

Course:	Chinese Herbology 3	Date:	May 12, 2009
Class #:	5 – Chapter 12 D Tonify Yin Herbs		

Gou Qi Zi

Very popular Chinese herb. Antioxidant per western sources - very alkaline seed.

This is a sweet, *neutral* herb (not cool like many yin tonics) going to the LV, KI, and LU.

1. Tonifies Liver and Kidney
Hard to separate out the LV and KI. This is about essence xu symptoms – ki xu with fertility problems, xiao ke, etc. The idea is to help prevent senility, encourage longevity with functionality.

More for general body functions. Used very often. Can be combined for yin tonic, yin/yang, or yin/blood. Was once listed as a blood tonic and the first actions shows that: premature grey hair, lv blood and yin xu, etc.

Don't use it if you gets dampness.

2. Benefits LV and KI, brightens the eyes
3. Enriches yin and moistens Lung



Sang Shen

Mulberry fruit. Sweet. Compare to Gou Qi Zi – much colder than Gou Qi Zi.

1. Nourishes Yin and Blood
Compared to Gou Qi Zi, still same channels, but different wording. Often used in longevity formulas, similar indications as GQZ.
2. Generates fluids, moistens intestines.
related to it's cold nature, stronger effect to generate fluids than GQZ...which is safer than Sang Shen.



Next 2 are a pair

Han Lian Cao and Nu Zhen Zi



Han lian cao is sweet, sour, cold while nu zhen zi is sweet, bitter, cool. Nu Zhen Zi doesn't dry damp, but clears heat.

1. Nourishes LV and KI
Same first actions for both herbs, similar indications. Note that Nu Zhen Zi *clears deficient heat*.

2. Han Lian Cao: Cools blood and stops bleeding
Includes yin xu heat, blood heat → hematemesis, hemoptysis, epistaxis, blood in the stool/urine, uterine bleeding.

Nu Zhen Zi: Augments Liver and Kidney and improves the vision.
Diminished vision due to LV/KI xu.



Hei Zhi Ma



Also called Hu Ma Ren. Black sesame seed.

1. Nourishes the Liver and Kidney
2. Moistens and lubricates the intestines
Hence the caution about diarrhea.

Study the following 2 together.

Both of these are heavy herbs – one thing in common and different from others in the category is that they *anchor* the Liver Yang. This implies something heavy.

First actions/indications look very similar. Don't directly treat wind, but Yang and hyperactivity that *leads* to wind.

Shells should be cooked first since they are so heavy.

Gui Ban

Hard shelled turtle. Enters the LV, KI, and HT. This is salty, sweet, cold. Ignore the salty and think of it as sweet – better effect of nourishing.



1. Nourishes Yin and anchors the (Liver) Yang.
Use Sheng Gui Ban
2. Benefits the KI and strengthens bones.
Turtles are very strong – can carry lots of weight without the shell being damaged. Good for the people with sore/weak low back and legs as well as for kids with developmental problems such as fontanels that won't close.
Use Cu Zhi Gui Ban – makes the shell harder and easier to break.
3. Cools blood and stops uterine bleeding.
Big time menstruation or uterine bleeding due to xu heat.
Use Cu Zhi Gui Ban
4. Nourishes blood and tonifies the Heart.
Ht yin or blood xu with anxiety, forgetfulness, insomnia.
Use Cu Zhi Gui Ban

Gui ban jiao is the turtle plastron gelatin. Remember lu jiao jiao? You have to use powders or dissolve it in the hot decoction. Same for gui ban jiao. Gui ban jiao nourish the blood essence just like lu jiao jiao does, so it's common to use the two together. This tonifies and nourishes the blood essence. Some people see the lu jiao jiao as representing/treating the Du channel and gui ban jiao representing/treating the Ren channel.

Bie Jia



Soft shell turtle. Bie jia's other name is Jia Yu which means "shellfish." Popular food stuff in China. The shell itself is a yin tonic, but the meat does too. This is often consumed heavily during chemotherapy – nourishes the yin and the blood and also has a cooling nature so it doesn't create more heat in the body. (Littler ones taste better – no more than 1 – 1 ½ pounds)

Kind of different than gui ban. Salty means it dissipates nodules. Note the pregnancy contraindication. (The bensky book has them reversed in this respect.)

1. Nourishes Yin and anchors the Yang
LV, KI xu with nite sweats, steaming bone disorder, consumption...plus internal LV wind.
2. Invigorates blood, promotes menstruation, dissipates nodules.
Can be used for amenorrhea, but rarely used for dysmenorrhea. The “accumulations” is a stasis. The part about malarial disorders with palpable masses refers to enlargement of the Spleen that comes along with malarial infections that flares up a lot. Also works for malignant tumors – modern use sometimes for bie jia treating cancer.