

## GU & Nüe SYNDROMES

### In Classical Chinese Medicine channels are not entities but a process of energy flow encompassing:

- Jingshen = yin/po + yang/hun  
yin/unfolding of human life, vitality of manifestation  
yang/animation of yin, spirit or energy of heaven
- Benshen= roots, origination of jing shen, how shen, zi, po, hun interact
- 4 Shen are anchored in abundance of qi, blood & marrow thus shines forth
- 3 Hun which enter/exit through **UB47** for vision & direction & ability to see options].  
**GV20**- heaven direct connection/ upper hun  
**CV17**/ H vessels, middle hun- manifest virtue of 5 elements into the world  
**CV12**-Hidden essence/ dian tien / lower hun- most yin, earth, good desires & taking pleasure in life, comfort  
[can Add **CV8**- water and **K1**- Sex]

### Obstruction to Energy Flow is What Causes Disease:

- Wind= internal- stirring of passion, qi that has lost cohesion, unanchored
- Heat= *reaction* to a pathology, not a pathology itself
- **Demons/ Gu toxins = concurrent mind, body & constitutional degeneration d/t ill will or sorcery. A hidden evil [two types brain goo & GIT goo, c/b interpreted as some type of parasitic infx causing systemic & cerebral inflammation]**

### TCM CRITERIA FOR DIAGNOSING GU SYNDROME:

#### Digestive:

- Chronic diarrhea OR loose stools
- alternating diarrhea & constipation
- explosive bowel movements;
- abdominal bloating or ascites;
- abdominal cramping and/or pain
- nausea
- intestinal bleeding and/or pus
- poor or ravenous appetite, peculiar cravings

#### Neuromuscular:

- Muscle soreness, muscle heaviness, weakness;
- wandering body pains
- physical heat sensations
- cold night sweats
- aversion to bright light

#### Mental:

- Depression, frequent suicidal thoughts;
- Flaring anger, fits of rage;

- Unpredictable onset of strong yet volatile emotions;
- inner restlessness, insomnia;
- general sense of muddledness and confusion,
- chaotic thought patterns;
- visual and/or auditory hallucinations;
- epileptic seizures
- sensation of "feeling possessed."

#### Constitutional:

- Progressing state of mental and physical exhaustion,
- indications of source qi damage; QI xu
- dark circles underneath the eyes; K xu
- mystery symptoms that evade clear diagnosis;
- history: of acute protozoan infection;
- history: of travel to tropical regions;
- P**: floating & big or congested (choppy);
- T**: distended sublingual veins; rooted damp coat
- T**: red tip or red 'parasite dots'\*

**The most consistently quoted element of Gu Syndrome is distinct presence of mental symptoms that (usually in combination with digestive problems)...** Traditional physicians recognized that patients who acted 'possessed' often needed to be 'exorcised' with the application of 'demon expelling substances' such as garlic and other herbs, most of which have anti-parasitic effects. This view represents a highly advanced medical insight into the complex way in which parasites interface with our hormonal system. Modern medicine has long rejected a connection between parasitic affliction and psychopathology, and has only recently begun to acknowledge that:

- a) psychiatric disorders are more prevalent in less developed countries where parasitic loads are more endemic
- b) individual patients afflicted by parasites are more likely to exhibit changes in mental status;
- c) there is generally an improvement in psychiatric patients following parasite treatment<sup>16</sup>.

**PROGNOSIS:** treatment of Gu syndrome requires a complex regimen that continues for months or even years (6 months – 5 years; average of 3 years). Chronic parasitism always involves a combination of deficiency and excess

## ACUPUNCTURE

1. **Garlic** moxa to UB43 [LU outer shu]
2. **moxa** to UB13 [LU inner shu] & ST36 [demon walking points]
3. **Menthol [bo he] acupressure** to the 13 ghost points & selectively needle:

**LU11**- believing ones own lies, haggling, con artist

**LI11**- what went wrong, calls higher forms to ones assistance, use with ling gui ba fa, bent or crooked point to get serious with ghost, obsession with order and detail

**ST6**- obsessed with sex, somnolence

**PC7** – hardened, jaded, learned/pedantic, well-trained, Pallor= blood xu ghost, blood-less reptilian- excess yin of heart, 9 needles to return yang

