



Digestive Support



with Chinese Herbs



Digestive Support

Li Dong-yuan, the founder of the Spleen-Stomach school, boldly declared in his book, the *Pi Wei Lun*, that “. . . (all) disease starts in the spleen and stomach.” He believed that since the spleen and stomach are together the source of post-natal qi, the health of the entire body is dependent upon digestion. Long before Master Li, there was a statement of fact perpetuated in the teaching of Chinese medicine that in order for the six *fu* bowels themselves to be healthy, their normal, downward movement must remain unobstructed. Combining the insights of Master Li and the older traditional teaching, one can declare that the key to health and longevity can be seen as maintaining the proper movement of the digestive *fu* and keeping the spleen/stomach function strong and unencumbered.



In the *fu*, there are three primary movements of qi for normal digestion:

1. The movement of stomach qi is by nature “grasping” and descending. The stomach receives food and water and the linear succession of one grasp after another creates peristalsis.
2. The movement that separates the clear from the turbid which occurs in the small intestine, but is governed by spleen qi.
3. The formative and expulsive functions of the large intestine.

In addition to the three primary movements of normal digestion, there are a variety of movement strategies to facilitate the expulsion of pathogens from the digestive tract.



Supporting Proper Movement of the Stomach and Spleen Qi

The yang qi of the stomach grasps and descends food and water; the yin qi of the spleen draws up the nutrients from the food into the interior. If the qi of either the stomach or spleen is weak or obstructed, digestion becomes sluggish. The following formulas all supplement weak spleen and stomach qi. (For formulas that move out accumulations or pathogens, see inside.)



Six Gentlemen Formula (*Liu Jun Zi Tang*). The quintessential spleen qi tonic is often thought to be Four Gentlemen Formula (*Si Jun Zi Tang*), but in actual clinical practice, Six Gentlemen Formula is used much more often because pure spleen qi deficiency rarely occurs by itself. Four Gentlemen is the building block for the other formulas in its class, with Six Gentlemen being so popular, it has become a base formula in its own right for dozens of formulas. The additional two “gentlemen” (harmonious ingredients) create a hybrid of *Er Chen Tang* + *Si Jun Zi Tang* to address the resulting phlegm and qi stagnation that commonly develop from spleen qi deficiency.

Citrus and Pinellia Formula (*Er Chen Tang*)

constitutes 2/3 of Six Gentlemen Formula and is the foundational formula for transforming dampness and phlegm, as well as for regulating the qi in the upper and middle burners. Though it is known best for its ability to transform phlegm and damp, it accomplishes this by its ability to regulate the qi: “when the qi flows correctly, the fluids will normalize.” It is most appropriate for middle burner issues not caused by acute external invasions, but for lingering phlegm and dampness with qi stagnation.

Earth-Harmonizing Formula (*He Tu Pian*) is designed to treat chronic digestive disorders that arise from a disharmony of the wood and earth elements. It harmonizes the liver and stomach, relaxes the liver qi, supplements the spleen, and moves food stagnation. Safe for long term use.

Astragalus Formula (*Huang Qi Jian Zhong Tang*) is a major pediatric formula for supporting children with weak constitutions and weak digestion, who seem constantly to teeter on the brink of illness. It is one of the five primary formulas that Li Dongyuan used to treat stomach and spleen vacuity. Since cold in the abdomen can occur so easily when the middle burner is weak, patients who can benefit from Astragalus Formula often have cold pain in their abdomen.

