Session Four

Tonifying Chinese herbal formulae (continued): xue & both qi and xue tonics

Chinese Medicine Department
CMHB221
Chinese Herbal Formulae

Session Four

Tonifying Chinese herbal formulae: Xue; Qi and Xue:

- English name; Pin yin name and Chinese name
- Composition; dosage and administration
- Functions and indications
- Analysis and explanation of the formula
- Cautions and contraindications
Session Aims

- Discuss the Chinese herbal formulae’s through the investigation of actions, dosage, preparation/cooking and contraindications for the following sub-category groups:
  - ‘Xue Tonifying’ Chinese herbal formulae; and
  - ‘Xue and Qi Tonifying’ Chinese herbal formulae.

- Identify and group the major common differentiating actions of the herbal constituents of each formula; and

- Case study.
Tonifying Class: Session Three-Five
Key Formulae

Qi Tonifying
- Si Jun Zi Tang
- Liu Jun Zi Tang
- Xiang Sha Liu Jun Zi Tang
- Shen Ling Bai Zhu Tang
- Bu Zhong Yi Qi Tang

Xue (Blood) Tonifying
- Si Wu Tang (Tao Hong Si Wu Tang)
- Dang Gui Bu Xue Tang

Qi and Xue (Blood) Tonifying
- Ba Zhen Tang
- Gui Pi Tang

Yin Tonifying
- Lui Wei Di Huang Tang
- Zuo Gui Wan

Yang Tonifying
- You Gui Wan
- Shen Qi Tang (Wan)
What you need to know after this session

◇ The composition for Si Wu Tang, Tao Hong Si Wu Tang, Dang Gui Bu Xue Tang, Ba Zhen Tang

◇ The functions (actions); indications and contraindications for Si Wu Tang, Tao Hong Si Wu Tang, Dang Gui Bu Xue Tang, Ba Zhen Tang and Gui Pi Tang

◇ The key clinic symptoms/signs for Si Wu Tang, Dang Gui Bu Xue Tang, Ba Zhen Tang and Gui Pi Tang

◇ The formula analysis for Si Wu Tang, Dang Gui Bu Xue Tang

◇ The significance of using “Mu Xiang” in Gui Pi Tang
Pin yin: Si Wu Tang (四物汤)
English: Four Substance Decoction
Source: Xian Shou Li Shang Xu Duan Mi Fang
(Secrets of treating wounds and rejointing fractures handed down by a fairy)

Composition: Shu Di Huang, Dang Gui, Bai Shao, Chuan Xiong

Administration: Decoct the above herbs in water; oral administration

Functions: Tonify and regulate blood; Regulates menstruation, Chong and Ren channels.

Indications: Blood deficiency and blood stagnation

Caution: Early stage acute illness (eg cold/flu); care with abdominal bloating, loose stool and GIT disturbance
Dosage (for patent medicine): 8-12 pills (2-3 times a day) away from food where possible

Biomedical Indications: Hematinic, tones uterus and muscles, galactogogue
Analysis and explanation of the formula

Shu Di Huang | Rehmanniae glutinosa radix praeparata): Chief Herb

*Temperature: Neutral | Warm Tendency; Taste: Sweet; Site of Action: Lower Jiao*

Nourishing Yin and tonifying blood

Dang Gui | Angelica sinesis radix): Deputy herb

*Temperature: Warm; Taste: Pungent | Sweet; Site of Action: Lower Burner; Channels*

Tonifying blood, nourishing the liver, harmonizing blood and regulating menstruation
Bai Shao | *Paeonia lactiflora radix*: Assistant herb  
*Temperature*: Neutral | *Cold Tendency*; *Taste*: Bitter | Sour; *Site of Action*: Lower Jiao

Nourishing blood to soften the liver, and harmonizing Ying System

Chuan Xiong | *Radix Ligustici chuan xiong*: Guide herb  
*Temperature*: Warm; *Taste*: Pungent;

Activating blood, circulating Qi and regulating Qi and blood

The combination of all the drugs performs the functions of tonifying blood without causing stagnation of blood and circulating blood without harming the blood, and as a result, achieving the result of tonifying and regulating blood.
Notes:

1. *This is basic formula for treatment of deficiency and stagnation of blood.*

2. *This prescription is contraindicated for case with spleen and stomach Yang deficiency.*

