



SUN TEN

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NEWSLETTER

"Back to school" (or work) after the holidays is difficult for many, not only because the party is over, but also because the body doesn't feel like it had a holiday at all. Too much food and drink has made body and mind dull and uncomfortable, resulting in indigestion and mental sluggishness. The good news is that this newsletter examines the ways to ease the transition and prepare body and mind for a great start to the New Year.

中医 Traditional Chinese Medicine

Help Your Patients Soothe a Troubled Digestive System - The Treatment of Functional Dyspepsia

By Dagmar Riley Dip. TCM



The most common type of dyspepsia seen by physicians is known as "Functional Dyspepsia". This refers to dyspepsia that occurs without an identifiable cause. Functional Dyspepsia is experienced as the following symptoms:

- persistent or recurrent dyspepsia (pain or discomfort centred in the upper abdomen);
- no evidence of organic disease that is likely to explain symptoms;
- no evidence that dyspepsia is exclusively relieved by defecation or associated with the onset of a change in stool frequency or stool form (ie, not Irritable Bowel Syndrome (IBS));
- symptoms have been persistent for at least three months within the preceding 12 months.

In addition to upper abdominal pain or discomfort, patients may also experience symptoms such as mild nausea, epigastric and abdominal bloating, flatulence, belching, or acid reflux.

The Practitioner should be careful to exclude disorders that can produce similar symptoms to Functional Dyspepsia, such as peptic ulcer disease, medication-induced dyspepsia, gastro-esophageal reflux disease, biliary pain, IBS or stomach cancer.

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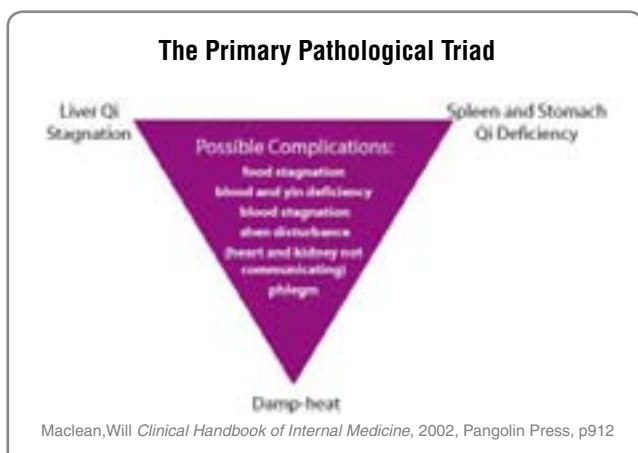
Western medical treatment focuses on dietary advice (e.g. avoiding fatty foods or other specific foods that aggravate the patient's condition), detection of potential mood disturbances that seem linked to the disorder, and medications such as acid-reducing medications, gastrokinetic agents (to promote efficient emptying of the stomach), low doses of antidepressant medication, or visceral analgesics.¹ Treatment success is limited, and side-effects are a common problem.

As mentioned, Western medicine has been unable to identify a cause for Functional Dyspepsia and bases its diagnosis on overall symptoms and signs (including localised symptoms, whole-body symptoms and psychological symptoms). This type of diagnosis has been the strong field and indeed the main characteristic of Traditional Chinese Medicine (TCM) for thousands of years, and reports from China show that TCM treatment of Functional Dyspepsia is both successful and usually free of side-effects.

TCM View of Functional Dyspepsia

Liver depression with spleen vacuity is considered to be the fundamental mechanism causing Functional Dyspepsia. However, as the disorder progresses this is often complicated by the existence of multiple patterns and concurrent vacuity and repletion. Lifestyle factors contributing to this basic pattern are emotional/mental stress, leading to liver depression qi stagnation, and improper diet, weakening the spleen and causing formation of dampness.

Liver qi stagnation, spleen deficiency and damp-heat are three patterns of pathology that tend to present simultaneously in gastro-intestinal (GI) disorders. In his Clinical Handbook of Internal Medicine, Will Maclean calls this pattern combination the Primary Pathological Triad. With time, spleen deficiency can lead to blood deficiency, qi stagnation may lead to blood stagnation, dampness can accumulate to form phlegm and internal heat may cause yin deficiency.



“Liver qi stagnation, spleen deficiency and damp-heat are three patterns of pathology that tend to present simultaneously in gastro-intestinal (GI) disorders.”

