

BU ZHONG YI QI WAN BP005

Ginseng & Astragalus Formula 補中益氣丸

TCM ACTIONS

Tonifies the Spleen and Stomach (middle Jiao) Qi, raises the Yang Qi of the middle Jiao (also tonifies the Lung Qi and the defensive Qi)

TCM SYNDROMES

Deficiency of the Spleen and Stomach Qi
Spleen Qi sinking

INDICATIONS

General debility after severe illness, chronic fatigue syndrome, general weakness, chronic illness (e.g. chronic enteritis, chronic pharyngitis, chronic recurrent cystitis), internal organ prolapse (e.g. uterine prolapse, rectal prolapse, gastroptosis), haemorrhoids, idiopathic fever, hypotension.

SIGNS & SYMPTOMS

(key clinical features in bold)

Fatigue

Muscular weakness, poor muscle tone (hypotonia)
Spontaneous perspiration (polyhidrosis)

Poor appetite

Intolerance of cold
Thirst (polydipsia)
Organ prolapse (uterus, bowels, stomach)
Chronic diarrhoea
Intractable low-grade fever that worsens on exertion
Dull headache
Shortness of breath (dyspnoea)

Pale tongue that may also be swollen and have tooth marks
Weak pulse

INGREDIENTS

Each pill contains extract equiv. to dry:

Astragalus membranaceus, root (<i>huang qi</i>)	黃芪	64.3mg
Codonopsis pilosula, root (<i>dang shen</i>)	黨參	64.3mg
Atractylodes macrocephala, rhiz. (<i>bai zhu</i>)	白術	53.9mg
Angelica polymorpha, root (<i>dang-gui</i>)	當歸	32.1mg
Glycyrrhiza uralensis, root (<i>gan cao</i>)	甘草	32.1mg
Actaea cimicifuga, rhiz. (<i>sheng ma</i>)	升麻	32.1mg
Bupleurum falcatum, root (<i>chai hu</i>)	柴胡	32.1mg
Citrus reticulata, fruit peel (<i>chen pi</i>)	陳皮	21.3mg
Zingiber officinale, rhiz. (<i>sheng jiang</i>)	生薑	21.3mg
Ziziphus jujuba, fruit (<i>da zao</i>)	大棗	21.3mg

ACTIONS OF THE MAIN HERBS

- Astragalus root is used orally to strengthen and regulate the immune system and to increase the production of blood cells particularly in individuals with chronic degenerative disease or in individuals with cancer undergoing chemotherapy or radiation therapy. It is also used orally to treat the common cold, upper respiratory infections, chronic nephritis and diabetes. Astragalus has been shown to have: antibacterial, antiviral, tonic, hepatoprotective, anti-inflammatory, antioxidant, diuretic, vasodilator and hypotensive 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 use in cases with Liver Yang hyperactivity or headaches due to excess Heat or Fire.

COMBINATIONS

- Chronic fatigue syndrome (select one or more):
 - + Ba Ji Yin Yang Wan (Morinda Combination BP002)
 - + Shi Quan Da Bu Wan (Ginseng & Dang-gui Ten Formula BP021)
 - + Yu Ping Feng San (Jade Screen Formula BP037)
 - + Shen Qi Da Bu Wan (Codonopsis & Astragalus Combination BP044)
- Immune function low, or as an adjunct to Chemotherapy (select one or more):
 - + Yu Ping Feng San (Jade Screen Formula BP037)
 - + Shen Qi Da Bu Wan (Codonopsis & Astragalus Combination BP044)
 - + Sheng Mai San (Dangshen and Ophiopogon Formula BP045)
 - + Liu Wei Di Huang Wan (Rehmannia Six Formula BP015)
 - + Shi Quan Da Bu Wan (Ginseng & Dang-gui Ten Formula BP021)
- + Si Jun Zi Tang (Four Major Herbs Combination BP082)
- Low Sperm count (select one or more):
 - + Zhuang Yang Yi Jing Wan (Epimedium & Ginseng Formula BP053)
 - + You Gui Wan (Right Returning Formula BP066)
 - + Qi Bao Mei Ran Dan (Polygonum & Cuscuta Formula BP057)
 - + Ba Ji Yin Yang Wan (Morinda Combination BP002)
- Muscular atrophy, muscular dystrophy (select one or more):
 - + Qi Bao Mei Ran Dan (Polygonum & Cuscuta Formula BP057)
 Either:
 - + You Gui Wan (Right Returning Formula BP066) – for Kidney Yang deficiency or
 - + Zuo Gui Wan (Left Returning Formula BP039) – for Kidney Yin deficiency

COMMENTS

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BP005

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This formula was developed by Li Gao (a.k.a. Li Dong-yuan) and first appeared in 'Treatise on the Differentiation of Endogenous and Exogenous Injuries' (*nei wai shang bian huo lun*), 1247. His other major work, published two years later, 'Treatise on the Spleen and Stomach' (*pi wei lun*), elaborates on the uses of this formula with reference to Spleen and Stomach deficiency syndromes. The formula was originally described in the context of the treatment of febrile illness due to Qi deficiency. It was also used for the basic syndrome of Spleen and Stomach Qi deficiency, from which may arise a wide variety of disorders. The genius of Li Dong-yuan is clearly epitomised in the construction of this formula.

Li's important contribution to TCM was in pointing out the importance of the way in which the ascending and descending movements of the Qi are controlled by the organs of the middle Jiao: the Spleen controls the former, while the Stomach controls the latter. This has far reaching consequences in diagnostics as well as therapeutics. Li discovered that by using low doses of acrid Exterior-releasing (exogenous Wind-dispelling) herbs – which have an ascending-floating direction of action – along with Spleen Qi tonifying herbs (particularly those with an ascending direction of action, such as Astragalus (*huang qi*) and Ginseng (*ren shen*) the normal ascending Qi movement of the middle Jiao, and hence of the whole body, may be restored. In this way, the formula treats Spleen Qi deficiency with sinking of the Yang Qi by tonifying the Spleen and Stomach to promote the normal ascending movement of their Yang Qi. Thus, it is effective in the treatment of organ prolapse.

In addition, this unique formula is used as the basis for treating Yin Fire syndromes. These are a class of disorders characterised by pathological Heat or Fire due to invasion of the upper and/or middle Jiao by the ministerial Fire (*xiang huo*), which should normally be

confined to the lower Jiao (as part of normal Kidney function – the 'Fire within Water'). In many cases Spleen Qi deficiency with sinking of the Spleen Qi is the primary cause of Yin Fire. Such cases manifest with a fever that is intermittent and may be brought on or worsened by physical exertion. There is also thirst with the desire for warm beverages and intolerance of cold.

The synergistic actions of the herbs are as follows:

- Astragalus root (*huang qi*), Codonopsis root (*dang shen*), Atractylodes rhiz. (*bai zhu*), Ziziphus fruit (*da zao*), Zingiber rhiz. (*sheng jiang*), Glycyrrhiza root (*zhi gan cao*): tonify the Spleen Qi
- Bupleurum root (*chai hu*), Actaea rhizome (*sheng ma*), Astragalus root (*huang qi*), Codonopsis root (*dang shen*): raise the Yang Qi of the Spleen
- Angelica root (*dang-gui*): nourishes the Blood, regulates the Qi and Blood (to support the Qi)
- Citrus fruit peel (*chen pi*): regulates the Qi and harmonises the Spleen and Stomach (assists in restoring the normal Qi movements of the middle Jiao and facilitates the digestion and absorption of the rich tonic herbs in the formula)