

HOLISTIC HERBALISM ADVANCED CLINICAL PROGRAM MATERIA MEDICA

Common Name	Unprocessed Rehmannia (also called Chinese Foxglove)
Latin	Rehmannia glutinosa
Family	Orobanchaceae (formerly Scrophulariaceae)
Other Known Names	Sheng Di Huang (Chinese)
Energy	Cold, moist
Taste	Sweet, slightly bitter
Part Used	Unprocessed dry root
Location	It is native to China and is grown in Henan and Zhejiang provinces.
Gathering	In the autumn; the roots are cleaned, trimmed and baked dry.
Cultivation	It requires rich, well-drained soil and partial shade to full sun.

HERBAL ACTION	TISSUE AFFINITY	MAJOR CONSTITUENTS
Antifungal	Blood/Xue	Iridoid glycosides:
Antihemorrhagic	Immune System	Jioglutosides
Anti-inflammatory	Lung	Rehmaglutins A-D
Antipyretic	Chinese Heart	Jioglutins
Hepatoprotective (mild)		Jionosides A-D
Immunoregulator		Catapol-hypoglycemic, anti-inflammatory
		Ajugol-hypoglycemic
		Leonuride-antiinflammatory
		Aucubin-antiinflammatory
		Aceteoside-immunoregulatory

SPECIFIC INDICATIONS

Cools the blood and clears heat/anti-inflammatory

Autoimmune and hyperimmune conditions with heat or inflammation.

Irritability and afternoon fevers caused by excess heart fire.

Stops bleeding due to heat, nourishes the yin and blood and generates fluids (dry mouth, eyes, cough, constipation).

PRIMARY USES

- Unprocessed Rehmannia is an immunoregulator, it helps normalize Th1 and Th2 T lymphocyte balance.
- Sheng Di Huang is useful for cooling the blood and controlling allergic or autoimmune conditions including hives, scleroderma, psoriatic arthritis, allergic purpura, rheumatoid arthritis, Crohn's Disease, allergic asthma, atopic dermatitis and eczema
- Unprocessed Rehmannia cools heart fire, which causes symptoms such as mouth and tongue sores, a malar flush, afternoon fevers, emotional agitation, irritability and insomnia.
- The root has antihemorrhagic activity and can be used to treat reckless blood conditions with heat such as hematuria, menorrhagia, hemoptysis, hematemesis and epistaxis.
- Sheng Di Huang nourishes the yin and blood and generates fluids.
- It is useful for excess heat that has damaged the yin causing dry mouth or eyes, dry cough, dry constipation, a red, furred, tongue and low-grade fevers.

FORMULA COMBINATIONS

- Combine Sheng Di Huang with other immunoregulatory herbs such as Dan Shen/Salvia miltiorrhiza, Baikal Scullcap, Bupleurum/Chai Hu, Turmeric, Gotu Kola or Sarsaparilla and immune amphoterics.
- To address Heart Fire combine with Figwort, Red Peony/Chi Sao or Motherwort.
- For bleeding concerns combine Sheng Di Huang with Yarrow, Biota seed/Bai Zi Ren or Lady's Mantle.
- To address damage caused by heat Raw Rehmannia can be combined with Ophiopogon/Mai Men Dong

DOSAGE

Tea (Decoction): 10 gram. dried root per 250 ml water, decoct 10-15 minutes, steep covered 45 minutes, take 100 ml 3X per day.

Tincture (1:5), 35% ETOH Dose: 2-3 mL (40-60 gtt.) TID

Unprocessed Rehmannia accounts for 2 parts in formulation

PREPARATIONS

Stir-fried brown increases its blood tonifying effects and makes the herb easier to digest.

Stir-fried black stops bleeding.

Stir-fried with Ginger juice for blood deficiency with spleen qi deficiency and to prevent stagnation.

CONTRAINDICATIONS & DRUG INTERACTIONS

Unprocessed Rehmannia prevents corticosteroid medications from suppressing endogenous corticosteroid production.

It is contraindicated in TCM for damp lung or damp spleen conditions and it can occasionally cause mild edema, diarrhea, abdominal discomfort or palpitations.

SPECIAL NOTES OF CONSIDERATION

Cantonese name: Te Wong

Japanese name: Shojjo

Korean name: Saengjiwang

Xian Di Huang: is the fresh, undried root which clears heat and cools the blood. The fresh juice is effective for stopping passive internal bleeding.

RESOURCES & REFERENCES

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