• Tonifying Herbs
  – Section 1 Tonifying Qi herbs (13 types)
    • Ren Shen; Xi Yang Shen; Dang Shen; Tai Zi Shen; Huang Qi; Bai Zhu; Shan Yao; Ci Wi Jia; Da Zao; Gan Cao; Yi Tang; Feng Mi; Huang Jing
  – Section 2 Tonifying Yang herbs (18 types)
    • Lu Rong; Lu Jiao Jiao; Ba Ji Tian; Yin Yang Huo; Xian Mao; Bu Gu Zhi; Yi Zhi Ren; Tu Si Zi; Sha Yuan Ji Li; Rou Cong Rong; Suo Yang; Du Zhong; Xu Duan; Ge Jie; Dong Chong Xia Cao; Zi He Che; Hu Lu Ba; Hu Tao Ren / He Tao Ren
  – Section 3 Tonifying blood herbs (6 types)
    • Dang Gui; Shu Di Huang; Bai Shao; He Shou Wu; E Jiao; Long Yan Rou
  – Section 4 Tonifying Yin herbs (15 types)
    • Nan Sha Shen; Bei Sha Shen; Yu Zhu; Tian (Men) Dong; Mai (Men) Dong; Shi Hu; Bai He; Han Lian Cao; Mo Han Lian; Nu Zhen Zi; Hei Zhi Ma; Gui Ban; Bie Jia; Gou Qi Zi; Sang Shen; Yin Er
Concept

- **Tonifying Yang herbs**
  - The herbs that have the function of assist the yang and are mainly used for yang deficient syndrome (*kidney, spleen and heart*) are called tonifying yang herbs. The most important use of this class of herbs is to tonify the *kidney yang*.

Symptoms

- The principal manifestation of deficient Kidney Yang is **systemic exhaustion**.
- The most common signs and symptoms include withdrawal into oneself, fear of cold, cold extremities, sore and weak lower back and lower extremities, pale tongue, and a deep and weak pulse.
- Other problems include impotence, spermatorrhea, watery vaginal discharge, infertility, enuresis, polyuria, wheezing, and daybreak diarrhea.
Biomedical standpoint

- From a modern biomedical standpoint, the pathophysiology of deficient Kidney Yang is exceedingly complex and is far from being completely understood.
- Based on clinical observations and experimental results, one part of its etiology seems to be related to disorders of the endocrine system.Patients with deficient Kidney Yang very often have decrease in plasma thyroid hormone binding protein, 24-hour urinary 17-ketosteroids, and rate of glycolysis.
- When treated with herbs that tonify the Kidney Yang, these measurements can increase into the normal ranges as the patient’s symptomatology improves. It has also been discovered that these herbs are able to increase the body’s resistance to such stressors as cold and large doses of epinephrine.

Biomedical standpoint

- In general, it is thought that from a biomedical standpoint the functions of this class of herbs include:
  - Regulation of the functions of the adrenal cortex
  - Regulation of energy metabolism
  - Promotion of sexual functions
  - Strengthening of resistance
Classes and Caution

• Herbs that tonify Yang are divided into three main classes:
  – 1. Very potent and very expensive: such as Lu Long and Ge Jie
  – 2. Reliably strengthen Yang and not too expensive (most commonly used): such as Ba Ji Tian and Bu Gu Zhi
  – 3. Having a secondary function of nourishing the Yin: such as Dong Chong Xia Cao and Du Zhong

• Caution
  – Most of these herbs are warm and drying, they can injure the yin and assist the fire. So they should not be used in syndrome with fire form yin deficiency.

Section 2 Tonifying Yang herbs
– 1. Lu Rong (Cornu Cervi Pantotrichum) 鹿茸
– 2. Lu Jiao Jiao (Cervi Cornus Colla) 鹿角胶
– 3. Ba Ji Tian (Radix Morindae Officinalis) 巴戟天
– 4. Yin Yang Huo (Herba Epimedii) 淫羊藿
– 5. Xian Mao (Rhizoma Curculiginis) 仙茅
– 6. Bu Gu Zhi (Fructus Psoraleae) 补骨脂
– 7. Yi Zhi Ren (Fructus Alpiniae Oxyphyllae) 益智仁
– 8. Tu Si Zi (Semen Cuscutae) 菟丝子
– 9. Sha Yuan Ji Li (Semen Astragali Complanati) 沙苑蒺藜
– 10. Rou Cong Rong (Herba Cistanchis) 肉苁蓉
– 11. Suo Yang (Herba Cynomorri Songgarici) 锁阳
– 12. Du Zhong (Cortex Eucommiae) 杜仲
– 13. Xu Duan (Radix Dipsaci Asperi) 续断
– 14. Ge Jie (Gecko) 蛤蚧
– 15. Dong Chong Xia Cao (Cordycaps) 冬虫夏草
– 16. Zi He Che (Placenta Hominis) 紫河车
– 17. Hu Lu Ba (Semen Trigonellae) 胡芦巴
– 18. Hu Tao Ren / He Tao Ren (Semen Juglandis) 胡/核桃仁
Classification

