

Course:	Chinese Herbology 2	Date:	March 3, 2009
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## Quiz 2

**Essay list** for the next quiz (which is the first hour of Class 9 next week). And by the way, no extra credit.

- ☉ Zhi shi
- ☉ Mu xiang
- ☉ Ce Bai Ye
- ☉ Xian he cao

**Herb Categories to know: food stagnation, Qi regulating, stop bleeding.** Again, quiz only until the end of stop bleeding...no invigorate blood herbs for this quiz!

30 m/c, 2 essays

## Qian Cao Gen

Also known as

- ☉ Qian Cao
- ☉ Xi Cao Gen
- ☉ Qian Gen

### Cools blood, transforms stasis, stops bleeding

This category has 2 aspects: treat bleeding due to stasis, treat pain due to stasis. Same here. Difference is that it is **cold**. Shares similar uses as last section. Most suitable with blood stasis and blood heat – cools blood. Note types of bleeding in study guide: vomit, nose, stool, uterine all due to blood heat and/or blood stasis.

### Invigorates blood, dispels stasis

Nothing to do with bleeding, just stasis. Good to treat trauma: by far the best.

Because of cool blood fx can use when there is early carbuncles, boils (blood heat *and* blood stasis).

CC:

- ☉ Peggerys caution
- ☉ SP/ST deficient cold

## **Pu Huang**

Good herb to treat stasis, yet not increase already existent/heavy bleeding.

### **Stop bleeding due to stasis**

Used for a lot of types of bleeding including uterine

### **Invig blood, dispels stasis**

Stasis primarily. Esp menstrual pain due to stasis.

### **Promote urination, relieve PUD**

Blood lin syndrome. Xiao Ji does this too. (Promote urination for bloody lin and blood in urine = 3<sup>rd</sup> action)

Note the chao tan versus sheng difference. However, if you only have one form, that's fine.

## **Warm the Meridians, Stop Bleeding**

Type of cold referred to in both cases is *deficient* cold due to xu of Yang. These herbs only treat the branches – manifestations. You need to tonify Yang deficiency by adding other herbs as well.

The old translation was “warm the uterus” because the word used in Chinese was “jing” which is the same word/character as jing for meridian as it is as jing for the uterus.

## **Pao Jiang**

Pao Jiang is deep fried ginger. This is not fried chicken kind of deep fried! It's actually dry fried until the skin turns brown colored or even kind of partially charred. There are actually 2 forms: 1) pao jiang which is browned to a brownish yellow – you crack it open and it looks dark yellow inside, 2) pao jiang tan is charred skin and when you break it up it's dark brown.

There's also a Gan Jiang form of ginger which we'll get to later.

Natures are bitter, astringent, and warm. Goes to LV and SP.

### **Warms meridians and stops bleeding**

Stops bleeding due to xu cold: uterine bleeding.

Treats post partum ab pain

Hematemesis

Blood in Stool

Cold dysentery disorder

### **Warms the middle jiao and relieves pain**

Ab pain and diarrhea.

Remove the preppers caution in the old book. Note often used *after* preppers. Ai Ye, next herb, is used IN preppers.

## Ai Ye

### Warms meridians, stops bleeding

- ☉ Prolonged menstrual bleeding
- ☉ Uterine bleeding d/t deficiency cold
- ☉ Hematemesis
- ☉ Epistaxis
- ☉ Blood in stools
- ☉ Cold dysentery disorder

### Reg menses, alleviates pain, pacifies fetus

- ☉ Irreg menstruation, dysmenorrhea, vaginal discharge
- ☉ Restless fetus, vag bleeding in threatening miscarriage
- ☉ Infertility due to cold womb
- ☉ Lower ab pain, ab pain due to SP/ST xu cold

### Resolves dampness, stops itching

Topical use for itching

Compared to Pao Jiang, Ai Ye used more often during preppers. 2<sup>nd</sup> action is pacify the fetus. Pao Jiang used more often *after* preppers.

Refer to the summaries for the test!!!

## Chapter 10 B: Herbs that Invigorate Blood

4 levels of stasis in terms of strength of invigorating action. Look at not only channel, etc. but severity of the condition.

- ☯ He Xue  
Harmonize.  
This is the earliest stage of a stasis condition, the very beginning. These are the weakest of these herbs.
- ☯ Huo Xue  
Promote blood movement.
- ☯ Qi yu  
Dispel blood stasis
- ☯ Po Xue  
Break up blood stasis.  
This is the strongest of the groups of invigorating herbs. Patient will have tumors, masses, etc. in latest stage of blood stasis.

General cautions/contraindications: If your patient has blood xu and you use blood invigorating herbs they get even weaker.

### Section 10 B-1: Invigorate Blood and Relieve Pain

Pain all over the body due to Qi and Blood yu. Headaches, chest and hypo pain, ab pain, dysmenorrhea, postpartum, bi, trauma.

Channels not so specific in either the invigorating or stop bleeding herbs – all have something to do with liver. 2<sup>nd</sup> and 3<sup>rd</sup> actions might relate to the other channels. Might not.

Some herbs promote qi *and* blood movement...some not. An herb that moves qi isn't necessarily weak to move blood...just something to think about.

#### Chuan Xiong

Works on both qi and blood, the representative for this from this grouping. Remember that Xiang Fu is the Blood mover in the Qi category. Chuan Xiang is the Qi mover in the Blood category. These are a good pair when there's a Qi and Blood stasis problem.

2<sup>nd</sup> action is all about headaches – all kinds...except blood xu or liver yang rising. ...anything where too much heat is already moving up.

Dose is 3 – 9 grams...kinda small compared to other herbs. Smaller than medium dose.

## Yan Hu Suo

Combine the actions into one in the old book:

**Invigorates blood, promotes qi movement, alleviates pain**

Good overall pain reliever.

Group the next 2 herbs together.

## Yu Jin and Jiang Huang

Jiang Huang is the tumeric you know as a spice, especially in Indian food. Often used in curry and gives it the yellow color. Yu Jin is a tumeric tuber while Jiang huang is a tumeric rhizome.

Yu Jin	Jiang Huang
Acrid bitter and cold	Acrid biter and <i>warm</i>
Tumeric tuber tuber is a fleshy underground root or stem that is designed to store food and plant energy.	Tumeric rhizome Rhizome is a creeping underground stem which has nodes, buds, leaves or scales. Not the same as a root.
Invig blood, promo movement of qi, allev pain ☉ Pain from LV qi yu in chest/hypo/ab/dysmenorrhea ☉ Pain from trauma ☉ Chronic sores	Invig blood, promo movement of qi, allev pain ☉ Amenorrhea/dysmenorrhea d/t blood stasis ☉ Pain of Qi/blood yu at chest/epi/ab...internal organs, not headache type stuff or skeletal muscles
Clears Heart and cools blood, relieves constraint ☉ Calm shen – hot phlegm obstructing HT and causing anxiety, agitation, depression, mental derangement, seizures	
Benefits GB, relieves jaundice (and gallstones)	Expels wind and benefits shoulders – wind damp bi, esp in shoulders. Actually, use the Pian Jiang Huang (tuber, not the rhizome) for this action and get better effect.

Jiang huang is a popular herb to treat inflammation.