

Course:	Chinese Herbology 2	Date:	February 10, 2009
Class #:	6 – Ch 9: Regulate Qi Herbs		

Qi stagnation is a very common diagnosis. Look at the channels involved in these herbs! **You have to know the channels for this chapter!**

- ☉ Organs that are directly involved when there is Qi Stagnation
 - Middle Jiao Stagnation – this is the term used when the Spleen and/or Stomach Qi is stagnant.
 - Liver Qi Stagnation – how common is this!
 - Lung Qi – can also be stagnant. These herbs will make the lung qi “shake” loose so it will ascend/descend/disperse.
- ☉ Organs that are indirectly involved in stagnation.
 - Kidney – you don’t speak of Kidney Qi stagnation (because there is no excess for kidneys), but refer to “warming Kidney Qi” to help it move. This treats the *deficiency* that keeps the Kidney Qi from doing what it’s supposed to.
 - Heart – none of these actually enter the heart channel, but 3 of them affect the Chest Bi: tan xiang, xie bai, zhi shi.

Some general cautions and contraindications: acrid can disperse/dispel. Typically these herbs are acrid in nature, so long term use can dry up the fluids of the body. If you use long term, you need to combine properly to prevent the unwanted side effects.

Chen Pi

Also called Ju Pi. Ju is Chinese for tangerine. This isn’t a fresh herb, but a dried herb because the oils need to go away before you use it.

SP, ST, LU

Actions

- ☉ Regulates Sp and ST qi, support SP
Change “strengthen SP” to “support SP” because *strengthen* is a tonification word in TCM and this is not a tonifier! Note also that *SP and ST Qi Stagnation* could be better expressed as *Middle Jiao Stagnation*.

Chen Pi also prevents the cloying of tonifying herbs.

- ☉ Dries Damp, transforms phlegm
Chen Pi is a widely used herb for this action. Go back and look at [Ban Xia](#) – talking about the same problem here. As a matter of fact you combine the two in the formula Er Chen Tang to treat phlegm damp.



Notes:

- ☯ Chen Pi takes on the properties of other herbs in combination, so works and plays well with others. Can use with tonics or other dry damp herbs quite well.
- ☯ Ju Hong is another form of this herb. This is the Tangerine Zest, not the whole peel. Can just use Chen Pi if you can't find this herb.
- ☯ Ju He is the tangerine seed, used to treat Liver Qi stagnation. Very useful for breast tenderness and swelling, especially if there's a cyst. For men, used for hernia quite often, as well as for testicle swelling. Note that these are all Liver related.

Be sure to compare it with Qing Pi (Appendix G-18) for test purposes!

Qing Pi

Qing means “blue” or “green.” This is an immature fruit peel of the same tree as Chen Pi—tangerine. Might use the whole fruit if you harvest it when the fruit is really immature. Note how different the actions are as compared to chen pi! See Appendix G18 for the run-down, but look on your own too.



GV, LV, ST

Still aromatic when you sniff it, but less so than Chen Pi.

Actions

- ☯ Spreads Liver Qi, breaks up stagnant Qi
The term “breaks up” will recur through out our discussions and is often used for blood and qi stagnation rhetoric. It literally means break just like you'd smash a dish. “Break up” is a stronger action than dissipating or regulating.
- ☯ Dissipates clumps, reduces stagnation.
Note that this herb will treat **food stagnation** also.

Zhi Shi

Immature bitter orange. Use the whole fruit cut into pieces.

SP, ST, LI

Actions:

- ☯ Breaks up stagnant Qi, reduces accumulation
Note the “break up” here. Stronger than dissipating, reducing, regulating, etc. Commonly used for either constipation or dysenteric disorder. Works in the lower intestinal tract, like Hou Po.



