

SI MIAO YONG AN WAN (Jia Wei) BP059

Lonicera & Scrophularia Formula 四妙勇安丸 (加味)

INDICATIONS

Acute infections, acne, carbuncle or furuncle, varicose veins, thrombangiitis obliterans, leg ulcers, allergic skin diseases, psoriasis.

TCM ACTIONS

Clears Heat Toxin and cools the Blood, activates the Blood and dispels stasis, nourishes the Yin and moistens the skin.

TCM SYNDROMES

Blood Heat Toxin

Blood stasis

SIGNS & SYMPTOMS

(key clinical features in bold)

Ulcerated lesions on the lower limbs, possibly with red discharge

Localised redness, swelling, heat and pain

Fever

Thirst

Red tongue

Rapid pulse

INGREDIENTS

Each pill contains extract equiv. to dry:

Lonicera japonica, flower (<i>jin yin hua</i>)	金銀花	117.2 mg
Scrophularia ningpoensis, root (<i>xuan shen</i>)	玄參	117.2 mg
Angelica polymorpha, root (<i>dang-gui</i>)	當歸	58.6 mg
Paeonia veitchii, root (<i>chi shao</i>)	赤芍	58.6 mg
Glycyrrhiza uralensis, root (<i>gan cao</i>)	甘草	23.4 mg

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 - 2 weeks) the dosage may be increased by 50 - 100%.

Course of treatment: 1 to 4 months.

CAUTIONS & CONTRAINDICATIONS

Caution during pregnancy.

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

ACTIONS OF THE MAIN HERBS

Lonicera flower is used orally in formulas to treat acute febrile illness, common cold, influenza, acute inflammations, sore throat, skin infections, and dysentery. It has been shown to have antibacterial, anti-inflammatory, antipyretic and immune stimulant actions.

Scrophularia root is used orally in formulas to treat febrile illnesses, lung infections, diabetes, sore throat, diphtheria, pharyngitis, lymphadenitis and gangrenous lesions of the extremities. It has been shown to have the following actions: hypotensive, vasodilator, antibacterial, hypoglycaemic, anti-inflammatory, sedative, antipyretic.

COMBINATIONS

- Acne (select one or more):
 - + Qing Re An Chuang Wan (Salvia & Scute Formula BP079)
 - + Yin Chen Hao Wan – Jia Wei (Artemisia & Rhubarb Combination BP065)
 - + Long Dan Xie Gan Tang (Gentiana Formula BP016)
- Acute arthritis (Heat and Blood stasis):
 - + Huo Luo Xiao Ling Dan (Salvia & Boswellia Formula BP042)
 - + Tao Hong Si Wu Wan (Persica, Carthamus & Dang-gui Combination BP061)
- Acute cystitis or urinary tract infection (select one or more):
 - + Ba Zheng San (Dianthus Combination BP040) – Damp-Heat in the Bladder;
 - + Huang Lian Jue Du Wan (Coptis & Scute Formula BP049) – severe Heat or Heat Toxin
 - + Yin Chen Hao Wan – Jia Wei (Artemisia & Rhubarb Combination BP065) – Damp-Heat in the Liver channel
- Acute or acute on chronic dermatitis/eczema (select one or more):
 - + Xiao Feng San (Dang-gui & Arctium Formula BP030)
 - + Long Dan Xie Gan Tang (Gentiana Formula BP016)
- Carbuncle, furuncle, dermatitis with pus:
 - + Huang Lian Jue Du Wan (Coptis & Scute Formula BP049)
 - + Wu Wei Xiao Du Yin (Lonicera & Wild Chrysanthemum Formula BP027)
- Erythema nodosum:
 - + Huang Lian Jue Du Wan (Coptis & Scute Formula BP049)

- Perianal furuncle:
+ Long Dan Xie Gan Tang (Gentiana Formula BP016)
- Psoriasis (select one or more):
+ Huo Luo Xiao Ling Dan (Salvia & Boswellia Formula BP042)
+ Xue Fu Zhu Yu Tang (Persica & Cnidium Combination BP034)
+ Xiao Feng San (Dang-gui & Arctium Formula BP030)
+ Long Dan Xie Gan Tang (Gentiana Formula BP016)
+ Tao Hong Si Wu Wan (Persica, Carthamus & Dang-gui Combination BP061)
- Rheumatoid arthritis (select one or more):
+ Shu Jing Huo Xue Tang (Clematis & Stephania Formula BP023)
+ Huo Luo Xiao Ling Dan (Salvia & Boswellia Formula BP042)

COMMENTS

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This is a variant of a formula from the 'New Compilation of Time-tested Formulas' (yan fang xin bian) by Bao Xiang-ao, 1846, in which were recorded various simple, proven and secret recipes of the time. The original contained only four ingredients, hence the name (*si* = four; *miao* = wonderful, remarkable (herbs); *yong an* = well-being).

It is specifically designed to treat disorders due to Heat Toxin or Fire Toxin, which are accompanied by some degree of Blood stasis and depletion of the Blood (i.e. Dryness of the Blood). Such disorders are generally those that have persisted for some time or are especially severe in nature: the health Qi has been injured and the lesions are slow to heal. These are essentially excess type conditions, for which strongly dispersing herbal treatment is required. However, as can be seen from the way in which this formula is constructed, ingredients are included that nourish the Yin and the Blood in order to provide both protection for the health Qi as well as a moistening action.

Originally used for gangrenous lesions (*tuo ju*) and ulcerated lesions of the subcutaneous tissues, such as carbuncles, it has also proven effective for a variety of lesions due to Heat Toxin or Fire Toxin, particularly for allergic disorders and all types of infections, as indicated above. This variant is enhanced with the addition of Red Peony (*chi shao*), which activates the Blood and dispels stasis, and also clears Heat and cools the Blood. This formula is safe to use in the higher dosage ranges as it is well balanced and will not cause gastrointestinal disturbances

The synergistic actions of the herbs are as follows:

- Lonicera flower (*jin yin hua*), Scrophularia root (*xuan shen*): clear Heat Toxin and purge Fire Toxin
- Paeonia veitchii, root (*chi shao*), Scrophularia root (*xuan shen*): clear Heat and cool the Blood
- Angelica root (*dang-gui*), Paeonia veitchii, root (*chi shao*): activate the Blood and dispel stasis.
- Scrophularia root (*xuan shen*), Angelica root (*dang-gui*): nourish the Yin-Blood to protect against the depleting effect of the pathogens and the dispersing actions of the other herbs.
- Glycyrrhiza (*gan cao*): clears Heat Toxin, harmonises the herbs in the formula (i. e. it moderates the harsh dispersing properties of the Heat Toxin clearing, Fire Toxin purging and Blood regulating herbs; protects the Stomach)