

# Tōng Qiào Huó Xuè Tāng

(Unblock the Orifices and Invigorate the Blood Decoction)

conditions involving blood stagnation in the chest. The uses for *Tong Qiao Huo Xue Tang* in veterinary medicine are also very similar to that of *Xue Fu Zhu Yu Tang* because the two formulas have in common four herbs that move the blood: *Tao Ren* (Semen Persicae), *Hong Hua* (Flos Carthami), *Chuan Xiong* (Rhizoma Chuanxiong), and *Chi Shao* (Radix Paeoniae Rubra). *Xue Fu Zu Yu Tang*, however, contains two herbs that protect yin and blood from being injured: *Dang Gui* (Radix Angelicae Sinensis)

and *Di Huang* (Radix Rehmanniae). Moreover, it has *Chai Hu* (Radix Bupleuri), *Zhi Qiao* (Fructus Aurantii) and *Jie Geng* (Radix Platycodonis) to move and regulate qi and to relieve Liver qi stagnation. For most cases then, *Xue Fu Zhu Yu Tang* is the formula of choice for treating conditions of the head and face, not *Tong Qiao Huo Xue Tang*.

## References

1. *Shan Xi Zhong Yi* (Shanxi Chinese Medicine), 1991; 12(11):511.
2. *Shan Xi Zhong Yi* (Shanxi Chinese Medicine), 1990; 6(5):25.

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(Drive Out Stasis in the Mansion of Blood Decoction)

血府逐瘀湯

血府逐瘀汤

**Pinyin Name:** *Xue Fu Zhu Yu Tang*

**Literal Name:** Drive Out Stasis in the Mansion of Blood Decoction

**Alternate Names:** *Hsieh Fu Chu Yu Tang*, Blood-House Blood Stasis-Dispelling Decoction, Persica and Carthamus Combination

**Original Source:** *Yi Lin Gai Cuo* (Corrections of Errors Among Physicians) by Wang Qing-Ren in 1830

## COMPOSITION

<i>Tao Ren</i> (Semen Persicae)	12g
<i>Hong Hua</i> (Flos Carthami)	9g
<i>Di Huang</i> (Radix Rehmanniae)	9g
<i>Dang Gui</i> (Radix Angelicae Sinensis)	9g
<i>Chi Shao</i> (Radix Paeoniae Rubra)	6g
<i>Chuan Xiong</i> (Rhizoma Chuanxiong)	4.5g
<i>Chai Hu</i> (Radix Bupleuri)	3g
<i>Zhi Qiao</i> (Fructus Citri Aurantii)	6g
<i>Jie Geng</i> (Radix Platycodonis)	4.5g
<i>Chuan Niu Xi</i> (Radix Cyathulae)	9g
<i>Gan Cao</i> (Radix et Rhizoma Glycyrrhizae)	6g

## DOSAGE / PREPARATION / ADMINISTRATION

Prepare as a decoction.

## CHINESE THERAPEUTIC ACTIONS

1. Activates blood circulation and dispels blood stagnation
2. Activates qi circulation and relieves pain

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## CLINICAL MANIFESTATIONS

Blood stagnation in the chest and obstructed blood circulation: chronic, stabbing pain at a fixed location in the chest and/or the head, hypochondriac pain, dry heaves or vomiting after intake of water, palpitations, restless sleep, irritability, a dark red to purple tongue that may have petechiae spots, and a rapid, choppy or wiry, thready pulse.

## VETERINARY CLINICAL APPLICATIONS

Head trauma, concussion, post-concussion syndrome, pneumothorax, physical injury to the chest, heart base tumor, cardiovascular disease, congestive heart failure, cardiomyopathy, arrhythmia, cardiac ischemia, bradyarrhythmia, hypertension, thromboembolic disease, stroke, cerebrovascular accident, temporomandibular joint dysplasia, craniomandibular osteopathy, masticatory myositis, temporal muscle atrophy, vasculitis secondary to snake bite, polyneuritis, cancer of the brain, nose, and liver, chronic non-healing wounds, hyperlipidemia, cholangiohepatitis and pancreatitis.

