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(54) **COMPOSITIONS AND METHODS FOR TREATING PROSTATE CANCER**

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(57) **ABSTRACT**

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 effected. 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;

[0009] Shanghai TCM University ed. 1998; Fang Ji Xue (TCM Formulas), p. 98-107 (Hong Kong); Commercial Press; Lu, Henry C., 195 Chinese Natural Cure, p. 245-271

(Toronto); Black Dog & Leventhal Publishers; and Wang, Jinhong ed., Effective TCM Formulas for Neurological and Endocrinological Diseases, p. 237-240, and 280-295 (Jiangsu, PRC).

[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 hedydari radix, codonopsis pilosulae radix, atractylodes rhizoma, poria cocos, raphani semen, xingiberis siccatur rhizoma, atractylodis lanceae rhizoma, amomi fructus, agastache rugosa herba, artemisiae capillaris herba, coicis semen, dianthi herba, evodiae fructus, alpiniae officinarum rhizoma, foeniculi fructus, saussureae radix, cyperi rhizoma, crataegi fructus, massa medicata fermentata, endothelium corneum gigeriae galli, hordei germinatus fructus, oryzae fructus, dioscorea batatas rhizoma, dolichoris semen, zizyphi fructus, glycyrrhizae radix, polygonati rhizoma, hominis placenta, reticulatae 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 radice cortex, glehniae radix, adenophorae radix, asparagi radix, ophiopogonis radix, dendrobii herba, ecliptae herba, carapax et plastrum testudinis, plastrum testudinis, agrimoniae herba, callicar pa pedunculata, cephalanoploris herba, cacumen biota, sophorae flos, sanguisorbae radix, rubiae radix, typhae pollen, loti rhizomatis nodus, notoginseng radix, tribuli fructus, haematitum, bupleuri radix, lycii radice cortex, paeoniae rubra radix, lithospermi 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 cochinchinensis 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 radice cortex, glehniae radix, adenophorae radix, asparagi radix, ophiopogonis radix, dendrobii herba, ecliptae herba, carapax et plastrum testudinis, plastrum testudinis, agrimoniae herba, callicar pa pedunculata, cephalanoploris herba, cacumen biota, sophorae flos, sanguisorbae radix, rubiae radix, typhae pollen, loti rhizomatis nodus, notoginseng radix, tribuli fructus, haematitum, bupleuri radix, lycii radice cortex, paeoniae rubra radix, lithospermi 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 cochinchinensis 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, dioscoreae hypoglauca rhizoma, lygodii spora, ostreae testa, taraxaci herba, lopatheri herba, gypsum fibrosum, lonicerae flos, frosythiae fructus, violae herba, houttuyniae herba, thlaspi herba, smilacis glabrae rhizoma, portulacae herba, phaseolus radiatus, phizoma paridis, hedyotis diffasae herba, phellodendri cortex, gentianae radix, sophorae radix, scutellariae radix, polyprous, alismatis rhizoma, plantaginis herba, plantaginis semen,

tetrapanax papyriferus, phaseolus calcaratus roxb, mydis stigma, gryllulus chinensis weber, kochiae fructus, polygoni avicularis herba, pyrosiae folium, talcum and kaolinum, succinum, lumbricus, manitis squama, pinellia rhizoma, pumex, concha arcae, 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 achyranthis radix, morindae radix, rehmanniae radix, schizandrae fructus, comi fructus, euryalis semen, mantidis otheca, loranthis ramulus, plastrum testudinis, ligustri lucidi fructus, lycii fructus, euphora longan, mori fructus, asini gelatinum, paeoniae alba radix, angelicae radix, polygoni multiflori radix, eucommiae cortex, cibotii rhizoma, dipsaci radix, cnidii monnieri fructus, cordyceps senesis, gekko gekko, cuscute semen, cistanchis herba, alpinia oxyphyllae fructus, epimedii herba, cervus nippon, C. elaphus, cervi degelatinatum cornu, uncariae ramulus cum uncis, immaturi pericarpium citri, sarcodactyli fructus citri, litchi chinensis semen, aurantii semen, cinnamomi cortex, homalomenae rhizoma, acanthopanax cortex, luffae fasciculus 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, musculoskeletal and connective tissue problems, dermatological problems, and hematological and oncological 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 for preferably about 180 to about 730 days.