3. *This is the basic formula to regulate menstruation.*
Herbal Identification

Si Wu Tang

<table>
<thead>
<tr>
<th>Herb</th>
<th>Hierarchy</th>
<th>Dosage</th>
<th>Temp</th>
<th>Taste</th>
<th>Group</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shu Di Huang</td>
<td>Chief</td>
<td>12gm</td>
<td>Neutral</td>
<td>Sweet</td>
<td>Tonify Blood</td>
<td>Tonifies Blood; Tonifies Yin; Tonifies Jing.</td>
</tr>
<tr>
<td>Dang Gui</td>
<td>Deputy</td>
<td>10gm</td>
<td>Warm</td>
<td>Pungent Sweet</td>
<td>Tonify Blood</td>
<td>Tonifies blood; Moves blood; Drains wind-dampness; Moistens dryness; Unblocks the bowels/laxative.</td>
</tr>
<tr>
<td>Bai Shao</td>
<td>Assistant</td>
<td>12gm</td>
<td>Neutral</td>
<td>Bitter Sour</td>
<td>Tonify Blood</td>
<td>Tonifies blood; Tonifies/nourishes jing; Relieves pain/spasm; Descends yang; Cools blood; Moves/regulates qi.</td>
</tr>
<tr>
<td>Chuan Xiong</td>
<td>Envoy</td>
<td>8gm</td>
<td>Warm</td>
<td>Pungent</td>
<td>Blood-activating and stasis-resolving</td>
<td>Moves blood; Moves and regulates qi; Dispels wind and wind-heat; Relieves pain; Drains damp-heat.</td>
</tr>
</tbody>
</table>
Appendant: Tao Hong Si Wu Tang (桃红四物汤)
English: Four Substance Decoction including peach kernel and safflower
Source: Xian Shou Li Shang Xu Duan Mi Fang
(Secrets of treating wounds and rejoining fractures handed down by a fairy)

Composition: Tao Ren, Hong Hua, Shu Di Huang, Dang Gui, Bai Shao, Chuan Xiong

Administration: Decoct the above herbs in water; oral administration

Functions: Enriches the blood and promotes the circulation of the blood

Indications: Blood deficiency and with blood stagnation syndrome manifest as irregular periods with purple colour and clots, abdominal pain and distension.

Caution: Pregnant, Early stage acute illness (eg cold/flu); care with abdominal bloating and loose stool

Dosage (for patent medicine): 8-12 pills (2-3 times a day) away from food where possible
Pin yin: Dang Gui Bu Xue Tang (当归补血汤)  
English: Chinese Angelica Decoction for Enriching Blood  
Source: Nei Wai Shang Bian Huo Lun  
(Differentiation on internal and external injury)

**Composition:** Huang Qi 30g, Dang Gui 6g

**Administration:** Decoct the above herbs in water; oral administration

**Functions:** Tonify qi to promote blood generation

**Indications:** Syndrome of fever due to blood deficiency.

The formula can also treat menstrual and postpartum fever and headache, chronic and unhealed carbuncles and ulcers.

**Caution:** Contraindicated for the fever caused by yin deficiency  
Early stage acute illness (eg cold/flu); care with abdominal bloating,

**Dosage (for patent medicine):** 8-12 pills (2-3 times a day)
Analysis and explanation of the formula

Huang Qi | *Radix Astragali seu Hedysari*: Chief Herb

*Temperature: Warm Tendency; Taste: Sweet ;Site of Action: lung and spleen meridians*

Using large dosage to invigorating qi, consolidating superficial resistance to astringe the floating yang; tonifying the original qi to promote blood generation

Dang Gui | *Angelica sinesis radix*: Deputy herb

*Temperature: Warm; Taste: Pungent / Sweet ;Site of Action: heart and liver meridians*