**P8**- tired of it all, ghost hides in personality, confused, babbling

**UB62**- see change in affect from ghosts agenda prohibits free will and ranging freely

**RN24**- inflated ego, pitching/nagging, collecting worthless stuff, releases the jaw/ bound to head. Fluid metabolism in mouth, over salivation,

**DU23**- fame, packs of power, agreements, adendas, multiple spirits, over thinking, accomplished position in community

**DU26**- balance jueyin, water, discernment, boundaries between freedom and possession, SL/salivary cottonmouth

**RN1**- RN/DU/chong/LV, deep pulses= ghost is deep/ water [M]

**Yumen**/ Clitoris [F]

**Guifeng**/Demon Haiquan /under tongue

## Other ghost points

**SP1**- #1 denial, loosing shen in eyes, new agers

**DU16**- #1 **de-possession** point, brain fog, incoherent speech, daydreaming, paranoia fears, dream state, or lck of dreams, somnolence/ insomnia, rumination, clears head with DU1

**DU22**- qi meets bnz, ancestors, G&D, guides **to right direction, no growth from experience / eternal child, needs to be taken care of**, out of context with the world. Multiple personalities, carries **shame** and blame, no connection to a **tribe** bigger than self. Realigns physical blueprint, to original. Closes/opens doors for ghosts, scattered/floating

**K1**- direct connection with earth, and subterranean energy, identity, ultimate yin

**PC5**= dreams/intentions split from personality, soul wander unfulfilled, acceptances, **soul retrieval** /career/divine messenger, drives ghost from jue yin, over come pitfalls/obstacles

**LU5**= anguish, suffereing d/t entities

**LU9**= **tai yin s/s. all hallucinations**

**LI5**= ghost has taken control

**LI10**= strong ghost poison, confusing pt/ toxicity, deep m/s life is going down the tubes.

**K9** = ghost causes serious violation of **ke qi/ etiquette**

**LV5**= #1 for **craving**, compulsion, hungry ghost.

**GB2**= start listening blind humility, centered potential, taunting and cruel ghosts.

**GB3**= #1 **entity & solar point**, proper keqi, brings back ones reign over ones life, parasitic relationships,

**ST4**= turns depression around, sleeping/eating too much

**St22**= gossiping, too open to entities, need to end relationships

**ST36**= 9 needles to return yang, rectifies 3 jiao, ghost intense toxins with LI10, calls ancestors, ancient memories, confusion

**ST44**= **Hearing voices** reclusive, introversion, or extrovert.

**SJ17**= **hearing voices**, plagued by entities, too much spiritual guidance

**SJ18**= **antipsychotic** point, possession, that pulls one through life, by the ears, MS affects brain waves

## 4. Terrain Treatments:

- **INTERNAL DRAGON/ yang ming/** EP just below RN15 [xyphoid process], ST25, ST32 [or point ½ way tween ST37 & ST36 for svr depression], ST41, [c/b add H at end to secure H/ settle shen] difficulty move out from deep interior
- **EXTERNAL DRAGON/ tai yang/** DU20 pointing against [c/b add DU 19], UB11, UB23, UB61 [c/b treat H7 at end to secure / settle shen] . DDX is can't let go of: wind invasion, a slight or insult; extension & motion, walking forward to things I want [e.g. always bleed or gua sha stagnation from superficial level first]
- **Moxa to Jing Well / clear Wind/** LU11 & SP1 [ghost points] Sudden strike by evil/ frequent urination of scant urine & seminal emissions/ withdrawal, 5 epilepsies, oppressive ghost dreams, ghost strike, feeble mind, cold damage, mania

## FOOD

- **Avoid eating:** chicken, duck, fish, shrimp, snails, gecko, insects, any food that easily breeds worms e.g sugar, honey, jujubee, sweets
- **Consume:** tofu, celery, cabbage, spinach, lotus root, perilla leaves [shiso], peppermint, garlic, horseradish, ginger, bitter melon, black mu'er fungus, lychee, longan, oranges, tangerine, grapefruit, plums, pomegranate, watermelon, vinegar, green tea/OOLONG TEA, lamb, & pork

