

# XIAO CHAI HU WAN BP029

Minor Bupleurum Formula 小柴胡丸

## TCM ACTIONS

Harmonises and releases Shao Yang stage disorders  
Harmonises the Gallbladder and Stomach.

## TCM SYNDROMES

1. Shao Yang stage pathogen
2. Gallbladder Qi invasion of the Stomach

## INDICATIONS

Common cold or influenza with lingering low grade fever, chronic fatigue syndrome, post viral debility, bronchitis, tonsillitis, otitis media, cholecystitis, gastritis, duodenitis, hepatitis, puerperal fever, acute sinusitis, perimenopausal syndrome.

## SIGNS & SYMPTOMS

(key clinical features in bold)

1. Shao Yang stage pathogen  
Alternating episodes of fever and chills  
Distending pain over the chest and hypochondrium  
Bitter taste in the mouth  
Swollen lymph nodes  
Dry throat  
Dizziness  
Normal tongue with a thin white coat  
Wiry pulse
2. Gallbladder Qi invasion of the stomach  
Irritability  
Heartburn  
Nausea or vomiting  
Poor appetite  
Normal tongue with a thin white coat  
Wiry pulse

## INGREDIENTS

Each pill contains extract equiv. to dry:

Codonopsis pilosula, root ( <i>dang shen</i> )	黨參	89.2mg
Scutellaria baicalensis, root ( <i>huang qin</i> )	黃芩	71.5mg
Bupleurum falcatum, root ( <i>chai hu</i> )	柴胡	53.5mg
Pinellia ternata, tuber ( <i>ban xia</i> )	半夏	53.5mg
Glycyrrhiza uralensis, root ( <i>gan cao</i> )	甘草	35.7mg
Zingiber officinale, rhiz. ( <i>sheng jiang</i> )	生薑	35.7mg
Ziziphus jujuba, fruit ( <i>da zao</i> )	大棗	35.7mg

## ACTIONS OF THE MAIN HERBS

Bupleurum root is used orally in formulas to treat acute infections such as common cold and influenza, malaria, as well as other disorders including irregular menses, prolapse of uterus, and prolapse of rectum. It has been shown to have the following actions: sedative, analgesic, antipyretic, anti-inflammatory, immune system stimulant, stomachic, carminative, antitussive, anti-cancer, antibacterial, antiviral and antiprotozoal.

Scutellaria root is used orally in formulas to treat acute infections of the GIT, lung, liver, skin, etc. as well as to stop bleeding and prevent miscarriage. It has been shown to have the following actions: antibacterial, antiviral, anti-inflammatory, anti-allergic, antipyretic, hypotensive, antispasmodic, cholagogue.

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

Course of treatment: 3 – 6 months.

Safe for long term use.

## 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.

## COMBINATIONS

- Acute cholecystitis:  
+ Bao He Wan (Citrus & Crataegus Formula BP004)
- Asthma  
+ Yu Ping Feng San (Jade Screen Formula BP037)
- **Common cold, influenza** (select one or more):  
+ Yin Qiao Wan (Lonicera & Forsythia Formula BP036)  
+ Sang Ju Yin – Jia Wei (Mulberry & Chrysanthemum Formula BP081)  
+ Huo Xiang Zheng Qi Wan (Agastache Formula BP046) – with gastroenteritis
- Gastroenteritis, acute:  
+ Huo Xiang Zheng Qi Wan (Agastache Formula BP046)  
+ Tong Xie Yao Fang – Jia Wei (Peony & Atractylodes Combination BP062)
- Hepatitis, after recovery:  
+ Li Dan Pai Shi Wan (Lysimachia & Artemisia Formula BP0074)

- Post viral fatigue:  
+ Bu Zhong Yi Qi Wan (Ginseng & Astragalus Combination BP005)
- Gastritis:  
+ Bao He Wan (Citrus & Crataegus Formula BP004)
- **Menopausal syndrome with alternating chills and flushing:**  
+ Er Xian Tang (Epimedium & Curculigo Combination BP041)
- **Symptoms that come on or recur at a specific time of the day or night (e.g. cough):**  
+ Wen Dan Tang (Bamboo & Hoelen Formula BP050)  
+ Bu Zhong Yi Qi Wan (Ginseng & Astragalus Combination BP005)

COMMENTS  
XIAO CHAI HU WAN  
BP029  
小柴胡丸



This formula was originally recorded in the 'Treatise on Cold-induced Diseases' (*shang han lun*), by Zhang Zhong-jing (circa 150 – 219 C.E.). It was originally used for the treatment of the lesser Yang syndrome (*shao yang bing zheng*) in acute febrile diseases due to invasion by exogenous Cold. The Cold pathogen has transformed to Heat and is at a level that is midway between the Exterior and the Interior, manifesting with alternating chills and fever, etc.

Zhang recognised that this formula had a broad range of applications, and over the centuries Chinese physicians have found many more. In general, the common clinical feature is the alternating sensations of cold and heat, regardless of whether or not they occur in the course of a febrile illness due to invasion by exogenous Cold (e.g. as a base formula in the treatment of perimenopausal syndrome).

The skilful combination of warming and cooling, as well as tonifying and dispersing ingredients lend this formula it's unique and wide ranging therapeutic applications. Essentially the formula's uses fall into two categories:

1. Lesser Yang syndrome of a Cold-induced disease
2. Gallbladder Qi invasion of the Stomach.

The latter syndrome is a variant of Gallbladder stagnation with Phlegm disturbance (*dan yu yan rao*), which may arise due to intense or prolonged emotional strain, which leads to Qi stagnation in the Liver and Gallbladder. The stagnant Qi develops into Fire, which dries the Body Fluids generating Phlegm.

A common use for this formula is in the treatment of post-viral debility, in which there is a latent pathogen at the lesser Yang stage (midway between the Exterior and the Interior). This manifests with fatigue and lethargy together with signs of lingering (i.e. subacute) infection: enlarged lymph nodes (principally in the neck and/or groin) with intermittent fever (which may be as subtle as night sweating) as well as increased sensitivity to the cold.

The synergistic actions of the herbs are as follows:

- Bupleurum root (chai hu), Scutellaria root (huang qin): dispel pathogens from the lesser Yang
- Pinellia tuber (ban xia), Zingiber rhizome (sheng jiang): regulate the Qi and harmonise the Stomach, redirect the Stomach Qi downward
- Codonopsis root (dang shen), Glycyrrhiza root (gan cao), Ziziphus fruit (da zao): tonify the Spleen Qi, to strengthen the health Qi and prevent the pathogens from entering the Interior
- Bupleurum root (chai hu): soothes the Liver, drains the Gallbladder, harmonises the Gallbladder and Stomach