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Infertility TCM Perspective and Treatment

In this modern age, people are facing increasing pressure from work and hectic life style, causing body functions to deteriorate. As a result, the infertility rate is accelerating every year at dramatic speed. According to WHO survey, approximately fifty to eighty million people have infertility problem, which is about 10-15% of the population.

Infertility is when male and female of child bearing age with a normal sexual life without using any contraception for one to two years without a pregnancy is called *infertility*. It affects about 10-15% of the population and the ratio of male and female infertility is about 4:6. Generally speaking, the possibilities of infertility can increase with age. The cause or causes of infertility can involve one or both partners. Common male infertility factors are the abnormal sperm production or function, the blockage of ejaculatory ducts, varicocele, endocrine imbalance, sexual dysfunction, for example, impotence, premature ejaculation, poor semen quality, anti-sperm antibodies, etc. The most common female infertility causes include ovulation disorder, blocked fallopian tubes, pelvic inflammatory, endometriosis, hormone imbalance, hyperthyroidism, obesity, congenital anomalies of the uterus, no menstrual period, etc. A number of other causes, such as, emotional stress, environment, malnutrition, or medical conditions can also lead to infertility. Common treatments for conventional Western medicine are medical therapy, reproductive surgery, intra-uterine insemination, and assisted reproductive technologies.

TCM PERSPECTIVES

1. *Eliminating the negative environment to increase the possibility of pregnancy*

"*Effective Prescriptions for Female*" says that "when planning for a baby, it is important to get proper treatments for chronic illness or internal lesion caused by overexertion first". By doing

that, the body will be harmonized and the pregnancy can be expected. For male, the fundamental method is strengthening the vigour. Calm the spirit and supplement with nutrition is absolutely necessary. Apart from that, improving the quality of the sperm by reducing the sexual intercourse, avoiding direct contact with pesticide, sulfur dioxide, or other harmful metals, such as cadmium, arsenic, mercury and lead, as well as radioactive environment that may extend the possibility of miscarriage. Meanwhile, smoking and drinking alcohol can also reduce the sperm concentration and motility; therefore, giving up those harmful habits is important to increase the possibility of pregnancy.

2. *Premier preparations before pregnancy*

For females, preparations before pregnancy is essential. Regular check up should be conducted before pregnancy and proper treatments need to be done if abnormal blood cells count, blood pressure, blood sugar or cholesterol is identified. Symptoms like cold and numbness in the limbs in winter, irritability, dry mouth and thirsty, or constipation all illustrate the deficiency or excess of the body. Other severe ailments, such as, arrhythmia, viral hepatitis, tuberculosis, diabetes, chronic nephritis, pelvic inflammation, and syphilis should be thoroughly treated first. Pregnancy should be planned after the body is fully recovered.

3. *Joint efforts from the couple*

Treatment on infertility needs the efforts and cooperation of both male and female, and both should be treated simultaneously. Infertility affects both male and female and the causes can relate to both rather than one, therefore, the writer suggests the simultaneous treatment for both partners. Traditional Chinese Medicine emphasize different treatments in terms of male and female. "*The Summary of Guang Ci*" suggested that "nourishing the kidney whilst purifying the heart and diminishing the passion are crucial in nourishing the male essence; female's blood is invigorated by replenishing



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the spleen whilst calming the heart and relaxing the mind are vital to nourish the blood.” In clinical practice, it is found that the successful rates were increased when the couple are undertaking the treatments simultaneously. Regardless the cause of infertility is due to one or both, it seemed the support from each other is an important factor too.

4. Regulating the constitution by taking the proper herbs

There are lots of ways to nourishing the constitution, for example, diet, exercise, or adjusting life styles. Apart from that, taking proper herbs is also an effective way. According to “*Yi Zong Jin Jian*”, pregnancy can be achieved by careful diagnose and treatment in accordance with syndrome differentiation. The important characteristic of TCM is that diagnose and treatment are conducted in terms of the individual constitution and the variation of the illness. In other words, different people should be treated differently. It is recorded in “*Yue Jing Pandect*” that there is no such thing called fixed medicine. Medicine should be prescribed and modified in accordance with individual condition, i.e. heat needs to be cooled, cold should be warmed, and slippery needs to be astringed and deficiency should be nourished. By doing this, imbalances will be eliminated and harmony is achieved.

