

Doc Hay Formula - 1

1 方剂 *fang ji* (preparation method)

原方内容 *yuan fang nei rong* (original method contents)

陈朱砂 (一钱) *chen zhu sha (yi qian)* aged Cinnabar (one qian)

自然铜 (一钱) *zi ran tong (yi qian)* Pyrite (one qian)

水片 (二分) *shui pian (er fen)* *shui pian* water pill? (one fen)

轻粉 (四分) *qing fen (si fen)* Calomelas (four fen)

□ 风丸 (二) (*character unknown) *feng wan (er)* ?

生半夏 (四钱) *sheng ban xia (si qian)* fresh Pinellia rhizome (four qian)

□ 香 (少少) (*character unknown to me) *xiang shaoshao* fragrant ?..
(small amt)

章香 (四钱) *zhang xiang (si qian)* ?

生草乌 (二钱) *sheng cao wu (er qian)* Wild Aconite (two qian)

生川乌 (二钱) *sheng chuan wu (er qian)* Sichwan Aconite (two qian)

□ 风散粉 (二钱) (character unknown to me) *feng san fen (er qian)* ?

生南星 (三钱) *sheng nan xing (san qian)* fresh Jack in the Pulpit rhizome (three qian)

百矾 (二钱) *bai fan (er qian)* White Alum (two qian)

滑石 (四分) *hua shi (si fen)* Talcum (four fen)

三七 二钱 (二钱) *san qi (er qian)* Notoginseng root (two qian)

细辛 (二钱) *xi xin (er qian)* Asarum (two qian)

风行 (二钱) *feng xing (er qian)* wind quickly? (two qian)

三的珠等 *san de zhu deng* three beads of ... (deng--
psychedelicatesen)

雄黄 *xiong huang* Realgar

生姜取汁 *sheng jiang qu zhi* fresh Ginger juice

醋酒水开撩外用 *cu jiu shui kai liao wai yong* open wine vinegar apply
externally

上外洗 *sheng wai xi* wash the outside

百矾 *bai fan* White Alum

醋 *cu* Vinegar

鸡口洗手四肢好矣 *ji (unknown character) xi yu si zhi hao yi* wash chicken
from limbs really good

Preparation comments from first translation:

此方主治当为痹症四肢关节痛. *Ci fang zhu zhi dang wei bi zheng* for patients with
joint pain arthralgia

为外用方. *Wei wai yong fang* for external use

主药为生川乌, 生草乌, 生南星(为三生饮) *Zhu yao wei sheng chuan wu, sheng cao*
wu, sheng nan xing (wei san sheng yin)

important herbs used; fresh *chuan wu* (Sichuan Aconite), fresh *cao wu* (wild Aconite),
fresh *nan xing* (Jack in Pulpit rhizome), (a three fresh drinks)

细辛, *xi xin* Asarum

搜风驱寒止痛; *sou feng qu han zhi tong* search out wind, dispel cold, stop pain
生半夏搜风燥湿, *sheng ban xia sou feng zao shi* fresh (*ban xia*) Pinellia search out
wind, dampness
☐痰, (*character unknown to me*) *tan* (perhaps 'scour?') phlegm
百矾☐风痰, *bai fan (character unknown to me) feng tan* White Alum, (unknown)
wind, phlegm
☐香, (*character unknown to me*) *xiang* fragrant
水风香常通经络而止痛. *shui feng xiang chang tong jing luo er zhi tong*. Water
wind fragrant often course through the channels relieving pain (?)
滑石利湿 *hua shi li shi*. Talc, dampness
轻粉 亦能去湿 *qing fen yi neng qu shi* Qing fen can also go to (help with) damp.
共奏搜☐风湿散寒之功 *gong zou sou (character unknown to me) feng shi san
han zhi gong* Cold damp (rheumatism) were main powers of this formula.

Translator: Kevi Keenom, OCOM student, 2011

This is the second translation, from the transcribed formulas of Doc Hay's, to the best of my knowledge, by a Mr. Ge(r). I am told Ge translated the complex script to typed simplified character, which is what I received (first translation) and my work is the pin yin to English. The first translation belongs to a set of formulas restored to the John Hay location by Barlow in recent years after initial translation by Ge.

Translation Notes:

- the 'unknown character' in this translation was unknown by the first translator, also different from the 'character unknown to me' note. The former indicates that the character was not identified by the original Chinese typeset print due to too small of print. Or in the case of one character, remained unidentified though was visible to me.
- My resource of choice to translate these characters was www.nciku.com.
- I chose to use common English names for the herbs versus the botanical names for them in these translations. It seemed to me that there is more likelihood of a broader range of possible subspecies with this way of classifying and I didn't want to presume to know the exact scientific and botanical form of the herb used by Doc Hay at this time. Chances are great that they were the same ones

being used classically today, though some inconsistencies in specifics between then and current day are likely.

- Obviously this formula is still slightly unfinished in some areas mainly due to unreadable characters, though the heart of it is deciphered, it is an external formula to treat Bi-Syndrome. The most interesting aspect of this formula as a student was that this was an external Bi-Syndrome formula since it is not nearly as common in current clinic practice to do external formulas as it is internal. It is easy to imagine that this formula, with its extensive use of warming herbs, such as Cao Wu, Chuan Wu, Ban Xia, Shen Nan Xing, Xi Xin and San Qi, might elicit immediate results on a stubborn case of Cold-Damp Bi Syndrome. It would not have been practical to prescribe a formula such as this for internal use as it would have had too warming for the body to use and stay in balance. Also, the use of Cinnabar, Zhu Sha, which fell out of favor for use and is now an obsolete substance due to toxicity, is much less worrisome in a topical formula. One curiosity in the formula is the still undefined “san de zhu deng”. My search to define this term brought up a word “psychedelicatessian” which made me wonder what was in those three beads, perhaps opium was the substance being used, perhaps not, as this might not have been particularly effective externally.