

QUICK REFERENCE SHEET

DONG QUAI

Angelica sinensis



Part Utilized:
Root



PROPERTIES:

Alterative, Adaptogenic (immune), Tonic, Stimulant, Nervine, Nourishing, Emmenagogue, Analgesic, Hormone Balancing

SYSTEMS AFFECTED:

Nervous, Endocrine/Glandular, Reproductive (female especially), Cardiovascular

POSSIBLE USES:

reproductive issues, stabilizing blood sugar levels, cognitive function, circulation and cardiovascular problems

INGREDIENT IN:

Ginkgo/Dong Quai, IB, MS, MW

GENERAL INFORMATION:

Dong Quai, a species of Angelica, is considered to be the queen of all female herb tonics and healers. Dong Quai balances and tones the muscles and organs of the reproductive system as well as balancing hormones. As a result, menstruation becomes regular and PMS free, and menopause proceeds along nicely without hot flashes or any of the other symptoms so many consider to be normal (but are not). During labor, this herb stimulates contractions, increases circulation, and relieves lymphatic congestion in the pelvic area, speeding the labor. It is best not to take Dong Quai during pregnancy.

The circulation increasing effects of Dong Quai seem to improve cognitive function, especially when mixed with Ginkgo. This mix is very good for the brain! It acts slowly but surely.

Some of the other traditional uses for Dong Quai include: tissue repair, lowering blood pressure, prevents atherosclerosis and blood clots, relaxes the heart muscle, acts as a mild sedative, aids in the absorption and utilization of vitamin E and iron, stabilizes blood sugar, enhances the immune system, relieves constipation, relieves the pain of arthritis, and is an excellent convalescent herb. Dong Quai really speeds the recovery time after childbirth and improves the woman's overall energy levels (important when there are other small children clamoring for mother's attention).