Herbology II

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Chapter 10 Herbs that Regulate the Blood

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Category

- Regulating blood herbs can be divided into two sections:
  
  **Section 1 Stopping bleeding herbs (21 types)**
  - Da Ji, Xiao Ji, Di Yu, Huai Hua, Ce Bai Ye, Bai Mao Gen
  - San Qi, Pu Huang, Qian Cao, Jiang Xiang
  - Bai Ji, Xian He Cao, Zi Zhu, Zong Lu Pi/Tan, Xue Yu Tan, Ou Jie, Lian Fang, Hua Sheng Yi
  - Ai Ye, Pao Jiang, Fu Long Gan / Zao Xin Tu

  **Section 2 Invigorating blood herbs (26 types)**
  - Chuan Xiong, Yan Hu Suo, Yu Jin, Jiang Huang, Ru Xiang, Mo Yao, Wu Ling Zhi;
  - Dan Shen, Hong Hua, Tao Ren, Yi Mu Cao, Ze Lan, Niu Xi, Ji Xue Teng, Wang Bu Liu Xing
  - Zhe Chong (Tu Bie Chong), Zi Ran Tong, Su Mu, Gu Sui Bu, Ma Qian Zi
  - San Leng, E Zhu, Shui Zhi, Mang Chong, Chuan Shan Jia, Ban Mao
Section I Stopping bleeding herbs

Concept

• Stopping bleeding herbs
  – Herbs that have the function of cooling the blood or removing the blood stasis or astringing the blood or warming the channel to stop internal or external bleeding and treat various bleeding are called stopping bleeding herbs or hemostatics.
Bleeding

• Various bleeding including:
  – Hemoptysis (Coughing with blood or blood-stained sputum)
  – Epistaxis (Nosebleed)
  – Hematemesis or haematemesis (vomiting of blood)
  – Hemafecia (Bloody stools)
  – Metrorrhagia (Excessive uterine bleeding at irregular intervals)
  – Metrostaxis (A slight but continuous uterine hemorrhage or spotting at irregular intervals)
    • Menorrhagia (excessive flow during period); Menostaxis (an excessively long period)
  – Hematuria (blood in the urine)
  – Purpura (Appearance of red or purple discolorations on the skin)
  – Traumatic bleeding (bleeding associated with trauma)

Cautions

• 1. Stopping bleeding herbs are only to treat symptoms. In clinical practice, they should be combined with different herbs according to different conditions (root causes).
  – A. Bleeding due to blood heat, with cooling blood herbs
  – B. Bleeding with blood stasis, with promoting circulation of Qi and blood herbs
  – C. Bleeding due to Yang deficiency, with warming yang and dispelling cold herbs
  – D. Bleeding due to Qi deficiency and failure to control the blood, with tonifying Qi and spleen herbs
  – E. Bleeding due to deficiency of Yin with relative excessive yang, with nourishing yin herbs
• 2. Do not use cooling blood or astringent hemostatics alone if there is blood stasis.
Cautions

• 3. Cooling blood to stop bleeding herbs are contraindicated in deficient cold syndrome; Warming channels to stop bleeding herbs are contraindicated in heat syndrome; Astringing blood to stop bleeding herbs are contraindicated in blood stasis syndrome in order to avoid astringing blood stasis.

• 4. Massive haemorrhage usually accompany escape of Qi, Yang and exhaustion of Yin. Thus, tonifying Qi, tonifying Yang and tonifying Yin herbs should be added at this condition.

• 5. Administration and dosage vary from individual herb. For example, Charred Ai Ye, raw San Qi; Pu Huang for decoction, Bai Ji for powder; big dosage (15-30g) when used fresh Xian He Cao.

Objectives

• 1. Understand the general information on herbs that stop bleeding.
  – a. Concept, common function and indication.
  – b. Characters.
  – c. Compatibility.
  – d. Administration.
  – e. Caution and contraindications

• 2. Be acquainted with the following individual information on herbs in this category.
  – a. Pinyin name, common English name and pharmaceutical name.
  – b. Character.
  – c. Functions and indications.
  – d. Dosage and administration.
  – e. Cautions and contraindication.

• 3. Know the causes of bleeding from the perspective of Traditional Chinese Medicine, and apply herbs in this chapter according to their characters.
## Category

- **Herbs that stop bleeding (21 types)**
  - 1. Cool blood to stop bleeding (6 types)
    - Da Ji, Xiao Ji, Di Yu, Huai Hua, Ce Bai Ye, Bai Mao Gen
  - 2. Invigorate blood stasis to stop bleeding (4 types)
    - San Qi, Pu Huang, Qian Cao, Jiang Xiang
  - 3. Astringe blood to stop bleeding (8 types)
    - Bai Ji, Xian He Cao, Zi Zhu, Zong Lu Pi/Tan, Xue Yu Tan, Ou Jie, Lian Fang, Hua Sheng Yi
  - 4. Warm channels to stop bleeding (3 types)
    - Ai Ye, Pao Jiang, Fu Long Gan / Zao Xin Tu

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- **Cool blood to stop bleeding**
  - Da Ji (Herba Sue Radix Cirsii Japonici) 大蓟
  - Xiao Ji (Herba Cirsii) 小蓟
  - Di Yu (Radix Sanguisorbae) 地榆
  - Huai Hua (Flos Sophorae) 槐花
  - Ce Bai Ye (Cacumen Platycladi) 侧柏叶
  - Bai Mao Gen (Rhizoma Imperatae) 白茅根
Da Ji (大蓟)  
Japanese Thistle or Cirsium

- **English name**: Japanese thistle, cirsium
- **Literal English translation**: “big thistle”
- **Latin name**: Cirsium japomicum
- **Pharmaceutical name**: Herba seu Radix Cirsii Japonici
- **Where grown**: Anhui, Shandong, Herbei, Jiangsu
- **When harvested**: Summer or autumn when the flower is in bloom
- **Used Part**: The plant above the ground or root
- **Preparation**: Cut, dried, used unprepared
- **Flavor and properties**: Sweet, cool
- **Channel entered**: Liver, spleen, heart
Da Ji (大蓟)
Japanese Thistle or Cirsium

• **Function:**
  – 1. Cools the blood and stops bleeding
  – 2. Reduces swelling and relieves toxicity
  – 3. Reduces blood pressure and jaundice

• **Indication:**
  – 1. Bleeding caused by blood heat. with Xiao Ji, Da Huang, Ce Bai Ye (as Shi Hui San)

• **Dosage and administration:**
  – 10-15g decocted in water for an oral dose. 30-60g when used fresh
  – Proper amount pounded to paste applied topically for carbuncles and sores

• **Cautions and contraindications:**
  – Contraindication in cases of spleen and stomach Yang deficiency

• **Modern research**
  – Effect on blood pressure: lower blood pressure
Da Ji (大蓟)
Japanese Thistle or Cirsium

• Addendum
  – Xiao Ji (Herba Cephalamoplos or small thistle)
  – **Flavor and properties:** sweet and cool
  – **Channel entered:** liver and spleen
  – **Function and indication:** as same as Da Ji but are **not as strong as Da Ji**

Di Yu (地榆)
Burnet-bloodwort Root or Sanguisorba

• **English name:** burnet-bloodwort root, sanguisorba
• **Latin name:** Sanguisorba officinalis L.
• **Pharmaceutical name:** Radix Sanguisorbae Officinalis
• **Where grown:** Throughout north and northeastern China
• **When harvested:** Late summer or autumn when the plant has withered
• **Used part:** Root
• **Preparation:** Dried in sunlight, used unprepared or parched
• **Flavor and properties:** Bitter, sour, slightly cold
• **Channel entered:** Liver, large intestine, stomach
**Di Yu (地榆)**
Burnet-bloodwort Root or Sanguisorba

**Function:**
- 1. Cools the blood and stops bleeding
- 2. Clears heat and generates flesh
- 3. Promotes healing of burn

**Indication:**
- 1. Bleeding in the lower-jiao due to blood heat or damp-heat
  - A. Hemafecia, hemorrhoidal bleeding due to damp-heat in large intestine, with Huai Hua Mi
  - B. metrorrhagia and metrostaxis due to blood heat, with Sheng Di Huang, Huang Qin
  - C. Dysentery with blood stool, with Huang Lian, Mu Xiang
- 2. Sores, ulcers and injuries from burns, use alone externally
Di Yu (地榆）
Burnet-bloodwort Root or Sanguisorba

• **Dosage and administration:**
  – 10-15g decocted in water for an oral dose
  – Used *parched* for bleeding, often in a sesame oil base for burns

• **Caution and contraindication:**
  – 1. Contraindicated in cases of *cold from deficiency*
  – 2. Unsuitable for large areas of burns

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Di Yu (地榆）
Burnet-bloodwort Root or Sanguisorba

• Modern research
  – Effect on burns: reduce seepage, infection, mortality, and healing time compare to control groups in animal experiments.
  – Hemostatic effect: shorten bleeding time in rabbits experiments.
  – Antiemetic effect: stop vomiting
  – Antibiotic effect: inhibitory effect against many pathogenic bacteria
  – Use in dermatology: eczema
Huai Hua or Huai Hua Mi (槐花或槐花米)
Pagoda tree flower (bud) or Sophora flower

- **English name:** pagoda tree flower (bud), sophora flower
- **Alternate name:** 槐花 (huai hua); 槐米 (huai mi)
- **Latin name:** Sophora japonica L.
- **Pharmaceutical name:** Flos Sophorae Japonicae
- **Where grown:** North of China
- **When harvested:** Summer before the flowers bloom
- **Used part:** Flower bud
- **Preparation:** Dried, used unprepared or parched (charred)
- **Flavor and properties:** Bitter, cool
- **Channel entered:** Liver, large intestine
Huai Hua or Huai Hua Mi (槐花或槐花米)
Pagoda tree flower (bud) or Sophora flower

• **Function:**
  – 1. Cools the blood and stops bleeding
  – 2. Clears liver and brightens eyes

• **Indication:**
  – 1. Various bleeding due to blood heat, especially Hemafecia and hemorrhoidal bleeding due to heat in the large intestine, with Ce Bai Ye, Zhi Ke (Huai Hua San)
  – 2. Red eyes and dizziness due to liver heat, with Xia Ku Cao, Ju Hua

• **Dosage and administration:**
  – 10-15g decocted in water for an oral dose
  – Used charred for bleeding

• **Caution and contraindication:**
  – Use with caution in cases of spleen and stomach Yang deficiency
Huai Hua or Huai Hua Mi (槐花或槐花米)
Pagoda tree flower (bud) or Sophora flower

• Modern research
  – Effect on the capillaries: reduce the permeability of capillaries.
  – Anti-inflammatory effect: inhibit edema
  – Effect on smooth muscle: relieve intestinal spasms and slow gastric movement in rats.
  – Cardiovascular effect: increase cardiac output; improve coronary blood circulation by dilating the coronary blood vessels; prevent atherosclerosis

Ce Bai Ye (侧柏叶)
Leafy twig of arborvitae or Biota leaves

• **English name:** leafy twig of arborvitae, biota leaves
• **Alternate name:** 侧柏(ce bai); 侧叶(ce ye); 扁柏叶(bian bai ye)
• **Literal English translation:** “flat fir leaves”
• **Latin name:** Biota orientalis
• **Pharmaceutical name:** Cacumen Biotae Orientalis
• **Where grown:** Throughout China
• **When harvested:** Summer and autumn
• **Used part:** Twig and leaves
• **Preparation:** Dried in shade, used unprepared or charred
• **Flavor and properties:** Bitter, astringent, slightly cold
• **Channel entered:** Heart, liver, large intestine
Ce Bai Ye (侧柏叶)
Leafy twig of arborvitae or Biota leaves

- **Function:**
  - 1. Cools the blood and stops bleeding
  - 2. Relieves coughing and expels phlegm
  - 3. Promotes healing of burns

- **Indication:**
  - 1. Various bleeding disorders due to **blood heat**, with Sheng Di Huang, Sheng He Ye, Sheng Ai Ye (Si Sheng Wan)
  - 2. Cough due to **lung heat** and accumulation of phlegm, with Da Zao
  - 3. **Early stages of burns**, use alone topically
Ce Bai Ye (侧柏叶)
Leafy twig of arborvitae or Biota leaves

• **Dosage and administration:**
  – 10-15g decocted in water for an oral dose
  – Use as a powder in an ointment base for burns

• **Caution and contraindication:**
  – Long-term use or a large dose may cause dizziness, nausea, vomiting

