

# Clinical Handbook of Chinese Herbs

Desk Reference



*Pangolin*

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## HOW TO USE THIS BOOK

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 I have retained old (and now outdated) indications, such as snakebite for example, for the sake of historical consistency.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 [ $\Delta$ used for; $\blacktriangle$ 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; →<sup>1</sup> not communicating

### Functions [ $\circ$ average; $\bullet$ 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 herb's 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 herb's 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

△ Indication ▲ Strong Indication E External Use E Strong External Indication	Shan Zhu Yu 山 茱 萸	Fu Pen Zi 覆 盆 子	Sang Piao Xiao 桑 螵 蛸	Hai Piao Xiao 海 螵 蛸	Jin Ying Zi 金 樱 子	Qian Shi 芡 实	Lian Zi 莲 子	Chun Pi 椿 皮	Ji Guan Hua 鸡 冠 花	Ma Huang Gen 麻 黄 根	Fu Xiao Mai 浮 小 麦	Nuo Dao Gen Xu 糯 稻 根 须	○ Function ● Strong Function
<b>INDICATIONS</b>													<b>FUNCTIONS</b>
acid reflux, heartburn				▲ ○									alleviates gastric acidity
appetite – loss of					○		△	○	○				binds the Intestines
bleeding – hematemesis		○		△									brightens the eyes
bleeding – hemoptysis				△			○						calms the shen
bleeding – hemorrhoids								○	△				clears damp heat
bleeding – rectal; def., cold				△					△		○	○	clears deficient heat
bleeding – rectal, from heat#								▲ ○	△				kills parasites
bleeding – traumatic				E ○									promotes healing
bleeding – uterine, from heat#	○	○	●					△	▲				restrains urine
bleeding – uterine, deficient	△ ○	○	○	△	△ ○	○	△ ○		▲				secures jing
diabetes (xiao ke)	△ ○	○	○		○	○	○						stabilizes the Kidneys
diarrhea – Spleen def., chronic	○			△ ○	△	▲	△	○	○				stops bleeding
dizziness – Kidney deficiency	△				○	○	○	○	○				stops diarrhea
dysenteric dis. – chronic; def., cold				●	△	△	△		△ ○				stops leukorrhea
dysenteric dis. – chronic; heat#	○			△				▲	△	●	○	○	stops sweating
ears – tinnitus, ↓hearing – Kid def.	△					○	○						strengthens the Spleen
eyes – corneal opacity, cataract	●	○	○	△ E									supplements the Kidneys
eyes – weakness of vision		△											
fever – bone steaming, yin def.											△	△	
gastritis – hyperacidity				▲									
impotence – Kidney deficiency	△	△	△				△						
insomnia, anxiety – Ht. → Kid.							▲						
leukorrhea – Sp. & Kid. def.			△	▲	△	▲	△		△				<b>Domain (❖)</b>
leukorrhea – damp heat#						△		▲	△	❖			Lung
pain – abdominal, worms								△ ❖	❖				Large Intestine
pain – epigastric, & hyperacidity	❖	❖	❖	△ ❖	❖	❖	❖						Kidney
pain – lower back, leg, knee	△	△											Urinary Bladder
palpitations – Ht. → Kid.	△ ❖	❖	❖	❖			▲	❖	❖			❖	Liver
parasites – roundworms							❖	△			❖	❖	Heart
prolapse – rectal					△	❖	❖	E					Spleen
prolapse – uterine				❖	△			❖					Stomach
skin – eczema, dermatitis				E				E					
skin – scabies, ringworm, tinea								E					
sperm – poor motility, ↓ count		△											<b>Flavour, nature (◆)</b>
sperm – involuntary loss of	△	△	△	△ ◆	▲ ◆	△ ◆	△ ◆	◆	◆				astrigent
sweating – night; yin def.	△							◆		▲	△	△	bitter
sweating – profuse in shock	▲		◆	◆									salty
sweating – spontaneous; qi def.	△ ◆	◆			◆					▲	△	△	sour
ulcers – skin, chronic		◆	◆	E		◆	◆		◆	◆	◆	◆	sweet
ulcers – gastric				△				◆					cold
urination – enuresis, nocturia	△	△	▲		△	△			◆		◆		cool
urine – frequency, incontinence	△	▲	△ ◆		△ ◆	△ ◆	◆			◆		◆	neutral
urination – turbid	◆	◆		◆		△	△						slightly warm
<b>Standard dosage range (g)</b>	6–12	6–9	3–9	6–12	6–18	9–15	6–15	6–9	6–15	3–9	15–30	15–30	

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.

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

### 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)

### Fù Pén Zǐ (Rubi 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)

### Hǎi Piāo Xiāo (Sepiae Endoconcha) cuttlefish bone

Also known as wū zé gǔ 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.

**Contraindications** 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 Yīng Zǐ (Rosae laevigatae Fructus) cherokee rosehip

**Preparation and usage** Can be cooked into a syrup with honey, which moderates its sourness 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)

### Qiàn 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* 炒芡实) 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 Zǐ (Nelumbinis Semen) lotus seed

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

**Contraindications** Patients with constipation 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)

### Jī Guān Huā (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 Xiǎo Mài (Tritici Fructus levis) 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 (p.14), zong lu pi (p.14), ou jie (p.14), tie xian cai (p.14), ji hua (p.14), mu li (p.48), bai guo (p.68) and long gu (p.72).

### 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. ASTRINGENTS

△ Indication ▲ Strong Indication E External Use E Strong External Indication	Wu Wei Zi 五味子	Wu Mei 乌梅	Wu Bei Zi 五倍子	He Zi 诃子	Shi Liu Pi 石榴皮	Rou Dou Kou 肉豆蔻	Chi Shi Zhi 赤石脂	Yu Yu Liang 禹余粮	Ying Su Ke 罌粟壳					○ Function ● Strong Function
<b>INDICATIONS</b>														<b>FUNCTIONS</b>
appetite – loss of	●	○	○	○		△			○					astringes the Lungs
bleeding – epistaxis, gums	○	○	E ○	○	○	○	●	○	○					binds the Intestines
bleeding – hematuria	○	△	△											calms the shen
bleeding – hemoptysis			△	●										eases the throat
bleeding – rectal	○	△ ○	△	△	△		▲	△						generates fluids
bleeding – traumatic		E			E ○		E							kills parasites
bleeding – uterine, def.		△	△		△		△ ○	△						promotes healing
cough – Lung def., chronic	▲ ○	△	△ ○	△					△					secures jing
diabetes (xiao ke)	△ ○	△	○											stabilizes the Kidneys
diarrhea – cockcrow	▲	○	○			▲	○	○						stops bleeding
diarrhea – Spleen def., chronic	△ ●	△ ○	△ ○	△ ○	△	▲	▲	△	△ ○					stops cough
dysenteric dis. – chronic; def., cold	○	▲ ○	△ ○	△ ○	△ ○	●	▲ ●	△ ○	△ ○					stops diarrhea
dysenteric dis. – chronic; heat#		△			△				●					stops pain
eyes – weakness of vision	△ ○		○											stops sweating
insomnia – yin, blood def.	△ ○													supplements the Kidneys
leukorrhea – Sp. & Kid. def.					△	○	△	△						warms the middle burner
liver enzymes ↑ (AST, ALT)	△													
memory – poor	△													
pain – abdominal; worms		△			△									
pain – abdominal; def., cold						△			△					
pain – cancer									▲					
pain – sinew & bone									▲					
palpitations – yin, blood def.	△													<b>Domain (❖)</b>
parasites – roundworms	❖	❖	❖	❖	△				❖					Lung
parasites – tapeworms		❖	❖	❖	△ ❖	❖	❖	❖	❖					Large Intestine
prolapse – rectal	❖	△	△ E ❖	△	△	△	△		△ ❖					Kidney
prolapse – uterine		❖	E											Liver
skin – eczema	❖				E									Heart
skin – tinea, ringworm		❖			E	❖								Spleen
sperm – poor motility, ↓ count	▲				❖	❖	❖	❖						Stomach
sperm – involuntary loss of	△		△											
sweating – night; yin def.	△		△											
sweating – spontaneous; qi def.	△		△											<b>Flavour, nature (◆)</b>
ulcers – skin, chronic			E				E		◆					toxic
urination – enuresis	△		△ ◆		◆	◆								slightly toxic
urination – frequent	△		△ ◆	◆	◆		◆	◆	◆					astrigent
urination – turbid			△	◆										bitter
voice – loss of, hoarse				▲		◆								pungent
vomiting, nausea – Spleen def.	◆	◆	◆		◆	△	◆		◆					sour
warts & corns		E					◆	◆						sweet
wheezing – Lung deficiency	▲		◆	△										cold
		◆		◆				◆	◆					neutral
	◆				◆	◆	◆							warm
<b>Standard dosage range (g)</b>	1.5–6	9–30	3–9	3–9	3–9	3–9	9–18	9–18	3–9					

**Wǔ Wèi Zǐ (Schisandrae Fructus) schisandra fruit**

**Preparation and usage** 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 wine processed 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 qi 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)

**Wū Méi (Mume Fructus) mume plum**

**Preparation and usage** To stop bleeding, diarrhea and dysenteric disorder, the charred fruit (*wu mei tan* 乌梅炭) 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)

**Wǔ Bèi Zǐ (Galla Chinensis) gallnut of Chinese sumac**

**Preparation and usage** When taken directly in pills and powders, the dose is 1–1.5 grams.

**Contraindications** Acute gan mao patterns, externally contracted cough, and in acute, or predominantly excess patterns of damp heat diarrhea and dysenteric disorder.

