

CHANGE & ENRICH

This formula is a combination of *Dan Zhi Xiao Yao San* (Moutan & Gardenia Rambling Powder), *Suan Zao Ren Tang* (Zizyphus Spinosa Decoction), and *Gan Mai Da Zao Tang* (Licorice, Wheat & Red Dates Decoction) with additions and subtractions. *Xiao Yao San* comes from the Song dynasty *Tai Ping Hui Min He Ji Ju Fang* (*Imperial Grace Formula of the Tai Ping [Era]*), while *Dan Zhi Xiao Yao San* dates from the mid-19th century and is first found in *Wen Sheng=s Nei Ke Zhai Yao* (*Selected Essentials of Internal Medicine*). The latter two formulas both date from the late Han dynasty and come from *Zhang Zhong-jing=s Jin Gui Yao Lue* (*Essentials from the Golden Cabinet*). This combination is based on research carried out in China by Zhang Guo-bin of the Ping Ding Shan Municipal Chinese Medical Hospital in Henan over a five year period from 1995-2003. Our version is a 9:1 extract.

RX:

Sclerotium Pararadicis Poriae Cocos (<i>Fu Shen</i>)	Radix Albus Paeoniae Lactiflorae (<i>Bai Shao</i>)
stir-fried Semen Zizyphi Spinosae (<i>Suan Zao Ren</i>)	Rhizoma Atractylodis Macrocephalae (<i>Bai Zhu</i>)
Caulis Polygoni Multiflori (<i>Ye Jiao Teng</i>)	uncooked Radix Rehmanniae Glutinosae (<i>Sheng Di</i>)
Fructus Levis Tritici Aestivi (<i>Fu Xiao Mai</i>)	Cortex Radicis Moutan (<i>Dan Pi</i>)
Fructus Zizyphi Jujubae (<i>Da Zao</i>)	Fructus Gardeniae Jasminoidis (<i>Zhi Zi</i>)
Fructus Schisandrae Chinensis (<i>Wu Wei Zi</i>)	Rhizoma Anemarrhenae Aspheloidis (<i>Zhi Mu</i>)
Herba Pyrolae (<i>Lu Ti Cao</i>)	Tuber Curcumae (<i>Yu Jin</i>)
Radix Bupleuri (<i>Chai Hu</i>)	Fructus Corni Officinalis (<i>Shan Zhu Yu</i>)
Radix Angelicae Sinensis (<i>Dang Gui</i>)	mix-fried Radix Glycyrrhizae Uralensis (<i>Gan Cao</i>)
Radix Ligustici Wallichii (<i>Chuan Xiong</i>)	

INDICATIONS:

This formula is for the treatment of perimenopausal syndrome presenting a pattern of liver-spleen disharmony, liver blood-kidney yin vacuity, and depressive heat harassing the heart spirit above as well as non-construction and malnourishment of the heart spirit. General signs and symptoms include irritability, depression, hot flashes, night sweats, heart palpitations, and insomnia.

COMBINATIONS:

If spleen vacuity is more, this formula may be combined with *Shen Qi Da Bu Wan* (Ginseng & Astragalus Greatly Supplementing Pills), *Si Jun Zi Wan* (Four Gentlemen Pills), or *Bu Zhong Yi Qi Wan* (Supplement the Center & Boost the Qi Pills). If there is concomitant phlegm dampness, this formula may be combined with *Er Chen Wan* (Two Aged [Ingredients] Pills). If kidney yin vacuity is more marked, it may be combined with *Liu Wei Di Huang Wan* (Six Flavors Rehmannia Pills). If there is concomitant blood stasis, it may be combined with *Tao Hong Si Wu Tang Wan* (Persica & Carthamus Four Materials Decoction Pills), *Bu Yang Huan Wu Wan* (Supplement Yang & Restore the Five [Tenths] Pills), *Huo Luo Xiao Ling Wan* (Quicken the Network Vessels Miraculously Effective Pills), or other appropriate blood-quickeening formula. However, if correctly selected, this formula should not need much modification or help. If there is concomitant kidney yang vacuity, consider using Ultimate Immortals instead. Once symptoms have been remedied or primarily for perimenopausal low back pain, use Supplement Yin instead.

SIGNS & SYMPTOMS OF LIVER DEPRESSION QI STAGNATION INCLUDE:

- | | |
|---|--|
| <input type="checkbox"/> Irritability | <input type="checkbox"/> Premenstrual breast distention and pain |
| <input type="checkbox"/> Depression | <input type="checkbox"/> A bow-string pulse |
| <input type="checkbox"/> Premenstrual tension (PMT) | <input type="checkbox"/> A possibly darkish tongue |

SIGNS & SYMPTOMS OF SPLEEN QI VACUITY INCLUDE:

- | | |
|--|--|
| <input type="checkbox"/> Fatigue (may be mild) | <input type="checkbox"/> Cold hands and nose |
| <input type="checkbox"/> Easy bruising | <input type="checkbox"/> A possibly fat tongue with teeth-marks on its edges |
| <input type="checkbox"/> Orthostatic hypotension | <input type="checkbox"/> Possible loose stools |
| <input type="checkbox"/> A craving for sweets | |

SIGNS & SYMPTOMS OF LIVER BLOOD-KIDNEY YIN VACUITY INCLUDE:

- | | |
|---|---|
| <input type="checkbox"/> Pale lips, face, and nails | <input type="checkbox"/> Nocturia |
| <input type="checkbox"/> Brittle nails | <input type="checkbox"/> Tinnitus and/or dizziness |
| <input type="checkbox"/> Night blindness | <input type="checkbox"/> A fine and/or floating pulse |
| <input type="checkbox"/> Low back pain and/or knee pain | |