Ce Bai Ye (侧柏叶)
Leafy twig of arborvitae or Biota leaves

• **Modern research**
  – Effect on the respiratory system: anti-tussive and expectorant effects in animal experiments.
  – Central nervous system effect: reduce the amount of voluntary movements in animals.
  – Effect on smooth muscle: relax the smooth muscle in intestinal specimens and relieve intestinal spasms.
  – Antibiotic effect: inhibitory effect on the growth of *Mycobacteria tuberculosis* and *Streptococcus pneumoniae*.
  – Use in gastroenterology: treat dysentery
  – Use for gastrointestinal hemorrhage: treat hemorrhage due to gastric ulcers
  – Use for alopecia: promote growth of head hair
Bai Mao Gen (白茅根)
Rhizome of Woolly Grass or Imperata or White Grass

- **English name:** rhizome of woolly grass, imperata, white grass
- **Alternate name:** 茅根(mao gen)
- **Latin name:** Imperata cylindrica
- **Pharmaceutical name:** Rhizome Imperatae Cylindricae
- **Where grown:** Throughout China
- **When harvested:** Spring or autumn
- **Used part:** Root
- **Preparation:** Dried in sunlight, used fresh or unprepared (raw)
- **Flavor and properties:** Sweet, cold
- **Channel entered:** Lung, stomach, small intestine, Bladder
Bai Mao Gen (白茅根)
Rhizome of Woolly Grass or Imperata or White Grass

**Function:**
- 1. Cools the blood and stops bleeding
- 2. Clears heat and promotes urination
- 3. Clears the stomach and lung heat

**Indication:**
- 1. Various bleeding due to blood heat, used alone or with other cooling blood and stopping bleeding herbs
- 2. Hot Lin syndrome, with Che Qian Zi, Mu Tong
- 3. Nausea and thirst due to stomach heat, Zhu Ru
- 4. Coughing due to lung heat, with Lu Gen

**Dosage and administration:**
- 15-30g decocted in water for an oral dose
- 60g if used alone

**Caution and contraindication:**
- Contraindicated in cases of spleen Yang deficiency

**Modern research**
- Antibiotic effect: inhibitory effect against Shigella flexneri and Shigella sonnei
- Acute nephritis: reduce edema, lower blood pressure
Invigorate blood stasis to stop bleeding

- **San Qi** (Radix Notoginseng) 三七
- **Pu Huang** (Pollen Typhinae) 蒲黄
- **Qian Cao** (Radix Rubiae) 茜草
- **Jiang Xiang** (Lignum Dalbergiae Odoriferae) 降香

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**San Qi (三七)**
Notoginseng Root or Pseudo ginseng Root

- **English name:** notoginseng root or pseudoginseng root
- **Alternate name:** 田七（tian qi); 参三七(shen san qi)
- **Literal English name:** “three seven”
- **Latin name:** Panax notoginseng or Panax Pseudo ginseng Wall and P. sanchi Hoo
- **Pharmaceutical name:** Radix Notoginseng
- **Where grown:** Yunnan, Guangxi, Sichuan, Guizhou, Jiangxi
- **When harvested:** In the autumn or winter of the third or seventh year, before the flowers bloom
- **Used part:** Root
- **Preparation:** Rub when it is half-dried, then dried in sunlight, used unprepared
- **Flavor and properties:** Sweet, slightly bitter, warm
- **Channel entered:** Liver, stomach, large intestine
San Qi (三七)
Notoginseng Root or Pseudo ginseng Root

- **Function:**
  - 1. Removes blood stasis and stops bleeding
  - 2. Reduces swelling and alleviates pain

- **Indication:**
  - 1. Various internal and external bleeding, especially with blood stasis, use alone or with Xue Yu Tan
  - 2. Traumatic injuries, used alone or with Ru Xiang, Mo Yao, used either orally or externally
  - 3. Chest pain due to blood stasis
San Qi (三七)
Notoginseng Root or Pseudo ginseng Root

• **Dosage and administration:**
  – 1-3g when taken directly as a powder (most time)
  – 3-10g when used in decoctions
  – Suitable amount for topical use

• **Cautions and contraindications:**
  – 1. Contraindicated during pregnancy
  – 2. Use with caution in cases of blood or Yin deficiency

• Modern research
  – Hemostatic effect: shorten bleeding time in animals
  – Cardiovascular effect: raise coronary blood flow; reduce blood pressure; reduce permeability of the capillaries
  – Use in cardiology: relieve angina pectoris
  – Effect on serum cholesterol levels: reduce serum lipids and cholesterol
  – Use in gastroenterology: acute attacks of Crohn’s disease (granulomatous colitis and regional enteritis)
Pu Huang (蒲黄)
Cattail Pollen or Bulrush

- **English name**: cattail pollen, bulrush
- **Latin name**: Typha angustifolia L. or T. angustata Bory et chaub
- **Pharmaceutical name**: Pollen Typhae
- **Where grown**: Jiangsu, Zhejiang, Shandong, Anhui,
- **When harvested**: Summer from blooming flowers
- **Used part**: Pollen
- **Preparation**: Collect the pollen, used unprepared or parched
- **Flavor and properties**: Sweet, pungent, neutral
- **Channel entered**: Liver, heart, spleen
Pu Huang (蒲黄)
Cattail Pollen or Bulrush

• **Function:**
  – 1. Stops bleeding
  – 2. Invigorates the blood and removes blood stasis
  – 3. Promotes urination

• **Indication:**
  – 1. Various external bleeding and internal bleeding, used alone or with Xian He Cao, Ce Bai ye
  – 2. Pain due to blood stasis, such as chest pain, post partum abdominal pain, menstrual pain, with Wu Ling Zhi (Shi Xiao San)

Pu Huang (蒲黄)
Cattail Pollen or Bulrush

• **Dosage and administration:**
  – 3-10g taken separately, wrapped if decocted in water
  – Use unprepared for blood stasis
  – Use toasted for bleeding

• **Caution and contraindication:**
  – Use with caution during pregnancy
Pu Huang (蒲黄)  
Cattail Pollen or Bulrush

- Modern research
  - Hemostatic effect: reduce bleeding time and thrombin time, and increased the platelet count.
  - Effect on the uterus: stimulate the uterus in animal experiments.
  - Cardiovascular effect: lower blood pressure in cats and dogs with large doses of decoctions.
  - Effect on the gastrointestinal tract: increase peristalsis in rabbit intestine specimens.

Qian Cao (茜草)
Madder Root or Rubia Root

- **English name:** madder root, rubia root
- **Alternate name:** 茜草(qian cao); 茜根(qian gen); 红丝线(hong si xian)
- **Latin name:** Rubia cordifolia L.
- **Pharmaceutical name:** Radix Rubiae Cordifoliae
- **Where grown:** Shaanxi, Jiangsu, Anhui, Henan, Shandong
- **When harvested:** Autumn
- **Used part:** Root
- **Preparation:** Dried in sunlight, cut, used unprepared or parched
- **Flavor and properties:** Bitter, cold
- **Channel entered:** Heart, liver
Qian Cao (茜草)
Madder Root or Rubia Root

- Function:
  - 1. Cools the blood and stops bleeding
  - 2. Removes blood stasis and regulates menstruation

- Indication:
  - 1. Various bleeding due to blood heat, especially with blood stasis, with Da Ji, Xiao Ji, Ce Bai Ye (Shi Hui San)
  - 2. Pain due to blood stasis, especially chest and hypochondria pain, dysmenorrhea used alone or with San Qi
Qian Cao (茜草)  
Madder Root or Rubia Root

- **Dosage and administration:**
  - 10-15g decocted in water for an oral dose
  - Parched better for stopping bleeding, raw better for invigorating blood

- **Caution and contraindication:**
  - Caution in cases of spleen and stomach yang deficiency

- **Modern research**
  - Effect on the respiratory system: antitussive and expectorant effect in mice.
  - Effect on smooth muscle: stimulating effect on the uterus of both guinea pig specimens and post partum women.
  - Antibiotic effect: inhibitory effect against Staphylococcus aureus, Streptococcus pneumoniae, and some influenza viruses
Jiang Xiang  （降香）
Lignum Dalbergiae Odoriferae

• **English name:** dalbergia heartwood
• **Alternate name:** 降真香 (jiang zhen xiang)
• **Literal English name:** “descending fragrance”
• **Pharmaceutical name:** Lignum Dalbergiae Odoriferae
• **Where grown:** Guangdong, Hainan
• **When harvested:** year-round
• **Used part:** duramen
• **Preparation:** clean and cut into small pieces
• **Flavor and properties:** acrid, warm
• **Channel entered:** Liver, Spleen, Stomach
Jiang Xiang (降香)
Lignum Dalbergiae Odoriferae

• Actions
  – 1. Remove blood stasis and stop bleeding
  – 2. Move Qi and blood, stop pain

• Indications
  – 1. For internal injuries due to trauma, fractures, sprains or contusions. Applied topically, alone or with other herbs, to stop bleeding from lacerations.
  – 2. For epigastric and abdominal pain due to stagnant Qi in the spleen and stomach, or chest pain due to blood stasis.

• Dosage and administration:
  – 3-6g decocted in water for an oral dose

• Caution and contraindication:
  – None

• Modern study
  – Hematological effect
  – Cardiovascular effect: positive inotropic effect, a negative chronotrophic effect, and increased cardiac output.
Astringe blood to stop bleeding
- **Bai Ji** (Rhizoma Bletillae) 白芨
- **Xian He Cao** (Herba Agrimoniae Pilosae) 仙鹤草
- **Zi Zhu** (Folium Callicarpae) 紫珠
- **Zong Lu Pi/Tan** (Petiolus Trachycarpi) 棕榈炭
- **Xue Yu Tan** (Crinis Carbonisatus) 血余炭
- **Ou Jie** (Nodus Nelumbinis Rhizomatis) 藕节
- **Lian Fang** (Receptaculum Nelumbinis) 莲房
- **Hua Sheng Yi** (Pellis Seminis Arachidis Hypogaeac) 花生衣

**Bai Ji (白芨）
Bletilla Rhizome**

- **English name:** bletilla rhizome
- **Latin name:** Bletilla striata Reichb.f.
- **Pharmaceutical name:** Rhizome Bletillae Striatae
- **Where grown:** Guizhou, Sichuan, Yunnan, Hubei
- **When harvested:** Summer and autumn
- **Used part:** Tuber
- **Preparation:** Get rid of accessory root, boiled or steamed until no white center, dried
- **Flavor and properties:** Bitter, sweet, cool
- **Channel entered:** Lung, stomach, liver
**Bai Ji (白芨)**  
Bletilla Rhizome

- **Function:**  
  - 1. Restraining blood and stopping bleeding  
  - 2. Reducing swelling and generating flesh

- **Indication:**  
  - 1. Bleeding from the **lung and stomach**  
    - A. Hemoptysis, use alone or with Pi Ba Ye, Ou Jie, E Jiao  
    - B. Hematemesis, with Wu Zei Gu  
  - 2. Bleeding associated with **traumatic injury**, use alone or with Duan Shi Gao for topical use  
  - 3. Sores, ulcers and chapped skin, **especially useful for chronic, nonhealing ulcers**  
    - A. Non-ulcerated sores, carbuncles, with Jin Yin Hua, Bei Mu, Tian Hua Fen  
    - B. Chronic non-healing ulcers, use alone for topical use  
    - C. Chapped skin, use alone or with Bai Zhi for topical use
Bai Ji (白芨)
Bletilla Rhizome

**Dosage and administration:**
- 3-10g decocted in water for an oral dose. 1.5-3g in powder for an oral dose
- Proper amount in powder for topical use directly or mixed with sesame oil

**Cautions and contraindications:**
- 1. Contraindicated in cases of coughing of blood with exterior syndrome
- 2. Caution for lung and stomach heat
- 3. Incompatible with Wu Tou

**Modern research**
- Hemostatic effect: reduction in both the bleeding and thrombin time in animal experiments.
- Effect on gastric and duodenal ulcers and perforations
- Use in gastroenterology: treat bleeding ulcers
- Antibiotic effect: inhibitory effect against Mycobacterium tuberculosis
- Treatment of pulmonary tuberculosis
- Treatment of bronchiectasis: reduce in sputum production and cough
- Use for burns and trauma
Xian He Cao (仙鹤草)  
Agrimony

- **English name:** agrimony  
- **Alternate name:** 脱力草(tuo li cao)  
- **Literal English translation:** “immortal crane herb”  
- **Latin name:** Agrimonia pilosa ledeb. var. japonica Nakai  
- **Pharmaceutical name:** Herba Agrimoniae Pilosae  
- **Where grown:** Throughout China  
- **When harvested:** Summer and autumn before the flowers bloom  
- **Used part:** Entire plant  
- **Preparation:** cut, dried, used unprepared  
- **Flavor and properties:** Bitter, acrid, neutral  
- **Channel entered:** Lung, liver, spleen
Xian He Cao (仙鹤草)  
Agrimony

**Function:**
- 1. Restraining the blood and stopping bleeding
- 2. Tonifying weakness
- 2. Alleviating diarrhea and dysentery
- 3. Killing parasites

