Chapter 13 Tonifying Herbs

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• 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
Section 4 Tonifying Yin herbs

Concept

• Tonifying Yin herbs
  – The herbs that are used primarily to tonify the Yin of the Lungs, Stomach, Liver, or Kidneys and/or moisten the dryness, and treat the deficiency of Lung Yin, Stomach Yin, Liver Yin and Kidney Yin are called tonifying Yin herbs.
  – In addition to tonification, these herbs can nourish, nurture, and/or moisten. In combination with other herbs they can be used to moisten dryness and transform phlegm, moisten the Intestines to promote the passage of stool and urine, generate fluids to alleviate thirst, calm the spirit, tonify the blood, stop bleeding, or increase the patient’s strength. Problems associated with Heart yin related the spirit.4
Symptoms

- **Lung Yin deficiency:** dry cough, loss of voice, thirst, dry throat, dry skin, and in some cases, spitting up thick sputum. Lung consumption and the patient experiences chronic cough, low-grade afternoon fevers, night sweats, coughing up blood, and a thin, rapid pulse.
- **Stomach Yin deficiency:** lack of appetite, irritability, thirst, dry mouth, and constipation.
- **Liver Yin deficiency:**
  - Liver blood deficiency: diminished visual acuity, dry, dull eyes, night blindness, dizziness, tinnitus, dry nails, and low-grade sensation of heat.
  - Liver Yin deficiency with ascendant Liver yang: vertigo, tinnitus, dry mouth and throat, insomnia, red tongue, and a fast, thin pulse.
- **Kidney Yin deficiency:** dizziness, tinnitus, weakness of the lower back and knees, warm palms and soles, afternoon low-grade fever, diminished sexual function, scanty and dark urine, a red and dry tongue, and a thin pulse without strength.

Caution

- Tonifying Yin herbs are generally sweet, cold, enriching, and cloying.
- They are unappropriated for patients with spleen or stomach deficiency, internal dampness or phlegm, abdominal distention or diarrhea.
• Tonifying Yin herbs
  – 1. Nan Sha Shen 南沙参 (Radix Adenophorae)
  – 2. Bei Sha Shen 北沙参 (Radix Glehniae Littoralis)
  – 3. Yu Zhu 玉竹 (Rhizoma Polygonati Odorati)
  – 4. Tian (Men) Dong 天门冬 (Radix Asparagi)
  – 5. Mai (Men) Dong 麦门冬 (Radix Ophiopogonis)
  – 6. Shi Hu 石斛 (Herba Dendrobii)
  – 7. Bai He 百合 (Bulbus Lilii)
  – 8. Han Lian Cao/ Mo Han Lian 墨旱莲 (Herba Ecliptae Prostratae)
  – 9. Nv Zhen Zi 女贞子 (Fructus Ligustri Lucidi)
  – 10. Hei Zhi Ma 黑芝麻 (Semen Sesami Indici)
  – 11. Gui Ban 龟板 (Plastrum Testudinis)
  – 12. Bie Jia 鳖甲 (Carapax Amydea Sinensis)
  – 13. Gou Qi Zi 枸杞子 (Fructus Lycii)
  – 14. Sang Shen 桑椹 (Fructus Mori Albea)
  – 15. Yin Er 银耳 (Fructicato Tremellae)

Study Objective

• 1. Understand the general information on herbs that tonify Yin.
  – 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.
Nan Sha Shen (南沙参)
(Radix Adenophorae)
Straight Ladybell Root

- **English name:** adenophora or glehnia root
- **Literal English translation:** "southern sand root"
- **Alternate name:** 大沙参(da sha shen), 空沙参(kong sha shen), 泡参(pao shen), 北沙参(bei sha shen), 辽沙参(liao sha shen), 条沙参(tiao sha shen), 银条参(yin tiao shen)
- **Latin name:** Adenophora tetraphylla
- **Pharmaceutical name:** Radix Ademophorae seu Glehniae
- **Where grown:** Anhui, Jiangsu, Zhejiang, Guizhou, Shandong, Jiangsu, Fujian, Guangdong, Taiwan
- **When harvested:** Spring or autumn
- **Used part:** root
- **Flavor and properties:** Sweet, cool, slightly bitter
- **Channel entered:** Lung, stomach
Nan Sha Shen (南沙参)  
(Radix Adenophorae)  
Straight Ladybell Root

• **Functions**  
  – 1. Nourishes lung Yin, clears lung and expels phlegm.  
  – 2. Nourishes stomach Yin and tonifies Qi.

