

Course:	Chinese Herbology 1	Date:	October 28, 2008
Class #:	6 – Clear Heat/Cool Blood Herbs		

## Clear Heat and Cool Blood Herbs

### Introduction

Used for Ying and Xue stages, the 2 deepest of the four levels of heat. Heat in the blood disturbs the heart and thus leads to Shen disturbance. Xue syndrome has bleeding. This is a gloriously small section. You can expect Liver and Heart since clear heat cool *blood* though there are some exceptions.

### Xi Jiao

Rhinoceros horn! Came from Southern China and from India originally, not just from Africa. Not going to see this much. Why do we need to discuss this? Because classic formulas call for it – used for thousands of years - and you need to know what the actions are so you can substitute. Now use Shui Niu Jiao, a water buffalo horn gelatin. This was the work animal of choice in Asia, especially where rice is planted.

Comparatively, rhino horn has a different temperature than other horn substitutes.

Xi jiao is salty and cold, goes to the Heart, Liver, and Stomach. This was considered to be the *first choice* in the Ying and Xue level heat.

### Actions

- 1) Cools the blood and stops bleeding
  - a. Heat in the ying and blood levels with fever, reckless movement of blood
  - b. Epistaxis, hematemesis
  
- 2) Clears heat and relieves fire toxicity
  - a. Fever, erythema, purpura  
Implicates dermatological conditions including psoriasis showing a lot of heat toxins in the blood.
  
- 3) Calms the spirit and stops tremors
  - a. Unrelenting fever, loss of consciousness, delirium, convulsions and manic behavior. Indicates Liver wind. Part of the 3 treasures formula for warm febrile diseases. This was one of those ER type medicines of the old world – strongest and quickest for severe conditions.

### CC's

- ❖ First, it's illegal! Use shui niu jiao instead, which has similar but milder actions.
- ❖ *Contraindicated* in preggers and use caution with shui niu jiao
- ❖ CC with Qi xu or when there is no high fever
- ❖ Antagonistic relationship with:
  - Chuan wu
  - Fu zi

- Cao wu
- Lei wan

## Sheng Di Huang



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Also called Sheng di and gan di huang. In English this is dried fresh rehmannia. Look at page 26's summary and look at the differences of herbs in the same group. This is in the cool blood, nourish yin fluids grouping.

Not the same as Shu Di!

Taste is sweet and bitter, temperature is cold. This herb goes to the Heart, Liver, and Kidney.

### **Actions**

1) Clears heat and cools blood; stops bleeding.

Very similar to Xi Jiao.

- a. Heat in the ying and blood with fever, thirst, and scarlet tongue. Even in the same representative formula in the study guide.
- b. Hemorrhage due to hot blood

2) Nourishes the yin and generates fluids

Compare sheng di with zhi mu regarding the nourish yin function. What's different? No clear deficient heat. Look back at zhi mu and see the discussion about root versus branches. This herb is for the root where zhi mu is for both.

- a. For yin xu with heat
- b. Injury to fluids
  - i. Dry mouth
  - ii. Continuous low grade fever
  - iii. Constipation
  - iv. Throat pain from yin xu
  - v. Xiao ke

3) Clears Heart Fire

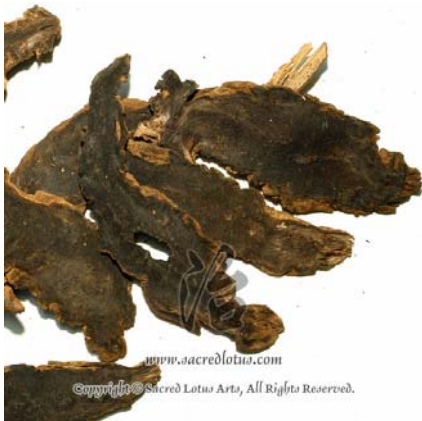
Looks a little like dan zhu ye, but that one is about heart fire going to SI and promoting urination to get rid of it. Also, dan zhu ye is bland, not sweet/bitter. This herb, on the other hand *directly* clears the heat from the Heart.

- a. Mouth and tongue sores
- b. Irritability and insomnia

**CC:**

Spleen xu with damp and yang xu

## Xuan Shen



Also called Yuan Shen. This translates literally to “black root.” Xuan can mean black and also north. Referred also to one of the 4 gates leading into the capital city. Xuan was the north gate.

This herb is salty, sweet, bitter, and cold, going to the Lung, Stomach, and Kidney. This one enters Lung where Sheng Di enters the Heart. Look at the differences between the two

### Actions

- 1) Clears heat and cools the blood

Note there is no *stop* bleeding action. That said, cooling blood will indeed stop the bleeding even though it doesn't do this

directly.