**Indication:**
- 1. Various bleeding, such as hematemesis, epistaxis, hemoptysis, hematuria, hemafecia, metrorrhagia, metrorrhagia, used alone or combined with different herbs according to different syndrome
  - A. Heat syndrome, with Huai Hua, Di Yu
  - B. Cold syndrome, with Zao Xin Tu, Pao Jiang
- 2. For fatigue due to overstrain, with Ma Chi Xian
- 3. Chronic diarrhea and dysentery with blood, with Ma Chi Xian
- 4. *Trichomonas vaginitis*, used alone or with Ku Shen, She Chuang Zi

**Dosage and administration:**
- 10-15g decocted in water for an oral dose. 15-30g when used fresh
- Topical wash or cotton ball soaked in the concentrated decoction of herb for *trichomonas vaginitis*

**Caution and contraindication:**
- May cause nausea and vomiting
Xian He Cao (仙鹤草)  
Agrimony

- Modern research
  - Hemostatic effect: reduce in bleeding time
  - Use in trauma: In one clinical study of 20 surgical cases (including intracranial, thoracic, and abdominal cases), hemorrhage or seepage was stopped within 1-2 minutes.
  - Cardiovascular effect: vasoconstriction; positive inotropic effect
  - Effect on smooth muscle: reduce the frequency and strength of rabbit intestinal contraction
  - Anti-inflammatory effect: reduce conjunctivitis
  - Antibiotic effect: inhibit Staphylococcus aureus and Bacillus subtilis
  - Central nervous system effect: analgesic effect

Zi Zhu (紫珠)  
Folium Callicarpae

- English name: callicarpa leaf
- Alternate name: 紫珠草 (zi zhu cao)
- Literal English translation: “purple pearl”
- Latin name: Callicarpa pedunculata R. Br., C. macraophylla Vahl., or C. cathayana H. T. Chang
- Pharmaceutical name: Folium Callicarpae
- Where grown: throughout southern China
- When harvested: summer
- Used part: stem, leave and root
- Preparation: fresh or dried powder
- Flavor and properties: bitter neutral
- Channel entered: Liver, Lung, Spleen
Zi Zhu (紫珠)
Folium Callicarpace

• Actions
  – 1. Cool blood, astringe and stop bleeding
  – 2. Clear heat and resolve toxicity

• Indications
  – 1. For wide variety of internal and external bleeding
  – 2. For burn, sores.
Zi Zhu (紫珠)
Folium Callicarpae

- **Dosage and administration:**
  - 10-15g decocted in water for an oral dose. 15-30g when used fresh
- **Caution and contraindication:**
  - None
- **Pharmacological research**
  - 1. Hemostatic effect: increase platelet counts and shorten bleeding time and thrombin time
  - 2. Treatment of hemorrhage: most effective in treating bleeding from the digestive and respiratory tracts.
  - 3. Treatment of hemorrhoids
  - 4. Use in dentistry: bleeding after tooth extraction.
  - 5. Antibiotic effect

Zong Lu Pi/Tan (棕榈炭)
Petiolusn Trachycarpi

- **English name:** trachycarpus stiple fiber
- **Alternate name:** 棕皮(zong pi), 棕毛(zong mao)
- **Literal English translation:** “palm stipule”
- **Latin name:** Trachycarpus wagnerianus Becc. Or T. fortunei H. (Wendl.)
- **Pharmaceutical name:** Fibra Stipulae Trachycarpi
- **Where grown:** southern China, primarily Fujian and Guangdong
- **When harvested:** year-round, usually September October
- **Used part:** peel, fiber
- **Preparation:** Charred Palm
- **Flavor and properties:** bitter, astringent, neutral
- **Channel entered:** Liver, Large Intestine, Lungs, Spleen
Zong Lu Pi/Tan (棕榈炭)
Petiolusn Trachycarpi

- **Actions**
  - 1. Astringe and stop bleeding
  - 2. Stop diarrhea and dysentery

- **Indications**
  - 1. Variety of hemorrhagic diseases
  - 2. Diarrhea and dysentery
Zong Lu Pi/Tan (棕榈炭)
Petiolusn Trachycarpi

- **Dosage and administration:**
  - 10-15g decocted in water for an oral dose.
- **Caution and contraindication:**
  - Contraindicated for pregnancy.

Xue Yu Tan (血余炭)
Crinis Carbonisatus

- **English name:** charred human hair
- **Literal English translation:** “charred excess of the blood”
- **Latin name:** Homo sapiens L.
- **Pharmaceutical name:** Crinis Carbonisatus Hominis Hominis
- **Used part:** human hair
- **Preparation:** hair washed with soda water, rinsed clean with water, dried in the sun, carbonized by calcining, cooled in air.
- **Flavor and properties:** bitter, neutral
- **Channel entered:** Heart, Liver, Kidney
Xue Yu Tan (血余炭)
Crinis Carbonisatus

• **Actions**
  – 1. Astringe, stop bleeding, and remove blood stasis
  – 2. Promote urination

• **Indications**
  – 1. For various type of bleeding.
  – 2. For urination retention, Lin syndrome, especially bloody Lin.
**Xue Yu Tan** (血余炭)
Crinis Carbonisatus

- **Dosage and administration:**
  - 5-10g decocted in water for an oral dose.

- **Caution and contraindication:**
  - Contraindicated in case of interior heat and blood stagnation.

**Ou Jie** (藕节)
Nodus Nelumbinis Rhizomatis

- **English name:** node of the lotus rhizome
- **Latin name:** Nelumbo nucifera Gaertn.
- **Pharmaceutical name:** Nodus Nelumbinis Nuciferae Rhizomatis
- **Where grown:** throughout southern China
- **When harvested:** autumn, winter, or early spring
- **Used part:** Lotus Rhizome Node
- Preparation: collected in autumn and winter, cut off washed clean, dried in the sun, and removed from rootlet for use. The nodes can also be stir-fried.
- **Flavor and properties:** sweet, astringent, neutral
- **Channel entered:** Lung, Stomach, Liver
Ou Jie (藕节)
Nodus Nelumbinis Rhizomatis

- **Actions**
  - Astringe, stop bleeding and break up blood stasis

- **Indications**
  - For various type of bleeding.

- **Dosage and administration:**
  - 10-30g decocted in water for an oral dose.
  - Action is weak. Usually used with other herbs
Lian Fang (莲房)
Receptaculum Nelumbinis

- **English name:** mature lotus receptacle, lotus peduncle
- **Alternate name:** 莲蓬 (lian peng), 莲蓬壳 (lian peng qiao)
- **Latin name:** Nelumbo nucifera Gaertn.
- **Pharmaceutical name:** Receptaculum Nelumbinis Nuciferae
- **Where grown:** throughout southern China
- **When harvested:** late summer or fall when ripe
- **Used part:** receptacle
- **Preparation:** Collected in autumn when the fruit is ripe, removed from the fruits, dried in the sun, and calcined
- **Flavor and properties:** bitter, astringent, warm
- **Channel entered:** Liver, Spleen, Kidney
### Lian Fang (莲房)
**Receptaculum Nelumbinis**

- **Actions**
  - Stop bleeding and break up blood stasis.

- **Indications**
  - Hemorrhagic diseases

- **Dosage and administration**
  - 3-10g decocted in water for an oral dose.

- **Pharmacological research**
  - Hemostatic effect: reduce the bleeding time. More effective when charred.

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### Hua Sheng Yi (花生衣)
**Pellis Seminis Arachidis Hypogaeac**

- **English name:** peanut peel
- **Latin name:** Arachis hypogaea L
- **Pharmaceutical name:** Pellis Seminis Arachidis Hypogaeac
- **Where grown:** throughout China
- **When harvested:** Autumn
- **Used part:** peel
- **Flavor and properties:** Sweet; Bitter; Astringent; neutral
- **Channel entered:** Spleen; Lung
Hua Sheng Yi (花生衣)
Pellis Seminis Arachidis Hypogaeac

- **Actions**
  - Astringe and stop bleeding

- **Indications**
  - For inner organs bleeding, operation bleeding, haemophilia and thrombocytopenic purpura, hemophiloid disease.

- **Dosage and administration:**
  - 10-30g decocted in water for an oral dose.
  - Action is weak. Usually used with other herbs.
Warm channels to stop bleeding

- **Ai Ye** (*Folium Artemisiae Argyi*) 艾叶
- **Pao Jiang** (*Rhizoma Zingiberis Preparata*) 炮姜
- **Fu Long Gan / Zao Xin Tu** (*Terra Flava Usta*) 伏龙肝/灶心土

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**Ai Ye (艾叶)**
**Mugwort Leaf or Artemesia**

- **English name:** mugwort leaf, artemesia
- **Alternate name:** 五月艾 (*wu yue ai*); 祈艾 (*qi ai*); 白艾 (*bai ai*)
- **Latin name:** Artemisia argyi Levl. et Vant
- **Pharmaceutical name:** *Folium Artemisiae Argyi*
- **Where grown:** Throughout China
- **When harvested:** End of spring or early summer before the flowers bloom
- **Used part:** Leaf
- **Preparation:** Dried, use unprepared or parched with vinegar
- **Flavor and properties:** bitter, acrid, warm
- **Channel entered:** Spleen, liver, kidney
Ai Ye (艾叶)  
Mugwort Leaf or Artemesia

- **Function:**
  - 1. Warming the channel (womb) and stopping bleeding
  - 2. Warming the uterine and pacifying the fetus
  - 3. Dispelling cold and alleviating pain
  - 4. Expel dampness and stop itching
  - 5. Stop coughing and wheezing

- **Indication:**
  - 1. Bleeding due to yang deficiency, especially lower-jiao yang deficiency, with E Jiao, Dang Gui, Bai Shao (as Jiao Ai Tang)
  - 2. Restless fetus, lower abdominal pain, with Xiang Fu, Rou Gui, Wu Zhu Yu (As Ai Fu Nuan Gong Wan)
  - 3. Abdominal pain due to cold-damp, external moxibustion to warm and promote flow of Qi and blood.
  - 4. For diarrhea, leukorrhea, eczema, scabies.
Ai Ye (艾叶)
Mugwort Leaf or Artemesia

• **Dosage and administration:**
  – 3-15g decocted in water for an oral dose
  – Charred to enhance both its warming and hemostatic properties

• **Caution and contraindication:**
  – Use with caution in cases of heat in the blood or yin deficiency

• Modern research
  – Antibiotic effect: inhibitory effect against such pathogens as Staphylococcus aureus
  – Effect on the uterus: cause strong contractions in rabbit or guinea pig uterus specimens
  – Treatment of malaria
  – Treatment of warts: Crushed fresh Ai Ye placed over warts of 12 patients many times per day led to a falling off of the warts within 3-10 days.
Pao Jiang (炮姜)
Rhizoma Zingiberis Preparata

- **English name**: Quick-fried Ginger
- **Alternate name**: 炮姜 (Pao Jiang Tan), 黑姜 (Hei Jiang)
- **Latin name**: Zingiber officinalis (Willd.) Roscoe (Zingiberaceae)
- **Pharmaceutical name**: Rhizoma Zingiberis Officinalis quick-fried
- **Where grown**: Sichuan, Hubei, Guangdong, Guangxi, Fujian, Guizhou
- **Used part**: Rhizome
- **Preparation**: Rhizomes are carbonized until the surface becomes black and the inner part brown.
- **Flavor and properties**: Bitter; Astringent; warm
- **Channel entered**: Spleen; Liver
Pao Jiang (炮姜)
Rhizoma Zingiberis Preparata

- **Actions**
  - 1. Warm channel and stop bleeding
  - 2. Warm the middle, stop pain and stop diarrhea

- **Indications**
  - 1. For bleeding due to spleen Yang deficiency, spleen does not control blood.
  - 2. Abdominal pain, diarrhea due to the middle jiao cold.

- **Dosage and administration:**
  - 3-6g decocted in water for an oral dose
  - Charred to enhance both its warming and hemostatic properties

- **Caution and contraindication:**
  - Contraindicated for pregnancy and deficient heat.
Fu Long Gan / Zao Xin Tu (伏龙肝/灶心土)  
Terra Flava Usta

- **English name**: ignited yellow earth  
- **Alternate name**: 灶心土(zao xin tu), 灶心黄土(zao xin huang tu)  
- **Literal English translation**: “hidden dragon liver”  
- **Pharmaceutical name**: Terra Flava Usta  
- **Used part**: yellow earth  
- **Preparation**: Old clay of the clay bed inside the squat stove which has been fueled by dry grass or wood for a long time.  
- **Flavor and properties**: acrid, warm  
- **Channel entered**: Spleen, Stomach
Fu Long Gan / Zao Xin Tu (伏龙肝/灶心土)  
Terra Flava Usta

• **Actions**
  – 1. Warm the middle and stop bleeding
  – 2. Warm stomach and stop vomiting
  – 3. Stop pain and diarrhea

• **Indications**
  – 1. For bleeding due to spleen deficiency cold. dysfunctional uterine bleeding
  – 2. For cold and deficiency vomiting.
  – 3. For chronic abdominal pain and diarrhea due to spleen and stoma deficiency cold.

