

BP019 Run Chang Wan - Linum & Rhubarb Formula

AUST L 342370

Ingredients

Each 200mg pill contains extract equiv. to dry:

Trichosanthes kirilowii, fruit (quan gua luo)	瓜蒌	62.4mg
Citrus aurantium, fruit (zhi ke)	枳殼	49.9mg
Biota orientalis, seed (bai zi ren)	柏子仁	49.9mg
Linum usitatissimum, seed (hu ma ren)	亞麻子	49.9mg
Angelica polymorpha, root (dang gui)	當歸	49.9mg
Morus alba, fruit (sang shen zi)	桑椹	41.2mg
Trichosanthes kirilowii, seed (gua luo zi)	瓜蒌子	37.4mg
Rheum palmatum, root & rhiz. (da huang)	大黃	37.4mg

TCM Actions

Moistens the Intestines, regulates the Qi and unblocks the bowels

TCM Syndromes

Dryness of the Intestines

Qi stagnation in the Stomach and Intestines

Indications

Constipation (acute or chronic)

Signs & Symptoms (Key clinical features in bold)

Constipation

Dry, hard stools

Abdominal distension with discomfort

Dry lustreless skin

Pale or sallow complexion

Dry tongue that may also be pale

Thready and wiry pulse

Actions of the main herbs

- Rheum root & rhizome (rhubarb) is used orally in formulas to treat constipation, febrile illnesses, dysentery, hepatitis, intestinal abscess, and traumatic injury. It has been shown to have the following actions: anti-inflammatory, antibacterial, antiviral, purgative, hypotensive, anticholesterolemic, cholagogue, anti-uremic and hemostatic.
- Linum seed (black sesame) is used in formulas to promote production of body fluids and thus provide lubrication to the large intestine in the treatment of constipation. It has been shown to have laxative, nutritive and hypotensive actions.

Dosage & Course of Treatment

30 – 40 pills twice daily, half to one hour away from food.

In severe cases the dosage may be increased up to 50%, e.g. 50 pills twice daily or 30 - 40 pills, three times daily.

Course of treatment: 1 – 2 weeks for acute conditions (at higher dosage); 3 months or more for chronic conditions (at lower dosage)

Contraindications & Interactions

Not to be taken during pregnancy

Combinations**Chronic constipation with Spleen Qi deficiency:**

+ Bu Zhong Yi Qi Wan (BP005)

Constipation brought on or aggravated by stress:

+ Xiao Yao Wan (BP031)

Post-partum constipation (select one):

+ Ba Zhen Wan (BP003)

+ Shi Quan Da Bu Wan (BP021)

Stubborn or recurring constipation:

+ Yin Chen Hao Wan (Jia Wei) (BP065)