

## Herbal Liniment Product Guide

This is a follow up product guide to the article “A Guide To Chinese Martial Arts Herbal Trauma Formulas“. Please consult that article for more specific information on herbal product dynamics and proper product use.

Product Name	Use	Note
ABC Plaster	O	Hot
Anti-Rheumatic Plaster (Tientsin Drug)	R	Aromatic
Axe brand oil	O	Warm
Bao Zhen Gao/ Shang Yao Plasters	O	Warm
Chili Plasters	O	Hot
		Best burn cream, heals tissue, can be applied to open wounds to reduce scarring, heals bleeding hemorrhoids.
Ching Wan Hung (Great Wall)	A	
Compound Prescribed Watermelon Frost (Guilin)	A	For non-healing or infected open wounds with redness and swelling
Die Da Wan Hua (Jingxiutang Pharm.)	T	Good on burns
Die-Da Analgesic Essence (China National)	T	
Dr. Bob’s Medicated oil (Blue Poppy)	O	Warm to neutral
Dr. Shir’s Liniment (Spring Wind brand)	J	
Dragon Fire Liniment (Oriental Herb Co.)	O	Hot
		For swelling and pain when there is no redness or heat
Dragon’s Blood Liniment (Blue Poppy)	T	
E Mei Shan Plasters	O	Warm
Eagle oil	M	Strong pain reliever
Eighteen Budda Tit Da plaster	T	
Essential Balm	M	
		Long term use plaster for healing injuries
Fastt Patch (Wei Labs)	T	
Felursa Plaster For Bruise (Zhanjiang)	T	
Feng Liu Sing Tincture	T	Warm
Flower oil (Shanghai medicines)	O	Warm to neutral
Golden sunshine patches/spray ccream	M	Cool
Green Willow liniment (Blue Poppy)	O	Hot
Hua To’s Eight Immortal’s Iron Palm (Oriental Herb Co.)	T	Designed for training as well as injury
Hua To’s Eight Immortals Dit Da Jow (Oriental herb Co.)	T	For post trauma healing
Hua Tuo Plasters (Kwang Chow United)	O	Warm
Huo Tuo Plasters (Jingxiutang Pharm.)	O	Warm
Imperial Pheonix (Oriental Herb Co.)	T	Training formula, hot
Iron Fist Liniment (Oriental Herb Co.)	T	Designed for training as well as injury
Iron Hand Liniment (East Earth)	T	Designed for training as well as injury
Jade Goddess (Oriental Herb Co.)	T	Training formula, tissue repair, cooling
Joseph’s Si Chi Pain relieving oil	M	

King Care Arthritis Pain Formula	O	Warm
King Care Original Formula	M	
King Care Sports Pain Formula	M	
Kou Pi Analgesic Plasters (Tientsin Drug)	O	Warm
Kou Pi Analgesic Plasters (Beijing Tung Jen Tang)	O	Warm
Kupico Plaster (Great Wall Brand)	R	Aromatic
		Warm to neutral, also indicated for itching
Kwan Loong	O	
Mao She Xiang San Xiong Dan Rheumatic oil (Kwangchow)	O	Warm
Mopiko	M	Indicated for pain as well as itch from insect bites and eczema
Musk Anti-Contusion Plasters (Tianjin Drug)	R	Aromatic
Musk plaster (Jingxiutang Pharm)	R	Aromatic
Musk Rheumatic oil (Guangdong Medicines)	R,O	Aromatic and warm
Musk Rheumatism-Expelling Plasters (Guilin Fourth Pharm.)	R	Aromatic
Ni Tian/Yee Tin Tong Oil	J	
Notoginseng Herbal Analgesic Liniment	M	Camphor free
Notoginseng Herbal Analgesic Liniment (Guangxi Med.)	O	Warm to Neutral
		Warm to neutral, good massage oil for sore muscles
Po Sum On	O	
Porous Capsicum Plaster	O	Hot
Red Dragon Balm	O	Warm
Salonpas Plasters	O	Warm to neutral, focused on pain
san qi powder	B	
Shang Shi Bao Zhen Medicated Plaster (Shanghai Med. Works)	R	Aromatic and warm
		For acute injury with redness and swelling
Shaolin Dee Dat Jow (Blue Poppy)	T	
Sprain Ointment (Blue Poppy)	J	
Spring Wind Herbal Muscle and Joint rub (Spring Wind)	J	
Stop Pain (Blue Poppy)	M	
Three Angels Liniment (Blue Poppy)	G	Cool
Tie Bi (Oriental Herb Co.)	T	Training formula, cooling
Tieh Ta Yao Gin (Chu Kiang Brand)	T	Great on severe bruises
Tieh Ta Yao Gin (United Pharm.)	T	
Tieh ta yao jiu (Five Photos brand)	A,T	Great on "Gi burn" and abrasions
tien chi powder	B	
Tiger Balm Red	O,M	Warm
Tiger balm white	M	
Tokhuon Plasters	O	Warm
		Good for hard swellings, burns, necrotic wounds
Wan Hua Oil (United Pharm)	T,A	

