

Ventorrid

Minor Bupleurum Decoction

Xiao Chai Hu Tang / 小柴胡湯

SP-506 | NPN 80020978

Harmonize and Release Lesser (Shao) Yang-Stage Disorders

Clinical Manifestations

- Alternating chills and fever - Signs & Symptoms: indicating the location of the illness between exterior and interior.
- Qi Stagnation - Signs & Symptoms: Fullness in the chest and hypochondria.
- Heat rising upward in the shaoyang Gallbladder channel - Signs & Symptoms: bitter or sour taste in the mouth, dry throat, and dizziness.
- Gallbladder qi insults the Stomach - Signs & Symptoms: Heartburn, nausea, vomiting, and reduced appetite.
- Tongue: normal with a thin white coating - exterior condition.
- Pulse: wiry pulse - qi stagnation.

Formula Rationale

Ventorrid (Xiao Chai Hu Tang) was originally compiled and recorded in Shang Han Lun (Discussion of Cold-induced Disorders). It is used to harmonize and release lesser yang-stage disorders.

At this level of invasion, the pathogenic qi is in between the "exterior" and the "interior" aspects of the body and trying to penetrate deeper into the body while the normal qi is forcing it out.

Moreover, disorders in the lesser-yang may cause qi stagnation and eventually heat formation in the Gallbladder channel (a lesser-yang channel), consolidates essence (*jing*). Altogether these three herbs address the deficiencies in the Kidney, Liver, and Spleen.

Since the disease resides between the exterior and the interior, using only exterior-releasing herbs will not treat the interior while using only the heat-clearing herbs will bring the pathogens from exterior into the interior. Therefore, harmonizing action is the most suitable approach to this condition.

Chai Hu is the chief herb, especially used for treating lesser-yang disorders. Chai Hu has the actions of both dispersing stagnation and releasing pathogens to exterior. Huang Qin, a bitter cold herb, can enter the Gallbladder channel and help clear shaoyang heat. Together Chai Hu and Huang Qin achieve the harmonizing effect.

Other herbs have actions to relieve nausea and vomiting, harmonizing the middle jiao, tonifying Stomach qi (to mitigate the damage induced by dispersing action of Chai Hu), nourishing body fluids and harmonizing the ying (nutritive) and wei (defensive) levels.

Cautions/Warnings

Consult a healthcare practitioner prior to use if you have ascendant liver yang, hypertension, or vomiting of blood due to yin deficiency. Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you have wind-cold symptoms. Do not use if pregnant or breastfeeding. Do not use Traditional Chinese tonic herbs with the product. This formula has an ascending action which can injure the qi and cause headache, dizziness, and bleeding of the gums if taken long-term.

Clinical Applications

Hepatitis (viral/chronic), hepatic fibrosis and carcinoma, jaundice, cholecystitis, cholelithiasis, pancreatitis, fever, nephritis, chronic renal insufficiency, acute tonsillitis, infectious parotitis, tomatitis, common cold, influenza, measles, bronchitis, pneumonia, pulmonary tuberculosis, cough, allergic rhinitis, bronchial asthma, reflux esophagitis, gastritis, gastric prolapse, constipation, Meniere's syndrome, dizziness, seizures, migraine, angina, depression, chronic fatigue syndrome, morning sickness, postpartum infection/fever, dysmenorrheal, PMS, and malaria.^{1,2,3}

Reference

1. Bensky D, Barolet R. Chinese Herbal Medicine: Formulas & Strategies (1990).
2. Pharmacopoeia of the People's Republic of China. Volume 1 (2005). Chinese Pharmacopoeia Commission. People's Medical Publishing House. China.
3. Chen JK, Chen TT. Chinese Herbal Formulas and Applications: Pharmacological Effects & Clinical Research (2009).

Ingredients (per capsule):

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| Xiao Chai Hu Tang Extract 8:1..... | 458 mg |
| (equivalent to 3.7 g of dried crude ingredients) | |
| Contains: | |
| Chai Hu 8:1 (Bupleuri chinense) (root)..... | 140.9 mg |
| Huang Qin 8:1 (Scutellaria baicalensis) (root)..... | 52.8 mg |
| Ban Xia 8:1 (Pinellia ternata) (root)..... | 52.8 mg |
| Dang Shen 8:1 (Codonopsis pilosula) (root)..... | 52.8 mg |
| Sheng Jiang 8:1 (Zingiber officinale) (rhizome)..... | 52.8 mg |
| Gan Cao 8:1 (Glycyrrhiza uralensis)..... | 52.8 mg |
| (root)(honey-fried) | |
| Da Zao 8:1 (Ziziphus jujuba) (fruit)..... | 52.8 mg |

Non-medicinal Ingredients:

Certified organic apple fibre, beetroot fibre, pullulan/hypromellose (capsule)

Suggested Use:

Adults - Take 2-4 capsules, twice a day, or as directed by a health care practitioner.

Dosage Form:

