

BP054 Gan Mai Da Zao Wan (Jia Wei) (Wheat & Jujube Combination)

Aust L 342368

Ingredients

Each 200mg pill contains extract equiv. to dry:

Triticum aestivum, seed (fu xiao mai)	浮小麥	145.5mg
Zizipus jujuba, fruit (da zao)	大棗	48.4mg
Albizia julibrissin, stem bark (he huan pi)	合歡皮	43.5mg
Zizipus jujuba var. spinosa, seed (suan zao ren)	酸棗因	43.5mg
Glycyrrhiza uralensis, root (zhi gan cao)	甘草	43.5mg
Chrysanthemum sinense, flower (ju hua)	菊花	29.5mg
Polygala sibirica, root (yuan zhi)	遠志	24.2mg

TCM Actions

Tonifies the Heart Qi, nourishes the Heart Blood and Yin, calms the Spirit and stabilises the emotions

TCM Syndromes

Heart Qi deficiency
Heart Blood deficiency
Heart Yin deficiency

Indications

Depressed mood, anxiety, uncontrollable emotions, insomnia, neurasthenia

Signs & Symptoms (Key clinical features in bold)

Emotional instability

Depressed mood, anxiety

Restless sleep with vivid dreams

Fright induced palpitations

Night sweats

Red tongue with scanty coat

Thready pulse that may also be rapid

Actions of the main herbs

- Triticum seed (light unripened wheat grain) is used orally in formulas for its tranquillising as well as its antisudorific actions. It contains starch, protein, fat, vitamin B and vitamin E.
- Ziziphus seed (suan zao ren) is used orally in formulas to treat irritability, insomnia, palpitations, and anxiety, also to prevent abnormal sweating. It has been shown to have sedative, hypnotic, hypotensive and analgesic actions.

Dosage & Course of Treatment

30 – 40 pills twice daily, half to one hour away from food.

In severe cases the dosage may be increased up to 50%, e.g. 50 pills twice daily or 30 - 40 pills, three times daily.

Course of treatment: 2 – 4 months

Contraindications & Interactions

Contains gluten. Not to be used in cases with allergy to gluten.

Avoid caffeine containing beverages (i.e. coffee, tea, cola drinks, guarana), especially in the afternoon.

Caution in patients using sedative-hypnotic medications.

Combinations

Stress related emotional disorder (Liver Qi constraint select one):

+ Jia Wei Xiao Yao San (BP013)

+ Xiao Yao San (BP031)

With hyperhidrosis (excessive sweating):

+ Yu Ping Feng San (BP037)

Insomnia – severe:

+ An Shen Ding Zhi Wan (BP0001)

+ Jin Gui Suan Zao Ren Tang (BP056)

Menopausal syndrome with emotional disorder:

+ Er Xian Tang (BP041)

+ Zhi Bai Ba Wei Wan (BP038)

+ Zuo Gui Wan (BP039)

Nervousness, anxiety:

+ Wen Dan Tang (BP050)