**dong quai** (dou lan)  
**Other Names:** Angelica sinensis, Chinese Angelica, Dong Gui, Danggui, Don Quai, Ligustilides, Phytoestrogen, Radix angelica gigas, Tien Kuan, Tan Kue Bai Zi

**Classification:** Therapeutic: none assigned

**Common Uses:** Premenstrual syndrome - variances were as a blood purifier. Topically in combination with other ingredients for prostatic ejaculation.

**Action** May have vasodilating and antispasmodic properties. Binds to estrogen receptors.  
**Therapeutic Effects:** Improved ejaculatory latency.

**Pharmacokinetics**  
**Absorption:** Unknown.  
**Distribution:** Unknown.  
**Metabolism and Excretion:** Unknown.  
**Half-life:** Unknown.

**TIME/ACTION PROFILE**  
<table>
<thead>
<tr>
<th>ROUTE</th>
<th>ONSET</th>
<th>PEAK</th>
<th>DURATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>PO</td>
<td>unknown</td>
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**Contraindications/Precautions**  
**Contraindicated in:** Allergy to carrot, celery, mugwort or other members of the Apiaceae family; OB: Pregnancy and lactation.  
**Use Cautiously in:** Hormone sensitive cancers and conditions (may exacerbate effects or stimulate growth of cancer cells); Protein S deficiency (risk for thrombosis); Surgery (discontinue 2 weeks prior to procedure).

**Adverse Reactions/Side Effects**  
**Derm:** Photosensitivity.  
**GI:** Diarrhea.  
**Misc:** Some constituents are carcinogenic and mutagenic.

- = Greater drug name  
= Greater Implication.  
OPTISON indicates life-threatening; underline indicates most frequent.  
Discontinued.

**Interactions**  
**Natural Product-Drug:** Alcohol-containing preparations may interact with disulfiram and metronidazole. Use of dong quai with anticoagulants and antiplatelet drugs, warfarins, NSAIDs, some cephalosporins, and sulfa drugs may increase risk of bleeding.  
**Natural-Natural Products:** Herbs with anticoagulant or antiplatelet properties may increase bleeding risk when combined with dong quai including: angelica, clove, danshen, garlic, ginger, ginkgo, paasha, ginseng, and willow.

**Route/Commonly Used Doses**  
PO (Adults): Bulk herb — 3–4.5 g per day in divided doses; Extract — 1 ml (20–40 drops) three times daily.

**NURSING IMPLICATIONS**  
**Assessment**  
- Assess pain and menstrual pattern prior to and following menstrual cycle to determine effectiveness of this herbal supplement.  
- Assess for pregnancy prior to recommending use of the herbal supplement and warn women not to take this herb if pregnancy is planned or suspected.  
- Assess for history of hormone sensitive cancers or conditions and warn against use.  
- Assess medication profile including prescription and over the counter use of products such as aspirin and ibuprofen based products to treat menstrual pain.

**Potential Nursing Diagnoses**  
- Acute pain (Indications)  
- Deficient knowledge, related to medication regimen (Patient/Family Teaching)

**Implementation**  
- Take with meals.

**Patient/Family Teaching**  
- Warn patients not to take this medication if pregnant or breast feeding.  
- Inform patients to avoid use of aspirin or other NSAIDs concurrently because of the risk of bleeding.  
- Notify patients that there are no studies supporting the use of this herbal supplement for treatment of menopausal symptoms.  
- Tell patients to consult their health care professional if taking prescription medications before taking Dong Quai.
● Discontinue the herbal supplement if diarrhea or excessive bleeding occurs and contact a health care provider if symptoms do not resolve.

● Instruct patients that photosensitivity may occur and to wear sun screen and protective clothing if sun exposure is anticipated.

Evaluation

● Reduction in menstrual pain and cramping and regular periods with normal flow.

Why was this drug prescribed for your patient?