

FORMULA INFORMATION

Shen Tong Zhu Yu Tang (身痛逐瘀汤), also known as "Drive Out Blood Stasis for Pain Decoction," is a traditional Chinese medicine (TCM) formula designed to address pain due to Qi and Blood stagnation. This formula is particularly effective for chronic or acute pain, muscle and joint pain, trauma recovery, and inflammation.

Indications and Uses:

Shen Tong Zhu Yu Tang is commonly used for pain caused by stagnation of Qi and Blood, which may manifest in various types of musculoskeletal pain, such as:

- **Hip or knee pain**
- **Post-exercise soreness**
- **Acute or chronic pain** (including sharp, localized pain and stiffness)
- Chronic musculoskeletal pain (especially in the **lower back, shoulders, or limbs**)
- Fixed, stabbing, or dull pain
- Numbness or tingling sensations
- Worsened by inactivity or cold weather
- Possible history of trauma
- Pulse: **deep, choppy, or weak**
- May coexist with **emotional stagnation**, such as chronic panic or restlessness (Blood stasis affecting the Heart/Shen)

The formula is often used when pain is accompanied by symptoms such as:

- Soreness and stiffness in the muscles or joints
- Pain that feels sharp or stabbing
- Difficulty moving joints or extremities due to stagnation of Qi and Blood

Key Herbs and Their Functions:

1. **Tao Ren (Peach Kernel) and Hong Hua (Safflower):**

These herbs are crucial for **moving blood** and **relieving pain**. Tao Ren is particularly effective in breaking up blood stasis, while Hong Hua promotes blood circulation and alleviates pain. Together, they help to resolve stagnation and improve circulation to the affected areas.

2. **Chuan Xiong:**

Known for its ability to **move Qi and blood**, Chuan Xiong is commonly used in TCM to treat pain, particularly in the head and limbs. It is especially helpful for resolving Qi and Blood stagnation that affects the **joints** and **extremities**, such as in conditions like

sciatica or joint pain.

3. **Qiang Huo:**

This herb is effective in **relieving stagnation** and **dispelling wind** and **dampness** from the body. It is frequently used in joint pain formulas, especially when the pain involves **stiffness** and **dampness**, commonly found in conditions like **rheumatoid arthritis**.

4. **Niu Xi (Achyranthes Root):**

Niu Xi has a specific role in **guiding** the other herbs to the **lower body**, making it particularly useful for treating conditions like **hip and knee pain**. It also has the ability to **strengthen the kidneys** and **promote circulation**, which is beneficial for **chronic pain** and **degenerative conditions**.

Best For:

This formula is particularly helpful for individuals experiencing:

- **Hip and knee pain** with signs of **blood stagnation**, such as sharp or dull pain, difficulty moving the joint, and pain after exercise or physical activity.
- **Muscle and joint pain** from trauma, post-exercise soreness, or **inflammation**.
- Conditions where **blood stasis** is a central underlying factor, such as **osteoarthritis** or **rheumatoid arthritis**, where circulation is impaired.

Clinical Use:

In practice, Shen Tong Zhu Yu Tang is often used in combination with other TCM therapies such as acupuncture, cupping, or Gua Sha to enhance blood flow and alleviate pain. It is also frequently prescribed after **traumatic injury** or **surgery** to help speed recovery and relieve pain due to blood stagnation.

This formula is typically taken as a decoction or in pill form and can be modified by the TCM practitioner to suit individual patient needs, especially if there are additional symptoms like dampness or heat that need to be addressed.