• Tonifying Yang Herbs that are from animals
  – Lu Rong; Lu Jiao Jiao
• Tonifying kidney Yang and Strengthening bone and sinew; expelling wind-damp-cold for Bi syndrome.
  – Bai Ji Tian; Yin Yang Huo; Xian Mao
• Tonifying kidney Yang and kidney Qi
  – Bu Gu Zhi; Yi Zhi Ren; Tu Si Zi; Sha Yuan Ji Li
• Tonifying kidney Yang and Moistening intestine
  – Rou Cong Rong; Suo Yang
• Tonifying kidney Yang, strengthening bone and sinew and calming fetus.
  – Du Zhong; Xu Duan
• Tonifying kidney Yang and lung Qi, tonifying essence and blood.
  – Ge Jie; Dong Chong Xia Cao; Zi He Che
• Less important than herbs above
  – Hu Tao Ren / He Tao Ren

Study Objective

• 1. Understand the general information on herbs that tonify Yang.
  – 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.
# Lu Rong (鹿茸)  
(Cornu Cervi Pantotrichum)

- **English name:** velvet of young deer antler, deer antler, cervi
- **Latin name:** Cervus nippon Temminck
- **Pharmaceutical name:** Cornu Cervi Parvum
- **Where grown:** Ji lin, Liao ning, Hei long jiang, Hebei, Beijing, Inner Mongolia, Tibet, Qinghai, Gansu
- **When harvested:** Late summer or autumn (male over three years old starts to have new velvet)
- **Used part:** Young deer horn
- **Flavor and properties:** Sweet, salty, warm
- **Channel entered:** Kidney, liver
Lu Rong (鹿茸) (Cornu Cervi Pantotrichum)

• **Functions**
  - 1. Tonifies kidney Yang
  - 2. Augments essence, and strengthens sinew and bone
  - 3. Regulates Chong and Ren, and stabilizes Girdle
  - 4. Resolves toxicity

• **Indications**
  - 1. For impotence, frequent urination, infertility, dizziness, tinnitus, lower back and knee pain due to KD yang deficiency. used alone or with Ren Shen, Shan Yao, Bu Gu Zhi.
  - 2. For child physiological and mental development retardation due to KD essence deficiency. with Shu Di, Shan Yao, Shan Zhu Yu.
  - 3. For uterine bleeding and excessive vaginal discharge due to deficiency cold of Chong and Ren channels.
  - 4. For Yin type boils. with Huang Qi.

Lu Rong (鹿茸) (Cornu Cervi Pantotrichum)

• **Dosage and administration**
  - Decoction or soak with alcohol
  - Starts from 1g and gradually increases.
  - Take as powder 1-3g.

• **Cautions and contraindications**
  - Contraindicated in syndrome with heat from Yin deficiency, heat in the blood level
  - Contraindicated in case of phlegm-heat, or fire or warm-febrile diseases.
Lu Rong (鹿茸)  
(Cornu Cervi Pantotrichum)

• Modern study
  – 1. Cardiovascular effect: positive inotropic and chronotropic effect.
  – 2. General strengthening effect: general tonic that increases work capacity, improves sleep and appetite, and decreases fatigue.
  – 3. Hematological effect: increase in both red and white blood cells.
  – 4. Effect on local healing: promote granulation of longstanding ulcers and wounds, as well as the healing of fractures.
  – 5. Immunological effect: inhibits a reaction when exposes to some substance.

