Restorative Formula (Yang Xue Zhuang Jin Jian Bu Wan) is based on a prepared medicine popular in Taiwan called Jian Bu Wan ("Vigorous Walking Pill" or "Healthy Stride Pill"). Numerous modifications have been made to the present formulation in order to avoid the use of animal products and to broaden its application.

**GENERAL SIGNS/SYMPOMS**
This formula is a versatile anti-aging tonic that nourishes qi, blood, yin, and fluids while invigorating the flow of qi and blood to address mild to moderate chronic pain, especially in the knees and lumbar.

**CLASSICAL ACTIONS**
1. Nourishes qi, blood and yin; generates fluids
2. Frees the collaterals and dispels wind-dampness
3. Softens and strengthens sinews
4. Secures essence
5. Regulates raising and descending of yin and yang

**INGREDIENTS**

<table>
<thead>
<tr>
<th>PINYIN</th>
<th>LATIN</th>
<th>ENGLISH</th>
<th>PERCENT OF FORMULA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shu Di Huang</td>
<td>Rehmanniae Preparata (radix)</td>
<td>Cured Rehmannia root</td>
<td>9.4%</td>
</tr>
<tr>
<td>Huai Niu Xi</td>
<td>Achyranthis Bidentatae (radix)</td>
<td>Achyranthes</td>
<td>6%</td>
</tr>
<tr>
<td>Du Zhong</td>
<td>Eucommiae (cortex)</td>
<td>Eucommia bark</td>
<td>6%</td>
</tr>
<tr>
<td>Dang Gui</td>
<td>Angelicae Sinensis (radix)</td>
<td>Dong Quai, Tang Kuei root</td>
<td>6%</td>
</tr>
<tr>
<td>Huang Bai</td>
<td>Phellodendri (cortex)</td>
<td>Phellodendron bark</td>
<td>6%</td>
</tr>
<tr>
<td>Cang Zhu</td>
<td>Atractylodis (rhizoma)</td>
<td>Cang-Zhu Atractylodes rhizome</td>
<td>6%</td>
</tr>
<tr>
<td>Dang Shen</td>
<td>Codonopsis Pilosae (radix)</td>
<td>Codonopsis root</td>
<td>6%</td>
</tr>
<tr>
<td>Bu Gu Zhi</td>
<td>Psoraleae (fructus)</td>
<td>Psoralea fruit</td>
<td>5.2%</td>
</tr>
<tr>
<td>Shan Yao</td>
<td>Dioscoreae (rhizoma)</td>
<td>Chinese Yam, Dioscorea</td>
<td>5.2%</td>
</tr>
<tr>
<td>Wu Wei Zi</td>
<td>Schisandrae (fructus)</td>
<td>Schisandra fruit</td>
<td>5.2%</td>
</tr>
<tr>
<td>Gou Qi Zi</td>
<td>Lycii (fructus)</td>
<td>Lycium fruit, Chinese Wolfberry</td>
<td>5.2%</td>
</tr>
<tr>
<td>Tu Si Zi</td>
<td>Cuscutae (semen)</td>
<td>Chinese Dodder Seed, Chinese Cuscuta</td>
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<tr>
<td>Bai Zhu</td>
<td>Atractylodis Macrocephalae (rhizoma)</td>
<td>White Atractylodes rhizome</td>
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</tr>
<tr>
<td>Bai Shao</td>
<td>Paeoniae (radix), alba</td>
<td>Chinese White Peony root</td>
<td>5.2%</td>
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<tr>
<td>Huang Qi</td>
<td>Astragali (radix)</td>
<td>Astragalus root</td>
<td>5.2%</td>
</tr>
<tr>
<td>Fang Feng</td>
<td>Saposhnikoviae (radix)</td>
<td>Siler root</td>
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<tr>
<td>Qiang Huo</td>
<td>Notopterygii (rhizoma seu radix)</td>
<td>Notopterygium root and rhizome</td>
<td>2.6%</td>
</tr>
<tr>
<td>Ji Xue Teng</td>
<td>Spatholobi (caulis)</td>
<td>Spatholobus</td>
<td>2.6%</td>
</tr>
<tr>
<td>Che Qian Zi</td>
<td>Plantaginis (semen)</td>
<td>Asian Plantain seed, Plantago seed</td>
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</tr>
<tr>
<td>Luo Shi Teng</td>
<td>Trachelosperm (caulis)</td>
<td>Star Jasmine Stem</td>
<td>2.6%</td>
</tr>
</tbody>
</table>

