



A Brief Discussion on the Cream Formula for Nourishing and Regulating Female

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Abstract

According to the *Synopsis of Golden Chamber*, the causes of gynecological diseases fall into the three categories: "deficiency, cold accumulation, and qi stagnation", in which deficiency takes the lead, indicating that supplementing deficiency is a common method in gynecology. The cream formula is mild in nature, and it can supplement the deficiency of the Zang Fu essence. Through compatibility, it can achieve the purpose of eliminating disease and keeping in good health. Many deficiency syndrome or combination of deficiency and excess syndrome can be treated with cream formula. Because of its unique physiological characteristics such as menstruation, leucorrhea, pregnancy and delivery subjects, women are prone to pathological condition that consumes qi and blood. Therefore, cream formula has its unique advantages in the treatment of gynecopathy.

Key words: Cream formula for female; Nourish and regulate; Clinical application; Famous-region drug; Quality of cream formula

Cream formula, also called paste, or oral thick paste, is semi-fluid preparation made of honey or sugar (or invert sugar) and the concentrate of medicine material crude slices after boiling. The paste is one of the eight traditional Chinese preparations, and it has the comprehensive functions of nourishing body and treating and preventing diseases. It is tasty and patients are willing to take it. This kind of oral plaster is strictly processed from single herb or multiply herb by senior Chinese medicine practitioner according to the physique status and clinical manifestation of the users, following the concept of holism and syndrome differentiation, which can overcome the shortcoming of treating disease without syndrome differentiation, thus cream formula is more targeted and comprehensive. Because of their unique physiological stages of "menstruation, pregnancy, delivery and breast-feeding", women are prone to pathological manifestations of "menstruation, leucorrhea, pregnancy and delivery subjects." Cream formula is mild in property. Its component medicines, foods and excipients like sugar and honey all have tonifying effects, thus it is very suitable for nourishing and regulating women.

1 Theoretical support of cream formula for nourishing women

1.1 Soothing the liver and rectifying qi, fortifying the

spleen and tonifying the kidney

Plain Questions · Shanggu Tianzhen Lun says: "For a woman, at the age of thirty-five, Yangming channel starts to decline, her face begins to wither and her hair starts to lose. At the age of forty-two, as the three Yang Channels are deficient in both blood and qi, her countenance becomes wane and her hair are turning white. At the age of forty-nine, as both the Conception Vessel and Thoroughfare Vessel become deficient and menstruation stops, she becomes physically feeble and is no longer able to conceive a baby." When women reach midlife, kidney qi goes from prosperity to decline. According to TCM theory, the liver stores blood and governs the free flow of qi, while the kidney stores essence and governs hiding and storing. The liver and the kidney share the same origin, so does essence and blood. The mutual promotion and transformation between liver-yin and kidney-yin maintain the coordination between them. At the same time, the disperse of liver Qi can secure proper hiding and storing of kidney qi, while the proper function of kidney qi can restrict hyperactivity of liver qi or promote hypoactivity of liver qi. The mutual promotion and restriction between liver and kidney promises sufficient blood to nourish body and free flow of qi to make sure the women in stages of period, pregnancy, postpartum and lactation are well.

Spleen and stomach pertain to earth and belong to middle-jiao. As the origin source of qi and blood, they jointly bear the responsibility of promoting qi and blood and are the root of acquired constitution. "Stomach receives food. Spleen governs transportation and

transformation. Working together, they generate essence.” The spleen’s failure to transport nutrients leads to deficiency of qi and blood. The liver’s failure to dredge and regulate leads to disorder of qi and blood and deficiency of kidney-essence in the long run. Both situations can cause oligomenorrhea in women. If liver-kidney yin deficiency and deficiency-fire superabundance result in menorrhagia and qi-blood deficiency, the therapeutic methods of cream formula is nourishing yin and clearing heat, supplementing qi and nourishing blood. If kidney essence insufficiency leads to insufficient generation of blood because of severe trauma like abortion, or if kidney yang deficiency leads to endogenous cold formation, or if spleen qi deficiency leads to insufficiency of the source for transportation, which can all cause delayed menstruation or even amenorrhea, the therapeutic methods of cream formula is replenishing the kidney and supplementing essence, fortifying the spleen and warming yang, supplementing qi and nourishing blood^[1].