• **Dosage and administration:**
  – 15-30g decocted in water for an oral dose
  – Wrapped decoction

• **Caution and contraindication:**
  – Contraindicated in case of Yin deficiency and deficient heat.

• **Modern research**
  – Antiemetic effect: reduce vomiting
In conclusion

• Herbs that stop bleeding
  – 1. Cool blood to stop bleeding
    • Da Ji, Xiao Ji, Di Yu, Huai Hua, Ce Bai Ye, Bai Mao Gen
  – 2. Invigorate blood stasis to stop bleeding
    • San Qi, Pu Huang, Qian Cao, Jiang Xiang
  – 3. Astringe blood to stop bleeding
    • Bai Ji, Xian He Cao, Zi Zhu, Zong Lu Pi/Tan, Xue Yu Tan, Ou Jie, Lian Fang, Hua Sheng Yi
  – 4. Warm channels to stop bleeding
    • Ai Ye, Pao Jiang, Fu Long Gan / Zao Xin Tu

Questions

• 1. Which herb is the best for treating traumatic injury with pain, bleeding and swelling with blood stasis?
  • A. Xu Duan
  • B. San Qi
  • C. Hong Hua
  • D. Wang Bu Liu Xing

• 2. Which herb would you choose if a patient has bleeding and blood stasis?
  • A. San Qi
  • B. Xian He Cao
  • C. Bai Ji
  • D. Ai Ye
Questions

3. Which herb does NOT both stop bleeding and move blood?
   • A. San Qi
   • B. Pu Huang
   • C. Xian He Cao
   • D. Qian Cao Gen

4. What is the secondary function of Xian He Cao besides being hemostatic?
   • A. Stop cough and expel phlegm
   • B. Help healing the wounds
   • C. Promote urination
   • D. Stop dysentery and kill parasites

Questions

5. Which herb is especially good for bleeding from the LU (coughing up blood) and ST (vomiting up blood)?
   • A. Bai Ji
   • B. Di Yu
   • C. Huai Hua
   • D. Ai Ye

6. What type of bleeding is most suitable for Di Yu?
   • A. Qi deficiency
   • B. Blood stasis
   • C. Cold
   • D. Heat
Questions

• 7. Which herb can cool blood, stop bleeding, and lower blood pressure?
  • A. Di Yu
  • B. Huai Hua
  • C. Ai Ye
  • D. Pu Huang

• 8. Which of the following herbal combinations can treat blood in the stool and hemorrhoid bleeding due to Heat in the LI?
  • A. Ai Ye + Pao Jiang
  • B. Di Yu + Huai Hua
  • C. Pu Huang + Qian Cao Gen
  • D. Bai Ji + Xian He Cao

Questions

• 9. What is the function of Ce Bai Ye?
  • A. Cool blood, stop bleeding, lower blood pressure
  • B. Cool blood, stop bleeding, expel phlegm
  • C. Activate blood, stop bleeding, promote urination
  • D. Warm channel, stop bleeding, calm fetus

• 10. Which of the following herbs is best for the treatment of deficient cold uterine bleeding?
  • A. Pu Huang
  • B. Huai Hua Mi
  • C. Di Yu
  • D. Ai Ye
Section II Invigorating the blood

Concept

• Invigorating blood herbs
  – The herbs that have the function of promoting blood circulation, removing blood stasis or breaking up blood stasis and mainly treat various syndromes due to retarded blood circulation or blockage or retention of blood stasis are called invigorating the blood herbs or promoting blood circulation herbs.
Blood stasis’s outcome

- Retarded blood circulation or blockage or retention of blood stasis may cause:
  - 1. Amenorrhea, dysmenorrhea
  - 2. Postpartum abdominal pain
  - 3. Abdominal masses
  - 4. Arthralgia
  - 5. Pain in the chest, hypochondrium and abdomen
  - 6. Fracture, traumatic injuries can cause blood stasis
  - 7. Sores, carbuncles and other suppurative infections can cause blood stasis

Blood stasis

- In general, the problems associated with blood stasis in Chinese medicine are understood in modern biomedicine as either hematological disorders (including hemorrhage, congestion, thrombosis, and local ischemia) or local tissue changes.
- Translation note: Ascending order of strength
  - Harmonize the blood
  - Promote the movement of blood
  - Dispel blood stasis
  - Break up blood stasis
- Invigorating the blood is general in nature and does not specify any particular strength or function.
Causions

• 1. Often used with regulating Qi herbs
• 2. Combine with different herbs according to different conditions:
  – A. Accumulation of cold, with interior warming herbs
  – B. Painful obstruction, with expelling wind-damp herbs
  – C. Sores, carbuncles and other skin problems, with clearing heat and relieving toxin herbs
  – D. Abdominal masses, with softening and resolving mass herbs
  – E. Qi deficiency, with tonifying Qi herbs
• 3. Contraindicated during pregnancy

Objectives

1. Know the concept, pathological character, clinical manifestation of blood stasis, as well as diseases attributed to blood stasis.
2. Understand the general information on herbs that invigorate blood.
   – a. Concept, common function and indication.
   – b. Characters.
   – c. Compatibility.
   – d. Caution and contraindications
3. Get acquainted with the following individual information on herbs in this category.
   – a. Pinyin name, common English name and pharmaceutical name.
   – b. Characters.
   – c. Functions and indications.
   – d. Dosage and administration.
   – e. Cautions and contraindication.
• 4. Compare a couple of herb pairs to simplify, yet deepen the study.
Category

- Herbs that invigorate the blood
  - 1. Invigorate blood and stop pain (7 types)
    - Chuan Xiong, Yan Hu Suo, Yu Jin, Jiang Huang, Ru Xiang, Mo Yao, Wu Ling Zhi;
  - 2. Invigorate blood and regulate menstruation (8 types)
    - Dan Shen, Hong Hua, Tao Ren, Yi Mu Cao, Ze Lan, Niu Xi, Ji Xue Teng, Wang Bu Liu Xing
  - 3. Invigorate blood and treat injury (5 types)
    - Zhe Chong (Tu Bie Chong), Zi Ran Tong, Su Mu, Gu Sui Bu, Ma Qian Zi
  - 4. Break up and drive out blood stasis (6 types)
    - San Leng, E Zhu, Shui Zhi, Mang Chong, Chuan Shan Jia, Ban Mao

- Invigorate blood and stop pain (7 types)
  - Chuan Xiong 川芎 (Radix Ligustici Chuanxiong)
  - Yan Hu Suo 延胡索 (Rhizoma Corydalis Yanhusuo)
  - Yu Jin 郁金 (Tuber Curcumae)
  - Jiang Huang 姜黄 (Rhizoma Curcumae Longae)
  - Ru Xiang 乳香 (Gummi Olibanum)
  - Mo Yao 没药 (Myrrha)
  - Wu Ling Zhi 五灵脂 (Faeces Trogopterori)
Chuan Xiong (川芎)
Ligusticum or Szechuan Lovage Root or Cnidium

- **English name:** szechuan lovage root, cnidium
- **Alternate name:**芎藭（xiong qiong）
- **Latin name:** Ligusticum chuanxiong Hort.
- **Pharmaceutical name:** Radix Ligustici Chuanxiong
- **Where grown:** Sichuan, Guizhou, Yunnan, Hubei
- **When harvested:** Summer when stems have a purple hue
- **Used part:** Rhizome
- **Preparation:** Get rid of accessory root, cut into thin slices, dry, and use unprepared or fried with wine
- **Flavor and properties:** Pungent, warm
- **Channel entered:** Liver, gallbladder, pericardium
Chuan Xiong (川芎)
Ligusticum or Szechuan Lovage Root or Cnidium

• **Function:**
  – 1. Invigorating the blood and promoting the movement of Qi
  – 2. Expelling wind and alleviating pain

• **Indication:**
  – 1. Any kinds of **blood stasis syndrome**, such as:
    • A. Menstruation, dysmenorrhea or irregular menstruation, with Tao Ren, Hong Hua, Dang Gui (as Tao Hong Si Wu Tang)
    • B. Postpartum abdominal pain, with Dang Gui, Tao Ren (as Sheng Hua Tang)
    • C. Hypochondriac pain, with Wu Yao, Xiang Fu (as Ge Xia Zhu Yu Tang)
    • D. Traumatic injuries, with Chai Hu, Chuan Shan Jia (as Fu Yuan Huo Xue Tang)

• 2. **Headaches** such as:
  – A. Due to wind cold, with Bai Zhi, Fang Feng, Xi Xin (such as Chuan Xiong Cha Tiao San)
  – B. Due to wind heat, with Ju Hua, Shi Gao, Jiang Can
  – C. Due to wind dampness, with Qiang Huo, Gao Ben, Fang Feng (such as Qiang Huo Sheng Shi Tang)
  – D. Due to blood deficiency, with Dang Gui, Bai Shao
  – E. Due to blood stasis, with Chi Shao, Dan Shen, Bai Zhi

• 3. **Bi syndrome** (painful obstruction)
  – A. Due to wind-damp in the exterior, with Qiang Huo, Du Huo (such as Qiang Huo Sheng Shi Tang)
  – B. Due to wind-cold with kidney deficiency, with Sang Ji Sheng, Du Huo (such as Du Huo Ji Sheng Tang)
Chuan Xiong (川芎)
Ligusticum or Szechuan Lovage Root or Cnidium

- **Dosage and administration:**
  - 3-10g decocted in water for an oral dose
  - It is Qi moving herb in blood moving herbs.
  - It is important herb for treating headache.

- **Cautions and contraindications:**
  - 1. Caution in case of yin deficiency with heat signs
  - 2. Contraindication due to hyperactivity of liver yang
  - 3. Contraindication during the pregnancy
  - 4. Do not use for excessive heat, excessive sweating
  - 5. Overdosage may cause vomiting and dizziness

Chuan Xiong (川芎)
Ligusticum or Szechuan Lovage Root or Cnidium

- **Modern research**
  - Central nervous system effect: sedative effect in rats and mice.
  - Cardiovascular effect: lower blood pressure in animals experiment
  - Effect on smooth muscle: inhibit the contraction of rabbits’ specimens
  - Antibiotic effect: inhibitory effect against many pathogenic bacteria such as Shigella sonnei
Yan Hu Suo (延胡索)
Corydalis Rhizome

- **English name:** corydalis rhizome
- **Alternate name:** 延胡(yan hu); 元胡(yuan hu); 玄胡(xuan hu); 玄胡索(xuan hu suo)
- **Latin name:** Corydalis yanhusui W.T. Wang
- **Pharmaceutical name:** Rhizome Corydalis Yanhusuo
- **Where grown:** Zhejiang, Hubei, Hunan, Jiangsu
- **When harvested:** May through July when the herbaceous part has withered
- **Used part:** tuber
- **Preparation:** Boiled three minutes, dried, used unprepared or baked with vinegar
- **Flavor and properties:** Pungent (acrid), bitter, warm
- **Channel entered:** Heart, liver, lung, stomach
Yan Hu Suo (延胡索)
Corydalis Rhizome

**Function:**
- 1. Invigorating the blood
- 2. Promoting the movement of Qi
- 3. Alleviating pain

**Indication:**
**Pain due to blood stasis and Qi stagnation, Ex:**
- A. Chest pain, with Xie Bai, Dan Shen
- B. Epigastric or abdominal pain, with Chuan Lian Zi (as Jin Ling Zi San)
- C. Menstrual pain, with Dang Gui, Xiang Fu
- D. Hernial disorder, with Xiao Hui Xiang
- E. Traumatic injury, with Ru Xiang, Mo Yao

**Dosage and administration:**
- 5-12g decocted in water for an oral dose
- Fried in vinegar to enhance its blood-invigorating properties

**Caution and contraindication:**
- Contraindicated during pregnancy
Yan Hu Suo (延胡索)
Corydalis Rhizome

- Modern research
  - Analgesic effect: very strong analgesic
  - Hypnotic and sedative effect: Within 5-20 minutes after subcutaneous injection, dogs fall asleep. This effect lasts about 80 minutes.
  - Research on central nervous system physiology: inhibit the reticular activating system.
  - Treatment of pain: dysmenorrhea
  - Gastrointestinal effect: against gastric and duodenal ulcers in rats
  - Endocrine effect: stimulate secretions of ACTH from the pituitary and inhibit the effect of hypothermia

