

How to Use Zheng Gu Shui

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If we've given you a bottle of Zheng Gu Shui, then chances are you've injured a tendon, ligament or bone. Zheng Gu Shui (*Jhunnng Goo Shway*) translates as Bone Righting Water and is a popular analgesic liniment that we often use to help speed the recovery from injuries.

The primary actions of the formula are to promote circulation, reduce bruising and swelling, help strengthen connective tissue and assist in mending bone fractures. Often used by athletes and martial artists, this highly effective liniment can be used for tendinitis, sprains, strains, and even bruised bones. We like to use it to help alleviate the pain of carpal tunnel syndrome.

In Chinese Medicine, we would say that Zheng Gu Shui Invigorates the blood to dispel blood stasis and moves qi in the channels.

Usage:

Tendons Ligaments and bones are deep tissues with limited circulation. Thus, the liniment works best when applied for an extended time period.

Materials:

- Gauze pads or Flannel squares. Cotton balls can also be used
- Old towel for resting on

Method:

Moisten a gauze pad, or a piece of flannel with Zheng Gu Shui. You'll want it saturated, but not dripping. Apply to the affected area and allow it to absorb for 30-90 minutes. The liniment stains, so rest the affected part on an old towel that can get stained. You can loosely cover the area with plastic wrap and then go about your day if the compress will stay in place. It's best to limit movement. Watch TV, look at Facebook, read a book, pay your bills. Try to just stay put. Afterwards, you can store the compress in a zip lock baggie and re-use the next day.

Ingredients and actions:

Notoginseng Radix	田漆	tián qī	stops bleeding, Eliminates blood stasis, reduces swelling, and stops pain
Curcumae rhizoma	莪朮	é zhú	Promotes the circulation of qi and blood, breaks accumulations.
Polygoni Cuspidati Rhizoma	虎杖	hǔ zhàng	Invigorates the blood, dispels stasis, opens the channels and stops pain
Cinnamomi Ramulus	桂枝	guì zhī	Releases the muscles, promotes circulation, warms
Crotonis Crassifolii Radix	□骨香	jī gǔ xiāng	Treats bruises, sprains inflammation and alleviates pain
Angelicae Dahuricae	白芷	bái zhǐ	Alleviates pain and spasms

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Radix			
Moghaniae Radix	千斤拔	qiān jīn bá	Eliminates wind damp, clears heat and toxins
Inulae Cappae Herba	白牛胆	bái niú dǎn	Dispels wind, eliminates dampness, reduces joint pain
Mentholum	薄荷 □	bò hé nǎo	Topical analgesic
Camphora	樟 □	zhāng nǎo	invigorates the blood, dispels wind and Stops pain,

Precautions: Zheng Gu Shui is a hot liniment that can irritate skin. Bearing that in mind:

- Zheng Gu Shui can irritate delicate tissue. Wash hands thoroughly after applying it. Avoid rubbing your eyes or touching your genitals if the liniment is still on your hands.
- Do not use Zheng Gu Shui on open wounds.
- Do not use Zheng Gu Shui near an open flame, as it is flammable.
- Avoid covering the area for extended periods of time.
- Discontinue use if the skin is irritated. Use your common sense and wait until the skin is healed.

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