

SI WU WAN BP060

Dang-gui Four Combination 四物丸

TCM ACTIONS

Nourishes the Liver Blood, promotes circulation of the Qi and Blood.

TCM SYNDROMES

Liver Blood deficiency
General Blood deficiency

INDICATIONS

Menstrual disorders due to Blood deficiency, post partum disorders, anaemia, urticaria, headache, insufficient lactation, chronic dry skin and eyes, slow healing skin lesions, chronic eczema or chronic dermatitis.

SIGNS & SYMPTOMS

(key clinical features in bold)

Sallow or pale and lustreless complexion

Pale finger nail beds, pale lips

Dizziness

Oligomenorrhoea, delayed menstrual cycle or amenorrhoea

Dry skin that may also be itchy

Palpitations

Emaciation

Poor memory

Paraesthesia or numbness of the extremities

Blurred vision

Insomnia

Pelvic pain (dull in nature) that is alleviated by pressure

Tongue is pale and slightly dry

Pulse is thready and weak and may also be wiry

INGREDIENTS

Each pill contains extract equiv. to dry:

Angelica polymorpha, root (<i>dang-gui</i>)	當歸	104.2 mg
Paeonia lactiflora, root (<i>bai shao</i>)	白芍	104.2 mg
Rehmannia glutinosa, root (<i>shu di huang</i>)	熟地	104.2 mg
Ligusticum wallichii, rhiz. (<i>chuan xiong</i>)	川芎	62.5 mg

ACTIONS OF THE MAIN HERBS

Angelica polymorpha root is used orally in formulas for both men and women as a blood tonic, also to improve blood circulation, and as a muscle building blood tonic for men. It is most commonly used as a women's tonic to build the blood and to regulate the menstrual cycle. It has been shown to have immune stimulant, vasodilator, antianemic, cardiotoxic, antilipemic, and hepatoprotective actions.

Paeonia root (white peony) is used orally in formulas to treat various women's disorders, liver conditions, muscle cramps and spasms, as well as for general debility due to chronic illness. It has been shown to have cardiotoxic, cognition enhancing, antispasmodic and anti-inflammatory 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 2 - 3 weeks) the dosage may be increased by 50 - 100%.

Course of treatment: 2 to 4 months.

CAUTIONS & CONTRAINDICATIONS

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

If taking antibiotics, allow at least 90 minutes before taking this formula.

COMBINATIONS

- Irregular menstruation:
+ Xiao Yao San (Bupleurum & Dang-gui Formula BP031)
- Menorrhagia ('flooding' - *beng luo*) due to Qi deficiency:
+ Gui Pi Wan (Ginseng & Longan Combination BP012)
+ Bu Zhong Yi Qi Wan (Ginseng & Astragalus Combination BP005)

COMMENTS

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This formula was first recorded in 'Secret Recipes of Treating Wounds and Bone-Setting Taught by Celestials' (*xian shòu li shang xu duan mi fang*), by Lin Dao-ren, 846 CE. Lin was a Daoist physician who is credited with being the founder of the branch of orthopedics and traumatology within TCM, as his work is the earliest extant monograph on these topics in China. In this book, the therapeutic principles for treating fractures were expounded as reduction, splintage, functional exercise and medication.

Zhu Dan-xi, the most recent of the Jin-Yuan reform physicians, popularised its use as one of the four essential formulas upon which he based his clinical prescriptions. Zhu classified diseases into four basic types: Qi disorders; Blood disorders; Phlegm disorders; and Stagnation disorders. Thus, he frequently employed four basic formulas as the starting point for prescriptions in his clinical practice: Si Jun Zi Tang (Four Major Herbs) for Qi disorders; Si Wu Tang (Dang-gui Four) for Blood disorders; Er Chen Tang (Citrus & Pinellia) for disorders due to Phlegm; and Yue Ju Wan (Formula to Overcome Stagnation) for disorders due to stagnation.

Clinically this formula may also be used for chronic diseases due to Wind (e.g. itchy skin conditions, dry and itchy eyes) in addition to gynecological conditions characterised by the standard features of Blood deficiency as described above.

The synergistic actions of the ingredients are as follows:

- Paeonia root (*bai shao*), Rehmannia root (*shu di huang*), Angelica root (*dang-gui*), Ligusticum root (*chuan xiong*): nourish the (Liver) Blood.
- Angelica root (*dang-gui*), Ligusticum root (*chuan xiong*): activate the Blood and dispel stasis