



Sino Relief™

Classic antecedent:

Qing Yan Tang *Clearing the Throat Decoction* and
Li Yan Cha *Benefiting the Throat Tea*.

Jin Yin Hua *Flos Lonicerae japonicae*
Lian Qiao *Fructus Forsythiae*
Jie Geng *Radix Platycodi*
Huang Qin *Radix Scutellariae*
Ma Bo *Fructificatio Lasiosphaerae seu Calvatiae*
Sheng Ma *Rhizoma Cimicifugae*
Shan Dou Gen *Radix Sophorae subprostratae*
Pang Da Hai *Semen Sterculiae scaphigeriae*

Chen Pi *Pericarpium Citri reticulatae*
Fu Ling *Poria*
Shan Zha *Fructus Crataegi*
Gu Ya *Fructus Oryzae germinatus*
Tai Zi Shen *Radix Pseudostellariae*
Gan Cao *Radix Glycyrrhizae uralensis*
Da Zao *Fructus Jujubae*

The remedy Sino Relief was formulated specifically to treat residual Dampness in the sinuses, throat, adenoids and tonsils.

The formation of residual pathogenic factor was discussed under the remedy *Resolve Phlegm*. The remedy *Sino-Relief* treat residual Damp-Heat in the head (sinuses, throat, adenoids and tonsils), and Damp-Heat in Stomach channel.

Indications related to this remedy may include catarrh, nasal voice, swollen adenoids, swollen and inflamed pharynx, swollen tonsils, restlessness, markedly poor appetite, disturbed sleep, a sticky tongue coating and a Slippery pulse.

This condition is caused by retention of residual Damp-Heat in the head following an upper respiratory infection. This is a very common occurrence in children, often aggravated by the use of antibiotics for an upper respiratory infection. The formation of a residual factor was discussed under the remedy *Resolve Phlegm*.

The retention of Damp-Heat in the head will make the child somewhat listless and cause a typically nasal voice. Dampness in the head and in the Stomach channel will also severely affect appetite so that the child lacks appetite and picks at the food.

A residual pathogenic factor occurs when a child falls ill with an exterior invasion of Wind, he or she appears to recover (often with the use of antibiotics) but there is a residual pathogenic factor left over inside. This is usually Heat, Phlegm or Dampness or a combination of these.

In this case, the residual pathogenic factor is in the sinuses and tonsils which are under the control of the Stomach channel: the formation of a residual pathogenic factor in these areas is favoured by a pre-existing condition of Heat or Dampness in the Stomach. This is very common in Western children as it is usually due to the excessive consumption of sweet and sugary foods.

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