

Just Natural PainCaps

1. Ingredients of Just Natural PainCaps

Angelica dahurica_Corydalis yanhusuo

2. Dose and administration

Three capsules for each time and three times daily, two weeks is a treatment course, and the drug can be taken for 3-6 courses continuously.

3. Overview

In a lifetime of human, there is nobody who will not experience pain. To some sense, every disease is a special pain. In clinics, commonly seen pains are headache, gastralgia, abdominal pain, menstrual pain (algomenorrhea). There are good pain killers in western medicine, such as opioid receptor activator like morphine, non-steroid anti-inflammatory drug like aspirin, the effects are good. However, when the pain is a chronic or refractory one, these western drugs can not be taken for long term, they will not solve the problem, moreover, the side effects are severe. While traditional Chinese medicine (TCM) has advantages to treat pains, especially refractory pains, and there are good drugs in TCM which can efficiently relieve pain, such as Just Natural PainCaps, which is prepared by using modern pharmaceutical technologies.

TCM has a pain theory lasted for thousands of years, and there are rich clinical practices. TCM determines the treatment based on differentiation of symptoms and signs, and it believes there are various pains in clinics, such as gas pains, pricking pain, crymodynia, burning pain, colic pain, bearing-down pain, vague pain, transmigrating pain, fixed pain, pain induced by wind, heat, pain which could be alleviated by heating or stroking, or pain which could be aggravated by heating or pressing. There are different mechanisms for pain, and generally speaking, there are pains of asthenia and sthenia. If there is not enough nourishing Qi, asthenia would be induced, like deficiency of vital energy, blood deficiency, Yin asthenia and Yang asthenia, etc. Stagnation of Qi and blood may bring about sthenia pain, like Qi stagnation, stagnation of blood, cold coagulation, dyspeptic disease, meridian blocking caused by wind, moisture or heat evils; etc. Pain treatment should abide by the principle that disease should be treated from the origin, reinforcement and deopilation should be adopted respectively. Deficiency should be reinforced for asthenia patients, while the excessiveness should be inhibited for sthenia patients, and this the pain treating method. In addition, TCM believes that human is an integrity, entrails and meridians, Qi and blood, Yin and Yang will affect each other, and "stagnation of Qi and blood may bring about pain, smoothness will not induce pains" would be the common pathway for various pains. To avoid differentiation of symptoms and signs or complicated medications, deopilation is usually adopted to treat the radical problem.

Just Natural PainCaps is a typical example adopting dredging as the treating method, only corydalis tuber and angelica root are the prescription drugs. The medication is simple and proper, which can dredge the meridians, promote blood flow and dissipate blood stasis. Adjustment of functional activities of vital energy is also combined to adjust Qi and relieve pain, and all pains would be relieved.

It is indicated in modern pharmacology that, analgesic capsule has weak opioid receptor activating effect, which could inhibit the synthesis of prostaglandin, and it can improve microcirculation, promote blood circulation, and it also has effects such as anti-inflammatory and bacteriostatic action.

Just Natural PainCaps is mainly applied to treatment of common pains, such as headache, gastralgia, abdominal pain and algomenorrhea, etc., the effect is especially good for chronic pain and refractory pain.

4. What is the action mechanism of analgesic capsule? (How to work?)

4.1 Explanation of traditional Chinese medicine (TCM)

It is believed in TCM that, “stagnation of Qi and blood may bring about pain, smoothness will not induce pains” is the final common pathway of all pains, which means, whatever the reasons for the pains, the Qi-blood circulation will not be smooth, stagnation of vital energy and blood stasis would be induced, and stagnation of Qi and blood may bring about pain. *Just Natural PainCaps* takes the major contradiction, dredging is adopted as the treating method, corydalis tuber and angelica root are used to compose the prescription. The medications are simple and proper, which can dredge the meridians, promote blood flow, dissipate blood stasis and relieve pain, and adjustment of functional activities of vital energy is also applied to regulate Qi to alleviate pain, and stagnation of vital energy and blood stasis would be relieved, and all pains will be dissipated.