• **Indications**  
  – 1. For dry cough without or with limited phlegm, or with sticky phlegm due to lung Yin deficiency or lung dryness. with Mai Dong, Yu Zhu, Sang Ye (as in Sha Shen Mai Dong Tang).  
  – 2. For dry throat and mouth, constipation, vomiting with red tongue, poor appetite due to Qi and body liquid deficiency after febrile diseases, or due to spleen and stomach deficiency. with Sheng Di, Mai Dong, Yu Zhu (as Yi Wei Tang).

• **Dosage and administration**  
  – 10-15g decocted in water for an oral dose.  
  – Good at stopping cough.  
  – It can also tonify Qi which Bei Sha Shen can not.

• **Cautions and contraindications**  
  – 1. Contraindicated in cases with cough due to wind-cold or spleen cold from deficiency.  
  – 2. Incompatible with Li Lu (Radix Veratri)

• **Modern study**  
  – 1. Analgesic effect: tooth extraction  
  – 2. Effect on temperature regulation: lower the fever.
Bei Sha Shen (北沙参)  
(Radix Glehniae Littoralis)  
Coastal Glehnia Root

- **English name:** Coastal Glehnia Root  
- **Literal English translation:** “northern sand root”  
- **Latin name:** Glehnia littoralis Fr. Schmidt ex Miq. (Umbelliferae)  
- **Pharmaceutical name:** Radix Glehniae Littoralis  
- **Where grown:** Shandong, Hebei, Liaoning, Jiangsu  
- **When harvested:** collected in summer and autumn, removed from rootlet, washed clean, dried slightly in the air, treated with boiling water, peeled and dried, or dried immediately directly after washing.  
- **Used part:** root  
- **Flavor and properties:** Sweet, cool, slightly bitter  
- **Channel entered:** Lung, stomach
Bei Sha Shen (北沙参)  
(Radix Glehniae Littoralis)  
Coastal Glehnia Root

• **Functions**  
  – 1. Nourishes lung Yin and clears lung.  
  – 2. Nourishes stomach Yin and generate fluid.  

• **Indications**  
  – 1. For **dry cough** without or with limited phlegm, or with sticky phlegm, dry throat and mouth, loss of voice, hemoptysis due to **lung Yin deficiency**, with Mai Dong, Yu Zhu, Sang Ye (as Sha Shen Mai Dong Tang)  
  – 2. For **dry throat and mouth** with red tongue, mild stomachache, dry vomiting due to **stomach Yin deficiency** or febrile diseases damaged Yin, with Sheng Di, Mai Dong, Yu Zhu (as Yi Wei Tang).  

• **Dosage and administration**  
  – 10-15g decocted in water for an oral dose.  
  – It is stronger to nourish Yin than Nan Sha Shen.  

• **Cautions and contraindications**  
  – 1. Contraindicated in cases with cough due to wind-cold or spleen cold from deficiency.  
  – 2. Incompatible with Li Lu (Radix Veratri)  

• **Difference between Nan Sha Shen and Bei Sha Shen**  
  – Nan Sha Shen is weaker than Bei Sha Shen in actions.  
  – Both have similar actions. In general, Nan Sha Shen is better for clearing lung and expelling phlegm. Bei Sha Shen is better for nourishing stomach Yin and generating fluid.
Yu Zhu (玉竹)  
(Rhizoma Polygonati Odorati)

- **English name:** Solomon’s seal rhizome, polygonatum, poly-gonatum officinalis
- **Literal English translation:** "jade bamboo"
- **Alternate names:** 葳蕤 (wei rui)
- **Botanical name:** Polygonatum odoratum (Mill)Druce var. Pluriflorum (Miq.)
- **Pharmaceutical name:** Rhizoma Polygonati Odorati
- **Where grown:** Jiangsu, Hebei, Hunan, Henan, Zhejiang
- **When harvested:** Autumn
- **Used part:** Rhizome
- **Flavor and properties:** Sweet, Slightly cold
- **Channel entered:** Lung, stomach
Yu Zhu (玉竹)
(Rhizoma Polygonati Odorati)

- **Functions**
  - 1. Nourishes lung Yin.
  - 2. Nourishes stomach Yin and stops thirst.

