

Course:	Chinese Herbology 2	Date:	March 24, 2009
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Chapter 11: Herbs that Warm the Interior and Expel Cold

First encountered with exterior wind-cold, then bi syndromes and wind-damp-cold (channel and meridians affected). The other chapters mention them, such as phlegm cold, but the emphasis is phlegm and cold in the Lungs. Aromatic transform cold talked about damp cold in the spleen/stomach. Warm the meridians and stop bleeding refers to yang meridians and deficient cold.

Cold can lodge in the body all of these places. This chapter talks about interior cold in the organs. There are two types: excess cold and deficiency (yang xu) cold.

- ☉ The term “expel cold” refers to exogenous cold (the origin of the cold is external to the body). This is an excess cold. This can be weather related, diet related, etc. Stomach flu that is cold in nature is a cold in the stomach. This can be in either an acute stage or a chronic type of condition.
- ☉ Deficiency type cold requires tonification...of the Yang.

Know the channels for this one. This will tell you what kind of cold is treated by each herb.

Fu Zi

#1 herb for Yang collapse. No herb as strong/effective as this one...so you know it's strong! Related to Chuan Wu, but not as toxic. Used in the zhi form as is less toxic, safer. You can have the patient pre-cook if you are iffy about whether it's been prepared correctly.

The sheng form, raw, is what you use topically, but no longer available in the US.

Channels = Heart, Kidney, Spleen. All are equally important for this herb.

Actions

1. Restores devastated/collapsed yang

Use Zhi Fu Zi

Refers to yang qi extreme deficiency plus yin cold. This isn't a localized cold but a broad whole body cold.

Add to the old version: Shaoyin syndrome. That's what is being described here. You'll see the channels – two of three are **Shaoyin channels. Heart is the emperor fire portion of the component, Kidney is both:** water plus ministerial fire. When both diminish it is the end of life.

This may not refer to a terminal illness... can still rescue this case but without care the patient will diminish quickly. That said, you probably won't see this patient in the clinic...if you do, call 9-1-1!

2. Warms the fire and assists the Yang.

Use Zhi Fu Zi

This refers to deficiency of the Kidney and Spleen channels. Look at the problems of elimination and of reproduction here.

Fu Zi doubles as a Yang Tonic in addition to using it to warm the interior.

3. Disperses cold, warms channels, alleviates pain

Chuan wu used for this too. If you don't have that, use fu zi. Good for Cold Bi.

In the old book, *add headaches, chest bi, abdominal pain due to cold.*

The sheng form is best for this...which you can't get.

And another thing about fu zi: don't confuse this with bai fu zi – phlegm cold category which is a wind phlegm thing. Bai fu zi is indeed the same plant, but difference in preparation yields different herbs. Bai fu zi used by Dr. Zhou for Bell's Palsy.

Gan Jiang

Dry ginger. This is the 3rd go round for ginger. Pao jiang (stop bleeding/warm meridians) is dried then deep fried. Both sheng jiang and pao jiang also warm the middle. See the first action.

Goes to SP/ST, LU/HT. MJ and UJ.

Actions

1. Warms middle, expels cold.
That's about the middle jiao. Either excess or deficiency (spleen yang xu) cold in the middle jiao.
2. Reduces devastated/depleted/collapse of Yang and expels cold.
3. Warms Lung and transforms phlegm.

Preggers caution – per both Chen and Bensky. However, no preggers caution per most old Chinese medical sources. Ok, perhaps because it's hot.

Rou Gui

Also called gui pi. (*change it in the old book – not called guan gui – guan gui is a younger branch, different herb*) Gui zhi is the twig and we studied that as our 2nd herb in gui zhi.

Pay attention to those channels! KI, HT, LV, SP.

Actions:

1. Warms the Ki, assists Yang, leads the fire back to the source.

- a. KI Yang xu
This is about the Kidney. First part is about KI yang xu.
 - b. 2nd part talks about leading the fire back to the source
Excessive heart fire with KI Yang xu below. This is not the same as Heart/KI disharmony which is about Yin xu.
2. Warms the SP, expels cold, relieves pain
SP yang xu + cold and reduced appetite. Similar function to 1st action. Warms the MJ.
 3. Warms/unblocks channels and vessels, alleviates pain

Note the 1.5 – 6 grams dose. Change the cooking directions to be “add near the end” and that’s a strict thang!

Wu Zhu Yu

Toxicity is related to the overdose and hot property. Acrid + bitter + hot = one very dry herb.

Channels are LV, KI, SP/ST

Actions

1. Warm LV channel, relieve constrained LV Qi and alleviates pain
Liver channel above.
2. Redirects rebellious Qi down and stops vomiting.
Stomach *and* Spleen for a whole MJ thang.
3. Warms SP, stops diarrhea
Spleen channel. Cock’s Crow diarrhea.
4. Leads fire down
Kidney channel.

Xiao Hui Xiang

Fennel seeds. LV, KI, SP/ST

Actions

1. Warms Liver and Kidney, expels cold, alleviates pain
Includes cold hernia disorders.
2. Regulates qi and harmonizes ST
Middle Jiao – SP and ST.

Hua Jiao

SP, ST, KI

Remove the slightly toxic property. There's a tiny black seed inside this husk – that's a different herb called jiao mu. The properties are very different. See the note in column 3.

Actions:

1. Warms MJ, disperses cold, alleviates pain.
Cross out the deficient cold part in the old book. This herb is NOT for deficient cold.
2. Kills parasites, alleviates ab pain
3. Dry damp, relieve itch
Very useful for rash itching.

Ding Xiang

Add 12C to the end of the 2nd action – this is a yang tonic.

Also often used in infertility formulas.

Note that it is antagonistic with Yu Jin.