

Course:	Chinese Herbology 3	Date:	June 23, 2009
Class #:	10		

Final:

60m/c (1/2 point), 10 t/f (1/2 point - correct 'em for bonus credit)

Essays – 4 out of 5 (25 points total)

- ☉ Tian ma
- ☉ Bu gu zi
- ☉ Xu duan
- ☉ Gou teng
- ☉ Niu huang
- ☉ She xiang
- ☉ Wu wei zi
- ☉ Bai shao
- ☉ Bai zhu
- ☉ Mai dong

Extinguish Liver Wind and Stop Tremors

Anchor floating yang is interchangeable with subdue floating yang. Dr. Z uses “anchor” for the heavier substances such as shells or minerals. There is a close relationship between anchoring herbs and those that subdue the Liver wind. Some treat both, some treat one.

This category doesn't nourish the Yin of the Liver, but you can add gui ban and bie jia for this purpose (as well as others).

The wind is caused by Yin or Blood xu mostly.

Ling Yang Jiao

The word Yang means sheep or ram. The horn is very different than many other antelope horns. This horn is hollow in the middle and you can see a nearly transparent line running down it all the way through it to the tip.

Salty and cold going to Liver and Heart. As a matter of fact, all of these herbs go to the liver. Pay attention to what other channels they go to.

Treats both Liver Wind and Liver Yang

Actions:

1. Extinguishes wind, controls spasms and convulsions

Add opisthotonos to the list of indications for this action. It's very severe.

Childhood convulsions due to high fever requires special treatment – even when you have pre-made herbs you may have a hard time getting it into their little bodies. You use acupuncture to get some relief then administer herbs. Alternately, use ice or alcohol at the pertinent spots –



cubital creases, armpits, groin, forehead, etc. This happens to be the best herb to treat childhood febrile convulsions.

2. Calms Liver, anchors the Yang

This is about Lv yang rising. Similar indications as the last section. That said, this stuff is expensive! Get something else unless you're just terribly opulent and don't care that this animal is on the verge of extinction because crazy Russians think it's some kind of aphrodisiac and have hunted to the point of vulnerability or endangerment.

3. Clears Liver fire and improves the vision

4. Clears heat and relieves toxicity

Warm febrile disease causing high fever, whack behavior, delirium...general shen disturbance. This herb enter the heart to treat this.

Compare this herb to Xi Jiao. While there is difference, they share liver wind and heat toxicity. Liver is the primary function for ling yang jiao while heart is the primary for xi jiao.

Caution regarding the childhood convulsions – children can get really scared and that can induce convulsions too. With this convulsion there are 2 different types: acute and chronic. Lian Yang Jiao is good for the acute. Chronic types have to do with malnutrition – calcium xu mostly causing muscle twitching and convulsions. (This can happen in elderly too due to calcium deficiency.) Could be due to famine or digestive/autoimmune disease.

Because this is way expensive, use shan yang jiao – goat horn.

Gou Teng and Tian Ma

Study these herbs together. Pay attention to temperature difference. 2nd function of Gou Teng is to clear the Liver fire – slightly cold. Tian Ma won't do this because of it's neutral temperature.

Tian Ma will treat stroke and Bi syndrome (3rd action). No contras or cautions but you still have to choose the right conditions for treatment.

Can use Tian ma for chronic childhood convulsions (counter to Ling Yang Jiao). Gou teng doesn't do this.

Niu Huang

Moved from Open Orifice herbs. Niu Huang is not aromatic! Very expensive. Often substitute synthetic form. You gotta be an old cow to get gallstones and American cattle just don't get that old before they are slaughtered. And China just doesn't consume that much beef.

Actions:

1. Extinguish wind and stop tremors
2. Opens orifice and vaporizes phlegm
3. Clears heat and relieves toxicity

Di Long

I'm trying to pay attention, but it's not working so well....

Translates to "earth dragon." Sounds better than earthworm! Lots of different species but the ones we use have to be pretty large to be used. You have to cut it open, remove the internal organs and then dry the remainder.

If you use the raw form, chop it really small so the patient won't recognize it. When you boil it the worm gets longer and more recognizable! Ew.

Actions:

1. Drain heat, ext wind, stop spasms and convulsions
note also used for schizophrenia...Dr. Z hasn't done this but knows you can use the fresh ones – they melt and make a kind of jello-like product.

Other than the 1st action the last 3 all have something in common: heat and ability to unblock.

2. Lung and wheezing is the crux of the 2nd action – unblocks the lung and calms wheezing
3. This action is about unblocking channels and collaterals. Probably the most used action.
4. Urinary problems and unblocking the urinary tract.

Quan Xie

Scorpion! Zoiks! Compare this one and study it with Wu Gong, below.



