

Characteristics and Application Analysis of Chinese Medicinal Herbs Containing Dates

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Abstract—Jujube also known as red dates, dried jujube, it is the dried fruit of Rhamnaceae plants. It's commonly used in clinical tranquilizing by nourishing the heart, tonifying Qi and blood, strengthening the spleen and stomach. In all ages, Chinese jujube is widely used in Clinical Prescriptions. In particular, more use is recorded in the treatise on Febrile Diseases. With the development of clinical practice for thousands of years, the trend of Chinese herbal medicine made into proprietary Chinese medicine is becoming more and more obvious. The emergence of proprietary Chinese medicine has greatly promoted the development of Chinese Medicine. At the same time, it also promoted the rapid development of the motherland's economy. While we are enjoying the convenience and economy brought by Chinese patent medicines, we should also consider the adverse effects, rational thinking and correct treatment.

Keyword: Jujube; proprietary Chinese medicine; Chinese medicine compound;

I. OVERVIEW OF JUJUBE:

Jujube also known as red dates, dried jujube, it is the dried fruit of Rhamnaceae plants. In autumn, ripe fruit is harvested and dried. Warm in nature, sweet, it is a common good medicine to tonifying middle-Jiao and Qi, nourishing the blood and tranquilization, nourishing liver and kidney. Modern research shows that jujube is rich in protein, sugar and other essential nutrients, and carotene, vitamins and calcium, phosphorus, iron and other trace elements and adenosine monophosphate and other nutrients. It has the functions of regulating immunity, resisting tumor, antioxidation, repairing liver injury and resisting fatigue. It also improves hematopoiesis, bowel movement, and so on. Cyclophosphamide contained in jujube is the essential component of energy metabolism in human cells, it can relieve fatigue, dilate blood vessel and improve myocardial nutrition, it has a good effect on the prevention and treatment of cardiovascular diseases; China is the most abundant country of jujube resources. It has been planted for more than 3000 years, there are 704 varieties of jujube, as the saying goes "eating three daily, never grow old".

According to statistics, in the 2015 edition of the Pharmacopoeia of People's Republic of China, there are 371 kinds of prepared and single preparations. Among them, there are 59 kinds of preparations containing jujube, about 1/6. Some of them such as Renshenyangrong pills and Buzhongyiqi pills, they are using jujube Decoction flooding pill. It is to use jujube in subsidiary material. In Han Dynasty, Doctors use jujubes to focus on Regulating Qi and Wei, invigorating spleen and promoting fluid

production, and easing the effect of drug resistance. The Tang and Song Dynasties, there is more to date named has focused on the efficacy of reinforce the spleen to benefit the lung. Jin, Yuan, Ming and Qing Dynasties. The application range decreased, and doctors focus on tonifying middle-Jiao and Qi.

II. CHARACTERISTICS AND APPLICATION ANALYSIS OF CHINESE PATENT MEDICINES CONTAINING JUJUBE:

Jujube has a long history of application. it has been widely used in clinical medical, treatment of various diseases. As medicinal jujube was first seen in <Shennong bencaojing>, it has such a description of the jujube: "neutral nature, the main confidant evil, raise spleen. It helps the twelve classics, flat stomach, communicating with the nine orifices, fill one's spleen with Qi deficiency, lack of surprise in the body, heaviness of limbs. It can ease the drug properties of a variety of drugs". It is listed as the top grade. In the Han Dynasty, Zhang Zhongjing applies jujube in great quantities to mix with other medicines, and the prescription is used to cure the disease in <ShangHanLun>, among them, 113 cases of clinical compound, there are 58 cases of use of jujube, it have notable and remarkable efficiency. Chinese patent drug is the essence of clinical treatment of TCM for thousands of years, more convenient Chinese medicine prescription in clinical application. It also promotes the development of traditional Chinese medicine and traditional Chinese Medicine.

Present mainly from the following four aspects to introduce the application of jujube proprietary Chinese medicine:

The main effect of jujube is tonifying spleen and stomach, nourishing qi and blood. <Golden medicine slightly> records: 100 Chinese dates made into yam pills, the treatment of "deficiency of labour and the deficiency of Qi and the hundred kinds of phlegm". There are 21 kinds of prescription and traditional Chinese Medicine, the amount of jujube is the most. Song dynasty < Taiping Huimin Heji Ju Fang > records: zao rou ping wei san treat Spleen and stomach disharmony, do not feel like eating and distention and distension of the abdomen and the bitter taste and shortness of breath vomit dirty, and so on. The characteristics of jujube with warm, the centralizer cure. Doctor Zhang Xichun uses jujube, ginger, Atractylodes, and Gallus gallus combination to make benefit spleen cake to treatment of spleen dampness and eat less loose stool. It also takes jujube benefit spleen and stomach, make up the

work of Qi. Chinese date compatibility with licorice, wheat (Ganmai dazao decoction) can treat woman hysteria (Depression), the jujube of fangzhongzao has the function of sweet and smooth and slow. Jujube and prepared rhizome of Angelica sinensis and donkey hide gelatin are used together to cure blood deficiency syndrome. The compatibility of Euphorbia kansui root, jujube, etc. ten

jujube decoction is Daphne Zhang Zhongjing created by Purgating, for drinking water. The gansui, euphorbia and daphne flowers of the fang are the poisonous medicine to break the drinking water, strong in nature, easy to hurt Qi, and it is combined with jujube, Quxie injury is the protection of stomach qi.

