



SunHerbal[®]

RED PEONY FOR
KIDS

PEDIATRICS IN TCM





ORIGINS AND HISTORY

- Chinese pediatrics deals with disorders in children under the age of twelve
- Pediatrics developed as a specialized branch in the TCM literature of the Song dynasty (10th- 13th Centuries CE)
- The texts that were written during this period were the product of many generations of Chinese physicians adapting TCM theory and practice to the diagnosis and treatment of children.
- Over the centuries that followed, there has been continuing growth and refinement in this area, as modern scientific methods of diagnosis and research have been applied



DIFFERENCES BETWEEN ADULTS AND CHILDREN

- Weak **digestive system** that is working at close to full capacity and can easily be overstrained
- Tendency to **overheat** and develop a fever
- Undeveloped **immune system** that puts them more at risk of infections
- **Rapid progression** of minor illnesses that may quickly become serious
- **Quick response** to treatment and rapid recovery from illnesses
- Easily affected by **strong emotions**
- Strongly affected by the **mother**, so that the child may manifest the mother's disorders



DIFFERENCES BETWEEN ADULTS AND CHILDREN

PHYSIOLOGY

- The Zang-fu are delicate
- The physique and Qi are immature
- Vigorous vitality
- Rapid growth and development

PATHOLOGY

- The Spleen is often deficient
- Yin is often deficient
- Easy onset of illness and rapid transformation
- Easy recovery due to clear and healthy visceral Qi
- The Liver easily develops interior Wind (i.e. convulsions)
- Treat the child by treating the mother



AETIOLOGY OF CHILDREN'S DISORDERS

- External factors from the environment
- Chronic conditions due to incomplete recovery from an illness
- Emotional factors, home environment
- Food, e.g. feeding too little, too much, irregular feeding, unsuitable milk, too early weaning, weaning on unsuitable foods or food allergies
- Miscellaneous factors, including: overexertion, lack of sleep, lack of exercise, over-stimulation, poisons (including food additives) and heredity



DIAGNOSIS OF CHILDREN'S DISORDERS

- The traditional four diagnostic methods
- Observation: mental state, facial expression, appearance, behavior
- Examination of the orifices (including the tongue)
- Examination of the superficial vein of the index finger
- Examination of the skin
- Examination of the urine
- Examination of the stools



DIAGNOSIS OF CHILDREN'S DISORDERS

NORMAL FOR CHILDREN (DIFFERENT TO ADULTS)

- Tongue is deeper red
- Tongue coat is more substantial
- Pulse more rapid
- Complexion more red



THE INDEX FINGER VEIN

- Examination of the superficial vein on the palmar side of the index finger (opposite the thumb)
- The vein is normally visible in the region between the carpo-metacarpal joint and the metacarpo-phalangeal joint (i.e. between He gu L.I. 4 and San jian L.I.3)
- The index finger is divided into three segments, referred to collectively as the **San Guan** (= 'three gates')
- The first is at the metacarpo-phalangeal joint = **Wind-gate**; the second, at the proximal interphalangeal joint = the **Qi-gate**; and the third, at the distal interphalangeal joint = **Life-gate**



THE INDEX FINGER VEIN

- Changes in the visibility, colour and location of the vein are noted in order to differentiate the cause, nature and prognosis of the disease
- The vein is normally visible in the region between the carpo-metacarpal joint and the metacarpo-phalangeal joint (i.e. between He gu L.I. 4 and San jian L.I.3)
- The normal vein is a blue-green color (like the veins of an adult), is not prominent, and does not extend beyond the Qi-gate
- A vein that is only visible at the Wind-gate indicates a mild disease.



