

BP001 An Shen Ding Zhi Wan - Ziziphus & Polygala Formula

AUST L 342369

Ingredients

Each 200mg pill contains extract equiv. to dry:

Albizia julibrissin, flower (he huan hua)	合歡花	78.6mg
Zizipus jujuba var. spinosa, seed (suan zao ren)	酸棗仁	58.6mg
Wolfioria cocos, hyphae (fu ling, fu shen)	茯苓, 茯神	117.2mg
Pseudostellaria heterophylla, root (tai zi shen)	太子參	58.6mg
Polygala sibirica, root. (yuan zhi)	遠志	32.5mg
Anemone altaica, rgiz. (shi chang pu)	石菖蒲	32.5mg

TCM Actions

Nourishes the Heart Qi and Blood, calms the Spirit and stabilises the emotions.

TCM Syndromes

Heart Qi-Blood deficiency

Indications

Insomnia, anxiety, neurosis, depressed mood, neurasthenia

Signs & Symptoms (Key clinical features in bold)

Insomnia, sleep disturbance

Forgetfulness

Anxiety, agitation, timidity, apprehensiveness

Palpitations

Depressed mood

Poor concentration

Nervous laughter

Poor appetite

Pale tongue

Thready and weak pulse

Actions of the main herbs

- Ziziphus seed (suan zao ren) is used orally in formulas to treat irritability, insomnia, palpitations, and anxiety, also to prevent abnormal sweating. It has been shown to have sedative, hypnotic, hypotensive and analgesic actions.
- Polygala root (yuan zhi) is used orally in formulas to treat insomnia, palpitations, anxiety, and restlessness, also to expel sputum from the lungs and to clear the mind and senses. It has been shown to have sedative and expectorant actions.

Dosage & Course of Treatment

30 – 40 pills twice daily, half to one hour away from food.

In severe cases the dosage may be increased up to 50%, e.g. 50 pills twice daily or 30 - 40 pills, three times daily.

Course of treatment: 2 weeks to 3 months. Continue with a constitutional formula after normal sleeping pattern has been established (see “Combinations’ below)

Contraindications & Interactions

Avoid caffeine containing beverages (i.e. coffee, tea, cola drinks, guarana), especially in the afternoon

Combinations

Heart and Kidney Yin deficiency:

+ Tian Wang Bu Xin Wan (BP025)

Liver Fire:

+ Long Dan Xie Gan Wan (BP016)

Liver Qi constraint:

+ Jia Wei Xiao Yao San (BP013)

Depression:

+ Wen Dan Tang (BP050)

Menopause related disorder:

+ Gan Mai Da Zao Wan (Jia Wei) (BP054)

+ Er Xian Tang (BP041)

+ Zhi Bai Ba Wei Wan (BP038)

Insomnia (general use):

+ Tao Hong Si Wu Wan (BP061)

Insomnia, severe, recalcitrant:

Combine with one of the following, as appropriate (dosage: 30 pills once before sleep)

+ Jin Gui Suan Zao Ren Tang (BP056)

+ Tian Wang Bu Xin Wan (BP025)

+ Gan Mai Da Zao Wan (Jia Wei) (BP054)

+ Gui Pi Wan (BP012)

Spleen and Heart deficiency:

+ Gui Pi Wan (BP012)