



## PATIENT & CAREGIVER EDUCATION

# Yunnan Baiyao

This information describes the common uses of Yunnan Baiyao, how it works, and its possible side effects.

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

## What is it?

**Yunnan Baiyao is a traditional Chinese Medicine (TCM) formula used for wound healing, as a pain reliever, and to stop bleeding.**

Yunnan Baiyao (YNBY; "*White medicine from the Province of Yunnan*" in Mandarin) is a well-known proprietary TCM product. The original formula is believed to contain several herbs, with notoginseng as the major ingredient. It is promoted as a dietary supplement that can be used both externally and internally to stop bleeding, or provide relief from minor

aches and pains associated with backache, arthritis, strains, bruises, and sprains.

Lab studies suggest that YNBY and notoginseng may help stop bleeding, and have wound-healing, anti-inflammatory, and antimicrobial effects. However, notoginseng may also have blood-thinning properties.

Studies in humans suggest that YNBY may help treat skin or colon ulcers or reduce uterine bleeding. It also reduced blood loss during some surgical procedures. Case reports suggest that topical YNBY used along with conventional treatments may help reduce bleeding in cancer patients, but additional studies are needed to confirm these effects. This product has not been studied as a cancer treatment.

## **What are the potential uses and benefits?**

- **Stop bleeding**

Human studies and case reports suggest YNBY may help decrease blood loss during some surgical procedures and in cancer patients, but additional studies are needed.

- **Relieve pain**

Although claimed to relieve pain, scientific data are

not available to support this use.

- **Arthritis**

YNBY showed anti-inflammatory effects in lab studies, but clinical studies in humans have not been conducted to establish this use.

- **Oral health**

Lab studies suggest YNBY can reduce the breakdown of bone tissue. Human studies are needed to confirm this effect.

- **Cancer**

YNBY has not been studied as a cancer treatment. Case reports suggest that topical YNBY used along with standard interventions may help decrease blood loss in cancer patients, but clinical trials are needed.

## **What are the side effects?**

Mild: Nausea, vomiting, diarrhea, stomach discomfort, gastroesophageal reflux, and rash

## **What else do I need to know?**

### **Patient Warnings:**

This formula may stimulate the growth of hormone-sensitive breast cancer cells.

### **Do Not Take if:**

- You are **pregnant**.
- You have **hormone-sensitive breast cancer**: Lab studies suggest ginsenosides from notoginseng may have estrogenic effects.
- You have a **bleeding disorder**: Lab studies suggest YNBY can increase the bleeding risk.
- You are taking **anticoagulant or antiplatelet drugs**: Lab studies suggest notoginseng may increase bleeding risk when used with these drugs.
- You are taking **CYP3A substrate drugs**: Lab studies suggest notoginseng may increase the risk of side effects with these drugs.
- You are taking **CYP1A2 or 2E1 substrate drugs**: Lab studies suggest notoginseng saponins may decrease effectiveness of these drugs.
- You are taking **drugs that are substrates of Glutathione-S-transferase (GST)**: Lab studies suggest notoginseng may increase the risk of side effects of these drugs.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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