

BrainNew™

Shen Jing Shuai Ruo Pian/Wan

BrainNew™ (Shen Jing Shuai Ruo Wan, Shen Jing Shuai Ruo Pian, 神经衰弱片/养心安神丸), is a Chinese herbal medicine specially formulated to help refresh brain function in those who are under mental stress and exhaustion due to challenges at work or study that causes insomnia, dizziness, lack of concentration, tiredness, and tinnitus.†

What does it do?

We are living in a highly competitive world. Whether we run a business, work for a company, study in a college, or look for a job, competition is intense, pressure is high on delivering results, which often demand long hours of exhausting work. Over the course, stress starts to build up. Our body may respond with signs of easily forgetting things, losing focus, hardly falling asleep, irritating, and physical fatigue. Further more, dizziness, headache, palpitation, and tinnitus may occur.

These signs are related to the brain function and indicative of a disharmony between the Heart and the Kidneys according to traditional Chinese medicine (TCM). In TCM, the Heart corresponds to Fire and holds the Spirit or mental activities (sounds familiar? remember Celine Dion's "my heart will go on") whereas the Kidneys correspond to Water and are the fundamental source of the Yin, Yang, and Qi energies of the body. Their harmonious interaction ensures proper bodily functions. When one is exhausted at work or study, the Heart and the Kidneys are hurt, causing a hyperactive fire of the Heart and the Yin insufficiency of the Kidneys, displaying the mentioned symptoms.

BrainNew™ is a Chinese herbal formula that may refresh brain functions.† The Chinese herb nourishes the Heart to calm the mind, tonifies the Kidneys to benefit the brain. The function of BrainNew™ is carried out by the unique combination of following Chinese herbs.

What is the formula composition?

A proprietary blend* of the following herbs:

- Suan Zao Ren (Sour Jujube seed) nourishes the heart and liver, calms the spirit. Suan Zao Ren is a key Chinese herb for insomnia. Suan Zao Ren extracts can shorten sleep latency significantly and increase sleeping time in animal studies.¹
- Shou Wu Teng (Polygoni Multiflori vine) is a popular Chinese herb for insomnia. Shou Wu Teng acts to nourish the heart and calm the spirit.
- He Huan Hua (Albizia flower) calms the spirit and disperses the stagnated Qi energy to improve mood.
- Yuan Zhi (Polygalae root) calms the spirit and expels phlegm. The Chinese herb is renowned in Chinese medicines for improving learning and memory. The beneficial effects of Yuan Zhi on the brain function are being confirmed by modern studies.²
- Dan Shen (Salvia root) is well known for promoting blood circulation. The Chinese herb also nourishes the blood and calm the spirit. For insomnia, Dan Shen is often combined with Suan Zao Ren.
- Wu Wei Zi (Schisandra berry) is a famous tonic Chinese herb that both nourishes the Kidneys and calms the Spirit. Schisandra berry is perfect for the insomnia and palpitation caused by the disharmony between the Heart and the Kidneys.
- Huang Jing (Polygonati root) replenishes both Yin and Qi energies to nourish the Kidneys.
- Dang Gui (Angelicae Sinensis root) is a common tonic Chinese herb for blood nourishment.
- Ci Shi (Magnetium) is an important mineral in Chinese medicines that tranquilizes the mind. It also nourishes the Kidneys to benefit dizziness and tinnitus.
- Zhi mu (Anemarrhena rhizome) clears heat and drains fire to take care of irritability.

* BrainNew (Shen Jing Shuai Ruo 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 400 mg 100 tablets (pian) or 200 pills (wan).

How do I use it?

Take 5 to 7 pills or 3 to 5 tablets three times daily.

Side Effects

BrainNew has been safely used with few adverse effects when used as directed.

Cautious Notes

1. Consult your herbalist or physician before use if you are taking other medicines.
2. Keep out of reach of children.

References

1. Fang XS et al., Pharmacological studies on the sedative-hypnotic effect of Semen Ziziphi spinosae (Suanzaoren) and Radix et Rhizoma Salviae miltiorrhizae (Danshen) extracts and the synergistic effect of their combinations. *Phytomedicine*. 2010 Jan;17(1):75-80
2. Zhang H et al., Effects of tenuifolin extracted from radix polygalae on learning and memory: a behavioral and biochemical study on aged and amnesic mice. *Phytomedicine*. 2008 Aug;15(8):587-94.

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[药物组成]

磁石、首乌藤、丹参、酸枣仁、合欢花、知母、当归、黄精、远志、五味子。

- 酸枣仁：养阴血、益心肝、安神。酸枣仁是中医治疗失眠的要药。酸枣仁提取物在动物研究中能显著缩短入睡潜伏期和延长睡眠时间。[1]
- 首乌藤：失眠常用的中药。养血安神。
- 合欢花：安神，理气解郁。适用于失眠和胸中郁闷等症。
- 远志：安神，祛痰。远志有改善学习记忆的功能。远志的益智作用正由现代研究所证实。[2]
- 丹参：众所周知的活血药。丹参也养血安神。常与酸枣仁一起用于治疗失眠。
- 五味子：常用滋补中药。既能补益心肾，又能宁心安神。最适用于心肾不交之虚烦心悸、失眠多梦。
- 黄精：气阴双补益肾。
- 当归：最为常用的补血中药。
- 磁石：既重镇安神又益肾潜阳。用于神志不安，心悸怔忡，失眠，惊痫等症。
- 知母：清热泻火，生津润燥。去烦。

神经衰弱片(丸)

BrainNew™

神经衰弱片(丸)，又称养心安神丸，是用来恢复脑力的中成药，应用于因为繁重的工作或学习不堪重负所导致的睡眠不足，健忘，疲倦，头晕，心悸，和耳鸣等。

我们生活在一个充满压力的现代社会。不管我们自己开公司，在公司工作，在学校学习，或找工作，竞争都很激烈。为了完成任务，加班加点，不分单位家里，使得心理和生理压力越来越重，最后导致记忆力下降，注意力不能集中，难以入睡，多梦，心烦，身体疲倦不堪。另外还可出现头晕，头痛，心悸，和耳鸣等。

身体的这些表现与大脑功能有关。在中医看来属于心肾不交。在中医里，心属火，心藏神，神即大脑精神活动。西方文化也有心主大脑的类似认识，记得席琳·狄翁的歌曲《我心永恒》吗？肾属水，肾是全身的阴阳气之本源。心火和肾水互相交汇，升降协调，保持身体平衡。

当劳心过度时，心和肾都受损害，心火偏亢，肾阴亏损，出现上述俗称神经衰弱的症状。

神经衰弱片/养心安神丸补肾益智，养心安神，能够用来恢复脑力。

[生产单位]

广慈堂(中国上海童涵春堂中藥廠)。

[规格]

100 片或 200 丸

[用法用量]

口服，一次3-5片或5-7丸，一日2-3次。或遵医嘱。

[参考文献]

1. Fang XS et al., Pharmacological studies on the sedative-hypnotic effect of Semen Ziziphi spinosae (Suanzaoren) and Radix et Rhizoma Salviae miltiorrhizae (Danshen) extracts and the synergistic effect of their combinations. *Phytomedicine*. 2010 Jan;17(1):75-80
2. Zhang H et al., Effects of tenuifolin extracted from radix polygalae on learning and memory: a behavioral and biochemical study on aged and amnesic mice. *Phytomedicine*. 2008 Aug;15(8):587-94.

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