**GENERAL INDICATIONS / MODERN APPLICATIONS**
- Arthritis
- Focus, poor
- Nocturnal emissions
- Back, weak and sore
- Knees, weak or aching
- Pain in the muscles, tendons, or joints
- Chronic pain in the elderly or in patients weakened by illness
- Limbs, tired or aching
- Seminal leakage
- Constipation
- Lumbar, weak and sore
- Stoool, dry
- Edema, mild
- Memory, poor
- Stool, loose
- Fatigue
- Nerve pain
- Tinnitus
- Fibromyalgia
- Night sweats
- Vision, declining

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**Formula Actions**
- Nourishes qi, blood and yin; generates fluids
- Frees the collaterals and dispels wind-dampness to relieve pain
- Softens and strengthens sinews
- Secures essence
- Regulates raising and descending of yin and yang

**Tongue**
1) Pale, with a thin, white coating if qi or blood deficiency predominates.
2) Small and dark red with little or no coat if yin deficiency predominates.
3) May be uniformly purple if blood stasis predominates.

**Pulse**
Usually thin, often weak; may be deep, thin and tight due to pain.

**Contraindications / Cautions**
Do not use during periods of acute infection or febrile disease.

**Dosage**
Standard dosage is 2 tablets, 3 times daily.

**Formula Discussion**
This compound of 20 ingredients is a versatile, anti-aging formula. It differs from many other anti-aging formulas in that it not only supplements what is deficient and invigorates blood—both essential strategies in anti-aging formulas—but also transforms dampness and dispels wind-damp. It not only nourishes the liver, kidneys, qi, and blood, but it softens sinews, nourishes the eyes, regulates the bowels, and restores the right relationship between yin and yang with its ascending and descending actions. About 70% of the formula is primarily supplementing, while the remainder clears, dispels, and invigorates. Though containing many cooling herbs and warming herbs, the overall temperature of the formula is slightly warm.

The complex synergy of Restorative Formula (Yang Xue Zhuang Jin Jian Bu Wan) is achieved by virtue of many of the ingredients sharing one or more actions. Actions of individual substances are listed and discussed in the next section (Synergy of Ingredients). Here, we will simply demonstrate the complexity of the overlapping functions in shorthand by listing only those actions that are shared by at least 3-5 substances in the formula: At least 3-5 separate substances in this formula nourish yin, supplement qi, benefit essence, dispel wind-dampness, invigorate or open the collaterals to stop pain, relax and/or strengthen sinews, reduce edema, calm spirit, benefit the eyes, regulate sweat, relieve tinnitus, benefit digestion, benefit urination, benefit memory and concentration, consolidate essence, supplement blood, invigorate blood, benefit yang, nourish yin, transform dampness, promote the healing of sores, rectify sexual dysfunction, and more. In fact, there are more shared actions among relatively large proportions of these herbs than there are individual ingredients. Sometimes, more ingredients can weaken the formula by diluting the actions of individual herbs; but when they are selected as they are in Restorative Formula (Yang Xue Zhuang Jin Jian Bu Wan), with each substance combining with 2-5 other substances to reinforce a particular action, the opposite occurs, and the synergy potentiates the entire formula.

**Synergy of Ingredients**
There are multiple nuclear groupings of substances in Restorative Formula (Yang Xue Zhuang Jin Jian Bu Wan), each with its own emphasis. For example, three of the four ingredients of Four Substance Decoction (Si Wu Tang): tang kuei (dang gui), prepared rehmannia (shu di huang), and white peony (bai shao), are in this formula to help supplement and regulate blood. They are augmented by spatholobus (ji xue teng) which, like dang gui, not only supplements but invigorates blood. A second obvious nuclear grouping is the presence of all three ingredients of Three Marvels Formula (San Miao San). These are achyranthes (huai niu xi), atractylodes (cang zhu), and phellodendron (huang bai). Combined, these “three marvels” leach out dampness from the joints and flesh in the lower body, effectively treating gout-like pain and atrophy in the lower body that is the result of dampness impeding qi transformation. The dosage of each of these herbs in the formula is big enough to be effective, but small enough to work harmoniously with yin-supplementing herbs and substances that promote the generation of body fluids so as to not over-dry. The two opposing, but
harmonious actions here are exemplary of a strategy employed by this formula. (More on that below.)