## HERBS

- **Disperse Gu Toxins (with diaphoretic herbs):** Zi Su Ye, Bo He, Bai Zhi, Jin Yin Hua, Lian Qiao, Chai Hu, Gao Ben, Sheng Ma, Ju Hua
- **Tonify Q&B (aromatic/anti-parasitic):** Dang Gui, Bai Shao, Chuan Xiong Gan Cao, Huang Qi, Wu Jia Pi, San Qi
- **Calm The Spirit (by nourishing the qi and yin of the Lung and Heart):** Huang Jing, Bai He, Bei Sha Shen, Xuan Shen, Sheng Di Huang, Xi Yang Shen, He Shou Wu
- **Move Q&B (to break up biofilm):** E Zhu, San Leng, Yu Jin, Chen Pi, Mu Xiang, Ze Lan, Chuan Shan Jia
- **Calm Kill Parasites & Expel Demons:** Da Suan, Ku Shen, Huai Hua, She Chuang Zi, Qing Hao, Shi Chang Pu, Ding Xiang, He Zi, Bing Lang, Ku Gua
- **Rediscoverd anti-Gu Herbs (Shen Nong bencao jing, Bencao gangmu)**

Gui Jian Yu (Euonymus alatus)  
Qing Dai (Indigo naturalis)  
Cao Wu (Aconitum kusnezoffii)  
Mi Wu (Ligusticum wallichii leaf)  
Fei Zi (Torreya grandis)

Yun Shi (Caesalpinia sepiaria)  
Ma Lin Zi (Iris lacteal seed)  
Yuan Wei (Iris tectorum root)  
Xu Chang Qing (Cynanchum paniculatum)  
Chang Shan (Dichroa febrifuga)

## CLASSICAL FORMULAS

**1. Su He Tang/ Perilla & Mint Decoction** [all goo: emaciation, bloat, swell, madness, depression & epilepsy, GU with 2ndary s/s: flu-like symptoms, cough, qi counterflow, tight ABD wall. Internal sweltering of excess-fire dark urine and worse after ingesting tonics] "Works 100 out of 100 times" for chronic mental + digestive symptoms, provided that Gu toxins are at the root. **T:** Red, with rooted yellow coating **P:** Full, potentially rapid

Bo he/ <a href="#">peppermint [inhibit sporulation of yeast]</a> , <a href="#">release ext</a>	30g
Zi su ye/ <a href="#">perilla leaf [diaphoretic, antiparasitic]</a>	30g
Tiao shen/ <a href="#">bai sha shen/ glehniae</a>	24g
Lian qiao/ <a href="#">forsythia, release exterior</a>	24g
Huang qi/ <a href="#">astragalus tonify Q&amp;B</a>	21g
Dang gui/ <a href="#">angelica sin tonify Q&amp;B</a>	30g
Sheng he shou wu/ <a href="#">polygoni tonify Q&amp;B</a>	30g
Bai zhi/ <a href="#">angelica dah release ext</a>	30g
Chuan xiong/ <a href="#">linguistica move Q&amp;B</a>	15g
Jue ming zi/ <a href="#">vitex [harmonize estrogen &amp; progest]</a> , <a href="#">release exterior</a>	15g
Hai hua/ <a href="#">sophorae japonica immaturus [antiparasitic]</a>	30g
Bai shao/ <a href="#">peony move Q&amp;B, tonify blood</a>	15g
Chai hu/ <a href="#">bupleurum move Q&amp;B</a>	18g
Qing hao/ <a href="#">artemesia apieceae [antifungal, antiparasitic]</a>	30g
Sheng yuan ban/ <a href="#">sheng di huang tone Q&amp;B</a>	24g
San qi <a href="#">[PRN to potentiates all]</a>	6g [If added, the results will be enhanced]

## 2. Jia Jian Su He Tang/ modified Perilla & Mentha Decoction

In general, Jiajian Su He Tang is more suitable for deficient constitutions suffering from long-standing viral, spirochetal, or protozoan infections. It is, therefore, the **main source informing the design of Thunder & Lightning Pearls**. See also remarks to sister remedy, Su He Tang.

