

AllerEase

Tab Content

Ingredients

<i>Huang Qi</i> (Radix Astragali)	44 mg
<i>Yi Yi Ren</i> (Semen Coicis)	44 mg
<i>Shan Yao</i> (Radix Dioscoreae)	44 mg
<i>Dang Shen</i> (Radix Codonopsis)	44 mg
<i>Bai Zhu</i> (Rhizoma Atractylodis Macrocephalae)	29.4 mg
<i>Fang Feng</i> (Radix Saposhnikoviae)	29.4 mg
<i>Jing Jie</i> (Herba Schizonepetae)	29.4 mg
<i>Jie Geng</i> (Radix Platycodi)	29.4 mg
<i>He Zi</i> (Fructus Terminaliae)	29.4 mg
<i>Xin Yi Hua</i> (Flos Magnoliae)	29.4 mg
<i>Bo He</i> (Herba Menthae Haplocalycis)	29.4 mg
<i>Ze Xie</i> (Rhizoma Alismatis)	29.4 mg
<i>Wu Wei Zi</i> (Fructus Schisandrae)	29.4 mg
<i>Gan Cao</i> (Radix Glycyrrhizae)	29.4 mg
<i>Chan Tui</i> (Periostracum Cicadae)	15 mg
<i>Gan Jiang</i> (dry Rhizoma Zingiberis)	15 mg

Chinese Disease Diagnosis

Bi liu ti (runny nose), *pen ti* (sneezing), *bi se* (nasal congestion), *bi yang* (itchy nose), *mu yang* (itchy eyes)

Pattern Discrimination

Wind evils invading because the defensive qi is not securing the exterior. This in turn is due to insufficient spleen (and possible kidney) vacuity with deeplying phlegm rheum.

Therapeutic Actions

Secures the exterior and the lungs while gently dispelling wind, supplements the spleen and kidneys, eliminates dampness and transforms phlegm, stops itching and opens the flow of the nasal orifices

Indications

The remedial treatment of acute episodes of allergic rhinitis characterized by clear, runny, itchy nose, itchy eyes, and sneezing due to wind evils taking advantage of defensive qi not securing in turn due spleen (and possibly kidney) vacuity with deeplying phlegm rheum.

Formulator's Comments

Although this formula dries dampness and transforms phlegm, due to the inclusion of *Wu Wei Zi*, *Shan Yao*, and *Gan Cao*, it also protects yin fluids. So it is not so likely to cause excessive dryness of the mucus membranes as does prolonged use of Western medical anticongestants.

Contraindications

This formula is not for the treatment of wind heat or livergallbladder damp heat sinusitis. For that, consider using our *Perilla & Mentha* formula.

Signs & Symptoms

THE SIGNS AND SYMPTOMS OF WIND COLD ALLERGIC RHINITIS INCLUDE

- Episodic or seasonal sneezing due to airborne allergens
- Clear, watery runny nose
- Itchy nose
- Itchy eyes
- Nasal congestion

THE SIGNS AND SYMPTOMS OF SPLEEN VACUITY INCLUDE

- An enlarged tongue with teethmarks on its edges and white fur
- A possible soggy pulse in the right bar position
- Fatigue
- Lack of strength
- Possible loose stools
- A craving for sweets and/or “sugar blues”

Formula Explanation

In Chinese medicine, people who contract airborne allergies, ipso facto, suffer from a defensive qi vacuity. Since the defensive qi issues from the middle burner, this defensive qi vacuity is mostly due to a chronically vacuous and weak spleen failing to engender the lungs and defensive qi. Because of the close reciprocal relationship between the spleen and kidneys, there may also be a kidney qi vacuity. In either case, external wind evils may take advantage of this vacuity to enter the body where they obstruct the lungs’ diffusion and downbearing. Because the patient’s spleen is habitually vacuous, there is a tendency to phlegm dampness. This phlegm may be hidden or deeplying, meaning that, during ordinary times, it is not apparent. However, whenever the lungs’ diffusion and downbearing of fluids is inhibited, this phlegm backs up and spills over, thus becoming apparent as mucus. Therefore, this formula is based on the saying, “The spleen is the root of phlegm engenderment; the lungs are the place where phlegm is stored.” Within it, *Dang shen* (Radix Codonopsis), *Huang qi* (Radix Astragali), *Yi Yi Ren* (Semen Coicis), and *Shan Yao* (Radix Dioscoreae) supplement the lungs, spleen, and kidneys, the three viscera which govern water metabolism in the body. *He Zi* (Fructus Terminaliae Chebulae) and *Wu Wei Zi* (Fructus Schisandrae) secure the lungs and specifically stop runny nose. *Fang Feng* (Radix Saposhnikoviae) and *Jing Jie* (Herba Schizonepetae) relatively gently dispel wind evils from the exterior while not damaging the defensive qi. *Xin Yi Hua* (Flos Magnoliae) and *Bo He* (Herba Menthae) open the orifices and free the flow of the nose, thus relieving nasal congestion. *Chan Tui* (Periostracum Cicadae) dispels wind and stops itching. *Jie Geng* (Radix Platycodi) guides the other medicinals to the lungs and also transforms phlegm. *Gan Jiang* (dry Rhizoma Zingiberis) warms the lungs and transforms phlegm. The combination of *Yi Yi Ren* (Semen Coicis) and *Ze Xie* (Rhizoma Alismatis) seeps dampness via urination and, therefore, helps *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) eliminate dampness. *Gan Cao* (Radix Glycyrrhizae) harmonizes all the other medicinals in the formula at the same time as helping fortify the spleen and supplement the qi.

Dosage

Three capsules two times per day. This formula is made from a 9:1 extract. That means the above dosage is equivalent to not less than 27 grams of bulk herbs. However, because our extraction process is so much more efficient than stovetop decoction, we believe this amount it is actually more like the equivalent to 40-54 grams of bulkdispensed herbs.

Research Outcomes

Thirty three patients with wind cold allergic rhinitis and an underlying lungspleen vacuity were given a single course of treatment with this formula and then followed for six months. In six cases, their symptoms disappeared and did not recur for the full six months of the study. In 23 cases, their symptoms recurred after more than three months but less than six months. However, repeat treatment was able to eliminate their symptoms. Only four cases got no effect. Thus the total effectiveness of this formula was 87.8%.

My Patient Does Have

MY PATIENT DOES HAVE SIGNS AND SYMPTOMS OF

wind cold allergic rhinitis: ? Yes ? No
No spleen vacuity: ? Yes ? No

Product Testing

Creating a line of exceptional products for Chinese medical practitioners requires quality assurance that incorporates traditional knowledge as well as science. At Blue Poppy, we deeply value the traditional knowledge and techniques of Chinese medicine, and we meticulously reproduce the traditional decoction process with only the best raw herbs.

Our herbs are carefully selected by experts trained in traditional herbal quality discernment, and we rely upon a stable network of GAP farms and trusted wholesalers for all of our raw materials. An in-house sourcing expert at our manufacturing facility evaluates the herbs with both traditional assessment techniques and modern methods incorporating TLC and HPLC, and our own on-staff herbal expert Eric Brand personally travels to China to verify their authenticity and quality.

Blue Poppy products undergo one of the most comprehensive testing regimes in the industry. We are the only company in the industry to use a third-party certified FDA cGMP manufacturing facility in conjunction with third-party lab testing for every batch of every formula. We test every formula for microbiologic contaminants, heavy metals and pesticide residue.

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