

# ZUO GUI WAN

Left Returning Formula 左歸丸

## TCM ACTIONS

---

Nourishes the Kidney (and Liver) Yin, enriches the Kidney Essence.

## TCM SYNDROMES

---

Kidney Yin deficiency.  
Kidney Essence deficiency.

## BIOMEDICAL ACTIONS

---

Tonic adaptogenic, anti-inflammatory, renal tonic, cardiac tonic, normalises hypothalamic-pituitary-adrenal (HPA) and H-P-gonadal axes, aphrodisiac.

## INDICATIONS

---

Debility due to chronic illness, hypertension, Addison's disease, diabetes mellitus, chronic lumbago, disorders of sexual function, infertility, dysfunctional uterine bleeding, amenorrhoea, menopausal syndrome, delayed development in children.

## SIGNS & SYMPTOMS (key clinical features in bold)

**Pain and weakness of the lower back and/or knees**

**Dry mouth and throat**

**Night sweats**

Dizziness

Tinnitus or loss of hearing

Sensation of heat in the palms and soles

Sexual hypofunction

Nocturnal seminal emission (M) or frequent sexual dreams (F)

**Red tongue with scant coat**

**Thready and rapid pulse** that may also be deep

## INGREDIENTS Each pill contains extract equiv. to dry:

---

Dioscorea opposita, root ( <i>huai shan yao</i> )	62.5 mg
Achyranthes bidentata, root ( <i>huai niu xi</i> )	62.5 mg
Cuscuta hygrophilae, seed ( <i>tu si zi</i> )	62.5 mg
Rehmannia glutinosa, root ( <i>shu di huang</i> )	37.5 mg
Cornus officinalis, fruit ( <i>shan zhu yu</i> )	37.5 mg
Lycium barbarum, fruit ( <i>gou qi zi</i> )	37.5 mg
Morinda officinalis, root ( <i>ba ji tian</i> )*	37.5 mg
Ligustrum lucidum, fruit ( <i>nu zhen zi</i> **)	37.5 mg

\* Included as a substitute for *lu jiao jiao* (deer horn gelatin).

\*\* Included as a substitute for *gui ban jiao* (turtle shell gelatin).

## ACTIONS OF THE MAIN HERBS

---

- **Rehmannia root** (prepared) is used orally in formulas as a tonic with a specific action on the blood, the urogenital system and the heart. It has been shown to have the following actions: antihypertensive, anti-inflammatory, anticholesterolemic, cardiotonic, adrenal tonic, hepatoprotective, hypotensive, anti-ageing, cerebral blood flow stimulant.
- **Dioscorea root** is used orally in formulas to treat digestive disorders with poor appetite, loose stools or chronic diarrhoea, leukorrhoea, chronic cough, enuresis, polyuria and seminal emissions. It has been shown to have diuretic, hypotensive, hypoglycemic, antibiotic, stomachic and anti-ageing actions.

## DOSAGE & COURSE OF TREATMENT

---

8 pills, 3 times daily (or 12 pills, 2 times daily), half to one hour away from food.

In severe cases and in the early stages of treatment (first 2 – 4 weeks) the dosage may be increased by 50%.

Course of treatment: 3 – 6 months. May be used for longer periods in older patients.

Safe for long term use.

## CAUTIONS & CONTRAINDICATIONS

---

Discontinue during an episode of common cold or influenza.

## COMBINATIONS

---

**Amenorrhea** (primary):

- + Qi Bao Mei Ran Dan (Polygonum & Cuscuta Formula)
- + Tao Hong Si Wu Wan (Persica, Carthamus & Dang-gui Combination)
- + Yu Dai Fu Yan Jing (Ailanthus & Celosia Flower Leuco-Clear Formula)

**Menopausal syndrome** (severe, stubborn), **with early senility and hot flushes:**

- + Er Xian Tang (Epimedium & Curculigo Combination)
- + Qi Bao Mei Ran Dan (Polygonum & Cuscuta Formula)

## COMMENTS

---

This formula was devised by Zhang Jie-bin (a.k.a. Zhang Jing-yue) and first published in 'Jing-yue's Complete Works' (*jing-yue quan shu*), 1624. It is a variant of Liu Wei Di Huang Wan (Rehmannia Six Formula), from which the three draining herbs have been removed and replaced with five additional tonifying herbs.

Its clinical applications are much the same as those of Liu Wei Di Huang Wan (*see* p65), however it is used when a stronger tonic is required, while the latter is preferred when there are signs of Dryness (due to deficiency Fire), such as dryness of the mouth, throat, eyes or vagina .

The formula's name (Left Returning/Restoring Pill) refers to the left Kidney, which from ancient times was regarded as the Yin Kidney or the seat of the Kidney Yin. Its actions are focused on nourishing the Kidney Yin-Essence, with minimal effect on reducing deficiency Fire.

In adults Kidney Yin deficiency may arise in the after-math of a febrile illness (which depletes the Body Fluids and thus also the Kidney Yin); excessive sexual activity; having many children with too short an interval between births; repeated miscarriages or abortions, especially if they occurred close together; prolonged periods of excessive work or physical activity together with insufficient rest or sleep; overuse of Yang tonifying herbs; overuse of alcohol or other 'recreational' drugs (including coffee); prolonged emotional stimulation (via Liver- or Heart-Fire); the effects of ageing; as well as hereditary lack of innate Kidney essence.

The synergistic actions of the herbs are as follows:

- Rehmannia root (*shu di huang*), Dioscorea root (*huai shan yao*), Cornus fruit (*shan zhu yu*), Lycium fruit (*gou qi zi*), Ligustrum fruit (*nu zhen zi*): nourish the Kidney Yin and enrich the Kidney Essence.
- Cuscuta seed (*tu si zi*), Morinda root (*ba ji tian*): warm-tonify the Kidney Yang and nourish the Kidney Yin, enrich the Kidney Essence.
- Achyranthes root (*huai niu xi*) tonifies the Liver and Kidney, sends the Qi and Blood downwards.