

CHI  
IHO

FIRE



WHITE CHOCOLATE  
WITH TRADITIONAL HERBS  
FOR SLEEP

EARTH



DARK CHOCOLATE  
WITH TRADITIONAL HERBS  
FOR ENERGY

METAL



DARK CHOCOLATE  
WITH TRADITIONAL HERBS  
FOR NATURAL IMMUNE  
FUNCTION

WATER



DARK CHOCOLATE  
WITH TRADITIONAL HERBS  
FOR LONGEVITY

WOOD



DARK CHOCOLATE  
WITH TRADITIONAL HERBS  
FOR STRESS

# Understanding the Therapeutic Efficacy of Jia Wei Xiao Yao San: A Meta-Analysis



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## Abstract:

Jia Wei Xiao Yao San (JWXYS) is a traditional Chinese herbal formula with a long history of use in treating various psychological and physiological disorders. This white paper aims to provide a comprehensive overview of JWXYS, focusing on its therapeutic efficacy as evidenced by meta-analytical studies. By synthesizing data from multiple sources, this paper aims to elucidate the potential benefits and limitations of JWXYS in clinical practice.

## Introduction:

JWXYS, also known as Augmented Rambling Powder, is a classic Chinese herbal formula first recorded in the ancient medical text "Tai Ping Hui Min He Ji Ju Fang" during the Song Dynasty (960–1279 AD). Comprised of a synergistic blend of herbs, JWXYS is traditionally prescribed to regulate the Liver and Spleen, nourish Qi, and harmonize the body's functions.



## Composition:

The composition of JWXYS typically includes:

1. Bupleurum Root (Chai Hu)
2. White Peony Root (Bai Shao)
3. Chinese Angelica Root (Dang Gui)
4. White Atractylodes Rhizome (Bai Zhu)
5. Poria (Fu Ling)
6. Gardenia Fruit (Zhi Zi)
7. Mint (Bo He)
8. Licorice Root (Gan Cao)



**Ingredients for CHILL BAR**



**Ingredients for CHILL BAR**



### Therapeutic Actions:

According to traditional Chinese medicine (TCM) theory, JWXYS exerts its therapeutic actions by:

- Soothing Liver Qi stagnation
- Strengthening the Spleen
- Nourishing Blood
- Clearing Heat
- Calming the Mind

### Clinical Applications:

JWXYS has been widely used in TCM practice for the treatment of various conditions, including:

- Anxiety
- Depression
- Irritability
- Insomnia
- Menstrual disorders
- Digestive issues

### Meta-Analytical Studies:

Several meta-analyses have been conducted to evaluate the efficacy of JWXYS in clinical settings. These studies have examined its effects on specific conditions such as depression, anxiety, and premenstrual syndrome (PMS). Meta-analytical findings suggest that JWXYS may offer significant benefits in alleviating symptoms associated with these conditions, with a favorable safety profile.

### Conclusion:

JWXYS, as a traditional Chinese herbal formula, holds promise as an effective therapeutic option for a range of psychological and physiological disorders. Meta-analytical studies provide valuable insights into its efficacy and safety profile, supporting its integration into mainstream healthcare practices. Further research, including large-scale clinical trials and mechanistic studies, is warranted to fully elucidate the therapeutic mechanisms and optimize its clinical application.

### Sources:

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