorate  
blood

03

reduce  
swelling.

# Blunt trauma to the collaterals

## Early Stage: Modified *Shí Huī Sǎn* (Ten Charred Substances Powder)

|     |                    |     |                         |
|-----|--------------------|-----|-------------------------|
| 大蓟  | <i>dà jì</i>       | 15g | Herba Cirsii Japonici   |
| 小蓟  | <i>xiǎo jì</i>     | 15g | Herba Cirsii            |
| 荷叶  | <i>hé yè</i>       | 12g | Folium Nelumbinis       |
| 侧柏叶 | <i>cè bǎi yè</i>   | 10g | Cacumen Platycladi      |
| 白茅根 | <i>bái máo gēn</i> | 10g | Rhizoma Imperatae       |
| 茜草  | <i>qiàn cǎo</i>    | 10g | Radix et Rhizoma Rubiae |
| 大黄  | <i>dà huáng</i>    | 10g | Radix et Rhizoma Rhei   |
| 山梔  | <i>shān zhī</i>    | 10g | Fructus Gardeniae       |
| 牡丹皮 | <i>mǔ dān pí</i>   | 10g | Cortex Moutan           |
| 棕榈皮 | <i>zōng lǚ pí</i>  | 10g | Petiolus Trachycarpi    |



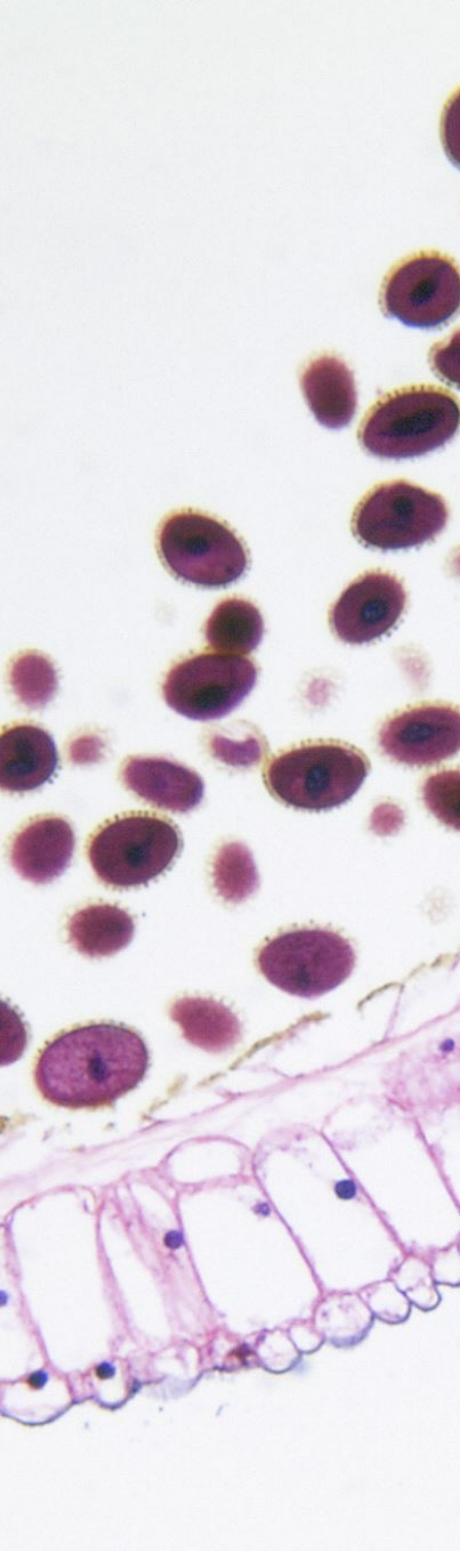
# Other treatment

## Chinese Patent Medicine

- *Yún Nán Bái Yào Jiāo Náng* (Yunnan Baiyao Capsules): two capsules per dose, taken orally, three times per day.

## Special Instructions

- The patient should lay in a supine position with the head elevated at 30 degrees, with both eyes wrapped to prevent movement.