**Formulae** *Yu Guan Wan* (chronic diarrhea with bleeding); *Gu Chong Tang* (uterine bleeding from Spleen qi deficiency); *Han Hua Wan* (phlegm type benign thyroid nodules and cervical lymphadenopathy); *Sheng Ji Gan Nong San*† (chronic superficial suppuration)

**Hē Zǐ (Chebulae Fructus) terminalia fruit**

**Preparation and usage** To bind the Intestines and stop diarrhea, use roasted he zi (*wei he zi* 煨诃子); for chronic cough and to ease the throat and voice, unprocessed he zi is preferred.

**Contraindications** Acute damp heat patterns, and when there is any pathogen on the surface. Caution in patients with significant qi deficiency, as the bitter descending component of the herb is quite strong relative to its astringency, and prolonged or excessive use can damage qi.

**Formulae** *He Zi Pi San*† (chronic diarrhea and rectal prolapse from Spleen yang deficiency); *He Zi San* (chronic dysenteric disorder from damp heat); *He Zi Qing Yin Tang* (chronic wheezing and loss of voice from Lung deficiency); *Qing Yin Wan*† (hoarse voice, loss of voice and sore throat from Lung fire); *Ke Xue Fang* (hemoptysis from fire)

**Shí Liú Pí (Granati Pericarpium) pomegranate husk**

**Preparation and usage** When used in decoction for diarrhea and parasites, the unprocessed herb is used; when used for diarrhea with bleeding the charred form (*shi liu tan* 石榴炭) is preferred; when used in pills or powders, the dry fried form (*chao liu pi* 炒榴皮) is used.

**Contraindications** Acute damp heat diarrhea patterns, and in the early stages of any pattern of diarrhea and dysenteric disorder.

**Formulae** *Huang Lian Tang* (chronic diarrhea and dysenteric disorder)

**Ròu Dòu Kòu (Myristicae Semen) nutmeg**

**Preparation and usage** When taken 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 be 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)

**Chì Shí Zhī (Halloysitum rubrum) kaolin, a mineral clay with the chemical composition  $Al_4(Si_4O_{10})(OH)_8 \cdot (4H_2O)$** 

**Preparation and usage** When used internally, the calcined form (*duan chi shi zhi* 煨赤石脂) is used. When decocted it should be cooked in a cloth bag<sup>1</sup>. 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<sup>2</sup> to rou gui (p.88).

**Formulae** *Tao Hua Tang* (chronic dysenteric disorder from Spleen and Kidney yang deficiency); *Chi Shi Zhi Yu Yu 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 Yú Liáng (Limonitum) limonite, an iron containing compound with the chemical composition  $FeO \cdot (OH)$** 

**Preparation and usage** Calcining with vinegar (*cu duan yu yu liang* 醋煨禹余粮) 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 Yu 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)

**Yīng Sù Ké (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<sup>3</sup>.

**Preparation and usage** When processed with honey (*zhi ying 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

△ Indication ▲ Strong Indication E External Use E Strong External Indication	Chuan Xiong 川芎	Dan Shen 丹参	Ji Xue Teng 鸡血藤	Huai Niu Xi 怀牛膝	Yi Mu Cao 益母草	Ze Lan 泽兰	Tao Ren 桃仁	Hong Hua 红花	Yan Hu Suo 延胡索	Wu Ling Zhi 五灵脂	Ru Xiang 乳香	Mo Yao 没药	○ Function ● Strong Function
<b>INDICATIONS</b>													<b>FUNCTIONS</b>
abscess – breast, mastitis	●	△ ●	○	○	△ E ○	△ E ○							activates blood
abscess – Lung & Intestine		○					▲				△	△	calms the shen
abscesses & sores – skin		△			△ E ○	△		△			△	△	clears toxic heat
amenorrhea	△	△ ○	△	▲	△	△	△	▲		△	△	△	cools the blood
atrophy & weakness (wei synd.)	△	△	△	▲ ○									directs blood & fire down
bi syndrome – blood stasis	△ ●	△	▲	△					▲		▲	▲	dispels wind
bi syndrome – damp heat		△		△			●	●	○	○	○	○	disperses blood stasis
bi syndrome – wind damp	△		▲	△			△ ○		▲		▲	▲	moistens the intestines
bleeding – hematemesis, nose	●			△					○				moves qi
bleeding – uterine; blood stasis					△					△	○	○	promotes healing
bleeding – hematuria				△ ○	△			○					promotes menstruation
cardiovascular disease	▲	▲			○	○		△	△				promotes urination
cirrhosis of the liver – early	●	▲			●								regulates menstruation
constipation – dryness		○	○				△						supplements blood
depression		△		○									supplements Liv. & Kid.
dysmenorrhea	▲ ○	△ ○	△	△	▲	△	▲	△	▲ ●	▲ ○	△ ○	△ ○	stops pain
edema – menstrual, nephritic			○		△	△							unblocks network vessels
headache – qi & bld. st.; cold, wind	▲			△					△				
headache – Liver fire; yang ↑	△			▲					△				
hemiplegia	△	△	▲	△			△	△					
hepatitis – chronic		△											
hypertension – ascendant yang				▲									<b>Domain (❖)</b>
insomnia – heat, blood stasis		▲					❖						Lung
labour – difficult	△			△	△		❖						Large Intestine
leukopenia after radiotherapy			▲	❖									Kidney
lin syndrome – damp heat, bld.				△	❖								Urinary Bladder
masses – abdominal	❖	△ ❖	❖	△ ❖	△ ❖	△ ❖	▲ ❖	△ ❖	❖	❖	❖	△ ❖	Liver
menstruation – irregular	▲ ❖	△	△	△	▲	△	△						Gallbladder
numbness – extremities		❖	▲ ❖		❖		❖	❖	❖		❖	❖	Heart
oral cavity – inflammation of	❖	❖		▲							E		Pericardium
pain – & injury, trauma	△	▲	❖	△	△ E	△ E ❖	△	△ E	△ ❖	△	▲ E ❖	▲ E ❖	Spleen
pain – abdominal, blood stasis	△	△	△	△	△	△	▲	△	▲	△	△	△	
pain – abdominal, qi stagnation	△								▲				
pain – chest, angina	▲	▲						△	▲	△	▲	▲	<b>Flavour, nature (◆)</b>
pain – epigastric		▲					◆		▲	▲	△	△	slightly toxic
pain – hypochondriac	△	△ ◆	◆	◆	◆	△ ◆	△ ◆	△	▲ ◆	△ ◆	△ ◆	△ ◆	bitter
pain – lower back, leg, knee	◆		△	▲	◆	◆		◆	◆		◆		pungent
pain – postpartum abdominal	▲	△		△ ◆	▲	△	▲	△	△	△			sour
pain – testicular			◆				◆		△	△ ◆			sweet
palpitations – heat, blood stasis		△		◆			◆					◆	neutral
placenta, lochia – retention of	△	△ ◆		△	▲ ◆		▲	△		△			cool
skin – rash, heat & bld. stasis	◆		◆					△ ◆	◆	◆	◆		warm
ulcers, wounds – non-healing						◆					▲ E	▲ E	slightly warm
<b>Standard dosage range (g)</b>	3–9	6–15	9–15	9–15	9–15	9–15	6–9	1–9	3–9	3–9	3–9	3–9	

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 (*huo xue* 活血) are the mildest, with a gentle yet reliable blood stasis 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 (*qu yu* 祛血). 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 (*po 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 stasis 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.

### Chuān Xiōng (Chuanxiong Rhizoma) Sichuan lovage root

**Preparation and usage** When decocted, cook no longer than 5–15 minutes<sup>1</sup>. 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 (*chao chuan xiong* 炒川芎) moderates its dispersing nature and makes it more suitable for weak and deficient patients; processing with wine (*jiu chuan xiong* 酒川芎) enhances its analgesic effect.

