Clearing and Blood-Cooling Herbs
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Chi Shao

- Clear Heat - Cool Blood

ory

Names

- Alternative name: Shaoyao, a term that was in use until the Song Dynasty that could refer to either bai shao or chi shao.
- Pharmaceutical: Radix Paeoniae Rubrae
- Botanical: Paeonia veitchii, P. obovata, P. lactiflora
- English: Red peony root

Nature

- Bitter, slightly cold

Channels

- Liver

Actions and Indications

- Clears heat and cools blood
  - Treats heat in the Ying or Xue levels which includes the symptoms of fever, skin blotches, and a purple tongue. Similar in this action to mu dan pi.
  - Treats heat causing reckless bleeding and gynecological bleeding.
- **Invigorates blood and dispels stasis**
  This is an excellent blood mover and can be used to treat stasis all over the body. Specifically, however it treats:
  - Gynecological problems of dysmenorrhea and amenorrhea
  - Abdominal pain and immobile abdominal masses
  - Pain and swelling stemming from traumatic injury
  - The early stages of boils and abscesses

- **Clear Liver fire**
  - Red swollen painful eyes from Liver fire. Much weaker than mu dan pi for treating Liver fire - won't clear deficient heat.

**Dosage:** 6 - 15 grams (raw)

**Cautions and Contraindications**

- Caution with blood deficiency patients
- Caution in pregnant patients
- Contraindication: incompatible with li lu

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Moutan Peony (Mu Dan Pi)

What it does (English):
Mostly used for gynecological problems such as tumors or lumps in abdomen and irregular or missing menstrual cycles. Also, used in the treatment of fibroids in the uterus.

Clinical Use (Chinese):

Latin Name:
*Moutan radicis*

English Name:
*Moutan Peony, Peony Root, Moutan*

Parts Used:
Small curls of root bark
Properties:
Bitter and acridin flavor, slightly cold in property, acts on the Heart, Liver, and Kidney channels.

Cautions:
Not to be used in cases of menorrhagia (Pelvic pain occurring during the menstrual cycle) and in pregnant women.

Folk Lore:
Peony bark is used in folk magic, spell-craft, and occultism and is said to have a great deal of power to protect against misfortune, bolster health, break jinxes, and draw good fortune.

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Rehmannia (Rehmannia glutinosa)

Related Terms

- Chinese foxglove, Digitalis glutinosa, di huang, dihuang, gan dihuang (dried rehmannia), Gesneriaceae (family), glutinous rehmannia, Go-shajinki-gan, Hachimijio-gan, huaiquing dihuang, juku-jio (Chinese or Japanese steamed or processed root), Kan-jio (Korean or Japanese dried root), Liu Wei rehmannia oral liquid, Rehmannia chinensis, Rehmannia glutinosa Liboschitz, Rehmannia glutinosa Libosch Forma hueichingenis Hsiao (Kaikei-jio in Japanese), Rehmannia glutinosa steamed root (RGAE), Rehmannia polysaccharide (PRP), Rehmanniae radix, Rhizoma rehmanniae, saengjihwang (Korean), Scrophulariaceae (family), sheng di huang (raw rehmannia), sho-jio (fresh root), shu di huang (cooked or cured rehmannia), sook-ji-whang, to-byun, Var. pupurea Makino (Akaya-
jio in Japanese), xian dihuang (fresh rehmannia).

