

## Explanation on “Xue Bi” Syndrome in Jin Kui Yao Lue

### 《金匱要略》血痺之解釋

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‘Xue Bi’ syndrome was first described in the book ‘Jin Kui Yao Lue’ (Synopsis of Prescriptions of the Golden Chamber’), originally a part of ‘Shang Han Za Bing Lun’ (Treatise on Febrile and Miscellaneous Diseases) written by Dr Zhang Zhong-jing in the East Han Dynasty.

In Chapter 6 “On Pulse and Symptoms and Treatments of Xue Bi 血痺’ and Xu Lao 虛勞” Dr Zhang Zhong-jing said that, “the patient suffering from ‘xue bi’ syndrome with weak pulse palpable both superficially and deeply on the ‘cun’ and ‘guan’ positions, a thin and tense pulse on the ‘chi’ position, and an external symptom is numbness of the limbs like that of ‘feng bi’ ( wind paralysis), ....’.

On the reason of ‘Xue Bi’, Dr Zhang Zhong-jing said that, “powerful and wealthy people generally have weak bone and fat muscle. If they slept without cover after being exhausted with sweating, they could be attacked by slight wind; as a result, Xue Bi may occur.”

Today, most of scholars believe that ‘Xue Bi’ belongs to categories of symptoms of peripheral neuritis and other conditions.

In Jin Kui Yao Lue, the formula for treating ‘Xue Bi’ is ‘Huangqi Guizhi Wu Wu Tang’ ( Astragalus and Cinnamon Five Herb Decoction):

Ingredients:

Huangqi (Radix Atragali seu Hedysari) 3 liang (9g)

Shaoyao (Radix Paeoniae ) 3 liang (9g)

Guizhi ( Ramulus Cinnamomi) 3 liang (9g)

Shengjiang (Rhizoma Zingiberis Recens ) 6 liang(18g)

Dazao ( Fructus Jujubae) 12 pcs.

Original preparation and administration: Decoct the above ingredients in 6 sheng (1200 ml) of water until 2 sheng (400ml) remains. 7 ge (140 ml ) is taken warmly , 3 times a day.

Actions of the formula: Tonifying qi and promoting the circulation of yang, and regulating functions of ying (nutrient qi ) and wei (defensive qi) to treat numbness of limbs.

#### Current applications of Huang Qi Gui Zhi Wu Wu Tang:

1. The formula can be applied to patients with rheumatoid arthritis, cervical spondylopathy, sciatica and peripheral neuritis manifested as numbness tingling of fingers and limbs.
2. Dr Zhang Hong-bin uses this formula for treatment of a female teacher, 31 years old, suffered from restless leg syndrome, manifested as distension and numbness of legs for 2 months. After taking 12 doses, all the symptoms cured (Enqin Zhang ,Research in Classical Formulas ,Yellow River Press ,1989: 677,)

#### Current pharmacological research

Dr Huang Zhao-sheng et al (2005) experienced Huangqi Guizhi Wu Wu Decoction and they found that this formula and its herb pairs could inhibit the acute inflammation induced by albumen and xylene and rat adjuvant arthritis, decrease the celiac capillary permeability, inhibit the proliferation of granuloma, increase the pain threshold in mice and reduce the frequencies of body twist induced by acetic acid. Conclusion: This formula has significant anti-inflammatory and analgesic actions ,so does single herb: Radix Astragali alone ,but when Radix Astragali is used with other herbs in this formula,its effect can be enhanced. (Huang Zhao-sheng, et al, Comparative study on the anti-inflammatory and analgesic actions of Huangqi Guizhi Wuwu Decoction and its compositions, New Herbal medicines and clinical pharmacological research, 2005, 2, 16:2 :93)