







## 28. NOURISH &amp; CALM SHEN 養心安神藥(양심안신약)

SUAN ZAO REN	BAI ZI REN	YUAN ZHI	HE HUAN PI	HE HUAN HUA	YE JIAO TENG
Ziziphi Spinosae Semen	Platycladi Semen	Polygalae Radix	Albiziae Cortex	Albiziae Flos	Polygoni multiflori Caulis
酸棗仁(산조인)	柏子仁(백자인)	遠志(원지)	合歡皮(합환피)	合歡花(합환화)	夜交藤(야교등)
					
sweet, sour	sweet	bitter, acrid	sweet	sweet	sweet
neutral	neutral	sl warm	neutral	neutral	neutral
GB HT LV SP	HT KD LI	HT LU	HT LV	LV ST	HT LV
<b>Nourish HT and Calm the spirit</b>					
<ul style="list-style-type: none"> <li>Nourish LV Blood</li> <li>Astringe sweating</li> </ul>	<ul style="list-style-type: none"> <li>Moisten Intestine and move stools</li> <li>Used for Yin deficient night sweats</li> </ul> <p><b>CE BAI YE</b> (leaf)</p> <ul style="list-style-type: none"> <li>Cool blood and stop bleeding</li> <li>Stop cough and expel Phlegm</li> <li>Can be used for hair loss</li> </ul>	<ul style="list-style-type: none"> <li>Expel HT Phlegm and open orifices</li> <li>Expel LU Phlegm and stop cough</li> <li>Reduces abscesses and dissipate swelling</li> </ul>	<b>Relieve LV constraint</b> (He Huan Hua > He Huan Pi)		<ul style="list-style-type: none"> <li>= <b>SHOU WU TENG</b></li> <li>Nourish Blood and unblock channels</li> <li>Alleviate itching (external wash)</li> </ul> <p><b>HE SHOU WU</b> (root)</p> <ul style="list-style-type: none"> <li><b>Prepared:</b> for blood deficiency, graying hair</li> <li><b>Raw:</b> for constipation, toxic-heat, malaria</li> </ul>
			<ul style="list-style-type: none"> <li>Harmonize the blood, stops pain, and reconnect the sinews and bones</li> <li>Dissipate swelling and reduce abscesses</li> </ul>	<ul style="list-style-type: none"> <li>Promote Qi flow in the collaterals (especially for constrained emotions with chest/epigastric fullness)</li> <li>Brightens the eyes</li> </ul>	
			<b>Move Qi &amp; Blood</b>	<b>Move Qi</b>	
<b>General C/C:</b> The herbs are mild in nature					
<u>Caution</u> <ul style="list-style-type: none"> <li>severe diarrhea</li> <li>excess heat</li> </ul>	<u>Contra</u> <ul style="list-style-type: none"> <li>loose stools</li> <li>phlegm disorders</li> </ul> <p><u>Caution</u></p> <ul style="list-style-type: none"> <li>cool, dry, well circulated storage reduces risk of carcinogenic aflatoxin contamination</li> </ul>	<u>Contra</u> <ul style="list-style-type: none"> <li>yin deficient heat</li> <li>peptic ulcers and gastritis</li> </ul>	<u>Caution</u> <ul style="list-style-type: none"> <li>during pregnancy</li> </ul>	<u>Contra</u> <ul style="list-style-type: none"> <li>none noted</li> </ul>	<u>Contra</u> <ul style="list-style-type: none"> <li>none noted</li> </ul>
9-15g	3-9g	6-15g	6-15g	4.5-9g	15-30g
crush					

28. NOURISH & CALM SHEN					
SUAN ZAO REN	酸棗仁(산조인)	▲	●	■	Ziziphi Spinosae Semen (sour jujube seed)
BAI ZI REN	柏子仁(백자인)	▲	●	■	Platycladi Semen (chinese arborvitae seed)
YUAN ZHI	遠志(원지)	▲	●	■	Polygalae Radix (thin-leaf milkwort)
HE HUAN PI	合歡皮(합환피)		●	■	Albiziae Cortex (silktree bark)
YE JIAO TENG	夜交藤(야교등)	▲	●	■	Polygoni Multiflori Caulis (polygonum vine)
FU SHEN	茯神(복신)		●		Poria Paradicis (innermost part of poria)

**28. NOURISH & CALM SHEN**

*Suan Zao Ren* (*Ziziphi spinosae Semen*) and *Bai Zi Ren* (*Platycladi Semen*) are both used for treating insomnia from blood or yin deficiency. \_\_\_\_\_ is most effective in treating insomnia due to Heart blood deficiency and Kidney yin deficiency, while \_\_\_\_\_ is especially effective in treating cases resulting from Heart blood deficiency and Liver yin deficiency.

- A. Suan Zao Ren / Bai Zi Ren
- B. Bai Zi Ren / Suan Zao Ren

Suan Zao Ren	Bai Zi Ren
Heart	

Suan Zao Ren	Da Zao
Nourish and Calm Shen	

Which Nourish/Calm Shen herb has an astringent nature and is used for preventing both spontaneous and night sweating?

