

Stop Bleeding 1

Cattail pollen Pollen Typhae (Pu huang)	neutral, sweet / LR, H, SP	*Various bleeding sx: coughing or vomiting blood, bloody urine or stool, uterine bleeding. *Blood stasis: chest pain, ab pain, dysmenorrhea, postpartum ab pain, external injuries.	Caution: pregnancy. Char: bleeding; raw: bl stasis/pain.	4.5-12 g decoct in cheese- cloth
Agrimony Herba Agrimoniae (Xian he cao)	neutral, bitter, astringe / LU,LR,SP	*Various bleeding sx: cough, vomit, nosebleed, urine, stool, uterine; can be used for xs, def, hot, cold. *Astringes diarrhea. *Trichomonas vaginitis.	May cause nausea or vomiting. Trichomonas: decoct 120 g, soak cotton ball & put in vagina 3 hrs. Treat once daily for one week.	9-15 g
Notoginseng Radix Notoginseng (San qi)	warm, sweet, bitter / LR,ST,LI	*All types of bleeding, interior or surface of body. *Blood stasis: masses, post-partum, pain. *Hemorrhages & swelling d/t external injuries.	Contraindicated: pregnancy. Caution: yin or bl def.	powder: 1.5-3 g decoct: 3-9 g
Bletilla tuber Rhizoma Bletillae (Bai ji)	cool, bitter, sweet / LU,ST,LR	*Bleeding from LU & ST: coughing blood d/t def yin, vomiting blood. *Hemorrhage d/t ext injuries. *Boils, chronic nonhealing ulcers.	Contraindicated: ext patterns w/ coughing blood, Lu or St xs heat. Topical: sprinkle on affected area.	3-9 g
Japanese thistle Hb seu Rx Cirsii japonici (Da ji)	cool, sweet, bitter / LR, SP	*Cools blood, stops bleeding: coughing or vomiting blood, epistaxis, uterine, hematuria. *Swellings, boils, int abscesses.	Contraindicated: Sp/St def cold Hb Cephalanoploris (Xiaoji): sim to Daji, weaker, primarily for bloody urine.	4.5-15 g (60 g fresh)
Burnet root Radix Sanguisorba (Di yu)	sl cold, bitter, sour / LR,LI,ST	*Bleeding d/t damp-heat in lower jiao: bloody dysentery, uterine. *Burns, eczema, skin ulcers.	Contraindicated: Sp/St def cold. Char: bleeding. Ointment: burns.	6-15 g
Sophora flower Flos Sophorae (Huai hua)	cool, bitter / LR, LI	*Intestinal bleeding d/t damp-heat: dysentery, hemorrhoids. *Cough w/blood, epistaxis. *Dizziness. *Genital itch.	Caution: Sp/St def cold Char: stop bleeding.	6-15 g
Rubia root Radix Rubiae (Qian cao gen)	cold, bitter / H, LR	*Cools blood, stops bleeding: coughing or vomiting blood, epistaxis, uterine, hematuria. *Wind-damp bi, external injuries. *Amenorrhea d/t blood stasis.	Contraindicated: Sp/St def cold, or if no bl stasis. Char: stop bleeding. Raw: bl heat or stasis.	6-9 g