

Course:	Chinese Herbology 3	Date:	May 5, 2009
Class #:	4 – Tonify Yang (cont'd) and Tonify Yin		

Quiz next week. Does *not* cover yin tonics, “very few” asterisked herbs will be covered. Ooh boy.

20 pts total

30 m/c at ½ point each

2 essays at 2.5 points each. Will be 2 of the following.

Ren shen

Huang qi

Bai shao

Dang gui

Lu rong

Tonify Yang herbs continued

Xu Duan

Chinese words mean: xu=restore/connect, duan=broken. I.e., restore what was broken. Bitter, sweet, acrid, slightly warm.

1. Tonify LV and KI, strengthen sinews and bones
Same action as Du Zhong treating weakness/joint pain. The two are often used together. Also tonifies liver/kidney. Compared with du zhong, even closer to neutral. Often used for lv/ki more than for a yang tonic.

Tonifies without causing stagnation. See the 3rd action for why...invig blood. (shu di has this caution – tonifies so much it can cause stagnation since it has no moving properties)

2. Stops uterine bleeding, calms fetus
Safe to use in preppers.
3. Invigorates blood, promotes mending sinews and bones
See that 10B-3 reference. Pg 91. Note that all of these had a preppers caution/contra. This herb however, can invigorate blood without endangering preppers.

This is a very unique herb in this respect. *Only* treats uterine bleeding. Also, if bleeding due to stasis, this is the wrong herb. It's a trauma herb, but one usable in preppers.

Look at the following 2 herbs, Tu Si Zi and Sha Yuan Zi together. Both have a stabilize/bind function. Treat a similar type of leakage of essence: sperm/urine/vaginal discharge.

2nd actions are same wording too. Both used for blurring due to LV/KI xu. Probably only difference between the 2 is the tu si zi has a 3rd action for the Spleen – xu and stop diarrhea. This is a mild action. More important as a cautionary tale – mild to stop diarrhea, but can aggravate constipation.

Re strength: Tu si zi is stronger to tonify, sha yuan zi is better for stabilizing

Tu Si Zi

Yang tonic, but strangely neutral in temperature. Unique. Another thing to consider: this is a seed, has certain oiliness and mineral quality so that it nourishes yin as well. Many seeds have a moistening effect.

1. Tonifies KI yang and yin; stabilizes essence and retains urine
Stabilizes and binds the Kidney essence primarily – sperm/urine/vaginal discharge.
2. Tonifies LV and KI, improves vision
3. Calms fetus
4. Benefits SP and KI, stops diarrhea
Spleen xu and stop diarrhea. This is a mild action. More important as a cautionary tale – mild to stop diarrhea, but can aggravate constipation

Sha Yuan Zi

1. Tonifies KI yang and yin, stabilizes essence
Kidney essence primarily – sperm/urine/vaginal discharge.
2. Tonifies LV and KI, improves vision

Ge Jie

Feet and internal organs are rather toxic. They come dried and spread out like a gecko-sicle. Often sold dried in pairs. Chinese word for this is “dui” or pair. Some doctors believe these must be a female/male couple in the wild when caught. No real way to verify this of course.

Can be crushed and made into a medicinal wine for erectile dysfunction.
Used as a powder, taken 1-2 grams each dose, 2ce daily.

Another neutral temp Yang tonic. Note that there are non-animal substances that will tonify blood/essence, but you may have to mix several together and they probably won't be as strong.

1. Benefits KI, tonifies LU
When you talk of both KI and LU, this is Kidney rooting the Qi. This action is about cough/asthma and consumptive cough (tb or blood streaked sputum)
2. Fortifies KI yang, augments essence and blood
ED use for instance. Similar to the idea of Lu Rong. Because is an animal product, also augments essence and blood in addition to tonifying Yang. Compare this to something like xian mao – hot, more potential to damage fluids/essence. Ge Jie doesn't have this problem.

Coffee for instance is thought to promote the transformation of essence to Qi. You feel better in the short run, but are damaging essence in the process. Eventually you will damage the essence so badly coffee no longer works.

Dong Chong Xia Cao

Dong means winter, chong is bug/warm. Xia is summer and cao is plant. In winter this is a bug, but by summer it “turns” into a plant...in a rather X-Files-y kind of way. The spores of the fungus use the bug as a nutritional base then grow out of the bug. Nasty, dude.

These grows in Northwest China in mountainous regions. Worms are underground in Winter. For just a few weeks the cordyceps fungus is still feeding on the dead bug. You collect it now. If you wait the bug is all used up and the nutrients are gone. The fungus is then not useful. Hence the “summer, plant” part – if you wait too long the fungus is not longer in a state that it will reproduce.