# Follow Up

- After two days of treatment, the symptoms of photophobia, pain and tearing greatly improved. Examination revealed the posterior wall of the cornea with Kp (-) and Tyn (-), and visual acuity had improved to 0.6. The bleeding in the anterior chamber was partially absorbed.
- The color of the blood had turned from bright red to dark red, indicating that no fresh bleeding occurred and the initial bleeding had turned to blood stasis.
- Therefore, medicinals for invigorating blood and transforming stasis were added to the formula.

**Principles:** Cool the blood, stop the bleeding, invigorate the blood and transform stasis

**Formula:** *Shí Huī Sǎn* (Ten Charred Substances Powder) plus *Sì Wù Tāng* (Four Substances Decoction)  
[十灰散合四物汤]

|     |                       |     |                          |
|-----|-----------------------|-----|--------------------------|
| 大蓟  | <i>dà jì</i>          | 15g | Herba Cirsii Japonici    |
| 小蓟  | <i>xiǎo jì</i>        | 15g | Herba Cirsii             |
| 荷叶  | <i>hé yè</i>          | 12g | Folium Nelumbinis        |
| 侧柏叶 | <i>cè bǎi yè</i>      | 10g | Cacumen Platycladi       |
| 白茅根 | <i>bái máo gēng</i>   | 10g | Rhizoma Imperatae        |
| 茜草  | <i>qiàn cǎo</i>       | 10g | Radix et Rhizoma Rubiae  |
| 大黄  | <i>dà huáng</i>       | 3g  | Radix et Rhizoma Rhei    |
| 山梔  | <i>shān zhī</i>       | 10g | Fructus Gardeniae        |
| 牡丹皮 | <i>mǔ dān pí</i>      | 10g | Cortex Moutan            |
| 棕榈皮 | <i>zōng lǚ pí</i>     | 10g | Petiolus Trachycarpi     |
| 生地黄 | <i>shēng dì huáng</i> | 10g | Radix Rehmanniae         |
| 当归  | <i>dāng guī</i>       | 10g | Radix Angelicae Sinensis |
| 赤芍  | <i>chì sháo</i>       | 9g  | Radix Paeoniae Rubra     |
| 川芎  | <i>chuān xiōng</i>    | 9g  | Rhizoma Chuanxiong       |

## Topical care

Apply a compress made of pounded fresh *shēng dì huáng*, *sāng bái pí* (Cortex Mori), *cōng bái* (Bulbus Allii Fistulosi), *ài yè* (Folium Artemisiae Argyi) or turnips.

The patient must rest and avoid foods that engender wind and stir the blood.

The prognosis is good for acute injuries and poor if a “white shade develops”, which suggests the eye trauma has caused a nebula to form, which will lead to blindness.

|     |                       |     |                                                    |
|-----|-----------------------|-----|----------------------------------------------------|
| 桃仁  | <i>táo rén</i>        | 12g | Semen Persicae                                     |
| 红花  | <i>hóng huā</i>       | 12g | Flos Carthami                                      |
| 当归  | <i>dāng guī</i>       | 12g | Radix Angelicae Sinensis                           |
| 生地黄 | <i>shēng dì huáng</i> | 10g | Radix Rehmanniae                                   |
| 赤芍  | <i>chì sháo</i>       | 10g | Radix Paeoniae Rubra                               |
| 川芎  | <i>chuān xiōng</i>    | 6g  | Rhizoma Chuanxiong                                 |
| 桔梗  | <i>jié gěng</i>       | 3g  | Radix Platycodonis                                 |
| 牛膝  | <i>niú xī</i>         | 10g | Radix Achyranthis Bidentatae                       |
| 柴胡  | <i>chái hú</i>        | 6g  | Radix Bupleuri                                     |
| 枳壳  | <i>zhǐ qiào</i>       | 6g  | Fructus Aurantii                                   |
| 炙甘草 | <i>zhì gān cǎo</i>    | 3g  | Radix et Rhizoma Glycyrrhizae Praeparata cum Melle |
| 木贼草 | <i>mù zéi cǎo</i>     | 12g | Herba Equiseti Hiemalis                            |
| 菊花  | <i>jú huā</i>         | 9g  | Flos Chrysanthemi                                  |
| 蝉蜕  | <i>chán tuì</i>       | 6g  | Periostracum Cicadae                               |

