

Pediatric Herbal Formulas

Formulas for the Upper Burner

Children's Clear Lung Formula (*Xiao Er Zi Qing Fei Tang*) is used to clear heat and resolve sticky phlegm in the throat and chest—when there is more heat than phlegm. It is most effective when wind-heat is passing from exterior to interior. (*Compare to Fritillaria and Pinellia Syrup.*)

Children's Clear and Release Formula (*Yin Qiao Gan Mao Fang*) is a combination of *Gan Mao Ling*, *Yin Chiao San*, and *Zhong Gan Ling*. The ingredients are mainly from the “clear heat, resolve toxin” category. This formula is highly effective when administration begins within the first few hours of a wind-heat invasion.

Children's Ear Formula (*Hai Er Fang*) is Golden Flower's famous formulation for acute ear issues that develop from a wind-heat invasion.

Children's Jade Defense Formula (*Xiao Er Zi Yu Fang*) is *Yu Ping Feng San* (Jade Wind-screen Formula) plus chrysanthemum flower (*ju hua*). Combined, these herbs raise the *wei* (defensive) qi and clear heat that attacks the upper warmer. It can be used to help speed recovery after illness or during cold and flu season to help build defenses. It is not recommended to take this formula during an acute invasion.

Fritillaria and Pinellia Syrup (*Chuan Bei Ban Xia Tang*), like Children's Clear Lung Formula, treats phlegm-heat in the upper warmer. The difference is that this formula is more appropriate when there is more phlegm than heat, or when the condition has transformed in the sub-acute phase to phlegm-heat from some other presentation.

Formulas for the Middle Burner

Agastache Tummy Syrup (*Huo Xiang Zheng Qi Gao*) rectifies stomach qi that is rebelling due to the influence of an external invasion. It is also highly effective when dampness invades the lower warmer.

Astragalus Formula (*Huang Qi Jian Zhong Tang*), also known as “Astragalus Decoction to Construct the Middle,” is used to boost *wei* (defensive) qi and warm the middle to strengthen a weak constitution. Unlike the other pediatric formulas that are in liquid or syrup form, these tablets can be ground up and mixed with a little food or juice.

A Word about Dosing

Liquids

Infants: 1-2 ml/cc
Age 1-2: 2-3 ml/cc
Ages 3-5: 4-5 ml/cc
Ages 5 and older: 6 ml/cc
1cc = 1ml = 0.2 tsp

Tablets

Under 20 lbs: 1/2 tablet
20-40 lbs: 1 tablet
40-50 lbs: 1.5 tablets
Over 50 lbs: 2 tablets

Initial stages of an external invasion:

It is most effective to give smaller doses frequently: ½ dose every hour or two.

Once the pathogen has settled in:

That is, once the *wei* (defensive) qi is not engaged full force, it is usually better to administer a full dose 3-4 times a day.

For constitutional issues:

A full dose twice a day is usually sufficient.



Pediatric Defense Strategies

It is clinically important to bear in mind a handful of basic principles when treating children who are sick from an external pathogen:

1. **The qi of children is weak, but pure:** They catch exogenous pathogens easily, but with care, they can recover quickly because they have fewer accumulations interfering with their recovery process.
2. **The digestion of children is weak:** Their spleen is easily damaged and children tend to over-produce phlegm.
3. **Children are yang-natured:** Heat, especially fever, develops quickly and can change rapidly in children; yet, because their nature is yang, they can cope with higher fevers than most adults.
4. **Children are susceptible to wind:** Wind can enter a child's meridians more easily than in an adult; this makes them more susceptible to convulsions than adults.
5. **Children have "unstable *shen*":** Because their qi is both pure and weak, they are easily influenced by external factors. In sickness, this usually means that children's behavior will change more dramatically to express their condition.



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