TCM TREATMENTS

Female Infertility:

According to TCM theory, pregnancy can be achieved when kidney *Qi* is superabundant, essence and blood are sufficient, meridians are clear, menstruation is regular. When treating female infertility, many factors need to be considered, for example, deficiency and excess of the body, the moods, the stomach function, and emotional issues. We have summarized into the following eight major factors:

1. Yin Deficiency of Liver and Kidney Factor:

Since the liver and the kidney have common source of vital essence, deficiency in one usually leads to deficiency in the other. Excess loss of blood, improper life style, long-term illness, and excessive sexual intercourse are the main reasons for *Yin* deficiency of *Liver and Kidney*.

Symptoms: abnormal menstruation, scanty menses with dark red colour, or amenorrhea with sallow complexion, dizziness, palpitation, excessive dream, soreness in lower back and weak limbs, dry and sore throat, bitter taste in the mouth, feverish sensation of the palms, soles and chest, red tongue with scanty fur, deep and thin pulse.



Prescriptions used to nourishing *Kidney & Liver*.

- Zhi Bai Di Huang Wan: nourishing *kidney* and clearing heat due to *yin* deficiency. Clinical applications include night sweating, irritability, hot flushes, and abnormal haematopoiesis.
- Zuo Gui Wan: supplementing *kidney yin*, balancing nutrition. Clinical applications include infertility, aplastic anaemia, neurasthenia, and chronic lumbar muscle strain.
- Liu Wei Di Huang Wan: nourishing *kidney yin*. Clinical applications include lower back weakness and soreness, blood in stool, and sexual dysfunctions.
- Yi Guan Jian: nourishing *Yin* and smoothing *liver Qi*. Clinical applications include excessive heat in body, night sweating and irritability.

2. Blood Deficiency Factor:

Blood is essential to women. Blood deficiency is caused by either excessive loss of blood or insufficient reproduction of the blood, digestive system disorders, abnormal haematopoiesis, chronic diseases, or parasite are the main factors.

Symptoms: scanty menorrhea in late stage with light colour, sallow complexion, physical weakness, poor skin, dizziness, palpitation, insomnia. Light-coloured tongue with thin and whitish fur, as well as weak and thin pulse.

Prescriptions used to replenish the blood and nourish *liver* and *kidney*.

- Ba Zhen Tang: tonifying *Qi* and supplementing blood. Clinical applications include spleen weakness, marasmus.
- Ren Shen Yang Rong Tang: to treat anaemia, lower abdominal pain; lower back pain, and menstrual irregularity. Also as the replenishing supplement before and after childbirth.
- Gui Pi Tang: can be used to treat irregular menstruation, anaemia, urine bleeding and poor appetite.
- Dang Gui Shao Yao San: popular formulae for infertility. Clinical applications include menstrual irregularity, anaemia, uterus bleeding, uterus extroversion and lower back pain.
- Si Wu Tang: nourishing blood and regulating menstruation. It is the basic formulae for gynaecological disorders.
- Ren Shen Dang Shao San: treat anaemia, lower abdominal pain, lower back pain, menstrual irregularity, leucorrhoea, headache and dizziness.

3. Liver Qi Stagnation Factor:

Liver Qi stagnancy is often caused by emotional factors, symptoms like fullness feeling in the chest and costal regions, choking sensation, dizziness, bitter taste in the mouth, loss of appetites, nausea and menstruation problems. Irritability depression or anger can cause damage to the liver function and causing the stagnation of *liver Qi*. Stubborn people tend to have *liver Qi* stagnation.

