The present invention includes compositions and methods of treating and preventing prostate and urinary problems in human males. Additionally, methods of digestive system improvement, blood circulation system improvement, liver and kidney system improvement and urinary system improvement are included.
COMPOSITIONS AND METHODS FOR TREATING PROSTATE CANCER

FIELD OF THE INVENTION

[0001] The present invention relates to improvements in animal health, especially the health of humans, particularly male humans. The medical systems of an animal, especially the digestive system, blood circulation system, urinary system, and liver and kidney system, and overall health may be improved by the present invention.

BACKGROUND OF THE INVENTION

[0002] The prostate is a male reproductive gland, which is located below the bladder and adjacent to the rectum. A normal sized prostate gland is about the size of a walnut and encircles at least part of the urethra (which is the tube used to empty the bladder of urine). Fluid is produced by the prostate gland which then becomes part of the semen.

[0003] With age, the prostate gland may enlarge and ultimately block the urethra or bladder. This blockage can cause pain and difficulty in urination and sexual activity may be affected. While not malignant, this condition is called benign hyperplasia (hereinafter “BPH”), and may need to be corrected with surgery. Additionally, many of the symptoms of BPH are also symptoms of prostate cancer.

[0004] Prostate cancer is a disease manifested in malignant (cancerous) cells in the prostate tissues. This disease is found mainly in older men. Symptoms include, but are not limited to, weak flow of urine, interrupted flow of urine, frequent urination (especially at night), difficulty urinating, pain or burning during urination, blood in urine, blood in semen, pain in the back, hips or pelvis, and painful ejaculation.

[0005] There are several tests for detecting prostate cancer including but not limited to digital rectal examination, PSA test (a lab test that measures the prostate-specific antigen (hereinafter “PSA”) levels in a blood sample), transrectal ultrasound, and biopsy.

[0006] PSA is a substance produced by the prostate gland and is often found in increased amount in the blood of prostate cancer victims. Other reasons for elevated PSA levels include infection of the prostate, inflammation of the prostate, or BPH.

[0007] PSA levels of less than about 2 ng/ml are associated with a very low risk of cancer. PSA levels from about 4 to about 10 ng/ml are borderline. It is estimated that about 20% to about 30% of men with PSA levels in this range have prostate cancer. About 40% to about 60% of men with PSA levels greater than about 10 ng/ml are estimated to have prostate cancer. Healthcare professionals usually follow up the PSA test with transrectal ultrasounds and/or biopsies.

[0008] Traditional Chinese Medicine (hereinafter “TCM”) does not usually address prostate cancer. See, e.g., Department of TCM Formulas, Beijing TCM University, ed. 195; Tang Tou Ge Jue Bai Hua Jie (Modern Chinese Version of Ancient TCM Formulas), p. 109-121, and 166-176 (Beijing, PRC); People’s Hygienic Press;


[0010] Other forms of medicine, other than TCM, utilize PSA levels to gauge levels of cancerous activity. TCM is only now beginning to examine liver and kidney system (including, but not limited to kidney, liver and gallbladder) and urinary system (including but not limited to urinary and reproductive organs) problems. These problems may be assessed through, but are not limited to, checking acupuncture points, pulse readings and physical examination of the tongue. Additionally, physical symptoms include but are not limited to swollen prostate and pain or burning during urination.

[0011] Conventional (non-TCM) prostate cancer treatments have undesirable side effects. These include but are not limited to incontinence and erectile dysfunction. Combining these side effects with the uncertain impact of treatment on the chance for survival, heightens the need for other treatment and prevention methods.

[0012] Prostate and urinary related problems such as, but not limited to, swollen or enlarged prostate, high PSA, pain and/or burning sensations during urination and prostate cancer may be prevented and/or treated by the present invention.

SUMMARY OF THE INVENTION

[0013] The present invention may be used to treat and/or prevent prostate and urinary problems in animals, preferably human, most preferably human males, including but not limited to prostate cancer, especially the early stages of prostate cancer.

[0014] A composition comprising one or more digestive system improvement herbs, one or more blood circulation improvement (including but not limited to maintaining about normal blood temperature, or maintaining about normal and about constant blood flow) herbs, one or more urinary system improvement herbs, one or more liver and kidney system improvement herbs, or combinations thereof is one embodiment of the invention. Herbs are defined to include, but are not limited to, herbs, herbal extracts, any part of an herb, chemicals, chemical extracts, medicine and medicinal substances.

[0015] Additionally, an embodiment of the invention is a method of preventing and/or treating prostate problems (including but not limited to, enlarged prostate, prostate cancer, and elevated (benign, precancerous or malignant) levels of PSA, pain during urination, and burning during urination) by administering a composition comprising one or more digestive system improvement herbs, one or more blood circulation improvement herbs, one or more urinary system improvement herbs, one or more liver and kidney system improvement herbs, or combinations thereof.

