# TABLE OF CONTENTS

- How to use this book ................................................................. 1
- 1. Astringents ............................................................................. 2
- 2. Blood
  - 2.1 Blood activating, stasis dispersing ........................................ 6
  - 2.2 Hemostatics ....................................................................... 12
- 3. Dampness
  - 3.1 Aromatic transforming ....................................................... 16
  - 3.2 Damp draining diuretics ..................................................... 18
- 4. Emetics ................................................................................... 22
- 5. External Use .......................................................................... 24
- 6. Exterior Releasing
  - 6.1 Pungent warm ..................................................................... 26
  - 6.2 Pungent cool ...................................................................... 28
- 7. Food Stagnation Relieving – Digestives .................................. 30
- 8. Heat Clearing
  - 8.1 Fire draining ....................................................................... 32
  - 8.2 Toxic heat .......................................................................... 34
  - 8.3 Blood cooling ...................................................................... 40
  - 8.4 Damp heat .......................................................................... 42
  - 8.5 Heat from deficiency ............................................................ 44
  - 8.6 Summerheat ....................................................................... 46
- 9. Liver Calming – Pacify Ascendant Yang .................................. 48
- 10. Orifice Opening, Consciousness Restoring ............................ 50
- 11. Parasites ................................................................................ 52
- 12. Phlegm
  - 12.1 Phlegm damp .................................................................... 54
  - 12.2 Phlegm heat ...................................................................... 56
- 13. Purgative and Laxatives
  - 13.1 Purgatives and moistening laxatives ................................... 60
  - 13.2 Harsh cathartics ................................................................. 62
- 14. Qi Regulating ........................................................................ 64
- 15. Respiratory – Cough and Wheeze Relieving ......................... 68
- 16. Shen Calming
  - 16.1 Nourishing sedatives ....................................................... 70
  - 16.2 Heavy sedatives ................................................................. 72
- 17. Supplementing
  - 17.1 Qi .................................................................................... 74
  - 17.2 Blood ............................................................................... 78
  - 17.3 Yin ................................................................................... 80
  - 17.4 Yang ................................................................................ 82
18. Tumor Resolving – Anticancer Herbs ................................................................. 86
19. Warming, Cold Expelling ............................................................................. 88
20. Wind Damp Dispelling – Analgesics ............................................................... 90
21. Wind Extinguishing – Spasm and Tremor .................................................... 96

Appendices
  1. Herbs proscribed during pregnancy............................................................. 98
  2. Incompatible herbs .................................................................................... 100
  3. Toxic herbs .................................................................................................. 101
  4. Endangered species .................................................................................... 105
  5. Obsolete herbs and substances .................................................................. 106
  6. Substances requiring special treatment ...................................................... 108
  7. Formulae noted in the text .......................................................................... 110

Glossary ........................................................................................................... 131

Bibliography .................................................................................................... 137

Symptom Index ............................................................................................... 140

Herb Index ....................................................................................................... 147
The material in this book is a consensus compilation of six authoritative text books, with major guidance from the Chinese texts, Zhong Yao Xue (2000) and Zhong Yao Xue (1997). The texts consulted (see bibliography) usually agree on the major points, but sometimes vary on issues such as specific functions, the domain, flavor and nature, dosage and contraindications. I have adopted the consensus viewpoint for most attributes. I have retained old (and now outdated) indications, such as snakebite for example, for the sake of historical consistency.

**Indications** [▲ used for; ▲ strongly indicated for]
Indications, read from left to right, are the specific symptoms or disorders a herb treats. Indications are graded from average to strong on the basis of emphasis in the texts consulted, and on the basis of clinical experience with the more common items. Some obscure indications may be omitted where space is limited. When two or more items are listed in an indications box and one item is particularly indicated, it is highlighted in bold.

**Abbreviations:**
- bld. = blood
- def. = deficiency
- def., cold = deficiency and/or cold (yang deficiency, or excess cold)
- dysenteric dis. = dysenteric disorder
- mm. = muscles
- Sp. = Spleen; Kid. = Kidney; Lu. = Lung; Liv. = Liver; Ht. = Heart; St. = Stomach
- stag. = stagnation
- synd. = syndrome
- † ascendant, high, elevated; ↓ decreased; → invading, or transforming into; ↔ not communicating

**Functions** [○ average; ● strong]
Functions are read from right to left. The functions of a herb are a summary of its general therapeutic characteristics. The original Chinese terms and their definitions, where necessary, can be found in the glossary.

**Domain**
This term is usually rendered as channels entered (gui jing 归经). Domain is used here because it conveys the target of the herb more precisely – ingested herbs act on the organ system, which incorporates not only the channel but the organ and associated tissues and structures as well. The organs listed are ordered following the five phases – metal, water, wood, fire, earth.

**Dosages**
The standard dosage range given is of dried herbs, in decoction, for an average adult. Variations are noted in the accompanying text. The issue of dosage is complex and depends on factors such as the age and weight of the patient, the nature and severity of the condition being treated, and the quality of the herbs themselves. Different texts may give quite different dosage ranges. This book stays with the consensus in most cases, with a few exceptions in which clinical experience is the guide. Doses are given in multiples of three, which ties the doses to the original qian 钱, measurement of the classic texts. One qian is equivalent to 3 grams.

**Preparation and usage**
If a herbs’ action changes when it is processed, or if a particular cooking method is required, this is noted in the accompanying text. When no notes on preparation are included, the herb is used in the unprocessed dried state, in the dosage range noted in the text, and is decocted in the standard fashion.

**Symbols in the text**
- Plant or □ animal species listed by the Convention on International Trade in Endangered Species (CITES).
- † Formulae that traditionally contain items from endangered species and/or obsolete substances.

**Contraindications**
Contraindications are given first. If only a caution is given, this is prefaced accordingly. The consensus contraindications and cautions are given, with the exception of those during pregnancy, in which case a conservative approach is adopted and a contraindication is noted even if only one of the source texts asserts it.

**Formulae**
A selection of formulae representative of the herbs’ therapeutic action are given to provide context to its clinical usage, and a sense of how frequently a herb is employed. The ingredients of formulae noted can be found in Appendix 7. Most of the formulae noted are common, and detailed descriptions can be found in Formulas and Strategies (2004).
## 1. ASTRINGENTS

<table>
<thead>
<tr>
<th>Domain</th>
<th>Flavour, nature</th>
<th>Astringent</th>
<th>Bitter</th>
<th>Salty</th>
<th>Sour</th>
<th>Sweet</th>
<th>Cold</th>
<th>Cool</th>
<th>Neutral</th>
<th>Slightly warm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lung</td>
<td></td>
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<td></td>
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<tr>
<td>Large Intestine</td>
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<tr>
<td>Kidney</td>
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<tr>
<td>Urinary Bladder</td>
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<tr>
<td>Heart</td>
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<tr>
<td>Spleen</td>
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### INDICATIONS

<table>
<thead>
<tr>
<th>Indication</th>
<th>Strong Indication</th>
<th>External Use</th>
<th>Strong External Indication</th>
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<tbody>
<tr>
<td>Acid reflux, heartburn</td>
<td>▲</td>
<td>○</td>
<td></td>
</tr>
<tr>
<td>Appetite – loss of</td>
<td>○</td>
<td>△</td>
<td>○</td>
</tr>
<tr>
<td>Bleeding – hematemesis</td>
<td>○</td>
<td>△</td>
<td></td>
</tr>
<tr>
<td>Bleeding – hemoptysis</td>
<td>△</td>
<td>○</td>
<td></td>
</tr>
<tr>
<td>Bleeding – hemorrhoids</td>
<td>○</td>
<td>△</td>
<td></td>
</tr>
<tr>
<td>Bleeding – rectal; def., cold</td>
<td>△</td>
<td>△</td>
<td>○</td>
</tr>
<tr>
<td>Bleeding – rectal, from heat#</td>
<td>▲</td>
<td>○</td>
<td>△</td>
</tr>
<tr>
<td>Bleeding – traumatic</td>
<td>E</td>
<td>○</td>
<td></td>
</tr>
<tr>
<td>Bleeding – uterine, from heat#</td>
<td>○</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Bleeding – uterine, deficient</td>
<td>△</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Diabetes (xiao ke)</td>
<td>△</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Diarrhea – Spleen def., chronic</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Dizziness – Kidney deficiency</td>
<td>△</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td>Dysenteric dis. – chronic; def, cold</td>
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<td>△</td>
</tr>
<tr>
<td>Dysenteric dis. – chronic; heat#</td>
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<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Ears – tinnitus, hearing – Kid def.</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Eyes – corneal opacity, cataract</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Eyes – weakness of vision</td>
<td>△</td>
<td>△</td>
<td>△</td>
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<tr>
<td>Fever – bone steaming, yin def.</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Gastritis – hyperacidity</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Impotence – Kidney deficiency</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Insomnia, anxiety – Ht. → Kid.</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Leukorrhea – Sp. &amp; Kid. def.</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Leukorrhea – damp heat#</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Pain – abdominal, worms</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Pain – epigastric, &amp; hyperacidity</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Pain – lower back, leg, knee</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Palpitations – Ht. → Kid.</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Parasites – roundworms</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Prolapse – rectal</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Prolapse – uterine</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Skin – eczema, dermatitis</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Skin – scabies, ringworm, tinea</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Sperm – poor motility, ↓ count</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Sperm – involuntary loss of</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Sweating – night; yin def.</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Sweating – profuse in shock</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Sweating – spontaneous; qi def.</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Ulcers – skin, chronic</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Ulcers – gastric</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Urination – enuresis, nocturia</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
<tr>
<td>Urine – frequency, incontinence</td>
<td>△</td>
<td>△</td>
<td>△</td>
</tr>
</tbody>
</table>