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

**Formulae** *Chuan Xiong Cha Tiao San* (wind cold headache); *Qiang Huo Sheng Shi Tang* (wind damp headache); *Tong Qiao Huo Xue Tang*† (headache, tinnitus and hearing loss from blood stasis); *Bu Yang Huan Wu Tang* (hemiplegia from qi deficiency with blood stasis); *Wen Jing Tang* (infertility and dysmenorrhea from cold and deficient chongmai and renmai); *Sheng Hua Tang* (postpartum pain from blood stasis); *Xue Fu Zhu Yu Tang* (qi and blood stasis); *Juan Bi Tang* (wind damp joint pain)

### Dān Shēn (Salviae miltiorrhizae Radix) salvia root

**Preparation and usage** Processing with wine (*jiu dan shen* 酒丹参) enhances its ability to activate blood; dry frying (*chao dan shen* 炒丹参) warms it up a little and makes it more suitable for blood stasis 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.

**Contraindications** Pregnancy<sup>2</sup>. Caution in yang deficiency, and in the absence of stagnant blood. Incompatible<sup>3</sup> with li lu (p.22). Avoid concurrent use with the anticoagulant drug Warfarin.

**Formulae** *Dan Shen Yin* (chest and epigastric pain from blood stasis); *Huo Luo Xiao Ling Dan* (acute and chronic pain from blood stasis); *Tian Wang Bu Xin Dan* (insomnia and shen disturbance from Heart and Kidney yin deficiency); *Xiao Ru Tang*† (early stage of breast abscess and mastitis)

### Jī Xuè Téng (Spatholobi Caulis) chicken blood vine

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

**Contraindications** Pregnancy<sup>4</sup>, menorrhagia, bleeding disorders.

**Formulae** *Gu Zhi Zeng Sheng Wan* (bony proliferation, osteophytes); *Lao Guan Cao Gao* (syrup for wind damp bi syndrome)

1 Appendix 6, p.108

2 Bensky et al (2004) 3rd ed. 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.

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.

### Huái Niú Xī (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 urination syndrome and oral pathology from fire. Processing with wine (*jiu niu xi* 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 (*yan niu xi* 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 Tang* (chronic musculoskeletal pain from blood stasis); *Zhen Gan Xi Feng Tang* (headache and hypertension from ascendant Liver yang); *Shou Wu He Ji* (dizziness and numb extremities from Liver blood deficiency with ascendant yang); *Si Miao Wan* (weakness and numbness in the legs from damp heat); *Yu Nü Jian* (toothache and oral pathology from Stomach heat and yin deficiency); *Ji Sheng Shen Qi Wan* (edema from Kidney yang deficiency); *Du Huo Ji Sheng Tang* (wind damp bi syndrome with Liver and Kidney deficiency)

### Yì Mǔ Cǎo (Leonurus Herba) Chinese motherwort

**Preparation and usage** In severe cases up to 30 grams may be used. Commonly prepared as a syrup with honey (*yi mu cao gao* 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 Sheng Jin Dan* (irregular menses and dysmenorrhea from blood deficiency with blood stasis); *Tian Ma Gou Teng Yin* (dizziness and headache from ascendant Liver yang)

### Zé Lán (Lycopi 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 Tang* (amenorrhea, dysmenorrhea, gynecological masses and postpartum pain from blood stasis)

### Táo Rén (Persicae Semen) peach seed

**Preparation and usage** The unprocessed seeds are better for dispersing blood stasis; dry frying (*chao tao ren* 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<sup>5</sup>.

**Contraindications** Pregnancy, and alone in blood deficiency. Caution in patients with loose stools and diarrhea.

**Formulae** *Tao Hong Si Wu Tang* (blood deficiency with mild blood stasis); *Tao He Cheng Qi Tang* (heat and blood stasis in the lower burner); *Sheng Hua Tang* (postpartum blood stasis); *Gui Zhi Fu Ling Wan* (blood stasis masses in the lower burner); *Da Huang Mu Dan Tang* (Intestinal abscess); *Wei Jing Tang* (Lung abscess); *Run Chang Wan* (chronic constipation from blood dryness); *Wa Leng Zi Wan* (abdominal masses from blood and phlegm stasis)

### Hóng Huā (Carthami 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** *Tao Hong Si Wu Tang* (blood deficiency with mild blood stasis); *Fu Yuan Huo Xue Tang*† (blood stasis from trauma); *Xue Fu Zhu Yu Tang* (qi and blood stasis); *Dang Gui Hong Hua Yin* (skin rash from heat and blood stasis); *Jing Wan Hong* (ointment for burns and non healing sores)

5 Appendix 3.2, p.104

## 2.1 BLOOD – ACTIVATING, STASIS DISPERSING

△ Indication ▲ Strong Indication E External Use E Strong External Indication	Pu Huang 蒲黄	Yu Jin 郁金	Hu Zhang 虎杖	Luo De Da 落得大	Lu Lu Tong 路路通	Mao Dong Qing 毛冬青	Jiang Xiang 降香	Chuan Niu Xi 川牛膝	Jiang Huang 姜黄	Wang Bu Liu Xing 王不留行	Liu Ji Nu 刘寄奴	Su Mu 苏木	○ Function ● Strong Function
<b>INDICATIONS</b>													<b>FUNCTIONS</b>
abscess – breast		○	△							▲			aids Gallbladder function
abscesses & sores – skin			▲ E	△					△		○		breaks up blood stasis
amenorrhea		○	△ ○					▲	△	▲	▲	△	clears damp heat
atrophy & weakness (wei synd.)			●	○	△	△		▲					clears toxic heat
bi synd. – wind damp, bld. stasis			△		△			▲ ○	▲				directs blood & fire down
bleeding – hematemesis, nose		△	○					△					dispels wind damp
bleeding – hematuria	△ ●	△ ○	○	○	○	○	○	▲ ●	○	○	△	○	disperses blood stasis
breast – distension & pain		○			△					△			dredges the Liver
burns & scalds		○	E		○	E			○		E		moves qi
cardiovascular disease						▲	△			○			promotes lactation
cirrhosis of the liver – early		△								○	○		promotes menstruation
cough – Lung heat	○		△ ○	○	○	△		○					promotes urination
delirium – in high fever	○	△					○						stops bleeding
depression – phlegm, qi const.		▲ ○	○						○		○	○	stops pain
dysmenorrhea	▲	△						▲ ○	△	△	△	△	strengthens sinew, bone
edema		○	○		△								transforms phlegm heat
fallopian tubes – blockage of					△ ○	○			○				unblocks network vessels
gallstones, cholecystitis		▲	△										
hemiplegia						△		△					
hypertension						△		▲					
jaundice – damp heat, bld. stasis		▲	△								△		
lactation – insufficient										▲			<b>Domain (♠)</b>
leukorrhea – damp heat			△ ♠										Lung
lin syndrome – blood	△			♠				▲ ♠			△		Kidney
lin syndrome – damp heat	△ ♠	♠	△ ♠	△ ♠	♠		♠	♠	♠	♠	△	♠	Liver
mania depression (dian kuang)		▲ ♠	♠										Gallbladder
masses – abdominal		△ ♠				♠	♠		△		△ ♠	♠	Heart
menstruation – irregular	♠	△			△			△					Pericardium
nasosinusitis (bi yuan)				♠	△		♠		♠		♠	♠	Spleen
numbness – extremities					△ ♠	△		△		♠			Stomach
pain – & injury, trauma	△	△	△	▲			▲	△	△		▲	△	
pain – abdominal, blood stasis	▲	△						△	△		△	△	
pain – abdominal, qi stagnation		△					△		△				<b>Flavour, nature (♠)</b>
pain – arm & shoulder						◆			▲				astringent
pain – chest, angina	△	△ ◆	◆	◆	◆	▲ ◆	△	◆	△ ◆	◆	◆		bitter
pain – epigastric	▲	△ ◆		◆	△		◆		△ ◆			◆	pungent
pain – hypochondriac		▲					△		△			◆	salty
pain – lower back, leg, knee					△			▲ ◆					sour
pain – postpartum abdominal	△ ◆		△					△	△		△	△ ◆	sweet
pain – testicular		◆	◆							△			cold
placenta, lochia – retention of	▲			◆		◆		△			△		cool
seizures, epilepsy – phlegm heat	◆	△			◆			◆		◆		◆	neutral
thrombophlebitis, Buerger's dis.						▲	◆		◆		◆		warm
<b>Standard dosage range (g)</b>	3–9	6–12	9–30	9–30	3–9	30–60	3–6	9–15	3–9	6–9	3–9	3–9	

**Yán Hú Suǒ (Corydalis Rhizoma) corydalis rhizome ~ p.6**

**Preparation and usage** Processing with vinegar (*cu yan hu suo* 醋延胡索) 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 Líng Zhī (Trogopteroni Faeces) flying squirrel feces ~ p.6**

**Preparation and usage** Should be decocted in a cloth bag<sup>1</sup>. Generally best used in powder or pill form. Processing with vinegar (*cu wu ling zhi* 醋五灵脂) enhances its analgesic effect; charred wu ling zhi (*wu ling zhi tan* 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 decocted, and should be used cautiously in patients with Stomach qi deficiency patterns. Antagonistic<sup>2</sup> 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)

**Rǔ 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); *Jing Wan Hong* (ointment for burns and non-healing sores); *Hong Teng Jian* (Intestinal abscess); *Jie 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* (slow healing broken bones); *Xiao Huo Luo Dan* (stubborn bi syndrome, loss of function and numbness from cold, phlegm and blood stasis); *Sheng Ji San*† (chronic non healing ulcers and sores)

**Pú Húáng (Typhae Pollen) raw bulrush 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<sup>3</sup> 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)

**Yù Jīn (Curcuma Radix) curcuma root tuber**

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

**Contraindications** Pregnancy<sup>4</sup>. Antagonistic<sup>5</sup> 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)

**Hǔ Zhàng (Polygoni cuspidati Rhizoma) bushy knotweed**

Other texts place this herb in the damp draining<sup>6</sup> or wind damp group<sup>7</sup>.

