



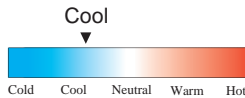
Bai Zi Ren - Biota

SHEN CALMER

DRUG TEST FREE FORMULA



TCVM Thermal Nature:



TCVM Indications:

- Anxiety & Insomnia
- Restlessness
- Nervousness
- Shen (spirit) disorder
- Heart Yin/Blood Deficiency
- Pulse: thin and fast
- Tongue: red and dry

Chinese Principles of Treatment: Nourish Heart Yin and Blood, calm Shen, and soothe Liver Qi.

Contraindications: None

Dosage:

Horse - Regular: 15g twice daily as top dressing on feed
Concentrated: one 3g bags twice daily

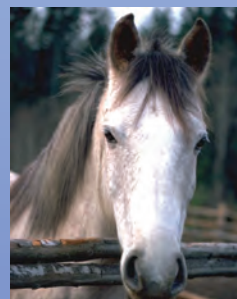
Dog/Cat- Regular: 0.5g per 10 to 20 lb body weight twice daily
Concentrated: 0.5g per 30-50 lbs of body weight twice daily

Ingredients and Actions:

Latin Name	Ingredient	Actions
Ostrea	<i>Mu Li</i>	Calm Shen, subdue Liver Yang
Paeonia	<i>Bai Shao Yao</i>	Smooth Liver Qi and Nourish Blood
Biota	<i>Bai Zi Ren</i>	Calm Shen, nourish Heart
Angelica	<i>Dang Gui</i>	Nourish Heart Blood
Ophiopogon	<i>Mai Men Dong</i>	Nourish Heart Yin
Zizyphus	<i>Suan Zao Ren</i>	Calm Shen, nourish Heart
Asparagus	<i>Tian Men Dong</i>	Nourish Heart Yin
Cyperus	<i>Xiang Fu Zi</i>	Smooth Liver Qi
Polygala	<i>Yuan Zhi</i>	Calm Shen, nourish Heart
Bupleurum	<i>Chai Hu</i>	Regulate Liver Qi and relieve stress
Salvia	<i>Dan Shen</i>	Invigorate Blood, dispels Stasis
Poria	<i>Fu Shen</i>	Calm Shen
Scrophularia	<i>Xuan Shen</i>	Cool Blood Heat
Polygonum	<i>Ye Jiao Teng</i>	Calm Shen, nourish Heart
Citrus	<i>Qing Pi</i>	Smooth Liver Qi, relax costal tension
Schisandra	<i>Wu Wei Zi</i>	Consolidate



- ✓ 8oz regular biscuits
- ✓ 200-0.5g capsules
- ✓ 900g powder
- ✓ 200-0.18g teapills
- ✓ 200g powder
- ✓ 600g powder
- ✓ 100-0.2g capsules



- ✓ 3oz concentrated biscuits
- ✓ 180g (3gx60 bags) concentrated powder
- ✓ 60-0.25g concentrated capsules
- ✓ 120-0.5g concentrated capsules

Distributed through veterinarians only

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Main Herbs in Shen Calmer

Shen Calmer is based on the classical formula *Tian Wang Bu Xin Dan*. This formula calms *Shen*, nourishes Heart *Yin* and Blood, and soothes Liver *Qi*. It therefore treats both the outward manifestation of *Shen* disturbance and also the underlying cause. The root of *Shen* disturbance is stress, which tends to cause Liver *Qi* Stagnation. When Liver *Qi* Stagnation becomes chronic, it transforms into Fire. Fire flares upwards, consuming Heart *Yin* and disturbing the *Shen*. *Suan Zao Ren* (Zizyphus), *Bai Zi Ren* (Biota), *Fu Shen* (Poria), *Ye Jiao Teng* (Polygonum) and *Yuan Zhi* (Polygala) calm *Shen* and nourish the Heart, while *Mu Li* (Ostrea) calms *Shen* and subdues Liver *Yang*. *Dang Gui* (Angelica) nourishes Heart Blood and *Tian Men Dong* (Asparagus) and *Mai Men Dong* (Ophiopogon) nourish Heart *Yin*. *Xuan Shen* (Scrophularia) cools Blood Heat and *Dan Shen* (Salvia) invigorates Blood and dispels Stasis. *Bai Shao* (Paeonia), *Chai Hu* (Bupleurum), *Qing Pi* (Citrus) and *Xiang Fu Zi* (Cyperus) smoothen and regulate Liver *Qi* and disperse Stagnation.

