

XIANG SHA LIU JUN ZI WAN BP028

Saussurea & Cardamon Formula 香砂六君子丸

TCM ACTIONS

Tonifies the Qi and strengthens the Stomach and Spleen, dries Damp and resolves Phlegm, regulates the Qi and harmonises the middle Jiao (Stomach and Spleen).

TCM SYNDROMES

Spleen-Stomach Qi deficiency

Phlegm-Damp retention:

- Cold-Damp disturbance of the Spleen
- Phlegm-Damp obstruction of the Lung

INDICATIONS

Chronic gastritis, chronic duodenitis, morning sickness, poor digestion, food allergies, candidiasis (gastrointestinal), gastroduodenal ulcers, chronic bronchitis, asthma, allergic respiratory disorders, chronic colitis, chronic fatigue syndrome, general debility, post-surgery debility.

SIGNS & SYMPTOMS

(key clinical features in bold)

Fatigue

Muscular weakness

Sensation of bodily heaviness

Poor appetite with a sensation of fullness after eating small amounts

Epigastric or abdominal distension with mild pain

Nausea or vomiting

Belching

Loose stools or diarrhoea

Gastro-oesophageal reflux

Productive cough with watery, clear or white sputum

Pale tongue with a white greasy or thick white coat

Weak pulse that is also slippery or and moderate

CAUTIONS & CONTRAINDICATIONS

None noted.

INGREDIENTS

Each pill contains extract equiv. to dry:

Codonopsis pilosula, root (<i>dang shen</i>)	黨參	75mg
Atractylodes macrocephala, rhiz. (<i>bai zhu</i>)	白術	60mg
Poria cocos, fruit. body (<i>fu ling</i>)	茯苓	60mg
Pinellia ternata, tuber (<i>ban xia</i>)	半夏	45mg
Citrus reticulata, fruit peel (<i>chen pi</i>)	陳皮	45mg
Citrus medica, fruit (<i>fo shou</i>)	佛手	30mg
Ammomum villosum, fruit (<i>sha ren</i>)	砂仁	30mg
Glycyrrhiza uralensis, root (<i>gan cao</i>)	甘草	30mg

ACTIONS OF THE MAIN HERBS

Saussurea root is used orally in formulas to treat a variety of digestive disorders with nausea or vomiting, diarrhoea or loose stools, tenesmus, flatulence, epigastric or abdominal pain. It has been shown to have the following actions: antimicrobial, antiparasitic, antispasmodic, hypotensive and carminative.

Ammomum fruit (cardamon) is used orally in formulas to treat digestive disorders with epigastric pain, flatulence, belching, nausea and vomiting, loose stools or diarrhoea. It has been shown to have the following actions: carminative, anti-emetic, antibacterial, antifungal.

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.

Safe for long term use.

COMBINATIONS

- Chronic bronchitis:
 - + Wen Dan Tang (Bamboo & Hoelen Formula BP052)
- Chronic gastritis (select one or more):
 - + Shen Ling Bai Zhu San (Ginseng & Atractylodes Formula BP020)
 - + Wen Dan Tang (Bamboo & Hoelen Formula BP050)
 - + Chai Hu Shu Gan Wan (Bupleurum & Cyperus Combination BP006)
- Helicobacter pylori infection:
 - + Huang Lian Jie Du Wan (Coptis & Scute Formula BP050)
- Morning sickness in pregnancy:
 - + Ban Xia Hou Po Tang - Jia Wei (Pinellia & Magnolia Combination BP067)

COMMENTS

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This is a popular variant of Si Jun Zi Tang (Four Major Herbs Combination) from the 'Formulary of the Tai Ping Welfare Dispensary Bureau' (*tai ping hui min he ji ju fang*), 1151. This particular variant, however, was not recorded until 1695, when it appeared in 'Zhang's Dictionary of Medicine' (*zhang shi yi tong*), by Zhang Lu-xuan, 1695, a comprehensive collection, covering most branches of medicine from ancient to contemporary times.

The original included Zingiber (ginger) (*sheng jiang*), and most modern prepared formulations also include Ziziphus (*da zao*). However, in a ready prepared herbal pill formulation, with each additional ingredient the dosages of the others are reduced proportionally. Therefore it is better to use only those that are strictly necessary. In this case both Ziziphus (*da zao*) and Zingiber (*sheng jiang*) have been omitted. The former because there are already sufficient Spleen Qi tonifying ingredients in the formula; and the later because Pinellia (*ban xia*), which requires pre-processing to remove its inherent toxicity, has been processed with ginger juice, thus avoiding the need for additional ginger.

This formula is a good example of a treatment that addresses both the primary aspects (*ben*) as well as the secondary aspects (*biao*) of a specific condition. While effectively dispelling Phlegm, drying Damp and redirecting the Stomach Qi downwards; it also tonifies the Spleen Qi and promotes the Spleen's transformation and transportation functions in order to prevent further Damp and Phlegm from being produced.

The distinguishing clinical features centre on Spleen and Stomach Qi deficiency and epigastric or abdominal distension with mild pain or discomfort. This is discussed further, below in Appendix 1 'Distinguishing Between the Spleen Tonifying Formulas'.

The synergistic actions of the herbs are as follows:

- Codonopsis root (*dang shen*), Atractylodes rhizome (*bai zu*), Poria cocos (*fu ling*), Glycyrrhiza root (*zhi gan cao*): tonify the (Spleen) Qi.
- Atractylodes rhiz. (*bai zu*), Poria cocos (*fu ling*), Pinellia tuber (*ban xia*), Citrus peel (*chen pi*), Ammomum fruit (*sha ren*), Citrus medica, fruit (*fo shou*): dry Damp
- Poria cocos (*fu ling*), Pinellia tuber (*ban xia*), Citrus peel (*chen pi*), Citrus medica, fruit (*fo shou*), Ammomum fruit (*sha ren*): regulate the Qi and harmonise the Spleen and Stomach
- Pinellia tuber (*ban xia*), Citrus peel (*chen pi*), Poria cocos (*fu ling*), Citrus medica, fruit (*fo shou*): dry Damp and resolve Phlegm
- Citrus medica, fruit (*fo shou*), Ammomum fruit (*sha ren*): promote the flow of Qi in the Stomach and Intestines to reduce epigastric or abdominal distension, reduce food stagnation and alleviate pain.