

## Tonify Blood

Prepared rehmannia Radix Rehmanniae praeparata (Shu di huang)	sl warm, sweet ----- Lr, K, H	*Tonifies blood: pale complexion, dizziness, insomnia, palpitations, irreg menses, bleeding. *Nourishes yin: 5-heart heat, steaming bone, night sweats. *Tonifies essence: weak low back & legs, tinnitus, gray hair.	Caution: Sp/St def, stagnant qi, phlegm. Mild side fx: diarrhea, ab pain, dizziness, low energy, palpitations. Usually disappear w/ continued administration.	9-30 g
Fleeceflower root Radix Polygoni multiflori (He shou wu)	sl warm, bitter, sweet, astringent ----- Lr, K	*Tonifies Lr, Kd, essence: gray hair, dizziness, weak vision, etc. *Secures essence: vaginal discharge, spermatorrhea. *Skin problems d/t fire toxin or bl def. *Constipation d/t bl def.	Contraindicated: Sp def, diarrhea, phlegm. Do not take w/onion, chives, garlic.	9-30 g do not decoct in steel container
Chinese angelica root Rx Angelicae sinensis (Dang gui)	warm, acid, bitter, sweet ----- Lr, H, Sp	*Tonifies blood, regulates menses: all bl def sx, esp GYN. *Bl stasis pain, esp w/def cold or bl def. *Dry stools d/t bl def. *Reduces swelling, generates flesh: sores, abscesses.	Caution: diarrhea d/t damp. Contraindicated: yin def heat. Head (Danggui Tou): best to tonify. Tail (Danggui Wei): best to move. Body (Danggui Shen): sl more tonifying than moving.	3-15 g
White peony root Radix Paeoniae alba (Bai shao)	cool, bitter, sour ----- Lr, Sp	*Tonifies blood, regulates menses: important for GYN, vaginal discharge, bleeding. *Soothes Lr: ab pain, spasm. *Preserves Yin, harmonizes Ying & Wei: sweating, essence leakage.	Caution: diarrhea d/t def cold. Antagonizes Shihu, Mangxiao, Biejia, Xiaoji, Lilu.	6-15 g up to 30 g
Donkey hide gelatin Colla Corii Asini (E jiao)	neutral, sweet ----- Lu, Lr, K	*Bl def: dizziness, palpitations. *Stops bleeding: any type, esp cough, stool, uterine. *Lu/Kd yin def: dry cough, post-febrile.	Contraindicated: ext patterns. Caution: Sp/St def. Counteracts Dahuang.	3-15 g dissolve into decoction
Lycium fruit Fructus Lycii (Gou qi zi)	neutral, sweet ----- Lu, Lr, K	*Nourishes Lr & Kd yin/bl: weak or blurry vision, sore low back & legs, impotence, dizziness. *Lu yin def cough.	Contraindicated: ext xs heat patterns, Sp def w/loose stools.	6-18 g
Mulberry Fructus Mori (Sang shen)	cold, sweet ----- H, Lr, K	*Tonifies bl/yin: gray hair, dizziness, tinnitus, insomnia, dry constipation, wasting & thirsting.	Contraindicated: Sp def diarrhea.	6-15 g
Longan aril Arillus longan (Long yan rou)	warm, sweet ----- Sp, H	*Tonifies Ht & Sp bl, calms spirit: insomnia, palpitations, memory lapse. Commonly used for xs thinking or overwork.	Contraindicated: middle jiao damp, phlegm-fire.	6-15 g often eaten alone