Maclean further expounds that “to successfully treat this triad of pathological patterns, each pattern must be addressed at the same time or the condition will either not improve or will quickly relapse. For example, if only the spleen is treated, the repeated insult of the liver will continue to weaken it and the spleen will be damaged again. If only damp-heat is treated, the weakened spleen will continue to produce dampness and will likely be damaged by the bitter cold medicines used to clear the damp-heat.” Formulae from the harmonising category are often used to be able to address these in some way contradictory pathologies at the same time. For example, *Xiao Chai Hu Tang [Minor Bupleurum Combination]*, the most popular formula of the harmonising category, concurrently addresses liver stasis leading to fire, spleen deficiency and phlegm damp.



Although most patients suffering from GI disorders simultaneously experience liver qi stagnation, spleen deficiency and damp-heat, one or two of the patterns may be more dominant than the others. A patient with dominant liver qi stagnation pattern might benefit from *Si Ni San [Bupleurum & Zhi Shi Formula]* with some additions to support the spleen and disinhibit dampness, but with the main focus still on liver stasis. A different patient with spleen deficiency as his dominant pattern would be treated more effectively with *Si Jun Zi Tang [Four Major Herb Combination]* with additions, and yet another patient with predominant spleen deficiency and damp-heat may be treated with *Ban Xia Xie Xin Tang [Pinellia Combination]* to support the spleen and clear heat with additional herbs to treat liver qi stagnation.

Examples of Current Chinese Treatment Strategies

1. *Si Ni San [Bupleurum & Zhi Shi Formula]* with *Liu Jun Zi Tang [Six Major Herb Combination]*.

Zhang Zhenzhong, chief physician of the department of gastroenterology, Jiangxi Hospital of Chinese Medicine, focuses his treatment strategy on coursing the liver and rectifying qi, strengthening the spleen and disinhibiting dampness. For this purpose, Dr Zhang uses a combination of *Si Ni San [Bupleurum & Zhi Shi Formula]* with *Liu Jun Zi Tang [Six Major Herb Combination]* as his base formula. *Si Ni San* is the root formula for harmonisation of liver and spleen, here it is used to course (free) the liver and resolve depression.



Citrus Sinesis & Curcuma Aromatica

Liu Jun Zi Tang treats spleen deficiency with phlegm damp. Within this combination, the properties of Chai Hu [Bupleurum], Bai Shao [White Peony] and Zhi Shi [Citrus Sinensis] tend towards cooling, whereas the properties of Ren Shen [Ginseng], Bai Zhu [White Atractylodes], Fu Ling [Hoelen], Chen Pi [Citrus] and Ban Xia [Pinellia] tend towards warming. Overall, the combination is hence neither too warming nor too cooling, having the desired harmonising effect on the contradictory pathologies of the Primary Pathological Triad so often found in digestive disorders.

Modifications according to dominant symptoms and signs:

- **Stomach duct (epigastric) distension and pain:** Increase the dosage of Zhi Shi [Citrus Sinensis] and Bai Zhu [White Atractylodes] and add Hou Po [Magnolia Bark].
- **Strong pain:** Increase the dosage of Bai Shao [White Peony].
- **Gastric hyperacidity:** Add Hai Piao Xiao [Cuttlebone].
- **Belching:** Add Bai Dou Kou [Amomum] to harmonise the stomach and downbear qi.
- **Insomnia:** Add Yuan Zhi [Polygala] and Fu Shen [Poria Cocos] to nourish the heart and calm the spirit, or Mu Dan Pi [Moutan], Pu Huang [Pollen Typhae], Yu Jin [Curcuma Aromatica] and Lian Zi [Lotus Seed] to cool the blood and clear the heart.
- **Vexation and being easily angered, with red face and red eyes, and rib-side distension and pain, vomiting or acid vomiting, wiry and slippery pulse:** Considering that depressed qi would have transformed into fire giving rise to liver fire, add Huang Lian [Coptis] and Wu Zhu Yu [Evodia] (also known as Zuo Jin Wan) to clear liver heat, direct rebellious qi downward and stop vomiting.
- **Feeling cold:** Add Gan Jiang [Dried Ginger] to warm the centre and dissipate cold.
- **Signs of damp-heat:** Add Huang Lian [Coptis] and Huang Qin [Scute] to clear heat and dry dampness.
- **Signs of blood stasis:** Add Yan Hu Suo [Corydalis] and Dan Shen [Salvia] or Wu Ling Zhi [Pteropus] and Pu Huang [Bulrush] (also known as Shi Xiao San) to quicken blood and transform stasis.

