

Course:	Chinese Herbology 2	Date:	January 13, 2009
Class #:	2 – Ch 5C: Dispel WD/Bones and Tendons, Ch 6A:Resolve Phlegm-Cold		

Chapter 5C Dispel Wind-Damp/Strengthen Bones and Tendons/Sinews*

*Sinews can include disc and cartilage as well as ligaments.

The previous herbs were more for excess/external pathogens influencing the body. These are more for deficiencies. As such they are for chronic Bi syndromes.

Differences between the old and new books here. After Wu Jia Pi in the old version is Ci Wu Jia. In the new book it goes to the Qi Tonic on page 104. Note that it is not listed on the syllabus and will not be tested.

Dispel Wind Damp, the name of the major category, is an aspect of excess. “Strengthen” Bones and Tendons refers to treating of deficiency. Sometimes a person can have deficiency of tendons and bones, but not because of wind or damp. Other illnesses might lead to these deficiencies. Sometimes in these herbs you can use them even without wind and damp involved.

You don’t really use these for broken bones nor for osteoporosis

Wu Jia Pi



This herb is also a Yang tonic (see section 12 C), though this is not it’s primary use.

Actions:

Dispel wind damp and strengthen sinews and bones.

Note that the indications on the first action refer to “motor developmental delays in children.” This can be due to nutritional deficiencies or due to congenital insufficiency. Example: calcium deficiency can result in the fontanelle not closing properly. Doesn’t belong to Bi syndrome, but is definitely a weakness of tendons and bones.

Promote urination and reduce edema

Chapter 4 referred to this a lot – drain damp, promote urination, etc. Xiang Jia Pi is more often used for promoting urination. Bei Wu Jia Pi is a different form – Cortex periploca sepium.

Ci Wu Jia



it Eleuthero now.

Once known as Siberian Ginseng, but call it Eleuthero or Acanthopanax root now. This is a Qi tonic and Dr. Zhou has actually moved it to the Qi Tonic section. See page 104 if you have the new book. This was called Siberian Ginseng as a marketing scheme to make it sound exotic and jack the price. That’s why we call

This is a relatively new herb. The “Ci” in the herb name refers to the thorns on the stem of the plant.

Tonify Spleen Qi and Lung Qi.

This is the new first action even though it doesn't enter the Lung channel – this is because you tonify the Mother, the Spleen, which then tonifies the Lung.

Nourish the Heart and the Spleen

Use for fatigue, weakness, insomnia, poor memory. Used to be a popular remedy for this in China about 30 years ago kind of like Ginko Biloba used to be in the 90's.

Strengthens Spleen and Kidney Yang

Tonifies these functions.

Sang Ji Sheng



This is a mistletoe growing on the mulberry tree. This type of parasite also grows on other trees, but it's got different names depending on what tree it grows on. Sang Ji Sheng for instance has more of a tonifying effect where it's cousin from another tree, Hu Ji Sheng, will expel/dispel pathogens.

Mistletoe is semi-parasitic, producing it's own chlorophyll, yet taking water and nutrients from the host tree. Birds propagate it either in their feces or when the white sticky seeds stick to a bird's bill and they wipe it clean on the bark of a tree. The seeds sprouts and forms a modified root which penetrates the bark to the cambium layer to tap into the water and nutrients.

This herb is also considered to be a Yin tonic. Note that this herb is neutral in temperature rather than warm bitter and hot like a lot of others in this category.

Actions:

Expels wind-damp, tonifies LV and KI, strengthens bones and sinews

Nourishes blood and calms fetus

Morning sickness doesn't make a fetus restless. What makes a fetus restless is the lack of nutrients available when the mom is so sick to her stomach she can't eat enough nutrients! This treats the weakness of blood deficiency caused by the morning sickness that could result.

Hypertension

This is a modern use. There isn't really a term meaning hypertension in TCM. When used in conjunction with herbs that calm the Liver, help with floating of Liver Yang due to Liver and Kidney Yin Xu (or address other problems causing hypertension in TCM) it can treat hypertension. Remember that this is a Yin tonic—this helps with the underlying LV and KI Yin Xu.

Gou Ji



“Gou Ji” means Dog Spine. Why? Who knows. The dried form kind of looks like a spinal process...more important is what condition it can treat: sore/weak lower back and spine.

Actions:

Expels wind-damp; tonifies LV and KI; strengthens bones/sinews

Stabilize KI

“Stabilize” is to prevent leakage...in this case of Kidney Essence. Mild action and rarely used. Treats urinary incontinence and vaginal discharge.

Qian Nian Jian



Name translates to “healthy for one thousand years.” But really doesn’t. Not used for longevity or preventative care much.

Actions:

Dispels wind damp, strengthens sinews, bones.

Used for WDC Bi.

Chapter 6A

Resolve Phlegm; Relieve Cough and Wheezing/Resolve Phlegm Cold

This is a section to treat phlegm and wheezing. May be even more useful than herbs for Bi Syndromes. This includes subsections for 1) Phlegm Cold, 2) Phlegm Heat, and 3) Coughing and Wheezing. While Phlegm can cause cough and wheeze, you might also have patients with cough minus phlegm. Like in pharmaceuticals some expectorate, some no.

Phlegm is not an exogenous pathogen, but is borne in the body as a result of exposure to pathogens. This is also true of blood stasis. This, then, is the middle man: on the front end is the pathogen, then phlegm is formed, then other problems result.

Sputum in English is equivalent to “Tan” or Phlegm in Chinese. In English sputum is phlegm that is coughed up from the respiratory system while phlegm is the equivalent of mucus anywhere in the body. In TCM phlegm has other definitions: phlegm is when something goes wrong with the water metabolism of the body.