## EXPLANATION

*Xue Fu Zhu Yu Tang* (Drive Out Stasis in the Mansion of Blood Decoction) treats various clinical manifestations induced by blood stagnation in the chest [the mansion of blood]. Blood stagnation in the chest may cause stabbing pain at a fixed location in the chest and hypochondrium. Blood stagnation may cause pain in the body, which, in

turn, may lead to restlessness and irritability. Chronic blood stagnation may contribute to Liver qi stagnation, which, when overacting on the Stomach, may cause dry heaves and vomiting. Furthermore, chronic blood stasis contributes to heat formation, causing palpitations, irritability and restless sleep. A dry, dark red to purple tongue that may have petechiae spots and a rapid, choppy or wiry, thready pulse both indicate blood stagnation.

The design of this formula uses the principles of two formulas: *Tao Hong Si Wu Tang* (Four-Substance Decoction with Safflower and Peach Pit) to nourish the blood, activate blood circulation, and eliminate blood stasis; and *Si Ni San* (Frigid Extremities Powder) to activate qi circulation, harmonize the blood, and soothe the Liver.

In this formula, *Tao Ren* (Semen Persicae) and *Hong Hua* (Flos Carthami) are used to break up blood stagnation and activate blood circulation. *Di Huang* (Radix Rehmanniae), *Dang Gui* (Radix Angelicae Sinensis), *Chi Shao* (Radix Paeoniae Rubra), and *Chuan Xiong* (Rhizoma Chuanxiong) nourish the blood, activate blood circulation, and clear heat. *Chai Hu* (Radix Bupleuri) soothes Liver qi to relieve chest pain. *Zhi Qiao* (Fructus Aurantii) regulates qi in the chest and the upper *jiao*. *Jie Geng* (Radix Platycodonis) guides all of the herbs upward to the chest. *Chuan Niu Xi* (Radix Cyathulae) unblocks stagnation in the blood vessels and guides blood downward. *Gan Cao*

## *Xue Fu Zhu Yu Tang* (Drive Out Stasis in the Mansion of Blood Decoction)

Diagnosis	Clinical Signs	Treatment	Herbs
Blood stagnation in the chest and obstructed blood circulation	<ul style="list-style-type: none"> <li>Chronic, stabbing pain at a fixed location in the chest and head, and hypochondriac pain: blood stagnation in the chest</li> <li>Dry heaves and vomiting: reversed flow of Stomach qi due to blood stagnation</li> <li>Palpitations, restless sleep, and irritability: <i>shen</i> (spirit) disturbance caused by blood stagnation</li> <li>A dark red to purple tongue that may have petechiae spots and a rapid, choppy or wiry, thready pulse: blood stagnation</li> </ul>	<ul style="list-style-type: none"> <li>Activates blood circulation and dispels blood stagnation</li> <li>Activates qi and relieves pain</li> </ul>	<ul style="list-style-type: none"> <li><i>Tao Ren</i> (Semen Persicae) and <i>Hong Hua</i> (Flos Carthami) break up blood stagnation and activate blood circulation.</li> <li><i>Di Huang</i> (Radix Rehmanniae), <i>Dang Gui</i> (Radix Angelicae Sinensis), <i>Chi Shao</i> (Radix Paeoniae Rubra), and <i>Chuan Xiong</i> (Rhizoma Chuanxiong) nourish the blood, activate blood circulation, and clear heat.</li> <li><i>Chai Hu</i> (Radix Bupleuri) soothes Liver qi, and <i>Zhi Qiao</i> (Fructus Aurantii) regulates qi in the chest and the upper <i>jiao</i>.</li> <li><i>Jie Geng</i> (Radix Platycodonis) guides all of the herbs upward to the chest.</li> <li><i>Chuan Niu Xi</i> (Radix Cyathulae) unblocks stagnation in the blood vessels and guides blood downward.</li> <li><i>Gan Cao</i> (Radix et Rhizoma Glycyrrhizae) harmonizes the formula.</li> </ul>

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(Radix et Rhizoma Glycyrrhizae) harmonizes the formula. Overall, this formula has the unique and valuable attributes of activating blood circulation and dispelling blood stasis without injuring the blood, while also soothing the Liver and relieving qi stagnation without consuming qi.

