





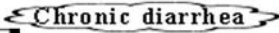

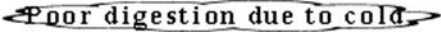





Rou Dou Kou 肉豆蔻 (*Myristicae Fragrantis, Semen*)

Warm	Acrid	  	★★
			
<p><i>Binds</i>   <b>Stops Diarrhea</b>  </p> <p></p> <p><b>Warms the Middle burner</b>   <b>Promotes Qi movement</b></p> <p>--Epigastric &amp; Abdominal coldness, pain, distention &amp; fullness--</p> 			

Combination	Indications	Formula
+ <b>Bai Zhu, Dang Shen</b>	Tonify Spleen Yang:	
+ <b>Wu Zhu Yu, Wu Wei Zi, Bu Gu Zhi</b>	Stop diarrhea: for day-break diarrhea	* <i>Si Shen Wan</i>
+ <b>Mu Xiang, Xiang Fu</b>	Abdominal bloating & fullness due to Spleen def.	
+ <b>Ban Xia, Gan Jiang</b>	For vomiting & diarrhea due to spleen Yang def.	
+ <b>He Zi, Mu Xiang</b>	For chronic colitis	
+ <b>Ren Shen, Rou Gui, Yin Shu Ke</b>	For chronic diarrhea	* <i>Zhen Ren Yang Zang Tang</i>

Contra-indicated: 1.Heat type diarrhea

Dosage: 3 – 10 g (1.5-3 g as powder)

Ingredients: (Pinene...): Sedative and hypnotic, Antibiotic, Anesthetic.

Toxicity: Unprocessed Rou Dou Kou is toxic, and can cause nausea, vertigo, and hallucinations.



**A main herb to treat Day-break diarrhea, also warm the middle burner**