

SHU JING HUO XUE WAN BP023

Clematis & Stephania Formula 舒筋活血丸

TCM ACTIONS

Activates the Blood and dispels stasis, dispels Wind-Damp to unblock the Channels and alleviate pain.

TCM SYNDROMES

Wind-Damp Bi

Blood stasis

INDICATIONS

Osteoarthritis – acute exacerbations, active rheumatoid arthritis, acute muscular sprain, lumbodynia, sciatica.

SIGNS & SYMPTOMS

(key clinical features in bold)

Arthralgia (i.e. joint pain)

Myalgia (i.e. muscle pain)

Reduced mobility

Joint swelling

Paresthesia (i.e. tingling, prickling) or numbness

Tongue may be dark or with purple spots

Pulse is wiry or choppy

INGREDIENTS

Each pill contains extract equiv. to dry:

| | | |
|--|-----|--------|
| Rehmannia glutinosa, root (<i>sheng di huang</i>) | 生地 | 37.0mg |
| Paeonia veitchi, root (<i>chi shao</i>) | 赤芍 | 29.6mg |
| Angelica polymorpha, root (<i>dang-gui</i>) | 当归 | 29.6mg |
| Poria cocos, hyphae (<i>fu ling</i>) | 茯苓 | 29.6mg |
| Clematis chinensis, root (<i>wei ling xian</i>) | 威灵仙 | 29.6mg |
| Cyathula officinalis, root (<i>chuan niu xi</i>) | 川牛膝 | 29.6mg |
| Stephania tetrandra, root (<i>han fang ji</i>) | 汉防己 | 29.6mg |
| Ligusticum wallichii, root (<i>chuan xiong</i>) | 川芎 | 22.2mg |
| Prunus persica, seed (<i>tao ren</i>) | 桃仁 | 22.2mg |
| Citrus aurantium, fruit (<i>zhi ke</i>) | 枳壳 | 22.2mg |
| Ledebouriella seseloides, root (<i>fang feng</i>) | 防风 | 22.2mg |
| Gentiana macrophylla, root (<i>qin jiao</i>) | 秦艽 | 22.2mg |
| Atractylodes lancea, rhiz (<i>chang zhu</i>) | 苍术 | 22.2mg |
| Phellodendron amurense, stem bark (<i>huang bai</i>) | 黄柏 | 14.8mg |
| Glycyrrhiza uralensis, root (<i>gan cao</i>) | 甘草 | 12.3mg |

ACTIONS OF THE MAIN HERBS

Clematis root is used orally in formulas to treat various arthritic and rheumatic conditions. It has been shown to have antispasmodic, analgesic, and hypoglycemic actions.

Stephania root is used orally in formulas to treat various arthritic and rheumatic conditions, as well as to treat oedema. It has been shown to have anti-inflammatory, analgesic, diuretic, anti-allergic, hypotensive and immunodepressant 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: 1 – 3 months, or ongoing for severe chronic conditions.

Safe for long term use.

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).

Not to be used during pregnancy.

COMBINATIONS

- **Arthritis with Heat (red, hot and swollen joints, e.g. gout):**
+ Xuan Bi Tang (Stephania & Atractylodes Combination BP033)
- **Osteoarthritis with severely painful joints:**
+ Du Huo Ji Sheng Wan (Du huo & Loranthus Formula BP009)
+ Huo Luo Xiao Ling Dan (Salvia & Boswellia Formula BP042)
- **Chronic back and leg pain:**
+ Qing E Jian Gu Zhuang Yao Wan (Eucommia & Psoralea Formula BP058)
+ Du Huo Ji Sheng Wan (Du huo & Loranthus Formula BP009)
+ Bu Yang Huan Wu Wan (Astragalus & Lumbricus Formula BP069)
- **Joint degeneration in rheumatoid arthritis or osteoarthritis:**
+ Huo Luo Xiao Ling Dan (Salvia & Boswellia Formula BP042)
+ Xuan Bi Tang (Stephania & Atractylodes Combination BP033)
+ Xue Fu Zhu Yu Tang (Persica & Cnidium Combination BP034)
- **Traumatic injury to joints:**
+ Huo Luo Xiao Ling Dan (Salvia & Boswellia Formula BP042)
+ Tao Hong Si Wu Wan (Persica, Carthamus & Dang-gui Combination BP061)