Symptoms: Infertility for years, delayed menstruation, scanty or profuse menorrhea, distending pain in breast, depression, chest oppression, lower abdominal distending pain, low libido. Red tongue with white fur, thin and taut pulse.

Prescriptions used for soothing the liver Qi, relieve depression, nourishing blood and regulating menstruation.

- Xiao Yao San: to treat menstrual irregularity, leucorrhoea, and emotional disorders.
- Jia Wei Xiao Yao San: to treat distending pain in breast, abdominal pain and distension, incomplete urination, moods swing, and menstrual irregularity.

4. Yang Deficiency of Spleen and Kidney Factor:

Kidney and spleen are the source of energy of the body. Yang deficiency of the kidney and spleen is often from insufficient nutrients intake caused by chronic diarrhoea, gastritis, gastrointestinal disorder, and depression, etc.

Symptoms: irregular periods, scanty menorrhoea, light colour menstruation, amenorrhoea, fatigue, poor appetite, and cold limbs, aching and weak back and knees, low libido, and cold sensation in abdomen.

Prescriptions used to nourish Yang of spleen and kidney.

- Shi Quan Da Bu Tang: for fatigue, general weakness, anaemia, excessive bleeding, post-surgery and postpartum care, and menorrhagia.
- Bu Zhong Yi Qi Tang: for treating general weakness or chronic illness, paresthesia, poor gastrointestinal function, and uterus retroversion.
- Gui Pi Tang: for neurasthenia, poor memory, insomnia, decreased appetite, gastrointestinal weakness, anemia, and irregular menstruation.
- Ren Shen Yang Rong Tang: for treat anaemia, lower abdominal pain, lower back pain, menstrual irregularity as well as the nourishment before and after labour.

5. Downward Drive of Dampness and Heat into the Lower Body Factor:

Dampness and heat, two pathogenic factors in combination is related to weather and environment. Very often it happens in summer and autumn when dampness pathogenic factor is difficult to eliminate, mostly caused by improper diet, i.e. excessive intake of raw and cold food, or sweet and greasy food, may lead to vulva pruritus, leucorrhoea with yellow colour and odour, and eczema in scrotum.

Symptoms: infertility for years, obesity with phlegm, irregular menstruation or amenorrhoea, distending pain in the breasts before menstruation, low libido, hairiness in the body, puffy face, swollen limbs, chest oppression, low appetite, fatigue, diarrhoea, profuse leucorrhoea with yellow or whitish colour; the texture of leucorrhoea appears thin like mucus, or sticky and thick like pus with foul odour. Red tongue with

white and greasy fur, soft and slippery pulse.

Prescriptions used to clear heat and draining dampness, regulate Qi and menstruation, soothing the liver Qi and meridians.

- Da Huang Mu Dan Pi Tang: for endometritis, gonorrhea, and peritonitis.
- Yin Chen Hao Tang: for scanty urination, upper abdominal distention, thirst, and skin problems, fidget and thirsty with fever.

6. Blood Stagnation Factor:

Blood stagnation is usually caused by injury or Qi stagnation. Qi, the vital energy, and blood is one whole system. External injuries, Qi stagnation can cause circulation problem and lead to blood stagnation. Blood stagnation is often accompanied with Qi stagnation too.

Symptoms: scanty menorrhoea in late stage with dark colour and blood clots, abdominal pain during menstruation, prolapse sensation in the abdomen, distending pain in the breasts, low libido, painful intercourse, sallow complexion, physical weakness, fatigue, dizziness. Dark tongue with purple spots and thin white coat, deep and hesitant pulse.

