

Course:	Chinese Herbology 1	Date:	December 2, 2008
Class #:	10		

Final exam review

Final is in week 12.

Cumulative, covering study guide into to chapter 4. Total of 45 points.

- ❖ 60 mc at 0.5 points each
- ❖ 10 t/f at 0.5 points each
- ❖ 4 essays at 2.5 points each

He will give us 5 to choose from and we can pick 4 of them. Might be about a single herb or about a comparison. Choose from:

- Da huang
- Mang xiao
- Che qian zi
- Tian hua fen
- Sang ye
- Ju hua
- Sheng di
- Xuan shen
- Jin yin hua
- Fu ling

Be sure to know all actions and indications, doses, contraindications....*everything*.

Note that *'d herbs will indeed be tested on the final!

Harsh Expellants

Laxatives were about deficiencies causing constipation. Harsh Expellants by contrast are for harmful fluid retention. There are 2 main types:

- ❖ Ascites
buildup of fluids in abdominal cavity. This is common in liver diseases. In western medicines you drain off the fluid, but cannot drain too much or will drop the blood pressure.
- ❖ Pleurisy
often the result of infections. This is buildup of fluids in the thoracic cavity. Tuberculosis was an old demon historically causing this problem.

All of these are contraindicated in preggers and are cautioned strongly for weak patients. Regarding weak patients, however, someone with long-term cirrhosis or tuberculosis are prime candidates for the need for these herbs! You must use these herbs very carefully and watch closely – as soon as you achieve the health goal, stop! Also look at combinations – moderate the harshness with other herbs or take them for a while then alternate with tonics. That said, we'll probably never or rarely ever see patients with a need for this!

The first 3 are incompatible with gan cao while the last is antagonistic to qian niu zi.

Look at the first 3 herbs as a set: Gan Sui, Da Ji, Yuan Hua.

While temperatures are very different. You use a very small amount, not because of the temperature, but because of the harsh expellant nature. All 3 go to Lu, LI, and Kid, the upper and lower sources of water as well as Large Intestine. The order in the study guide is different, but it means nothing. They go to these 3 organs, the end. These 3 herbs are listed from strongest to weakest – Gan sui is the strongest, da ji is in the middle, and yuan hua is, relatively, the weakest of the 3. Even the weakest, however, is strong.

Note that all 3 are incompatible to Gan Cao. Gan cao moderates harshness of other herbs and harmonizes a formula. Seems like this would be a good idea given the harshness of all of these, but no, can't use it due to the incompatibility issue. Da zao also moderates harshness and is used with these herbs in a higher dose than normal because they are so hefty. Example: 10 jujube decoction uses these 3 plus 3.3 times the usual dose of da zao!

The first actions are much the same, though there are slight differences. All 3 can be used together.

Gan Sui

Uses the smallest dose, fitting since it's the strongest of these 3.

1. Drains water downward, drives out congested fluid.
Severe accumulation in chest and ab and shortness of breath due to fluid buildup (not Qi xu).
2. Clears heat and reduces swelling
Topical use – treats heat and toxicity.



Da Ji

This is the Peking spurge root. Note that there is another da ji, the Japanese thistle version.

1. Drains water downward, drives out congested fluid.
By contrast to Gan sui, this is for relatively moderate fluid buildup in chest and ab.
2. Reduces swelling and dissipates nodules.
This too treats painful toxic skin stuff plus scrofula.

Yuan hua

1. Drains water downward, drives out congested fluid.
Fluid buildup in chest, ab, and flanks
2. Kills parasites

Ba Dou

This is the croton seed and is very toxic. It's the oil in the seed that is so harsh. Very hard to control this dosage. Reduce the harshness by using ba dou shuang which is a crushed seed with no shells. You then press it between paper layers and bake the oil out. Use the rest as the defatted form and it is much safer.

1. Purges cold accumulation causing constipation, ab fullness, distention and pain.
2. Drives out water and thus edema
3. Whacks the crap out of phlegm buildup and benefits the throat
4. Promotes healing of abscesses.

