

# Chinese Medicinal Wines & Elixirs

*by Bob Flaws*



BLUE POPPY PRESS

# Chinese Medicinal Wines & Elixirs



*by Bob Flaws*

BLUE POPPY PRESS

Published by:

**BLUE POPPY PRESS  
1775 LINDEN AVE.  
BOULDER, CO 80304**

**FIRST EDITION, SEPTEMBER 1994**

**ISBN 0-936185-58-9 LC #94-77988**

**COPYRIGHT 1994 © BLUE POPPY PRESS**

**All rights reserved.** No part of this book may be reproduced, stored in a retrieval system, or transcribed in any form or by any means, electronic, mechanical, photocopy, recording, or any other means, without the prior written permission of the publisher.

The information in this book is given in good faith. However, the translators and the publisher cannot be held responsible for any error or omission. Nor can they be held in any way responsible for treatment given on the basis of information contained in this book. The publisher make this information available to English language readers for scholarly and research purposes only.

The publishers do not advocate nor endorse self-medication by laypersons. Chinese medicine is a professional medicine. Laypersons interested in availing themselves of the treatments described in this book should seek out a qualified professional practitioner of Chinese medicine.

COMP Designation: Original compilation based on Chinese sources

Printed at Westview Press, Boulder, CO on acid free,  
elemental chlorine-free, recycled paper.

Cover printed at C & M Press, Denver, CO



10 9 8 7 6 5 4 3 2



## Preface

This book is based on a number of Chinese sources, both premodern and contemporary. The main premodern sources include the *Ben Cao Gang Mu* (*Complete Outline of the Materia Medica*), the *Wan Bing Hui Chun* (*Returning Spring to Ten Thousand Diseases*), the *Gu Jin Yi Tong Da Quan* (*A Large [i.e., Comprehensive] Collection of Medicine Past & Present*), the *Yan Fang Xin Bian* (*New Compilation of Time-tested Formulas*), the *Tai Ping Sheng Hui Fang* (*The Supreme Peace Holy & Benevolent Formulas*), the *Sheng Ji Zong Lu* (*General Collection for Holy Relief*), and the *Qian Jin Fang* (*Thousand [Ducats] of Gold Formulas*). Contemporary Chinese sources include the *Zhong Guo Yi Xue Da Ci Dian* (*Encyclopedia of Medicine in China*) published by the Shanghai Science & Technology Press, *Zhong Hua Shi Wu Liao Fa Da Quan* (*A Large [i.e., Comprehensive] Collection of Chinese Food Treatments*) published by the Jiangsu Science & Technology Press, *Zhong Yi Shang Ke Xue* (*TCM Traumatology*) also published by Shanghai Science & Technology Press, *Zhong Yi Wai Ke Xue* (*The Study of TCM External Medicine*) published by the People's Press, *Zhong Guo Zhong Yi Mi Fang Da Quan* (*A Complete Collection of TCM Secret Formulas in China*) compiled by Hu Xi-ming, *Jia Ting Yao Jiu* (*Family Lineage Medicinal Wines*), by Hao Shou-zhou *et.al.*, published by Whole Shield Press, Beijing, and, especially for folk prescriptions and the general organization of the formulas in this book, the *Yao Jiu Yan Fang Jiang* (*A Selection of Effective Medicinal Wine Formulas*) by Sun Wen-qi published by China Books Press in Hong Kong in 1986. English language sources include Sung Baek's Chinese herbal medicine course sponsored by Oriental Medical Research Inc. of Chicago and Henry C. Lu's *Chinese System of Food Cures: Prevention & Remedies*.

Material compiled from Chinese sources was functionally translated using Nigel Wiseman's standard terminology as appearing in a *Glossary of Chinese Medical Terms & Acupuncture Points* published by Paradigm Books, Brookline, MA. The exception to this is that I have used network vessels to translate *luo* (络) instead of connecting vessels as it appears in that glossary. This change is based on a revised list of terms supplied to me by Nigel Wiseman. Medicinal identifications are based on Bensky & Gamble's *Chinese Herbal Medicine: Materia Medica*; Hong-yen Hsu's *Oriental Materia Medica: A Concise Guide*; G.A. Stuart *et al.*'s *Chinese Materia Medica*; and the *Zhong Yao Da Ci Dian (Encyclopedia of Chinese Medicinals)*.

Bob Flaws

September 1, 1994

# Table of Contents

<b>Preface</b> .....	<b>v</b>
<b>1</b> Introduction .....	<b>1</b>
<b>2</b> The History of Medicinal Wines in China .....	<b>11</b>
<b>3</b> Basic Instructions .....	<b>21</b>
<b>4</b> Supplementing Vacuity Detriment .....	<b>31</b>
<b>5</b> Wines for Strengthening the Sinews and Bones ....	<b>77</b>
<b>6</b> Wines for Dispelling Wind .....	<b>109</b>
<b>7</b> Heat-clearing, Dampness-disinhibiting Wines .....	<b>153</b>
<b>8</b> Fortifying the Spleen and Harmonizing the Stomach Wines .....	<b>161</b>
<b>9</b> Wines for Women's Diseases .....	<b>169</b>
<b>10</b> Wines for Treating External Invasion and Damage by Wind .....	<b>185</b>
<b>11</b> Wines for Warding off Scourges ( <i>i.e.</i> , Pestilential Diseases .....	<b>189</b>
<b>12</b> Wines for Treating External Injuries .....	<b>195</b>
<b>13</b> Wines for Treating Herpes Zoster and Other Skin Lesions .....	<b>201</b>
<b>14</b> Miscellaneous Wines .....	<b>215</b>
<b>General Index</b> .....	<b>229</b>
<b>Formula Index</b> .....	<b>239</b>

## Introduction

On the cover of this book is a picture of a gourd. Called a *hu lu* in Chinese and a bottle gourd in English, such a gourd is a common iconographic accoutrement of Daoist immortals and itinerant Chinese doctors in Old China for it is the symbol of the elixir of immortality. So closely is this bottle gourd holding a medicinal elixir associated with Chinese medicine that the *hu lu* is the symbol of the traditional Chinese doctor the way the caduceus is the symbol of a Western medical doctor. On this *hu lu* are the words "Compassionate Art", referring to the practice of medicine.

In addition, the complicated or old character for writing the word medicine in Chinese, *yi* (醫) contains the bottle radical (酉) as a component in its lower half. This bottle radical itself is a stylized representation of a bottle with wine in it. This goes to show that the use of medicinal wines is very old within Chinese medicine and is integral to its practice.

In Chinese, the character *jiu* (酒) refers to any type of alcoholic drink. This includes wines, "sherries" and "brandies", and distilled liquors. As mentioned above, within Traditional Chinese Medicine, there is a long history of using medicines made in the form of wines, liqueurs, and spirituous beverages. Generically, these are referred to as *yao jiu*, medicinal wines. A short history of the use and development of Chinese medicinal wines is given in the following chapter.

In Chinese medicine, there are two basic ways of making such medicinal wines. The first is to actually ferment the medicinal

ingredients. This is the more traditional or ancient method. However, because this is a time-consuming and relatively complex procedure, a simpler method has been used since the advent of distilled liquors. This is to simply soak the medicinal ingredients in alcohol, thus making what is technically referred to as a tincture.

### Types of Chinese "Wines"

There are several different types of wines and distilled spirits used in making the Chinese medicinal wines described in this book. These include:

1) *Huang jiu* or yellow wine. This refers to wine made out of rice or millet. This is similar to Japanese sake and sake may be used as a substitute for Chinese yellow wine in making Chinese medicinal wines in the West.

2) *Pu tao jiu* or grape wine. In China, this usually means red wine. Although this type of wine is not used so frequently in making Chinese medicinal wines, it is sometimes used.

3) *Bai jiu* or white alcohol. This refers to any distilled grain alcohol. The alcoholic content of a *bai jiu* is much higher than a yellow or rice wine. In the Chinese medical literature, *bai jiu* is also called *qing jiu* or clear alcohol. Likewise, it may also be called *hao jiu*, good or unadulterated alcohol, or *chun jiu*, mellow, good, unadulterated alcohol.

4) *Gao liang jiu* is a type of very strong, distilled, clear alcohol made from sorghum. This can be bought in Chinese-owned liquor stores in Western Chinatowns. This is really only a type of *bai jiu*.



Because *pu tao jiu* and *gao liang jiu* are only varieties of wine and grain alcohol respectively, Henry C. Lu, author of *Chinese System of Food Cures*, says that there are two types of alcohol used to make Chinese medicinal wines, rice wine and white alcohol.

### Who Typically Uses Medicinal Wines in China

Medicinal wines are mostly used during the winter months and also by older patients. As we will see below, a *little* alcohol warms the center and supplements the qi while at the same time it raises clear yang and quickens the blood. In older patients, spleen and stomach function is typically weak and taking one's medicine as a medicated wine helps improve this situation. Likewise, older patients commonly have poor circulation. On the one hand, this means they often have cold feet or cold hands and feet. On the other, their diseases are often complicated by an element of stasis and stagnation which a *little* alcohol helps address. For instance, a large number of the medicinal wines are for the treatment of rheumatism and arthritis in the elderly. Taking medicinal wines is very good for treating such conditions.

In addition, many chronic conditions require the taking of medicine over a prolonged period of time. Cooking and taking decoctions day in and day out can, therefore, become an onerous chore, whereas, taking a nip of medicinal wine is quick, easy, and enjoyable. Because a little alcohol is good for the elderly's digestion, especially in the winter, medicinal wines may also be easier on the stomach and easier to digest than medicated pills and powders.

Further, medicinal wines are typically more concentrated and potent than decoctions and pills. Therefore, they are especially useful for treating post-stroke patients whose ability to drink large quantities of liquids may be impaired.

### Who Should Not Use Chinese Medicinal Wines

Generally, young and middle-aged adults should not make much use of Chinese medicinal wines. Although the young (and especially young martial artists) may be fascinated by the idea of supplementing their qi and strengthening their sinews and bones, wine, as we will see below, is a toxic food. It should not be used inappropriately or in excess. Likewise, as Zhang Zi-he, one of the four great masters of internal medicine of the Jin-Yuan Dynasties said, taking supplements without having a true vacuity or deficiency only causes illness. It is important not to try to gild the lily. Young and middle-aged adults usually have plenty of qi. In fact, most often their diseases and complaints are due to an inability to circulate the qi they have or are due to too much heat in their bodies.

In addition, patients suffering from polysystemic chronic candidiasis or from diabetes mellitus should use Chinese medicated wines with extreme care. Since most patients with rheumatoid arthritis (as opposed to rheumatic or osteoarthritis) do exhibit signs and symptoms of systemic candidiasis, they typically should not attempt to use the medicinal wines in this book. This also goes for sufferers of lupus erythematosus and multiple sclerosis or anyone suffering from an immune deficiency or autoimmune disorder.

### Categories of Yao Jiu

There are several different categories of Chinese medicinal wines described in this book. These include wines for:

- 1) Supplementing vacuity detriment. This means wines for the treatment of various deficiency and debility conditions commonly encountered in the elderly or chronically ill.

2) Strengthening the sinews and bones. This refers to wines which nourish the liver and supplement the kidneys and thus strengthen the sinews and bones. Weakness of the sinews and bones is another of the conditions most frequently encountered among older patients.

3) Dispelling wind. These wines all treat wind damp *bi* or rheumatic and arthritic conditions.

4) Clearing heat and disinhibiting dampness. The wines in this category treat inflammatory conditions due to damp heat. This includes red, swollen eyes, oral sores and bleeding gums, inhibited urination, foot qi, lung abscess, dysentery, summerheat, jaundice, etc.

5) Fortifying the spleen and harmonizing the stomach. These wines all help to supplement the spleen. Simply put, this means they aid digestion. As stated above, one of the effects of aging is the weakening of the digestion. This means that older patients often suffer from digestive complaints, such as vomiting, diarrhea, abdominal distention after meals, hiccup, belching and acid regurgitation, etc. It also means older patients may be prone to lack of appetite with consequent weight loss and fatigue.

6) Gynecological wines. The wines in this section all treat various menstrual irregularities and pre- and postpartum complaints.

7) External invasion, damage by wind. The wines in this section treat flus and the common cold. Such wines can be made in advance and be stored indefinitely. Therefore, Chinese medicated wines can be a very effective and pragmatic treatment for the first inklings of a common cold.

8) Wines for warding off scourges. Scourges refer to pestilential disease. The wines in this category help prevent the catching of warm, seasonal, epidemic diseases.

9) Traumatic injury. Traumatic injury typically involves qi stagnation and blood stasis with accumulation of depressive heat and obstruction of body fluids. Because alcohol quickens the blood and thus helps to transform or dispel stasis, medicinal wines are effective for treating many kinds of traumatic injury. In addition, they can be prepared beforehand and stored indefinitely until called for by accident or emergency.

10) *Pao zhen* or herpes. The wines in this chapter all deal with various types of skin rashes. In particular, herpes zoster is more prevalent in the elderly because, according to modern Western medicine, the typically weakened immune system in the elderly or chronically ill can no longer suppress the virus. If seen as a deep-lying warm evil (*fu wen xie*) according to TCM theory, the expression of these damp heat evil toxins in the elderly is due to a decline and exhaustion of *jing* essence.

11) Miscellaneous wines. The medicinal wines in this chapter cover all variety of diseases, including respiratory diseases, parasites, deafness and ringing in the ears, etc.

### The TCM Description of Alcohol as a Medicinal Substance

According to Chinese books on food therapy, *jiu* or alcohol is bitter, sweet, and acrid in flavor. It is warm in nature and it is also toxic. It enters the channels of the heart, liver, lungs, and stomach. In terms of its medicinal functions, alcohol opens the blood vessels, wards off cold qi, arouses the spleen and warms the center, and moves (*i.e.*, makes more capable) the power of medicinals. Alcohol's qi is also upbearing and outwardly dispersing. In clinical practice, alcohol mainly is used to treat wind cold *bi* pain, contracture and spasm of the sinews and vessels, chest *bi*, and chilly pain in the heart and abdomen.

Alcohol by itself is generally contraindicated for those suffering from yin vacuity or serious damp heat patterns and also for those who have recently lost a lot of blood. Although medicinal wines may be used in cases of yin vacuity and damp heat, they should still be used with care. In general, Chinese medicinal wines are mainly and most safely used for the treatment of cold patterns rather than either vacuity or repletion heat patterns.

In the late nineteenth century, Jin Zi-jiu wrote a somewhat different description of alcohol emphasizing its negative qualities. Jin Zi-jiu says:

Alcohol has a volatile nature that damages the spirit and injures the blood. Its qi is hot and it leads to waste and decline. Alcohol first enters the gallbladder and liver where gallbladder fire explodes. The qi loses its restraint and descension. Liver yin is looted. The blood becomes unsettled and, as a result, counterflow upbearing with vomiting of blood can occur. Moreover, alcohol is damp as well as hot. Dampness injures the spleen. This creates stagnant food and phlegm which easily gum up the qi mechanism. Heat damages the lungs and easily causes coughing and wheezing. If chronically vacuous with no recovery, lung damage eventually affects the kidneys. The kidneys are the water viscus and once kidney water is vacuous, the five ministerial fires increase many fold, wiping out qi and *ying*. In short, ... drinking damages the blood.<sup>1</sup>

Therefore, when using alcohol, it is important to remember that its nature is upbearing and dispersing, heating and also dampening. Small amounts arouse the spleen but large amounts result in damaging the

---

<sup>1</sup> Jiu Zi-jiu, *Jin Zi Jiu Zhuan Ji (A Collection of Jin Zi-jiu's Expertise)*, Peoples's Health & Hygiene Press, Beijing, 1982, p. 85-6

spleen. Small amounts quicken the blood, but large amounts damage the blood. Small amounts scatter cold and warm the center, but large amounts stir ministerial fire. And further, it should be remembered that alcohol is toxic in the TCM sense. Like many other TCM medicinals, alcohol is not safe in and of itself. It is very powerful. That power can be used for good in small amounts or for bad in large amounts. Therefore, the reader will see that many of the discussions of medicinal wines in this book end with the injunction that their use should be suspended when the condition is cured or that they should not be drunk to excess.

### The Unique Repertoire of Chinese Medicinals Used in Medicinal Wines

Those readers familiar with Chinese medicinals in general and with Chinese medicinals typically prescribed in decoctions in particular will note that many of the Chinese medicinals used over and over again in the formulas in this book are not commonly prescribed in decoction. Thus one can say that there is a seemingly special *materia medica* used in Chinese medicinal wines. This includes ingredients such as Fructus Zanthoxyli Bungeani (*Chuan Jiao* or *Shu Jiao*) and Herba Cum Radice Asari (*Xi Xin*). Both these ingredients are very pungent, penetrating, and dispersing. Thus they work well with alcohol's pungent, penetrating, dispersing nature. Likewise the reader will see that Radix Praeparatus Aconiti Carmichaeli (*Fu Zi*) and Cortex Cinnamomi (*Rou Gui*, *Gui Xin*, or *Guan Gui*) are used exceedingly often in the formulas in this book. These are the two most important warming medicinals in the Chinese *materia medica* and thus they too complement alcohol's warm nature. In addition, their common use is based on the fact that Chinese medicinal wines are used to primarily treat cold patterns.

Another ingredient that is commonly found in formulas in this book but not so commonly found is decocted formulas in *Herba Dendrobii* (*Shi Hu*). This medicinal is a yin supplement which in particular nourishes stomach yin fluids. I believe this ingredient is used so often in Chinese medicinal wines for two reasons. First, stomach yin vacuity is a common complicating pattern in the elderly and Chinese medicinal wines are most often used by older patients. Secondly, alcohol being hot in nature easily damages and exhausts yin fluids in the stomach. The addition of *Herba Dendrobii* helps to prevent that from happening.

There are also some ingredients which turn up time and again in these formulas which are hardly ever come across in standard decoction formulas. These include *Caulis et Folium Skimmiae Reevesianae* (*Yin Yu*), *Caulis et Folium Sambucudis Javanicae* (*Lu Ying*), and various parts of the pine tree: *Nodus Pini* (*Song Jie*), *Folium Pini* (*Song Ye*), and *Radix Pini* (*Song Gen*). The resins in pine have been used to quicken the blood and penetrate stasis in many cultures. They also go into solution in alcohol much easier than in water. Thus it is not surprising that they show up so often in formulas meant to treat traumatic injury and *bi* pathoconditions. As for the *Sambucus*, it is a specific for the treatment of wind damp *bi* and traumatic injury. Because many of these formulas are folk formulas and because Elder can be found growing locally, it was/is an easy medicinal to get as are pine needles and wood. Likewise, the *Skimmia* is also a specific antirheumatic. However, because it enters the liver and kidney channels and treats debility and weakness of the legs and feet and not just wind dampness, it also would be especially effective in the treatment of older patients who tend to be liver/kidney vacuous and deficient.





## 2

### The History of Medicinal Wines in China

The earliest written record of wine-making in China comes from the Warring States period (476-221 BCE). In a political history of that time, it is said:

Once upon a time, the Heavenly Princess ordered Yi Di to make wine and present it to Yu (the first king of China and founder of the Xia Dynasty [2205-1766 BCE]). Yu drank it and enjoyed its sweetness.

Thus Yi Di is credited as the first wine-maker in Chinese history. However, a better known wine-maker was Du Kang, a fifth generation descendant of Yu. His name is often used as a historical allusion to wine in Chinese and is also incorporated in the logos of several modern Chinese distilleries. For instance, in a famous poem by Cao Cao, a.k.a. Cao Meng-de, the infamous dictator of the Three Kingdoms period (220-280 CE), there is a couplet which goes,

What will resolve my worries?  
Nothing other than Du Kang.

From the Shang Dynasty (1766-1122 BCE), the knowledge and practice of wine-making spread across China. In the *Shang Shu (History of the Shang)*, Wu Ding, a king of the Shang Dynasty, said, "If sweet wine is to be made, distiller's yeast should be used." This statement suggests that wine-making had already reached a high level of sophistication by that time. It is also interesting to note that the majority of bronze vessels unearthed from the Yin ruins dating from the Shang Dynasty are either production vessels for the manufacture of wine or vessels for its storage. During this dynasty, wine was not

only a popular drink but also an important item of sacrifice in religious rituals. Inscriptions on bones and shells dating from this period describe the brewing of a special wine used for sacrifice from various kinds of herbs mixed with aromatic tumeric. It is quite possible that this herbal wine was not only used for religious sacrifices but also had some medicinal application.

During the Zhou Dynasty (1122-256 BCE), a special government body was set up which was in charge of wine production. Further, wine-making techniques and production methods are described in detail in the *Zhou Li (Rituals of Zhou)*. According to this book, there were six principles for making high quality wine. These included the use of pure water, high quality raw materials, appropriate tools, and the right processing methods.

In the Western Zhou Dynasty (1122-771 BCE), the practice of medicine within the royal palace was divided into four departments. Thus there were food or dietary physicians, disease physicians, trauma physicians, and veterinary physicians. In particular, there were two dietary doctors who were in charge of the arrangement of the "six foods, six beverages, and six dishes" for the king. Wine was among these six beverages. Therefore, it is apparent that prescribing wine as a medicine was practiced at the court as early as the Western Zhou. This was called *yao jiu* or medicinal wine and was used both to protect health and to cure illness.

The oldest formulas for the brewing of *yao jiu* or Chinese medicinal wines are found in two books discovered in 1973 in the tomb of King Ma. These two books are the *Yang Sheng Fang (Formulas for Nourishing Life)* and *Za Liao Fang (Formulas for Treating Miscellaneous [Diseases])*. Only one *yao jiu* formula is found in the *Zao Liao Fang*, but six are found in the *Yang Sheng Fang*. These include wine made from Tuber *Ophiopogonis Japonicae (Mai Men Dong)* and sorghum; wine made from glutinous millet and glutinous rice; a

mellow wine made from wheat; wine made from Gypsum Fibrosum (*Shi Gao*), Radix Et Rhizoma Ligustici Chinensis (*Gao Ben*), and Radix Achyranthis Bidentatae (*Niu Xi*); wine made from Lacca Exsiccata Sinica (*Qi*) and Radix Aconiti (*Wu Tou*); and wine made from Lacca Exsiccata Sinica (*Qi*), glutinous millet, rice, Radix Aconiti (*Wu Tou*), and Rhizoma Polygonati Odorati (*Yu Zhu*). In some formulas from the *Yang Sheng Fang*, not only are the ingredients listed but the brewing process, method of administration, and indications are all also discussed in detail.

The *Huang Di Nei Jing* (*Yellow Emperor's Inner Classic*) is the single most important book in the development of Traditional Chinese Medicine or TCM. Although it came to relative completion in the Han Dynasty (206 BCE-220 CE), it was, in fact, largely the product of pre-Qin (221-206 BCE) knowledge. In this preeminent classic there is a chapter titled "*Tang Ye Liao Li Lun* (Treatise on Fluids, Turbid Wine & Fragrant Wine)." One should note that fluids as used in this instance is a collective term for wines. In this chapter it specifies that medicinal wine should be made "with rice (as the raw material) and rice stalks as the fuel (in processing) because rice is lacking in nothing (in terms of qi), while its stalks are strong (for fueling a fire)." Then it proceeds:

Sages in ancient times prepared fluids, turbid and fragrant wines just in case of (unusual) need... Since the medieval ages, morals began to deteriorate and evil qi frequently came. Then, taking (medicinal wines) became a cure-all remedy.

Bian Que, who is believed to have lived during the 5th century BCE, is the first Chinese doctor for whom we have a written biography. In Si-ma Qian's *Shi Ji* (*The History*) in which Bian Que's biography is found, the author devotes some space to Bian Que's views on medicinal wines and their treatment efficacy. This further verifies the development of medicinal wines in the pre-Qin period.

In the Han Dynasty, there was great development in Chinese medicine with many preeminent physicians. These included Hua Tuo, Zhang Zhong-jing, and Cang Gong, a.k.a. Chun Yu-yi. In Chun Yu-yi's collection of 25 case histories, the first in Chinese medicine and appearing in the *Shi Ji*, there are two cases treated with *yao jiu* or medicinal wines. One was the Prince of Ji Bei who suffered from aversion to wind with chest fullness. He was cured by Chun using *San Shi Yao Jiu* (Three Stones Medicinal Wine). The other case was of a lady named Wang. She suffered from difficult delivery and was relieved by a wine made from black henbane. In addition, this wine helped save the baby.

In his *Shang Han Lun/Jin Gui Yao Lue* (*Treatise on Cold Damage/Formulas from the Golden Cabinet*), Zhang Zhong-jing (150-219 CE) gives no lack of discussions on how to cook medicinal wines, how to administer prepared medicinals together with wine, and how to treat disease with medicinal wines. For instance, Zhang suggests, "For the 62 winds in females with qi and blood pricking pain in the abdomen, *Hong Lan Hua Jiu* (Safflower Wine) is the ruling remedy." This formula is still in use today and is given in this present work.

During the Sui and Tang Dynasties (589-907 CE), the use of medicinal wines increased dramatically. In Sun Si-miao's *Qian Jin Yao Fang* (*Formulas [Worth] a Thousand [Pieces of] Gold*), there are 80 formulas for various *yao jiu*. These are indicated for *nei ke* (internal medicine), *wai ke* (external medicine), and *fu ke* (gynecological) diseases as well as for supplementing vacuity and nourishing life. In a companion volume (*Qian Jin Yi Fang*), Sun included a separate chapter on medicinal wines in which he discusses 200 wine formulas. This is the first individual essay on medicinal wines in Chinese history. However, Sun also recognized the deleterious effects of drinking too much wine and also wrote the first TCM description of wine's ill effects. Based on Sun's views, many Chinese doctors began

designing and researching treatments for alcohol intoxication, wine toxins, and other alcohol-related symptoms.

In the Song through Yuan Dynasties (969-1368 CE), wine production became a prosperous industry due to certain advances in technology. Because wines and alcohol became all the more available and widespread, Chinese doctors devoted more time to discussing and researching wine and alcohol's effects on the human body. Therefore, during this period, many books on wine and alcohol were published. As far back as the Tang Dynasty, a book titled the *Jiu Jing (Wine Classic)* had been published, and in the Song Dynasty, several more books bearing the same title were published. Even Su Shi, the most famous poet of this period, wrote a book titled the *Wine Classic*. However, it was the eminent physician Zhu Hong, author of the *Hui Ren Shu (Book of Rescuing People)*, who contributed the most to medicinal wine research during this period. In his *Bei Shan Jiu Jing (Wine Classic of the Northern Mountain)*, Zhu discussed every aspect of wine and alcohol, including processing methods, yeast cultivation, and sterilization by heating.

Thus during this period, people in China began to have a fuller understanding of alcohol in terms of its actions and medicinal applications. In the *Tai Ping Sheng Hui Fang (Holy & Benevolent Formulas from the Tai Ping [Reign])*, it is stated:

Wine, the essence of grain, harmonizes and nourishes the spirit and qi. However, since it is swift and fierce by nature, it may work in a precarious way. It is capable of perfusing and disinhibiting the stomach and intestines and is good at conducting the force of (other) medicinals.

In another book of this period, the *Sheng Ji Zong Lu ([His] Majesty's General Records of [Our] Ancestors)*, it is stated:

Evils may bring people either shallow or deep damage, and medicinals may attack evils with either light or serious momentum. At the initial stage of disease, one should treat the fine problems with liquids (*i.e.*, decoctions). When the illness has lasted for a long time, (however,) one should administer turbid and fragrant wine to attack the grave problem. There are also cases of the forms having experienced frequent fright and shock and of blocked channels and network vessels, a disease resulting in insensitivity. (To treat such cases,) the medicinals should be processed with alcohol. Because such cases suffer from evils which have penetrated deeply and the channels and vessels are stopped and stagnated, nothing other than medicinal wine, which disperses and diffuses evil qi, perfuses and frees the vessels, can cure them... Because wine is tremendously hot in nature and, therefore, can immediately convey the heat of medicinals, it is proper for patients to take it constantly who suffer from blood vacuity and stagnant qi, long-standing cold and inveterate frigidity, hemilateral withering with paraplegia, hypertonicity, *bi*, inversion, and the like. This makes use of wine's gradual force of steeping. In addition, according to ancient methodology, medicinals were usually administered along with wine. This was not merely for the purpose of diffusing and freeing blood and qi but also nourishes yang.

In the prescriptions predating that period, medicinal wines were indicated for a comparatively small number of conditions. These included wind patterns, such as wind aching and pain in the low back and legs for instance. However, from this time, the scope of application of medicinal wines increased progressively so that it was not only used to treat disease but also to preserve health, extend longevity, and improve one's beauty. At the same time, more and more medicinals were used as ingredients in medicinal wine. In the *Wine Classic of the Northern Mountain* alone, 13 medicinals are recorded. For instance, in *Xiang Gui Jiu* (Fragrant Cinnamon Wine), the mash is composed of Cortex Cinnamomi (*Guan Gui*), Radix Ledebouriellae Sesloidis (*Fang Feng*), Radix Saussureae Seu Vladimirieae (*Mu Xiang*), and Semen Pruni Armeniacae (*Xing Ren*). Also, physicians of this period

paid attention to the quality of the tincturing alcohol, with Dong Yang wine being given special credit. This wine was said to have a fresh scent which could reach far, was a golden color, and caused no bad side effects, such as headache, thirst, or diarrhea. Likewise, it was believed that the water used in making medicinal wines should have a good flavor and be "heavier" than water found in most places.

As the production of medicinal wines continued to develop, their popularity increased. This is because they not only preserved health and cured disease but were also mellow and good-tasting. Thus medicinal wines entered the palace as tribute from the provinces. During the Yuan Dynasty (1280-1368 CE), *Gou Qi Jiu* (Lycium Wine) and *Di Huang Jiu* (Rehmannia Wine) came from the northwest of China. *Lu Rong Jiu* (Deer Antler Wine) and *Song Jie Jiu* (Pine Node Wine) came from northeast China. *Fu Ling Jiu* (Poria Wine) came from south China. And *Hei Ji Jiu* (Black Chicken Wine) and *Hai Gou Shen* (Seal Genitals Wine) came from southwest China.

In the Ming Dynasty (1368-1644 CE), most of the emperors dissipated themselves in wine and sex, and among the most popular wines were *yao jiu* or medicinal wines. One of the emperors' favorite wines was made with *Rhizoma Atractylodis Macrocephalae* (*Bai Zhu*), *Lignum Santali Albi* (*Bai Tan Xiang*), *Fructus Amomi* (*Sha Ren*), *Herba Agastachis Seu Pogostemmi* (*Huo Xiang*), *Radix Glycyrrhizae* (*Gan Cao*), *Radix Saussureae Seu Vladimiriae* (*Mu Xiang*), and *Flos Caryophylli* (*Ding Xiang*). Such fondness for wine and alcohol was not confined to the imperial palace, and distilleries sprang up around the country supplying medicinal wines to the common people. In addition, the custom sprang up that people made medicinal wines at home which they drank on certain holidays each year. Thus, on the fifth day of the fifth month, people drank *Chang Pu Jiu* (*Acorus* Wine), while at the Mid-autumn Festival, *Gui Hua Jiu* (*Osmanthus* Flower Wine) was a treat.

Also in the Ming Dynasty, Li Shi-zhen, in his monumental *Ben Cao Gang Mu* (*Great Outline of Materia Medica*), further established wine or alcohol's TCM medicinal description:

Wine's nature is pure yang and its flavor is acrid and sweet. It upbears yang, effuses, and scatters, and its qi is dry and hot. It overcomes dampness and expels cold...

Wine, a beauty bestowed by heaven—drinking a small amount harmonizes the blood and moves the qi, strengthens the spirit and wards off cold, disperses worry and dispels moodiness. Drinking a painful (*i.e.*, extreme or pathological) amount damages the spirit and consumes the blood, causes detriment to the stomach and death to the essence, engenders phlegm and stirs fire... Addiction to wine and getting drunk on a regular basis leads to disease and decay at best and to humiliation of one's nation, ruination of one's family, and loss of one's life at worst.

During these early dynasties, medicinal wines were made by fermenting the medicinal ingredients right in the mash. However, by the early Qing Dynasty (1644-1911 CE), alcohol was being commercially distilled and allowed for the tincturing of medicinals in ready-made, store bought alcohol. These kinds of medicinal wines were usually spoken of as *gan lu* or dew. This meant that they were a sweet-smelling beverage made with fragrant fruits and flowers. The most common of these were Rose Dew, Lotus Flower Dew, and Hawthorne Berry Dew. Because such medicinal wines were designed to protect the origin and solidify the root, contribute to longevity and prolong one's years, they were extremely popular with the rich and well-to-do. At this time, the capital, Peking, was the center of the medicinal wine industry. The following poem from that time describes this vibrant industry:

Brewhouses can be seen abutted by low walls  
Extending to the horizon in the distance,  
Standing in line from the Forbidden City to the brink of the water.



Flowers in season are brought in time for brewing wine.

Through the bamboo forest, breezes send the fragrance of wine.

During the reign of the Guo Min Tang (KMT), the making of medicinal wines as with the practice of Traditional Chinese Medicine in general went into decline. However, shortly after the Chinese Communist take-over, Mao Ze-dong encouraged the revitalization of TCM as a national treasure trove worthy of research and promulgation. Since that time, numerous special TCM research institutes, colleges, and hospitals have been established. In this milieu of renewed interest in all things TCM, Chinese medicinal wines have likewise received renewed research and interest. There are numerous Chinese medicinal wines now manufactured in the People's Republic of China and distributed both domestically and internationally. Chinese medicinal wines have been included in the State Pharmacopeia and there is a move toward their standardization in terms of production, quality, indications, and administration.

Nonetheless, Chinese medicinal wines can be made simply and easily by anyone with access to the ingredients. As seen above, medicinal wines have a very long history in China. Hopefully, this book will help establish the manufacture and use of Chinese medicinal wines in the West.



# **3**

## **Basic Instructions**

### **General Instructions on Making Chinese Medicinal Wines**

As the reader will see, there are several different types of instructions in the formulas given below. This is because these formulas have been taken from a number of different sources. I have not given any formulas that require actually fermenting Chinese medicinals to produce a wine. All the formulas in this book are made using ready-made, commercially available wines and spirits. In general, one puts a specified amount of Chinese medicinals in a jar and then allows this to soak or tincture in a specified amount and type of alcohol for a specified length of time.

The amount of time the tincture must sit depends on the nature of the medicinal ingredients, such as how quickly and easily their active ingredients enter solution, and the coarseness of their cut. If one uses large pieces or chunks of herbal roots and barks or large chunks of stones or shells, the time required for the tincture to sit is typically 1 month. If, however, one grinds the ingredients into powder, the time required to make a medicinal tincture is reduced to a matter of 3-7 days.

When discussing the method of preparation of many of the formulas given in this book that specify that the medicinal ingredients are to be ground into either a coarse or fine powder, there is also the instruction that the resulting powder should be wrapped in a cloth bag. This makes it much easier to remove the dregs from the resulting tincture.

Even in cases where this instruction is not given, the reader should consider doing this. It can make the manufacture of such tincture much cleaner and simpler. However, if one does this, they should shake the jar at least once per day.

The reader will also see that some tinctures are made quite quickly by putting the jar containing the alcohol and medicinals in a pan of water and bringing it to a boil one or several times in succession. Using this method, one can make a tincture in several hours rather than several days or a month.

In formulas that specify white or clear alcohol, one can use either vodka or grain alcohol. *Be absolutely certain not to use rubbing or wood alcohol!* These are poisonous and should not be used for any medicinal wine meant for internal consumption. If the taste of such high proof clear spirits is too strong for the patient, one can add either honey or sugar to the alcohol to make it more palatable or one can use a strong brandy or cognac. However, one should definitely not add honey or sugar or use brandy or cognac in patients who are either hyper- or hypoglycemic.

## General Instructions for Taking Chinese Medicinal Wines

Under each formula in this book there is a heading for method of administration. Under this heading, the reader will find the recommended dosage for each formula. The dosages are generally given in either milliliters (ml) or in terms of Chinese teacups. A Chinese teacup is smaller than a Western measuring cup and usually smaller than even the typical Western, handled tea or coffee cup. When the instructions say a small teacup, they are referring to something the size of what we in the West refer to as a shot glass.

Most of the formulas in this book specify how many times per day to take each formula. Sometimes it is specified to take the formula in the morning and evening. Sometimes it is specified to take the formula morning, noon, and night. Sometimes it is specified to take the formula either before or after meals or on an empty stomach. And sometimes it is specified that the formula should be drunk warm.

In some cases, there is no set time or set amount. The reader is advised to use the formula as necessary. Sometimes such formulas say to take a suitable amount and sometimes they say to take as much as one wants. Frequently, the instructions say that one should feel the qi of the alcohol or just slightly tipsy or high. However, one should not drink any of these formulas to the point of outright drunkenness.

## **Converting Measurements**

Most of the formulas in this book say to use so many *jin* of this or that type of alcohol. A *jin* is a traditional Chinese measure of weight. One *jin* equals 17.6 oz. *avdp.* (not fluid ounces). One *jin* also equals 0.5 kg. One must weigh the alcohol in formulas which are given in *jin*. Other formulas say to use so many milliliters (ml) of alcohol. Milliliter and liters are both measurements of volume, not weight. One cup equals 236.6ml. According to *A Barefoot Doctor's Manual, Revised & Enlarged Edition*, 1ml also equals 1cc, and some of the formulas in this book say to use so many cc's of alcohol.<sup>1</sup> Another way of thinking about this is that 1 gal. (US) consists of 3785ml and 1 gal. (Imp.) equals 4740ml. One gal. equals 4 quarts. Of course 1000ml equals 1 liter.

---

<sup>1</sup> *A Barefoot Doctor's Manual, Revised & Enlarged Edition*, Cloudburst Press, Mayne Isle & Seattle, 1977, inside back cover

Most of the medicinals in formulas in this book are given in terms of grams (g). There are 28.4g in 1 oz. and 453.6g in 1 lb.

These conversions should allow Westerners to figure out the dosages in the formulas in this book according to whatever system they are most familiar. Commonly, electronic kitchen scales for weighing out foods and spices can read in either ounces or grams. I believe such scales are the easiest and best for weighing out Chinese medicinals in the West.

### **Obtaining the Ingredients**

Readers in the United States can order most of the Chinese medicinals mentioned in this book from:

Spring Wind Herb Company  
2315 Fourth St.  
Berkeley, CA 94710  
Tel. 510-849-1820  
1-800-588-4883

This company sells Chinese herbs by mail order and customers can order using either the Pinyin romanization of the Chinese name or the Latin pharmacological name. (I give both in this book.) This company goes to great lengths to import and sell Chinese herbs free from pesticides, fumigants, bleaches, and other chemical contaminants.

Other companies in the United States that sell Chinese herbs by mail are:

China Herb Co.  
165 W. Queen Lane  
Philadelphia, PA 19144

Tel. 215-843-5864, 800-221-4372; Fax 215-849-3338

Mayway Corp.  
1338 Cypress St.  
Oakland, CA 94607  
Tel. 510-208-3113

North South China Herbs Co.  
1556 Stockton Street  
San Francisco, CA 94133  
Tel. 415-421-4907

Nuherbs Co.  
3820 Penniman Avenue  
Oakland, CA 94619  
Tel. 415-534-4372; 800-233-4307

For those in the United Kingdom, most of the medicinals in this book can be ordered from:

Acumedica Ltd.  
101-105 Camden High Street  
London NW1 7JN  
Tel. 071-388-6704/5783; Fax 071-387-5766

East West Herb Shop  
3 Neals Yard  
Covent Garden, London WC2H 9DP  
Tel. 071-379-1312; Fax 071-379-4414

Harmony Acupuncture Supplies Center  
629 High Road Leytonstone  
London E11 4PA  
Tel. 081-518-7337; Fax 081-518-7338

Mayway Herbal Emporium  
40 Sapcote Trading Estate, Dudden Hill Lane  
London NW10 2DJ  
Tel. 081-459-1812; Fax 081-459-1727

For those in Europe, most of the medicinals in this book can be ordered from:

Homeofar n.v.  
Hugo Verriestlaan 63  
8500 Kortrijk, Belgium

Tai Yang Chinese Herb Store  
Elverdingsestr. 90A  
8900 Ieper, Belgium  
Tel. 057-21-86-69; Fax 057-21-97-78

Apotheek Gouka  
Goenelaan 111  
3114 CE Schiedam, Netherlands  
Tel. 010-426-46-33; Fax 010-473-08-45

And for those in Australia, most of the medicinals in this book can be ordered from:

Chinaherb  
29A Albion St.  
Surry Hills, NSW 2010  
Tel. 02-281-2122



## What to Do If You Cannot Find an Ingredient

As discussed above in the introduction, some of the medicinals used in Chinese *yao jiu* are unusual when compared to those used in standard decoctions. Therefore, depending on the supplier, some of the ingredients which would be locally available to Chinese folk in the countryside may not be available from Chinese herb suppliers and importers. In that case, what should the practitioner do who is trying to make one of these medicinal wines for a patient?

First of all, there is nothing sacred or inviolable about these formulas. They were created by human beings just like ourselves. As the reader will see, there are numerous formulas which are quite similar except for one or two ingredients and they still accomplish the same therapeutic goals. In Chinese clinics, if the dispensary is out of an ingredient prescribed by a doctor, the prescription is sent back upstairs and the practitioner is asked to choose something else in its place. In this case, the practitioner must first identify what that particular ingredient's purpose is in that formula. Once one knows that, one can go to that section in a *materia medica* or *ben cao* and choose another ingredient with the same or closely similar flavor, nature, functions, and indications. Thus one should not become unduly upset if one wishes to use one of the formulas in this book and a single medicinal is not available. Simply substitute or just leave it out unless it is the ruling ingredient in the formula. If it is the ruling ingredient in the formula, the ingredient that the rest of the formula is crafted around, and it is not available, then pick another formula whose functions, indications, and ingredients are basically analogous. Usually one will find a number of formulas in each section which are only variations on a single theme.

## Where to Find Out More Information on Individual Chinese Medicinals

When prescribing a Chinese medicinal wine, as when prescribing any Chinese herbal formula, one should know what the purpose and functions of each ingredient in the formula are before prescribing that formula. Only in possession of this knowledge can one be sure a given formula fits a specific patient. If one wants to find out more information on any of the individual medicinals comprising the formulas in this book, most of these are discussed in Bensky and Gamble's *Chinese Herbal Medicine: Materia Medica* published by Eastland Press, Seattle, WA. Those that are not included in that standard text will typically be found in Hong-yen Hsu's *Oriental Materia Medica: A Concise Guide* published by the Oriental Healing Arts Institute, Long Beach, CA.

### Tiger Bone

Os Tigridis (*Hu Gu*) or Tiger Bone is an ingredient in a number of Chinese medicinal wine formulas. These appear under the categories of strengthening the sinews and bones, dispelling wind, and formulas for traumatic injuries. As the reader hopefully is aware, tigers are an endangered species partly because of their use in Chinese medicine. Many people say that what is actually used in place of Tiger Bone in formulas containing that ingredient is pig bone, that there just are not enough tigers available for their bones to be used in so many Chinese patent medicines. Even if that is true, calling this ingredient Tiger Bone only continues to make the real thing a sought after and precious commodity. Thus calling this ingredient Tiger Bone does contribute to the tiger's extinction even if pig bone is used in most patent medicines listing this ingredient.

Because of this, I have chosen not to include any formulas whose name contains the words Tiger Bone or in which Tiger Bone is the main ingredient. In my research, this amounted to some 20 medicinal wines listed by various Chinese sources, both premodern and contemporary. In several other formulas, Tiger Bone is just one of a large number of ingredients. In my opinion, this ingredient is not absolutely essential, and so I have deleted it from these formulas. This only amounts to three or four in the entire book.

Western science has shown that the body does metabolize bone matrix calcium differently than calcium from limestone and shells. Calcium from bone matrix can help build strong bones and increase bone density. Therefore, patients wishing to build stronger bones and using formulas from the bone and sinew strengthening category should consider taking bone matrix calcium which is available at health food stores. It is also possible to add pig or some other type of animal bones to the wines designed for this purpose.



## Supplementing Vacuity Detriment

The wines in this chapter all supplement and boost vacuity and detriment, deficiency and debility. These vacuities and deficiencies include those of the qi and blood, yin and yang. Such vacuities may be due to constitutional weakness, aging, overtaxation, bedroom or sexual taxation, prolonged disease, or the aftermath of a severe disease. In TCM, there are four basic types of vacuity, each with their own signs and symptoms. These are qi vacuity, blood vacuity, yin vacuity, and yang vacuity. There are wines and tinctures in this chapter to supplement each of these individually and combinations of these simultaneously.

In particular, many of the wines in this chapter supplement both the liver and kidneys. This means that they supplement liver blood and kidney yin and/or yang. Since liver blood is closely associated with the essence, the blood and essence sharing a common source, such formulas also increase, boost, or fill the essence. Most of the symptoms of aging have to do first with qi and yin vacuity and then with concomitant yang vacuity. This manifests as low back soreness and weakness, decline in reproductive function and ability, diminished hearing and vision, greying of the hair, etc. These symptoms are mostly associated in TCM with liver and kidney dual vacuity.

