

Course:	Chinese Herbology 1	Date:	October 14, 2008
Class #:	4		

Quiz next week, week 5. This counts 20% toward the final grade or 20 points. That's the full score for the quiz. There are 30 m/c at ½ pt each, so that's 15 points. 2 essay questions worth 2.5 each, so there's the rest of the 20 total points.

We'll take it at the beginning of the class, you have 1 hour to get your grade on. He'll grade the m/c first and then we'll go over it after the test.

The score is not important: if you make a mistake and get a wrong answer, it's more important that you spend time learning the material and strengthening the weaknesses. Easy for him to say! He doesn't have a GPA to worry about!

M/C will cover introduction covered in week 1. 4 temps, 5 flavors, directions. Know the combining herbs table. Nothing on the antagonisms or incompats. Know the parts.

Herbs from chapter 1, now actions, indications, special doses and cooking, know *special* cautions and contras. Many cautions are related to the taste and temperature. You need to know more about these for the essay questions than for the multiple choice – for essay questions, know 'em all! For toxic side effects, preg cautions, possible dangerous fx, know those. You need to know things like acrid and warm would move and disperse a lot so you wouldn't use those for things like blood xu or for yin xu where there's already a lot of heat.

For essay questions, study the herbs on this list:

1. ma huang
2. gui zhi
3. ge gen
4. chai hu

One type of essay may be action, indication, all cautions and contras, dosage, etc. It can be in paragraph form or you can do like the study guide. Just be sure to cover the information. Another type would be to compare two herbs. You still need to understand each one, but include comparison. List each action, indication, discuss commonalities or slight differences, etc.

Note on "action" – this is bold printing. The indications are what the patient manifests or their conditions. Sometimes these are biomedical dx's, but prefer to stick to TCM dx's. Example: high blood cholesterol has no equivalent in TCM, so you use the western dx.

Bensky and Chen books have a lot more information than the study guide. Zhou suggests you refer to them for these 4 herbs on the list. You don't have to memorize all indications, but you need to know enough to explain the action of the herb.

Example:

Ma huang's first action is release exterior and dispel w/c which could be lots of stuff. Indications would explain exactly what that means in this case. Bo he, on the other hand says clear heat, benefit head and eyes. That's pretty explanatory.

Release Exterior Wind-Heat Herbs (cont'd)

Look at Sang ye and Ju hua together. They go together a lot. Two of the indications, disperse wind heat and subdue liver yang/clear liver/benefit eyes, are the same. Even the channels are the same: both enter the lung and liver. Energetically, however, difference is how much each herb focuses on one channel over the other. Sang ye has more actions on the Lung and less on the Liver. Ju Hua has more action upon the Liver and less on the Lung. Sang ye treats w/h cough and dryness resulting from attacked Lung. Ju Hua is much better for headaches – especially Liver Yang Headaches which are often migraine type headaches. Ju Hua also brightens the eyes/benefits the eyes better than Sang ye.

Sang ye

Mulberry leaf. Primary use is not as an herb, but as food for silk worms! Acres and acres of the stuff are planted in China for this. Herbal use is low by comparison.

Mulberry tree grows in US too.

Nature is sweet, bitter, and cold. Again, bitter cold refers to dry damp and drain fire. Goes to the LU and LV.

Actions

Good herb to treat cough of different types. Emphasize cough here.

1. Disperses wind-heat
Good herb to treat headaches.
 - a. Wind heat with fever, headache, slight sore throat and coughing
2. Clears heat from Lung and moistens eyes
 - a. lung dryness with cough, dry throat
3. Subdue Liver Yang, clear Liver, benefits eyes
Note same wording for Ju hua. Liver fire, liver yang rising or liver heat can cause this.
 - a. Headache
 - b. Dizziness
 - c. Eyes
 - i. Blurry vision due to Liver yang rising or Liver fire
 - ii. Eye problems due to wind-heat or yin xu
Cedar allergies can affect eyes this way.
 - iii. Red swollen painful or dry eyes
 - iv. Spots in front of eyes
4. Cool blood, stops bleeding
Pretty mild action.
 - a. mild cases of hematemesis or epistaxis due to heat in blood.

