Herbology II

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Chapter 11 Herbs for warming the interior and expelling cold

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Concept

• Herbs for warming the interior and expelling cold
  – The herbs in this chapter are used in treating interior cold, which can either be internally-generated or the result of an invasion of the cold pathogenic influence into the organs.
Symptoms

• Interior cold
  – Symptoms associated with the relatively mild, internally-generated patterns of cold from deficiency include cold extremities, fear of cold, pale complexion, lack of thirst but some desire to drink hot beverages, loose stools, a thin, white tongue coating, and a slow pulse.
  – These symptoms usually appears together with systemic functional weakness and a slowing of the metabolism.
  – In serious cases, devastated Yang and collapsed Qi with ice-cold extremities, fear of cold, profuse sweating, watery stools, minute and deep pulse. This pattern is often seen in shock.

Symptoms

• Invasion of the cold pathogenic influence into the organs
  – Associated with pattern of Spleen or Stomach cold (Yang deficiency).
  – Symptoms reflect dysfunction of the digestive tract including nausea, vomiting, belching, diarrhea, and cold and painful sensations in the chest and abdomen.
  – In terms of biomedicine, this pattern is generally similar as acute gastritis or gastroenteritis.
**Property**

- The herbs in this chapter can **warm Spleen and Kidney Yang**.
- They are generally more active in nature and their primary function is to **expel interior cold**.
- They are often used in **combination** with herbs that tonify the **Yang** and tonify the **Qi**.
- Most of them are **acrid, warm, and drying** in nature.
- Overdose or prescribed inappropriately can easily injure the **body fluids**.
- **Caution** in case of **heat or Yin deficiency**, or during **pregnancy**.

**Biomedical perspective**

- From a modern biomedical perspective:
  - Herbs that warm the interior are **cardiotonics** that reflexively **stimulate the vasoactive centers of the central nervous system**, thereby **stimulating blood flow**.
  - Some of the herbs are beneficial to digestion, **increase the absorptive functions** of the intestinal tract, and **alleviate vomiting and diarrhea**.
• Herbs for warming the interior and expelling cold
  – 1. **Fu Zi** (Radix Aconiti Lateralis Praeparata) 附子
  – 2. **Gan Jiang** (Rhizoma Zingiberis) 干姜
  – 3. **Rou Gui** (Cortex Cinnamomi) 肉桂
  – 4. **Xiao Hui Xiang** (Fructus Foenicuii) 小茴香
  – 5. **Wu Zhu Yu** (Fructus Evodiae) 吴茱萸
  – 6. **Ding Xiang** (Flos Caryophylli) 丁香
  – 7. **Hua Jiao** (Pericarpium Zanthoxyli) 花椒
  – 8. **Gao Liang Jiang** (Rhizoma Alpiniae Officinarum) 高良姜
  – 9. **Hu Jiao** (Fructus Piperis) 胡椒

Study Objective

• 1. Understand the general information on herbs that warming the interior and expelling cold.
   – a. Concept, common function and indication.
   – b. Characters.
   – c. Compatibility.
   – d. Caution and contraindications
• 2. Get acquainted with the following individual information on herbs in this category.
   – a. Pinyin name, common English name and pharmaceutical name.
   – b. Characters.
   – c. Functions and indications.
   – d. Dosage and administration.
   – e. Cautions and contraindication.
Fu Zi (附子)  
(Radix Aconiti Lateralis Praeparata)

- **English name:** prepared daughter (accessory) root of Szechuan aconite, aconite (processed)
- **Literal English translation:** appendage
- **Alternate names:** 熟附片 (shu fu pian); 附片 (fu pian); 附块 (fu kuai); 川附子 (chuan fu zi)
- **Botanical name:** Aconium carmichaeli Debx.
- **Pharmaceutical name:** Radix Lateralis Aconiti
- **Where grown:** Sichuan, Shanxi
- **When harvested:** summer, when the daughter root is separated from the parent, or winter, when the parent root has withered.
- **Used part:** Daughter root
- **Flavor and properties:** Acrid, Sweet, Very hot, Toxic
- **Channel entered:** Heart, Kidney, Spleen
Fu Zi (附子)  
(Radix Aconiti Lateralis Praeparata)

• Functions:
  – 1. Rescues collapsed Yang
  – 2. Ignites fire to assist Yang
  – 3. Disperses cold and alleviates pain

