

# XIANG SHA YANG WEI WAN BP083

Cyperus & Cardamon Formula 香砂養胃丸

## TCM ACTIONS

Dries Damp and activates the Spleen, regulates the Qi and harmonises the Spleen-Stomach, strengthens the Spleen, reduces food stagnation

## TCM SYNDROMES

Cold-Damp disturbance of the Spleen

Turbid-Damp obstruction of the Spleen and Stomach

Liver Qi invasion of the Spleen-Stomach

## INDICATIONS

Indigestion, morning sickness, chronic gastritis, duodenitis, food allergies, candidiasis (gastrointestinal), gastroduodenal ulcers.

## SIGNS & SYMPTOMS

(key clinical features in bold)

Sensation of fullness and discomfort in the epigastrium and abdomen, worse after eating

Belching

**Nausea or vomiting, acid reflux**

Diarrhoea or loose stools

Flatulence, excessive borborygmi

Poor appetite

Diminished sense of taste

Mental dullness, poor concentration

Tongue coat is greasy, possibly with a pale tongue body

Pulse is soft, slippery, wiry or moderate

## INGREDIENTS

Each pill contains extract equiv. to dry:

Attractylodes macrocephala, rhiz. ( <i>bai zhu</i> )	白術	57.7 mg
Poria cocos, fruit. body ( <i>fu ling</i> )	茯苓	57.7 mg
Pinellia ternata, tuber ( <i>ban xia</i> )	半夏	43.3 mg
Cyperus rotundus, rhiz. ( <i>xiang fu</i> )	香附	43.3 mg
Magnolia officinalis, stem bark ( <i>hou po</i> )	厚樸	43.3 mg
Citrus reticulata, fruit peel ( <i>chen pi</i> )	陳皮	28.8 mg
Saussurea costus, root ( <i>mu xiang</i> )	木香	28.8 mg
Amomum villosum, fruit ( <i>sha ren</i> )	砂仁	24.0 mg
Amomum aromaticum, fruit ( <i>bai dou kou</i> )	白豆蔻	24.0 mg
Glycyrrhiza uralensis, root ( <i>gan cao</i> )	甘草	24.0 mg

## ACTIONS OF THE MAIN HERBS

Amomum aromaticum fruit is used orally in formulas to treat digestive disorders with epigastric fullness and pain, nausea and vomiting, constipation or loose stools, flatulence and dysentery; also for dyspnea. It has been shown to have the following actions: carminative, anti-emetic, antibacterial.

Magnolia stem bark is used orally in formulas to treat digestive disorders with epigastric fullness, loss of appetite, nausea and vomiting. It has been shown to have carminative, anti-spasmodic, and broad spectrum antibacterial actions.

## 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: 2 weeks to 6 months.

## CAUTIONS & CONTRAINDICATIONS

Caution in patients with Yin deficiency.

## COMBINATIONS

- Chronic gastritis, chronic indigestion:  
+ Shen Ling Bai Zhu San (Ginseng & Atractylodes Formula BP020)
- With Damp-Heat:  
+ Huang Lian Jie Du Wan (Coptis & Scute Formula BP049)
- With food stagnation:  
+ Bao He Wan (Citrus & Crataegus Formula BP004)
- Gastritis, acute:  
+ Wen Dan Tang (Bamboo & Hoelen Formula BP050)  
+ Ban Xia Hou Po Tang - Jia Wei (Pinellia & Magnolia Combination BP067)
- With Liver Qi constraint:  
+ Chai Hu Shu Gan Wan (Bupleurum & Cyperus Combination BP006)
- Mouth ulcer, aphthous ulcers:  
+ Huo Xiang Zheng Qi Wan (Agastache Formula BP046)  
+ Huang Lian Jie Du Wan (Coptis & Scute Formula BP049)
- With Phlegm-Heat:  
+ Wen Dan Tang (Bamboo & Hoelen Formula BP050)
- With reflux:  
+ Wen Dan Tang (Bamboo & Hoelen Formula BP050)  
+ Ban Xia Hou Po Tang - Jia Wei (Pinellia & Magnolia Combination BP067)

**COMMENTS**

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BP083

香砂養胃丸



This formula was first recorded in 'Restoration of Health from the Myriad Diseases' a.k.a. 'All Diseases Return to Spring' (wan bing hui chun) by Gong Ting-xian (a.k.a. Gong Yun-lin), 1587. It is a cleverly designed formulation, containing elements of the following formulas: Xiang Sha Liu Jun Zi Tang (Saussurea & Cardamon Formula), Er Chen Tang (Citrus & Pinellia Formula), Hou Po Wen Zhong Tang (Magnolia Bark Decoction for Warming the Middle [Jiao]) and Ping Wei San (Calm the Stomach Powder).

The original contained Panax ginseng (ren shen) and Blue Atractylodes (cang zhu) as well as Ginger (*sheng jiang*) and Ziziphus fruit (da zao). These have been omitted in the Sun Herbal variant, which uses White Atractylodes (bai zhu), as the main tonifying herb, together with Pinellia (*ban xia*), prepared with Ginger juice, in lieu of these ingredients.

Thus, it is more focused on regulating the Qi and resolving stagnation in the digestive tract, together with resolving turbid Damp that is obstructing the middle Jiao (Spleen and Stomach functions). As can be seen below, the beauty of this formula lies in the fact that the herbs that regulate the Qi and harmonise the middle Jiao also have the therapeutic action to dry turbid Damp. In addition, the tonifying action of this formula is mild and will not add to the Damp or the Qi stagnation, because the main tonifying herbs (Atractylodes and Poria) also resolve Damp.

This is an extremely popular formula in China, being produced by most of the major herbal medicine manufacturers. It has a broad range of application in conditions where the Spleen and Stomach have lost their harmonious co-ordination due to one or more of the following: retention of Damp, food stagnation or Liver Qi invasion. Thus it may be applied as a stand alone treatment or used in an appropriate combination, as described above.

The synergistic actions of the ingredients are as follows:

- Atractylodes rhiz. (bai zhu), Poria cocos (fu ling), Glycyrrhiza root (gan cao): tonify the Spleen Qi
- Atractylodes rhiz. (bai zhu), Poria cocos (fu ling), Citrus fruit peel (chen pi), Pinellia tuber (ban xia), Magnolia stem bark (hou po), Saussurea root (mu xiang), Amomum fruit (sha ren), Amomum fruit (bai dou kou): dry Damp and resolve turbidity, specifically for Damp in the middle Jiao
- Pinellia tuber (ban xia), Citrus fruit peel (chen pi), Poria cocos (fu ling), Cyperus rhiz. (xiang fu), Magnolia stem bark (hou po), Saussurea root (mu xiang), Amomum fruit (sha ren): regulate the Qi and harmonise the Spleen and Stomach