

# LONG DAN XIE GAN WAN BP016

Gentiana Formula 龍膽瀉肝丸

## TCM ACTIONS

Drains excess Fire from the Liver and the Gallbladder, clears Damp-Heat from the Triple Jiao

## TCM SYNDROMES

1. Liver and Gallbladder Fire
2. Damp-Heat in the Triple Jiao (mainly the lower Jiao)

## INDICATIONS

Acute inflammatory lesions (e.g. conjunctivitis, otitis media, nasal furuncle, furuncle in the external auditory canal, acute hepatitis, acute cholecystitis, herpes zoster, herpes simplex, vaginitis, vulvitis, leukorrhea, orchitis, urinary tract infection, pelvic inflammatory disease), hypertension, migraine headaches, intercostal neuralgia, Meniere's disease.

## SIGNS & SYMPTOMS

(key clinical features in bold)

### 1. LIVER AND GALLBLADDER EXCESS FIRE

Headache

#### Facial flushing

Bitter taste in the mouth

Conjunctival congestion

Hypochondrial and/or chest pain

Ears swollen and painful

Vomiting

Hard, dry stools

Red tongue with a yellow coat

Wiry, rapid and forceful pulse

### 2. DAMP-HEAT IN THE LOWER JIAO

Dysuria

Urine is dark or cloudy

**Inflammation and itching of the external genitalia** (e.g.

pruritis vulvae, pruritis ani, scrotal pruritis)

Vaginal discharge (yellow and malodorous)

Fever

Red tongue with a yellow greasy coat

Rapid pulse that is also wiry or slippery

## 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 1 - 2 weeks) the dosage may be increased by 50 - 100%.

Course of treatment: 2 - 6 weeks

Not for long term use.

## INGREDIENTS

Each pill contains extract equiv. to dry:

|   |     |        |
|---|-----|--------|
| Rehmannia glutinosa, root ( <i>sheng di huang</i> ) | 生地  | 53.6mg |
| Plantago asiatica, seed ( <i>che qian zi</i> )      | 車前子 | 53.6mg |
| Gentiana scabra, root ( <i>long dan cao</i> )       | 龍膽草 | 40.2mg |
| Bupleurum falcatum, root ( <i>chai hu</i> )         | 柴胡  | 40.2mg |
| Alisma plantago aquatica, rhiz. ( <i>ze xie</i> )   | 澤瀉  | 40.2mg |
| Gardenia jasminoides, fruit ( <i>shan zhi zi</i> )  | 山梔子 | 40.2mg |
| Scutellaria baicalensis, root ( <i>huang qin</i> )  | 黃芩  | 40.2mg |
| Angelica polymorpha, root ( <i>dang-gui</i> )       | 當歸  | 26.8mg |
| Clematis arandii, stem ( <i>chuan mu tong</i> )     | 川木通 | 26.8mg |
| Glycyrrhiza uralensis, root ( <i>gan cao</i> )      | 甘草  | 13.5mg |

## ACTIONS OF THE MAIN HERBS

Gentiana root is used orally in formulas to treat liver and gallbladder disorders, specifically acute inflammation and acute infections. It has been shown to have anti-inflammatory, antibacterial, diuretic and hepatoprotective actions.

Scutellaria root is used orally in formulas to treat a variety of acute inflammations and acute infections, particularly in the gastrointestinal, urinary and respiratory systems. It has been shown to have antibacterial, antiviral, anti-inflammatory, anti-allergic and diuretic actions.

## CAUTIONS & CONTRAINDICATIONS

Avoid coffee, deep fried foods, fatty food, alcohol.

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

Caution with patients on: diuretics, non-steroidal anti-inflammatory drugs (NSAIDs), cardiotoxic glycosides, antiarrhythmic drugs, laxatives.

## COMBINATIONS

- Acne, mild to moderate:  
+ Qing Re An Chuang Wan (Salvia & Scute Formula BP079)
- Acne, moderate to severe:  
+ Qing Re An Chuang Wan (Salvia & Scute Formula BP079)  
+ Wu Wei Xiao Du Yin (Lonicera & Wild Chrysanthemum Formula BP027)
- Acne, recalcitrant, long term:  
+ Qing Re An Chuang Wan (Salvia & Scute Formula BP079)  
+ Si Miao Yong An Wan (Lonicera & Scrophularia Formula BP059)