Background

- Rehmannia has been used extensively in traditional Chinese medicine (TCM). Although thorough clinical trials are lacking, rehmannia has been used to treat rheumatoid arthritis, asthma, urticaria (hives), and chronic nephritis (kidney inflammation) in Chinese studies. Rehmannia may also be used to prevent the suppressive effects of corticosteroid (steroid) drugs.
- Rehmannia looks promising in treating aplastic anemia, mitigating side-effects of chemotherapeutic agents and HIV medications, curing obdurate eczema (dry skin), relieving pain from lung or bone cancer or disc protrusion, and helping ameliorate lupus nephritis (kidney inflammation) and type 2 diabetes with hyperlipidemia (high cholesterol). However, presently, there are no high-quality, large randomized, controlled trials supporting the efficacy of rehmannia for any of these indications.
- Rehmannia is in the Pharmacopoeia of the People's Republic of China. However, it is not on the United Kingdom's General Sale List, and is not covered by a Commission E monograph in Germany. The U.S. Food and Drug Administration (FDA) has not granted generalized recognized as safe (GRAS) status to rehmannia; it is available in the United States as a dietary supplement under the Dietary Supplement Health and Education Act of 1994.

Evidence Table

These uses have been tested in humans or animals. Safety and effectiveness have not always been proven. Some of these conditions are potentially serious, and should be evaluated by a qualified healthcare provider.

Rehmannia is frequently recommended to mitigate duration and severity of aplastic anemia. Although preliminary results appear promising, additional study is needed to draw a firm
Rehmannia glutinosa has been used in the treatment of Sheehan's syndrome. However, the magnitude of therapeutic effects of rehmannia on Sheehan's syndrome remains unclear. More research is necessary in this area.

* Key to grades

A: Strong scientific evidence for this use
B: Good scientific evidence for this use
C: Unclear scientific evidence for this use
D: Fair scientific evidence for this use (it may not work)
F: Strong scientific evidence against this use (it likely does not work)

Tradition / Theory
The below uses are based on tradition, scientific theories, or limited research. They often have not been thoroughly tested in humans, and safety and effectiveness have not always been proven. Some of these conditions are potentially serious, and should be evaluated by a qualified healthcare provider. There may be other proposed uses that are not listed below.

- Adrenal tonic, allergies, amenorrhea (absence of menstruation), anemia, antifungal, antipyretic (fever reducer), anti-inflammatory, asthma, autoimmune diseases, blood clotting disorders, cancer pain (bone cancer), cataracts, central nervous system disorders, chemotherapy adverse effects, cognitive processing, coronary heart disease (postmenopausal symptoms), dementia, diabetes mellitus type 2, diuretic, dizziness, dysmenorrhea (painful menstruation), eczema (dry skin), fatigue, fever, gastric adenoma (benign tumor), hair tonic (premature graying), hearing damage (gentamicin-induced), hematopoiesis (stimulation of blood cell production),
hematuria (blood in the urine), HIV (medication side effects), hyperlipidemia (high cholesterol), hypertension (high blood pressure), hypotension (low blood pressure), hypoxia (very low oxygen levels, nocturnal), immunosuppression, laxative, liver protection, lumbar disc herniation (intervertebral disc protrusion), lung cancer, lupus nephritis, measles, menorrhagia (heavy menstrual bleeding), metrorrhagia (irregular uterine bleeding), nephritis (inflamed kidney, chronic), nosebleeds, rheumatoid arthritis, sarcomas (cancer of the bone, cartilage, fat, muscle, blood vessels, or other connective or supportive tissue), skin disorders, thirst, tinnitus (ringing in the ears), tonic, tranquilizer, urticaria (hives), vasoregulator, vasorelaxant, vertigo.

Dosing

Adults (18 years and older):

- There is no proven safe or effective dose for rehmannia. Herbal decoctions used in clinical trials have contained 12-30 grams of rehmannia. For Sheehan's syndrome, 90 grams of cleaned and finely chopped *Rehmannia glutinosa* root added to 900 milliliters of water and boiled down to 200 milliliters has been used in three day courses with an intermission of three, six, and 14 days. After a one-month cessation, the second round of treatment commenced. Another dosing regimen used was 45-50 grams of *Rehmannia glutinosa* daily in five-day courses with an intermission of five days each time for 2-5 months.

Children (younger than 18 years):

- There is no proven safe or effective dose for rehmannia in children.