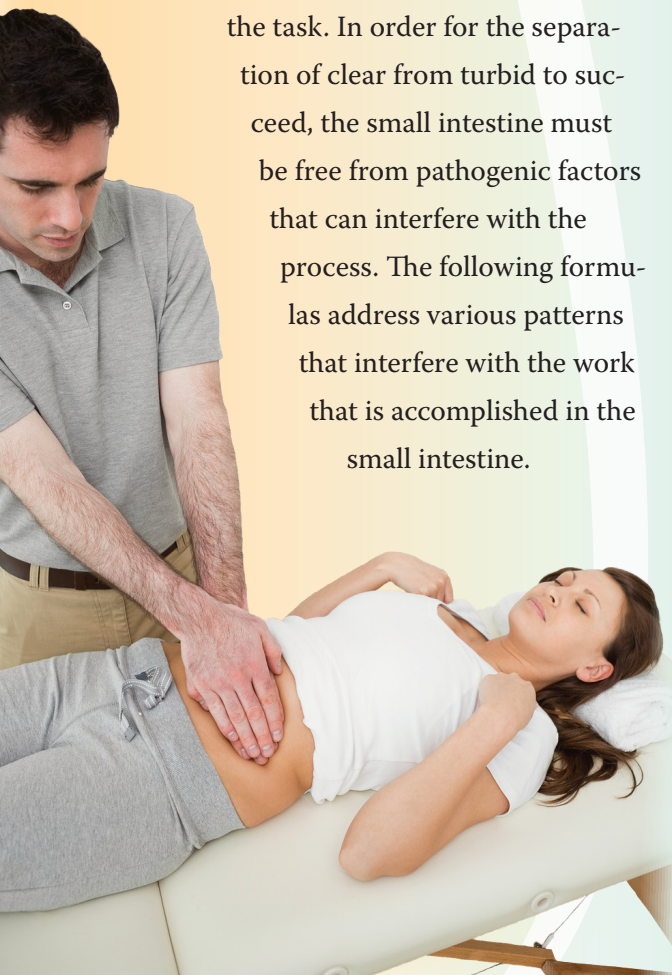
Ji Xue Formula (*Huang Qi Ji Xue Wan*) was originally formulated as adjuvant care for patients undergoing chemotherapy. It is especially effective when necessarily harsh treatments, such as chemotherapy, damage the digestion and the blood. It clears out residual toxin, strengthens the digestive qi, supplements blood, and reduces food stagnation.

Sea of Qi Formula (*Qi Hai Yao Fang*) strengthens the lower *dantien*, or hara, by supplementing and warming the yang of the kidney and spleen. These patients will always have signs of yang deficiency such as a slow, weak pulse and cold limbs. The most common digestive signs will be cold abdomen, chronic loose stools, and low appetite.

Separating the Clear from the Turbid

The stomach's yang movement of descending the food along the digestive tract is simultaneous with the progressive expulsion of the turbid; and the absorption of nutrients by the spleen is identical with the ascension of the clear. So the process of separating the clear from the turbid is a harmonious one of yin-yang cooperation. The small intestine hosts this separation, but it is the cooperative power of the spleen's ability to absorb and the stomach's action to descend that accomplishes

the task. In order for the separation of clear from turbid to succeed, the small intestine must be free from pathogenic factors that can interfere with the process. The following formulas address various patterns that interfere with the work that is accomplished in the small intestine.



Pulsatilla Intestinal Formula (*Bai Tou Weng Li Chang Fang*) is a modern formula to address inflammation in the intestines from “leaky gut syndrome.” It is designed to resolve toxin, dispel dampness, and promote new tissue growth. It is similar to Intestinal Fungus Formula, but is weaker to resolve dampness and stronger to resolve toxin.

Peony and Atractylodes Formula (*Tong Xie Yao Fang*) is a popular formula in Asia for relieving chronic intestinal pain associated with Irritable Bowel Syndrome (IBS), especially the type marked by chronic loose stool.

Intestinal Fungus Formula (*Chang Mei Jun Fang*) was designed to address patterns caused by an overabundance of yeast or fungus in the intestines. It is similar to Pulsatilla Intestinal Formula, but its emphasis is on resolving dampness rather than toxin. The two formulas are often used in tandem, with Pulsatilla Intestinal Formula generally being used earlier in the course of treatment and Intestinal Fungus Formula utilized in a later stage, once the toxin is under control.

Resolve the Middle Formula (*Jia Wei Ping Wei Fang*) was formulated to strongly resolve damp accumulation in the middle burner from improper diet and habitual over-indulgence. This type of dampness accumulates in a way that impedes the separation of clear from turbid. The damp-type blockage is usually only pushed out by the arrival of more food. The new food stagnates as well and ferments in turn, perpetuating the damp encumbrance. Often this type of dampness needs to be cleared out before normal metabolism can be restored. Resolve the Middle Formula can accomplish this.

Moving Out Acute Damp and Toxin from the Digestive Tract

Acute invasions affecting the digestive tract can be the source of intense misery. In treatment, symptomatic relief is often prioritized, not only because of the extreme discomfort, but if the patients can't keep anything down — even the medicine that will help them — then a speedy recovery is compromised. The following formulas all treat acute conditions of the digestive tract by some combination of the actions of transforming dampness, resolving toxin, or descending stomach qi.

