

STOMACH-HARMONIZING FORMULA JIA JIAN BAO HE WAN

ORIGINS: *Essential Teachings of Zhu Dan-xi, 1481*

Stomach-Harmonizing Formula (*Jia Jian Bao He Wan*) is a modification of Zhu Dan-xi's *Bao He Wan*. Zhu (a.k.a. Zhu Zheng-heng) lived from 1281 to 1358 during the Jin-Yuan Dynasties. Zhu was known as the last and culmination of the "Four Great Masters." The earliest publication of the work from which this formula was derived appeared more than 100 years after his death in 1481.

GENERAL SIGNS/SYMPTOMS

Stomach-Harmonizing Formula (*Jia Jian Bao He Wan*) has long been used to address a variety of conditions resulting from accumulation and stagnation in the digestive tract. It is extremely effective and popular for treating reflux disorders and can govern most any strategy for treating acute excess in the digestive tract, belching, abdominal cramping, bloating, flatulence, epigastric fullness, nausea, hiccups, bad breath, and even diarrhea and constipation, when they are caused by food stasis.

ACTIONS

- | | | | |
|--|-------------------------------------|---|--|
| 1. Disperses accumulation and stagnation of food | 2. Clears heat, drains stomach fire | 3. Directs qi downward, rectifies qi flow | 4. Harmonizes the stomach and intestines |
|--|-------------------------------------|---|--|

INGREDIENTS

PINYIN	LATIN	ENGLISH	PERCENT OF FORMULA
<i>Shan Zha</i> (chief)	<i>Crataegi Fructus</i>	Chinese Hawthorn Fruit	18%
<i>Bai Shao</i> (assistant)	<i>Paeoniae Radix, alba</i>	Chinese Peony, white	12%
<i>Shen Qu</i> (deputy)	<i>Massa Fermentata</i>	Fermented Leaven	12%
<i>Lian Qiao</i> (assistant)	<i>Forsythiae Fructus</i>	Forsythia Fruit	12%
<i>Zhi Ban Xia</i> (assistant)	<i>Pinelliae Rhizoma Preparatum</i>	Pinellia, ginger-cured	10%
<i>Fu Ling</i> (assistant)	<i>Poria</i>	Poria, Hoelen, Tuckahoe	10%
<i>Chen Pi</i> (assistant)	<i>Citri Reticulatae Pericarpium</i>	Tangerine Peel	7%
<i>Chuan Lian Zi</i> (assistant)	<i>Toosendan Fructus</i>	Melia Fruit	5%
<i>Sheng Jiang</i> (envoy)	<i>Zingiberis Rhizoma Recens</i>	Ginger, fresh	5%
<i>Lai Fu Zi</i> (deputy)	<i>Raphani Semen</i>	Radish Seed	5%
<i>Huang Lian</i> (deputy)	<i>Coptidis Rhizoma</i>	Coptis	4%

GENERAL INDICATIONS / MODERN APPLICATIONS

- | | | |
|--------------------------------------|-------------------|-------------------|
| • Abdominal cramping | • Constipation | • Hangover |
| • Abdominal distension, acute | • Diarrhea | • Headache |
| • Abdominal pain | • Dyspepsia | • Hiccup |
| • Acid reflux, acute | • Epigastric pain | • Hunger, gnawing |
| • Appetite, reduced | • GERD | • Hyperlipidemia |
| • Bad breath | • Flatulence | • Liver, fatty |
| • Belching, sour, foul tasting fluid | • Food stagnation | • Nausea |
| • Bloating | • Gastritis | • Tooth decay |
| | • Halitosis | • Vomiting |

FORMULA ACTIONS

- **Disperses accumulation and stagnation of food**
- **Clears heat, drains stomach fire**
- **Directs qi downward and rectifies qi flow**
- **Harmonizes the stomach and intestines**

TONGUE

Thick, with yellow coating; geographic if chronic.

PULSE

Slippery or wiry, possibly rapid.