THE INDEX FINGER VEIN

- Deep red → Heat
- Pale red → Cold
- Deep green-blue → Wind or pain
- Dark → Heat, Food Stagnation, Blood stasis
- Shallow (i.e. superficial) → exterior patterns
- Deep → interior patterns
- Pale → deficiency
- Wide → excess
- Narrow → deficiency



FACIAL COLOR

RED

- Pink-red, good lustre → Normal
- Deep red → Heat
- Deep red with white forehead → Internal Heat with Lung deficiency
- Deep red with green or yellow around the mouth → Food Stagnation
- Red cheeks most of the time → Food Stagnation
- Red cheeks mainly in the afternoon → Damp-Heat or empty Heat (Yin deficiency)
- One cheek red → teething



FACIAL COLOR

PALE

- Pale → Cold or deficiency
- White and puffy → Dampness, Yang deficiency

YELLOW

- Dark or dull yellow → Damp
- Dull yellow-grey → Spleen deficiency
- Dull yellow with white powdery patches on the cheeks at sides of mouth → Intestinal parasites.



FACIAL COLOR

BLUE-GREEN (*qing* 青)

- Blue: Cold
- Grey: Pain
- Dark: Blood stagnation
- Blue to grey with parts of the face white: Internal cold, abdominal pain



INSPECTION OF THE ORIFICES

MOUTH

- Inflammation → Heat
(excess from Spleen, Stomach or Heart)
(deficiency Heat from Yin deficiency)
- Throat inflammation → Wind-Heat or Yin deficiency
- Dribbling → Damp
- Mouth hangs open → severe deficiency (Qi, Kidney)
- Red lips → Interior Heat
- Pale lips → Cold due to deficiency
- Red and swollen gums → Stomach Heat



INSPECTION OF THE ORIFICES

NOSE

- Watery discharge → Wind-Cold or Damp
- Thick white discharge → Phlegm
- Thick yellow discharge → Wind-Heat, Intestinal Heat
- Thick green-blue discharge → Food Stagnation with Lung deficiency
- Flaring of nostrils → Lung Heat
- Dry and irritated nose → Lung Heat, Wind-Heat or Wind-Dryness



INSPECTION OF THE ORIFICES

EYES

- Inflammation → Heat (internal or exterior Wind-Heat)
- Blue sclera → Liver Heat
- Yellow sclera → Damp
- Black spots on sclera → Intestinal parasites
- Whites of the eyes show while asleep → Spleen Yang deficiency
- Puffy bags below eyes → Kidney and Spleen deficiency
- Sunken eyes → impairment of Body Fluids



INSPECTION OF THE ORIFICES

EYES

- Dark circles around eyes → Kidney deficiency
- Watery eyes → Damp or Wind-Damp
- Gluey discharge from eyes → Phlegm or Wind-Phlegm
- Dry eyes → Liver Yin deficiency, malnutrition
- Pale insides of eyelids → Blood deficiency



INSPECTION OF EXCRETIONS

STOOLS

- Yellow and soft → normal for babies
- Green → Wind-Cold, Spleen damage due to overfeeding, Food Stagnation
- Thin and watery, with white flecks → Spleen damage due to overfeeding (more severe)
- White masses in the stool → Stagnation in the Stomach
- Irregular stools, miss one day then loose with strong smell → Food Stagnation
- Dry and small pieces → Heat (excess or deficiency)



INSPECTION OF EXCRETIONS

URINE

- Dark or yellow and painful → Damp-Heat
- Cloudy or turbid → Spleen Yang deficiency, irregular diet
- Red → blood in the urine
- Dark yellow → Damp-Heat or jaundice



SKIN RASHES

- Red → Heat
- Raised → Damp
- Exudes watery fluid → Damp
- Purple → Blood Heat or Spleen deficient not controlling the Blood



VOICE

- Strong → Excess
- Weak → Deficiency
- Low pitch → Kidney deficiency
- Hoarse → Wind-Heat
- Gurgling → Phlegm
- Excessive talking → Heat in the Heart
- Excessive talking but incoherent → exogenous Heat that has moved internally
- Poor grammar, forgets words → Brain damage or Phlegm affecting the Heart
- Excessive salivation → Damp