- ☯ Transforms phlegm, expels focal distention
Hard to pinpoint a channel for this action. Phlegm obstruction could be substantial phlegm – coughing out the phlegm. Doesn't enter the LU, but there is a relationship between SP producing the phlegm and LU storing it. Some of the formulas here are for chest bi (treating heart disease without actually entering the heart channel) and some for middle jiao stagnation.

Focal distention is best explained here: <http://studyingtcm.com/?p=5>. Click on that, as I'm just not in the mood to type it out!

- ☯ Treats Spleen Qi Sinking
Change
To treat Spleen Qi Sinking you can add Zhi Shi to Bu Zhong Yi Qi Tang.

Zhi Ke

Also called Zhi Qiao. This is not the whole fruit, but is just the peel of the ripe bitter orange.

Actions:

- ☯ Moves Qi, reduces distention and bloating.
Especially when patient is weak/xu. Very widely used herb, more so than Zhi Shi.

Add *pregnancy caution* to the CC section. More gentle than Zhi Shi, but still...

Comparison of first 4 herbs.

Note that mature fruits, like mature people, are more gentle, but less strong than the young whipper snappers! Perhaps the old southern phrase used to describe a rash young person, “full of piss and vinegar” might be reminiscent of the immature forms!

Chen Pi	Qing Pi	Zhi Ke	Zhi Shi
Mature/ripe	Immature/unripe	Mature/ripe	Immanure/unripe
More gentle	Break up – stronger	More gentle	Break up – stronger

Mu Xiang

Actions:

- ☯ Promotes movement of qi and alleviates pain
Sp/ST related. Lack of appetite, softens side effect of tonifying herbs kind of like chen pi, but relieves pain where chen pi doesn't.
- ☯ Adjust and regulate Qi of intestines
LI related. Note all of the “intestinal distress” applications. Note *not* used for constipation, but more for more diarrheic type problems. Useful for ulcerative colitis, a semi-common dysenteric disorder, which is hard to treat from a western medical perspective.
- ☯ Regulates LV and GB Qi
LV/GB related.



Xiang Fu

Can treat Liver Qi stagnation causing menstrual or digestive distress.

Actions:

- ☯ Spreads and regulates LV Qi
Change epigastric distention to *epigastric pain and abdominal pain*.
Add *emotional distress* to the end of the list of indications for this action.
- Note the ability to treat emotional distress for this herb. This herb can treat Yu Syndrome which can translate to “stagnation” or “depression.” This herb is useful for depression.
- ☯ Regulates menstruation and alleviates pain
Add *and blood* after Qi and before stagnation. Li Shi Zhen considered this to be the premier herb to treat menstrual problems. Bear in mind that this move qi and blood, yet there is no pregnancy caution. There's even a formula with this herb in it to treat restless fetus.



Chuan Lian Zi

Also called jin ling zi. Delete the preppers caution in the 3rd column, even though this is a slightly toxic herb. Seems to be more toxic to parasites than to people! Follow the suggested dosages and you should be fine.

Be aware that it is **bitter and cold**. Most Qi regulators are generally warm or neutral if you look back at 'em. Only the 'Zhi's' were slightly cold. We haven't emphasized that so much for this reason. This one is different.

Channels: primarily this herb enters the Liver.



Actions

- ☯ Promotes movement of Qi, alleviates pain.
Primarily relates to Liver, more for pain than for emotional distress associated with Liver.
- ☯ Kills parasites, stops pain
Intestinal parasites and topically for tinea, especially for tinea capitis.

Don't need to crush it to use it – comes broken up. This would only apply if you were growing and prepping it yourself.

Wu Yao

Translates “black herb.” Be aware that this herb is **warm**...many are, but it's important because of the 2nd action.

Actions

- ☯ Promotes movement of Qi and alleviates pain
LU, SP, BL seem to be indicated here. Doesn't enter the Liver channel, but still treats cold in the Liver channel. This is part of the LV-KI relationship.
- ☯ Warms the Kidney
Note no 'kidney stagnation' language, but 'warm the kidney' indicating the kidney qi is not really moving correctly.

