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Clinical Application and Dosage of *Angelicae Sinensis Radix* in the Treatment of Dryness Syndrome

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Abstract: A review of classical medical texts and the clinical experience of physicians was conducted to summarize the dosage and compatibility patterns of *Angelicae Sinensis Radix* in the treatment of dryness syndrome. Its dosage ranges from 9 to 41.4 g in decoctions and from 0.16 to 1.94 g per dose in boiled powders and related preparations. Dosage and compatibility should be individualized according to the disease, syndrome pattern, and clinical manifestations. For constipation due to blood deficiency and body-fluid depletion, *Angelicae Sinensis Radix* is commonly combined with *Cistanches Herba*, *Cannabis Fructus*, *Persicae Semen*, and *Pruni Semen* to nourish blood, moisten the intestines, and promote bowel movement, at a decoction dosage of 9–30 g. For blood-dryness dermatoses, including psoriasis and pruritus in older adults, it is commonly combined with *Rehmanniae Radix*, *Chuanxiong Rhizoma*, and *Paeoniae Radix Rubra* to nourish blood, moisten dryness, and dispel wind, at 10–15 g. For perimenopausal syndromes, it is commonly combined with *Astragali Radix*, *Paeoniae Radix Alba*, and *Leonuri Herba* to tonify and harmonize blood, at 9–15 g. For dryness impediment (Zao Bi) and Sjögren's syndrome, it is commonly combined with *Rehmanniae Radix Praeparata*, *Rehmanniae Radix*, and *Ophiopogonis Radix* to nourish Yin and moisten dryness, at 12–20 g.

Keywords: *Angelicae Sinensis Radix*; Dose-effect relationship; Compatibility; Clinical application

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1. Introduction

Angelicae Sinensis Radix is the dried root of *Angelica sinensis* (Oliv.) Diels (Apiaceae). It is sweet, pungent, and warm and enters the Liver, Heart, and Spleen meridians. It tonifies and invigorates blood, regulates menstruation, relieves pain, moistens the intestines, and promotes bowel movement. Available pharmacological studies indicate that its principal constituents include phenolic acids, flavonoids, and coumarins [1]. By reviewing classical formulas and the clinical experience of physicians across different

periods, this article examines the dosage and compatibility of *Angelicae Sinensis Radix* and provides a reference for its rational use in treating dryness syndrome.

2. Dosage and compatibility in classical formulas

Physicians throughout history have combined *Angelicae Sinensis Radix* with different medicinals to treat constipation, urticaria, night sweats, palpitations, insomnia, and related conditions. In Wenpi Tang (Warm the Spleen Decoction) from the Tang-dynasty Beiji Qianjin Yaofang (Essential Prescriptions Worth a Thousand Gold Pieces for Emergencies), *Angelicae Sinensis Radix* is combined with Aconiti Lateralis Radix Praeparata, Zingiberis Rhizoma, Rhei Radix et Rhizoma, and Natrii Sulfas. *Angelicae Sinensis Radix* (1 liang ≈ 13.8 g; equivalent to 3 liang, approximately 41.4 g, per dose) nourishes blood and moistens dryness. It moistens the intestines to facilitate purgation while preventing the purgative action from damaging healthy Qi, thereby assisting the other four medicinals in warming and purging to eliminate cold accumulation. The formula is indicated for abdominal pain and constipation due to Yang deficiency with cold accumulation. In Suzi JiangQi Tang (Perilla Seed Qi-Descending Decoction) from the Song-dynasty Taiping Huimin Hejiju Fang (Formulary of the Pharmacy Service for Benefiting the People in the Taiping Era), *Angelicae Sinensis Radix* is combined with Cinnamomi Cortex. *Angelicae Sinensis Radix* (1.5 liang ≈ 61.95 g in the original formula; approximately 0.16 g per dose when prepared as a boiled powder) is pungent, sweet, warm, and moistening and helps relieve cough and dyspnea associated with rebellious Lung Qi. Together with Cinnamomi Cortex, it nourishes blood, supplements deficiency, and warms the lower source. The formula is indicated for cough and dyspnea characterized by excess in the upper jiao and deficiency in the lower jiao.