• Indications:
  – 1. For cold extremity with cold sweating, very weak pulse due to Yang collapse. It is one of the important herbs for treating Yang collapse. Used with Gan jiang (As Si Ni Tang).
  – 2. For cold extremity, soreness of lower back and knee, impotence, infertility, frequent urination due to kidney Yang deficiency; abdominal cold pain, diarrhea due to spleen Yang deficiency; edema due to kidney and spleen Yang deficiency; heart pain, palpitation, shortness of breath due to heart Yang deficiency; Yin type jaundice due to spleen Yang deficiency.
    • A. Kidney Yang deficiency, Used with Rou Gui, Shu Di, Shan Yu Rou (as Shen Qi Wan).
    • B. Spleen Yang deficiency, Used with Ren Shen, Gan Jiang, Bai Zhu, Gan Cao (as Fu Zi Li Zhong Wan).
    • C. Heart Yang deficiency, Used with Ren Shen, Gui Zhi, Gan Cao.
    • D. Both spleen Yang and kidney Yang deficiency, Used with Bai Zhu, Fu Ling, Sheng Jiang (as Zhen Wu Tang).
  – 3. For damp-cold Bi syndrome. Used with Gui Zhi, Bai Zhu, Gan Cao (as Gan Cao Fu Zi Tang).

Dosage and administration
– 3–15g decocted in water for an oral dose.
– Toxicity: (overdose) drooling, nausea, vomiting, diarrhea, lightheadedness, blurred vision, and numbness in the mouth and extremities, even premature atrial contractions, dyspnea, tremors, incontinence, coma, and low temperature and blood pressure.
– Decoct longer time.
  • 60 minutes more decoction than other herbs to reduce its toxicity.
  • Clinically, atropin has been very effective in treating overdosage of this herb.
  • Gan Cao and Gan Jiang together will also reduce the toxicity of Fu Zi.
  • Xi Jiao, Jin Yin Hua and Lv Dou also can reduce the toxicity of Fu Zi.

Cautions and contraindications
– Incompatible with Bei Mu, Gua lou, Ban Xia, Ba Lian, Ba Ji. Antagonistic with Xi Jiao (Cornu Rhinoceri).
– Contraindicated during pregnancy, false cold with true heat, and Yin deficiency.
Fu Zi (附子)  
(Radix Aconiti Lateralis Praeparata)

**Modern research**

- 1. Cardiovascular effect: bradycardia and slightly lowers the blood pressure with normal dosage, while a large overdose can cause tachycardia or even ventricular fibrillation.
  - Aconitine is one of the primary ingredients of this herb, which can stimulate vagus nerve.
  - Aconitine is not itself a cardiotonic, but a product of its decoction, aconine, has a toxicity 1/2000—1/4000 that of aconitine.
  - Fu Zi does appear to have some cardiotonic effect, as well as a regulatory effect on the rhythm of the heart.

- 2. Treatment of congestive heart failure: Improvement in cardiac output, dyspnea, hepatomegaly, and edema.
- 3. Anti-inflammatory effect: arthritis
- 4. Endocrine effect: increase adrenal insufficiency.
- 5. Central nervous system effect: anesthetic effect; analgesic effect
- 6. Peripheral nervous system effect: aconitine first stimulates and gives a burning, itching sensation that progresses to numbness.
- 7. Effect on temperature regulation: lower the temperature
Fu Zi (附子)
(Radix Aconiti Lateralis Praeparata)

• Addendum (two subtypes)
  – Wu Tou (or Chuan Wu)
    • Wu Tou (Radix Aconiti) is an alternative form of Fu Zi; another name is Chuan Wu (Sichuan aconite or Radix Aconiti Carmichaelii)
    • It is acrid, bitter, warm, very toxic, and enters Heart, Liver, and Spleen channels.
    • It is used to expel wind-dampness, disperse cold, and alleviate pain in the treatment of Bi syndrome.
    • It is more effective than Fu Zi (Radix Aconiti Lateralis Praeparata) in dispelling cold and alleviating pain, but is more toxic and has less tonifying properties.
  – Cao Wu (herbal aconite or Radix Aconiti Kusnezoffii)
    • It is usually wild rather than cultivated, and has properties and actions that are similar to the Chuan Wu, but is both stronger and more toxic.
    • Used only rarely.

