

Chai Hu Shu Gan Wan (Chai Hu Shu Gan Pian, Chai Hu Shu Gan San, Bupleurum Shu Gan Teapills, Bupleuri LiverSoothe™, Chai Hu Shu Gan Tang, 柴胡疏肝片), is a regarded classic Chinese herbal medicine for liver Qi stagnation usually shown as sighing and flank pain due to emotional stress or premenstrual tension.

### What does it do?

Life is tough. Whether we are rich or poor, famous or ordinary, old or young, we all have had moments of anger, sorrow, depression, confrontation etc. In most cases, we can cope with them and leave emotional stress behind. There are times, however, that we think we might have got it over and then find it still hurts even after years. We may unintentionally breath a sigh of relief and experience occasional flank pain. This may signal what is called in traditional Chinese medicine (TCM) as liver Qi stagnation.

In TCM, Qi is the vital energy whose smooth circulation around the body keeps its organs working in harmony. Anger hurts the liver and causes blockage of a flow of Qi in the liver meridians. When liver Qi is stagnated, one feels distending pain along the rib sides of the body for which X-ray examination does not reveal any abnormality, tends to take a deep breath, easily gets upset or depressed, feels chest distension and belching.

Liver Qi stagnation is also often shown in Premenstrual syndrome (PMS) and in gastrointestinal disorders, menstrual pain and irregularity, tension or migraine headaches.

Chai Hu Shu Gan Pian (Wan) acts to soothe the liver and disperse the stagnated liver Qi. The Chinese medicine consists of a delicate combination of seven Chinese herbs as outlined below.

- **Chai Hu (Bupleurum root)** is the chief Chinese herb in the formula. It relieves the stagnated liver Qi and soothes liver.

## Bupleuri LiverSoothe™ (Chai Hu Shu Gan Pian)

- **Xiang Fu (Cyperi rhizome)** soothes liver and moves Qi to disperse depression, regulates menstruation and relieves pain.
- **Zhi Ke (Bitter orange)** regulates Qi and disperses fullness in the chest and abdominal distension.
- **Chen Pi (Tangerine peel)** moves Qi and strengthen digestion, expels dampness and transforms phlegm. Chen Pi, together with Xiang Fu and Zhi Ke act in the formula to enhance the function of Chai Hu.
- **Chuan Xiong** is a unique Chinese herb that both invigorates Blood and moves Qi. It expels Wind and relieves Pain.
- **Bai Shao (Poeny root)** nourishes the blood, harmonizes the liver and relieves pain.
- **Gan Cao (Licorice root)** tonifies Spleen and Qi and moderates the action of the other herbs.

### What is the formula composition?

A proprietary blend\* of the following herbs:

Radix Bupleuri Chinensis	(Chai hu)
Pericarpium Citri Reticulatae	(Chen pi)
Radix Paeoniae Lactiflorae	(Bai shao)
Fructus Aurantii	(Zhi ke)
Rhizoma Ligustici Chuanxiong	(Chuan xiong)
Rhizoma Cyperi Rotundi	(Xiang fu)
Radix Glycyrrhizae Uralensis	(Gan cao)

- Chai Hu Shu Gan Pian is made of 100% pure authentic Chinese herbs of highest qualities. Traditional preparation procedures are combined with modern pharmaceutical processes to extract the active ingredients from the herbs and to further concentrate

them into pills or tablets. It is produced in the certified GMP facilities of Shanghai TongHanChun Herbs Factory (Guang Ci Tang) and is imported to USA in accordance with the FDA guidelines.

**What is Available?** 40 grams in 200 mg 200 tablets..

**How do I use it?** Take 5 to 7 tablets three times daily.

### Use Discretion

Chai Hu Shu Gan Wan and Xiao Yao Wan are both used for liver Qi stagnation and are originated from Si Ni San (Bupleurum, White peony, Bitter orange, and Licorice). Xiao Yao Wan can also nourish the spleen (digestion function) and tonify the blood but Chai Hu Shu Gan Wan has a stronger Qi moving and pain relieving effect.

