

# *Bai Shao*

(T:白芍/S:白芍)

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## Abstract

### Background and Use of Herb in TCM:

*Bai Shao* (Paeoniae Alba, Radix) a common herb used in Traditional Chinese Medicine (TCM) to nourish blood and preserve yin for the treatment of Liver blood deficiency. The manifestations are lusterless colorless complexion, dizziness, tinnitus and brittle pale nails. Due to the fact that *Bai Shao* is cool in nature it is most suitable for blood deficient patients with heat signs.

### Objectives:

To evaluate the safety and effectiveness of *Bai Shao* (Paeoniae Alba, Radix) for therapeutic use.

### Data Collection:

Primary Studies	5
Reviews	3

### Main Results:

In reviewing research documented on *Bai Shao*, we found a number of notable interactions. In two studies, we found that co-administering formulas containing *Bai Shao* with certain medications could improve clinical effects and may even lower adverse side effects. Another study found that *Bai Shao* is a CNS suppressant which may extend sleeping time induced by barbiturates but has shown to have a protective function against Cardiazol induced seizures. Due to these results the study concludes that users of drugs with a sedative effect (e.g. antihistamine) should take caution because there are possible interactions. Although *Bai Shao* has the potential ability to lower blood glucose levels in diabetic patients, users of anti-diabetic medication should be cautious of possible synergistic effect that could lead to hypoglycemia. There have been a number of researches that suggest that *Bai Shao* and antibiotics may reduce biological therapeutic effects. For more detail on drug herb interaction of *Bai Shao* please refer to the monogram.