

BA ZHEN WAN BP003

Ginseng & Dang-gui Eight 八珍丸

TCM ACTIONS

Tonifies the Qi and nourishes the Blood.

TCM SYNDROMES

Qi-Blood dual deficiency

INDICATIONS

Anaemia, general debility due to chronic illness, amenorrhoea, dysmenorrhoea, irregular menstruation, postpartum weakness, chronic non-healing ulcers.

SIGNS & SYMPTOMS

(key clinical features in bold)

Fatigue

Muscular weakness

Pale or sallow complexion

Dry and lacklustre skin

Shortness of breath (dyspnoea)

Reluctance to speak

Sweating on mild or no exertion

Palpitations

Insomnia

Postural dizziness or light-headedness

Poor appetite

Loose stools

Anxiety

Forgetfulness, poor concentration, mental fatigue

Tingling (paraesthesia) or numbness of the extremities

Pale tongue with a thin white coat

Weak and thready pulse that may also be wiry or weak and large pulse

INGREDIENTS

Each pill contains extract equiv. to dry:

Paeonia lactiflora, root (<i>bai shao</i>)	白芍	67.0mg
Rehmannia glutinosa, root (<i>shu di huang</i>)	熟地	67.0mg
Poria cocos, fruit. body (<i>fu ling</i>)	茯苓	67.0mg
Angelica polymorpha, root (<i>dang-gui</i>)	當歸	40.2mg
Codonopsis pilosula, root (<i>dang shen</i>)	黨參	40.2mg
Atractylodes macrocephala, rhiz. (<i>bai zhu</i>)	白術	40.2mg
Ligusticum wallichii, root (<i>chuan xiong</i>)	川芎	26.8mg
Glycyrrhiza uralensis, root (<i>zhi gan cao</i>)	甘草	26.8mg

ACTIONS OF THE MAIN HERBS

- Angelica polymorpha root is used orally in formulas for both men and women as a blood tonic, also to improve blood circulation, and as a muscle building blood tonic for men. It is most commonly used as a women's tonic to build the blood and to regulate the menstrual cycle. It has been shown to have immune stimulant, vasodilator, antianemic, cardiogenic, antilipemic, and hepatoprotective actions.
- Codonopsis root is used orally in formulas as a tonic to treat general debility, digestive weakness, susceptibility to infections, diabetes, memory loss and insomnia. It has been shown to strengthen the immune system and the gastrointestinal system, improve response to stress, increase red and white blood cells, lower blood pressure, improve appetite and regulate blood sugar levels.

DOSAGE & COURSE OF TREATMENT

8 - 12 pills, 3 times daily, half to one hour away from food.

In severe cases and in the early stages of treatment (first 2 - 4 weeks) the dosage may be increased by 50 - 100%.

Course of treatment: 2 - 6 months

CAUTIONS & CONTRAINDICATIONS

Caution for those on anti-coagulant medications (i.e. Heparin, warfarin or aspirin).

If taking antibiotics, allow at least 90 minutes before taking this formula.

Do not take during an episode of the common cold or 'flu.

COMBINATIONS

- With poor digestion:
+ Bao He Wan (Citrus & Crataegus Formula BP004)
- With insomnia or poor sleep:
+ An Shen Ding Zhi Wan (Ziziphus & Polygala Formula BP001)
- With severe fatigue (select one of the following):
+ Gui Pi Wan (Ginseng & Longan Combination BP012)
+ Bu Zhong Yi Qi Wan (Ginseng & Astragalus Combination BP005)

COMMENTS BA ZHEN WAN BP003 八珍丸



This formula was devised by Bi Li-zhai and recorded in the 'Experiential Formulas from the Rui Zhu Tang Pharmacy' (*rui zhu-tang jing yan fang*), 1326. It may be regarded as a combination of Si Jun Zi Tang (Four Major Herbs Formula) and Si Wu Tang (Dang Gui Four Combination), or alternatively as a simplified version of Shi Quan Da Bu Tang (Ginseng and Dang-gui Ten Formula). It is interesting to note that these three formulas appear in the 'Formulary of the Tai Ping Welfare Dispensary Bureau' (*tai ping hui min he ji ju fang*), 1151 CE, whereas Ba Zheng Tang (Ginseng & Dang-gui Eight) does not.

The formula name means 'the eight precious (herbs) formula' because it contains the eight most effective tonifying herbs for the Qi and the Blood. It has become a very popular tonic in China and, in recent years, also in the West, with a strong reputation as a women's formula. However it may also be used efficaciously by men with the appropriate clinical presentation.

It is common to see disorders of both the Qi and the Blood in clinic because the Qi and the Blood are complementary, the former belonging to Yang and the latter belonging to Yin. Thus, impairment of the one readily affects the other. Thus Qi-Blood dual deficiency is a very common presentation that may arise due to: Spleen Qi deficiency with diminished Blood production; Blood loss (e.g. due to hemorrhage) or Blood deficiency leading to depletion of the Qi; or a chronic illness that impairs the Qi and Blood.

The clinical picture is one of both Qi deficiency and Blood deficiency combined. On the one hand, because Blood deficiency primarily affects the Heart and the Liver, some of the main clinical features are associated with these organs; while on the other hand, as Qi deficiency is primarily associated with the Spleen and Lung, some of the main clinical features are associated with these organs.

The synergistic actions of the ingredients are as follows:

- Codonopsis root (*dang shen*), Atractylodes rhiz. (*bai zu*), Poria cocos (*fu ling*), Glycyrrhiza root (*zhi gan cao*): tonify the Qi and strengthen the Spleen
- Paeonia root (*bai shao*), Rehmannia root (*shu di huang*), Angelica root (*dang-gui*), Ligusticum root (*chuan xiong*): nourish the Blood and enrich the Liver
- Atractylodes rhiz. (*bai zu*), Poria cocos (*fu ling*): dry Damp
- Angelica root (*dang-gui*), Ligusticum root (*chuan xiong*): activate the Blood and dispel stasis