

HERBS THAT INVIGORATE THE BLOOD

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Sources:

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Herbs that Invigorate the Blood

Symptoms of Blood Stagnation may include:

- Fixed, sharp pain (headache, chest pain, postpartum abdominal pain)
- Numbness and tingling of limbs
- Masses, lumps, swellings (abdominal masses, swelling due to injury/trauma, etc)
- Irregular Menses (painful menses, irregular menses, amenorrhea)
- Choppy pulse
- Purple tongue with prickles

Herbs in this category tend to be warm, acrid, and dry, and may damage yin and blood.

Use caution during pregnancy, or with profuse menses.

Herbs that Invigorate the Blood

Taste:	<ul style="list-style-type: none">• acrid• bitter
Temperature:	<ul style="list-style-type: none">• warm
Channels:	<ul style="list-style-type: none">• LV
Main Action:	<ul style="list-style-type: none">• Invigorate blood; remove blood stasis
Cautions & Contraindications:	<ul style="list-style-type: none">• Use caution during pregnancy.• Use caution with heavy menses.

Herbs that Invigorate the Blood

- chuān xiōng
- dān shēn
- jī xuè téng
- yán hú suǒ
- yù jīn
- jiāng huáng
- yì mǔ cǎo
- zé lán
- chì sháo
- táo rén
- hóng huā
- é zhú
- sān léng
- rǔ xiāng
- mò yào
- niú xī
- wáng bù liú xíng
- wǔ líng zhī

Herbs that Invigorate the Blood

RELIEVE PAIN

- chuān xiōng
- yán hú suǒ
- yù jīn
- jiāng huáng
- rǔ xiāng
- mò yào
- wǔ líng zhī

REGULATE MENSES

- dān shēn
- jī xuè téng
- yì mǔ cǎo
- zé lán
- chī sháo
- táo rén
- hóng huā
- niú xī
- wáng bù liú xíng

DISPERSE MASSES

- é zhú
- sān léng

RELIEVE INJURY

none we learn

chuān xiōng *chuanxiong rhizoma*

Temp: warm
Taste: acrid
Channels: LV, GB, PC
Dosage: 3-9 grams

川
芎

1. invigorates blood and moves qi

- for any type of blood stasis pattern
 - dysmenorrhea, amenorrhea, difficult labor, retained lochia
 - pain in chest, ribside, abdomen; chest bi
 - painful swellings and bruises from injury/trauma
- stops pain

2. expels wind and treats headache

- for any type of headache due to any cause
(depending on combination)



Use caution during pregnancy.

dān shēn

salviae miltiorrhizae radix

Temp: slightly cold
Taste: bitter
Channels: HT, PC, LV
Dosage: 6-15 grams

丹
参

1. invigorates blood

- for irregular menses, painful menses, amenorrhea
- for swellings and accumulations
- for pain in chest, abdomen, heart; chest bi

2. clears Heart heat to calm shen

- for restlessness, irritability, insomnia, palpitation
- also tonifies yin/blood to calm shen

3. clears heat toxicity to treat skin problems

- for sores and early-stage breast abscess (internal use only)



Contraindicated during pregnancy.

jī xuè téng

spatholobi caulis

Temp: warm
Taste: bitter, sweet
Channels: HT, LV, SP
Dosage: 9-15 grams

鸡
血
藤

1. invigorates blood and tonifies blood

- for blood deficiency patterns with blood stasis
- for irregular menses, painful menses, amenorrhea

2. relaxes sinews and unblocks channels to treat bi syndrome

- for numbness, paralysis low back pain, knee pain, joint stiffness



Ji Xue Teng is not strong at tonifying or invigorating blood, however the combination of all three functions makes it especially useful for treating internal wind due to blood deficiency.

yán hú suǒ

corydalis rhizoma

Temp: warm
Taste: acrid, bitter
Channels: HT, LV, ST
Dosage: 3-9 grams

1. invigorates blood, moves qi, **stops pain**

- for pain due to qi and blood stagnation
- esp. for chest pain, stomach pain, or painful menses

Yan Hu Suo is a pain killer. It is related to the opium family. Compared to opium, it is not as strong, but it is longer lasting and not addictive.

Contraindicated during pregnancy.



延
胡
索

yù jīn

curcumae radix

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

1. invigorates blood, moves Liver qi, stops pain

- stops pain (esp. for trauma)
- for painful menses, clumping, pain in chest and abdomen

2. clears heat and cools blood

- for nosebleed, vomiting blood, blood in the urine, nosebleed at the onset of menstruation (inverted menses)

3. transforms phlegm

- for shen problems due to insubstantial phlegm-heat misting Heart orifices

4. relieves jaundice

Use caution during pregnancy.



