



Chinese Spleen Activator

(formerly UC-C)

Stock #1880-8 (100 capsules)

TCM - Stock #1070-5 (30 capsules)

Chinese Spleen Activator is an herbal combination designed to tone and strengthen the spleen and promote digestive function. Chinese Spleen Activator contains herbs that also enhance immunity, reduce inflammation, relax painful muscle cramps and spasms, and provide analgesic (pain-relieving) and hepatoprotective (liver-protecting) activity.

Chinese Spleen Activator can be used to relieve symptoms of weak spleen function and malnutrition, including lack of appetite, abdominal bloating and pain, diarrhea and fatigue. Chinese Spleen Activator may also help relieve arthritis and rheumatic conditions, dyspepsia (indigestion), flatulence (gas), heart palpitations, nausea and vomiting, and hepatitis (inflammation of the liver).

Ginseng (*Panax ginseng*) has demonstrated a clear hepatoprotective effect in animals studies by increasing the antioxidant capacity of the liver. Ginseng may also help prevent liver damage resulting from exposure to drugs and other environmental toxins. In human case-control studies, ginseng intake has been associated with a significant reduction in the odds of developing liver cancer. In addition, ginseng has been shown to reduce total serum cholesterol, triglyceride and low density lipoprotein (LDL) levels and increase high density lipoprotein (HDL) levels in humans. Furthermore, ginseng enhances the immune response, in part, by stimulating phagocytosis (the process by which white blood cells fight infection), as well as the production of white blood cells and interferon—a substance that fights viral infection by inhibiting viral growth.¹⁻⁹

Astragalus (*Astragalus membranaceus*) tonifies the spleen and is used for spleen deficiency symptoms such as lack of appetite, diarrhea and fatigue. Astragalus also exerts profound effects on the immune system by stimulating various key immune system functions, including promoting the activity of macrophages—immune cells that ingest foreign invaders; enhancing the production of interferon—a substance that fights viral infection by inhibiting viral growth; and increasing natural killer (NK) cell and T-cell activity. Astragalus is often combined with ginseng, dang gui and/or licorice to further enhance its immunotonic properties.^{1,4,10-13}

Atractylodes (*Atractylodes lancea*) strengthens the spleen and relieves spleen and stomach congestion, thus improving digestion and appetite and relieving symptoms of abdominal fullness, bloating, nausea and vomiting. Atractylodes is often combined with hoelen to treat symptoms caused by spleen deficiency, including chronic cough, diarrhea, edema, fatigue, heart palpitations, lack of appetite, and weakness in the limbs. Atractylodes is also used for symptoms associated with arthritis and rheumatic conditions. Research has confirmed the presence of substances in atractylodes that demonstrate anti-inflammatory activity, thus confirming its use for soothing sore, swollen joints and relieving the pain of headaches and muscle aches. In addition, atractylodes acts as a mild diuretic and helps to remove dampness in the body by inducing therapeutic sweating. Researchers have also discovered the presence of immune system-modulating polysaccharides in atractylodes.^{1,3,4,14-17}

Hoelen (*Poria cocos*) tones and strengthens spleen function and is used for spleen deficiency symptoms such as loss of appetite, diarrhea, headache, heart palpitations and vertigo (dizziness). Hoelen is also used to promote urination and relieve problems resulting from the accumulation of "moisture" such as edema, diarrhea, lung congestion, swollen joints and feelings of heaviness throughout the body. In addition, hoelen acts as an anti-emetic—a substance that alleviates nausea and vomiting—especially where there are congested fluids in the stomach. Furthermore, hoelen has long been used as a sedative in Traditional Chinese Medicine to help "quiet" the heart and calm the mind and spirit with symptoms such as anxiety, insomnia, irritability, reddening of the face, restlessness and short temper.^{1,2,4,18-20}