**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** *Sang Zhi Hu Zhang Tang* (wind damp bi syndrome)

**Luò 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<sup>8</sup> or qi regulating group<sup>9</sup>.

**Contraindications** Pregnancy and in menorrhagia.

**Máo Dōng Qīng (Ilicis pubescentis Radix) hairy holly root**

**Contraindications** Yang deficiency patterns.

**Jiàng 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.

**Chuān Niú Xī (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 Huo Xue Tang* (hemiplegia and wind damp bi 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 Tiao Gan Tang* (infertility from blocked fallopian tubes or endometriosis)

**Jiāng Huáng (Curcuma longae Rhizoma) turmeric**

**Contraindications** Pregnancy, and pain from deficiency.

**Formulae** *Jiang 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)

**Wáng Bù Liú Xíng (Vaccariae Semen) vaccaria seeds**

**Preparation and usage** Can be dry fried (*chao liu xing zi* 炒留行子) to enhance its ability to activate blood and promote menstruation. Used instead of the scales of the endangered pangolin<sup>10</sup> (*chuan shan jia* 穿山甲) for blood stasis and lactation problems.

**Contraindications** Pregnancy.

**Formulae** *Bai Ling Tiao Gan Tang* (infertility from blocked fallopian tubes or endometriosis)

**Liú Jì Nú (Artemesiae anomalae Herba) anomalous artemesia**

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

**Contraindications** Pregnancy.

**Formulae** *Bi Huo Dan* (topical ointment for burns and scalds)

**Sū Mù (Sappan Lignum) sappan wood**

**Contraindications** Pregnancy, and in cases of menorrhagia.

**Formulae** *Tong Jing Wan* (amenorrhea and dysmenorrhea from blood stasis); *Ba Li San* (pain and injury from trauma)

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

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

△ Indication ▲ Strong Indication E External Use E Strong External Indication	Zi Ran Tong 自然 铜	Jiu Cai 韭菜	Ji Xing Zi 急性 子	Ma Bian Cao 马鞭 草	Gan Qi 干漆	Wa Leng Zi 瓦楞 子	Shui Hong Hua Zi 水红 花子	San Leng 三棱	E Zhu 莪术	Shui Zhi 水蛭	Di Bie Chong 地鳖 虫	Meng Chong 虻虫	○ Function ● Strong Function
<b>INDICATIONS</b>													<b>FUNCTIONS</b>
abscesses & sores – skin				△ E			○	○	○				alleviates food stagnation
abscess – breast, mastitis				△ E		○							alleviates gastric acidity
acid reflux, heartburn			○	○	○	▲ ○	○	△ ●	△ ●	●	●	●	breaks up blood stasis
amenorrhea			△	△ ○	△			△	△	△	△	△	checks malarial disorder
ascites – from cirrhosis				△ ○									clears toxic heat
bones – poor healing of broken	▲ E		○			○	○	●	●	○	▲ E ○	○	dissipates masses
cancer – cervical	○	○							△				disperses blood stasis
cancer – esophagus, digestive tract			△		○	△		△	△				kills parasites
cancer – tumors in general							△	▲ ○	▲ ○	△	△		moves qi
cancer – liver	○					△	△		△		●		promotes healing of bones
cervical lymphadenitis (luo li)			○		○	▲							promotes menstruation
cirrhosis of the liver – early				△ ○		△	△	△	△		△		promotes urination
cough – stubborn phlegm						△ ●							softens hardness
dysenteric disorder – damp heat	○			△		○	○	○	○				stops pain
dysmenorrhea				△		△ ○		△	△				transforms phlegm
dysphagia (esophageal mass)		▲				△				△			
ears – insects in		E											
edema				△									
fibroids, endometriosis						△		▲	▲	△	△		
food stagnation								△	△				
gingivitis				△									
hemorrhoids		E											
hepatitis – chronic				△							△		
hepatosplenomegaly			△			△	△	▲	▲		△		
lin syndrome – damp heat				△									
malarial disorder – chronic											△		Domain (♠)
masses – abdominal, uterine			△	△	△	△ ♠	△ E	▲	▲	△	△	△	Lung
masses – tumors, cancer	♠	♠	♠	♠	♠	♠	△ ♠	△ ♠	▲ ♠	△ ♠	△ ♠	♠	Liver
pain – & injury, trauma	△ E	E	♠	△ E						△	△	△	Heart
pain – abdominal, blood stasis				♠				△ ♠	△ ♠	△	△		Spleen
pain – abdominal, food stag.		♠			♠	♠	△ ♠	△	△				Stomach
pain – abdominal, from worms				△	△								
pain – abdominal, qi stag.								△	△				Flavour, nature (♠)
pain – chest, angina		△	△ ♠		♠					♠	♠	♠	slightly toxic
pain – epigastric		△ ♠						△	△				astrigent
pain – epigastric, & hyperacidity			♠	♠	♠	△		♠	♠	♠		♠	bitter
pain – joint; qi & blood stasis	♠	♠		△	♠				♠				pungent
pain – postpartum abdominal						♠	♠	△	△	♠	△ ♠	△	salty
pregnancy – ectopic		♠						△	△		△		sour
throat – sore, acute				△							♠		cold
thyroid – benign nodules, goitre				♠		▲	△ ♠					♠	cool
tongue – numbness of	♠					♠		♠		♠	E		neutral
ulcers – gastric		♠	♠		♠	△			♠				warm
<b>Standard dosage range (g)</b>	9–15	30–60	3–9	15–30	see p.11	9–30	15–30	3–9	3–9	3–6	3–9	1–1.5	

**Zì Rán Tóng (Pyritum) pyrite, ferrous disulphide FeS<sub>2</sub>**

**Preparation and usage** When used in decoction the dose is 9–15 grams and the calcined version is used (*duan zi ran tong* 煨自然铜). 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.

**Formulae** *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 decoction of jiu cai can be used to wash the rectal area.

**Contraindications** Patients with indeterminate gnawing hunger.

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

**Jí Xìng Zǐ (Impatiens balsamina Semen) garden balsam seed**

**Contraindications** Pregnancy; blood deficiency without blood stasis.

**Mǎ Biān Cǎo (Verbenae Herba) verbena**

**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) is given 2–3 hours before expected onset of fever.

**Contraindications** Caution during pregnancy.

**Formulae** *Zi Xue Tang* (blood stasis type amenorrhea and dysmenorrhea)

**Gān Qī (Toxicodendri Resina) Japanese lacquer tree resin**

**Preparation and usage** Not suitable for decoction. Only used in powder or pill form in doses of 0.06–0.1 grams. Always used in processed form, usually dry fried or calcined.

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

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

**Wǎ Léng Zǐ (Arcae Concha) cockle shell**

This substance also appears in the phlegm heat clearing group in some texts<sup>1</sup>.

**Preparation and usage** When decocted, the dose is 9–30 grams and it should be cooked for 30–60 minutes<sup>2</sup> before the other herbs. When taken directly in powder or in pills, the dose is 1–3 grams per day. To break up blood stasis, transform phlegm and dissipate masses, wa leng zi is untreated or processed with vinegar (*cu wa leng zi* 醋瓦楞子); to alleviate gastric hyperacidity and stop epigastric pain, it should be calcined (*duan wa leng zi* 煨瓦楞子).

