

Medical Studies

Bao Shi Herbs:

Botanical Name: Polygonum Multiflorum

Ho shou wu is widely used in China for the traditional purpose of restoring hair and other signs of youth. The treatment of alopecia has been investigated. The treatments often contain ho-shou-wu. According to the **English-Chinese Encyclopedia of Practical Traditional Chinese Medicine**, "alopecia is mostly caused by deficiency of liver and kidney with subsequent failure of [blood to go up and nourish] the hair. The hair pores are open when the hair is poorly nourished, and wind invades the pores on the occasion. Therefore, deficient blood with wind [invasion] leads to hair loss. However, stagnation of liver qi and impaired qi mechanism will also result in hair loss because of the malnutrition of hair due to stagnation of qi and stasis of blood."

Botanical Name: Eclipta Prostrata _syn.:_ **eclipta alba**

This Ayurvedic herb is found throughout India as well as the southwestern part of the United States. This is the main herb for the hair and cirrhosis in Ayurvedic medicine. It is believed to prevent aging, maintain and rejuvenate hair, teeth, bones, memory, sight, and hearing. It is a rejuvenative for pitta, kidneys, and liver. The root powder is used in Ayurvedic medicine for hepatitis, enlarged spleen, and skin disorders.

Examples of tonic preparations containing ho-shou-wu and eclipta claimed useful for alopecia:

1) *Shengfa Wan* (literally, pill to generate hair) was reported in the Sichuan Journal of Traditional Chinese Medicine (1987). Treatment time was 1-3 months, with an effective rate reported to be 62%¹; 2) A similar formula *Shengfa Yin* in the Hubei Journal of Traditional Chinese Medicine (1988) was reported to cure 30 of 36 persons affected by alopecia areata, with 4 others improved².

A double-blind placebo-controlled study of an anti-aging mixture containing ho-shou-wu was conducted with 507 persons and reported in the Chinese Journal of Integrated Traditional and Western Medicine (1986). A number of symptoms and signs associated with aging were monitored. The herb treatment group had nearly 77% of patients showing improvements, including a reduction in alopecia during a 3 month trial³. The Hospital of Prevention (713 study), results over 6 months reported over 90% of patient's had noticeable re-growth to varying degree's and approx. 95% of patient's tested, of all ages, experienced excessive hair loss stoppage.

Botanical Name: Poria Cocos

A widely used and important herb in Chinese pharmacopoeia. This herb has been used in TCM for lowering blood sugar and controlling stomach acids. Poria has anti-emetic activity, anti-carcinogenesis, anti-edema effect, and prevents toxicity. These medicinal activities may be related to its immune modulating function. The polysaccharides are responsible for this modulating function.

Botanical Name: Hydrocotyle Asiatica syn.: **centella asiatica**

According to pharmacological studies, one outcome of gotu kola's complex actions is a balanced effect on cells and tissues participating in the process of healing, particularly connective tissues. One of its constituents, asiaticoside, works to stimulate skin repair and strengthen skin, hair, nails and connective tissue (Kartnig, 1988)⁴. Recent studies show that the herb has positive effects on the circulatory system. It seems to improve the flow of blood throughout the body by strengthening the veins and capillaries. In a study, its effects on metabolism in the connective tissue of the vascular wall and on the microcirculation are presented and discussed. The compound, TTFCA, found in centella asiatica. is effective in venous insufficiency, reducing ankle edema, foot swelling, capillary filtration rate and by

improving microcirculatory parameters. The compound was well tolerated and no unwanted effects were observed⁵.

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