

Doc Hay Formula - 2

2. 方剂 *fang ji* preparation method

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

金樱子(酒炒) 二钱 *jin ying zi (jiu chao) er qian* Cherokee rose hip
(wine fry) two qian

牛蒡子 (炒,打) 四钱 *niu bang zi (chao, da) si qian* Burdock fruit
seed (fry, smash) four qian

姜虫 (酒炒) 四钱 *jiang chong (jiu chao) si qian* Fasciolopsis
buski- parasitic intestinal fluke (wine fry) four qian

荷叶 二钱五分 *he ye er qian wu fen* Lotus leaf, two qian five fen

寄生 二钱 (*sang*) *ji sheng er qian* Mulberry Mistletoe stem,
two qian

麝香 二钱 *she xiang er qian* Deer musk, two qian

金银花 五钱 *jin yin hua wu qian* Honeysuckle flower, five qian

佛手 三钱 *fo sho san qian* Finger Citron fruit (Buddah's hand) three qian

卜子 (炒, □) 三钱 *bu zi (chao, unknown) san qian?* (fry, unknown character) three qian

□□(酒炒) 三钱 *unknown characters (jiu chao) san qian ...* (wine fry) three qian

秦艽 三钱 *qian jiao san qian* Gentiana *Macrophylla* three qian (*shao*)

赤药 三钱 *chi (shao) yao san qian* Red Peony root three qian

香附 (酒炒) 五钱 *xiang fu (jiu chao) wu qian* Nut grass rhizome (wine fry) five qian

元胡 二钱五分 *yuan hu (suo) er qian wu fen* *Corydalis* rhizome two qian five fen bitter orange peel

枳壳 (面炒) 五钱 *zhi ke (mian chao) wu qian* Bitter Orange peel (surface fry) five qian

葵仁 (炒) 二钱 *(gua) lou ren (chao) er qian* *Trichosanthes* seeds (fry) two qian

白芷 二钱五分 *bai zhi er qian wu fen* Angelica root two qian
five fen

藿香 (酒炒) 二钱 *huo xiang (jiu chao) er qian* Agastache,
Patchouli (wine fry) two qian

玉金 二钱五分 *yu jin er qian wu fen* Turmeric tuber two qian
five fen

贝母 (打) 四钱 (*chuan/zhe*) *bei mu (chao) si qian* Fritillaria
bulb (fry) four qian

苏子 (酒炒) 三钱 (*zi*) *su zi (jiu chao) san qian* Purple Perilla
fruit seed (wine fry) three qian

白芍 (炒) 五钱 *bai shao (chao) wu qian* White Peony (fry) five
qian

藁本 三钱 *gao ben san qian* Ligisticum, Chinese Lovage root
three qian

橘梗 四钱 *ju geng si qian* Orange stems four qian

红花 三钱 *hong hua san qian* Safflower flower three qian

角刺 (酒炒) 五钱 *jiao ci (jiu chao) wu qian* spine of Chinese Honeylocust Fruit (wine fry) five qian

兜铃 二钱五分 (ma) *dou ling er qian wu fen* Birthwort Fruit two qian five fen

牛膝 (酒炒) 二钱 *niu xi (jiu chao) er qian* any of 3 *niu xi* species: Huai, Chuan or Tu (wine fry) two qian