### FUNCTIONS

<table>
<thead>
<tr>
<th>Function</th>
<th>Strong Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alleviates gastric acidity</td>
<td></td>
</tr>
<tr>
<td>Binds the Intestines</td>
<td></td>
</tr>
<tr>
<td>Brightens the eyes</td>
<td></td>
</tr>
<tr>
<td>Calms the shen</td>
<td></td>
</tr>
<tr>
<td>Clears damp heat</td>
<td></td>
</tr>
<tr>
<td>Clears deficient heat</td>
<td></td>
</tr>
<tr>
<td>Kills parasites</td>
<td></td>
</tr>
<tr>
<td>Promotes healing</td>
<td></td>
</tr>
<tr>
<td>Restrains urine</td>
<td></td>
</tr>
<tr>
<td>Secures jing</td>
<td></td>
</tr>
<tr>
<td>Stabilizes the Kidneys</td>
<td></td>
</tr>
<tr>
<td>Stops bleeding</td>
<td></td>
</tr>
<tr>
<td>Stops diarrhea</td>
<td></td>
</tr>
<tr>
<td>Stops leukorrhea</td>
<td></td>
</tr>
<tr>
<td>Strengthens the Spleen</td>
<td></td>
</tr>
<tr>
<td>Supplements the Kidneys</td>
<td></td>
</tr>
</tbody>
</table>

### Standard dosage range (g)

<table>
<thead>
<tr>
<th></th>
<th>1.0</th>
<th>1.5</th>
<th>2.0</th>
<th>2.5</th>
<th>3.0</th>
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<th>4.0</th>
<th>4.5</th>
<th>5.0</th>
<th>5.5</th>
<th>6.0</th>
<th>6.5</th>
<th>7.0</th>
<th>7.5</th>
<th>8.0</th>
<th>8.5</th>
<th>9.0</th>
<th>9.5</th>
<th>10.0</th>
</tr>
</thead>
</table>
Astringent herbs tone tissues and prevent the passive leakage of fluids. This group of herbs is used for abnormal discharge of fluids – sweat, urine, diarrhea and blood. They also enhance the tone of weak tissues and treat prolapse. They are primarily symptomatic, that is, they treat the manifestation of a disorder and not the cause. They are usually combined with appropriate supplementing or heat clearing herbs. In general, these herbs are only used in cases of deficiency, and are contraindicated when there is any pathogen that needs clearing or venting. Some, however, may be used judiciously in combination with other appropriate herbs, when a chronic pathogen remains (damp heat in the Intestines for example).

Astringent herbs can be divided into five broad groups, based on the main area of influence. These are not precise divisions, however, and there is considerable overlap in therapeutic action.

<table>
<thead>
<tr>
<th>Urinary Bladder, Kidneys (excessive urination, leakage of semen)</th>
<th>shan zhu yu, fu pen zi, sang piao xiao, jin ying zi, chun gen pi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Uterus (bleeding, leukorrhea)</td>
<td>hai piao xiao, ji guan hua</td>
</tr>
<tr>
<td>Sweat</td>
<td>ma huang gen, fu xiao mai, nuo dao gen xu</td>
</tr>
<tr>
<td>Lungs (chronic cough)</td>
<td>wu wei zi, wu mei, he zi, ying su ke, wu bei zi</td>
</tr>
<tr>
<td>Intestines (chronic diarrhea)</td>
<td>chi shi zhi, yu fu liang, shi liu pi, rou dou kou, lian zhi, qian shi</td>
</tr>
</tbody>
</table>

Shān Zhū Yú (Corni Fructus) cornelian cherry fruit

**Preparation and usage** Up to 30 grams can be used for severe sweating or profuse urination.

**Contraindications** Damp heat and painful urination patterns.

**Formulae**
- Gu Chong Tang (uterine bleeding from Spleen qi and chongmai/renmai deficiency)
- Jia Wei Si Wu Tang (menorrhagia from Liver and Kidney deficiency)
- Lai Fu Tang (severe sweating from collapse of yang qi)
- Liu Wei Di Huang Wan (Kidney yin deficiency)
- You Gui Wan (Kidney yang deficiency)

Fū Pén Zī (Rubri Fructus) Chinese raspberry

**Contraindications** Kidney yin deficiency and blood deficiency patterns with heat, and in painful or difficult urination cases.

**Formulae**
- Wu Zi Yan Zong Wan (sperm disorders from Kidney deficiency)

Sāng Piāo Xiāo (Mantidis Ootheca) praying mantis egg case

**Preparation and usage** Mostly used in pill or powders, but can be decocted.

**Contraindications** Kidney yin deficiency patterns with heat, and painful urination due to heat or damp heat.

**Formulae**
- Sang Piao Xiao San (enuresis and nocturia from Heart and Kidney deficiency)
- Gu Chong Tang (uterine bleeding from Spleen qi and chongmai/renmai deficiency)

Hái Piāo Xiāo (Sepiae Endoconcha) cuttlefish bone

Also known as wù zéi gū 乌贼骨.

**Preparation and usage** Can be dry fried (chao hai piao xiao 炒海螵蛸) to enhance its astringency and ability to counteract gastric hyperacidity. When used in powder form and taken directly to combat gastric acidity and epigastric pain, the dose is 1.5–3 grams.

**Caution in bleeding disorders from yin deficiency with heat.** Prolonged use may cause constipation.

**Formulae**
- Wu Bei San (epigastric pain and acid reflux)
- Bai Zhi San (thin watery or bloody leukorrhea)
- Sheng Ji Gan Nong San† (chronic superficial suppuration)

Jīn Ying Zī (Rosae laevigatae Fructus) cherokee rosehip

**Preparation and usage** Can be cooked into a syrup with honey, which moderates it sorsness with sweetness, and makes it more effective for chronic diarrhea and prolapse from Spleen deficiency. When used in this way the daily dose is up to 30 grams.

**Contraindications** Excess patterns, especially those with heat.

**Formulae**
- Shui Lu Er Xian Dan (frequent urination and leukorrhea from Kidney yang qi deficiency)

Qián Shí (Euryales Semen) euryale seed

**Preparation and usage** Can be used for both deficient and damp heat types of leukorrhea, depending on the herbs with which it is combined. May be dry fried (chao qian shi 炒失火) to enhance its warmth and improve its ability to treat leakage from yang deficiency.

**Contraindications** Patients with difficulty passing urine or stools.

**Formulae**
- Yi Huang Tang (chronic leukorrhea from Spleen deficiency and damp heat)
- Shui Lu Er Xian Dan (frequent urination and leukorrhea from Kidney yang qi deficiency)
- Jin Suo Gu Jing Wan (frequent urination and loss of jing from Kidney deficiency)
- Gao Lin Tang (turbid urination from Kidney deficiency)

Lián Zī (Nelumbinis Semen) lotus seed

Old lotus seeds that have been harvested after frost turn black on the outside, and are known as shì lián zī 石莲子. They are bitter and cold, and cool the Heart and clear damp heat. The stamen of the lotus flower (lián zī 莲须, Nelumbinis Stamen) is very similar in action to the young seeds and can be used interchangeably.

**Contraindications** Patients with constitution and dry stools.

**Formulae**
- Shen Ling Bai Zhu San (Spleen qi deficiency diarrhea)
- Pi Shen Shuang Bu Wan (chronic diarrhea from Spleen and Kidney deficiency)
- Jin Suo Gu Jing Wan (frequent urination and loss of jing from Kidney deficiency)
- Qing Xin Lian Zi Yin (persistent or recurrent dysuria from Heart fire and qi and yin deficiency)
- Fu Tu Dan (leukorrhea and seminal emission from Kidney deficiency)
- Kai Jin San (anorectic dysenteric disorder)

Chūn Pí (Ailanthi Cortex) ailanthus root bark

**Preparation and usage** This herb can be prepared as a decoction and delivered as an enema for chronic damp heat dysenteric disorder. For external use, a standard strained decoction can be used, or the herb can be powdered and mixed with a suitable carrier such as sorbolene.

**Contraindications** Caution in middle burner yang deficiency, and alone in yin deficiency patterns.

**Formulae**
- Yu Dai Wan (chronic damp heat leukorrhea with underlying qi and blood deficiency)
- Gu Jing Wan (uterine bleeding from yin deficiency with heat)

Ji Guān Huá (Celosiae cristatae Flos) coxcomb flower

This herb is classified in the hemostatic group in some texts.

**Contraindications** Uterine bleeding from blood stasis, acute dysenteric disorder and when there is any exterior heat or cold pathogen.

