

Course:	Chinese Herbology 1	Date:	December 9, 2008
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Promote Urination, Relieve PUD Herbs

Bian Xu

Often confused with another herb, She Gan from Clear Heat/Toxicity category. A pile of sticks.

Qu Mai

Dianthus. One of the piles of sticks.

Che Qian Zi

Teeny seeds

Mu Tong *or* Chuan Mu Tong *or* Bai Mu Tong

Mu = wood, tong = open or unblock. Pay attn to the “tong” as it relates to all the actions which open and unblock. Look at different varieties of Mu Tong. Not used nationally in China...used where it's grown basically. Delete the reference to “akebia” as an English name in the study guide (pg 47).

Most commonly use the Chuan Mu Tong form, a clematis plant derivative. Chen uses “Caulis Clematidis Aramandii” as the pharmaceutical name. That's the one pictured. This is Chuan Mu Tong. Doesn't taste too bitter, while Guan Mu Tong does.



Guan Mu Tong is no longer available due to toxicity to Kidney.

Considered bitter and cold. Goes to the UB, HT, and SI.

1. Promotes urination, drains heat from Heart via Small Intestine

A little variation in wording from the previous 3. Dan Zhu Ye was the last time we talked about this concept of heart fire transferred to the small intestine. Here with heat in the SI, it's not *anatomical* small intestine, but the concept of separating the turbid and the clear. When the heat disturbs the SI the body cannot do this separation resulting in UTI type symptoms.

The representative formula here is the same as for Dan Zhu Ye, Ba Zheng San. This treats damp heat lin. The type of patients you're going to get that this applies to are the ones who get recurrent UTI's – symptoms are going to be milder than in the full blown occasion UTI.

[Unblocking the urinary system – heat causing toxins, causing inflammation and then blockage.](#)

2. Promotes lactation

[Unblocks vessels for lactation flow.](#)

Bai Zhi opens the nose and unblocks.

3. Unblocks vessels

Amenorrhea, menstrual disorders – **unblocks** this too. Also for Damp heat bi. Dr. Zhou says he doesn't see that very much. Notice that the formula, *Jin Gu Die Shang Wan* is for trauma causing blood stasis.

CC: cross off the “according to some sources” and make it just a standard pregnancy caution. Draining downward and vessel opening cause too great a risk to the fetus.

Tong Cao



“Tong” is the same word here as in previous word. Again, unblocking and opening. The wood of this plant is not solid in the core. Tong Cao is not bitter, but sweet/bland and slightly cold.

Mu Tong is stronger to clear the heat where Tong Cao is more focused on the dampness. That relates to the bland taste which tends to leach dampness.

1. Promotes urination, clears heat

Add “edema” to the list of indications under this action. Used for damp heat PUD or damp heat febrile pathogen/disease as well as the edema. Similar to mu tong, but not as strong.

Know this difference between mu tong and tong cao.

2. Promotes lactation

Common to the Chinese diet is pig's feet—not the pickled kind, but a soup. Breast feeding mothers eat this especially when they don't produce enough milk. To make it stronger, add tong cao. Ergo, can be used in decoction or as a food in a medicinal diet.



Look back at page 44, discussion of yi yi ren. We talked about the general dampness that spreads all over the body but not a specific collection of edema...this is the same formula as for Tong Cao.

CC: take out the “according to some sources” in the preggers caution.

Hua Shi



Talcum – Magnesium silicate. Used to be used for diaper rash but now considered an irritant to the lung. The word “shi” is the same as in Shi Gao – means stone or rock. The word “hua” here means slippery (like hua mai – slippery pulse). Very slippery to the touch. Use that as an

analogy for the actions/indications.



1. Promotes urination, clears damp heat from the Bladder
Think damp heat lin and stony lin. Commonly used for both. Hua shi is supposed to help stones and sandy Lin pass through the body – lubricate it without adding dampness.
Applies to urinary system.
2. Clears Summer heat
Similar to Tong Cao. 2 of the 3 formulas here are also under tong cao.
Applies to whole body.
3. Absorbs dampness on the skin
Topical use. Also has to do with damp heat.
Applies to skin.

Thus suitable for topical and internal use depending on the need.

CC: preppers contraindication. Also not for qi xu, fluid xu, etc.

Note on cautions/contras:

- ❖ Spermatorrhea
Chinese terms for spermatorrhea is *hua jing*. Jing here means essence. Hua is the same – slippery. Thus Hua jing is slippery essence. The gate of essence is loose causing spermatorrhea. Therefore, if a patient has this hua shi makes it worse!
- ❖ Hua Tai is a chronic miscarriage of fetus – 3 times or more. Hua here is still slippery—cannot carry full term. Tai is fetus. Thus cannot carry full term due to slippery fetus. Don't add Hua Shi to this or gets slipperier!

Cooking method: grind it and put it in cheesecloth. Big pieces are common to find raw, so grind them.

Di Fu Zi



Di Fu Zi is a little star shaped seed. Nothing specific about taste or channels here. Often used in damp heat lin or for other types. Remember the damp heat is the basis of other types of Lin syndromes.



