

**0519 加味逍遙散 (Jia Wei Xiao Yao San)**
**Bupleurum and Peony Formula**
**Augmented Rambling Powder**
**【Formulation】**

| Chinese Name | Pharmaceutical name                | Pin Yin Name | English Name          |
|--------------|------------------------------------|--------------|-----------------------|
| 柴胡           | Radix Bupleuri                     | Chai Hu      | Bupleurum             |
| 當歸           | Radix Angelicae sinensis           | Dang Gui     | Angelia               |
| 白芍           | Radix Paeoniae alba                | Bai Shao Yao | White peony           |
| 白朮           | Rhizoma Atractylodis macrocephalae | Bai Zhu      | White atractylodes    |
| 茯苓           | Poria                              | Fu Ling      | Indian bread / Hoelen |
| 煨薑           | Rhizoma Zingiberis preparata       | Wei Jiang    | Baked ginger          |
| 牡丹皮          | Cortex Moutan                      | Mu Dan Pi    | Moutan                |
| 山梔子          | Fructus Gardeniae                  | Shan Zhi Zi  | Gardenia              |
| 薄荷           | Herba Menthae                      | Bo He        | Mentha                |
| 炙甘草          | Radix Glycyrrhizae preparata       | Zhi Gan Cao  | Baked Licorice        |

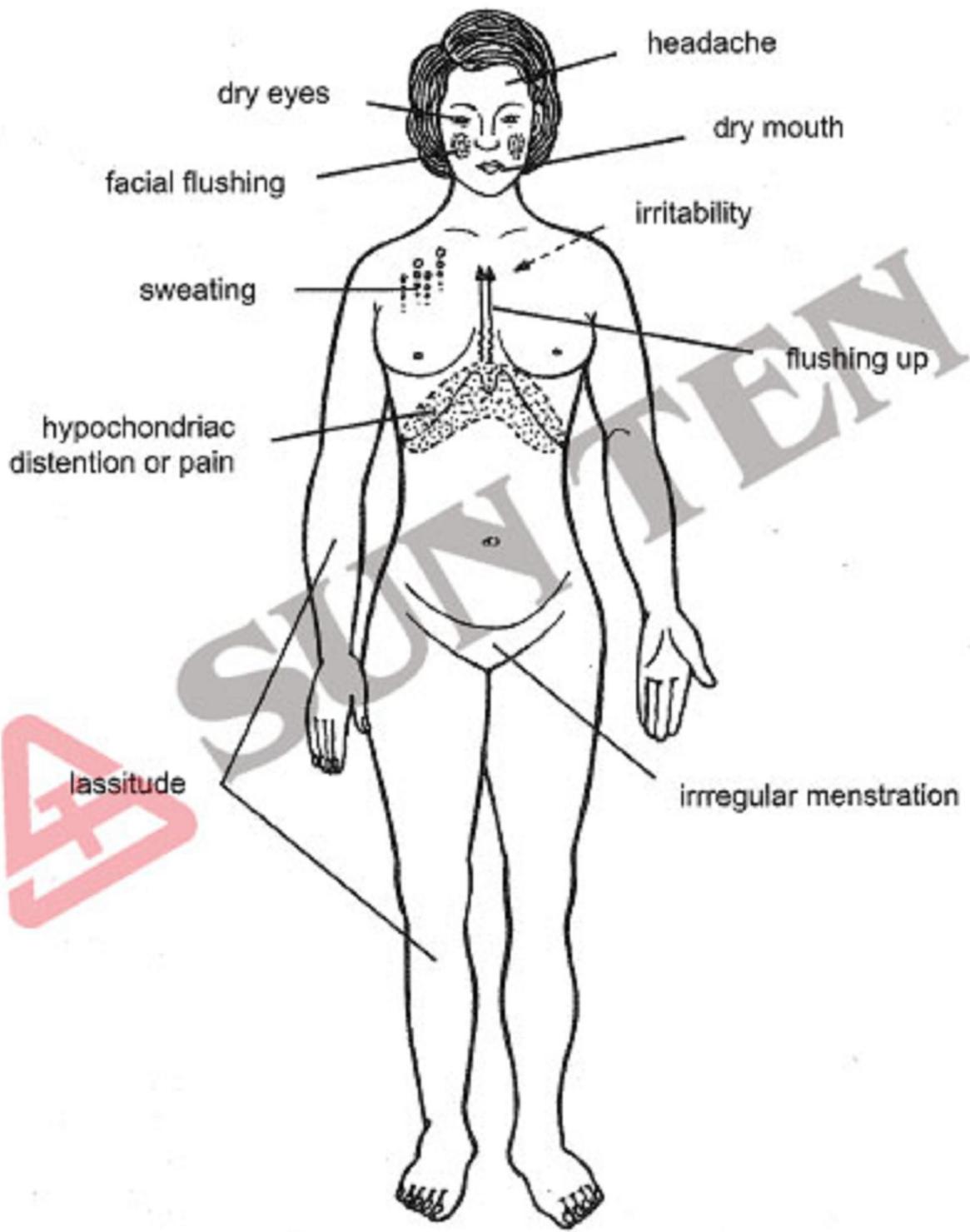
**【Classic Literature Reference】**

Zheng Zhi Zhun Sheng (Rules of Conformation and Therapy, 1602) Compiler: Huang, Ken-tang.