In China, therefore, these tinctures are generally used by the elderly, meaning those over 60 years of age. They are also used more often in the winter than the summer. The elderly are, by definition, vacuous. Therefore, in order to restore balance and promote health, this vacuity should be supplemented. In those without clinical signs and symptoms

of vacuity, unwarranted supplementation may actually cause disease. Traditional Chinese Medicine cures disease and promotes health by restoring balance. Excess qi, blood, yin, or yang which is not smoothly and harmoniously circulated, consumed, and transformed will only accumulate and be transmuted into some form of evil or disease-causing qi.

Therefore, these supplementing wines and tinctures should not be used recklessly by the young and fit. This may very well cause disease. Hence it is always advisable to get a professional diagnosis from a qualified TCM practitioner before taking any of these supplementing wines.

### **Zhong Zi Yao Jiu ([Boosting] Seed Medicinal Wine)**

**Functions:** Engenders reproductive essence, regulates the menses, protects the origin

**Mainly treats:** Male and female infertility

**Ingredients:** Sclerotium Poriae Cocos (*Fu Ling*), 100g, Fructus Zizyphi Jujubae (*Da Zao*), 50g, Semen Juglandis Regiae (*Hu Tao Ren*), 36g, Radix Astragali Membranacei (*Huang Qi*), 6g, Radix Codonopsis Pilosulae (*Dang Shen*), 6g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 6g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 6g, stir-fried Radix Albus Paeoniae Lactiflorae (*Bai Shao*), 6g, Radix Rehmanniae (*Sheng Di*), 6g, prepared Radix Rehmanniae (*Shu Di*), 6g, Fructus Foeniculi Vulgaris (*Xiao Hui Xiang*), 6g, Fructus Rubi (*Fu Pen Zi*), 6g, Pericarpium Citri Reticulatae (*Chen Pi*), 6g, Lignum Aquilariae Agallochae (*Chen Xiang*), 6g, Radix Saussureae Seu Vladimiriae (*Mu Xiang*), 6g, Fructus Lycii Chinensis (*Gou Qi Zi*), 6g, Cortex Cinnamomi (*Rou Gui*), 6g, Fructus Amomi (*Sha Ren*), 6g, Gummum Olibani (*Ru Xiang*), 6g, Myrrha (*Mo Yao*), 6g, Fructus

Schizandrae Chinensis (*Wu Wei Zi*), 6g, Radix Glycyrrhizae (*Gan Cao*), 6g

**Method of preparation:** Place the above medicinals in a large jar and add 600g of Honey, 2kg of white alcohol, and 1kg of rice wine. Allow to tincture for 15 days.

**Method of administration:** Take 30ml each time, 2 times per day.

### ***Huang Qi Jiu (Astragalus Wine)***

**Functions:** Boosts the qi, stimulates the engenderment and transformation of blood, stops vacuity sweating

**Mainly treats:** Qi vacuity, vacuity sweating, spleen/stomach vacuity weakness, diminished appetite and torpid intake, heart palpitation, shortness of breath, lack of strength in the four extremities, qi vacuity rectal prolapse

**Ingredients:** Radix Astragali Membranacei (*Huang Qi*), 300g

**Method of preparation:** Place the above medicinal in a large jar and soak in 2 qts. of alcohol. Seal the lid and allow to tincture for 1 month. Open, remove the dregs, and store for use.

**Method of administration:** Take 10-60cc 3 times per day.

### ***Hu Tao Jiu (Walnut Wine)***

**Functions:** Supplements the lungs and kidneys, boosts the essence, transforms phlegm, stops coughing, moistens the muscles and skin

**Mainly treats:** Kidney vacuity low back aching and pain, coarse, rough skin and muscles

**Ingredients:** Semen Juglandis Regiae (*Hu Tao Ren*), 300g

**Method of preparation:** Crush the above ingredient in a pestle and place in a large jar. Soak in 1 qt. alcohol for 1 month and seal the lid. Open, remove the dregs, and decant.

**Method of administration:** Take 60cc 3 times per day.

### ***Hong Zao Jiu (Red Date Wine)***

**Functions:** Supplements the qi and fortifies the spleen, nourishes the blood and promotes digestion

**Mainly treats:** Minor spleen qi vacuity and indigestion due to stomach weakness

**Ingredients:** Fructus Zizyphi Jujubae (*Da Zao*), 600g

**Method of preparation:** Place the above medicinal in a large jar and soak in 1 qt. of alcohol for 1 month. Seal the lid. Later, open, remove the dregs, and store for use.

**Method of administration:** Take 10-40cc 3 times per day.

### ***Du Zhong Jiu (Eucommia Wine)***

**Functions:** Supports the righteous, supplements the essence, and boosts the kidneys



**Mainly treats:** Kidney vacuity low back and knee soreness and weakness

**Ingredients:** Cortex Eucommiae Ulmoidis (*Du Zhong*), 300g

**Method of preparation:** Place the above medicinal in 2 qts. alcohol and soak for 1 month. Seal the lid. Later, open, remove the dregs, and store for use.

**Method of administration:** Take 10-60cc 3 times per day.

### ***Tu Si Zi Jiu (Cuscuta Wine)***

**Functions:** Supplements the kidneys and assists the life gate fire, stops vacuity diarrhea

**Mainly treats:** Kidney vacuity low back pain, life gate fire debility and weakness, cock-crow diarrhea

**Ingredients:** Semen Cuscutae (*Tu Si Zi*), 300g

**Method of preparation:** Place the above ingredient in a large jar and soak in 2 qts. alcohol for 2 months. Seal the lid. Later, open, remove the dregs, and decant.

**Method of administration:** Take 10-40cc 3 times per day.

### ***Mai Men Dong Jiu (Ophiopogon Wine)***

**Functions:** Supplements the kidneys, heart, lungs, and brain, stops cough and levels wheezing, clears heart fire

**Mainly treats:** Palpitations, restlessness, and insomnia due to heart vacuity, lung yin vacuity cough and asthma

**Ingredients:** Tuber *Ophiopogonis Japonicae* (*Mai Men Dong*), 300g

**Method of preparation:** Place the above ingredient in a large jar and soak in 2 qts. alcohol for 1 month. Seal the lid. Later, open, remove the dregs, and store for use.

**Method of administration:** Take 10-60cc 3 times per day.

### **Gou Qi Zi Jiu (Lycium Wine)**

**Functions:** Enriches the kidneys and nourishes the liver, brightens the eyes

**Mainly treats:** Night blindness and blurred vision, foot and knee atony and weakness, upper back aching and pain, prolonged accumulation of wind toxins with the body, women's postpartum dizziness and vertigo

**Ingredients:** Fructus *Lycii Chinensis* (*Gou Qi Zi*), 300g

**Method of preparation:** Place the above medicinal in a large jar and soak in 2 qts alcohol for 2 months. Seal the lid. Later, open the lid, remove the dregs, and store for use.

**Method of administration:** Take 1-2 oz. before or after meals.

### ***He Shou Wu Jiu (Polygonum Multiflorum Wine)***

**Functions:** Supplements the kidneys and nourishes the liver, boosts the essence and blackens the hair, quiets the spirit

**Mainly treats:** Low back and knee soreness and weakness, blurred vision, premature greying of the hair, insomnia

**Ingredients:** Radix Polygoni Multiflori (*He Shou Wu*), 300g

**Method of preparation:** Place the above medicinal in a large jar and soak in 2 qts. of alcohol for 1 month. Seal the lid. Later, open, remove the dregs, and store for use.

**Method of administration:** Take 1-2 oz. before or after dinner.

### ***Dang Gui Jiu (Dang Gui Wine)***

**Functions:** Nourishes the blood, quickens the blood, regulates the menses

**Mainly treats:** Blood vacuity, blood stasis, and menstrual irregularity

**Ingredients:** Radix Angelicae Sinensis (*Dang Gui*), 300g

**Method of preparation:** Place the above medicinal in a large jar and soak in 2 qts. alcohol for 1 month. Seal the lid. Later, open, remove the dregs, and decant.

**Method of administration:** Take 10-60cc 3 times per day.

## ***Shan Yao Jiu (Dioscorea Wine)***

**Functions:** Supplements the spleen and kidneys, stops leakage

**Mainly treats:** Spleen/kidney vacuity diarrhea, spermatorrhea, polyuria, urinary incontinence, nocturia, and vacuity sweating

**Ingredients:** Radix Dioscoreae Oppositae (*Shan Yao*), 300g

**Method of preparation:** Place the above ingredient in a large jar and soak in 2 qts. of alcohol for 1 month. Seal the lid. Later, open, remove the dregs, and decant.

**Method of administration:** Take 10-40cc 3 times per day.

**Method of modification:** Add lemon juice to stop vacuity sweating and other symptoms of slippage.

## ***Ren Shen Jiu (Ginseng Wine)***

**Functions:** Supplements the original qi, supplements the lungs and fortifies the spleen, generates fluids, boosts the heart qi, and quiets the spirit

**Mainly treats:** Qi vacuity, shortness of breath, bodily fatigue, lack of strength, lack of appetite, loose stools, palpitations, insomnia, poor memory, dizziness, bodily vacuity in the aftermath of disease

**Ingredients:** Radix Panacis Ginseng (*Ren Shen*), 300g

**Method of preparation:** Place the above medicinal in a large jar and soak in 2 qts. of alcohol for 1 month. Seal the lid. Later, open and use. Typically, the Ginseng is left in the bottle or jar. When the

first batch of wine is used, one can refill and repeat the process. The resulting tincture will be weaker but will have the same general effects, only milder.

### ***Zhi Wu Jia Jiu (Siberian Ginseng Wine)***

**Functions:** Boosts the qi and fortifies the spleen

**Mainly treats:** Qi vacuity, lack of strength, reduced appetite, loose stools

**Ingredients:** Radicis Eleutherococci Senticosi (*Zhi Wu Jia*), 60g

**Method of preparation:** Soak the Siberian Ginseng in 1kg of alcohol for 1/2 month.

**Method of administration:** Take 15ml each time, 2 times per day.

### ***Fu Ling Jiu (Poria Wine)***

**Functions:** Fortifies the spleen and harmonizes the center, disinhibits dampness and promotes urination, calms the heart and quiets the spirit

**Mainly treats:** Bodily weakness in the aftermath of disease, generalized lack of strength, chronic diarrhea, chronic gastritis, etc.

**Ingredients:** Sclerotium Poriae Cocos (*Fu Ling*), 60g

**Method of preparation:** Grind the Poria into pieces and soak in 1kg of rice wine for 7 days.

**Method of administration:** Take 20ml each time, 2 times per day.

### ***Pu Tao Jiu* (Grape Wine)**

**Functions:** Boosts the qi, warms the kidneys, and warms the low back

**Mainly treats:** Heart palpitations, excessive sweating, low back soreness, edema, inhibited urination

**Ingredients:** Dry Fructus Viticis Viniferae (*Gan Pu Tao*, i.e., Raisins), 500g

**Method of preparation:** Soak the Raisins in 1kg of rice wine for 1/2 month.

**Method of administration:** Take 30ml each time, 2 times per day.

### ***Chong Cao Jiu* (Cordyceps Wine)**

**Functions:** Supplements the kidneys and enriches the lungs

**Mainly treats:** Impotence, spermatorrhea, taxation coughing of phlegm and blood, failure to recover after the detriment of illness

**Ingredients:** Cordyceps Sinensis (*Dong Chong Xia Cao*), 20g

**Method of preparation:** Grind into pieces and soak in 1kg of white alcohol for 1/2 month.

**Method of administration:** Take 1 teacup each evening.

### ***Hai Ma Jiu (Seahorse Wine)***

**Functions:** Supplements the kidneys and strengthens yang, quickens the blood and stops pain

**Mainly treats:** Impotence, urinary incontinence, cough and wheezing, injury and damage due to fall and strike

**Ingredients:** Hippocampus (*Hai Ma*), 30g

**Method of preparation:** Grind the Seahorses into pieces and soak in 0.5kg of white alcohol for 7 days.

**Method of administration:** Take 15ml each time, 2 times per day.

### ***Long Yan Jiu (Longan Wine)***

**Functions:** Supplements the heart and nourishes the blood

**Mainly treats:** Excessive worry and anxiety, heart palpitations, insomnia

**Ingredients:** Arillus Euphoriae Longanae (*Long Yan Rou*), no amount specified

**Method of preparation:** Place some Longans in alcohol and soak for 100 days. Then remove the dregs and store for use.

**Method of preparation:** Take 1 small teacup per day.

## **Shen Gui Bu Xu Jiu (Ginseng & Dang Gui Supplement Vacuity Wine)**

**Functions:** Supplements the qi and harmonizes the blood, regulates the spleen and stomach, restores good color to the cheeks

**Mainly treats:** Qi and blood dual vacuity, a yellow face and thin muscles, exhaustion and fatigue due to overtaxation, dullness of essence spirit, spleen vacuity, devitalized appetite

**Ingredients:** Radix Angelicae Sinensis (*Quan Dang Gui*), 26g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 10g, stir-fried Radix Albus Paeoniae Lactiflorae (*Chao Bai Shao*), 18g, raw Radix Rehmanniae (*Sheng Di*), 15g, Radix Panacis Ginseng (*Ren Shen*), 15g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 26g, Sclerotium Poriae Cocos (*Fu Ling*), 20g, mix-fried Radix Glycyrrhizae (*Zhi Gan Cao*), 15g, Cortex Radicis Acanthopanax (*Wu Jia Pi*), 25g, Fructus Zizyphi Jujubae (*Da Zao*), 36g, Semen Juglandis Regiae (*Hu Tao Rou*), 36g

**Method of preparation:** Grind the above 11 medicinals into fine powder. Place in a large jar and soak in 3 *jin* of alcohol. Boil for 1 hour and then remove from the heat and allow to cool. Then seal the jar and bury in the earth for 5 days. Then unearth and 3-7 days later open and remove the dregs. Decant and store for use.

**Method of administration:** Drink 1-2 teacups warm each morning, noon, and night.



## ***Bai Hua Ru Yi Han Chun Jiu* (White Flower Wish-fulfilling, Heart's Content Spring Wine)**

**Functions:** Boosts the kidneys and secures the essence, strengthens yang and stands up the atonic (or flaccid)

**Mainly treats:** Kidney yang insufficiency, impotence, urinary dribbling and dripping, male sterility due to yang weakness, female infertility due to yin debility

**Ingredients:** Lignum Aquilariae Agallochae (*Chen Xiang*), 30g, Flos Rosae Rugosae (*Mei Gui Hua*), 30g, Flos Rosae Polyanthae (*Qiang Wei Hua*), 30g, Flos Pruni (*Mei Hua*), Flos Pruni Persicae (*Tao Hua*), 30g, Flos Allii Tuberosi (*Jiu Cai Hua*), 30g, Semen Juglandis Regiae (*Hu Tao Rou*), 240g

**Method of preparation:** Place the above 7 medicinals in a large jar and soak in 2.5kg of rice wine and 2.5kg of white alcohol. Seal the lid. After 1 month, open, remove the dregs, and store for use.

**Method of administration:** Drink whatever amount one wishes.

## ***Hong Yan Jiu* (Red Cheeks Wine)**

**Functions:** Supplements the kidneys and moistens dryness

**Mainly treats:** Kidney vacuity low back pain. Prolonged use reddens and moistens the facial complexion and strengthens and fortifies the elderly.

**Ingredients:** Semen Juglandis Regiae (*Hu Tao Ren*), 60g, small Fructus Zizyphi Jujubae (*Xiao Hong Zao*), 60g, Mel (*i.e.*, Honey, *Bai*

*Mi*), 60g, Semen Pruni Armeniacae (*Xing Ren*), 30g, Butter (*Su You*), 30g

**Method of preparation:** First melt the butter and honey together. Add this to 750g of alcohol. Then grind the Walnuts, Dates, and Apricot Seeds and add these to the alcohol. Seal the lid and soak for 21 days. Then open, remove the dregs, and store for use.

**Method of administration:** Take 15ml each time, 2 times per day.

### ***Shan Yao Jiu* (Dioscorea Wine)**

**Functions:** Enriches lung & kidney yin, supplements vacuity, and astringes essence

**Mainly treats:** Lung/kidney yin deficiency, vacuity taxation phlegm cough, dry mouth, scanty fluids, night sweating, spermatorrhea

**Ingredients:** Radix Dioscoreae Oppositae (*Shan Yao*), 15g, Fructus Corni Officinalis (*Shan Zhu Yu*), 15g, Ganoderma (*Ling Zhi*), 15g

**Method of preparation:** Soak in 1kg of white alcohol for 1 month.

**Method of administration:** Take 10ml each time, 2 times per day.

### ***Suan Zao Ren Jiu* (Zizyphus Spinosa Wine)**

**Functions:** Nourishes the five viscera, moistens the skin and muscles, treats foot qi

**Mainly treats:** Foot qi aching and pain, muscles and skin coarse and rough, heart spirit not calm

**Ingredients:** Semen Zizyphi Spinosae (*Suan Zao Ren*), 30g, Radix Astragali Membranacei (*Huang Qi*), 30g, Tuber Asparagi Cochinchinensis (*Tian Men Dong*), 20g, Sclerotium Rubrum Poriae Cocos (*Chi Fu Ling*), 30g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 20g, Radix Angelicae Pubescentis (*Du Huo*), 20g, Semen Cannabis Sativae (*Huo Ma Ren*), 100g, Cortex Cinnamomi (*Rou Gui*), 20g, Cortex Radicis Acanthopanax (*Wu Jia Pi*), Radix Achyranthis Bidentatae (*Niu Xi*), 50g, Pulvis Cornu Antelopis Saigae Tataricis (*Ling Yan Jiao Fen*), 6g, dry Fructus Viticis Viniciferae (*Gan Pu Tao*, i.e., Raisins), 50g

**Method of preparation:** Pound the above 12 medicinals with a pestle to break them up. Then place them in a large jar and soak them in 3 *jin* of mellow wine. Seal the lid. Allow to tincture for 7 days and then open. Discard the dregs.

**Method of administration:** Drink warm before eating each morning, noon, and night whatever amount one wants.

### **Shen Zhu Jiu (Ginseng & Atractylodes Wine)**

**Functions:** Boosts the qi and fortifies the spleen

**Mainly treats:** Spleen/stomach qi vacuity, shortness of breath, lack of strength, a yellow face and thin body, reduced food consumption, and loose stools

**Ingredients:** Radix Panacis Ginseng (*Ren Shen*), 20g, or Radix Codonopsis Pilosulae (*Dang Shen*), 30g, mix-fried Radix Glycyrrhizae (*Zhi Gan Cao*), 30g, Sclerotium Poriae Cocos (*Bai Fu Ling*), 40g, stir-fried Rhizoma Atractylodis Macrocephalae (*Chao Bai Zhu*), 40g, raw Rhizoma Zingiberis (*Sheng Jiang*), 20g, Fructus Zizyphi Jujubae (*Da Zao*), 30g

**Method of preparation:** Break up the above 6 medicinals in a mortar. Place in a large jar and soak in 2 *jin* of yellow wine (*i.e.*, rice wine or sake). Seal the lid. After allowing to tincture for 3 days, open, remove the dregs, and store for use.

**Method of administration:** Take 1-2 teacups warm on an empty stomach 1 time each morning and evening.

**Method of modification:** For more serious damp phlegm, add Rhizoma Pinelliae Ternatae (*Ban Xia*), 30g, and Pericarpium Citri Reticulatae (*Chen Pi*), 20g. If there is simultaneous vomiting, glomus and oppression, and pain in the stomach and epigastrium, add Radix Saussureae Seu Vladimiriae (*Mu Xiang*), 20g, and Fructus Amomi (*Sha Ren*), 25g.

**Note:** This is just the tincture form of *Si Jun Zi Tang* (Four Gentlemen Decoction).

### ***Hai Xia Jiu* (Shrimp Wine)**

**Functions:** Supplements the kidneys and strengthens yang

**Mainly treats:** Kidney yang insufficiency, impotence, low back soreness, women's postpartum agalactia

**Ingredients:** Dry Shrimp (*Gan Hai Xia*), 12g, Semen Cuscutae (*Tu Si Zi*), 12g, Semen Juglandis Regiae (*Hu Tao Ren*), 6g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 6g, stir-fried Radix Morindae Officinalis (*Ba Ji Tian*), 6g, Cinnabar (*Zhu Sha*), 6g, Fructus Psoraleae Corylifoliae (*Bu Gu Zhi*), 6g, Fructus Lycii Chinensis (*Gou Qi Zi*), 6g, Radix Dipsaci (*Xu Duan*), 6g, Radix Achyranthis Bidentatae (*Niu Xi*), 6g, Semen Gossypii Herbacei (*Mian Hua Zi Ren*), 6g

**Method of preparation:** Grind the above ingredients into pieces and soak in 1kg of alcohol for 15 days.

**Method of administration:** Take 9g each time, 2 times per day.

**Note:** Do not use this wine if there are any skin rashes. Shrimp are contraindicated in such cases because of their emitting nature.

### ***Lu Rong Jiu (Deer Antler Wine)***

**Functions:** Strengthens yang, strengthens the sinews

**Mainly treats:** Generalized vacuity and deficiency, weak sinews and bones, impotence, polyuria

**Ingredients:** Cornu Parvum Cervi (*Lu Rong*), 15g, Radix Dioscoreae Oppositae (*Shan Yao*), 30g

**Method of preparation:** Soak in 500g of white alcohol for 7 days.

**Method of administration:** Take 20ml each time, 2 times per day.

### ***Ge Jie Jiu (Gecko Wine)***

**Functions:** Supplements the lungs and boosts the kidneys, promotes the absorption of qi and stabilizes wheezing

**Mainly treats:** Vacuity taxation, exertional wheezing, cough, shortness of breath, impotence

**Ingredients:** Gecko (*Ge Jie*), 1 pair

**Method of preparation:** Remove the head, feet, and tail. Then cut into small pieces. Soak in 500g of yellow (*i.e.*, rice) wine for 7 days.

**Method of administration:** Take 30g each time, 2 times per day.

### ***Tao Ren Zhu Sha Jiu (Persica & Cinnabar Wine)***

**Functions:** Quickens the blood and quiets the spirit

**Mainly treats:** Cramping, aching, and pain in the vessels of the lateral costal region, a lusterless facial color, blood stasis, chest *bi*, heart palpitations

**Ingredients:** Semen Pruni Persicae (*Tao Ren*), 100g, Cinnabar (*Zhu Sha*), 10g

**Method of preparation:** Place the Persica in a large jar and soak in 1 *jin* of mellow wine. Seal the lid and cook. Then remove from the heat and allow to cool. Remove the dregs and add the finely ground Cinnabar and stir.

**Method of administration:** Take whenever necessary, 1-2 small cups each time warm.

**Contraindications:** Do not eat sheep's blood when using this remedy. This formula is not appropriate to be used by women.

### ***E Jiao Jiu (Gelatinum Corli Asini Wine)***

**Functions:** Supplements the blood and stops bleeding, enriches yin and moistens the lungs

**Mainly treats:** Yin vacuity cough, dizziness, heart palpitations, vacuity taxation, hemoptysis, hematemesis, *beng lou* or uterine bleeding

**Ingredients:** Gelatinum Corii Asini (*E Jiao*), 400g

**Method of preparation:** Cook the Gelatinum Corii Asini in 1 *jin* of alcohol over low heat until completely dissolved. Then add 2 *jin* more of alcohol and continue cooking. Allow to cool to warm before taking.

**Method of administration:** Divide this amount into 4 portions. Drink a little bit on an empty stomach. There is no restriction as to when one can take this. If one has not healed by the time one has finished this amount, prepare a second batch as above and take again.

**Contraindications:** Do not use this formula if suffering from spleen/stomach vacuity weakness, diarrhea and vomiting, or indigestion.

### ***Ji Xue Teng Jiu* (Millet Wine)**

**Functions:** Supplements the blood and quickens the blood, soothes the sinews and opens the network vessels

**Mainly treats:** Unsoothed sinew and bone aching and pain, low back and knee chilly pain, detriment and damage due to falling and striking, wind, cold, damp *bi*, vacuity detriment of the sinews due to twisting, numbness of the hands and feet, women's irregular menstruation

**Ingredients:** Caulis Millettiae Seu Spatholobi (*Ji Xue Teng*), 400g

**Method of preparation:** Place the above medicinal in a large jar and soak in 2 *jin* of mellow wine. Seal the lid. Seven days later open, remove the dregs, and store for use.

**Method of administration:** Take 1-2 teacups morning and evening warm on an empty stomach.

### ***Nu Zhen Zi Jiu (Ligustrum Lucidum Wine)***

**Functions:** Supplements the kidneys and enriches yin, nourishes the liver and brightens the eyes

**Mainly treats:** Yin vacuity, internal heat, low back and knee soreness and weakness, dizziness and vertigo, premature greying of the hair

**Ingredients:** Fructus Ligustri Lucidi (*Nu Zhen Zi*), 250g

**Method of preparation:** In a mortar and pestle, break up the above medicinal and then place in a large jar. Soak in 1.5 *jin* of mellow wine. Seal the lid. Then open after 5 days, remove the dregs, and store for use.

**Method of administration:** Take 1-2 teacups in the morning and evening warm on an empty stomach.

### ***Lu Rong Jiu (Cornu Parvum Cervi Wine)***

**Functions:** Supplements kidney yang, boosts the essence and blood, strengthens the sinews and bones

**Mainly treats:** Male vacuity taxation essence debility, dual deficiency of essence and blood, impotence, low back and knee soreness and



pain, fear of cold, lack of strength, bones weak, fatigued spirit, urinary incontinence, spermatorrhea, dizziness, tinnitus, poor growth in children, female infertility, uterine bleeding, and abnormal vaginal discharge when due to vacuity cold

**Ingredients:** Cornu Parvum Cervi (*Lu Rong*), 10g, Radix Dioscoreae Oppositae (*Shan Yao*), 30g

**Method of preparation:** Place the above medicinals in a large jar and soak in 1 *jin* of mellow wine. Seal the lid. Open 7 days later, remove the dregs, and store for use.

**Method of administration:** Drink 1-2 small teacups 3 times per day on an empty stomach.

### ***Xi Yang Shen Jiu (American Ginseng Wine)***

**Functions:** Supplements the qi and nourishes yin, clears fire and generates fluids

**Mainly treats:** Yin vacuity, fire effulgence, cough with phlegm and blood, heat diseases which have damaged both qi and yin, vexation, fatigue, a thirsty mouth, fluid and humor insufficiency, a dry mouth and parched throat

**Ingredients:** Radix Panacis Quinquefolii (*Xi Yang Shen*), 30g

**Method of preparation:** Place the above medicinal in a large jar and soak in 1 *jin* of rice wine. After 7 days, open and the formula is ready for use.

**Method of administration:** Take 1 small teacup 2 times per day on an empty stomach.

**Contraindications:** Do not use in case of central yang debility and deficiency or if the stomach is cold and damp.

### ***Ming Mu Jiu (Eye-brightening Wine)***

**Functions:** Nourishes liver blood and brightens the eyes, enriches the kidneys and boosts the marrow

**Mainly treats:** Impotence, spermatorrhea, low back and knee soreness and weakness, dizziness, vertigo, tearing eyes on exposure to wind, blurred vision

**Ingredients:** Fructus Lycii Chinensis (*Gou Qi Zi*), 80g

**Method of preparation:** Smash in a mortar and pestle and place in a large jar. Soak in  $\frac{1}{2}$  jin of mellow wine and seal the lid. After 7 days, open and remove the dregs. Store for use.

**Method of administration:** Drink 1-2 teacups per time, but do not overindulge

### ***Gou Qi Sheng Di Jiu (Lycium & Rehmannia Wine)***

**Functions:** Supplements the essence and boosts the kidneys, enriches yin, nourishes the liver, and brightens the eyes

**Mainly treats:** Impotence, spermatorrhea, vexatious heat, dizziness, low back and knee soreness and weakness, blurred vision

**Ingredients:** Fructus Lycii Chinensis (*Gou Qi Zi*), 250g, raw Radix Rehmanniae (*Sheng Di*), 300g

**Method of preparation:** Pestle the above two medicinals and place in a large jar. Soak in 3 *jin* of alcohol and seal the lid. Open the lid after 15 days, remove the dregs, and store for use.

**Method of administration:** Take 10-20ml warm on an empty stomach 1 time morning and evening.

**Contraindications:** Do not eat turnips, onions, or scallions.

### **Yi Shou Jiu (Boosting Longevity Wine)**

**Functions:** Supplements the qi and blood, strengthens the essence spirit, moistens the muscles and skin, promotes the appetite, long term use boosts longevity

**Mainly treats:** Qi and blood insufficiency, yellow facial color, muscular thinness, low back soreness, tired feet, impotence, spermatorrhea, excessive dreams, easy fright, heart spirit absentminded, palpitations, poor memory

**Ingredients:** Raw Radix Rehmanniae (*Sheng Di*), 40g, prepared Radix Rehmanniae (*Shu Di*), 40g, Tuber Asparagi Cochinchinensis (*Tian Men Dong*), 40g, Tuber Ophiopogonis Japonicae (*Mai Men Dong*), 40g, Radix Angelicae Sinensis (*Dang Gui*), 40g, Radix Achyranthis Bidentatae (*Niu Xi*), 40g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 40g, Fructus Foeniculi Vulgaris (*Xiao Hui Xiang*), 40g, Radix Morindae Officinalis (*Ba Ji Tian*), 40g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 40g, Radix Albus Paeoniae Lactiflorae (*Bai Shao*), 40g, Sclerotium Poriae Cocos (*Bai Fu Ling*), 40g, Rhizoma Anemarrhenae (*Zhi Mu*), 40g, Fructus Amomi (*Sha Ren*), 24g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 24g, Radix Polygalae Tenuifoliae (*Yuan Zhi*), 24g, Fructus Psoraleae Corylifoliae (*Bu Gu Zhi*), 24g, Radix Saussureae Seu Vladimiriae (*Mu Xiang*), 12g, Radix

Panax Ginseng (*Ren Shen*), 12g, Rhizoma Acori Graminei (*Shi Chang Pu*), 12g, Semen Biotae Orientalis (*Bai Zi Ren*), 12g, Cortex Phellodendri (*Huang Bai*), 50g, Fructus Lycii Chinensis (*Gou Qi Zi*), 50g, Herba Cistanchis (*Rou Cong Rong*), 40g

**Method of preparation:** Pestle the above 24 medicinals and then place them in a large jar. Soak in 7 *jin* of yellow wine (*i.e.*, rice wine). Bring to a boil 100 times. Then seal the lid and bury in the earth for 3 days. This removes the fire toxins. Later remove the dregs and store for use.

**Method of administration:** Drink whatever amount one wishes per day, remembering that this is a medicine—not a beverage.

### **Gu Ti Di Huang Jiu (Securing the Body Rehmannia Wine)**

**Functions:** Supplements vacuity and blackens the hair, restores color to the cheeks

**Mainly treats:** Yin and yang dual vacuity, qi weakness and essence deficiency, premature aging and debility

**Ingredients:** Raw Radix Rehmanniae (*Sheng Di*), 30g, prepared Radix Rehmanniae (*Shu Di*), 30g, Tuber Asparagi Cochinchinensis (*Tian Men Dong*), 30g, Tuber Ophiopogonis Japonicae (*Mai Men Dong*), 30g, Sclerotium Poriae Cocos (*Bai Fu Ling*), 30g, Radix Panacis Ginseng (*Ren Shen*), 30g

**Method of preparation:** Pestle the above 6 medicinals and place in a large jar. Soak for 3 days in 2 *jin* of alcohol. Then boil over a fire until the wine turns black. Remove the dregs and store for use.

**Method of administration:** Take on an empty stomach whatever amount one wishes at no fixed times.

### ***Er Dong Er Di Jiu (Two Dong & Two Di Wine)***

**Functions:** Supplements the kidneys and increases the essence, quiets the spirit and stabilizes the orientation (*i.e.*, the emotions or affect)

**Mainly treats:** Kidney vacuity, essence deficiency, middle-aged impotence, blurred vision in the elderly, spirit orientation absentmindedness, low back and knee soreness and weakness

**Ingredients:** Semen Cuscutae (*Tu Si Zi*), 120g, Herba Cistanchis (*Rou Cong Rong*), Tuber Asparagi Cochinchensis (*Tian Men Dong*), 60g, raw Radix Rehmanniae (*Sheng Di*), 60g, prepared Radix Rehmanniae (*Shu Di*), 60g, Radix Dioscoreae Oppositae (*Shan Yao*), 60g, Radix Achyranthis Bidentatae (*Niu Xi*), 60g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 60g, Radix Morindae Officinalis (*Ba Ji Tian*), 60g, Fructus Lycii Chinensis (*Gou Qi Zi*), 60g, Fructus Corni Officinalis (*Shan Zhu Yu*), 60g, Radix Panacis Ginseng (*Ren Shen*), 60g, Sclerotium Poriae Cocos (*Bai Fu Ling*), 60g, Fructus Schizandrae Chinensis (*Wu Wei Zi*), 60g, Radix Saussureae Seu Vladimiriae (*Mu Xiang*), 60g, Semen Biotae Orientalis (*Bai Zi Ren*), 60g, Fructus Rubi (*Fu Pen Zi*), 45g, Semen Plantaginis (*Che Qian Zi*), 45g, Cortex Radicis Lycii (*Di Gu Pi*), 45g, Rhizoma Acori Graminei (*Shi Chang Pu*), 30g, Fructus Zanthoxyli Bungeani (*Chuan Jiao*), 30g, Radix Polygalae Tenuifoliae (*Yuan Zhi*), 30g, Rhizoma Alismatis (*Ze Xie*), 30g

**Method of preparation:** Pestle the above 24 ingredients and place in a large jar. Soak in 6 *jin* of alcohol for 7-12 days. Then open and remove the dregs. Store for use.

**Method of administration:** Take 1 small teacup on an empty stomach morning and evening.

### **Que Lao Jiu (Step Back from Old Age Wine)**

**Functions:** Supplements the five viscera, fills the essence and marrow, blackens the hair, moistens the muscles and skin, recedes old age and rolls back the years

**Mainly treats:** Essence and blood insufficiency, body debilitated and weak, loss of luster of the color of the cheeks, thinning hair

**Ingredients:** Flos Chrysanthemi Morifolii (*Gan Ju Hua*), 60g, Tuber Ophiopogonis Japonicae (*Mai Men Dong*), 60g, Fructus Lycii Chinensis (*Gou Qi Zi*), 60g, baked Rhizoma Atractylodis Macrocephalae (*Jiao Bai Zhu*), 60g, Rhizoma Acori Graminei (*Shi Chang Pu*), 60g, Radix Polygalae Tenuifoliae (*Yuan Zhi*), 60g, Sclerotium Poriae Cocos (*Fu Ling*), 70g, prepared Radix Rehmanniae (*Shu Di*), 60g, Radix Panacis Ginseng (*Ren Shen*), 30g, Cortex Cinnamomi (*Rou Gui*), 25g, Radix Polygoni Multiflori (*He Shou Wu*), 50g

**Method of preparation:** Pestle the above 11 medicinals and place in a large jar. Soak in 4 *jin* of mellow wine and seal the lid. After 5 days in the spring or summer and 7 days in the fall and winter, open and remove the dregs. Then store for use.

**Method of administration:** Take 1 small teacup warm before meals each day.

## **Shen Qi Jiu (Ginseng & Lycium Wine)**

**Functions:** Boosts the essence and secures the marrow, enriches yin and brightens the eyes, moistens the five viscera, prolonged administration rolls back the years

**Mainly treats:** Kidney vacuity, essence deficiency, yang impotence, inability to achieve an erection, tinnitus, vertigo, a lusterless facial color

**Ingredients:** Fructus Lycii Chinensis (*Gou Qi Zi*), 30g, Radix Rehmanniae (*Di Huang*), 30g, Tuber Ophiopogonis Japonicae (*Mai Men Dong*), 18g, Semen Pruni Armeniacae (*Xing Ren*), 10g, Radix Panacis Ginseng (*Ren Shen*), 6g, Sclerotium Poriae Cocos (*Fu Ling*), 10g

**Method of preparation:** Pestle the above 6 ingredients and place in a large jar. Soak in 2 *jin* of alcohol and seal the lid. Open after 7 days, remove the dregs, and store for use.

**Method of administration:** Take 10ml warm before meals 1 time in the morning and evening.

## **Shen Shu Jiu (Ginseng & Zanthoxylum Wine)**

**Functions:** Supplements the qi and harmonizes the center, boosts the kidneys and quiets the heart

**Mainly treats:** Spleen/kidney yang vacuity, vacuity chill of the lower origin, dizziness and blurred vision, an ashen white facial color

**Ingredients:** Cinnabar (*Dan Sha*), 20g, Sclerotium Poriae Cocos (*Fu Ling*), 30g, Radix Panacis Ginseng (*Ren Shen*), 30g, Fructus Zanthoxyli Bungeani (*Shu Jiao*), 120g

**Method of preparation:** Grind the last 3 ingredients into a fine powder. Then place this and the Cinnabar into a large jar. Soak in 2 *jin* of mellow wine. Allow to tincture for 5 days in the spring and summer and for 7 days in the fall and winter. Remove the dregs and store for use.

**Method of administration:** Take 1 small teacup warm on an empty stomach before meals.

### ***Bu Qi Yang Xue Jiu* (Supplement the Qi, Nourish the Blood Wine)**

**Functions:** Supplements the qi and blood, nourishes the heart and kidneys, fortifies the spleen and stomach, boosts the aged

**Mainly treats:** Qi and blood insufficiency, spleen/stomach vacuity weakness, palpitations, poor memory, vertigo and blurred vision

**Ingredients:** Fructus Psoraleae Corylifoliae (*Bu Gu Zhi*), 30g, prepared Radix Rehmanniae (*Shu Di*), 30g, raw Radix Rehmanniae (*Sheng Di*), 30g, Tuber Asparagi Cochinchinensis (*Tian Men Dong*), 30g, Tuber Ophiopogonis Japonicae (*Mai Men Dong*), 30g, Radix Panacis Ginseng (*Ren Shen*), 30g, Radix Angelicae Sinensis (*Dang Gui*), 30g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 30g, Radix Albus Paeoniae Lactiflorae (*Bai Shao*), 30g, Sclerotium Poriae Cocos (*Fu Ling*), 30g, Semen Biotae Orientalis (*Bai Zi Ren*), 30g, Fructus Amomi (*Sha Ren*), 30g, Rhizoma Acori Graminei (*Shi Chang Pu*), 30g, Radix Polygalae Tenuifoliae (*Yuan Zhi*), 30g, Radix Saussureae Seu Vladimiriae (*Mu Xiang*), 15g



**Method of preparation:** Pestle the above 15 medicinals and place in a large jar. Soak in 4 *jin* of alcohol. Then place over a fire and boil. Remove the dregs, allow to cool, and store for use.

**Method of administration:** Take 10-20ml warm each time at no fixed schedule.

### ***Ren Shen Fu Ling Jiu (Ginseng & Poria Wine)***

**Functions:** Supplements the qi and blood, boosts the spleen and stomach, loosens the diaphragm and promotes digestion

**Mainly treats:** Qi and blood deficiency and debility, spleen vacuity, stomach weakness, emaciated body, a sallow yellow facial color

**Ingredients:** Radix Panacis Ginseng (*Ren Shen*), 30g, raw Radix Rehmanniae (*Sheng Di*), 30g, Sclerotium Poriae Cocos (*Fu Ling*), 30g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 30g, Radix Albus Paeoniae Lactiflorae (*Bai Shao*), 30g, Radix Angelicae Sinensis (*Dang Gui*), 30g, Massa Medica Fermentata (*Hong Qu Mian*), Rhizoma Ligustici Wallichii (*Chuan Xiong*), 15g, Cortex Cinnamomi (*Rou Gui*), 120g

**Method of preparation:** Grind the above 9 ingredients into a fine powder and place in a large jar. Soak in *gao liang* wine (a type of sorghum wine with a very high alcohol content) for 4-5 days. Remove the dregs and add 250g of sugar.

**Method of administration:** Drink a small amount each day.

## **Zhou Gong Bai Sui Jiu (Master Zhou's Hundred Years Wine)**

**Functions:** Strengthens the original qi, harmonizes the blood vessels, increases the essence, and supplements the brain

**Mainly treats:** Timid qi and fatigued spirit, body emaciated, low back soreness and weakness, palpitations, poor memory

**Ingredients:** Radix Astragali Membranacei (*Huang Qi*), 30g, Sclerotium Paradicis Poriae Cocos (*Fu Shen*), 30g, Cortex Cinnamomi (*Rou Gui*), 10g, Radix Angelicae Sinensis (*Quan Dang Gui*), 18g, raw Radix Rehmanniae (*Sheng Di*), 20g, prepared Radix Rehmanniae (*Shu Di*), 20g, Radix Codonopsis Pilosulae (*Dang Shen*), 15g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 15g, Tuber Ophiopogonis Japonicae (*Mai Men Dong*), 15g, Sclerotium Poriae Cocos (*Fu Ling*), 15g, Pericarpium Citri Reticulatae (*Chen Pi*), 15g, Fructus Corni Officinalis (*Shan Zhu Yu*), 15g, Fructus Lycii Chinensis (*Gou Qi Zi*), 15g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 15g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 15g, Colla Plastris Testudinis (*Gui Ban Jiao*), 15g, Fructus Schizandrae Chinensis (*Wu Wei Zi*), 12g, Radix Et Rhizoma Notopterygii (*Qiang Huo*), 12g

**Method of preparation:** Grind the above 18 medicinals into a fine powder. Place in a large jar and soak in 3 jin of *gao liang* wine. Open after 7 days, remove the dregs, and store for use.

**Method of administration:** Take 1 small teacup 3 times per day warm on an empty stomach.

## **Yang Rong Jiu (Nourish the Constructive Wine)**

**Functions:** Supplements vacuity detriment, strengthens the physical strength, moistens the muscles and skin; prolonged administration boosts longevity

**Mainly treats:** Bodily debility and weakness, bodily fatigue, lack of strength, body thin and pallid

**Ingredients:** Sclerotium Poriae Cocos (*Fu Ling*), 50g, Flos Chrysanthemi Morifolii (*Gan Ju Hua*), 50g, Rhizoma Acori Graminei (*Shi Chang Pu*), 50g, Tuber Asparagi Cochinchinensis (*Tian Men Dong*), 50g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 50g, raw Rhizoma Polygonati (*Sheng Huang Jing*), 50g, raw Radix Rehmanniae (*Sheng Di*), 50g, Radix Panacis Ginseng (*Ren Shen*), 30g, Cortex Cinnamomi (*Rou Gui*), 30g, Radix Achyranthis Bidentatae (*Niu Xi*), 30g

**Method of preparation:** Grind the above 10 medicinals into a fine powder and place in a large jar. Soak in 3 *jin* of mellow wine for 5 days in the spring and summer and for 7 days in the fall and winter. Open the lid, remove the dregs, and store for use.

**Method of administration:** Take 1 medium teacup 1 time morning and evening warm on an empty stomach.

## **Yan Shou Jiu (Extend Longevity Wine)**

**Functions:** Nourishes the visceral blood; prolonged administration boosts longevity

**Mainly treats:** Bodily exhaustion, lack of strength, reduced appetite, dizziness and vertigo, inhibited low back and knees

**Ingredients:** Rhizoma Polygonati (*Huang Jing*), 30g, Rhizoma Atractylodis (*Cang Zhu*), 30g, Tuber Asparagi Cochinchinensis (*Tian Men Dong*), 20g, Folium Pini (*Song Ye*, i.e., Pine Needles), 40g, Fructus Lycii Chinensis (*Gou Qi Zi*), 30g

**Method of preparation:** Grind the above 5 ingredients into a fine powder and place in a large jar. Soak in 3 *jin* of mellow wine for 7 days. Then remove the dregs and store for use.

**Method of administration:** Take 1-2 small teacups morning and evening warm on an empty stomach.

### **Kang Zhuang Jiu (Robust Health Wine)**

**Functions:** Boosts the liver and kidneys, blackens the hair; prolonged administration by the elderly fortifies the body

**Mainly treats:** Liver/kidney insufficiency, premature greying of the hair, bodily fatigue, lack of strength, low back and knee weakness

**Ingredients:** Fructus Lycii Chinensis (*Gou Qi Zi*), 45g, stir-fried Massa Medica Fermentata (*Chao Chen Qu*), 45g, Flos Chrysanthemi Morifolii (*Gan Ju Hua*), 45g, prepared Radix Rehmanniae (*Shu Di*), 45g, Cortex Cinnamomi (*Rou Gui*), 45g, Herba Cistanchis (*Rou Cong Rong*), 36g

**Method of preparation:** Grind the above 6 ingredients into a fine powder and place in a large jar. Soak in 3 *jin* of mellow wine for 5 days in the spring and summer and 7 days in the fall and winter. After that, add 2 *jin* of cold water and store for use.