Yu Jin (郁金)
Turmeric Tuber or Curcuma

- English name: turmeric tuber, curcuma
- Alternate name: 广郁金(guan yu jin); 川郁金(chuan yu jin)
- Literal English Translation: “constrained metal”
- Latin name: Curcuma longa L., C. aromatica Salisb.
- Pharmaceutical name: Tuber Curcumae
- Where grown: Zhejiang, Sichuan, Jiangxi, Fujian, Yunnan, Taiwan
- When harvested: Winter or spring
- Used part: Root
- Preparation: Boiled or steamed, cut, dried
- Flavor and properties: Pungent, bitter, cool
- Channel entered: Heart, lung, liver
Yu Jin (郁金)
Turmeric Tuber or Curcuma

- **Function:**
  - 1. Invigorating the blood and breaking up blood stasis to relieve pain
  - 2. Promoting the movement of Qi and soothing depression
  - 3. Clearing heat from the heart and cooling the blood
  - 4. Benefiting the gallbladder and reducing jaundice

- **Indication:**
  - 1. Pain related to traumatic injury, with Dan Shen, Yan Hu Suo
  - 2. Liver Qi stagnation syndrome with or without heat signs, such as chest, hyperchondriac or menstrual pain, with Chai Hu, Bai Shao, Xiang Fu
  - 3. Hot phlegm obstructing the heart orifices with such symptoms as anxiety, agitation, seizures, or mental derangement, with Shi Chang Pu, Zhi Zi
  - 4. Jaundice and gallbladder disorder, with Yin Chen Hao
  - 5. It is also used for vomiting blood, epistasis due to liver fire.
Yu Jin (郁金)
Turmeric Tuber or Curcuma

- **Dosage and administration:**
  - 5-12g decocted in water for an oral dose
- **Caution and contraindication:**
  - 1. Contraindicated in cases without stagnant Qi or blood stasis, and Yin deficiency due to blood loss
  - 2. Caution during pregnancy
  - 3. Not used with Ding xiang
- **Modern research**
  - Effect on lipid metabolism: increase in serum cholesterol in animals experiments
  - Treatment of viral hepatitis: treat jaundice

Jiang Huang (姜黄)
Turmeric Rhizome

- **English name:** turmeric rhizome
- **Alternate name:** 片姜黄 (pian jiang huang)
- **Literal English Translation:** “ginger yellow”
- **Latin name:** Curcuma longa L.
- **Pharmaceutical name:** Rhizoma Curcumae Longae
- **Where grown:** Sichuan, Fujian, Yunnan, Jiangxi
- **When harvested:** Winter when the sprouts have withered
- **Used part:** Root
- **Preparation:** Boiled or steamed, cut, dried
- **Flavor and properties:** Pungent, bitter, warm
- **Channel entered:** Spleen, stomach, liver
Jiang Huang (姜黄)
Turmeric Rhizome

- **Function:**
  - 1. Move Qi and blood, stop pain
  - 2. Move blood and unblock menstruation
  - 3. Expel wind and unblock channels

- **Indication:**
  - 1. Various **blood stasis** with Qi stagnation syndrome, Ex:
    - A. Amenorrhea, dysmenorrhea, with E Zhu, Chuan Xiong, Dang Gui
    - B. Chest, hypochondriac pain, with Chai Hu
    - C. Traumatic pain, with Hong Hua, Tao Ren
  - 2. For amenorrhea and dysmenorrhea. with E Zhu, Chuan Xiong, Dang Gui
  - 3. **Bi pain** due to wind-damp, with Qiang Huo, Dang Gui (Juan Bi Tang)
Jiang Huang (姜黄)
Turmeric Rhizome

• **Dosage and administration:**
  – 3-10g decocted in water for an oral dose
  – Made into an ointment with either sesame or salad oil

• **Caution and contraindication:**
  – Contraindicated in cases of blood deficiency without stagnation

Jiang Huang (姜黄)
Turmeric Rhizome

• **Modern research**
  – Cholagogic effect: increase the secretion of bile
  – Effect on the uterus: stimulate mice uterus specimens
  – Effect on blood pressure: lower blood pressure
  – Antibiotic effect: inhibitory effect against Staphylococcus aureus
  – Central nervous system effect: analgesic
Ru Xiang (乳香)
Frankincense or mastic

- **English name:** frankincense, mastic
- **Alternate name:** 生乳香 (sheng ru xiang); 熏乳香 (xun ru xiang)
- **Literal English Translation:** “fragrant milk”
- **Latin name:** Boswellia carterii Birdw.
- **Pharmaceutical name:** Gummi Olibanum
- **Where grown:** East Africa and Arabia
- **When harvested:** Spring
- **Used part:** Tree excretion
- **Preparation:** Cut the trunk of tree, collect the solidified excretion, use unprepared or parched
- **Flavor and properties:** Acrid (pungent), bitter, warm
- **Channel entered:** Heart, liver, spleen
Ru Xiang (乳香)
Frankincense or mastic

• **Function:**
  - 1. Invigorating the blood and promoting the Qi flow to alleviate pain
  - 2. Reducing swelling and generating flesh

• **Indication:**
  - 1. **Traumatic pain** due to blood stasis, with Mo Yao, Xue Jie, Hong Hua
  - 2. **Chest, epigastric or abdominal pain** due to blood stasis, with Dang Gui, Yan Hu Suo, Xiang Fu
  - 3. **Bi syndrome** due to wind-damp, rigidity and spasms, with Du Huo, Qiang Huo
  - 4. **Sores, carbuncles, and traumatic injury**
    - A. The early stage of carbuncles, sores, swellings, with Shuang Hua, Bai Zhi
    - B. Non-heal sores, carbuncles and trauma, with Mo Yao, Xue Jie
  - 5. **Redness, swelling of the gums, mouth and throat**, with Bing Pian topical use

• **Dosage and administration:**
  - 3-10g decocted in water for an oral dose
  - Applied topically as an ointment or powder for indication 4 and 5
  - Important herb for trauma.
  - It is bitter and may cause vomiting.

• **Caution and contraindication:**
  - Contraindicated during pregnancy
  - Caution in cases of spleen and stomach deficiency

• **Modern research**
  - Antitubercular effect: treat tuberculosis in rats
  - Treatment of chest pain
Mo Yao (没药)
Myrrh

- **English name**: myrrh
- **Latin name**: Commiphora myrrha Engl.
- **Pharmaceutical name**: Myrrha
- **Where grown**: East Africa and Arabia
- **When harvested**: November through February
- **Used part**: Tree excretion
- **Preparation**: Collect the tree excretion, crush, parch
- **Flavor and properties**: Bitter, neutral
- **Channel entered**: Heart, liver, spleen
Mo Yao (没药)
Myrrh

• **Function:**
  – 1. Invigorating the blood and breaking up blood stasis, and alleviating pain
  – 2. Reducing swelling and promoting healing

• **Indication:**
  – 1. **Blood stasis syndrome**, including pain from trauma, sores, carbuncles, swellings, immobile abdominal masses, painful obstruction, chest pain, abdominal pain and amenorrhea, as same as Ru Xiang
  – 2. **Chronic nonhealing sores**, carbuncles, sores, nodules, topically application for traumatic injury. Used with Ru Xiang, Xue Jie for topical use with Ru Xiang, Xue Jie for topical use

• **Dosage and administration:**
  – 3-10g decocted in water for an oral dose
  – It is bitter and may cause vomiting.

• **Caution and contraindication:**
  – Contraindication during pregnancy and in cases of excessive uterine bleeding

• **Modern research**
  – Cardiovascular effect: lower serum cholesterol and prevent plaque formation in rabbits
  – Gastrointestinal effect: directly stimulate gastrointestinal motility
  – Antifungal effect: inhibitory effect against many types of pathogenic dermatomycosis
Mo Yao (没药)
Myrrh

• Difference between Ru xiang and Mo Yao
  – Ru Xiang is better at regulating Qi
  – Mo Yao is better at invigorating blood

Wu Ling Zhi (五灵脂)
Flying Squirrel Feces

• English name: flying squirrel feces, pteropus
• Alternate name: 灵脂(ling zhi)
• Literal English translation: “fat of the five spirits”
• Latin name: Pteromys volans L. Or Trogopterus Xanthipes milne-edwards
• Pharmaceutical mane: Excrementum Trogopteri seu Pteromi
• Where found: Hebei, Shanxi, Beijing
• When gathered: Spring or autumn
• Used part: Feces
• Preparation: Dried, use unprepared
• Flavor and properties: Bitter, sweet, warm
• Channel entered: Liver, spleen
Wu Ling Zhi (五灵脂)
Flying Squirrel Feces

- **Function:**
  - 1. Dispersing blood stasis to alleviate pain
  - 2. Transforming stasis and stopping bleeding
- **Indication:**
  - 1. Variety of disorders due to blood stasis, such as amenorrhea, dysmenorrhea, postpartum abdominal pain, epigastric pain, stabbing pain in the chest, with Pu Huang (as Shi Xiao San)
  - 2. Uterine bleeding and lochioschesis due to blood stasis, with Shen Di Huang, E Jiao
  - 3. Also used for childhood nutritional impairment; snake, scorpion and centipede bite.
Wu Ling Zhi (五灵脂)
Flying Squirrel Feces

• **Dosage and administration:**
  – 3-15g wrapped decocted in water for an oral dose
  – Use raw or fry with vinegar to invigorate the blood, dry-fry to stop bleeding

• **Caution and contraindication:**
  – 1. Caution during pregnancy and in cases with weak spleen and stomach
  – 2. Antagonized by Ren Shen

Wu Ling Zhi (五灵脂)
Flying Squirrel Feces

• **Modern research**
  – Effect on smooth muscle: relieve spasms of smooth muscle
  – Antitubercular effect: treat tuberculosis in mice and guinea pigs
  – Use for snakebite: snakebite from various snakes
– Invigorate blood and regulate menstruation (8 types)
  • Dan Shen 丹参 Radix Salviae Miltiorrhizae
  • Hong Hua 红花 Flos Carthami Tinctorii
  • Tao Ren 桃仁 Semen Persicae
  • Yi Mu Cao 益母草 Herba Leonuri Heterophylli
  • Ze Lan 泽兰 Herba Lycopii Lucidi
  • Niu Xi 牛膝 Radix Achyranthis Bidentatae
  • Ji Xue Teng 鸡血藤 Caulis Spatholobi
  • Wang Bu Liu Xing 王不留行 Semen Vaccariae Segetalis

Dan Shen (丹参)
Salvia Root

• **English name:** salvia root
• **Alternate name:** 紫丹参 (zi dan shen), 赤丹参 (chi dan shen), 血丹参 (xue dan shen)
• **Literal English translation:** “cinnabar root”
• **Latin name:** Salvia miltiorrhiza Bge.
• **Pharmaceutical name:** Radix Salviae Miltiorrhizae
• **Where grown:** HeBei, Shanxi, and north of china
• **When harvested:** Late autumn to early spring
• **Used part:** Root
• **Preparation:** Cut, dried
• **Flavor and properties:** Bitter, slight cold
• **Channel entered:** Heart, pericardium, liver
Dan Shen (丹参)
Salvia Root

• **Function:**
  – 1. Move blood and regulate menstruation
  – 2. Move blood and stop pain
  – 3. Clear heat and resolve carbuncles
  – 4. Clear heart and soothe irritability

• **Indication:**
  – 1. Various blood stasis disorders, such as:
    • A. Dysmenorrhea, amenorrhea, with Dang Gui, Chuan Xiong, Yi Mu Cao
    • B. Chest, epigastrium or abdomen pain, with Chuang Xiong, Chi Shao
    • C. Palpable masses, lochioschesis, with San Leng, E Zhu
    • D. Trauma, with Hong Hua
  – 2. Restlessness, irritability, palpitation and insomnia due to heat entering the nutritive level, with Xi Jiao, Sheng Di Huang (as Qing Ying Tang)
### Dan Shen (丹参) Salvia Root

**Dosage and administration:**
- 5-15g decocted in water for an oral dose. Special use can be up to 60g.
- Frying in wine enhances its blood-invigorating properties

**Cautions and contraindications:**
- 1. Use with caution in cases without blood stasis.
- 2. Incompatible with Li Lu (veratrum root)

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### Modern research
- Cardiovascular effect: vasodilatory effect on the coronary arteries of guinea pig and rabbit heart specimens
- Treatment of angina pectoris
- Use for thromboangiitis obliterans
- Effect on cholesterol metabolism: lower the serum cholesterol levels
- Central nervous system effect: sedative effect on white mice and prolonged the hypnotic effect of barbiturates
- Antibiotic effect: inhibitory effect against Mycobacterium tuberculosis and some pathogenic dermatomycoses
- Effect on glucose metabolism: hypoglycemic effect
Hong Hua (红花)
Safflower Flower or Carthamus

- **English name**: safflower flower, carthamus
- **Alternate name**: 川红花(chuan hong hua); 杜红花(du hong hua); 红蓝花 (hong lan hua)
- **Literal English translation**: “red flower”
- **Latin name**: Carthamus tinctorius L.
- **Pharmaceutical name**: Flos Carthami Tinctorii
- **Where grown**: Henan, Hebei, Chejiang, Sichuan, Yunnan
- **When harvested**: June through July when the color of the flower is changing from yellow to red
- **Used part**: Flower
- **Preparation**: Dried in shade, used unprepared
- **Flavor and properties**: Pungent, warm
- **Channel entered**: Heart, liver
Hong Hua (红花)  
Safflower Flower or Carthamus

**Function:**
- 1. Invigorating the blood and regulating menstruation
- 2. Removing blood stasis and alleviating pain
- 3. Move blood and resolve erythema

**Indication:**
- 1. Various blood stasis syndrome, Ex:
  - A. Amenorrhea, dysmenorrhea and postpartum abdominal pain, with Tao Ren, Chuan Xiong
  - B. Masses in the abdomen, with San Leng, E Zhu
- 2. Various pain due to blood stasis, Ex:
  - A. Chest or hypochondrium, with Chi Shao, Tao Ren, Chuan Xiong (as Xue Fu Zhu Yu Tang)
  - B. Hypochondrium, Chai Hu, Chi Shao
  - C. Traumatic injuries, with Ru Xiang, Mo Yao.
  - D. Sores, carbuncles, with Pu Gong Ying, Lian Qiao
- 3. For dark purplish erythema due to blood heat.