White Dragon Balm	M	
White Flower oil	M	Cool
White Tiger Liniment (Oriental Herb Co.)	G	Cool
White Patch (Wei Labs)	O	Warm
Wood lock oil	M	
Wu yang Plaster for bruise	T	Better than ice on acute injuries
Xi Shang Le Ding (Pham. Factory of TCM)	J	
Xin Fang Shang Shi Bao Zhen Gao Plasters (Shanghai Med. Works)	O	Warm
Yang Cheng Medicated Herbal Plaster	T	Similar to Wu Yang brand
Yun Xiang Jin	O	Warm
Yun Xiang Jing liniment (Yulin)	O	Hot
Yunnan Baiyao liniment	M	
Yunnan Baiyao Plasters	M	
Yunnan pai (bai) yao powder,	B,A	THE stop bleeding formula.
Zheng Gu Shui (Yulin Drug)	J,R	Great on any joint pain, aromatic
Zhitong Gao/ Shang Yao Plasters	O	Warm

### **T= Tissue damage from trauma, strains, tears, contusions, and bruises**

Classic Die da formulas (Dit Dat Jow) are generally based on the ancient formulas Qi Li San, or Die Da wan. They tend to be very good at tissue repair and healing burns, stopping bleeding, reducing pain and swelling as well as long term wound care. Some can be applied to an open wound. They vary in “temperature”, some hot, some cold, and some neutral. Cool formulas are better in acute trauma where there is redness and swelling. Hot formulas are better when there is no redness or swelling. Many of the secret iron fist skin toughening formulas are variations of Die Da formulas. Note that some are meant for immediate treatment after an injury and others are specific for long-term recovery use, or for skin toughening (Training).

### **B= Bleeding, external and internal, severe bruising**

Stop bleeding powders can be packed into deep cuts. It can also be taken internally for possible internal bleeding (seek medical attention). Internally it is useful to control heavy menstrual bleeding. The red pill that is often packaged with the formula is to be used when there is severe trauma with the possibility of the patient going into shock. (Again, seek medical attention)

### **J= Joint strain or sprain**

These are variations of Die da formulas and are specific for “white” tissue, connective tissue with low blood flow, bones, ligaments and tendons. These formulas are great on any joint pain, including carpal tunnel, overuse soreness and tennis elbow. Apply to feet before standing for hours; it really helps.

### **M= Over-worked exhausted muscles, general after workout soreness and pain**

These are common muscle rubs and tend to be oil based with a lot of menthol and camphor. Good for general pain relief.

**O= Old (cold) injury aches and pains**

No redness or swelling. Heat applied to the area feels good. This is especially true of old injuries that have been over iced, or controlled through over the counter painkillers. These are formulas with warm and hot herbs.

**R= Re-injured joints or other tissue**

No redness to tissue, possible water or swelling around the joint, dull achy pain. Most of these are musk-based formulas; other camphor/menthol-based formulas can also do well in these situations.

**G= Red painful muscles and joints due to chronic injury, rheumatoid arthritis, gout**

Tissue is red and “burning painful” and/or warm and tender to the touch.

**A= Abrasions, cuts, “Gi burn” and open wounds**

These formulas are specifically made to use on broken tissue, and are specific in their ability to heal tissue and stop bleeding. They are good on open cracked skin, cuts and abrasions, as well as burns.

There are countless formulations available as well as secret formulas. These were the products that I was able to get at least an ingredient list for. There are many good herbal formulas for which I could not find any information. I tried to group formulas as best I could, based on the information I have. I have used some of these formulas (not all) on myself and on patients. Comments about the effectiveness of a particular formula are based on my personal experience. There are many products listed that I believe are also very good. I just haven't had opportunity to use them.

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