Má Huáng Gēn (Ephedrae Radix) ephedra root

**Contraindications** Sweating associated with acute external invasion, acute gan mao, and lingering pathogens.

**Formulae**
- Mu Li San (sweating from deficiency)

Fú Xiāo Mǎi (Tritici Fructus levii) light wheat grain

**Contraindications** Sweating associated with acute external invasion, acute gan mao, and lingering pathogens.

**Formulae**
- Mu Li San (sweating from deficiency)

Nuò Dào Gēn Xū (Oryzae glutinosae Radix) glutinous rice root

**Contraindications** Sweating associated with acute external invasion, acute gan mao, and lingering pathogens.

**Substances from other groups**

Herbs from other groups with astringent properties include chao pu huang (p.12), ce bai ye (p.12) bai ji (p.14), xian he cao (p.14), zi zhu huang (p.12), ce bai ye (p.12) bai ji (p.14), xian he cao (p.14), ji hua (p.14), mu li (p.48), bai guo (p.68) and long gu (p.72).

**Endnotes**

† These formulae traditionally contain items from endangered animal species and/or obsolete toxic substances, and are unavailable in their original form.
## 1. ASTRINGENTS

<table>
<thead>
<tr>
<th><strong>INDICATIONS</strong></th>
<th><strong>FUNCTIONS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>△ Indication</strong></td>
<td><strong>Function</strong></td>
</tr>
<tr>
<td><strong>▲ Strong Indication</strong></td>
<td><strong>● Strong Function</strong></td>
</tr>
<tr>
<td><strong>E External Use</strong></td>
<td><strong>E Strong External Indication</strong></td>
</tr>
</tbody>
</table>

**Standard dosage range (g)**

- 1.5–6
- 9–30
- 3–9
- 3–9
- 3–9
- 9–18
- 9–18
- 3–9

### Functions:

- **Astringens the Lungs**
- **Binds the Intestines**
- **Calms the Shen**
- **Eases the Throat**
- **Generates Fluids**
- **Kills Parasites**
- **Promotes Parasites**
- **Secures Jing**
- **Stabilizes the Kidneys**
- **Stops Bleeding**
- **Stops Cough**
- **Stops Diarrhea**
- **Stops Pain**
- **Stops Sweating**
- **Supplements the Kidneys**
- **Warms the Middle Burner**

### FLAVOUR, NATURE:

- **Neutral**
- **Cold**
- **Warm**
- **Sweet**
- **Sour**
- **Bitter**
- **Pungent**
- **Slightly Toxic**
- **Toxic**

### DOMAIN:

- **Lung**
- **Large Intestine**
- **Kidney**
- **Liver**
- **Heart**
- **Spleen**
- **Stomach**

<table>
<thead>
<tr>
<th><strong>Wu Wei Zi</strong></th>
<th><strong>Wu Mei</strong></th>
<th><strong>Wu Bei Zi</strong></th>
<th><strong>He Zi</strong></th>
<th><strong>Shi Liu Pi</strong></th>
<th><strong>Rou Dou Kou</strong></th>
<th><strong>Chi Shi Zhi</strong></th>
<th><strong>Yu Yu Liang</strong></th>
<th><strong>Ying Su Ke</strong></th>
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<tbody>
<tr>
<td>五味子</td>
<td>乌梅</td>
<td>五倍子</td>
<td>赫子</td>
<td>石榴皮</td>
<td>肉豆蔻</td>
<td>赤石脂</td>
<td>禹余粮</td>
<td>薯壳</td>
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</table>

### Domain (yclopedia)

- **Skin – Eczema**
- **Skin – Tinea, Ringworm**
- **Sperm – Poor Motility, ¥ Count**
- **Sperm – Involuntary Loss of**
- **Sweating – Night; Yin Def.**
- **Ulcers – Skin, Chronic**
- **Urination – Enuresis**
- **Urination – Frequent**
- **Urination – Turbid**
- **Voice – Loss of, Hoarse**
- **Vomiting, Nausea – Spleen Def.**
- **Warts & Corns**
- **Wheezing – Lung Deficiency**

| **Standard dosage range (g)** | 1.5–6 | 9–30 | 3–9 | 3–9 | 3–9 | 9–18 | 9–18 | 3–9 |
When used to restrain leakage of fluids and stop cough, either the unprocessed or vinegar processed herb (cu wu wei zi 醋五味子) is preferred; when used to supplement the Kidneys, the unprocessed herb (jiu wu wei zi 酒五味子) is used. To highlight the astringent qualities, a small dose, 1.5–3 grams, is used; to supplement Yin and generate fluids, a larger dose, 3–6 grams is required. When taken directly as powder the dose is 1–3 grams per day.

**Contraindications** Acute and heat type wheezing and cough, externally contracted cough, internal excess heat conditions, and the early stages of measles or other infectious rashes.

**Formulae**
- Wu Wei Zi San (chronic cough from Lung qi deficiency);
- Mai Wei Di Huang Wan (chronic cough from Lung yin deficiency);
- Du Qi Wan (chronic wheezing from Kidney not grasping qi);
- Xiao Qing Long Tang (wind cold with copious thin phlegm in the Lungs);
- Sheng Mai San (post febrile qì and yin deficiency);
- Yu Ye Tang (diabetes from yin deficiency);
- Si Shen Wan (chronic diarrhea from Spleen and Kidney yang deficiency);
- Tian Wang Bu Xin Dan (insomnia and shen disturbance from Heart and Kidney yin deficiency);
- Wu Zi Yan Zong Wan (sperm disorders from Kidney deficiency);
- Fu Tu Dan (leukorrhea and seminal emission from Kidney deficiency)

Wú Méi (Mume Fructus) mume plum

**Preparation and usage** To stop bleeding, diarrhea and dysenteric disorder, the charred fruit (shēi méi tou 烘梅头) is used. When applied externally to warts and corns, the fruit is softened in hot water, mashed, and applied on a sterile gauze to the debrided lesion. Change the dressing every day. When applied to wounds to stop bleeding, the charred and powdered herb is applied topically.

**Contraindications** Acute gan mao patterns, acute diarrhea and in internal excess heat and stagnation patterns.

**Formulae**
- Wu Mei Wan (jueyin syndrome; chronic diarrhea; abdominal pain from roundworms);
- Gu Chang Wan† (chronic diarrhea from Spleen and Kidney yang deficiency);
- Di Yu Wan (incessant bloody dysentery from heat);
- Yu Quan Wan (diabetes from yin deficiency);
- Yi Fu San† (chronic cough from Lung deficiency);
- Ru Sheng San (uterine bleeding from yang deficiency);
- Qin Jiao Bie Jia Tang (bone steaming fever and night sweats from yin deficiency)

Wú Bèi Zǐ (Galla Chinensis) gallnut of Chinese sumac

**Preparation and usage** To stop bleeding, diarrhea and dysenteric disorder, the charred fruit (shēi běi zǐ 烘倍子) is preferred. When used to supplement the Kidneys, the unprocessed herb (jiu wu bei zǐ 酒五倍滋) is used. When applied directly as powder or in pills, the daily dose is 1.5–3 grams. In general, the roasted form (wei rou dou kou 煨肉豆蔻) is used therapeutically, as roasting reduces its mild toxicity, and enhances its ability to warm the middle burner and stop diarrhea and vomiting.

**Contraindications** Damp heat or chronic yin deficiency type diarrhea, and Stomach heat patterns. The unprocessed herb is mildly toxic. This herb should not be used in therapeutic doses during pregnancy (the culinary use of small quantities as spice is safe), or in patients with liver damage.

**Formulae**
- Si Shen Wan (chronic diarrhea from Spleen and Kidney yang deficiency);
- Yang Zang Tang† (chronic dysenteric disorder from Spleen and Kidney yang deficiency)

Chí Shi Zhī (Halloysitum rubrum) kaolin, a mineral clay with the chemical composition Al₄(Si₄O₁₀)(OH)₂·(4H₂O)

**Preparation and usage** When used internally, the calcined form (duan chi shi zhi 煅赤石脂) is used. When decocted it should be cooked in a cloth bag. When used externally, the unprocessed mineral is finely ground and applied topically.

**Contraindications** Acute damp heat or other excess patterns of diarrhea and dysenteric disorder, and when any pathogen remains in chronic cases. Caution during pregnancy. Antagonistic to rou gui (p.88).

**Formulae**
- Tao Hua Tang (chronic dysenteric disorder from Spleen and Kidney yang deficiency);
- Chi Shi Zhi Yu Ya Liang Tang (chronic dysenteric disorder, fecal incontinence and rectal prolapse from yang deficiency);
- Zhen Ling Dan† (persistent uterine bleeding from yang deficiency and blood stasis);
- Sheng Ji San† (chronic non healing ulcers and sores)

Yǔ Yù Liáng (Limonitum limonite, an iron containing compound with the chemical composition FeO·(OH))

**Preparation and usage** Calcining with vinegar (cu yu yuan liang 醋煅离余粮) enhances its ability to stop diarrhea and bleeding, and is the form most commonly prescribed.

**Contraindications** Acute damp heat or other excess patterns of diarrhea and dysenteric disorder, and when any pathogen remains in chronic cases. Caution during pregnancy.

**Formulae**
- Chi Shi Zhi Yu Ya Liang Tang (chronic dysenteric disorder, fecal incontinence and rectal prolapse from yang deficiency);
- Zhen Ling Dan† (persistent uterine bleeding from yang deficiency and blood stasis)

**Yǐng Sū Kē (Papaveris Pericarpium) opium poppy husk**

This substance is addictive when abused. It is the raw material for morphine and heroin production, and is illegal in most countries and therefore obsolete.¹

**Preparation and usage** When processed with honey (zhǐ yìng su ke 炙罂粟壳) its ability to stop cough is enhanced; when processed with vinegar (cu ying su ke 醋罂粟壳) its ability to stop diarrhea and pain is enhanced.

