

Classical Chinese herbal formulas have a long history of helping a variety of potentially life-threatening situations. One example of such a formula is Yunnan Baiyao, a formula known for its powerful ability to stop bleeding, augment coagulation, promote wound healing, and relieve pain. Yunan Baiyao has been used successfully in many species from people to mice to elephants. Birds have been given this formula also. I have applied it topically for bleeding nails after a trim, given it orally to cancer patients who are bleeding internally or to patients who are bleeding after surgery. People and animals with Von Willebrand's Disease, a clotting disorder, have used and benefitted from this formula. It can be given before surgery to minimize the risk of bleeding during surgery. It can be given to minimize bruising after trauma. It can be used to manage ear hematomas in dogs or sprinkled orally on gums during dental surgery. It is truly an amazing formula.

While most of the individual ingredients are known, the actual amounts in the formulation are a guarded trade secret making Yunnan Baiyao a Chinese proprietary formula. Translated as "White Powder from Yunnan Province", Yunnan Baiyao was developed in the Yunnan Province in China almost a century ago. Its inventor was a famous doctor who was later executed by Chian Kai-shek. This formula has been used in the battle fields when soldiers needed to stop their wounds from bleeding. There are many alternate spellings for Yunnan Baiyao including: Yunnan Paiyao, Yunnan Piao, and Hunnan Paiyao to name a few. The herbs are suspended in a potato starch base. The herbs included are:

- Notoginseng/pseudoginseng/san qi (Panax notoginseng, Radix notoginseng)- these are all the same herb with different names. Notoginseng is the primary ingredient and can be used individually as a topical agent to stop bleeding or taken internally to promote circulation and resolve blood stagnation related to trauma.
- Chinese yam root/ Shan yao
- Yam (wild) root (rhizome)/Chuan Shan Long also called Dioscorea
- Sweet geranium/ Lao Guan Cao
- Galangal rhizome/ Gao Liang Jiang
- Ox Gall bladder/Bai Niu Dan
- Borneol/Bing Pian
- Herb of Clarke
- Herba Inulae Cappae

Yunnan Baiyao is widely available from any location where Chinese herbal formulas are sold. It is always important to know the seller to ensure the herbs purchased will be both safe and effective. It is supplied both as a loose powder and a capsule. It always is supplied with one small "safety pill" which is about the size of a peppercorn. This is to be taken in the event of a serious bleeding emergency. It is the equivalent to a large amount of loose herbs or many capsules. The exact ingredients of the "safety pill" are supposedly different than the rest of the formula, however, they have not been clearly described and the truth is proprietary to the manufacturers. No adverse reactions have been seen with the use of Yunan Baiyao or the "safety pill". During the research of this article, I learned that Yunnan Baiyao is also recently available as an aerosol. I can't wait to use this for all of those cuts and scrapes on

my kids after soccer games or skateboarding falls! Let our office know if you would like more information about this product or any other formulas of interest.