

Chinese Herbal Formulas (Medicine) for Martial Artist

ZHENG GU SHUI (External Analgesic Liniment)

INDICATIONS:

Provides temporary relief for aches and pains of muscles and joints associated with simple backaches, arthritis, strains, dislocations, bruises, sprains and tears to ligaments and muscles. Works very well for ligament and tendon pain. Promotes blood circulation, reduces swelling, relieves pain, promotes regeneration of broken bone tissue and promotes healing of fractures. Disperses blood and fluid stagnation, invigorates the chi and blood, relaxes tendons and muscles, promotes healing and stops pain. It is excellent for sports and martial arts injuries.

DIRECTIONS: (External Use Only)

Apply on affected and peripheral area, lightly massage into the area until dry. Apply three applications, three times daily. Do not apply to open wounds or damaged skin.

CAUTION:

Do not get into eyes, wash hands thoroughly after use. Do not bandage tightly. Do not use on children under 2 years of age without consulting a physician or health care professional.

PO SUM ON MEDICATED OIL (External Analgesic Liniment)

INDICATIONS:

Provides temporary pain relief for muscles and joints: For aches and pains in joints due to wind-cold or stagnation of blood and chi, including rheumatic joint pain, and chronic and acute traumatic injury. Also helps relieve the itch of mosquito bites.

DIRECTIONS: (External Use Only)

Apply on affected and peripheral area, using three applications, massage into the area until dry. Apply three times daily. Do not apply to open wounds or damaged skin.

CAUTION:

Do not get into eyes, wash hands thoroughly after use. Do not use on children under 2 years of age without consulting a physician or health care professional.

WOOD LOCK MEDICATED OIL - WONG TO YICK (External Analgesic Liniment)

INDICATIONS:

For the temporary relief of minor aches and pains of muscles and joints associated with simple backache, arthritis and strains. Also used on the hands and forearms after Wing Chun wooden dummy training.

DIRECTIONS: (External-Use Only)

Apply to affected and peripheral area, massage gently until absorbed into the skin. Apply no more than 3 to 4 times daily.

CAUTION:

Over stimulation and rough rubbing will cause skin burn. Avoid contact with the eyes. If rash or irritation develops, discontinue use. Do not apply to wounds or damaged skin. Do not bandage tightly. Do not use on children under 2 years of age without consulting a physician or health care professional.

EAGLE BRAND MEDICATED OIL - FONG YEOW CHENG **(External Analgesic Liniment)**

INDICATIONS:

Provides temporary relief of minor aches and pains of muscles and joints associated with simple backaches, arthritis, strains, bruises, and sprains. A special formulation of menthol that provides penetrating pain relief and invigorates the chi and blood. Also used for the treatment and temporary relief of sinus & nasal congestion, stomachaches, and headaches.

DIRECTIONS: (External Use Only)

Apply on affected and peripheral area, lightly massage into the area. Apply three to four times daily. For sinus congestion apply one or two drops under the nose/nostrials. For headaches apply one or two drops behind both ear lobes (TW-17) or apply to the temples (Taiyang). For stomachaches apply one or two drops just below the belly button (CV-7, 6). Do not apply to open wounds or damaged skin.

CAUTION:

Do not get into eyes, wash hands thoroughly after use. Do not bandage tightly. Do not use on children under 2 years of age without consulting a physician or health care professional.

KWAN LOONG MEDICATED OIL **(Pain Relieving Aromatic Oil)**

INDICATIONS:

Provides temporary relief of minor aches and pains of muscles and joints associated with simple backaches, arthritis, strains, bruises, and sprains. Provides penetrating pain relief and invigorates the chi and blood. Also great for the temporary relief of simple itching and irritation, from insect bites.

DIRECTIONS: (External Use Only)

Apply on affected and peripheral area, lightly massage into the area. Apply three to four times daily. Do not apply to open wounds or damaged skin.

CAUTION:

Do not get into eyes, wash hands thoroughly after use. Do not bandage tightly. Not recommended for nursing or pregnant women. Do not use on children under 2 years of age without consulting a physician or health care professional.

