

## Research Article

# Preparation and Clinical Analysis of Homemade Traditional Chinese Medicine Ointment

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## Formulation of Prescription

A relative's heel pain was considered for treatment with traditional Chinese medicine, so this prescription was drafted. The pain lasted for about a month. X-ray shows bone spur formation. The degree of pain is relatively mild. Main prescription: 10 g Weilingxian, 10 g Chicken Blood Vine, 10 g Raw Paeonia lactiflora, 10 g Red Paeonia lactiflora, 10 g Bai Zhi, 10 g Red Flower, 10 g Salt Psoralea, 10 g Bone penetrating Grass, 10 g Dan Shen, 10g Vinegar Yanhusuo, 15g Wu Yao. Fang Yi: Weiling Xian and Bone penetrating Grass dispel wind and dampness, activate meridians and collaterals, and eliminate bone spurs; Red flowers, Danshen, and Chicken Blood Vine promote blood circulation, remove blood stasis, and activate meridians and collaterals; Raw Paeonia lactiflora, Red Paeonia lactiflora, and Bai Zhi: the liver governs tendons. Nourish blood and soften the liver, activate meridians and collaterals, strengthen the spleen and dry dampness, promote blood circulation and nourish tendons; Salt Psoralea, Wuyao, Vinegar Yanhusuo: Tonifying Liver and Kidney, strengthening muscles and bones, promoting qi and relieving pain. Overall prescription: liver and kidney are in harmony, nourishing the liver and kidney to strengthen muscles and bones; Qi and blood are in harmony.

## Methods for Making Homemade Chinese Herbal Ointment

### Material Preparation

- Obtain 4 doses of the above prescription from Tongrentang Pharmacy in Hangzhou, and bean grinder (Little Bear brand) is used for the full formula powder preparation.
- 500 ml white Vaseline, 200 ml aicao shengjiang essential oil, 9 ml peppermint oil, 30 ml eucalyptus oil.

### Production Steps

- After soaking 3 doses of Chinese medicine powder for 3 days,

fully decoct. After removing the residue, take about 300 ml of traditional Chinese medicine solution. Add about 200ml of aicao shengjiang essential oil to the traditional Chinese medicine solution, add 1 dose of traditional Chinese medicine powder and soak for one week, and then decoct again. After removing the residue, finally take about 400 ml of traditional Chinese medicine solution.

- Add 500 ml Vaseline, 9 ml peppermint oil, and 30 ml eucalyptus oil to the traditional Chinese medicine solution, and mix well. Obtain a light yellow ointment preparation (Figure 1).
- After the ointment is packaged, it can be stored at room temperature or refrigerated.



Figure 1: Light yellow ointment preparation.

## Application Analysis

### Removing Bone Spurs

Patients with bone spurs should first apply ointment and massage it 1-2 times a day; Secondly, soak feet in the same prescription of traditional Chinese medicine solution, about once every other day. The treatment has been ongoing for over a month, and it is tentatively determined that bone spurs are clinically ineffective.

### Venous Inflammation

After the patient underwent a physical examination and had their blood drawn, there was a small bump in the area where the blood was drawn. In order to accelerate the rate of regression, the patient forcefully rubbed and kneaded it, but the result was severe redness, swelling, and pain, indicating local phlebitis. After trying to

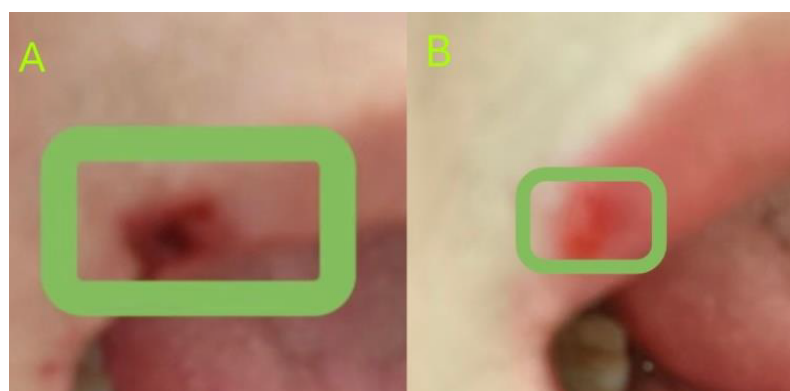
use homemade ointment for 2 hours, the pain disappeared and the redness and swelling area decreased by about 1/3. After applying the ointment again for 12 hours, the redness and swelling area basically disappeared (Figure 2).

### Heat Sores

Insufficient drinking water, dry weather, or excessive consumption of spicy foods can easily lead to heat sores on the lips or around the lips. After the patient develops hot sores on the lips, priority can be given to self-healing in order to avoid trouble. Persist for 3-5 days, with repeated pain\cracking\bleeding when he is chewing. After overnight treatment with homemade ointment, the pain disappears in the morning, the ulcer surface shrinks, and there is a tendency for healing. Then the patient recovered from the illness in 2 days, the treatment is effective (Figure 3).



**Figure 2:** A. Before applying the medicine; B. Applying the medicine; C. Two hours after applying the medicine; C Twelve hours after applying the medicine.



**Figure 3:** A. Before applying the medicine; B. After applying the medicine.

## Summary

This is made by the author out of interest in my spare time, with the main intention of exploring the methods of making ointment and observing their clinical efficacy. Both the methods of making ointment and the use of ointment for treating diseases still require continuous exploration. The production methods of ointment needs to be continuously improved to enhance its quality and efficacy. According to the prescription, the ointment can also be used for various diseases such as eczema, hemorrhoids, and frostbite, and its effectiveness still needs to be continuously verified clinically.

## Author Contributions

CCY/LLC/XLZ: designed this work of article; YL/YLC: wrote the manuscript of this paper; QNY, and CCY: revised the manuscript; All authors approved the paper for publication.

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