

Traditional Chinese Medicine PERSPECTIVE ON SINUS

Upper Body Support

QSHR

INDICATIONS: Pain, burning, fever, especially acute types in chest, neck, or head, including ear pain, toothache, red eyes, acute sinus problems, hay fever, acne, carbuncles, etc.

PROPERTIES: Cold.

ACTIONS: Clears Toxic and excess Heat in Upper Burner.

INGREDIENTS: Baikal Skullcap Root, Figwort Root, Immature Bitter Orange, Tricosanthes Root, Anemarrhena Rhizome, Honeysuckle Flower, Chinese Thoroughwax Root, Chinese Licorice Root.

Reed Formula

WJXD

INDICATIONS: Eye, ear, nose, and throat infections; sinusitis, bronchitis.

PROPERTIES: Cold.

ACTIONS: Clears Heat and disinhibits Dampness; opens and drains the orifices and clears toxins.

INGREDIENTS: Reed Rhizome, Job's Tears Seed, Wax Gourd Seed, Wild Chrysanthemum Flower, Fragrant Angelica Root.

Liver Regulator-2

Y-JXY

INDICATIONS: Depression, anxiety, irritability, insomnia, side headache, fatigue.

PROPERTIES: Cool.

ACTIONS: Resolves Liver and Blood Stagnation, regulates and harmonizes Liver and Spleen functions.

INGREDIENTS: Chinese Thoroughwax Root, Dong-Quai Root, Red Peony Root, Atractylodes Rhizome, Poria, Tree Peony Bark, Gardenia Fruit, Safflower, Peach Seed.

Toxic

QR

INDICATIONS: Excess Heat or Toxic Fire conditions, acute infection or inflammation.

PROPERTIES: Cold

ACTIONS: Clears Excess Heat, Toxic Fire, cleanses poisons, resolves stagnation of Qi, Excess Heat, and Dampness.

INGREDIENTS: Baikal Skullcap Root, Phellodendron Bark, Chinese Rhubarb Root, Gardenia Fruit, Chinese Goldthread Rhizome, Fang Feng Root, Chinese Thoroughwax Root.

The main symptoms of sinus problems are runny nose, stuffy nose, frequent sneezing, and post-nasal drip. Sometimes sinus headaches, which mainly involve the area around the nose or forehead, are also involved.

These comments pertain mostly to cases in which sinus problems are the sole, or main complaint. If sinus problems are accompanied by a cold or flu, the cold or flu should be the main focus of treatment. If sinus problems occur together with an asthma attack, the asthma should be the focus of treatment. This is true in other, similar combinations of sinus problems with other complaints, as well.

The first kind of causes of sinus problems are external pathogens, usually Wind-Cold, Wind-Heat, or Wind-Dampness. In Traditional Chinese Medicine Theory, the nose is considered to be the front gate or opening to the Lung, and the Lung controls the skin and its functions. That is why invasion of any of these areas by external pathogens, including the Lung itself in cases of Lung infection or asthma, can cause symptoms of sinus problems.

The second kind of causes of sinus problems is internal disruptions of the functions of the Lung, Liver, Gallbladder, and Kidney.

Surely there are other causes of sinus problems, as well. Here, however, we have listed only the major and most common problems.

Note: Words that are capitalized refer to terms used in TCM that may vary from commonly-used definitions or understanding.

Sinus

TCM FORMULA SELECTION GUIDE

CB	Nose Regulator-C
XG	Maintain Defense
HB	Nose Regulator-H
RG	Defense Regulator-R
QT	Front Head Support
Y-JXY	Liver Regulator-2
GH	Regulate Liver
GBS	Defense Support
QSHR	Upper Body Support
WJXD	Reed Formula
FFTS	Fang Feng Formula
QR	Toxic
3LO-NOSE	Clear Nose

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TCM FORMULAS FOR

Sinus

Nose Regulator-C CB

INDICATIONS: Cold-style sinus problems w clear, watery discharge that is worse in cold weather, chronic sinus headache, fatigue, low immune function.

PROPERTIES: Warm.

ACTIONS: Expels Wind and Cold, opens the orifices, clears mucus, tonifies Defensive Qi, improves resistance.

INGREDIENTS: Welsh Onion Bulb, Agastache, Fang Feng Root, Astragalus Root, Atractylodes Rhizome, Lingusticum Rhizome.

Maintain Defense XG

INDICATIONS: Remedy for persistent or frequent colds or flu, esp w fatigue.

PROPERTIES: Warm, Dispersing, and Tonifying.

ACTIONS: Tonifies Qi and Yin, expels Wind and Cold.

INGREDIENTS: Prepared Rehmania Root, Fang Feng Root, Perilla Leaf, Astragalus Root, Pubescent Angelica Root, Chinese Licorice Root.

Nose Regulator-H HB

INDICATIONS: Wind-Heat-style sinus problems w yellowish, thick nasal discharge, head congestion.

