

# Dong Quai

*Latin Name: Angelica sinensis*

FEMALE Herb; TONIC; Cleansing

Use WHOLE Plant

Native to CHINA and JAPAN

## HISTORY

1) 588 BC CHINA and JAPAN: DYSMENORRHEA; FEMALE Organs; UTERUS;  
- Opens BLOCKED PASSAGEWAYS

2) Now, in China and Japan, Second in sales only to Licorice Root

## QUALITIES

1) NUTRIENTS: VITAMINS: A • B12 • E

2) WOMEN: Female HORMONE BALANCE; ALL MENSTRUAL Disorders; Regulates MENSES; Builds BLOOD; BREAST ENLARGEMENT in some; TONES and STRENGTHENS Mother before and after BIRTH; Menopause (HOT FLASHES)

3) CLEANSING; CIRCULATION; BLOOD; Relieves TINNITUS; Blurred VISION; Nourishes BRAIN; Recovery from STROKE; Internal Bruising and Bleeding due to injury; HEART PALPITATIONS

- STUDY (heart): In formula with Ginseng, Astragalus and Dong Quai, "Coronary patients improved, angina frequency and severity decreased 90%, treadmill tolerance increased from 348 to 503, ventricular function and ischemic ST-T improved" (Liao 1989)

4) BOWEL LUBRICANT; CONSTIPATION

5) ANTIBIOTIC (E. coli, Strep, Shigella)

6) OTHER

- Calms NERVES; Antispasmodic components

- Enhances Body's ability to use VIT E: Stabilizes FETUS; TESTICULAR Disease

- In FORMULA with Chaparral and Red Clover: Rebuilds LYMPHATIC System

- Anti-TUMOR effects are being studied (In vitro, In vivo studies so far)

- STUDIES (cancer): Antitumor effects on malignant brain tumors in vitro and in vivo; Antitumor activity of herbal supplements in human prostate cancer implanted in immunodeficient mice; Inhibitory effects on brain astrocytoma (Tsai 2005) (Ng, etal 2003) (Lee 2006)

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## Dong Quai References

### Herb History and General Information

Keith, Velma J. and Monteen Gordon. *The How To Herb Book*. Pleasant Grove, Utah: Mayfield Publications; 1996; pp 27-28

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### Studies

Lee WH, Jin JS, Tsai WC, et al. Biological inhibitory effects of the Chinese herb danggui on brain astrocytoma. *Pathobiology*. 2006;73(3):141-148.

Liao 1989 at [www.pubmed.gov](http://www.pubmed.gov) accessed October 21, 2014. Coronary patients improved with Yi-qi Huo-xue (Ginseng, Astragalus and Angelicae Sinensis): angina frequency and severity decreased 90%, treadmill tolerance increased from 348 to 503, ventricular function and ischemic ST-T improved, etc

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Shang P, Qian AR, Yang TH, et al. Experimental study of anti-tumor effects of polysaccharides from *Angelica sinensis*. *World J Gastroenterol*. 2003;9(9):1963-1967.

Tsai NM, Lin SZ, Lee CC, et al. The antitumor effects of *Angelica sinensis* on malignant brain tumors in vitro and in vivo. *Clin Cancer Res*. 2005;11(9):3475-3484.