**Contraindications** None noted.

**Formulae** *Wa Leng Zi Wan* (abdominal masses from blood and phlegm stasis); *Han Hua Wan* (phlegm type benign thyroid nodules and cervical lymphadenopathy); *Bie Jia Wan* (abdominal masses)

**Shuǐ Hóng Huā Zǐ (Polygonum orientale Fructus) princes feather fruit**

**Contraindications** Absence of blood stasis and middle burner yang deficiency.

**Sān Léng (Sparganii Rhizoma) burr reed rhizome**

**Preparation and usage** Processing with wine (*jiu san leng* 酒三棱) enhances its ability to break up blood stasis and dissipate masses; processing with vinegar (*cu san leng* 醋三棱) enhances its analgesic effect; dry frying (*chao san leng* 炒三棱) enhances its ability to alleviate food stagnation.

**Contraindications** Pregnancy, and in women with menorrhagia and patients with bleeding disorders. Caution in weak patients with mild to moderate blood stasis.

**Formulae** *San Leng Wan* (abdominal masses)

**É Zhú (Curcumae Rhizoma) curcuma rhizome**

**Preparation and usage** Used unprocessed for food stagnation; processing with vinegar (*cu e zhu* 醋莪术) enhances its ability to disperse blood stasis and stop pain.

**Contraindications** Pregnancy, and in women with menorrhagia and patients with bleeding disorders. Caution in weak patients with mild to moderate blood stasis.

**Formulae** *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)

**Shuǐ Zhì (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 (*hua shi chao shi zhi* 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 menorrhagia and patients with bleeding disorders.

**Formulae** *Di Dang Tang* (severe blood stasis); *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 蝨虫 and tǔ biē 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 menorrhagia and patients with bleeding disorders.

**Formulae** *Da Huang Zhe Chong Wan* (lower abdominal masses and amenorrhea from blood stasis); *Xia Yu Xue Tang* (severe dysmenorrhea from blood stasis); *Bie Jia Wan* (abdominal masses); *Can 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 menorrhagia and patients with bleeding disorders.

**Formulae** *Da Huang Zhe Chong Wan* (lower abdominal masses and amenorrhea from blood stasis); *Di Dang Tang* (severe blood stasis)

**Substances from other groups**

Substances from different categories with some blood stasis resolving action include pu huang (p.8), qian cao gen (p.12), san qi (p.12), xue yu tan (p.14), xue jie (p.24), shan zha (p.30), chi shao (p.40), mu dan pi (p.40), da huang (p.60), dang gui (p.78) and gu sui bu (p.84).

**Endnotes**

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

1 *Zhong Yao Xue* (2000), *Shi Yong Zhong Yao Xue* (1985)

2 Appendix 6, p.108

△ Indication ▲ Strong Indication E External Use E Strong External Indication	Chao Pu Huang 炒蒲黄	San Qi 三七	Qian Cao Gen 茜草根	Hua Rui Shi 花蕊石	Xiao Ji 小蓟	Da Ji 大蓟	Di Yu 地榆	Huai Hua Mi 槐花米	Ce Bai Ye 侧柏叶	Bai Mao Gen 白茅根	Zhu Ma Gen 苎麻根	Yang Ti Gen 羊蹄根	○ Function ● Strong Function
<b>INDICATIONS</b>													<b>FUNCTIONS</b>
abscess – breast, mastitis	○					△			○		△ E		constricts bleeding
abscess – Intestinal						△	○	○					clears damp heat
abscess – Lung					○	△ ●					○		clears toxic heat
abscesses & sores – skin		△	●		△ E ○	▲ E ○	E ○	○	○	○	△ E ○	○	cools the blood
alopecia – bld. def.; heat in bld.					○	○		○	▲ E				cools the Liver
amenorrhea – blood stasis		△	△							●			cools the Lu. & St.
bi syndrome – wind damp	○	●	△ ○	○									disperses blood stasis
bleeding – epistaxis	△ E	△	▲	△	△	△	△	△	△ E	▲	△	△ ○	kills parasites
bleeding – gums	△ E	△			△	△			△ ○	▲			promotes hair growth
bleeding – hematemesis	△	△	△	△	△	▲	△ ●		△	▲	△	△	promotes healing
bleeding – hematuria	▲ ○	△	△		▲	△	△	△	△	▲ ○	△ ○		promotes urination
bleeding – hemoptysis	△ ●	△ ●	△ ○	△ ○	△ ○	▲ ○	△ ○	△ ○	△ ●	▲ ○	△ ○	△ ○	stops bleeding
bleeding – hemorrhoids	△	△			E		▲	▲	○			△	stops cough
bleeding – postpartum	▲	▲ ○	△										stops pain
bleeding – pregnancy; heat											▲		
bleeding – rectal; blood stasis	△	△	△										
bleeding – rectal; damp heat			△		△	△	▲	▲	△	△	△	△	
bleeding – skin, purpura	△	△	△								△	▲	
bleeding – traumatic	E	▲ E	△	E		E			△				
bleeding – uterine	▲	▲	▲		△	△	△	△	▲		△	△	
burns & scalds							E		E				
cough – Lung heat			△						△	▲			
dysenteric dis. – damp heat			△				▲	▲	△				
dysmenorrhea – blood stasis	△	△	△										<b>Domain (❖)</b>
edema – nephritic, acute; heat									❖	△ ❖			Lung
headache, dizziness – Liver fire							❖	△ ❖	❖			❖	Large Intestine
hypercholesterolemia		△								❖			Urinary Bladder
hypertension – Liver fire	❖	❖	❖	❖	△ ❖	▲ ❖	❖	▲ ❖	❖		❖	❖	Liver
jaundice – damp heat					△ ❖	▲ ❖				△	❖	❖	Heart
leukorrhea – damp heat	❖						△		△				Pericardium
lin syndrome – blood	▲	△ ❖	△		▲	△	△ ❖	△	△	△ ❖	△		Stomach
lin syndrome – damp heat	△									▲	△		
miscarriage – threatened; heat											▲		
nausea, vomiting – St. heat										▲			<b>Flavour, nature (◆)</b>
pain – & injury, trauma	△ ◆	▲	△	◆					◆			◆	astrigent
pain – chest, angina; bld. stasis		▲	△ ◆			◆	◆	◆	◆				bitter
pain – epigastric, blood stasis	△	△ ◆											slightly bitter
pain – postpartum abdominal	△	▲		◆			◆						sour
placenta, lochia – retention of	△ ◆	▲ ◆	△	△	◆	◆				◆	◆		sweet
skin – eczema, psoriasis					◆	◆	E ◆	◆	◆			△ E	cool
skin – tinea, ringworm; scabies			◆							◆	◆	E ◆	cold
thrombocytopenia	◆			◆								△	neutral
ulcers, wounds – non healing		▲ E ◆					E						warm
<b>Standard dosage range (g)</b>	3–9	1–3	9–15	9–15	9–30	9–15	9–15	9–15	9–15	15–30	9–30	9–15	

Hemostatic herbs stop bleeding. In general, using these herbs alone to treat bleeding is inadequate and the underlying pathology should also be addressed. When bleeding is severe however, the main principle is to stop the bleeding, and appropriate herbs that focus solely on that can be employed until the bleeding is controlled.

These herbs have specific characteristics that enable them to stop different types of bleeding. These tables are laid out according to the following four groups. These are not precise distinctions, however, and some herbs possess more than one characteristic.

Blood stasis dispersing – for bleeding from blood stasis	chao pu huang, san qi, qian cao gen, hua rui shi
Blood cooling – for bleeding due to heat in the blood or organs.	xiao ji, da ji, di yu, huai hua mi, ce bai ye, bai mao gen, zhu ma gen, yang ti gen
Astringents – broad acting hemostatics for blood that leaks out (as opposed to being forced out) from causes including trauma and deficiency	bai ji, xian he cao, zi zhu, zong lu pi, xue yu tan, ou jie, tie xian cai, ji mu
Warming – for bleeding from yang deficiency and cold	ai ye, pao jiang, zao xin tu

### Chǎo Pú Huáng (Typhae Pollen preparata) dry fried bulrush pollen

**Preparation and usage** Should be decocted in a cloth bag<sup>1</sup> to prevent the tiny spores from irritating the throat. Pu huang has contrasting action depending on how it is processed, so the correct specification is critical. To stop bleeding, pu huang is always dry fried (*chao pu huang* 炒蒲黄). Even when dry fried, however, pu huang retains some blood activating action. When bleeding occurs as a result of blood stasis, a mixture of unprocessed and fried pu huang can be used.

**Contraindications** Pregnancy.

**Formulae** *Xiao Ji Yin Zi* (urinary bleeding from heat); *Dai Ge San* (cough and hemoptysis from Lung heat or Liver fire invading the Lungs); *Gu Jing Wan* (uterine bleeding from yin deficiency with heat)

### Sān Qī (Notoginseng Radix) pseudoginseng root

**Preparation and usage** Taken directly<sup>2</sup> as a powder or pills in doses of 1–3 grams, several times daily for bleeding. In severe cases the dose or frequency can be doubled. Can be decocted with a dosage range of 3–9 grams, but prolonged decoction diminishes its hemostatic effects. Commonly available as pills packaged in blister packs.

