

ER XIAN TANG BP041

Epimedium & Curculigo Combination 二仙湯

TCM ACTIONS

Tonifies the Kidney and enriches the Kidney Essence, reduces deficiency Fire, regulates the Chong and the Ren Channels.

TCM SYNDROMES

Deficiency of the Kidney Qi
Deficiency of the Kidney Essence
Fire due to deficiency

INDICATIONS

Menopausal syndrome with hot flushes, hypertension in menopause.

SIGNS & SYMPTOMS

(key clinical features in bold)

Hot flushes due to menopause

Irritability

Night sweats

Dysphoria
Pain and weakness of the low back and possibly also knees
Blurred vision
Dizziness
Tinnitus
Cold hands and feet
Sleep disturbance
Normal or pale tongue that may also be swollen with tooth marks

INGREDIENTS

Each pill contains extract equiv. to dry:

Epimedium sagittatum, herb (<i>yin yang huo</i>)	淫羊藿	62.5 mg
Curculigo orchoides, rhiz. (<i>xian mao</i>)	仙茅	62.5 mg
Eucommia ulmoides, stem bark (<i>du zhong</i>)	杜仲	62.5 mg
Angelica polymorpha, root (<i>dang-gui</i>)	當歸	62.5 mg
Morinda officinalis, root (<i>ba ji tian</i>)	巴戟天	41.7 mg
Phellodendron amurense, stem bark (<i>huang bai</i>)	黃柏	41.7 mg
Anemarrhena asphodeloides, rhiz. (<i>zhi mu</i>)	知母	41.7mg

ACTIONS OF THE MAIN HERBS

- Epimedium herb is used orally for impotence, involuntary ejaculation, weak back and knees, arthralgia, mental and physical fatigue, memory loss, hypertension, coronary heart disease, bronchitis, chronic hepatitis, polio, chronic leukopenia, viral myocarditis, and as a tonic and aphrodisiac. It has been shown to have androgenic, immune stimulant, cardiogenic, anti-inflammatory, expectorant, antitussive, hypotensive, antibacterial and antiviral actions.
- Anemarrhena rhizome is used orally in formulas to lower the body temperature and to promote production of body fluids. It has been shown to have antipyretic, sedative, antibiotic, and hypoglycemic 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 – 4 weeks) the dosage may be increased by 50 - 100%.
Course of treatment: 3 – 9 months.
Taper off dosage once symptoms are under control. Follow course of treatment with a 'constitutional' formula (see 'Combinations' below).
Safe to use long term

CAUTIONS & CONTRAINDICATIONS

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

COMBINATIONS

- **Menopausal syndrome with alternating hot flashes and chills:**
+ Xiao Chai Hu Wan (Minor Bupleurum Formula BP029)
- **Menopausal syndrome with dysphoria and emotional volatility:**
+ Gan Mai Da Zao Wan Jia Wei (Wheat & Jujube Combination BP054)
+ Wen Dan Tang (Bamboo & Hoelen Formula BP050)
- **Menopausal syndrome with insomnia or sleep disturbance:**
+ An Shen Ding Zhi Wan (Ziziphus & Polygala Formula BP001)
+ Wen Dan Tang (Bamboo & Hoelen Formula BP050)

• **Menopausal syndrome with Kidney Yang deficiency**

(select one):

- + Fu Gui Ba Wei Wan (Rehmannia Eight Formula BP011)
- + You Gui Wan (Right Returning Formula BP066)
- + Tao Hong Si Wu Wan (Persica, Carthamus & Dang-gui Combination BP061)

• **Menopausal syndrome with Kidney Yin deficiency**

(select one or more):

- + Zuo Gui Wan (Left Returning Formula BP039)
- + Qi Bao Mei Ran Dan (Polygonum & Cuscuta Formula BP057)
- + Tao Hong Si Wu Wan (Persica, Carthamus & Dang-gui Combination BP061)

• **Menopausal syndrome with severe hot flushes:**

- + Zhi Bai Ba Wei Wan (Anemarrhena, Phellodendron & Rehmannia Formula BP038)
- + Jia Wei Xiao Yao San (Bupleurum & Peony Formula BP013).

COMMENTS
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This is an ingeniously designed modern formulation. It was developed by doctors at the Shuguang Hospital of the Shanghai College of Traditional Chinese Medicine in order to treat hypertension occurring in menopausal women. Not only was it shown to be effective for this disorder but it also has the side effect of reducing hot flushes, for which it is now commonly used.

The pathogenesis of hot flushes in menopause is complex and may include: Kidney Yin deficiency, Kidney Yang deficiency, Kidney Qi deficiency and Spleen Qi deficiency. Kidney Yin deficiency leads to Yang hyperactivity, whereas the other three patterns may lead to 'stirring' of the Ministerial Fire (the Fire of the Life Gate), which is normally stored in the lower Jiao. Frequently, several (if not all) of these syndrome-patterns may occur concurrently.

This elegant and simple formula addresses Kidney Yang deficiency or Kidney Qi deficiency together with the Fire that may arise as a consequence.

The synergistic actions of the herbs are as follows:

- Epimedium herb (*yin yang huo*), Curculigo rhizome (*xian mao*), Eucommia stem bark (*du zhong*), Morinda officinalis, root (*ba ji tian*): warm-tonify the Kidney Yang and enrich the Kidney Essence, also (to a lesser degree) nourish the Kidney Yin
- Angelica polymorpha, root (*dang-gui*): nourishes the Blood to protect the Kidney Yin from the warming action of the above herbs, regulates the Chong and Ren Channels
- Phellodendron stem bark (*huang bai*), Anemarrhena rhizome (*zhi mu*): reduce Fire from deficiency
- Angelica polymorpha, root (*dang-gui*), Anemarrhena rhizome (*zhi mu*): prevent the warming herbs from damaging the Body Fluids