- **Indications**
  - 1. For dry cough without or with limited phlegm, coughing with blood, dry throat and mouth, loss of voice. Used with Sha Shen, Mai Dong.
  - 2. For dry throat and mouth, poor appetite after febrile diseases that injured body liquid or diabetes.

- **Dosage and administration**
  - 10-15g decocted in water for an oral dose.
  - Use raw to clear heat; steam to enrich the yin

- **Cautions and contraindications**
  - Contraindicated in cases of phlegm in the stomach or cold in the middle burner.

- **Modern study**
  - 1. Effect on blood pressure: lower blood pressure
  - 2. Cardiovascular effect: positive inotropic and chronotropic effect on frog heart specimens.
  - 3. Endocrine effect: reduce hypoglycemia
Mai Men Dong (麦门冬)  
(Radix Ophiopogonis)

- **English name:** ophiopogon tuber  
- **Literal English translation:** “lush winter wheat”  
- **Alternate name:** 麦冬 (mai dong), 寸冬 (cun dong)  
- **Botanical name:** Ophiopogon japonicus Ker-Gawl.  
- **Pharmaceutical name:** Tuber Ophiopogonis Japonici  
- **Where grown:** Zhejiang, Sichuan, Jiangsu  
- **When harvested:** summer  
- **Used part:** Tuber  
- **Flavor and properties:** Sweet, slightly bitter, slightly cold  
- **Channel entered:** Heart, Lung, Stomach
Mai Men Dong (麦门冬)  
(Radix Ophiopogonis)

• **Functions:**
  – 1. Nourishes lung Yin and moistens lung.
  – 2. Nourishes stomachs Yin and generates fluid.

• **Indications**
  – 1. For dry cough with sticky phlegm, dry nose, sore throat, loss of voice, hemoptysis due to lung Yin deficiency. With Sha Shen, Mai Dong.
  – 2. For thirsty, dry mouth, epigastic apin, poor appetite and constipation due to stomach Yin deficiency or stomach Yin injured by heat. With Mai Men Dong, Sha Shen, Sheng Di.
  – 3. For heart Yin deficiency or Ying stage febrile diseases manifested as irritability, memory loss, palpitation, insomnia. Bai Wei, Dan Dou Chi, Cong Bai, Jie Geng (as in Tian Wang Bu Xi Dan).

• **Dosage and administration**
  – 10-15g decocted in water for an oral dose.
  – Frying in wine reduces its cold properties.

• **Cautions and contraindications**
  – Contraindicated in cases of congested fluids.

• **Modern study**
  – Endocrine effect: lower serum glucose
| **Tian Men Dong (天门冬)**  
<table>
<thead>
<tr>
<th>(Radix Asparagi)</th>
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<tbody>
<tr>
<td><strong>English name:</strong> asparagus tuber</td>
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<tr>
<td><strong>Alternate name:</strong> 天冬 (tian dong)</td>
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<tr>
<td><strong>Latin name:</strong> Asparagus cochin chinensis (Lour.)</td>
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<tr>
<td><strong>Pharmaceutical name:</strong> Tuber Asparagi Cochin chinensis</td>
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<tr>
<td><strong>Where grown:</strong> Guizhou, Sichuan, Guangxi, Hubei, Zhejiang, Jiangxi</td>
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<td><strong>When harvested:</strong> Autumn or winter</td>
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<tr>
<td><strong>Used part:</strong> Tuber</td>
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<tr>
<td><strong>Flavor and properties:</strong> Sweet, bitter, cold</td>
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<tr>
<td><strong>Channel entered:</strong> Kidney, lung</td>
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Tian Men Dong (天门冬) 
(Radix Asparagi)

• **Functions**
  – 1. Nourishes lung Yin and clears Lung.

• **Indications**
  – 1. For dry cough or cough with blood due to lung Yin deficiency.
    • A. Dry cough due to dryness of lung, with Mai Dong.
    • B. Cough with hemoptysis due to lung Yin deficiency and lung heat, with Sheng Di, Mai Dong.
  – 2. For hot flush, night sweating, spermatorrhea, diabetes, constipation due to kidney and body liquid deficiency. with Ren Shen, Shu Di, Huang Qi.

