



**Ba Ji Tian 巴戟天**  
**(Morinda Root, Radix Morindae Officinalis)**

Shan Zhu Yu is the dried root of *Morinda officinalis* How., family Rubiaceae.

**Main ingredients**

Ba Ji Tian contains contains anthraquinones, saccharides, resin, vitamins,  $\beta$ -sitosterol, monotropein, asperuloside tetra-acetate and palmitic acid.

**Properties**

Taste: acrid and sweet; nature: slightly warm.

**Channels entered** Liver and Kidney.

**Functions and indications** Supplements the kidneys and reinforces Yang, strengthens the sinews and bones, and dispels wind and eliminates dampness. It is indicated for impotence due to Kidney Yang deficiency, pain and cold in the lower abdomen, frequent urination, infertility due to cold uterus, wind-cold-damp-Bi syndrome, and limpness and aching in the lumbar region and knees.

**Common dosage** 5-10g.

**Precautions and contraindications** Ba Ji Tian is contraindicated in cases of effulgent Yin deficiency-fire or damp-heat.

**Comparison of functions** See Xian Mao (Rhizoma Curculiginis Orchioidis).

**Toxicity** A decoction of Ba Ji Tian given to animals in the proportion of 250g/kg did not result in any deaths .

**Modern Research**

1. Promotes luteinization and ovulation.
2. Promotes the production of adrenocortical hormones.
3. Has a supplementing and strengthening function.