OLFACTION

- Breath smells like rotten eggs → Stomach heat
- Belching with sour gas → Food stagnation
- Belching with rotten-egg smell → Food stagnation
- Body smells like rotten apples → Food stagnation
- Strong smelling stools → Heat or Damp-Heat in the Stomach or Intestines
- Urine has strong smell → Damp-Heat in the Bladder
- Urine has no smell and copious amounts → Spleen and Kidney Cold and deficient



APPETITE & DIET

- Poor appetite → Spleen Qi deficiency
- Fussy eater: Spleen Qi deficiency
- Irregular appetite → Lingering (unresolved) exterior pathogen
- Abdomen bloating after meals → Spleen Qi deficiency, Food stagnation
- Good appetite but irregular stools → Spleen weak, Stomach O.K.
- Vomits a little after feeding → Stomach Yang deficiency with accumulation of Water in the Stomach, or mother's milk too watery
- Vomits partially digested food → Food stagnation, Spleen Cold and deficient
- Watery vomit → Phlegm
- Very strong smelling vomit → Heat in the Stomach



RED PEONY FORMULAS

KIDS COLD RELIEF

(Xiao Er Gan Mao Chong Ji) RP401

Actions:

Dispels Wind-Heat from the Exterior, clears Heat and relieves Toxicity, resolves Phlegm and soothes the throat.

Indications:

Common cold, influenza, acute bronchitis.

Combinations:

- CM105 ANTITOX FORMULA
- CM149 COUGH CLEAR FORMULA



RED PEONY FORMULAS

KIDS CHEST CLEAR

(Xiao Er Gu Ben Ke Chuan Chong Ji) RP402

Actions:

Tonifies the Kidney, tonifies the Qi and strengthens the Spleen, disseminates the Lung Qi and resolves Phlegm

Indications:

Asthma (acute and remission stage)

Combinations:

- CM149 COUGH CLEAR FORMULA
- CM133 COLD & 'FLU FORMULA
- CM143 LUNG FUNCTION #2 FORMULA



RED PEONY FORMULAS

KIDS CALM AND EASY

(Xiao Er Ning Xin Shao Dong Chong Ji) RP403

Actions:

Enriches the Yin, clears the Liver and calms the spirit

Indications:

Attention deficit hyperactivity disorder

Combinations:

- RP405 KIDS WELL BEING



RED PEONY FORMULAS

KIDS DIGESTION TONIC

(Xiao Er Pi Wei Jian Yun Chong Ji) RP404

Actions:

Tonifies the Qi and strengthens the Spleen, regulates the Qi and harmonises the middle Jiao, reduces food accumulation

Indications:

Poor appetite and digestion, low energy

Combinations:

- RP405 KIDS WELL BEING
- CM139 ENERGY TONIC FORMULA
- CM102 DIGEST-AID FORMULA



RED PEONY FORMULAS

KIDS WELL BEING

(Xiao Er Qi Xing Cha (Jia Wei) Chong Ji) RP405

Actions:

Tonifies the Qi, clears Heat, drains Damp, extinguishes Wind, promotes digestion and resolves food accumulation

Indications:

For periods of general discomfort, i.e. restlessness, irritability, poor sleep, poor appetite and digestion, susceptibility to respiratory infections

Combinations:

- RP403 KIDS CALM AND EASY
- CM139 ENERGY TONIC FORMULA
- CM102 DIGEST-AID FORMULA



RED PEONY FORMULAS

KIDS RASH RELIEF

(Xiao Er Shi Zhen Qing Chong Ji) RP406

Actions:

Clears Heat and eliminates Damp, clears Heat-Toxin and dispels Wind

Indications:

Eczema, dermatitis

Combinations:

- RP405 KIDS WELL BEING



RED PEONY FORMULAS

KIDS COOLING

(Xiao Er Tui Re Chong Ji) RP407

Actions:

Releases Exterior Wind-Heat, clears Heat Toxin

Indications:

High fever (due to upper respiratory or other infection).

