

伸筋桂枝芍藥知母湯

# Bamboo Pearls

Shenjin Guizhi Shaoyao Zhimu Tang

**Sammanfattning:** Ett bra örtpreparat för att behandla inflammation, svullnad, smärta, domningar och degeneration i leder, senor och bindväv. Lindrar smärta genom att skingra fukt och vind, värmer och öppnar meridianer och dess sidokanaler, skingrar stagnation. Lugnar nervsystemet genom att tonifiera Yin. minskar lokala värmefickor, inflammationer i vävnader som ofta finns vid Reumatisk Artrit, Borrelia m.m. **Möjliga symtom:** Kronisk smärta i leder och/eller extremiteter. Kronisk smärta i samband med gamla sprickor, skador tex efter olyckor och idrottsskador

## About Bamboo Pearls

Bamboo Pearls' design is based on the 2<sup>nd</sup> century remedy Guizhi Shaoyao Zhimu Tang, which first appeared in Zhang Zhongjing's classic for miscellaneous diseases, *Jingui yaolüe* (Essentials from the Golden Cabinet). It is still one of the best remedies to treat inflammation, swelling, pain, numbness and degeneration in the joints, sinews, and connective tissues. From a traditional perspective, the combination of cinnamon, ginger, medium dose aconite and other warming herbs opens congested channels and collaterals, dries damp, and expels wind; peony, especially in combination with cinnamon and aconite, emolliates sensations of pain, cramping, tingling and numbness; in combination with anemarrhena, the cooling herb peony can also eliminate localized heat congestion. From a modern perspective, the unusual combination of warming and cooling herbs is particularly suitable for joint pain that involves autoimmune components, such as rheumatoid arthritis, or wandering body pain in Lyme disease. The added herbs expand the traditionally more narrow range of usage to all kinds of chronic post-injury or post-exercise bone and joint pain, as well as back pain from bulging discs or bone spurs.

## Therapeutic Principles

- Alleviate pain by dispelling wind damp, warming the channels, diffusing stagnation, and opening blocked collaterals
- calm the nervous system by nourishing yin and clearing localized auto-immune heat

## Indications

- Chronic pain in joints and/or extremities
- Chronic pain associated with old fractures/injuries

## Typical Applications

- Arthritis, rheumatoid arthritis
- Scleroderma
- Pronounced body pain or arthritic changes accompanying Lyme disease
- Frozen neck/shoulder
- Bulging or herniated discs
- Bone spurs
- Sciatica; heel pain
- Chronic stage of bone fracture (2-month+) recovery, and tendon/ligament injuries

## Dosage

**Children and pregnant women:**  
2 capsules 1-2x/day

**Adults:** 3-4 capsules 2-3x/day

**Typical (adult) combination usage**  
**example:** 3 Lightning Pearls plus 2 Bamboo Pearls 2x/day

The FDA requires the following statement:

These products have not been evaluated by the Food and Drug Administration. Please note that our products are formulated according to classical Chinese alchemical principles. References to modern disease names in this presentation are intended to convey a general idea of how these classical principles might be applied in a modern clinical context. This should not be understood as a claim on our part that the Classical Pearls products treat, cure, or prevent these conditions.





## Differentiation

For acute injuries to the bone, tendons, and connective tissue	use	Ox Bone Pearls
For fractures that have not healed after 2 months	combine with	Ox Bone Pearls
For chronic joint and/or connective tissue pain in fibromyalgia or Lyme disease patients	combine with	Lightning Pearls
For circulatory conditions in extremities	alternate with	Cinnamon Pearls or Evergreen Pearls
For autoimmune disorders accompanied by pronounced symptoms of dryness	combine with	Water Pearls

## Ingredients

桂枝	GUIZHI	Cinnamon twig
白芍	BAISHAO	Peony, white
知母	ZHIMU	Anemarrhena
附子	FUZI	Aconite, processed
生姜	SHENGJIANG	Ginger, fresh
白朮	BAIZHU	Atractylodes, white
防風	FANGFENG	Siler
甘草	GANCAO	Licorice
五加皮	WUJIAPI	Acanthopanax
桑寄生	SANGJISHENG	Loranthus
伸筋草	SHENJINCAO	Lycopodium
地龍	DILONG	Earthworm

Guizhi Shaoyao Zhimu Tang

eliminate wind damp, alleviate pain

open blocked collaterals

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