**Method of administration:** Take a small amount warm on an empty stomach at no fixed times.

## ***Xu Guo Gong Xian Jiu* (Master Xu Guo's Immortality Wine)**

**Functions:** Supplements the heart and spleen, nourishes the blood and quiets the spirit

**Mainly treats:** Heart blood insufficiency, palpitations, insomnia, poor memory, body vacuity and weakness in the aged

**Ingredients:** Arillus Euphoriae Longanae (*Long Yan Rou*), 2 *jin*

**Method of preparation:** Place the Longans in a large jar and soak in 4 *jin* of mellow wine. Seal the lid. A half month later, decant for use.

**Method of administration:** Drink whatever amount one wishes morning and night.

## ***Di Huang Nian Qing Jiu* (Rehmannia & Lycopodium Wine)**

**Functions:** Supplements the liver and kidneys, blackens the hair; prolonged use improves hearing and brightens the eyes

**Mainly treats:** Liver/kidney deficiency detriment, premature greying of the hair, premature aging, decreased eyesight

**Ingredients:** Prepared Radix Rehmanniae (*Shu Di*), 100g, Herba Lycopodii Cernui (*Wan Nian Qing*), 150g, black Fructus Mori (*Hei Sang Shen*), 120g, black Semen Sesami Indici (*Hei Zhi Ma*), 60g, Radix Dioscoreae Oppositae (*Shan Yao*), 200g, Semen Lyoniae (*Nan Zhu Zi*), 30g, Fructus Zanthoxyli Bungeani (*Hua Jiao*), 30g, Semen Gingkonis Bilobae (*Bai Guo*), 15g, Fructus Dipsaci (*Ju Sheng Zi*), 45g

**Method of preparation:** Grind the above 9 medicinals into a fine powder and place in a large jar. Soak in 4 *jin* of alcohol for 7 days. Open, remove the dregs, and store for use.

**Method of administration:** Take 1-2 teacups warm on an empty stomach 1 time each morning and evening.

**Contraindications:** Do not eat radishes while taking this medicinal wine.

### **Hong Yan Jiu (Red Cheeks Wine)**

**Functions:** Supplements the kidneys, blackens the hair, moistens the lungs, moistens the muscles and skin, restores the color of the cheeks, boosts the qi and harmonizes the spleen

**Mainly treats:** Lung/kidney dual vacuity, low back pain, weak lower limbs, cough, wheezing, constipation in the elderly, prolonged diarrhea

**Ingredients:** Semen Juglandis Regiae (*Hu Tao Ren*), 120g, Fructus Zizyphi Jujubae (*Da Zao*), 120g, Semen Pruni Armeniacae (*Xing Ren*), 30g, Honey (*Bai Mi*), 100g, Butter (*Su You*), 70g

**Method of preparation:** First dissolve the honey and butter in 2 *jin* of heated alcohol. Then add the other 3 ingredients and soak for 7 days. After that, open, remove the dregs, and store for use.

**Method of administration:** Take 2-3 teacups on an empty stomach morning and night.

## **Bu Yi Jiu (Supplementing & Boosting Wine)**

**Functions:** Supplements the liver and kidneys, fills the essence and blood, quiets the spirit and brightens the eyes

**Mainly treats:** Liver/kidney vacuity detriment, lower back and lower limb weakness, dizziness and vertigo, spirit orientation absentmindedness or abstraction

**Ingredients:** Herba Cistanchis (*Rou Cong Rong*), Semen Myristicae Fragrantis (*Rou Dou Kou*), 15g, Fructus Corni Officinalis (*Shan Zhu Yu*), 45g, Cinnabar (*Zhu Sha*), 10g

**Method of preparation:** Pestle the first 3 ingredients and then place all 4 medicinals in a large jar. Soak in 2 *jin* of alcohol and seal the lid. Open after 7 days, decoct, and store for use.

**Method of administration:** Take 1-2 small teacups warm on an empty stomach morning and evening.

## **Ju Qi Tiao Yuan Jiu (Chrysanthemum & Lycium Regulate the Origin Wine)**

**Functions:** Regulates the original qi, brightens the ears and the eyes; prolonged administration strengthens the body

**Mainly treats:** Sinew and bone soreness and pain, vacuity chill of the lower origin

**Ingredients:** Flos Chrysanthemi Morifolii (*Gan Ju Hua*), 90g, Fructus Lycii Chinensis (*Gou Qi Zi*), 90g, Radix Morindae Officinalis (*Ba Ji Tian*), 90g, Herba Cistanchis (*Rou Cong Rong*), 90g

**Method of preparation:** Grind the above 4 medicinals into a fine powder and place in a large jar. Soak in 4 *jin* of alcohol and seal the lid. After 7 days, add 3 *jin* of cold water.

**Method of administration:** Take 1-2 small teacups warm on an empty stomach 1 time each morning and evening.

### ***Shan Zhu Cong Rong Jiu* (Dioscorea, Cornus & Cistanches Wine)**

**Functions:** Supplements the liver and kidneys, warms the low back and knees, quiets the spirit and tranquilizes the orientation (*i.e.*, emotions), fills the essence and supplements the brain

**Main indications:** Liver/kidney deficiency detriment, dizziness, tinnitus, palpitations, poor memory, low back and lower limb weakness, lack of warmth in the body and extremities

**Ingredients:** Radix Dioscoreae Oppositae (*Shan Yao*), 25g, Herba Cistanchis (*Rou Cong Rong*), 60g, Fructus Schizandrae Chinensis (*Wu Wei Zi*), 35g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 40g, Radix Cyathulae (*Chuan Niu Xi*), 30g, Semen Cuscutae (*Tu Si Zi*), 30g, Sclerotium Poriae Cocos (*Fu Ling*), 30g, Rhizoma Alismatis (*Ze Xie*), 30g, prepared Radix Rehmanniae (*Shu Di*), 30g, Fructus Corni Officinalis (*Shan Zhu Yu*), 30g, Radix Morindae Officinalis (*Ba Ji Tian*), 30g, Radix Polygalae Tenuifoliae (*Yuan Zhi*), 30g

**Method of preparation:** Pestle the above 12 ingredients and place them in a large jar. Soak in 4 *jin* of mellow wine and seal the lid. After 5 days in the spring and summer and 7 days in the fall and winter, open and remove the dregs. Then store for use.



**Method of administration:** Take 1-2 small teacups warm on an empty stomach 1 time each morning and evening.

### ***Chu Shi Zhu Yang Jiu (Mulberry Reinforcing Yang Wine)***

**Functions:** Warms kidney yang, strengthens the sinews and bones, warms the spleen and stomach

**Mainly treats:** Kidney yang vacuity detriment, impotence, spermatorrhea, spleen/stomach vacuity cold, a lusterless facial color

**Ingredients:** Fructus Mori (*Chu Shi Zi*, i.e., *Sang Shen*), 100g, Cornu Parvum Cervi (*Lu Rong*), 10g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 60g, Radix Cyathulae (*Chuan Niu Xi*), 60g, Radix Morindae Officinalis (*Ba Ji Tian*), 60g, Herba Dendrobii (*Shi Hu*), blast-fried Rhizoma Zingiberis (*Pao Jiang*), 30g, Cortex Cinnamomi (*Rou Gui*), 30g, Fructus Zizyphi Jujubae (*Da Zao*), 60g

**Method of preparation:** Grind the above 9 ingredients into fine powder and place in a large jar. Soak in 4 *jin* of mellow wine and seal the lid. Open after 8 days and remove the dregs. Then store for use.

**Method of administration:** Take 10ml warm on an empty stomach 1 time each morning and evening.

### ***Ba Ji Shu Di Jiu (Morinda & Prepared Rehmannia Wine)***

**Functions:** Supplements the kidneys and strengthens yang, grows the muscles and flesh, restores the color to the cheeks

**Mainly treats:** Prolonged kidney yang vacuity, impotence, premature ejaculation, low back and knee soreness and weakness

**Ingredients:** Radix Morindae Officinalis (*Ba Ji Tian*), 60g, prepared Radix Rehmanniae (*Shu Di*), 45g, Fructus Lycii Chinensis (*Gou Qi Zi*), 30g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 20g, Flos Chrysanthemi Morifolii (*Gan Ju Hua*), 60g, Fructus Zanthoxyli Bungeani (*Shu Jiao*), 30g

**Method of preparation:** Pestle the above 6 medicinals and place in a large jar. Soak in 3 *jin* of mellow wine and seal the lid. Open after 5 days, remove the dregs, and decant.

**Method of administration:** Take 1-2 small teacups warm on an empty stomach each morning and night.

### **Yi Shen Ming Mu Jiu (Boost the Kidneys, Brighten the Eyes Wine)**

**Functions:** Boosts the kidneys and supplements the liver, nourishes the heart, improves the hearing and brightens the eyes, restores the color to the cheeks

**Mainly treats:** Liver/kidney vacuity detriment, tinnitus, vertigo, low back soreness and tired feet, fatigued spirit, decline in strength

**Ingredients:** Fructus Rubi (*Fu Pen Zi*), 50g, Radix Morindae Officinalis (*Ba Ji Tian*), 35g, Herba Cistanchis (*Rou Cong Rong*), 35g, Radix Polygalae Tenuifoliae (*Yuan Zhi*), 35g, Radix Cyathulae (*Chuan Niu Xi*), 35g, Fructus Schizandrae Chinensis (*Wu Wei Zi*), 35g, Radix Dipsaci (*Xu Duan*), 35g, Fructus Corni Officinalis (*Shan Zhu Yu*), 30g

**Method of preparation:** Grind the above 8 medicinals into fine powder and place in a large jar. Soak in 2 *jin* of mellow wine and seal the lid. Allow to tincture 5 days in the spring and summer and 7 days

in the fall and winter. Then open, remove the dregs, and add 2 *jin* of cold water. Store for use.

**Method of administration:** Take 10-15ml warm on an empty stomach 1 time each morning and evening. Prolonged administration boosts the effectiveness of this formula.

### ***Bu Jing Yi Lao Jiu* (Supplement the Essence, Boost the Old Wine)**

**Functions:** Supplements vacuity detriment, boosts the essence and blood; prolonged administration boosts the elderly

**Mainly treats:** Vacuity taxation detriment and damage, essence blood insufficiency, emaciated body, and ashen, old facial color, reduced appetite, kidney vacuity impotence, low back and knee soreness and weakness

**Ingredients:** Prepared Radix Rehmanniae (*Shu Di*), 120g, Radix Angelicae Sinensis (*Quan Dang Gui*), 150g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 45g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 45g, Sclerotium Poriae Cocos (*Fu Ling*), 45g, Radix Glycyrrhizae (*Gan Cao*), 30g, Fructus Rosae Laevigatae (*Jin Ying Zi*), 30g, Herba Epimedii (*Yin Yang Huo*), 30g, Herba Dendrobii (*Jin Shi Hu*), 90g

**Method preparation:** Grind the above 9 ingredients into a fine powder and place in a large jar. Soak in 3 *jin* of alcohol and seal the lid. Allow to tincture 7 days in the spring and summer and 14 days in the fall and winter. Then open, remove the dregs, and store for use.

**Method of administration:** Take 1-2 teacups on an empty stomach 1 time each morning and evening.

## **Pi Shen Liang Zhu Jiu (Spleen/Kidney Dual Assisting Wine)**

**Functions:** Increases the essence and supplements the marrow, fortifies spleen and nourishes the stomach; prolonged administration fortifies the physical body

**Mainly treats:** Spleen/kidney dual debility, male impotence, female menstrual irregularity, red and white abnormal vaginal discharge

**Ingredients:** Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 30g, Pericarpium Viridis Citri Reticulatae (*Qing Pi*), 30g, raw Radix Rehmanniae (*Sheng Di*), 30g, Cortex Magnoliae Officinalis (*Hou Po*), 30g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 30g, Fructus Psoraleae Corylifoliae (*Bu Gu Zhi*), 30g, Pericarpium Citri Reticulatae (*Chen Pi*), 30g, Fructus Zanthoxyli Bungeani (*Chuan Jiao*), 30g, Sodium Chloride (*Qing Yan*, i.e., salt), 15g, stir-fried Fructus Glycinis Hispidae (*Hei Dou*, i.e., Black Soy Beans), 60g, Radix Morindae Officinalis (*Ba Ji Tian*), 30g, Sclerotium Poriae Cocos (*Fu Ling*), 30g, Fructus Foeniculi Vulgaris (*Xiao Hui Xiang*), 30g, Herba Cistanchis (*Rou Cong Rong*), 30g

**Method of preparation:** Grind the above 14 ingredients into a fine powder and place in a large jar. Soak in 3 *jin* of *gao liang* wine and seal the lid. Allow to tincture 7 days in the spring and summer and 10 days in the fall and winter. Open, remove the dregs, and store for use.

**Method of administration:** Take 1-2 teacups warm on an empty stomach each morning and evening.

**Contraindications:** Do not eat beef or horse meat while taking this formula. Pregnant women should also not take this wine.

## Cong Rong Qiang Zhuang Jiu (Cistanches Strengthening Wine)

**Functions:** Supplements and boosts the liver and kidneys, improves the hearing and brightens the eyes, strengthens the sinews and bones; habitual administration fortifies the body and boosts longevity

**Mainly treats:** Liver/kidney vacuity detriment, aching and pain in the abdomen and lateral costal regions, chilly vacuity of the lower origin

**Ingredients:** Herba Cistanchis (*Rou Cong Rong*), 50g, Radix Cyathulae (*Chuan Niu Xi*), 40g, Semen Cuscutae (*Tu Si Zi*), Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 20g, Fructus Zanthoxyli Bungeani (*Jiao Hong*), 30g, Semen Myristicae Fragrantis (*Rou Dou Kou Ren*), 20g, Fructus Psoraleae Corylifoliae (*Bu Gu Zhi*), 25g, Fructus Mori (*Sang Shen*), 25g, Radix Morindae Officinalis (*Ba Ji Tian*), 30g, Radix Saussureae Seu Vladimiriae (*Mu Xiang*), 15g, Cornu Parvum Cervi (*Lu Rong*), 10g, Cortex Cinnamomi (*Rou Gui*), 20g, Semen Cnidii Monnieri (*She Chuang Zi*), 15g, blast-fried Rhizoma Zingiberis (*Pao Jiang*), 20g

**Method of preparation:** Grind the above 14 medicinals into fine powder and place in a large jar. Soak in 3 *jin* of mellow wine and seal the lid. Allow to tincture for 5 days in the spring and summer and 7 days in the fall and winter. Then open, remove the dregs, and store for use.

**Method of administration:** Take 1-2 small teacups warm on an empty stomach 1 time each morning and evening.

## ***Zhu Yang Jiu (Reinforce Yang Wine)***

**Functions:** Supplements the kidneys and strengthens yang

**Mainly treats:** Impotence

**Ingredients:** Radix Codonopsis Pilosulae (*Dang Shen*), 15g, prepared Radix Rehmanniae (*Shu Di*), 15g, Fructus Lycii Chinensis (*Gou Qi Zi*), 15g, Semen Astragali (*Sha Yuan Ji Li*), 10g, Herba Epimedii (*Yin Yang Huo*), 10g, Flos Caryophylli (*Ding Xiang*), Radix Polygalae Tenuifoliae (*Yuan Zhi*), 4g, Lignum Aquilariae Agallochae (*Chen Xiang*), 4g, Fructus Litchi Sinensis (*Li Zhi Rou*), 7 whole ones

**Method of preparation:** Place the above 9 ingredients in a large jar, soak in 2 *jin* of alcohol, and seal the lid. Three days later, add 1/4 cup of boiling hot water and also cold water to discharge the fire toxins. Then allow to tincture for another 3 weeks until ready.

**Method of administration:** Take 1-2 small teacups each morning and evening.

## ***Huang Qi Dang Gui Jiu (Astragalus & Dang Gui Wine)***

**Functions:** Supplements the qi and blood, opens the channels and collaterals, dispels wind cold, and transforms phlegm rheum

**Mainly treats:** Paralysis of the four extremities, swelling and pain all over the body, aversion to cold, phlegm fullness in the chest, aversion to chilled foods and drinks, cold *shan* and abdominal pain, low back pain due to prolonged lying on damp earth, dizziness, tinnitus, or blurred vision when standing up, absentmindedness, poor memory

**Ingredients:** Radix Astragali Membranacei (*Huang Qi*), 45g, Radix Angelicae Sinensis (*Dang Gui*), 36g, Radix Angelicae Pubescentis (*Du Huo*), 45g, Radix Ledebouriellae Sesloidis (*Fang Feng*), Herba Cum Radice Asari (*Xi Xin*), 45g, Radix Achyranthis Bidentatae (*Niu Xi*), 45g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 45g, mix-fried Radix Glycyrrhizae (*Zhi Gan Cao*), Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 45g, Fructus Zanthoxyli Bungeani (*Shu Jiao*), 45g, processed Radix Aconiti (*Zhi Chuan Wu*), 30g, Fructus Corni Officinalis (*Shan Zhu Yu*), 30g, dry Radix Puerariae Lobatae (*Gan Ge Gen*), 30g, Radix Gentianae Macrophyllae (*Qin Jiao*), Cortex Cinnamomi (*Guan Gui*), 36g, raw Radix Et Rhizoma Rhei (*Sheng Da Huang*), Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 15g, dry Rhizoma Zingiberis (*Gan Jiang*), 15g

**Method of preparation:** Break up the above 18 medicinals into pieces and place in a large jar. Soak in 4 *jin* of alcohol. Seal the opening. Allow to tincture for 5 days in the spring and summer and 7 days in the fall and winter. Then open, discard the dregs, and store for use.

**Method of administration:** Take 10-30ml each time, 1 time per day until healed. If the person is old and weak, take slightly warm.

**Method of modification:** If one side of the body is vacuous and weak, add Herba Cistanchis (*Rou Cong Rong*), 30g. If there is poor memory, add Herba Dendrobii (*Shi Hu*), 30g, Rhizoma Acori Graminei (*Shi Chang Pu*), 30g, and Fluoritum (*Zi Shi Ying*), 30g. If there is excessive water below the heart, add Sclerotium Poriae Cocos (*Fu Ling*), 30g, Radix Codonopsis Pilosulae (*Dang Shen*), 30g, and Radix Dioscoreae Oppositae (*Shan Yao*), 45g.

## ***Xi Chun Jiu* (Sunny Spring Wine)**

**Functions:** Warms the kidneys and supplements the lungs, moistens the muscles and skin, blackens the hair, restores the color to the cheeks

**Mainly treats:** Enduring cough in the elderly, lusterless facial color

**Ingredients:** Fructus Lycii Chinensis (*Gou Qi Zi*), 20g, Arillus Euphoriae Longanae (*Long Yan Rou*), 20g, Fructus Ligustri Lucidi (*Nu Zhen Zi*), 20g, Radix Rehmanniae (*Sheng Di*), 20g, Herba Epimedii (*Yin Yang Huo*), 20g, Semen Phaseoli Munginis (*Lu Dou*), 20g, lard, 100g

**Method of preparation:** First steam the Ligustrum Lucidum and dry in the sun 9 times. Wash the Rehmannia, Epimedium, and Mung Beans and dry in the sun. Place all the above ingredients in a thin, sturdy silk bag and put this bag in a large jar. Soak this bag in 2kg of alcohol, seal the lid, and allow to tincture for 1 month. Open the lid, remove the bag, and store for use.

**Method of administration:** Take 15ml each morning and evening.

## ***Bu Yi Qi Guan Jiu* (Supplement & Boost Lycium & Cinnamon Wine)**

**Functions:** Supplements the heart and enriches the kidneys, boosts the will and quiets the spirit

**Mainly treats:** Dizziness, blurred vision, insomnia, excessive dreams

**Ingredients:** Fructus Lycii Chinensis (*Gou Qi Zi*), 150g, Cortex Cinnamomi (*Rou Gui*), 200g



**Method of preparation:** Soak the above 2 ingredients in 1kg of white alcohol for 14 days.

**Method of administration:** Take 20ml each time, 2 times per day.

### **Wu Xu Jiu (Black Beard Wine)**

**Functions:** Nourishes and supplements the liver and kidneys, blackens the beard, blackens the hair

**Mainly treats:** Premature greying of the hair. Prolonged use increases the years and boosts longevity.

**Ingredients:** Radix Polygoni Multiflori (*He Shou Wu*), 500g each of the red and white varieties, Radix Rehmanniae (*Sheng Di*), 120g, Succus Rhizomatis Zingiberis (*Sheng Jiang Zhi*, i.e., Ginger Juice), 120g, Fructus Zizyphi Jujubae (*Da Zao*), 90g, Semen Juglandis Regiae (*Hu Tao Ren*), 90g, Semen Nelumbinis Nuciferae (*Lian Zi Rou*), 90g, Radix Angelicae Sinensis (*Dang Gui*), 60g, Fructus Lycii Chinensis (*Gou Qi Zi*), 60g, Tuber Ophiopogonis Japonicae (*Mai Men Dong*), 30g

**Method of preparation:** Soak the above ingredients in 7.5kg of rice wine for 1/2 month. Then remove the dregs and add 90g of Honey.

**Method of administration:** Take 3 teacups each time at no fixed schedule.



## **Wines for Strengthening the Sinews & Bones**

Like many of the formulas in the preceding chapter, the formulas in this chapter mostly contain liver blood nourishing and kidney enriching and supplementing ingredients. Therefore, one can say that these formulas form a subcategory of supplementing formulas. As one ages, one's sinews become stiff and bones brittle. In TCM, this is because there is insufficient blood to nourish and moisten the sinews and because there is insufficient essence to fill the marrow. In regard to the sinews and bones, it is said that the liver governs the sinews and the kidneys govern the bones. It is also said that the liver and kidneys share a common source and that the blood and essence share a common source. That common source is the kidney essence in both cases. This reiterates the fact that, in Chinese medicine, it is the kidneys which govern one's physical body as a whole and govern conception, growth, maturation, and aging.

However, unlike the supplementing formulas above which are designed to brighten the eyes, improve the hearing, keep the hair black, and generally retard the aging process, most of the ones in this chapter are designed to emphasize the nourishing of the sinews and the strengthening of the bones. In Chinese medicine, there are disease categories called 40 years shoulder and 50 years wrist. These are muscle/joint pains which are due to vacuity and insufficiency, not to obstruction or blockage. This type of pain is worse after rest and better after movement. This is because movement promotes the flow of qi and blood to the affected area. Once the flow is promoted, the pain subsides. Many of the formulas in this chapter are designed to treat this type of muscle/joint pain.

Other formulas in this chapter do treat *bi* or obstruction pain but due to vacuity. In this case, wind, cold, or dampness may invade the channels and network vessels and affect the sinews and bones because they take advantage of an underlying vacuity of righteous qi. Here there are symptoms of both vacuity and repletion at the same time. Therefore, in these formulas, there are supplementing and nourishing ingredients as well as ingredients to scatter cold, dispel wind, and eliminate dampness.

In addition, one will find in this chapter formulas to treat the sequelae of strokes or what TCM calls wind strike. Although wind strike may be due to internal stirring of wind in turn due to liver fire or hyperactivity of ascendant liver yang, after a stroke the patient is typically vacuous and weak. Therefore, these formulas include ingredients to supplement the qi and nourish the blood, enrich yin and reinforce yang. However, because there may be lingering wind, they may also include ingredients to track down and level wind. And because there may be blood stasis, they may include ingredients that quicken the blood and transform stasis. Thus these formulas tend to be both large and complex in their formulation.

Further, many formulas in this chapter help keep the bones from being brittle due to aging. Osteoporosis is a major concern among older people. Everyone knows some relative or friend whose bones have broken either from bearing one's own weight or due to what otherwise should have been a minor accident. The formulas in this category help to prevent and reverse osteoporosis in the elderly. The fact Chinese kidney-supplementing medicinals which strengthen the sinews and bones are capable of beneficially affecting bone density and strength is corroborated by research done in Japan on post-menopausal women.<sup>1</sup>

---

<sup>1</sup> *Traditional Sino-Japanese Medicine*, #13, 1992, p. 38-43

Many traditional Chinese formulas for strengthening the sinews and bones contain an ingredient from an endangered species. This refers to Os Tigridis (*Hu Gu*) or Tiger Bone. Although it is said that the Chinese not only use real Tiger Bone but also the bones of other species of cat and even pigs, because the continued use of real Tiger Bone places a high price on this commodity which tempts people to kill these magnificent animals, I have chosen not to include in this book any of the many formulas in this category of Chinese medicinal wines which have Tiger Bone in them. One can still get a good therapeutic effect in terms of strengthening the sinews and bones without using this ingredient.

Because weakness of the sinews and bones is usually a symptom which goes along with aging, those under 60 years of age should use the formulas in this chapter with care. Younger people with various atonic or what TCM refers to as *wei zheng*, paralytic conditions such as MS, lupus, and postpolio sequelae, can often benefit by using the same medicinals as described in these formulas. However, because such patients so frequently also exhibit signs and symptoms of candidiasis, taking these medicinals in a wine or alcohol base is typically counterproductive.

However, for the older person with chronic pain, weakness, or stiffness in their low back, knees, or feet which gets better after movement or as the day goes on or for those who either have osteoporosis or are concerned about osteoporosis, the Chinese medicinal wines in this chapter may be very beneficial. As long as one has the corroborating signs and symptoms of either qi and blood or yin and yang vacuity, they can be used with relative safety and efficacy.

Because many of the formulas in this chapter contain yang supplements and warming ingredients, patients with any hot signs or symptoms, whether that be due to internal heat, vacuity heat, or stirring of life gate fire should get a diagnosis and prescription from

a qualified professional TCM practitioner before self-medicating with any of the wines in this chapter.

### **Huang Qi Shi Hu Jiu (Astragalus & Dendrobium Wine)**

**Functions:** Supports the righteous and eliminates wind

**Mainly treats:** Righteous vacuity and wind invasion, low back and lower leg *bi* pain, numbness and *bi* of the cheeks and face

**Ingredients:** Herba Dendrobii (*Shi Hu*), 120g, Radix Astragali Membranacei (*Huang Qi*), 45g, Radix Codonopsis Pilosulae (*Dang Shen*), 45g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 45g, Radix Salviae Miltiorrhizae (*Dan Shen*), 60g, Fructus Corni Officinalis (*Shan Zhu Yu*), 60g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 60g, Radix Achyranthis Bidentatae (*Niu Xi*), 60g, Herba Cum Radice Asari (*Xi Xin*), 30g, Tuber Asparagi Cochinchinensis (*Tian Men Dong*), 70g, raw Rhizoma Zingiberis (*Sheng Jiang*), 90g, Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 150g, Fructus Lycii Chinensis (*Gou Qi Zi*), 150g, Fructus Schizandrae Chinensis (*Wu Wei Zi*), 60g, Sclerotium Poriae Cocos (*Fu Ling*), 60g, Radix Dioscoreae Oppositae (*Shan Yao*), 60g, Rhizoma Dioscoreae Hypoglaucae (*Bi Xie*), 60g

**Method of preparation:** Grind the above 17 medicinals into powder and place in a large jar. Soak in 6 *jin* of yellow wine (*i.e.*, rice wine) for 5 days and then open. Remove the dregs and store for use.

**Method of administration:** Take 2-3 teacups per day. In order to get the strength of this wine, it is important to take it continuously without stopping for a period of time.

### **Dan Shen Shi Hu Jiu (Salvia & Dendrobium Wine)**

**Functions:** Supplements vacuity and dispels evils, quickens the blood and stops pain

**Mainly treats:** Foot qi *bi* and weakness, aching and pain of the sinews and bones

**Ingredients:** Herba Dendrobii (*Shi Hu*), 60g, Radix Salviae Miltiorrhizae (*Dan Shen*), 30g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 30g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 30g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 30g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 30g, Radix Codonopsis Pilosulae (*Dang Shen*), 30g, Cortex Cinnamomi (*Rou Gui*), 30g, Fructus Schizandrae Chinensis (*Wu Wei Zi*), 30g, Sclerotium Poriae Cocos (*Fu Ling*), 30g, Pericarpium Citri Reticulatae (*Chen Pi*), 30g, Radix Astragali Membranacei (*Huang Qi*), 30g, dry Rhizoma Zingiberis (*Gan Jiang*), 45g, mix-fried Radix Glycyrrhizae (*Zhi Gan Cao*), 15g, Radix Dioscoreae Oppositae (*Shan Yao*), 30g, Radix Achyranthis Bidentatae (*Niu Xi*), 45g, Radix Angelicae Sinensis (*Dang Gui*), 30g

**Method of preparation:** Grind the above 17 ingredients into a fine powder and place in a large jar. Soak in 4 *jin* of clear alcohol and seal the lid. Open after 7 days and remove the dregs. Store for use.

**Method of administration:** Take 1-2 teacups warm before meals 2 times per day.

### **Niu Xi Shi Hu Jiu (Achyranthes & Dendrobium Wine)**

**Functions:** Dispels wind and overcomes dampness, supplements the kidneys and strengthens the low back, strengthens the bones

**Mainly treats:** Wind, cold, damp qi *bi* obstructing the low back and lower legs, feebleness, weakness, and lack of strength, numbness and insensitivity

**Ingredients:** Herba Dendrobii (*Shi Hu*), 85g, Radix Achyranthis Bidentatae (*Niu Xi*), 15g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 120g, Radix Salviae Miltiorrhizae (*Dan Shen*), 90g, prepared Radix Rehmanniae (*Shu Di*), 150g, Cortex Cinnamomi (*Rou Gui*), 60g

**Method of preparation:** Grind the above six medicinals into a fine powder and place in a large jar. Soak in 4 *jin* of alcohol and seal the lid. Then put the jar in a pan of water and bring to a boil 100 times. Open the lid, remove the dregs, and store for use.

**Method of administration:** Take 1-2 teacups each time warm at no fixed intervals. Usually it will make one just slightly tipsy.

### ***Fu Ling Ju Hua Jiu* (Poria & Chrysanthemum Wine)**

**Functions:** Disperses wind qi, disinhibits the joints, strengthens the sinews and bones, warms the liver and kidneys

**Mainly treats:** Soreness and pain of the joints of the bones, difficulty moving, pain on movement especially of the shoulders and upper back, paralysis of one half of the body, aphasia due to wind stroke

**Ingredients:** Sclerotium Poriae Cocos (*Fu Ling*), 40g, Flos Chrysanthemi Morifolii (*Gan Ju Hua*), Fructus Corni Officinalis (*Shan Zhu Yu*), 15g, Semen Cuscutae (*Tu Si Zi*), 22g, Herba Cistanchis (*Rou Cong Rong*), 15g, Radix Trichosanthis Kirilowii (*Tian Hua Fen*), 15g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 15g, prepared Radix Rehmanniae (*Shu Di*), 15g, Cortex Radicis Moutan (*Dan Pi*), 15g, Radix Panacis Ginseng (*Ren Shen*), 10g, Rhizoma Atractylodis



Macrocephalae (*Bai Zhu*), 10g, Concha Ostreae (*Mu Li*), 15g, Semen Cnidii Monnieri (*She Chuang Zi*), 10g, Radix Astragali Membranacei (*Huang Qi*), 15g, Radix Asteris Tatarici (*Zi Wan*), 10g, Rhizoma Acori Graminei (*Shi Chang Pu*), 15g, Herba Dendrobii (*Shi Hu*), 10g, Semen Biotae Orientalis (*Bai Zi Ren*), 120g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 15g, Radix Polygalae Tenuifoliae (*Yuan Zhi*), 15g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 15g, dry Rhizoma Zingiberis (*Gan Jiang*), 15g, Radix Rubrus Paeoniae Lactiflorae (*Chi Shao*), 15g, Radix Achyranthis Bidentatae (*Niu Xi*), 15g, Rhizoma Dioscoreae Hypoglaucae (*Bi Xie*), 15g, Rhizoma Cibotii Barometsis (*Gou Ji*), 15g, Fructus Xanthii (*Cang Er Zi*), 15g, stir-fried Fructus Arctii Lappae (*Niu Bang Zi*), 10g, Radix Platycodi Grandiflori (*Jie Geng*), 10g, Radix Et Rhizoma Notopterygii (*Qiang Huo*), Fructus Lycii Chinensis (*Gou Qi Zi*), 10g, Radix Dipsaci (*Xu Duan*), 15g, Radix Arctii Lappae (*Niu Bang Gen*, i.e., Burdock Root), 15g, Bombyx Batryticatus (*Can Sha*), 22g

**Method of preparation:** Grind the above 35 ingredients into a fine powder and place in a large jar. Soak in 4 *jin* of alcohol and seal the lid. Allow to tincture for 15 days. Then open the lid, remove the dregs, and store for use.

**Method of administration:** Take 1 small teacup warm each morning, noon, and night.

### ***Niu Xi Dan Shen Jiu (Achyranthes & Salvia Wine)***

**Functions:** Scatters cold and dispels wind, supplements fire and rescues yang, soothes the sinews and quickens the blood, warms the middle and stops pain

**Mainly treats:** Prolonged summer low back and lower leg *bi* and weakness, aching and pain of the sinews and bones which cannot be

bent, numbness and insensitivity of the skin, swelling and pain of the joints of the fingers and toes

**Ingredients:** Radix Achyranthis Bidentatae (*Niu Xi*), 25g, Radix Salviae Miltiorrhizae (*Dan Shen*), 25g, Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 25g, raw Radix Rehmanniae (*Sheng Di*), 25g, Cortex Radicis Acanthopanax (*Wu Jia Pi*), 18g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 18g, Radix Praeparatus Aconiti Carmichaeli (*Fu Zi*), 12g, Rhizoma Dioscoreae Hypoglaucae (*Bi Xie*), 12g, Sclerotium Rubrum Poriae Cocos (*Chi Fu Ling*), 12g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 12g, Radix Angelicae Pubescentis (*Du Huo*), 20g, Herba Dendrobii (*Shi Hu*), 20g, Caulis Piperis Kadsurae (*Hai Feng Teng*), 10g, Cortex Cinnamomi (*Rou Gui*), 10g, Radix Panacis Ginseng (*Ren Shen*), 10g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 10g, Folium Photinae Serrulatae (*Shi Nan Ye*), 10g, Herba Cum Radice Asari (*Xi Xin*), 6g, Rhizoma Cimicifugae (*Sheng Ma*), 6g, Magnetitum (*Ci Shi*), 50g, raw Rhizoma Zingiberis (*Sheng Jiang*), 15g

**Method of administration:** Grind the above 21 medicinals into a fine powder and place in a large jar. Soak in 3 *jin* of clear alcohol and seal the lid. After 7 days, open the lid, remove the dregs, and store for use.

**Method of administration:** Take 1 teacup on an empty stomach 5 times per day. For those who do not like to drink alcohol or are not used to drinking alcohol, they may drink this wine fewer times and still get some result.

### ***Niu Xi Ren Shen Jiu* (Achyranthes & Ginseng Wine)**

**Functions:** Supplements fire and rescues yang, warms the center and stops pain, strengthens the sinews and bones

**Mainly treats:** Low back and lower leg aching and pain, chilly vacuity of the lower origin, impotence and spermatorrhea, loose stools and abdominal pain, qi vacuity and lack of strength

**Ingredients:** Radix Achyranthis Bidentatae (*Niu Xi*), 20g, Fructus Corni Officinalis (*Shan Zhu Yu*), 20g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 20g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 20g, Radix Morindae Officinalis (*Ba Ji Tian*), 20g, Fructus Schizandrae Chinensis (*Wu Wei Zi*), 20g, Radix Astragali Membranacei (*Huang Qi*), 20g, Radix Panacis Ginseng (*Ren Shen*), 20g, Cortex Radicis Acanthopanax (*Wu Jia Pi*), 25g, Herba Cistanchis (*Rou Cong Rong*), 25g, raw Rhizoma Zingiberis (*Sheng Jiang*), 25g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 25g, Cortex Cinnamomi (*Rou Gui*), 15g, Caulis Piperis Kadsurae (*Hai Feng Teng*), 10g, raw Radix Rehmanniae (*Sheng Di*), 15g, Fructus Zanthoxyli Bungeani (*Shu Jiao*), 15g, Magnetitum (*Ci Shi*), 20g

**Method of preparation:** Grind the above 17 ingredients into a fine powder and place in a large jar. Soak in 3 *jin* of limeless alcohol. Seal the lid and allow to tincture for 3 days in the spring and summer and 7 days in the fall and winter. Open, remove the dregs, and store for use.

**Method of administration:** Take 15-20ml slightly warm each day at no fixed times.

### ***Niu Xi Rou Gui Jiu (Achyranthes & Cinnamon Wine)***

**Functions:** Supplements the kidneys and strengthens yang, dispels wind and eliminates dampness

**Mainly treats:** Low back and knee soreness and weakness, impotence and spermatorrhea, loose stools, vacuity swelling of the lower legs and

feet, aching and pain of the joints, lack of warmth in the four limbs, chilly pain in the abdominal region

**Ingredients:** Radix Achyranthis Bidentatae (*Niu Xi*), 30g, Radix Gentianae Macrophyllae (*Qin Jiao*), 30g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 30g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 30g, Cortex Cinnamomi (*Rou Gui*), 30g, Radix Angelicae Pubescentis (*Du Huo*), 30g, Radix Salviae Miltiorrhizae (*Dan Shen*), 30g, Sclerotium Poriae Cocos (*Fu Ling*), 30g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 25g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 25g, Herba Dendrobii (*Shi Hu*), 25g, dry Rhizoma Zingiberis (*Gan Jiang*), 25g, Tuber Ophiopogonis Japonicae (*Mai Men Dong*), 25g, Cortex Radicis Lycii (*Di Gu Pi*), 25g, Cortex Radicis Acanthopanax (*Wu Jia Pi*), 40g, Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 15g, Semen Cannabis Sativae (*Huo Ma Ren*), 10g

**Method of preparation:** Grind the above 17 ingredients into a fine powder and place in a large jar. Soak in 3 *jin* of clear alcohol and seal the lid. Allow to tincture for 3 days in the spring and summer and for 7 days in the fall and winter. Open, remove the dregs, and decant.

**Method of administration:** Take 15ml each time warm on an empty stomach 3 times per day.

### ***Niu Xi Yu Mi Jiu* (Achyranthes Jade Rice Wine)**

**Functions:** Dispels wind, scatters cold, and eliminates dampness, boosts the liver and kidneys, rescues yang and supplements fire, soothes the sinews and vessels, disinhibits the joints

**Mainly treats:** Numbness and insensitivity of the fingers of the hand, chilly pain of the low back and knees, sinew and vessel spasms,

inhibited joints of the limbs, loose stools, essence spirit debility and decline

**Ingredients:** Radix Achyranthis Bidentatae (*Niu Xi*), 30g, Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 30g, Semen Zizyphi Spinosae (*Suan Zao Ren*), 30g, Radix Rubrus Paeoniae Lactiflorae (*Chi Shao*), 30g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 30g, blast-fried Rhizoma Zingiberis (*Pao Jiang*), 30g, Herba Dendrobii (*Shi Hu*), 30g, Semen Biotae Orientalis (*Bai Zi Ren*), 30g, mix-fried Radix Glycyrrhizae (*Zhi Gan Cao*), 20g

**Method of preparation:** Grind the above 9 ingredients into a fine powder and place in a large jar. Soak in 3 *jin* of alcohol and seal the lid. After 7 days, open, remove the dregs, and store for use.

**Method of administration:** Take 15-20ml warm at no fixed times.

### ***Niu Xi Fu Zi Jiu (Achyranthes & Aconite Wine)***

**Functions:** Scatters cold and dispels wind, supplements fire and rescues yang, soothes the sinews and quickens the blood, warms the center and stops pain

**Mainly treats:** Numbness and insensitivity of the fingers of the hands, low back and knee soreness and pain, difficulty walking, weak feet, spasms and cramps, lack of warmth of the four limbs, possible impotence, loose stools, soreness and pain of the muscles and flesh

**Ingredients:** Radix Achyranthis Bidentatae (*Niu Xi*), 15g, Radix Gentianae Macrophyllae (*Qin Jiao*), 15g, Tuber Asparagi Cochinchinensis (*Tian Men Dong*), 15g, Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 10g, Radix Angelicae Pubescentis (*Du Huo*), mix-fried Herba Cum Radice Asari (*Zhi Xi Xin*), 10g, Radix Praeparatus Aconiti Carmichaeli (*Zhi*

*Fu Zi*), 10g, *Radix Morindae Officinalis (Ba Ji Tian)*, 10g, *Cortex Radicis Acanthopanax (Wu Jia Pi)*, 15g, *Cortex Cinnamomi (Rou Gui)*, 10g, *Cortex Eucommiae Ulmoidis (Du Zhong)*, 15g, *Folium Photinae Serrulatae (Shi Nan Ye)*, 10g

**Method of preparation:** Grind the above 12 medicinals into a fine powder and place in a large jar. Soak in 2 *jin* of clear alcohol for 10 days in winter, 7 days in spring, 5 days in fall, and 3 days in summer. After tincturing, remove the dregs and decant.

**Method of administration:** Take 15ml each time, 3 times per day, morning, noon, and night.

### **Cong Zi Jiu (Semen Allii Fistulosi Wine)**

**Functions:** Supplements the kidney qi, strengthens the low back and knees, eliminates wind and dispels cold

**Mainly treats:** Kidney vacuity low back and knee aching and pain possibly reaching to the lower legs and feet, spasms of the lower and upper back when bending backward, inhibition of bending forward

**Ingredients:** *Semen Allii Fistulosi (Cong Zi)*, 20g, *Cortex Eucommiae Ulmoidis (Du Zhong)*, *Radix Achyranthis Bidentatae (Niu Xi)*, 20g, *Herba Epimedii (Xian Ling Pi)*, 15g, *Zaocys Dhumnades (Wu She)*, 30g, *Herba Dendrobii (Shi Hu)*, 20g, *Radix Praeparatus Aconiti Carmichaeli (Zhi Fu Zi)*, 20g, *Radix Ledebouriellae Seslroidis (Fang Feng)*, 20g, *Cortex Cinnamomi (Rou Gui)*, 20g, *Rhizoma Ligustici Wallichii (Chuan Xiong)*, 15g, *Fructus Zanthoxyli Bungeani (Chuan Jiao)*, 15g, *Rhizoma Atractylodis Macrocephalae (Bai Zhu)*, 20g, *Cortex Radicis Acanthopanax (Wu Jia Pi)*, 20g, stir-fried *Semen Zizyphi Spinosae (Chao Zao Ren)*, 20g

**Method of preparation:** Pestle the above 14 ingredients into a coarse powder and place in a large jar. Soak in 3 *jin* of alcohol and seal the lid. After 7 days, open, remove the dregs, and store for use.

**Method of administration:** Take 1 small teacup warm before each meal.

### ***Huang Qi Du Zhong Jiu (Astragalus & Eucommia Wine)***

**Functions:** Warms and supplements kidney yang, strengthens the low back and knees

**Mainly treats:** Kidney yang vacuity detriment, timid qi and fatigued spirit, chilly pain in the low back and knees, impotence and spermatorrhea

**Ingredients:** Radix Astragali Membranacei (*Huang Qi*), 30g, Rhizoma Dioscoreae Hypoglaucae (*Bi Xie*), 45g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 45g, Radix Achyranthis Bidentatae (*Niu Xi*), 60g, Cortex Cinnamomi (*Rou Gui*), 30g, Herba Dendrobii (*Shi Hu*), 60g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 45g, Herba Cistanchis (*Rou Cong Rong*), 60g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 30g, Fructus Corni Officinalis (*Shan Zhu Yu*), 30g, Folium Photiniae Serrulatae (*Shi Non Ye*), 30g, Sclerotium Poriae Cocos (*Fu Ling*), 30g

**Method of preparation:** Grind the above 12 ingredients into a fine powder and place in a large jar. Soak in 3.5 *jin* of alcohol for 3 days. Remove the dregs and decant.

**Method of administration:** Take 1-2 teacups warm before each meal.

## **Ba Wei Huang Qi Jiu (Eight Flavors Astragalus Wine)**

**Functions:** Supplements the qi and boosts vacuity, strengthens the low back and knees, harmonizes the blood vessels

**Mainly treats:** Yang qi vacuity weakness, chilly counterflow of the hands and feet, aching and pain of the low back and knees

**Ingredients:** Radix Astragali Membranacei (*Huang Qi*), 60g, Rhizoma Dioscoreae Hypoglaucae (*Bi Xie*), 45g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 45g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 45g, Radix Achyranthis Bidentatae (*Niu Xi*), 45g, Radix Angelicae Pubescentis (*Du Huo*), 30g, Fructus Corni Officinalis (*Shan Zhu Yu*), 30g, Fructus Schizandrae Chinensis (*Wu Wei Zi*), 60g

**Method of preparation:** Grind the above 8 ingredients into a fine powder and place in a large jar. Soak in 3 jin of alcohol. Allow to tincture for 5 days in the fall and winter and for 3 days in the spring and summer. Open the lid, remove the dregs, and store for use.