According to Dr Zhang the combination of *Si Ni San* [Bupleurum & Zhi Shi Formula] with *Liu Jun Zi Tang* [Six Major Herb Combination] corresponds very well with

the Western medicine understanding of Functional Dyspepsia, as modern research has shown the herbal combination to be gastrokinetic (promoting efficient emptying of the stomach), analgesic and calming.

Case History: Female, 51-year old, farmer. Dull pain and discomfort centred in the upper abdomen for over one year, which at the time was set off by a burst of anger. Additional signs and symptoms: Upper abdominal pain and discomfort increased after food intake, no appetite, dry mouth, bitter taste in the mouth, dry stool, constipation (bowel movement every two to three days), fatigue, lack of strength in the extremities to the extent that she cannot perform her usual workload as a farmer, disturbed sleep, moderate pulse, pale tongue with a thick greasy yellow coating. The hospital she first went to suspected chronic atrophic gastritis, however, all tests including blood and urine tests, liver and kidney function tests, electrolytes and abdominal ultra-sound were normal and did not reveal any cause for her pain. Based on her symptoms and test results she was diagnosed with Functional Dyspepsia.

Dr Zhang diagnosed her TCM pattern as liver depression and spleen deficiency with concurrent damp-heat. He concluded this corresponding treatment principle: Soothe the liver and strengthen the spleen, clear heat and transform dampness.

Formula used: *Chai Shao Liu Jun Zi Tang* [Bupleurum and Six Major Herb Combination], a version of *Liu Jun Zi Tang* with added Chai Hu [Bupleurum] and Bai Shao [White Peony] with modifications: Chai Hu [Bupleurum], Zhi Shi [Citrus Sinensis], Chen Pi [Citrus] 12 g each, Ban Xia [Pinellia] 9 g, Bai Zhu [White Atractylodes] 25 g, Fu Ling [Hoelen], Bai Shao [White Peony] 20 g each, Dang Shen [Codonopsis] 15 g, Huang Qin [Scute], Gan Cao [Licorice] 6 g each, Huang Bai [Phellodendron] 3 g. All quantities are raw herbs, taken as a decoction.

After four doses the dull pain and discomfort centred in the upper abdomen was markedly alleviated, her appetite had improved, the dry mouth and bitter taste in the mouth had disappeared completely, her stool had returned to normal, the yellow greasy coating had changed into a white coating, and the pulse was still moderate. Dr Zhang concluded that the damp heat was sufficiently cleared and the pattern was now reduced to liver depression and spleen deficiency. He thus eliminated Huang Qin [Scute] and Huang Bai [Phellodendron] from the above prescription and advised the patient to take another seven doses, after which the abdominal pain had completely disappeared and the distension had greatly improved. Dr Zhang consequently increased the dose of Zhi Shi [Citrus Sinensis] to 20 g and added Hou Po [Magnolia Bark] 6 g. After another 10 doses the patient's distension had disappeared. The patient could resume her normal workload and a follow up after six months confirmed that the patient was cured and the condition had not relapsed.

2. Clinical study treating 90 cases of Functional Dyspepsia with the combination *Si Ni San [Bupleurum & Zhi Shi Formula]* with *Ban Xia Hou Po Tang [Pinellia & Magnolia Combination]*

120 cases of Functional Dyspepsia were divided into two groups. The treatment group, consisting of 90 cases, were given a combination of *Si Ni San [Bupleurum & Zhi Shi Formula]* and *Ban Xia Hou Po Tang [Pinellia & Magnolia Combination]* with additions according to their individual pattern. 30 patients in the comparison group, were given an anti-emetic dopamine antagonist drug. Both groups were treated for four weeks.