CONTRAINDICATIONS /**CAUTIONS**

Mainly for acute conditions. If using long term, will need to combine with appropriate supplementing formula such as **Six Gentlemen Formula, Earth-Harmonizing Formula, Bupleurum & Tang Kuei Formula, or Free & Easy Wanderer Plus**. The substance, *shen qu* (fermented leaven) contains a small amount of fermented wheat, and is, therefore, **not recommended for those with celiac disease**.

DOSAGE

Larger than normal doses are typically required in order to move out the accumulation. A typical adult dose will be 3 tablets, if treating between meals, but as many as 4-5 tablets if the stomach is full after eating.

FORMULA DISCUSSION

Zhu Dan-xi was the last of the “Four Great Masters.” He is remembered for founding the Yin Nourishing School (*Zi Yin Pai*), which emphasized supporting the yin. He also believed that it was important to support the kidney as well as the ministerial fire. He was able to study the other masters who came before him and was especially influenced by Li Dong-Yuan and his Earth School. He was, in fact, the heir of the Earth School lineage as well as holding the lineage to Liu Wan-su’s Cold and Cooling School, which taught, among many other things, that external pathogens would undergo a transformation once inside the body. He taught that because the qi of the body is basically yang in nature, even cold pathogens would, over time, be transformed into heat, since the antipathogenic qi of the body would continue to interact with it.

Zhu pulled together the teachings of the three Great Masters who preceded him and added his own emphasis. He taught that before treatment could focus on nourishing the yin and the ministerial fire, the patient had to be freed from the six constraints. Middle burner function played a key role in his strategies. Zhu’s formula, *Bao He Wan*, was constructed in order to relieve stagnation in the middle burner that was due to intemperate consumption of food and drink. Rich foods and over-eating led to the development of food stagnation, heat, and constraint from dampness. Spicy food consumed the stomach yin, which challenged the body’s ability to produce sufficient qi, blood, and *jin* fluids. Yin could not be nourished if encumbered by constraint in the middle burner, so if these accumulations were present, they had to be addressed at the beginning of treatment.

Food accumulation and stagnation can cause a number of health issues, especially if the stagnation is chronic. Chronic stagnation in the middle burner is always associated with stomach fire, and chronic, persistent, or frequent fire anywhere eventually leads to the consumption of yin. Two major patterns can arise from chronic middle burner stasis: stomach fire rising, and rebellious stomach qi. **Stomach-Harmonizing Formula** (*Jia Jian Bao He Wan*), based upon Zhu Dan-xi’s classical formula, addresses both of these.

Normal, physiological, stomach fire does not rise. It is the primary power to breakdown food. It is associated in modern medicine chiefly with sufficiency of hydrochloric acid and digestive enzymes. Stomach fire is supposed to breakdown the bolus into chyme and to create in the chyme a pH environment that facilitates the stages of digestion and absorption that follow. Under normal circumstances, hydrochloric acid (HCl) gets neutralized in the duodenum, where the pH rises from about 2 to about 7. Once it is around 7, it is no longer chyme, but chyle, and it passes from the duodenum into the jejunum. Further chemical breakdown of chyle into absorbable units of nutrients is supplied by secretions from the pancreas and liver. One might be disinclined to apply the term “fire” to something with a pH of 7, yet the chemical influence for the remaining digestion that is set into motion by the HCl is so fundamental that virtually all of the rest of what happens further down the intestinal line is dependent upon it. The more refined breakdown of the chyle that occurs in the small intestine, by comparison, is really more about the absorption governed by the spleen than

the rotting and ripening functions associated with the stomach fire. If the rotting and ripening is insufficient, absorption will be impaired. If HCl is insufficient, multiple chemical signals can become impaired or even fail and digestion becomes torpid.

Stomach qi, to distinguish it from stomach fire, is largely a muscular movement. Its function is to mix and descend. It is the esophageal peristalsis that delivers the bolus to the stomach, the stomach's churning and mixing action, and the movement down through the intestines. Stomach qi "descends the turbid" while the spleen "upbears the pure." It is because these yin/yang actions occur somewhat simultaneously within the walls of the small intestine that the small intestine is said to "separate the pure from the turbid." What this means more literally is that working within the folds and wrinkles of the small intestine wall, the microscopic structures (villi and microvilli) are responsible for separating "the pure," the nutrients for absorption, while allowing "the turbid," the un-absorbable, to continue passing down. Stomach fire doesn't differentiate pure from turbid (except in instances of toxicity); its response is more crude than the comparatively refined selection process that occurs within the small intestine.

