

Course:	Chinese Herbology 1	Date:	October 7, 2008
Class #:	3		

Release exterior wind/cold herbs

Ma huang, gui zhi, zi su ye, jing jie, fang feng, gao ben, qiang huo, bai zhi, xi xin, sheng jiang, xin yi hua, cang er zi, xiang ru, cong bai.

### Xi Xin

Acrid and warm and slightly toxic. Goes to the kidney and heart (both Shaoyin) and lung (taiyin).

Also called “chinese wild ginger” but may be different than other ‘wild gingers.’

Whenever you come across an herb listed as **any kind of toxic, look at the cautions** and in what cases you shouldn't use this herb. In this case, aristolochic acid is the cautionary chemical in the herb and is nephrotoxic. There are 4 herbs that have been banned because of this chemical in the herb (see page 47 under the “mu tong listing”). In Xi xin it's in a very small percentage.



The dosage for xi xin is 1 – 3 grams for this reason. In Chinese, dosage is in “qian” units which is about 3 grams. There is a caution in Chinese herb books not to use more than 1 qian. (FYI, 1 lian is about 30 grams, and 1 fen is 0.3 grams.) Will you see xi xin prescribed as more than 3 grams in a formula? Quite likely. Just don't do it in this class. We don't know what the hell we're doing yet!

This herb goes to the heart, kidney (shaoyins) and lung (Taiyin) channel. Xi xin is a very warm herb – it warms the interior (see 2<sup>nd</sup> action)

Though this herb releases cold (see 1<sup>st</sup> action), it also releases wind, but the release cold function is stronger.

Add [5A] behind the 1<sup>st</sup> action.

Actions:

1. releases exterior, disperse cold, alleviates pain.  
What is a Shaoyin headache? Deep headache. Might also be supraorbital ridge type headache.  
Also treats toothache
2. Warms the LU and transforms phlegm.  
First, in the study guide, mark out the “external wind-cold cough”. Don't need that.
3. Unblock nasal orifice  
Can grind this to a powdered form and make it into a nasal spray, but Dr. Zhou says that's really messy! Makes you sneeze and it's gross. You can take it orally with good effect.

Cautions:

1. Yin deficiency, blood xu, qi xu – use caution
2. and then the toxic stuff.

## Sheng Jiang

*Fresh* ginger root. Ginger for Chinese people is used more as a kitchen spice than as a medicine. Without ginger in the kitchen you really can't make decent Chinese food!



The action medicinally, is very mild as is the action for *cong bai*.

Actions:

1. Release exterior wind-cold  
Since it's so mild, you would need to combine with *da zao* to harmonize *ying* and *wei qi*. Or catch the w/c invasion *really* early. Or use it in combination with other herbs.
2. Warms middle *jiao*, alleviates vomiting  
The vomiting part is widely known, but what a lot of people *don't* know is that it is warming. If stomach heat is causing the vomiting, this is not the best choice! It might provide temporary relief, but with continued use will actually add to the heat and aggravate the condition. This is also used for morning sickness.
3. Reduces toxicity of other herbs  
Used in combination preparations for this. Can also be used to alleviate seafood poisoning from bad fish (not toxic fish, but spoiled fish).
4. Disperses cold, stops cough  
Again, pretty mild function, so needs to be used in combination.

Dosage: rare to see grams prescribed. Since it's raw, prescribed as "pieces" with the standard as 3 pieces. How big is a piece? Well, still 3-9 grams as a daily dose, so about 1-3 grams per piece. Thin small piece about the thickness of a nickel. Smaller is better than bigger.

## Xin Yi Hua

While *hua* is flower, this actually the flower bud before it blooms. It's layered and furry. Kinda looks like little mice!

*Xin yi hua* is warm and acrid. It goes to Lung and stomach.

