

Course:	Chinese Herbology 2	Date:	February 24, 2009
Class #:	7 – Chapter 10 Regulate Blood		

The two sections are a little different than in other books. Bear in mind that stop bleeding and invigorate blood are really antithetical concepts! Yet herbs can do it anyhow.

## Bleeding

In the effectiveness of treating bleeding disorders, you must treat the root, not just the branch. Note that the first section, stop bleeding and astringe do not treat the root, but the branch. You can use these herbs with any of the other types except for the Blood Stasis herbs!

For stronger stop bleeding effect, use the Chao Tan form.

## Section 10A – Stop Bleeding and Astringe

### Xian he cao

Literal translation is “immortal crane plant.”

#### Actions

- Restrain leakage of blood and stops bleeding  
This herb addresses all kinds of bleeding, but not the cause of bleeding. See the indications in the 1<sup>st</sup> action in the study guide.
- Alleviates diarrhea and dysentery  
Dr. Z hasn't used it much for this.
- Treats blood xu (Bensky's wording)  
Chen says tonifies Qi and Blood, but really isn't a qi tonifying herb, though it is a blood tonic. Modern use includes for cancer patients and anemia – good to boost blood count for cancer patients.
- Kills parasites

### Bai ji

Pay attention to the channel, especially LU and ST. Very effective for bleeding related to these.

#### Actions:

- Restrains leakage of blood, stops bleeding  
All related to Lung and stomach.
- Reduces swelling, generates flesh  
note the chronic ulcer applications for stomach/duodenum non-healing ulcers. Why don't these heal? Sometimes like mouth ulcers comes and goes – can be related to *H. pylorii*, stress, smoking, etc. This is more of an erosion than eating through the vessels. Probably no

vomiting of blood. Can also be used for topical skin things that are ulcer like – chapped skin, burns, skin ulcers, anal fissures.

Look at the cautions: external invasion w/blood in sputum, i.e., lung heat with bronchitis with phlegm coughed up and blood in it. All of these are excess conditions in the early stage.

Know the incompatibility!

### Xue yu tan

This refers to the hair, the excess of blood.

Actions:

- Restrains leakage of blood/stops bleeding, removes blood stasis
- Promotes urination

### Zong lu tan

Charred fiber of plant, trachycarpus stiple fiber.

Actions:

- Restrains leakage of blood and stops bleeding  
Strongest astringent effect. If there is bleeding with blood stasis, don't use it!

## Section 10A 2 – Stop Bleeding and Cool Blood

Primary effect is to stop bleeding, 2ndary is to cool blood heat causing bleeding. Might combine these with cool blood herbs.

First 2 herbs are a pair – some herbal companies think they are one herb – big thistle and small thistle. But are different species. Shared in common: bleeding/toxicity

### Da Ji

In White Crane often called Da Xiao Ji. NOT the same as the harsh expellant da ji. Different pinyin pronunciation, different Chinese characters.

### Xiao Ji

Not as strong as da ji to relieve toxicity, but stronger for bloody lin. This is why it has the 3<sup>rd</sup> action to promote urination.

<<started taking notes in the book – bad headache and couldn't type...all pertinent updates for this class are included in the [Single Herb Charts](#) now however .:>>