**Side Effects** Chai Hu Shu Gan Pian has been safely used with few adverse effects when used as directed.

### Cautious Notes

1. Not recommended for during pregnancy.
2. Chai Hu Shu Gan Wan has a slightly warming property and is NOT recommended for use if the body has deficiency in Yin energy or blood manifested as pale face, slight fever, weak pulse, thirst etc.
3. Discontinue use if symptoms like thirst, distraction, and insomnia occur while taking the Chinese medicine.
4. Keep out of reach of children.

柴胡疏肝片(柴胡疏肝丸，柴胡舒肝丸)是疏肝理气的经典名方，用于肝气郁结，表现为时常唉声叹气，胁肋疼痛等。

人生不易。无论富贵或贫穷，有名或平凡，年长或年轻，我们都有过生气，焦虑，压抑，悲痛，挫折，冲突的时候。在多数情况下，我们都能把精神压力应对过去。有些时候，我们自己以为事情已经过去，但却发现在多年后仍然不能释怀。我们可能会不由自主地叹一口气，深呼吸一下。时而感到胁肋两侧疼痛，胸腹部胀满，呼出一口长气后，才觉得胸中舒服一些。这些在中医看来正是肝气郁结的表现。

中医认为气是维持人体生命活动的最基本能量，气在体内的畅通运行保证各个器官的正常功能。俗话说，怒伤肝，情志不遂引起气在肝经运行受阻，不得疏泄，导致血滞，出现胁肋疼痛，但X光检查看不出任何异常。人有肝气郁结时，还常唉声叹气，容易生气，腹胀，暖气，泛酸，脉弦等。

肝气郁结还常见于女性的经前期综合征、痛经、月经不规则、以及各种消化道疾病如胃炎、胃溃疡，肝炎、胆囊炎等。

柴胡疏肝片疏肝理气解郁，消胀止痛。由七味中药精确组方而成。

## 柴胡疏肝片

Chai Hu Shu Gan Pian

### [药物组成]

柴胡、白芍(酒炒)、香附(醋制)、枳壳(炒)、川芎、甘草、陈皮。

- 柴胡：疏肝解郁，为方中君药。解表退热。
- 香附：善疏肝行气，调经止痛，助柴胡以解肝郁。
- 枳壳：理气宽中，消胀除痞，与柴胡同用一升一降，加强疏肝理气之功。常与柴胡、白芍同用于肝郁气滞，胸肋胀痛。
- 陈皮：理气开胃，燥湿化痰。香附、枳壳、枳壳三药理气同为辅药。
- 白芍：养血柔肝，止痛，与柴胡相伍一散一收，助柴胡疏肝。
- 川芎：被认为是血中的气药。即活血又行气，止痛。
- 甘草：益气和缓，调和诸药。

### [生产单位]

广慈堂(Shanghai TongHanChun Herbs Factory)。

[规格] 200 片

### [用法用量]

口服，一次5-7片，一日2-3次。

### [鉴别使用]

柴胡疏肝散和逍遥散两方都有疏肝解郁之效，由四逆散(柴胡、白芍、枳实、甘草)变化而来。但逍遥散另有扶脾之功，是肝脾兼顾之剂，故肝郁脾虚者较宜。而柴胡疏肝散加有川芎、香附，其疏肝行气，活血止痛之效更强。

### [注意事项]

1. 本方药性偏温，阴虚血少的患者慎用，如有体虚，脉弱，面色苍白，口渴，发热等。
2. 如服用期间出现口燥咽干、舌红少苔、或夜难安寐等阴虚证，则应停药。或加服滋阴药物之后，才能继续用药。
3. 请将本品放在儿童不能接触的地方。
4. 如正在使用其他药品，使用本品前请咨询医师或药师。

### [禁忌] 孕妇慎服。

(景岳全书、2000版药典)

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