Add another indication: *enuresis*. This is a kidney yang xu or cold from a bladder xu. The formula here, suo quan wan means “shut off the spring!” The formula isn't strong enough to tonify, but will warm the KI and stabilize the BL



Da Fu Pi

This is the husk of the betel nut. Looks like a little dugout canoe. The word “Da” means big, “fu” means belly and “pi” means peel. If you look at it from the side it looks like a beer belly! What might cause that big belly? Look at the first action.

Actions

- ☯ Promotes downward movement of Qi and reduces stagnation
Stagnation! Hence the big belly. Note Food, Qi, and Damp stagnation.
Hou Po does this too.

If you want, add another formula under this action: huo xiang zhen qi san.

- ☯ Promotes urination and reduces edema.
Can be used for floating edema (superficial) and Spleen Yang xu causing edema.



Re: floating edema.

Jump back to [Ma Huang](#). Dr. Z has a patient with a weird condition lasting for the last 3-4 months – leg swelling that came up and disappeared. Later it showed on the neck. Then disappeared, moved to the back. This moves all around her body. Occurs for 3-4 hours only. After the initial episode it seems limited to the upper body, no more lower leg. She's been to see neurologists, allergists, dermatologists...all negative tests. Dr. Z thought it was a rash or wheal, but the skin looked normal. No color changes at all. Skin got very tight and even affected the fit of her clothing. She knew when it was coming on because she would feel chills/cold/sweat. Energy would drop notably. Now energy low in general.

Dr. Zhou used ma huang in formula and this seems to have kicked it to the curb. The differentiation was wind/damp invasion.

Does have a preggers caution because promotes movement of Qi downward.

Chen Xiang

Like Wu Yao, this one has to do with the Kidney as well. "Chen" is the same as used for "sinking pulse" and indicates something very heavy. This wood has a lot of resin in the wood which makes the wood very heavy and also makes it rather aromatic. (like myrrh and amber) This tree was considered to have a spiritual application. Because of that, often use Bai Mu Xiang as a substitute.



Actions

- ☯ Promotes movement of Qi and alleviates pain
- ☯ Warms the middle and stops vomiting
Several of the [cardamoms](#) in the aromatically transform damp category did this too. Based on the taste, channel and temperature you can infer that this too transforms dampness.
- ☯ Aids Kidney to grasp Qi and soothes asthma
This also warms the Kidney like Wu Yao, but for a different purpose: soothes asthma by grasping the Qi of the breath.

If the mood hits you, add Su Zi Jiang Qi Tang to the formulas list in the old book.

Change the dosage to 1-3 grams daily. This is probably the dose for the real deal since the original chen xiang is very expensive.

Fo Shou

“Buddha’s hand” citrus. Not a strong herb.

Actions

- ☯ Spreads and regulates LV Qi
Strike “strongly promotes movement of qi but alleviates pain weakly”
but add “emotional distress”.
- ☯ Harmonizes ST, regulates the middle jiao
- ☯ Dries dampness and transforms phlegm



Xie Bai

→ LU, LI, ST. When you look at the first action...

Actions

- ☯ Unblocks yang qi and disperses cold phlegm
Refers to phlegm in the lungs. Also to stomach’s cold stagnation. Also
can be used for chest Bi without entering the heart.
- ☯ Promotes movement of Qi and reduces stagnation
Damp stagnation in LI, but Dr. Z has never used it for this before.



Tan Xiang

Pretty expensive herb. Sandalwood is often used to make furniture. It is very heavy wood and is supposed to be fire proof due to the treatment. Because it is aromatic, also keeps the insects away.

Enters LU, SP, ST.

Actions

- ☯ Promotes movement of Qi, disperses cold, alleviates pain.
Best use is for Chest Bi – coronary artery disease. This is the most likely use for prescription.



Change the dose to 1-3 grams either for raw or powder. Powder is more effective – you ingest lots more of it than cooking it in a tea.