Gan Jiang (干姜)
(Rhizoma Zingiberis)

• English name: dried ginger rhizome, ginger (dried)
• Alternate names: 淡干姜 (dan gan jiang)
• Botanical name: Zingiber officinale Rosc.
• Pharmaceutical name: Rhizoma Zingiberis Officinalis
• Where grown: Sichuan, Guizhou, and elsewhere in China
• When harvested: winter after aerial parts have withered
• Used part: Rhizome
• Flavor and properties: acrid, hot, sweet
• Channel entered: Heart, Lung, Spleen, Stomach
Gan Jiang (干姜)  
(Rhizoma Zingiberis)

- Functions:
  - 1. Warms middle Jiao and expels cold
  - 2. Rescues collapsed Yang and expels interior cold
  - 3. Warms lung and transforms phlegm

- Indications:
  - 1. For cold abdominal pain, vomiting due to stomach and spleen cold, both excess and deficiency. Used with Ren Shen, Gan Cao, Bai Zhu (as Li Zhong Wan).
  - 2. For cold extremity with cold sweating, very weak pulse due to Yang exhaustion. Used with Fu Zi, Gan Cao (as Si Ni Tang).
  - 3. For coughing and wheezing with back cold and clear phlegm due to lung cold. Used with Ma Huang, Xi Xin, Wu Wei Zi, Ban Xia (as Xiao Qing Long Tang).
Gan Jiang (干姜) (Rhizoma Zingiberis)

- **Dosage and administration**
  - 3-10g decocted in water for an oral dose.

- **Cautions and contraindications**
  - Contraindicated in cases of **Yin deficiency** with heat signs, or the **reckless movement** of hot blood.
  - Use with caution during pregnancy.

- **Modern study**
  - Central nervous system effect: raise blood pressure

- **Addendum**
  - Pao Jiang (Quick-fried Rzhizoma Zingiberis Officinalis) is made by frying the herb until the surface is slightly blackened.
  - It is bitter, astringent, and warm and enters the Liver and Spleen channels.
  - It is **less potent for warming the interior**, but is **effective in stopping the bleeding** associated with cold from deficiency.
  - Some sources suggest that it is more effective than Gan Jiang in treating lower abdominal disorders.
Rou Gui (肉桂)
(Cortex Cinnamomi)

- **English name:** inner bark of Saigon cinnamon
- **Alternate names:** 桂心 (Gui Xin); 官桂 (guan gui)
- **Botanical name:** Cinnamomum cassia Presl.
- **Pharmaceutical name:** Cortex Cinnamomi Cassiae
- **Where grown:** Guangdong, Guangxi, Yunnan, Fujian, Vietnam
- **When harvested:** September to October (Also April to May, but poorer quality); usually harvested from trees that are at least seven years old
- **Used part:** Bark
- **Flavor and properties:** acrid, hot, sweet
- **Channel entered:** Heart, Kidney, Liver, Spleen
Rou Gui (肉桂)  
(Cortex Cinnamomi)

• **Functions:**
  – 1. Ignites fire to assist Yang
  – 2. Disperses cold and stops pain
  – 3. Warms and unblocks channels

• **Indications:**
  – 1. For cold extremity, soreness of lower back and knee, impotence, infertility, frequent urination due to kidney Yang deficiency. Used with Fu Zi, Shu Di, Shan Yao (as Shen Qi Wan).
  – 2. For cold abdominal pain, vomiting, diarrhea due to spleen and stomach cold; diarrhea, cold extremity due to spleen and kidney Yang deficiency; damp-cold Bi syndrome; chest pain due to heart Yang deficiency; Yin type abscesses. Used with Fu Zi, Gan Jiang, Bai Zhu (as Gui Fu Li Zhong Wan).
  – 3. For dysmenorrhea, amenorrhea due to Chong and Ren deficiency cold leading to blood stasis. Used with Xiao Hui Xiang, Gan Jiang.
  – 4. Put in Qi and blood formulas to encourage Yang Qi for generating Qi and blood.

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Rou Gui (肉桂)  
(Cortex Cinnamomi)

• **Dosage and administration**
  – 2-5g decocted in water for an oral dose. (rarely decocted because this causes the loss of the volatile oils)
  – Crush into small pieces before using.
  – When used with decoctions, the powdered herb is generally taken with the strained decoction.