[0016] The digestive system performs the functions of digesting foods, absorbing nutrients, delivering nutrients and fluid to the rest of the body, and helps to make blood. Without being limited or held to the mechanisms, it is believed that the normal functioning of digestive system provides a foundation for a healthy body and a strong immune system.
[0017] Another embodiment of the invention is a method of improving performance of the digestive system of an animal by administering a composition comprising astragali seu hedycaryi radix, codonopsis pilosulae radix, atractylodes rhizoma, poria cocos, raphni semen, xingiberis siccatum rhizoma, atractylodis lanceae rhizoma, amomi fructus, astagache rugosa herba, artemisiae capillaris herba, coicis semen, dianthi herba, evodiae fructus, alpiniae officinarum rhizoma, foeniculi fructus, saussureae radix, cyperi rhizoma, crayagi fructus, massa medicata fermentata, endothelium corni gigeriae galli, hordei germinatus fructus, oryzae fructus, dioeciea batais rhizoma, dolichoris semen, zizyphi fructus, glycyrrhizae radix, polygonati rhizoma, honinis plantca, reticulatiae pericarpium citri or combinations thereof. Improvement of the digestive system may increase the efficiency of the immune system of the animal.

[0018] Another embodiment of the invention is a method of improving blood circulation of an animal by administering a composition comprising rehmanniae radix, gardeniae fructus, moutan radicis cortex, glehniae radix, adenosorphae radix, asparagi radix, ophiopogonis radix, dendrobii herba, eupilitae herba, carapax et plastrum testudinis, plastrum testudinis, agrimoniae herba, callicarpa pedunculata, ceph- alanoploris herba, cacumen biota, sophorae flos, sanguisor- baie radix, rubiae radix, typhae pollen, loti rhizomatis nodus, notoginseng radix, tribuli fructus, haematitum, bupleuri radix, lycii radicis cortex, paonae rubra radix, lithospermii radix, baphicacanthis folium, scrophulariae radix, imperatae rhizoma, prunellae spica, salviae miltiorrhizae radix, cnidii rhizoma (ligustici rhizoma), persicae semen, carthami flos, vaccariae semen, sparganii rhizoma, zedoariae rhizoma, gleditsiae spina, paederiae caulis, centranthera cochinshin- ensis semen, or combinations thereof.

[0019] Another embodiment of the invention is a method of maintaining blood temperature of an animal by administering a composition comprising rehmanniae radix, gardeniae fructus, moutan radicis cortex, glehniae radix, adenosorphae radix, asparagi radix, ophiopogonis radix, dendrobii herba, eupilitae herba, carapax et plastrum testudinis, plastrum testudinis, agrimoniae herba, callicarpa pedunculata, cephalanoploris herba, cacumen biota, sophorae flos, sanguisorbae radix, rubiae radix, typhae pollen, loti rhizomatis nodus, notoginseng radix, tribuli fructus, haematitum, bupleuri radix, lycii radicis cortex, paonae rubra radix, lithospermii radix, baphicacanthis folium, scrophulariae radix, imperatae rhizoma, prunellae spica, salviae miltiorrhizae radix, cnidii rhizoma (ligustici rhizoma), persicae semen, carthami flos, vaccariae semen, sparganii rhizoma, zedoariae rhizoma, gleditsiae spina, paederiae caulis, centranthera cochinshinensis semen, or combinations thereof.

[0020] The urinary system includes the bladder and urinary track, and in males, the prostate gland. Another embodiment of the invention is a method of improving the function of the urinary system of an animal by administering a composition comprising one or more of the group consisting of gelchoma herba, dioeciae hypoglauca rhizoma, lygodii spora, ostreae testa, taraxaci herba, lopatheri herba, gymnos fibrosus, lonicierae flos, frosythaie fructus, violae herba, houttuyniae herba, alsapis glabrae rhizoma, portulacae herba, phaseolus radiatus, phizoma paridis, heydotos diffusae herba, phelodenrindi cortex, genti- anae radix, sophorae radix, scutellariae radix, polyprous, alismatis rhizoma, plantaginis herba, plantaginis semen, tetrapanax papyriferos, phaseolus calcaratus roxb, mydis stigma, gryllulusr chinensis weber, koelchiae fructus, polygoni avicularis herba, pyrostiae folium, tuleum and kaolium, succinum, lobicucus, manitis squama, pinellia rhizoma, punex, concha arcace, cyclina senensis, or combinations thereof.

[0021] The liver and kidney system performs the functions of blood storage and blood purification, blood supply regulation, partially regulates blood circulation, regulates the functions of the urinary system, may promote body growth, consolidates the quality of bone and partially regulates the discharge of body fluid.

