

Course:	Chinese Herbology 3	Date:	May 19, 2009
Class #:	6 – 12 D Tonify Yin and 13 Stabilize and Bind		

Yin Tonics: know the channels for sure!

Tian Dong

This is the asparagus tuber, but not the same as the kind we get in the grocery store.

Tian dong is often compared to the ni wan ... representing heaven. Ren shen to the heart chakra representing human and di huang representing the root chakra or earth.



1. Nourishes the Lung Yin and clears Lung heat.
Also good for Lung dryness (and invasion of dryness pathogen)
2. Nourish the Kidney Yin and generate fluids
You don't use "generate fluids" for either KI or LU...so why this wording? Note that the indications talk about constipation due to dry intestines and xiao ke.

Shi Hu

Note that while this herb is bland, doesn't really drain dampness.

1. Nourishes ST yin, generates fluids and clears heat.
Doesn't treat severe fluid deficiency, but does help with xiao ke, dry mouth and thirst. Also, not just for Stomach, but also strong enough to treat the yin xu of the Spleen.
2. Brightens the vision and strengthens the lower back.
This is for the Kidney...the indications talk about weak lower back/knees. However, Dr. Z never uses it for that since so many others are better. It *is* however used for the vision a lot. Why? Liver isn't even in the list of go to's? Because Liver and Kidney have the same source.

Is the chief herb for Shi Hu Ye Guang Wan which is an herb for night blindness.

Bai He

Lily bulb. Actually a good source of food. Sold in Chinese grocery stores.

1. Nourishes yin and moistens LU, stops cough.
Treats TB for instance.
2. Clears HT, calms spirit.
This refers to heat from a febrile disease that damages the body fluids and causes yin/qi xu – this

is called “bai he disease” in Chinese Medicine.

Huang Jing (*'d herb)

Kidney, Lung and Spleen channels. No formula found because not used in classic formulas. Very reminiscent of Shan Yao...some books place it in the Qi tonification category.

1. Nourishes the Kidney and moistens Lung.
LU and KI yin xu
2. Tonify Spleen Qi and Yin
3. Tonifies KI essence

Very gentle herb

Create a summary by channels and list 'em! Memorize!!!

Chapter 13 Stabilize and Bind

This grouping treats the *symptom* not the *root* of the problem. We've covered stabilizing and binding in some other herbs we've studied too. (i.e., huang qi, bai zhu, bai shao, etc.) Generally you stabilize/bind when there is some kind of leakage. Often used with expelling herbs (i.e., ma huang and bai guo) to keep from losing too much Yin and control other problems.

Note that in the summary on pg 125 (old study guide) there are 7 categories of leakage. Note that there is a lot of overlap. Only knowing channels is not sufficient. Know what kind of leakage/indications. Study this in tandem with the table. Get a copy from the new book!!!

If you find the channels helpful, memorize them. Dr. Z doesn't seem to think it's a deal breaker if we don't.

Chapter 13 A - Stabilize Exterior

Ma Huang Gen



Same plant as Ma Huang. Doesn't tonify/nourish, but can be used along with herbs for this purpose to manage the symptoms.

1. Stops sweating caused by deficiency.
Spontaneous sweating primarily (wei qi xu). Used primarily in combo with other herbs for yin xu sweating – night sweats. Post partum sweating/fever – largely due to qi and blood xu.

Fu Xiao Mai



Fu is the same word as “fu pulse” or floating/superficial pulse. Same deal too. This herb floats on water when you toss it in. Solid grains will drop to the bottom. This is the biblical chaff that is discarded in the old testament in the book of Ruth.

1. Stops sweating caused by xu, clears yin xu heat
Sweat is the fluid of the heart. This doesn't refer to sweating due to nervousness, but due to qi xu, yin xu, etc. This herb has a cool temperature so it nourishes the Yin which is why it can clear yin xu heat. You're using this herb mostly for sweat, not heat.

Note that this is a food, so the dosage is pretty high – 15 to 30 grams.

Also note that this is contraindicated for patients with gluten intolerance, celiac disease.

Nuo Dao Gen Xu

1. Stop sweating due to deficiency
2. Clears yin xu heat

Chapter 13 B - Stabilize Lung and Intestines

Wu Wei Zi

Very sour taste, but also sweet....though that is not reflected in the nature of the herb.

1. Contains leakage of LU Qi, stops cough
Asthma, chronic cough, long term type conditions. If someone is just getting over an illness, might have cough, sob, deficient lu qi causing cough. Use Bu Fei Tang for this which contains Wu Wei Zi.
2. Tonifies Kidney *and* binds KI essence and stops diarrhea
The diarrhea mentioned here – cock's crow diarrhea – we also talked about it with bu gu zhi and a couple of others. This is diarrhea due to SP/KI yang xu – note that it doesn't enter the LI specifically.
3. Inhibits sweating and generates fluids
This is excessive sweating due to Qi collapse as well as spontaneous sweating, night sweating and xiao ke. Can be used for Qi yin xu *or* collapse.
4. Quiets spirit and calms the Heart
Very useful for heart shen disturbance. Treats blood/yin xu in Ht/KI and can be used for Ht/KI disharmony.

Useful for many different kinds of leakage. Really the only channel it tonifies is the KI in this writeup. The rest is about stabilize/bind.

Sidebar:

Sometimes books will list this herb as a Qi tonic, tonifying the Lung rather than just stopping leakage of LU qi. Also tonifies KI qi. Also tonifies SP. Doesn't really tonify heart according to Zhou write up but in alternative stuff tonifies both HT and yuan qi.

Also known to work on the Liver enzymes, useful for hepatitis, etc. Acknowledged for this in modern usage.

Wu Wei Zi is often called the five flavor seed. Now looking above, you see tonification of LU, KI, SP, HT, and LV...five flavors.

If you use this herb in a large dose, bear in mind it's really sour! Yow!

Change dosage from old book note to 3 – 6 grams.

Wu Mei

Also called mume fruit – dark plum. The dark comes from smoking process. Gives it a smoky smell. (Even though he gave me hell about this in class, everything I found was...guess what...a fuzzy fruit.)

Sour, astringent and neutral. Not listed as sweet because is immature. Goes to LI, LV, LU, SP. Mainly LU and LI.

1. Inhibits leakage of LU qi and stops cough
2. Binds up LI and stops diarrhea
Compare with Wu Wei Zi – yang xu diarrhea. This one is more of a Qi xu – chronic diarrhea/dysenteric disorders.,
3. Generates fluids and alleviates thirst
4. Sedates round worms, alleviates pain
Notice it doesn't kill them...just sedates them. They don't like the taste, so they are kept at bay rather than ridding the body of them. When they get too comfortable in the body they cause vomiting and ab pain – also causes frigid extremities which is a response to pain that is so bad you're reaching for pain killers.
5. Stops bleeding
Better to use the chao tan form.
6. Treats corns and warts
Better – treat/prevent scar tissues after surgery or trauma.

He Zi

1. Binds up LI, stops diarrhea
2. Contains leakage of LU qi, stops cough, benefits throat
Besides cough/asthma, be aware that there is a *loss of voice* factor here.

Sheng and wei (roasted) form. You must crush it before you use it. Roasted is easier to crush.