

SHAO YAO GAN CAO TANG BP090

Peony & Licorice Combination 芍藥甘草湯

TCM ACTIONS

Nourishes the Blood and soothes the Liver, relieves spasms and stops pain.

TCM SYNDROME PATTERNS

Liver Blood deficiency

Liver-Spleen disharmony

INDICATIONS

Spasms or cramps of smooth or skeletal muscle.

SIGNS & SYMPTOMS

(key clinical features in bold)

Abdominal pain (cramping, spasmodic)

Muscular spasms or cramps

Tongue is pale and may also have very little coating

Pulse is thready and wiry

INGREDIENTS

Each pill contains extract equiv. to dry:

Paeonia lactiflora, root (<i>bai shao</i>)	白芍	284.2 mg
Glycyrrhiza uralensis, root (<i>zhi gan cao</i>)	甘草	94.7 mg

ACTIONS OF THE MAIN HERBS

Paeonia root 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 cardiogenic, 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 acute and severe cases and in the early stages of treatment (first 2 – 4 weeks) the dosage may be increased by 50 - 100%.

Course of treatment: 1 – 2 weeks

CAUTIONS & CONTRAINDICATIONS

None noted.

Safe for use during pregnancy.

COMBINATIONS

- Abdominal cramping pain (non IBS):
+ Chai Hu Shu Gan Wan (Bupleurum & Cyperus Combination BP006)
- Blepharospasm:
+ Shu Gan Wan (Cyperus & Peony Formula BP022)
- Facial muscle twitching:
+ Chai Hu Shu Gan Wan (Bupleurum & Cyperus Combination BP006)
- Calf muscle twitch or spasm:
+ Si Miao Yong An Wan (Lonicera & Scrophularia Formula BP059)
- Fibromyalgia, trigeminal neuralgia or sciatica:
+ Huo Luo Xiao Ling Dan (Salvia & Boswellia Formula BP042)
- Bronchitis, asthma:
+ Xiao Qing Long Tang (Minor Blue Dragon Combination BP064)
+ Yu Ping Feng San (Jade Screen Formula BP037)
- Acute wry neck:
+ Huo Luo Xiao Ling Dan (Salvia & Boswellia Formula BP042)
+ Xue Fu Zhu Yu Tang (Persica & Cnidium Combination BP034)
- Endometriosis (select one or both):
+ Xue Fu Zhu Yu Tang (Persica & Cnidium Combination BP034)
+ Tong Jing Wan (Dang-gui & Notoginseng Formula BP026)
- Gout (select one or both):
+ Tao Hong Si Wu Wan (Persica, Carthamus & Dang-gui Combination BP061)
+ Huo Luo Xiao Ling Dan (Salvia & Boswellia Formula BP042)

COMMENTS

SHAO YAO GAN CAO TANG

BP090

芍藥甘草湯



This formula was originally recorded in the 'Treatise on Cold-induced Diseases' (*shang han lun*), by Zhang Zhong-jing (circa 150 – 219 C.E.). It was originally devised for use during the course of a Cold-induced disorder, in cases where the patient had been given diaphoretic medicines inappropriately. The sweating thus induced, instead of releasing and expelling the exogenous pathogen, had caused the patient's Yin (i.e. Fluids) and/or Blood to become depleted. This would give rise to the characteristic symptoms of irritability, slight chills, and lack of tongue coat.

Contemporary use of this formula centers on its use in alleviating spasmodic muscular pain due to Liver Blood deficiency and Liver-Spleen disharmony. Therefore the above symptoms, which are generally found in text-book descriptions of this formula, are not so relevant.

The synergistic actions of the herbs are as follows:

- Paeonia root (*bai shao*): nourishes the Blood, astringes the Liver Yin, soothes the Liver and alleviates pain.
- Glycyrrhiza root (*zhi gan cao*): strengthens the Spleen and tonifies the Qi, regulates the middle Jiao.