Safety

The U.S. Food and Drug Administration does not strictly regulate herbs and supplements. There is no guarantee of strength, purity or safety of products, and effects may vary. You should always read product labels. If you have a medical condition, or are taking other drugs, herbs, or
supplements, you should speak with a qualified healthcare provider before starting a new therapy. Consult a healthcare provider immediately if you experience side effects.

Allergies

- Avoid in individuals with a known allergy or hypersensitivity to rehmannia.

Side Effects and Warnings

- Rehmannia has been generally well tolerated in available research studies. It has been well tolerated for 20 days to 1.2 years in human trials. Rehmannia may cause palpitations, edema (swelling), gastrointestinal upset, infertility, dizziness, and lack of energy. Use cautiously in patients with diabetes, as rehmannia may lower blood sugar or additively effect hypoglycemic (low blood sugar) agents. Avoid in patients with diarrhea and lack of appetite due to possible irritation of gastrointestinal tract by rehmannia.
- Liu Wei Di Huang T'ang (decoction of rehmannia with six components) may lower blood pressure.
- Use cautiously in children younger than two years of age and in women who may be pregnant or breastfeeding.

Pregnancy and Breastfeeding

- Rehmannia is not recommended in pregnant or breastfeeding women due to a lack of available scientific evidence.

Interactions

Interactions with Drugs

- The concomitant use of aminoglycosides and rehmannia may decrease toxicity associated with aminoglycoside therapy.
- Man-Shen-Ling is a combination product that contains rehmannia, which may increase the risk of bleeding when taken with drugs that increase the risk of bleeding. Some examples include aspirin, anticoagulants ("blood thinners") such as warfarin (Coumadin®) or
heparin, anti-platelet drugs such as clopidogrel (Plavix®), and non-steroidal anti-inflammatory drugs (NSAIDS) such as ibuprofen (Motrin®, Advil®) or naproxen (Naprosyn®, Aleve®).

- Rehmannia may interact with antihistamines.
- Although not well studied in humans, Liu wei di huang t'ang (decoction of rehmannia with six components) may lower blood pressure. Caution is advised in patients with high blood pressure or taking any antihypertensive (blood pressure lowering) agents.
- Rehmannia and corticosteroids (steroids) may result in a synergistic effect and possibility of reduced side effects.
- Theoretically, rehmannia may decrease toxicity associated with chemotherapy. Shi-Quan-Da-Bu-Tang (SQT), which contains *Rehmannia glutinosa, Paeonia lactiflora, Liqusticum wallichii, Angelica sinesis, Glycyrrhiza uralensis, Poria cocos, Atractlyodes macrocephala, Panax ginseng, Astragalus membranaceus* and *Cinnamomum cassia*, was found to potentiate therapeutic activity of chemotherapy, radiotherapy, and prevent or minimize associated adverse events.
- Rehmannia may have an additive effect with diuretics.
- Rehmannia may interact additively with drugs that alter blood sugar because it can cause hypoglycemia (low blood sugar). Caution is advised in patients with diabetes or hypoglycemia and in those taking drugs that affect blood sugar. Serum glucose levels may need to be monitored by a healthcare provider, and medication adjustments may be necessary.
- The concomitant use of cholesterol-lowering drugs with rehmannia may result in additive effects.
- Rehmannia may have an additive effect with thyroid drugs. In a study on Sheehan's syndrome, *Rehmannia glutinsoa* may have improved clinical symptoms and stimulated the hypothalamic-pituitary system.

