

# PING WEI SAN BP088

Magnolia & Ginger Combination 平胃散

## TCM ACTIONS

Dries Damp and promotes Spleen function  
Moves the Qi and regulates the Stomach

## TCM SYNDROMES

Spleen-Stomach obstruction by Cold-Damp  
Disordered Qi movement in the middle Jiao

## INDICATIONS

Acute gastroenteritis, indigestion, acute or chronic gastritis, gastrectasis, gastric ulcer, peptic ulcer, gastric neurosis, obesity, chronic pancreatitis.

## SIGNS & SYMPTOMS

(key clinical features in bold)

Fullness and distention in the epigastrium and/or **abdomen**

Loss of appetite, belching, acid reflux

Nausea, vomiting

Bland feeling in the mouth and lack of taste

Borborygmus (abdominal gurgling)

Sensation of bodily heaviness

Fatigue, tiredness

Loose stools or diarrhoea

Tongue has a thick white greasy coat

Pulse is moderate or slippery

## INGREDIENTS

Each pill contains extract equiv. to dry:

Atractylodes lancea, rhiz. ( <i>cang zhu</i> )	蒼術	126.2 mg
Citrus reticulata, fruit pericarp ( <i>chen pi</i> )	陳皮	126.2 mg
Magnolia officinalis, stem bark ( <i>hou po</i> )	厚樸	84.5 mg
Glycyrrhiza uralensis, root ( <i>zhi gan cao</i> )	甘草	42.1 mg

## ACTIONS OF THE MAIN HERBS

Atractylodes lancea rhizome (blue atractylodes) is used orally in formulas to treat a variety of disorders of the GIT, skin and joints. It has been shown to have the following actions: hypoglycaemic, anticancer, increases excretion of sodium and potassium.

Magnolia stem bark is used orally in formulas to treat digestive disorders with abdominal distension, flatulence, loss of appetite, nausea, vomiting, diarrhoea or constipation; also to treat various respiratory disorders with dyspnea, wheezing and shortness of breath. It has been shown to have antibacterial, antispasmodic, analgesic, sedative and carminative actions.

## DOSAGE & COURSE OF TREATMENT

8 - 12 pills, 3 times daily, half to one hour away from food.

In acute and severe cases and in the early stages of treatment (first 2 – 4 weeks) the dosage may be increased by 50 - 100%.

Course of treatment: 1 – 3 months.

## CAUTIONS & CONTRAINDICATIONS

Caution in patients with Yin deficiency or Blood deficiency.

## COMBINATIONS

- **Indigestion** (select one or more):
  - + Shen Ling Bai Zhu San (Ginseng & Atractylodes Formula BP020)
  - + Jian Pi Wan (Ginseng & Citrus Formula BP014)
- **Irritable bowel syndrome**:
  - + Tong Xie Yao Fang – Jia Wei (Peony & Atractylodes Combination BP062)
- **Helicobacter infection** (gastritis or gastric ulcer):
  - + Xiang Sha Yang Wei Wan (Cyperus & Cardamon Formula BP083)
- **Reflux oesophagitis**:
  - + Wen Dan Tang (Bamboo & Hoelen Formula BP050)
- **Chronic diarrhoea** (select one or both):
  - + Fu Zi Li Zhong Wan – Jia Wei (Dangshen & Ginger Formula - Modified BP070)
  - + Tong Xie Yao Fang – Jia Wei (Peony & Atractylodes Combination BP062)
- **Epigastric pain and distention** (severe) (select one or both):
  - + Shen Ling Bai Zhu San (Ginseng & Atractylodes Formula BP020)
  - + Huo Xiang Zheng Qi Wan (Agastache Formula BP046)

**COMMENTS**  
PING WEI SAN  
BP088

平胃散



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 mainly used for chronic digestive disorders due to interior retention of Damp due to Spleen Qi deficiency. The Damp obstructs the normal Qi movements of the middle Jiao, i.e. Stomach Qi descending and Spleen Qi ascending, resulting in the characteristic signs and symptoms described above.

The synergistic actions of the herbs are as follows:

- Atractylodes rhizome (*cang zhu*): dries Damp and promotes Spleen function.
- Citrus fruit pericarp (*chen pi*), Magnolia stem bark (*hou po*): dry Damp and regulate the Qi of the middle Jiao.
- Glycyrrhiza root (*zhi gan cao*): harmonizes the Stomach, harmonizes the formula.