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

• **Cautions and contraindications**
  – 1. Contraindicated in cases of cold from deficiency of the spleen and stomach with loss of appetite and diarrhea.
  – 2. Contraindicated for wind-cold cough.

• **Modern study**
  – 2. Antineoplastic effect: inhibitory effect in vitro against the deoxygenase of leukemic cells in both acute lymphocytic, chronic granulocytic, and acute mononuclear leukemic cell populations.
Shi Hu (石斛)  
(Herba Dendrobii)

- **English name:** dendrobium
- **Literal English translation:** “bushel of stone”
- **Alternate name:** 金石斛 (jin shi hu), 小环钗 (xiao huan chai)
- **Latin Name:** Dendrobium nobile Lindl.
- **Pharmaceutical name:** Herba Dendrobii
- **Where grown:** Guangxi, Guizhou, Guangdong, Yunnan, Sichuan
- **When harvested:** Year-round (late spring or autumn is best)
- **Used part:** Stem
- **Flavor and properties:** Sweet, slightly salty, bland, cold
- **Channel entered:** Kidney, stomach
Shi Hu (石斛)  
(Herba Dendrobii)

- **Function**
  - 1. Nourishes Yin and clears deficiency heat.
  - 2. Nourishes stomach and generates fluid.
  - 3. Brightens eyes.

- **Indications**
  - 1. For low fever, irritability, and thirst due to febrile diseases which injured body liquid. with Bai Wei.
  - 2. For stomach Yin deficiency. with Sha Shen, Mai Dong, Yu Zhu.
  - 3. For blurred vision, night blindness due to kidney and liver deficiency. with Shu Di, Niu Xi, Gou Qi Zi, Gui Ban.

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

- **Cautions and contraindications**
  - 1. Caution in cases of deficiency without heat signs or excessive heat patterns.
  - 2. Should not be used in cases of abdominal distention and a thick, greasy tongue coating.

- **Modern study**
  - 1. Effect on temperature regulation: mild analgesic and antipyretic effect.
  - 2. Effect on smooth muscle: stimulate rabbit intestine specimens.
  - 3. Cardiovascular effect: negative inotropic effect
Bai He (百合)  
(Bulbus Lilii)

- **English name:** lily bulb  
- **Latin name:** Lilium brownii F.E. Brown war. Colchesteri Wils  
- **Pharmaceutical name:** Bulbus lili  
- **Where grown:** throughout China  
- **When harvested:** Autumn or winter  
- **Used part:** Bulb  
- **Flavor and properties:** Sweet, slightly bitter, slightly cold  
- **Channel entered:** Heart, lung
Bai He (百合)  
(Bulbus Lilii)

• **Actions**  
  – 1. Nourishes Yin and moistens lung and stops cough.  
  – 2. Clears heart and calms spirit.

• **Indications**  
  – 1. For dry and chronic cough, cough with blood. with Kuan Dong Hua, with Sheng Di, Xuan Shen, Bei Mu (as Bai He Gu Jin Tang).  
  – 2. For late stage febrile diseases with low fever, irritability, insomnia. With Zhi Mu or Sheng Di (as Bei He Zhi Mu Tang or Bai He Di Huang Tang).

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Bai He (百合)  
(Bulbus Lilii)

• **Dosage and administration**  
  – 10-30g decocted in water for an oral dose

• **Cautions and contraindications**  
  – 1. Contraindicated in cases of cough due to wind-cold or phlegm.  
  – 2. Contraindicated in cases of in those with diarrhea due to spleen or stomach deficiency.

• **Modern study**  
  – Effect on the respiratory system: antitussive and alleviate histamine-induced asthma
Han Lian Cao/
Mo Han Lian (墨旱莲/旱莲草)
(Herba Ecliptae Prostratae)

- **English name:** eclipta
- **Latin name:** Eclipta prostrata L.
- **Pharmaceutical name:** Herba Ecliptae Prostratae.
- **Where grown:** throughout China, especially Jiangsu, Jiangxi, Zhejiang, Guangdong
- **When harvested:** early autumn
- **Used part:** entired plant
- **Flavor and properties:** Sweet, sour, cool
- **Channel entered:** Kidney, liver
Han Lian Cao/
Mo Han Lian (墨旱莲/旱莲草)
(Herba Ecliptae Prostratae)

• **Actions**
  – 1. Nourishes liver and kidney Yin.
  – 2. Cools blood and stops bleeding.

