**AsClear**

**Indications**
- Asthma
- Coughing
- Wheezing

**Ingredients**
- Rosmarinic Acid (from Rosmarinus officinalis leaf extract)
- Luteolin (from Perilla leaf)
- Perilla leaf (Zi Su Ye)(4:1 extract)
- Astragalus membranaceous (Huang Qi)
- Rehmannia glutinosa (Shu Di)
- Schizandra chinensis (Wu Wei Zi)
- Morus alba (Sang Bai Pi)
- Aster tataricus (Zi Wan)
- Panax Ginseng (Ren Shen)
- Aquilaria agallocha (Chen Xiang)
- Perilla frutescens (Su Zi)
- Biota orientalis (Ce Bai Ye)
- Folium Ginkgo (Yin Guo Ye)

**Contents**
- 150 x 500mg

**Dosage**
- 2 to 4 capsules twice daily

**Introduction**
Children with asthma had a significantly greater frequency of gastro-intestinal symptoms, particularly diarrhoea, vomiting, and abdominal pain, than did controls. Gastrointestinal symptoms were slightly more common in children with atopic symptoms other than asthma, or with positive skin prick tests to foods. There was no association between current gastrointestinal symptoms and medications or attacks of asthma. Conclusions the occurrence of gastro-intestinal symptoms appears to be common in children with asthma. These symptoms might be caused by an atopic gastroenteropathy, which might play a part in the pathogenesis of asthma in some cases.

(Arch Dis Child 2000;82:131-135)

**Action**
- Weakens over-activation of leukocytes,
- Inhibits wheezing and shortness of breath,
- Has superoxide radical scavenging properties.

**TCM Action**
- Regulates the Qi, eliminates Phlegm, alleviates coughing and wheezing and clears heat from the Lungs

**Contraindications**
None noted.

**Research**

**Rosmarinic Acid**
Anti-inflammatory and anti-allergic effect of rosmarinic acid (RA); inhibition of seasonal allergic rhino conjunctivitis (SAR) and its mechanism.
The present study was undertaken to determine whether oral supplementation with rosmarinic acid (RA) is an effective intervention for patients with SAR. In addition, the anti-inflammatory mechanism of RA also estimated in the ear edema models. CLINICAL TRIAL: Patients were treated daily with RA (200 mg or 50 mg) or placebo for 21 days. Patients recorded symptoms daily and profiles of infiltrating cells and concentration of cytokines were measured in nasal lavage fluid. Compared to placebo, supplementation with RA resulted in a significant decrease in responder rates for each symptom. RA also significantly decreased the numbers of neutrophils and eosinophils in nasal lavage fluid. ANIMAL STUDY: Topical application RA showed anti-inflammatory activity 5-hours after 12-tetradecanoylphorbol 13-acetate (TPA) treatment with marked inhibition of neutrophil infiltration. Up regulation of ICAM-1, VCAM-1 cyclooxygenase-2 (COX-2), KC and MIP-2 by TPA were markedly reduced by pre-treatment with extract of perilla (PE) or RA. Reactive oxygen radical production detected as thiobarbituric acid reactive substance (TBARS), lipid peroxide (LPO) and 8-hydroxy-2′-deoxyguanosine (8OH-dG), by double treatment of TPA was reduced by pretreatment with PE or RA. RA is an effective intervention for SAR that is mediated by inhibition of PMNL infiltration. This effect of RA is due to two independent mechanisms: inhibition of the inflammatory response and scavenging of ROS.

**Luteolin**
Luteolin as an anti-inflammatory and anti-allergic constituent of Perilla frutescens.
- Oral administration of the perilla leaf extract (PLE) to mice inhibits inflammation, allergic response, and tumor necrosis factor-alpha (TNF-α) production. We also found that PLE suppressed the tumor necrosis factor-alpha (TNF-α) production in vitro. Using the inhibitory activity of TNF-α production in vitro as the index for isolation, we searched the active constituents from PLE and isolated luteolin, rosmarinic acid and caffeic acid as active components. Among the isolated compounds, only luteolin showed in vivo activity: inhibition of serum tumor necrosis factor-alpha production, inhibition of arachidonic acid-induced ear edema, inhibition of 12-O-tetradecanoylphorbol-13-acetate-induced ear edema and inhibition of oxazolone-induced allergic edema. These results suggest that luteolin is a genuinely active constituent, which is accountable for the oral effects of perilla.

**Huang Qi/Astragalus membranaceus**
Modern research showed that Huang Qi could improve immunity, promote metabolism, lower the blood pressure and promote haematopoiesis. It had cardiotoxic, anti-ageing, anti-bacterial, anti-viral, sedative, analgesic, anti-fatigue and anti-anoxic effects. It could strengthen the memorizing effect in mice, dilate the coronary artery and capillary blood vessels, and protect the Liver.
Huang Qi is a TCM herb to nourish the Center, invigorate qi, elevate yang, strengthen the Superficial, expel Toxin, promote wound healing, induce diuresis and reduce edema. In clinic, the herb is used to treat common cold, bronchial asthma, chronic bronchitis, pulmonary heart disease, coronary heart disease, premature birth, congestive heart failure, viral myocarditis, leukopenia, thrombopoenic purpura, aplastic anemia, cerebral vascular accident, insomnia, atrophic gastritis, gastric and duodenal ulcer, gastropathy, chronic hepatic diseases, chronic nephritis, retention of urine, diabetes, prostatic hyperplasia, dysfunctional uterine bleeding, epidemic hemorrhagic fever, SLE, arthritis, psoriasis, chronic ulcer, cancer, rhinitis and facial paralysis, etc.

