

HUO LUO XIAO LING DAN BP042

Salvia & Boswellia Formula 活絡效靈丹

TCM ACTIONS

Activates the Blood and dispels stasis, unblocks the collaterals and alleviates pain.

TCM SYNDROMES

Blood stasis obstructing the collaterals

INDICATIONS

Acute pain syndromes (e.g. arthritis, rheumatism, traumatic injury, angina pectoris, endometriosis, dysmenorrhoea, neuralgia of various types), arteriosclerosis, coronary artery disease, chloasma (dark spots on the skin), rosacea, hepatomegaly, hepatic cirrhosis, splenomegaly, chronic non-healing ulcer, chronic eczema or dermatitis.

SIGNS & SYMPTOMS

(key clinical features in bold)

Pain – various types (e.g. arthralgia, neuralgia, dysmenorrhoea or chest pain)

Swelling – various types (e.g. joint swelling, abdominal mass)

Inflammation – various types (e.g. of the joints or skin)

Dark spots or patches on the face

Tongue may be dark or with purple spots

Pulse is wiry or choppy

INGREDIENTS

Each pill contains extract equiv. to dry:

Salvia miltiorrhiza, root (<i>dan shen</i>)	丹參	84.4 mg
Boswellia carterii, sap resin (<i>ru xiang</i>)	乳香	84.4 mg
Commiphora myrrha, sap resin (<i>mo yao</i>)	沒藥	84.4 mg
Angelica polymorpha, root (<i>dang-gui</i>)	當歸	84.4mg
Glycyrrhiza uralensis, root (<i>gan cao</i>)	甘草	37.5 mg

ACTIONS OF THE MAIN HERBS

Boswellia resin (frankincense) is used orally in formula to treat pain and inflammation. It has been shown to have anti-inflammatory, analgesic and vasodilator actions.

Commiphora resin (myrrh) is used orally in formula to treat pain and inflammation. It has been shown to have anti-inflammatory, analgesic and vasodilator 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 1 – 3 weeks) the dosage may be increased by 50 - 100%.

May be dissolved in rice wine or spirits and applied on a gauze pad directly to the site of injury.

Course of treatment: 2 – 4 weeks (trauma); 3 – 6 months, or ongoing for arthritis.

Suitable for long term use.

CAUTIONS & CONTRAINDICATIONS

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

Not for use during pregnancy.

COMBINATIONS

- Arthritis, acute with severe pain:
+ Shu Jing Huo Xue Tang (Clematis & Stephania Formula BP023)
- Coronary artery disease:
+ Xue Fu Zhu Yu Tang (Persica & Cnidium Combination BP034)
- Endometriosis or severe dysmenorrhoea:
+ Tong Jing Wan (Dang-gui & Notoginseng Formula BP026)
- Gout, acute severe (select one or more):
+ Xuan Bi Tang (Stephania & Atractylodes Combination BP033)
+ Wu Ling San (Hoelen Five Formula BP063)
+ Tao Hong Si Wu Wan (Persica, Carthamus & Dang-gui Combination BP061)
+ Xue Fu Zhu Yu Tang (Persica & Cnidium Combination BP034)
- Headache (acute, severe):
+ Chuan Xiong Cha Tiao San (Ligusticum and Tea Formula BP047)
- Sciatica:
+ Tao Hong Si Wu Wan (Persica, Carthamus & Dang-gui Combination BP061)
+ Qing E Jian Gu Zhuang Yao Wan (Eucommia & Psoralea Formula BP058)
- Shoulder, frozen:
+ Tao Hong Si Wu Wan (Persica, Carthamus & Dang-gui Combination BP061)
+ Qing E Jian Gu Zhuang Yao Wan (Eucommia & Psoralea Formula BP058)

COMMENTS

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This is a relatively modern formulation that was first recorded in 'Records of Heart-felt Experiences in Medicine with Reference to the West' (*yi xue zhong zhong can xi lu*) by Zhang Xi-chun, circa 1935. It is a fairly simple formula that was originally intended for the treatment of abdominal mass or localised pain. In the treatment of the latter it is highly effective and thus it has a wide range of applications in conditions with pain as the predominant clinical feature. Because the manifestations of Blood stasis are manifold – depending on the location and causes – this formula has a range of additional uses as described above.

The synergistic actions of the herbs are as follows:

- Salvia miltiorrhiza, root (*dan shen*): activates the Blood and dispels stasis, alleviates pain.
- Boswellia carterii, sap resin (*ru xiang*): activates the Blood and dispels stasis, moves the Qi, alleviates pain.
- Commiphora myrrha, sap resin (*mo yao*): activates the Blood and breaks up stasis, reduces swelling and alleviates pain
- Angelica polymorpha, root (*dang-gui*): nourishes and activates the Blood, alleviates pain.
- Glycyrrhiza uralensis, root (*gan cao*): protects the Stomach from the harsh (dispersing) nature of the other herbs, harmonises the formula.