Modifications of *Si Ni San [Bupleurum & Zhi Shi Formula]* and *Ban Xia Hou Po Tang [Pinellia & Magnolia Combination]* according to individual patterns (to convert raw herb quantities into granules, divide by six):

- **Pronounced qi stagnation:** Addition of Xiang Fu [Cyperus] 12 g, Chen Pi [Citrus] 10 g.
- **Spleen/stomach vacuity pronounced:** Addition of Dang Shen [Codonopsis] 15 g, Bai Zhu [Atractylodes, white] 12 g.
- **Liver stagnation transforming into fire:** Addition of Huang Lian [Coptis] 5 g, Huang Qin [Scute] 12 g, Wu Zhu Yu [Evodia] 3 g, Pu Gong Ying [Dandelion] 15 g.
- **Damage to stomach yin:** Addition of Sha Shen [Glehnia] 15 g, Mai Men Dong [Ophiopogon] 15 g.
- **Pronounced dampness:** Addition of Cang Zhu [Atractylodes] 12 g, Bai Dou Kou [Amomum] 5 g.
- **Pronounced pain due to qi stagnation with blood stasis:** Addition of Wu Ling Zhi [Pteropus] 10 g, Xiang Fu [Cyperus] 12 g, Yan Hu Suo [Corydalis] 12 g.

Group	Treatment	Comparison
Number	90	30
Marked Result	36 (40%)	6 (20%)
Result	47 (52.2%)	16 (53.3%)
No Result	7 (7.8%)	8 (26.7%)
Overall Success Rate	92.2%	73.3%

Evaluation of the clinical data revealed that, in this study, a significant part of the Functional Dyspepsia patients displayed mental symptoms such as depression, excessive worry, anxiety, insomnia or dream disturbed sleep. The disturbance of a balanced mental or emotional state in the body affects the normal free-flowing activity of qi in the body. It is said that “the liver governs free coursing”, which means that the liver governs the unobstructed flow of qi round the body and ensures normal mental and emotional activities. According to TCM theory, the qi dynamic of the middle burner (spleen/stomach) and its function of absorption and distribution of food essence also depends on the free coursing of liver qi.

Si Ni San [Bupleurum & Zhi Shi Formula] is indicated in liver qi stagnation and liver and spleen disharmony. *Ban Xia Hou Po Tang [Pinellia & Magnolia Combination]* is indicated in ascending (counterflow) stomach qi manifesting as upper abdominal discomfort and distension, belching, nausea and vomiting. In combination, these two formulae address the dominant mechanism causing dyspepsia in this study.

OVERVIEW OF FORMULAE COMMONLY USED IN THE TREATMENT OF FUNCTIONAL DYSPEPSIA

<i>Xiao Chai Hu Tang</i> <i>[Minor Bupleurum Combination]</i>	The most popular formula of the harmonising category, concurrently addresses liver stasis leading to fire, spleen deficiency and phlegm damp.
<i>Si Ni San</i> <i>[Bupleurum & Zhi Shi Formula]</i>	Main focus on liver qi stagnation: Soothes the liver and resolves depression, rectifies qi and stops pain, clears internal heat.
<i>Si Jun Zi Tang</i> <i>[Four Major Herb Combination]</i>	Main focus on the spleen: Supplements qi and strengthens the spleen.
<i>Liu Jun Zi Tang</i> <i>[Six Major Herb Combination]</i>	Like <i>Si Jun Zi Tang</i> (see above), but with additional herbs to transform phlegm.
<i>Ban Xia Xie Xin Tang</i> <i>[Pinellia Combination]</i>	Main focus on spleen deficiency with damp-heat: Harmonises the spleen and stomach, clears heat, aids descending of stomach qi, relieves retention of food and fluids in the stomach.
<i>Ban Xia Hou Po Tang</i> <i>[Pinellia & Magnolia Combination]</i>	Main focus on ascending stomach qi (nausea, vomiting, belching, upper abdominal distension) with phlegm-damp: Rectifies and aids the descending of qi, transforms phlegm and disperses stagnation.

中医基础 TCM Principles

Articles appearing under the heading “TCM Principles” are suitable for graduates of the **Sun Ten Self Study Course** and carry footnotes referring to content explained in the course. The articles are ideal to review your studies and further your knowledge in a particular area of TCM.

Forget Me Not – TCM Theory of Memory

By Dagmar Riley
Dip. TCM

Your memory is very much influenced by your lifestyle – too much food and drink, improper rest (too much or too little), long-term overwork and late nights – chances are your memory isn't at its brightest after the Christmas holidays.