[0022] Another embodiment of the invention is a method of improving liver and kidney system of an animal by administering a composition comprising one or more of the group consisting of schizandrae radix, morindae radix, reh- manniae radix, schizandrae fructus, comi fructus, euryals semen, mandis otheca, lomantti ramulus, plastrum testudini- sis, ligustri lucidi fructus, lycii fructus, euphora longan, mori fructus, asiini gelatinum, paonae alba radix, angelicae radix, polygoni multiliori radix, eucommiae cortex, cibotii rhizoma, dipsaci radix, cnidii monnieri fructus, cordeycpeps senensis, gektto gekko, cuscuae semen, cistanchis herba, alpinia oxyphyllea fructus, epimedi herba, cervus nippon, C. elatus, cervi degehatimum cornu, umbariae ramulus cum uncis, immaturi pericarpium citri, saracdaetli fructus citri, litchi chinensis semen, auranti semen, cinnamomei cortex, homalomenae rhizoma, acainthopanaxis cortex, luflae fuscasculus vascularis, or combinations thereof.

DETAILED DESCRIPTION OF SEVERAL EMBODIMENTS

[0023] Unlike conventional treatments and preventative measures for prostate and urinary problems, without being limited or held to the mechanism, the present invention utilizes herbs to improve the function of the digestive system. This improvement of the digestive system may enhance the immune system and bolster the natural defense of the animal body, preferably the human body, more preferably the male human body. Without being limited or held to mechanisms, this natural defense appears to be crucial in terms of treating many disorders and diseases, including but not limited to prostate cancer, prostate problems, urinary problems, immune system problems, cardiovascular problems, pulmonary problems, reproductive problems, neurological problems, endocrine and metabolic problems, gastrointestinal problems, hepatic and biliary problems, musculskasetta and connective tissue problems, dermatological problems, and hematological and oncologi- cal problems.

[0024] The immune system includes the natural defense system of the animal, which wards off disease, infections, viruses, and other illnesses and disorders.

[0025] Additionally, without being limited or held to the mechanism, the present invention improves blood circulation, which may help keep blood temperature about normal. Stable, normal blood temperature for an animal may help reduce infection of the prostate and improve the urination function (including but not limited to by regular frequency of urination, eliminating pain and burning during urination, and normalizing flow of urine). Stable, normal blood tem-
perature for an animal may help reduce infection of various organs, including but not limited to the liver, kidneys, and immune system.

[0026] The present invention has many embodiments, including but not limited to, mixing the herbs and boiling the mixture to yield a tea, pulverizing the herbs to a powder (preferably a fine powder) and mixing it with water for ingestion, abstracting herbal extracts using chemical solvents which are conventionally known, and preferably pulverizing herbs, encapsulating them and ingesting the capsules orally.

[0027] The dosage for an animal may vary according to its health and condition. An average dose is about 20 to about 90 grams, preferably about 20 to about 23 grams or about 80 to about 90 grams, most preferably about 40 to about 45 grams of the mixture. This dose is preferably taken about one to about three times a day, preferably about two to about three times a day. The dose is taken preferably for about 180 to about 730 days.

[0028] The digestive system improvement herbs include but are not limited to the following:

<table>
<thead>
<tr>
<th>Chinese Pin Yin</th>
<th>Latin</th>
<th>Continued</th>
</tr>
</thead>
<tbody>
<tr>
<td>Huang Qi (Sheng)</td>
<td>Astranli seu Herbaceous Radix</td>
<td>-continued</td>
</tr>
<tr>
<td>Dang Shen</td>
<td>Codonopsis Pilosa Radix</td>
<td></td>
</tr>
<tr>
<td>Bai Zhu</td>
<td>Atractyloides Rhizoma</td>
<td></td>
</tr>
<tr>
<td>Fu Ling</td>
<td>Poria Cosus</td>
<td></td>
</tr>
<tr>
<td>Bai Fu Zi</td>
<td>Rehmanniae Radix</td>
<td></td>
</tr>
<tr>
<td>Gan Jiang</td>
<td>Zingiberis Medicinalis Rhizoma</td>
<td></td>
</tr>
<tr>
<td>Cang Zhu</td>
<td>Atractyloides Lancea Rhizoma</td>
<td></td>
</tr>
<tr>
<td>Shi Ren</td>
<td>Anomini Fructus</td>
<td></td>
</tr>
<tr>
<td>Hua Xiang</td>
<td>Agastache Ragnus Radix</td>
<td></td>
</tr>
<tr>
<td>Yin Chen</td>
<td>Artemisiae Capillaris Herba</td>
<td></td>
</tr>
<tr>
<td>Yi Ren</td>
<td>Cociis Semen</td>
<td></td>
</tr>
<tr>
<td>Qu Mi</td>
<td>Diaphyti Herba</td>
<td></td>
</tr>
<tr>
<td>Wu Zhu Ye</td>
<td>Eucalyptus Fructus</td>
<td></td>
</tr>
<tr>
<td>Gao Liang Jiang</td>
<td>Alpiniae Officinaris Rhizoma</td>
<td></td>
</tr>
<tr>
<td>Xiao Hui Xiang</td>
<td>Foeniculi Fructus</td>
<td></td>
</tr>
<tr>
<td>Mu Xiang</td>
<td>Saussureae Radix</td>
<td></td>
</tr>
<tr>
<td>Xiang Fu</td>
<td>Capsati Rhizoma</td>
<td></td>
</tr>
<tr>
<td>Shan Zha</td>
<td>Crataegi Fructus</td>
<td></td>
</tr>
<tr>
<td>Shen Qu</td>
<td>Massa Medicata Fermentata</td>
<td></td>
</tr>
<tr>
<td>Ji Nei Jin</td>
<td>Endothelium Cornum Gigeriae Galli</td>
<td></td>
</tr>
<tr>
<td>Mei Ya</td>
<td>Hordei Germinatas Fructus</td>
<td></td>
</tr>
<tr>
<td>Gu Ya</td>
<td>Oryzae Fructus</td>
<td></td>
</tr>
<tr>
<td>Shan Yao (Hua)</td>
<td>Dioscorea Batatais Rhizoma</td>
<td></td>
</tr>
<tr>
<td>Bai Biao Dou</td>
<td>Dolichoris Semen</td>
<td></td>
</tr>
<tr>
<td>Da Zao</td>
<td>Zizyphi Fructus</td>
<td></td>
</tr>
<tr>
<td>Gan Cao</td>
<td>Glycyrrhizeae Radix</td>
<td></td>
</tr>
<tr>
<td>Ren Shen</td>
<td>Ginseng Radix</td>
<td></td>
</tr>
<tr>
<td>Huang Jing</td>
<td>Polygonati Rhizoma</td>
<td></td>
</tr>
<tr>
<td>Zi He Che</td>
<td>Honamiae Placentae</td>
<td></td>
</tr>
<tr>
<td>Chen Pi</td>
<td>Reticulatae Pericarpium Cirti</td>
<td></td>
</tr>
</tbody>
</table>

