

# Xiang Lian Pian

## Traveler's Diarrhea Pills



Xiang Lian Wan (Xiang Lian Pian, 香莲丸), literally "Aucklandia and Coptis Pills" in Chinese, is a simple yet powerful Chinese herbal formula for dysentery, or diarrhea caused by bacterial contamination of food ingested.† Keep the Chinese medicine handy during trips in case a bacterial diarrhea strikes.

### What does it do?

Xiang Lian Wan (Pian) consists of only two Chinese herbs, Huang Lian (*Coptis chinensis* rhizome) and Mu Xiang (*Costus* root). Coptis is a well known Chinese herb that clears heat and dries dampness in the digestive track in traditional Chinese medicine (TCM). It also purges fire and removes toxins. Coptis is yellow in color, very bitter in taste, and cold in property. Extensive biomedical studies have been conducted to reveal the medicinal properties of Coptis. Most of the action of Coptis is attributed to its main ingredient called Huang Lian Su or Berberine.

Berberine is an alkaloid mostly abundant in *Coptis chinensis* and has a significant antimicrobial activity. It inhibits the growth of bacteria like *Bacillus dysentery* or *Shigella*, *Salmonella*, and *Escherichia coli*,† which are the common cause of bacterial dysentery. In China, Berberine as a single reagent itself is an established treatment for bacterial diarrhea. Recently, Studies have found that Berberine has many other health benefits. For example, Berberine effectively lowers blood total cholesterol, LDL cholesterol, triglycerides through a mechanism different from the commonly used statins;1† lowers blood glucose as good as metformin;2† suppresses the growth of many types of tumor cells.3†

*Costus* root, the other herb in Xiang Lian Wan (Pian), is a famous Chinese herb that moves Qi energy and alleviates pain in the gastrointestinal track caused by the stagnant Qi.

Xiang Lian Wan clears away heat and eliminates dampness, and promotes Qi flow to relieve pain.† The Chinese herb is best used for dysentery or acute enteritis caused by ingestion of food contaminated by bacteria or virus as marked by tenesmus, diarrhea, and abdominal pain.† We suggest to take one bottle Xiang Lian Wan with you when you travel to developing countries or rural areas or wherever food contamination is a concern.

### What is the formula composition?

A proprietary blend\* of

- Rhizoma Coptidis Recens (*Coptis chinensis*) (Huang Lian)
- Radix Aucklandiae Lappae (*Saussurea lappa*) (Mu Xiang)

\*Xiang Lian 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 mg 200 pills (wan).

### How do I use it?

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

### Side Effects

Xiang Lian Wan (Pian) has been safely used with few adverse effects when used as directed.

### Cautious Notes

1. Use it as needed. 2. Not suitable for diarrhea caused by Spleen deficiency marked by loose stool, chronic diarrhea, and pale face etc. 3. Not suitable for long term use. 4. Keep out of reach of children.

### References

1. Kong W, Wei J, Abidi P, et al. (2004). "Berberine is a novel cholesterol-lowering drug working through a unique mechanism distinct from statins". *Nature Medicine* 10 (12): 1344–51.
2. Yin J, Xing H, Ye J (2008). "Efficacy of berberine in patients with type 2 diabetes mellitus". *Metabolism: Clinical and Experimental* 57 (5): 712–7.
3. Tang J, et al., (2009) Berberine and *Coptidis rhizoma* as novel antineoplastic agents: a review of traditional use and biomedical investigations. *J Ethnopharmacol.* 126(1):5-17.

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