Dose: 4.5 – 15 g

Can be used as an external wash for eye problems

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Mi zhi form is used for Lung dryness **cough**.
This herb often paired with ju hua.

Ju hua



This is the flower of the chrysanthemum. It's considered one of the Four Gentlemen: Mei (plum), lan(orchid), zhu (bamboo) and ju (chrysanthemum). These represent the highest qualities of mankind. See the 4 panel pic in this section for the depiction.



White (bai) and yellow (huang) flowers are used for different applications. Huang ju hua is used to disperse wind cold while bai ju hua clears the Liver and subdues Liver Yang. Ju hua is often paired with Sang ye.

Ju hua is acrid, sweet, bitter and slightly cold. (Bitter + cold = dry damp, drain fire). It goes to the LU (only one action related to Lung – w/h) and LV.

Actions:

Good herb to treat different types of **headaches**. Emphasize the headaches here.

1. Disperses wind-heat and relieve toxicity.
 - a. Refers to wind-heat with fever and **headache**
2. Subdues Liver Yang (ie. Liver yang rising), clears Liver and benefits eyes.
Note the same wording for sang ye.
Indications are still basically the same though the formulas in the study guide differ.



- a. Red, swollen or dry eyes due to wind-heat, yin xu or Liver fire flaring up or Liver Yang rising.
 - b. Liver yang hyperactivity with dizziness, **headache**, deafness.
 - c. Modern use: hypertension
3. Clears heat and relieves toxicity
Use the huang ju hua herb for this. There is also a wild species to clear heat and relieve heat toxicity – ye ju hua – which is much stronger. Huang ju hua can still be consumed as a tea, but is more bitter than bai ju hua, which is sweeter.
 - a. Skin application: treats boils, carbuncles and sores
If a boil gets big and nasty a lot of ppl get antibiotics and lance them. People with a history of this may have problems eliminating toxins. Ju hua and xin yi hua (magnolia flower) together can help as a tea. Drink it instead of pure water.

Cautions/Contraindications

Qi deficient patients with poor appetite or diarrhea because it is slightly cold. That's how you know you are overdosing – loose stool or diarrhea. Affects the Spleen.

Dosage: 4.5 – 15 grams

Man jing zi

Man jing zi (vitex seed, but not the same plant as the western herb), is bitter, acrid and cool. It goes to the UB, the LV, and the ST.



Actions:

1. Disperses wind-heat

Main usage...*headaches*. Since it goes to the UB (taiyang), Liver (jueyin) and Stomach (yangming) headaches.

- a. Wind-heat *headaches*, dizziness, swollen gums

Wind heat headaches tend to affect a channel and a larger area than a cold headache.

- b. Wind-cold *headaches*, too when used in combination with other herbs as in the formula jia wei xiang su wan for w/c with qi stagnation. Cold causes stagnation confined into a local area. So cold headaches are generally in one restricted area.

2. Clears head and eyes

- a. Wind-heat causing excessive tearing, red swollen and painful eyes
- b. Spots in the vision
- c. Pterygium (like [chan tui](#))

3. Expels wind to stop pain

- a. Bi syndromes
- b. Auxil herb for limbs w/ stiffness
not terribly strong
- c. Numbness, cramping, heaviness

Cautions/contraindications

1. yin or blood xu headaches or eye problems – because of the bitter/acrid taste.
2. St Qi xu according to Bensky- because of the cool nature

Dosage: 6 – 12 grams

Dan dou chi



Dan dou chi is prepared black soybean. Depending on how it is prepared it can be cooling or warming. In general it is steamed with other herbs then fermented. If it is steamed and with sang ye or qing hao it is cold; if steamed with ma huang or zi su ye it is warming. The cooling type, steamed with sang ye, is more common usage. Remember what category we're in...guess which we're emphasizing!

Dan dou chi is acrid, sweet, and slightly bitter. As stated in the previous paragraph, whether it is cold or warm depends on preparation. Cold is more common.

Dan dou chi goes to Lung and Stomach. Remember that Jing Jie and Fang Feng could also be warm or cool. That has to do with its nature. This has to do with its prep.

