



“That’s Sick” That’s Gnarly” takes on a whole new meaning in the Xtreme sports world. Most the time its a pretty awesome term with some stellar hype. Yet sometimes the hype is the stellar consequence, that comes with the art of Xtreme Sports. It takes multiple concrete, wave, snow, tree or rock collisions and tweaked joints before catching the perfect air or lipside. Especially for competitions or that perfect clip (video footage). This gives ankles “hot pockets” (high levels of friction in the ankle joint) elbows “swellbows” (inflammatory response from contusions to the elbow), Shins “shinners”, skin “road rashes”, and the ever famous “sacked” or “credit cards” (don’t ask) to the privates. However they are named, its probably not as fun as they sound and the owner of the injury would appreciate a remedy of relief. For minor scrapes, bumps and inflammations there is

a **“Gnarly” remedy called San Qi** also called **Notoginseng**. Literally gnarly if you look at its roots. Not to be confused with ginseng although it exhibits multiple biochemical similarities.



(5) Pic (yunnanbaiyao.co et al..., 2019)

XTREME REMEDY “SAN QI” POWDER

“the mountain herb that glues wounds together like lacquer.”

Some healing properties of San Qi:

- Anti-inflammatory
- Antiseptic
- Cardiotonic
- Anti bacterial.
- It improves blood flow
- Contains orticosteroids that support the adrenal glands which is supportive as a tonic medicine for injury. (1)

The root can be made into a powder and put on wounds to stop bleeding. Since the 16th century in Asia, it has been used on many battlefields, including the Vietnam war, where it was the primary battlefield remedy for Viet Cong Soldiers. It is called the **“mountain herb that glues wounds together like lacquer.”** (2)

If a poultice is needed for the wounds, bruises or swollen joints the powder can be mixed with an oil to help stick to the skin. This can be wrapped with a guaze pad and taped to prevent leakage of poultice. Less Mess!

This “Xtreme” herb grows only in wild Central China so you probably won’t find it in the back yard. In fact **it is protected by dogs and round the clock guards so that the precious roots aren’t dug up at night and stolen.** It’s also Xtreme in the sense that it absorbs high amounts of nutrients from the soil, therefore after it is harvested, it can’t use that soil for another 20 years. (2) So when purchasing San Qi powder make sure it is from a reputable Chinese Medicine Herbalist that buys from a reputable Chinese Medicine distributor. The powder can be kept in a first aid kit in a bottle for emergencies. San Qi also comes in a popular blend called “Yunnan Baiyao” this includes nourishing



(4) Shopee Brasil

herbs such as Shān Yào Chinese Yam that can treat stings and bites. Either of these powders can be purchased at Meridian Healing Arts, where I have treated these types of injuries after emergent care. I love getting my patients back to doing “gnarly” tricks. I just want to keep them healthy, injury free and not have lifelong consequences.

Disclaimer:

Check with your physician before applying any substance to wounds or injuries even minor. It is recommended to follow up any injury with a physician. Call 911 for any emergent injury. The American Herbal Products Association has given San Qi also known as notoginseng a class 2B rating, this means it must not be used during pregnancy. There are no known drug interactions or studies to provide. The use of San qi should always be checked with a licensed health care provider before taking notoginseng or any other herbal remedy or dietary supplement.(3)

1. Medicinal Herbssan Qipanax pseudoginseng notoginseng. medicinal herbs: SAN QI - Panax pseudoginseng notoginseng. (n.d.). Retrieved April 23, 2022, from <http://www.naturalmedicinalherbs.net/herbs/p/panax-pseudoginseng-notoginseng-san-qi.php>

2. Single herbs: Sanqi (panax notoginseng). ClassicalChineseMedicine.org. (2021, March 20). Retrieved April 23, 2022, from <https://classicalchinesemedicine.org/single-herbs-sanqi/>

3. Herbs & Botanicals. Notoginseng (san qi). (n.d.). Retrieved April 23, 2022, from <https://www.acupuncturetoday.com/herbcentral/notoginseng.php>

(4) - Picture: Shopee Brasil. (n.d.). Retrieved April 23, 2022, from <https://shopee.com.br/300-Sementes-Gynseng-Chines-Panax-Notoginseng-Ginseng-P-Sementes-i.444551129.6088966567>

(5) Admin@yunnanbaiyao.co, Alison, 18, admin@yunnanbaiyao.com., Admin@yunnanbaiyao.co, Teresa, & * N. (2019, August 2). 8 ingredients of Yunnan Baiyao capsules. Yunnan Baiyao – The Certified Online Shop. Retrieved April 23, 2022, from <https://yunnanbaiyao.co/yunnan-baiyao-ingredients/>