**Contraindications** Pregnancy, lactation, in small children, acute diarrhea or dysenteric disorder and acute cough.

**Formulae**
- Jiu Xian San† (chronic cough);
- Yang Zang Tang† (chronic dysenteric disorder from Spleen and Kidney yang deficiency)

**Endnotes**

# Chronic damp heat or heat in the blood with underlying deficiency. The deficiency component is the dominant pathology.

† These formulae traditionally contain items from endangered animal species and/or obsolete toxic substances, and are unavailable in their original form.

1 Appendix 6, p.109
2 Appendix 2, p.100
3 Appendix 5, p.107
### 2.1 Blood – Activating, Stasis Dispersing

#### FUNCTIONS

- **BLOOD – ACTIVATING, STASIS DISPERSING**

<table>
<thead>
<tr>
<th>INDICATION</th>
<th>CHURCH XIONG</th>
<th>DAN SHEN</th>
<th>JI XUE TENG</th>
<th>HUAI NU Niu Xiu</th>
<th>YI MU CAO</th>
<th>ZE LAN</th>
<th>TAO REN</th>
<th>HONG HUA</th>
<th>YAN HU SUO</th>
<th>WU LING ZHI</th>
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<td>placenta, lochia – retention of</td>
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<td>skin – rash, heat &amp; bld. stasis</td>
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#### Standard dosage range (g)

The degrees of strength in moving the blood and getting rid of stagnant blood are denoted by different technical terms in Chinese medicine. Herbs that activate blood (háo xue 活血) are the mildest, with a gentle yet reliable blood status resolving action, and some mild supplementing effect. They are generally well tolerated, and can be used for long periods without damaging zheng qi and blood. The mid range group are those that disperse stagnant blood (qú yu 起血). These are stronger than the activating group, and have little or no supplementing effect. They can be used for relatively long periods as long as the patient is monitored. They may disperse zheng qi and blood in some patients. The strongest are those that break up stagnant blood (pò xue 破血). These are powerful substances, with the potential to damage zheng qi and blood. They are only suitable for relatively short term use in cases of stubborn or severe blood stasis, and should be phased out in favor of dispersing or activating herbs as the status resolves, for continuing treatment. There are grades of strength within the blood breaking group, with the insect drugs the strongest. The herbs are roughly arranged here in ascending order of strength.

The classification of strength varies between texts. Different sources emphasise different aspects of a herb’s activity. The rating used here is based on the consensus of several sources and clinical experience.

Chuán Xióng (Chuanxiong Rhizoma) Sichuan lovage root

Preparation and usage When decocted, cook no longer than 5–15 minutes. When taken directly as a powder the dose is 1–1.5 grams. For severe, recalcitrant and migrainous headaches, up to 50 grams in decoction may be used for a few days. Dry frying (chāo chuān xióng 炒川芎) moderates its dispersing nature and makes it more suitable for weak and deficient patients; processing with wine (jiū chuān xióng 酒川芎) enhances its analgesic effect.

Contraindications Yin deficiency with internal heat, excessive sweating due to qi deficiency, vomiting due to counterflow qi, menorrhagia and bleeding disorders. Caution during pregnancy, and alone in headache from ascend Liver yang or blood deficiency.

Formulae Chuán Xióng Chà Tiao San (wind cold headache); Qiang Huo Shèng Shì Táng (wind damp headache); Tang Qiao Huo Xiu Táng (headache, tinnitus and hearing loss from blood stasis); Bu Yang Huo Wàn (hempseedlia from qi deficiency with blood stasis); Wen Jing Táng (infertility and dysmenorrhea from cold and deficient chongmai and renmai); Shèng Huá Táng (postpartum pain from blood stasis); Xue Fu Zhú Yu Táng (qi and blood status); Juán Bi Táng (wind damp joint pain)

Dān Shēn (Salviae miltiorrhizae Radix) salvia root

Preparation and usage Processing with wine (jiū dān shēn 酒丹参) enhances its ability to activate blood; dry frying (chāo dān shēn 炒丹参) warms it up a little and makes it more suitable for blood status patterns without heat. For severe heat in the blood and damp heat bi syndrome, up to 30 grams of dan shen may be used for a few weeks. Large doses must not be used where there is bleeding.


Formulae Dan Shen Yin (chest and epigastric pain from blood stasis); Húo Luó Xiao Líng Dán (acute and chronic pain from blood stasis); Tōn Wáng Bu Xīn Dán (insomnia and shen disturbance from Heart and Kidney yin deficiency); Xiáu Rú Táng (early stage of breast abscesses and mastitis)

Jī Xué Téng (Spatholobi Caulis) chicken blood vine

Preparation and usage In severe cases up to 30 grams may be used.

Contraindications Pregnancy, menorrhagia, bleeding disorders.

Formulae Gu Zhī Zèng Shèng Wán (bony proliferation, osteophytes); Lúo Guān Cāo Gāo (syrup for wind damp bi syndrome)

Huái Niú Xí (Achyranthis bidentatae Radix) achyranthes root

Preparation and usage The downwards directing action is strongest in the unprocessed herb, and it is used for amenorrhea, retained placenta and postpartum pain, painful uterine syndrome and oral pathology from fire. Processing with wine (jiū niú xí 酒牛膝) enhances its ability to activate blood and stop pain and it is preferred for abdominal masses and joint pain; processing with salt (yán niú xí 盐牛膝) enhances its ability to supplement the Liver and Kidneys and strengthen sinews and bones, and is preferred for lower back and leg weakness and pain.

Contraindications Pregnancy, menorrhagia and bleeding disorders. Caution in the unprocessed form for patients with sinking Spleen qi, diarrhea, leukorrhea, and frequent wet dreams.

Formulae Shen Tong Zhu Yu Táng (chronic musculoskeletal pain from blood stasis); Zhen Gan Xi Feng Táng (headache and hypertension from ascendant Liver yang); Shou Wu He Ji (dizziness and numb extremities from Liver blood deficiency with ascendant yang); Si Miao Wán (weakness and numbness in the legs from damp heat); Yu Nü Jian (toothache and oral pathology from Stomach heat and yin deficiency); Ji Sheng Shèn Qì Wán (edema from Kidney yin deficiency); Du Húo Ji Shèng Táng (wind damp bi syndrome with Liver and yin deficiency)

Yì Mú Cāo (Leonurus Herba) Chinese motherwort

Preparation and usage In severe cases up to 30 grams may be used. Commonly prepared as a syrup with honey (yì mǔ cáo gāo 益母草膏) for postpartum blood stasis. The fresh herb or the dregs left from decoction can be applied topically for trauma, skin lesions and mastitis.

Contraindications Pregnancy, and in patients with yin and blood deficiency without blood stasis.

Formulae Yi Mu Shèng Jin Dan (irregular menses and dysmenorrhea from blood deficiency with blood stasis); Tíān Mù Gāo Téng Yín (dizziness and headache from ascendant Liver yang)

Zé Lán (Lycopy Herba) bugleweed

Preparation and usage The fresh herb or the dregs left from decoction can be applied topically for traumatic injuries and mastitis.

Contraindications Caution during pregnancy, and in patients with blood deficiency and no blood stasis.

Formulae Ze Lan Táng (amenorrhea, dysmenorrhea, gynecological masses and postpartum pain from blood stasis)

Tào Rén (Persicae Semen) peach seed

Preparation and usage The unprocessed seeds are better for dispersing blood stasis; dry frying (chāo táo rén 炒桃仁) enhances its ability to moisten the Intestines and treat constipation. Should be pulverized before decoction. When used in pills or powder the skin around the seed should be removed by blanching. Peeled seeds are less toxic than un–peeled seeds, and decoction is safer than direct ingestion. The dosage range should not be exceeded to avoid possible toxicity.


Formulae Tāo Hóng Sì Wú Táng (blood deficiency with mild blood stasis); Tāo Hé Chéng Qí Táng (heat and blood in the lower burner); Shèng Huá Táng (postpartum blood status); Guī Zhi Fu Líng Wán (blood status masses in the lower burner); Dài Huáng Mù Dān Táng (Intestinal abscesses); Wěi Jǐng Táng (Lung abscess); Rùn Chāng Wán (chronic constipation from blood dryness); Wù Lěng Zī Wán (abdominal masses from blood and phlegm status)

Hóng Huā (Cardihami Flos) safflower

Preparation and usage Large doses (6–9 grams) activate blood and disperse blood stasis; small doses (1–3 grams) are used to supplement and harmonize the blood.

Contraindications Pregnancy, menorrhagia and bleeding disorders.

Formulae Tāo Hóng Sì Wú Táng (blood deficiency with mild blood stasis); Fu Yuan Huo Xue Táng (blood status from trauma); Xue Fu Zhú Yu Táng (qi and blood status); Dāng Guì Hóng Huá Yín (skin rash from heat and blood status); Jīng Wán Hóng (ointment for burns and non healing sores)

Appendix 1.1, p.98.

