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Herbs that Release the Exterior
Wind Cold

Symptoms: chills, aversion to cold, mild fever, headache, stiff neck, general muscle aches.

Very important: **simultaneous chills and mild fever without thirst.**

General discussion:

Wind cold *excess* originally called taiyang shang han (meridian) syndrome. Excess never has sweating. Literally means a cold invasion. Really cannot separate cold from wind, so the “feng” is implied, while in a wind-cold deficiency syndrome the “feng” is stated as the name is taiyang zhong feng.

Bear in mind cold and heat are not differentiated by sweating, but excess/deficiency will.

Release Wind-Cold Herbs

Herbs have multiple actions...first action is to fight wind-cold, which is why they are in this category. Further actions are listed for each as they have other uses.

Ma huang

This is known in English as ephedra. Specifically, it's the ephedra *stem*.

Taste/temperature

It's taste is acrid and the temp is warm. That's to be expected in a release wind-cold herb. Acrid disperses and moves. Warm fights the cold.

Organs/channels

It goes to the Lung and Bladder channels. There's an exterior syndrome called Taiyang syndrome...that's direct link to the Bladder. So “Bladder” may also indicate Taiyang stage of a disease.

Indication

1. Release wind/cold

This is the herb for Taiyang Shang Han – wind/cold access. Why? Because there is no sweating. Cold closes all of the pores. When this happens the pathogen is secure inside. You must open up the pores to kick the bad guy out. **Ma Huang is THE strongest diaphoretic**, not just one of the strongest as implied in some books. The more powerful the herb is, the more caution you must use when employing it. Be sure you use it for the correct condition.

2. Treats asthma.

This is the most practical and common application – more so than for the first indication. Note that there are 2 different types of ma huang: sheng ma huang and mi zhi ma huang. What's the difference? Mi zhi is honey fried ma huang. To disperse lung qi, the mi zhi ma huang is better. Ma huang is acrid which ties to the strong diaphoretic action. You don't want it to go to the Wei level, but to the lungs. The mi zhi honey frying makes it more likely to do this. A person with asthma may *not* have an exterior syndrome... probably don't in lots of

cases, so you don't want the ma huang to go attack an exterior that doesn't exist. Mi zhi tones down the acrid tendency to go to the exterior.

3. Promote urination and reduce edema

Ma huang goes to the Bladder, a direct effect upon edema. Lung is also a major organ in reducing edema—disperses and descends. In treating edema, bear in mind it is edema that is caused by an exterior pathogen. Example: early stage nephritis – manifest as chills/fever, upper body edema, especially on the face. What's the likelihood we'll see them at this stage. Almost nil. Thus, this isn't a primary action we'll use ma huang for.

4. Disperse cold and invigorate circulation

Yin carbuncles/boils and Bi syndrome.

Yang carbuncles are classic boils: redness, swelling, feels hot to touch, and is painful. That's an excess heat. Yin carbuncles, by contrast, is heatless and could be in an area of poor circulation. Doesn't respond to antibiotics, doesn't heal. Carbuncles due to tuberculosis can do this – no signs of redness or pus. Could be that the Yang carbuncle lingered and gradually became a Yin type.

Cautions

When there is no wind cold or little wind-cold ma huang can damage the body. Has been used in the past for weight loss or for energy enhancement. This damages the Yin fluids. When Yin fluids are damaged can cause yang rising (hypertension) or tremors (yang causes wind).

This is an herb that is used until the exterior syndrome is resolved.

1. Use too much or too long can cause heavy sweating that can weaken the body. Ma huang is a strong diaphoretic.
2. Causes hypertension, restlessness, tremors
3. Deficiency with sweating or wheezing
4. Pregnancy caution

Gui zhi

This is the cinnamon twig or cassia twig. "Zhi" means twig or branch. This is not the same species as the cinnamon spice, by the way. If you compare gui zhi and ma huang, you will see it is also sweet and enters the heart.