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

Chinese Pin Yin (Chinese Name)	Latin
Huang Qi (Sheng)	Astraaali seu Hedysari Radix
Dang Shen	Codonopsis Pilosulae Radix
Bai Zhu	Atractylodes Rhizoma
Fu Ling	Poria Cocos
Lai Fu Zi	Raphni Semen
Gan Jiang	Zingiberis Siccatur Rhizoma
Cang Zhu	Atractylodis Lanceae Rhizoma
Sha Ren	Amomi Fructus
Huo Xiang	Agastache Rugosa Herba
Yin Chen	Artemisiae Capillaris Herba
Yi Ren	Coicis Semen
Qu Mai	Dianthi Herba
Wu Zhu Yu	Evodiae Fructus
Gao Liang Jiang	Alpiniae Officinarum Rhizoma
Xiao Hui Xiang	Foeniculi Fructus
Mu Xiang	Saussureae Radix
Xiang Fu	Cyperii Rhizoma
Shan Zha	Crataegi Fructus
Shen Qu	Massa Medicata Fermentata
Ji Nei Jin	Endothelium Corneum Gigeriae Galli
Mai Ya	Hordei Germinatus Fructus
Gu Ya	Oryzae Fructus
Shan Yao (Huai)	Dioscorea Batatis Rhizoma
Bai Bian Dou	Dolichoris Semen
Da Zao	Zizyphi Fructus
Gan Cao	Glycyrrhizae Radix
Ren Shen	Ginseng Radix
Huang Jing	Polygonati Rhizoma
Zi He Che	Hominis Placenta
Chen Pi	Reticulatae Pericarpium Citri

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

Chinese Pin Yin	Latin
Sheng Di Huang	Rehmanniae Radix
Zhi Zi	Gardeniae Fructus
Mu Dan Pi	Moutan Radicis Cortex
Sha Shen (Bei)	Glehniae Radix

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Chinese Pin Yin	Latin
Sha Shen (Nan)	Adenophorae Radix
Tian Dong	Asparigi Radix
Mai Dong	Ophiopogonis Radix
Shi Hu	Dendrobii Herba
Han Lian Cao	Ecliptae Herba
Gui Ban (Zhi)	Carapax et Plastrum Testudinis
Bie Jia (Zhi)	Plastrum Testudinis
Xian He Cao	Agrimoniae Herba
Zi Zhu Cao	Callicar pa Pedunculata
Xiao Ji	Cephalanoploris Herba
Ce Bai Ye	Cacumen Biota
Huai Hua	Sophorae Flos
Di Yu	Sanguisorbae Radix
Qian Cao	Rubiae Radix
Pu Huang	Typhae Pollen
Ou Jie	Loti Rhizomatis Nodus
San Qi	Notoginseng Radix
Bai Ji Li	Tribuli Fructus
Dai Zhe Shi	Haematitum
Chai Hu	Bupleuri Radix
Di Gu Pi	Lycii Radicis Cortex
Chi Shao	Paeoniae Rubra Radix
Zi Cao	Lithospermi Radix
Da Qing Ye	Baphicacanthis Folium
Xuan Shen	Scrophulariae Radix
Mao Gen	Imperatae Rhizoma
Xia Ku Cao	Prunellae Spica
Dan Shen	Salviae Miltiorrhizae Radix
Chuan Xiong	Cnidii Rhizoma (Ligustici Rhizoma)
Tao Ren	Persicae Semen
Hong Hua	Carthami Flos
Wang Bu Liu Xing	Vaccariae Semen
San Leng	Sparganii Rhizoma
E Zhu	Zedoariae Rhizoma
Zao Jiao Ci	Gleditsiae Spina
Ji Xie Teng	Paederiae Caulis
Hu Ma Ren	Centranthera Cochinchinensis Semen