You could get great benefit with this herb in a formula. For instance, there is a powder for pediatric use for kids who have a lot of coughing with phlegm or due to phlegm and for food stagnation. Despite the very toxic nature of this herb, it's a kid's med!

Herbs the Drain Damp

This is a chapter that is more often used than the previous chapter – da huang and huo ma ren are the most commonly used from chapter 3. Draining damp is by promoting urination. Dampness can manifest in different ways:

- ❖ Edema
- ❖ Lin syndrome or PUD (damp heat)
- ❖ Jaundice (if dampness doesn't stay in the biliary tract).

Three areas of the body can be affected: eyes, skin, and urine. When you speak of yellow urine it's not a dark UTI type yellow, but as dark as a black tea when you first steep it. To treat jaundice there are different ways depending upon the type of jaundice – dry damp heat, by detoxification, and by promoting urination. All of these get the excess bilirubin out of the system. This set of herbs uses the promote urination method.

Herbs that Promote Urination and Relieve Edema

Edema can come in yang, yin, as qi type, etc. Can be as a result of excess or deficiency. All of the herbs here promote urination, so you change the formula combination to treat the differential diagnosis.

Fu Ling



Also called bai fu ling. It might be in nuggets or pieces or in a scroll looking roll. This herb is “poria.” It's a fungus.

Tends to grow around the roots of pine trees. There are different colors and types. Bai fu ling, the white type, is the standard form. There is also a “chi fu ling” which has a reddish



coloring. You can also use fu ling pi, a pure diuretic without tonifying. Fu shen is another type that is a transverse cut across the fu ling with part of the pine tree root visible. Fu shen has a special use – more for calm spirit or ‘shen.’

Remember [Tu Fu Ling](#)? See page 8 of that link. Taste is sweet, bland and neutral

1. Promotes urination, leaches out dampness
You can use it for Lin syndrome
2. Strengthens Spleen and harmonizes the middle jiao
There's that sweet taste showing through. Used a lot in Spleen tonics for spleen Qi xu – the most prevalent formula is si jun zi tang which has a lot of derivatives based on it. Also treats phlegm

damp (er chen wan formula)

3. Quiets Heart and calms spirit.
Insomnia, palps and so forth. Fu shen is the best choice to calm the shen.

Zhu Ling



Translates basically to pig poop. Ain't that sweet! Has one basic function: promote urination and leach out dampness.

Ze Xie

Literally means 'drain the lake.' Gives you an idea that it drains the water and does it deeply. Sweet and bland, much like fu ling and zhu ling. Bear in mind this one is cold. First action is the same:

1. Promote urination and leach out dampness
Unlike the previous 2 herbs, good for damp heat in the lower jiao due to the cold nature of the herb. Also, drains retention of water in the ear. Ear is the opening to the Kidney, thus draining the water in the Kidney channel. Treats Meniere's disease, the buildup of fluid in the inner ear causing balance issues – don't know of western meds that do this, but Chinese meds can guide to a specific area!
2. Drains Kidney fire (aka, Ministerial Fire)
Also related to cold nature of the herb. Look back at page 28 – see Huang Bai which also drains KI fire. Indications are similar to huang bai – your basic ki yin xu empty heat problems. Here however, will treat xiao ke while huang bai will not (because it is dry).



Liver and Kidney dysfunction seen in clinic is often drug induced. Thank you once again, western medicine.

There is a modern use for Ze Xie: can be used for lowering blood cholesterol. Probably could be used along with others for hypertension too where you would use diuretics to control it.

Yi Yi Ren



Also known as Job's tears. Can be used as an alternative grain. Also has a tonify Spleen function. Sweet, bland and slightly cold.

1. Promote urination, leach out dampness
Like the previous ones in this category. Not really used for edema, however. Might be more used for damp not showing as edema...overall dampness, but not collecting anywhere enough to show as edema. Kind of like 100% humidity, but no rain!
2. Strengthens Spleen, stops diarrhea
Spleen xu with damp. Some similarity to fu ling, which is also a Spleen tonic. Difference is fu ling harmonizes MJ, treating many other conditions such as transformation of dampness. Yi yi ren not really used for that however. Treats diarrhea by promo urination.
3. Clears heat, expels pus
Not damp, but pus which is a kind of damp. Take out the "soft pustule carbuncle" part of the indications and just leave Lung or intestinal abscess. Dr. Z hasn't seen this used this way and doesn't really think it is.
4. Expels wind-damp bi
Not much pain, but more spasms, stiffness.