Stomach fire can become pathological. We can develop "rising stomach fire" or "food stagnation" patterns when we produce insufficient HCl or when we

- ♦ overeat
- ♦ consume too many rich or spicy foods, overly acidic foods or overly alkaline foods
- ♦ eat under stress
- ♦ eat at highly irregular intervals, or
- ♦ lie down too soon after eating significant proportions of food.

There are, of course, more scenarios than this, but they all fall generally under Zhu Dan-xi's label of "intemperate consumption of food."

In general, rising stomach fire is due to insufficient HCl, *not* excess HCl. It may be insufficient due to a weak middle burner or it may be only relatively insufficient to breakdown the "intemperate" indulgence in food and drink. Sufficient HCl is required in order to turn the bolus into a low pH chyme. When the chyme has been churned and mixed sufficiently, sensors in the pylorus recognize uniformity in the food mass. This

somewhat uniform mass is the chyme, and a low pH in the chyme provides the chemical trigger required for opening the pyloric sphincter that allows the chyme to pass into the duodenum. Insufficient stomach fire, in the form of achlorhydria (insufficient HCl) can lead to bacterial overgrowth in the digestive tract. Esophagitis, gastritis, *H. pylori* overgrowth, ulcers, intestinal metaplasia (a condition in which the epithelial tissue of the stomach or esophagus transforms into tissue more closely resembling the tissue of the small intestine) or, past the duodenum, the small intestine can develop conditions like leaky gut. It is important to note that all of the conditions just listed have a strong heat component—both excess and deficient heat—and they can all arise from insufficient HCl. In other words, the point here, as counterintuitive as it may sound, is that pathological stomach fire rising is caused from insufficient physiological stomach fire.

Habitual food stasis becomes a precursor to waning stomach fire, so it is important to adjust one's habits in order to restore digestive health. **Stomach-Harmonizing Formula** (*Jia Jian Bao He Wan*) can be used to re-set a still-strong digestive system by clearing out obstructions in the upper GI tract. It is also an excellent formula to treat the acute manifestations of food stasis, rising stomach fire, and rebellious stomach qi that include all forms of reflux such as gastroesophageal reflux disease (GERD) and "heartburn", belching, difficulty swallowing, flatulence, bloating, and that sense of food just "sitting in your gut" without seeming to move. If due to "intemperate consumption," **Stomach-Harmonizing Formula** (*Jia Jian Bao He Wan*) can also treat nausea and vomiting, diarrhea, constipation, and most forms of gastritis. Today, the most popular application for **Stomach-Harmonizing Formula** (*Jia Jian Bao He Wan*) is reflux.

SYNERGY OF INGREDIENTS

Food stagnation is addressed primarily by dispersing the accumulation and restoring peristaltic movement. The chief ingredient in **Stomach-Harmonizing Formula** (*Jia Jian Bao He Wan*) is hawthorn fruit (*shan zha*). It breaks up accumulations and promotes digestion. Radish seed (*lai fu zi*) is a deputy. Whereas the strength of hawthorn (*shan zha*) is to break up protein and fat accumulations, radish seed (*lai fu zi*) breaks up starches and helps resolve the phlegm that builds up

when food masses cannot move efficiently. Radish seed (*lai fu zi*) also helps to promote digestion by correcting the direction of stomach qi. Assisting the radish seed (*lai fu zi*) in resolving phlegm and correcting qi flow are three of the four ingredients of *Er Chen Tang*—a favorite of Zhu Dan-xi's (though not his own creation). Tangerine peel (*chen pi*), pinellia (*ban xia*), and poria (*fu ling*) are all part of *Er Chen Tang*. The fourth ingredient was prepared licorice (*zhi gan cao*), which in *Er Chen Tang* serves mainly to support the qi, is unnecessary in the present formula, which has the function of correcting the qi. The *Er Chen Tang* herbs that remain, act in concert as assistants and retain the functions of the original formula to drain damp, transform phlegm, regulate qi, and harmonize the middle.