郁
金

jiāng huáng

curcumae longae rhizoma

姜
黄

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

1. invigorates blood and moves qi
 - for chest or abdominal pain, painful menses, or amenorrhea due to blood stasis caused by deficiency cold
 - for pain due to injury/trauma
2. treats bi syndrome
 - for wind-damp bi syndrome with blood stagnation
 - esp. for shoulder pain



Jiang Huang is turmeric. Because it is moving and has a downward direction, it is contraindicated during pregnancy.

yì mǔ cǎo

leonuri herba

益
母
草

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

1. invigorates blood and regulates menses
 - esp. for OB/GYN conditions: irregular menses, premenstrual abdominal pain, heavy menses with clots, infertility, postpartum abdominal pain
2. promotes urination
 - for lin syndrome or acute edema
3. clears heat toxicity
 - for abscess and sores or itchy rash due to damp-heat
 - use internally or topically as fresh herb



Yi Mu Cao means "benefitting mother grass". It is an important herb for treating gynecological issues. Contraindicated during pregnancy.

zé lán

lycopi herba

Temp: slightly warm
Taste: bitter, acrid
Channels: LV, SP
Dosage: 9-15 grams

泽
兰

1. invigorates blood

- for painful menses, postpartum abdominal pain due to blood stasis
- for pain and swelling due to injury/trauma (use internally or topically)

2. promotes urination to treat edema

- for edema, postpartum edema, lin syndrome
- mild



Use caution during pregnancy.

chì sháo

paeoniae radix rubra

Temp: slightly cold
Taste: sour, bitter
Channels: LV, SP
Dosage: 6-15 grams

赤
芍

1. invigorates blood

- for painful menses, amenorrhea
- for pain due to injury/trauma

2. clears heat and cools blood

- for xue-level heat
- for gynecological problems due to heat in the blood



táo rén

persicae semen

Temp: neutral

Taste: bitter, acrid

Channels: HT, LI, LV, LU

Dosage: 4.5-9 grams

桃
仁

1. invigorates blood

- breaks the blood
- for a variety of disorders due to blood stasis

2. moistens Large Intestine to gently relieve constipation



Tao Ren is peach kernel and is toxic in larger dosages. Tao Ren and Hong Hua are often used together as paired herbs. Both are contraindicated during pregnancy.

hóng huā

carthami flos

Temp: warm

Taste: acrid

Channels: HT, LV

Dosage: 3-9 grams

红
花

1. invigorates blood

- for a variety of disorders due to blood stasis
- esp. for painful menses, amenorrhea, postpartum abdominal pain



Hong Hua is safflower. Tao Ren and Hong Hua are often used together as paired herbs. Both are contraindicated during pregnancy.

é zhú

curcumae rhizoma

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

莪
术

1. strongly invigorates blood

- breaks the blood
- for pain and abdominal masses due to blood stasis
- for painful menses and amenorrhea

2. moves qi and disperses accumulations

- breaks the qi
- relieves food stagnation



E Zhu and San Leng are used together as paired herbs.
E Zhu has recently been used in the treatment of "solid" cancers such as cervical cancer.
Contraindicated during pregnancy.

sān léng

sparganii rhizoma

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

三
棱

1. strongly invigorates blood

- breaks the blood
- for pain and abdominal masses due to blood stasis
- for painful menses, amenorrhea, postpartum abdominal pain

2. disperses accumulations

- for abdominal pain due to food stagnation



E Zhu and San Leng have the same actions and indications and are often used together as paired herbs.
San Leng is stronger at breaking the blood, whereas E Zhu is stronger at breaking the qi.
Contraindicated during pregnancy.

rǔ xiāng

olibanum

乳香

Temp: warm

Taste: bitter, acrid

Channels: HT, LV, SP

Dosage: 3-9 grams (melt in at end)

1. invigorates blood and moves qi

- stops pain; for injury and trauma
- also for painful menses, pain in chest/abdomen, painful swellings and sores
- can be used internally or topically

2. relaxes sinews and unblocks channels to treat bi syndrome

3. promotes regeneration of flesh

- use topically to promote healing for injury/trauma
- for chronic, ulcerated, non-healing sores



Ru Xiang is a tree sap (frankincense). Used internally, it can cause stomach irritation. Used externally, it can cause skin irritation. Contraindicated during pregnancy.

mò yào

myrrha

没药

Temp: neutral

Taste: bitter

Channels: HT, LV, SP

Dosage: 3-9 grams (melt in at end)

1. invigorates blood

- stops pain; for injury and trauma
- also for painful menses, pain in chest/abdomen, painful swellings and sores
- can be used internally or topically

2. promotes regeneration of flesh

- for chronic, non-healing sores
- use topically



Ru Xiang and Mo Yao are often used together as paired herbs. Mo Yao is better at moving blood, whereas Ru Xiang is better at moving qi and treating bi syndrome.

