

SHEN QI DA BU WAN BP044

Codonopsis & Astragalus Combination 參耆大補丸

TCM ACTIONS

Tonifies the Qi, strengthens the Lung & Spleen, strengthens and stabilises the defensive Qi.

TCM SYNDROMES

Qi deficiency

INDICATIONS

General debility due to chronic illness, chronic fatigue syndrome, age related disorders, postpartum weakness.

SIGNS & SYMPTOMS (key clinical features in bold)

Fatigue, muscular weakness

Poor appetite, emaciation

Pale complexion

Exertional dyspnoea (shortness of breath on mild exertion)

Hyperhidrosis (sweating on mild exertion, or spontaneous sweating)

Frequent upper respiratory infections

Nocturia

Pale tongue with a thin white coat

Weak pulse

INGREDIENTS

Each pill contains extract equiv. to dry:

Astragalus membranaceus, root (*huang qi*) 黃芪 213.7 mg

Codonopsis pilosula, root (*dang shen*) 黨參 161.2 mg

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

None noted.

ACTIONS OF THE MAIN HERBS

Codonopsis root is used orally in formulas as a tonic to treat general debility, digestive weakness, susceptibility to infections, diabetes, memory loss and insomnia. It has been shown to strengthen the immune system and the gastrointestinal system, improve response to stress, increase red and white blood cells, lower blood pressure, improve appetite and regulate blood sugar levels.

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.

COMBINATIONS

- **Chronic fatigue syndrome** (select one or more):
 - + Bu Zhong Yi Qi Wan (Ginseng & Astragalus Combination BP005)
 - + Yu Ping Feng San (Jade Screen Formula BP037)
 - + Zhuang Yang Yi Jing Wan (Epimedium & Ginseng Formula BP053)
- **Leukopenia:**
 - + Bu Zhong Yi Qi Wan (Ginseng & Astragalus Combination BP005)
 - + Qi Bao Mei Ran Dan (Polygonum & Cuscuta Formula BP057)
 - + Ba Ji Yin Yang Wan (Morinda Combination BP002)
- **Poor digestion with abdominal bloating and loose stools:**
 - + Jian Pi Wan (Ginseng & Citrus Formula BP014)
 - + Tong Xie Yao Fang – Jia Wei (Peony & Atractylodes Combination BP062)
- **Poor digestion with epigastric discomfort and fullness, belching, nausea:**
 - + Bao He Wan (Citrus & Crataegus Formula BP004)
 - + Shen Ling Bai Zhu San (Ginseng & Atractylodes Formula BP020)

COMMENTS

SHEN QI DA BU WAN

BP044

參耆大補丸



This is a modern formulation that combines two premier Qi tonifying herbs, based on scientific research together with traditional principles of use. The two herbs, Astragalus root (*huang qi*) and Codonopsis root (*dang shen*), have been extensively studied in contemporary China, the findings serving to confirm and clarify the nature of their actions as described in the traditional literature. Astragalus (*huang qi*) was first recorded in 'Shen Nong's Materia Medica' (*Shen nong ben cao jing*), circa 200 CE, under the heading of 'Superior Class Herbs'. This class of medicinal substances are non-toxic, life nourishing and conducive to longevity.

Codonopsis (*dang shen*), however, first appeared in 'Encountering the Sources of the Materia Medica' (*ben jing feng yuan*) by Zhang Lu (a.k.a. Zhang Lu-yu, Zhang Shi-wan), 1670. Both herbs benefit the middle Jiao by tonifying the Spleen-Stomach Qi and raising the Yang Qi. However, the actions of Codonopsis root (*dang shen*) are somewhat milder than those of Astragalus root (*huang qi*), especially in raising the Yang Qi.

The combined actions of these two herbal ingredients provide a medium strength Qi tonic that may readily be used in combination with other more complex formulas, without the risk of giving the patient too many different herbs. Alternatively, it may be used as a stand-alone tonic for the Qi, which may safely be taken long term without the potential adverse reactions that are associated with the consumption of red ginseng root (or extracts of red ginseng).

The synergistic actions of the herbs are as follows:

- Astragalus root (*huang qi*): tonifies the Qi, tonifies the Spleen Qi and raises the Yang, tonifies the defensive Qi and stabilises the Exterior, promotes the discharge of pus and promotes tissue regeneration, promotes diuresis and alleviates oedema.
- Codonopsis root (*dang shen*): tonifies the middle Jiao (Spleen-Stomach Qi), tonifies the Lung Qi, regenerates the Body Fluids.