1.2 Harmonizing thoroughfare and conception vessel, treating with both dredge and supplementation

Miraculous Pivot says: “the Thoroughfare Vessel is the sea of the twelve Channels.” The Thoroughfare Vessel, also known as “the sea of blood”, can regulate qi and blood in the twelve meridians, control reproduction, and regulate ascending and descending of qi movement. Only when the Thoroughfare and Conception Vessel are superabundant can menstruation flow freely. The Conception Vessel, known as “the sea of the yin meridians”, governs all the yin meridians in the body. It starts from the uterus and can regulate menstruation and promote reproduction of women, therefore here comes the saying “the Conception Vessel connects with the uterus and pregnancy”. From above we can see, regulating and treating the Thoroughfare and Conception Vessel are essential for gynecopathy.

Dredging means dissipate of stagnation and free flow qi and blood in meridians. Sluggish qi movements in the Thoroughfare and Conception Vessel cause unsmooth flow of blood, leading to diseases like dysmenorrhea, delayed menstruation, amenorrhea, metrorrhagia and metrostaxis, abdominal mass, infertility etc. Reinforcing method means nourishing blood and supplementing the Thoroughfare and Conception Vessel. When we are making thick oral paste, aromatic products are used to disperse qi movement and dredge meridians, and at the same time, sweet-flavor nourishing products are used to supplement essence and fill nutrients in eight extra-channels. Combining drugs of static and dynamic in nature, dredge and supplement in function, cream formula is often clinically effective^[2].

1.3 Tonifying qi and blood, balancing yin and yang

Balancing yin and yang, which can free qi movement, smooth blood circulation, fill nutrients in channels and keep yin and yang in equilibrium, is the key point for cream formula in regulating menstruation. Kidney stores essence, known as “the house of water and fire”, is the house of primordial yin and primordial yang. Prolonged illness implicates kidney, so when disharmony between yin and

yang happens in kidney itself or get kidney involved, it tends to cause pathological changes of yang impairment affecting yin or yin impairment affecting yang and inter-impairment between yin and yang. Deficiency of kidney yin and failure of the Thoroughfare and Conception Vessel control can cause irregular menstruation and appear symptoms such as dizziness, tinnitus, soreness and weakness of waist and knees, emaciation, dry mouth and throat, and so on. Yin deficiency can’t control relative-hyper yang, leading to deficiency fire. Fire forces the blood to move frenetically and cause bleeding or even disturb mind. This can result in irregular menstruation like metrorrhagia and metrostaxis, early menstruation, profuse menorrhagia etc, with symptoms such as feverish sensation in the palms and soles, tidal fever and night sweating, hectic cheek and so on. Therefore, cream formula for treating metrorrhagia and metrostaxis focuses on nourishing yin and clearing heat. However, taking drugs for cold and cool in nature for a long time should prevent yin deficiency affecting yang, so supplement yin and yang at the same time is recommended. Adding one or two flavors of yang tonics to the large number of yin tonics in cream formula-- this is the so-called “strengthening yang to nourish yin, breeding yin to conserve yang”. The five zang-organs are nourished, the essence and qi are supplemented and yin and yang are well balanced. These are the hinge of nourishing and regulating health^[3].

2 Clinical application of cream formula in nourishing and regulating female

2.1 Menstruation diseases

Menstrual diseases, a frequently-occurring disease in gynecology, refers to abnormal of menstrual cycle, menstrual period, the amount, menstrual color and menstrual quality associated with the menstrual cycle. We usually distinguish cold and heat, deficiency and excess from cycle, quantity, color and texture. The common menstrual disorders include early menstruation, delayed menstruation, irregular menstrual cycle, profuse menstruation, oligomenorrhea, prolonged menstruation and menopausal disorders.

