



# SIX FISHES

CHINESE MEDICINE FOR ALL

## HOW TO USE ZHENG GU SHUI



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. It's a famous analgesic liniment that we often use to help speed the recovery from injuries.

The first actions of the formula are to promote circulation, reduce bruising and swelling, help strengthen connective tissue and assist in mending bone fractures. It is often used by athletes and martial artists, who use it for tendinitis, sprains, strains, and even bruised bones. We also 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.

### Materials:

- Gauze pads or Flannel squares. You can also use cotton balls.
- Old towel for resting on
- If applying to the foot, a sweat sock is handy to hold the compress in place.

### 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, read a book, pay your bills. just try to stay put and rest. Afterwards, you can store the compress in a zip lock baggie and re-use the next day.

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## Ingredients and actions:

Notoginseng Radix	田漆	<i>tián qī</i>	stops bleeding, eliminates blood stasis, reduces swelling, and stops pain
Curcumae rhizoma	莪朮	<i>é zhú</i>	Promotes the circulation of qi and blood, breaks accumulations.
Polygoni Cuspidati Rhizoma	虎杖	<i>hǔ zhàng</i>	Invigorates the blood, dispels stasis, opens the channels and stops pain
Cinnamomi Ramulus	桂枝	<i>guì zhī</i>	Releases the muscles, promotes circulation, warms
Crotonis Crassifolii Radix	鸡骨香	<i>jī gǔ xiāng</i>	Treats bruises, sprains inflammation and alleviates pain
Angelicae Dahuricae Radix	白芷	<i>bái zhǐ</i>	Alleviates pain and spasms
Moghaniae Radix	千斤拔	<i>qiān jīn bá</i>	Eliminates wind damp, clears heat and toxins
Inulae Cappae Herba	白牛胆	<i>bái niú dǎn</i>	Dispels wind, eliminates dampness, reduces joint pain
Mentholum	薄荷脑	<i>bò hé nǎo</i>	Topical analgesic
Camphora	樟脑	<i>zhāng nǎo</i>	invigorates the blood, dispels wind and Stops pain,

## Precautions:

- Zheng Gu Shui is a hot liniment that can irritate the 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.
- Discontinue use if the skin is irritated. Use your common sense and wait until the skin heals.

\*Disclaimer: This Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health providers with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this Website. If you think you may have a medical emergency, call your doctor, go to the

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emergency department, or call 911 immediately.

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