

Er Long Zuo Ci Wan also known as “Er Ming Zuo Ci Wan” or “Tso-Tzu Otic Pills”

TCM Functions: Tonifies Kidney yin, regulates Qi and restrains ascendant yang.

Biomedical action: Demulcent febrifuge, hematinic, hypoglycemic, anti-hypertensive, improves kidney function.

Indications:

- *Kidney Yin* deficiency giving rise to hearing problems, specifically tinnitus and gradual loss of hearing. A variation of **Liu Wei Di Huang Wan**, most frequently used for chronic tinnitus with a high pitch that is worse with fatigue, exertion and at night.
- *Liver* and *Kidney Yin* deficiency patterns with a degree of *Liver Qi constraint*. This may include some visual problems like optic neuritis, optic nerve atrophy and central retinitis.
- With the appropriate identifying features, this formula can assist in treatment of conditions such as tinnitus in the elderly, chronic labyrinthitis, Meniere’s disease and hypertension.

Composition:

1. **Shu Di Huang** – processed Rehmannia
2. **Shan Yao** – Dioscorea
3. **Fu Ling** – Hoelen
4. **Mu Dan Pi** – Moutan
5. **Shan Zhu Yu** – Cornus
6. **Ze Xie** – Alisma
7. **Chai Hu** – Bupleurum
8. **Ci Shi** – Magnetite

Combine with:

- **Tian Ma Gou Teng Wan** with a component of ascendant Liver yang.
- **Tian Wang Bu Xin Dan** if the tinnitus keeps the patient awake at night.

Cautions/Contraindications

Contraindicated during the early phase of acute illness such as colds and flu. Care in patients with a tendency to abdominal bloating, loose stools or phlegm damp. This can usually be alleviated by taking a small dose (3-6 pills at the same time) of **Bao He Wan** or **Xiang Sha Liu Jun Wan**.



Clinical Dosage

8-12 pills three times daily on an empty stomach. The dose can be spread out, or two lots of 12-18 pills taken, morning and evening. In severe cases or during the early stages of treatment (the first few weeks), a 50% increase in dose can be used, then reduced as treatment takes effect. *(always defer to the individual manufacturer recommended dosing when appropriate)*

Noted Manufacturers: Plum Flower Guang Ci Tang Minshan Brand Herbal Times Brand



Eryan Ling Oil also known as “Ear Oil”

TCM Functions: Clears heat, resolves toxins.

Indications

- Apply externally for acute ear infection due to bacterial or viral microbes.
- Symptoms include pain, redness, and swelling of the eardrum.
- Can also be taken orally for sore throat and tonsillitis.

Comments: This is an excellent external oil for acute ear infection due to otitis externa. The antibacterial and heat purging qualities of the prescription work quickly to reduce pain, inflammation, and swelling. It can be used after perforation to promote healing and reduce inflammation and infection. Warming the bottle in hot water prior to application may enhance results.

Composition

1. Huang Lian – Coptis	19%
2. Huang Bai – Phellodendron	19%
3. Huang Qin – Scutellaria	19%
4. Da Huang – Rheum	19%
5. Ku Shen – Sophora	19%
6. Bing Pian – Borneol	5%
7. Oil Base	

Cautions/Contraindications

N/A

Clinical Dosing

Bottles of 5cc. of oil.

Apply 2 drops topically, 2 to 3 x day as needed. *(always defer to the individual manufacturer recommended dosing when appropriate)*

Noted Manufacturers: Nam Lam Ku Jong

