

FU ZI ZHONG WAN (Jia Wei) BP070

Dangshen & Ginger Formula (modified) 附子理中丸 (加味)

TCM ACTIONS

Warm-tonifies the middle Jiao (i.e. Spleen & Stomach), dispels Cold (from the middle Jiao)

TCM SYNDROMES

Spleen-Stomach deficiency-Cold (middle Jiao Yang deficiency)
Cold stagnation of the middle Jiao

INDICATIONS

Gastritis (acute and chronic), gastroenteritis (acute and chronic), gastric ulcer, duodenal ulcer, ulcerative colitis, Crohn's Disease, irritable bowel syndrome, gastroptosis, chronic dysentery, mouth ulcers, oral herpes (cold sores), chronic bronchitis, dysfunctional uterine bleeding.

SIGNS & SYMPTOMS

(key clinical features in bold)

Abdominal pain that is alleviated by pressure and warmth

Watery diarrhoea or loose stools

Vomiting or nausea

Intolerance of the cold

Cold extremities

Poor appetite and digestion, loss of taste

Fatigue, reluctance to speak

Absence of thirst

Profuse salivation

Frequent urination

Tongue is pale with a white coat

Pulse is deep and thready and may also be slow

INGREDIENTS

Each pill contains extract equiv. to dry:

Codonopsis pilosula, root (<i>dang shen</i>)	黨參	106.1mg
Atractylodes macrocephala, rhiz. (<i>bai zhu</i>)	白術	84.9 mg
Zingiber officinale, rhiz (<i>gan jiang</i>)	幹薑	42.5 mg
Myristica fragrans, seed (<i>rou dou kou</i>)*	肉豆蔻	42.5 mg
Tetradium rutilicarpum, fruit (<i>wu zhu yu</i>)*	吳茱萸	42.5 mg
Glycyrrhiza uralensis, root (<i>gan cao</i>)	甘草	35.4 mg

* Included as a substitutes for aconite root (*fu zi*).

ACTIONS OF THE MAIN HERBS

Zingiber rhizome when dried, is used orally in formulas to treat conditions characterised by cold, with cold abdominal pain, diarrhoea, vomiting, and productive cough with thin and clear sputum. It has been shown to have the following actions: anti-emetic, hepatoprotective, anti bacterial, anti-lipemic, analgesic, anti-inflammatory, anti-coagulant, anti-allergic.

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.

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 1 – 2 weeks) the dosage may be increased by 50 - 100%.

Course of treatment: 1 week to 3 months.

CAUTIONS & CONTRAINDICATIONS

If using this formula to treat acute GIT disorders, discontinue once the symptoms have been resolved.

Caution with patients taking antiarrhythmic drugs (e.g. quinidine, procainamide, disopyramide).

COMBINATIONS

- Diarrhoea, chronic or IBS (due to Spleen Yang deficiency and Liver Qi invasion of the Spleen) (select one or more):
 - + Tong Xie Yao Fang – Jia Wei (Peony & Atractylodes Combination BP062)
 - + Chai Hu Shu Gan Wan (Bupleurum & Cyperus Combination BP006) – cramping abdominal pain
- Diarrhoea, chronic or early morning (due to Kidney deficiency) (Select one or more of the following):
 - + Ba Ji Yin Yang Wan (Morinda Combination BP002)
 - + You Gui Wan (Right Returning Formula BP066)
 - + Zhuang Yang Yi Jing Wan (Epimedium & Ginseng Formula BP053)
- **With fluid retention:**
 - + Wu Ling San (Hoelen Five Formula BP063)
- **With Kidney Yang deficiency:**
 - + Fu Gui Ba Wei Wan (Rehmannia Eight Formula BP011)
- **Thyroid hypofunction (with cold hands and feet):**
 - + You Gui Wan (Right Returning Formula BP066)

COMMENTS

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附子理中丸（加味）



This formula is from the 'Formulary of the Tai Ping Welfare Dispensary Bureau' (*tai ping hui min he ji ju fang*) (1151 CE), a compilation of popular and effective formulas that were used in the public dispensaries of the Song dynastic period. It is a variant on Li Zhong Wan (Formula to Regulate the Middle [Jiao]) from the 'Treatise on Cold-induced Diseases' (*shang han lun*), by Zhang Zhong-jing (circa 150 – 219 C.E.), which was originally used for disorders characterised by acute onset vomiting with diarrhoea (*huo luan*) due to Cold; for Greater Yin (*tai yin*) syndrome; as well as Cold in the chest during recovery from a chronic illness with spitting of fluids.

Over the centuries the clinical uses of this formula have been expanded to include a broad range of disorders characterised by deficiency-Cold of the Spleen and Stomach, as listed above. Thus the key clinical features for the application of this formula centre on Spleen & Stomach Qi deficiency together with signs of Yang deficiency. When the Spleen Yang is deficient the ascending movement of the Spleen Qi fails to send the clear Yang Qi upwards. This leads to watery diarrhoea; failure of the Stomach functions leads to nausea or vomiting (i.e. the turbid Yin is not sent downwards).

The presence of Cold in the middle Jiao retards the circulation of the Qi and Blood leading to stagnation, manifesting clinically with epigastric or abdominal pain that is aggravated by the application of cold but alleviated by warmth and pressure (i.e. massage). In addition there are systemic signs of Cold, i.e. cold extremities.

The addition of Aconite root (*fu zi*) enhances the original formula's interior Warming and Cold dispelling actions. Due to restrictions on the use of this ingredient by the Australian Therapeutic Goods Administration (TGA), Myristica seed (*rou dou kou*) and Tetradium fruit (*wu zhu yu*) are used together in this formula to substitute for the desired effects.

The synergistic actions of the ingredients are as follows:

- Codonopsis root (*dang shen*), Atractylodes rhizome (*bai zhu*), Glycyrrhiza root (*gan cao*): tonify the Spleen Qi
- Zingiber rhizome (*gan jiang*), Myristica seed (*rou dou kou*), Tetradium fruit (*wu zhu yu*): warm the middle Jiao and dispel Cold
- Myristica seed (*rou dou kou*): warms the middle Jiao, moves the Qi and alleviates pain; astringes the intestines and relieves diarrhoea.
- Tetradium fruit (*wu zhu yu*): warms the middle Jiao, moves the Qi and alleviates pain; redirects the Stomach Qi downwards and alleviates vomiting; warms the Spleen, expels Cold-Damp and relieves diarrhoea.
- Glycyrrhiza root (*gan cao*): harmonises the formula and protects the body from the Drying action of the Interior Warming herbs.