

Course:	Chinese Herbology 1	Date:	November 4, 2008
Class #:	7 – 8 Clear Heat and Relieve Toxicity		

Clear Heat and Relieve Toxicity

There are several steps to heat entering the system. In Chinese the progression from invasion to serious badness is expressed as “wen → re → huo → du.” Translated into English: warmth → heat → fire → toxicity.

While a disease doesn't always follow this nice logical progression, toxicity is still the worst of the heats. There is some overlap with the [4 stages](#).

This is a huge category. Refer to the Summary on page 35 and group the herbs this way. Learn the damn summaries! Always!

And while we're on that topic, make the following changes to the 2003 version of the study guide:

- 1) change cool blood and relieve toxin → heat toxins in blood
- 2) dysentery → dysenteric disorder
- 3) snake bites → poisonous snake bites

Add the following:

- 1) bai tou wen → heat toxin in the blood
- 2) Jin yin hua → dysenteric disorder
- 3) Pu gong ying → poisonous snake bites.

Heat Toxicity category has a variety of tastes and temperatures. Dr. Zhou doesn't emphasize this or the channel – learn it if you think it helps you to remember it. These are all over the place as opposed to the last category.

Almost all of these will have clear heat/relieve toxicity in the actions.

Jin Yin Hua

Also called just yin hua and shuang hua. The name is literally “gold and silver flower.” Shuang means “double flower.” Is it really yellow and silver? Kinda depends on how close the bloom is to wilting. The taste is sweet and the temperature is cold. It goes to the LU, LI, and ST.

You can mix this particular herb with green tea and drink it. Not bad at all.

For all 3 actions can be used in decoction for preventative, but not strong enough to use by itself to kick out an entrenched invader.

Actions

1. Clears heat, relieves toxicity
Sores, carbuncles and boils (mentioned in the formulas representative of jin yin hua) and such all over the body, no specific area. Remember that “intestinal abscess” is TCM speak for

appendicitis.

2. Expels external wind-heat
Remember the 1st chapter, Release Exterior Wind Heat? Commonly used in Yin Qiao San.
This is a very useful action for this herb.
3. Cools blood and stops dysentery
Add [2B] after this action.
Important use for this herb. Dysentery refers to dysenteric disorders in general, not just the Western dx. Good herb to choose for giardia, food poisoning and such. More than just dysentery.

Dose: change dose from 9 – 15 grams

CC:

- ❖ SP and ST cold xu with diarrhea!
- ❖ Sores d/t qi xu and yin-type sores .

Lian Qiao

Use the fruit, not the flower. Often used with jin yin hua. Look at what lian qiao does and jin yin hua doesn't.

Actions

1. Clears heat, relieves toxicity and *dissipates nodules*
Carbuncles and boils. Lumps/nodules. Add breast abscess (similar to jin yin hua). Note that it can treat pericardium heat invasion (see last formula in study guide).
2. Expels external wind-heat
Similar to jin yin hua also: both are in Yin Qiao San – another chief herb in the formula -- to treat the early stage of wind-heat. Jin yin hua however enters LI (int abscess, dysentery disorder) while lian qiao enters the heart and treats pericardium heat.

Pu Gong Ying

Dandelion. The handy little bastard! Has another name: “Huang hua di ding” which means yellow flower. Compare it to Zi Hua Di Ding – the are similar in actions.

Nothing special about taste and only minimal helpfulness with channels (LV and ST)

Actions

1. Clears heat and relieves toxicity
Add “lung abscess and poisonous snake bite” to the indications. For the snakebite, you need a formula on hand. If you use the fresh form, chew it in your mouth to make a paste and use it as a poultice on the bite. Anti-venom is a much better choice for this!

2. Reduces abscess and dissipates clumps
Especially good for breast and intestinal abscess. For breast, can use it topically.
3. Drains damp and relieves PUD
Lin Syndrome is PUD, ya know. Of course you know. Sorry.

In western Herbology dandelions are used as a Liver detoxification. You can see this here too as the 1st action has to do with liver heat to the eyes and this last action treats damp-heat jaundice. Probably more need for this now than in centuries past when there were fewer environmental toxins.

Zi Hua Di Ding

“Zi Hua” means purple flower. Compare to Pu Gong Ying and see the notation there about the similarity of name.

Only one action:

1. Clears heat and relieves toxicity.
That said, there are a LOT of indications here that match those of pu gong ying...pu gong ying just broke them out into different actions.

