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Review Article

Recent progress on the traditional Chinese medicines that regulate the blood

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ABSTRACT

In traditional Chinese medicine, the herbs that regulate blood play a vital role. Here, nine herbs including Typhae Pollen, Notoginseng Root, Common Bletilla Tuber, India Madder Root and Rhizome, Chinese Arborvitae Twig, Lignum Dalbergiae Oderiferae, Chuanxiong Rhizoma, Corydalis Tuber, and Motherwort Herb were selected and reviewed for their recent studies on anti-tumor, anti-inflammatory and cardiovascular effects. Besides, the analytical methods developed to qualify or quantify the active compounds of the herbs are also summarized.

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1. Introduction

Traditional Chinese medicine (TCM) has been used clinically for centuries viewed as a major source for new drug discovery. Chemical constituents, mechanism of actions, and clinical evidence have continually drawn thousands of researchers and funding. In traditional medicine theory, the balance of qi and blood is the most important factor for health. Therefore, TCMs that regulate the blood play an important role in treatment. Blood pathology can be divided into three categories in TCM: bleeding, blood stasis, and blood deficiency. Therefore, the herbs that regulate the blood can also be divided into three: those that stop bleeding, those that invigorate the blood, and those that tonify the blood [1]. This review summarizes research from the past 10 years on herbs that regulate the blood, including new mechanisms, usage,

clinical evidence, and analytical methods. Due to the limitations of space and time, only nine herbs were selected in this review: Typhae Pollen, Notoginseng Root, Common Bletilla Tuber, India Madder Root and Rhizome, Chinese Arborvitae Twig, Lignum Dalbergiae Oderiferae, Chuanxiong Rhizoma, Corydalis Tuber, and Motherwort Herb. Some chemical structures of important bioactive compounds from these herbs are shown in Fig. 1.

2. Typhae Pollen (*Typha angustifolia* L., *T. latifolia* L., *T. angustata* Bory et Chaub., *T. orientalis*)

Typhae Pollen traditionally is used to stop bleeding of external traumatic injury, invigorate the blood, and dispel blood stasis [1]. Recent research is as follows.

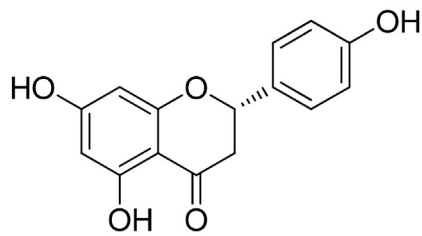
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1. *Typha angustifolia*



(2*S*)-naringenin

2. *Panax notoginseng*

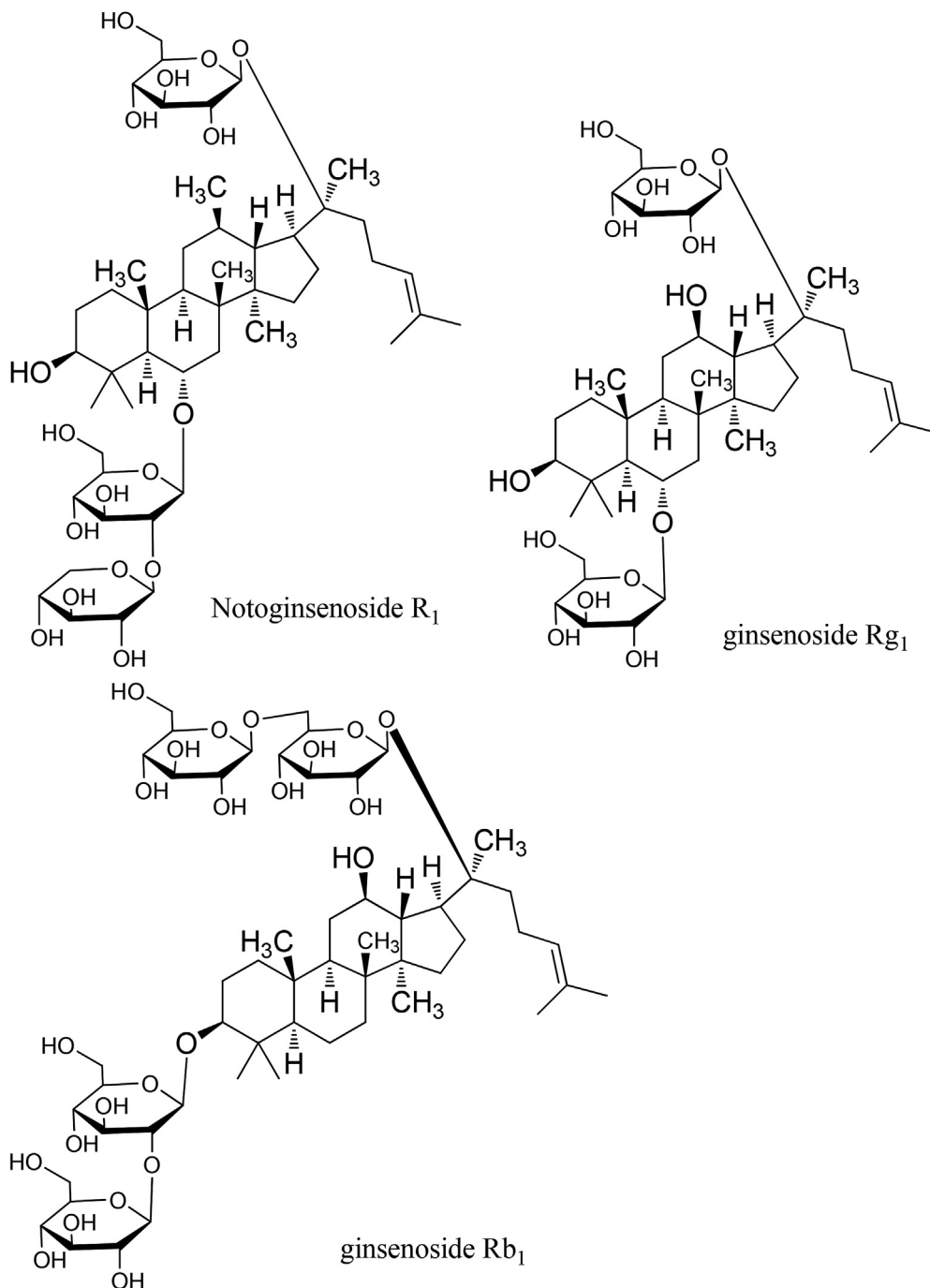


Fig. 1 – Structures of the pure compounds from the herbs that regulate the blood.

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