A second nuclear grouping, the famous yin tonic formula, Rehmannia Six Formula (Liu Wei Di Huang Wan) is well-represented here. Although only two ingredients of the original six are included: prepared rehmannia (shu di huang) and dioscorea (shan yao), the strategy of the selection is quite similar, with changes made to adapt the formula for its present applications. Instead of cornus (shan zhu yu), Restorative Formula (Yang Xue Zhuang Jin Jian Bu Wan) utilizes the combination of lycium fruit (gou qi zi) and schisandra fruit (wu wei zi), which are sometimes used together as a substitute for cornus. The reason for the substitution is that these two herbs have a broader application than cornus alone. Plantago seed (che qian zi) is in for alisma (ze xie), for reason discussed below. The actions of poria (fu ling) in Liu Wei Di Huang Wan are covered by the two species of atractylodes (cang zhu and bai zhu), while the heat-clearing and blood cooling actions of moutan (mu dan pi) are addressed primarily by the phellodendron (huang bai) and several substances that enter the blood level.

Hence, although only 2/6 of Rehmannia Six Formula are actually present in the formula, the blueprint of the famous yin tonic is strong.

Other opposing, but harmonious, actions in Restorative Formula (Yang Xue Zhuang Jin Jian Bu Wan) are:

Loose and Dry Stool: Prepared rehmannia (shu di huang), tang kuei (dang gui), and achyranthes (huai niu xi) all treat dry stool by supplementing blood and generating fluids. They are balanced with and harmonized by the inclusion of atractylodes (cang zhu), white atractylodes (bai zhu), phellodendron (huang bai), and plantago seed (che qian zi), which all treat chronic loose stool. In a broader category, besides their effects on bowel movements, these same two sets of herbs can be viewed as a harmony of drying substances and moistening substances.

Raising and Descending: Among the herbs that raise qi and reinforce the proper movement of yang in this formula are eucommia bark (du zhong), notopterygium (qiang huo), astragalus (huang qi), cuscuta (tu si zi), atractylodes (cang zhu), and siler (fang feng). Herbs that descend include achyranthes (huai niu xi), phellodendron (huang bai), and star jasmine stem (luo shi teng). Plantago seed (che qian zi) actually raises yang upward, while draining dampness downward.

Securing Interior and Releasing Exterior: Though some substances, like phellodendron (huang bai) and both of the atractylodes (cang zhu and bai zhu) indirectly secure the interior by disinhibiting the self-regulation of an organ, there are several others that directly consolidate or astringe in order to secure the interior. These include: prepared rehmannia (shu di huang), white peony (bai shao), lycium fruit (gou qi zi), dioscorea (shan yao), psoralea fruit (bu gu zhi), and schisandra fruit (wu wei zi). Those ingredients that release and dispel include notopterygium (qiang huo), siler (fang feng), and star jasmine stem (luo shi teng).

One of the more subtle dynamics of Restorative Formula (Yang Xue Zhuang Jin Jian Bu Wan) is the exploitation of certain, rarely-emphasized properties of some of the ingredients. A good example is plantago seed (che qian zi). It could be looked at as a replacement for the role played by alisma (ze xie) in Rehmannia Six Formula (Liu Wei Di Huang Wan) because it enters the bladder and kidney and promotes urination, but plantago seed (che qian zi) also combines with the liver supplementing herbs to benefit the eyes. Like plantago seed (che qian zi), atractylodes (cang zhu) also possesses the ability to benefit the eyes, though it is rarely thought of for this action. Plantago seed (che qian zi) combines with sinew-benefiting herbs to mobilize nourishment to the sinews of the lower body. Siler (fang feng), besides its well-known ability to dispel wind-dampness, also contributes to the regulation of yin and yang in the body by its action of lifting yang qi. It is by virtue of its ability to lift yang qi that it can treat both intestinal bleeding and headaches. In Restorative Formula (Yang Xue Zhuang Jin Jian Bu Wan), the siler (fang feng) contributes to the regulation of yin and yang, as well as relieving pain by dispelling wind-damp. Phellodendron (huang bai) is well-known for its ability to drain dampness and clear both excess and deficiency heat, especially from the lower warmer. It has an indirect action to consolidate kidney yin by relieving the kidney of the dampness and heat that can inhibit its function, but phellodendron (huang bai) also has the ability—as do most of the ingredients in this formula—to strengthen the low back and knees, to relieve pain from bi syndrome, and to help restore the proper relationship of yin and yang. For this last action, note its inclusion in Two Immortals Formula (Er Xian Tang).

