

NEW HERB COMBINATIONS FROM RESEARCH

Integrating Research advances and Chinese medicine

Jeremy's new herb combination *Berberis: Candida infection* is a good example of a formula designed both to incorporate advances in research and according to the principles of Chinese medicine.

Caution: please read the Safety Warning, at the end of this document, before using this herb combination.

BERBERIS: CANDIDA INFECTION

Retained Pathogen + Deficient Defensive Qi

Herb	Ratio	Temperature	Taste
Berberis vulgaris cortex	1	cool	bitter
Echinacea angustifolia radix	1	cool	acid, bitter
Thymus vulgaris herba	1	warm-cool	acid, aromatic, sl. bitter
Cinnamomum cassia cortex	1	hot	acid, aromatic, sweet
Glycyrrhiza glabra radix	1	neutral-cool	sweet

Indications

Fungal infections by *Candida albicans*, or other *Candida* species, resulting in one or more of the following signs and symptoms.

See:

medlineplus

<http://www.nlm.nih.gov/medlineplus/>

Merck online

<http://www.merck.com/mmpe/index.html>

Signs and symptoms

- maybe localized infection of the mucosal membranes, maybe with white coating or discharge; including the oral cavity, pharynx, esophagus, gastrointestinal tract, lower urinary system, and genitalia

- maybe localized infection of the skin, with rashes
- maybe fatigue, poor concentration, depression, heartburn, bloating, diarrhea or other symptoms

Pulse

underlying emptiness, maybe slippery

Tongue

maybe thick white coat

Syndromes

Primary

Retained Pathogen

Deficient Defensive Qi

Secondary

There may be one or more of the following syndromes:

Spleen Deficient Qi

Intestines Deficient Qi

Phlegm, Damp, or Cold in Intestines

Temperature

The overall temperature is more or less neutral, so that the combination can be modified to treat warm or cool conditions.

Working units

This combination is made up of 2 pairs and 1 single.

Berberis	1
Echinacea	1
Thymus	1
Cinnamomum	1
Glycyrrhiza	1

All 5 herbs in this combination, either as herb extracts, essential oils, or isolated constituents, have been reported in research studies to reduce the growth of *Candida albicans*.

Berberis + Echinacea

Berberis and Echinacea are bitter cooling herbs with strong antibacterial action, and reported fungal action against *Candida*.

These herbs can clear Retained Pathogen, and Berberis can tonify the Liver, and Echinacea can tonify the Lung and the Defensive Qi.

In Berberis, both berberine and non-berberine constituents (as yet unknown) are thought to have antifungal action.

In Echinacea, keto-alkynes in the alkaloid fraction are thought to be the main antifungal constituents.

Thymus + Cinnamomum

Thymus and Cinnamomum are both acrid, aromatic herbs, which as a pair can warm, move, regulate, and tonify, the Qi of Lung, Spleen and Intestines.

In Thymus, the monoterpene phenols thymol and carvacrol in the essential oil fraction are thought to be the main antifungals.

In Cinnamomum, the main antifungal constituent is thought to be cinnamaldehyde.

Glycyrrhiza

The flavonoid glabridin, and the triterpene glycoside glycyrrhetic acid, have both been reported to have action against *Candida*.

Also, Glycyrrhiza is both tonic and anti-inflammatory to the gastrointestinal system.

Glycyrrhiza can help to tonify Defensive Qi by strengthening Qi of Kidney, Lung, and Spleen.

Dispensing

2.5-5 ml tincture, in quarter of a cup of water, 3 times per day.

Duration

Can be taken for 1-3 months with appropriate cautions, breaks, and modifications.

Cautions

This combination may be appropriate for mild to moderate *Candida* infections (*candidiasis*). Severe *candidemia* may be potentially life-threatening, requiring hospitalization.

Hypertension

Contraindicated with severe hypertension due to Glycyrrhiza.

Pregnancy

Some texts contraindicate Berberis in pregnancy.

Modification

Cold patterns

Add a suitable number of drops (5-20) of 1:3 Capsicum tincture to each dose of the main medicine.

Capsicum and Candida

Capsicum contains the saponin CAY-1 and peptides, both of which have been reported to have action against Candida.

Heat patterns

Add Rheum 0.5-1 to the main prescription.

Rheum and Candida

The anthraquinones rhein, aloe-emodin and chrysophanol isolated from Rheum emodi rhizomes exhibited antifungal activity against Candida albicans.

Replacement

When the symptoms of Candida infection have cleared, this combination can be replaced by a modified version of *Astragalus: frequent infections + intestinal hyper-permeability*, in which the ratios of Echinacea and Hydrastis are reduced to 0.5.

Safety Warning

Each JRHC has been designed for optimal efficiency and safety, on the principles of *Combining Western Herbs and Chinese Medicine*, to create a balanced combination.

But please read carefully each of the Safety Warnings below before using these Jeremy Ross Herb Combinations (JRHCs).

This website is for licensed health practitioners, and Jeremy cannot answer enquiries from the general public.

After Jeremy Ross course

JRHCs are designed to be used only after the appropriate Jeremy Ross herb course in which their detailed use and safety precautions are discussed.

After individual consultation

JRHCs should only be supplied to a patient following an individual consultation of that patient with a licensed health practitioner.

Practitioner responsibility

It is the responsibility of the practitioner to make an accurate diagnosis, and to decide whether a herb combination is appropriate for a specific patient at a particular time.

Check for contraindications

Practitioners are advised never to use a herb combination without checking the potential

contraindications of each constituent herb for the particular patient at the time of treatment.

Appropriate dose

It is the responsibility of the practitioner to prescribe herbs in appropriate dose for the *age*, constitution, and condition of the patient.

Conventional diagnosis and treatment

JRHCs are not proposed as an alternative to conventional medical diagnosis and treatment, when this is necessary for the patient.

Local laws

It is the responsibility of practitioners to be aware of any special restrictions on herb prescribing specific to their own country.