

Spirityin

Six Ingredient Pill with Rehmannia

Liu Wei Di Huang Wan / 六味地黄丸

SP-503 | NPN 80016240

Nourishes Liver and Kidney Yin

Clinical Manifestations

- **Kidney and Liver yin deficiencies - Signs & Symptoms:** soreness and weakness of the lower back and knees, seminal emissions, night sweats, delayed closing or unclosed fontanel in infants, dizziness, vertigo, tinnitus, deafness, and blurred vision.
- **Yin-deficient heat - Signs & Symptoms:** steaming bone sensation, heat sensations in the palm and soles, tidal fever, thirst, toothache, a dry mouth and throat.
- **Tongue:** red tongue body with a scanty tongue coating.
- **Pulse:** fine, rapid pulse.

Formula Rationale

Spirityin (Liu Wei Di Huang Wan) consists of three tonic and three sedative herbs. Both sedative and tonifying actions are carried out simultaneously, with more emphasis on the tonifying action though.

Di Huang is the chief herb with its action in tonifying Kidney yin and jing (essence), and replenishes the marrow. Shan Zhu Yu nourishes the Liver and Kidney and condenses jing. Shan Yao tonifies the Spleen and Kidney and consolidates jing. Altogether these three herbs address the deficiencies in the Kidney, Liver, and Spleen.

Ze Xie calms the Kidney, descends the turbidity, and checks the stagnating effect of Di Huang. Mu Dan Pi sedates yin-deficiency fire of the Liver and balances the astringent property of Shan Zhu Yu. Fu Ling tonifies the Spleen to resolve dampness and harmonizes Shao Yao.

Cautions/Warnings

Do not use if you are pregnant or breastfeeding. Consult a health care practitioner if symptoms persist or worsen.

Reference

1. Bensky D, Barolet R. Chinese Herbal Medicine: Formulas & Strategies (1990).
2. Pharmacopoeia of the People's Republic of China. Volume 1 (2005). Chinese Pharmacopoeia Commission. People's Medical Publishing House. China.
3. Chen JK, Chen TT. Chinese Herbal Formulas and Applications: Pharmacological Effects & Clinical Research (2009).

Clinical Applications

(*Note: This formula is ONLY indicated in the following conditions if the patients match Signs & Symptoms, Tongue, and Pulse described in Clinical Manifestations.)

Diabetes mellitus, menopause, coronary heart disease, hypertension, hyperthyroidism, hypothyroidism, thyroid adenoma, bronchial asthma, atrophic gastritis, esophagitis, chronic nephritis, nephritic syndrome, chronic renal failure, periodic paralysis, miscarriage, chronic hepatitis, stroke sequelae, chronic prostatitis, BPH, male or female infertility, impotence, frequent urination, galacturia, side effects of chemotherapy, heel pain, lumbago, retarded growth in children, optic neuritis, and central retinitis.^{1,2,3}

Ingredients (per capsule):

Liu Wei Di Huang Wan Extract 8:1.....	300 mg
(equivalent to 2.4 g of dried crude ingredients)	
Contains:	
Di Huang 8:1 (Rehmannia glutinosa) (root).....	96 mg
Shan Zhu Yu 8:1 (Cornus officinalis) (fruit).....	48 mg
Mu Dan Pi 8:1 (Paeonia suffruticosa) (bark).....	36 mg
Shan Yao 8:1 (Dioscorea opposita) (rhizome).....	48 mg
Fu Ling 8:1 (Poria cocos) (sclerotium).....	36 mg
Ze Xie 8:1 (Alisma orientalis) (rhizome).....	36 mg

Non-medical Ingredients:

Certified organic apple fibre, beetroot fibre, pullulan/hypromellose (capsule)

Suggested Use:

Adults - Take 2 capsules, twice a day, better before meals, or as directed by a health care practitioner.

Dosage Form: 112 Vegetarian Capsules

