

# YIN QIAO WAN BP036

Lonicera & Forsythia Formula 銀翹丸

## TCM ACTIONS

Releases Exterior Wind-Heat, clears Heat Toxin.

## TCM SYNDROMES

Wind-Heat Exterior syndrome.

## INDICATIONS

Common cold, influenza, acute bronchitis, acute tonsillitis, measles, mumps, epidemic parotitis, acute conjunctivitis.

## SIGNS & SYMPTOMS (key clinical features in bold)

Fever and chills  
General malaise  
Sore throat  
Headache  
Thirst  
Cough  
Maculopapular rash in measles  
Parotidomegaly and orchitis in mumps  
Normal or red tipped tongue  
Floating and rapid pulse

## INGREDIENTS

Each pill contains extract equiv. to dry:

Lonicera japonica, flower ( <i>jin yin hua</i> )	金銀花	57mg
Forsythia suspensa, fruit ( <i>lian qiao</i> )	連翹	57mg
Arctium lappa, seed ( <i>niu bang zi</i> )	牛蒡子	47.5mg
Glycine max, seed ( <i>dan dou chi</i> )	淡豆豉	47.5mg
Phragmites australis, rhiz. ( <i>lu gen</i> )	蘆根	47.5mg
Platycodon grandiflorus, root ( <i>jie geng</i> )	桔梗	23.7mg
Mentha haplocalyx, herb ( <i>bo he</i> )	薄荷	23.7mg
Schizonepeta tenuifolia, herb top fl. ( <i>jing jie</i> )	荊芥	23.7mg
Phyllostachys nigra, leaf ( <i>dan zhu ye</i> )	淡竹葉	23.7mg
Glycyrrhiza uralensis, root ( <i>gan cao</i> )	甘草	23.7mg

## ACTIONS OF THE MAIN HERBS

Lonicera flower is used orally in formulas to treat acute febrile illness, common cold, influenza, acute inflammations, sore throat, skin infections, and dysentery. It has been shown to have antibiotic, anti-inflammatory, antipyretic and immune stimulant actions.

Forsythia fruit is used orally in formulas to treat febrile illness, skin infections, hepatitis, lymphadenitis and thrombocytopenic purpura. It has been shown to have antibacterial, anti-inflammatory, anti-emetic and hepatoprotective actions.

## DOSAGE & COURSE OF TREATMENT

10-15 pills, 3 - 4 times daily, half to one hour away from food.

In severe cases and in the early stages of treatment (first 3 – 5 days) the dosage may be increased by 50 - 100%.

Course of treatment: 7 – 10 days.

## CAUTIONS & CONTRAINDICATIONS

None noted.

## COMBINATIONS

- Asthma or hayfever (Wind-Heat syndromes):  
+ Ding Chuan Wan (Ginkgo Nut & Apricot Seed Formula BP008)
- Bronchitis, acute:  
+ Zhi Sou San (Platycodon & Stemona Formula BP054)
- **Common cold, influenza, to improve efficacy** (select one):  
+ Xiao Chai Hu Wan (Minor Bupleurum Formula BP029)  
+ Sang Ju Yin – Jia Wei (Mulberry & Chrysanthemum Formula BP081)
- **Gastric flu:**  
+ Huo Xiang Zheng Qi Wan (Agastache Formula BP046)
- Skin lesions, acute (Wind-Heat syndromes):  
+ Si Miao Yong An Wan (Lonicera & Scrophularia Formula BP059)
- Tonsillitis:  
+ ANTITOX 1 Formula (CM105)

**COMMENTS**  
YIN QIAO WAN  
BP036

銀翹丸



This formula is from the 'Analysis of Warm Diseases' (wen bing tiao bian), by Wu Ju-tong (a.k.a. Wu Tang), 1798. It was designed to treat Defense aspect syndrome (wei fen zheng) due to Wind-Warm or Wind-Heat.

The defensive Qi protects the Exterior of the body, which includes the skin, body hair, pores, striae, muscles and connective tissue. Because of the close relationship between the defensive Qi and the Lung Qi, Defense aspect syndromes generally involve pathological changes in the Lung and associated tissues (i.e. the upper respiratory tract).

Over subsequent centuries this formula has become the treatment of choice for Wind-Heat invasion of the Exterior. It is a well designed formula that features strongly acting principal ingredients, which, in addition to dispelling Wind-Heat, also clear Heat Toxin. This is appropriate for exogenous Wind-Warm or Wind-Heat pathogens as they tend to be particularly virulent and may readily invade the Interior. In addition, the ensuing pathological processes cause depletion of the Body Fluids; hence this formula contains several cooling ingredients that also regenerate the Body Fluids.

The synergistic actions of the herbs are as follows:

- Lonicera flower (*jin yin hua*), Forsythia fruit (*lian qiao*): Release Exterior Wind-Heat, clear Heat Toxin.
- Mentha herb (*bo he*), Schizonepeta top (*jing jie*), Glycine seed (*dan dou chi*): release Exterior Wind-Heat
- Arctium seed (*niu bang zi*), Phragmites rhizome (*lu gen*), Platycodon root (*jie geng*), Glycyrrhiza root (*gan cao*): clear Heat-toxin and ease the throat
- Phyllostachys leaf (*dan zhu ye*), Phragmites rhizome (*lu gen*), Glycyrrhiza root (*gan cao*): clear Heat and regenerate the Body Fluids, alleviate thirst