Actions

1. Releases the exterior – either wind/heat or wind/cold depending upon prep.
 - a. Used as a supplemental herb to release the exterior
 - b. For patterns of yin xu with exterior disorder.
2. Eliminates irritability
Generally irritability is due to Liver fire...or Heart fire. But this herb doesn't enter either of those! Doesn't clear Heart or Liver fire. This action refers to recovery from a warm febrile disorder – common cold or maybe something more serious. This is residual exogenous heat in the chest and is not native to the person. This heat has attacked the Lung, but the heart and lung are closely tied, so this heat is affecting the heart probably and must be dispersed.
 - a. Restlessness, insomnia, stifling sensation in the chest after a febrile disorder.
Pretty rare, actually.

Contraindications

None. Removed from the book by the esteemed Dr. Zhou. Doesn't mean you can use it for any condition you want. You wouldn't use the cold type for deficient cold or wind cold! Common sense, like with all cautions. Everything has a caution, even foods! If you know the indications and tastes, you shouldn't go wrong.

Dosage: 6 – 15 grams

Ge gen



This is kudzu root which grows like mad all over the American south. The root of kudzu goes *very* deep so it's hard to eradicate and hard to control and takes over the landscape.

Check out the photograph, "Kudzu – The Vine". The vine covered lump just above the wording "A Kudzu fantasy land" is a house! That's insane.



The modern application is for treatment of hypertension. It has been eaten in Japan for abdominal problems as it dries up diarrhea and colds. They dry it and powder it, using it like cornstarch. It looks like a thick jelly-ish liquid when prepared. The flower, ge hua, is sweet and cool, treating the stomach and relieving alcohol poisoning. Imagine that. Moonshine drinkers all over the South need to know about this!

Ge gen is sweet, acrid, and cool. Doesn't taste bad at all. Goes to the SP and ST. Note that it does not enter Lung or Bladder like a lot of others.

Actions:

1. Releases muscles and reduce fever

Note that the wording doesn't say release exterior or anything about wind/heat. Remember that wind-heat is in the Wei stage of the 4 stages. When the heat goes deeper than the Wei stage, you get the symptoms/indications below. This can *also* treat w/h, but can go even deeper...like a kudzu vine's roots. Now isn't *that* interesting.

- a. Exterior disorder lodged in the muscle layers with fever, chills, headaches, stiff or tight upper back and back of the neck.

Note: Ge gen ***guides specifically to the back of the neck.*** Wind cold can cause a tightness and stiffness here. Ge gen, though it is cool, in a formula can be used for wind-cold excess and wind-cold deficiency. Whiplash and trauma injuries can cause tightness and stiffness and tension. Ge gen can be used for all of this too. You might add invigorating herbs and moving herbs.



One formula, chai ge jie ji tang, treats wind heat *with* internal heat. This is the representative formula for ge gen.

2. Nourishes fluids and alleviates thirst

- a. Thirst due to febrile diseases

Not thirst from dehydration or not drinking enough. This is because the body cannot absorb and distribute fluids well.

- b. Yin xu xiao ke

Xiao ke is a wasting/thirsting disorder. Diabetes is such a thing, though xiao ke doesn't necessarily translate directly to diabetes. When a diabetes patient is controlling their disease they don't have xiao ke. When they are not, they do have a xiao ke diagnosis because the symptoms are fully manifest. There are also other endocrine diseases that can cause wasting/thirsting – pituitary produces antidiuretic hormone, for instance. When that function is suppressed there will be too much urination and can cause xiao ke.

3. Vents measles

- a. Early stage incomplete expression of measles

4. Ascends Spleen yang and alleviates diarrhea

How does “ascend” here differ from “raise” in the 3rd action of Chai hu? We are not treating Spleen Qi Sinking here. Why would ascending Spleen yang help? You are harmonizing Spleen and Stomach to make the relationship between them work. Spleen Qi should rise and Stomach Qi should descend. Ge gen helps Spleen distribute the body fluid normally to stop the diarrhea. Assists the Spleen in regaining its proper function even though it is *not* a Spleen Qi tonic.

- a. Diarrhea due to heat

Ge gen qin lian tang is a formula for damp-heat diarrhea.

- b. Diarrhea due to SP deficiency when combined with other herbs

Caution: careful with yang xu diarrhea. If there is “cock’s crow” or “daybreak” diarrhea – spleen and ki yang xu – don’t use this. That’s because of the cold nature of this herb.