In Danggui Yinzi (Angelica Drink) from the Song-dynasty Yanshi Jisheng Fang (Yan's Formulas to Aid the Living), *Angelicae Sinensis Radix* is combined with *Rehmanniae Radix*, *Paeoniae Radix Alba*, and *Chuanxiong Rhizoma*. *Angelicae Sinensis Radix* (1 liang ≈ 41.3 g in the original formula; approximately 1.94 g per dose when prepared as a boiled powder) nourishes and invigorates blood and moistens dryness. Together, the four medicinals nourish Yin and blood and invigorate blood, and the formula is indicated for sores, scabies, swelling, itching, and urticaria. In Danggui Liuhuang Tang (Angelica Six-Yellow Decoction) from the Jin-Yuan period work Lanshi Micang (Secret Treasury of the Orchid Chamber), *Angelicae Sinensis Radix* is combined with *Astragali Radix*. *Angelicae Sinensis Radix* (1 Qian ≈ 4.13 g in the original formula; 0.63 Qian, approximately 2.58 g, per dose) nourishes blood and enriches body fluids, while *Astragali Radix* tonifies Qi and secures the exterior. The formula is indicated for internal dryness with night sweats. In Huoxue Runzao Shengjin Tang (Blood-Invigorating, Dryness-Moistening, Fluid-Generating Decoction), a Danxi formula cited in the Yuan-dynasty Yifang Jijie (Collected Exegesis of Formulas), *Angelicae Sinensis Radix* is combined with *Rehmanniae Radix* Praeparata. *Angelicae Sinensis Radix* (1 Qian ≈ 4.13 g per dose) invigorates and nourishes blood, while *Rehmanniae Radix* Praeparata nourishes blood and Yin, moistens dryness, and replenishes essence. It is mainly indicated for internal dryness with marked depletion of body fluids.

In Tianwang Buxin Dan (Heavenly Emperor's Heart-Tonifying Pill) from the Ming-dynasty Jiaozhu Furen Liangfang (Annotated Good Formulas for Women), *Angelicae Sinensis Radix* is combined with *Rehmanniae Radix*. *Angelicae Sinensis Radix* (1 liang ≈ 37.3 g in the original formula) nourishes Heart blood, while *Rehmanniae Radix* nourishes Yin and blood to calm the Heart and spirit. The formula is indicated for palpitations and insomnia with mental restlessness due to Heart–Kidney Yin and blood deficiency with upward flaring of deficiency fire. In Baihe Gujin Tang (Lily Bulb Metal-Securing Decoction) from the

Ming-dynasty Shenzhai Yishu, *Angelicae Sinensis Radix* is combined with *Paeoniae Radix Alba*. *Angelicae Sinensis Radix* (1 Qian ≈ 4.13 g per dose) helps relieve cough associated with rebellious Qi, while *Paeoniae Radix Alba* nourishes and harmonizes blood. The formula is used for cough and hemoptysis resulting from prolonged Qi and blood constraint with depletion of Lung Qi and Yin. In Jichuan Jian (Benefit the River Decoction) from the Ming-dynasty Jingyue Quanshu (Complete Works of Jingyue), *Angelicae Sinensis Radix* and Achyranthis Bidentatae Radix serve as deputy medicinals. *Angelicae Sinensis Radix* (1 Qian ≈ 3.73 g; 3–5 Qian, approximately 11.19–18.65 g, per dose) nourishes and harmonizes blood, moistens the intestines, and promotes bowel movement. Achyranthis Bidentatae Radix tonifies the Kidneys, directs the action downward, and assists in moistening the intestines. The formula is indicated for Kidney-deficiency constipation with difficult defecation and clear, copious urination.