**Interactions with Herbs and Dietary Supplements**

- Rehmannia may increase the risk of bleeding when taken with herbs and supplements that are believed to increase the risk of bleeding. Multiple cases of bleeding have been reported with the use of *Ginkgo biloba*, and fewer cases with garlic and saw palmetto. Numerous other agents may theoretically increase the risk of bleeding, although this has not been proven in most cases.
- Combination use of rehmannia with herbs/supplements that lower blood pressure may result in additive effects.
- Rehmannia and corticosteroids (steroids) may result in a synergistic effect and there is a possibility of reduced side effects. Caution is advised in patients taking herbs with steroid-like effects.
- Rehmannia may have an additive effect with diuretics, such as astragalus.
- Rehmannia may interact additively with herbs that affect blood sugar because it may cause hypoglycemia (low blood sugar). Seishin-kanro-to, composed of rehmannia radix, may lower blood sugar levels. Caution is advised in patients with diabetes or hypoglycemia, and in those taking herbs or supplements that affect blood sugar. Serum glucose levels may need to be monitored by a qualified healthcare provider, and medication adjustments may be necessary.
- The concomitant use of cholesterol-lowering herbs, such as red yeast rice, with rehmannia may result in additive effects.
- Rehmannia may have an additive effect with thyroid herbs.

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Heat-Clearing and Detoxication Herbs
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**Forsythia suspensa seeds Trifoliate Forsythia seeds**

**Herb.**

**Genus:** Forsythia  
**Species:** suspensa  
**Common Name:** Trifoliate Forsythia  
**Other Name:** Lian Qiao  
**Pre-treatment:** not-required  
**Height / Spread:** 3m/6m  
**Plant Type:** Medium Shrub  
**Growth rate:** medium-fast  
**Vegetation type:** deciduous  
**Leaf/Flower color:** dark green/yellow

**DESCRIPTION:**
Forsythias are harbingers of spring, beloved for their early, prolific display of brilliant yellow blooms. These upright, deciduous, occasionally semi-evergreen shrubs possess mostly hollow, angled branches with foliage held in opposite pairs. The leaves are usually simple (without lobes or indentations), or trifoliate (three-lobed), with smooth or serrated margins. Showy, tubular yellow blooms with four spreading petals generally appear before the leaves, and are borne singly in the leaf axils (joints between the leaves and stems). The fruits that follow are capsules which split to release a few slightly winged seeds.  
The plant refers full to part sun locations and clay or loamy soils, and some are tolerant of a wide range of conditions. Give these shrubs room to spread, as they can become quite large. Most do not take well to shearing, and should be pruned with discretion just after flowering if at all, so the buds for next year’s blooms can develop in the fall. These lovely shrubs are effective planted in masses or groups, and their stems may be cut and brought indoors for forcing into bloom in late winter.
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Jin Yin Hua

Clear Heat - Relieve Toxicity

Names

- Alternative name: Yin hua, jin hua, shuang hua
- Pharmaceutical: Flos Lonicerae Japonicae
- Botanical: Lonicera japonica, L. hypoglauca, L. confusa, L. dasystyla
- English: Honeysuckle flower, lonicera flower

Nature

- Sweet, cold

Channels

- Lung, Large Intestine, Stomach

Actions and Indications

- **Clears heat and relieves toxicity**
  - Treats hot painful sores and swellings at various stages including but not limited to breast abscesses and intestinal abscesses.
- **Expels external wind-heat**
  Which is why it is one of the ingredients in Yin Qiao San, a popular formula for treating the early stages of wind-heat invasions.
- Treats the **Wei stage** of warm febrile diseases. Also used in the **Ying stage** to prevent pathogens from penetrating deeper into the body.
- Treats exterior wind/heat with a slight aversion to wind, **sore throat** and a headache.
- Treats summer heat
  - Cools blood and stops dysentery
    - Important herb for this function.
  - Treats dysenteric disorders with blood and pus in the stool
  - Also good to treat giardia and food poisoning.

**Dosage:** 9 - 15 grams (raw)

- Use a smaller dose for wind heat and a larger one for toxicity.