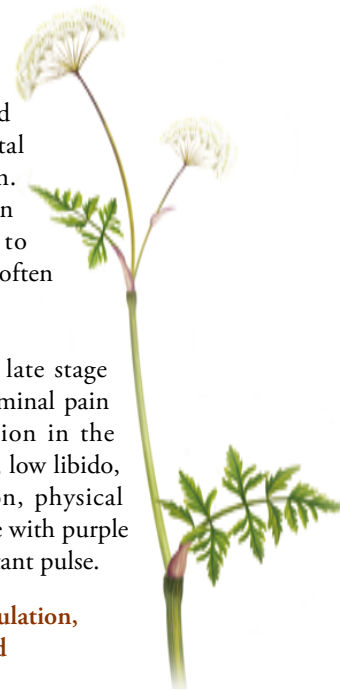
Prescriptions used to activate blood circulation, eliminate blood stasis, regulating Qi and menstruation.

- Guo Qi Yin: for treating lower abdominal pain, delayed menstruation, dysmenorrhoea, amenorrhoea, scanty menses with blood clots.
- Shao Fu Zhu Yu Tang: activating blood, dispelling stasis, warming the meridians and alleviating pain. It can be used to treat dysmenorrhoea, amenorrhoea, infertility, and uterine fibroid and ovarian cyst.
- Zhe Chong Yin: for irregular menstruation, uterine bleeding, endometritis, post miscarriage care and dysmenorrhoea.
- Gui Zhi Fu Ling Wan: for irregular menstruation, uterine bleeding, endometritis, and gynaecological disorders.
- Tao Hong Si Wu Tang: for endometriosis.

7. Cold in Uterus Factor:

Cold in uterus is usually caused by intake of ice-cold drink/food, or external cold damaging the Yang Qi of internal organs. Insufficient intake of calories can result in the impairment of organ functions that is "cold" pathogenic factor.

Symptoms: cold sensation in lower abdomen, delayed menstruation with dark-purple colour and blood clots, abdominal pain during menstruation but relieved with heat, sore back and weak knee, aversion to cold and cold limbs, watery leucorrhoea, diarrhoea. Light-coloured tongue with thin and white fur, deep and slow pulse.



Prescriptions used to warm up uterus.

- Wen Jing Tang: for treating irregular menstruation, uterine bleeding, and infertility due to deficiency of vital energy with cold symptoms.
- Dang Gui Si Ni San: for cold uterus, and infertility due to cold uterus.

8. Phlegm-dampness Obstruction Factor:

Phlegm-dampness is produced by long standing retention of dampness due to deficiency of vital energy. Improper diet and emotional instability can affect the normal metabolism of the body fluid, and causing various troubles in the body functions, and lead to infertility.

Symptoms: nausea, dizziness, vomit, irritability, abdominal bloating, heat cause stagnate of phlegm and qi.

Prescriptions used to expel the phlegm.

- Ban Xia Bai Zhu Tian Ma Tang: for nausea, dizziness, vomit, irritability, and chronic fatigue syndromes.
- Er Chan Tang: for abdominal bloating, vomit, and nausea, all the retention of phlegm and fluid syndromes.
- Wen Dan Tang: for problems caused by heat which transformed by the stagnated phlegm and *Qi*, e.g. dizziness, vomit.

Male Infertility

Most cases of male infertility are due to sperm abnormalities, for example, low sperm concentration, i.e. 20 million or fewer sperm per millilitre of semen, and impaired motility (less than 50% are motile) which affect the ability to fertilize the ovum. Male infertility is mainly caused by:

- a. Born with weak body, abnormal testicles.
- b. Excessive intercourse or masturbation.
- c. *Yang* deficiency of the spleen and kidney. The fire of Vital Gate (*Yang* of the Kidney) invigorates the vital function of spleen. *Yang* deficiency can effect male sperm.

In TCM, treating male infertility is based upon the theory of *Yin*, i.e. semen, and *Yang*, i.e. sperm vital essence. The sperm vitality is *Yang*, and the sperm quality and quantity is *Yin*. In terms of TCM, kidney is the renal ORB, which installs vital essence and takes charge of growth, development, reproductions, and urinary functions. The vital essence and energy stored in the kidney are closely related to sexual activity and reproduction.

