

H07

**Eight-Ingredient Formula with Rehmannia Extract Granules
(Hachimi-jio-gan; Bai Wei Di Huang Wan)**

Description:

The daily dose of 7.5g (3 unit packets) contains 4.40g of Eight-Ingredient Formula with Rehmannia extract powder:

- Rehmannia Root (Shu di huang).....5.0g
- Cornus Fruit (Shan zhu yu).....3.0g
- Dioscorea Rhizome (Shan yao)..... 3.0g
- Alisma Rhizome (Ze xie).....3.0g
- Moutan Bark (Mu dan pi).....3.0g
- Cinnamon Bark (Gui zhi).....1.0g
- Hoelen (Fu ling).....3.0g
- Processed Lateral Root of Aconite (Fu zi).....1.0g

Form	Color	Taste	Odor	Code
Granules	Light brown	Slightly sweet and little bitter afterward	Specific odor	H07

Standardization Specification:

This product is standardized to contain 0.75-2.27 mg/day of Aconitine, 8.1-15.2 mg/day of Paeoniflorin, and 0.26-0.62 mg/day of Cinnamic acid.

Therapeutic Recommendation (“Sho”):

Hachimi-jio-gan is recommended for fatigue, cold hands and feet, oliguria, and strong thirst. In addition to these conditions: lower extremity pain, low back pain, numbness, presbyopia due to aging, pruritis, difficulty urinating, edema.

TCM Formulation Strategy:

Shu di huang is the chief herb, which can nourish yin and tonify the kidneys. *Shan zhu yu* and *shan yao*, the deputy herbs, tonify the liver and spleen and benefit the vital energy. They can also assist the kidney yang together with acrid, hot *fu zi* and *rou gui*. The chief and assistant herbs together have the effect of tonifying the kidneys and benefiting the essence as well as nourishing the kidneys and warming yang. This is the method of saving yang from yin. *Zexie* and *fu ling* have the effect of

eliminating the dampness evil. *Mu dan pi* clears away minister’s fire. They have the effect of tonifying the body, although evil is eliminated, and the greasy nature of yin-nourishing herbs is avoided. All these herbs coordinated together are warm but not dry; nourishing but not greasy. They can warm the yang and activate vital energy, nourish deficiency of yin and produce yang, so that kidney yang is strengthened, activity of vital energy is restored, and all syndromes are recovered.

Dosage and Administration:

For adults: 7.5g/day orally divided into 3 doses before or between meals. The dosage may be adjusted based on age, body weight and symptoms.

**Consumer Tablet Product:
Prostate Kampo™**

Research Finding:

1. Aged rats that received Hachimi-jio-gan were more active and stronger than the control group rats. (Journal of Alternative & Complementary Medicine. 7(4):355-9, 2001 Aug.)
2. Hachimi-jio-gan has been used for disorders accompanying aging. This study suggested that Hachimi-jio-gan modulated an imbalance toward T helper 1 (Th1) predominance in MRL/lpr mice, a lupus-like autoimmune model, through inhibition of IL-12 production and ameliorated autoimmune disorders. (International Immunopharmacology. 1(3):551-9, 2001 Mar).
3. Preventive effects by Unkei-to, Hachimi-jio-gan, and Juzen-taiho-to, on the progress of bone loss induced by ovariectomy in rats were investigated for a period of 49 days. This study strongly suggests that any of these three gynecological Kampo medicines is as effective as 17 beta-estradiol in preventing the development of bone loss induced by ovariectomy in rats (Calcified Tissue International. 61(3):239-46, 1997 Sep).
4. The crude polysaccharide fraction of Hachimi-jio-gan might be responsible for the augmentation of immunoglobulin A (IgA)