Agastache Tummy Syrup (*Huo Xiang Zheng Qi Gao*) is the primary formula for addressing acute stomach qi rebellion from external invasion. When the condition is severe, take just a few drops under the tongue every 15 minutes until a normal dose can be taken. Originally formulated for children, but can be taken by anyone.

Wu Hua Formula (*Wu Hua Tang*) is for heat toxin or damp-heat toxin invading the intestines. An essential formula for taking along when traveling to a region where the food and water is questionable. Also used for *gu* syndrome.

Andrographis Formula (*Chuan Xin Lian Kang Yan Pian*) is a three ingredient formula that treats acute heat-toxin that has invaded from the exterior wind or sources other than unclean food or drink.

Ease Digestion Formula (*Jia Wei Kang Ning Wan*) is a modification and gluten-free version of the popular “Pill Curing” used for various types of acute gastrointestinal discomfort from external invasion or dietary indulgence.

Stomach-Harmonizing Formula (*Jia Jian Bao He Wan*) is used for food stagnation from multiple causes, which in turn leads to a wide-variety of acute gastrointestinal issues. It directs stomach qi downward and disperses food stagnation, and is our #1 formula for reflux issues.

Oregano Oil Formula (*Jia Wei Tu Yin Chen You Jiao Nang*) contains anti-toxin herbs to direct its actions to the stomach and intestines and guide out unwanted “visitors.” It can be used to drain heat from the digestive tract or as part of a program to eliminate long-standing, stubborn infections.

Lysimachia GB Formula (*Xiao Chai Hu Jia Jin Qian Cao Fang*) is a modification of Minor Bupleurum Formula that is augmented specifically to dredge and drain damp-heat from the gallbladder. It can be used to address health issues caused by a congested or inflamed gallbladder.

Pinellia & Magnolia Bark Formula (*Ban Xia Hou Po Tang*) can treat rebellious or stagnant stomach qi due to cold and phlegm accumulation in the stomach. It directs qi downward and strongly resolves phlegm. It is a useful formula for correcting phlegm and rebellious qi anywhere between the epigastrium and throat. For short-term use.

Shu Gan Formula (*Shu Gan Wan*) is similar to Ease Digestion and Stomach-Harmonizing formulas in scope, but is more appropriate when abdominal distension and discomfort are due to liver qi stagnation disrupting the middle burner. The pattern it treats is generally an acute flare up of a chronic condition with a wiry liver pulse.

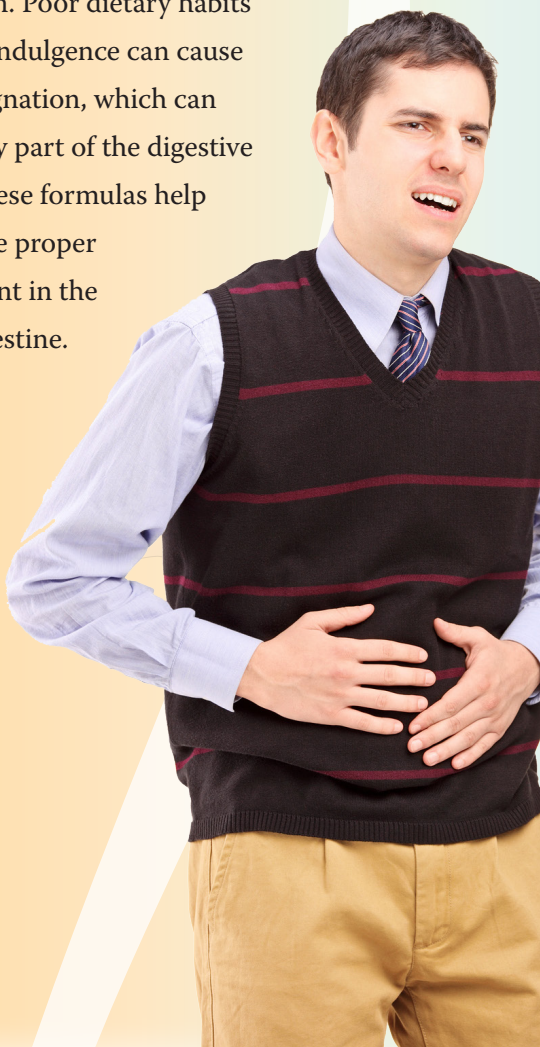
Chai Hu Shu Gan Formula (*Chai Hu Shu Gan Wan*), when it is utilized to treat digestive issues, is similar to Shu Gan Wan in that there will be abdominal distension and discomfort. It is stronger to regulate qi—and is therefore preferred when liver qi stagnation is the primary pattern or is especially acute. Accompanying signs/symptoms will often include tension in the rib cage and/or flanks. It can be used to address “butterflies in the stomach” from anxiety.