**Cautions and Contraindications**

- Spleen and Stomach deficient cold with diarrhea
- Sores of the qi deficiency and of the yin types

**Notes**

- This herb can be mixed with green tea and sipped. Can use it this way as a preventative, but it's not strong enough on its own to expel an external pathogen.
- Study **jin yin hua** and **lian qiao** together. They are often paired together.
  - Comparison between Jin Yin Hua and Lian Qiao:
    - Both relieve heat/toxicity from wind-warm febrile pathogens. Jin Yin Hua however, is better for systemic fire while Lian Qiao is better for localized stuff. Use Jin Yin Hua for dispersing w/h, s/h, dysentery and intestinal abscess. Use Lian Qiao (which is light and floating) to clear heat in the upper jiao (esp PC) and to treat carbuncles and hot sores.
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The dandelion herb has been used for centuries to promote good health. It is full of vitamins, minerals, and other natural chemicals the body can use to overcome illness. Not only does it have medical uses, but it also has popular culinary uses.

What Is The Dandelion Herb?

Taraxacum officinal, meaning “the official remedy for disorders”, is a perennial herb with a long, brown taproot. The leaves are jagged and pointy. They grow close to the ground and outward from a central point. They are a dark green on the edges and a lighter green towards the center. The stems are light green to a dark reddish purple.

The flowers are a bright yellow on the outside to a dark orange in the center. When the flowers are mature, they turn into a white puffball of seeds that scatter everywhere when the wind blows. The scattered seeds sprout into new plants. Every part of the dandelion exudes a milky substance when it is damaged. The name Dandelion comes from the French word for Lion’s Tooth, Dent de Lion, because the leaves are jagged like teeth. Other names for Dandelion are:

- Blow Ball,
- Cankerwort
- Puffball
- Pu-kung-ying
- Telltime
- White Endive
- Wild Endive
- Swine’s Snout
- Pu Gong Ying
- Dent de Lion
- Priest’s Crown.

Where Does It Come
The dandelion herb is thought to have originated in Europe and Asia, but it can now be found throughout the northern hemisphere, including the United States. Most people consider the dandelion a weed, especially when it takes over their front lawn! However, it is also grown and cultivated for medical and edible uses. When used for medicine, the dandelion can be taken in powdered or liquid form.

There are several ways to make a liquid dandelion extract. To make a tea, steep the dandelion in water. A tincture can be made by adding either alcohol or glycerin to the tea. If alcohol is used, the tincture is preserved for up to three years and it is absorbed more easily than if glycerin is used. However, glycerin tastes better.

To make the powder, they use a low temperature distillation process that removes the active ingredients from the raw herb. The liquid is then condensed and dried to make a fine powder, which is put in gelatin capsules.

The History and Origin of the Dandelion

The first recorded use of dandelion for medicinal purposes is from the Arabians around 900 AD; however, it is believed the Chinese were using dandelions long before that. Dandelion is believed to be one of the original bitter herbs used for Passover in the Bible. There are records of the Welsh using it in the 13th century.

The pilgrims brought it to North America. In 1620, when the Mayflower arrived, there were no dandelions in America. By 1671, they were growing abundantly all over what is now the United States.

How the Dandelion is Used Today

Today, the dandelion has both medical and culinary uses. Dandelion greens are one of the most nutritious greens available. One cup of raw greens has:

- 112% of the recommended daily allowance of vitamin A
- 535% RDA of vitamin K
- 32% RDA of vitamin C
- 103 mg of calcium
- 1.7 mg of iron
• 218 mg of potassium.

**Additional Uses**

They are also a good source of beta carotene, lutein, vitamin H, which has been proven to help weight loss, and over two dozen other nutrients. Dandelion greens add color and texture to salads, stir-fry, and soups. The greens are the leaves. It is best to harvest them in early spring, well before the last frost is expected. They need to be gathered before the flowers bloom or they will be bitter. The best time is when the leaves have just emerged.

The root is also used for culinary purposes. It can be added to soups or ground up and roasted to make a drink similar to coffee without the negative side effects. The root of the dandelion is full of vitamins, minerals, and micronutrients, including inulin, which is helpful in controlling diabetes.