Herbs that can nourish the *kidney Yin* are commonly used to treat problem of low sperm count. These herbs are: Gou Qi Zi, Tu Si Zi, Nu Zhen Zi, Huang Jing, He

Shou Wu, etc.. Herbs that can reinforce kidney *Yang*, such as Ginseng, Huang Qi, Ba Ji Tian, Xian Ling Pi, Yu Jin, etc. are used to treat low vitality of the sperm.

However, every body functions are different due to different environment and life styles, therefore, each person should be treated in accordance to their symptoms. We have summarized the following seven major symptoms with recommended formulas:

(1) Liver Qi Stagnation:

Xiao Yao San, Shu Gan Wan, Chai Hu Shu Gan Tang, and Yue Ju San can be used to relieve stagnancy of vital energy of liver.

(2) Kidney Essence Deficiency:

Liu Wei Di Huang Wan, Ba Wei Di Huang Wan, and Bu Zhong Yi Qi Tang can be used to nourishing the kidney and replenishing essence.

(3) Kidney Yin Deficiency:

Zi Bai Di Huang Wan and Jin Suo Gu Jing Wan can be used to nourishing *Yin* and replenishing kidney essence.

(4) Kidney Yang Deficiency:

You Gui Wan, Huan Shao Dan and Qi Bao Mei Ran Dan can be used to warm the kidney *Yang* and reinforcing the essence.

(5) Phlegm-Dampness Retention:

Xiang Sha Liu Jun Zi Tang, Er Chan Tang can be used to dry dampness, eliminate phlegm and strengthening the spleen and stomach.


(6) Qi Stagnation and Blood Stasis:

Shao Fu Zhu Yu Tang and Gui Zhi Fu Ling Wan can be used to activate blood stasis.

(7) Qi and Blood Deficiency:

Shi Quan Da Bu Tang can be used to replenish vital energy, nourish the *Qi* and blood, promoting essence.

In TCM, *Yin* and *Yang* are interdependent, impairment of *Yin* would impede the generation of *Yang*, impairment of *Yang* would impede the generation of *Yin*. *Yin* & *Yang* deficiencies causing low sperm and sperm vitality. Therefore, it is essential to nourishing and harmonizing both *Yin* and *Yang* in order to treat male infertility.

Causes of infertility are quite complex; therefore, the diagnosis should be conducted along with consideration of all other factors, such as, the patient's constitution, climate, environment, etc. However, successful treatments also rely on the continuing efforts of the couple. Positive attitude and mutual understandings are always the best way to treat infertility. 



■ Brion Research Institute

Eight Popular Herbs in Treating Infertility



There are lots of good herbs and formulas for treating infertility in TCM. In clinical applications, TCM doctors will prescribe according to the diagnosis of different patients. Here we choose eight popular herbs that are commonly used in treatment of infertility.

Ginseng: Radix Ginseng of Araliaceae family

Botanical Source

Ginseng is the dry root of *Panax ginseng* C.A. Mey. It is recorded in Chinese Pharmacopoeia, Japanese Pharmacopoeia and British Herbal Compendium. In China and Japan, *Panax schinseng* nees is also used.

Traditional Functions

Replenishes and tonifies vital *Qi*, nourishes spleen and strengthen lung, benefits the body fluid, pacifies the spirit, soothes the nerves, improve brain function. Ginseng is used for the treatment of *Qi* deficiency, faint pulse showing exhaustion Spleen deficiency with fatigue, low appetite, vomit and diarrhoea. Lung *Qi* deficiency marked by shortness of breath, cough, wheezing, constant sweating, thirst due to *Qi* deficiency and impairment of the body fluid, insomnia, forgetfulness and restless, exhaustion due to blood deficiency, impotence and frequent urination due to kidney deficiency.

Pharmacological Indications

1. Improving vigour and strengthening: Ginseng can build up the resistance to disease and improve tolerance to low or high temperature, affecting hypophysis and increase adrenal gland function.
2. Enhancing sexual ability: Ginseng can facilitate gonad hormone thus enhance male/female sexual function. *Panaxadiols* (PDS) affects the male pituitary and increase the testosterone level in the blood.



