

GUI PI WAN BP012

Ginseng & Longan Formula 歸脾丸

TCM ACTIONS

Tonifies the Spleen Qi and nourishes the Heart Blood, calms the Spirit.

TCM SYNDROMES

Spleen Qi deficiency
Heart Blood deficiency

INDICATIONS

Depressed mood, anxiety, neurasthenia, insomnia, post-concussion syndrome, anaemia, dysfunctional uterine bleeding, thrombocytopenic purpura, thrombocytopenia due to hepatitis, bleeding peptic ulcers, amenorrhoea, infertility, menopausal syndrome, pyrexia of unknown origin, easy bruising, ecchymoses.

SIGNS & SYMPTOMS (key clinical features in bold)

Fatigue, muscular weakness

Poor appetite

Palpitations

Dream-disturbed sleep or insomnia

Pale complexion

Forgetfulness, poor concentration and memory

Postural dizziness

Easy bruising, ecchymoses

Timidity, fearfulness, withdrawal

Anxiety, phobias or panic attacks

Depressed mood

Low grade fever

Early menstruation with profuse pale flow

Menorrhagia

Pale tongue with a thin white coat

Thready and weak pulse

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: 2 – 6 months, or ongoing for elderly patients

Safe for long term use.

INGREDIENTS

Each pill contains extract equiv. to dry:

Astragalus membranaceus, root (<i>huang qi</i>)	黄芪	69.7mg
Ziziphus jujuba var. spinosa, seed (<i>suan zao ren</i>)	酸枣仁	69.7mg
Poria cocos, fruit. body (<i>fu ling</i>)	茯苓	43.7mg
Codonopsis pilosula, root (<i>dang shen</i>)	黨參	43.5mg
Atractylodes macrocephala, rhizome (<i>bai zhu</i>)	白術	26.2mg
Glycyrrhiza uralensis, root (<i>zhi gan cao</i>)	甘草	26.2mg
Angelica polymorpha, root (<i>dang-gui</i>)	當歸	17.4mg
Dimocarpus longan, fruit flesh (<i>long yan rou</i>)	龍眼肉	17.4mg
Cyperus rotundus, rhizome (<i>xiang fu</i>)	香附	17.4mg
Polygala siberica, root (<i>yuan zhi</i>)	遠志	17.4mg
Ziziphus jujuba, fruit (<i>da zao</i>)	大棗	17.4mg
Zingiber officinale, rhizome (<i>sheng jiang</i>)	生薑	8.7mg

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 to treat the common cold, upper respiratory infections, chronic nephritis and diabetes. Astragalus has been shown to have the following actions: antibacterial, antiviral, tonic, immune stimulant, hepatoprotective, anti-inflammatory, antioxidant, diuretic, vasodilator and hypotensive.

Ziziphus seed 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.

Dimocarpus fruit ('longan') is used orally as a warming tonic to increase physical stamina, as well as a mild sedative to calm the Spirit and improve cognitive functions. It has a high content of organic iron.

CAUTIONS & CONTRAINDICATIONS

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

COMBINATIONS

- Anxiety, mild
 - + Wen Dan Tang (Bamboo & Hoelen Formula BP050)
- Idiopathic thrombocytopenic purpura (select one or more):
 - + Bu Zhong Yi Qi Wan (Ginseng & Astragalus Combination BP005)
 - + Zhuang Yang Yi Jing Wan (Epimedium & Ginseng Formula BP053)
 - + Yu Ping Feng San (Jade Screen Formula BP037)
- Menorrhagia, dysfunctional uterine bleeding (select one or more):
 - + Bu Zhong Yi Qi Wan (Ginseng & Astragalus Combination BP005) (select one):
 - + Ba Zhen Wan (Ginseng & Dang-gui Eight Combination BP003)
 - + Shi Quan Da Bu Wan (Ginseng & Dang-gui Ten Formula BP021)
- Mental or emotional disorders due to stress (Liver Qi constraint) (select one):
 - + Xiao Yao San (Bupleurum & Dang-gui Formula BP031)
 - + Jia Wei Xiao Yao San (Bupleurum & Peony Formula BP013)

COMMENTS

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This formula was first recorded in the 'Formulas to Benefit Life' (*ji sheng fang*), a work in 10 volumes by Yan Yong-he, 1253 CE, which covers internal medicine, gynecology and surgery. The formula was originally used for the combined symptoms of palpitations, anxiety and forgetfulness due to the effects of prolonged worrying or excessive mental activity, which has injured both the Spleen and Heart. This is because the Spleen is the seat of the capacity for ideation (*yi*), while the Heart is the seat of the psyche (*shen*). Thus, excessive mental activity puts a strain upon the Spleen Qi as well as the Heart Blood.

Subsequently the formula's uses were expanded to include abnormal bleeding due to Spleen Qi deficiency (Spleen failure in controlling the Blood). In the 16th century the prescription was modified with the addition of Angelica (*dang-gui*) and Polygala (*yuan zhi*) – to complete the present day formula – and its indications were fully described, as above.

Heart-Spleen Qi-Blood deficiency is a commonly occurring dual syndrome that may arise due to inadequate care during the recovery phase of an illness, chronic blood loss, excessive worry, anxiety or mental work, dietary irregularities and overstrain. It frequently occurs in students due to the added stresses of examinations as well as in athletes due to overtraining.

The synergistic actions of the herbs are as follows:

- Astragalus root (*huang qi*), Codonopsis root (*dang shen*), Atractylodes rhizome (*bai zhu*), Glycyrrhiza root (*zhi gan cao*): tonify the Spleen Qi
- Angelica root (*dang-gui*), Dimocarpus fruit (*long yan rou*): nourish the Heart Blood
- Poria cocos (*fu ling*), Polygala root (*yuan zhi*), Ziziphus seed (*suan zao ren*): nourish the Heart and calm the Spirit
- Atractylodes rhizome (*bai zhu*), Saussurea root (*mu xiang*): strengthen the Spleen and regulate the Qi, prevent the tonic herbs from impairing digestion
- Glycyrrhiza root (*zhi gan cao*), Ziziphus fruit (*da zao*), Zingiber rhizome (*sheng jiang*): harmonise the Spleen and Stomach to promote the production of Qi and Blood