Drinking dandelion coffee helps stimulate the digestive system. It is best to harvest the roots in early spring or late fall when most of the nutrients are stored there. The flowers are used for making dandelion wine and dandelion fritters. They are good for the antioxidant luteolin, which is found in them.

**Benefits of the Dandelion Herb**

Dandelion herb has been associated with improving liver function and liver diseases such as hepatitis and jaundice. It is a strong diuretic that does not deplete potassium in the body. It has been shown to improve both constipation and diarrhea. It purifies the blood, cleanses the digestive system, removes heavy metals from body tissues, and can help dissolve kidney stones. It has been shown to help weight loss, cure acne, lower high blood pressure, cure anemia, lower serum cholesterol levels, reduce acid indigestion and gas, improve some cancers, and help control diabetes all with no negative side effects. The dandelion herb is full of so many vitamins, minerals and micronutrients that alone might be the reason it is so beneficial in so many different areas.

• The sodium in dandelions is thought to reduce the inflammation of the liver.
• Vitamin A helps fight cancers in the mouth and the lungs.
• Potassium, along with magnesium, has been shown to help lower blood pressure and reduce the risk of stroke.
• Dandelions are full of both potassium and magnesium.
• The fiber in dandelions lowers cholesterol, is beneficial to diabetes, and fights cancer and heart disease.
• Calcium has been shown to build strong bones and reduce high blood pressure.
• B vitamins lower the effects of stress.
• Romanian lab mice lost 30% of their body weight in 30 days by taking a dandelion extract with their food.

Helpful Chemicals

Along with all the vitamins and minerals in the dandelion, there are also numerous chemicals that are important in many bodily functions.

Inulin is converted into fructose as it is digested. Fructose does not use insulin, which results in a slower rise in blood sugar making it ideal for those with diabetes or hypoglycemia.

• Tof-CFr is similar to lentinan, which has been proven to fight cancer cells in Japanese lab mice.
• Pectin helps diarrhea; it removes heavy metals, and lowers cholesterol especially if it is combined with vitamin C. The dandelion herb has both.
• Coumestrol mimics estrogen. It stimulates milk production and balances hormones.
• Apigenin and luteolin are diuretics, antioxidants, and antispasmodics. They have liver protecting properties and strengthen the heart and blood vessels. They are antibacterial and estrogen mimics.
• Gallic Acid helps diarrhea and is antibacterial.
• Linoleic and linolenic acid are fatty acids the body needs to produce prostaglandins that regulate blood pressure, suppress inflammation, regulate the menstrual cycle, and prevent platelet aggregation.
• Choline has been shown to improve memory.
• The dandelion herb has many sesquiterpene compounds that are thought to give it its bitter taste. These compounds promote good digestion, liver, spleen, and gall bladder function. They are also antifungal.
• Triterpenes are helpful for liver and bile stimulation.
• Taraxasterol is good for the liver and gall bladder. It also balances hormones.

Purchasing Options
Dandelion is sold as capsules, tea leaves, powder, or tincture. Capsules are easy to take and have little taste. Teas can be enjoyable and relaxing, while tinctures are absorbed quickly. They are all good choices depending on preferences. Dandelion leaves average about $1 to $2 an ounce whether they are cut up or a powder and the capsules average about $8 for 60 capsules. Dandelion root is about the same for the powder, but the capsules are considerably cheaper, about $2 to $4 for 100 capsules. Moreover, the tincture can be found between $4 and $5 an ounce.

To make dandelion coffee, the roots have to be roasted which will double the cost. Some good brands to try are Now, Yogi, Traditional Medicines, and Starwest Botanicals. A local health food store would be a good place to buy dandelion. If the internet is used, shop around because different sites frequently have sales. One good site to try is www.takeherb.com.

How Much to Take?