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

Chinese Pin Yin	Latin
Jin Qian Cao	Glechoma Herba
Bei Xie	Dioscoreae Hypoglauca Rhizoma
Hai Jin Sha	Lygodii Spora
Mu Li (Duan)	Ostreae Testa
Pu Gong Ying	Taraxaci Herba
Zhu Ye	Lopatheri Herba
Shi Gao	Gypsum Fibrosum
Jin Yin Hua	Lonicerae Flos
Lian Qiao	Forsythiae Fructus
Zi Hua Di Ding	Viola Herba
Yu Xing Cao	Houttuyniae Herba
Bai Jiang Cao	Thlaspi Herba
Tu Fu Ling	Smilacis Glabrae Rhizoma
Ma Chi Xian	Portulacae Herba
Lu Dou	Phaseolus Radiatus
Qi Ye Yi Zhi Hua	Phizoma Paridis
Bai Hua She She cao	Hedyotis Diffasae Herba
Huang Bai	Phellodendri Cortex
Long Dan Cao	Gentianae Radix
Ku Shen	Sophorae Radix
Huang On	Scutellariae Radix
Zhu Ling	Polyporus
Ze Xie	Alismatis Rhizoma
Che Qian Cao	Plantaginis Herba
Che Qian Zi	Plantaginis Semen
Tong Cao	Tetrapanax Papyrifera

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Chinese Pin Yin	Latin
Chi Xiao Dou	Phaseolus Calcaratus Roxb
Yu Mi Xu	Maydis Stigma
Xi Shuai	Gryllulus Chinensis Weber
Di Fu Zi	Kochiae Fructus
Bian Xu	Polygoni Avicularis Herba
Shi Wei	Pyrrosiae Folium
Hua Shi	Talcum and Kaolinum
Hu Po	Succinum
Di Long	Lumbricus
Chuan Shan Jia	Manitis Squama
Ban Xia (Fa)	Pinellia Rhizoma
Nan Xing (Zhi)	Arisaematis Rhizoma
Hai Fu Shi	Pumex
Wa Leng Zi (Duan)	Concha Arcae
Hai Ge Ke	Cyclina Senensis

[0031] The liver and kidney system improvement herbs include but are not limited to the following:

Chinese Pin Yin	Latin
Niu Xi (Huai)	Achyranthis Radix
Ba Ji Tian	Morindae Radix
Shou Di Huang	Rehmanniae Radix
Wu Wei Zi	Schizandrae Fructus
Shan Zhu Yu	Comi Fructus
Qian Shi	Euryalis Semen
Sang Piao Xiao	Mantidis Otheca
Sang Ji Sheng	Loranthi Ramulus
Bie Jia	Plastrum Testudinis
Nu Zhen Zi	Ligustri Lucidi Fructus
Gou Qi Zi	Lycii Fructus
Gui Yuan	Euphoria Longan
Sang Shen Zi	Mori Fructus
E Jiao	Asini Gelatinum
Bai Shao	Paeoniae Alba Radix
Dang Gui	Angelicae Radix
He Shou Wu	Polygoni Multiflori Radix
Du Zhong	Eucommiae Cortex
Jin Gou Ji	Cibotii Rhizoma
Xu Duan	Dipsaci Radix
She Chuang Zi	Cnidii Monnieri Fructus
Chong Cao	Cordyceps Senensis
Ge Jie	Gekko Gecko
Tu Si Zi	Cuscutae Semen
Rou Cong Rong	Cistanchis Herba
Yi Zhi Ren	Alpinia Oxyphyllae Fructus
Yin Yang Huo	Epimedium Herba
Lu Rong	Cervus Nippon, C. Elaphus
Lu Jiao Shuang	Cervi Degelatinatum Cornu
Gou Teng	Uncariae Ramulus Cum Uncis
Qing Pi	Immaturi Pericarpium Citri
Fuo Shou	Sarcodactyli Fructus Citri
Li Zhi He	Litchi Chinensis Semen
Ju He	Aurantii Semen
Rou Gui	Cinnamomi Cortex
Qian Nian Jian	Homalomenae Rhizoma
Wu Jia Pi	Acanthopanax Cortex
Si Gua Luo	Luffae Fasciculus Vascularis

[0032] 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.

[0033] 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

[0034] 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

[0035] 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.

[0036] 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.

[0037] 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

[0038] 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.

[0039] 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.

[0040] All percentages given in this application are weight percentages, unless otherwise specified.