Enriches and regulates the blood
<table>
<thead>
<tr>
<th>Name of Formula</th>
<th>Efficacy Analysis</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chinese Angelica Blood-</strong></td>
<td>Sweet and slightly warm in nature, greatly supplement original qi of the lung and spleen in order to supply the source of qi and blood production, and specialize in consolidating the fleshy exterior, as the chief medicinal</td>
</tr>
<tr>
<td><strong>Supplementing Decoction</strong></td>
<td>Combine with each other, supplement healthy qi and contain floating yang, make qi become vigorous and promote blood production; “when yang arises, yin grows,” and deficiency heat abates naturally</td>
</tr>
<tr>
<td><em>(dang gui bu xue tang)</em></td>
<td>Supplement qi and engender blood</td>
</tr>
<tr>
<td>Radix Astragali <em>(huang qi)</em></td>
<td>Acrid and warm in nature, nourish the blood and harmonize the nutrient aspect, as the deputy medicinal</td>
</tr>
<tr>
<td>Radix Angelicae Sinensis <em>(dang gui)</em></td>
<td>Supplement the blood and harmonize blood</td>
</tr>
<tr>
<td>Radix Angelicae Sinensis <em>(dang gui)</em></td>
<td>Sweet and warm in nature, mainly act on the blood aspect, supplement the blood, move the blood and harmonize blood</td>
</tr>
<tr>
<td>Radix Paeonial Alba <em>(bai shao)</em></td>
<td>Sour and cold in nature, nourish the blood and astringe yin, soften the liver and harmonize the nutrient aspect</td>
</tr>
<tr>
<td>Rhizoma Chuanxiong <em>(chuan xiong)</em></td>
<td>Acrid and warm in nature, specialize in invigorating blood and moving qi, dispelling stasis and relieving pain, activate Radix Rehmanniae Praeparata <em>(shu di huang)</em>, Radix Angelicae Sinensis <em>(dang gui)</em>, and Radix Paeonial Alba <em>(bai shao)</em> to supplement but not lead to stagnation, and lessen the greasy property of herbs that supplement</td>
</tr>
</tbody>
</table>

**Four Substances Decoction** *(si wu tang)*
Pin yin: Ba Zhen Tang (八珍汤)
English: Eight Treasure Decoction
Source: Rui Zhu Tang Jing Yan Fang
(Proved Formulas of the Rui Zhu Hall)

Composition: Ren Shen, Bai Zhu, Fu Ling, Zhi Gan Cao, Shu Di, Dang Gui, Bai Shao, Chuan Xiong

Administration: Decoct the above herbs in water; oral administration

Functions: Reinforce both Qi and blood

Indications: Deficiency of both Qi and blood.

Caution: Early stage acute illness (eg cold/flu); care with abdominal bloating, loose stool and GIT disturbance

Dosage (for patent medicine): 8-12 pills (2-3 times a day) away from food where possible

Biomedical Indications: Energy supplement and stimulant, promotes metabolism, hematinic, regulates menses, galactogogue
<table>
<thead>
<tr>
<th>Herb</th>
<th>Hierarchy</th>
<th>Dosage</th>
<th>Temp</th>
<th>Taste</th>
<th>Group</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shu Di</td>
<td>Chief</td>
<td>15gm</td>
<td>Neutral</td>
<td>Sweet</td>
<td>Tonify Blood</td>
<td>Tonifies Blood; Tonifies Yin; Tonifies Jing.</td>
</tr>
<tr>
<td>Huang*</td>
<td></td>
<td></td>
<td>Warm</td>
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</tr>
<tr>
<td>Ren Shen</td>
<td>Chief</td>
<td>3gm</td>
<td>Warm</td>
<td>Sweet Bitter</td>
<td>Tonify</td>
<td>Harmonize &amp; tonifies qi and spleen; Raise the Qi; Generate fluid; Calms/anchors shen.</td>
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<tr>
<td>Bai Shao</td>
<td>Deputy</td>
<td>8gm</td>
<td>Neutral</td>
<td>Bitter Sour</td>
<td>Tonify Blood</td>
<td>Tonifies blood; Tonifies/nourishes jing; Relieves pain/spasm; Descends yang; Cools blood; Moves/regulates qi.</td>
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<tr>
<td>Dang Gui</td>
<td>Deputy</td>
<td>10gm</td>
<td>Warm</td>
<td>Pungent Sweet</td>
<td>Tonify Blood</td>
<td>Tonifies blood; Moves blood; Drains wind-dampness; Moistens dryness; Unblocks the bowels/laxative.</td>
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<tr>
<td>Bai Zhu</td>
<td>Deputy</td>
<td>10gm</td>
<td>Warm</td>
<td>Bitter Sweet</td>
<td>Tonify</td>
<td>Harmonize &amp; tonifies qi, spleen and stomach; Dries damp; Promotes urination; Stabilizes the exterior; Calms the fetus.</td>
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<tr>
<td>Fu Ling</td>
<td>Deputy</td>
<td>5gm</td>
<td>Neutral</td>
<td>Sweet</td>
<td>Expel Damp</td>
<td>Promote urination; Drains damp; Harmonize and strengthen the spleen; Calms and anchors the spirit; Dislodges the phlegm; Disperse swelling.</td>
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<tr>
<td>Chuan Xiong</td>
<td>Assistant</td>
<td>5gm</td>
<td>Warm</td>
<td>Pungent</td>
<td>Blood-activating and stasis-resolving</td>
<td>Moves blood; Moves and regulates qi; Dispels wind and wind-heat; Relieves pain; Drains damp-heat.</td>
</tr>
<tr>
<td>Gan Cao</td>
<td>Envoy/ Guide</td>
<td>5gm</td>
<td>Neutral</td>
<td>Sweet</td>
<td>Tonify</td>
<td>Harmonize/tonifies qi, spleen, stomach; Clears fire/moisten dryness; Detoxifies &amp; disinfects; Calms/anchors shen.</td>
</tr>
</tbody>
</table>
Herbal Identification