**Method of administration:** Take 1-2 teacups warm on an empty stomach each day.

## **Liang Pi Du Huo Jiu (Two Peels Angelica Pubescens Wine)**

**Functions:** Warms the kidneys and dispels winds, strengthens the low back and the bones

**Mainly treats:** Feebleness, weakness, aching, and pain of the feet and knees, numbness of the four limbs, inhibition of the joints, inability to flex and bend



**Ingredients:** Cortex Erythrinae Variegatae (*Hai Tong Pi*), 30g, Cortex Radicis Acanthopanax (*Wu Jia Pi*), 30g, Radix Angelicae Pubescentis (*Du Huo*), 30g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 10g, Herba Dendrobii (*Shi Hu*), 30g, Cortex Cinnamomi (*Rou Gui*), 30g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 30g, Radix Angelicae Sinensis (*Dang Gui*), 30g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 30g, Herba Epimedii (*Xian Ling Pi*), 30g, Rhizoma Dioscoreae Hypoglaucae (*Bi Xie*), 30g, Radix Achyranthis Bidentatae (*Niu Xi*), 30g, Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 30g, raw Radix Rehmanniae (*Sheng Di*), 30g

**Method of preparation:** Grind the above 14 medicinals into a fine powder and place in a large jar. Soak in 3 *jin* of white alcohol for 7 days in the spring and summer and for 14 days in the fall and winter. Remove the dregs and store for use.

**Method of administration:** Take 1-2 teacups warm on an empty stomach. It is normal to feel a little tipsy. However, one should not get drunk. One should not use more than one refill of this formula.

### ***Niu Xi Bai Zhu Jiu* (Achyranthes & Atractylodes Wine)**

**Functions:** Reinforces yang and scatters cold, dispels wind and disinhibits dampness, strengthens the sinews and bones, harmonizes the blood vessels

**Mainly treats:** Soreness and pain of the low back and knees, difficulty walking, weak feet, inhibited joints, dizziness and vertigo, lack of warmth in the four limbs

**Ingredients:** Radix Achyranthis Bidentatae (*Niu Xi*), 15g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 15g, Radix Salviae Miltiorrhizae (*Dan Shen*), 15g, Fructus Corni Officinalis (*Shan Zhu*

*Yu*), 15g, *Caulis Et Folium Sambucudis Javanicae (Liu Ying)*, 15g, *Cortex Eucommiae Ulmoidis (Du Zhong)*, 15g, *Herba Dendrobii (Shi Hu)*, 15g, *Radix Ledebourielae Sesloidis (Fang Feng)*, 12g, *Fructus Zanthoxyli Bungeani (Shu Jiao)*, 12g, *Herba Cum Radice Asari (Xi Xin)*, 12g, *Radix Angelicae Pubescentis (Du Huo)*, 12g, *Radix Gentianae Macrophyllae (Qin Jiao)*, 12g, *Cortex Cinnamomi (Rou Gui)*, 12g, *Semen Coicis Lachryma-jobi (Yi Yi Ren)*, 12g, *Rhizoma Ligustici Wallichii (Chuan Xiong)*, 12g, *Radix Angelicae Sinensis (Dang Gui)*, 20g, *Rhizoma Atractylodis Macrocephalae (Bai Zhu)*, 20g, *Caulis et Folium Skimmiae Reevesianae (Yin Yu)*, 15g, *Cortex Radicis Acanthopanacis (Wu Jia Pi)*, 20g, blast-fried *Rhizoma Zingiberis (Pao Jiang)*, 10g

**Method of preparation:** Grind the above 20 medicinals into a fine powder and place in a large jar. Soak in 3 *jin* of clear alcohol and seal the lid. Allow to tincture for 7 days in the winter and for 3 days in the summer. Then open the lid, remove the dregs, and decant.

**Method of administration:** Begin by take 15ml each time and increase the amount as long as one feels normal. If one feels dizzy, then reduce the amount.

**Note:** This formula may be taken for a long time.

### ***Xian Mao Jia Pi Jiu (Curculigo & Acanthopanax Wine)***

**Functions:** Supplements the liver and boosts the kidneys, reinforces yang and strengthens the body, scatters cold and eliminates *bi*

**Mainly treats:** Spasms and cramps in the sinews and vessels of the low back and knees, numbness of the muscles and skin, inhibited joints, impotence, cold, frigid uterus infertility

**Ingredients:** Rhizoma Curculiginis Orchoidis (*Xian Mao*), 90g, Herba Epimedii (*Yin Yang Huo*), 120g, Cortex Radicis Acanthopanax (*Wu Jia Pi*), 90g

**Method of preparation:** Grind the above medicinals into a fine powder and place in a small jug of mellow alcohol (*i.e.* brandy or sherry). Seal the lid and soak for 7 days. Then open and decant.

**Method of administration:** Take 1-2 teacups each morning and evening.

### ***Xian Mao Jiu (Curculigo Wine)***

**Functions:** Warms the kidneys and reinforces yang, dispels cold and eliminates dampness

**Mainly treats:** Impotence and spermatorrhea, chilly pain of the low back and knees, cold sperm in men, frigid uterus infertility in women, urinary incontinence in the elderly, terminal dribbling

**Ingredients:** Rhizoma Curculiginis Orchoidis (*Xian Mao*), 120g

**Method of preparation:** Steam the Curculigo 9 times and dry in the sun 9 times alternately. Then place in a large jar and soak in 1 *jin* of alcohol. Seal the lid. After 7 days, open, remove the dregs, and store for use.

**Method of administration:** Take 15-20ml on an empty stomach each morning and evening.

**Contraindications:** This formula is not appropriate if there is ministerial fire effulgence and exuberance.

## **Gou Ji Jiu (Cibotium Wine)**

**Functions:** Quickens the blood and opens the network vessels, supplements the liver and boosts the kidneys, dispels wind and disinhibits dampness, strengthens the sinews and bones

**Mainly treats:** Stubborn pain of the lower and upper back, inhibited bending and flexing, feeble feet and lack of strength, urinary incontinence, excessive abnormal vaginal discharge, numbness, aching and pain in the body and limbs, inhibited joints

**Ingredients:** Rhizoma Cibotii Barometsis (*Gou Ji*), 18g, Radix Salviae Miltiorrhizae (*Dan Shen*), 18g, Radix Astragali Membranacei (*Huang Qi*), 18g, Rhizoma Dioscoreae Hypoglaucae (*Bi Xie*), 18g, Radix Achyranthis Bidentatae (*Niu Xi*), 18g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 18g, Radix Angelicae Pubescentis (*Du Huo*), 18g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 12g

**Method of preparation:** Grind the above 8 ingredients into a fine powder and place in a large jar. Soak in 2 jin of alcohol and seal the lid. Place this in a pot of water and bring to a rolling boil. Remove and allow to cool. Then open and decant.

**Method of administration:** Take whatever amount one wishes at no fixed schedule.

## **Ling Pi Di Huang Jiu (Epimedium & Rehmannia Wine)**

**Functions:** Supplements the kidneys and reinforces yang, dispels wind and dampness, strengthens the sinews and bones

**Mainly treats:** Kidney vacuity impotence, frigid uterus infertility, lack of strength of the low back and knees, soreness and pain of the sinews and bones

**Ingredients:** Herba Epimedii (*Xian Ling Pi*), 250g, prepared Radix Rehmanniae (*Shu Di*), 150g

**Method of preparation:** Grind the above two ingredients into a fine powder and place in a large jar. Soak in 2.5 *jin* of mellow wine and seal the lid. Allow to tincture for 3 days in the spring and summer and for 5 days in the fall and winter. Then open and decant.

**Method of administration:** Each day take whatever amount one wants warm. It is normal to feel the wine qi slightly (*i.e.*, to feel just a bit tipsy or high), but one should not get drunk.

### ***Xian Ling Pi Jiu* (Epimedium Wine)**

**Functions:** Supplements the kidneys and reinforces yang, dispels wind and eliminates dampness, strengthens the sinews and bones

**Mainly treats:** Feebleness, weakness, and lack of strength of the low back and lower legs, impotence and premature ejaculation

**Ingredients:** Herba Epimedii (*Xian Ling Pi*), 250g

**Method of preparation:** Slice the Epimedium into pieces and place in a large jar. Soak in 2 *jin* of white alcohol and seal the lid. After 3 days, open and decant.

**Method of administration:** Take 1 teacup 3 times per day on an empty stomach.

### ***Fu Zi Du Zhong Jiu (Aconite & Eucommia Wine)***

**Functions:** Warms the yang and opens the interior, scatters cold and dispels dampness, strengthens the low back and boosts the kidneys

**Mainly treats:** Physical vacuity and weakness after a cold or flu, aching and pain of the low back and knees, difficulty walking and moving about

**Ingredients:** Cortex Eucommiae Ulmoidis (*Du Zhong*), 50g, Herba Epimedii (*Xian Ling Pi*), 15g, Radix Angelicae Pubescentis (*Du Huo*), 25g, Radix Achyranthis Bidentatae (*Niu Xi*), 25g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 30g

**Method of preparation:** Grind the above ingredients into a fine powder and soak in 2 *jin* of alcohol. After 7 days, open the lid and decant.

**Method of administration:** Take 10-20ml each time 3 times per day.

### ***Chuan Wu Du Zhong Jiu (Chuan Wu Aconite & Eucommia Wine)***

**Functions:** Supplements the kidneys and reinforces yang, strengthens the low back and stops pain

**Mainly treats:** Kidney vacuity low back pain, wind cold low back pain, low back pain due to prolonged lying on damp earth, low back pain due to injury from lifting a heavy object

**Ingredients:** Cortex Eucommiae Ulmoidis (*Du Zhong*), 40g, Radix Et Rhizoma Notopterygii (*Qiang Huo*), 40g, blast-fried Rhizoma

Zingiberis (*Pao Jiang*), 20g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 40g, Rhizoma Dioscoreae Hypoglaucae (*Bi Xie*), 40g, Cortex Radicis Lycii (*Di Gu Pi*), 30g, Fructus Zanthoxyli Bungeani (*Chuan Jiao*), 15g, Cortex Cinnamomi (*Rou Gui*), 30g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 30g, Cortex Radicis Acanthopanax (*Wu Jia Pi*), 40g, Radix Dipsaci (*Xu Duan*), 40g, mix-fried Radix Glycyrrhizae (*Zhi Gan Cao*), 20g, Radix Trichosanthis Kirlowii (*Tian Hua Fen*), 20g, Radix Gentianae Macrophyllae (*Qin Jiao*), 30g, Herba Dendrobii (*Shi Hu*), 30g, processed Radix Aconiti (*Zhi Wu Tou*), 30g, Radix Platycodi Grandiflori (*Jie Geng*), 30g, Herba Cum Radice Asari (*Xi Xin*), 25g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 40g

**Method of preparation:** Grind the above 19 medicinals into a fine powder and place in a large jar. Soak in 4 *jin* of alcohol and seal the lid. After 5 days, open and decant.

**Method of administration:** Take 1 medium teacup warm before meals.

### ***Bi Xie Du Zhong Jiu* (Dioscorea Hypoglauca & Eucommia Wine)**

**Functions:** Warms and supplements the liver and kidneys, dispels wind and eliminates dampness

**Mainly treats:** Kidney viscus vacuity chill, possible invasion of cold dampness, chilly *bi* of the low back and lower legs, aching and pain in the bones of the leg

**Ingredients:** Cortex Eucommiae Ulmoidis (*Du Zhong*), 30g, blast-fried Rhizoma Zingiberis (*Pao Jiang*), 30g, Rhizoma Dioscoreae Hypoglaucae (*Bi Xie*), 30g, Radix Et Rhizoma Notopterygii (*Qiang Huo*), 30g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 30g,

Fructus Zanthoxyli Bungeani (*Shu Jiao*), 30g, Cortex Cinnamomi (*Rou Gui*), 30g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 30g, Radix Ledebouriae Sesloidis (*Fang Feng*), 30g, Radix Gentianae Macrophyllae (*Qin Jiao*), 30g, mix-fried Radix Glycyrrhizae (*Zhi Gan Cao*), 30g, Herba Cum Radice Asari (*Xi Xin*), 15g, Cortex Radicis Acanthopanax (*Wu Jia Pi*), 15g, Herba Dendrobii (*Shi Hu*), 15g, Radix Dipsaci (*Xu Duan*), 15g, Cortex Radicis Lycii (*Di Gu Pi*), 15g, Radix Platycodi Grandiflori (*Jie Geng*), 35g

**Method of preparation:** Grind the above 17 medicinals into a fine powder and place in a large jar. Soak in 3 *jin* of alcohol and seal the lid. Then put this jar into a pot of water and bring to a rolling boil 2 times. Remove, allow to cool, and store for use.

**Method of administration:** Take 1 teacup warm each time at no fixed schedule. It is normal to feel a little wine qi.

### ***Dan Shen Du Zhong Jiu* (Salvia & Eucommia Wine)**

**Functions:** Quickens the blood and opens the network vessels, boosts the liver and supplements the kidneys

**Mainly treats:** Soreness and pain of the low back and lower legs

**Ingredients:** Cortex Eucommiae Ulmoidis (*Du Zhong*), 30g, Radix Salviae Miltiorrhizae (*Dan Shen*), 30g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 20g

**Method of preparation:** Grind the above 3 ingredients into a fine powder and place in a large jar. Soak in 1.5 *jin* of red rice wine. After 5 nights, remove the dregs and store for use.



**Method of administration:** Take any amount one wishes at no fixed schedule.

### **Shu Di Du Zhong Jiu (Prepared Rehmannia & Eucommia Wine)**

**Functions:** Supplements the liver and boosts the kidneys, strengthens the low back and reinforces the entire body

**Mainly treats:** Aching and pain in the low back region, inability to bend or flex

**Ingredients:** Mix-fried Cortex Eucommiae Ulmoidis (*Zhi Du Zhong*), 30g, blast-fried Rhizoma Zingiberis (*Pao Jiang*), 30g, prepared Radix Rehmanniae (*Shu Di*), 30g, Rhizoma Dioscoreae Hypoglaucae (*Bi Xie*), 30g, Radix Et Rhizoma Notopterygii (*Qiang Huo*), 30g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 30g, Fructus Zanthoxyli Bungeani (*Shu Jiao*), 30g, Cortex Cinnamomi (*Rou Gui*), 30g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 30g, Radix Aconiti (*Wu Tou*), 30g, Radix Gentianae Macrophyllae (*Qin Jiao*), 30g, Herba Cum Radice Asari (*Xi Xin*), 30g, Cortex Radicis Acanthopanax (*Wu Jia Pi*), 50g, Herba Dendrobii (*Shi Hu*), 50g, Radix Dipsaci (*Xu Duan*), 30g, Radix Trichosanthis Kirlowii (*Tian Hua Fen*), 25g, Cortex Radicis Lycii (*Di Gu Pi*), 25g, Radix Platycodi Grandiflori (*Jie Geng*), 25g, mix-fried Radix Glycyrrhizae (*Zhi Gan Cao*), 25g, Radix Ledebouriae Sesloidis (*Fang Feng*), 25g

**Method of preparation:** Grind the above 20 ingredients into a fine powder and place in a large jar. Soak in 4 jin of alcohol. After 4 nights, open the lid, remove the dregs, and store for use.

**Method of administration:** Take 1 small teacup at no fixed schedule. It is normal to feel a little wine qi.

## ***Niu Xi Jia Pi Jiu* (Achyranthes & Acanthopanax Wine)**

**Functions:** Strengthens the sinews and bones, supplements the kidneys and boosts yang

**Mainly treats:** Kidney yang vacuity detriment, wind dampness low back pain, atony and weakness of the legs, aching and pain of the joints and bones

**Ingredients:** Cortex Radicis Acanthopanax (Wu Jia Pi), 30g, Fructus Citri Seu Ponciri (Zhi Qiao), 30g, Radix Angelicae Pubescens (Du Huo), 30g, processed Radix Aconiti (Zhi Cao Wu), 30g, blast-fried Rhizoma Zingiberis (Pao Jiang), 20g, Folium Photinae Serrulatae (Shi Nan Ye), 30g, Radix Salviae Miltiorrhizae (Dan Shen), 50g, Radix Ledebouriellae Sesloidis (Fang Feng), 30g, Rhizoma Atractylodis Macrocephalae (Bai Zhu), 50g, Cortex Radicis Lycii (Di Gu Pi), 50g, Rhizoma Ligustici Wallichii (Chuan Xiong), 30g, prepared Radix Rehmanniae (Shu Di), 40g, Radix Achyranthis Bidentatae (Niu Xi), 40g, Fructus Lycii Chinensis (Gou Qi Zi), 30g, Radix Gentianae Macrophyllae (Qin Jiao), 40g

**Method of preparation:** Grind the above 15 medicinals into a fine powder and place in a large jar. Soak in 4 jin of mellow wine and seal the lid. After 8 days, open the lid, remove the dregs, and decant.

**Method of administration:** Take 1-2 small teacups warm before meals 3 times per day.

## ***Jia Pi Dan Shen Jiu* (Acanthopanax & Salvia Wine)**

**Functions:** Quickens the blood and opens the vessels, strengthens the sinews and disinhibits the joints

**Mainly treats:** Chilly pain of the joints, ashen white facial color, difficulty bending and flexing the hands and feet, twisting pain in the center of the abdomen

**Ingredients:** Cortex Radicis Acanthopanax (Wu Jia Pi), 150g, Fructus Citri Seu Ponciri (Zhi Qiao), 60g, Radix Salviae Miltiorrhizae (Dan Shen), 90g, Cortex Cinnamomi (Rou Gui), 30g, stir-fried Radix Angelicae Sinensis (Dang Gui), 30g, mix-fried Radix Glycyrrhizae (Zhi Gan Cao), 30g, Radix Praeparatus Aconiti Carmichaeli (Zhi Fu Zi), 10g, Fructus Zanthoxyli Bungeani (Shu Jiao), 30g, Cortex Dictamni Dasycarpi (Bai Xian Pi), 30g, Semen Coicis Lachryma-jobi (Yi Yi Ren), 15g, Semen Cannabis Sativae (Huo Ma Ren), 60g, Caulis Akebiae Mutong (Mu Tong), 30g, Rhizoma Ligustici Wallichii (Chuan Xiong), 10g, dry Rhizoma Zingiberis (Gan Jiang), 10g

**Method of preparation:** Soak the above 14 medicinals in 3.5 jin of white alcohol. Allow to tincture for 4 days in the spring and summer and for 6 days in the fall and winter. Then open the lid, remove the dregs, and store for use.

**Method of administration:** Take 10-20ml each time warm on an empty stomach. One may increase this dose to 20-30ml per time. When the condition is cured, stop taking.

### **Ba Ji Tian Jiu (Morinda Wine)**

**Functions:** Supplements the kidneys and reinforces yang, quickens the blood and opens the channels, soothes the sinews and disinhibits the joints

**Mainly treats:** Chilly pain, stasis and binding in the abdominal region, injury due to lifting a heavy object, *bi* pain of the low back and knees, atony of the feet and lack of strength, inhibited joints of

the lower limbs, difficulty bending and flexing the four limbs, kidney vacuity impotence

**Ingredients:** Radix Morindae Officinalis (*Ba Ji Tian*), 18g, Radix Achyranthis Bidentatae (*Niu Xi*), 18g, Herba Dendrobii (*Shi Hu*), 18g, Radix Et Rhizoma Notopterygii (*Qiang Huo*), 27g, Radix Angelicae Sinensis (*Dang Gui*), 27g, raw Rhizoma Zingiberis (*Sheng Jiang*), 27g, Fructus Zanthoxyli Bungeani (*Shu Jiao*), 2g

**Method of preparation:** Grind the above 7 ingredients into a fine powder and place in a large jar. Soak in 2 *jin* of alcohol and seal the lid. Then place this in a pan of water and boil for a short time. Remove and allow to cool. Then open and decant.

**Method of administration:** Take 15-20ml warm each time at no fixed schedule.

### ***Niu Xi Fu Fang Jiu* (Achyranthes Compound Wine)**

**Functions:** Quickens the blood and opens the network vessels, supplements yang and strengthens the bones

**Ingredients:** Herba Dendrobii (*Shi Hu*), 60g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 60g, Radix Salviae Miltiorrhizae (*Dan Shen*), 60g, Radix Rehmanniae (*Sheng Di*), 60g, Radix Achyranthis Bidentatae (*Niu Xi*), 120g

**Mainly treats:** Kidney vacuity low back pain, inhibited joints, aching and pain of the sinews and bones

**Method of preparation:** Grind the above five ingredients in a pestle and place in a large jar. Soak in 3 *jin* of alcohol and seal the lid. Open after 7 days and decant.

**Method of administration:** Take 1 small teacup each time warm before meals

### **Yi Ren Shi Hu Jiu (Colx & Dendrobium Wine)**

**Functions:** Supplements vacuity and eliminates wind, quickens the blood and opens the network vessels

**Mainly treats:** Aching and pain of the low back and knees, swelling and fullness of the legs, difficulty walking and moving about, numbness in the four extremities, bodily vacuity and lack of strength, cold pain in the abdomen

**Ingredients:** Herba Dendrobii (*Shi Hu*), 20g, Radix Salviae Miltiorrhizae (*Dan Shen*), 25g, Cortex Cinnamomi (*Rou Gui*), 15g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 20g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 20g, blast-fried Rhizoma Zingiberis (*Pao Jiang*), 20g, Cortex Radicis Acanthopanax (*Wu Jia Pi*), 25g, Radix Angelicae Pubescentis (*Du Huo*), 20g, Radix Achyranthis Bidentatae (*Niu Xi*), 20g, Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 100g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 20g, Radix Gentianae Macrophyllae (*Qin Jiao*), 20g, Fructus Corni Officinalis (*Shan Zhu Yu*), 25g, Pericarpium Citri Reticulatae (*Chen Pi*), 20g, Radix Astragali Membranacei (*Huang Qi*), 20g, Radix Peucedani (*Bai Qian*), 20g, Caulis Et Folium Skimmiae Reevesianae (*Yin Yu*), 25g, Radix Angelicae Sinensis (*Dang Gui*), 20g, Pulvis Stalactiti (*Zhong Ru Fen*), 40g, Fructus Zanthoxyli (*Shu Jiao*), 20g

**Method of preparation:** Grind the above 20 medicinals into a fine powder and place in a large jar. Soak in 3 *jin* of alcohol and seal the lid. Open after 4 nights and decant.

**Method of administration:** Take 1 small teacup warm each time before meals.

### ***Bi Xie Fu Zi Jiu* (Dioscorea & Aconite Wine)**

**Functions:** Warms yang and boosts the kidneys, strengthens the low back and knees

**Mainly treats:** Low back pain, soreness, pain, and contracture and spasm of the sinews and vessels of the foot and knee

**Ingredients:** Rhizoma Dioscoreae Hypoglaucae (*Bi Xie*), 50g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 50g, Rhizoma Cibotii Barometsis (*Gou Ji*), 30g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 30g, Radix Et Rhizoma Notopterygii (*Qiang Huo*), 30g, Cortex Cinnamomi (*Rou Gui*), 30g, Radix Achyranthis Bidentatae (*Niu Xi*), 50g, Ramus Loranthi Seu Visci (*Sang Ji Sheng*), 40g

**Method of preparation:** Pestle the above 8 ingredients and place in a large jar. Soak in 3 *jin* of alcohol and seal the lid. After 7 days, open and remove the dregs.

**Method of administration:** Take 1 teacup 3 times per day warm and on an empty stomach.

### ***Di Gu Pi* (Cortex Lycii Wine)**

**Functions:** Disinhibits dampness and dispels wind, supplements the liver and boosts the kidneys

**Mainly treats:** Wind dampness pain of the low back, abnormal vaginal discharge in women, polyuria, turbid urine

**Ingredients:** Mix-fried Rhizoma Dioscoreae Hypoglaucae (*Zhi Bi Xie*), 50g, Cortex Radicis Lycii (*Di Gu Pi*), 90g, mix-fried Cortex Eucommiae Ulmoidis (*Zhi Du Zhong*), 50g

**Method of preparation:** Grind the above 3 medicinals into a fine powder and place in a large jar. Soak in 2 *jin* of alcohol and seal the lid. Place this jar in a pan of water and bring to a boil. Then remove the jar and allow to cool. Open, remove the dregs, and store for use.

**Method of administration:** There is no set time or amount. It is normal to get slightly tipsy on this formula.

### ***Bi Xie Jiu* (Dioscorea Hypoglauca Wine)**

**Functions:** Dispels wind dampness, secures the kidney qi

**Mainly treats:** Wind dampness *bi* pain, impotence and urinary incontinence

**Ingredients:** Rhizoma Dioscoreae Hypoglaucae (*Bi Xie*), 30g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 15g, Semen Cuscutae (*Tu Si Zi*), 15g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 15g, Radix Astragali Membranacei (*Huang Qi*), 15g, Flos Chrysanthemi Morifolii (*Ju Hua*), 15g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 15g, Herba Dendrobii (*Shi Hu*), raw Radix Rehmanniae (*Sheng Di*), 15g, Cortex Radicis Lycii (*Di Gu Pi*), 15g, Radix Dipsaci (*Xu Duan*), 15g, Pyritum (*Zi Ran Tong*), 15g, Folium Photinae Serrulatae (*Shi Nan Ye*), 15g, Herba Cistanchis (*Rou Cong Rong*), 15g, Fructus Zanthoxyli Bungeani (*Shu Jiao*), 15g

**Method of preparation:** Grind the above 15 ingredients in a pestle until they are the size of a large bean. Then place them in a large jar.

Soak in 2 *jin* of alcohol. After 14 days, remove the dregs and store for use.

**Method of administration:** Take 1-2 teacups each time on an empty stomach.

**Note:** When 1 *jin* of alcohol has been drunk, add another *jin*. The strength of the medicinals will be milder, but the person's condition should, by this time, be better. This can be done 3 times.

### **Hei Dou Bu Shen Jiu (Black Soybean Supplement the Kidneys Wine)**

**Functions:** Supplements the kidneys and reinforces yang, dispels wind and dampness

**Mainly treats:** Kidney vacuity low back pain, swelling and pain of the feet and lower legs, physical vacuity weakness

**Ingredients:** Cooked Semen Glycinis Hispidae (*Hei Dou*), 120g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 40g, prepared Radix Rehmanniae (*Shu Di*), 60g, Fructus Lycii Chinensis (*Gou Qi Zi*), 40g, Radix Et Rhizoma Notopterygii (*Qiang Huo*), 20g, Radix Achyranthis Bidentatae (*Niu Xi*), 30g, Herba Epimedii (*Xian Ling Pi*), 30g, Radix Angelicae Sinensis (*Dang Gui*), 30g, Herba Dendrobii (*Shi Hu*), 20g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 30g, Caulis Et Folium Skimmiae Reevesianae (*Yin Yu*), 30g, Sclerotium Poriae Cocos (*Fu Ling*), 30g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 20g, Fructus Zanthoxyli Bungeani (*Chuan Jiao*), 30g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 20g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 30g, Cortex Radicis Acanthopanax (*Wu Jia Pi*), 30g, Semen Zizyphi Spinosa (*Suan Zao Ren*), 30g, Cortex Cinnamomi (*Rou Gui*), 20g



**Method of preparation:** Pestle the above ingredients and then place them in a large jar. Soak in 4 *jin* of alcohol and seal the lid. After 10 days, open, remove the dregs, and store for use.

**Method of administration:** Take 1 medium teacup each time warm before meals.

### **Wu Wei Zi Jiu (Schizandra Wine)**

**Functions:** Regulates the qi and harmonizes the blood, tracks down wind and dispels evils

**Mainly treats:** Heaviness of the body, numbness and insensitivity of the muscles and flesh

**Ingredients:** Fructus Schizandrae Chinensis (*Wu Wei Zi*), 9g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 9g, Fructus Lycii Chinensis (*Gou Qi Zi*), 9g, Radix Achyranthis Bidentatae (*Niu Xi*), 9g, Cortex Radicis Moutan (*Dan Pi*), 9g, Herba Cistanchis (*Rou Cong Rong*), 9g, Radix Scutellariae Baicalensis (*Huang Qin*), 9g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 9g, Radix Salviae Miltiorrhizae (*Dan Shen*), 9g, Radix Angelicae Sinensis (*Dang Gui*), 9g, stir-fried Fructus Citri Seu Ponciri (*Zhi Qiao*), 9g, mix-fried Radix Glycyrrhizae (*Zhi Gan Cao*), 9g, Cortex Magnoliae Officinalis (*Hou Po*), 9g, Cortex Radicis Acanthopanax (*Wu Jia Pi*), 9g, Rhizoma Alismatis (*Ze Xie*), 9g, Rhizoma Anemarrhenae (*Zhi Mu*), 9g, Herba Cum Radice Asari (*Xi Xin*), 9g, stir-fried Radix Angelicae (*Bai Zhi*), 9g, Cortex Cinnamomi (*Rou Gui*), 9g

**Method of preparation:** Pestle the above 19 medicinals until they are the size of large beans and then place them in a large jar. Soak in 2 *jin* of alcohol and seal the lid. After 7 days, open the lid and remove the dregs. Then store for use.

**Method of administration:** Take 15ml each time morning and evening on an empty stomach. One may increase the dose to 20-30ml and even to as much as 40ml.

### ***Shi Nan Fang Feng Jiu (Photinia & Ledebouriella Wine)***

**Functions:** Warms the center and stops pain, eliminates wind dampness, quickens the blood vessels, strengthens the sinews and bones

**Mainly treats:** Hemiplegia, difficulty stretching the sinews and vessels, inability to bend and flex the lower and upper back, chilly pain in the abdomen

**Ingredients:** Radix Angelicae Pubescentis (*Du Huo*), 40g, Folium Photinae Serrulatae (*Shi Nan Ye*), 40g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 30g, Caulis Et Folium Skimmiae Reevesianae (*Yin Yu*), 18g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 18g, Radix Aconiti (*Chuan Wu Tou*), 18g, Cortex Cinnamomi (*Rou Gui*), 18g, Radix Achyranthis Bidentatae (*Niu Xi*), 12g

**Method of preparation:** Grind the above 8 ingredients into a fine powder and place in a large jar. Soak in 3 *jin* of alcohol and seal the lid. Open the lid after 7 days, remove the dregs, and store for use.

**Method of administration:** Take 1 small teacup warm as often as one wishes.

## 6

### Wines for Dispelling Wind

In Chinese medicine, rheumatic conditions are referred to as *feng shi* or wind dampness. The formulas in this chapter treat such rheumatic joint pain. However, the reader will see that the wines in this chapter are not very different from those in the preceding chapter. They not only contain medicinals which eliminate *bi* pain but also qi and blood, yin and yang supplements. Thus, like the formulas in the preceding chapter, they are especially appropriate for treating older patients and for treating the sequelae of wind stroke.

#### ***Mi Chuan Yao Jiu* (Secret Transmission Wine)**

**Functions:** Dispels wind, quickens the blood, stops pain, supplements the kidneys

**Mainly treats:** Paralysis, foot pain, hand and foot numbness and itching

**Ingredients:** Radix Angelicae Sinensis (*Dang Gui*), 30g, stir-fried Radix Albus Paeoniae Lactiflorae (*Bai Shao*), 30g, raw Radix Rehmanniae (*Sheng Di*), 30g, Radix Achyranthis Bidentatae (*Niu Xi*), 30g, Radix Gentianae Macrophyllae (*Qin Jiao*), 30g, Fructus Chaenomeles Lagenariae (*Mu Gua*), 30g, salt stir-fried Cortex Phellodendri (*Huang Bai*), 30g, ginger stir-fried Cortex Eucommiae Ulmoidis (*Du Zhong*), 30g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 30g, Pericarpium Citri Reticulatae (*Chen Pi*), 30g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 25g, Radix Et Rhizoma Notopterygii (*Qiang*

*Huo*), 25g, Radix Angelicae Pubescentis (*Du Huo*), 25g, Radix Angelicae (*Bai Zhi*), 30g, Semen Arecae Catechu (*Bing Lang*), 18g, Cortex Cinnamomi (*Rou Gui*), 10g, mix-fried Radix Glycyrrhizae (*Zhi Gan Cao*), 10g, Nodus Pini (*Fei Song Jie*), 15g

**Method of preparation:** Place the above 18 ingredients in a large jar and soak in 3 *jin* of alcohol. Then place this jar in a pan of water and boil for 1 hour. Remove the dregs and store for use.

**Method of administration:** Take whatever amount one wishes each morning and evening.

### ***Pai Jiu Feng* (Expel Wind Wine)**

**Functions:** Scatters wind and dispels dampness, resolves tetany and stops pain

**Mainly treats:** Wind, cold, damp *bi*, aching and pain of the joints of the entire body, chaotic speech, vexation and oppression of the heart and diaphragm, cramping of the four limbs, soreness and pain of the hands and feet

**Ingredients:** Radix Ledebouriellae Sesloidis (*Fang Feng*), 30g, Rhizoma Cimicifugae (*Sheng Ma*), 30g, Cortex Cinnamomi (*Rou Gui*), 30g, Radix Angelicae Pubescentis (*Du Huo*), Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 30g, Radix Et Rhizoma Notopterygii (*Qiang Huo*), 30g

**Method of preparation:** Grind the above 6 medicinals into a fine powder and soak in 3 *jin* of mellow wine. After 5 days, open and decant.

**Method of administration:** Take 20ml each time, 2 times per day.

## Huang Qi Jiu (Astragalus Wine)

**Functions:** Dispels wind and scatters cold, warms the kidneys and boosts the qi

**Mainly treats:** Wind damp *bi* pain, paralysis of the four limbs

**Ingredients:** Radix Astragali Membranacei (*Huang Qi*), 90g, Radix Angelicae Pubescentis (*Du Huo*), 90g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 90g, mix-fried Radix Glycyrrhizae (*Zhi Gan Cao*), 90g, Fructus Zanthoxyli Bungeani (*Shu Jiao*), 90g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 90g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 90g, Radix Achyranthis Bidentatae (*Niu Xi*), 90g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 90g, Herba Cum Radice Asari (*Xi Xin*), 90g, blast-fried dry Rhizoma Zingiberis (*Pao Gan Jiang*), 100g, Fructus Corni Officinalis (*Shan Zhu Yu*), 75g, Radix Et Rhizoma Rhei (*Da Huang*), 30g, Radix Angelicae Sinensis (*Dang Gui*), 75g, Cortex Cinnamomi (*Rou Gui*), 75g, Radix Puerariae Lobatae (*Ge Gen*), 60g, Radix Gentianae Macrophyllae (*Qin Jiao*), 60g, processed Radix Aconiti (*Zhi Chuan Wu*), 60g

**Method of preparation:** Grind the above medicinals into powder and place in a large jar. Soak in 4 *jin* of white alcohol and seal the lid. Allow to tincture for 5 days in the spring and summer and for 7 days in the winter and fall. then open the lid, remove the dregs, and store for use.

**Method of administration:** Take 10-15ml each time warm, 3 times per day. One may increase this dose if necessary.

## ***Hai Tong Pi Jiu (Erythrinia Wine)***

**Functions:** Dispels wind dampness

**Mainly treats:** Wind damp *bi* pain, aching and pain of the joints and lack of strength, feebleness and weakness of the lower legs and knees

**Ingredients:** Cortex Erythrinae Variegatae (*Hai Tong Pi*), 60g, Radix Achyranthis Bidentatae (*Niu Xi*), 60g, Fructus Citri Seu Ponciri (*Zhi Qiao*), 60g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 60g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 60g, Radix Angelicae Pubescentis (*Du Huo*), 60g, Cortex Radicis Acanthopanax (*Wu Jia Pi*), 60g, raw Radix Rehmanniae (*Sheng Di*), 70g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 40g, Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 30g

**Method of preparation:** Grind the above 10 medicinals into a fine powder and place in a large jar. Soak in 4 *jin* of alcohol. After 10 days, open the lid and decant.

**Method of administration:** Take 10-15ml warm each time, 3 times per day.

## ***Rou Gui Huang Qi Jiu (Cinnamon & Astragalus Wine)***

**Functions:** Warms the middle and scatters cold, dispels wind dampness, stops pain

**Mainly treats:** Spleen vacuity, fear of cold of the limbs and body, fatigue, lack of strength of the four limbs, joint aching and pain, no desire for food and drink

**Ingredients:** Radix Astragali Membranacei (*Huang Qi*), 90g, Cortex Cinnamomi (*Rou Gui*), 90g, Radix Morindae Officinalis (*Ba Ji Tian*), 90g, Herba Dendrobii (*Shi Hu*), 90g, Rhizoma Alismatis (*Ze Xie*), 90g, Sclerotium Poriae Cocos (*Fu Ling*), 90g, Rhizoma Aconiti Coreani Seu Typhonii Gigantei (*Bai Fu Zi*), 90g, dry Rhizoma Zingiberis (*Gan Jiang*), 80g, Fructus Zanthoxyli Bungeani (*Shu Jiao*), 90g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 30g, Radix Angelicae Pubescentis (*Du Huo*), 30g, Radix Codonopsis Pilosulae (*Dang Shen*), 30g, Radix Albus Paeoniae Lactiflorae (*Bai Shao*), 30g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 30g, processed Radix Aconiti (*Zhi Chuan Wu*), 30g, Caulis Et Folium Skimmiae Reevesianae (*Yin Yu*), 30g, Rhizoma Pinelliae Ternatae (*Ban Xia*), 30g, Herba Cum Radice Asari (*Xi Xin*), 30g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 30g, mix-fried Radix Glycyrrhizae (*Zhi Gan Cao*), 30g, Radix Trichosanthis Kirlowii (*Tian Hua Fen*), 30g, Fructus Corni Officinalis (*Shan Zhu Yu*), 30g

**Method of preparation:** Grind the above 22 medicinals into a fine powder and place them in a large jar. Soak in 4 *jin* of clear alcohol and seal the lid. Allow to tincture for 7 days in the fall and winter and for 3 days in the spring and summer. Then open, remove the dregs, and store for use.

**Method of administration:** Begin by taking 30ml and then increase the dosage if necessary. This should produce a slight numbness or tingling which is a good sign.

## Quan Xie Jiu (Scorpion Wine)

**Functions:** Dispels wind and opens the network vessels, transforms phlegm and stops tetany

**Mainly treats:** Wind stroke, deviation of the eyes and mouth

**Ingredients:** Rhizoma Aconiti Coreani Seu Typhonii Gigantei (*Bai Fu Zi*), 30g, Bombyx Batryticatus (*Jiang Can*), 30g, Buthus Martensius (*Quan Xie*), 30g

**Method of preparation:** Grind the above 3 ingredients into a fine powder and place in a large jar. Soak in 1/2 *jin* of mellow wine. After 3 nights, open, remove the dregs, and store for use.

**Method of administration:** Take 10ml each time at no fixed schedule. It is common to feel the power of the alcohol.

### ***Hei Dou Jiu* (Black Soybean Wine)**

**Functions:** Nourishes and quickens the blood, extinguishes wind

**Mainly treats:** Numbness and pain in the joints, wind damp pain, blood vacuity

**Ingredients:** Stir-fried Semen Glycinis Hispidae (*Hei Dou*), 500g

**Method of preparation:** Place the black soybeans in a large jar and soak in 500ml of rice wine. Place this jar in a large pan of water and bring to a boil several times. Allow to cool, remove the dregs, and store for use.

**Method of administration:** Drink 1 teacup, 2 times per day.

### ***Hei Dou Qiang Huo Jiu* (Black Soybean & Notopterygium Wine)**

**Functions:** Resolves the exterior and tracks down wind, overcomes dampness and stops pain



**Mainly treats:** Wind stroke and aphasia, contracture of the four limbs

**Ingredients:** Radix Et Rhizoma Notopterygii (*Qiang Huo*), 15g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 10g, stir-fried Semen Glycinis Hispidae (*Hei Dou*), 30g

**Method of preparation:** Grind the above 3 ingredients into a fine powder. Soak in 200ml of yellow (*i.e.*, rice) wine. Place over a fire and bring to a boil. Then remove the dregs and administer warm.

**Method of administration:** Divide into two doses and administer by pouring into the patient's mouth.

### ***Du Huo Qiang Huo Jiu* (Angelica Pubescens & Notopterygium Wine)**

**Functions:** Dispels wind, stops tetany, eliminates dampness

**Mainly treats:** The onset of wind stroke, opisthotonos and upper back soreness and pain

**Ingredients:** Radix Et Rhizoma Notopterygii (*Qiang Huo*), 15g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 15g, stir-fried & ground Semen Cannabis Sativae (*Huo Ma Ren*), 30g, Semen Glycinis Hispidae (*Hei Dou*), 30g, Radix Angelicae Pubescentis (*Du Huo*), 15g

**Method of preparation:** Place the Notopterygium, Ligusticum, Cannabis, and Angelica Pubescens in a large jar and soak in 4 *jin* of rice wine for 3 days in the spring and summer and for 7 days in the fall and winter. Then place this jar in a large pan of water and bring to a boil 10 times. Next stir-fry the Black Soybeans and add them to the wine while still hot. Allow to cool and remove the dregs.

**Method of administration:** Take 1-2 small teacups each morning, noon, and night.

### ***Du Huo Shen Fu Jiu* (Angelica Pubescens, Codonopsis & Aconite Wine)**

**Functions:** Scatters cold and dispels dampness, warms the middle and stops pain

**Mainly treats:** Low back and lower leg swelling and pain, inversion counterflow of the four limbs (*i.e.*, chilling), chilly pain in the lower abdomen, bodily vacuity weakness

**Ingredients:** Radix Angelicae Pubescentis (*Du Huo*), 35g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 35g, Radix Codonopsis Pilosulae (*Dang Shen*), 20g

**Method of preparation:** Grind the above 3 medicinals into a fine powder and place in a large jar. Soak in 1 *jin* of alcohol and seal the lid. Allow to tincture for 5 days in the spring and summer and for 7 days in the fall and winter.

**Method of administration:** Each time take as much as one desires. It is common or normal to feel the alcohol qi (*i.e.*, to feel a little tipsy).

### ***Dang Gui Song Ye Jiu* (Dang Gui & Pine Needle Wine)**

**Functions:** Scatters wind, quickens the blood, and dispels cold

**Mainly treats:** Aching and pain of the joints, inability to use the limbs

**Ingredients:** Fresh Folium Pini (*Xin Song Ye*), 2 *jin*, Radix Angelicae Sinensis (*Dang Gui*), 150g

**Method of preparation:** Place these above 2 ingredients in a large jar and soak in 5 *jin* of clear alcohol. After 41 days open, remove the dregs, and store for use.

**Method of administration:** Use as one pleases in terms of amount and times.

### ***Xi Xin Du Huo Jiu* (Asarum & Angelica Pubescens Wine)**

**Functions:** Dispels wind, stops pain, disperses swelling

**Mainly treats:** Tooth and gum swelling and pain

**Ingredients:** Radix Angelicae Pubescentis (*Du Huo*), 15g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 15g, Herba Illicii Lanceolati (*Mang Cao*), 15g, Herba Cum Radice Asari (*Xi Xin*), 15g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 6g

**Method of preparation:** Grind the above 5 medicinals into a fine powder and place in a large jar. Soak in 1/2 *jin* of alcohol. Place this jar in a large pot of water and bring to a boil 10 times. Then remove the dregs and store for use.

**Method of administration:** Drink hot. Stop taking when cured.

## ***Du Huo Shi Hu Jiu* (Angelica Pubescens & Dendrobium Wine)**

**Functions:** Dispels wind and eliminates dampness, supplements vacuity and quickens the blood

**Mainly treats:** Invasion by wind dampness, low back and lower leg soreness and pain, difficulty walking and moving about, dizziness and vertigo

**Ingredients:** Radix Angelicae Pubescentis (*Du Huo*), 40g, blast-fried Rhizoma Zingiberis (*Pao Jiang*), 20g, Herba Dendrobii (*Shi Hu*), 30g, Radix Achyranthis Bidentatae (*Niu Xi*), 30g, Radix Salviae Miltiorrhizae (*Dan Shen*), 30g, Rhizoma Dioscoreae Hypoglaucae (*Bi Xie*), 30g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 30g, Sclerotium Rubrum Poriae Cocos (*Chi Fu Ling*), 30g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 20g, Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 40g, Fructus Corni Officinalis (*Shan Zhu Yu*), 30g, Cortex Cinnamomi (*Rou Gui*), 20g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 20g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 20g, Radix Gentianae Macrophyllae (*Qin Jiao*), 30g, Radix Angelicae Sinensis (*Dang Gui*), 20g, Radix Panacis Ginseng (*Ren Shen*), 20g, Flos Chrysanthemi Morifolii (*Gan Ju Hua*), 20g, Radix Rehmanniae (*Sheng Di*)

**Method of preparation:** Pestle the above 19 ingredients into pieces and place in a large jar. Soak in 5 jin of alcohol. After 7 days, open and remove the dregs. Store for use.

