

Patent Medicines

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Patent medicines are inexpensive and easy to find medicinals. They compliment over-the-counter medicines like aspirin, melatonin or allergy relief medication. Here are some patents formulas that are good to keep in your medicine cabinet.

If you are worried about the quality of herbs imported from China, there are a number of American herbal companies that make Chinese patents.



Gan Mao Ling This patent is good for the very early stages of common cold. When you feel a little achy, a scratchy or beginning sore throat, a little stuffy, or you feel like you are coming down with something but aren't sick yet, take these tablets for a few days. Some people use Gan Mao Ling as a substitute for the popular Airborne when traveling.



Jade Screen, sometimes called **Jade Wind Screen**, is a simple patent that can be used to protect against respiratory illnesses. It is useful at the onset of allergy seasons, back-to-school, and energy draining travel. It's appropriate to take when everyone around you seems to be getting sick. Have some Jade Screen on hand for times when you feel run down and vulnerable. *NOT for serious respiratory problems or illness.*



Curing Pills (sometimes called **Pills Curing**) This is the all purpose over-the-counter remedy for tummy troubles - nausea, motion sickness, heartburn, bloating, sluggish digestion, overeating and any symptoms having to do with digestion. Safe for children. When traveling with my kids, I never went anywhere without packing Curing Pills. *These are NOT meant for diagnosed conditions such as IBS and colitis.*



Bao He Wan is like amped up Curing Pills. This digestive patent is geared more for overeating, and what Chinese Medicine calls ‘food stagnation’. It’s perfect for when you feel stuffed after a heavy meal. Next time you are invited to a feast, bring a bottle of Bao He Wan along with the wine.



An Shen Bu Xin Dan ‘calms the spirit’ and is a sleep aid that won’t make you groggy or in the morning. In Chinese Medicine, the Heart Qi or energy is responsible for sleep. The spirit is said to reside in the heart. An Shen Bu Xin Dan’s action is to decrease hyperactive energy and settle the heart in order for sleep to come naturally. The name means *Calm the Spirit Tonify the Heart Pills*. Anxiety is another form of hyperactive Heart spirit energy, and these little teapills will calm anxiety without a sedative effect.



Pe Min Kan Wan or Bi Yuan Wan These two formulas are great for sinus congestion and rhinitis caused by seasonal allergies. Unlike some pharmaceutical medicines, they won’t dry out your nose or mouth. Either of these patents can be taken only as needed or on a regular basis during allergy season. These two patents can be safely used with over-the-counter drugs you may be taking.



Yunnan Bai Yao I think of this medicinal as the Chinese arnica. Yunnan Bai Yao is taken in cases of injury and pain. Like arnica, its western herbal counterpart, taking Yunnan Bai Yao as soon as possible after injury will help relieve discomfort. Yunnan Bai Yao is a ‘blood regulating formula’. As such, it will improve circulation through a sprained or injured area, reducing swelling, pain, and bruising. Yunnan Bai Yao most commonly comes in a blister package of capsules.

As a blood regulating formula, Yunnan Bai Yao improves circulation *and* stops bleeding. For minor cuts and scrapes, clean the wound, open a capsule and sprinkle the yellow powder onto the abrasion, then cover with a bandaid to keep it clean. Yunnan Bai Yao slows or stops bleeding and promotes healing of the skin. (Pressure from the bandaid assists the herbal action of slowing bleeding.) *Yunnan Bai Yao is for first aid and NOT for severe cuts or gashes. Always consult a doctor in cases of severe injury.*

Yunnan Bai Yao also can be taken for menstrual cramps and heavy periods. It relieves cramping and heavy bleeding by regulating and moving stuck clotty blood.



Ching Wan Hung or Spring Wind Burn Creme. Ching Wan Hung is a Chinese ointment and comes in a tube. Spring Wind Burn Creme is a similar American-made formula and comes in a jar. Miraculous ointments for burns, these can be used for scalds or kitchen accidents as well as for sunburn. When immediately applied to the burned area, pain will decrease within a few minutes and blistering may be prevented. No household should be without Ching Wan Hung or Spring Wind Burn Creme. *NOT for second degree burns. Don't use these ointments if the skin is broken.*



Zheng Gui Shui or Dr. Shir's Liniment Zheng Gu Shui is a martial arts formula that has been used for hundreds of years. Originally used for bone fractures, this liniment is effective for sprains and impact injuries causing pain, swelling and bruising. It's perfect for twisted ankles, tendonitis and sports injuries.

Rub this water-alcohol based liniment into the injured area as often as possible. I often advise my patients to wrap the sprain or injury with gauze soaked in Zheng Gu Shui and then cover it with a sock or ace bandage for the night. Overnight healing is enhanced and the covering protects the bedding from liniment stains. Dr. Shir's by Spring Wind is an American-made liniment similar to Zheng Gu Shui. *Neither liniment should be applied on open wounds.*



There are dozens of patents suitable for home use. These are the ones I keep at home or take on my travels. They are inexpensive, safe, and easy to use. A first aid kit containing Chinese patent medicines is one of my favorite gifts to give for a house warming or an off-to-college present. A pediatric kit makes a wonderful baby shower gift - especially if you include a gift certificate for a pre or post-natal massage!