

# *Cold Quell 60* Tab Content

- Ingredients

**Ingredients:**

*Ban Lan Gen* (Radix Isatidis/Baphicacanthi)

*Lian Qiao* (Fructus Forsythiae)

*Jin Yin Hua* (Flos Lonicerae)

*Xuan Shen* (Radix Scrophulariae)

*Sheng Di* (uncooked Radix Rehmanniae)

*Chuan Xiong* (Rhizoma Chuanxiong)

*Huang Qin* (Radix Scutellariae)

*Chai Hu* (Radix Bupleuri)

*Dang Shen* (Radix Codonopsis)

*Ban Xia* (Rhizoma Pinelliae)

*Da Zao* (Fructus Jujubae)

*Sheng Jiang* (uncooked Rhizoma Zingiberis)

*Niu Bang Zi* (Fructus Arctii)

*Bai Shao* (Radix Paeoniae Albae)

*Dang Gui* (Radix Angelicae Sinensis)

mix-fried *Gan Cao* (Radix Glycyrrhizae)

*Jie Geng* (Radix Platycodi)

- Audio

**Hear Bob Flaws' describe this product:**

[Audio Product Description](#)

**Product Comparisons:**

[Blue Poppy Herbs' ColdQuell vs. Alembic Herbals' Bupleurum & Four Substances](#)

[Blue Poppy Herbs' ColdQuell vs. Golden Flower's Bupleurum & Cinnamon](#)

[Blue Poppy Herbs' ColdQuell vs. Health Concerns' Cold Away](#)

[Blue Poppy Herbs' ColdQuell vs. Three Treasures' Expel Wind-Heat](#)

[Blue Poppy Herbs' ColdQuell vs. Golden Flower's Gan Mao Ling](#)

[Blue Poppy Herbs' ColdQuell vs. Kan Herbals' Initial Defense](#)

[Blue Poppy Herbs' ColdQuell vs. Health Concerns' Yin Chao Jin](#)

[Blue Poppy Herbs' ColdQuell vs. Golden Flower's Yin Chiao](#)

[Blue Poppy Herbs' ColdQuell vs. Kan Herbals' Yin Qiao](#)

- Dosage

**Dosage:**

Three capsules two times per day. This formula is made from a 10:1 extract. That means the above dosage is equivalent to not less than 30 grams of raw herbs. However, because our extraction process is so much more efficient than stove-top decoction, we believe this amount it is actually more like the equivalent to 45-60 grams of bulk-dispensed herbs.

- Formula Explanation

**Formula explanation:** Bupleurum, Forsythia, Lonicera, and Arctium all resolve the exterior and clear heat. Lonicera, Forsythia, Arctium, Scrophularia, and Isatis clear heat and resolve toxins. Arctium, Scrophularia, and Platycodon disinhibit the throat. Bupleurum also courses the liver and rectifies the qi. Pinellia and Platycodon transform phlegm, while Scrophularia scatters nodulation. Uncooked Ginger primarily helps Pinellia and Platycodon transform phlegm and eliminate dampness, but also does harmonize and open the stomach, thus helping to restore the appetite. Scutellaria clears heat especially from the lungs, stomach, and liver-gallbladder. Uncooked Rehmannia clears heat and cools the blood, engenders fluids and enriches yin. Combined with Dang Gui and Peony, these ingredients prevent evil heat from damaging yin blood. They also harmonize both the constructive and defensive and the liver. Ligusticum Wallichium moves the qi within the blood and also acts as a messenger, leading the other medicinals upward. Thus Ligusticum Wallichium relieves head and throat pain by quickening the blood. Codonopsis, mix-fried Licorice, and Red Dates all fortify the spleen and supplement the qi, thus supporting the righteous. Further, Licorice, Red Dates, and Ginger harmonize all the other ingredients in the formula, thus protecting the stomach qi. Premenstrually, the blood in women collects in the uterus. The blood is the mother of the qi. Therefore, this may A) leave the defensive and constructive unharmonized, allowing easy invasion by external evils, and B) may leave the liver undernourished. Blood must nourish the liver in order for the liver to do its duty of controlling coursing and discharge. This means that a liver blood vacuity may cause or aggravate liver depression qi stagnation. If the liver becomes depressed, the spleen becomes vacuous. A vacuous spleen cannot move and transform body fluids normally which, therefore, gather and collect and may transform into phlegm. A vacuous spleen cannot engender and transform the qi and blood, including the defensive qi. If liver depression worsens or endures, it may transform into depressive heat. Heat by its nature rises to collect in the florid canopy above, *i.e.*, the lungs. Therefore, the lungs often harbor deep-lying or hidden heat due to liver depression transforming heat below. If external evils invade because of a defensive qi vacuity in turn due to a spleen vacuity, these external evils hinder the lungs' dispersion and downbearing. Thus body fluids gather and collect, transforming into phlegm,

