

Course:	Chinese Herbology 1	Date:	November 11, 2008
Class #:	8 – Deficient Heat		

Deficient Heat

Short section, blessedly!

Look at the root and branches...these treat the branches! They don't treat the root of the problem causing Deficient Heat. (Actually, only Zhi Mu does in previous categories).

First actions are for deficient heat. This not their only action, however. They do other stuff. Other actions are often excesses – like qing hao treating clear summer heat. Just know that not all actions are for deficiency!

Qing Hao

This is *sweet* wormwood. Aromatic herb. This herb, bitter and aromatic, is thus not good for blood xu.

Actions:

- 1) Clears xu heat

This refers to heat in the blood lingering from febrile disease. Please note that this is night fever + morning coolness with absence of sweating which is unique when talking about empty heat.

Night fever + morning coolness – see the first representative formula which is designed for this. Menopause is the most common form of empty heat. However, there are different types of menopause syndromes and not all formulas apply to all menopause patients! Excessive pm sweating for example when soaking the sheets – this is the wrong formula for them! Also wrong: heat in chest/neck with cold feet (disharmony between upper and lower body).

Moral to the story: no blanket herbs for a given syndrome!

- 2) Checks malarial disorder, relieves heat.

Quinine is the classic drug for malaria...but there are drug resistant strains in Africa now. This herb works quite well in the place of quinine.

- 3) Clears summer heat.

Cautions: change “postpartum women” to *postpartum fever*. This is a condition related to blood and yin xu, especially blood. Has to do with blood loss during labor/delivery. Post partum care is always related to blood deficiency.

Because is aromatic, don't decoct too long.

Di Gu Pi

Bark from the plant producing gou gi zi berry. Is sweet, cold and enters LU, LV, KI.

Mu dan pi is similar to this herb...treats Liver heat/blood/stasis while this one treats Lung heat.

1) Clears deficient heat

When you look at this heat, the first indication is night sweating, unlike qing hao. Another indication is for thirst. This herb isn't treating the root (yin or fluid xu) as it is not a yin tonic. However, di gu pi does have a mild effect of generating fluids, so does treat thirst. Too mild a function to really become an "action" per se.

2) Clears heat and stops cough

The formula is for treating pediatric cough, though adults will benefit from it.

3) Clears heat/cool blood

Bai Wei

1) Clears deficient heat and cools blood

Interesting that this herb does treat postpartum fever while qing hao just 2 herbs up cannot treat it at all!

2) Treats yin xu type of common cold

Another herb that does this is dan dou chi – common cold wind heat with yin xu. This is about deficient body constitution.

3) Promote urination and relieve PUD

Dr. Z never uses this action, can't really vouch for effectiveness.

Group these together. Yin Chai hu and hu huang lian often used together. Similar functions in 1st and 2nd actions

Yin Chai Hu

Sweet and Cool, LV and ST. Think Chai Hu when you see this! Considered to be "fake" chai hu when first used because couldn't get the real deal. Whitish looking and much bigger herb than chai hu. But if you compare the 2, you see very little in common! Now it's a stand alone herb, but shares a name.

1) Clears deficient heat

2) Clears heat from childhood nutritional impairment

This is the Kwashiorkor form of malnutrition

Hu Huang Lian

You think Huang Lian when you see this! This one makes a little more sense than yin chai hu. First, "hu" refers to the countries north of China – controlled by the Goths and the Huns in Mongolia and middle east. Lots of wars between China and these nomadic tribes.

Hu Huang Lian was first used in the north of China as a sub for Huang Lian. Even now huang lian is more expensive than others – 3 – 5 times more pricey.

Look at the last action – similarities here. Other wise, not so much.

- 1) Clears deficient heat
- 2) Clears heat from childhood nutritional impairment
This is the Kwashiorkor form of malnutrition
- 3) Drains damp heat