**SUPPLEMENT YIN**  
**Bu Yin Tang**

This formula is originally found in Gong Ding-xian’s, *Wan Bing Hui Chun (Restoring Spring to the Tens of Thousands of Diseases)*. Our version is a 12:1 extract. 500mg/capsule. 60 and 180 capsules available.

**RX**
- *Shu Di Huang* (cooked Radix Rehmanniae)
- *Sheng Di Huang* (uncooked Radix Rehmanniae)
- *Fu Ling* (Poria)
- *Dang Gui* (Radix Angelicae Sinensis)
- *Dang Shen* (Radix Codonopsis)
- *Bai Shao* (Radix Alba Paeoniae)
- *Niu Xi* (Radix Achyranthis Bidentatae)
- *Bu Gu Zhi* (Fructus Psoraleae)
- *Du Zhong* (Cortex Eucommiae)
- *Xiao Hui Xiang* (Fructus Foeniculi)
- *Zhi Mu* (Rhizoma Anemarrhenae)
- *Huang Bai* (Cortex Phellodendri)
- *Chen Pi* (Pericarpium Citri Reticulatae)
- *Gan Cao* (Radix Glycyrrhizae)

**CHINESE DIFFERENTIAL DIAGNOSIS**
- *Yao tong* (low back pain), *dao han* (night sweats), *pi juan* (fatigue), *shen re* (hot body), *tou re* (hot head), *yu zheng* (depression)

**PATTERN DISCRIMINATION**
Kidney yin and yang vacuity with vacuity heat, a liver-spleen disharmony with possible blood stasis

**THERAPEUTIC ACTIONS**
Supplement the spleen, liver, and kidneys, enrich yin and invigorate yang, move the qi and quicken the blood, seep dampness and drain fire, nourish the heart and quiet the spirit

**INDICATIONS**
This formula treats spleen qi and dual kidney yin and yang vacuity with vacuity heat complicated by liver depression and even possibly some blood stasis. Therefore, it is a good one for both perimenopausal syndrome and postmenopausal osteoporosis, in which case it can be taken preventively even by relatively asymptomatic women. Perimenopausal syndrome with hot flashes, night sweats, vaginal dryness, possible insomnia. This formula has also been the subject of research in China showing that, if taken long term, it can aid in the prevention of postmenopausal osteoporosis
FORMULATOR’S COMMENTS: None in particular

CONTRAINDICATIONS
Loose stools, diarrhea, or nausea and indigestion due to dampness

THE SIGNS AND SYMPTOMS OF SPLEEN QI VACUITY INCLUDE
- fatigue, especially after eating  
- easy bruising  
- abdominal bloating after eating  
- a tendency to loose stools, but possibly constipation edges  
- a fine pulse which is often soggy or soft in the right bar position

THE SIGNS AND SYMPTOMS OF KIDNEY YIN VACUITY INCLUDE
- night sweats  
- thirst or a dry mouth but no desire to drink  
- scanty tongue fur pulse

THE SIGNS AND SYMPTOMS OF YANG VACUITY INCLUDE
- low back and/or knee pain  
- cold feet  
- nocturia  
- frequent urination

THE SIGNS AND SYMPTOMS OF LIVER DEPRESSION INCLUDE
- premenstrual breast distention and pain  
- lower abdominal cramping  
- premenstrual or menstrual lower abdominal distention

THE SIGNS AND SYMPTOMS OF BLOOD STASIS INCLUDE
- fixed, sharp, and/or severe lower abdominal pain  
- a purplish tongue or static spots or macules on the tongue  
- fixed lumps in the breast that are painful to pressure  
- visible, engorged varicosities, including small hemangiomias, spider nevi, and hemorrhoids  
- worsening of symptoms at night  
- a sooty facial complexion  
- blood clots in the menstruate  
- a possibly choppy and/or deep pulse

