

Lilium Pills

Bai He Gu Jin Pian (Wan)

Bai He Gu Jin Wan (Bai He Gu Jin Pian, Bai He Gu Jin Tang, Lily Bulb Formula, Lilium Teapills, 百合固金丸), literally "Lily Strengthen Metal Pills" in Chinese, is a famous Chinese herbal medicine that nourishes lung Yin energy and moistens the lungs.† The Chinese herb is used to manage lung discomforts such as dry cough and dry throat.†

What does it do?

A vibrant lung function ensures that abundant oxygen is transported from the air into the bloodstream while as much as carbon dioxide is released from the blood into the air. The lung capacity or vital capacity, a measurement of strength of respiration function, starts to decline around the age of 30.

When the lung function declines, one may experience shortness of breath, lack of desire of talking and of physical strength, and pale face etc., which are indications of the Qi deficiency of the lungs in the term of traditional Chinese medicine (TCM). Another common type of lung weakness in TCM is the lung Yin deficiency, which is shown as dry cough, dry and sore throat, hot palms and soles, and night sweat etc. The cough may even come up with a trace of blood. The lung Yin may be hurt by smoking.

Bai He Gu Jin Tang is the primary Chinese herbal medicine that nourishes the Yin energy of the lungs to address the lung Yin deficiency. As the lungs are characterized as the metal in TCM, the function of the Chinese medicine is to strengthen the lung function, and Bai He, or lily, is a main Chinese herb in the herbal formula, it comes the name of Lily Strengthen Metal.

Bai He Gu Jin Wan/Pian is indicated in China Pharmacopoeia¹ for nourishing Yin energy, moistening the lungs, transforming phlegm, and stopping cough.† The Chinese medicine is used for Yin deficiency of both the lungs and the kidneys, dry cough with little phlegm, sputum with blood, and cough with dryness due to deficiency of yin fluid of both the lung sore throat.†

What is the formula composition?

A proprietary blend* of the following herbs:

- Bai He (Lily bulb) is the chief Chinese herb in the formula that nourishes the lung Yin energy and moistens the lungs. Lily also has an effect on clearing lung heat and reducing cough.
- Di Huang (Rehmannia root), used in both raw and prepared forms, is also a chief herb in the formula. The Chinese herb nourishes Yin and tonifies the kidneys. In addition, the raw Rehmannia root clears heat and generates fluids to relieve thirst. The combination of Rehmannia and Lily serves to enforce each other's function in replenishing metal (lung) and kidney (water).
- Mai Men Dong (Ophiopogon tuber) may nourish the lung Yin energy, moisten the lungs, and clear the lung heat and thus enhances the action of Lily.
- Xuan Shen (Scrophularia root) nourishes Yin and reduces Fire and assists the action of Rehmannia.
- Bei Mu (Fritillaria bulb) stops coughing, transforms phlegm, and moistens the lungs.
- Jie Geng (Platycodon root) ventilates the lung and clears phlegm. The Chinese herb can be used for coughs caused by various reasons.
- Gan Cao (Licorice root) The Chinese herb moistens the lung, relieves cough and transforms phlegm. It is often combined with platycodon root to clear phlegm and relieve sore throat.
- Dang Gui (Angelica root) and Bai Shao (Peony root) nourishes the blood to benefit the Yin energy.

*Bai He Gu Jin Wan (Pian) is made of 100% pure authentic Chinese herbs of highest qualities. Traditional preparation procedures are combined with modern pharmaceutical processes to extract the active ingredients from the herbs and to further concentrate them into pills or tablets. It is produced in the certified

GMP facilities of Shanghai TongHanChun Herbs Factory (Guang Ci Tang) and is imported to USA in accordance with the FDA guidelines.

What is Available?

40 grams in 200 mg 200 tablets (pian) or 200 pills (wan).

How do I use it?

Take 3 to 5 pills or tablets three times daily.

Side Effects

Bai He Gu Jin Wan (Pian) has been safely used with few adverse effects when used as directed.

