

Course:	Chinese Herbology 2	Date:	January 27, 2009
Class #:	4 – Relieve Cough and Wheeze continued, Aromatic Herbs that Transform Dampness		

Test next week – Week 5.
 Covers material from Class 1-4.
 30 multiple choice at ½ pt each, 10 TF at ½ point each.

Zi Wan and Kuan Dong Hua enter the LU only. Note that both Moisten LU, -cough, res phlegm. Between the 2, Zi Wan is better for phlegm and Kuan dong is better for cough.

Zi Wan

(pile of sticks)

Zi means purple in this case, tho the root isn't purple at all.
 Enters LU. The sheng form is for acute cough while the mi zhi (honey fried) kind is for chronic cough with dryness in the lungs and enhances the moistening function.
 If you have a lot of phlegm, pick the sheng form.



Add this formula if you are using the old version: she gan ma huang tang (for wheezing).

Better for phlegm than for cough.

Kuan Dong Hua



Flower part of the coltsfoot plant.

Add this formula if you are using the old version: she gan ma huang tang (for wheezing).

Better for cough than for phlegm.

Su Zi



This is the Perilla seed, like Zi Su Ye from first term. Similar to Xing Ren, also enters LU and LI. There are similarities and differences between the two. Xing ren treats the early stage of cough/invasion.

Su Zi however descends LU qi, transforms phlegm, stops cough and wheeze. As a matter of fact, very effective for phlegm even though it is in the cough/wheeze subcategory. Good for phlegm obstructions.

Deficiency asthma = harder to inhale than exhale. This is LU/KI xu.
Excess asthma = harder to exhale, more wheezing.

Su Zi is an important herb to treat excess type asthma.

Su zi is less often used to treat constipation than Xing Ren. Xing ren treats more types of cough due to dispersing effect, more useful for early stages of cough. Su zi is more effective in treating phlegm and phlegm obstruction.

Su Zi (seeds) comes from older plants than does Zi Su Ye in which you just use the early leaves.

Bai Bu

Bitter and slightly warm, only goes to LU. First action is to

Moisten Lung; stop cough

Change the wording to read: “acute or chronic, cold or heat, excess of deficient, exogenous or endogenous.” Theoretically can treat all kinds of cough, but may not be the best choice.

Note, IS for cough, but NOT for wheezing. You’d have to add more herbs for that.

Expels parasites, kills lice

Use it topically for lice, internally as an enema for pinworm.

Delete the “fleas” in the old manual. Unfortunately, doesn’t work for fleas. Which is too bad.

Mi Zhi is more for chronic/dry cough. Sheng is for more acute cough.

Pi Pa Ye

Bitter and cool, goes to LU and Stomach.

Clear LU heat, transform phlegm, stop cough

Harmonize ST, redirect ST qi downward

Bai Guo

Ginkgo nut. Leaves have been used in TCM only in recent 3-4 decades. Ginkgo nut has much longer history and has little to do with the leaf functions.

Ginkgo tree is one of the eldest on the planet.



Goes to the LU and KI. Note that bai guo can stabilize both Lung Qi and urine. In some books it goes in the stabilize/bind category.

Stabilizes LU Qi; stops cough and wheezing

Note the wording change as compared to the old book. Also change the old book's indications for this action to read: "unproductive cough/wheezing due to LU dryness or LU and KI xu."

Stops discharge, stabilizes urine

Slightly toxic. What's that about? Cautions say not to use large qty or for long term, especially with kids. Regular dose is 4.5 – 9 grams – one seed is about a gram. While our doses are listed by grams, often the prescriptions call for a number of seeds.

According to Chen's book gives range for children (7 – 150 seeds/nuts) and adults (40-300 nuts/seeds)! Those are big ranges! If you cook them the toxicity is reduced. Also, if you use gan cao or boiled ginkgo shells this an antidote! If you cook the shells with the seeds then you have basically solved the problem. There's still a small risk, but you'd have to use 100 seeds or more for risk.

Toxicity is of a respiratory nature plus headaches, vomiting, dyspnea, tremors, stiffness, and more fun stuff.

The following 3 herbs are cool/cold. The previous herbs were either neutral or warm and could be used for heat/cold. These could be too, but you'd have to be more careful about combination and be aware of the temperature.

Pi Pa Ye

Loquat tree leaves.

This is for cough due to *certain patterns* and is *not effective for wheezing*. Cough due to LU heat, directs LU qi downward and moistens LU dryness. Again, there is a sheng and zhi form. Treats both moist and dry cough.

Harmonizes ST, redirects ST qi downward

Anytime you see this, you think n/v, hiccup, belching and ST heat. Zhu ru (zhu ru tang) was the previous herb we studied with this function. Could also use it for morning sickness due to ST heat, but zhu ru is more effective.



Sang Bai Pi

Sang Zhi and Sang Ye were the previous 2 herbs from the mulberry tree. This herb is actually the bark from the root.

Drains heat from LU, stops cough and wheezing

Sheng form for Lung heat. Mi Zhi form for Lung deficiency.

This herb is cold, not cool like pi pa ye. Thus purposefully uses the word “Drain” heat in regard to the Lung. (Note that Pi Pa Ye, a cool herb, “clears” the lung heat). Sang Bai Pi is stronger in effect for clearing heat. Even though it is cold you could combine it with other herbs and still use it to treat cold.

Note that this herb also treats wheezing where Pi Pa Ye didn't.

Promotes urination, reduces edema

Sheng form for edema. (Another herb with a mild effect for edema was Sang Ji Sheng – rarely used for this, but it is related in a cousin kind of way.)

Change the indication wording to read: “Floating edema, facial edema, swelling of extremities; difficulty breathing, urination difficulty due to Lung Qi obstruction.”