[0029] The blood circulation improvement herbs include but are not limited to the following:

<table>
<thead>
<tr>
<th>Chinese Pin Yin</th>
<th>Latin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sheng Di Huang</td>
<td>Rehmanniae Radix</td>
</tr>
<tr>
<td>Zhi Zi</td>
<td>Gardeniae Fructus</td>
</tr>
<tr>
<td>Mu Dan Pi</td>
<td>Moutan Radicis Cortex</td>
</tr>
<tr>
<td>Sha Shen (Beji)</td>
<td>Glehniae Radix</td>
</tr>
</tbody>
</table>

[0030] The urinary system improvement herbs include but are not limited to the following:

<table>
<thead>
<tr>
<th>Chinese Pin Yin</th>
<th>Latin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jin Qian Cao</td>
<td>Glechoma Herba</td>
</tr>
<tr>
<td>Bei Xie</td>
<td>Dioscoreae Hypoglaucae Rhizoma</td>
</tr>
<tr>
<td>Bai Ju Shu</td>
<td>Lygodii Spora</td>
</tr>
<tr>
<td>Mu Li (Duan)</td>
<td>Ostreae Testa</td>
</tr>
<tr>
<td>Pu Cong Ying</td>
<td>Taxacii Herba</td>
</tr>
<tr>
<td>Zhu Ye</td>
<td>Lophatheri Herba</td>
</tr>
<tr>
<td>Shi Gao</td>
<td>Gypsum Fibrosum</td>
</tr>
<tr>
<td>Jin Yin Hua</td>
<td>Lonicerae Flos</td>
</tr>
<tr>
<td>Lian Qiao</td>
<td>Forsythiae Fructus</td>
</tr>
<tr>
<td>Zi Hua Si Ding</td>
<td>Violae Herba</td>
</tr>
<tr>
<td>Yu Xing Cao</td>
<td>Hostiae Herba</td>
</tr>
<tr>
<td>Bai Jiang Cao</td>
<td>Thlaspi Herba</td>
</tr>
<tr>
<td>Tu Fu Ling</td>
<td>Smilacis Glabrae Rhizoma</td>
</tr>
<tr>
<td>Ma Chi Xian</td>
<td>Portulacae Herba</td>
</tr>
<tr>
<td>Lu Dou</td>
<td>Phascodii Radus</td>
</tr>
<tr>
<td>Qi Ye Yi Zhi Hua</td>
<td>Phlomodi Diffusa Herba</td>
</tr>
<tr>
<td>Bai Hu She She Cao</td>
<td>Phellodendri Cortex</td>
</tr>
<tr>
<td>Huang Bei</td>
<td>Gentianae Radix</td>
</tr>
<tr>
<td>Long Dan Cao</td>
<td>Sophorae Radix</td>
</tr>
<tr>
<td>Ku Shen</td>
<td>Scutellariae Radix</td>
</tr>
<tr>
<td>Zhu Ling</td>
<td>Polyoporum</td>
</tr>
<tr>
<td>Ze Xie</td>
<td>Alismatis Rhizoma</td>
</tr>
<tr>
<td>Che Qian Cao</td>
<td>Plantaginis Herba</td>
</tr>
<tr>
<td>Che Qian Zhi</td>
<td>Plantaginis Semen</td>
</tr>
<tr>
<td>Tong Cao</td>
<td>Thapsi Aizyphi Radix</td>
</tr>
</tbody>
</table>
The liver and kidney system improvement herbs include but are not limited to the following:

