

Vessowell™ (Xin Nao Xue Shuan Wan, Xin Nao Xue Shuan Pian, 心脑血管栓丸) is a Chinese herbal medicine specially formulated to maintain cardiovascular health for those who are at higher risks of heart attack or stroke due to blood clots and high blood pressure.†

### What does it do?

Each year in the USA, over 1 million people have heart attacks (myocardial infarction), and half of them die; 800,000 people have stroke (brain attacks). Both heart attack and stroke are the leading causes of death worldwide. Heart attacks occur when blood flow to the heart is blocked by blood clots formed in the inside wall of its coronary arteries which feed the heart with blood and oxygen. Stroke is caused by either the loss of blood supply to the brain due to blood clots in the blood vessels or bleeding in the brain.

Clearly, keeping a healthy cardiovascular system is of vital importance. One needs to keep a normal level of blood cholesterol and lipids to minimize the build up of plaques (clots) and to lower blood viscosity for a smooth blood flow; one needs to keep a normal level of blood pressure to minimize the risks of most cardiovascular diseases. No wonder the drugs for reducing cholesterol like lipitor, for thinning the blood like plavix, and for lowering blood pressure are the mostly demanded medicines.

Accumulation of plaques or clots in blood vessels is referred as blood stasis or blood stagnation in traditional Chinese medicine (TCM). Many Chinese herbs are well known to disperse blood stasis and activate blood. They are widely used in China to deal with diseases related to the cardiovascular system such as coronary heart disease (CHD, or coronary artery disease, CAD), atherosclerosis, angina, chest pain, numbness of the extremities, vertigo, stroke etc. In biomedical studies, these Chinese herbs are shown to increase blood flow, inhibit platelet aggregation, and reduce blood pressure.†

Vessowell™ is a Guang Ci Tang signature Chinese herbal formula for promoting cardiovascular health.† It also activates the meridian channels.†



Guang Ci Tang® Concentrated Herbal Formula

## Vessowell™ (Xin Nao Xue Shuan Pian/Wan)

The Chinese medicine is a proprietary combination of the following Chinese herbs.

- Dan Shen (Salvia root) is perhaps the best known and the most commonly used Chinese herb for promoting blood circulation and removing blood stasis.† Extensive biomedical studies on Dan Shen suggest that it improves microcirculation, dilates coronary arteries, inhibits platelet aggregation and thrombosis, and protects against myocardial ischemia and stroke.1,2 A Dan Shen preparation was recently reported to have successfully passed a phase II clinical trial for angina pectoris in USA.
- Chuan Xiong is a key Chinese herb that invigorates Blood, moves Qi, expels Wind, and relieves Pain. It acts similarly to Salvia root in increasing blood flow to coronary arteries, reducing blood clots, lowering blood pressure, relieving chest pain associated with Qi and Blood Stasis.†
- Huang Qi (Astragalus root) is a key Chinese herb that tonifies Qi and enhances the immune function. It also benefits the cardiovascular system and is shown to dilate coronary arteries and lower hypertension.†
- Xia Ku Cao (Prunella) clears liver fire and dissolves mass. The Chinese herb is also shown to decrease blood pressure.†
- Niu Xi (Achyranthes root) both invigorates the blood to remove blood stasis and nourishes the liver and the kidneys to strengthen bones and tendons. The Chinese herb also clears Wind and Dampness.
- Gou Teng (Uncaria twig) clears heat and calms the Liver. The Chinese herb has a property of reducing blood pressure.†
- Yu Jin (Curcuma root) both activates blood and moves Qi to relieve chest pain due to Qi stagnation and blood stasis.†

- Tian Ma (Gastrodia root) calms Wind and clears the meridians. In modern biochemical studies, Gastrodia extracts are shown to be analgesic, reduce hypertension; Remarkably, Gastrodin, a compound isolated from gastrodia, are found to protect neurons in the brain from damages during cerebral ischemia (loss of blood supply in the brain).3
- Sang Ji Sheng (Mulberry twig) nourishes the liver and the kidneys and strengthens bones and tendons. It is also beneficial to the cardiovascular system.
- Bai Shao (White peony root) nourishes the blood, harmonizes the liver and relieves pain. The Chinese herb dilates blood vessels and increases blood flow.†

### What is Available?

40 grams in 400 mg 100 tablets (pian) or 200 mg 200 pills (wan).

### How do I use it?

Take 5 to 7 pills or 3 to 4 tablets three times daily.

### Side Effects

Vessowell™ has been safely used without any reported adverse effect.

### Cautious Notes

1. Do not use it during pregnancy.
2. Use with caution if you are using blood thinners like aspirin and walfarin as Vessowell may enhance their effect.
3. Keep out of reach of children.

