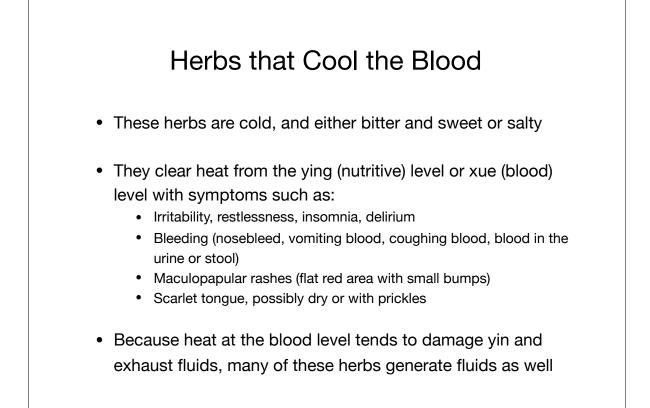
HERBS THAT COOL THE BLOOD

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Sources:

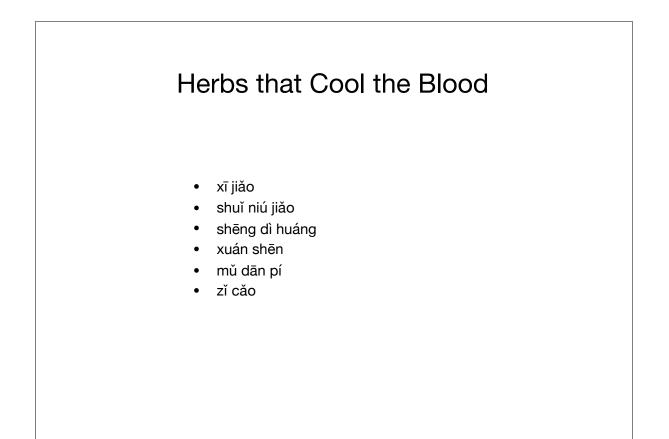
Bensky, D. (2004). Chinese Herbal Medicine: Materia Medica. Seattle, WA: Eastland Press. pp. 118-130

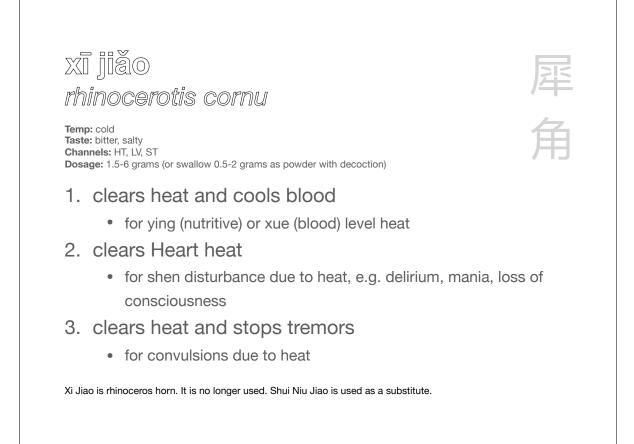
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Herbs that Cool the Blood

Taste:	bitter and sweetsalty	
Temperature:	• cold	
Channels:	• LV, HT	
Cautions & Contraindications:	 These herbs are cold and bitter; they may damage the Spleen 	
Main Action:	Clear heat from the Ying and Xue levels	
Other	 Because heat at the blood level can damage yin, some of these herbs are sweet and nourish fluids 	







shēng dì huáng rehmanniae radix

Temp: cold Taste: bitter, sweet Channels: HT, KI, LV Dosage: 9-15 grams

1. clears heat and cools blood

- for heat in the ying or xue level
 - high fever, thirst, scarlet tongue, bleeding, etc.

2. nourishes yin and generates fluids

• for thirst, dry mouth, constipation

Sheng Di Huang is very sticky and cloying and may cause middle-jiao upset, such as nausea, diarrhea, or abdominal pain. It is often combined with Chen Pi or Sha Ren to avoid these side effects.

xuán shēn

scrophulariae radix

Temp: cold Taste: salty, sweet, bitter Channels: KI, LU, ST Dosage: 9-15 grams

- 1. clears heat and cools blood
- 2. nourishes yin and generates fluids
 - esp. for aftermath of warm disease with symptoms such as dry cough, constipation, and irritability
- 3. softens hardness and dissipates nodules
 - for throat pain, throat swelling, and lumps in the neck such as goiter and **scrofula**



mù dān pí moutan cortex

Temp: slightly cold Taste: acrid, bitter Channels: HT, LV, KI Dosage: 6-12 grams

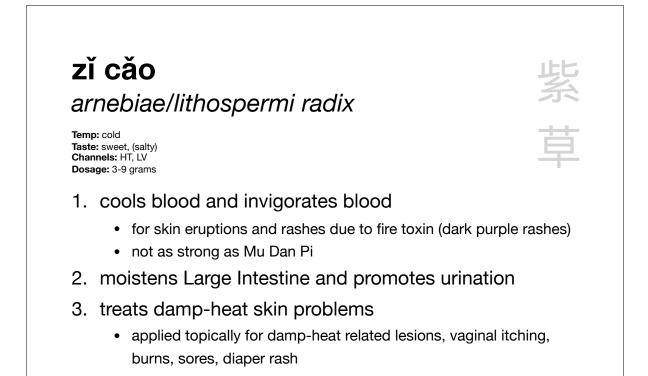
1. clears heat and cools blood

- for bleeding due to heat at the xue level
- for frequent or profuse menstruation due to blood heat
- 2. invigorates blood
 - esp. for amenorrhea, fibroids, abdominal masses due to blood stasis

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- 3. clears heat
 - clears ascending Liver heat → headache, eye pain, flank pain, dysmenorrhea
 - clears deficiency heat → lingering heat after febrile disease, steaming bone disorder
 - drains pus and reduces swelling → non-draining sores (topical), Large Intestine abscess

Mu Dan Pi is special because it is cool and also invigorates blood (most blood-moving herbs are warm). Use caution during pregnancy or excessive menstrual bleeding not due to heat and stasis.



Zi Cao can be used externally. Soak in oil for several weeks, then apply oil with cotton ball. Shiunko (aka Zi Yun Gao, aka Purple Cloud Ointment), a burn cream used in Japanese moxibustion, is made from Dang Gui and Zi Cao mixed with sesame oil and beeswax

Summary

shui niu jiao bubali cornu	clears heat and cools bloodheat in ying and xue levels	
sheng di huang rehmanniae radix	 clears heat and cools blood heat in ying and xue levels 	nourish yin and generates fluids
xuan shen scrophulariae radix	clears heat and cools bloodheat in ying and xue levels	 nourish yin and generates fluids softens hardness (scrofula)
mu dan pi moutan cortex	 clears heat and cools blood heat in xue level good for OB/GYN conditions 	 cools blood and invigorates blood clears heat (deficiency heat, Liver heat)
zi cao lithospermi radix	clears heat and cools blood skin problems 	