

# XIN YI SAN BP032

Magnolia Flower Formula 辛夷散

## TCM ACTIONS

Releases Exterior Wind-Cold, unblocks the nasal passages and alleviates sinus pain.

## TCM SYNDROMES

Wind-Cold invasion of the nasal passages.

## INDICATIONS

Acute rhinitis, acute sinusitis, hayfever.

## SIGNS & SYMPTOMS (key clinical features in bold)

### Nasal congestion

Rhinorrhoea (white, clear or watery)

Frontal headache

Tenderness over the sinuses

Itchy watery eyes

Neck stiffness

Normal tongue

Floating pulse

## INGREDIENTS

Each pill contains extract equiv. to dry:

Magnolia liliflora, flower ( <i>xin yi hua</i> )	辛夷花	49.9 mg
Angelica dahurica, root ( <i>bai zhi</i> )	白芷	49.9 mg
Notopterygium incisum, root & rhiz. ( <i>qiang huo</i> )	羌活	37.5 mg
Ledebouriella seseloides, root ( <i>fang feng</i> )	防风	37.5 mg
Ligusticum sinense, rhiz. ( <i>gao ben</i> )	蒿本	37.5 mg
Ligusticum wallichii, root ( <i>chuan xiong</i> )	川芎	37.5 mg
Actaea cimicifuga, rhiz. ( <i>sheng ma</i> )	升麻	37.5 mg
Clematis armandii, stem ( <i>chuan mu tong</i> )	川木通	37.5 mg
Anemone altaica, rhiz. ( <i>shi chang pu</i> )*	石菖蒲	25.1 mg
Glycyrrhiza uralensis, root ( <i>gan cao</i> )	甘草	25.1 mg

\* Included as a substitute for xi xin (asarum herb) due to TGA restrictions

## ACTIONS OF THE MAIN HERBS

Magnolia flower bud is used orally in formulas to treat nasal congestion, in common cold, influenza, allergic rhinitis as well as nasal polyps and hypertrophic rhinitis. It has been shown to have localised astringent, vasodilator and antiphlogistic effects on the nasal mucosa.

Notopterygium root and rhizome is used orally in formulas to treat common cold with headache and generalised body aches, headache and rheumatic disorders. It has been shown to have diaphoretic, anti-inflammatory and analgesic 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 3 – 7 days) the dosage may be increased by 50 - 100%.

Course of treatment: 1 – 3 weeks for acute conditions; 2 – 4 months for chronic conditions (see 'Combinations' below).

Generally for short term use.

## CAUTIONS & CONTRAINDICATIONS

None noted.

## COMBINATIONS

- Acute infective sinusitis with yellow discharge (i.e. Heat Toxin):  
+ Huang Lian Jie Du Wan (Coptis & Scute Formula BP050)
- **Chronic nasal congestion due to Spleen Qi deficiency with Phlegm-Damp retention:**  
+ Xiang Sha Liu Jun Zi Wan (Saussurea & Cardamon Formula BP028)
- Hayfever:  
+ Xiao Qing Long Tang (Minor Blue Dragon Combination BP064)  
+ Bi Min Gan Wan (Magnolia & Scute Formula BP068)
- Headache due to sinusitis:  
+ Chuan Xiong Cha Tiao San (Ligusticum and Tea Formula BP047)
- Sinusitis with Damp-Heat in the Liver Channel:  
+ Long Dan Xie Gan Tang (Gentiana Formula BP016)
- Chronic sinusitis with nasal blockage:  
+ Nei Xiao Luo Li Wan (Prunella & Scrophularia Formula BP043)
- Sinusitis with severe sneezing:  
+ Bi Min Gan Wan (Magnolia & Scute Formula BP068)
- Sinusitis, remission stage:  
+ Yu Ping Feng San (Jade Screen Formula BP037)

COMMENTS  
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This formula is from the 'Formulas to Benefit Life' (*ji sheng fang*), a work in 10 volumes by Yan Yong-he, 1253, which covers internal medicine, gynecology and surgery. It is suitable for acute conditions affecting the nasal passages, such as common cold or allergic rhinitis and thus its actions are quite specific.

This limits the formula's clinical applications to such conditions occurring due to invasion by exogenous Wind-Cold. It is not suitable (when prescribed alone) for protracted conditions, in which the pathogen has transformed into Heat, nor acute conditions due to Heat, as evidenced by yellow or purulent discharge from the nose. In these cases it should be combined with an appropriate Heat clearing formula as described above.

The formula is named after its principal ingredient, Magnolia Flower (*xin yi*), which, as a single herb, exhibits all of the actions of this formula. It enters both the Lung and the Stomach Channels. In the Lung Channel it expels exogenous Wind from the Lung system, which includes the nasal passages. In the Stomach Channel, due to its light and floating direction of action, it assists the clear Yang Qi of the Stomach to rise upwards to unblock the nose; as the Stomach Channel of the bright Yang (*yang ming*) – which includes the Large Intestine Channel – enters the nasal passages and the sinuses.

The synergistic actions of the herbs are as follows:

- Magnolia flower (*xin yi hua*), Notopterygium root & rhizome (*qiang huo*), Ledebouriella root (*fang feng*), Ligusticum sinense, rhizome (*gao ben*), Angelica root (*bai zhi*): release Exterior Wind-Cold
- Magnolia flower (*xin yi hua*), Angelica root (*bai zhi*), Ligusticum sinense, rhizome (*gao ben*), Ligusticum root (*chuan xiong*), Actaea rhizome (*sheng ma*), Clematis stem (*chuan mu tong*), Anemone rhizome (*shi chang pu*): unblock the nasal passages and alleviate sinus-related head pain
- Magnolia flower (*xin yi hua*), Saposhnikovia root (*fang feng*), Angelica root (*bai zhi*): assists the clear Yang Qi of the middle Jiao to rise upwards to unblock the nose
- Glycyrrhiza root (*gan cao*): harmonises the herbs in the formula and protects the Stomach from the harsh dispersing nature of the other ingredients.