TABLE I. JUJUBE IS KING'S MEDICINE

Medicine	Dosage	Characteristic	Application
Ginger jujube cold dispelling granule	310g	dispelling heat to dispel cold, and the temperature in the stomach	anemofrigid cold, stomach cold pain
Fukeshiwei Tablets	100g	raise the liver blood, regulate the channels and relieve pain	irregular menses, algomenorrhea, syndrome of menstruation before and after menstruation due to liver qi depression
Fuketiaojing tablets	80g	nourishing blood and liver, Qi regulate the menstrual function	irregular menses, irregular menstruation, abdominal pain during menstruation due to liver qi depression
Yangxue Tiaojing pill	80g	enrich the blood, regulate the flow of vital energy and remove obstruction	stagnancy of qi and blood stasis, irregular menstruation, abdominal distension, leukorrhea with reddish discharge
Jujube pellets (granule)	150g	replenish qi and enrich the blood, strengthening the spleen and stomach	neutropenia, weakness after disease, poor immune system due to liver loss
Xinxuebao capsule	—	invigorate the blood and invigorate the spleen and stomach	qi-blood deficiency due to hypoferric anemia
Donkey hide gelatin triple cream	300g	benefit qi and blood, strengthening the spleen and stomach	Cardiopalmus, breathe hard, low food intake, uterine bleeding, general edema due to deficiency of both Qi and blood and weakness of the spleen and the stomach
Yangxin Dingji oral liquid (cream)	200g	nourishing qi and blood, Fumaiding palpitated	energy and blood deficiency, palpitation and shortness of breath, irregularity of pulse, night sweats insomnia, dry throat and tongue, dry stool
Yiqi weixue granules	100g	tonifying Qi and blood	pale or sallow complexion, circumgyration, fatigued spirit and lack of strength, lack of qi and no desire to speak, spontaneous perspiration, pale lips, weak pulse due to qi-blood deficiency
Supplementary beneficial gas particles	110g	tonify middle-Jiao and Qi, ascending up spleen-qi and yang	diarrhea, archoptoma, prolapse of the uterus due to weakness of the spleen and the stomach and sinking of qi of middle-jiao
Jujube ginseng pills	10	tonifying qi	deficiency of qi and blood
Platycladi seed pill	300g	Nourishing blood to nourish yin	Deficiency of yin and blood weakness, pain in my hands and feet, gradually emaciation, pulse micro number
Compound Zaofan Pills	—	The kidney and the healthy marrow, tonifying qi and yin, hemostasis by blood stasis	aplastic anemia, leuco(cyto) penia, thrombocytopenia, myelodysplastic syndrome
Sweat stopping particle	500g	tonifying qi and yin, consolidating the exterior and arresting perspiration	Spontaneous sweating, night sweats and night sweats in children due to insufficiency of Qi and Yin

Chinese jujube as a supplement has two meanings. First, it is to reinforce the prescription to strengthen the treatment of the main disease or the main syndrome. The second is for the treatment of both disease and syndrome. Take Jianpi Sheng Xue tablet as an example, its main function is to strengthen the spleen and stomach, nourish the blood and tranquilization. Its main component is Codonopsis pilosula, Poria cocos, roasted Rhizoma Atractylodis Macrocephalae, liquorice, Astragalus mongholicus, Chinese yam, Fried chicken gizzard, Vinegar turtle, Radix Liriope, kadsura longepedunculata, fossil fragments, calcined oyster shell, copperas, Chinese-date. Jujube nourishing blood and tranquilizing the mind are important medicines.

Some prescriptions use jujube to alleviate the strong and strong drug resistance, educe the side effect, it means jujube and “undred pills”. Qingre Yinhua syrup main ingredients have Lonicera confusa DC. 100g, rhizoma imperatae 100g, green tea leaf 8g, chrysanthemum 100g, ricepaper pith 20g, liquorice 20g and jujube 50g. Chinese date mixing herbs. It is the adjuvant medicine. The drug combination plays Qingrejiedu, promoting urination

function. This is the jujube and medicine, the king of cold and official medicine Yaoshan honeysuckle chrysanthemum taste Xin Jun strong of ease, to reconcile the main drugs, reduce side effects.