Another assistant, Forsythia (*lian qiao*), has a very interesting role in **Stomach-Harmonizing Formula** (*Jia Jian Bao He Wan*). When pathological stomach fire is generated from the accumulation, it naturally rises. Forsythia (*lian qiao*) is included for its ability to clear heat that is rising into the throat, but also because it is one of the few heat-clearing substances that can break up accumulations and assist in the resolution of phlegm-heat. So the Forsythia (*lian qiao*) heads off the rising stomach fire while other substances redirect qi rebellion. Melia fruit (*chuan lian zi*) is one of the few qi-regulating herbs that happens to be cold. It soothes the liver, assists in releasing constraint, and relieves pain. The last of the six assistants is White Peony bark (*bai shao*). Its role in **Stomach-Harmonizing Formula** (*Jia Jian Bao He Wan*) is to support the liver and restrain it from invading the stomach, and to alleviate pain.

Fermented leaven (*shen qu*) and coptis (*huang lian*) are the remaining deputies, but serve very different roles. Fermented leaven (*shen qu*) is a group of substances which are fermented together to cultivate an enzymatic action to supplement digestion. Fermented leaven (*shen qu*) is in the “Herbs that Relieve Food Stagnation” category—as are radish seed (*lai fu zi*) and hawthorn fruit (*shan zha*). Sun Si Miao and many who followed him used fermented leaven (*shen qu*) to help people digest and absorb other medicinal substances. Fermented grains help us absorb essential minerals in our diet. Without its inclusion, processing **Stomach-Harmonizing Formula** (*Jia Jian Bao He Wan*) would be much more difficult, and the food stasis far more difficult to disperse. Coptis (*huang lian*) would be inappropriate

in a formula that targeted a deficient condition of low HCl. At just 4% of the formula, it is helpful because the condition here is acute and causing excess heat to be produced. Coptis (*huang lian*) can extinguish the rising pathological fire at its source and ease the sensation of burning pain in the gut.

The envoy here, fresh ginger root (*sheng jiang*), is a common inclusion in the original *Bao He Wan*. It harmonizes the other substances, calms the middle burner, and detoxifies.

MODERN APPLICATIONS

Functional Dyspepsia—One of the main indications for **Stomach-Harmonizing Formula** (*Jia Jian Bao He Wan*) is dyspepsia, commonly referred to as upset stomach or indigestion. This condition is very common, affecting roughly 20% of Americans. Its signs and symptoms appear mainly as upper abdominal pain, but can include belching, nausea, vomiting, bloating, heartburn, feeling of fullness with very little food. A clinical study was conducted showing the efficacy of *Bao He Wan* for the treatment of functional dyspepsia. The study took 140 patients with functional dyspepsia and divided them equally into a treatment group and a control group. The treatment group took *Bao He Wan* and the control group took domperidone for two weeks. Patients presented with indigestion signs and symptoms which included bloating, belching, epigastric and upper abdominal discomfort and pain, heartburn, nausea, vomiting. Results showed an overall effectiveness rate of 91.4% with 42 patients deemed cured, 13 patients showing marked improvement, nine patients showing some improvement, and 6 patients showing no improvement. In comparison, the control group showed an overall effectiveness rate of 80%.ⁱ

Fatty Liver Disease—**Stomach-Harmonizing Formula** (*Jia Jian Bao He Wan*) can have positive protective and therapeutic effects on non-alcoholic steatohepatitis (NASH). NASH, a fatty liver disease, is characterized by inflammation of the liver and fat accumulation in the liver. It is often seen in obese people and people with type-2 diabetes, as well as people that have high cholesterol, high triglycerides, or metabolic syndrome. Normally NASH is asymptomatic, but if it progresses, symptoms like constant fatigue, general weakness, unexplained weight loss, and liver pain will present. In severe cases, it can cause scarring in the liver and