WAN HUA OIL (DIE DA)

ACTIONS:

Helps to stop hemorrhage and alleviating, pain and relieving inflammation. Promotes tissue regeneration, subsiding swelling and removing blood stasis, relieving rigidity of tendons and muscles and activating circulation of Chi and blood in the meridians.

INDICATIONS:

Applicable to trauma or traumatic injuries such as fractures, wounds, bruises, sprains, strains, burns, scald burns, incised wounds and hemorrhage, etc.

DIRECTIONS: (External Use Only)

Apply onto the affected area and rub with an oiled cotton ball three times daily, or apply dressing with a piece of oiled cotton on the affected part once daily.

CAUTION:

Do not get into eyes, wash hands thoroughly after use. Do not use on children under 2 years of age without consulting a physician or health care professional.

SHU JIN LU - EASY-FLEX (External Pain Relieving Spray)

ACTIONS:

For-physical therapy, accelerates metabolism, increases vitality of cells, reinforces the body's resistance to pathogens, relaxes muscles and tendons and activates the meridians channels. Eliminates the wind-damp (numbness & tingling) and relaxes painful musculo tendo-skeletal conditions.

INDICATIONS:

Good for the treatment of trauma, sprains, agony of muscles, tendons, joints muscle spasm, numbness, fatigue contusions and osteoarthritis. Especially for the discomfort or pain of muscles and joints. Also for fatigue of the whole body due to physical exercise or heavy physical labor.

DIRECTIONS: (External Use Only)

Apply on affected and peripheral area, lightly massage into the area. Apply two to three times daily. Apply before playing sports to muscles and joints to prevent muscle spasm, after working out apply to relieve fatigue.

CAUTION:

(For external Use Only) Do not get into eyes, wash hands thoroughly after use. Not recommended for nursing or pregnant women. Do not use on children under 2 years of age without consulting a physician. Keep away from fire and high temperature.

KOONG YICK HUNG FA OIL (External Liniment)

INDICATIONS:

Good for arthritis pain, abdominal pain, postpartum headache, general fatigue, rheumatism, lumbago, bruises, infected wounds, and par-aesthesia.

DIRECTIONS: (External Use Only)

Apply onto the affected area not more than 3 to 4 drops per application; apply 3 to 4 times daily.

CAUTION:

Do not get into eyes, wash hands thoroughly after use. For external use only, not for use during pregnancy, not suitable for children, not suitable for sensitive skin.

TIGER BALM (White style non staining External Analgesic Balm)

INDICATIONS:

Topical analgesic rub for temporary relief of aches and pains due to muscle soreness, overexertion, backaches, arthritis and joint pain. Also used to help relieve the itch of mosquito bites. Also used for the treatment and temporary relief of stomachaches and sinus & chest congestion.

DIRECTIONS: (External Use Only)

Apply on affected and peripheral area, lightly massage into the area. Apply no more than three to four times daily. May be applied before playing sports to muscles and joints to prevent muscle spasm, also apply after working out to relieve fatigue. For sinus & chest congestion apply under the nose/nostrils or onto the upper chest (CV-17, 18). For stomachaches apply just below the belly button (CV-7, 6). Do not apply to open wounds or damaged skin.

CAUTION:

(For external Use Only) Do not get into eyes, wash hands thoroughly after use.

HUA TUO ANTI-CONTUSION RHEUMATISM PLASTER

Kwangchow United Manufactory; China

INDICATIONS:

An adhesive plaster for use on sore muscles, bruises, and sprains, muscular aches, rheumatic pains, lumbago backache, arthritis pains, neuralgia, sciatica etc. It produces an analgesic effect and improves the blood circulation to the effected area. Reduces extraverted blood, subsidence of swelling.

DIRECTIONS: (External Use Only)

Remove the plaster from the transparent sheet and apply it to the affected area. Each sheet will be effective for 24 hours. It will be more effective if it is used after a bath. Do not apply to open wounds or damaged skin. Do not bandage tightly.

CAUTION:

Do not get into the eyes. Prohibited to the abdominal area during pregnancy. Do not use on children under 2 years of age without consulting a physician or health care professional.

