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Bak Foong Pill and Bak Foong Capsule

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ABSTRACT

Bak Foong pill is a well known prescription to treat gynecological disorders in China. It comprises with more than 20 Chinese herbs including Wuji, Antler, Turtle Shell, Oysters, Sang Cuttlebone, Ginseng, Astragalus, Angelica, White Peony Root, Cyperus, Aspartame, Licorice, Rehmannia, Chuanxiong, silver Bupleurum, Salvia, Yam and Gorgon et al.. Based on the theory of Chinese Medicine, its indications include Qi and blood deficiency, frail, weak waist, irregular menstruation and uterine bleeding vaginal discharge. Previous studies mainly focused on reporting Bak Foong pill. In this review, we introduce Bak Foong capsule, a new type of Bak Foong preparation, and compare the difference between Bak Foong Pill and Bak Foong capsule based on their prescription composition, indications and modern clinical application. In conclusion, Bak Foong capsule has the same function as Bak Foong pill although Bak Foong capsule has less Chinese herbs, including Wuji, Salvia, Rehmannia, Cyperus, ginseng, Peony root, Calcined Oyster, Antlers, Silver Bupleurum, Licorice, Astragalus, Turtle shell. More studies on Bak Foong capsule will help us treat diseases like uterine bleeding vaginal discharge and know the possible difference between Bak Foong pill and Bak Foong capsule.

Keywords:

Bak Foong Pill, Bak Foong Capsule, Wujibaifeng Pill, Wujibaifeng Capsule

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INTRODUCTION

Bak Foong pill has been as a well known prescription to treat gynecological disorders in clinic in China for a long history. It comprises with more than 20 Chinese herbal medicine including Wuji, Antler, Turtle Shell, Oysters, Sang Cuttlebone, Ginseng, Astragalus, Angelica, White Peony Root, Cyperus, Aspartame, Licorice, Rehmannia, Chuanxiong, silver Bupleurum, Salvia, Yam and Gorgon et al.. Based on the theory of Chinese Medicine, its indications include Qi and blood deficiency, frail, weak waist, irregular menstruation and uterine bleeding vaginal discharge. Most of the previous studies focused on reporting Bak Foong pill.

Bak Foong capsule, a new type of Bak Foong preparation produced by Shen Zhen Tian Yue Pharmaceutical Co. ,LTD., could treat the same indications as Bak Foong pill. Here, we will review Bak Foong Pill and Bak Foong capsule by their prescription composition, indications and modern clinical application.

DIFFERENCE BETWEEN BAK FOONG PILL AND CAPSULE

Prescription Composition

Bak Foong capsule includes 12 herbs namely Wuji, Salvia, Rehmannia, Cyperus, ginseng, Peony root, Calcined Oyster, Antlers, Silver Bupleurum, Licorice, Astragalus, Turtle shell, while Bak Foong pill comprises with 20 herbs including Wuji, Antler, Turtle Shell, Oysters, Sang Cuttlebone, Ginseng, Astragalus, Angelica, White Peony Root, Cyperus, Aspartame, Licorice, Rehmannia, Chuanxiong, silver Bupleurum, Salvia, Yam and Gorgon et al.^[1].

In Chinese medicine, a prescription often formulates by four kinds of herbs namely “Jun-Chen-Zuo-Shi”. “Jun herbs” (monarch herbs) treats the major cause of disease. “Chen herbs” (minister herbs) raises the function of “Jun” or treats accompanying symptoms.. “Zuo herbs” (assistant herbs) limits possible side effects of the “Jun herbs ” and “Chen herbs” together with treating accompanying symptoms. “Shi herbs” (minister herbs) is like a helper to deliver Jun-Chen-Zuo herbs to target organs. In Bak Foong capsule, Wuji acts as the “Jun herbs” (monarch herbs), which can treat Qi and blood deficiency by increasing the circulation of blood. Salvia and Peony root, the “Chen herbs” (minister herbs), enhance the efficacy of “Jun herbs” (monarch herbs). Ginseng , Astragalus, Ant-

lers, Calcined oyster, Rehmannia, silver Bupleurum, Cyperus are the “Zuo herbs” (assistant herbs), limiting the possible toxic effects of the “Jun herbs ” or “Chen herbs” in Bak Foong capsule and treating accompanying symptoms like Qi blood deficiency. Compared to Bak Foong pill, Bak Foong capsule is with less herbs but keep the same function as Bak Foong pill.

Indications

Like Bak Foong pill, indications of Bak Foong capsule also include Qi and blood deficiency, frail, weak waist, irregular menstruation and uterine bleeding vaginal discharge ^[1,2].

Modern Clinical Application

Both Bak Foong pill and capsule have been well known to treat Qi and blood deficiency, frail, weak waist, irregular menstruation and uterine bleeding vaginal discharge in clinci in China. Recent studies have expanded their clinical application. In patients with chronic hepatitis B, Lamivudine together with Bak Foong pill could reduce YMDD variation^[3]. Bak Foong pill can also help patients with recurrent ovarian cancer. A study showed that Bak Foong pill can enhance the chemotherapy tolerance and reduce the side effects^[4]. In adolescents with abnormal uterine bleeding, a report suggested that Bak Foong pill increased the recovery and reduced the bleeding time^[5]. Additionally, Bak Foong pill may protect neurons and treat menopause syndrome, male sexual dysfunction, bone tuberculosis, alopecia, ptosis, tinnitus, semen liquefaction disease, vitiligo, urticaria, chronic primary thrombocytopenia ^[6-18].

CONCLUSION

Bak Foong capsule has the same function as Bak Foong pill, a well known prescription to treat gynecological disorders in China, although Bak Foong capsule has less Chinese herbs. More studies on Bak Foong capsule will help us treat diseases like Qi and blood deficiency, frail, weak waist, irregular menstruation and uterine bleeding vaginal discharge and know the possible difference between Bak Foong pill and Bak Foong capsule.

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