It's only got one action:

1. Expels wind cold and unblocks nasal passages. (Add "cold" after wind in the study guide).
  - a. Use for wind-cold headaches
  - b. Use for any nasal congestion/discharge
  - c. Loss of sense of smell
  - d. Sinus headaches



This herb might irritate the throat – put it into a teabag or wrap it in cheese cloth when you decoct. That said, remove this in the study guide.

## Cang er zi

A bit toxic, though the dose is still 3-9 grams much like the other herbs in this category. Overdose can cause nausea, vomiting, diarrhea, and ab pain. But what's an overdose? About 100 grams! Commercially it is fried and thus pre-prepared. The thorns are also mostly removed and this is the truly toxic part. Pretty safe after prepared. No research to suggest that this accumulates in the system, so can take long term. Important to know because Austin is allergy central and patients might be on it long term.

Has a bitter taste as compared to Xin yi hua and is a bit drier than it is. There is a caution for blood xu headaches. If a chronic sinus/allergy patient shows blood xu, be wary about using this or use with tonics.



Actions:

Most of the time is used for the sinuses, not for the other 2 actions.

(Xiang ru is actually the next in the study guide, but we already covered this in 2<sup>nd</sup> class – see the [lecture notes](#), page 3.)

## Cong bai

Add “bulb of” in front of spring onion on this description. This is the white bulb part of the scallion. You don't use the hollow green part of the onion. Again, this is more often used in the kitchen than in the clinic.



Actions

1. Release exterior and induce sweating  
For early stage wind cold  
Change: “yin xu with wind heat” on the last formula of the first action.
2. Disperses cold, unblocks Yang  
Change from “disperse wind-cold” to “disperse cold” on the 2<sup>nd</sup> action.
  - a. Abdominal pain and distention
  - b. Nasal congestion
3. Relieve toxicity and disperse clumps (or knots)  
This is the result of blockage and thus deposits. It's not an abscess or a carbuncle or a boil—those are heat related. Clumps is a more general translation of the Chinese word that is traditionally used. It's vague and broad in meaning. Example: cong bai is topically used in the lower abdomen to treat an enlarged prostate gland. Implies something not a normal shape, blockage, not blood stasis.

You often don't give this to the patient, but tell them to go get it at the grocery store.

Caution:

1. Don't use it with honey when taken orally. The 2 are considered incompatible together, possibly referring to the taste. Probably just uryy.

## Release Exterior Wind-Heat Herbs

Which herbs go to head and eyes? Which herbs to go to the throat? Relieve headaches? Which for rashes/measles? Vent rashes? Raise Yang Qi? Need to be able to put these together.

### Bo he

Peppermint, though may be several different species. Often used in western applications for upset stomach or calmative. It's also very pleasant to use in tinctures, salves, essential oils. This is the first herb that requires you to cook it in the last 5 minutes. This one is more specific than "not too long" as in the previous category.

It's aromatic, acrid and *cool*. It goes to the Lung and Liver channels. You can see the liver applications in that it goes to the eyes.



### Actions

1. Disperses wind-heat, clears head and eyes, benefits throat
  - a. Wind heat induced general aching, red eyes, fever, headache, cough, sore throat.  
It is also very good for these problems. Bo he also used in allergy formulas because it covers the headache, red eyes, and itchiness. Cang er zi san is a good example of this.
2. Vent rashes  
Talked about this idea in the Jing Jie discussion. Then as here when one vents a rash it means it's going to move from inside to outside, so it will get worse as it works its way out.
  - a. Early stage of measles  
Historically this is important, but really you're not going to see that now.
  - b. Wind rashes
3. Spread Liver Qi  
This is one of the 2 most common dx in the clinic: qi/blood stagnation, liver qi stagnation! Bo he is thus a very important herb in the clinic. ☺ If you know bo he spreads liver qi for liver qi stagnation, that gives you the indications below.
  - a. Pressure in the flanks and chest
  - b. Emotional instability
  - c. Gynecological problems.