Jujube as adjunct, first, the meridian medicine, that is, the medicine which can induce the medicine in the square to reach the focus. The second is the mixture medicine, that is, a drug that coordinates the action of various drugs. The drug is small. Add a few more dates in Chinese medicine. This is the “clue”. If there is no match, the effect of Chinese medicine is sometimes hard to guarantee. Take Anshen Anshen tablet as an example, it is used inpanasthenia, headache, dizziness and forgetfulness insomnia due to insufficiency of the kidney yang and deficiency of kidney-essence. Huang Jing, tonifying kidney, tonifying essence, it is king's medicine, pilose deer horn, Antler Glue, gelatinum cornus cervis, Aceranthus sagittatus S. et Z. as remedy, they are warming kidney and activating yang. Jujube as adjuvant, and it has supplementing qi and tonifying the stomach to nourish the blood and soothe the nerves effects.

TABLE II. JUJUBE IS THE OFFICIAL MEDICINE

Medicine	Dosage	Characteristic	Application
Ascending blood granule	—	benefiting qi and nourishing blood	pale white complexion, vertigo, cardiopalmus, fatigued spirit and lack of strength, breathe hard due to qi-blood deficiency
Jianpi Sheng Xue tablet	—	strengthening the spleen and stomach, nourishing the blood and tranquilization	deficiency of blood due to weakness of the spleen and the stomach and insufficiency of heart and spleen
Yi Xue Sheng capsule	14g	Invigorate the spleen and kidney, blood engendering essence	lusterless complexion, dizziness and shortness of breath, fatigued body and lack of strength, soreness and weakness of waist and knees due to asthenia of both the spleen and kidney and asthenia of essence and blood
Ginseng and Perillae Pill	30g	supplementing qi and expelling the pathogenic factors from the body surface, expelling phlegm and arresting coughing	Cold due to be in poor health and be affected by the cold
Ginseng Bolus for Tonification	100g	Warming Qi and supplementing qi and blood	deficiency of both the heart and spleen, deficiency of both Qi and blood, vacuity following illness
Tonic and invigorated water pills	40g	the same as the beneficial gas particles	the same as the beneficial gas particles
Tonic and invigorated mixture	56g	the same as the beneficial gas particles	the same as the beneficial gas particles
Zhigancao mixture	118g	benefiting qi and nourishing yin, clearing Yin to restore pulse	energy and blood deficiency, severe palpitation, intermittent pulse
Xiao Chaihu effervescent tablets	575g	Relieving heat dissipation, dispersing stagnated liver qi for regulating stomach	externally contracted disease, evil Shaoyang syndrome
Xiaocaihu tablets (capsules)	167g	the same as above	the same as above
Bezoar sedative pills	—	Clearing away phlegm, dispelling pathogenic wind to dispel pathogenic wind	Dizzy, barylalia, epilepsy, convulsion due to obstruction of orifices caused by wind-phlegm
Jieyu Anshen granule	40g	dispersing stagnated liver qi for relieving qi stagnation	lose sleep, vexation, anxious, forgetful due to gloomy mood and stagnation of liver Qi
Anshenbunao liquid (tablet)	—	tranquilizing the mind, supplementing essence and supplementing marrow, reinforce qi and nourishing blood	lose sleep, forgetful, dizzy and lacking in strength due to deficiency of kidney-essence, deficiency of both Qi and blood
Guizhi mixture	—	relieving muscles diaphoresis	have a headache and fever, nasal retching, sweating evil wind
Gegen Decoction tablet (granule)	1222g	inducing sweat and dispelling exogenous evils,	wind-cold type of common cold

TABLE III. JUJUBE AS ADJUVANT

Medicine	Dosage	Characteristic	Application
Erkangning syrup	—	strengthen the spleen and replenishing qi	Apositia due to deficiency of spleen-Qi and stomach-Qi
Zhuanggu Granule	—	warm stomach and invigorate spleen, trengthening tendons and bones	Treatment and Prevention rickets, Children with hyperhidrosis
Guipi pill (concentrated pill)	40g	replenishing qi to invigorate the spleen, nourishing the blood and tranquilization	insufficiency of heart and spleen, shortness of breath and palpitation
Guipi granule	70g	As with Guipi pills	As with Guipi pills
Xiaojianzhong tablet	1110g	warming middle-Jiao and tonifying deficiency, relieving spasm and pain	deficiency-cold in spleen and stomach, pain in the stomach duct and abdomen
Xiaojianzhong granules	200g	As with Xiaojianzhong tablet	As with Xiaojianzhong tablet
Xiaoshi spleen pill	50g	tonifying spleen, relieving dyspepsia	abdominal fullness and distention, anorexia, emaciation with sallow complexion
Huangqi Jianwei ointment	122g	Air temperature, relieving spasm and pain	Stomachache caused by deficiency of the spleen and stomach
Qingre Yinhua syrup	50g	clearing away heat and toxic material, free urine	head heavy as if swathed, difficulty in micturition due to exogenous summer heat dampness
Shaoyang cold particles	138g	relieving heat dissipation, relieving shaoyang disorder	Exopathogens made Shaoyang syndrome.

