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**ChinaMed**

BLACK PEARL®

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*Better Naturally*

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Your healthcare practitioner



The Sun Herbal range of concentrated Chinese herb formulas can help you manage the pain and inflammation associated with arthritis or chronic joint pain.

Our Traditional Chinese Medicine (TCM) brands include:

**ChinaMed**

BLACK PEARL®

**SunHerbal**  
*Better Naturally*

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## Historical background

In traditional Chinese medicine (TCM) there is a specialised branch that deals with traumatic injuries. This has developed from the need to treat injuries sustained in combat, both military and sporting. As early as the Western Zhou Dynasty (1046 – 771 BCE) the practice of medicine was divided into four branches: Dietetics, Internal Medicine, External Medicine, and Veterinary medicine. Doctors of External Medicine specialized in the treatment of skin diseases, sores, abscesses, ulcers, fractures and wounds.

By the 9th Century CE, TCM orthopaedics and traumatology had developed as a separate branch, primarily through the contributions of two renowned physicians. Ge Hong (284 – 364 CE) was a Daoist physician who, in addition to his works on herbal formulas and Qi-gong, documented reduction techniques that are still used today for dislocated joints. This was followed by the work of Lin Daoren, a Daoist physician, wrote the first book specifically devoted to Traumatology: 'Secret Recipes for Treating Wounds and Bone-setting Taught by Celestials' (846 CE).

## Special Chinese Herbal Formulas for Trauma

The class of herbal formulas that are used in the treatment of trauma are known as Die Da Fang (literally: 'knocks and falls' formulas), also commonly known as 'Hit Medicines'. These herbal formulas developed within the martial arts in order to enhance the efficacy of training or to treat injuries. Some of these formulas are used for external application at the site of an injury and others are prepared for ingestion, in the form of pills, powders or boiled in water as a decoction. Often the master teachers kept these formulas as secret recipes handed down in their lineage. Over the centuries, however, these formulas, as well as the medical theories behind their construction and use, found their way into mainstream TCM, contributing to the development of traditional Chinese orthopaedics and traumatology.

These specialised traumatology formulas use herbs that invigorate the movement of blood and break up blood stasis (e.g. remove clotted blood and clear away cellular debris); their other therapeutic actions are to promote the movement of Qi and warm the channels. Unlike Western therapies,

which generally use ice and immobilization, the Chinese approach allows the Qi and blood to flow in an unimpeded way, thus helping an injury to heal quickly while overall pain is reduced.

Because these formulas use strong blood invigorating herbs, they can cause excessive menstrual bleeding if taken during the menstrual period. For similar reasons, they are prohibited during pregnancy and in bleeding injuries, as well as in other diseases where bleeding is a risk. They are also prohibited for patients on pharmaceutical blood thinners, because they can potentiate the actions of the pharmaceutical drug. For these reasons it is always recommended that you consult with your healthcare practitioner before taking any Chinese herbal medicines to treat traumatic injury.

## The ChinaMed® Sports Injury Formula

This formula is based on Die Da Wan (Pill Formula for Traumatic Injury) that was first recorded in the Small Collection of Fine Formulas (liang fang ji ye) by Xie Yuan-qing, 1842. This formula is listed in the Pharmacopoeia of the People's Republic of China and is a complex prescription with 20 different herbal ingredients. Typical of its class, it has both tonifying as well as dispersing actions. Herbs that nourish the Blood, as well as tonify the Liver and Kidney are included in order to strengthen the tendons, ligaments and bones, and thus promote healing.

Herbs that activate the Blood and dispel stasis are included in the formula in order to relieve pain, assist in the removal of cellular debris, reduce inflammation and swelling and also to allow nutrients better access to the local area. Panax notoginseng, root (tian qi), has been added to this formula to stop internal bleeding and to provide additional anti-inflammatory and analgesic actions. This formula is suitable for the treatment of traumatic injury with bruising, swelling and pain, e.g. fracture, dislocation, as well as torn or inflamed ligaments.