Dosage: 10 – 20 grams

Chai hu



Chai hu is bupleurum. It is acrid, bitter, and cool (again, dry damp and drain fire). No sweetness, so it is somewhat dry. It goes to the GB, LV, Pc, and SJ – jueyin and shaoyang channels. Doesn’t enter the lung at all, so it’s kind of an oddball in this chapter.



This is a widely used herb clinically.

Care should be used in implementing this herb as it’s acrid and dispersing nature could consume Liver yin. There is thus a caution for yin xu cough with heat, for Liver yang rising and Liver wind patients or for those with rebellious qi. Additionally, it may have adverse interactions with interferon, inducing liver failure. Cancer patients and Hep C patients are given interferon, so watch out here.

Actions:

1. Treats shaoyang syndromes (½ interior and ½ exterior) and reduces fever (including a wind heat and a shaoyang fever)
 - a. Alternating chills/fever
Shaoyang syndrome is beyond the external and internal. This section of the actions are typical of shaoyang sx.
 - b. Bitter taste, flank pain, irritability, vomiting, stifling sensation in the chest
 - c. Fever from exterior syndromes
 - d. Wind heat headaches

Xiao Chai Hu Tang is the representative formula and is for shaoyang syndrome. Shang Han Lun says this is pathogen getting deeper into the body and is half in the exterior, half in the interior. *Shaoyang may not always be due to exterior* - can also treat patient with menopause – hot flashes then cold. This too is a shaoyang type half and half thing.

The above indications area also a synopsis of liver diseases and gallbladder diseases (cholecystitis for example). Cholecystitis comes with chills, fever, pain and digestive issues. This is shaoyang syndrome too.

2. Spreads Liver Qi and relieves constraints
This is not physiological Liver/Gallbladder problem, but *emotional* Liver/Gallbladder problem.
 - a. Liver qi stagnation with chest and flank/hypochondriac pain, emotional instability (anxious, depressed), menstrual disorders and other gynecological problems such as

fertility issues in combination with Liver Qi stagnation.

Chai hu is very important for Liver Qi stagnation, but is bitter/acrid and thus dry. Remember that it can consume Liver Yin. If you are only moving Liver qi using bitter/acrid, you *could* cause Liver Yin damage, especially if used long term. You must be aware of how to protect the Liver Yin. How? Combine it with bai shao, which harmonizes Ying and Wei along with Gui Zhi from previous lectures. If you combine it with chai hu it protects the Liver yin.

- b. It's a guiding herb for Shaoyang headache
 - c. Disharmony between Liver and Spleen
3. Raises Spleen Yang
- Raise is different from 'ascend' in the ge gen description. To raise the Yang qi you can also improve functions of ears and eyes which may be suffering from not enough Qi – yang is the carrier for Qi.
- a. Prolapse of organs or diarrhea due to sinking Spleen Qi.

Dosage: 3 – 12 grams

Per doctor experience, there are 3 different forms you can use.

Sheng – mainly for the 1st action and you can use the largest dose – 12 gm

Cu zhi – vinegar fried for 2nd action, use the medium does of 6 – 9 grams

Mi zhi – honey fried for the 3rd action. Use the smallest dose of 3 – 6 grams.

Sheng ma



Sheng ma is bugbane rhizome or cimicifuga. The translation means “ascending hemp.”

It's also called black cohosh, but is not the same species as the black cohosh from the western herb set. Sheng ma is sweet, acrid and cold. It goes to the LI, LU, SP, and ST.

The sheng version is used for exterior syndromes and heat toxicity. Mi zhi is used for middle sinking Qi.



Actions:

1. Releases the exterior and vents measles
- Similar to ge gen
- a. External wind-heat headache, *sore throat* – allergies i.e. More for sore throat than headaches.
 - b. Early stage of measles

2. Clears heat and relieves toxicity
One of the few herbs that is fairly body are specific – upper portion of the body.
 - a. Fire toxins in the *upper* portion of the body, esp the mouth and throat.
This is related to the ascending function – “sheng” ma = ascending hemp.
 - b. Toothache
 - c. Red, swollen, painful gums, lip ulcers, canker sores, painful swollen throat

3. Raises Spleen Yang
Similar to chai hu. Often used together as in bu zhong yi qi tang.
 - a. Shortness of breath
 - b. Fatigue
 - c. Prolapse of organs d/t Spleen Yang Qi sinking
 - d. Acts as a guiding upward herb.