<table>
<thead>
<tr>
<th>Chinese Pin Yin</th>
<th>Latin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Niu Xi (Hui)</td>
<td>Achyranthis Radix</td>
</tr>
<tr>
<td>Ba Ji Tian</td>
<td>Morindae Radix</td>
</tr>
<tr>
<td>Shou Di Huang</td>
<td>Rehmanniae Radix</td>
</tr>
<tr>
<td>Wu Wei Zi</td>
<td>Schizandrae Fructus</td>
</tr>
<tr>
<td>Shan Zhu Yu</td>
<td>Corni Fructus</td>
</tr>
<tr>
<td>Qian Shi</td>
<td>Euryalis Semen</td>
</tr>
<tr>
<td>Song Piao Xiao</td>
<td>Mantisia Odorata</td>
</tr>
<tr>
<td>Song Ji Sheng</td>
<td>Lobatae Ramulus</td>
</tr>
<tr>
<td>Bie Jia</td>
<td>Plastrum Testudinis</td>
</tr>
<tr>
<td>Nu Zhen Zi</td>
<td>Ligustri Lucidi Fructus</td>
</tr>
<tr>
<td>Guo Qi Zi</td>
<td>Lycii Fructus</td>
</tr>
<tr>
<td>Gui Yun</td>
<td>Euphorbia Longa</td>
</tr>
<tr>
<td>Song Shen Zi</td>
<td>Mori Fructus</td>
</tr>
<tr>
<td>E Jiao</td>
<td>Asetin Gellatianum</td>
</tr>
<tr>
<td>Bai Shao</td>
<td>Paeonias Albus Radix</td>
</tr>
<tr>
<td>Dang Gui</td>
<td>Angelicae Radix</td>
</tr>
<tr>
<td>He Shou Wu</td>
<td>Polygoni Multiflori Radix</td>
</tr>
<tr>
<td>Du Zhong</td>
<td>Eucommiae Cortex</td>
</tr>
<tr>
<td>Jin Guo Ji</td>
<td>Cibotii Rhizoma</td>
</tr>
<tr>
<td>Xu Dan</td>
<td>Dipacii Fructus</td>
</tr>
<tr>
<td>She Chang Zi</td>
<td>Cibidi Momoriorum Fructus</td>
</tr>
<tr>
<td>Chong Cao</td>
<td>Cory Symphoric Cortex</td>
</tr>
<tr>
<td>Ge Re</td>
<td>Gekko Gekko</td>
</tr>
<tr>
<td>Tu Si Zi</td>
<td>Cascate Semen</td>
</tr>
<tr>
<td>Rou Cong Rong</td>
<td>Cistanchea Herb</td>
</tr>
<tr>
<td>Yi Zhi Ren</td>
<td>Alpiniae Oxyphyllae Fructus</td>
</tr>
<tr>
<td>Yin Yang Hua</td>
<td>Epimedi Herba</td>
</tr>
<tr>
<td>Lu Tong</td>
<td>Cervus Nonpolon, C. Elaphus</td>
</tr>
<tr>
<td>Ju Hua Shuang</td>
<td>Cervi Degalatinum Cornu</td>
</tr>
<tr>
<td>Gou Tong</td>
<td>Uncariae Ramulus Curnunicis</td>
</tr>
<tr>
<td>Qing Pi</td>
<td>Immaturi Pecturiatam Citri</td>
</tr>
<tr>
<td>Fuz Shen</td>
<td>Sorocyclyti Fuctus Citri</td>
</tr>
<tr>
<td>Li Zhi He</td>
<td>Lichii Chinensis Semen</td>
</tr>
<tr>
<td>Ju He</td>
<td>Arumti Semen</td>
</tr>
<tr>
<td>Kou Gui</td>
<td>Cinnamomi Cortex</td>
</tr>
<tr>
<td>Qian Nan Jian</td>
<td>Homalomenae Rhizoma</td>
</tr>
<tr>
<td>Wu Jia Pi</td>
<td>Acanthopanax Fructus</td>
</tr>
<tr>
<td>Si Guo Luo</td>
<td>Luffae Fasciculat Vascularis</td>
</tr>
</tbody>
</table>

Further, the effect of administering the composition embodied as described in this specification may be enhanced by additional measures. In one embodiment, the patient abstains from eating almost all cold drinks and all cold foods (i.e. drinks and food below room temperature) during the administration period. The administration period is during the administration of the composition. Preferably, the patient alters his/her lifestyle to consume less or no cold drinks or food even after the administration period.