• **Indications**
  – 1. For dizziness, gray hair, soreness of knee and lower back, insomnia, spermatorrhea, and tinnitus due to LV and KD yin deficiency. with Nu Zhen Zi (as Er Zhi Wan).
  – 2. For coughing with blood, nose bleeding, bloody stool, urinary bleeding, and uterine bleeding due to blood heat. with Che Qian Cao, Bai Mao Gen, Di Yu, E Jiao, Ce Bai Ye.

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Han Lian Cao/
Mo Han Lian (墨旱莲/旱莲草)
(Herba Ecliptae Prostratae)

• **Dosage and administration**
  – 10-15g decocted in water for an oral dose.
  – Up to 30g when used fresh.

• **Cautions and contraindications**
  – Contraindicated in cases of cold from deficiency of the spleen or kidneys with diarrhea.

• **Modern study**
  – Treatment of diphtheria
Nu Zhen Zi (女贞子)  
(Fructus Ligustri Lucidi)

- **English name:** privet fruit, ligustrum
- **Literal English translation:** “female chastity seed”
- **Latin name:** Ligustrum lucidum Ait.
- **Pharmaceutical name:** Fructus Ligustri Lucidi
- **Where grown:** Zhejiang, Jiangsu, Fujian, Hunan, Sichuan, Guangxi
- **When harvested:** Autumn or winter
- **Used part:** Fruit
- **Flavor and properties:** Bitter, sweet, neutral
- **Channel entered:** Kidney, liver
Nu Zhen Zi (女贞子) 
(Fructus Ligustri Lucidi)

• **Actions**
  – 1. Nourishes liver and kidney Yin.
  – 2. Blackens hair and brightens eyes.

• **Indications**
  – 1. For low grade fever, soreness of knee and lower back, dizziness, gray hair, insomnia, spermatorrhea, tinnitus due to LV and KD yin deficiency. with Han Lian Cao.
  – 2. For poor vision, early gray hair. with Shu Di Huang, Gou Qi Zi.

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

• **Cautions and contraindications**
  – 1. Contraindicated in cases of yang deficiency.
  – 2. Diarrhea due to cold from spleen yang deficiency.

• **Modern study**
  – Cardiovascular effect: cardiotonic and diuretic effects.
Hei Zhi Ma (黑芝麻)
(Semen Sesami Indici)

- **English name:** black sesame seeds
- **Alternate names:** 胡麻仁(hu ma ren), 巨胜子(ju sheng zi)
- **Latin name:** Sesamum indicum DC
- **Pharmaceutical name:** Semen Sesami Indici
- **Where grown:** throughout China
- **When harvested:** Early autumn when fruit has ripened
- **Used part:** Seeds
- **Flavor and properties:** Sweet, neutral
- **Channel entered:** Kidney, liver
Hei Zhi Ma (黑芝麻)  
(Semen Sesami Idici)

- **Actions**
  - 1. Nourishes liver and kidney Yin.

- **Indications**
  - 1. For dizziness, gray hair due to liver and kidney essence and blood deficiency. Use alone or with Shu Di Huang, Zhi Shou Wu, Nu Zhen Zi.
  - 2. For constipation due to blood deficiency and intestinal dryness. With Xing Ren, Bai Shao, Bai Zi Ren.

- **Dosage and administration**
  - 10-30g decocted in water for an oral dose.

- **Cautions and contraindications**
  - Contraindicated in cases with diarrhea.

- **Modern study**
  - 1. Endocrine effect: lower serum glucose levels and increased glycogen stores in the liver and muscles.
  - 2. Hematologic effect: raise hematocrit
Gui Ban (龟板)
(Carapax et Plasttrum Testudinis)

- **English name:** fresh-water turtle shell (primarily the ventral aspect), testudinis
- **Alternate names:** 元武板 (yuan wu ban)
- **Latin name:** Chinemys reevesii (gray) which is also known as geoclemys reevesii
- **Pharmaceutical name:** Plastrum Testudinis
- **Where grown:** Anhui, Jiangsu, Zhejiang, Hubei
- **When harvested:** Year-round, usually autumn or winter
- **Used part:** Plastron
- **Flavor and properties:** Salty, sweet, cold
- **Channel entered:** Heart, kidney, liver
Gui Ban (龟板)  
(Carapax et Plasttrum Testudinis)

- **Actions**
  - 1. Nourishes Yin and subdues Yang.
  - 2. Tonifies kidney and strengthens bone.
  - 3. Nourishes blood and tonifies heart.
  - 4. Stops uterine bleeding.