## VETERINARY MODIFICATIONS

- To improve ability to resolve blood stagnation and/or stasis add one or more of the following: *Dan Shen* (Radix et Rhizoma Salviae Miltiorrhizae), *Shui Zhi* (Hirudo) or *Di Long* (Pheretima).
- To improve pain relief, add *Yan Hu Suo* (Rhizoma Corydalis).
- With post-head trauma complications, add *Quan Xie* (Scorpio) and *Gao Ben* (Rhizoma et Radix Ligustici).
- With sinusitis and pain due to heat and blood stagnation, add *Bai Zhi* (Radix Angelicae Dahuricae), *Ban Lan Gen* (Radix Isatidis) and *Shi Gao* (Gypsum Fibrosum).
- With vestibular disease, add *Ju Hua* (Flos Chrysanthemi), *Gou Teng* (Ramulus Uncariae cum Uncis), and *Xia Ku Cao* (Spica Prunellae).
- With blood stagnation and yin deficiency, add *Liu Wei Di Huang Wan* (Six-Ingredient Pill with Rehmannia).
- With blood stagnation and yin-deficient heat, add *Zhi Bai Di Huang Wan* (Anemarrhena, Phellodendron, and Rehmannia Pill).
- With blood stagnation and qi deficiency, add *Ren Shen* (Radix et Rhizoma Ginseng) and *Huang Qi* (Radix Astragali).
- With cardiac arrhythmia, add *Fu Shen* (Poria Paradicis) and *Bai Zi Ren* (Semen Platycladi).
- With more chest pain, add *Dan Shen* (Radix et Rhizoma Salviae Miltiorrhizae), *Yan Hu Suo* (Rhizoma Corydalis) and *Jiang Xiang* (Lignum Dalbergiae Odoriferae).
- With liver cancer, add *Yu Jin* (Radix Curcumae), *Dan Shen* (Radix et Rhizoma Salviae Miltiorrhizae), *Chuan Lian Zi* (Fructus Toosendan) and *Bai Hua She She Cao* (Herba Hedyotis).
- To dissolve blood clots in animals with thromboembolism, add *Shui Zhi* (Hirudo), *Meng Chong* (Tabanus), *Da Huang* (Radix et Rhizoma Rhei), and *Tu Bie Chong* (Eupolyphaga seu Steleophaga).
- With neck and shoulder stiffness and pain, add *Ge Gen* (Radix Puerariae Lobatae), *Yan Hu Suo* (Rhizoma Corydalis) and *Qiang Huo* (Rhizoma et Radix Notopterygii).

## CAUTIONS / CONTRAINDICATIONS

- *Xue Fu Zhu Yu Tang* is contraindicated in pregnancy because this formula strongly activates blood circulation and removes blood stasis.

- If this formula is to be taken for a prolonged period of time, blood-tonic herbs should be added accordingly.

## PHARMACOLOGICAL EFFECTS

1. **Antiplatelet and anticoagulant:** Administration of *Xue Fu Zhu Yu Tang* was associated with a marked antiplatelet effect in animal subjects.<sup>1,2</sup> It also inhibits the formation of blood clots.<sup>3</sup> Lastly, it improves blood circulation by decreasing blood viscosity.<sup>4</sup>
2. **Cardiovascular:** Administration of *Xue Fu Zhu Yu Tang* was associated with reduced blood pressure, a response attributed to its effect to inhibit the rhythm and contractility of the heart. Furthermore, it has a regulatory effect on the blood vessels, causing them to relax or constrict.<sup>5,6</sup>
3. **Antihyperlipidemic:** Administration of *Xue Fu Zhu Yu Tang* in male rats at 16g/kg was associated with a reduction of plasma cholesterol levels. However, it did not affect the plasma glucose or triglyceride levels.<sup>7</sup>