Flavor/temperature

Acrid and sweet. Acrid disperses and moves. Sweet tonifies/nourishes, harmonizes and moisturizes. It is also warm, so it treats cold.

Organs/channels

Lung, Heart, and Bladder

Actions/Indications

1. Harmonizes Ying and Wei.

This refers to treating exterior wind cold deficiency, also referred to as a Ying Wei disharmony. Here the idea is that sweat is alike a carrier to get the w/c out of the body.

“Pathogen” also translates as “evil” and must be attached to certain things to get into the body or to leave the body.

This patient will already have sweating because there is a Wei Qi deficiency. This is the key: sweating in this case is a sign of a pathological condition. In this case, you must promote more sweating as a therapeutic action for the body.

Problem: when you want to induce sweating, you might cause too much and damage the fluids; if you don't, the w/c stays in the body. You must find a balance. Gui zhi plus bai shao is the balance. Bai zhi is a sour (stabilizes and binds to prevent leakage) and cool herb which is a blood tonic. Bai shao goes to the Ying level in the blood. The combination disperses the wind/cold (gui zhi) while bai shao prevents too much sweating, controlling the amount.

You could also use this herb for an exterior condition without sweating.

2. Warms and unblocks the channels (including blood vessels)
Heart is the organ dominating the blood vessels.
Gui zhi is commonly used in gynecology when there is cold and stagnation involved.

Note that the bi syndrome application is for w/d/c in the joints and *upper* limbs.

3. Warms the Heart Yang Qi
Palpitations in the study guide also implies a possible arrhythmia or heart beating too fast or too heavily. Useful when there is a Yang Qi obstruction causing palpitations or chest Bi (painful obstructions) and includes coronary heart disease.
4. Treats edema by assisting qi transformation
Compare to ma huang – early stage edema with exterior syndrome – where gui zhi is edema due to yang qi deficiency. Gui zhi is used more for edema than ma huang as a result.

Cautions

Though not as strong a diaphoretic as ma huang, still acrid and warm. Because of this:

1. caution with warm febrile diseases, yin xu with heat symptoms and heat in blood with vomiting
2. pregnancy caution or excessive menstruation caution

Xiang Ru

This one is slightly out of order—see pg 13. Means “aromatic madder.” It's acrid, aromatic, slightly warm and goes to LU and ST.

It can release the exterior, but also transforms damp and harmonizes middle jiao.
Aromatic can transform dampness, which we get to in chapter 7.

Indications

1. Release exterior, transform damp, harmonize middle jiao
Like ma huang, treats chills, fever, headache, no sweat, body aches. Unlike ma huang, also treats diarrhea.

This herb is a seasonal - it's often called "summertime" ma huang, which is why we're talking about it now. Don't confuse summertime here with "summer heat," like heat stroke. This is a condition in which you get wind/cold + dampness in the summertime and is called "yin shu." If you go out in the summer, get hot, come into the air conditioning and have something like ice cream you can indeed get a summer w/c/d invasion!

So why is this called "summertime ma huang?" Because this is less strong as a diaphoretic and is "slightly warm." Can also treat the middle jiao.

This w/c/d invasion in another season of the year would be treated with ma huang. But you never use ma huang in the summer; instead, treat with Xiang ru.

2. Promotes urination and reduces edema
Also similar to ma huang.

See the study guide for cautions/contraindications

Pay attention to the cooking method in the study guide. For an exterior condition, cook it a short time. For edema, you cook it long and concentrate it—even easier, use the powdered form.

Zi su ye



Also called su ye or just su. Ye means leaf. Altogether, called "Perilla leaf." Use the whole pinyin name for now. Si su ye is acrid (disperse and move), warm (treat cold) and aromatic (can transform dampness?) Goes to the LU and SP.