lead to cirrhosis. A study of 28 patients diagnosed with fatty liver disease was conducted and each of the participants was given *Bao He Wan*. Additions were added for loss of appetite, liver pain, fatigue, jaundice, and bloating. Patients were given the formula for 60 days per course, for a duration of two courses. Results showed eight people deemed cured with disappearance of signs and symptoms, as well as ALT, AST, and GGT tests showing normal liver function and TC, TG blood lipid levels within normal range. Eight people showed marked improvement with significant improvement of signs and symptoms as well as improvement of laboratory tests. Ten people saw some improvement of signs and symptoms and laboratory tests. Two people were deemed invalid with no improvement or worsening of signs and symptoms and no improvement of laboratory tests. There was a total effectiveness of 92.86%.ⁱⁱ Another research study gave rats with non-alcoholic hepatosteatosis *Bao He Wan* and *Bao He Wan* with *polygona cuspidata* (*hu zhang*). The outcome showed improvement in the degree of fat degeneration and inflammatory necrosis, a decrease in ALT, AST, TC, TG, LDL, MDA, TNA-alpha, and enhancement of HDL and SOD—showing positive protective effects for non-alcoholic steatohepatitis.ⁱⁱⁱ

Creating a healthy lifestyle including reducing weight slowly, exercising, not drinking alcohol, reducing cholesterol, and controlling diabetes is also very important for patients diagnosed with non-alcoholic hepatosteatosis.

Stomach Paralysis—Stomach paralysis is defined as paralysis in the muscles of the stomach due to disease of the stomach muscles or nerves that control the stomach. This results in the inability of the stomach to empty properly. Signs and symptoms include nausea and vomiting. The most common cause of stomach paralysis is diabetes mellitus. **Stomach-Harmonizing Formula** (*Jia Jian Bao He Wan*) can treat mild stomach paralysis. In a study, *Bao He Wan* was given to 40 patients with mild stomach paralysis due to diabetes. The results showed significant improvement in the signs and symptoms as well as improved blood lipid levels and improved electrogastrogram (EGG) results with no side effects.^{iv}

Gastrolithiasis—Gastrolithiasis is the presence of stony masses or calculi, in the stomach. **Stomach-Harmonizing Formula** (*Jia Jian Bao He Wan*) can be effective in treating gastrointestinal stones. One study using 88

patients who were diagnosed with gastrolithiasis by endoscopy were given high doses of *Bao He Wan* for one to two weeks. The results upon follow-up gastroscopy confirmed disappearance of all stones.^v Another study used *Bao He Wan* in conjunction with proton pump inhibitors (western medicine drug category that reduce excess stomach acid) to treat gastrolithiasis. A clinical study was conducted with 36 patients with gastrolithiasis using *Bao He Wan* in conjunction with omeprazole (proton pump inhibitor). The patients presented with abdominal pain, loss of appetite, bloating, belching, nausea, vomiting, and acid reflux. Gastrolith was confirmed by gastroscopy in each case. After seven days, all patients presented with no more signs and symptoms. Upon gastroscopy 34/36 cases showed dissolution and discharge of gastrolith.^{vi}

Atrophic Gastritis—Atrophic gastritis is chronic inflammation of the stomach mucosa commonly caused by an *H. pylori* infection. The bacterial infection weakens the stomach mucosa allowing gastric acid to damage the lining. This results in the loss of gastric glandular cells and replacement of fibrous tissue. This inhibits the secretion of digestive fluids. There are generally no signs and symptoms, but some patients may experience stomach pain, nausea, vomiting, and weight loss. With treatment, gastritis can improve quickly. **Stomach-Harmonizing Formula** (*Jia Jian Bao He Wan*) can have good effect in treating atrophic gastritis. *Bao He Wan* was used to treat 110 patients with atrophic gastritis. In that study, 61 patients were deemed cured, 37 patients showed marked improvement, and 6 patients showed effective results. There was no effect in four patients, giving the trial a total effectiveness rate of 96.35%.^{vii}