1. Promotes urination and clears damp heat
Specifically for PUD due to damp heat in bladder.
Some similarity to [Ku Shen](#). Not as strong and Ku Shen, however.
2. Expels damp and stops itch.

No preppers caution.

Shi Wei



“Shi” is stone. And treats stony Lin. Usually used only when stone or blood involved.

1. Clears damp heat and unblocks PUD.
Both stony and damp heat kind.
2. Expels phlegm and stops cough
Phlegm heat cough basically.
3. Cools blood, stops bleeding

Bleeding due to heat because of slightly cold nature—rare to use it for this. Usually only stone/blood application.

Bei Xie



Bitter and slightly cold. Very different than other herbs so far in this category. See action 1.

1. Separates pure from turbid
This is the herb for gao lin – milky cloudy and porridge looking urinary crud.

Look back at Huang Bai – damp heat pouring downward with hot leg qi. This was lymphadenitis. Once upon a time in China the blood fluke parasite got into the system and destroyed the lymph system to the point that when one went to pee one pee'd not urine, but lymphatic fluids. That was also a form of gao lin that this herb was used to treat.

One symptom of prostatitis is frequent/night urination. Can actually be bacterial infection. Prostate fluids come out at the end of the urinary stream. Treatment of prostatitis thus follow principles for treating gao lin.

2. Expels wind damp and unblocks channels.
Wind damp or damp heat types. More effective treating the damp predominant type of Bi. Again, similar to yi yi ren in the way it treats damp.

CC: Kill the preppers caution. No longer applies per Chen and Bensky.

Hai Jin Sha



Sweet and cold, UB and SI. Important use in treating stones.

Hai = the sea. Jin = golden. Sha = sand. And indeed, it kinda looks like that even though it's really Japanese Fern spores. Look at what this treats – especially think about the “sand” part and think sand as a very small stone. . .

1. Promotes urination and dispels stones.
Stony Lin syndrome. Also used for gallstones. Not used for damp heat much unless stones are involved.
2. Promotes urination and reduces edema
Not used that much for this.

Decoct in cheesecloth – very tiny!!

Deng Xin Cao

Name is based on non-medicinal use...Deng Xin = wick of a lamp. Was actually used for this – soaked up the oil and was historically used as a lamp wick.

This is also the rush used for moxibustion at [SJ 21](#) for mumps.

1. Promote urination, unblock PUD
2. Clears heat, eliminates irritability
Used for night terrors in kids. Sometimes when kids are sleep disturbed, can't sleep.



Low dose as it is very light weight.

Dong Kui Zi



Musk Mallow Seed. Not as often used in this category. Why?

1. Promotes urination, unblocks PUD.
2. Promotes lactation
3. Moistens intestines, unblock bowels.
Add a [3B] here.

Drain Damp and Reliever Jaundice

There's a yin and a yang jaundice and both are damp related. Yang is the typical type. Yin jaundice is a *deficiency cold*, so it is a yang xu.

These 3 herbs are cool, slightly cold, and cold. Thus they are good for hot types of jaundice. The type of jaundice often seen is related to LV/GB diseases. In hospital settings can be related to blood transfusions, result of high fever in febrile disease. In clinical setting, however, will probably be of Liver chronic disease, usually either cirrhosis, hep C, or liver cancer. These patients can get help from treatment, but jaundice is a very small part of the whole picture for these folks.

Note: some people have this if they ingest high levels of carotene which can yellow up like jaundice.

Yin Chen Hao



Also called “yin chen”. Note it enters the pairs: LV/GB and SP/ST.

This is a representative herb for jaundice!

Use for any kind of jaundice – can use it for all types. Must have this herb when treating jaundice, per Dr. Zhou.

1. Clears damp heat from LV and GB, relieves jaundice.
Look at the representative formulas that you can modify when there is jaundice.
 - a. Yin chen hao tang: damp heat
 - b. Yin chen wu ling san: more damp than heat
 - c. Yin chen si ni tang: damp cold with yang xu
 - d. Gan lu xiao du dan: damp warm febrile.

CC: cases of blood xu with yellowed skin and normal urine. This is called Wei Huang in Chinese. Might also be labeled as “sallow complexion” in which the skin is yellowish. This isn't jaundice.

Jin Qian Cao

Translates to “Gold Money Herb.”

Look at the channels: KI/UB, LV/GB. Pairs.

1. Clears damp heat in LV/GB
Used *more* when gallstones cause jaundice rather than for all types like yin chen hao.

Representative herb for gallstones!

Not necessarily with jaundice. Top choice for gall or urinary stones, especially smaller sandy sized stones. Probably helps more to pass the stones than to break them up. And of course, you'd combine this into a formula for best effect.



2. Promotes urine; unblock PUD
3. Clears heat and relieves toxicity
Not often used.

Hu Zhang

1. Clear damp heat and relieves jaundice
Esp damp heat. Also for vaginal discharge. Popular use herb, especially when jaundice caused by hepatitis. Most important use.
2. Invigorate blood, dispel stasis.
Relatively new herb to TCM, so no formulas to list.
3. Clears heat/relieves toxicity
Dr. Z says hasn't really seen it used for this.
4. Transforms phlegm heat and stops cough.

