

Course:	Chinese Herbology 3	Date:	June 16, 2009
Class #:	9 – Chapter 15: Sub LV Yang and Ext LV Wind		

Chapter 15

Substances that Subdue Liver Yang and Extinguish Liver Wind

Already covered many herbs that treat Liver pathologies. Liver syndromes can include Liver Qi Stagnation, Liver Blood, Liver Yin, Liver Fire, Liver Wind and Yang Rising. This category discusses Liver Yang Rising and Liver Wind.

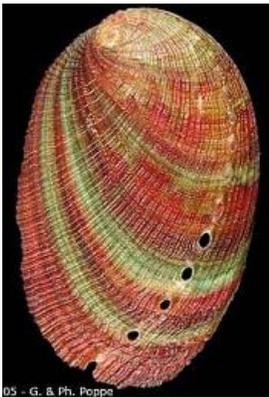
See pg 134 (old book) summaries. There are 2 tables here. You will see some of the herbs in this chapter can be used for other Liver syndromes. Note the sense organs (brighten eyes) as well. Eyes are the sense organ of the Liver. The final row, “unblock collaterals...” is not actually directly related to Liver.

Liver Yang Rising has a direct connection to Liver Wind. Herbs which treat this “extinguish” Liver Wind. The terms internal wind and liver wind are interchangeable. Causes of Liver wind can be related to Liver Yang Rising, Liver Yin and/or Blood Xu.

Chapter 15A – Substances that Subdue Liver Yang

Remember the anchor heart/spirit herbs from Chapter 14. There is a very close relationship between heart and liver when the shen is disturbed. The term used there was “anchor” but the term here is “subdue” Liver Yang. In Chinese the word for anchor is “zhong zhen” which means to put something heavy down to stabilize that which is shaky. The word subdue, however, is the word “qian” which means subdue the yang.

Shi Jue Ming



Abalone shell, more often found on the West coast than here. It's pricey stuff – current rate is \$38 per abalone. There are 9 holes in the shell when they are a perfect specimen, all lined up.

Jue Ming translates out to “sense of brightness” and Shi is stone. Shi Jue Ming has something in common with the clear heat/drain fire herb, Cao Jue Ming. You can use the two together.

First 2 actions have to do with Liver.

1. Calms Liver and anchors floating Yang.
This action is for Liver Yang rising. This is the primary action the herb is used for.
2. Clears Liver and improves vision
for Liver Fire. Liver fire/heat affecting the eyes – last time we talked about this was Chan Tui in the wind heat category. There were a couple more in here too. Can actually be used (this herb) for a wind heat invasion.
3. Absorbs acidity and alleviates pain
Add the following to the old study guide:
Internal use: Stomach pain with sour taste in mouth, acid reflux and (modern use) GI ulcers
External use: chronic ulcers and bleeding.

That said, not the best choice for this. The majority of pharmacies carry the sheng form which is not the best for the ulcers.

The following 3 are all shells. Add a caution of “Spleen Stomach deficient cold” for all. Crush and cook first since they are hard and decoct slowly. Note that there is a Sheng and Duan form for all 3 shells.

Zhen Zhu Mu



Compare this to shi jue ming. What's different? Enters the heart channel, so has another action for the heart – action 3 -- which is like we studied in chapter 14, calm shen.

An shen bu xin wan is a great formula to tonify yin and blood and treat anxiety and insomnia. That's more for deficiency anxiety. Chai hu jia long go mu li wan is another good one for anxiety related to withdrawal and quit smoking. This is more for excess anxiety. Zhen zhu mu is an ingredient in each (?).

The key difference between shi jue ming and zhen zhu mu is the calm spirit action.

Actions:

1. Calms Liver, anchors floating yang
2. Clears Liver and improves vision
3. Anchors heart and calms spirit

An shen bu xin wan is a great formula to tonify yin and blood and treat anxiety and insomnia. That's more for deficiency anxiety. Chai hu jia long gu mu li wan is another good one for anxiety related to withdrawal and quit smoking. This is more for excess anxiety. Zhen zhu mu is an ingredient in each (?).

4. Absorbs acidity, alleviates pain.
Very often used for this. It's the shiny part of the shell that works the best for this.

Note the herb Zhen Zhu – the pearl in the notes. It's mostly used for physical dermatological problems rather than shen and heart.

Mu Li

Mu Li's key is the astringency and the fact that it enters the Kidney channel. The first action is similar to the other 2 shells above. It's salty, and also slightly cold.

Actions:

1. Calms liver , anchors floating yang
Liver Yang rising, but not liver fire. Why? It's not cold enough to treat liver fire. That's why it's not checked on the table at the end of the section.

Prevents leakage of fluids

Because it's astringent. Important to have the duan form as that really helps that function. This also has to do with the Kidney essence and leakage too. Look at the end of chapter 13. Mu Li does sweating, sperm, urine, vag discharge, and bleeding in the new table Dr. Zhou gave us.

Must compare to Long Gu!

This IS coming on the next test.

Long Gu	Mu Li
Commonalities: Heavy, enter KI and LV channels, used to treat yin xu with yang hyperactivity, dizziness, vertigo, palpitations, anxiety, various leakages (sweat, urine, sperm, vaginal discharge, blood). Very effective in combination to treat HT and LV.	
Enters HT channel	Enters LV channel (primarily)
Category is Anchor/Calm	

Best of the two for preventing fluid leakage	Best of the two for anchoring floating LV yang, extinguishing LV wind due to yin/bld xu
Better for stabilize/bind	Better for soften hardness/ alleviating acidity

2. Softens hardness, dissipates nodules
Because it's Salty. That's not true for all salty substances, but is for this one.
3. Absorbs acidity, alleviates pain
Add: Topical use for chronic sores, ulcers, eczema and damp rash.

Dai Zhe Shi

This is hematite. It enters the Liver and Heart, but works different than Zhen Zhu Mu. Has more to do with blood than Zhen Zhu Mu does.



Actions:

1. Calms Liver, anchors floating yang and clears Liver fire
It's got a cold nature, so acts upon fire.
2. Strongly redirects rebellious Qi downward
More often used in clinic than other actions. You don't really have Liver Qi rebellion (it's called stagnation or yang rising) but you can have this condition for Lung and Stomach. Interesting, because it doesn't go to these channels! Has to do with it's action upon the Liver which then passes the love on to the Lung and Stomach.

It's often used with Xuan Fu Hua, the only flower that descends, to treat acid reflux, stomach qi rebellion, etc.

3. Cools blood and stops bleeding
This is because it enters the Heart. Treats various kinds. Add uterine bleeding and blood in the stools to the list of indications.

Note the preppers caution. Didn't see this in the shells at all. Why here? So much stronger and heavier than the shells. Also note that there can be minute levels of arsenic...which accumulates and can become toxic over time.

Bai Ji Li

Actions:

1. Calms liver and pacifies yang
Compared to the others above, it's not as strong. The others talk about hypertension and heavier duty stuff than you see here.

Does treat headaches: migraine, trigeminal neuralgia. Also treats Meniere's disease. So even though it's milder than the others, it's still a



very good herb. Of the category here, mu li is the other really commonly used herb besides this one.

2. Facilitates smooth flow of liver qi
Also very good for Liver qi stagnation
3. Dispels wind-heat and brightens eyes
Wind heat to the eyes, red swollen painful eyes, etc. Used more frequently than mu li for this.
Think cedar type allergies – red itchy eyes. Good herb for this.
4. Dispels wind and stops itching
On the skin.

There is a caution about pregnancy according to some sources. Has been noted to increase the risk of miscarriage.