

# TIAN WANG BU XIN WAN BP025

Ginseng & Ziziphus Formula 天王補心丸

## TCM ACTIONS

Nourishes the Heart and Kidney Yin, reduces deficiency Fire, promotes Heart-Kidney interaction, calms the Spirit.

## TCM SYNDROMES

Heart-Kidney disharmony

## INDICATIONS

Insomnia, anxiety, neurasthenia, aphthous ulcer, hypnotics dependency, hypertension, paroxysmal tachycardia, chronic recurrent cystitis.

## SIGNS & SYMPTOMS

(key clinical features in bold>

Irritability  
Extreme anxiety  
Insomnia, sleep disturbance  
Palpitations (induced by fright or anxiety)  
Night sweats  
Inability to concentrate, forgetfulness  
Fatigue (physical and mental)  
Nocturnal emissions  
Mouth or tongue ulcers  
Dry stools  
Low fever or tidal fever  
**Red tongue with little or no coat**  
Thready and rapid pulse

## INGREDIENTS

Each pill contains extract equiv. to dry:

Rehmannia glutinosa, root ( <i>sheng di huang</i> )	生地	51.7mg
Ziziphus jujuba var. spinosa, seed ( <i>suan zao ren</i> )	酸棗仁	51.7mg
Biota orientalis, seed ( <i>bai zi ren</i> )	柏子仁	25.9mg
Salvia miltiorrhiza, root ( <i>dan shen</i> )	丹參	25.9mg
Asparagus cochinchinensis, tuber ( <i>tian men dong</i> )	天冬	25.9mg
Ophiopogon japonicus, tuber ( <i>mai men dong</i> )	麥冬	25.9mg
Codonopsis pilosula, root ( <i>dang shen</i> )	黨參	25.9mg
Angelica polymorpha, root ( <i>dang-gui</i> )	當歸	25.9mg
Poria cocos, fruit. body ( <i>fu ling</i> )	茯苓	25.9mg
Scrophularia ningpoensis, root ( <i>xuan shen</i> )	玄參	25.9mg
Schisandra chinensis, fruit ( <i>wu wei zi</i> )	五味子	25.9mg
Polygala sibirica, root ( <i>luan zhi</i> )	遠志	25.9mg
Platycodon grandiflorus, root ( <i>jie geng</i> )	桔梗	12.8mg

## ACTIONS OF THE MAIN HERBS

Rehmannia root (unprocessed) is used orally in formulas to treat febrile illness, anaemia, abnormal bleeding and lack of body fluids. It has been shown to have the following actions: cardiogenic, diuretic, hypoglycaemic, hepatoprotective, antifungal, shortens blood coagulation time.

Ziziphus seed is used orally in formulas to treat abnormal sweating, anxiety, insomnia, excessive dreaming, palpitations, weak memory, dizziness, irritability. It has been shown to have the following actions: sedative, hypnotic, analgesic, anticonvulsive, hypotensive.

## 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 or in severe chronic conditions.

Safe for long term use.

## CAUTIONS & CONTRAINDICATIONS

Caution for those on anti-coagulant medications (i.e. Heparin, warfarin or aspirin).

Caution during pregnancy.

If patient develops bloating, loose stools or diarrhoea while taking this formula, combine with Huo Xiang Zheng Qi Wan (Agastache Formula BP046)

## COMBINATIONS

- **Chronic insomnia** (select one or more):
  - + An Shen Ding Zhi Wan (Ziziphus & Polygala Formula BP001)
  - + Jin Gui Suan Zao Ren Tang (Ziziphus Combination BP056)
- **Dryness syndromes** (select one):
  - + Zhi Yin Gan Lu Yin (Rehmannia & Asparagus Formula BP052)
  - + Yang Yin Qing Fei Tang – Jia Wei (Fritillaria & Ophiopogon Formula BP051)
- **Menopausal syndrome with hot flushes and dysphoria** (select one) :
  - + Er Xian Tang (Epimedium & Curculigo Combination BP041)
  - + Zhi Bai Ba Wei Wan (Anemarrhena, Phellodendron & Rehmannia Formula BP038)

COMMENTS  
TIAN WANG BU XIN WAN  
BP025  
天王補心丸



This formula was originally created by Hong Ji (a.k.a. Hong Jiu-You) and appeared in his book, 'Secret Prescriptions for Keeping Health (*she sheng mi pou*)' 1638. It is said that this prescription was revealed to him by one of the *tian wang* in a dream; hence, the name of the formula (*tian wang bu xin dan*). The *tian wang* are the Celestial Kings of Chinese myth, also known as the world protectors. According to Buddhist teachings, these fierce-looking beings are the guardians of the four quarters of the world. They fight against evil and protect the places where goodness is taught. Their bodies are protected by armor and they wear helmets or crowns on their heads. Images of them can be found in Chinese and Japanese Buddhist monasteries. It is therefore very strange (but not surprising) that the name of this formula is generally translated as 'The Heavenly Emperor's Heart Tonic Pill' – as if there were only one ruler, and that the celestial regions had been unified under a single emperor!

Another word about the name of the formula; you will note that rather than being classed as a decoction (*tang*), powder (*san*) or pill (*wan*), the last Chinese character is *dan*. This refers to herbal formulations that were:

- Used as elixirs for prolonging life – generally devised by Daoist adepts
- Special formulations that were comprised of sublimated minerals, including heavy metals.

In this case both attributes apply: firstly due to its origin and secondly due to the fact that the original was prepared from finely powdered ingredients that were formed into large boluses with honey and then rolled in cinnabar (mercuric sulphide prepared by aqueous trituration).

Nowadays we dispense with the cinnabar because of the risk of toxicity. However, the formula is still highly effective for a wide range of mental and emotional disorders that arise from Heart and Kidney Yin deficiency, with failure of co-ordination between these two organs, together with flourishing Fire. It has been effective in treating such diverse conditions as post-traumatic stress disorder, dependency on tranquilisers and dysphoria that may occur in association with menopause.

The synergistic actions of the herbs are as follows:

- Rehmannia root (*sheng di huang*), Asparagus tuber (*tian men dong*), Ophiopogon tuber (*mai men dong*), Scrophularia root (*xuan shen*): nourish the Heart and Kidney Yin, reduce deficiency Fire
- Ziziphus seed (*suan zao ren*), Biota seed (*bai zi ren*), Salvia root (*dan shen*), Poria cocos (*fu ling*), Schisandra fruit (*wu wei zi*), Polygala root (*yuan zhi*): nourish the Heart and calm the Spirit
- Codonopsis root (*dang shen*), Poria cocos (*fu ling*), Polygala root (*yuan zhi*): tonify the Heart Qi to calm the Spirit
- Angelica polymorpha, root (*dang-gui*), Rehmannia root (*sheng di huang*), Salvia root (*dan shen*), Polygala root (*yuan zhi*): nourish the Heart Blood to calm the Spirit
- Platycodon root (*jie geng*), Polygala root (*yuan zhi*): guide the actions of the herbs in the formula to the Heart