**Method of administration:** Take a suitable amount warm each time before meals.

## ***Du Huo Niu Xi Jiu* (Angelica Pubescens & Achyranthes Wine)**

**Functions:** Warms the channels and harmonizes the blood, eliminates dampness and stops pain

**Mainly treats:** Wind stroke with hemiplegia, aching and pain of the joints of the bones

**Ingredients:** Radix Angelicae Pubescentis (*Du Huo*), 30g, Cortex Cinnamomi (*Rou Gui*), 30g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 30g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 30g, Semen Cannabis Sativae (*Huo Ma Ren*), stir-fried till fragrant, 50g, Radix Achyranthis Bidentatae (*Niu Xi*), 30g, Fructus Zanthoxyli Bungeani (*Chuan Jiao*), 50g

**Method of preparation:** Grind the above ingredients into a fine powder and place in a large jar. Soak in 3 *jin* of alcohol and seal the lid. After 3 days, open, remove the dregs, and store for use.

**Method of administration:** Each day take 1 medium teacup warm before meals. Healing should not take more than 2-3 formulas (*i.e.*, packets of herbs).

## ***Du Huo Dang Gui Jiu* (Angelica Pubescens & Dang Gui Wine)**

**Functions:** Dispels wind dampness, soothes the joints

**Mainly treats:** Wind damp low back and lower leg aching and pain

**Ingredients:** Radix Angelicae Pubescentis (*Du Huo*), 30g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 30g, Radix Angelicae Sinensis

(*Dang Gui*), 30g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 30g, prepared Radix Rehmanniae (*Shu Di*), 30g, Radix Salviae Miltiorrhizae (*Dan Shen*), 30g

**Method of preparation:** Grind the above 6 medicinals into a fine powder and place them in a large jar. Soak in 2 *jin* of good alcohol and seal the lid. Warm by a fire for 1 day and night. Then allow to cool, remove the dregs, and store for use.

**Method of administration:** There is no set time or amount when drinking this wine. It is normal to feel the alcohol qi.

### **Zhu Feng Du Huo Jiu (Dispels Wind Angelica Pubescens Wine)**

**Functions:** Dispels wind dampness, stops pain

**Mainly treats:** Low back and knee soreness and pain, lower leg and foot heaviness, aching, and pain

**Ingredients:** Radix Angelicae Pubescentis (*Du Huo*), 60g

**Method of preparation:** Place the above ingredient in 250ml of white alcohol. After 4-5 days, open the lid and remove the dregs. Store for use.

**Method of administration:** Take 1 small teacup warm each time on an empty stomach, 3 times per day.

## **Chang Pu Jiu (Acorus Wine)**

**Functions:** Opens the portals and dispels phlegm, scatters wind and dispels dampness, loosens the center and harmonizes the stomach

**Mainly treats:** Withdrawal and mania, fright epilepsy, confused spirit, delirious speech, ringing in the ears, poor memory, insomnia, inhibition of the joints, counterflow cough with copious phlegm, chest and abdominal distention and oppression, glomus of the venter, lack of hunger, vomiting

**Ingredients:** Rhizoma Acori Graminei (*Shi Chang Pu*), 120g

**Method of preparation:** Soak the Acorus in 450ml of alcohol and seal the lid. After 3-5 days, open and remove the dregs. Store for use.

**Method of administration:** Take 10-20ml on an empty stomach, 3 times per day.

## **Chan Sha Jiu (Silkworm Wine)**

**Functions:** Dispels wind and eliminates dampness, harmonizes the stomach and transforms turbidity

**Mainly treats:** Wind damp *bi* pain, itching of the skin, dormant papules, head wind, headache, twisted sinews, vomiting and diarrhea

**Ingredients:** Stir-fried till yellow Bombyx Batryticatus (*Chan Sha*), 60g

**Method of preparation:** Place the Silkworms in a large jar and soak in 200ml of mellow alcohol. Seal the lid. After 5 days, open and remove the dregs.

**Method of administration:** Take 1 small teacup warm each time on an empty stomach, 3 times per day.

### ***Shi Wei Fu Zi Jiu* (Ten Flavors Aconite Wine)**

**Functions:** Scatters cold and dispels dampness

**Mainly treats:** Foot qi leading to weakness and lack of strength of the feet and lower legs, possible numbness, soreness and pain, swelling and distention, fever, vomiting, etc.

**Ingredients:** Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 30g, Cortex Radicis Acanthopanax (*Wu Jia Pi*), 20g, Radix Salviae Miltiorrhizae (*Dan Shen*), 30g, Radix Dipsaci (*Xu Duan*), 30g, Radix Achyranthis Bidentatae (*Niu Xi*), 30g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 50g, fresh Rhizoma Zingiberis (*Sheng Jiang*), 50g, Cortex Radicis Mori Albi (*Sang Bai Pi*), 50g, Herba Cum Radice Asari (*Xi Xin*), 25g, Cortex Cinnamomi (*Rou Gui*), 25g

**Method of preparation:** Grind the above 10 ingredients into a fine powder and wrap them in a cloth bag. Place this in a large jar and soak in 3 *jin* of clear alcohol. Seal the lid. After 5 days in the spring and summer and 7 days in the fall and winter, open, remove the dregs, and store for use.

**Method of administration:** Take 1 small teacup warm on an empty stomach, 3 times per day.

### ***Shi Hu Fu Zi Jiu* (Dendrobium & Aconite Wine)**

**Functions:** Expels wind and eliminates dampness, quickens the blood and transforms stasis, warms the center and scatters cold



**Mainly treats:** Foot and lower leg weakness and lack of strength, aching and pain difficult to bear, inability to move the four limbs, chilly pain within the umbilicus

**Ingredients:** Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 40g, Herba Dendrobii (*Shi Hu*), 20g, Radix Angelicae Pubescentis (*Du Huo*), 40g, Fructus Perillae Frutescentis (*Zi Su*), 20g, Herba Epimedii (*Xian Ling Pi*), 10g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 10g, Sclerotium Rubrum Poriae Cocos (*Chi Fu Ling*), 10g, Radix Scutellariae Baicalensis (*Huang Qin*), 10g, Radix Stephaniae Tetrandrae (*Fang Ji*), 10g, Cortex Cinnamomi (*Rou Gui*), 10g, Radix Salviae Miltiorrhizae (*Dan Shen*), 10g, Fructus Zanthoxyli Bungeani (*Chuan Jiao*), 10g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 10g, Herba Cum Radice Asari (*Xi Xin*), 15g, Radix Angelicae Sinensis (*Dang Gui*), 20g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 20g, Radix Clematidis Sinensis (*Wei Ling Xian*), 20g, Semen Coicis Lachrym-jobi (*Yi Yi Ren*), 10g, stir-fried Semen Glycinis Hispidae (*Hei Dou*), 300g, Radix Gentianae Macrophyllae (*Qin Jiao*), 20g

**Method of preparation:** Grind the above ingredients in a mortar with a pestle and then place in a large jar. Soak in 3 *jin* of good alcohol. After 7 days, open, remove the dregs, and store for use.

**Method of administration:** Take a suitable amount warm before each meal.

### ***Du Huo Fu Zi Jiu (Angelica Pubescens & Aconite Wine)***

**Functions:** Scatters cold and stops pain, dispels dampness and eliminates *bi*

**Mainly treats:** Swelling and distention of the foot and lower leg, aching, pain, and numbness, contracture and spasm of the sinews and vessels

**Ingredients:** Radix Praeparatus Aconiti Carmichaeli (*Fu Zi*), 50g, Radix Angelicae Pubescentis (*Du Huo*), 50g

**Method of preparation:** Grind the above 2 medicinals into a fine powder and place in a large jar. Soak in 1 *jin* of mellow wine. After 5 days, open, remove the dregs, and store for use.

**Method of administration:** Take 1 small teacup warm before meals, 3 times per day.

### ***Fu Zi Dan Sha Jiu (Aconite & Cinnabar Wine)***

**Functions:** Dispels wind and eliminates dampness, scatters cold and opens the network vessels

**Mainly treats:** Low back and leg atony and weakness, difficulty walking and moving about, superficial edema of the skin, numbness and insensitivity of the muscles and flesh

**Ingredients:** Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 25g, Radix Achyranthis Bidentatae (*Niu Xi*), 25g, Cinnabar (*Dan Sha*), 25g, Fructus Corni Officinalis (*Shan Zhu Yu*), 25g, mix-fried Cortex Eucommiae Ulmoidis (*Du Zhong*), 25g, Herba Dendrobii (*Shi Hu*), 25g, Caulis Et Folium Sambucudis Javanicae (*Lu Ying Gen*), 20g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 18g, Fructus Zanthoxyli Bungeani (*Shu Jiao*), 18g, Herba Cum Radice Asari (*Xi Xin*), 18g, Radix Angelicae Pubescentis (*Du Huo*), 18g, Radix Gentianae Macrophyllae (*Qin Jiao*), 18g, Cortex Cinnamomi (*Rou Gui*), 10g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 18g, Radix Angelicae

Sinensis (*Dang Gui*), 18g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 18g, Caulis Et Folium Skimmiae Reevesianae (*Yin Yu*), 15g, Cortex Radicis Acanthopanax (*Wu Jia Pi*), 30g, Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 80g, blast-fried dry Rhizoma Zingiberis (*Pao Gan Jiang*), 12g

**Method of preparation:** Pestle the above ingredients into pieces and wrap in a cloth bag. Soak in 4 *jin* of alcohol and seal the lid. Allow to tincture for 4 nights in the spring and summer and for 7 nights in the fall and winter. Then open the lid and remove the dregs.

**Method of administration:** There are no fixed times for taking this wine. Begin by taking 10ml and increase to 20ml if necessary. Once healed, stop taking.

### **Shi Qi Wei Yao Jiu (Seventeen Flavors Herbal Wine)**

**Functions:** Dispels wind, disinhibits dampness, supplements vacuity

**Mainly treats:** Wind damp *bi* pain, sinew and vessel contracture and spasm, low back and leg weakness and lack of strength, seeing and hearing unclear

**Ingredients:** Radix Achyranthis Bidentatae (*Niu Xi*), 90g, Quartz (*Bai Shi Ying*), 120g, Magnetitum (*Ci Shi*), 120g, Herba Dendrobii (*Shi Hu*), 90g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 90g, Rhizoma Hypoglaucae (*Bi Xie*), 30g, Radix Salviae Miltiorrhizae (*Dan Shen*), 30g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 30g, Fructus Corni Officinalis (*Shan Zhu Yu*), 30g, Radix Astragali Membranacei (*Huang Qi*), 30g, Radix Et Rhizoma Notopterygii (*Qiang Huo*), Cornu Antelopis (*Ling Yang Jiao*), 30g, Semen Zizyphi Spinosae (*Suan Zao Ren*), 30g, Radix Rehmanniae (*Sheng Di*), 60g,

Cortex Cinnamomi (*Rou Gui*), 60g, Sclerotium Poriae Cocos (*Fu Ling*), 60g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 45g

**Method of preparation:** Grind the above 17 ingredients into a fine powder and place in a large jar. Soak in 7 *jin* of alcohol. After 10 days, open, remove the dregs, and store for use.

**Method of administration:** Take 1 small teacup warm on an empty stomach morning and evening.

### ***Fu Zi Bai Zhu Jiu* (Aconite & Atractylodes Wine)**

**Functions:** Scatters cold and dispels dampness, dispels wind and stops pain, rescues yang and warms the center

**Mainly treats:** Inversion counterflow (*i.e.*, chill) of the four extremities, numbness and insensitivity of the skin and muscles, low back pain, impotence, weak heart function, chilly pain in the abdominal region, vomiting and chilly diarrhea, aching and pain of the joints

**Ingredients:** Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 30g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 30g, Radix Et Rhizoma Notopterygii (*Qiang Huo*), 30g, Radix Angelicae Sinensis (*Dang Gui*), 30g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 30g, Cortex Radicis Acanthopanax (*Wu Jia Pi*), 25g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 25g, Cortex Cinnamomi (*Rou Gui*), 25g, blast-fried Rhizoma Zingiberis (*Pao Jiang*), 25g

**Method of preparation:** Pestle the above 9 medicinals and break them up into small pieces. Wrap in a cloth bag and place in a large jar. Soak in 2 *jin* of white alcohol for 5 days in the spring and summer and for 7 days in the fall and winter. Then remove the dregs and store for use.

**Method of administration:** Take 15-20ml warm each time. It is also all right to take more or less as one desires, but it is not all right to become drunk. Stop taking when a cure has been obtained.

### ***Huang Qi Xu Duan Jiu (Astragalus & Dipsacus Wine)***

**Functions:** Dispels wind dampness, supplements vacuity

**Mainly treats:** Wind damp *bi* pain, generalized numbness, itching of the skin, sinew and vessel contracture and spasm, inability to use the hands and feet, a weak, indistinct voice

**Ingredients:** Radix Astragali Membranacei (*Huang Qi*), 30g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 30g, Cortex Cinnamomi (*Rou Gui*), 30g, Rhizoma Gastrodiae Elatae (*Tian Ma*), 30g, Rhizoma Dioscoreae Hypoglaucae (*Bi Xie*), 30g, Radix Albus Paeoniae Lactiflorae (*Bai Shao*), 30g, Radix Angelicae Sinensis (*Dang Gui*), 30g, Pulvis Muscovitum (*i.e.*, Mica, *Yun Mu Fen*), 30g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 30g, Caulis Et Folium Skimmiae Reevesianae (*Yin Yu Ye*), 20g, Radix Saussureae Seu Vladimiriae (*Mu Xiang*), 30g, Herba Epimedii (*Xian Ling Pi*), 30g, Radix Glycyrrhizae (*Gan Cao*), 30g, Radix Dipsaci (*Xu Duan*), 30g

**Method of preparation:** Grind the above 14 medicinals into a fine powder and place in a large jar. Soak in 5 *jin* of good alcohol. After 7 days, open, remove the dregs, and store for use.

**Method of administration:** Take 1 teacup warm at no set time.

## **Zhong Ru Jiu (Stalactite Wine)**

**Functions:** Dispels wind and eliminates dampness, quickens the blood and stops pain

**Mainly treats:** Wind damp *bi* pain, weakness of the feet and knees

**Ingredients:** Stalactitum (*Zhong Ru Shi*), 100g, Radix Salviae Miltiorrhizae (*Dan Shen*), 60g, Herba Dendrobii (*Shi Hu*), 60g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 60g, Tuber Asparagi Cochinchinensis (*Tian Men Dong*), 60g, Radix Achyranthis Bidentatae (*Niu Xi*), 60g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 60g, Radix Astragali Membranacei (*Huang Qi*), 60g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 60g, Radix Angelicae Sinensis (*Dang Gui*), 60g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 30g, Cortex Cinnamomi (*Rou Gui*), 30g, Radix Gentianae Macrophyllae (*Qin Jiao*), 30g, dry Rhizoma Zingiberis (*Gan Jiang*), 30g, Fructus Corni Officinalis (*Shan Zhu Yu*), 100g, Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 100g

**Method of preparation:** Grind the above 16 ingredients into a fine powder and place in a large jar. Soak in 5 *jin* of good alcohol. After 3 days, open, remove the dregs, and store for use.

**Method of administration:** Take 10ml warm each time at no fixed schedule. One can increase the dosage until one feels their lips become numb and tingling.

## **Fang Feng Bai Zhu Jiu (Ledebouriella & Atractylodes Wine)**

**Functions:** Regulates and harmonizes the qi and blood, tracks down wind and dispels evils

**Mainly treats:** Numbness and insensitivity of the muscles and flesh, generalized heaviness of the body, aching and pain of the joints

**Ingredients:** Radix Ledebouriellae Sesloidis (*Fang Feng*), 12g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 9g, Fructus Corni Officinalis (*Shan Zhu Yu*), 9g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 9g, Magnetitum (*Ci Shi*), 50g, slightly stir-fried Herba Cum Radice Asari (*Xi Xin*), 9g, Radix Angelicae Pubescentis (*Du Huo*), 9g, Radix Gentianae Macrophyllae (*Qin Jiao*), 9g, Caulis Et Folium Skimmiae Reevesianae (*Yin Yu*), 9g, Radix Dioscoreae Oppositae (*Shan Yao*), 9g, stir-fried Semen Pruni Armeniacae (*Xing Ren*), 9g, Radix Morindae Officinalis (*Ba Ji Tian*), 12g, Cortex Cinnamomi (*Rou Gui*), 12g, Herba Ephedrae (*Ma Huang*), 12g, fresh Rhizoma Zingiberis (*Sheng Jiang*), 30g, stir-fried Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 18g, Radix Rehmanniae (*Sheng Di*), 15g

**Method of preparation:** Grind the above 17 ingredients into a fine powder and wrap them in a cloth bag. Place in a large jar and soak in 2 *jin* of clear alcohol. Seal the lid. After 7 days, open, remove the dregs, and store for use.

**Method of administration:** Take 20ml warm on an empty stomach morning and evening.

### **Tong Pi Yi Ren Jiu (Erythrinia & Coix Wine)**

**Functions:** Dispels wind and eliminates dampness, opens the channels and network vessels, kills worms (*i.e.*, parasites)

**Mainly treats:** Serious low back and knee damp heat pain, blood vessel obstinate *bi* upper arm pain, inability to use the feet and legs, mange

**Ingredients:** Cortex Erythrinae (*Hai Tong Pi*), 60g, Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 60g, Radix Rehmanniae (*Sheng Di*), 100g, Radix Cyathulae (*Chuan Niu Xi*), 30g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 30g, Radix Et Rhizoma Notopterygii (*Qiang Huo*), 30g, Cortex Radicis Lycii (*Di Gu Pi*), 30g, Cortex Radicis Acanthopanax (*Wu Jia Pi*), 30g, Radix Glycyrrhizae (*Gan Cao*), 12g

**Method of preparation:** Grind the above 9 ingredients into a fine powder and place in a large jar. Soak in 3 *jin* of white alcohol and seal the lid. After 7 days in the summer and 10 days in the winter, open, remove the dregs, and store for use.

**Method of administration:** Take 15-20ml each time on an empty stomach, 3 times per day. It is normal to feel slightly tipsy.

### ***Dang Gui Xi Xin Jiu (Dang Gui & Asarum Wine)***

**Functions:** Tracks down wind and scatters cold, harmonizes the blood and stops pain

**Mainly treats:** Wind damp *bi* pain, contracture and inability to use the body and limbs

**Ingredients:** Radix Angelicae Sinensis (*Dang Gui*), 45g, Herba Cum Radice Asari (*Xi Xin*), 45g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 45g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 10g, Herba Ephedrae (*Ma Huang*), 35g, Radix Angelicae Pubescentis (*Du Huo*), 90g

**Method of preparation:** Pestle the above medicinals into small pieces and decoct in 3 *jin* of alcohol down to 2 *jin*. Then remove the dregs and store for use.



**Method of administration:** Take 10-20ml warm after each meal.

### ***Bai Shi Ying Jiu (Quartz Wine)***

**Functions:** Dispels wind dampness, disinhibits the joints, calms the spirit and improves hearing

**Mainly treats:** Wind damp natured generalized body aching and pain, swelling and pain of the joints, lack of strength in movement and activity, poor hearing due to kidney viscus vacuity detriment

**Ingredients:** Quartz (*Bai Shi Ying*), 30g, Magnetitum (*Ci Shi*), 30g

**Method of preparation:** Grind the above 2 medicinals into a fine powder and place in a large jar. Soak in 1 *jin* of alcohol and seal the lid. After 5-6 days, open, remove the dregs, and store for use.

**Method of administration:** Take a suitable amount warm at no fixed times.

### ***Cao Wu Jiu (Cao Wu Aconite Wine)***

**Functions:** Dispels wind dampness, harmonizes the blood and stops pain

**Mainly treats:** Wind damp natured hand and foot aching and pain. It also treats goose foot leprosy in women.

**Ingredients:** Processed Radix Aconiti (*Zhi Cao Wu*), 20g, Radix Angelicae Sinensis (*Dang Gui*), 70g, Radix Albus Paeoniae Lactiflorae (*Bai Shao*), 70g, Semen Glycinis Hispidae (*Hei Dou*), 70g, Caulis Lonicerae (*Ren Dong Teng*), 90g

**Method of preparation:** First stir-fry and then parboil the Black Soybeans. Next add these and the other 4 ingredients to 3 *jin* of alcohol and allow to tincture to 5 days. Open, remove the dregs, and store for use.

**Method of administration:** Take a suitable amount warm at no fixed times.

### ***Du Huo Ji Sheng Jiu* (Angelica Pubescens & Loranthus Wine)**

**Functions:** Boosts the liver and kidneys, supplements the qi and blood, dispels wind dampness, stops *bi* pain

**Mainly treats:** Wind, cold, damp *bi*, aching and pain of the joints, low back and knee soreness and pain, numbness of the body and limbs, all worse on rainy, damp days

**Ingredients:** Radix Angelicae Pubescentis (*Du Huo*), 30g, Ramus Loranthi Seu Visci (*Sang Ji Sheng*), 20g, Radix Gentianae Macrophyllae (*Qin Jiao*), 30g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 20g, Herba Cum Radice Asari (*Xi Xin*), 12g, Radix Angelicae Sinensis (*Dang Gui*), 50g, Radix Albus Paeoniae Lactiflorae (*Bai Shao*), 30g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 20g, Radix Rehmanniae (*Sheng Di*), 50g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 50g, Radix Achyranthis Bidentatae (*Niu Xi*), 30g, Radix Codonopsis Pilosulae (*Dang Shen*), 30g, Sclerotium Poriae Cocos (*Fu Ling*), 40g, Radix Glycyrrhizae (*Gan Cao*), 15g, Cortex Cinnamomi (*Rou Gui*), 15g

**Method of preparation:** Break up these 15 ingredients in a mortar and pestle and then place in a large jar. Soak in 3 *jin* of mellow wine

and seal the lid. After 14 days, open, remove the dregs, and store for use.

**Method of administration:** Take a suitable amount each time at no fixed schedule.

### ***Qin Jiao Gui Ling Jiu* (Gentiana Macrophylla, Cinnamon & Poria Wine)**

**Functions:** Warms and supplements kidney yang, eliminates dampness and dispels wind

**Mainly treats:** Vacuity chill of the low back and knees, prolonged sitting on damp earth, wind damp *bi* pain

**Ingredients:** Radix Gentianae Macrophyllae (*Qin Jiao*), 30g, Radix Achyranthidis Bidentatae (*Niu Xi*), 30g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 30g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 30g, Cortex Cinnamomi (*Rou Gui*), 30g, Radix Angelicae Pubescentis (*Du Huo*), 30g, Sclerotium Poriae Cocos (*Fu Ling*), 30g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 60g, Radix Salviae Miltiorrhizae (*Dan Shen*), 60g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 35g, Herba Dendrobii (*Shi Hu*), 35g, blast-fried Rhizoma Zingiberis (*Pao Jiang*), 35g, Tuber Ophiopogonis Japonicae (*Mai Men Dong*), 35g, Cortex Radicis Lycii (*Di Gu Pi*), 35g, Cortex Radicis Acanthopanax (*Wu Jia Pi*), 60g, Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 30g, stir-fried Semen Cannabis Sativae (*Huo Ma Ren*), 15g

**Method of preparation:** Grind the above 17 ingredients into a fine powder and place in a large jar. Soak in 4 *jin* of alcohol for 7 days in the spring and fall, for 3 days in the summer, and for 10 days in the winter. Remove the dregs and store for use.

**Method of administration:** Take 1-2 teacups warm on an empty stomach, 3 times per day.

### ***Hei Dou Bai Zhi Jiu (Black Soybean & Angelica Wine)***

**Functions:** Disinhibits water and disperses swelling, nourishes the blood and levels the liver, transforms dampness and eliminates *bi*

**Mainly treats:** Foot qi, *bi*, and weakness, dizziness and vertigo, sinew spasm, inhibited urination

**Ingredients:** Stir-fried Semen Glycinis Hispidae (*Hei Dou*), 250g, Radix Angelicae (*Bai Zhi*), 30g, Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 60g

**Method of preparation:** Grind the above 3 ingredients into a fine powder and place in a large jar. Soak in 3 *jin* of yellow (*i.e.*, rice) wine and seal the lid. After 3 nights, open, remove the dregs, and store for use.

**Method of administration:** Each day, drink a suitable amount at appropriate times. It is common to feel the power of the alcohol.

### ***Hei Dou Dan Shen Jiu (Black Soybean & Salvia Wine)***

**Functions:** Quickens the blood and dispels stasis, disinhibits dampness and eliminates *bi*

**Mainly treats:** Wind stroke paralysis of the hands and feet

**Ingredients:** Semen Glycinis Hispidae (*Hei Dou*), 250g, Radix Salviae Miltiorrhizae (*Dan Shen*), 150g

**Method of preparation:** Pestle these two medicinals and place in a large jar. Soak in 4 *jin* of yellow (*i.e.*, rice) wine and seal the lid. Place over a fire and bring to a boil. Reduce the alcohol by half. Then remove the dregs and decant.

**Method of administration:** Take 1-2 teacups each time, morning, noon, and night.

### ***Bai Hua She Jiu (White Flower Snake Wine)***

**Functions:** Dispels wind dampness

**Mainly treats:** Contracture and spasm of the sinews and vessels, hemiplegia

**Ingredients:** Agkistrodon Seu Bungarus (*Bai Hua She*), 1 strip

**Method of preparation:** Grind up into pieces and soak in 500g of white alcohol for 15 days.

**Method of administration:** Take 15ml each evening.

### ***Fu Fang Bai She Jiu (Compound White Snake Wine)***

**Functions:** Dispels wind dampness

**Mainly treats:** Low back and leg aching and pain, difficulty walking and moving about, itching and pain of the skin

**Ingredients:** Agkistrodon Seu Bungarus (*Bai Hua She*), 1 strip, Radix Angelicae Sinensis (*Dang Gui*), 30g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 30g, Radix Praeparatus Aconiti Carmichaeli

(*Zhi Fu Zi*), 40g, Cortex Cinnamomi (*Rou Gui*), 40g, prepared Radix Rehmanniae (*Shu Di*), 40g, Fructus Corni Officinalis (*Shan Zhu Yu*), 40g, Rhizoma Dioscoreae Hypoglaucae (*Bi Xie*), 40g, Herba Dendrobii (*Shi Hu*), 40g, Herba Cum Radice Asari (*Xi Xin*), 40g, Radix Astragali Membranacei (*Huang Qi*), 40g, Rhizoma Gastrodiae Elatae (*Tian Ma*), 40g, Radix Angelicae Pubescentis (*Du Huo*), 60g, Fructus Citri Seu Ponciri (*Zhi Qiao*), 25g, Herba Cistanchis (*Rou Cong Rong*), 40g

**Method of preparation:** Grind the above 15 medicinals into a coarse powder and place in a large jar. Soak in 6 *jin* of mellow wine and seal the lid. After 7 days, open, remove the dregs, and store for use.

**Method of administration:** Take a suitable amount warm at no fixed times. It is common to feel a little tipsy.

### ***Wu Shao She Jiu* (Black Stripe Snake Wine)**

**Functions:** Dispels wind and opens the network vessels, combats toxins

**Mainly treats:** Wind damp *bi* pain, numbness and tingling of the muscles and skin, nodulations of the bones and joints, pediatric palsy

**Ingredients:** Zaocys Dhumnades (*Wu Shao She*), 1 strip

**Method of preparation:** Place the Zaocys Dhumandes in a large jar and soak for 3-4 days in good alcohol.

**Method of administration:** Take 1-2 teacups 3 times per day.

### ***Chuan Xiong Qiang Huo Jiu* (Ligusticum & Notopterygium Wine)**

**Functions:** Dispels wind and stops pain, quickens the blood and opens the network vessels

**Mainly treats:** Heat toxins and wind evils resulting in mouth and facial paralysis and hemilateral wind

**Ingredients:** Rhizoma Ligustici Wallichii (*Chuan Xiong*), 30g, Radix Et Rhizoma Notopterygii (*Qiang Huo*), 30g, Herba Illicii Lanceolati (*Mang Cao*), 20g, Herba Cum Radice Asari (*Xi Xin*), 30g, mix-fried Radix Glycyrrhizae (*Zhi Gan Cao*), 30g, stir-fried Semen Glycinis Hispidae (*Hei Dou*), 60g

**Method of preparation:** Grind the above 6 medicinals into a fine powder. Then divide into 8 doses. Each time use 1 dose in 100ml of alcohol and decoct down to 50ml.

**Method of administration:** Each day take 4-5 doses.

### ***Jin Ya Fang Feng Jiu* (Pyritum & Ledebouriella Wine)**

**Functions:** Diffuses obstruction and dispels dampness, dispels wind and warms the center

**Mainly treats:** Wind cold invading the muscles and body, chilly pain of the low back and knees, contracture and spasm of the sinews and bones, inability to use the legs and feet

**Ingredients:** Pyritum (*Jin Ya Shi*, i.e., *Zi Ran Tong*), 20g, Herba Cum Radice Asari (*Xi Xin*), 25g, Radix Rehmanniae (*Sheng Di*), 35g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 25g, Radix Praeparatus

Aconiti Carmichaeli (*Zhi Fu Zi*), 30g, Semen Cnidii Monnieri (*She Chuang Zi*), 25g, Radix Angelicae Pubescentis (*Du Huo*), 40g, Radix Achyranthis Bidentatae (*Niu Xi*), 40g, Herba Illicii Lanceolati (*Mang Cao*), 20g, Caulis Et Folium Skimmiae Reevesianae (*Yin Yu*), 25g, blast-fried Rhizoma Zingiberis (*Pao Jiang*), 25g, Herba Dendrobii (*Shi Hu*), 40g

**Method of preparation:** Place the above 12 medicinals in a large jar after having pestled them into pieces. Soak in 3 *jin* of alcohol and seal the lid. After 7 days, open and remove the dregs.

**Method of administration:** Take a suitable amount warm before each meal.

### ***Jin Ya Di Fu Jiu* (Pyritum & Kochia Wine)**

**Functions:** Relaxes the low back and knees, supplements kidney yang, dispels wind and disinhibits dampness

**Mainly treats:** Wind stroke insensitivity, difficulty walking and moving about

**Ingredients:** Pyritum (*Jin Ya Shi*), 20g, Fructus Kochiae Scopariae (*Di Fu Zi*), 30g, prepared Radix Rehmanniae (*Shu Di*), 30g, Caulis Et Folium Sambucudis Javanicae (*Lu Ying Gen*), 30g, Fructus Zanthoxyli Bungeani (*Chuan Jiao*), 120g, Radix Et Rhizoma Notopterygii (*Qiang Huo*), 120g, Radix Praeparatus Aconiti Carmichaeli (*Fu Zi*), 30g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 30g, Herba Cum Radice Asari (*Xi Xin*), 30g, Herba Illicii Lanceolati (*Mang Cao*), 20g

**Method of preparation:** Pestle the above 10 medicinals into pieces and place in a large jar. Soak in 2 *jin* of white alcohol and seal the lid. Allow to tincture for 3-4 nights in the spring and summer and for



6-7 nights in the fall and winter. Open, remove the dregs, and store for use.

**Method of administration:** Take 30ml each time. It is normal to feel the alcohol qi, but do not get drunk.

### ***Jin Ya Fu Zi Jiu (Pyritum & Aconite Wine)***

**Functions:** Warms the center and stops pain, quickens the blood and transforms stasis, courses and opens the channels and network vessels, supplements and boosts the liver and kidneys, harmonizes the blood vessels, dispels wind qi, transforms damp turbidity

**Mainly treats:** Miasmatic toxic qi striking humans, mouth and eyes awry, hemiplegia, contracture of the hands and feet, swelling and pain of all the joints, if severe, insensitivity of the small of the low back

**Ingredients:** Pyritum (*Jin Ya Shi*), 20g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 23g, Radix Panacis Ginseng (*Ren Shen*), 18g, Cortex Cinnamomi (*Rou Gui*), 23g, Herba Cistanchis (*Rou Cong Rong*), 15g, Sclerotium Poriae Cocos (*Fu Ling*), 15g, Radix Angelicae Pubescentis (*Du Huo*), 60g, Radix Angelicae Sinensis (*Dang Gui*), 23g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 23g, Fructus Viticis (*Man Jing Zi*), 23g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 23g, Radix Astragali Membranacei (*Huang Qi*), 23g, Fructus Corni Officinalis (*Shan Zhu Yu*), 23g, Herba Cum Radice Asari (*Xi Xin*), 23g, Caulis Et Folium Skimmiae Reevesianae (*Yin Yu*), 20g, Rhizoma Acori Graminei (*Shi Chang Pu*), 23g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 23g, Cortex Radicis Lycii (*Di Gu Pi*), 23g, Cortex Radicis Acanthopanax (*Wu Jia Pi*), 23g, Magnetitum (*Ci Shi*), 75g, Radix Salviae Miltiorrhizae (*Dan Shen*), 48g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 52g, Rhizoma Dioscoreae Hypoglaucae (*Bi Xie*), 25g, Radix Achyranthis Bidentatae (*Niu Xi*),

40g, Rhizoma Cibotii Barometsis (*Gou Ji*), 60g, Cortex Magnoliae Officinalis (*Hou Pu*), 23g, Rhizoma Polygonati Odorati (*Yu Zhu*), 15g, Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 120g, Radix Angelicae (*Bai Zhi*), 23g, Tuber Ophiopogonis Japonicae (*Mai Men Dong*), 32g, Herba Dendrobii (*Shi Hu*), 60g, Fructus Citri Seu Ponciri (*Zhi Qiao*), 23g, Radix Platycodi Grandiflori (*Jie Geng*), 23g, Radix Rehmanniae (*Sheng Di*), 250g, Caulis Et Folium Sambucudis Javanicae (*Lu Ying*), 20g, Radix Scutellariae Baicalensis (*Huang Qin*), 23g, Radix Polygalae Tenuifoliae (*Yuan Zhi*), 23g

**Method of preparation:** Grind the above 37 medicinals into a coarse powder and place in a large cloth bag. Place this bag in a large jar and soak in 5 *jin* of good alcohol. Seal the lid and allow to tincture for 7 days. Then open, remove the dregs, and store for use.

**Method of administration:** Take 1 teacup warm each day. One may increase the dose to 2-3 teacups. It is normal to feel the alcohol qi. When the condition is better, stop taking.

### ***Jin Ya Ren Shen Jiu (Pyritum & Ginseng Wine)***

**Functions:** Warms the center, stops pain, dispels wind qi, boosts the heart and spleen, relaxes the low back and knees

**Mainly treats:** Wind toxin foot qi attacking upward the heart and spleen, aphasia

**Ingredients:** Pyritum (*Jin Ya Shi*), 15g, Herba Cum Radice Asari (*Xi Xin*), 15g, Caulis Et Folium Skimmiae Reevesianae (*Yin Yu*), 15g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 15g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 15g, dry Rhizoma Zingiberis (*Gan Jiang*), 15g, Fructus Kochiae Scopariae (*Di Fu Zi*), 15g, Caulis Et Folium Sambucudis Javanicae (*Lu Ying*), 15g, dry Radix Rehmanniae

(*Gan Sheng Di Huang*), 15g, Rhizoma Cimicifugae (*Sheng Ma*), 15g, Radix Panacis Ginseng (*Ren Shen*), 15g, Radix Achyranthis Bidentatae (*Niu Xi*), 23g, Herba Dendrobii (*Shi Hu*), 23g, Radix Angelicae Pubescentis (*Du Huo*), 45g

**Method of preparation:** Pestle the above 14 medicinals into pieces and place in a large jar. Soak in 2 *jin* of clear alcohol and seal the lid. Allow to tincture for 5 days in the spring and summer and for 7 days in the fall and winter. Open, remove the dregs, and store for use.

**Method of administration:** Take a suitable amount each time at no fixed schedule. It is normal to feel the power of the alcohol.

### ***Jin Ya Xi Xin Jiu* (Pyritum & Asarum Wine)**

**Functions:** Dispels wind dampness, opens the channels and network vessels, disinhibits the joints, strengthens the low back and knees

**Mainly treats:** Many years wind stroke which has not improved, difficulty to move about, inability to grasp and hold, lockjaw, aphasia, contracture and spasm of the sinews and vessels of the four limbs, wind *bi* wandering about causing aching and pain

**Ingredients:** Pyritum (*Jin Ya Shi*), 20g, Herba Cum Radice Asari (*Xi Xin*), 30g, Fructus Kochiae Scopariae (*Di Fu Zi*), 30g, dry Rhizoma Zingiberis (*Gan Jiang*), 30g, Radix Et Rhizoma Notopterygii (*Qiang Huo*), 120g, prepared Radix Rehmanniae (*Shu Di*), 30g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 30g, Radix Ledebouriel-lae Sesloidis (*Fang Feng*), 30g, Caulis Et Folium Skimmiae Reevesianae (*Yin Yu*), 20g, Fructus Zanthoxyli Bungeani (*Chuan Jiao*), 30g, Caulis Et Folium Sambucudis Javanicae (*Lu Ying Gen*), 20g

**Method of preparation:** Grind the above 11 medicinals into a fine powder and place in a large jar. Soak in 3 *jin* of clear alcohol and seal the lid. Allow to tincture for 3-4 days in spring and summer and for 6-7 days in fall and winter. Then open, remove the dregs, and store for use.

**Method of administration:** Take 1 small teacup warm each time. It is common to feel the power of the alcohol. It is also all right to get slightly tipsy.

### **Yi Ren Bai Lian Jiu (Coix & Ampelopsis Wine)**

**Functions:** Dispels dampness and eliminates *bi*, warms the kidneys and stops pain, opens and disinhibits the sinews and vessels

**Mainly treats:** Wind, cold, damp qi in the feet, throbbing of the sinews and vessels, *bi* contracture with inability to flex and extend

**Ingredients:** Stir-fried Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 75g, Radix Ampelopsis (*Bai Lian*), 75g, Radix Albus Paeoniae Lactiflorae (*Bai Shao*), 75g, Semen Zizyphi Spinosae (*Suan Zao Ren*), 75g, dry Rhizoma Zingiberis (*Gan Jiang*), 75g, mix-fried Radix Glycyrrhizae (*Zhi Gan Cao*), 75g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 15g

**Method of preparation:** Pestle the above 7 medicinals into a coarse powder and soak in 3 *jin* of alcohol for 1 night. Then simmer over a low fire. Remove the dregs and decant.

**Method of administration:** Take 1 small teacup warm before each meal, 3 times per day. Those who do not like to drink alcohol may take as much as they like. It is normal to feel some alcohol qi.

## ***Yi Ren Niu Xi Jiu* (Coix & Achyranthes Wine)**

**Functions:** Dispels dampness and eliminates *bi*, disinhibits the joints, boosts the liver and kidneys

**Mainly treats:** Liver wind sinew and vessel contracture and spasm, inability to flex and extend the joints

**Ingredients:** Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 120g, Radix Achyranthis Bidentatae (*Niu Xi*), 70g, Radix Rubrus Paeoniae Lactiflorae (*Chi Shao*), 45g, stir-fried Semen Zizyphi Spinosae (*Suan Zao Ren*), 45g, blast-fried dry Rhizoma Zingiberis (*Pao Gan Jiang*), 45g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 45g, Semen Biotae Orientalis (*Bai Zi Ren*), 45g, Herba Dendrobii (*Shi Hu*), 45g, mix-fried Radix Glycyrrhizae (*Zhi Gan Cao*), 30g

**Method of preparation:** Grind the above 9 ingredients into a fine powder and place in a large jar. Soak in 3 *jin* of alcohol. After 7 nights, remove the dregs and store for use.

**Method of administration:** Take 1-2 small teacups warm at no fixed times.

**Contraindications:** Pork and fish

## ***Yi Ren Huang Qin Jiu* (Coix & Scutellaria Wine)**

**Functions:** Clears heat and resolves toxins, dispels wind dampness

**Mainly treats:** Foot qi, contracture and spasm of the four limbs, wind toxin aching and pain, neck and upper back contracture (*i.e.*, opisthotonos), a raspy voice

**Ingredients:** Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 50g, Pulvis Cornu Antelopis (*Ling Yang Jiao Fen*), 10g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 30g, Rhizoma Cimicifugae (*Sheng Ma*), 20g, Radix Gentianae Macrophyllae (*Qin Jiao*), 20g, Radix Scutellariae Baicalensis (*Huang Qin*), 20g, Cortex Radicis Lycii (*Di Gu Pi*), 15g, Fructus Citri Seu Ponciri (*Zhi Qiao*), 15g, Radix Et Rhizoma Notopterygii (*Qiang Huo*), 20g, Radix Achyranthis Bidentatae (*Niu Xi*), 50g, Cortex Radicis Acanthopanax (*Wu jia Pi*), 30g, Radix Angelicae Pubescentis (*Du Huo*), 20g, slightly stir-fried Fructus Arctii Lappae (*Niu Bang Zi*), 20g, Cortex Cinnamomi (*Rou Gui*), 20g, Semen Cannabis Sativae (*Huo Ma Ren*), 100g, Radix Rehmanniae (*Sheng Di*), 50g

**Method of preparation:** Pestle the above 16 medicinals into pieces and place in a large jar. Soak in 5 *jin* of alcohol. After 7 days, open and remove the dregs.

**Method of administration:** Take a suitable amount warm before each meal.

### **Yi Ren Fang Feng Jiu (Coix & Ledebouriella Wine)**

**Functions:** Boosts the liver and kidneys, eliminates damp *bi*, cures wind tetany

**Mainly treats:** Kidney viscus wind stroke, low back and knee contracture and spasm, aching and pain

**Ingredients:** Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 90g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 60g, Radix Achyranthis Bidentatae (*Niu Xi*), 60g, Radix Angelicae Pubescentis (*Du Huo*), 60g, dry Radix Rehmanniae (*Sheng Di Huang*), 60g, stir-fried and parboiled Semen Glycinis Hispidae (*Hei Dou*), 150g, stir-fried Radix

Angelicae Sinensis (*Dang Gui*), 30g, Semen Zizyphi Spinosae (*Suan Zao Ren*), 30g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 30g, Radix Salviae Miltiorrhizae (*Dan Shen*), 30g, Cortex Cinnamomi (*Rou Gui*), 60g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 30g

**Method of preparation:** Pestle the above 12 medicinals into pieces and place in a large jar. Soak in 4 *jin* of white alcohol and seal the lid. After 5-7 days, open and remove the dregs.

**Method of administration:** Take 1-2 teacups warm before each meal.

### **Yin Yu Bi Xie Jiu (Skimmia & Dioscorea Hypoglauca Wine)**

**Functions:** Dispels cold and dampness, strengthens the sinews and bones, stops pain

**Mainly treats:** Wind, cold, damp *bi*, numbness and insensitivity of the muscles and skin, unbearable aching and pain of the sinews and bones

**Ingredients:** Caulis Et Folium Skimmiae Reevesianae (*Yin Yu*), 20g, Rhizoma Dioscoreae Hypoglaucae (*Bi Xie*), 30g, Fructus Zanthoxyli Bungeani (*Chuan Jiao*), 30g, Rhizoma Cibotii Barometsis (*Gou Ji*), 30g, Cortex Cinnamomi (*Rou Gui*), 30g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 30g, Radix Achyranthis Bidentatae (*Niu Xi*), 30g, Herba Dendrobii (*Shi Hu*), 35g, fresh Rhizoma Zingiberis (*Sheng Jiang*), 35g

**Method of preparation:** Grind the above 9 medicinals into a fine powder and place in a large jar. Soak in 4 *jin* of alcohol and seal the lid. After 3 nights, open and store for use.

**Method of administration:** Take 1-2 teacups warm each morning and evening.

**Note:** After one has drunk half this wine, one may add new alcohol and retincture. When the taste of the medicinals becomes weak, stop.

### ***Chang Song Jiu (Old Pine Wine)***

**Functions:** Dispels wind cold, disinhibits dampness, strengthens the low back and knees

**Mainly treats:** Wind, cold, damp *bi*, low back pain, weak knees, impotence

**Ingredients:** Radix Pini (*Song Gen*), 2 *jin* cut up into slices

**Method of preparation:** Place the slices of Pine Root into a large jar and soak in 2 *jin* of alcohol. Seal the lid. After 7 days, open and remove the dregs.

**Method of administration:** Take 1-2 teacups warm before each meal.

### ***Fang Feng Song Ye Jiu (Ledebouriella & Pine Needle Wine)***

**Functions:** Dispels wind and eliminates dampness

**Mainly treats:** Aching and pain of the joints due to invasion of wind dampness, numbness of the four limbs, difficulty moving about



**Ingredients:** Folium Pini (*Song Ye*), 160g, Herba Ephedrae (*Ma Huang*), 30g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 30g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 15g, Radix Angelicae Pubescentis (*Du Huo*), 30g, Radix Gentianae Macrophyllae (*Qin Jiao*), 20g, Cortex Cinnamomi (*Rou Gui*), 20g, Radix Achyranthis Bidentatae (*Niu Xi*), 36g, Radix Rehmanniae (*Sheng Di*), 30g

**Method of preparation:** Grind the above 9 ingredients into a fine powder and wrap in a cloth bag. Place this in a large jar and soak in 3 *jin* of mellow wine. Seal the lid. After 7 days in spring and fall, 10 days in winter, and 5 days in summer, open and remove the dregs.

