

WEN DAN TANG BP050

Bamboo & Hoelen Formula 溫膽湯

TCM ACTIONS

Clears Phlegm-Heat, regulates the Qi and harmonises the Stomach, clears the Gallbladder.

TCM SYNDROMES

Phlegm-Heat retention
Gallbladder Qi invasion of the Stomach

INDICATIONS

Chronic gastritis, duodenitis, peptic ulcer disease, gastro-oesophageal reflux disease (GERD), chronic bronchitis, anxiety, depressed mood, mania, hypomania, Meniere's disease, chronic cholecystitis, hyperthyroidism, insomnia, morning sickness during pregnancy.

SIGNS & SYMPTOMS

(key clinical features in bold)

Nausea or vomiting
Insomnia or sleep disturbance
Irritability
Bitter taste in mouth
Palpitations with anxiety
Dizziness
Excessive hunger
Acid reflux
Sense of fullness and discomfort in the chest
Productive cough with yellow sputum
Thirst
Red tongue with a greasy yellow coat
Rapid and slippery or rapid and wiry pulse

INGREDIENTS

Each pill contains extract equiv. to dry:

Phyllostachys nigra, stem wood (<i>zhu ru</i>)	竹茹	75mg
Poria cocos, fruit. body (<i>fu ling</i>)	茯苓	60mg
Pinellia ternata, tuber (<i>ban xia</i>)	半夏	60mg
Citrus aurantium, fruit (<i>zhi shi</i>)	枳實	60mg
Citrus reticulata, fruit peel (<i>chen pi</i>)	陳皮	45mg
Glycyrrhiza uralensis, root (<i>gan cao</i>)	甘草	30mg
Ziziphus jujuba, fruit (<i>hong zao</i>)	紅棗	30mg

ACTIONS OF THE MAIN HERBS

Phyllostachys stem (bamboo shavings) is used orally in formulas to treat productive cough, vomiting, insomnia, palpitations, stroke, nausea during pregnancy, threatened miscarriage, epilepsy in small children. It has been shown to have the following actions: antibacterial, antiemetic, expectorant.

Citrus fruit is used orally in formulas to treat indigestion, congestion in the chest, productive cough, abdominal or epigastric bloating, constipation, tenesmus and organ prolapse. It has been shown to have the following actions: hypertensive, improves the strength of contraction and tension of the uterus, diuretic, stimulates the smooth muscle of the digestive tract to promote peristaltic movement.

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: 1 – 6 months.

Safe for long term use.

CAUTIONS & CONTRAINDICATIONS

None noted.

COMBINATIONS

- **Acid reflux, heartburn, reflux oesophagitis** (select one or more):
 - + Ban Xia Hou Po Tang – Jia Wei (Pinellia & Magnolia Combination BP067)
 - + Xiang Sha Liu Jun Zi Wan (Saussurea & Cardamon Formula BP028) – Spleen Qi deficiency
 - + Bao He Wan (Citrus & Crataegus Formula BP004) – food stagnation
- **Anxiety** (select one or more):
 - + Gan Mai Da Zao Wan - Jia Wei (Wheat & Jujube Combination BP054)
 - + Xiao Yao San (Bupleurum & Dang-gui Formula BP031)
 - + Gui Pi Wan (Ginseng & Longan Combination BP012)
- **Depressed mood** (select one or more):
 - + Xiao Yao San (Bupleurum & Dang-gui Formula BP031)
 - + An Shen Ding Zhi Wan (Ziziphus & Polygala Formula BP001)
 - + Jia Wei Xiao Yao San (Bupleurum & Peony Formula BP013)
 - + Tao Hong Si Wu Wan (Persica, Carthamus & Dang-gui Combination BP061)

- Hypertension due to Phlegm-Damp retention (select one or more):
 - + Tian Ma Gou Teng Wan (Gastrodia & Gambir Formula BP024)
 - + Yang Yin Jiang Ya Wan (Achyranthes & Cassia Seed Formula BP035)
- Insomnia (severe, refractory) (select one or more) :
 - + Jin Gui Suan Zao Ren Tang (Ziziphus Combination BP056)
 - + Tian Wang Bu Xin Wan (Ginseng & Ziziphus Formula BP025)
 - + Gan Mai Da Zao Wan - Jia Wei (Wheat & Jujube Combination BP054)
- Menopausal syndrome:
 - + Er Xian Tang (Epimedium & Curculigo Combination BP041)
 - + Gan Mai Da Zao Wan - Jia Wei (Wheat & Jujube Combination BP054)
- Morning sickness in pregnancy:
 - + Ban Xia Hou Po Tang – Jia Wei (Pinellia & Magnolia Combination BP067)
- Nausea related to stress:
 - + Jia Wei Xiao Yao San (Bupleurum & Peony Formula BP013)
- Neurosis, hypomania:
 - + Xue Fu Zhu Yu Tang (Persica & Cnidium Combination BP034)
- Premenstrual syndrome:
 - + Chai Hu Shu Gan Wan (Bupleurum & Cyperus Combination BP006)
- Stress:
 - + Jia Wei Xiao Yao San (Bupleurum & Peony Formula BP013)

COMMENTS
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This formula appears in the 'Golden Mirror of Medicine' (*yi zong jin jian*), 1742, a 90 volume treatise on general medicine, written by a staff of 80 persons headed by Wu Qian, under the commission of the Qing imperial government. It is a variant of a formula by the same name from the renowned 'Prescriptions Worth a Thousand Gold Pieces for Emergencies' (*bei ji qian jin yao fang*) by Sun Si-miao, 652. The original by Sun was a warming formula, designed to treat Cold in the Gallbladder. It contained a mixture of cooling and warming herbal ingredients. Over the centuries the formula was modified by several eminent Chinese physicians, Wu Qian's group providing us with the version that is popular today.

It still contains a mixture of cooling and warming ingredients, however it is stacked in favour of the cooling ones. Therefore, the retention of the original formula name is somewhat paradoxical: Warm the Gallbladder Formula (*wen dan tang*). However, the internal logic of the formula is faultless: the warming ingredients act to resolve Phlegm at its source in the Spleen; while the cooling ones clear away the pathogenic complex of Phlegm-Heat.

Clinically, this formula is used for conditions in which Phlegm-Heat affects the Stomach, Heart and/or Lung, with or without Gallbladder involvement. Because Phlegm – and specifically Phlegm-Heat in this case – can affect a variety of bodily systems, this formula has a wide range of clinical applications, as described above.

The synergistic actions of the herbs are as follows:

- Phyllostachys nigra wood (*zhu ru*), Citrus fruit (*zhi shi*): clear Phlegm-Heat from the Stomach and Gallbladder
- Pinellia tuber (*ban xia*), Poria cocos (*fu ling*), Citrus peel (*chen pi*), Citrus fruit (*zhi shi*), Zingiber rhizome (*sheng jiang*): regulate the Qi, harmonise the middle Jiao to resolve Phlegm and prevent further Phlegm being produced
- Phyllostachys nigra wood (*zhu ru*), Pinellia tuber (*ban xia*), Zingiber rhizome (*sheng jiang*): redirect the Stomach Qi downward to alleviate vomiting
- Glycyrrhiza root (*gan cao*), Poria cocos (*fu ling*), Ziziphus fruit (*hong zao*): tonify the Spleen and harmonise the Stomach