• Addendum
  – Lu Jiao---the antlers of mature deer. Salty and warm and enters the liver and kidney channels.
  – Lu Jiao jiao---glue made from mature deer antlers. Sweet, salty, slightly warm.
  – Lu Jiao Shuang-----the dregs left over after boiling deer antler glue. Sweet and slightly warm.
• **Lu Jiao Jiao 鹿角胶 (Cervi Cornus Colla)**
  – Sweet and salty;
  – Kidney and Liver entered;
  – Cheaper and weaker *substitute* for Lu Rong
  – Not as strong as Lu Rong in tonifying KD yang, but able to *nourish and tonify essence and blood* and effective for *stopping bleeding* as well.
  – Most commonly used for deficient and wasted essence and blood with bleeding or yin-type sores.
  – Combined with a glue made of tortoise shell (Gui Ban), to tonify both Yin and yang.
  – Used in melted form and in any of the yellow wines.
  – Dosage is 6-12g

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**Ba Ji Tian (巴戟天)**
*(Radix Morindae Officinalis)*

• **English name:** morinda root
• **Alternate name:** 巴戟*(ba ji)*
• **Latin name:** Morinda officinalis How
• **Pharmaceutical name:** Radix Morindae Officinalis
• **Where grown:** Guangdong, Guangxi, Fujian
• **When harvested:** Winter or spring
• **Used part:** root
• **Flavor and properties:** Acr, sweet, warm
• **Channel entered:** Kidney, liver
Ba Ji Tian (巴戟天)  
(Radix Morindae Officinalis)

• **Functions**
  – 1. Tonifies **kidney Yang**
  – 2. Strengthens **bone and sinew**, expels **wind-damp-cold**

• **Indications**
  • 1. For impotence, irregular menstruation, infertility, lower abdominal cold and pain due to **KD yang deficiency**. with Suo Yang, Yin Yang Huo, Rou Cong Rong.
  • 2. For **Bi syndrome**. with Du Zhong, Xu Duan, Niu Xi.
Ba Ji Tian (巴戟天)  
(Radix Morindae Officinalis)

• **Dosage and administration**
  – 10-15g decocted in water for an oral dose.
  – It is **less hot** than Yin Yang Huo and Xian Mao.
    It can consume kidney essence.

• **Cautions and contraindications**
  – Contraindicated in syndrome with either **damp-heat** or **heat from yin deficiency**.

• **Modern study**
  – Endocrine effect: no androgen-like effect.

Yin Yang Huo (淫羊藿)  
(Herba Epimedii)

• **English name:** aerial parts of epimedium
• **Literal English translation:** “licentious goat wort”
• **Alternate names:** 羊藿(yang huo); 仙灵脾(xian ling pi)
• **Botanical name:** Epimedium grandiflorum Morr.
• **Pharmaceutical name:** Herba Epimedii
• **Where grown:** Shanxi, Liaoning, Shanxi, Hubei, Sichuan
• **When harvested:** summer or autumn
• **Used part:** Aerial parts
• **Flavor and properties:** Pungent, sweet, warm
• **Channel entered:** Kidney, liver
Yin Yang Huo (淫羊藿) (Herba Epimedii)

**Functions**
- 1. Tonifies *kidney Yang*
- 2. Strengthens *bone and sinew*, expels *wind-damp-cold*

**Indications**
- 1. For impotence, spermatorrhea, infertility, frequent urination due to *KD yang deficiency*. with Xian Mao, Ba Ji Tian
- 2. For *Bi syndrome*. with Chuan Xiong, Du Zhong.
Yin Yang Huo (淫羊藿)
(Herba Epimedii)

• **Dosage and administration**
  – 5-10g decocted in water for an oral dose.
  – It is *stronger* to tonify Yang than Ba Ji Tian and Xian Mao. It can increase sperm. It can consume kidney essence.

• **Cautions and contraindications**
  – 1. Contraindicated in cases of *fire* due to *yin* deficiency
  – 2. Should not be taken as a decoction over prolonged periods.

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Yin Yang Huo (淫羊藿)
(Herba Epimedii)

• **Modern study**
  – 1. Effect on sexual activity: increases sexual activity and sperm production, stimulates the sensory nerves and thereby indirectly increases sexual desire. Moderate androgen-like effect on the testes, prostate gland.
  – 4. Effect on blood pressure: lower blood pressure
  – 5. Effect on the kidneys: increase urinary output with low dosage, while large doses decrease output.
**Xian Mao (仙茅)**
(Rhizoma Curculiginis)

- **English name:** golden eye-grass rhizome, curculigo
- **Literal English translation:** “immortal grass”
- **Botanical name:** Curculigo orchioides Gaertn.
- **Pharmaceutical name:** Rhizoma Curculiginis
- **Where grown:** Sichuan, Yunnan, Guizhou
- **When harvested:** Early spring before sprouting or autumn when aerial parts are withered
- **Used part:** Rhizome
- **Flavor and properties:** Pungent, hot, toxic
- **Channel entered:** Kidney, liver
Xian Mao (仙茅)  
(Rhizoma Curculiginis)

• **Functions:**
  - 1. Tonifies kidney Yang, controls essence and urine.
  - 2. Strengthens bone and sinew, expels wind-damp-cold.
  - 3. Warms spleen Yang and stops diarrhea.
  - 4. Regulates menstruation and menopause.