1 Appendix 6, p.108
3 Appendix 2, p.100
4 Chen (2004) is the only source to assert a contraindication during pregnancy. None of the Chinese sources consulted make any statement regarding pregnancy usage. See Appendix 1.1, p.98.
5 Appendix 3.2, p.104

......continued on page 9
### 2.1 Blood – Activating, Stasis Dispersing

#### Indications

<table>
<thead>
<tr>
<th>Domain</th>
<th>Function</th>
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<tbody>
<tr>
<td>Lung</td>
<td>Aids Gallbladder function</td>
</tr>
<tr>
<td>Kidney</td>
<td>Breaks up blood stasis</td>
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<tr>
<td>Liver</td>
<td>Dredges the Liver</td>
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<tr>
<td>Spleen</td>
<td>Transforms phlegm heat</td>
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<tr>
<td>Stomach</td>
<td>Unblocks network vessels</td>
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<tr>
<td>Heart</td>
<td>Strengthens sinew, bone</td>
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<tr>
<td>Gallbladder</td>
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<td>Pericardium</td>
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<td>Flavour, nature</td>
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#### Standard dosage range (g)

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#### Functions

- Abscess – breast
- Abscesses & sores – skin
- Amenorrhea
- Atrophy & weakness (wei synd.)
- Bleeding – hematemeses, nose
- Bleeding – hematuria
- Breast – distension & pain
- Burns & scalds
- Cardiovascular disease
- Cirrhosis of the liver – early
- Cough – Lung heat
- Delirium – in high fever
- Depression – phlegm, qi const.
- Dysmenorrhea
- Edema
- Fallopian tubes – blockage of
- Gallstones, cholecystitis
- Hemiplegia
- Hypertension
- Jaundice – damp heat, bld. stasis
- Lactation – insufficient
- Leukorrhea – damp heat
- Lin syndrome – blood
- Lin syndrome – damp heat
- Mania depression (dian kuang)
- Masses – abdominal
- Menstruation – irregular
- Nasosinusitis (bi yuan)
- Numbness – extremities
- Pain – & injury, trauma
- Pain – abdominal, blood stasis
- Pain – abdominal, qi stagnation
- Pain – arm & shoulder
- Pain – chest, angina
- Pain – epigastric
- Pain – hypochondriac
- Pain – lower back, leg, knee
- Pain – postpartum abdominal
- Pain – testicular
- Placenta, lochia – retention of
- Seizures, epilepsy – phlegm heat
- Thrombophlebitis, Buerger’s disease

### External Use

- External Use
- Strong External Indication
Yán Hú Suǒ (Corydalis Rhizoma) corydalis rhizome – p.6

Preparation and usage Process with vinegar (cu yan hua suo 琥珀延胡索) enhances its analgesic property. Often taken by itself as a powder with warm water, in doses of 1.5–3 grams.

Contraindications Pregnancy. Caution in pain from deficiency.

Formulae

Jin Ling Zi San (abdominal pain from qi and blood stasis);
An Zhong San (epigastric pain from cold); Jiang Huang San (chest and abdominal pain from qi and blood stasis); Ju He Wan (testicular swelling and pain from cold damp)

Wǔ Ling Zī (Trogotroperti Faeaces) flying squirrel feces – p.6

Preparation and usage Should be decocted in a cloth bag. Generally best used in powder or pill form. Process with vinegar (cu wu ling zhi 醋五灵脂) enhances its analgesic effect; charred wu ling zhi (chu ren zhi shu 五灵脂炭) is used to stop bleeding.

Contraindications Pregnancy, and pain from deficiency. This substance has a rather unpleasant and often nauseating smell and taste when decoc ted, and should be used cautiously in patients with Stomach qi deficiency patterns. Antagonistic to ren shen (p.74) and dang shen (p.74).

Formulae

Shi Xiao San (chest and epigastric pain from blood stasis);
Shou Nian San (abdominal pain from qi and blood stasis)

Rú Xiāng (Olibanum) frankincense, mastic – p.6

Preparation and usage The raw resin can irritate the stomach and cause nausea and vomiting; processing with vinegar (cu ru xiang 醋乳香, also written as zhi ru xiang 炙乳香) reduces this tendency, and is preferred for internal use. The processed resin is often used in alcohol extract. Not suitable for long term use.

Contraindications Pregnancy, and in the absence of blood stasis. Caution in patients with sensitive digestion and Spleen qi deficiency.

Formulae

Huo Luo Xiao Ling Dan (acute and chronic pain from blood stasis); Juan Bi Tang (wind damp bi pain); Qi Li San (traumatic injury); Xian Fang Huo Ming Yin (toxic heat boils and sores); Jìng Wáng Hōng (ointment for burns and non-healing sores); Hong Tōng Jiān (Intestinal abscess); Jié Gu Dan (slow healing broken bones)

Mò Yào (Myrrha) myrrh – p.6

Preparation and usage The raw resin can irritate the stomach and cause nausea and vomiting; processing with vinegar (cu mo yao 醋没药, also written as zhi mo yao 炙没药) reduces this tendency, and is preferred for internal use. The processed resin is often used in alcohol extract. Not suitable for long term use.

Contraindications Pregnancy, and in the absence of blood stasis. Caution in patients with sensitive digestion and Spleen qi deficiency.

Formulae

Huo Luo Xiao Ling Dan (acute and chronic pain from blood stasis); Shou Nian San (abdominal pain from qi and blood stasis); Shao Fu Zhu Yu Tang (dysmenorrhea from cold and blood stasis in the lower burner); Zi Ran Tong San (stomach qi deficiency patterns).

Fú Hǔng (Typhae Pollen) raw burr bush pollen Raw pu huang is quite different in action from the dry fried product (p.12) and is thus distinguished here.

Preparation and usage Should be decocted in a cloth bag to prevent the tiny spores from irritating the throat.

Contraindications Pregnancy, and in the absence of blood stasis.

Formulae

Shi Xiao San (chest and epigastric pain from blood stasis); Hei Shen San (postpartum blood stasis); Shao Fu Zhu Yu Tang (dysmenorrhea from cold and blood stasis in the lower burner)

Yǔ Jīn (Curcumae Radix) curcuma root tuber

Preparation and usage When taken directly as powder, the dose is 2–5 grams per day.

Contraindications Pregnancy. Antagonistic to ding xiang (p.88).

Formulae

Xuan Yu Tong Jing Tang (premenstrual fever, short cycle and dysmenorrhea from qi constraint with heat in the blood); Chang Pu Yu Jin Tang (disturbance of consciousness in a damp warm febrile disease); Bai Jin Wan (seizures or mania from phlegm blocking the Heart); Dan Dao Pai Shi Tang (gallstones from damp heat)

Hú Zhāng (Polygoni cuspidati Rhizoma) bushy knotweed Other texts place this herb in the damp draining or wind damp group.

Preparation and usage For topical use, fresh or powdered hu zhang is steeped in sesame oil for a week or so, and the strained oil applied to the affected area.

Contraindications Pregnancy.

Formulae

Shao Fu Zhu Yu Tang (wind damp bi syndrome)
Luó De Dà (Centella asiatica Herba) gotu kola

Contraindications Yang deficiency patterns.

Lù Lù Tōng (Liquidambaris Fructus) liquidamber fruit

Other texts place this herb in the wind damp or qi regulating group.

Contraindications Pregnancy and in menorrhagia.

Máo Dōng Qīng (Illicis pubescentis Radix) hairy holly root

Contraindications Yang deficiency patterns.

Jiāng Xiāng (Dalbergiae odoriferae Lignum) rosewood

Preparation and usage Should be shaved or powdered before decoction. When taken directly as powder, the dose is 1–2 grams. Can be applied topically as a powder mixed with lanoline or sorbolene for injuries, fractures and sprains, or as a powder alone for traumatic bleeding.

Contraindications Bleeding from heat in the blood, and in the absence of blood stasis.

Chuán Niú Xi (Cyathulae Radix) cyathula root

Preparation and usage This form of niu xi is used instead of huai niu xi (p.6) when greater blood stasis dispersing action is desired.

Contraindications Pregnancy, menorrhagia and bleeding disorders.

Formulae

Shu Jin Hua Xue Tang (hemiplegia and wind damp syndrome with blood stasis); Tong Jing Wan (amenorrhea and dysmenorrhea from blood stasis); Xue Fu Zhu Yu Tang (qi and blood stasis); San Leng Wan (abdominal masses); Bai Ling Tao Gan Tang (infertility from blocked fallopian tubes or endometriosis)

Jiāng Huáng (Curcumae longae Rhizoma) turmeric

Contraindications Pregnancy, and pain from deficiency.

Formulae

Jiāng Huang San (chest and abdominal pain from qi and blood stasis); Juan Bi Tang (wind damp joint pain); Shu Jin Tang (arm and shoulder pain from wind damp)

Wǎng Bù Lìng Xīng (Vaccariae Semen) vaccaria seeds

Preparation and usage Can be dry fried (shao liu xing zhi 炒留行子) to enhance its ability to activate blood and promote menstruation. Used instead of the scales of the endangered pangolin (chuan shan jia 穿山甲) for blood stasis and lactication problems.

Contraindications Pregnancy.

Formulae

Bai Ling Tao Gan Tang (infertility from blocked fallopian tubes or endometriosis)

Lí Jí Nǔ (Artemesiae anomalae Herba) anomalous artemesia

Preparation and usage Can be powdered and applied topically to bleeding wounds.

Contraindications Pregnancy.