Cautions:

Similar to chai hu. All have to do with ascending function. Look back at page 1 in the study guide to the direction of movement. Sheng is “rise/lift” and is the same as “sheng ma.” Rises, lifts and moves upward.

1. Heat due to yin xu, Liver yang rising, upper excess and lower deficiency
2. Fully erupted measles

Dosage: 1.5 – 9 grams

2 forms – sheng and mi zhi

Mu ze

Mu is one of the five elements – wood. Zei means thief. Wood thief. The common name is scouring rush or shave grass. Another common name is rough horsetail or horsetail grass.

Mu ze is scouring rush or shave grass. Because grass easily absorbs the elements in the soil there is a caution for **pregnancy** as it absorbs selenium pollution. Mu ze is sweet, bitter and neutral, going to LV and LU.



This herb is specific in what it treats: wind heat. Doesn’t help headaches, fever, or sore throat. Focuses on the eye only. A lot of Chinese pharmacies don’t carry it because it’s so specific. There’s an asterisk next to this herb in the syllabus, which means it’s uncommonly used.

Actions

1. Disperses wind-heat and benefits the eyes
 - a. Wind heat affecting the eyes: red, swollen, painful eyes
 - b. Cloudiness, blurred vision, pterygium (like chan tui and man jing zi)
 - c. Excessive tearing

Rarely used for other wind-heat conditions besides eye conditions.

2. Clears heat and stops bleeding

- a. Bloody stools, hemorrhoids
Again, rarely used for this.



Cautions

1. Urinary frequency, yin fluid xu, qi xu
2. Pregnancy caution due to selenium pollution of *equiseti* species.

Dosage: 3 – 9 grams

Fu ping

Cat's Sidebar:

Also known as spirodela or duckweed. No further info in the study guide but got this from sacredlotus.com:

Goes to the BL and LU, is spicy and cold. Can be used as an external wash for rashes.

1. Releases the exterior and causes sweating
One of the few cool, spicy herbs that is a powerful diaphoretic.
 - a. Wind-heat invasion with body and headache.
2. Vents rashes and treats measles
 - a. Allows rashes to resolve more quickly – measles and wind rash
3. Promotes urination, drains damp, reduces swelling
 - a. Superficial edema in the upper body with difficult urination.

Contraindications

1. Exterior xu
2. Profuse or spontaneous sweating

Dosage: 3 – 6 grams

Chapter 2: Herbs that Clear Heat

This is a big ass chapter. There are 6 sections in it. One of them, **summer heat**, is not included in the syllabus. We **will not be tested on summer heat** in this class.

Clear heat in this case is *internal* heat – not external. That was chapter 1.

Five Categories to Know:

The 4 stages: wei, qi, ying, xue

1. Drain fire
Excess heat.
The last chapter was the Wei stage of the 4 stages of disease. This chapter deals with Qi stage of disease.
2. Clear Heat and Cool blood
Excess heat.
This is the Ying and the Xue stage of disease progression.
3. Clear Heat and Dry damp
Excess heat.
The previous 2 don't deal with damp. This one does.
4. Clear Heat and Relieve Toxicity
Excess heat.
There's a bunch of these herbs.
5. Clear *Deficient* Heat

There are 4 herbs that can treat the 4 excess heats above. When Dr. Zhou talks about “Four Excess Heat” that's what he's talking about, not the 4 greats.

Introduction

You *must* know the channels for these herbs. Not true for every category of herbs, but is for this one. Example: look at the summary on pg 22. The first one is Clear Lung and Stomach fire. This is the Yangming stage of the 6 stages. Qi stage and yangming meridian syndromes deal with these channels.

Clear Liver Fire and Brighten Eyes is a large category in this summary. Old Chinese texts actually have a separate section for Clear Liver Fire and Brighten Eyes, not lumped into the clear heat grouping.

Memorize the summary! And review the [stages of disease](#).