## HUMAN CLINICAL STUDIES AND RESEARCH

1. **Cardiac ischemia:** One study reported 89.3% effectiveness using modified *Xue Fu Zhu Yu Tang* to treat elderly patients with cardiac ischemia. Of 84 patients, the study reported significant improvement in 29 cases, moderate improvement in 46 cases, and no effect in 9 cases. The duration ranged from 1-3 courses of treatment.<sup>8</sup>
2. **Bradycardia:** One study reported 92.8% effectiveness using modified *Xue Fu Zhu Yu Tang* in decoction daily to treat 28 patients with bradycardia. The herbal treatment contained *Tao Ren* (Semen Persicae) 10g, *Dang Gui* (Radix Angelicae Sinensis) 10g, *Chi Shao* (Radix Paeoniae Rubra) 10g, *Niu Xi* (Radix Achyranthis Bidentatae) 10g, *Fu Zi* (Radix Aconiti Lateralis Praeparata) 10g, *Gua Lou Pi* (Pericarpium Trichosanthis) 10g, *Hong Hua* (Flos Carthami) 5g, *Chuan Xiong* (Rhizoma Chuanxiong) 5g, *Jie Geng* (Radix Platycodonis) 5g, *Gan Cao* (Radix et Rhizoma Glycyrrhizae) 3g, and *Huang Qi* (Radix Astragali) 15g. Of 28 patients, the study reported complete recovery in 14 cases, improvement in 12 cases, and no effect in 2 cases.<sup>9</sup>
3. **Pneumothorax:** One study reported complete recovery in all 12 patients with pneumothorax after 2-4 weeks of treatment with *Xue Fu Zhu Yu Tang*.<sup>10</sup>
4. **Hepatitis:** Administration of modified *Xue Fu Zhu Yu Tang* in decoction in 81 patients with chronic hepatitis was associated with complete recovery in 67 cases, improvement in 8 cases, and no effect in 6 cases. The overall effectiveness was 92.6%. In addition to the base formula, modifications were made as follows: *Huang Qin* (Radix Scutellariae) and *Zhi Zi* (Fructus Gardeniae) were added for dry mouth with bitter taste, yellow urine, and

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yellow greasy tongue coating; *Fu Ling* (Poria) and *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) were added for abdominal fullness, loose stools, and a pale tongue body with a white coating; and *Shu Di Huang* (Radix Rehmanniae Praeparata) and *Gou Qi Zi* (Fructus Lycii) for *wu xin re* (five-center heat), soreness and weakness of the lower back and knees, and a red tongue body with a thin coating.<sup>11</sup>