SIGNS & SYMPTOMS OF DEPRESSIVE HEAT INCLUDE:

- | | |
|--|--|
| <input type="checkbox"/> A redder than normal tongue, perhaps only on the tip and/or edges | <input type="checkbox"/> A rapid pulse |
| <input type="checkbox"/> Yellow tongue fur | <input type="checkbox"/> Hot flashes |
| <input type="checkbox"/> Possible bitter taste in the mouth and/or bad breath | |

NOTE: While textbooks make a very clear distinction between depressive and vacuity heat, it is commonly depressive heat consuming and damaging yin fluids which gives rise to vacuity heat as well as to ascendant liver yang hyperactivity. Therefore, in real life, it is sometimes not possible to clearly and absolutely distinguish between depressive heat and vacuity heat, and this formula addresses the cusp between these two.

SIGNS & SYMPTOMS OF HEAT HARASSING THE HEART SPIRIT:

- | | | | |
|---|-----------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Heart palpitations | <input type="checkbox"/> Insomnia | <input type="checkbox"/> Vexation, agitation, and restlessness | <input type="checkbox"/> Night sweats |
|---|-----------------------------------|--|---------------------------------------|

SIGNS & SYMPTOMS OF NON-CONSTRUCTION AND MALNOURISHMENT OF THE HEART SPIRIT:

- | | |
|---|---|
| <input type="checkbox"/> Heart palpitations | <input type="checkbox"/> Easy fear and fright |
| <input type="checkbox"/> Insomnia | <input type="checkbox"/> Night sweats |
| <input type="checkbox"/> Impaired memory | |

FORMULA EXPLANATION:

Menopause or the climacteric is a change in life based on a physiological transformation within the body. In Chinese medicine, all transformations are mediated by the qi mechanism, and it is the liver's command over coursing and discharge which keeps the qi mechanism freely flowing. While Chinese texts all blame the phenomenon of menopause on depletion of the kidneys and exhaustion of the tian gu (i.e., yin water), the severity and duration of perimenopausal symptoms tend to be proportional not to the degree of yin vacuity but to the severity of liver depression. If the liver qi is freely flowing, then the qi mechanism functions correctly, the change is made without hang-up or hindrance, and, once the

change is made, kidney yin can replenish itself since now it is no longer being lost or consumed by menstruation. Therefore, this formula is meant for perimenopausal complaints in women with relatively marked liver depression accompanied by a moderate degree of spleen vacuity and definite liver blood-kidney yin vacuity. In addition, there is depressive heat ascending to harass the heart spirit above at the same time as spleen vacuity leading to a qi and blood vacuity failing to construct and nourish the heart spirit. Thus there vexation, agitation, restlessness, and disquietude of the heart spirit, while the depressive heat causes hot flashes, night sweats, and heart palpitations.

Within this formula, the ingredients of *Dan Zhi Xiao Yao San* course the liver, resolve depression, and clear heat, fortify the spleen and nourish the blood. Then the ingredients of *Suan Zao Ren Tang* nourish the blood and quiet the spirit, clear heat and eliminate vexation, and the ingredients of *Gan Mai Da Zao Tang* nourish the heart and quiet the spirit, harmonize the center and relax urgency (or tension). The addition of *Sheng Di* and *Shan Zhu Yu* further supplements the kidneys, enriches yin, and nourishes the liver. *Yu Jin* further moves the qi and resolves depression. *Ye Jiao Teng* further nourishes the heart and quiets the spirit, and *Wu Wei Zi* calms the heart, quiets the spirit, and constrains sweating. *Lu Ti Cao* is a wind-treating medicinal which, like many other wind-treating medicinals, also rectifies the qi. It enters the liver and kidney channels and also supplements the kidneys, strengthens the low back and knees, and treats heart palpitations. Research in China suggests that this medicinal can help speed and complete the female change in life. When combined together, these medicinals have the effect of coursing the liver and resolving depression, fortifying the spleen and supplementing the qi, enriching the kidneys and nourishing the liver, clearing the heart, quieting the spirit, and eliminating vexation.

CLINICAL TRIAL:

On page 23 of issue #6, 2004 of *Ji Lin Zhong Yi Yao* (*Jilin Chinese Medicine & Medicinals*), Zhang Guo-bin published an article titled, AThe Treatment of 61 Cases of Climacteric Syndrome with *Dan Zhi Xiao Yao San* (Moutan & Gardenia Rambling Powder) plus *Suan Zao Ren Tang* (Zizyphus Spinosa Decoction) with Additions & Subtractions. The 61 women in this study were 45-55 years of age. Twenty-four were pre-menopausal and 37 were postmenopausal two years or less. These women were treated for 12-36 days with a decocted form of the above formula minus *Lu Ti Cao* and plus *Bo He* (Herba Menthae Haplocalysis). Cure was defined as complete disappearance of symptoms, improvement was defined as decrease in symptoms, and no effect meant no effect. Based on these criteria, 41 out of 61 cases were judged cured and the other 20 were improved. Therefore, the total effectiveness rate was 100%.

MY PATIENT DOES HAVE:

Liver depression qi stagnation	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Spleen qi vacuity	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Liver blood-kidney yin vacuity	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Heat harassing the heart spirit	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Non-construction & malnourishment of the heart spirit	<input type="checkbox"/> Yes	<input type="checkbox"/> No