Sheng D i Huang 生地黄
(Rehmannia root, R adix R ehmanniae G1utinosae)

Sheng Di Huang is the fresh or dried tuberous root of *Rehmannia glutinosa* (Gaertn.) Libosch., family Scrophulariaceae.

**Main ingredients**
Sheng Di Huang contains catalpol, aucubin, melittoside, danmelittoside. Rehmannioside, geniposide, daucosterol; caprylic, benzoic, phenylacetic, cinnamic, lauric, oleic, palmitic and linoleic acids; stachyose, raffinose, glucose, sucrose, fructose, galactose, β-sitosterol, stigmasterol, campesterol and mannitol.

**Properties**
Taste: sweet and bitter; nature: cold.

**Channels entered** Heart, Liver and Kidney.

**Functions and indications** Clear heat and cools the Blood, and enriches Yin and nourishes the Blood to quench the upward flaming of fire. It is indicated for nosebleed and vomiting of blood due to heat invading the Ying and Xue levels in warm-febrile diseases, dry mouth and vexation, high fever due to damage to Yin in febrile diseases, sore and swollen throat, wasting and thirsting with frequent urination, aching and limpness in the lumbar region and knees, night sweating, and seminal emission.

**Common dosage** 10-30g; fresh Sheng Di Huang can be used in dosages of up to 60-100g; appropriate dosage for external application.

**Precautions and contraindications** Sheng Di Huang is contraindicated in cases of distension of the stomach and abdomen, and for loose stool due to Spleen and Stomach deficiency-cold.

**Remarks** Fresh Sheng Di Huang, also known as Xian Di Huang (Radix Rehmanniae Glutinosae Recens), is generally used to clear heat and cool the blood, whereas dried Sheng Di Hu, or Gan Di Huang (Radix Rehmanniae Glutinosae Exsiccata) has the function of enriching Yin. After steaming in cooking wine, the herb is known as Shu Di Huang (Radix Rehmanaue Glutinosae Conquita) and is mainly used for supplementing the Essence, enriching Yin and nourishing the Blood. The herb is most effective for stopping bleeding in its

**Modern Research**
1. Protects the functions of the liver.
2. Regulates the blood sugar level.
3. Promotes the generation of red cells and haemoglobin in animals with blood deficiency.