

XUE FU ZHU YU TANG BP034

Persica & Cnidium Formula 血府逐瘀湯

TCM ACTIONS

Activates the Blood and dispels stasis, alleviates pain.

TCM SYNDROMES

Blood stasis.

INDICATIONS

Coronary artery disease, angina pectoris, migraine or chronic headaches, rheumatic heart disease, intercostal neuralgia, costochondritis, post concussion syndrome, trigeminal neuralgia, depressed mood, psychosis, geriatric disorders, chronic non-healing ulcers, thrombangiitis obliterans, hepatic cirrhosis.

SIGNS & SYMPTOMS (key clinical features in bold)

Pain that is fixed in location and boring or stabbing in character

Fixed abdominal mass (or masses)

Uterine bleeding with dark blood that contains clots

Dark complexion

Depressed mood

Palpitations

Insomnia

Mood swings

Tidal fever

Dark or purple tongue that may have dark or purple spots

Choppy or wiry pulse

INGREDIENTS

Each pill contains extract equiv. to dry:

Rehmannia glutinosa, root (<i>sheng di huang</i>)	生地	60.9 mg
Paeonia veitchii, root (<i>chi shao</i>)	赤芍	50.8 mg
Achyranthes bidentata, root (<i>huai niu xi</i>)	懷牛膝	50.78 mg
Angelica polymorpha, root (<i>dang-gui</i>)	當歸	30.5 mg
Ligusticum wallichii, root (<i>chuan xiong</i>)	川芎	30.5 mg
Prunus persica, seed (<i>tao ren</i>)	桃仁	30.5 mg
Bupleurum falcatum, root (<i>chai hu</i>)	柴胡	30.5 mg
Citrus aurantium, fruit (<i>zhi ke</i>)	枳殼	30.5 mg
Carthamus tinctorius, flower (<i>hong hua</i>)	紅花	20.3mg
Platycodon grandiflorus, root (<i>jie geng</i>)	桔梗	20.3 mg
Glycyrrhiza uralensis, root (<i>gan cao</i>)	甘草	20.3 mg

ACTIONS OF THE MAIN HERBS

Prunus seed (peach seed) is used orally in formulas to treat a wide variety of painful conditions including dysmenorrhoea, traumatic injury, arthritis, abscesses, and abdominal masses, as well as a laxative to treat constipation. It has been shown to have the following actions: anti coagulant, anti-hypertensive, analgesic, anti-inflammatory, detoxicant, anti-allergenic, laxative.

Ligusticum root (also referred to as 'cnidium') is used orally in formulas to treat a wide variety of disorders that involve pain or poor blood circulation. It has been shown to dilate the coronary arteries and improve blood flow to the heart muscle and lower oxygen consumption of the heart muscle. It improves blood flow to the brain and limbs, and lowers the resistance of the peripheral blood vessels. It also has the following actions: antispasmodic, analgesic antibiotic, anti-coagulation of platelets, inhibits the activity of tyrosinase and thus helps to eliminate age spots (brown spots) and speckles.

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 7 – 10 days) the dosage may be increased by 50% to 100%.

Course of treatment: 2 – 4 months, or longer in elderly patients (at lower dosage)

Safe for long term use.

CAUTIONS & CONTRAINDICATIONS

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

Contraindicated during pregnancy.

Contraindicated in cases with excessive bleeding (e.g. metrorrhagia, active hemorrhagic disorders)

If taking antibiotics, allow at least 90 mins before taking formula.

COMBINATIONS

- **Angina** (select one):
 - + Sheng Mai San (Dangshen and Ophiopogon Formula BP045) – general use
 - + Xiao Qing Long Tang (Minor Blue Dragon Combination BP064) – with fatigue and shortness of breath
 - + Bu Yang Huan Wu Wan (Astragalus & Lumbricus Formula BP069) - long history (> 2 years), severe tiredness, resistant to medical treatment
- **Cardiovascular disease:**
 - + Yu Ping Feng San (Jade Screen Formula BP037)
- **Cholesterol (elevated blood levels):**
 - + Yin Chen Hao Wan – Jia Wei (Artemisia & Rhubarb Combination BP065)
- **Emphysema:**
 - + Yu Ping Feng San (Jade Screen Formula BP037)
 - + Xiao Qing Long Tang (Minor Blue Dragon Combination BP064)

• **Emphysema with Lung Yin deficiency:**

+ Yang Yin Qing Fei Tang – Jia Wei (Fritillaria & Ophiopogon Formula BP051)

• **Gout with severe pain:**

+ Huo Luo Xiao Ling Dan (Salvia & Boswellia Formula BP042)

• **Hypertension (Blood stasis and Yin deficiency):**

+ Yang Yin Jiang Ya Wan (Achyranthes & Cassia Seed Formula BP035)