SALON-PAD PLASTER (External Pain Relieving Plaster)

Hisamitsu Pharmaceutical Co., Japan

INDICATIONS:

Provides temporary relief of minor aches and pains of muscles and joints associated with simple backaches, arthritis, strains, bruises, and sprains. It produces an analgesic effect and improves the blood circulation to the effected area. Helps to disperse edema at the sight of the injury.

DIRECTIONS: (External Use Only)

Remove the plaster from the transparent sheet and apply it to the affected area. Each sheet will be effective for 12 to 24 hours. It will be more effective if it is used after a bath. Do not apply to open wounds or damaged skin. Do not bandage tightly.

CAUTION:

Do not get into eyes. Not recommended for nursing or pregnant women. Do not use on children under 12 years of age

DIT DA JOW (Five Photos Brand)

INDICATIONS:

Provides temporary relief for impact bruise. Good for applying after conditioning training.

DIRECTIONS: (External Use Only)

Apply on affected and peripheral area, massage into the area until dry. Apply three times per session as needed.

CAUTION:

Do not get into eyes, wash hands thoroughly after use. Not recommended for nursing or pregnant women. Do not use on children under 2 years of age without consulting a physician or health care professional.

DIT DA JOW (Iron Palm)

INDICATIONS:

Provides temporary relief for impact injuries and bruises. Can be used as a training liniment to condition striking surfaces before and after training.

DIRECTIONS: (External Use Only)

Apply on affected and peripheral area, massage into the area until dry. Apply three times per session as needed.

CAUTION:

Do not get into eyes, wash hands thoroughly after use.

HSIUNG TAN TIEH TA WAN - (Hit Pill) (Bear Gallbladder Traumatic Injury Pill)

INDICATIONS:

Invigorates blood and chi circulation, breaks up blood swelling and stagnation, reduces heat, promotes healing to injured blood vessels. Use for acute contusions bruises, sprains, and swellings due to trauma. Also used in the treatment of swelling and bruising in chronic traumatic conditions. Very popular in China for the treatment of sports and martial arts related injuries.

DIRECTIONS:

Taken **internally**: 1 pill per treatment, Children, 1/2 pill. Open the hit pill and break it into pieces that can be swallowed easily. Use rice wine (water is OK) to swallow, (the alcohol will promote absorption). The pill can be dissolved to use for a topical or to be taken as a tea.

External use: dissolve in rice wine (Sake) or alcohol and rub vigorously into affected area.

CAUTION:

Prohibited during pregnancy (internally, and externally applied to the abdomen), and during bleeding injuries. Reduce dosage or discontinue if diarrhea develops. **Not for use** on children under 2 years of age without consulting a physician or health care professional.

INTERNAL DIT DA JOW FIVE PHOTOS BRAND (Super Hit Pill)

INDICATIONS:

Good for major injuries due to sports and martial arts training. Invigorates blood and chi circulation, breaks up blood swelling and stagnation, reduces heat, promotes healing. Use for acute contusions bruises, sprains, and swellings due to trauma. Also used in the treatment of swelling and bruising in chronic traumatic conditions.

DIRECTIONS:

Taken **internally**: 1 pill or ½ a pill per treatment or broken up into three portions taken over the course of a day, Children, 1/2 pill only. Open the hit pill and break into pieces that can be swallowed easily. Use rice wine (water is OK) to swallow, (the alcohol will promote absorption). The pill can be dissolved to use for a topical.

External use: dissolve in rice wine (Sake) or alcohol and rub vigorously into affected area.

CAUTION:

Prohibited during pregnancy (internally, and externally applied to the abdomen), and during bleeding injuries. Reduce dosage or discontinue if diarrhea develops. **Not for use** on children under 2 years of age without consulting a physician or health care professional

PE MIN KAN WAN

(Oral Tablets for Hay Fever & Nasal Allergies)

INDICATIONS:

Herbal tablets for Nasal Allergies, colds and hay fever. For fast-acting relief of the symptoms of hay fever, such as sneezing, runny nose, itchy, water eyes. It will gradually reduce the pressure of sinus, helping with sinus drainage. Other symptoms Inflammation-Chronic, Sinusitis, Headache-Dull, Rhinitis-Chronic, Bronchitis-Chronic, Common Cold, Nasal-Congestion, Dizziness, Flu and Asthma-Allergies. For severe cases of watery phlegm, use in conjunction with **Er Chen Wan**.