1. Augments KI, tonifies yang
Useful for ED, other KI yang xu's.
2. Tonifies LU and KI, transforms phlegm, stops bleeding
Not just for penile problems – good for general immune system boost, immune boost. Very popular for these reasons. In high demand in China.

Never boiled in a decoction. 5 – 10 grams is the dose you decoct with, but that's not a cost effective idea! More likely you're going to use 1-3 grams in a powder.

Zi He Che

This is technically human placenta. In reality in the US, we use sheep placenta for the most part. It's sweet, salty, and slightly warm, goes to LV, LU, KI.

1. Tonifies KI yang, augments essence
2. Augments Qi, nourishes blood
3. Tonifies LU and KI, grasps qi



Hu Tao Ren

He Tao Ren is more commonly used in TCM literature. More commonly used in cooking than in medicine, actually.

1. Tonifies KI, strengthens back and knees
Used for memory problems in relation to Kidney.
2. Warms LU, helps KI grasp Qi
Good choice to replace the gecko (ge jie) – cheaper, easier to preserve, easier to use. Useful for chronic asthma.
3. Moistens intestines, unblocks bowels
Oily fruit, so moistens dry intestine. Doesn't work if constipated due to lack of fiber...only works for dry intestines.

Hai Ma

Often used in a medicinal liquor/tincture.

1. Tonifies KI, fortifies yang
2. Invigorates blood, dispels stasis

Jiu Zi

Seeds of the Chinese leek or Chinese garlic. Yum! Plant is easy to grow, doesn't need a lot of attention, doesn't die during the winter, and you can harvest off of it for a long time.

1. Warms KI, fortifies yang, secures essence
Impotence, leakage. Not really one of the top choices.

Yang Qi Shi

Treats both male and female infertility. As a matter of fact, all yang tonics can be used for both sexes.

1. Warms Ki, fortifies yang

Yin Tonics

(Not on Quiz 1!)

Yin xu can affect both zang and fu organs. Always ask: is this more for fluid or more for essence? More for MJ or more for LJ? Fluid xu's key word is **dryness**: dry cough, dry throat/thirst, constipation, dry skin, etc. With essence, look for **weakness**. Person will have weakness of back, knees, bone/tendons, of function (hearing, vision, etc.), deficient heat, but not necessarily dry.

Note that when you give Yang tonics, you almost always give Yin tonics too or you will cause Yang to rise! If the only problem is yin/essence, no worries.

Sha Shen

Bei Sha Shen is the standard kind. Nan sha shen is more rare to use. Only the nan sha shen is slightly bitter.

With stomach yin or lu yin xu, can just say 'nourish yin.' But with dryness of LU and of ST you use different words: For stomach, you "generate fluids; for lung, you "moisten lung." Same concept however.

1. Nourishes LU yin and clears LU heat
Involves 2 different conditions: LU yin xu and Lung dryness...like a dryness *invasion*. Dry non-productive cough.
2. Nourishes ST and generates fluids
Stomach yin xu, sequelae of illness.

Watch out with cold cough and with edema.

Mai Dong/Mai Men Dong

Looks like a big dried seed or raisin, but it's a tuber. Probably the most used Yin tonic. Nothing special about taste/temp.

1. Nourishes LU yin, clears LU heat
Same wording as sha shen. Indications are similar too.
2. Nourishes ST *yin* and generates fluids.
Similar wording, but look at indications. Xiao Ke makes an appearance as does constipation where it did not in Sha Shen. This is a **good difference between the two**. Constipation is really an LI issue, so you can see that compared to Sha Shen it's stronger and goes further.
3. Clears Heart, nourishes Heart yin and eliminates irritability
Very useful function. Compare this to Dan Shen and Sheng Di. Huang Lian too will clear the heart fire.

As far as the cautions, yin tonics can be cloying and will affect digestion when a person is already digestively challenged. Mai dong is more cloying than sha shen.

Yu Zhu



This one is slightly out of order as compared to the book. Literally means “jade bamboo.” In English, this is Solomon’s Seal.

1. Nourishes yin and moistens LU dryness (*this is about LU only*)
Take out the final 2 indications so the indication reads:
“Lu dry heat or yin xu with cough and dry throat.”
2. Generates fluids and relieves thirst (*this one is about ST only*)
Change the indications to remove the reference to LU and irritability.
The thing should read: “ST dry heat or yin xu with dry throat, thirst, xiao ke.”

3. stays like it is.