Formulae

Bì Huo Dan (topical ointment for burns and scalds)

Sū Mū (Sappan Lignum) sappan wood

Contraindications Pregnancy, and in cases of menorrhagia.

Formulae

Tōng Jīng Wan (amenorrhea and dysmenorrhea from blood stasis); Ba Li San (pain and injury from trauma)

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1 Appendix 6, p.109
2 Appendix 2, p.100
3 Appendix 6, p.109
4 Xu & Wang (2002) is the only source asserting a contraindication. See p.99.
5 Appendix 2, p.100
6 Zhong Yao Xue (2000)
7 Shi Yong Zhong Yao Xue (1985)
8 Zhong Yao Xue (2000)
9 Shi Yong Zhong Yao Xue (1985)
10 Appendix 5, p.106
### 2.1 Blood – Activating, Stasis Dispersing

<table>
<thead>
<tr>
<th>Indication</th>
<th>Zi Ran Tong</th>
<th>Jiu Cai</th>
<th>Ji Xing Zi</th>
<th>Ma Bian Cao</th>
<th>Gan Qi</th>
<th>Wa Leng Zi</th>
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<th>Di Bie Chong</th>
<th>Meng Chong</th>
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#### Functions

- Alleviates food stagnation
- Alleviates gastric acidity
- Breaks up blood stasis
- Checks malarial disorder
- Clears toxic heat
- Dissipates masses
- Disperses blood stasis
- Kills parasites
- Moves qi
- Promotes healing of bones
- Promotes menstruation
- Softens hardness
- Stops pain
- Transforms phlegm

#### Domain

- Lung
- Liver
- Heart
- Spleen
- Stomach
- Flavour, nature
- Slightly toxic
- Astringent
- Bitter
- Pungent
- Salty
- Sour
- Cold
- Cool
- Neutral
- Warm

### Standard Dosage Range (g)

- 9–15
- 30–60
- 3–9
- 15–30
- 3–9
- 15–30
- 3–9
- 3–6
- 3–9
- 1–1.5

*See p.11*
Zi Rán Tóng (Pyritum) pyrite, ferrous disulphide FeS₂

Preparation and usage When used in decoction the dose is 9–15 grams and the calcined version is used (duan zi ran tong 蝸自然铜). In pills and powder (the preferred option) the dose is 0.3–1 grams of the calcined and pulverized substance, once or twice daily.

Contraindications Not suitable in the absence of blood stasis and for prolonged use. Caution in patients with heat from yin and blood deficiency.

Formulæ Zi Ran Tong San (slow healing broken bones); Ba Li San (pain and injury from trauma)

Jiǔ Cài (Allium tuberosum Stamen) fragrant flowered garlic

Preparation and usage The fresh juice extracted from jiu cai is pungent, sour, astringent and very warm, and disperses blood stasis in the upper digestive tract. It is an important herb for regurgitation and dysphagia caused by blood stasis in the esophagus. When cooked, it becomes sweet and warm, and is used to warm Spleen and Stomach yang, and correct the qi dynamic. To treat insects in the ear, jiu cai juice is dripped into the ear. For hemorrhoids, a brief decocction of jiu cai can be used to wash the rectal area.

Contraindications Patients with indeterminate gnawing hunger.

Formulæ Wu Zhi An Zhong Yin (dysphagia from qi and blood stasis); San Zhi Yin (regurgitation from Spleen and Stomach yang deficiency)

Jī Xīng Zǐ (Impatiens balsamina Semen) garden balsams seed

Preparation and usage For abscesses, the fresh herb can be applied topically; for sore throat the extracted juice can be used as a gargle. For malaria, a decoction of ma bian cao (alone or with other suitable herbs) enhances its ability to disperse blood stasis and stop pain.

Contraindications Pregnant, and in women with menstruation and patients with bleeding disorders. Caution in weak patients with mild to moderate blood stasis.

Formulæ Bie Jia Wan (abdominal masses); E Wei Hua Pi Gao† (topical plaster for masses); Jiang Huang San (chest and abdominal pain from qi and blood stasis)

Shuí Zhi (Hirudo) leech

Preparation and usage In decoction the dose is 3–6 grams; when taken separately as powder (the preferred option) the dose is 0.3–0.6 grams once or twice daily. When destined for pills or powder, the leech should be processed with talcum powder (huā shī chāo zhī zǐ 滑石炒水蛭), as this makes it crispy and more easily powdered.

Contraindications Pregnancy, in the absence of blood stasis, in women with menstruation and patients with bleeding disorders.

Formulæ Da Huang Zhe Chong Wan (lower abdominal masses and amenorrhea from blood stasis)

Dì Biē Chóng (Eupolyphaga/Steleophaga) wingless cockroach

Also known as zhè chóng 蠳虫 and tǔ bì chóng 土鳖虫.

Preparation and usage In decoction the dose is 3–9 grams, crushed up; when taken separately as powder or in pills (the preferred option) the dose is 1–1.5 grams once or twice daily.

Contraindications Pregnancy, in the absence of blood stasis, in women with menstruation and patients with bleeding disorders.

Formulæ Da Huang Zhe Chong Wan (lower abdominal masses and amenorrhea from blood stasis); Xiu Yu Xue Tang (severe dysmenorrhea from blood stasis); Bie Jia Wan (abdominal masses); Cán She Tang (stubborn wind damp bi syndrome)

Méng Chóng (Tabanus) horse fly

Preparation and usage In decoction the dose is 1–1.5 grams, crushed up; when taken separately as powder or in pills (the preferred option) the dose is 0.3 grams once or twice daily.

Contraindications Pregnancy, in the absence of blood stasis, in women with menstruation and patients with bleeding disorders.

Formulæ Da Huang Zhe Chong Wan (lower abdominal masses and amenorrhea from blood stasis); Da Huang Zhe Chong Wan (low abdominal masses and amenorrhea from blood stasis)
## 2.2 Blood – Hemostatics

<table>
<thead>
<tr>
<th>INDICATIONS</th>
<th>FUNCTIONS</th>
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<tbody>
<tr>
<td>abscess – breast, mastitis</td>
<td>disperses blood stasis</td>
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<tr>
<td>abscess – Intestinal</td>
<td>clears damp heat</td>
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<td>abscess – Lung</td>
<td>clears toxic heat</td>
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<tr>
<td>abscesses &amp; sores – skin</td>
<td>cools the blood</td>
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<tr>
<td>alopecia – bld. def.; heat in bld.</td>
<td>cools the Liver</td>
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<td>amenorrhea – blood stasis</td>
<td>cools the Lu. &amp; St.</td>
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<tr>
<td>bi syndrome – wind damp</td>
<td>dispenses blood stasis</td>
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<td>bleeding – epistaxis</td>
<td>kills parasites</td>
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<tr>
<td>bleeding – gums</td>
<td>promotes hair growth</td>
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<tr>
<td>bleeding – hematemesis</td>
<td>promotes healing</td>
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<td>bleeding – hematuria</td>
<td>promotes urination</td>
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<tr>
<td>bleeding – hemoptysis</td>
<td>stops bleeding</td>
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<td>bleeding – hemorrhoids</td>
<td>stops cough</td>
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<tr>
<td>bleeding – postpartum</td>
<td>stops pain</td>
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<td>bleeding – pregnancy; heat</td>
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<td>bleeding – rectal; blood stasis</td>
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<td>bleeding – rectal; damp heat</td>
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<td>cough – Lung heat</td>
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<td>dysenteric dis. – damp heat</td>
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<td>hypertension – Liver fire</td>
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**Standard dosage range (g)**

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### Functions
- **Strong Function**
- **Strong Indication**
- **Indication**
- **External Use**
Contraindications Pregnancy, and in the absence of blood stasis.  
Formulae *Hua Rui Shi San* (bleeding from trauma); *Hua Rui Shi Bai Ji San* (hemoptysis with blood stasis); *Hua Xue Dan* (bleeding with an element of blood stasis)  

Xiao Ji (Cirsii Herba) small thistle  
Preparation and usage Do not cook longer than 15 minutes*. When the fresh herb is available, 30–60 grams per packet of herbs can be used. The fresh herb can also be juiced, with the juice taken internally or applied topically to suppurative sores and hemorrhoids. To treat bleeding from heat in the blood, hypertension or sores, the unprocessed herb is used; to stop bleeding from causes other than heat, the charred form (*xiao ji tan* 小蓟炭) is used.  
Contraindications Caution in patients with Spleen qi deficiency, diarrhoea and loss of appetite.  
Formulae *Xiao Ji Yin Zi* (urinary bleeding from heat); *San Xiao Yin* (hemoptysis from Lung yin deficiency); *Shi Hui San* (bleeding from heat in the blood)  

Dà Ji (Cirsii japonici Herba sive Radix) Japanese thistle  
Preparation and usage When the fresh herb is available, 30–60 grams per packet of herbs can be used. The fresh herb can also be juiced, with the juice taken internally or applied topically to suppurative lesions. When charred (*da ji tan* 大蓟炭), its cooling action is reduced and it can be used for bleeding from causes other than that heat.  
Contraindications Middle burner yang qi deficiency.  
Formulae *Shi Hui San* (bleeding from heat in the blood)  