PS: while most Chinese texts don't talk about stomach calming, they do mention as 'p.s.' that they "transform damp turbidity" which means in the middle jiao...stomach. Some formula examples: ren dan which is prescribed for summer damp heat and heat stroke.

## Niu bang zi

Bo he and niu bang zi are often in all books with the 1<sup>st</sup> 2 listings for release exterior wind heat. This herb is acrid, bitter and cold. That means it will drain fire/clear heat (cold) and dry damp (bitter). Bo he is acrid, aromatic and cool. There are comparisons thru the description below.

This release exterior wind-heat herb is acrid, bitter, and *cold*. It goes to the Lung and Stomach.

Actions:

1. Disperse wind-heat, benefit throat

Similar to bo he, but doesn't clear head or eyes.

a. External wind heat with sx of fever, cough and *sore red swollen throat*.

The emphasis is on the sore throat and is even stronger than bo he for this. Yin Qiao San contains both of them. Niu bang tang is for severe w/h toxicity.

2. Clears heat, relieves toxicity

a. Toxic heat, early stages of skin purulent infection, carbuncles, erythemas, mumps (parotitis)

Directly for heat toxicity (see section 2D for more of that).

Note that the indications above include infectious disease and viral disease.

3. Vents rashes

a. Early stage of measles, acute febrile maculopapular rashes

Note that this is not for wind rash! This is more for infectious rashes.



Cautions: bitter colds often harsh on the spleen/stomach. Easily consumes spleen/stomach qi.

The picture of the growing plant above is the flower from which these seeds come.

## Chan tui

Cicada slough. Ew! Girl, dat's nasty!

Sweet, salty, slightly cold. Goes to the Lung and Liver (same channels as Bo he, but a noticeable diff between them).

Actions:

1. Disperses wind-heat

a. Wind heat or early stage febrile disease causing fever, headache

Headache indication is not the strongest indication here. Please note that in the summaries at the end of the sections—yes there are more than the ones listed, but only listing the better ones to do this.

b. Especially for loss of voice, sore throat and hoarseness.

Loss of voice is the best indication. Think laryngitis. Makes sense, as cicadas are loud



little buggers!

2. Vents rashes and relieves itching

Practically, chan tui is more important than bo he for this application. Commonly used for treating rashes. Look at the 2<sup>nd</sup> formula in the study guide: Xiao Feng San. That has been listed before for venting rashes.

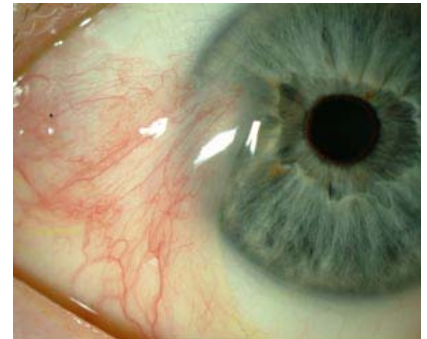
- a. Early stage measles with incomplete rash expression
- b. Wind rash
- c. Skin itch

3. Clears eyes, removes superficial visual obstructions.

Compare this to bo he.

“Superficial visual obstruction” is “yi” in Chinese and refers to 1) cataracts but that’s better treated through surgery, 2) pterygium which is a piece of flesh growing from the inner canthus toward the center of the pupil and obstructs vision (pictured right).

- a. Eye problems due to wind heat
- b. Red swollen, painful eyes
- c. Blurry vision
- d. Pterygium →



4. *Extinguishes* internal wind, stops spasms

Fang feng has similar action, but is for *external* wind.

- a. Internal liver wind, tetanus, spasms, convulsions
- b. Night terrors

Cautions: exterior deficiencies. Also a pregnancy caution as it may cause difficult labor. Finally, if you use this in a raw form, it’s going to look like floating bugs on the surface! You might wanna crush this up so it isn’t quite so identifiable! Remember that vegetarians are going to take a dim view of partaking of this.