

SHI QUAN DA BU WAN BP021

Ginseng & Dang-gui Ten 十全大補丸

TCM ACTIONS

Tonifies the Qi and nourishes the Blood, warms the Yang

TCM SYNDROMES

Qi-Blood dual deficiency

INDICATIONS

General debility, side-effects of chemotherapy and radiotherapy (e.g. mouth ulcers, leukopenia), anaemia, erectile dysfunction, menstrual disorders (e.g. irregular menstruation, dysmenorrhoea), post-operative hypoalbuminaemia and anaemia, chronic gastritis, malnutrition, chronic non-healing ulcers, post-partum debility, thrombangiitis obliterans.

SIGNS & SYMPTOMS (key clinical features in bold)

Fatigue, muscular weakness
Poor appetite
Exertional dyspnoea (shortness of breath on mild exertion)
Weak, low voice, reluctance to speak
Palpitations
Pale or sallow complexion
Postural dizziness
Dry, lustreless skin and hair
Cold extremities
Paraesthesia or numbness of the extremities
Sweating on mild exertion
Dark rings under the eyes
Chronic sores or chronic ulcers
Pale tongue with a thin white coat
Thready and weak pulse

COMBINATIONS

- Chronic fatigue syndrome:
 - + Bu Zhong Yi Qi Wan (Ginseng & Astragalus Combination BP005)
 - + Ba Ji Yin Yang Wan (Morinda Combination BP002)
- With poor digestion:
 - + Bao He Wan (Citrus & Crataegus Formula BP004)
- With poor sleep:
 - + An Shen Ding Zhi Wan (Ziziphus & Polygala Formula BP001)

INGREDIENTS

Each pill contains extract equiv. to dry:

Astragalus membranaceus, root (<i>huang qi</i>)	黄芪	69.7mg
Rehmannia glutinosa, root (<i>shu di huang</i>)	熟地	52.1mg
Codonopsis pilosula, root (<i>dang shen</i>)	黨參	43.5mg
Atractylodes macrocephala, rhiz. (<i>bai zhu</i>)	白術	43.5mg
Poria cocos, fruit. body (<i>fu ling</i>)	茯苓	43.5mg
Paeonia lactiflora, root (<i>bai shao</i>)	白芍	43.5mg
Angelica polymorpha, root (<i>dang-gui</i>)	當歸	26.2mg
Ligusticum wallichii, root (<i>chuan xiong</i>)	川芎	17.6mg
Glycyrrhiza uralensis, root (<i>gan cao</i>)	甘草	17.6mg
Cinnamomum cassia, stem bark (<i>rou gui</i>)	肉桂	17.6mg

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.

Cinnamomum bark is used orally as a warming herb for conditions due to Interior Cold. It is also used in order to assist the action of other tonic herbs, to promote the circulation of the Qi and the Blood, alleviate pain due to Cold, and also to send deficiency Fire (from Kidney Yang deficiency) back down to its source in the Kidney. It has been shown to have the following actions: antispasmodic, analgesic, antipyretic, sedative, digestive stimulant and carminative.

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: 3 - 6 months, or ongoing in elderly patients.

Safe for long term use.

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 take during an episode of the common cold or 'flu.

COMMENTS

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This formula, which was recorded in the 'Formulary of the Tai Ping Welfare Dispensary Bureau' (*tai ping hui min he ji ju fang*), 1151 CE, is based on a combination of Si Jun Zi Tang (Four Major Herbs Formula) and Si Wu Tang (Dang Gui Four Combination), together with two additional herbs that serve to augment the actions of tonifying the Qi and nourishing the Blood: Astragalus (*huang qi*) and Cinnamon (*rou gui*). This makes the formula more potent than Ba Zhen Wan (Ginseng and Dang-gui Eight Combination), which was not formally recorded until some four centuries later.

There is a certain degree of confusion over whether or not this formula is specifically warming and Yang tonifying, which would restrict its use to deficiency Cold conditions. However, this is not necessarily so.

Both of these two additional herbs do, in fact, have Yang properties: Astragalus root (*huang qi*), with a slightly warm nature, tonifies the Qi and raises the Yang Qi of the middle Jiao; while Cinnamon bark (*rou gui*), an Interior warming herb with a hot nature, warm-tonifies the Spleen Yang and the Kidney Yang, dispels Cold and promotes the circulation of the Qi and Blood.

However, the latter is only used in a relatively small dose as a catalyst for Qi and Blood production; while the mild nature of the former does not give the formula an Interior Cold dispelling action – on the contrary, this herb is often used in formulas for fever due to Qi deficiency; thus, it too serves to enhance both the Qi tonifying and Blood nourishing actions of the formula.

Thus, in terms of clinical efficacy, the addition of the two herbs mentioned above makes this formula a stronger and more rapidly acting tonic for the Qi and Blood than the related formula, Ba Zhen Wan.

The synergistic actions of the herbs are as follows:

- Astragalus root (*huang qi*), Codonopsis root (*dang shen*), Atractylodes rhiz. (*bai zu*), Poria cocos (*fu ling*), Glycyrrhiza root (*zhi gan cao*): tonify the (Spleen) Qi.
- Paeonia root (*bai shao*), Rehmannia root (*shu di huang*), Angelica root (*dang-gui*), Ligusticum root (*chuan xiong*): nourish the (Liver) Blood.
- Atractylodes rhiz. (*bai zu*), Poria cocos (*fu ling*): dispel Damp
- Angelica root (*dang-gui*), Ligusticum root (*chuan xiong*): activate the Blood and dispel stasis
- Cinnamomum bark (*rou gui*): warm-tonifies the Spleen and Kidney, promotes the circulation of the Qi and Blood (to promote Qi and Blood production)