3. Dosage and compatibility experience of distinguished traditional Chinese medicine practitioners

3.1. Zhu Renkang

Zhu Renkang considered Yin deficiency with wind-dryness to be a major cause of Baixiefeng (seborrheic dermatitis), which commonly presents with dry, itchy skin, dark scaly lesions, and localized skin thickening. Treatment should nourish Yin, moisten dryness, and extinguish wind. His self-formulated ZiYin Chushi Tang (Yin-Nourishing and Dampness-Eliminating Decoction) contains *Rehmanniae Radix*, *Scrophulariae Radix*, *Angelicae Sinensis Radix*, and *Salviae Miltiorrhizae Radix et Rhizoma* to nourish Yin, moisten dryness, nourish blood, and harmonize the nutrient aspect. *Angelicae Sinensis Radix* is used at 10 g [2-3].

3.2. Lu Zhizheng

Lu Zhizheng held that dryness impediment (Zao Bi) arises when dryness pathogens damage Qi, blood, and body fluids, producing a distinctive depletion of Yin fluids in the five zang organs, six fu organs, and nine orifices that may subsequently involve the entire body. Major manifestations include dryness of exocrine glands such as the mouth and eyes, fatigue, and joint pain[4]. When external dryness gives rise to impediment, wind-heat is often also present; treatment should nourish Yin, moisten dryness, nourish blood, and dispel wind. Modified Zizao Yangrong Tang is used, containing *Angelicae Sinensis Radix*, *Rehmanniae Radix*, *Rehmanniae Radix* Praeparata, *Paeoniae Radix Alba*, Gentianae Macrophyllae Radix, Saposhnikoviae Radix, and Glycyrrhizae Radix et Rhizoma. For internal dryness with blood depletion, modified Huoxue Runzao Shengjin San may be selected, containing *Angelicae Sinensis Radix*, *Paeoniae Radix Alba*, *Rehmanniae Radix Praeparata*, *Ophiopogonis Radix*, *Asparagi Radix*, *Trichosanthis Fructus*, *Persicae Semen*, and *Carthami Flos* [5]. *Angelicae Sinensis Radix* is used at 12 g.

3.3. Ban Xiuwen

Ban Xiuwen considered constitutional deficiency to be the root pathogenesis of perimenopausal syndromes. External contraction of the six climatic excesses or internal injury from the seven emotions may activate this deficiency and precipitate illness. Common manifestations include menstrual irregularities, hot flushes and sweating, facial flushing, irritability, restlessness, and emotional changes. Treatment should nourish the Liver and Kidneys while protecting the Spleen and Stomach as the acquired foundation. *Angelicae Sinensis Radix* and *Paeoniae Radix Alba* are commonly used to tonify the Spleen and soften the Liver, together with

Rehmanniae Radix, *Rehmanniae Radix* Praeparata, and Corni Fructus to nourish the Liver and Kidneys. *Angelicae Sinensis Radix* is used at 10 g [6].

3.4. Fang HeQian

Fang HeQian held that Liver constraint, Spleen deficiency, or both may impair the transmission of intestinal waste and result in constipation. He advocated harmonizing and regulating medicinals to restore the Liver and Spleen's physiological ascent and descent. In clinical practice, he frequently used modified Hegan Tang, his self-formulated prescription, for constipation due to Liver constraint and Spleen deficiency. *Angelicae Sinensis Radix* nourishes blood and softens the Liver and is combined with *Paeoniae Radix Alba* as a chief medicinal. *Angelicae Sinensis Radix* is used at 12 g [7].

3.5. Yu Zengrui

Yu Zengrui considered pruritus in older adults to be caused mainly by deficiency of both Qi and blood with internally generated Liver wind; blood deficiency with wind-dryness is the most common clinical pattern. Treatment therefore focuses on nourishing blood and dispelling wind. His self-formulated Siwu Sanse Jingfangcao Tang was developed from Danggui Yinzi. *Angelicae Sinensis Radix*, *Chuanxiong Rhizoma*, *Paeoniae Radix Alba*, *Rehmanniae Radix*, and *Rehmanniae Radix Praeparata* are combined to nourish and harmonize blood, nourish Yin and moisten dryness, tonify the Liver and Kidneys, and clear heat and cool blood. *Angelicae Sinensis Radix* is used at 10 g [8].