- a. Heat in the Yin level of warm-febrile disease
    - i. Fever
    - ii. Dry mouth
    - iii. Purple tongue
    - iv. Irritability
    - v. Insomnia
- 2) Nourishes Yin and moistens dryness  
By comparison Sheng Di nourishes yin and generates fluids
    - a. Sequelae of warm febrile disease and *Lung yin deficiency*  
Lung yin xu requires moistening.  
Yang yin qing fei tang is a traditional formula used to treat diphtheria and is representative of this indication/action.
    - b. Dry cough and throat, blood tinged sputum
    - c. Xiao ke
    - d. Constipation
    - e. Irritability
  - 3) Clears heat, relieves toxicity  
Very important toxicity herb. While diphtheria might not be something we'll see a lot, tonsillitis is something we'll probably see. This applies to this too.
    - a. Sore throat, mumps, carbuncles due to fire toxicity or yin xu fire.
  - 4) Softens hardness and dissipates nodules  
(That's part of the salty action which softens and purges)
    - a. Phlegm fire scrofula, goiter, neck lumps

### CC:

- ❖ SP/ST deficiency
- ❖ Incompatible with Li LU

## Mu Dan Pi



Mu dan flower refers to prosperity and elegance. Often given to someone who just opened a business to wish them good venture. This however is the root bark. It is acrid, bitter and cool. It goes to the Heart, Liver, and Kidney.

Compare this to Zhi mu and Sheng di. Mu dan pi treats the branch; Sheng di treats the root; Zhi mu treats both.

### Actions

- 1) Clear heat and cool blood.
  - a. Ying or blood level heat in warm febrile diseases
    - i. Epistaxis
    - ii. Hematemesis
    - iii. Hemoptysis
  - b. Subcutaneous bleeding
  - c. Also for frequent profuse menstrual bleeding from blood heat, especially with clots. See 3<sup>rd</sup> action.
- 2) Clears deficient heat
  - a. Steaming bone disorders
  - b. Yin xu heat after warm febrile disease, most suitable in absence of sweating
- 3) Invigorates blood and dispels blood stasis

OK, that's a puzzler. Note that the first action indicates *stops* bleeding! This one indicates it *thins* the blood! Heat in the blood can cause reckless bleeding, but can also thicken the blood if it goes on a longer time. (Sort of like cooking – when a substance first boils, may boil over out of the pan. But if you cook it a long time it gets thicker and thicker.)

Look at the forms in the 3<sup>rd</sup> column of the study guide.

  - a. Blood stasis with amenorrhea, abdominal masses
  - b. Lumps
  - c. Traumatic injury
  - d. Carbuncles
  - e. Intestinal abscesses  
This refers to appendicitis
- 4) Clears Liver fire

This is one of the herbs added to make Free and Easy Wanderer *Plus* – Jia Wei Xiao Yao Wan or Dan Zhi Xiao Yao San.

  - a. Headache
  - b. Eye pain
  - c. Irritability
  - d. Hypertension – modern use.

**CC:**

- ❖ Pregnancy caution due to the move blood function
- ❖ Cold disorders are also cautions as are excessive menses *not* caused by heat.

**Chi Shao**



Red peony root. Bitter and slightly cold, going to the Liver.

Not the same as Bai Shao (white peony)

**Actions**

- 1) Clears heat and cools blood
  - a. Heat in the ying or xue stage, similar to mu dan pi, and fever
  - b. Purple tongue
  - c. Skin blotches
  - d. Reckless bleeding and gynecological bleeding.

- 2) Invigorate blood and dispel stasis

Tons of example formulas. This is a very good blood

mover and is widely used! Can use it for stasis just about everywhere in the body.

- a. Dysmenorrhea
- b. Amenorrhea
- c. Abdominal pain and immobile ab masses
- d. Pain and swelling with traumatic injury
- e. Early stage boils, abscesses

- 3) Clears Liver fire

Much weaker than Mu Dan Pi, also won't treat deficient heat.

- a. Red, painful, swollen eyes

**CC:**

- ❖ Caution with blood xu
- ❖ Caution with pregnancy
- ❖ Incompatibility with li lu

## Zi Cao



Literally means “purple herb.” Go see it in the lab! This herb is sweet and cold. Goes to the Heart and Liver. Compared to previous herbs you’ll note that most of them treat ying and xue stages of heat—not this one.

### Actions

- 1) Cools blood, invigorates blood, vents rashes  
Probably don’t use this with Shen disturbance. More likely used for skin affected by toxicity in the blood.
- 2) Relieves fire toxicity, clears damp heat from skin.  
Still this is used for damp skin lesions and itching as well as burns. The formula here is a topical cream: sheng ji yu

hong gao. “Gao” means cream.

### CC:

Basically about cold temperature affecting spleen and stomach. Some cautions due to cold, some due to bitter.