

Feminclean™ (Yu Dai Wan, 愈帶丸), is a Chinese herbal remedy specially formulated to help maintain a normal vaginal discharge.†

What does it do?

Vaginal discharge is an intimate matter. Some vaginal discharge is normal. It is secreted by glands in the vagina and cervix and takes away dead cells shed from the inner surface and bacteria. This process helps lubricate and clean the vagina and prevent infection. Normal discharge should be white, thin or thick, and odorless and in a daily amount of about a teaspoon. The exact amount varies due to ovulation, menstrual flow, and sexual activity etc.

What becomes worrisome is when the discharge is colored in yellow or green, clumpy like cottage cheese, and accompanied by a bad smell and itching. This abnormal appearance is usually a sign of yeast infection or bacteria infection in the vagina.

From the perspective of traditional Chinese medicine (TCM), such abnormal vaginal discharge is an imbalance with excess dampness and heat below the “belt channel” or Dai Mai (帶脉) which circles the waist of the body. The discharge is a form of dampness, and the yellow or green color and fishy smell are signs of heat. The Kidneys source the production of vaginal discharge, the Spleen controls its transformation, and the belt channel restricts its discharge. Disharmony in their function may occur with unrestricted diet, sexual activities, overload of work, stress, exposure to wet environment, aging etc. and result in abnormal vaginal discharge.

A main TCM approach to abnormal vaginal discharge is therefore to drain the dampness and clear the heat. Feminclean™ (Yu Dai Wan) is a classic Chinese herbal formula that follows the TCM principle. The Chinese medicine acts to



Guang Ci Tang® Concentrated Herbal Formula

Feminclean™ (Yu Dai Wan)

clear away heat and remove dampness and helps restore the balance. It is composed of Si Wu Tang, a famous Chinese medicine for women to nourish the Blood and regulate menstruation, and 3 other Chinese herbs as detailed below.

- **Chun Gen Pi (Ailanthus bark)** is the chief Chinese herb in the formula. It is cold, bitter, and astringent in nature. Its cold nature helps clear the heat whereas its astringent property helps dry the discharge.
- **Huang Bai (Phellodendron bark)** is bitter and cold as well. The Chinese herb drains Damp-Heat, especially when they are from the lower part of the body. Huang Bai also drains fire and removes toxins. In the formula, Huang Bai strengthens the action of Chun Gen Pi.
- **Gao Liang Jiang (Galangal rhizome)** warms the stomach and disperse the cold. It balances the action of the cold Chun Gen Pi and Huang Bai herbs. Studies also found the Chinese herb has modest anti-bacterial properties.†
- **Shu Di Huang (prepared Rehmannia root)** nourishes the Yin energy and tonifies the blood.
- Dang Gui (Angelica sinensis root) is a well known Chinese herb that nourishes the blood and regulates menses.
- **Bai Shao (Poeny root)** nourishes the blood, harmonizes the liver and relieves pain.
- **Chuan Xiong** is a unique Chinese herb that

- both invigorates the Blood and moves Qi. It expels wind and relieves pain.

The last four herbs also constitute Si Wu Tang.

What is the formula composition?

A proprietary blend* of the following herbs:

Radix Rehmanniae Preparata	(Shu Di)
Radix Angelicae Sinensis	(Dang Gui)
Rhizoma Ligustici Chuanxiong	(Chuan Xiong)
Cortex Ailanthi (Toona Sinensis)	(Chun Gen Pi)
Rhizoma Alpiniae Officinarum	(Gao Liang Jiang)
Radix Paeoniae Lactiflorae	(Bai Shao)
Cortex Phellodendri Chinensis	(Huang Bo)

- Yu Dai Wan 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 pills.

How do I use it? Take 5 to 7 pills three times daily.

Side Effects Feminclean™ has been safely used with few adverse effects when used as directed.

Cautious Notes

1. Not recommended for use during pregnancy.
2. Consult your herbalist or physician before use if you are taking other medicines.
3. Keep out of reach of children.

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愈带丸消炎止带，是专门用于维持女性阴道清洁的中成药。

保持阴道清洁是个私密的问题。有些阴道分泌物，俗称白带，是正常的。白带是由阴道内和子宫颈腺体所分泌，并带走脱落的阴道上皮细胞和一些非致病性细菌。白带对阴道有润滑和清洁作用，有助保护阴道免受感染。正常白带应该是白色，稀薄或粘稠，无臭味，每日几毫升（一小匙）量。白带量随月经周期，排卵，性生活等会有变化。

如果白带颜色变黄或绿，呈豆腐渣样或干酪样，并伴有腥臭味，瘙痒，就需要引起注意了。这些异常表现通常显示阴道内有真菌或细菌感染，常见于各种阴道炎等。

在中医看来，这些白带异常是带脉以下湿热过盛所致。带脉是人体经脉，环绕人体腰部一周，犹如腰带，带脉以下，名曰“带下”，妇科病因故称为“带下病”。白带本身是湿的一种形式，而色黄或色绿和腥臭味则是热的表现。白带产生源于肾，经脾运化，制约于带脉。饮食不节，劳倦过度，情志不畅，房室不节，年老久病，环境潮湿都可能导致白带异常。

愈带丸

Feminclean™ (Yu Dai Wan)

因此，中医治疗白带异常的主要方法是除湿，化热。愈带丸正是循此原则配伍而成的经典方。愈带丸清热化湿，恢复白带平衡。它由养血调经的妇科名药四物汤加上三味其它中药产生。

[药物组成]

熟地黄、当归、川芎、椿根皮、熟地黄、白芍、黄柏。

- 椿根皮：为方中主药。药性苦、涩，寒。清热燥湿，用于湿热带下。
- 黄柏：同样药性苦寒。清热燥湿，擅长于除身体下部（下焦）的湿热。黄柏还泻火解毒。在方中用于增强椿根皮的作用。
- 高良姜：暖胃散寒。用于平衡椿根皮和黄柏的寒性。研究发现高良姜有一定的抗菌作用。
- 熟地黄：滋阴补血。

- 当归：众所周知的养血调经中药。
- 白芍：养血，柔肝，止痛。
- 川芎：即活血又行气，祛风止痛。

以上四味即组成四物汤

[生产单位]

广慈堂 (Shanghai TongHanChun Herbs Factory)。

[规格] 200 丸

[用法用量]

口服，一次5-7丸，一日2-3次。

[注意事项]

1. 孕妇禁用。
2. 对本品过敏者禁用，过敏体质者慎用。
3. 药品性状发生改变时禁止服用。
4. 请将此药品放在儿童不能接触的地方。
5. 如正在服用其他药品，使用本品前请咨询医师或药师。

(来源：《饲鹤亭集方》)

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