

Bao He Tang

Preserve Harmony Decoction

Ingredients :

Glycerin (Plant Source), 山楂 Shan Zha (Hawthorn Fruit), 神麴 Shen Qu (Medicated Leaven), 莱菔子 Lai Fu Zi (Radish Seed), 陳皮 Chen Pi (Aged Tangerine Peel), 連翹 Lian Qiao (Forsythia Fruit), 茯苓 Fu Ling (Poria (solid fungus)), 半夏 Ban Xia (Pinella Tuber), Distilled Water

Category: *Formulas that Reduce Food Stagnation*

Actions:

TCM

Reduces food stagnation
Harmonizes the stomach
Regulate Qi
Clears heat and resolves toxicity
Drain Dampness
Warm and Transform Cold Phlegm

Western

Anti-emetic
Stomachic
Expectorant
Mild Diuretic
Mild Laxative

Indications:

- Dyspepsia
- Acid regurgitation
- Abdominal distention
- Borborygmus
- Nausea
- Emesis
- Overeating

Commentary:

This is a well-known formula among Chinese physicians, who typically examined patients presenting with food retention symptoms. These include overeating, alcohol intoxication, food poisoning, etc. This would be a useful addition to any first-aid travel kit especially for overseas travel.