• **Cautions and contraindications**
  – Contraindicated in cases of Yin deficiency with heat signs, interior excess heat, and the reckless movement of hot blood.
  – Use with caution during pregnancy.
Rou Gui (肉桂)  
(Cortex Cinnamomi)

- **Modern study:**
  - Central nervous system effect: tranquilizing effect; analgesic effect;
  - Effect on temperature regulation: antipyretic effect.
  - Cardiovascular effect: Fu Zi and Rou Gui together treating adrenal hypertension of rats
  - Antibiotic effect: inhibitory effect in vitro against many Gram-positive bacteria and pathogenic fungi.
  - Treatment of asthma: Inject into UB-13.

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Rou Gui (肉桂)  
(Cortex Cinnamomi)

- **Addendum:**
  - Guan Gui (Cortex Tubiformis Cinnamomi Cassiae)
    - It is taken from the thinner bark of trees that are 6-7 years old. It is the inner bark.
    - The bark has less oil than the principal herb, and is considered to be drier.
    - It is used more to warm the middle burner and dry dampness, and is less of fortifying for the Yang Qi.
Xiao Hui Xiang (小茴香)  
(Fructus Foenicuii)

- **English name**: fennel fruit  
- **Botanical name**: Foeniculum vulgare Mill  
- **Pharmaceutical name**: Fructus Foeniculi Vulgaris  
- **Where grown**: throughout China  
- **When harvested**: autumn when fruit has ripened  
- **Used part**: Fruit  
- **Flavor and properties**: acrid, warm  
- **Channel entered**: Kidney, Liver, Spleen, Stomach
Xiao Hui Xiang (小茴香)  
(Fructus Foenicuii)

• **Functions:**
  – 1. Disperses cold and stops pain
  – 2. Regulates Qi and harmonizes stomach

• **Indications:**
  – 1. For cold hernial pain, lower abdominal pain, and dysmenorrhea. Used with Rou Gui, Chen Xiang, Wu Yao (as Nuan Gan Jian).
  – 2. For abdominal pain, reduced appetite, vomiting. Used with Gan Jiang, Mu Xiang.

• **Dosage and administration**
  – 3-9g decocted in water for an oral dose
  – Proper amount for topical use wrapped with cloth

• **Cautions and contraindications**
  – Contraindicated in cases of Yin deficiency with heat signs.

• **Modern study**
  – 1. Gastrointestinal effect: reducing emptying time and increasing the passage of gas. Relieves spasm of the intestines.
  – 2. Antibiotic effect: inhibitory effect of streptomycin against tuberculosis
  – 3. Peripheral nervous system effect: like camphor, has some local stimulatory effect.
  – 4. Treatment of hernia:
  – 5. Use in urology: treat hydrocele of the tunica vaginalis
Wu Zhu Yu (吴茱萸)  
(Fructus Evodiae)

- **English name:** evodia fruit
- **Alternate name:** 吴萸 (Wu Yu)
- **Latin Name:** Evodia rutaecarpa
- **Pharmaceutical name:** Fructus evodiae Rutaecarpae
- **Where grown:** Guizhou, Sichuan, Guangxi, Hunan, Yunnan, Shanxi, Zhejiang
- **When harvested:** August to October when fruit is brownish green and hot completely ripe
- **Used part:** Fruit
- **Flavor and properties:** Pungent, bitter, hot, slightly toxic
- **Channel entered:** Kidney, Liver, Spleen, Stomach
Wu Zhu Yu (吴茱萸)  
(Fructus Evodiae)

**Functions**
- 1. Disperses cold and stops pain
- 2. Descends rebellious liver Qi
- 3. Warms Yang and stops diarrhea

**Indications**
- 1. For cold hernial pain caused by liver channel constraint; Used with Wu Yao, Xiao Hui Xiang. Jue Yin headache, dysmenorrhea, abdominal pain, edema due to cold-dampness.
  - A. Gastric and abdominal cold pain, Used with Gan Jiang, Mu Xiang.
  - B. Headache, drooling and reduced taste sensation due to deficient cold in the Middle Jiao and rebellious liver Qi, Used with Ren Shen, Sheng Jiang (as Wu Zhu Yu Tang).
  - C. Irregular menstruation and dysmenorrhea, Used with Dang Gui, Chuan Xiong, E Jiao (as Wen Jing Tang).
- 2. For vomiting due to liver fire attacking stomach or liver-stomach disharmony. Used with Huang Lian (Zuo Jin Wan).
- 3. For daybreak diarrhea due to spleen and kidney Yang deficiency. Used with Bu Gu Zhi, Rou Dou Kou (as Si Shen Wan).