**T:** Pale, with rooted white coating      **P:** Feeble or deep

Zi su ye/ <a href="#">perilla leaf</a>	15g
Bo he/ <a href="#">peppermint</a>	15g
Dan gui/ <a href="#">angelica [candida tonify Q&amp;B]</a>	21g
Chuan xiong/ <a href="#">move Q&amp;B</a>	15g
Gan cao/ <a href="#">licorice [anti toxin, antiinflam]</a>	15g
Ze lan/ <a href="#">lycopodium, move Q&amp;B</a>	6g
Bai zhi / <a href="#">angelica dah release ext</a>	15g
He shou wu/ <a href="#">polygonata tone Q&amp;B</a>	15g
Huang qi/ <a href="#">astragalus [T cells, tone Q&amp;B]</a>	15g
Bai he/ <a href="#">bulbus lili</a>	15g
Chen pi/ <a href="#">mature tangerine peel [damp, reg qi, ABD s/s]</a>	6g
Sang len/ <a href="#">sparginii, move Q&amp;B</a>	6g
E zhu/ <a href="#">rhizome curcumae / turmeric [cox II, move Q&amp;B]</a>	6g
Yu jin/ <a href="#">tuber curcumae / turmeric [cox II move Q&amp;B]</a>	3g
Mu xiang/vladimirae/ <a href="#">auklandia, abd s/s, reg qi</a>	3g
Ding xiang/ <a href="#">caryophylli/ clove [antimicrobial, antiparastic]</a>	3g
Wu jia pi/ <a href="#">eleutherococcus tone Q&amp;B</a>	15g
Sheng jiang/ <a href="#">ginger antiparastic, calms MJ</a>	3 slices

## MODERN PATENTS FOR GU & LYME'S DISEASE by Classical Pearls

- 9-12 capsules per day of *Thunder Pearls* or *Lightning Pearls*, delivers the equivalent of about 50g of crude herbs per day. More realistically a combination of these remedies with other Classical Pearl products
- While Dr. Lu found extremely high dosages necessary to rescue people from life-threatening diseases such as schistosomiasis or leprosy 200 years ago, lower herb amounts are in most cases sufficient for the needs of modern patients, especially when weak and sensitive constitutions are involved.

**Thunder pearls [TP]**

chronic brain gu [3 weeks on; 1 week off while on LP]

**Lightening pearls [LP]**

chronic GIT gu [1 week on; 3 weeks off while on TP]

**Dragon pearls [DP]**

when coming off antbox or acute lyme's

**Vitality pearls [VP]**

recovery from chronic dz or early brain & GIT gu [combo w/ TP or LP]

### +Standard (Black Gu Label)

- Lightning Pearls, Thunder Pearls, Dragon Pearls

### +Shaoyang involvement

- Ease Pearls

### +Digestive issues, malaise, sluggishness

- Earth Pearls

### +Body Pain

- Bamboo Pearls

### +Headaches and pronounced brain chemistry issues

- Ginkgo Pearls

### +Food allergies

- Cinnamon Pearls

### +Degenerative brain changes

- Evergreen Pearls
- Aconite based remedies
- Sugar, Ocean, Peace, Vitality or Moon Pearls

### 1. Disperse Gu toxins w/ diaphoretics (san du)

- Zi Su Ye (Folium **Perillae** Frutescentis),
- Bo He (Herba **Menthae**),
- Bai Zhi (Radix **Angelicae**),
- Lian Qiao (Fructus **Forsythiae** Suspensae)
- Gao Ben (Rhizoma et Radix **Ligustici** Sinensis)
- Sheng Ma (Rhizoma **Cimicifugae**) and
- Ju Hua (Flos **Chrysanthemi** Morifolii)

### 2. Kill parasites (sha chong) and expel demons (qu gui)

- Ku Shen (Radix **Sophorae** Flavescens),
- Chuan Shan Jia (Squama **Manitis** Pentadactylae)
- Yu Jin (Tuber **Curcumae**)
- Huai Hua (Flos **Sophorae** Japonicae Immaturus),
- She Chuang Zi (Fructus **Cnidii** Monnieri),
- Jin Yin Hua (Flos **Lonicerae** Japonicae),
- Qing Hao (Herba **Artemisiae** Apiaceae),
- Shi Chang Pu (Rhizoma **Acori** Graminei),
- Ding Xiang (Flos **Caryophylli**),
- He Zi (Fructus Terminaliae **Chebulae**),
- Lei Wan (Sclerotium **Omphaliae** Lapidescens),
- Bing Lang (Semen **Arecae** Catechu),
- Ku Gua (**Momordica** Charantia)
- Da Suan [Bulbus Alli Sativi /Raw garlic], in particular the **single-clove purple garlic** from Sichuan, is often recommended as the most effective single remedy for Gu syndrome. Peasants and travelers in modern China still tend to consume a daily dose of raw garlic to ward of intestinal distress. External treatment of Gu syndrome often involved the stimulation of all or some of the body's thirteen "demon points" (gui xie) by burning moxa on garlic slivers. It is interesting to note that garlic was also considered to be the primary anti-evil medication in most Western traditions. Many of us may remember scenes from movies or novels where the terrified victim clutches a supply of garlic to ward off approaching vampires.