PROPERTIES: Cool.

ACTIONS: Clears Wind, Heat, and Dampness; opens the orifices.

INGREDIENTS: Welsh Onion Bulb, Sophora Flower, Fang Feng Root, Chinese Thoroughwax Root, Fragrant Angelica Root, Vitex Fruit, Baikal Skullcap Root, Houttuynia.

Defense Regulator-R RG

INDICATIONS: Cold or flu with fever, headache, itchy and burning eyes, runny or congested nose, sneezing, sore throat. Floating, forceful, rapid pulse with red tongue.

PROPERTIES: Cool, Spicy, and Dispersive.

ACTIONS: Clears Wind and Heat from superficial areas.

INGREDIENTS: Honeysuckle Flower, Forsythia Fruit, Balloon-Flower Root, Mint, Chinese Thoroughwax Root, Belamcanda Rhizome, Peucedanum Root, Burdock Fruit, Dwarf-Lilyturf Root.

LIFE RISING® PRODUCT SELECTION GUIDE

Any Two or More Formulas May Be Taken Together as Needed.		Formula
MAIN SYMPTOMS: STUFFY, RUNNY NOSE w FREQUENT SNEEZING		
W CLEAR, WATERY NASAL DISCHARGE THAT IS WORSE IN COLD WEATHER OR WINTER W/VO COLDS/FLU OR FATIGUE		CB + XG
W YELLOWISH, THICK NASAL DISCHARGE THAT IS WORSE IN HOT WEATHER OR SUMMER		HB + RG
W LONG HISTORY AND MIXED OR COMPLICATED SYMPTOMS		CB + HB
W FREQUENT OR SEVERE SINUS HEADACHE		ADD QT
W DEPRESSION OR IRRITABILITY		ADD Y-JXY
W ANXIETY OR ANGER		ADD GH
W ACUTE SINUS INFECTION		ADD HB + QSHR OR WJXD OR BOTH
W OVERWEIGHT OR PERSISTENT SENSATION OF HEAT		ADD FFTS
W SINUS ALLERGIES OR HAYFEVER		HB + RG
FOR ALL SINUS PROBLEMS, ALSO USE		3LO-NOSE

Front Head Support QT

INDICATIONS: Frequent or severe frontal or sinus headaches.

PROPERTIES: Cool and Warm.

ACTIONS: Clears Wind, Heat, and Dampness in the head and upper burner areas, esp in Lung and Stomach channels.

INGREDIENTS: Gypsum, Chinese Rhubarb Rhizome, Sichuan Lovage Rhizome, Notopterigium Rhizome, Ligusticum Rhizome, Fang-Feng Root.

Fang Feng Formula FFTS

INDICATIONS: High fever and chills, red and achy eyes, dry mouth with bitter taste, chest congestion with difficulty breathing, coughing, constipation, dark or burning urine, skin rashes or infections, boils, carbuncles, hemorrhoids, intestinal bleeding.

SECONDARY INDICATIONS: Helps with weight loss.

PROPERTIES: Cold, Slightly Warm.

ACTIONS: Clears Wind and Heat in superficial areas, clears and purges excess Heat from interior of body.

INGREDIENTS: Fang Feng Root, Sichuan Lovage Rhizome, Dong Quai Root, White Peony Root, Chinese Rhubarb Rhizome, Mint, Forsythia Fruit, Mirabilium, Gypsum, Baikal Skullcap Root, Balloon Flower Root, Talcum, Chinese Licorice Root, Schizonepta, Atractylodes Rhizome, Gardenia Fruit, Ginger Rhizome.

Regulate Liver GH

INDICATIONS: Anxiety, irritability, anger, headache, hypertension, difficulty falling asleep.

PROPERTIES: Very Cold.

ACTIONS: Clears Heat from Liver and Gallbladder channels and areas, also clears Heat generally.

INGREDIENTS: Gardenia Fruit, Scabrous Gentian Root, Chinese Goldthread Rhizome, Baikal Skullcap Root, Chinese Thoroughwax Root, Dong-Quai Root.

Defense Support GBS

INDICATIONS: Prevention of colds and flu, frequent susceptibility to colds or flu, low resistance, fatigue, weakness, spontaneous sweating.

PROPERTIES: Warm.

ACTIONS: Tonifies Defense Qi and General Qi, harmonizes Ying and Wei (the Defense Qi of the skin), strengthens immune function.

INGREDIENTS: Astragalus Root, Fang-Feng root, Atractylodes Rhizome, Cinnamon Twig, White Peony Root.

Clear Nose 3LO-NOSE

INDICATIONS: Sinusitis, stuffy nose from Wind or Damp Heat.

PROPERTIES: Cool, Slightly Warm.

ACTIONS: Eliminates External Wind, dispels Dampness, releases stagnant Lung Qi, relieves nasal stuffiness.

INGREDIENTS: Red Magnolia, Houttuynia, Xanthium, Fragrant Angelica, Mint.