

# MING MU DI HUANG WAN BP075

Rehmannia Formula to Brighten the Eyes 明目地黄丸

## TCM ACTIONS

Nourishes the Liver and Kidney Yin, nourishes the Blood and Essence, calms the Liver and subdues the hyperactive Yang, sends Essence and Blood to the eyes to improve eyesight.

## TCM SYNDROMES

Liver-Kidney Yin deficiency

Liver Blood deficiency

Liver Yang hyperactivity

## INDICATIONS

Glaucoma (chronic or open angle), cataract (early stage), optic neuritis, retinitis, optic nerve atrophy, retinal degeneration, macular degeneration, dry eyes due to Sjögren's syndrome, hypertension.

## SIGNS & SYMPTOMS

(key clinical features in bold)

Poor vision (blurring, diminished visual acuity)

Dry eyes

Itchy eyes

Red eyes

Night blindness

Photophobia

Sense of pressure in or behind the eyes

**Signs of Liver & Kidney Yin deficiency:** (dizziness, tinnitus, poor memory, dry mouth and throat, night sweating, low back pain, etc.)

Dry tongue with little or no coat, may also be: thin, red

Pulse is thready, rapid and may also be wiry

## INGREDIENTS

Each pill contains extract equiv. to dry:

Rehmannia glutinosa, root ( <i>shu di huang</i> )	熟地	44.7 mg
Dioscorea oppositifolia, root ( <i>huai shan yao</i> )	淮山藥	44.7 mg
Poria cocos, fruit. body ( <i>fu ling</i> )	茯苓	35.7 mg
Cornus officinalis, fruit ( <i>shan yu rou</i> )	山茱萸	35.7 mg
Lycium barbarum, fruit ( <i>gou qi zi</i> )	枸杞子	35.7 mg
Alisma orientale, rhiz. ( <i>ze xie</i> )	澤瀉	26.8 mg
Paeonia suffruticosa, stem bark ( <i>mu dan pi</i> )	牡丹皮	26.8 mg
Angelica polymorpha, root ( <i>dang-gui</i> )	當歸	26.8 mg
Paeonia lactiflora, root ( <i>bai shao</i> )	白芍	26.8 mg
Tribulus terrestris, fruit ( <i>bai ji li</i> )	白蒺藜	26.8 mg
Astragalus complanatus, seed ( <i>sha yuan zi</i> )	沙苑子	26.8 mg
Chrysanthemum sinense, flower ( <i>ju hua</i> )	菊花	17.9 mg

## ACTIONS OF THE MAIN HERBS

Tribulus fruit is used orally in formulas to treat headache, vertigo, thoracic and pain in the hypochondrium, mastitis, conjunctivitis, nebula, urticaria and pruritus. It has been shown to have the following actions: antitussive, expectorant, anti-asthmatic, hypotensive.

Astragalus seed is used orally in formulas to treat dizziness, blurred vision, seminal emission, premature ejaculation, impotence, urinary frequency and leukorrhea. It has been shown to have the following actions: hepatoprotective, cardiotoxic, and antihypertensive.

## 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 to 6 months.

## CAUTIONS & CONTRAINDICATIONS

Not suitable for acute inflammation of the eyes.

Contraindicated during an episode of the common cold or 'flu.

## COMBINATIONS

- Cataracts (early stage):
  - + Qi Bao Mei Ran Dan (Polygonum & Cuscuta Formula BP057)
  - + Zuo Gui Wan (Left Returning Formula BP039)

• Hypertension:

+ Yang Yin Jiang Ya Wan (Achyranthes & Cassia Seed Formula BP035)

• Macular degeneration:

+ Qi Bao Mei Ran Dan (Polygonum & Cuscuta Formula BP057)  
+ Jia Wei Xiao Yao San (Bupleurum & Peony Formula BP013)

• Sjögren's syndrome, dry eyes due to:

+ Zhi Yin Gan Lu Yin (Rehmannia & Asparagus Formula BP052)

COMMENTS

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This formula is a variant of the formula by the same name from 'A Precious Work on Ophthalmology' (shen shi yao han) by Fu Yin-ke (a.k.a. Fu Ren-yu), 1644. This is a comprehensive text on eye diseases in seven volumes that describes diagnosis and treatments for 108 different ophthalmological disorders. The formula's name refers to the base formula (liu wei di huang wan), which is discussed above, and the fact that it is designed to improve the eyesight (*ming mu*) – literally 'brighten the eyes'.

This is a broad acting formula that covers a number of bases. Because of the strong association of the eyes and the sense of vision with the Liver – 'the eye is the signalling sense organ (*miao qiao*) of the Liver' – specifically with the Liver Blood, one of the formula's main therapeutic actions is to nourish the Liver Blood and thus also nourish the eyes.

This is done both directly as well as indirectly, by nourishing the Yin of both the Kidney and Liver. By nourishing the Kidney, the Liver is also benefited due to the Five Phases promotion relationship that exists between these organs. In addition tonification of the Kidney assists in keeping the eyes moist due to the Kidney's governance of fluid metabolism.

Moreover, because this formula also acts to reduce deficiency Fire and subdue Yang hyperactivity, it is effective in treating inflammation and pain or pressure in the eye, as well as ocular dryness and irritation that may arise due to these pathodynamics.

Thus four of the major disease mechanisms of ocular diseases are addressed by this formula. It should be noted that this is essentially a tonifying formula and is therefore specific for deficiency conditions, such as those that may occur with advancing age.

The synergistic actions of the ingredients are as follows:

- Rehmannia root (*shu di huang*), Dioscorea root (*huai shan yao*), Cornus fruit (*shan zhu yu*), Lycium fruit (*gou qi zi*): enrich the Kidney Essence and nourish the Kidney Yin
- Rehmannia root (*shu di huang*), Lycium fruit (*gou qi zi*), Angelica root (*dang-gui*), Paeonia root (*bai shao*): nourish the Liver Blood
- Dioscorea root (*huai shan yao*), Poria cocos (*fu ling*): tonify the Spleen Qi
- Cornus fruit (*shan zhu yu*), Dioscorea root (*huai shan yao*), Astragalus seed (*sha yuan zi*): astringe the Kidney Essence (to allow it to build up without loss).
- Lycium fruit (*gou qi zi*), Chrysanthemum flower (*ju hua*), Tribulus fruit (*bai ji li*): calm the Liver and subdue the hyperactive Yang, improve vision and soothe inflammation
- Poria cocos (*fu ling*), Alisma plantago rhizome (*ze xie*): drain Damp and induce diuresis (to help restore the Kidney's governance of the Fluids)
- Paeonia stem bark (*mu dan pi*), Alisma rhizome (*ze xie*): reduce deficiency Fire (due to Yin deficiency)
- Astragalus seed (*sha yuan zi*): nourishes the Liver and Kidney, enriches the Kidney Essence and improves vision
- Paeonia stem bark (*mu dan pi*), Chrysanthemum flower (*ju hua*): clear ascending Liver Fire that affects the eyes