

Robert Hayden, M.S.O.M. - Materia Medica Lecture Notes

Invigorate Blood

Ligusticum root Rx Ligusticum chuanxiong (Chuan xiong)	warm, acid / LR,GB,PC	*All blood stasis: esp menstrual problems, postpartum ab pain. *Various headache, esp wind-cold. *Wind-damp bi.	Contraindicated: yin def heat, Liv yang headache, qi def, profuse menstrual flow.	3-6 g
Salvia Red sage root Rx Salviae militiorrhizae (Dan shen)	sl cold, bitter / H,PC,LR	*Various blood stasis: irreg menses, ab pain, postpartum, cardiac pain, general pain. *Calms Mind: palpitations, irritability, insomnia. *Ying-level heat: macules, boils. *Modern: heart & liver disease, stroke, cholesterol.	Caution: absence of bl stasis. Fry w/wine: invigorate blood. Do not use w/Lilu.	6-15 g
Milletia Caulis Millettiae seu spatholobi (Ji xue teng)	warm, bitter, sl sweet/ H,LR,SP	*Blood stasis + blood deficiency: menstrual problems, joint pain, motor impairment, weak limbs. *Aplastic anemia, leukopenia.		9-15g up to 30g if severe
Corydalis tuber Rz Corydalis Yanhusuo (Yan hu suo)	warm, acid, bitter / H,LR,LU, ST	*Important for Blood stasis pain: menstrual, trauma, abdominal, etc. *May be used for any type of pain if properly combined.	Frying with vinegar enhances this herb's ability to stop pain	
Curcuma root Rx Curcumae (Yu jin)	cool, acid, bitter / H,LR,LU	*Qi & blood stasis: chest & rib pain, dysmenorrhea, ab pain. *Jaundice d/t qi stagnation w/ damp-heat. *Mind disturbance *Bleeding d/t blood heat.	Contraindicated: yin def heat, blood loss, absence of bl stasis. Caution: pregnancy. Do not use w/ Cloves (Dingxiang).	4.5-9 g
Turmeric Rz Curcumae longae (Jiang huang)	warm, acid, bitter / SP,ST,LR	*Qi & blood stasis: chest & rib pain, amenorrhea, ab pain. *Wind- damp bi: neck & shoulder pain w/ motor impairment upper limbs.	Caution: pregnancy, absence of bl stasis.	3-9 g
Motherwort Hb Leonuri (Yi mu cao)	sl cold, acid, bitter / H,LR,UB	*Blood stasis menstrual problems, postpartum ab pain, swelling & pain d/t external injuries. *Dysuria or edema.	Contraindicated: pregnancy. Caution: yin, bl def, excessive menstruation	9-30 g
Bugleweed Hb Lycopi (Ze lan)	sl warm, bitter, acid, aromatic/ LR,SP	*Blood stasis menstrual or postpartum abdominal pain. *Reduces edema esp postpartum. *Pain, swelling from ext injuries.	Caution: pregnancy, absence of bl stasis.	3-9 g