Ba Zhen Tang

- Shu Di Huang
  - Tonify Blood

- Bai Shao
  - Tonify Blood

- Dang Gui
  - Tonify Blood

- Chuan Xiong
  - IBC

- Ren Shen
  - Tonify Qi

- Bai Zhu
  - Tonify Qi

- Fu Ling
  - Expel Damp

- Gan Cao
  - Tonify Qi | Balance
Analysis and explanation of the formula

Chief Herbs:

Ren Shen and Shu Di Huang:

*Sweet in taste and warm in nature*

Replenishing Qi and nourishing blood

Deputy herbs:

**Dang Gui, Bai Shao; Bai Zhu and FuLing**

1. Bai Zhu and Fuling

Invigorating the spleen, resolving dampness and helping Ren Shen to replenish Qi and tonify the spleen.

2. Dang Gui and Bai Saho

Nourishing blood, harmonizing Ying and helping Shu Di to reinforce Yin blood
Chuan Xiong | *Rehmanniae glutinosa radix praeparata* : Assistant herb

*Temperature: Warm; Taste: Pungent;*

Activating blood, circulating Qi and playing the effect of tonifying without stagnation

Zhi Gan Cao: Guide herb

Replenishing Qi, harmonizing the middle Jiao and regulating the effect of all the drugs

The formula is the combination of Si Jun Tang and Si Wu Tang
Gui Pi Tang | 归脾汤
Decoction of Invigorating the spleen and Nourishing the Heart
Source: Zheng Ti Lei Yao (Classification and Treatment of Traumatic Diseases)

**Composition:** Bai Zhu, Fu Shen; Huang Qi, Long Yan Rou, Suan Zao Ren, Ren Shen, Mu Xiang, Zhi Gan Cao, Dang Gui, Yuan Zhi

**Administration:** Decoct the above herbs in water; oral administration

**Functions:** Replenish Qi and Tonify blood, invigorate the spleen and nourish the heart

**Indications:** 1. Deficiency syndrome of both qi and blood of spleen and heart; marked by palpitation, amnesia and insomnia, night sweat, hectic fever, poor appetite, sallow complexion.
   2. Syndrome of the failure of the spleen to control blood marked by various of bleeding disorders; for example, Beng Lou or heavy period.

**Caution:** Early stage acute illness (eg cold/flu); care with tendency to dampness or phlegm, abdominal bloating and/or loose stool

**Dosage (for patent medicine):** 8-12 pills 3 x / day away from food where possible

**Biomedical Indications:** Enhance digestive function; hematinic; hemostatic; sedative for anxiety and mild neurosis, nervine.
Cardinal Signs
(MacLean & Taylor 2003, p17)

Heart blood and Spleen qi deficiency:
- Insomnia
- Dizziness
- Anxiety, panic attacks
- Bleeding disorders
- Poor memory, forgetfulness
- Poor appetite
- Fatigue, weakness
- Visual disturbance
- Palpitations
- Easy bruising
- Dry skin, hair and eyes
- Tongue: Pale
- Pulse: Thready
- Complexion: Pale
## Gui Pi Tang | Restore the Spleen Decoction