Clinical Applications

Cardiopulmonary disease, anaemia, indigestion, regulate blood pressure, high cholesterol, prolapse of the rectum, impotence, pre-mature ejaculation and low sperm counts.

Bai Shao: Radix Paeoniae Alba of Ranunculaceae family

Botanical Source

Bai Shao is the dry root of *Paeonia lactiflora* Pall and *Paeonia lactiflora* Pall. var. *trichocarpa* (Bunge) Stern. *Paeonia lactiflora* Pall is recorded in Chinese Pharmacopoeia (CP) and Japanese Pharmacopoeia (JP).

Traditional Functions

Bai Shao is sour and bitter in tastes. Cool in nature. It is used to subdue hyperactivity of the liver and relieve pain, to nourish blood and regulate menstruation, and astringe Yin and check excessive perspiration. It is used to treat headaches, dizziness, diarrhoea, spasm of the limbs, menstrual disorders, night sweats, and exhaustion due to blood deficiency

Pharmacological Indications

Bai Shao can enhance the uterus contraction caused by oxytocin.

Clinical Applications

Bai Shao can regulate immune system; if combine with other herbs can be used to treat intestine spasm.

Du Zhong: Cortex Eucommiae of Eucommiaceae family

Botanical Source

Dry bark of *Eucommia ulmoides* Oliv. It is recorded in Chinese Pharmacopoeia.

Traditional Functions

Tonify liver and kidney, strengthens muscles and bones, stabilizes the foetus. It is used to treat lower back pain due to kidney deficiency, weakness, bleeding during pregnancy, excessive movements of foetus and symptoms caused by hypertension.

Pharmacological Indications

Scientific studies have proven that Du Zhong can inhibit



the autonomous concentration of the uterus.

Clinical Applications

Du Zhong is often used in combination with other herbs to treat lower back pain, spasm of the limbs due to stroke, excessive movements of foetus and deficiency energy cause by excessive sweating.

Che Qian Zi: Semen Plantaginis of Plantaginaceae family

Botanical Source

Seeds of *Plantago asiatica* L, *Plantago major* DC and *Plantago depressa* Willd. *Plantago asiatica* L. and *Plantago depressa* Willd are recorded in Chinese Pharmacopoeia and *Plantago asiatica* L is recorded in Japanese Pharmacopoeia.

Traditional Functions

Eliminate heat, diuresis, regulate water circulation, remove heat from liver and brighten eyes, disperse phlegm and control cough. It is used to treat oedema, difficult urination, diarrhoea due to summer-heat and dampness, red and painful eyes, cough with phlegm.

Pharmacological Indications

Lower blood pressure. Diuresis.

Clinical Applications

1. Male sexual dysfunction: Che Qian Zi in combination with Che Qing Zi, Yin Yang Huo, Rou Cong Rong have 34 successful cases from 36 case studies in treating impotence, no ejaculation, and low sperm concentration.
2. Incorrect foetus position: ground and dried Che Qian Zi is used for this problem.

Tu Si Zi: Semen Cuscutae of Convolvulaceae family

Botanical Source

Seeds of *Cuscuta chinensis* Lam., *Cuscuta japonica* Choisy and *Cuscuta australis* R. Br. *Cuscuta chinensis* Lam. is recorded in Chinese Pharmacopoeia.

Traditional Functions

Tonify liver and kidney, nourish essence and sperm, clear vision, control diarrhoea and calms the foetus. It is used to treat impotence, nocturnal emission, frequent urination, enuresis, lower back and knee soreness and weakness,

dizziness, tinnitus, miscarriage due to kidney deficiency, restless foetus, diarrhoea due to spleen and kidney deficiency.

