

# ER CHEN WAN BP010

Citrus & Pinellia Formula 二陳丸

## TCM ACTIONS

Dries Damp, resolves Phlegm, regulates the Qi and harmonises the middle Jiao.

## TCM SYNDROMES

Phlegm-Damp retention

Qi stagnation in the middle Jiao

Spleen (Qi) deficiency with Damp retention

Cold-Damp disturbance of the Spleen

Phlegm-Damp obstruction of the Lung

## INDICATIONS

Conditions characterised by excessive mucous or sputum (e.g. COPD – chronic obstructive pulmonary disease), digestive disorders with nausea or vomiting (e.g. morning sickness, chronic gastritis, children's indigestion), Meniere's disease.

## SIGNS & SYMPTOMS

(key clinical features in bold)

Productive cough

Copious watery or frothy white sputum that is easily expectorated

Oppression in the chest

Nausea or vomiting

Dizziness

Nasal or sinus congestion

Greasy white tongue coat

Slippery pulse

## INGREDIENTS

Each pill contains extract equiv. to dry:

Poria cocos, fruit. body ( <i>fu ling</i> )	茯苓	150mg
Pinellia ternata, tuber ( <i>ban xia</i> )	半夏	112.5mg
Citrus reticulata, fruit peel ( <i>chen pi</i> )	陳皮	75mg
Glycyrrhiza uralensis, root ( <i>gan cao</i> )	甘草	37.5mg

## ACTIONS OF THE MAIN HERBS

- Pinellia tuber is used orally in formulas to treat various digestive and respiratory disorders. It has been shown to have antitussive, mucolytic, and antiemetic actions.
- Citrus peel is used orally in formulas to treat a wide variety of digestive and respiratory disorders. It has been shown to have expectorant and carminative actions

## 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 – 3 weeks) the dosage may be increased by 50 - 100%.

Course of treatment: 1 – 3 months, or longer for chronic conditions

Safe to use long term

## CAUTIONS & CONTRAINDICATIONS

None noted.

## COMBINATIONS

- **COPD with Spleen Qi deficiency:**
  - + Shen Ling Bai Zhu San (Ginseng & Atractylodes Formula BP020)
  - + Jian Pi Wan (Ginseng & Citrus Formula BP014)
- **Meniere's disease:**
  - + Tian Ma Gou Teng Wan (Gastrodia & Gambir Formula BP024)
  - + Xue Fu Zhu Yu Tang (Persica & Cnidium Combination BP034)

COMMENTS  
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This formula was recorded in the 'Formulary of the Tai Ping Welfare Dispensary Bureau' (*tai ping hui min he ji ju fang*) (1151 CE), a compilation of popular and effective formulas that were used in the public dispensaries of the Song dynastic period. It has a broad range of applications in disorders due to the accumulation of Damp, which in turn gives rise to Phlegm.

The origin of the pathogenic complex of Phlegm and Damp is the Spleen, which, when deficient, fails to properly transform and transport the fluids. This leads to the build-up of pathological fluids, which initially manifest as Damp. Due to the effects of time, stagnation or Heat, the Damp congeals (i.e. becomes more viscous) to form Phlegm. The Phlegm-Damp complex obstructs the normal Qi movements in the middle Jiao, further compounding the initial disorder and creating a vicious cycle whereby fluid transportation is further impeded, generating more Damp, which in turn gives rise to more Phlegm.

These pathogens follow the pathway of the Spleen Qi to the Lung and obstruct the Lung Qi, manifesting a productive cough with watery, frothy or clear sputum. Thus we have a scenario in which there is Spleen Qi deficiency with Qi obstruction in the middle Jiao, which are the primary factors (*ben*) and accumulation of Phlegm-Damp in the middle Jiao and also in the upper Jiao (i.e. the Lung), which are the secondary factors (*biao*).

It should be noted that this formula addresses the secondary factors only, i.e. it regulates the Qi, harmonises the middle Jiao, resolves Phlegm and dries Damp.

The synergistic actions of the herbs are as follows:

- Pinellia tuber (*ban xia*): resolves Phlegm, dries Damp and sends the Stomach Qi downward.
- Citrus peel (*chen pi*): activates the Spleen and promotes Qi movement in the middle Jiao, dries Damp and resolves Phlegm, sends the Stomach Qi downward
- Poria cocos (*fu ling*): drains Damp and tonifies the Spleen Qi
- Glycyrrhiza root (*gan cao*): tonifies the Spleen Qi