+ Zuo Gui Wan (Left Returning Formula BP039)

• **Hypothyroid with Blood stasis, aches and pains:**

+ You Gui Wan (Right Returning Formula BP066)

+ Qi Bao Mei Ran Dan (Polygonum & Cuscuta Formula BP057)

• **Impotence, low libido:**

+ Qi Bao Mei Ran Dan (Polygonum & Cuscuta Formula BP057)

+ Bu Zhong Yi Qi Wan (Ginseng & Astragalus Combination BP005)

• **Inflammatory skin disorders – chronic or recurring:**

+ Long Dan Xie Gan Tang (Gentiana Formula BP016)

• **Meniere's disease, vestibular vertigo:**

+ Wu Ling San (Hoelen Five Formula BP063)

+ Tao Hong Si Wu Wan (Persica, Carthamus & Dang-gui Combination BP061)

+ Wen Dan Tang (Bamboo & Hoelen Formula BP050)

• **Migraine or chronic headaches:**

+ Ping Gan Xi Feng Tou Tong Wan (Gastrodia & Vitex Formula BP077)

• **Neck arthritis:**

+ Huo Luo Xiao Ling Dan (Salvia & Boswellia Formula BP042)

+ Tao Hong Si Wu Wan (Persica, Carthamus & Dang-gui Combination BP061)

+ Nei Xiao Luo Li Wan (Prunella & Scrophularia Formula BP043)

• **Psoriasis (chronic stage):**

+ Si Miao Yong An Wan (Lonicera & Scrophularia Formula BP059)

+ Xiao Feng San (Dang-gui & Arctium Formula BP030)

• **Psychosis:**

+ Wen Dan Tang (Bamboo & Hoelen Formula BP052)

• **Rheumatoid arthritis with swollen joints, not responsive to treatment:**

+ Zhuang Yang Yi Jing Wan (Epimedium & Ginseng Formula BP053)

+ Nei Xiao Luo Li Wan (Prunella & Scrophularia Formula BP043)

COMMENTS

XUE FU ZHU YU TANG

BP034

血府逐瘀湯



This formula was devised by Wang Qing-ren (a.k.a. Wang Xun-chen) and recorded in his 'Correction of Errors among Physicians' (*yi lin gai cuo*), published in 1830. Wang was a 19th Century physician who amongst other 'innovations' insisted on updating the traditional concepts of the Zang-fu in line with the observable anatomical features of the physical organs.

To add a twist of irony to the title of his book, this formula was originally developed due to an error made by Wang, who in the course of his anatomical investigations consistently found coagulated blood above the diaphragm. Due to the prohibition against human dissection, he was restricted to the observation of disinterred corpses and public executions where the sentence included disembowelment. Unfortunately he didn't realise that this observation was due to an artefact caused by the methods that he was forced to adopt in order to observe human viscera.

His misguided notions in this area have proved to be fortuitous for subsequent TCM practitioners because he described a theoretical syndrome of 'Blood stasis in the chest (*xue fu*)' and developed Xue Fu Zhu Yu Tang (Formula to drive out [Blood] stasis in the Chest) to treat it. The formula is a variant of Tao Hong Si Wu Tang (Persica, Carthamus and Dang-gui combination BP061) which activates the Blood and dispels stasis as well as nourishes the Blood. This is complemented with ingredients that soothe the Liver and regulate the Qi as well as several herbs that act as 'envoys' to direct the formula's actions to each component of the Triple Jiao.

Thus it is useful clinically for a broad range of conditions due to Blood stasis in any part of the body. In addition, it is a useful foundation treatment for elderly patients because Blood stasis is one of the pathodynamics of ageing.

The synergistic actions of the herbs are as follows:

- Angelica root (dang-gui), Paeonia root (chi shao), Rehmannia root (sheng di huang), Ligusticum root (chuan xiong), Prunus seed (tao ren), Carthamus flower (hong hua): (= Tao Hong Si Wu Tang): nourishes the Blood, activates the Blood and dispels stasis.
- Bupleurum root (chai hu) Angelica root (dang-gui), Paeonia root (chi shao), Ligusticum root (chuan xiong): disperse stagnant Liver Qi and promote the Liver's function of ensuring that the Qi flows smoothly throughout the body. This ensures normal Blood movement because the Qi leads the Blood.
- Platycodon root (jie geng): directs the actions of the formula to the upper Jiao
- Citrus fruit (zhi ke): directs the actions of the formula to the middle Jiao
- Achyranthes root (huai niu xi): directs the actions of the formula to the lower Jiao
- Glycyrrhiza root (gan cao): harmonises the formula and protects the Stomach