细辛 一钱五分 *xi xin er qian wu fen* Asarum, Wild Ginger two qian five fen

神曲 二钱五分 *shen qu er qian wu fen* medicated leaven two qian five fen

犀角 二钱 *xi jiao er qian* Rhinoceros horn two qian

羌活 四钱 *qiang huo si qian* *Notopterygium* root four qian

独活 四钱 *du huo si qian* pubescent *Angelica* root four qian

泽泻 三钱 *ze xie san qian* *Alisma*, water plantain rhizome three qian

泽兰 三钱 *ze lan san qian* Bugleweed three qian

连翘 四钱 *lian qiao san qian Forsythia Fruit four qian*

生地 五钱 *sheng di wu qian Chinese Foxglove root,
Rehmannia five qian*

三棱 (酒炒) 二钱 *san leng (jiu chao) er qian Bur Reed rhizome
(wine fry) two qian*

莪术 (酒炒) 二钱 *e zhu (jiu chao) er qian Zedoary rhizome
(wine fry) two qian*

甘草 四钱 *gan cao si qian Licorice root four qian*

熟草 *shu cao possibly (?) meaning the “familiar/local
grass”*

川乌 各一钱五分 *chuan wu ge yi qian wu fen Sichuan Aconite
one qian five fen*

□ □ 二钱 *unknown characters er qian unknown one qian*

小茴 (酒炒) 二钱五分 *xiao hui (jiu chao) er qian wu fen Fennel
Fruit (wine fry) two qian five fen*

防风 二钱五分 *fang feng er qian wu fen Ledebouriella root two*

qian five fen

青皮 (酒炒) 五钱 *qing pi (jiu chao) wu qian immature tangerine peel (wine fry) five qian*

丹皮 二钱 (mu) *dan pi er qian Peony tree root cortex two qian*

柴胡 □ □钱 *chai hu (unknown) qian Buplerum (unknown amt) qian*

(这两行因为复印得不全，看不清楚) *zhe liang hang yin wei fu yin de bu quan two lines are left out due to being unclear and unreadable*

Translator: Kevi Keenom, OCOM master's student

The formulas titled Doc Hay Formula has been once translated into simplified Chinese characters and passed on to OCOM staffer Beth Howlett in from a Mr. Ge(r), as noted in "Doc Hay Formula - 1".

Notes: In a formula with 48 herbal components, isolating chief and deputy herbs is a complex task. The major themes of herbs in this formula include wind-dispelling herbs, damp resolving herbs, plus Qi & blood moving herbs that also relieve pain. There are some herbs to release the exterior, some to clear heat from deficiency and some to dispel cold. All in all the formula is large, but is focused on treating a type of bi-syndrome, likely caused by invasion of wind cold and dampness, with underlying deficiency heat as well.

The use of an intestinal parasite is especially notable and interesting in this formula, although as of yet, I am not 100% sure if the translation of 姜虫 (酒炒)

jiang chong (jiu chao) Fasciolopsis buski- parasitic intestinal

fluke, is correct due to not finding anything classically that reflects a similar material or a line of thinking behind this substance. I can make guesses, and the first one that does come to mind is the popularity of tapeworms in eras past, but this is just raw speculation.

Other classically paired herbs however, are used in this formula, such as *qiang huo* and *du huo*, and *san leng* and *e zhu*. The first pair is focused on dispelling wind, cold and damp from the upper and lower body (whole body when paired), and the latter is a powerful combination for clearing severe qi and blood stasis and stagnation. In fact, the herb *e zhu* is so strong at the job, that it is currently used in formulas to resolve masses, tumors and treat cancer.

In looking over this formula and imagining both the patient that would receive it as well as the mind of Doc Hay, who prepared it, I wondered how is it possible that this patient was able to ingest this many herbs, plus digest and assimilate without battling an upset stomach or diarrhea? One of the answers came to me in the form of two herbs. First, *jin ying zi* was a little out of place in this formula, though I am guessing it was selected (in other formulas as well) for it's action of "binding the intestines" and "stop diarrhea". The second that seemed to answer this question, *shen qu*, is an herb that is known to help aid digestion through moving stagnation in the stomach and harmonizes the stomach. In addition to many other herbs that would help digestion through aiding the movement of qi, I believe that Doc Hay would often add herbs to address concerns such as these versus simplifying the formula. It is not the most common style in modern herbalism, but there is a balance that seems to be achieved none the less.

It is also interesting that one third of the herbs in this formula were fried, which makes another case for the synergistic effects of such a large formula. The method of dry-frying in Chinese herbal medicine increases the warmth of the herbs, harmonizes and moderates the effects and aids in extraction of the active constituents. A few of the herbs were wine fried, and the wine would also lend to warming and increasing the therapeutic effects of the herbs.