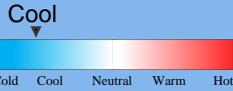


A0050



Bai He - Lily

Lily COMBINATION



TCVM Thermal Nature:

TCVM Indications:

- Cough and asthma due to Lung/Kidney *Yin* Deficiency
- Dry cough without phlegm
- Low grade fever (in afternoon)
- Tongue: Red without coating
- Pulse: Thin and fast

Chinese Principles of Treatment:

Nourish *Yin* and moisten Lung, stop asthma and coughing

Contraindications:None

Warnings:Stop administration immediately if the patient develops diarrhea, vomiting or other unusual signs

Suggested Serving:

Horse - 10 to 20 g twice daily as top dressing on feed
Dog/Cat - 0.5 g per 10 to 20 lb body weight twice daily
or as suggested by a veterinarian



- ✓ 200 g powder
- ✓ 600 g powder
- ✓ 900 g powder
- ✓ 100-0.2 g capsules
- ✓ 200-0.5 g capsules



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Ingredients and Actions:

Latin Name	Ingredient	Actions
Lily	<i>Bai He</i>	Moistens the Lung and stops cough
Rehmannia	<i>Shu Di Huang</i>	Nourishes Kidney <i>Yin</i> and <i>Jing</i>
Rehmannia	<i>Sheng Di Huang</i>	Cools Blood and nourishes <i>Yin</i>
Ophiopogon	<i>Mai Men Dong</i>	Nourishes <i>Yin</i>
Paeonia	<i>Bai Shao Yao</i>	Nourishes Liver <i>Yin</i>
Scrophularia	<i>Xuan Shen</i>	Cools Blood and nourishes <i>Yin</i>
Fritillaria	<i>Zhe Bei Mu</i>	Moistens the Lung and stops cough
Angelica	<i>Dang Gui</i>	Nourishes Blood
Platycodon	<i>Jie Geng</i>	Opens the Lung and stops cough
Glycyrrhiza	<i>Gan Cao</i>	Harmonizes

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Main Herbs in Lily Combination

Lily Combination is based on the classical formula *Bai He Gu Jin Tang* (Lily Bulb Decoction). This formula is designed to treat Lung and Kidney *Yin* Deficiency. Lung and Kidney *Yin* Deficiency results in failure of Lung *Qi* to disperse and descend, therefore leading to dry cough and asthma. The key treatment for such conditions is to tonify Lung and Kidney *Yin* to stop cough and transform Phlegm. Lily Combination focuses on moistening the upper airways and Lungs while nourishing Kidney *Yin* and relieving coughing and asthma. *Bai He* (Lily) nourishes Lung *Yin* and promotes production of Body Fluids to relieve cough, while *Shu Di Huang* (Rehmannia, prepared) and *Sheng Di Huang* (Rehmannia) nourish Kidney *Yin* and clear Heat from the Blood. Both *Mai Men Dong* (Ophiopogon) and *Xuan Shen* (Scrophularia) act as Minister herbs to assist the main herbs in nourishing Lung and Kidney *Yin*. *Bai Shao Yao* (Paeonia) and *Dang Gui* (Angelica) nourish Blood and Liver *Yin*. *Zhe Bei Mu* (Fritillaria) and *Jie Geng* (Platycodon) transform Phlegm and stop cough. *Jie Geng* (Platycodon) also improves the condition of the throat and guides the other herbs upward. *Gan Cao* (Glycyrrhiza) is a harmonizer. Overall, this is a very effective herbal formula for treatment of chronic cough and asthma.

