

GINSENG & ZIZYPHUS FORMULA

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Clinical Presentation

Chronic urticaria, heart disease, neurasthenia, insomnia, aphthous ulcers, and menopausal syndrome.

Symptom Presentation

Low grade fever, insomnia with restless sleep, night sweat, fatigue, sores on mouth or tongue, palpitations, dry stools, anxiety, irritability, forgetfulness, inability to think or concentrate, and nocturnal emissions.

Tongue

Red tongue with little coat.

Pulse

Fine, rapid pulse.

Energetic Functions

Supplements the yin, nourishes the blood, supplements the heart, quiets the spirit.

Chinese Medical Indications

Yin vacuity of heart and kidneys.

Herbal Ingredients and Analysis

<i>Pharmaceutical</i>	<i>Latin Binomial</i>	<i>Pinyin</i>	<i>English</i>
Radix Rehmanniae Glutinosae	Rehmannia glutinosa	sheng di huang	Raw Rehmannia root
Radix Scrophulariae Ningpoensis	Scrophularia marilandica	xuan shen	Scrophularia root
Fructus Schisandrae Chinensis	Schisandra chinensis	wu wei zi	Schisandra fruit
Tuber Asparagi Cochinchinensis	Asparagus cochinchinensis	tian men dong	Asparagus tuber
Radix Angelicae Sinensis	Angelica sinensis	dang gui	Dong Quai root
Tuber Ophiopogonis Japonici	Ophiopogon japonicus	mai men dong	Ophiopogon tuber
Semen Zizyphi Spinosae	Zizyphus spinosa	suan zao ren (chao)	Roasted Zizyphus seed
Semen Biotae Orientalis	Biota orientalis	bai zi ren	Biota seed
Radix Polygalae Tenuifoliae	Polygala tenuifolia	yuan zhi	Polygala (<i>yuan zhi</i>) root
Sclerotium Poriae Cocos	Wolfiporia cocos	fu ling	Poria sclerotium fungus
Radix Salviae Miltiorrhizae	Salvia miltiorrhiza	dan shen	Salvia root

Herbal Ingredients and Analysis (cont.)

<i>Pharmaceutical</i>	<i>Latin Binomial</i>	<i>Pinyin</i>	<i>English</i>
Radix Panacis Ginseng	Panax ginseng	ren shen	Kirin Ginseng root
Radix Platycodi Grandiflori	Platycodon grandiflorum	jie geng	Platycodon grandiflorum root

Raw Rehmannia supplements the yin, nourishes the blood and clears heat. It enriches the kidney yin to treat vacuity-fire flaming upwards. Salvia and Dong Quai root supplement and quicken the blood to nourish the heart without causing stasis. Biota seed, Zizyphus seed and Polygala quiet the spirit. Kirin Ginseng and Poria boost the qi. Asparagus tuber, Ophiopogon and Scrophularia enrich the yin and clear vacuity fire. Schisandra secures essence. Platycodon guides the actions of the other medicinals to the upper burner.

Formula Differentiation

Ginseng & Zizyphus Formula and **Ginseng & Longan Formula** are both used to treat insomnia, palpitations and forgetfulness. **Ginseng & Zizyphus Formula** is indicated for a heart and kidney yin vacuity with restlessness, anxiety, night sweat and a red tongue with little coat and rapid, thready pulse.

Ginseng & Longan Formula is indicated for insomnia, palpitations and forgetfulness with a dual qi and blood vacuity and spleen and heart vacuity with a reduced appetite, a pale tongue, and a thready, frail pulse. Palpitations with debility due to vacuity of qi and blood are treated by **Ginseng Nutritive Formula**. These latter two formulas do not treat the yin vacuity for which **Ginseng & Zizyphus Formula** is indicated. Palpitations from replete blood stasis are treated by **Blood Mansion Formula**. Palpitations due to blood stasis with qi stagnation and blood vacuity are treated by **Salvia Plus Formula**. **Bupleurum & Dragon Bone Formula** is indicated for chest fullness, agitation and irritability with occasional palpitations due to a pathogen lodged in the interior. The latter three formulas are not indicated for the vacuity symptom of insomnia.

Both **Ginseng & Zizyphus Formula** and **Zizyphus Formula** treat insomnia and irritability. **Ginseng & Zizyphus Formula** is for insomnia due to yin vacuity of the heart and kidney. The kidney (water) controls the heart (fire). In kidney yin vacuity, the yin vacuity fire flames upwards and vexes the heart spirit. This is characterized by a patient who is able to lie down, but experiences insomnia with very restless sleep including the restless movement of limbs, and an inability to think or concentrate for even short periods of time.

The focus of **Zizyphus Formula** is on treating insomnia and irritability due to the failure of liver blood to nourish the heart. This insomnia is characterized by a patient who is able to lie down, but experiences insomnia while the mind remains clear. Since liver blood is a yin substance, there may be yin vacuity signs, such as night sweat, but the liver blood vacuity symptoms of dizziness and vertigo, as well as emotional upset are more prominent.

Anem-Phello & Rehmannia Formula, **Ginseng & Zizyphus Formula** and **Two Immortals Formula** all treat menopausal syndrome. **Anem-Phello & Rehmannia Formula** is indicated for kidney yin vacuity with vacuity fire. This would be characterized by tidal fever, malar flush, hot flashes, night sweat, along with insomnia. **Two Immortals Formula** is indicated for dual vacuity of kidney yin and yang, with vacuity fire. This includes the symptoms of the previous formula plus the addition of cold from yang vacuity, sometimes characterized simply by cold feet.

Ginseng & Zizyphus Formula is for menopausal syndrome where yin vacuity signs present as heart and kidney symptoms characterized by night sweat with prominent restless insomnia, anxiety, irritability, forgetfulness, and an inability to concentrate.

Cautions and Contraindications

The classic formula calls for the addition of Cinnabaris (*zhu sha*), a toxic substance. This ingredient is not included in the Chinese Classics formulation.