Cautions include wind-cold. However, there's a formula in the listing for treating wind-cold with Sang Bai Pi in it. Balanced out by warm herbs.



Ting Li Zi

Acrid, bitter and cold in nature. The general picture is the same as for Sang Bai Pi. Ting Li Zi is effective for phlegm. Good for excess cough/wheezing/ profuse sputum and gurgling in the throat, all due to phlegm.

Considered to be a pretty strong herb so there is more caution geared toward deficiencies.

Promotes urination, reduces edema

Not really for facial or floating edema, but for fluid accumulation such ascites and pleurisy.



Aromatic herbs that transform dampness

Dampness is in the middle jiao – SP/ST. Aromatic herbs

There are a total of 8 herbs. Some are aromatic while others are not in the old book: change that to make all herbs in the category also aromatic in nature. Most of these herbs are warm in nature, so what this category treats is really more damp cold. Some show more cold signs than others.

The introductory paragraph refers to “Reviving” the spleen. In Chinese the word is “xing” with a literal translation of “awaken.” These herbs don’t treat deficiency, however! They awaken the Spleen’s ability to process the excess damp.

One aspect of dampness affecting the middle jiao is that nausea/vomiting becomes a higher probability. These herbs treat that too (huo xiang, bai dou kou, sha ren, cao dou kou).

Some of these herbs can also treat exterior dampness: huo xiang, pei lan, and cang zhu.

Note that in the summary there is “dry damp” and a “transform damp.”

Dry damp (zao) is a stronger effect than transform. These are cang zhu, hou po, cao dou kou, cao guo
Transform damp (hua). These are huo xiang, pei lan, bai dou kou, sha ren.

Add the following category to the summary:

Promote movement of Qi:	hou po, sha ren, bai dou kou, cao dou kou
Reduces food stagnation	hou po, cao guo

Note all of the digestive symptoms. Dampness blocks the free movement of Qi...and the choked movement of Qi promotes dampness! All herbs enter the SP/ST and some enter LU and/or LI.

Huo xiang and pei lan often combined together as a pair.

Huo Xiang

Patchouli. Smells like it in the jars in the herb lab, too.

Aromatically transform damp

Damp here is more damp cold than damp heat. No signs of heat.

Stop vomit due to damp

Vomiting is part of the general syx, but this is highlighted for this herb. This is vomiting due to damp (cold or heat) and also treats morning sickness.



Release exterior and transform turbidity

Take out the “heat with internal” part of the indications so it reads: “external wind-cold or summer damp”. If you eat something unclean and dampness is the problem or if you get invasion of wind-cold, stayed in a damp place – any time there is wind damp cold affecting the digestion this is a good herb to use.

Change the wording to say “do not cook for a long period of time.” The idea is that you don’t want to burn off the essential oils that make it an aromatic herb.

Pei Lan

Similar actions to Huo Xiang. Not used as often in classic formulas, but often used *with* huo xiang.

Aromatically transform damp

“Damp heat in the spleen channel with sweet sticky taste in mouth, excessive saliva and foul breath” is part of the indication listing. Remember that stomach fire/heat can cause foul breath and usually comes with constipation and dry signs. This however is caused by dampness in the Spleen/Stomach. Clinically this does not happen as often as stomach fire. Other causes can be dental and sinus problems. If those are ruled out, it’s probably stomach or spleen.



Releases summer heat

Similar to huo xiang’s release exterior/turbidity action.

The following 2 herbs are somewhat similar: both considered to be dry damp herbs.

Cang Zhu

Enters SP/ST - middle jiao only. This herb is bitter, so *dries* damp, rather than transform dampness. The cautions are related to this: if no dampness, be careful with yin xu.

Cang Zhu is the representative herb for damp and treats four damps:

1. Middle Jiao damp
2. wind damp
3. Lower Jiao damp
4. WDC invasion



Strongly dries damp, revives SP

Note the tongue coating which is pretty reliable to diagnose dampness.

Expels wind-damp

Bi syndrome and WDC. This is not in the MJ. This is meridians/channels.

Clears damp in LJ

Leg Qi, dysentery disorder. (Huang Bai was another that did this. Cang zhu itself can be combined with huang bai to treat damp heat.)

Induces sweating, releases exterior

WDC invasion, not bi syndrome. No sweat, etc.

Improves vision

Night blindness, diminished vision. Dr. Z hasn't used it for this purpose. Works because has a lot of Vitamin A in it. These conditions are usually Liver Yin or Blood xu's...this herb is very dry, so probably not the best choice to treat this condition. Why not just take Vitamin A!?!?

Hou Po

Enters LI and LU in addition to SP/ST. Cang zhu doesn't strongly move qi or treat food stagnation while this herb does.

Dries damp, promotes Qi movement, resolves stagnation

Transforms phlegm, redirects LU qi downward

2nd function is similar to Su Zi which also trxs phlegm and descends LU qi.

This is the only herb with a preppers caution – because of the movement of Qi functions.



Look at the following 2 as a pair.

Sha ren

Split up the first action into two like so. Split up the indications as indicated...he didn't give them word for word.

Transform damp and promote Qi movement of middle jiao

Qi stag and dampness signs

Also prevents cloying (sickly over sweetness) of tonifying herbs.

Warm the middle Jiao and stop vomit/diarrhea

Sx of cold symptoms.

Calm fetus



Bai Dou Kou

Since he split Sha Ren in two, looks much the same. Bai Dou Kou more often used for damp invasion.

Transforms damp; promotes Qi movement of MJ

Damp warm febrile disease – invasion of pathogen of dampness.

Warm MJ and stop vomiting

No diarrhea treatment here.

Biggest diff is that Bai Dou Kou enters the LU channel.



The final 2 herbs are *'d so screw em. It's starting to freeze and I wanna go freakin' home!!!