Dioscorea (*Dioscorea japonica*) is used in Traditional Chinese Medicine as a spleen tonic to strengthen the spleen. Dioscorea is commonly recommended to treat conditions of "spleen deficiency" accompanied by symptoms such as lack of appetite, chronic diarrhea, fatigue, food stagnation, and spontaneous sweating. Dioscorea is often combined with hoelen and atractylodes for loose, watery stools due to spleen deficiency, or combined with ginseng to enhance digestive function.^{1-4,14}

Lotus seed (*Nelumbo nucifera*) is regarded as a tonic to enhance spleen-energy in Traditional Chinese Medicine. Lotus seed is used for symptoms of spleen deficiency, including loss of appetite and chronic diarrhea. Lotus seed is often combined with dioscorea and atractylodes for spleen deficiency. Lotus seed is also considered a tonic for the heart and is used to nourish the heart, as well as to calm the spirit, relieving symptoms such as anxiety, insomnia, irritability and heart palpitations. Recent research has shown that ethanol extracts of lotus seeds demonstrated antioxidative and hepatoprotective effects.^{1-4,21}

Chaenomeles (*Chaenomeles lagenaria*), a commonly used herb in Traditional Chinese Medicine, is especially effective on rheumatism. Chaenomeles promotes circulation, relaxes the muscles and tendons, and exhibits anti-inflammatory and antispasmodic effects. Chaenomeles is particularly helpful for severe, cramping pain and weakness in the lower back and lower extremities. Chaenomeles also relieves cramping of the calves, leg edema, and arthritic and rheumatic conditions, especially of the legs. In addition, chaenomeles reduces food stagnation and helps indigestion.^{2,4,22}

Citrus peel (*Citrus aurantium*) is a warming herb that improves spleen function and normalizes the flow of energy through the body, moving congested water and phlegm and releasing pathogens (disease-causing organisms) that have become stagnant. Citrus peel is often used for stagnant spleen *qi* (loosely translated as "energy"), manifesting symptoms such as abdominal bloating, fullness, belching, and nausea and vomiting. Citrus peel also demonstrates antibacterial and anti-inflammatory activities and is commonly used as an alternative treatment for anxiety and insomnia.^{1,2,23,24}

Dang gui (*Angelica polymorpha*) is used as a blood tonic in Traditional Chinese Medicine to purify blood quality and improve circulation. Dang gui is also regarded as the most important herb in Japanese herbal medicine for stimulating blood circulation. In addition, dang gui exhibits confirmed anti-inflammatory activity and has also been shown to protect the liver in animal studies. Dang gui also provides analgesic, antispasmodic, immunostimulatory and sedative effects. According to the World Health Organization's medicinal plant monographs, dang gui has been used for the treatment of chronic hepatitis and cirrhosis of the liver.^{1,3,4,14,25-27}

Hyacinth bean (*Dolichos lablab*) strengthens spleen function and is used for spleen deficiency symptoms such as chronic diarrhea with loud stomach growling and reduced appetite.⁴

Galanga (*Alpinia galanga*), a close relative of ginger, is a spicy and hot herb that affects the stomach and spleen. Galanga warms the middle of the body and is used to alleviate abdominal pain, diarrhea, indigestion and vomiting. Research shows that galanga contains substances that demonstrate gastroprotective (stomach-protecting) effects. Laboratory studies have also found that galanga inhibits the production of hormone-like substances called prostaglandins that cause inflammation, pain and swelling. In addition, galanga has been shown to have strong antibacterial actions, and polysaccharide extracts of galanga have exhibited marked immunostimulating activity in mice.^{1,2,4,28-30}

Ginger (*Zingiber officinale*) is used in Traditional Chinese Medicine to warm the middle of the body, particularly the spleen and stomach. Ginger is often combined with different herbs to treat symptoms of spleen deficiency—with licorice or galanga for abdominal pain and vomiting and with atracylodes for diarrhea. Ginger aids digestion and assimilation and is widely used for the treatment of gastrointestinal problems, including abdominal discomfort and bloating, diarrhea, dyspepsia, and nausea stemming from motion sickness and hyperemesis gravidarum (morning sickness). Ginger also demonstrates analgesic (pain-relieving), anti-inflammatory and anti-edematogenic (a substance that prevents edema or swelling) properties. Furthermore, the naturally occurring essential oil in ginger has demonstrated antimicrobial activity against both Gram-positive and Gram-negative bacteria, as well as yeasts and fungi.^{1-4,23,31-35}