Combinations:

- RP405 KIDS WELL BEING



RED PEONY FORMULAS

KIDS DRY NIGHTS

(Xiao Er Yi Niao Bu Shen Chong Ji) RP408

Actions:

Tonifies the Kidney, astringes the Essence and tonifies the Qi to consolidate the Bladder

Indications:

Enuresis (bed wetting)

Combinations:

- RP405 KIDS WELL BEING
- CM118 YIN TONIC FORMULA
- CM139 ENERGY TONIC FORMULA



RED PEONY FORMULAS

KIDS EAR CLEAR

(Xiao Er Zhong Er Yan Qing Chong Ji) RP409

Actions:

Clear Heat Toxin, disperses Wind-Heat

Indications:

Middle ear infection

Combinations:

- RP405 KIDS WELL BEING



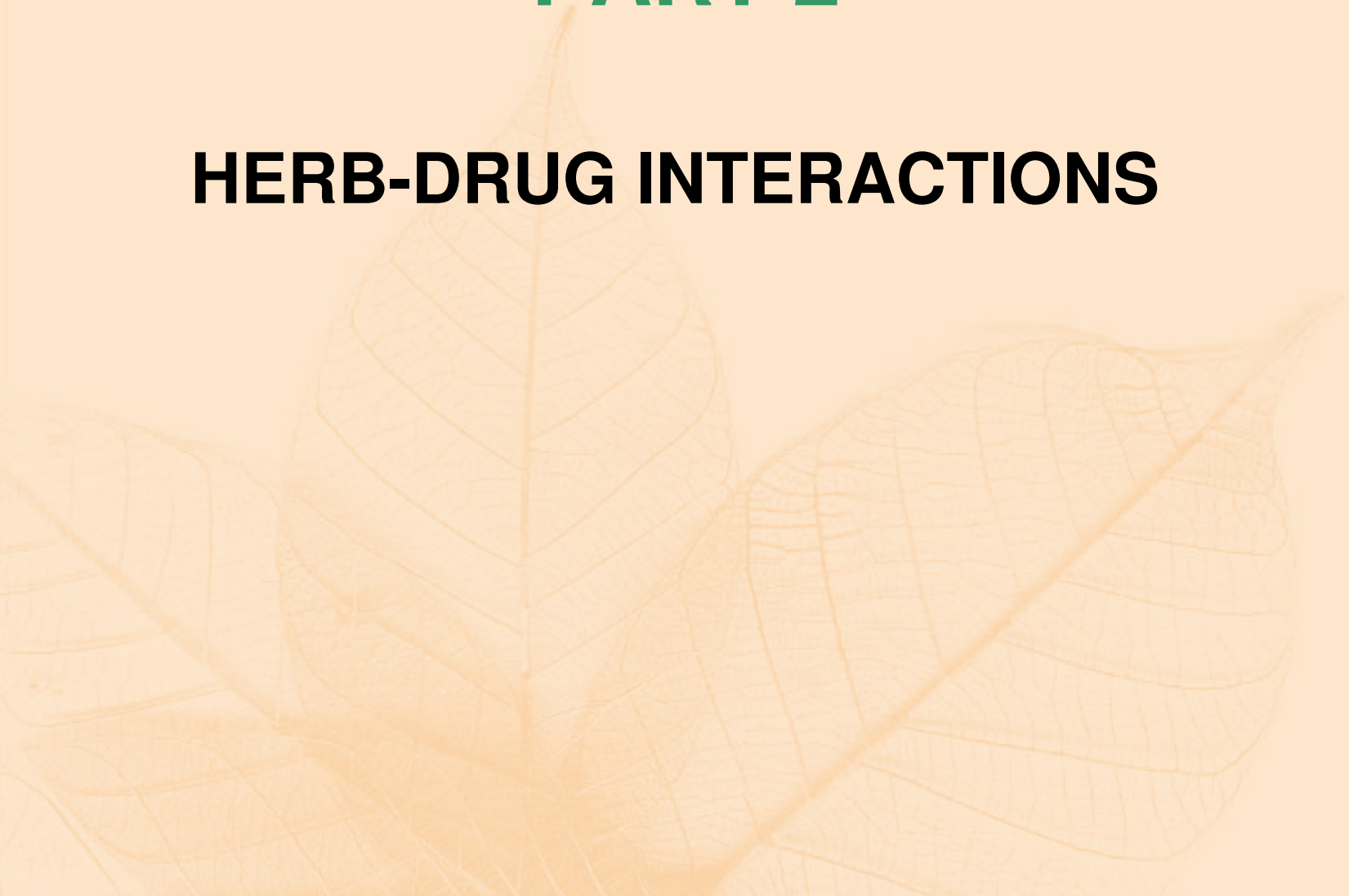
ADDITIONAL FORMULAS

- CM105 ANTITOX FORMULA → Heat Toxin
- CM102 DIGEST-AID FORMULA → Food stagnation
- CM117 RESISTANCE FORMULA → Defensive Qi deficiency
- CM118 YIN TONIC FORMULA → Delayed development
- CM119 ANTI-INFLAMM. FORMULA → Acute Inflammation
- CM149 COUGH CLEAR FORMULA → Post viral cough
- CM139 ENERGY TONIC FORMULA → Low energy, poor digestion



PART 2

HERB-DRUG INTERACTIONS





HERB-DRUG INTERACTIONS

AGONISM

Additive, synergistic effect.

ANTAGONISM

Opposite effect → diminished or abolished drug effect.



HERB-DRUG INTERACTIONS

MECHANISMS: Pharmacokinetic

- Increase or reduce drug absorption
- Affect drug's distribution in the body
- Affects drug's metabolism
- Affects drug elimination

→ **QUANTITATIVE EFFECT**

i.e. increases or decreases the **AMOUNT** of drug available to have an effect



HERB-DRUG INTERACTIONS

MECHANISMS: Pharmacodynamic

The pharmacological effects of the herb are agonistic or antagonistic to those of the drug