One difference to note: deep rooted boils. The final word, “ding” can refer to “deep rooted.” A nail (like a construction nail) is also called “ding” in Chinese. Gettin’ the drift here? Refers to something not wide spread but goes very deep. This happens on fingers, on faces – deep rooted sores/boils. These happened a lot more in the past than now since the advent of antibiotics.

There is a type of sore like this called a “snake head” boil which makes a finger tip look like the head of a copperhead snake.

Chuan Xin Lian

May be the tie for 3rd place with Ku Shen. Very bitter.

Enters multiple organ systems: LI, LU, SI, ST. Digestive tract, skin problems and respiratory.

Actions

1. Clears heat and relieves toxicity
Bunch a different heat disorders in LU, throat, and respiratory system: skin, sinus infections. Urinary disorders too. The formula example, *Chuan Xin Lian Pian* works quite well for sinus infections when a patient won’t take powders.

Important to look at sinus patients and see how overall strong their constitution is. This is really bitter and so cannot be used long term. Also due to the bitterness: 1) tastes very bitter making tablets more popular than raw/powder, and 2) disperses enough that it has low-level antibiotic effect.

2. Clears heat and dries dampness

Da Qing Ye (leaf)
Qing Dai (processed and powdered leaf)
Ban Lan Gen (root)

These 3 herbs go together because they are parts of the same plant. The English name for the plant is indigo or isatis. ...so is Qing Dai, which is a processed version of da qing ye and is powdered form making it easier to apply to certain problems. Ban Lan Gen is the root. All are from the isatis plant.

Da Qing Ye

Da Qing Ye is Bitter and VERY cold. The only other Very Cold is Shi Gao.

Actions:

- 1) Clear heat and relieve toxicity

Treats outbreak of epidemic febrile diseases (measles, mumps, viral meningitis), which indicates the strength of this herb. All 3 listed in parenthesis are viral infections. You don't see this in clinic much, but you may see other virus problems. SARS for instance, was treated with this herb—SARS was epidemic, toxic, affected a large segment of the population in China. It was also used preventatively in medical personnel who were caring for SARS patients and people living in epidemic areas. There are levels of vaccines depending upon one's risk and exposure—this herb is for high risk.

The representative formula, Gan Mao Tui Re Chong Ji is *not* for epidemic disease—Treats wind/heat common cold or flu. The patent is for treatment, not for prevention. It's too strong for prevention.

- 2) Cools blood and reduces blotches

Heat enters blood and causes skin type issues. Another herb in the cool blood category, Zi Cao does something similar.

Qing Dai

Cold in temperature

Action:

- 1) Clears heat and relieves toxicity; cools blood and disperses swellings

Add [2B] to this action since it also cools blood. Can be used internal and topical.

- 2) Add this action:

Drain Liver Fire and extinguish Liver Wind [2A, 15B]

- a. Acute childhood convulsions

Sometimes called febrile seizure – comes with a very high fever in children. If child has a tendency toward high fever will sometimes convulse at lower and lower temps. This is considered to be a manifestation of wind (and wind is caused by heat).

Dosage: Pay attention to this one! Add it to decoction in raw formula

Ban Lan Gen

Actions

- 1) Clear heat and relieve toxicity

Good to have around—it's a good preventative for diseases. Handy for post-contact with a patient who has the flu or cold. Use it when you're around people that are sick and you don't wanna be! Often comes in granules you can dissolve in water. Take 2 bags at first, then 1 – 2 bags. If you keep getting sick, you might need something stronger.

While Ban Lan Gen is a preventative, it's not a shield like Jade Screen. Jade Screen builds a wall before the invader attacks. Ban Lan Gen is a mercenary to fight a close or barely-in type invader.

- 2) Cool blood and benefit the throat.

More specific for sore throat: tonsillitis, pharyngitis. Not for laryngitis/hoarseness. The formula listed is for mumps.

Look at the comparison notes in the study guide.

Ye Ju Hua

This is the wild chrysanthemum flower. Remember [Ju Hua](#)? This is the wild form. It usually comes in yellow and that's mostly what you see in the raw herb forms.

Actions

- 1) Clears heat and relieves toxicity
- 2) Early stage of warm febrile disease *Add this action to the herb!*

Refers to wind-heat showing in patient. Even though Ye Ju Hua is in a different category, does share some functions with Ju Hua. Be sure to compare the two and look at the similarities!

Yu Xing Cao

Literal translation is “fishy smell plant.” That said, it's used as a salad in Chinese cuisine and is rather tasty. The other name for it is “ji cai.”

Actions

- 1) Clear heat and relieve toxicity (standard action for everything in this group...see what else is here); reduces swelling and expels pus (that's what's different!)
- Treats Lung abscess – Lu Gen does too in the Clear Heat/Drain Fire category. Yu Xing Cao is considered to be a great herb to treat Lung abscess.

