

Woman's Balance®

Bupleurum and Peony Formula Herbal Supplement

Dan Zhi Xiao Yao San

Therapeutic Actions

1. Treats PMS with abdominal bloating and breast swelling, menstrual irregularity, and menopausal distress, including mild cramps
2. Relieves mild depression
3. Useful in treating hepatitis and liver cirrhosis
4. Can treat liver fire headaches
5. Consider for irritable bowel syndrome (IBS)

Chinese Therapeutic Effects

Invigorates congested liver qi Nourishes liver blood and yin
Strengthens spleen qi Harmonizes the liver and spleen

Administration

Internal: 2 to 3 tablets TID, between meals
90 tablets, 750mg, 15 day supply
270 tablets, 750mg, 45 day supply

Ingredients

Bupleurum root <i>chai hu</i>	Poria sclerotium <i>fu ling</i>	Citrus peel <i>chen pi</i>	Licorice root <i>gan cao</i>
Tang Kuei root <i>dang gui</i>	White Atractylodes rhizome <i>bai zhu</i>	Moutan root bark <i>mu dan pi</i>	
White Peony root <i>bai shao</i>	Cyperus rhizome <i>xiang fu</i>	Gardenia fruit <i>zhi zi</i>	
Salvia root <i>dan shen</i>		Ginger rhizome <i>gan jiang</i>	

Formula Rationale

Woman's Balance is based on Bupleurum Sedative Pills (*Xiao Yao Wan*) and Bupleurum and Peony modified formula (*Dan Zhi Xiao Yao Wan*) for the treatment of PMS, regulation of menstruation and relief of mild depression. Cyperus (*xiang fu*) and citrus (*chen pi*) are included in the formula to disperse stagnant Qi and dampness associated with abdominal bloating and breast swelling. Salvia (*dan shen*) is included to promote the circulation of blood and relieve menstrual pain and inflammation. Woman's Balance is especially useful when the liver qi stagnation is based on blood deficiency and when there are heat symptoms present.

Clinical Notes

1. If there is a lot of repressed anger, begin using Woman's Balance on alternate days for the first two weeks, or select **Heavenly Water** instead. Heavenly Water is more tonifying and less heat clearing than Woman's Balance and contains chaste tree berry and does not contain bupleurum. It is used for similar applications
2. Can also be used for men with liver qi stagnation, spleen qi deficiency, and liver blood deficiency leading to digestive upset and depression from emotional stresses
3. For weak or anemic patients with PMS or menstrual irregularity consider **Eight Treasures** during the first half of the menstrual cycle and Woman's Balance during the second half

Additional Formulas

- For menstrual cramps see **Cramp Bark Plus**, **Channel Flow**, and **Unlocking**