**Method of administration:** Take 1 small teacup (approximately 10ml) warm each time, 3 times per day.

**Contraindications:** While taking this wine, do not eat foods with toxins, slippery, disinhibiting foods, or foods which stir wind.

### **Song Jie Di Huang Jiu (Pine Node & Rehmannia Wine)**

**Functions:** Dispels wind, disinhibits dampness, warms the center

**Mainly treats:** Foot qi with contracture of the sinews, pulling pain of the four limbs, possible weakness of the feet, inhibited joints

**Ingredients:** Nodus Pini (*Song Jie*), 100g, Radix Rehmanniae (*Sheng Di*), 50g, Cortex Cinnamomi (*Rou Gui*), 20g, Radix Gentianae Macrophyllae (*Qin Jiao*), 50g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 20g, Fructus Arctii Lappae (*Niu Bang Zi*), 100g, Radix Salviae Miltiorrhizae (*Dan Shen*), 30g, Rhizoma Dioscoreae Hypoglaucae (*Bi Xie*), 30g, Fructus Xanthii (*Cang Er Zi*), 30g, Radix Angelicae Pubescentis (*Du Huo*), 30g, stir-fried till fragrant Semen Cannabis

Sativae (*Huo Ma Ren*), 100g, Radix Achyranthis Bidentatae (*Niu Xi*), 50g

**Method of preparation:** Grind the above 12 medicinals into a fine powder and place them in a large jar. Soak in 4 *jin* of alcohol. After 7 days, open and drink.

**Method of administration:** Take a suitable amount warm before each meal.

### **Sheng Di Jia Pi Jiu (Raw Rehmannia & Acanthopanax Wine)**

**Functions:** Dispels wind dampness, clears heat, stops pain, soothes the sinews

**Mainly treats:** Vexatious heat, aching and pain, contracture and spasm of the sinews and vessels, inhibition of the joints, difficulty moving about

**Ingredients:** Cortex Radicis Acanthopanax (*Wu Jia Pi*), 30g, Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 50g, Pulvis Cornu Antelopis (*Ling Yang Jiao Fen*), 20g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 30g, Radix Rehmanniae (*Sheng Di*), 60g, Radix Angelicae Pubescentis (*Du Huo*), 30g, Radix Arctii Lappae (*Niu Bang Gen*, i.e., Burdock Root), 60g, Cortex Cinnamomi (*Rou Gui*), 10g, Radix Achyranthis Bidentatae (*Niu Xi*), 50g, stir-fried and parboiled Semen Glycinis Hispidae (*Hei Dou*), 60g, Cortex Erythrinae (*Hai Tong Pi*), 20g, Semen Cannabis Sativae (*Huo Ma Ren*), 60g

**Method of preparation:** Grind the above 12 ingredients into a fine powder and place in a large jar. Soak in 4 *jin* of mellow wine and seal the lid. After 7 nights, open and drink.

**Method of administration:** Take a suitable amount on an empty stomach before each meal.

### ***Yin Yu Yi Ren Jiu (Skimmia & Coix Wine)***

**Functions:** Scatters cold, dispels wind, and eliminates dampness

**Mainly treats:** Contracture and spasm of the sinews and vessels, inability to extend

**Ingredients:** Caulis et Folium Skimmiae Reevesianae (*Yin Yu*), 20g, Rhizoma Bletillae Striatae (*Bai Ji*), 30g, Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 30g, Radix Rubrus Paeoniae Lactiflorae (*Chi Shao*), 30g, Cortex Cinnamomi (*Rou Gui*), 30g, Radix Achyranthis Bidentatae (*Niu Xi*), 30g, stir-fried Semen Zizyphi Spinosae (*Suan Zao Ren*), 30g, blast-fried Rhizoma Zingiberis (*Pao Jiang*), 15g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 30g, mix-fried Radix Glycyrrhizae (*Zhi Gan Cao*), 15g

**Method of preparation:** Grind the above 10 medicinals into a fine powder and wrap them in a cloth bag. Place in a large jar and soak in 2 *jin* of alcohol. Seal the lid. After 7 nights, open the lid and remove the dregs. Store for use.

**Method of administration:** Take a suitable amount warm at no fixed times.

### ***Jiu Wei Yi Ren Jiu (Nine Flavors Coix Wine)***

**Functions:** Dispels wind and disinhibits dampness

**Mainly treats:** Foot *bi* pain

**Ingredients:** Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 60g, Radix Achyranthis Bidentatae (*Niu Xi*), 60g, Cortex Erythrinae (*Hai Tong Pi*), 30g, Cortex Radicis Acanthopanax (*Wu Jia Pi*), 30g, Radix Angelicae Pubescentis (*Du Huo*), 30g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 30g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 30g, prepared Radix Rehmanniae (*Shu Di*), 45g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 20g

**Method of preparation:** Grind the above 9 ingredients into a fine powder and wrap them in a cloth bag. Place in a large jar and soak in 4 *jin* of alcohol. Allow to tincture for 3 days in the spring and summer and for 7 days in the fall and winter. Then open the lid, remove the dregs, and store for use.

**Method of administration:** Take 15-20ml warm and before meals each time, 3 times per day.

### **Shou Wu Yi Ren Jiu (Polygonum Multiflorum & Coix Wine)**

**Functions:** Nourishes the blood, dispels wind dampness, stops pain

**Mainly treats:** Blood vacuity wind dampness low back pain, numbness of the four extremities, dizziness and vertigo

**Ingredients:** Processed Radix Polygoni Multiflori (*Zhi Shou Wu*), 180g, Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 120g

**Method of preparation:** Soak the above 2 ingredients in 1kg of white alcohol for 15 days.

**Method of administration:** Take 2 small teacups each time, 2 times per day.

## ***Tian Ma Jiu* (Gastrodia Wine)**

**Functions:** Extinguishes wind and settles tetany

**Mainly treats:** Numbness of the body and limbs, inability to flex and extend the hands and feet

**Ingredients:** Rhizoma Gastrodiae Elatae (*Tian Ma*), 24g, Radix Achyranthis Bidentatae (*Niu Xi*), 24g, stir-fried Cortex Eucommiae Ulmoidis (*Du Zhong*), 24g

**Method of preparation:** Cut the above ingredients into pieces and soak in 1kg of yellow (*i.e.*, rice) wine for 7 days.

**Method of administration:** Take 1 teacup each time, 2 times per day.



## Heat-clearing, Dampness-disinhibiting Wines

Although alcohol consumption is a leading cause of damp heat evils, damp heat, liver heat, and toxic heat conditions can, according to Li Shi-zhen's *Ben Cao Gang Mu* (*Complete Outline of the Materia Medica*), also be treated by alcoholic tinctures. However, this method of treatment is mostly appropriate for the elderly who have a combination of dampness and heat with underlying vacuity and insufficiency. I do not recommend this method of administration in young or middle-aged patients. As the reader will see, there are only a few formulas in this section as compared to other sections in this book. This underscores the fact that alcohol is typically contraindicated in damp heat conditions.

### ***Ju Hua Jiu* (Chrysanthemum Wine)**

**Functions:** Clears heat and dispels wind, brightens the eyes and resolves toxins

**Mainly treats:** Dizziness and vertigo, red, swollen, painful eyes, painful, swollen clove sores

**Ingredients:** Flos Chrysanthemi Morifolii (*Ju Hua*), 250g, raw Radix Rehmanniae (*Sheng Di*), 15g, Radix Angelicae Sinensis (*Dang Gui*), 15g, Fructus Lycii Chinensis (*Gou Qi Zi*), 30g

**Method of preparation:** Soak the above medicinals in 2 *jin* of white alcohol and seal the lid. After 5 days, open the lid, remove the dregs, and decant.

**Method of administration:** Take 15-30ml slowly, slowly each time at no fixed schedule.

### ***Jin Hua Jiu* (Golden Flower Wine)**

**Functions:** Clears heat and disinhibits dampness

**Mainly treats:** Oral sores and bleeding gums

**Ingredients:** Cortex Phellodendri (*Huang Bai*), 90g, Rhizoma Coptidis Chinensis (*Huang Lian*), 15g, Fructus Gardeniae Jasminoidis (*Zhi Zi*), 30g

**Method of preparation:** Place the above 3 ingredients in a large jar and soak in 500ml of red rice wine. Then place this jar in a large pan of water and bring to a boil 100 times. Allow to cool and then remove the dregs. Store for use.

**Method administration:** Take 20ml on an empty stomach at no fixed schedule. When cured, stop.

### ***Dan Shen Jiu* (Salvia Wine)**

**Functions:** Percolates dampness and disinhibits water, disperses stasis and resolves binding, dispels wind



**Mainly treats:** Upper abdominal water drum distention, swelling and fullness of the foot and lower leg, distressed rapid breathing due to eating

**Ingredients:** Radix Salviae Miltiorrhizae (*Dan Shen*), 27g, Lignum Buchnerae Cruciata (*Gui Yu Jian*), 27g, Radix Gentianae Macrophylloae (*Qin Jiao*), 18g, Rhizoma Anemarrhenae (*Zhi Mu*), 18g, Sclerotium Polypori Umbellati (*Zhu Ling*), 27g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 27g, Herba Sargassii (*Hai Zao*), 10g, Sclerotium Rubrum Poriae Cocos (*Chi Fu Ling*), 18g, Cortex Cinnamomi (*Rou Gui*), Radix Angelicae Pubescentis (*Du Huo*), 15g

**Method of preparation:** Place the above 10 medicinals in a large jar and soak in 2 *jin* of alcohol. Seal the lid and allow to tincture for 5 days. Then open the lid, remove the dregs, and store for use.

**Method of administration:** Take 20ml each time 3 times per day.

**Contraindications:** Do not take this formula if there is spleen vacuity diarrhea. Nor should pregnant women use this prescription.

### **Niu Bang Song Jie Jiu (Burdock Root & Pine Node Wine)**

**Functions:** Clears heat and disinhibits dampness

**Mainly treats:** Heart spirit vexation and oppression, lower leg and foot swelling and fullness, a heavy body, and lack of strength

**Ingredients:** Nodus Pini (*Fei Song Jie*), 120g, raw Radix Rehmanniae (*Sheng Di*), 30g, Cortex Cinnamomi (*Rou Gui*), 10g, Radix Salviae Miltiorrhizae (*Dan Shen*), 30g, Rhizoma Dioscoreae Hypoglaucae (*Bi Xie*), 20g, Semen Cannabis Sativae (*Huo Ma Ren*), 120g,

Radix Achyranthis Bidentatae (*Niu Xi*), 30g, raw Radix Arctii Lappae (*Sheng Niu Bang Gen*, i.e., Burdock Root), 30g

**Method of preparation:** Grind the above 8 medicinals into a fine powder and place in a large jar. Soak in 3 *jin* of alcohol and seal the lid. After 5 days, open, remove the dregs, and store for use.

**Method of administration:** Take 1 teacup warm before each meal.

### ***Yi Yi Ren Jiu* (Coix Wine)**

**Functions:** Fortifies the spleen, disinhibits water and percolates dampness, clears heat

**Mainly treats:** Abdominal distention, diarrhea, edema, inhibited urination, foot qi and swollen foot, *bi* pain of the four extremities, difficulty bending and flexing, numbness and insensitivity of the muscles and skin, lung abscess, coughing and vomiting pussy phlegm

**Ingredients:** Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 250g

**Method of preparation:** Place the above ingredient in a large jar and soak in 2 *jin* of alcohol. Place this jar in a large pan of water and boil. Allow to cool, remove the dregs, and store for use.

**Method of administration:** Take 2-3 teacups 3 times per day.

### ***Cang Zhu Chi Jiu* (Atractylodes & Fermented Soybean Wine)**

**Functions:** Diffuses obstruction and dispels dampness, clears and eliminates vexatious heat

**Mainly treats:** Wind toxin weak lower legs, numbness and lack of strength, foot and lower leg swelling and distention, vomiting, inability to eat, abdominal pain, dysentery, headache, fever

**Ingredients:** Semen Praeparatum Sojae (*Dan Dou Chi*), 1 jin, Rhizoma Atractylodis (*Cang Zhu*), 50g

**Method of preparation:** Place the prepared soybeans in a large jar and soak in 2 jin of clear alcohol. After 3 nights, add the powdered Atractylodes. After another 4 days, open, remove the dregs, and store for use.

**Method of administration:** Slowly, slowly drink whatever amount one wishes at no fixed schedule.

### ***San Ren Jiu* (Three Seeds Wine)**

**Functions:** Diffuses, transforms, and smoothes away swelling, clears heat and disinhibits dampness

**Mainly treats:** The initial stages of dampness and warmth, summer-heat heat and dampness, headache, a heavy body, chest oppression, devitalized appetite

**Ingredients:** Semen Pruni Armeniacae (*Xing Ren*), 50g, Talcum (*Hua Shi*), 50g, Medulla Tetrapanacis Papyriferi (*Tong Cao*), 30g, Folium Lophatheri Gracilis (*Dan Zhu Ye*), 30g, Cortex Magnoliae Officinalis (*Hou Po*), 30g, raw Semen Coicis Lachryma-jobi (*Sheng Yi Yi Ren*), 50g, Rhizoma Pinelliae Ternatae (*Ban Xia*), 30g, Fructus Cardamomi (*Bai Dou Kou Ren*), 20g

**Method of preparation:** Grind the above 8 medicinals into a fine powder and place in a large jar. Soak in 3 *jin* of red rice wine. After 7 nights, open, remove the dregs, and decant.

**Method of administration:** Take 20ml each time 3 times per day.

**Contraindications:** Avoid exposure to wind while taking this prescription. This formula should not be used by pregnant women.

### ***Qing Hao Jiu (Artemisia Aplacea Wine)***

**Functions:** Clears heat and cools the blood, resolves summerheat, recedes vacuity heat

**Mainly treats:** Steaming bones and tidal fever, no sweating, evenings feverish, mornings cool, epistaxis, summertime common cold, malarial disease, alternating hot and cold, chest glomus, nausea and vomiting, jaundice, inhibited urination

**Ingredients:** Herba Artemisiae Apiaceae (*Qing Hao*), 300g

**Method of preparation:** Grind the above medicinal into a fine powder and place in a large jar. Soak in 2 *jin* of alcohol and seal the lid. After 7 days, remove the dregs and store for use.

**Method of administration:** Take as much as one wishes at no fixed schedule.

### ***Tong Cao Gen (Tetrapanax Papyriferus Wine)***

**Functions:** Disinhibits water and percolates dampness, clears heat and opens the channels

**Mainly treats:** Edema, strangury diseases (*i.e.*, benign prostatic hypertrophy and chronic prostatitis), vexatious heat in the chest disquieting the heart, scanty, frequent urination, breast milk not free-flowing

**Ingredients:** Medulla Tetrapanacis Papyriferi (*Tong Cao*), 250g, Medulla Junci Effusi (*Deng Xin Cao*), 30g

**Method of preparation:** Grind the above 2 ingredients into a fine powder and place in a large jar. Soak in 2 *jin* of alcohol and seal the lid. After 7 days, open and remove the dregs.

**Method of administration:** Take as much as one wants, slowly, slowly at no fixed schedule.

**Contraindications:** Pregnant women should not use this prescription. It is also not appropriate to use this formula in cases of qi vacuity without damp heat.



## 8

### Fortifying the Spleen & Harmonizing the Stomach Wines

The wines in this chapter fortify the spleen and harmonize the stomach. That means that they treat nausea, vomiting, lack of appetite, loose stools, abdominal pain, abdominal distention, and indigestion. According to the *Nei Jing (Inner Classic)*, the *yang ming* begins to decline at around 35 years of age. The *yang ming* here refers to the power of digestion. As one ages, one commonly finds that they can "stomach" less and less foods. The wines in this chapter are designed to off-set this aspect of aging and to treat the most common complaints associated with indigestion.

#### ***Qing Mei Jiu (Green Plum Wine)***

**Functions:** Engenders fluids, revitalizes the appetite, promotes digestion, kills worms (*i.e.*, parasites)

**Mainly treats:** Devitalized appetite, poor digestion, round worm abdominal pain

**Ingredients:** Fructus Immaturus Pruni (*Qing Mei*), 30g

**Method of preparation:** Place the Green Plums in a jar and soak in 100ml of yellow (*i.e.*, rice) wine. Then place this jar in a pan of water and bring to a boil. Cook for 20 minutes. Remove the dregs.

**Method of administration:** Take 20ml warm as needed.

## ***Ban Xia Ren Shen Jiu (Pinellia & Ginseng Wine)***

**Functions:** Harmonizes the stomach and downbears counterflow, opens binding and scatters glomus

**Mainly treats:** Stomach qi disharmony, mutual binding of cold and heat, glomus and hardness below the heart, nausea and upward counterflow (*i.e.*, tendency to vomiting), borborygmus and downward disinhibition (*i.e.*, tendency to diarrhea), lack of desire for food and drink, bodily fatigue and lack of strength

**Ingredients:** Rhizoma Pinelliae Tematae (*Ban Xia*), 30g, Radix Scutellariae Baicalensis (*Huang Qin*), 30g, dry Rhizoma Zingiberis (*Gan Jiang*), 20g, Radix Panacis Ginseng (*Ren Shen*), 20g, mix-fried Radix Glycyrrhizae (*Zhi Gan Cao*), 20g, Rhizoma Coptidis Chinensis (*Huang Lian*), 6g, Fructus Zizyphi Jujubae (*Da Zao*), 10g

**Method of preparation:** Pestle the above 7 ingredients and place in a large jar. Soak in 1.5 *jin* of alcohol. After 5 days add 1 *jin* of cold water and stir. Remove the dregs and store for use.

**Method of administration:** Take 20ml 1 time each morning and night.

## ***Yi Pi Jiu (Boost the Spleen Wine)***

**Functions:** Boosts the middle and opens the bowels

**Mainly treats:** Chilly pain in the abdomen, constipation or prolonged dysentery

**Ingredients:** Dry Rhizoma Zingiberis (*Gan Jiang*), 30g, Radix Glycyrrhizae (*Gan Cao*), 30g, Radix Et Rhizoma Rhei (*Da Huang*),



30g, Radix Panacis Ginseng (*Ren Shen*), 20g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 20g

**Method of preparation:** Grind the above 5 medicinals into a fine powder and place in a large jar. Soak in 1 *jin* of yellow wine (*i.e.*, rice wine). After 5 days, open the lid and remove the dregs. Then store for use.

**Method of administration:** Take 10-20ml warm 1 time each morning and night.

### ***Jiang Fu Jiu* (Ginger & Aconite Wine)**

**Functions:** Warms the middle and scatters cold, rescues yang and opens the vessels, warms the lungs and transforms rheum

**Mainly treats:** Chilly pain of the heart and abdomen, nausea and vomiting, diarrhea, indigestion, cold rheum wheezing and coughing, white phlegm or clear, watery phlegm, chilled limbs, sweating

**Ingredients:** Dry Rhizoma Zingiberis (*Gan Jiang*), 60g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 40g

**Method of preparation:** Grind the above 2 medicinals into a fine powder and place in a large jar. Soak in 1 *jin* of yellow (*i.e.*, rice) wine and seal the lid. After 7 nights, open the lid and use.

**Method of administration:** Take 1-2 teacups 3 times per day warm and before meals.

**Contraindications:** This formula is not appropriate if there is yin vacuity internal heat or fire heat abdominal pain.

### ***Fu Zi Jiu (Aconite Wine)***

**Functions:** Warms the middle and scatters cold, stops pain

**Mainly treats:** Lack of warmth of the four limbs, dribbling and dripping of chilly sweat, a greyish white facial color, vomiting, chilly diarrhea, fear of cold, chilly pain within the abdomen, aching joints

**Ingredients:** Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 30g

**Method of preparation:** Grind the above ingredient in a mortar until it is broken up to the size of large beans. Then place in a large jar and soak in 1 *jin* of mellow wine for from 3-5 days. Then open and use.

**Method of administration:** Take 1 small teacup each time. If one experiences a slight numbness, one is taking too much.

### ***Ling Zhu Jiu (Poria & Atractylodes Wine)***

**Functions:** Supplements the spleen and dries dampness, harmonizes the center and dispels phlegm

**Mainly treats:** Diminished appetite, abdominal distention, indigestion, diarrhea, phlegm rheum coughing, edema, inhibited urination

**Ingredients:** Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 1 *jin*, Sclerotium Poriae Cocos (*Fu Ling*), 1/2 *jin*

**Method of preparation:** Soak these 2 ingredients in 5 *jin* of yellow wine (*i.e.*, rice wine) for 10 days. Then remove the dregs and store for use.

**Method of administration:** Take 1-2 teacups 3 times per day on an empty stomach.

### ***Suo Sha Jiu* (Amomum Wine)**

**Functions:** Moves the qi and harmonizes the middle, opens the stomach and disperses food

**Mainly treats:** Distention and fullness of the chest and abdomen, devitalized appetite, indigestion, *shan* qi, vomiting, stomach pain, diarrhea, dysentery

**Ingredients:** Fructus Amomi (*Suo Sha Ren*), 60g

**Method of preparation:** Grind into powder the above medicinal and place in a large jar. Soak in 1 *jin* of yellow wine (*i.e.*, rice wine). After 3-5 days, open and use.

**Method of administration:** Take 15-20ml 3 times per day warm and after meals.

**Contraindications:** This formula is not appropriate in case of yin vacuity or replete heat.

### ***Hui Xiang Jiu* (Fennel Wine)**

**Functions:** Scatters cold and stops pain, opens the stomach and leads away food

**Mainly treats:** Cold *shan* lower abdominal pain, testicular pain affecting the lower abdomen, women's abnormal vaginal discharge,

epigastric pain, distention, and oppression, no desire for food or drink, vomiting

**Ingredients:** Stir-fried Fructus Foeniculi Vulgaris (*Xiao Hui Xiang*), 120g

**Method of preparation:** Place the above ingredient in a large jar and soak in 1 *jin* of yellow wine (*i.e.*, rice wine). Place this jar in a pan of water and bring to a boil several times. Then remove and allow to cool, open, and use.

**Method of administration:** Take 1-2 teacups 3 times per day warm and before meals.

### **Zhu Ling Ren Dong Jiu (Atractylodes, Poria & Caulis Lonicerae Wine)**

**Functions:** Supplements the spleen and harmonizes the stomach, boosts the wisdom and quiets the spirit, brightens the eyes and improves hearing, dispels wind and dampness

**Mainly treats:** Spleen vacuity accumulation of dampness, epigastric glomus and fullness, heart palpitations, dizziness, heaviness of the low back and legs

**Ingredients:** Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 60g, Sclerotium Poriae Cocos (*Fu Ling*), 60g, Flos Chrysanthemi Morifolii (*Gan Ju Hua*), 60g, Caulis Lonicerae Japonicae (*Ren Dong Teng*), 40g

**Method of preparation:** First finely chop the Atractylodes, Poria, and Caulis Lonicerae. Then place these and the sweet Chrysanthemum in a large jar. Soak in 3 *jin* of mellow wine and seal the lid. After 7

days, open and add 2 *jin* of cold water. Remove the dregs and store for use.

**Method of administration:** Take 1-2 medium teacups 1-2 times per day warm and on an empty stomach.

### ***Shan Zha Jiu* (Hawthorne Berry Wine)**

**Functions:** Promotes digestion and disperses stagnant food

**Mainly treats:** Accumulation and stagnation of meat, epigastric and abdominal distention and oppression

**Ingredients:** Fructus Crataegi (*Shan Zha*), 250g, Cortex Cinnamomi (*Rou Gui*), 250g, Fructus Ziziphi Jujubae (*Da Zao*), 30g, Brown Sugar (*Hong Tang*), 30g

**Method of preparation:** Grind the above ingredients into pieces and place in a large jar. Soak in 1kg of rice wine for 10 days. Remove the dregs and store for use.

**Method of administration:** Take one small teacup each time, two times per day.

### ***Shen Qu Jiu* (Medicated Leaven Wine)**

**Functions:** Promotes digestion and disperses stagnant food

**Mainly treats:** Food stagnation, indigestion

**Ingredients:** Massa Medica Fermentata (*Shen Qu*), 90g

**Method of preparation:** Grind the above medicinal into pieces and place in a large jar. Soak in 1kg of rice wine for 7 days.

**Method of administration:** Take 30ml each time, 2 times per day.

## Wines for Women's Diseases

Medicinal wines used in TCM gynecology primarily treat acute conditions where speedy remedy is important. These include threatened abortion, dysmenorrhea, and profuse uterine bleeding. Medicinal wines are also used in the treatment of postpartum wind stroke. In general, Chinese medical theory holds that women tend to be vacuous and even cold postpartum. Therefore, the warming and nourishing properties of alcohol are appropriate. In addition, in cases of postpartum wind stroke (*i.e.*, postpartum convulsive disorders), the woman may not be lucid and in full control of either her faculties or bodily functions. Therefore, it is important to get into the woman relatively concentrated and powerful medicine as quickly as possible but without much swallowing. In such cases, drinking large cupfuls of decoctions or trying to swallow pills tend to be difficult. And finally, medicinal wines are also used to treat both insufficient lactation and mastitis. This is most likely due to alcohol's tropism for the liver channel and the fact that an internal branch of the liver channel travels to the breast.

### ***Hong Lan Hua Jiu* (Carthamus Wine)**

**Function:** Quickens the blood and transforms stasis

**Mainly treats:** Women's abdominal piercing pain due to blood stasis accompanying a variety of women's diseases

**Ingredients:** Flos Carthami Tinctorii (*Hong Hua*), 30g

**Method of preparation:** Place the Carthamus in 200ml of alcohol and decoct until reduced by half.

**Method of administration:** Take 50ml warm as needed. If the pain does not cease, take the other 50ml.

### ***Dang Gui Jiu (Dang Gui Wine)***

**Functions:** Quickens the blood and transforms stasis

**Mainly treats:** Menstrual irregularity, dysmenorrhea, incomplete miscarriage, infertility

**Ingredients:** Radix Angelicae Sinensis (*Dang Gui*), 20g, Flos Carthami Tinctorii (*Hong Hua*), 10g

**Method of preparation:** Soak in 50ml of white alcohol for 48 hours. Then add 100ml of white alcohol more. Remove the dregs.

**Method of administration:** Each time take 30ml, 3 times per day.

### ***Gua Lou Jiu (Trichosanthis Wine)***

**Functions:** Opens the breasts (*i.e.*, promotes the flow of breast milk)

**Mainly treats:** Agalactia

**Ingredients:** Fructus Trichosanthis Kirilowii (*Gua Lou*), 1 piece

**Method of preparation:** Pestle 1 ripe fruit into a pulpy mash and then boil in 5 teacups of wine till 2 teacups of liquid remain. Remove the dregs and store for use.



**Method administration:** Take 1 teacup warm each time at no fixed schedule.

### **Tong Cao Jiu (Tetrapanax Papyrifera Wine)**

**Functions:** Opens the breasts

**Mainly treats:** Agalactia

**Ingredients:** Medulla Tetrapanax Papyrifera (*Tong Cao*), 30g, powdered Stalactitum (*Shi Zhong Ru*), 60g

**Method of preparation:** Place the above 2 ingredients in a large jar, soak in 400ml of rice wine, and seal the lid. Place next to a fire and allow to simmer slowly. After 3 nights, open and use.

**Method of administration:** Drink slowly, at no fixed schedule.

### **Yong Quan Jiu (Gushing Spring Wine)**

**Functions:** Harmonizes the blood and opens the channels

**Mainly treats:** Postpartum breast milk not flowing freely

**Ingredients:** Semen Vaccariae Segetalis (*Wang Bu Liu Xing*), 10g, Radix Trichosanthis Kirilowii (*Tian Hua Fen*), 10g, Radix Angelicae Sinensis (*Dang Gui*), 7g, stir-fried Squama Manitis Pentadactylae (*Chuan Shan Jia*), 5g, Radix Glycyrrhizae (*Gan Cao*), 10g

**Method of preparation:** Grind the above 5 ingredients into a fine powder.

**Method of administration:** Take 7g of the above powder and boil in 2 teacups of yellow wine (*i.e.*, rice wine) down to 1 teacup. Take warm 2 times per day.

### ***Pu Gong Ying Jiu (Dandelion Wine)***

**Functions:** Resolves toxins

**Mainly treats:** Breast abscesses, breast distention and pain

**Ingredients:** Fresh Herba Cum Radice Taraxaci Mongolici (*Xian Pu Gong Ying*), 1 handful

**Method of preparation:** Place the Dandelion in a mortar and smash with a pestle, mixing the resulting mash with 1 small teacup of alcohol. Remove the dregs and use.

**Method of administration:** Drink warm at no fixed schedule any amount one wants.

### ***Di Yu Chang Pu Jiu (Sanguisorba & Acorus Wine)***

**Functions:** Stops bleeding

**Mainly treats:** Postpartum uterine bleeding

**Ingredients:** Rhizoma Acori Graminei (*Shi Chang Pu*), 20g, Radix Sanguisorbae (*Di Yu*), 50g, Radix Angelicae Sinensis (*Dang Gui*), 40g

**Method of preparation:** Grind the above 3 medicinals into a fine powder and place in a large jar. Soak in 500ml of yellow wine (*i.e.*, rice wine) and boil until 1 teacup remains. Remove the dregs and use.

**Method administration:** Divide into 3 doses and take warm before meals.

### ***Ji Gen Jiu* (Cirsium & Cephalanoplos Wine)**

**Functions:** Stops bleeding

**Mainly treats:** Women's uterine bleeding which will not stop due to heat

**Ingredients:** Herba Cirsii Japonici Et Cephalanoploris Segeti (*Da Xiao Ji*), 200g @

**Method of preparation:** Place the 2 above medicinals in a large jar and soak in 600ml of alcohol. After 5 days, open the lid, remove the dregs, and store for use.

**Method of administration:** Drink at will.

### ***Jiao Ai Jiu* (Donkey Skin Glue & Mugwort Wine)**

**Functions:** Quiets the fetus

**Mainly treats:** Threatened miscarriage, restless fetus

**Ingredients:** Gelatinum Corii Asini (*E Jiao*), 30g, Folium Artemisiae Argyi (*Ai Ye*), 20g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 20g, Radix Paeoniae Lactiflorae (*Shao Yao*), 20g, Radix Glycyrrhizae (*Gan Cao*), 20g, Radix Angelicae Sinensis (*Dang Gui*), 30g, raw Radix Rehmanniae (*Sheng Di*), 30g

**Method of preparation:** Decoct the above ingredients in 1/2 *jin* each of water and yellow wine (*i.e.*, rice wine) until reduced to 1/2 *jin*. Remove the dregs and divide into 3 portions.

**Method of administration:** Take 1 portion each morning, noon, and night.

### ***Bai Zhu Jiu* (Atractylodes Wine)**

**Functions:** Quiets the fetus

**Mainly treats:** Spleen qi vacuity weakness during pregnancy, restless fetus (*i.e.*, threatened abortion)

**Ingredients:** Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 60g

**Method of preparation:** Grind the above medicinal into a fine powder and store for use.

**Method of administration:** For each dose, bring to a boil 6gm of the above medicinal in 50ml of yellow wine (*i.e.*, rice wine) several times. Then drink warm. Take 1 time each morning, noon, and night.

### ***Can Sha Dou Lin Jiu* (Silkworm & Black Soybean Filtered Wine)**

**Functions:** Dispels wind

**Mainly treats:** All sorts of postpartum wind stroke diseases

**Ingredients:** Semen Glycinis Hispidae (*Hei Dou*), 1/2 *jin*, Bombyx Batryticatus (*Can Sha*), 250g

**Method of preparation:** Stir-fry the Black Soybeans in 2 *jin* of alcohol and then remove the dregs. Then place the resulting liquid in a large jar and add the Silkworms. Allow to tincture for 5 days, remove those dregs, and decant.

**Method of administration:** Take 50ml warm 2 times during the day and 1 time at night.

### **Huang Qi Fang Feng Jiu (Astragalus & Ledebouriella Wine)**

**Functions:** Eliminates wind and stops pain, quickens the blood and opens the channels

**Mainly treats:** Postpartum wind stroke, hemiplegia, inhibited speech, lower back and lower extremity aching and pain, lack of strength

**Ingredients:** Radix Astragali Membranacei (*Huang Qi*), 60g, Fructus Zanthoxyli Bungeani (*Shu Jiao*), 60g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 60g, Radix Achyranthis Bidentatae (*Niu Xi*), 60g, Radix Puerariae Lobatae (*Ge Gen*), 60g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 90g, mix-fried Radix Glycyrrhizae (*Zhi Gan Cao*), 30g, Fructus Corni Officinalis (*Shan Zhu Yu*), 30g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 30g, Radix Gentianae Macrophyllae (*Qin Jiao*), 30g, blast-fried Rhizoma Zingiberis (*Pao Jiang*), 30g, Radix Angelicae Sinensis (*Dang Gui*), 30g, processed Radix Aconiti (*Zhi Wu Tou*), 30g, Radix Panacis Ginseng (*Ren Shen*), 30g, Radix Angelicae Pubescentis (*Du Huo*), 10g, Cortex Cinnamomi (*Rou Gui*), 3g

**Method of preparation:** Grind the above 16 medicinals into a fine powder and place in a large jar. Soak in 3 *jin* of alcohol and seal the lid. Allow to tincture for 3 days in the spring and summer and for 5

days in the fall and winter. Then open the lid, remove the dregs, and store for use.

**Method of administration:** Take 1 teacup warm at no fixed schedule.

### ***Qiang Huo Jiu (Notopterygium Wine)***

**Functions:** Resolves tetany and stops pain

**Mainly treats:** Postpartum wind stroke abdominal pain

**Ingredients:** Radix Et Rhizoma Notopterygii (*Qiang Huo*), 15g

**Method of preparation:** Boil the above single ingredient in 1 teacup of alcohol down to 1/2 teacup or approximately 35ml.

**Method of administration:** Take warm as needed.

### ***Du Huo Ren Shen Jiu (Angelica Pubescens & Ginseng Wine)***

**Functions:** Dispels wind and resolves tetany, supplements vacuity and clears heat

**Mainly treats:** Postpartum wind stroke, fatigue, excessive sweating, fever, headache

**Ingredients:** Radix Angelicae Pubescentis (*Du Huo*), 45g, Cortex Dictamnii Dasycarpae (*Bai Xian Pi*), 15g, Radix Et Rhizoma Notopterygii (*Qiang Huo*), 30g, Radix Panacis Ginseng (*Ren Shen*), 20g

**Method of preparation:** Grind the above 4 medicinals into a fine powder.

**Method of administration:** Take 10g of this medicinal powder and add to 7 parts water and 3 parts alcohol. Boil down to 7/10 and remove the dregs. Take warm as needed.

### ***Ji Sheng Hei Dou Jiu (Loranthus & Black Soybean Wine)***

**Functions:** Resolves tetany and stops pain

**Mainly treats:** Postpartum wind stroke, lower and upper back aching and pain, lockjaw

**Ingredients:** Semen Glycinis Hispidae (*Hei Dou*), 250g, Ramus Loranthi Seu Visci (*Sang Ji Sheng*), 200g

**Method of preparation:** Grind the Loranthus into a fine powder and place in a large jar. Soak in 3 *jin* of alcohol. Next, stir-fry the Black Soybeans till fragrant and also put in the alcohol. After 5 days, remove the dregs and store for use.

**Method of administration:** Take 1 small teacup warm as needed.

### ***Zhong Yu Jiu (Jade Wine)***

**Functions:** Quickens the blood and opens the channels (or menses), regulates and rectifies the qi and blood

**Mainly treats:** Women's menstrual irregularity, female infertility, qi and blood insufficiency

**Ingredients:** Radix Angelicae Sinensis (*Dang Gui*), 150g, Radix Polygalae Tenuifoliae (*Yuan Zhi*), 150g

**Method of preparation:** Place these two ingredients in a large jar, soak in 3 *jin* of sweet wine (*i.e.*, brandy or sherry), and seal the lid. After 7 days, open the lid, remove the dregs, and store for use.

**Method of administration:** Take as much as one wants warm in the evening, but do not get drunk.

### ***Xiang Fu Gen Jiu (Cyperus Wine)***

**Functions:** Rectifies the qi and resolves depression, regulates the menses and stops pain

**Mainly treats:** Chest and lateral costal distention and pain, epigastric aching and pain, devitalized appetite, irregular menstruation, breast distention and pain, depression and oppression affecting the heart

**Ingredients:** Rhizoma Cyperi Rotundi (*Xiang Fu*), 60g

**Method of preparation:** Cut the Cyperus into slices and place in a large jar. Soak in 1/2 *jin* each of water and white alcohol. Allow to tincture for 5 days. Remove the dregs and store for use.

**Method of administration:** Drink repeatedly at no fixed schedule.

### ***Shao Yao Huang Qi Jiu (Peony & Astragalus Wine)***

**Functions:** Regulates the menses and stops abnormal vaginal discharge



**Mainly treats:** Excessive menstruation, simultaneous red and white vaginal discharge

**Ingredients:** Radix Albus Paeoniae Lactiflorae (*Bai Shao*), 100g, Radix Astragali Membranacei (*Huang Qi*), 100g, raw Radix Rehmanniae (*Sheng Di*), 100g, stir-fried Folium Artemisiae Argyi (*Ai Ye*), 30g

**Method of preparation:** Break up the above ingredients in a mortar to the size of large beans and then place in a large jar. Soak in 2 *jin* of alcohol and seal the lid. After 1 night it is ready for use.

**Method of administration:** Take warm before each meal any amount one wants.

### ***Liu Ji Nu Jiu* (Angelica Anomala Wine)**

**Functions:** Breaks the blood and opens the channels, scatters stasis and stops pain

**Mainly treats:** Postpartum stasis, obstruction, and blood stagnation

**Ingredients:** Radix Angelicae Anomala (*Liu Ji Nu*), Radix Glycyrrhizae (*Gan Cao*), equal parts

**Method of preparation:** Grind these 2 medicinals into a fine powder. Each time use 20g. First boil in 2 small teacups of water down to 1 small teacup. Then add 1 small teacup of alcohol and boil down again to 1 small teacup. Remove the dregs.

**Method of administration:** Take warm in 1 dose.

### ***Dang Gui Di Huang Jiu (Dang Gui & Rehmannia Wine)***

**Functions:** Supplements the blood, stops bleeding

**Mainly treats:** Postpartum uterine bleeding, abdominal pain

**Ingredients:** Raw Radix Rehmanniae (*Sheng Di*), 50g, Apex Radicis Angelicae Sinensis (*Dang Gui Wei*), 50g

**Method of preparation:** Grind the above 2 ingredients into a fine powder. Bring to a boil 100 times in 500g of yellow wine (*i.e.*, rice wine). Remove the dregs.

**Method of administration:** Take 20ml warm each time 3 times per day.

### ***Da Bu Zhong Dang Gui Jiu (Greatly Supplementing the Center Dang Gui Wine)***

**Functions:** Supplements vacuity detriment

**Mainly treats:** Postpartum vacuity detriment, lower abdominal aching and pain

**Ingredients:** Radix Angelicae Sinensis (*Dang Gui*), 40g, Radix Dipsaci (*Xu Duan*), 40g, Cortex Cinnamomi (*Rou Gui*), 40g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 40g, dry Rhizoma Zingiberis (*Gan Jiang*), 40g, Tuber Ophiopogonis Japonicae (*Mai Men Dong*), Radix Paeoniae Lactiflorae (*Shao Yao*), 60g, Fructus Evodiae Rutecarpae (*Wu Zhu Yu*), 100g, dry Radix Rehmanniae (*Gan Di Huang*), 100g, Radix Glycyrrhizae (*Gan Cao*), 30g, Radix Angelicae (*Bai Zhi*), 30g, Radix Astragali Membranacei (*Huang Qi*), 40g, Fructus Zizyphi Jujubae (*Da Zao*), 20 pieces

**Method of preparation:** Grind the above 13 medicinals into a fine powder and wrap in a cloth bag. Place in a large jar and soak in 4 *jin* of alcohol for 1 night. Then add 2 *jin* of water and boil down to 3 *jin* of liquid. Remove the dregs and store for use.

**Method of administration:** Take 15-20ml warm before each meal 3 times per day.

### **Hei Gui Jiu (Black Soybean & Cinnamon Wine)**

**Functions:** Regulates the menses, warms the center, clears and eliminates cold and heat

**Mainly treats:** Postpartum qi and blood stasis and stagnation, generalized swelling and fullness, possible diarrhea or dysentery, alternating hot and cold

**Ingredients:** Stir-fried Semen Glycinis Hispidae (*Hei Dou*), 30g, Cortex Cinnamomi (*Rou Gui*), 30g, Radix Angelicae Sinensis (*Dang Gui*), 30g, Radix Paeoniae Lactiflorae (*Shao Yao*), 30g, blast-fried Rhizoma Zingiberis (*Pao Jiang*), 30g, raw Radix Rehmanniae (*Sheng Di*), 30g, mix-fried Radix Glycyrrhizae (*Zhi Gan Cao*), 20g, stir-fried Pollen Typhae (*Pu Huang*), 30g

**Method of preparation:** Grind the above 8 medicinals into a fine powder and place in a large jar. Soak in 3 *jin* for 7 nights. Then open, remove the dregs, and store for use.

**Method of administration:** Take 15-20ml 3 times per day.

## **Hong Lan Hua Jiu (Carthamus Wine)**

**Functions:** Moves the blood, moistens dryness, disperses swelling, stops pain

**Mainly treats:** Women's wind stroke conditions, wind and cold invading the uterus, blood stasis and qi stagnation affecting the abdomen and causing piercing pain

**Ingredients:** Flos Carthami Tinctorii (*Hong Hua*), 30g

**Method of preparation:** Boil the above medicinal in 200ml of white alcohol until reduced by half. Remove the dregs and decant.

**Method of administration:** Take 50ml each time warm as needed.

## **Dang Gui Yuan Hu Jiu (Dang Gui & Corydalis Wine)**

**Functions:** Quickens the blood and moves stasis

**Mainly treats:** Abdominal distention and pain accompanying the onset of the period

**Ingredients:** Radix Angelicae Sinensis (*Dang Gui*), 15g, Rhizoma Corydalis Yanhusuo (*Yan Hu Suo*), 15g, processed Myrrha (*Mo Yao*), 15g, Flos Carthami Tinctorii (*Hong Hua*), 15g

**Method of preparation:** Break up the above 4 ingredients in a mortar and place in a large jar. Soak in 2 *jin* of white alcohol. After 1 week open, remove the dregs, and store for use.

**Method of administration:** Take 1 teacup warm on an empty stomach morning and evening.

***Mi Tang Huang Jiu (Honey & Rice Wine)***

**Functions:** Nourishes the blood and moistens dryness

**Mainly treats:** Women's generalized itching

**Ingredients:** Honey (*Mi Tang*)

**Method of preparation:** Mix Honey with yellow (*i.e.*, rice) wine.

**Method of administration:** Drink a suitable amount at no fixed schedule.



## Wines for Treating External Invasion & Damage by Wind

The wines in this chapter all treat the common cold, flu, and coughs in their initial stage accompanying the common cold. Because wine is upwardly and outwardly dispersing and resolves the exterior and because these conditions are located in the exterior according to TCM theory, these conditions can often be treated by medicinal wines no matter whether they are categorized as wind cold or wind heat. Also, because these conditions tend to come on rapidly, one can make such a wine beforehand and store it indefinitely until it is needed. Thus, one or more of these wines are useful to keep in one's home medicine closet.

### **Sang Ju Jiu (Morus & Chrysanthemum Wine)**

**Functions:** Courses wind and clears heat, diffuses the lungs and stops coughing

**Mainly treats:** The initial stages of a wind warm condition with evils invading the upper burner, fever, slight aversion to wind and cold, cough, stuffy nose, slight oral thirst

**Ingredients:** Folium Mori Albi (*Sang Ye*), 30g, Flos Chrysanthemi Morifolii (*Ju Hua*), 30g, Herba Menthae (*Bo He*), 10g, Fructus Forsythiae Suspensae (*Lian Qiao*), Rhizoma Phragmitis Communis (*Lu Gen*), 35g, Semen Pruni Armeniacae (*Xing Ren*), 30g, Radix Platycodi Grandiflori (*Jie Geng*), 20g, Radix Glycyrrhizae (*Gan Cao*), 10g

**Method of preparation:** Grind the above 8 ingredients into a fine powder and place in a large jar. Soak in 2 *jin* of red rice wine and seal the lid. After 5 nights, open and store for use.

