

五積散

# Earth Pearls

Wuji San

## About Earth Pearls

The unique design of Earth Pearls reflects the 12<sup>th</sup> century formula Wuji San (Five Accumulation Powder) from the official Song dynasty pharmacopoeia, *Taiping Huimin hejiju fang*. It seeks to provide a comprehensive approach to all earth organ dysfunction, especially the typical situation of spleen qi deficiency intertwined with dampness, which results in the common symptoms of poor digestion, poor immunity, fungal and parasite problems, as well as potential blood deficiency issues. All Chinese herbal traditions tend to pivot around an earth centered approach to healing, attempting to restore the spleen's ability to ascend, move, and transform on one side, and to invigorate the stomach's ability to descend, contain, and excrete on the other. The lifting components of Earth Pearls (especially the minister ingredient, Platycodon) make it a prototypical *taiyin* remedy, strengthening the connection between the spleen and lung systems. Its drying components (primarily its imperial ingredient, Red Atractylodes) make it a prototypical remedy that transforms damp, prevents phlegm development, and expels wind. Due to its anti-wind properties, Wuji San was once regarded as the Song dynasty's main remedy for the flu. It can also be considered for chronic wind disturbances such as parasitic and fungal problems, or Lyme disease accompanied by chronic digestion issues. Its blood tonic ingredients, furthermore, can treat potential blood deficiency sequelae that tend to follow long-standing qi problems, such as menstrual issues in spleen deficient women.

The FDA requires the following statement:

These products have not been evaluated by the Food and Drug Administration. Please note that our products are formulated according to classical Chinese alchemical principles. References to modern disease names in this presentation are intended to convey a general idea of how these classical principles might be applied in a modern clinical context. This should not be understood as a claim on our part that the Classical Pearls products treat, cure, or prevent these conditions.

**Sammanfattning:** Tonifierar Qi-energi, Löser Kyla, Fukt och Plegm, reglerar matsmältningen. Reglerande för menstruation, förebygger cystor, ansamlingar **Möjliga Symtom:** Trötthet, svaghet i armar och ben, försämrad immunitet, anfåddhet. Övervikt hastig eller abnormal viktuppgång tex. efter graviditet, ansamlingar i vävnad, försämrad cirkulation. förbättrar immunitet speciellt hos äldre. Svullenhet, gas, obehag, illamående, ev. diarré och förstoppning. Tryck i blåsan och annat obehag. Minskar Bi-syndrom i TKM olika muskel och ledproblem vilket ofta bla. involverar, stelhet, smärtor i ben, armar, skuldror och nedre rygg.

## Typical Applications

- Obesity
- Food sensitivities; irritable bowel syndrome; eating disorders
- Ulcerative colitis, Crohn's disease
- Low thyroid values; anemia
- Dysmenorrhea, metrorrhagia, amenorrhea, leukorrhea
- Acute cold/flu (especially in elderly patients); food poisoning
- Chronic bronchitis, emphysema, pulmonary heart disease (and other conditions involving chronic phlegm production)
- Shoulder-Arm Syndrome; lumbago
- Chronic fatigue syndrome; fibromyalgia
- Meniere's syndrome
- Airline travel (prevention of colds, food poisoning and jet lag)

