

Distinguishing Between The Blood Activating, Stasis Resolving Formulas

SunHerbal
Better Naturally

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THE FORMULAS

The following Sun Herbal formulas are all used to activate the Blood and resolve stasis. There are several other formulas that are not included in the following discussion because while they may activate the Blood and resolve stasis, this is not their primary action e.g. see Chai Hu Shu Gan Wan (BP006) in Appendix III above. In addition, two of these formulas Nei Xiao Luo Li Wan (BP043) and Si Miao Yong An Wan (BP059) are not generally classified in this category. However, the key to their clinical efficacy is in large part due to their Blood activating, stasis resolving actions.

Bu Yang Huan Wu Wan
(Astragalus & Lumbricus Formula
BP069)



Gui Zhi Fu Ling Wan
(Cinnamon & Hoelen Combination
BP055)



Huo Luo Xiao Ling Dan
(Salvia & Boswellia Formula BP042)



Nei Xiao Luo Li Wan
(Prunella & Scrophularia Formula
BP043)



Si Miao Yong An Wan
(Lonicera & Scrophularia
Formula BP059)



Tao Hong Si Wu Wan
(Persica, Carthamus & Dang-
gui Combination BP061)



Xue Fu Zhu Yu Tang
(Persica & Cnidium
Combination BP034)



BLOOD MOVEMENT AND BLOOD STASIS

The Blood circulates throughout the body to provide nutrients and promote the functional activities of the various tissues and organs. It provides the material basis for the growth and ongoing maintenance of the body structure. It also has a moistening function that keeps the tissues from drying out due to the body's natural heat and activity. The Blood is also the material base for the psyche, and supports consciousness, sensory acuity, and motor skills. The normal movement of the Blood within the vessels is controlled by the combined actions of the Heart Qi, the Lung Qi, the Liver Qi, the Spleen Qi and the Kidney Yang. Thus, pathologies that involve these Zang organs may adversely affect the movement of the Blood.

When the Blood is impeded in its normal flow throughout the body it can become pathogenic, giving rise to Blood stasis. The term Blood stasis covers several related pathological phenomena: the sluggish or impeded flow of Blood throughout the body; the stagnation of Blood flow in a localized part; or the extravasation

of Blood (i.e. the movement of Blood outside of the vessels) which remains within the body and is not dispelled, further affecting the circulation. It is most commonly caused by stagnation of the Qi. However, it may also be caused by Qi deficiency, Blood deficiency, Heat, Cold, hemorrhage or trauma. In addition, swellings of various types, such as those due to localised Heat Toxin (e.g. furuncles, carbuncles and abscesses), and Phlegm-Fire nodules (e.g. thyroid nodules, swollen lymph nodes, mammary dysplasia) also involve some degree of Blood stasis.

From the above brief outline it is apparent that Blood stasis is generally associated with other pathologies involving one or more of: the Zang organs, the Qi, the Blood and various pathogenic factors. Thus, formulas that address Blood stasis generally also contain herbs that are aimed at resolving one or more of these causative factors. This is one of the key differences between the formulas discussed below.

Distinguishing Between The Blood Activating, Stasis Resolving Formulas *cont.*

Key Diagnostic Features of Blood Stasis:

- Pain that is fixed in location and boring or stabbing in character
- Fixed abdominal mass (or masses)
- Dark complexion
- If there is bleeding (e.g. from the uterus) the blood is dark and contains dark clots
- Green-blue (cyan) or purple discolorations on the skin
- Cyan or purple discoloration of the lips
- Dry, rough and thickened areas on the skin
- Dark or purple tongue or tongue with dark or purple spots
- Distended sublingual veins
- Pulse may be choppy, thready, irregular or intermittent.

THE BLOOD ACTIVATING, STASIS RESOLVING FORMULAS

Xue Fu Zhu Yu Tang (Persica & Cnidium Combination BP034)

- General treatment for Blood stasis,
- Acts on the upper Jiao, middle Jiao and lower Jiao; contains herbs that regulate the Qi and promote Liver function.
- For long term Blood stasis
- Useful for a variety of conditions when used alone or in combination: including heart disease, menstrual disorders, headaches, psychological disorders

Tao Hong Si Wu Wan

(Persica, Carthamus & Dang-gui Combination BP061)

- Blood stasis associated with Blood deficiency
- Chronic conditions
- Commonly used for gynecological disorders
- Also for disorders with retained pathogens that have injured the Blood, leading to stasis, e.g. Bi syndromes (arthritis, sciatica) – usually used in combination with specific treatment for the pathogens

Bu Yang Huan Wu Wan (Astragalus & Lumbricus Formula BP069)

- Blood stasis with obstruction of the Channels and Collaterals
- Mainly for sequelae of cerebrovascular accident
- Also for disorders with muscle wasting (e.g. muscular dystrophy, chronic arthritis with muscle wasting)
- Also used in combination for venous thrombosis and thrombophlebitis

Gui Zhi Fu Ling Wan (Cinnamon & Hoelen Combination BP055)

- Blood stasis with abdominal mass
- Main action of formula is on the lower Jiao
- For gynecological disorders, including uterine fibroids, endometriosis, chronic pelvic inflammatory disease, ovarian cysts
- Also for post partum disorders, e.g. lochioschesis, retention of dead fetus

Huo Luo Xiao Ling Dan (Salvia & Boswellia Formula BP042)

- Blood stasis with obstruction to the collaterals
- For pain, swelling, discoloration (e.g. dark skin lesions)
- For a variety of conditions with pain (e.g. trauma, arthritis, angina, endometriosis)
- Also for organ enlargement (hepatomegaly, hepatic cirrhosis, splenomegaly)
- Also for dark or purple skin lesions (e.g. chronic skin diseases, acute inflammatory/suppurative lesions)

Nei Xiao Luo Li Wan (Prunella & Scrophularia Formula BP043)

- Blood stasis with Phlegm-Heat or either pathogen alone
- For dissipating nodules, masses and swellings (e.g. lymphadenitis, mammary dysplasia, goitre, early stage carbuncle or furuncle, uterine fibroids, lipomas)
- Generally used in combination with a 'targeting' formula

Si Miao Yong An Wan (Lonicera & Scrophularia Formula BP059)

- Blood stasis with localised Heat Toxin
- Acute skin infections
- Venous disorders in the lower body
- Allergic skin disorders
- Arthritis with Heat and Blood stasis
- Urinary tract infections



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