In another embodiment, the patient reduces the consumption of spices (including but not limited to peppers and garlic) to a minimum, preferably eliminating spices from his diet, for the administration period. A limited consumption of spices may be acceptable during the administration period. Frequent consumption of spices may offset the effectiveness of certain herbs in the composition. Preferably, the patient alters his/her lifestyle to consume less or no spices even after the administration period.

In another embodiment, the patient reduces the consumption of raw foods to a minimum for the administration period. Raw food includes but is not limited to raw vegetables, raw fish, raw meat, and raw fruits. Preferably, the patient alters his/her lifestyle to consume less or no raw food even after the administration period.

In another embodiment, the patient reduces the frequency of sexual intercourse, preferably eliminating intercourse, for the administration period. Frequent sexual stimulation may inflate the prostate.

In another embodiment, the patient reduces emotional stress, attempting to keep emotional stress to a minimum for the administration period. Emotional disturbances may cause various health related problems leading to reduced viability of the treatment.

In another embodiment, the patient substantially abstains from consumption of cold drinks, cold food, spices, and raw food, reduces the frequency of sexual intercourse and reduces emotional stress during the administration period.

**EXAMPLE 1**

The following ingredients were combined in a capsule. The about 40 to about 45 grams capsules were taken two to three times a day for about 180 to about 730 days with no side effects.

The effective rate of this study was about 100%. Two of the patients tested for prostate cancer by biopsy before treatment by the following capsule. After treatment, these patients had no prostate cancer as determined by a biopsy. All of the patients had normal PSA after an administration period with no side-effects reported.

<table>
<thead>
<tr>
<th>Chinese Name</th>
<th>Percentage (by weight)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Huang Qi</td>
<td>5.7</td>
</tr>
<tr>
<td>Dang Shen</td>
<td>5.7</td>
</tr>
<tr>
<td>Bei Zhu</td>
<td>8.5</td>
</tr>
<tr>
<td>Fu Ling</td>
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<td>Lai Fu Zi</td>
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<td>Guo Jiang</td>
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It is to be understood that while the invention has been described in conjunction with the detailed description thereof, that the foregoing description is intended to illustrate and not limit the scope of the invention, which is defined by the scope of the appended claims. Other aspects, advantages, and modifications are evident from a review of the following claims. What is claimed is:

1. A composition comprising one or more digestive system improvement herbs, one or more blood circulation improvement herbs, one or more urinary system improvement herbs, and one or more liver and kidney system improvement herbs.

2. The composition of claim 1 wherein the digestive system improvement herbs comprise one or more of the group consisting of astragali seu hedysari radix, codonopsis pilosulae radix, atraclydones rhizoma, poria cocos, raphani semen, zingiberis siccata rhizoma, atraclydones linoeces rhizoma, amomi fructus, astagaste rugosa herba, artemisiae capularis herba, coicis semen, dianthi herba, evodiae fructus, alpiniae officinarum rhizoma, foeniculi fructus, saussureae radix, cyperi rhizoma, crataegi fructus, massi medicata fermentata, endothelium corneum gigeriae galii, hordei germinatus fructus, oryzae fructus, dioecera batais rhizoma, delichoris semen, zizyphi fructus, glycyrrhizae radix, polygonati rhizoma, hominis placeenta, and reticulatae pericarpium citri.

3. The composition of claim 1 wherein the blood circulation improvement herbs comprise one or more of the group consisting of rehmanniae radix, gardeniae fructus, moutan radicis cortex, glehniae radix, adenophorae radix, asaparagi radix, ophiopogonis radix, dendrobi herba, eclipae herba, carapax, astragali radix, taxonomus radix, strunmuri radix, atractylodes rhizoma, prunellae spicae, salviae miltiorhizae radix, curdi rhizoma (ligustici rhizoma), persici semen, carchami flos, vaccariae semen, spargani rhizoma, zedoariae rhizoma, gleditsiae spina, paederiae caulis and centranthera cochininchinensis semen.

4. The composition of claim 1 wherein the urinary system improvement herbs comprise one or more of the group consisting of gelchoma herba, dioscoreae hypoglaucra rhizoma, lygodii spora, ostreae testa, taraxaci herba, lopatheri herba, gypsum fibrosum, ionicerae flos, frosbytha fructae, violae herba, houttuyniae herba, thiapi herba, smilacis glabrae rhizoma, portulacae herba, phaseolus radiatus, pizoma paridis, hedystos diffusa herba, phelodendri cortex, gentianae radix, sophorae radix, scutellariae radix, polyphorum, alismatis rhizoma, plantaginis herba, psylli semen, tetrapanax papyriferae, phascolus calcaratus root, mydis stigma, gryllulus chinensis weber, kochiae fructus, polygoni aviculare herba, pyrosidea folium, taked and kaolinum, succinum, lumbricus, manitills squama, pinellia rhizoma, pumex, concha arca and cyclica scenosis.