5. **Pancreatitis:** One study reported complete recovery in 128 patients using integrated treatments of herbs and drugs. The herbal treatment included modified *Xue Fu Zhu Yu Tang* in decoction daily for 7 days per course of treatment. Western treatment included drugs and intravenous fluids (specific details were unavailable). Instructions were also given to follow a low-fat, high-protein, and high carbohydrate diet. The study reported complete recovery in all 128 patients within 3 courses of treatment.<sup>12</sup>
6. **Insomnia:** Use of modified *Xue Fu Zhu Yu Tang* was associated with 93.5% effectiveness in treating 31 patients with stubborn insomnia. The base formula contained *Xue Fu Zhu Yu Tang*, with addition of *Shou Wu Teng* (Caulis Polygoni Multiflori) and *Hu Po* (Succinum), and elimination of *Chai Hu* (Radix Bupleuri) and *Chuan Xiong* (Rhizoma Chuanxiong). Modifications were made based on the condition of the patients. *Dang Shen* (Radix Codonopsis) and *Huang Qi* (Radix Astragali) were added for qi deficiency; *Shu Di Huang* (Radix Rehmanniae Praeparata) and *E Jiao* (Colla Corii Asini) were added for blood deficiency; *Gou Qi Zi* (Fructus Lycii) and *Shan Zhu Yu* (Fructus Corni) were added for yin deficiency; and *Chen Pi* (Pericarpium Citri Reticulatae) and *Ban Xia* (Rhizoma Pinelliae) were added to clear hot phlegm.<sup>13</sup>
7. **Phlebitis:** Administration of modified *Xue Fu Zhu Yu Tang* has been shown to effectively treat phlebitis. In addition to the base formula, *Mu Dan Pi* (Cortex Moutan) was added for redness and swelling associated with heat in the *xue* (blood) level; *San Qi* (Radix et Rhizoma Notoginseng) was added for blood vessel pain with swelling and inflammation; and *Huang Qi* (Radix Astragali) was added for a fine, weak pulse. Each course of treatment was 7 days. Of 38 patients, the study reported significant benefit in 8 cases, moderate improvement in 29 cases, and no effect in 1 case.<sup>14</sup> Another study reported marked effects using herbs orally and topically to treat phlebitis. The herbal formula for oral ingestion contained *Xue Fu Zhu Yu Tang* plus *Zhe Bei Mu* (Bulbus Fritillariae Thunbergii) and *Di Long* (Pheretima), and was given daily for 15 days per course of treatment. Herbs also were applied topically to the affected area twice daily to relieve pain. Of 12 patients, the study reported complete recovery in 9 cases, improvement in 2 cases, and no effect in 1 case. The overall effectiveness was 92%.<sup>15</sup>
8. **Mammary gland hyperplasia:** According to one study, 104 patients with mammary gland hyperplasia were treated with complete recovery in 68 cases and moderate improvement in 27 cases (91.4% effectiveness). The herbal treatment contained *Xue Fu Zhu Yu Tang* as the base formula, with the addition of *San Leng* (Rhizoma Sparganii) and *E Zhu* (Rhizoma Curcumae), and removal of *Di Huang* (Radix Rehmanniae) and *Jie Geng* (Radix Platycodonis). Other herbs were added if deemed necessary.<sup>16</sup>
9. **Pelvic inflammatory disease:** One study reported 92% effectiveness using modified *Xue Fu Zhu Yu Tang* to treat 60 patients with chronic pelvic inflammatory disease. Modifications included the addition of *Xiao Hui Xiang* (Fructus Foeniculi) and *Pao Jiang* (Rhizoma Zingiberis Praeparatum) for cold sensations in the lower abdomen; *Pu Gong Ying* (Herba Taraxaci) and *Zi Hua Di Ding* (Herba Violae) for toxic heat; and *Yi Yi Ren* (Semen Coicis) for dampness. Of 60 patients, the study reported complete recovery in 24 cases, improvement in 31 cases, and no response in 5 cases.<sup>17</sup>
10. **Concussion:** One study reported 92.3% effectiveness for 12 patients with concussion using modified *Xue Fu Zhu Yu Tang*. The herbal treatment contained this formula plus *Shi Chang Pu* (Rhizoma Acori Tatarinowii) 10g, *Yuan Zhi* (Radix Polygalae) 15g, *Dan Shen* (Radix et Rhizoma Salviae Miltiorrhizae) 25g, *Mai Dong* (Radix Ophiopogonis) 16g, and *Suan Zao Ren* (Semen Ziziphi Spinosa) 13g. The herbs were given in decoction daily.<sup>18</sup>
11. **Stroke:** Benefit in the prevention and treatment of stroke and ischemia has been associated with many Chinese herbal formulas, including *Xue Fu Zhu Yu Tang*, *Bu Yang Huan Wu Tang* (Tonify the Yang to Restore Five Decoction), *Xiao Xu Ming Tang* (Minor Prolong-Life Decoction), and *Chai Hu Jia Long Gu Mu Li Tang* (Bupleurum plus Dragon Bone and Oyster Shell Decoction). The mechanisms of these beneficial effects were attributed to anti-hypercholesterolemia, antioxidant activity, and free radical scavenger effects of these formulas.<sup>19</sup>
12. **Cerebral atherosclerosis:** Sixty-three patients were treated with excellent results using modified *Xue Fu Zhu Yu Tang* plus ear acupuncture. The herbal treatment contained *Dang Gui* (Radix Angelicae Sinensis) 15-20g, *Di Huang* (Radix Rehmanniae) 5g, *Tian Ma* (Rhizoma Gastrodiae) 5g, *Tao Ren* (Semen Persicae) 9g, *Zhi Qiao* (Fructus Aurantii) 9g, *Chuan Xiong* (Rhizoma Chuanxiong) 9g, *Hong Hua* (Flos Carthami) 6g, *Chai Hu* (Radix Bupleuri) 6g, *Gan Cao* (Radix et Rhizoma Glycyrrhizae) 6g, *Niu Xi* (Radix Achyranthis Bidentatae)

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10g, *Chi Shao* (Radix Paeoniae Rubra) 10g, and *Dan Shen* (Radix et Rhizoma Salviae Miltiorrhizae) 15-30g. The duration of treatment ranged from 1-6 months. Of 63 patients, the study reported complete recovery in 42 cases, improvement in 13 cases, and no effect in 8 cases.<sup>20</sup>

