

Invigorate Blood (3)

Achyranthes root Rx Achyranthis bidentatae (Huai niu xi)	neutral, bitter, sour / LR,K	*Bl stasis: dysmenorrhea, lochia, amenorrhea. *Strengthens sinew & bone: LBP d/t LR & KD def. *Damp-heat in lower jiao: bi pain, stone dysuria, leukorrhea. *Moves blood downward in body: bl heat or def heat in upper body, LR yang rising.	Contraindicated: pregnancy, Sp def diarrhea, excessive menstruation/spermatorrhea. Don't use with Baiqian. **Cyathula (Chuan niu xi): neutral, sweet, bitter, less tonifying, better for wind-damp.	9-15 g
Vaccaria seed Sm Vaccariae (Wang bu liu xing)	neutral, bitter / LR,ST	*Unblocks above & below: Insufficient lactation, amenorrhea d/t blood stasis. *Breast & testicular swellings.	Contraindicated: pregnancy.	3-9 g.
Sweetgum fruit Fr Liquidambaris (Lu lu tong)	neutral, bitter / LR,ST	*Moves qi & blood, unblocks channels, opens middle jiao: ab pain/distension, irregular menses. *Wind-damp bi. *Edema. *Recent use: allergic disorders.	Contraindicated: pregnancy.	3-9 g
Dragon's blood Sanguis Draconis (Xue jie)	neutral, sweet, salty / LR,ST	*Pain & bleeding d/t external injury: falls, fractures, sprains. *Chronic nonhealing sores.	Contraindicated: pregnancy, yin def, absence of bl stasis.	0.3-1.5 g.
Sappan wood Lignum Sappan (Su mu)	neutral, sweet, salty / H,LR,SP	*Blood stasis: dysmenorrhea, amenorrhea, postpartum ab pain. *Swelling & pain d/t external injuries. *Post-partum bleeding.	Contraindicated: pregnancy.	3-9 g
Flying Squirrel Feces Excrementum Trogloteri (Wu ling zhi)	warm, sweet, bitter / LR,SP	*Pain d/t blood stasis: menstrual, ab, post-partum. *Bleeding d/t blood stasis: esp uterine. *Childhood gan.	Caution: pregnancy, weak sp/st qi. Antagonizes Renshen. Fry in vinegar to move blood. Decoct in cheesecloth.	3-9 g
Leech Hirudo seu whitmaniae (Shui zhi)	neutral, salty, bitter, sl toxic / LR,UB	*Breaks blood stagnation: amenorrhea, abdominal masses, external injury.	Contraindicated: pregnancy, blood def w/o blood stasis. Toxic, do not use often.	1.5-3 g