3.6. Xuan Guowei

Xuan Guowei considered psoriasis to result primarily from the interaction of internal and external pathogens, with blood dryness as the root and stasis-toxin as the manifestation. His basic prescription commonly includes medicinals that nourish blood and moisten dryness while resolving toxin and dispelling stasis, such as *Rehmanniae Radix*, *Angelicae Sinensis Radix*, *Paeoniae Radix Rubra*, *Chuanxiong Rhizoma*, *Salviae Miltiorrhizae Radix et Rhizoma*, *Arnebiae Radix*, and *Curcumae Rhizoma*. *Angelicae Sinensis Radix* nourishes blood and Yin and harmonizes the nutrient aspect. *Rehmanniae Radix*, *Chuanxiong Rhizoma*, and *Paeoniae Radix Rubra* serve as chief medicinals to nourish blood, moisten dryness, invigorate blood, and unblock the collaterals; *Salviae Miltiorrhizae Radix et Rhizoma*, *Arnebiae Radix*, and *Curcumae Rhizoma* invigorate and cool blood, resolve toxin, and dissipate masses. *Angelicae Sinensis Radix* is used at 10 g [9-10].

3.7. Zhang Dongyue

Zhang Dongyue held that the Spleen and Stomach occupy the middle jiao and govern the ascent of the clear and descent of the turbid. Failure of turbid Qi to descend disrupts Qi movement, and impaired transmission of waste through the Large Intestine is a fundamental pathomechanism of constipation. Constipation due to blood deficiency and intestinal dryness presents with hard, pellet-like stools that may not pass for several days, accompanied by dry mouth with scanty fluids, fatigue, poor appetite, a pale swollen tongue with scanty coating, and a thready, rapid pulse. He commonly used modified Mibaokang Fang, his self-formulated prescription. *Angelicae Sinensis Radix* nourishes and invigorates blood, moistens the intestines, and promotes bowel movement; *Paeoniae Radix Alba* and *Polygoni Multiflori Radix* nourish and harmonize blood, enrich Yin, moisten the intestines, and relieve constipation. *Angelicae Sinensis Radix* is used at 15 g [11].

4. Dosage and compatibility experience of experts from the committee for dose-effect research on Chinese herbal formulas

4.1. Tong Xiaolin

Tong Xiaolin observed that postmenopausal middle-aged and older women may develop fatigue, abnormal sweating, irritability, insomnia, chest tightness, a sensation of tightness or swelling in the face and fingers, and mild lower-limb edema. These manifestations begin with a deficiency state and often involve deficiency, stasis, and fluid retention concurrently. Treatment should supplement deficiency while regulating Qi, invigorating blood, and promoting urination, thereby coordinating Qi, blood, and body fluids. His basic prescription contains *Astragali Radix*, *Angelicae Sinensis Radix*, and *Leonuri Herba*. *Angelicae Sinensis Radix* invigorates blood, dispels cold, and harmonizes blood and is used at 9–15 g [12].

Tong Xiaolin considered constipation in older adults to be characterized by Kidney Yang deficiency with depletion of both body fluids and blood. Treatment should tonify the Kidneys, nourish blood, and moisten dryness. Following the principle of promoting bowel movement through tonification, he used *Cistanches Herba*, *Cannabis Fructus*, and *Angelicae Sinensis Radix* as a basic combination. *Angelicae Sinensis Radix* nourishes blood and generates body fluids, supplements deficiency, and promotes bowel movement; *Cistanches Herba* warms Kidney Yang, replenishes essence and blood, moistens the intestines, and promotes bowel movement. *Angelicae Sinensis Radix* is commonly used at 9–30 g [13].

