

## BP056 Jin Gui Suan Zao Ren Tang (Ziziphus Combination)

Aust L 342372

### Ingredients

Each 200mg pill contains extract equiv. to dry:

Ziziphus jujuba, var. spinosa, seed (suan zao ren)	酸棗仁	62mg
Angelica polymorpha, root (dang gui)	當歸	49.9mg
Paeonia lactiflora, root (bai shao)	白芍	49.9mg
Wolfiporia cocos, hyphae (fu ling)	茯苓	49.9mg
Anemarrhena asphodeloides, rhiz. (zhi mu)	知母	49.9mg
Ligusticum striatum, root (chuan xiong)	川芎	37.4mg
Albizia julibrissin, flower (he huan hua)	合歡花	37.4mg
Polygala sibirica, root (yuan zhi)	遠志	20.8mg
Glycyrrhiza uralensis, root (gan cao)	甘草	20.8mg

### TCM Actions

Nourishes the Liver Blood and clears deficiency Heat to calm the Spirit

### TCM Syndromes

Liver – Heart Blood deficiency

Liver Yin deficiency with deficiency Heat

### Indications

Insomnia, anxiety, stress related emotional disorders.

### Signs & Symptoms (Key clinical features in bold)

**Insomnia, sleep disturbance with vivid unpleasant dreams**

**Anxiety**

**Restlessness and irritability**

Palpitations

Night sweats

Dizziness

Poor concentration, mental fatigue

Dry throat and mouth

**Wiry, rapid and thready pulse**

**Dry red tongue**

### Actions of the main herbs

- Ziziphus seed (suan zao ren) is used orally in formulas to treat abnormal sweating, anxiety, insomnia, excessive dreaming, palpitations, weak memory, dizziness, irritability. It has been shown to have the following actions: sedative, hypnotic, analgesic, anticonvulsive, hypotensive.

- Anemarrhena rhizome is used orally in formulas to treat cough, febrile illnesses, diabetes, hyperthyroidism, and hypertension. It has been shown to have antibacterial, antipyretic, adrenal tonic 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**

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

Caution in patients using sedative-hypnotic medications.

### **Combinations**

#### **Anxiety in menopause:**

+ Er Xian Tang (BP041)

+ Gan Mai Da Zao Wan (Jia Wei) (BP054)

#### **Chronic insomnia (select one):**

+ An Shen Ding Zhi Wan (BP001)

+ Gan Mai Da Zao Wan (Jia Wei) (BP054)

#### **Stress related emotional disorder (select one):**

+ Jia Wei Xiao Yao San (BP013)

+ Xiao Yao San (BP031)