Most of the ingredients in Restorative Formula (Yang Xue Zhuang Jin Jian Bu Wan) have one or two main actions, as we have seen, but an unusual number of them share the ability to either enter the blood or collaterals to stop pain, or to dispel wind-damp to stop pain. In fact, of the 20 ingredients that make up Restorative
Restorative Formula (Yang Xue Zhuang Jin Jian Bu Wan) only six do not have one of these two actions listed among their attributes: codonopsis (dang shen), astragalus (huang qi), prepared rehmannia (shu di huang), psoralea fruit (bu gu zhi), schisandra fruit (wu wei zi), and dioscorea (shan yao). Yet, all of these six possess the action of strengthening the low back and knees to relieve pain, therefore effectively making every ingredient of this large formula in some proportion about reducing pain.

Modern Applications
Since this is a modern formula, all of the applications are, in a sense, modern. The most common applications in clinic are as a general anti-aging formula or as a treatment for mild to moderate chronic pain—especially in the lumbar, hips, and knees—in the weak and elderly. This pain can be neurological, arthritic, due to weakness, or other etiologies. Another common usage is for the treatment of mild constipation or loose stool due to insufficient qi, blood, or body fluids. Restorative Formula (Yang Xue Zhuang Jin Jian Bu Wan) combines well as a base formula with most any formula that might target one or more common affliction of the elderly or weak.

Formula Comparisons
Restorative Formula & Du Huo and Loranthus Formula
Restorative Formula (Yang Xue Zhuang Jin Jian Bu Wan) shares many of the actions of Du Huo and Loranthus Formula (Du Huo Ji Sheng Tang). Both formulas disperse wind-damp invasion, leading to painful obstruction in order to relieve pain. Also, both formulas support underlying root deficiencies that develop into painful obstruction (bi syndrome). Restorative Formula (Yang Xue Zhuang Jin Jian Bu Wan) nourishes qi and blood, yin and yang, and transforms dampness. Du Huo and Loranthus Formula (Du Huo Ji Sheng Tang) boosts kidney yang qi and liver blood to relieve painful obstruction due to those deficiencies. Use Restorative Formula (Yang Xue Zhuang Jin Jian Bu Wan) when deficiencies are more pronounced and generalized.

Restorative Formula & Chase Wind, Penetrate Bone Formula
Both of these formulas act to nourish qi and blood, yin and yang. They both also dispel wind and dampness to relieve bi syndrome pain. The primary difference between them is that Chase Wind, Penetrate Bone Formula (Zhui Feng Tou Gu Wan) is stronger to dispel wind-dampness in order to relieve pain and secondarily nourishes qi, blood, and yang. Restorative Formula (Yang Xue Zhuang Jin Jian Bu Wan) focuses more on nourishing and is more appropriate for patients who are more deficient. They combine well to treat weak patients who suffer from generalized or wandering pain.

Restorative Formula & Astragalus and Ligustrum Formula
These two formulas have the action of supplementing qi, blood and yin in common. Restorative Formula (Yang Xue Zhuang Jin Jian Bu Wan) has the additional benefit of dispelling wind and dampness and opening the channels and collaterals to relieve pain. The emphasis of Astragalus and Ligustrum Formula (Huang Qi Dong Qing Pian) is on supplementing qi and blood and kidneys of a depleted patient who may also have immune deficiency.

Useful Combinations

| To supplement qi, blood, yin, and yang, with a slight emphasis on the yang—targeting the low back, hips and knees | Use with Du Huo and Loranthus Formula. |
| For treating a weak patient with moderate generalized pain due to both weakness and stasis | Use with Course and Quicken Formula. |
| For pain due to muscle spasms, when the spasm are caused by or complicated by deficiency | Use with Corydalis Formula. |
| For arthritic pain in the upper body of an elderly patient | Use with Juan Bi Formula. |