

Course:	Chinese Herbology 2	Date:	January 6, 2009
Class #:	1 – Dispel Wind-Damp/ Relieve Cold and Relieve Heat		

Herbs added by Dr. Zhou (difference between old and new book)

- ❖ 4A - Promote Urination/Relieve Edema:
  - Xiao Dou
  - Yu Mi Xu
- ❖ 14B – Calm Shen
  - Ling Zhi (reishi mushroom)
- ❖ 18
  - Zhang Nao

Changes

- ❖ 16 – Open Orifice
  - Niu Huang - Move to chapter 15B

## Herbs that Dispel Wind Damp

This class of herbs is for Bi syndrome, or painful obstruction syndrome, caused by wind and damp. There's an excess part and a deficiency part. The first 2 sections are for cold and heat while the last is for strengthening the sinews and bones. This refers to invasion of pathogens: wind, damp, cold and heat. Painful obstruction of the channels can also be due to Qi and Blood stagnations. If the patient has a long term problem this can also be caused by phlegm or fluid retention – might see nodules or edema.

When Bi syndrome becomes chronic there is deficiency. There is an invasion of pathogens (wind, damp, cold, and heat) and patient is not able to recover. These are the same pathogens as discussed in the beginning of the last class – external wind, cold, damp and heat, though those herbs were for short term acute invasions.

- ❖ Wandering Bi  
When wind is predominant you will see a moving form of Bi syndrome
- ❖ Fixed Bi  
Damp is predominant in this version
- ❖ Painful Bi  
Contraction and pain due to cold.
- ❖ Heat Bi  
Swelling and pain due to heat.

You generally don't see a single type of Bi, but see combinations. Wind + Damp = Feng Shi. This is generally a common way to say "arthritis." On top of this comes the cold and the heat, sometimes even in combination. Remember that you can use a somewhat warm herb to treat cold bi if you combine

correctly. The herbs in the Dispel Wind Damp category aren't always broken down by hot/cold. There are several neutral herbs in both subcategories.

The Chen book follows the summary you find on page 57 of the old study guide. You will find herbs listed in both hot and cold categories in the summary. This is mostly grouped by 1) cramps, stiffness, numbness, 2) pain relief, 3) for weak tendons or bones. Zhou breaks it into temperature. This comes in handy (I hear) for formula writing later on.

Channels aren't all that emphasized for this chapter unless exceptions are noted.

## Dispel Wind-Damp and Relieve Cold

### Du Huo



This herb goes the KI and BL. It's bitter, acrid and warm. When you see Du Huo, always think of Qiang Huo. The odor is not as strong, but it is noticeable. Notice between the 2 that the order of actions is reversed, but the actions are still the same! Qiang Huo treats upper back and Taiyang headache. Du Huo treats lower back and Shaoyin

headaches/toothache. That said, there's more in common than there is different.

Please note that the order of the channels is on purpose: Kidney first, then Bladder. This too is reverse of Qiang Huo. Remember Qiang Huo is good for Taiyang headaches and has Bladder as the first channel it treats. Du huo treats Shaoying headache and has Kidney (Shaoyin channel) listed first. This is a comparison of the difference of the Yin and the Yang of this pair. Thus, Du Huo enters the Yin channel more than it does the Yang.



Qiang Huo this is for a more superficial/Yang invading pathogen and is more for acute stage. Du Huo is for more deeper pathogens, more Yin/chronic pathogens. Look at this in addition to location of the body that is treated when studying this as a single herb! (In reality, they are often paired together...)

### Wei Ling Xian



Interestingly, you can use this as a paste and apply as a poultice for bone spurs on the heel. Go figure!

This herb is acrid, salty, and warm, going to the UB channel. Salty softens the hardness. The second use of the herb is to soften and transform fish bones. Hmmm.

Chinese Herbology 2 – Winter 2009

[www.CatsTCMNotes.com](http://www.CatsTCMNotes.com)

Page 2 of 6

Very *unique* use. No second herb that does this and is used alone for this purpose or you can mix it with vinegar and brown sugar to make a thick syrup. This plus the vinegar helps dissolve the fishbone, and also relaxes the throat.

## Mu Gua



Add a 3<sup>rd</sup> action to this herb in the old book:

- ❖ Reduces Food Stagnation
  - Epigastric distention and fullness and a poor appetite.

Add a new name for this herb, too: chaonomeles fruit.

In Chen's Book the common name is also called papaya...this is *not* the papaya you see in the grocery store, though it is related!

First action is to relax sinews and unblock channels. This is more for stiffness, cramps and numbness than it is for pain. Also, better for lower back and lower extremities.

Under the note, remove the “wind” in wind-damp predominant. It's damp-predominant only.

## Chuan Wu



Chuan Wu is very toxic!!! It's an aconite. Cao wu is another form and is also toxic. Wu tou refers to either chuan wu or cao wu. Fu zi is a relative too. This is the accessory root of the main and is used to warm the interior.

This toxicity refers to the fresh raw form, not the prepared form. You can't even order this herb, though it is still available in some Asian countries.