<table>
<thead>
<tr>
<th>Herb</th>
<th>Hierarchy</th>
<th>Dosage</th>
<th>Temp</th>
<th>Taste</th>
<th>Group</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ren Shen</td>
<td>Chief</td>
<td>3-6gm</td>
<td>Warm</td>
<td>Sweet Bitter</td>
<td>Tonify Qi</td>
<td>Harmonize &amp; tonifies qi and spleen; Raise the Qi; Generate fluid;</td>
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<td></td>
<td>Calms/anchors shen.</td>
</tr>
<tr>
<td>Huang Qi</td>
<td>Chief</td>
<td>9-12gm</td>
<td>Warm</td>
<td>Sweet</td>
<td>Tonify Qi</td>
<td>Harmonize &amp; tonifies qi ; Raises collapsed yang; Stabilize the exterior;</td>
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<td></td>
<td>Restains the sweating; Detoxifies and disinfects; Promotes urination;</td>
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<td></td>
<td>Stops bleeding.</td>
</tr>
<tr>
<td>Fu Ling(Shen)</td>
<td>Deputy</td>
<td>9-12gm</td>
<td>Neutral</td>
<td>Sweet</td>
<td>Expel Damp</td>
<td>Promote urination; Drains damp; Harmonize and strengthen the spleen;</td>
</tr>
<tr>
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<td></td>
<td></td>
<td>Calms and anchors the spirit; Dislodges the phlegm; Disperse swelling.</td>
</tr>
<tr>
<td>Bai Zhu</td>
<td>Deputy</td>
<td>12gm</td>
<td>Warm</td>
<td>Bitter Sweet</td>
<td>Tonify Qi</td>
<td>Harmonize &amp; tonifies qi, spleen and stomach; Dries damp; Promotes</td>
</tr>
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<td></td>
<td></td>
<td></td>
<td>urination; Stabilizes the exterior; Calms the fetus.</td>
</tr>
<tr>
<td>Dang Gui</td>
<td>Deputy</td>
<td>6-9gm</td>
<td>Warm</td>
<td>Pungent Sweet</td>
<td>Tonify Blood</td>
<td>Tonifies blood; Moves blood; Drains wind-dampness; Moistens dryness;</td>
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<td></td>
<td>Unblocks the bowels/laxative.</td>
</tr>
<tr>
<td>Long Yan Rou</td>
<td>Deputy</td>
<td>6-9gm</td>
<td>Warm</td>
<td>Sweet</td>
<td>Tonify Blood</td>
<td>Tonify blood; Tonify and nourish yin; Tonify qi; Calm and anchor shen.</td>
</tr>
<tr>
<td>Suan Zao Ren</td>
<td>Deputy</td>
<td>9-12gm</td>
<td>Neutral</td>
<td>Sweet Sour</td>
<td>Tonify HT / Shen</td>
<td>Tonify yin; Astringes and collects; Anchors the yang; Tonifies the blood.</td>
</tr>
<tr>
<td>Yuan Zhi</td>
<td>Assistant</td>
<td>3-6gm</td>
<td>Warm</td>
<td>Bitter Pungent</td>
<td>Tonify HT / Shen</td>
<td>Anchor yang; Dislodge phlegm; Opens the orifices; Disperses swelling.</td>
</tr>
<tr>
<td>Sheng Jiang</td>
<td>Assistant</td>
<td>5pcs</td>
<td>Warm</td>
<td>Pungent</td>
<td>Release Exterior</td>
<td>Release the exterior; Dispels cold; Transforms phlegm; Calms vomiting;</td>
</tr>
<tr>
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<td></td>
<td>Stops cough; Detoxifies and disinfects.</td>
</tr>
<tr>
<td>Da Zao</td>
<td>Assistant</td>
<td>1pc</td>
<td>Warm</td>
<td>Sweet</td>
<td>Tonify</td>
<td>Harmonize/tonifies qi, spleen, stomach; Moistens dryness; Generates</td>
</tr>
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<td>fluids; Calms/anchors shen; Tonifies blood.</td>
</tr>
<tr>
<td>Mu Xiang</td>
<td>Envoy</td>
<td>3-6gm</td>
<td>Warm</td>
<td>Pungent Bitter</td>
<td>Regulate Qi</td>
<td>Moves and regulates qi; Relieves pain; Tonifies the qi; Dispels cold.</td>
</tr>
<tr>
<td>Gan Cao</td>
<td>Envoy</td>
<td>3-6gm</td>
<td>Neutral</td>
<td>Pungent</td>
<td>Tonifying</td>
<td>Harmonize/tonifies qi, spleen, stomach; Clears fire/moisten dryness; Detoxifies &amp; disinfects; Calms/anchors shen.</td>
</tr>
</tbody>
</table>
Herbal Identification
Gui Pi Tang