Di Yú (Sanguisorbae Radix) bloodwort root  
Preparation and usage In severe cases, up to 30 grams per dose may be used. When taken directly as a powder or in pills, the dose is 1.5–3 grams, several times daily. Usually charred to stop bleeding (*di yu tan* 地榆炭). When used topically for skin lesions, burns and chronic ulceration, unprocessed *di yu* is ground into a fine powder and mixed with a suitable carrier, such as sesame oil (traditional), sorbolene or honey.  
Contraindications Bleeding or dysenteric disorder from cold and deficiency, or when there is substantial blood stasis. Not suitable for widespread burns, as excessive topical coverage and absorption may be associated with induction of liver damage and hepatitis. Not suitable alone in the early stages of heat type dysenteric disorder due to its sourness.  
Formulae *Di Yu Gan Cao Tang* (rectal bleeding with abdominal pain); *Di Ya Wan* (binning hemorrhoids); *Jing Wan Hong* (ointment for burns and non healing sores); *An Tai Yin* (threatened miscarriage from qi deficiency with heat); *Qin Jiao Bai Zhu Wan* (chronic constipation with bleeding, itchy hemorrhoids)  

Huái Hú Mì (Sophorae Flos immatutus) pagoda tree bud  
Preparation and usage To stop bleeding the charred herb is used (*huai hua tan* 槐花炭); to clear heat and cool the Liver, the unprocessed herb is used. The fruit of this plant, *huái jiăo* 槐角 (Sophorae Fructus) is similar and can be used interchangeably.  
Contraindications Caution in patients with bleeding from middle burner yang deficiency or yin deficiency with heat. Húái jiăo 槐角 is contraindicated during pregnancy.  
Formulae *Huai Hua San* (rectal bleeding, hemorrhoids from heat); *Hei Sheng San* (bleeding hemorrhoids)  

Cề Bái Yế (Platycladi Cacumen) Chinese arborvitaе leaf  
Preparation and usage In severe cases, up to 30 grams can be used. When used to stop bleeding in general, the charred herb is used (*ce bai tan* 侧柏炭); to stop bleeding from heat, alleviate cough and promote hair growth, the unprocessed herb is used. When applied topically to stimulate hair growth, the finely powdered herb is mixed with sesame oil and massaged firmly into the target area. A layer can be secured with a night cap or scarf for retention while sleeping.  
Contraindications Caution in patients with bleeding from blood stasis and those with middle burner yin deficiency.  
Formulae *Si Sheng Wan* (bleeding from heat); *Bai Yê Tang* (bleeding from yin deficiency); *Wu Fu Wan* (alopecia following illness)
### 2.2 BLOOD – HEMOSTATICS

#### INDICATIONS

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<tr>
<th>Indication</th>
<th>Bai Ji</th>
<th>Xian He Cao</th>
<th>Zi Zhu</th>
<th>Zong Lu Pi</th>
<th>Xue Tan</th>
<th>Ou Jie</th>
<th>Tie Xian Cai</th>
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#### FUNCTIONS

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<td>astringes bleeding</td>
<td>Lung</td>
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<td>calms a restless fetus</td>
<td>Large Intestine</td>
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<td>clears toxic heat</td>
<td>Kidney</td>
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<td>disperses cold</td>
<td>Liver</td>
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<td>stops bleeding</td>
<td>Heart</td>
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<td>stops diarrhea</td>
<td>Spleen</td>
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<td>stops vomiting</td>
<td>Stomach</td>
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<tr>
<td>warms the middle burner</td>
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<td>warms the uterus</td>
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#### Standard dosage range (g)

Preparation and usage When the fresh herb is available, up to 60 grams may be used. Used unprocessed for optimum heat clearing action; the charred herb (bai mao gen tan 白茅根炭) is not as cool or moistening, but retains its ability to stop bleeding and is better tolerated by deficient patients.

Contraindications Bleeding from deficiency or cold. Caution in patients with middle burner yang qi deficiency.

Formulae San Xiao Yin (cough and hemoptysis from Lung heat); Mao Gen Yin Zi (hematuria from yin deficiency with heat); Mao Gen Tang (vomiting from Stomach heat); Shi Hui San (bleeding from hot blood)

Zhù Mǎ Gèn (Boehmeriae Radix) ramie root ~ p.12

Preparation and usage When the fresh herb is available, 30–60 grams can be used. The juice squeezed from the fresh root can be applied to the skin for boils and infected lesions.

Contraindications Not suitable for bleeding or other conditions without heat in the blood or excess heat. Caution in patients with middle burner deficiency.

Formulae Zhu Gen Tang (threatened miscarriage from heat); Zhu Gen San (rectal or uterine bleeding from heat)

Yāng Tí Gèn (Rumex japonicus Radix) Japan dock root ~ p.12

Preparation and usage When the fresh herb is available use 30–50 grams. The fresh juice is best applied to parasitic skin infection.

Contraindications Middle burner yang qi deficiency and patterns with diarrhea.

Formulae Yang Ti Gen San (topically for damp itchy skin rashes); Luo Li San (tuberculous lymphadenitis)

Bài Máo Gèn (Imperatae Rhizoma) woolly grass rhizome

Preparation and usage When the fresh herb is available, up to 60 grams can be used. The fresh juice from the fresh root can be applied to the skin for boils and infected lesions.

Contraindications Hemoptysis associated with acute external pathogenic invasion; early stage of Lung abscess; excess heat patterns of the Lungs and gastrointestinal tract with bleeding. Incompatible with zhi fu zi (p.88), zhi chuan wu (p.94) and zhi cao wu (p.94).

Formulae Bai Ji Pi Pa Wan

Zōng Lǘ Pí (Trachycarpi Petiolus) trachycarpus palm fibre

Preparation and usage Always used in the charred form (zong lu tan 棕榈炭) to stop bleeding. When taken directly as powder the dose is 1–1.5 grams, several times daily.

Contraindications Bleeding associated with blood stasis, and in damp heat dysennergic disorder or leukorrhea.

Formulae Shi Hui San (bleeding from heat in the blood); Gu Chong Tang (uterine bleeding from Spleen qi deficiency); Ru Sheng San (uterine bleeding from yang deficiency); Hei Sheng San (bleeding hemorrhoids)

Xué Yǔ Tàn (Cirinus carbonisatus) charred human hair

Preparation and usage When taken directly as powder the dose is 1–1.5 grams, several times daily. Can be powdered and blown into the nose or mouth for epistaxis and bleeding from the oral cavity.

Contraindications Caution in patients with weak middle burner qi. Often causes nausea and vomiting.

Formulae Hua Xue Dan (various sites of bleeding with an element of blood stasis); Bai Zhi San (thin wetary or bloody leukorrhea)

Óu Jié (Nelumbinis Nodus rhizomatis) lotus rhizome node

Preparation and usage Up to 30 grams can be used in severe cases; when the fresh herb is available up to 60 grams can be used. The fresh juice squeezed from the root is also effective. When unprocessed or fresh, ou jie is used for bleeding from stasis and heat in the blood. When charred (ou jie tan 槐花炭) it becomes slightly warm, its astringency is enhanced and it is better for chronic bleeding associated from yang qi deficiency.

Contraindications None noted.

Formulae Xiao Ji Yin Zi (urinary bleeding from heat); Bai Ji Pi Pa Wan (hemoptysis from Lung yin deficiency); Shu Xue Wan (hemoptysis from Lung heat)

Tì Xián Cài (Acalyphae Herba) copperleaf herb

Preparation and usage When the fresh herb is available, 30–60 grams can be used in decoction. The liquid from a strong decoction, the juice pressed from the fresh plant or the bruised plant can be applied topically for skin diseases.

Contraindications Pregnancy. Caution in the elderly and debilitated.

Jí Huā (Loropetalum chinensis Flos) Chinese fringe flower

Preparation and usage The flower, stem and roots are all used medically and have similar properties. The flower is used at a dose of 6–9 grams, the stem at 15–30 grams and the root at 30–60 grams. For burns and scalds, ji mu can be powdered, mixed with sesame oil or other suitable carrier and applied topically.

Contraindications Acute diarrhea and dysenteric disorder. Caution during pregnancy.

Ai Yè (Artemisiae argyi Folium) mugwort leaf, moxa

This herb is placed in the internal warming group in some texts.

Preparation and use Unprocessed ai ye is used to warm the uterus, dispel cold and stop pain; when processed with vinegar (cu chao ai ye 醋炒艾叶) its ability to dispel cold, and stop pain and bleeding from cold is enhanced; when charred (ai ye tan 艾叶炭) its ability to stop bleeding is further enhanced. M refers to the use of moxa.

Contraindications Caution in patients with bleeding from yin deficiency. Ai ye is slightly toxic and should not be used in too large a dose or for too long.

Formulae Ai Fu Nuan Gong Wan

Zī Zū (Callicarpa formosanae Folium) callicarpa leaf

Preparation and usage When the fresh herb is available, 30–60 grams can be used in decoction. When taken directly as powder, the dose is 1.5–3 grams in water, several times daily.

Contraindications Caution in patients with bleeding from yang qi deficiency.

Zōng Lù Pí (Trachycarpeti Petiolus) trachycarpus palm fibre

Preparation and usage Always used in the charred form (zong lu tan 棕榈炭) to stop bleeding. When taken directly as powder the dose is 1–1.5 grams, several times daily.

Contraindications Bleeding associated with blood stasis, and in damp heat dysennergic disorder or leukorrhea.