Shu Di/Rehmannia glutinosa
Shu Di is a TCM herb used to nourish Blood, activate Blood, nourish yin and cool Blood. Modern research showed that it had obvious inhibitory effect on rosette forming cells in the mouse spleen, could significantly promote the biosynthesis of myelin basic protein in spleen lymphocyte cell activated by ConA, and have obvious increasing effect on IL-2. It could correct the increase of β receptor in kidneys of rats with hyperthyroidism, and restore the thyroid to its normal function. For rats with hyperthyroidism of Yin deficiency pattern, it could lower T₃ and elevate T₄ and restore them to normal levels, and increase the concentration of aldosterone. Gastroavage to rabbits could antagonize the inhibitory effect on pituitary-adrenal gland of dexamethasone and increase plasma corticosterone. 1% Di Huang infusion had cardiotonic effect on isolated frog hearts, while had inhibitory effect at the concentration of 2%. Intravenous injection of blood infusion of Di Huang had lower the blood pressure in anaesthetized dogs. For rats with renal hypertension, oral administration of Di Huang decoction could lower the blood pressure and improve the renal functions. Di Huang extract could lower the blood sugar; shorten the bleeding and coagulation time in rabbits or mice. It could also delay ageing. In addition, Di Huang also had anti-inflammatory, anti-fungi effects as well as protective effect against toxic hepatitis induced by CCl₄. In clinic, this herb is indicated in the treatment of dysfunctional uterine bleeding, senile vaginitis, summer fever, chronic pharyngitis, SLE, menopausal syndrome, diabetes, chronic bronchitis, erythema multiforme, vitiligo, recurrent mouth ulcer, cerebrovascular spasm, chyluria, allergic rhinitis, infertility due to abnormal sperm and allergic purpura, etc.

Wu Wei Zi/Schizandra chinensis
Wu Wei Zi is a TCM herb to invigorate qi, generate Fluid, induce astringency and arrest discharge, nourish the Kidney and calm the Heart. Modern research showed that Wu Wei Zi could regulate the central nervous system, increase vision, enlarge visual field and improve audition. It’s a tonic and had analgesic, anti-febrile, adaptogenic effects. It could improve adrenocortical, and spleen immunity as well as cellular immunity. It could excite respiration and had anti-tussive and expectorant effects. Wu Wei Zi could dilate blood vessels and regulate abnormal blood pressure, regulate the secretion of gastric juice, and inhibit, protect and prevent stress ulcer in rats. It could also promote bile secretion and protect the liver. Wu Wei Zi could improve the utilization of sugar in the body; protect the body from the injury caused by free radicals. It had anti-bacterial and anti-viral effects.

In clinic, this herb is used to treat coronary heart disease, hypotension, serous asthma, neurosis, Meniere’s disease, spontaneous sweating, night sweating, viral hepatitis, acute intestinal infections, acute urinary tract infections, spermatorrhoea, delayed labour, arthritis and skin diseases, etc.

Zi Wan/Aster tataricus
Zi Wan is a TCM herb that cold dissolve Phlegm and stop cough. Modern research showed that Zi Wan had anti-tussive, expectorant, anti-bacterial and anti-fungal effects. Its water decoction had inhibitory effect on influenza virus. In clinic, this herb is used to treat infantile pneumonia, haemiplegia due to stroke, paroxysmal cough, asthma in children and heart failure complicated with pneumonia, etc.

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In clinic, this herb is used to treat arteriosclerosis, coronary heart disease, viral myocarditis, hypertension, hyperlipemia, diabetes, neurosis, branchial asthma, hepatitis, cancer and rheumatic arthritis, etc.

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Chen Xiang/Aquilaria agallocha
Chen Xiang is a TCM herb to move qi, relieve pain, warm the Center, disperse Cold, lower adverse qi and calm asthma. Modern research showed that this herb contained volatile oil.

In clinic, this herb is used to treat duodenal stasis, epilepsy, senile ileus, gastric pain, angina pectoris, urinary tract stone and insanity.

Su Zi/Perilla frutescens
Su Zi is a TCM herb to stop cough, calm asthma, moisten the Intestine and relax bowels.
Modern research showed that this herb could elevate blood sugar.
In clinic, this herb is used to treat asthma, pleural effusion, chronic bronchitis, interstitial pneumonia and pneumosilicosis, etc.

**Ce Bai Ye/Biota orientalis**

Ce Bai Ye is a TCM herb to cool Blood, stop bleeding, clear Heat, stop cough, disperse Wind, induce diuresis, treat swelling and Toxin, promote the growth of hair and blacken hair.

Modern research showed that this herb had haemostatic, anti-tussive, expectorant, anti-bacterial and anti-viral effects. It had CNS sedative effect. In vitro tests showed that it could inhibit tumor cells, it also had analgesic effect.

In clinic, this herb is used to treat allergic purpura, hemorrhage of upper digestive tract, hemorrhoids bleeding, cough and asthma, mumps, steatorrhea alopecia and alopecia, etc.

**Yin Guo Ye/Folium Ginkgo**

Administration of alcohol extract of folium Ginkgo is associated with an antispasmodic effect on the respiratory tract.

*Curr Sci 1970; 39(23):533*