

HERBS THAT STOP BLEEDING

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Sources:

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Herbs that Stop Bleeding

Types of bleeding:

- nosebleed
- coughing up blood
- vomiting blood
- blood in the stool
- blood in the urine
- profuse menses
- abnormal uterine bleeding (spotting, bleeding during pregnancy)
- bleeding due to trauma

Herbs that Stop Bleeding

Causes of internal bleeding:

1. blood stasis
2. blood heat
3. deficiency cold

- **Blood Stasis:** stagnation obstructs the normal passageway, forcing blood to move outside of the vessel
- **Blood Heat:** excessive yang quickens the blood and causes it to move recklessly outside of the vessel
- **Deficiency Cold:** Because of Spleen yang deficiency, the Spleen fails in its function of holding blood inside the vessels, and the blood leaks out

Many of these herbs can be used in their charred form to enhance their ability to stop bleeding.

Most herbs in this category enter the Liver channel.

Herbs that Stop Bleeding

Taste:	<ul style="list-style-type: none"> • Acrid (if they invigorate) • Bitter (if they clear heat) • Some of these herbs are astringent as well
Temperature:	<ul style="list-style-type: none"> • ???
Channels:	<ul style="list-style-type: none"> • LV
Main Action:	<ul style="list-style-type: none"> • Invigorate blood to stop bleeding • Clear heat and cool blood to stop bleeding • Induce astringency to stop bleeding • Warm the channels to stop bleeding
Cautions & Contraindications:	<ul style="list-style-type: none"> • Herbs that invigorate blood should be used with caution during pregnancy • Herbs that clear heat should not be used with cold patterns
Other:	<ul style="list-style-type: none"> • These herbs should be combined with other herbs that treat the underlying conditions (e.g. Herbs that Invigorate Blood, Herbs that Clear Heat, etc.) • Many herbs can be used in their charred form (tan)

Herbs that Stop Bleeding

INVIGORATE BLOOD

- sǎn qī
- pú huáng

CLEAR HEAT

- qiàn cǎo
- dà jì
- dì yú
- huái mǐ
- cè bǎi yè
- bái máo gēn

INDUCE ASTRINGENCY

- xiān hè cǎo
- bái jí
- ǒu jié

WARM THE CHANNELS

- ài yè
- pào jiāng

sǎn qī

notoginseng radix

Temp: warm

Taste: sweet, slightly bitter

Channels: LV, ST

Dosage: 3-9 grams (crush before decocting)

1. invigorates blood to stop bleeding

- for external or internal bleeding (nosebleed, vomiting blood, blood in urine or stool)

2. invigorates blood to stop pain

- esp. for injury and trauma

Can be taken as a single herb: crush into powder and swallow with alcohol.
Use caution during pregnancy.



三七

pú huáng

typhae pollen

蒲
黄

Temp: neutral
Taste: sweet, acrid
Channels: LV, HT, SP
Dosage: 3-9 grams

1. invigorates blood to stop bleeding
 - for external or internal bleeding
 - best used charred (Pu Huang Tan)
2. invigorates blood to stop pain
 - for pain in chest, abdomen, or postpartum pain due to blood stasis
3. promotes urination
 - for blood in the urine (*xue lin* syndrome)



Use caution during pregnancy. Raw form can cause uterine contractions.

qiàn cǎo

rubiae radix

茜
草

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

1. clears heat to stop bleeding
 - for any type of bleeding due to heat
2. invigorates blood
 - stops bleeding and stops pain
 - for amenorrhea, injury/trauma, joint pain



Qian Cao (or Qian Cao Gen) treats bleeding due to both heat and blood stagnation, such as when heat dries out the blood and causes stasis.

dà jì

cirsi japonici herba seu radix

Temp: cool

Taste: sweet

Channels: LV, SP, HT

Dosage: 9-15 grams

大
薊

1. clears heat to stop bleeding
 - esp. for bleeding in the upper body (vomiting blood, coughing up blood)
 - also for blood in urine or stool, uterine bleeding
2. clears heat toxicity to treat skin infection
3. clears damp-heat to treat jaundice
4. lowers high blood pressure