remembering that the lungs are the upper source of water. Then this dampness and phlegm may hinder and obstruct the free flow of qi all the more. In addition, external heat evils may mutually inflame depressive heat in the lungs, stomach, and liver. In other words, wind heat evils may mutually engender depressive heat already harbored in the body or make the transformation of depression into heat all the more likely. When depressive heat is engendered internally, it tends to move outward and upward.

The above are the mechanisms when women have recurrent flus or colds before, during, or after their menses, and the combination of *Xiao Chai Hu Tang* and *Si Wu Tang* is the standard TCM gynecological treatment of this complicated pattern. For more information about this, see Bob Flaws's *A Handbook of Menstrual Diseases in Chinese Medicine* published by Blue Poppy Press.

- Indications

**Indications:** This formula is for the treatment of a wind heat external invasion exterior pattern in a person with a righteous qi vacuity and liver depression qi stagnation. There may also be phlegm nodulation and/or heat toxins. Although *Xiao Chai Hu Tang* is the classic Chinese formula for a *shao yang* division disease, one can use the above modification of this formula whether or not the patient has a *shao yang* pattern. In this case, the rationale for this formula is not based on Zhang Zhong-jing's original indications but rather on an analysis of each ingredient.

In terms of disease diagnosis, this formula is for common cold and epidemic influenza with possible bronchitis and especially in women as opposed to men, and even more especially perimenstrually. However, if the patient's pattern conforms, this formula may be taken by men and women alike and regardless of phase in menstrual cycle. For instance, this formula is also often indicated for postpartum fevers and flus and for the recurrent fevers, sore throats, and swollen glands of people with chronic fatigue syndrome (CFS).

- Research Outcomes

**Research outcomes:** Thirty-three patients with wind cold allergic rhinitis and an underlying lung-spleen 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%.

- Signs and Symptoms

**The symptoms of wind heat external invasion exterior pattern are primarily:**

sore throat  
fever with light sweating  
a floating, rapid pulse

**If there is a *shao yang* pattern, there will be:**

alternating fever and chills  
a bowstring or wiry pulse  
lack of appetite  
half of the tongue fur may be yellow with or yellow fur may encircle white  
cough

**Phlegm nodulation is evidenced by:**

swollen, painful glands

**Heat toxins are evidenced by:**

more pronounced sore throat  
possible purulence of the tonsillar membranes  
higher fever

**Righteous qi vacuity in this case means both a qi and blood vacuity.**

Qi vacuity means primarily spleen qi vacuity evidenced by:

fatigue  
lack of appetite  
lack of strength in the four limbs  
a tendency towards loose stools

Blood vacuity is evidenced by a fine, bowstring or wiry pulse.

**Liver depression qi stagnation is evidenced by:**

abdominal or breast distention and pain  
irritability  
a bowstring pulse

**If this depression has transformed into heat, there may be:**

red, painful eyes  
a red tongue with swollen rims and yellow fur  
a bowstring, rapid pulse