Do we see this much? Not so much. However, things considered to be phlegm or phlegm heat toxicity in the Lung respond positively to this herb. Either coughing phlegm or blowing nose and

getting green indicates toxicity. This works for both. Clears toxins/phlegm discharges.

- 2) Drains damp heat and promotes urination

Dr Z has never used it for this. Doesn't think it's that commonly used for this.

It is suggested you don't cook this for too long—add it at the end.

Bai Hua She She Cao

Bai Hua She is the name of a snake. The 2nd “she” means tongue. Here's one of these now... →

Actions

- 1) Clears heat and strongly relieves fire-toxicity
Indicates the strength of this herb. In addition to all kinds of abscessy things (toxic sores, abscesses, swelling), add poisonous snake bite.



A common use for toxicity herbs is often acne. You need to differentiate what is causing it, of course, but the problem is often caused by damp heat and heat/fire toxicity. Western meds are often rather dangerous for treatment of acne. See this reference for [Acutane](#) and be sure to look at the “Omigod!” sections.

- 2) Promo urination and relieve PUD

Dr Z doesn't use it for this much. Others are better

- 3) Treat cancer

There are no other Chinese medical terms for cancer – have to get a clear dx from an oncologist. There's not a TCM dx that relates to cancer. By this you know this is a modern application for this herb. Look online for the most recent information.

One of the top choices for cancer treatment. Not hard on the stomach – you can dose up to 60 grams on this herb for this reason. Can also use it a long time without upsetting the digestion. Also, has good fx on various types of cancer.

Add breast, cervical, liver, GI cancer to the list of cancers this herb will treat.

Bai Tou Weng

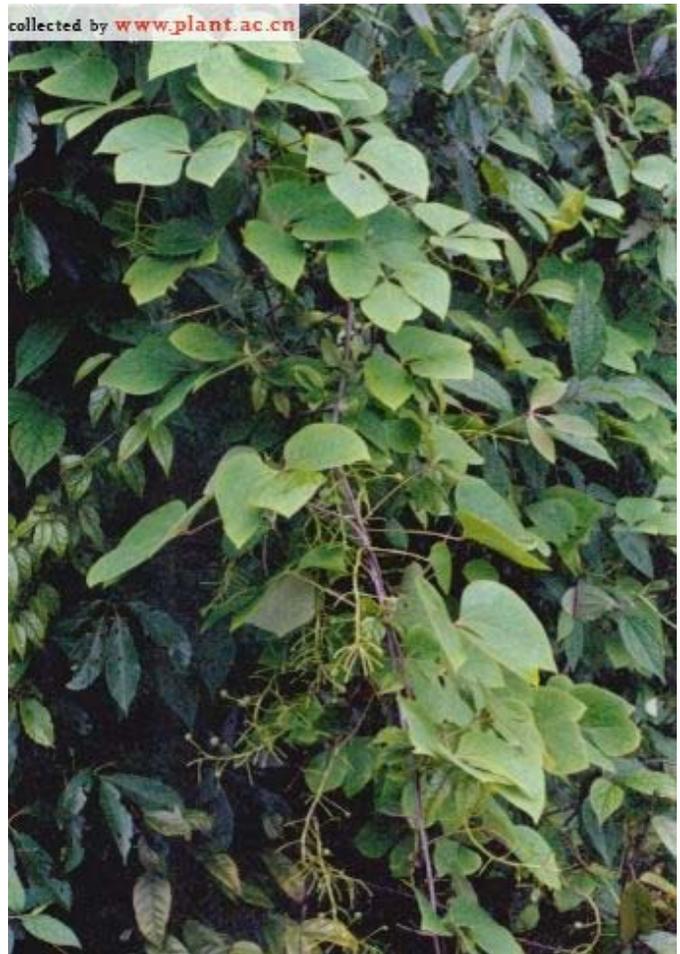
Interesting literal translation: white headed geezer! Both root and flower are used. Bitter and cold and goes to LI. As a matter of fact, the next few have to do with the LI.

Actions

- 1) Clear heat, relieve toxicity and cool blood
This refers to heat/tox in the Large intestine. Look back at Qin Pi.
If patient doesn't have a lot of heat but has the dysenteric disorder, don't use this one!
- 2) Kills parasites and stop itching.
Most often used topically. One of the indications is for trich infection too....Dr Z says not so much used for this second action so much.

View the next 2 herbs together. Actions are similar. Be able to differentiate them!