## Dosage

**Infants:** dissolved content of ½-1 capsule 2x/day

**Children and pregnant women:** 2-3 capsules 2x/day

**Adults:** 3-5 capsules 2-4x/day

**Typical (adult) combination usage example:** 3 Earth Pearls plus 2 Amber Pearls 2-3x/day (for diarrhea)



## Therapeutic Principles

- Warm the center, build spleen qi and transform cold damp with food-grade herbs (especially suitable for individuals with damp/phlegm constitutions who do not respond well to ginseng and other overly tonic herbs)
- Remove “Five Accumulations” (wuji) that easily build up in the earth layer of the body: qi, blood, damp, phlegm, and food
- Dispel wind and guard against wind invasion, especially in elderly patients or individuals with cold/deficient constitutions (during the Song and Ming dynasties, Wuji San used to be the primary remedy for influenza)
- Restore the up/down dynamics of the middle burner, eliminate food stagnation, relieve digestive discomfort and abdominal gas/bloating (ancient precursor of popular digestive patents such as Huoxiang Zhengqi San or Pill Curing)
- Dry chronic dampness and transform cold phlegm; expel excess water weight in overweight individuals
- Normalize hormonal system in qi-deficient women; regulate menses and prevent formation of uterine masses
- Expel all types of chronic wind damp afflicting the *taiyin* networks (spleen and lung), including bi syndrome in the arms, shoulders, and lower back

## Indications

- All symptoms of qi deficiency: fatigue, weak extremities, tendency to diarrhea, poor appetite, shortness of breath, low voice, pale face color, susceptibility to cold/flu
- All symptoms of cold damp: abnormal weight gain (especially after childbirth); general sense of heaviness/sluggishness, brain fog; chronic discharge
- All symptoms of cold phlegm: stuffy chest, poor digestion, chronic cough, dizziness
- All symptoms of wind cold: acute cold/flu, especially in elderly and deficient patients; chronic aversion to drafts
- All symptoms of wind damp: pain, weakness and/or numbness in neck, shoulders, arms, legs, and lower back
- Pale tongue with tooth marks and white coating
- All sensations of trapped qi and other signs of chronic digestive weakness, such as bloating, gas, abdominal discomfort, nausea and vomiting, undigested food in stool; tendency to diarrhea, but also constipation in people with low thyroid levels; bladder pressure/discomfort; recurrent caries
- Menstrual pain, irregular menses, bleeding/spotting, amenorrhea, abdominal masses

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## Differentiation

For low thyroid values and/or osteoporosis	combine with	Vitality Pearls
For common cold, symptoms of sore throat	use	Perilla Pearls
For sinus or lung infection involving the production of yellow phlegm	use	Golden Pearls
For menstrual cramps, uterine bleeding and/or benign uterine masses	use or combine with	Moon Pearls
For cervical cancer and ovarian cancer	use	Ocean Pearls
For eating disorders involving vomiting	use or combine with	Ginkgo Pearls
For chronic joint pain in fibromyalgia patients	combine with	Bamboo Pearls and/or Lightning Pearls
For chronic degenerative lung conditions	combine with	Glacier Pearls
For airline travel	combine with	Lightning Pearls and/or Cinnamon Pearls
For treatment and prevention of food poisoning and parasitic disease during travel	combine with	Thunder Pearls
For ulcerative colitis or Crohn's disease  for signs of yin deficiency  for obvious allergic reactions	primarily use	Cinnamon Pearls
	and combine with	Amber Pearls
	add	Water Pearls
	combine with	Wind Pearls
For poor appetite in obese individuals	combine with	Amber Pearls

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## Ingredients

蒼朮	CANGZHU	Atractylodes, red
肉桂	ROUGUI	Cinnamon bark
茯苓	FULING	Poria
甘草	GANCAO	Licorice
半夏	BANXIA	Pinellia
陳皮	CHENPI	Citrus peel
厚朴	HOUPO	Magnolia bark
乾姜	GANJIANG	Ginger, dried
桔梗	JIEGENG	Platycodon
枳殼	ZHIKE	Aurantium zhike
白芍	BAISHAO	Peony, white
川芎	CHUANXIONG	Ligusticum
當歸	DANGGUI	Tang-kuei
防風	FANGFENG	Siler
白芷	BAIZHI	Angelica dahurica

Original Song dynasty remedy  
**Wuji San**

containing:  
**Ling Gui Zhu Gan Tang, Jiegeng Banxia Tang, Erchen Tang, Pingwei San, Tongxie Yaofang;**

as well as principal ingredients of:  
**Guizhi Tang, Banxia Houpo Tang, Houpo Shengjiang Gancao Banxia Renshen Tang, Danggui Shaoyao San, Banxia Baizhu Tianma Tang, Bazhen Tang**

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