In TCM, the three organs involved in the process of generating memory are the heart, the spleen and the kidney:

Heart

The heart (through shen, the spirit) is responsible for clarity of thought. If this function is disturbed, forgetfulness will manifest as muddled thinking, poor ability to take in new information (as this information is not “organised” properly), poor short-term memory and difficulty in expressing oneself clearly. The patient may tend to break out in tears due to feeling overloaded with information, even in simple day-to-day situations.

Spleen

The spleen is responsible for the ability to concentrate. If this function is disturbed, forgetfulness will manifest as a poor ability to focus and hence poor memorisation skills. The patient will find that their mind wanders off easily and they need frequent breaks when studying. While the manifestations of spleen qi deficiency can be annoying as the patient's mind is hard to control and wanders despite hard efforts to concentrate, the patient has no trouble expressing themselves and does not feel overwhelmed and emotional as is the case in heart blood deficiency.

In cases of forgetfulness, heart and spleen deficiencies tend to appear together, with above symptoms present in various degrees.

Kidneys

The kidneys are associated with storage of memory by way of kidney essence (jing). As kidney essence naturally declines with age, forgetfulness in the elderly is often related to kidney essence deficiency. However, kidney essence is also consumed through excessive sexual activity, drug abuse, long-term physical or mental taxation and stress, frequent late nights, multiple pregnancies (including miscarriages or terminations) and severe illness. In elderly patients, forgetfulness often manifests as poor short-term memory but excellent memory of childhood. In younger patients forgetfulness due to deficiency of essence tends to manifest as poor memory and extreme mental dullness.

Poor lifestyle often first causes damage to kidney yin prior to damaging kidney essence. Below, the resulting

pattern of forgetfulness is mentioned as “non-interaction of the heart and kidney”.

In cases of forgetfulness, patterns of deficiency are more common than repletion patterns. The repletion patterns blood and phlegm stagnation can result from a head injury or arise due to long-term illness and impair mental functioning such as speech and response to outside stimuli.

Insufficiency of the Heart and Spleen

TCM theory states that “the spleen governs thought”. The ability for focused thinking depends largely on the spleen. Conversely, thinking in an imbalanced way, meaning cramming for exams or high-pressure intellectual work without physical exercise, and also brooding and thinking in circles while avoiding appropriate action all tend to damage the spleen. Over-eating or eating the wrong foods (too sweet, greasy, cold, too much) also damage the spleen and will affect the ability to think in an efficient, focussed way.

TCM theory also states that, due to its role of transforming food into its essence, “the spleen is the source of qi and blood formation”. An impaired spleen easily leads to blood vacuity. An insufficiency of heart blood in turn will affect clarity of thought.

“If the mother does not rest enough after childbirth, “mother's brain” is a common phenomenon.”

Hence, damage to the spleen involving heart blood deficiency can give rise to inability to concentrate, unclear thinking, difficulty expressing oneself clearly, and poor short-term memory. Another cause for insufficiency of the heart and spleen can be heavy bleeding, for example, at childbirth, as both (heart) blood and (spleen) qi are lost. If the mother does not rest enough after childbirth, “mother's brain” is a common phenomenon.

Suitable Formula: *Gui Pi Tang [Ginseng & Longan Combination]* to supplement qi and blood, nourish the heart and calm the spirit, and supplement the spleen.

Non-Interaction of the Heart and Kidney

When kidney yin is depleted (see above), this can disturb the normal relationship between kidney yin and heart fire and results in “(heart) fire and (kidney) water failing to aid each other”. The pattern can also arise due

to emotional trauma or shock with heart fire blazing and damaging kidney yin. Symptoms include forgetfulness, insomnia, anxiety (or panic attacks), palpitations, night sweats, dry mouth and lower back ache. Tongue is red with little coating.

Suitable Formula: *Yang Xin Tang [Astragalus & Zizyphus Combination]* to nourish the heart and calm the spirit with *Liu Wei Di Huang Tang [Rehmannia Six Combination]* to supplement kidney yin.

If due to emotional trauma or shock: *Gui Zhi Jia Long Gu Mu Li Tang [Cinnamon & Dragon Bone Combination]* to strongly calm the spirit and harmonise heart and kidney.