Action/Indication

1. Releases exterior and releases the cold.
For ext w/c with symptoms of fever, chills, headache, nasal congestion, stifling sensation in chest often due to congestion, *no sweating* indicating excess condition.
2. Moves Qi in the Stomach and Spleen
Can be used for Qi rebellion in the stomach with n/v and also for morning sickness. Look at the first formula for this on page 10 under the herb – huo xiang zheng qi san could be used for stomach flu for instance if there's wind/cold invasion.
3. Alleviates seafood poisoning
What are we talking about here? Not talking about heavy metals like mercury type poisoning, but poor refrigeration and going bad kind of poisoning. Also not talking about allergies to seafood either. Can be used as a cooking spice in seafood for this purpose.

Cautions/Contraindications

Treats exterior excess

1. exterior deficiency with sweating is therefore contraindicated.
2. don't use with damp heat either.

Don't cook any aromatic for a long time. You damage the essential oils in the aromatic if you do. You often add these herbs the last 5-10 minutes. Some sources say that zi su ye can actually survive longer than this. Bear in mind that no book defines "long period of time..." Dr. Zhou recommends no more than 20 minutes.

What if you don't separate these herbs out and cook everything together? Compromise. Tell your patient to cook the herbs 20 minutes the 1st time, 40 minutes the 2nd time.

Another note:

The stem, zi su geng, is somewhat similar to zi su ye, but opens the chest and relaxes the diaphragm. Really more from the lungs, not from chest bi problem.

Jing jie and fang feng

These are often grouped together. Temperature wise they are both slightly warm which is really close to neutral. As a result can be used for *both wind cold and wind heat*. Which way they fall depends upon what you combine them with.

Both are acrid (disperse/move).

Both have a first action of release exterior/expel wind...no mention of cold. Both are in the formula jing fang bai du san. Yu ping feng san (jade screen) contains fang feng to protect you from wind attack.

Jing Jie

1. Releases the exterior, expels wind (see above)
2. Vents rashes and alleviates itching
What does "vent" rash mean? The heat and wind enters the skin and you are letting it out. As a result, the patient will see the rash *get worse first before it improves*. Take the example of measles – starts looking like a cold then expresses as a rash. If it does not express it then goes to the lungs and turns to pneumonia. When you see the rash start, encourage it to come out and release the pathogen.

Pruritic skin eruptions is another indication. So is eczema. Often eczema patient will have used steroids which suppresses the immune system for quick relief...but not a cure. This is the opposite treatment, making it worse to expel it the hell out of your system. A little more about eczema: not just about wind, but also heat and damp, perhaps blood stasis. If you only treat wind, you're not going to improve conditions but will make them worse. You have to treat all pathogens and balance the formula so that the rash vents not full force, but enough to expel without smacking the patient down.
3. Stops bleeding and vaginal discharge
You use a charred form to do this – chao tan jing jie. Stops bleeding discharge and leakage of fluids. As such you can also use it for blood in stools or internal bleeding from hemorrhoids in addition to uterine bleeding.

Again, don't cook too long. See the study guide for more.

Fang Feng

1. Release exterior, expel wind (see intro)
2. Expels wind damp and alleviates pain.
Specifically referring to bi syndrome when the wind is the predominating goober.

Also relieves itching skin, though not as strong as jing jie. Xiao feng san is a formula that has jing jie in it as well as fang feng to alleviate itching. (With that worse before it gets better function.)

3. Expels wind in the channels.
Pathological wind in the body can be external or internal wind.
 - i. Internal wind = Liver wind.
You cannot expel internal wind, but instead you use the term *extinguish* wind.
 - ii. External wind.
Remember that when there is external wind it is an exogenous pathogen and you *expel or dispel* that wind.

Note that the text in the study guide on page 10 says it treat trembling hands, feet, migraines, tetanus (lockjaw), wind in the channels. Seems like liver wind, but it's not. Think about Bell's Palsy – that's very stroke looking but it's caused by an external wind—often wind blowing on one's face. External wind can go very deep into the channel and express like Liver Wind as it triggers the internal wind. When you treat this with herbs you use herbs for both internal and external in the formula

4. Expel the intestinal wind.
This does not refer to gas type wind, but to blood in the stools. Manifests very quickly and comes with cramping, run to the bathroom and see bright red blood in stool. Can be ulcerative colitis which expresses this way. More commonly, is Liver overacting on Spleen, in this case IBS. Use Tong xie yao fang for this condition.

