

## ActiveHerb's Guide: Chinese Herbal Medicine for Digestive Health

Everyone loves delicious food. To many people, this is most or even all a happy life is about. It is no surprise to see more and more people are getting obese. Naturally, not everyone can actually enjoy delicious food. Many millions of Americans suffer digestive problems of one kind or another and each year spend billions of dollars to solve the problems.

Digestion is a complex process that breaks down the food we eat and absorbs the nutrients into the blood stream. Digestion needs a dynamic yet balanced action of multiple digestive organs. Otherwise, digestive disorders may occur. For example, when we eat too much so that the stomach is overburdened, food stagnation happens. In such a case, we either need to eat less or need to strengthen the digestive function.

Digestion is a well studied topic in traditional Chinese medicine (TCM). In the TCM theory, the Spleen plays a central role in the digestive function in that it regulates the absorption of the nutrients from the food and transforms them into the Yin, Yang, and Qi energy etc, the fundamental energies in TCM that control our overall body functions. (Please note that the Spleen in TCM is not an anatomic concept as it is understood today.) For someone who does not inherit robust Jin essence, Yin, Yang, and Qi energies at birth (e. g., someone who always complains cold limbs may have an insufficiency of the Yang energy at birth), a strong Spleen can refill the body with sufficient Yin, Yang, and Qi energy absorbed from the food. Likewise, a strong Spleen can also replenish the Yin, Yang, and Qi energies whenever they are depleted during the course of life. For this reason, a large number of Chinese medicines for digestive health are directed to maintain a healthy Spleen function.

The stomach is another critical digestive organ as it is where food digestion actually takes place. A strong stomach function assures the food is broken down properly and timely and moved into the intestines for absorption. The stomach becomes malfunctional in TCM terms when the Yin, Yang, or Qi energy is insufficient or the balance of Yin and Yang is not maintained. The same stomach malfunctions are mostly known as gastritis or gastric ulcers and are attributed to either an inflammation or erosion of the lining of the stomach in modern biomedical terms.

In pursuit of providing best Chinese medicines for digestive health, ActiveHerb has the privilege of fully appreciating the breath and depth of TCM on digestion and, as a result, makes a spectrum of digestion Chinese medicines available for our customers, some of which are listed below. Please read more about each formula to make a suitable choice. Consultation with a doctor is advised.

1. [Si Jun Zi Tang Wan \(Pian\)](#) (Four Gentleman Decoction): The classic Chinese medicine is a basic formula for nourishing the Qi energy and is a part of many other digestion formulas. It may be used for the Spleen/Stomach Qi deficiency shown as pale face, low soft voice, poor appetite. The mild action of the formula makes it an excellent Chinese herb used by many from time to time to maintain a healthy digestive function even when no digestive discomfort is evident.
2. [Bao He Wan \(Pian\)](#): The choice of Chinese medicines for facilitating digestion. The famous Chinese herb may be used when one is overeating, has food stagnation in the stomach, food is not digested well.
3. [Bao Ji Pian \(Wan\)](#): Another famous Chinese medicine for digestion. It is good at both food indigestion and any minor digestive discomfort when it first appears. The Chinese herb is also used commonly for general body discomfort and the cold or flu associated with digestive discomforts.
4. [Mu Xiang Shun Qi Wan \(Pian\)](#): Increases Qi movement in the Spleen/Stomach to reduce food retention and abdominal distention with bloating, acid reflux, or heartburn.
5. [Jiang Pi Wan \(Pian\)](#): Also a known Chinese medicine used for both removing food indigestion as well as strengthening the Spleen function. Suitable for use by small kids to assist digestion. Moreover, the Chinese herb may be used to help restore the digestive function after chemotherapy.
6. [Shen Ling Bai Shu Wan \(Pian\)](#): A highly regarded herbal formula that nourishes the Spleen and replenishes the Qi energy. Loose stool or diarrhea is a usual sign of weak Spleen function. Shen Ling Bai Shu Wan (Pian) is a commonly used Chinese medicine for chronic diarrhea.
7. [Xiang Sha Yang Wei Wan \(Pian\)](#): A popular Chinese medicine for nourishing the Stomach. It contains Chinese herbs with diverse functions in strengthening the Stomach and Spleen, regulating Qi, drying dampness and may be used for both daily maintenance of a robust stomach function and dealing with various digestive problems.
8. [Xiang Sha Liu Jun Zi Wan \(Pian\)](#): Another popular Chinese medicine for nourishing the Stomach with similar applications to Xiang Sha Yang Wei Wan.
9. [Zhi Shi Ping Wei Wan \(Pian\)](#): Removes Dampness in the Stomach and Spleen. One may have abdominal distension even if little food is eaten, loose stool or diarrhea, vomit, does not like to drink water even in thirst.
10. [Ban Xia Xie Xin Wan \(Pian\)](#): A regarded ancient Chinese medicine to harmonize the Spleen and stomach function. It has a wide application in gastrointestinal disorders such as gastritis, enteritis, gastric ulcer, stomach pain etc. Its action is stronger than Xiang Sha Yang Wei Wan.
11. [Fu Zi Li Zhong Wan \(Pian\)](#): The Chinese medicine is a primary herbal formula for the Spleen/Stomach Yang Deficiency which is marked by cold Stomach, abdominal pain, vomiting, and cold limbs.
12. [Chu Kou Wei Wan \(Pian\)](#) (Clear Breath): Our signature formula for clearing Stomach heat. It is used to clean bad odors in breathing (Halitosis) and mouth ulcer due to heat in the Stomach and food retention.
13. [Tong Bian Wan \(Pian\)](#): Our signature formula for Constipation. The Chinese herb moistens the intestines to promote bowel movement.
14. [Xiao Cheng Qi Wan \(Pian\)](#): The classic Chinese medicine is used for constipation with fullness and flatulence in the chest and abdomen.

All Chinese Herbs ActiveHerb carries are 100% natural herbal remedies. They are time-tested and safe, contain no pharmaceuticals, no preservatives, no artificial colors.

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