Herbal Formula Spotlight

**Tao Hong Si Wu Tang** (Four-Substance Decoction with Safflower and Peach Pit)

*Tao Hong Si Wu Tang* (Four-Substance Decoction with Safflower and Peach Pit) contains *Si Wu Tang* (Four-Substance Decoction) plus *Tao Ren* (*Semen Persicae*) and *Hong Hua* (*Flos Carthami*). *Si Wu Tang* is considered to be the representative formula for tonifying the blood. The inclusion of the herbs *Tao Ren* and *Hong Hua* enables this formula to dispel blood stagnation in addition to tonifying the blood and regulating blood circulation. The original source of the formula is from the *Yi Zong Jin Jian* (Golden Mirror of the Medical Tradition) by Wuan et al. in 1742. The original formula of *Tao Hong Si Wu Tang* is composed of the following individual herbs: 12g *Shu Di Huang* (Rehmannia), 9g *Dang Gui* (Angelica), 9g *Bai Shao* (Paeonia), and 6g *Chuan Xiong* (Ligusticum), 9g *Tao Ren* (*Semen Persicae*), 3g *Hong Hua* (*Flos Carthami*). The Chinese therapeutic actions of this formula are to nourish blood, regulate blood circulation and dispel blood stasis. All of the herbs in the formula *Si Wu Tang* enter the blood level. *Shu Di Huang* (Radix Rehmanniae Praeparata), the chief herb, tonifies the blood. It also tonifies the Kidney, which generates the marrow necessary for blood production. When tonifying blood, it is important to also move the blood to prevent stagnation. *Dang Gui* (Radix Angelicae Sinensis) tonifies the blood, activates blood circulation, and nourishes the Liver. *Bai Shao* (Radix Paeoniae Alba) nourishes the blood and consolidates yin. It harmonizes the blood in the ying (nutritive) level. *Chuan Xiong* (Rhizoma Chuanxiong) activates and regulates blood circulation, and prevents the tonic herbs from causing stagnation. The addition of the herbs *Tao Ren* (*Semen Persicae*) and *Hong Hua* (*Flos Carthami*) act to regulate and invigorate blood circulation and eliminate blood stagnation. Clinically *Tao Hong Si Wu Tang* has been used in veterinary medicine to treat infertility, irregular estrus cycles in breeding animals, lumbar pain occurring at estrus, diabetic neuropathy, non-healing bone fractures, progressive retinal atrophy, chronic superficial keratitis (CSK), non-healing corneal ulcer, optic neuritis, cataracts, glaucoma, urticaria, itching, atop dermatitis and seborrhea. Animals with blood deficiency and blood stagnation often present with a pale purple tongue and a weak, wiry or choppy pulse. *Tao Hong Si Wu Tang* is designed to treat disorders characterized by blood deficiency with blood stagnation. To potentiate its effects, *Bai Shao* (Radix Paeoniae Alba) can be replaced with *Chi Shao* (Radix Paeoniae Rubra) to enhance the blood-activating effect, and *Shu Di Huang* (Radix Rehmanniae Praeparata) can be replaced with *Di Huang* (Radix Rehmanniae) to nourish the blood without creating more stagnation. Since *Tao Hong Si Wu Tang* has strong actions to regulate blood circulation and eliminate blood stasis, it should be discontinued once the desired effects are achieved and should be used with caution in animals with underlying qi and blood deficiencies. It should be kept in mind, that because it moves the blood, it could potentially cause excessive bleeding in some animals if used immediately prior to a surgical procedure. It is recommended to discontinue this formula at least 5 days prior to any surgical procedure.

Horses and Cattle: 15–60g, twice daily. Camels: 30–75g, twice daily. Llamas, Alpacas, Pigs, Goats, and Sheep: 5–15g, twice daily. Dogs: 0.5–5g (or 0.1g per kg body weight), twice daily. Cats and Rabbits: 0.2–0.5 g (or 0.1 g per kg body weight), twice daily. Birds: 0.1–0.2g per kg body weight, twice daily. *Tao Hong Si Wu Tang* is contraindicated during pregnancy.

