

Course:	Chinese Herbology 3	Date:	June 2, 2009
Class #:	7 – Stabilize and Bind Lung/LI, KI		

Study for next quiz (class 9):

30 mc, 2 essays. Start at Yin tonics and ends at chapter 14, calm shen.

- ☺ Shan zhu yu
- ☺ Wu wei zi
- ☺ Ci shi
- ☺ Gui ban
- ☺ Bie jia

Rou Dou Kou

Nutmeg seeds. Same “dou kou” in Chinese as Bai Dou Kou. This herb has a mind-altering property in its non-roasted format. What we get is largely prepared and won't F you up so much. (Ain't that a cryin' shame?)

Actions:

1. Binds up LI, stops diarrhea
2. Warms MJ, moves Qi, alleviates pain.
Look back at Bai Dou Kou, Rou Dou Kou's cousin. Very similar actions. Compare also with cao dou kou and sha ren.

Chi Shi Zhi

Change the common name to “kaolinite.”

Wu Bei Zi

This is a casing formed by the Chinese sumac around parasites that bore into the tree. Good for the leakages below.

1. Contains leakage of Lung qi, stops cough
2. Binds up LI, stops diarrhea
3. Preserves and restrains
4. Absorbs moisture, reduces swellings, relieves toxicity
This is topical use. Good for scars, swellings. Hemorrhoids = for external hemorrhoids (protrusion that doesn't recede).

Ying Su Ke

Strongest Chinese herb for pain relief. Pain relief action should really be the top action. This is also of great political significance in China – the Opium Wars in the 19th century which rendered China a miserable place to be for a while.

First 2 actions still about LU and LI.

1. Contains leakage of Lung qi
similar action to codeine.
2. Binds up LI, stops diarrhea
3. Alleviates pain
Best pain reliever for pain in Chinese medicine
4. Stabilizes lower burner

Contraindications added to new version: pregs contra, caution for infants (6months or less) and during lactation. Caution for hypothyroid.

Chapter 13C

Herbs that Stabilize the KI: Sperm, Urine, Vag Discharge

All are considered to be leakage from Ki essence xu. There are other causes, esp in uterine bleeding: excessive heat, blood stasis, etc. Need a clear diagnosis prior to using these.

Use that table!

Shan Zhu Yu

This is the most commonly used herb for this section based on clinical use. This is also a tonic...special category of LV/KI tonic .

Actions:

1. **Tonifies LV and KI**, binds essence
Tonifies yin and assists yang also. It's in 6 rehmannia, golden cab tea pills too. Really useful herb.
2. Stabilizes menses, stops bleeding
Deficient, not excess.
3. Stops excessive sweating, rescues qi collapse.
In the case of Qi/Yang collapse.

Fu Pen Zi

Five Seeds Formula (gou gi zi, tu si zi, fu pen zi, wu wei zi, che qian zi) is a basic formula to improve quality of sperm and it's motility. Can also be used for female infertility. All caused by LV and KI xu. Che qian zi is there to keep dampness from being created.

1. Tonifies KI, binds essence, restrains urine
2. Benefits KI and LV and improves vision

Sang Piao Xiao

Mantis egg casings. Very light herb. Note the similarity of name with the next herb. There is something in common, though they are different herbs – this has to do with the light quality of the animal products.

1. Tonifies KI yang and binds essence and restrains urine
Mostly used for urine problems. Bed wetting at night (enuresis), frequent night urination or night time incontinence for elderly patients.

More specific effect than hai paio xiao.

Hai Piao Xiao

Cuttle fish bones. Very very light like sang piao xiao. The 2nd name is wu zei gu – gu is bone, wu zei is the cuttle fish word and translates to “black thief.” This fish releases a dark ink to get away from their predators.

Multiple actions because it enters the Stomach as well as KI and LV. Very little to do with tonification, unlike sang piao xiao.

1. Retains essence
2. Stops bleeding
commonly used for uterine bleeding, but can be used for more.
3. Controls acidity and alleviates pain
Most common use. A favorite choice for acidity – most for this are shells, minerals, fossils rather than botanical. Stomach, epigastric pain, acidity, belching, etc. Good choice for blood coming from stomach too.
4. Resolves dampness and promotes healing.

Lian Zi

We talked about lotus leaf in the Summer Heat category. This is the lotus seed. Lotus is the symbol in Buddhism like lily is the symbol in Christianity. Grows out of the mud, rises above the water and has a beautiful flower. Also, the seeds will retain their ability to generate life for thousands of years.

More of a pure tonic – nothing to do with excess conditions, but all to do with deficiency.

1. Tonifies KI, stabilizes essence.
This is the only part that is similar to the lotus leaf.
2. Tonifies SP and stops diarrhea
3. Nourishes HT and calms spirit.
Calms the heart fire, especially due to KI and HT disharmony.

Qian Shi

This is an aquatic plant too. The seed pods from which the herbs come are under the flower and protected by thorny bits. Note indications very similar to lian zi.

1. tonifies KI and stabilizes essence
Same for lian zi
2. Tonifies SP and stops diarrhea.
again, similar to lian zi

For the first 2 actions, this is a good sub for lian zi.

3. Expels dampness and stops vaginal discharge.
This is the big difference from lian zi. Lian Zi could be used for vaginal discharge in the case of deficiency, but his herb can be used for either deficiency *or* excess of damp heat.

Commonly used for yeast infection for that last reason.

Jin Ying Zi

Stronger effect for prolapse of organ.

New stabilize and bind summary adds the herbs from the other categories that stabilize and bind.

Chapter 14

Herbs that Calm the Spirit

Heart and Shen linked (always, but especially here). The causes of Shen disturbance can be of 1) excess and 2) deficiency. In the case of excess, the common cause is heat, but also phlegm (and thus, phlegm heat in which you use zhu li, the bamboo sap). Deficient causes include deficiency of blood and of yin of the heart.

One can have a heart qi or yang xu, but when you look at those you don't see shen disturbance, but physical manifestations – irregularity, palpitations, sleeping a lot, CHF.

Next, look at liver which also affects the shen. In chapter 15 we'll talk about Liver yang and Liver wind. You will find that many manifestations and indications are very similar to Shen disturbance. This is true for both the excess and deficiency types. In the case of blood xu for instance, LV and HT are the only 2 who suffer from this and you can have both affected at once (HT and LV blood xu). For herbs, you have to separate these out however and use them to treat appropriately.

More on that for the next class.