4.2. Chi Xiaoling

Chi Xiaoling held that, in cirrhosis, the disease may progress into the nutrient and blood levels, impairing nutritive Yin and generating internal heat; impaired Spleen transportation may further lead to internal retention of fluids and disharmony between the Liver and Spleen. Patients may present with abdominal distension or dull abdominal pain, dry and bitter taste in the mouth, irritability, visible blue veins or spider nevi on the face and chest, and constipation, reflecting a mixed excess-deficiency pattern. Treatment centers on strengthening the Spleen, draining dampness, and nourishing the Liver and Kidneys. Modified Yiguan Jian combined with Bugan San is used. *Angelicae Sinensis Radix* nourishes blood and the Liver, while Lycii Fructus and *Rehmanniae Radix* nourish Liver and Kidney Yin. *Angelicae Sinensis Radix* is used at 10 g [14].

4.3. Cao YongQing

Cao YongQing held that constipation results from impaired intestinal conduction and failure to discharge waste. Syndrome differentiation should distinguish deficiency from excess; constipation due to blood deficiency should be treated mainly by nourishing blood and supplementing deficiency. *Angelicae Sinensis Radix* nourishes blood and moistens dryness and is combined with *Paeoniae Radix Alba*, *Rehmanniae Radix* Praeparata, and *Cannabis Fructus* to nourish blood and Yin and moisten dryness. *Angelicae Sinensis Radix* is used at 9 g [15].

5. Dosage and compatibility in contemporary clinical practice

5.1. Compatibility with *Astragali Radix*

Ma Wenhui considered Yin deficiency with dryness-heat to be the basic pathogenesis of Sjögren's syndrome and developed YiQi Liangxue Runzao Tang. Following the principle that 'to treat wind, first treat blood; once blood moves, wind naturally subsides,' *Angelicae Sinensis Radix* invigorates and nourishes blood, while *Astragali Radix* tonifies Qi and secures the exterior, thereby restraining floating Yang, clearing heat,

and promoting the generation of blood through Qi tonification. *Angelicae Sinensis Radix* is used at 20 g and *Astragali Radix* at 30 g [16].

5.2. Compatibility with *Cannabis Fructus*, *Pruni Semen*, and *Persicae Semen*

Liu Renghai used *Angelicae Sinensis Radix* to treat constipation due to blood deficiency and intestinal dryness. Drawing on his clinical experience, he developed Yangxue Runchang Fang, in which *Angelicae Sinensis Radix* is combined with *Cannabis Fructus*, *Pruni Semen*, and *Persicae Semen* to moisten the intestines and promote bowel movement. The dosages are 15 g for *Angelicae Sinensis Radix*, 15 g for *Cannabis Fructus*, 12 g for *Pruni Semen*, and 10 g for *Persicae Semen* [17].

5.3. Compatibility with *Spatholobi Caulis*, *Rehmanniae Radix*, and *Dioscoreae Rhizoma*

Liu Taofeng used his self-formulated Yangxue Runzao Fang to treat psoriasis with a blood-dryness pattern. *Angelicae Sinensis Radix* and Spatholobi Caulis serve as chief medicinals to nourish and invigorate blood; *Rehmanniae Radix* and Dioscoreae Rhizoma nourish Yin and moisten dryness while supplementing Qi and nourishing Yin. Spatholobi Caulis is used at 15 g, and *Angelicae Sinensis Radix*, *Rehmanniae Radix*, and Dioscoreae Rhizoma are each used at 10 g [18].

