

Course:	Chinese Herbology 2	Date:	March 10, 2009
Class #:	10B – End of Invigorate Blood and Relieve Pain Plus Invigorate Blood Regulate Menses		

Chief complaints for Invigorate Blood/Relieve Pain, but have other actions too. Look at what else they can do besides the chief categorization.

Compare Ru Xiang and Mo Yao together. See Appendix G19. There is a difference between their first actions, but the 2nd actions are pretty much identical – even the same formulas listed. Good chance you will use them in combination. Both have preppers contraindications and Spleen xu as a caution.

And let's chat about Spleen xu as a caution. You think of these herbs as pleasant smelling...that's not the same thing as taste. They taste strong and *bad*.

Ru Xiang

Actions:

1. Invigorate blood, promotes Qi movement, relaxes sinews, alleviates pain.
move indication for “early stage carbuncles, sores, swellings and pain” to the 2nd action.
2. Reduces swelling, generates flesh.
add two indications under this action.
 - a. “early stage carbuncles, sores, swellings and pain”
 - b. “bi syndrome”



Note that qi movement is part of Ru Xiang, but not part of mo yao. Ru Xiang is more entering Qi level while Mo Yao enters blood level more. Ru Xiang also relaxes the sinews – conditions of stiffness, rigidity, tightness would respond to this. Example: rheumatoid arthritis often has morning stiffness – can't even open or close. Can also be painful, but may be discomfort from tightness/can't move.

Mo Yao

Dispels the stasis more than Ru Xiang. When you compare them in strength, Mo Yao is stronger for stasis.

Actions:

1. Invigorate blood, dispels stasis, alleviates pain
2. Reduces swelling, generates flesh
Add the following indications to the stuff in the study guide:
 - a. “Trauma”
 - b. “Bi syndrome”



Chapter 10 B – 2: Herbs that Invigorate Blood and Regulate Menses

Regulate Menses means that something irregular/abnormal is going on. To know what is abnormal, let's first look at normal.

- ☉ The perfect cycle per western med is 28 days. Actually, minus or plus 7 days, so “OK” is considered 21 – 35 days.
- ☉ Length of cycle is considered to be OK if it is 3 – 5 or 3 – 7 days.

Abnormal therefore would be:

- ☉ Anything less than 21 days. This is “antedated menses.”
- ☉ Anything over a 35 day cycle is considered to be a “post-dated menses.”
- ☉ Any cycle that varies from month to month is considered to be “irregular menses.” Example: 21 days one month, 35 days the next, 28 days in the 3rd month...
- ☉ Uterine bleeding refers to a condition in which it is really hard to count the cycle because it's *that* irregular.
- ☉ Anytime a period is missed for 3+ months this is “amenorrhea.”

Abnormal flow problems

- ☉ As far as the amount of bleeding, is harder to gauge. That said, there is a definition called “profuse menses” though there is no quantitative measurement that accompanies this term. When the flow is very little, is considered to be “scanty menses.” Scanty menses is a factor in infertility...though most women don't mind otherwise.
- ☉ Dysmenorrhea is menses with pain. Often associated with clotting and dark coloration of the bloods.

There a lot of other gynecological problems that go along with this: phlegm, blood stasis, blood deficiency, etc. Blood deficiency and stasis are the two most common. Amenorrhea for instance is often due to blood deficiency. Can also be due to stagnation/blockage.

All of these herbs are good for treating stasis and for pain relief. They are almost always used in combination with other herbs to treat the root cause of the problem. Look back at the previous blood herbs for instance and you will see that many of them are used for menstrual problems (irregularity, pain, etc.).

Dan Shen

Don't confuse this with "dang shen." The word dan here means **red** in this case.

Note that these herb actions and wording are not exclusive. They do more than is listed sometimes and sometimes the word meanings need some explanation from Dr. Zhou.

This herb is the first listed under this category, but this is not the most commonly used for gynecology. There is no classic formula for Dan Shen that is for menstruation, as a matter of fact. Dr. Zhou added one in the new book, but it's a new formula called Man Peng Tang used for PID...still, this isn't exactly for menses.



Actions:

1. Invigorates blood, regulates menses
But that's not all it does. This is a huge herb in treating Cerebrovascular and Cardiovascular diseases and the indications bear this out. In china you can use this in IV form for this treatment for instance. Actually is more effective for this.
2. Clears heat, soothes the Heart, calms the spirit
(Sheng di did this too--clears heat and heart fire. Huang Lian clears heat/dampness and fire too. Both are more effective than Dan Shen to treat the fire behind the condition.)
3. Cools blood and reduces swelling
Less commonly used for this action. There are lots better choices for boils and carbuncles. The first 2 actions are more likely to be used.

Look at the note: dan shen is considered to be a harmonize blood herb. An old Chinese saying is "a single dose of dan shen is equal to si wu tang" but dan shen is not a blood tonic like si wu tang is. Instead it removes blood stasis so that new blood can be generated.

Caution of incompatibility with Li Lu, but there *is no caution for preppers!* This is rare in this category.

The following 2 herbs share some common indications/actions. Consider them as a pair. Hong Hua + Tao Ren paired is really referring to breaking up stasis. Abscesses and intestinal stuff...hong hua doesn't help at all.

Hong Hua

Safflower flower. Looks a lot like saffron, but is definitely different. Saffron will take on a yellow color when used while hong hua remains red.

The actions/indications are pretty clear in the study guide.

Actions:

1. Invigorates blood and unblocks menses



2. Disperses blood stasis and alleviates pain.

Both actions are related to blood stasis. Very unique herb – dosage changes mean that the actions change. This is a general belief from commentators of herb books over time about strength of dose changing the action of the herb. Most of the time we use 3 – 9 grams to either harmonize (lower dose) or invigorate (larger dosage).

Tao Ren

Add “slightly toxic” in nature. Less than 5 years old in age, 5 – 10 kernels would be considered an overdose for instance. For kids that accidentally eat the pit/kernels this can be fatal. 20 can be lethal.



Look at the channels – gives you the actions. . . so says Dr. Zhou.

Actions:

1. Breaks up blood stasis
2. Invigorates blood, treats abscess
Lung *and* intestinal abscess here.
3. Moistens intestines/unblocks bowels
Common use – treats constipation due to dryness.

Hong Hua + Tao Ren paired is really referring to breaking up stasis. Abscesses and intestinal stuff...hong hua doesn't help at all.

Yi mu cao and ze lan are both used primarily for gynecology even though there are other actions. Aren't really considered a pair, but actions/indications are similar.

Yi Mu Cao

Yi Mu Cao translates literally to “benefit mother herb.” Generally if you see this prescribed is for a female/gynecological disorder.



Actions:

1. Invigorates blood and regulates menses
Regulate menses refers to regulating *anything* abnormal that relates to menses.

This herb is *specifically used for gynecology*...unlike previous herbs, which have other indications. This one is all about gynecology.

2. Promotes urination and reduces edema
Can use for male or female patients. Not often used for this, however.
Is used modernly for nephritis – 90 gram does for this.

3. Clears heat and relieves toxicity
Can use for male or female patients. Not often used for this, however.

Yi Mu Cao is *definitely* contraindicated for pregnancy. Not enough information to control the strength.
Is used post-natally.

Ze Lan

Most often used just like yi mu cao – mostly for gynecology.

Actions:

1. Invigorates Blood and regulates menses
Most likely used for gynecology.
2. Dispels stasis, reduces swelling
trauma, abscess, etc. not necessarily gynecology.
3. Promotes urination and reduces edema.