- **Indications**
  - 1. For (1) deficiency heat, steaming bones symptoms, night sweating due to *Yin deficiency*; (2) dizziness due to *Yin deficiency* and *Yang rising*; or (3) tremor of limbs due to *Yin deficiency*.
    - A. Internal wind, with Sheng Di, Bei Jia, e Jiao (as Da Ding Feng Zhu).
    - B. Hyperactive liver Yang, with Niu Xi, Long Gu, Bai Shao, Xuan Shen.
  - 2. For weakness of low back and knee; fontanel closing, walking and teeth growing delay of child due to *LV and KD yin deficiency*. with Hu Gu, Shu Di, Bai Shao (as Hu Qian Wan).
  - 3. For palpitation, insomnia, poor memory due to *heart blood deficiency*. with Yuan Zhi, Long Gu.
  - 4. For *excessive uterus bleeding* due to *Chong and Ren channels not holding*. with Bai Shao, Huang Bai, Xiang Fu (as Gu Jing Wan).

- **Dosage and administration**
  - 10-15g decocted in water for an oral dose, crush and cook early.
  - Fry in vinegar to focus its effects on the liver, and easier to crush.

- **Cautions and contraindications**
  - Caution in cases of *spleen deficiency* and during the *pregnancy*.

- **Addendum**
  - *Gui Ban Jiao* (Gelatinum Plastri Testudinis): glue made from turtle plastrum, has the same properties as Gui Ban, but is *richer, more cloying*, and almost exclusively *enriches the yin*. 
Bie Jia (龜甲)  
(Carapax Amydea Sinensis)

- **English name**: Chinese soft-shelled turtle shell (dorsal aspect)
- **Latin name**: Amyda sinensis
- **Pharmaceutical name**: Carapax Amydae Sinensis
- **Where grown**: Hubei, Anhui, Jiangsu, Henan, Hunan, Zhejiang, Jiangxi
- **When harvested**: March to September
- **Used part**: Shell (dorsal aspect)
- **Flavor and properties**: Salty, slightly cold
- **Channel entered**: kidney, liver
Bie Jia (龜甲)  
(Carapax Amydea Sinensis)

- **Actions**
  - 1. Nourishes Yin and subdues Yang.
  - 2. Softens mass and dissipates nodules.

- **Indications**
  - 1. For (1) deficiency heat, steaming bone symptoms, night sweating due to Yin deficiency; (2) dizziness due to Yin deficiency and Yang rising; or (3) febrile diseases damaged Yin.
    - A. Yin deficiency with heat signs, with Di Gu Pi, Qin Jiao (as Qin Jiao Bie Jia San).
    - B. Internal wind due to Yin deficiency, with Mu Li, Gui Ban, Sheng Di, E Jiao.
  - 2. For masses, accumulation, and malaria with palpable masses. with San Leng, E Zhu, Qing Pi.

- **Dosage and administration**
  - 15-30g decocted in water for an oral dose, cooked early.
  - Use raw to enrich the yin and anchor the yang; Fry in vinegar to soften and reduce hard swellings or nodules, frying also make it easy to be.

- **Cautions and contraindications**
  - Contraindicated during pregnancy and in cases of cold from deficiency of the spleen.

- **Addendum:**
  - Bei Jia Jiao (Gelatinum Carapacis Amydae Sinensis): glue made from soft-shelled turtle shell, is richer, more cloying, and is very effective in enriching the Yin and tonifying the blood. It is most commonly used for consumption from deficiency, or exhausted Yin and blood with tidal fevers and internal movement of LV wind.
Bie Jia (鳖甲)  
(Carapax Amydea Sinensis)

- Difference between Gui Ban and Bie Jia
  - Both can nourish Yin and subdue Yang.
  - Gui Ban is better for tonifying kidney and strengthening bone, nourishing blood and tonifying heart and stopping uterine bleeding.
  - Bie Jia is better for clearing deficient heat, softening mass and dissipating nodules.