The pharmacological effects of *Tao Hong Si Wu Tang* include cardiovascular, anti-hyperlipidemic and anti-inflammatory effects. An in vitro study in human patients with coronary artery disease showed that *Tao Hong Si Wu Tang* can dilate the coronary artery and increase blood perfusion to cardiac muscles. Administration of *Tao Hong Si Wu Tang* in rats was shown to have anti-hyperlipidemic effects by decreasing both total cholesterol and triglyceride levels. According to another in vitro study in rats, *Tao Hong Si Wu Tang* was associated with marked anti-inflammatory effects similar to hydrocortisone, and did not produce any of the side effects associated with hydrocortisone administration. Human clinical studies showed that 32 patients with cerebral infarction were treated with complete recovery in 10 patients, significant improvement in 11 patients, moderate improvement in 9 patients, and no benefit in 2 patients. The herbal treatment contained *Tao Hong Si Wu Tang* plus *Ge Gen* (Radix Puerariae Lobatae), *Shui Zhi* (Hirudo) and *Huang Qi* (Radix Astragali). In another study modified *Tao Hong Si Wu Tang* was effective in treating female infertility caused by blocked fallopian tubes. The base herbal treatment consisted of *Tao Hong Si Wu Tang* plus *Xiang Fu* (Rhizoma Cypéri), *Shui Zhi* (Hirudo), *Lu Lu Tong* (Fructus Liquidambaris), *Dan Shen* (Radix et Rhizoma Salviae Miltiorrhizaes), and *San Qi* (Radix et Rhizoma Notoginseng) powder. The use of modified *Tao Hong Si Wu Tang* to treat diabetic neuropathy: was associated with 96.4% effectiveness in treating peripheral neuropathy in 28 diabetic patients (22 with more than 5 years of illness, and 6 with less than 5 years of illness). The base formula contained *Tao Hong Si Wu Tang* plus *Huang Qi* (Radix Astragali), *Dang Shen* (Radix Codonopsis), *Huang Jing* (Rhizoma Polygonati) and *Gou Qi Zi* (Fructus Lycii). Of 28 patients, the study reported complete recovery in 15 patients, moderate improvement in 9 patients, slight improvement in 3 patients, and no benefit in 1 patient. In the treatment of bone fractures *Tao Hong Si Wu Tang* was combined with *Gu Sui Bu* (Rhizoma Drynariae), *Xiu Duan* (Radix Dipsaci), *Zi Ran Tong* (Pyritum), *Tu Bie*...
Chong (Eupolyphaga seu Steleophaga), Mu Xiang (Radix Aucklandiae), and others as needed. Additional modifications included Huang Bo (Cortex Phellodendri Chinensis) for heat; unprocessed Cao Wu (Radix Aconiti Kusnezoffii) for cold; Sang Zhi (Ramulus Mori) for bone fractures in the upper extremities; and Niu Xi (Radix Achyranthis Bidentatae) for bone fractures in the lower extremities. Use of modified Tao Hong Si Wu Tang was shown to be effective in treating allergic rhinitis in 42 patients. The base formula contained Tao Hong Si Wu Tang plus Cang Er Zi (Fructus Xanthii), Huang Qi (Radix Astragali), Fang Feng (Radix Saposhnikoviae), and Xin Yi Hua (Flos Magnolae). One study reported 93.5% effectiveness using modified Tao Hong Si Wu Tang to treat itching. It was combined with He Shou Wu (Radix Polygoni Multiflori) to nourish blood and Di Fu Zi (Fructus Kochiae), Bai Xian Pi (Cortex Dictamni), and Ji Li (Fructus Tribuli) to control pruritis. Of 92 patients, the study reported complete recovery in 53 patients, moderate improvement in 33 patients, and no benefit in 6 patients. Administration of Tao Hong Si Wu Tang plus Dan Shen (Radix et Rhizoma Salviae Miltiorrhizae), Chi Shao (Radix Paeoniae Rubra), and Mu Dan Pi (Cortex Moutan) in 64 patients with eczema was associated with complete recovery in 53 patients, significant improvement in 5 patients, and slight improvement in 6 patients. One study reported beneficial effect in 32 patients with optic neuritis using Tao Hong Si Wu Tang plus Dan Shen (Radix et Rhizoma Salviae Miltiorrhizae), Zhi Qiao (Fructus Aurantii), Fu Ling (Poria), Tong Cao (Medulla Tetrapanacis), and Gan Cao (Radix et Rhizoma Glycyrrhizae).