Add a 2<sup>nd</sup> action:

- ❖ Reduce swelling and breaks up hardness
  - Hard swelling of yin boils and carbuncles
  - External use only, use the Sheng form. . . which you can't get!

You can use this for internal organs and headaches as long as it is caused by cold!!!

Chuan Wu is the strongest herb for Cold-predominant Bi Syndrome.

As far as cautions, make these changes:

- ❖ Change to yin xu OR true heat/false cold
- ❖ Change antagonist to incompatible with bei mu, etc.

For internal use of the Sheng form, you **MUST** cook it first – 30-60 minutes. For the prep'd form, you don't. Prep reduces the toxicity already.

## Bai Hua She



Toxic-o-rama. You don't use the venom, but the meat, though...Generally you use a smaller dose with toxic herbs and there's a preppers caution...but that's strangely missing here! As it turns out, the part you use isn't actually toxic.

Change the common name of this snake to “bungarus parvus.” Multibanded krait is not used anymore. In Chinese it's “yin huan she” or silver/white ringed snake and is indeed poisonous. If you were in the mood you could also substitute the qi she or agkistrodon acutus snake...just in

case you're collecting or something.

## Wu Shao She

Both this and the previous can be used for external or internal wind. This treats wandering Bi.

Change the “any kind of rash” to “severe skin itching. This can be itching, numbness, other infectious disease such as syphilis or leprosy (which in Chinese medicine is called “ma feng” a form of wind – ma means pocked).

Also good for weakness of limbs as well as for chronic problems. There is thus a bit of tonifying effect to this herb, though not enough to warrant it as part of the description.

Change tetany to tetanus.

## Hai Feng Teng

This is a commonly used herb clinically. Very good for bi pain relief, despite very little in the description. Nothing really special.

## Dispel Wind-Damp and Relieve Heat

### Qin Jiao



This is a gentian.

Make a change in the old book:  
Instead of relax sinews, change it to alleviate pain.

This is more of a pain relief herb than a relaxer. Pain can be due to heat or cold. Note that this is a *moistening* herb in the wind dispelling herb groupings. Most others are acrid and/or warm and are very drying, causing yin damage long term.

In the note in 3<sup>rd</sup> column, add “mild effect to moisten intestines and unblock bowels.” You *don't* use this as a 1<sup>st</sup> choice to treat constipation, but you should know this if the patient has loose bowels (like due to Sp xu)! This will definitely aggravate diarrhea/loose stool.

2<sup>nd</sup> action is for deficient heat, but not strong enough for a yin tonic. Note that both of the formulas listed are indeed for yin xu.

Dr. Z has never used this herb for jaundice before...but don't let that stop you!

### Han Fang Ji



The same notes applied to Mu Tong. Aristolochia acid is herein and is a baddie – KI damage and more fun...so much so that guang fang ji is now banned as is qing mu xiang, guan mu tong and ma dou ling.

This herb actually belongs to the category for edema, the 2<sup>nd</sup> action for this herb. Especially useful in the lower part of the body, bursitis, floating edema.

The first action is for the Bi Syndrome.

Look at the temperature: cold. Note the channels for this herb (not so much for the others except for the first one, Du Huo): UB, SP, KI.

### Sang Zhi



It's not all that strong for pain, but treats numbness and stiffness well. Can be shoulder, elbow, wrist affected by Bi Syndrome.

2<sup>nd</sup> action for Sang Zhi is for urination. Pretty mild effect, actually. Clinically don't use it this way. Use Sang Bai Pi more for that under phlegm, coughing, wheezing category. That one is better for urination/edema.

Very safe, has a large dose you will please note.

## Xi Xian Cao



The fresh form is pretty smelly – the Chinese means “dirty pig! But the dried form isn’t supposed to be that bad. I’ll let you know after I smell it in the lab!

Good for heat bi.

In the new book the 2<sup>nd</sup> and 3<sup>rd</sup> actions are swapped. Also, add [18] into the bracket on the “Clears heat and relieves toxicity” action.

As far as the word “pacify” on the 3<sup>rd</sup> action, this is a slightly weaker implication than subdue is. Subdue is used in the mineral herbs which grab and anchor.

## Si Gua Luo



This is an edible gourd, but if you let it hang too long the squashy parts turns to fibrous luffa. As a matter of fact, you gotta check it constantly when it’s growing as it will go from edible to not in a week.

Benefits breasts. Mild fx for cough, but rare use. First 2 actions are more frequently and practically used, esp 2<sup>nd</sup> one.

## Ren Dong Teng



This is the stem of the honeysuckle and Jin Yi Hua is the flower. Can treat heat toxicity, a commonality with jin yi hua (though jin yi hua is much stronger).

Especially good for heat bi—hot swollen painful kind.

## Hai Tong Pi



Neutral temp so good choice for either cold or heat. Watch out for that caution in the 3<sup>rd</sup> category. Follow the dose! If the patient is on meds for those problems, don’t use this herb!!