- Acne, recalcitrant, long term (alternative protocol):
  - + Qing Re An Chuang Wan (Salvia & Scute Formula BP079)
  - + Yin Chen Hao Wan – Jia Wei (Artemisia & Rhubarb Combination BP065)
- Acute hepatitis:
  - + Yin Chen Hao Wan – Jia Wei (Artemisia & Rhubarb Combination BP065)
- Acute urinary tract infection:
  - + Ba Zheng San (Dianthus Formula BP040)
- Eczema (select one):
  - + Xiao Feng San (Dang-gui & Arctium Formula BP030)
  - + Si Miao Yong An Wan (Lonicera & Scrophularia Formula BP059)
- Leukorrhea (Damp Heat):
  - + Wu Wei Xiao Du Yin (Lonicera & Wild Chrysanthemum Formula BP027)
  - + Si Miao Yong An Wan (Lonicera & Scrophularia Formula BP059)
- Perianal furuncle:
  - + Si Miao Yong An Wan (Lonicera & Scrophularia Formula BP059)
- Psoriasis:
  - + Si Miao Yong An Wan (Lonicera & Scrophularia Formula BP059)
  - + Tao Hong Si Wu Wan (Persica, Carthamus & Dang-gui Combination BP061)
- Urinary tract infection, acute:
  - + Si Miao Yong An Wan (Lonicera & Scrophularia Formula BP059)

**COMMENTS**  
**LONG DAN XIE GAN WAN**  
**BP016**

龍膽瀉肝丸



Long Dan Xie Gan Wan was first recorded in the 'Analytic Collection of Medical Formulas' (*yi fang ji jie*) by Wang Ang, 1682. It has a broad range of applications that include many different types of infectious and inflammatory disorders. The common feature that underlies its many and varied indications is that the disorders tend to occur along the course of the Liver and Gallbladder Channels. In addition, the psychological problems engendered by Liver Fire are typical of Liver disorders of the excess type, i.e. angry outbursts, irritability, short temper.

Clinically the use of this formula falls into two broad categories, as described above. In the syndrome of Liver-Gallbladder Fire, excess Fire accumulates in the Liver and Gallbladder. The various causes of this condition include: Fire that develops from Liver constraint, exogenous pathogens that attack the Liver and transform into Fire, intense emotional strain, or excessive consumption of alcohol. In this syndrome we see the emotional disturbance that is the hallmark of many Liver syndromes, together with signs of intense Heat in the upper body (particularly along the course of the Liver and Gallbladder Channels) and signs of Fire damaging the Body Fluids.

The second major syndrome addressed by this formula is Damp-Heat in the lower Jiao. The triple Jiao may become involved by virtue of its relationship with the Gallbladder through the lesser Yang (*shao yang*) Channel. Thus a primary disorder in the Gallbladder (i.e. excess Heat or Fire) transmits to the Triple Jiao and impairs fluid metabolism, giving rise to internal Damp, which combines with the pre-existing Heat. In keeping with the nature of Damp, this pathogenic complex sinks downwards

and accumulates in the lower Jiao, manifesting the above noted features of Damp-Heat in the lower Jiao.

In addition to these two basic syndromes, the formula is also used for disorders due to Damp-Heat in the Liver and Gallbladder, where Heat is the predominant pathogen. The pathogens affect both the middle Jiao (Stomach & Spleen), which is particularly susceptible to Damp, as well as the Liver and Gallbladder. The signs and symptoms relate to the physical organs (right hypochondrium), the Spleen and Stomach (digestive disturbance) as well as the course of the Liver channel (chest, eyes and external genitalia). This syndrome is seen in acute icteric hepatitis, cholecystitis and herpes zoster.

The synergistic actions of the herbs are as follows:

- Gentiana root (*long dan cao*), Scutellaria root (*huang qin*), Gardenia fruit (*shan zhi zi*): purge Fire from the Liver and Gallbladder and also clear Damp-Heat from the lower Jiao.
- Clematis stem (*mu tong*), Plantago seed (*che qian zi*), Alisma rhizome (*ze xie*): clear Damp-Heat from the lower Jiao and also direct Fire downward and out through the urine.
- Angelica root (*dang-gui*), Rehmannia root (*sheng di huang*): nourish the Yin and the Blood in order to protect them from the effects of the both the pathogens as well as the drying nature of the other herbs in the formula.
- Bupleurum root (*chai hu*): serves two functions: one is to disperse stagnant Liver Qi and thus clear Heat that may arise as a result. In addition, it acts as an envoy to guide the actions of the other herbs to the Liver and Gallbladder.
- Glycyrrhiza root (*gan cao*): protects the health Qi from the dispersing effects of the herbs in the formula by tonifying and harmonising the Spleen and Stomach, as well as nourishing the Liver Yin.