Gou Qi Zi (枸杞子)  
(Fructus Lycii)

- **English name:** Chinese wolfberry fruit, matrimony vine fruit, lycium fruit
- **Alternate name:** 枸杞子(qi zi), 土枸杞(tu gou qi)
- **Latin name:** Lycium barbarum L.
- **Pharmaceutical name:** Fructus Lycii
- **Where grown:** Ningxia, Gansu, Qinghai, Tibet, Inner Mongolia, Hebei
- **When harvested:** Summer or autumn when fruit has ripened
- **Used part:** Fruit
- **Flavor and properties:** Sweet, neutral
- **Channel entered:** Liver, lung, kidney
Gou Qi Zi (枸杞子)  
(Fructus Lycii)

**Actions**
- 1. Nourishes Yin and essence.
- 2. Brightens eyes.

**Indications**
- 1. For soreness of lower back, spermatorrhea, dizziness and diabetes due to liver and kidney Yin deficiency. with Shu Di Huang, Bai Shao.
- 2. For blurred vision, cataract due to liver and kidney Yin deficiency. with Ju Hua, Shu Di Huang, Shan Yu Rou, Shan Yao (as Qi Ju Di Huang Wan).
- 3. For coughing due to lung Yin deficiency. with Mai Men Dong, Bei Mu
Gou Qi Zi (枸杞子)  
(Fructus Lycii)

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

• **Cautions and contraindications**  
  – 1. Contraindicated in cases with externally-contracted excess heat.
  – 2. Contraindicated in cases of spleen deficiency with dampness.

• **Modern study**  
  – 1. Protective effect on the Liver: reduce damage to the hepatic cells
  – 2. Effect on lipid metabolism: increase in serum and liver phospholipids.

Sang Shen (桑椹)  
(Fructus Mori Albea)

• **English name:** mulberry fruit-spike, morus fruit
• **Alternate name:** 桑椹子 (san shen zi)
• **Latin name:** Morus alba L.
• **Pharmaceutical name:** Fructus Mori Albae
• **Where grown:** throughout China
• **When harvested:** April to June when fruit turns reddish-purple
• **Used part:** Fruit
• **Flavor and properties:** Sweet, cold
• **Channel entered:** Heart, liver, kidney
Sang Shen (桑椹)  
(Fructus Mori Albea)

- **Actions**
  - 1. Nourishes Yin and blood.
  - 2. Generates fluid and moistens intestine.

- **Indications**
  - 1. For dizziness, tinnitus, blurred vision, insomnia, early gray hair, joints pain, spermatorrhea due to *Yin and blood deficiency*. with Nu Zhen Zi, He Shou Wu, Shu Di Huang.
  - 2. For *diabetes*, used with Gou Qi Zi, Tian Hua Fen. for constipation due to *large intestine dryness*. with He Shou Wu, Dang Gui, Huo Ma Ren, Hei Zhi Ma.
Sang Shen (桑椹)
(Fructus Mori Albea)

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

- **Cautions and contraindications**
  - Caution in cases of diarrhea due to spleen deficiency.

Yin Er (银耳)
(Fructicato Tremellae)

- **English name**: fruiting body of tremella, wood ear
- **Alternate name**: 白木耳 (bai mu er)
- **Latin name**: Tremella fuciformis Berk
- **Pharmaceutical name**: Fructificatio Tremellae Funciformis
- **Where grown**: Sichuan, Guizhou, Fujian, Jiangsu, Zhejiang, Hubei, Shananxi
- **When harvested**: May to August
- **Used part**: Fruit
- **Flavor and properties**: Sweet, bland, neutral
- **Channel entered**: Lung, stomach
Yin Er (银耳) (Fructicato Tremellae)

• **Actions**
  – 1. Nourishes lung Yin.
  – 2. Nourishes stomach Yin and generates fluid.

• **Indications**
  – 1. For chronic, dry coughing, hemoptysis due to lung Yin deficiency.
  – 2. For thirsty, dry mouth due to stomach Yin deficiency or febrile diseases damaged Yin.
Yin Er (银耳)  
(Fructicato Tremellae)

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

• **Cautions and contraindications**
  – None.