5. The composition of claim 1 wherein the liver and kidney system improvement herbs comprise one or more of the group consisting of achyranthis radix, morindae radix, rehmanniae radix, schizandrae fructus, comi fructus, euryalis semen, mantidis othecar, lonharti ralumus, plastrum testudinis, ligustri lucidi fructus, lycii fructus, euphora longan, mori fructus, asini gelatinum, pseoniae alba radix, angelicae radix, polygoni multilior fructus, euchommiae corms, cibotii rhizoma, dipsaci radix, cnidii monnieri fructus, cordyceps senensis, gkello geeko, cuscuae semen, cistanches herba, alpinia ophyllae fructus, epimedi herba, cerasus nippom, C. elaphus, cervi degalatinatum cornu, uncariae ralumus cum uncis, immaturi pericarpium citri, sarcodactyl ti fructus citri, litchi chinensis semen, atractani semen, cinnamomi cortex, homalomenae rhizoma, acanthis panacae cortex and luffae fascicularis vascularis.

6. The composition of claim 1 wherein the composition is prepared as a tea.

7. The composition of claim 1 wherein the composition is a powder.

8. The composition of claim 1 wherein the composition is an extract obtained by using a chemical solvent.

10. A composition comprising astragali seu hedysari radix, codonopsis pilosulae radix, atraclydones rhizoma, poria cocos, raphani semen, xingiberis siccata rhizoma, rehmanniae radix, gardeniae fructus, moutan radicis cortex, gelchoma herba, dioscoreae hypoglaucra rhizoma, lygodii spora, ostreae testa, achyranthis radix, morindae radix, and rehmanniae radix.

11. The composition of claim 10 wherein the percentages of the total composition are:

5.7% astragali seu hedysari radix,
5.7% codonopsis pilosulae radix,
8.5% atraclydones rhizoma,
11.4% poria cocos,
5.2% raphani semen,
5.7% xingiberis siccata rhizoma,
5.7% rehmanniae radix,
5.7% gardeniae fructus,
5.7% moutan radicis cortex,
5.7% gelchoma herba,
5.7% dioscoreae hypoglaucra rhizoma,
3.7% lygodii spora,
5.7% ostreae testa,
5.7% achyranthis radix,
5.7% morindae radix, and
8.5% rehmanniae radix.

12. A method of preventing and/or treating prostate and urinary problems comprising administering a composition comprising one or more digestive system improvement herbs, one or more blood circulation improvement herbs, one or more urinary system improvement herbs, and one or more liver and kidney system improvement herbs.
13. The method of claim 12 wherein the composition has a dose of about 20 grams to about 90 grams.

14. The method of claim 12 wherein the composition has a dose of about 40 to about 45 grams.

15. The method of claim 12 wherein the administering occurs about two to about three times a day for about 180 to about 730 days.

16. The method of claim 12 further comprising substantially abating from consumption of cold drinks and cold foods during the administering of the composition.

17. The method of claim 12 further comprising substantially abating from consumption of spices during the administering of the composition.

18. The method of claim 12 further comprising substantially abating from consumption of raw food during the administering of the composition.

19. The method of claim 12 further comprising substantially reducing frequency of sexual intercourse during the administering of the composition.

20. The method of claim 12 further comprising substantially reducing emotional stress during the administering of the composition.

21. The method of claim 12 wherein the composition comprises astragali radix, codonopsis pilosulae radix, atractylodes rhizoma, poria cocos, raphani semen, xingiberis siccatus rhizoma, rehmanniae radix, gardeniae fructus, moutan radicis cortex, gelchoma herba, dioscoreae hypoglaucra rhizoma, lycii fructus, scholariae cortex, buxusseae cortex, aquilegiae caeruleae floras, flos, sanguisorbae radix, rubiae radix, rhizoma arnesanum, rhizoma chelidoni, rhizoma rehmannii, rhizoma asterilis, fructus semen, aurantii Semen, cinna momi cortex, homalomenae rhizoma, acanthopanacis cortex and luffae fasciculus vascularis.

22. The method of claim 12 wherein the prostrate and urinary problems comprise one or more of the group consisting of enlarged prostate, elevated prostate-specific anti gen ("PSA") levels, pain during urination, burning during urination and prostate cancer.

23. A method of improving performance of a digestive system of an animal comprising administering a composition comprising one or more of the group consisting of astragali radix, codonopsis pilosulae radix, atractylodes rhizoma, poria cocos, raphani semen, xingiberis siccatus rhizoma, atractylodes lanceae rhizoma, amomi fructus, saussureae radix, cyperi rhizoma, crataegi fructus, mass medicata fermentata, endophyllum gigeri galler, barbaton germinatus fructus, oryzae fructus, dioscoreae batis rhizoma, dolicoborhis semen, zizyphi fructus, glycyrrhizae radix, polygonati rhizoma, hominis placenta, and reticulatae pericarpium citri.