Licorice (*Glycyrrhiza uralensis*) is widely used in Traditional Chinese Medicine as a tonic for the spleen and for spleen deficiency symptoms such as exhaustion, loose stools and shortness of breath. Licorice is also used to reduce fever and inflammation, alleviate pain, and reduce spasms, particularly painful spasms in the abdomen or legs. Licorice's anti-inflammatory action is similar to that of cortisone—a potent anti-inflammatory drug. Research shows that licorice contains the active ingredient glycyrrhizin (glycyrrhizic acid), which demonstrates a wide range of pharmacological properties, including anti-inflammatory, anti-ulcer, antioxidant, anti-tumor, anti-viral, and hepatoprotective actions. In fact, licorice is one of the leading natural compounds used in clinical trials of chronic active hepatitis B—a form of viral hepatitis. In addition, licorice contains saponins that have been shown to enhance the proliferation of phagocytes—immune system cells that digest germs and virus-infected tissues.^{1,2,4,14,36,37}

Magnolia (*Magnolia liliflora* and *officinalis*) enhances the movement of energy through the body and removes stagnation in the spleen and stomach. Magnolia's bitter taste stimulates salivation and secretion of digestive fluids, as well as movement of intestinal muscles. These actions help to reduce and eliminate abdominal bloating, belching, diarrhea, flatulence, nausea and feelings of fullness, particularly due to excess and food stagnation. Magnolia also demonstrates antimicrobial activity against various types of infections, including streptococcal infections, staph infections, shigella (responsible for dysentery), viral hepatitis and amoebic infections. In addition, magnolia bark contains the active ingredient magnolol, which exhibits anti-inflammatory and analgesic effects, while other constituents such as caffeic acid and kaempferol provide diuretic effects.^{1,2,4,38-40}

Typhonium (*Typhonium flagelliforme*) is a warming herb that relieves pain and inflammation, including joint pain, and relaxes muscle spasms. Typhonium is also used to soothe the stomach, combat nausea and vomiting, reduce abdominal distention (bloating) and to treat lymphatic swellings. In addition, researchers have identified a substance in typhonium with significant antihepatotoxic (protecting the liver from toxins) activity.^{4,41-45}

Saussurea (*Saussurea lappa*) is a bitter, warming herb that strengthens a weak spleen and promotes the circulation of spleen and stomach *qi* (loosely translated as "energy"). Saussurea is used for symptoms of spleen or stomach stagnant *qi*, including abdominal pain or distention (bloating), lack of appetite, nausea and vomiting. Saussurea is also used for symptoms of stagnant liver or gallbladder *qi* such as pain in the sides, swelling or soreness. In addition, saussurea contains substances that possess anti-inflammatory and anti-arthritis activity. Research also shows that saussurea contains two active components, costunolide and dehydrocostus lactone, which may have potential as specific anti-hepatitis B virus drugs.^{1-4,46-48}

Cardamom (*Amomum villosum*) is used in Traditional Chinese Medicine to warm the spleen, dispel stagnation and normalize energy flow through the center of the body. Cardamom acts as a stomachic to strengthen the stomach and aid digestion, which, in turn, relieves stomach stagnation and intestinal gas, as well as abdominal distention (bloating) and pain, constipation, diarrhea, dyspepsia, loss of appetite, nausea and vomiting, and stomachache. In addition, cardamom contains an essential oil with analgesic and anti-inflammatory effects, due to the presence of bornyl acetate.^{1-4,49}

Zanthoxylum (*Zanthoxylum americanum*) is an herbal medicine that has been used to treat colic, diarrhea, fever and flatulence, as well as inflammation and joint pain associated with rheumatic disorders. Zanthoxylum also improves blood flow to the extremities.⁵⁰⁻⁵²

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