

# ANTLER (Deer or Elk)

*Common Names: Dragons tooth; Dragon Bone*

VITALITY; NOURISH BLOOD, BONE MARROW and JOINTS; Kidneys

USE: Antler Velvet (thought to be most potent); Calcified (dried) Antler

Deer are NATIVE to NEW ZEALAND; AUSTRALIA; CANADA

Greatest users: Korea; China

## HISTORY

- 1) CHINESE MEDICINE for over 2000 years. Mentioned in: 168BC Silk Scrolls found in tomb; 100AD Chinese Materia Medica
- 2) Mid-16<sup>th</sup> Century – Deer Farming created to supply need for antlers

## QUALITIES

- 1) Components: Rich in CALCIUM and Trace Elements (dependent on Animal's diet); Collagen; Glucosamine Chondroitin; Gelatinous substances

-Often used with ground tortoise shell and other herbs

- 2) TONIC: Increases BLOOD VOLUME; Nourishes BONE Marrow, blood and lymphocytes (for immunity); STRENGTH; VITALITY; WEAKENED Conditions; AGING; MEMORY; WILL

- 3) Anti-inflammatory; Swelling; Joint and Ligament Health; Osteoarthritis

- 4) Astringent; Use Topically: Boils; Eczema; Skin Ulcers

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## Antler References

### Herb History and General Information

Dharmanada, Subhuti, PhD, Director. Deer Antler to Nourish Blood, Bone, and Joints. Institute for Traditional Medicine, Portland, Oregon (Jan 2005):  
[www.itmonline.org/arts/antler.htm](http://www.itmonline.org/arts/antler.htm) accessed December 26, 2014

Ritchason, Jack, N.D., *The Little Herb Encyclopedia*. Pleasant Grove, Utah: Woodland Health Books; 1995; pp 12-13

Studies NONE Found as of October 29, 2014

Note: Studies are cited in Dharmanada paper reference above