4.2 Modern pharmacological studies indicate that *Just Natural PainCaps* achieves its odynolysis effects through the following actions:

(1) Corydalis tuber contained in analgesic capsule contains tetrahydropalmatine, and it has weak opioid receptor activating effects, and pains could be relieved by activating opioid receptors.

(2) It can inhibit synthesis of prostaglandins, and inhibit the release of algesic substance, such as bradykinin.

(3) It has sedation and analgesic effect.

(4) The capsule can also improve microcirculation, promote blood circulation, and resist inflammation and bacteria growth.

5. Indications of Just Natural PainCaps

5.1 Headache

Headaches can be divided into functional or organic pains. Society, genetics and individual living habits, etc. induce the changes of secretion, vasoconstriction, or abnormality of vasomotion, thus to induce headache, however, this kind of headache will not produce organic damage to human body. Organic headache are organic injuries caused by some diseases, such as vascular inborn variation, angiosclerosis, head infection, cerebral trauma, cerebral tumor, etc. As seen from the incidences of the above two conditions, many people have functional headaches, but organic headache should be considered before drug treatment; final diagnosis should be made to avoid putting off and mistaking the treatment of the diseases.

The most common clinical functional headaches are: hemicrania, cluster headache, tension headache. Patients with these pains must think highly of these headaches, and go to hospital timely to examine, when other organic disease is excluded, pain killers can be reasonably applied. Chinese herbal and crude drugs preparations have good effects on various functional headaches, and there is no side effect.

5.2 Stomachache

Stomachache is a common symptom nearly every body has experienced, and there are various reason inducing stomachache, including work overstress, irregular meal, work or do sports after meals immediately, over drunk, excessive pungent meals, food difficult to be digested, etc.

Common diseases inducing stomachache include chronic gastritis, digestive ulcer, especially the functional dyspepsia commonly seen in clinics has expressions of stomachache.

When stomach pains, etc. appear, many people would take analgesic drugs, such as Fenbid, aspirin, somedon, etc. However, taking drugs would hide the symptoms, and this is unfavorable to treatment, the pathological conditions would be even aggravated, or severe complications would be induced, such as gastric

ulcer, gastric hemorrhage and gastric perforation, etc.

Because these drugs are non-steroid anti-inflammatory drugs, they stop pain by inhibiting the synthesis of prostaglandin. But prostaglandin has another effect, and it can protect gastric mucous membrane. When pain killers decrease the production of prostaglandin, the acid digestive juice will stimulate and damage gastric wall, thus to induce erosion and ulcer, or even perforation. If people have gastric diseases before drug administration, the danger would be greater.

As a Chinese herbal and crude drugs preparation, Just Natural PainCaps has good effects on stomachaches induced by various reasons, such as functional stomachache (can be often seen in functional dyspepsia), the drug can also inhibit inflammation and bacteria growth, repair pathological lesion, and the drug has no side effects.

5.3 Abdominal pain (including costalgia)

(1) Definition: abdominal pain is commonly seen in daily life and clinics, and there are various reason inducing abdominal pains, many diseases can induce abdominal pain, such as organ diseases in abdominal cavity and out of abdominal cavity, like thoracic disease and spinal disease can induce abdominal pain. Abdominal pains include organic abdominal pain, body pain and paratonic abdominal pain.

Organ pain is induced by overstrain of smooth muscle in hollow organs, or produced when smooth muscle is extended or enlarged by overextension. It can also be induced when interior swelling force or external traction draw. Pain will be transferred into the relevant spinal nerves through sensory nerve ending.

Somatic abdominal pain is distributed in spinal nerve endings of abdominal skin, muscle layer, abdominal peritoneum and root of mesentery, and it is induced by diseases or trauma out of abdominal cavity.

