

## Allergic Rhinitis

**"The Treatment of 42 Cases of Allergic Rhinitis with *Si Wu Tang Jia Wei* (Four Materials Decoction with Added Flavors)" by Li Guang-zhen, Ji Lin Zhong Yi Yao (*Jilin Traditional Chinese Medicine & Medicinals*), #3, 1993, p. 25**

Since 1985, the author has treated 42 cases of allergic rhinitis with *Si Wu Tang Jia Wei*. Of these 42, 29 were men and 13 were women. They ranged in age from a young of 19 to an old of 62 years of age. The shortest course of disease was four months and the longest was 10 years. Runny nose, itchy nose, and sneezing were the main symptoms. Examination revealed that the nasal mucosa were either an ashen white or purplish sooty color, the nasal shell was edematous, and the nasal cavity was producing a flowing secretion. Examination of the nasal secretions were positive for eosinophilia.

The medicinals consisted of: uncooked Radix Rehmanniae (*Sheng Di*), 24g, Radix Angelicae Sinensis (*Dang Gui*) and Radix Rubrus Paeoniae Lactiflorae (*Chi Shao*), 15g @, Radix Ligustici Wallichii (*Chuan Xiong*), 6g, Fructus Xanthii (*Cang Er Zi*) and Flos Magnoliae Lileflorae (*Xin Yi*), 9g @, and Herba Pycnostelmae (*Xu Chang Jing*), 30g. If there was headache, Radix Angelicae Dahuricae (*Bai Zhi*) and Flos Chrysanthemi Morifolii (*Ju Hua*) were added. If there was common cold, these medicinals were combined with *Yu Ping Feng San* (Jade Windscreen Powder). One *ji* was decocted per day with 15 days equaling one course of treatment. Two to four courses of treatment were given with a follow-up survey

conducted one year after treatment.

Twenty-three patients were completely cured. This meant that their symptoms disappeared, their nasal mucosa and secretions returned to normal, and their nasal secretions tested negative for eosinophils. Thirteen cases got fair improvement. This meant that their symptoms were obviously reduced or partially disappeared. The number of attacks or the duration of attacks was also reduced, and their nasal secretions mostly tested negative for eosinophils. And six patients got no result from this treatment. This meant that there was no apparent change in their condition from before the treatment was begun. Therefore, the total amelioration rate was 85.7%.

According to the author, the main disease mechanism of this disease is yin and blood insufficiency. Because constructive and defensive are vacuous and empty, the exterior defensive fails to secure. This then allows for external invasion of wind cold evils, and this results in the portal of the lungs (*i.e.*, the nose) losing its free flow. *Si Wu Tang* enriches yin and nourishes blood, moves the qi and harmonizes the constructive, and thus supports the righteous. As the saying goes, "When the blood is harmonious (or harmonized), wind is automatically extinguished." Xanthium, Flos Magnoliae, and Pynostelma diffuse the lungs, open the orifices, and, therefore, dispel evils. When evils are dispelled, the righteous is at ease. With the righteous recuperated and evils removed, the disease is automatically cured.

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