

H40

**Polyporus Formula Extract Granules
(Chorei-to; Zhu Ling Tang)**

Description:

The daily dose of 7.5g (3 unit packets) contains 2.40g of Polyporus Formula powder:

Polyporus (Zhu ling).....3.0g
 Hoelen (Fu ling)3.0g
 Alisma Rhizome (Ze xie)3.0g
 Talcum (Hua shi)3.0g
 Asshide glue (E jiao) 3.0g

Form	Color	Taste	Odor	Code
Granules	Light brown	Slightly bitter taste	Slightly specific odor	H40

Standardization Specification:

This product is standardized to contain 0.09-0.27 mg/day of Alisol B monoacetate and 125.1-291.9 mg/day of Hydroxyproline.

Therapeutic Recommendation (“Sho”):

Chorei-to is recommended for Oligouria, dysuria and incomplete urination.

Abdominal Diagnosis (“Hara”):

Medium abdominal tension.

TCM Formulation Strategy:

The chief herb, *zhu ling*, reinforces the proper functioning of the water pathways and promotes urination. *Fu ling* and *xe xie*, the deputy herbs, work together to promote water metabolism, unblock the deep parts of the water pathways and promote urination. The assistant, *hua shi*, unblocks painful urinary dysfunction and clears heat due to the clumping of water. These four herbs enhance the function of promoting flow in the water pathways and clearing heat, and it is a very effective combination in resolving the clumping of water and heat. The reason that *e*

jiao is chosen as the envoy in this formula is that it can enrich the yin but not cause retention of the pathogenic influences, and also can prevent these promoting-water-flow herbs from injuring the yin. So the focus of this formula is to promote the water flow pathways, clear the heat and nourish the yin.

Dosage and Administration:

The usual adult dose is 7.5g/day orally in 3 divided doses before or between meals. The dosage may be adjusted according to the patient's age, body weight, and symptoms.

Research Finding:

1. The mean number of days required for complete urinary stone elimination was 16.0 days in the Chorei-to administration group being significantly shorter than the 21.5 days in the control group (p < 0.001). These findings suggested that Chorei-to effectively enhanced the spontaneous discharge of fragmented stones following extracorporeal shock wave lithotripsy. (Hinyokika Kiyo - Acta Urologica Japonica. 43(4):311-4, 1997 Apr.)
2. A low dose of Chorei-to which corresponded to the human daily dose per unit of body weight exhibited apparent stone prophylaxis, despite the disadvantage of decreasing citrate excretion. In contrast, high doses of Chorei-to did not exhibit stone prophylaxis in vivo. (International Journal of Urology. 2(2):81-6, 1995 May).
3. Chorei-to was administered orally to 30 patients who complained of lower urinary tract symptoms without pyuria. Efficacy rate of pollakisuria was 92.9%, miction pain 85.8%, and voiding discomfort 85.7%. Total efficacy rate was 76.0%. No untoward effect was observed. Therefore, Chorei-to was thought to be an effective drug for the patients with lower urinary tract symptoms. (Hinyokika Kiyo - Acta Urologica Japonica. 34(12):2237-41, 1988 Dec).