



Scouring Rush Herb

*Liver and Kidney cleanse, soothing herb
for inflammation of liver and kidneys,*

Information: Herbals/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbals/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at www.VibrantHealthCommunity.com (or call 1-866-378-8253) before starting or changing your program.

Cassia seed (Juemingzi)

Pharmaceutical Name: Semen Sennae

Botanical Source: Dry Seeds of *Cassia obtusifolia* L. or *Cassia tora* L.

Common Name: Foetid Cassia seed, Juemingzi, chakramarda, chakunda, Jue ming zi, Prapanna

Source of Earliest Record: Shennong Bencao Jing

Part Used & Method for Pharmaceutical Preparations: The seeds are gathered in autumn and dried in the sun. Habitat: west china, ningxia, neimeng, shanxi, xinjiang, qinghai province, etc.

Scouring Rush Herb can treat upward disturbance of liver fire or invasion of exogenous wind and heat manifested as red, swollen and painful eyes and photophobia. Cassia seed (Juemingzi) is used with Chrysanthemum flower (Juhua), Mulberry leaf (Sangye), Capejasmine (Zhizi) and Prunella spike (Xiakucao). Some constituents are emodin, chrysophanol, physcion, obtusin, obtusifolin, etc.

Constipation due to dryness in the intestines. Cassia seed (Juemingzi) can be used alone. For treating heat accumulation in large intestine, constipation due to intestinal dryness, it is used in combination with the drugs for relieving dryness and loosening the bowels, such as trichosanthes fruit, bush-cherry seed, etc.

Hyperactivity of liver manifested as dizziness, vertigo and blurred vision. Cassia seed (Juemingzi) is used with Uncaria stem (Gouteng) and raw Oyster shell (Muli).

Treats deficiencies of the liver and kidneys manifested as blurred vision and cataracts. Cassia seed (Juemingzi) is used with Flattened milkvetch seed (Shayuanzi), Tribulus fruit (Baijili), Grossy privet fruit (Nuzhenzi) and Wolfberry fruit (Gouqizi).

For treating conjunctiva congestion, swelling and pain, dizziness and headache caused by the flaming-up of the liver-fire, it is used in combination with the drugs for clearing liver-fire and heat, such as gentian root, prunella spike. For treating blurring vision, it is used together with wolfberry fruit and dodder seed to nourish liver and improve vision. Treats High Blood Pressure, skin diseases and leprosy. The herb also eases skin itch and eruptions when it is given mixed with lime juice.

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