Used internally, they can cause stomach irritation. Used externally, they can cause skin irritation. Contraindicated during pregnancy.

niú xī

achyranthis bidentatae radix

Temp: neutral
Taste: bitter, sour
Channels: LV, KI
Dosage: 6-15 grams

牛
膝

1. invigorates blood
 - guides blood downward; for painful menses, amenorrhea, lochia retention
2. tonifies Liver and Kidney yin to strengthen tendon and bone
 - for aching low back and knees due to deficiency or bi syndrome
3. descends upper body heat
 - for dizziness, headache, nosebleed, etc. due to Liver yang rising
4. promotes urination
 - for damp-heat in the lower jiao

Chuan Niu Xi is better at moving blood. Huai Niu Xi is better at everything else. Contraindicated during pregnancy.



wáng bù liú xíng

vaccariae semen

Temp: neutral
Taste: bitter
Channels: LV, ST
Dosage: 4.5-9 grams

王
不
留
行

1. invigorates blood
 - promotes lactation; for poor lactation due to blood stagnation
 - unblocks menses; for amenorrhea due to blood stagnation
2. reduces painful swellings
 - esp. for swelling of breasts or testicles
3. promotes urination
 - for lin syndrome

“Even the King cannot stop it from moving.”
Wang Bu Liu Xing is also as ear seeds. Contraindicated during pregnancy.



wǔ líng zhī

trogopterori faeces

Temp: warm

Taste: bitter, sweet, (salty)

Channels: LV, ST

Dosage: 4.5-9 grams (put in cloth bag)

1. invigorates blood and stops pain
 - esp. for painful menses
2. invigorates blood to stop bleeding
 - for heavy or prolonged menses due to blood stagnation
 - use charred (chao wu ling zhi)
3. treats childhood nutritional impairment

Traditionally, Wu Ling Zhi should not be used with Ren Shen.
Contraindicated during pregnancy.

五
灵
脂



chuān shān jiǎ

manitis squama

Temp: cool

Taste: salty

Channels: LV, ST

Dosage: 3g

1. invigorates blood
 - unblocks menses; for amenorrhea or painful menses
 - promotes lactation; for poor lactation due to blood stagnation
2. treats heat toxicity related skin problems
 - for swellings, abscesses, and boils
 - can be used topically
3. treats bi syndrome

Contraindicated during pregnancy.

穿
山
甲



Summary

chuan xiong
chuanxiong rhizoma

invigorates qi and blood

- treats headache

dan shen
salviae miltiorrhizae radix

invigorates blood

- irregular menses
- chest bi

- calms shen
- clears heat toxicity
- temp: cool

ji xue teng
spatholobi caulis

invigorates blood

- tonifies blood
- unblocks channels to treat bi syndrome

yan hu suo
corydalis rhizoma

invigorates qi and blood

- pain killer

yu jin
curcumae radix

invigorates qi and blood

- stops pain
- softens hardness

- cools blood
- treats phlegm misting the Heart
- relieves jaundice

jiang huang
curcumae longae rhizoma

invigorates qi and blood

- treats bi syndrome

yi mu cao
leonuri herba

invigorates blood

- OB/GYN conditions

- promotes urination
- clears heat toxicity

ze lan
lycopi herba

invigorates blood

- regulates menses
- for injury and trauma

- promotes urination

chi shao
paeoniae radix rubra

invigorates blood

- cools blood

tao ren
persicae semen

invigorates blood

- moistens Large Intestine

hong hua
carthami flos

invigorates blood

e zhu
curcumae rhizoma

strongly invigorates blood

- softens hardness and masses

- cervical cancer

san leng
sparganii rhizoma

strongly invigorates blood
• softens hardness and masses

ru xiang
olibanum

strongly invigorates blood
• for injury and trauma

• regenerates flesh

mo yao
myrrha

strongly invigorates blood
• for injury and trauma

• regenerates flesh

niu xi
achyranthis bidentatae radix

invigorates blood
• moves downward

• strengthens tendon and bone
• descends upper-body heat
• promotes urination

wang bu liu ting
vaccariae semen

invigorates blood
• regulates menses
• promotes lactation

• promotes urination (lin syndrome)

wu ling zhi
trogopterori faeces

invigorates blood and stop pain
• painful menses