For the therapeutic method of regulating qi and blood, the key point is to differentiate whether the disorder involves qi or blood. If it involves qi, she should tonify qi with blood tonics supplemented; if blood is involved, she should tonify blood with qi tonics supplemented. For the therapeutic method of regulating the Thoroughfare and Conception Vessels, the principal thing is to ensure sufficiency of blood in the Thoroughfare and Conception Vessels as well as the uterus. Only by tonifying qi and blood, or regulating and fortifying visceral in clinic to supplement qi and blood, regulate activity of the Thoroughfare and Conception Vessels, can menstruation be restored to normal.

Tonifying formulations like Six-Ingredient Rehmannia Pill, Guipi Decoction, Xiaoyao Powder, Buzhong Yiqi Decoction, Siwu Decoction, Sijunzi Decoction are commonly prescribed in clinic to regulate and fortify visceral and qi-blood. Prescriptions are usually based on Chinese Material Medica like Shudi (*Radix Rehmanniae*

Praeparata), Danggui(*Radix Angelicae Sinensis*), Baishao(*Radix Paeoniae Alba*), Chuanxiong(*Rhizoma Chuanxiong*), Dangshen(*Radix Codonopsis*), Baizhu(*Rhizoma Atractylodis Macrocephalae*), Fuling(*Poria*), Zhi Gancào(*Radix et Rhizoma Glycyrrhizae Praeparata cum Melle*), Huangqi(*Radix Astragali*), Shanyao(*Rhizoma Dioscoreae*), Shanyurou(*Fructus Corni*), Gouqizi(*Fructus Lycii*), Tusizi(*Semen Cuscutae*), Duzhong(*Cortex Eucommiae*), Heshouwu(*Radix Polygoni Multiflori*), Huangjing(*Rhizoma Polygonati*), Yujin(*Radix Curcumae*), Jixueteng(*Caulis Spatholobi*), Xuduan(*Radix Dipsaci*), Fupenzi(*Fructus Rubi*), Chenpi(*Pericarpium Citri Reticulatae*), Lianzi(*Semen Nelumbinis*), Heizao(*Fructus Jujubae*), Ejiao(*Colla Corii Asini*), Lujiaojiao(*Colla Cornus Cervi*), Guijiajiao(*Colla Carapax et Plastrum Testudinis*), Bingtang(*rock candy*), Huangjiu(*yellow rice wine*). For yin deficiency syndrome, Nvzhenzi(*Fructus Ligustri Lucidi*), Hanliancao(*Herba Ecliptae*) and Guibanjiao(*Colla Testudinis Plastris*) are added; for blood stasis syndrome, Taoren(*Semen Persicae*) and Lulutong(*Fructus Liquidambaris*) are added; for liver-depression syndrome, Chaihu(*Radix Bupleuri*) and Hehuanpi(*Cortex Albiziae*) are added in order to achieve the goal of treating, and then returning to normal menstruation. The purpose is to restore normal menstruation by tonifying kidney and replenishing essence, invigorating spleen and supplementing qi, regulating liver qi and relieving depression, regulating qi and blood, regulating and smoothing the Thoroughfare and Conception Vessels.

For patients with irregular menstruation, there are intermingled deficiency and excess syndrome apart from deficiency syndrome caused by various reasons. Therefore, cream formula should be prescribed according to patients' actualities: mainly supplement deficient for deficiency syndrome; treatment with both attack and supplementation for complex deficiency-excess syndrome to reinforce healthy qi and eliminate pathogenic factors. The prescription pays more attention to regulating kidney, liver, spleen, tiangui (reproduction-stimulating essence, corresponds with the tenth heavenly stem), qi and blood, the Thoroughfare and Conception Vessels, uterus and vessels of the uterus. Taking the liver and kidney as the outline, giving consideration to the spleen and stomach, balancing yin and Yang, dredging and supplementing in combination, regulating the Thoroughfare and Conception Vessels, dispersing stagnation, the prescription can free the flow of qi and blood in meridians, nourish blood and regulate uterus, having the effects of strengthening healthy qi and eliminating pathogenic factor or regaining of health after disease disappeared^[4]. Cream formula should be prescribed flexibly to prevent the occurrence and escalation of diseases.