**Method of administration:** Take 15ml each time in the morning and evening.

**Note:** This is simply the tincture form of *Sang Ju Yin* (Morus & Chrysanthemum Drink).

### **Cong Chi Jiu (Allium & Fermented Soybean Wine)**

**Functions:** Diffuses and opens the defensive qi, effuses and scatters wind and cold

**Mainly treats:** The initial stages of an external invasion, aversion to cold, fever, no sweating, headache, stuffed nose, bodily aches and vexation, chilly dysentery and abdominal pain

**Ingredients:** Herba Allii Fistulosi (*Cong Bai*), 3 roots, Semen Praeparatum Sojae (*Dan Dou Chi*), 15g

**Method of preparation:** Boil the above 2 medicinals in 300ml of alcohol until reduced by 1/2.

**Method of administration:** Take warm 2 times per day.

### **Man Jing Zi Jiu (Vitex Wine)**

**Functions:** Courses and scatters wind heat, clears and disinhibits the head and eyes, stops pain



**Mainly treats:** External invasion of wind heat causing dizziness, headache, or one-sided headache

**Ingredients:** Fructus Viticis (*Man Jing Zi*), 200g

**Method of preparation:** Break up the above ingredient in a mortar and then place in a large jar. Soak in 1 *jin* of mellow wine and seal the lid. After 7 days, open the lid, remove the dregs, and store for use.

**Method of administration:** Take 10-15ml each time, 3 times per day.

### ***Fu Fang Man Jing Zi Jiu* (Compound Vitex Wine)**

**Functions:** Courses wind, clears heat, stops pain

**Mainly treats:** Wind heat headache, dizziness, one-sided headache

**Ingredients:** Fructus Viticis (*Man Jing Zi*), 120g, Flos Chrysanthemi Morifolii (*Ju Hua*), 60g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 40g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 60g, Herba Menthae (*Bo He*), 60g

**Method of preparation:** Break up the above medicinals in a mortar and place in a large jar. Soak in 2 *jin* of yellow wine (*i.e.*, rice wine) and seal the lid. After 7 days, open the lid, remove the dregs, and store for use.

**Method of administration:** Take 15ml each time, 3 times per day. One may increase this dose up to 20ml per time.

## ***Jing Jie Chi Jiu* (Schizonepeta & Fermented Soybean Wine)**

**Functions:** Courses wind and disperses swelling

**Mainly treats:** External invasion of wind cold, fever, no sweating

**Ingredients:** Semen Praeparatum Sojae (*Dan Dou Chi*), 250g, Herba Seu Flos Schizonepetae Tenuifoliae (*Jing Jie*), 10g

**Method of preparation:** Place the above 2 ingredients in a large jar with 750ml of alcohol. Bring to a boil 5-7 times. Then remove the dregs and store for use.

**Method of administration:** Take warm each time as much as deemed appropriate.

## Wines for Warding Off Scourges (*i.e.*, Pestilential Diseases)

Scourges refer to acute, communicable warm diseases which are pestilential in nature. Because the immune system in the elderly is typically depressed, they are more liable to catching any acute, seasonal, or epidemic disease. The wines in this chapter are meant to be taken by those living in an area currently in the grip of such an epidemic. As such, they can help prevent one from catching the disease that is going around.

### ***Ku Shen Jiu* (Sophora Wine)**

**Functions:** Clears heat and resolves toxins, dispels miasmatic qi

**Mainly treats:** Seasonal hot, toxic qi affecting the chest and diaphragm

**Ingredients:** Radix Sophorae Flavescentis (*Ku Shen*), 0.3g, Radix Platycodi Grandiflori (*Jie Geng*), 0.1g

**Method of preparation:** Grind the above 2 medicinals into a fine powder and place in a jar. Add 2 *jin* of alcohol and boil down to 1 *jin*. Remove the dregs and decant.

**Method of administration:** Take occasionally neither hot nor cold.

## **Jiang Zhi Jiu (Acronychia Stem Wine)**

**Functions:** Wards off scourges

**Mainly treats:** Miasmatic qi, wind damp foot qi

**Ingredients:** Ramulus Acronychiae Pedunculatae (*Jiang Cheng Xiang*), 60g, Fructus Zanthoxyli Bungeani (*Chuan Jiao*), 30g

**Method of preparation:** Place the above ingredients in a large jar and soak in 400ml of alcohol. After 7 days, open, remove the dregs, and store for use.

**Method of administration:** Take 10-15ml each time at no fixed schedule.

## **Tu Su Jiu (Reviving the Massacred Wine)**

**Functions:** Wards off scourges and resolves toxic qi

**Mainly treats:** Miasmatic qi, epidemics, pestilences, and all sorts of seasonal qi

**Ingredients:** Cortex Cinnamomi (*Rou Gui*), 23g, Radix Ledebourielae Sesloidis (*Fang Feng*), 30g, Radix Platycodi Grandiflori (*Jie Geng*), 17g, Radix Et Rhizoma Rhei (*Da Huang*), 17g, processed Radix Aconiti (*Zhi Wu Tou*), 8g, Semen Phaseoli Calcarati (*Chi Xiao Dou*), 14 grains, Fructus Zanthoxyli Bungeani (*Shu Jiao*), 17g, Radix Smilacis Chinensis (*Ba Qia*), 15g

**Method of preparation:** Grind the above 8 medicinals into a fine powder and place in a large jar. Soak in 2 jin of alcohol and place this

jar in a pan of water. Bring to a boil several times. Remove the dregs and store for use.

**Method of administration:** Take 1 teacup warm each morning on arising.

### ***Sheng Niu Bang Gen Jiu (Fresh Burdock Root Wine)***

**Functions:** Dispels miasmic qi

**Mainly treats:** Invasion of miasmic qi in tropical regions leading to flourishing of wind heat toxins in the human body, heart spirit vexation and oppression, foot and knee soreness and aching

**Ingredients:** Raw Radix Rehmanniae (*Sheng Di*), 30g, Radix Angelicae Pubescentis (*Du Huo*), 15g, Semen Glycinis Hispidae (*Hei Dou*), 100g, Cortex Erythrinae Variegatae (*Hai Tong Pi*), 30g, raw Radix Arctii Lappae (*Sheng Niu Bang Gen*, i.e., Burdock root), 100g, Cortex Cinnamomi (*Rou Gui*), 15g, Semen Cannabis Sativae (*Huo Ma Ren*), 100g

**Method of preparation:** Grind the above 7 medicinals into a fine powder and place in a large jar. Soak in 3 *jin* of alcohol and seal the lid. After 3 days, open, remove the dregs, and store for use.

**Method of administration:** Take any amount one wishes warm before each meal.

## **Hua Tuo Bi Yi Jiu (Hua Tuo's Warding Off Epidemics Wine)**

**Functions:** Wards off scourges and epidemics

**Mainly treats:** Invasions of tropical and mountain miasmatic toxins

**Ingredients:** Radix Et Rhizoma Rhei (*Da Huang*), 15g, Rhizoma Atractylodis Macrocephalae (*Bai Zhu*), 15g, Cortex Cinnamomi (*Rou Gui*), 18g, Radix Platycodi Grandiflori (*Jie Geng*), 15g, Fructus Zanthoxyli Bungeani (*Shu Jiao*), 15g, Radix Aconiti (*Chuan Wu*), 6g, Radix Smilacis Chinensis (*Ba Qia*), 12g

**Method of preparation:** Place the above 7 medicinals in a large jar and hang this in the bottom of a well. After 10 days, take out. Then add 400ml of white alcohol and bring to a boil several times.

**Method of administration:** Take 1 small teacup each morning.

## **Jing Yue Tu Su Jiu (Jing-yue's Reviving the Massacred Wine)**

**Functions:** Dispels wind dampness, wards off scourges and resolves toxins

**Mainly treats:** Mountain mist miasmatic qi, scourges, epidemics, and seasonal qi

**Ingredients:** Herba Ephedrae (*Ma Huang*), 10g, Fructus Zanthoxyli Bungeani (*Chuan Jiao*), 10g, Herba Cum Radice Asari (*Xi Xin*), 10g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 10g, Rhizoma Atractylodis (*Cang Zhu*), 10g, dry Rhizoma Zingiberis (*Gan Jiang*), 10g,

Cortex Cinnamomi (*Rou Gui*), 10g, Radix Platycodi Grandiflori (*Jie Geng*), 10g

**Method of preparation:** Grind the above 8 medicinals into a fine powder and place in a large jar. Soak in 2 *jin* of alcohol. After 5 days, open and store for use.

**Method of administration:** Take 1-2 small teacups on an empty stomach each day.

**Contraindications:** It is not appropriate to take too much of this wine.





## Wines for Treating External Injuries

The wines in this chapter treat external injuries, such as contusions, strains, and sprains, from hitting, falling, and wrenching. The first three formulas treat more superficial injuries of the soft tissue which are characterized by their swelling and pain. The second three treat a deeper level of injury to the sinews and bones. These wines can be made in advance and kept in one's medicine closet for use when needed. The last two formulas both treat old traumatic injuries which have failed to heal.

Because Chinese medicinals which treat traumatic injuries mainly move the blood and dispel stasis and because such medicinals are contraindicated during pregnancy for fear of causing a miscarriage, the wines in this chapter should not be taken by pregnant women.

### ***Su Mu Xing Yu Jiu* (Sappan Moving Stasis Wine)**

**Functions:** Moves the blood and dispels stasis, stops pain and disperses swelling

**Mainly treats:** Injuries due to hitting and falling, swelling and pain

**Ingredients:** Lignum Sappanis (*Su Mu*), 70g

**Method of preparation:** Grind the above ingredient into a fine powder and place in a large jar. Soak in 1 *jin* each of water and alcohol. Boil down to 1 *jin* and divide into 3 portions.

**Method of administration:** Take 1 portion on an empty stomach each morning, noon, and night.

**Contraindications:** Pregnant women should not take this formula.

### ***Chuan Xiong Jiu* (Ligusticum Wine)**

**Functions:** Quickens the blood and stops pain

**Mainly treats:** Injury and damage due to fall and strike, one-sided headache

**Ingredients:** Rhizoma Ligustici Wallichii (*Chuan Xiong*), 90g

**Method of preparation:** Soak in 1kg of rice wine for 7 days.

**Method of administration:** Take 30g each time, 2 times per day.

### ***Fo Shou Jiu* (Buddha's Hand Wine)**

**Functions:** Moves the qi and stops pain

**Mainly treats:** Aching and pain and internal injury due to fall or strike

**Ingredients:** Vinegar-processed Fructus Citri Sacrodactylis (*Fo Shou*), 15g

**Method of preparation:** Decoct the Fructus Citri Sacrodactylis in 30g of rice wine and a suitable amount of water.

**Method of administration:** Take warm 2 times per day.

## **Xu Jin Jie Gu Jiu (Extend the Sinews & Join the Bones Wine)**

**Functions:** Joins the bones and extends the sinews, stops pain

**Mainly treats:** Falling and striking injuries

**Ingredients:** Herba Tougucao (*Tou Gu Cao*), 10g, Radix Et Rhizoma Rhei (*Da Huang*), 10g, Radix Angelicae Sinensis (*Dang Gui*), 10g, Radix Paeoniae Lactiflorae (*Shao Yao*), 10g, Cortex Radicis Moutan (*Dan Pi*), 6g, raw Radix Rehmanniae (*Sheng Di*), 15g, Gryllotalpa Africana (*Tu Gou*), 10 whole ones, Eupolyphaga Seu Opisthoplatia (*Tu Bie Chong*), 30 whole ones, Flos Carthami Tinctorii (*Hong Hua*), 10g, Pyritum (*Zi Ran Tong*), 3g

**Method of preparation:** Grind the first 9 medicinals above into a fine powder and place in a large jar. Boil in 350ml of alcohol until the liquid is reduced to 1/2. Remove the dregs and divide into 3 portions.

**Method of administration:** Take 1 portion warm each day chasing down the powdered Pyrite.

**Contraindications:** Pregnant women should not take this formula.

## **San Da Yao Jiu (Three Greats Medicinal Wine)**

**Functions:** Quickens the blood and stabilizes pain, joins the bones and extends the sinews

**Mainly treats:** Detriment and damage due to falls and strikes, broken bones and damaged sinews

**Ingredients:** Radix Scopoliae Acutangulae (*San Fen San*), 2.5g, Herba Adhatodae Vasicae (*Da Bo Gu*), 2.5g, Pyritum (*Zi Ran Tong*), 2.5g, Lumbricus (*Di Long*), 2.5g, Fructus Immaturus Citri Seu Ponciri (*Zhi Shi*), 2.5g, Radix Paridis Petiolatae (*Chong Lou*), 2.5g, Fructus Piperis Nigri (*Hu Jiao*), 2.5g, Rhizoma Polygonati Cuspidati (*Hu Zhang*), 2.5g, processed Squama Manitis Pentadactylis (*Chuan Shan Jia*), 5g, Flos Carthami Tinctorii (*Hong Hua*), 5g, Sanguis Draconis (*Xue Jie*), 5g, Caulis Millettiae Seu Spatholobi (*Ji Xue Teng*), 5g, Ramus Loranthi Seu Visci (*Sang Ji Sheng*), 5g, Radix Achyranthis Bidentatae (*Niu Xi*), 5g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 5g, Radix Dipsaci (*Chuan Duan*), 5g

**Method of preparation:** Grind the above medicinals into a fine powder and wrap this in a cloth bag. Soak this in 500ml of alcohol for 48 hours or longer.

**Method of administration:** Drink 20-30ml each time, every 6 hours. Reduce this dosage for children.

### **Gu Sui Bu Jiu (Drynaria Wine)**

**Functions:** Connects the bones and extends the sinews

**Mainly treats:** Injuries of the sinews and broken bones

**Ingredients:** Radix Drynariae (*Gu Sui Bu*), 720g

**Method of preparation:** Soak in 500g of yellow (*i.e.*, rice) wine for 7 days.

**Method administration:** Take 30ml each time, 2 times per day.

## **Huo Xue Jiu (Quicken the Blood Wine)**

**Functions:** Opens the channels and quickens the blood

**Mainly treats:** Old traumatic injuries from hitting and falling, low back and lower leg pain due to cold dampness

**Ingredients:** Gummum Olibani (*Ru Xiang*), 15g, Myrrha (*Mo Yao*), 15g, Sanguis Draconis (*Xue Jie*), 15g, Bulbus Fritillariae (*Bei Mu*), 9g, Radix Et Rhizoma Notopterygii (*Qiang Huo*), 15g, Radix Saussureae Seu Vladimiriae (*Mu Xiang*), 6g, Cortex Magnoliae Officinalis (*Hou Po*), 9g, processed Radix Aconiti (*Zhi Chuan Wu*), 3g, processed Radix Aconiti (*Zhi Cao Wu*), 3g, Radix Angelicae (*Bai Zhi*), 24g, Secretio Moschi Moschiferi (*She Xiang*), 1.5g, Cortex Radicis Kadsurae (*Zi Jing Pi*), 24g, fresh Rhizoma Cyperi Rotundi (*Sheng Xiang Fu*), 15g, stir-fried Fructus Foeniculi Vulgaris (*Hui Xiang*), 9g, calcined Pyritum (*Zi Ran Tong*), 15g, Radix Angelicae Pubescentis (*Du Huo*), 15g, Radix Dipsaci (*Xu Duan*), 15g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 15g, Fructus Chaenomelis Lagenariae (*Mu Gua*), 15g, Cortex Cinnamomi (*Rou Gui*), 9g, Radix Angelicae Sinensis (*Dang Gui*), 24g

**Method of preparation:** Grind the above ingredients into a fine powder. Then wrap 15g of this powder in a cloth bag and soak in 500g of white alcohol for 7-10 days.

**Method of administration:** Drink a suitable amount at no fixed schedule.

## **Sun Shang Yao Jiu (Detriment & Damage Medicinal Wine)**

**Functions:** Quickens the blood and soothes the sinews

**Mainly treats:** Many years old, persistent injury

**Ingredients:** Flos Carthami Tinctorii (*Hong Hua*), 6g, Radix Scutellariae Baicalensis (*Huang Qin*), 15g, Radix Linderæ Strychnifoliae (*Wu Yao*), Sclerotium Poriae Cocos (*Fu Ling*), Radix Rehmanniae (*Sheng Di*), 15g, Cortex Radicis Acanthopanax (*Wu Jia Pi*), 15g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 15g, Radix Achyranthis Bidentatae (*Niu Xi*), 15g, Radix Polygalae Tenuifoliae (*Yuan Zhi*), 15g, Tuber Ophiopogonis Japonicae (*Mai Men Dong*), 15g, Radix Gentianae Macrophyllae (*Qin Jiao*), 15g, Cortex Radicis Moutan (*Dan Pi*), 15g, Nodus Pini (*Song Jie*), 15g, Rhizoma Alismatis (*Ze Xie*), 15g, Rhizoma Corydalis Yanhusuo (*Yan Hu Suo*), 15g, Radix Angelicae Sinensis (*Dang Gui*), 18g, Fructus Lycii Chinensis (*Gou Qi Zi*), 18g, Semen Pruni Persicae (*Tao Ren*), 12g, Gelatinum Corii Asini (*E Jiao*), 12g, Radix Dipsaci (*Xu Duan*), 9g, Fructus Psoraleae Corylifoliae (*Bu Gu Zhi*), 9g, Fructus Citri Seu Ponciri (*Zhi Qiao*), 9g, Ramulus Cinnamomi (*Gui Zhi*), Rhizoma Cyperi Rotundi (*Xiang Fu*), 9g

**Method of preparation:** Soak in an appropriate amount of alcohol for at least 7 days.

**Method of administration:** Take 1 small teacup per day.

## Wines for Treating Herpes Zoster & Other Skin Lesions

In Chinese, *pao zhen* means blistery skin lesions in general and herpes zoster in particular. Herpes zoster is typically seen in the elderly, the weak, or the chronically ill. It is a chronic viral disease which lies latent until the host immune system becomes weakened. In such cases, the virus is then able to become active and moves toward the surface, following the pathways of the nerves. A number of the formulas in this chapter treat herpes zoster. Herpes is usually a damp hot condition, and, therefore, alcohol can actually cause this problem in a patient who is not used to drinking alcohol or who has drunk more than their usual amount. Nonetheless, when combined with the appropriate ingredients, medicated wines can also treat this problem.

Other formulas in this chapter treat *yong* and *ju* and other stubborn, recalcitrant skin diseases, such as eczema and psoriasis. Since most of these skin diseases contain a component of blood stasis, the alcohol in these formulas helps to move the blood and dispel stasis.

### **Zhi Qiao Qin Jiao Jiu (Citrus & Gentiana Macrophylla Wine)**

**Functions:** Courses wind and stops itching, recedes rashes

**Mainly treats:** Itchy skin rashes which feel as if insects were moving in them

**Ingredients:** Fructus Citri Seu Ponciri (*Zhi Qiao*), 90g, Radix Gentiana Macrophyllae (*Qin Jiao*), 120g, Radix Salviae Miltiorrhizae (*Dan Shen*), 150g, Radix Angelicae Pubescentis (*Du Huo*), 120g, Herba Cistanchis (*Rou Cong Rong*), 120g, Caulis Et Folium Sambucidis Javanicae (*Lu Ying*), 100g, Folium Pini (*Song Ye*, i.e., pine needles), 250g

**Method of preparation:** Pestle the above medicinals into pieces and place in a large jar. Soak in 4 *jin* of white alcohol and seal the lid. After 7 days, open, remove the dregs, and store for use.

**Method of administration:** Take 10-15ml each time, 3 times per day. One may increase this dose up to 20ml.

### ***Niu Bang Chan Tui Jiu* (Arctium & Periostracum Cicadae Wine)**

**Functions:** Scatters wind and diffuses the lungs, clears heat and resolves toxins, disinhibits the throat and scatters nodulation, recedes rashes

**Mainly treats:** Swelling and pain of the throat, cough, itching, vomiting of phlegm, measles, urticaria

**Ingredients:** Fructus Arctii Lappae (*Niu Bang Zi*), 1 *jin*, Periostracum Cicadae (*Chan Tui*), 30g

**Method of preparation:** Soak the above 2 ingredients in 3 *jin* of alcohol. After 3 days, open the lid and remove the dregs.

**Method of administration:** Take 1-2 teacups after each meal.



**Contraindications:** This formula is not appropriate for those with spleen/stomach cold damp diarrhea.

### ***Niu Bang Di Huang Jiu (Arctium & Rehmannia Wine)***

**Functions:** Clears heat and resolves toxins, nourishes yin and cools the blood, boosts the liver and kidneys

**Mainly treats:** Wind toxin blisters and *yong* which do not heal, slackness and weakness of the four limbs, soreness and fatigue of the low back and knees

**Ingredients:** Fructus Arctii Lappae (*Niu Bang Zi*), 100g, raw Radix Rehmanniae (*Sheng Di*), 100g, Fructus Lycii Chinensis (*Gou Qi Zi*), 100g, Radix Achyranthis Bidentatae (*Niu Xi*), 20g

**Method of preparation:** Grind the above 4 ingredients and place them in a large jar. Soak in 3 *jin* of alcohol and seal the lid. Allow to tincture for 7 days in the spring and summer and for 14 days in the fall and winter. Then open and remove the dregs.

**Method of administration:** Take 1-2 teacups each time, warm on an empty stomach after the evening meal. It is good to feel a little tipsy.

### ***Huai Hua Jiu (Sophora Flower Wine)***

**Functions:** Resolves toxins, eliminates wind, cools the blood

**Mainly treats:** Toxic blisters which have or have not yet fully developed

**Ingredients:** Flos Immaturus Sophorae Japonicae (*Huai Hua*), 120g

**Method of preparation:** Stir-fry the Flos Sophorae until yellow and then soak in 500ml of yellow wine (*i.e.*, rice wine). Bring to a boil 10 times and then remove the dregs. Store for use.

**Method of administration:** Take hot to induce sweating. If the blisters have not yet already fully developed, take 2-3 times. If the blisters have already fully developed, take 1-2 times.

### ***Shi Nan Fu Zi Jiu* (Photinia & Kochia Wine)**

**Functions:** Eliminates wind dampness, harmonizes the blood and stops itching

**Mainly treats:** Wind toxin measles rash

**Ingredients:** Folium Photinae Serrulatae (*Shi Nan Ye*), 50g, Fructus Kochiae Scopariae (*Di Fu Zi*), 50g, Radix Angelicae Sinensis (*Dang Gui*), 50g, Radix Angelicae Pubescentis (*Du Huo*), 50g

**Method of preparation:** Grind the above medicinals into a fine powder and store for use.

**Method of administration:** Use 5-6g of the above powder each time in 1 teacup of alcohol (approximately 15ml) and bring to a boil several times. Take 3 times per day on an empty stomach.

### ***Jin Yin Hua Jiu* (Lonicera Wine)**

**Functions:** Clears heat and resolves toxins

**Mainly treats:** Blistery swollen rashes, lung *yong*, intestinal *yong*

**Ingredients:** Flos Lonicerae Japonicae (*Jin Yin Hua*), 50g, Radix Glycyrrhizae (*Gan Cao*), 10g

**Method of preparation:** Boil the above 2 medicinals in 2 bowls of water down to 1/2 bowl. Then add 1/2 bowl of alcohol and briefly boil again. Divide into 3 portions.

**Method of administration:** Take 1 portion each morning, noon, and night.

### ***Gua Lou Gan Cao Jiu* (Trichosanthes & Licorice Wine)**

**Functions:** Disperses swelling, transforms stasis

**Mainly treats:** Chronic *yong* and clove sores which do not heal after many days

**Ingredients:** Fructus Trichosanthis Kirlowii (*Gua Lou*), 1 piece, Radix Glycyrrhizae (*Gan Cao*), 2g

**Method of preparation:** Grind the above 2 ingredients into a fine powder. Use 1 small teacup of water and 1 small teacup of wine. Bring to a boil 3-5 times and remove the dregs.

**Method of administration:** Take warm as needed.

### ***Jin Xing Gan Cao Jiu* (Phymatopsis & Licorice Wine)**

**Functions:** Disperses swelling and stops pain

**Mainly treats:** Toxic swellings erupting on the upper back

**Ingredients:** Herba Phymatopsis Griffithianae (*Jin Xing Cao*), 50g, Radix Glycyrrhizae (*Gan Cao*), 3g

**Method of preparation:** Grind the above 2 medicinals into a fine powder and place in a large jar. Soak in 1 *jin* of alcohol and open after 7 days.

**Method of administration:** Take a little bit, little bit at no fixed schedule.

### ***Fu Fang Hong Hua Jiu* (Compound Carthamus Wine)**

**Functions:** Quickens the blood and transforms stasis, disperses swelling and stops pain, clears heat and resolves toxins, closes ulcers and promotes the growth of new flesh

**Mainly treats:** Bedsores

**Ingredients:** Flos Carthami Tinctorii (*Hong Hua*), 50g, Radix Astragali Membranacei (*Huang Qi*), 30g, Radix Ampelopsis (*Bai Lian*), 20g

**Method of preparation:** Add these medicinals to 500ml of 75% alcohol and allow to soak for 7 nights. then remove the dregs and store for use.

**Method of administration:** Apply externally to the affected area.

### ***Shen Xiao Jiu* (Divinely Efficacious Wine)**

**Functions:** Expels toxins, scatters toxins

**Mainly treats:** Blistery rashes and *yong*

**Ingredients:** Radix Panacis Ginseng (*Ren Shen*), 30g, Myrrha (*Mo Yao*), 30g, Apex Radicis Angelicae Sinensis (*Dang Gui Wei*), 30g, Radix Glycyrrhizae (*Gan Cao*), 15g, Fructus Trichosanthis Kirlowii (*Gua Lou*), 1 piece

**Method of preparation:** Place the above medicinals in 3 bowls of yellow wine (*i.e.*, rice wine) and boil down to 2 bowls of liquid. Then divide into 4 portions.

**Method of administration:** Take 1 portion each day, little bit, little bit at a time.

### **Shou Wu Chuan Shan Jia Jiu (Polygonum Multiflorum & Squama Manitis Wine)**

**Functions:** Dispels wind and resolves toxins

**Mainly treats:** Ox skin *xian* (*i.e.*, psoriasis)

**Ingredients:** Radix Polygoni Multiflori (*Shou Wu*), 30g, Radix Angelicae Sinensis (*Dang Gui*), 20g, Squama Manitis Pentadactylae (*Chuan Shan Jia*), 20g, raw Radix Rehmanniae (*Sheng Di*), 20g, prepared Radix Rehmanniae (*Shu Di*), 20g, Rana Limnocharis (*Ha Ma*, *i.e.*, a species of toad), 20g, Cacumen Biotae Orientalis (*Ce Bai Ye*), 15g, Folium Pini (*Song Zhen*, *i.e.*, Pine Needles), 30g, Cortex Radicis Acanthopanax (*Wu Jia Pi*), Radix Aconiti (*Chuan Wu & Cao Wu*), each 5g

**Method of preparation:** Grind the above 10 ingredients into a fine powder and place in a large jar. Soak in 6 *jin* of yellow wine (*i.e.*,

rice wine) and seal the lid. After 7 days, open, remove the dregs, and store for use.

**Method of administration:** Take warm on an empty stomach whatever amount one wishes at no fixed schedule.

### ***Zhi Qiao Dan Shen Jiu (Citrus & Salvia Wine)***

**Functions:** Courses wind and stops pain

**Mainly treats:** Wind itching, the feeling as if insects were moving in the skin

**Ingredients:** Fructus Citri Seu Ponciri (*Zhi Qiao*), 18g, Radix Gentianae Macrophyllae (*Qin Jiao*), 15g, Radix Angelicae Pubescentis (*Du Huo*), Herba Cistanchis (*Rou Cong Rong*), 15g, Radix Salviae Miltiorrhizae (*Dan Shen*), 18g, Caulis Et Folium Sambucudis Javanicae (*Lu Ying*), 18g, Folium Pini (*Song Ye*), 50g

**Method of preparation:** Grind the above 7 ingredients into a fine powder and place in a large jar. Soak in 2 *jin* of clear alcohol and seal the lid. After 7 days, open the lid, remove the dregs, and store for use.

**Method of administration:** Take any amount one wishes warm at no fixed schedule.

### ***Song Ye Jiu (Pine Needle Wine)***

**Functions:** Dispers wind, stops itching, resolves toxins

**Mainly treats:** Urticaria and measles rash

**Ingredients:** Folium Pini (*Song Ye*), 1 *jin*

**Method of preparation:** Cut up into small pieces and put in 2 *jin* of alcohol. Boil down to 300ml and remove the dregs.

**Method of administration:** Each evening, drink a moderate amount warm. Sweating results in a cure.

### **Gan Cao Sheng Ma Jiu (Licorice & Cimicifuga Wine)**

**Functions:** Disperses swelling and stops pain

**Mainly treats:** Toxic swellings on the head and upper body, piercing pain difficult to bear

**Ingredients:** Mix-fried Radix Glycyrrhizae (*Zhi Gan Cao*), 20g, Rhizoma Cimicifugae (*Sheng Ma*), 20g, Lignum Aquilariae Agallochae (*Chen Xiang*), 20g, Secretio Moschi Moschiferi (*She Xiang*), 0.6g, Semen Praeparatum Sojae (*Dan Dou Chi*), 36g

**Method of preparation:** Grind the above ingredients, excepting the Musk, into a fine powder. Then mix in the powdered Musk and store in a sealed jar.

**Method of administration:** Each time, boil 15g of the above powder in 1 teacup of alcohol and reduce the liquid to 8/10. Remove the dregs. Take 1 time each morning and evening before meals. Also apply the dregs hot to the swollen area.

### **Fu She Jiu (Agkistrodon Wine)**

**Functions:** Dispels wind and resolves toxins

**Mainly treats:** Psoriasis

**Ingredients:** Agkistrodon Acutus (*Fu She*), 1 strip, Radix Panacis Ginseng (*Ren Shen*), 15g

**Method of preparation:** Place the dried snake and Ginseng in a large jar and soak in 2 *jin* of alcohol. After 7 days, open and store for use.

**Method of administration:** Take whatever amount one wishes at no fixed schedule.

### ***Ban Mao Jiu (Mylabris Wine)***

**Functions:** Attacks toxins, disperses sores

**Mainly treats:** Alopecia areata

**Ingredients:** Mylabris (*Ban Mao*), 15 whole ones

**Method of preparation:** Grind the above ingredient and place it in a large jar. Soak in 200ml of alcohol. After 5 days, open and store for use.

**Method of administration:** Apply to the affected area 2 times per day.

**Contraindications:** Do not take internally, since it is toxic when done so.



## **Jie Du Xiao Pao Jiu (Resolve Toxins, Disperse Sores Wine)**

**Functions:** Dispels wind and resolves toxins

**Mainly treats:** Plum sores, wind toxin low back pain

**Ingredients:** Radix Achyranthis Bidentatae (*Niu Xi*), 30g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 30g, Radix Et Rhizoma Notopterygii (*Qiang Huo*), Cortex Radicis Acanthopanax (Wu Jia Pi), 30g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 30g, Radix Glycyrrhizae (*Gan Cao*), 30g, Cortex Radicis Lycii (*Di Gu Pi*), 30g, Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 30g, raw Radix Rehmanniae (*Sheng Di*), 200g, Cortex Erythrinae Variegatae (*Hai Tong Pi*), 60g

**Method of preparation:** Grind the above medicinals into a fine powder and place in a large jar. Soak in 4 *jin* of alcohol. Allow to tincture 5 days in the spring and summer and for 10 days in the fall and winter. Then open the lid, remove the dregs, and store for use.

**Method of administration:** Take 10-15ml before meals, 3 times per day.

## **He Shou Wu Jiu (Polygonum Multiflorum Wine)**

**Function:** Enriches the constructive and disperses toxins

**Mainly treats:** Numbness wind of leprosy manifesting some slight vacuity symptoms

**Ingredients:** Radix Polygoni Multiflori (*He Shou Wu*), 120g, Radix Angelicae Sinensis (*Dang Gui*), 30g, Apex Radicis Angelicae Sinensis (*Dang Gui Wei*), 30g, mix-fried Squama Manitis (*Chuan Shan Jia*),

30g, Radix Rehmanniae (*Sheng Di*), 30g, prepared Radix Rehmanniae (*Shu Di*), 30g, Rana Limnocharis (*Ha Ma*), 30g, Cacumen Biotae Orientalis (*Ce Bai Ye*), 12g, Folium Pini (*Song Zhen*, i.e., Pine Needles), 12g, Cortex Radicis Acanthopanax (*Wu Jia Pi*), 12g, processed Radix Aconiti (*Zhi Cao Wu*), 12g

**Method of preparation:** Place the above medicinals in a large jar and soak in 10 *jin* of yellow (i.e., rice) wine. Seal the lid. Allow to tincture for at least 10 days.

**Method of administration:** Depending on the severity of the condition, take either more or less of this wine. Drink until one begins to sweat.

**Contraindications:** Do not expose oneself to wind when sweating due to drinking this wine.

### ***Lou Tong Jiu* (Rhaponticus Opening Wine)**

**Functions:** Opens the channels and network vessels

**Mainly treats:** The initial stages of breast abscess

**Ingredients:** Radix Rhapontici Seu Echinopsis (*Lou Lu*), 10g, Caulis Akebiae Mutong (*Mu Tong*), 10g, Bulbus Fritillariae Cirrhosae (*Chuan Bei Mu*), 10g, Radix Glycyrrhizae (*Gan Cao*), 6g

**Method of preparation:** Place the above ingredients in 1 large teacup apiece of water and wine (i.e., a total of 2 teacupsful) and boil down to 1 teacup. Remove the dregs and divide into 2 portions.

**Method of administration:** Take 1 portion warm after meals in the evening.

## **Gong Jin Jiu (Dandelion & Lonicera Wine)**

**Functions:** Clears heat and resolves toxins

**Mainly treats:** Mastitis

**Ingredients:** Herba Taraxaci Mongolici (*Pu Gong Ying*), 15g, Flos Lonicerae Japonicae (*Jin Yin Hua*), 15g

**Method of preparation:** Place the Taraxacum and Lonicera in 2 teacups of yellow wine (*i.e.*, rice wine) and boil down to 1/2 the amount of liquid. Remove the dregs and divide into 2 portions.

**Method of administration:** Take 1 portion after meals morning and night. Also apply the dregs to the affected area.



## Miscellaneous Wines

The medicinal wines in this chapter treat a number of different conditions. These include lung problems, vision problems, parasites, thromboangiitis obliterans, lateral costal pain, lower abdominal distention and fullness, etc.

### ***Ma Huang Xuan Fei Jiu* (Ephedra Diffusing the Lungs Wine)**

**Functions:** Diffuses depressed qi in the lungs

**Mainly treats:** Acne rosacea or brandy nose

**Ingredients:** *Herba Ephedrae* (*Ma Huang*), 30g, *Radix Ephedrae* (*Ma Huang Gen*), 30g

**Method of preparation:** Soak the above medicinals in 1 *jin* of white alcohol and then decoct for approximately 1 hour. Allow to sit over night and then remove the dregs. Store for use.

**Method of administration:** Take 2-3 small teacups morning and night.

**Note:** After taking 1, 3, or 5 days, one will spit up some purulent pus. After 10 days, this pus will be exhausted. Then there will be some red colored phlegm. This should give way to yellow and thence to white colored phlegm. When this occurs, one will be cured.

## ***Sang Bai Pi Jiu* (Cortex Mori Wine)**

**Functions:** Stabilizes wheezing

**Mainly treats:** Lung heat coughing and wheezing

**Ingredients:** Cortex Radicis Mori (*Sang Bai Pi*), 200g

**Method of preparation:** Cut the Morus into pieces and place in a large jar. Soak in 1kg of rice wine for 7 days.

**Method of administration:** Take 20ml each time, 3 times per day.

## ***Zi Su Zi Jiu* (Perilla Seed Wine)**

**Functions:** Downbears counterflow, transforms phlegm, and stops coughing and wheezing

**Mainly treats:** Phlegm congelation obstruction and blockage, lung qi upward counterflow resulting in wheezing

**Ingredients:** Fructus Perillae Frutescentis (*Zi Su Zi*), 600g

**Method of preparation:** Slightly stir-fry the Perilla Seeds and then soak them in 2.5kg of yellow (*i.e.*, rice) wine for 7 days.

**Method of administration:** Take 10ml each time, 2 times per day.

### ***Gua Lou Xie Bai Jiu* (Trichosanthes & Allium Macrostem Wine)**

**Functions:** Opens yang and scatters nodulation, moves the qi and dispels phlegm

**Mainly treats:** Shortness of breath, chest and upper back pain, wheezing and panting, coughing saliva

**Ingredients:** Fructus Trichosanthis Kirlowii (*Gua Lou*), 1 piece, Bulbus Allii (*Xie Bai*), 60g

**Method of preparation:** Place the above 2 ingredients in 300ml of rice wine. Decoct down to 200ml.

**Method of administration:** Take 1-2 small teacups warm each time, 1 time per day.

### ***Hu Lu Jiu* (Bottle Gourd Wine)**

**Functions:** Opens the portals

**Mainly treats:** Stuffed nose, eye pain and dimming of vision, brain oppression

**Ingredients:** Semen Lagenariae Sicerariae (*Ku Hu Lu Zi*), 30g

**Method of preparation:** Soak the above seeds in 150ml of mellow wine. After 7 days, open the lid and remove the dregs. Store for use.

**Method of administration:** Little bit, little bit, snuffle this wine up the nose 3-4 times per day. (One can also use a nose dropper.)

### ***Bai Bu Jiu* (Stemona Wine)**

**Functions:** Moistens the lungs and descends the qi, stops coughing and kills worms (*i.e.*, parasites)

**Mainly treats:** Cough, rapid breathing, hundred day cough (*i.e.*, whooping cough), bronchitis, etc. When used externally, this wine kills parasites and treats scabies, vaginal trichomoniasis and hemophilus, etc.

**Ingredients:** Radix Stemona (Bai Bu), 100g

**Method of preparation:** Soak the Stemona in 500ml of white alcohol. After 7 days, open and remove the dregs. Then store for use.

**Method of administration:** Take 15ml after meals, 3 times per day. Externally, apply to the affected area.

**Contraindications:** Do not use in case of spleen/stomach vacuity weakness or diarrhea.

### ***Tong Mai Guan Yao Jiu* (Opening the Blood Vessels Medicinal Wine)**

**Functions:** Quickens the blood and opens the vessels, transforms stasis and stops pain

**Mainly treats:** Thromboangiitis obliterans due to qi stagnation, blood stasis tending to cold

**Ingredients:** Rhizoma Paridis Polyphyllae (*Qi Ye Yi Zhi Hua*), 30g, Rhizoma Ardisiae (*Zou Ma Tai*), 30g, Apex Radicis Angelicae Sinensis (*Dang Gui Wei*), 30g, Ramus Loranthe Seu Visci (*Sang Ji*



*Sheng*), 30g, Radix Clematidis Chinensis (*Wei Ling Xian*), 30g, Radix Achyranthis Bidentatae (*Niu Xi*), 15g, Ramulus Cinnamomi (*Gui Zhi*), 15g, Flos Carthami Tinctorii (*Hong Hua*), 15g, Semen Pruni Persicae (*Tao Ren*), 15g, Spinae Gleditschiae Chinensis (*Zao Jiao Ci*), 15g, Gummum Olibani (*Ru Xiang*), 9g, Myrrha (*Mo Yao*), 9g, Radix Astragali Membranacei (*Huang Qi*), 15g, Radix Codonopsis Pilosulae (*Dang Shen*), 15g

**Method of preparation:** Soak the above medicinals in 5-6 *jin* of yellow (*i.e.*, rice) wine for 3 weeks.

**Method of administration:** Take 20-100ml each time, 4-6 times per day. However, do not get drunk. One month equals 1 course of treatment.

### **Zhu Yu Gen Jiu (Evodia Root Wine)**

**Functions:** Expels worms (*i.e.*, parasites)

**Mainly treats:** Spleen vacuity heat, vomiting, and discharge of worms

**Ingredients:** Radix Evodiae Rutecarpae (*Wu Zhu Yu Gen*), 1/2 foot of a large root, Semen Cannabis Sativae (*Huo Ma Ren*), 50g, Pericarpium Citri Reticulatae (*Chen Pi*), 25g

**Method of preparation:** Pestle these 3 ingredients into pieces and place in a large jar. Soak in 2 *jin* of yellow (*i.e.*, rice) wine. After 1 night, cook over a small fire. Then remove the dregs and store for use.

**Method of administration:** Take 1-2 small teacups on an empty stomach each morning and before eating in the evening. When worms are discharged below, stop taking.

### ***Ku Shen Jie Du Jiu* (Sophora Resolve Toxins Wine)**

**Functions:** Resolves toxins

**Mainly treats:** Food poisoning

**Ingredients:** Radix Sophorae Flavescentis (*Ku Shen*), 45g

**Method of preparation:** Decoct the Sophora in 500ml of good alcohol down to 250ml. Remove the dregs and use warm.

**Method of administration:** Having drunk whatever amount, vomiting results in a cure.

### ***Qin Jiao Jiu* (Gentiana Macrophylla Wine)**

**Functions:** Dispels wind cold, stops pain, opens the two excretions

**Mainly treats:** Lower abdominal distention and fullness, aching and pain refusing pressure, astringent, inhibited urination, defecation not open, runny nose with clear snivel

**Ingredients:** Radix Gentianae Macrophyllae (*Qin Jiao*), 30g, Radix Achyranthis Bidentatae (*Niu Xi*), 30g, Rhizoma Ligustici Wallichii (*Chuan Xiong*), 30g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 30g, Cortex Eucommiae Ulmoidis (*Du Zhong*), 30g, Sclerotium Rubrum Poriae Cocos (*Chi Fu Ling*), 30g, Radix Salviae Miltiorrhizae (*Dan Shen*), 30g, Radix Angelicae Pubescentis (*Du Huo*), 30g, Cortex

Radicis Lycii (*Di Gu Pi*), 30g, Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 30g, Semen Cannabis Sativae (*Huo Ma Ren*), 30g, Cortex Cinnamomi (*Rou Gui*), 25g, Herba Dendrobii (*Shi Hu*), 20g, dry Rhizoma Zingiberis (*Gan Jiang*), 20g, Cortex Radicis Acanthopanax (*Wu Jia Pi*), 50g, Radix Praeparatus Aconiti Carmichaeli (*Zhi Fu Zi*), 24g, Tuber Ophiopogonis Japonicae (*Mai Men Dong*), 25g

**Method of preparation:** Grind the above 17 ingredients into a fine powder and place in a large jar. Soak in 3 *jin* of alcohol for 5 days in the spring and summer and for 7 days in the fall and winter. Then open and remove the dregs.

**Method of administration:** Take 10-20ml warm on an empty stomach each day. When cured, stop.

### ***Huo Ma Ren Jiu (Cannabis Wine)***

**Functions:** Moistens the intestines and opens the bowels while simultaneously supplementing the center

**Mainly treats:** Geriatric constipation, women's postpartum constipation, and constipation due to the aftermath of a hot disease with blood vacuity and scanty fluids and humors, lower abdominal distention, fullness, aching, and pain accompanied by constipation

**Ingredients:** Stir-fried till fragrant Semen Cannabis Sativae (*Huo Ma Ren*), 160g

**Method of preparation:** Grind the above ingredient into a fine powder and soak in 500ml of good alcohol. After 3 nights, open and remove the dregs.

**Method of administration:** Take a suitable amount warm each time before each meal, but do not get drunk.

### ***Tao Ren Jiu* (Persica Wine)**

**Functions:** Moistens the intestines and opens the bowels

**Mainly treats:** Postpartum blood vacuity constipation

**Ingredients:** Semen Pruni Persicae (*Tao Ren*), 60g

**Method of preparation:** Smash the above ingredient and soak in 1kg of rice wine for 10 days.

**Method of administration:** Take 30ml each time, 2 times per day.

### ***Cang Er Jiu* (Xanthium Wine)**

**Functions:** Eliminates heat, supplements vacuity

**Mainly treats:** Bone aching, tinnitus

**Ingredients:** Fructus Xanthii (*Cang Er Zi*), 30g, Radix Ledebourielae Sesloidis (*Fang Feng*), 30g, stir-fried Fructus Arctii Lappae (*Niu Bang Zi*), 30g, Radix Rehmanniae (*Sheng Di*), 30g, Caulis Akebiae Mutong (*Mu Tong*), 20g, Radix Astragali Membranacei (*Huang Qi*), 30g, Sclerotium Poriae Cocos (*Fu Ling*), 30g, Radix Angelicae Pubescentis (*Du Huo*), 30g, Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 20g, Radix Panacis Ginseng (*Ren Shen*), 15g, Cortex Cinnamomi (*Rou Gui*), 12g

**Method of preparation:** Pestle the above 11 ingredients and place them in a large jar. Soak in 2 *jin* of alcohol and seal the lid. After 7 days, open and remove the dregs.

**Method of administration:** Take 1-2 small teacups each day on an empty stomach. One can increase this dose as necessary to 2-3 small teacups.

