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| Course:  | Chinese Herbology 3                         | Date: | June 9, 2009 |
| Class #: | 8 – Chapter 14 - Herbs that Calm the Spirit |       |              |

Study for next quiz (class 9):

30 mc, 2 essays. Start at Yin tonics and ends at chapter 14, calm shen.

- ☹ Shan zhu yu
- ☹ Wu wei zi
- ☹ Ci shi
- ☹ Gui ban
- ☹ Bie jia

## Chapter 14 Herbs that Calm the Spirit

Heart and Shen linked (always, but especially here). The causes of Shen disturbance can be of 1) excess and 2) deficiency. In the case of excess, the common cause is heat, but also phlegm (and thus, phlegm heat in which you use zhu li, the bamboo sap). Deficient causes include deficiency of blood and of yin of the heart.

One can have a heart qi or yang xu, but when you look at those you don't see shen disturbance, but physical manifestations – irregularity, palpitations, sleeping a lot, CHF.

Next, look at liver which also affects the shen. In chapter 15 we'll talk about Liver yang and Liver wind. You will find that many manifestations and indications are very similar to Shen disturbance. This is true for both the excess and deficiency types. In the case of blood xu for instance, LV and HT are the only 2 who suffer from this and you can have both affected at once (HT and LV blood xu). For herbs, you have to separate these out however and use them to treat appropriately.

More on that for the next class.

### Zhu Sha

Change the first action from “sedate” to “anchor.” The word sedate rather scares people! This isn't a sedative in the biomed sense.

This substance has been banned – mercuric sulfide is toxic and you can't get it in the US. This is available in China, but is a bit of a controlled substance. Duan or calcined form becomes extremely toxic.



Can't cook zhu sha at high heat. If you cook it in water it won't make the reaction of  $\text{HgS} + \text{O}_2 \rightarrow \text{Hg} + \text{SO}_4$ . Zhu fu shen for instance (or zhu wu wei and zhu mai dong)

*Strongest herb in the category!!*

This herb is cold – can clear the heat. Can see the heat here and the phlegm. There's also blood xu – zhu sha doesn't touch this, so you combine with blood tonics. Tian wang bu xin dan's original ingredients had zhu sha.

Regarding Clear heat/Relieve toxicity: this is fighting fire with fire – toxic to treat toxic. Mostly relates to bites, stings, toxic heat, etc.

## Long Gu

Fossilized *extremities* of large mammals – horses, etc. Don't use the vertebrae, skulls, ribs because they aren't dense enough.

If the pulse is thin and weak, this isn't the choice! The type of pulse can help differentiate the syndrome. Patients trying to wean off of medication, like for migraines for instance, have hard side effects. This herb treats anxiety, but might not help ... differentiate between excesses and deficiencies. This herb ok for excesses.

1. anchors and calms shen
2. Calms LV yang rising  
Doesn't trt liver wind by itself, but is used in formulas for this.

When you think shen disturbance, you generally assume heart and liver. However, other organs can be involved: lung for instance can be used to tx grief and sadness. Kidney can be treated for fear/fright.

Most commonly see Spleen, Heart, and Liver for Shen disturbance in herbal treatment.

## Suan Zao Ren

Pay most attention to Liver – sour taste.

1. Nourishes Heart and Liver, quiets spirit.  
Premier herb for insomnia. Always think about insomnia from both heart and liver perspective...could be either or both. Wandering ethereal soul is associated with Liver and causes insomnia. Liver stores the blood – when has enough contains the e. soul. If not enough blood, e-soul will wander around.
2. Prevents abnormal sweating.

## Bai Zi Ren

Same plant as ce bai ye. Watch that loose stool caution!

## Ye Jiao Teng

Sleep disorders, not so much qi or anxiety disturbance.

Has a nourish blood function like He Shou Wu, which is the root while this is the vine. Because this is the vine, does treat Bi syndrome...vine corresponds to the extremities. Remember some are good for pain, some for strength, some for stiff/numb. This one not so effective for pain, but to nourish blood, stop numbness...wind damp bi. Still, not the top choice.

Safe. No cautions.

## Yuan Zhi

This one and **he huan pi** are listed as calm spirit, but nothing in actions *nourishes* yin or blood. Just calms spirit/quiets heart. Don't really have the same funx as the others in the category. Used more for just shen disturbance itself.

1. Calms spirit, quiets Heart  
Used for shen disturbance, ht palps, disorientation, excessive brooding, constrained emo.

So don't want to be here....