In the treatment of women's irregular menstruation, cream formula can also be prescribed according to stages: consolidating kidney qi for patients at puberty; soothing and nourishing the liver, promoting qi to activate blood for women at child-bearing age; invigorating the spleen to supplement qi and blood for menopause patients; soothing the liver and regulating qi at premenstrual period; invigorating blood and boosting qi during the period, and nourishing qi and blood after period. If the patient has intermingled deficiency and excess, oral decoction should be given first to dispel pathogenic factors before cream formula are taken^[5].

2.2 Leukorrhea diseases

Leucorrhea diseases refers to the abnormal of vaginal discharge in amount, color, quality and odor, accompanied by systemic or local symptoms. Syndrome differentiation is mainly based on quantity, color, texture and odor of leukorrhea. Profuse leukorrhea without odor, whitish or light yellowish, sticky or thin in texture, is usually due to spleen deficiency; profuse leukorrhea without odor, whitish and thin in texture like egg whites, is usually due to kidney deficiency; scanty leukorrhea sometimes with odor, light yellowish, thick in texture with blood streaks, is usually due to liver-kidney deficiency; profuse leukorrhea with odor, yellowish and thick in texture is due to damp-heat; leukorrhea with stinky odor, dark yellow and thick in texture, like pus or multi-color, is due to dampness toxin.

The first sentence in *Fu Qingzhu's Treatise on Gynecology·leukorrhea diseases* is "leukorrhagia is mainly due to dampness". Leukorrhea diseases is caused either by deficiency of spleen-kidney, or dysfunction of the Belt Vessel, or downward migration of damp pathogen. Treating method of cream formula includes spleen-kidney tonification, consolidates and stops profuse leukorrhea, fortifies the spleen and remove dampness, soothes the liver and rectify qi, dries dampness and consolidates vaginal discharge, clears heat and removes dampness. Formulations like Wandai Decoction, Ginseng, Poria and Atractylodes Macrocephalae Powder, Four Gentlemen Decoction, Four Spirits Pill, Guishen Pill are commonly used in clinic. Prescription is usually based on Chinese Material Medica like Baizhu(*Rhizoma Atractylodis Macrocephalae*), Shanyao(*Rhizoma Dioscoreae*), Dangshen(*Radix Codonopsis*), Cangzhu(*Rhizoma Atractylodis*), Chaihu(*Radix Bupleuri*), Cheqianzi(*Semen Plantaginis*), Chenpi(*Pericarpium Citri Reticulatae*), Duzhong(*Cortex Eucommiae*), Tusizi(*Semen Cuscutae*), Bajitian(*Radix Morindae Officinalis*), Yinyanghuo(*Herba Epimedii*), Huangqi(*Radix Astragali*), Sangshenzi(*mulberry*), Gouqizi(*Fructus Lycii*), Baishao(*Radix Paeoniae Alba*), Sangpiaoxiao(*Oötheca Mantidis*), Haipiaoxiao(*Endoconcha Sepiae*), Fuling(*Poria*), Gancào(*Radix et Rhizoma Glycyrrhizae*), Yiyiren(*Semen Coicis*), Sharen(*Fructus Amomi*), Baibiandou(*Semen Lablab Album*), Buguzhi(*Fructus Psoraleae*), Wuweizi(*Fructus Schisandrae Chinensis*), Shanyurou(*Fructus Corni*), Ejiao(*Colla Corii Asini*), Lujiaojiao(*Colla Cornus Cervi*), Guijiajiao(*Colla Carapax et Plastrum Testudinis*), Bingtang(*rock candy*), Huangjiu(*yellow rice wine*). For accompanied damp-heat, Yinchen(*Herba Artemisiae Scopariae*), Zhizi(*Fructus Gardeniae*), Huangbo(*Cortex Phellodendri Chinensis*), Pugongying(*Herba Taraxaci*) are added for clearing heat and draining fire, drying dampness and ceasing leukorrhea; for prolonged and incessant leukorrhea, Jinyingzi(*Fructus Rosae Laevigatae*), Qianshi(*Semen Euryales*), Wuzeigu(*Endoconcha Sepiae*) are added for arresting profuse vaginal discharge. However, because cream formula is much more greasy, it is necessary to invigorate the spleen and remove dampness in order to improve the clinical efficacy.

