

# XUE FU ZHU YU TANG

Persica & Cnidium Combination 血府逐瘀湯

## TCM ACTIONS

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Activates the Blood and dispels stasis, alleviates pain.

## TCM SYNDROMES

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Blood stasis.

## BIOMEDICAL ACTIONS

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Anticoagulant, antiplatelet, vasodilator, increases coronary blood flow, improves microcirculation, analgesic, antispasmodic.

## INDICATIONS

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Coronary artery disease, angina pectoris, migraine or chronic headaches, rheumatic heart disease, intercostal neuralgia, costochondritis, post concussion syndrome, trigeminal neuralgia, depressed mood, psychosis, geriatric disorders, chronic non-healing ulcers, thrombangiitis obliterans, hepatic cirrhosis.

## SIGNS & SYMPTOMS (key clinical features in bold)

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**Pain that is fixed in location and boring or stabbing in character**

Fixed abdominal mass (or masses)

Uterine bleeding with dark blood that contains clots

Dark complexion

Depressed mood

Palpitations

Insomnia

Mood swings

Tidal fever

**Dark or purple tongue that may have dark or purple spots**

**Choppy or wiry pulse**

## INGREDIENTS Each pill contains extract equiv. to dry:

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Rehmannia glutinosa, root ( <i>sheng di huang</i> )	60.7mg
Paeonia obovata, root ( <i>chi shao</i> )	50.7mg
Achyranthes bidentata, root ( <i>huai niu xi</i> )	50.7mg
Angelica polymorpha, root ( <i>dang gui</i> )	30.4mg
Ligusticum wallichii, root ( <i>chuan xiong</i> )	30.4mg
Prunus persica, seed ( <i>tao ren</i> )	30.4mg
Bupleurum falcatum, root ( <i>chai hu</i> )	30.4mg
Citrus aurantium, fruit ( <i>zhi ke</i> )	30.4mg
Carthamus tinctorius, flower ( <i>hong hua</i> )	20.3mg
Platycodon grandiflorum, root ( <i>jie geng</i> )	20.3mg
Glycyrrhiza uralensis, root ( <i>gan cao</i> )	20.3mg

## ACTIONS OF THE MAIN HERBS

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- **Prunus 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, as well 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.
- **Ligusticum root** (also referred to as 'cnidium') is used orally in formulas to treat a wide variety of disorders that involve pain or poor blood circulation. It has been shown to dilate the coronary arteries and improve blood flow to the heart muscle and lower oxygen consumption of the heart muscle. It improves blood flow to the brain and limbs, and lowers the resistance of the peripheral blood vessels. It also has the following actions: antispasmodic, analgesic antibiotic, anti-coagulation of platelets, inhibits the activity of tyrosinase and thus helps to eliminate age spots (brown spots) and speckles.

## DOSAGE & COURSE OF TREATMENT

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8 pills, 3 times daily (or 12 pills, 2 times daily), half to one hour away from food.

In severe cases and in the early stages of treatment (first 7 – 10 days) the dosage may be increased by 50% to 100%.

Course of treatment: 2 – 4 months, or longer in elderly patients (at lower dosage)

Safe for long term use.

## CAUTIONS & CONTRAINDICATIONS

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

Contraindicated during pregnancy.

Contraindicated in cases with excessive bleeding (e.g. metrorrhagia, active hemorrhagic disorders)

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

## COMBINATIONS

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### Angina:

- + Tao Hong Si Wu Wan (Persica, Carthamus & Dang-gui Combination)
- + Huo Luo Xiao Ling Dan (Salvia & Boswellia Formula)

### Inflammatory skin disorders – chronic or recurring:

- + Long Dan Xie Gan Tang (Gentiana Formula)

### Meniere's disease, vestibular vertigo:

- + Wu Ling San (Hoelen Five Formula)
- + Tao Hong Si Wu Wan (Persica, Carthamus & Dang-gui Combination)
- + Wen Dan Tang (Bamboo & Hoelen Formula)

### Migraine or chronic headaches:

- + Ping Gan Xi Feng Tou Tong Wan (Gastrodia & Vitex For.)

### Neck arthritis:

- + Huo Luo Xiao Ling Dan (Salvia & Boswellia Formula)
- + Tao Hong Si Wu Wan (Persica, Carthamus & Dang-gui Combination)
- + Nei Xiao Luo Li Wan (Prunella & Scrophularia For.)

### Psychosis:

- + Wen Dan Tang (Bamboo & Hoelen Formula)

## COMMENTS

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This formula was devised by Wang Qing-ren (a.k.a. Wang Xun-chen) and recorded in his 'Correction of Errors among Physicians' (*yi lin gai cuo*), published in 1830. Wang was a 19th Century physician who amongst other 'innovations' insisted on updating the traditional concepts of the Zang-fu in line with the observable anatomical features of the physical organs.

To add a twist of irony to the title of his book, this formula was originally developed due to an error made

by Wang, who in the course of his anatomical investigations consistently found coagulated blood above the diaphragm. Due to the prohibition against human dissection, he was restricted to the observation of disinterred corpses and public executions where the sentence included disembowelment. Unfortunately he didn't realise that this observation was due to an artefact caused by the methods that he was forced to adopt in order to observe human viscera.

His misguided notions in this area have proved to be fortuitous for subsequent TCM practitioners because he described a theoretical syndrome of 'Blood stasis in the chest (*xue fu*)' and developed Xue Fu Zhu Yu Tang (Formula to drive out [Blood] stasis in the Chest) to treat it. The formula is a variant of Tao Hong Si Wu Tang (Persica, Carthamus and Dang-gui combination) which activates the Blood and dispels stasis as well as nourishes the Blood. This is complemented with ingredients that soothe the Liver and regulate the Qi as well as several herbs that act as 'envoys' to direct the formula's actions to each component of the triple Jiao.

Thus it is useful clinically for a broad range of conditions due to Blood stasis in any part of the body. In addition, it is a useful foundation treatment for elderly patients because Blood stasis is one of the pathodynamics of ageing.

The synergistic actions of the herbs are as follows:

- Angelica root (*dang gui*), Paeonia root (*chi shao*), Rehmannia root (*sheng di huang*), Ligusticum root (*chuan xiong*), Prunus seed (*tao ren*), Carthamus flower (*hong hua*): (= Tao Hong Si Wu Tang): nourishes the Blood, activates the Blood and dispels stasis.
- Bupleurum root (*chai hu*) Angelica root (*dang gui*), Paeonia root (*chi shao*), Ligusticum root (*chuan xiong*): disperse stagnant Liver Qi and promote the Liver's function of ensuring that the Qi flows smoothly throughout the body. (This ensures normal Blood movement because the Qi leads the Blood).
- Platycodon root (*jie geng*): directs the actions of the formula to the upper Jiao.
- Citrus fruit (*zhi ke*): directs the actions of the formula to the middle Jiao.
- Achyrantes root (*huai niu xi*): directs the actions of the formula to the lower Jiao.
- Glycyrrhiza root (*gan cao*): harmonises the formula and protects the Stomach