Pharmacological Indications

1. Improving vigour: increasing white blood cell, red blood cell, and haemoglobin.
2. Similar function as estrogenic hormone
3. Improving endocrine and reproductive system

Clinical Applications

1. Male infertility due to kidney deficiency
2. It is often used in combination with other herbs to treat abnormal sperm, potential miscarriage, chronic prostate infection, chronic bronchitis.

Dang Gui: Radix Angelicae of Umbelliferae family

Botanical Source

Dry root of *Angelica sinensis* (Oliv.) Diels [A. polymorpha Maxim. var. *sinensis* Oliv.]. *Angelica sinensis* (Oliv.) Diels is recorded in Chinese Pharmacopoeia and *A. acutiloba* Kitagawa is recorded in Japanese Pharmacopoeia.

Traditional Functions

Tonify and regulate blood, regulate menses and relieve pain, moisten intestines. It is used to treat exhaustion due to blood deficiency, dizziness, palpitation, irregular menses, dysmenorrhoea, amenorrhoea, abdominal pain, rheumatic pain due to blood stagnation, injuries, carbuncles, boils and sores.

Pharmacological Indications

1. Regulate uterus function: clinical studies showed that Dang Gui can excite and inhibit uterine muscle. It is water-soluble alkaline element excite uterine muscle the essential oil inhibit and relax the muscle. For relaxing the uterus muscle, Dang Gui should be cooked for a long time in order to remove its essential oil. Studies showed that the irregular uterine contraction was regulated after taking Dang Gui.
2. Enhance metabolism and incretion: improve metabolism and protect liver.
3. Anti-radiation: Dang Gui can restore the ovary function damaged by radiation.

Clinical Applications

Dysmenorrhoea: cooked the Dang Gui with wine.

Di Huang: Radix Rehmanniae preparata of Scrophulariaceae family

Botanical Source

Dry root of *Rehmannia glutinosa* Libosch is Sheng

Di Huang (Raw Rehmannia), the processed dry root of Rehmannia is called Shou Di Huang (Cooked Rehmannia), there are two types of cooked rehmannia, spirit cooked and steamed. Rehmannia glutinosa Libosch is recorded in Chinese Pharmacopoeia and Japanese Pharmacopoeia.

Traditional Functions

Nourish *Yin* and replenish blood, tonify kidney and vital essence. It is used to treat liver and kidney *Yin* deficiency, lower back and knee weakness, hectic fever, night sweats, nocturnal emission, thirst due to internal heat, exhaustion due to blood deficiency, palpitation, irregular menses, uterine bleeding, dizziness, tinnitus, and premature greying.

Pharmacological Indications

Shou Di Huang can increase red blood cell recovery, strengthen heart functions and immune system.

Clinical Applications

It is used in combination with other herbs to treat dermatitis, frequent urination, menstrual blood deficiency.

Bai Zhu: Rhizoma Atractylodis Macrocephalae of Compositae family

Botanical Source

Dry root of *Atractylodes macrocephala* Koidz. *Atractylodes macrocephala* Koidz is recorded in Chinese Pharmacopoeia, and *Atractylodes japonica* Koidzumi ex Kitamura, *Atractylodes ovata* De Candolle are recorded in Japanese Pharmacopoeia.

Traditional Functions

Supplement spleen, tonify *Qi*, dry dampness, diuresis, controls diaphoresis, and prevent miscarriage. It is used to treat low appetite due to spleen deficiency, diarrhoea, dizziness and palpitation due to retention of phlegm, water retention, edema, spontaneous sweating, and unstable foetus.

Pharmacological Indications


Inhibit uterus contraction.

Clinical Applications

It is used in combination with other herbs to treat constipation, excessive moving of the foetus causing pain in lower abdomen, chronic pain in lower back and limbs.



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Relaxing

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Warming

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Pretty Rosebud



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Refreshing

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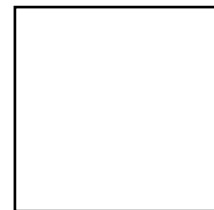
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Beauty Tonic



Sounding Tonic



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