2.3 Pregnancy diseases

Pregnancy diseases, also known as pregestational diseases, are

diseases related to pregnancy during gestation. Pregnancy diseases not only affect the health of gravida, but also impede the normal development of the fetus, and even cause abortion and miscarriage, therefore, attention must be paid to routine prevention and treatment after onset. Clinical application of cream formula can regulate patients with insecurity of fetus and habitual abortion.

Insecurity of fetus is mainly caused by visceral qi and blood deficiency and the corresponding treating therapy is supplementing qi and blood, tonifying kidney and calming the fetus, fortifying the spleen and harmonizing the stomach^[6]. Formulations like Eight-Gem Decoction, Ginseng, Poria and Atractylodes Macrocephalae Powder, Spleen-Restoring Decoction are commonly used in clinic^[7]. Habitual abortion is mainly caused by qi and blood deficiency, insecurity of kidney qi. Kidney governs reproduction and fetus is linked with kidney, so maternal kidney qi is the primary source for development of fetus. The growth of fetus depends on sufficient qi and blood which is transformed and transported by spleen. Therefore, the main mechanism of abortion is kidney qi deficiency and spleen-stomach weakness. Clinical treatment is mostly based on tonifying kidney, emphasizing pre-pregnancy prevention and postpartum care. The cream formula contains Eight-Gem Decoction and Five-Seed Progeny Pill which have instant effect. Because of the slow nourishing of the cream, it is often used in the daily recuperation of patients with insecurity of fetus and habitual abortion. Pregnancy diseases are similar to menstruation diseases in etiology and pathology, thus the similar therapeutic principal and method, cream formula, preparation and administration method are shared in treating. However, drugs invigorating blood and breaking stagnant qi are forbidden for gravida, so drugs like Chuanxiong (*Rhizoma Chuanxiong*), Taoren (*Semen Persicae*) etc. should be removed.

2.4 Postpartum diseases

Postpartum diseases refer to diseases related to labor and childbed during puerperium. Puerperium, the period after the placenta which is delivered to the whole body except breast resuming or approaching to normal pre-pregnancy conditions, usually lasts for 6-8 weeks. After childbirth, gravida lose much yin-blood and her vitality collapses. All vessels are empty and easily to be stagnant, so there is a theory that "postpartum diseases are mostly caused by blood deficiency or blood stasis."

Therefore, we should take tonifying qi and supplementing blood as the principal method. When we are tonifying and nourishing patients with non-excess pulse, even if there is external stasis, the process should be regulated on the basis of tonifying deficiency. We must not rush to drastic attack and powerful tonify, and at the same time we must pay attention to fortifying without causing stagnation to prevent shutting the doors but leave the intruders inside. The gravida must be supplemented with method of activating blood circulation and moving stasis. After delivery, gravida lose large quantities of blood and vitality collapse. The gravida's blood circulation lacks strength and can easily come into stagnant forming stasis. Postpartum nourishing paste should be guided by activating blood circulation and dissolving stasis so as to remove pathogenic factors

without injuring healthy qi, dissolving stasis without consuming blood. Spleen-stomach is the postnatal foundation and the source of qi and blood, therefore protecting spleen and stomach is of the same importance.

Sun Zhuojun specializes in treating postpartum intermenstrual bleeding patients after 30 years old due to liver-kidney deficiency and irregular flow of liver qi with cream formula that tonifies liver-kidney and harmonize liver qi^[8]. Zhu Nansun is an expert in treating postpartum weakness with cream formula of Shengyu Decoction to tonify qi and nourish blood^[7]. Dai Deying is good at treating postpartum chill due to heart yang deficiency with cream formula containing Four Gentlemen Decoction and Kidney Qi Pill^[9].