Chinese Name (Pin Yin)	Latin	Percentage (by weight)
Huang Qi (Sheng)	Astragali seu Hedysari Radix	5.7
Dang Shen	Codonopsis Pilosulae Radix	5.7
Bai Zhu	Atractylodes Rhizoma	8.5
Fu Ling	Pona Cocos	11.4
Lai Fu Zi	Raphni Semen	5.2
Gan Jiang	Zingiberis Siccatum Rhizoma	5.7
Sheng Di Huang	Rehmanniae Radix	5.7
Zhi Zi	Gardeniae Fructus	5.7
Mu Dan Pi	Moutan Radicis Cortx	5.7
Jin Qian Cao	Glechoma Herba	5.7
Bei Xie	Dioscoreae Hypoglauca Rhizoma	5.7

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Chinese Name (Pin Yin)	Latin	Percentage (by weight)
Hai Jin Sha	Lygodii Spora	3.7
Mu Li (Duan)	Ostreae Testa	5.7
Niu Xi (Huai)	Achyranthis Radix	5.7
Ba Ji Tian	Morin dae Radix	5.7
Shou Di Huang	Rehmanniae Radix	8.5

[0041] 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, atractylodes rhizoma, poria cocos, raphni semen, zingiberis siccatur rhizoma, atractylodis lanceae rhizoma, amomi fructus, agastache rugosa herba, artemisiae capillaris herba, coicis semen, dianthi herba, evodiae fructus, alpiniae officinarum rhizoma, foeniculi fructus, saussureae radix, cyperi rhizoma, crataegi fructus, massa medicata fermentata, endothelium corneum gigeriae galli, hordei germinatus fructus, oryzae fructus, dioscorea batatas rhizoma, dolichoris semen, zizyphi fructus, glycyrrhizae radix, polygonati rhizoma, hominis placenta, 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 radice cortex, glehniae radix, adenophorae radix, asparagi radix, ophiopogonis radix, dendrobii herba, ecliptae herba, carapax et plastrum testudinis, plastrum testudinis, agrimoniae herba, callicar pa pedunculata, cephalanoploris herba, cacumen biota, sophorae flos, sanguisorbae radix, rubiae radix, typhae pollen, loti rhizomatis nodus, notoginseng radix, tribuli fructus, haematitum, bupleuri radix, lycii radice cortex, paeoniae rubra radix, lithospermi radix, baphicacanthi 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 and centranthera cochinchinensis 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 hypoglaucha rhizoma, lygodii spora, ostreae testa, taraxaci herba, lopatheri herba, gypsum fibrosum, lonicerae flos, frosythiae fructus, violae herba, houttuyniae herba, thlaspi herba, smilacis glabrae rhizoma, portulacae herba, phaseolus radiatus, phizoma paridis, hedyotis diffasae herba, phellodendri cortex, gentianae radix, sophorae radix, scutellariae radix, polyprous, alismatis rhizoma, plantaginis herba, plantaginis semen, tetrapanax papyriferus, phaseolus calcaratus roxb, mydis stigma, gryllulus chinensis weber, kochiae fructus,

polygoni avicularis herba, pyrrrosiae folium, talcum and kaolinum, succinum, lumbricus, manitis squama, pinellia rhizoma, pumex, concha arcae and cyclina senensis.

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 otheca, loranthis ramulus, plastrum testudinis, ligustri lucidi fructus, lycii fructus, euphora longan, mori fructus, asini gelatinum, paeoniae alba radix, angelicae radix, polygoni multiflori radix, eucommiae cortex, cibotii rhizoma, dipsaci radix, cnidii monnieri fructus, cordyceps senesis, gekko gekko, cuscute semen, cistanchis herba, alpinia oxyphyllae fructus, epimedii herba, cervus nippon, C. elaphus, cervi degelatinatum cornu, uncariae ramulus cum uncis, immaturi pericarpium citri, sarcodactyli fructus citri, litchi chinensis semen, aurantii semen, cinnamomi cortex, homalomenae rhizoma, acanthopanax cortex and luffae fasciculus 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 capsule.

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

9. 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, atractylodes rhizoma, poria cocos, raphni semen, xingiberis siccatur rhizoma, rehmanniae radix, gardeniae fructus, moutan radice cortex, gelchoma herba, dioscoreae hypoglaucha 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% atractylodes rhizoma,
- 11.4% poria cocos,
- 5.2% raphni semen,
- 5.7% xingiberis siccatur rhizoma,
- 5.7% rehmanniae radix,
- 5.7% gardeniae fructus,
- 5.7% moutan radice cortex,
- 5.7% gelchoma herba,
- 5.7% dioscoreae hypoglaucha 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 abstaining from consumption of cold drinks and cold foods during the administering of the composition.

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

18. The method of claim 12 further comprising substantially abstaining 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 seu hedysari radix, codonopsis pilosulac radix, atractylodes rhizoma, poria cocos, raphni semen, xingiberis siccatur rhizoma, rehmanniae radix, gardeniae fructus, moutan radice cortex, gelchoma herba, dioscoreae hypoglauca rhizoma, lygodii spora, ostreae testa, achyranthis radix, morindae radix, and rehmanniae radix.