**Dosage and administration**
- 1.5-6g decocted in water for an oral dose

**Cautions and contraindications**
- No long-term use or in cases with yin deficiency and heat signs

**Modern study**
- 1. Antibiotic effect: inhibitory effect against Vibrio cholerae
- 2. Central nervous system effect: analgesic effect
- 3. Effect on smooth muscle: strong stimulatory effect on the uterus.
- 4. Treatment of hypertension
- 5. Use in gastroenterology: irritable bowels syndrome.
- 6. Use in dermatology: eczema or neurodermatitis.
- 7. Use in otolaryngology: oral ulcerations
- 8. Effect on temperature regulation: raise temperature
Ding Xiang (丁香)  
(Flos Caryophylli)

- **English name:** clove flower bud
- **Alternate name:** 公丁香(gong ding xiang)
- **Literal English name:** “spike fragrance”
- **Latin Name:** Eugenia caryophyllata Thunb. Or syzygium aromaticum(L.)
- **Pharmaceutical name:** Flos Caryophylli
- **Where grown:** Malaysia, Indonesia, Tanzania (best from Zanzibar)
- **When harvested:** September to March when flower buds change color from green to red
- **Used part:** Flower bud
- **Flavor and properties:** Pungent, warm
- **Channel entered:** Kidney, Spleen, Stomach
Ding Xiang (丁香)  
(Flos Caryophylli)

• Function
  – 1. Warms the middle and descends rebellious Qi
  – 2. Disperses cold and stops pain
  – 3. Warms kidney Yang

• Indications
  – 1. For hiccup, vomiting due to stomach cold. Used with Shi Di, Ren Shen, Sheng Jiang (as Ding Xiang Shi Di Tang).
  – 2. For cold stomachache and abdominal pain. Used with Sha Ren, Bai Zhu (as Ding Xiang San).
  – 3. For impotence with lower back and knee soreness due to Kidney Yang deficiency. Used with Fu Zi, Rou Gui, Ba Ji Tian, Rou Cong Rong.

• Dosage and administration
  – 3-6g decocted in water for an oral dose
  – 0.5–1g as a powder.

• Cautions and contraindications
  – Caution in cases of yin deficiency with heat signs
  – Do not combine with Yu Jin (tuber Curcumae)

• Modern study
  – 1. Antibiotic effect
  – 2. Gastrointestinal effect: increase secretions of sputum from the gastric mucosa with no increase in acidity.
  – 3. Antiparasitic effect: roundworms
  – 5. Use in dermatology: tinea and other dermatomycoses.
  – 6. Use dentistry: alleviate toothache.
Hua Jiao (花椒) 
(Pericarpium Zanthoxyli)

- **English name:** Fruit of Szechuan Pepper
- **Alternate name:** Chuan Jiao (川椒)
- **Literal English name:** “flower pepper”
- **Latin Name:** Pericarpium Zanthoxyli Bungeani
- **Pharmaceutical name:** Semen Zanthoxyli
- **Where grown:** Sichuan
- **When harvested:** August to October
- **Used part:** fruit
- **Flavor and properties:** Acrid, hot, slight toxic
- **Channel entered:** Kidney, Spleen, Stomach
Hua Jiao (花椒)  
(Pericarpium Zanthoxyli)

• **Functions**
  – 1. Warms the middle and stops pain
  – 2. Kills parasite

• **Indications**
  – 1. For cold stomachache, vomiting due to spleen and stomach cold.
  – 2. For eczema, genital itching, and roundworm.

• **Dosage and administration**
  – 2-5g decocted in water for an oral dose

• **Cautions and contraindications**
  – Do not use in cases of Excess Heat or Yin Deficiency.
  – Use with caution during pregnancy.
Gao Liang Jiang (高良姜)  
(Rhizoma Alpiniae Officinarum)

- **English name:** lesser galangal rhizome, galanga  
- **Alternate name:** 良姜(liang jiang)  
- **Latin Name:** Alpinia officinarum Hance  
- **Pharmaceutical name:** Rhizoma Alpiniae Officinari  
- **Where grown:** Guangdong, Guangxi, Taiwan, Yunnan  
- **When harvested:** Between the end of summer and early autumn  
- **Used part:** Rhizome  
- **Flavor and properties:** Acrid, hot  
- **Channel entered:** Spleen, Stomach
Gao Liang Jiang (高良姜)  
(Rhizoma Alpiniae Officinarum)

• **Functions**
  – 1. Disperses cold and stops pain  
  – 2. Warms the middle and stops vomiting  

• **Indications**
  – 1. For epigastric and abdominal pain, hiccup due to spleen and stomach cold.  
  – 2. For vomiting due to stomach cold.  