Cautions/Contraindications

Blood xu with spasms or yin xu with heat. Don't do it!

Note that fang feng is unique in that it is a wind herb that is not drying. Remember it has a sweet taste which is moistening. Very useful property, especially for treating bi syndrome when you want to protect the body from dryness.

Regarding the presentation next week:

Present a paper answer questions. Zhou wants a copy of the paper, doesn't have to be terribly formal research paper unless you just want it to be, can also be outline format. I think we should cite the sources.

This next grouping is a bunch of herbs that can treat headaches. Remember that we talked about herbs that guide to the channels, guiding the whole formula to a channel(s). It's not realistic to think that all herbs in a formula will go where you want them, so you use the guide.

Gao ben

This is a guide. Enters the Bladder and Liver and thus treats *taiyang and jueyin headaches*. Chills/fever, exterior cold type headaches in the taiyang and jueyin areas. As a matter of fact, that's the main reason you use this herb. Not bloody likely you'll use it w/o headache.

There are a lot of other reasons than exterior invasion that a person can have a headache: trauma, tension, etc. However, you can still use this herb in it's guiding function to carry something like dispel blood stasis herbs to the taiyang or jueyin areas where there is a headache.

This herb is acrid (disperse/move) and warm. Hence the caution regarding headaches due to blood or yin xu – would move and disperse and dry too much.

Actions/Indications

1. expel wind/disperse cold
This is the wind cold type headache mentioned above
2. Dispel damp cold to alleviate pain
w/d/c bi syndrome

Qiang Huo

It's a pretty strong herb. Acrid (disperse/move), bitter (drain fire, dry damp), aromatic, and warm. Bear in mind that bitter can be bitter warm or bitter cold: bitter warm tends to dry damp and bitter cold tends to dry damp *and* drain fire. In this case, the big thing is that it dries dampness. It also tastes like ass.

It goes to the Bladder and Kidney.

It also guides to the Du and Taiyang channels.

Actions/indications

1. Expels wind, dispels damp/cold, alleviates pain.
Treats taiyang headaches mostly—Zhou doesn't think much in terms of Du headaches.
2. Unblocks painful obstruction to alleviate pain
Bi syndrome of the w/d/c kind, especially *upper limbs and upper back*. (compare to du huo which treats lower areas)

Cautions/contra's

Easier to cause blood/yin xu with this herb. Don't use with sweating (exterior xu). Be careful about the taste—falls in the “Omigod that's nasty” category.

Bai zhi

This is also called angelica root. Angelica is a big species—there's a lot of 'em such as dang gui that are also angelica root. Be wary of those common names!

It's acrid and warm, going to the LU and Stomach. Goes to the yangming channel.

Actions/Indications

1. Expels wind, alleviates pain + opens nasal passages.

Add this herb (as well as xi xin) to the summary on page 13 in the summary on #4...and delete "primarily for" while you are here.

Great for yangming headache, supraorbital pain and toothache. Good for external w/c headache. See the formula in the study guide on pg 11, chuan xiong cha tiao san? That's a wind-cold headache formula, i.e., good for sinus headaches due to wind invasion. *Not* good for heat + that wind invasion (sinus infection).

2. Reduce swelling and expel pus.

When we talked about ma huang we talked about yin carbuncles. Swelling and pus however is a yang carbuncle – you combine this herb with cold herbs to treat yang carbuncles and cool down the bai zhi. The function you want is expel pus, not the warmth!

See the cautions – you don't use this if the pus comes out smoothly on it's own. This is for pus that really doesn't want to come out.

3. Dry dampness and eliminate discharge

Leucorrhea specifically, especially if it's damp cold in the LJ. If you combine it right you could also use it for damp heat.