



How to Use Evil Bone Water

Zheng Gu Shui – “Bone Righting Water”

Cara O. Frank, L.OM

If I’ve given you a bottle of Evil Bone Water, chances are you’ve injured a tendon, ligament, or bone. Zheng Gu Shui (jèng gǔ shuǐ) translates as “Bone Righting Water,” and it’s the centuries-old formula behind this liniment – one we’ve used for years to help speed recovery from injuries.

For the first decade of recommending this remedy, we used a commercially sourced Zheng Gu Shui. We’ve since switched to [Evil Bone Water](#), a hand-crafted, American-made version of the same formula. As the quality and consistency of mass-produced Zheng Gu Shui has declined, small-batch Evil Bone Water has only kept improving.

The formula’s first actions are to promote circulation, reduce bruising and swelling, help strengthen connective tissue, and assist in mending bone fractures. I know this for a fact: I used it in compresses for my broken ankle and healed in 3 weeks!

It’s often used by athletes and martial artists for tendinitis, sprains, strains, and even bruised bones. We also like it for the pain of carpal tunnel syndrome. In addition to the directions below, it can be used topically for insect bites, poison ivy, shingles and more.

In Chinese medicine, we’d say Evil Bone Water invigorates the blood to dispel blood stasis and moves qi in the channels.

Usage

Tendons, ligaments, and bones are deep tissues with limited circulation. The liniment works best when applied for an extended time.

Materials

- Gauze pads or flannel squares (cotton balls also work)
- Old towel to rest the area on
- Optional: plastic wrap to hold the compress in place.

Method

Moisten a gauze pad or piece of flannel with Evil Bone Water. 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 stays in place. It’s best to limit movement. Watch TV, knit, look at Facebook, read a book, pay your bills. Try to stay put. Afterward, you can store the compress in a zip-lock baggie and re-use it the next day.

Ingredients and Actions

Herb (Latin Name)	Chinese / Pinyin	Action
Notoginseng Radix	田七 tián qī	Stops bleeding, eliminates blood stasis, reduces swelling, and alleviates pain.
Curcumae Rhizoma	莪朮 é zhú	Promotes the circulation of qi and blood; breaks accumulations.
Polygoni Cuspidati Rhizoma	虎杖 hǔ zhàng	Invigorates the blood, dispels stasis, opens the channels, and stops pain.
Cinnamomi	桂 guì	Releases the muscles, promotes circulation, warms.
Crotonis Crassifolii Radix	鸡骨香 jī gǔ xiāng	Treats bruises, sprains, and inflammation; alleviates pain.
Angelicae Dahuricae Radix	白芷 bái zhǐ	Alleviates pain and spasms.
Moghaniae Radix	千斤拔 qiān jīn bá	Eliminates wind-damp; clears heat and toxins.
Inulae Cappae Herba	白牛胆 bái niú dǎn	Dispels wind, eliminates dampness, reduces joint pain.
Mentholum	薄荷脑 bò hé nǎo	Topical analgesic.
Camphora	樟脑 zhāng nǎo	Invigorates the blood, dispels wind, and stops pain.

Precautions

Evil Bone Water is a hot liniment that can irritate the skin. Bearing that in mind:

- Evil Bone Water 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 Evil Bone Water on open wounds.
- Do not use Evil Bone Water 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 provider 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 emergency department, or call 911 immediately.