• **Indications**
  - 1. For impotence, urinary incontinence, frequent urination due to KD yang deficiency. with Du Zhong, Xian Ling Pi.
  - 2. For Bi syndrome. with Du Zhong, Du Huo.
  - 3. For diarrhea, cold abdominal pain due to SP yang deficiency. with Gan Jiang, Bai Zhu.

• **Dosage and administration**
  - 3-10g decocted in water for an oral dose.
  - It can consume kidney essence.

• **Cautions and contraindications**
  - 1. Contraindicated in cases of Yin deficiency with heat signs
  - 2. Long-term use is not recommended
  - 3. Toxic reactions such as swelling of the tongue can occur
Bu Gu Zhi (补骨脂/破故纸)  
(Fructus Psoraleae)

- **English name:** psoralea fruit  
- **Alternate name:** 破故纸(po gu zhi)  
- **Literal English translation:** “tonify bone resin”  
- **Latin name:** Psoralea corylifolia L.  
- **Pharmaceutical name:** Fructus Psoraleae Corylifoliae  
- **Where grown:** throughout China especially the northeast and southwest  
- **When harvested:** Autumn when ripe  
- **Used part:** seed  
- **Flavor and properties:** Pungent, bitter, very warm  
- **Channel entered:** Kidney, spleen
**Bu Gu Zhi (补骨脂/破故纸)**  
(Fructus Psoraleae)

**Functions**
- 1. Tonifies kidney Yang
- 2. Stabilizes essence and urine
- 3. Warms spleen
- 4. Helps kidney to grasp Qi

**Indications**
- 1. For impotence, soreness and weak knee and lower back due to KD yang deficiency. with Du Zhong, Hu Tao Rou
- 2. For spermatorrhea, frequent urination due to KD yang deficiency. with Sang Piao Xiao, Yi Zhi Ren, Fu Pen Zhi.
- 3. For diarrhea due to spleen and kidney Yang deficiency. with Rou Dou Kou, Wu Wei Zi, Wu Zhu Yu (as Si Shen Wan).
- 4. For chronic coughing and wheezing due to kidney and lung deficiency. with Ren Shen, Hu Tao Ren, Wu Wei Zi.

**Dosage and administration**
- 6-15g decocted in water for an oral dose and crushed before using

**Cautions and contraindications**
- Contraindicated in deficient Yin with heat signs or constipation.

**Modern study**
- 1. Cardiovascular effect: dilate the coronary blood; positive inotropic effect
- 2. Antibiotic effect: inhibitory effect against Staphylococcus aureus
- 3. Effect on smooth muscle: stimulated effect
- 4. Use in dermatology: psoriasis
- 5. Treatment of alopecia
- 6. Use in gynecology: stop menorrhagia
Yi Zhi Ren (益智仁)  
(Fructus Alpiniae Oxyphyllae)

- **English name:** alpinia oxyphylla fruit, black cardamon, bitter-seeded cardamon
- **Literal English Translation:** “benefit intelligence nut”
- **Latin Name:** Alpinia oxyphylla Miq.
- **Pharmaceutical name:** Fructus Alpiniae Oxyphyllae
- **Where grown:** Hainan, Guangdong, Guangxi
- **When harvested:** Summer to autumn when fruit turn red
- **Used part:** fruit
- **Flavor and properties:** Acrid, warm
- **Channel entered:** Kidney, spleen
Yi Zhi Ren (益智仁)  
(Fructus Alpiniae Oxyphyllae)

• **Function**
  – 1. Tonifies kidney Yang, controls essence and urine
  – 2. Warms spleen Yang and controls salivation

• **Indications**
  – 1. For impotence, frequent urination, poor memory due to KD yang deficiency. with Wu Yao, Shan Yao.
  – 2. For diarrhea, cold abdominal pain and excessive salivation due to SP yang deficiency. with Dang Shen, Ban Xia, Fu ling, Bai Zhu and Gan Jiang.

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

• **Cautions and contraindications**
  – Contraindicated in case of heat syndrome.

