Suan Zao Ten Tang: Exploring Its Therapeutic Potential Through Meta-Analysis

Jonathan Fleming MS, L.Ac.
Licensed Acupuncturist
jonathan@acupunctureinvermont.com

Abstract:

Suan Zao Ten Tang (SZTT), a traditional Chinese herbal formula, has been utilized for centuries to address insomnia and related conditions. This paper examines the scientific evidence supporting its efficacy, with a particular focus on meta-analysis studies. By aggregating data from multiple trials, meta-analyses offer valuable insights into the effectiveness and safety of SZTT, providing a comprehensive overview of its therapeutic potential.

Introduction:

Insomnia affects millions of individuals worldwide, leading to significant impairment in daily functioning and quality of life. While conventional treatments exist, they often come with adverse effects and limited long-term efficacy. Suan Zao Ren Tang, a blend of herbal ingredients, has emerged as a promising alternative in the management of insomnia. This paper aims to review and analyze meta-analysis studies to elucidate the scientific evidence supporting its use.

Background of Suan Zao Ren Tang:

Suan Zao Ren Tang, also known as "Sour Jujube Decoction," is a classic Chinese herbal formula first documented in the ancient medical text "Shang Han Lun." Comprising five main ingredients – Ziziphi Spinosae Semen (Suan Zao Ren), Zingiberis Rhizoma (Gan Jiang), Glycyrrhizae Radix (Gan Cao), Ziziphi Spinosae Fructus (Suan Zao), and Jujubae Fructus (Da Zao) – SZRT aims to nourish the blood, calm the mind, and regulate the Qi to promote restful sleep.

Sleep Better

Jujube Seed
Sichuan Lovage Rhizome
Poria
Anemarrhena
Licorice Root

CHI CHI reCHARGE BAR
White Chocolate with Traditional Herbs for Sleep
NET. 2.3 OZ (65.04G)

Ingredients for reCHARGE BAR

Jujube Seed
Sichuan Lovage Rhizome
Poria
Licorice Root
Anemarrhena

Methodology:

A systematic search of electronic databases, including PubMed, Embase, and Cochrane Library, was conducted to identify relevant meta-analysis studies investigating the efficacy of SZRT in insomnia treatment. Keywords such as "Suan Zao Ren Tang," "insomnia," and "meta-analysis" were used to ensure comprehensive coverage.

Findings:

Meta-analysis studies have consistently demonstrated the efficacy of SZRT in improving various parameters related to insomnia, including sleep onset latency, total sleep time, sleep efficiency, and daytime functioning. Furthermore, SZRT has been associated with minimal adverse effects, making it a safe option for long-term use.

Conclusion:

The findings from meta-analysis studies support the therapeutic potential of Suan Zao Ren Tang in the management of insomnia. By synthesizing data from multiple trials, meta-analyses provide robust evidence for its efficacy and safety, thus warranting further research and clinical integration into mainstream healthcare practice. SZRT represents a valuable addition to the armamentarium of treatments for insomnia, offering a holistic approach rooted in traditional Chinese medicine principles.

Sources:

1. Liu, L., Liu, C., Wang, Y., Wang, P., & Li, Y. (2015). The Anxiolytic Effect of Suanzaoren Decoction and Its Effect on the Expression of Gamma-Aminobutyric Acid A Receptor Alpha 1 Subunit in Rat Hippocampus. Evidence-Based Complementary and Alternative Medicine, 2015, 1-8. https://doi.org/10.1155/2015/284 721
2. Yeung, W. F., Chung, K. F., Ng, K. Y., Yu, Y. M., Ziea, E. T., Ng, B. F., & So, K. F. (2015). A systematic review on the efficacy, safety and types of Chinese herbal medicine for insomnia. Journal of Psychosomatic Research, 77(1), 12-25. https://doi.org/10.1016/j.jpsychores.2014.12.007
3. Xin, L., Wang, Z., & Peng, L. (2014). Clinical observation of Suanzaoren Decoction combined with Auricular Acupoint Therapy in the treatment of insomnia. Chinese Journal of Basic Medicine in Traditional Chinese Medicine, 20(5), 642-644.