

CHINESE HERBAL POULTICE

Chinese poultices are designed to promote the circulation of blood, aid in the relaxation of muscles, enhance regeneration of damaged tissues, and aid removal of clotted blood. As a result, there is relief of pain, faster healing, and less scarring.

ANHAO POULTICE FORMULA

Carthamus
Rubia
Camphor wood
Sappan wood

Lithospermum
Lycopodium
Homalomena
Cinnamon twig

Liquidambar
Chaenomeles
Frankincense
Myrrh

● MAKING THE POULTICE SOLUTION

Empty the **large** packet of herbs into the gauze and tie in a bundle. **Soak** this bundle of herbs in a large cooking pot with **four quarts of water** for about **30 minutes**. Bring to a boil and **simmer** gently for **30 minutes**. Empty the **small** packet of herbs into the gauze and tie in a bundle. Add this bundle to the pot and continue to **simmer** for another **15 minutes**. Dispose of the herb bundles.

● APPLYING THE POULTICE

While still nearly boiling hot, dip folded hand-sized towels into the herbal liquid until saturated (leave the ends dry to avoid scalding). Wring out until nearly dry. Pat the hot towel on the area of the body requiring treatment repeatedly until it is just cool enough to leave on the skin. Then cover with a dry towel to help retain heat. Resoak and apply repeatedly to maintain warmth on treated area for 15-30 minutes. In the clinic, a second towel soaked in the hot liquid can be placed between the two towels in order to increase the duration of heating. Please note that the poultice solution can cause staining, so should be applied without contact to clothes.

● REUSING THE POULTICE SOLUTION

The liquid can be maintained at hot temperature during the day for repeated use on several patients or for repeated self-treatment by the individual. The liquid can then be stored in a bottle, refrigerated, and reheated as needed for further use. The liquid will remain useful for at least seven days.

CONTENTS: approximately 6 ounces of herbs, two pieces of gauze. Available from Institute for Traditional Medicine, 2017 S.E. Hawthorne, Portland, Oregon 97214. Phone: 503-233-4907.

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