

Peony (*Paeonia lactiflora* Pall., *Paeonia officinalis* L., *Paeonia suffruticosa* Andr.)

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Synonyms/Common Names/Related Substances:

- 1,2,3,4,6-penta-O-galloyl-beta-D-glucose (PGG), European peony, mudanpi (Chinese), *Paeonia*, *Paeonia emodi* Wall, *Paeonia* L., *Paeonia lactiflora*, *Paeonia lactiflora* Pallas, *Paeonia mascula*, *Paeonia officinalis*, *Paeonia suffruticosa* Andrews, *Paeonia radix*, *Paeonia rubra*, *Paeonia veitchii*, Paeoniaceae (family), paeoniae flos, paeoniflorin (PG), paeoniflorin, peony, partially purified paeoniflorin (PF), peony flower, peony root, PG, PGG, phenolic glycoside, piney, Quilinggao, Ranunculaceae (family), red peony root, resveratrol, Shakuyaku, stilbenes, total glucosides of Peony (TGP), Unkei-to.
- Combination product examples: Dang-Gui-Shao-Yao-San (DGSYS, Chinese) (*Angelica sinensis* (Oliv.) Diels, *Ligusticum chuanxiong* Hort, *Paeonia lactiflora* Pall., *Poria cocos* (Schw.) Wolf, *Atractylodes macrocephala* Koidz and *Alisma orientalis* (Sam.) Juzep.)
- Qingre Huoxue recipe (QHR) (decoction of oldenlandia herb 30g, honeysuckle stem 30g, violet herb 30g, red peony root 15g, rehmannia root 15g, solomonseal rhizome 15g, asiabell root 30g, red sage root 30g, prepared rhubarb 12g, and giant hyssop herb 12g).
- Unkei-to (combination of Shakuyaku (*Paeonia radix*, *Paeonia lactiflora* Pallas) and Keihi (*Cinnamomi cortex*, *Cinnamomum cassia* Blume)).
- Further content available for subscribers only.

Clinical Bottom Line/Effectiveness

Brief Background:

- The root and the root cortex of peony species, including *Paeonia lactiflora* Pall., *Paeonia officinalis* L., and *Paeonia suffruticosa* Andr., have been used in traditional Chinese medicine (TCM) prescriptions for centuries. Peony flowers are also used medicinally. In manufacturing, peony flowers are used commercially to color cough syrups. They are also used in herbal teas.
- As part of complex herbal formulas, peony has been used to treat a wide variety of health conditions, including menstrual difficulties, nephritis, pulmonary heart disease, infantile pneumonia, and uterine fibroids (myomas). As a single ingredient, peony has been used to prevent wrinkles (topically) and to treat liver fibrosis from chronic hepatitis and pulmonary heart disease.
- The strongest evidence currently available supports the use of peony as a single ingredient via injection in the treatment of pulmonary heart disease. There is also a growing body of research on TCM formulas containing peony in the treatment of women's health complications including: menstrual difficulties, uterine myomas, coronary heart disease prevention, and hormone regulation. However, these studies are universally of poor methodological quality. Randomized controlled trials are needed for all uses of peony.

References

Natural Standard developed the above evidence-based information based on a thorough systematic review of the available scientific articles. For comprehensive information about alternative and complementary therapies on the professional level, go to www.naturalstandard.com. Selected references are listed below.