• **Difference between Bu Gu Zhi and Yi Zhi Ren**
  – Bu Gu Zhi is better for tonifying KD yang.
  – Yi Zhi Ren is better for tonifying SP yang.
Tu Si Zi (菟丝子)  
(Semen Cuscutae)

- **English name:** Chinese dodder seeds, cuscuta
- **Alternate name:** 菟丝 (tu si)
- **Latin Name:** Cuscuta chinensis Lam.
- **Pharmaceutical name:** Semen Cuscutae Chinensis
- **Where grown:** Jiangsu, Liaoning, Jilin, Hebei, Shandong, Henan
- **When harvested:** Summer to autumn when seeds are ripe
- **Used part:** Seed
- **Flavor and properties:** Pungent, sweet, neutral
- **Channel entered:** Kidney, liver
Tu Si Zi (菟丝子)  
(Semen Cuscutae)

• **Functions**
  - 1. Tonifies kidney Yang, controls essence and urine.
  - 2. Tonifies liver and improve vision.
  - 3. Warms spleen Yang and stops diarrhea.
  - 4. Calms fetus.
  - 5. For diabetes due to kidney deficiency.

• **Indications**
  - 1. For impotence, spermatorrhea, urinary incontinence, frequent urination, excessive vaginal discharge due to KD yang deficiency.
    - A. Lower back pain, tinnitus, impotence, with Du Zhong, Gou Qi Zi
    - B. Nocturnal emission, frequent urination, leukorrhea, with Fu Peng Zi, Wu Wei Zi.
  - 2. For blurred vision, due to kidney and liver deficiency. with Gou Qi Zi, Ju Hua, Sha Yuan Ji Li.
  - 3. For diarrhea, cold abdominal pain due to spleen and kidney deficiency. with Lian Zi Rou, Shan Yao, Fu Ling (as Tu Si Zi Wan).
  - 4. Restless fetus, bleeding during pregnancy.
  - 5. For diabetes, with Xu Duan, Sang Ji Sheng, E Jiao (Shou Tai Wan)

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Tu Si Zi (菟丝子)  
(Semen Cuscutae)

• **Dosage and administration**
  - 10-15g decocted in water for an oral dose

• **Cautions and contraindications**
  - Caution in cases of Yin deficiency with heat signs.

• **Modern study**
  - 1. Cardiovascular effect: positive inotropic effect on frog heart specimens
  - 2. Estrogen like action
Sha Yuan Ji Li (沙苑蒺藜)
(Semen Astragali Complanati)

• **English name:** flattened milkvetch seed, astragalus seed
• **Alternate name:** 潼蒺藜 (tong ji li), 沙苑子 (sha yuan zi)
• **Latin Name:** Astragalus complanatus R. Br.
• **Pharmaceutical name:** Semen Astragali Complanati
• **Used part:** seed
• **Flavor and properties:** Sweet, warm
• **Channel entered:** Kidney, liver
Sha Yuan Ji Li (沙苑蒺藜) 
(Semen Astragali Complanati)

• Functions
  – 1. Tonifies kidney Yang, controls essence and urine.
  – 2. Tonifies liver and improves vision.

• Indications
  – 1. For impotence, spermatorrhea, premature ejaculation, urinary incontinence, frequent urination, excessive vaginal discharge, lower back pain due to KD yang deficiency. with Fu Pen Zi, Qian Shi, Lian Zi.
  – 2. For blurred vision due to KD and LV yin deficiency. with Gou Qi Zi, Shu Di Huang.

• Dosage and administration
  – 10-15g decocted in water for an oral dose

• Cautions and contraindications
  – 1. Contraindicated in deficient yin syndrome with heat signs.
  – 2. Hyperactive sexual drives
  – 3. Difficulty in urination
Rou Cong Rong (肉苁蓉)  
(Herba Cistanchis)

- **English name:** fleshy stem of the broomrape, cistanche  
- **Alternate name:** 淡大芸 (dan da yun)  
- **Latin Name:** Cistanche deserticola Y. C.  
- **Pharmaceutical name:** Herba Cistanches Deserticolae  
- **Where grown:** Inner Mongolia, Tibet, Shanxi, Gansu, Qinghai  
- **When harvested:** Spring, just as the sprouts are emerging  
- **Used part:** Fleshy stem  
- **Flavor and properties:** Sweet, salty, warm  
- **Channel entered:** Large intestine, kidney
Rou Cong Rong (肉苁蓉) 
(Herba Cistanchis)

• **Function**

• **Indications**
  – 1. For impotence, spermatorrhea, infertility, soreness and weak knee and lower back due to KD yang deficiency. with Shu Di, Tu Si Zi, Ba Ji Tian, Du Zhong.
  – 2. For constipation due to Yin, Yang or blood deficiency. with Chen Xiang, Huo Ma Ren (as Run Chang Wan).

• **Dosage and administration**
  – 10-15g up to 60g individually decocted in water for an oral dose.
  – Treated with salt for kidney yang deficiency.

