



Nervous Fatigue Formula

Chinese Formula for Fatigue, Mental Confusion and Insomnia

Anyone who has experienced the feeling of being burned out will identify with the indications for Nervous Fatigue Formula, a Chinese herbal blend designed to “nourish the fire.” Fire represents enthusiasm, desire, passion, joy and other positive emotions that motivate us. Sometimes, after a long period of stress, our “fire” gets depleted, resulting in a feeling we call “burnout.”

Burnout is usually caused by exhausted adrenal glands and nerves. There is a feeling of constant fatigue, coupled with restless and disturbed sleep patterns. Dreams become disturbing and sleep patterns are broken by waking up frequently (often with the urge to urinate several times each night). During the day, mental confusion, emotional sensitivity, loss of short-term memory and sensations of pressure or distress in the heart area are common. Often there is a loss of sexual desire.

Other indications of a loss of fire include burning sensations in the hands, feet and chest (heart), night sweats, and heart palpitations. The tongue is generally red with a scant coating and may quiver. The pulse is thin and rapid. The pupils may be pulsing and frequently there are dark circles under the eyes.

Nervous Fatigue Formula generally calms the heart, balances the nerves and increases energy by promoting better sleep. It has adaptogenic properties, meaning it helps the body cope better with stress. The following herbs work synergistically to create this effect:

Schizandra Fruit is the main herb of this combination. It is an adaptogenic tonic that helps balance the body. It has been used to treat heart palpitation, nervous exhaustion, chronic diarrhea, insomnia, and anxiety.

Dong Quai is a mild sedative that nourishes the blood. It aids digestion and has been used traditionally to relieve palpitations, indigestion, and anemia.

Cistanche and **Biota Seed** are gentle herbal laxatives. Biota Seed is also a sedative that has been used to treat heart palpitation, insomnia, and debility. **Succinum Resin** is an aromatic sedative and diuretic and has been used to treat insomnia and heart problems.

The following herbs help to balance blood sugar: **Ophiopogon** helps regenerate pancreas cells. It is a nervine and an expectorant which has been used to treat insomnia, coronary disease, and fear. **Lycium Fruit** lowers blood sugar and cholesterol and promotes the regeneration of liver cells. **Hoelen** is a sedative that decreases blood sugar. It has been used to treat insomnia and heart palpitation.

Cuscuta Seed increases the flow of urine, detoxifies the kidneys, lowers blood pressure, enhances heart action, and regulates the liver. **Polygonatum** increases bile production and urine flow, lowers blood pressure and shrinks inflamed tissues.

Panax Ginseng is a tonic for the whole body. It improves mental capabilities and energy levels while stimulating the function of the adrenals and pancreas. It is adaptogenic and cardio-tonic. It has been used to treat forgetfulness, fatigue, cardiac arrhythmia, and insomnia.

Dioscorea is a Chinese species of wild yam. It speeds healing, has a nourishing effect on the lungs, and increases the production of digestive fluids. **Astragalus** is an immune tonic that has a beneficial effect on the lungs. It supports the heart and lowers blood pressure and blood sugar. It has been used to treat fatigue, debility, nephritis, and night sweats.

Lotus Seed is a mucilaginous herb that absorbs digestive toxins. It has been used to help relieve chronic diarrhea, poor appetite, insomnia, inflammation, and heart palpitations.

The following herbs act as sedatives in this combination: **Polygala** is an expectorant and a sedative that lowers blood pressure. It has been used to treat insomnia, heart palpitation and nervous tension. **Acorus** is a sedative that increases the production of digestive fluids and lowers blood pressure. It has been used to treat nervous tension, depression, epilepsy, poor appetite, gastritis and muscle spasms. **Zizyphus Seed** is a sedative that relieves pain, reduces fever and lowers blood pressure. It has been used to treat insomnia, heart palpitation and nervous tension.

Rehmannia Root reduces inflammation (especially in the digestive system) and strengthens capillaries. It has been used to treat ulcers, constipation and anemia.

Use and Dosage: For those who feel burned out, tired, anxious and are having difficulty sleeping, 3 capsules of Nervous Fatigue Formula taken three times daily or four capsules taken twice daily can be very beneficial.

Selected References

- Chinese Herbal Medicine: Materia Medica* by Dan Bensky and Andrew Gamble (Seattle, Washington: Eastland Press, 1993).
- An Illustrated Dictionary of Chinese Medicinal Herbs* by Wee Yeow and Hsuan Keng (Sebastopol, California: GRCS Publications, 1992).
- Nutritional Herbology* by Mark Pedersen (Warsaw, IN: Wendell W. Whitman Company, 1994).
- Ancient Herbs: Modern Times* (Provo, UT: Tree of Light Institute, 1996).

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