### 3. Calm shen (nourish qi & yin of LU&H) (an shen)

- Huang Jing (Rhizome **Polygonati**),
- Bai He (Bulbus **Lilii**),
- Bei Sha Shen (Radix **Glehniae** Littoralis),
- Xuan Shen (Radix **Scrophulariae** Ningpoensis),
- Sheng Di Huang (Radix **Rehmanniae** Glutinosae),
- Xi Yang Shen (Radix **Panacis** Quinquefolii),
- Fu Shen (**Poriae** Cocos Paradicis Sclerotium)
- Jiang Xiang (Lignum Dalbergiae Odoriferae)

### 4. Tone Q&B (w/ pungent/detoxifying sub) (bu qixue)

- Dang Gui (Radix **Angelicae** Sinensis),
- Gan Cao (Radix **Glycyrrhizae** Uralensis),
- Bai Shao (Radix **Paeoniae** Lactiflorae),
- He Shou Wu (Radix **Polygoni** Multiflori), best left out in cases with prominent diarrhea
- Huang Qi (Radix **Astragali**)
- Wu Jia Pi (Cortex **Acanthopanax** Radicis)

### 5. Move Q&B with anti-parasitic herbs (xingqi poju)

- San Qi (Radix **Notoginseng**).
- Chuan Xiong (Radix **Ligustici** Wallichii),
- Chai Hu (Radix **Bupleuri**),
- E Zhu (Rhizoma **Curcumae** Zedoariae),
- San Leng (Rhizoma **Sparganii**),
- Chen Pi (Pericarpium Citri **Reticulatae**),
- Mu Xiang (Radix Saussureae seu **Vladimirae**),
- Ze Lan (Herba **Lycopi** Lucidi)

### 6. SUPPORTIVE HERBS [Biofilm]

- **san leng**
- e zhu
- **yu jin**
- ze lan
- hua jiao
- di long

## anti-lyme

- dang gui
- chuan xiong

## anti-lyme yin tonic

- bai he
- he shou wu
- huang jing
- sha shen

## autoimmune

- wang gua/ snake root
- jicai/ Sheppard's purse
- kucai/ hare's lettuce
- huang qi & reishi

## calming for adrenal fatigue

- dan shen
- suan zao ren
- ye jiao teng
- he chuan pi/ mimosa
- shi chang pu [he huan pi]

## warm yang/ K storage of mingmen

- fu zi
- chuan wu
- cao wu
- rou gui
- gan jiang
- sheng jiang
- wu zhu yu

## body pain

- wu ji pi
- xu duan
- shen jin cao

## other

guan zhong  
tu fu ling  
yin xing ye/ ginko

## Classical & Modern Instructions for Treating Gu Syndrome

### CLASSICAL INSTRUCTIONS

se he tang is a relatively recent remedy [1800s Qing Dynasty?] provides a time-honored and safe approach to many chronic inflammatory diseases and “mystery diseases” of modern times. “This remedy treats all types of Gu syndrome—

- **Snake Gu** [she gu]: chronic protozoan infections and other debilitating diseases of the digestive system,
- **Emaciation Gu** [gan gu]: leprosy and other degenerative diseases of the nervous system
- **other manifestations** of Gu accompanied by extreme swelling and bloating, and mental/emotional instability (diankuang) of all kinds, or convulsions (jian). “

The remedy can also be used in situations where the patient presents with a common cold accompanied by symptoms of coughing and uprising qi, or a tight and tender abdominal wall. The remedy, furthermore, is suitable for all situations where the patient exhibits signs of hidden excess heat, dark urination. Also, if patients react adversely to tonics- consider go syndrome. *If this kind of case is treated with this method, it will be effective every single time.*

It should be noted that the herbs listed amount to a total of approximately **350g of crude herbs in decoction form per day—an unusually high amount for a Chinese herb formula**. It is important to note that one should start taking this remedy at a lower dosage first, and then gradually increase up to the prescribed amount. **After 5-6 doses of the prescription, it will be safe to go up to the full dose.** Otherwise the internal poison will flare up, and the patient will become unsettled, potentially causing major episodes of vomiting and/or diarrhea—the more intense the flare-up, the more afraid the patient will be to take the remedy again. **After 3-4 doses have been consumed in decoction form and symptoms are now gradually improving:**