HERB-DRUG INTERACTIONS

MORE COMMON IN THE ELDERLY

- Renal and hepatic function reduced
- Body composition changes – less muscle and bone, more fat
- Lower levels of physical fitness (reduced cardiovascular & respiratory functions)
- Other illnesses
- Polypharmacy



HERB-DRUG INTERACTIONS

HOW DO WE KNOW THEY EXIST?

- Anecdotal information
- Isolated reports
- Predictions based on knowledge of the properties of the herbs and the drug
- In vitro studies (i.e. test tube)
- Animal studies
- Pharmacokinetic studies, measuring amount of drug available in the presence of the herb/s



HERB-DRUG INTERACTIONS

- **WE DO NOT KNOW VERY MUCH WITH A STRONG DEGREE OF CERTAINTY**
- **Contraindications** – definitely not to be used together
 - **Cautions** – possible interactions: start with low dose and monitor patient
 - **Individual differences** – digestion, absorption, distribution (body compartments, adipose tissue), metabolism (Liver enzymes), excretion, allergies.



HERB-DRUG INTERACTIONS

HOW CAN WE MINIMISE THE RISK?

- Never take herbs and drugs together at the same time (→ avoid interference with absorption)
- In patients with allergies or suspected allergies, begin with simple formulas (4 – 6 herbs) at low dosage for several days
- Find out ALL of the drugs and vitamins etc. that your patient is taking
- Be aware of the pharmacological actions of herbs and formulas and try to avoid using herbal therapy that is agonistic or antagonistic to the patient's drugs.