Hong Teng



Actions

- 1) Clear heat and relieve toxicity, reduce abscesses
Look at the next herb – Bai Jiang Cao – similar, but *expels* the pus after the pus forms.



Note: while herbs *do* work for appendicitis, surgery might be the best choice! Dr Z told a story about having appendicitis and dispersing symptoms

with herbs, but it kept coming back and eventually he had to have it removed . . . but only after he had to have exploratory surgery to find the problem!

2) Dispels blood stasis and stops pain

Again, this is similar to Bai Jiang Cao. Hong Teng, however is a vine and more related to the extremities of the body. Hence the bi syndrome applications.

Bai Jiang Cao

Looks a lot like hong teng in action. Compare and contrast!

Group bai xian pi and tu fu ling together too. Compare!

Emphasize the properties for these two. The main thing to know for these herbs: used for dampness in different ways.

Bai Xian Pi

Bai xian pi has similar properties to the 3 yellows – dries the dampness – and is bitter. This one clears heat/dries damp.

Action:

- 1) Clear heat and relieve toxicity; expel wind and dries damp.

This treats skin disorders, damp heat, sores, rashes, dermatological conditions, jaundice and such.

In western med you have to differentiate between bacterial and fungal infections of the skin. In TCM, not so much! You have to differentiate between damp heat, toxic heat, etc. Bai Xian Pi is useful for stuff *not* due to bacterial infection, but for more damp heat. Good to use topically.

Refer to Ku Shen for another skin herb...often used with this one.

Tu Fu Ling

Tu Fu Ling also dries the damp, but is a Bland herb. This one leaches out the damp and promotes urination! There is something in common between Tu Fu Ling and Fu Ling...more on that later. Tu Fu Ling is a rhizome, however, while Fu Ling is a fungus.

Less commonly used topically.

Actions:

- 1) Relieves toxicity and leaches out dampness
Tells you it promotes urination.

- 2) Treat syphilis and *mercury* toxicity

This is an unusual and unique action! (Probably on test? We shall see) Does syphilis still exist? Probably. Just not as common any longer.

Interestingly, the treatment for syphilis before antibiotics was *mercury*. Good thing this can treat both! Also interestingly, both syphilis and mercury poisoning have similar mental aberrations as symptoms. That said, mercury poisoning syx are wide spread. Can go years without accurate dx.

Shan Dou Gen

Bitter and cold. Can cause stomach upset as a result.

Actions:

- 1) Clear heat and relieves toxicity; benefits throat and reduces swelling
Similar to Ban Lan Gen. Can be a good herb for hepatitis.
- 2) Treats cancer
type of cancers are different than for Bai hua she she cao.

Remove the preppers caution from the CC section.

Look at these 2 together – she gan and ma bo. 1st actions are very similar. 2nd actions very different.

She Gan

Actions:

- 1) Clears heat and relieves toxicity; benefits throat
“benefit throat” = pharyngitis/tonsillitis
- 2) Transforms phlegm, clears Lung
phlegm heat in the lungs – cough and wheeze. First choice for phlegm cold. Can be used along with warm herbs. She gen believed to help wheezing a lot.

Remove the preppers contraindication from the CC section.

Ma Bo

This is a plant spore.

Actions:

- 1) clears heat and relieves toxicity, benefits the throat
Usually “benefit throat” = pharyngitis/tonsillitis...this one however will treat *loss of voice*

2) Stops bleeding

Because it is a fine powder can be used topically. If you use it internally, wrap it in a cheesecloth bag because it is so fine.

Ya Dan Zi

Chen says ya = duck. Should actually be “crow”, so crow gallbladder seed. Regardless, has nothing to do with either bird!

Pay attention to the toxicity – slightly toxic ... but Zhou says it’s more than slightly. Look at the CC section! Harsh for the Liver, can injure ST, LI, KI. Also contraindicated for GI bleeding (directly causes irritation to the GI tract) as well as LV and KI disease patients! Sheesh.

Dr. Zhou only uses this topically.

1) Treats dysenteric disorder

Various types: acute, chronic, recurrent. That said, Zhou doesn’t see it that often and there are no classic formulas for it.

2) Treats malarial disorders

There are more of these in the deficient heat category. This herb used less for this.

3) Treat warts and corns

Topical use only

As far as genital warts: soak in sesame oil and then apply. Actually only reduces size.

Group these 2 together – 1st and last actions are similar.

Ban Zhi Lian

Another skullcap

Ban Bian Lian

First choice for snakebite/wasp stings/etc.

Last 4 herbs are with asterisks! See test review for the significance of this remark!