

Maternal Herbal™

Dr. Fung's Ligustrum Herbal Supplement

Therapeutic Actions

1. Promotes fertility in women
2. Can also be used for yang deficient individuals and low libido

Chinese Therapeutic Effects

Tonifies liver yin and kidney yang	Tonifies and nourishes blood
Relaxes shen	Tonifies Qi
Invigorates blood and Qi	

Administration

Internal: 2 to 3 tablets TID, between meals

90 tablets, 750mg, 15 day supply

Contraindications: Individuals with yin deficiency heat pattern should not take this formula (see Clinical Notes).

Ingredients

Kirin Ginseng root <i>ji lin shen</i>	Ligustrum fruit <i>nu zhen zi</i>	Cynamorium plant <i>suo yang</i>	Epimedium leaf <i>yin yang huo</i>
Cistanche salsa herb <i>rou cong rong</i>	Rubus fruit <i>fu pen zi</i>	Fu shen sclerotium <i>fu shen</i>	Evodia fruit <i>wu zhu yu</i>
Rehmannia (cooked) root <i>shu di huang</i>	Deer antler gelatinum <i>lu jiao jiao</i>	Ligusticum root <i>chuan xiong</i>	Cinnamon bark <i>rou gui</i>
Tang Kuei root <i>dang gui</i>	Morinda root <i>ba ji tian</i>	Eucommia bark <i>du zhong</i>	Zanthoxylum fruit <i>chuan jiao</i>

Formula Rationale

This is an empirical formula based on Dr. Fung's 60 years of clinical experience.

Infertility in women is a complex problem. In Chinese medicine, the root cause is pathology in the kidney and/or Penetrating-Conception channels. However, the syndrome patterns that ultimately lead to such pathology vary, and can include kidney deficiency, blood deficiency, constrained liver qi, phlegm-dampness, blood stasis, among others.

In this formula, the chief herb is kirin ginseng, (*ji lin shen*), which strongly tonifies the basal qi and strengthens the spleen and tonifies the stomach. Cistanche salsa (*rou cong rong*) tonifies the kidney, strengthens the yang and warms the womb. Rehmannia (*shu di huang*) and tang kuei (*dang gui*) tonify the blood and regulate the menses, and are used commonly for irregular menstruation and uterine bleeding due to deficiency. Ligustrum (*nu zhen zi*) and eucommia (*du zhong*) nourish and tonify the liver and kidney, with the former clearing internally-generated heat due to deficiency, and the latter aiding the smooth flow of Qi and blood. Rubus (*fu pen zi*) augments and stabilizes the kidney. Deer antler gelatinum (*lu jiao jiao*) nourishes and tonifies essence and the blood. Morinda (*ba ji tian*), cynamorium (*suo yang*), and epimedium (*yin yang huo*) are ingredients that also tonify the kidney yang. Fu shen strengthens the spleen, harmonizes the middle burner and calms the spirit. Ligusticum (*chuan xiong*) is an important herb in Chinese gynecology; it invigorates the blood and promotes the movement of Qi, and is used for blood stasis patterns. Evodia (*wu zhu yu*) warms the middle, disperses cold, and relieves constraint in the liver channel. Cinnamon bark (*rou gui*) enters the heart, kidney, liver, and spleen channels; its function is to warm the kidney and fortify the yang. The final herb, zanthoxylum (*chuan jiao*), warms the middle burner and disperses cold.

Clinical Notes

1. This formula is rather warming in nature and should not be taken by individuals with yin deficiency heat syndrome, the main symptoms of which are intermittent sensations of heat, spontaneous sweating, dry mouth and throat, a red tongue with little coating, and a thin and rapid pulse
2. Sensitive individuals, i.e., those who are especially reactive to herbal therapy, may need to start on, or use a reduced dosage of 1 tablet, three times per day

Additional Formulas

- Consider **Fertile Garden** for kidney and liver yin deficiency pattern
- Consider **Clear Phlegm** (*Wen Dang Tang*) and **Quiet Digestion** for phlegm-dampness pattern
- Consider **Woman's Balance** for liver qi stagnation pattern
- Consider **Eight Treasures** for blood deficiency pattern
- Consider **Channel Flow** for blood and Qi stagnation or dysmenorrhea