



Tummy Soothe™

Classic antecedent:

Bao He Wan *Preserving and Harmonizing Pill.*

Xiang Fu *Rhizoma Cyperi rotundi*
Sha Ren *Fructus seu Semen Amomi*
Shan Zha *Fructus Crataegi*
Lai Fu Zi *Semen Raphani*
Gu Ya *Fructus Oryzae germinatus*
Zhi Ke *Fructus Aurantii*

Ban Xia *Rhizoma Pinelliae preparatum*
Chen Pi *Pericarpium Citri reticulatae*
Fu Ling *Poria*
Tai Zi Shen *Radix Pseudostellariae*
Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

The remedy Tummy Soothe was formulated to treat digestive problems in children. It addresses the patterns of Liver-Qi stagnation, Qi stagnation in the Intestines, and Retention of Food.

The clinical manifestations related to *Tummy Soothe* may include abdominal pain and distension, colic in infants, constipation, irritability.

As discussed in the introduction of the manual, the Spleen and the digestive system in general are weak in new-born babies and they remain weak for at least 3-4 years. Under normal circumstances, the Spleen and the digestive system get gradually stronger as the child grows so that, by the time the child is about 7, the Spleen is much stronger. It follows therefore that small children are very prone to digestive problems and especially Retention of Food (called Accumulation in Chinese pediatrics), Qi stagnation and Cold in the Spleen and Intestines.

I stressed above "under normal circumstances": in modern children these seldom occur. There are common factors which in modern children cause the digestive system not to become as strong as it should as the child grows. The most common aetiological factors are weaning too early, excessive consumption of cold foods (ice-cold drinks, ice cream, etc.), excessive consumption of greasy foods (chips or fries, etc.), excessive consumption of sweet foods and sugar, and exposure to external cold through inadequate clothing.

My teacher Dr John Shen went so far as saying that children have only two types of diseases: diseases from external Wind and digestive diseases.

The remedy *Tummy Soothe* is a variation of the well-known *Bao He Wan Preserving and Harmonizing Pill* which resolve Food accumulation. It has been modified with addition of herbs to move Qi and resolve Dampness.

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