

CLEMATIS & STEPHANIA FORMULA

Shu Jing Huo Xue Tang

Biomedical Presentation

Rheumatoid arthritis, gout, bursitis.

Clinical Presentation

Muscle aches, joint pain, radiating pain in the leg, numbness of lower extremities, pain in trunk or lower extremities.

Tongue

White, possibly with a slimy tongue coat.

Pulse

Slippery, possibly choppy pulse.

Energetic Functions

Quickens the blood and transforms stasis, dispels wind dampness, relieves pain.

Chinese Medical Indications

Wind-damp impediment.

Blood stasis.

Herbal Ingredients and Analysis

<i>Pharmaceutical</i>	<i>Latin Binomial</i>	<i>Pinyin</i>	<i>English</i>
Radix Rubrus Paeoniae	Paeonia lactiflora	<i>chi shao</i>	Red Peony root
Radix Rehmanniae Glutinosae Conquatae	Rehmannia glutinosa	<i>shu di huang</i>	Prepared Rehmannia root
Semen Persicae	Prunus persica	<i>tao ren</i>	Persica seed
Radix Angelicae Sinensi	Angelica sinensis	<i>dong gui</i>	Dong Quai root
Radix Ligustici Wallichii	Ligusticum wallichii	<i>chuan xiong</i>	Ligusticum (<i>chuan xiong</i>) rhizome
Rhizoma Atractylodis	Atractylodes lancea	<i>cang zhu</i>	Red Atractylodes (<i>cang zhu</i>) root
Sclerotium Poriae Cocos	Wolfiporia cocos	<i>fu ling</i>	Poria sclerotium fungus
Rhizoma et Radix Notopterygii	Notopterygium incisum	<i>qiang huo</i>	Notopterygium rhizome
Pericarpium Citri Reticulatae	Citrus reticulata	<i>chen pi</i>	Citrus peel
Radix Clematidis	Clematis chinensis	<i>wei ling xian</i>	Chinese Clematis root

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Herbal Ingredients and Analysis (cont.)

<i>Pharmaceutical</i>	<i>Latin Binomial</i>	<i>Pinyin</i>	<i>English</i>
Radix Stephaniae Tetrandrae	Stephania tetrandra	han fang ji	Stephania root
Radix Ledebouriellae Sesloides	Ledebouriella seseloides	fang feng	Siler root
Radix Gentianae Macrophyllae	Gentiana macrophylla	qin jiao	Large Leaf Gentian root
Radix Achyranthis Bidentatae	Achyranthes bidentata	nui xi	Achyranthes root
Radix Angelicae Dahuricae	Angelica dahurica	bai zhi	Fragrant Angelica (<i>bai zhi</i>) root
Rhizoma Zingiberis Officinalis Recens	Zingiber officinale	sheng jiang	Fresh Ginger rhizome
Radix Glycyrrhizae Uralensis	Glycyrrhiza uralensis	gan cao	Chinese Licorice root

Dong Quai, Red Peony root, Ligusticum (*chuan xiong*) root, and Prepared Rehmannia is a variation of *Si Wu Tang* (Four-Substance Decoction) that quickens the blood and transforms stasis. The quickening action is assisted by Persica seed. Poria, Red Atractylodes, Citrus peel, Notopterygium, Fragrant Angelica (*bai zhi*) root, Chinese Clematis, Stephania, and Gentian (*qin jiao*) root dispel wind-damp impediment, especially below the waist. Achyranthes guides the formula to the lower extremities and quickens the blood.

Formula Differentiation

Clematis & Stephania Formula is indicated for pain in the muscles, joints and nerves, especially below the waist. This formula treats replete patterns.

Simultaneous blood vacuity and wind-damp impediment is better addressed by **Du Huo & Loranthus Formula** which is indicated for liver and kidney vacuity as well as qi and blood vacuity along with wind-damp impediment. This formula is also indicated for low back pain due to kidney vacuity.

Cautions and Contraindications

Contraindicated in cases of yin vacuity or during pregnancy.