Clinical Research on Shen Calmer

Human clinical research has been conducted on the classical formula *Tian Wang Bu Xin Dan*, the antecedent of Shen Calmer. In clinical studies, *Tian Wang Bu Xin Dan* has been found to have significant effectiveness in the treatment of insomnia. Numerous studies have shown a success rate of 87% to 96%, depending on the dose and dosage form.¹ Although no longer a diagnosis in conventional medicine, neurasthenia is a psycho-pathological term describing a syndrome of fatigue, anxiety, headache, depression and neuralgia that is still in use in Chinese medicine. In a study of 218 neurasthenia patients treated with *Tian Wang Bu Xin Dan*, the success rate was 66.5% when 10-15 grams were given three times daily for 30 days.¹ In TCM, the Heart houses the *Shen*, and clinical research in humans demonstrates that *Tian Wang Bu Xin Dan* has beneficial effects on the heart. This formula has been shown to be useful in treatment of coronary heart disease, angina, hypotension and palpitations.¹

Pharmaceutical Evidence for the Effects of Herbs in Shen Calmer

Scientific evidence proves that herbs in Shen Calmer have significant tranquilizing effects. *Suan Zao Ren* (Zizyphus) and *Dan Shen* (Salvia) have significant sedative-hypnotic activity, and are synergistic when used together.² *Dan Shen* (Salvia) has many actions on the central nervous system, including sedative and hypnotic, hallucinogenic, skeletal muscle relaxant, analgesic, memory-enhancing, anticonvulsant and neuroprotective effects.³ *Yuan Zhi* (Polygala) has also been shown to have sedative-hypnotic and anxiolytic properties.⁴ *Dang Gui* (Angelica) is another herb in Shen Calmer that has proven anxiolytic effects.⁵ *Ye Jiao Teng* (Polygonum) has many effects on the central nervous system, including regulation of apoptosis, reduction in age-related changes and anti-oxidative effects, and has great potential to treat neurodegenerative disorders.⁶ Polyphenols isolated from this herb regulate hippocampal synaptic plasticity, enhancing memory and learning.⁷ *Bai Zi Ren* (Biota) also has beneficial effects on the brain's memory and learning processes.⁸

Case Study

A 10-year-old Thoroughbred gelding was successfully treated with *Shen Calmer* for idiopathic head shaking by Dr. Sabine Vollstedt.⁹ The horse presented for TCVM evaluation and treatment of shifting pelvic limb lameness of four week's duration and idiopathic head shaking of one week's duration. He had previously been treated with phenylbutazone and a Japanese form of acupuncture called Sasabari, but no response had been seen. After TCVM examination, the horse was diagnosed with local *Qi* Stagnation in the lumbosacral region and right pelvic limb and Liver *Qi* Stagnation and Fire flaring upward to the Heart, causing a *Shen* disturbance that manifested as head shaking. Two acupuncture treatments were administered at weekly intervals and the local *Qi* Stagnation resolved within a month; however, the head shaking worsened and signs of Heart *Yin* and Blood Deficiency developed. At this stage, Shen Calmer (modified *Tian Wang Bu Xin Dan*) was therefore prescribed. After two weeks of administration of Shen Calmer, the head shaking had improved and within two months the horse showed only occasional head shaking while being ridden. After the hot summer months had passed, the head shaking had resolved and completely disappeared, so herbal therapy was discontinued.

References:

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