

Course:	Chinese Herbology 2	Date:	March 17, 2009
Class #:	10 – Regulate Blood 10 B 2: Invigorate Blood/Regulate Menses 10 B 3: Invigorate Blood/Treat Traumatic Injury 10 B 4: Invigorate Blood/Resolve Masses		

Final Exam:

60 multiple choice at ½ point each

10 true false at ½ point each (correct 'em for extra credit)

List of herbs for the final – 4 out of 5 given. 2.5 points each.

- | | |
|--------------------------------|-----------------------------------|
| <input type="radio"/> Fu zi | <input type="radio"/> Niu xi |
| <input type="radio"/> Rou gui | <input type="radio"/> Gua lou |
| <input type="radio"/> Cang zhu | <input type="radio"/> Zhi shi |
| <input type="radio"/> Xiang fu | <input type="radio"/> Chuan xiong |
| <input type="radio"/> Tao ren | <input type="radio"/> Hong hua |

Niu Xi

Chuan niu xi	Huai niu xi
Excess	Deficiency or treating something with a deficiency root
more for invigorating and clearing damp heat	more for tonifying and downward movement

Ji Xue Teng

“Chicken blood vine” is the literal translation. Probably because of the red coloring of the vine. I think ZZ had a different interpretation. I forget.

Wang bu liu xing

The name of this herb is ‘vaccaria seeds.’ These are the ear seeds we use in clinic (not the magnets but the seeds). They are very hard and don’t crush, it’s the right size, it’s round with no sharp edges, so it’s really good for this purpose.

This targets the sexual organs: breasts and PMS for ladies, prostate problems for dudes.

Actions:

- Promotes blood movement, invigorates channels, reduces swelling**

Note that it promotes lactation. Can also use if for PMS. Not used for general body aches, trauma

or bi, but female diseases.

2. **Promotes urination, treats PUD**

There's something for the dudes: prostate problems. Some urinary stuff too like lin syndromes.

Chapter 10 B 3 Herbs that Invigorate Blood and Treat Traumatic Injuries

Chapter 10 B 3 is about herbs that invigorate the blood and treat trauma. This is mostly about fractures, contusions, and hematomas as well as tendon/ligament injuries, inflammation, etc due to blood stasis caused by trauma.

Note all the pregger contraindications.

Zhe Chong

Also called Di bie, die bie chong, tu bie chong, tu bie, and more. Call it what you want, but it's still a wingless cockroach. Considered to be slightly toxic, but this is dose related. A high dose is toxic, but only slightly so. If you follow the dosage guidelines, not so bad.

Actions

1. **Renews sinews and joins bones**

Strong herb to treat fresh fractures...not so good for the ones you've had for a while.

2. **Breaks up and drives out blood stasis**

This is about ab masses, fibroids, tumors, amenorrhea.

Add "post partum abdominal pain, ectopic pregnancy" to the old book.

Su Mu

Add "internal or external use" to the indications.

Gu Sui Bu

It's helpful to know the literal translation:

Gu = bone

Sui = shattered

Bu = tonify/mend

In some books isn't listed here, but in Kidney Yang Tonics.

Actions:

1. **Invigorates blood, reduces swelling, alleviates pain**

Can be used for both acute and chronic stages of fractures.

2. Tonifies KI Yang

Osteoporosis.

3. Stimulates growth of hair

[Ce Bai Ye](#)...look back at that herb.

Xue Jie

Dragon's blood – often used for spider veins, ulcers, bleeding.

Actions

1. **Dispels blood stasis, alleviates pain**
2. **Stops bleeding and generates flesh**

Ch 10 B 4: Invigorate Blood and Resolve Masses

Resolve masses. Cancer is not a TCM diagnosis – a mass is a mass regardless of malignancy. If you look at the 3 herbs below the cancer implications are all from modern research.

Look at the 1st 2 as a pair: e zhu and san leng. The two are very similar in a way – both break up stasis, promote qi movement, treat accumulation of food and treat cancer though the types of cancer treated are different. Often used together.

Look at the comparison for the two on page 184 of the old manual. Look at the summaries for Regulate Blood on page 93 of the old manual and note that both are listed in break up blood stasis, promote qi movement.

E Zhu and San Leng

“Curcumin” is an antioxidant often linked to treatment of cancer. MD Anderson has been researching it for cancer treatment.

Chuan Shan Jia

Critter scales. It's an endangered species, so we can't get it here. No single herb that substitutes, but can find something else to use for each action below.

Actions

1. **Dispels blood stasis, unblocks menses**
Very strong. Best used for amenorrhea – very severe blood stasis. Also, abdominal masses – can treat liver cirrhosis.

2. Promotes lactation.
3. Reduces swelling, promotes discharge of pus.
Boils, toxic swellings, crap like that.