HERB-DRUG INTERACTIONS

CONTRAINDICATIONS

- **Dan shen** (*Salvia miltiorrhiza*, root) with any blood thinning drug: e.g. warfarin, heparin, aspirin.
- **Gan cao** (*Glycyrrhiza uralensis*) with ACE inhibitors (a type of antihypertensive drug), diuretics, digoxin.
- **Ban lan gen** (*Isatis tinctoria*, root) with NSAIDS, corticosteroids
- **Xi Yang shen** (American ginseng) with tea or coffee (counteracts effect of herb)
- **Chai hu** (*Bupleurum falcatum*) with interferon (exacerbates side effects)



HERB-DRUG INTERACTIONS

CAUTIONS

- **Ren shen** (Panax ginseng, root) with any blood thinning drug: e.g. warfarin, heparin, aspirin. It may have an agonistic effect
- **Ren shen** (Panax ginseng, root) with caffeine (tea, coffee, guarana). Possible over-stimulation of CNS.
- **Ren shen** (Panax ginseng, root) and MAO inhibitors, e.g. phenelzine. Agonistic effect → possible manic episodes
- **Gan cao** (Glycyrrhiza uralensis, root) and oral contraceptives → may cause fluid retention and hypertension
- **Ma huang** (Ephedra sinica, herb) and Beta-blockers (anti-arrhythmic, anti-angina), corticosteroids, MAO inhibitors (anti-depressant), sympathomimetics (adrenaline, ephedrine, caffeine, etc.) → CNS overstimulation, potentiation of steroids



HERB-DRUG INTERACTIONS

CAUTIONS

- **Sheng jiang, Gan jiang** (Zingiber officinale, rhiz.) and blood thinning drugs → potentiation → bleeding
- **Sheng jiang, Gan jiang** (Zingiber officinale, rhiz.) also any formulas that promote digestion → increase drug absorption from gut → increased plasma levels of drug
- Any of the commonly used '**Blood activating, stasis resolving**' herbs (or formulas containing them) and blood thinning medications (e.g. aspirin, warfarin, heparin), e.g.:
 - **Dang gui** (Angelica polymorpha)
 - **Chuan xiong** (Ligusticum wallichii)
 - **Yi mu cao** (Leonurus sibiricus)
 - **Tao ren** (Prunus persica)
 - **Hong hua** (Carthamus tinctorius)



HERB-DRUG INTERACTIONS

POSITIVE INTERACTIONS

- Increases efficacy of the drug
- Possible need for reduced drug dosage
- **Ren shen** (Panax ginseng) & influenza vaccine
- **Gan cao** (Glycyrrhiza uralensis) & aspirin (protects against stomach bleeding); & steroids (better anti-inflammatory effect)
- **Sheng jiang** (Zingiber officinale) & chemotherapy drugs (reduces nausea); & general anaesthetics (reduces after effects); improves absorption of drugs by the gut, possibly increasing their bioavailability
- **Dan shen** (Salvia miltiorrhiza) & cardiotonic drugs, e.g. Amrinone (Inocor), Digitoxin (Crystodigin), Digoxin (Lanoxin, Lanoxicaps), Dobutamine (Dobutrex), Milrinone (Primacor)
- **Dan shen** (Salvia miltiorrhiza) & antibiotics (improves efficacy)
- **Tian qi** (Panax notoginseng) & cardiotonic drugs
- **Huang qin** (Scutellaria baicalensis) & Irinotecan – anticancer drug (reduced gastrointestinal toxicity)



HERB-DRUG INTERACTIONS

POSITIVE INTERACTIONS

- **Di huang** (*Rehmannia glutinosa*) (also *Rehmannia* based formulas) & steroids (better clinical effect with less side effects, reduces steroid dependency)
- **Pu gong ying** (*Taraxacum mongolicum*) & antibiotics (improved efficacy)
- **Xiao Chia Hu Tang** (Minor *Bupleurum* F. BP029) & antibiotics (reduces GIT side effects)
- **Xiao Yao San** (*Bupleurum* & *Danggui* F. BP031) & antidepressants (better effect and reduced dosage)
- **Gan Mai Da Zao Tang** (Wheat & jujube C. BP054) & antidepressants (better effect and reduced dosage)
- **Yu Ping Feng San** (Jade Screen F. BP037) & anti-asthma treatment, e.g. steroid puffer (reduces relapse rate and frequency of need for drug)