ACTIONS:

Common Usage: Allergies, nasal congestion. It dries phlegm and opens nasal passages, eliminating stuffy nose, sneezing and allergies. It can be taken long term during allergy season to eliminate or reduce the symptoms of hay fever and other allergic reactions. It can also be taken to supplement cold formulas to clear the nose of stuffiness and mucus. **PE MIN KAN WAN** is made from all natural herbs, no side effects, safe to use for all ages. It has no ill influence on the heart, liver, or kidneys and so people who suffer from the above-mentioned problems can take this herbal formula.

DIRECTIONS:

Take 3-5 pills each time, 2-3 times a day. Taking this product successively for 30 days is calculated as one course of treatment. In mild cases, one or two courses of, treatment are sufficient for recovery, while in serious case, several courses of treatment should be given.

BI YAN PIAN

(Oral Tablets for Hay Fever & Nasal Allergies)

INDICATIONS:

Acute and chronic rhinitis and Para sinusitis are common diseases in the sphere of Five Senses Organs. Serious results will be occurred if not properly treated in time. The symptoms of these diseases appear as excessive nasal mucus. Clogged nostrils thick mucus with odors or accompanied with headache, vertigo, insomnia auricular fibrillation, neurasthenia etc.

ACTIONS:

Common Usage: Allergies, nasal congestion, and sinus infections. It dries mucus and helps to open nasal passages. First developed in 1253 A.D., it contains herbs to fight nasal infections and kill pathogenic bacteria as well as dry dampness and phlegm for acute and chronic Rhinitis and Para-sinusitis. Helps with other symptoms such as rhinitis-allergy, phlegm-thick, phlegm-yellow, hay fever, headache-dull and dizziness. Can be taken along with the cold formula Gan Mao Ling to help fight colds and clear a stuffy nose.

DIRECTIONS:

For adults 3-4 tablets, three times a day, to be taken with warm water or according to physician's instructions. Please keep the cap tightly closed and store in a dark and dry place

CHUAN XIN LIAN

(ANTIPHLOGISTIC PILLS)

INDICATIONS:

This formula is traditionally popular with women for bladder infections. It is also used for the treatment of sore throats, tonsillitis, swollen lymph glands and ear infections. It works as a natural anti-biotic and can be used for both bacterial and viral infections.

ACTIONS:

Common Usage: Works as a natural antibiotic for the treatment of sore throat, tonsillitis, ear infection, bladder infection and swollen lymph glands. Removes toxic heat, cools the blood, resolves inflammations and soothes the throat. Useful for the treatment of acute throat inflammation, with swollen glands and fever. Can be taken along with the formula **BI YAN PIAN** or **PE MIN KAN** to help fight infection and a clear sore throat during a sinus infections.

DIRECTIONS: Take 3 to 4 pills three times per day.

GAN MAO LING **(For Common Colds & Flu)**

INDICATIONS:

Very popular formula in China for the treatment of the early stages of cold and flu symptoms. For the treatment of any type of common cold--invasion of wind-cold and/or wind-heat. With symptoms of sudden, unexplained fatigue, body/muscle aches, chills and fever without perspiration, sneezing, clear runny nasal discharge, scratchy sore throat, cough, stiff neck, swollen lymph nodes in neck and headaches.

Traditional Chinese Medicine discerns two stages to the average cold. The early stage is mild and lasts from a few hours up to two days. These symptoms may arise following exposure to a cold draft or air conditioning or after overworking. If you are attentive and observe these symptoms you should start treating them as soon as you notice them and you may be able to prevent them from progressing.