Kidney Essence Deficiency

Predominantly in older patients or after severe long-term illness. Symptoms include forgetfulness, mental dullness, aching lower back and weak legs, grey or lifeless hair, low libido or impotence, infertility, dizziness, tinnitus, pale tongue and vacuous pulse. Therapeutic results tend to be slower and require longer treatment periods than in younger patients.

Suitable Formula: For kidney essence deficiency due to long-term illness: *Ren Shen Yang Ying Tang [Ginseng Nutritive Combination]* to nourish both qi and blood and consolidate essence.

Most cases of forgetfulness fall into either of these deficiency patterns.

OVERVIEW OF FORMULAE COMMONLY USED IN THE TREATMENT OF FORGETFULNESS

Gui Pi Tang <i>[Ginseng & Longan Combination]</i>	To supplement qi and blood, nourish the heart and calm the spirit, and supplement the spleen.
Yang Xin Tang <i>[Astragalus & Zizyphus Combination]</i> with Liu Wei Di Huang Tang <i>[Rehmannia Six Combination]</i>	To nourish the heart, calm the spirit and supplement kidney yin.
Ren Shen Yang Ying Tang <i>[Ginseng Nutritive Combination]</i>	To nourish both qi and blood and consolidate essence.

Sun Ten Seminar Review

Effective Treatment of Mood Disorders with Greg Bantick a Huge Success

The recent Sun Ten Seminar "Treating Mood Disorders with Traditional Chinese Medicine" with Greg Bantick presented in Sydney, Melbourne and Brisbane took a different look at treating mood disorders: Rather than examining hypothetical TCM patterns, Greg brought 13 classical formulae to life with numerous case studies,

tying the classical background of the formulae to his personal experience. Seminar attendees were provided with a comprehensive manual including modern research studies to complete the picture of the formulae and facilitate their use in a field where patients often take Western drugs alongside their TCM treatment.

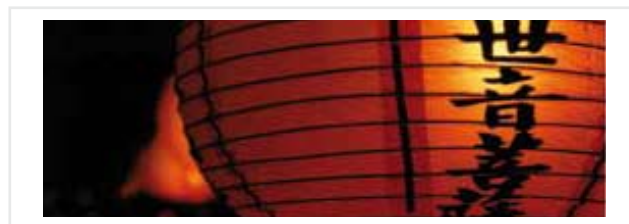
Identifying TCM patterns can be highly confusing, especially as patients tend to visit a TCM Practitioner with chronic disorders that involve multiple organ systems and present with multiple patterns. Adding to the confusion is a rich TCM heritage of thousands of formulae, often shrouded in classical language which makes application in a modern context difficult. It is rare to have the chance to listen to a speaker with as much knowledge, rich personal experience and down-to-earth practicality alongside an obvious love for the Chinese Medicine tradition and who has the talent to communicate his experience with humour and sensitivity. Greg Bantick's seminar gave Practitioners a deeper understanding of the tools we use, encouraging us to think about and use these formulae in more effective ways.

We look forward to bringing Greg back for another seminar in 2006. Copies of the seminar manual are available for purchase from customer service (order code: ST01).

Chinese New Year

The Year of the Dog

This year, Chinese New Year begins on January 29 and is the most important holiday for Chinese families. Chinese New Year always starts with the second new moon after the winter solstice and ends on the full moon 15 days later. The 15th day of the new year is called the Lantern Festival.



The Dog is the eleventh animal among the twelve zodiac animals in the Chinese horoscope. People born in the years 1922, 1934, 1946, 1958, 1970, 1982, 1994, 2006 are born in the Year of the Dog. Celebrities born in the Year of the Dog include Sir Winston Churchill, Elvis Presley, Bill Clinton, Madonna, Andre Agassi, Dolly Parton and Sylvester Stallone.

The Chinese-Australian community hold a variety of events to celebrate the arrival of the New Year. Ever since 1979 the 92-metre long Great Dragon has appeared in the streets of Melbourne in Chinatown. In Sydney festivities stretch to three weeks and include a grand parade, Dragon boat, sedan chair races and night markets. Brisbane festivities are advertised every year in Chinatown supermarkets and restaurants. Have a happy and prosperous New Year.

中西医结合 Integrated Traditional and Western Medicine

Ginseng and Longan Combination and its Effect on Memory and Learning.