Da Ji treats bleeding in the upper body (Da means "large"). **Xiao Ji** treats bleeding in the lower body (Xiao means "small"). This Da Ji does not contradict Gan Cao. That's a different Da Ji (harsh expellant).

xiǎo jì

cirsi herba

Temp: cool

Taste: sweet

Channels: LV, HT

Dosage: 9-30 grams

小
薊

1. clears heat to stop bleeding
2. promotes urination
3. clears heat toxicity to treat skin infection
4. clears damp-heat to treat jaundice
5. lowers high blood pressure

Da Ji treats bleeding in the upper body (Da means "large"). **Xiao Ji** treats bleeding in the lower body (Xiao means "small").

dì yú

sanguisorbae radix

Temp: slightly cold
Taste: bitter, sour
Channels: LV, ST, LI
Dosage: 9-15 grams

地
榆

1. clears heat to stop bleeding

- esp. for hemorrhoids, bloody dysentery, excessive uterine bleeding (flooding and spotting)

2. clears heat toxicity

- for sores and bed sores
- for burns and scalds
- use externally



To stop bleeding, Di Yu is best used in its charred form (Di Yu Tan) .

huái mǐ

sophorae flos immaturus

Temp: cool
Taste: bitter
Channels: LV, LI
Dosage: 4.5-9 grams

槐
米

1. clears heat to stop bleeding

- esp. for hemorrhoids, bloody dysentery

2. clears Liver heat

- for red eyes, head ache, and dizziness



Huai Mi is also called Huai Hua Mi (槐花米). Hua means flower.

cè bǎi yè

platycladi cacumen

Temp: slightly cold
Taste: bitter, astringent
Channels: LU, LV, LI
Dosage: 6-15 grams

1. clears heat to stop bleeding
 - astringent; can be used for bleeding due to heat or cold
2. transforms phlegm and stops cough
 - for thick, difficult-to-expectorate, blood-streaked phlegm due to heat in the Lung
3. used externally for burns and scalds



侧
柏
叶

bái máo gēn

imperatae rhizoma

Temp: cold
Taste: sweet
Channels: LU, ST, UB, SI
Dosage: 9-30 grams

1. clears heat to stop bleeding
 - for bloody sputum
 - for blood in the urine (*xue lin*)
2. promotes urination
 - for heat-pattern *lin* syndrome
3. clears Lung and Stomach heat
 - for nausea and thirst; wheezing



白
茅
根

xiān hè cǎo

argrimoniae herba

Temp: neutral
Taste: bitter, astringent
Channels: LV, LU, UB
Dosage: 6-12 grams

1. induces astringency to stop bleeding
 - can be used for heat, cold, excess, or deficiency, depending on combination
2. stops diarrhea and dysentery
 - for chronic problems; induces astringency
3. kills parasites
 - for tapeworm
 - for trichomonas vaginitis and itchy genitals (use topically)



仙
鶴
草

bái jí

bletillae rhizoma

Temp: cool
Taste: bitter, sweet, astringent
Channels: LU, LV, ST
Dosage: 3-15 grams

1. induces astringency to stop bleeding
 - esp. for LU/ST bleeding
 - vomiting blood, coughing blood, nosebleed
 - for stomach ulcer; heals damaged stomach lining
 - can also be applied topically for bleeding due to injury/trauma
2. reduces swelling and regenerates flesh
 - for sores, abscesses, and chapped skin
 - for anal fissures, cracks on hand and feet



To use externally, crush into powder and mix with honey, egg white, or sesame oil.
Bai Ji is incompatible with Wu Tou (aconite).

白
芨

ǒu jié

nelumbinis nodus rhizomatis

Temp: neutral
Taste: sweet, astringent
Channels: LU, ST, LV
Dosage: 9-15 grams

1. induces astringency and invigorates blood to stop bleeding

- mild
- because it is neutral in temperature and has an astringent property, it can be used for any type of bleeding, especially chronic bleeding



Ou Jie is lotus root nodules.
Ou Jie sounds like "OJ Simpson", so it has something to do with bleeding.