### ***Chang Pu Gui Xin Jiu* (Acorus & Cinnamon Wine)**

**Functions:** Opens the portals and dispels wind, promotes qi absorption and subdues yang, quiets the spirit

**Mainly treats:** Tinnitus and deafness

**Ingredients:** Rhizoma Acori Graminei (*Shi Chang Pu*), 2g, Caulis Akebiae Mutong (*Mu Tong*), 1g, Cortex Cinnamomi (*Gui Xin*), 15g, Magnetitum (*Ci Shi*), 15g, Radix Ledebouriellae Sesloidis (*Fang Feng*), 30g, Radix Et Rhizoma Notopterygii (*Qiang Huo*), 30g

**Method of preparation:** Grind the above 6 ingredients into a coarse powder and place in a cloth bag. Put this in a large jar and soak on 1 *jin* of alcohol for 7 days. Then remove the dregs and store for use.

**Method of administration:** Take 10-20ml warm on an empty stomach each day.

### ***Ci Shi Jiu* (Magnetite Wine)**

**Functions:** Opens the portals, promotes the absorption of qi and subdues yang

**Mainly treats:** Liver/kidney yin vacuity leading to deafness and tinnitus

**Ingredients:** Magnetitum (*Ci Shi*), 15g, Caulis Akebiae Mutong (*Mu Tong*), 250g, Rhizoma Acori Graminei (*Shi Chang Pu*), 250g

**Method of preparation:** Grind the above 3 ingredients into a coarse powder and place in a cloth bag. Then place this in a large jar and soak in 2 *jin* of alcohol. Seal the lid and allow to tincture for 3 days in the summer and 7 days in the winter. Remove the dregs and store for use.

**Method of administration:** Take 1-2 small teacups after each meal.

### ***Fo Shou Jiu* (Buddha's Hand Wine)**

**Functions:** Nourishes the center and harmonizes the stomach

**Mainly treats:** Stomach reflux and choking of the diaphragm (*i.e.*, cancer of the esophagus)

**Ingredients:** Fructus Citri Sacrodactylis (*Fo Shou*), 30g, dried Semen Eleocharis Tuberosae (*Bi Qi*, *i.e.*, Water Chestnut), 30g, Semen Nelumbinis Nuciferae (*Lian Zi Rou*), 30g, Fructus Zizyphi Jujubae (*Da Zao*), 30g, Semen Coicis Lachryma-jobi (*Yi Yi Ren*), 30g, Cortex Cinnamomi (*Rou Gui*), 30g, dry Fructus Diospyros Kaki (*Shi Bing*, *i.e.*, Persimmon), 30g, Fructus Canarii (*Gan Lan*), 30g

**Method of preparation:** Soak the above 8 medicinals in 5 *jin* of roasted barley alcohol. After 7 days, open, remove the dregs, and store for use.

**Method of administration:** Take 1-2 small teacups warm on an empty stomach each time, 3 times per day.

### ***Mei Gui Hua Jiu (Rosa Rugosa Wine)***

**Functions:** Courses the liver and rectifies the qi, harmonizes the stomach and stops pain

**Mainly treats:** Liver/stomach qi pain, menstrual irregularity, abnormal vaginal discharge

**Ingredients:** Flos Rosae Rugosae (*Mei Gui Hua*), 30g

**Method of preparation:** Soak the above medicinal in 500g of rice wine for 1/2 month.

**Method of administration:** Take 20ml each time, 2 times per day.

### ***Gui Hua Jiu (Osmanthus Flower Wine)***

**Functions:** Transforms phlegm and scatters stasis

**Mainly treats:** Liver/stomach qi pain and abdominal distention

**Ingredients:** Flos Osmanthi Fragrantis (*Gui Hua*), 60g

**Method of preparation:** Soak the above ingredient in 500g of rice wine for 15 days.

**Method of administration:** Take 30ml each time, 2 times per day.

### ***Ju Pi Jiu (Orange Peel Wine)***

**Functions:** Rectifies the qi and opens the stomach

**Mainly treats:** Vomiting and nausea, reduced appetite, abdominal distention

**Ingredients:** Pericarpium Citri Reticulatae (*Ju Pi*), 60g

**Method of preparation:** Grind the Orange Peel into powder and soak in 1kg of rice wine for 10 days.

**Method of administration:** Take 30ml each time, 2 times per day.

### ***Ju Hua Jiu (Chrysanthemum Wine)***

**Functions:** Clears liver heat, brightens the eyes

**Mainly treats:** Dizziness, headache, red eyes, blurred vision

**Ingredients:** Flos Chrysanthemi Morifolii (*Bai Ju Hua*), 60g

**Method of preparation:** Cut the Chrysanthemum into pieces and soak in 500ml of rice wine for 7 days.

**Method of administration:** Take 30ml each time, 2 times per day.

### ***Wu Wei Zi Jiu (Schizandra Wine)***

**Functions:** Calms the heart and quiets the spirit

**Mainly treats:** Insomnia



**Ingredients:** Fructus Schizandrae Chinensis (*Wu Wei Zi*), 150g

**Method of preparation:** Soak the Schizandra in 500ml of white alcohol for 1 month.

**Method of administration:** Take 15g each time, 3 times per day.

### ***Ting Xin Jiu* (Tranquillize the Heart Wine)**

**Functions:** Tranquilizes the heart

**Mainly treats:** Insomnia, poor memory

**Ingredients:** Arillus Euphoriae Longanae (*Long Yan Rou*), 500g, Flos Osmanthi Fragrantis (*Gui Hua*), 120g, White Sugar (*Bai Tang*), 240g

**Method of preparation:** Place the above 3 medicinals in a large jar and soak in 5kg of white alcohol for 1/2 month.

**Method of administration:** Take whatever amount one wishes at no fixed schedule. However, do not get drunk.

### ***Hai Zao Jiu* (Sargassium Wine)**

**Functions:** Transforms phlegm and scatters nodulation

**Mainly treats:** Benign hypertrophy of the thyroid, insufficient thyroid function

**Ingredients:** Herba Sargassii (*Hai Zao*), 500g

**Method of preparation:** Soak the Sargassum in 1 kg of yellow (*i.e.*, rice) wine for 7 days.

**Method of administration:** Take 15ml each time, 3 times per day.

# General Index

## A

- A Barefoot Doctor's Manual* 23
- A Collection of Jin Zi-jiu's Expertise* 7
- abdomen and lateral costal regions, aching and pain in the 71
- abdomen, chilly pain in the lower 116
- abdomen, center of, twisting pain in 101
- abdominal distention after meals 5
- abdominal distention and pain
  - accompanying onset of the period 183
- abdominal pain 72, 85, 157, 161, 163, 165, 176, 180, 186
- abdominal piercing pain, women's 169
- abdominal region, chilly pain in the 86, 126, 164
- abdominal region, stasis, binding in 101
- absentmindedness 55, 65, 72, 55, 65, 72
- absentminded, heart spirit 53
- absentmindedness, spirit orientation 55, 65
- accumulation and stagnation of meat 167
- aching and pain difficult to bear 123
- acid regurgitation 5
- acne rosacea 215
- agalactia 46, 170, 171
- aging, premature 54, 63, 54, 63
- alcohol, white 2, 3, 33, 40, 41, 43, 44, 47, 75, 33, 40, 41, 43, 44, 47, 75, 91, 95, 101, 111, 120, 126, 130, 135, 138, 145, 150, 154, 170, 179, 183, 192, 200, 202, 215, 218, 227, 228
- alternating hot and cold 158, 182
- appetite, devitalized 42, 157, 161, 165, 179
- appetite, lack of 5, 38, 161
- appetite, reduced 33, 39, 61, 69, 39, 61, 69, 164, 226
- aphasia 82, 115, 140, 141
- asthma, lung yin vacuity cough and 36

## B

- back aching and pain, lower and upper 178
- back, stubborn pain of the lower and upper 94

- back, spasms of the lower and upper 88
- back, toxic swellings erupting on the upper 206
- bai jiu* 2, 217
- bedsores 206
- Bei Shan Jiu Jing* 15
- belching 5
- Ben Cao Gang Mu* 18, 153
- bending and flexing, inhibited 94
- bending forward, inhibition of 88
- beng lou* 49
- Bensky and Gamble 28
- bi* contracture 142
- bi* pain of the four extremities 156
- bi* pain of the low back and knees 101
- bi*, wind, cold, damp 49, 110, 132, 145, 146
- blindness, night 36
- blisters, toxic 203
- blood stagnation, postpartum stasis, obstruction, and 180
- blood stasis 6, 37, 48, 37, 48, 78, 169, 182, 183, 201, 219
- blood stasis and qi stagnation affecting the abdomen 183
- blood vacuity 16, 31, 37, 31, 37, 114, 150, 222
- blood vacuity wind dampness low back pain 150
- blood vessel obstinate *bi* upper arm pain 129
- bodily aches and vexation 186
- bodily fatigue 38, 61, 62, 38, 61, 62, 162
- bodily vacuity in aftermath of disease 38
- bodily vacuity weakness 116
- body and limbs, numbness of the 132, 151
- body debilitated and weak 56
- body emaciated 59-60, 69, 59, 69
- body, generalized heaviness of the 129
- body, heaviness of the 107, 129, 155, 157
- body thin and pallid 61
- body, yellow face and thin 45
- bone aching 49, 223
- bones, aching and pain of the sinews and

81, 83, 102, 145  
bones, broken 198, 199  
bones, steaming 158  
bones weak 51  
*Book of Rescuing People* 15  
borborygmus 162  
bottle gourd 1, 217  
brain oppression 217  
breast abscess 172, 212  
breast abscess, initial stages of 212  
breast milk not free-flowing 159, 171  
breath, shortness of 33, 38, 45, 47, 33, 38,  
45, 47, 217  
breathing, distressed rapid 155  
bronchitis 218

## C

cancer of the esophagus 225  
Cao Cao 11  
cheeks and face, numbness and *bi* of 80  
cheeks, loss of luster of the color of the 56  
chest and abdomen, distention and fullness  
of the 165  
chest and abdominal distention and  
oppression 121  
chest and diaphragm, seasonal hot, toxic qi  
affecting the 189  
chest *bi* 6, 48  
chest glomus 158  
chest oppression 157  
chest, phlegm fullness in the 72  
chest, vexatious heat in the, disquieting the  
heart 159  
chilled foods, aversion to 72  
*Chinese Herbal Medicine: Materia Medica*  
28  
Chun Yu-yi 14  
clove sores 153, 205  
cold, alternating hot and 158, 182  
cold, aversion to 72, 186  
cold, fear of 51, 112, 164  
cold of the limbs and body, fear of 112  
cold or flu, physical vacuity and weakness  
after 96

common cold, summertime 158  
constipation due to the aftermath of a hot  
disease 222  
constipation, geriatric 64, 222  
constipation, postpartum 222  
constipation, postpartum blood vacuity 222  
costal region, cramping, aching, and pain in  
the vessels of the lateral 48  
cough 35, 36, 41, 44, 47, 49, 51, 64, 74,  
35, 36, 41, 44, 47, 49, 51, 64, 74, 121,  
185, 202, 218  
cough and asthma 36  
cough, counterflow, with copious phlegm  
121  
cough, hundred day 218  
cough in the elderly, enduring 74  
cough, vacuity taxation phlegm 44  
cough, whooping 218  
cough with phlegm and blood 51  
cough, yin vacuity 36, 49, 36, 49  
coughing and vomiting pussy phlegm 156  
coughing and wheezing 7, 216  
coughing, cold rheum wheezing and 163  
coughing saliva 217

## D

dampness and warmth, initial stages of 157  
dampness, invasion of cold 97  
dampness, invasion by wind 118  
Daoist immortals 1  
deafness 6, 223, 224  
defecation not open 221  
diarrhea 5, 17, 35, 38, 39, 49, 64, 35, 38,  
39, 49, 64, 121, 126, 155, 156, 162-165,  
182, 203, 218  
diarrhea, chilly 126, 164  
diarrhea, chronic 39  
diarrhea, cock-crow 35  
digestion, poor 161  
dizziness 36, 38, 49-52, 57, 61, 65, 66, 72,  
74, 36, 38, 49-52, 57, 61, 65, 66, 72,  
74, 91, 118, 134, 150, 153, 166, 187,  
227  
dizziness and blurred vision 57

dizziness and vertigo, postpartum 36  
 downward disinhibition 162  
 dreams, excessive 53, 74, 53, 74  
 Du Kang 11  
 dysentery 5, 157, 162, 165, 182, 186  
 dysentery, chilly 186  
 dysentery, prolonged 162  
 dysmenorrhea 169, 170

## E

eat, inability to 157  
 eczema 201  
 edema 40, 124, 156, 159, 164  
 edema, superficial 124  
 ejaculation, premature 67, 95  
 elixir of immortality 1  
 epidemics 190, 192  
 epigastric glomus and fullness 166  
 epigastric pain, distention, oppression 166  
 epilepsy, fright 121  
 epistaxis 158  
 erection, inability to achieve an 57  
 esophagus, cancer of the 225  
 essence and blood insufficiency 50, 56  
 essence blood insufficiency 69  
 essence debility, male vacuity taxation 50  
 essence spirit debility and decline 87  
 essence spirit, dullness of 42  
 exhaustion 6, 42, 61, 42, 61  
 extremities, *bi* pain of the four 156  
 extremities, lack of strength in the four 33  
 extremities, lack of warmth in body and 66  
 extremities, numbness in the four 103, 150  
 eye pain 217  
 eyes and mouth, deviation of the 113, 139  
 eyes, red 227  
 eyes, red, swollen, painful 153  
 eyes, tearing on exposure to wind 52  
 eyesight, decreased 63

## F

face, yellow, and thin body 45  
 facial color, ashen white 57, 101

facial color, ashen, old 69  
 facial color, greyish white 164  
 facial color, lusterless 48, 57, 67, 74, 48, 57, 67, 74  
 facial color, sallow yellow 59  
 fall and strike, injury and damage due to 41, 196  
 falling, injuries due to hitting and 195  
 falls and strikes, detriment and damage due to 49, 198  
 fatigue 5, 38, 42, 51, 61, 62, 38, 42, 51, 61, 62, 112, 162, 177, 203  
 fatigued spirit 51, 60, 68, 51, 60, 68, 89  
 feebleness, weakness, and lack of strength 82, 95  
 feet and knees, weakness of the 128  
 feet and legs, inability to use the 137  
 feet, atony of the 101  
 feet, difficulty bending and flexing the hands and 101  
 feet, feeble 94  
 feet, tired 53, 68, 53, 68  
 feet, weak 87, 91  
 feet, wind, cold, damp *qi* in the 142  
 fetus, restless 174  
 fever 122, 157, 158, 177, 185, 186, 188  
 fever, tidal 158  
 feverish, evenings, mornings cool 158  
 fingers and toes, swelling and pain of the joints of the 84  
 fingers, numbness and insensitivity of the 86, 87  
 fluid and humor insufficiency 51  
 fluids, scanty 44, 222  
 food and drink, lack of desire for 112, 162  
 food consumption, reduced 45  
 food poisoning 220  
 foot and knee atony and weakness 36  
 foot and knee, contracture and spasm of the sinews and vessels of the 104  
 foot and knee soreness and aching 191  
 foot and lower leg swelling and distention 124, 157  
 foot and lower leg weakness and lack of strength 123

foot *bi* pain 149  
 foot pain 109  
 foot qi aching and pain 44  
 foot qi, wind damp 190  
 foot qi, wind toxin 140  
 foot qi *bi* and weakness 81  
*Formulas for Nourishing Life* 12  
*Formulas for Treating Miscellaneous [Diseases]* 12  
*Formulas [Worth] a Thousand [Pieces of] Gold* 14  
 fright, easy 53  
*fu wen xie* 6

## G

*gao liang jiu* 2, 3  
 gastritis, chronic 39  
 glomus of the venter 121  
 growth in children, poor 51  
*Great Outline of Materia Medica* 18  
 gums, bleeding 5, 154  
 Guo Min Tang 19

## H

hair, premature greying of the 37, 50, 62, 63, 75, 37, 50, 62, 63, 75  
 hair, thinning 56  
 hand and foot aching and pain, wind damp natured 131  
 hand and foot numbness and itching 109  
 hands and feet, chilly counterflow of 90  
 hands and feet, contracture of the 139  
 hands and feet, numbness of the 49  
 hands and feet, soreness and pain of 110  
 hands and feet, wind stroke paralysis of 134  
 head and upper body, toxic swellings on 209  
 head wind 121  
 headache 17, 121, 157, 177, 186, 187, 196, 227  
 headache, one-sided 187, 196  
 headache, wind heat 187  
 hearing and seeing unclear 125  
 hearing, poor, due to kidney viscus vacuity

detriment 131  
 heart and abdomen, chilly pain in 6, 163  
 heart and diaphragm, vexation and oppression of the 110  
 heart blood insufficiency 63  
 heart function, weak 126  
 heart, glomus and hardness below the 162  
 heart palpitation 33  
 heart spirit absentminded 53  
 heart spirit not calm 44  
 heart spirit vexation and oppression 155, 191  
 heat diseases which have damaged both qi and yin 51  
 heat toxins 137, 191  
 heat, vexatious 52, 148, 156, 159  
 hematemesis 49  
 hemiplegia 108, 119, 135, 139, 175  
 hemophilus 218  
 herpes zoster 201  
 hiccup 5  
 hidden warm evil 6  
*History of the Shang* 11  
*Holy & Benevolent Formulas from the Tai Ping [Reign]* 15  
 Hong-yen Hsu 28  
*hu lu* 1, 217  
 Hua Tuo 14, 192  
*Huang Di Nei Jing* 13  
*huang jiu* 2, 17, 54, 94, 147, 180, 184, 203  
*Hui Ren Shu* 15  
 hunger, lack of 121

## I

immortality, elixir of 1  
 impotence 40, 41, 43, 46, 47, 50, 52, 53, 55, 57, 67, 69, 70, 72, 40, 41, 43, 46, 47, 50, 52, 53, 55, 57, 67, 69, 70, 72, 85, 87, 89, 92, 93, 95, 102, 105, 126, 146  
 impotence, kidney vacuity 69, 95, 102  
 impotence, middle-aged 55  
 indigestion 34, 49, 34, 49, 161, 163-165,

167

- indigestion due to stomach weakness 34
- infertility, female 32, 43, 51, 32, 43, 51, 178
- infertility, frigid uterus 92, 93, 95
- infertility, male and female 32
- injury, many years old, persistent 200
- injury, traumatic 6, 9
- insomnia 36-38, 41, 63, 74, 36-38, 41, 63, 74, 121, 227, 228
- intestinal *yong* 205
- itching and pain of the skin 135
- itching of the skin 121, 127
- itching, wind 208
- itching, women's generalized 184
- itchy skin rashes 202

**J**

- jaundice 5, 158
- Jin Zi Jiu Zhuan Ji* 7
- Jin Zi-jiu 7
- Jiu Jing* 15
- joint aching and pain 100, 112, 164
- joints and bones, aching and pain of the 100
- joints, chilly pain of the 101
- joints, inhibited 87, 91, 92, 94, 101, 102, 147
- joints, nodulations of the bones and 136
- joints of the entire body, aching and pain of the 110
- joints of the limbs, inhibited 87
- joints of the lower limbs, inhibited 101
- joints, soreness and pain of the 82

**K**

- kidney viscus vacuity chill 97
- kidney viscus wind stroke 144
- kidney yang insufficiency 43, 46, 43, 46
- kidney yang vacuity, prolonged 67
- King Ma 12
- knee chilly pain, low back and 49
- knee contracture and spasm, low back and

144

- knee soreness and weakness, low back and 37, 50, 52, 55, 67, 69, 37, 50, 52, 55, 67, 69, 85
- knees, *bi* pain of the, low back and 101
- knees, chilly pain of the low back and 86, 93, 137
- knees, lack of strength of the low back and 95
- knees, soreness and fatigue of the low back and 203
- knees, spasms and cramps in the sinews and vessels of the low back and 92

**L**

- leg, aching and pain in the bones of the 97
- leg, lower, swelling and distention of the foot and 124
- legs and feet, inability to use the 137
- legs and knees, feebleness and weakness of the lower 112
- legs, atony and weakness of the 100
- legs, swelling and fullness of the 103
- leprosy, goose foot 131
- Li Shi-zhen 18, 153
- limbs, chilled 163
- limbs, contracture of the four 115
- limbs, cramping of the four 110
- limbs, difficulty bending and flexing the four 102
- limbs, inability to use the 116, 130
- limbs, inability to move the four 123
- limbs, inversion counterflow of the four 116
- limbs, lack of warmth in the four 86, 91
- limbs, pulling pain of the four 147
- limbs, slackness, weakness of the four 203
- limbs, weak lower 64
- liver wind sinew and vessel contracture and spasm 143
- liver/kidney deficiency detriment 63, 66, 63, 66
- liver/kidney insufficiency 62
- liver/kidney vacuity detriment 65, 68, 71,

- 65, 68, 71  
liver/stomach qi pain 225, 226  
lockjaw 141, 178  
low back aching and pain 34  
low back and knee damp heat pain, serious 129  
low back and knee aching and pain, kidney vacuity 88  
low back and knee chilly pain 49, 86, 93, 137  
low back and knee contracture and spasm 144  
low back and knee soreness and weakness 37, 50, 52, 55, 67, 69, 37, 50, 52, 55, 67, 69, 85  
low back and knees, *bi* pain of the 101  
low back and knees, lack of strength of 95  
low back and knees, soreness and fatigue of the 203  
low back and knees, spasms and cramps in the sinews and vessels of the 92  
low back and knees, vacuity chill of 133  
low back and leg atony and weakness 124  
low back and legs, heaviness of the 166  
low back and lower leg aching and pain, wind damp 119  
low back and lower leg *bi* and weakness, prolonged summer 83  
low back and lower leg *bi* pain 80  
low back and lower legs, chilly *bi* of the 97  
low back and lower legs, soreness and pain of the 98  
low back pain 35, 43, 64, 72, 35, 43, 64, 72, 96, 100, 102, 104, 106, 126, 146, 150, 211  
low back pain due to injury from lifting a heavy object 96  
low back pain due to prolonged lying on damp earth 72, 96  
low back pain, kidney vacuity 35, 43, 35, 43, 96, 102, 106  
low back pain, wind cold 96  
low back pain, wind toxin 211  
low back region, aching and pain in the 99  
low back soreness 31, 40, 46, 53, 60, 68, 31, 40, 46, 53, 60, 68  
lower abdominal aching and pain 181  
lower back and lower extremity aching and pain 175  
lower back and lower limb weakness 65  
lower leg and foot heaviness, aching, and pain 120  
lower leg and foot swelling and fullness 155  
lower leg, swelling and distention of the foot and 124  
lower legs, wind toxin weak 157  
lower origin, chilly vacuity of the 57, 65, 71, 85  
lung abscess 5, 156  
lung heat coughing and wheezing 216  
lung qi upward counterflow 216  
lung yin vacuity cough and asthma 36  
lung *yong* 205  
lung/kidney dual vacuity 64  
lung/kidney yin deficiency 44  
lupus 4, 79
- ## M
- malarial disease 158  
male sterility 43  
Mao Ze-dong 19  
mastitis 169, 213  
measles rash 204, 208  
measles rash, wind toxin 204  
meat, accumulation and stagnation of 167  
memory, poor 38, 53, 58, 60, 63, 66, 72, 73, 38, 53, 58, 60, 63, 66, 72, 73, 121, 228  
menstrual irregularity 37, 70, 37, 70, 170, 178, 225  
menstruation, excessive 179  
miasmatic qi, invasion of, in tropical regions 191  
miasmatic toxins, invasions of tropical and mountain 192  
miscarriage, incomplete 170  
miscarriage, threatened 174



mouth and eyes awry 139  
 mouth and facial paralysis 137  
 mouth, dry 44, 51, 44, 51  
 mouth, dry, and parched throat 51  
 mouth, thirsty 51  
 moving, difficulty 82, 146, 148  
 MS 79  
 muscles and body, wind cold invading 137  
 muscles and flesh, soreness and pain of 87  
 muscles and skin coarse and rough 44  
 muscles and skin, numbness of the 92  
 muscles and skin, numbness and tingling of the 136  
 muscles, thin 42  
 muscular thinness 53

## N

nausea and upward counterflow 162  
 nausea and vomiting 158, 163  
 neck and upper back contracture 143  
 night sweating 44  
 nocturia 38  
 nose, brandy 215  
 nose, runny, with clear snivel 221  
 nose, stuffy 185  
 numbness and insensitivity 82, 84, 86, 87, 107, 124, 126, 129, 145, 156  
 numbness and itching, hand and foot 109  
 numbness in the four extremities 103, 150  
 numbness of the body and limbs 132, 151  
 numbness of the hands and feet 49  
 numbness of the muscles and skin 92  
 numbness, aching, and pain in the body and limbs 94

## O

oral sores 5, 154  
*Oriental Materia Medica: A Concise Guide* 28  
 overtaxation 31, 42  
 ox skin *xian* 207

## P

pain on movement 82  
 pain, piercing 169, 183, 209  
 pain, wind damp 114  
 palpitations 36, 38, 40, 41, 48, 49, 53, 58, 60, 63, 66, 36, 38, 40, 41, 48, 49, 53, 58, 60, 63, 66, 166  
 palsy, pediatric 136  
 papules, dormant 121  
 paralysis, mouth and facial 137  
 paralysis of one half of the body 82  
 paralysis of the four extremities 72  
 paralysis of the four limbs 111  
 pestilences 190  
 phlegm, clear, watery 163  
 phlegm congelation obstruction and blockage 216  
 phlegm rheum coughing 164  
 phlegm, white 163  
 physical vacuity and weakness after a cold or flu 96  
 polio sequelae, post- 79  
 polyuria 38, 47, 38, 47, 104  
 postpartum agalactia 46  
 postpartum blood vacuity constipation 222  
 postpartum constipation 222  
 postpartum dizziness and vertigo 36  
 postpartum uterine bleeding 173, 180  
 postpartum vacuity detriment 181  
 postpartum wind stroke abdominal pain 176  
 postpartum wind stroke diseases 175  
 prostatic hypertrophy, benign 159  
 prostatitis, chronic 159  
 psoriasis 201, 207, 210  
*pu tao jiu* 2, 3, 40

## Q

qi and blood deficiency and debility 59  
 qi and blood insufficiency 53, 58, 53, 58, 178  
 qi and blood stasis and stagnation, postpartum 182

qi, miasmatic 189-192  
qi, miasmatic toxic 139  
qi, seasonal 190, 192  
qi, timid 60, 89  
qi vacuity 31, 33, 34, 38, 39, 45, 31, 33,  
34, 38, 39, 45, 85, 90, 159, 174  
qi weakness and essence deficiency 54  
*Qian Jin Yao Fang* 14  
*Qian Jin Yi Fang* 14

## R

rash, measles 204, 209  
rashes, blistering swollen 205  
rectal prolapse 33  
respiratory diseases 6  
restlessness 36  
*Rituals of Zhou* 12

## S

scabies 218  
scourges 5, 189, 190, 192  
seeing and hearing unclear 125  
*shan*, cold 72, 165  
*shan* lower abdominal pain, cold 165  
*Shang Han Lun/Jin Gui Yao Lue* 14  
*Shang Shu* 11  
*Sheng Ji Zong Lu* 15  
*Shi Ji* 13, 14  
shoulder, 40 years 77  
Si-ma Qian 13  
sinew and bone aching and pain 49  
sinew and bone soreness and pain 65  
sinew spasm 134  
sinews and bones, unbearable aching and  
pain of the 145  
sinews and bones, weak 47  
sinews and vessels, contracture and spasm  
of the 6, 104, 124, 135, 141, 148, 149  
sinews and vessels, difficulty stretching the  
108  
sinews and vessels, throbbing of the 142  
sinews, damaged 198  
sinews, injuries of the 199  
sinews, twisted 121

sinews, vacuity detriment of the, due to  
twisting 49  
skin, itching and pain of the 135  
skin, itching of the 121, 127  
skin, numbness and insensitivity of the 84,  
126  
skin rashes, itchy 202  
sores, plum 211  
spasms and cramps 87, 92  
speech, delirious 121  
spermatorrhea 38, 40, 44, 51-53, 67, 38,  
40, 44, 51-53, 67, 85, 89, 93  
spirit, confused 121  
spirit, fatigued 51, 60, 68, 51, 60, 68, 89  
speech, chaotic 110  
speech, inhibited 175  
spleen qi vacuity weakness during  
pregnancy 174  
spleen vacuity 42, 59, 42, 59, 112, 155,  
166, 219  
spleen vacuity accumulation of dampness  
166  
spleen vacuity heat 219  
spleen/kidney vacuity diarrhea 38  
spleen/stomach qi vacuity 45  
spleen/stomach vacuity cold 67  
spleen/stomach vacuity weakness 33, 49,  
58, 33, 49, 58, 218  
steaming bones 158  
sterility, male 43  
stomach pain 165  
stomach qi disharmony 162  
stomach reflux and choking of the  
diaphragm 225  
stools, loose 38, 39, 45, 38, 39, 45, 85, 87,  
161  
strength, decline in 68  
strength, generalized lack of 39  
strength, lack of 33, 38, 39, 45, 51, 61, 62,  
33, 38, 39, 45, 51, 61, 62, 82, 85, 94,  
95, 101, 103, 112, 122, 123, 125, 131,  
155, 157, 162, 175  
strength in movement and activity, lack of  
131  
*Su Shi* 15

summerheat heat and dampness 157  
 summertime common cold 158  
 Sun Si-miao 14  
 sweat, dribbling and dripping of chilly 164  
 sweating 33, 38, 40, 44, 33, 38, 40, 44,  
 158, 163, 177, 186, 188, 204, 209, 212  
 sweating, excessive 40, 177  
 sweating, night 44  
 sweating, no 158, 186, 188  
 sweating, vacuity 33, 38, 33, 38  
 swelling and distention of the foot and  
 lower leg 124  
 swelling and fullness of the legs 103  
 swelling and pain all over the body 72  
 swelling and pain of the feet and lower legs  
 106

## T

*Tai Ping Sheng Hui Fang* 15  
 terminal dribbling 93  
 testicular pain 165  
*The History* 11, 13  
 thirst, slight oral 185  
 throat, parched, and dry mouth 51  
 throat, swelling and pain of the 202  
 thyroid, benign hypertrophy of the 228  
 thyroid function, insufficient 228  
 tiger bone 28, 79  
 tinnitus 51, 57, 66, 68, 72, 51, 57, 66, 68,  
 72, 223, 224  
 tooth and gum swelling and pain 117  
 trichomoniasis 218

## U

umbilicus, chilly pain within the 123  
 upper back aching and pain 36, 178  
 upper back aching and pain, lower and 178  
 upper back soreness and pain 115  
 upper back, spasms of the lower and 88  
 upper back, stubborn pain of the lower and  
 94  
 upper back, toxic swellings erupting on  
 206

upper burner, evils invading the 185  
 urinary dribbling and dripping 43  
 urinary incontinence 38, 41, 51, 38, 41,  
 51, 93, 94, 105  
 urination, astringent, inhibited 221  
 urination, inhibited 5, 40, 134, 156, 158,  
 164, 221  
 urination, scanty, frequent 159  
 urine, turbid 104  
 urticaria 202, 208  
 uterine bleeding 49, 51, 49, 51, 169, 173,  
 180  
 uterine bleeding, postpartum 173, 180  
 uterine bleeding which will not stop due to  
 heat 173  
 uterus, wind and cold invading the 183

## V

vacuity and deficiency, generalized 47  
 vacuity cold 51, 67, 51, 67  
 vacuity swelling of the lower legs and feet  
 85  
 vacuity taxation 44, 47, 49, 50, 69, 44, 47,  
 49, 50, 69  
 vacuity taxation detriment and damage 69  
 vacuity taxation phlegm cough 44  
 vaginal discharge, abnormal 51, 70, 51, 70,  
 94, 104, 165, 179, 225  
 vaginal discharge, excessive abnormal 94  
 vaginal discharge, red and white 70, 179  
 vertigo 36, 50, 52, 57, 58, 61, 65, 68, 36,  
 50, 52, 57, 58, 61, 65, 68, 91, 118, 134,  
 150, 153  
 vision, blurred 36, 37, 52, 55, 57, 58, 72,  
 74, 36, 37, 52, 55, 57, 58, 72, 74, 227  
 vision, blurred, in the elderly 55  
 vision, blurred, when standing up 72  
 vision, dimming of 217  
 vision, dizziness and blurred 57  
 voice, raspy 143  
 voice, weak, indistinct 127  
 vomiting 121, 166  
 vomiting and diarrhea 121  
 vomiting of phlegm 202

W

walking, difficulty 87, 91, 96, 103, 118, 124, 135, 138  
 warmth in the body and extremities, lack of 66  
 weakness in the aged 63  
*wei zheng* 79  
 wind and cold, slight aversion to 185  
 wheezing 7, 35, 41, 47, 64, 35, 41, 47, 64, 163, 216, 217  
 wheezing and panting 217  
 wheezing, exertional 47  
 white alcohol 2, 3, 33, 40, 41, 43, 44, 47, 75, 33, 40, 41, 43, 44, 47, 75, 91, 95, 101, 111, 120, 126, 130, 135, 138, 145, 150, 154, 170, 179, 183, 192, 200, 202, 215, 218, 227, 228  
 wind *bi* wandering about 141  
 wind cold, external invasion of 188  
 wind damp pain 114  
 wind dampness *bi* pain 105  
 wind evils 137  
 wind heat, external invasion of 187  
 wind, hemilateral 137  
 wind invasion, righteous vacuity and 80  
 wind stroke 82, 109, 113, 115, 119, 134, 138, 141, 144, 169, 175, 176-178, 183  
 wind stroke insensitivity 138  
 wind toxin aching and pain 143  
 wind toxin blisters and *yong* 203  
 wind toxins, prolonged accumulation of 36  
*Wine Classic* 15, 16  
*Wine Classic of the Northern Mountain* 15, 16  
 wine, grape 2, 40  
 wine, yellow 2, 46, 54, 46, 54, 80, 163-166, 172-175, 181, 187, 204, 207, 208, 214  
 withdrawal and mania 121  
 wrist, 50 years 77  
 worms, discharge of 219  
 worry and anxiety, excessive 41  
 Wu Ding 11

Y, Z

*Yang Sheng Fang* 12, 13  
*Yellow Emperor's Inner Classic* 13  
 Yi Di 11  
 yin and yang dual vacuity 54  
 yin vacuity, fire effulgence 51  
 yin vacuity, internal heat 50  
*yong* 171, 201, 203, 205, 207  
*yong*, chronic 205  
*yong*, intestinal 205  
*yong*, wind toxin blisters and 203  
*Za Liao Fang* 12  
 Zhang Zhong-jing 14  
 Zhang Zi-he 4  
*Zhou Li* 12  
 Zhu Hong 15

# Formula Index

## A

Acanthopanax & Salvia Wine 100  
Achyranthes & Acanthopanax Wine 100  
Achyranthes & Aconite Wine 87  
Achyranthes & Atractylodes Wine 91  
Achyranthes & Cinnamon Wine 85  
Achyranthes & Dendrobium Wine 81  
Achyranthes & Ginseng Wine 84  
Achyranthes & Salvia Wine 83  
Achyranthes Compound Wine 102  
Aconite & Atractylodes Wine 126  
Aconite & Cinnabar Wine 124  
Aconite & Eucommia Wine 96  
Aconite Wine 87, 104, 116, 122, 123, 131, 139, 163, 164  
Acorus & Cinnamon Wine 223  
Acorus Wine 17, 121, 172  
Acronychia Stem Wine 190  
Agkistrodon Wine 210  
Allium & Fermented Soybean Wine 186  
American Ginseng Wine 51  
Amomum Wine 165  
Angelica Anomala Wine 180  
Angelica Pubescens & Achyranthes Wine 119  
Angelica Pubescens & Aconite Wine 123  
Angelica Pubescens & Dang Gui Wine 119  
Angelica Pubescens & Dendrobium Wine 118  
Angelica Pubescens & Ginseng Wine 177  
Angelica Pubescens & Loranthus Wine 132  
Angelica Pubescens & Notopterygium Wine 115  
Angelica Pubescens, Codonopsis & Aconite Wine 116  
Arctium & Rehmannia Wine 203  
Asarum & Angelica Pubescens Wine 117  
Astragalus & Dang Gui Wine 72  
Astragalus & Dendrobium Wine 80  
Astragalus & Dipsacus Wine 127  
Astragalus & Eucommia Wine 89  
Astragalus & Ledebouriella Wine 175

Astragalus Wine 33, 90, 111, 112, 179  
Atractylodes & Fermented Soybean Wine 156  
Atractylodes Wine 45, 91, 126, 128, 164, 174  
Atractylodes, Poria & Caulis Lonicerae Wine 166

## B

Black Soybean & Angelica Wine 134  
Black Soybean & Cinnamon Wine 182  
Black Soybean & Salvia Wine 134  
Black Soybean Supplement the Kidneys Wine 106  
Black Soybean Wine 114, 177  
Black Stripe Snake Wine 136  
Boost the Kidneys, Brighten the Eyes Wine 68  
Boost the Spleen Wine 162  
Boosting Longevity Wine 53  
Boosting Seed Medicinal Wine 32  
Buddha's Hand Wine 196, 224  
Burdock Root & Pine Node Wine 155

## C

Cannabis Wine 221  
Cao Wu Aconite Wine 131  
Carthamus Wine 169, 183, 206  
Chrysanthemum & Lycium Regulate the Origin Wine 65  
Chrysanthemum Wine 82, 153, 185, 227  
Chuan Wu Aconite & Eucommia Wine 96  
Cibotium Wine 94  
Cinnamon & Astragalus Wine 112  
Cirsium & Cephalanoplos Wine 173  
Cistanches Strengthening Wine 71  
Citrus & Gentiana Macrophylla Wine 201  
Citrus & Salvia Wine 208  
Coix & Achyranthes Wine 143  
Coix & Ampelopsis Wine 142  
Coix & Dendrobium Wine 103

Coix & Ledebouriella Wine 144  
Coix & Scutellaria Wine 143  
Coix Wine 129, 149, 150, 156  
Compound Carthamus Wine 206  
Compound Vitex Wine 187  
Compound White Snake Wine 135  
Cordyceps Wine 40  
Cornu Parvum Cervi Wine 50  
Cortex Lycii Wine 104  
Cortex Mori Wine 216  
Curculigo & Acanthopanax Wine 92  
Curculigo Wine 93  
Cuscuta Wine 35  
Cyperus Wine 179

### D

Dandelion & Lonicera Wine 213  
Dandelion Wine 172  
Dang Gui & Asarum Wine 130  
Dang Gui & Corydalis Wine 183  
Dang Gui & Pine Needle Wine 116  
Dang Gui & Rehmannia Wine 180  
Dang Gui Wine 37, 72, 37, 72, 119, 170, 181  
Deer Antler Wine 17, 47  
Dendrobium & Aconite Wine 122  
Detriment & Damage Medicinal Wine 200  
Dioscorea & Aconite Wine 104  
Dioscorea Hypoglauca Wine 105, 145  
Dioscorea Wine 38, 44  
Dioscorea, Cornus & Cistanches Wine 66  
Dispel Wind Angelica Pubescens Wine 120  
Donkey Skin Glue & Mugwort Wine 173  
Drynaria Wine 198

### E

Eight Flavors Astragalus Wine 90  
Ephedra Diffusing the Lungs Wine 215  
Epimedium & Rehmannia Wine 94  
Epimedium Wine 95  
Eucommia Wine 34, 89, 96-99  
Evodia Root Wine 219

Expel Wind Wine 110  
Extend Longevity Wine 61  
Extend the Sinews & Join the Bones Wine 197  
Eye-brightening Wine 52

### F

Fennel Wine 165  
Fresh Burdock Root Wine 191

### G

Gastrodia Wine 151  
Gecko Wine 47  
Gentiana Macrophylla Wine 201, 220  
Gentiana Macrophylla, Cinnamon & Poria Wine 133  
Ginger & Aconite Wine 163  
Ginseng & Atractylodes Wine 45  
Ginseng & Dang Gui Supplement Vacuity Wine 42  
Ginseng & Lycium Wine 57  
Ginseng & Poria Wine 59  
Ginseng Wine 38, 39, 51, 38, 39, 51, 84, 140, 162, 177  
Golden Flower Wine 154  
Greatly Supplementing the Center Dang Gui Wine 181  
Green Plum Wine 161  
Gushing Spring Wine 171

### H

Hawthorne Berry Wine 167  
Honey & Rice Wine 184  
Hua Tuo's Warding Off Epidemics Wine 192

### J

Jade Wine 178  
Jing-yue's Reviving the Massacred Wine 192

**L**

Ledebouriella & Atractylodes Wine 128  
 Ledebouriella & Pine Needle Wine 146  
 Licorice & Cimicifuga Wine 209  
 Ligusticum & Notopterygium Wine 137  
 Ligusticum Wine 196  
 Ligustrum Lucidum Wine 50  
 Longan Wine 41  
 Lonicera Wine 205, 213  
 Loranthus & Black Soybean Wine 177  
 Lycium & Rehmannia Wine 52  
 Lycium Wine 17, 36, 57, 36, 57

**M**

Magnetite Wine 224  
 Master Xu Guo's Immortality Wine 63  
 Master Zhou's Hundred Years Wine 60  
 Medicated Leaven Wine 167  
 Morinda & Prepared Rehmannia Wine 67  
 Morinda Wine 101  
 Morus & Chrysanthemum Wine 185  
 Mulberry Reinforcing Yang Wine 67  
 Mylabis Wine 210

**N, O**

Nine Flavors Coix Wine 149  
 Notopterygium Wine 114, 115, 137, 176  
 Nourish the Constructive Wine 61  
 Old Pine Wine 146  
 Ophiopogon Wine 35  
 Orange Peel Wine 226  
 Osmanthus Flower Wine 17, 226

**P, Q**

Peony & Astragalus Wine 179  
 Perilla Seed Wine 216  
 Persica & Cinnabar Wine 48  
 Persica Wine 222  
 Photinia & Kochia Wine 204

Photinia & Ledebouriella Wine 108  
 Phymatopsis & Licorice Wine 206  
 Pine Needle Wine 116, 146, 209  
 Pine Node & Rehmannia Wine 147  
 Pinellia & Ginseng Wine 162  
 Polygonum Multiflorum & Coix Wine 150  
 Polygonum Multiflorum & Squama Manitis Wine 207  
 Polygonum Multiflorum Wine 37, 212  
 Poria & Atractylodes Wine 164  
 Poria & Chrysanthemum Wine 82  
 Poria Wine 17, 39, 59, 39, 59, 133  
 Prepared Rehmannia & Eucommia Wine 99  
 Pyritum & Aconite Wine 139  
 Pyritum & Asarum Wine 141  
 Pyritum & Ginseng Wine 140  
 Pyritum & Ledebouriella Wine 137  
 Quartz Wine 131  
 Quickened the Blood Wine 199

**R**

Raw Rehmannia & Acanthopanax Wine 148  
 Red Cheeks Wine 43, 64  
 Red Date Wine 34  
 Rehmannia & Lycopodium Wine 63  
 Reinforce Yang Wine 72  
 Resolve Toxins, Disperse Sores Wine 211  
 Reviving the Massacred Wine 190, 192  
 Rhaponticus Opening Wine 213  
 Robust Health Wine 62  
 Rosa Rugosa Wine 225

**S**

Salvia & Dendrobium Wine 81  
 Salvia & Eucommia Wine 98  
 Salvia Wine 83, 100, 134, 154, 208  
 Sanguisorba & Acorus Wine 172  
 Sargassum Wine 228  
 Schizandra Wine 107, 227  
 Schizonepeta & Fermented Soybean Wine

## Chinese Medicinal Wines & Elixirs

---

188

Scorpion Wine 113  
Seahorse Wine 41  
Secret Transmission Wine 109  
Securing the Body Rehmannia Wine 54  
Semen Allii Fistulosi Wine 88  
Seventeen Flavors Herbal Wine 125  
Shrimp Wine 46  
Siberian Ginseng Wine 39  
Silkworm & Black Soybean Filtered Wine  
175  
Silkworm Wine 121  
Skimmia & Coix Wine 149  
Skimmia & Dioscorea Hypoglauca Wine  
145  
Sophora Flower Wine 204  
Sophora Resolve Toxins Wine 220  
Sophora Wine 189  
Spleen/Kidney Dual Assisting Wine 70  
Stalactite Wine 128  
Stemona Wine 218  
Step Back from Old Age Wine 56  
Sunny Spring Wine 74  
Supplement & Boost Lycium & Cinnamon  
Wine 74  
Supplement the Essence, Boost the Old  
Wine 69  
Supplement the Qi, Nourish the Blood  
Wine 58

Walnut Wine 33  
White Flower Snake Wine 135  
Xanthium Wine 222

## T

Ten Flavors Aconite Wine 122  
Three Greats Medicinal Wine 198  
Tranquelize the Heart Wine 227  
Trichosanthes & Allium Macrostem Wine  
217  
Trichosanthes & Licorice Wine 205  
Two Dong & Two Di Wine 55  
Two Peels Angelica Pubescens Wine 90

## V, W, X

Vitex Wine 187