Cautious Notes

1. Avoid alcohol, cigarette, spicy food while taking the product.
2. Not suitable to cough due to a cold and with stuffy or running nose.
3. Not suitable for use if phlegm is excessive and thick.
4. Not suitable for use if you have digestion disorders.
5. Consult your herbalist or physician before use if you are taking other medicines.
6. Consult your herbalist or physician before use if you are children, old or very weak.
7. Only to be used by children under adult's direction.
8. Keep out of reach of children.

References

1. China Pharmacopoeia 2000.
2. Zeng RC, Clinical observations on 15 cases of spontaneous pneumothorax treated with baihe gujin decoction. Zhong Xi Yi Jie He Za Zhi. 1986 May;6(5):280-9, 260.

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百合固金片(丸)

Bai He Gu Jin Pian (Wan)

百合固金丸(片)是滋养肺阴，润肺的著名中成药，应用于肺阴虚所致的肺部不适如干咳少痰、口燥咽干等。

一个强壮的肺功能可以保证有充足的氧气被运输到血流里，同时有尽量多的二氧化碳从血流释放出来。作为衡量呼吸功能强弱的肺活量从三十岁左右就开始下降。

当肺功能变弱时，可能出现呼吸气短、倦口少言、神疲乏力、面色无华等症，在中医看来，这些是肺气虚的表现。中医里肺虚常见的另一类型是肺阴虚，表现为干咳少痰、口燥咽干、潮热盗汗、甚则痰中带血等。吸烟可以伤及肺阴。

百合固金汤是滋养肺阴以弥补肺阴虚的首选中药方剂。因为在中医里肺属金，本方用于增强肺的功能，百合又是方中主药，因此药方被命名为百合固金。

在中国药典里[1]，百合固金丸(片)养阴润肺，化痰止咳。用于肺肾阴虚，燥咳少痰，痰中带血，咽干喉痛。

百合固金汤据报道对自发性气胸有效。有研究在传统西医疗法的基础上加用百合固金汤治疗自发性气胸15例，每日1剂，连用30~40天，结果平均住院天数从27.85天减少到18.93天，差异显著。[2]

[药物组成]

百合、地黄、熟地黄、麦冬、玄参、川贝母、当归、白芍、桔梗、甘草。

- 百合：滋阴润肺，清热止咳，为君药。
- 地黄：本方同时用生地和熟地，滋阴补肾，生地黄还清热、生津、止渴。地黄与百合共为君药。两者合用金（肺）水（肾）相生。
- 麦冬：麦冬助百合以养肺阴，润肺，清肺热，为臣药。
- 玄参：滋阴降火，助地黄为臣药。
- 贝母：化痰、止咳、润肺。
- 桔梗：宣利肺气，化痰止咳。
- 甘草：调和诸药，与桔梗合用，更利咽喉。
- 当归：养血润燥。
- 白芍：养血宜阴。

[功能与主治]

健脾开胃，消食止泻。用于脾虚不适，胃虚不纳，神倦力乏，腹满泄泻。

[生产单位]

广慈堂（中国上海童涵春堂中藥廠）。

[规格]

200 片或 200 丸

[用法用量]

口服，一次3-5片或丸，一日2-3次。或遵医嘱。

[注意事项]

1. 忌烟、酒及辛辣食物。
2. 风寒咳嗽者不宜服用，其表现为咳嗽声重，鼻塞流清涕。
3. 脾胃虚弱，食少腹胀，大便稀溏者不宜服用。
4. 痰湿壅盛患者不宜服用，其表现为痰多粘稠或稠厚成块。
5. 有支气管扩张、肺脓疡、肺结核、肺心病及糖尿病的患者，应在医师指导下服用。
6. 服用三天，症状无改善，应去医院就诊。
7. 按照用法用量服用，小儿、年老体虚者应在医师指导下服用。
8. 长期服用，应向医师咨询。
9. 药品性状发生改变时禁止服用。
10. 儿童必须在成人的监护下使用。
11. 请将此药品放在儿童不能接触的地方。
12. 如正在服用其他药品，使用本品前请咨询医师或药师。

（来源：中国国家食品药品监督管理局）

[参考文献]

1. 中国药典2000版
2. Zeng RC, Clinical observations on 15 cases of spontaneous pneumothorax treated with baihe gujin decoction. 中西医结合杂志. 1986 May;6(5):280-9, 260.

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