

H71

**Four-Substance Formula Extract Granules
(Shimotsu-to; Si Wu Tang)**

Description:

The daily dose of 7.5g (3 unit packets) contains 4.20g of Four-Substance Formula extract powder:

Angelica sinensis (Dang gui)4.0g
 Peony Root (Shao yao)4.0g
 Cnidium Rhizome (Chuan xiong)4.0g
 Rehmannia Root (Shu di huang)4.0g

Form	Color	Taste	Odor	Code
Granules	Light brown	Slightly sweet taste	Specific odor	H71

Standardization Specification:

This product is standardized to contain 0.64-1.92 mg/day of Ferulic Acid and 47.1-87.6 mg/day of Paeoniflorin.

Therapeutic Recommendation (“Sho”):

Shimotsu-to is recommended for: a person without any serious GI disorders; recovering from childbirth or miscarriage, with dry skin, age spots or sun spots, cold hands and feet, irregular menstrual cycle, or poor blood circulation.

Abdominal Diagnosis (“Hara”):

Weak abdominal tension.

TCM Formulation Strategy:

In the prescription, *shu di huang* is the chief herb which nourishes both yin and blood. *Dang*

gui is the deputy, which invigorates blood and liver, and regulates blood and menstruation. It assists with *shao yao* to nourish blood, soften the liver and regulate yin. *Chuan xiong* activates qi and regulates blood and qi circulation. Moreover, *shu di huang* and *shao yao*, which are yin and soften in nature, combine with *dang gui* and *chuan xiong*, which are acrid in taste and warm in nature, to invigorate blood without stagnating the blood. It is the characteristic of this formula. Four herbs together have the function of nourishing and regulating blood, and regulating yin and blood.

Dosage and Administration:

The usual adult dose is 7.5g/day orally in 3 divided doses before or between meals. The dosage may be adjusted according to the patient's age, body weight, and symptoms.

Research Finding:

1. Shimotsu-to formulation is useful for the inhibition of cutaneous inflammatory diseases. (Journal of Ethnopharmacology. 68(1-3):219-28, 1999).
2. Si-Wu-Tang administration before irradiation protected the jejunal crypts ($p < 0.0005$), increased the formation of endogenous spleen colonies ($p < 0.05$) and reduced the frequency of radiation-induced apoptosis ($p < 0.05$). Si-Wu-Tang might be a useful radioprotector, especially since it is a relatively nontoxic natural product.