

NEI XIAO LUO LI WAN BP043

Prunella & Scrophularia Formula 內消瘰癧丸

TCM ACTIONS

Clears Heat, resolves Phlegm, breaks up Blood stasis to soften and reduce masses.

TCM SYNDROMES

Nodules due to Phlegm-Heat
Qi stagnation and Blood stasis.

INDICATIONS

Lymphadenitis, mammary dysplasia (fibrocystic breast disease), non-malignant breast tumour, adenoma (e.g. breast adenoma), multi-nodular goitre, early stage carbuncle or furuncle, small uterine fibroids, small lipomas.

SIGNS & SYMPTOMS

(key clinical features in bold)

Palpable mass or nodule
Location may be: under the skin, neck or breast
Mass may be soft or firm, painless or tender
Wiry pulse

INGREDIENTS

Each pill contains extract equiv. to dry:

Prunella vulgaris, herb top flowering (<i>xia ku cao</i>)	夏枯草	67.5 mg
Scrophularia ningpoensis, root (<i>xuan shen</i>)	玄參	60 mg
Astragalus membranaceus, root (<i>huang qi</i>)	黃芪	45 mg
Sargassum fusiforme, whole plant (<i>hai zao</i>)	海藻	45 mg
Gentiana scabra, root (<i>long dan cao</i>)	龍膽草	33.75 mg
Fritillaria cirrhosa, bulb (<i>chuan bei mu</i>)	川貝母	33.75 mg
Sparganium stoloniferum, rhiz. (<i>san leng</i>)	三棱	33.75 mg
Curcuma zedoaria, rhiz. (<i>e zhu</i>)	莪術	33.75 mg
Citrus reticulata, fruit peel (<i>chen pi</i>)	陳皮	22.5 mg

ACTIONS OF THE MAIN HERBS

Prunella flowering top is used orally in formulas for the treatment of a wide variety of disorders including: nodular goitre, eye diseases, breast cancer, headaches, hypertension, facial paralysis, tuberculosis of the lungs, vaginal infection, acute hepatitis. It has been shown to have the following actions: diuretic effects, hypotensive, antibiotic, antifungal, anti-inflammatory, immune system suppressor, anticholesterolemic.

Scrophularia root is used orally in formulas to treat febrile illnesses, constipation, and various disorders characterised by swelling. It has been shown to have the following actions: antihypertensive, antibacterial, anti-inflammatory, sedative, anti-pyretic, mild laxative, hypoglycemic.

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 - 9 months

CAUTIONS & CONTRAINDICATIONS

Medical diagnosis of any abnormal mass is very important, especially if it is increasing in size, to determine whether or not there is a serious or life-threatening condition.

Not to be used during pregnancy.

COMBINATIONS

• Mammary dysplasia:

- + Jia Wei Xiao Yao San (Bupleurum & Peony Formula BP013)
- + Tao Hong Si Wu Wan (Persica, Carthamus & Dang-gui Combination BP061)
- + Gui Zhi Fu Ling Wan (Cinnamon & Hoelen Combination BP055)

• Carbuncle or furuncle:

- + Wu Wei Xiao Du Yin (Lonicera & Wild Chrysanthemum Formula BP027)

• Chronic breast abscess:

- + Xiao Chai Hu Wan (Minor Bupleurum Formula BP029)
- + Si Miao Yong An Wan (Lonicera & Scrophularia Formula BP059)

• Goitre (hypothyroidism):

- + You Gui Wan (Right Returning Formula BP066)
- + Qi Bao Mei Ran Dan (Polygonum & Cuscuta Formula BP057)

• Lymphadenitis, swollen lymph nodes:

- + Qing Qi Hua Tan Wan (Citrus & Arisaema Formula BP018)

- Sinusitis, chronic
+ Xin Yi San (Magnolia Flower Formula BP032)
- Rheumatoid arthritis:
+ Xue Fu Zhu Yu Tang (Persica & Cnidium Combination BP034)
+ Zhuang Yang Yi Jing Wan (Epimedium & Ginseng Formula BP053)
- Uterine Fibroids:
+ Huo Luo Xiao Ling Dan (Salvia & Boswellia Formula BP042)

COMMENTS
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This formula is a variant on the formula by the same name that was first devised by Gu Si-cheng and recorded in his book, 'Complete Works for the Treatment of Sores' (*yang yi da quan*), 17th century. The original formula was designed to treat scrofula and similar swellings in the neck, including goitre. The modern variant omits several of the harsh dispersing and laxative ingredients that limited the original formula's use to excess conditions in patients with a robust constitution.

This formula is suitable for the treatment of various types of nodules, masses and swellings that involve the localised accumulation of Phlegm-Heat and/or static Blood. Owing to the nature of the pathogens, Phlegm and Heat, together with Qi stagnation and Blood stasis, the disorders for which this formula is indicated require prolonged treatment. This necessitates the use of a more balanced formula that supports the health Qi (*zheng qi*) while at the same time effectively dispelling the pathogens. The indications of this formula, as listed above, are therefore much broader than those of the original.

The synergistic actions of the herbs are as follows:

- Prunella herb top flowering (*xia ku cao*), Scrophularia root (*xuan shen*), Sargassum whole plant (*hai zao*): clear Heat and dissipate Phlegm-Heat nodules
- Sparganium rhizome (*san leng*), Curcuma rhizome (*e zhu*): activate the Blood & dispel stasis.
- Fritillaria bulb (*chuan bei mu*), Sargassum whole plant (*hai zao*), Scrophularia root (*xuan shen*): clear Heat and resolve Phlegm
- Gentiana root (*long dan cao*): clear Liver Fire, drains Damp-Heat
- Citrus peel (*chen pi*): regulates the Qi and harmonises the middle Jiao, dries Damp and resolves Phlegm
- Astragalus root (*huang qi*), Citrus peel (*chen pi*): tonify the Spleen Qi to protect the health Qi (*zheng qi*)