2.5 Miscellaneous diseases

Gynecological miscellaneous diseases have complicated etiology and pathogenesis. The causes include exogenous pathogen, emotional internal damage, sexual indulgence, multipara, and innate deficiency can lead to dysfunction of visceral, cause injury to the Thoroughfare and Conception Vessel, uterus, vessels and collaterals of the uterus directly or indirectly, and further emerge various diseases, including infertility, lower abdominal masses, prolapse of the uterus, pruritus vulvae, pelvic inflammation, endometriosis, adenomyosis, polycystic ovary syndrome. Intermingled deficiency and excess syndrome are commonly seen in clinic. In addition to supplementing the deficiency, the cream formula should treat with tonification and purgation in combination, so as to achieve the goal of strengthening the body and expelling pathogenic factors^[10].

For example, hysteromyoma is caused by tangible pathogen accumulation like qi stagnation, blood stasis and phlegm dampness. For denaturalized multiple hysteromyoma with small size, normal period and no clinical symptoms of compression, treatment should be based on syndrome differentiation. Taking paste regularly can slow down the growth rate of tumor effectively. The main treating method is invigorating blood and activating qi movement, dissolving stasis and dispersing masses, supplemented by invigorating spleen and tonifying kidney. Commonly used formulas are Cinnamon Twig and Poria Pill and Double Supreme Pill to strengthening healthy qi and expelling pathogenic factors. Chinese Material Medica includes Guizhi(*Ramulus Cinnamomi*), Fuling(*Poria*), Chishao (*Radix Paeoniae Rubra*), Mudanpi(*Cortex Moutan*), Sanleng(*Rhizoma Sparganii*), Ezhu(*Rhizoma Curcumae*), Taoren(*Semen Persicae*), Weilingxian(*Radix et Rhizoma Clematidis*), Zaojiaoci(*Radix Salicis Wallichianae*), Xiakucao(*Spica Prunellae*), Shuizhi(*Hirudo*), Zhechong(*Eupolyphaga seu Steleophaga*), Nvzhenzi(*Fructus Ligustri Lucidi*), Mohanlian(*Herba Ecliptae*), Heshouwu(*Radix Polygoni Multiflori*), Huangjing(*Rhizoma Polygonati*), Sangshenzi(*mulberry*), Dangshen(*Radix Codonopsis*), Huangqi(*Radix Astragali*), Sharen(*Fructus Amomi*), Chenpi(*Pericarpium Citri Reticulatae*), Ejiao (*Colla Corii Asini*), Lujiaojiao(*Colla Cornus Cervi*), Guijiaojiao(*Colla Carapax et Plastrum Testudinis*), Bingtang(*rock candy*), Huangjiu (*yellow rice wine*). Cream formula preparation, administration method and matters needing attention are the same with formula treating menstruation diseases.

3 Present situation of cream formula for nourishing and regulating female

Modern women are facing more family and social pressure, which can easily lead to the imbalance of endocrine metabolism, the change of reproductive pattern, and more and more women appear "early menopause" and "presenility". With cream formula playing a more and more prominent role in clinical treatment, and having dual efficacy of treatment and health care, the cream formula is becoming popular and favored by the public. In recent years, some pharmaceutical companies have produced cream formula for nourishing and regulating female, combining the cream with the physiological and pathological characteristics of women. For example, Kangmei cream formula which considers the needs of women's health preservation, has produced several kinds of cream formula for nourishing and regulating female in treating insomnia, irregular menstruation, immunosuppression, climacteric syndrome, and cold limbs. In gynecology, it has the following functions: ① regulating hormone level and treating irregular menstruation. ② nourishing the fetus and promising delivery, tonifying qi and enriching blood. ③ replenishing deficiency and strengthening constitution. ④ beautifying and anti-aging.