藕節

ài yè

artemisiae argyi folium

Temp: warm
Taste: bitter, acrid
Channels: LV, SP, KI
Dosage: 3-9 grams

1. warms channels to stop bleeding

- for cold-pattern bleeding, such as menstrual bleeding, stomach bleeding with blood in diarrhea, etc.
- calms restless fetus; for bleeding during pregnancy

2. disperses cold and stops pain

- cold abdominal pain, irregular menses, painful menses
- used internally or externally (moxa)

3. treats skin problems

- for eczema, fungal infection



艾叶

pào jiāng

zingiberis rhizoma preparatum

Temp: warm

Taste: bitter, slightly acrid, astringent

Channels: LV, SP

Dosage: 3-9 grams

炮姜

1. warms channels to stop bleeding

- for bleeding due to Spleen yang deficiency
- for vomiting blood, blood in the stool, or flooding and spotting

2. warms the middle-jiao

- for abdominal pain, vomiting, and diarrhea due to cold



xuè yú tán

crinis carbonisatus

Temp: neutral

Taste: bitter

Channels: HT, LV, KI

Dosage: 3-9 grams

血余炭

1. induces astringency to stop bleeding

- esp. for uterine bleeding and nosebleed

2. promotes urination

- for xue lin (painful urinary dribbling with blood in the urine)

3. regenerates flesh

- use topically for sores or burns

Xue Yu Tan is charred human hair.

zào xīn tǔ

terra flava usta

Temp: warm
Taste: acrid
Channels: SP, ST
Dosage: 15-30 grams (boil first; wrap in cloth bag)

1. warms middle-jiao and stops bleeding
 - for bleeding due to deficiency cold of the Spleen
 - for vomiting blood, blood in the stool, flooding and spotting
 - calms restless fetus
2. stops vomiting and diarrhea
 - for vomiting and diarrhea due to deficiency cold

Zao Xin Tu is lumps of burnt clay taken from the base of the inside of a wood-fueled oven or stove.

竈
心
土

yún nán bái yào

white medicine from yunnan

- AKA Yunnan Paiyao
- Yunnan Bai Yao is a patent medicine for stopping bleeding. The powder can be applied externally in cases of injury and trauma, or taken internally.
- The formula was developed by Qu Huanzhang in 1902. It became famous when it was used by soldiers during the Battle of Taierzhuang in 1938.
- In 1956, Qu's wife donated the formula to the Chinese government. The formula composition is still a secret. The ingredients are compounded by 13 separate teams, none of whom have any knowledge of what the other teams are preparing. Most people, however, guess that San Qi is a key component.
- Yunnan Baiyao is also very commonly used in veterinary medicine.

云
南
白
药

Summary

san qi
notoginseng radix

invigorates blood to stop bleeding

- invigorates blood to **stop pain**

pu huang
typhae pollen

invigorates blood to stop bleeding

- invigorates blood to **stop pain**
- promotes urination (bloody lin)

qian cao
rubiae radix

invigorates blood and clears heat to stop bleeding

- esp. for gynecological conditions

da ji
cirsii japonici herba seu radix

clears heat to stop bleeding

- for upper body bleeding

- clears heat toxicity
- clears damp heat (jaundice)
- lowers high blood pressure

xiao ji
cirsii herba

clears heat to stop bleeding

- for lower body bleeding (blood in urine)

- promotes urination

di yu
sanguisorbae radix

clears heat to stop bleeding

- hemorrhoids

- clears heat toxicity (sores, bedsores, burns)

huai mi
sohporae flos immaturus

clears heat to stop bleeding

- hemorrhoids

- lowers high blood pressure

ce bai ye
platycladi cacumen

clears heat to stop bleeding

- clears Lung heat (phlegm)
- burns and scalds

bai mao gen
imperatae rhizoma

clears heat to stop bleeding

- esp. for bloody lin

- promotes urination
- generates body fluids

xian he cao
agrimoniae herba

induces astringency to stop bleeding

- esp. for bloody lin

- all three functions (stop bleeding, promote urination, generate body fluids) make this the perfect herb for UTI or lin syndrome
- clears heat toxicity (dysentery)
- kills parasites (fungus)

bai ji
bletillae rhizoma

induces astringency to stop bleeding

- reduces stomach acid
- closes fissures

ōu jié
nelumbinis nodus rhizomatis

induces astringency to stop bleeding

- also invigorates blood
- mild

ai ye
artemesiae argyi folium

warms channels to stop bleeding

- stops pain due to cold
- treats skin problems