- A. Long Gu
- B. Mu Li
- C. Suan Zao Ren
- D. Bai Zi Ren

Nourish and Calm Shen	
for spontaneous and night sweating	for night sweating

Which Shen-calming herb enters Heart, Kidney, and Large Intestine channels?

- A. Suan Zao Ren
- B. Bai Zi Ren
- C. Yuan Zhi
- D. Ye Jiao Teng

HT	KD	LI
Nourish HT and Calm Shen	Nourish KD Yin and used for night sweat	Moistens the Intestines

**Which Shen-calming herb can be irritating and is contraindicated for those with those with peptic ulcers or gastritis?**

- A. Suan Zao Ren
- B. Bai Zi Ren
- C. Yuan Zhi
- D. He Huan Pi

- Use \_\_\_\_\_ with caution in patients who have gastritis, peptic or duodenal ulcers. *Gan Cao* (Radix Glycyrrhizae) can be added to ease the irritating effect \_\_\_\_\_ has on the stomach and to prevent nausea and vomiting.
- This irritation can be eliminated by dry frying \_\_\_\_\_, or by boiling it with *Gan Cao* (Radix Glycyrrhizae) in hot water.

**Which Shen-calming herb has a high risk of being contaminated by carcinogenic aflatoxins?**

- A. Suan Zao Ren
- B. Bai Zi Ren
- C. Yuan Zhi
- D. He Huan Pi

- Aflatoxins are poisonous carcinogens and mutagens that are produced by certain molds (*Aspergillus flavus* and *Aspergillus parasiticus*) which grow in soil, decaying vegetation, hay, and grains.
- They are regularly found in improperly stored staple commodities such as cassava, chili peppers, cottonseed, millet, peanuts, rice, sesame seeds, sorghum, sunflower seeds, sweetcorn, tree nuts, wheat, and a variety of spices.

\_\_\_\_\_ should be used with caution during pregnancy, as it stimulates contraction of the uterus.

- A. Suan Zao Ren
- B. Bai Zi Ren
- C. Yuan Zhi
- D. He Huan Pi

risk of aflatoxin contamination	peptic ulcers and gastritis	pregnancy

**Which herb is used for both visible and invisible Phlegm?**

- A. He Huan Hua
- B. He Huan Pi
- C. Yuan Zhi
- D. Ye Jiao Teng

Both *He Huan Pi* (Albiziae Cortex) and *He Huan Hua* (Albiziae Flos) calms the spirit and relieves Liver constraint. Which one invigorates the blood and reduces swelling additionally?

- A. He Huan Pi
- B. He Huan Hua

He Huan Pi	He Huan Hua
Nourish and Calm Shen, Relieve LV constraint	

*Ling Zhi* (Ganoderma) has been shown to have antineoplastic activity due to its immune-enhancing properties. The specific effects of *Ling Zhi* include an increase in monocytes, macrophages and T-lymphocytes. What is the functional category of *Ling Zhi*? (clinical only)

- A. Stop cough and wheezing
- B. Tonify Qi
- C. Tonify Blood
- D. Nourish and Calm Shen

- Because wild-crafted *Ling Zhi* (ganoderma, reishi mushroom) is rare and difficult to collect, the cultivated mushroom is generally used commercially.
- *Ling Zhi* has recently been used to treat angina pectoris, hepatitis, high cholesterol, hypertension and leukopenia.

The pharmacological effects of herbs on the CNS include sedative, hypnotic, analgesic and antiepileptic effects.

↓ Spontaneous physical activity	Suan Zao Ren / Ling Zhi / He Huan Hua
Potentiate the effect of hypnotics by prolonging sleeping time	Suan Zao Ren / Yuan Zhi / Ling Zhi
Diminish reactivity to external stimuli	Suan Zao Ren
Prevent and/or treat seizures and epilepsy by inhibiting the CNS	Ling Zhi

#### Clinical Formula

Suan Zao Ren	Ling Zhi	Shi Chang Pu	Yuan Zhi	Zhi Zi
20	10	10	10	6

*Xiao Mai* and *Fu Xiao Mai* are derived from the same plant. Which one nourishes Heart and Calms Shen?

- A. Xiao Mai
- B. Fu Xiao Mai

Xiao Mai	Fu Xiao Mai

**He Shou Wu and Ye Jiao Teng are derived from the same plant. Which one nourishes Heart and Calms Shen?**

- A. He Shou Wu
- B. Ye Jiao Teng

He Shou Wu	Ye Jiao Teng

**Which Shen-calming herb is used for insomnia with generalized muscular weakness, soreness, and numbness due to blood deficiency?**

- A. Long Gu
- B. Suan Zao Ren
- C. He Huan Hua
- D. Ye Jiao Teng

• Generalized muscular weakness, soreness, and numbness due to blood deficiency: + *Dang Gui, Ji Xue Teng, Dan Shen*

**Match the herbal functions to the correct Wind-Cold releasing herbs**