ACTIONS:

Common Usage: Modern formula for the treatment of both common colds and flu. This herbal formula has the effects of relieving cold and flu symptoms, inducing perspiration, arresting cough, allaying fever and relieving body aches and pain. It also has an anti-viral and antibiotic effect and affects a wide range of bacteria. Works best if taken at the first observation the above cold and flu symptoms. The herbal formula BI Yan Pian can be added to help clear stuffy nose and headaches.

DIRECTIONS:

Best if take at the first sign of symptoms. Suggested dosage: 3 to 6 tablets, 3 times per day. For prevention of colds take 2 tablets, 2-3 times per day, for 3 days or according to physician's instructions.

NATURAL HERB LOQUAT FLAVORED SYRUP **NIN JIOM PEI PA KOA** **(ORAL DEMULCENT SYRUP)**

INDICATIONS:

A syrup beverage used for chronic and acute cough, due to erogenous attack, weakness of lung chi, deficiency of lung yin with heat and sticky phlegm-heat. Use to allay cough and resolve phlegm, including sinus congestion. Useful in the treatment of emphysema, Chronic Cough, Sinusitis and acute bronchitis. Soothes and protects sore throat relieves minor mouth irritation.

100% natural herbal honey loquat flavored syrup. A pleasant tasting natural herbal based liquid. Contains no alcohol, artificial flavors, colors or preservatives.

DIRECTIONS:

To be taken three times a day with or without warm water, can also be made as a hot tea beverage. Take two teaspoons for adults and one teaspoon for children per treatment. For children under 2 years of age: consult a doctor

CAUTION:

If you are pregnant or nursing a baby seek the advise of a health professional before using this product. Keep this and all drugs out of the reach of children.

GINSENG ROYAL JELLY **REN SHEN FENG WONG JIANG**

INDICATIONS:

A nutritive tonic to promote spleen and lung Qi and aid in nutritional absorption. This is a very potent tonic to improve overall energy level and immune system. Promotes appetite and stimulates absorption of food. Helpful in strengthening the immune system following illness. A good tonic for general health promotion.

DIRECTIONS:

Drink (through enclosed straw) 1-2 vials alone or with a cup of warm water. One vial 10cc each.

SHOU WU PIAN **(Polygonum Shou Wu Tablet)**

INDICATIONS:

This formula is over 1000 years old. This product is a "longevity tonic", and it builds red and white blood cells as well as lowers cholesterol. Nourishes liver blood, tonifies kidney *Qi* and kidney *jing*. Also called black hair pills, this herb is reputed to be the herb of choice to restore normal hair color, keeping hair from graying. This herb has also been used traditionally to build the blood and raise energy levels. Commonly used in China by the ageing.

ACTIONS:

Enriches the liver, kidneys, bone marrow and sperm. Strengthens the sinews and bones, thicken hair, boost energy levels and promote youthfulness. Benefits lower back and joint aching due to weak kidneys.

DIRECTIONS:

For adults take 4-5 tablets, 3 times per day, take with water.

SHOU WU CHIH **(Polygonum Shou Wu Juice)**

INDICATIONS:

A liquid concentrate used as a great liver tonic for both men and women. Tonifies, warms and invigorates the blood, nourishes the liver and kidneys, benefits the eyes and strengthens tendons. Helps to restore normal hair color, keeping hair from graying.

ACTIONS:

Primarily a liver tonic that strengthens bones and tendons and benefits lower back and joint aching. Darkens hair, improves energy, benefits the eyes, and nourishes the blood. Replenishes *Qi* and vital essence (*jing*), which is lost due to excessive sexual indulgence, childbirth, or illness. Suitable for long-term use.

DIRECTIONS:

Take 2-3 tablespoons, 3 times a day with tea or water, or in soup.

Warning:

Before using any of these herbal medicines, fully read and follow all the instructions included with each herbal patent formula.

Remember:

These are herbal dietary supplements from China. Federal laws prohibit any claims that Chinese herbs can cure or prevent any disease or conditions. The product descriptions on these pages are intended to provide information only. They are not meant to diagnose or prescribe. Anyone using these products without consulting a health care practitioner will be diagnosing for himself or herself.