COMMENTS
SHU JING HUO XUE WAN
BP023

舒筋活血丸



This formula was first recorded in 'All Diseases Return to Spring' (*wan bing hui chun*) by Gong Ting-xian (a.k.a. Gong Yun-lin), 1587. 'Return to Spring' (*hui chun*) is a poetic expression, still in use today, denoting the restoration of health after an illness – the state of ill health being like the season of Winter. In addition to being a distinguished physician, Gong was renowned for his mastery of tui-na, hence his interest in musculoskeletal disorders, for which this formula was designed.

The name of the formula is literally: 'Unblock the Channels and activate the Blood formula'. This refers to the focus of this formula's action on activating the Blood and dispelling stasis, in addition to dispelling Wind-Cold-Damp. This makes it a powerful and relatively rapid acting treatment for various forms of severe arthralgia.

The formula's therapeutic actions are based on the theory that Blood deficiency predisposes to invasion by Wind, and that pathogenic Wind causes injury to the Blood, setting up a vicious cycle. In addition, the invading Wind generally carries other exogenous pathogens with it, i.e. Cold-Damp. As a consequence of the invasion of the Channels-collaterals, tendons and muscles by Wind, Cold and Damp, the movement of the Qi and Blood becomes obstructed. This manifests in severe localised pain.

In order to effectively treat such conditions, Blood nourishing herbs need to be included (along with the herbs that dispel static Blood) in order to protect the Blood from the harsh dispersing action of these herbs (i.e. to harmonise the Blood). Moreover, Blood nourishing herbs help to regenerate the health Qi to prevent further invasion and promote the expulsion of the pathogens. Thus, the formula is built on a base of *Si Wu Tang* (*Dang Gui Four Combination*), to which are added groups of herbs to dispel Wind-Damp and activate the Blood to dispel stasis. These actions are supported by herbs that dry Damp, harmonise the middle Jiao and clear Damp-Heat from the lower body (as prolonged retention of Damp tends to develop into Damp-Heat and 'seep down' to the lower parts of the body).

This formula is indicated for moderate to severe conditions in which the Channels and Collaterals are obstructed by both Wind-Damp and static Blood, leading to marked pain in the joints, tendons and muscles as well as spasms and paresthesia.

The synergistic actions of the herbs are as follows:

- Rehmannia root (*sheng di huang*), Paeonia root (*chi shao*), Angelica polymorpha root (*dang-gui*), Ligusticum root (*chuan xiong*): (= *Si Wu Tang*, *Dang Gui Four Comb.*) nourish the Blood and promote movement of the Qi and Blood (to dispel Wind)
- Prunus persica, seed (*tao ren*), Cyathula root (*chun niu xi*), Ligusticum root (*chuan xiong*): activate the Blood and dispel stasis, alleviate pain
- Clematis root (*wei ling xian*), Stephania root (*han fang ji*), Gentiana macrophylla, root (*qin jiao*), Ledebouriella root (*fang feng*), Angelica dahurica root (*bai zhi*): dispel Wind-Damp and alleviate painful obstruction (*bi*)
- Poria cocos (*fu ling*), Citrus fruit (*zhi ke*): dry Damp
- Atractylodes rhiz. (*cang zhu*), Phellodendron stem bark (*huang bai*), Cyathula root (*chuan niu xi*): (= *San Miao San*): clear Damp-Heat and dispel Blood stasis from the lower body unblock the channels and alleviate pain
- Glycyrrhiza root (*gan cao*): harmonises the herbs in the formula (i.e. it moderates the harsh dispersing properties of the Wind-Damp dispelling and the Blood regulating herbs and protects the Stomach)