**Dosage and administration:**
- 3-10g decocted in water for an oral dose and decocted late
- 0.9-1.5g when use to harmonize the blood

**Caution and contraindication:**
- Contraindicated during pregnancy and ulcer patients.
- Usually combined with Tao Ren.
- High dosage can cause uterus spasm.
Hong Hua (红花)
Safflower Flower or Carthamus

• Modern research
  – Cardiovascular effect: weak inhibitory effect on the heart, reduction in blood pressure and increase in coronary blood.
  – Treatment of coronary artery disease
  – Effect on the uterus: stimulate the uterus in many different kinds of animals
  – Effect on cholesterol metabolism: lower the serum cholesterol of rabbits
  – Use for musculoskeletal trauma: swelling, subcutaneous hemorrhage due to acute sprain

Tao Ren (桃仁)
Peach Kernel or Persica

• English name: peach kernel, persica
• Alternate name: 桃核仁(tao he ren); 光桃仁(guang tao ren); 単桃仁(dan tao ren)
• Latin name: Prunus persica
• Pharmaceutical name: Semen Persicae
• Where grown: Throughout china
• When harvested: July through August when fruit is ripe
• Used part: Kernel
• Preparation: Dried, used unprepared
• Flavor and properties: Bitter, sweet, neutral
• Channel entered: Heart, Large intestine, liver, lung
Tao Ren (桃仁)
Peach Kernel or Persica

- **Function:**
  - 1. Invigorating blood circulation and breaking up blood stasis
  - 2. Moistening the intestines and relieving constipation
  - 3. Expel pus

- **Indication:**
  - 1. **Various blood stasis syndrome**, Ex:
    - A. Chest pain, with Dang Gui, Hong Hua, Chuan Xiong (as Xue Fu Zhu Yu Tang)
    - B. Whole body ache or Bi pain, with Niu Xi, Chuan Xiong (as Shen Tong Zhu Yu Tang)
    - C. Amenorrhea, dysmenorrhea, with Hong Hua, Chuan Xiong (as Tao Hong Si Wu Tang)
    - D. Postpartum, abdominal pain, with Dang Gui, Chuan Xiong (as Sheng Hua Tang)
  - 2. **Traumatic blood stasis**, with Chai Hu, Dang Gui, Tian Hua Fen (as Fu Yuan Huo Xue Tang)
  - 3. **Constipation due to dry intestines**, with Xing Ren, Chen Pi (as Wu Ren Wan)
  - 4. **Lung and intestine abscesses**, 
    - A. Lung abscess, with Yi Yi Ren, Dong Gua Ren for lung abscess
    - B. Intestine abscess, with Da Huang, Mu Dan Pi, Yi Yi Ren (as Da Huang Mu Dan Tang)
  - 5. Also stop coughing and wheezing
Tao Ren (桃仁)
Peach Kernel or Persica

- **Dosage and administration:**
  - 5-10g decocted in water for an oral dose
- **Caution and contraindication:**
  - Contraindicated during pregnancy
  - High dosage can cause respiratory failure to death.
  - Usually combined with Hong hua
- **Modern research**
  - Hematological effect: weak anticoagulant effect
  - Antitubercular effect: treat tuberculosis in white mice

Yi Mu Cao (益母草)
Chinese Motherwort or Leonurus

- **English name:** Chinese motherwort, leonurus
- **Alternate name:** 坤草 (kun cao); 荊蔚 (chong wei)
- **Literal English translation:** “benefit mother herb”
- **Latin name:** Leonurus heterophyllus Sweet
- **Pharmaceutical name:** Herba leonuri Heterophylli
- **Where grown:** Throughout china
- **When harvested:** Summer and autumn when the stems and leaves are flourishing
- **Used part:** Entire plant
- **Preparation:** Cut, dried in sunlight, used unprepared (raw) or boiled and concentrated into soft extract
- **Flavor and properties:** Pungent, bitter, slightly cold
- **Channel entered:** Heart, liver, bladder
Yi Mu Cao (益母草)  
Chinese Motherwort or Leonurus

- **Function:**
  - 1. Invigorating the blood and regulating the menses
  - 2. Removing blood stasis and reducing masses
  - 3. Promoting urination and reducing swelling
  - 4. Clear heat and resolve toxicity

- **Indication:**
  - 1. **Gynecological disorders**, such as **irregular menstruation, premenstrual abdominal pain, infertility and post partum abdominal pain**, use soft extract alone or with Chuan Xiong, Dang Gui, Chi Shao
  - 2. **Abdominal masses or infertility** due to **blood stasis**, with Nu Xi, Dan Shen
  - 3. **Acute edema, especially with hematuria**, with Bai Mao Gen, Sang Bai Pi, Fu Ling
  - 4. For **boils, carbuncles, dermatitis**.
Yi Mu Cao (益母草)
Chinese Motherwort or Leonurus

• **Dosage and administration:**
  – 10-30g decocted in water for an oral dose
  – Can be used 120g when treating edema from glomerulonephritis.

• **Cautions and contraindications:**
  – 1. **Contraindicated during pregnancy**
  – 2. Use with caution in cases of **Yin or blood deficiency without blood stasis**

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Yi Mu Cao (益母草)
Chinese Motherwort or Leonurus

• **Modern research**
  – Effect on the uterus: stimulate uterine specimens
  – Treatment of the post partum uterus: cause the uterus to contract after delivery
  – Cardiovascular effect: lower blood pressure in many animal experiments
  – Central nervous system effect: stimulate the respiratory center in the brain
  – Treatment of acute glomerulonephritis
Ze Lan (泽兰)
Bugleweed

- **English name:** bugleweed
- **Alternate name:** 泽兰叶 (ze lan ye); 香泽兰 (xiang ze lan)
- **Literal English translation:** “marsh orchid”
- **Latin name:** Lycopus lucidus Turcz.
- **Pharmaceutical name:** Herba Lycopi Lucidi
- **Where grown:** Throughout china
- **When harvested:** Summer and autumn when the stems and leaves are growing vigorously
- **Used part:** The plant above the ground
- **Preparation:** Cut, dried in sunlight, used unprepared
- **Flavor and properties:** bitter, pungent, slightly warm, aromatic
- **Channel entered:** Liver, spleen
Ze Lan (泽兰)
Bugleweed

• **Function:**
  – 1. Invigorating the blood and removing blood stasis and regulating menses
  – 2. Promoting urination to reduce edema

• **Indication:**
  – 1. Pain due to **blood stasis obstructing the menses**, such as: amenorrhea, dysmenorrhea, postpartum pain, with Dang Gui, Yi Mu Cao, Shan Shen
  – 2. Pain and swelling due to **traumatic injury** or **abscess**, with Chi Shao, Chuan Xiong, Ru Xiang
  – 3. **Edema**, with Fang Ji

• **Dosage and administration:**
  – 10-15g decocted in water for an oral dose

• **Caution and contraindication:**
  – Use with caution during **pregnancy** and in cases **without blood stasis**

• **Modern research**
  – Effect on the cardiovascular system: cardiotonic effect
Niu Xi (牛膝)
Achyranthes Root

- **English name:** achyranthes root
- **Alternate name:** 怀牛膝 (huai niu xi); 怀牛 (huai niu)
- **Literal English names:** “ox knee”
- **Latin name:** Achyranthes bidentata Bl
- **Pharmaceutical name:** Radix Achyranthis Bidentatae
- **Where grown:** Henan, Hebei, Shishuan, Yunnan
- **When harvested:** Winter when the stems and leaves are withered
- **Used part:** Root
- **Preparation:** Dried, used unprepared or parched with wine or salt
- **Flavor and properties:** bitter, sour, neutral
- **Channel entered:** Liver, kidney
Niu Xi (牛膝)
Achyranthes Root

- **Function:**
  - 1. Invigorating the blood and removing the blood stasis
  - 2. Reinforcing liver and kidney to strengthen the tendon and bones
  - 3. Clearing damp-heat in the lower-jiao to treat Lin syndrome
  - 4. Inducing the downward movement of blood

- **Indication:**
  - 1. Various blood stasis syndrome, with Chuan Xiong, Hong Hua, Chi Shao
  - 2. Pain and soreness affecting the lower back and knees due to kidney deficiency, with Du Huo, Sang Ji Sheng (as Du Huo Ji Sheng Tang)
  - 3. Damp-heat downward syndrome, such as knee pain, lower back pain and painful urinary dysfunction
    - A. Knee pain, lower back pain, with Cang Zhu, Huang Bai (as San Miao Wan)
    - B. Lin syndrome, with Bian Xu, Qu Mai
  - 4. Reckless movement of blood due to heat or flaming up of fire in the upper-jiao, such as hematemesis, epistaxis, headache, toothache, canker sores, with Shi Gao, Mai Dong, Zhi Mu (Yu Nu Jian)
  - 5. Headache and vertigo due to hyperactivity of liver Yang, with Shao Yao, Tian Men Dong (Zhen Gan Xi Feng Tang)
Niu Xi (牛膝) Achyranthes Root

• **Dosage and administration:**
  – 6-15g decocted in water for an oral dose
  – Guide all herbs downward.

• **Cautions and contraindications:**
  – 1. Contraindicated during pregnancy
  – 2. Caution in cases with diarrhea due to spleen deficiency

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Niu Xi (牛膝) Achyranthes Root

• **Modern research**
  – Effect on the uterus: it caused relaxation in the nonpregnant uteri of cats, and contractions in pregnant cat uteri.
  – Gastrointestinal effect: inhibit the motility of mice intestinal specimens, but increased contractions in guinea pig intestine.
  – Cardiovascular effect: reduction in blood pressure
  – Analgesic effect
Ji Xue Teng (鸡血藤)
Spatholobus or Millettia Root and Vine

- **English name:** spatholobus or millettia root and vine
- **Literal English name:** “chicken blood vine”
- **Latin name:** Spatholobus suberectus Dunn.
- **Pharmaceutical name:** Radix et Caulis Jixueteng
- **Where grown:** Guangdong, Guangxi, Yunnan, Zhejiang
- **When harvested:** Autumn
- **Used part:** Root and vine
- **Preparation:** Cut, dried, use unprepared
- **Flavor and properties:** Bitter, sweet, warm
- **Channel entered:** Heart, liver, spleen
Ji Xue Teng (鸡血藤)
Spatholobus or Millettia Root and Vine

• **Function:**
  – 1. Promoting the movement of blood and tonifying the blood
  – 2. Invigorating channels and relaxing the sinews

• **Indication:**
  – 1. **Blood deficiency alone or with blood stasis syndrome**, such as dysmenorrhea irregular menstruation or amenorrhea, with Shu Di Huang, Chuan Xiong, Dang Gui
  – 2. **Numbness of the extremities, lower back pain, knee pain or generalized joint soreness**, with Du Huo, Sang Ji Sheng
  – 3. **Weakness of the extremities in the elderly or paralysis and vertigo due to blood stasis or wind-stroke**, with Xu Duan, Wu Jia Pi

• **Dosage and administration:**
  – 10-15g decocted in water for an oral dose, in severe cases up to 30g
  – Good at blood stasis with blood deficiency

• **Caution and contraindication:**
  – None noted

• **Modern research**
  – Cardiovascular effect: inhibit frog heart specimens and lowered the blood pressure of dogs and rabbits
  – Anti-inflammatory effect: beneficial effect on rats with arthritis
  – Central nervous system effect: sedative and hypnotic effect
  – Effect on phosphate metabolism: increase the rates of phosphate metabolism in the kidneys and uterus
Wang Bu Liu Xing (王不留行)
Vaccaria seeds

