

# DU HUO JI SHENG WAN BP009

Du huo & Loranthus Formula 獨活寄生丸

## TCM ACTIONS

Dispels Wind-Cold-Damp to relieve pain, tonifies the Qi and nourishes the Blood, tonifies the Liver and Kidney

## TCM SYNDROMES

Wind-Cold-Damp Bi

Qi-Blood dual deficiency

Liver-Kidney deficiency

## INDICATIONS

Chronic osteoarthritis, chronic rheumatoid arthritis, sciatica, chronic lower back pain, sequelae of poliomyelitis.

## SIGNS & SYMPTOMS

(key clinical features in bold)

Chronic arthralgia

Reduced range of motion of affected joints

Swelling of the affected joints

Deformity of the affected joints

Symptoms worse in cold and wet weather

### Fatigue

Weakness

Shortness of breath on mild exertion (exertional dyspnoea)

Reduced tolerance to cold temperature

Paraesthesia or numbness in the extremities

Pale tongue with a white coat

Weak and thready pulse

## ACTIONS OF THE MAIN HERBS

- Angelica pubescens root is used orally in formulas for the treatment of arthritic and rheumatic disorders as well as to relieve the general malaise that accompanies severe cases of common cold or influenza. It has been shown to have anti-inflammatory, analgesic, diaphoretic, hypotensive and sedative actions.
- Loranthus stem is used orally in formulas to treat arthritic and rheumatic disorders, as well as threatened miscarriage, and hypertension. It has been shown to have a tonic action and contains significant amounts of organic minerals (calcium, magnesium, etc.) to strengthen the tendons and bones. It also has anti-inflammatory, analgesic, hypotensive, demulcent and antispasmodic actions.

## INGREDIENTS

Each pill contains extract equiv. to dry:

Loranthus parasiticus, stem ( <i>sang ji sheng</i> )	桑寄生	35 mg
Corydalis turtschaninovii ( <i>yan hu suo</i> )	延胡索	35 mg
Rehmannia glutinosa, root ( <i>shu di huang</i> )	熟地	28 mg
Angelica pubescens, root ( <i>du huo</i> )	獨活	28 mg
Eucommia ulmoides, stem bark ( <i>du zhong</i> )	杜仲	28 mg
Achyranthes bidentata, root ( <i>huai niu xi</i> )	懷牛膝	28 mg
Gentiana macrophylla, root ( <i>qin jiao</i> )	秦艽	28 mg
Poria cocos, fruit. body ( <i>fu ling</i> )	茯苓	28 mg
Angelica polymorpha, root ( <i>dang-gui</i> )	當歸	28 mg
Paeonia veitchii, root ( <i>chi shao</i> )	赤芍	28 mg
Ligusticum wallichii, root ( <i>chuan xiong</i> )	川芎	21 mg
Saposhnikovia divaricata, root ( <i>fang feng</i> )	防風	21 mg
Cinnamomum cassia, stem bark ( <i>rou gui</i> )	肉桂	21 mg
Cynanchum stauntonii, root ( <i>xu chang qing</i> )	徐長卿	21 mg

## 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 4 – 6 weeks) the dosage may be increased by 50 - 100%.

Course of treatment: 3 – 6 months, or ongoing (elderly patients)

Safe to use long term

## CAUTIONS & CONTRAINDICATIONS

Avoid foods that may aggravate arthritis (e.g. sugar, caffeine, citrus, salt, red meat, dairy products, additives, soft drinks, white flour, nightshades, white potatoes), smoking, saturated fats and hydrogenated fats.

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

Caution during pregnancy.

## COMBINATIONS

- Elderly patient with fatigue and sensitivity to cold:
  - + Ba Ji Yin Yang Wan (Morinda Combination BP002)
  - + Qing E Jian Gu Zhuang Yao Wan (Eucommia & Psoralea Formula BP058)
- With severe joint pain:
  - + Huo Luo Xiao Ling Dan (Salvia & Boswellia Formula BP042)
  - + Tao Hong Si Wu Wan (Persica, Carthamus & Dang-gui Combination BP061)

COMMENTS

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This formula was first recorded in 'Prescriptions Worth a Thousand Gold Pieces for Emergencies' (*bei ji qian jin yao fang*), by Sun Si-miao (end 7th Century), a 30 volume work that, together with an additional 30 volume supplement, is a compilation of medical knowledge to that date. The original formula was designed to treat chronic painful obstruction (*bi*) syndromes, in which the health Qi (*zheng qi*) has become deficient.

In order to accomplish this, it contains both tonifying and pathogen dispelling (i.e. Wind-Cold-Damp dispelling) medicinals in balanced proportions. Thus it is designed for long term or ongoing use in arthritic and rheumatic disorders. In addition, this formula is also effective in some conditions with muscular weakness and flaccidity, e.g. the sequelae of stroke, with Liver-Kidney deficiency and Wind obstructing the Channels and Collaterals.

Although originally intended to treat the lower body, it has been shown in clinical studies to be equally effective for disorders of the upper limbs and neck. The key clinical features are: chronic condition, cold (joints are not red, nor hot to the touch), muscular weakness, wasting and possibly also flaccidity.

The Sun Herbal variant has been enhanced with the addition of Cynanchum root (*xu chang qing*), and Clematis root & rhizome (*wei ling xian*), which serve as effective substitutes for Asarum herb (*xi xin*). The latter herb generally contains a variable amount of aristolochic acid, which is toxic.

The synergistic actions of the herbs are as follows:

- Angelica pubescens, root (*du huo*), Saposhnikovia root (*fang feng*), Gentiana macrophylla, root (*qin jiao*), Cynanchum root (*xu chang qing*), Clematis root & rhizome (*wei ling xian*), Ligusticum root (*chuan xiong*): dispel Wind-Damp from the Channels, muscles, sinews and bones to relieve pain.
- Loranthus stem (*sang ji sheng*), Rehmannia root (*shu di huang*), Eucommia stem bark (*du zhong*), Achyranthes root (*huai niu xi*): tonify the Liver and Kidney
- Rehmannia root (*shu di huang*), Angelica polymorpha, root (*dang-gui*), Paeonia root (*chi shao*), Ligusticum root (*chuan xiong*) (= *Dang-gui* Four Combination – *si wu tang*): nourish the Blood and activate the Blood circulation (this assists in dispelling Wind, as well as supporting the overall tonifying action of the formula)
- Ligusticum root (*chuan xiong*), Cinnamomum stem bark (*rou gui*): warm the Channels and blood vessels (to promote free movement of the Qi and Blood) and dispel Wind. Thus they assist in relieving pain.