- + 60g of Shaojiu (rice wine) and boil together with the herbs for a long time for optimal results.
- If 6g of Tian zhou San qi (pseudoginseng from Tianzhou in Guangxi) are added to each dose, the result will be better.
- *Su He Tang should not be prescribed anymore for patients with cold and deficient SP/K systems who now have become reinfected with Gu, or who have taken Su he Tang for a long time and the Gu poisons have for the most part resolved, and what remains to be addressed is cold and deficiency of all organ networks, instead, herbs that warm, tonify and benefit qi movement should be used (see Jia jian Su He Tang)”*

### Modern Institutions:

**50- 120g herb [or equivalent granules] per day.** Needs this high dose to be fully effective for e.g. Schistosomiasis. Less will suffice for most other things

- Gradually work-up to daily dose over 5-6 doses. To avoid toxins from flaring and causing healing reaction or crisis.
- SHT or similar prescriptions are **best modified every one to six weeks**, depending on the patient's degree of sensitivity.

- Recommended to use the 'Gu herb' categorisation outlined above as a standard outline. Typically, it is **best to always include at least 2 herbs from each category, change at least one of them when the prescription is modified. All the herbs are antiparastic to some degree.**
- Treat for 3-9 months and modified at regular intervals, interrupted by brief intermissions
- When all of the Gu poison is cleared, materials that warm the centre and move qi *must* be prescribed [See care plan for GHI Axis dysfx & lymes disease]
- **SHT CI** For a constitutional SP/ST cold who has Gu for the 2<sup>nd</sup> or 3<sup>rd</sup> time. Warm the middle and move qi instead
- **SHT CI** if has taken before for clearing Gu toxins already. Warm the middle & move qi instead.
- **SHT CI** constitutionally weak Q&B and can not tolerate cold herbs like sheng di huang, xuan shen, huang bai, lian qiao, huai hua, qing hao, bai shao, chai hu, OR hot herbs like rou gui, fu zi. **use Jia Jian Su He Tang** alone or in combo with **SHT**
- **SHT CI** *If becomes constipated- switch to Jia Jian Su He Tang*

## Original Modifications

### for upflare of internal fire after 1-2 doses: constipation, burning, ulcerations in mouth & tongue,

- Dang gui, Bai zhi, Chuan xiong, Zi su, Bo he,
- + 15g each of Huang bai, Huang qin, Fu ling, Xuan shen, Tian men dong, Ze xie, and Shi gao

### for effulgent fire symptoms manifesting in dark urination

- +15g each of Xuan shen, Zhi zi, Fu ling

### for heat cough or cough with blood in the sputum, always signs of excess heat, temporarily

- Zi su and Bo he, Dang gui, Chuan xiong, Bai zhi
- + 30g each of San qi, Bai he, Mai men dong

### for symptoms of cold damage (shang han) with cold cough,

- + use 1-2 doses of a prescription of Pao jiang, Chen pi, Xi yang shen, Ding xiang, Dang gui, Chuan xiong, Xing ren, (Zhi) Huang qi, He shou wu, (Zhi) Gan cao. if there are signs of internal cold, Rou gui and other herbs to treat the acute symptom picture, then return to Zi su Tang and its modifications after the cough has improved to treat the root of the problem

### for diarrhea in weak constitutional types

- Bei Shas hen, Lianqiao, Huai hua, Chai hu, Huang qi, Qing hao, Sheng Di huang, Zi su, Bo he, Jue ming zi,
- + 9g each of Bai he, Fu zi, Bai bian dou, Shan yao, Sha ren, Bai zhu, Gan jiang
- + 3g each of Xi yang shen, Ding xiang, Mu xiang

### for cases where Su he Tang has been imbibed over a long period of time and where the original fire symptoms have now receded, but where the primary symptom is now lower back ache

- Bei Sha shen, Lian qiao, Huang qi, Huai hua, Chai hu, Qing hao, Sheng di, Jue ming zi, Bai shao, Zi su, Bo he,
- + 15 g of Chen pi, or
- + 15g of Shu Di huang, 6g of Rou gui, 15g of Pao jiang, 9g of Ding xiang, 9g of Zhi Gan cao, 6g of Du zhong, 9g of (fried) Bai zhu, 9g of (wine fried) Bai shao, 3g of Fu ling