

# Spirityang

Eight Ingredient Pill with Rehmannia  
Ba Wei Di Huang Wan / 八味地黄丸

SP-507 | NPN 80041478

## Warm and Tonify Kidney Yang

### Clinical Manifestations

- **Kidney Yang Deficiency - Signs & Symptoms:**  
lower back pain, weak lower extremities, cold sensations in the lower body, pain and cramps in the lower abdomen, impotence, premature ejaculation, dysuria or polyuria with edema sometimes to the point of urinary incontinence, breathing worse lying down and better leaning against something.
- **Tongue:** pale and flabby body with a thin, white tongue coating.
- **Pulse:** deep, fine pulse at the chi (Kidney) position.

### Formula Rationale

Spirityang (*Ba Wei Di Huang Wan*) treats Kidney yang deficiency and/or deficiency of *ming men* (life gate) fire. This formula is essentially a modified formula from the famous *Jin Gui Shen Qi Wan* (Kidney Qi Pill from the Golden Cabinet); in Spirityang (*Ba Wei Di Huang Wan*), *Shu Di Huang* (prepared Rehmannia root) and *Rou Gui* (Cinnamon Bark) are used instead of *Sheng Di Huang* (raw Rehmannia root) and *Gui Zhi* (Cinnamon Twig) to provide more Kidney-yin nourishing and better Kidney-yang tonifying properties.

The chief herb in Spirityang is *Shu Di Huang*, which is included to tonify Kidney yin and jing (essence). Two of the deputy herbs – *Shan Zhu Yu* and *Shan Yao* – are to tonify Kidney & Liver yin and the Kidney & Spleen, respectively.

The other two deputies are *Rou Gui* (Cinnamon bark) and *Fu Zi*. *Rou Gui* benefits the joints, warms & unblocks the channels; *Fu Zi* tonifies source fire to dispel cold and eliminate dampness. *Rou Gui* and *Fu Zi* are only added in small amounts because that is more than adequate to ignite the *ming men* (life gate) fire and raise Kidney yang like a fire starter.

Moreover, in order to prevent the greasy nature of the yin tonic herbs from obstructing the qi flow, *Ze Xie*, *Fu ling*, and *Mu Dan Pi* are the assistant herbs included to balance the formula.

### Cautions/Warnings

Do not use in patients with deficiency-heat rising, with symptoms such as a dry mouth and throat, and a red tongue with a scanty tongue coating; or if pregnant or breastfeeding. Use with caution in patients who have poor appetite, loose stools, and chronic diarrhea caused by Spleen and Stomach deficiencies.

### 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.)

**Endocrine:** diabetes mellitus, hyperaldosteronism, hypothyroidism;

**Reproductive:** benign prostate hyperplasia, male & female infertility, gynecomastia;

**Genitourinary:** nephritis, nephrosclerosis, chronic glomerulonephritis, urolithiasis, renal tuberculosis, proteinuria, anuria, urinary incontinence, nocturia, prostate disorders;

**Cardiovascular:** coronary artery disease, arteriosclerosis, hypertension, hypotension;

**Respiratory:** chronic bronchitis, asthma, pulmonary emphysema.<sup>1,2,3</sup>

#### Ingredients (per capsule):

Ba Wei Di Huang Wan Extract 8:1.....	337.5 mg
(equivalent to 2.7 g of dried crude ingredients)	
Shu Di Huang 8:1 ( <i>Rehmannia glutinosa</i> ) (prepared) (root).....	100 mg
(equivalent to 800 mg of dried herb)	
Shan Zhu Yu 8:1 ( <i>Cornus officinalis</i> ) (fruit).....	50 mg
(equivalent to 400 mg of dried herb)	
Shan Yao 8:1 ( <i>Dioscorea oppositifolia</i> ) (rhizome).....	50 mg
(equivalent to 400 mg of dried herb)	
Fu Ling 8:1 ( <i>Wolfiporia extensa</i> ) (sclerotium).....	37.5 mg
(equivalent to 300 mg of dried herb)	
Mu Dan Pi 8:1 ( <i>Paeonia suffruticosa</i> ) (root bark).....	37.5 mg
(equivalent to 300 mg of dried herb)	
Ze Xie 8:1 ( <i>Alisma plantago-aquatica subsp. orientale</i> ).....	37.5 mg
(rhizome and stolon) (equivalent to 300 mg of dried herb)	
Rou Gui 8:1 ( <i>Cinnamomum aromaticum</i> ) (branch bark).....	12.5 mg
(equivalent to 100 mg of dried herb)	
Fu Zi 8:1 ( <i>Aconitum carmichaelii</i> ) (prepared) (root).....	12.5 mg
(equivalent to 100 mg of dried herb)	

#### Non-medicinal Ingredients:

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

#### Suggested Use:

Adults - Take 2-4 capsules, twice a day, or as directed by a health care practitioner.

**Dosage Form:** 126 Vegetarian Capsules