III. EXPECTATION

From the statistics above, there are nearly 22 kinds of Chinese patent medicine preparations in tonifying Qi and blood, in the spleen and stomach is about 20 kinds, there are about 14 kinds in nourishing heart and calm the nerves, It also has many proprietary Chinese medicine preparations in the aspects of nourishing the lung, regulating qi and relieving the exterior, which are available for the patients to choose. As it can be seen from the general classification above, Jujube plays an important role in the main aspects, such as Nourishing qi and blood,

calming the nerves, recuperating the spleen and stomach and so on. Compatibility with other drugs also has different effects, It does not mean that it can be divided into only one category, For example, Yi xue sheng capsule, not only it has the effect of invigorating the spleen and kidney, but also the effect of producing blood and filling essence, in traditional Chinese Medicine, the spleen is the foundation of acquired, it is the source of Qi and blood biochemistry, it is mainly used in the pathogenesis of insufficient blood gas due to asthenia of both the spleen and kidney. Donkey hide gelatin nourishing yin, nourishing blood, donkey hide gelatin triple cream applied

in compatibility with Chinese dates, it give full play to the role of blood.

TCM has long been treated with jujube, The earliest pharmaceutical classics< Sheng Nong's herbal classic> as top grade in China, From Zhang Zhongjing, Sun Simiao to the Chinese medicine pharmacists all cannot do without jujube to treat disease. In the modern fast-paced, stressful life, many people have anxiety, insomnia and a series of problems, and jujube as our daily food, you can eat more,

play its value. And now there are a lot of literature research to systematically analyze the nutritional ingredients, kinds and content of jujube, there are also many health food products available on the market. At the same time, Chinese jujube not only has the advantages of rich resources, but also has advantages in cultivation, make full use of these advantages, give full play to the potential value of jujube, alleviate pain for clinical patients and contribute to the country's economic growth.

TABLE IV. JUJUBE IS USED AS MEDICINE

Medicine	Dosage	Characteristic	Application
shenling baizhu powder	-	tonifying spleen and stomach, invigorate qi	weakness of the spleen and the stomach, eat less loose stools, shortness of breath and cough
Flat stomach pill	4g	dry dampness and strengthening the spleen, loosen the chest and disperse distention	Dampness of the spleen and stomach, poor appetite, abdominal fullness and distention, nausea and vomiting, Belching Tunsuan
The curative effect of six Jun tablets	20g	Replenishing qi to invigorate the spleen, harmonize the stomach	Stagnation of Spleen Qi, indigestion, eructation and poor appetite, abdominal fullness and distention
Virtual cold stomachache granules	—	replenish qi to invigorate the spleen, warm stomach to relieve pain	Stomach pain due to spleen asthenia and stomach weakness
xiangsha yangwei pills	150g	warm the middleto harmonize thesto	Stomachache, distention and fullness
Ginger heart clearing tablet	120g	And the new by the stomach	disorder of the stomach, epigastric fullness
Gastrointestinal Ann pill	—	stagnation of stomach qi, regulating qi to alleviate pain	diarrhea, loss of appetite, sicchasia, vomit, abdominal distension, abdominal pain due to food stagnation
Weiyangling Granules	166.7g	The temperature of yiqi, relieving spasm and pain	Stomachache due to deficient cold of spleen and stomach, deficiency of qi in middle-jiao
Table virtual cold particles	—	The wind scattered solution muscle,	Cold and wind cold syndrome
Modified Huoxiang Zhengqi Soft Capsule	—	Resolve exterior dampness, regulate vital energy and a middle warmer	affection of exogenous wind-cold, damp stagnation of internal injury
Jiannao Anshen tablet	16g	nourishes and tonic effects, tranquilize and allay excitement	Panasthenia, headache, dizzy, forgetfulness insomnia, tinnitus
Sishen Wan (tablets)	189g	Reinforcing kidney to dissipate cold, elimination of diarrhoea bulge	Kidney deficiency and cold, borborygmus abdominal swelling, food poisoning, chronic diarrhea, pale and weak
Qingyu pi wen dan	40g	monarch arebad, vomiting diarrhea	experience summer heat evil, dizziness and chest distress
Guishao Zhenxian tablets	296g	Clear liver and gallbladder	Various types of seizures

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