All 4 action have some form of dampness.

Chen's book still lists this as caution for preppers, but Bensky has deleted the reference in the latest version. Note that recent use is for plantar's warts both internal and external.

Dong Gua Pi



This is the winter melon skin. It is sweet and slightly cold, going to LU and SI. Winter melon by itself is a good food. Has a similar effect as the dong gua pi but not as strong. Often cooked as a soup or stir fried.

Grows big like watermelon and grows along the ground like it as well.

1. Promotes urination, reduces edema, clears **summer** heat.
Edema with heat or summer heat.

In the new version of the book those 2 listed herbs, **yu mi xu** and **chi xiao dou**, will be fleshed out because they have been tested on the boards! They are not, however, going to be tested for us on the final.

Herbs that Promote Urination and Relieve PUD

Lin Syndrome = PUD. Terms are interchangeable. There are 5 different types of PUD:

- ❖ Re – basic type. Most of the others happen on top of the Re Lin Syndrome
- ❖ Xue - blood
- ❖ Shi – sandy or stony
- ❖ Gao – cloudy turbid and milky in nature
- ❖ Qi – Qi xu or Qi stagnation PUD. Feels like you always need to go, discomfort, but never an infection. Just a subjective feeling, not a UTI. The qi type isn't really discussed in this category.

When you treat a certain type of Lin syndrome, you need to know which flavor! See pg 49. These are the *preferred* choices – other herbs will do it, but aren't the preferred ones.

Bian Xu

Bitter and slightly cold, goes to the UB.

Acute Lin Syndrome is characterized by pain, urgency, frequent with scanty amount. This is very typical Lin Syndrome. Sometimes, especially in the elderly or in patients with complications or other urinary diseases, the symptoms are really subtle and may be very little change from their usual state of being.



1. Promotes urination, clears damp heat from bladder.

Gao lin syndrome can also be tied with damp heat with heat being the predominant factor. The last time we talked about this was in discussing the 3 yellows in the clear heat, drain damp category in which heat is the predominant factor. The difference here is the primary factor is damp. Generally speaking, herbs treating Lin Syndrome are bitter and tastes yucky.

2. Expels parasites and stops itching.

Qu Mai

Bitter and cold. This is dianthus. Doesn't have a strong effect for stony lin, but good for bloody lin.

1. Promotes urination, clears damp heat from bladder.
2. Invigorates blood and unblocks the menses
Add a [10 B 2] code here.

Preggers contraindication. Many have this because they drain downward...this one even more so because of invigorate blood function.

Che Qian Zi

Sweet and cold by nature. → UB, KI, LV, LU. More complicated herb than previous 2.



1. Promotes urination, clears damp heat from bladder.
Note treat edema but also lower jiao damp heat. While the previous 2 herbs when prescribed are for Lin Syndrome, not so for this one because it does so much more.
2. Solidified stool via urination
For diarrhea due to dampness or damp summer heat, *especially for watery diarrhea*. Add the italicized to the study guide. Not diarrhea that is more solid or smelly due to bad/wrong food. This refers more to excessive water, not diarrhea due to toxicity.

In ma zi ren wan or in yi yi ren when treating constipation it's considered to be a spleen dysfunction passing too much water to the bladder and not enough to the large intestine to make the stool normal. That's the opposite from this herb—too much water is going to the intestine and not enough going to the bladder!

3. Clears Liver, benefits eyes
Add [2A] to this action. Clear heat/drain fire. This herb too treats liver fire, liver yang rising and such. Can even use for deficiency if you combine it with tonics.
4. Clears LU, expels phlegm
This is pretty rarely used. Nonetheless, note [6B] for this action, phlegm heat.

Boil this puppy in a cheesecloth bag because the seeds are tiny.