FORMULA EXPLANATION

Zhi Mu (Rhizoma Anemarrhenae) nourishes the kidneys and clears vacuity heat, while Huang Bai (Cortex Phellodendri) clears heat and eliminates dampness. By leading yang back down to its lower source, Li Dong-yuan even says these two medicinals in combination supplement the essence, although this effect may only be indirect. Dang Shen (Radix Codonopsis) fortifies the spleen and boosts the qi. Dang Gui (Radix Angelicae Sinensis), Bai Shao (Radix Alba Paeoniae), and Shu Di (cooked Radix Rehmanniae) nourish the blood and enrich yin. Niu Xi (Radix Achyranthis Bidentatae) downbears the blood and also quickens the blood. Sheng Di (uncooked Radix Rehmanniae) clears heat from the blood, also quickens the blood, and has some ability to enrich yin as well. Bu Gu Zhi (Fructus Psoraleae) fortifies the spleen and supplements the...
kidneys. This means it supplements the spleen qi and kidney yang. It is assisted in supplementing
kidney yang by Du Zhong (Cortex Eucommiae) which nourishes the liver and invigorates the
kidneys. When Niu Xi, Bu Gu Zhi, and Du Zhong are used together, they strengthen the low and
knees. Fu Ling (Poria) assists Dang Shen in fortifying the spleen.

However, it also seeps dampness and leads fire to move downward. In addition, it quiets the spirit. 
Chen Pi (Pericarpium Citri Reticulatae) rectifies the qi, harmonizes the stomach, eliminates damp-
ness, and transform phlegm. Xiao Hui Xiang (Fructus Foeniculi) moves the qi, specifically in the
liver channel. It stops pain and also relieves abdominal distention (and flatulence). Gan Cao
(Radix Glycyrrhizae) harmonizes all the other medicinals in the formula, while nourishing the
heart and quieting the spirit.

**DOSAGE**
Three capsules two times per day equal not less than 36 grams of bulk medicinals. However,
because our extraction process is so much more efficient than stovetop decoction, we believe that
this amount of our extract is actually more like the equivalent of 48-72 grams of bulk-dispensed
herbs.

**COMBINATIONS**
For visceral agitation, heart palpitations, vexation and agitation, and insomnia, this formula can be
combined with Gan Mai Da Zao Wan (Licorice, Wheat & Red Dates Pills). For greater
supplementation of the qi in order to treat more pronounced fatigue, one can combine this formula
with Shen Qi Da Bu Wan (Ginseng & Astragalus Greatly Supplementing Pills). For greater
supplementation of yin, it may be combined with Da Bu Yin Wan (Greatly Supplementing Yin
Pills) or Zuo Gui Wan (Return the Left [Kidney] Pills). For greater supplementation of spleen qi
and kidney yang, it may be combined with You Gui Wan (Return the Right [Kidney] Pills). For
more marked qi stagnation and blood stasis with possible chest pain, one can combine this formula
with Dan Shen Yin Wan (Salvia Drink Pills). For more marked qi and yin vacuity, it can be
combined with Gu Ben Wan (Secure the Root Pills). If there is yang vacuity and fluid dryness
constipation, this formula may be combined with Cong Rong Bu Shen Wan (Cistanches
Supplement the Kidneys Pills). If constipation is primarily due to intestinal dryness, it can be
combined with Tao Ren Wan (Persica Seed Pills). If there are generalized symptoms of fluid
dryness, one can combine this formula with Sheng Mai San (Engender the Vessels [or Pulse]
Powder, i.e., Pills). If there is concomitant headaches and/or dizziness due to yin vacuity and
ascendant yang hyperactivity or stirring of internal wind, it may be combined with Tian Ma Gou
Teng Wan (Gastrodia & Uncaria Pills), etc.

**MY PATIENT DOES HAVE SIGNS AND SYMPTOMS OF**

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<thead>
<tr>
<th>Spleen qi vacuity</th>
<th>□ D Yes □ No</th>
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<tbody>
<tr>
<td>Kidney yin vacuity/vacuity heat</td>
<td>□ Yes □ No</td>
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<tr>
<td>Kidney yang vacuity</td>
<td>□ Yes □ No</td>
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<tr>
<td>Liver depression</td>
<td>□ Yes □ No</td>
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<tr>
<td>Blood stasis</td>
<td>□ Yes □ No (Blood stasis not absolutely)</td>
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