**Contraindications** Pregnancy.

**Formulae** *Sheng Tian Qi Pian* (prepared medicine for bleeding and cardiovascular disease); *Yun Nan Bai Yao* (famous prepared medicine for traumatic bleeding); *Hua Xue Dan* (bleeding with blood stasis)

### Qiàn Cǎo Gēn (Rubiae Radix) madder root

**Preparation and usage** In severe cases, up to 30 grams may be used. When used to stop bleeding, the charred herb (*qian cao tan* 茜草炭) is used; when used to disperse static blood, qian cao gen can be used unprocessed, or processed with wine (*jiu qian cao* 酒茜草).

**Contraindications** Caution in patients with middle burner yang deficiency, or blood and yin deficiency with heat. The unprocessed form should not be used in patients without blood stasis.

**Formulae** *Gu Chong Tang* (uterine bleeding from Spleen qi deficiency); *Qian Gen San* (hematemesis from Stomach heat); *Qian Gen Wan*<sup>3</sup> (rectal bleeding from damp heat); *Shi Hui San* (bleeding from hot blood)

### Huā Ruǐ Shí (Ophicalcitum) ophicalcite, a form of limestone

**Preparation and usage** For internal use, hua rui shi should be calcined (*duan hua rui shi* 煨花蕊石). When calcined its astringency and ability to stop bleeding, as well as digestibility, are enhanced. When taken directly in pills or powder, the dose is 1–1.5 grams, two or three times daily. Should be broken up into small pieces or powdered before decoction and cooked in a cloth bag for 30 minutes<sup>3</sup> prior to the other herbs in the prescription. For topical application grind to a fine powder.

<sup>1</sup> Appendix 6, p.109

<sup>2</sup> Ibid.

<sup>3</sup> Ibid.

**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)

### Xiǎo Jì (Cirsii Herba) small thistle

**Preparation and usage** Do not cook longer than 15 minutes<sup>4</sup>. 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, diarrhea and loss of appetite.

**Formulae** *Xiao Ji Yin Zi* (urinary bleeding from heat); *San Xian Yin* (hemoptysis from Lung yin deficiency); *Shi Hui San* (bleeding from heat in the blood)

### Dà Jì (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 heat.

**Contraindications** Middle burner yang qi deficiency.

**Formulae** *Shi Hui San* (bleeding from heat in the blood)

### Dì Yú (Sanguisorbae Radix) bloodwort root

**Preparation and usage** In severe cases, up to 30 grams per dose may be used. When taken directly as 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 Yu Wan* (incessant bloody dysentery from heat); *Huai Jiao Wan* (bleeding 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 Huā Mǐ (Sophorae Flos immaturus) 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 jiǎo 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. Huái jiǎo 槐角 is contraindicated during pregnancy.

**Formulae** *Huai Hua San* (rectal bleeding, hemorrhoids from heat); *Hei Sheng San* (bleeding hemorrhoids)

### Cè Bǎi Yè (Platycladi Cacumen) Chinese arborvitae 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 yang deficiency.

**Formulae** *Si Sheng Wan* (bleeding from heat); *Bai Ye Tang* (bleeding from yang deficiency); *Wu Fa Wan* (alopecia following illness)

<sup>4</sup> Appendix 6, p.108

## 2.2 BLOOD – HEMOSTATICS

△ Indication ▲ Strong Indication E External use E Strong external indication M Moxa	Bai Ji 白及	Xian He Cao 仙鹤草	Zi Zhu 紫珠	Zong Lu Pi 棕榈皮	Xue Yu Tan 血余炭	Ou Jie 藕节	Tie Xian Cai 铁苋菜	Ji Hua 槲花	Ai Ye 艾叶	Pao Jiang 炮姜	Zao Xin Tu 灶心土	○ Function ● Strong Function
<b>INDICATIONS</b>												<b>FUNCTIONS</b>
abscess – breast, mastitis	○	●	△E○	●		○	○	○				astringes bleeding
abscess – Lung	△								○			calms a restless fetus
abscesses & sores – skin	E		△E○		△		E○	○				clears toxic heat
anal fissure	E								○			disperses cold
bi syndrome – wind cold damp					○				M			disperses blood stasis
bleeding – epistaxis	△	△○	△	△E	▲E	△	△	△	△		△	kills parasites
bleeding – gums & tongue	○	△		△								promotes healing
bleeding – hematemesis	▲	△	▲	△	△	▲	△		○	△	△	regulates menstruation
bleeding – hematuria	●	△●	△○	△●	▲○	△○	○	○	○	○	○	stops bleeding
bleeding – hemoptysis	▲	△○	▲	△	△	▲	○	△○	△		○	stops diarrhea
bleeding – hemorrhoids		△	△	△						△○		stops pain
bleeding – peptic ulcers	▲	△	△	△	△	△					○	stops vomiting
bleeding – postpartum		▲		▲	△	△				▲○	○	warms the middle burner
bleeding – pregnancy									▲○	○		warms the uterus
bleeding – rectal; damp heat			△				△					
bleeding – rectal; qi def.		▲		△	△	△	△					
bleeding – rectal; yang def.		△		△						△	▲	
bleeding – traumatic	E	△	E		E		E	E				
bleeding – uterine; heat			△	△	△	△	△					
bleeding – uterine; yang qi def.		▲		▲	△				▲	△		
burns & scalds	E		E					E				
diarrhea – chronic, Spleen def.		△						△		△	▲	
dysentery – amebic, acute							△					
dysenteric dis. – chronic; cold		▲		△	△	△		△			▲	<b>Domain (❖)</b>
dysenteric dis. – chronic; heat	❖	❖	❖	△❖	△	△❖	▲❖	△❖				Lung
dysmenorrhea – deficient, cold				❖			❖	❖	△M			Large Intestine
infertility – deficient, cold									▲M❖			Kidney
leukorrhea – cold damp; Kid. def.	❖	❖	❖	❖	❖	❖	❖		△M❖	❖		Liver
lin syndrome – blood		△	△	△	▲	△	❖					Heart
malarial disorder		△❖							❖	❖	❖	Spleen
menses – irregular; yang def.	❖		❖		❖	❖		❖	△M		❖	Stomach
miscarriage – threatened; cold									▲			
morning sickness – cold											△	
pain – abdominal; def., cold									△M	▲		<b>Flavour, nature (◆)</b>
pain – abdominal postpartum									△◆	▲		slightly toxic
pain – musculoskeletal	◆	◆	◆	◆		◆	◆	◆	M	◆		astrigent
skin – eczema, dermatitis	◆	◆	◆	◆	◆		△E	◆	E◆	◆		bitter
skin – psoriasis							△E◆					slightly bitter
skin – itchy damp rash							△E		△E◆		◆	pungent
trichomonas vaginitis	◆	E				◆			E			sweet
ulcers – gastric	△◆		◆				◆					cool
ulcers – skin, chronic	E	◆		◆	E◆	◆		◆				neutral
vomiting, nausea – Spleen def.									◆	◆	▲◆	warm
<b>Standard dosage range (g)</b>	3–9	9–15	9–15	3–9	6–9	9–15	15–30	6–9	3–9	3–6	15–30	

**Bái Máo Gēn (Imperatae Rhizoma) woolly grass rhizome ~ p.12**

**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 Xian 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 Má Gēn (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)

**Yáng Tí Gēn (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)

**Bái Jí (Bletillae Rhizoma) bletilla rhizome**

 This plant is listed in Appendix 2 of CITES<sup>1</sup> which permits limited trade with appropriate documentation.

**Preparation and usage** In severe cases up to 30 grams may be used in decoction, but is considered more effective when taken separately in powder form for gastric and respiratory bleeding, at a dose of 1.5–3 grams in water, several times daily.

**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<sup>2</sup> with zhi fu zi (p.88), zhi chuan wu (p.94) and zhi cao wu (p.94).

**Formulae** *Bai Ji Pi Pa Wan* (hemoptysis from Lung yin deficiency); *Bai Ji San* (bleeding gastric ulcers); *Hua Rui Shi Bai Ji San* (hemoptysis with blood stasis); *Nei Xiao San*<sup>†</sup> (suppurative skin lesions); *Sheng Ji Gan Nong San*<sup>†</sup> (chronic superficial suppuration)

**Xiān Hè Cǎo (Agrimoniae Herba) agrimony**

**Preparation and usage** In severe cases, up to 30–60 grams may be used in decoction. The fresh herb can be crushed and applied topically to bleeding wounds. For vaginal trichomonas, a strained decoction (120 grams of herb in one litre of water) cooled to body temperature, can be used as a douche or introduced via a soaked tampon or sponge, for 3–4 hours.

**Contraindications** This herb can cause nausea and vomiting in some patients, therefore should be used cautiously in those with middle burner weakness and phlegm damp patterns.

