

HERBS THAT TONIFY BLOOD

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Sources:

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Herbs that Tonify Blood

Signs and Symptoms of blood deficiency:

- Menstruation problems (e.g. painful, scanty, or delayed menses)
- Pale, dry skin
- Eyes issues (e.g. blurred vision, floaters)
- Poor memory, poor concentration, anxiety, insomnia
- Skin sensation problems (tingling, numbness)
- Dizziness
- Pale dry tongue
- Thin, deficient, or choppy pulse

Blood deficiency may also lead to internal wind.

Herbs in this category tend to be sticky and cloying, and may cause middle-jiao problems.

Herbs that Tonify Blood

Taste:	<ul style="list-style-type: none">• sweet
Temperature:	<ul style="list-style-type: none">• warm
Channels:	<ul style="list-style-type: none">• LV, SP, HT
Cautions & Contraindications:	<ul style="list-style-type: none">• These herbs are sweet and cloying; overuse can cause digestive problems
Main Action:	<ul style="list-style-type: none">• Tonify blood and nourish yin
Other:	<ul style="list-style-type: none">• Combine with herbs that move or regulate qi to prevent stagnation

Herbs that Tonify Blood

- shú dì huáng
- dāng guī
- bái sháo
- zhì hé shǒu wū
- ē jiāo
- gǒu qǐ zǐ
- sāng shèn
- lóng yǎn ròu

shú dì huáng

rehmanniae radix preparata

Temp: slightly warm
Taste: sweet
Channels: HT, KI, LV
Dosage: 9-30 grams

1. tonifies blood
2. tonifies Liver and Kidney yin
3. tonifies Kidney jing
 - for delayed development, premature aging, etc.

Shu Di Huang is prepared by soaking it in alcohol and then steaming it. It is very sticky and cloying, and may cause digestive problems. If this occurs, it can be combined with herbs like Chen Pi, Mu Xiang, or Sha Ren.



熟
地
黄

dāng guī

angelicae sinensis radix

Temp: warm
Taste: sweet, acrid
Channels: HT, LV, SP
Dosage: 4.5-15 grams

1. tonifies blood
 - esp. for menstruation problems
 - promotes regeneration of flesh; for longstanding skin wounds
 - moistens Large Intestine to relieve constipation
2. invigorates blood

- Dang Gui is one of the most frequently used herbs for OB/GYN conditions because it both tonifies blood and invigorates blood.
- The head (Dang Gui Tou) is the most tonifying, followed by the body (Dang Gui Shen).
- To invigorate blood, use the tail (Dang Gui Wei).
- *Pian* means "sliced." When you order this herb, you will probably want to order Dang Gui Pian.



当
归

bái sháo

paeoniae radix alba

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

1. tonifies blood

- especially for irregular menses

2. relaxes the Liver

- softens and smooths the Liver
- for pain, spasm, and cramping (abdomen, hands, feet)

3. preserves yin; harmonizes the ying and the wei

- for sweating, vaginal discharge, or wind-cold deficiency patterns

Bai Shao is incompatible with Li Lu.
Shao Yao is the generic name for Bai Shao and Chi Shao.

白芍



zhì hé shǒu wū

polygoni multiflori radix preparata

Temp: slightly warm
Taste: bitter, sweet, astringent
Channels: LV, KI
Dosage: 9-30 grams

1. tonifies blood, yin, and essence

- darkens hair
- strengthens tendon and bone
- treats internal wind and rash due to blood deficiency
- preserves essence (seminal emission, vaginal discharge)
- moistens Large Intestine to relieve constipation (best in raw form)

2. clears heat toxicity

- for skin infection, carbuncles, sores, boils, scrofula
- only use raw form (Sheng He Shou Wu)

He Shou Wu is almost neutral in temperature so it can be used with conditions of heat or cold. It is special because it is not sticky or cloying.

何首乌



ē jiāo

asini corii colla

Temp: neutral

Taste: sweet

Channels: KI, LV, LU

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

1. tonifies blood
2. stops bleeding
3. tonifies yin and moistens the Lung
 - for irritability and insomnia after febrile disease
 - for dry cough with blood in the sputum



阿
胶

gǒu qǐ zǐ

lycii fructus

Temp: neutral

Taste: sweet

Channels: LV, KI, LU

Dosage: 6-12 grams

1. tonifies blood to brighten eyes
 - for poor night vision, blurred vision, dry eyes
2. tonifies Liver and Kidney yin
 - for sore low back, sore knees, dizziness
3. moistens the Lung
 - for cough and wasting and thirsting disorder



枸
杞
子

sāng shèn

mori fructus

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

桑
椹

1. tonifies blood and nourishes yin

- for dizziness, tinnitus, insomnia, premature greying of hair
- for dryness and thirst; wasting and thirsting disorder
- moistens the Large Intestine to relieve constipation

Sang Shen is not sticky or cloying, so it can be used long term.



lóng yǎn ròu

longan arillus

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

龙
眼
肉

1. tonifies blood to calm shen

- for insomnia, anxiety, palpitation, forgetfulness
due to Heart and Spleen deficiency

Long Yan Rou is warm. After two or three weeks, take a break for seven days before continuing.



shu di huang
rehmanniae radix preparata

tonifies blood

- tonifies yin
- tonifies jing

dang gui
angelicae sinensis radix

tonifies blood

- invigorates blood
- moistens LI to relieve constipation

bai shao
paeoniae radix alba

tonifies blood
• relaxes Liver; treats spasm

- preserve yin (Gui Zhi Tang)

zhi he shou wu
polygoni multiflori radix

tonifies blood
• darkens hair

- tonifies Liver and Kidney yin, essence
- raw: clears heat toxicity (skin problems), moistens Large Intestine

e jiao
asini corii colla

tonifies blood

- stops bleeding
- moistens Lung (cough with bloody sputum)
- melt in at end

gou qi zi
lycii fructus

tonifies blood
• brightens eyes

sang shen
mori fructus

tonifies blood

long yan rou
longan arillus

tonifies blood
• calms shen