• **Cautions and contraindications**
  – 1. Contraindicated in cases with diarrhea from weak stomach or spleen
  – 2. Contraindicated in deficient yin with heat signs.

• **Modern study**
  – 1. Effect on growth: grow faster
  – 2. Effect on secretions: increases the secretion of saliva
  – 3. Effect on blood pressure: lower blood pressure
  – 4. Effect on respiration: paralytic effect on respiration in mice.
Suo Yang (锁阳)  
(Herba Cynomorri Songgarici)

- **English name**: fleshy stem of cynomorium
- **Literal English name**: “lock yang”
- **Latin Name**: Cynomorium songaricum Rupr.
- **Pharmaceutical name**: Herba Cynomorii Songarici
- **Where grown**: Gansu, Tibet, Inner Mongolia, Qinghai
- **When harvested**: Spring or autumn
- **Used part**: Stem
- **Flavor and properties**: Sweet, warm
- **Channel entered**: Large intestine, kidney, liver
Suo Yang (锁阳)  
(Herba Cynomorri Songgarici)

- **Actions**
  - 1. Tonifies kidney Yang.

- **Indications**
  - 1. For impotence, spermatorrhea, infertility, soreness and weak knee and lower back due to KD yang deficiency. with Niu Xi, Tu Si Zi, Du Zhong.
  - 2. For constipation due to Yin, Yang or blood deficiency. with Rou Cong Rong.

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- **Dosage and administration**
  - 10-15g decocted in water for an oral dose.

- **Cautions and contraindications**
  - 1. Contraindicated in syndrome with diarrhea from spleen deficiency or constipation due to excessive heat.
  - 2. Contraindicated in syndrome with kidney yin deficiency with heat signs.
Du Zhong (杜仲)
(Cortex Eucommiae)

- **English name**: eucommia bark
- **Botanical name**: Eucommia ulmoides Oliv.
- **Pharmaceutical name**: Cortex Eucommiae Ulmoidis
- **Where grown**: Hubei, Sichuan, Guizhou, Yunnan, Shaanxi
- **When harvested**: Spring or summer
- **Used part**: Bark
- **Flavor and properties**: Sweet, slightly pungent, warm
- **Channel entered**: Kidney, liver
**Du Zhong (杜仲)**
(Cortex Eucommiae)

### Actions
- 1. Tonifies kidney Yang, strengthens bone and sinew.
- 2. Calms fetus.

### Indications
- 1. For impotence, soreness and weak knee and lower back, frequent urination due to KD yang deficiency. with Tu Si Zi, Du Huo.
- 2. For restless fetus, bleeding during pregnancy due to KD and LV deficiency. with Xu Duan, Shan Yao.

### Dosage and administration
- 10-15g decocted in water for an oral dose
- Salt-water fried for tonifying the kidney

### Cautions and contraindications
- Contraindicated in heat from yin deficiency.

### Modern study
- 1. Effect on blood pressure: lower BP
- 2. Treatment of hypertension
- 3. Central nervous system effect: inhibitory effect
- 4. Diuretic effect
Xu Duan (续断)  
(Radix Dipsaci Asperi)

- **English name:** Japanese teasel root, dipsacus
- **Literal English translation:** “restore what is broken”
- **Alternate name:** 川断 (chuan duan)
- **Botanical name:** Dipsacus asper Wall. In some parts of China D. japonicus Miq. Is used as this herb.
- **Pharmaceutical name:** Radix Dipsaci Asperi
- **Where grown:** Hubei, Sichuan, Yunnan, Guizhou
- **When harvested:** autumn
- **Used part:** root
- **Flavor and properties:** Bitter, acrid, slight warm
- **Channel entered:** Kidney, Liver
Xu Duan (续断)  
(Radix Dipsaci Asperi)

• **Actions**
  – 1. Tonifies kidney Yang, strengthens sinews and bones.
  – 2. Calms fetus.

• **Indications**
  – 1. For weakness of knee and lower back due to KD yang deficiency. Bi syndrome, traumatic injury, bone fracture.
  – 2. For restless fetus, bleeding during pregnancy.

• **Dosage and administration**
  – 10-15g decocted in water for an oral dose

• **Cautions and contraindications**
  – Contraindicated in heat from yin deficiency.
Ge Jie (蛤蚧)  
(Gecko)

- English name: gecko
- Latin name: Gekko gecko
- Pharmaceutical name: Gecko
- Where grown: Shanxi as well as Yunnan, Guandong, Guangxi, Jiangsu
- When harvested: May to September
- Used part: Entire animal
- Flavor and properties: Salty, neutral
- Channel entered: Lung, kidney
Ge Jie (蛤蚧)  
(Gecko)

• **Actions:**

• **Indications**
  – 1. For impotence due to kidney Yang and essence deficiency. with Ren Shen, Hu Tao Ren, Lu Rong.
  – 2. For chronic cough and wheezing due to kidney and lung deficiency. with Hu Tao Ren, Wu Wei Zi, Ren Shen.