Paratonic abdominal pain is the pain on body surface of deep part corresponding certain nerve segment, which is also called radiating pain.

(2) Possible pathogenic reasons: abdominal pain may be related with the following diseases:

Epigastric pains may suggest gastritis, pancreatitis, peptic ulcer, angina pectoris and myocardial infarction, etc.

Right epigastric pains (costalgia) may relate with acute or chronic cholecystitis, ascariasis of biliary tract, cholelithiasis, hepatic abscess, liver rupture, chronic hepatitis, pneumonia in left inferior lobe, pleuritis in right pulmonary bottom, etc.

Right hypogastralgia may be related with acute appendicitis.

Pains in mid abdomen usually relates to enteritis, enterospasm, enteral functional disorder, intestinal parasite, mesenteric arterial embolism, portal phlebothrombosis, lead poisoning, diabetes mellitus ketoacidosis, allergic purpura, hematoporphyria, gastric cancer, intestinal cancer and pancreatic cancer, etc.

Hypogastric pain may relate with acute pelvic inflammatory disease, gynecological infections, bowel obstruction, urinary calculus and ectopic pregnancy, etc.

In this way, there are many important organs in human's abdominal cavity, and it is not clear for which organ is wrong when pain appears. If pain killers are applied blindly and too early without detailed examination, even the pain can be alleviated transiently, the pain killer covered the site and nature of pains, so it is not favorable for

doctors to observe the patients' conditions and lesion sites, therefore, correct diagnosis and timely treatment will be affected. In addition, patients would not feel pain after pain killer is administrated, but in fact, the diseases in abdominal cavity may aggravate, such as haemorrhage induced by ectopic pregnancy, secondary necrosis and perforation induced by ectopic pregnancy, so the pain killers would cover the truth for these serious diseases, and the disease would progress and aggravate, and severe outcome may be produced.

Therefore, when patients have abdominal pain, pain killers should not be administrated blindly, and the patient should go to hospital to find out the truth, and proper treatment should be applied to avoid making mistake diagnosis or missing the valuable salvage chance. Analgesic capsule is a nature Chinese herbal and crude drugs preparation with no side effects, but it should be applied after the abdominal pain is clearly diagnosed. It can be applied common diseases in clinics, such as abdominal pains induced by chronic cholecystitis, gallstone, enterospasm, intestinal functional disorder, female pelvic inflammation, etc.

5.4 Dysmenorrhea

Among the young females between 14 and 25 years old, 88% of them have experienced dysmenorrhea, irregular menstruation, abdominal distention and lumbago, and dysmenorrhea is the most common. Many young girls take chemical pain killer (western drug) during menstruation. Gynecological experts warn that, this kind of drug would induce functional disorder of nervous system and endocrine system, reduction of remembrance and insomnia.

Many young girls have primary dysmenorrhea which starts from the menarche, and it will happen nearly in each month, and many girls have a fear, and dysmenorrhea is even aggravated, and vicious cycle is induced. This condition is induced by great psychological pressure, sedentary occupation or modern people, so Qi and blood circulations are not good, the menstrual blood does not move smoothly, or it is induced by cold drinks or food, etc. Moreover, violent exercise during menstruation or invasion by cold and dampness can also induce or aggravate algomenorrhea.

Algomenorrhea treatment can be performed from the following aspects:

(1) General treatment: for patients with excessively tense mood, proper psychological treatment is necessary. So it should be informed that the reproductive organ has no severe organic changes or functional diseases, and fear or tension to menstruation should be eliminated. Among the patients with algomenorrhea, symptoms in 80%-90% patients would disappear after the first delivery.

(2) In addition, women with algomenorrhea should find the reason, if algomenorrhea is induced by other disease, the primary disease should be positively treated.

(3) Menstrual tension and over fatigue should be avoided, and a happy mood should be maintained during menstruation.

(4) Just Natural PainCaps has best effects for algomenorrhea not induced by organic diseases, there would be no side effects, and the drug can be taken for a longer period.