

**Claims**

1. A composition of traditional Chinese medicine and probiotics for improving constipation is characterized in that: It comprises 10-20% probiotic composition, 15-25% traditional Chinese medicine composition and 55%-75% carrier;  
5           the traditional Chinese medicine composition is composed of the following components and their weight portions: 6-12 portions of lily, 5-9 portions of cassia seed and 15-20 portions of mulberry fruit;  
          the probiotic composition is composed of bifidobacterium breve, lactococcus lactis subsp lactis, lactobacillus acidophilus, lactobacillus plantarum, bifidobacterium  
10           bifidum, bifidobacterium longum and lactobacillus rhamnosus in the ratio of 1-100:1-100:5-150:1-50:3-80:1-200 in terms of viable bacteria count, and the viable bacteria count of each probiotic is  $1 \times 10^7$ - $2 \times 10^9$  CFU/g;  
          the carrier is a food or pharmaceutically acceptable carrier.
- 15       2. The composition of traditional Chinese medicine and probiotics for improving constipation as claimed in Claim 1 is characterized in that: The traditional Chinese medicine composition is composed of the following components and their weight parts: 10 portions of lily, 8 portions of cassia seed and 18 portions of mulberry fruit.
- 20       3. The composition of traditional Chinese medicine and probiotics for improving constipation as claimed in Claim 1 is characterized in that: The probiotic composition is composed of bifidobacterium breve, lactococcus lactis subsp lactis, lactobacillus acidophilus, lactobacillus plantarum, bifidobacterium bifidum, bifidobacterium longum and  
25           lactobacillus rhamnosus in the ratio of 50-100:50-100:10-120:10-50:20-70:50-150 in terms of viable bacteria count.
4. The composition of traditional Chinese medicine and probiotics for improving constipation as claimed in Claim 1 is characterized in that: The lactococcus lactis is lactococcus lactis subsp lactis.
- 30       5. A composition of traditional Chinese medicine and probiotics for improving constipation and its preparation method is characterized in that: It comprises the following steps:  
          (1) Activating the strains of bifidobacterium breve, lactococcus lactis subsp lactis, lactobacillus acidophilus, lactobacillus plantarum, bifidobacterium bifidum,  
35           bifidobacterium longum and lactobacillus rhamnosus in the culture medium, and inoculating them into the fermentation medium for culturing at 37°C until the bacterial concentration reaches the logarithmic growth phase of  $0.2$ - $2 \times 10^9$  CFU/mL;

(2) Centrifuging the fermentation broth of each strain in step (1), discarding the supernatant, and collecting the bacterial sludge;

(3) Preparing a freeze-drying protective agent;

5 (4) Mixing the protective agent and the bacterial sludge evenly, then pre-freezing and freeze-drying the mixture to obtain probiotic freeze-dried powder;

(5) Weighing 6-12 portions of lily, 5-9 portions of cassia seed and 15-20 portions of mulberry fruit, crushing them and adding 8-12 weight portions of water for soaking for 1 hour, then heating to boiling and decocting for 1 hour, filtering to separate the filtrate, adding 6-8 portions of water to the residue and decocting for

10 1 hour again, combining the filtrates obtained from the two decoctions and concentrating them into a paste, and further drying to obtain traditional Chinese medicine powder;

(6) Mixing the probiotic freeze-dried powder, traditional Chinese medicine powder and carrier in proportion to obtain the finished product.