- **English name:** vaccaria seeds
- **Alternate name:** 留行子(liu xing zi); 王不留(wang bu liu)
- **Literal English translation:** “king who does not stay but departs”
- **Latin name:** Vaccaria segetalis
- **Pharmaceutical name:** Semen Vaccariae Segetalis
- **Where grown:** Jiangsu, Hebei, Henan, Shaanxi
- **When harvested:** Summer when seeds are ripe
- **Used part:** Seeds
- **Preparation:** Collect the seeds, dried, used unprepared or parched
- **Flavor and properties:** Bitter, neutral
- **Channel entered:** Liver, stomach
Wang Bu Liu Xing (王不留行)
Vaccaria seeds

- **Function:**
  - 1. Move blood and regulate menstruation
  - 2. Promote lactation and resolve abscess
  - 3. Promote urination

- **Indication:**
  - 1. For dysmenorrhea, amenorrhea due to blood stasis
  - 2. Insufficient lactation or amenorrhea due to blood stasis
    - A. Due to blood stasis, with Chuan Shan Jia, Tong Cao, Lu Lu Tong
    - B. Due to Qi deficiency, with Huang Qi, Dang Gui
  - 2. Painful swelling, especially of the breast or testicles
    - A. Painful swelling due to trauma, with Hong Hua, Tao Ren, Ru Xiang
    - B. Painful swelling due to breast abscess, with Pu Gong Ying, Gua Lou
    - C. Testicles pain and swelling, with Jin Qian Cao, Niu Xi
  - 3. For Lin syndromes including hot Lin, bloody Lin, stone Lin

- **Dosage and administration:**
  - 5-10g decocted in water for an oral dose

- **Caution and contraindication:**
  - Contraindicated during pregnancy

- **Modern research**
  - Effect on the uterus: stimulatory effect on the uterus
  - Treatment of herpes zoster
Questions

1. Which herb treats BI syndrome and headache?
   A. Ru Xiang
   B. Mo Yao
   C. Chuan Xiong
   D. Dan Shen

2. What is the contraindication of using Chuan Xiong?
   A. Deficient Yin with heat signs
   B. Headache from LV Yang rising
   C. Qi deficiency and excessive menstrual bleeding
   D. All of the above

3. Yan Hu Suo is vinegar treated to ___
   A. Enhance Qi regulating function
   B. Enhance blood activating function
   C. Enhance analgesic function
   D. Decrease toxicity

4. Which herb activates blood, dispel stasis, cools the blood, clears heat and recedes or abates jaundice?
   A. Yin Chen
   B. Zhi Zi
   C. Yu Jin
   D. Qin Jiao
5. Which herb if often combined with Shi Chang Pu to treat Shen disturbance due to turbid damp misting the HT orifices?
A. Chuan Xiong  
B. Yan Hu Suo  
C. Yu Jin  
D. Yi Mu Cao

6. Which of the following pairs of herbs activate blood, reduce swelling and generate new tissue?
A. Tao Ren + Hong Hua  
B. Ru Xiang + Mo Yao  
C. Sang Leng + E Zhu  
D. Wang Bu Liu Xing + Chuan Shan Jia

– Invigorate blood and treat injury (5 types)
  • Tu Bie Chong 土鳖虫 (Eupolyphaga Seu Steleophaga)
  • Su Mu 苏木Lignum Sappan
  • Zi Ran Tong 自然铜 Pyritum
  • Gu Sui Bu 骨碎补 (Rhizoma Drynariae)
  • Ma Qian Zi 马钱子Semen Strychni
Zhe Chong or Tu Bie Chong (庶虫或土鳖虫)
Wingless cockroach or eupolyphaga

- **English name**: wingless cockroach, eupolyphaga
- **Alternate name**: 地鳖虫 (di bie chong); 庶虫 (Zhe chong)
- **Literal English translation**: “land soft-shelled turtle”
- **Latin name**: Eupolyphaga sinensis Walker
- **Pharmaceutical name**: Eupolyphaga seu Opisthoplatia
- **Where found**: Jiangsu, Anhui, Henan, Hubei, Sichuan
- **Used part**: Body
- **Preparation**: Boiled with salt water, dried
- **Flavor and properties**: Salty, cold, toxic
- **Channel entered**: Liver, heart, spleen
Zhe Chong or Tu Bie Chong (庶虫或土鳖虫)
Wingless cockroach or eupolyphaga

• **Function:**
  – 1. Breaking up and driving out blood stasis
  – 2. Renewing sinews and joining bones

• **Indication:**
  – 1. Various blood stasis, such as
    • A. Abdominal masses, with Chai Hu, Tao Ren, Bie Jia
    • B. Amenorrhea, with Da Huang, Tao Ren (as Xia Yu Xue Tang)
  – 2. Pain, swelling broken bone and sinews due to lacerations, contusions, fractures, with Gu Sui Bu, Ru Xiang

Zhe Chong or Tu Bie Chong (庶虫或土鳖虫)
Wingless cockroach or eupolyphaga

• **Dosage and administration:**
  – 1.5-3g decocted in water for an oral dose
  – 0.3-0.6g in powder

• **Caution and contraindication:**
  – Contraindication during pregnancy
Su Mu (苏木)
Lignum Sappan

- **English name:** Sappan wood
- **Latin name:** Caesalpinia sappan L.
- **Pharmaceutical name:** Lignum Sappan
- **Where found:** Taiwan, Guangdong, Guangxi, Guizhou, Yunnan
- **Used part:** wood
- **Preparation:** Dried in shade, used as powder
- **Flavor and properties:** Sweet, Salty, Acrid, neutral
- **Channel entered:** Heart, Liver, spleen
Su Mu (苏木)
Lignum Sappan

• **Actions**
  - 1. Move blood, promote healing of injury, reduce swelling and stop pain
  - 2. Move blood and stop pain
  - 3. Remove blood stasis and unblock channels

• **Indications**
  - 1. For injury, fracture and carbuncles.
  - 2. For chest and abdominal pain.
  - 3. For amenorrhea, dysmenorrhea, postpartum bleeding

• **Dosage and administration**:
  - 3-10g decocted in water for an oral dose

• **Caution and contraindication**:
  - Contraindication during pregnancy

• **Pharmacological study**
  - 1. Cardiovascular effect: vasoconstriction; positive inotropic effect on frog heart specimens.
  - 2. Central nervous system effect: hypnotic effect
  - 3. Antibiotic effect: inhibitory effect against *Staphylococcus aureus* and *Salmonella typhi*
Zi Ran Tong (自然铜)
Pyritum

- **English name:** Pyrite
- **Literal English translation:** “natural copper”
- **Pharmaceutical name:** Pyritum
- **Used part:** It is iron pyrites. Its chemical formula is FeS2. It also contains some trace mineral like nickle, arsenic and antimony.
- **Preparation:** In prescription, zi ran tong refers to unprocessed iron pyrites which has been cleaned of sand, rocks and impurities. Duan zi ran tong, also called duan ran tong, are those pieces of zi ran tong that have been heated till bright red and dipped into rice vinegar and smashed.
- **Flavor and properties:** Acrid, Bitter, Neutral
- **Channel entered:** Liver, Kidney
Zi Ran Tong (自然铜)  
Pyritum

• Actions  
  – Drive out blood stasis, stop pain, and knit sinews and bones

• Indications  
  – For injury and fracture

• Dosage and administration:  
  – 10-15g decocted in water for an oral dose  
  – Decoct first  
  – 0.3-0.6g for powder or pill form  
  – Good quality is golden yellow in color, heavy, and lustrous

• Caution and contraindication:  
  – Contraindicated in cases of Yin deficiency with heat signs, or in cases of blood deficiency

• Pharmacological study  
  – 1. Effect on the healing of fractures: promote the healing of fractures and the formation of calluses  
  – 2. Use for endemic goiter
Gu Sui Bu (骨碎补)
Rhizoma Drynariae

- **English name:** kolswaebbo
- **Alternate name:** 猴姜(hou jiang); 毛姜(mao jiang); 申姜(shen jiang)
- **Literal English translation:** “mender of shattered bones”
- **Latin name:** Drynaria fortunei (Kunze) J. Sm. Or D. baronii (Christ) Diels
- **Pharmaceutical name:** Rhizoma Drynariae
- **Where found:** Hubei, Zhejiang, Guangdong, Guangxi, Sichuan, Taiwan
- **When harvested:** winter or spring
- **Used part:** root and stem
- **Preparation:** Collected all the year round, removed from soil and dried, or hairs (ramenta) also removed, cut into slices, and dried.
- **Flavor and properties:** Bitter, warm
- **Channel entered:** Kidney, Liver
### Gu Sui Bu (骨碎补)
#### Rhizoma Drynariae

**Actions**
- 1. Move blood and mend sinews and bones
- 2. Tonify kidney Yang
- 3. Warm spleen Yang and stop diarrhea
- 4. Tonify kidney and lung, help kidney to grasp Qi

**Indications**
- 1. For traumatic injury, bone fracture with swelling and pain.
- 2. For weakness of knee and lower back, tinnitus, deafness, toothache due to kidney Yang deficiency.
- 3. For diarrhea, cold abdominal pain.
- 4. For chronic coughing and wheezing due to kidney and lung deficiency.

**Dosage and administration:**
- 10-15g decocted in water for an oral dose
- Good quality is thick, large, and brown

**Caution and contraindication:**
- Use cautiously in patients with yin deficiency or those without blood stasis

**Pharmacological study**
- 1. Treatment of adverse effect from streptomycin
- 2. Use in dermatology: corns, warts
Ma Qian Zi (马钱子)
Semen Strychni

- English name: nux-vomica seeds
- Alternate name: 番木鳖 (fan mu bie)
- Literal English translation: “horse money seeds”
- Latin name: Strychnos nux-vomica L. or S. Pierriana A. W. Hill
- Pharmaceutical name: Semen Strychni
- Where found: India, southeast Asia (S. nux-vomica); Yunnan, Hainan (S. Pierriana)
- When harvested: summer or autumn when ripe
- Used part: seeds
- Preparation: cleaned, dried, fried
- Flavor and properties: Bitter, Cold, Extremely Toxic
- Channel entered: Liver, Spleen
Ma Qian Zi (马钱子)
Semen Strychni

• **Actions**
  – 1. Unblock channels and stop pain (Externally use)
  – 2. Disperse clumps, reduce swelling and stop pain (Externally use)

• **Indications**
  – 1. For **Bi syndrome, traumatic injury**. with Xiong Huang, Ru Xiang, Chuan Shan Jia
  – 2. For **carbuncle**. With Ru Xiang, Mo Yao, Zi Ran Tong, Gu Sui Bu
  – 3. For **cancer**

• **Dosage and administration:**
  – External use with proper dosage.
  – Internal use 0.3-0.6g as powder.

• **Caution and contraindication:**
  – Overdoses in humans have been recorded with as little as 50mg of the herb.

• **Pharmacological study**
  – 1. Central nervous system effect: increased spinal reflexes and stimulation of the respiratory and sensory centers of the cerebral cortex.
  – 2. Use in neurology: facial paralysis
– Break up and drive out blood stasis (6 types)
  - San Leng 三棱 Rhizoma Sparganii
  - E Zhu 莪术 Rhizoma Curcumae
  - Shui Zhi 水蛭 Hirudo
  - Mang Chong 虻虫 Tabanus
  - Chuan Shan Jia 穿山甲 Squama Manis
  - Ban Mao 斑蝥 Mylabris

San Leng (三棱)
Bur-reed rhizome or scirpus

- **English name**: bur-reed rhizome, scirpus
- **Alternate name**: 山棱(san leng); 荆三棱(jing san leng)
- **Literal English name**: “three edges”
- **Latin name**: Sparganium stoloniferum Buch.-Ham
- **Pharmaceutical name**: Rhizome Sparganii Stoloniferi
- **Where grown**: Jiangsu, Henan, Shandong, Jiangxi, Anhui
- **When harvested**: Winter or spring
- **Used part**: Tuber
- **Preparation**: Dried, use unprepared or prepared with vinegar
- **Flavor and properties**: Bitter, pungent. neutral
- **Channel entered**: Liver, spleen
San Leng (三棱)  
Bur-reed rhizome or scirpus

- **Function:**
  - 1. Forcefully breaking up blood stasis, promoting the movement of Qi and alleviating pain
  - 2. Dissolving accumulations

- **Indication:**
  - 1. Blood stasis syndrome, such as
    - A. Amenorrhea, dysmenorrhea, post partum abdominal pain, with E Zhu, Niu Xi, Chuan Xiong
    - B. Abdominal mass, with Dan Shen, Yu Jin, Mu Li
    - C. Pain and swelling due to trauma, with E Zhu, Ru Xiang
  - 2. Severe abdominal pain and distention due to food stagnation and stagnant Qi, with E Zhu, Qing Pi, Chen Pi
San Leng (三棱)
Bur-reed rhizome or scirpus

