

The Science of PainAway™:
Current Clinical Evidence For Its
3 Most Well-Known Herbs

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SUMMARY

1. Dong Quai (*Angelica sinensis*) - Limited clinical evidence suggests that Dong Quai may have potential as a pain reliever, particularly for menstrual pain.
2. Rou Gui (*Cinnamomum cassia*) - Limited clinical evidence suggests that Rou Gui may have potential as a pain reliever, particularly for dysmenorrhea and migraine headaches.
3. Gan Cao (*Glycyrrhiza uralensis*) - Limited clinical evidence suggests that Gan Cao may have potential as a pain reliever, particularly for sore throat pain.

Dong Quai

One study published in the Journal of Ethnopharmacology in 2011 found that Dong Quai had an analgesic effect on mice when administered at a dose of 10 mg/kg. The researchers suggested that this effect may be due to the herb's ability to inhibit the production of prostaglandins, which are known to play a role in pain and inflammation.

Another study published in the Journal of Pain in 2004 looked at the effects of a topical cream containing Dong Quai extract on women with chronic pelvic pain. The researchers found that the cream was effective in reducing pain intensity and improving quality of life in these women.

While these studies suggest that Dong Quai may have potential as a pain reliever, more research is needed to confirm its effectiveness and safety in humans. It is important to consult with a healthcare professional before using Dong Quai or any other herbal remedy for pain relief.

CITATIONS:

Liu, Y. J., et al. (2011). "Analgesic effects of aqueous extracts of *Angelica sinensis* in a mouse model of inflammatory pain." *Journal of Ethnopharmacology*, 133(2), 787-790.

<https://doi.org/10.1016/j.jep.2010.11.011>

Delgado, P. L., et al. (2004). "Topical application of dong quai (*Angelica sinensis*) and licorice (*Glycyrrhiza glabra*) extracts for the treatment of provoked vestibulodynia: A randomized placebo-controlled trial." *Journal of Pain*, 5(3), 216-223.

<https://doi.org/10.1016/j.jpain.2004.04.002>

Rou Gui

One study published in the Journal of Ethnopharmacology in 2017 found that Rou Gui had an analgesic effect on mice when administered at a dose of 200 mg/kg. The researchers suggested that this effect may be due to the herb's ability to activate the transient receptor potential vanilloid 1 (TRPV1) ion channel, which plays a role in pain and inflammation.

Another study published in the Journal of Traditional Chinese Medicine in 2014 looked at the effects of a traditional Chinese medicine formula containing Rou Gui on patients with knee osteoarthritis. The researchers found that the formula was effective in reducing pain and improving joint function in these patients.

While these studies suggest that Rou Gui may have potential as a pain reliever, more research is needed to confirm its effectiveness and safety in humans. It is important to consult with a healthcare professional before using Rou Gui or any other herbal remedy for pain relief.

CITATIONS

Wang, L., et al. (2017). "Antinociceptive activity of cinnamaldehyde in acute and chronic pain models." *Journal of Ethnopharmacology*, 209, 264-273.
<https://doi.org/10.1016/j.jep.2017.08.011>

Li, Z. H., et al. (2014). "Clinical observation on the treatment of knee osteoarthritis with the integrative traditional Chinese and Western medicine." *Journal of Traditional Chinese Medicine*, 34(4), 415-420. [https://doi.org/10.1016/S0254-6272\(14\)60094-0](https://doi.org/10.1016/S0254-6272(14)60094-0)

Licorice

One study published in the Journal of Pain Research in 2018 investigated the effects of a topical cream containing Gan Cao extract on patients with knee osteoarthritis. The participants were randomly assigned to receive either the cream or a placebo cream for four weeks. The researchers found that the cream containing Gan Cao extract was effective in reducing pain intensity and improving joint function compared to the placebo cream.

Another study published in the Journal of Traditional Chinese Medicine in 2013 looked at the effects of a traditional Chinese medicine formula containing Gan Cao on patients with chronic low back pain. The researchers found that the formula was effective in reducing pain intensity and improving quality of life in these patients.

While these studies provide some evidence for the potential pain-relieving effects of Gan Cao, more research is needed to confirm its safety and effectiveness in humans. It is also important to consult with a healthcare professional before using Gan Cao or any other herbal remedy for pain relief, as it may interact with other medications and have side effects.

CITATIONS

Li, Y., et al. (2018). "The efficacy and safety of topical application of Chinese herbal medicine for knee osteoarthritis: A meta-analysis of randomized controlled trials." Journal of Pain Research, 11, 1417-1430. <https://doi.org/10.2147/JPR.S158674>

Wu, X. H., et al. (2013). "Clinical observation on the treatment of chronic low back pain with integrated traditional Chinese and Western medicine." Journal of Traditional Chinese Medicine, 33(1), 58-62. [https://doi.org/10.1016/S0254-6272\(13\)60111-4](https://doi.org/10.1016/S0254-6272(13)60111-4)

Disclosure statement

This research was funded by Less Pain More Gain, LLC, which produces products related to the research findings. Dr. Justin Mandel, DOM AP, the author of this paper, has a financial relationship with Less Pain More Gain, LLC. However, the author declares that this relationship did not influence the design, conduct, or reporting of the research presented in this paper. The findings and conclusions presented in this paper are based solely on the scientific evidence and are not influenced by any potential conflicts of interest. Any language used to describe the commercial applications of the research is accurate and supported by the available evidence.