5.4. Compatibility with *Persicae Semen*, *Carthami Flos*, *Chuanxiong Rhizoma*, and *Paeoniae Radix Rubra*

Feng Xianzhang commonly combined *Angelicae Sinensis Radix* with *Persicae Semen*, *Carthami Flos*, *Chuanxiong Rhizoma*, and *Paeoniae Radix Rubra* to treat psoriasis with blood stasis and blood dryness. *Angelicae Sinensis Radix* invigorates and nourishes blood and moistens dryness, while the accompanYing medicinals invigorate blood, dispel stasis, dispel wind, and unblock the collaterals. *Persicae Semen*, *Carthami Flos*, and *Chuanxiong Rhizoma* are each used at 10 g, and *Angelicae Sinensis Radix* and *Paeoniae Radix Rubra* are each used at 15 g [19].

5.5. Compatibility with *Lycii Fructus*, *Paeoniae Radix Alba*, and *Moutan Cortex*

Li Jinglin commonly used modified Yiguan Jian to treat Yin deficiency with internal heat arising from various causes. *Angelicae Sinensis Radix* is combined with *Lycii Fructus* and *Paeoniae Radix Alba* to nourish blood and Yin, soften the Liver, and relieve pain, while *Moutan Cortex* clears deficiency heat. *Angelicae Sinensis Radix*, *Lycii Fructus*, and *Paeoniae Radix Alba* are each used at 15 g, and *Moutan Cortex* at 10 g [20].

5.6. Compatibility with *Rehmanniae Radix*, *Ophiopogonis Radix*, and *Cremastrae Pseudobulbus*

Dong Zhenhua treated Sjögren's syndrome characterized by Yin deficiency, body-fluid depletion, and dryness-toxin with a modified self-formulated YangYin Shengjin Fang. *Angelicae Sinensis Radix* nourishes blood and moistens dryness, while *Rehmanniae Radix*, *Ophiopogonis Radix*, and *Cremastrae Pseudobulbus* nourish Yin, generate body fluids, moisten dryness, and resolve toxin. The dosages are 15–30 g for *Rehmanniae Radix*, 15–20 g for *Ophiopogonis Radix*, 10 g for *Angelicae Sinensis Radix*, and 5 g for *Cremastrae Pseudobulbus* [21].

6. Summary

A review of classical formulas and the clinical experience of distinguished traditional Chinese medicine

practitioners, experts from the Committee for Dose-Effect Research on Chinese Herbal Formulas, and contemporary clinicians indicates that *Angelicae Sinensis Radix* is used at 9–41.4 g in decoctions for dryness syndrome. Compatibility and dosage should be selected according to the type of dryness syndrome and accompanying manifestations. For constipation due to blood deficiency and body-fluid depletion, it is combined with *Cistanches Herba*, *Cannabis Fructus*, *Persicae Semen*, and *Pruni Semen* to nourish blood, moisten the intestines, and promote bowel movement, at a common decoction dosage of 9–30 g. For blood-dryness dermatoses such as psoriasis and pruritus in older adults, it is combined with *Rehmanniae Radix*, *Chuanxiong Rhizoma*, and *Paeoniae Radix Rubra* to nourish blood and moisten dryness, at 10–15 g. For perimenopausal syndromes, it is combined with *Astragali Radix*, *Paeoniae Radix Alba*, and *Leonuri Herba*, at 9–15 g. For Sjögren' s syndrome, it is combined with *Rehmanniae Radix* Praeparata, *Rehmanniae Radix*, and *Ophiopogonis Radix* to nourish Yin and moisten dryness, at 12–20 g.

Available pharmacological studies have reported that *Angelicae Sinensis Radix* exhibits hematopoietic and blood-tonifying, analgesic, laxative, antioxidant, anti-inflammatory, antimicrobial, antidepressant, cardioprotective, hepatoprotective, and antitumor activities, together with potential antidiabetic effects [22-23]. Because the medicinal is warm in nature, patients with Yin deficiency and exuberant fire may require compatibility with Yin-nourishing medicinals to moderate its warmth. It should be used cautiously in patients with pronounced dampness and abdominal fullness or Spleen deficiency with loose stools. Clinical dosage and compatibility should be determined according to the patient's syndrome pattern and manifestations to support rational and individualized use.

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