

Dong Quai Root

Latin name: *Angelica sinensis*, *A. dahurica*, *A. atropurpurea*

Family: Umbelliferae

Miscellaneous:

- a.k.a. Chinese Angelica.

Uses:

Purported for use in immune suppression, for its analgesic activity, to stimulate effects of ovarian and testicular hormones, to treat menopausal symptoms, vaginal dryness, as an antihypertensive, and as an anticoagulant. Sparse reliable evidence exists that supports any claims outside of the blood thinning effects gained from the coumarin constituent.

Mechanism:

Contains sesquiterpenes, coumarin, and safrol (carcinogenic). There has been no correlation validated between the listed components and any indicated use. Coumarin, known to have anticoagulant effects, remains the sole definable constituent.

Dosage:

Common dose reported is 1-2 capsules TID or 1-2 droppers concentrated extract TID.

Contraindications/Side effects:

Pregnancy/breastfeeding, photosensitivity, and photodermatitis. Do not use if taking blood thinners, due to coumarin content.

General References:

1. Facts And Comparisons: *Guide To Popular Natural Products*: 1999, pp. 68.
2. Balch, J., Balch, P.: *Prescription for Nutritional Healing. 2nd Edition*: 1997, pp. 69.
3. Publications International, LTD., In Consultation with the American Association of Naturopathic Physicians.: *Nature's Pharmacy*: 2001, pp. 126-127.