4 Famous-region drug promises good quality of cream formula

A good cream formula needs the doctor prescribe formulation according to the patient's physique, disease and season, and at the same time, famous-region drug should be equipped.

Famous-region drug, also called genuine medicinal materials, is a pronoun of Chinese materia medica with high quality and refers to superior quality and good efficacy of medicinal materials. This concept results from production and clinical practice of traditional Chinese medicine (TCM), which has been verified by TCM clinical practice for thousands of years. It is a comprehensive standard with particular features distinguishing high-quality Chinese materia medica from ancient times, also a comprehensive discrimination standard with particular features for Chinese materia medica control in science of Chinese pharmacology. It is usually believed that famous-region drug refers to Chinese materia medica produced in a specific natural conditions and ecological environment regions, and its production is relatively concentrated, and it has cultivation techniques and harvesting as well as processing methods. The quality is superior and efficacy is good, therefore it is commonly accepted in clinic.

The formation of famous-region drug is a result of comprehensive functions including hereditary character of high-quality type, a specific ecological environment, mature planting and processing technology, TCM practice etc. Rich and colorful Chinese materia medica types come into being due to vast territory, diversified climates, complicated terrain structure and history factors caused by plants. It is also true for Chinese materia medica, its external form, internal structure and physiological and biochemical component as

well as content are different because of different territory, and the corresponding ecological environment such as soil, moisture, temperature and light. For example, the content of chlorogenic acid in *Lonicera japonica* Thunb is 5.66% in Shandong, 5.18% in Henan, 3.38% in Shanxi and 2.2% in Chongqing. Icarin from *Herba Epimedii* is 3% produced in Ankang, Shaanxi, but only 0.14% in Xunyang. Berberine content of cortex *Phellodendron* is often between 0.6-2.5%, and berberine in *Cortex Phellodendri* from *Cortex Phello-dendri* is often between 4-8%. And due to the growth of medicinal plants in different periods, the content of effective components are also different, such as "winter Tianma", "spring Sanqi" manifests the drug effects can't be better in these two seasons.

Obviously, the genuine differences make the price of the same medicinal herbs vary greatly. For example, the market price of *Lycium barbarum* in Ningxia is usually 2-3 times that of other non-famous region; the purchase price of pepper in Sichuan is 2 times as much as that of other producing areas; there are wild ginseng worth hundreds of thousands of yuan in Northeast China, and also artificial ginseng worth several hundred yuan. Because of the lack of quality standard for Chinese medicinal material, the properties of Chinese medicinal materials vary vastly. Some illegal merchants in the Chinese medicine industry sale the non-genuine medicinal materials and even low grade medicinal materials and residue as advanced medicinal materials to make a good profit; Some enterprises even re-flow the medicinal materials that have been extracted and have no efficacy into the market and make repeat profits. This has a direct impact on the life and health of the patient. Therefore, genuine medicinal materials have great influence on the quality of paste.

5 Brief summary

The cream formula adheres to the idea of "one person with one prescription customized", and treatment is chosen according to the variability of an individual and the certain season. In view of the special pathological manifestations of women's physiological period of "meridian, pregnancy, production and milk", under the guidance of syndrome differentiation and treatment, it has a special nourishing function for women. Women are delicate in constitution and unable to resist attack. Gynecopathy is mostly treated with tonifying deficiency. The cream is mild, stable and lasting, moistening and relaxing. It mainly has the effects of deficiency and weakness tonification, disease prevention and treatment and anti-aging. It is especially suitable for the long-term treatment of gynecologic diseases. Gynecologic cream formula not only pays attention to regulating yin and yang, which makes the female body reach the equilibrium of yin and Yang status, nourish the lung and replenish the Qi and blood but also be used to eliminate diseases and rectify ailment through the compatibility of Chinese Materia Medica, which makes the drug usage more flexible and accurate. During the clinical treatment, we should distinguish the cause of the disease, grasp the pathogenesis, treat the syndrome by differentiating symptoms and signs, and achieve the goal of addressing both the incidental and fundamental aspects of a disease.

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