

CHAI HU SHU GAN WAN BP006

Bupleurum & Cyperus Formula 柴胡疏肝丸

TCM ACTIONS

Soothes the Liver, activates the Blood and dispels stasis, alleviates pain.

TCM SYNDROMES

Liver Qi constraint

Qi stagnation and Blood stasis.

INDICATIONS

Dysmenorrhoea, premenstrual tension, stress-related mood disorders, depressed mood, bruxism, intercostal neuralgia, cholecystitis, mastitis, chronic gastritis, gastric ulcer (peptic ulcer disease), duodenal ulcer, chronic hepatitis.

SIGNS & SYMPTOMS

(key clinical features in bold)

Physical symptoms that are worsened by stress

Stress related mood disturbance (e.g. irritability, depressed mood)

Pain and distension in the flanks, chest and/or breasts

Menstrual pain

Intercostal pain

Epigastric pain

Pain in the hypochondrium

Tongue is normal or slightly purple, with a thin white coat

Wiry pulse

INGREDIENTS

Each pill contains extract equiv. to dry:

Paeonia lactiflora, root (<i>bai shao</i>)	白芍	58.5 mg
Cyperus rotundus, rhiz. (<i>xiang fu</i>)	香附	58.4 mg
Citrus aurantium, fruit (<i>zhi ke</i>)	枳殼	58.4 mg
Bupleurum falcatum, root (<i>chai hu</i>)	柴胡	43.8 mg
Ligusticum wallichii, rhiz. (<i>chuan xiong</i>)	川芎	43.8 mg
Corydalis turtschaninovii, root (<i>yan hu suo</i>)	延胡索	43.8 mg
Curcuma longa, root (<i>yu jin</i>)	郁金	43.8 mg
Glycyrrhiza uralensis, root (<i>gan cao</i>)	甘草	24.3 mg

ACTIONS OF THE MAIN HERBS

Bupleurum root is used orally in formulas to treat stress, liver disorders, premenstrual syndrome, dysmenorrhoea, depression, anorexia, inflammation, mild pain, muscle cramps, indigestion, ulcers, hemorrhoids, diarrhoea, constipation. It has been shown to have sedative, analgesic, immune stimulant, anticholesterolemic and antilipemic actions.

Paeonia root is used orally in formulas to treat various women's disorders, liver conditions, muscle cramps and spasms, as well as for general debility due to chronic illness. It has been shown to have cardiogenic, cognition enhancing, antispasmodic and anti-inflammatory actions.

DOSAGE & COURSE OF TREATMENT

8 - 12 pills, 3 times daily, half to one hour away from food.

In severe cases and in the early stages of treatment (first 2 – 3 weeks) the dosage may be increased by 50 - 100%.

Course of treatment: 2 – 4 months

CAUTIONS & CONTRAINDICATIONS

Caution for those on anti-coagulant medications (i.e. Heparin, warfarin or aspirin).

Caution for those on any type of sedative drug.

Contraindicated for patients taking interferon.

Contraindicated during pregnancy.

COMBINATIONS

- Breast lumps, mammary dysplasia (fibrocystic breast disease):
 - + Nei Xiao Luo Li Wan (Prunella & Scrophularia Formula BP043)
 - + Xiao Yao San (Bupleurum & Dang-gui Formula BP031)
 - + Tao Hong Si Wu Wan (Persica, Carthamus & Dang-gui Combination BP061)
 - + Gui Zhi Fu Ling Wan (Cinnamon & Hoelen Combination BP055)
- With emotional volatility, dysphoria:
 - + Gan Mai Da Zao Wan – Jia Wei (Wheat & Jujube Combination BP054)
 - + Wen Dan Tang (Bamboo & Hoelen Formula BP050)
- Ovarian cysts:
 - + Nei Xiao Luo Li Wan (Prunella & Scrophularia Formula BP043)
 - + Gui Zhi Fu Ling Wan (Cinnamon & Hoelen Combination BP055)
- Stomach pain, gastric or duodenal ulcers:
 - + Xiang Sha Yang Wei Wan (Cyperus & Cardamon Formula BP083)
 - + Shu Gan Wan (Cyperus & Peony Formula BP022)

COMMENTS

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BP006

柴胡疏肝丸



This formula was devised by Zhang Jie-bin (a.k.a. Zhang Jing-yue) and first published in 'Jing-yue's Complete Works' (*jing-yue quan shu*), 1624. It is a variant on Zhang Zhong-jing's 'Si Ni San' (Formula for Frigid Extremities) from the 'Treatise on Cold-induced Diseases' (*shang han lun*). The latter formula was originally designed to treat the effects of exogenous pathogenic Cold as it penetrated the Interior, transformed into Heat and trapped the Yang Qi on the Interior, leading to cold extremities.

As with many of Zhang Zhong-jing's formulas from the Shang Han Lun, this one was so ingeniously designed that its use has been expanded over subsequent centuries to include a broad range of disorders – in this case, those due to Liver Qi constraint with the development of Blood stasis. In order to focus the formula's actions in this way, Zhang Jing-yue substituted mature Citrus fruit (*zhi ke*) for the immature fruit (*zhi shi*) and added Cyperus (*xiang fu*), Citrus peel (*chen pi*) and Ligusticum (*chuan xiong*).

The Black Pearl variant has additional herbs: Corydalis root (*yan hu suo*) and Curcuma root (*yu jin*), which enhance the action of activating the Blood to dispel stasis and alleviate pain. Citrus peel (*chen pi*) has been omitted as it is redundant, due to the inclusion of mature Citrus fruit (*zhi ke*).

This formula has a broad range of applications for disorders due to stagnation of the Liver Qi leading to Blood stasis resulting in pain. This includes gynecological and psychological disorders as well as those involving the liver, gallbladder or stomach, and also various types of neuralgia.

The synergistic actions of the herbs are as follows:

- Bupleurum root (*chai hu*), Citrus fruit (*zhi ke*), Cyperus rhiz. (*xiang fu*), Curcuma root (*yu jin*): soothe the Liver and resolve constraint, regulate the Qi
- Corydalis root (*yan hu suo*), Curcuma root (*yu jin*), Ligusticum rhiz. (*chuan xiong*): regulate the Qi and activate the Blood to dispel stasis and alleviate pain
- Paeonia root (*bai shao*), Ligusticum rhiz. (*chuan xiong*): regulate and harmonise the Blood
- Paeonia root (*bai shao*), Glycyrrhiza root (*gan cao*): soothe the Liver and preserve the Liver Yin from injury by the other herbs. In addition this combination relaxes spasmodic muscle contractions.
- Bupleurum root (*chai hu*): acts as envoy to direct the actions of the other herbs to the Liver and the Liver channel.