

# TAO HONG SI WU WAN BP061

Persica, Carthamus & Dang-gui Combination 桃紅四物丸

## TCM ACTIONS

Nourishes the Blood, activates the Blood and resolves stasis.

## TCM SYNDROMES

Blood stasis

Blood deficiency

## INDICATIONS

Irregular menstruation, dysmenorrhoea, amenorrhoea, menorrhagia, angina pectoris, retinal haemorrhage, hepatomegaly, splenomegaly.

## SIGNS & SYMPTOMS

(key clinical features in bold)

**Pain with a fixed location** (e.g. dysmenorrhoea, pelvic pain)

Dark menstrual blood with clots

**Signs of Blood deficiency** (e.g. Sallow and lustreless complexion, pale finger nail beds, pale lips, postural dizziness)

Irregular menstruation

Amenorrhoea

Varicose veins

Spider naevi, broken capillaries

Dry and scaling skin

Purple or cyanotic tongue or tongue body with macules or speckles

Thready and choppy or irregular pulse

## INGREDIENTS

Each pill contains extract equiv. to dry:

Rehmannia glutinosa, root ( <i>sheng/shu di huang</i> )	生/熟地	103.5 mg
Angelica polymorpha, root ( <i>dang-gui</i> )	當歸	52.1 mg
Paeonia lactiflora, root ( <i>bai shao</i> )	白芍	51.8 mg
Paeonia veitchii, root ( <i>chi shao</i> )	赤芍	51.8 mg
Ligusticum wallichii, rhiz. ( <i>chuan xiong</i> )	川芎	38.6 mg
Prunus persica, seed ( <i>tao ren</i> )	桃仁	38.6 mg
Carthamus tinctorius, flower ( <i>hong hua</i> )	紅花	38.6 mg

## ACTIONS OF THE MAIN HERBS

Prunus persica 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. It is also commonly used 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.

Carthamus flower is used orally in formulas to treat a wide variety of painful conditions, including dysmenorrhoea, post partum abdominal pain, rheumatoid arthritis, traumatic injury, angina pectoris, thrombangiitis obliterans, hepatomegaly, splenomegaly and carbuncle. It has been shown to have the following actions: cardiac stimulant, dilates the coronary arteries, anti-platelet, antilipemic, anti-bacterial, anti-fungal, analgesic, diuretic, immune stimulant, anti-inflammatory, anti-spasmodic, emmenagogue, diaphoretic, induces interferon.

## 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).

Caution during pregnancy.

## COMBINATIONS

- Amenorrhoea, oligomenorrhoea:
  - + Dang Gui Shao Yao San (Dang Gui & Peony Formula BP087)
  - + Zuo Gui Wan (Left Returning Formula BP039)
- **Breast lump or uterine fibroids:**
  - + Nei Xiao Luo Li Wan (Prunella & Scrophularia Formula BP043)
  - + Gui Zhi Fu Ling Wan (Cinnamon & Hoelen Combination BP055)
- Chronic migraine headaches:
  - + Chuan Xiong Cha Tiao San (Ligusticum and Tea Formula BP047)
  - + Huo Luo Xiao Ling Dan (Salvia & Boswellia Formula BP042)
- Depression (older patient):
  - + Wen Dan Tang (Bamboo & Hoelen Formula BP050)
- **Endometriosis (select one or more):**
  - + Gui Zhi Fu Ling Wan (Cinnamon & Hoelen Combination BP055)
  - + Tong Jing Wan (Dang-gui & Notoginseng Formula BP026)
  - + Huo Luo Xiao Ling Dan (Salvia & Boswellia Formula BP042)
  - severe pain

- Frozen shoulder:
  - + Huo Luo Xiao Ling Dan (Salvia & Boswellia Formula BP042)
  - + Qing E Jian Gu Zhuang Yao Wan (Eucommia & Psoralea Formula BP058)
- Gout, acute with severe pain:
  - + Huo Luo Xiao Ling Dan (Salvia & Boswellia Formula BP042)
- Headaches (for general use):
  - + Chuan Xiong Cha Tiao San (Ligusticum and Tea Formula BP047)
- Infertility:
  - + Qi Bao Mei Ran Dan (Polygonum & Cuscuta Formula BP057)
  - + Zuo Gui Wan (Left Returning Formula BP039)
- Insomnia (select one):
  - + An Shen Ding Zhi Wan (Zizyphus & Polygala Formula BP001)
  - + Wen Dan Tang (Bamboo & Hoelen Formula BP050)
- Menopause related disorders (select one or more):
  - + Er Xian Tang (Epimedium & Curculigo Combination BP041)
  - + Zuo Gui Wan (Left Returning Formula BP039)
  - + Zhi Bai Ba Wei Wan (Anemarrhena, Phellodendron & Rehmannia Formula BP038)
- Osteoarthritis, chronic with mild to moderate pain:
  - + Huo Luo Xiao Ling Dan (Salvia & Boswellia Formula BP042)
  - + Qing E Jian Gu Zhuang Yao Wan (Eucommia & Psoralea Formula BP058)
- Premenstrual syndrome (select one):
  - + Jia Wei Xiao Yao San (Bupleurum & Peony Formula BP013)
  - + Xiao Yao Wan (Bupleurum & Dang-gui Formula BP031)
- Psoriasis, stubborn, recurrent:
  - + Long Dan Xie Gan Tang (Gentiana Formula BP016)
  - + Si Miao Yong An Wan (Lonicera & Scrophularia Formula BP059)
- Sciatica:
  - + Huo Luo Xiao Ling Dan (Salvia & Boswellia Formula BP042)
  - + Qing E Jian Gu Zhuang Yao Wan (Eucommia & Psoralea Formula BP058)
- Weight gain associated with menopause:
  - + Yin Chen Hao Wan – Jia Wei (Artemisia & Rhubarb Combination BP065)

#### COMMENTS

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This popular variant of Si Wu Tang (Dang-gui Four Combination BP060) was first recorded in the 'Golden Mirror of Medicine' (*yi zong jin jian*), 1742, a 90 volume treatise on general medicine, written by a staff of 80 persons, headed by Wu Qian, under the commission of the Qing imperial government. It was originally used for severe menstrual cramping pain in women with Blood deficiency. Although often used for this purpose to this day, it may also be used for other gynecological orders. In addition, it may also be used as a base formula for the treatment of a broad range of general medical diseases due to Blood stasis with Blood deficiency.

The synergistic actions of the herbs 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*), Paeonia veitchii root (*chi shao*), Prunus seed (*tao ren*), Carthamus flower (*hong hua*): activate the Blood and dispel stasis.
- Rehmannia root (*sheng di huang*), Paeonia veitchii root (*chi shao*) cool the Blood.