

Invigorate Blood (2)

Loofa sponge Fasciculus Vascularis Luffae (Si gua luo)	neutral, sweet / LU,ST,LR	*Wind-damp-heat obstructing channels & luo vessels: sinew pain, joint stiffness, traumatic injury. *Phlegm-heat cough. *Summerheat: promotes urine. *Swollen breasts, agalactia.		6-12 g alone: up to 30 g
Bushy knotweed root Rx Polygoni Cuspidati (Hu zhang)	cold, bitter / LR,GB,LU	*BI stasis: amenorrhea, bi pain, trauma. *Damp-heat: jaundice, leukorrhea. *Lung heat cough, constipation. *Topical: burns. *Fire toxin: sores, snakebite. *Modern: Anti-viral, -bacterial, -fungal; lowers serum lipids; leukopenia.	Contraindicated: pregnancy.	9-30 g
Red peony Rx Paeoniae Rubra (Chi shao)	sl cold, sour, bitter / LR,SP	*BI stasis: dysmenorrhea, amenorrhea, masses, ab pain. *Cools blood: bleeding, skin eruptions. *Swelling d/t trauma. *LR fire: red eyes. *Inhibits various bacteria/viruses.	Caution: bl deficiency	4.5-9 g
Peach seed Sm Persicae (Tao ren)	Neutral, bitter, sweet/ H, LI, LR, LU	*Breaks bl stasis: menses, ab pain, trauma, lung or intestinal abcess. *Moistens intestines.	Contraindicated: pregnancy.	4.5-9 g
Safflower Fl Carthami (Hong hua)	Warm, acid / H, LR	*Unblocks menstruation, ab pain, masses, difficult delivery. *Stops pain from trauma. *Topical for bedsores.	Small doses (0.9-1.5) harmonizes blood, lg (3-9) dispels bl stasis. Add @ end of decoction. Contraindicated: pregnancy.	3-9 g
Zedoary Rz Zedoariae (E zhu)	Warm, bitter, acid / LR,SP	*Blood stasis: ab pain, masses. *Fullness in chest & abdomen, food stagnation.	Contraindicated: pregnancy, qi/bl def, excessive menstruation	3-9 g
Sparganium Rz Sparganii (San leng)	neutral, bitter / LR, SP	*Breaks up blood stasis, moves qi, stops pain: menstrual pain, post partum, masses. *Food stagnation, stagnant qi.	Contraindicated: pregnancy, caution in def.	3-9 g
Frankincense Resina Olibanum (Ru xiang)	warm, acid, bitter / H,LR,SP	*Pains d/t blood stasis: chest pain, dysmenorrhea, stomach pain, bi pain, external injuries. *Boils and ulcers.	Contraindicated: pregnancy.	3-9 g
Myrrh Resina myrrhae (Mo yao)	neutral, bitter/ H,LR,SP	*Sim to Ruxiang. *Invigorates blood, stops pain, reduces swelling and promotes healing	Contraindicated: pregnancy.	3-12 g