

XIAO FENG SAN (Jia Wei) BP030

Sophora & Rehmannia Formula 消風散 (加味)

TCM ACTIONS

Disperses Wind, clears Damp-Heat, alleviates itching.

TCM SYNDROMES

Wind and Damp-Heat in the skin.

INDICATIONS

Subacute stage of: eczema, dermatitis, urticaria, erysipelas.

SIGNS & SYMPTOMS (key clinical features in bold)

Mild to moderate itching and inflammation of the skin
Skin lesions have been present for around 2 weeks or more
Papules and vesicles (less than in acute stage)
Exudation and crusting of lesions
Tongue is normal or swollen with tooth marks, with a thick coat that may be white or yellow
Pulse is slippery or floating and may also be rapid

INGREDIENTS

Each pill contains extract equiv. to dry:

Rehmannia glutinosa, root (<i>sheng di huang</i>)	生地	45.4mg
Paeonia obovata, root (<i>chi shao</i>)	赤芍	37.8mg
Schizonepeta tenuifolia, herb top fl. (<i>jing jie</i>)	荆芥	34mg
Saposhnikovia divaricata, root (<i>fang feng</i>)	防風	34mg
Angelica polymorpha, root (<i>dang-gui</i>)	當歸	37.8mg
Arnebia euchroma, root (<i>zi cao</i>)	紫草	34mg
Bassia scoparia, fruit (<i>di fu zi</i>)	地膚子	37.8mg
Sophora flavescens, root (<i>ku shen</i>)	苦參	34mg
Dictamnus desycarpus, stem bark (<i>bai xian pi</i>)	白蘇皮	37.8mg
Atractylodes lancea, rhiz. (<i>cang zhu</i>)	蒼術	30.2mg
Glycyrrhiza uralensis, root (<i>gan cao</i>)	甘草	15.1mg

ACTIONS OF THE MAIN HERBS

Sophora root is frequently used together with Bassia fruit and Dictamnus bark in formulas to treat itchy skin lesions such as eczema, dermatitis and urticaria. It has been shown to have the following actions: bacteriostatic, antifungal, anti-protazoal.

Atractylodes lancea rhizome (blue atractylodes) is used orally in formulas to treat a variety of disorders of the GIT, skin and joints. It has been shown to have the following actions: hypoglycaemic, anticancer, increases excretion of sodium and potassium.

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: 2 – 4 months.

Safe for long term use.

CAUTIONS & CONTRAINDICATIONS

Caution during pregnancy.

COMBINATIONS

- **Acute eczema or urticaria, to improve efficacy:**
 - + Long Dan Xie Gan Tang (Gentiana Formula BP016)
- **Chronic eczema or dermatitis:**
 - + Huo Luo Xiao Ling Dan (Salvia & Boswellia Formula BP042)
 - + Si Miao Yong An Wan (Lonicera & Scrophularia Formula BP059)
- **Psoriasis, chronic stage:**
 - + Si Miao Yong An Wan (Lonicera & Scrophularia Formula BP059)
 - + Xue Fu Zhu Yu Tang (Persica & Cnidium Combination BP034)

COMMENTS

XIAO FENG SAN (Jia Wei)

BP030

消風散 (加味)



This is one of several variant formulas, all with the same name, that have appeared in various formularies since the original was recorded in the 'Formulary of the Tai Ping Welfare Dispensary Bureau' (*tai ping hui min he ji ju fang*), 1151 CE. The most recent version, upon which this formulation is based, is from the 'Orthodox Manual of External Medicine' (*wai ke zheng zong*), by Chen Shi-gong, 1617.

In contrast to the other variants, this one is a well balanced formulation because of the inclusion of herbal ingredients that nourish the Blood and Yin and also regenerate the Fluids. This is important because the presence of the pathogens, or rather, the consequences of the struggle between the pathogens and the health Qi, causes damage to the Blood and Yin, depleting the Fluids. Furthermore, the actions of the pathogen dispelling herbs may also lead to similar damage. This can lead to a stalemate in the process of resolving this disorder because deficiency of the Blood and Yin-fluid tends to aggravate the Wind and Heat, thus contributing to the pathogenesis of the condition.

Clinically this formula specifically targets the subacute manifestations of itchy skin disorders due to Wind, Damp and Heat such as eczema or dermatitis. This stage generally begins two to three weeks after the initial onset. The signs and symptoms are the same as those of the acute stage, the difference being that they are present to a considerably lesser degree. It should be noted that this formula is not designed to be used alone in the acute and active stages of these conditions.

The synergistic actions of the herbs are as follows:

- Atractylodes rhizome (*cang zhu*), Sophora root (*ku shen*), Dictamnus bark (*bai xian pi*), Bassia fruit (*di fu zi*): dispel Wind-Damp from the skin and alleviate itching
- Saposhnikovia root (*fang feng*), Schizonepeta herb top (*jing jie*): disperse Wind from the Exterior and alleviate itching
- Rehmannia root (*sheng di huang*), Paeonia root (*chi shao*), Arnebia root (*zi cao*): clear Heat and cool the Blood
- Angelica root (*dang-gui*), Rehmannia root (*sheng di huang*), Paeonia root (*chi shao*): nourish the Blood
- Rehmannia root (*sheng di huang*): regenerate the Fluids
- Glycyrrhiza root (*gan cao*): harmonises the formula and protects the Stomach from the harsh dispersing action of the other ingredients.