Formulae Sheng Hua Tang (postpartum blood stasis); Ru Sheng San (uterine bleeding from yang deficiency); Xiao Yao San (Liver qi constraint with blood deficiency); Yang He Tang (yin sores); Hei Shen San (postpartum blood stasis); Da Yi Han Wan (abdominal pain and diarrhea from Spleen yang deficiency)
Appendix 1. Herbs proscribed during pregnancy

1.1 HERBS CONTRAINDICATED DURING PREGNANCY

The main action of herbs likely to cause problems during pregnancy falls into three groups – 1. Blood stasis dispersing and blood breaking; 2. Bitter, cold purgatives, or those with a descending effect on qi and blood; 3. Herbs that promote urination and potentially diminish amniotic fluid and damage yin. The first trimester is the most sensitive time, and when problems are likely to occur as a result of herb ingestion.

The issue of herbs during pregnancy is complicated. There is a surprising diversity of opinion amongst the main sources, even on the status of some of the more common herbs. Texts asserting a contraindication are footnoted in red; those asserting a caution, in black. When a text is not represented it does not have an opinion one way or the other. Contraindications for herbs without footnotes are derived from secondary sources. The final number is the page reference.


Bà Đậu Quân¹,²,³,⁴,⁵,⁶ (Crototis Fructus Pulveratum) 62
Bái Huài Cao²,³,⁴,⁵,⁶ (Hedyotiis diffusae Herba) 36
– None of the Chinese sources consulted note either a caution or contraindication. A caution may be more appropriate.
Bàn Gù¹,²,³,⁴,⁵,⁶ (Mylaria) 24
Bìe Jià¹,²,³,⁴,⁵,⁶ (Trionycis Carapax) 80
Bìng Piàn¹,²,³,⁴,⁵,⁶ (Borneol) 50
Chán Sù¹,²,³,⁴,⁵,⁶ (Bufoinis Venenum) 50
Cháng Shān¹,²,³,⁴,⁵,⁶ (Dichroae Radix) 22
Cháu Pú Huáng¹,²,³,⁴,⁵,⁶ (Typhae Pollen preparata) 12
Chê Qian Zi¹,²,³,⁴,⁵,⁶ (Plantaginis Semen) 18
– None of the Chinese sources consulted note either a caution or contraindication. A caution may be more appropriate.
Chóng Lâu¹,²,³,⁴,⁵,⁶ (Paridis Rhizoma) 36
Chuán Niú Xi¹,²,³,⁴,⁵,⁶ (Cathayalae Radix) 8
Ci Ji Li¹,²,³,⁴,⁵,⁶ (Tribuli Fructus) 48
Dâ Fêng Zi¹,²,³,⁴,⁵,⁶ (Hydrcopami Semen) 24
Dâ Huăng¹,²,³,⁴,⁵,⁶ (Rhei Radix et Rhizoma) 60
Dâ Suân¹,²,³,⁴,⁵,⁶ (Alli sativi Bulbus) 52
– Contraindicated as a retention enema.
Dân Nâm Xìng¹ (Arisaema cum Bile) 58
– Although no source explicitly states this herb and this substance is not considered toxic, a contraindication is prudent due to the toxic status of the parent herb (tian nan xing).
Dân Shên¹ (Salviae miltiorrhizae Radix) 6
– None of the Chinese sources consulted note either a caution or contraindication. Large doses should be avoided, but a caution may be more appropriate.
Dĩ Bì Chóng¹,²,³,⁴,⁵,⁶ (Eupolyphaga/Steleophaga) 10
È Wêuí¹ (Ferulae Resina) 30
È Zhû¹,²,³,⁴,⁵,⁶ (Curcumae Rhizoma) 10
Fân Xié Yê¹,²,³,⁴,⁵,⁶ (Senna Foli-um) 60
Gân Jiăng¹,²,³,⁴,⁵,⁶ (Zingiberis Rhizoma) 88
Gân Qê¹,²,³,⁴,⁵,⁶ (Toxicodendri Resina) 10
Gân Su¹,²,³,⁴,⁵,⁶ (Kansui Radix) 62
Gûa Dî¹ (Melo Pedicellus) 22
Guân Zhông¹,²,³,⁴,⁵,⁶ (Dryopteridis crassirhizomeae Rhizome) 52
Guî Bân¹,²,³,⁴,⁵,⁶ (Testudinis Plastrum) 80
– The processed resin, gui ban jiao, is not contraindicated.
Guî Zhî¹,²,³,⁴,⁵,⁶ (Carpessi abrotanoidis Fructus) 52
Hông Dâ Jî¹,²,³,⁴,⁵,⁶ (Knoxiae Radix) 62
Hông Huá¹,²,³,⁴,⁵,⁶ (Carthami Flos) 6
Hû Jiăo¹,²,³,⁴,⁵,⁶ (Piperis Fructus) 88
– Not used in therapeutic doses, but considered safe in the quantities used to season food.
Hû Zhàng¹,²,³,⁴,⁵,⁶ (Polyonii cuspidati Rhizoma) 8
Huà Rui Shî¹,²,³,⁴,⁵,⁶ (Ophialcium) 12
Huà Shî¹,²,³,⁴,⁵,⁶ (Talcum) 20
– None of the Chinese sources consulted note either a caution or contraindication. A caution may be more appropriate.
Huày Jîo¹,²,³,⁴,⁵,⁶ (Sophorae Fructus) 13
Huáu Niú Xi¹,²,³,⁴,⁵,⁶ (Achyranthis bidentatae Radix) 6
Jî Xîng Zi¹ (Impiens balsaminae Semen) 10
Jî Xué Têng¹ (Spatholobi Caulis) 6
– The blood activating action of this herb is mild and well balanced by its supplementing action, so a caution may be more appropriate.
Jiâng Huâng¹,²,³,⁴,⁵,⁶ (Cucumae longiae Rhizoma) 8
Kû Liân Pi¹ (Meliae Cortex) 52
Li Lû¹,²,³,⁴,⁵ (Veratri nigri Radix et Rhizoma) 22
Liû Huâng¹,²,³,⁴,⁵,⁶ (Sulphur) 24
Liû Ji Nû¹,²,³,⁴,⁵,⁶ (Artemesiae anomalae Herba) 8
Lông Kui¹ (Solani nigri Herba) 86
Lûy Lû¹,²,³,⁴,⁵,⁶ (Rhapontici Radix) 38
Lû Hui¹,²,³,⁴,⁵,⁶ (Aloe) 60
Lû Tông³,⁴,⁵,⁶ (Liquidambaris Fructus) 8
Mû Cài Xîan¹ (Portulaceae Herba) 34
– This plant is consumed in parts of China as a vegetable. A caution may be more appropriate.
Mûn Xîao¹,²,³,⁴,⁵,⁶ (Natrii Sulfas) 60
Mûng Chông¹,²,³,⁴,⁵,⁶ (Tabanus) 10
Mûng Dông Shên¹ (Changii Radix) 58
Mû Ba Yào¹,²,³,⁴,⁵,⁶ (Myrrha) 6
Mû Biê Zî¹,²,³,⁴,⁵,⁶ (Momordicae Semen) 24
Mûn Dên Pi¹,²,³,⁴,⁵,⁶ (Moutan Cortex) 40
Niû Huâng¹,²,³,⁴,⁵,⁶ (Bovis Calculus) 96
Páu Jiâng¹ (Zingiberis Rhizoma preparata) 14
– Not a traditional contraindication, but included here because the parent herb, gan jiang, is contraindicated.
Pû Huâng¹,²,³,⁴,⁵,⁶ (Typhae Pollen) 8
Quân Jîn Zî¹,²,³,⁴,⁵,⁶ (Euphorbia lathyris Semen) 62
Quân Niû Zî¹,²,³,⁴,⁵,⁶ (Pharbitidis Semen) 62
Quing Mêng Shî¹,²,³,⁴,⁵,⁶ (Chlorotis Lapis) 58
Quî Mài¹,²,³,⁴,⁵,⁶ (Dianthi Herba) 20
Quân Xiê¹,²,³,⁴,⁵,⁶ (Scorpio) 96
Rêng Gông Shê Xîáng¹,²,³,⁴,⁵,⁶ (Synthetic muscone) 50
Rûôu Guî¹,²,³,⁴,⁵,⁶ (Cinnamomi Cortex) 88
1.1 HERBS CONTRAINDICATED DURING PREGNANCY (cont.)

- The caution is due to the claim in Bensky (2004) that Chì Xiǎo Dòu Bài Jiàng Cǎo Bā Yuè Zhá
- No specific contraindications could be found for this herb, but it has a similar composition and therapeutic profile to yan hu suo, so a contraindication would seem warranted.
- Doses, to 12 grams, can be used cautiously.
- An extensive search failed to uncover any rationale for the contraindication, although the root of this plant is clearly contraindicated. Bensky (2004) states that 'Long term consumption during pregnancy can lead to miscarriage', but evidence for contraindication is tenuous. These seeds appear in food items routinely available in China and Japan. A caution may be more appropriate.

1.2 HERBS TO BE USED CAUTIOUSLY DURING PREGNANCY

- None of the Chinese sources consulted supported this assertion. However, large doses should be avoided, but a caution may be more appropriate.
- Japan. A caution may be more appropriate.
- None of the Chinese sources consulted support this assertion. However, large doses should be avoided, but a caution may be more appropriate.

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