Table 1: The ingredients of the Chinese herbal medicine Tao Hong Si Wu Tang (Four-Substance Decoction with Safflower and Peach Pit) and their actions

<table>
<thead>
<tr>
<th>Pin Yin Name</th>
<th>English Name</th>
<th>Amount (g)</th>
<th>Actions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shu Di Huang</td>
<td>Rehmannia</td>
<td>6g</td>
<td>Tonifies yin and promotes blood production</td>
</tr>
<tr>
<td>Dang Gui</td>
<td>Angelica</td>
<td>6g</td>
<td>Tonifies the blood, activates blood circulation</td>
</tr>
<tr>
<td>Bai Shao</td>
<td>White Peony</td>
<td>6g</td>
<td>Nourishes the blood, consolidates yin, and harmonizes the blood</td>
</tr>
<tr>
<td>Chuan Xiong</td>
<td>Ligusticum</td>
<td>3g</td>
<td>Activates and regulates blood circulation</td>
</tr>
<tr>
<td>Tao Ren</td>
<td>Persica</td>
<td>6g</td>
<td>Activate Blood, dispel stasis</td>
</tr>
<tr>
<td>Hong Hua</td>
<td>Cathamus</td>
<td>3g</td>
<td>Activate Blood, dispel stasis</td>
</tr>
</tbody>
</table>

REFERENCES
Support the World Association of TCVM

The Chi Institute has donated space in their new teaching facility to raise support for the WATCVM. Commemorative bricks will be added to the school’s entrance to support the WATCVM’s cause. And you can have a brick engraved with a quote, a name, or any personalization you would like!

<table>
<thead>
<tr>
<th>Size/Options</th>
<th>Donation Minimum</th>
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<tbody>
<tr>
<td>4” x 8” Brick with 3 lines of text</td>
<td>$500.00</td>
</tr>
<tr>
<td>8” x 8” Brick with 6 lines of text</td>
<td>$1,000.00</td>
</tr>
<tr>
<td>12” x 12” Brick with 8 lines of text</td>
<td>$2,000.00</td>
</tr>
<tr>
<td>Clip art/logos</td>
<td>$50.00</td>
</tr>
<tr>
<td>Replica tiles</td>
<td>$75.00</td>
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</tbody>
</table>

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All food supports the Earth Element

To prevent damage to the Spleen avoid over eating/feeding foods that are Dampening. Eat/feed in moderation with the goal to keep the patient trim. Avoid excessive amounts of Cold foods. Cold damages the Middle Jiao so the Spleen/Stomach cannot ripen food for proper transformation or transportation. Earth foods support other organ systems and the five treasures. The goals are to tonify organs and treasures and balance according to TCVM temperatures. Variety is important!

Foods which support the Earth, as well as other organ systems.

<table>
<thead>
<tr>
<th></th>
<th>Meat/Protein</th>
<th>Vegetable</th>
<th>Fruit</th>
<th>Grain/legume</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wood</td>
<td>Beef, egg, mutton</td>
<td>Mushrooms, spinach</td>
<td>Apple, cherry</td>
<td>Kidney bean, oats</td>
</tr>
<tr>
<td>Fire</td>
<td>Beef, egg, lamb</td>
<td>Pumpkin, tomato</td>
<td>Apple, cherry</td>
<td>Kidney bean, oats</td>
</tr>
<tr>
<td>Metal</td>
<td>Egg, mutton</td>
<td>Mushrooms, pumpkin, yam</td>
<td>Apple, cherry</td>
<td>Navy beans (great northern), oats</td>
</tr>
<tr>
<td>Water</td>
<td>Beef, egg, lamb</td>
<td>Pumpkin, yam</td>
<td>Apple, cherry</td>
<td>Kidney bean, oats</td>
</tr>
</tbody>
</table>

Earth Balancing Stew Recipe

2 cups Beef, diced to the size appropriate for the pet
1 tbs Olive oil for browning beef
Spinach, fresh (1/4 cup for cats, 1 cup for dogs)
Mushrooms, sliced, raw (1/8 cup for cats, 1/2 cup for dogs)
Kidney beans, cooked, canned (omit for cats, 2 cups for dogs)
Yam, baked or boiled (1/8 cup for cats, 1 cup for dogs)
Hardboiled egg (2 tsp for cats, whole for dogs)

Lightly brown beef in a little olive oil. Quickly sauté spinach and mushrooms in oil at end of cooking for the beef. Mix in kidney beans, baked yam and hardboiled egg when cooking is complete. Sliced or dehydrated apples for snacks.