**Zǐ Zhū (Callicarpae 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, several times daily.

**Contraindications** Caution in patients with bleeding from yang qi deficiency.

**Zōng Lú Pí (Trachycarpi Petiolus) trachycarpus palm fibre**

**Preparation and usage** Always used in the charred form (*zong lu tan* 棕桐炭) 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 dysenteric 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)

**Xuè Yú Tàn (Crinus 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 watery or bloody leukorrhea)

**Ōu 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* 藕节炭) 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)

**Tiě Xiàn 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.

**Jì 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.

**Ài 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<sup>3</sup> and should not be used in too large a dose or for too long.

**Formulae** *Ai Fu Nuan Gong Wan* (infertility, dysmenorrhea and irregular menses from Kidney deficiency); *Jiao Ai Tang* (abnormal uterine bleeding from yang deficiency and instability of the chongmai and renmai); *Si Sheng Wan* (bleeding from heat); *Bai Ye Tang* (bleeding from yang deficiency)

**Páo Jiāng (Zingiberis Rhizoma preparata) quick fried ginger**

**Preparation and usage** Quick fried ginger is prepared by frying dried ginger at very high temperature until dark brown on the outside.

**Contraindications** Pregnancy, bleeding from yin deficiency and heat in the blood.

**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)

<sup>1</sup> Appendix 4, p.105

<sup>2</sup> Appendix 2, p.100

<sup>3</sup> Appendix 3.2, p.103

## 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.

1 *Zhong Yao Xue* (2000)

2 *Zhong Yao Xue* (1997)

3 *Shi Yong Zhong Yao Xue* (1985)

4 Bensky et al. (2004) 3rd ed.

5 Chen (2004)

6 Xu & Wang (2002)

**Bā Dòu Shuāng**<sup>1, 2, 3, 4, 5, 6</sup> (Crotonis Fructus Pulveratum) 62

**Bái Huā Shé Shé Cǎo**<sup>4, 6</sup> (Hedyotis diffusae Herba) 36  
– None of the Chinese sources consulted note either a caution or contraindication. A caution may be more appropriate.

**Bān Máo**<sup>1, 2, 3, 4, 5, 6</sup> (Mylabris) 24

**Biē Jiǎ**<sup>1, 2, 4, 5, 6</sup> (Trionycis Carapax) 80

**Bīng Piàn**<sup>1, 2, 4, 5, 6</sup> (Borneol) 50

**Chán Sū**<sup>1, 2, 3, 4, 5, 6</sup> (Bufonis Venenum) 50

**Cháng Shān**<sup>1, 4, 6</sup> (Dichroae Radix) 22

**Chǎo Pú Huáng**<sup>1, 2, 4, 5, 6</sup> (Typhae Pollen preparata) 12

**Chē Qián Zǐ**<sup>4, 6</sup> (Plantaginis Semen) 18

– None of the Chinese sources consulted note either a caution or contraindication. A caution may be more appropriate.

**Chóng Lóu**<sup>1, 2, 4, 5, 6</sup> (Paridis Rhizoma) 36

**Chuān Niú Xī**<sup>1, 2, 3, 4, 5, 6</sup> (Cyathulae Radix) 8

**Cì Jí Lí**<sup>1, 2, 4, 5, 6</sup> (Tribuli Fructus) 48

**Dà Fēng Zǐ**<sup>1, 4</sup> (Hydnocarpi Semen) 24

**Dà Huáng**<sup>1, 2, 3, 4, 5, 6</sup> (Rhei Radix et Rhizoma) 60

**Dà Suàn**<sup>2, 4, 5</sup> (Alli sativi Bulbus) 52

– Contraindicated as a retention enema.

**Dǎn Nán Xīng**<sup>5</sup> (Arisaema cum Bile) 58

– Although no source explicitly states a contraindication and this substance is not considered toxic, a contraindication is prudent due to the toxic status of the parent herb (tian nan xing).

**Dān Shēn**<sup>4</sup> (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.

**Dì Biē Chóng**<sup>1, 2, 3, 4, 5, 6</sup> (Eupolyphaga/Steolephaga) 10

**Ē Wèi**<sup>1</sup> (Ferulae Resina) 30

**É Zhú**<sup>1, 2, 4, 5, 6</sup> (Curcuma Rhizoma) 10

**Fān Xiè Yè**<sup>1, 2, 3, 4, 5, 6</sup> (Senna Folium) 60

**Gān Jiāng**<sup>3, 4, 5, 6</sup> (Zingiberis Rhizoma) 88

**Gān Qī**<sup>2, 5</sup> (Toxicodendri Resina) 10

**Gān Suì**<sup>1, 2, 3, 4, 5, 6</sup> (Kansui Radix) 62

**Gūa Dī**<sup>4</sup> (Melo Pedicellus) 22

**Guàn Zhòng**<sup>2, 3, 4, 5, 6</sup> (Dryopteridis crassirhizomae Rhizome) 52

**Guī Bǎn**<sup>1, 2, 4, 5, 6</sup> (Testudinis Plastrum) 80

– The processed resin, gui ban jiao, is not contraindicated.

**Guì Zhī**<sup>1, 2, 3, 4, 5, 6</sup> (Cinnamomi Ramulus) 26

**Hè Shī**<sup>1, 4</sup> (Carpesii abrotanoidis Fructus) 52

**Hóng Dà Jǐ**<sup>1, 2, 3, 5</sup> (Knoxiae Radix) 62

**Hóng Huā**<sup>1, 2, 3, 4, 5, 6</sup> (Carthami Flos) 6

**Hú Jiāo**<sup>4, 5</sup> (Piperis Fructus) 88

– Not used in therapeutic doses, but considered safe in the quantities used to season food.

**Hǔ Zhàng**<sup>1, 2, 4, 5, 6</sup> (Polygoni cuspidati Rhizoma) 8

**Huā Ruǐ Shí**<sup>1, 2, 4, 5, 6</sup> (Ophicalciturum) 12

**Huá Shí**<sup>4, 6</sup> (Talcum) 20

– None of the Chinese sources consulted note either a caution or contraindication. A caution may be more appropriate.

**Huái Jiǎo**<sup>1, 2, 4, 5, 6</sup> (Sophorae Fructus) 13

**Huái Niú Xī**<sup>1, 2, 3, 4, 5, 6</sup> (Achyranthis bidentatae Radix) 6

**Jí Xīng Zǐ** (Impatiens balsamina Semen) 10

**Jī Xuè Téng**<sup>5</sup> (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.

**Jiāng Huáng**<sup>4, 5</sup> (Curcuma longae Rhizoma) 8

**Kǔ Liàn Pí**<sup>4</sup> (Meliae Cortex) 52

**Lí Lú**<sup>1, 2, 3, 4, 5</sup> (Veratri nigri Radix et Rhizoma) 22

**Liú Huáng**<sup>1, 2, 3, 4, 5, 6</sup> (Sulphur) 24

**Liú Jì Nǚ**<sup>1, 2, 4, 5, 6</sup> (Artemisiae anomalae Herba) 8

**Lóng Kuí**<sup>4</sup> (Solani nigri Herba) 86

**Lòu Lú**<sup>1, 3, 4, 6</sup> (Rhapontici Radix) 38

**Lú Huì**<sup>1, 2, 3, 4, 5, 6</sup> (Aloe) 60

**Lù Lù Tōng**<sup>3, 4, 5, 6</sup> (Liquidambaris Fructus) 8

**Mǎ Chǐ Xiàn**<sup>4</sup> (Portulacae Herba) 34

– This plant is consumed in parts of China as a vegetable. A caution may be more appropriate.

**Máng Xiāo**<sup>1, 2, 4, 5, 6</sup> (Natrii Sulfas) 60

**Méng Chóng**<sup>1, 2, 3, 4, 5</sup> (Tabanus) 10

**Míng Dǎng Shēn**<sup>4</sup> (Changii Radix) 58

**Mò Yào**<sup>1, 2, 4, 5, 6</sup> (Myrrha) 6

**Mù Biē Zǐ**<sup>1, 2, 4, 5</sup> (Momordicae Semen) 24

**Mǔ Dān Pí**<sup>1, 2, 3, 4, 5, 6</sup> (Moutan Cortex) 40

**Niú Huáng**<sup>1, 2, 4, 5, 6</sup> (Bovis Calculus) 96

**Páo Jiāng** (Zingiberis Rhizoma preparata) 14

– Not a traditional contraindication, but included here because the parent herb, gan jiang, is contraindicated.