### References

1. Adams JD, Wang R, Yang J, Lien EJ., Preclinical and clinical examinations of Salvia miltiorrhiza and its tanshinones in ischemic conditions. Chin Med. 2006 Nov 23;1:3.
2. Cheng TO, Cardiovascular effects of Danshen. Int J Cardiol. 2007 Sep 14;121(1):9-22.
3. Zeng X. et al., A study of the neuroprotective effect of the phenolic glucoside gastrodin during cerebral ischemia in vivo and in vitro. Planta Med. 2006 Dec;72(15):1359-65.

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心脑血管栓片/丸是广慈堂生产的主要用于保护心血管健康的中成药，有助于血管堵塞和高血压等高风险人群防止心肌梗塞及中风。

每年，超过一百万美国人发生心肌梗塞（心脏病），其中过半患者死亡；八十万万人发生中风（脑血栓，脑溢血）。心肌梗塞和中风在世界范围内都是造成死亡的首要病因。心肌梗塞是由于供应心脏本身血液和氧气的冠状动脉内发生血块阻塞，导致心脏缺血。中风是由于脑部缺血（如因为血管堵塞）或脑部出血引起的脑功能的迅速损失。

显而易见，保持一个健康的心血管系统是性命关天的。我们要保持正常水平的血液胆固醇和血脂，从而减少血管内壁堵塞的沉积，减少血液粘度使血液平稳循环。我们要保持正常血压，从而减少各种心血管疾病发生的风险。因此，好不奇怪地用于降胆固醇的药（如lipitor），稀释血液的药（如plavix），降血压的药都是使用最广泛的药。

血管堵塞或血凝块在中医被称为血瘀。很多中药都以活血化瘀著称。它们在中国广泛用于各种心血管疾病，包括冠心病，心肌梗塞，动脉粥样硬化，心绞痛，胸闷，肢端麻木，眩晕，中风等。现代生物医学研究发现这些中药能够增加血流量，抑制血小板聚集，和降低血压。

心脑血管栓片/丸是广慈堂用于保护心血管健康的专家配方。该产品不但活血行气，还通经活络。

[药物组成] 丹参、川芎、黄芪、夏枯草、

ActiveHerb™  
Be active

廣慈堂超濃縮中成藥

## 心脑血管栓片(丸)

Xin Nao Xue Shuan Pian/Wan

牛膝、钩藤、郁金、天麻、桑寄生、白芍。

- 丹参：丹参可能是最广为人知也是应用最多的活血化瘀中药。用于冠心病，心绞痛。大量研究表明丹参可以改善微循环，扩张冠状动脉，抗血小板聚集，抗凝血，防护心肌缺血和中风。[1, 2] 据报道，一种丹参制剂（复方丹参滴丸）已在美国成功完成治疗心绞痛的二期临床试验。
- 川芎：活血、行气、祛风、止痛。与丹参类似，有扩张血管，增加心、脑血流量，抗血小板聚集，降压的作用，常与丹参合用治疗冠心病，心绞痛。
- 黄芪：补气、增强免疫功能之要药。也有益于心血管系统，有扩张冠状动脉，降压的作用。
- 夏枯草：清热泻火，明目，散结消肿，也有降压的作用。
- 牛膝：既活血化瘀，也补肝肾、强筋骨。牛膝还能通脉、祛风湿。
- 钩藤：清热、平肝、熄风。有良好的降压作用。
- 郁金：既活血又行气，用于气血不畅引起的胸闷。
- 天麻：熄风、定惊、开窍、通络。现代研究发现，天麻具有良好的镇痛、抗惊

厥、降低血压作用。用天麻提取的天麻素对脑缺血状态下的大脑神经有保护作用，使其免受损伤。[3]

- 桑寄生：补肝肾、强筋骨。也有益于心血管系统。
- 白芍：养血柔肝，止痛。有扩张血管，增加血流量的作用。

[生產單位]

廣慈堂(Shanghai TongHanChun Herbs Factory)

[規格]100 片或 200 丸

[用法用量]口服，一次3-5片或5-7丸，一日2-3次。或遵醫囑。

[注意事項]

1. 孕妇忌服。
2. 如正在服用其他血液稀释药（如阿斯匹林），慎用本产品。本产品可能增强血液稀释药的作用。
3. 药品性状发生改变时禁止服用。
4. 请将此药品放在儿童不能接触的地方。

[參考文獻]

1. Adams JD, Wang R, Yang J, Lien EJ., Pre-clinical and clinical examinations of Salvia miltiorrhiza and its tanshinones in ischemic conditions. Chin Med. 2006 Nov 23;1:3.
2. Cheng TO, Cardiovascular effects of Danshen. Int J Cardiol. 2007 Sep 14;121(1):9-22.
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