Copyright Cara O. Frank 2022

Sub-Acute: 7  
days: Qi  
Stagnation,  
Blood Stasis

◦ **Formula:**  
Modified *Xuè Fǔ*  
*Zhú Yǔ Tāng*  
(Blood Mansion  
Stasis-Expelling  
Decoction)

◦ [血府逐瘀汤  
加减]

Ocular  
swelling:  
Blood Stasis,  
Qi  
Stagnation

Modified  
*Xuè Fǔ Zhú*  
*Yū Tāng*  
(Blood  
Mansion  
Stasis-  
Expelling  
Decoction)

|         |                       |     |                                                       |
|---------|-----------------------|-----|-------------------------------------------------------|
| 桃仁      | <i>táo rén</i>        | 12g | Semen Persicae                                        |
| 红花      | <i>hóng huā</i>       | 12g | Flos Carthami                                         |
| 当归      | <i>dāng guī</i>       | 12g | Radix Angelicae Sinensis                              |
| 生地<br>黄 | <i>shēng dì huáng</i> | 10g | Radix Rehmanniae                                      |
| 赤芍      | <i>chì sháo</i>       | 10g | Radix Paeoniae Rubra                                  |
| 川芎      | <i>chuān xiōng</i>    | 6g  | Rhizoma Chuanxiong                                    |
| 桔梗      | <i>jié gěng</i>       | 3g  | Radix Platycodonis                                    |
| 牛膝      | <i>niú xī</i>         | 10g | Radix Achyranthis Bidentatae                          |
| 柴胡      | <i>chái hú</i>        | 6g  | Radix Bupleuri                                        |
| 枳壳      | <i>zhǐ qiào</i>       | 6g  | Fructus Aurantii                                      |
| 炙甘<br>草 | <i>zhì gān cǎo</i>    | 3g  | Radix et Rhizoma Glycyrrhizae Praeparata cum<br>Melle |
| 茯苓      | <i>fú líng</i>        | 15g | Poria                                                 |
| 泽泻      | <i>zé xiè</i>         | 12g | Rhizoma Alismatis                                     |
| 车前<br>子 | <i>chē qián zǐ</i>    | 12g | Semen Plantaginis                                     |

Formula:  
*Qū Yū Tāng*  
(Stasis-  
Dispelling  
Decoction)  
[祛瘀汤]

|     |                     |     |                                           |
|-----|---------------------|-----|-------------------------------------------|
| 当归  | <i>dāng guī</i>     | 12g | Radix Angelicae Sinensis                  |
| 赤芍  | <i>chì sháo</i>     | 12g | Radix Paeoniae Rubra                      |
| 桃仁  | <i>táo rén</i>      | 9g  | Semen Persicae                            |
| 泽兰  | <i>zé lán</i>       | 9g  | Herba Lycopi                              |
| 丹参  | <i>dān shēn</i>     | 15g | Radix et Rhizoma Salviae<br>Miltiorrhizae |
| 川芎  | <i>chuān xiōng</i>  | 6g  | Rhizoma Chuanxiong                        |
| 郁金  | <i>yù jīn</i>       | 12g | Radix Curcumae                            |
| 生地  | <i>shēng dì</i>     | 12g | Radix Rehmanniae                          |
| 旱莲草 | <i>hàn lián cǎo</i> | 12g | Herba Ecliptae                            |
| 仙鹤草 | <i>xiān hè cǎo</i>  | 12g | Herba Agrimoniae                          |





THAT'S A WRAP!  
STAY TUNED FOR ALL I HAVE PLANNED