**【Indications】**

Traditional: Stagnation of Liver qi with blood deficiency and heat manifested by irritability, anxiety, hypochondriac pain, lassitude, reduced appetite, tidal fever, spontaneous sweating or night sweating, headache, dry eyes, flushing-up, dry mouth, palpitation, irregular menstruation, abdominal pain, and painful and difficult urination.

Modern: Menopausal disturbance, menstrual irregularity, leucorrhea, endometriosis, chronic hepatitis, early stage of cirrhosis, cholelithiasis, peptic ulcer, leukoderma, dysmenorrheal, infertility, pelvic inflammation, urethritis, and pruritus senilis.



Pattern of Liver Qi Stagnation Accompanied with Blood Deficiency and Heat

### 【Herbs and Actions】

|                  |   |   |
|------------------|---|---|
| Bupleurum        |  | Tang-kuei and Bupleurum Formula ( <i>xiao yao san</i> ) |
| Tang-kuei        |   |   |
| Peony (white)    |   |   |
| Atractylodes     |   |   |
| Hoelen           |   |   |
| Ginger (roasted) |   |   |
| Mentha           |   |   |
| Licorice         |   |   |

soothes the Liver, strengthens the Spleen, harmonizes the nutritive (*ying*) *qi*

### 【Clinical Application】

#### 1. Affective psychosis:

26 cases of affective psychosis were treated with this formula and 23 cases had improvement. Furthermore, this formula increased the amount of cAMP to a normal level, which was lower before the treatment in 10 cases.<sup>3</sup> It has been proved this formula had good result in the treatment of depression.<sup>4</sup>

#### 2. Menopause syndrome:

The efficacy of Bupleurum and Peony Formula (*jia wei xiao yao san*), Cinnamon and Hoelen Formula (*gui zhi fu ling wan*), Tang kuei and Carthamus Formula (*tong dao san*), and Tang-kuei and Peony Formula (*dang gui shao yao san*) was evaluated by measurements of estradiol, progesterone, follicle-stimulating hormone (FSH), and luteotropic hormone (LD) in conjunction with clinical symptoms, and the total effective rate was 93.3 %, 80.0%, 76.9% and 75.0%, respectively. Estradiol and progesterone levels were increased in cases with remarkable effectiveness. The results indicated that Bupleurum and Peony (*jia wei xiao yao san*) could increase the patient's sensitivity to gonadotropic hormone and improve the function of the ovary and corpus luteum.<sup>1</sup>

#### 3. Dysmenorrhea:

This formula had a good result in the treatment of dysmenorrhea caused by pelvic inflammation, disorders of the endometrial tissue, and endometriosis.<sup>5</sup>

#### 4. Hepatitis:

This formula with the addition of *Herba Artemisia capillaries* (*yin chen hao*) and *Herba Lycopus lucidus* (*ze lan*) was used in the treatment of 30 cases with HbsAg (+), among them 22 cases with

abdominal liver function. After 1~3 months treatment, HbsAg turned negative in 27 cases, and liver function became normal in 17 cases.<sup>6</sup> The index of necrosis of liver cells (SGOT/SGPT) and the liver cirrhosis index (LCI) were used to evaluate the efficacy of Bupleurum and Peony Formula (jia wei xiao yao san) on the treatment of liver cirrhosis.<sup>7</sup>

**5. Cholecystitis and cholelithiasis:**

45 cases of cholecystitis or cholelithiasis were treated with this formula with 91.11% of total effective rate.<sup>8</sup>

**6. Skin disorder:**

In Japan, this formula has been used to treat atopic dermatitis and pruritus senilis.<sup>9</sup>

**【Differentiation】**

| Formula Name                         | Bupleurum and Peony Formula ( <i>jia wei xiao yao san</i> )   | Tang-Kuei and Bupleurum Formula ( <i>xiao yao san</i> )   | Black Rambling Powder ( <i>hei xiao yao san</i> )   |
|--------------------------------------|---|---|---|
| <b>Function</b>                      | soothes the Liver <i>qi</i> , strengthens the Spleen, nourishes the blood, and clears heat  | soothes the Liver <i>qi</i> , strengthens the Spleen, and harmonizes nutritive ( <i>ying</i> ) <i>qi</i>  | soothes the Liver <i>qi</i> , strengthens the Spleen, nourishes the blood, and regulates menstruation |
| <b>Indication</b>                    | irritability, anxiety, tidal fever, hypochondriac pain, lassitude, reduced appetite, spontaneous sweating or night sweating, headache, dry eyes, flushing-up, dry mouth, palpitation, irregular menstruation, abdominal pain, painful and difficult urination | alternating fever and chills, hypochondriac pain, breast distention, headache, dizziness, dry mouth, lassitude, poor appetite, irregular menstruation, a wiry and deficient pulse   | abdominal pain during menstruation, a wiry and deficient pulse  |
| <b>Pathogenesis</b>                  | stagnation of Liver <i>qi</i> and blood deficiency with heat  | stagnation of Liver <i>qi</i> , Spleen deficiency, and blood deficiency   | stagnation of Liver <i>qi</i> with Spleen deficiency and blood deficiency                             |
| <b>Key points of differentiation</b> | In addition to soothing the Liver, strengthening the Spleen, and nourishing the blood, this formula clears heat.  | This formula is one of the most famous formulas to treat Liver <i>qi</i> stagnation with Spleen deficiency and blood deficiency. Both Bupleurum and Peony Formula ( <i>jia wei xiao yao san</i> ) and Black Rambling Powder ( <i>hei xiao yao san</i> ) are variations of this formula. | The function of this formula to nourish the blood is stronger than the other two formulas.            |

**【References】**

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