

JIAN PI WAN BP014

Ginseng & Citrus Formula 健脾丸

TCM ACTIONS

Tonifies Stomach and Spleen, reduces food stagnation and promotes digestion, regulates the Qi and harmonises the middle Jiao.

TCM SYNDROMES

Food stagnation in the Stomach and Intestines
Middle Jiao (Spleen and Stomach) Qi deficiency

INDICATIONS

Indigestion, chronic gastritis, duodenitis, chronic enteritis, peptic ulcer disease, Crohn's disease, inflammatory bowel disease, general debility due to chronic illness.

SIGNS & SYMPTOMS

(key clinical features in bold)

Poor appetite and digestion with: bloating after meals, belching, flatulence, acid reflux or nausea, loose stools

Distension and sense of fullness in the epigastrium or abdomen

Fatigue

Pain in the epigastrium or abdomen

Diarrhoea

Reluctance to speak

Pale tongue with a greasy white coat

Pulse is weak and also slippery or soft

INGREDIENTS

Each pill contains extract equiv. to dry:

Hordeum vulgare, sprout (<i>mai ya</i>)	麥芽 93.7mg
Crataegus pinnatifida, fruit (<i>shan zha</i>)	山楂 70.3mg
Codonopsis pilosula, root (<i>dang shen</i>)	黨參 70.3mg
Atractylodes macrocephala, rhizome (<i>bai zhu</i>)	白術 70.3mg
Poria cocos, fruit. body (<i>fu ling</i>)	茯苓 46.9mg
Citrus reticulata, fruit peel (<i>chen pi</i>)	陳皮 23.4mg

ACTIONS OF THE MAIN HERBS

Hordeum sprout (barley sprout) is used orally in formulas as a stomachic, and in particular to promote the digestion of starches. Sprouted barley is rich in amylase enzymes and B-group vitamins, which assist digestion and metabolism.

Crataegus fruit when roasted is used orally in formulas to promote the digestion of meat and fatty foods. It has been shown to have anticholesterolemic, antilipemic and stomachic 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. May be used for longer periods if required. Safe for long term use

CAUTIONS & CONTRAINDICATIONS

If taking iron supplements (or supplements containing iron), do not take at the same time as this formula.

COMBINATIONS

• Children with poor appetite:

+ Shen Ling Bai Zhu San (Ginseng & Atractylodes Formula BP020)

• With more severe food stagnation:

+ Bao He Wan (Citrus & Crataegus Formula BP004)

• Malabsorption syndrome:

+ Huo Xiang Zheng Qi Wan (Agastache Formula BP046)

+ Tong Xie Yao Fang – Jia Wei (Peony & Atractylodes Combination BP062)

COMMENTS
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There are several different formulas by the name of Jian Pi Wan ('Strengthen the Spleen Pill'), all of which have the same clinical actions as described above. It was originally recorded in 'Standards for Diagnosis and Treatment of Six Branches of Medicine' (*liu ke zheng zhi zhun sheng*), by Wang Ken-tang (a.k.a. Wang Yu-tai or Wang Sun-an), 1602, which was the pre-eminent text on Chinese medicine in 17th century China.

Although the original formula contained thirteen ingredients, modern formulations typically contain only six. This is because the original included astringent herbs for the treatment of diarrhoea, along with extra Qi regulating herbs to treat abdominal bloating and/or focal distension. In addition there was a small amount of Coptis (*huang lian*) to clear Heat that develops due to stagnation. Thus, the scope of clinical applications for the larger formula was narrower than the smaller modern versions.

In addition, the use of astringent herbs in conditions with stagnation is generally not appropriate, as evidenced by their omission and the inclusion of immature citrus fruit (*zhi shi*) in most of the modern formulations. However, a better way to promote the astringing action of the Spleen Qi and to astringe the Intestines in cases with combined Spleen Qi deficiency and food stagnation (i.e. a mixed deficiency-excess syndrome of the middle Jiao) is by appropriate pre-preparation of the major ingredients, i.e. dry frying or roasting.

This variant does not include immature citrus fruit (*zhi shi*) because it is a strongly dispersing herb (i.e. it breaks up stagnant Qi and removes accumulation with a strongly downward-directing action) and is therefore poorly tolerated in patients with Qi deficiency of the middle Jiao. Thus, with six ingredients this formula is strongly focused on its specific treatment principles, allowing a broad range of clinical applications. Furthermore, because of the economy of ingredients, it is compatible with a wide variety of other formulas in the treatment of patients with multiple TCM syndrome-patterns.

The synergistic actions of the herbs are as follows:

- Codonopsis root (*dang shen*), Atractylodes rhizome (*bai zhu*), Poria cocos, (*fu ling*): tonify the Spleen Qi.
- Codonopsis root (*dang shen*), Hordeum sprout (*mai ya*), Atractylodes rhizome (*bai zhu*) – the first two dry-fried and the latter roasted: tonify the Spleen Qi and promote the containing action of the Qi
- Hordeum sprout (*mai ya*), Crataegus fruit (*shan zha*): reduce food stagnation and promote digestion.
- Citrus peel (*chen pi*): regulates the Qi and harmonises the middle Jiao.