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 antigen ("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 seu hedysari radix, codonopsis pilosulae radix, atractylodes rhizoma, poria cocos, raphni semen, xingiberis siccatur rhizoma, atractylodis lanceae rhizoma, amomi fructus, agastache rugosa herba, artemisiae capillaris herba, coicis semen, dianthi herba, evodiae fructus, alpiniae officinarum rhizoma, foeniculi fructus, saussureae radix, cyperi rhizoma, crataegi fructus, massa medicata fermentata, endothelium corneum gigeriae galli, hordei germinatus fructus, oryzae fructus, dioscorea batatis rhizoma, dolichoris 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 seu hedysari radix, codonopsis pilosulae radix, atractylodes rhizoma, poria cocos, raphni semen, xingiberis siccatur rhizoma, atractylodis lanceae rhizoma, amomi fructus, agastache rugosa herba, artemisiae capillaris herba, coicis semen, dianthi herba, evodiae fructus, alpiniae officinarum rhizoma, foeniculi fructus, saussureae radix, cyperi rhizoma, crataegi fructus, massa medicata fermentata, endothelium corneum gigeriae galli, hordei germinatus fructus, oryzae fructus, dioscorea batatis rhizoma, dolichoris 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 radice cortex, glehniae radix, adenophorae radix, asparagi radix, ophiopogonis radix, dendrobii herba, ecliptae herba, carapax et plastrum testudinis, plastrum testudinis, agrimoniae herba, callicar pa pedunculata, cephalanoploris herba, cacumen biota, sophorae flos, sanguisorbae radix, rubiae radix, typhae pollen, loti rhizomatis nodus, notoginseng radix, tribuli fructus, haematitum, bupleuri radix, lycii radice cortex, paeoniae rubra radix, lithospermi radix, baphicacanthi 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 and centranthera cochinchinensis 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 radice cortex, glehniae radix, adenophorae radix, asparagi radix, ophiopogonis radix, dendrobii herba, ecliptae herba, carapax et plastrum testudinis, plastrum testudinis, agrimoniae herba, callicar pa pedunculata, cephalanoploris herba, cacumen biota, sophorae flos, sanguisorbae radix, rubiae radix, typhae pollen, loti rhizomatis nodus, notoginseng radix, tribuli fructus, haematitum, bupleuri radix, lycii radice cortex, paeoniae rubra radix, lithospermi radix, baphicacanthi 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 and centranthera cochinchinensis 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 hypoglauca rhizoma, lygodii spora, ostreae testa, taraxaci herba, lopathi herba, gypsum fibrosum, lonicerae flos, frosythiae fructus, violae herba, houttuyniae herba, thlaspi herba, smilacis glabrae rhizoma, portulacae herba, phaseolus radiatus, phizoma paridis, hedyotis diffasae herba, phellodendri cortex, gentianae radix, sophorae radix, scutellariae radix, polyprous, alismatis rhizoma, plantaginis herba, plantaginis semen, tetrapanax papyriferus, phaseolus calcaratus roxb, mydis stigma, gryllulus chinensis weber, kochiae fructus, polygoni avicularis herba, pyrosiae folium, talcum and kaolinum, succinum, lumbricus, manitis squama, pinellia rhizoma, pumex, concha arcae and cyclina senensis.

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 achyranthis radix, morindae radix, rehmanniae radix, schizandrae fructus, comi fructus, euryalis semen, mantidis otheca, loranthi ramulus, plastrum testudinis, ligustri lucidi fructus, lycii fructus, euphora longan, mori fructus, asini gelatinum, paeoniae alba radix, angelicae radix, polygoni multiflori radix, eucommiae cortex, cibotii rhizoma, dipsaci radix, cnidii monnieri fructus, cordyceps senesis, gekko gekko, cuscuteae semen, cistanthis herba, alpinia oxyphyllae fructus, epimedii herba, cervus nippon, C. elaphus, cervi degelatinatum cornu, uncariae ramulus cum uncis, immaturi pericarpium citri, sarcodactyli fructus citri, litchi chinensis semen, aurantii semen, cinnamomi cortex, homalomenae rhizoma, acanthopanacis cortex and luffae fasciculus vascularis.

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