- 13. Hyperlipidemia:** Use of *Xue Fu Zhu Yu Tang* was associated with 95% effectiveness in reducing cholesterol and triglyceride levels. Of 20 patients, the study reported significant improvement in 11 cases, moderate improvement in 8 cases, and no effect in 1 case.<sup>21</sup>
- 14. Schizophrenia:** According to one study of 66 schizophrenic patients with 3 months to 23 years history of illness, use of modified *Xue Fu Zhu Yu Tang* was associated with marked beneficial effects. The herbal treatment contained *Chai Hu* (Radix Bupleuri) 15g, *Hong Hua* (Flos Carthami) 10g, *Chi Shao* (Radix Paeoniae Rubra) 30g, *Chuan Xiong* (Rhizoma Chuanxiong) 15g, *Dan Shen* (Radix et Rhizoma Salviae Miltiorrhizae) 30g, and *Jiang Xiang* (Lignum Dalbergiae Odoriferae) 15g. Modifications were made by adding *Xiang Fu* (Rhizoma Cyperi) to regulate qi, *Da Huang* (Radix et Rhizoma Rhei) to clear heat, *Fu Ling* (Poria) and *Bai Zhu* (Rhizoma Atractylodis Macrocephalae) to strengthen the Spleen, and *Dang Shen* (Radix Codonopsis) and *Huang Qi* (Radix Astragali) to tonify qi. The treatment protocol was to cook the herbs in water and administer the decoction in two equally-divided doses daily for 8 weeks per course of treatment. In addition to Chinese herbs, a small dose of antipsychotic medication (selection depended on the condition of the patient) was given daily.<sup>22</sup>
- 15. Endometriosis:** Use of *Xue Fu Zhu Yu Tang* was associated with 94% effectiveness in the treatment of 83 patients with endometriosis, using herbs orally and rectally. The herbal formula for oral ingestion contained *Dang Gui* (Radix Angelicae Sinensis) 9g, *Di Huang* (Radix Rehmanniae) 9g, *Hong Hua* (Flos Carthami) 9g, *Chi Shao* (Radix Paeoniae Rubra) 9g, *Niu Xi* (Radix Achyranthis Bidentatae) 9g, *Zhi Qiao* (Fructus Aurantii) 6g, *Jie Geng* (Radix Platycodonis) 6g, *Chuan Xiong* (Rhizoma Chuanxiong) 6g, *Gan Cao* (Radix et Rhizoma Glycyrrhizae) 6g, *Chai Hu* (Radix Bupleuri) 3g, and *Tao Ren* (Semen Persicae) 12g. Modifications were made by adding *Xi Xin* (Radix et Rhizoma Asari) and *Fu Zi* (Radix Aconiti Lateralis Praeparata) for blood stagnation with cold; *Chuan Lian Zi* (Fructus Toosendan), *Pu Huang* (Pollen Typhae), and *Wu Ling Zhi* (Faeces Troglodyteri) for qi and blood stagnation; *Da Xue Teng* (Caulis Sargentodoxae) and *Bai Jiang Cao* (Herba cum Radice Patriniae) for blood stagnation with heat; *Huang Qi* (Radix Astragali), *Dang Shen* (Radix Codonopsis), and *Mu Xiang* (Radix Aucklandiae) for blood stagnation with qi deficiency; *San Leng* (Rhizoma

*Sparganii*) and *E Zhu* (Rhizoma Curcumae) for nodules and cysts; and *Yin Yang Huo* (Herba Epimedii), *Xian Mao* (Rhizoma Curculiginis) and *Tu Si Zi* (Semen Cuscutae) for infertility. The herbs were given as decoction in two equally-divided doses. Herbs also were given as rectal enema one time daily, with an herbal solution made from *San Leng* (Rhizoma Sparganii) 10g, *E Zhu* (Rhizoma Curcumae) 10g, *Da Xue Teng* (Caulis Sargentodoxae) 12g, *Zao Jiao Ci* (Spina Gleditsiae) 12g, *Feng Fang* (Nidus Vespaee) 12g, *Chi Shao* (Radix Paeoniae Rubra) 12g, and *Tao Ren* (Semen Persicae) 6g. Of 83 patients, the study reported complete recovery in 41 cases, significant improvement in 27 cases, moderate improvement in 10 cases, and no improvement in 5 cases.<sup>23</sup>

## SUGGESTED ACUPUNCTURE TREATMENT

1. Points: *Weishu* (BL 21), *Housanli* (ST 36), *Sanyinjiao* (SP 6), *Xinshu* (BL 15), *Geshu* (BL 17), *Xuehai* (SP 10), *Neiguan* (PC 6), *Gongsun* (SP 4), *Yangchi* (TH 4), and *Xingjian* (LR 2).
2. Techniques: tonification and sedation.

*Weishu* (BL 21), *Housanli* (ST 36), *Sanyinjiao* (SP 6), *Xinshu* (BL 15), *Geshu* (BL 17), and *Xuehai* (SP 10) activate qi, break up blood stagnation, and nourish both qi and blood. *Neiguan* (PC 6) and *Gongsun* (SP 4) relieve chest congestion. *Yangchi* (TH 4) regulates *shaoyang* qi. *Xingjian* (LR 2) regulates Liver qi. Combined, these points relieve blood stagnation and pain.