• **Dosage and administration**  
  – 3-10g decocted in water for an oral dose  

• **Cautions and contraindications**  
  – Do not use in cases of Yin deficiency with heat signs.  
  – In patients with weak constitutions, Gao Liang Jiang should not be used alone, but together with Dang Shen, Bai Zhu to modify its potentially irritating side effects.  

• **Modern study**  
  – 1. Antibiotic effect  
  – 2. Effect on smooth muscle: stimulatory effect on guinea pig intestinal specimens, while higher concentrations showed an inhibitory effect.
Hu Jiao (胡椒)
(Fructus Piperis)

- **English name:** pepper
- **Literal English name:** “barbarian pepper”
- **Latin Name:** Piper nigrum L.
- **Pharmaceutical name:** Fructus Piperis Nigri
- **Where grown:** Indonesia, Malaysia, India, Thailand, Vietnam, Guangdong, Guangxi, Yunnan
- **When harvested:** October to April when the base of the fruit spike changes color to red
- **Used part:** fruit
- **Flavor and properties:** Acrid, hot
- **Channel entered:** Large intestine, Stomach
Hu Jiao (胡椒)  
(Fructus Piperis)

- **Function**
  - 1. Warms the middle and stops pain
  - 2. Descends Qi and resolves phlegm

- **Indications**
  - 1. For vomiting, diarrhea and abdominal pain due to spleen and stomach cold.
    - A. Epigastric and abdominal pain, diarrhea, with Xiang Fu (as Liang Fu Wan)
    - B. Vomiting, hiccup, with Ban Xia, Sheng Jiang
  - 2. For epilepsy due to Qi and phlegm covering clear orifice.

- **Dosage and administration**
  - 2-4g decocted in water for an oral dose

- **Cautions and contraindications**
  - Contraindicated in cases of Yin Deficiency with heat signs.

- **Modern study**
  - 1. Use in gastroenterology: chronic noninfectious diarrhea
  - 2. Use in nephrology: nephritis
Practice questions

1. Which of the following herbs should be decocted more than 30 minutes:
   - A. Rou Gui
   - B. Fu Zi
   - C. Wu Zhu Yu
   - D. Ding Xiang

2. Which of the following herbs can be better used to stop diarrhea?
   - A. Xiao Hui Xiang
   - B. Rou Gui
   - C. Wu Zhu Yu
   - D. Ding Xiang

3. Which of the following herbs can subdue rebellious Qi for hiccup and vomiting:
   - A. Xiao Hui Xiang
   - B. Rou Gui
   - C. Ding Xiang
   - D. Gan Jiang

4. Which of the following herbs is usually used with Fu Zi
   - A. Xiao Hui Xiang
   - B. Gan Jiang
   - C. Rou Gui
   - D. Ding Xiang
Practice questions

• 5. Which of the following herbs is the best for collapsed Yang
  – A. Rou Gui
  – B. Fu Zi
  – C. Wu Zhu Yu
  – D. Ding Xiang

• 6. Which of the following herbs can kill parasite
  – A. Fu Zi
  – B. Wu Zhu Yu
  – C. Ding Xiang
  – D. Hua Jiao

Practice questions

• 7. Which of the following herbs can NOT be used with Yu Jin
  – A. Xiao Hui Xiang
  – B. Gan Jiang
  – C. Rou Gui
  – D. Ding Xiang

• 8. Which of the following herbs can NOT be used with Chi Shi Zhi
  – A. Rou Gui
  – B. Fu Zi
  – C. Wu Zhu Yu
  – D. Ding Xiang
Practice questions

• 9. Which of the following herbs warming the interior is NOT toxic
  – A. Xiao Hui Xiang
  – B. Fu Zi
  – C. Wu Zhu Yu
  – D. Hua Jao