

## ***Therapeutic Actions***

1. Treats colds, flu, and sore throat. It is particularly effective during or prior to the early stages when fevers, headache, cough and sore throat are present. There may be slight chills or no chills present with difficulty in sweating. The patient may also have body aches with sore shoulders, stiff neck and swollen lymph nodes
2. Treats skin itching due to wind-heat, including allergic skin reactions such as hives

## ***Chinese Therapeutic Effects***

Disperses wind-heat  
Clears heat and relieves toxins  
Diaphoretic

## **Administration**

**Internal:** 3 tablets TID, between meals, in severe cases take every 3-4 hours. Discontinue or re-evaluate after the third day of wind attack.

90 tablets, 750mg, 10 day supply

**Contraindications:** This formula will not be effective for damp-heat conditions.

## **Ingredients**

Lonicera flower <i>jin yin hua</i>	Isatis extract leaf & root <i>da qing ye &amp; ban lan gen</i>	Mentha herb <i>bo he</i>	Platycodon root <i>jie geng</i>
Forsythia fruit <i>lian qiao</i>	Arctium fruit <i>niu bang zi</i>	Schizonepeta herb <i>jing jie</i>	Lophatherum herb <i>dan zhu ye</i>
		Soy sprout <i>dan dou chi</i>	Licorice root <i>gan cao</i>

## Formula Rationale

Yin Chao Jin is based on the classic formula *Yin Qiao San*. The herbs lonicera (*jin yin hua*), forsythia (*lian qiao*), and arctium (*niu bang zi*) clear heat and fire toxin. Lonicera (*jin yin hua*), mentha (*bo he*), and schizonepeta (*jing jie*) clear wind. Isatis root and leaf extract (*ban lan gen* and *da qing ye*) have been added to accentuate this activity in relieving pathogenic factors that cause sore throat. Platycodon (*jie geng*) soothes the throat and disperses congestion in the lungs.

## Clinical Notes

1. This formula is very effective at eradicating colds, flu, sore throats, and upper respiratory infections. Fever may or may not be present. The formula may be used in cases of common cold, flu, acute cases of pneumonia, bronchitis, pharyngitis, parotitis, otitis media, measles, and tonsillitis. It is effective for cases involving wind heat
2. The practitioner must use discretion as to when to refer cases that do not resolve and which may involve streptococcus or other organisms that respond to antibiotics

## Additional Formulas

- Use **Isatis Gold** for clearing heat and toxins when the element of wind is not present, for example, for later stages of cold and flu
- Use **Astra C** for prevention of colds and flu
- Use **Astra Isatis** for treatment of chronic low grade infections
- Use **Ease 2** plus **Power Mushrooms** for prolonged colds and flu without fever
- **Clear Air** for coughing and phlegm
- Combine with **Clear Phlegm** (*Wen Dan Tang*) for copious sputum