Clinical Research on Lily Combination

Bai He Gu Jin Tang (Lily Bulb Decoction) is a famous Chinese herbal medicine that nourishes *Yin* and moistens the Lungs. This formula is used to manage Lung discomfort causing signs such as a dry cough and dry throat. One study used modified *Bai He Gu Jin Tang* (Lily Bulb Decoction) (once daily for 10 days) in treatment of 32 cases of acute radiation pneumonitis, with 25 cases treated with Western medicine as a control. Of the patients treated with modified *Bai He Gu Jin Tang* (Lily Bulb Decoction), 15 experienced complete relief of symptoms, 13 cases partial relief, and 5 no change. The overall effective rate was 87.5%, which was significantly better than that of the Western medicine group.¹ Bronchiectasis is a common disease of the respiratory system. Fifty-six patients suffering from bronchiectasis hemoptysis were treated with modified *Bai He Gu Jin Tang* (Lily Bulb Decoction), while 61 cases were treated with Western medicine as a control. After 3 weeks of treatment, 51 of the 56 patients treated herborally were clinically cured or significantly improved, a success rate of 91.1%. In the Western medicine group, 38 out of 61 patients were clinically cured or improved (62.3%). This is a statistically significant difference ($p < 0.01$).² In another clinical study, *Bai He Gu Jin Tang* (Lily Bulb Decoction) produced good results in treatment of 33 cases of Lung Deficiency cough after 12 days of medication.³ Forty-two cases of hemoptysis caused by lung cancer were also successfully controlled by administration of modified *Bai He Gu Jin Tang* (Lily Bulb Decoction) for 2 weeks.⁴

Pharmaceutical Evidence for the Effects of Herbs in Lily Combination

Experimental studies on *Bai He Gu Jin Tang* (Lily Bulb Decoction) show that it can significantly inhibit both foot inflammation caused by albumen injection and CMC Na⁺ solution-induced white cell migratory reaction in rats, as well as increase celiac capillary permeability in mice.⁵ One study incubated *Bai He Gu Jin Tang* (Lily Bulb Decoction) drug-serum with U937 monocyte-derived macrophages. After 24 hours, the *Bai He Gu Jin Tang* (Lily Bulb Decoction) drug-serum significantly increased mRNA and protein expression of CR1, CD14, TLR2 and TLR4 in macrophages, and up-regulated CR3 protein expression without changing its mRNA expression. These results suggest that *Bai He Gu Jin Tang* (Lily Bulb Decoction) may be able to treat tuberculosis.⁶ *Jie Geng* (Platycodon) is one of the main herbs in this formula and is commonly used in clinical treatment of Lung disorders. Studies show that Platycodin D, an extract from *Jie Geng* (Platycodon), can significantly reduce pulmonary fibrosis by inhibiting expression of TGF- β mRNA, and its efficacy in treatment of pulmonary fibrosis is comparable to methylprednisolone.⁷ A polysaccharide (POT) contained in *Mai Men Dong* (Ophiopogon) has an antagonistic effect at a dose of 200mg/kg on cough caused by a mixture of histamine and acetylcholine in normal guinea pigs. POT significantly prolonged the latent period of expiratory dyspnea, tic and collapse caused by egg albumin in sensitized guinea pigs ($p < 0.001$). In other studies, it had antagonistic effects on passive cutaneous anaphylaxis in mice and reduced clinical signs of asthma in sensitized guinea pigs.⁸

Case Study

A 7-year-old Arabian gelding had been diagnosed with lower airway inflammatory disease and recurrent airway obstruction (RAO) 2 years prior to presentation for TCVM evaluation. Despite temporary improvement of the clinical signs with nasal inhalation of corticosteroids and bronchodilators, the horse would relapse if the medications were reduced. The client feared deleterious long-term effects of the medication, so acupuncture and Chinese herbal therapy were initiated to reduce the need for conventional medication. Two Chinese herbal formulas were prescribed; Lily Combination, based on the classical formula *Bai He Gu Jin Tang* (Lily Bulb Decoction), and Breathe Easier, based on the classical formula *Ge Jie San*. Each formula was administered at a dose of 15 grams orally twice daily. Lily Combination (Lily Bulb Decoction) was used to nourish *Yin*, moisten the Lung, and stop asthma and cough. Improvement in the horse's condition was noted within 2 weeks. Bronchodilators and nasal corticosteroids were discontinued after 6 weeks and the clinical signs were then controlled with monthly acupuncture treatments and daily herbal therapy.⁹

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