

WEN JING TANG BP091

Dang-gui & Evodia Formula 溫經湯

TCM ACTIONS

Warms the uterus and dispels Cold, nourishes and activates the Blood to dispel stasis.

TCM SYNDROME PATTERNS

Cold in the Chong-Ren channels (affecting the uterus)

Blood stasis in the Chong-Ren channels (affecting the uterus)

INDICATIONS

Amenorrhea, dysmenorrhea, infertility, maldevelopment of the uterus, ovarian cysts, functional uterine bleeding, menopausal flushing, leukorrhea.

SIGNS & SYMPTOMS

(key clinical features in bold)

Irregular menstruation

Prolonged uterine bleeding or bleeding between periods

Lower abdominal pain (with cold sensation)

Lower body cold

Afternoon fever

Hot hands

Dry mouth and lips

Tongue may be dark or purple

Pulse is thready and choppy

INGREDIENTS

Each pill contains extract equiv. to dry:

Codonopsis pilosula, root (<i>dang shen</i>)	黨參	52.2 mg
Ophiopogon japonicus, tuber (<i>mai dong</i>)	麥冬	39.0 mg
Rehmannia glutinosa, root (<i>shu di huang</i>)	熟地	39.0 mg
Tetradium ruticarpum, fruit (<i>wu zhu yu</i>)	吳茱萸	39.0 mg
Angelica polymorpha, root (<i>dang-gui</i>)	當歸	26.2 mg
Paeonia lactiflora, root (<i>bai shao</i>)	白芍	26.2 mg
Pinellia ternata, tuber (<i>ban xia</i>)	半夏	26.2 mg
Cinnamomum cassia, twig (<i>gui zhi</i>)	桂枝	26.2 mg
Zingiber officinale, rhiz. (<i>sheng jiang</i>)	生薑	26.2 mg
Paeonia suffruticosa, stem bark (<i>mu dan pi</i>)	牡丹皮	26.2 mg
Ligusticum wallichii, rhiz. (<i>chuan xiong</i>)	川芎	26.2 mg
Glycyrrhiza uralensis, root (<i>gan cao</i>)	甘草	26.2 mg

ACTIONS OF THE MAIN HERBS

Angelica polymorpha root is used orally in formulas for both men and women as a blood tonic, also to improve blood circulation, and as a muscle building blood tonic for men. It is most commonly used as a women's tonic to build the blood and to regulate the menstrual cycle. It has been shown to have immune stimulant, vasodilator, antianemic, cardiotoxic, antilipemic, and hepatoprotective actions.

Tetradium fruit is used mainly for abdominal pains, vomiting, diarrhoea, headaches, and a weak pulse. Modern Chinese studies indicate that Tetradium is analgesic and reduces blood pressure.

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: 3 - 6 months.

CAUTIONS & CONTRAINDICATIONS

Caution in patients with hypertension.

COMBINATIONS

- **Dysfunctional uterine bleeding** (select one or both):
 - + Gui Pi Wan (Ginseng & Longan Combination BP091)
 - + Zuo Gui Wan (Left Returning Formula BP039)
- **Amenorrhea** (select one or both):
 - + Tao Hong Si Wu Wan (Persica, Carthamus & Dang-gui Combination BP061)
 - + Ba Ji Yin Yang Wan (Morinda Combination BP002)
- **Irregular cycles** (select one or more):
 - + Xiao Yao San (Bupleurum & Dang-gui Formula BP031)
 - + Tao Hong Si Wu Wan (Persica, Carthamus & Dang-gui Combination BP061)
 - + Zuo Gui Wan (Left Returning Formula BP039)
- **Vaginal infection or vulvar itching**:
 - + Si Miao Yong An Wan (Lonicera & Scrophularia Formula BP059)
- **Infertility, uterus Cold and deficient** (select one or more):
 - + Zhi Shen Yu Tai Wan (Dang Gui & Epimedium Formula BP085)
 - + Dang Gui Shao Yao San (Dang Gui & Peony Formula BP087)
 - + Zuo Gui Wan (Left Returning Formula BP039)

COMMENTS
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BP091

溫經湯



This formula was originally recorded in the ‘Synopsis of Prescriptions of the Golden Cabinet’ (*jin gui yao lue fang lun*) by Zhang Zhong-jing (circa 150 – 219 CE). It was specifically indicated for the treatment of conditions due to pathogenic Cold in the Chong and Ren Channels that affects the uterus, resulting in continual uterine bleeding with a light flow. The underlying pathodynamic is Blood stasis induced by Cold. This generally occurred after a miscarriage.

As with many of Zhang’s ingenious formulations, the clinical applications of this formula have been expanded to include a wide variety of menstrual disorders (including menopausal syndrome) as well as infertility.

The key clinical features include a combination of Cold and Heat signs; specifically, Cold in the lower body and Heat in the upper. Thus, the clinical presentation is significantly different from pure Kidney Yin deficiency or Kidney Yang deficiency.

The synergistic actions of the herbs are as follows:

- Angelica root (*dang-gui*); Tetradium fruit (*wu zhu yu*); Cinnamomum twig (*gui zhi*): move the Qi, activate the Blood, dispel Cold and alleviate pain.
- Rehmannia root (*shu di huang*); Paeonia root (*bai shao*); Ophiopogon tuber (*mai dong*): nourish the Blood and Yin.
- Codonopsis pilosula, root (*dang shen*); Glycyrrhiza root (*gan cao*); Zingiber rhizome (*sheng jiang*); Pinellia tuber (*ban xia*): tonify the Qi, harmonize and warm the Stomach-Spleen to promote production of Qi and Blood.
- Ligusticum rhizome (*chuan xiong*); Paeonia stem bark (*mu dan pi*): activate the Blood and dispel stasis
- Cinnamomum twig (*gui zhi*); Paeonia stem bark (*mu dan pi*): warm the lower Jiao and clear deficiency Heat, respectively. This combination of herbs alleviates the cold pain in the lower abdomen and afternoon fever due to Blood deficiency.