

Course:	Chinese Herbology 3	Date:	April 21, 2009
Class #:	2		

## Chapter 12 B – Blood Tonics

Blood deficiency really refers to heart and liver blood xu's. You can't really separate out "liver blood" from "heart blood" even though the lack of blood may manifest more for one organ than for the other.

You can't really differentiate these herbs by looking at the channels. **Distinguish them by looking at their 2<sup>nd</sup> and 3<sup>rd</sup> actions!**

See the summary on pg 107. Make the following changes:

- 1) remove bai shao from nourish yin and/or essence.
- 2) Add "More Cloying" category which includes shu di

### Dang gui

Very important for women. Contains cytoestrogen. Instead of hormone replacement therapy can use dang gui (wild yam used for same reason). That said, don't use by itself to treat hot flashes! It's warm and acrid/bitter! Not a pure tonic for this reason. Can however be used in formula form.

Because of the cyto-estrogen, you must be aware of increased cancer danger especially in breast cancer and ovarian cancer survivors.



Whole Dang gui is called "quan dang gui" which harmonizes, tonifies and invigorates blood. You can also break the whole dang gui into 3 parts:

- ☉ Tou – the head
- ☉ Shen – the body which tonifies the blood
- ☉ Wei – the tail which invigorates the blood

#### 1. Tonifies Blood

Enters both LV and HT. This action refers to both LV and HT blood xu.

#### 2. Invigorates Blood; regulates menses; alleviates pain

Used for a number of gynecological disorders as well as for general blood stasis in other parts of the body.

#### 3. Moistens intestines; unblocks bowels

Dry bowels due to blood xu and yang xu.

Yang xu can cause constipation because of lack of movement more than because of dryness.

Similar to Qi deficiency in that it slows movement in the intestines.

4. Reduces swelling and alleviates pain; expels pus and generates flesh.  
Note that it can be used for chronic abscesses as well as for early toxic heat (acute) swellings. This is because of dang gui's invigorating effects. Huang Qi is similar in this action, however only treats the chronic type (because it is a tonification herb predominantly).

## Shu Di Huang

Shu Di Huang is the same plant as Sheng di huang. The big difference is the temperatures. Shu Di is slightly warm where sheng di is cold.

The actions are very similar to dang gui. Hard to see by the actions that they are different. The main difference is the "Nourishes yin and essence." **This is a purer tonic – no invigoration, no treatment of excesses.**



Because of this shu di is a very cloying herb. This is because it is so tonifying – no moving nature to it.

1. Tonifies blood
2. Nourishes yin and essence

Even though it is predominantly a blood tonic, it's also a good yin tonic. **Might be the most important yin tonic.** Look at the formulas in the listing. The first is the 6 rhemantias – liu wei di huang wan.

Nourishes Liver and Kidney yin.

This is a very heavy herb.

## Bai Shao

Is this a yin tonic or no? Note that the taste is bitter, sour, cool. Think most about the **sour** and relate it more to the Liver.



Compare Bai Shao to Chi Shao. (see end of this little section)

Bai Shao (white) tonifies/consolidates while Chi Shao (red) invigorates/reduces.

Though they seem very different they are actually used together fairly often.

Deficiency of blood and blood stasis can occur in tandem – when they do, use these 2 together.

1. Nourish blood and regulate menses  
Dang gui talks about this. Shu di doesn't even though you can use it sometimes for this. Bai shao is even more *important* for treating Liver blood than for Heart blood.
2. Calms the Liver, alleviates pain and spasms  
Chai hu also did this, but had the potential for damage. The fix is to combine with bai shao.

When there is yang hyperactivity – Liver yang rising – can use bai shao here too to calm the Liver Yang. Also used in combination to tone down Liver overacting on Spleen.

3. Preserves Yin, harmonizes ying and wei qi.

Besides Bai Shao there's gui zhi which is often combined with bai shao for exterior deficiency to disperse wind cold. Also used for spontaneous sweating and nite sweats.

Bai shao isn't truly a yin tonic per Dr. Z. Doesn't nourish and tonify, but preserves. Tonification implies that it encourages the body to produce more. Preservation is holding firm at the level we're at.

<p><b>Chi Shao</b></p> <p>English: Red peony root</p> <p>Nature: Bitter, Slightly Cold</p> <p>Channel: Liver</p> <p>Until the Song Dynasty the herb "shao yao" was used and referred to either bai shao or chi shao.</p>	<p><b>Clear heat and cool Blood</b></p> <ul style="list-style-type: none"> <li>• Heat in Ying or Blood level, fever <a href="#">Similar to Mu Dan Pi</a></li> <li>• Purple tongue</li> <li>• Skin blotches</li> <li>• Reckless bleeding and gynecological bleeding due to heat</li> </ul> <p><b>Invigorates blood, dispels stasis</b></p> <ul style="list-style-type: none"> <li>• Dysmenorrhea</li> <li>• Amenorrhea</li> <li>• Abdominal pain and immobile abdominal masses</li> <li>• Pain and swelling with traumatic injuries</li> <li>• Early stages of abscess and boils</li> </ul> <p><b>Clear Liver fire</b></p> <ul style="list-style-type: none"> <li>• Red, painful, swollen eyes</li> </ul>	<p>CC:</p> <ul style="list-style-type: none"> <li>• <b>Pregnancy caution</b></li> <li>• Blood xu caution</li> <li>• Incompatibility: <ul style="list-style-type: none"> <li>◦ Li Lu</li> </ul> </li> </ul> <p>Dosage: 6 - 15 grams</p> <p><a href="#">Supplemental Notes:</a></p> <p>This is an excellent blood mover and is widely used. Can use it for stasis all over the body.</p> <p>Much weaker than Mu Dan Pi for treating Liver fire, so won't clear deficient heat.</p>
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## He Shou Wu

There's a sheng he shou wu and a zhi he shou wu. Zhi is the standard and is for tonifying LV blood and KI essence.

1. Tonifies LV blood and KI essence  
Use the zhi form. Look at pg 118 – look at the “Tonify LV and KI” table. He shou wu goes here as are some others we just covered. Note that this herb is used to treat the combination of LV blood and KI essence xu's. You find them used a lot in tonic formulas for treating fertility problems.

Well known for treating hair problems.

2. Relieves fire toxicity  
Use the sheng form or it doesn't work!
3. Moistens intestines and unblocks the bowels  
Again, use the sheng form.
4. Treats malarial disorder

## E Jiao

Donkey hide gelatin. Do not cook it in with the decoction, but dissolve it at the end.

1. Tonifies blood
2. Nourishes blood and stops bleeding  
Deficiency of blood *and* bleeding.
3. Nourishes Yin and moistens dryness  
Definitely a nourishing herb.

## Long Yan Rou

Means “dragon eye.” In the market the shell and seed are removed and it's all sweet meat. Simple blood tonic. Enters heart and spleen and has only one action.

1. Tonifies HT and SP; nourishes blood and calms spirit.  
In description, similar to what Gui Pi Tang does.

Take care about the warm temperature – if a patient is hyperactive, Yang heavy, has phlegm fire...don't eat too much. Take care because it's very tasty!