Bai Zhu
Tonify Qi

Ren Shen
Tonify Qi

Huang Qi
Tonify Qi

Fu Ling
Expel Damp

Dang Gui
Tonify Blood

Mu Xiang
Regulate Qi

Long Yan Rou
Tonify Blood

Suan Zao Ren
Tonify HT | Nourish Shen

Yuan Zhi
Tonify HT | Nourish Shen

Sheng Jiang
Release Exterior (Warm)

Da Zao
Regulate Qi

Gan Cao
Regulate Qi | Balance
Fu Shen
Poria with hostwood

Fu Ling
Poria
Analysis and explanation of the formula

Chief Herbs:

Ren Shen and Huang Qi:

*Sweet in taste and warm in nature*

Reinforcing Qi and invigorating the spleen

Deputy herbs:

Bai Zhu, Gan Cao, Dang Gui, Fu Shen, Zao Ren and Long Yan Rou

* Dang Gui: Nourishing the Liver to produce heart blood

*Bai Zhu and Gan Cao*: Reinforcing the spleen and replenishing Qi to help the chief herbs to strengthen the source for the production of Qi and blood

*Fu Shen, Zao Ren and Long Yan Rou*: sweet in taste and neutral in nature, nourishing the heart to tranquilize the mind
Yuan Zhi | Polygala tenuifolia radix: Assistant herb
Temperature: Warm; Taste: Bitter | Pungent; Site of Action: Deep; Interior; Lung

Restoring normal coordination between the heart and kidney; relieving mental stress

Mu Xiang | Aucklandia lappa radix: Guide herb

Regulating Qi and enlivens the spleen to prevent stagnation of Qi caused by Qi-replenishing and blood tonics drugs
<table>
<thead>
<tr>
<th>Name of Formula</th>
<th>Efficacy Analysis</th>
</tr>
</thead>
</table>
| **Spleen-Restoring Decoction**  
*(gui pi tang)* | **Efficacy Analysis** |

- **Radix Astragali** *(huang qi)*:
  - Sweet and warm in nature, supplement the spleen and boost qi

- **Arillis Longan** *(long yan rou)*:
  - Sweet and neutral in nature, supplement spleen qi and nourish heart blood

- **Radix et Rhizoma Ginseng** *(ren shen)*:
  - Greatly supplement qi and fortify the spleen, and combine with Radix Astragali *(huang qi)* to strengthen the effects of supplementing the spleen and boosting qi

- **Rhizoma Atractylodis Macrocephalae** *(bai zhu)*:
  - Supplement the blood and nourish the heart

- **Radix Angelicae Sinensis** *(dang gui)*:
  - Tranquilize the heart and calm the mind

- **Semen Ziziphi Spinosae** *(suan zao ren)*:
  - Tranquilize the heart and calm the mind

- **Sclerotium Poriae Pararadicis** *(fu shen)*:
  - Sweet, bland, and neutral in nature, nourish the heart and calm the mind

- **Radix Polygalae** *(yuan zhi)*:
  - Tranquilize the mind and benefit the mental ability

- **Radix Aucklandiae** *(mu xiang)*:
  - Rectify qi and awaken the spleen, activate herbs that supplement qi and nourish the blood to supplement but not lead to stagnation

- **Radix et Rhizoma Glycyrrhizae Praeparata cum Melle** *(zhi gan cao)*:
  - Supplement and boost heart qi and spleen qi, and harmonize the actions of all medicinals

- **Rhizoma Zingiberis Recens** *(sheng jiang)*:
  - Regulate and harmonize the spleen and stomach in order to supply the source of qi and blood production

- **Fructus Jujubae** *(da zao)*:
  - Boost qi and supplement the blood, fortify the spleen and nourish the heart
Tutorial Activity – Case Study 4.1

Patient 4.1 (Female 23 years) presents to your clinic suffering from Meniere's syndrome (dizziness). Further questioning determines that the patient also has suffering from tiredness, heavy periods, poor sleep and intermittent racing thoughts. Her diet is poor and she has a stressful job.

Clinical Assessments:
Other: Pale; Diagnosed with iron deficiency anaemia by Medical Doctor
Pulse: Weak
Tongue: Pale (slightly red)

Answer to include:
- What is the TCM/CM Aetiology and Pathogenesis of the above condition?
- What is the TCM/CM diagnosis?
- What are the TCM/CM treatment principles required here?
- Which herbal formula and modified additional agents should be used here?
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