**Pú Húang**<sup>1, 2, 4, 5, 6</sup> (Typhae Pollen) 8

**Qiān Jīn Zǐ**<sup>1, 2</sup> (Euphorbia lathyris Semen) 62

**Qiān Niú Zǐ**<sup>1, 2, 3, 4, 5, 6</sup> (Pharbitidis Semen) 62

**Qīng Méng Shí**<sup>1, 2, 3, 4, 5</sup> (Chloriti Lapis) 58

**Qú Mài**<sup>1, 2, 3, 4, 5, 6</sup> (Dianthi Herba) 20

**Quán Xiē**<sup>1, 4, 5, 6</sup> (Scorpio) 96

**Rén Gōng Shè Xiāng**<sup>1, 2, 3, 4, 5, 6</sup> (Synthetic muscone) 50

**Ròu Guì**<sup>1, 2, 3, 4, 5, 6</sup> (Cinnamomi Cortex) 88

## 1.1 HERBS CONTRAINDICATED DURING PREGNANCY (cont.)

**Rǔ Xiāng**<sup>1, 2, 3, 4, 5, 6</sup> (Olibanum) 6  
**Sān Léng**<sup>1, 2, 3, 4, 5, 6</sup> (Sparganii Rhizoma) 10  
**Sān Qī**<sup>2, 4, 5, 6</sup> (Notoginseng Radix) 12  
**Shān Zhā**<sup>4</sup> (Crataegi Fructus) 30  
 – This contraindication is specific for large doses. What constitutes a large dose is not stated, but presumably small doses, to 12 grams, can be used cautiously.  
**Shāng Lù**<sup>1, 2, 3, 4, 5</sup> (Phytolaccae Radix) 62  
**Shè Gān**<sup>1, 5, 6</sup> (Belamacandae Rhizoma) 36  
**Shēn Jīn Cǎo**<sup>1, 4, 5, 6</sup> (Lycopodii Herba) 90  
**Shuǐ Zhì**<sup>1, 2, 3, 4, 5, 6</sup> (Hirudo) 10  
**Sū Mù**<sup>1, 2, 3, 4, 5, 6</sup> (Sappan Lignum) 8  
**Táo Rén**<sup>1, 2, 3, 4, 5, 6</sup> (Persicae Semen) 6  
**Tiě Xiàn Cài**<sup>2</sup> (Acalyphae Herba) 14  
**Tōng Cǎo**<sup>1, 4, 5, 6</sup> (Tetrapanacis Medulla) 20  
**Tòu Gǔ Cǎo** (Speranskia Herba) 90  
**Wáng Bù Liú Xíng**<sup>1, 2, 4, 5, 6</sup> (Vaccariae Semen) 8  
**Wú Gōng**<sup>1, 2, 3, 4, 5, 6</sup> (Scolopendra) 96  
**Wǔ Líng Zhī**<sup>1, 2, 4, 5, 6</sup> (Trogopteriori Faeces) 6  
**Xià Tiān Wú** (Corydalis decumbens Rhizoma) 90  
 – 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.  
**Xuè Jié**<sup>1, 2, 4, 5, 6</sup> (Daemonoropis Resina) 24  
**Xuě Lián Huā** (Saussurea laniceps Flos) 94  
**Yā Dǎn Zǐ**<sup>3, 5, 6</sup> (Bruceae Fructus) 36

**Yán Hú Suǒ**<sup>1, 2, 4, 5, 6</sup> (Corydalis Rhizoma) 6  
**Yì Mǔ Cǎo**<sup>1, 4, 5, 6</sup> (Leonurus Herba) 6  
**Yì Yǐ Rén**<sup>5, 6</sup> (Coicis Semen) 18  
 – None of the Chinese sources consulted support this assertion. 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.  
**Yīng Sù Ké**<sup>1, 4</sup> (Papaveris Pericarpium) 4  
**Yù Lǐ Rén**<sup>1, 3, 4, 6</sup> (Pruni Semen) 60  
**Yù Jīn**<sup>4, 5, 6</sup> (Curcumae Radix) 8  
 – None of the Chinese sources consulted asserted either a caution or contraindication. Large doses should be avoided, but a caution may be more appropriate.  
**Yuán Huā**<sup>1, 2, 3, 4, 5, 6</sup> (Genkwa Flos) 62  
**Zào Jiá**<sup>1, 2, 3, 4, 5, 6</sup> (Gleditsiae Fructus) 54  
**Zào Jiǎo Cì**<sup>2, 3, 4, 5</sup> (Gleditsiae Spina) 54  
**Zhāng Nǎo**<sup>1, 2, 3, 4, 5</sup> (Camphora) 50  
**Zhì Bái Fù Zǐ**<sup>1, 2, 3, 4, 5, 6</sup> (Typhonii Rhizoma preparata) 54  
**Zhì Cǎo Wū**<sup>1, 2, 3, 5, 6</sup> (Aconitii kusnezoffii Radix preparata) 94  
**Zhì Chuān Wū**<sup>1, 2, 3, 4, 5, 6</sup> (Aconitii Radix preparata) 94  
**Zhì Fù Zǐ**<sup>1, 2, 3, 4, 5, 6</sup> (Aconiti Radix lateralis preparata) 88  
**Zhì Tiān Nán Xīng**<sup>1, 2, 3, 4, 5, 6</sup> (Arisaematis Rhizoma preparata) 54

## 1.2 HERBS TO BE USED CAUTIOUSLY DURING PREGNANCY

**Bā Yuè Zhā**<sup>4</sup> (Akebiae Fructus) 66  
**Bài Jiàng Cǎo**<sup>4</sup> (Patriniae Herba) 34  
**Bàn Zhī Lián**<sup>4</sup> (Scutellariae barbatae Herba) 86  
**Bīng Láng**<sup>1, 5, 6</sup> (Arecae Semen) 52  
**Chán Tuī**<sup>1, 2, 4, 5, 6</sup> (Cicadae Periostracum) 28  
**Chì Shí Zhī**<sup>1, 4, 5, 6</sup> (Halloysitum rubrum) 4  
**Chì Xiǎo Dòu**<sup>4</sup> (Phaseoli Semen) 18  
 – The caution is due to the claim in Bensky (2004) that 'overdose can induce miscarriage'. This assertion is not supported by any other source. In addition, they are a common food item in China and Japan, and appear in many traditional foods, without apparent deleterious effects.  
**Chuān Xiōng**<sup>4, 6</sup> (Chuanxiong Rhizoma) 6  
**Dà Fù Pí**<sup>4, 5</sup> (Arecae Pericarpium) 64  
**Dài Zhě Shí**<sup>1, 2, 4, 5, 6</sup> (Haematitum) 48  
**Dōng Kuí Zǐ**<sup>1, 2, 3, 4, 5</sup> (Malvae Semen) 20  
**Hé Huān Pí**<sup>1, 4, 5</sup> (Albiziae Cortex) 70  
**Hóng Téng**<sup>1, 4, 6</sup> (Sargentodoxae Caulis) 34  
**Hòu Pò**<sup>1, 2, 4, 5, 6</sup> (Magnoliae officinalis Cortex) 16  
**Hú Lú Bā**<sup>5</sup> (Trigonellae Semen) 84

**Huā Jiāo**<sup>1, 2, 4, 5, 6</sup> (Zanthoxyli Pericarpium) 88  
**Jì Huā**<sup>2</sup> (Loropetalum chinensis Flos) 14  
**Jué Míng Zǐ**<sup>5</sup> (Cassiae Semen) 48  
**Mǎ Biān Cǎo**<sup>1, 2, 4, 5</sup> (Verbenae Herba) 10  
**Mù Tōng**<sup>1, 2, 3, 4</sup> (Akebiae Caulis) 20  
**Mù Zéi**<sup>4, 5</sup> (Equiseti hiemalis Herba) 28  
**Shén Qū**<sup>2, 5</sup> (Massa medicata fermentata) 30  
**Sū Hé Xiāng**<sup>4</sup> (Styrax Liquidis) 50  
**Suān Zǎo Rén**<sup>5</sup> (Ziziphi spinosae Semen) 70  
**Wēi Líng Xiān**<sup>5</sup> (Clematidis Radix) 90  
**Xiāng Yuán**<sup>2, 5</sup> (Citri Fructus) 66  
**Xiǎo Huí Xiāng**<sup>5</sup> (Foeniculi Fructus) 88  
**Xīn Yí Huā**<sup>4</sup> (Magnoliae Flos) 26  
**Yǔ Yú Liáng**<sup>1, 3, 4, 6</sup> (Limonitum) 4  
**Zé Lán**<sup>4</sup> (Lycopi Herba) 6  
**Zhēn Zhū**<sup>4</sup> (Margarita) 96  
**Zhēn Zhū Mǔ**<sup>1, 4</sup> (Margaritiferae Concha usta) 88  
**Zhǐ Ké**<sup>1, 2, 4, 5, 6</sup> (Aurantii Fructus) 64  
**Zhǐ Shí**<sup>1, 2, 4, 5, 6</sup> (Aurantii Fructus immaturus) 64