## AUTHORS' COMMENTS

*Xue Fu Zhu Yu Tang* was used originally to treat blood stasis in the chest and upper *jiao*. Today, its clinical application has been expanded, and this formula has been proven effective in treating a wide variety of conditions in veterinary medicine characterized by blood stagnation and stasis affecting the head, including:

- adenocarcinoma and fibrosarcoma of the nasal cavity
- masticatory myositis
- chronic corneal ulcers and corneal degeneration
- pancreatitis
- chronic cholangiohepatitis, cholecystitis.
- pneumothorax, broken ribs and other physical injury to the chest
- head trauma and concussion secondary to vehicular or blunt trauma, or fighting
- cardiovascular disease: congestive heart failure (CHF), cardiomyopathy, and arrhythmia. It supports normal blood circulation in animals with cardiovascular disease and is an effective herbal supplement for cardiac health



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and as a preventative measure against development of thromboembolism in patients with cardiomyopathy.

Furthermore, with appropriate additions and/or modifications, *Xue Fu Zhu Yu Tang* is also effective in treating the following conditions:

- For chronic sinusitis, add *Yin Qiao San* (Honeysuckle and Forsythia Powder) or *Cang Er Zi San* (Xanthium Powder), depending on the condition. To improve the formula's ability to clear heat and toxins, add herbs such as *Yu Xing Ca* (Herba Houttuyniae), *Zi Hua Di Ding* (Herba Violae), *Ma Bian Cao* (Herba Verbenae), *Chuan Xin Lian* (Herba Andrographis), *Da Qing Ye* (Folium Isatidis), and *Ban Lan Gen* (Radix Isatidis).
- For brain tumors, add *Quan Xie* (Scorpio), *Wu Gong* (Scolopendra), *Jiang Can* (Bombyx Batryticatus), *Di Long* (Pheretima), *Ji Xue Teng* (Caulis Spatholobi), and *Bai Hua She She Cao* (Herba Hedyotis).
- For liver cancer, combine with *Ge Xia Zhu Yu Tang* (Drive Out Blood Stasis Below the Diaphragm Decoction) in equal amounts.
- For progressive retinal atrophy, combine with *Qi Ju Di Huang Wan* (Lycium Fruit, Chrysanthemum, and Rehmannia Pill).
- For thromboembolic disease, combine with *Dan Shen* (Radix et Rhizoma Salviae Miltiorrhizae) and *Shui Zhi* (Hirudo).

There are four “*zhu yu tang* (drive out stasis decoction)” formulas that are commonly used for similar conditions. All four formulas contain *Chuan Xiong* (Rhizoma Chuanxiong), *Dang Gui* (Radix Angelicae Sinensis), *Tao Ren* (Semen Persicae), and *Hong Hua* (Flos Carthami) as key ingredients to activate the blood, eliminate blood stasis, and relieve pain. Their main differences are as follows:

- *Xue Fu Zhu Yu Tang* (Drive Out Stasis in the Mansion of Blood Decoction) treats qi and blood stagnation in the upper *jiao* to alleviate pain in the chest and hypochondrium. It has actions to relieve Liver qi stagnation and regulate the qi mechanism. It has less ability to relieve pain than the other formulas in this class and will require modification as needed to address conditions with significant pain.
- *Ge Xia Zhu Yu Tang* (Drive Out Blood Stasis Below the Diaphragm Decoction) treats qi and blood stagnation in the middle *jiao* to alleviate pain below the diaphragm, including the Liver and upper abdominal area.
- *Shao Fu Zhu Yu Tang* (Drive Out Blood Stasis in the Lower Abdomen Decoction) treats pain and qi and blood

stagnation with cold in the lower *jiao*; it is also used to address infertility and mass formation in the lower *jiao*. It contains *Rou Gui* (Cortex Cinnamomi), *Xiao Hui Xiang* (Fructus Foeniculi), and *Gan Jiang* (Rhizoma Zingiberis) and is very warming; thus, it should not be used without modification in animals with yin deficiency and heat.

- *Shen Tong Zhu Yu Tang* (Drive Out Blood Stasis from a Painful Body Decoction) treats qi and blood stagnation with painful obstruction of the channels, collaterals and the whole body. It is commonly used to treat acute and/or chronic pain in the whole body (generalized) arising from blood stagnation/stasis in the extremities and joints.

## References

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