

Shen Qi Da Bu Wan (Shen Qi Da Bu Pian, 参芪大补丸), is a simple combination of Codonopsis (Ginseng) and Astragalus, two powerful Chinese tonic herbs that nourish the Qi energy. The Chinese herb is used as a general tonic to promote physical endurance and enhance the immune function.†

### What does it do?

Shen Qi Da Bu Wan (Pian) constitutes only two Chinese herbs, Dang Shen (Codonopsis root) and Huang Qi (Astragalus root). Both of them are major Chinese herbs that promote Qi in traditional Chinese medicine (TCM). Qi, literally "air" or "breath", is a vital energy flowing around the body that gives it the strength in function. The nature of Qi is yet to be revealed in modern biomedical terms. However, one may roughly relate more Qi to longer physical endurance, e. g., being able to work or exercise for a longer time without feeling tired.

Codonopsis (Dang Shen) is well known for replenishing Qi and is often used as a Ginseng substitute for its similar action to Ginseng or its affordability. Codonopsis strengthens the Spleen, a replenishing source of Qi energy after birth, and tonifies the Lungs, also a Qi source. Moreover, Codonopsis generates Fluids and tonifies the Blood. Its applications include fatigue, tiredness, short of breath, and loss of appetite etc.† Modern studies have found that Codonopsis extracts have a protective effect on the formation of peptic ulcers induced by stress and inhibit the secretion of pepsin in the stomach.1 Codonopsis is also reported to strengthen the immune function and increase the count of red blood cells and the level of hemoglobin.

Astragalus (Huang Qi) is one of the most commonly used Chinese tonic herbs. It enhances Qi and strengthens the defensive

## Shen Qi Da Bu Pian/Wan Codonopsis Astragalus Pills

line of the body against the invasion of external pathogenic factors.† Astragalus also promotes urination to reduce edema and generates muscles.† Astragalus has a synergistic action with Codonopsis in raising Qi energy in case of fatigue and weak Qi. In consistent with its role in TCM in protecting the body from disease, studies have found that Astragalus may stimulate the immune function in several ways.2

The combination of Codonopsis and Astragalus can be used as a general tonic to build up the physical strength and the immune function. It is especially good for those who easily get tired after some activity at work, home, or outdoors, have pale face, are lack of interest in doing things or talking, lack of appetite, or easily catch cold/flu.† As the formula is simple and both herbs have excellent safety profiles, it is also ideal to be taken as adaptogen for those who are concerned about taking too many Chinese herbs and their potential side effect.

### What is the formula composition?

A proprietary blend\* of the following herbs: Radix Astragalus (Huang Qi) and Radix Codonopsis (Dang Shen).

\* Shen Qi Da Bu 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

Shen Qi Da Bu Pian/Wan has been safely used with few adverse effects when used as directed.

### Cautious Notes

1. For best result, avoid oily, spicy food while taking the product.
2. Use with caution if you have any digestion disorder.
3. Not recommended for use when you are having a cold.
4. Consult your herbalist or physician before use if you have hypertension or diabetes.
5. Consult your herbalist or physician before use if you are taking other medicines.
6. Only to be used by children under adult's direction.
7. Keep out of reach of children.

### References

1. Wang ZT et al., (1997) Investigations on the protective action of Condonopsis pilosula (Dangshen) extract on experimentally-induced gastric ulcer in rats. Gen Pharmacol. Mar;28(3):469-73.
2. Memorial Sloan-Kettering Cancer Center, Astragalus review <http://www.mskcc.org/mskcc/html/69128.cfm>

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參芪大補丸(片)僅由黨參和黃芪兩味重要的補氣中藥所組成，作為補氣類中成藥，用于增強體力和免疫力。

黨參和黃芪都是主要的補氣中藥。中醫認為氣是維持人體生命活動的最基本能量，流布全身各處。氣的性質仍然有待于現代的生物醫學的揭示。我們可大致把氣的強弱與身體的耐力相聯系，比如氣強的話，身體可工作或鍛煉更長時間而不覺得疲勞。

黨參補中益氣，與人參的補氣作用相似但更經濟，因此常用于替代人參。黨參健脾益肺，而脾為后天之本，主運化，生氣血；肺主氣。黨參還有生津、養血之效。可應用于體虛，易疲倦，常感乏力，食欲不振等症。研究表明黨參提取物對于壓力過大造成的胃腸道潰瘍有保護作用，并能抑制胃蛋白酶分泌。<sup>[1]</sup> 另有報道黨參可增強機體免疫功能，可增加紅細胞數和血紅蛋白含量。

黃芪是最常用的補益中藥之一。黃芪既補氣，又固表，即增強機體對外邪(如感冒)的抵抗能力。黃芪還利水消腫，生肌。與黨參合用，能相互增強補氣效果。與其益衛

## 參芪大補片(丸)

Shen Qi Da Bu Pian/Wan

固表的作用相符合，現代研究發現黃芪對免疫功能有多方面的增強作用。<sup>[2]</sup>

參芪大補丸(片)可作為常用的補劑用來增強體力和免疫力。特別适用于那些平時在工作崗位，家里，或戶外活動時容易感到疲勞，乏力，體質虛弱、懶言，面色黃白，經常感冒的人服用。由于組方簡單，黨參和黃芪本身服用安全，因此對那些擔心使用太多中藥和中藥潛在副作用的人用來補益是最合适不過了。

[藥物組成] 黨參、黃芪。

[性狀] 味甘。

[生產單位]

廣慈堂(Shanghai TongHanChun Herbs Factory)

[規格] 100 片或 200 丸

[用法用量] 口服，一次3-4片 或 5-7丸，一日2-3次。或遵醫囑。我們建議服用至少一個月(3瓶)，以期獲得顯效。

[注意事項]

• 忌油膩食物。

- 凡脾胃虛弱，嘔吐泄瀉，腹脹便溏、咳嗽痰多者慎用。
- 感冒病人不宜服用。
- 高血壓、糖尿病患者應在醫師指導下服用。
- 本品宜飯前服用。
- 按照用法用量服用，小兒及孕婦應在醫師指導下服用。
- 服藥二周或服藥期間症狀無改善，或症狀加重，或出現新的嚴重症狀，應立即停藥并去醫院就診。
- 對本品過敏者禁用，過敏體質者慎用。
- 本品性狀發生改變時禁止使用。
- 兒童必須在成人監護下使用。
- 請將本品放在兒童不能接觸的地方。
- 如正在使用其他藥品，使用本品前請諮詢醫師或藥師。

[參考文獻]

1. Wang ZT et al., (1997) Investigations on the protective action of Condonopsis pilosula (Dangshen) extract on experimentally-induced gastric ulcer in rats. Gen Pharmacol. Mar;28(3):469-73.
2. Memorial Sloan-Kettering Cancer Center, Astragalus review <http://www.mskcc.org/mskcc/html/69128.cfm>

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