

Course:	Chinese Herbology 3	Date:	June 30, 2009
Class #:	11 – Expel Parasites, External Applications		

Slides:

add clear summer heat

Drain dampness: add chi xiao dou, yu mi xu

Yang: add suo yang

Calm/Nourish Spirit: add ling zhi

External: add zhang nao

## Expel parasites

These are the classic types of intestinal worms: roundworms, hookworms, pinworms, tapeworms. Look at whether the herb does just one kind of all of them.

As far as diagnosis, you really need lab diagnosis to confirm it. That said, it's not bulletproof. Depends on the technician and sample collected. What is the advantage of Chinese herbs to treat parasites: low toxicity unlike western drugs. For people that suspect they have a condition but don't have a diagnosis or can't afford one, it's acceptable and safe to try these herbs.

Typical symptoms: digestive intestinal problems, ab pain and cramps, malnutrition sx (hookworms especially as they cause anemia by consuming lots of blood).

### Shi Jun Zi

Roundworms and pinworms, esp in children. Not a broad spectrum herb, but very specific. Best for roundworms.

4.5 – 12 grams in decoction. You need to use the chao form (chao shi jun zi) – this is a roasted form. If not you can end up with diarrhea and belching, especially if you drink it with hot tea. Unsure about iced tea.

New version says crush the shell first. 7 – 10 of the nuts/seeds per day for 3 days. If you roast it its fairly tasty and just tastes like nuts. For kids, use 1 to 1 ½ nuts per year of age per day. 20 max.

### Fei Zi

This is a seed with a shell, rather like a nut. You can crush and cook or you can roast it and chew it as a nut. Might mix it with shi jun zi to treat other parasites. Popular for treating kids because it's pretty good.

Treats roundworms, hookworms, and tapeworms. Also moistens the intestines...take that as a caution: a person with diarrhea doesn't really want more of that! As a matter of fact, overdose is loose stool/diarrhea.

Add pregnancy caution.

Note 2<sup>nd</sup> action is for stop cough and moisten Lung. Can be used for coughing and wheezing...see Chapter 6 C for more of this.

If you see Fei Zi and Shi Jun Zi prescribed together, it's for parasites, not cough!

## Bing Lang

Betel nut. Broad spectrum antiparasitic: tapeworms, intestinal flukes, pinworms, roundworms, hookworms, blood flukes. This is the most complete of the grouping. Clinically we don't treat parasites that much, so 2<sup>nd</sup> action is the more likely one you will use it for...

2<sup>nd</sup> action is promote movement of Qi and reduce accumulations. This includes food stagnation, stagnant qi w/ constipation and more. This is common for food stagnation as a matter of fact. It's in lots of formulas for this action.

3<sup>rd</sup> action is for urination and malaria. Note the indications for dampness – more common here than malaria. Especially good for swelling on the legs.

Pregs caution because of the strong qi moving action.

Dosage is regularly 6 – 12 grams for moving Qi or treating edema and decoction for all parasites except tapeworms...tapeworms has a dose of 60 – 120 grams.

While we're on the topic of tapeworms, let's look at nan gua zi.

## Nan Gua Zi

Pumpkin seed and husks. Use the raw form, not roasted. Grind it to a powder for easiest use then mix it with cold water. You don't use it in decoctions however.

If you look back at bing lang you see the tapeworm use. Nan Gua Zi can be used for tapeworm, roundworm, schistosomiasis. There's a 3 step method for getting rid of tapeworms:

- ☉ Grind nan gua zi to powder (60 – 120 grams) and consume mixed with cold water
- ☉ Wait 2 hours and drink bing lang at 60 – 120 grams in decoction.
- ☉ Wait 30 minutes and drink 15 grams of mang xiao dissolved in water.
- ☉ Oh, and be close to a bathroom!

Bing lang works on the head of the tapeworm – disconnects from the intestinal wall. If you don't do this it will just reattach.

## Guan Zhong

Might not find this in all books in expel parasites, but in clear heat/toxicity. This herb itself is slightly toxic so there is a preppers contraindication. Broad spectrum parasite killer depending upon usage. Use topically for pinworms, internally for the rest.

2<sup>nd</sup> action is heat and toxicity expulsion. Can also use for wind heat, warm febriles, especially early stage including flu-like sx and epidemic toxins.

3<sup>rd</sup> action is to cool blood and stop bleeding.

Considered to be somewhat irritating to the stomach, so isn't good for ulcers and weak constitutions, gastritis, tendency to heartburn.

### **Ku Lian Gen Pi**

Considered to be toxic, not just slightly so. As a matter of fact, Dr. Z doesn't use this internally.

Good broad spectrum, but not for tapeworms. Add trichomoniasis to the list of things it treats. Use an enema to treat this as well as for pinworms. These actually try to kill parasites, while the others stun them and make them detach so you can flush them out.

Side effects: long term use can cause liver or kidney damage. If people are taking other drugs harsh to the Liver and Kidney then there's an even bigger danger.

### **Da Suan**

Garlic! Yum. Can be used internally for hookworms or as an enema for pinworms/hookworms.

2<sup>nd</sup> action is about toxicity – mostly the Lung. Prevention mostly. Can be used for diarrhea, dysentery or for TB/consumption or whooping cough. On the skin it works for carbuncles, boils, tinea and ringworm.

## **External Application**

These herbs aren't exclusively external, but are primarily used externally.

### **Ming Fan**

Also called bai fan because it's white and crystalline looking. Add a pregnancy caution for internal use. Change the dose for internal use to 0.6 – 1.5 grams. You dissolve this in a decoction rather than decocting it with other herbs.

### **She Chuang Zi**

This is the only one that has no pregnancy caution.

### **Liu Huang**

Way toxic. Best choice for scabies.

### **Chan Su**

Way toxic. Modern use for anti-cancer.