24. A method of improving immune system of an animal comprising administering a composition comprising one or more of the group consisting of astragali radix, codonopsis pilosulae radix, atractylodes rhizoma, poria cocos, raphani semen, xingiberis siccatus rhizoma, atractylodes lanceae rhizoma, amomi fructus, agastache rugosa herba, artemisiae capillaries herba, coicis semen, diathii herba, evodiae fructus, alpiniae officinarum rhizoma, foeniculi fructus, saussureae radix, cyperi rhizoma, crataegi fructus, mass medicata fermentata, endophyllum gigeri galler, barbaton germinatus fructus, oryzae fructus, dioscoreae batis rhizoma, dolicoborhii semen, zizyphi fructus, glycyrrhizae radix, polygonati rhizoma, hominis placenta, and reticulatae pericarpium citri.

25. A method of improving blood circulation of an animal comprising administering a composition comprising one or more of the group consisting of rehmanniae radix, gardeniae fructus, moutan radicis cortex, glehniae rhizoma, adenosphae radix, asparagi radix, ophiopogonis radix, dandrobii herba, eclipiae herba, carapax et plastrum testudinis, plastrum testudinis, ugrimoniae herba, callicar pa pedunculata, cephala anonoloporis herba, caccum biota, sophorae flos, sanguisorbae radix, rubiae radix, typhae pollen, loti rhizomatis nodus, notoginseng radix, trubli fructus, haematitum, buleupri radix, lycii radicis cortex, paonae rubra radix, lithospermoradix, baphicacanthis folium, scrophulariae radix, imperatae rhizoma, prunellae spica, salviae miltiorrhizae radix, cnidi rhizoma (ligustici rhizoma), persicae semen, carthami flos, vaccariae semen, sparganii rhizoma, zedoariae rhizoma, gleditsiae spina, paederiae caulis and centranthera cochininchinensis semen.

26. A method of maintaining a blood temperature of an animal comprising administering a composition comprising one or more of the group consisting of rehmanniae radix, gardeniae fructus, moutan radicis cortex, glehniae rhizoma, adenospora radix, asparagi radix, ophiopogonis radix, dandrobii herba, eclipiae herba, carapax et plastrum testudinis, plastrum testudinis, ugrimoniae herba, callicar pa pedunculata, cephala anonoloporis herba, caccum biota, sophorae flos, sanguisorbae radix, rubiae radix, typhae pollen, loti rhizomatis nodus, notoginseng radix, trubli fructus, haematitum, buleupri radix, lycii radicis cortex, paonae rubra radix, lithospermoradix, baphicacanthis folium, scrophulariae radix, imperatae rhizoma, prunellae spica, salviae miltiorrhizae radix, cnidi rhizoma (ligustici rhizoma), persicae semen, carthami flos, vaccariae semen, sparganii rhizoma, zedoariae rhizoma, gleditsiae spina, paederiae caulis and centranthera cochininchinensis semen.

27. A method of improving a urinary system of an animal comprising administering a composition comprising one or more of the group consisting of gelchoma herba, dioscoreae hypoglaucra rhizoma, lycodi spora, ostreae testa, taraxaci herba, lopatheri herba, gyspum fibrosum, lonicerae flos, frosythiae fructus, violae herba, houttuyniae herba, thalsipi herba, smilacis glabrae rhizoma, portulacea herba, phaeolus radiatus, phizoma paridis, hedyoti diffusae herba, phellodendri cortex, gentianae radix, sophorae radix, scutellariae radix, polyporus, alisamatis rhizoma, plantaginis herba, plantaginis semen, tetrapanae papyriferae, phaeolus calcaratus roxb, mydis stigma, glycyrrhiu chinensis weber, kochiae fructus, polygoni avicularis herba, pyrosisae folium, talcum and kaolinum, succinum, lumbriicus, manitis squamae, pinellia rhizoma, pumex, concha arcae and cyclina sensensis.

28. A method of improving liver and kidney system of an animal comprising administering a composition comprising one or more of the group consisting of aschyranthis radix, morinae radix, rehmanniae radix, schizandrae fructus, corni fructus, euryales semen, maudtis theocea, lornthi ramulus, plastrum testudinis, ligustri lucidi fructus, lycii fructus, euphorba longan, mori fructus, asini gelatinum, paonae alba radix, angelicae radix, polygoni multimor radix, eucommiae cortex, cibotii rhizoma, dipsaci radix, cnidi monnieri fructus, cordyceps sennesis, geliko gecko, cucusae semen, cistanchis herba, alpinia oxyphyllae fructus, epimedi herba, curvis nippone, c. elaphus, cervi degelatinatum cornu, uncariae ramulus cum uncis, immaturi pericarpium citri, sarcodactyl fructi citri, litchi chinesis semen, auranti semen, cinamomi cortex, homalomeae rhizoma, acanthopanacis cortex and luffae fasiculatus vascularis.