

複方逍遙散

# Ease Pearls

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**Sammanfattning:** Enligt TKM lindrar depression bla. vid menopause, balanserar vid humörsvängningar. Bra vid obehag i magen, abdomen bla. illamående och reflux i mage. Verkar genoma att harmonisera yttre och inre (ShaoYang) och genom att lösa stagnation av Qi-energi och Fukt samt tonifiera Qi, Blod och Yin. **Möjliga symtom:** Allmän känsla av att sitta fast fysiskt och känslomässigt, svänger i humör, tendens till depressivitet. Magproblem som; illamående, dålig aptit, gas, svullenhet, spänning, tryck, smärta. Kan känna sig oklar mentalt, kan finnas minskad sensorisk mottaglighet, lite avmattad. Tungan kan ha viss guldfärgad beläggning och vara blank på sidorna av tungan

## About Ease Pearls

The comprehensive design of Ease Pearls is an attempt to combine the qi moving, detoxifying and anti-depressant benefits of the two most famous and effective Bupleurum formulas in Chinese medicine. It unites the 3<sup>rd</sup> century remedy Xiao Chaihu Tang (Minor Bupleurum Decoction) and the 12<sup>th</sup> century remedy Xiaoyao San (Ease Powder), and is further enhanced by the drying and descending effect of Banxia Houpo Tang (Pinellia and Magnolia Bark Decoction) and the moistening effect of Shengmai San (Generate the Pulse Powder). Both base remedies address congestion of the *shaoyang* system (gallbladder and triple warmer), with a particular focus on treating and preventing all problems that can be classified as “wood over-controlling earth.” In general, Ease Pearls can be used as a crucial base or add-on remedy whenever the use of Bupleurum is required. It is particularly suitable for all pathologies that can be classified with the terms qi stagnation or *shaoyang* disorder—ranging from acute ear aches to chronic conditions such as menopausal depression, or hot and cold sensations in Lyme disease patients.

## Therapeutic Principles

- Alleviate depression, mood swings and digestive discomfort by harmonizing *shaoyang* and removing stagnation of qi/dampness
- Reverse pathological qi flow
- Tonify qi, yin and blood.

## Indications

- Congestion in LIV/GB channels; *shaoyang* Syndrome
- General sensation of physical and emotional stuckness; depression, mood swings
- Digestive discomfort (nausea; poor appetite; gas/bloating; diaphragm congestion; abdominal pain)
- Unclear head, clogged sensory orifices
- Tongue: with thin white (or slightly yellowish) coat, often no coating on sides
- Pulse: tendency for fine/wiry pulse on left side, soggy pulse on right side

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.

## Typical Applications

- Cyclical depression/anxiety
- PMS; breast distention
- Menopause; hot flashes
- Plumpit Syndrome; Running Piglet Syndrome
- Nausea; low grade headache/migraine (especially if affecting temple or eye region)
- Eating disorders
- Intercostal neuralgia
- Chronic hepatitis (hepatitis B/C)
- (*Shaoyang*/spring-time) allergies affecting ears, eyes, and nose; lymphatic swelling
- Gas/bloating; IBS; mild cases of ulcerative colitis and Crohn's disease
- Infertility (in young males/females with sufficient hormone counts)

## Dosage

**Infants:** ½ capsule 2x/day

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

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

**Typical (adult) combination usage example:** 3 Ease Pearls plus 2 Lightning Pearls 2-3x/day (for acute ear ache, or temporal headache in Lyme disease patients)



## Differentiation

For menopausal symptoms in yang/blood deficient individuals	use	Guanyin Pearls
For allergies <i>taiyang</i> involvement	use	Wind Pearls
For stiff neck/shoulders <i>shaoyang</i> involvement	combine with	Cinnamon Pearls
For digestive symptoms due to parasites	combine with	Thunder Pearls
For chronic headaches and lymphatic swelling caused by inflammation of the nervous system (i.e. Lyme disease)	use or combine with	Lightning Pearls
For chronic migraine headaches	primarily use	Ginkgo Pearls
For chronic hepatitis in yang deficient individuals	use	Mama Pearls, Evergreen Pearls or Sugar Pearls
For IBS accompanied by loose stool or diarrhea	combine with	Amber Pearls
For acute <i>shaoyang</i> syndrome (ear infection mumps, mastitis, etc.)	combine with	Dragon Pearls
For leukemia	combine with	Dragon Pearls

## Ingredients

柴胡	CHAIHU	Bupleurum
半夏	BANXIA	Pinellia
北沙參	BEISHASHEN	Glehnia
黃芩	HUANGQIN	Scutellaria
大棗	DAZAO	Jujube
生薑	SHENGJIANG	Ginger, fresh
白芍	BAISHAO	Peony, white
(全)當歸	(QUAN) DANGGUI	Tang-kuei
紫蘇葉	ZISUYE	Perilla leaf
白朮	BAIZHU	Atractylodes, white
伏神	FUSHEN	Fushen
厚朴	HOUPO	Magnolia bark
麥門冬	MAIMENDONG	Ophiopogon
甘草	GANCAO	Licorice

Xiaoyao San, Xiao Chaihu Tang,  
Banxia Houpo Tang, Maimendong Tang,  
Huangqin Tang

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