- **Dosage and administration:**
  - 3-10g decocted in water for an oral dosage

- **Caution and contraindication:**
  - 1. Contraindicated during pregnancy
  - 2. Caution in cases of deficiency

- Modern research
  - Use in oncology: treat granuloma and hepatic carcinoma

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E Zhu (莪术)
Zedoary Rhizome or Zedoaria

- **English name:** zedoary rhizome, zedoaria
- **Alternate name:** 蓬莪术 (peng e zhu); 蓬术 (peng Zhu); 文术 (wen zhu)
- **Latin name:** Curcuma zedoaria Roscoe
- **Pharmaceutical name:** Rhizome Curcumae Ezhu
- **Where grown:** Fujian, Zhejiang
- **When harvested:** Autumn or winter after the stems and leaves have withered
- **Used part:** Tuber
- **Preparation:** Steamed or boiled, dried, cut into pieces, use unprepared or prepared with vinegar
- **Flavor and properties:** Bitter, pungent, warm
- **Channel entered:** Liver, spleen
E Zhu (莪术)
Zedoary Rhizome or Zedoaria

- **Function:**
  - 1. Breaking up blood stasis and promoting the movement of Qi
  - 2. Dissolving accumulations and alleviating pain

- **Indication:**
  - 1. **Blood stasis syndrome**, such as
    - A. Dysmenorrhea, amenorrhea, with San Leng, Dang Gui, Chuan Xiong
    - B. Abdominal pain and masses, epigastric masses, San Leng, Mu Xiang
    - C. Pain, swelling due to trauma, with Chuan Xiong, Ze Lan, San Leng
  - 2. **Food stagnation syndrome**, with San Leng, Mai Ya
  - 3. **Childhood nutritional impairment**, with Mai Ya, Bai Zhu
E Zhu (莪术)
Zedoary Rhizome or Zedoaria

- **Dosage and administration:**
  - 3-10g decocted in water for an oral dose
- **Caution and contraindication:**
  - 1. Contraindicated during pregnancy
  - 2. Caution in cases with blood and Qi deficiency or excessive menstruation
- Modern research
  - Antineoplastic effect: inhibit granuloma
  - Treatment of cervical cancer
  - Antibiotic effect: inhibitory effect against Staphylococcus aureus
  - Gastrointestinal effect: direct stimulatory effect on the motility of the gastrointestinal tract and useful in treating distention

Shui Zhi (水蛭)
Leech

- **English name:** leech
- **Alternate name:** 蚂蟥 (ma huang)
- **Latin name:** Hirudo nipponia Whitman
- **Pharmaceutical name:** Hirudo seu Whitmania
- **Where found:** Throughout china
- **When gathered:** Summer, autumn
- **Used part:** Body
- **Preparation:** Boiled with salt water, dried
- **Flavor and properties:** Salty, bitter, neutral, slightly toxic
- **Channel entered:** Liver, bladder
Shui Zhi (水蛭)
Leech

• **Function:**
  – 1. Breaking up and driving out blood stasis
  – 2. Reducing immobile masses

• **Indication:**
  – Blood stasis syndrome, such as
    • 1. Amenorrhea, immobile abdominal masses, with Tao Ren, Hong Hua, San Leng
    • 2. Traumatic injury
      – A. Pain, bone broken, with Mo Yao, Su Mu
      – B. Internal blood stasis, with Da Huang, Qian Niu Zi
Shui Zhi (水蛭)
Leech

• **Dosage and administration:**
  – 1.5-3g decocted in water for an oral dose
  – 0.3-0.5 Pills or powder, should be toasted yellow

• **Caution and contraindication:**
  – Contraindicated during pregnancy and blood deficiency or weakness without stasis

• **Modern research**
  – Hematologic effect: prevent coagulation
  – Cardiovascular effect: vasodilation
  – Treatment of ophthalmic diseases: treat acute conjunctivitis

Mang Chong (虻虫)
Tabanus

• **English name:** Gadfly Female
• **Alternate name:** 牛虻 (Niu Meng)
• **Latin name:** Tabanus bivittatus Mats (Tabanidae)
• **Pharmaceutical name:** Tabanus Bivittatus
• **Where found:** Throughout China
• **When gathered:** May and June
• **Used part:** Body
• **Preparation:** The females are captured in May and June, scalded to death with boiling water, and dried in the sun or at a low temperature. The drug can also be stir-fried.
• **Flavor and properties:** Bitter slightly cold slightly toxic
• **Channel entered:** Liver, stomach
Mang Chong (虻虫)  
Tabanus

• **Actions**
  – 1. Break up blood and unblock channels
  – 2. Move blood and stop pain

• **Indications**
  – 1. For dysmenorrhea, amenorrhea, abdominal mass
  – 2. Injury and fracture.
Mang Chong (虻虫)  
Tabanus

- **Dosage and administration:**
  - 1.5-3g decocted in water for an oral dose
  - 0.3-0.6 Pills or powder, should be toasted yellow

- **Caution and contraindication:**
  - Contraindicated during pregnancy.

Chuan Shan Jia (穿山甲)

Pangolin Scales, Anteater Scales

- **English name:** pangolin scales, anteater scales
- **Alternate name:** 山甲片 (shan jia pian); 鰲鲤片 (ling li pian)
- **Literal English translation:** “penetrate mountain scales”
- **Latin name:** Manis pentadactyla L.
- **Pharmaceutical name:** Squana Manitis Pentadactylae
- **Where found:** Guangxi, Guizhou, Hunan, Fujian, Taiwan
- **Used part:** Scales
- **Preparation:** Dried, parched with sand until it is bloating and its color become yellow
- **Flavor and properties:** Salty, cool
- **Channel entered:** Liver, stomach
Chuan Shan Jia (穿山甲)
Pangolin Scales, Anteater Scales

- **Function:**
  - 1. Dispersing blood stasis, unblocking menstruation and promoting lactation
  - 2. Reducing swelling and promoting discharge of pus
  - 3. Expelling wind-damp from the channels

- **Indication:**
  - 1. Amenorrhea, dysmenorrhea, and mass in abdomen, with San Leng, E Zhu, Dang Gui
  - 2. Lack of or insufficient lactation due to blood stasis, with Wang Bu Liu Xing, Mu Tong, Dang Gui
  - 3. Toxic swelling such as abscesses and boils, with Shuang Hua, Bai Zhi (As Xiang Fang Huo Ming Yin)
  - 4. Pain, spasms in the limbs, pain that prevents bending and stretching, with Qiang Huo, Fang Feng
  - 5. Stiffness, with Wei Ling Xian, Bai Jie Zi local used
Chuan Shan Jia (穿山甲)
Pangolin Scales, Anteater Scales

• **Dosage and administration:**
  – 3-10g decocted in water for an oral dose
  – Powder is most effective

• **Caution and contraindication:**
  – 1. Contraindicated during pregnancy
  – 2. Caution in cases of deficiency and where sores have ulcerated

• Modern research
  – Use as a hemostatic in surgery: used as a hemostatic
  – Hematologic effect: raise the number of white blood cells
  – Treatment of hematuria

Ban Mao (斑蝥)
Cantharides, mylabris

• **English name:** Cantharides, mylabris
• **Alternate name:** 花斑毛 (hua ban mao)
• **Latin name:** Mylabris
• **Pharmaceutical name:** Mylabris
• **Where found:** Henan, Guangxi, Anhui, Jiangsu, Hunan, Guizhou
• **When gathered:** July to September
• **Used part:** body
• **Flavor and properties:** acrid, cold, extremely toxic
• **Channel entered:** Large Intestine, Liver, Small Intestine
Ban Mao (斑蝥)
Cantharides, mylabris

• **Function:**
  – 1. Resolve toxicity (Externally use)
  – 2. Move blood and remove mass (Internal taken)

• **Indication:**
  – 1. For carbuncle, scrofula, rabies (mad dog bite).
  – 2. For amenorrhea, masses, cancer.
Ban Mao (斑蝥)
Cantharides, mylabris

• **Dosage and administration:**
  – External use with proper dosage.
  – Internal use **0.03-0.06g**

• **Caution and contraindication:**
  – Contraindicated in case of pregnancy.

• **Pharmacological & Clinical research**
  – 1. Local effect: local application of Ban Mao to the skin and mucous membranes causes erythema and blisters.
  – 2. Antifungal effect:
  – 3. Effect on the immune system: increase the number of white blood cells.

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**Category**

• **Herbs that invigorate the blood**
  – 1. **Invigorate blood and stop pain (7 types)**
    • Chuan Xiong, Yan Hu Suo, Yu Jin, Jiang Huang, Ru Xiang, Mo Yao, Wu Ling Zhi;
  – 2. **Invigorate blood and regulate menstruation (8 types)**
    • Dan Shen, Hong Hua, Tao Ren, Yi Mu Cao, Ze Lan, Niu Xi, Ji Xue Teng, Wang Bu Liu Xing
  – 3. **Invigorate blood and treat injury (5 types)**
    • Zhe Chong (Tu Bie Chong), Zi Ran Tong, Su Mu, Gu Sui Bu, Ma Qian Zi
  – 4. **Break up and drive out blood stasis (6 types)**
    • San Leng, E Zhu, Shui Zhi, Mang Chong, Chuan Shan Jia, Ban Mao
Questions

• 1. Which herb can be used for blood heat stagnation and/or blood deficiency?
  • A. Yan Hu Suo
  • B. Dan Shen
  • C. Dang Shen
  • D. Dang Gui

• 2. Which blood activator can promote urination?
  • A. Yi Mu Cao
  • B. Ze Lan
  • C. All of the above
  • D. None of the above

Questions

• 3. Which of the following herb is best for blood stasis abdominal pain and constipation?
  • A. Xin Ren
  • B. Tao Ren
  • C. Bai Zi Ren
  • D. Hu Tao Ren

• 4. Which of the following pairs of herbs break blood stasis for abdominal masses?
  • A. Tao Ren + Hong Hua
  • B. Ru Xiang + Mo Yao
  • C. Sang Leng + E Zhu
  • D. Wang Bu Liu Xing + Chuan Shan Jia
Questions

5. What is the indication of Niu Xi?
A. Weak knee, lumbago
B. Dysuria, painful urination
C. Hempotysis, mouth ulceration
D. All of the above

6. Which herbal combination can treat insufficient lactation due to blood stasis?
A. Tao Ren + Hong Hua
B. Ru Xiang + Mo Yao
C. Sang Leng + E Zhu
D. Wang Bu Liu Xing + Chuan Shan Jia

Questions

7. Which of the following herbs is the best to induce the downward movement of blood and fire?
A. Ru Xiang (Gummi Olibanum)
B. Mo Yao (Myrrha)
C. Niu Xi (Radix Achyranthis Bidentatae)
D. Chuan Xiong (Radix Ligustici Chuanxiong)

8. Which of the following herbs is slightly toxic?
A. Shui Zhi (Hirudo seu Whitmania)
B. Ji Xue Teng (Tradix et Caulis Jixuteng)
C. Bai Mao Gen (Rhizome Imperatae Cylindricae)
D. Yi Mu Cao (Herba Leonuri Heterophylli)
Questions

9. Which of the following herbs has the functions of breaking up and driving out blood stasis, renewing sinews and joining bones?
   • A. Zhe Chong (Eupolyphaga seu Opisthoplatia)
   • B. Mai Ya (Fructus Hordei Vulgaris Germinantus)
   • C. Gu Ya (Fructus Oryzae Sativae Germinantus)
   • D. Lai Fu Zi (Semen Raphani Sativi)

10. Which of the following herbs not only can reduce food stagnation, but also break up blood stasis, promote the movement of Qi and alleviate pain?
    • A. Shen Qu (Massa Fermentata)
    • B. Mai Ya (Fructus Hordei Vulgaris Germinantus)
    • C. San Leng (Rhizoma Sparganii Stoloniferi)
    • D. Gu Ya (Fructus Oryzae Sativae Germinantus)

11. Which of the following herbs can remove blood stasis, reduce swelling and promote discharge of pus, and is the best for sores in both early and middle stage?
    • A. Mu Xiang (Radix Aucklandiae Lappae)
    • B. Chuan Shan Jia (Squama Manitis Pentadactylae)
    • C. Qing Pi (Pericarpium Citri Reticulatae Viride)
    • D. Xiang Fu (Rhizoma Cyperi rotundi)

12. What is the difference between San Leng (Rhizoma Sparganii Stoloniferi) and E Zhu (Rhizoma Curcumae Ezhu)?
    • A. E Zhu can reduce food stagnation, San Leng cannot.
    • B. E Zhu can invigorate the movement of Qi, San Leng cannot.
    • C. San Leng is stronger in breaking up blood stasis
    • D. San Leng can alleviate pain, E Zhu cannot