

Long Yan Yang Shen Decoction (龍眼洋參)

Ingredients:

龍眼肉 Long Yan Rou, Longan Aril (Arillus Longan) 30g

西洋參 Xi Yang Shen, American Ginseng (Radix Panacis Quinquefolii) 6g

白糖 BaiTang, White Sugar, desired amount

Directions:

Put all ingredients and a little water into a bowl. Steam for 60 minutes, Drink the steamed mixture.

Functions:

To calm the mind, improve memory, replenish *qi* and nourish the heart.

Indications:

Progeria with poor memory, senile dementia, palpitation, anxiety and neurasthenia.