- ❖ Phlegm cold
Also called phlegm fluid. This is more watery phlegm, like nasal discharge when it is thin, clear and runny...perhaps the beginning stages of this thing that is going wrong with the water metabolism.
- ❖ Phlegm damp
Often the word “sticky” is applied to phlegm damp. It is often described as white. Phlegm damp is more condensed than phlegm cold.
- ❖ Phlegm heat
Yellow, sticky, and thick. The yellow might come in different shades or degrees. The closer to green, the more heat is leaning toward toxicity. If it goes green, then it has become toxic—heat on steroids! Phlegm heat is even more condensed than phlegm damp and is more congealed—cooked by the heat.
- ❖ Phlegm can progress to nodules – a solid form that is super congealed. This is often phlegm heat and phlegm toxicity.

The term “transform phlegm” is different than “expel phlegm.” Anything listed as expel is more of an expectorant while transformation refers to the Spleen’s ability to handle the phlegm internally, transforming it into something useful. The idea is that the phlegm won’t come out, but will be broken up by the Spleen and discarded in the stool . . . or perhaps coughed out by the Lung, but not always.

In Chinese the term Hua Tan means to transform phlegm while Qu Tan means to expel.

Ban Xia



We don't use Sheng Ban Xia (toxic), but the Zhi forms (less toxic). After the herb is repaired the toxicity is much relieved. When you see something listed as toxic, look for a pregnancy caution or contraindication...if it's not there then it's probably safe.

Very important herb for phlegm damp or phlegm cold. Er Chen Tang is a basic formula for phlegm damp and many others are based upon it. Ban Xia is not by itself an herb for wind phlegm but can be used in formulas for this purpose.

While it is a warm herb, you can still use it in herbal formulas for phlegm heat.

Dries damp, transforms phlegm

Again, transform indicates that the Spleen is going to break it down and transform it inside the body.

Redirects ST qi downward, stops vomiting

Includes morning sickness. In the new book, Dr. Zhou has added the formula Mai Men Dong Tang for Stomach Yin Xu. Add it in your old books if that turns you on.

Dissipates nodules, reduces distention

Talking about 2 groups of problems, really because these are 2 separate conditions.

Nodules. Not all nodules are phlegm heat. Remember Xuan Shen (clear heat/cool blood)? It addressed phlegm nodules. Xia Ku Cao is another example.

- ❖ Phlegm nodules
- ❖ Goiter
- ❖ Scrofula

Qi + phlegm in the throat is plum pit qi. You must be careful about this diagnosis – can be emotional, but could also be acid reflux disease, etc.

Distention.

Doesn't refer to sharp pain in the abdomen. Ban xia can be used to treat distention type pain in the abdomen/chest.

- ❖ Fullness
- ❖ Pressure and pain in chest/epigastrium

Reduces swelling, relieves pain

This is a change in the old book, which reads "clear toxicity." The indications stay the same under this action. For this action, use the Sheng form...in theory...not available in the US due to the toxicity. *If* you could buy it, you could use it for mastitis, tooth abscesses, etc.

Tian Nan Xing



Dries damp, transforms phlegm

Change the wording if you have the old book.

Same wording as Ban Xia, but this is considered to be stronger than Ban Xia. Watch out though...this is more toxic than Ban Xia and is thus more dangerous to use. Ban Xia is used all over the place, while this is more specific in action and treats stubborn phlegm.

Expel wind phlegm in channels, stops spasms

Change this wording if you have the old book.

This is the biggest difference between this and Ban Xia. Wind phlegm is wind + phlegm. Think about epilepsy – wind is the epilepsy with the convulsions and spasms but it comes with the gurgling and the foaming of the mouth.

[Practical Diagnosis in Tradition Chinese Medicine](#) by Tietao Deng, page 262 talks about what Wind Phlegm is and what the signs are.

Clears toxicity, reduces swelling

Refers to skin problems as well as rheumatoid arthritis and cancer of the cervix. Ban Xia is more mild in prep'd form while this one isn't so much.

Bai Fu Zi



This too is toxic in the Sheng form.

Dry damp, expel wind phlegm and stop spasms.

Similar to the 2nd action of Tian Nan Xing...but doesn't treat phlegm in the Lungs while Tian Nan Xing does. Doesn't enter the Lung while the previous herb does.

Reduces toxicity and dissipates nodules

Note that dosage is actually smaller than the previous 2 herbs.

Channel/Action Comparison of the 1st 3 Herbs:

Ban Xia	Tian Nan Xing	Bai Fu Zi
SP/ST	SP	SP/ST
LU – for phlegm damp, expectorates the sputum	LU –phlegm damp	
	LV- wind phlegm	LV – wind phlegm

Bai Jie Zi



Warms Lung, expels phlegm

Stronger effect on cold than the previous 3 herbs. This works on watery mucus – phlegm cold.

Regulates Qi, dissipates clumps

Change the word “nodules” in the old book to “clumps.” This doesn’t treat nodules.

Action is actually for joint pain, body aches and *numbness* (add the word numbness to the old book), yin type boils, bedsores, and watery oozing sores.

The representative formula, Yang He Tang, was last mentioned under Ma Huang...so it has something to do with cold.

Note the cautions and *change the dosage* from 3-9 to 3-6 grams. Also, add a caution:

- ❖ Gastrointestinal ulcers and/or gastrointestinal bleeding

Xuan Fu Hua



This is a very light floaty herb and you need to put it into a cheesecloth bag to cook it.

Look at the note: this is a special flower. While most flowers have ascending properties, this one is known for its *descending* action.

Descends Lung Qi, transforms phlegm

Redirects ST Qi, stops vomiting.

Bai Qian



Jie Geng