I've been stung by Quan Xie many times unfortunately. Once a scorpion dropped down on me in the middle of the night. Stung me all down one side of my leg. But I digress...

The type used in medicine are very light colored, almost transparent. The light ones like this are not so toxic, but damn painful.

Note that one of the actions, the 3rd one, is about bi syndrome. Like bee sting therapy, if you're willing to get stung by one of these little bastards it will help with swelling and pain in bi syndrome. . . right after it stops hurting.

Note that this does – 2 to 5 grams – is larger than Wu Gong, indicating less toxicity. You can even go up to 15 grams for pain, which is pretty high. Toxicity is 30 – 60 grams.

Actions:

1. Extinguish wind, stop spasms and convulsions

2. Attacks and relieves toxins and dissipates nodules
Can use it topically for this.
3. Unblocks collaterals and stops pain
headaches, migraines and bi syndrome. Same for wu gong. Can go up to 15 grams – a lot!

Wu Gong

This is a centipede. This is also an unpleasant experience. Look at Qian Xie as a partner to Wu Gong. The centipede is considered to be the more toxic of the two.

Both have 3 actions and are very similar.

Often used for Bell's Palsy and facial paralysis.

Note that this dose – 1 to 3 grams – is smaller than Quan Xie, indicating higher toxicity. Toxicity is 15 – 30 grams.



Actions:

1. Extinguish wind, stop spasms and convulsions
2. Attacks and relieves toxins and dissipates nodules
Like Quan Xie also can be used topically.
3. Unblocks collaterals and stops pain
headaches, migraines and bi syndrome. Same for quan xie.

Jiang Can

These are sick silkworms – infected with a fungus spore which makes their bodies very stiff. Much weaker to treat wind than the previous invertebrates. Jiang Can is pretty safe to use – standard dosage applies (3 – 9 g's)

Actions:

1. Extinguish wind, stops spasms and convulsions
Internal wind.
2. Expels wind, stops pain
Note the wording...*external* wind.
3. Transforms phlegm and dissipates nodules.



Chapter 16

Aromatics that Open Orifices

Xing Pi was an herb that revives (xing) the Spleen. The other time this word is used is in the term “Xing Nao” which means revive the brain or spirit. Aromatics in the MJ revive the spleen – aromatics that tx dampness. Aromatics in the brain/spirit will revive the spirit. That’s what this chapter is about.

Bi zhen is called “closed disorder” which manifests as delirium, coma, clenched jaw. Often with wind stroke, blood heat, etc. Add: They can not be used for *open* disorder or tuo zhen. Refer back to the Wind Stroke lecture in [Acupuncture Tx of Disease](#). When there is yang, qi or yin collapse, you have to rescue it, you can’t open the body more or more stuff will leak away.

So much deficiency that leads to collapse = Open syndrome. Excess conditions lead to Closed syndrome.

Closed disorder can be caused by either excess heat or cold. Herbs for both here.

She Xiang

Deer musk. Way expensive. Way expensive. There’s a synthetic form that’s more often used. The natural form is stored in a vial with something like 1 gram in it and must be stored in a cool dry place. Will lose potency the older it gets.

Widely used in making perfumes.

Didja know there’s a Chinatown in Houston? I did not know that. I need to go. Finally! A reason to go to Houston.



This is the strongest to open orifices. The warm nature doesn’t matter – it’s so strong you just use a tad (.06 to 0.1 grams)

Actions:

1. Intensely opens orifices and revives spirit.
Strongest to do this of the category! This is a condition you won’t see that often.
2. Invig blood, dissip nodules, reduce swelling and alleviate pain.
This is the more common use for she xiang in clinic.
3. This is something you’d go have a DNC for now...excess tissue left in the uterus. You can also apply it in a topical form to induce abortion – use it on certain lower ab points.

Bing Pian

Borneol or “ice slice” is the resin of the tree. The resin is white and clear. Very strong odor which will make everything else smell just like it. Will melt in a hot car in Texas....but then what won't! The natural form is increasingly expensive, so there's a [synthetic form](#), borneolum syntheticum. Bing Pian can be used for both cold and heat.

Because bing pian is easy to powder and dissolve, likely to be used topically as a powder. Used for chest bi, for eyedrop ingredients.

Su He Xiang

The word Xiang was in the Qi regulating herbs a lot...mostly means ‘aromatic.’ Also a tree resin, but unlike bing pian is warm. *Only used for cold closed disorder.*

2nd action is most common use. Modern use for CAD.

High fever and coma caution makes it clear this is for the cold type.

Shi Chang Pu

Much less aromatic than the previous ones. Doesn't really talk about loss of consciousness, coma, etc. Not strong enough to treat them, which is fine since we don't see those in acupuncture clinics in the US. This also leaves out “revive spirit” and rather “quiets spirit.” Clears the mind in essence.