



Su Wen  
Herbs

'Ancient  
Formulae for the  
Modern Child'

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## Throat Soothe™

**Classic antecedent:** Yin Qiao San *Lonicera-Forsythia Powder*.

Da Qing Ye *Folium Isatidis seu Baphicacanthi*  
Jin Yin Hua *Flos Lonicerae japonicae*  
Lian Qiao *Fructus Forsythiae*  
Jing Jie *Herba Schizonepetae*  
Bo He *Herba Menthae haplocalycis*  
Fang Feng *Radix Saposhnikoviae*  
Chai Hu *Radix Bupleuri*

Sang Ye *Folium Mori*  
Shan Dou Gen *Radix Sophorae subprostratae*  
Huang Qin *Radix Scutellariae*  
Niu Bang Zi *Fructus Arctii*  
Jie Geng *Radix Platycodi*  
Gan Cao *Radix Glycyrrhizae uralensis*  
Da Zao *Fructus Jujubae*

The remedy *Throat Soothe™* was formulated to treat upper respiratory infections in children manifesting with a pronounced sore throat. It releases the Exterior, expels Wind-Heat, and benefit the throat.

The clinical manifestations related to the remedy may include aversion to cold, shivers, fever (or forehead hot to the touch), sore throat, swollen throat, swollen tonsils.

The tongue may have red sides (between the centre and the tip) and/or red front third. In severe cases, the tongue may have red points in these areas. The dosage of the remedy can be adjusted according to the degree of redness of these areas and to the presence of red points: the redder these areas and the more red points there are, the higher the dose. The pulse is Floating-Rapid.

### Exterior Wind-Heat

This clinical situation corresponds to an acute upper respiratory infection with pharyngitis and tonsillitis; it will also help otitis media (ear infection). It should be understood clearly that this remedy is purely for the Exterior stage of an invasion of exterior Wind, i.e. when the pathogenic factor is on the Exterior. The crucial symptoms and signs of this situation are the simultaneous presence of shivers (or a subjective feeling of cold with an acute onset) and an objective feeling of heat of the forehead to touch (or an actual fever).



The subjective feeling of cold is due to the obstruction of the Wei Qi in the space between skin and muscles: as the Wei Qi warms the muscles, when it is obstructed, the patient feels cold. The fever, or objective feeling of heat of the forehead to the touch, reflects the fight between the pathogenic factor and Wei Qi. Please note that, contrary to popular perception, the fever (or objective feeling of heat) is not due to the fact that it is Wind-Heat, as Wind-Cold also manifests with this sign.

All the herbs in this remedy are cold in nature and they may therefore injure the Spleen with prolonged use. However, this will not happen as the remedy is given only for a short time by definition. As the remedy is specific for the Wei Level of an invasion of exterior Wind-Heat, the remedy is given only for a few days: after that, either the child has expelled the Wind and recovered or the pathogenic factor has penetrated into the Interior in which case the child will need a different remedy.

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