• **Dosage and administration**
  – 3-10g decocted in water for an oral dose.
  – 1-2g as powder.
  – Good at cough and wheezing due to KD def.

• **Cautions and contraindications**
  – Contraindicated in cases of wheezing and coughing due to exterior wind-cold or excessive heat.

• **Modern study**
  – Hormonal effect: prolong the estrus periods and increases the weight of the sexual organs of mice, and induces estrus in oophorectomized mice.
Dong Chong Xia Cao (冬虫夏草) (Cordyceps)

- **English name**: cordyceps (fungus and the carcass of the insect from which it grows), Chinese caterpillar fungus
- **Literal English translation**: “winter bug summer herb”
- **Latin name**: Cordyceps sinensis (Berk.) Sacc.
- **Pharmaceutical name**: Cordyceps Sinensis
- **Where grown**: Sichuan, Qinghai, Guizhou, Yunnan, Tibet
- **When harvested**: Early summer when the fungus has emerged
- **Used part**: Larva and plant
- **Flavor and properties**: Sweet, Warm
- **Channel entered**: Lung, kidney
Dong Chong Xia Cao (冬虫夏草) (Cordyceps)

• **Actions**
  – 2. Tonifies kidney and lung, stops bleeding.

• **Indications**
  – 1. For impotence, spermatorrhea due to KD yang deficiency, with Du Zhong, Yin Yang Huo, Rou Cong Rong.
  – 2. For chronic cough and wheezing, coughing with blood due to kidney and lung deficiency.
    • A. Due to both kidney and lung deficiency, with Huang Qi, Hu Tao Rou.
    • B. Due to Qi and Yin deficiency, with E Jiao, Mai Dong, Chuan Bei Mu.

• **Dosage and administration**
  – 5-10g decocted in water for an oral dose.
  – Tonify both KI & LU

• **Cautions and contraindications**
  – Caution in exterior conditions

• **Modern study**
  – 1. Antibiotic effect: in vitro inhibitory effect against some of the tuberculosis bacilli
  – 2. Effect on muscle: inhibit the contraction of smooth and cardiac muscle in many animal experiments.
Zi He Che (紫河车)  
(Placenta Hominis)

- **English name:** human placenta, placenta
- **Literal English translation:** “purple river vehicle”
- **Pharmaceutical name:** Placenta Hominis
- **Used part:** Whole placenta
- **Flavor and properties:** Sweet, Salty, warm
- **Channel entered:** Liver, lung, kidney
Zi He Che (紫河车)  
(Placenta Hominis)

• **Actions**
  – 1. Tonifies *kidney* Yang, controls essence and urine.
  – 2. Tonifies *lung* Qi.
  – 3. Tonifies Qi and blood.

• **Indications**
  – 1. For infertility, impotence, spermatorrhea, premature ejaculation, urinary incontinence, dizziness and tinnitus due to *KD* yang deficiency. use alone or with Shu Di, Lu Rong, Dong Chong Xia Cao.
  – 2. For cough and wheezing due to *LU* Qi deficiency. with Wu Wei Zi, Mai Man Dong.
  – 3. For pale complexion, fatigue, post partum lactation deficiency due to Qi and blood deficiency. use alone or with Huang Qi, Dang Gui, Bai Zhu, Shan Yao.

• **Dosage and administration**
  – 1.5-3g as powder.

• **Cautions and contraindications**
  – 1. Use cautiously over prolonged periods of time.
  – 2. Not use alone for heat from yin deficiency.

• **Modern study**
  – 1. Immunological effect: lessens the pathological changes from tuberculosis; increases the growth of the germ in vitro.
  – 2. Hematological effect: for bleeding
  – 3. Effect on endurance: increases the duration
  – 5. Treatment of pulmonary diseases: asthma
  – 6. Treatment of dermatological disorders: skin ulcers
  – 7. Use in promoting lactation
Hu Lu Ba (胡芦巴)
(Semen Trigonellae)

- **English name:** fenugreek seed, trigonella
- **Alternate name:** 芦巴子 (lu ba zi)
- **Botanical name:** Trigonella foenum-graecum L.
- **Pharmaceutical name:** Semen Trigonellae Foeni-graeci
- **Used part:** Seed
- **Flavor and properties:** Bitter, warm
- **Channel entered:** Kidney, liver
Hu Lu Ba (胡芦巴) 
(Semen Trigonellae)

• **Actions**
  – 2. Disperses cold dampness and stops pain.