Constipation—Constipation is defined as bowel movements that are infrequent or hard to pass. One study gave *Bao He Wan* to 65 children with constipation; their ages ranged from five months to seven years old. The patients presented with constipation, defined by dry stools with the time between defecation being more than three days. Patients used laxatives in the form of honey and bananas as well as enemas to help defecate. Other signs and symptoms included loss of appetite, blood in the stool, pain, anal fissures and hemorrhoids. The patients were given two courses of treatment with each course lasting ten days. 43 cases were deemed cured with smooth bowel movements every 1-2 days. 18 cases showed improvement with bowel movements

every 2-3 days without the use of laxatives or enemas. Four cases deemed invalid with no relief from constipation and continual need for laxatives and enemas for bowel movement—a total effectiveness rate of 93.8%.^{viii}

Hyperlipidemia—Hyperlipidemia is defined as elevated levels of lipids (cholesterol) in the blood. High levels are believed to lead to heart disease or stroke. There are no signs and symptoms for hyperlipidemia; it is diagnosed by laboratory testing. According to one study, *Bao He Wan* with tangerine peel (*chen pi*), betelnut (*bing lan*), salvia (*dan shen*), peach kernel (*tao ren*), safflower (*hong hua*), and bamboo shavings (*zhu ru*), was given to 39 patients with hyperlipidemia for two months. The study showed an overall effectiveness rate of 92.3%, with no significant side effects.^{ix}

Gastroesophageal Reflux Disease (GERD)—GERD is a condition in which contents of the food and fluids of the stomach leak back up the esophagus due to the lower esophageal sphincter not closing properly or opening involuntarily. The main signs and symptoms appear as acid reflux, acid indigestion, or heartburn (burning pain in the chest often worse at night and worse when lying down). Less common signs and symptoms may be cough, asthma, or difficulty swallowing. A 65-patient study was conducted on gastroesophageal reflux disease (GERD). In the treatment group, 33 people were given *Bao He Wan* combined with pharmaceuticals (rabeprazole, domperidone, sucralfate). 32 people in the control group were given just pharmaceuticals. Patients presented with heartburn, epigastric pain and tenderness. The results showed that the participants in the treatment group had greater improvement of signs and symptoms compared to the control group. Twenty-one participants in the treatment group were deemed cured, seven showed marked effect with significant improvement of signs and symptoms, and five showed some improvement of signs and symptoms, with a total effectiveness of 100%.^x

FORMULA COMPARISONS

Strengthen the Spleen Pill (*Jian Pi Wan*) and Stomach-Harmonizing Formula (*Jia Jian Bao He Wan*)

Strengthen the Spleen Pill (*Jian Pi Wan*) is another formula that addresses food stagnation. While both formulas promote digestion and regulate qi flow, **Stomach-Harmonizing Formula** (*Jia Jian Bao He Wan*) is stronger to disperse the accumulation and stagnation of food. It is indicated for excess conditions and is intended for short-term use. When the food stagnation is cleared, the formula should be stopped and the underlying root condition should be addressed. Strengthen the Spleen Pill (*Jian Pi Wan*) has an added function to tonify the spleen and stomach, but the function of clearing the food stagnation is mild in comparison. Strengthen the Spleen Pill (*Jian Pi Wan*) can be used for a longer period of time and is good for cases of mild food stagnation with underlying spleen qi deficiency.

Stomach-Harmonizing Formula (*Jia Jian Bao He Wan*), Ease Digestion Formula (*Jia Wei Kang Ning Wan*), and Agastache Tummy Syrup (*Huo Xiang Zheng Qi Gao*)

These three formulas treat many of the same conditions, but the focus is different among each of these formulas. **Stomach-Harmonizing Formula** (*Jia Jian Bao He Wan*) is characterized by qi and food stagnation with counter-flow qi. It focuses more on dispersing food accumulation and is stronger at regulating and harmonizing the middle burner. It is used more for acute conditions like food stagnation due to overeating. **Ease Digestion Formula** (*Jia Wei Kang Ning Wan*), an adaptation of “Curing Pills”, and **Agastache Tummy Syrup** (*Huo Xiang Zheng Qi Gao*), the classical formula that the modern “Curing Pills” are derived from, have the ability to disperse food stagnation, they also have a stronger function to resolve damp accumulation and are often used for acute conditions like mild food poisoning, stomach flu, concurrent vomiting and diarrhea, hangover, morning sickness, motion sickness, and nausea due to chemo/drug therapy.

