

Course:	Chinese Herbology 3	Date:	April 28, 2009
Class #:	3 – Chapter 12 C – Herbs that Tonify Yang		

## Chapter 12 C – Herbs that Tonify Yang

Know the Yang xu symptoms for the organs which can be involved. Kidney, Spleen and Heart can all suffer from Yang xu. General symptoms of yang xu include:

- ☉ Weak/sore back and lower extremities
- ☉ Nocturnal emission in men as well as spermatorrhea
- ☉ Increase in urinary frequency or incontinence
- ☉ Impotence/infertility
- ☉ Cock's crow (5am) diarrhea
- ☉ Edema
- ☉ Watery vaginal discharge
- ☉ Pale tongue
- ☉ Deep, weak pulse
- ☉ Sensations of coldness
- ☉ Wheezing

Sexually, men are most affected, but women can be too. In men it produces impotence and in women, the result is “cold womb” or infertility.

When you see the word “fortify” it is generally in reference to Yang tonification and often refers to sexual dysfunction. Also, you can use the words ‘tonify’ and ‘augment’ interchangeably in this chapter. Tonify is used more often.

### Lu Rong

This is the horn of the immature deer and it still has velvet. They are cut and the cut ends are cauterized. This is strong in Yang. This is like Chinese herbal Viagra! Note that this herb can be used for both men and women in terms of low sex drive/impotence/infertility.



Ren points are used for both male and female dysfunction – sex doesn't make a difference in the point selection. Does in herbs, however.

Goes to the Kidney and Liver

1. Tonifies KI and fortifies Yang  
This action is mainly for **male** infertility. (See the 3<sup>rd</sup> action for female problems.)
2. Tonifies essence and blood, strengthens sinews and bones  
Physical/mental development disorders, esp in **children/infants** such as congenital weakness/Ki xu. Could also be malnutrition. Hydrocephalus for example, where there is too much fluid in the head causing the bones not to close can cause mental development problems. This can be either

congenital or malnutrition. This herb applies.

3. Regulates Chong and Ren, stabilizes Dai

This action is for **female** sexual dysfunction. Chong/Ren used for menstrual dysfunction and fertility issues as well. Uterine bleeding and infertility (cold womb type). Leukorrhea in Chinese is Dai Xia - Dai Channel word is the same. Vaginal discharge is a disorder of the Dai Meridian.

4. Promotes pus discharge, generates flesh

Internal or external. Externally you grind it to a powder and use it like a poultice. Internally you decoct it.

## Lu Jiao

Mature deer antler and thus weaker than lu rong. Note the difference in wording: salty/warm, goes to Liver, KI. Weaker than Lu Rong to tonify kidney, but *invigorates blood and reduces swelling*. This as compared to tonifying blood.

## Lu Jiao Jiao

This a gelatin/glue made from mature deer antler (lu jiao).

1. Tonifies LV and KI. Nourishes essence and blood. *Stops bleeding*.

Lu Rong also nourishes essence and blood. The difference is the stop bleeding. Bleeding due to leakage? Get glue! Many gelatins have this function.

## Lu Jiao Shuang

Lu Jiao Shuang is left over after you boil off the lu jiao jiao. It's weaker than the herbs above to tonify KI but *stronger to stabilize essence and stop bleeding*.

## Rou Cong Rong

“Rou” means flesh. Kinda like Lu Rong, this one nourishes blood and essence and tonifies KI yang.

1. Tonifies KI yang, nourishes essence and blood

More about strength – doesn't “fortify,” but *tonifies* Yang. Note the implication of yang and blood deficiency. Dang gui, by comparison is a blood tonic that is warm.

2. Moistens intestines, unblocks bowels

This is a big **difference from the above** herbs.



Can use this in fairly large doses. Can look darker than the pic above – more like shu di huang.

Group the following 3 herbs together. Note the **temperature differences!** Starts slightly warm, to warm to hot. Look at the 3 in terms of this as well as actions/indications. The temperature indicates the strength to treat cold. Listed from weakest to strongest.

Note that menopause can be more than just Yin xu with xu heat...can also be yang xu you need to work on. The two first ones below can assist with this. There are some formulas we will cover in formula class that address this.

(Lord, sometimes I feel like I'll never grasp all of this. Must be dampness affecting my brain...or blood xu...or something else I can't remember. )

The 2<sup>nd</sup> actions below all address either bi syndrome or weakness of tendons/bones.

### **Ba Ji Tian**

Safest of the 3 because just slightly warm.

1. Tonifies KI and fortifies Yang
2. Strengthens bones/sinews and expels w/d/c  
Bi syndrome or weakness of tendons/bones.

### **Yin Yang Huo (or Xian Ling Pi)**

This is the “horny goat weed” or “licentious goat weed.”

Same first action, but different indications.

1. Tonifies KI and fortifies Yang
2. Strengthens tendons and bones, expels w/d/c.

### **Xian Mao**

Strongest of the 3 to treat cold.

1. Tonifies KI and fortifies Yang  
Again, same wording, but different indications somewhat.
2. Strengthens tendons/bones and expels cold/damp.  
Note the lack of wind as compared to the previous. Dr Z doesn't really place a lot of weight on this and doesn't think it's a major component in relation to Bi, but he worded it this way because the other books we will reference about this do it this way. That said, this herb *doesn't treat wind*.

Toxicity is about long term use.

Group the next 2 together. These warm the interior...not all Yang tonics do that.

### Bu Gu Zhi

This is the only one categorized as “very warm.” Close to being called hot. This is also the only one so far that goes to Spleen channel.

1. Tonifies KI and fortifies Yang. Stabilizes essence and retains urine.  
The big difference is about that stabilization. Refers to KI essence and urinary incontinence, urinary leakage and premature ejaculation.
2. Warms SP and stops diarrhea
3. Aids KI to grasp Qi  
This was added to tonify LU/KI. . . doesn't enter the LU channel! But does treats the asthma condition due to KI failing to grasp Qi.
4. Treats skin disorders

### Yi Zhi Ren

Black cardamom. The connection is in the channels, even though there's a big difference in how/what they treat.

1. Warms KI, stabilizes essence, retains urine.  
Does more to treat the cold, less to treat weakness/deficiency. Mostly about the cold causing the leakage. Doesn't tonify the Yang as much...weakest of the Yang tonics.
2. Warms SP and stops diarrhea.  
Look at that excessive salivation. This is a spleen thang. Has to do with damp heat and spleen yang xu failing to bind the saliva.

### Du Zhong

1. Tonifies LV/KI, strengthens sinews/bones  
Think about how it looks and the ligamentous look of it. This is the same for our bodies – strengthens tendons/bones.
2. Calms fetus  
Due to cold making an inhospitable environment for the fetus. This isn't about trauma type miscarriage. This is due to KI xu – you will see sx of weakness in the mother. Especially habitual

miscarriage – conceive ok, but can't carry to term. Chinese medicine does better than bio for this.

3. Treats hypertension

Modern use. There's a classic formula too though. (tian ma gou teng yin).

Look back at Sang Ji Sheng. Lots of similarities there and uses the same formula in parentheses above. This one, however, expels wind damp and du zhong doesn't.