• **Indications**
  – 1. For impotence, spermatorrhea due to KD yang deficiency.
  – 2. For hernia pain, lower abdominal pain, and dysmenorrhea.

• **Dosage and administration**
  – 5-10g decocted in water for an oral dose.

• **Cautions and contraindications**
  – Contraindicated for patients with either damp-heat or heat from Yin deficiency.

• **Modern study**
  – 1. Effect on the breasts: increases lactation. No sex hormone-like actions
  – 2. Treatment of mountain sickness
Hu Tao Ren / He Tao Ren (胡/核桃仁)  
(Semen Juglandis)

- **English name:** walnut nut
- **Literal English translation:** “barbarian peach pit”
- **Alternate name:** 核桃仁 (he tao ren)
- **Botanical name:** Juglans regia L.
- **Pharmaceutical name:** Semen Juglandis Regiae
- **Used part:** nut
- **Flavor and properties:** Sweet, warm
- **Channel entered:** Kidney, large intestine, lung
Hu Tao Ren / He Tao Ren (Semen Juglandis)

• **Actions**
  – 2. Tonifies kidney and lung, helps kidney to grasp Qi.

• **Indications**
  – 1. For impotence, soreness and weak knee and lower back, frequent urination, hair loss, poor memory due to KD yang deficiency. with Du Zhong, Bu Gu Zhi.
  – 2. For chronic cough and wheezing due to kidney and lung deficiency. with Ge Jie, Ren Shen.
  – 3. For constipation due to Yin or blood deficiency. with Huo Ma Ren, Rou Cong Rong

• **Dosage and administration**
  – 10-30g decocted in water for an oral dose.
  – Should be crushed before using

• **Cautions and contraindications**
  – 1. Contraindicated in cases of yin deficiency with heat signs
  – 2. Caution in cases of loose stool.

• **Modern study**
  – 1. Effect on general metabolism: weight gain
  – 2. Use in urology: expulsion of stones
  – 3. Use in dermatology: dermatological diseases (contact dermatitis, seborrheic dermatitis and atopic dermatitis)
Practice questions

• 1. Lu Rong is:
  – A. Pungent, warm.
  – B. Bitter, warm.
  – C. Sweet, slight warm.
  – D. Sweet, salty, warm.

• 2. The herb with pungent, hot and toxic properties is:
  – A. Xian Mao
  – B. Ba Ji Tian
  – C. Yin Yang Huo
  – D. Bu Gu Zhi

• 3. The functions of Yin Yang Huo are:
  – A. Tonify KI Yang, Strengthen bone and sinew and expel wind-damp-cold.
  – B. Tonify KI and LV, and warm LU.
  – C. Tonify Yang, transform cold phlegm and dry dampness.
  – D. Tonify KI and SP, nourish blood and moisten LU.

• 4. The herb that treats impotence due to KI Yang deficiency, and chronic cough with bloody phlegm is:
  – A. Du Zhong
  – B. Xing Ren
  – C. Dong Chong Xia Cao
  – D. Ba Ji Tian
Practice questions

5. The functions of Du Zhong are:
   – A. Tonify KI and LV, moisten bowel and stop cough.
   – B. Tonify KI and LV, strengthen the sinews and bones, and calm the fetus.
   – D. Tonify KI and LU, and calm the fetus.

6. The functions of Lu Rong are:
   – A. Nourish blood and body essence, and expel phlegm.
   – B. Tonify KI Yang, nourish essence, and strengthen the sinews and bones.
   – C. Tonify LV and KI, moisten bowel and benefit throat.
   – D. Tonify KI Yang and induce urination.

7. Which pair of Yang tonifying herb is best to treat low back and knee soreness and weakness due to KI Yang deficiency:
   – A. Du Zhong & Tu Si Zi.
   – B. Du Zhong & Xu Duan.
   – C. Bu Gu Zi & Xian Mao.

8. Which of the following herbs tonifies LV and KI, promotes mending of the sinews and bones, also stops uterine bleeding and calms the fetus:
   – A. Shu Di Huang.
   – B. Sha Shen.
   – C. Xu Duan.
   – D. Nu Zhen Zi.
Practice questions

• 9. The herb that tonifies KI and strengthens Yang, and moistens bowel to relieve constipation is:
  – A. Rou Cong Rong
  – B. Shu Di Huang
  – C. He Shou Wu
  – D. Dang Gui