Poria and Bamboo Formula (*Wen Dan Tang*) focuses on rectifying acute, phlegm-based gallbladder issues. Traditionally, this formula was used when a wind-cold invasion disrupts the middle burner, producing phlegm with qi stagnation affecting the chest and stomach, and include signs of *shen* disturbance such as insomnia and irritability, a greasy yellow tongue coat, rebellious stomach qi, bitter taste in mouth, hiccups, and, of course, afflictions affecting the gallbladder.

Linking Formula (*Yi Guan Jian*) is one of the main formulas used to treat ulcers and stomach pain due to a specific pattern of yin deficiency with liver qi stagnation. The pulse will help to differentiate the pattern. It will always be thin, and may be either weak or wiry; it can also be rapid. The tongue will also show signs of yin deficiency.

Regulating the Movement of the Large Intestine *Fu*

The role of the large intestine in Chinese medicine is to re-absorb water, form the stool, and discharge the feces. All three actions happen simultaneously: as the contents are moved toward their eventual expulsion, water is reabsorbed, and the stool takes form. Many things can interfere with this process: heat and dryness can harden stool and slow the movement; dampness can obstruct absorption and expulsion. Poor dietary habits or over-indulgence can cause food stagnation, which can affect any part of the digestive tract. These formulas help to restore proper movement in the large intestine.



Persica and Cistanches Formula (*Tao Ren Cong Rong Wan*) treats chronic conditions of slow moving bowels due to “blood dryness”. Blood dryness is typical in the elderly, but can be produced by over-consumption of drying foods. Typical accompanying signs and symptoms include dry tongue and dry skin.

Poria Fifteen Formula (*Shi Wu Wei Fu Ling Pian*) is categorized as a weight management formula. One of the ways it accomplishes its main action is by regulating the bowels. Poria Fifteen Formula is appropriate when there are accompanying signs of dampness.

Hawthorn & Fennel Formula (*Shan Zha Xiao Hui Xiang Fang*) is also categorized as a weight management formula, and, like Poria Fifteen, it promotes regular bowel movements. It differs from Poria Fifteen in that it is stronger to suppress appetite and to mobilize food stasis, but weaker to transform dampness.

Buplerum and Tang Kuei Formula (*Xiao Yao San*) is used when the pattern is “liver overacting on spleen.” The main signs/symptoms will be a wiry pulse in the *guan* position of the left and a comparatively weak pulse in the right *guan* position, with irregular bowel movements that alternate between loose and overly firm. There may also be abdominal bloating and tension in the flanks.

He Shou Wu Tablets (*Shou Wu Pian*) is a single-ingredient remedy that moistens the intestines and supplements blood and essence. Because it is purely supplementing and does not actually move the bowels, it is a safe and effective formula for addressing difficult or dry stools during pregnancy.

Golden Flower Chinese Herbs

provides a complete line of Chinese medicinal herbs and formulations to licensed Oriental Medicine practitioners.

Our catalog includes traditional and modern herbal formulas, topical remedies, innovative supplements, essential oils, acupuncture needles, books, sound healing tools, and clinical supplies.

Our mission is to offer the highest quality herbal products at the most reasonable costs possible, and to make Oriental Medicine easily accessible to the general public. We are devoted to the promotion of Oriental Medicine through our support of professional associations, education, and charitable activities, as well as through our work with legislation on national and state levels.

Thank you for your interest in our company.

John Scott, DOM and Lorena Monda, DOM



Golden Flower Chinese Herbs

2724 Vassar Place NE
Albuquerque, NM 87107
1-800-729-8509
www.gfcherbs.com