- The recommended dose for dandelion leaf tea is 1-2 teaspoons steeped in hot water 3 times a day.
- For dandelion root tea, the recommended dose is ½ -2 teaspoons steeped in hot water 3 times a day.
- Whether the capsules are the leaf or the root, the recommended dose is 500 mg 3 times a day.
- The recommended dose for both the leaf tincture and the root tincture is 100-150 drops 3 times a day.

Precautions

While there are no negative side effects from taking the dandelion herb, some people have been known to have allergic reactions to it, including a rash or mouth sores. If you are allergic to yarrow, iodine, ragweed, marigold, chrysanthemums, chamomile, or daisies, you should avoid taking dandelion. Dandelion might cause stomach acid or heartburn in some people. If you have gallbladder problems or gallstones, you should consult a doctor before taking dandelion. Dandelion is a diuretic and may cause your body to expel any drugs you are taking faster than normal. Consult a doctor if you are taking Lithium, quinoline antibiotics, and antacids like Pepcid, Zantac, and Taganet.
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# Radice violae

**Name**
Violet

**Biological Name**
Radice violae

**Violaceae**

**Other Names**
Violet, Zi hua di ding, viola, Yedoens violet

**Parts Used**
Leaves and flowers

**Remedies For**
Anti-inflammatory, antibiotic, demulcent.

This herb is used for inflammation, especially in the form of an abscess or boil, where it is topically applied as a poultice. The tea is useful for hot swellings of the throat, eyes, and ears, including such diseases as mumps and ulcers. It is also traditionally used in both Eastern and Western herbal traditions to soften and dissolve tumors.

**Description**
A Chinese herb.

**Dosage**
9-15 grams.

**Safety**
Violet should not be used by those who have a cold or deficiency condition.

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Qing Dai

Category

- Clear Heat - Relieve Toxicity

Names

- Pharmaceutical: Indigo Pulverata Levis
- Botanical: *Isatis tinctoria*
- English: powdered Indigo leaf, powdered isatis leaf, powdered woad leaf, indigo dye

Nature

- Salty, cold

Channels

- Liver, Lung, Stomach

Actions and Indications

- Clears heat and relieves toxicity, cools blood and disperses swellings
  - Use it topically or internally
    - Treats general heat toxicity:
      - Febrile related convulsions in children
      - Cough due to Lung heat
    - Blood heat:
      - Includes bleeding disorders due to blood heat, and blood heat at the skin such as carbuncles and other blood heat skin eruptions.
      - Disperses swellings such as sore swollen throat and mumps.
- Drains fire and extinguishes Liver Wind
  - Again, this refers to acute childhood convulsions - see the first action - generated by fire in the body.
A child who has febrile seizures will sometimes do so repeatedly and is prone to seizing at lower body temperatures with each incidence. This is a manifestation of wind caused by heat.

Dosage: 1.5 - 3 grams (raw)

- Note the low dosage for this herb.
- You add this powder to your cooked raw decoction after you remove it from heat.
- Can be used topically in the throat or internally for bleeding, Lung heat, and convulsions.

Cautions and Contraindications

- Da Qing Ye, Qing Dai and Ban Lan Gen are studied together. They are all from the same plant, isatis, which is the plant from which the dye indigo comes. Qing Dai is a processed powder derived from Da Qing Ye, the leaf of the plant. The leaf is soaked until rotten, lime is added which results in a foam that forms on the surface. The foam is scraped off and dried, creating the indigo dye powder, Qing Dai. (Dai...dye...)

Da Qing Ye (leaf), Qing Dai (indigo dye powder), and Ban Lan Gen have several things in common. Da Qing Ye and Ban Lan Gen, the unprocessed 'siblings' go to the Heart, Lung, and Stomach. Both are bitter. Ban Lan Gen is cold while Da Qing Ye is very cold. This is the only very cold herb besides Shi Gao thus far. Qing Dai, probably because it is processed has slightly different properties. It is salty and cold. It goes to the Lung and Stomach as does it's unprocessed partners, but goes to the Liver rather than the Heart.

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