By Angela Carroll

Adv. Dip. H.Sc - Nat, Adv. Dip H.Sc - Acu, Adv. Dip H.M.

In TCM, the faculties of memory and concentration are governed by the kidney and spleen, respectively. A third organ, the heart, governs the mind (shen). The shen incorporates the whole sphere of mental, emotional and spiritual aspects of the person. Healthy mental function, allowing a clear and enduring memory, depend on the balanced interaction of various aspects of the kidney, spleen and heart,^{1,2} (see Dagmar Riley's article on page 4 for more detail).

Gui Pi Tang [Ginseng and Longan Combination] is a formula that addresses these three organs. It "augments the qi, tonifies the blood, strengthens the spleen and nourishes the heart."³ This places it as an ideal formula to improve memory and concentration, and recent research supports this.

Ginseng and Longan Combination has been found to:

- Improve learning, especially in the elderly;
- Alleviate anxiety and increases dopamine and serotonin uptake;
- Reduce negative mental changes in menopause;
- Have a pain relieving effect.

Effects on Learning Performance

In animal models, research results indicate long-term administration of *Ginseng and Longan Combination* can improve learning performance in the elderly.^{4,5} Additionally, this herbal formula has protective effects against cerebral ischemia⁶, thereby protecting brain tissue important for memory and concentration.

Anxiolytic

Again in animal models, researchers have noted decreased GABA and benzodiazepine receptor numbers and sensitivity in the elderly brain. This may be responsible, at least in part, for anxiety-related behaviour. Long-term administration of *Ginseng and Longan Combination* results in a significant increase in benzodiazepine binding in the brain, which may contribute to the anxiolytic effects of this traditional formula.^{7,8}

As we age, our neurotransmitter receptor sensitivity decreases. Long-term administration of *Ginseng and Longan Combination* increases serotonin and dopamine

receptor binding affinity of these neurotransmitters, thus increasing brain activity of these important neurotransmitters.⁹ Inadequate levels of serotonin and dopamine may result in symptoms such as anxiety, depression, as well as eating and sleeping disorders.



"... *Ginseng and Longan Combination* can improve learning performance in the elderly."

Benefits in Menopause

Ginseng and Longan Combination has been administered clinically for several menopausal symptoms, such as hot flushes, depression and insomnia. Research involving ovariectomised rats found those treated with the herbal formula had improved response to stress. It also improved results in a radial maze test in a dose dependant manner.¹⁰ This further supports the use of this traditional formula in improving memory and concentration.

With menopause there is often an increase in blood pressure. The same researchers noted that *Ginseng and Longan Combination* "improved blood pressure levels." Hypertension is associated with impairments in cognitive function in older adults.^{11,12,13}

Effects on Pain Relief

Serotonin and noradrenaline block pain signalling in the spinal cord and brain stem, thus reducing pain sensation. Administration of *Ginseng*

and *Longan Combination* clinically reduces pain; it is suggested that the pain relief action of these herbs may be related to the serotonergic and noradrenergic pain inhibitory system at the supraspinal level.^{14,15}

Summary

In states of anxiety, pain and illness, our memory and concentration becomes impaired. Ageing and altered hormonal patterns that occur during menopause also reduce our mental clarity. As Practitioners, we know that poor mental function is a sign of other underlying conditions. Having formulae, such as *Ginseng and Longan Combination*, that provide researched and clinically proven solutions for our patients who are concerned about their memory can ease a lot of patients' (and their family's) concerns and prevent progression of the underlying causes.

References available on request.

Upcoming Sun Ten Seminar Dates

Sun Ten Seminars 2006

April

Brisbane - Saturday 1st

Sydney - Sunday 2nd

Melbourne - Sunday 9th

November

Brisbane - Sunday 5th

Melbourne - Sunday 12th

Sydney - Sunday 19th

One Day Seminar

Running From: 2:00 to 7:00 pm

Dinner Served: from 7:00 pm

Sun Ten Pearls Seminar 2006

July

Melbourne - Sat. 8th and Sun. 9th

Sydney - Sat. 15th and Sun. 16th

Brisbane - Sat. 22nd and Sun. 23rd

Two Day Seminar

Day One: Running from 1:00 to 5:00 pm

Day Two: Running from 10:00 to 5:00 pm

To find out more information or to book your place, call



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