USEFUL COMBINATIONS

For spleen deficiency with food stagnation	Combine with Six Gentlemen Formula
For liver and spleen disharmony with food stagnation	Combine with Bupleurum and Tang Kuei Formula or Earth Harmonizing Formula
For mouth ulcers	Combine with Coptis Relieve Toxicity Formula or Rehmannia and Scrophularia Formula

ENDNOTES

ⁱ Jiang Xudi, et al., “Clinical Study of Bao He Wan for the Treatment of Functional Dyspepsia”, *Medical Journal of Chinese People’s Health*, Vol. 20, No. 2, 2008.

ⁱⁱ Long Zaisheng, et al., “Bao He Wan in the Treatment of 28 Cases of Fatty Liver”, *Journal of Practical Traditional Chinese Medicine*, Vol 24, No. 2, 2008.

ⁱⁱⁱ Yang Yujie, et al., “Effect of Baohewan and Baohewan added with Huzhang on Rats with Nonalcoholic Hepatosteatosis”, *Acta Universitatis Medicinalis Anhui*, March 2010.

^{iv} Liu Jincheng, et al., “The Effectiveness of Lenitive Pill (Baohewan) in the Treatment of Mild Stomatic Paralysis in Diabetic Patients”, *Chinese Journal of Natural Medicine*, April 2000.

^v Zhang Yinhua, et al., “Large Doses of Preserve Harmony Pills to Treat stomach Stones (88 Cases)” *Journal of Chinese Physician*, October 2006.

^{vi} Zhou Hongmei, et al., “The Observation of Pill for Promoting Digestion (Bao He Wan) and Proton Pump Inhibitor to Treat Gastrolithiasis in 36 Patients”, *China Clinical Practical Medicine*, August 2010.

^{vii} Ai Wenwei “Treatment of Chronic Atrophic Gastritis with Bao He Wan”, *Medicine and Healthcare*, Vol. 2, 2009.

^{viii} Yang Guan, et al., “Bao He Wan Treatment of Children with Constipation: 65 Cases”, *New Medicine*, Vol 25, 2012

^{ix} Hu, Yukun, Li, Kunsan, “The Clinical Observation of Bao He Wan with Additions Treatment of 39 Cases of Hyperlipidemia”, *The Chinese-Medicine Magazine of China*, Vol. 6, Issue 5, 2006.

^x Yuan Hung “Efficacy of Bao He Wan Combined with Western Medication to Treat Gastroesophageal Reflux Disease”, *Liaoning Journal of Traditional Chinese Medicine*, 2011.

REFERENCES

- Bensky, D., with Clavey, S. and Stöger, E., *Chinese Medicine Materia Medica*, 3rd Edition, Eastland Press, 2004.
- Chen, J. K. and Chen T. T., *Chinese Medical Herbology and Pharmacology*, Art of Medicine Press, 2004.
- Chen, J. K. and Chen T. T., *Chinese Herbal Formulas and Applications*, Art of Medicine Press, 2009.
- Ellis, A., *Notes From South Mountain, A Guide to Concentrated Herb Granules*, New Moon Publishing, 2003.
- Maclean, W. and Lyttleton, J., *Clinical Handbook of Internal Medicine: Vol 1-3*, University of Western Sydney, 1998.
- Scott, J., Monda, L., Heuertz, J., *Clinical Guide to Commonly Used Chinese Herbal Formulas*, Revised 6th Edition, Herbal Medicine Press, 2017.
- Volker, S., Bensky, D., Ellis A. and Barolet, R., *Chinese Herbal Medicine: Formulas and Strategies*, 2nd Edition, Eastland Press, 2009.
- Wiseman, N. and Ye, Feng, *A Practical Dictionary of Chinese Medicine*, Paradigm Publications, 1998.
- Zhu, D.X., *The Heart and Essence of Dan-xi's Methods of Treatment*, Trans. Yang Shou-zhong, Blue Poppy Press, 1993.