• **Tonifying Yin herbs**
  – 1. **Nan Sha Shen** 南沙参 (Radix Adenophorae)
  – 2. **Bei Sha Shen** 北沙参 (Radix Glehniae Littoralis)
  – 3. **Yu Zhu** 玉竹 (Rhizoma Polygonati Odorati)
  – 4. **Tian (Men) Dong** 天门冬 (Radix Asparagi)
  – 5. **Mai (Men) Dong** 麦门冬 (Radix Ophiopogonis)
  – 6. **Shi Hu** 石斛 (Herba Dendrobii)
  – 7. **Bai He** 百合 (Bulbus Lilii)
  – 8. **Han Lian Cao/ Mo Han Lian** 墨旱莲 (Herba Ecliptae Prostratae)
  – 9. **Nv Zhen Zi** 女贞子 (Fructus Ligustri Lucidi)
  – 10. **Hei Zhi Ma** 黑芝麻 (Semen Sesami Indici)
  – 11. **Gui Ban** 龟板 (Plastrum Testudinis)
  – 12. **Bie Jia** 鳖甲 (Carapax Amydeia Sinensis)
  – 13. **Gou Qi Zi** 枸杞子 (Fructus Lycii)
  – 14. **Sang Shen** 桑椹 (Fructus Mori Albea)
  – 15. **Yin Er** 银耳 (Fructicato Tremellae)
Practice

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

2. Which of the following herbs can 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 hiccough and vomiting:
   • A. Xiao Hui Xiang
   • B. Rou Gui
   • C. Ding Xiang
   • D. Gan Jiang

4. Which of the following herbs can Warm kidney Yang for impotence with lower back and knee soreness:
   • A. Hua Jiao
   • B. Gao Liang Jiang
   • C. Wu Zhu Yu
   • D. Ding Xiang
Practice

5. Which of the following herbs can warm middle jiao, alleviate pain and Kill parasite:
   • A. Rou Gui
   • B. Ding Xiang
   • C. Gan Jiang
   • D. Hua Jiao

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

Practice

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

8. 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.
Practice

9. 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

10. 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.
   • C. Tonify KI Yang and expel wind-damp.
   • D. Tonify KI and LU, and calm the fetus.

Practice

11. 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.

12. The herb that nourishes LU and ST Yin, and generates body fluid is:
   • A. Sha Shen
   • B. Gui Ban
   • C. Dang Gui
   • D. Shu Di Huang
Practice

13. The functions of Mai Men Dong are:
A. Nourish Yin and moisten LU, generate body fluid to relieve thirsty.
B. Nourish LU Yin, nourish ST Yin, and nourish HT Yin.
C. Nourish Yin and moisten LU, tonify SP.
D. Clear damp-heat and stop cough.

14. The herb that nourishes Yin and suppresses hyperactive Yang, softens the hardness and dissipates nodules is:
A. Nu Zhen Zi
B. Gou Qi Zi
C. Bie Jia
D. Gui Ban

Practice

15. The herb that nourishes Yin and tonifies KI, nourishes LV and improves vision is:
A. Nu Zhen Zi
B. Bie Jia
C. Gui Ban
D. Sha Shen

16. Both Gui Ban and Bie Jia can:
A. Nourish LU and ST.
B. Nourish blood and improve vision.
C. Nourish Yin and suppress hyperactive liver Yang.
D. Tonify KI and nourish blood.
Practice

• 17. Both Gui Ban and Bie Jia go to:
  • A. LU and SP channels.
  • B. KI and LI channels.
  • C. KI and LU channels.
  • D. KI and LV channels.

• 18. Which of the following herbs treats chronic diarrhea due to spleen-kidney Yang deficiency:
  • A. Zi Yuan
  • B. Bu Gu Zhi
  • C. Rou Cong Rong
  • D. Du Zhong

Practice

• 19. 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.
  • D. Yin Yang Huo & Xian Mao.

• 20. Which of following Yin tonifying herbs also stops uterine bleeding:
  • A. Gui Ban
  • B. Nu Zhen Zi
  • C. Bai He
  • D. Sha Shen
Practice

• 21. Both Yu Zhu and Sha Shen:
  • A. Nourish LV and KI Yin.
  • B. Clear HT and LU heat.
  • C. Stop cough.
  • D. Nourish LU and ST Yin.

• 22. 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

• 23. 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