



Ear Release™

Classic antecedent: Feng Long Fang *Wind-Deafness Formula.*

Jin Yin Hua *Flos Lonicerae japonicae*
Lian Qiao *Fructus Forsythiae*
Huang Qin *Radix Scutellariae*
Che Qian Zi *Semen Plantaginis*
Shi Chang Pu *Rhizoma Acori tatarinowii*
Chai Hu *Radix Bupleuri*
Shan Zhi Zi *Fructus Gardeniae*
Dan Dou Chi *Semen Sojae preparatum*

Pu Gong Ying *Herba Taraxaci*
Chen Pi *Pericarpium Citri reticulatae*
Fu Ling *Poria*
Shan Zha *Fructus Crataegi*
Gu Ya *Fructus Oryzae germinatus*
Gan Cao *Radix Glycyrrhizae uralensis*
Da Zao *Fructus Jujubae*

The remedy Ear Release was specifically formulated to deal with residual Damp-Heat in the ears causing chronic ear infections in children. It clears Heat and resolves Dampness from the ears. Clinical manifestations include chronic ear ache, "glue ear", slight deafness, irritability, thirst, poor appetite, disturbed sleep, propensity to new ear infections, sticky-yellow tongue coating, Slippery pulse.

This remedy treats residual Damp-Heat in the ears. Residual pathogenic factors are very common in children and are responsible for a wide variety of problems: the formation of residual pathogenic factors is discussed under the remedy *Clear Chest*. Acute ear infections are common in children and they frequently leave the child with a residual Damp-Heat in the ears: this is more likely to happen when antibiotics are used. The presence of residual Damp-Heat predisposes the child to further acute ear infections, thus setting a vicious circle.

However, residual pathogenic factors may settle in many different parts of the body: the ear, throat, sinuses, chest (lungs), digestive system, liver and gall-bladder, etc. What determines where the pathogenic factor settles? That depends on two factors: firstly on the original external pathogenic factor that invaded the body: obviously a pathogenic factor that invades the throat causing a severe sore throat will tend to give rise to a residual pathogenic factor that settles in the throat.

There is another factor that determines where the residual pathogenic factor is going to settle and that is the constitutional tendency of the child. In the case

of the ears, these are under the influence of the Shao Yang channels (Triple Burner and Gall-Bladder) which are related to the Jue Yin channels (Pericardium and Liver). A highly-strung, nervous child with a tendency to Liver-Fire will therefore more easily develop a residual Heat in the Shao Yang area, i.e. the ears.

In the remedy *Ear Release* three herbs enter the Shao Yang area: Chai Hu *Radix Bupleuri*, Shan Zhi Zi *Fructus Gardeniae*, and Pu Gong Ying *Herba Taraxaci*.

When giving remedies that eliminate residual pathogenic factors, the question arises: how long should we give them for? The answer is: for as long as necessary! I personally do not hesitate to give remedies that eliminate residual pathogenic factors for several months: in short, I give them for as long as the tongue and pulse show the presence of a pathogenic factor, i.e. the pulse is Full (and Slippery) and the tongue has a relatively thick coating. When the tongue coating becomes normal and the pulse is no longer Full, then I cease the administration of the remedy.

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